

PRO 

ARCADIA AIR RUNNER

NON MOTORIZED TREADMILL



USER MANUAL

IMPORTANT SAFETY INSTRUCTION

To maximize the benefit and safety of your treadmill training we strongly recommend all users maintain proper running form and not shuffle their feet. When servicing any piece of fitness equipment, basic precautions must be followed. Familiarize yourself with all warnings, instructions and procedures concerning proper care and maintenance of the treadmill.

CAUTION

1. Do not soak the treadmill surfaces with any liquid.
2. Do not attempt to service your treadmill yourself if you feel at risk.
3. Always keep the running surface clean.
4. Consult with your physician before beginning any exercise program, especially if any of the following pertain to you : history of heart disease, high blood pressure, diabetes, chronic respiratory disease, elevated cholesterol, smoke cigarettes, or experience any other chronic disease or physical impairments.
5. Pregnant women should consult their physician before beginning an exercise program.
6. If you experience dizziness, chest pains, nausea or any other abnormal symptoms while utilizing the treadmill, stop immediately. Consult a physician before continuing.

WARNING - To reduce the risk of injury.

1. There is no motor on the this machine, therefore there is not an emergency stop lanyard. The treadmill will come to a stop on its own, it is imperative that all users familiarize themselves with the treadmill and its features.
2. The belt moves freely, always mount and dismount the treadmill from the rear of the treadmill. Use the handrails at all times when mounting and dismounting from the rear. Set up and operate treadmills on a solid, level surface.
3. Keep all loose clothing and towels away from the treadmill running surface. It is also important that shoe laces do not extend past the bottom of the sole of the shoe.
4. Keep the area behind the treadmill clear and at least four feet from walls or furniture.
5. Keep hands away from all moving parts.
6. Never leave children unsupervised around a treadmill.
7. Inspect the treadmill for worn or loose components prior to use. Tighten/replace any worn or loose components prior to use.
8. Wear proper athletic shoes, such as those with rubber or high-traction soles. Do not use shoes with heels or leather soles. Make sure no stones are embedded in the soles.

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BEFORE ASSEMBLING

Always follow the steps in this manual as you assemble your machine. Do not skip, substitute or modify any steps or procedures of this assembly, as doing so could result in personal injury and will void your warranty.



WARNING: This symbol appearing throughout this manual means **PAY ATTENTION! BE ALERT!** When you see this warning symbol, your safety is involved. It is being used to call attention to **POTENTIAL** hazards that could result in personal injury or loss of life.



NOTE: Informs you about things we recommend you do or are aware of, before performing the assembly. These notes are placed in the manual to aid you during a certain procedure or to make you aware of any general mandatory actions or information.

UNPACKING THE TREADMILL

Carefully remove the treadmill from the cardboard box. Lay out all the components and check to assure all parts are presented and undamaged. If parts are missing or damaged contact your local dealer or distributor. After unpacking and verifying parts, you are ready to start your assembly. You need an area that is free of dirt, dust or other foreign material that could impair the assembly of your treadmill.

HARDWARE KIT LIST

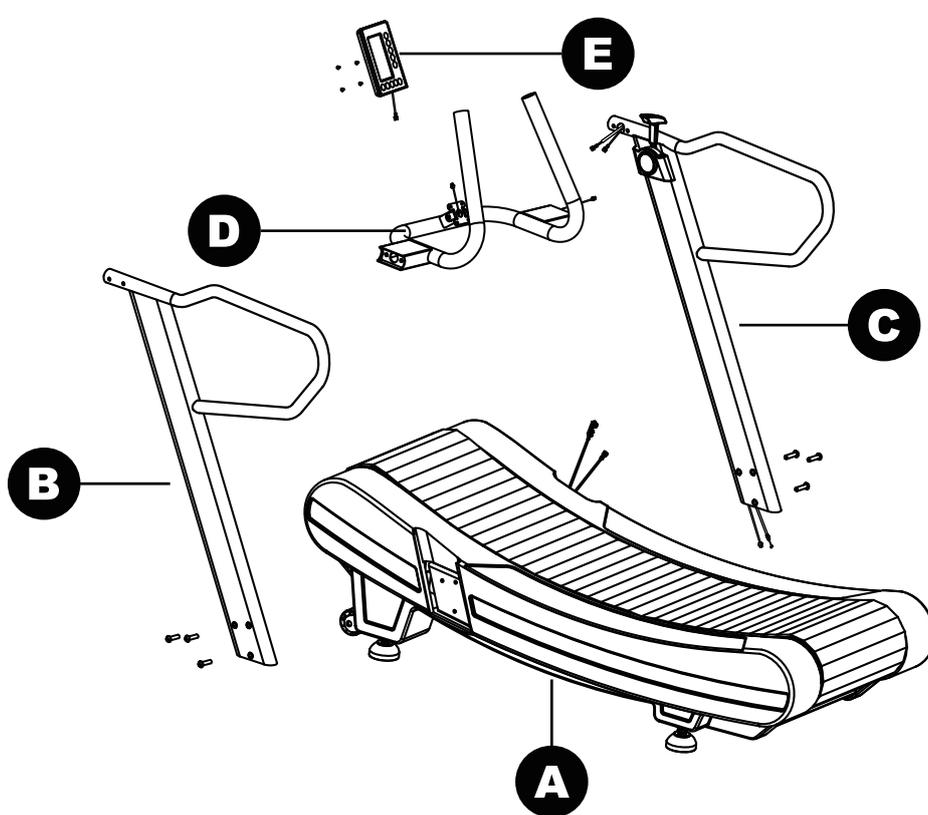
DESCRIPTION	Q'TY
Hexagon Socket Button Head Screw M10 x 50 mm	6
Hexagon Socket Button Head Screw M8 x 50 mm	4
Curved Washer	4
Phillips Screwdriver	1
5mm Allen Wrench	1
6mm Allen Wrench	1



NOTE: The substitution or modification of any part or component, other than what is approved by genuine, will void your warranty.

PARTS INVENTORY

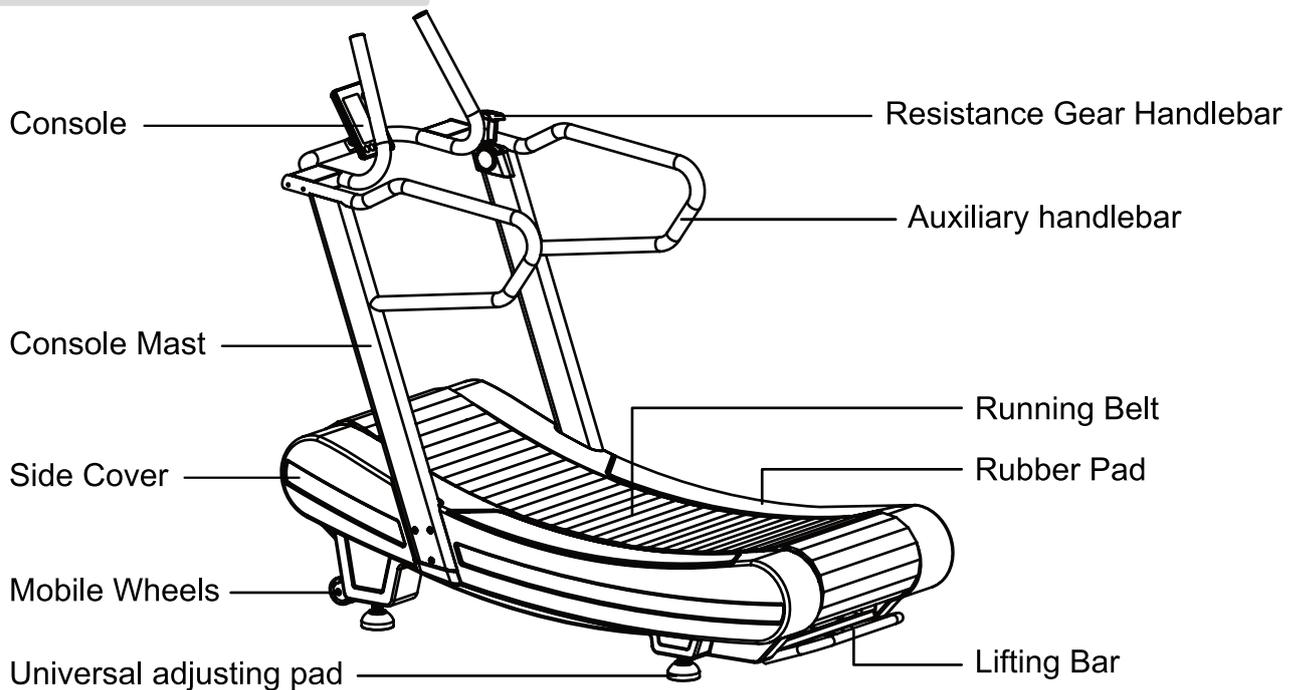
ITEM	DESCRIPTION	Q'TY
A	Main Frame	1
B	Console Mast- Left	1
C	Console Mast- Right	1
D	Handlebar Set	1
E	Console	1
F	HARDWARE KIT	1



F

HARDWARE KIT	
	Hex Socket Button Head Screws M10x50L(6pcs)
	Hex Socket Button Head Screws M8x55L(4pcs)
	Curved Washer M8(4pcs)
	Allen key M6(1pc)
	Allen key M5(1pc)

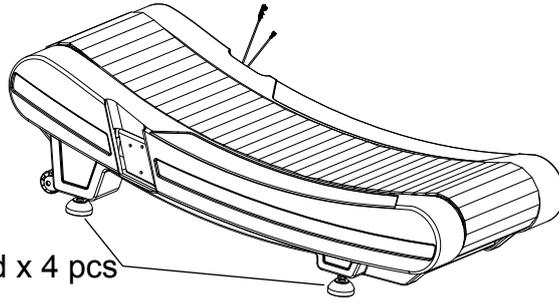
COMPONENT DIAGRAM



ASSEMBLY INSTRUCTIONS

Step 1. Leveling the treadmill.

To adjust the Universal adjustable pad in the bottom of main frame until pads firmly flat on the ground or floor.

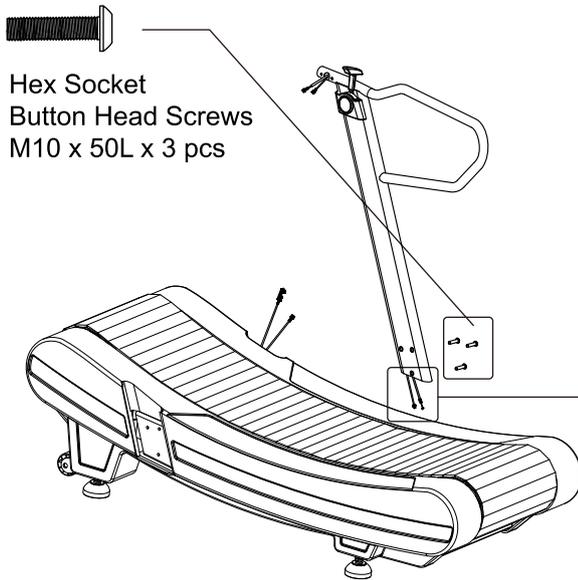


Universal adjustable pad x 4 pcs



WARNING: It's extremely important that pads are correctly adjust to proper postions. An unbalanced unit may cause running belt misalignment or other issues.

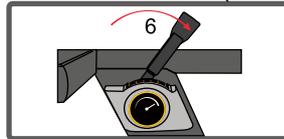
Step 2. Mount the right console mast to the main frame.



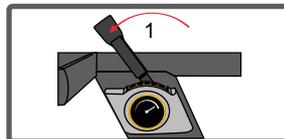
A. Connect RPM sensor wire as below.



B. The default value of resistance is 6 before connecting the tension steel wire, please shift the gear to level 1 after connection.(As below)



(1)



(2)

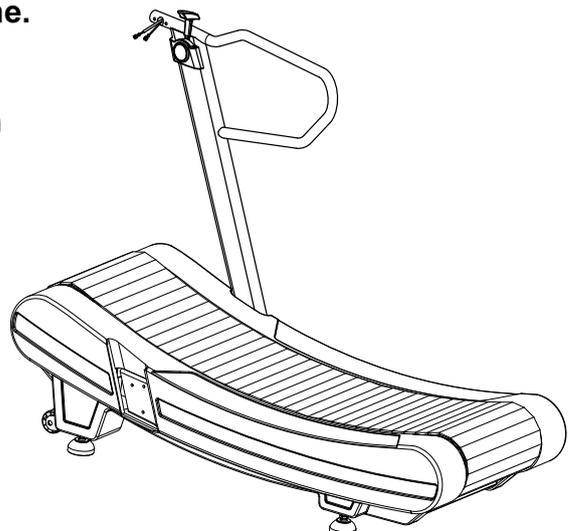
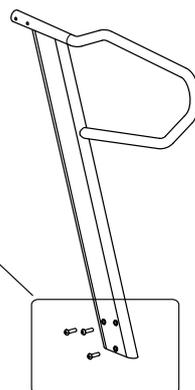
C. Put all connections in proper position.



NOTE: Please put all connections in proper position before assemble the console mast.

Step 3. Mount the left console mast to the main frame.

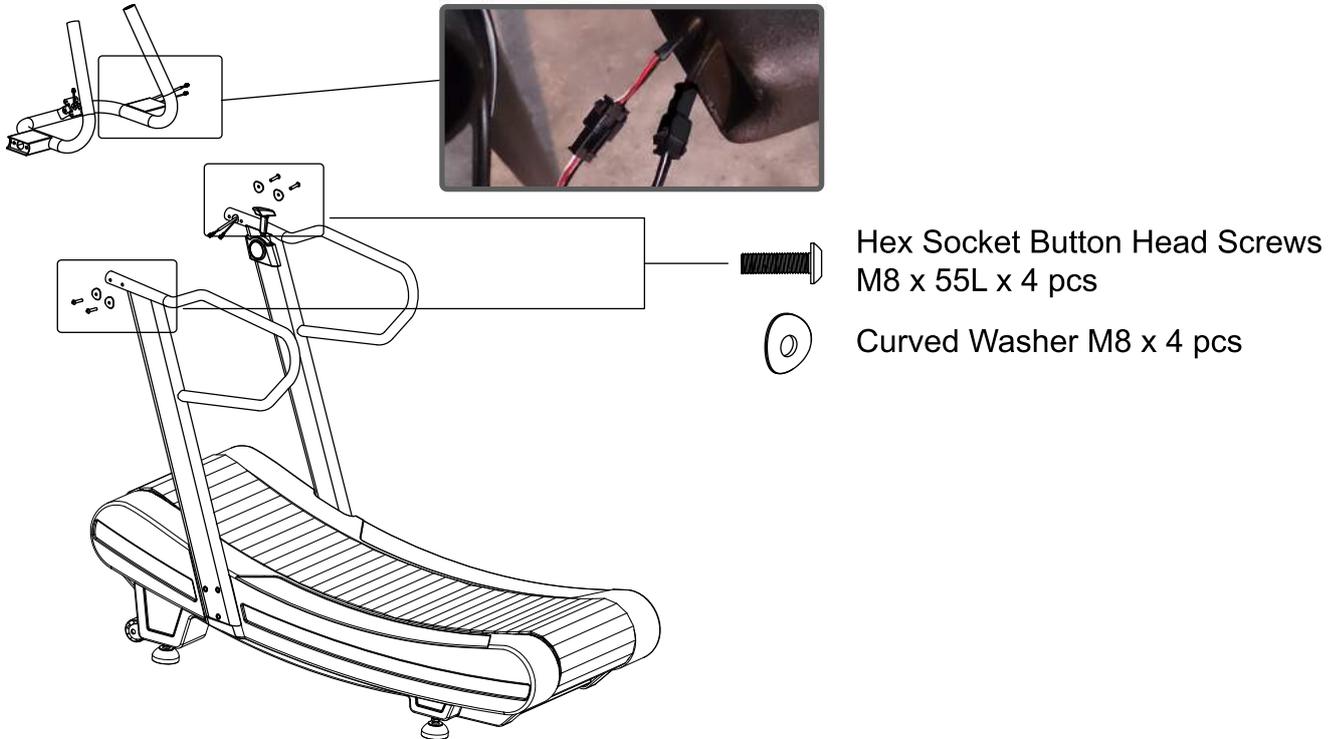
Hex Socket Button Head Screws
M10 x 50L x 3 pcs



Step 4. Assemble the handlebar set.

Use Hex Socket Button Head Screws M8 x 50L and Curved Washers to mount the handlebar between left console mast and right console mast.

※ Connect RPM and resistance wires then put connections inside the tube.



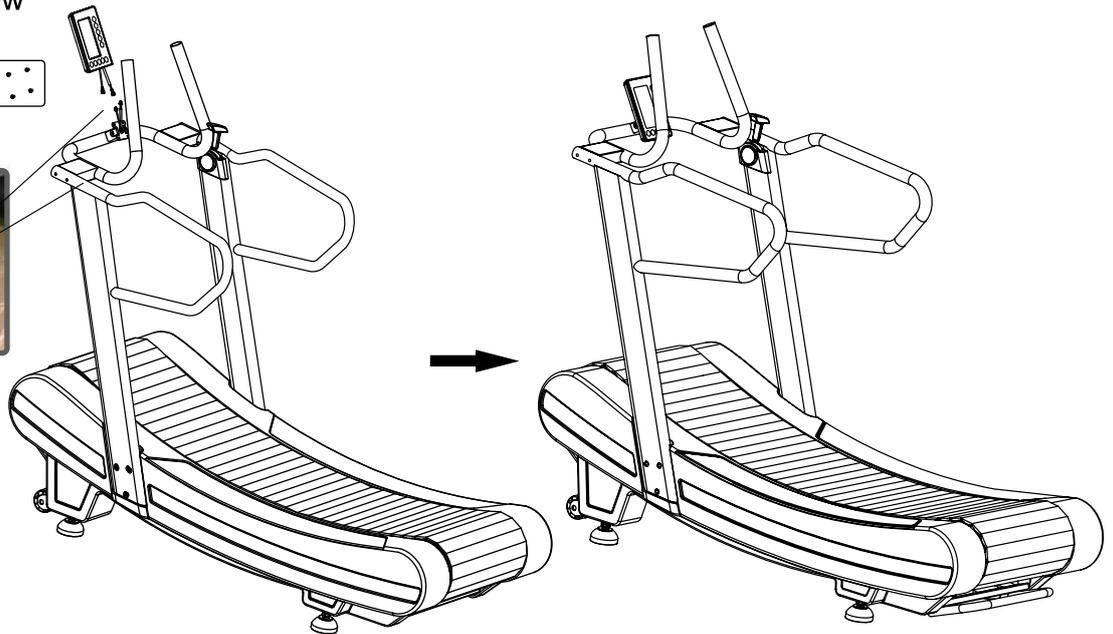
NOTE: Please put the connection in proper position before assemble the handlebar set.

Step 5. Mount the console on the rack of handlebar.

Phillips Pan Head Screw M5 x 12L x 4 pcs



※ Connect RPM and resistance wires.



Step 6. Finished



NOTE: Please put the connection in proper position before assemble the console.

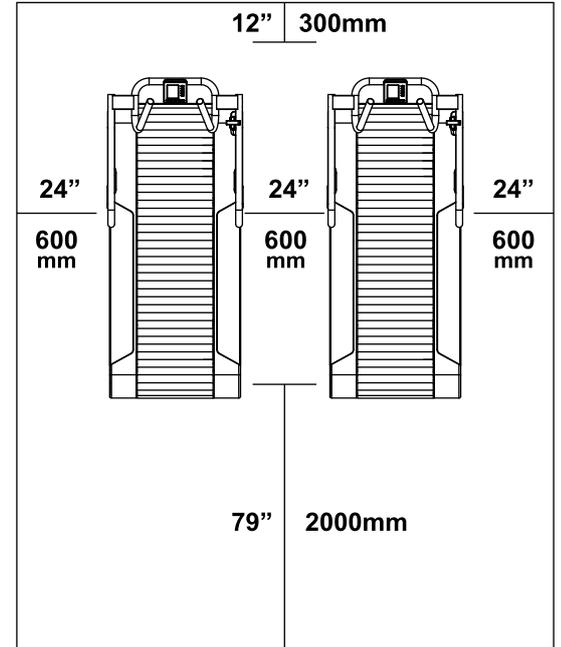
TREADMILL INSTALLATION

LOCATION REQUIREMENT

Place the treadmill on a level and stable surface away from direct sunlight. The intense UV light can cause discoloration on the plastics. Locate your treadmill in an area with cool temperatures and low humidity. Please leave a clear zone around the treadmill and it must be clear of obstruction. Do not place the treadmill in any area that will block any vent or air openings. Treadmill should not be located in a garage, patio, near water or outdoors.

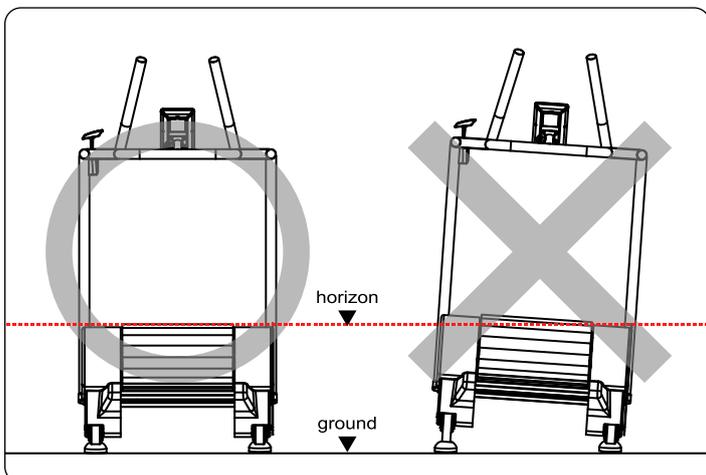
! WARNING

The treadmill is heavy. To avoid the damaged of machine and injury to the person, please pay much attention while moving.



TRANSPORTING YOUR TREADMILL

CAUTION: This treadmill is heavy and could cause injury if proper lifting techniques are not utilized. Lifting Bars are attached at the rear end of the treadmill. When moving the treadmill over short distances, two people may lift using these bars, tilting the treadmill onto its front wheels. (NOTE: Be sure to use correct lifting posture to avoid straining any muscles.) Lifting bars are attached to the bottom rear of the treadmill. Do not pull or lift on the cosmetic covers. If a flat dolly is available, place the dolly underneath the treadmill and push it to the desired location. If the treadmill must be disassembled, the cosmetic covers and the handrail assembly could be removed for easier transportation.



! NOTE

After assembly, please check whether the height of four "Universal adjusting pad" is the same, and make sure the both sides of treadmill are parallel when you see it from the front side. If the treadmill is askew, it may be damaged and even make you injured while workout.

DISPLAY OVERVIEW

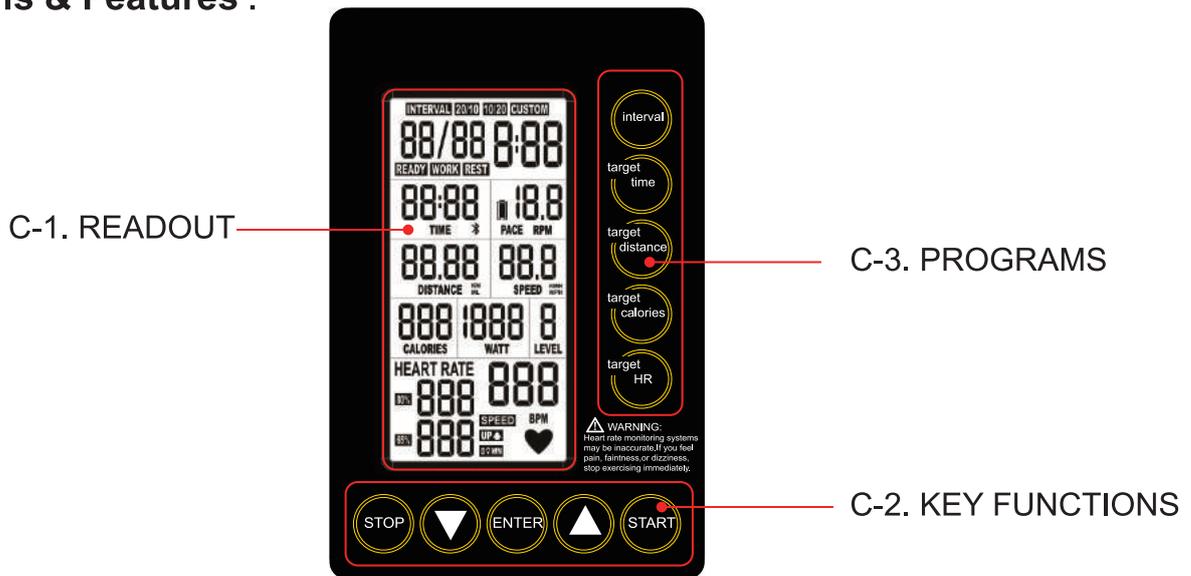
A. Input Power :

Install 4 pcs AA battery to the computer, there will produce a beep sound then turn on the computer at standby mode.

B. Sleep Mode :

The computer will enter Sleep Mode (LCD off) when there is no signal input or no key is pressed after 1 minute. Press any key to wake up system from Sleep Mode. It will also be waked up once receiving the R.P.M signal input.

C. Functions & Features :



C-1. READOUT

INTERVAL : Displays the remaining interval rounds and seconds of working & rest.

TIME : Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals.

PACE: Your pedal cadence.

DISTANCE : Displays the accumulative distance traveled during each workout up to a maximum of 99.99 KM.

SPEED : Displays your workout speed value in KM per hour from 0.0 to 99.9.

CALORIES : Your computer will estimate the cumulative calories burned at any given time during your workout.

WATT : The energy generated by running during workout.

LEVEL : There are 6 segments for the load adjustment. Please be noted that the value is larger, on behalf of the greater resistance.

BPM : Displays your current heartbeat when you are workout.

HEART RATE 80% : Displays suggested upper limit of heart rate based on the age you entered.

HEART RATE 60% : Displays suggested lower limit of heart rate based on the age you entered.

C-2. KEY FUNCTIONS



Start : Press “**Start**” key to begin your workout at standby mode.



Stop : First pressing is to pause the function, press “**Start**” to continue the function or press “**Stop**” back to standby mode.



Enter : During the setting mode (after pressing program key), press the key to save the setting.



Up : During the setting mode (after pressing program key), press the key to increase the value.



Down : During the setting mode (after pressing program key), press the key to decrease the value.

C-3. PROGRAMS



(1) **Interval** : There are three kinds of mode could be chose in Interval program

(a) Interval 20/10 – working 20 secs and getting 10 secs rest

1. Press “**Interval**” key once at standby mode, then set up the value of round by using “**UP**” and “**DOWN**” keys.
2. Press “**Enter**” key to save the setting.
3. Press “**Start**” key to begin your workout.

(b) Interval 10/20 – working 10 secs and getting 20 secs rest

1. Press “**Interval**” key twice at standby mode, then set up the value of round by using “**UP**” and “**DOWN**” keys.
2. Press “**Enter**” key to save the setting.
3. Press “**Start**” key to begin your workout.

(c) Interval Custom

1. Press “**Interval**” key thrice at standby mode, then set up the value of round and seconds of working & rest by using “**UP**” and “**DOWN**” keys.
2. Press “**Enter**” key to save the setting.
3. Press “**Start**” key to begin your workout.



(2) Target - time :

1. Press “**Target time**” key to set up the time value by using “**UP**” and “**DOWN**” keys.
2. Press “**Enter**” key to save the setting.
3. Press “**Start**” key to begin your workout.

Once the time has reached your goal, computer will go beeping and reset itself to default setting.



(3) Target - distance :

1. Press “**Target distance**” key to set up the distance value by using “**UP**” and “**DOWN**” keys.
2. Press “**Enter**” key to save the setting.
3. Press “**Start**” key to begin your workout.

Once the distance has reached your goal, computer will go beeping and reset itself to default setting.



(4) Target - calories :

1. Press “**Target calories**” key to set up the calories value by using “**UP**” and “**DOWN**” keys.
2. Press “**Enter**” key to save the setting.
3. Press “**Start**” key to begin your workout.

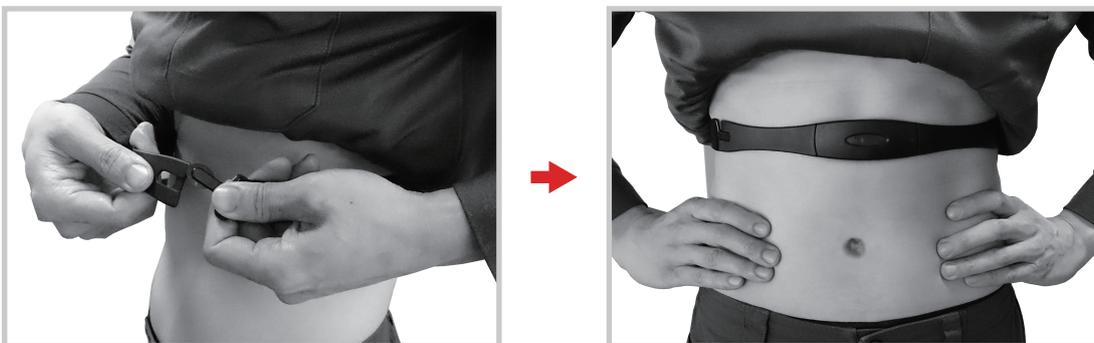
Once the calories have reached your goal, computer will go beeping and reset itself to default setting.



(5) Target - HR :

1. Press “**Target HR**” key to set up your age by using “**UP**” and “**DOWN**” keys.
2. Press “**Enter**” key to save the setting, and the screen of pulse will display suggested value of heart rate based on the age you entered.
3. Press “**Start**” key to begin your workout.

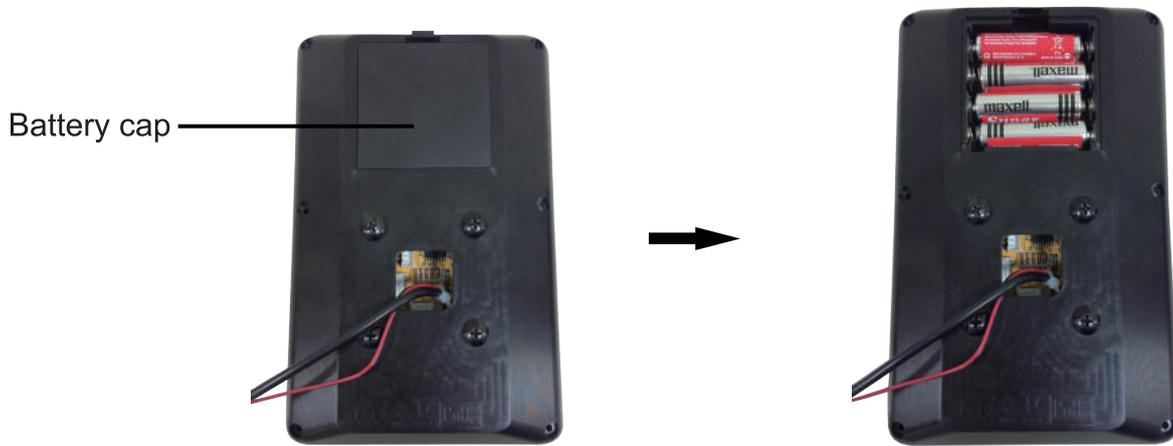
※ Please wear the wireless chest belt as following before you use this program.



※ The wireless chest belt is optional accessory.

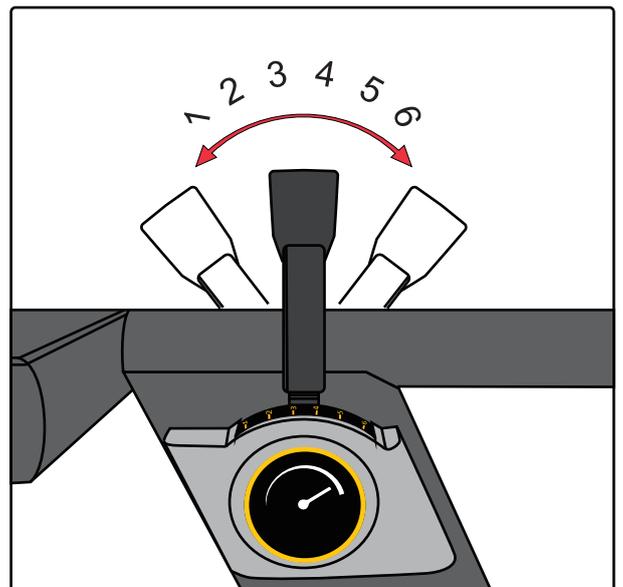
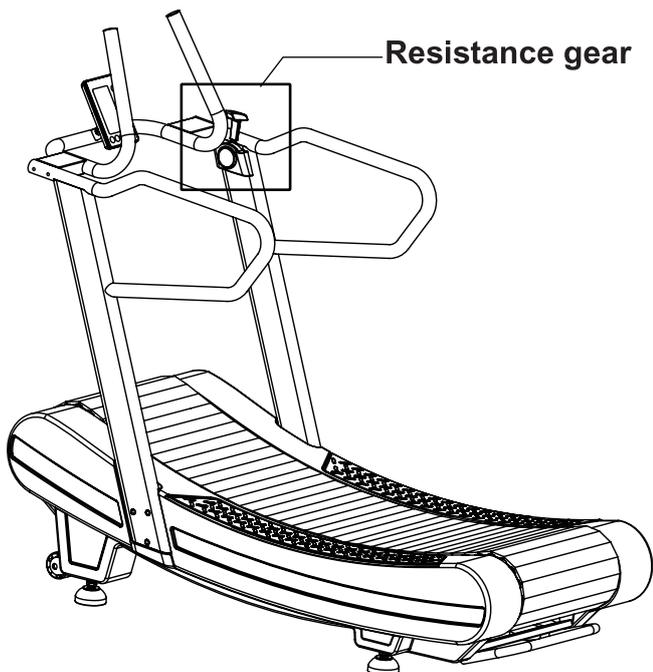
COMPUTER BATTERY REPLACEMENT

To test the computer batteries, drive the running belt until the computer “wakes up”. If the battery is low, to unscrew the back of the computer and detach the battery cap in the back of the computer and remove old AA batteries and replace with a set of two new AA batteries.



RESISTANCE ADJUSTMENT

The running resistance or effort needed to push the running belt can be adjusted by adjusting the Resistance Sticker. There are 6 levels for the load adjustment. Please be noted that the value is larger, on behalf of the greater resistance.



WARNING: Please do not change to the largest level while you are running freely. The user may be easily to fall due to an emergency brake.

BEFORE WORKOUT



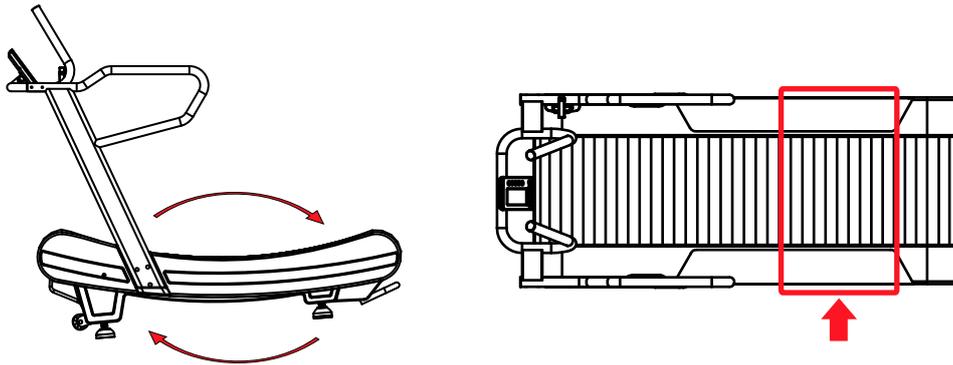
WARNING: There are something you need to know before workout.

One Way Drive Mechanism

The non-motorized running surface is designed for the user to control and actually drive or turn the belt. For the safety of user, the running surface only rotates in one motion that allows for forward running use of the machine (as opposed to reverse). This provides a stable and nearly locked running surface for mounting and dismounting of the treadmill from the rear or back of the unit.

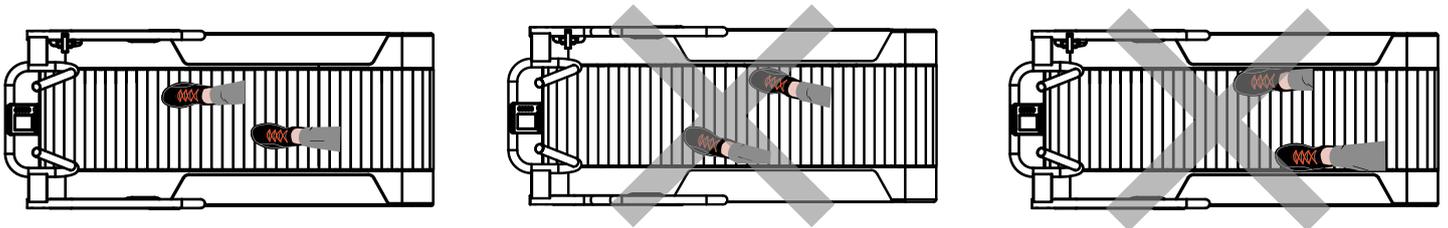
Entrance & Exit

It only allows to be entered from the side near the rear of the treadmill.



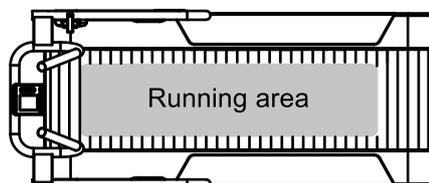
The Right Way To Run

Keep your feet parallel when you are running, it's a proper motion to exercise on the surface. Please do not run pigeon-toed or be close to the both of side rein when you are running, these wrong posture may cause damage to treadmill and even make you injured.



Running Area

The gray zone below is the running area. You can adjust the speed by controlling the center of gravity, running more forward, it's moving faster, and vice versa.



WARNING: Always use the handrails when entering or exiting the treadmill.

Parallel Handrails

The handrail assembly has parallel supports on either side of the users which allow the users to maintain direct contact for safety and stability throughout the treadmill of the running surface. Users should maintain constant contact with the handrail for safety at all time.



WARNING: Running belt moves freely so please contact the handrail during the exercise in the beginning of training.

A series of horizontal lines for writing, starting with a top line that has small dots below it, followed by 20 regular lines, and ending with a thick bottom line.

A series of horizontal lines for writing, starting with a top line that has small dots along its length, followed by 20 more solid lines, and ending with a thick bottom line.

A series of horizontal lines for writing, starting with a top line that has small dots below it, followed by 20 regular lines, and ending with a thick bottom line.



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