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CHAPTER 8: MAINTENANCE

CHAPTER 1 ─ SAFETY PRECAUTIONS

1.1 SAFETY PRECAUTIONS

Your SportsArt treadmill was designed and built for optimum safety. However certain precautions apply whenever you use your treadmill.

Votre tapis de course SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre tapis de course.

Please read the entire manual before assembly and operation. Also, please note the following safety precautions:

Lisez entièrement le manuel avant l'assemblage et l'utilisation. Veuillez aussi noter les consignes de sécurité suivantes:

IMPORTANT SAFETY PRECAUTIONS
CONSIGNES DE SÉCURITÉ IMPORTANTES

- Please read the instructions carefully and install the treadmill as instructed.

- Veuillez lire attentivement les instructions et installer le tapis de course selon les instructions.

- Assemble and operate the treadmill on a solid, level surface. DO NOT use outdoors or near water.

- Assemblez et faites fonctionner le tapis de course sur une surface solide et plane. NE PAS l'utiliser à l'extérieur ou près de l'eau.

- Never allow children on or near the treadmill at all times.

- En aucun cas, ne laissez des enfants à proximité ou sur le tapis de course.

- Check the treadmill before every use. Make sure all parts are assembled, and all fasteners are tightened. DO NOT use the treadmill if the unit is disassembled in any way.

- Vérifiez le tapis de course avant chaque utilisation. Assurez-vous que toutes les pièces sont assemblées et que tous les éléments de fixation sont serrés. NE PAS utiliser le tapis de course si l'appareil est démonté de quelque façon.

- Keep your hands away from moving parts.

- Gardez vos mains loin des pièces mobiles.

- Wear proper workout clothing; DO NOT wear loose clothing. DO NOT wear shoes with leather soles or high heels. Tie all long hair back. Do not go barefoot on this product.

- Portez des vêtements d'entraînement appropriés; NE PORTEZ PAS de vêtements amples. NE PORTEZ PAS de chaussures à semelles en cuir ou à talons hauts. Attachez les cheveux longs. Ne marchez pas pieds nus sur l'appareil.

- Be careful when mounting and dismounting the unit.

- Soyez prudent lors du montage et démontage de l'appareil.

- The walk belt will not stop immediately if any object becomes caught in the belts or rollers.

- Le tapis de marche ne s'arrêtera pas immédiatement si un objet est pris dans les courroies ou les rouleaux

- DO NOT use any accessories that aren't specifically recommended by the manufacturer. These might cause injuries or cause the unit to fail.

- NE PAS utiliser d'accessoire non spécifiquement recommandé par le fabricant. Car cela pourraient provoquer des blessures ou entraîner une panne de l'appareil.

- Unplug from outlet before servicing or removing of any parts.

- Débranchez l'appareil de la prise avant l'entretien ou la suppression de toute pièce.

- Close supervision is necessary when this treadmill is used by, on, or near children, invalids, or disabled persons.

- Une surveillance étroite est nécessaire quand ce tapis de course est utilisé par ou à proximité d'enfants, de malades ou de personnes handicapées.

- Use this treadmill only for its intended use as described in this manual.

- Utilisez ce tapis de course uniquement pour l'usage prévu dans ce manuel.

- Never operate this treadmill if it has been damaged in any way. If it is not working properly, or has been dropped or damaged, contact your dealer.

- N'utilisez jamais ce tapis de course s'il a été endommagé de quelque façon que ce soit. S'il ne fonctionne pas correctement, ou s'il est tombé ou endommagé, contactez votre vendeur.

- DO NOT carry this treadmill by the power cord or use the cord as a handle.

- NE PAS transporter ce tapis de course par le cordon d'alimentation et n'utilisez pas le cordon comme poignée.

• Keep the power cord away from heated surfaces.

• Maintenez le cordon éloigné de toute surface chaude.

• Keep all air ventilation areas free of blockage.

• Veillez à ce qu'aucun orifice de ventilation ne soit obstrué.

• Never drop or insert any object into any opening.

• Ne faites jamais tomber ou n'insérez jamais d'objet dans les orifices.

• DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.

• NE PAS l'utiliser là où des produits aérosols (vaporisés) sont utilisés ou lorsque de l'oxygène est administré.

• The user weight limit for this treadmill is 180 KGS (400 LBS).
  Note that the 12 mph (20 kph) rating good up to 125 kgs (275 lbs).

• La limite de poids de l'utilisateur pour ce tapis de course est de 180 Kg (400 livres).
  Remarquez que la vitesse de 12 mph (20 km/h) convient jusqu'à 125 kg (275 livres).

• Product performance depends on adequate power supply. Each commercial treadmill requires one 20 Amp (for 110v areas) or one 10 Amp (for 220v areas) dedicated circuit for proper operation.

• Les performances du produit dépendent d'une alimentation adéquate. Chaque tapis de course du commerce nécessite un circuit dédié de 20A (pour les zones en 110V) ou de 10A (pour les zones en 220V) afin d'assurer un bon fonctionnement.

CAUTION
ATTENTION

If you feel any pain or abnormal sensation, STOP YOUR WORKOUT and consult your physician immediately. Work within your recommended exercise level. DO NOT work to exhaustion.

Si vous ressentez une douleur ou si vous avez une sensation anormale, ARRÊTEZ VOTRE ENTRAÎNEMENT et consultez immédiatement votre médecin. Entraînez-vous à votre niveau d'exercice recommandé. NE PAS s'entraîner jusqu'à l'épuisement.

Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

Avant de commencer un programme d'exercice, vous devriez consulter votre médecin. Il est recommandé de faire un examen physique complet.

DO NOT stand on the walk belt when starting the treadmill. Straddle the belt with your feet on the right and left landing strips.

NE PAS rester sur le tapis de marche lors du démarrage du tapis de course. Enjambez le tapis et placez vos pieds sur les bandes de repos droite et gauche.

To prevent injury, stand on landing strips (side rails) before starting the treadmill.

Pour éviter de vous blesser, restez sur les bandes de repos (barres latérales) avant de démarrer le tapis de course.

To reduce the risk of electric shock, always unplug this treadmill from the electrical outlet immediately after using and before cleaning.

Pour diminuer le risque de choc électrique, débranchez toujours ce tapis de course de la prise de courant, immédiatement après utilisation et avant le nettoyage.

Improper connection of the equipment-grounding connector can result in a risk of electric shock. Check with a qualified electrical or service person if you are in doubt as to whether the treadmill is properly grounded. DO NOT modify the plug provided with the product; if it doesn't fit the outlet, have the proper outlet installed by a qualified technician.

Un branchement incorrect du connecteur de mise à la terre de l'équipement risque d'entraîner un choc électrique. En cas de doute sur la mise à la terre correcte du tapis de course, faites appel à un technicien ou un électricien qualifié. NE PAS modifier la fiche fournie avec le tapis de course T652, si elle ne correspond pas à la prise, faites installer une prise adéquate par un technicien qualifié.

Always use the safety key when operating the treadmill.

Utilisez toujours le clip de sûreté pendant le fonctionnement du tapis de course.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.
If the user desired to correct the interference, it is at the user's own expense.

1.2 ABOUT THIS MANUAL

This manual provides instructions for the assembly, installation, and operation of the SportsArt T611 Treadmill. Please study this manual thoroughly to prevent injury to exercisers and damage to the product. Please save these instructions for future reference. Make sure that product users abide by instructions in this manual.

This manual uses the following conventions for identifying special information:

Note: Indicates additional information.

Important: Indicates information to which you should pay special attention.

CAUTION: Indicates information to prevent harming the user or damaging the product.

CHAPTER 2─UNPACKING THE CYCLE

2.1 INTRODUCTION

Thank you for purchasing a high quality product from SportsArt Fitness. Constructed of robust materials and built for years of trouble-free usage, the SportaArt T611 Treadmill was designed and manufactured to become an integral part of your fitness regimen. This product is a unique tool made to help you obtain your fitness goals. But like every tool, it must be used properly. Please read and abide by instructions in this manual. Understanding the correct use of this equipment will help you achieve your exercise goals safely and effectively.
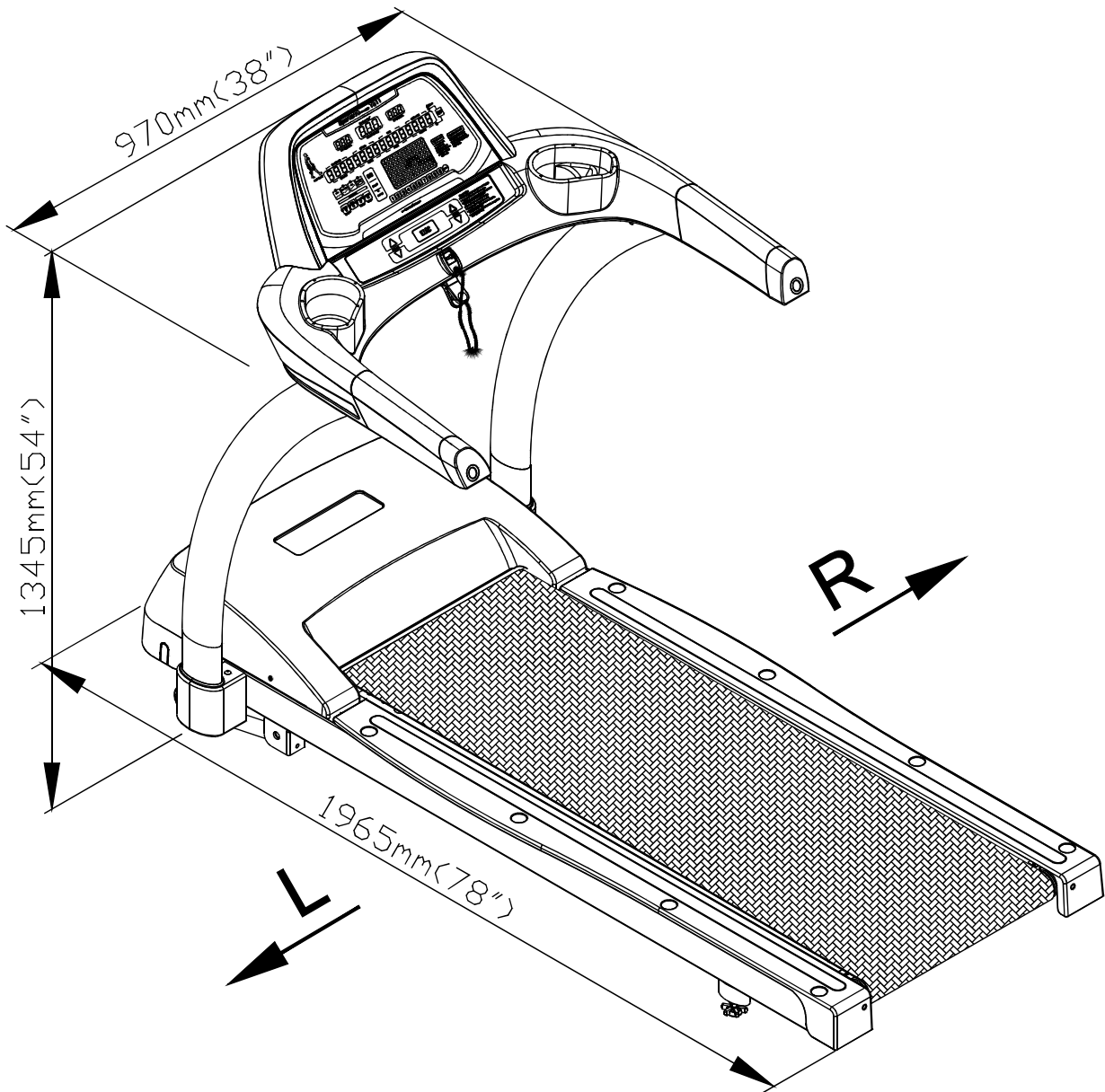
2.2 SPECIGICATIONS

T611 Specifications

Running surface: 20" x 58" inches

Speed Range: 0.5-10 mph; 0.8-16 kph; Motor: 2.8 HP

Incline Range: 0-15%

Programs: TRACK, P1-P3, HILL, GLUTE, INTERVAL, CUSTOM HR, CARDIO HRC,
WEIGHT LOSS HRC

Display Feedback: Speed, Pace, Calories, Calories per hour, Incline, Distance, Time,
Mets, Heart Rate, Target Heart Rates
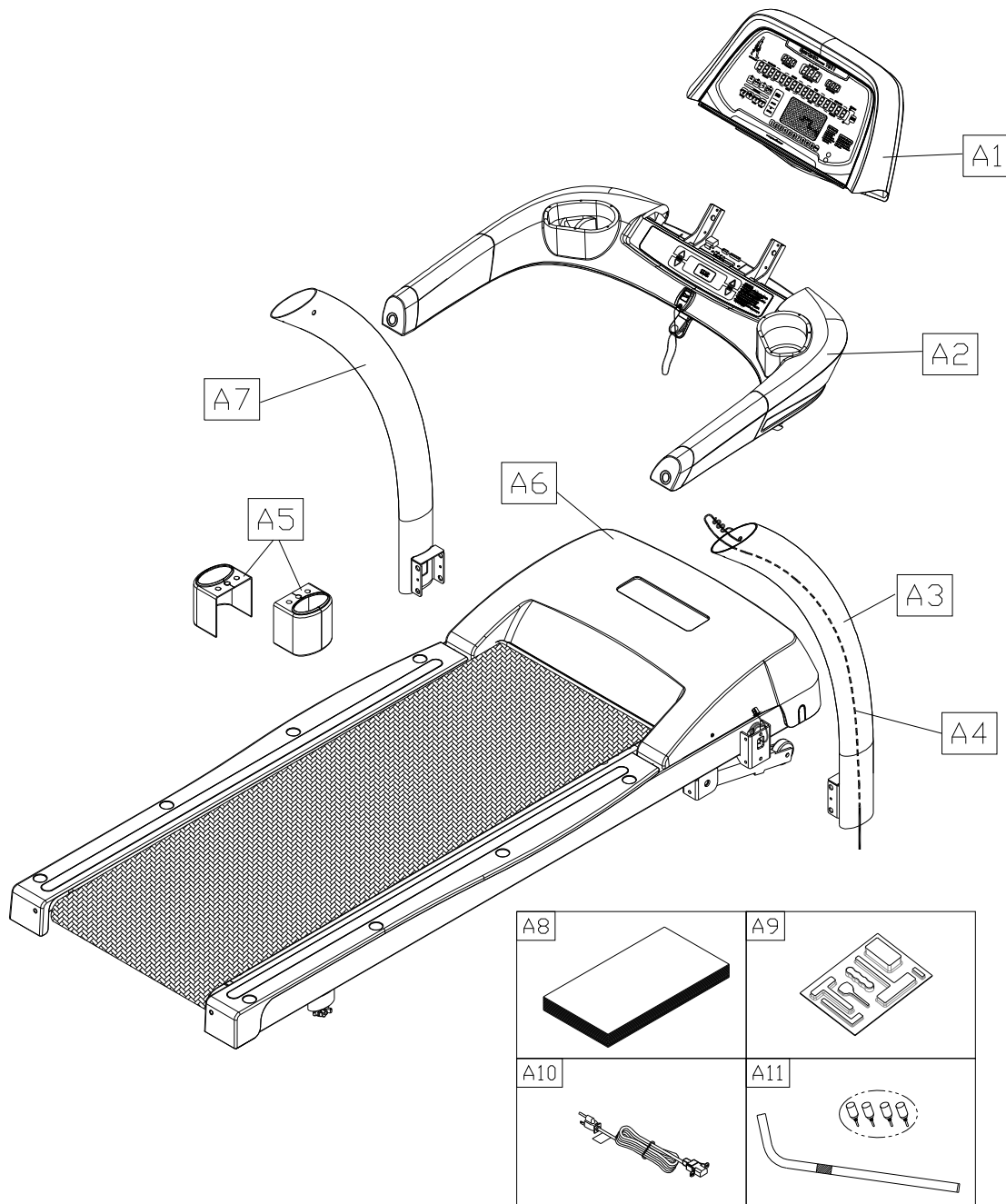
Display Type: White Backlit LCD

Foldable: Yes (Manual)

Heart Rate Control: Yes

Maximum User Weight: 400 lbs; 180 kgs

Dimensions : 1965mm x 970mmx 1345mm

2.3 COMPONENTS

Assembly Parts					
No.	Name	Qty	No.	Description	Qty
A1	Display	1	A9	Hardware kit	1
A2	Cowling/handles	1	A10	Power cord	1
A3	Right pedestal	1	A11	Lube applicator tube	1
A4	Feeder cord	1		Lubricant	4
A5	Pedestal cover	2			
A6	Body	1			
A7	Left pedestal	1			
A8	Owner's manual	1			

2.4 COMPONENETS IN THE HARDWARE KIT

A hardware kit is provided in the packaging of this product. Please inspect the hardware kit for the following items.

No.	Name	Qty	Specification	Notes
Hardware Kit			
21	Screw cap (flat)	2		
22	Screw cap (curved)	2		
23	Safety key	1		
	T-shaped Allen wrench	1	(M6)	
	T-shaped Allen wrench	1	(M4)	
	L-shaped Allen wrench	1	(M5)	
	Phillips head tool	1		
	Fuse	1	110V-15A	
			220V-10A	

If you discover items missing or damaged in shipping, please contact the SportsArt Service Department. Keep the hardware kit in a secure place for future use. Tools may be needed to disassemble the product in preparation for moving or other activities.

2.5 COMPONENTS ON THE PRODUCT

Some components are installed on the product. These items will be needed for product assembly.

No.	Name	Specification	
Components on the Product			
31	Serrated washer	D18*d8.5*t2.0*19T	
	Mushroom top inner hex head	M8*P1.25*L20	
32	Serrated washer (curved)	D18*d8.5*t2.0	
	Mushroom top inner hex screw	M8*P1.25*L20	
33	Mushroom top inner hex screw	M5*0.8*L12	
34	Phillips screw	M5*P0.8*L10	

CHAPTER 3─PRODUCT ASSEMBLY

3.1 INSTALLATION REQUIREMENTS

The challenge of product installation depends highly on the area in which the product will be used. Stairs, doorways and other obstacles must be considered in planning for product installation. Please ensure the safety of people and property in planning the installation of any product.

- **Be cautious during the installation and assembly of this equipment.** Pay attention to instructions in this manual. Get help if you feel instructions are not clear. Prevent injury to people and damage to the product.
- **Think about the installation site and product location.** Do not install this equipment in an area of high humidity. Exposure to extensive water vapor, chlorine, bromine, ammonia, and other chemicals could adversely affect this equipment.
- **Set up the equipment on a solid, level surface.** Install this product in a safe, secure location. A solid, level, smooth surface is required to ensure user safety and proper product operation.
- **Provide enough space around the equipment.** Leave space around the equipment to allow users to safely mount and dismount the product. Ensure enough space above the product to allow for comfortable, safe operation.
- **Avoid electric shock.** Before moving this equipment, removing covers, or accessing electronic components, make sure the power switch is off and the product is disconnected from the power outlet. Beware that some electronic components retain an electric charge for a few seconds after power supply is disconnected.

3.2 ASSEMBLY INSTRUCTIONS

This product is designed for assembly by one person. But in some cases, depending on personal strength and experience, two people may be needed for product assembly. Please follow product assembly instructions carefully.

CAUTION: Not abiding by instructions in this manual may result in injury to people, damage to the product, and void the product warranty.

Important: Throughout this manual, the words *left* and *right* are used in reference to the product and its parts. As such, the words *left* and *right* refer to the left and right sides, respectively, of someone exercising on the product. In addition, some parts are marked *L* for left or *R* for right.
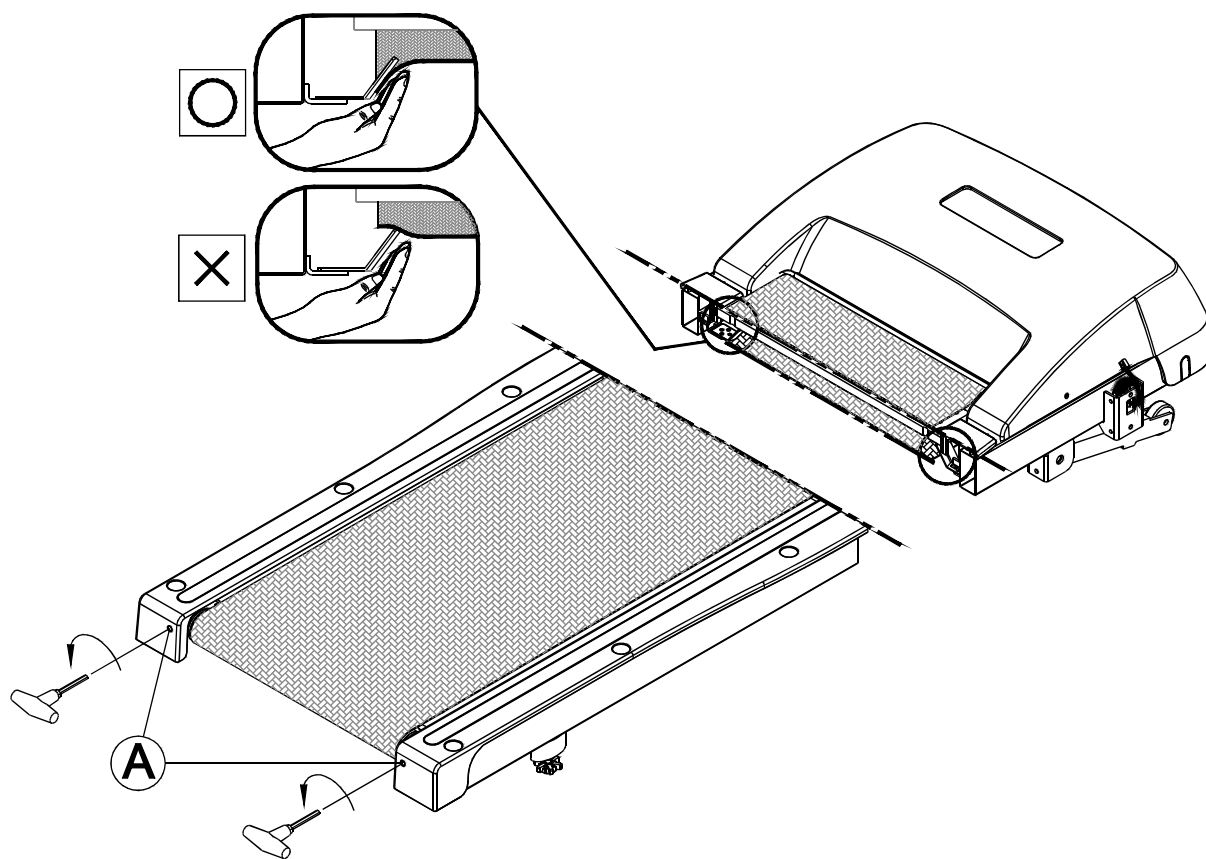
Note: For brevity, throughout this manual, the word "screws" is used where screws, washers, and other hardware may be involved. Note that some parts are marked "L" for left and "R" for right. Product side determinations correspond to the left/right sides of a person exercising on the product. For example, the exerciser's left side would be the product's left side. The exerciser's right side would be the product's right side.

Follow steps A, B, C to place the product on a flat sheet of cardboard for assembly.
A. Remove the packaging material. Then cut the box flaps to lay them flat on the ground.
B. Lift the rear of the treadmill to remove packaging material in the rear and center of the box.
C. Lift the front of the treadmill to remove packaging material at the front of the treadmill.
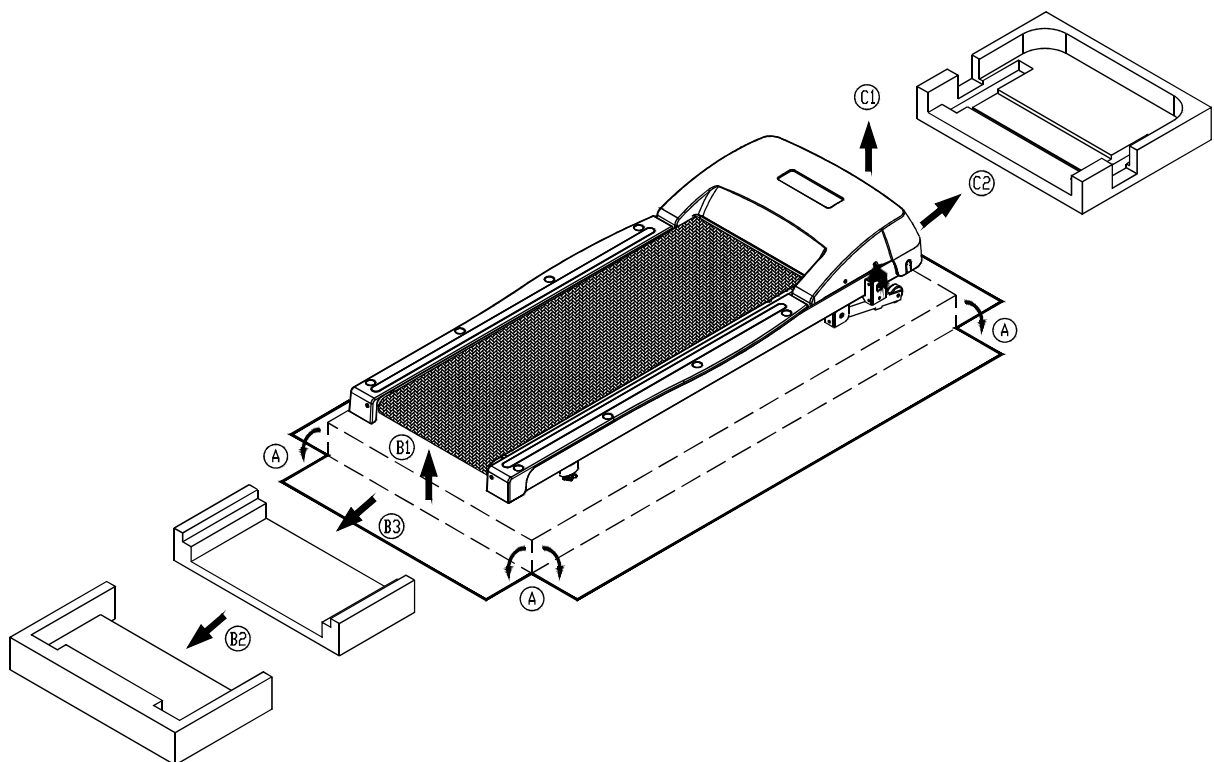
Make sure the walk belt is in the correct position in relation to both the walk belt guides. The guides should press the sides of the walk belt downward, away from the treadmill body, as in the image marked O. The image marked X shows the incorrect position; the side of the walk belt is pressed upward, toward the treadmill body. If the walk belt is in the incorrect position, turn roller adjustment screws in position A counterclockwise until the sides of the belt can be placed in the correct position. Then follow step 6 to adjust walk belt tension.
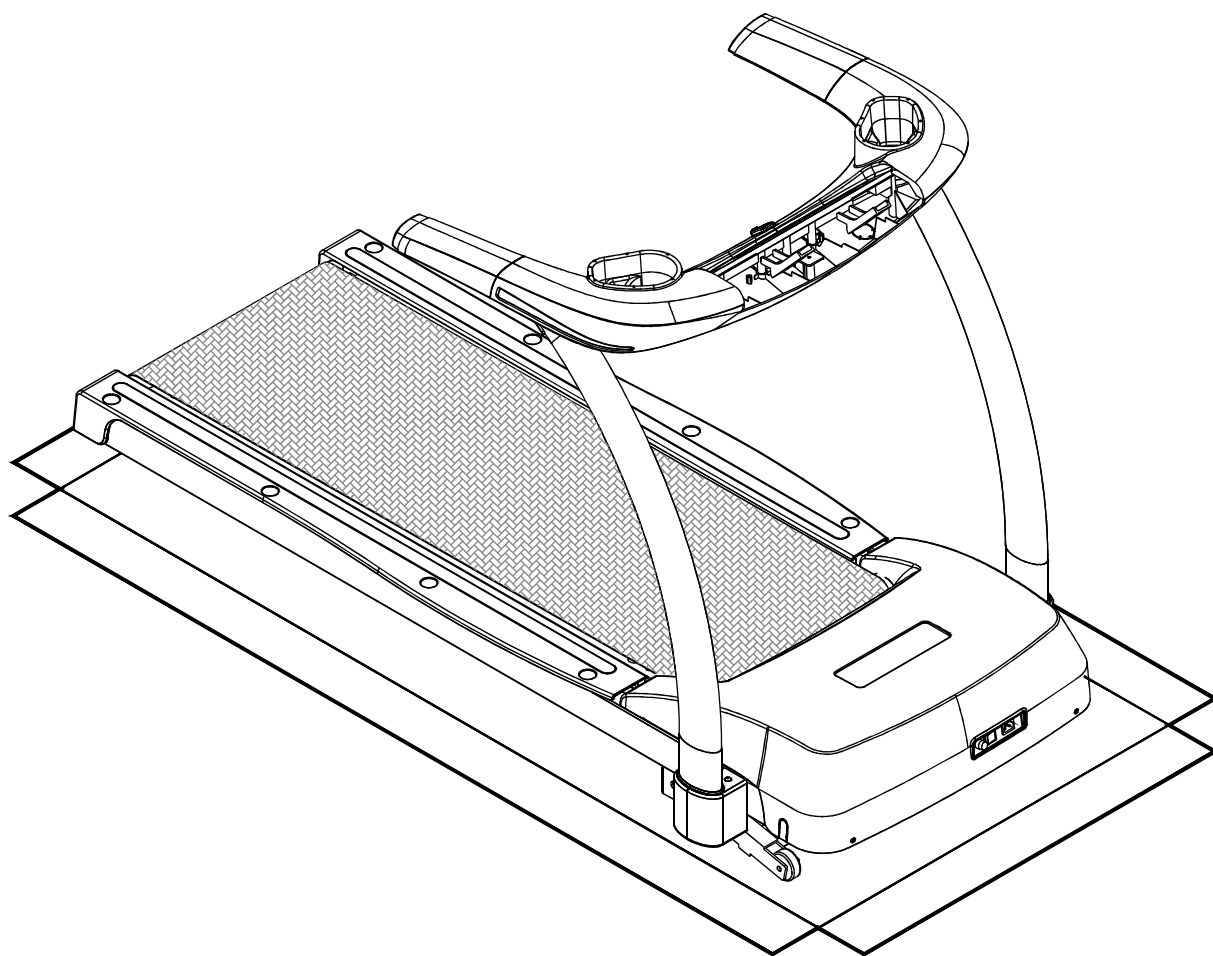
1-1. Remove screws (31) from the left and right pedestal bases. Remove screws (33) from the left and right pedestals (A7, A3).
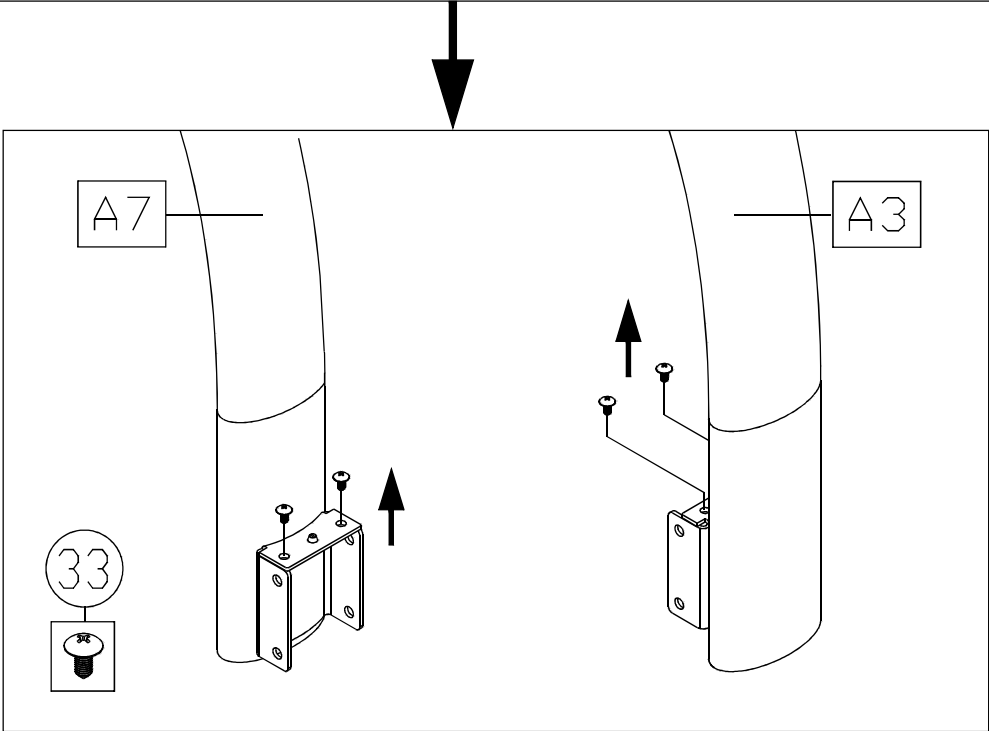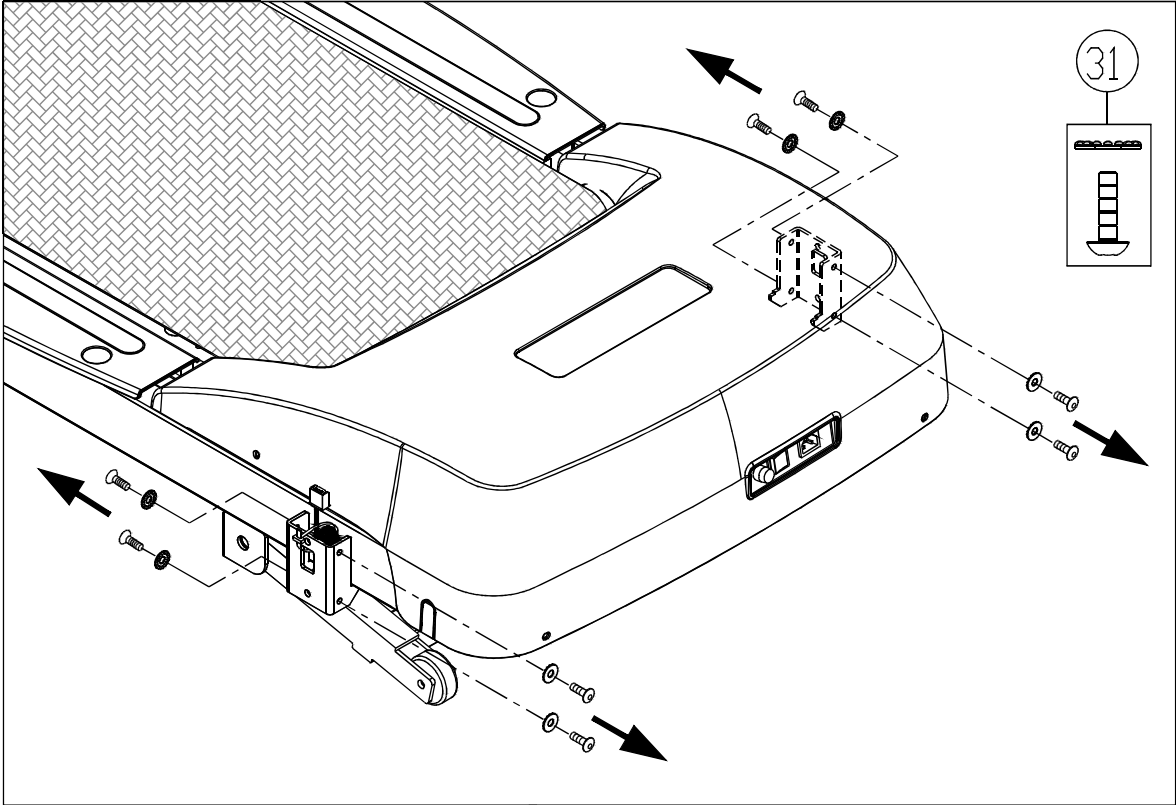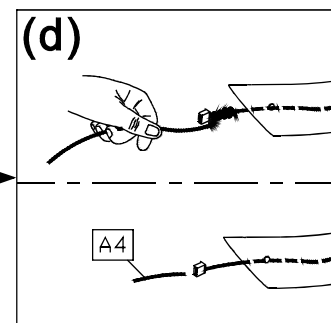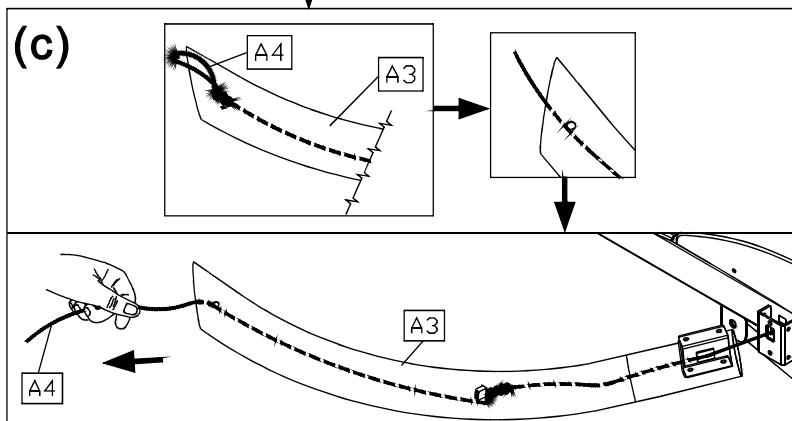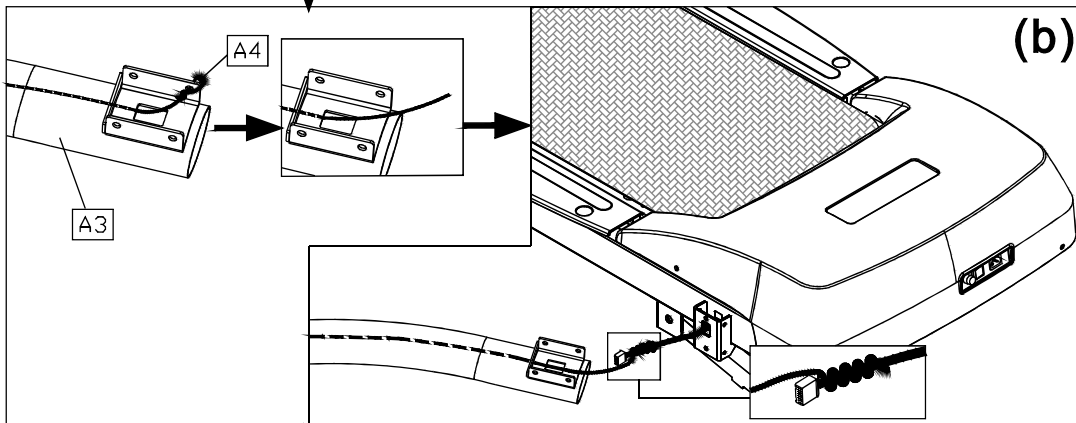
1-2. Follow steps (a~d) to thread the data cable into the right pedestal (A3).

(a) First, cut the zip tie that secures the data cable to the right pedestal base. Then Pull the data cable through the hole as shown.

(b) Place the right pedestal (A3) flat on the ground with its bottom part facing the data cable. Untie the feeder cord (A4) from the lower part of the pedestal. Tie the feeder cord (A4) onto the end of the data cable.

(c) Untie the feeder cord (A4) from the top of the right pedestal (A3). Then, from the top of the pedestal, pull the feeder cord, thus threading the data cable through the pedestal.

(d) After the data cable is threaded through the pedestal, untie the feeder cord (A4) from the data cable.
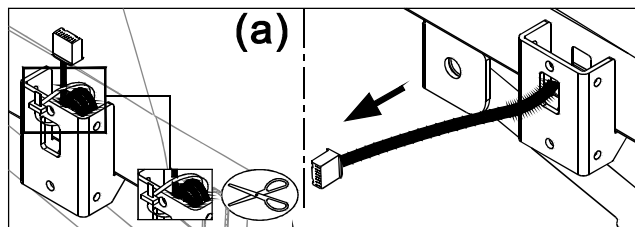
1-3. After threading the data cable into the right pedestal, follow the following steps.

(a) Insert pedestal base covers (A5) separately onto the left and right pedestals (A7, A3).

(b) Insert the right pedestal (A3) onto the right pedestal base. Insert the left pedestal (A7) onto the left pedestal base.
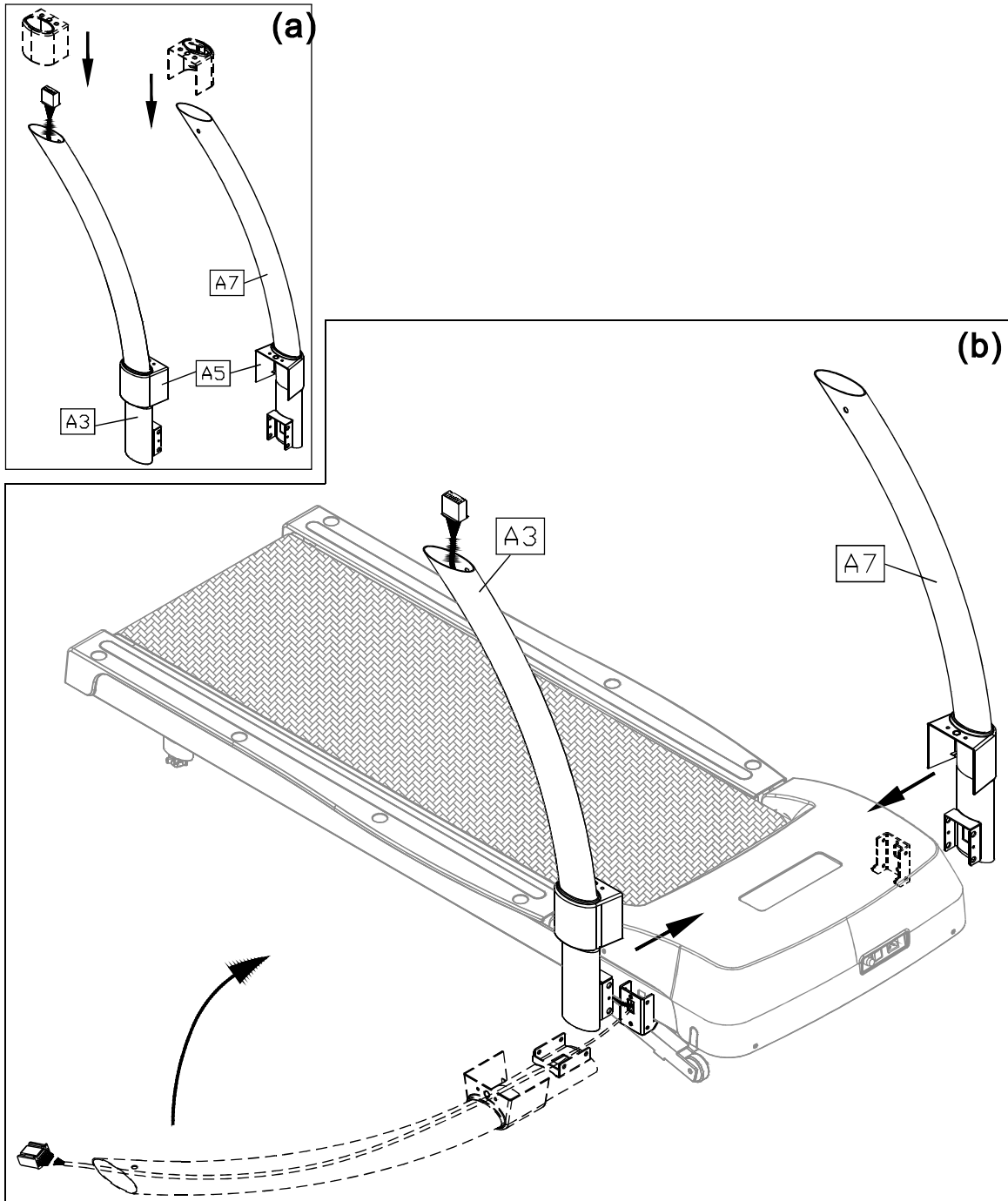
1-4. Hand-tighten screws (31) on both left and right pedestals (A7, A3), but do not
      fully secure these screws yet.
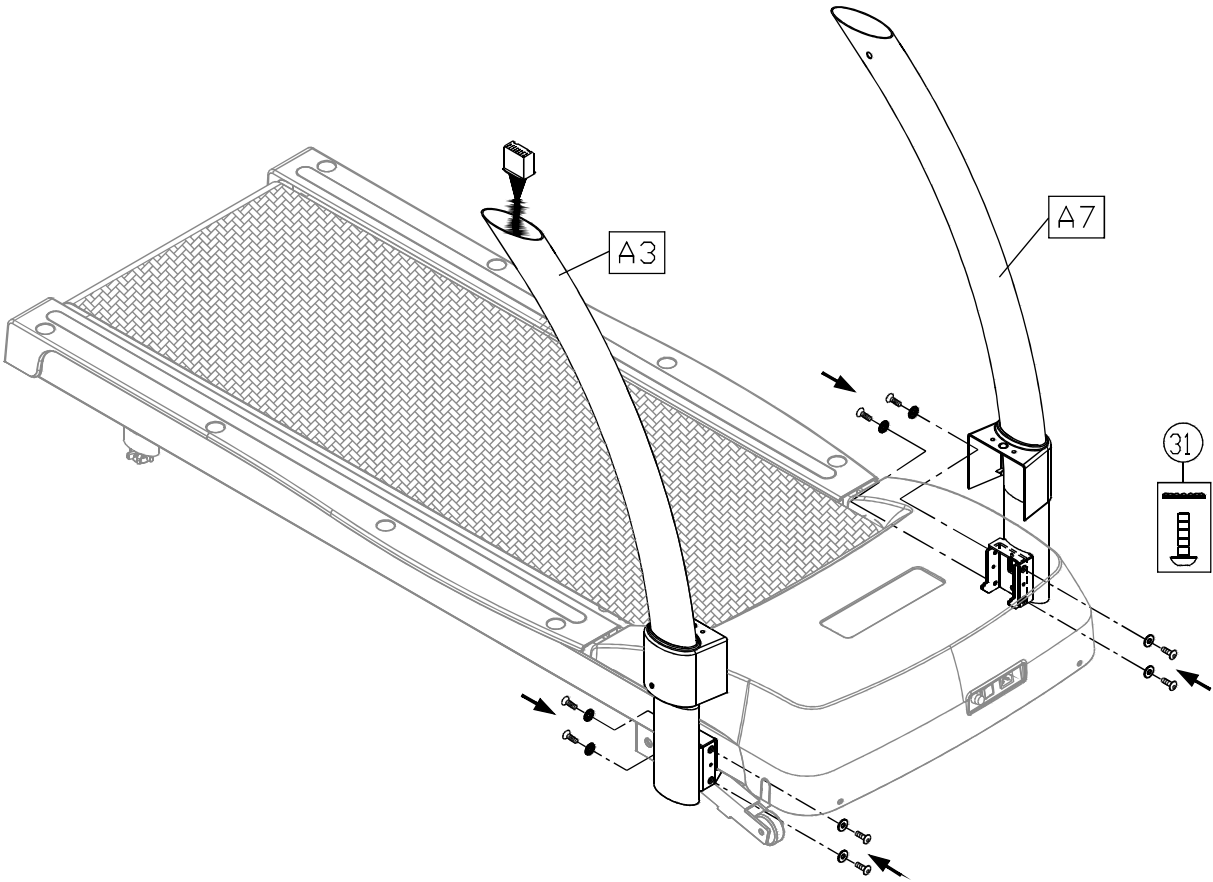
1-5. Follow steps (a~g) to assemble the handlebars.

(a) First, remove screws (31)(32) from the handlebars (A2).

(b) Slightly angle the handlebars (A2) to set one side of them onto the left pedestal (A7).

(c) Connect the data cable (A3) in the right pedestal to the cable (A2) in the handlebars.
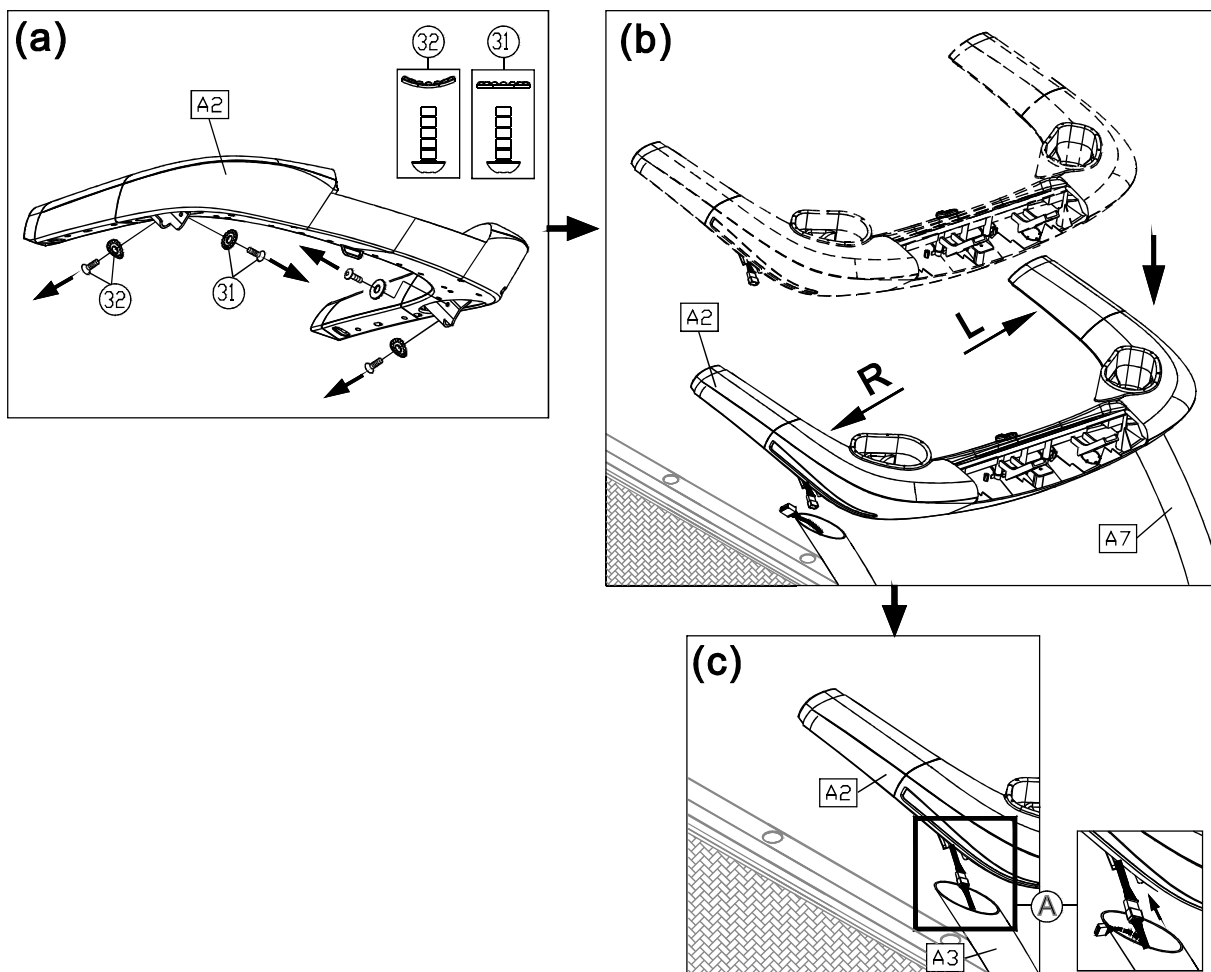
(d) Insert the right side of the handlebar into the right pedestal (A3), while tucking the cable into the pedestal safely.

(e) Loosely secure handlebar screws (31)(32), but do not fully secure these screws. First secure pedestal base screws (in steps 1-4). Then first secure screws (32) in area B. Then secure screws (31) in area C.

(f) Insert the screw covers (21)(22) into the screw heads.

(g) Finally, push pedestal base covers (A5) down into place and secure them with screws (33).
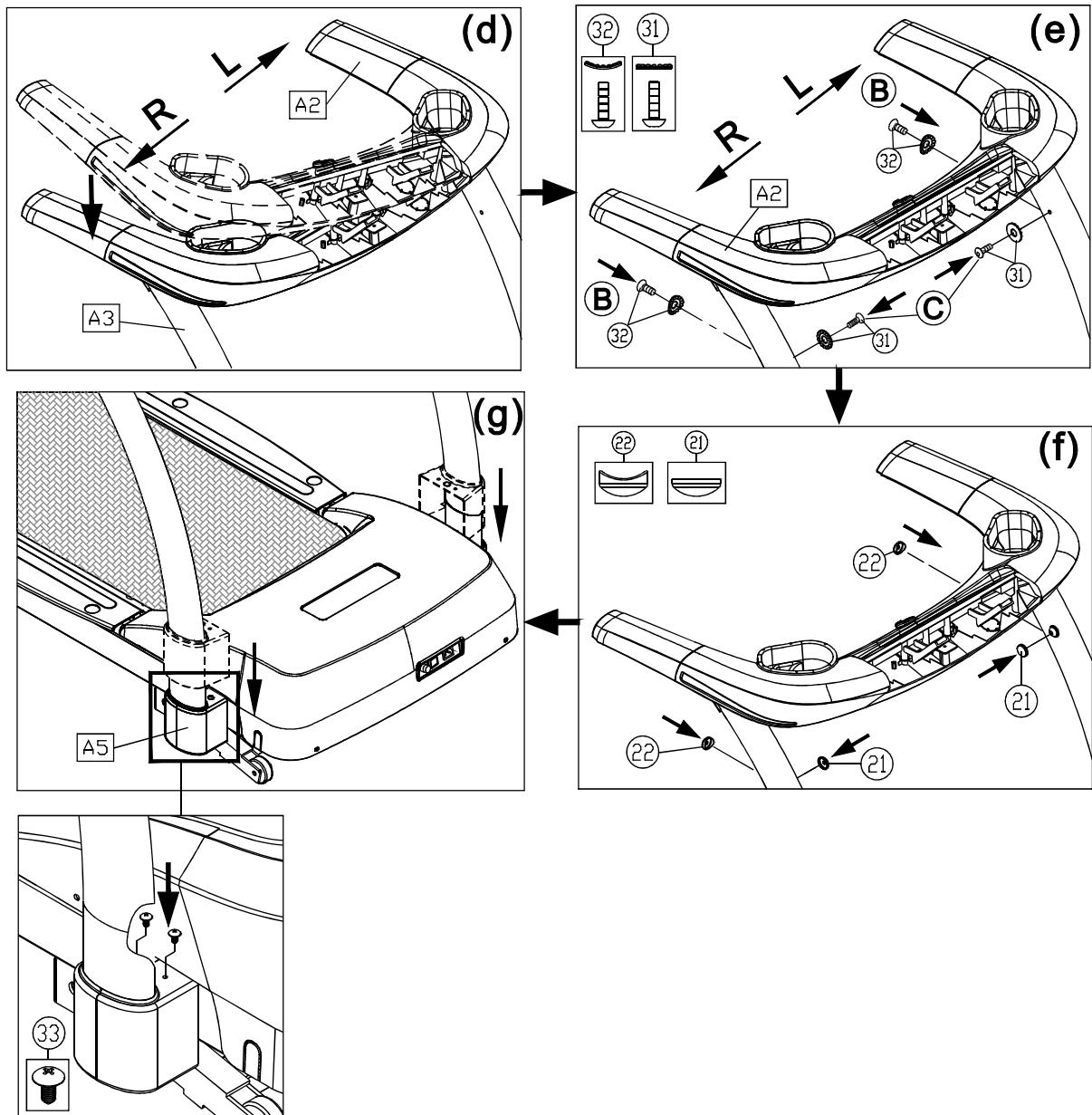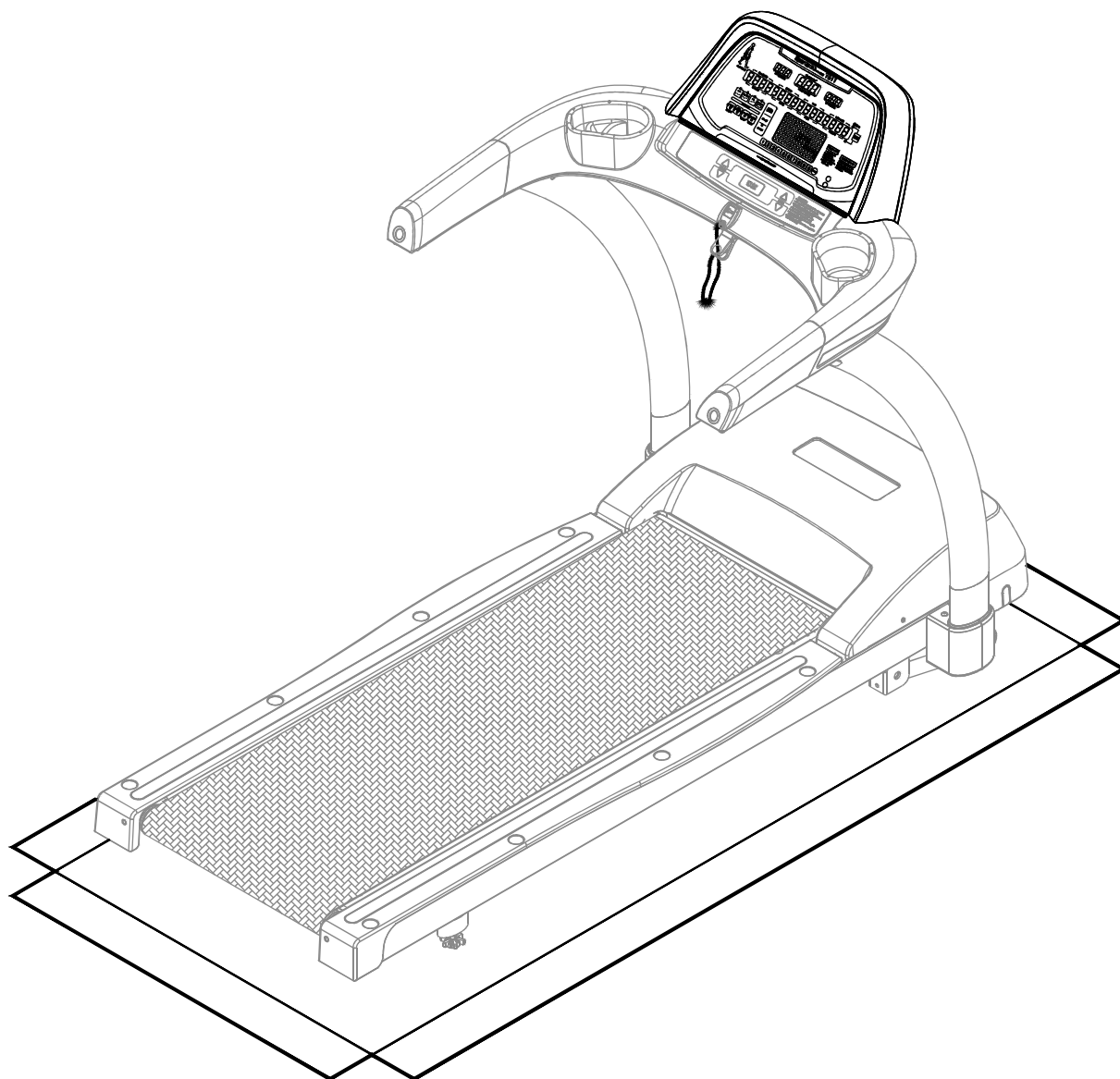
Follow steps (a~g) to install the display.

(a) First, remove display connection screws (33) from the handlebars (A2).

(b) To avoid damaging the display, insert the display (A1), as indicated by the arrows, onto the handlebars (A2).

(c) Then, tilt the display (A1) slightly.

(d) Temporarily secure the display by asserting pressure as indicated by the arrows.
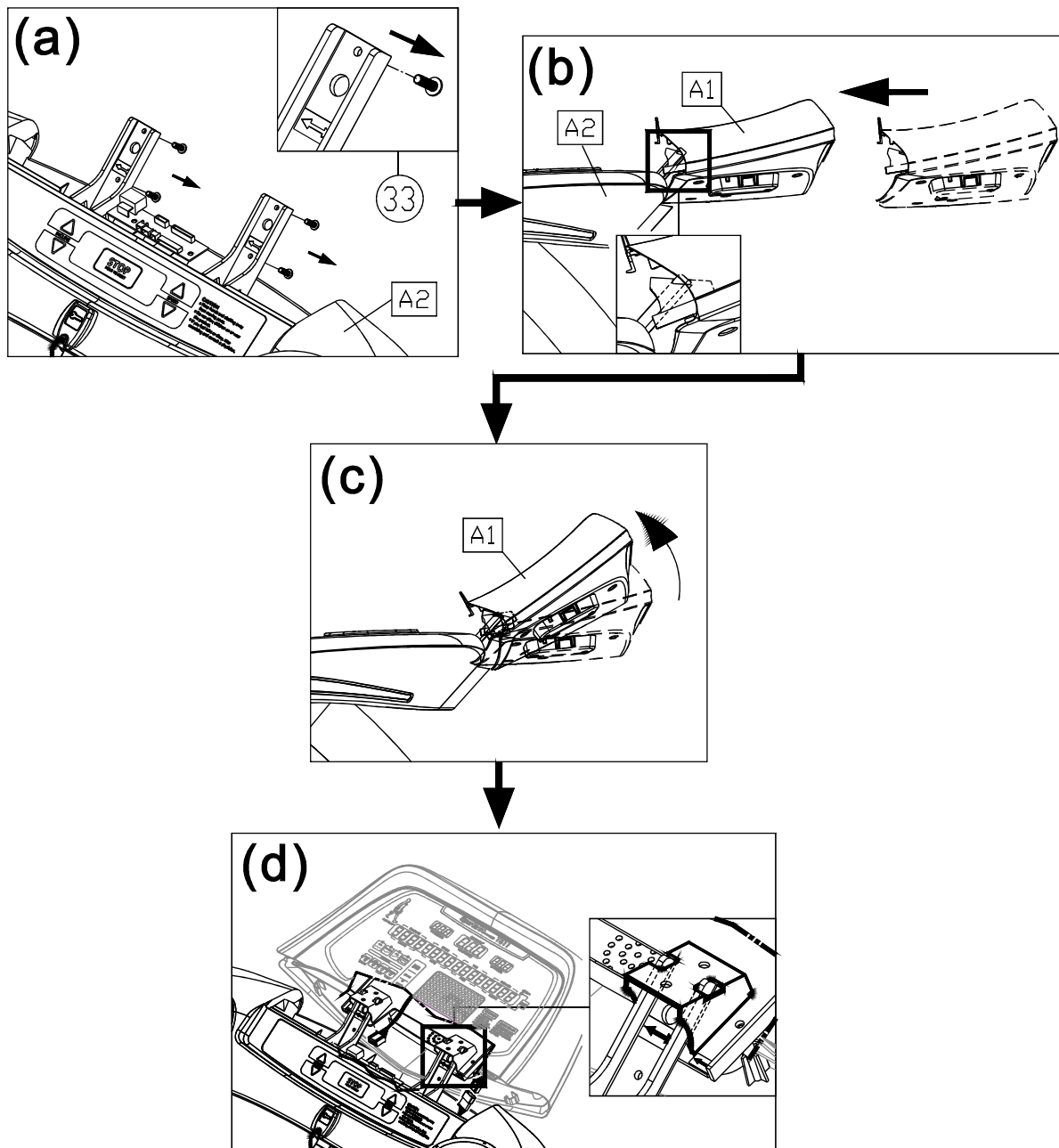
(e) Connect cables in positions A and B.

(f) After connecting cables, tuck them away safely. Then slightly lift the display (A1) and press it into place. Make sure that the plastic of the display lower cover rests on the outside of the handlebar plastic.

(g) User screws (33) to secure the display (A1).
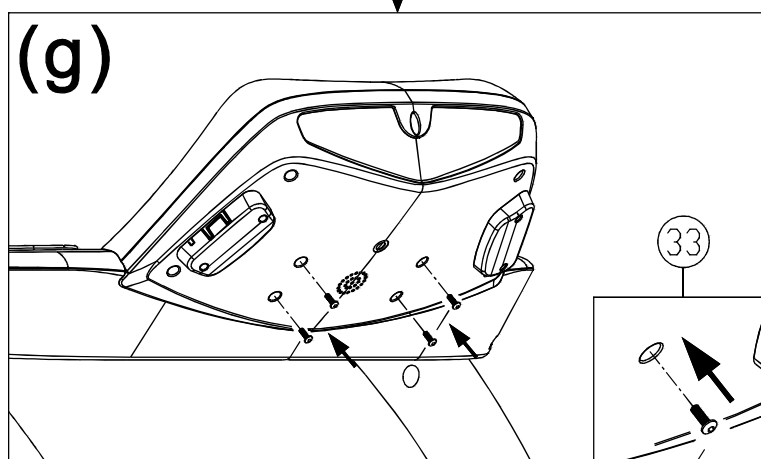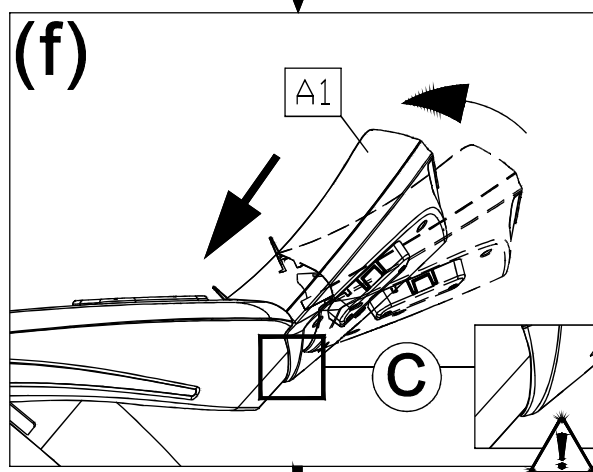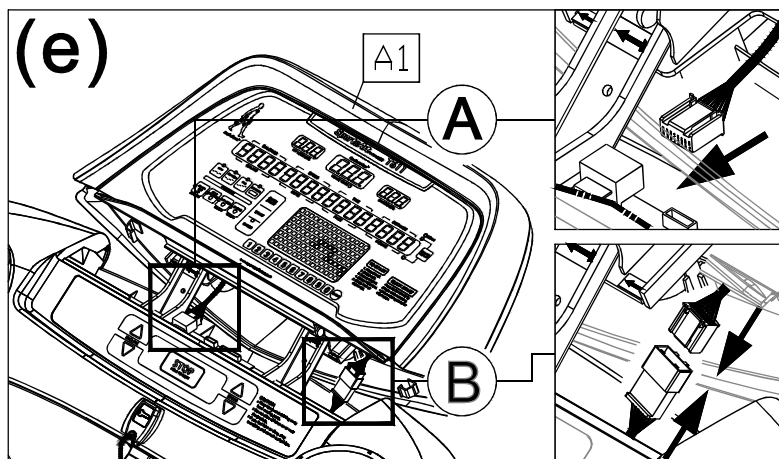
STEP 3 Moving the Treadmill

Please follow steps (a, b, c) to put the treadmill in place for use.

(a) Grasp the back frame with both hands and lift the walk deck up.

(b) With the front of the treadmill slanted downward, use the front transport wheels to roll the unit.

(c) Push the unit into place for use.
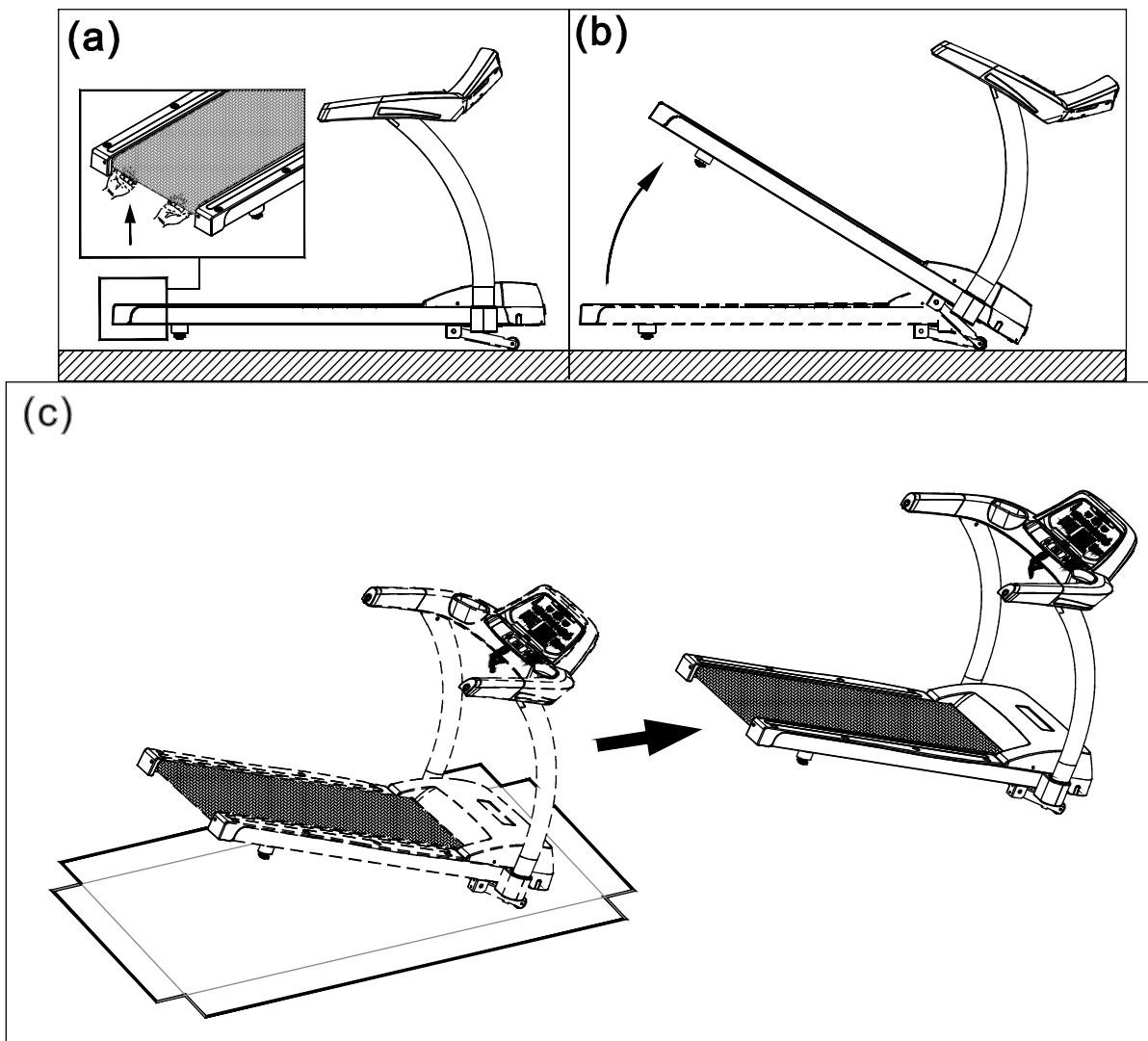
STEP 4 Leveling the Unit

4-1. Push down on the end of the treadmill. Inspect whether levelers touch the ground evenly.

4-2. If the unit does not sit flat on the floor, follow steps (a,b,c) to level the unit.

(a) Rotate the leveler nut downward.

(b) Rotate the leveler foot downward so it presses the floor.

(c) Secure the leveler nut upward against the frame to secure this position.
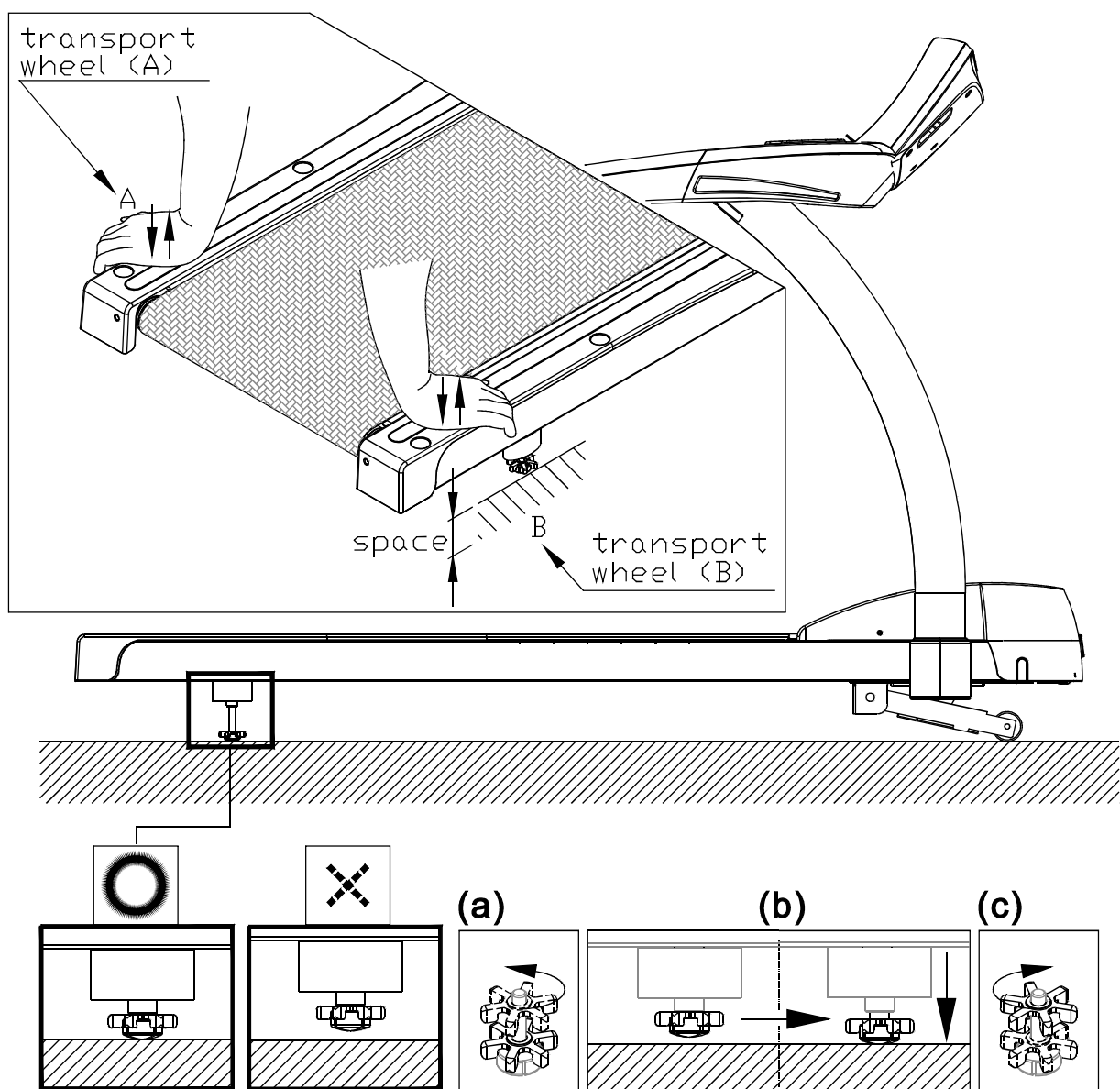
STEP 5 Treadmill Walk Belt Tracking

The treadmill walk belt should rotate in the center of the deck, with equal spacing on both sides. If the walk belt tends to one side, turn the rear roller screw on that side clockwise no more than 1/4 turn. This extends that side of the rear roller toward the back, pushing the walk belt toward the other side.
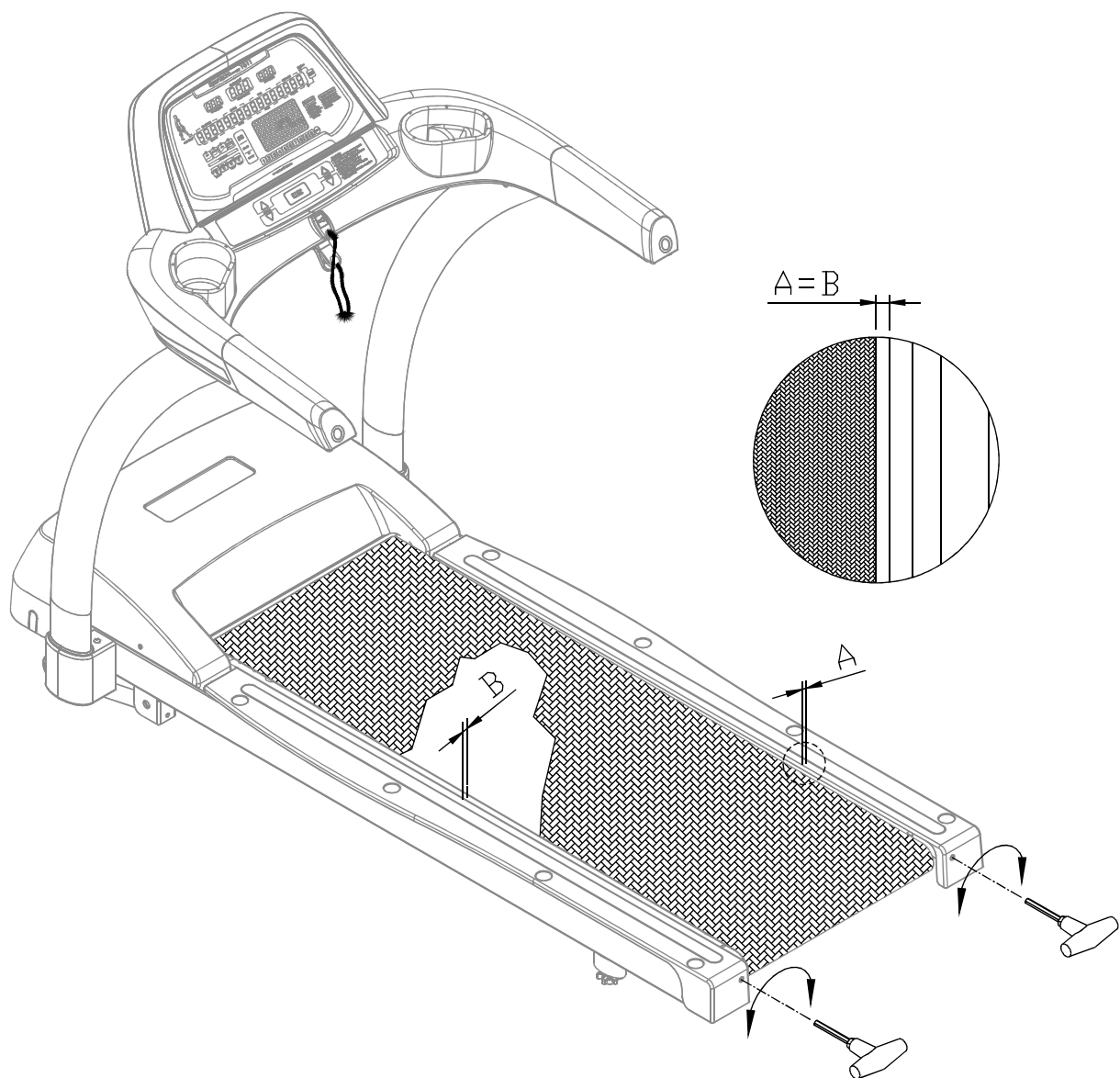
STEP 6 Treadmill Walk Belt Tightness Adjustment

If the walk belt seems to pause during use, the walk belt may be too loose. Stop using the treadmill and inspect walk belt tightness. At the center of the walk belt length, grasp both sides of the walk belt as shown in illustration A and B. You should be able to lift the walk belt 30m/m<1 1/8"> or to 3Kg<6.6LB> of pressure. If the walk belt is too loose, adjust both rear roller adjustment screws 1/4 turn at a time. And inspect the belt tightness. Repeat the same procedure until the walk belt tightness is just right. But do not over tighten the walk belt. If the walk belt is too tight, turn rear roller adjustment screws on both sides clockwise 1/2 turn at a time.

Note: Finger guard placement should be secured at a distance of 2mm from the rear roller. If the distance exceeds 6mm, adjust finger guard placement by removing both left and right landing strips, loosening finger guard screws, and sliding finger guards into the proper position. Secure finger guard screws in the position shown in figure C. For more information, please refer to lubrication instructions.
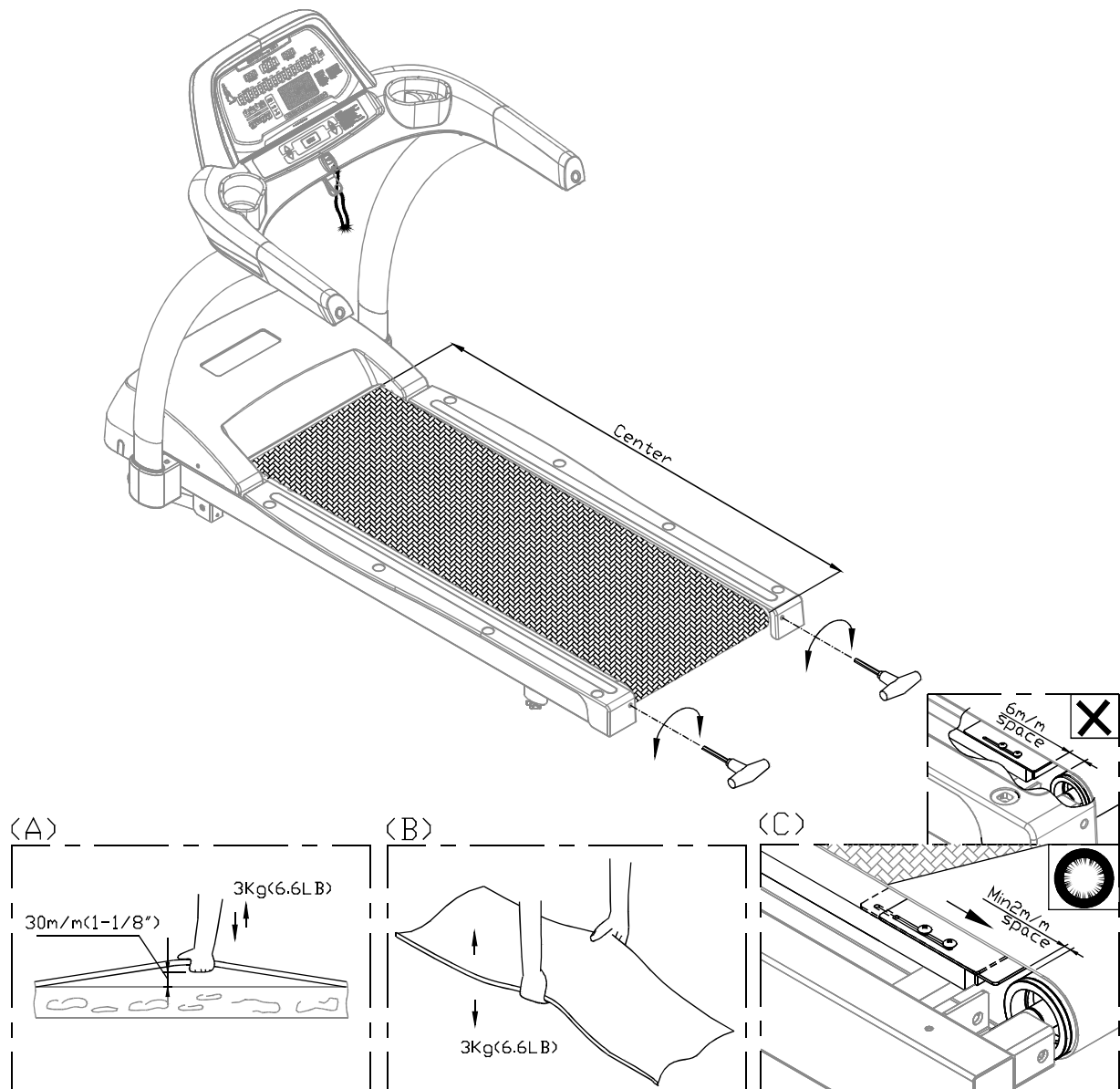
STEP 7 Power Cord Installation

(a) First, remove screws (34) from the power cord connector.

(b) Insert the end of the power cord into the connector on the product.

(c) Insert the other end of the power cord (A10) into the wall power socket. Secure the power cord onto the product socket with screws (34).
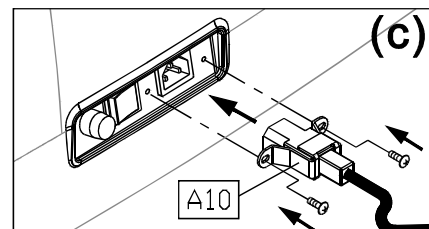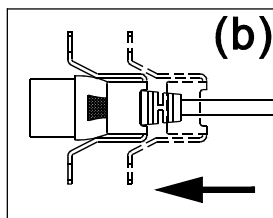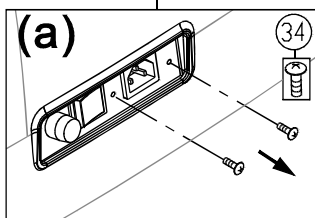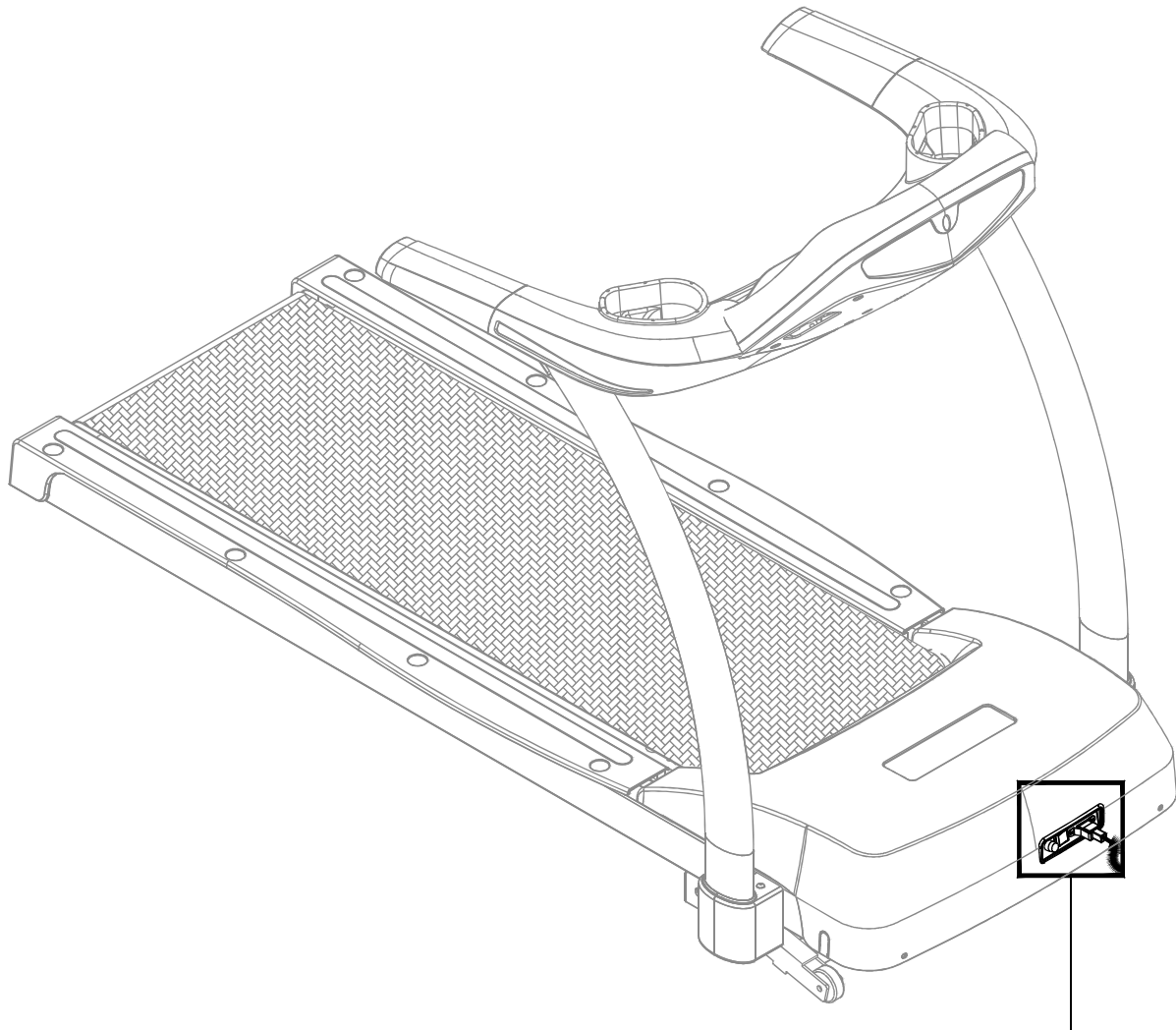
STEP 8 | Fuse Replacement

When current is excessive, the fuse breaks to protect other components. Follow steps (a~g) to replace a fuse.

(a) Press the fuse holder cap.

(b) Turn it counterclockwise.

(c) The fuse and fuse holder cap will spring out.

(d) Remove the bad fuse from the fuse holder cap.

(e) Insert a fuse of the same type into the fuse holder cap.

(f) Insert the fuse holder cap and fuse into the channel.

(g) Turn the fuse holder cap clockwise to secure it in place.

Fuse specifications: 110V=15Amp,A(F); 220V= 10Amp,A(F)
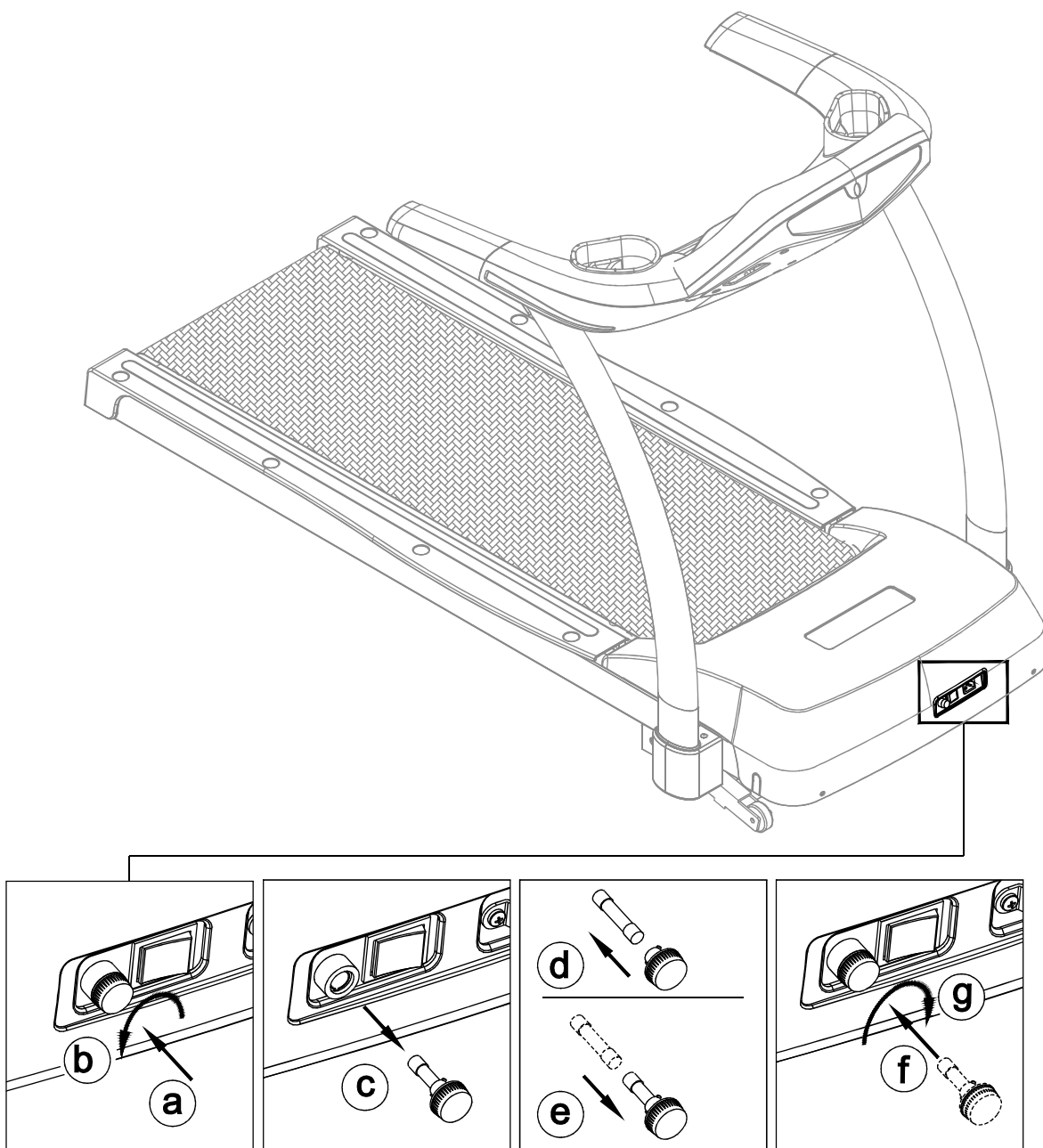
CHAPTER 4—T611 ELECTRONIC DISPLAY

4.1 ELECTRONICS DISPLAY LAYOUT

ActivZone

Current HR Window

Information Window

Programs

Dot Matrix Display

Numeric Keypad

To Start Instruction

4.2 DISPLAY FEATURES

1. Personal CardioAdvisor

   Personal CardioAdvisor is a heart rate training tool that requires your age input to calculate you high and low optimun HR training zone. The center display shows current HR when wearing a chest strap or contact HR.

2. Information window

   CALORIES - 0.0 to 99999 kcal. Total calories burned.

   SPEED - 0.1 to 11 mph / 0.2 to 18 kph in 0.1 increment

   TIME - 00:00 to 99:59

   DISTANCE - 0.00 to 9999 miles

   CAL/HR - 0.0 to 999.9. Provides calorie per hour at the existing work level.

   HEART RATE - 30 to 250 beats

   METS - 0.00 to 99.00 metabolic burn rate.

   PACE - 1/SPEED (the reciprocal of speed)

   INCLINE - o to 15% in 1% increment

   AGE - 10 to 90 (presetting: 35)

   WEIGHT - 50 to 400 LBS (presetting 165 LBS)

   20 to 180 KGS (presetting 75 KGS)

3. ActivZone

This feature visually highlights areas being trained at various speeds and inclines.

4. Programs

Interval, Random, Hill, Manual, Glute, Zone Trainer, Cardio and Wt Loss.

5. Numeric Keypad

The numeric keypad can be used to input data during programming.

6. Dot Matrix

Displays program profiles and information.

4.3 DISPLAY CONTROLS

1. START:

Press the START button to begin programming.

2. QUICKSTART:

Quickstart will bypass Age, Weight inputs and Program selection. Time and distance will count up.

3. ENTER:

To confirm the data inputted.

4. INTERVAL:

Select specific work and rest periods as well control time, incline and speed per period.

5. RANDOM:

Infinite number of courses. Continue to press the random button to select a desired course profile.

6. HILL:

Press the Hill button repetitively to select from 3 Hill profiles.

7. MANUAL:

Manual program that user controls incline and speed.

8. GLUTE:

Program specifically designed for focusing on the gluteus portion of the body. 30 and 45 minute programs run you through a specific incline based program.

9. ZONE TRAINER:

Great HR training program. When you are in another course and would like to maintain that specific HR, press the Zone Trainer button and the program changes to a Heart Rate Control (HRC) program. The incline will automatically change to maintain your selected HR.

10. CARDIO:

This program focuses on the upper end of the cardiovascular HR range, optimizing the HR for cardio training.

11. WT LOSS:

This program focuses on the lower end of the cardiovascular HR range, optimizing the HR for weight loss.

12. NUMERIC KEYPAD:

The keypad can be used to input information during the programming stage.

13. CLEAR:

This button will clear inputted data.

14. INCLINE UP/DOWN:

The incline buttons allow control for the elevation of the treadmill. These buttons also are for selecting USER ID, AGE, WT, TIME inputs for the electronics during programming. The incline will adjust 1% incline per increment. The incline range is from 0% to 15%.

15. SPEED UP/DOWN:

The speed buttons control the belt speed. The SPEED UP button also functions as quickstart. The speed range is from .1 mph to 11 mph; 0.2 kph to 18 kph.

16. STOP/HOLD TO RESET:
   a. Pressing the stop button once will stop the treadmill and place the electronics in a pause mode. At that time the user can then speed up and resume their workout.
   b. If there is no activity or use of the treadmill after 2 minutes, the electronics will reset to the banner display.
   c. Pressing and holding the stop button will reset the electronics to the banner display of SPORTSART - T610.

17. CHANGE / SCAN:

Swap the display information during workout by pressing Change button. The upper led lights up for Calories, Speed, Time and Distance. The lower led lights up for Cal/HR, Mets, Pace and Incline. SCAN led lights up for alternatively showing the upper and lower information per 4 seconds.

4.4 SAFETY KEY

The safety key feature is required to be in place for the treadmill to operate. This safety device is intented to provide the user a safe mechanism to stop the treadmill should a user stumble and fall.

The electonics will prompt with the message - SAFETY KEY, to remind the user to replace the safety key in its proper place.

CHAPTER 5─HOW TO USE YOUR T611 TREADMILL

5.1 SAFETY KEY USAGE

For home use, do not secure the safety key onto the product. Safety regulations require that the safety key be detachable to prevent unsupervised product use by children.

For light commercial use, the safety key can be secured to the treadmill to prevent the key from being removed and lost.

For some applications, for instance, in light commercial settings, you may wish to secure the safety key to the treadmill to prevent it from disappearing. To do so, follow instructions in steps **(a)~(h).**

Note: The safety key should not be secured to the product if there is a risk that children or anyone else might operate the product in an unsafe manner. To prevent children from using the product, please remove the safety key and unplug the treadmill after use. In light commercial settings, all possible precautions must be taken to prevent unsafe use of this product.

1. Secure the safety key cord as shown in steps a~e below:
(a) Use a Phillips screwdriver to remove screws from the safety key magnet case.
(b) Insert the safety key cord into the hole. Tie a knot in the end of the cord.
(c) Insert the knot as shown into the cavity of the plastic case.
(d) Put the other cord on top of the safety key cord as shown. Make sure cords are between the screw holes.
(e) Secure the cover and screws. Note: screws must fit flat against the cover.

2. Secure the safety key to the treadmill as follows
   in steps f~h.
（f）Remove one screw on the left as shown.
(g) Put the safety key in its place.
(h) Insert the screw back into the loop. Secure the
   screw back into place. Bend the loop downward
   90°.
Note: the cord should extend from the loop and face
   the user.

R

L

(f)

(g)

(h)

5.2 QUICK START AND PROGRAMS

Your SportsArt Fitness treadmill has many outstanding and beneficial electronic features that can simplify the programming interface. By thoroughly understanding the electronics you can significantly improve your workout experience.

A. QUICK START:
   If you select QUICKSTART button the electronics will default to 165 lbs / 75 kgs and 35 years old.
   (1) Press QUICKSTART or SPEED UP. The display will indicate "Tread Starting". The treadmill will start at .1 mph, after which the speed can be modified.
   (2) At any time during your workout you can change programs by pressing the Touch-N-Go QuickStart programs or Zone Trainer.

B. PROGRAMS: Include Intv, Random, Hill, Manual programs.
   (1) Press any Touch-N-Go QuickStart Programs to immediately start a program. The treadmill will start at .1 mph, after which the speed can be modified.
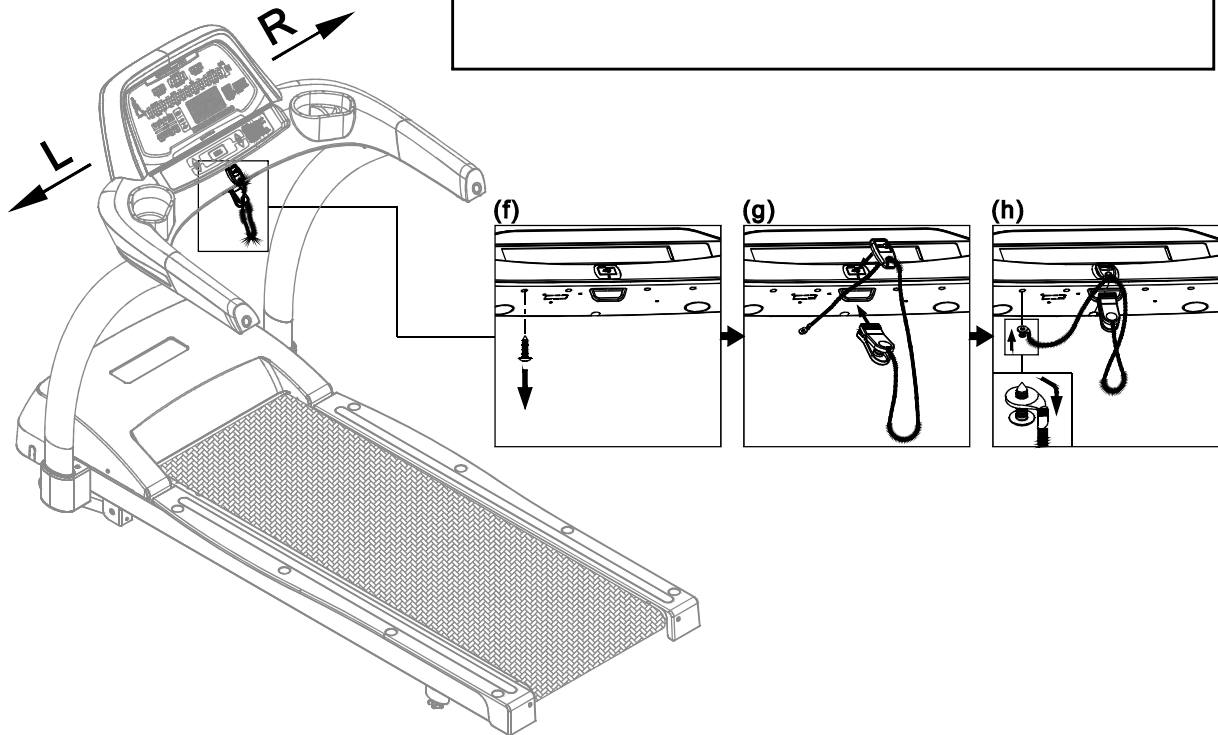   (2) At any time during your workout you can change programs by pressing the Touch-N-Go QuickStart programs or Zone Trainer.

5.3 USER SELECTION

The USER feature allows you to save data from each workout. This data is accumulated in the electronics and is displayed each time you select that user when starting a workout. When the user is displayed the accumulative data will appear to show total time, distance, and calories burned.

Upon entering age and weight for a specific user, you are no longer required to input that information. Once you select a user you can then select a program without going through entering age and weight programming process.

A. Select USER:
   There are 4 user features.
   1. After pressing Start, the last user will automatically come up. Accumulative data will be displayed.

CALORIES				SPEED			TIME				DISTANCE			
1	0	2	0				3	9:	5	9	1	9.	9	9

   2. Press INCLINE ▲ and INCLINE ▼ or press one of digital keys 1~4 to select USER, press ENTER.

B. Set your personal ID:

This feature allows you to personalize the User ID number. You can enter up to 11 characters.

1. When the desired User ID is displayed, press and hold the CHANGE button for 3 seconds to enter the user personalization process. A scrolling message will display "PRESS INCLINE UP/DN TO INPUT NAME, PRESS ENTER".

2. Press INCLINE ▲ / ▼ to select the letter or number you desire and press ENTER. Once you press ENTER the next letter will display and you will proceed in the same manner of pressing INCLINE UP/DN and ENTER until you have completed your user personalization of the User ID number. Upon selecting the final letter or number, press and hold ENTER for 3 seconds. This will complete the user personalization process.

3. To modify or remove the user name, select the correct user and hold the CHANGE button. To modify, follow the same process as above. To remove a personalized user name press and hold the CLEAR button for 3 seconds. This will revert the USER ID to the original user number (1- 4).

To clear a User's data, go to the user and it's accumulative data. Press and hold the CLEAR button for 3 seconds. This will clear all data for that user.

5.4 WORKOUT SETUP

Input user information to obtain accurate information on caloric burn, heart rate control (range is generated by age entered), and to accumulate total use time, miles, and caloried burned (PROGRAM/AGE/WEIGHT).

A. INPUT USER'S AGE, WEIGHT:

(1) Age: Press INCLINE UP/DN or the numeric keypad to select your age. Press ENTER. This information will allow the electronics to identify your Heart Rate training zone-Personal CardioAdvisor. The 65% and 80% numbers represent your low and high target HR training range.

(2) Weight: Press INCLINE UP/DN or the numeric keypad to select your weight. Press ENTER. This information will allow the electronics to calculate an accurate caloric burn.

B. SELECT PROGRAM:

Select PROGRAM, press ENTER. After Pressing ENTER you will select TIME or DISTANCE. Time is represented by number 1 and Distance is represented by number 2. Select 1 or 2 then input the desired time or distance by pressing INCLINE UP/DN or using the numeric keypad.

Note: Interval, WT Loss, Cardio, Glute, are the programs designed basis on time Instead of distance. When you pick up these programs, it just needs you to input the desired time only.

C. START WORKOUT:

Upon selecting the program, press SPEED UP to begin.

During your workout you can change programs without changing the desired time or distance. Shift on the Fly programming allows you to change programs and your time or distance continues per your original settings.

D. COOL DOWN Program:

Upon completing the program, the electronics will display accumulative data for your workout. Following, the treadmill will automatically go to a COOL DOWN program. Speed will gently lower to 2.5mph and 0% incline.

5.5 PROGRAMS

The programs offer many challenging levels for all fitness enthusiasts. In some cases there are multiple programs per program button.

A. QUICK START:

Press QUICKSTART to bypass the programming setup and start in Manual mode. Time will count up.

After pressing QUICKSTART, the electronics will display "TREAD STARTING." The dot matrix display counting down "3,2,1", will indicate the belt starting. Time counts up from 0:00. Press SPEED ▲ / ▼ to increase or decrease.

B. MANUAL:

Manual program allows the user to control speed and incline. The profile starts flat and the user position is indicated by a blinking LED.

C. HILL:

The HILL program offers multiple intensities of workout. There are 3 HILL programs.

D. RANDOM:

Random program has an infinite number of programs. Continue to press the button until you find a course to your liking.

E. INTERVAL:

This program (depending on which model) offers multiple programs. The default setting for the program 1:1 is 1 minute of Rest with 2% incline and 1 minute of Work with 4% incline. These values can be changed at any time during your workout.

(1) Enter REST time. Display shows "SET REST- xx:00 (time is set in increments of 1 minute)". Press INCLINE ▲ / ▼ or numeric keypad to set up REST time, incline and speed one by one. Press ENTER to confirm your input.

(2) Enter WORK time. Display shows "SET WORK- xx:00 (time is set in increments of 1 minute)". Press INCLINE ▲ / ▲ or numeric keypad to set up WORK time, incline and speed one by one. Press ENTER to confirm your input.

(3) Press SPEED ▲ to start workout.

(4) During the INTERVAL workout, it is allowed to change the speed and inclination in this section.

(5) When changing from Rest to Work the display will prompt the user.

F. WT LOSS or CARDIO:

Wt Loss and Cardio programs require the input of age and the use of a HR chest strap to manage the program properly.

Note: Formula for calculating lower and upper HR range.

$$WT\ LOSS= (220-AGE)*0.65$$
$$CARDIO= (220-AGE)*0.8$$

The HR control program requires specific information to control your workout. Your Heart Rate control is via either speed or incline control to maintain your target HR. Please follow the display instructions.

G. GLUTE:

The Glute program is a great program focusing on the Gluteus muscle group. The program is an incline based workout. There are 2 programs, a 30 and 45 minute program.

H. ZONE TRAINER:

The Zone Trainer program just can be selected from other courses during your workout. Press the Zone Trainer program button to maintain that specific desired HR. The program changes to a Heart Rate Control (HRC) program. The HR range is 84-200.

(1) This program only can work during your workout.

(2) Once you go to this program, you are prompted to continue your workout to reach the goal you set up previously. The speed and incline will be automatically operated by the display. When you complete your workout goal, you will directly go into a COOL DOWN program.

5.6 USER PARAMETER SETTINGS

User parameters determine basic operating features. To change these parameters, please follow up the instructions below.

A. When the banner SPORTSART T610 is displayed, hold the CHANGE button for 3 seconds. Press INCLINE ▲ / ▼ to select US standard(UNIT-MPH) or Metric units(UNIT-KPH).

B. The HR control program is operated via either SPEED or INCLINE control. This program originally is designed basis on INCLINE control. The electronic display will show up "HRC BASE SPEED" or "HRC BASE INCLINE" as a SPEED or INCLINE control. Press INCLINE ▲ / ▼ to change the parameter settings.

CHAPTER 6─ABOUT HEART RATE DETECTION AND PRESENTATION

Heart rate detection functions are optional and may not be included in your particular model. If your bike is equipped with these functions, please note the following information.

6.1 HEART RATE TELEMETRY

The word "telemetry heart rate" refers to the detection of the heart rate, usually via a strap worn on the exerciser's chest, and transmitted over the air for reception by a receiver built into the product. The following explains conditions that influence the performance of the telemetry heart rate function in all products.

1. The telemetry heart rate transmitter emits a wireless 5kHz signal that is harmless to the human body. Inside the transmitter is a 3V battery (CR2032). If the battery charge is too low, either the reception distance shortens or there will be no reception whatsoever.
2. Secure the telemetry heart rate transmitter on your chest so it is neither too tight nor too loose. Moisten the skin for better contact.
3. The telemetry heart rate receiver accepts a 5kHz wireless signal, but because the signal varies from 20Hz to 20KHz, it is susceptible to environmental interference. Stereos, TVs, other electronic products, the vibration between the unit and the floor, and other factors may interfere with telemetry heart rate signal reception. For best results, install the product in a location free from interfering items.
4. Place fitness products apart by at least100 cm to avoid having the heart rate value from an exerciser on one product appear on another product.
5. Heart rate values are for comparison only. Do not use them for medical treatment or other purposes.

6.2 CONTACT HEART RATE

It is easy to use the contact heart rate mechanism. Simply put both hands on the silver contact plates (one per side) and hold them there continuously. As soon as your pulse is received and calculated, the heart rate will automatically appear on the display.

Please note that some people have very weak heart beats. This makes heart rate detection difficult. Under such circumstances, the contact heart rate mechanism may not detect heart rate.

Please note the following:
1. For best results, continuously hold the contact heart rate plates.
2. It is difficult to detect the heart rate of people with low systolic blood pressure.
3. It is difficult to detect the heart rate of people with dry, course palms. Keeping palms smooth and damp improves heart rate detection.

4.The vibration of treadmills at speeds over 4mph/6.4kph makes heart rate detection difficult. Also, if your hands move, heart rate detection becomes difficult.

SUGGESTIONS

For better heart rate detection, keep hands in one place on the contact plates.
Or wear a telemetry heart rate strap on your chest.

NOTE: AVOID STATIC ELECTRICITY

In cold, dry areas, static electricity can interfere with unit operation. In such environments, touching metal may cause static electrical shocks.
Suggestions:
Before touching metal, touch a material with electrically isolative properties, for instance, plastic or foam, to avoid shocks from static electricity.
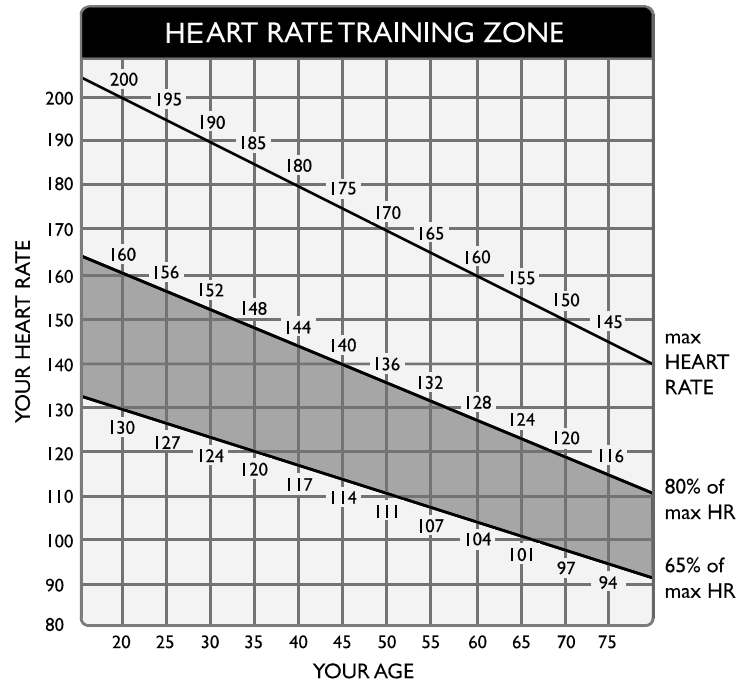Because heart rate contact plates are made of metal, to avoid static shock, first touch foam grips, then touch heart rate contact plates.

CHAPTER 7—GUIDELINES FOR EXERCISE

7.1 HOW HARD SHOULD I EXERCISE?

Studies show that to achieve the benefits of aerobic exercise, it is necessary to work within your training zone. Your training zone depends on your age and level of fitness.

The above chart indicates the recommended Heart Rate training zones (darkened area of the chart). These figuress are calculated by taking 220 minus your age, and calculating 80% for your maximum and 65% for the minimum heart rate for aerobic exercise.

HEART RATE TRAINING ZONE

YOUR HEART RATE

200 — 200
195
190 — 190
185
180 — 180
175
170 — 170
165
160 — 160 156 152 160
148 155
150 — 144 150 145
140 max HEART RATE
140 — 136 132 128 124
130 — 130 120
127 124 116
120 — 120 117 80% of max HR
114
110 — 111 107
104
100 — 101 97 65% of max HR
90 — 94
80

YOUR AGE
20 25 30 35 40 45 50 55 60 65 70 75

CAUTION:

Heart Rate training zones are approximations. Always check with your physicians to learn what appropriate heart rate level is best for your fitness level.

7.2 HOW LONG SHOULD I EXERCISE?

The duration of your exercise session depends on your fitness level. In general, it is recommended that you maintain your heart rate in the training zone for at least 15 to 20 minutes to realize an aerobic benefit. Beginners should always start slowly and bring their workout sessions up to 20 minutes or more. As your fitness level increases, you will be able to maintain your heart rate in the training zone for longer periods: Usually between 20 and 30 minutes.

When first starting your workout, use the first several minutes to warm up, then slowly increase your workload to bring your heart rate into your specific training zone. At the end of your workout, gradually decease your workload, then exercise lightly as a "cool down".
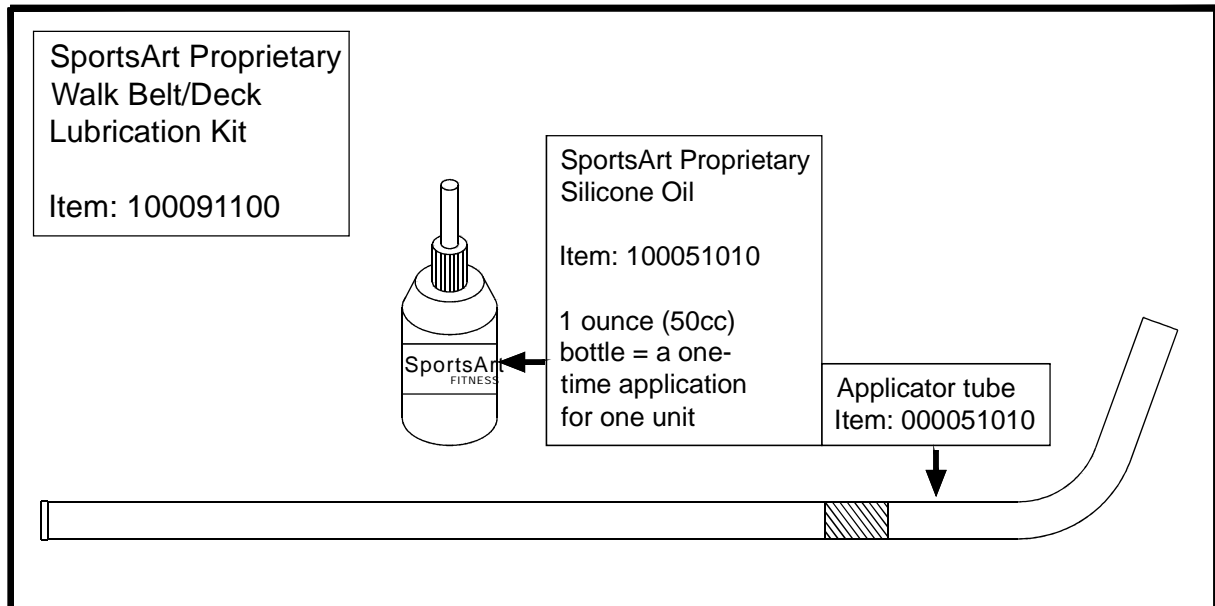
7.3 HOW OFTEN SHOULD I EXERCISE?

Research indicates to achieve the greatest benefits, should be performed 3-5 times a week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

CHAPTER 8—MAINTENANCE

Periodic maintenance is crucial to the performance of fitness equipment, just like it is to the performance of an automobile. The better you maintain a product, the longer it will serve your needs. This treadmill requires periodic lubrication of the walk belt and has a built-in system to prevent overuse without maintenance.

8.1 TREADMILL LUBRICATION KIT

SportsArt Proprietary
Walk Belt/Deck
Lubrication Kit

Item: 100091100

SportsArt Proprietary
Silicone Oil

Item: 100051010

1 ounce (50cc)
bottle = a one-
time application
for one unit

SportsArt
FITNESS

Applicator tube
Item: 000051010

Periodic lubrication of this treadmill walk belt is so important that lubricant is provided with this treadmill. More lubrication kits can be found by contacting your SportsArt dealer.

8.2 THE LUBRICATION PROMPT

When total distance exceeds 4000Km/2500miles, the message "SERVICE NEEDED-APPLY LUBE" appears when the unit comes to a stop. This is a reminder to lubricate the treadmill. The treadmill can be operated normally until total distance exceeds 4100 Km/2560 miles.

When total distance exceeds 4100Km/2560miles, the message "SERVICE NEEDED-APPLY LUBE" appears when the treadmill comes to a stop. At this point, the message will remain on the screen and the treadmill will not operate until the following process is completed.

1. Remove one treadmill end cap. On T611 treadmills, one landing strip must also be removed.
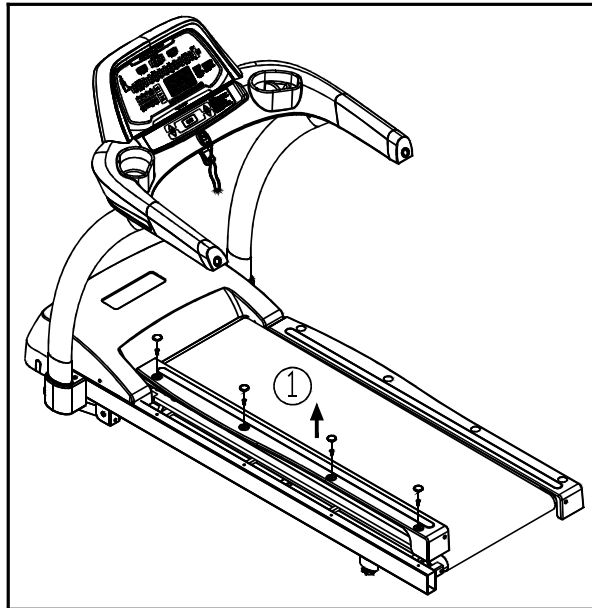
2. Remove screws from the finger guard on the left side. Then remove the finger guard.
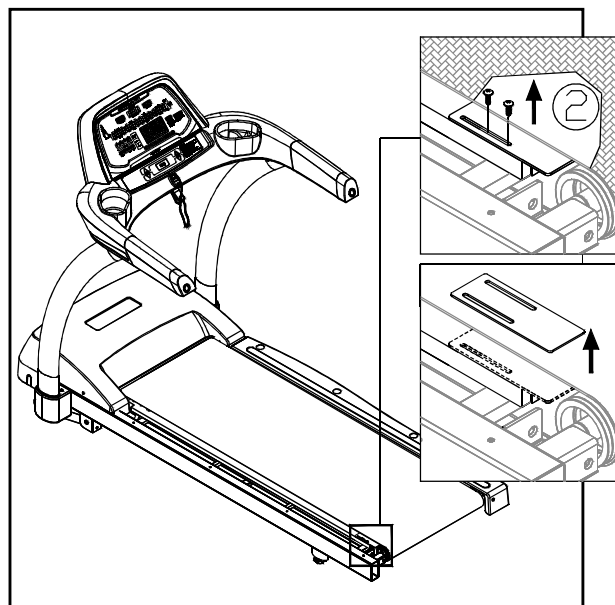
3. Simultaneously press and hold INCLINE ▲ + INCLINE▼ + 0 keys for two seconds. The treadmill will operate at low speed. At this point, no UP or DN keys will operate.

4. Insert the applicator tube so the line on the applicator touches the side of the walk belt.
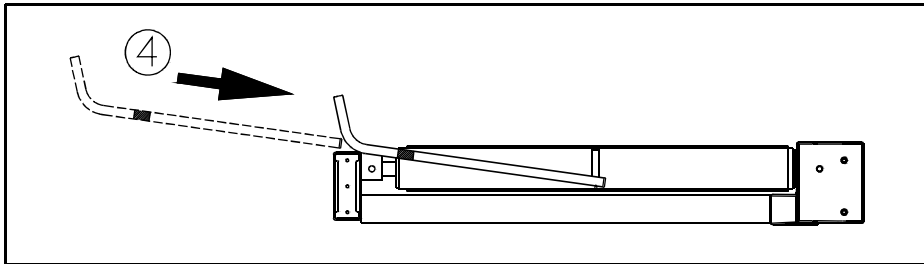
5. Apply 50 cc from the bottle of liquid lubricant.
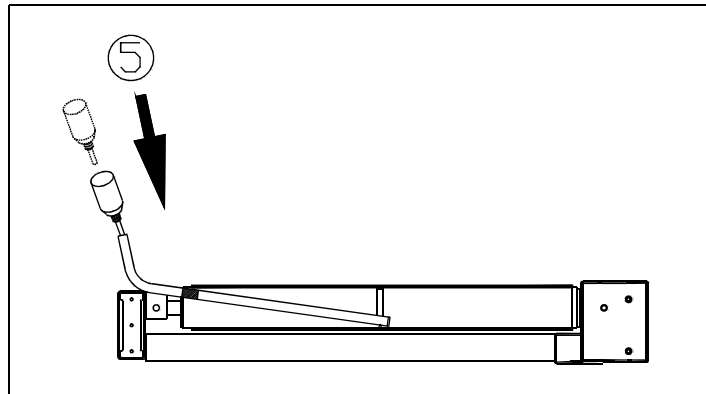
6. Let the treadmill operate two to three minutes so the lubricant can disperse.

7. Remove the applicator and the bottle of lubricant.
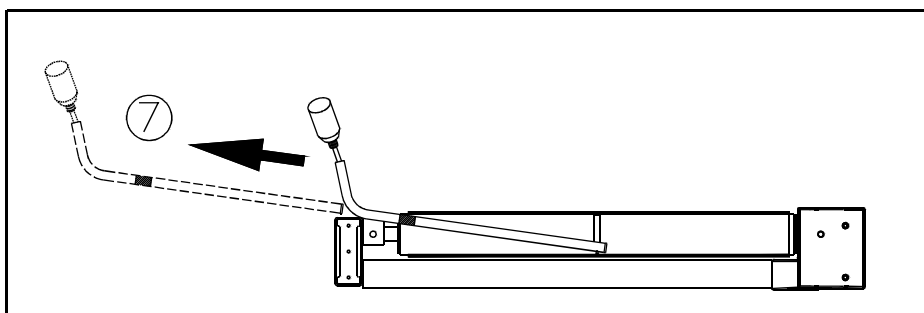
8. After lubricating the walk belt, secure the finger guard into place. Note that the space (see 8 below) between the finger guard and the rear roller must be more than 2 mm and less than 6 mm.
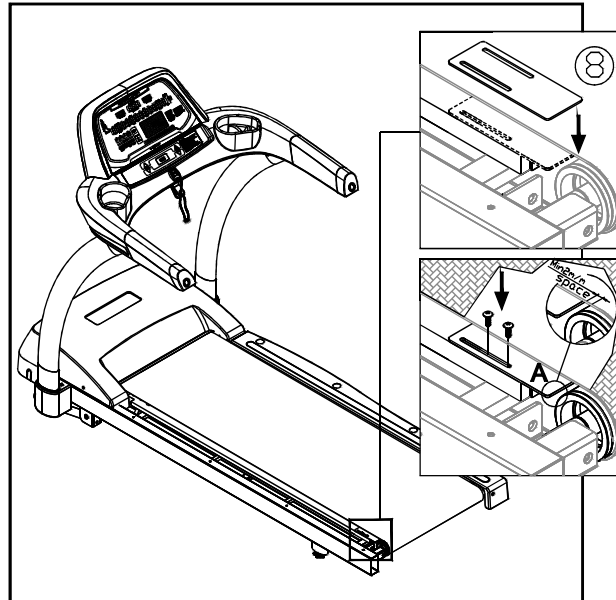
9. Secure the end cap on the treadmill. On T611 treadmills, secure the landing strip as well.
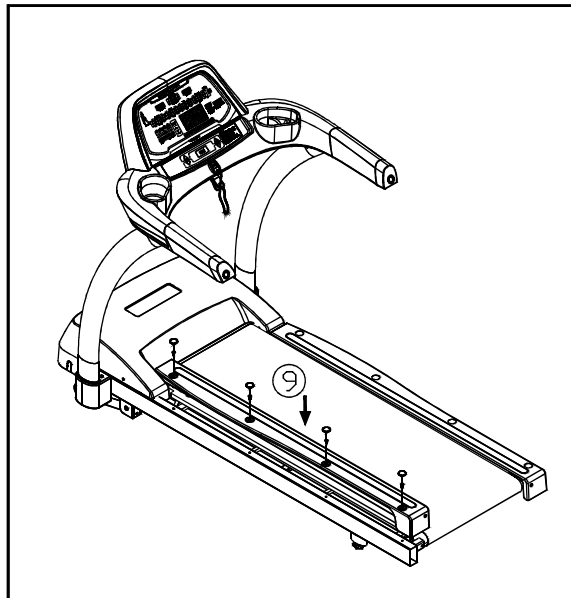
10. Then the message "PLEASE PRESS THE STOP KEY AFTER FINISHING LUBRICATION" appears. Press the STOP key to complete the lubrication procedure. The treadmill will recalculate the total distance and operate normally.

8.3 MANUAL LUBRICATION PROCEDURE

The physical task of lubricating the treadmill can be done at any time. When the startup banner, SPORTSART-XXX, is displayed, simultaneously press and hold INCLINE ▲ + INCLINE ▼ + 0 for two seconds. The motor will operate at low speed and lubricant will be dispersed.

Then the message "PLEASE PRESS THE STOP KEY AFTER FINISHING LUBRICATION" appears.

Press the STOP key to complete the lubrication procedure. The treadmill will recalculate the total distance and operate normally.

8.4 OTHER PERIODIC MAINTENANCE TIPS

Periodic maintenance, in addition to walk belt lubrication, should be performed by an authorized service technician. We recommend that the following tasks be undertaken at least every 4000 KM or 2480 miles, or every six months, whichever comes first.

1. Ensure proper power supply. Inspect the power supply, power cord, on/off switch, etc.

2. Is the treadmill level? Adjust levelers if necessary.

3. Vacuum under the motor cover.

4. Secure all cable connections.

5. Inspect drive belt tightness. Adjust if necessary. Inspect drive belt for wear. Replace it if necessary.

6. Inspect walk belt tightness. Adjust if necessary. Inspect walk belt for wear. Replace it if necessary.

7. Wipe the deck clean with a clean, damp cloth. Inspect the deck for wear.

8. Lubricate the deck and walk belt.

9. Wipe entire unit with a clean, damp cloth.

10. Test unit operation. Replace parts if necessary.

Note: for safety, always disconnect power source before removing unit covers. Keep hands and clothing away from moving parts.

8.5 MAINTENANCE CHECKLIST

Like cars, fitness products require maintenance. Regular maintenance extends the life of your fitness product, and failure to provide regular maintenance will void your warranty. Copy the maintenance log sheet and record maintenance work.

Daily tasks
1. Check the product, including the safety key, for safe operation. Secure any loose screws. If you have questions about the operation or safety of a product, unplug it and place an Out-of-Service note on the product until the issue is resolved.
2. Use a clean, lint-free towel, dampened with a mixture of Simple Green and water, to wipe the product clean. Include the display, grips, handrails, walk belt, and landing strips. (Do NOT use cleaners with alcohol, ammonia or other damaging chemicals. Never spray or pour any liquid directly on the product.)

Monthly tasks
1. Inspect the power cord for damage. Replace if necessary.
2. Make sure handles, pedestals, and other parts are secure, and that screws are tight.
3. Check walk belt tension and alignment. Adjust if necessary. Do not over tighten.

Quarterly tasks
1. Use a lint-free towel and diluted Simple Green to clean the walk deck. Lubricate the walk deck with SportsArt Hyperglide™ lubricant, part lube-03, and cancel the lubrication prompt (see manual). Note that at 2500 miles (4000 KM), SportsArt treadmills prompt users to lubricate the walk deck.
2. Inspect the walk belt and deck for wear. Note: When replacing the walk belt, flip or replace the walk deck; Always provide a fresh contact surface for a new walk belt.
3. For DC motor treadmills, remove motor brushes. Remove loose carbon out of the motor brush area. (Do not breathe or let others breathe motor brush carbon. Collect it in a damp cloth or vacuum.) Replace brushes when they are under ½-inch long. Note: if used often, your treadmill may require brush maintenance more often.

Half-yearly tasks
1. Turn off unit power. To allow capacitors to discharge, wait five minutes before disconnecting power cord. Remove the motor cover. Vacuum the area around the drive motor and board. Avoid bumping wires or components.
2. Check drive belt for wear. Replace it if there are cracks or damage. (Note: SportsArt drive belts last a long, long time. Chances are you will not have to replace a drive belt within the warranty period.) Align pulleys if needed.

3. Use a clean, lint-free cloth, dampened with a mixture of Simple Green and water, to clean the rollers and other moving parts.
4. Clean and lubricate walk deck bushings. For lubrication of deck bushings, use red lithium grease. Remove bushing lubricant that touches the walk belt or deck surface.

General Notes on Maintenance

Note that product maintenance requirements depend on usage and environment. This schedule is based on average use. Some products may require maintenance more often than is suggested here. Please call the SportsArt Service department at 1-866-709-1750 if you have questions.

To check walk belt tension:

a. First, center the belt. (See d. below.) Operate the treadmill at 1.2~2.5 mph or 2~4 kpm.
b. Hold onto the handles. Press your feet against the walk belt. If the front roller keeps moving but the walk belt stops rotating, the walk belt tension should be increased.
c. To adjust the walk belt, turn roller screws clockwise ½ turn at a time. Then retest walk belt tension. To avoid premature wear on components, do not over tighten the walk belt.
d. Note: Turning rear roller screws clockwise extends the rear roller toward the back of the unit, increasing walk belt tension. Turning rear roller screws counterclockwise brings the rear roller closer toward the front of the unit, decreasing walk belt tension. By adjusting one screw clockwise, that side of the roller extends toward the back of the treadmill, forcing the walk belt toward the other side. Always check walk belt centering after each adjustment. Avoid making the walk belt hit one side or another.

Caution:

Use standard safety procedures when accessing electrical parts. For products with power cords, turn off unit power. Allow capacitors to discharge by waiting five minutes before disconnecting the power cord from the power socket. After waiting five minutes, remove covers to access the drive board and other components. For products without power cords, let the unit sit without use for five minutes before accessing drive boards and other components.

One-Year Maintenance Log for Treadmills

Facility Name: _____

Maintenance Supervisor: _____

Product serial number: _____

_____

Start Date: _____ End Date: _____

Daily Tasks	Week1	Week2	Week3	Week4
1.Safe				
2.Clean				

Daily Tasks	Week5	Week6	Week7	Week8
1.Safe				
2.Clean				

Daily Tasks	Week9	Week10	Week11	Week12
1.Safe				
2.Clean				

Monthly Tasks	Months 1-3	Months 4-6	Month 7-9	Month 10-12
1.Power cord				
2.Pedestal				
3.Check walk belt				

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
1. Clean deck				
2. Inspect belt				
3. DC motor				

1/2--Yearly	First half of the year	Second half of the year
1.Vacuum		
2.Drive belt		
3.Rollers		
4.Deck bushings		

WIRING SCHEMATIC:

DC MOTOR TEMPERATURE SENSOR

M+   110V-BLUE

2PIN

M-   110V-WHITE   DC MOTOR

INCLINE MOTOR   2PIN

INCLINE SENSOR   3PIN

DRIVER BOARD

6PIN

TO CONTROL BOARD

AC1

7PIN

AC2

110V RED   L2

DC MOTOR SPEED SENSOR   4PIN

15PIN

L1

TRANSFORMER

N   110V-WHITE   FUSE 110V-15A   110V-WHITE

L   SWITCH

110V-BLACK   110V-BLACK

110V-GREEN

T611
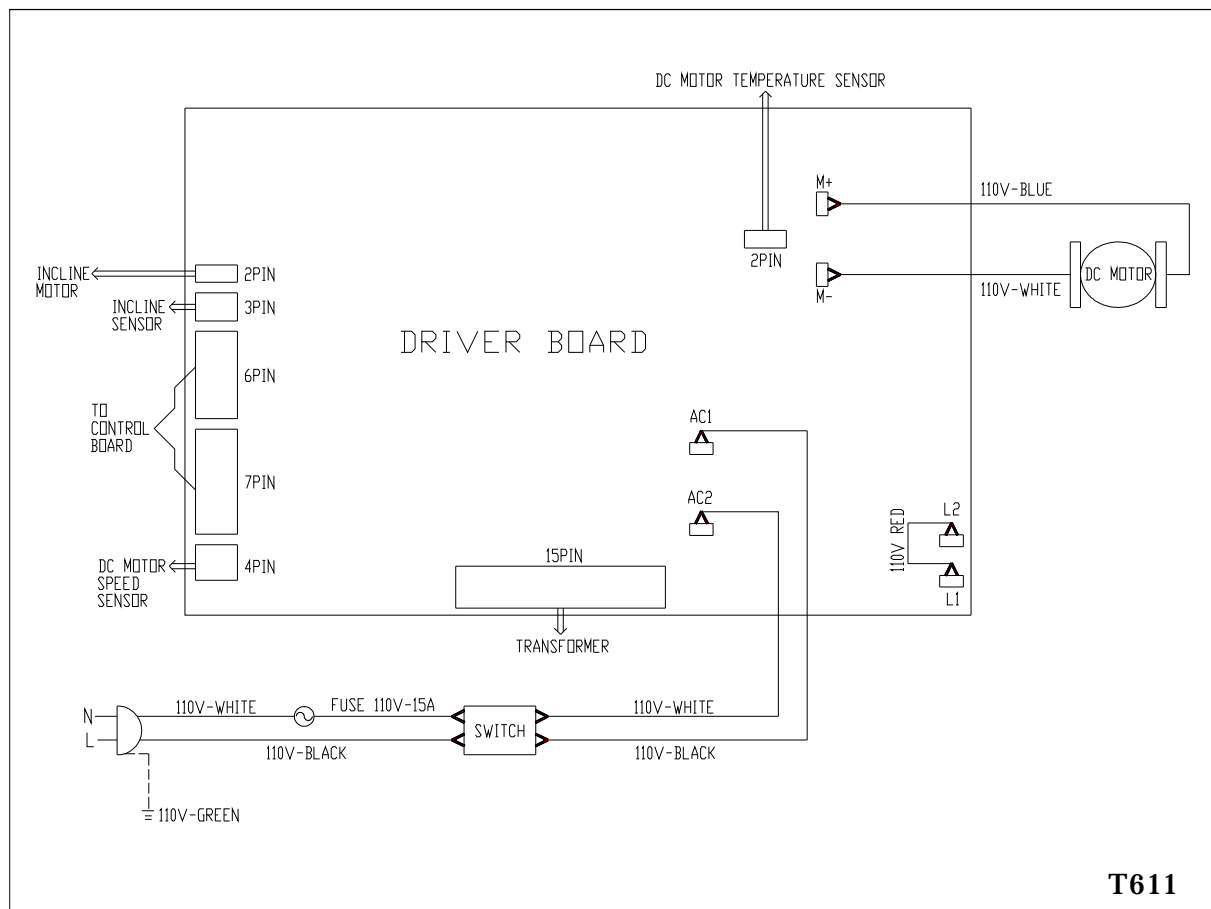
Your Authorized Distributor