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

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

IMPORTANT SAFETY INSTRUCTIONS

DANGER - To reduce the risk of electric shock:

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 T620 treadmill, if it doesn't fit the outlet, get the proper outlet installed by a qualified technician.

Always unplug this treadmill from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

- 1) A treadmill should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- 2) Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 3) Close supervision is necessary when this treadmill is used near children, invalids, or disabled persons.
- 4) Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 5) Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the treadmill to a service center for examination and repair.
- 6) Do not carry this treadmill by supply cord or use cord as a handle.
- 7) Keep the cord away from heated surfaces.
- 8) Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- 9) Never drop or insert any object into any opening.
- 10) Do not use outdoors.

- 11) The weight limit for this treadmill is 300 lb. (135 kg)
- 12) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 13) To disconnect, turn all controls to the off position, then remove plug from outlet.
- 14) Assemble and operate the treadmill on a solid, level surface. Keep the area behind the treadmill clear.
- 15) Never allow children on or near the treadmill. The running belt will not stop immediately if any object becomes caught in the belt or rollers.
- 16) Keep hands away from moving parts.
- 17) Wear proper workout clothing. Do not wear loose clothing. Do not wear shoes with leather soles or high heels. Tie back all long hair.
- 18) Straddle the machine with your feet on the right and left staging platform before starting the running belt.
- 19) Work within your recommended exercise level, do NOT work to exhaustion.
- 20) If you feel any pain or abnormal, STOP YOUR WORKOUT and consult your physician immediately.
- 21) Connect this treadmill to a properly grounded outlet only.
- 22) Always use the safety cord when operating the treadmill.

The Treadmill is designed for your use and enjoyment. Please follow the above safety instructions and using good judgment and common sense.

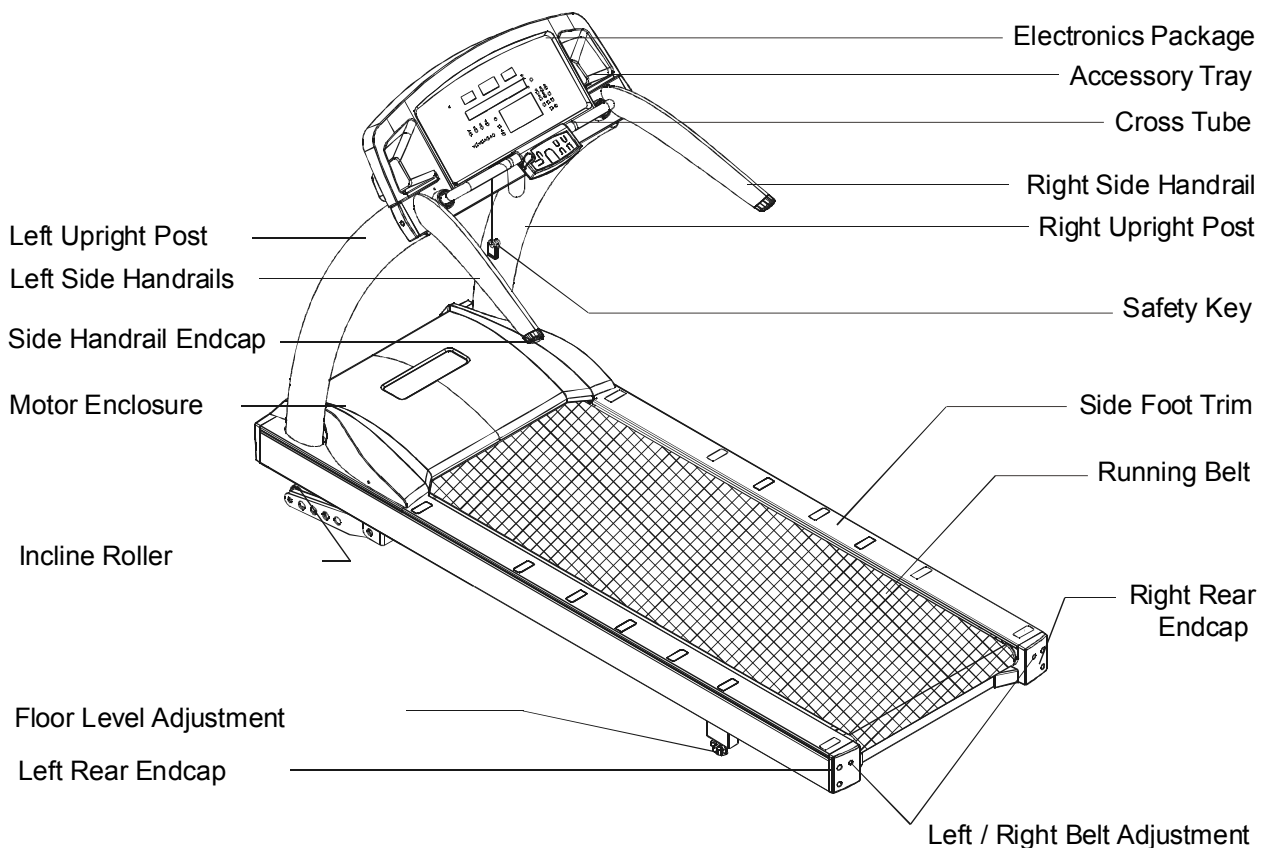
SPORTSART T620 TREADMILL

INTRODUCTION

Congratulations on purchasing one of the finest piece of exercise equipment on the market today, the SportsArt T620 treadmill. The T620 is designed with the end user in mind and constructed of high quality materials and designed for years of trouble-free use.

Before using your SportsArt T620 treadmill, we recommend that you familiarize yourself with this Owner's Manual. Whether you are a first time user of a treadmill or a seasoned "PRO", understanding the correct use of the equipment will enhance your ability to achieve your exercise goals safely and successfully.

Treadmill profile:



ASSEMBLING YOUR TREADMILL

Installation Requirements

Thank you for purchasing a SportsArt Fitness product. For proper installation please read and follow the instructions. If the treadmill is not assembled properly, you could void the SportsArt Fitness Limited Warranty.

If there are any parts or tools that are missing please contact your dealer immediately.

Caution: To ensure safety to yourself and the treadmill, we recommend you drop the sides of the box and slide the treadmill from the box rather than lifting.

List of Parts

Before assembling your treadmill, make sure that you have all following items:

1. One safety key
2. One hex allen wrench (M6) with T handle
3. One hex allen wrench (M6)
4. One hex allen wrench (M5)
5. One screwdriver
6. One fuse 15A (110V / 120V)

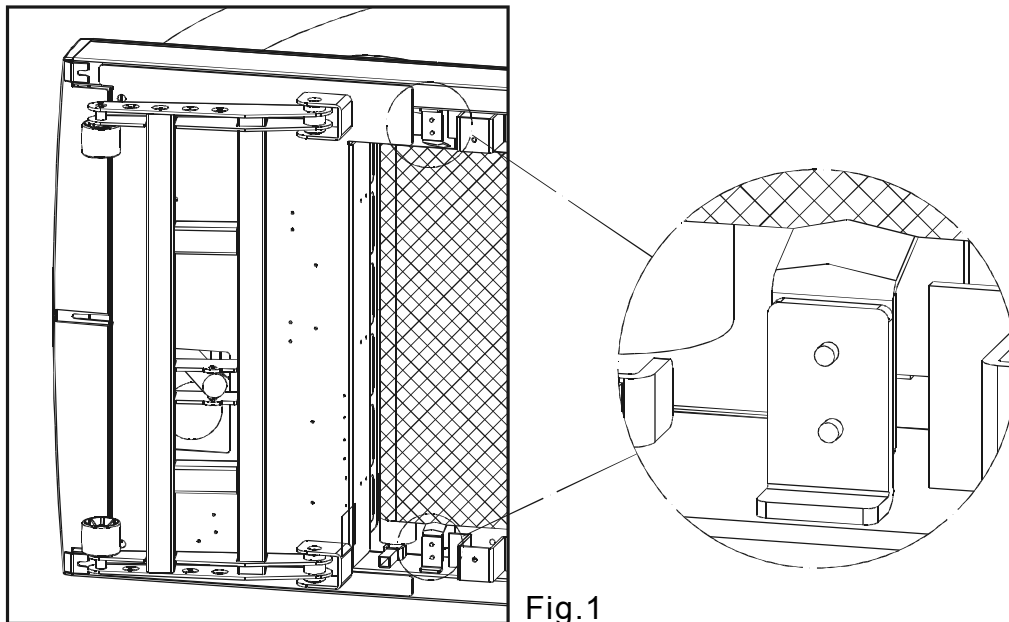
If any items are missing, contact your authorized service dealer

TREADMILL ASSEMBLY

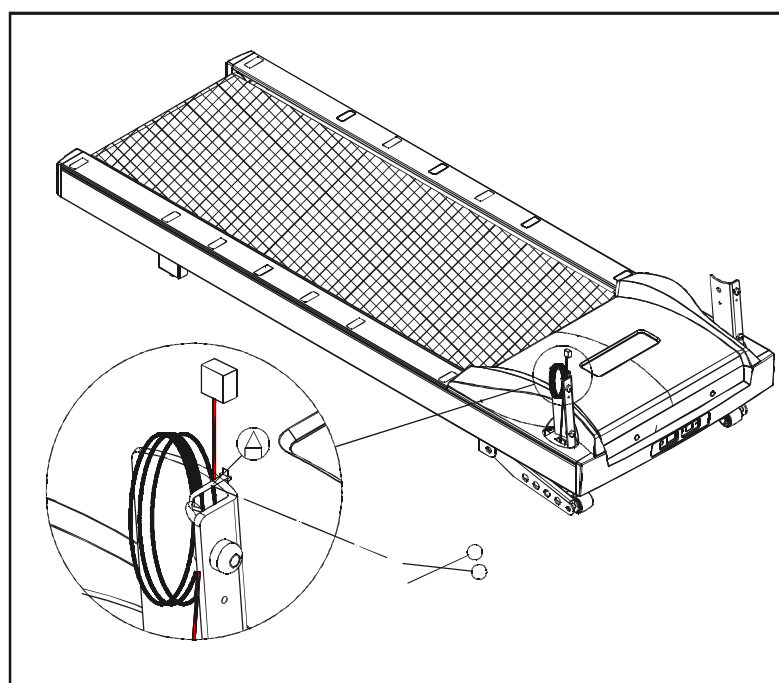
Step by Step Instructions

The important spare parts are placed into the grid of styrofoam. When you remove the treadmill from its box, first check to make sure all of parts are present before you discard the styrofoam. Thoroughly read the assembly instructions before you begin.

1. Tip the treadmill on its side. Inspect the underside of the belt and confirm that the belt is centered between the belt alignment guides. (see Fig. 1) Please place the treadmill onto solid flat ground for assembly.



2. Cut the tie strap for the ribbon cable. (see Fig.2)



3. The necessary screws are attached onto support bracket. Please remove the fasteners before you assemble upright posts. Insert the left upright post into the support bracket on the left side of treadmill. The hole A should face inside. Place the ribbon cable through the right upright post, then insert right upright post into the support bracket. (see Fig.3)

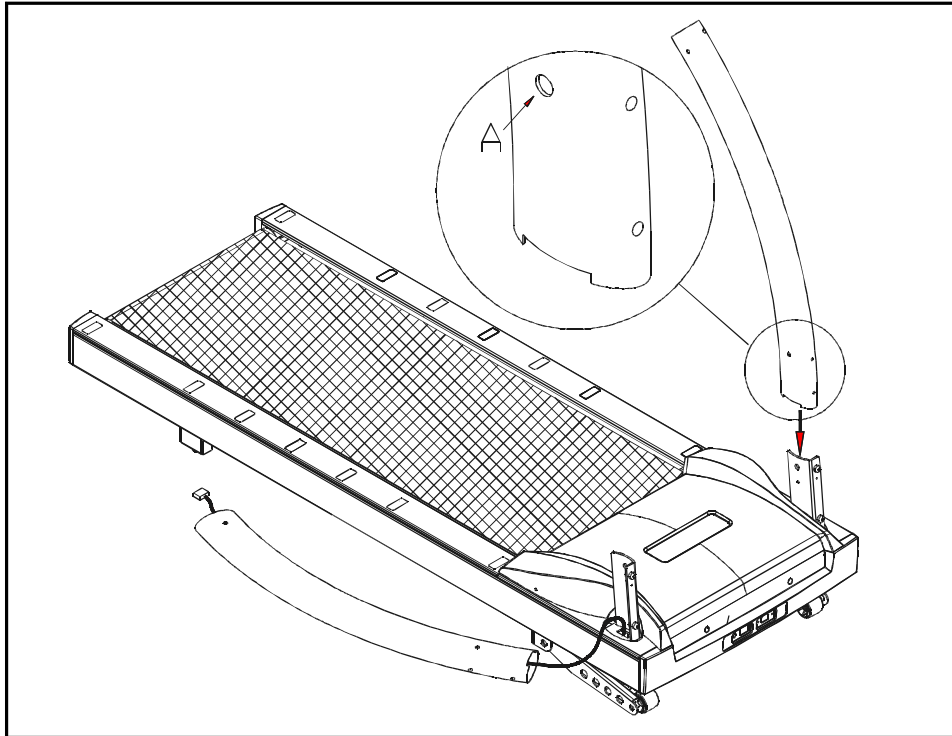


Fig.3

4. Using Hex Allen wrench (M6), secure the two upright posts. At this point, do NOT tighten securely. (see Fig.4)

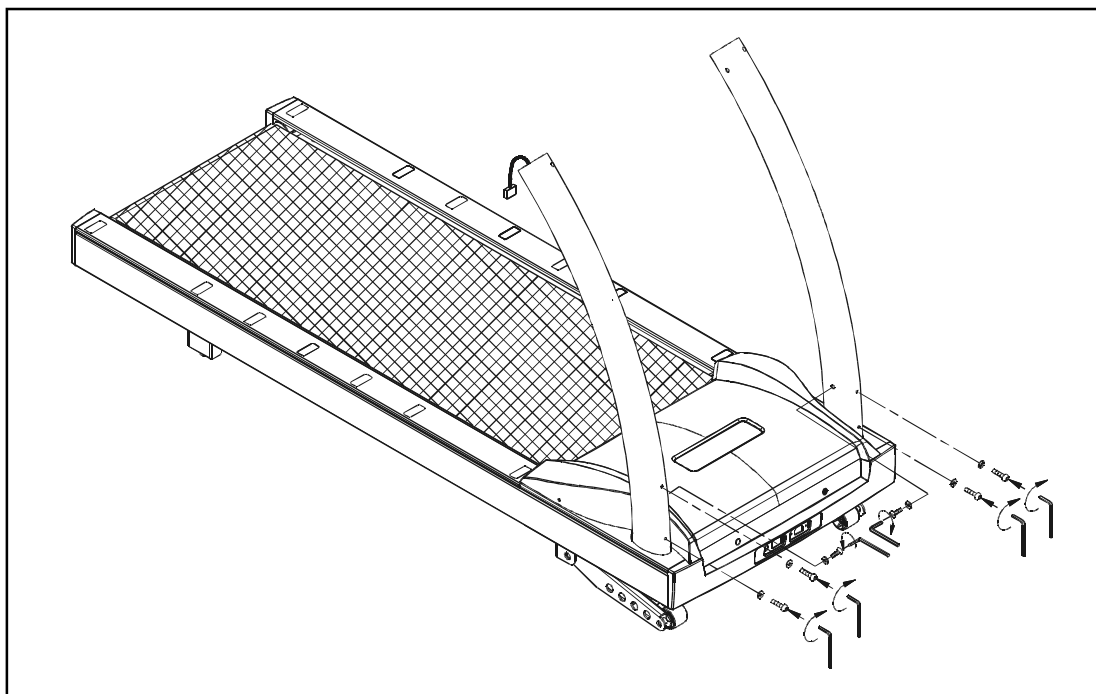


Fig.4

5. Connect the upper ribbon cable connector (see Fig. 5A). Insert the display electronic package into left and right upright posts.

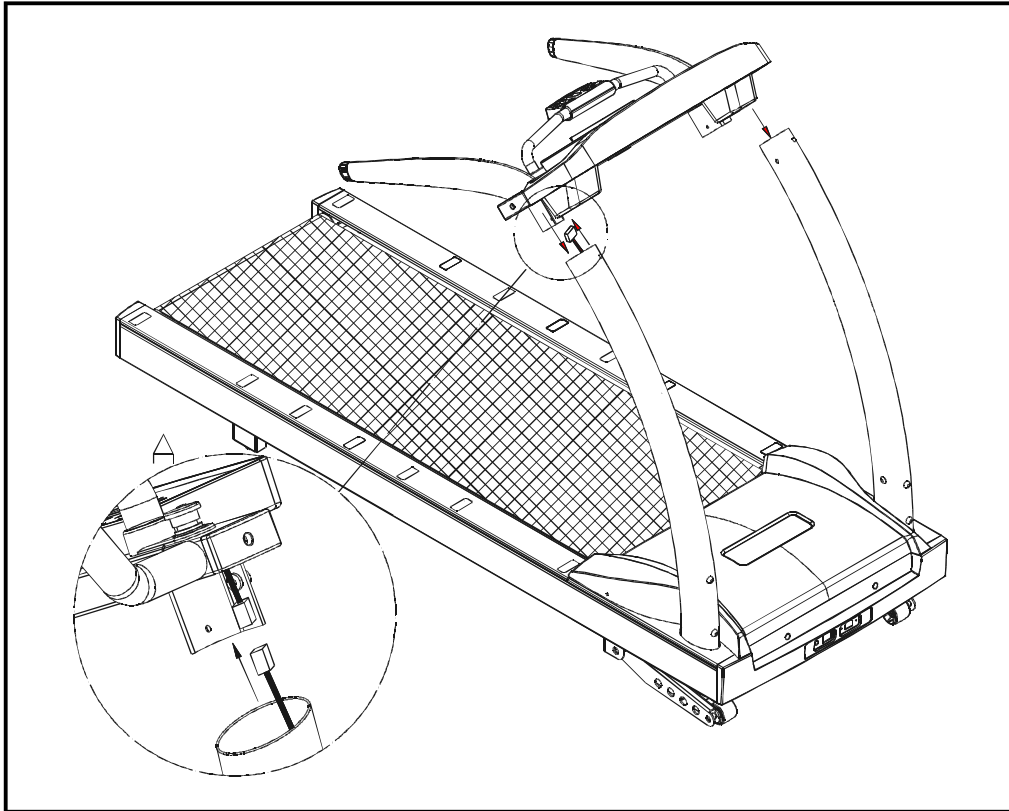


Fig.5

6. Attach the upper fasteners of the upright post, do NOT tighten securely. Tighten fully the lower fasteners, then the upper fasteners. (see Fig.6)

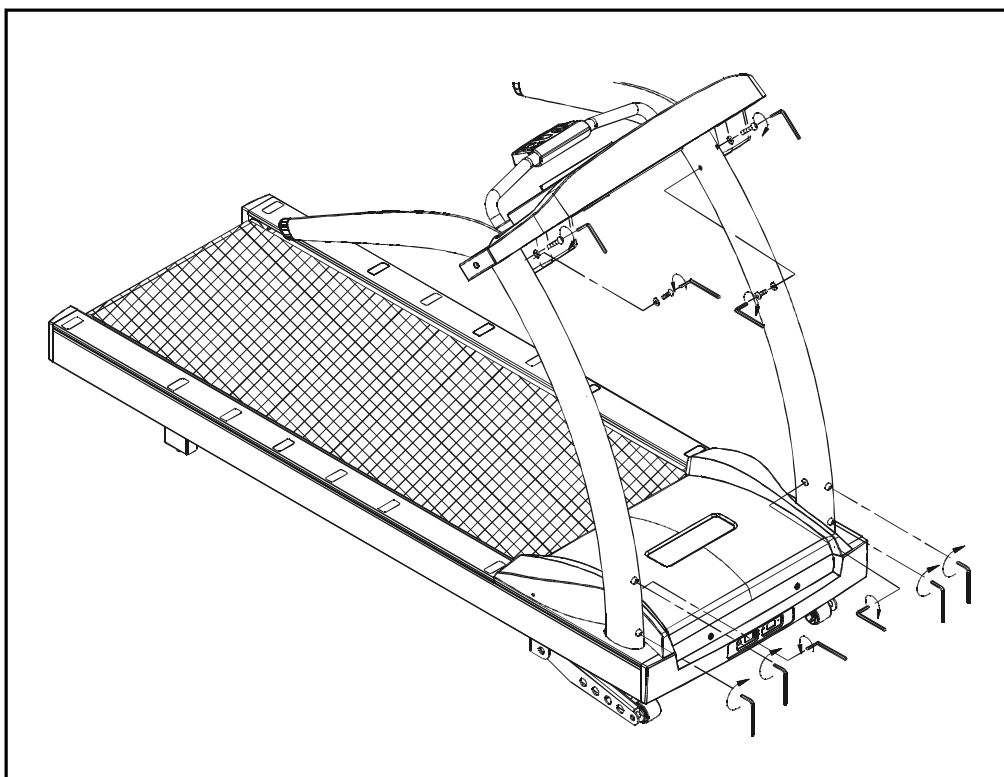


Fig.6

7. Assemble the power cord onto treadmill. (see Fig.7)

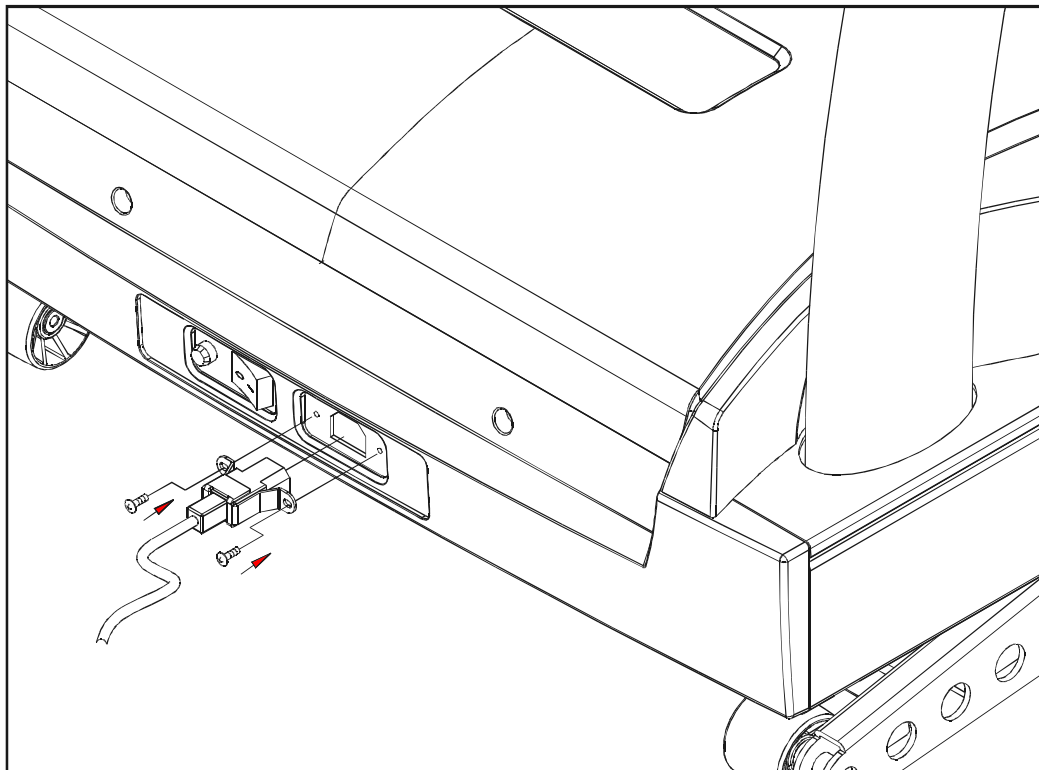
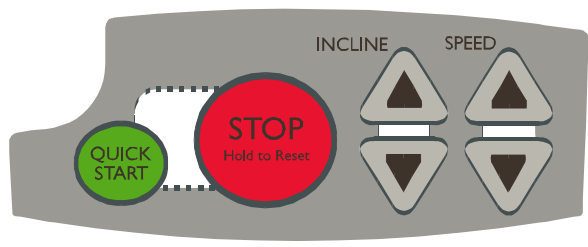
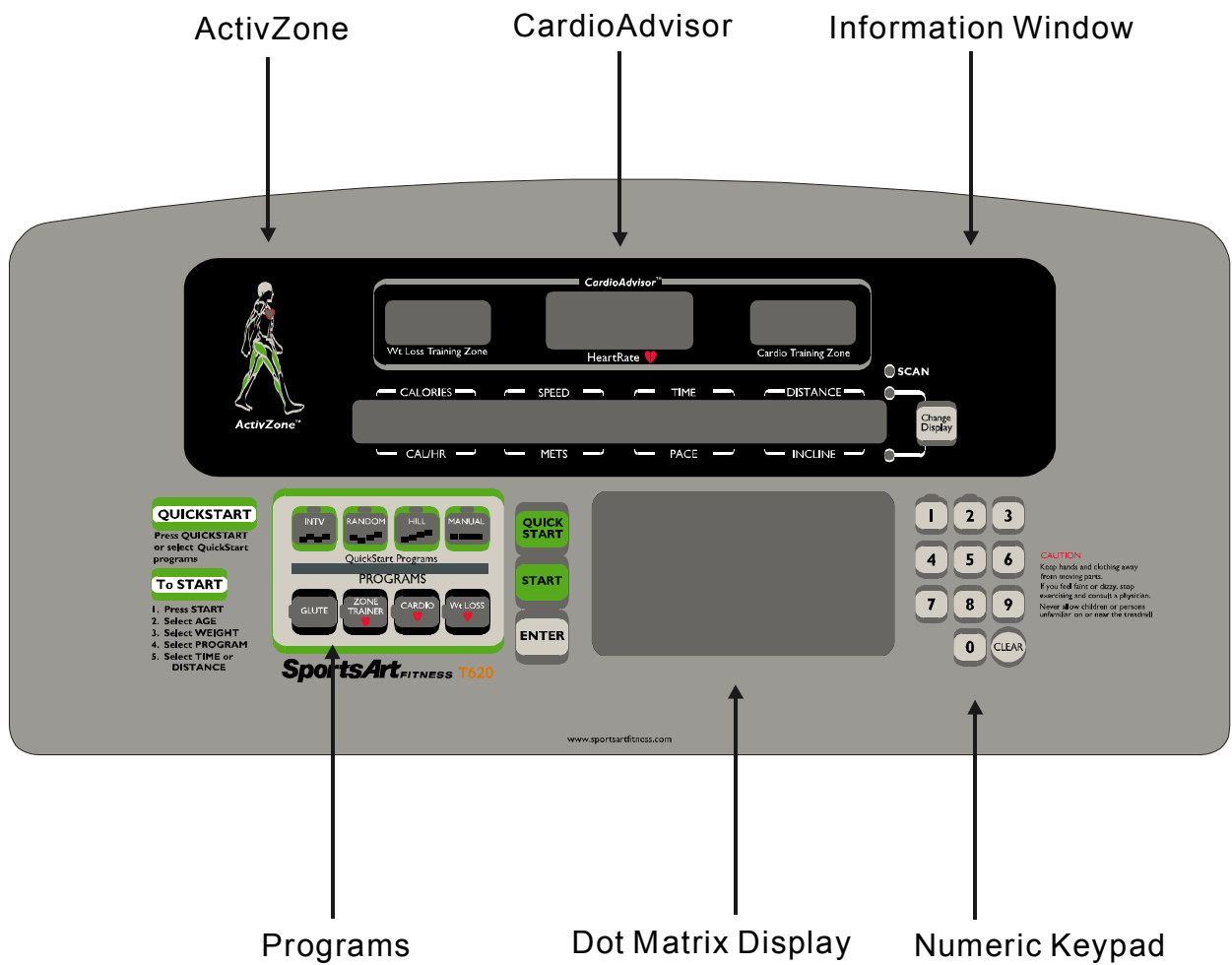


Fig.7

T620 ELECTRONIC DISPLAY:

A. Electronics Display Features:



B. Display Features:

1. Personal Cardio Advisor

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

2. Information window

CALORIES - 0.0 to 99999 kcal. Total calories burned.

SPEED - 0.1 to 12 mph 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 - 0 to 15% in 0.5% increment

AGE - 10 to 90 (pre setting: 35)

WEIGHT - 50 to 400 LBS (presetting 165 LBS)
20 to 140 KGS (presetting 75 KGS)

3. Programs

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

4. Numeric Keypad

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

5. Dot Matrix

Displays program profiles and information.

C. 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 inputs for the electronics during programming. The incline will adjust .5% 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 12 mph; 0.2 kph to 20 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 - T620.

17. CHANGE DISPLAY / SCAN:

Swap the display information during workout by pressing Change Display 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 6 seconds.

D. Safety Key:

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

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

HOW TO USE YOUR T620 TREADMILL:

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.

1. QUICK START and QuickStart Programs:

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 QuickStart programs or Zone Trainer.

B. QuickStart programs: Include Intv, Random, Hill, Manual programs.

(1) Press 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 QuickStart programs or Zone Trainer.

2. 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 calories 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.

3. 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.

$$\text{WT LOSS} = (220 - \text{AGE}) * 0.65$$

$$\text{CARDIO} = (220 - \text{AGE}) * 0.8$$

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.

4. User Parameter settings:

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

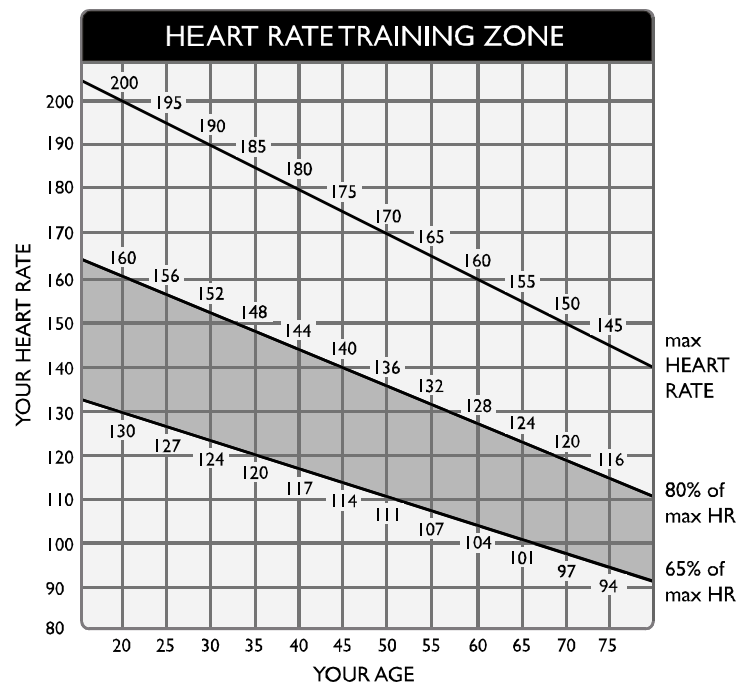
- A. When the banner SPORTSART T620 is displayed, hold the CHANGE button for 3 seconds. Press INCLINE ▲ / ▼ to select US standard or Metric units.
- B. The HR control program is operated via either SPEED or INCLINE control. This program originally is designed basis on INCLINE control. The electronic display will show up "HRC BASE SPEED" or "HRC BASE INCLINE" as a SPEED or INCLINE control. Press INCLINE ▲ / ▼ to change the parameter settings.

GUIDELINES FOR EXERCISE

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 figures are calculated by taking 220 minus your age, and calculating 80% for your maximum and 65% for the minimum heart rate for aerobic exercise.



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.

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 decrease your workload, then exercise lightly as a "cool down".

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.

ADJUST THE RUNNING BELT

The belt is properly aligned at the factory. However, during shipping and handling or by use on an uneven surface, the belt may move off center. Therefore, it is important that you check the belt's alignment before using the treadmill.

The correct alignment of the running belt is critical for the smooth operation of the treadmill.

CAUTION: DO NOT ALLOW ANY ONE TO WALK ON RUNNING BELT DURING THIS PROCEDURE.

Your treadmill comes with a belt alignment gauge located on the deck. (see Fig.8) The edge of the running belt should be in the middle of the green portion of the gauge. If the belt edge is in the green area, the belt does not need adjusting. If the belt edge is in the red portion, the belt needs adjusting immediately.

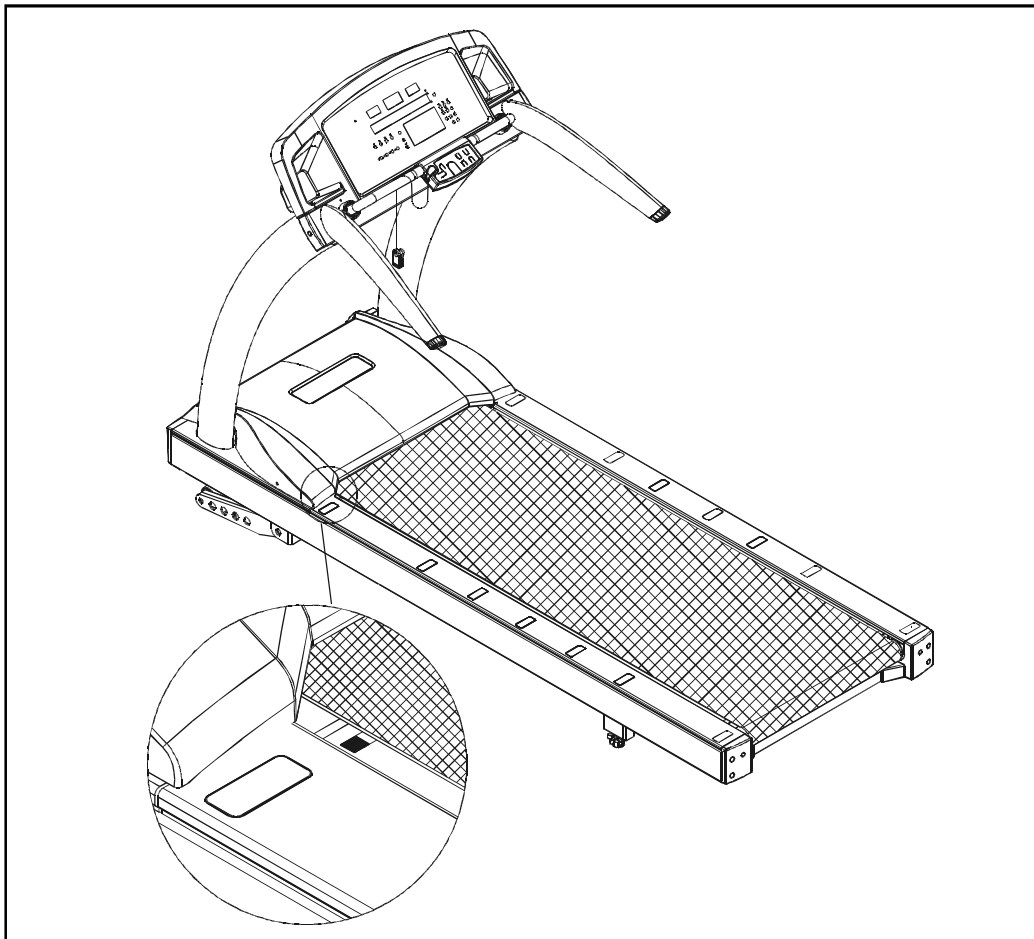


Fig.8

Failure to realign the belt could result in damage occurring to the belt, which is not covered in the warranty. Please follow the belt adjustment procedure listed next page.

BELT ADJUSTMENT PROCEDURE

1. Turn on the power switch located on the front of treadmill. Insert the SAFETY KEY on the its position.
2. Press the SPEED ▲ button to increase the speed to 2.0mph / 3.2kph.
3. While the unit is running at 2.0mph/3.2kph, determine where the belt is in relation to the belt alignment gauge.
4. If the belt not be in the green operating range, follow the steps below to return the belt to the proper operating range.
5. If the belt is in the left red zone: Using the hex Allen wrench, turn the left belt adjustment bolt located at the rear of the treadmill clockwise 1/4 turn at a time. Then turn the right belt adjustment bolt counterclockwise 1/4 turn. Let the treadmill run 30 seconds, then check the position of the belt in the belt alignment gauge. If the belt has not returned to the green operating range, repeat with another 1/4 turn until the belt has returned to the middle of the green operating range. Do not turn adjusting bolt more than 1/4 turn at one time.
6. Conversely, if the belt is in the right red zone, turn the right belt adjustment nut clockwise 1/4 turn, then turn the left adjustment bolt counterclockwise 1/4 turn. Then let the treadmill run at least 30 seconds, check the position of the belt in the belt alignment gauge. If it still has not returned to the green operating range, repeat with another 1/4 turn until the belt has return to the middle of the green operating range. Do not turn adjusting bolt more than 1/4 turn at one time.
7. When the belt has returned to the green operating range, slowly increase the speed of the unit to 5.5 MPH (9 KPH), and let it run for at least 45 seconds to confirm proper belt alignment.

Periodically monitor the position of the belt to ensure peak performance:

When you are using the treadmill, if you feel a pause in the belt with each foot plant, the belt may be too loose. Stop the machine to check the belt tension, pull the running belt up in the middle (see Fig.9-1 & 9-2). There should be about 30 m/m (1 1/8") or 3kgs of "give" in the belt (see Fig.9-3). If there is too much, adjust both rear roller bolts clockwise 1/4 turn at a time (see Fig.9-1). Then, check the belt tension again, if more adjusting is required, give both adjusting bolts another slight turn. Do not adjust over 2 full turns.

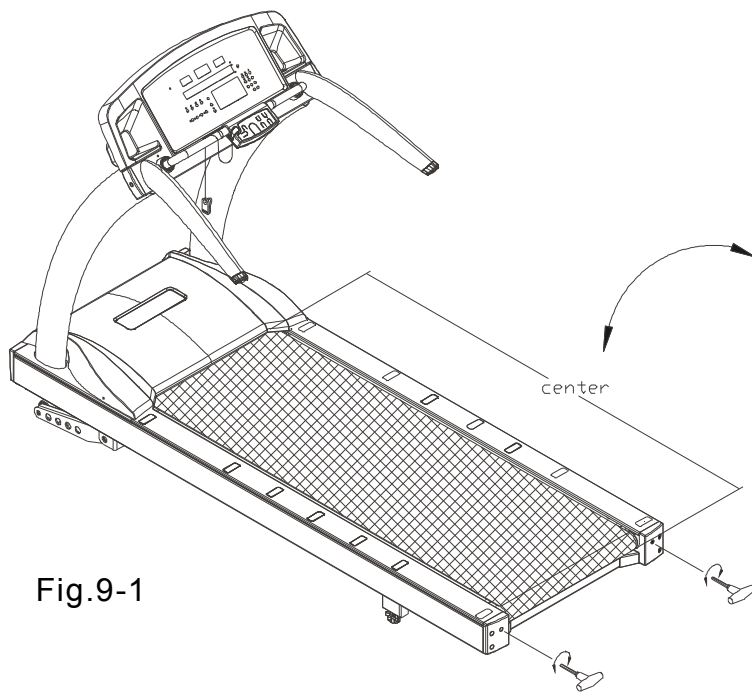


Fig.9-1

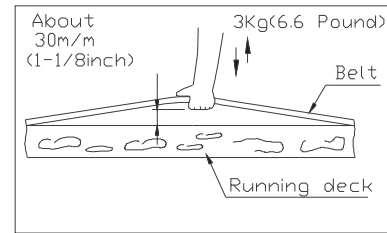


Fig.9-2

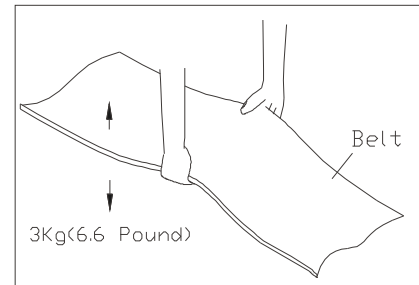


Fig.9-3

Conversely, if there is not enough "give", adjust both rear roller bolts counterclockwise 1/2 turn at a time.

CAUTION: To avoid injury, special care must be taken when adjusting the running belt. Remove any loose clothing or shoelaces and tie back your hair. Be very careful to keep your fingers or any other objects clear of the belt and rollers.

The treadmill is designed to carry specific weights at specific speeds. The treadmill will not stop immediately if an object becomes caught in the belt or rollers.

Over tightening of the belt causes damage and premature failure of the precision bearings in the front and rear rollers.

FLOOR LEVEL ADJUSTMENT

If the treadmill rocks or is otherwise unsteady on the floor, turn the leveler as shown to raise or lower the unit. (see Fig.10)

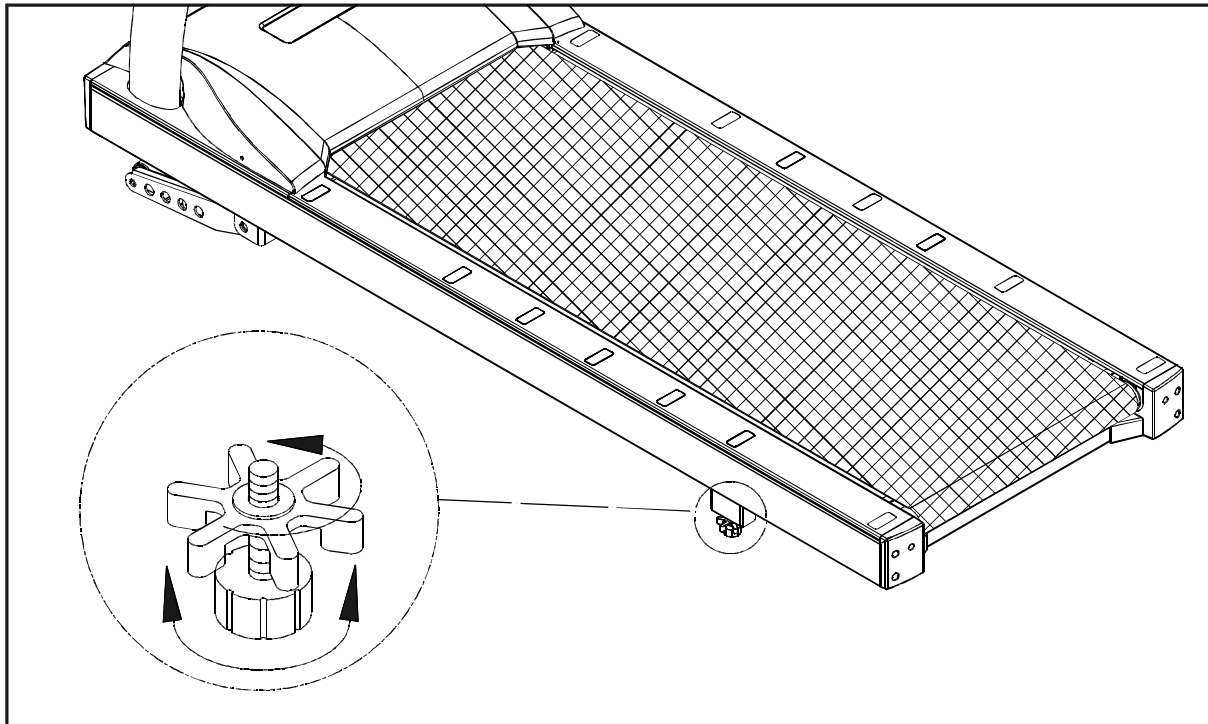


Fig.10

TROUBLE SHOOTING

Caution: Shut off unit and disconnect power cord before making any repairs or modifications.

Error messages

1. Error Message:

- A. ERR1: Speed sensor circuit error. Re-start the unit. If it still doesn't work, please contact your local dealer or service provider.
- B. ERR3: Actual speed is greater than the setting speed. Re-start the unit.
- C. ERR7: Incline motor calibration issue. Contact your local dealer or service provider.
- D. SERVICE REQUIRED / TREADMILL SHUTTING DOWN / STOPPING:
Indicates that the motor is overheated. Turn off unit and wait one hour before using it again. Or stop working out on the unit. Wait until the message RESET POWER SWITCH appears, then turn the unit off and on before using it again.

2. Prompted Explanation:

FOR ACCURATE HR, HOLD SENSORS FIRMLY WHILE WALKING: Indicates that your heart rate signal is not being detected clearly because your hands are probably moving on the heart rate handlebars. Or the speed you run is too quick, the display is difficult to catch the HR.

Incline Fuse Failure

The incline fuse is located on the drive board. If this fuse fails, replace it with a good one of the same type. If the incline still does not operate, contact your local dealer or service provider.

Main Fuse Failure

If the display does not light up, please turn on the POWER switch on the front of the treadmill. If it is ON, inspect the main fuse. Replace it necessary.

CAUTION: MAKE SURE THE TREADMILL POWER PLUG IS REMOVED FROM OUTLET BEFORE REPLACING THE FUSE.

There is one fuse holder located at the front, inside of the treadmill frame, (15 amp/100-120volts or 10 amp/220-240volts). This is for the main power (see Fig.11). Please make sure to check your standard voltage prior to selecting correct fuse for replacement.

To remove the main fuse, push the fuse cap in and turn the cap counterclockwise and remove the fuse cap with fuse. Remove the damaged fuse and insert a new one. Turn the fuse cap clockwise to secure it in place.
(See Fig.11-1 to Fig.11-3).

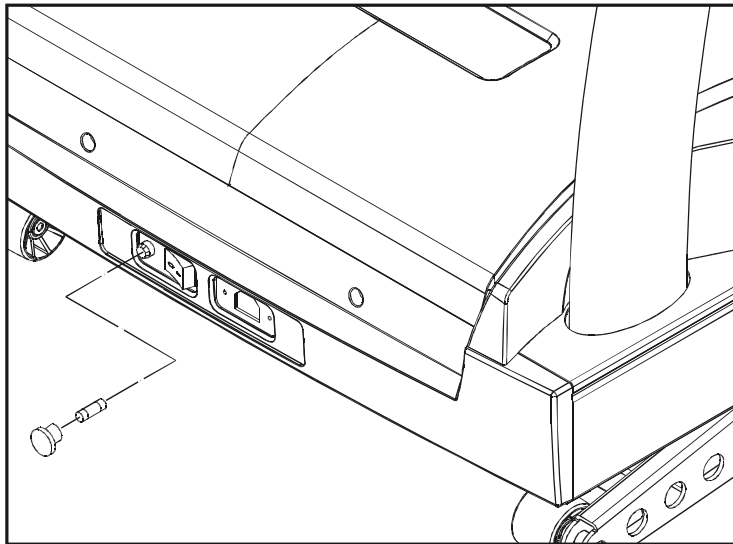


Fig. 11

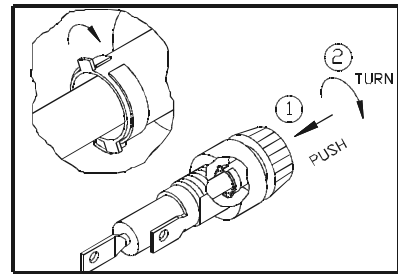


Fig. 11-1

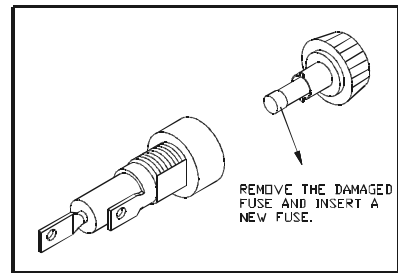


Fig. 11-2

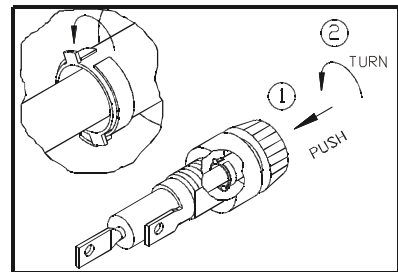
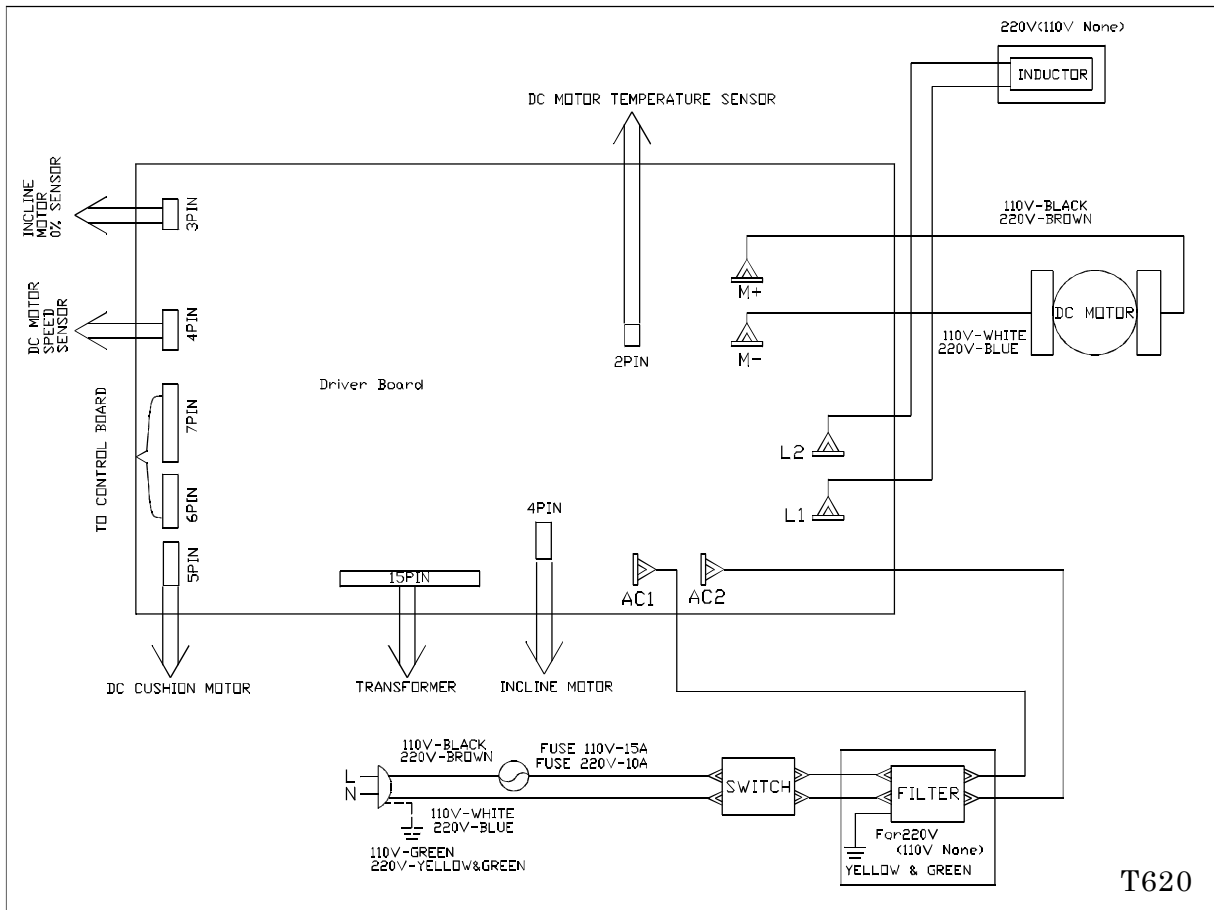


Fig. 11-3

If the treadmill does not work after changing the fuse, please contact your dealer for more information.

For safety reasons, you may wish to make a treadmill inoperable. To do so, simply remove the fuse.

Wiring Schematic:



Your Authorized Distributor