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# 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.

• 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 accessories that are not specifically recommended by the manufacturer. Such parts 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 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 205 KGS (450 LBS).
  Note that the 12 MPH (20 KPH) rating is good for users up to 150 KGS (330 LBS).

• La limite de poids de l'utilisateur pour ce tapis de course est de 250 KGS (450 LBS).
  Remarquez que la vitesse de 12 MPH (20 KPH) convient jusqu'à 150 KGS (330 LBS).

• Product performance depends on adequate power supply. Each commercial treadmill requires one 20 Amp (for 110 V areas) or one 10 Amp (for 220 V 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 20 Amp (pour les zones en 110V) ou de 10 Amp (pour les zones en 220V) afin d'assurer un bon fonctionnement.

## CAUTION
## ATTENTION

If you feel any pain or any abnormal sensation, STOP YOUR WORKOUT and consult you 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 , 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 desires to correct the interference, it is at the user's own expense.

Remarque: Ce matériel a été testé et déclaré conforme aux normes des appareils digitaux de Classe B, conformément à la partie 15 du Règlement de la FCC. Ces limites sont conçues pour offrir une protection raisonnable contre les interférences nuisibles dans une installation résidentielle.

Cet appareil génère, utilise, et peut diffuser des signaux radioélectriques, et, s'il n'est pas installé et utilisé conformément aux instructions, peut provoquer des interférences nuisibles aux communications radio. Cependant, il n'y a aucune garantie que des interférences ne se produiront pas dans une installation particulière.)

Si l'utilisateur désire corriger les interférences, ces corrections seront à la charge de l'utilisateur.

In this manual, the words "left" and "right" are used in reference to parts and the product. As such, the words "left" and "right" equate to the excerciser's left and right sides respectively. Also, for brevity, the word "screws" is used in some cases where washers, screws, and other hardware are involved.

Dans ce manuel, les mots "gauche" et "droit" sont utilisés en référence aux pièces et au produit. Comme tels, les mots "gauche" et "droit" font respectivement référence aux côtés gauche et droit de l'exerciseur. De même pour plus de concision, le mot "vis" est utilisé dans certains cas où des rondelles, des vis et autres matériels sont associés.

## 1.2 ABOUT THIS MANUAL

This manual provides instructions for the assembly, installation, and operation of the SportsArt T631 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 TREADMILL

## 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 T631 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.
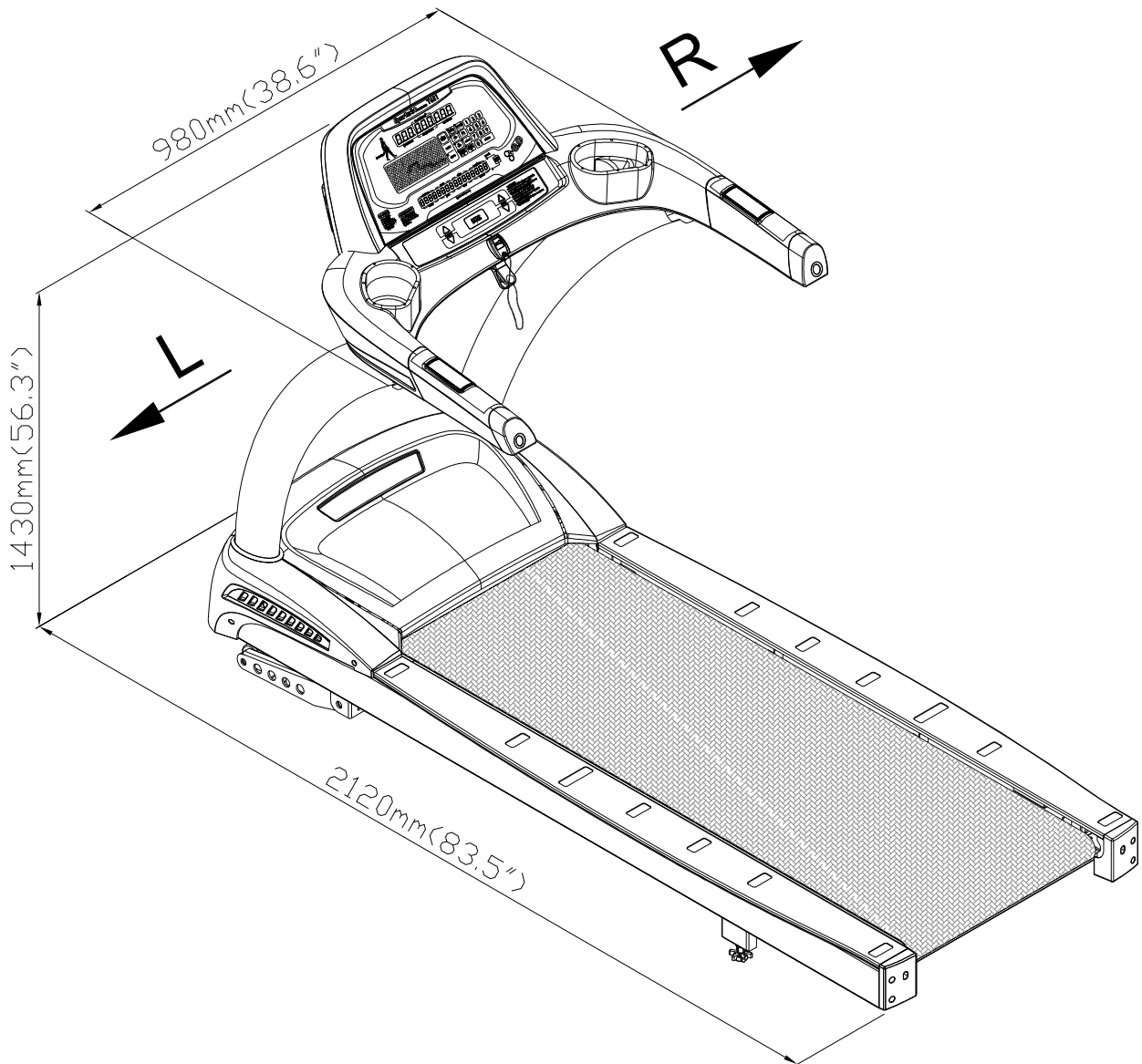
## 2.2 SPECIFICATIONS

**T631 Specifications**

Running surface: 22" x 61" inches

Speed Range: 0.1- 12 mph; 0.2- 20 kph; Motor: 4.0 HP (Peak)

Incline Range: 0-15%

Programs: MANUAL, HILL, RANDOM, INTERVAL, FIT TEST, GLUTE,
CARDIO / WT LOSS, ZONE TRAINER.

Feedback: CALORIES, SPEED, TIME, DISTANCE, CAL/HR, METS, PACE, INCLINE,
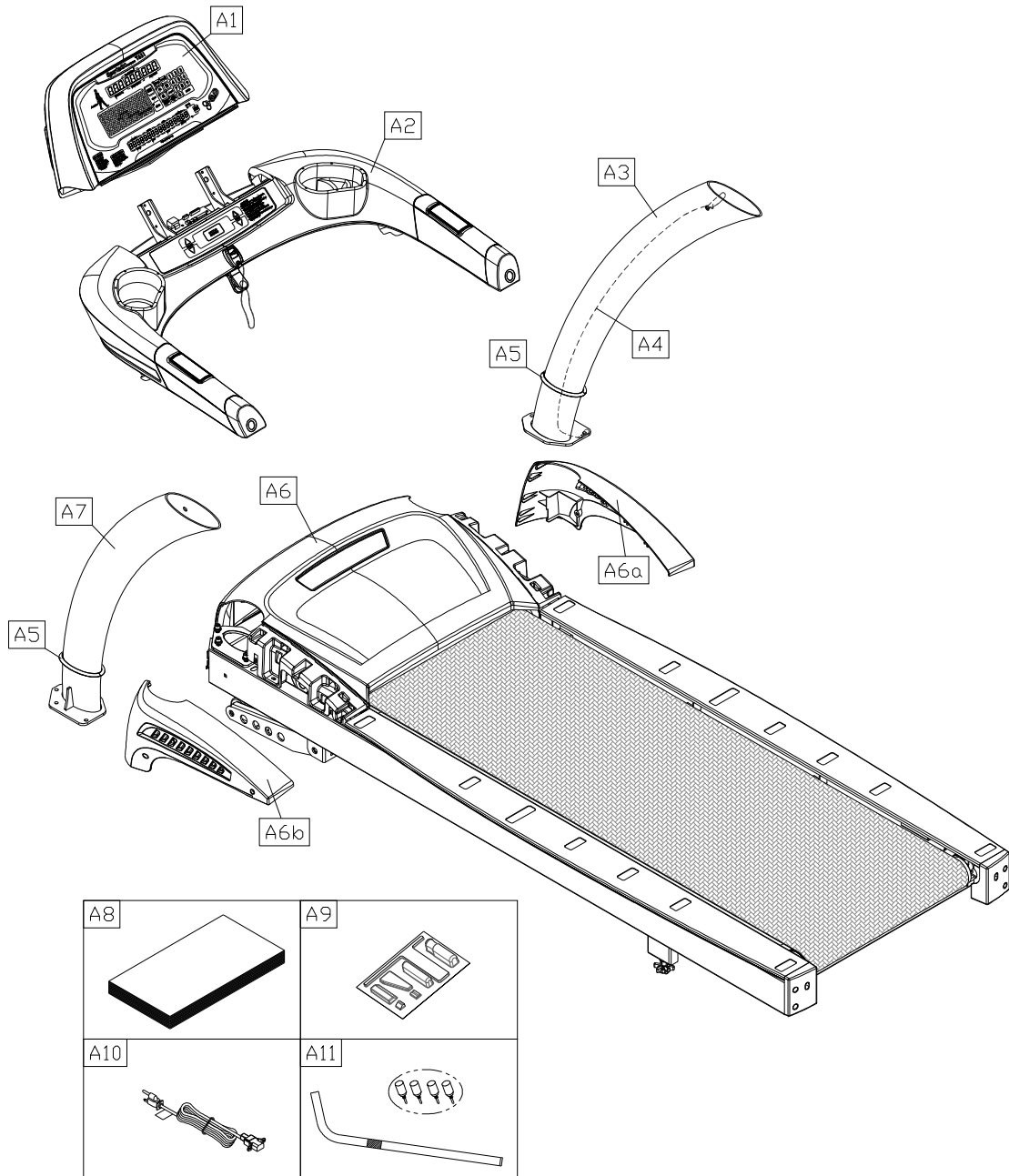HEART RATE, WT LOSS 65%, CARDIO 80%.

Display Type: LED

Heart Rate Control: Yes

Maximum User Weight: 205 kgs; 450 lbs

Dimensions : 2120mm x 980mmx 1430mm (83.5" X 38.6" X 56.3")

| Assembly Parts | | | | | |
|---|---|---|---|---|---|
| No. | Name | Qty | No. | Description | Qty |
| A1 | Display | 1 | A7 | Left pedestal | 1 |
| A2 | Handlebar assembly | 1 | A8 | Owner manual | 1 |
| A3 | Right pedestal | 1 | A9 | Hardware kit | 1 |
| A4 | Feeder cord | 1 | A10 | Power cord | 1 |
| A5 | Waterproof ring | 2 | A11 | Applicator tube | 1 |
| A6 | Main frame | 1 | | Silicone lubricant | 4 |
| A6a | Right side cover | 1 | | | |
| A6b | Left side cover | 1 | | | |

## 2.4 COMPONENTS 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 | | | |
| 31 | Screw cover (rounded) | 2 | | |
| 32 | Screw cover (flat) | 2 | | |
| 33 | Mushroom top Phillips screw | 6 | M4*L16 | |
| | Screw socket | 4 | | |
| | Screw clip | 4 | | |
| | Fuse | 1 | 15A-100V~110V | |
| | | 1 | 10A-200V~220V | |
| | L-shaped Allen wrench | 1 | (M4) | |
| | L-shaped Allen wrench | 1 | (M5) | |
| | L-shaped Allen wrench | 1 | (M6) | |
| | T-shaped Allen wrench | 1 | (M6) | |
| | Double open-end wrench | 1 | (22*24) | |
| | Screwdriver handle | 1 | green | |
| | Screwdriver bit | 1 | Phillips and flat | |

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.

Components on the Product

| No. | Name | Specification | |
|---|---|---|---|
| 41 | Inner hex screw | M8*L20 | |
| | Spring washer | M8 | |
| | Star washer | $\phi 18*\phi 8.5*t2$ | |
| 42 | Mushroom top inner hex screw | M8*L20 | |
| | Serrated washer (curved) | $\phi 18*\phi 8.5*t2$ | |
| 43 | Mushroom top inner hex screw | M8*L20 | |
| | Serrated washer | $\phi 18*\phi 8.5*t2$ | |
| 44 | Mushroom top inner hex screw | M5*L12 | |
| 45 | Phillips head screw | M4*L8 | |

# 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. Be aware 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.

Remove packaging material in order A, B, and C as shown to set the treadmill flat on its cardboard box.

A. Cut the corners of the cardboard box to lay the box flat.

B. Lift the back end of the treadmill and remove packaging material in the back and center of the treadmill.

C. Lift the front end of the treadmill and remove packaging material at the front end of the treadmill.
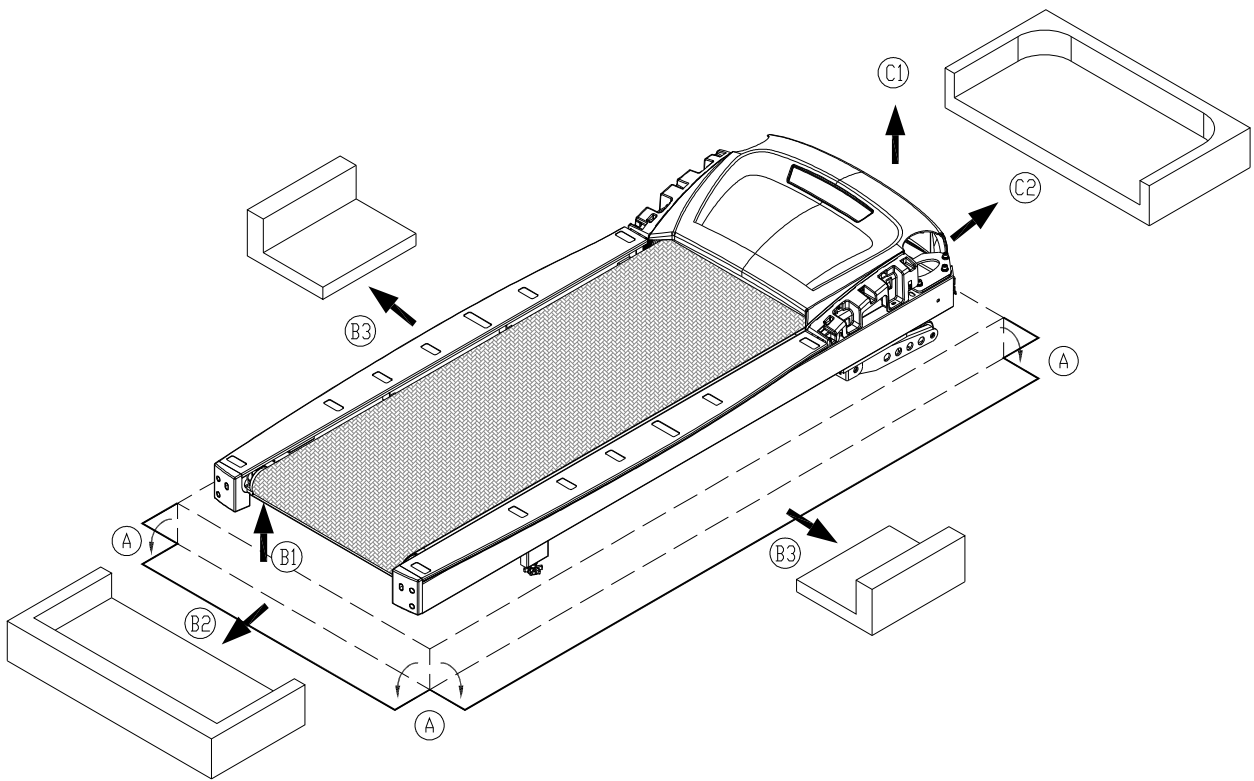
Please make sure that the walk belt runs below the walk belt guides. Walk belt guides should press the walk belt down on both sides. If the walk belt is on top of the guides, loosen screws at position A. Place the walk belt below the guides as shown. Then readjust walk belt tightness per instructions in part 6.
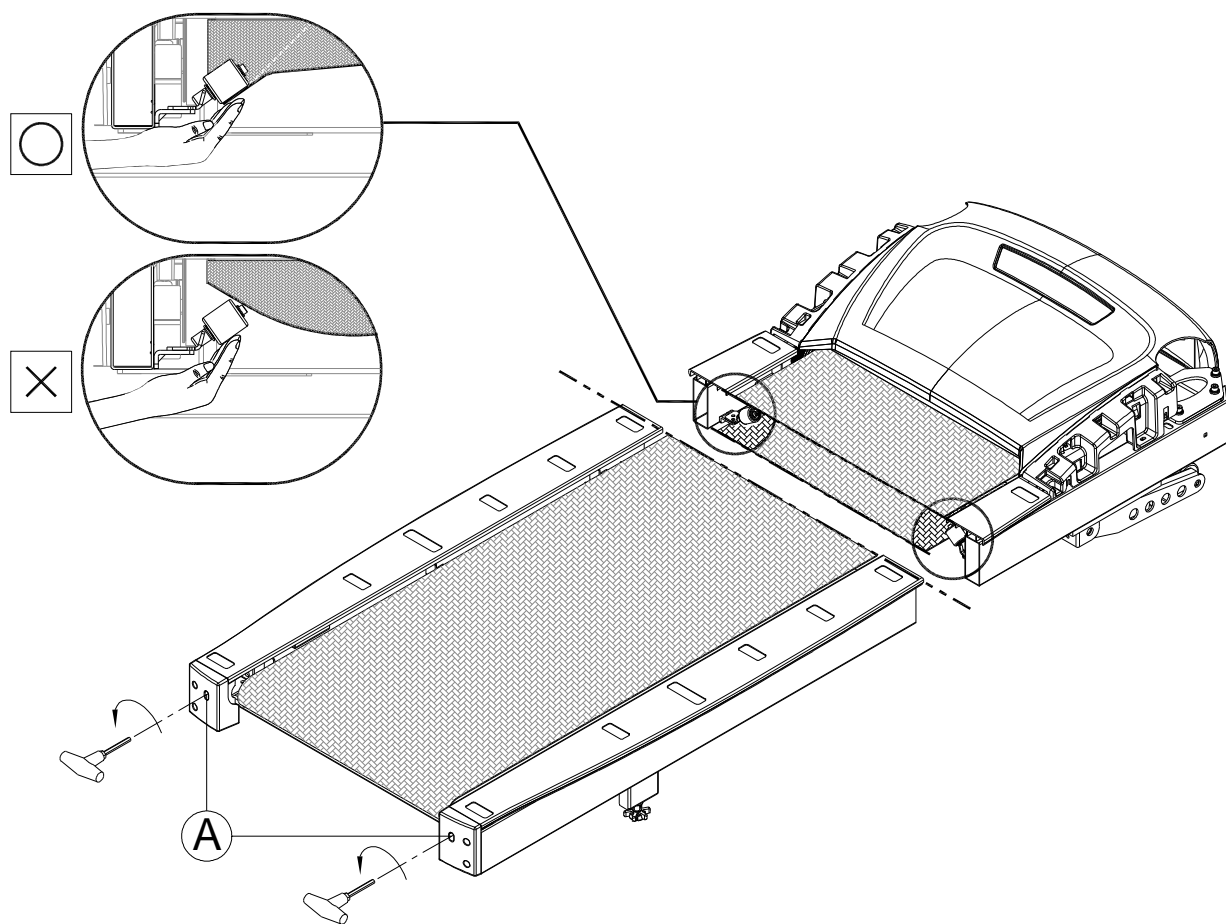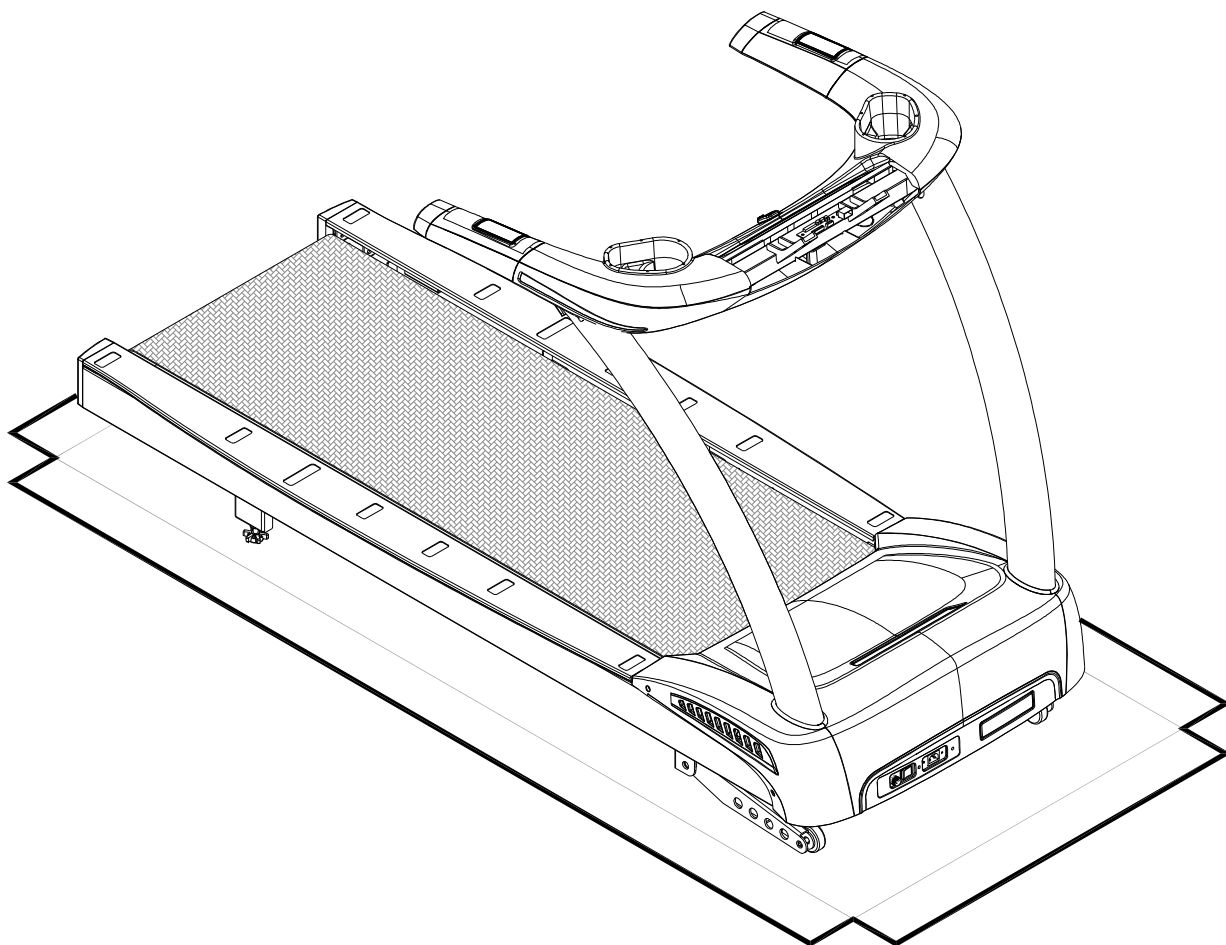
1-1. Remove screws (41) from the pedestal mount area. Inspect whether the screw sockets in areas A and B are in place on the product. If not, remove them from the hardware kit and insert them into place on the product.
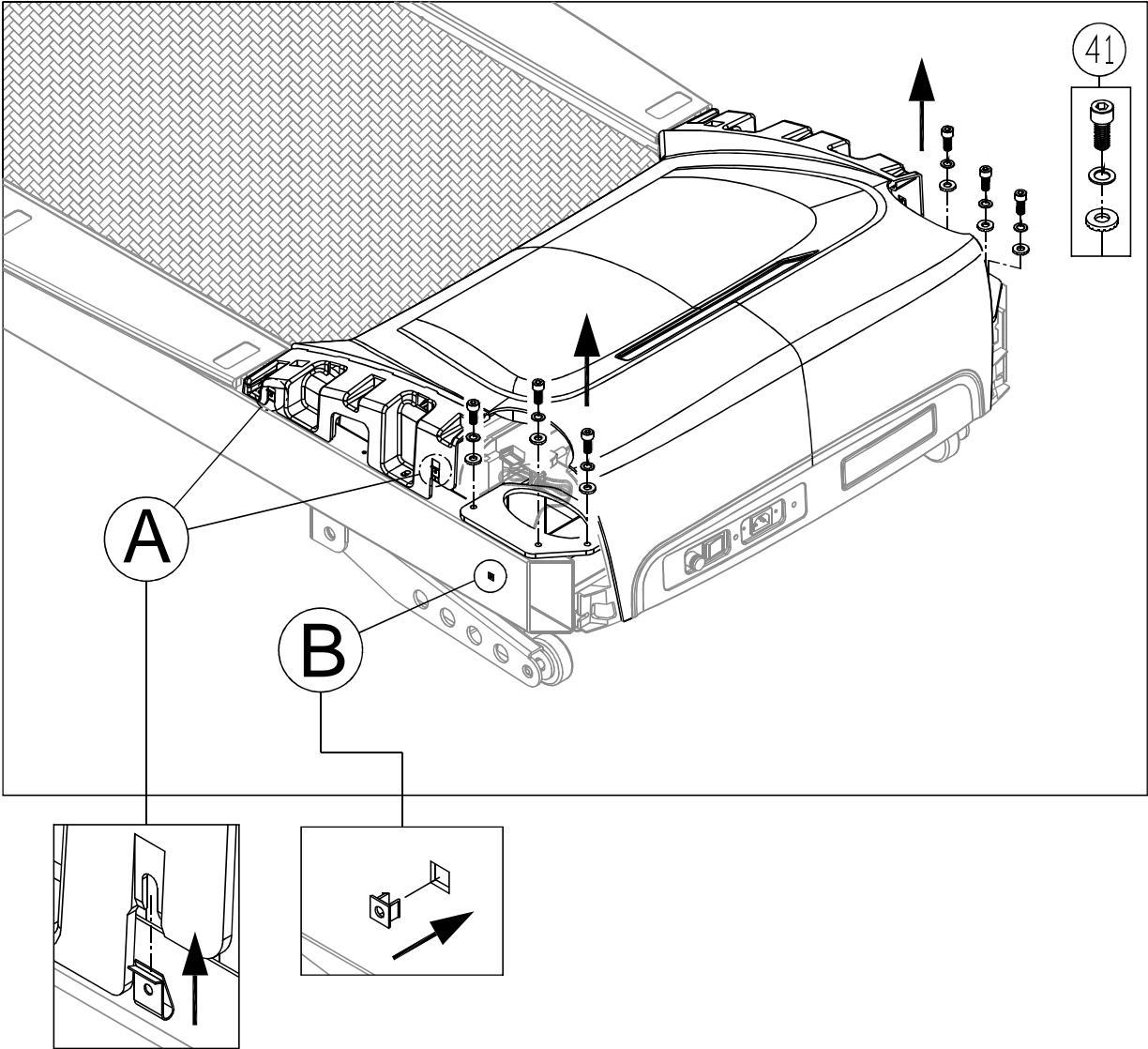
1-2. Follow steps (a~d) in order to thread the data cable through the right pedestal.

(a) In the right pedestal mount area, the data cable is secured with a zip tie. Carefully cut the zip tie to free the data cable. Pull the data cable through the oval opening.

(b) Place the right pedestal (A3) flat on the floor, with the bottom area of the pedestal nearest to the data cable. Disconnect the feeder cord (A4) from the bottom of the pedestal. Then attach the feeder cord (A4) to the top part of the data cable.

(c) From the top part of the right pedestal (A3) disconnect the feeder cord (A4). Pull the top part of the feeder cord (A4) to thread the data cable through the pedestal (A3).

(d) Once the data cable has been fed through the pedestal, disconnect the feeder cord (A4).
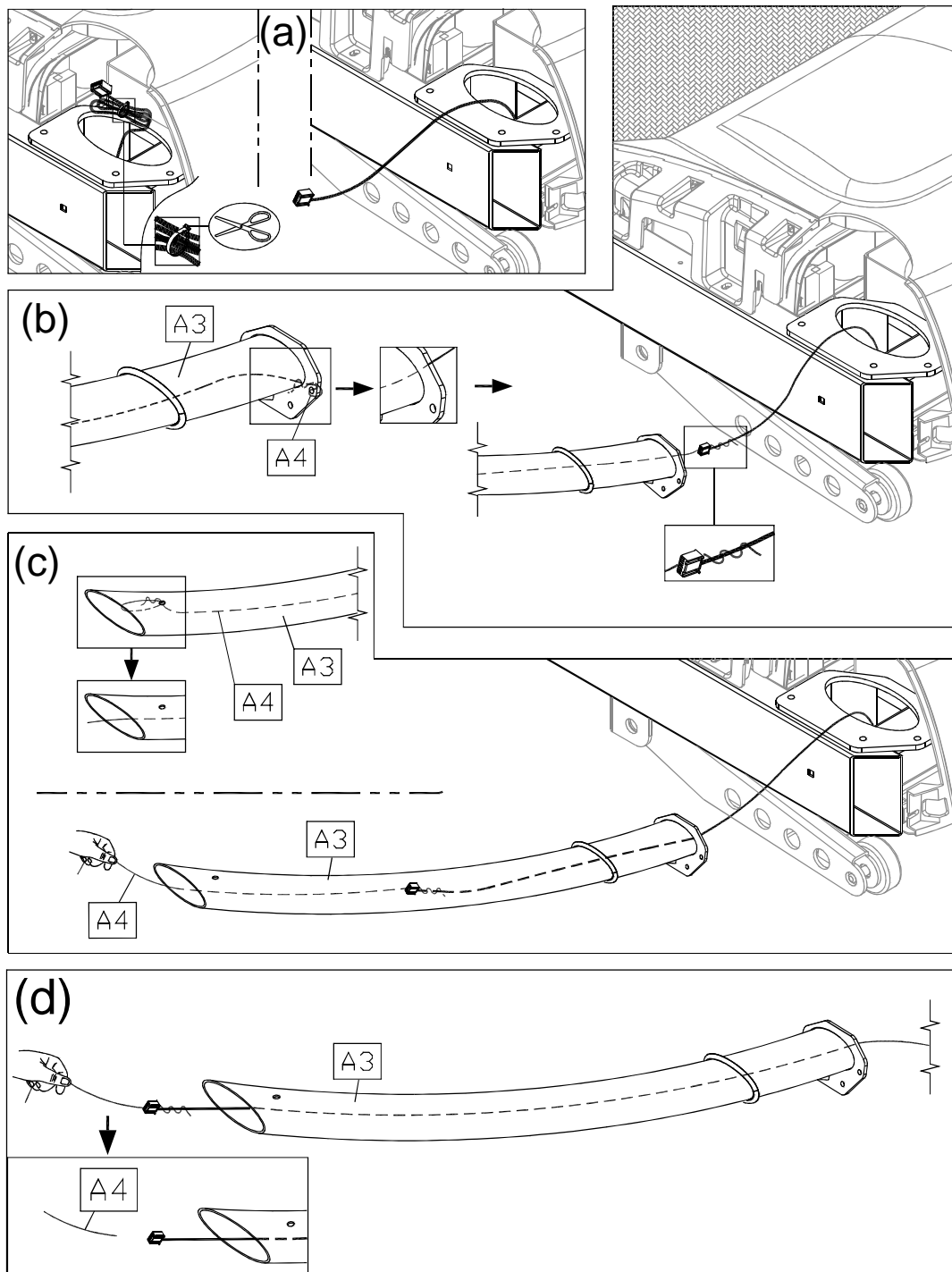
1-3. Hold the data cable at the top of the right pedestal (A3), and insert the bottom of the pedestal onto the pedestal mount. Avoid pinching or crimping the data cable. Place the water guard (A5) on the pedestal higher than the motor cover. Loosely secure the right pedestal (A3) with screws (41). Insert the left pedestal (A7) onto its pedestal mount, and loosely secure it with screws (41). Do not tighten screws. Make sure the pedestals can still move slightly.
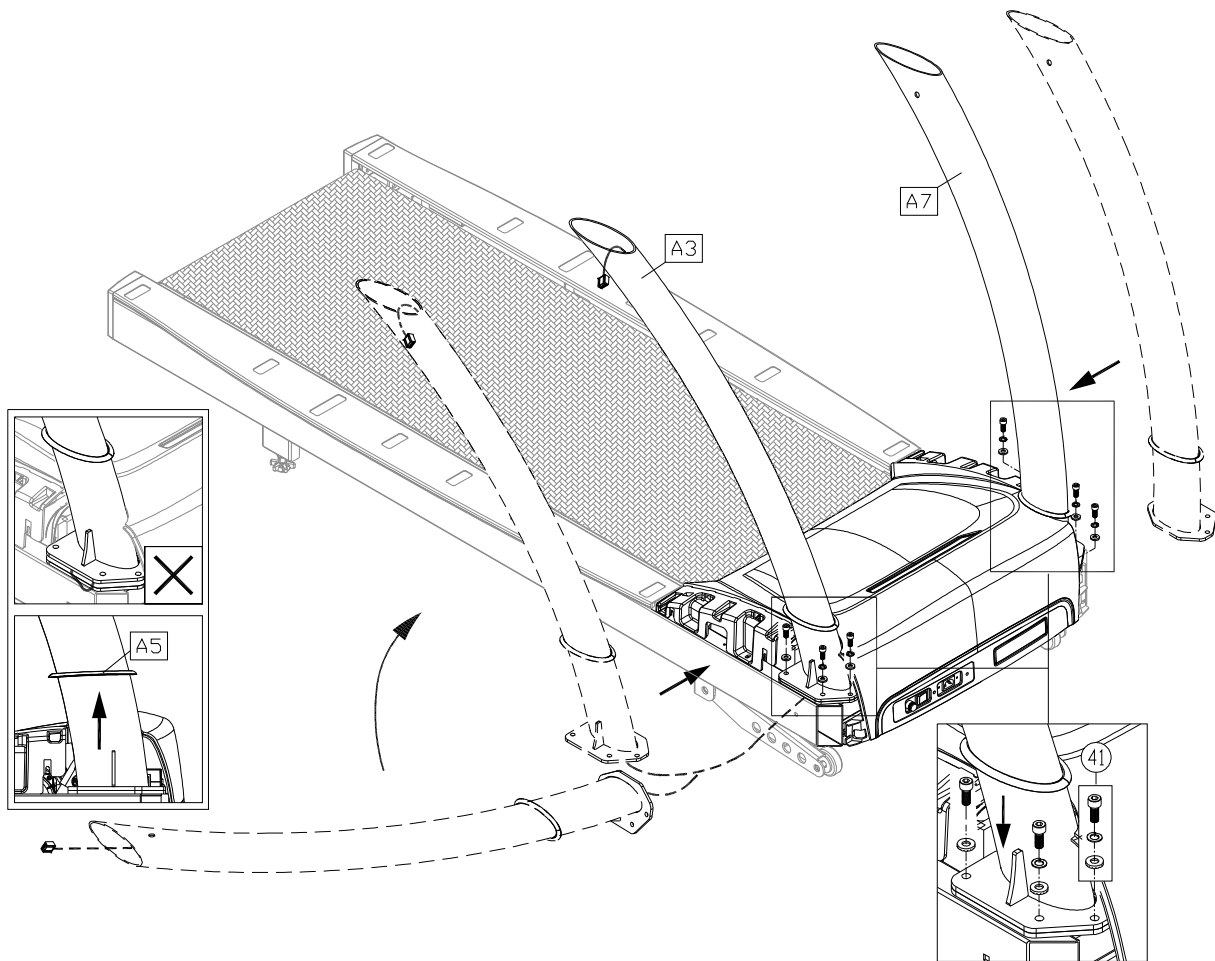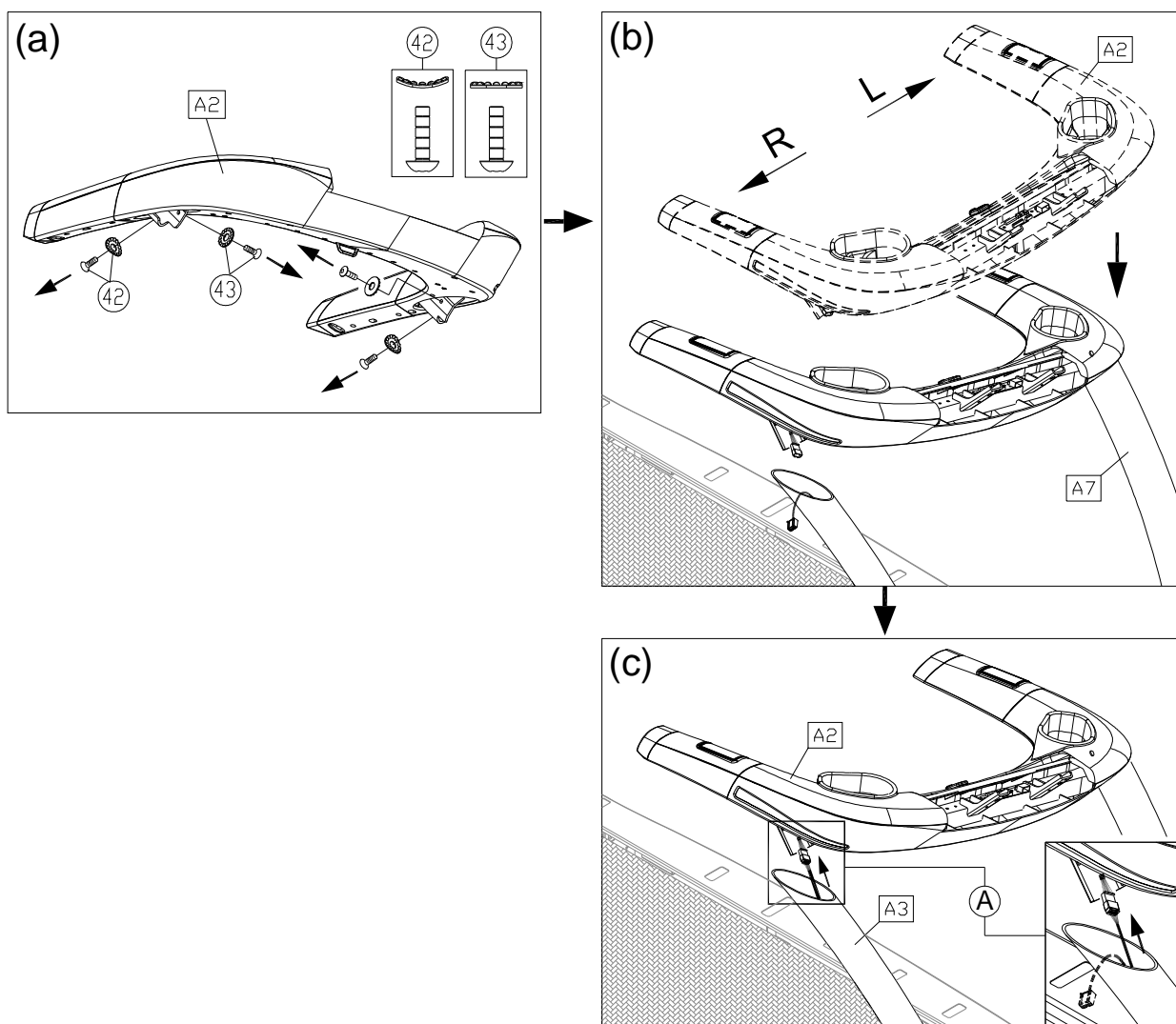
1-4. Follow steps (a~f) to install handlebars.

(a) First, remove the screws (42, 43) from the handlebar assembly (A2).

(b) Insert the left side of the handlebar (A2) into the left pedestal (A7).

(c) Connect the cables in area A from the right pedestal (A3) and from the handlebar (A2).

(d) Tuck cables into the pedestal safely. Then insert the right side of the handlebar assembly (A2) into the right pedestal (A3), without pinching or crimping cables.

(e) Thread screws in place by hand. First, secure screws (42) in area B. Then secure screws (43) in area C.

(f) Insert the screw cap (31)(32) onto the screw head.
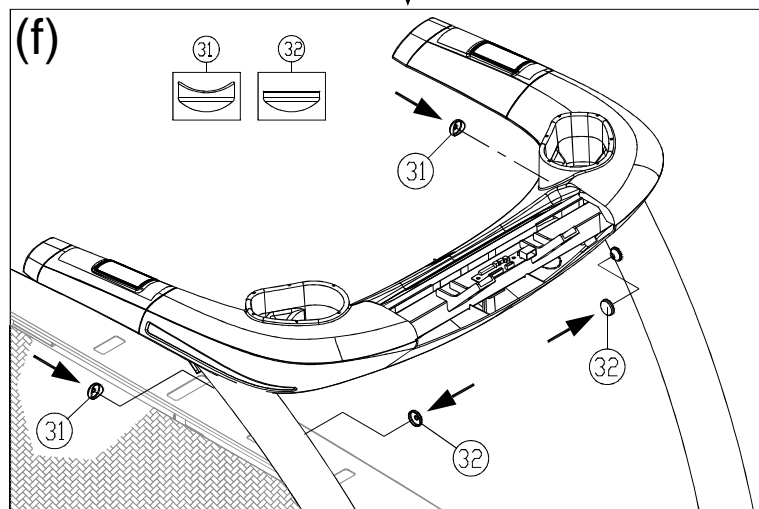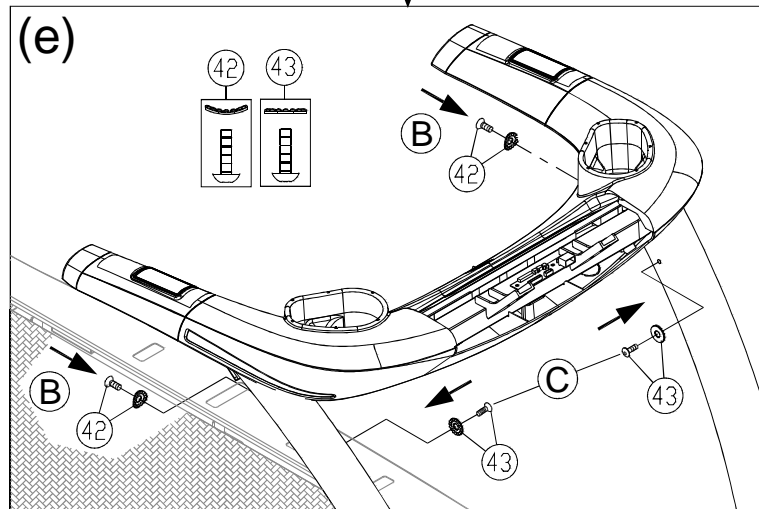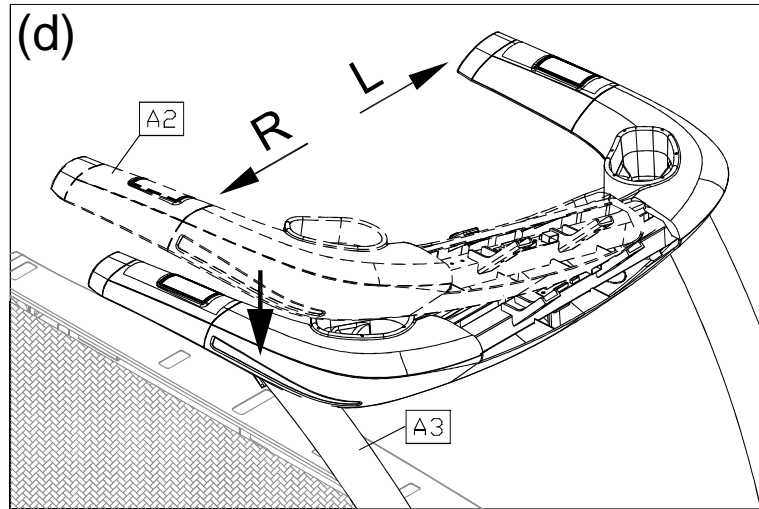
1-5. After handlebars are secured in place, fully secure screws in area A on both sides of the treadmill. Snap left and right side covers (A6a,A6b) into place and secure them with screws (33). Then slide the water guard (A5) into place on the motor cover.

A

A6b

A6a

B

33
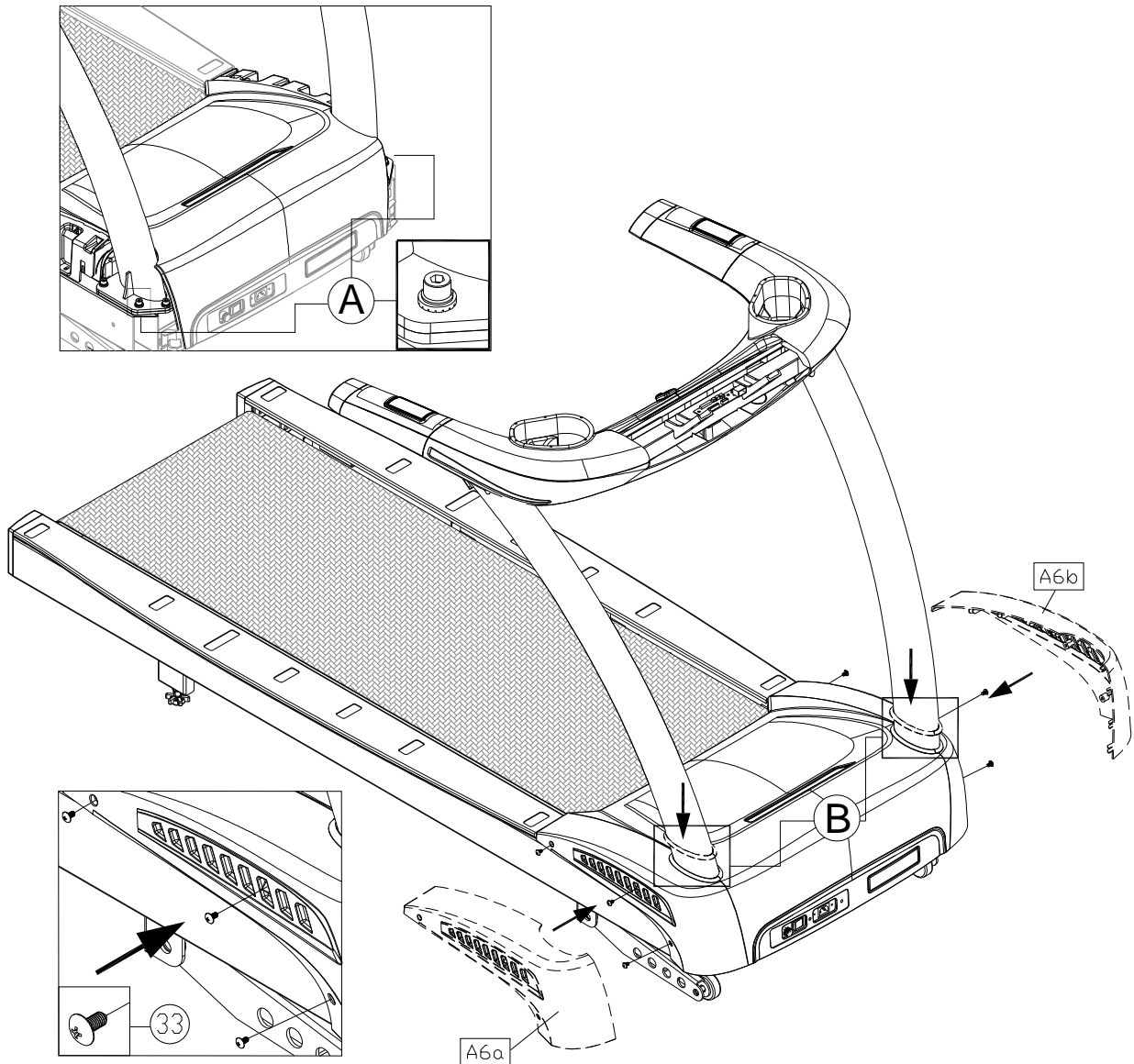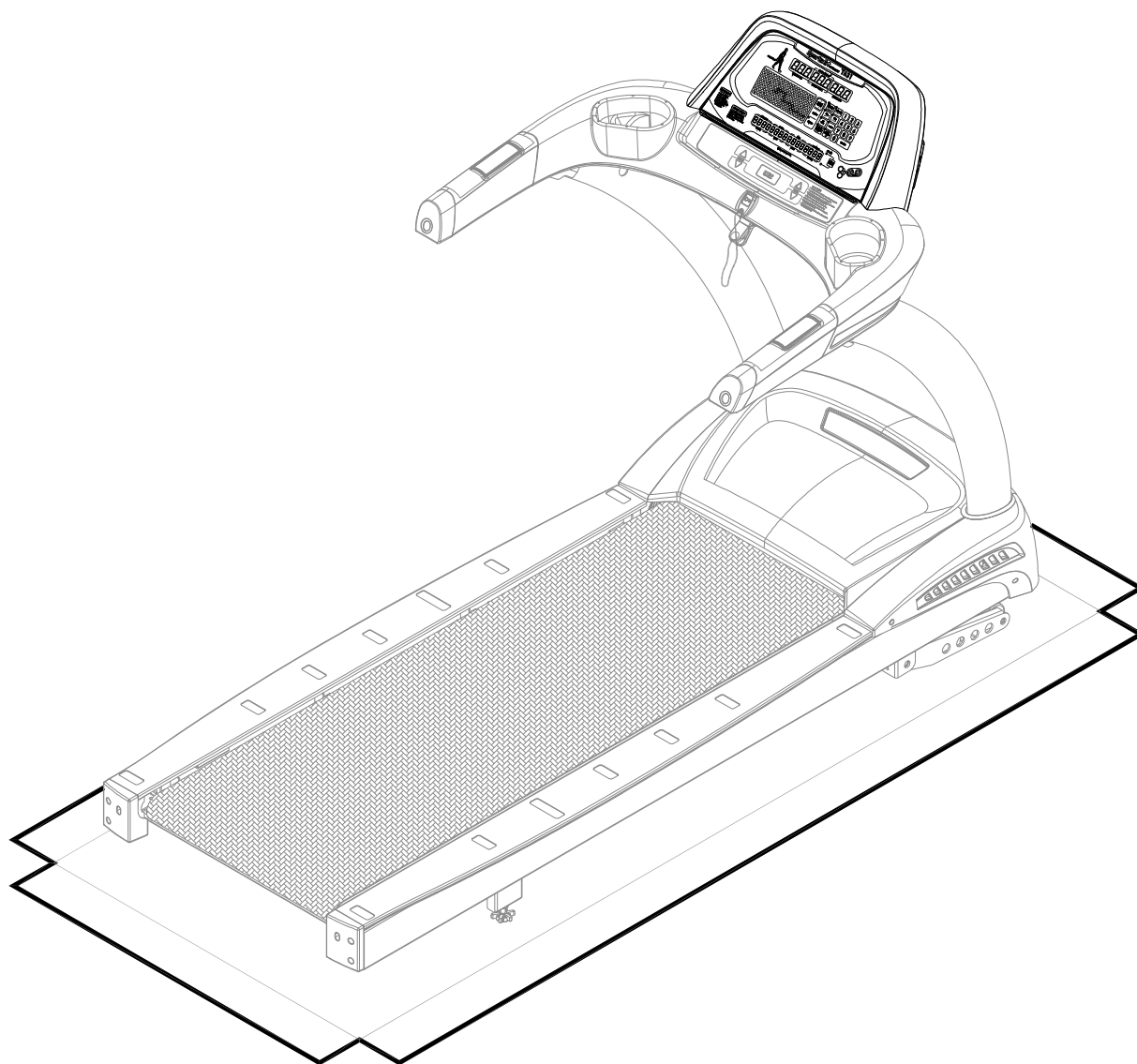
2-1. Follow steps (a~g) below to install the display assembly.

(a) Remove screws (44) from the handlebar (A2).

(b) Insert the display (A1) onto the handlebar assembly (A2). Note: aim properly to avoid damaging the display board.

(c) Then slightly lift the display (A1)

(d) Temporarily secure the display by inserting it as indicated by arrows.
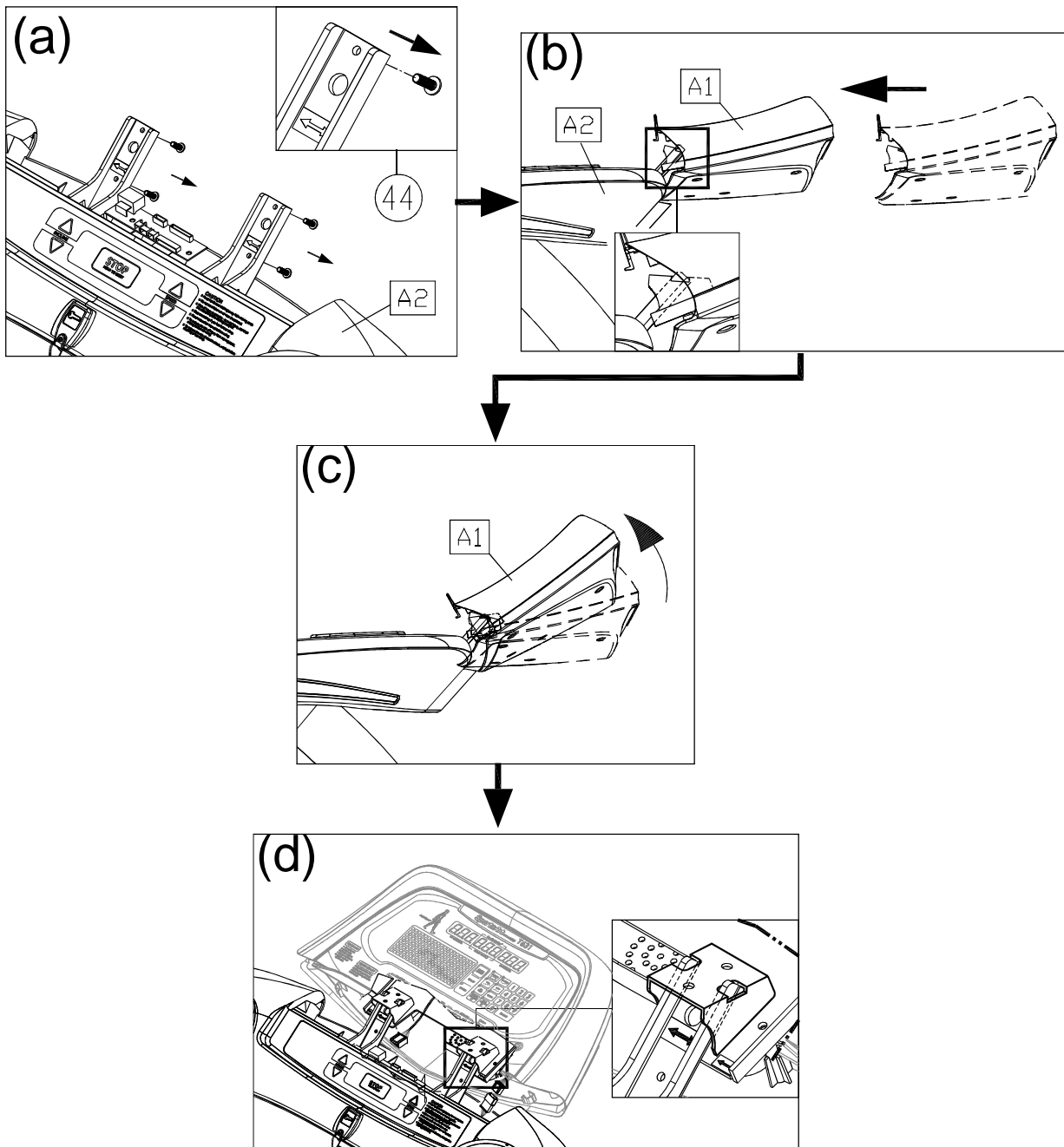
(e) Connect cables in areas A and B.

（f）After connecting cables, tuck them away for safety. Then slightly lift the display (A1) and press it into place. Note: In area C, the display cover must be outside of the handlebar cover.

(g) Use screws (44) to secure the display (A1) in place.
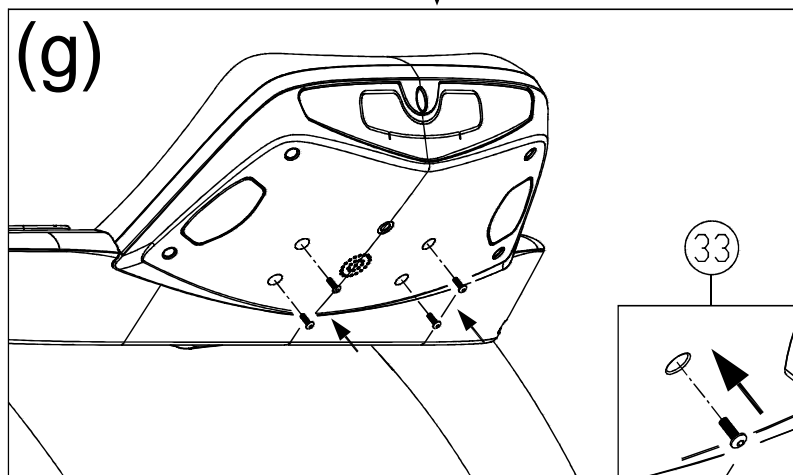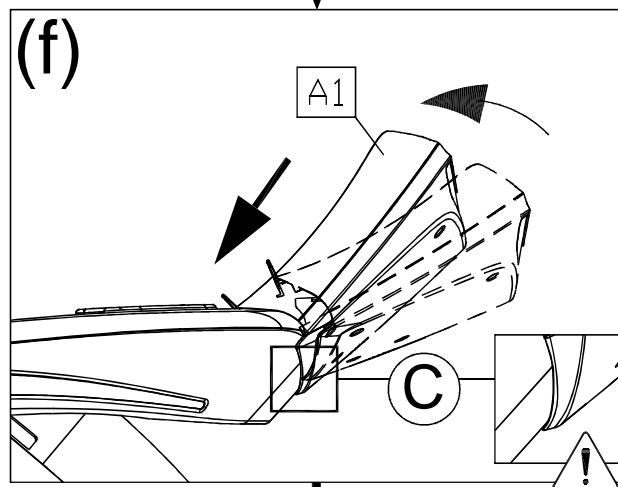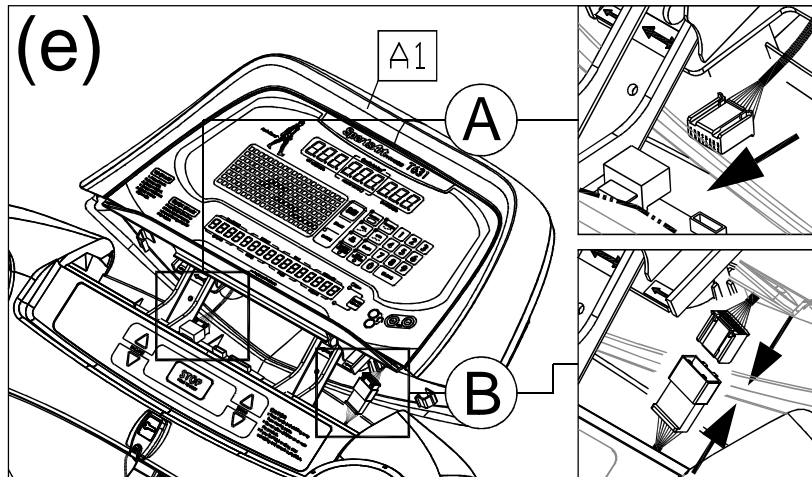
## STEP 3  How to Move the Treadmill

First, place hands under the frame in area A, lift the treadmill, then roll it into position as desired.
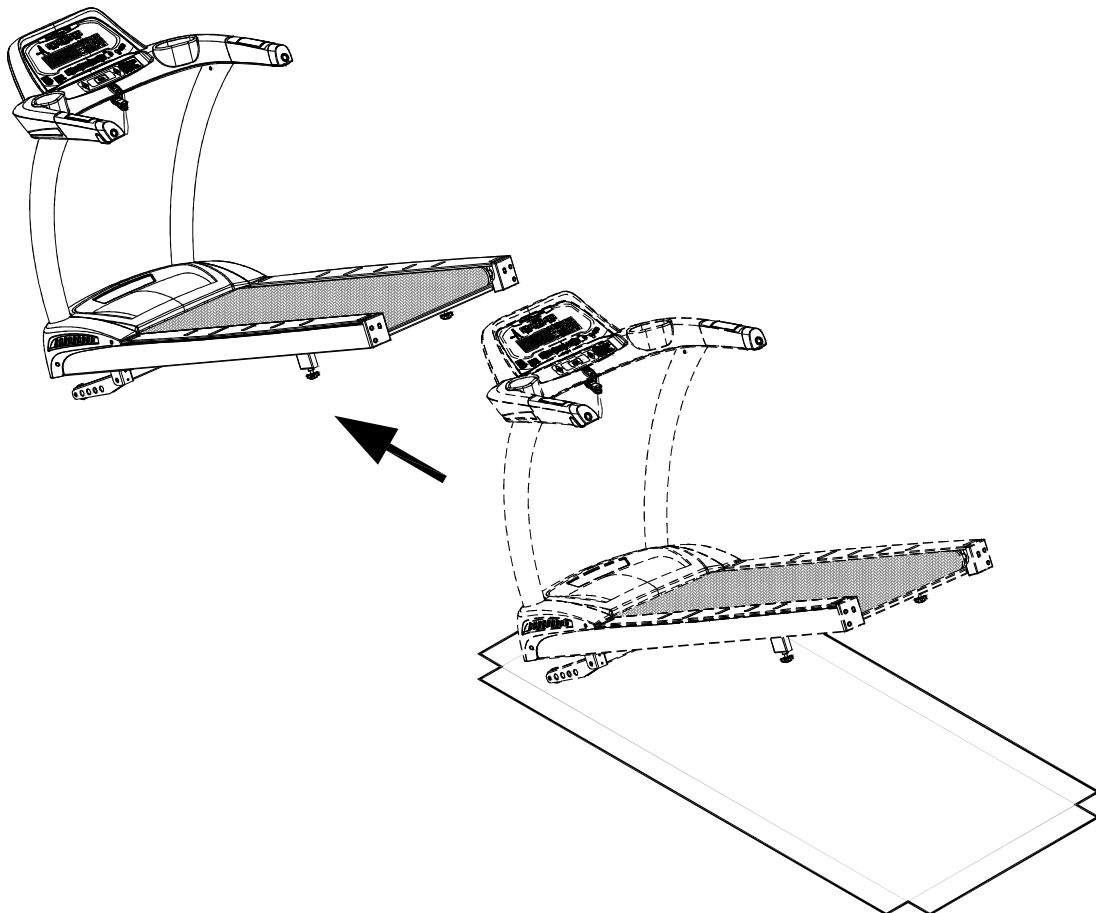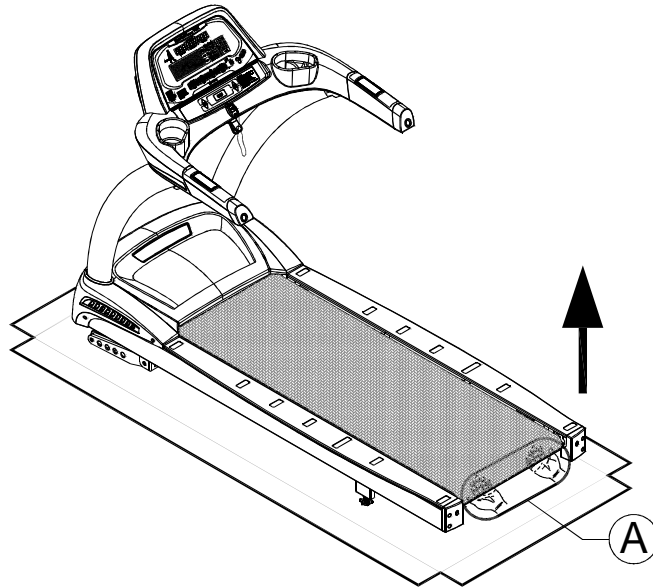
## STEP 4 Level the Unit

4-1. Press on points A and B to inspect whether the unit is stable and level on the ground.

4-2. If not, please level the treadmill by following instructions (a, b, c):

(a) First, loosen leveler nuts.

(b) Adjust leveler feet downward until the treadmill is level and does not rock.

(c) Then secure leveler nuts against the frame of the treadmill to secure it in this position.

transport wheel (A)

A

transport wheel (B)

B

space

(a)　　　　　　　(b)　　　　　　(c)
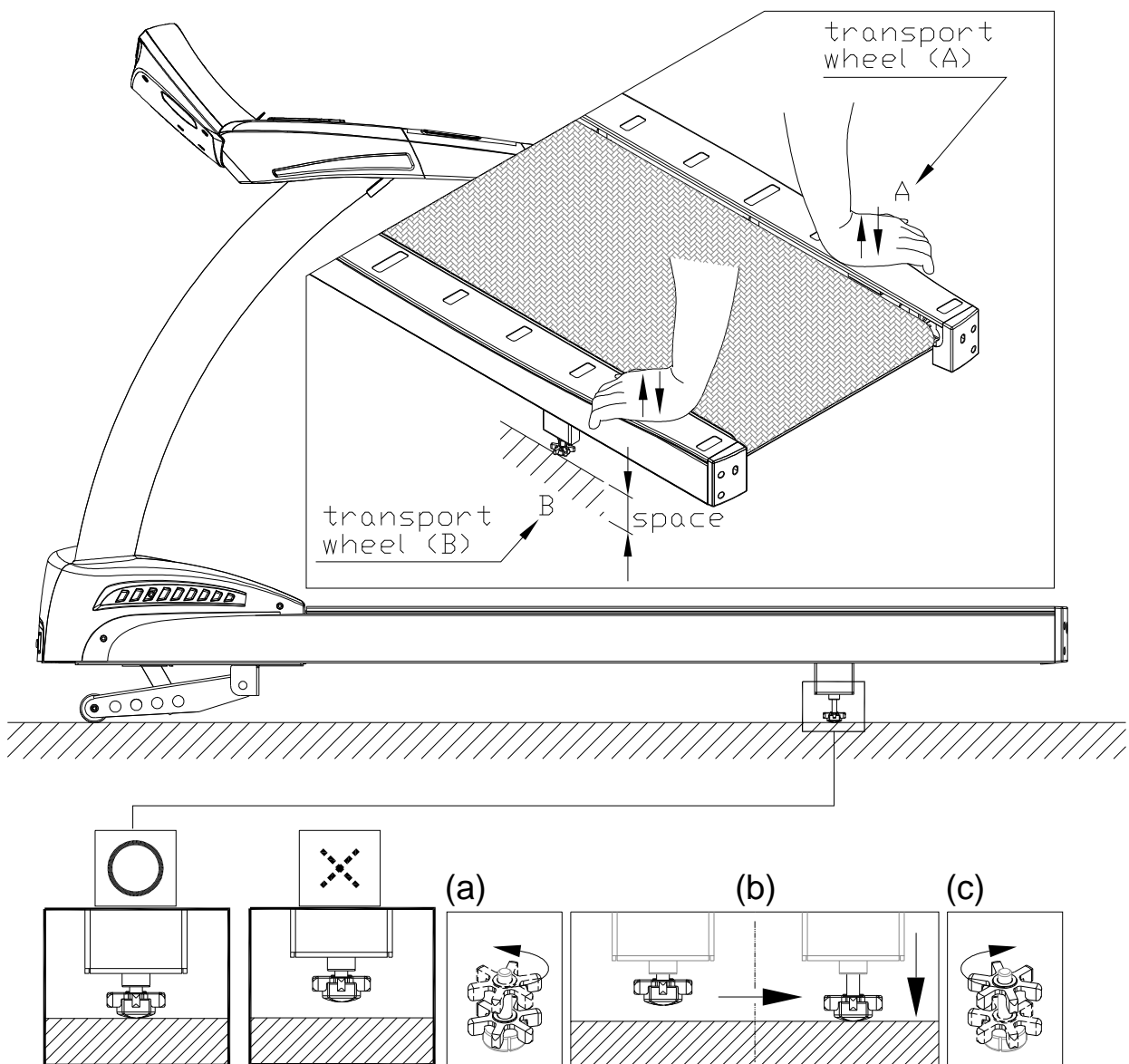
## STEP 5   Align the Walk Belt

The walk belt should run in the center of the deck, with an even amount of space on both sides, between the belt edges and the landing strips. If the space on either side is not the same, rotate rear roller screws about one-half turn at a time.

Turning the screw on one side clockwise extends that side of the rear roller away from the body of the treadmill, pushing the belt to the opposite side.
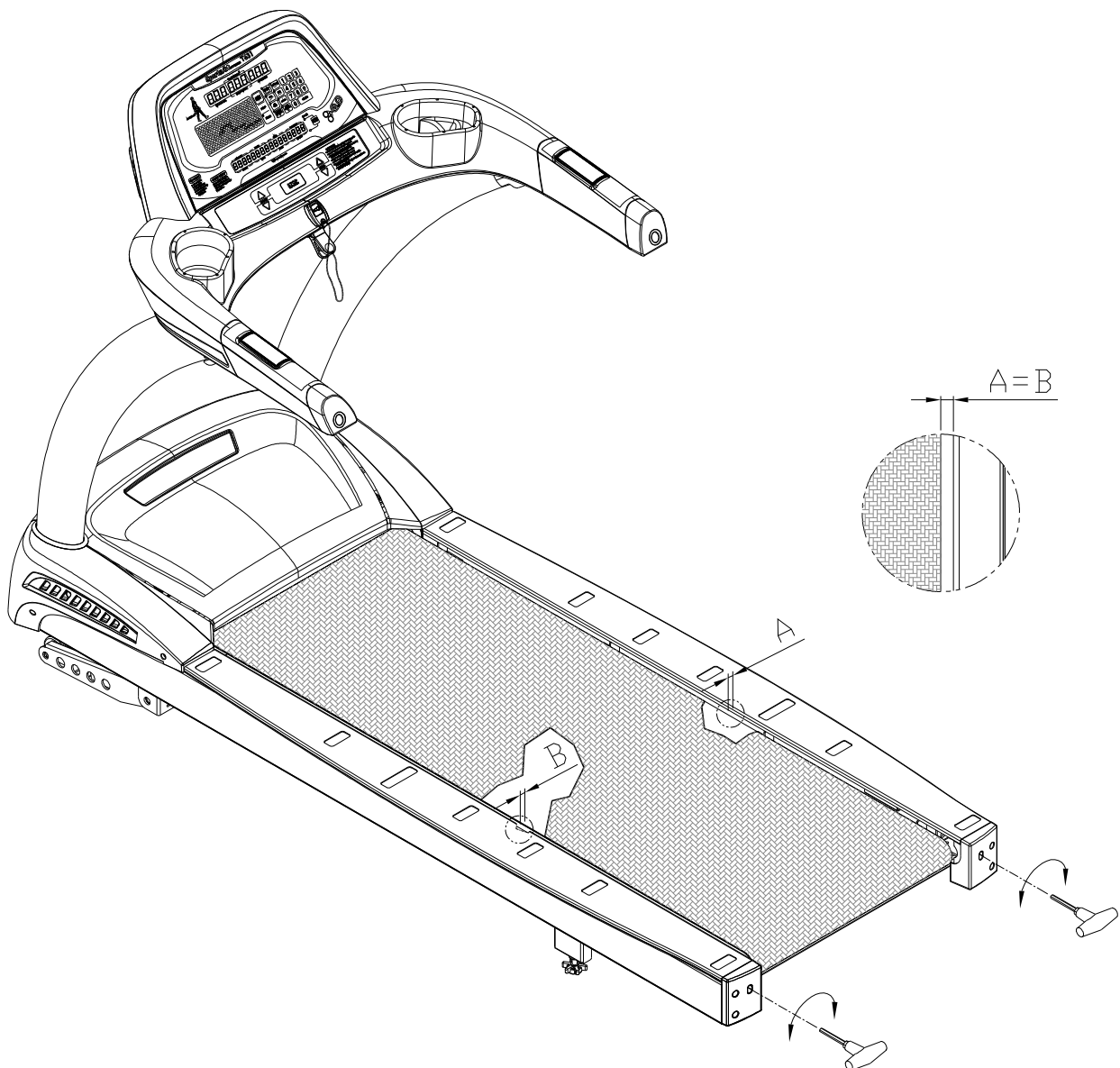
## STEP 6  Adjust Walk Belt Tightness

As you exercise, does the walk belt suddenly pause and then regain traction? Or, if you bear down against the walk belt, does the belt not pause whatsoever? If either of these two conditions occur, the walk belt may be too loose or too tight. In this case, please turn off the treadmill and adjust walk belt tightness. To inspect a walk belt, lift it at the center of the deck as shown in Figure A,B. The walk belt should lift 30m/m<1 1/8"> or 3Kg<6.6LB>. If the walk belt is too loose, turn rear roller screws clockwise one-half rotation at a time and retest tightness. If the walk belt is too tight, turn rear roller screws counterclockwise one-half rotation at a time and retest tightness. Perform the same procedure until the walk belt is neither too tight nor too loose. Do not turn rear roller screws in excess of these amounts without first testing for proper tightness.

Note: Set the gap between the end of the finger guard and the rear roller to 2 mm. If this gap exceeds 6 mm, follow lubrication procedures to remove left and right landing strips, loosen finger guard screws, and slide the finger guards into place as shown in illustration C.



(A)  30m/m(1-1/8")  3Kg(6.6LB)

(B)  3Kg(6.6LB)

(C)  6m/m space  Min2m/m space
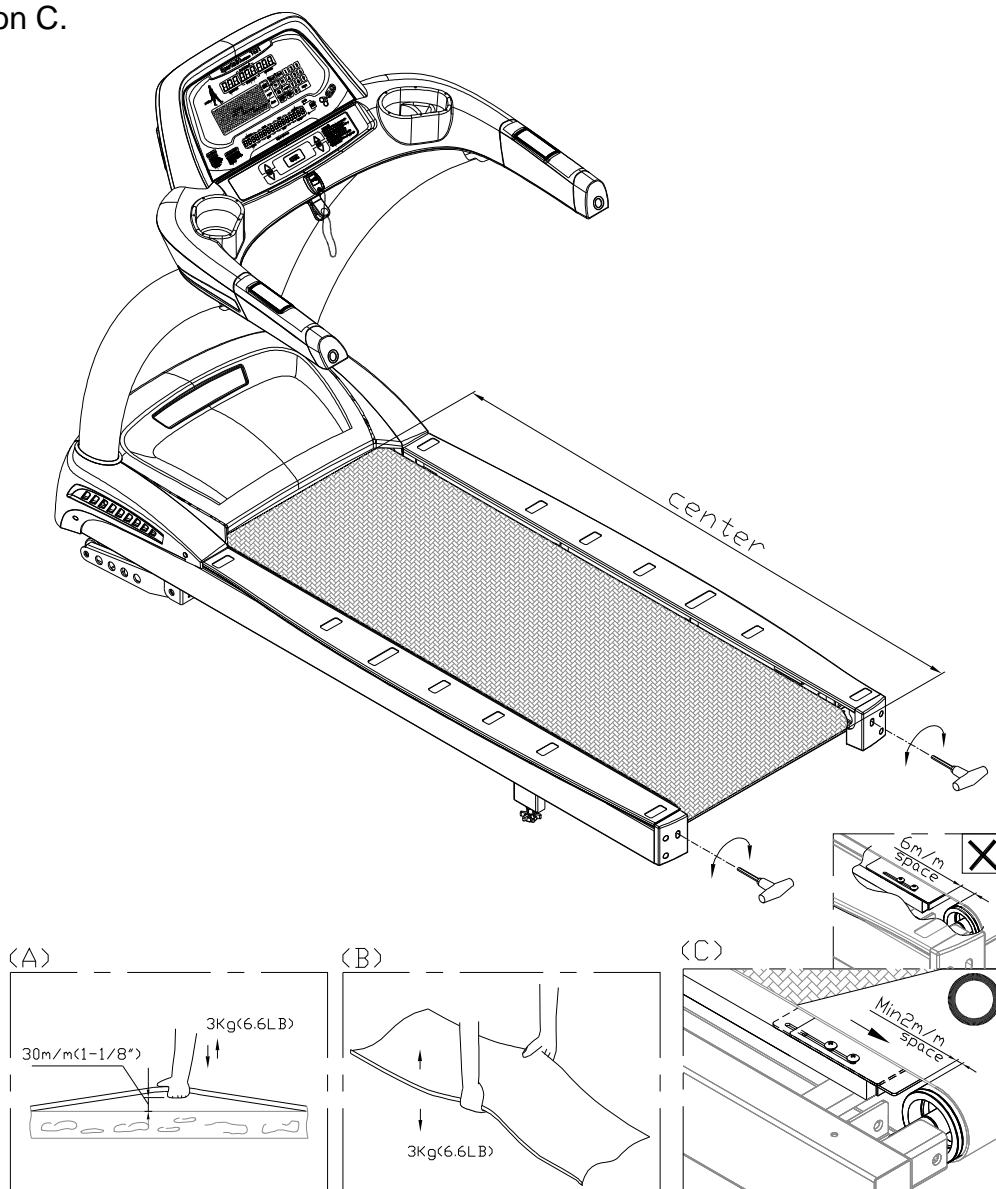
## STEP 7  Install the Power Cord

7-1. First remove screws (45) from the power cord socket on the product.

7-2. Insert the power cord into place on the product.

7-3. Secure power cord connector screws (45). Then insert the other end of the power cord into the appropriate power supply socket in the wall.
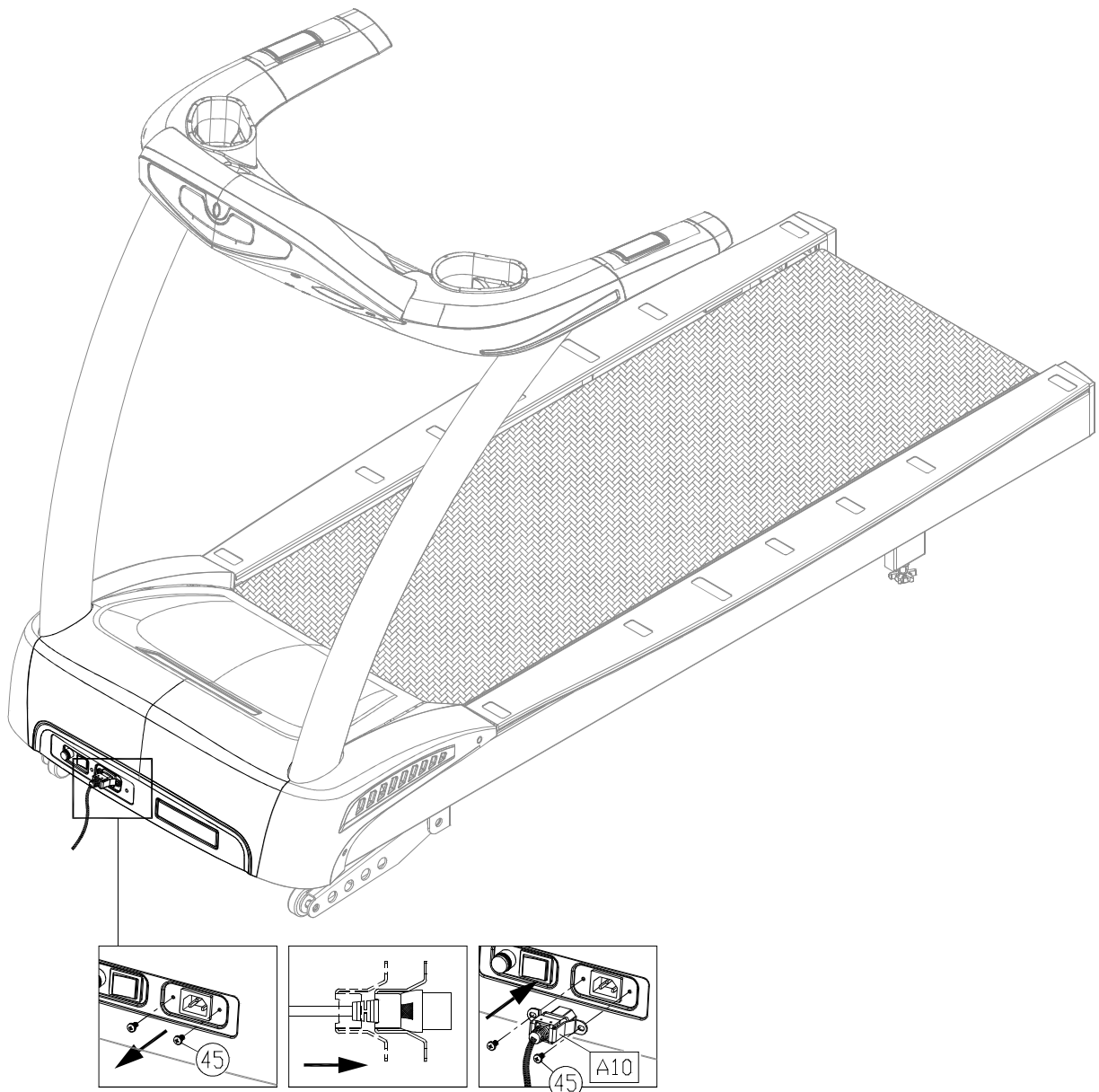
## STEP 8 Replacing the Fuse

If current becomes too high, the fuse breaks. This protects the product.

To replace a fuse, follow instructions (a~g) below.

(a) Press inward on the fuse cap.

(b) Turn the fuse cap counterclockwise.

(c)The fuse and fuse cap springs out.

(d) Remove the burnt fuse.

(e) Insert a new fuse into the fuse cap.

(f) Insert the fuse into the fuse holder.

(g) Rotate the fuse cap clockwise to secure it into place.

Fuse: 110V=15 Amp, A(F); 220V=10 Amp, A(F)
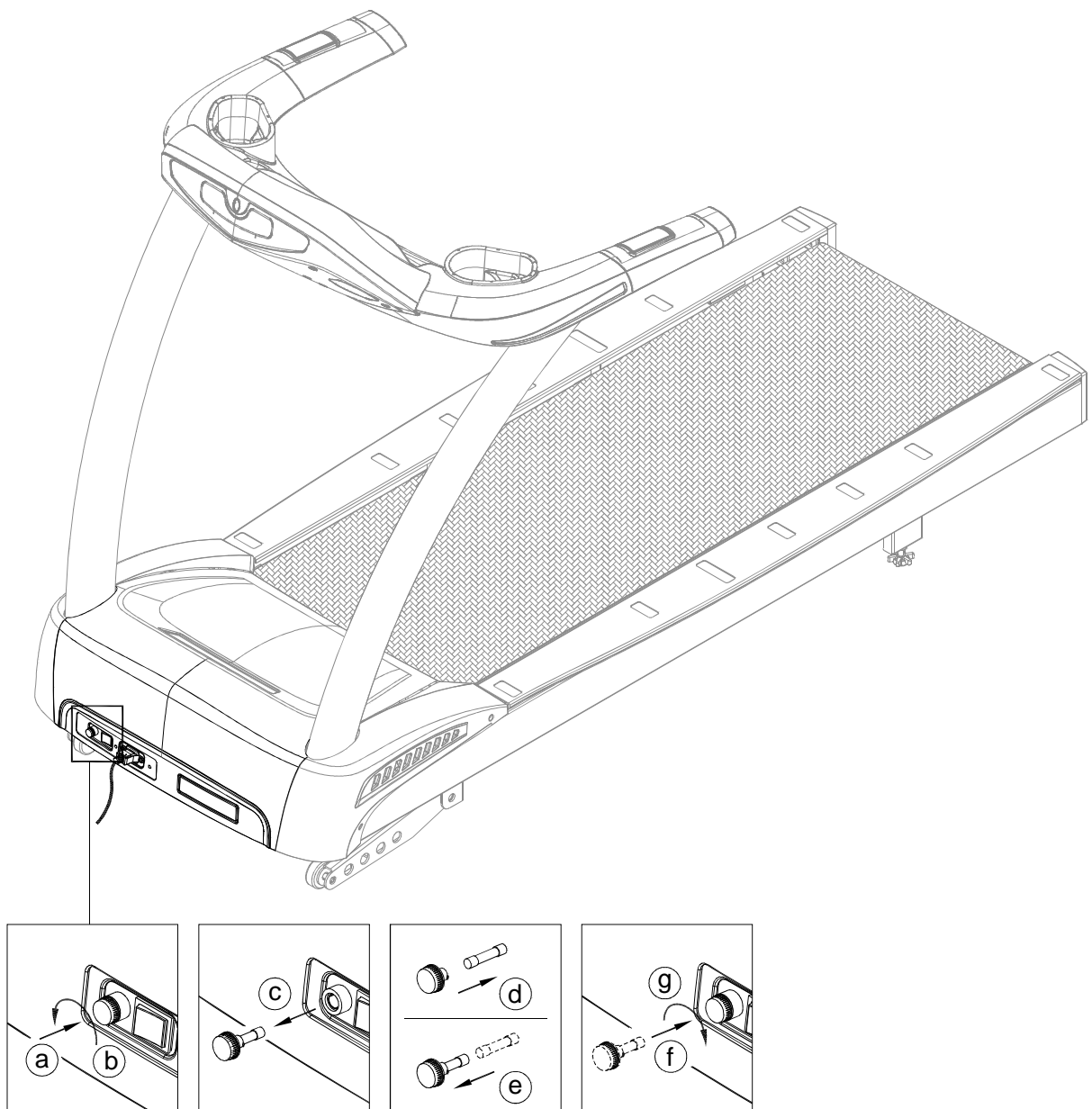
## 3.3 SAFETY KEY USAGE

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 of the treadmill by children.

For light commercial use, the safety key can be secured to the treadmill to prevent the key from being removed and lost. To do so, follow instructions in steps (a)~(e) on this page and (f)~(h) on the following page.

(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.
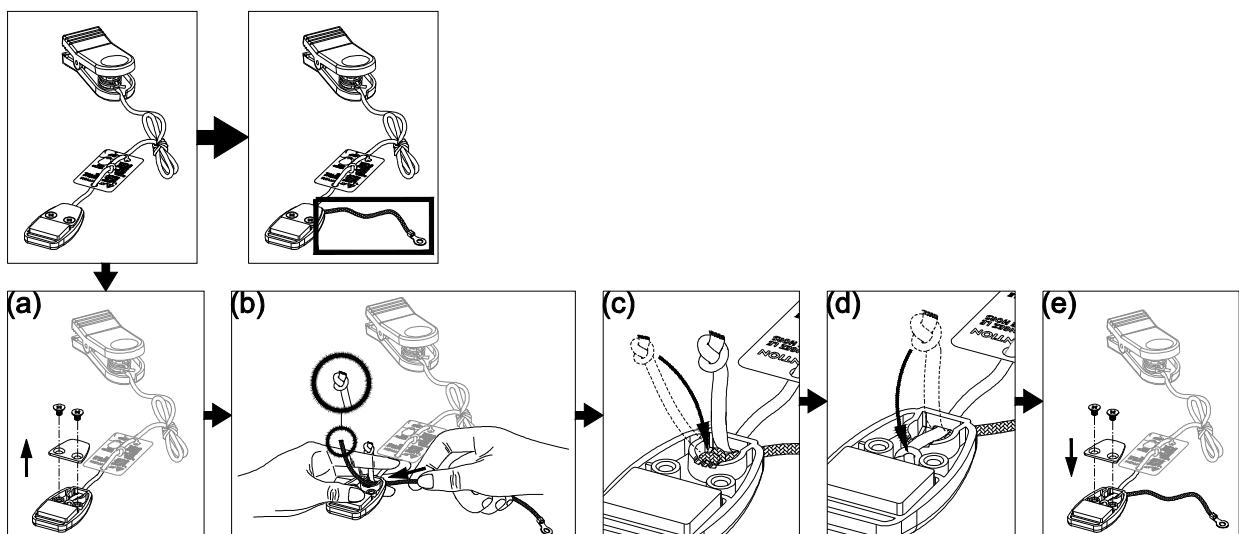
Secure the safety key to the treadmill as follows in steps (f)~(h).

(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, facing the user.
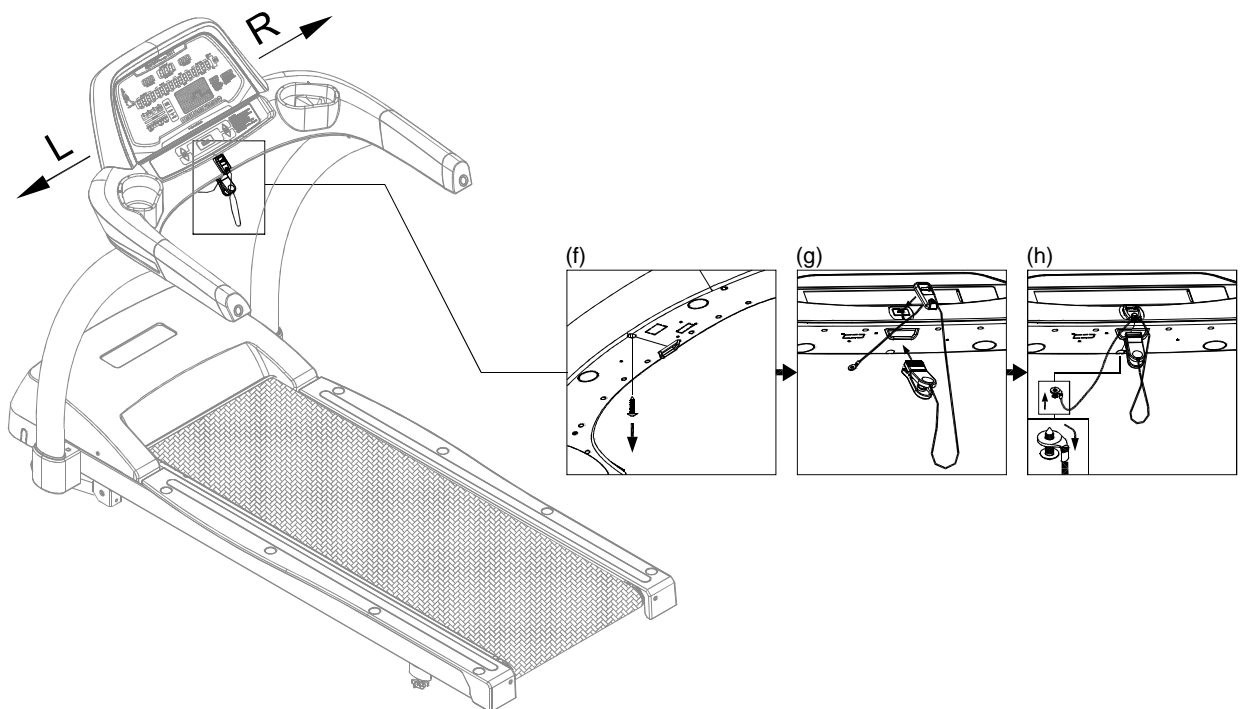


Note: The safety key should not be secured to the product if there is a risk that children or anyone else might operate the product in an unsafe manner. To prevent the unsafe operation of this product, adults in homes should remove the safety key and unplug the treadmill after use. In light commercial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

# CHAPTER 4－T631 DISPLAY

## 4.1 DISPLAY LAYOUT

Illustration screen

Feedback screen



Incline keys

Speed keys
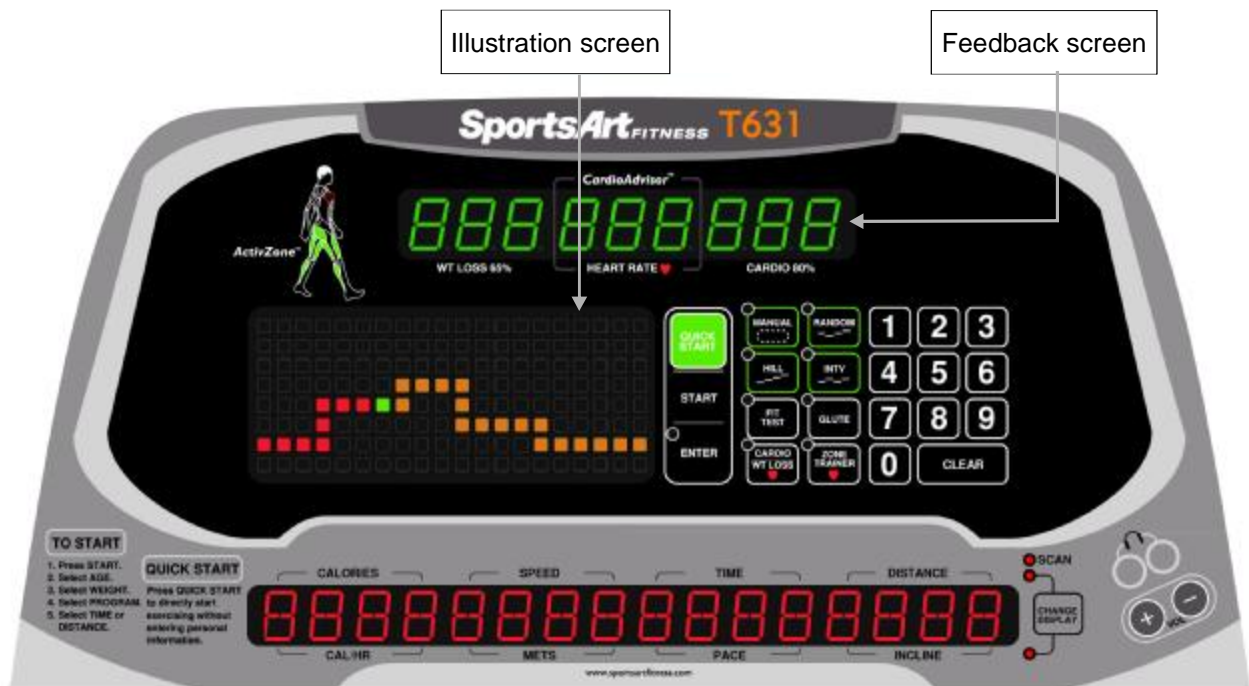
## 4.2 DISPLAY FUNCTIONS

1. SPEED: 0.1 ~ 12.0 MPH or 0.2 ~ 20.0 KPH.
2. INCLINE: 0% ~ 15%, in increments of 0.5%
3. TIME: 0:00 ~ 99:59
4. DISTANCE: 0.00 ~ 9999 Km/Mile
5. CALORIES: 0 ~ 9999 K-CAL
6. CAL/Hr: 0 ~ 999 K-CAL
7. METS (metabolic equivalency of task): 0.0 ~ 99.0
8. PACE: 1 / SPEED
9. PROGRAM: MANUAL, HILL (HILL1, HILL2, HILL3), RANDOM, INTERVAL (1:1, 1:2, 2:2), GLUTE, ZONE TRAINER, WT LOSS/CARDIO, FIT TEST (BRUCE, GERKIN, WFI, ARMY, MARINES)

## 4.3 DISPLAY KEYS

The following explains key functions briefly. For a more thorough explanation, refer to the treadmill operation section.

1. START

   Press the START key to exercise with the benefit of user information. Then follow prompts to proceed.

2. QUICK START

   The QUICK START key allows you to start exercising immediately without first inputting age and weight information. In quick start mode, time and distance will count up.

3. ENTER

   Press the ENTER key to confirm your selections.

4. MANUAL

   Press the MANUAL key to directly control incline and speed.

5. HILL

   There are three hill workout courses. Press the HILL key repeatedly to toggle through the three courses. When your preferred workout course appears, press the ENTER key to confirm your choice.

6. RANDOM

   The RANDOM key generates an almost infinite number of workout courses. Press this key repeatedly until your preferred workout course appears. Then press the ENTER key to start your workout.

7. INTERVAL

   Create work and rest interval segments and determine time, incline, and speed per segment.

8. FIT TEST

   FIT TEST offers five types of fitness tests: BRUCE, GERKIN, WFI, ARMY and MARINES.

9. GLUTE

   This group of two incline-based workouts focuses on the gluteus muscles. Press the GLUTE key to activate either a 30- or 45-minute workout.

## 10.ZONE TRAINER

The ZONE TRAINER program turns any workout into a heart rate control workout. It makes your current heart rate your heart rate target. The incline position will automatically adjust to maintain your target heart rate.

## 11.CARDIO/ WT LOSS

The CARDIO program is a heart rate control program that maintains a target heart rate in the optimal range for cardio conditioning.

The WT LOSS (weight loss) program is a heart rate control program that maintains a target heart rate in the optimal range for weight loss conditioning.

## 12.NUMERIC KEYPAD

Use the numeric keys to input information when setting up a workout program.

## 13.CLEAR

Press the CLEAR key to clear information when setting up a workout program.

## 14.INCLINE ▲/▼

Press INCLINE keys to control incline position. Incline range: 0 to 15%. Incline adjusts in 0.5% increments.

## 15.SPEED ▲/▼

Press SPEED keys to control walk belt rotation speed. Speed range: 0.1 to 12 MPH; 0.2 to 20 KPH.

## 16.STOP/HOLD TO RESET

While working out, press the STOP/HOLD TO RESET key once to pause. You can then resume your workout by pressing the SPEED▲ key. Or press the STOP/HOLD TO RESET key again to return to the start up banner screen. At any time, hold the STOP/HOLD TO RESET key down to return to the start up banner screen.

## 17.CHANGE DISPLAY/SCAN

While working out, press the CHANGE DISPLAY/SCAN key to control workout feedback. There are two rows of workout feedback. The top row shows calories, speed, time and distance. The bottom row shows cal/HR, MET, pace and incline. An LED near the rows lights to indicate the active row of feedback. When the scan LED is activated, feedback alternates between rows: one row of feedback appears for four seconds, followed by the other row for the next four seconds.

## 4.4 SAFETY FEATURES

This safety key must be in place for the treadmill to operate. This afety device is intended to stop the treadmill should a user stumble and fall.

When the safety key is not in place, the message "SAFETY KEY" appears as a reminder to put the safety key in its proper place.

When the motor is not operating and the safety key is put back into place, the start up banner screen appears.

When the motor is operating and the safety key is put back into place, the treadmill enters active mode: accumulated time/distance/calories continue to appear, along with the prompt, "PRESS SPEED UP ". Press the speed up key to resume your workout.

## 4.5 WORKOUT TIME LIMIT SETTING

A special mode can be activated to limit the amount of time that people use this product. To enter the workout time limit setting mode, while the start up banner screen appears, simultaneously press and hold ＜INCLINE ▲＞＋＜INCLINE ▼＞＋＜ENTER＞ keys for two seconds.

- Workout time limit activation/deactivation
  At this point, the message screen will show "NO(YES)" and "TIME LIMIT – YES/NO? PRESS ENTER", prompting the user to activate or deactivate the time limit.
  (1) Press the ＜INCLINE ▲/▼＞ keys to select YES (activate) or NO (deactivate).
  (2) Press the ＜ENTER＞ key to confirm your choice. If NO was selected, the start up banner screen appears. If YES was selected, a prompt appears (see below) to set the time limit.
  (3) To avoid making any change to the time limit setting and return to the start up banner screen, press the＜STOP＞ key.

- Setting a workout time limit
  The message screen shows "TIME- xx:00" and "SELECT TIME, PRESS ENTER", prompting the user to set the workout time limit.
  (1) Press the ＜INCLINE ▲/▼＞ key to adjust the time limit value.
  (2) Press the ＜ENTER＞ key to confirm your choice.
  (3) To avoid making any change to the time limit setting and return to the start up banner screen, press the＜STOP＞ key.

# CHAPTER 5—HOW TO USE YOUR T631 TREADMILL

## 5.1 STARTING YOUR TREADMILL

Your SportsArt Fitness treadmill has many outstanding electronic features that can help you get the most out of your workout. By thoroughly understanding the display functions, you can greatly improve your workout experience. Please read the following instructions to begin your workout.

## 5.2 QUICK START

Press the QUICK START or SPEED ▲ key to start exercising without the benefit of user information. The default age is 35 years old. The default weight is 165 LBS / 75 KGS.

When QUICK START or SPEED ▲ keys are pressed, "Tread Starting" will appear on the display. The treadmill will start at 0.1 MPH, after which the speed can be modified.

At any time during your workout, you can activate other workouts by pressing program (MANUAL, HILL, RANDOM, INTERVAL) keys.

## 5.3 WORKOUT SETUP

Press the START key to start exercising with the benefit of user information. User information is used to calculate target heart rates (based on age), calorie expenditure (based on weight), and to track total usage time. Follow prompts to input your user information.

Age: Press INCLINE ▲/▼ keys or the numeric keypad to select your age. Then press the ENTER key to confirm your choice.

Weight: Press INCLINE ▲/▼ keys or the numeric keypad to select your weight. Then press the ENTER key to confirm your choice.

Select a workout program. Then press the ENTER key to confirm your choice. After pressing the ENTER key, select either TIME or DISTANCE as workout goals. Select 1 – TIME or 2 - DISTANCE. Then input your preferred workout time or distance by pressing either INCLINE ▲/▼ keys or keys on the numeric keypad. Next, press the SPEED ▲ key to begin your workout.

Interval, weight loss, cardio, and glute programs are based on time rather than distance. After selecting one of these programs, follow prompts to enter workout time.

COOL DOWN

Upon completing the workout, accumulative workout data will appear on the display. Then a COOL DOWN mode will begin. Treadmill speed will gradually slow to 0.0 MPH/KPH, and incline will decline to 0% within two minutes.

## 5.4 WORKOUT PROGRAMS

Below are details about specific workout programs.

QUICK START

When the QUICK START or SPEED ▲ key is pressed, "Tread Starting" will appear on the display. The treadmill will start at 0.1 MPH, after which the speed can be modified.

MANUAL

The MANUAL program allows direct control of speed and incline functions. One lap equals 1/4 mile. The blinking LED represents the user's location.

RANDOM

The RANDOM key generates an almost infinite number of workout courses. Press this key repeatedly until your preferred workout course appears. Then press the ENTER key to start your workout.

GLUTE

This group of two incline-based workouts focuses on the gluteus muscles. Press the GLUTE key to activate either a 30- or 45-minute workout.

INTERVAL

INTV (Interval) courses are based on "work" and "rest" periods. The time, incline and speed of each period can differ.  The time ratio of rest to work can be 1:1, 1:2, or 2:2. (Rest is represented by the first number; work is represented by the second number. For example, 1:2 means one minute of rest and two minutes of work.)
A. Press INTV while exercising to switch to a different INTERVAL mode.
B. While exercising, you can change the speed and incline of any interval at the beginning of the interval. That change will also apply  thereafter to the corresponding interval.

Enter REST time. The display shows "SET REST-xx:00". Time can be adjusted in one-minute increments. Press INCLINE ▲/▼ keys or the numeric keypad to input the rest segment time setting. Then follow the same procedure to input the rest segment incline setting. Press the ENTER key to confirm your choices.

Enter WORK time. The display shows "SET WORK- xx:00". Time can be adjusted in one-minute increments. Press INCLINE ▲/▼ keys or the numeric keypad to input the work segment time setting. Then follow the same procedure to input the work segment incline setting. Press the ENTER key to confirm your choices.

Press the SPEED ▲ key to start your workout. Speed and incline settings can be changed at any time. The display will notify users when transitioning between different segments.

HILL

There are three hill workout courses. Press the HILL key repeatedly to toggle through the three courses. When your preferred workout course appears, press the ENTER key to confirm your choice.

WT LOSS or CARDIO

These programs employ what is called Heart Rate Control (HRC) technology to adjust speed or incline to maintain a specific target heart rate. Heart rate control programs are designed to provide optimal efficiency in reaching your exercise goals.

A. Target heart rates
   (1) WT LOSS = 65% Heart Rate Control: (220 - AGE) × 65%
   (2) CARDIO = 80% Heart Rate Control: (220 - AGE) × 80%

B. HRC (Heart Rate Control) mode
   a. When you pick up either "WT LOSS" or "CARDIO" mode, the Dot Matrix Display will show the number of either [(220-age)x65%] or [(220-age)x80%].
      This is a number of target heart rate. Then press ENTER to set up your workout time. When you reach the target heart rate, the workout time will directly count down from now on till time comes to "0".
   b. When you set up the workout time, press ENTER to confirm your input. The 14-segment display will show "INCL-1 SPEED-2". Press 1 or 2 to select NCLINE or SPEED as a key to operate HRC mode. Then press ENTER to confirm your choice.
   c. Select SPEED control
      Before starting to exercise, please select the maximum speed. The 14-segment display will show "ENTER MAX SPEED". Press / or use the numeric keypad (0 ~ 9) to input a maximum speed. Press ENTER to confirm your choice.
      (1) Press speed ▲to start. The initial speed is 0.1MPH/0.2KPH. The treadmill speeds up to the selected maximum speed.
      (2) The maximum speed can be adjusted during exercise. Press SPEED▲ / ▼or use numeric keypad (0 ~ 9) to adjust the maximum speed. The 14- segment display will show the previously selected max. speed.
      (3) Press ＜INCLINE ▲▼＞keys to achieve the desired heart rate.
   d. Select INCLINE control
      (1) Press ＜SPEED ▲▼＞keys to achieve the desired heart rate.
      (2) Press ＜INCLINE ▲▼＞keys to achieve the desired heart rate.

C. At the start of a workout, or anytime when the heart rate signal is not received, th14 segment display will show "NO HEART RATE READING, PLEASE CHECK TRANSMITTER". This is just a reminder to the user. SPEED or INCLINE still will increase automatically.


FIT　TEST

FIT TEST programs include the following physical fitness tests BRUCE, GERKIN, WFI, ARMY, MARINES. When you press the＜FIT TEST＞key, "BRUCE" **?** appears． Press the＜INCLINE▲▼＞ key to toggle to other fitness test programs. When your preferred  program name appears, press the＜ENTER＞ key. Or, when"Bruce" appears, press numerical  keys ＜1, 2, 3, 4, 5＞ to directly select a fitness test.

(1) BRUCE, GERKIN

Bruce and Gerkin fitness tests proceed until any one of the following actions occurs:

a. the user presses the ＜STOP＞ key

b. the fitness test is completed

c. the user's heart rate exceeds (220–AGE) ＊0.8 for more than 15 seconds

d. there is no heart rate signal for more than 30 seconds At this point, the message screen shows "END OF FITNESS" TEST, YOUR SCORE = **???**"  , (where **???** represents a number from 0~100).

(2) WFI

When the WFI program is selected the message "WEAR HR STRAP" appears． When a heart rate signal is received, the display prompts users to input height．If 20 seconds pass without a heart rate signal, the message screen shows"NO HR SIGNAL, TEST REQUIRES HR"．Then the start up banner screen appears.

・HEIGHT setting：Range is 40 ~ 90 inches / 100 ~ 230 cm．(The default setting is 70 inches 180 cm.)

a. Press the＜INCLINE▲/▼＞ key or press numerical keys 0 ~ 9 to select your height.

b. Press the ＜ENTER ＞key to select your choice.


・The target heart rate value appears as "TARGET HR-xxx" where xxx represents (220 AGE) ×0 85. Press the＜ENTER＞ key to see your Body Mass Index (BMI).


・BMI appears as "BMI xxx" , where xxx represents 703×weight(LB)/height  (inch)． Press the＜ENTER＞  key to begin exercising.


・The fitness test ends when any one of the following occurs：

a. The user presses the ＜STOP＞ key.

b. The fitness test comes to completion.

c. The user's heart rate exceeds (220 AGE) ＊0 85 for more han 15 seconds.

d There is no heart rate signal continuously for 30 seconds.

At this point, the message screen shows "TEST END - xx MIN" , where represents the est time period. Then a score appears as "SCORE **- ???**" **,**represents the user's maximum Vo2 consumption Speed then slows to 3 MPH; incline declines to 0％; this cool down period continues for three minutes.

(3) ARMY, MARINES

When these fitness tests are chosen, the first step is to determine whether the user's age falls within the fitness test age range: ARMY: 17 ~ 42 years; MARINES: 17 ~ 90 years. If he user's age exceeds the range of the fitness test "AGE xx-xx" appears, after which the start up banner screen appears. If the user's age falls within the range the program proceeds with prompts to enter your gender.

‧ GENDER

a. Press the＜ INCLINE▲/▼＞ key to toggle between male and female.

b. When your gender appears press the＜ENTER＞ key to start the test.

‧ At the start of the test, "y y MILES xx : xx" appers where y. y represents distance goal and xx : xx represents the time goal. If the user reaches the distance goal before the time limit expires SORRY TRY AGAIN appears.

‧ In the ARMY test, if the time limit expires with 0 points, the program ends with the message"TIME OVER, xMILES TO GOLA" before the start up banner screen appears.

‧ If the user presses the＜STOP＞key before the test is complete, "SORRY, TRY AGAIN" appears before the start up banner screen appears.

ZONE TRAINER

While exercising in any other program, press the ZONE TRAINER key to establish your current heart rate as your target heart rate. Like other heart rate control programs, ZONE TRAINER requires the use of a telemetry heart rate strap. The heart rate range is from 84 to 200. Your previously selected workout goal (time or distance) becomes the ZONE TRAINER workout goal. When you obtain your goal, a cool down mode begins.

## 5.5 USER PARAMETER SETTINGS

User parameters determine basic operating features, such as distance units, of the treadmill. To change these parameters, at the banner display, hold the CHANGE DISPLAY button for three seconds.

1. Set up MPH/KPH. The 14-segment display will show the current status ( "UNIT -MPH" or "UNIT - KPH").  Press ▲/▼ to change MPH or KPH. Press ENTER to confirm your choice.

.

2. The total accumulative distance appears as follows.

| D | I | S | T | - | ? | ? | ? | ? | ? | ? | K | M |  |  |  |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|

Press ENTER to display the total time.

3. The total accumulative time is shown as below.

| T | I | M | E | - | ? | ? | ? | ? | ? | ? | H | O | U | R |  |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|

Press ENTER to display the version of the software.

4. Display the software version

    A. The 14-segment display will show the control board version: "CTL XXXXX – XX". Press ENTER to continue.

    B. The 14-segment display will show the drive board version: "DRV XXXXX – XX". Press ENTER to return to the banner display.

# 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.
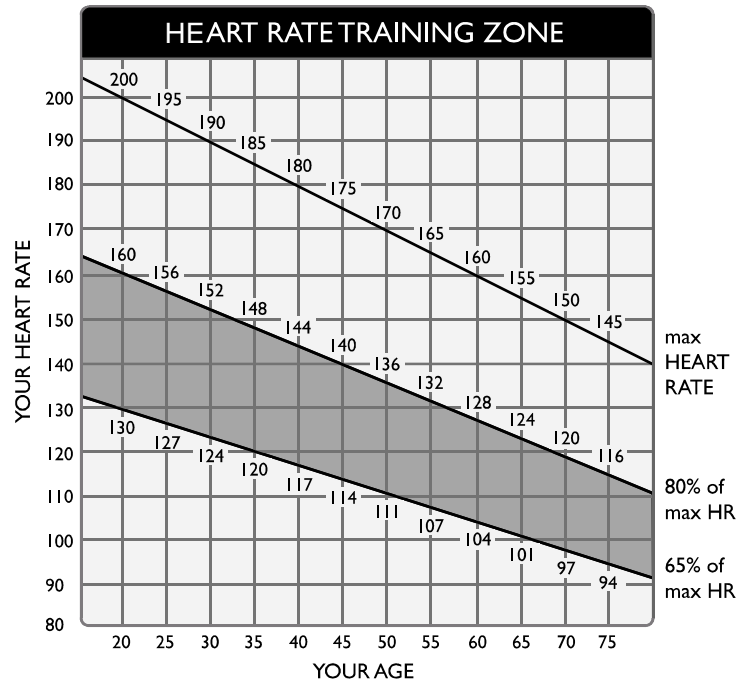
# CHAPTER 7—GUIDELINES FOR EXERCISE

## 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**

(chart: YOUR HEART RATE vs YOUR AGE)

200 195 190 185 180 175 170 165 160 160 155 150 145 — max HEART RATE

156 152 148 144 140 136 132 128 124 120 116 — 80% of max HR

130 127 124 120 117 114 111 107 104 101 97 94 — 65% of max HR

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".
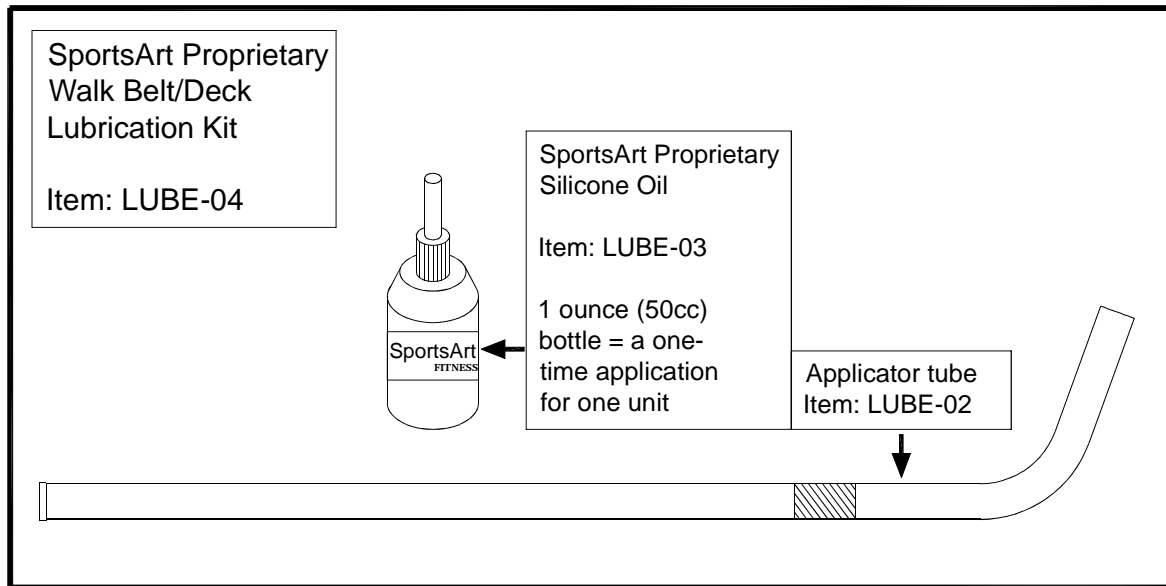
## 7.3 HOW OFTEN SHOULD I EXERCISE?

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: LUBE-04

SportsArt Proprietary Silicone Oil

Item: LUBE-03

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

Applicator tube Item: LUBE-02

SportsArt FITNESS

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 SportsArt Fitness.

## 8.2 THE LUBRICATION PROMPT

When the walk belt total rotation distance exceeds 2500 miles/4000 KM and the lubrication period memory has not been cleared, the prompt "SERVICE NEEDED APPLY LUBE" will appear after the walk belt stops rotating. At this point, the treadmill will still operate normally.

Once the walk belt rotation distance reaches or exceeds 4100 KM/2560 miles and the lubrication period memory has not been cleared, the prompt "SERVICE NEEDED APPLY LUBE" will appear, and the treadmill will no longer operate until the lubrication period memory has been cleared.
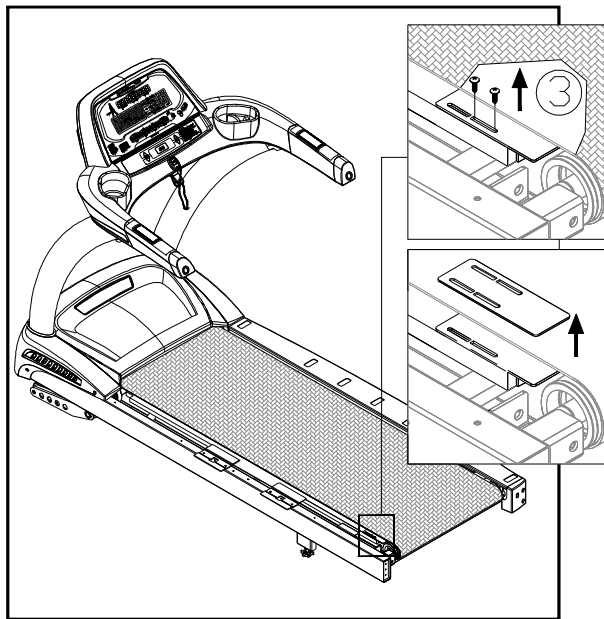
1. Remove screws from the left end cap. Then remove the left end cap.
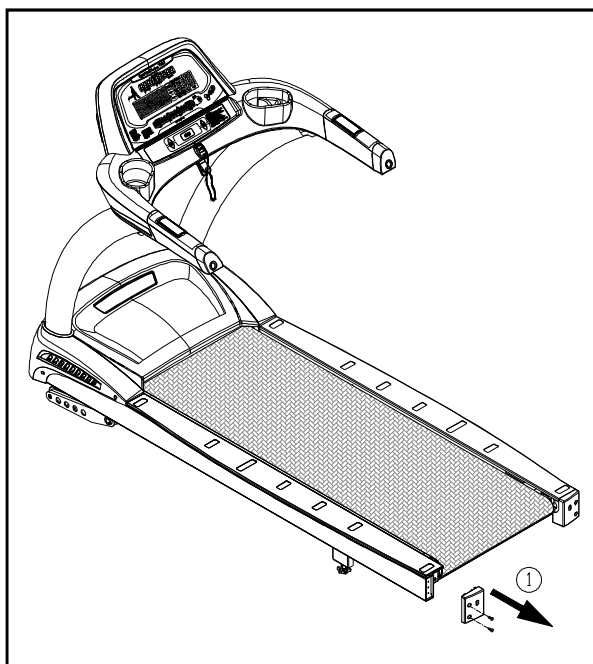


2. Remove screw covers and screws from the left landing strip. Then remove the left landing strip.
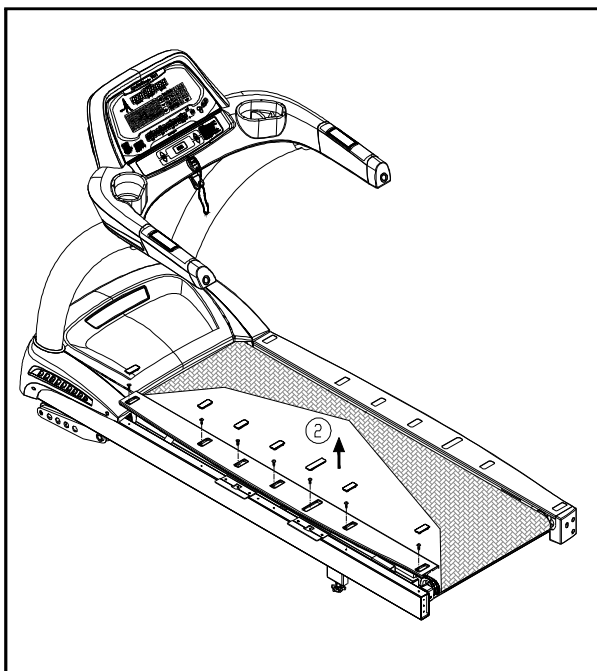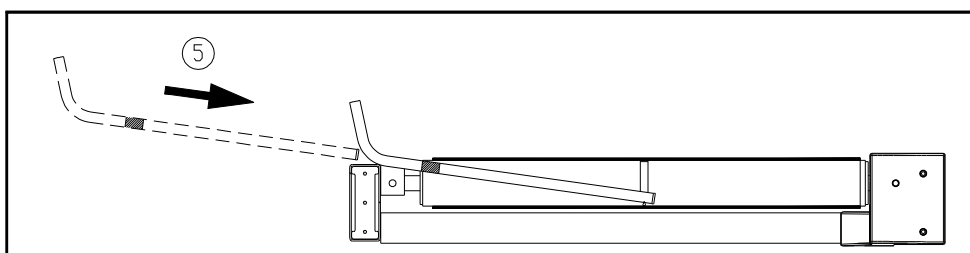
3. Remove screws from the left metal bracket. Note the position of the left metal bracket. Then remove the left metal bracket.
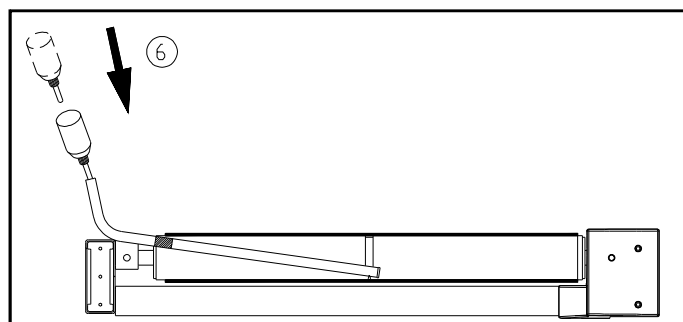


4. Simultaneously press and hold INCLINE▲ + INCLINE▼ + 0 keys for two seconds. The treadmill will operate at low speed. At this point, no UP or DN keys will operate.

5. Apply 50 cc from the bottle of liquid lubricant.



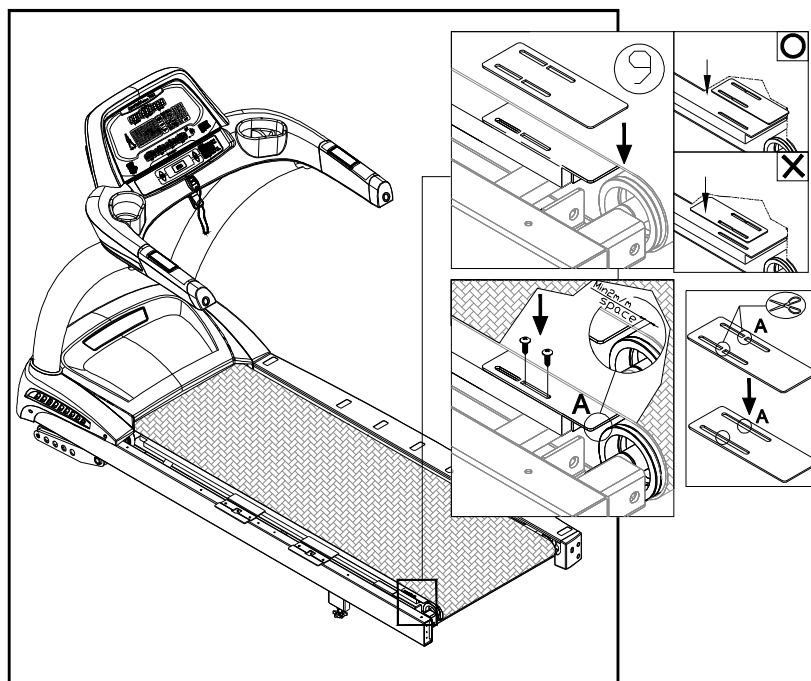6. Apply 50 cc from the bottle of liquid lubricant.

7. While the "SERVICE NEEDED- APPLY LUBE" message appears, simultaneously press and hold INCLINE + INCLINE + 0 keys for two seconds. The motor will operate at a low speed. Hold the applicator tube in place for about three minutes to allow the lubricant to disperse.

8. The message "PLEASE PRESS THE STOP KEY AFTER FINISHING LUBRICATION" will appear on the display. Press the STOP key only after allowing the lubricant to disperse. This ends the treadmill's lubrication mode. The lubrication period distance value clears in preparation for calculation of the next lubrication period's distance value. Note: Do not press the STOP key without applying the lubricant.
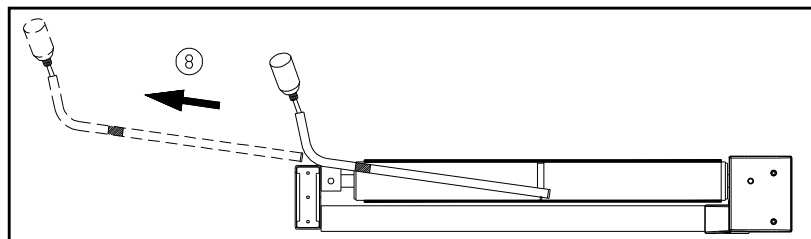


9. Secure the left metal bracket back into place. Note that the metal bracket must be above the walk deck and below the walk belt. And it must press against the rear roller axle as shown..

10. Secure the left landing strip.
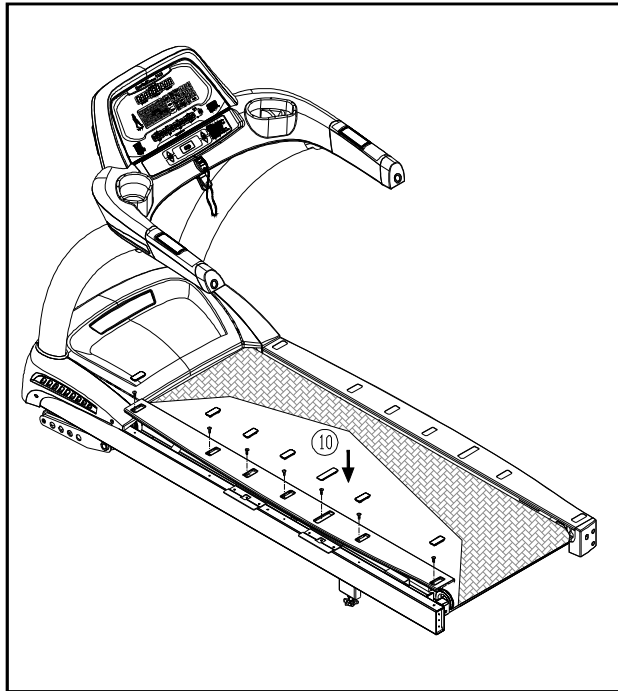


11. Secure the left end cap.
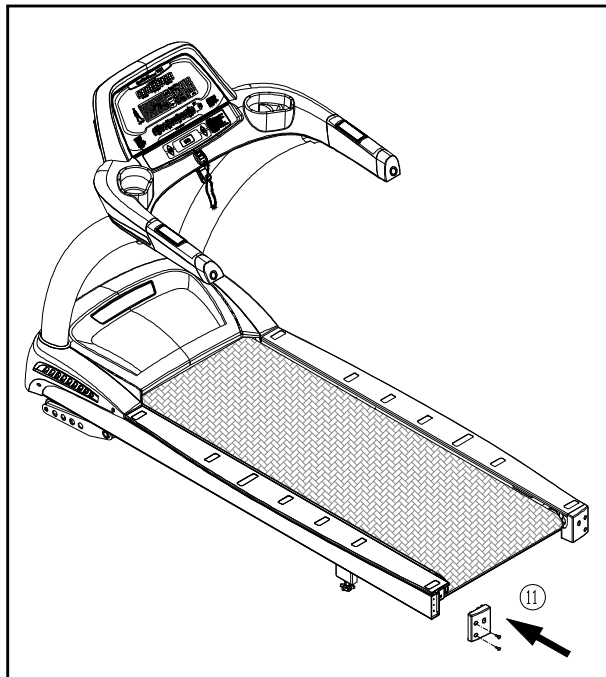


12. Note: The physical task of lubricating the treadmill can be done at any time. To activate the lubrication mode, when the start up banner, SPORTSART-XXX, is displayed, simultaneously press and hold INCLINE + INCLINE + 0 keys for two seconds. The treadmill motor will operate at low speed, allowing you to lubricate the walk belt and deck. To exit lubrication mode, when the message "PLEASE PRESS THE STOP KEY AFTER FINISHING LUBRICATION" appears, press the STOP key.

## 8.3 CLEARING THE SERVICE NEEDED MESSAGE

A. When the "SERVICE NEEDED- APPLY LUBE" message appears, simultaneously press and hold INCLINE▲+INCLINE▼+ 0 for two seconds. The motor will operate at a low speed, allowing lubricant to spread evenly on the walk belt. The display will show the following message: "PLEASE PRESS THE STOP KEY AFTER FINISHING LUBRICATION".

B. At this time, press the STOP key to stop motor rotation. This ends the treadmill lubrication process, clears the lubrication distance value, and begins the calculation of the next lubrication period's distance value.

## 8.4 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.

## 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.

<u>Quarterly tasks</u>

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.

<u>Half-yearly tasks</u>

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.

<u>General Notes on Maintenance</u>

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.

<u>To check walk belt tension:</u>

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:



**T631**
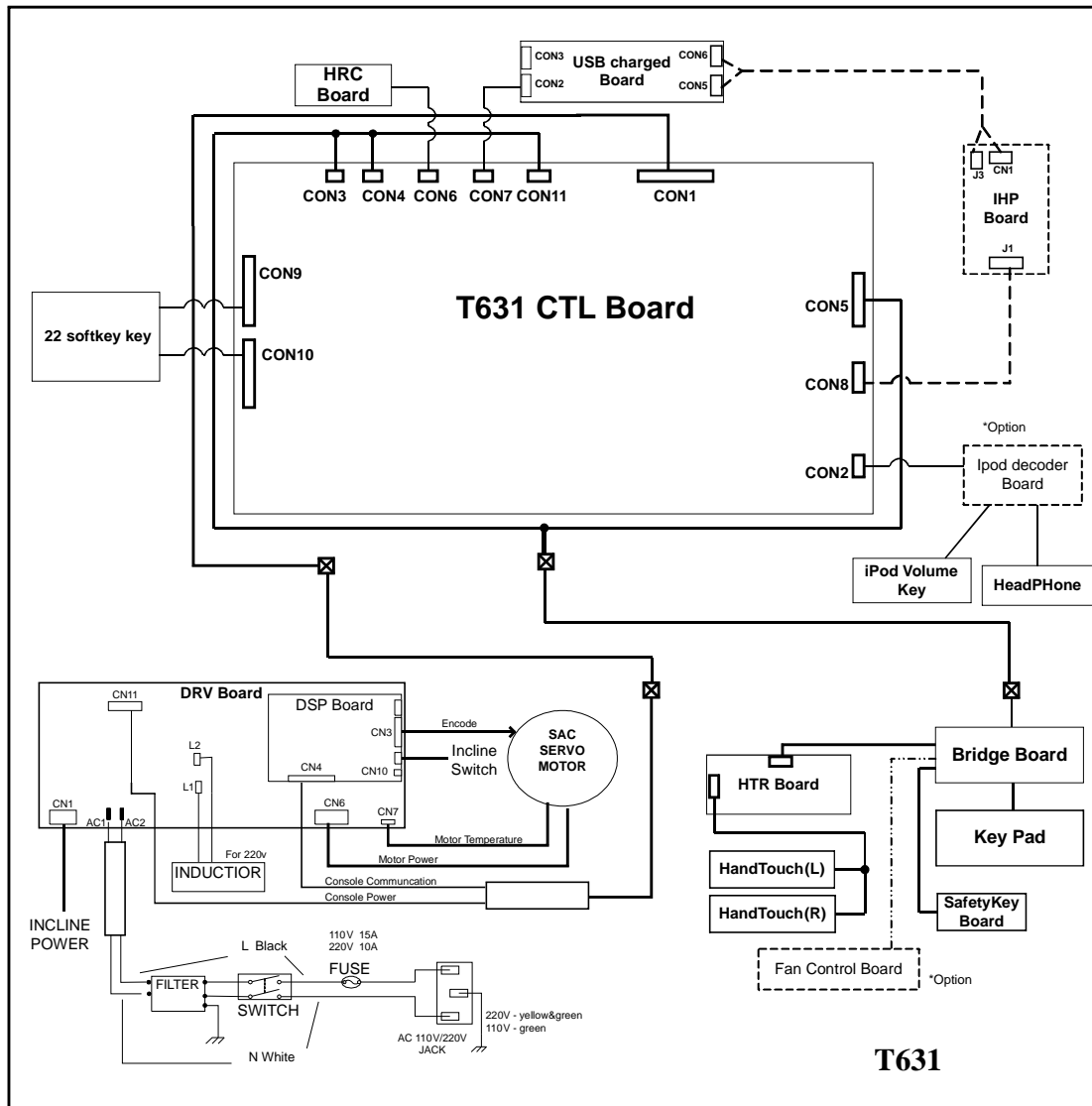
## Your Authorized Distributor