



OMEGA Z



OPERATION GUIDE



Read the TREADMILL GUIDE before using this OPERATION GUIDE.

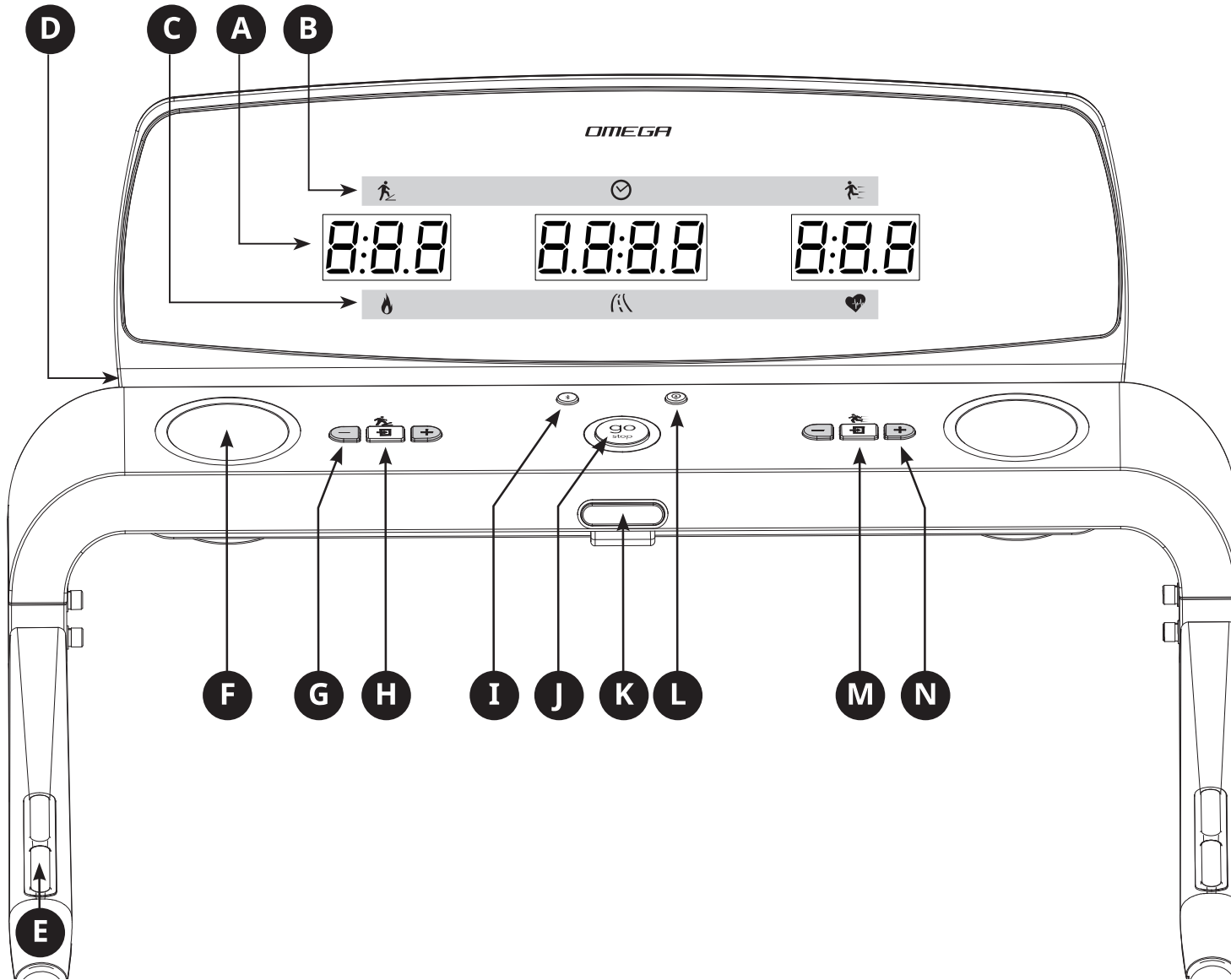
TREADMILL OPERATION

This section explains how to use your treadmill's console and programming.



ENGLISH

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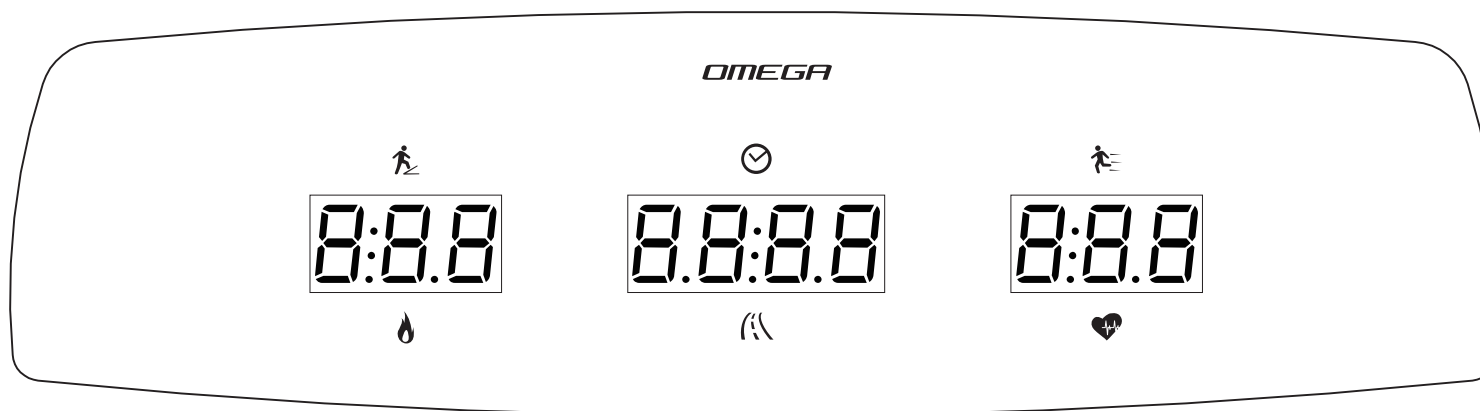
OMEGA Z CONSOLE OPERATION







Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) **LED DISPLAY WINDOWS:** Time, Speed, Incline, Distance, Calories, Heart Rate
- B) **LED INDICATOR:** Incline, Time, Speed
- C) **LED INDICATOR:** Calories, Distance, Heart Rate
- D) **ACCESSORY TRAY:** Holds personal equipment
- E) **HEART RATE SENSOR:** Hold the sensor in the both side of handlebar to get your heart rate data
- F) **WATER BOTTLE HOLDER:** Holds water bottle
- G) **INCLINE INSTANT KEY:** Press to increase or decrease incline range
- H) **ENTER/CHANGE DISPLAY:** Press to confirm the setting. Press to change the display from Speed, Time, Incline to Heart Rate, Distance, Calories during workout
- I) **BLUETOOTH CHEST BELT CONNECTION:** Press and hold for 3 seconds to connect Bluetooth chest belt
- J) **GO/PAUSE/STOP:** Press to start exercise, during workout press to pause/end your workout. Hold for 3 seconds to reset the console
- K) **SAFETY KEY POSITION:** Enables treadmill when safety key is inserted
- L) **ENERGY SAVER MODE:** Press to quickly enter sleep mode. Under sleep model, press any key to wake the console up
- M) **ENTER/CHANGE DISPLAY:** Press to confirm the setting. Press to change the display from Speed, Time, Incline to Heart Rate, Distance, Calories during workout
- N) **SPEED INSTANT KEY:** Press to increase or decrease speed range



DISPLAYS WINDOW



-  **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
-  **SPEED:** Shown as KM/H. Indicates how fast the running belt is moving.
-  **CALORIES:** Total calories burned or remaining for your workout.
-  **DISTANCE:** Shown as KM. Indicates distance traveled or distance remaining during your workout.
-  **INCLINE:** Shown as percent.
-  **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).

GETTING STARTED

- 1) Check to make sure no objects are placed on the belt that will hinder the movement of the treadmill.
- 2) Plug in the power cord and turn the treadmill ON.
- 3) Stand on the side rails of the treadmill.
- 4) Attach the safety key clip to part of your clothing making sure that it is secure and will not become detached during operation. Insert the safety key into the safety keyhole in the console.
- 5) Select user, U1-U4 using **+** and **-** key and press **↵** to confirm



A) QUICK START

Simply press GO to begin working out. Time will count up from 0:00.
The speed will default to 0.8 KM. Incline will default to 0%.

B) SELECT A PROGRAM

- 1) Select a PROGRAM using **-+** and press **↵**.
- 2) Set workout program information using **-+** and press **↵** after each selection.
- 3) Press GO to begin workout.

NOTE: You can adjust the speed and incline levels during your workout.

C) FINISHING YOUR WORKOUT

When your workout is complete, your workout information will stay displayed on the console for 30 seconds.

TO CLEAR CURRENT SELECTION

To clear the current program selection or screen, press and hold STOP for 3 seconds.



PROGRAM INFORMATION

P1				P2			P3	
PULSE TRAIN				CALORIES			INTERVALS	
PUL1	PUL2	PUL3	PUL4	P2.1	P2.2	P2.3	P3.1	P3.2
Pulse 1	Pulse 2	Pulse 3	Pulse 4	300K	500K	700K	Speed Intervals	Peak Intervals

P4	P5		P6		P7			P8
PERFORMANCE	HEART RATE		STEPS		DISTANCE			CUSTOM
P4.1	P5.1	P5.2	P6.1	P6.2	P7.1	P7.2	P7.3	P8.1
Weight Loss	Target HR	%Target HR	5000	10000	1K	5K	10K	Custom 1

P1: PULSE TRAIN: This workout requires you to wear a wireless heart rate strap.

PROGRAM SETUP - Once you choose to run the Pulse Train program,

- 1) Use +/- keys to change age ; Press
- 2) Hold the handrail for 30 seconds and release, your Resting Heart Rate(RHR) will appear and be recorded; Press The results of the last three RHR measurements will be displayed on three led windows respectively, in accordance with rules shown by below chart.

1	RHR_3rd	RHR_2nd	RHR_1st
2	RHR_3rd	RHR_2nd	RHR_4th
3	RHR_3rd	RHR_5th	RHR_4th
4	RHR_6th	RHR_5th	RHR_4th

Your current measurement will flash three times each time after you releasing your hands. And then compare with your last measurement. If your current measurement is lower than last measurement, 'good' will appear in the middle LED.

For example:

Suppose RHR_3rd = 73, RHR_2nd = 71, RHR_4th = **74**, LED display as below:

71	73	74
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Suppose RHR_3rd = 73, RHR_2nd = 71, RHR_4th = **72**, LED display as below:

73
good
72



- 3) Use +/- keys to select the training mode (PUL1-PUL4) ; Press
- 4) Use +/- keys to change and set time ; Press
- 5) Use +/- keys to change and set speed ; Press
- 6) Use +/- keys to change and set incline ; Press
- 7) Character "Go" appears; Press "Go" button to start your workout.
- 8) It will run 3 minutes warm-up, then run the main training mode program and finally run 3 minutes cool down.

PROGRAM LOGIC - Program segments are defined by different Target Heart Rate Range.

Formula:

$THR = (220 - Age - RHR) * R\% + RHR$; where, THR is Target Heart Rate, RHR is Resting Heart Rate Program

Segment		R% Range		LED color
Warm Up 3mins		>=30%	<40%	Upper half red flash 3 times
Main Training Mode	PUL1	>=40%	<50%	Green
	PUL2	>=50%	<65%	Yellow
	PUL3	>=65%	<80%	Red
	PUL4	>=80%	<95%	Red + Flash
Cool Down 3mins		>=30%	<40%	Lower half blue flash 3 times
Others				Blue

During main training mode, the speed and incline will be automatically adjusted to keep you in your favourite Target Heart Rate Range (THRR).



Heart Rate	Function	Vary
20+ under THRR	every 10 seconds	Incline + 0.5% & Speed + 0.3
12 - 19 under THRR	every 20 seconds	Incline + 0.5% & Speed + 0.3
6 - 11 under THRR	every 30 seconds	Incline + 0.5%
+/- 5 of THRR	No Change	
6 - 11 over THRR	every 30 seconds	Incline - 0.5%
12 - 19 over THRR	every 20 seconds	Incline - 0.5% & Speed - 0.3
20 - 24 over THRR	every 10 seconds	Incline - 0.5% & Speed - 0.3
25+ over THRR	Program stop	Cool Down start

Five minutes after main training mode activation, if you manually increases the speed by more than 5km/hr or increases the incline by more than 5%, this situation will be considered as the current training mode level is lower than your expectation, and the program will jump to the next higher level.

After main training mode activation, if you manually decreases the speed by more than 3km/hr or decreases the incline by more than 3%, this situation will be considered as the current training mode level is higher than your expectation, and the program will jump to the next lower level. If it is already in the PUL1, go directly to the cool down mode.

P2: CALORIES: Set goals for burning calories with three workouts. Choose from 300, 500, 700. User sets starting speed and incline levels.

P3: INTERVALS: An effective fat-burning workout that helps you improve your fitness level. Choose from speed intervals, peak intervals.



Speed Intervals - Speed only							
Segment		Warm Up		1	2	Cool Down	
Time		4:00 Mins		90 sec	30 sec	4:00 Mins	
Level 1	Speed(MPH)	1	1.5	2	4	1.5	1
	Speed(KMH)	1.6	2.4	3.2	6.4	2.4	1.6
	Incline	1	1.5	0.5	1.5	1.5	0
Level 2	Speed(MPH)	1	1.5	2	4.5	1.5	1
	Speed(KMH)	1.6	2.4	3.2	7.2	2.4	1.6
	Incline	1.5	2.5	3	6.5	2.5	1.5
Level 3	Speed(MPH)	1.3	1.9	2.5	5	1.9	1.3
	Speed(KMH)	2	3	4	8	3	2
	Incline	2	3	4	7.5	3	2
Level 4	Speed(MPH)	1.3	1.9	2.5	5.5	1.9	1.3
	Speed(KMH)	2	3	4	8.8	3	2
	Incline	2	3	4	8.5	3	2
Level 5	Speed(MPH)	1.5	2.3	3	6	2.3	1.5
	Speed(KMH)	2.4	3.7	4.8	9.6	3.7	2.4
	Incline	2.5	3.5	4.5	9	3.5	2.5
Level 6	Speed(MPH)	1.5	2.3	3	6.5	2.3	1.5
	Speed(KMH)	2.4	3.7	4.8	10.4	3.7	2.4
	Incline	2.5	3.5	4.5	10.4	3.7	2.4
Level 7	Speed(MPH)	1.8	2.6	3.5	7	2.6	1.8
	Speed(KMH)	2.8	4.1	5.6	11.2	4.1	2.8
	Incline	2.5	3.5	4.5	10	3.5	2.5
Level 8	Speed(MPH)	1.8	2.6	3.5	7.5	2.6	1.8
	Speed(KMH)	2.8	4.1	5.6	12	4.1	2.8
	Incline	2.5	4	5.5	10.5	4	3
Level 9	Speed(MPH)	2	3	4	8	3	2
	Speed(KMH)	3.2	4.8	6.4	12.8	4.8	3.2
	Incline	3	4.5	6	12	5	3
Level 10	Speed(MPH)	2	3	4	8.5	3	2
	Speed(KMH)	3.2	4.8	6.4	13.6	4.8	3.2
	Incline	3	4.5	6	12	5	3

Peak Intervals-Speed and Incline changes							
Segment		Warm Up		1	2	Cool Down	
Time		4:00 Mins		90 sec	30 sec	4:00 Mins	
Level 1	Speed(MPH)	1	1.5	2	4	1.5	1
	Speed(KMH)	1.6	2.4	3.2	6.4	2.4	1.6
	Incline	1	1.5	0.5	1.5	1.5	0
Level 2	Speed(MPH)	1	1.5	2	4.5	1.5	1
	Speed(KMH)	1.6	2.4	3.2	7.2	2.4	1.6
	Incline	1.5	2.5	3	6.5	2.5	1.5
Level 3	Speed(MPH)	1.3	1.9	2.5	5	1.9	1.3
	Speed(KMH)	2	3	4	8	3	2
	Incline	2	3	4	7.5	3	2
Level 4	Speed(MPH)	1.3	1.9	2.5	5.5	1.9	1.3
	Speed(KMH)	2	3	4	8.8	3	2
	Incline	2	3	4	8.5	3	2
Level 5	Speed(MPH)	1.5	2.3	3	6	2.3	1.5
	Speed(KMH)	2.4	3.7	4.8	9.6	3.7	2.4
	Incline	2.5	3.5	4.5	9	3.5	2.5
Level 6	Speed(MPH)	1.5	2.3	3	6.5	2.3	1.5
	Speed(KMH)	2.4	3.7	4.8	10.4	3.7	2.4
	Incline	2.5	3.5	4.5	10.4	3.7	2.4
Level 7	Speed(MPH)	1.8	2.6	3.5	7	2.6	1.8
	Speed(KMH)	2.8	4.1	5.6	11.2	4.1	2.8
	Incline	2.5	4	5.5	10.5	4	3
Level 8	Speed(MPH)	1.8	2.6	3.5	7.5	2.6	1.8
	Speed(KMH)	2.8	4.1	5.6	12	4.1	2.8
	Incline	3	4	5.5	11.5	4	3
Level 9	Speed(MPH)	2	3	4	8	3	2
	Speed(KMH)	3.2	4.8	6.4	12.8	4.8	3.2
	Incline	3	4.5	6	12	5	3
Level 10	Speed(MPH)	2	3	4	8.5	3	2
	Speed(KMH)	3.2	4.8	6.4	13.6	4.8	3.2
	Incline	3	4.5	6	12	5	3



P4: PERFORMANCE: Includes Weight Loss. Promote weight loss by increasing and decreasing the speed and incline, while keeping you in your fat burning zone.

Weight Loss - Speed and Incline changes													
Segment		Warm Up		1	2	3	4	5	6	7	8	Cool Down	
	Time	4:00 Mins		30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	4:00 Mins	
Level 1	Speed(MPH)	1	1.5	2	2.5	3	3.5	4	3.5	3	2.5	2.3	1.5
	Speed(KMH)	1.6	2.4	3.2	4	4.8	5.6	6.4	5.6	4.8	4	3.7	2.4
	Incline	0	0.5	1.5	1.5	1	0.5	0.5	0.5	1	1.5	0.5	0
Level 2	Speed(MPH)	1.3	1.9	2.5	3	3.5	4	4.5	4	3.5	3	2.6	1.8
	Speed(KMH)	2	3	4	4.8	5.6	6.4	7.2	6.4	5.6	4.8	4.1	2.8
	Incline	0	0.5	1.5	1.5	1	0.5	1	0.5	1	1.5	0.5	0
Level 3	Speed(MPH)	1.5	2.3	3	3.5	4	4.5	5	4.5	4	3.5	3	2
	Speed(KMH)	2.4	3.7	4.8	5.6	6.4	7.2	8	7.2	6.4	5.6	4.8	3.2
	Incline	0.5	1	2	2	1.5	1	1	1	1.5	2	1	0.5
Level 4	Speed(MPH)	1.8	2.6	3.5	4	4.5	5	5.5	5	4.5	4	3.4	2.3
	Speed(KMH)	2.8	4.1	5.6	6.4	7.2	8	8.8	8	7.2	6.4	5.4	3.7
	Incline	0.5	1	2	2	1.5	1	1	1	1.5	2	1	0.5
Level 5	Speed(MPH)	2	3	4	4.5	5	5.5	6	5.5	5	4.5	3.8	2.5
	Speed(KMH)	3.2	4.8	6.4	7.2	8	8.8	9.6	8.8	8	7.2	6.1	4
	Incline	1	1.5	2.5	2.5	2	1.5	1.5	1.5	2	2.5	1.5	1
Level 6	Speed(MPH)	2.3	3.4	4.5	5	5.5	6	6.5	6	5.5	5	4.1	2.8
	Speed(KMH)	3.7	5.4	7.2	8	8.8	9.6	10.4	9.6	8.8	8	6.5	4.5
	Incline	1	1.5	2.5	2.5	2	1.5	1.5	1.5	2	2.5	1.5	1
Level 7	Speed(MPH)	2.5	3.8	5	5.5	6	6.5	7	6.5	6	5.5	4.5	3
	Speed(KMH)	4	6.1	8	8.8	9.6	10.4	11.2	10.4	9.6	8.8	7.2	4.8
	Incline	1.5	2	3	3	2.5	2	2	2	2.5	3	2	1.5
Level 8	Speed(MPH)	2.8	4.1	5.5	6	6.5	7	7.5	7	6.5	6	4.9	3.3
	Speed(KMH)	4.5	6.5	8.8	9.6	10.4	11.2	12	11.2	10.4	9.6	7.8	5.3
	Incline	1.5	2	3	3	2.5	2	2	2	2.5	3	2	1.5
Level 9	Speed(MPH)	3	4.5	6	6.5	7	7.5	8	7.5	7	6.5	5.3	3.5
	Speed(KMH)	4.8	7.2	9.6	10.4	11.2	12	12.8	12	11.2	10.4	8.5	5.6
	Incline	2	2.5	3.5	3.5	3	2.5	2.5	2.5	3	3.5	2.5	2
Level 10	Speed(MPH)	3.3	4.9	6.5	7	7.5	8	8.5	8	7.5	7	5.6	3.8
	Speed(KMH)	5.3	7.8	10.4	11.2	12	12.8	13.6	12.8	12	11.2	9	6.1
	Incline	2	2.5	3.5	3.5	3	2.5	2.5	2.5	3	3.5	2.5	2

P5: HEART RATE:

HEART RATE ZONE INCLUDES TARGET HR, % TARGET HR:

A workout designed to keep you in your specified heart rate zone. This workout requires you to wear a wireless heart rate strap.

TARGET HEART RATE:

The first step to knowing the right intensity for your training is to find out your maximum heart rate (max HR=220-age). This age-based method provides an average statistical prediction of your max. For example, a 30 year old person's max HR is $220 - 30 = 190$ bpm. In this case, 190 bpm is the target target heart rate. Incline ranges vary automatically based on your heart rate changes during the workout.

% TARGET HR:

There are 3 percentage values can be chosen, %55 (weight management and active recovery), %70 (moderately long workouts) and %85 (fit persons and for athletic training). Target heart rate is calculated by $(220 - \text{age}) \times \%HR$. For example, a 30 year-old person would like to run for weight management and active recovery (%55), target heart rate is $(220 - 30) \times 55\% = 105$ bpm.

Heart Rate	Function	Vary
12+ under THR	every 3 seconds	Speed + 0.1
7 - 11 under THR	every 5 seconds	Speed + 0.1
4 - 6 under THR	every 8 seconds	Speed + 0.1
+/- 3 of THR	No Change	
4 - 6 over THR	every 8 seconds	Speed - 0.1
7 - 11 over THR	every 5 seconds	Speed - 0.1
12 - 15 over THR	every 3 seconds	Speed - 0.1
16 - 24 over THR	every 2 seconds	Speed - 0.1
25+ over THR	Program END	





P6: STEPS: Promotes health with the help of two training programmes calculated based on average step length. Choose between 5,000 and 10,000 steps. You set the starting speed and incline yourself.

P7: DISTANCE: Push yourself and go further during your workout with five distance workouts. Choose from 1K, 5K, 10K.

P8: CUSTOM: Lets you create and reuse a perfect workout for you with specific speed, incline and time combination. The ultimate in personal programming. Time-based goal. Your custom workout will be saved automatically.

ENERGY SAVER (STANDBY MODE)

This machine has a special feature called Energy Saver mode. This mode is NOT automatically activated. When Energy Saver mode is activated, the display will automatically enter standby mode (Energy Saver mode) after 15 minutes of inactivity. This feature saves energy by disabling most power to the machine until a key is pressed on the console.



Waste Disposal

VISION Fitness / HORIZON Fitness / TEMPO Fitness / TREO Fitness products are recyclable.
At the end of its useful life please dispose of this article correctly and safely (local refuse sites).





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