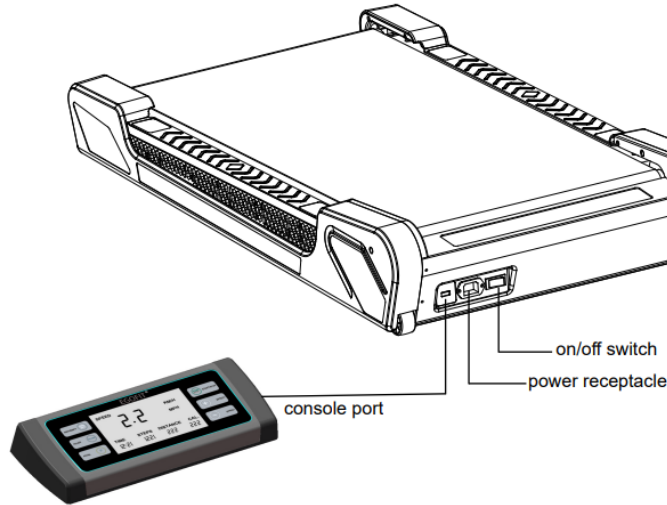




Assembly Instructions

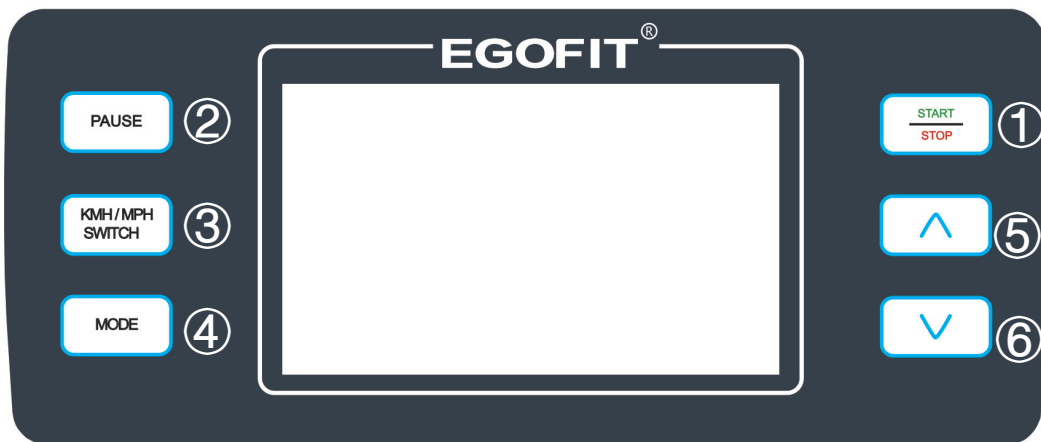
After assembling the Treadmill, roll it to the desired location. Plug the console connector into the connector coming from the front bottom of the Treadmill.



Noted:

Do not plug the power cord into the equipment until the console is connected.

Desktop Console Overview & Specifications



Console Power Buttons

- 1. Start/Stop:** In standby or paused status, press this button to start the treadmill, In the running status, press this button to stop the treadmill.
- 2. Pause:** In the running status, press this button to pause the treadmill. The TIME window displays "PAU", the SPEED window displays "1.0KM/H" or "0.6MPH", and the other windows display relevant workout data.
- 3. KM/H/MPH Switch:** In standby mode, press this button to switch the display readouts for speed between metric and Imperial readouts
- 4. Mode:** In standby mode, press this button to cycle through manual mode, time countdown mode, distance countdown mode and calories countdown mode..
- 5. "∧"Speed Up:** Increase speed, Each adjustment range is 0.1KM/H or 0.1MPH.
- 6. "∨"Speed Down:** Decrease speed, Each adjustment range is 0.1KM/H or 0.1MPH.

Console	Treadmill Desk
Readouts	Time, Steps, Calories, Distance, Speed.
Display	LED
Buttons	Start/Stop, Pause, KMH/MPH Switch, Mode, Speed Up/Down

Starting the Treadmill Desk

1. Turn the power switch on. It is located on the front right corner of the treadmill.
2. Press the Start button to start the treadmill belt. The console will start counting up from 0:00.
3. Press the speed buttons to adjust speed.

NOTE:

The steps are counted normally from 1 to 9,999 steps. After 9,999 steps, the display format changes to accommodate more than four digits. Take the number shown in the display and add a zero to the right for the correct number of steps.

Below are examples of what the display will read and what those numbers mean:

1001=10,010 steps

1005=10,050 steps

1100=11,000 steps