

PT 20 / PT 30

USER MANUAL V.2



USER MANUAL

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GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER-Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product- if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

- The appliance must be positioned so that the plug is accessible.
- If the power cord is damaged; it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a safety hazard.

SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using the Treadmill.

DANGER - To reduce the risk of electric shock:

Always unplug this appliance 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. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
3. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacture.
4. Never operate this appliance 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. Call service for examination and repair.
5. Keep the cord away from heated surfaces.
6. Never drop or insert any object into any opening.
7. Do not use outdoors.

8. To disconnect, turn all controls to the off position, then remove plug from outlet.
9. Connect this appliance to a properly grounded outlet only.
See Grounding Instructions.
10. Never Tie off Safety Cord, as this will bypass the SAFE use, could cause a choking hazard for children, and / or present other unsafe use of product. Remove and store safety cord and plug after use. Keep out of reach of children.
11. The appliance is not to be used by children or persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction.
12. Children being supervised not to play with the appliance.
13. **WARNING:**
REMOVE CONTROL BOX (OR KEY, OR SAFETY PIN) WHEN NOT IN USE AND STORE OUT OF REACH OF CHILDREN.
AVERTISSEMENT:
RETIRER LA CLÉ DE SÉCURITÉ QUAND L'APPAREIL N'EST PAS EN SERVICE, ET LA PLACER HORS D'ATTEINTE DES ENFANTS.
14. **CAUTION:**
RISK OF INJURY TO PERSONS – TO AVOID INJURY, USE EXTREME CAUTION WHEN STEPPING ONTO OR OFF OF A MOVING BELT.
READ INSTRUCTION MANUAL BEFORE USING.
15. For commercial use.

PRUDENCE:

RISQUE DE BLESSURES - POUR ÉVITER LES BLESSURES, FAIRE PREUVE DE PRUDENCE EXTRÊME LORSQUE L'INTENSIFICATION DANS OU HORS D'UN TAPIS ROULANT. LIRE LES INSTRUCTIONS MANUEL AVANT D'UTILISER

15.CAUTION:

To Reduce The Risk Of Injury From Moving Parts - Unplug Before Servicing.

ATTENTION: Pour réduire les risques de blessures des pièces en mouvement - Débranchez avant tout entretien.

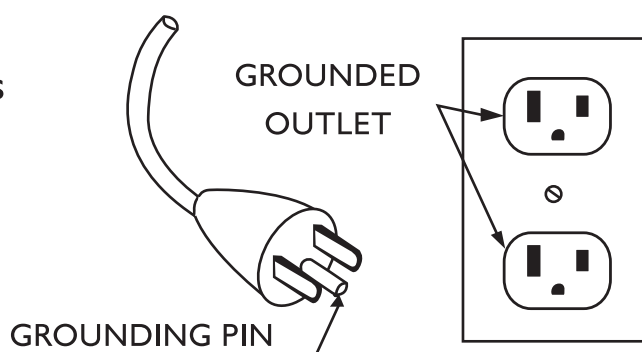
16.WARNING:

To Reduce the Risk of Electric Shock – Unplug Before Cleaning or Servicing.

AVERTISSEMENT - Pour réduire le risque de choc électrique - le débrancher avant de nettoyer ou de réparer.

SAVE THESE INSTRUCTIONS

Figure Grounding methods



Note: Illustration is for Example purposes only. Your Treadmill plug and required outlet may look different. DO NOT MODIFY plug that comes with treadmill.

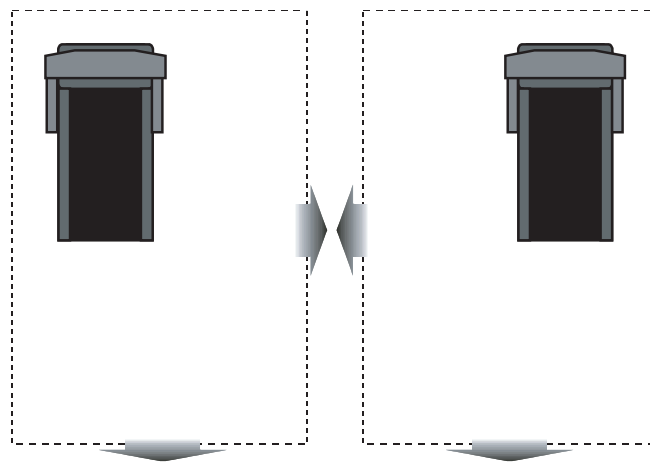
INSTALLATION

ELECTRICAL REQUIREMENT

Your **STEELFLEX** treadmill is intended for use in the country to which it was shipped. Electrical supplies outside of this country may differ and may not be compatible with the product. Please consult Customer Support before using the treadmill in a different country.

LOCATION

When choosing a location for the treadmill, pick a location that is unobstructed. The treadmill must have the following clearance.



- Non-entry side of treadmill - Minimum of 8 inches (20cm)
- Entry side of treadmill - Minimum of 36 inches (90cm)
- Front of the treadmill - Minimum of 12 inches (30cm)
- Behind treadmill - Minimum of 6 feet (180cm)

These spacing requirements are mandatory for the safe use of the treadmill. If an accident should occur, you must have sufficient space to move away from the treadmill.

GROUNDING INSTRUCTIONS

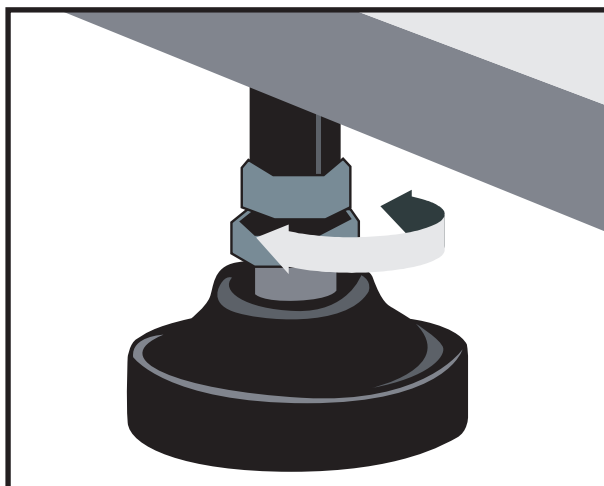
The treadmill must be properly grounded prior to use. Proper grounding reduces the risk of shock or damage to the treadmill. The power cord's plug is equipped with a grounding conductor that must be used with an electrical outlet installed in accordance to all local codes and ordinances. **DO NOT** use a temporary adapter that bypasses this function. This will stop the safety equipment from functioning properly and may void your warranty.

DO NOT MODIFY the plug provided with this product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician.

LEVELER LEGS

After finding a location that is suitable for the treadmill, the rear legs must be adjusted to provide stable support. Located on the side of each leg is a thumb-wheel that will allow you to lower or raise the leg until it is properly seated on the floor.

DO NOT adjust legs while the treadmill is on. Turn the power switch to the OFF position before adjustment.

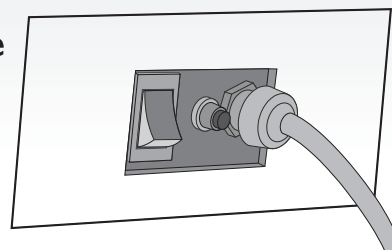


TREADMILL OVERVIEW

POWER SWITCH

The power switch is located on the side of the treadmill near the power cord. The power switch has two positions - ON and OFF.

The display console will beep when the treadmill is plugged in and the power switch is pressed ON.



CIRCUIT BREAKER RESET

The circuit breaker is located next to the power switch. If there should be an electrical overload due to a surge in electricity or other situation, the circuit breaker will disconnect and attempt to prevent any damage from occurring to the treadmill.

If the treadmill suddenly stops with no lights visible nor beep heard, the circuit breaker may need to be reset. To reset the circuit breaker press the button firmly. The display console should restart and a beep should be heard.

CAUTION

Feel the power cord with your hands. If the power cord is warm to the touch a problem may exist with the electrical outlet in which the treadmill is plugged. It may be necessary to plug the treadmill into a different outlet.

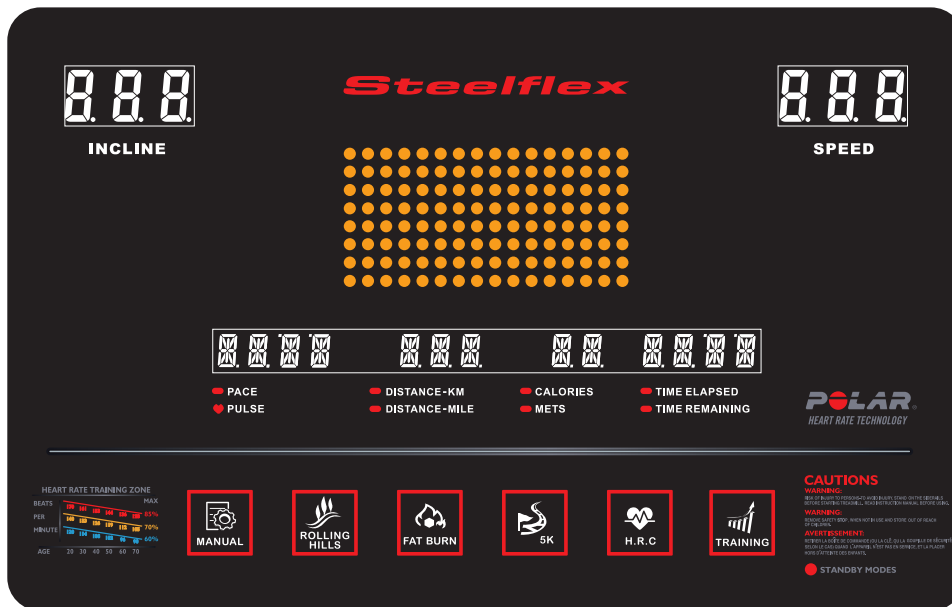
POWER CORD

The power cord of the treadmill must be plugged into a properly grounded electrical outlet. Locate the power cord so it will not come in contact with the wheels of the treadmills during operation. This may cause the power cord to become pinched or damaged. Damage to the power cord could result in a fire hazard or cause personal injury through electrical shock.

OPERATING INSTRUCTIONS FOR PT20

Display instruction

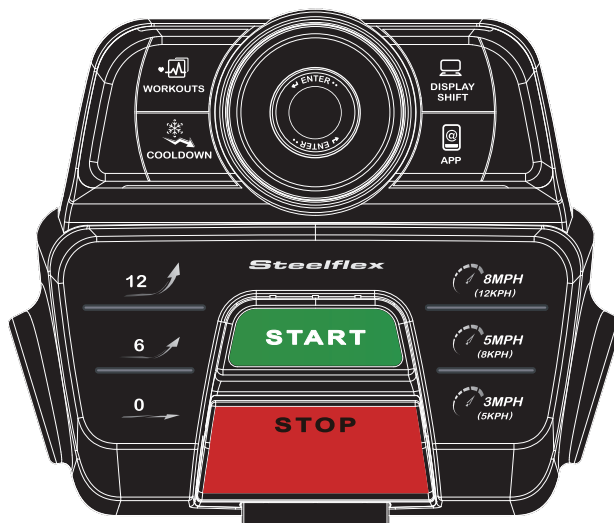
The display of your PT20 is used to operate the unit. It includes information window, matrix window and button zone.



Information Window

Matrix Window

Information Window



Button Zone

INFORMATION WINDOW







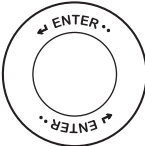



User information Data	Description
TIME	Indicate workout time in minutes and seconds (mm : ss).
DISTANCE	Indicates exercising distance of your workout.
CALORIES	Indicates accumulated calories burned during your workout.
PULSE	Indicates heart rate beats per minute during your workout. (Only displayed if you are using contact heart rate bar or chest belt.)
INCLINE	Indicates current incline of your workout.
SPEED	Indicates speed of your workout. (Either miles or kilometers.)
PACE	Indicates time required per mile or kilometer.

Matrix window

The Matrix Window displays the workout program you select. Each program displays a different exercise profile. Flashing lamp bar in the window displays your location on the exercise course.

BUTTON LOCATION




There are buttons for operating the machine, adjusting incline level, and adjusting exercise speed. A description of each button is listed below.

	Start your workout.		Stop your workout
	Speed up/down		Incline up/down
 WORKOUTS	Switch workout program.		
	Enter Data		
	Rotary switch to adjust setting value.		
 DISPLAY SHIFT	Shift workout information.		
 COOLDOWN	Stop your workout slowly		
 APP	Reset APP connect. (Bluetooth)		





PROGRAM

There are different exercise programs which include MANUAL, ROLLING HILLS, FAT BURN, 5K, H.R.C., and TRAINING.

MANUAL





<p>step 1</p>	<p>Set weight, then press  .</p> <p>Default value is 176 LBS/80 KGS.</p>
<p>step 2</p>	<p>Select MANUAL by pressing  .</p> <p>Choose GOAL-Time or GOAL-Calories by turning rotary switch.</p> <p>Default value of GOAL-Time is 30 minutes.</p> <p>Default value of GOAL-Calories is 200.</p> <p>To adjust, turn rotary switch.</p>
<p>step 3</p>	<p>Press  .</p>

ROLLING HILLS

<p>step 1</p>	<p>Set weight, then press  ENTER. . .</p> <p>Default value is 176 LBS/80 KGS.</p>
<p>step 2</p>	<p>Select ROLLING HILLS by pressing  .</p> <p>Choose ROLLING HILLS-INCLINE or ROLLING HILLS-SPEED by turning rotary switch.</p> <p>Press  ENTER. . .</p>
<p>step 3</p>	<p>Set workout time. Default value is 30 minutes.</p> <p>To adjust, turn rotary switch.</p>
<p>step 4</p>	<p>Press  .</p> <p>Start speed of ROLLING HILLS-INCLINE is 0.5 MPH /0.8 KPH.</p> <p>Start incline of ROLLING HILLS-SPEED is 0.</p>





Note: Workout level can be changed by turning rotary switch during workout.

FAT BURN

step 1	Set weight, then press  ENTER . . Default value is 176 LBS/80 KGS.
step 2	Select FAT BURN by pressing  WORKOUTS . Choose FAT BURN-INCLINE or FAT BURN- SPEED by turning rotary switch. Press  ENTER . .
step 3	Set workout time. Default value is 30 minutes. To adjust, turn rotary switch.
step 4	Press  START . Start speed of FAT BURN-INCLINE is 0.5 MPH/0.8 KPH. Start incline of FAT BURN-SPEED is 0.

Note: Workout level can be changed by turning rotary switch during workout.







5K

step 1	Set weight, then press  ENTER . . Default value is 176 LBS/80 KGS.
step 2	Select 5K by pressing  . Choose GOAL-5K/3 MILE, GOAL-10K/6 MILE, GOAL-15K/9 MILE or GOAL-20K/12 MILE by turning rotary switch. Press  ENTER . .
step 3	Set speed. Lowest speed is 8 KPH/ 5 MPH. To adjust, turn rotary switch.
step 4	Press  .

	Warm UP			CoolDown
SPEED	60%	75%	100%	
Distance 5Km/3Mile	3min	3min	5Km/3Mile	
Distance 10Km/6Mile	3min	3min	10Km/6Mile	
Distance 15Km/9Mile	3min	3min	15Km/9Mile	
Distance 20Km/12Mile	3min	3min	20Km/12Mile	

Press  to skip warm up.







HEART RATE CONTROL

step 1	Set weight, then press  ENTER . . Default value is 176 LBS/80 KGS.
step 2	Select HEART RATE CONTROL by pressing  . Press  ENTER . .
step 3	Set age. To adjust, turn rotary switch, then press  ENTER . . Default value is 30.
step 4	Set target HR. To adjust, turn rotary switch, then press  ENTER . . Default value is 130.
step 5	Set time. Default value is 30. To adjust, turn rotary switch.
step 6	Press  .

Note:

1. When choosing the program, user must wear chest belt.
2. If detected HR is more than 10 beats below target HR, incline will increase 1 level every 30 seconds. If detected HR is more than 10 beats above target HR, incline will decrease 1 level every 30 seconds.
3. If HR can not be detected in 30 seconds, program ends.

TRAINING - INTERVAL 0.2KM / INTERVAL 0.4KM





step 1	Set weight, then press  . Default value is 176 LBS/80 KGS.
step 2	Select TRAINING by pressing  . Select INTERVAL 0.2KM or INTERVAL 0.4KM by rotary switch. Then  .
step 3	Set speed. To adjust, turn rotary switch, then press  . Lowest speed setting is 8KPH/5MPH.
step 4	Set repeat. To adjust, turn rotary switch, then press  .
step 5	Press  .

Note:

	Warm Up		Reps								Cool Down
	Rep.1	Rep.2	Rep.3	Rep.4	Rep.5	Rep.6	Rep.7	Rep.8	Rep.9	Rep.10	
SPEED	60%	75%	100%	60%	100%	60%	100%	60%	100%	60%	
TIME	3min	3min									
Distance 0.2Km			0.2Km	0.1Km	0.2Km	0.1Km	0.2Km	0.1Km	0.2Km	0.1Km	
Distance 0.4Km			0.4Km	0.2Km	0.4Km	0.2Km	0.4Km	0.2Km	0.4Km	0.2Km	

Press  to skip warm up.






TRAINING – GERKIN

step 1	Set weight, then press  ENTER . . Default value is 176 LBS/80 KGS.
step 2	Select TRAINING by pressing  . Select GERKIN by rotary switch. Then press  ENTER . .
step 3	Press  .





Note:

Workout time is 20 minutes. If user stops the treadmill, then start again, speed starts from 0.8KPH.

TRAINING –CUSTOM 1/ CUSTOM 2

<p>step 1</p>	<p>Set weight, then press  .</p> <p>Default value is 176 LBS/80 KGS.</p>
<p>step 2</p>	<p>Select TRAINING by pressing  .</p> <p>Select CUSTOM 1 or CUSTOM 2 by rotary switch.</p> <p>Then press  .</p>
<p>step 3</p>	<p>Set each segment speed and incline by pressing speed and incline up/down buttons on the handrails.</p> <p>Turning rotary switch to set next segment. When all segments are set, press  .</p>
<p>step 4</p>	<p>Set time. Default value is 30 minutes.</p> <p>To adjust, turn rotary switch.</p>
<p>step 5</p>	<p>Press  .</p>

TRAINING-WALKING-INCLINE/RUNNING-INCLINE/ CARDIO-INCLINE/CARDIO-SPEED/WEIGHT LOSS-INCLINE/ WEIGHT LOSS-SPEED

step 1	Set weight, then press  . Default value is 176 LBS/80 KGS.
step 2	Select TRAINING by pressing  . WALKING-INCLINE/RUNNING-INCLINE/ CARDIO-INCLINE/CARDIO-SPEED/ WEIGHT LOSS-INCLINE/WEIGHT LOSS-SPEED by rotary switch. Then press  .
step 3	Set time. Default value is 30 minutes. To adjust, turn rotary switch.
step 4	Press  .

Note:

Workout level can be changed by rotary switch.

ERROR CODE






E1: speed abnormal.

E6: elevation motor abnormal.






E7: elevation motor VR value signal abnormal.

UART ERROR: MCB communication error. Please turn off treadmill power, and then turn on again.

ENGINEER MODE

1. Press **STOP** and  (speed up) and hold for a while to enter .
2. VERSION x.xx(PCB)/xxxx(MCB) are showed, then press  .
3. SET UNIT = MILE/KM. To adjust, turn rotary switch, then press  .
4. Accumulated workout hours(xxxx H)/accumulated workout distance(xxxx MILE/KM) are showed. User can press  and **STOP** and hold for a while to clear.
5. LUBE xxxx MILE/KM is showed, then press  to leave engineer mode.



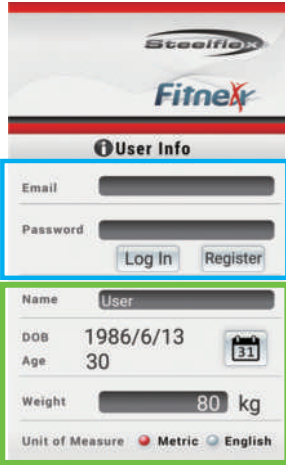
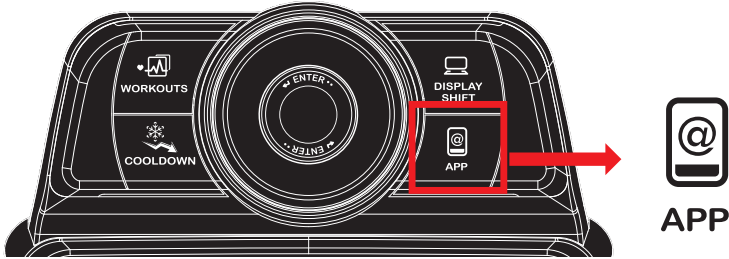
TEST MODE

1. Press **STOP** and **START** and hold for a while to enter.
2. Press  (incline up/down) to do incline test, then press  .
3. LED lights test, then press  .
4. LED lights test, then press  .
5. LED lights test, then press  .
6. Buttons test. Plug off safety key to leave test mode.

NOTICE OF APP

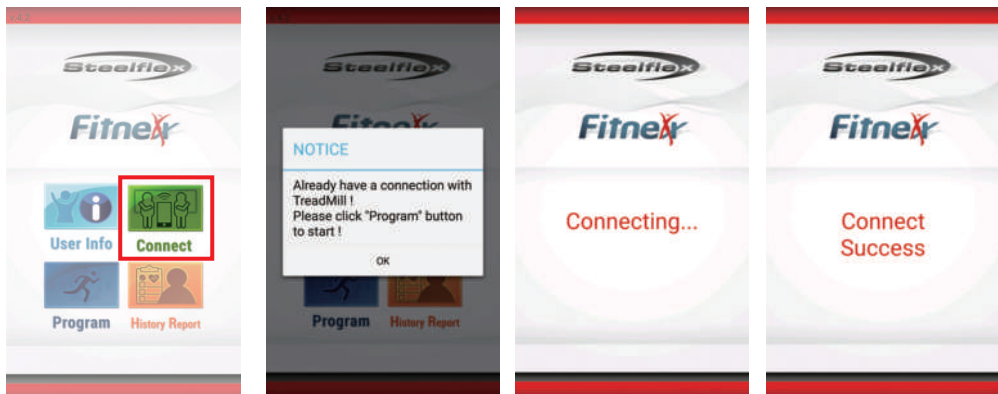
- 1.APP can only work after connecting with PT20.
- 2.Above 1920 x1080 dpi is suitable.
- 3.At least bluetooth 4.0 is needed.

APP OPERATION

step 1	Search STEELFLEX APP from google play or apple store.
step 2	<p>Download Steelflex APP to smart phone or pad and install.</p>  <p>Steelflex & Fitnex Steelflex & Fitnex</p>
step 3	<p>Enter into “User information”</p>   <p>← No function so far</p> <p>← User can set name, age, weight, metric/english</p>
step 4	<p>Press APP button of PT20 to turn on Bluetooth.</p> 

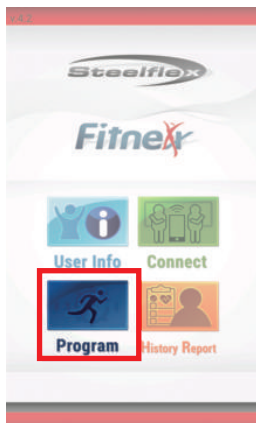
step 5

Press Connect to connect the treadmill and APP through bluetooth. When Bluetooth turns on, the connection needs to be completed in 30 seconds. Or step 3 needs to be operated again.



step 6

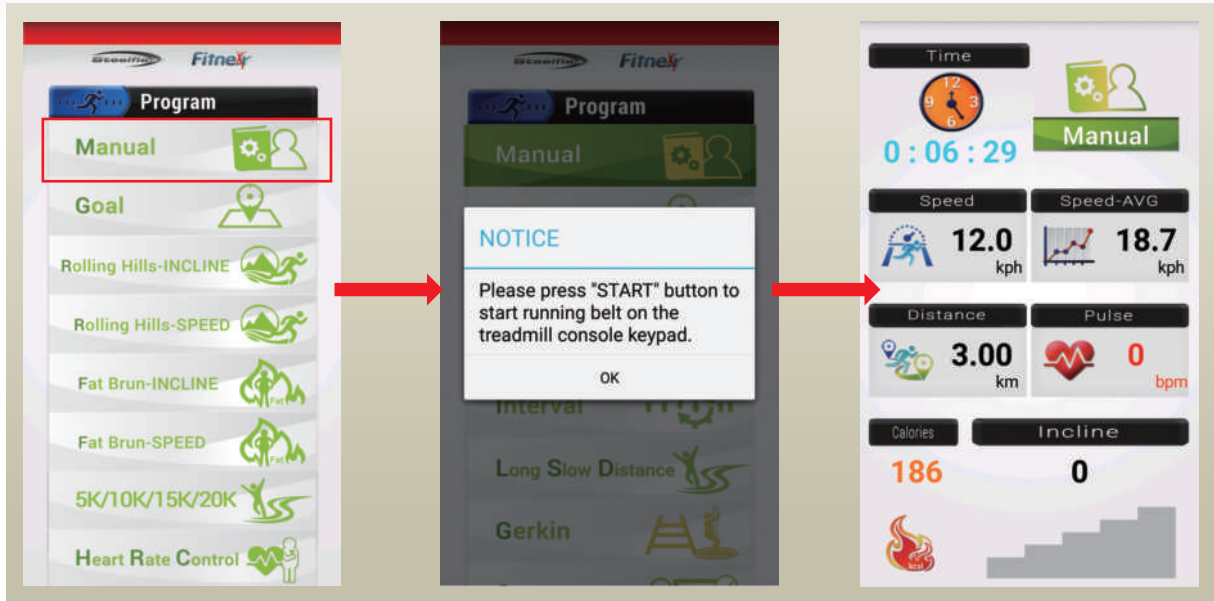
User can start Program after completing connection.



PROGRAM OPERATION FROM APP

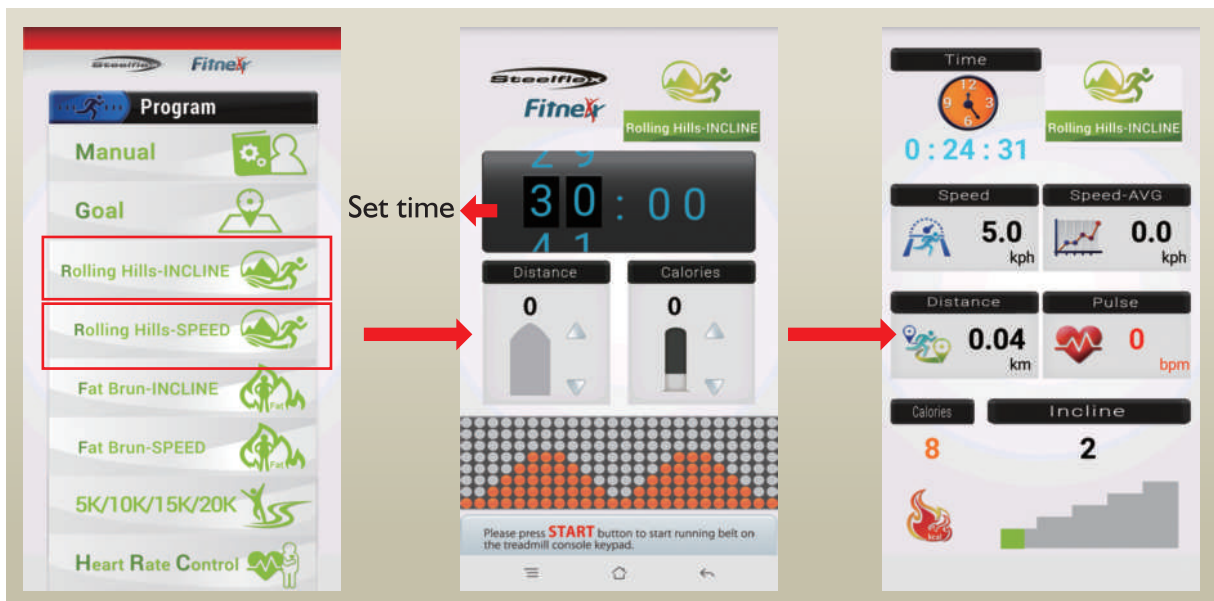
MANUAL

Choose MANUAL of program from APP, then press START of treadmill console to start workout.



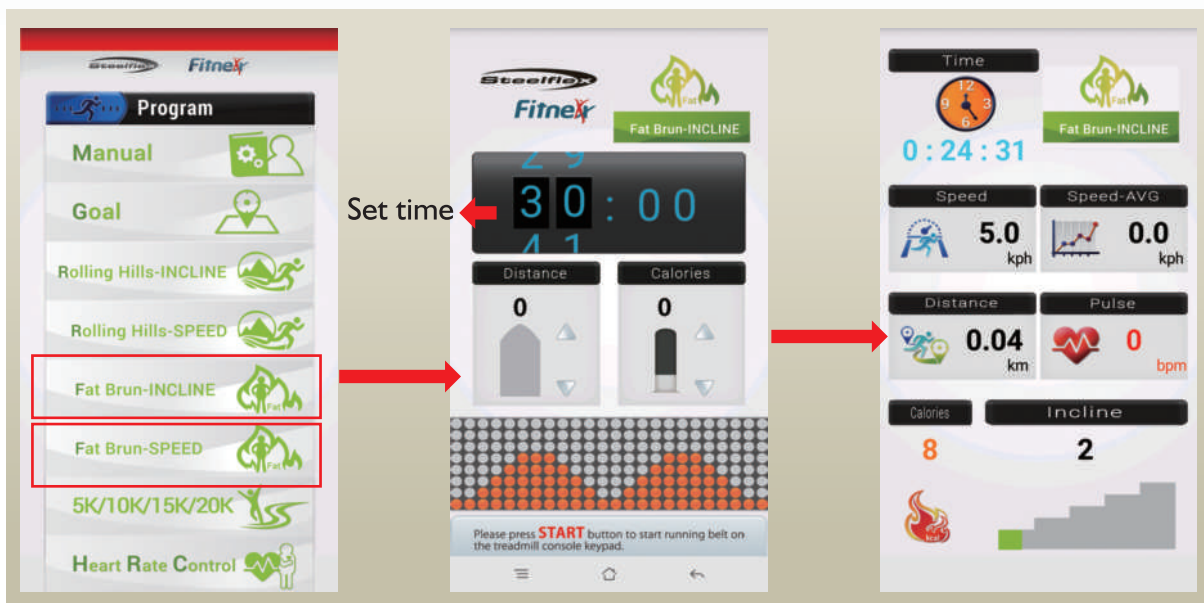
ROLLING HILLS-INCLINE/ROLLING HILLS-SPEED

Choose ROLLING HILLS-INCLINE/ROLLING HILLS-SPEED of program from APP. Set workout time, then press START of treadmill console to start workout.



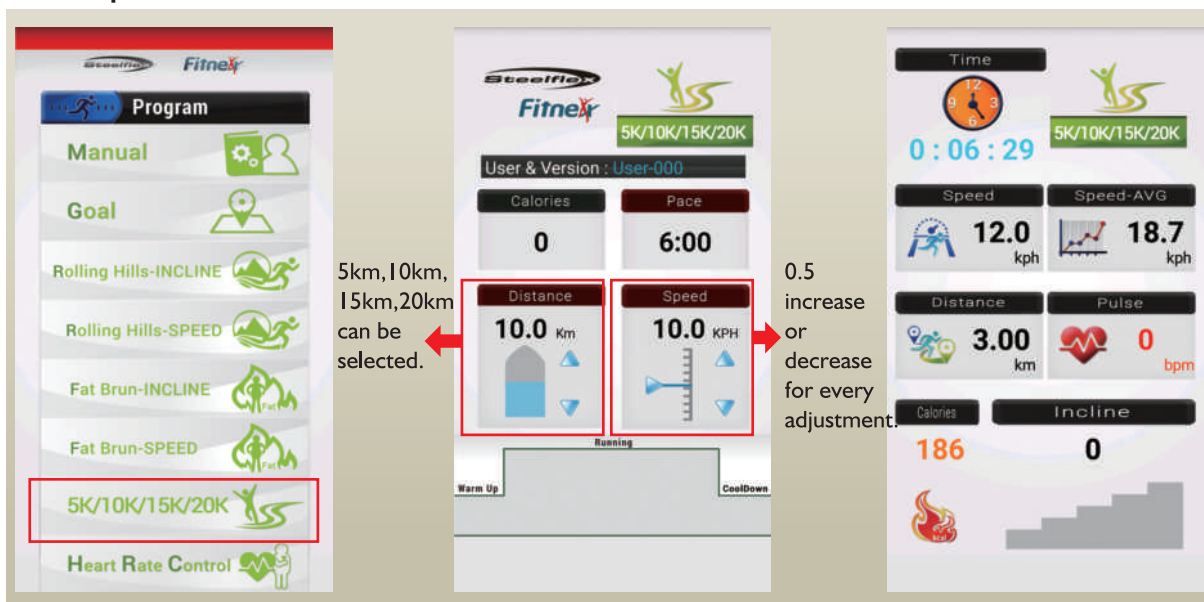
FAT BURN-INCLINE/FAT BURN-SPEED

Choose FAT BURN-INCLINE/FAT BURN-SPEED of program from APP. Set workout time, then press START of treadmill console to start workout.



GOAL-5K(3 MILE) /GOAL-10K(6 MILE)/GOAL-15K(9 MILE)/GOAL-20K(12 MILE)

Choose GOAL-5K(3 MILE) /GOAL-10K(6 MILE)/GOAL-15K (9 MILE)/GOAL-20K(12 MILE) of program from APP. Set workout distance then press START of treadmill console to start workout.



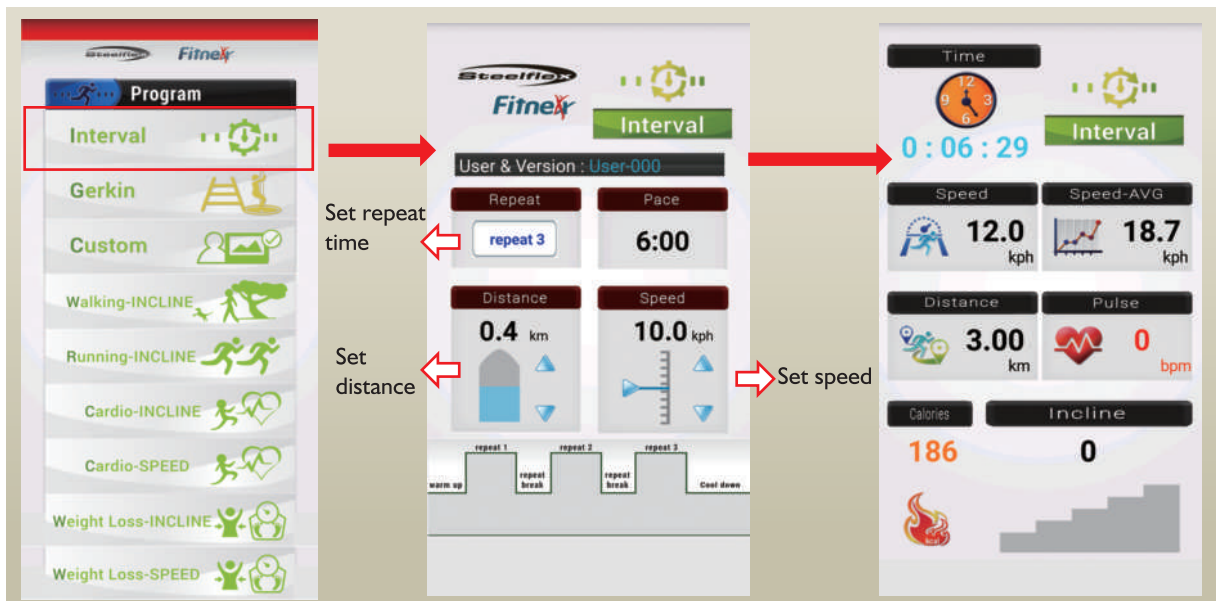
HEART RATE CONTROL

Choose HEART RATE CONTROL of program from APP. Set workout time and target HR, then press START of treadmill console to start workout.



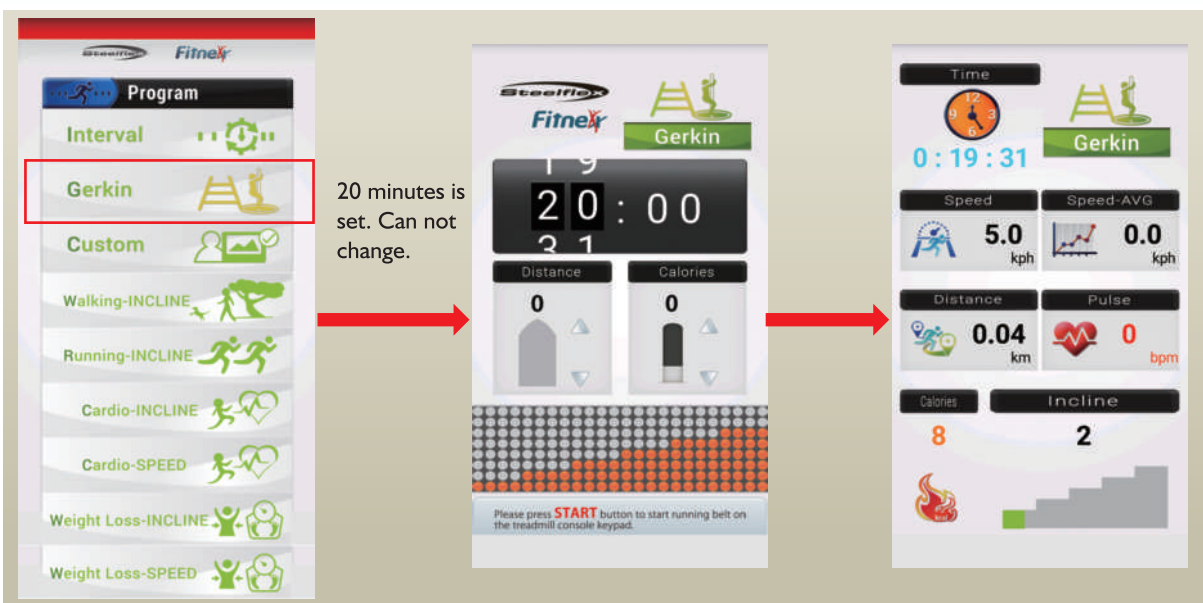
TRAINING-INTERVAL 0.2KM/INTERVAL 0.4KM

Choose INTERVAL of program from APP. Set repeat times, workout distance and speed, then press START of treadmill console to start workout.



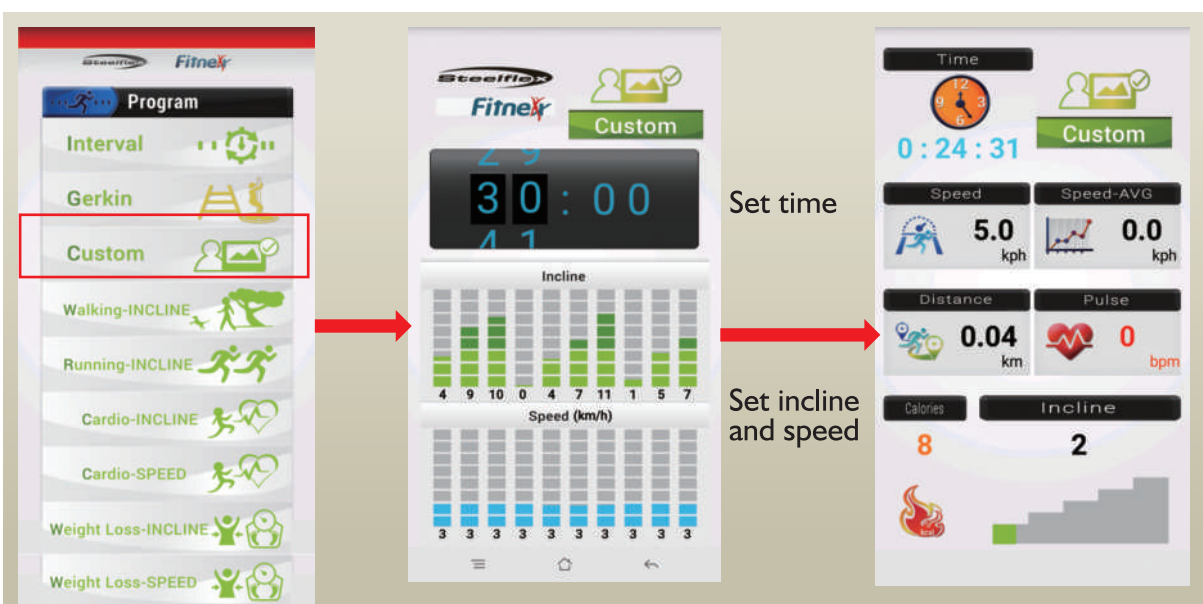
TRAINING-GERKIN

Choose GERKIN of program from APP. Press START of treadmill console to start workout. Workout time is 20 minutes which can not be changed.



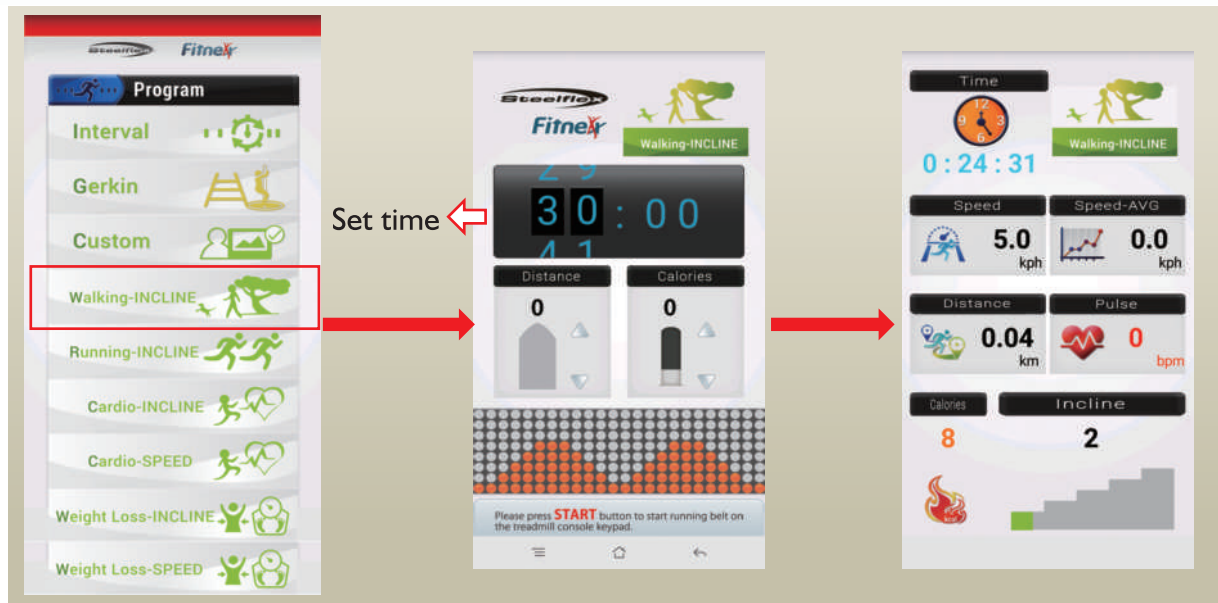
TRAINING-CUSTOM I/CUSTOM 2

Choose CUSTOM of program from APP. Set workout time, incline and speed, and then press START of treadmill console to start workout.



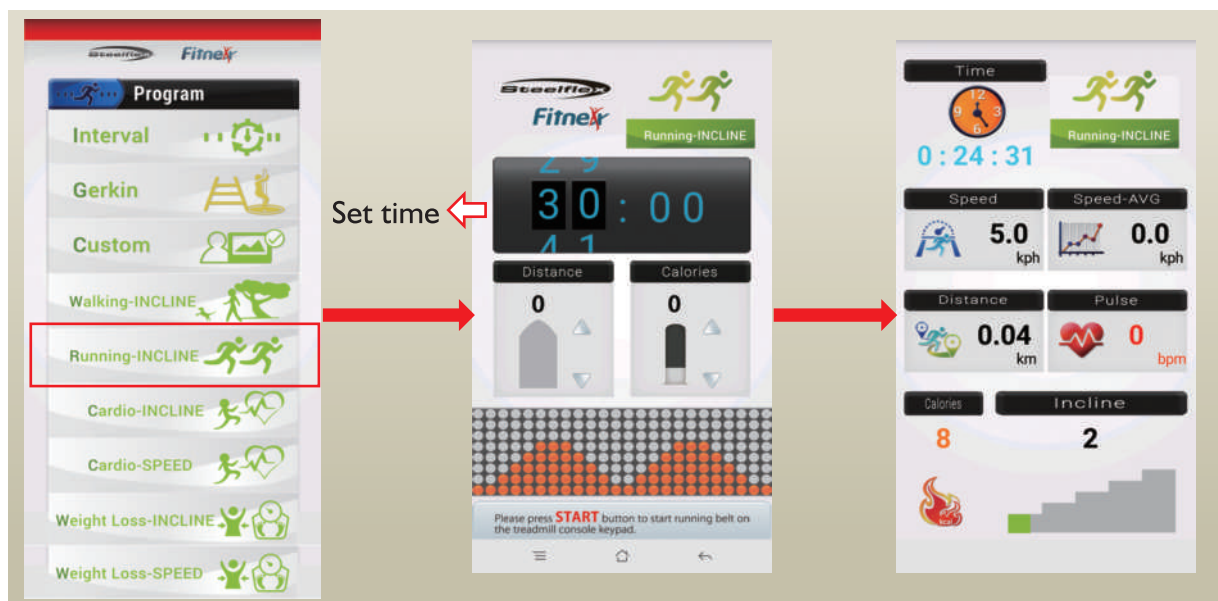
TRAINING-WALKING-INCLINE

Choose WALKING-INCLINE of program from APP. Set workout time, incline and speed, and then press START of treadmill console to start workout.



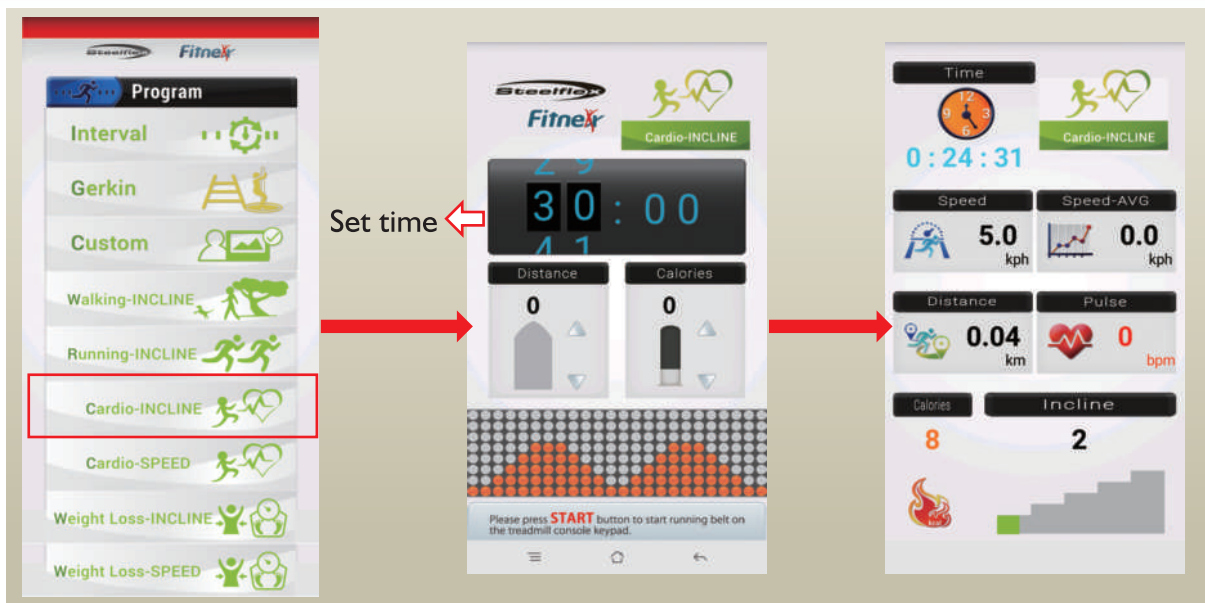
TRAINING-RUNNING-INCLINE

Choose RUNNING-INCLINE of program from APP. Set workout time, and then press START of treadmill console to start workout.



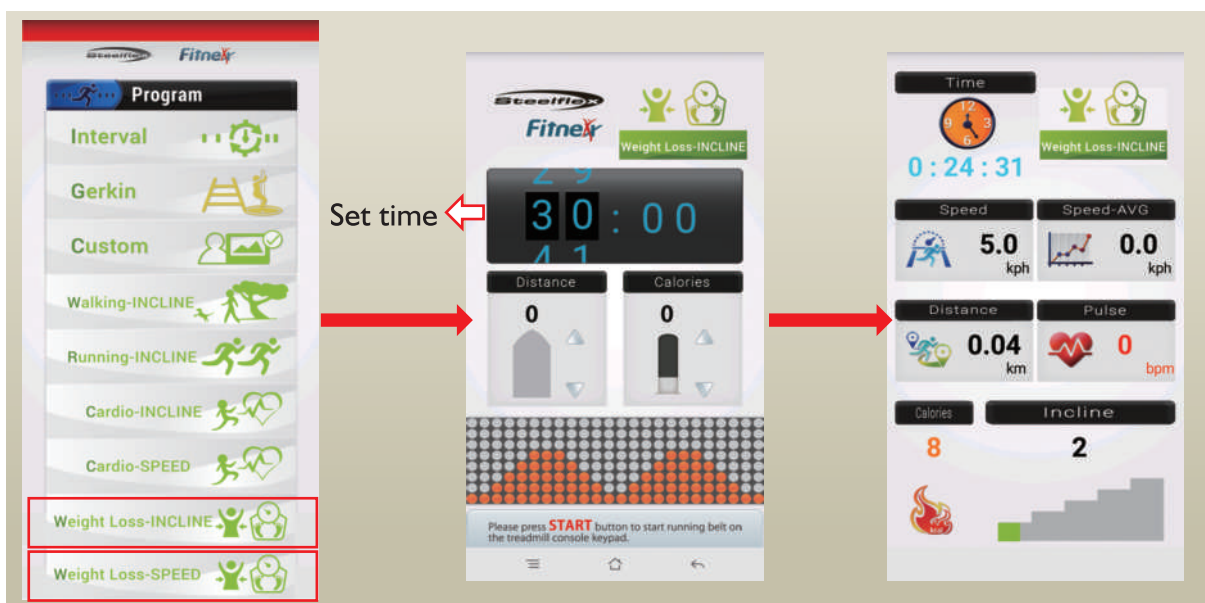
TRAINING-CARDIO-INCLINE/CARDIO-SPEED

Choose **CARDIO-INCLINE/CARDIO-SPEED** of program from APP. Set workout time, and then press **START** of treadmill console to start workout.

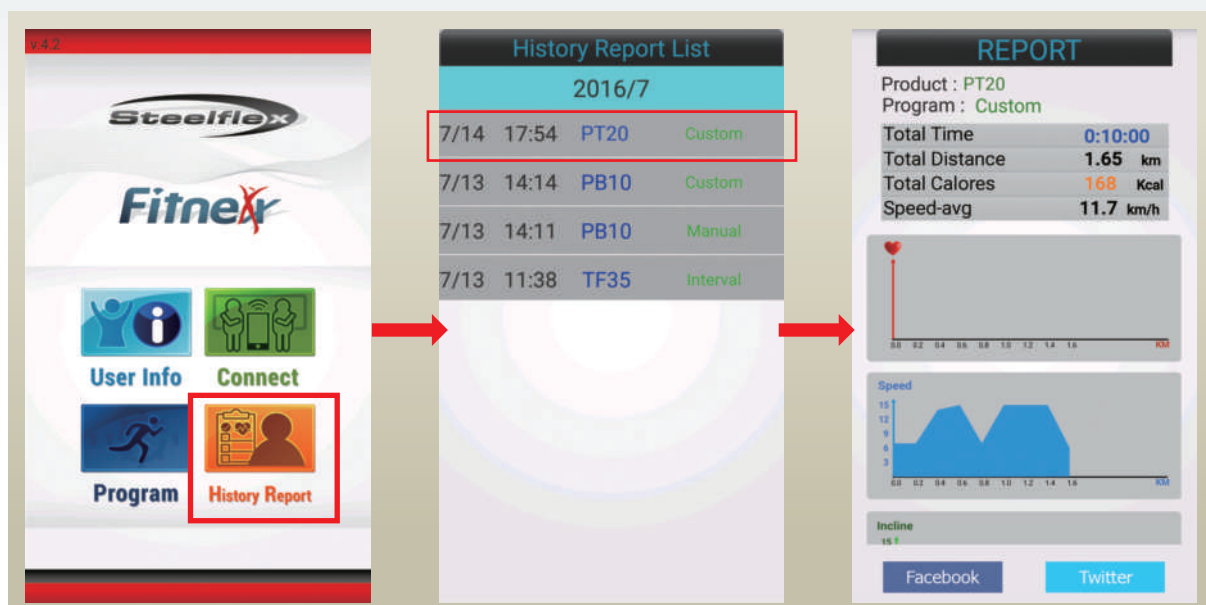


TRAINING-WEIGHT LOSS-INCLINE/WEIGHT LOSS-SPEED

Choose **WEIGHT LOSS-INCLINE/WEIGHT LOSS-SPEED** of program from APP. Set workout time, and then press **START** of treadmill console to start workout.



HISTORY REPORT



User workout data will be shown in the history report after finishing workout or take off safety key during workout. User can share workout result to Facebook or Twitter. Back to home page by pressing BACK HOME.

If user would like to delete a certain workout data, press the workout data and hold for a while, it can be deleted

NOTE:

1. Press PROGRAM before APP connects with the treadmill, " NO BT Connect" will be showed on the phone or pad.
2. When APP connects with the treadmill successfully, it will back to home page automatically. If the connection is fail, user needs to back to home page by pressing BACK HOME to re-connect.

OPERATING INSTRUCTIONS FOR PT30

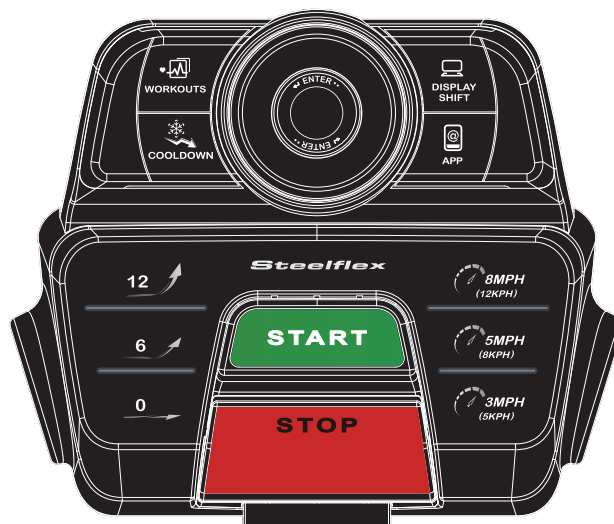
Display instruction

The display of your PT30 is used to operate the treadmill, and it is a touch screen.



▲ Touch screen

▼ Button Zone







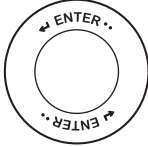





Information displayed on the touch screen

User information Data	Description
TIME ELAPSED	Indicates workout time in minutes and seconds (mm:ss)
TIME REMAINING	Indicates workout time remaining in minutes and seconds (mm:ss)
DISTANCE	Indicates exercising distance of your workout.
CALORIES	Indicates accumulated calories burned during your workout.
PULSE	Indicates heart rate beats per minute during your workout. (Only displayed if you are using contact heart rate bar or chest belt.)
INCLINE	Indicates current incline of your workout.
SPEED	Indicates speed of your workout.
PACE	Indicates time required per mile or kilometer.
METs	Indicates metabolic equivalents during your workout.

Button Zone


There are buttons for operating the treadmill, adjusting incline level, and adjusting exercise speed. Description of each button is listed below.

	Start your workout.		Stop your workout
	Speed up/down		Incline up/down
 WORKOUTS	Switch workout program.		
	Enter Data		
	Rotary switch to adjust setting value.		
 DISPLAY SHIFT	Shift workout information.		
 COOLDOWN	Stop your workout slowly		
 APP	Reset APP connect. (Bluetooth)		

PROGRAM

There are different exercise programs which include Manual, Goal, Rolling hills, Fat Burn, 5K, H. R. C., Interval, Gerkin, Custom, Walking, Running, Cardio and Weight loss.

MANUAL

step 1	Turn on the treadmill.
step 2	Press  to start your workout.

1. During workout, you can adjust workout speed and incline by



SPEED +/- and




INCLINE +/- or touch screen.



2. During workout, when you press , SUMMARY is showed.

Press  to back to exercise. Speed will start

from 0.8 KPH/0.5 MPH and incline will not change.

Press  to end the exercise. It will back to standby mode after 1 minute if nothing is pressed.

Goal

step 1	Turn on the treadmill and press  .
step 2	Select Goal.
step 3	Set Weight.
step 4	Choose your workout goal: Time, Distance or Calories. You can change your goal value from touch screen.
step 5	Press  to start your workout.

1. During workout, you can adjust workout speed and incline by





SPEED +/- and





INCLINE +/- or touch screen.

2. During workout, when you press  , SUMMARY is showed.

Press  to back to exercise. Speed will start from 0.8 KPH/0.5 MPH and incline will not change.

Press  to end the exercise. It will back to standby mode after 1 minute if nothing is pressed.

Rolling hills

step 1	Turn on the treadmill and press  .
step 2	Select Rolling hills.
step 3	Set Weight.
step 4	Set Time.
step 5	Select Rolling Hills-SPEED or Rolling Hills-INCLINE.
step 6	Press  to start your workout.

1. During workout, you can adjust workout speed and incline by



SPEED +/- and




INCLINE +/- or touch screen.



2. During workout, when you press  , SUMMARY is showed.

Press  to back to exercise.

Speed will start from 0.8 KPH/0.5 MPH and incline will not change.

Press  to end the exercise. It will back to standby mode after 1 minute if nothing is pressed.

Fat Burn

step 1	Turn on the treadmill and press  .
step 2	Select Fat Burn.
step 3	Set Weight.
step 4	Set Time.
step 5	Select Fat Burn -SPEED or Fat Burn -INCLINE.
step 6	Press  to start your workout.

1. During workout, you can adjust workout speed and incline by



SPEED +/- and




INCLINE +/- or touch screen.



2. During workout, when you press  , SUMMARY is showed.

Press  to back to exercise.

Speed will start from 0.8 KPH/0.5 MPH and incline will not change.

Press  to end the exercise. It will back to standby mode after 1 minute if nothing is pressed.

5K

step 1	Turn on the treadmill and press  .
step 2	Select 5K.
step 3	Set Weight.
step 4	Select distance: 5K(3Mile), 10K(6Mile), 15K(9Mile) or 20K(12Mile).
step 5	Press  to start your workout.

1. During workout, you can adjust workout speed and incline by



SPEED +/- and



INCLINE +/- or touch screen.

2. During workout, when you press , SUMMARY is showed.

Press  to back to exercise. Speed will start from



0.8 KPH/0.5 MPH and incline will not change. Press 






to end the exercise. It will back to standby mode after 1 minute if nothing is pressed.

	Warm Up			Cool Down
	60%	75%	100%	
SPEED				
Distance 5Km/3Mile	3min	3min	5Km/3Mile	
Distance 10Km/6Mile	3min	3min	10Km/6Mile	
Distance 15Km/9Mile	3min	3min	15Km/9Mile	
Distance 20Km/12Mile	3min	3min	20Km/12Mile	



3. Press  to skip warm up.

H. R. C.

step 1	Turn on the treadmill and press  .
step 2	Select H.R.C.
step 3	Set Weight.
step 4	Set Time.
step 5	Set Age.
step 6	Set Target Heart Rate.
step 7	Press  to start your workout.

1. When choosing this program, user must wear chest belt.
2. If detected HR is more than 10 beats below target HR, incline will increase 1 level every 30 seconds. If detected HR is more than 10 beats above target HR, incline will decrease 1 level every 30 seconds.
3. If HR can not be detected in 30 seconds, program ends.
4. During workout, you can adjust workout speed and incline by  **SPEED** +/- and  **INCLINE** +/- or touch screen.
5. During workout, when you press  , SUMMARY is showed. Press  to back to exercise. Speed will start from 0.8 KPH/0.5 MPH and incline will not change. Press  to end the exercise. It will back to standby mode after 1 minute if nothing is pressed.

Interval

step 1	Turn on the treadmill and press  .
step 2	Select Interval.
step 3	Set Weight.
step 4	Set Distance. You can choose 0.2, 0.4 or 0.8.
step 5	Set Interval.
step 6	Set Speed.
step 7	Press  to start your workout.

1. During workout, you can adjust workout speed and incline by



SPEED +/- and



INCLINE +/- or touch screen.

2. During workout, when you press  , SUMMARY is showed.

Press  to back to exercise. Speed will start from



0.8 KPH/0.5 MPH and incline will not change. Press 

to end the exercise. It will back to standby mode after 1 minute if nothing is pressed.

	Warm Up		Rep.1		Rep.2		Rep.3		Rep.4		Cool Down
SPEED	60%	75%	100%	60%	100%	60%	100%	60%	100%	60%	
TIME	3min	3min									
Distance 0.2Km			0.2Km	0.1Km	0.2Km	0.1Km	0.2Km	0.1Km	0.2Km	0.1Km	
Distance 0.4Km			0.4Km	0.2Km	0.4Km	0.2Km	0.4Km	0.2Km	0.4Km	0.2Km	
Distance 0.8Km			0.8Km	0.4Km	0.8Km	0.4Km	0.8Km	0.4Km	0.8Km	0.4Km	

3. Press  to skip warm up.

Gerkin

step 1	Turn on the treadmill and press  .
step 2	Select Gerkin.
step 3	Set Weight.
step 4	Set Time.
step 5	Press  to start your workout.

1. During workout, you can adjust workout speed and incline by





SPEED +/- and





INCLINE +/- or touch screen.

2. During workout, when you press  , SUMMARY is showed.

Press  to back to exercise. Speed will start from 0.8 KPH/0.5 MPH and incline will not change.

Press  to end the exercise. It will back to standby mode after 1 minute if nothing is pressed.

Custom

step 1	Turn on the treadmill and press  .
step 2	Select Custom.
step 3	Set Weight.
step 4	Set Time.
step 5	Set Speed or Set Incline.
step 6	Press  to start your workout.

1. During workout, you can adjust workout speed and incline by



SPEED +/- and




INCLINE +/- or touch screen.



2. During workout, when you press  , SUMMARY is showed.

Press  to back to exercise.

Speed will start from 0.8 KPH/0.5 MPH and incline will not change.

Press  to end the exercise. It will back to standby mode after 1 minute if nothing is pressed.

Walking

step 1	Turn on the treadmill and press  .
step 2	Select Walking.
step 3	Set Weight.
step 4	Set Time.
step 5	Press  to start your workout.

1. During workout, you can adjust workout speed and incline by





SPEED +/- and





INCLINE +/- or touch screen.

2. During workout, when you press  , SUMMARY is showed.

Press  to back to exercise. Speed will start from 0.8 KPH/0.5 MPH and incline will not change.

Press  to end the exercise. It will back to standby mode after 1 minute if nothing is pressed.

Running

step 1	Turn on the treadmill and press  .
step 2	Select Running.
step 3	Set Weight.
step 4	Set Time.
step 5	Press  to start your workout.

1. During workout, you can adjust workout speed and incline by



SPEED +/- and



INCLINE +/- or touch screen.



2. During workout, when you press  , SUMMARY is showed.

Press  to back to exercise. Speed will start from

0.8 KPH/0.5 MPH and incline will not change. Press  **Finish**

to end the exercise. It will back to standby mode after 1 minute if nothing is pressed.

Cardio

step 1	Turn on the treadmill and press  .
step 2	Select Cardio.
step 3	Set Weight.
step 4	Set Time.
step 5	Choose Cardio-SPEED or Cardio-INCLINE.
step 6	Press  to start your workout.

1. During workout, you can adjust workout speed and incline by



SPEED +/- and




INCLINE +/- or touch screen.



2. During workout, when you press  , SUMMARY is showed.

Press  to back to exercise.

Speed will start from 0.8 KPH/0.5 MPH and incline will not

change. Press  to end the exercise. It will back to standby mode after 1 minute if nothing is pressed.

Weight Loss

step 1	Turn on the treadmill and press  .
step 2	Select Weight loss.
step 3	Set Weight.
step 4	Set Time.
step 5	Choose Weight loss-SPEED or Weight loss-INCLINE.
step 6	Press  to start your workout.

1. During workout, you can adjust workout speed and incline by




SPEED +/- and




INCLINE +/- or touch screen.

2. During workout, when you press  , SUMMARY is showed.



Press  to back to exercise.

Speed will start from 0.8 KPH/0.5 MPH and incline will not change. Press  to end the exercise. It will back to standby mode after 1 minute if nothing is pressed.

Note:

1. When program ends, SUMMARY is showed. Press **Finish** to back to standby mode. Or it will back to standby mode if nothing is pressed in 1 minute.
2. During workout, exercise data will be showed in the SPORT window. Press  to switch workout information pages.





3. During workout, you can press Video and plug in USB storage, choose the video you want to watch from touch screen.
4. During workout, you can press Music and plug in USB storage, choose the music you want to listen from touch screen.
5. During workout, you can press Internet and choose website you want to browse.
6. When watch video, or listen to music or Internet, you can also read your workout information by pressing . Pressing  to close workout information.

OPEN

CLOSE

SETTING

step 1	Press  to enter.
step 2	Set Language.
step 3	Set Unit.
step 4	Set Wifi. Press Setting of Wifi to connect.
step 5	Press  to back to standby mode.

RUN BELT MAINTENANCE

When “LUBE RUN BELT” displays, please follows STEPS FOR SPRAY LUBRICANT ON THE RUN BELT in the P49 to do run belt maintenance.



After spraying lubricant, press STOP for 3 seconds, it will back to standby mode and run belt maintenance mileage will be accumulated from 0 again.

STEPS FOR SPRAY LUBRICANT ON THE RUN BELT

Step 1: Power off.



Step 2:

Inspect run belt situation.
Lift run belt as left picture shows. Touch running area's back of run belt by hand to feel if lubricant enough on the back of run belt. If run belt needs to be lubricated, please take a wiper to clean run deck and roller.



Step 3:

Lift right side belt and spray lubricant as left picture showed. When spraying, the hand lifts the run belt needs to pull the run belt and make the run belt turn until run belt turns a revolution.

Notice:

When spray lubricant, please spray in center area. Please don't spray in side area.





Step 4:

Lift left side belt and spray lubricant as left picture showed. When spraying, the hand lifts the run belt needs to pull the run belt and make the run belt turn until run belt turns a revolution.

Notice:

When spray lubricant, please spray in center area. Please don't spray in side area.

Step 5: Power on.

Press "START", and increase speed to 1MPH(1.6 KPH). Have a people walk on the treadmill to help run belt absorbs.

Please notice:

DO NOT make the treadmill run in high speed when just spray lubricant. If lubricant is not absorbed, lubricant will spray out to drive motor and MCB.

Remark:

1. For each time maintenance, spray 30-50 cc. lubricant is suggested.
2. When LUBE BELT shows on the display, please follow the steps above to spray lubricant. After lubricant, press **STOP** and hold for a while to clear LUBE BELT. Otherwise, LUBE BELT will keeps showing.

MAINTENANCE

All Steelflex series products are designed for heavy usage environment. To keep your Steelflex product in good condition, we strongly recommend some preventative maintenance tips.

Cleaning

When cleaning the exterior of the unit, a non-abrasive cleanser and soft cotton cloth are strongly recommended. At no time should cleaner be applied directly to any part of the equipment. Instead, place the non-abrasive cleaning solution on a soft cloth and wipe down the unit.

- Clean the console and all exterior surface regularly.
- Vacuum running belt regularly to keep debris from accumulating
- Inspect exterior parts regularly for wear and tear, especially the running belt and deck
- Inspect area under treadmill and vacuum regularly.

Item	Daily	Weekly	Monthly	Quarterly	Bi-Annual	Certain time
Console Mounting Bolt					Inspect	
Frame	Clean				Inspect	
Console	Clean		Inspect			
Safety Stop	Test					
Power Cord			Inspect			
Run Belt Top		Clean (Vacuum)				
Run Belt Tension			Inspect			
Run Belt Lubricant						When LUBE BELT shows on the console.
Rear Adjustable Foot				Adjust		
V Belt				Adjust		
Motor Pulley				Clean		

WARNING

Always disconnect power before cleaning or working on treadmill.

WARRANTY

WARRANTY CONDITIONS

1. The warranty applies only to the original owner, and covers the cost of parts repair or replacement and does not include freight charges. Proof of purchase must be demonstrated.
2. The warranty applies only to the original owner and is non transferable.
3. If you are in US, please contact your local dealer or FMI for details of warranty. If you are in other countries, please contact your local dealer or JCI for details of warranty .
4. Labor coverage is provided only by authorized dealer or by factory authorization.
5. Any reimbursement for travel outside of the dealers' normal service or coverage area will be the responsibility of the customer.
6. Warranty does not cover failure due to improper assembly, installation or use.
7. This warranty does not cover customer instruction, installation, set up or adjustment. User is responsible for reasonable and necessary maintenance.
8. The warranty will not be extended to any product whose serial number has been removed, altered, or defaced.
9. This warranty does not cover damage or equipment failure caused by, or resulting from accident, misuse, abuse, improper assembly or installation, un-authorized modification, or failure to provide reasonable and necessary care as outlined in the owner's manual.
10. If you are in US, this warranty becomes **VALID ONLY** when are warranty registration form included, is completely filled in, signed by the original owner and received by FMI **WITHIN 30 DAYS** of the purchaser's receipt of the product. If your are outside of the US, please contact your local dealer.

T R E A D M I L L

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S I M P L I C I T Y

S M A R T

S A F E T Y

USER MANUAL