

CardioMed

♥ T R E A D M I L L S



CardioMed Treadmills

Operators Manual

CMT 20-58

CMT 22-63

CMT 26-73

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Product Information

CardioMed Treadmills are designed be used in medical facilities, physician offices, health clubs and elite athletic training centers. CardioMed treadmills can be interfaced with a stress testing / cardio-pulmonary system or used as stand-alone treadmill controlled by a pc tablet using the optional CardioMed rehabilitation software.

Contact:

HealthCare International, Inc.

P.O Box 1509

Langley, WA 98260 USA

TEL. 360.321.7090

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e-mail: sales@hcifitness.com

Internet: www.hcifitness.com

Model: CMT 20-58, ___ CMT 22-63, ___ CMT 26-73, ___

Serial Number: _____

Purchase Date: _____

For control errors or treadmill repairs we request that you contact the product supplier or HealthCare International, Inc.

Attention! High Voltage

Danger of contact, with material that has high power, short-circuit, burn

Do not connect the instrument to the power supply and do not operate with the protective lid of the mechanisms open. Before opening the protective lid of the mechanisms, disconnect the product from the power network.

Attention! Moving parts

Danger of contact with moving parts

The manufacturer prompts the owner to thoroughly read this handbook upon receiving the product and in every case before they execute any operation on the product. Please keep manual in a safe place for future reference. If a replacement is needed please contact HealthCare Intl.

The manufacturer may not be considered responsible for any damage to individuals or materials emanating from the following reasons.

- Incorrect use of the product
- Use of the product against any specific local laws
- Incorrect installation
- Incorrect and lack of periodical maintenance
- Unauthorised changes and operations on the product.
- Use of non-authentic parts, or parts that have not been designed specifically for the particular model.
- Exceptional situations

Safety Precautions


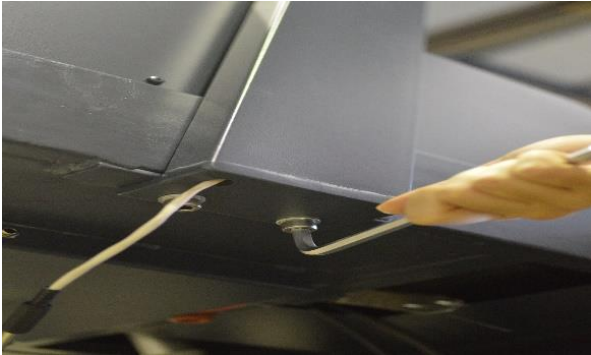
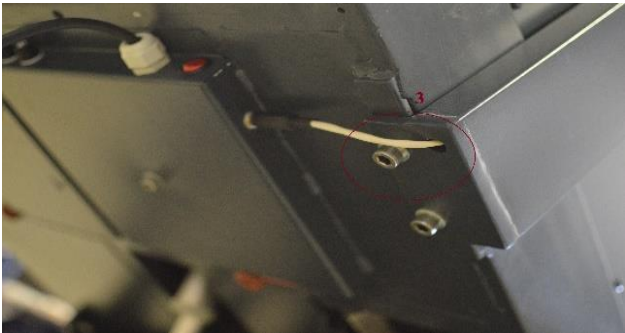
This treadmill was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine.

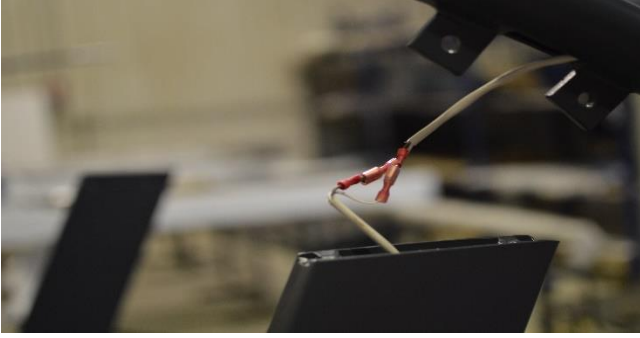
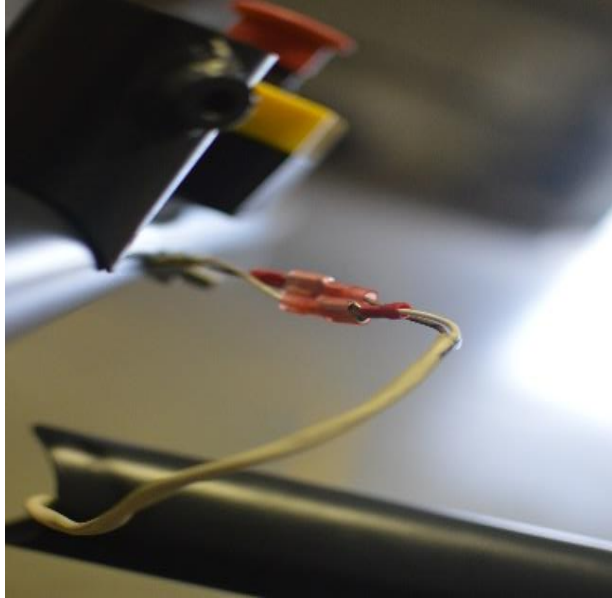
Also, please note the following **safety precautions**:

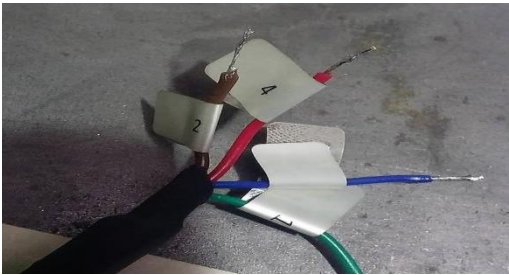
1. Read all instructions carefully before using the machine.
2. Consult your physician or other health care professional before beginning this or any type of exercise program.
3. Always wear proper exercise apparel when using the machine.
4. If at any time you feel faint, light-headed or dizzy while operating the machine, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.
5. Keep children and pets away from the machine while in use.
6. Only one person can use the machine at a time.
7. Make sure your machine is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use and retighten periodically.
8. Do not operate this or any exercise equipment if it is damaged.
9. Keep hands and feet away from any moving parts. Do not insert any objects into any openings.
10. Keep clothes, jewelry or loose items away from moving parts.
11. Always position the treadmill on a flat, level surface.
12. Do not start the treadmill while you are standing on the walking belt.
13. Keep the treadmill away from water. Avoid getting water or other liquids on the electronics or power cord.


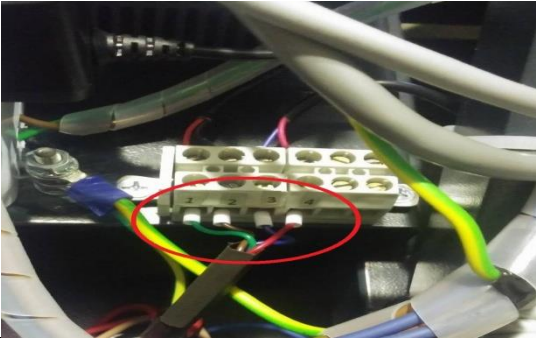


Installation and Assembly



The instrument should be handle only by individuals that know from handling of such products. All the individuals that will deal with the installation of instrument will need to read the operators manual prior to the installation and apply all the directions that are noted in this manual.

<h1>Treadmill Assembly</h1>		
1.		<p>Unpack the components and find the support arm with the white cord.</p>
2.		<p>Screw the support arm with the white cord in to the right side of the treadmill with the two hex screws provided. Be sure to securely tighten the screws.</p> <p>Repeat this step for the left support arm as well.</p>
3.		<p>Plug the white cable into the emergency stop cord receiver.</p> <p><i>Do Not Pinch Wire</i></p>

<p>4.</p>		<p>Then attach the handrails to the support arm. First connect the cables to the appropriate clips.</p> <p>Then screw the two hex screws into the left and right support arm.</p> <p>Do Not Pinch Wire</p> <p><i>Leave loose for Step 5</i></p>
<p>5.</p>		<p>Now attach the middle handrail. First connect the cables (Brown to Brown / White to White)</p> <p>Align the center handrail and then tighten the hex screw from the outside of the side handrail.</p> <p><i>Once assembled, retighten all of the screws to ensure stability while the treadmill is in use.</i></p> <p>Do Not Pinch Wire</p>

<h2>Optional Touch Screen Assembly</h2>		
<p>1.</p>		<p>Find the exact wire with the numbers.</p>

<p>2.</p>		<p>Insert the wire with the numbered ends into through the black circle and then into the cord box located under the front of the treadmill.</p>
<p>3.</p>		<p>Match the wiring to the inputs labeled 1-4.</p>
<p>4.</p>		<p>Connect the wires to the monitor. Then turn on the monitor.</p> <p><i>Turn on the Screen First, Then the Mini PC.</i></p>
<p>5.</p>		<p>Find the Mini PC power button and power on the Mini PC.</p>

<p>6.</p>		<p>Open the “Treadmill” application used to control the treadmill.</p>
<p>7.</p>	<p>Setting up Communication Port:</p> <ol style="list-style-type: none"> 1. Open “device manager” on windows. 2. Select Treadmill 3. Right Click, Select Properties. 4. Port Settings. 5. Advanced. 6. Change Port to “COM1” 7. Save Changes. 8. If needed update Java using wifi then restart the Mini PC. 	
<p>8.</p>		<p>Assembly Complete!</p> <p><i>The correct order to power the treadmill is below:</i></p> <ol style="list-style-type: none"> <i>1. Power on Treadmill</i> <i>2. Power on Monitor Screen</i> <i>3. Power on Mini PC</i>

Main Controls

1. Main Power Switch: Located in the front of the treadmill, the red light indicates that the power is on.
2. Emergency Stop Switches: Located on each side of the treadmill, press the red button will bring the treadmill to an abrupt stop.

Treadmill Operation

1. Plug in the treadmill to the power source.
2. While both the treadmill and control device are off, connect the treadmill to the control device via USB or Serial Cable.
3. Once connected, turn on the power to the treadmill first then the control device.
4. Use the control device to select the proper COM Port for operation.
5. If the treadmill loses connection or the COM Port cannot be found, repeat steps 1-4.

Treadmill Placement

The product should be positioned in a place that is stable and horizontal.

1. Check if there is any obstacle in front or behind the front wheels
2. Check that the product is stable and secure, if not tighten screws and adjust levellers.

Operating Environment

The product is designed to operate under the following conditions:

Temperature from +15°C until +30°C

The instrument was not designed to operate outdoors or in places with high humidity, or where there is danger of fire or explosion.

The position of the user is in front of the console.

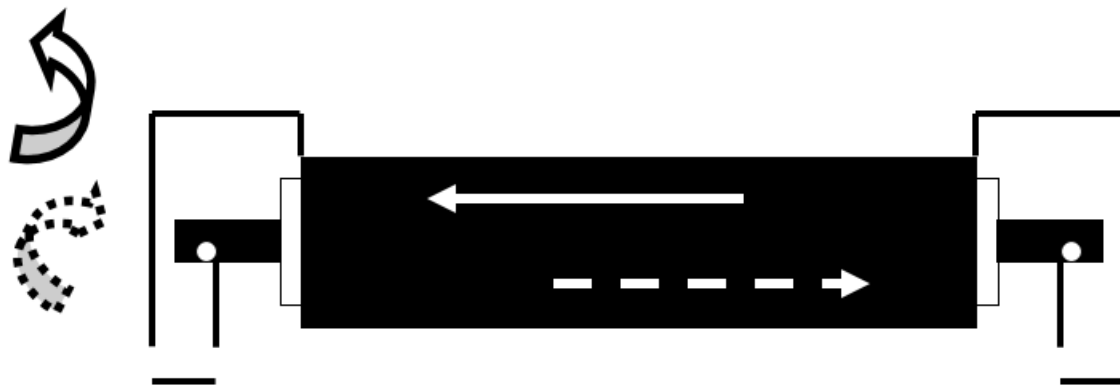
There should exist no environmental conditions (for instance powerful noise, bright light etc) that would contribute to the natural or intellectual difficulty of the user.

The product should be positioned at an area with enough peripheral space, so that access for use or maintenance is allowed. It should not be placed near any source of heat and it should be continuously ventilated.

Alignment of Walking Belt

The alignment of the belt is correct when it moves to the middle of walking surface without slipping. The alignment can be achieved from the bolt that is on the left hand side of the frame. In order to move the belt left you turn the screw counter clockwise (quarter turns are recommended). If the belt is traveling too much to the left then you would turn the screw clockwise see picture. **Use only the left screw for alignment**, using both screws to adjust the tracking can create excessive tension on the belt which can result in decreasing the life expectancy of the drive motor and walking belt.

Direction of rotating the screw



In order to check the alignment after the initialization, start the treadmill at 7 MPH/12Km/H speed without standing on it for 2 minutes. Walk on the treadmill with medium speed for a short period of time. Check if the belt moves to the middle surface without slipping. If it does not repeat procedure.

Using the Treadmill

Step onto the treadmill only when it is stopped. Place each of your feet on the right and left-edge margin of the treadmill. Start the treadmill manually or automatically as it is described before. Step on the belt and start to walk. If you are operating the treadmill manually increase or decrease the speed with the corresponding keys.

Begin to run slowly and increase the speed of the treadmill, do not try to stop the belt with your legs .When you reach desired speed let go of the handle bar and run for as long as you wish. When you want to stop running, decrease the speed or press the emergency off switch to stop.

ATTENTION

If you must jump off the walking belt hold firm to the side or front handrails.

Always push the Stop Key when you want to stop the treadmill!!!!

Do not step on the treadmill when the belt is moving.

Other Precautions

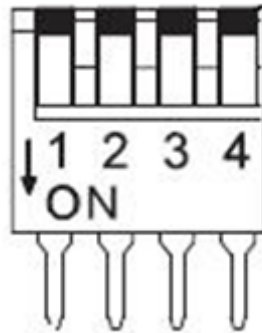
1. Do not touch the running belt with your hands when the belt is moving.
2. Hold the protective bars in the beginning and at the end of each exercise session, when changing speed and before you push the Stop Button, because this results in stopping the movement of the belt.
3. Use the treadmill only with one person at time.
4. When you use the treadmill wear suitable clothes and shoes.
5. When the belt is running do not step heavily and do not try to stop it, run with the same speed.
6. If you feel dizziness, nausea, or you feel some other unusual symptom, stop exercising and consult a doctor before you continuing.

Input / Output USB or Serial

ATTENTION!

To connect or disconnect the serial interface cable with the treadmill, shut down the power from the treadmill and the PC. Otherwise problems in the communication may occur.

The treadmill is provided with an input/output RS 232 and a USB port for connection with computer. You cannot use the treadmill with both USB and RS232 port. Choose one port from the dip switch on the front of the treadmill next to the serial port. When the treadmill is connected with this port then will be supposed is removed the console of handling. Last but not least there is an option from changing the speed of the treadmill from Km/h to Miles/h. The next table illustrates the operation of each switch.



Sw1	On	Off
1	12V on	12V off
2		
3	M/h	Km/h
4	USB	Serial

Technical Specifications

Modes of operation: Automatically
 a) Medium RS 232, USB from PC.
 b) Optionally manual from the control panel.

Automatic programs: 10
 Programmed from User with auto exec. 5
 Programmable operation: With PC with program.
 Input / output: RS 232 C (Trackmaster protocol)
 Display: Time, Speed, Grade, HR, Elevation, Run
 Time, Distance, Program

FEATURES	SPECIFICATIONS
Drive System	Digitally Controlled 3 or 4 HP AC High Torque Commercial Drive System
Running Surface	CMT 20-58 20 x 58 in. (51 x 147 cm)
	CMT 22-63 22 x 63 in. (56 x 160 cm)
	CMT 26-73 26 x 73 in. (66 x 185 cm)
Speed Range	CMT 20-58 0.1-12 mph (.16-20 km/h)
	CMT 22-63 0.2-15 mph (.32-25 km/h)
	CMT 26-73 0.3-22 mph (.48-35 km/h)
Incline Range	0–25%, in 0.5% Increments
User Weight Capacity	500 lb. (228 kg)
Deck Height	Patient Step Up Height Only 7.5 in. (19 cm)
Emergency Stop	Included on all Standalone Models
Regulatory Info for all CMT Models	ETL, CE, ISO 9001-2000, ISO 957.1, ISO 957.6, SA CE 0653, Class 1 MDD 93/42/EEC, EMI, EMC
Warranty	Domestic - 2 Years Parts, 1 Year Labor International - 3 Years Parts

Maintenance

The individual that will provide the maintenance is not required to have particular qualifications, but must read and follow the instructions in this handbook and should feel.

Attention! High voltage

Danger of contact, with material that has high power, short-circuit, burn

Do not connect the instrument to the power supply and do not operate with the protective lid of the mechanisms open. Before opening the protective lid of the mechanisms, disconnect the product from the power network

Attention! Moving parts

Danger of contact with moving parts

User Maintenance

1. Lubrication of belt

Before lubricating the belt disconnect the treadmill from the power.

If you feel that the belt is sticking:

Elevate the belt and spray a small amount of lubricant between the belt and the walking deck surface. Do not spray too much because you can cause the belt slip to slip on the front roller.

2. Exterior cleaning

Before the cleaning disconnect the treadmill from the power.

- Cleaning the surface of belt with a mild detergent.
- Do not use solvent.

Instructions for small repairs

Before performing any repairs disconnect the treadmill from the power.

The individual that will execute the maintenance is not required to have particular qualifications, but must thoroughly read and follow the instructions in this handbook.

****The owner and his personnel are kindly requested to refrain from attempting to repair or replace broken parts of the product.***

In case where it is required we request to contact with the supplier of product or with the manufacturer.

Trouble Shooting

List of likely problems that can cause immobilization of instrument:

	PROBLEM	PROCESS
1	Treadmill is not responding to the control device.	1. Check that the treadmill is plugged in.

		<ol style="list-style-type: none"> 2. Check On/Off Switch is in the On position. 3. Check that the Emergency Stop is released. 4. View Treadmill Operation on Page 6. 5. Check Input / Output on Page 8. 6. Call Service.
2	No Speed / Wrong Speed	Call for service
3	The belt sticks	<ol style="list-style-type: none"> 1. Stop Treadmill and turn off the power. 2. View Maintenance on page 10.
4	Belt Misalignment	<ol style="list-style-type: none"> 1. Stop Treadmill and turn off the power. 2. View Page 7 for belt alignment instructions.
5	No Elevation	<ol style="list-style-type: none"> 1. Stop Treadmill and turn off the power. 2. Check the fuse on the front of the treadmill and if it has been blown, replace with same type.
6	The optional CardioMed Software is not responding.	View the supplemental CardioMed Software manual.

Service Table and Repairs

	ACTION	PROBLEM	EXECUTED BY	DATE
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

NOTES: