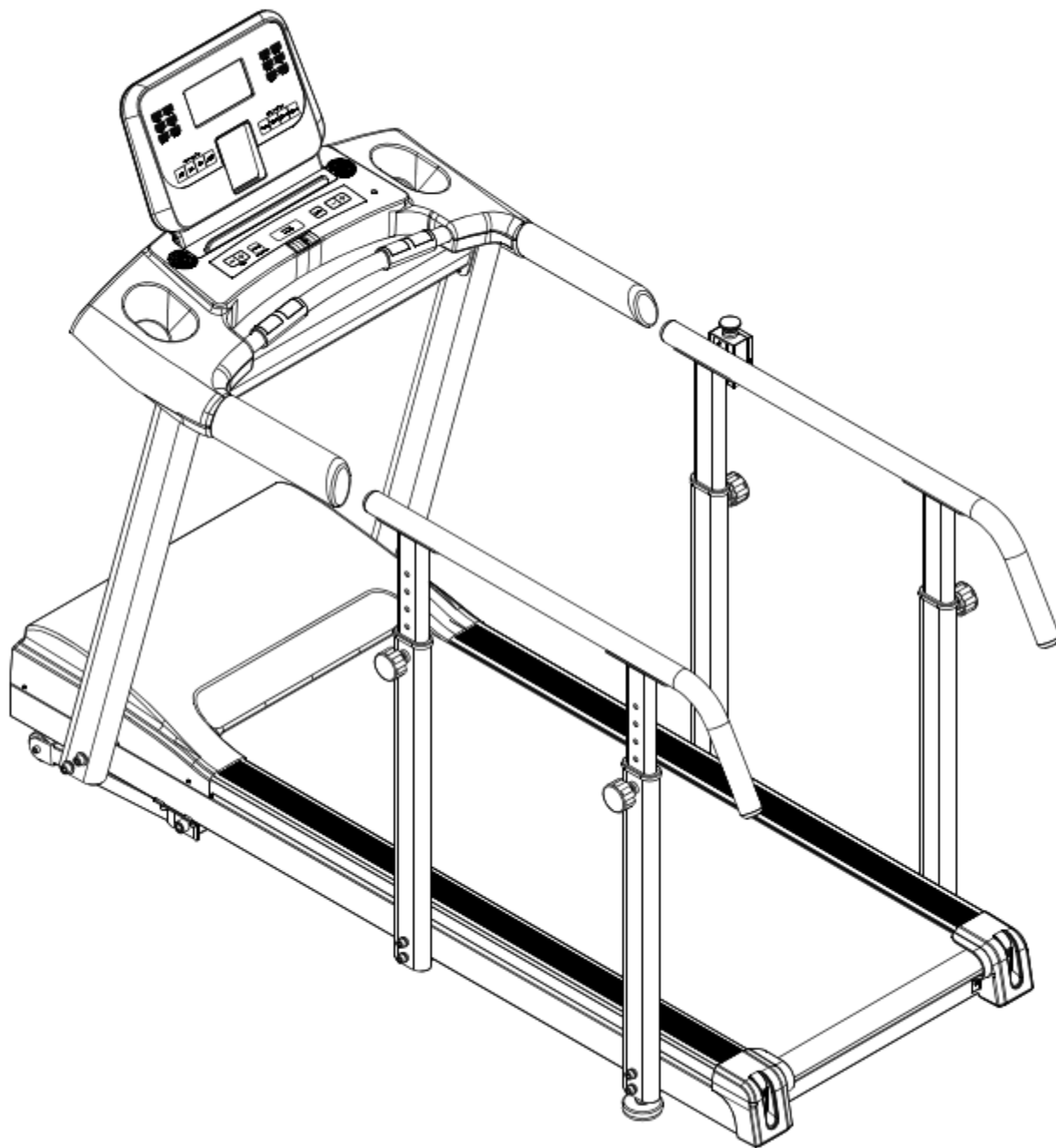


RehabMill¹

Owner's Manual



HealthCare International, Inc.

PO Box 1509, Langley, WA 98260

www.HCIFitness.com – sales@hcfitness.com

P: (360) 321-7090 or (800) 398-912

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Safety Precautions

This exercise equipment 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 and loose items away from moving parts.



NOTE:

MAXIMUM WEIGHT CAPACITY FOR THE REHABMILL IS 400 LBS. (181 KGS)

WARNING:

BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PEOPLE WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THIS FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

Dear Valued Customer,

Thank you for your recent purchase of the **RehabMill** from HCI Fitness. We believe that you have purchased one of the highest quality and affordable rehabilitation treadmills on the market today. Prior to using your new **RehabMill** please review the owner's manual and product tips to maximize your experience.

Wishing you the best of luck in reaching your health and fitness goals!

HealthCare International is a leading supplier and distributor of innovative products for Health, Wellness, Fitness & Active Aging. Visit our website - www.HCIFitness.com for information on all of our products.

Warranty Information

(Your Serial Number is found on a white sticker at the rear base of the unit, the front of the user manual, and on the box)

Serial #:

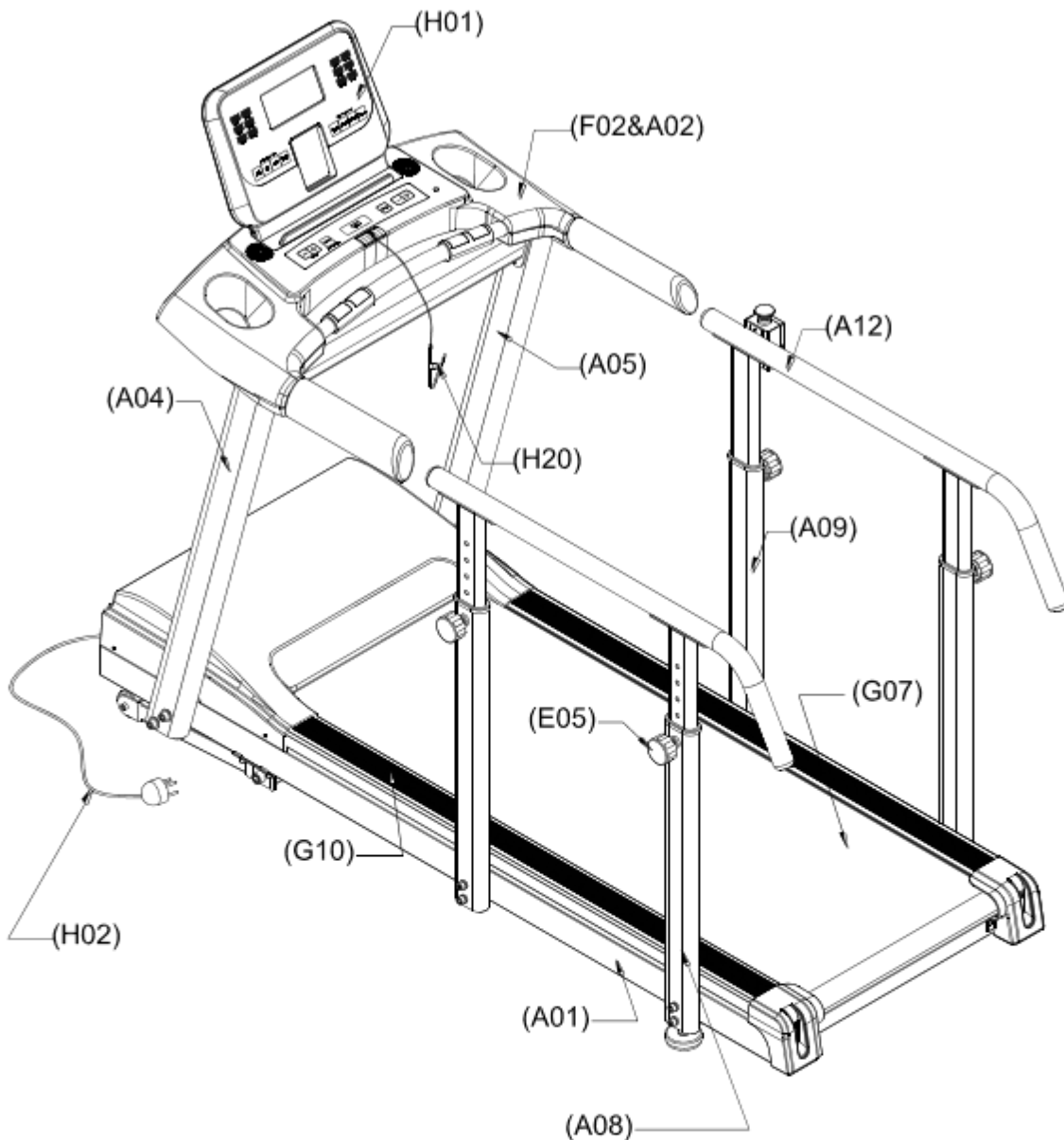
Purchase Date:

3 Year Parts Warranty, 1 Year Labor, Lifetime Main Frame

NOTE

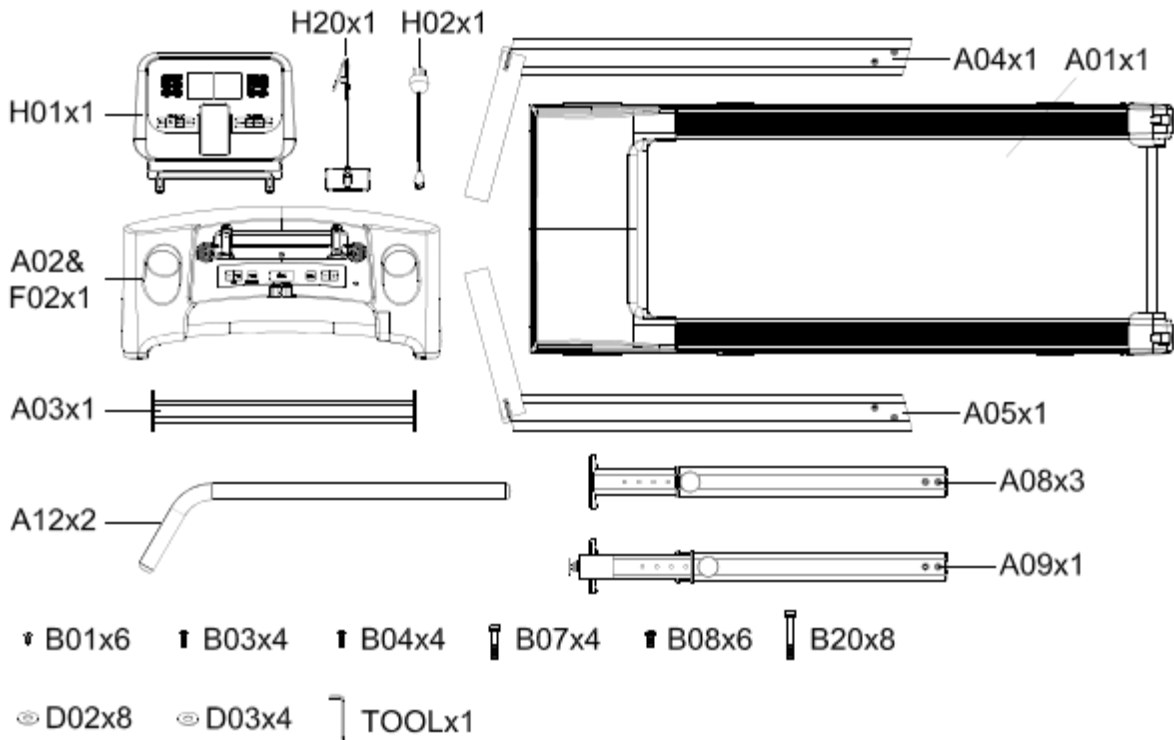
Before you start to assemble this unit, please note that some of the parts and screws needed for assembly are already in place on the unit.

Treadmill Overview



- (A01) MAIN FRAME ASSY
- (A02&F02) CARGO HOLDER CASE ASSY
- (A04) LEFT UPRIGHT POST
- (A05) RIGHT UPRIGHT POST
- (A08) SIDE SUPPORT POST(LONG)
- (A09) SIDE SUPPORT POST(SHORT)
- (A12) AUXILIARY HAND RAIL
- (E05) ADJUST MENT KNOB
- (G07) RUNNING BELT
- (G10) ANIT-SLIP STRIP
- (H01) MONITOR
- (H02) POWER CORD
- (H20) SAFETY KEY

Components List



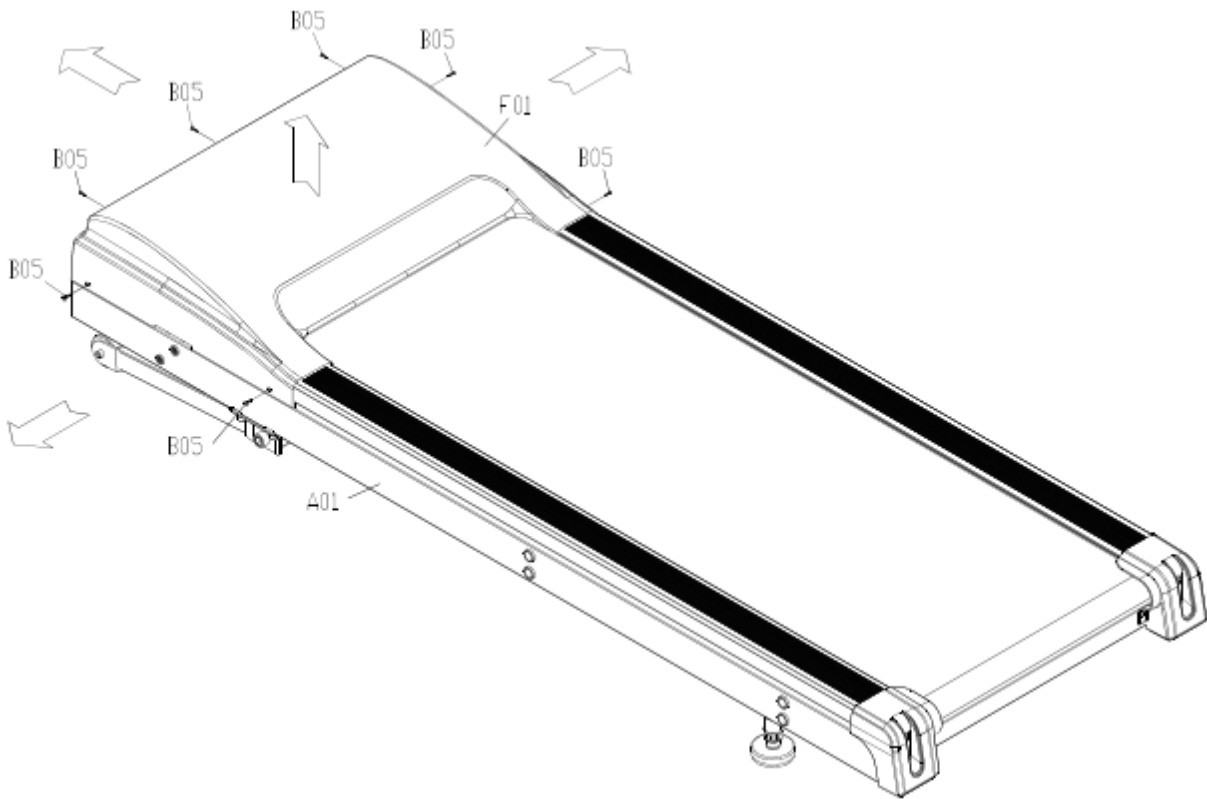
	PART NO.	ITEM	QTY
1	A01	Main Frame	1 PC
2	A03	Console Connecting Tube	1 PC
3	A04	Left Upright Post	1 PC
4	A05	Right Upright Post	1 PC
5	A02+F02	Display Shroud	1 SET
6	A08	Side Support Post (Long)	3
7	A09	Side Support Post (Short)	1
8	A12	Auxiliary Handrail	2 PCS
9	H01	Console/Monitor	1 PC
10	H02	Power Cord	1 PC
11	H04	Safe Key	1 PC
12	B01	TP4x12L Screw (Sliver)	6 PCS
13	B03	M5x15L Cross Head Screw (Sliver)	4 PCS
14	B04	M6x35L Cross Head Screw (Sliver)	4 PCS
15	B07	M12 x75L Round Hex Head Screw(Sliver)	4 PCS
16	B08	M8 x20L Hex Head Screw(Sliver)	6 PCS
17	B20	M10 x90 L Hex Socket Cap Screw (Sliver)	8 PCS
18	D02	Ø10.2 x Ø20 x 2.0T Washer	8 PCS
19	D03	Ø12 x Ø25 x 2.0T Washer	4 PCS
20		TOOL (5mm Allen Wrench)	1 PC

Assembly Instruction

First Take out all parts from the carton and check if whole qty are coincident with Component List (Page 8 & 9), then place the treadmill onto flat, even floor.

Step 1:

Remove the fixed screws(B05X7) from the Motor Cover (F01),then open the Motor Cover(F01)



Step 2:

Connect Controller Wire(Middle Part) (H10) which is from the Right Upright Post (A05) to the Controller Wire(Lower Part) (H11) which is from Bottom Support Base.

Step 3:

Insert the Left & Right Upright Post (A04&A05) into the Bottom Support Base and make a loose connection with the following parts. DO NOT TIGHTEN ALL THE WAY UNTIL STEP 5 – Part 3.

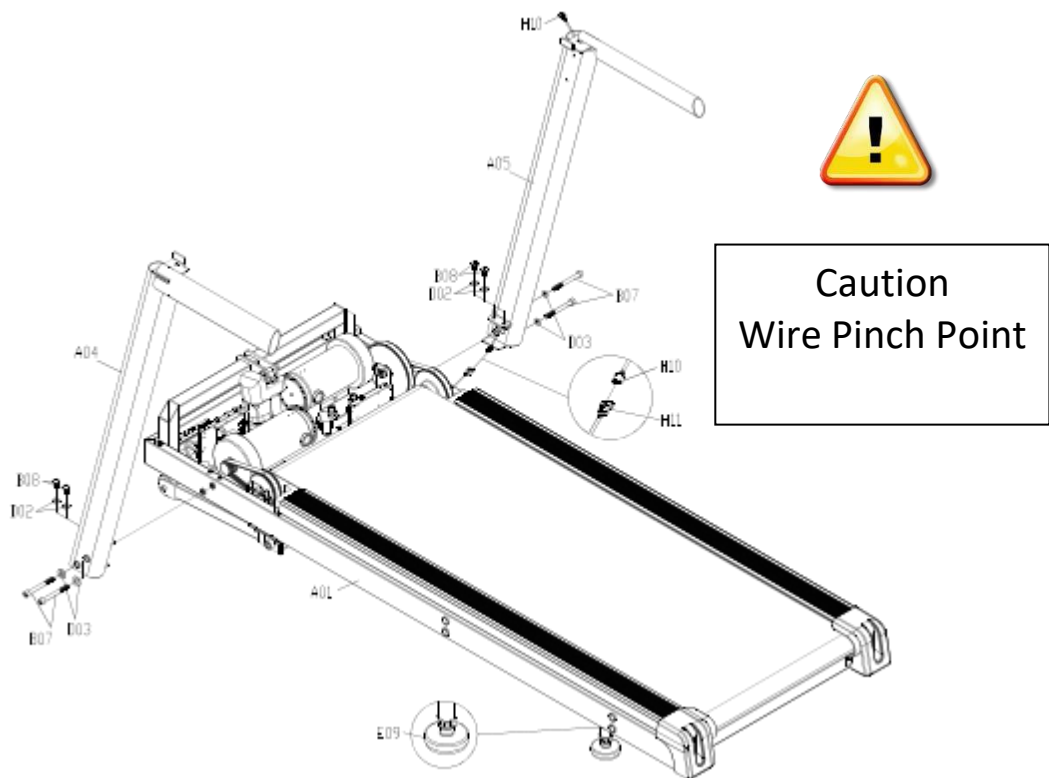
Qty4 — (B08) M8 x20L Hex Head Screw (Sliver)

Qty4 — (B07) M12 x75L Round Hex Head Screw (Sliver)

Qty4 – (D02) \varnothing 10.2 x \varnothing 20 x 2.0T Washer

Qty4 – (D03) \varnothing 12 x \varnothing 25 x 2.0T Washer

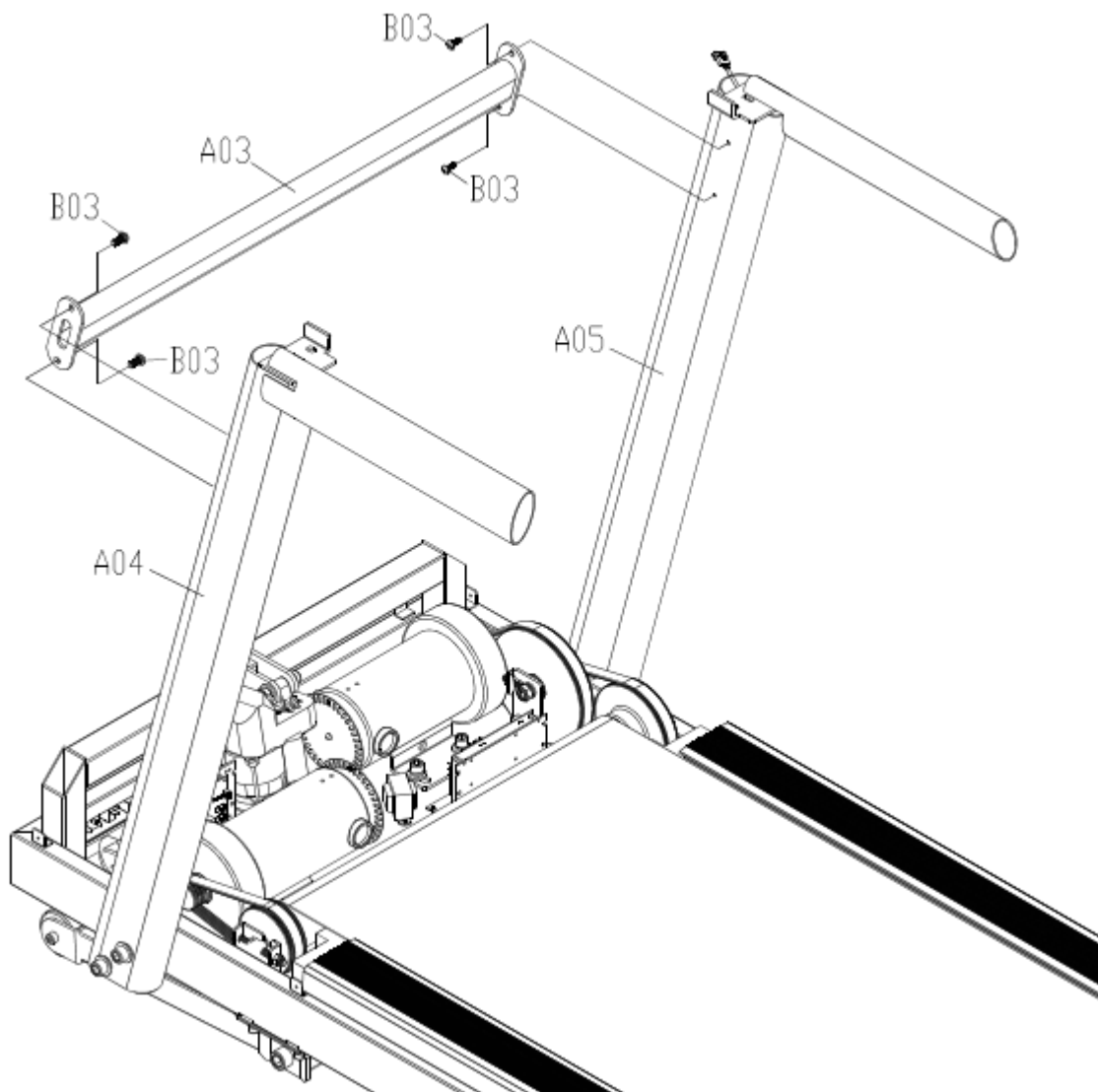
Foot Adjusters (E09) can help to adjust rear bottom height when the ground is uneven.



Step 4:

Attach the Console Connecting Tube (A03) to Left & Right Upright Post (A04&A05) using the following parts to make a loose connection. DO NOT TIGHTEN ALL THE WAY UNTIL STEP 5 – Part 3.

Qty4 — (B03) M5x15L Cross Head Screw (Sliver)



Step 5:**Part 1:**

Connect the Controller Wire(Middle Part) (H10) which is from the Right Upright Post(A05) to the Controller Wire(Upper Part) (H09) wire which is out from the backside of the Display shroud (A02).

Attach the Display Shroud (F02+A02) to the Left & Right Upright Post(A04&A05) respectively, per the following parts .

Qty 2——(B08) M8 x20L Hex Head Screw(Sliver)

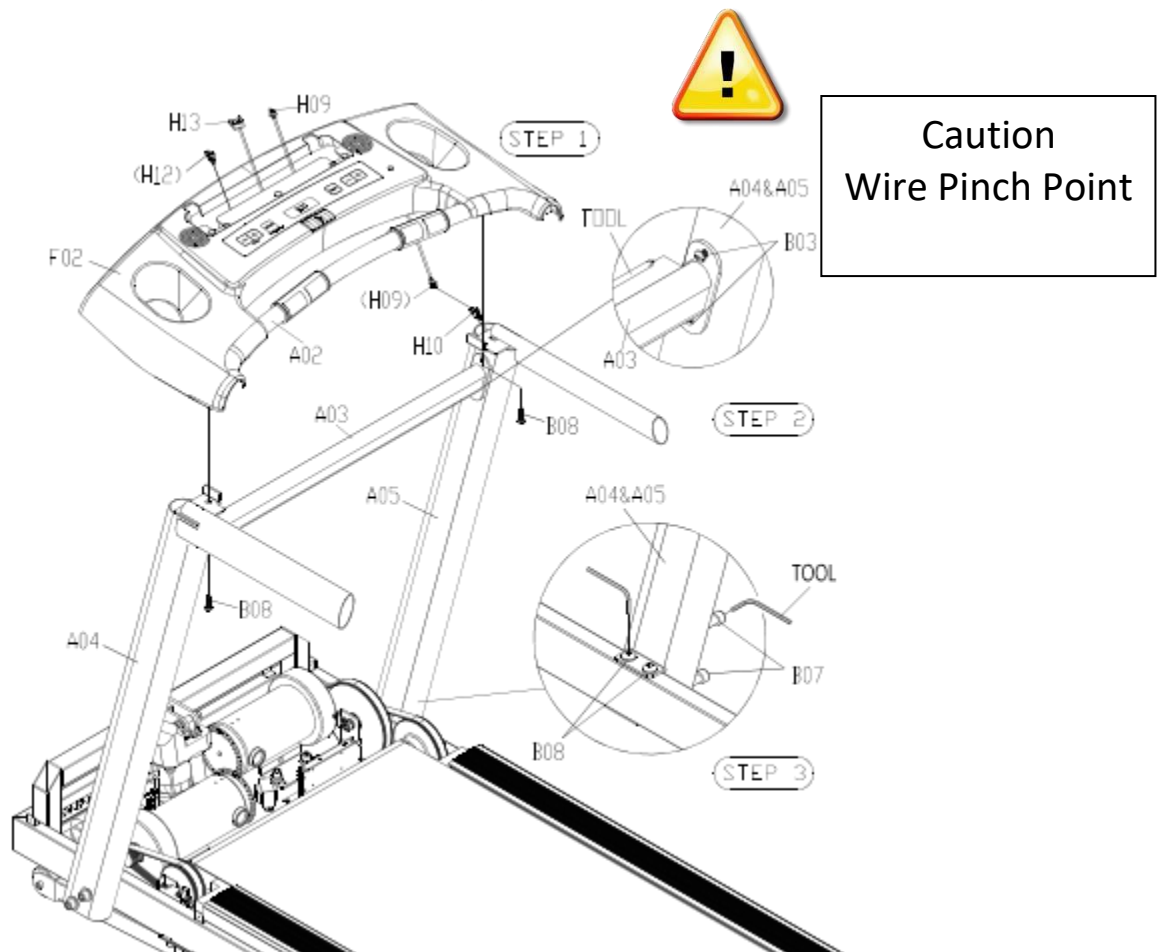
Part 2:

Now, fully tighten the Connecting Tube (A03) to the Left & Right Upright Post (A04&A05) respectively as the diagram , per the following parts .

Qty4 ——(B03) M5x15L Cross Head Screw (Sliver)

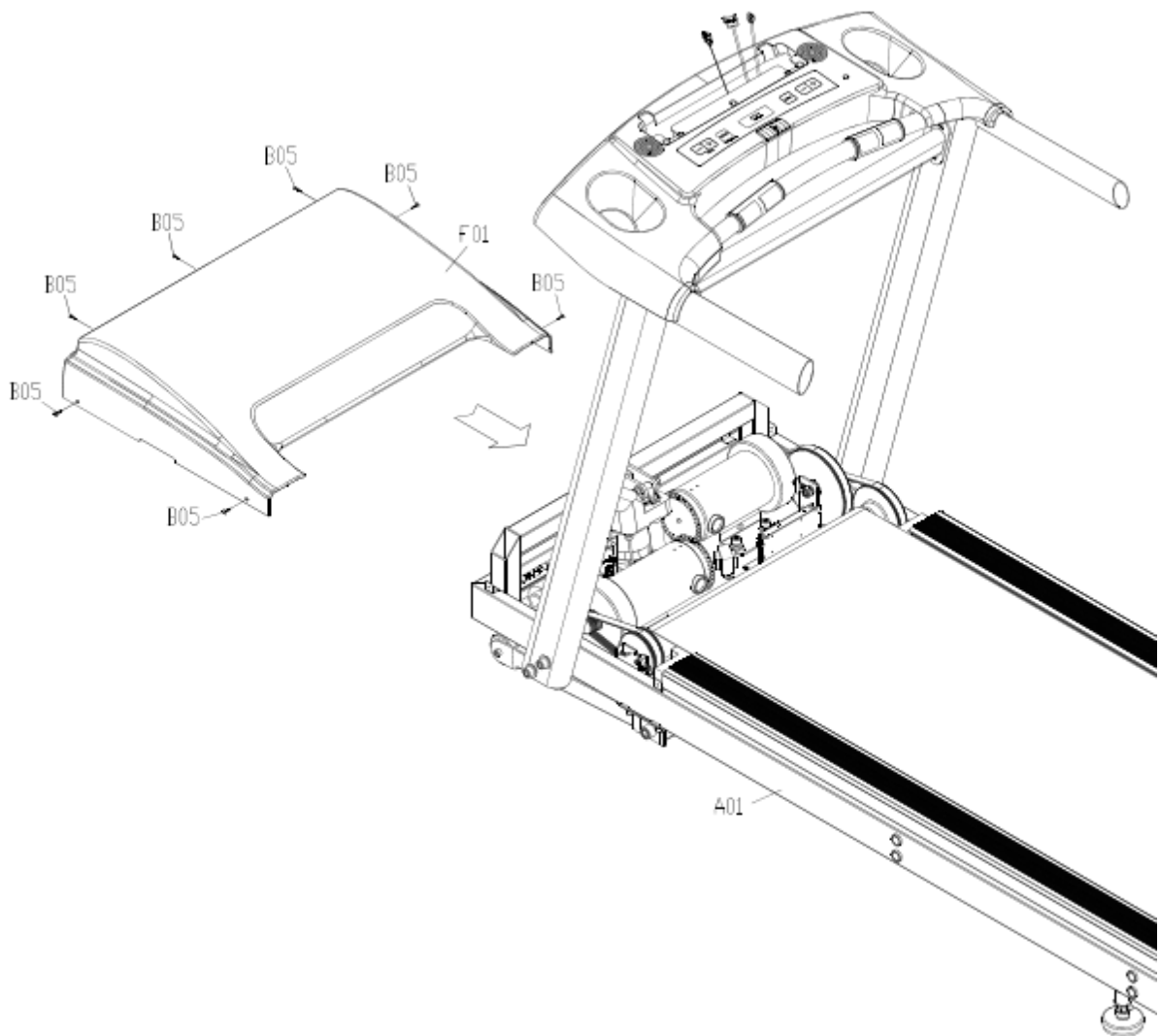
Part 3:

Then, fully tigheren the Left & Right Upright Post (A04&A05) with the Bottom Support Base with Screws(B07)&(B08) by Allen Wrench (as shown as below Diagram)



Step 6 :

Re-Install the Motor Cover (F01) to the Main Frame (A01) with Screws (B05 X 7) (as shown as below Diagram)



Step 7 :**Part 1:**

Connect the Extension Wire (H13) 、 Controller Wire(Upper Part)(H09)、 Hand Pulse Wires(H12) to the wires respectively which are out from the backside of Console (H01) as the diagram.

Part 2:

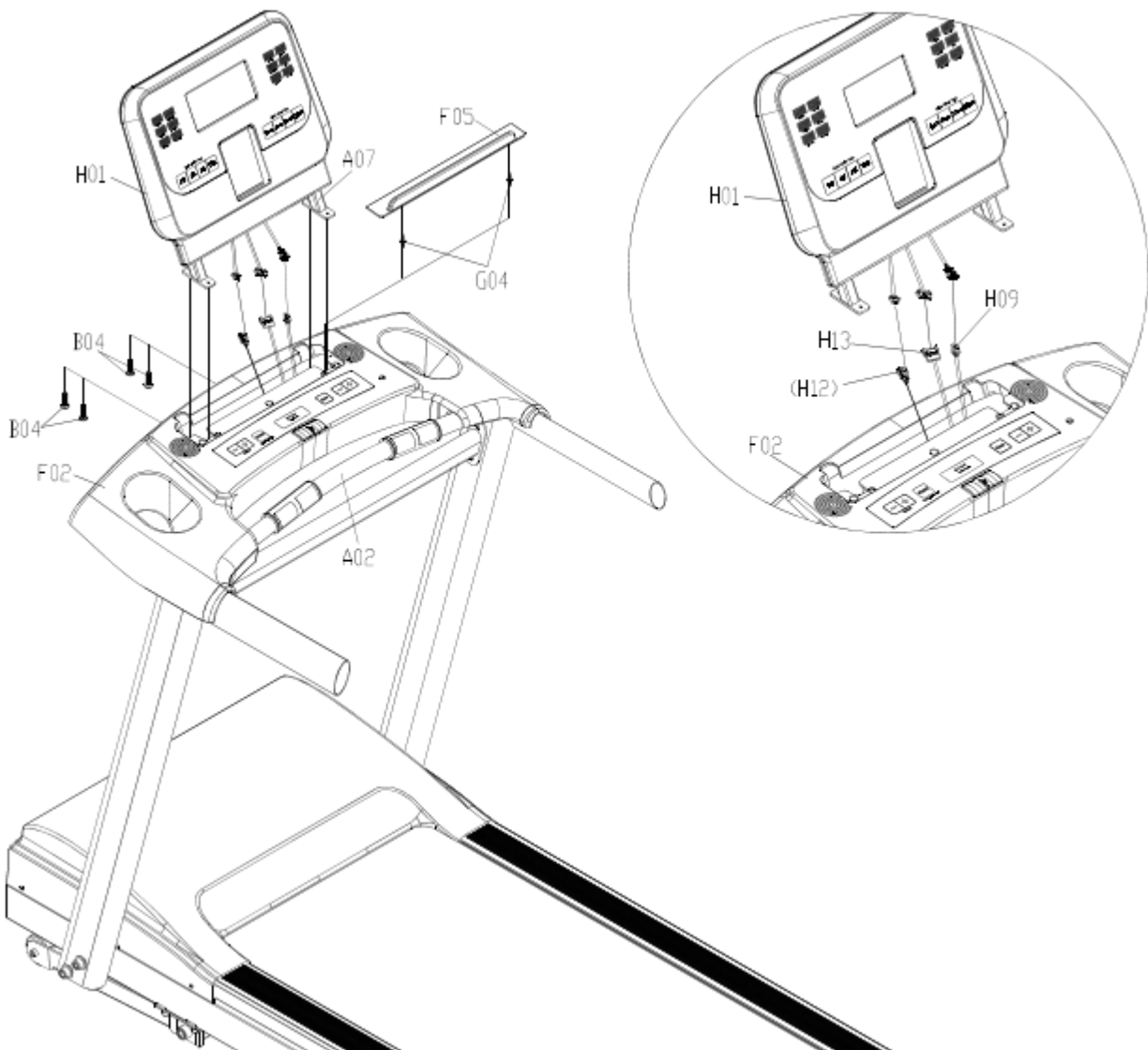
Attach the the Monitor Support Bracket (A07) to the Cargo Holder Case Support Bracket (A02), per the following parts .

Qty4——(B04) M6x35L Cross Head Screw (Sliver).

Part 3:

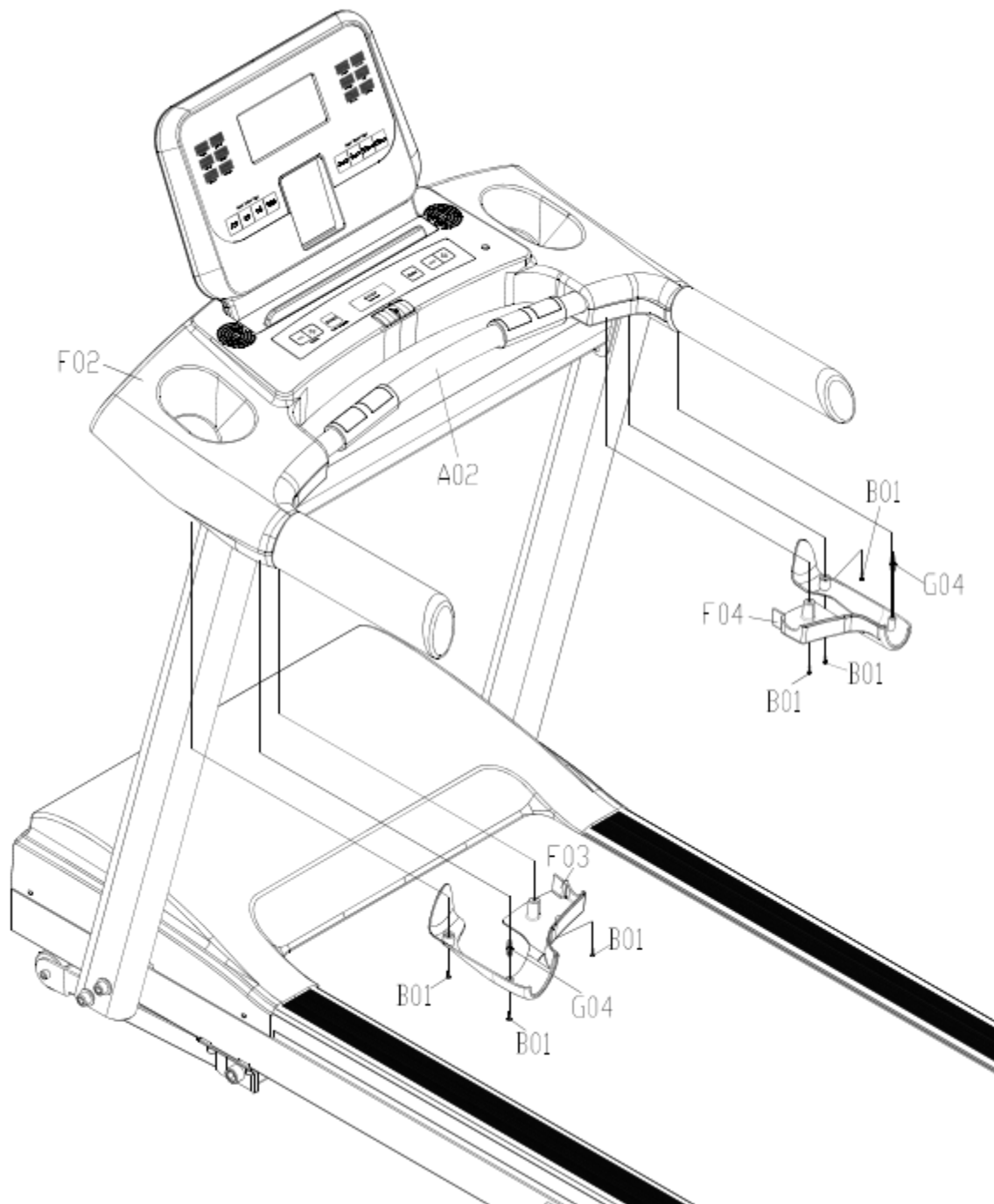
Attach the the Book Rack (F05) to Cargo Holder Case Assy (F02), per the following parts .

Qty2——(G04) Plastic Dowel Pin.



Step 8:

Install the Left& Right Upright Post Bottom Collar (F03&F04) and Cargo Holder Case Assy(F02) onto the Cargo Holder Case Support Bracket (A02), then Secure together with 6PCS TP4x12L Screw (Sliver) (B01) and 2PCS Plastic Dowel Pin (G04).



Step 9 :

Part 1: Connect the connector which is from the Emergency Switch (H03) to the Emergency Switch Jack (H19) wire which is out from the Control Board (High Speed) (H17) as the diagram.

Part 2:

Install the Side Support Posts (Long&Short)(A08&A09) to two sides of the Main Frame(A01) respectively as the diagram , per the following parts .

Qty 8 ——(B20) M10 x90 L Hex Socket Cap Screw (Sliver)

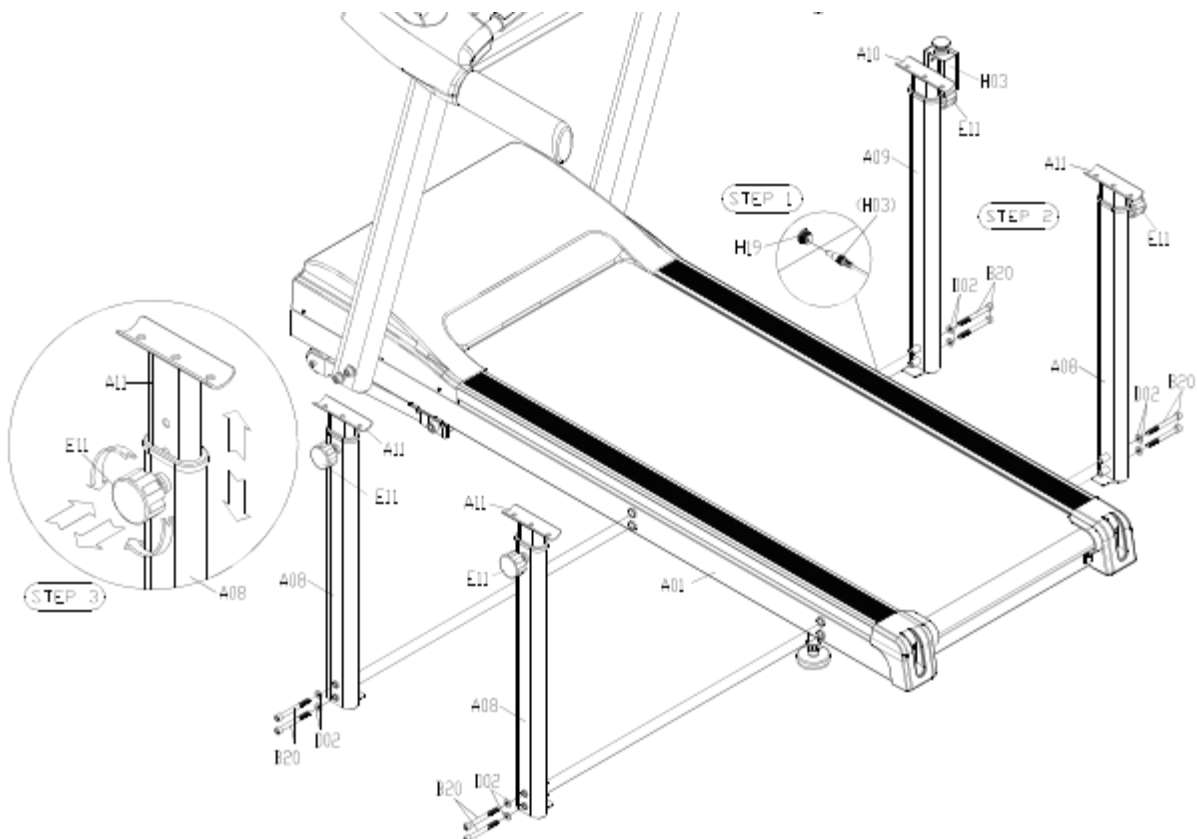
Qty 8 ——(D02) \varnothing 10.2 x \varnothing 20 x 2.0T Washer

Part 3:

- Turn Adjustment Knob (E11) counterclockwise to loosen.
- Pull Adjustment Knob (E11) out and adjust to your desired position as diagram
- Re-secure the Adjustment Knob (E11) and turn clockwise until tight to remove any looseness.

*** IMPORTANT**

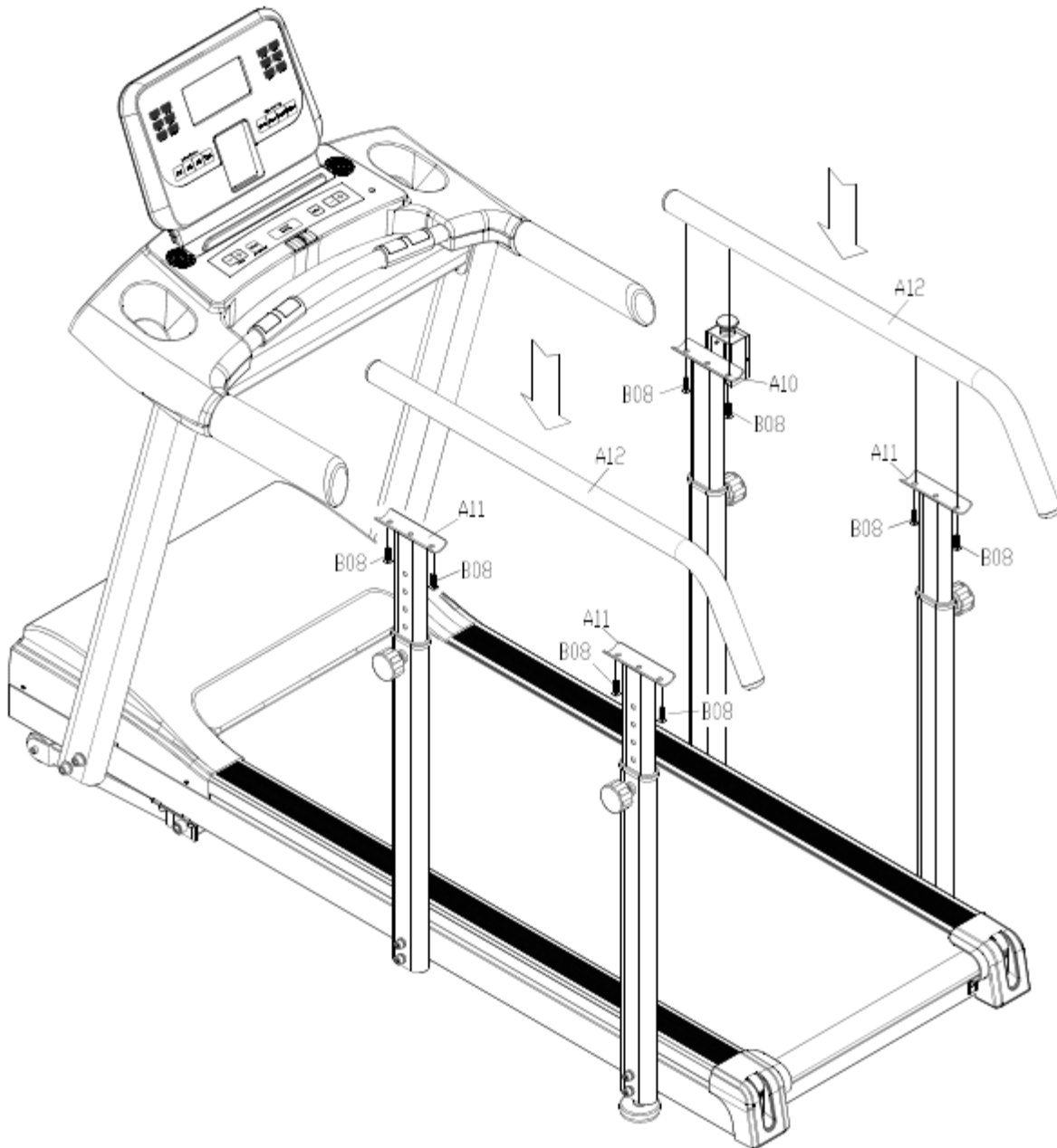
Adjustment Knob (E11) must be locked tightly into the holes of Side Support Post (Long & Short) (A08&A09) as the diagram before your exercising on the machine .



Step 10 :

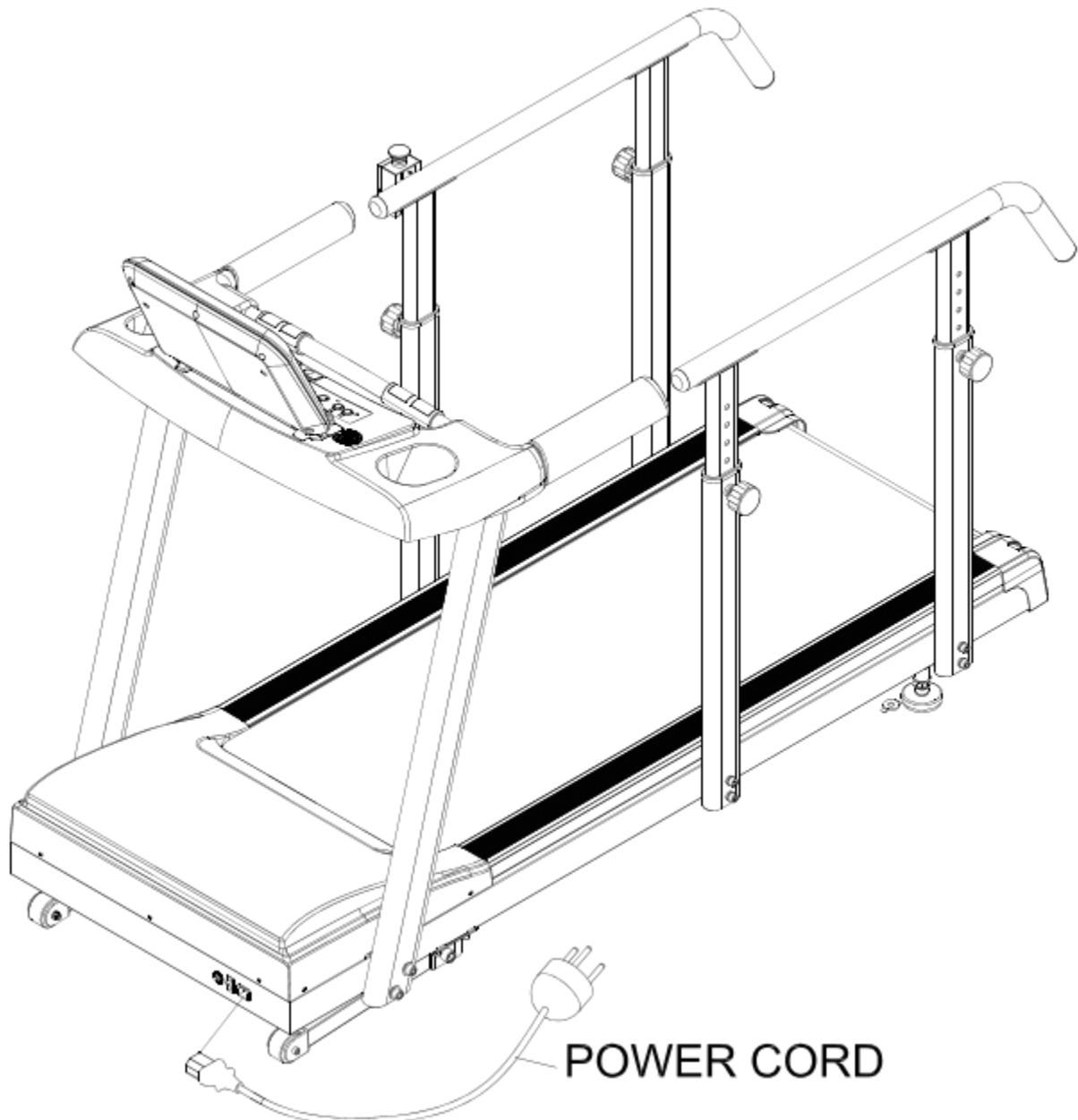
Lock two side Auxiliary Handrails (A12) into the Side Support Adjustment Posts (Long & Short) (A10&A11) respectively as the diagram , per the following parts .

Qty 8 —(B08) M8 x20 L Hex Head Screw (Sliver)



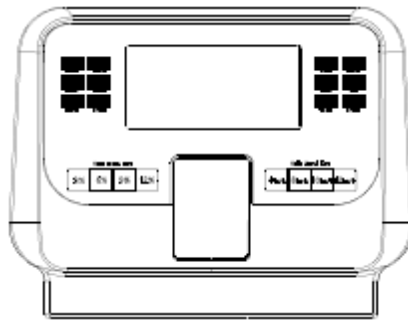
Step 11 :

This machine only can be powered by using the Power Cord(H02) , please make sure the Power Cable has already been plugged into the power jack on the front part of the frame. (as showed on the drawing)



Congratulations! You have completed the assembly of your new Treadmill!

Console Overview



1. Specifications:

(1) Programs including: 1Manual, 7 preset programs, 2USER, 2HRC,and Body Fat.

P0: Manual (field mode)	P5: Mountain	User1
P1: Plateau	P6: Rolling	User2
P2: Fat Burn	P7: Plateau	
P3: Random	Hrc1	
P4: Interval	Hrc2	

(2) Hear Rate detection : handgrip(standard), and wireless receiver(optional).

(3) P1 ~ P7, those preset program will change the speed.

(4) Speed adjust range:

1.0km ~ 18 km; 0.6M~10M (shown on speed panel) °

(5) Incline adjust range:

0 % ~ 15%

(6) 1LCD, 7 main keys, 4 speed instant keys, 4 incline instant keys.

(7) Calories rate 1 : 1.

(8) Time counting may choose counting up or down.

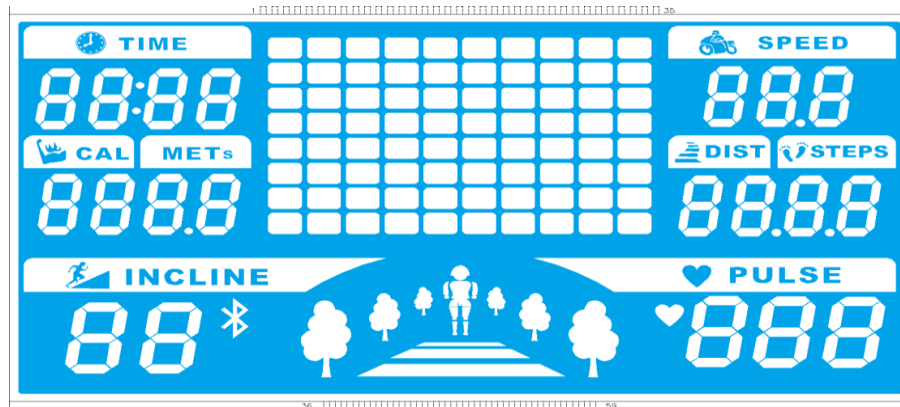
(9) Distance function.

(10) Weight & Age personal data.

(11) Blue tooth connection with your cellular phone, or pad, compatible with iOS/Android device, User can download APP from store, search keyword: Delightech.

(12) Pace Steps: For estimate, provide user reference only.

2. LCD display: Full lighting view



3. Keys function:

Key tone: While user press any key, will beep once.

Main keys:

INCLINE UP :

Increase incline; While in standby, choose program or adjust data value.

INCLINE DOWN :

Decrease incline; While in standby, choose program or adjust data value.

ENTER/Mode :

Choose Program; confirm the settings. Change display data.

START:

Start the treadmill motor.

STOP : Pause/Stop the treadmill motor.

Hold Stop to reset the treadmill, over 2 seconds.

SPEED UP :

Increase speed; While in standby, choose program or adjust data value

SPEED DOWN :Decrease speed; While in standby, choose program or adjust data value.

Incline Quick Keys: *Press and Hold 3 Secs.*

4. Operating & Control :

(1) Be sure the Safety key on, open the power switch on the treadmill deck, screen will fully display 2 seconds, and enter the standby mode.

(2) If release the Safety key, system will turn off immediately.

(3) Quick Start: when pressing the Start key, All Data use default, treadmill turn on in 3 seconds.

(4) User also can use the arrow keys to choose the program, and setting the data, then Start the treadmill. If user setting target data, the treadmill will stop while data counting down to the "0".

(5) Speed adjustment in 0.1kph/mph.

(6) Preset program per 5min. change to next time bar.

(7) Edit mode: Pulse will not appear.

(8) Pause/Edit mode, if no operating in a while, system will reset to standby mode.

(9) Start mode: user can use arrow keys to adjust the Speed/Incline.

(10) While in standby mode, user can press start key to start exercise in Manual program. And all data counting up.

(11) Standby mode, User can use ENTER/Mode key to set data

(12) Settings sequence: SPEED - TIME - DISTANCE

SPEED: 1.0 – 1.2 – 1.4 ...16.0

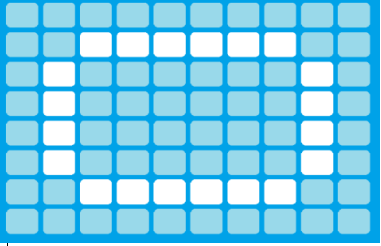
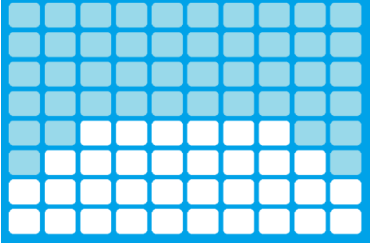
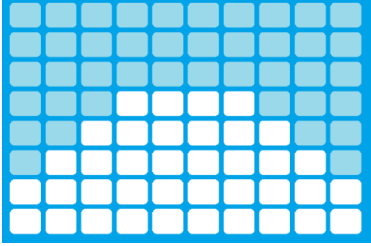
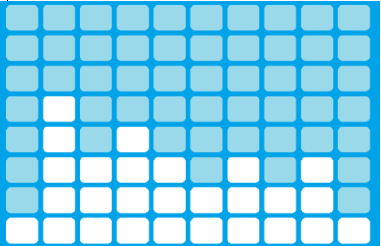
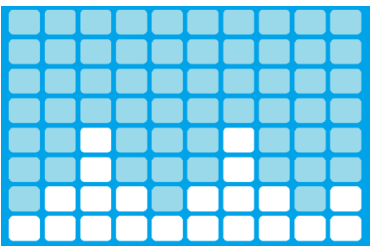
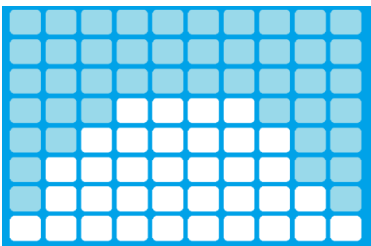
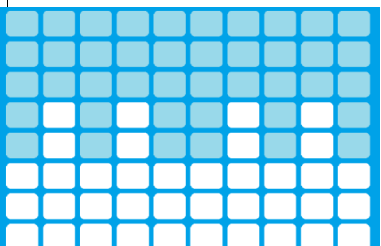
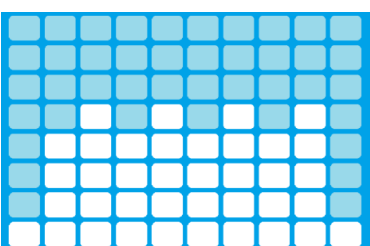
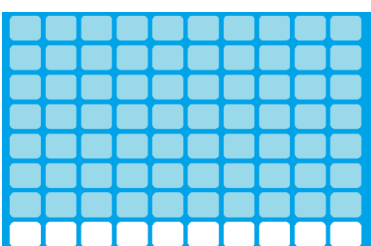
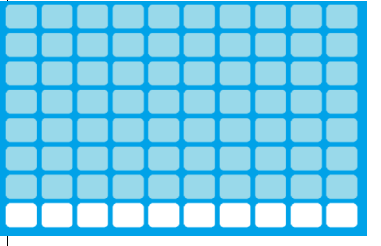
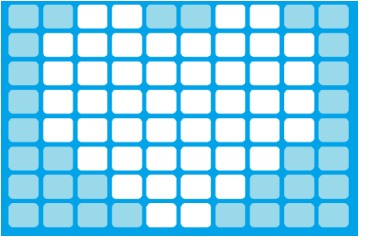
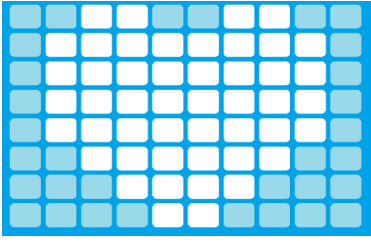
TIME: 0:00 – 5:00 – 10:00 ... 95:00

DISTANCE: 0.0 – 1.0 – 2.0 ... 99.0

(13) Pace Steps: Calculate the number of steps.

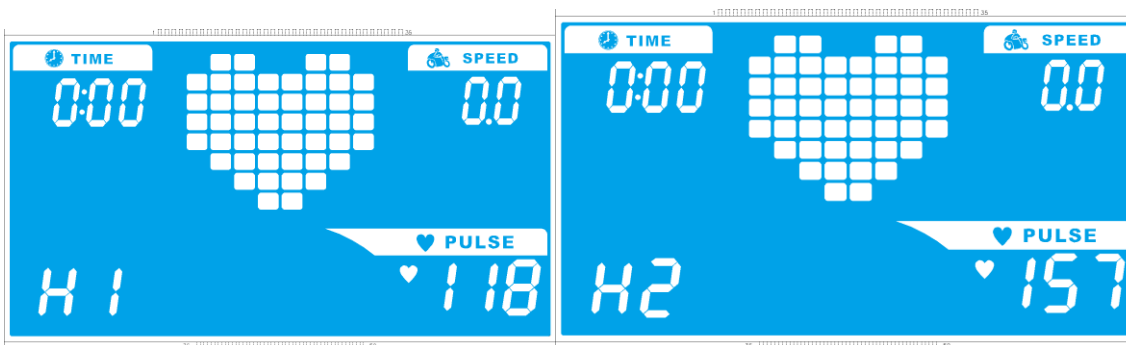
Measurements are an estimation and should not be used for medical purposes.

Program List:

<p>P0: Manual:</p> 	<p>P1: Plateau</p> 	<p>P2: Fat Burn</p> 
<p>P3: Random</p> 	<p>P4: Interval</p> 	<p>P5: Mountain</p> 
<p>P6: Rolling</p> 	<p>P7: Plateau 2</p> 	<p>User1</p> 
<p>User2</p> 	<p>HRC1</p> 	<p>HRC2</p> 

HRC (Heart Rate Control) :

- (1) While in Standby mode, use arrow keys to choose the program H1/H2. (HRC1 display in H1), And press enter key to enter the HRC program.
- (2) Target heart rate pending on the Age, setting range from 10 to 99 years old.
- (3) HRC1 formula $(216 - \text{Age}) * 65\%$, i.e. $(216 - 35) * 65\% = 118$
- (4) HRC2 formula $(220 - \text{Age}) * 85\%$, i.e. $(220 - 55) * 85\% = 140$
- (5) HRC control in Speed mode 【Incline present in Level 0】 , If no pulse detected in 30sec, system pause.
- (6) Speed will be adjusted automatically, pending on users' heart rate high/low in per 20 seconds. User can not adjust the Speed by themselves.
- (7) If users' $\text{HR} = \text{THR} \pm 5$, Speed will hold; If over range, the Speed will increase/decrease.

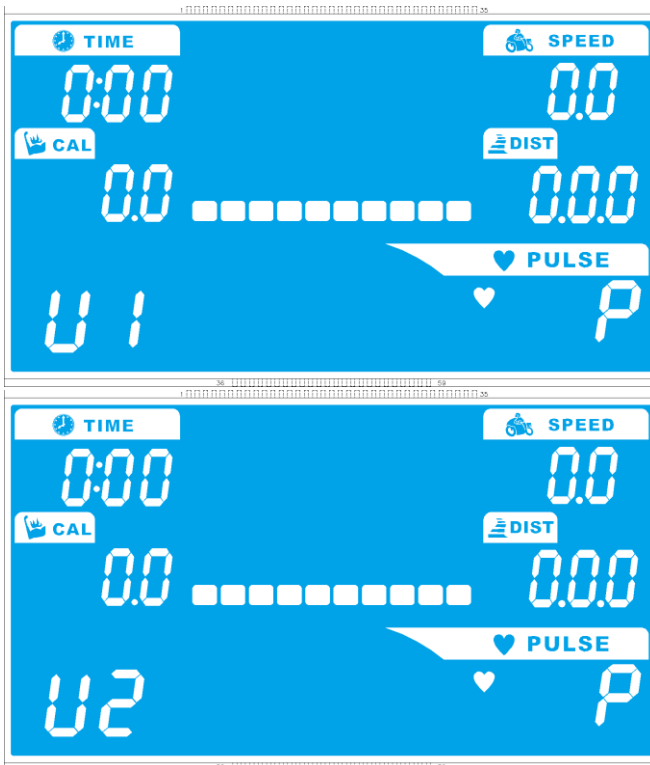


H1: HRC 65%

H2: HRC 85%

USER (User define) :

- (1) Use arrow keys to choose U1/U2. And press enter key to enter the User program.
- (2) Press ENTER(MODE) and use the arrow keys to adjust the speed value, from SPEED1 to SPEED10.
- (3) USER press START key to start the program.
- (4) Speed bar will change next in per 5min.



U1: User 1

U2: User 2

7. Error message and debug:

E1: No speed detected. °

- (1) Check speed sensor, loosen or broken. Speed sensor should be closer with magnet in 2 to 3 mm.
- (2) Check sensor connector attached to controller properly.

E2: System Data lost

- (1) Check EEPROM, loosen, replace EEPROM IC.

E6: Incline reverse

- (1) Incline motor wire reverse, switched red/black wire.
- (2) change the Incline motor.

E7: Incline out of the range

- (1) Change the Incline motor.
- (2) incline motor over heat, wait until motor recovered.
- (3) Check incline motor connection.
- (4) incline motor stuck, change the motor.

E9 : Communication error,

- (1) Console & controller communication error, check the system cable.

Trouble Shooting

Here are some solutions for simple technical support , please identify your problem first ,then follow the indication for fixing the problem , if they still not work , please consult to local distributor or producer for further assistance.

Problem	Possible reason	Method
Treadmill doesn't work.	a. Unplugged	Plug it into the socket
	b. Safety key is not in place.	Place the safety key in place in the displayer.
	c. Signal system circuit is disconnected or connected improperly.	Check the input signal cords of the displayer and other signal cords.
	d. Power is not turned on	Check the power circuit.

Treadmill Belt Lubrication

Lubricate Belt Before First Use and Every 3 Months or 130 Miles

1. Unplug RehabMill Power from wall.
2. Loosen Treadmill Belt 2 turns on each side.
3. Apply Lubricant to the Center of the Treadmill Deck in Zig- Zag pattern.
4. Tighten Treadmill Belt 2 turns on each side
5. Plug in RehabMill Power to wall.
6. Ensure Proper Belt Alignment
7. Walk on Treadmill for 5 Minutes to spread lubricant

Adjustment for Running belt balance

3.

All treadmills' running belts have been adjusted before they are sent out from factory. And they must be adjusted for second time after building up .But maybe after a long time using; the running belt is getting a little unbalanced.

The following reasons which may cause this occasion:

- a. The treadmill is placed unsteadily.
- b. When running, User does not run at the centre of the running belt.
- c. When running, User's two feet force is unbalanced to the running belt.

Adjustment:

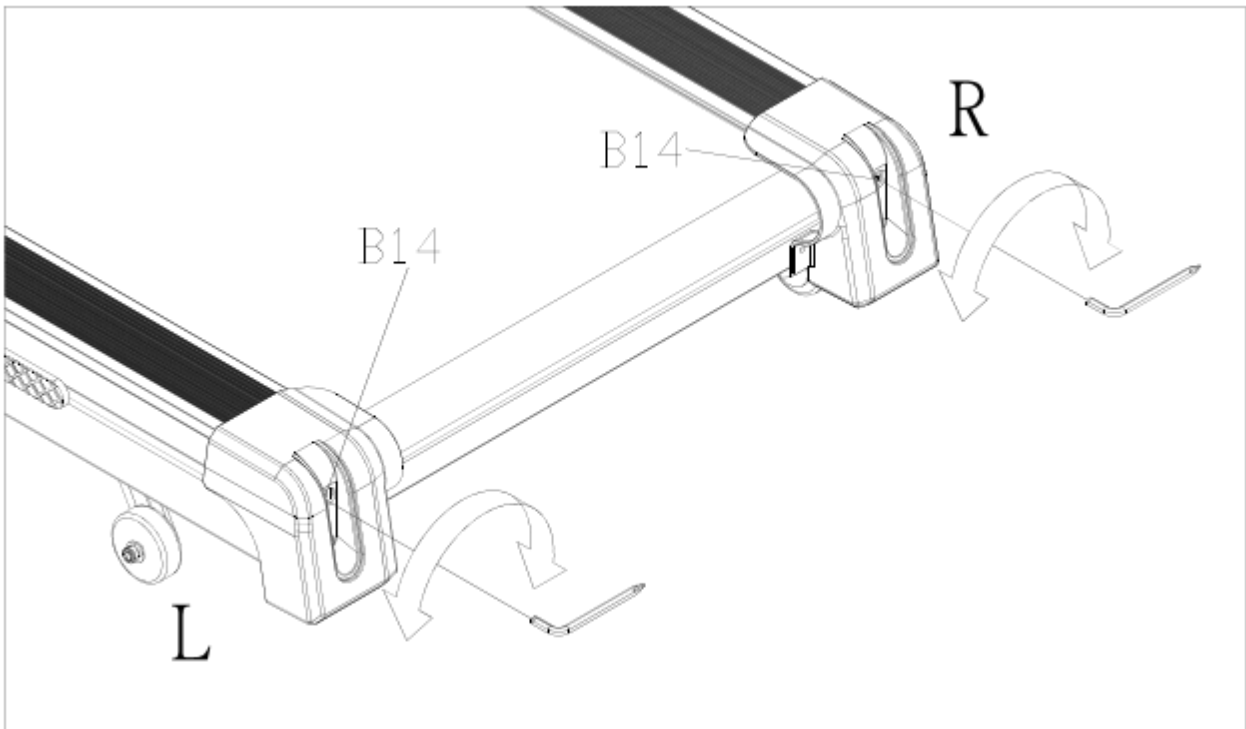
A. Let the running belt work for minutes without anything or anybody on it. If this does not work, please follow **B** guide.

B. Adjusting the screw bolts for running belt by following procedure with the 5mm Allen wrench tool .

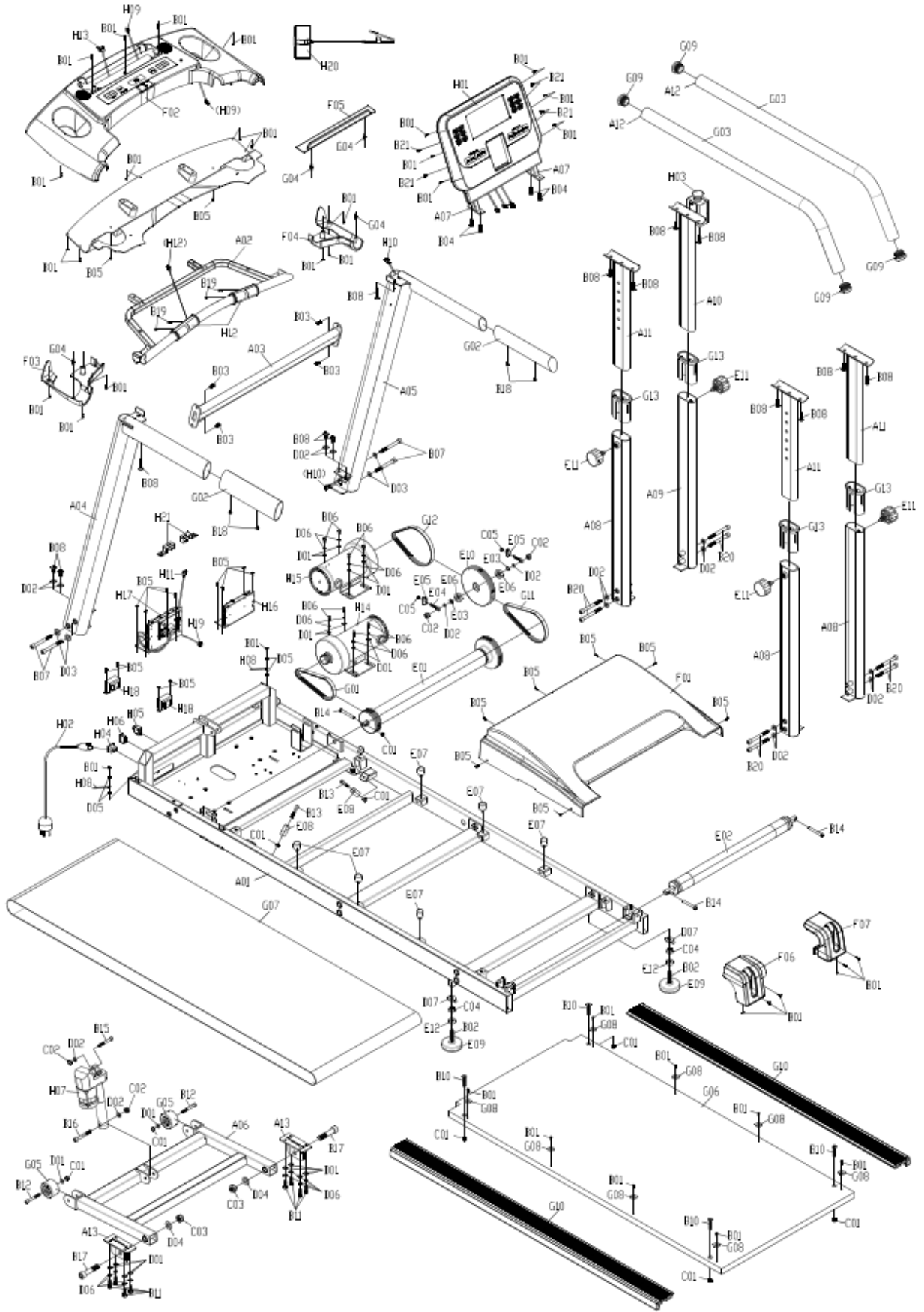
1. Place machine on even floor stably.
2. Turn on the machine and keep the speed around 5-6KM/Hour
3. Using the M5 Allen Wrench to insert into the hole sit at the Rear Bottom Cap as shown below picture, then judge which situation happened and choosing the solution by following indication and diagrams.
 - a. **When running Belt is leaning to right side too much** , please insert the M5 Allen Wrench into the Right side of Rear Bottom and turn clockwise .
 - When running Belt is leaning to left side too much** , please insert the M5 Allen Wrench into the Left side of Rear Bottom and turn clockwise .
4. Please wait for 15 seconds after every adjustment , if the running belt doesn't came back to the center of Platform , please repeat procedure a or b.

Caution: Be sure not to tighten the running belt excessively, otherwise it may speed the decade of running belt. And the unbalance of the running belt will do harm to running belt badly. User must pay more attention to this and adjust it in time.

Note: Running belt deviation does not belong to guarantee range. It can be adjusted by User in accordance with the above instruction.



S: Turn the Wrench clockwise mean tighten the left side of Rear Roller Axle (E03) to make the running belt to lean slowly to right side , but turn counterclockwise will loose the left side of Rear Roller Axle to make running belt to le to left side



Parts Diagram

NO.	ITEM	QTY
A01	Main Frame	1
A02	Cargo Holder Case Support Bracket	1
A03	Connecting Tube	1
A04	Left Upright Post	1
A05	Right Upright Post	1
A06	Front Elevation Frame	1
A07	Monitor Support Bracket	1
A08	Side Support Post (Long)	3
A09	Side Support Post (Short)	1
A10	Side Support Adjustment Post (Long)	1
A11	Side Support Adjustment Post (Short)	3
A12	Auxiliary Handrail	2
A13	Elevation Frame Mount Base	2
B01	TP4x12L Screw (Sliver)	31
B02	M12x68L Flat Head Screw	2
B03	M5x15L Cross Head Screw (Sliver)	4
B04	M6x35L Cross Head Screw (Sliver)	4
B05	M4x10L Phillips Screw (Sliver)	21
B06	M10 x25L Round Hex Head Screw(Black)	8
B07	M12 x75L Round Hex Head Screw(Sliver)	4
B08	M8 x20L Hex Head Screw(Sliver)	12
B09	M8x35L Hex Socket Cap Screw (Sliver)	2
B10	M8x40L Flat Hex Head Screw (Sliver)	4
B11	M8x25L Round Hex Head Screw (Sliver)	8
B12	M8x60L Hex Socket Cap Screw (Sliver)	2
B13	M8x40L Round Hex Head Screw (Black)	2
B14	M8x70L Round Hex Head Screw (Black)	3
B15	M10x50L Round Hex Head Screw (Sliver)	1
B16	M10x60L Round Hex Head Screw (Sliver)	1
B17	M16x75L Round Hex Head Screw (Sliver)	2
B18	Ø4*15L Self Tapping Screw	4
B19	TP3x20L Round Head Screw (Sliver)	4
B20	M10 x90 L Hex Socket Cap Screw (Sliver)	8
B21	M5x15L Round Head Phillips Screw (Sliver)	4
C01	M8 Nylon Nut(Sliver)	7
C02	M10 Nylon Nut(Sliver)	4

C03	M16 Nylon Nut(Sliver)	2
C04	M10 Flange Nut(Sliver)	2
C05	M6 Nylon Nut(Sliver)	2
D01	Ø8.2 x Ø19 x 1.5T Washer	18
D02	Ø10.2 x Ø20 x 2.0T Washer	12
D03	Ø12 x Ø25 x 2.0T Washer	4
D04	Ø16 x Ø32 x 3.0T Washer	2
D05	Ø4 External Tooth Washer	4
D06	Ø8.0 Spring Washer	16
D07	Ø12 x 3.0T Adjusted Washer	2
E01	Front Roller	1
E02	Rear Roller	1
E03	C Type Retainer Ring	2
E04	Eyebolt	2
E05	Adjustment Channel	2
E06	#6021 Precise Bearing	2
E07	Ø25 x 20-M8 x 12 Shock Stopper	6
E08	Running Belt Guider	2
E09	Foot Adjuster	2
E10	Pulley	1
E11	Adjustment Knob	4
E12	Foot Adjuster Spacer	2
F01	Motor Cover	1
F02	Cargo Holder Case	1
F03	Upright Post Bottom Collar (Left)	1
F04	Upright Post Bottom Collar (Right)	1
F05	Book Rack	1
F06	Frame End Cap (L)	1
F07	Frame End Cap (R)	1
G01	Motor Belt	1
G02	Handlebar Sleeve	2
G03	Auxiliary Handrail Sleeve	2
G04	Plastic Dowel Pin	4
G05	Transportation Wheel (Ø60 x 34 x Ø8)	2
G06	Running Deck	1

G07	Running Belt	1
G08	PE Spacer	8
G09	End Plug	4
G10	Anti-Slip Strip	2
G11	Low Speed Transmission Belt (A)	1
G12	Low Speed Transmission Belt (B)	1
G13	Side Support Adjustment Post Bushing	4
H01	Console/Monitor	1
H02	Power Cord	1
H03	Emergency Switch	1
H04	Power Jack	1
H05	Electricity Protector	1
H06	Power Switch	1
H07	Incline Motor	1
H08	Ground Wire	1
H09	Controller Wire(Upper Part)	1
H10	Controller Wire(Middle Part)	1
H11	Controller Wire(Lower Part)	1
H12	Hand Pulse Grip w /Wire	2
H13	Extension Wire	1
H14	Motor (Low Speed)	1
H15	Motor (High Speed) (MIT 2HP)	1
H16	Control Board (Low Speed)	1
H17	Control Board (High Speed)	1
H18	Transformer	2
H19	Emergency Switch Jack	1
H20	Safety Key	1
H21	Sensor	2