LANDICE

Move Series
M2 Genesis
Owner's Manual

Important Safety Instructions

Read all instructions before using the treadmill.

⚠ DANGER	**To reduce the risk of electric shock: always unplug the treadmill from the electrical outlet immediately after using and before cleaning.**
⚠WARNING	**To reduce the risk of burns, fire, electric shock or injury to persons:**

- 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.

- Close supervision is necessary when the treadmill is used by or near children or persons with disabilities.

- Use the treadmill only for its intended use as described in this manual. Do not use attachments not recommended by Landice.

- Never operate treadmill if it has a damaged cord or plug, if it is not working properly, or if it has been damaged. Call your dealer or certified service provider immediately for examination and repair.

- Keep the power cord away from heated surfaces. Be sure the cord has plenty of slack and cannot be pinched under the treadmill when it elevates and de-elevates.

- Never operate the treadmill with the motor cover air openings blocked. Keep the air openings free of lint, hair, dust, or debris.

- Do not drop or insert objects into any opening on the treadmill. Be sure no objects are near or beneath the treadbelt when you are using the treadmill.

- Do not use treadmill outdoors.

- Do not operate treadmill where aerosol (spray) products are being used or where oxygen is being administered.

- To disconnect, press **STOP**, pull the safety lanyard out, then remove plug from outlet.

⚠WARNING **Failure to observe the following warning statements can result in serious injury!**

- Do not use this product without first consulting your doctor if you suffer from any illness, condition, or disability that affects your ability to run, walk or exercise.

- Do not use this product without supervision present if you are suffering from any illness, condition, or disability which affects your ability to run, walk or exercise. Failure to do so can result in serious injury should you fall while the treadbelt is moving.

- Failure to leave ample clearance around the treadmill could cause you to be trapped between the treadmill and a wall if you fall, resulting in burns or other serious injury from the moving treadbelt. **Allow a minimum clearance of 18 inches (46 cm) on each side of the treadmill. Allow a minimum clearance of 6 feet (183 cm) at the rear of the treadmill.**

- Never stand on the treadbelt when starting the treadmill. A sudden start could cause you to lose your balance. Always begin by placing your feet on the side traction strips, straddling the treadbelt, before turning the treadmill on.

- Always wear the safety lanyard clip securely on your clothing while exercising. Failure to do so can result in severe injuries should you accidentally fall while exercising.

- Test the emergency stop safety lanyard regularly by pulling on the cord and ensuring that the treadbelt comes to a complete stop when key is pulled.

- Familiarize yourself with this manual. Be sure you understand operation of the treadmill before use.

- Always follow basic safety precautions when using an electrical appliance.

Grounding Instructions

⚠WARNING	**Connect treadmill to a properly grounded, dedicated electrical outlet only. See the following Grounding Instructions.**
⚠WARNING	**This product contains chemicals known to the state of California to cause cancer and birth defects or other reproductive harm.**

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The treadmill is equipped with a cord having an equipment grounding conductor and a 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 grounding connector can result in a risk of electric shock. Check with a qualified electrician/service technician if you are in doubt as to whether the treadmill is properly grounded. Do not modify the plug provided with the treadmill–if it will not fit the outlet, have a proper outlet installed by a qualified electrician.**

Treadmills marked 120 VAC are intended for use with a grounding plug in a nominal 120-volt circuit. Ensure the treadmill power cord is connected to an outlet having the same configuration as the plug. No adapter should be used with the treadmill.

If the treadmill must be configured for use on a different type of electrical circuit, qualified service personnel should make the proper connection.

Before you Start the Treadmill: Safety

⚠WARNING **The treadmill will not operate unless the red emergency stop Safety Lanyard Block is pushed in. During operation, pulling the safety lanyard pulls the Safety Lanyard Block out, stopping the treadmill. To help prevent injury, always clip the Safety Lanyard Clip to your clothing while using the treadmill, to stop the treadmill if you slip or fall during your workout.**

Stop Button

Safety Lanyard Block

Lower Control Panel

Safety Lanyard Clip

Using the M2 Genesis Control Panel

This manual covers the Landice M2 with Genesis control panel. Quick start instructions for this control panel are outlined below. See page 41 for complete instructions.

A quick start guide for using the treadmill console controls is provided in the following table.

Treadmill Controls: Quick Start Guide

To Start the Treadmill: Tap the console to wake up the screen from sleep-mode. When the screen is awake, select a client or guest, then press **START** to begin a manual workout. The treadbelt will begin to move at 0.5 mph.

To Turn Off the Treadmill: Press **STOP** once to stop the treadbelt. After 10 minutes the console will automatically enter sleep mode. To force the console into sleep mode sooner, press the **STOP** button twice on the Lower Control Panel. To turn the treadmill completely off, turn off the power switch located near the power cord on the front of the treadmill.

To Pause the Treadmill: Press **PAUSE** icon to pause the treadbelt and statistical calculations. To remove pause press the green play icon. If you are in a program the treadmill will restart at the paused speed.

Treadmill Controls: Quick Start Guide (Continued)

To increase treadbelt speed: Press and hold **SPEED (+)** key to increase speed. The speed will increase faster if you hold the **+** key but will stop increasing when it reaches 3mph from original start speed. If higher speeds are required, repeat this process until the desired speed is displayed. **To decrease treadbelt speed:** Press and hold **SPEED (–)** to slow speed. Release **(–)** key when desired speed is shown on the SPEED display.
To change treadmill incline: Press and hold **INCLINE (+)** key to increase incline. Release key when desired incline is shown on INCLINE display. Press and hold **INCLINE (–)** key to lower incline. Release key when desired incline is shown on INCLINE display.
To return to motivational screens when viewing entertainment: press the **HOME** icon at any time to exit entertainment and view motivational screens.
Left and Right Arrows: Tap the left or right arrows to move through the motivational screens.
EXPRESS KEYS Tap the Incline/Speed number or **+/-** keys on the console to open a pop-up window that allows a quick increase or decrease in speed or incline. (Speed increase is capped for user safety.)

Turn on Child Lock

The treadmill has a feature called "Child Lock" that requires entry of a pass code in order to operate the treadmill. When enabled by the end-user, Child Lock prevents unauthorized persons from operating the treadmill. Please follow the steps below to enable/disable Child Lock.

1. While the treadmill is on the home screen press the settings icon on the bottom right side of the screen.

2. Tap on **Child Lock**, located on the left side of the screen.

3. Select **Enable** or **Disable**.

4. When the feature is Enabled, the pass code is **9010**.

Wi-Fi

Connecting the Genesis console to Wi-Fi allows access to various online services under the Entertainment section. Software updates are also pushed through Wi-Fi and it is recommended that this feature is turned on to ensure you have the latest version of software.

If you wish to connect to Wi-Fi, please follow the steps below.

1. From the home screen, tap the setting icon located at the bottom right side of the screen.

2. Tap **Wi-Fi Settings**. Slide the Wi Fi switch to the right to turn on Wi-Fi. This screen provides a list of Wi-Fi signals.

3. When your network is listed, tap on the network you wish to join and enter its Wi-Fi password.

Contents

1. Introduction

Landice has placed over 100,000 treadmills, ellipticals and bikes in the harshest commercial environments around the world, where our fitness equipment has proven its strength and durability. Landice products are designed by a world-class development team whose innovation defines the leading edge of fitness.

1.1. Before You Begin

Please do the following before you start to exercise on your treadmill:

- **Register your treadmill.** Landice backs your treadmill with a strong warranty. For the factory to respond if your treadmill has a problem, we need your warranty information on file. Register online at the link below. https://www.landice.com/pages/landice-product-registration-form

- Ensure that a suitable electrical outlet is available: 120VAC/15 amp dedicated circuit.

- Select the proper location. The treadmill should be installed inside a climate-controlled house. Areas such as garages and enclosed porches are not suitable locations for the treadmill. See "Installation" on page 19.

- Familiarize yourself with the features of the treadmill, shown in the following figures.

Figure 1-1. Treadmill Features and Controls

Table 1-1 Treadmill Features and Controls

Item	Description
Control Panel	Provides workout displays and controls.
Tablet Holder	Holds tablets up to 10"
Accessory Tray	Provides accessory storage.
Bottle Holders (2)	Holds bottles/cups.
Pulse Grips (2)	Detects pulse when hands are placed on the grips, allowing treadmill to calculate and display heart rate.

Table 1-1 Treadmill Features and Controls (Continued)

Item	Description
Lower Control Panel	Located between the pulse grips, this area provides easy-to-reach controls for stopping, starting or changing speed or incline during your workout.
Incline Adjustment	Raises/lowers the treadmill when pressed up/down. Performs the same function as the INCLINE (+/–) keys on the control panel.
START/STOP Buttons	Press **STOP** once to end your workout and clear statistical information. A workout summary will appear. Press **STOP** twice on the lower control panel to force the console into sleep mode.
Safety Lanyard Block	Provides the connection for the safety lanyard. The treadbelt will not move unless the safety lanyard block is pushed in.
Speed Adjustment	Increases/decreases treadbelt speed when pressed up/down. Performs the same function as the SPEED (+/–) keys on the control panel.

1.2. Heart Rate Monitoring

This section provides basic concepts of heart rate monitoring so you can better understand how to use it to reach the fitness level you desire.

1.2.1. What is exercise intensity?

Exercise intensity is simply a measure of how hard you are working at a given time during exercise. The ACSM, the world's leading medical and scientific authority on sports medicine and fitness, recommends that every individual involved in an exercise program know how hard his/her body is working during exercise.

Your heart provides key information for determining how intensely you are working during exercise. Your heart rate (how many times your heart beats per minute) is really an efficiency rating for your entire body. The number of times your heart beats during each minute of exercise is a measurement of the

intensity of the exercise. If your heart rate is low, exercise intensity is low; if your heart rate is high, your exercise intensity is high.

1.2.2. What is maximum heart rate?

Maximum Heart Rate (MHR) is the maximum attainable heart rate your body can reach before total exhaustion. True maximum heart rate is measured during a fatigue or "stress" test. This test must be done in a clinical setting and is not practical or accessible for most people.

⚠WARNING	**The use of this formula assumes no underlying heart or respiratory disease or other condition, which could be adversely affected by exercise. Consult your doctor before using this chart!**

Your maximum heart rate can be established with a high degree of accuracy using the following simple formula:

Estimated Maximum Heart Rate = 220 minus your age.

> **If John is 35 years old, what is his estimated maximum heart rate?**

> **John's estimated maximum heart rate is: 220 - 35 = 185**

185 beats per minute is the estimated maximum number of times John's heart can beat before his body would fatigue or "max out." This number is extremely helpful because it indicates the absolute highest exercise intensity John can handle before his body wears out. The ACSM says that during exercise, John should keep his heart rate below his maximum so that he will not become exhausted and have to quit. In fact, the ACSM gives John a specific percentage range of his maximum heart rate to exercise in, known as his Target Heart Rate Zone.(THRZ).

1.2.3. Why should I monitor exercise intensity?

Your heart is the most important muscle in your body and, like all muscles, must be exercised regularly to remain strong and

efficient. According to fitness experts, exercise is more effective when you work out in a specific heart rate range or zone. This is referred to as your Target Heart Rate Zone (THRZ) and is reflected by the number of heart beats per minute. This zone can vary greatly depending on your age, fitness level and various other factors. If your heart rate is too low during exercise, your body reaps little or no benefit. This means you're not likely to see the results you want, like weight loss or increased endurance. If your heart rate is too high during exercise, you may tire too quickly, become fatigued or even run the risk of injury.

Monitoring exercise intensity helps you to stay at a level of exercise that allows you to accomplish your goals. In fact, the ACSM recommends that, in order to get the most benefit from your cardiovascular exercise, you should work within your THRZ for at least 20 to 60 minutes per workout, 3 to 5 times per week. Knowing your exercise intensity (THRZ) will allow you to work at the right level of exercise to accomplish this.

1.2.4. How do I determine my Target Heart Rate Zone?

Your THRZ represents the minimum and maximum number of times your heart should beat in one minute of exercise. The ACSM recommends that all individuals should work within a Target Heart Rate Zone of 60% to 85% of Maximum Heart Rate. This means that your heart rate during exercise should not fall below 60% or rise above 85% of your maximum heart rate. Let's look at John from our earlier example. John is 35 years old, so his estimated maximum heart rate is 220 minus 35, or 185 beats per minute (bpm). The ACSM recommendation is that John should exercise between 60% and 85% of 185 beats per minute to stay in his THRZ. Let's determine John's THRZ:

- John's estimated maximum heart rate: 185 bpm
- Lower target limit: 185 (MHR) X 0.6 111 bpm
- Upper target limit: 185 (MHR) X 0.85 157 bpm
- John's target heart rate zone: 111-157 bpm

111-157 beats per minute is the range or zone for John's heart rate during exercise in order to achieve his goals. If John is a beginning exerciser, he'll want to stay at the low end of his

THRZ. If John is a more advanced exerciser, he may want to work at the higher end of his THRZ to challenge himself more. The following list shows the different intensity levels within a target heart rate zone:

- Beginner: 60% of MHR
- Weight Loss: 75% of MHR
- Aerobic: 85% of MHR

1.3. Heart Rate Monitors

Heart rate monitors are built into the treadmill's pulse grips, and a Bluetooth wireless chest strap monitor is also included.

Exercising too hard can put you at a risk for injury. A heart rate monitor reminds you of the safe and effective heart rate intensity at which you should exercise and warns you if your workouts go too far.

If you want to reach your exercise goals, it's important to stay in your THRZ during workouts. A heart rate monitor provides a reminder of the intensity and quality of each workout session.

Landice heart rate monitors are used to monitor your level of exercise intensity during workouts. Pulse meters have a high margin for error. Manual pulse measurements during exercise can result in errors as high as ±15 beats per minute, with the risk of potential error increasing as heart rate increases.

1.3.1. Bluetooth Wireless Chest Strap Monitoring System

The Wireless Chest Strap transmitter works best against bare skin because sweat (salt water) is an electrical conductor. If you are having trouble getting an accurate pulse reading, try moistening the electrodes on the chest transmitter with water.

Center the transmitter on the chest as high under the pectoral muscles (breasts) as possible. Tighten the strap so that the belt is as tight as possible without being uncomfortable.

After the wireless chest strap is correctly fitted on the person working out, it must be connected to the console.

1. Before you begin working out press the settings icon on the bottom right of the home screen.

2. Tap on the words **Bluetooth Heartrate**.

3. Tap **Search Device** and the console will provide a list of detected Bluetooth devices. If a list of Bluetooth devices is not shown, check the upper right corner to confirm this feature is turned on.

4. Tap the desired device you wish to connect to the machine.

5. **Connected** is displayed next to the device when it is paired to the console.

1.3.2. Contact Heart Rate Monitoring System

The Contact Heart Rate Monitoring System is designed for use at walking speeds. A natural running motion involves using your arms to maintain balance. Since the Contact Heart Rate Monitoring System requires your arms to remain stationary, we recommend using the pulse grips at walking speeds.

To use the Contact Heart Rate Monitoring System:

1. Switch to any screen that shows Pulse.

2. Grab the pulse grips located on the cross bar with your left and right hand. When you place your hands on the grips it may take up to a minute for your heart rate to appear. Your heart rate will be continuously monitored while your hands remain on the grips.

The HRC programs make speed and elevation adjustments to maintain your target heart rate while your hands remain on the grips. If you remove your hands the HRC programs will not change speed or elevation until you place your hands on the grips.

Note: **If you are wearing the wireless chest strap, the heart rate from the pulse grips overrides the wireless signal from the chest strap while your hands are on the pulse grips. When**

you release the grips, the treadmill uses the wireless chest strap signal for pulse calculation.

1.4.   Treadmill Program Capabilities

The treadmill has the following program capabilities:

- **Programs:** You enter the program's maximum time, speed and incline.

- **Custom Programs:** Allows the user to manually edit all 20 individual workout segments by entering preferred speed and incline of each segment. Custom programs can be saved for future use.

- **Goal Programs:** The three goal programs offered are Time, Distance and Calorie.

- **Heart Rate Control (HRC) Program:** automatically varies the speed and incline based upon your target heart rate range. This target training maximizes your workout performance while minimizing your workout time.

2. Installation

2.1. Tools Needed

- **M8 hex key/screwdriver tool** (included in hardware kit). A wrench with an M8 socket and may also be used.

- **Razor knife/box cutter** or **scissors** for removing packaging (not included).

- **Ratchet strap** (provided) to secure the treadmill in the folded position if it must be carried through doorways or up/down stairs.

- **Moving blanket or beach towel** (not included) is recommended to protect treadmill and surroundings if moving the treadmill through doorways or up/down stairs.

2.2. Unpacking

Unpacking and installation of the treadmill requires two people. The packaged treadmill weighs 375 lb.

If the desired location for the treadmill is through a doorway or up/down stairs, the treadmill must be unboxed first and then moved to its final location. A strap is provided to secure the treadmill in its folded position while it is being moved.

|	
⚠WARNING	**Failure to leave ample clearance at the rear of the treadmill could result in the user becoming trapped between the treadmill and the wall should the user accidentally trip and fall while exercising.**
⚠WARNING	**To avoid injury and damage to the treadmill or its surroundings, two people are required to move the treadmill. Use caution when moving and lifting the treadmill during unpacking and assembly. Do not move unboxed treadmill by dragging or sliding it.**
⚠CAUTION	**Be careful! Carton straps are under tension.**
⚠CAUTION	**To avoid damaging the treadmill, DO NOT cut through the center of the box.**

1. Move the shipping box as close as possible to where the treadmill will be used. Allow 3-5 feet working space to safely remove box and pallet (Figure 2-1). The treadmill must be located within 8 feet of a suitable electrical outlet.

**Figure 2-1. Area Needed for Treadmill Installation**
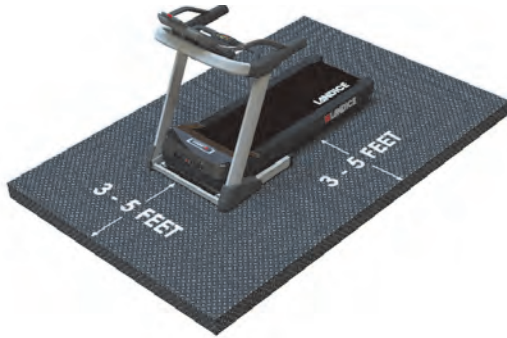
2. Using a razor knife or scissors, cut and remove 6 straps from box and pallet. Use caution, straps may be under tension.

3. Lift and remove box top and set aside.

4. Remove the polystyrene packing inserts on top of the treadmill (Figure 2-2).

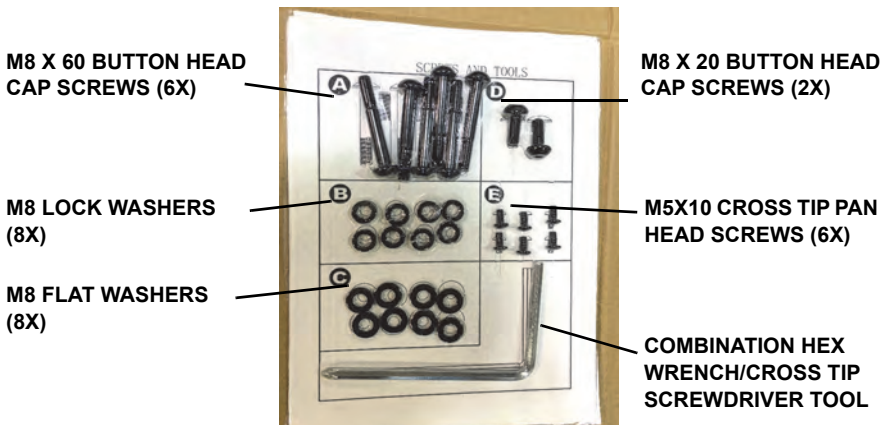**Figure 2-2. Remove Box Top and Packing Inserts**
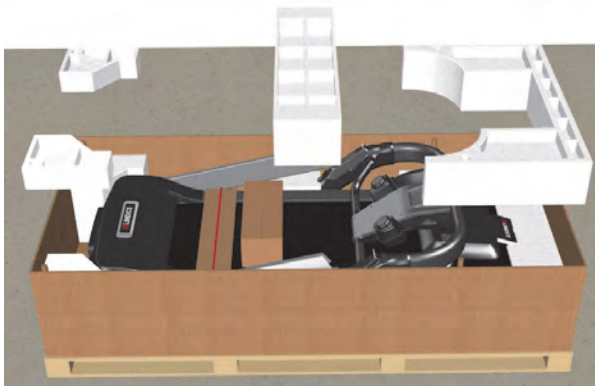
5. Using scissors or a razor knife, cut all four corners of the box bottom and fold down the sides of the box (Figure 2-3).

Figure 2-3. Cut Box Corners
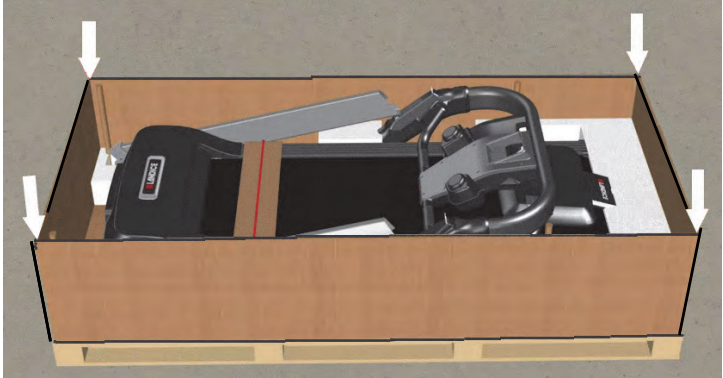
6. Remove remaining packing inserts.

7. Inspect package contents. If items are damaged or missing, contact Landice before continuing.

8. Open the accessory box and check for the following items:
   - Owner's manual
   - Warranty
   - Left and right upright finishing covers
   - Tablet/phone rack
   - Ratchet strap (for moving unboxed treadmill if needed)
   - Hardware kit (Figure 2-4)

Figure 2-4. Hardware Kit

M8 X 60 BUTTON HEAD CAP SCREWS (6X)

M8 X 20 BUTTON HEAD CAP SCREWS (2X)

M8 LOCK WASHERS (8X)

M5X10 CROSS TIP PAN HEAD SCREWS (6X)

M8 FLAT WASHERS (8X)

COMBINATION HEX WRENCH/CROSS TIP SCREWDRIVER TOOL

9. With assistance, remove the protective foam pieces from beneath left and right front corners of the treadmill frame. (Figure 2-5).

10. Do one of the following, depending on the location of the treadmill:

    • If the treadmill is in its desired location, skip to "Assembly" on page 28.

    • If the treadmill must be moved through a doorway narrower than 38 inches, skip to "Moving the Treadmill through Doorways" on page 26.

    • If the treadmill must be moved up or down stairs, continue to section 2.3 below.

2.3.   Moving the Treadmill Up/Down Stairs

1. (2 persons required.) Position yourself at end of treadmill running surface. Using both hands carefully lift and slide treadmill off the pallet to left or right. Repeat process at opposite (heavy) end.
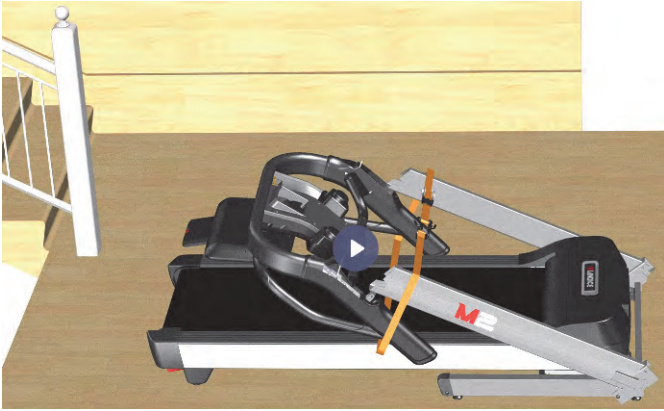
Figure 2-5. Remove Treadmill from Box
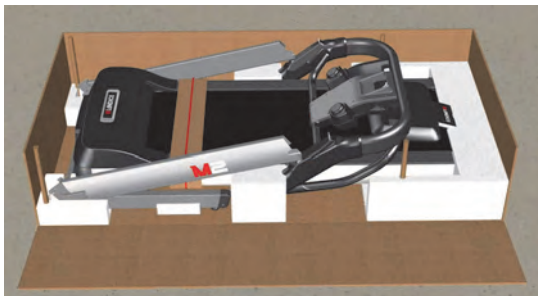
2. After removing treadmill from packaging, place treadmill on a solid surface close to the stairs.

3. Wrap the ratchet strap provided in the accessory box around the treadmill uprights and console as shown in Figure 2-6.

Figure 2-6. Secure Console with Ratchet Strap

4. Tighten the strap to secure it and prevent the treadmill console from moving. Do not overtighten.

5. Unplug the wiring harness running up the treadmill's right upright by pushing in the locking tab, then disconnecting the connector (Figure 2-7).

Figure 2-7. Unplug Wiring Harness

6. Locate the three upright pivot bolts on one side (Figure 2-8). Remove the bolts and associated nylon nuts using an M8 hex wrench (supplied) or M8 hex socket. Repeat on the other treadmill upright. Set bolts and nuts aside for reassembly.
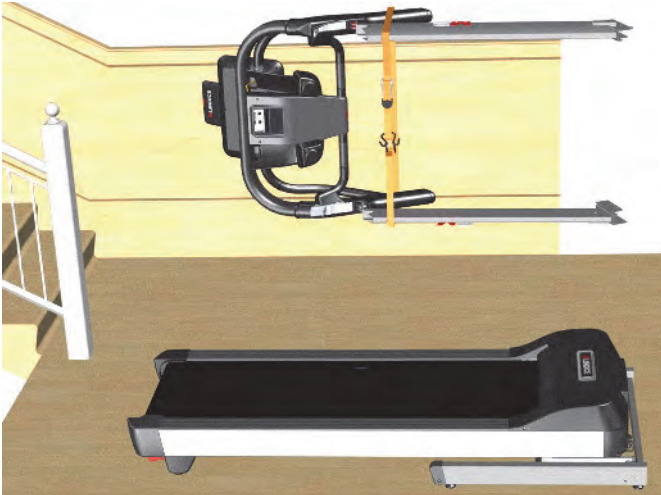
Figure 2-8. Remove Upright Pivot Bolts and Nuts

7. Using two people, remove the uprights and console.

8. With one person at the console end and the other at the back, carry the uprights/console up/down the stairs to the treadmill's final location (Figure 2-9).
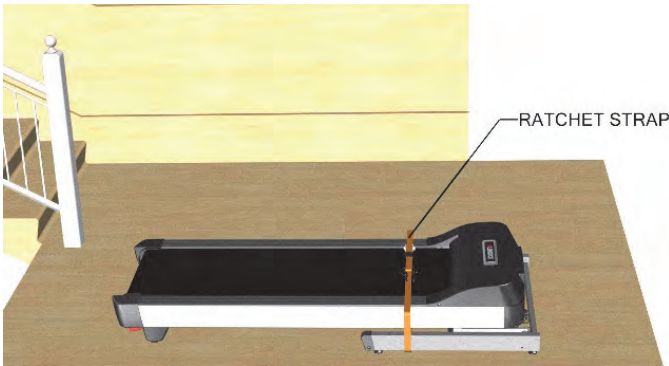
Figure 2-9. Carry Console to Final Location First

9. Carefully set down the uprights/console and remove the ratchet strap.

10. Put the ratchet strap around the base of the treadmill as shown in Figure 2-10, securing the treadbelt and legs.
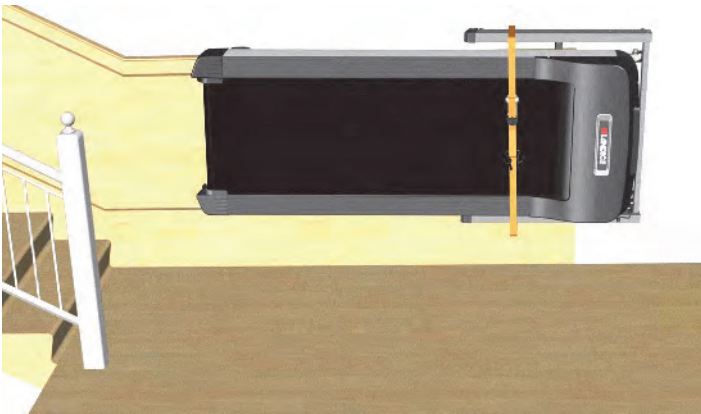
Figure 2-10. Secure Base with Ratchet Strap

11. Using two people, one at each end, turn the treadmill base so it is perpendicular to the floor as shown in Figure 2-11, and carry it up/down the stairs.

Figure 2-11. Carry Base to Final Location

12. Place the treadmill base in its final location and remove the ratchet strap.

13. Using two people, place the uprights/console assembly into its mounting position.

14. Secure each upright by installing the bolts and nylon nuts removed in step 6.

15. Reconnect the wiring harness by plugging in the connector and pushing it together until it locks.

16. Complete the assembly. For instructions, skip to "Assembly" on page 28.

2.4. Moving the Treadmill through Doorways

Follow this procedure if it is necessary to move the treadmill through a doorway that is narrower than 38 inches to reach the location where it is to be used.

1. After removing the packaging, locate the ratchet strap provided in the accessory box. Wrap the strap around the entire treadmill assembly and tighten the strap to secure the treadmill and prevent the uprights/console assembly from unfolding (Figure 2-12).

Note: **To avoid damaging th treadmill, do not overtighten strap.**

Note: **You may wish to use a moving blanket or large beach towel to cover the treadmill while moving it, to prevent damage to the treadmill or to walls/floors while moving it.**

Figure 2-12. Securing Treadmill with Ratchet Strap

2. Using two people, one located at each end of the treadmill, lift the treadmill and rotate it so it is perpendicular to the floor. Unpackaged treadmill weighs 290 lb.

Figure 2-13. Positioning Treadmill for Carrying

3. Carry the treadmill through the doorway to the desired final location and carefully set it down.

4. To complete the assembly, continue to "Assembly" on page 28.

2.5.   Assembly

1. With one person standing on either side of the treadmill, raise the console portion of the frame until the locking pin on the left upright engages.(Figures 2-14 and 2-15).

Figure 2-14. Unfold Frame Uprights – Start

**Figure 2-15. Unfold Frame Uprights – Finish**

Note: Ensure that the locking pin is engaged and the frame is locked into place before continuing.

2. Install 3 large screws **A** with lock washer **B** and flat washer **C** to secure the left frame leg in position (Figure 2-16). Place the lock washers between the flat washers and the screw heads as shown. Do not fully tighten the screws yet.

Figure 2-16. Upright Securing Screw Locations (Left Side)
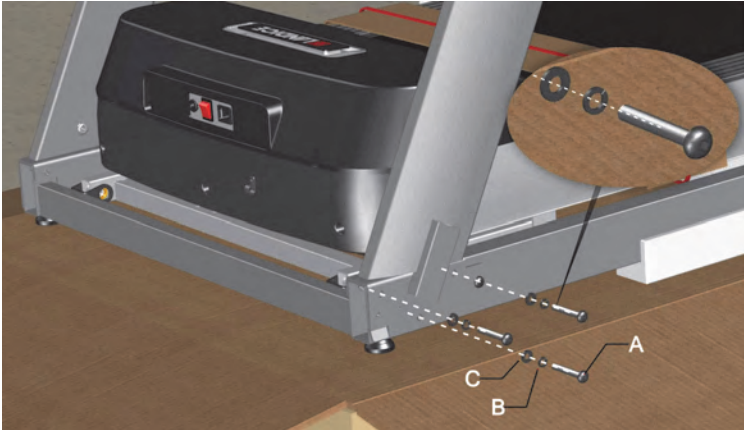
Note: **If necessary, have another person move the uprights slightly in order to align the holes so the screws can be threaded properly. Do not cross-thread the screws.**

3. Repeat step Note: for the right frame leg (Figure 2-17).

Figure 2-17. Upright Securing Screw Locations (Left Side)
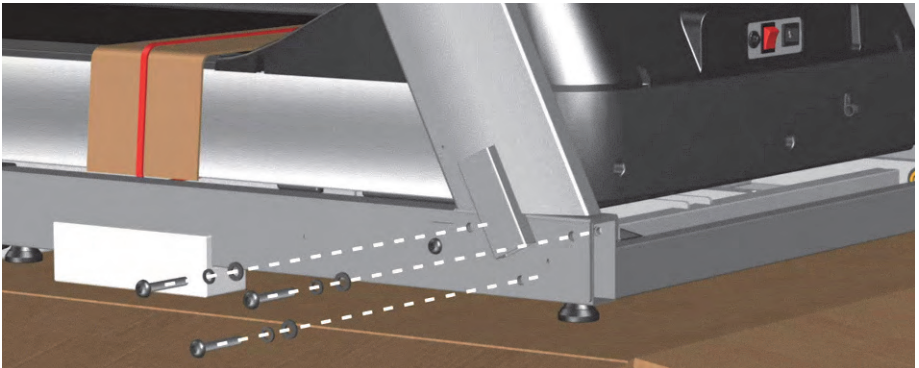
4. When all six screws have been installed, fully tighten them using the driver provided in the kit.

Note: **Wiring runs from the left leg into the handrails. Do not pinch the wiring when lowering the console.**

5. Slowly rotate the handrail/console assembly down into a horizontal position. (Figure 2-18).

Figure 2-18. Lower Handrail/Console Assembly into Place

WIRING

CONSOLE
SECURING
BRACKET (2X)

6. Locate the console securing bracket on the underside of each handrail.

7. Secure each bracket to the upright using 1 screw **D,** 1 lock washer **B,** and 1 flat washer **C** per side (Figure 2-19).

Figure 2-19. Secure Console/Handrail Assembly to Frame

D

B   C
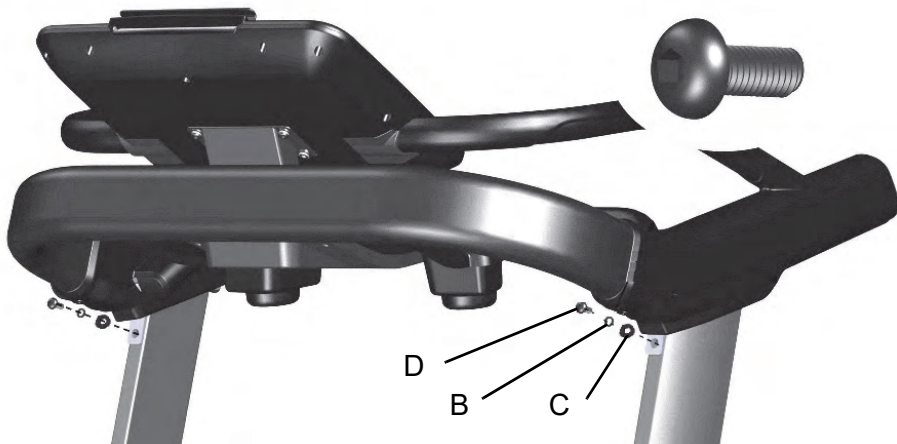
8. Using the razor knife, carefully cut the plastic strap holding the running bed and leg assembly together.

Note: Keep clear, the strap may be under tension.

Note: **To move the treadmill after it is fully assembled, perform steps 9, 12, and 13.**

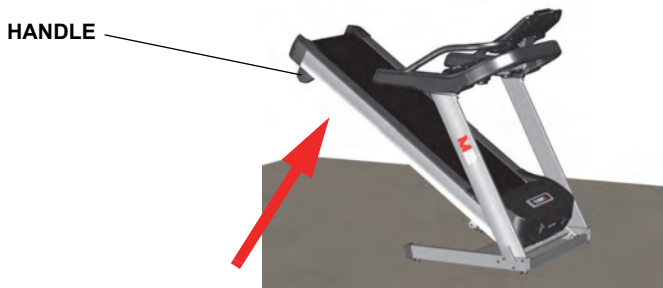9. There are wheels at the back of the treadmill that allow the treadmill to be moved if needed. The running surface must first be raised. To do this, carefully lift the rear of the running bed until it locks into position between the handrails (Figure 2-20).

Figure 2-20. Lift and Lock Running Bed

HANDLE

10. Remove remaining packing foam and protective plastic.

11. Using two people, carefully rotate the treadmill off of its shipping platform.

12. Using the handle on the underside of the running bed and the small wheels at the ends of the base, carefully roll the treadmill into the desired position, within 8 feet of a properly grounded power outlet (Figure 2-21).

Figure 2-21. Move to Final Position

HANDLE

WHEELS
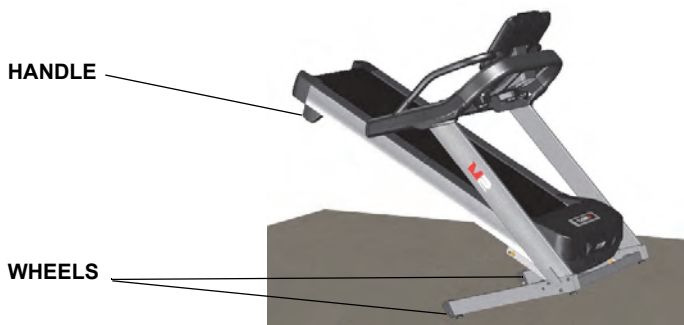
13. When treadmill is in desired location, release the locking pin and carefully lower the running bed down to the floor.

14. Remove the left and right finishing covers from the accessory box. Using 3 screws **E** per side, secure the covers to the front of the frame (Figure 2-22). Start all three screws before tightening them.

Figure 2-22. Install Finishing Covers
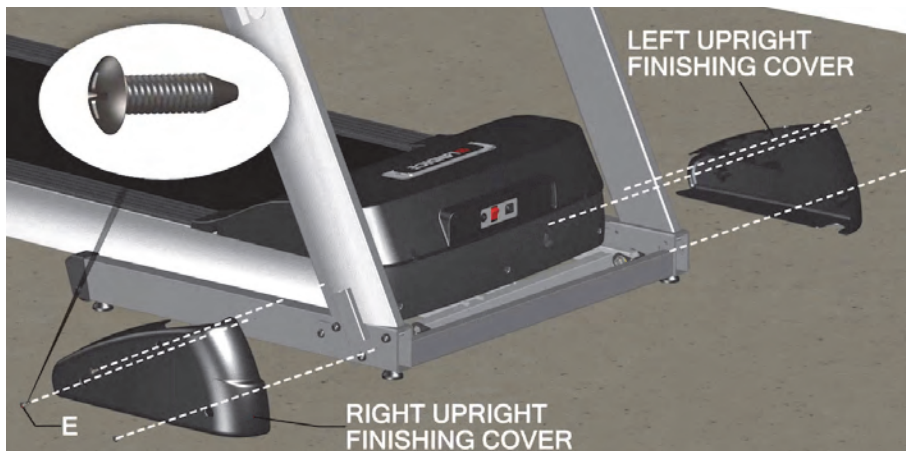
15. Remove the tablet/phone holder from the Accessories box. Insert it into the slot in the console until it locks into place (Figure 2-24). To remove if necessary, press the tab in the center to release, and pull it out of the slot.

Figure 2-23. Install Tablet/Phone Holder

> **⚠ WARNING** **Do not plug treadmill into a surge suppressor, GFI outlet, or extension cord.**

16. Route the power cord away from walkways and plug it in. Do not route the cord under the treadmill, rugs, or furniture.

Figure 2-24. Completed Assembly

LOCATION OF
LEVELING FEET
(BOTH SIDES)

2.6. Leveling the Treadmill

There are four adjustable feet attached to the treadmill's frame. A four-foot level is needed to confirm that the running surface is level. Adjust if necessary to level the treadmill.

1. Confirm that the treadmill feet all touch the ground. No tools are required to adjust the leveling feet, simply turn the plastic foot counterclockwise until foot touches the floor. (Figure 2-25).

Figure 2-25. Leveling Feet

2. Place a level across the rear of the machine and stand in the middle of the running surface, facing the rear of the treadmill. Check if the bubble is centered on the level.

   • If the bubble goes to the right (while standing on treadmill), adjust the left rear foot. Stop adjusting the foot when the bubble is centered on the level.

   • If the bubble goes to the left (while standing on treadmill), adjust the right rear foot. Stop adjusting the foot when the bubble is centered on the level.

3. Confirm that the bubble is centered on the level. Your treadmill is now ready for use.

2.7. Check Operation

1. Plug the treadmill power cord into a dedicated power outlet. Ensure that the power cord has plenty of slack and will not be pinched beneath the treadmill as the treadmill elevates up and down.

2. Ensure the safety lanyard block is pushed in. Turn on the power switch located next to the power cord. Start the treadmill and increase speed to 2 mph. Check that the treadbelt is tracked (centered) and not moving off to one side.

   • If belt is going toward one side, follow instructions in "Treadbelt Tracking Adjustment" on page 51.

   If belt is tracked (centered) correctly, proceed to walk on the treadmill at 2 mph.

- If belt feels like it is slipping under your feet, follow tensioning instructions in "Treadbelt Tracking Adjustment" on page 51.

- When belt tension and tracking are both correct, move to the next step.

3. Start treadmill and walk at 2 mph for 20 minutes, walking from front to back over the entire surface, to properly "walk in" the lubrication.

4. As you walk, test the treadmill by adjusting speed and incline. Ensure all displays light.

⚠CAUTION	**DO NOT OVER-TIGHTEN the belt. The rollers and motor can be damaged.**

5. After confirming proper treadmill operation, turn the treadmill off by pressing **STOP** twice.

3. Genesis Treadmill Operation

3.1. Genesis Control Panel

Table 3-1 Genesis Control Panel Functions

Function	Description
Incline	Shows the incline of the treadmill in percent.
Speed	Shows the current operating speed of the treadbelt in MPH.
Start	Press to start your workout. The treadbelt begins moving at 0.5 mph in manual mode
Stop	Press to stop the treadbelt and to end the workout.
Plus +	Press and hold to increase incline or speed. Pressing for longer than 2 seconds increases incline or speed faster.
Minus –	Press and hold to decrease incline or speed. Pressing for longer than 2 seconds decreases incline or speed more quickly.
Arrows	The left and right arrows move between motivational screens.
Pause	Press Pause to stop your workout for a short period of time so you can resume without losing your statistics.

**Table 3-1 Genesis Control Panel Functions (Continued)**

Function	Description
Volume	Tap the volume icon in the bottom right to raise or lower the volume of your headphones or speaker. (Speakers are not included)
Express Speed/ Incline	To quickly increase and/or decrease speed or incline, tap the speed or incline number on the console and a pop-up window will appear. This allows the user to select the desired number. Speed increases are capped for user safety.
Home	Tap the **Home** icon if you want to exit an app and return to the Entertainment screen.

3.2.   Motivational Screens

The Genesis treadmill has motivational screens that enhance your workout. To change the motivational screens tap the left or right arrows to move through the displays.

3.2.1. Home Screen

The home screen offers a central location where the user can make program selections, client log in and view workout calendar, settings and entertainment options.
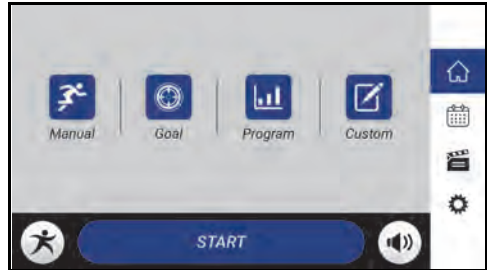
3.2.2. Statistics Screen

The Statistics screen provides all of the statistical information on one screen.

3.2.3. Track Screen

The Track screen offers
two track options:
5 km or 400m
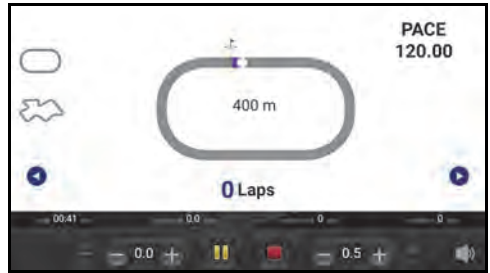
3.2.4. Progress Screen

The Progress screen
graphs speed and
incline changes made
during a workout.
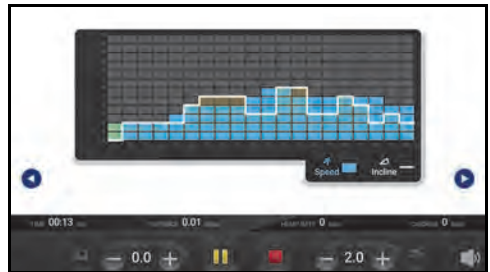
3.2.5. Heart Rate Screen

The Heart Rate screen
graphs the fluctuation in
heart rate throughout
your workout if you are
using the wireless chest
strap or contact heart
rate. This screen also
displays Max, Min and
Avg Heart Rate.

3.2.6. Entertainment Screen

Note: This console prohibits apps from being installed due to hardware limitations and safety protocols.

The entertainment screen provides online content for the user to use during a workout. Wi-Fi set-up is required for these apps to work.

3.3. Basic Operation

3.3.1. Getting Started

1. Read and understand this chapter before you begin.

2. From the home screen you may log in as an existing client, a guest, or create a new client. See "Creating a Client" on page 41.
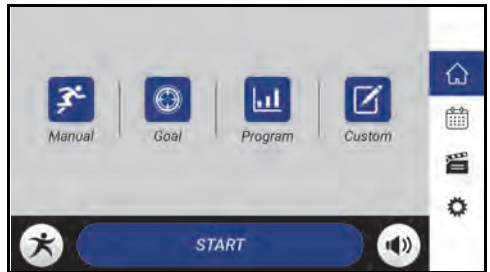
3. If you select Guest you are prompted to enter your weight. Enter your weight so it can be used to calculate your calorie statistics.

4. On the home screen you can select the desired program or press **Start**. After 3 seconds, the treadbelt starts to move.

5. Straddle the treadbelt with one foot on each traction strip. Begin walking on the treadbelt when it starts to move.

3.3.2. Express Keys

The Express keys let you quickly change a speed or incline without using the **(+/–)** keys. To use, press the speed or incline number or "+" '-" on the touch screen and a pop-up window will appear so you can rapidly change speed or incline.

3.3.3. Creating a Client

Client Mode allows up to 5 different users to set up personalized settings and store workout statistics. When a user sets up a client, programming automatically scales to preset settings during program setup. Treadmill activity is recorded in a personal calendar.

To create a client:

1. Touch **+** icon to add a client.

2. Use the keyboard pop-up to enter a client name.

3. Set the user weight.

4. Set client's max. speed, max. incline and target heart rate.

5. The Client Setup Screen is displayed. This screen allows you to:

   • Set client defaults such as Max. Speed, Max Incline and Target Heartrate.

   • View workout statistics

   • Edit client name

   • Log out of client

   • View Best and Workout Total Values

The values you selected as your client defaults will be the default values for all programs to reduce setup time. However, you can adjust and/or manually override these values during setup or while running the program.

3.3.4. Client Mode

Client Mode offers a Fitness Calendar. To view the Fitness Calendar:

1. After logging on as a client, tap the calendar icon on the home screen to view your personal fitness calendar.

2. The blue dot means that you worked out on your Treadmill on that particular day.

3. Today's date is highlighted with a blue circle on the calendar.

4. Press any day with a blue dot to view the workout summary.

5. To exit the calendar tap the back arrow on the top left corner of the screen.

3.4. Built-in Programs

3.4.1. Description

The Programs differ in speed and incline. Each lets you select a maximum speed, incline, and time (5 to 99 minutes). (Intervals Program requires a minimum speed and incline). The treadmill will not go above the maximum number unless manually overridden. Each program has 20 segments of equal time, beginning with warm-up segments and ending with cool-down segments. For example, a 40-minute program contains 20 2-minute segments.

Table 3-2 Programs

Screen	Program Description
FAT BURN	Has 2 elevation peaks along with gradual changes in speed. The overall goal is to raise heart rate, maintain the raised heart rate for most of the workout, then gradually bring heart rate down during the cool down segments.
INTERMEDIATE	Multiple elevation peaks that are matched to changes in speed. The overall goal is to vary heart rate by elevating and lowering it several times, providing a challenging cardiovascular workout.
ADVANCED	Combines high elevations with top speed, with the goal of raising heart rate using speed and elevation for an advanced cardiovascular workout.
INTERVALS	Alternates high speeds and elevations with low speeds and elevations. The goal is to vary your workout, taking you from peak level to recovery multiple times throughout the workout.
ENDURANCE	Features a maximum speed with maximum elevation. The overall goal is to raise heart rate with speed and elevation for the ultimate cardiovascular workout.

3.4.2. Running Programs

1. From the Menu screen, select **PROGRAM** to view all programming options.

2. Select the built-in program that you want to run.

3. The program will prompt you to select the Time, Maximum Speed and Maximum Incline. The Intervals program requires min. speed and min. incline entries.

4. A program preview screen will appear. Touch **START** to begin if you are satisfied with the program's parameters.

Each program is divided into 20 equal segments. For example, a 40-minute program will contain 20 two-minute segments.

When the program is complete or you choose to end it by touching the **STOP** button, the treadmill automatically displays a workout summary.

Note: **If you are using one of the entertainment options when your program ends, you must exit the entertainment app to see your workout summary.**

3.5. Custom Programs

You can create and store up to 5 Custom Programs. The treadmill remembers these programs even when it is unplugged.

Custom Programs allow you to customize each of the 20 individual segments. To create a Custom Program:

1. From the home screen select **Custom.**

2. Select **My Workouts** for custom programs already created or New Workouts to customize a new program.

3. Select the total time of the program **5-99** minutes, then press **Next**.

4. Touch one segment at a time and select a speed by using the +/- keys until all 20 segments have a speed. Then press **Next**.

5. Touch one segment at a time and select incline by using the +/- keys until all 20 segments have an incline. Then press **Next**.

Note: **The incline is displayed with a green line and speed is shown with a yellow bar.**

6. When you finish modifying your Custom Program, save it by tapping the **Save** icon in the upper right corner of the screen. A pop-up window will appear so you can assign a name to the new custom program.

Note: **If the Save icon is not selected, the program will not be saved for future use.**

7. Press **START** to begin the Custom Program.

3.6.   Heart Rate Control Program

This treadmill offers one heart rate controlled (HRC) program that automatically varies treadmill speed and elevation to keep your heart rate near the target heart rate for each segment. HRC training allows you to maximize workout performance while minimizing workout time.

To detect your heart rate during the HRC program, you must wear and connect the heart rate chest strap via Bluetooth before beginning the program. Follow steps on page 16 to pair the chest strap and the console using Bluetooth.

1. From the home screen select the **Program** icon then Heart Rate Control.

2. The display shows the time, max. speed, max. incline and age. To change any of these, tap the box you desire to modify and enter the desired value. When all the information is correct press **Next**.

3. The Target HR will then be displayed based on the age from the prior screen. If you would like to change the target HR slide the heart icon up or down to your desired target HR.

4. Press **Start** to begin the program.

3.7. Goal Programs

The Treadmill provides Goal programs. During these programs you retain full manual control of speed and incline.

1. From the home screen select **Goal**.

2. Touch the desired Goal program (Calories, Time or Distance).

3. After selecting your goal, define its parameter:
   - Time: 5-99 minutes
   - Distance: 1-99 miles
   - Calories: 10-999 Calories

4. Touch **START** to begin. Your goal statistic appears as a down-counting red value which is available on the statistics screen.

When the program is complete, or you choose to end it by selecting the **Stop** key, a workout summary will appear.

3.8. Powering Down the Treadmill

To stop the treadbelt, press the **STOP** button on the lower control panel once. The treadbelt stops moving and a workout summary will appear.

The console automatically enters sleep mode after 10 minutes of inactivity, or you can force the console into sleep mode by pressing the **STOP** key on the lower control panel twice.

3.9. System Settings

To view or change system settings, touch the **Settings** icon on the bottom right corner of the home screen. Device settings are listed below.

- **W-Fi Setting:** Tap to connect the console to your home Wi-Fi.

Note: **Ensure that Bluetooth device you wish to pair is in pairing mode.**

- **Bluetooth Audio**: Tap Bluetooth Audio to connect the console with a Bluetooth audio device. Tap **+ Pair new device** to add a new audio device. Previously paired devices will be listed.

- **Bluetooth Heartrate:** Tap to pair the Bluetooth wireless chest strap to the console. If your device does not appear on the screen tap **Search device**. When your device appears, select it by tapping the item on the console.

- **Child Lock:** Child Lock requires entry of a pass code before the treadmill will run. Tap **Enable** or **Disable**. The pass code is 9010.

- **Light Setting:** Adjust screen brightness by moving the dot to your desired percentage.

- **Units Switch:** Touch to switch between Miles/Miles per Hour (Imperial Units) and Kilometers/Kilometers per Hour (Metric units).

- **Diagnostics:** If errors occur during use, the treadmill displays an error message and prompts you to tap **DIAGNOSTICS** to begin self-diagnostics. When the process is complete touch **DONE** to return to the system menu.

- **OTA Update:** Touch to search and/or install software updates.

4. Maintenance and Troubleshooting

It is important to perform maintenance on your treadmill. Failure to maintain the treadmill could void the Landice Warranty. To reduce risk of electrical shock, always turn off the treadmill using the ON/OFF switch and unplug from the power source.

4.1. Inspection

Landice is not responsible for performing regular maintenance or inspections. Users should inspect the treadmill before each use for torn or frayed power cords, safety lanyards, loose bolts, screws, fasteners, and any other signs that service is required. Please contact your local service provider or visit www.landice.com/pages/service-locator to arrange service. DO NOT USE until treadmill has been serviced and damaged parts have been replaced.

4.2. Cleaning of Equipment

It is recommended to clean the treadmill and lower control panel after each workout. Wipe exposed surfaces with a microfiber cloth dampened with a mixture of three parts water to one part Simple Green® cleaner: www.simplegreen.com

4.2.1. Vacuuming Around the Treadmill

On a weekly basis, fold and lock the treadmill in the UP position. Vacuum underneath and around the surrounding areas of the treadmill.

4.2.2. Control Panel/Touch Screen Cleaning

⚠CAUTION	Do not use abrasive cloths, such as rags or paper towels. They can spread lint and/or damage the screen.
⚠CAUTION	Avoid cleaning products that may cause discoloration, such as rubbing alcohol, bleach or ammonia-based cleaners.

Important: To prevent pressure damage be careful not to press too hard on screen while cleaning.

1. Turn off the treadmill by on/off switch and unplug it from the power source. Please do not stand on treadbelt during the cleaning process.

2. Use a screen cleaning solution sprayed on a soft, lint-free cloth such as microfiber to gently wipe the surface of the monitor in small circles, and then allow it to dry.

3. Do not spray liquid directly onto the screen; instead, apply screen cleaning solution onto the cloth, if required, and wipe gently.

4.2.3. Wireless Chest Strap

The transmitter activates when the belt is moist. To conserve battery life, wipe the electrodes dry after each use. Clean monthly with mild soap and water and wipe dry.

⚠CAUTION	**To avoid damaging the electrodes, do not use abrasives to clean the chest strap. Do not bend or stretch the electrode strips, especially when storing the chest strap.**

4.3.   Maintenance

4.3.1. Slipcoat Lubricant Application Instructions

Slipcoat is a non-toxic 100% silicone lubricant to reduce friction between treadbelt and deck. Proper and timely application of Slipcoat will help prevent premature treadbelt, drive motor and electronics failure.

Note: **For heavier home use of the treadmill (over 8 hours per week), Landice recommends lubricating beneath the treadbelt every 3 months. For average home use, Landice recommends lubricating beneath the treadbelt every 6 months.**

Note: **Slipcoat is used exclusively for treadbelt maintenance and should not be used on any other surface. If Slipcoat spills onto outer treadbelt surface or surrounding areas, clean residue using rubbing alcohol or Simple Green on a clean rag or sponge.**

1. **With treadmill off and unplugged from power source,** verify treadbelt requires lubrication. Position the M8 Allen Key at 12 o'clock, then loosen both M8 treadbelt tension bolts two full rotations counterclockwise, creating slack between belt and deck surface. Place hand, palm side up, between belt and deck. If belt surface is dry, (no oily film) lubrication is required. If lubricant is present, skip to step 3.

2. Apply 1 bottle of M2 Genesis Slipcoat (approx. 2/3 ounce) to the center 10" of the entire deck in a zigzag pattern. Clean any spilled lubricant with rubbing alcohol or Simple Green on a clean rag or sponge.

3. Ensure belt is centered within the deck/running surface. With the Allen Key positioned at 12 o'clock, re-tension both M8 treadmill tension bolts by tightening two full rotations clockwise.

4. Plug treadmill in, turn power switch on, start treadmill at 0.5 mph, gradually increase speed to 3.0 mph and verify tracking is correct. Slight adjustments may be required. Walk on treadmill for approximately 5 minutes to ensure lubricant is evenly spread throughout inner belt surface.

4.3.2. Treadbelt Tracking Adjustment

The treadbelt is designed to move to the left and to the right as it spins, allowing the treadbelt to accommodate different walking patterns. The only time the treadbelt needs to be adjusted is if it is contacting stationary components. The treadbelt will drift with use and should not be adjusted simply to achieve "perfect" centering on the roller. If adjustment is necessary please make sure the treadmill is level prior to making any adjustments (See "Leveling the Treadmill" on page 33.).

The treadbelt is tracked by means of the two M8 socket head cap screws at the rear of the treadmill (Figure 4-1). Tightening (clockwise) the bolt on the side of the treadmill that the belt has moved toward, and loosening the bolt on the opposite side an equal amount, will cause the belt to move toward the center. Adjustments should be made in ¼-turn increments, with the treadmill running at 2 to 3 mph. Allow at least 30 seconds for the belt to stabilize between each adjustment.

Figure 4-1. Treadbelt Tensioning Bolts (one per side)


HEX KEY
(SUPPLIED)

4.3.3. Treadbelt Tensioning

The treadbelt is tensioned at the factory but may require adjustment after installation. Need for tensioning is indicated by uneven belt speed and may be felt as sudden stopping of the treadbelt when your foot comes down on the belt.

Before checking treadbelt tension, make sure treadmill is level. (See "Leveling the Treadmill" on page 33.) At proper tension you should be able to place your hand between the belt and deck and reach the center of the treadmill Figure 4-2. .

- If you cannot reach the center, the belt is too tight.
- If you can reach past the center, the belt is too loose.

Figure 4-2. Treadbelt Tension Check
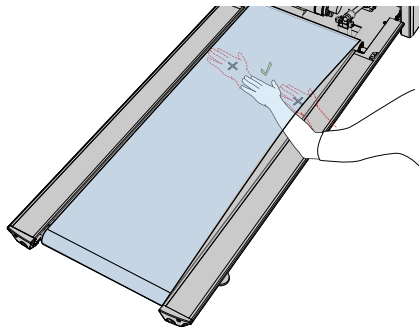
To check belt tension: run treadmill at 1 mph, then walk on it. If the belt does not feel like it is slipping or hesitating, then the belt is tensioned correctly. If the belt slips/hesitates, then it is not fully tensioned.

The same hex head bolts used for tracking also tension the treadbelt. To tighten the treadbelt, use the tool supplied with the treadmill to turn both bolts clockwise exactly the same amount, ¼-turn at a time.

Note: **Failure to turn bolts equally will affect belt tracking. DO NOT OVER-TIGHTEN.**

Continue checking for treadbelt slipping. When treadbelt is fully tensioned, increase treadmill speed to 5 mph. Then, while jogging lightly, check for any sudden slipping/hesitating of the treadbelt. Repeat treadbelt tensioning if required.

TROUBLESHOOTING: If your treadmill requires additional troubleshooting, please contact your local service provider or visit www.landice.com/pages/service-locator to arrange service.

4.3.4. Scheduled Preventive Maintenance

Landice recommends that a qualified approved service technician perform yearly maintenance. Please contact your local service provider or visit www.landice.com/pages/service-locator to select a Landice service provider and arrange service.

⚠WARNING	**Lethal voltages and moving parts capable of causing serious injury are exposed when the motor cover is removed. Under no circumstances should the motor cover be removed except by a technician.**

4.3.5. Drive Motor Belt Tensioning

⚠WARNING	**Moving parts can cause serious injury. Always unplug treadmill before placing hands inside motor housing.**
⚠CAUTION	**DO NOT OVER-TIGHTEN THE TENSION BOLT. Over-tightening the drive motor belt can damage the drive motor and front roller.**

Note: **IF YOU DO NOT FEEL COMFORTABLE PERFORMING THIS PROCEDURE, CONTACT A QUALIFIED SERVICE TECHNICIAN FOR ASSISTANCE.**

Drive belt tension is preset at the factory. If the drive belt begins slipping, adjust drive belt tension as follows.

1. Ensure treadmill is turned off, then unplug the power cord from the electrical power outlet and from the treadmill (Figure 4-7).

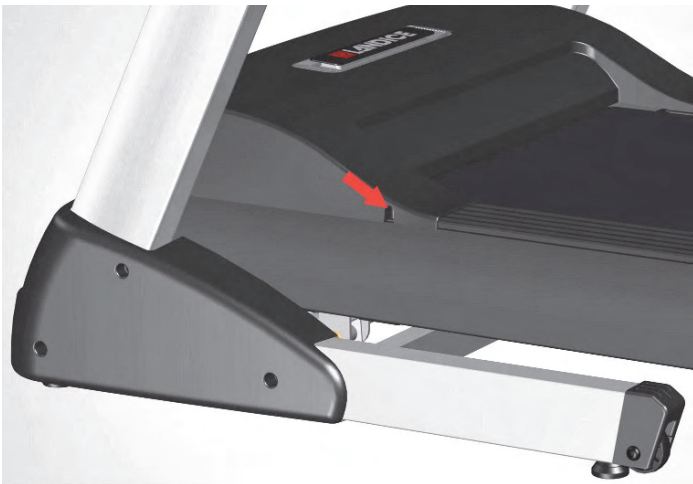**Figure 4-3. Power Cord Unplugged**

2. Remove 4 Philips screws securing the motor cover. Two screws are located at the front and there is one screw on each side of the cover (Figures 4-5, 4-6).

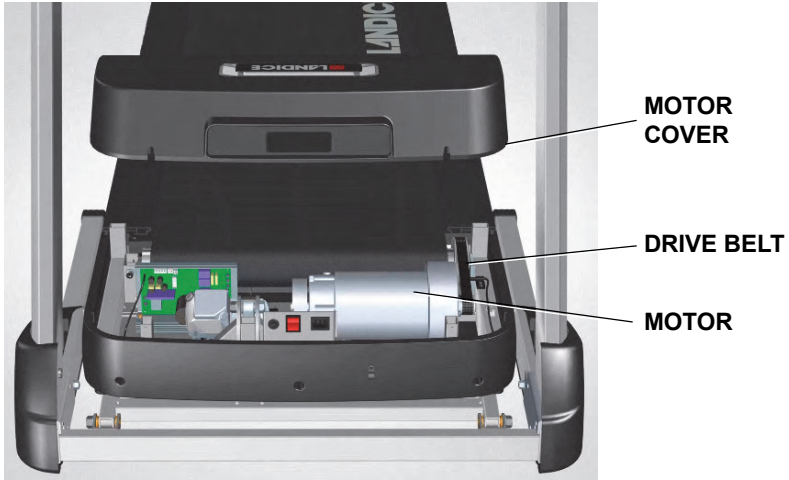**Figure 4-4. Motor Cover Securing Screws: Front**
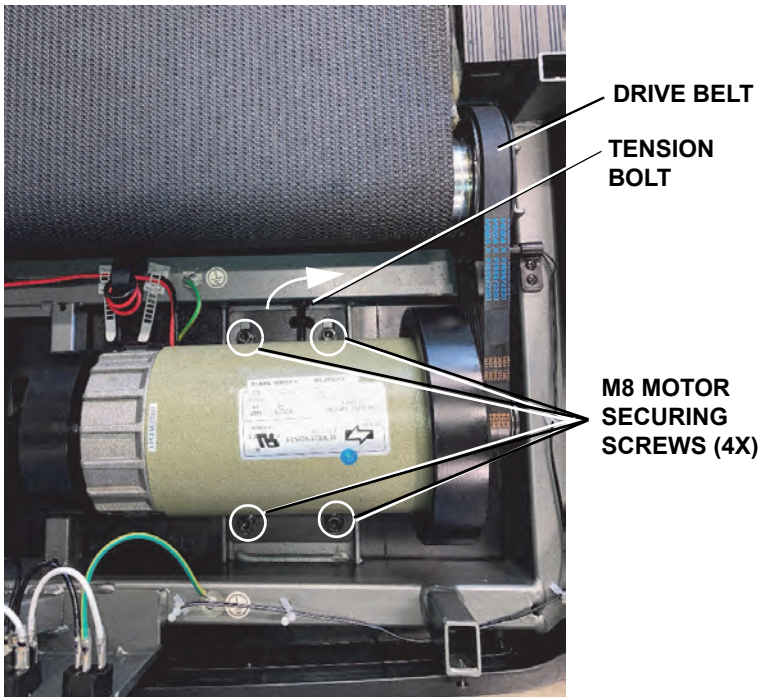

Figure 4-5. Motor Cover Securing Screws: Side

3. Lift cover off and set it aside along with the securing screws.

Figure 4-6. Removing Motor Cover

MOTOR
COVER

DRIVE BELT

MOTOR

4. To increase drive belt tension, loosen, **but do not remove**, (4) M8 motor securing screws (Figure 4-7, circled).

Figure 4-7. Drive Belt Adjustments

DRIVE BELT

TENSION
BOLT

M8 MOTOR
SECURING
SCREWS (4X)

5. With all 4 M8 screws loosened, stand at the front of the treadmill and use a 13mm open end wrench to turn the tension bolt ½ turn clockwise (Figure 4-7). Do not overtighten the tension bolt.

6. To check the tension, use your fingers to twist the drive belt between the motor and the drive roller. If you cannot easily twist the belt at least 45°, it is too tight.

7. If you wish to confirm that the drive belt is tensioned properly, plug in the power cord, turn the treadmill on, and walk on the belt to verify that it is no longer slipping.

8. When desired tension is achieved (drive belt is no longer slipping with weight applied), ensure power cord is unplugged from the wall and from the treadmill, then tighten (4) M8 socket head cap screws to secure the motor.

9. Install the motor cover using 4 screws removed in step 2.

10. Plug the power cord back into the treadmill at the front and plug the other end into the wall outlet.

4.3.6. Additional Technical Support

For technical/self-diagnostic support, please visit our website:

www.landice.com/pages/technical-manuals

LANDICE

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