

EFITMENT



USER MANUAL **T012 AUTO INCLINE TREADMILL WITH BLUETOOTH**

IMPORTANT: Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: service@zoovaa.com

IMPORTANT SAFETY INSTRUCTIONS

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

Read all instructions before using this treadmill.

DANGER – To reduce the risk of electrical shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

1. The treadmill should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.
2. Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
3. Never operate this treadmill if it has a damaged cord or plug, is not working properly, has been dropped or damaged.
4. Keep the cord away from heated surfaces.
5. Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, and the like.
6. Never drop or insert any object into any opening.
7. Do not use outdoors.
8. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
9. To disconnect, turn the treadmill off, then remove plug from outlet.
10. Connect this treadmill to a properly grounded outlet only. See grounding instructions.

CAUTION: Risk of Injury to Persons:

To avoid injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.

SAVE THESE INSTRUCTIONS



WARNING: This product can expose you to one or more chemicals known to the State of California to cause cancer and birth defects or reproductive harm. For more information go to www.P65Warnings.ca.gov.

IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. It is important to read this entire manual before assembling and using the equipment. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking any medication that may affect your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or nausea. If you do experience any of these conditions, consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 4 feet of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. Check equipment regularly for damage and/or wear and tear.
6. We recommend that you lubricate all moving parts monthly.
7. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, stop using the equipment immediately and don't use the equipment until the problem has been rectified.
8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
9. Do not place fingers or objects into the moving parts of the equipment.
10. The maximum weight capacity of this unit is 220 pounds.
11. This equipment is not suitable for therapeutic use.
12. Move with caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
13. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas as this may lead to corrosion and other related problems.
14. This equipment is designed for indoor household use only! It is not intended for commercial use!

IMPORTANT OPERATING INSTRUCTIONS

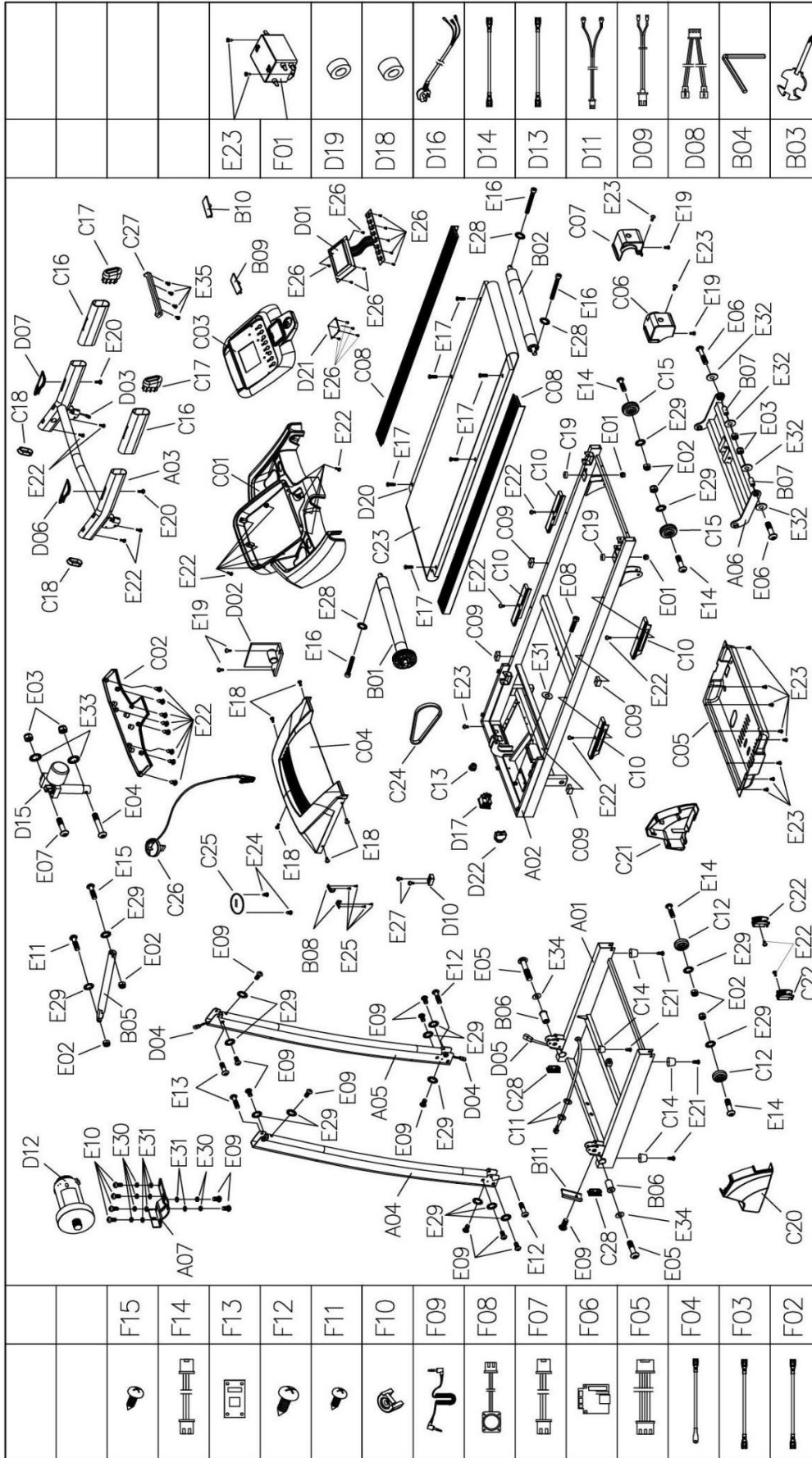
1. Insert the power plug directly into the socket.
2. Read the manual before operating the equipment.
3. Changes in speed do not occur immediately. Set your desired speed using the adjustment keys on the main console. The speed will increase gradually.
4. While on the treadmill, move with caution as distractions may cause you to lose balance and stray from walking in the center of the belt which may result in serious injury.
5. This unit starts at a very low speed. To begin use, hold onto the handrails and stand on the side rails while it starts up, then step onto the belt once it's in motion.
6. Always hold the handrail when making changing settings.
7. A safety key is provided for emergency use. The machine will function only if the safety key is inserted into the computer console. In case of emergency, remove the safety key to immediately stop the belt and shut off the treadmill. The display screen will reset once the safety key is reinserted.
8. The console control keys are precisely set and require very little finger pressure to use. To avoid damaging these keys, do not use excessive pressure when operating these controls.
9. This equipment is designed for adult use only! Children should not be allowed to use or play near this equipment. When present, children should be supervised at all times by an adult.
10. Women who are pregnant or nursing should consult a physician before attempting to begin any exercise program.
11. Always stay hydrated during and after exercise.



IMPORTANT NOTE:

The belt must be lubricated before the first use! Please see *Page 12* for instructions on how to properly apply lubricant.

EXPLODED DRAWING



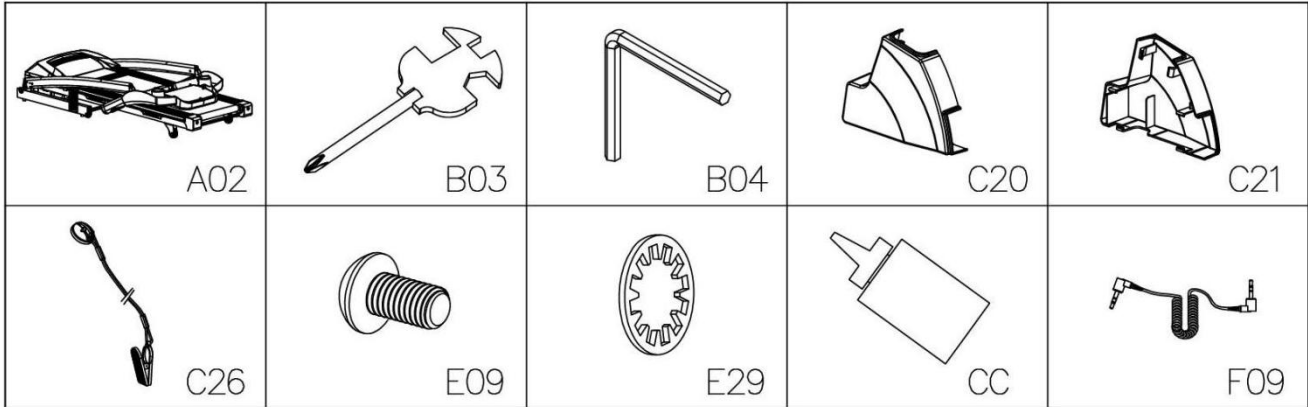
PARTS LIST

No.	Description	Specification	Qty	No.	Description	Specification	Qty
A01	Base Frame		1	D14	AC Single Line	Blue	2
A02	Main Frame		1	D15	Incline Motor		1
A03	Computer Bracket		1	D16	Power Wire		1
A04	Left Upright		1	D17	Square Switch		1
A05	Right Upright		1	D18	Magnetic Ring		1
A06	Incline Bracket		1	D19	Magnetic Core		1
A07	Motor Bracket		1	D20	Running Deck		1
B01	Front Roller		1	D21	Membrane Button Board		1
B02	Rear Roller		1	D22	Overload Protector		1
B03	Spanner w/ screw driver	S=13,14,15	1	E01	Nut	M6	2
B04	Allen Wrench	5mm	1	E02	Nut	M8	6
B05	Air Pressure Cylinder		1	E03	Nut	M10	4
B06	Turning Bushing		2	E04	Bolt	M10*100	1
B07	Incline Bushing		2	E05	Bolt	M10*65	2
B08	Metal Sheets		2	E06	Bolt	M10*50	2
B09	Left Speaker Net		1	E07	Bolt	M10*45	1
B10	Right Speaker Net		1	E08	Bolt	M8*30	1
B11	Safety Block		1	E09	Bolt	M8*15	13
C01	Console Top Cover		1	E10	Bolt	M8*20	4
C02	Console Bottom Cover		1	E11	Bolt	M8*30	1
C03	Console Panel		1	E12	Bolt	M8*35	2
C04	Motor Top Cover		1	E13	Bolt	M8*38	2
C05	Motor Bottom Cover		1	E14	Bolt	M8*40	4
C06	Left Rear Cover		1	E15	Bolt	M8*45	1
C07	Right Rear Cover		1	E16	Bolt	M6*55	3
C08	Side Rail		2	E17	Bolt	M6*35	6
C09	Square Cushion		4	E18	Bolt	M5*8	5
C10	Silicone Pad		4	E19	Bolt	M5*12	4
C11	Ring Protecting Wire Plug		2	E20	Screw	ST4.2*55	2
C12	Moving Wheel		2	E21	Screw	ST4.2*20	4
C13	Power Wire Buckle		1	E22	Screw	ST4.2*12	27
C14	Cone Shape Foot Pad		4	E23	Screw	ST4.2*12	13
C15	Adjustable Wheel		2	E24	Screw	ST3.5*8	2
C16	Foam		2	E25	Screw	ST2.9*4	4
C17	End Cap		2	E26	Screw	ST2.9*6.0	13
C18	Oval End Cap		2	E27	Screw	ST2.9*8	2
C19	Blue Cushion		2	E28	Washer	6	3
C20	Left Upright Tube Cover		1	E29	Washer	8	16
C21	Right Upright Tube Cover		1	E30	Washer	8	6
C22	Wheel Cover		2	E31	Flat Washer	8	7
C23	Running Belt		1	E32	Big Washer	φ10*φ26*2.0	4

C24	Motor Belt		1	E33	Washer	10	2
C25	Safety Key Socket		1	E34	Flat Washer	10	2
C26	Safety Key		1	E35	Screw	ST2.6*8	4
C27	Holder		1	F01	Filter		1
C28	End cap		2	F02	AC Single Line	Brown	1
D01	Console		1	F03	AC Single Line	Blue	1
D02	Control Board		1	F04	Grounding Wire		1
D03	Upper Signal Wire		1	F05	Audio Connecting Line		1
D04	Middle Signal Wire		1	F06	Amplifier Board		1
D05	Lower Signal Wire		1	F07	Power Amplifier Line		1
D06	Hand Pulse with Incline		1	F08	Speaker		2
D07	Hand Pulse with Speed		1	F09	Mp3 Wire		1
D08	Hand Pulse Upper Wire		1	F10	Audio Module Fixing Cap		4
D09	Hand Pulse Lower Wire		2	F11	Screw	ST2.9*8	6
D10	Speed Sensor		1	F12	Screw	ST3.5*10	8
D11	Safety Accessory		1	F13	Bluetooth Module	PCB-SYMK-102E	1
D12	DC Motor		1	F14	Bluetooth Power Line		1
D13	AC Single Line	Brown	1	F15	Screw	ST2.9*8	2

ASSEMBLY HARDWARE

CARTON CONTENTS:



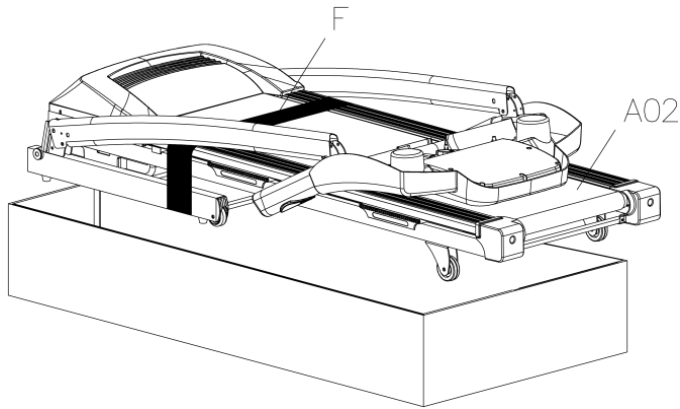
No.	Description	Specification	Qty	No.	Description	Specification	Qty
A02	Main Frame		1	C26	Safety Key		1
B03	Spanner w/ screw driver	S=13,14,15	1	E09	Bolt	M8*15	10
B04	Allen wrench	5mm	1	E29	Washer	8	10
C20	Left Upright Tube Cover		1	CC	Lubricant Oil		1
C21	Right Upright Tube Cover		1	F09	MP3 Wire		1

TOOLS

Allen Wrench (5mm)
Spanner with Screw Driver (S=13, 14, 15)

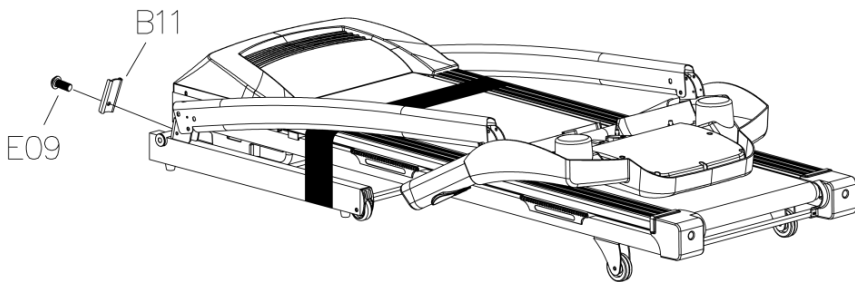
ASSEMBLY INSTRUCTIONS

STEP 1:



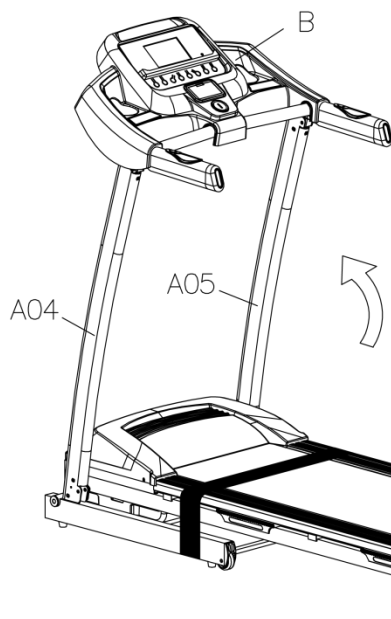
Open the carton and remove contents. Place the **Main Frame (No. A02)** on level ground, ensure that you have a work area that is clean and has adequate space. **Do not cut the Packing Belt (No. F) until the assembly is complete!**

STEP 2:



Loosen the **Bolt (No. E09)** on the **Base Frame (No. A01)** by using **Allen Wrench (No. B04)** and remove the **Safety Block (No. B11)**.

STEP 3:

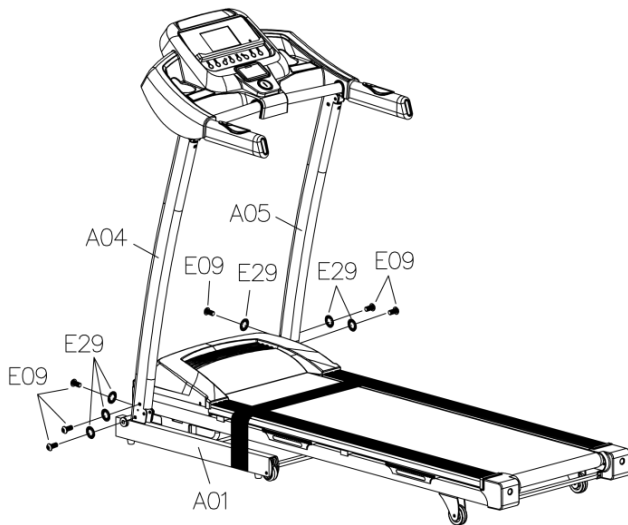


Lift the **Console (No. B)** along with **Left & Right Upright Tubes (No. A04 & No. A05)** upward (in the direction specified by the arrows on the diagram to the left).

NOTE: When lifting up, avoid puncturing the wires inside the **Left & Right Upright Tubes (No. A04 & No. A05)** as this will cause damage.

ASSEMBLY INSTRUCTIONS

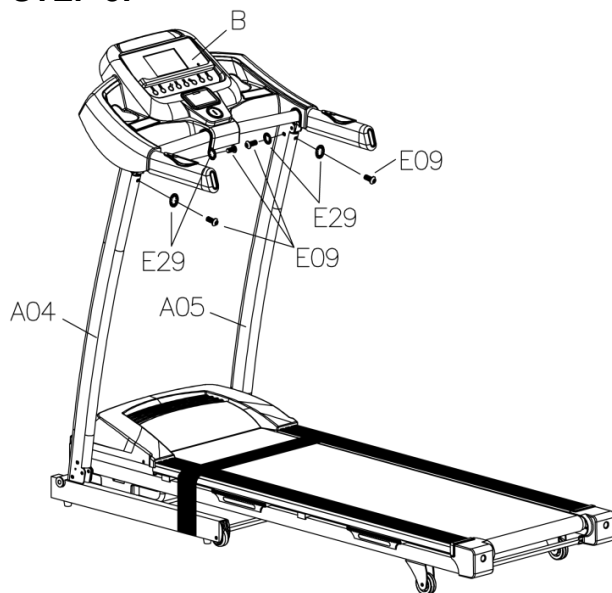
STEP 4:



Support the **Left & Right Upright Tubes (No. A04 & No. A05)** with your hands to prevent them from falling down.

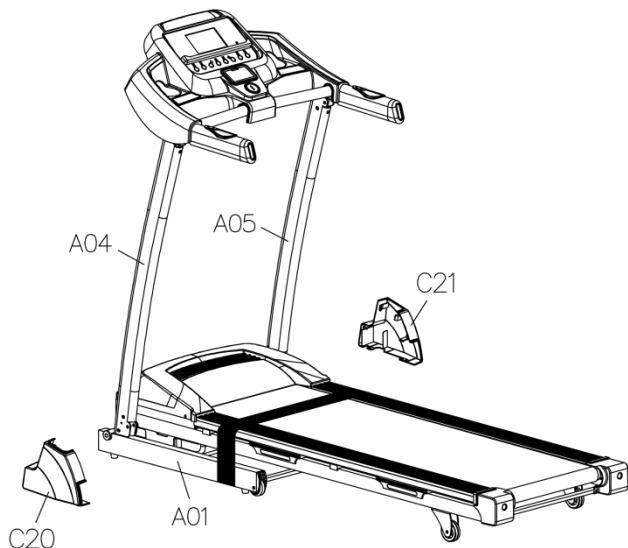
Fix the **Left & Right Upright Tubes (No. A04 and No. A05)** to the **Base Frame (No. A01)** using 6 **Bolts (No. E09)** and **Washers (No. E29)**. Tighten using **Allen Wrench (No. B04)**.

STEP 5:



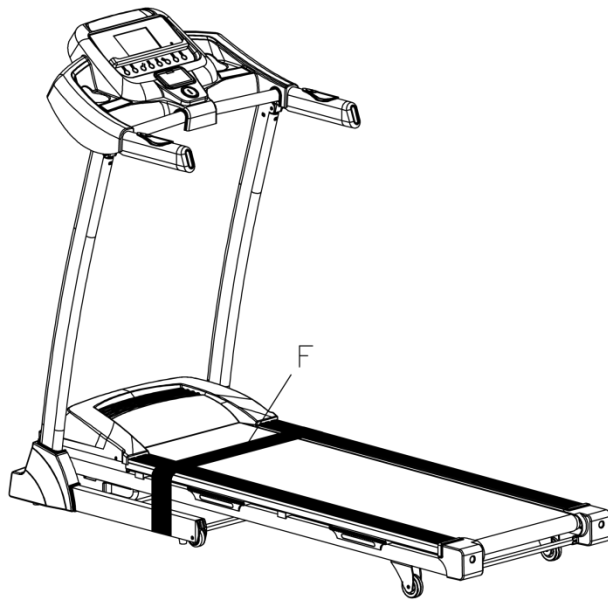
Fix the **Console (No. B)** to the **Left & Right Upright Tubes (No. A04 and No. A05)** using 4 **Bolts (No. E09)** and 4 **Washers (No. E29)**. Tighten using **Allen Wrench (No. B04)**.

STEP 6:



Fix the **Left and Right Tube Covers (No. C20 and No. C21)** to the **Base Frame (No. A01)**.

STEP 7:



The assembly is now complete!
Now you can cut the **Packing Belt (No. F)**.

Insert the **Safety Key (No. C26)** into the magnetic area of the **Console (No. D01)**.



IMPORTANT NOTE!

You will need to lubricate your treadmill before the first use. See *Page 12*.

MAINTENANCE & CARE

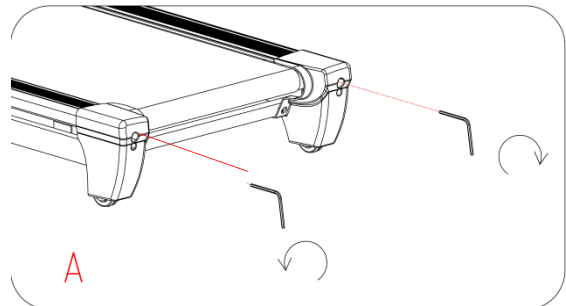
General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes does not wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth.

- To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.
- A loose Running Belt will result in the runner sliding off when running, while too tight of a Running Belt will result in decrease to the motors performance and also create more friction between the roller and running belts. The most suitable tightness for the belts is pulled out **50-75mm** from the Running Board.

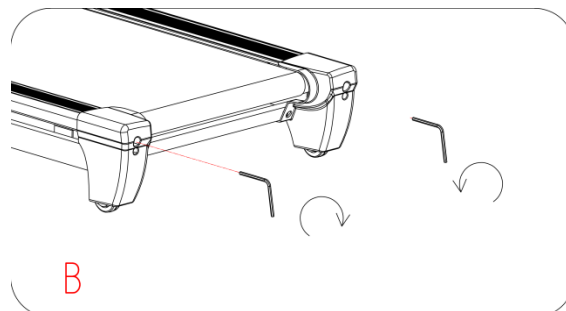
CENTERING THE RUNNING BELT:

Place the treadmill on level ground and set it at 3-5mph to check if the **Running Belt (No. C23)** drifts.

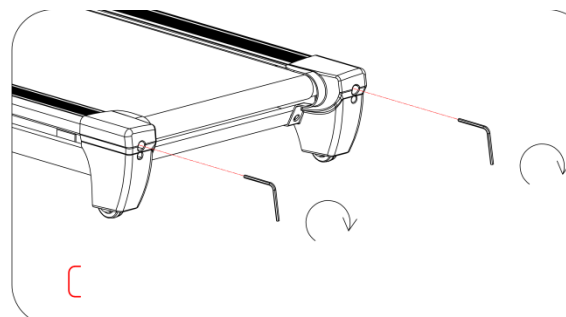
1. If the **Running Belt (No. C23)** moves to the right, turn the adjusting bolt on the right side $\frac{1}{4}$ turn *clockwise*, then turn the left adjustment bolt $\frac{1}{4}$ turn *counter-clockwise*. If the belt does not move, repeat this step until it centers. Refer to Figure A.



2. If the **Running Belt (No. C23)** moves to the left, turn the adjusting bolts on the left side $\frac{1}{4}$ of a turn *clockwise*, then turn the right adjustment bolt $\frac{1}{4}$ turn *counter-clockwise*. If the belt does not move, repeat this step until it centers.



3. Over time the **Running Belt (No. C23)** will loosen. To tighten the belt turn the **Left & Right** side adjustment bolts one full turn **clockwise**, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to diagram "C"



LUBRICATING THE TREADMILL

***IMPORTANT NOTE:**

You will need to lubricate your treadmill before the first use.

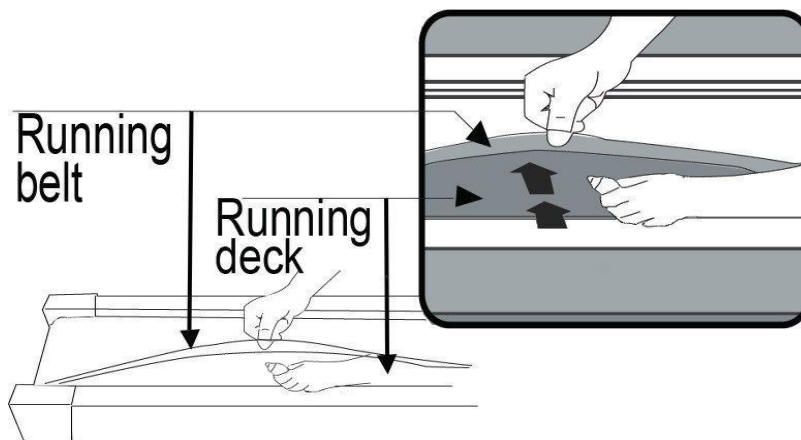
RUNNING BELTS & TREADMILL LUBRICANT:

Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly. Should you find any wear on the Running Board, please contact us at: service@zoovaa.com.

WARNING: Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

HOW TO LUBRICATE:

1. Raise the belt up on one side and apply lubricant to the running deck. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.
4. A loose running belt will result in the runner sliding off during use, while too tight of a running belt will decrease the motor performance and also create more friction between the roller and running belts. The most suitable tightness for the belt is pulled out **50-75mm** from the **Running Board**.

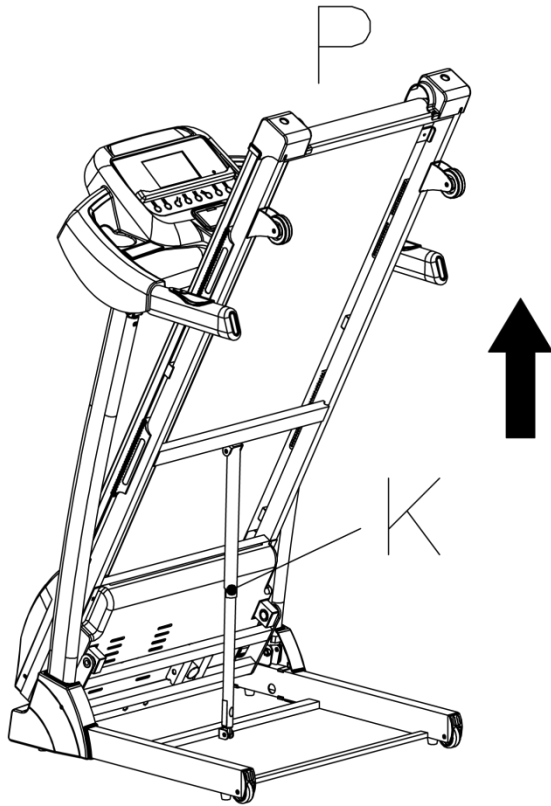


The following time table is recommended:

Light user (less than 3 hours/ week)	<i>every six months</i>
Medium user (3-5 hours/ week)	<i>every three months</i>
Heavy user (more than 5 hours/ week)	<i>every two months</i>

FOLDING INSTRUCTIONS

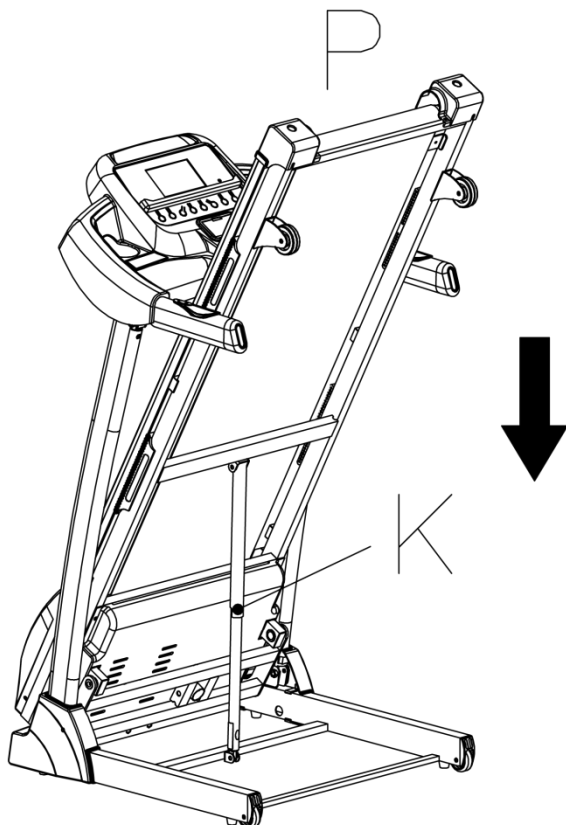
FOLDING:



Place your hand at position “P” and lift up on the **Base Frame (No. A01)** until the **Air Pressure Cylinder (No. B05)** “K” locks into the tube.

When the **Air Pressure Cylinder (No. B05)** successfully locks into the tube, you will hear a clicking sound.

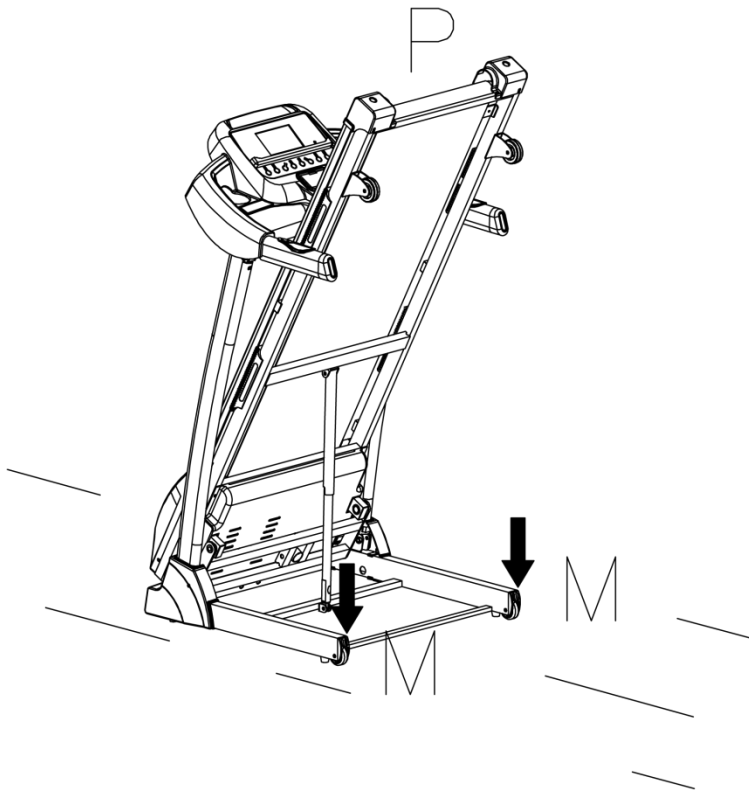
UNFOLDING:



Before lowering the **Main Frame (No. A02)**, ensure that the space directly underneath it is clear of any objects.

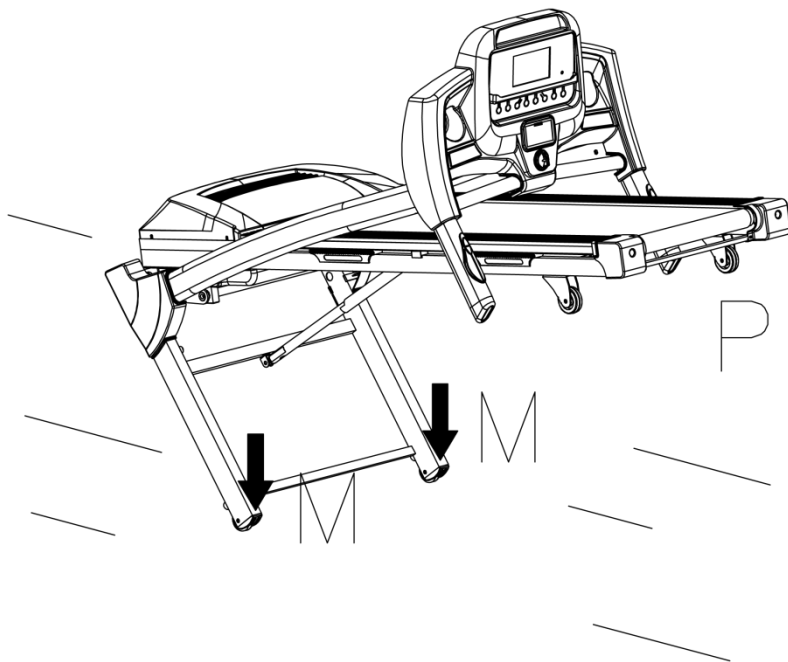
Grasp the **Main Frame (No. A02)** at position “P” with one hand. Next, using your foot, firmly push against the **Air Pressure Cylinder (No. B05)** “K” and press down on the **Main Frame**. Once the **Main Frame** has been pushed down, it will automatically continue to steadily lower itself until it reaches level ground.

HOW TO MOVE THE MACHINE



Before attempting to move the treadmill, make sure that it has been properly folded. Unplug the power cord.

To tilt, start by placing one hand at position "P" to support the top end of the treadmill. Next, place one foot at position "M" to hold the bottom end of the treadmill steady. With your foot at "M", slowly tilt the top of the treadmill downward towards the ground. Once the Main Frame "P" reaches a low enough point, the wheels of the treadmill touch the ground.



To transport, hold the treadmill from position "P" and tilt until the wheels "M" are able to move on the ground.

IMPORTANT ELECTRICAL INFORMATION

WARNING: This treadmill requires a power source of **10 amps (100-120V)** in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging the equipment. Any power source above or below this level could cause significant damage to the equipment and or user.

GROUNDING METHODS:

This product must be grounded. Grounding provides the least resistance for electrical current and will reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product is connected to an outlet which contains the same configuration as the plug. Do not use an adaptor for this product.

This product is for use on a nominal 100-120V circuit and has a grounding plug that looks like the plug illustrated in sketch A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adaptor should be used with this product.

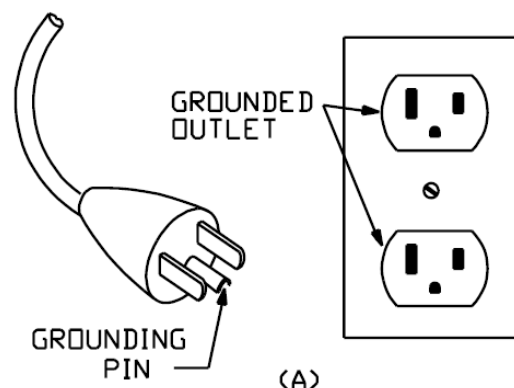
DANGER:

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

WARNING!

1. NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
2. NEVER operate the treadmill using a generator or UPS power supply.
3. NEVER remove any cover without first disconnecting AC power.
4. NEVER expose the treadmill to rain or moisture. This treadmill is not designed for use outdoors, near pools or in any other high humidity environment.

GROUNDING METHOD



THE DISPLAY CONSOLE



QUICK START:

1. Insert the magnet end of the safety key into the computer console. Turn on the power switch.
2. Press the START button, and the system will automatically display a 3 second countdown. Once the countdown reaches zero, the running belt will start at the initial **default speed of 0.5 MPH**.
3. To adjust the speed, you can use the SPEED +/- BUTTONS or QUICK SPEED BUTTONS 2, 4, & 6 MPH.
4. To adjust the incline, you can use the INCLINEUP/DOWN BUTTONS or QUICK INCLINE BUTTONS 3%, 6%, &12%.

***NOTE: The maximum speed on this treadmill is 9 MPH**

CONTROL FUNCTIONS:

1. Press the – Speed Button to reduce the running speed.
2. Press the + Speed Button to increase the running speed.
3. Press the – Incline Button to reduce the incline.
4. Press the +Incline Button to increase the incline.
5. Pressing a Quick Speed Button will adjust the speed to the corresponding speed indicated (2, 4, or 6 MPH).
6. Press the 3%, 6%, 12%Quick Incline Keys to instantly change incline to 3%, 6%, 12%.
7. Pressing the Stop Button will stop the running belt of the machine.
8. Holding the Pulse Sensors located on the handles with both hands for 5 seconds will calculate and display the runner's heartbeats per minute (BPM) on the computer display screen.

THE DISPLAY CONSOLE

WINDOW DISPLAY

1. **SPEED/ PULSE:** The speed range is 0.5-9.0 MPH. 0.5 MPH is the default running speed. When the runner holds both hands on the pulse sensors (located on the handles), the system will calculate the runner’s heart beat and display it in this window. The pulse range is 50-200 beats/min (This data is just for reference, and cannot be used as the medical data).

2. **TIME:** Displays the time elapsed. Display starts at 0:00 minutes:seconds. After it reaches 59:59 minutes:seconds, the display will change to 01:00 hours:minutes. Maximum display for time elapsed is 18:00 hours:minutes. When time elapsed reaches the maximum, the machine will continue running. It will start count again from 0:00.

When in Countdown Mode, it will count from the setting time to 0:00. When the clock reaches 0:00, the machine will stop smoothly and display “End” then automatically reset itself after 5 seconds. Maximum Countdown time is 99:00 minutes:seconds.

3. **DISTANCE:** Displays the distance traveled (0.0-99.9 MILES). When the clock reaches 99.9, it will reset to 0.00 and begin counting again from 0.0. When in Countdown Mode, it will count down from the setting data to 0.00. When it reaches 0.00, the machine will stop smoothly and display “End” and automatically reset to the initial setting after 5 seconds. When setting PROGRAMS, the speed is programmed in *intervals*; PROGRAMS are from P1-P9-FAT.

4. **CALORIES/INCLINE:** Displays the amount of calories burned from 0 to 999 KCAL and the incline level from 0-15. When the count reaches 999, it will reset and start back from 0. When in *Countdown Mode*, it will count down from the desired setting to 0. Once it reaches 0, the machine will stop smoothly and display “End”, then automatically reset to the initial setting after 5 seconds.

5. **STEPS:** Displays steps that the user has walked. When it display steps, it will count from 0 to 99999, when up to 99999, it will start count again form 0.

6. **MATRIX:** The matrix window will display a 0.25miles running track. Once you finish running the laps, the machine will beep and show the number of laps you’ve completed.

PROGRAMS	Initial	Default Value	Set Range	Display Range
TIME(MIN:SECOND)	0:00	10:00	5:00-99:00	0:00—99:00
INCLINE(SECTION)	0	0	0-15	0-15
SPEED(MPH)	0.5	0.5	0.5-9	0.5-9
DISTANCE(MILE)	0.00	1.00	0.50-99.9	0.00—99.9
PULSE(BPM)	P	N/A	N/A	50-200
CALORIE(KCAL)	0	50	10-999	0—999

THE DISPLAY CONSOLE

FUNCTION KEYS:

1. **PROGRAM:** Press the PROGRAM button to set your desired interval setting. Programs are displayed as P1-P9 and FAT and the various intervals are shown on the face of the treadmill. P1-P9 are preset programs.

2. **MODE:** When stopped, press this button to select a Countdown mode.

10:00 MINS is the set Countdown for TIME

1.0 MILE is the set Countdown for DISTANCE

50 KCAL is the set Countdown for CALORIES

When setting each Countdown Mode, you can press the speed +/- keys to increase or decrease from the set data. Press START to start the machine.

3. **START:** To start the machine, insert the magnet end of the safety key into the computer console and then press the START button. This machine requires the Safety Key in order to start. 0.5 MPH is the default start speed.

4. **STOP:** This button has functions of PAUSE and STOP. When in use, press this button once to PAUSE your workout and the current workout data will still be shown. Press STOP again to terminate your workout session complete and all data will be deleted and reset to the initial setting.

5. **SPEED +/- BUTTONS:** Press the +/- buttons to increase or decrease the speed in increments of 0.1 MPH. Pressing and holding either of these buttons for a duration of over ½ a second will increase or decrease the speed continually.

6. **INCLINE UP/DOWN BUTTONS:** Press this button to adjust incline. When the machine is running, press the Up & Down Buttons to increase or decrease the incline in increments of 1/time. Pressing and holding either of these buttons for duration of over ½ a second will increase or decrease the incline continually. The incline levels range from 0-15.

7. **2, 4, & 6 (QUICK SPEED BUTTONS):** These buttons are preset to 2, 4, or 6 MPH speeds for convenience.

8. **QUICK INCLINE BUTTONS 3%, 6%,12%:** These buttons are quick incline presets which allow you to select an automatic running incline of 3%, 6%,12% instantly with a push of a button.

PLAYING MUSIC

You can connect your mobile device to the treadmill to play music. You choose music and adjust the volume of music using your device buttons. There are 2 ways to connect:

1. Connect your device using the MP3 wire (No.F09).

2. Connect your device using Bluetooth.

To connect using Bluetooth, make sure the MP3 wire (No.F09) is disconnected. If the MP3 wire is connected, the Bluetooth will not function. When you turn on the treadmill, it will say, "The Bluetooth device is ready to pair." From your mobile device, select SYMK from the list of available devices and connect. If the device is connected, treadmill will say, "The Bluetooth device is connected successfully."

If the mobile device receives a phone call while it is connected using Bluetooth, the treadmill Bluetooth will automatically disconnect. When you want to resume playing music on the treadmill, you will have to connect again.

LUBRICATION REMINDER

Your treadmill needs lubrication maintenance every 188 miles. The system will release a beeping sound every 10 seconds and display an "OIL" icon on your LCD display to remind you when it's time. Please read the LUBRICATING THE TREADMILL on Page 12 to learn the proper steps to lubricating your machine. Apply the lubricating oil to the middle of the running deck on both sides. After application, press and hold the STOP button for 3 seconds to clear the reminder.

INTERVAL PROGRAMS (P1-P9):

Press the PROGRAM button to select an interval setting. Programs are displayed as P1-P9. Select the desired program, and the console will display a countdown starting from 10:00 MINS, press SPEED +/- or INCLINE +/-BUTTONS if you wish to increase or decrease the exercise time. Press the START button to start the interval program. The interval program is divided into 10 sections. Each exercise time equals the setting time divided by 10. When the speed enters the next interval, the treadmill will beep, and the speed will be changed according to the set interval. Press SPEED +/- or INCLINE +/-BUTTONS to change the SPEED and INCLINE. After finishing one program, the system will beep and display END. The machine will gradually come to a stop, then automatically reset to the initial setting after 5 seconds.

		TIME INTERVAL= setting time/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.2	2.5	1.8	2.5	1.8	3.1	2.5	1.2	3.1	1.8
	INCLINE	1	2	3	3	1	2	2	3	2	2
P2	SPEED	1.2	3.1	2.5	3.7	2.5	3.7	2.5	1.2	2.5	1.2
	INCLINE	1	2	3	3	2	2	3	4	2	2
P3	SPEED	1.2	3.1	2.5	3.1	2.5	3.1	2.5	1.2	1.8	1.2
	INCLINE	1	2	2	3	1	2	2	2	2	1
P4	SPEED	1.8	3.7	4.3	3.1	5	3.1	5.6	3.7	2.5	1.8
	INCLINE	2	2	3	3	2	2	4	6	2	2
P5	SPEED	1.8	3.7	4.3	3.1	5	3.7	4.3	3.7	2.5	1.8
	INCLINE	1	2	4	3	2	2	4	5	2	1
P6	SPEED	1.2	5	3.7	2.5	3.1	5.6	4.3	3.1	2.5	1.8
	INCLINE	2	2	6	2	3	4	2	2	2	1
P7	SPEED	1.2	3.7	4.3	2.5	2.5	4.3	2.5	1.2	2.5	1.2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P8	SPEED	1.2	2.5	3.7	5	4.3	5	3.7	1.2	1.8	1.2
	INCLINE	3	5	4	4	3	4	4	3	3	2
P9	SPEED	1.2	2.5	3.1	3.1	3.7	3.1	3.7	1.8	1.8	1.2
	INCLINE	3	5	3	4	2	3	4	2	3	2

THE DISPLAY CONSOLE

BODY MASS CALCULATION:

Press the PROGRAM button until the window displays FAT to access Body Mass Calculation. Press MODE to enter F-1, F-2, F-3, F-4, F-5

F-1 SEX, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT, F-5 is Body Mass Index

Press SPEED +/- BUTTONS to set F1-F4 (refer to the chart below). Once you have finished setting F1-F4, press MODE. This will enter you into the set up for F-5(Body Mass Index). To set F-5, grasp the Pulse Sensors located on the handles with both hands and hold them for 3 seconds. The window will display your body mass index. The Body Mass Index is used to test the relation between your height and weight. It is only for reference not suitable for the medical use. The Body Mass Index is suitable for both male and female.

NOTE: General Body Mass Index score is 20-25%

Underweight	Below 19.0
Normal	19.0 – 25.0
Overweight	26.0 – 29.0
Obesity	30.0 – and above

BODY MASS INDEX (BMI) CHART:

F-1	Sex	01 Male	02 Female
F-2	Age	10-----99	
F-3	Height	40----80INCHES	
F-4	Weight	44-----330LBS	
F-5	BMI	≤ 19	Underweight
	BMI	=(20---25)	Normal Weight
	BMI	=(26---29)	Overweight
	BMI	≥ 30	Obesity

TREADMILL FUNCTIONS

SAFETY LOCK FUNCTION:

Removing the **Safety Key (No. C26)** from the computer console while the treadmill is running will cause it to stop immediately. Once the treadmill reaches a full stop, the window display of the computer will show “- - -” and the buzzer will beep 3 times. To start the treadmill again, insert the magnet end of the **Safety Key (No. C26)** into the computer console and press the START button.

POWER SAVE FUNCTION:

When the treadmill has been idle for 10 minutes, it will enter Power Saving Mode. While the treadmill is in this mode, the window display of the computer will be turned off. To turn it back on, press any button.

POWER ON:

Flick the power switch to this symbol to turn on the treadmill.

POWER OFF:

Flick the power switch to this symbol to turn the treadmill off at anytime. This includes during exercise.

SAFETY NOTE:

1. We recommend that you maintain a slow speed at the beginning of a session and hold the handrails until you have become familiar with the treadmill.
2. Insert the magnet end of the **Safety Key (No. C26)** into the computer console and attach the opposite end (containing the safety clip on it) to your clothing before starting your workout. To end your workout, press the STOP button or remove the **Safety Key (No.C26)** and the treadmill will stop immediately.

EXERCISE INSTRUCTIONS

GETTING STARTED:

Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly.

Be aware of your body's signals. Incorrect or excessive exercise can damage your health.

Stop exercising immediately if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea.

Get to know your treadmill. Before attempting to use the treadmill take some time to stand alongside and familiarize yourself with the controls.

1. Once you get on, you can stand with your feet on the side rails and stabilize yourself by holding onto the handrails.
2. Next, attach the clip end of the Safety Key to your clothes and insert the magnetic end of the key into the computer console.
3. Press the START button to start the machine.
4. The machine will start at the system default setting speed of **0.5 MPH**. when you feel comfortable, you may slowly increase this speed.
5. When you are finished with your exercise, press the STOP button to stop the machine or you can remove the magnetic end of the Safety Key to stop the machine.

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
Treadmill will not start	Not plugged in	Plug cord into outlet
	Safety Key not inserted	Insert Safety Key
Running belt not centered	Running belt tension not correct on the left or right sides of the running board	Tighten the adjustment bolts on the left and right side of the rear roller
Computer not working	Wires from the computer and bottom control board not properly connected.	Check wire connections from the computer to the control board.
	Transformer is damaged	If the transformer is damaged, contact customer service.
E01 or E13: Message failure	Wires from the computer and bottom control board not properly connected.	Check wire connections from the computer to the control board. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E02: Burst clash protection	Incoming voltage is lower than 50% of the required voltage.	Check that the incoming power supply is the correct voltage.
E03: No speed sensor signal	Speed sensor signal cannot be received by the control board.	Check that the sensor wire is properly connected. If damaged, replace wire. Check to see if the magnetic sensor is damaged, replace if necessary.
E05: Current overload protection (Self Protecting System)	The incoming voltage is too low or too high. The control board is damaged.	Restart the treadmill. Check the incoming voltage to ensure it's correct. Check the control board, replace if damaged.
	A moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly. Check the motor, listen for strange noise and check for a burning smell. Replace the motor if necessary.

E06: Motor Abnormality	The motor wire is not connected or the motor is damaged.	Check motor wires to see if the motor is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the motor
E08: Control Board Abnormality	The control board is not connected.	Check the upper and middle wires to see if the control board is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E10: Motor Abnormality	The motor is damaged or a moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly. Replace the motor if necessary.

NOTE: If you are unable to resolve an issue using the troubleshooting guide above, please contact Customer Service at service@zoovaa.com