Owner's Manual

Model No.
16005100250
EV2.5

- **Assembly**
- **Operation**
- **Adjustments**
- **Parts**
- **Warranty**

CAUTION:

You must read and understand this owner's manual before operating unit.

Keep this manual for future reference.

Serial number

_____

Write the serial number in the space above for reference. Serial number can be found at the front bottom section of the Treadmill.

EVERLAST®

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ATTENTION

THIS TREADMILL IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

BEFORE YOU BEGIN

Thank you for choosing the EVERLAST Treadmill. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Unfortunately, too often, our busy lifestyles limit our time and opportunity to exercise. The EVERLAST Treadmill provides a convenient and straightforward method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labelled.

Read this manual carefully before using the EVERLAST Treadmill. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your EVERLAST Treadmill, please do not return the product. Contact us **FIRST!** If a part is missing or defective, call us toll-free at 1-888-707-1880. Our Customer Service Staff are available to assist you from 8:30 A.M. to 5:00 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.

MAX. USER WEIGHT LIMIT 136 KGS (300 LBS)

IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this equipment.

DANGER - To reduce the risk of electric shock, always unplug this treadmill from the electrical outlet prior to cleaning or service work.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons, install the treadmill on a flat level surface with access to a 120-volt, 15-amp grounded outlet.

WARNING - Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14 AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS OR IN ANY WAY MODIFY THE CORD SET.

A serious shock or fire hazard may result along with computer malfunctions.

- Do not operate the treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Do not block the rear of the treadmill. Provide a minimum of 3 1/2 feet clearance between the rear of the treadmill and any fixed object.
- Keep children away from the treadmill. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the treadmill if it has a damaged cord or plug. If the treadmill is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position, remove the tether cord, then remove the plug from the outlet.
- Do not attempt to use your treadmill for any purpose other than for the purpose it is intended.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Use handrails provided; they are for your safety.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- User weight should not exceed 300 lbs (136 kgs).
- This exercise equipment is not intended for persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge.
- Before beginning, this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Close supervision is necessary when this treadmill is used by, on, or near children, invalids, or disabled persons.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING!

NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. As with any appliance with a large motor, the GFCI will trip often. Route the power cord away from any moving part of the treadmill, including the elevation mechanism and transport wheels.

NEVER remove any cover without first disconnecting AC power. If voltage varies by ten percent (10%) or more, the performance of your treadmill may be affected. **Such conditions are not covered under your warranty.** If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

NEVER expose this treadmill to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment. The temperature specification is 40 degrees c, and humidity is 95%, non-condensing (no water drops forming on surfaces).

Circuit breakers: Avoid AFCI/GFCI circuit breakers if possible. These breakers may occasionally trip during use because of the high inrush currents from the treadmill drive motor. This condition is an issue with all treadmills and other products with large motors or electric heating elements like ovens. New laws in your area may require these breakers. If you do have these breakers and outlets in your home and are experiencing nuisance tripping, you should check to see if there are any other devices plugged into the same circuit like fluorescent lights with electronic ballasts, coffee makers, space heaters, etc. Optimally the treadmill should be the only device plugged into the circuit.

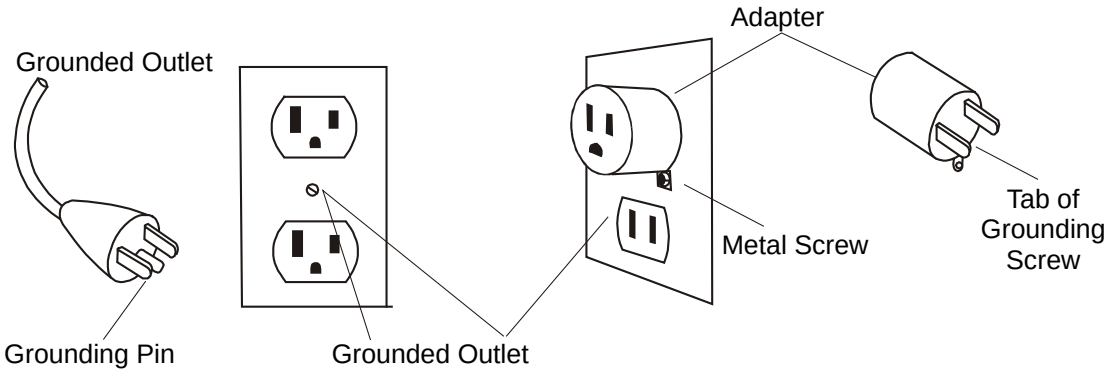
Our treadmills have surge suppressors built in to help avoid nuisance tripping. We have tested several AFCI/GFCI breakers and outlets with our products that do not trip when only the treadmill is connected. Brands we have tested are Eaton (Cutler-Hammer Series), Leviton (Smart lock pro), and Schneider Electric (Canadian home series).

GROUNDING INSTRUCTIONS

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

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

This product is for use on a nominal 120-volt/15 amp circuit and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle, as shown below, if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (shown below) can be installed by a qualified electrician. The green-coloured rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



IMPORTANT OPERATION INSTRUCTIONS

- **NEVER** operate this treadmill without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your treadmill during an electrical storm. Surges may occur in your household power supply that could damage treadmill components.
- Use caution while participating in other activities while walking on your treadmill, such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the center of the belt, which may result in serious injury.
- **NEVER** mount or dismount the treadmill while the belt is moving. Treadmills start at a very low speed, and it is unnecessary to straddle the belt during startup. Simply standing on the belt during slow acceleration is proper after you have learned to operate the unit.

  Always hold on to a handrail or hand bar while making control changes (incline, speed, etc.). Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure, contact your dealer.

ASSEMBLY INSTRUCTIONS

!!ATTENTION: IMPORTANT UNPACKING INSTRUCTIONS.
PLEASE READ BEFORE UNPACKING YOUR FOLDING TREADMILL!!

Serious injury could occur if this folding treadmill is not unpacked properly.

There is a Velcro strap installed around the treadmill base that prevents the treadmill from unfolding accidentally during shipping. If this strap is not removed properly, the treadmill could spring open unexpectedly and cause injury if someone is standing near the treadmill when the strap is removed.

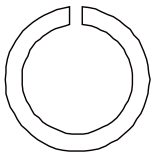
To ensure your safety during the removal of the shipping strap, please make sure the treadmill is positioned flat on the ground, in the orientation it would be in if you were using the treadmill. Do not turn the treadmill up on its side while removing the shipping strap. This could cause the treadmill's folding mechanism to spring open. If the end of the Velcro strap (that you need to grab to remove it) happens to be under the treadmill deck, reach under the deck to grab it, but do not tilt the treadmill up to gain access to the strap end.

Unpack the treadmill and locate the hardware pack. The hardware pack contains tools and hardware needed for the assembly of each step.

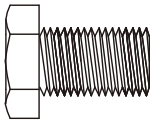
WARNING DECAL REPLACEMENT

The decals shown have been placed on the treadmill. If a decal is missing or illegible, please call our Customer Service Department, to order a free replacement decal (see ORDERING REPLACEMENT PARTS at page 2.). Apply the decal in the location shown.
Note: The decal shown at the right is 50% of actual size.

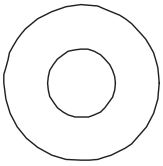
ASSEMBLY PACK CHECKLIST



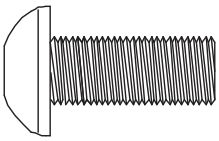
80. Ø8 × 1.5T
Split Washer (4pcs)



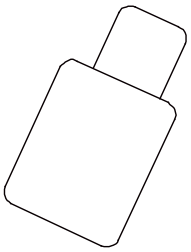
99. 5/16" ×1/2"
Hex Head Bolt (8pcs)



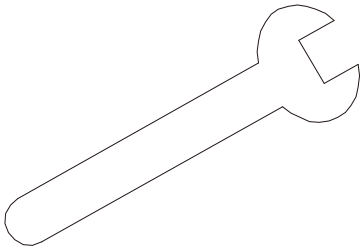
100. Ø5/16" × Ø18 × 1.5T
Flat Washer (8pcs)



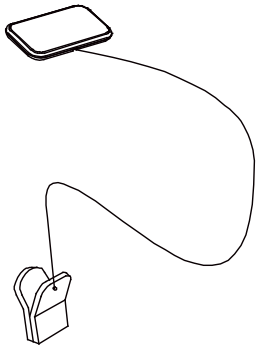
125. 5/16" ×3/4"
Button Head Socket Bolt (8pcs)



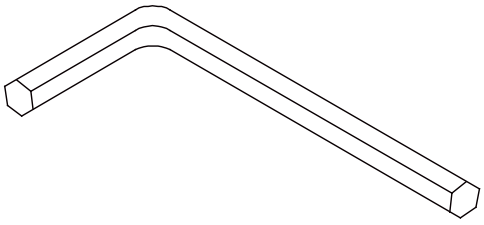
104. Lubricant (1pc)



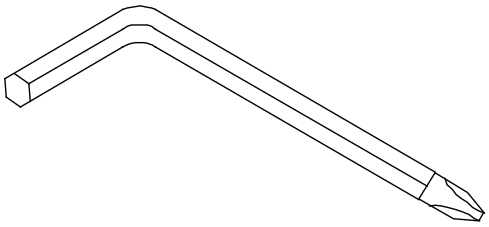
90. 13L_Wrench (1pc)



44. Square Safety Key (1pc)



103. M6 (66 × 86)
L Allen Wrench (1pc)

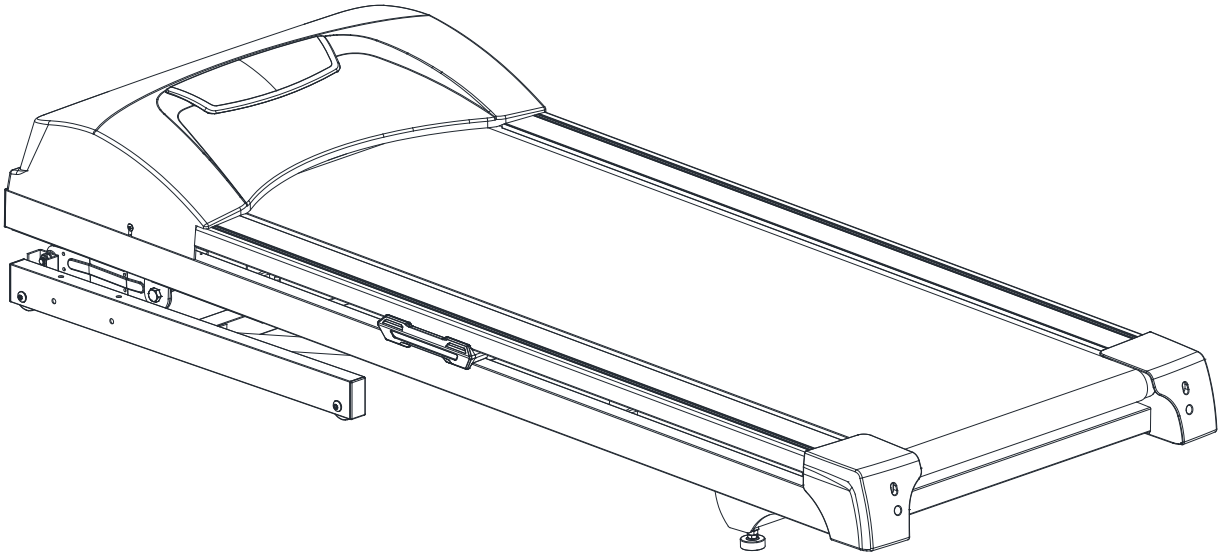


102. Combination M5 Allen Wrench &
Phillips Head Screwdriver (1pc)

ASSEMBLY INSTRUCTIONS

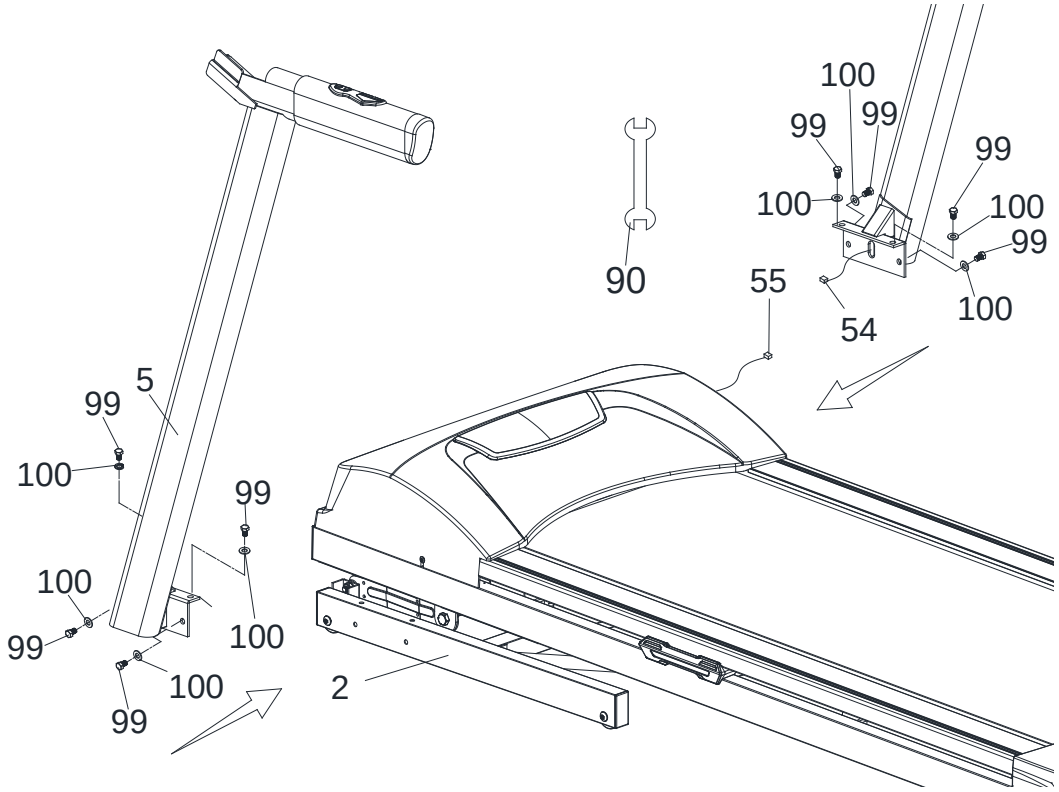
STEP 1

Take out the treadmill from the carton and lay it aside on a smooth surface.



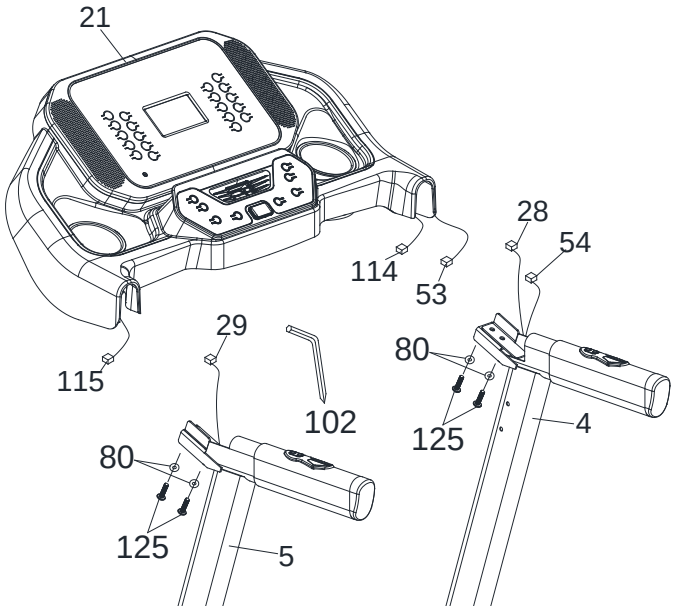
STEP 2

Connect Computer Cable (Middle) (54) with Computer Cable (Lower) (55), then insert Right and Left Uprights (4) and (5) into the Frame Base (2) and use 13m/m Wrench (90) to tighten 8 pcs of 5/16" × 1/2" Hex Head Bolts (99) and 8pcs of Ø5/16" × Ø18 × 1.5T Flat Washers (100).



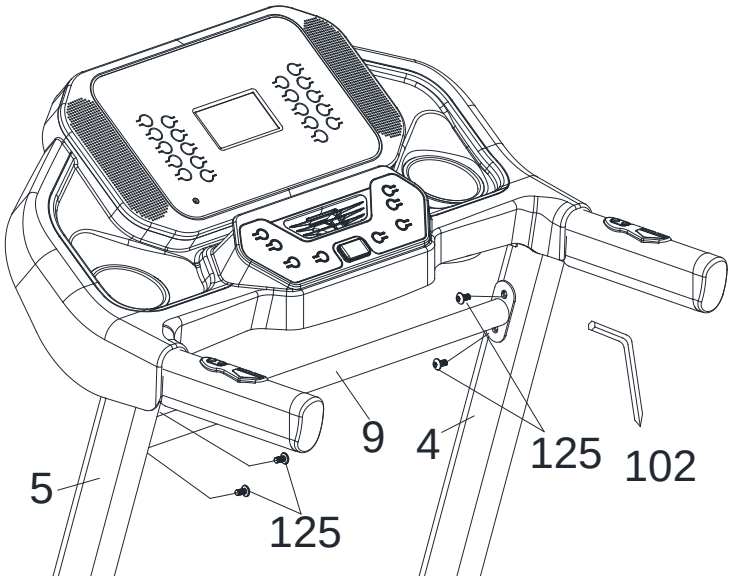
STEP 3

1. Connect the Computer Cable (Middle) (54) and Computer Cable (Upper) (53).
2. Connect the Speed Adjustment Switch W/Cable (Upper) (114) and Speed/Hand Pulse Complex (28).
3. Connect the Incline Adjustment Switch W/Cable (Upper) (115) and Incline/Hand Pulse Complex (29).
4. Insert Console Assembly (21) into right and left Uprights (4) and (5) and secure with 4 pcs of 5/16" × 3/4" Button Head Socket Bolts (125) with 4 pcs of Ø8 × 1.5T (80) Split Washers by using Combination M5 Allen Wrench & Phillips Head Screwdriver (102).



STEP 4

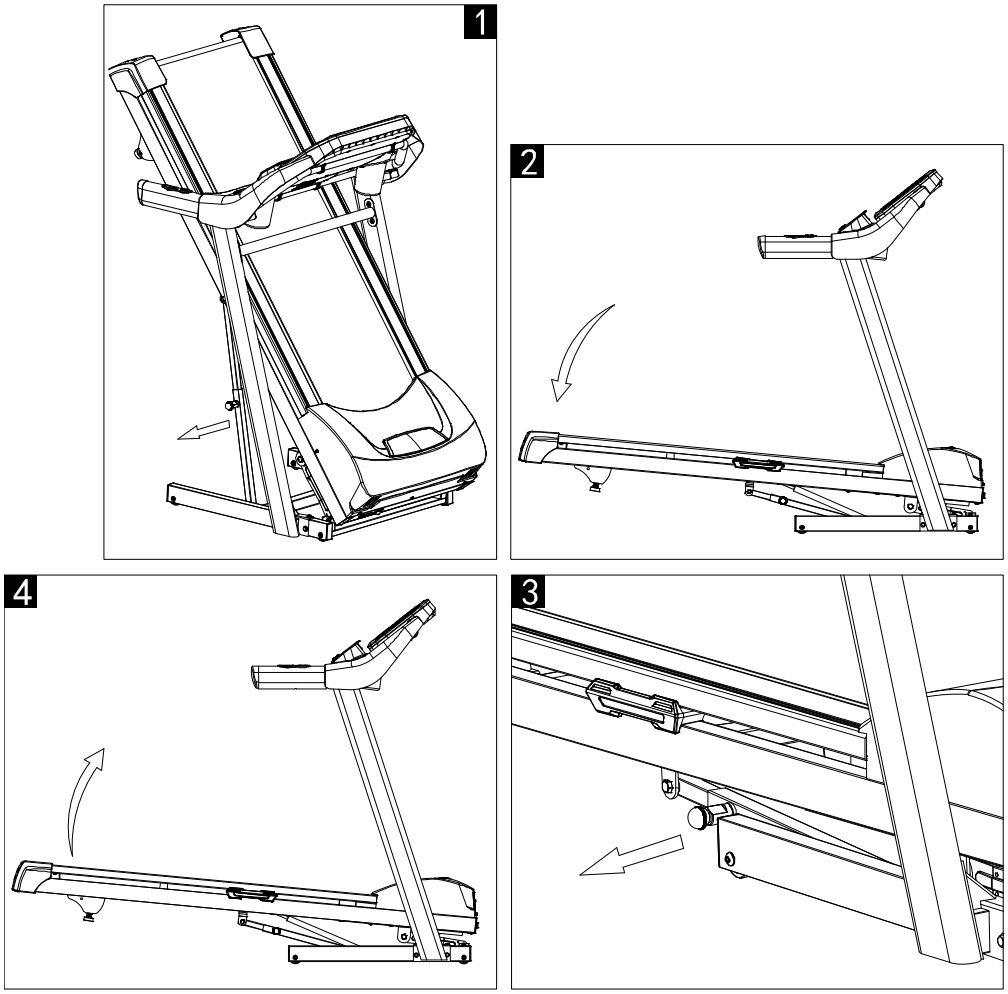
Install Handrail Support (9) between left and right Uprights (5) and (4) and use Combination M5 Allen Wrench & Phillips Head Screwdriver (102) to tighten 4 pcs of 5/16" × 3/4" Button Head Socket Bolts (125).



NOTE:

Your unit is now fully assembled. Ensure all nuts and bolts are firmly tightened prior to use.

Folding Instructions



- **UNFOLDING**
  Pull locking knob and hold running deck and lower down to the floor.
  (As shown in Figures 1 and 2.)

- **FOLDING**
  Slowly lift using two hands until it is locked by the locking knob. (As shown in Figure 3 and 4)

- **TRANSPORT**
  Before moving the treadmill, ensure the treadmill is correctly folded as described above. Make sure that the Locking Knob is entirely over the frame guide.

  1. Hold the upper ends of the handrails.
  2. Carefully move the treadmill to the desired location. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface. Ensure the wheels are free of debris before moving the treadmill.

TREADMILL OPERATION

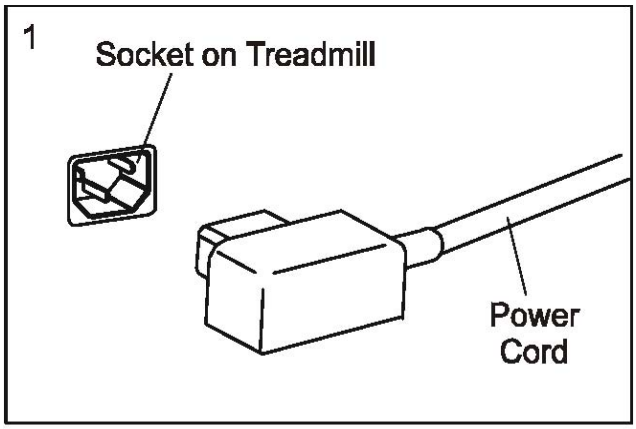
Your treadmill features a walking belt coated with a lubricant. IMPORTANT: Never apply silicone spray or other substances to the walking belt or walking board. Such substances will deteriorate the walking belt and cause excessive wear.

How to plug in the power cord.

GROUNDING INSTRUCTIONS.
This product must be grounded.

WARNING:

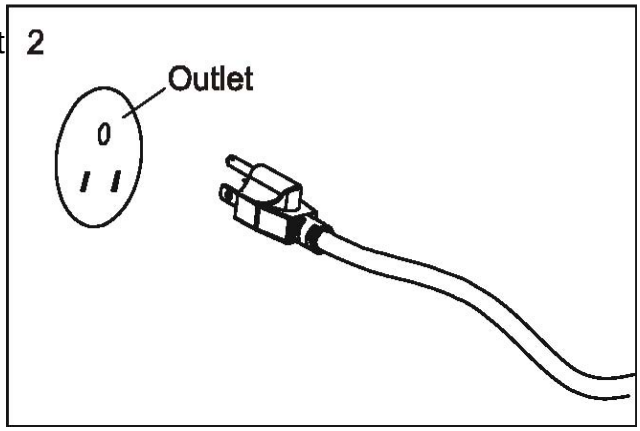
Improper connection of the equipment-grounding conductor can result in a risk of an electric shock. Check with a qualified electrician if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product; if it does not fit the outlet, have a proper outlet installed by a qualified electrician. The use of an extension cord with this product is not recommended. If an extension cord is needed, use a short (less than 10 feet) heavy gauge (14 gauge or better) extension cord with a three-prong (grounded) plug and receptacle.



IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.

1. Plug the indicated end of the power cord into the socket of the treadmill. See drawing.

2. Plug the power cord into an appropriate outlet that is properly installed and grounded. See the drawing below. Important: The treadmill is not compatible with GFCI-equipped outlets.



Note: Your power cord and outlet may appear different

TREADMILL OPERATION

GETTING STARTED:

CAUTION: Before operating the console, read the following precautions:

- Do not stand on the walking belt when turning on the treadmill.
- Always wear the safety key. Pulling the safety key will stop tread-belt movement.
- Adjust the speed in small increments to avoid sudden jumps in speed.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only sealed water bottles in the water bottle holders.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower.
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.

CAUTION: To avoid injury, hold onto the handrails while mounting and dismounting the treadmill. Hold onto the handrails and place feet on side rails before starting. Step onto the walking belt only the slowest speed. Always hold on to a handrail or hand bar while making control changes (incline, speed, etc.). Before operating the console, make sure that the power cord is properly plugged in and the on/off button is on. Attach the magnet or prong end of the safety key onto the monitor and attach the clip end of the safety key to your clothing (i.e. waistband). If you should slip or fall while exercising, the safety key will pull out of the console, shutting off the treadmill.

Power Up
Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor hood. Ensure that the safety key is installed, as the treadmill will not operate without it. The treadmill will then enter idle mode, which is the starting point for operation.

QUICK-START OPERATION

1. Attach the Safety Key to enable the display (if not already on).
2. Press the Start/Stop key to begin belt movement. Adjust to the desired speed using the speed ▲ and ▼ keys (console or handgrip). You may also use the Quick Speed Keys 1 -10 to adjust the speed.
3. To adjust the deck incline, press the ▲/▼ incline key (console or handgrip) to the desired incline level. You may also press the Quick Incline Keys 0 - 10 to adjust.
4. To stop the treadmill, press the Start/Stop key or pull out the Safety Key, though we encourage you to use the Start/Stop Key

Functions

Pause / Stop / Reset

1. When the treadmill is running, the pause feature may be utilized by pressing the Start/Stop key once. This will slowly decelerate the tread-belt to a stop. The incline will go to zero percent. The Time, Distance and Calorie readings will also stop.
2. To resume your workout, press the Start/Stop key. The speed and incline will return to their previous settings.
3. If the ENTER key is pressed while paused, the console will reset and return to the idle mode (startup) screen.

Incline Feature

1. The incline may be adjusted anytime after the belt begins to move.
2. Press and hold the Adjust incline ▲/▼ keys on the left side (console or handgrip) to achieve your desired incline. You may also choose a more rapid increase/decrease by selecting a Quick Incline Key 0 - 10 on the left-hand side of the console (incline).
3. The display will indicate incline position as adjustments are made.

Pulse Grip Feature
The Pulse (Heart Rate) readout will display your current heart rate in beats per minute during the workout. You must use both stainless steel sensors on the handlebar to display your pulse. Pulse value displays anytime the upper display is receiving a pulse signal.

Calorie Display
Displays the cumulative calories burned at any given time during your workout.
Note: This is only a rough guide used for the comparison of different exercise sessions, which cannot be used for medical purposes.

To Turn Treadmill Off

1. Remove Safety Key.
2. Turn off the main switch on the front of the treadmill, below the motor cover.

Note: Do not leave the Safety Key on the treadmill when not in use. Always turn off the treadmill.

WINDOW DISPLAY

Speed: Displays the current speed from starting at 0.5 mph to 10 mph.

Time: Displays your elapsed workout time in minutes.

Distance: Displays the distance travelled in miles.

Calories: Displays the cumulative calories burned at any given time during your Workout. **Note:** This is a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

Pulse: Displays the user's current heart rate in beats per minute during the workout. To display your heart rate, you must hold both handrails. **Note:** This is a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

Incline: Displays the incline level during your workout from 0 to 10.

Program: Displays the program selected.

Audio System: There is an Audio Input Jack on the front of the console and built-in speakers. You may plug any low-level audio source signal into this port. Audio sources include MP3 player, iPod, portable radio, CD player or even a TV or computer.

Fan: The fan is used to cool you down during your workout.

QUICK SPEED & INCLINE BUTTONS

Speed shortcut key：1,2,3,4,5,6,7,8,9,10 mph to set the speed rapidly.

Incline shortcut key：0,2,3,4,5,6,7,8,9,10 to set the incline rapidly.

Integrated FTMS Bluetooth receiver for 3rd party apps included.

Program Operation

Manual Program

In idle mode, you can directly start or press ENTER to set the countdown parameters (time, distance, calories). Press SPEED ▲ and ▼ in order to adjust the time, distance, calories, confirm and press ENTER key to switch time, distance, calories; the system only accepts the last number of parameters.

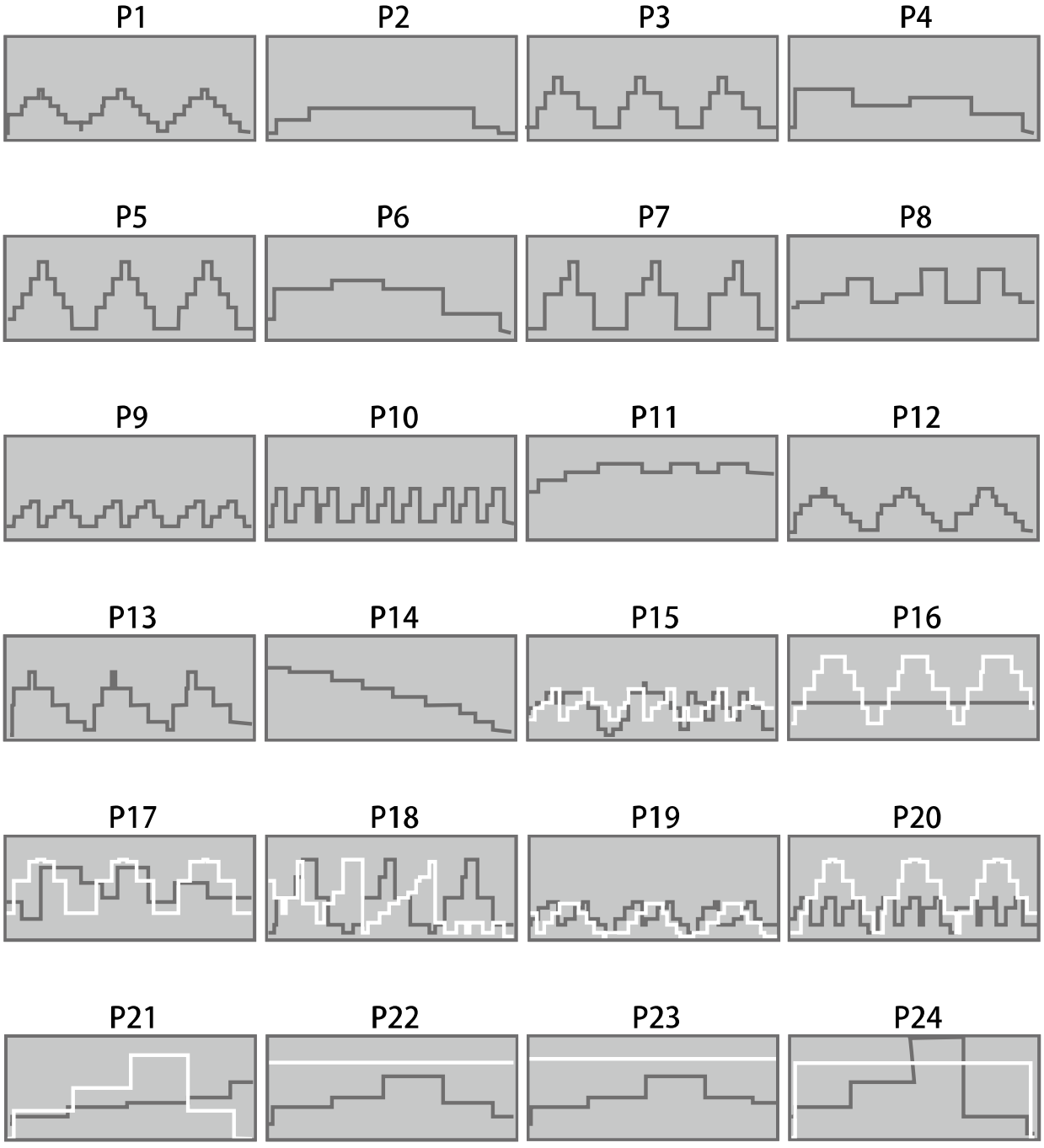
For example, if the last input is a distance, the previous parameter will be invalid, and only the distance setting will be accepted.

The default TIME preset is 30:00 (5:00 ~ 99:00); for each increase, the minimum value is 1:00. The default preset of DISTANCE is 5.00 miles (1.00 ~ 9.00); for each additional, the minimum value is 1.00. Default CALORIE value is 500 (10 ~ 9990); for each increase, the minimum is 10. The default SPEED is 0.5 miles.

Preset Programs

There are 24 groups of programs (P1 ~ P24); press the PROGRAM key to select P1 ~ P24; you can press the START button to start directly or press the ENTER key to enter the set time parameter. Time to defaults: 30: 00 (5: 00 ~ 99: 00), each increase or decrease the value of 1:00, set directly press the START button to start.

Preset Program Profiles



Key:
Speed
Incline

Preset Program Profiles

Program Profile Detail Chart

TIME / MODE		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
P-1		1	1.5	2.5	3	3.5	3	2.5	1.5	1	1	1	1.5	2.5	3	3.5	3	2.5	1.5	1	1	1	1.5	2.5	3	3.5	3	2.5	1.5	1	1
P-2		1	1.5	1.5	1.5	1.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	1	1	1	1	1
P-3		1	2.5	3.5	5	3.5	3.5	2.5	2.5	1	1	1	2.5	3.5	5	3.5	3.5	2.5	2.5	1	1	1	2.5	3.5	5	3.5	3.5	2.5	2.5	1	1
P-4		1	3.5	3.5	3.5	3.5	3.5	3.5	3.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	3	3	3	3	3	3	3	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1
P-5		1.5	2.5	3.5	5	6	5	3.5	2.5	1	1	1	2.5	3.5	5	6	5	3.5	2.5	1	1	1	2.5	3.5	5	6	5	3.5	2	1	1
P-6		1.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5
P-7		2.5	1	3.5	3.5	5	6	3.5	3.5	1	1	1	1	3.5	3.5	5	6	3.5	3.5	1	1	1	1	3.5	3.5	5	6	3.5	3.5	1	1
P-8		2.5	3	3	3	3.5	3.5	3.5	5	5	5	3	3	3	3.5	3.5	3.5	5.5	5.5	5.5	3	3	3	3	5.5	5.5	5.5	3.5	3.5	3	3
P-9		3	1.5	2	3	1	1.5	2.5	3	1.5	1	1	1.5	2	3	1	1.5	2	3	1.5	1	1	1.5	2.5	3	1	1.5	2.5	3	1.5	1
P-10		3.5	2.5	3.5	1	2.5	3.5	1	2.5	3.5	1	1	2.5	3.5	1	2.5	3.5	1	2.5	3.5	1	1	2.5	3.5	1	2.5	3.5	1	2.5	3.5	1
P-11		3.5	3.5	4.5	4.5	4.5	5	5	5	5	5.5	5.5	5.5	5.5	5.5	5	5	5	5	5.5	5.5	5.5	5	5	5	5.5	5.5	5.5	5	5	5
P-12		4.5	1.5	2.5	3	3.5	3	2.5	1.5	1	1	1	1.5	2.5	3	3.5	3	2.5	1.5	1	1	1	1.5	2.5	3	3.5	3	2.5	1.5	1	1
P-13		5	2.5	3.5	5	2.5	3.5	2.5	2.5	1	1	1	2.5	3.5	5	3.5	3.5	2.5	2.5	1	1	1	2.5	3.5	5	3.5	3.5	2.5	2.5	1	1
P-14		5.5	5.5	5.5	5	5	5	5	5	4.5	4.5	4.5	4.5	3.5	3.5	3.5	3.5	3	3	3	3	2.5	2.5	2.5	2.5	1	1	1	1	1	1
P15	spd	1.5	2.5	3.5	2.5	3	3.5	3.5	3	2.5	1	1	1	1.5	3.5	4.5	3.5	3.5	3	2.5	1	3.5	3	1.5	3.5	2.5	1.5	3.5	2.5	2.5	1
	inc	3	4	5	6	3	4	5	6	5	4	3	4	5	6	3	4	5	6	3	4	3	4	5	6	3	4	5	6	5	4
P16	spd	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
	inc	2	4	6	8	10	10	10	8	6	4	2	4	6	8	10	10	10	8	6	4	2	4	6	8	10	10	10	8	6	4
P17	spd	3	3	1.5	1.5	1.5	5.5	5.5	5.5	5.5	4.5	4.5	4.5	3.5	3.5	5.5	5.5	5.5	5.5	3	3	3	4.5	4.5	4.5	4.5	3.5	3.5	3.5	3.5	3.5
	inc	3	7	7	9	10	9	7	7	3	3	3	7	7	9	10	9	7	7	3	3	3	7	7	9	10	9	7	7	3	3
P18	spd	1	1	3.5	3.5	5	6	3.5	3.5	1	1	1	1	3.5	3.5	5	6	3.5	3.5	1	1	1	1	3.5	3.5	5	6	3.5	3.5	1	1
	inc	7	5	3	5	9	4	2	4	6	8	10	10	1	2	3	4	5	6	7	8	9	2	1	2	1	2	1	1	2	0
P19	spd	1	1.5	2.5	3.5	1	1.5	2.5	3	1.5	1	1	1.5	2.5	3	1	1.5	2.5	3	1.5	1	1	1.5	2.5	3	1	1.5	2.5	3	1.5	1
	inc	3	1	2	3	4	4	3	2	1	0	1	1	2	3	4	4	3	2	1	0	1	1	2	3	4	4	3	2	1	0
P20	spd	1	2.5	3.5	1	2.5	3.5	1	2.5	3.5	1	1	2.5	3.5	1	2.5	3.5	1	2.5	3.5	1	1	2.5	3.5	1.5	2.5	3.5	1	2.5	3.5	1
	inc	1	3	5	7	9	10	9	7	5	3	1	3	5	7	9	10	9	7	5	3	1	3	5	7	9	10	9	7	5	3
P21	spd	1	1.5	1.5	1.5	1.5	1.5	1.5	1.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	3	3	3	3	3	3	3	3.5	3.5	3.5	3.5	3.5	3.5	4.5	4.5
	inc	0	3	3	3	3	3	3	3	6	6	6	6	6	6	6	10	10	10	10	10	10	10	3	3	3	3	3	3	0	0
P22	spd	1	2.5	2.5	2.5	2.5	2.5	2.5	2.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	5	5	5	5	5	5	5	3	3	3	3	3	3	1.5	1.5
	inc	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
P23	spd	1	2.5	2.5	2.5	2.5	2.5	2.5	2.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	5	5	5	5	5	5	5	3.5	3.5	3.5	3.5	3.5	3.5	3	3
	inc	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
P24	spd	1.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1
	inc	0	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	0

HRC (Heart Rate Control)

For this procedure for the heart rate control program, please consult your doctor or professional instructor before use.

Press PROGRAM to select H-1, press START to start the training, or press ENTER to enter the setting (time, heartbeat target), and use SPEED ▲/▼ and INCLINE ▲ /▼ to adjust.

- Time: The default value is 30:00 (5: 00 ~ 99: 00). For each increment, the change is 1:00.
- For the Heart Rate target value setting, the default value is 116 (60 ~ 220); for each increment, the change is 1. After the program starts, it must detect the heart rate to control the treadmill.

HEART RATE PROGRAMS

Before we get started, a word about Heart Rate:

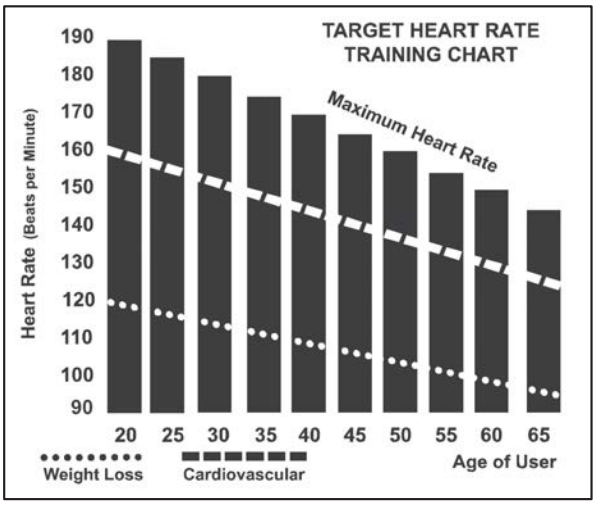
The old motto, "no pain, no gain," is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low, and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefits range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR)for someone of your age. To determine the effective heart rate range for specific goals, you simply calculate a percentage of your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat, while 80% is for strengthening the cardiovascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old, their target heart rate zone is calculated:

220 – 40 = 180 (maximum heart rate)
180 x 0.6 = 108 beats per minute (60% of maximum)
180 X 0.8 = 144 beats per minute (80% of maximum)

So, for a 40-year-old, the training zone would be 108 to 144 beats per minute.



If you enter your age during programming, the console will perform this calculation automatically. Entering your age is used for the Heart Rate programs. After calculating your MHR, you can decide upon which goal you would like to pursue.

The two most popular reasons for, or goals, of exercise, are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

RATE OF PERCEIVED EXERTION

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should work out than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The Borg scale is as follows:

Rating Perception of Effort

6 Minimal
7 Very, very light
8 Very, very light +
9 Very light
10 Very light +
11 Fairly light
12 Comfortable
13 Somewhat hard
14 Somewhat hard +
15 Hard
16 Hard +
17 Very hard
18 Very hard +
19 Very, very hard
20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example, a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending on the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong, and your pace will feel easier. When your body is in this condition, you are able to train harder, and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE, and you will train at the proper level for that day.

GENERAL MAINTENANCE

WARNING: Always unplug your treadmill prior to cleaning in order to avoid electrical hazards or shock.

Belt and Deck - Your treadmill uses a very high-efficient low-friction deck. Performance is maximized when the deck is kept as clean as possible. Use a soft, damp cloth or paper towel to wipe the edge of the belt and the area between the belt edge and frame. Also, reach as far as practical directly under the belt edge. This should be done once a month to extend belt and deck life. Use water only - no cleaners or abrasives. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. **Allow drying before using.**

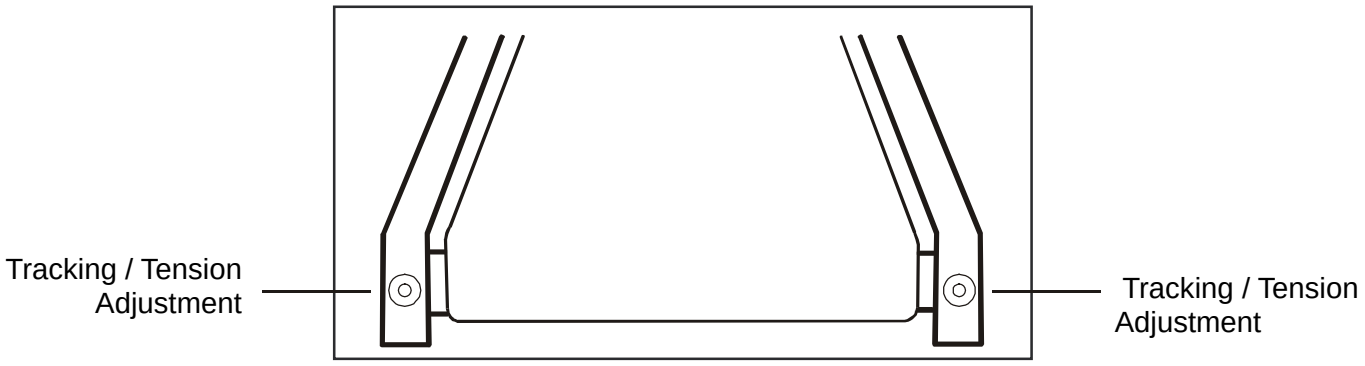
Belt Dust - This occurs during normal break-in or until the belt stabilizes. Wiping excess off with a damp cloth will minimize buildup.

General Cleaning - Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. On a monthly basis, vacuum underneath your treadmill to prevent buildup.
Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate. UNPLUG THE POWER CORD BEFORE THIS TASK.

Cleaning metal surfaces may be accomplished by using a soft cotton or terry cloth rag with a light application of car wax. Do not use aerosol sprays or pump bottles as they may deposit wax upon the walking or computer surface. Under no circumstances are you to use ammonia, oils, silicones, or any other compounds on the rubberized walking surface. The use of such materials may cause serious injury to the body and/or deteriorate the performance of the walking surface. Only clean the rubberized walking surface with a damp cloth (water only). From time to time, the display surface may collect dust or fingerprints. The use of harsh chemicals will destroy the protective coating and cause a static buildup that will damage the components. This surface may be cleaned with specially prepared chemicals found in most computer supply stores especially made for anti-static surfaces. It is strongly recommended that you purchase such a cleaning compound.

BELT ADJUSTMENTS:

Tread-belt Tension Adjustment - Belt tension is not critical for most users. It is very important for joggers and runners in order to provide a smooth, steady running surface. An adjustment must be made from the right side of the rear roller to adjust the tension with the 6 mm Allen wrench provided in the parts package. The adjustment bolt is located at the end of the right-side rail, as noted in the diagram below.



Note: *Adjustment is through small hole in end*

Tighten the rear roller only enough to prevent slippage at the front roller. Turn the tread-belt tension adjusting bolt in increments of 1/4 turn and inspect for proper tension.

When an adjustment is made to the belt tension, you must also make a tracking adjustment to compensate for the change in belt tension. This is accomplished by turning both the tension and tracking Allen bolts an equal amount. This adjustment should be made by turning both bolts clockwise by no more than a 1/4 turn at a time.

DO NOT OVERTIGHTEN – Over tightening will cause belt damage and premature bearing failure. If you feel the belt is tight enough, but it still slips, the problem may be a loose Motor drive belt under the front cover.

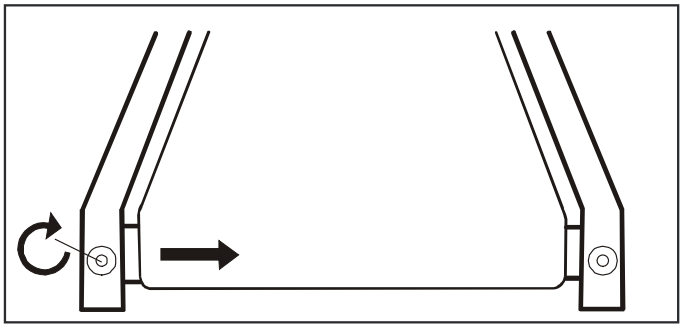
TREADBELT TRACKING ADJUSTMENT:

The performance of your treadmill is dependent on the frame running on a reasonably level surface. If the frame is not level, the front and back roller cannot run parallel, and constant belt adjustment may be necessary.

The treadmill is designed to keep the tread-belt reasonably centred while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the tread-belt should have a tendency to center itself. If during use, the belt continues to move toward one side, adjustments are necessary.

TO SET TREAD BELT TRACKING:

A 6 mm Allen wrench is provided to adjust the rear roller. Make tracking adjustments from the left side only. Set the belt speed at approximately 2 to 3 mph. Be aware that a small adjustment can make a dramatic difference that may not be apparent right away. If the belt is too close to the left side, then turn the bolt only a 1/4 turn to the right (clockwise) and wait a few minutes for the belt to adjust itself. Continue to make 1/4 turns until the belt stabilizes in the center of the running deck.



If the belt is too close to the right side, turn the bolt counter-clockwise. The belt may require periodic tracking adjustment depending on use and walking/ running characteristics. Some users may affect tracking differently. Expect to make adjustments as required to center the tread belt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills

ATTENTION: DAMAGE TO THE RUNNING BELT RESULTING FROM IMPROPER TRACKING / TENSION ADJUSTMENTS IS NOT COVERED UNDER THE WARRANTY.

BELT / DECK LUBRICATION:

Do not lubricate with anything other than DYACO CANADA INC approved lubricant. Your treadmill comes with one tube of lubricant, and extra tubes can be ordered directly from DYACO CANADA INC. There are commercially available lube kits, but the only one currently approved by DYACO CANADA INC is Lube-N-Walk. These kits come with an application wand that makes applying lubrication easier. Keeping the deck lubricated at the recommended intervals ensures the longest life possible for your treadmill. If the lubricant dries out, the friction between the belt and deck rises and places undue stress on the drive motor, drive belt and electronic motor control board, which could result in catastrophic failure of these expensive components. In addition, failure to lubricate the deck at regular intervals may void the warranty.

The deck comes pre-lubricated, and subsequent lubrication should be performed every 180 hours of use. It will be necessary to loosen the walking belt in order to lubricate the deck. Using the 6 mm Allen wrench supplied, loosen the two rear roller adjustment bolts -- located in the rear end caps – enough to get your hand under the belt (5 –10 turns). Make sure to loosen both bolts the same amount of turns and also remember how many turns, because when finished, you will need to tighten the bolts back to the point they were before.

Once the belt is loose, wipe the deck with a clean, lint-free cloth to remove any dirt. Apply the whole tube of lubricant onto the deck surface about 18 inches from the motor cover.
Squeeze out the contents of the tube across the deck (parallel to the motor cover) in about a one-foot long line, like toothpaste on a toothbrush. The one-foot line should be in the middle of the deck at approximately equal distance from both side edges of the belt.
You want the lubricant to be applied about the spot that your feet would hit the belt as you are walking. This should be about 18 inches from the motor cover, but you may want to walk on the treadmill before loosening the belt to note where your feet land on the belt. If you mostly run on the treadmill, the spot where your feet land may be different from walking. Once the lubricant is applied, tighten the rear roller bolts with the same amount of turns as when you loosened them. Run the treadmill at about six mph without walking on it for about a minute or two to ensure the belt stays in the middle of the deck. If the belt tracks to one side, then follow the belt tracking instructions to remedy. Now the deck is lubricated, and you should walk, not run, on the treadmill immediately for at least 5 minutes to ensure the lubricant is evenly distributed. If you purchase a Lube-N-Walk kit, follow the instructions that come with it to apply the lubrication.

HOW TO CHECK IF THE TREADBOARD REQUIRES LUBRICATION

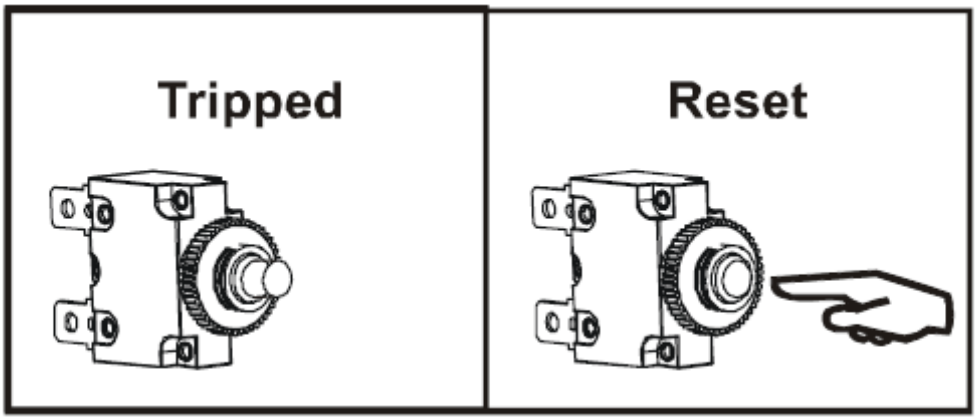
Lift one side of the tread-belt and feel the top surface of the tread board. If the surface is (slick) to the touch, then no further lubrication is required. If the surface is dry to the touch, apply one packet of lubricant or half of the bottle of lubricant.

RESET SWITCH RESETTING

- If your treadmill lost power or will not start, check the reset switch located on the front of the motor cover.
- If the white tab of the reset switch is not showing, then the reset switch has not been tripped.
- If the white tab of the reset switch is showing, the reset switch has tripped.

To reset the reset switch:

- Remove the safety clip on the console.
- Press the white tab of the reset switch until it snaps back into place.
- If the reset switch continues to trip - see tread-belt adjustment and tread-belt lubrication



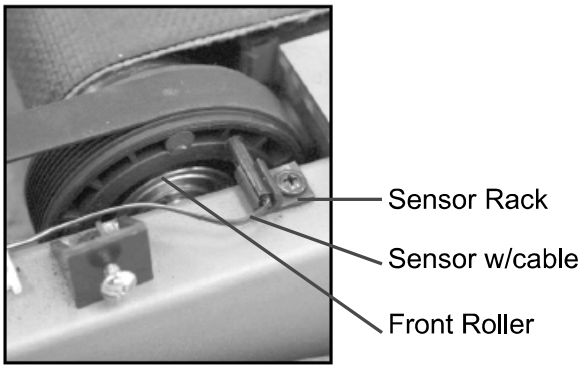
SPEED SENSOR ADJUSTMENT

If the monitor does not display speed or distance, the speed sensor and magnet may be misaligned.

Note: Always unplug your treadmill prior to cleaning to avoid electrical hazards or shock.

Follow these steps to check and realign.

- Remove the motor cover
- Check the spacing and alignment between the magnet on the right side of the front roller and the speed sensor on the frame. The spacing must be 1/8".
- Loosen screw and slide speed sensor in or out of the clamp.
- Retighten the screw and replace the motor cover.



Error Messages

E0 Safety Key is not in place. A reminder to put in the safety key.
E1 Treadmill calibration did not receive a speed signal for 10 seconds.
E2 Over the rated current. The controller is over the rated current for 3 seconds.
Er Incline Error.
E4 Motor voltage surge or motor is disconnected.
E5 Communication is disconnected.
E6 Power malfunction.

Engineering Mode

First, remove the Safety key, hold down the Program key and at the same time replace the safety key. Then, the treadmill's console will enter Calibration mode.

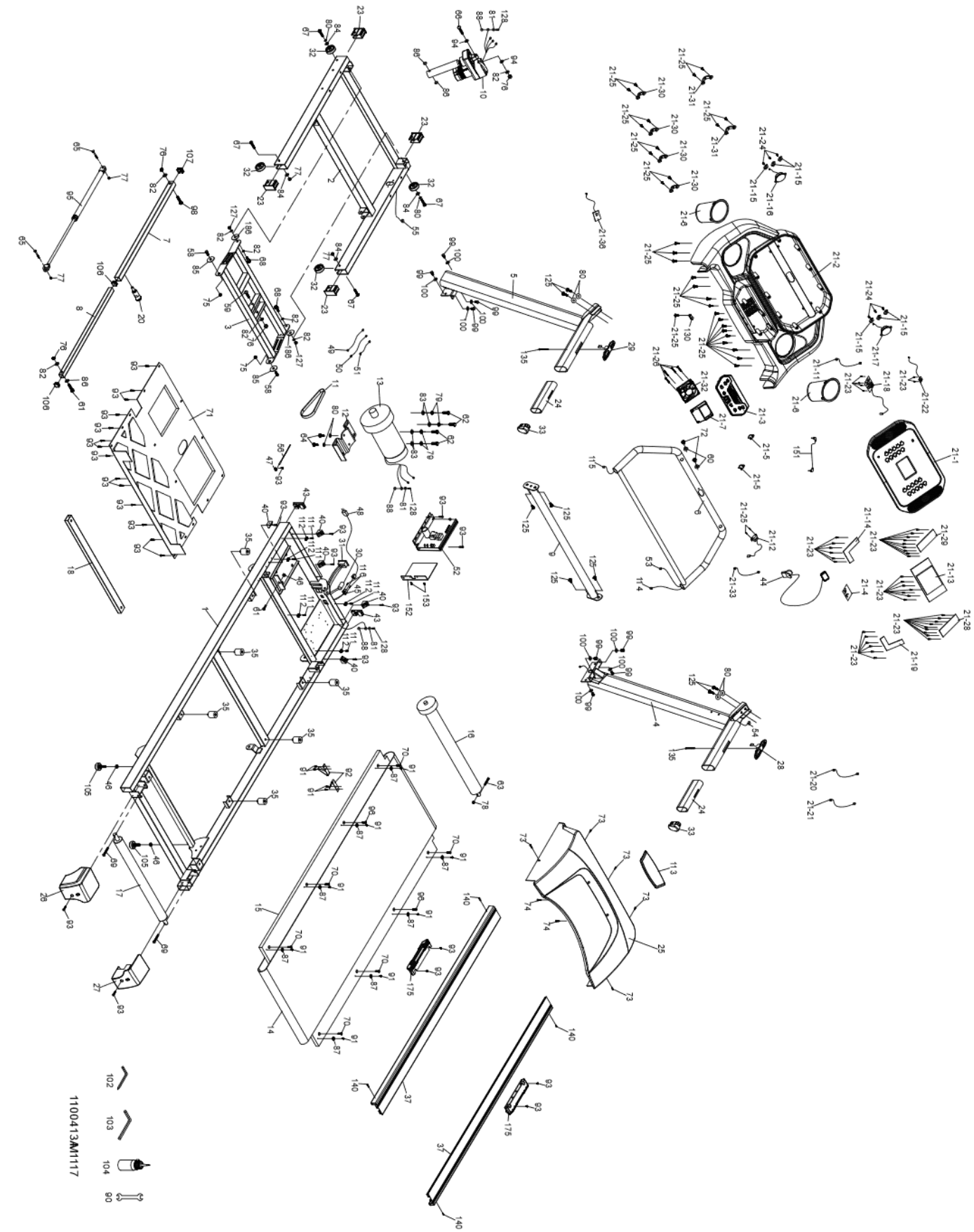
1. Set wheel diameter to 60. Press the Enter key to confirm and move to the next item.
2. Set kilometers or miles. Press the Enter key to confirm and move to the next item.
3. Set the minimum speed of 0.5. Press the Enter key to confirm and move to the next item.
4. Set the maximum speed of 10. Press the Enter key to confirm and move to the next item.
5. Set the maximum incline value of 10, then press the Enter key to confirm. It will automatically enter into the calibration display.
6. Press the START/STOP key to start the calibration. It will return to the standby screen automatically after the calibration is complete.

Service Checklist – Diagnosis Guide

Before contacting your dealer for aid, please review the following information. It may save you both time and expense. This list includes common problems that may not be covered under the treadmill's warranty.

PROBLEM	SOLUTION/CAUSE
Display does not light.	1. Tether cord not in position. 2. Circuit breaker on front grill tripped. Push circuit breaker in until it locks. 3. Plug is disconnected. Make sure plug is firmly pushed into AC household wall outlet. 4. Household circuit breaker may be tripped. 5. Treadmill defect. Contact your dealer.
Treadbelt does not stay centered **Treadmill belt hesitates when walk or run on.**	The user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly off-center to the side opposite from the belt movement. See **General Maintenance** section on **Treadbelt Tension**. Adjust as necessary.
Motor is not responsive after pressing start.	Contact the service department
Treadmill will only achieve approximately 12 kph (7 mph) but shows higher speed on display.	This indicates motor should be receiving power to operate. Low AC voltage to treadmill. Do not use an extension cord. If an extension cord is required, it should be as short as possible and heavy duty 14 gauge minimum. Low household voltage. Contact an electrician or your dealer. A minimum of 120-volt AC current is required.
Treadbelt stops quickly/ suddenly when tether cord is pulled.	High belt/deck friction. See **General Maintenance** section on lubrication.
Treadmill trips on board 15-amp circuit.	High belt/deck friction. See **General Maintenance.**
Computer shuts off when console is touched (on a cold day) while walking/running.	Treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to **Grounding Instructions.**
House circuit breaker trips, but not the treadmill circuit breaker.	Please review information about circuit breakers at page 4.

EXPLODED VIEW DIAGRAM



PARTS LIST

KEY NO.	PART NO.	DESCRIPTION	Q'TY
1	AA010252-Q2	Main Frame	1
2	AA020108-Q2	Frame Base	1
3	AA030046-Q2	Incline Bracket	1
4	CRAA040224-Q2	Right Upright	1
5	CRAA040223-Q2	Left Upright	1
6	AA050084-Q2	Console Support	1
7&8	CRAA060114-Q2-01	Outer & Inner Slide	1
9	AA060191-Q2	Handrail Support	1
10	G150001	Incline Motor	1
11	N010001	Drive Belt	1
12&13	CRG080073C	Motor Bracket with Drive Motor	1
14	H0612970H-QV	Running Belt	1
15	H140042	Running Deck	1
16	K140017-Z9	Front Roller W/Pulley	1
17	K140035-Z3	Rear Roller	1
18	A440095-Q2	Deck Cross Brace	1
20	K150001	Locking Knob	1
21	CRZ4NT0390-20	Console Assembly	1
23	P040132-A1	Metal Tube End Cap	4
24	L210005-A1	Handgrip Foam	2
25	P010104-A1	Motor Top Cover	1
26	P030028-A1	Adjustment Base (L)	1
27	P030029-A1	Adjustment Base (R)	1
28	E050403	Speed/Hand Pulse Complex	1
29	E050502	Incline/Hand Pulse Complex	1
30	F020001	Breaker	1
31	F030001	On/Off Switch	1
32	P050010-A1	Transportation Wheel	4
33	P040106-A1	Handgrip End Cap	2
35	P060019-A1	Cushion	6
37	P080037D-A1	Foot Rail	2
40	P060021-A1	Motor Cover Anchor(D)	5
43	P040002-A1	30 × 60_Square End Cap	2
44	N100003-A5	Square Safety Key	1
45	F010007	Power Socket	1
46	J129021-Y3	3/8" × 7T_Nut	3
47	P060022E-A1	Sensor Rack	1
48	E060001	Power Cord	1
49	E010754	300m/m Connecting Wire (White)	1
50	E010755	300m/m_Connecting Wire (Black)	1
51	E010747	100m/m_Connecting Wire (Black)	1
52	CRD090052-02	Motor Controller	1

KEY NO.	PART NO.	DESCRIPTION	Q'TY
53	E020729	1200m/m_Computer Cable (Upper)	1
54	E020725-02	1250m/m_Computer Cable (Middle)	1
55	E020729-01	1200m/m_Computer Cable (Lower)	1
56	F030185	1000m/m_Sensor W/Cable	1
58	J011503-Y3	1/2" × 1"_Hex Head Bolt	2
59	J011013R-ZN	3/8" × 3-1/4"_Hex Head Bolt	1
60	J220003-Y3	Ø5/16" × 19 × 1.5T_Curved Washer	2
61	J011006-Y3	3/8" × 1-1/2"_Hex Head Bolt	2
62	J011002-Y3	3/8" × 3/4"_Hex Head Bolt	4
63	J013012-Y3	M8 × 60m/m_Hex Head Bolt	1
64	J013002-Y3	M8 × 12m/m_Hex Head Bolt	2
65	J020504-Y3	5/16" × 1"_Button Head Socket Bolt	2
66	J011007P-ZN	3/8" × 1-3/4"_Hex Head Bolt	1
67	J340506E-Y3	5/16" × 1-1/2"_Flat Head Socket Bolt	4
68	J033505S-ZN	M10 × P1.5 × 25m/m_Socket Head Cap Bolt	2
69	J033016-ZS	M8 × 80m/m_Socket Head Cap Bolt	2
70	J043005-Y3	M8 × 25m/m_Flat Head Countersink Bolt	6
71	P090115-A1	Motor Bottom Cover	1
72	J020501-Y3	5/16" × 1/2"_Button Head Socket Bolt	2
73	J377105-Y3	5 × 16m/m_Tapping Screw	5
74	J396804-Y3	3.5 × 12m/m_Sheet Metal Screw	2
75	J139111-Y3	1/2" × 8T_Nyloc Nut	2
76	J139011-Y3	3/8" × 7T_Nyloc Nut	4
77	J139062-Y3	5/16" × 7T_Nyloc Nut	4
78	J139261-Y3	M8 × 7T_Nyloc Nut	1
79	J260001-Y3	Ø10 × 2.0T_Split Washer	4
80	J260007-Y3	Ø8 × 1.5T_Split Washer	8
81	J260008-Y3	Ø5 × 1.5T_Split Washer	3
82	J210003-Y3	Ø19 × Ø10 × 1.5T_Flat Washer	8
83	J210008-Y3	Ø25 × Ø10 × 2.0T_Flat Washer	4
84	J210005-Y3	Ø8 × Ø18 × 1.5T_Flat Washer	4
85	P060206-A1	Nylon Washer	2
86	P060221-A1	Nylon Washer	3
87	B130016-Z1	Ø25×Ø20×Ø16×Ø5×4.5H×1.1T_Concave Washer	8
88	J270001-Z1	M5_Star Washer	3
90	J330014-Z1	13m/m_Wrench	1
91	J386904-Y3	4 × 12m/m_Sheet Metal Screw	12
92	B133000-Z1	Belt Guide	2
93	J367105-Y3	5 × 16m/m_Tapping Screw	28
94	P060410-A1	Ø10 × Ø25 × 0.8T_Nylon Washer	2
95	K060038	Cylinder	1
96	J043010-Y3	M8 × 50m/m_Flat Head Countersink Bolt	2
98	J011007-Y3	3/8" × 1-3/4"_Hex Head Bolt	1
99	J010501-Y3	5/16" × 1/2"_Hex Head Bolt	8
100	J210005-Y3	Ø5/16" × Ø18 × 1.5T_Flat Washer	8
102	J330051-Y3	Allen Wrench Head Screw Wrench	1

KEY NO.	PART NO.	DESCRIPTION	Q'TY
103	J330002-Y3	M6_L Allen Wrench	1
104	N020007A	Lubricant	1
105	P060018-A1	Adjustment Foot Pad	2
106	P040041-A1	21.8 × 21.8mm_Square End Cap	2
107	P040040-A1	25.4 × 25.4mm_Square End Cap	1
111	J536805-Y3	3.5 × 16m/m_Tapping Screw	5
112	P060281	Wire Tie Mount	5
113	P010105-A1	Top Motor Cover Plate	1
114	E050203-01	1000m/m_Speed Adjustment Switch W/Cable (Upper)	1
115	E050253	1000m/m_Incline Adjustment Switch W/Cable (Upper)	1
116	J547003-Z1	3 × 10m/m_Sheet Metal Screw	2
125	J020502-Y3	5/16" × 3/4"_Button Head Socket Bolt	8
127	J139361-Y3	M10 × 8T_Nyloc Nut	2
128	J092001-Y3	M5 × 10m/m_Phillips Head Screw	3
130	N050002	Wire Clamp	1
135	J527014L-Y3	3 × 75m/m_Sheet Metal Screw	2
140	J386915-Y3	Ø4 × 19L_Sheet Metal Screw	4
151	E090001	400m/m_Audio Cable	1
152	B070005-Q2	Controller Back Plate	1
153	J397002-Y3	3 × 8m/m_Sheet Metal Screw	2
175	P060574B-BE	Rubber Foot	2
186	P060786-A1	Ø40 × 3T_Nylon Washer	2

TRAINING GUIDELINES

EXERCISE

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

BASIC COMPONENTS OF PHYSICAL FITNESS

There are four all-encompassing components of physical fitness, and we need to define each and clarify its role briefly.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sportspeople.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is an essential component of physical fitness. It is the efficient functioning of the heart and lungs

AEROBIC FITNESS

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVo2). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO2 indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

ANAEROBIC TRAINING

This means "without oxygen" and is the output of energy when the oxygen supply is insufficient to meet the body's long-term energy demands. (For example, 100-meter sprint).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression

As your become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

Overload
This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised. Working through your program and gradually increasing the overload factor is important.

Specificity
Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility
If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARMUP

Every exercise program should start with a warmup where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later. Stretching should be included in both your warmup and cool down and should be performed after 3-5 minutes of low-intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly o the central circulation, pooling of blood may occur in the muscles

Heart Rate

As you exercise, so the rate at which your heartbeat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.
The following table is a guide to those who are "starting fitness."

Age	25	30	35	40	45	50	55	60	65
Target heart Rate 10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

Pulse Count

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number but a general guide. If you're above average fitness, you may work quite comfortably, a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate 10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule. A little above or below is just fine.

Two final comments: (1) don't be concerned with day-to-day variations in your pulse rate. Being stressed or not getting enough sleep can affect your numbers; (2) your pulse rate is a guide, don't become a slave to numbers. Fitness should be enjoyable.

ENDURANCE CIRCUIT TRAINING

Cardiovascular Endurance, muscle, strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

Body Building is often used synonymously with strength training. The fundamental principle here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

PATRONIZATION

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety, and so do you. In addition, when you feel yourself getting "stale', bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better about it.

MUSCLE SORENESS

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced, or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

WHAT TO WEAR

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers."

BREATHING DURING EXERCISE

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

REST PERIODS

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warmup stage again.

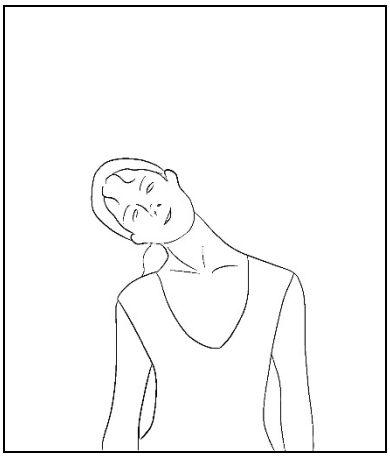
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half-minute to one-minute rest periods

STRETCHING

Stretching should be included in both your warmup and cool-down and should be performed after 3-5 minutes of low-intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension and not pain is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

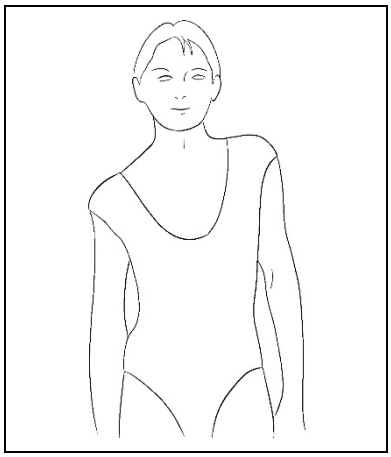
HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretch your chin to the ceiling, and let your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



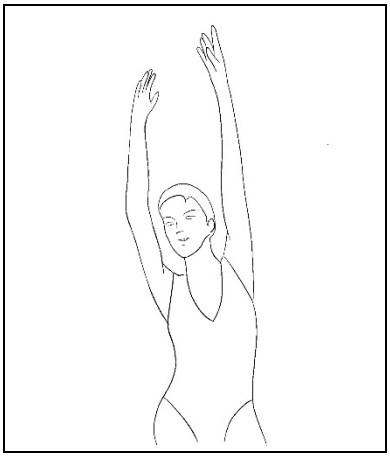
SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder for one count as you lower your right shoulder.



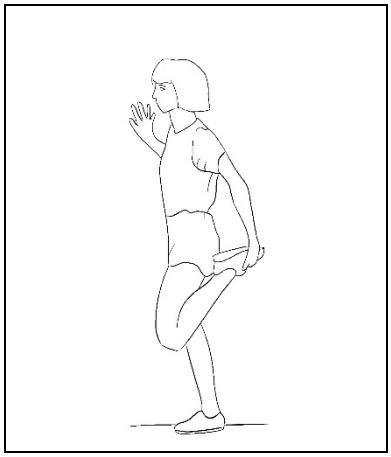
SIDE STRETCHES

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left foot left arm.



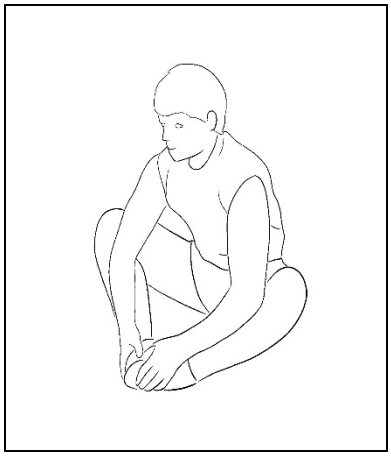
QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



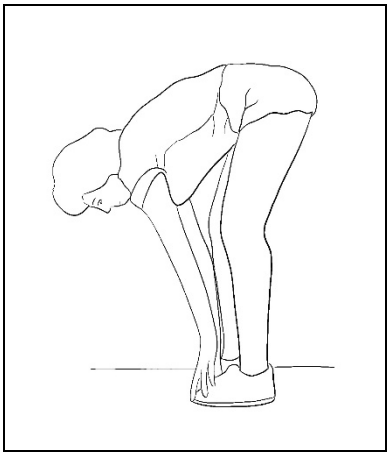
INNER THIGH STRETCH

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



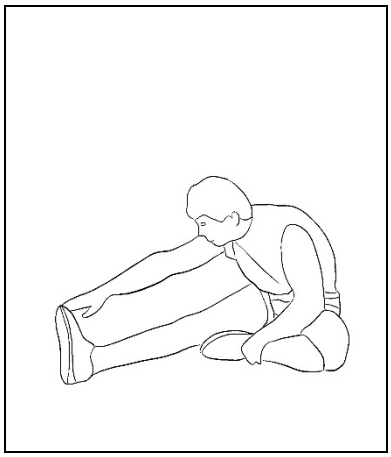
TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



HAMSTRING STRETCHES

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



CALF / ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep toward your right leg straight, and the left foot on the floor, then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its treadmill parts for a period of time listed below from the date of retail sale, as determined by sale receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts at Dyaco Canada Inc.'s option and technical support to our independent dealers and service organizations. In the absence of a dealer or service organization, these warranties will be administered by Dyaco Canada Inc. directly to a consumer. The warranty period applies to the following components:

Frame	1 Year
Parts	1 Year
Labour	90 Days

The consumer is responsible for the items listed below:

1. The warranty registration can be completed online. Go to www.dyaco.ca/warranty.html and complete the online warranty registration.
2. Proper use of the treadmill in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the treadmill and with all local electric codes.
4. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house wiring.
5. Expenses for making the treadmill accessible for servicing, including any item that was not part of the treadmill at the time it was shipped from the factory.
6. Damages to the treadmill finish during shipping, installation or following installation.
7. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.
   Note: Some areas do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for treadmill not requiring component replacement or treadmill not in ordinary household use.
3. Damages caused by services performed by persons other than authorized Dyaco Canada Inc. service companies; use of parts other than original Dyaco Canada Inc. parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration card on file at Dyaco Canada Inc. Dyaco Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Use of the product in a non-residential environment.
9. Warranties outside of Canada may vary. Please contact your local dealer or Dyaco Canada for details.

SERVICE

The sales receipt establishes the labour warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized dealer or Dyaco Canada.
2. If you have any questions about your new product or questions about the warranty contact Dyaco Canada Inc. at 1-888-707-1880.
3. If no local service is available, Dyaco Canada Inc. will repair or replace the parts, at Dyaco Canada Inc.'s option, within the warranty period at no charge for parts. All transportation costs, both to our factory and upon return to the owner, are the responsibility of the owner.
4. The owner is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
5. For any further information, or to contact our service department by mail, send your correspondence to:
   Dyaco Canada Inc.
   5955 Don Murie Street
   Niagara Falls, ON
   L2G 0A9

Product features or specifications as described or illustrated are subject to change without notice.

All warranties are made by Dyaco Canada Inc.

Please visit us online for information about our other brands and products manufactured and distributed by Dyaco Canada Inc.

SPIRIT

spiritfitness.ca

SOLE FITNESS

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EVERLAST

dyaco.ca/products/everlast.html

UFC

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TRAINOR SPORTS

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For more information, please contact Dyaco Canada Inc.
T: 1-888-707-1880 | 5955 Don Murie St., Niagara Falls, Ontario L2G 0A9 | sales@dyaco.ca