

## Owner's Manual

Model No.  
16005905000

- Assembly
- Operation
- Adjustments
- Parts
- Warranty



### **CAUTION:**

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

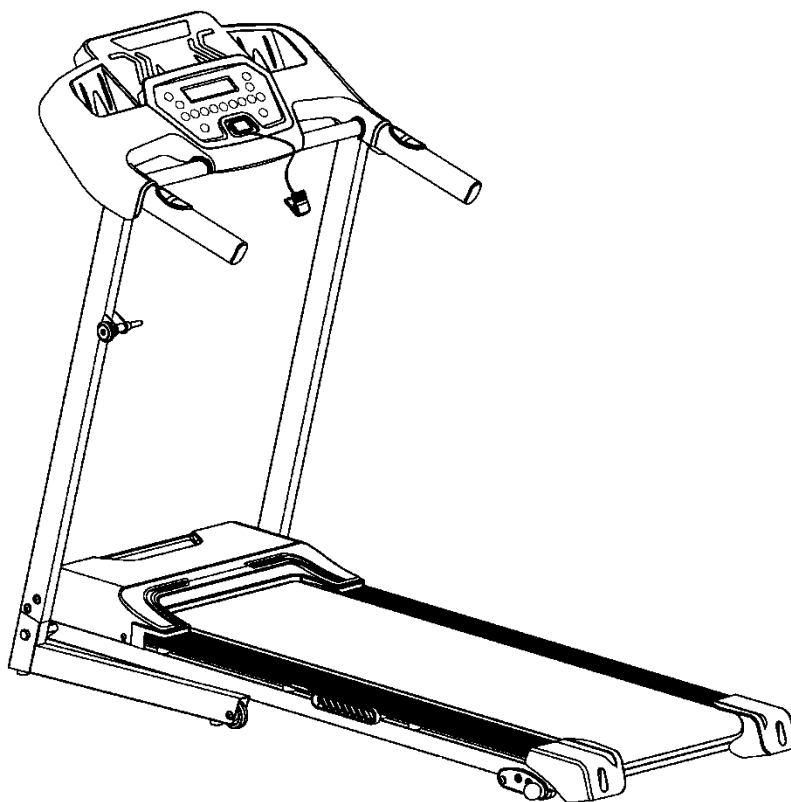
*Keep this manual for future reference.*

*Serial number*

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

# EVERLAST®



**PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW TREADMILL!**

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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.

# IMPORTANT SAFETY INSTRUCTIONS

THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY  
READ ALL INSTRUCTIONS BEFORE USING THIS TREADMILL

**CAUTION:** Before starting any exercise program, it is recommended that you consult your physician.

**WARNING:** Connect this unit to a properly grounded outlet only.

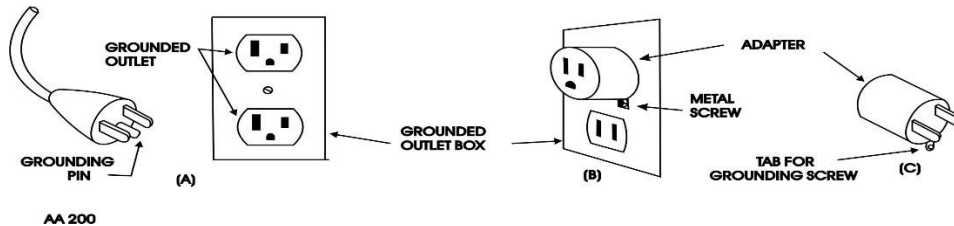
**DANGER:** To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning.

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

## Grounding Instructions

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. See diagram below for grounding methods.

Figure 1.  
Grounding methods



1. Use 120-volt a.c. household current on a dedicated circuit.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. 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.
4. Never leave the treadmill unattended when plugged in. Remove the safety key and unplug the unit from the outlet when not in use and before removing or replacing parts.
5. Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped, damaged, or exposed to water. Never move the treadmill belt while the power is turned off.
6. Do not pull the treadmill by the power supply cord or use cord as a handle. Keep cord away from heated surfaces and open flames.
7. Fitness equipment must always be installed and used on a flat surface. Do not use outdoors or near water. Do not place the unit on a loose rug or uneven surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor. It is recommended to have a minimum of 3 metres safe clearance on all sides of the treadmill while in use.

8. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage, covered patio or near water.
9. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
10. Read, understand, and test the emergency stop procedure before using the treadmill. Do not insert any objects into any openings.
11. Inspect and properly tighten all parts of the treadmill regularly.
12. Keep children and pets away from this equipment at all times while exercising.
13. Handicapped individuals should have medical approval and close supervision when using this treadmill.
14. Do not place hands or feet under the treadmill. Always keep hands and legs off of the treadmill when others are using it.
15. Never turn on treadmill while standing on treadbelt. Always hold the handrails while using the treadmill. Always return the treadmill to the slowest speed to provide for safe dismount and low speed restart.
16. To disconnect, turn all controls to the off position, then remove plug from outlet.
17. Do not attempt to raise, lower or move the treadmill until it is properly assembled. See assembly on page 8 and to fold and move the treadmill on page 10-11. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques. Use the treadmill only for its intended use as described in this manual. Do not use any attachments that are not recommended by the manufacturer.
18. User weight should not exceed 250lbs (114 kg).
19. Never allow more than one person on the treadmill at once.
20. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
21. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
22. Start your program slowly and very gradually increase your speed and distance.
23. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your treadmill. Do not walk or jog barefoot, in stocking feet or loose-fitting shoes or slippers.
24. This treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental or institutional setting.
25. This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
26. Close supervision is necessary when this equipment is used by, on, or near children, invalids, or disabled persons.



**WARNING:** Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Read all instructions before using any fitness equipment. We assume no responsibility from personal injury or property damage sustained by or through the use of this product.

**SAVE THESE INSTRUCTIONS - THINK SAFETY!**

# IMPORTANT ELECTRICAL INSTRUCTIONS



## **WARNING!**

- **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.
- **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.

**This product must be grounded.** If the treadmill 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.**

- **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 work level 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. Our treadmills start with at a very low speed and it is unnecessary to straddle the belt during start up. 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 Dyaco Canada.

# SAFETY TETHER CORD

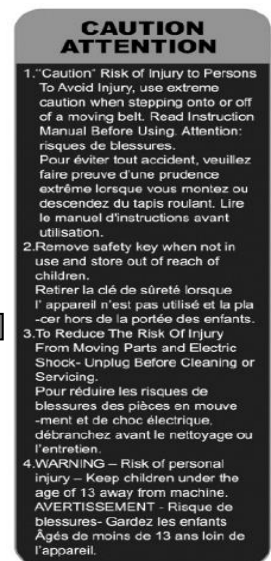
A safety tether cord is provided with this unit. It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the tread-belt. Pulling this safety tether cord will stop tread-belt movement.

To Use:

1. Place the magnet into position on the round portion of the console control head. Your treadmill will not start and operate without this. Removing the magnet also secures the treadmill from unauthorized use.
2. Fasten the plastic clip onto your clothing securely to assure good holding power.  
Note: The magnet has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two step coast anytime the magnet is pulled off the console.

## REMOVE TETHER CORD AFTER USE TO PREVENT UNAUTHORIZED TREADMILL OPERATION.

The Warning 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 in the manufacturer's limited warranty page). Apply the decal in the location shown. Note: The decal shown at the right is 50% of actual size.

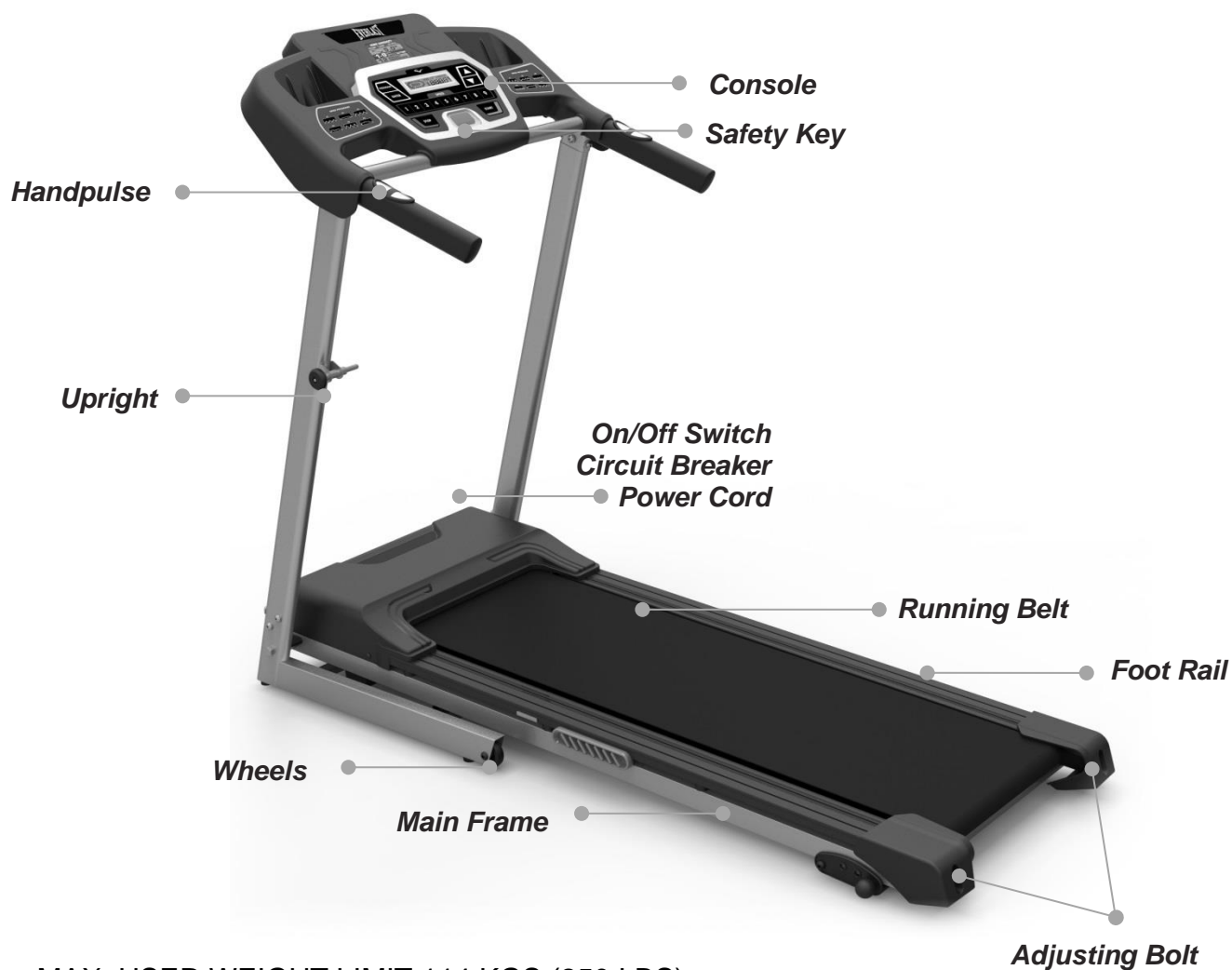




## BEFORE YOU BEGIN

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. Too often, our busy lifestyles limit our time and opportunity to exercise. The EVERLAST Treadmill provides a convenient and simple 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 labeled.

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 114 KGS (250 LBS)

# ASSEMBLY INSTRUCTIONS

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

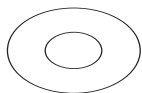
Serious injury could occur if this folding treadmill is not unpacked properly.

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.

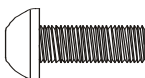
To ensure your personal safety during removal of the shipping strap please make sure the treadmill is positioned flat on the ground, in the orientation it would be in if you were using the treadmill. Do not turn the treadmill up on its side while removing the shipping strap. This could cause the treadmill's 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 is separated into five sections; one section containing tools and four sections labeled steps 1-4 which contain the hardware needed for assembly of each step. The assembly steps below are numbered one through four and correspond to the hardware in the numbered sections of the hardware pack. Remove only the hardware for the step you are currently assembling to avoid confusion and mix ups.

## *Assembly Pack Check List*



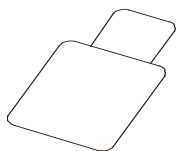
**#79.** Ø8 × Ø18 × 1.5T  
Flat Washer(6pcs)



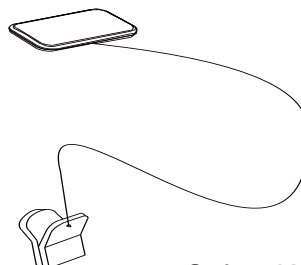
**#87.** 5/16" × 1/2"  
Button Head Socket Bolt (10pcs)



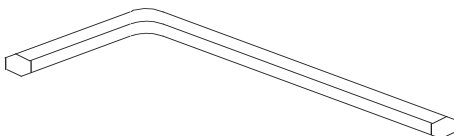
**#88.** Ø8 × Ø19 × 1.5T  
Curved Washer (4pcs)



**#105.** Lubricant (1pc)



**#40.** Safety Key (1pc)



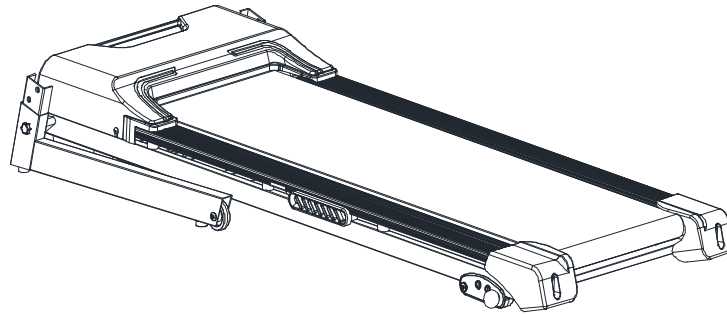
**#104.** Combination M5  
Allen Wrench (1pc)



# Assembly Instructions

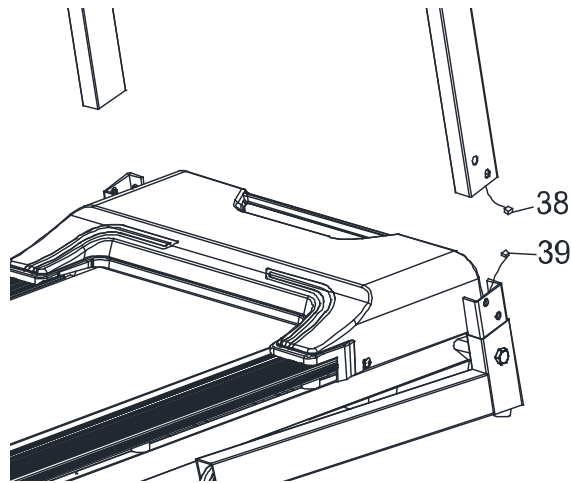
## Step 1.

Remove the unit from the box and put it on a flat and level floor.



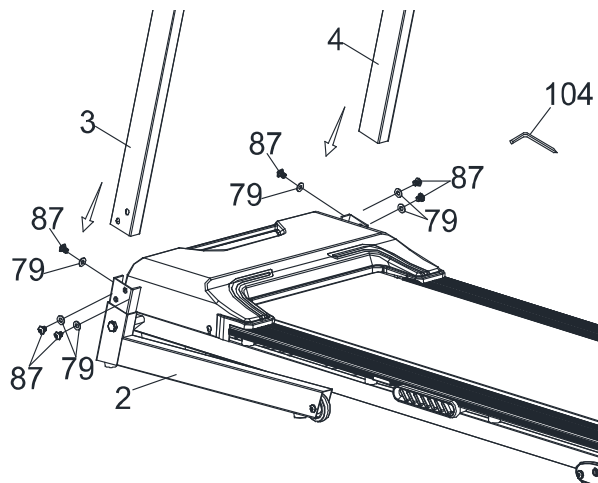
## Step 2.

Connect the Computer Cable (Middle) (38) with the Computer Cable (Lower) (39).



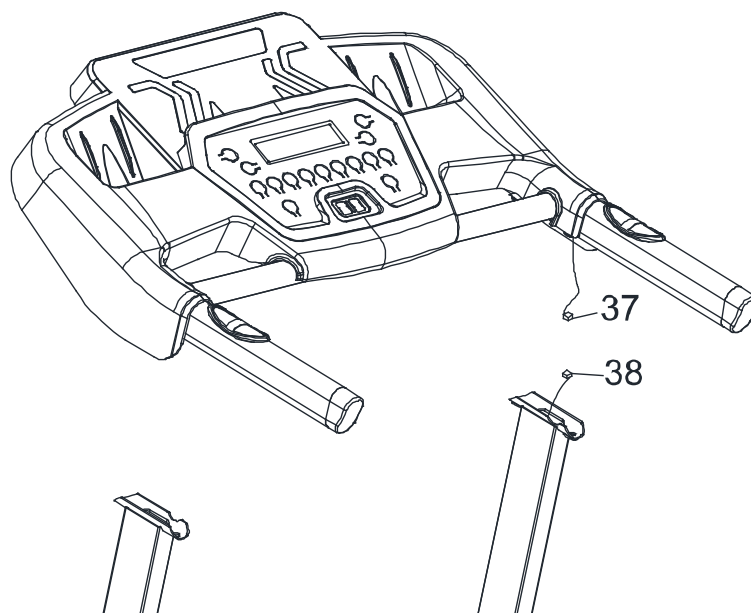
## Step3.

Insert the Uprights (L, R)(3,4) into the Frame Base (2) with the 6pcs of 5/16" × 1/2" Button Head Socket Bolts (87), 6pcs of Ø8 × Ø18 × 1.5T Flat Washers (79) by using the Allen Wrench (104). (Please install the screw without tightening it.)

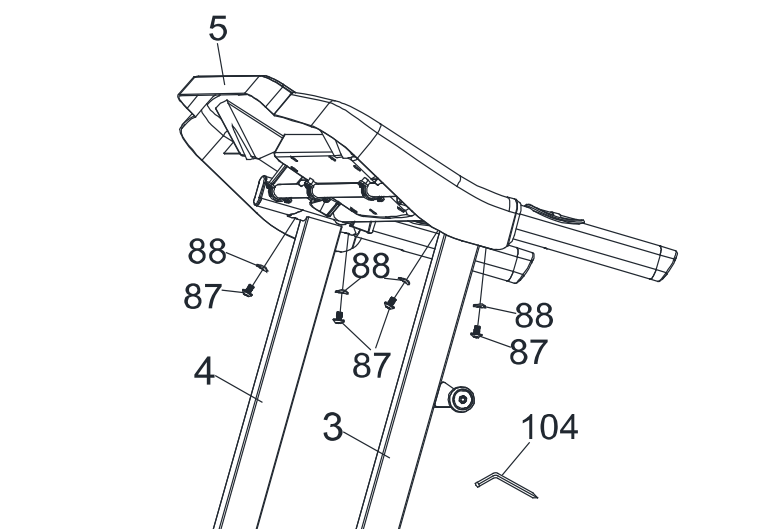


**Step4.**

Connecting the Computer Cable (Upper) (37) with the Computer Cable (Middle) (38).

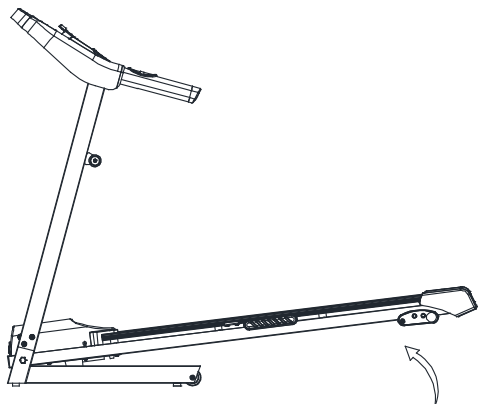
**Step5.**

Install the Console Support (5) into the Uprights (L,R)(3,4) with the 4pcs of 5/16" × 1/2" Button Head Socket Bolts (87), and 4pcs of Ø8 × Ø23 × 1.5T Curved Washers (88) by using the Allen Wrench (104).



**NOTE: PLEASE TIGHTEN ALL SCREWS AFTER THE ASSEMBLY IS COMPLETE**

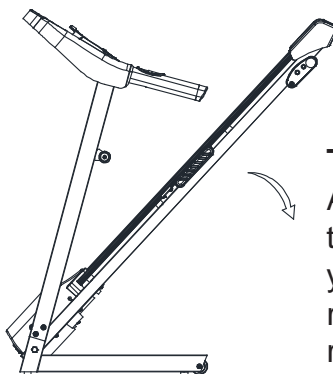
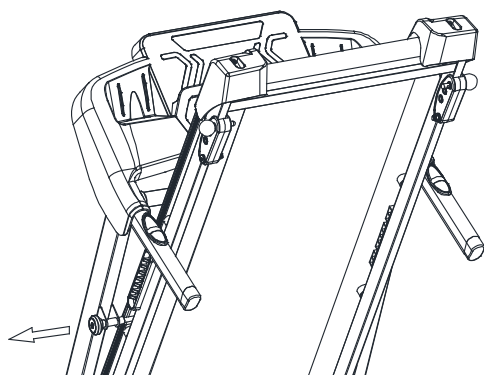
# FOLDING INSTRUCTIONS



## TO FOLD THE TREADMILL

Lift the treadmill running deck until it is secured by the locking mechanism on the left upright tube. You will hear it pop into place when secure.

**WARNING:** Before unfolding the treadmill, hold the deck with one hand to prevent it from falling and release the knob with your other hand.



## TO UNFOLD THE TREADMILL

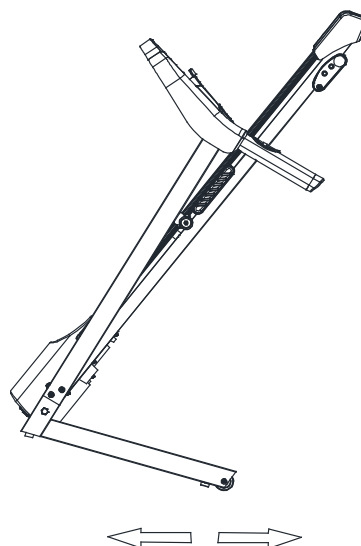
Apply slight forward pressure on the treadmill running deck with your right hand. Pull out on the round knob and slowly lower the running deck to the floor.

# TRANSPORTATION INSTRUCTIONS

The treadmill is equipped with two transport wheels. Fold your Treadmill before moving. Lean the Treadmill back so that the transport wheels touch the floor. You are then free to move the unit.

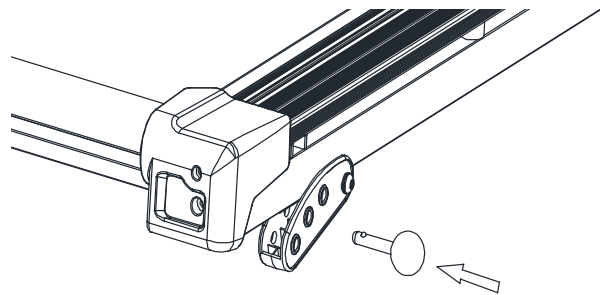
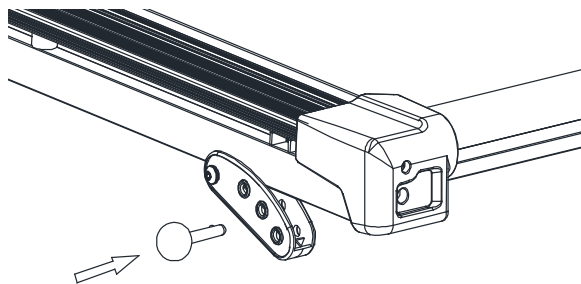
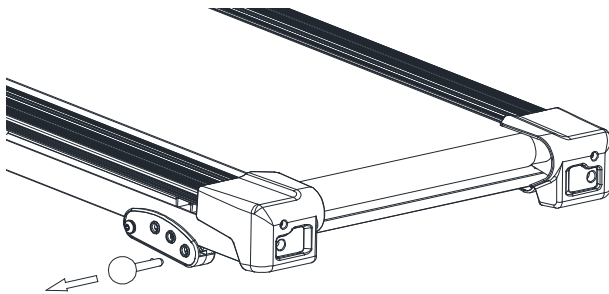
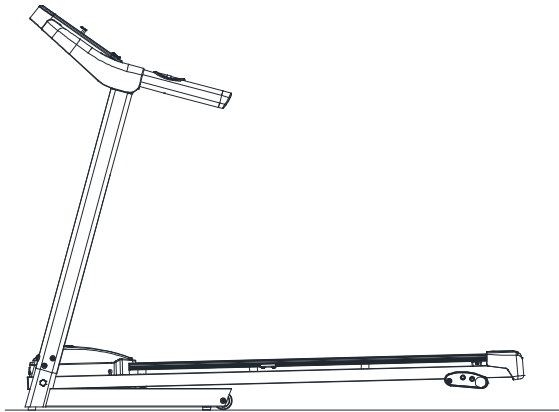
**CAUTION:** Do not attempt to move the unit unless it is in the folded and locked position. Remove the power cord from the front of the unit to avoid possible damage.

Use both handrails to maneuver the unit to the desired position.



# INCLINE FEATURE

- Incline may be adjusted any time before belt movement.
- Lift running deck
- Remove the Step-Up Frame Pop Pin. Slide the Incline Foot forward until you reach the desired height. Reinsert pin.
- Lower running deck
- Apply to both sides for even incline.



# 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.

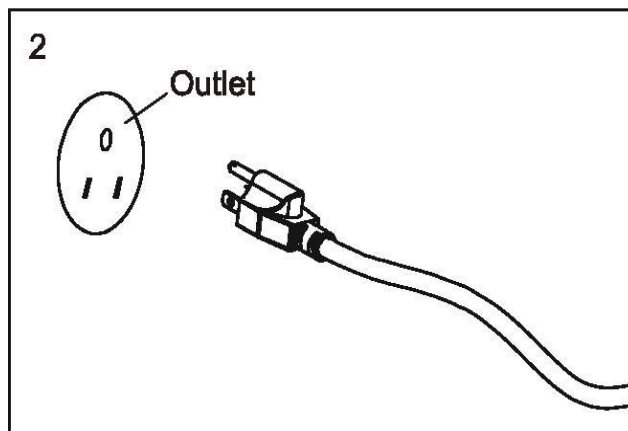
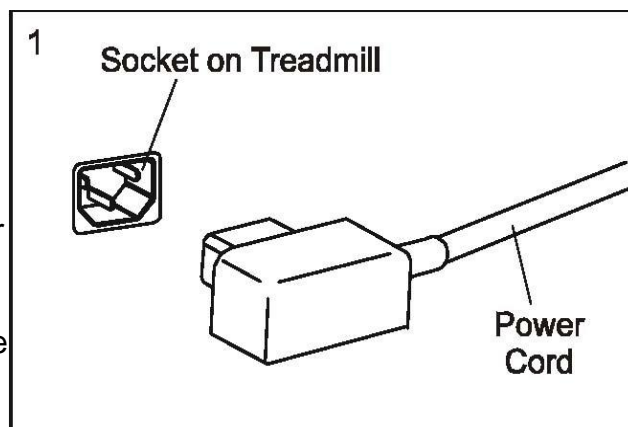
This product must be grounded.



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



Note: Your power cord and outlet may appear different.

# Operation of Your Treadmill

## CONSOLE



## GETTING STARTED

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 key to begin belt movement. Adjust to the desired speed using the Speed ▲ and ▼ keys. You may also use the Speed keys 1 through 9 to adjust the speed.
3. To slow tread-belt press and hold the Speed ▼ key to the desired speed. You may also press the Speed keys 1 through 9.
4. To stop the tread-belt press the Stop key or pull away Safety key.



## PAUSE/STOP/RESET FEATURE

1. When the treadmill is running the pause feature may be utilized by pressing the red Stop key once. This will slowly decelerate the tread-belt to a stop. The Time, Distance and Calorie readings will hold while the unit is in the pause mode. After five minutes the display will reset and return to the startup screen.
2. To resume your exercise, when in Pause mode, press the Start key. The speed will return to the previous settings.
3. Pause is executed when the Stop key is pressed once. If the Stop key is pressed a second time, the console will reset and return to the idle mode (startup) screen.

## CALORIE DISPLAY

Displays the cumulative calories burned at any given time during your workout.

Note: This is only a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

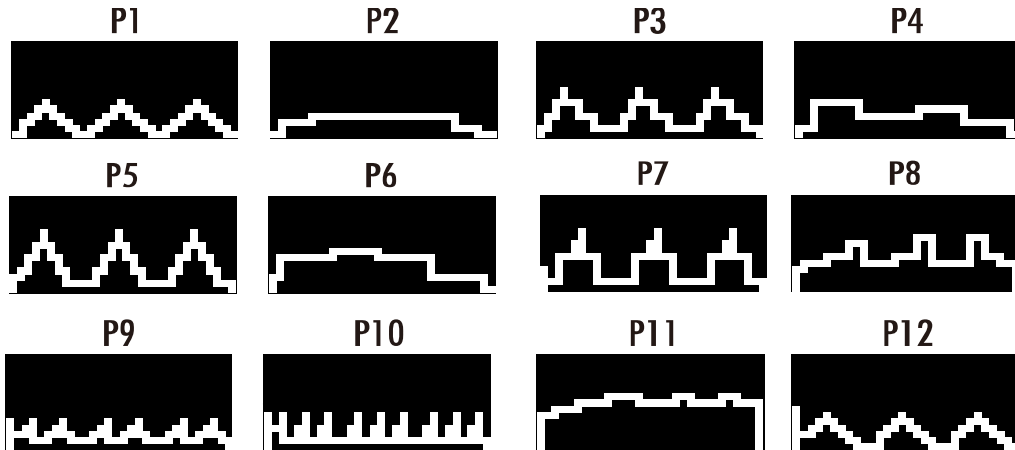
## TO TURN TREADMILL OFF

1. Display will automatically turn off (go to sleep) after 30 minutes (no key operations). The treadmill will draw very little current in sleep mode (about as much as your television when it is turned off).
2. Remove tether cord.
3. Turn off the main switch on the front of the treadmill, below the motor cover.

## SPEED UNIT CONVERSION

In standby mode, long press the speed minus key and program button for 5 seconds, the buzzer sounds twice if conversion is successful. This will convert from english to metric on the display.

## PRESET PROGRAM PROFILES



## PROGRAMMABLE FEATURES

The Treadmill provides 12 programs (P1, P2, P3.....P12). Each program has its specific speed variations.

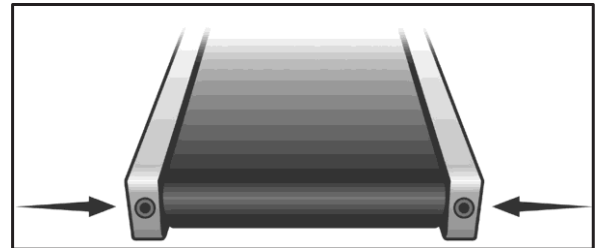
### To Select and Start a Preset Program

1. Make sure the machine is in the stop position, single press Stop to enter into resetting state. Press Program to choose desired program (P1, P2, .....P12), then press and release Start to begin the program with default values.
2. Each program will continue 30 minutes. This is the preset value. After every one minute during the program, the Speed will be adjusted automatically. The Speed setting can also be adjusted manually at any time during the program. 3 Seconds before the ending of a program a buzzer will sound three times, then the running belt will come to a stop.

## BELT ADJUSTMENTS

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

Tighten the rear roller only enough to prevent slippage at the front roller. Turn the tread-belt tension adjusting bolts clockwise a 1/4 turn each and inspect for proper tension by walking on the belt and making sure it is not slipping or hesitating with each step. When an adjustment is made to the belt tension, you must be sure to turn the bolts on both sides evenly or the belt could start tracking to one side instead of running in the middle of the deck.



**DO NOT OVERTIGHTEN** – Over tightening will cause belt damage and premature bearing failure. If you tighten the belt a lot and it still slips, the problem could actually be the drive belt - located under the motor cover - that connects the motor to the front roller. If that belt is loose it feels similar to the walking belt being loose. Tightening the motor belt should be done by a trained service person.

## TREADBELT TRACKING ADJUSTMENT

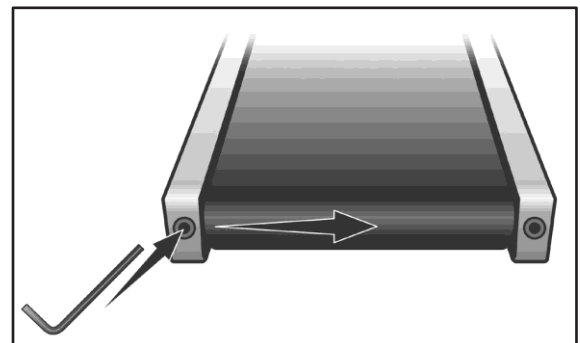
The treadmill is designed so that the tread-belt remains reasonably centered while in use. It is normal for some belts to drift near one side while in use, depending on a user's gait and if they favor one leg. But if during use the belt continues to move toward one side, adjustments are necessary.

### SETTING TREAD-BELT TRACKING

A 6mm Allen wrench is provided for this adjustment. Make tracking adjustments on the left side bolt. Set belt speed at 3 mph. Be aware that a small adjustment can make a dramatic difference which 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 counterclockwise. 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 PROCEDURE

First, you want to clean between the belt and deck to remove any debris that may be trapped.

Use a clean, non-fraying rag, t-shirt, or light towel. Halfway between the end of the treadmill and motor cover, shove the garment under the belt until you can grasp it on both sides of the belt.

Drag the garment the length of the entire belt 1-2 times. Remove the garment.

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 failure of these components. Failure to lubricate the deck at regular intervals may void the warranty.

The belt & deck come pre-lubricated and subsequent lubrication should be performed every 40 hours of use or if you notice that the deck is dry. It is recommended that you reach between the belt and deck to verify there is lubrication present, every other month. If you check and there isn't any lubrication present, follow the procedure below. Use the following procedure to apply the silicone lubricant:

1. Turn the power switch off and unplug the power cord from the wall outlet.
2. Measure 18" from the edge of the motor cover; kneel down and reach under the belt. approximately 4- 6" from one edge. Squirt a line of lubricant about 1/8" wide x 15" long in an "S" pattern perpendicular to the motor cover.
3. Repeat the process on the opposite side.
4. Plug the electrical cord back into the outlet and turn the power switch on.
5. Walk on the belt at a moderate speed for five minutes to evenly distribute the silicone lube.

## GENERAL MAINTENANCE



**WARNING:** Always unplug your treadmill prior to cleaning in order to avoid electrical hazard 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 to dry 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 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 computer surface may collect dust or fingerprints. The use of harsh chemicals will destroy the protective coating and cause a static build up 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.

### **TREADMILL LUBRICATION**

Your treadmill should require little maintenance other than periodically applying lubricant. Lubricating under the tread-belt will ensure superior performance and extend its life expectancy.

### **HOW TO CHECK IF THE TREADBOARD REQUIRES LUBRICATION**

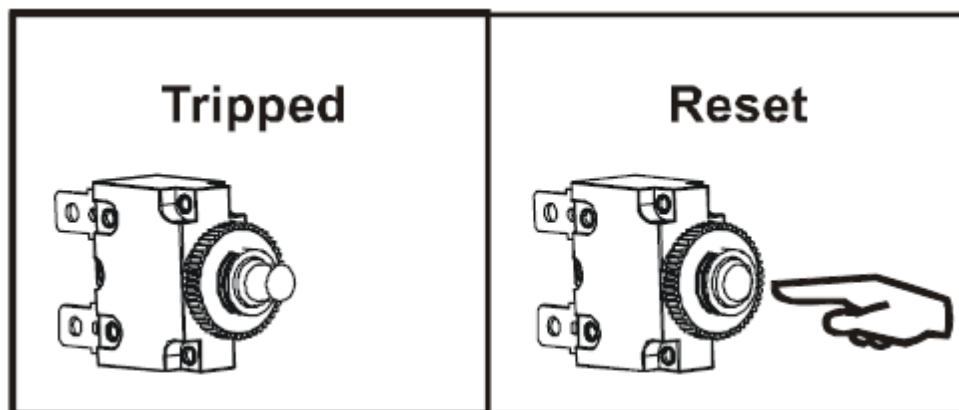
Lift one side of the tread-belt and feel the top surface of the tread board. If the surface is (slick) to the touch, then no further lubrication is required. If the surface is dry to the touch, apply one packet of lubricant or half of the bottle of lubricant.

### **RESET SWITCH RESETTNG**

- If your treadmill loses 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 console.
- Press white tab of the reset switch in until it snaps back into place.
- If the reset switch continues to trip - see tread-belt adjustment and tread-belt lubrication



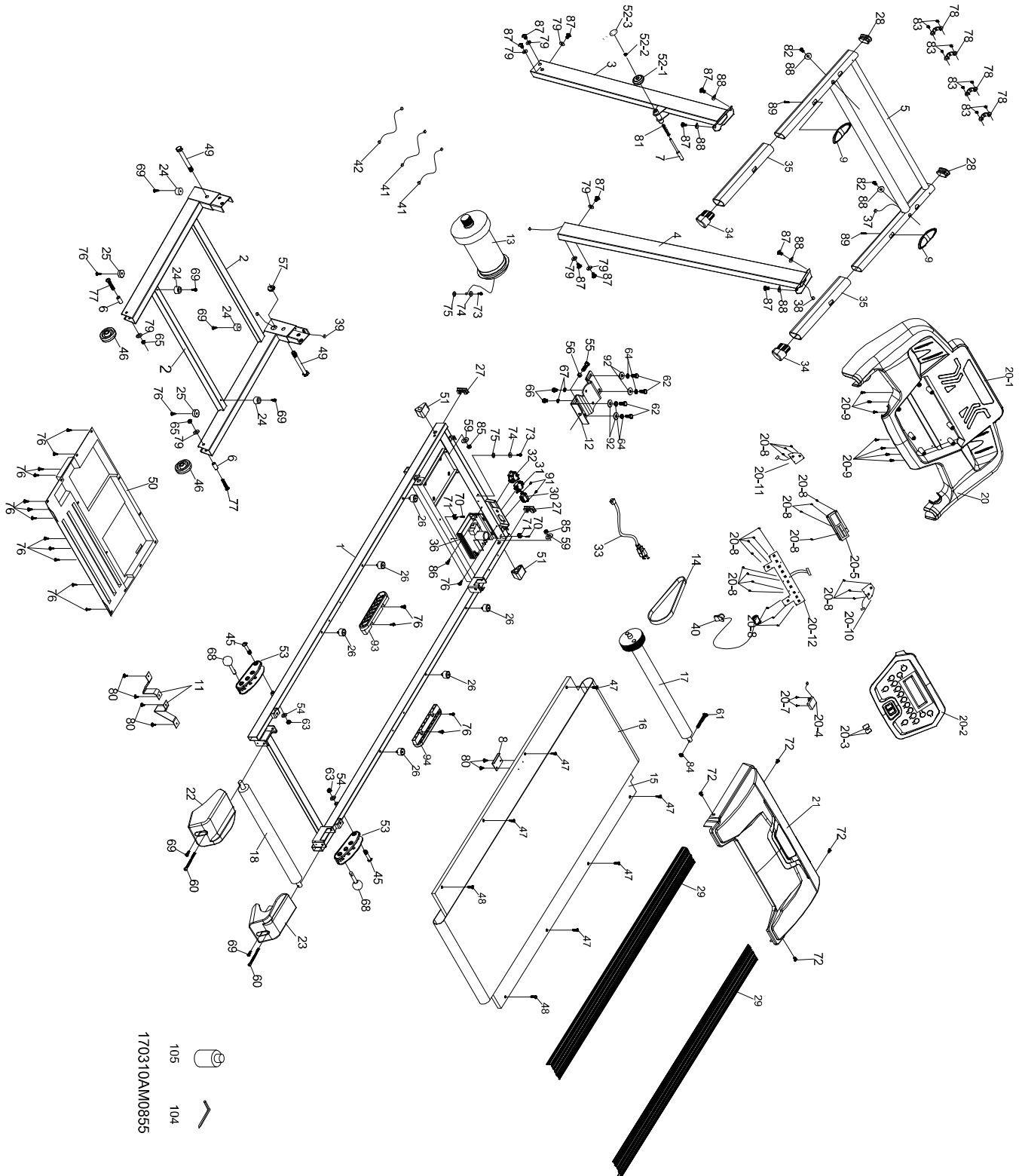
## SERVICE CHECKLIST - DIAGNOSIS GUIDE

Before contacting us 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	Meaning	Solution/Cause
Console Showing LUBE	Reminder to check lubrication under walking deck	<ol style="list-style-type: none"> <li>1. Check lubrication under walking belt. Reference belt deck lubrication procedure.</li> <li>2. Hold PROGRAM button for 3 seconds to reset</li> </ol>
Console Showing E0	Safety Switch Malfunction	<ol style="list-style-type: none"> <li>1. If safety key switch is placed properly?</li> <li>2. Is safety harness to the console connected properly? Any connector damaged?</li> <li>3. Is safety switch defective?</li> </ol>
Console Showing E2	Over Current Protection Treadmill over loaded, controller protection is activated.	<ol style="list-style-type: none"> <li>1. Check for proper walking belt alignment. Make sure to lubricate belt periodically to minimize resistance.</li> <li>2. Is there any bearing damage?</li> <li>3. Has the motor overheated?</li> </ol>
Console Showing E4	Improper Motor input voltage. Motor is not connected properly.	<ol style="list-style-type: none"> <li>1. Motor is not connected properly or not connected to the controller.</li> </ol>
Console Showing E5	Communication disconnected between the console and the controller or communication error	<ol style="list-style-type: none"> <li>1. Check for proper connection between the console and controller.</li> </ol>
Console Showing E6	Controller Malfunction	<ol style="list-style-type: none"> <li>1. Controller component failure</li> </ol>
Console Showing E7	Abnormal Power Input	<ol style="list-style-type: none"> <li>1. Check for proper voltage input for treadmill.</li> </ol>



# EXPLODED VIEW DIAGRAM



# PARTS LIST

Part Number	Part Description	Qty
9050001	Main Frame	1
9050002	Frame Base	1
9050003	Left Upright	1
9050004	Right Upright	1
9050005	Console Support	1
9050006	Wheel Sleeve	2
9050007	Folding Release Pin	1
9050008	L-Plate	1
9050009	Handpulse W/Cable Assembly	2
9050011	Belt Guide	2
9050012	Motor Bracket	1
9050013	Drive Motor	1
9050014	Drive Belt	1
9050015	Running Deck	1
9050016	Running Belt	1
9050017	Front Roller W/Pulley	1
9050018	Rear Roller	1
9050020	Console Assembly	1
9050021	Motor Top Cover	1
9050022	Rear Adjustment Base (L)	1
9050023	Rear Adjustment Base (R)	1
9050024	Ø25 x Ø25 x 15T_Rubber Foot Pad	4
9050025	26.5 x 6 x 10T_Rubber Foot Pad	2
9050026	Rubber Foot	6
9050027	20 x 40m/m_Square End Cap	2
9050028	Oval End Cap	2
9050029	Foot Rail	2
9050030	Power Socket	1
9050031	Breaker	1
9050032	On/Off Switch	1
9050033	Power Cord	1
9050034	End Cap	2
9050035	Ø 25 x 50 x 3T x 260m/m_Handgrip Foam	2
9050036	Motor Controller	1
9050037	1000m/m_Computer Cable (Upper)	1
9050038	1150m/m_Computer Cable (Middle)	1
9050039	550m/m_Computer Cable (Lower)	1
9050040	Square Safety Key	1
9050041	100m/m_Connecting Wire (Black)	2
9050042	100m/m_Connecting Wire (White)	1
9050045	3/8" x 1-3/4" Button Head Socket Bolt	2
9050046	Ø13 x Ø58_Transportation Wheel	2
9050047	M6 x 20m/m_Flat Head Socket Screw	6
9050048	M6 x 25m/m_Flat Head Socket Screw	2
9050049	1/2" x 98m/m_Hex Head Bolt	2
9050050	Frame Cover	1

Part Number	Part Description	Qty
9050051	Isolator	2
9050052-1	Locking Knob	1
9050052-2	M6 x 6T_Nyloc Nut	1
9050052-3	Locking Knob Label	1
9050053	Adjustment Foot Pad	2
9050054	Ø10 x Ø16 x 1T_Flat Washer	2
9050055	3/8" x 1-1/4" Hex Head Bolt	1
9050056	3/8" x 7T_Nut	1
9050057	Wire Protective Rubber	1
9050059	Ø12.7 x Ø26 x 2.0T_Flat Washer	2
9050060	1/4" x 80m/m_Socket Head Cap Bolt	2
9050061	1/4" x 2-1/4" Hex Head Bolt	1
9050062	3/8" x 3/4" Hex Head Bolt	4
9050063	3/8" x 7T_Nyloc Nut	2
9050064	Ø10 x 2.0T_Split Washer	4
9050065	5/16" x 7T_Nyloc Nut	2
9050066	M8 x 12m/m_Hex Head Bolt	2
9050067	Ø8 x 1.5T_Split Washer	2
9050068	Step Up Frame Pop Pin	2
9050069	Ø5 x 19m/m_Tapping Screw	6
9050070	Ø3.5 x 16m/m_Tapping Screw	2
9050071	Wire Tie Mount	2
9050072	M5 x 15m/m_Phillips Head Screw	4
9050073	M5 x 10m/m_Phillips Head Screw	2
9050074	Ø5 x 1.5T_Split Washer	2
9050075	M5_Star Washer	2
9050076	Ø5 x 16m/m_Tapping Screw	19
9050077	5/16" x 1-3/4" Button Head Socket Bolt	2
9050078	Console Bracket Anchor	4
9050079	Ø8 x Ø18 x 1.5T_Flat Washer	8
9050080	Ø4 x 12m/m_Sheet Metal Screw	6
9050081	Ø9.1 x 53L_Constrict Spring	1
9050082	Ø5 x 16m/m_Tapping Screw	2
9050083	Ø3.5 x 12m/m_Sheet Metal Screw	8
9050084	1/4" x 5T_Nyloc Nut	1
9050085	1/2" x 8T_Nyloc Nut	2
9050086	Ø5 x 25m/m_Tapping Screw	1
9050087	5/16" x 1/2" Button Head Socket Bolt	10
9050088	Ø8 x Ø19 x 1.5T_Curved Washer	6
9050089	Ø4 x 45m/m_Sheet Metal Screw	2
9050091	Ø3 x 10m/m_Sheet Metal Screw	2
9050092	Ø10 x Ø25 x 2.0T_Flat Washer	4
9050093	Cushion Spacer (L)	1
9050094	Cushion Spacer (R)	1
90500104	Combination M5 Allen Wrench	1
90500105	Lubricant	1

# 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 briefly define each and clarify its role.

**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 sports people.

**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 the most 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 (MVo<sub>2</sub>). 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 MVO<sub>2</sub> 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 you 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.

## **WARM UP**

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 to 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 under pressure or not enough sleep can affect it; (2) your pulse rate is a guide, don't become a slave to it.

### **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 principal 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 for 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 warm-up stage again.

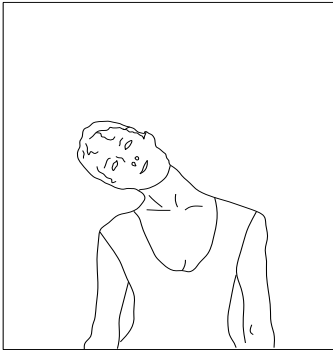
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one-minute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

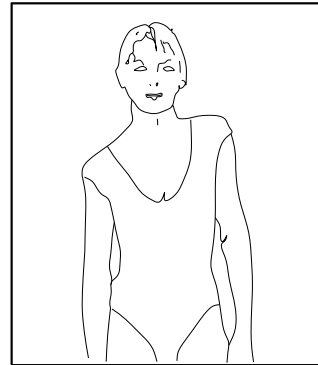
## HEAD ROLLS

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



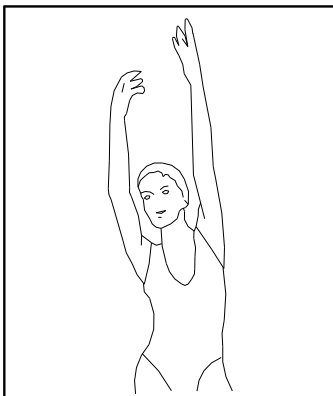
## SHOULDER LIFTS

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



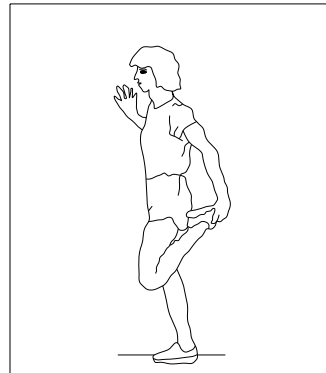
## SIDE STRETCHES

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 arm.



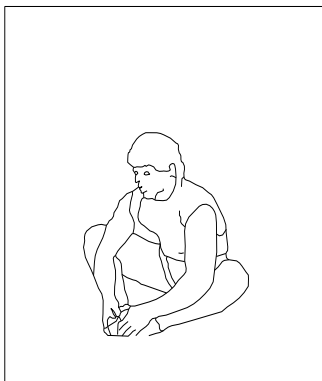
## QUADRICEPS STRETCH

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.



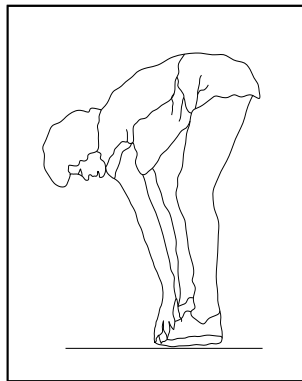
### **INNER THIGH STRETCH**

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



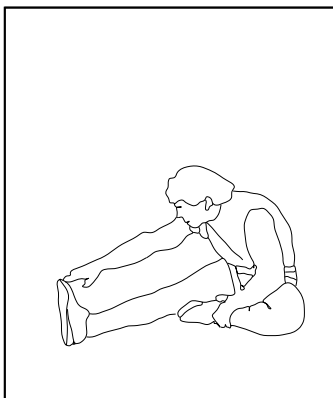
### **TOUCHES**

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.



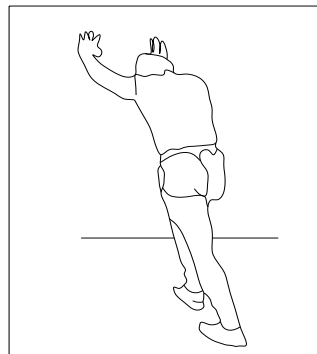
### **HAMSTRING STRETCHES**

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch 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 servicing 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:

<b>Frame</b>	Lifetime
<b>Motor</b>	1 Year
<b>Parts</b>	1 Year
<b>Labour</b>	1 Year

The consumer is responsible for the items listed below:

1. The warranty registration card must be completed and returned to the address listed on the card within 10 days of the original purchase.
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](http://spiritfitness.ca)



[xterrafitness.ca](http://xterrafitness.ca)

**UFC**

[dyaco.ca/UFC/UFC-home.html](http://dyaco.ca/UFC/UFC-home.html)

**SOLE**  
FITNESS

[solefitness.ca](http://solefitness.ca)



[dyaco.ca/products/everlast.html](http://dyaco.ca/products/everlast.html)



[spiritfitness.ca/johnnnyg.html](http://spiritfitness.ca/johnnnyg.html)

**TRAINOR  
SPORTS**

[trainorsports.ca](http://trainorsports.ca)

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](mailto:sales@dyaco.ca)