Smart XV10 Treadmill

Assembly & User Instructions - Please keep for future reference | 4537074

Important – Please read these instructions fully before assembly or use

These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

If you need help or have damaged or missing parts,
call the **Customer Helpline:0345 600 1714** or visit **www.argoshelpdesk.co.uk**

20OCT2015

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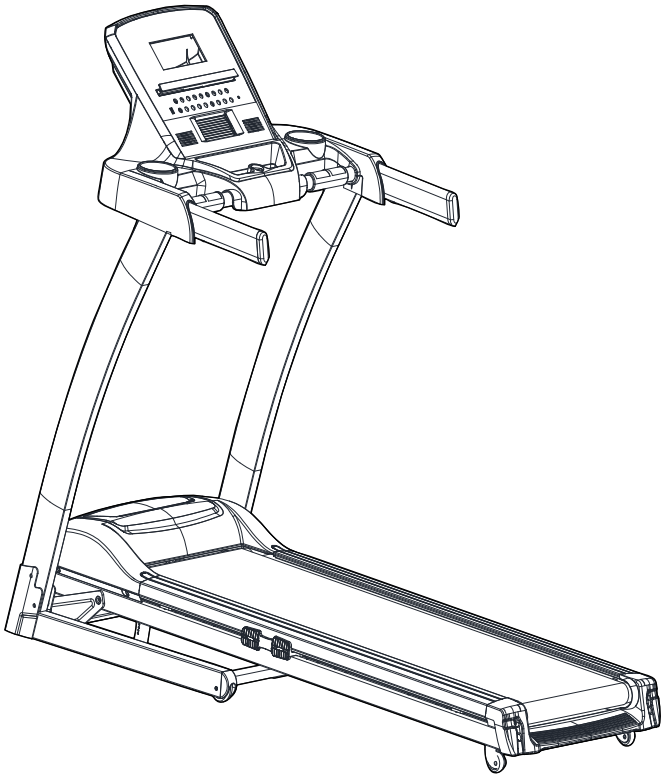

Safety Information

Important – Please read fully before assembly or use

To reduce the risk of serious injury, read the entire manual before you assemble or operate the Everlast Treadmill. In particular, note the following safety precautions:

Assembly

- Check you have all the components and tools listed, bearing in mind that, for ease of assembly, some components are pre-assembled.
- Keep children and animals away from the work area, small parts could choke if swallowed.
- Make sure you have enough space to layout the parts before starting.
- Assemble the item as close to its final position (in the same room) as possible.
- Position the equipment on a clear, level surface.
- Dispose of all packaging carefully and responsibly.

Using

- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only. Do not use in any commercial, rental, or institutional setting.
- Before using the equipment to exercise, always do stretching exercises to properly warm up.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms stop the workout and seek immediate medical attention.
- Ensure that there is space behind your treadmill, 2 metres is recommended.
- Do not stand on running belt from a standing start, use side rails and only mount the running belt when it is in (very slow walking pace) motion.
- Remove safety key when not in use.
- Ensure the running deck is lubricated, failure to perform this essential maintenance will damage the treadmill and invalidate the warranty; see maintenance section.
- Only one person at a time should use the equipment.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. Do not wear loose or baggy clothing, since it may get caught in the equipment. Wear athletic shoes to protect your feet while exercising.
- Do not place any sharp objects around the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- This product is suitable for maximum user weight of: 110kgs.
- This product conforms to: BS ENISO 20957-1 & EN957-6 class (H) - Home Use - Class (B).
- This exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.
- This product is designed to be used in clean dry conditions, avoid use or storage in cold or damp locations as this might lead to corrosion or other relates problems.

Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You MUST read all instructions before using any fitness equipment.

Components - Parts

If you have damaged or missing components, call the **Customer Helpline: 0345 600 1714** or visit **www.argoshelpdesk.co.uk**

Please check you have all the parts listed below

Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.

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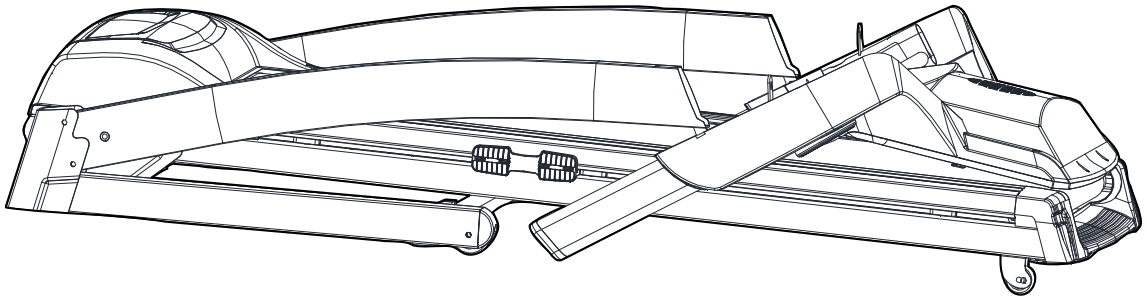
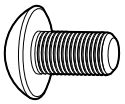
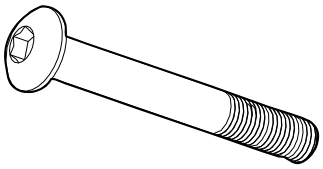
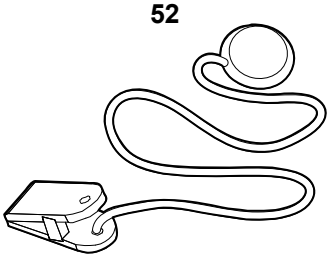


Main Frame Assembly x 1

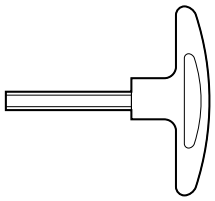
Components - Fixings

Please check you have all the fixings listed below

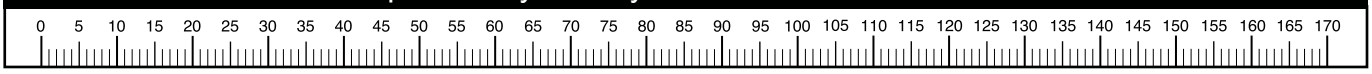
Note: Some of the fixings are pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing fixings.

22	**19**	**52**
		
M8x15mm Screw x 4	M8x60x20mm Bolt x 2	Safety Key x 1

Tools

		
T Shaped Wrench x 1	L Shaped Wrench x 1	Lubrication x 1

Ruler - Use this ruler to help correctly identify the hardware



Note: Cut out this page to help fixing identification during assembly.

Components - Main Parts

Note: Some of the parts are pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing main parts.

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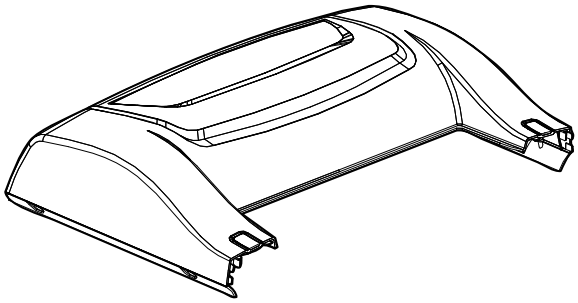
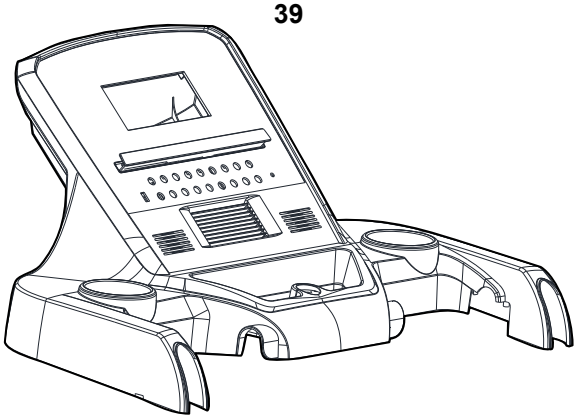


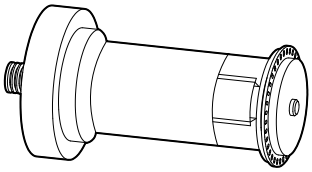
Motor Cover x 1

39



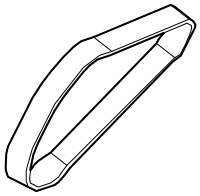
Console x 1

56



Motor x 1

60



Motor Belt x 1

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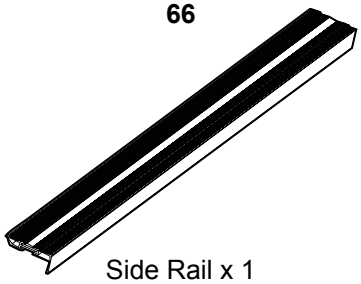

Side Rail x 1

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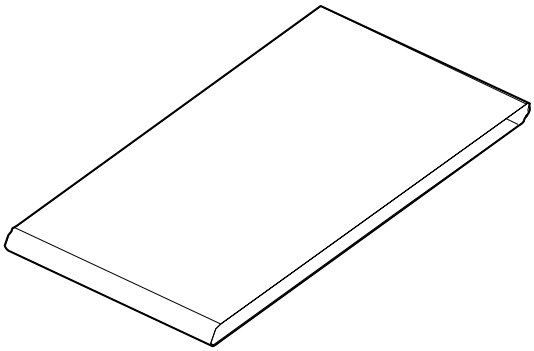

Running Belt x 1

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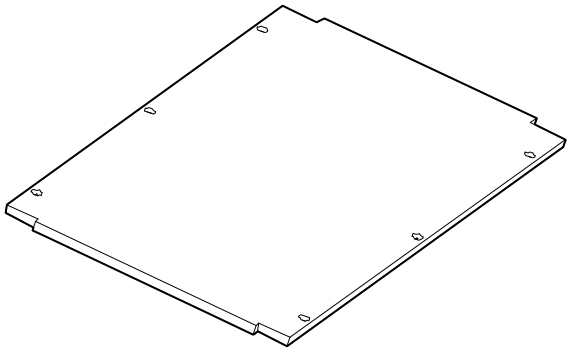

Deck x 1

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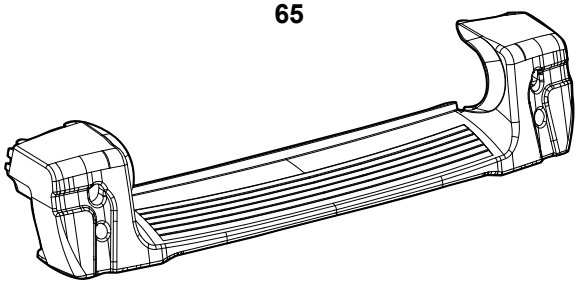
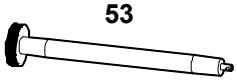


Rear Cover x 1

53



Front Roller x 1

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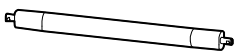
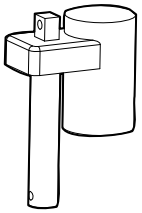


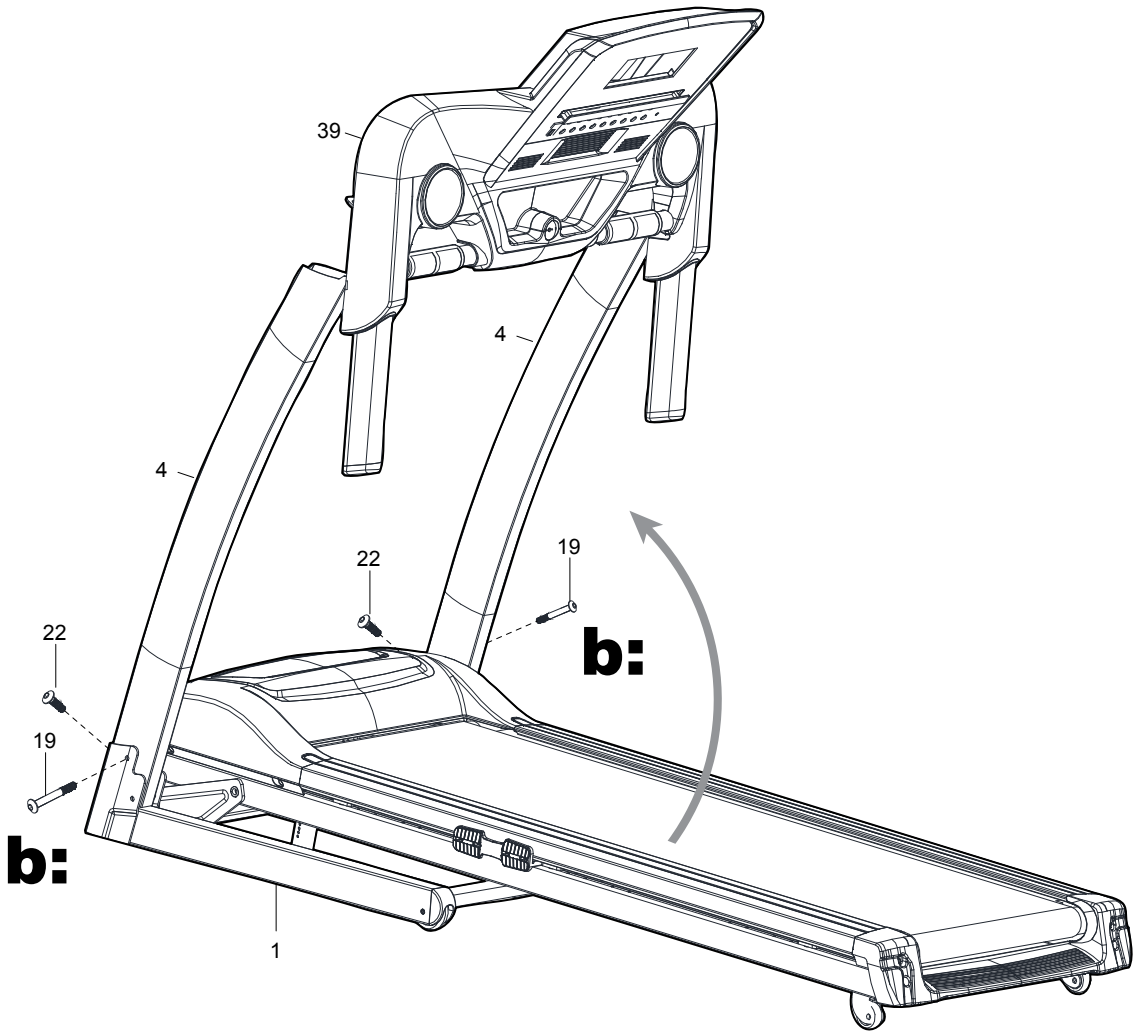
Rear Roller x 1

57



Incline Motor x 1

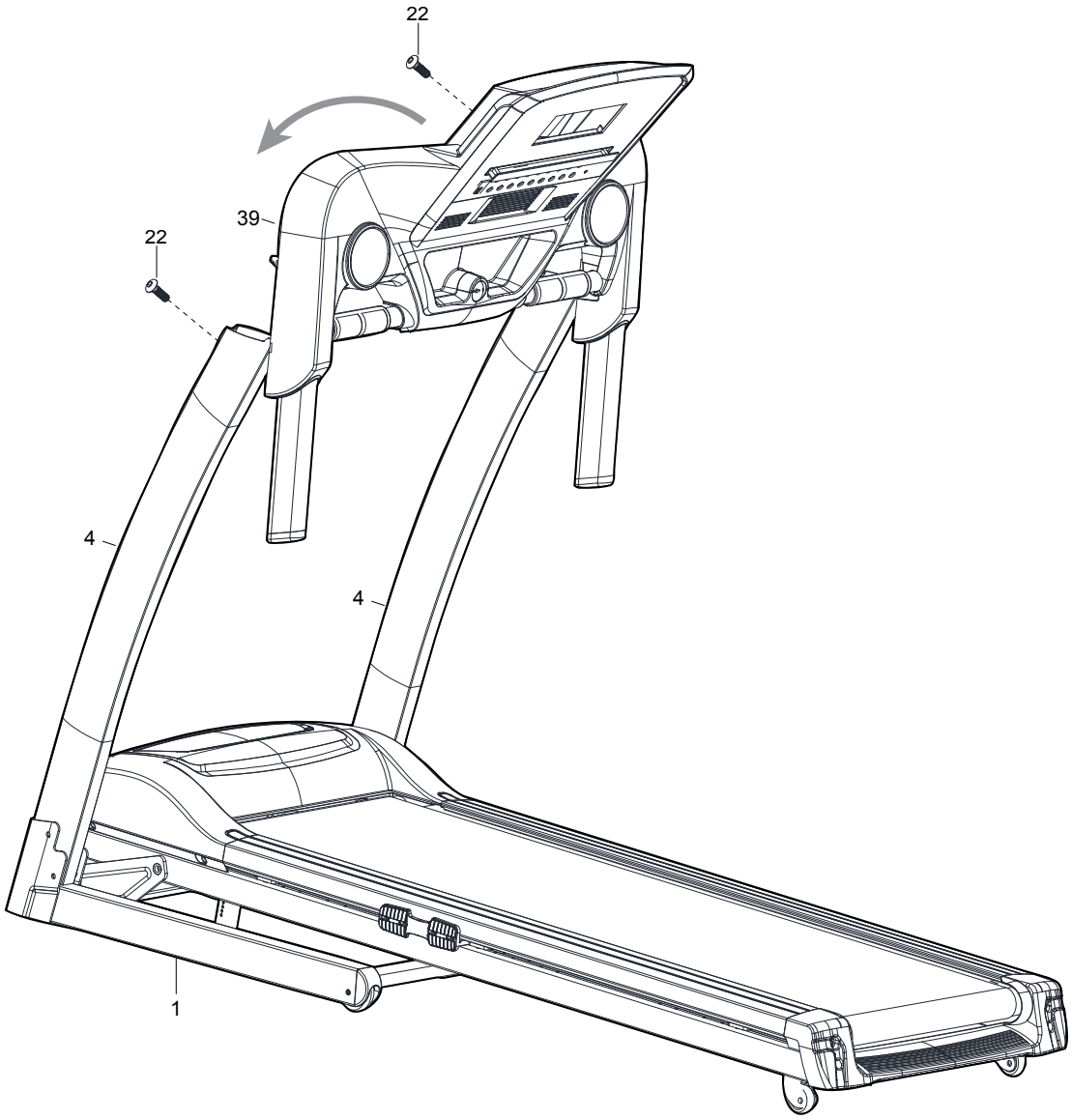
Assembly Instructions



Step 1

a: Remove treadmill from carton and place it on the floor in an open area.

b: Rotate the Upright-left (4) and Upright-right (4) to Base Frame and secure in place using 1 x Screw (22) and 1 x Bolt (19) on each side.



Step 2

Rotate the Console (39) upwards until it stops, as shown in the drawing. Fix to Console (39) using 2pcs x Screws (22).

Step 3

Tighten all the screws well.

Getting Started

Turn power on

Insert the power cord into a 240V electrical outlet and turn the switch on.
The screen will light up with a prompt sound.

SAFETY KEY AND CLIP

The safety key is designed to cut the main power to the treadmill should you fall.
Therefore, the safety key is designed to bring the treadmill to an immediate stop. At high speeds, it may be uncomfortable and somewhat dangerous to come to a complete stop immediately. So, use the safety key as emergency stop only. To bring the treadmill to a complete stop safely and comfortably, use the red stop button.
Your treadmill will not start unless the safety key is properly inserted into the key holder in the middle of the console. The other end of the safety key should be securely clipped to your clothing so that in the case that you fall, you will pull the safety key from the console, which will stop the treadmill immediately to minimize injury. For your safety, never use the treadmill without securing the safety key clipped to your clothing. Pull on the safety key clip to make sure it will not come off your clothing.

GETTING ON AND OFF THE TREADMILL

Handle with care when getting on or off the treadmill. Try to use the handlebars while getting on or off. While you are preparing to use the treadmill, do not stand on the running belt. Straddle the running belt by placing your feet on both side rails of the treadmill deck.
Place your foot on the belt only after the belt has begun to move at a consistent slow speed.
During exercise, keep your body and head facing forward at all times. Never attempt to turn around on the treadmill when the running belt is still moving. When you have finished exercising, stop the treadmill by pressing the red stop button. Wait until the treadmill comes to a complete stop before attempting to get off the treadmill.

WARNING!
Never use this treadmill without first securing the safety key clip to your clothing.

CAUTION!
For your safety, step onto the belt when the speed is no more than 3km/h.

If the power supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities. Children should be supervised to ensure that they do not play with the appliance.

Computer Operation

Functions and operations

(I) Instruction on display and key

1.1 About display window

1.2 "**DIS/CAL**" to show the distance and calories

1.3 "**INCL/PULSE**" to show the incline level and pulse

1.4 "**TIME**" to show the time value

1.5 "**SPEED**" to show the speed value

(II) Key: START, STOP, PROGRAM, MODE, FAN, SPEED+/-, INCLINE+/-, quick speed key 3, 7, 11, 15, quick incline key 3, 7, 11, 15,

2.1 **key instruction**:

a. **Program** key: "P" is program key to choose the program when pressing this key, from P0 to P36, and to user program U1 to U2, then to fat function

b. **Mode** key: "M" is the mode key when under P0 program, you can press this key to choose time countdown, distance countdown, calories countdown, standard, 4 modes in total. When under fat program, the mode key acts differently, please refer to the detailed instruction in the fat mode part. In P1 to P36, the mode key is the recovery key for countdown default value.

c. **Start** key: "START" is the start / pause key. Press this key to start the treadmill, and press this key to pause the treadmill.

d. **Stop** key: "STOP" is the stop / recovery key.

1. When treadmill is running, press this key to stop the machine slowly.
2. When showing the ERP message, press this key to clear the message
3. When treadmill is running, press this key twice to stop the treadmill ugently.

e. **Speed** key: "SPEED+" and "SPEED-" is the key to increase and decrease speed - press one time to increase the speed by 0.1 km/h, when press continuously more than 2 seconds can increase or decrease the speed automatically.

f. **Incline** key: "↓" and "↑" is the incline key: After starting the treadmill can use this key to adjust the incline, step 1 / time, hold down over 2 seconds can increase or decrease the incline automatically

g. **Quick Speed** key: 3km/h, 7km/h, 11km/h, 15km/h, when the treadmill is running, press the quick keys and directly increase the speed to the speed value accordingly.

h. **Quick Incline** key: 3%, 7%, 11%, 15% when the treadmill

Computer operation

2.2 Metric conversion instructions:

a. Pull out the safety key and press the “PROGRAM” and “MODE” key at the same time, the display shows 0.6MPH represents to convert from kilometer miles;

b. Pull out the safety key and press the “PROGRAM” and “MODE” button, the display shows 1.0KM / H represents to convert from miles to kilometers.

(III) Program/Start instruction:

3.1 Program instruction:

a. Normal mode, the time countdown, distance countdown, calorie countdown mode

b. 36 preset program P01, P02, P03, ……, P36;

c. User program U1, U2, U3

d. One body FAT function

3.2 How to start:

a. lock the safety key, the electronic displays one second and display the version no. for two seconds, then the buzzer will sound and then enter manual program.

b. Press the start button, the time window displays: 3-2-1, and each time the buzzer sounds sound reduction, when reduced to 1 the treadmill will start.

3.3 When the treadmill is running, press the stop button to stop the treadmill, treadmill data is cleared.

(IV) Manual mode:

4.1 How to enter manual mode:

a. Turn the power switch, choose to manual program directly into the normal mode.

b. When treadmill stops, press the program key to select the manual program to enter the normal mode.

4.2 There are three settings: time setting, distance setting, calories setting; after entering the normal mode, press mode button “MODE” to select various modes, after setting press the “START” button to start the treadmill; the training speed and incline is set by the user, the default value: speed 1.0KM / H, incline 0%. Only allow to set one mode of standard mode, time countdown, distance countdown and calories countdown.

a. In motor operation, press “STOP” button, the motor decelerates slowly until smooth stop, all settings revert to the default state.

b. In normal mode, When in Standy, press mode button “MODE” to enter the time countdown mode, during time setting, the time window displays the time and flashes, the initial time is 30: 00 , use “+”, “-” to set the countdown. Time setting range: 5: 00-99: 00, to increase/decrease 1:00 minutes each time.

c. In time countdown mode, When in Standy, press mode button “MODE” to enter the distance countdown mode, the distance window displays the distance and flashes, the initial distance is 1.0 kilometer , use “+”, “-” to set the distance. Distance setting range: 1.00-99.00 kilometers, to increase/decrease 1.0 kilometer each time.

d. In distance countdown mode, when in standby, press mode button “MODE” to enter the calories countdown mode, the calories window displays the calorie and flashes, the initial calorie is 50 kcal, use “+”, “-” to set the calories. calories setting range: 20-990 kcal, to increase/decrease 10 kcal each time.

Computer operation

4.3 Manual program instruction:

a. Press Start, countdown 3 seconds, then the motor is running, the initial speed is 1.0km / h.
b. In the operating state, press “+”, “-” keys or quick keys to adjust the speed
c. Press “↓” and “↑” key or quick keys to adjust the incline;
d. When the set calories reaches zero, the speed gradually decreases until it stops, the middle window displays the End, buzzer alarm, and then return to the manual mode state.
e. When the set distance reaches zero, the speed gradually decreases until it stops, the middle window displays the End, buzzer alarm, and then return to the manual mode state.
f. When the set time is decremented to zero, the speed gradually decreases until it stops, the middle window displays the End, buzzer alarm, and then return to the manual mode state.

(V) Preset programs:

P1-P36 are the preset programs only used in countdown mode, during setting the time window flashing, press “+”, “-” key to modify the default value, press “MODE” button to reset to the default values, the initial time setting is 30 minutes , can only set the time, time setting range: 5: 00-99: 00. Press the speed plus and minus keys to adjust the time.

With the treadmill stopped, press program button, select P01, P02, ... P36 each program;

5.1 Initial time setting 30 minutes, only to set the time, time setting range: 5: 00-99: 00. Press the speed or incline plus and minus keys to adjust the setting value;
5.2 Press the start button, the motor starts running, speed and incline are in accordance with the setting value;
5.3 Press the plus and minus keys to adjust the speed;
5.4 Press the plus and minus keys to adjust the incline;
5.5 press the speed or incline quick keys to quickly set the speed or incline
5.6 Each program is divided into 10 segments; each running time is set to 1/10 of the time;
5.7 When switching between segments, there will be loud sound;
5.8 The motor is running, press the stop button, the motor stops running;
5.9 When the time reaches zero, the speed gradually decreases until it stops, the middle window displays End, buzzer alarm;
5.10 Pull out the safety key can urgently stop the treadmill, the windows display ---, buzzer bi-bi-bi.

(VI) Body fat function:

When the treadmill stops, press the “PROG” key to select” FAT “and enter into body fat function. Distance window display the setting value. Pulse window display the input parameter.

After enter body fat function ,the pulse window shows 01 means sex .The distance window shows 01 means male, you can press speed “+”, ”-” key to adjust. 01(male), 02(female).

Press mode key ,the pulse window shows F2 means enter setting age, distance window shows 25. Press speed “+”, ”-” to adjust age (the range is 10-99)

Press mode key , the pulse window shows F3 means enter setting height, distance window shows 170. Press speed “+”, ”-” to adjust height (the range is 100-200)

Press mode key ,the pulse window shows F4 means enter setting weight, distance window shows70. Press speed “+”, ”-” to adjust weight (the range is 20-150)

Computer Operation

Computer operation

Press mode key, the pulse window shows F5 means you have finished the set item ,and enter into body fat function, press two hands on the pulse pad, wait 8 seconds, and the item window will show your BMI. Take the UK Standard for example setting; between 18-25 is standard; between 25-29 is over weight; and over 30 is obese.

PARAMETER	DEFAULT VALUE	SETTING RANGE	REMARK
GENDER (-1-)	1 (MALE)	1—2	1=MALE, 2=FEMALE
AGE (-2-)	25 YEARS OLD	10—99 YEARS OLD	
HEIGH (-3-)	170 CM	100—200 CM	
WEIGH (-4-)	70KG	20—150 KG	

UK STANDARD, TESTING RESULT: FAT ≤ 18 -- Under weight
18 < FAT ≤ 25 -- Normal weight
25 < FAT ≤ 29 -- Over weight
FAT ≥ 30 -- Obesity

MARK: This data is only for exercise and not for medical reference.

(VII) Safety key function:

At any time, pull-out safety key, window Displays E7 and the console will beep three times and sound buzzer BIBI-BI. If the treadmill is running, the treadmill will stop immediately. Then replace the safety key, the treadmill go to manual start mode (the equivalent of clearing reset).

(VIII) Setting range:

	Original	Default value	Setting range	Display range
Time (minute:second)	0:00	30:00	5:00-99:00	0:00~99:59
Speed (km/h)	0.0	N/A	N/A	1.0-18.0
Inclination (%)	00	N/A	N/A	0-15
Distance (km)	0.0	1.00	1.0-99.9	0.0-99.9
Calorie	0	50	20-990	0-999

When setting the parameter, please use “+”, “-” to adjust, the adjust can be recyclable. For example, when setting the time from 5:00 to 99:00, if press “+” one more time, it will back to 5:00.

(IX) Program chart:

Every program will be divided into 10 segments. Run-time for every program will be divided equally.

Computer operation

PROG.	INCLINE / SPEED	1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.0	3.0	5.0	5.0	5.0	5.0	7.0	5.0	3.0	2.0
	INCLINE	2	2	8	6	6	4	4	6	2	2
P2	SPEED	2.0	3.0	5.0	8.0	5.0	5.0	6.0	8.0	4.0	3.0
	INCLINE	3	3	2	2	8	8	4	4	4	4
P3	SPEED	2.0	3.0	7.0	8.0	5.0	5.0	5.0	8.0	4.0	3.0
	INCLINE	o	1	2	3	4	5	4	5	4	o
P4	SPEED	2.0	2.0	5.0	8.0	8.0	8.0	8.0	6.0	3.0	2.0
	INCLINE	1	2	5	7	7	4	4	7	2	2
P5	SPEED	3.0	4.0	8.0	9.0	10.0	10.0	10.0	7.0	4.0	3.0
	INCLINE	2	2	8	6	6	6	6	6	1	1
P6	SPEED	3.0	4.0	6.0	7.0	7.0	7.0	9.0	10.0	5.0	3.0
	INCLINE	1	8	8	7	7	7	7	5	3	1
P7	SPEED	3.0	4.0	4.0	10.0	4.0	9.0	4.0	10.0	3.0	2.0
	INCLINE	1	1	6	6	6	8	8	10	6	2
P8	SPEED	3.0	5.0	7.0	9.0	3.0	5.0	7.0	5.0	11.0	5.0
	INCLINE	3	3	3	7	7	3	3	3	5	5
P9	SPEED	3.0	7.0	10.0	4.0	7.0	11.0	5.0	4.0	12.0	6.0
	INCLINE	3	6	7	3	8	8	3	8	4	4
P10	SPEED	3.0	5.0	9.0	10.0	6.0	6.0	9.0	6.0	11 .0	3.0
	INCLINE	2	7	5	5	8	8	8	8	4	4
P11	SPEED	4.0	5.0	11 .0	9.0	6.0	8.0	9.0	11.0	6.0	5.0
	INCLINE	1	6	3	3	7	7	4	4	6	6
P12	SPEED	4.0	6.0	10.0	10.0	10.0	7.0	7.0	10.0	6.0	5.0
	INCLINE	3	8	9	5	5	8	8	4	4	4
P13	SPEED	2.0	3.0	7.0	6.0	6.0	10.0	8.0	6.0	8.0	2.0
	INCLINE	2	2	8	6	6	4	4	6	2	2
P14	SPEED	2.0	4.0	6.0	8.0	10.0	8.0	6.0	4.0	2.0	4.0
	INCLINE	3	3	2	2	8	8	4	4	4	4
P15	SPEED	3.0	4.0	5.0	6.0	7.0	8.0	9.0	10.0	8.0	4.0
	INCLINE	1	2	5	7	7	4	4	6	2	2
P16	SPEED	3.0	5.0	7.0	9.0	11 .0	9.0	7.0	5.0	3.0	3.0
	INCLINE	3	3	9	9	9	9	9	6	2	2
P17	SPEED	4.0	8.0	10.0	11.0	12.0	8.0	6.0	2.0	4.0	6.0
	INCLINE	2	2	8	6	6	6	6	6	1	1
P18	SPEED	2.0	5.0	7.0	9.0	11.0	8.0	10.0	6.0	4.0	2.0
	INCLINE	1	8	8	7	7	7	7	5	3	1
P19	SPEED	3.0	5.0	5.0	7.0	9.0	10.0	5.0	8.0	4.0	3.0
	INCLINE	1	1	6	6	6	8	8	10	6	2
P20	SPEED	2.0	6.0	8.0	10.0	3.0	6.0	9.0	5.0	7.0	4.0
	INCLINE	3	3	3	7	7	3	3	3	5	5
P 21	SPEED	3.0	7.0	9.0	5.0	8.0	10.0	6.0	4.0	2.0	5.0
	INCLINE	3	6	7	3	8	8	3	8	4	4
P22	SPEED	4.0	6.0	7.0	8.0	6.0	10.0	5.0	3.0	8.0	3.0
	INCLINE	2	7	5	5	8	8	8	8	4	4
P23	SPEED	3.0	9.0	4.0	6.0	10.0	9.0	10.0	7.0	5.0	2.0
	INCLINE	1	6	3	3	7	7	4	4	6	6
P24	SPEED	4.0	7.0	4.0	8.0	5.0	9.0	4.0	9.0	2.0	3.0
	INCLINE	3	8	9	5	5	8	8	4	4	4
P25	SPEED	2.0	4.0	6.0	6.0	6.0	8.0	8.0	6.0	4.0	3.0
	INCLINE	3	3	9	7	7	5	5	7	3	3
P26	SPEED	3.0	4.0	6.0	9.0	6.0	6.0	7.0	9.0	5.0	4.0
	INCLINE	4	4	3	3	9	9	5	5	5	5
P27	SPEED	3.0	4.0	8.0	9.0	6.0	6.0	6.0	9.0	5.0	4.0
	INCLINE	2	3	6	8	8	5	5	7	3	3
P28	SPEED	3.0	3.0	6.0	9.0	9.0	9.0	9.0	6.0	4.0	3.0
	INCLINE	4	4	10	10	10	10	10	7	3	3
P29	SPEED	4.0	5.0	9.0	10.0	11.0	11.0	11.0	8.0	5.0	4.0
	INCLINE	3	3	9	7	7	7	7	7	2	2
P30	SPEED	4.0	5.0	7.0	8.0	8.0	8.0	10.0	11.0	6.0	4.0
	INCLINE	2	9	9	8	8	8	8	6	4	2
P31	SPEED	4.0	5.0	5.0	11.0	5.0	10.0	5.0	12.0	4.0	3.0
	INCLINE	2	2	7	7	7	9	9	11	7	3
P32	SPEED	4.0	6.0	8.0	10.0	4.0	6.0	8.0	6.0	12.0	6.0
	INCLINE	4	4	4	8	8	4	4	4	6	6
P33	SPEED	4.0	8.0	11.0	5.0	8.0	12.0	6.0	5.0	13.0	7.0
	INCLINE	4	7	8	4	9	9	4	9	5	5
P34	SPEED	4.0	6.0	10.0	11.0	7.0	7.0	10.0	7.0	12.0	4.0
	INCLINE	3	8	6	6	9	9	9	9	5	5
P35	SPEED	5.0	6.0	12.0	10.0	7.0	9.0	10.0	12.0	7.0	6.0
	INCLINE	2	7	4	4	8	8	5	5	7	7
P36	SPEED	5.0	7.0	11.0	11.0	11.0	8.0	8.0	11.0	1.0	6.0
	INCLINE	4	9	10	6	6	9	9	5	5	5

Computer Operation

Computer operation

(X) User program:

There are three user programs U1~U3, you can adjust or set your own training program.
Press PPROG key to go into U1~U3, press speed or incline key to adjust exercise time (the range is 5~99 minutes). Press START to begin exercise.

Press MODE to set your own speed for ten segments. When setting the speed, press speed increase or decrease key to set your target speed, press MODE when you finish the setting to move to next segment. When finishing the last segment, setting is saved. The default exercise time is 30 minutes, press inclination increase or decrease key to adjust time. After time setting, please press start to begin exercise. User program is saved and when you start exercise next time, you can choose your own program.

(XI) Switch off treadmill:

In any time user can switch off the treadmill by power switch and it won't damage the treadmill.

(XII) ERP function:

Under ERP mode,if the treadmill is not used for a period of 4 minutes and 30 seconds, the treadmill will enter sleep mode and can save energy. Press any key to wake up the system, when treadmill stands by, press mode key for 3 seconds and displays 2222 to cancel the ERP function, press again mode key for 3 seconds and display 1111 back to ERP mode.

Treadmill Maintenance

Trouble Shooting

MESSAGE AND SOLUTION:

Problem	Reason	How to rectify the problem
Treadmill does not work	a. Power Supply disconnected	Connect the power supply
	b. Safety key not located correctly	Place the safety key in the correct location
	c. Transformer loose or transformer defective	Secure the transformer or change the transformer
	d. Electro circuit interrupt	Check the connect wire and the terminal of the connect wire
Treadmill stop suddenly	a. Safety key loose	Replace the safety key
	b. Electronic System Problem	Consult the after sale service
Key defective	Key is damaged	Change key
	Key does not work	Change key board and wire. Change pcb board. Change computer.
E1	a. Console wire loose or defective	Reconnect the wire or Change the wire
	b. Computer defective	Change the computer
	c. Transformer defective	Change the transformer
	d. Controller defective	Change the controller.
E2	a. Motor connect wire or motor defective.	Change the motor wire or change the motor
	b. The connect wire between the motor and controller is loose or controller defective	Reconnect the wire or change the controller
E3	a. Speed sensor out of position	Adjust the speed sensor position
	b. Speed sensor defective	Change the speed sensor
	c. Speed sensor disconnected from MCB	Reconnect the wire
	d. Controller defective	Change the controller
E5	Controller defective	Change the controller
	Motor defective	Change the motor
E7	Computer can not test the safety key signal	Check the safety key and locate correctly
No pulse	Handle pulse wire not connected or damaged	Reconnect the wire or change the wire
	Console circuitry defective	Change the console
Console short of display	The screw on the pcb is loose	Tighten the screw
	Console defective	Change the console

Treadmill Maintenance

Lubrication

The treadmill is factory-lubricated. However, it is recommended to check the lubrication of the treadmill regularly, to ensure an optimal operation of the treadmill.
After every 30 Hours of operation, lift the sides of the Running Belt and feel the surface of the Running Deck, as far as possible. If traces of silicon spray are found, lubrication is not necessary.
In case of a dry surface refer to the following instructions.
Only use oil free silicon spray.

APPLICATION OF LUBRICANT ON THE BELT

- Position the belt so that the seam is located in the middle of the deck.
- Insert the spray valve in the spray head of the lubricant container.
- Lift the belt at one side and hold the spray valve in a distance to the front end of Running Belt and Deck. Start at the front end of the belt. Lead the spray valve in direction of the back end. Repeat this process on the other side of the belt. Spray each side for about 4 seconds.
- Wait 1 minute to let the silicon spray spread, before starting the machine.

CLEANING

Regular cleaning of the running belt ensures a long product life.

- Warning: The treadmill must be turned off to avoid electrical shocks. The power cord must be pulled out of the socket, before starting the cleaning or maintenance.
- After each training: Wipe the console and other surfaces with a clean soft and damp cloth to remove sweat residues.
  Caution: Do not use any abrasives or solvents. To avoid damage to the computer, keep any liquids away. Do not expose the computer to direct sunlight.
- Weekly: To make the cleaning easier it is recommended to use a mat for the treadmill.
  Shoes can leave dirt on the running belt that can fall beneath the treadmill. Clean the mat under the treadmill once a week.

STORAGE

Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is un-plugged from the electrical wall outlet.

IMPORTANT NOTES

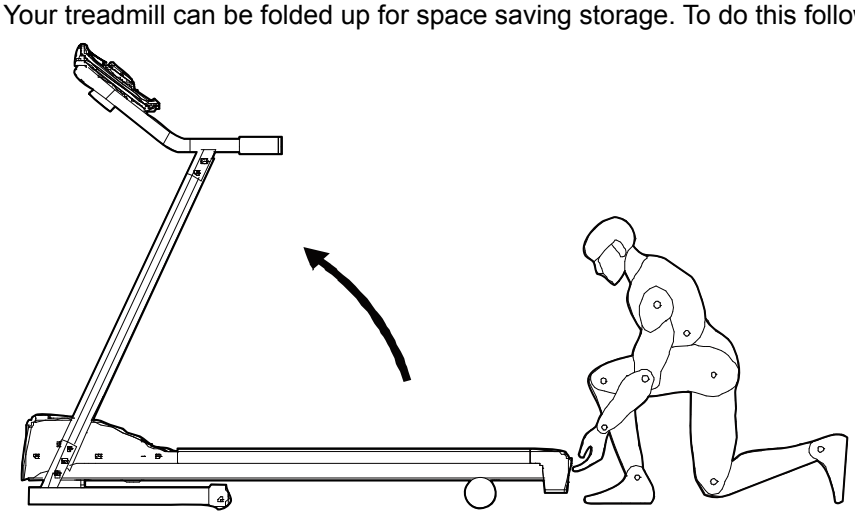
- The device corresponds to current safety standards. The device is only suitable for home use. Any other use is impermissible and possibly even dangerous. We cannot be held liable for damages that were caused by improper usage.
- Please consult your GP before starting your exercise session to clarify whether you are in suitable physical health for exercising with this device. The doctor’s diagnosis should be the basis for the structure of your exercise programme. Incorrect or excessive training could be harmful to your health.
- Carefully read through the following general fitness tips and the exercise instructions. If you have pain, shortness of breath, feel unwell or have other physical complaints, break off the exercise immediately. Consult a doctor immediately if you have prolonged pain.
- This fitness device is not suitable for professional or medical use, nor may it be used for therapeutic purposes.
- The pulse sensor is not a medical device.it is meant for your information purposes only and is designed to give an average pulse rate.it is not intended to offer medical advice nor will it measure pulse accurately every time,due to differing environmental and human conditioning factors.

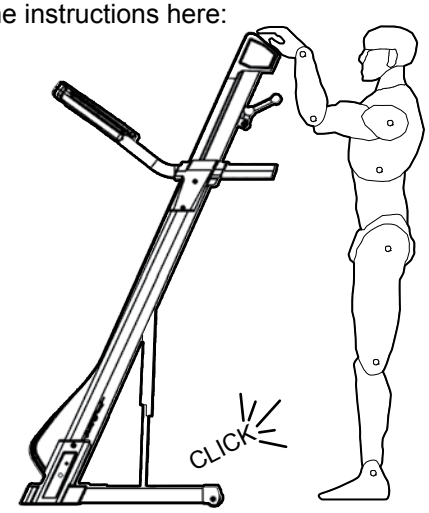
Folding Instructions

Folding and Unfolding Instructions

How to fold up the treadmill:

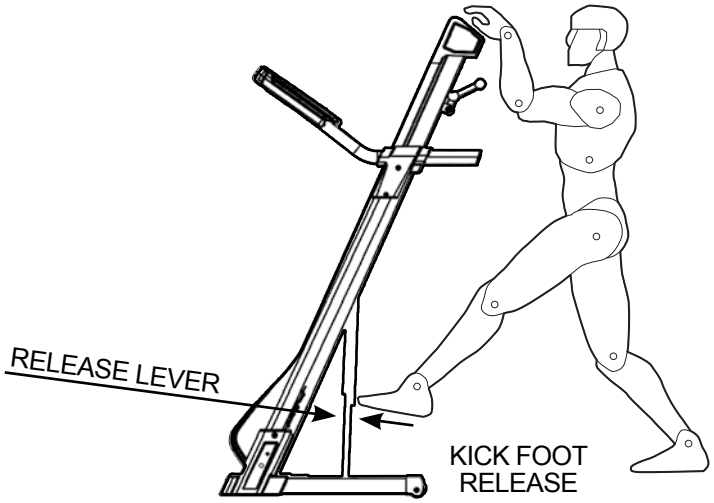
Your treadmill can be folded up for space saving storage. To do this follow the instructions here:

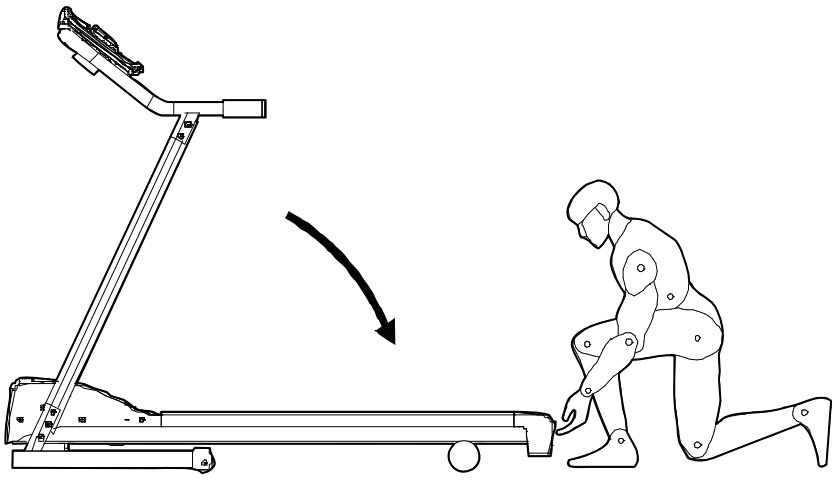




How to unfold the treadmill:

To unfold the treadmill for use follow the instructions here:





Care and Maintenance

How to maintain the Everlast XV10 treadmill:

Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill and void the WARRANTY.

Important: Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

Inspect and tighten all parts of the treadmill regularly. Replace any worn parts immediately.

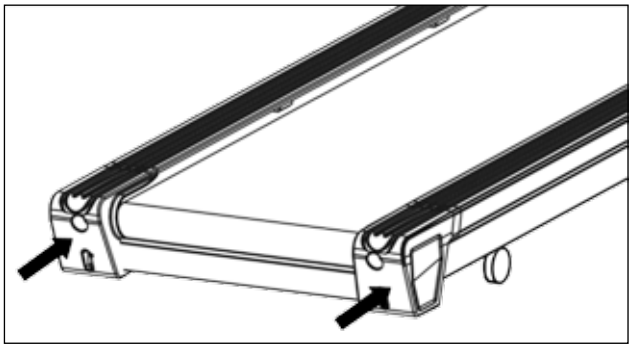
BELT ADJUSTMENT:
Belt adjustment and tension performs two functions: adjustment for tension and centering. The running belt has been adjusted properly at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing with the plastic side rail or end caps and possibly causing damage. To adjust the belt back to it's proper position please follow the directions below:

Belt has shifted to the left: First unplug the power cord from the plug socket. Using the hex key provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the main's socket and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the centre. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Belt is slipping" instructions.

Belt has shifted to the right: First unplug the power cord from the main's socket. Using the hex key provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the main's socket and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the centre. Repeat the above procedure until the belt is centered. It may be necessary to set belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Belt is slipping" instructions.

Belt is slipping: First unplug the power cord from the plug socket. Using the hex key provided, turn both the left and right rear roller adjustment bolts the same distance, usually a 1/4 turn in the clockwise direction. Plug the power cord back into the main's socket and run the treadmill at 2.5 mph. You should now walk on the belt to determine if the belt is still slipping. Repeat the above procedure until the belt is not slipping. The tension should be just tight enough not to slip.

WARNING! Do not over tighten rollers! This will cause premature roller bearing failure!



Right and left tension bolts are located at the rear of the treadmill.

Care and Maintenance

VERY IMPORTANT:
Every month lift both sides of the running belt and feel the top surface of the deck as far as you can reach. If you can feel silicone oil on the deck surface, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

Please use a non-petroleum based silicone oil.

To apply lubricant to the deck:
1. Insert the spray lube tube into the spray head of the lubricant bottle.
2. While lifting the side of the belt, position the spray nozzle between the belt and the board approximately 6" from the front of the treadmill. Apply 2 to 3 millilitres of silicone spray to the deck, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt.

Spray lubricant from front to back. Run the treadmill at 7mph or 10Km/h for 2 minutes after applying the oil to lubricate the entire deck.

CLEANING:
Routine cleaning of your treadmill will extend the product's life.

Warning	: Disconnect power cord from main's socket prior to performing any cleaning or maintenance on the treadmill.
Important	: Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
After each workout	: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.
Weekly	: Vacuum underneath treadmill once a week as dirt from your shoes eventually makes it way underneath the treadmill. Use of a treadmill mat is recommended.

Exercising Information

General fitness tips

Start your exercise program slowly, i.e. one exercise unit every 2 days. Increase your exercise session week by week. Begin with short periods per exercise and then increase these continually. Start slowly with the exercise sessions and don’t set yourself impossible targets. In addition to these exercises, do other forms of exercise such as jogging, swimming, dancing and/or cycling.

Always warm up thoroughly before exercising. To do so, carry out at least five minutes of stretching or gymnastic exercises to avoid muscle strains and injuries.

Check your pulse regularly. If you do not have a pulse measuring instrument, ask your GP how you can measure your heart rate effectively. Determine your personal exercise frequency range to achieve optimal training success. Take into account both your age and your level of fitness. The table on page 16 will give you a reference point for determining the optimal exercise pulse.

Make sure you breathe regularly and calmly when exercising.

Take care to drink enough while exercising. This ensures that the liquid requirement of your body is satisfied. Consider that the recommended drinking amount of 2-3 liters per day is strongly increased through physical strain. The fluid you drink should be at room temperature.

When exercising on the device always wear light and comfortable clothing as well as sports shoes. Do not wear any loose clothing that could tear or become caught in the device whilst exercising.
Exercises for your personal work-out.

Exercising Information

Before starting to exercise

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment; a few minutes per workout.

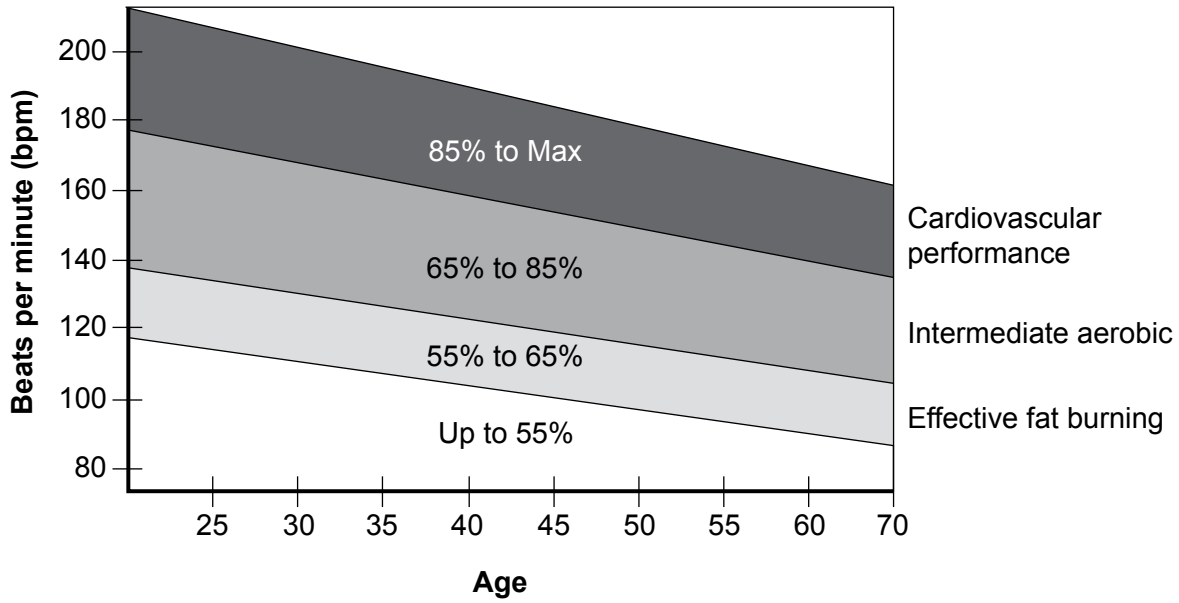
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone.

Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface at least 3 feet from walls and furniture.

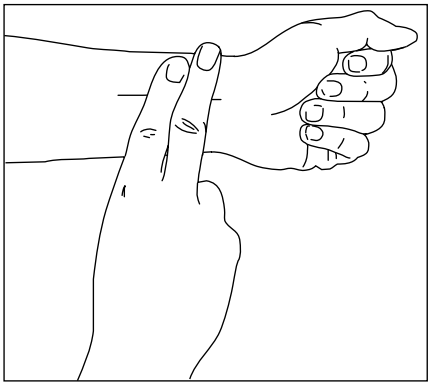
Exercise intensity

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.



During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-seconds count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



Exercising Information

Muscle chart

Aerobic Exercise

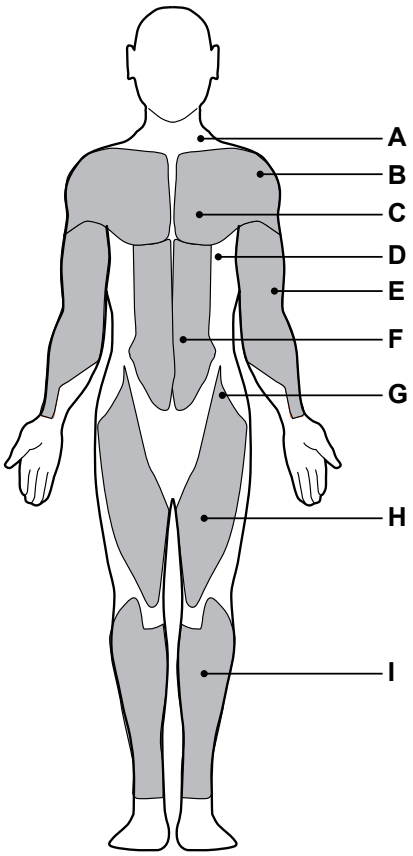
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

Weight Training

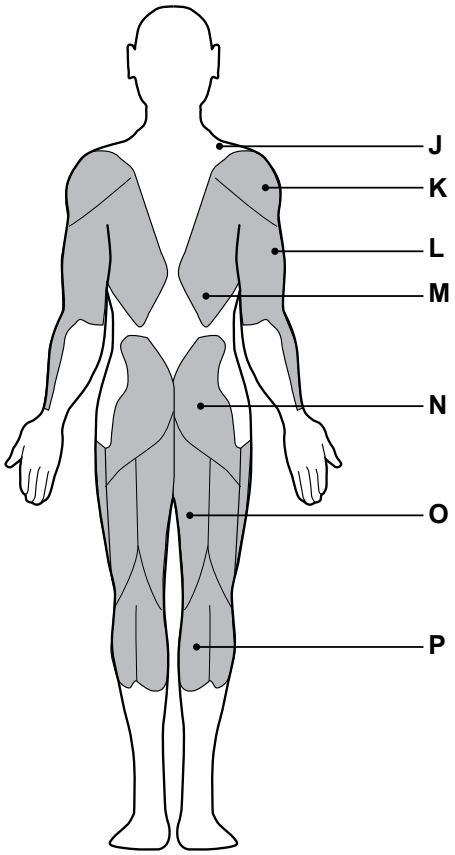
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lesser amount of reps. As always, consult your doctor before beginning any exercise program.

Targeted Muscle Groups

The exercise routine that is performed on the Treadmill will develop the upper and lower body muscle groups. These muscle groups are highlighted on the muscle chart below.



Front



Back

A: Trapezius
B: Anterior
C: Pectoralis Major
D: Serratus Anterior
E: Biceps
F: Abdominal
G: Sartorius
H: Quadriceps
I: Tibialis

J: Trapezius
K: Posterior
L: Triceps
M: Latissimus Dorsi
N: Gluteals
O: Hamstrings
P: Gastrocnemius

Exercising Information

Warming up and Cooling down exercises

Each workout should include the following three parts:

1. A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.
2. Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (***Note***: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)
3. A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

Exercise Frequency

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

Suggested Stretches

For a correct warm up, see the following basic stretching exercises. Move slowly as you stretch, never bounce.

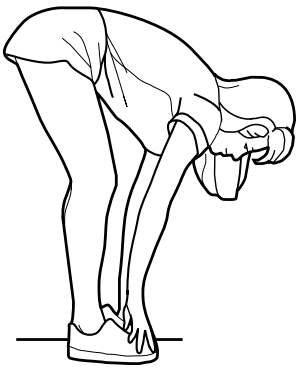
Toe touch stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times.

Stretches: Hamstrings, back of knees and back.



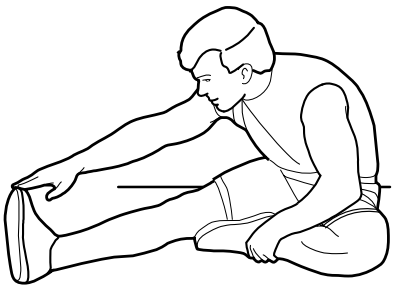
Hamstring stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.



Exercising Information

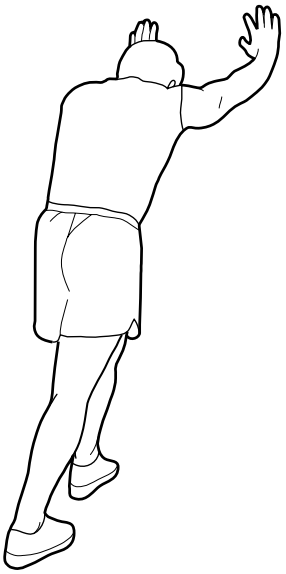
Calf/achilles stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall.

Hold for 15 counts, then relax.

Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.



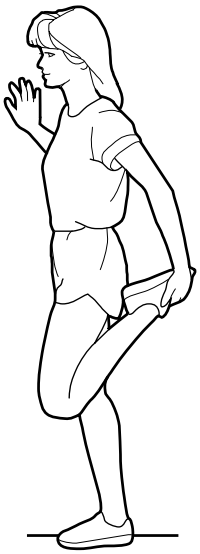
Quadriceps stretch

With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly downward towards the floor, gently pull your heel towards your buttock until you feel a gently stretch in the target area.

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

Stretches: Quadriceps and hip muscles.



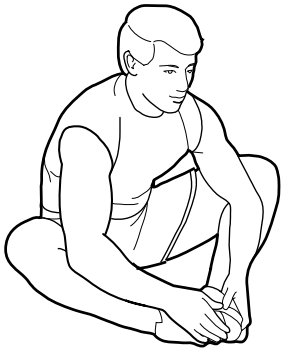
Inner thigh stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times.

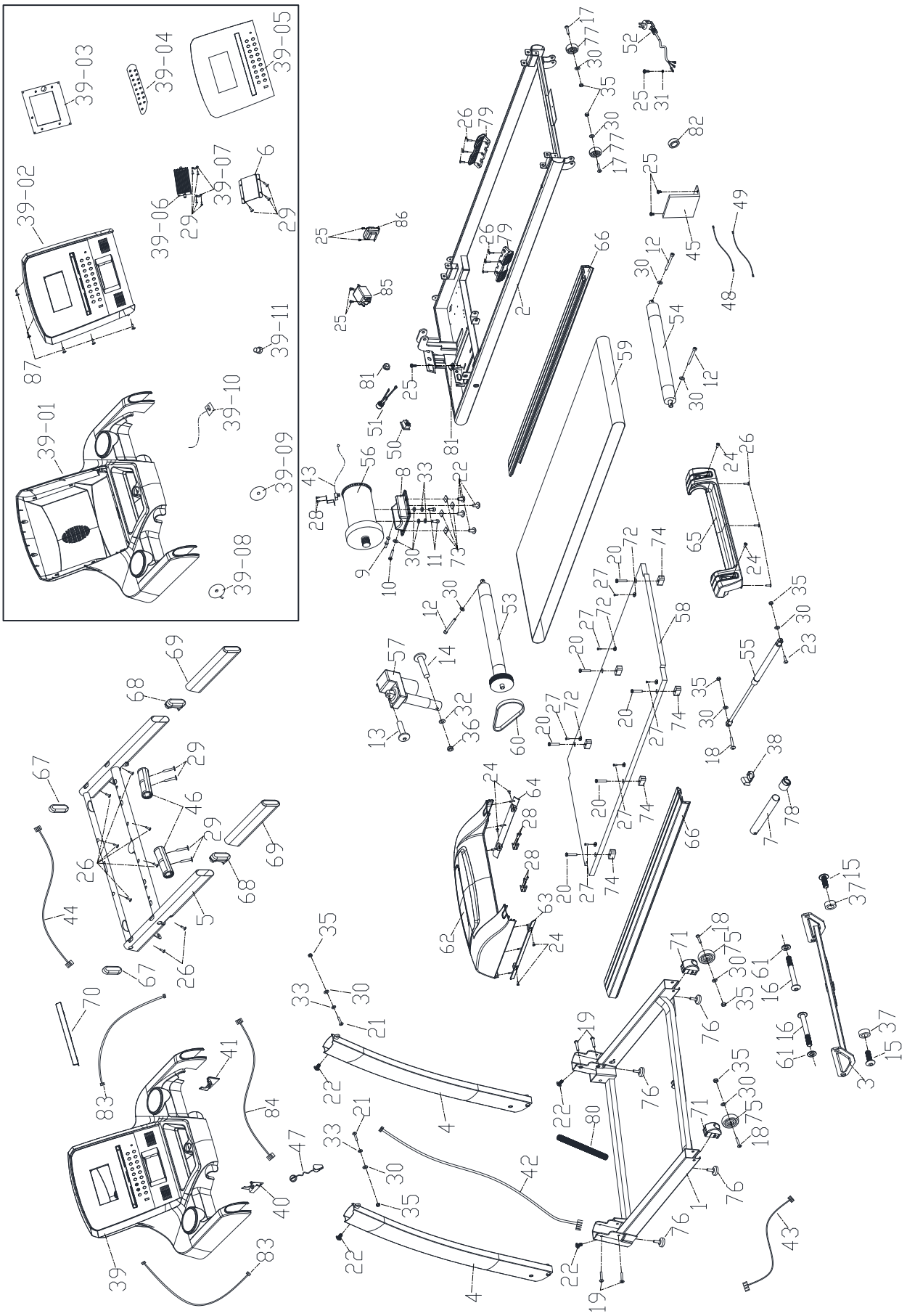
Stretches: Quadriceps and hip muscles.



Exploded Diagram Parts List

Part	Description	Qty
1	Base Frame	1
2	Platform Frame	1
3	Incline Frame	1
4	Upright Post	2
5	Console Frame	1
6	Air Outlet	1
7	Cylinder Tube	1
8	Motor Base Frame	1
9	Bolt Welding-1 (M8x65)	1
10	Allen Socket Full Thread Screw (M8x75)	1
11	Allen C.K.S Full Thread Screw Maxis (M8x15)	2
12	Hex Full Thread Screw (M8x75 A.A Leve)	3
13	Allen C.K.S Half Thread Screw (M10x35x20)	1
14	Allen C.K.S Half Thread Screw (M10x60x20)	1
15	Allen C.K.S Full Thread Screw (M10x25)	2
16	Allen C.K.S Half Thread Screw (M10x40x20)	2
17	Allen C.K.5 Half Thread Screw (M8x40x20)	2
18	Allen C.K.S Half Thread Screw (M8x50x20)	3
19	Allen C.K.S Half Thread Screw (M6x60x20)	4
20	Allen Countersunk Full Thread Screw (M6x50xø16)	6
21	Hex Full Thread Screw (M8x25)	2
22	Allen C.K.S Full Thread Screw Maxis (M8x15)	8
23	Allen C.K.S Half Thread Screw (M8x30x20)	1
24	Philips C.K.S Full Thread Screw (M5x10)	6
25	Philips C.K.S Full Thread Screw (M4x10)	7
26	Philips C.K.S Full Self-Tapping Screw (ST4x16)	19
27	Philips Countersunk Self-Tapping Screw (ST4x15)	8
28	Panhead Posidriv Screw (ST13x10)	11
29	Panhead Posidriv Screw (ST3x25)	4
30	Flat Washer (ø8)	14
31	Lock Washer	3
32	Flat Washer (ø10)	1
33	Wave Washer (ø8)	4
34	Wave Washer (ø5)	3
35	Hexagonal Lock Nut (M8)	8
36	Hexagonal Lock Nut (M10)	1
37	Powder Metallurgy Sleeve (ø17xø10x7)	2
38	Bracket	1
39	Console (ERP Approval)	1
39-1	Console Housing	1
39-2	Plastic Board	1
39-3	PCB Board	1
39-4	Key Board	1
39-5	Console Sticker	1
39-6	Air Outlet	1
39-7	Arch Plate	1
39-8	Iron Piece of Safety Key	1
39-9	Safety Sticker	1
39-10	Micro Switch	1
39-11	Safety Key Center	1
40	Console Decorative Part (Left)	1
41	Console Decorative Part (Right)	1
42	Connection Wire (L=1200mm)	1
43	Connection Wire (L=800mm)	1
44	Connection Wire (L=650mm)	1
45	Controller	1
46	Handle Pulse Assembly	2
47	Safety Key	1
48	Power Connection Wire	1
49	Power Connection Wire	1
50	Power Switch	1
51	Fuse Base	1
52	Power Cord	1
53	Front Roller	1
54	Rear Roller	1
55	Cylinder	1
56	Motor	1
57	Inclination Motor	1
58	Running Board (1250x584xT1.8)	1
59	Running Belt (2760x440xT1.6)	1
60	Motor Belt (170pj6)	1
61	Plastic Pad ø18xø10.5xT2.0	2
62	Motor Cover	1
63	Motor Cover Decorative Part (Left)	1
64	Motor Cover Decorative Part (Right)	2
65	Rear Cover	1
66	Side Rail	2
67	Oval Tube Plug	1
68	Oval Flat Tube Plug	1
69	Seal Foam Grip	2
70	iPad Holder	1
71	Frame End Cap	2
72	Circular Guide Block	6
73	Square Cushion (35x35xT5.0xø8)	4
74	Square Cushion (20x40x120)	6
75	Wheel (ø62)	2
76	Adjustable Feet Pad	4
77	Wheel (ø46)	2
78	Cylinder Tube Lock	1
79	Cushion	2
80	Power Line Protection Sleeve	1
81	Cable Clamp	2
82	Magnetic Ring	1
83	Handle Pulse Connection Wire	2
84	Safety Key Connection Wire	1
85	Filter	1
86	Induction	1
87	Philips C.K.S Full Self-Tapping Screw (ST4x12)	12

Exploded Parts Diagram



Guarantee

Product Guarantee

This product is guaranteed against manufacturing defects for a period of

Year

This product is guaranteed for twelve months from the date of original purchase. Any defect that arises due to faulty materials or workmanship will either be replaced, refunded or repaired free of charge where possible during this period by the dealer from whom you purchased the unit.

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual.
- It must be used solely for domestic purpose.
- The guarantee will be rendered invalid if the product is re-sold or has been damaged by inexpert repairs.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal rights.
- In the event of a problem with the products with in the guarantee period call the **Customer Helpline: 0345 600 1714** or visit **www.argoshelpdesk.co.uk**

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