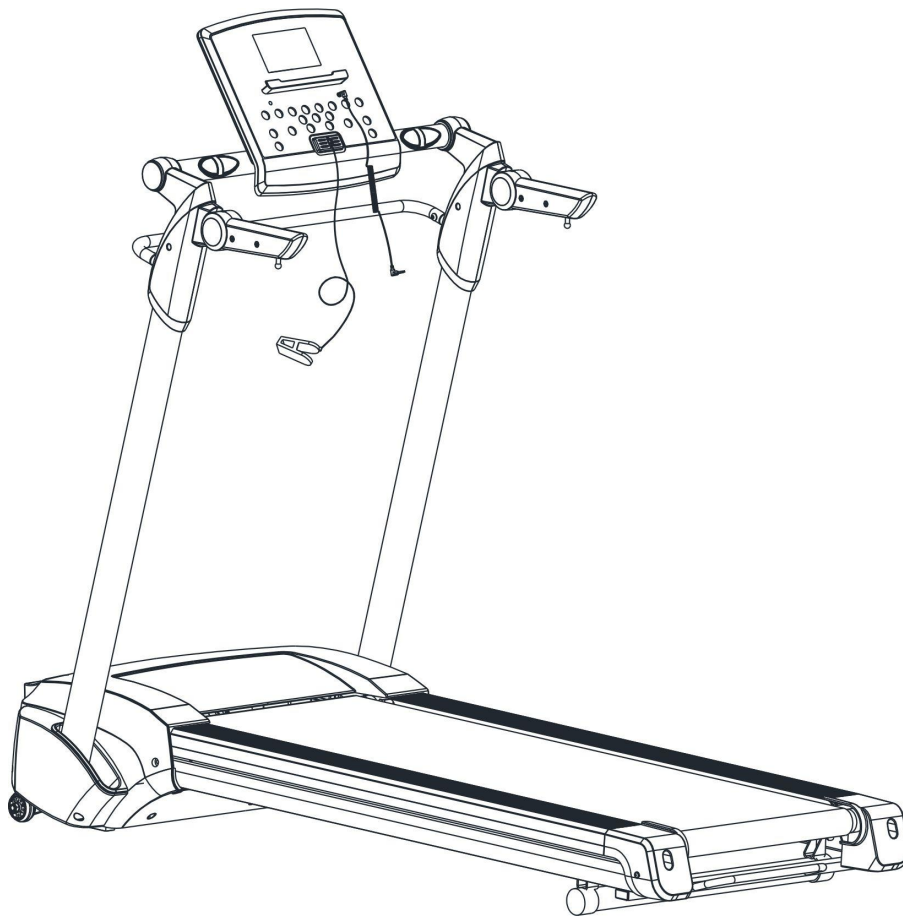


# TREADMILL

Assembly & User Instructions- Please Keep for future reference

759/9583

**ROGERBLACK**  
FITNESS 



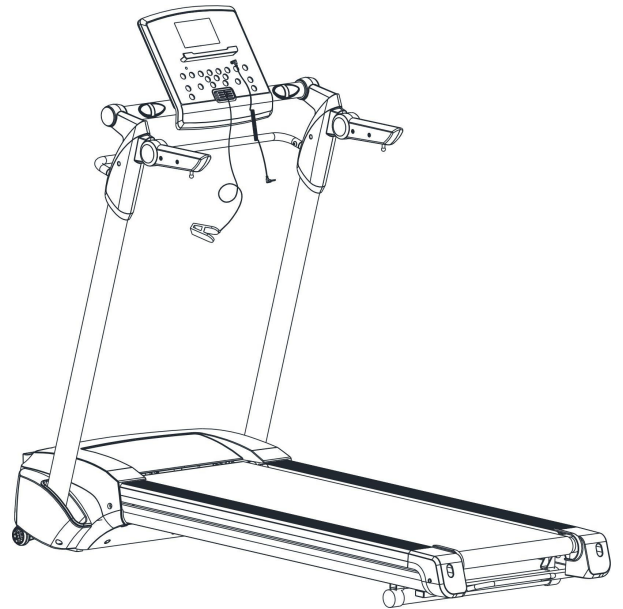
**Important – Please read these instructions fully before assembly or use**

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 6001714**  
or visit **[www.argos-support.co.uk](http://www.argos-support.co.uk)**

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# Safety information

**Important – Please read fully before assembly or use**

This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble, operate or use this equipment.

## Assembly

- The product must be installed on a stable and level surface. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
- Assemble the item as close to its final position (in the same room) as possible.
- Make sure you have enough space to layout the parts before starting.
- Keep children and animals away from the exercise area, small parts could pose a choking hazard if swallowed.
- Dispose of all packaging carefully and responsibly.
- Check you have all the components and tools listed in the parts list, bearing in mind that, for ease of assembly, some components are pre-assembled.
- The assembly of this equipment is best carried out by 2 people.
- Attention! Take care when unboxing and assembling your treadmill.
- On unboxing, ensure the treadmill is flat on the floor (with the wheels in contact with the ground).

## Use

- 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.
- Use the equipment only for intended use, as described in this manual. Do not use attachments not recommended by the manufacturer.
- Keep this equipment indoors, away from moisture and dust. Do not put the equipment in a garage, outbuilding, covered patio, or near water.
- Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.
- Keep unsupervised children away from the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.  
**This product is not suitable for therapeutic purposes.**
- Always wear appropriate workout clothing when exercising. **Do not** wear loose or baggy clothing, as it may get caught in the equipment. Wear trainers to protect your feet while exercising.
- **Do not** place any sharp objects around the equipment.
- Keep hands away from all moving parts.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- Before using the equipment to exercise, always perform stretching exercises to properly warm up.
- Only one person at a time should use the equipment.
- A spotter is recommended during exercise.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**
- Injuries to health may result from incorrect or excessive training.
- This product is suitable for a maximum user weight of: **110 kg.**
- This product conforms to: BS EN ISO 20957-1 and BS EN 957-6 Class (H) - Home Use - Class (C).
- A folded treadmill should not be operated.
- Ensure the running surface comes to a complete stop before folding.
- The A-weighted emission sound pressure level is from 50 to 60 dBa.



## Safety information

- Noise emission under load is higher than without load.
- When choosing a location for the equipment make sure that the location and position permit access to a plug.
- Do not operate this equipment where aerosol products are used or where oxygen is being administered.
- When connecting the power cord, plug the power cord into a grounded circuit. When replacing the fuse, an approved BS 1362 type should be fitted to the fuse carrier, A13 amp fuse should be used. No other appliance should be on the same circuit.
- Keep the power cord away from any heated surface.
- Do not operate the equipment if the power cord or plug is damaged, or if the equipment is not working properly.
- Never start the treadmill when you are standing on the running belt. Stand on the side rail, hold the handrails, start on a low speed and then step on the unit. When comfortable increase the speed to one that you are comfortable with.
- The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden changes in speed.
- Never leave the treadmill unattended while it is running. Always remove the safety key when the treadmill is not in use.
- Always examine your treadmill before use to ensure all parts are in working order.
- Never insert any object or body parts into any opening.



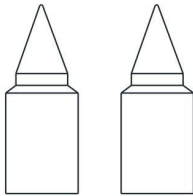
**Warning:** Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for personal injury or property damage sustained by or through the use of this product. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately. Warning! Heart rate monitoring systems may be inaccurate. For the most accurate heart rate measure, please hold both hand pulse sensors continuously during any programme.

# Components - Parts

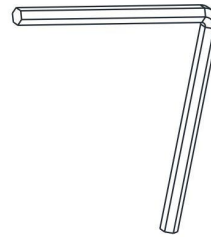
If you have damaged or missing parts, please call the **Customer Helpline: 0345 6001714**.

Please check you have all parts listed below

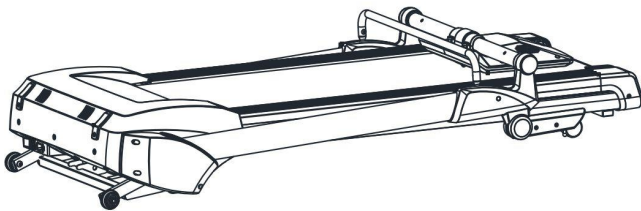
**Note:** Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.



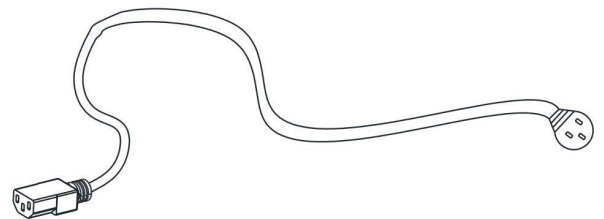
Lubrication Oil x 2



6# Allen Wrench x 1



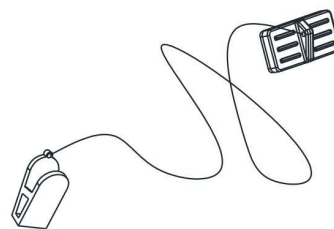
Main Frame x 1



Power Cord x 1



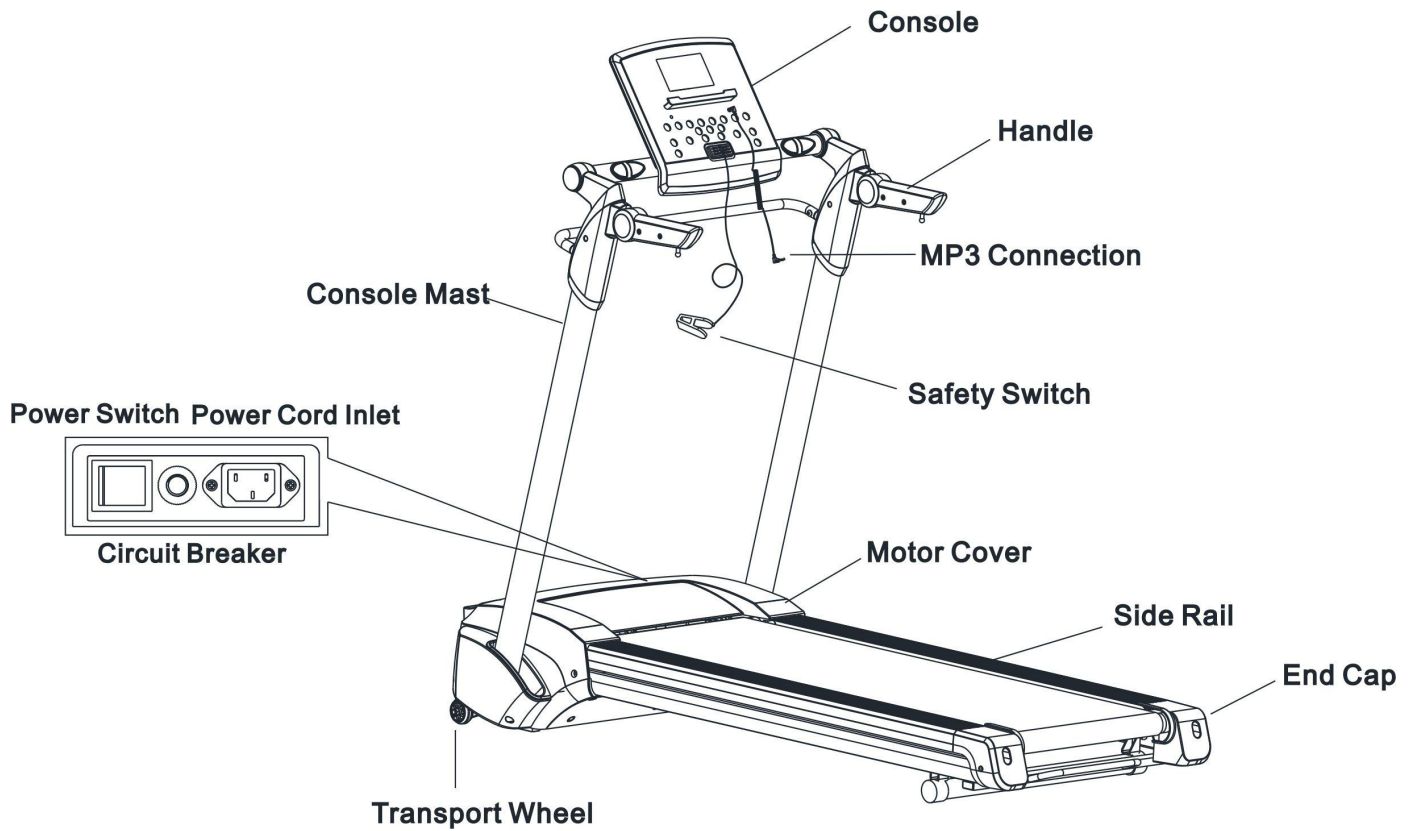
MP3 connecting line



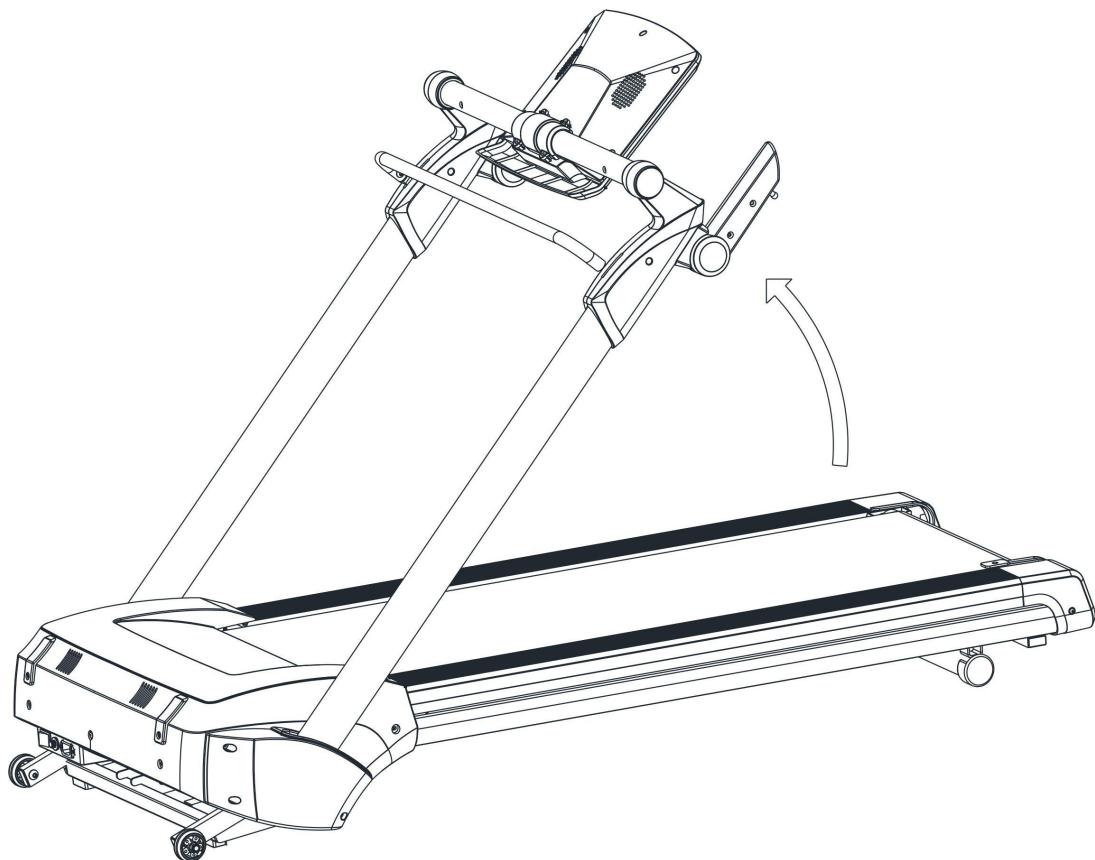
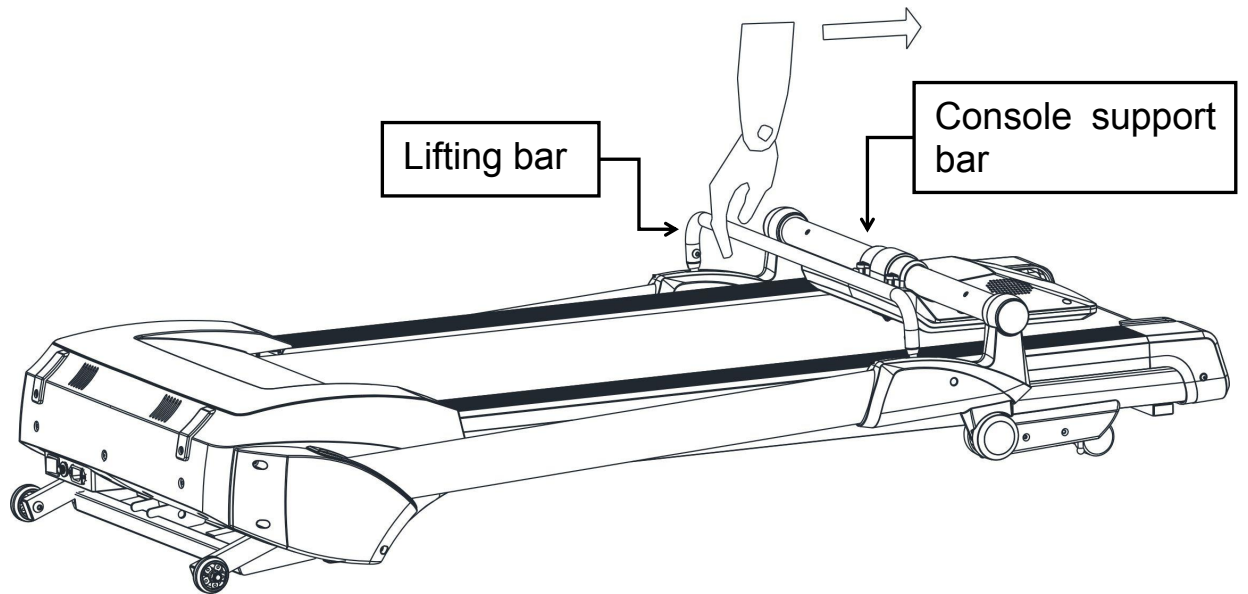
Safety Key x 1

# Assembly Instructions

Total mass of the product is 51 kg. Total size of the equipment is (width) 71.5cm × (depth) 158.5 cm × (height) 135.3 cm.



# Assembly Instructions



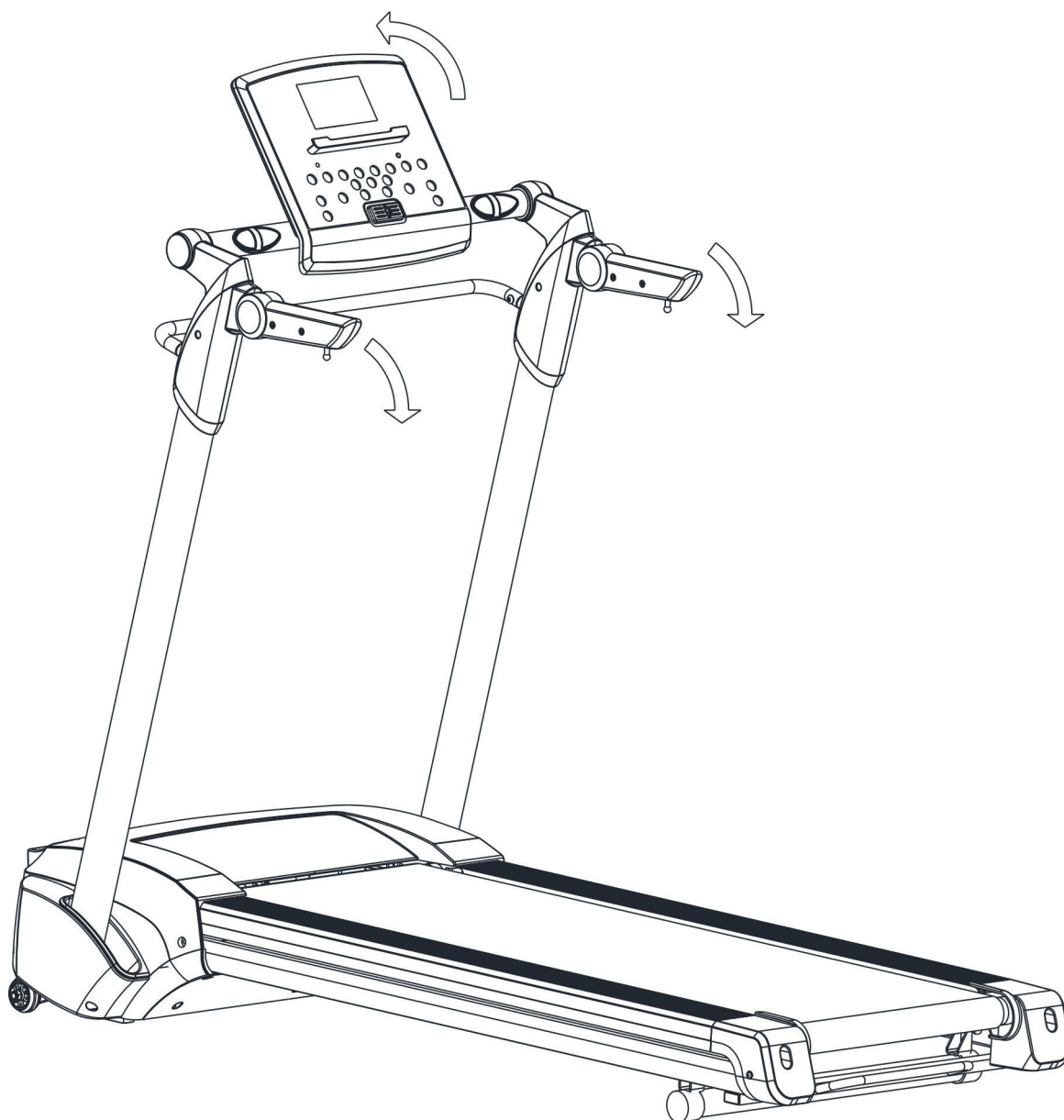
## Step 1

Remove the outer carton and take out the treadmill.

Hold the console support bar with one hand and press the lifting bar with the other hand toward the direction of the arrow as shown in the 1st image, lifting the console as shown in the 2nd image, releasing the lifting bar. When hearing a click, the console masts have been locked in place.



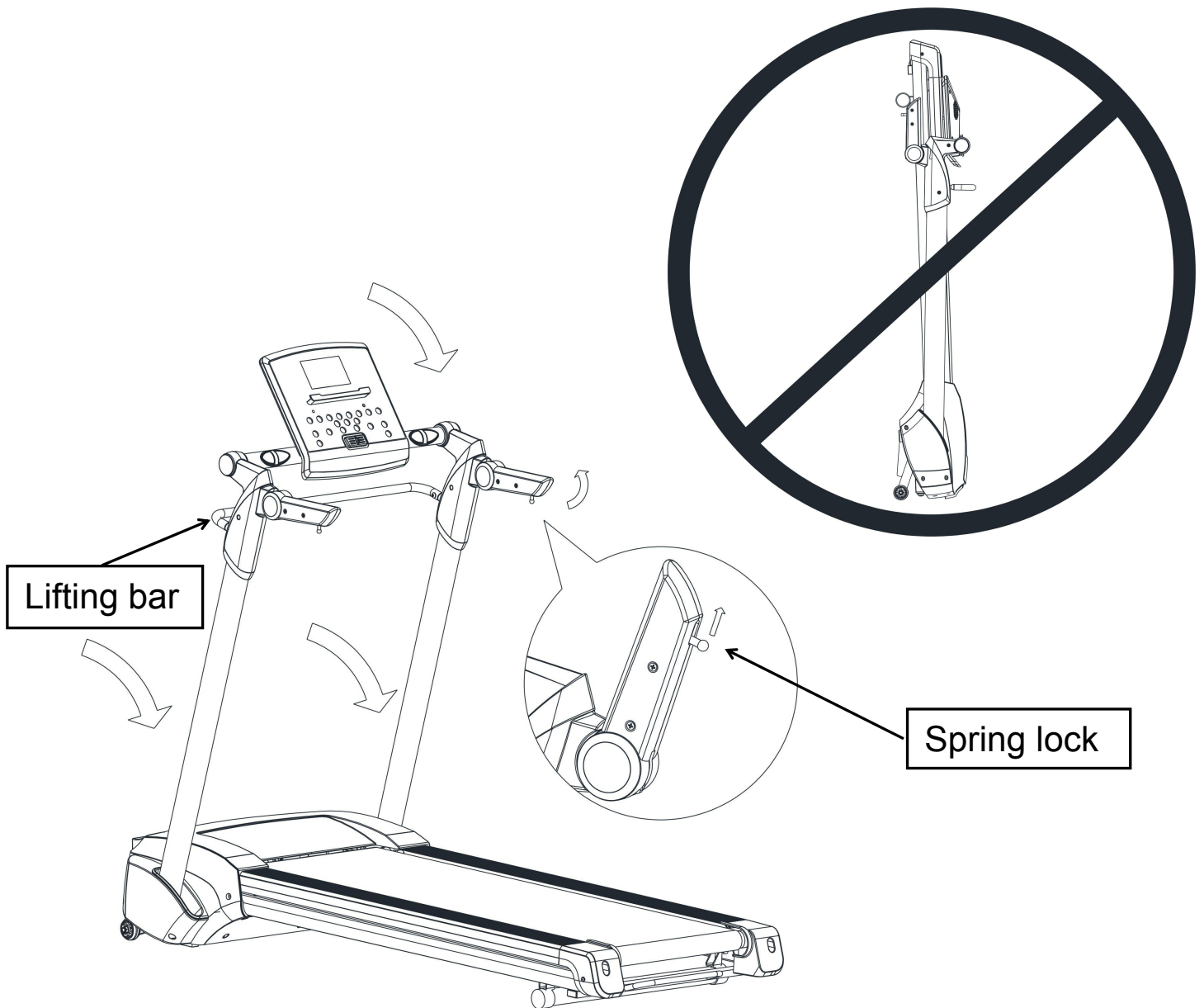
# Assembly Instructions



## Step 2

Unfold the console and the handles into place as shown in the diagram.

# TO FOLD YOUR TREADMILL



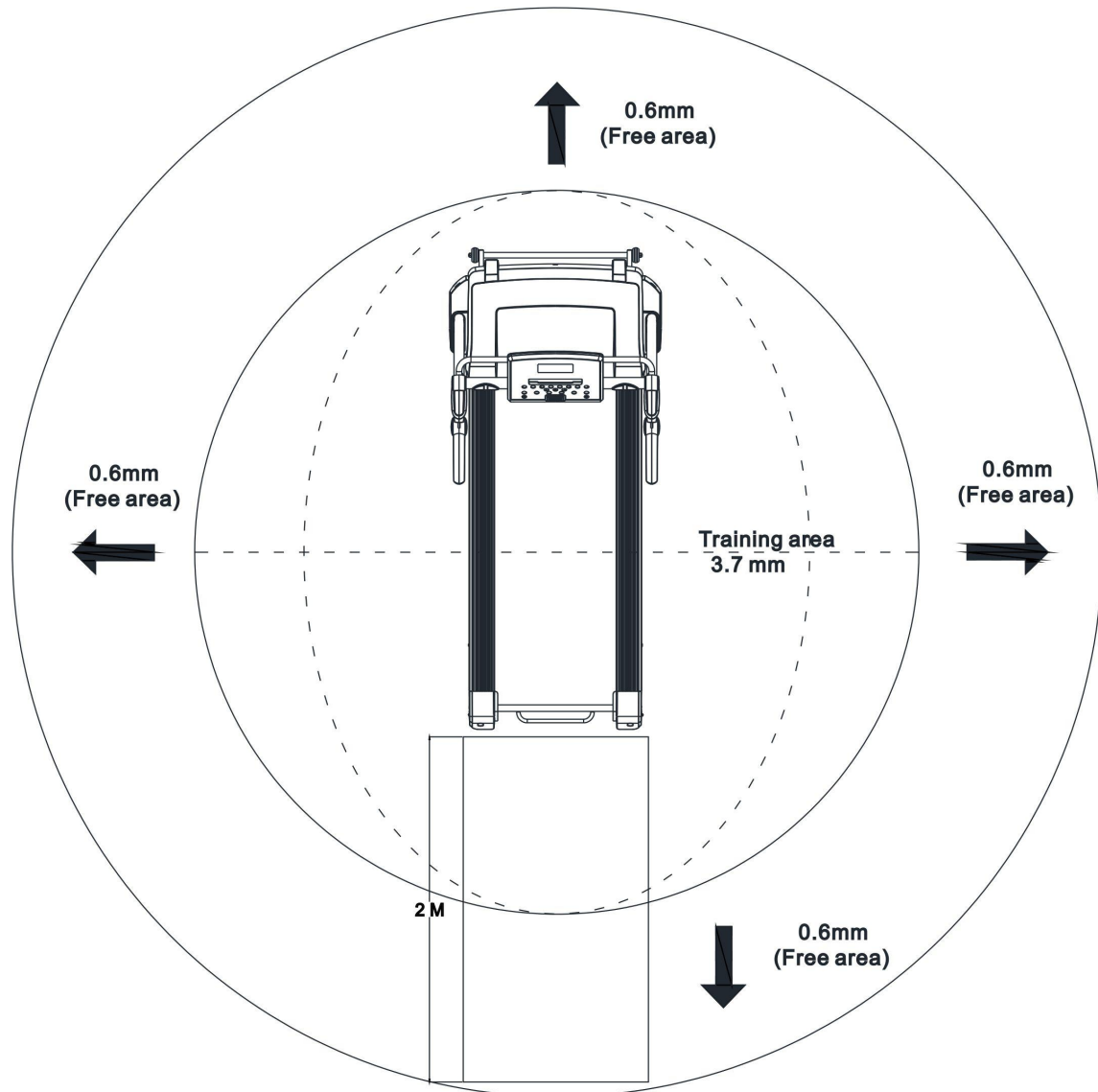
To fold down the treadmill, push the spring lock in the direction as show in the diagram to fold the handles, folding down the console, lifting the lifting bar and folding down the console masts slowly.

## **Warning!**

- A folded treadmill should not be operated.
- Allow the running surface to come to a complete stop before folding.
- Please don't put it in upright position when folded.

# Workout Area

The free area must be at least 0.6m greater than the training area. This is a space where you can safely dismount, without obstruction, in case of an emergency. Where two pieces of equipment are positioned adjacent to each other the free area may be shared. The free area behind the treadmill should be 2m in length and double the width of the product.



Only one person should be within the training area when the equipment is in use.

## Before starting

Tailor your exercise program according to your physical condition. If you have been inactive for several years, or are overweight, you must start slowly and increase your time on the equipment; a few minutes per workout increase is advisable.

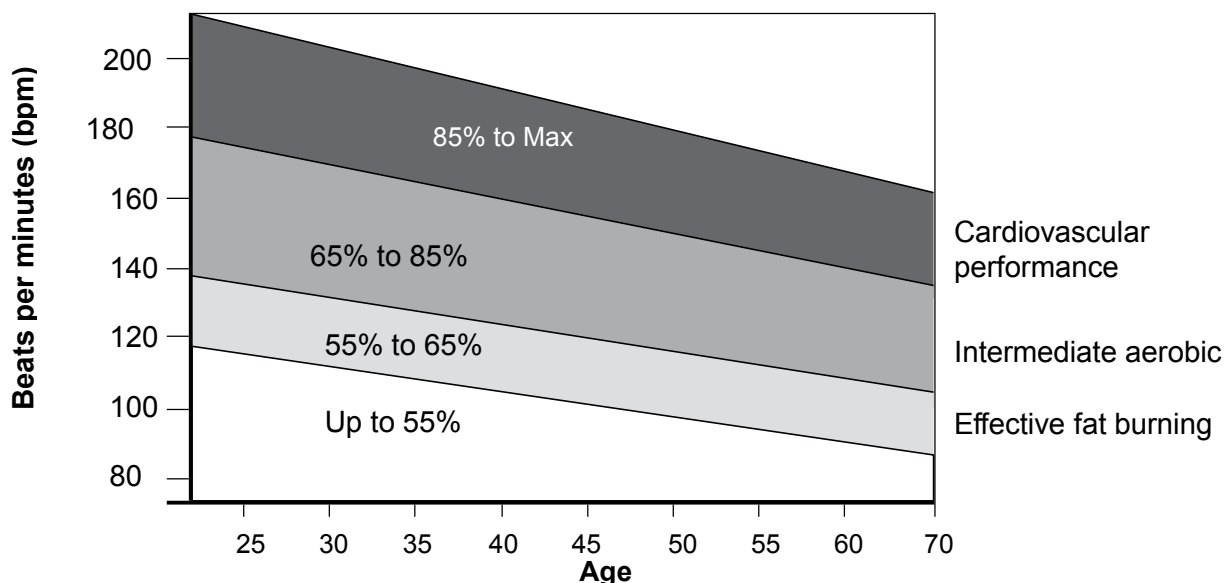
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

### **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.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface with adequate training area, as prescribed in this manual.

### **Exercise intensity**

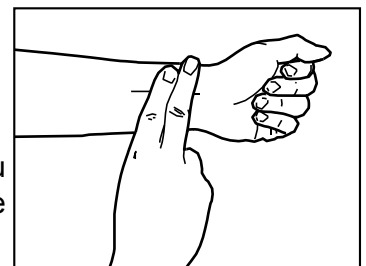
To maximize the benefits of exercising, it is important to exercise at an appropriate intensity. The intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you 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-second 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 required level.



# Exercise Information

## Muscle Chart

### Aerobic Exercise

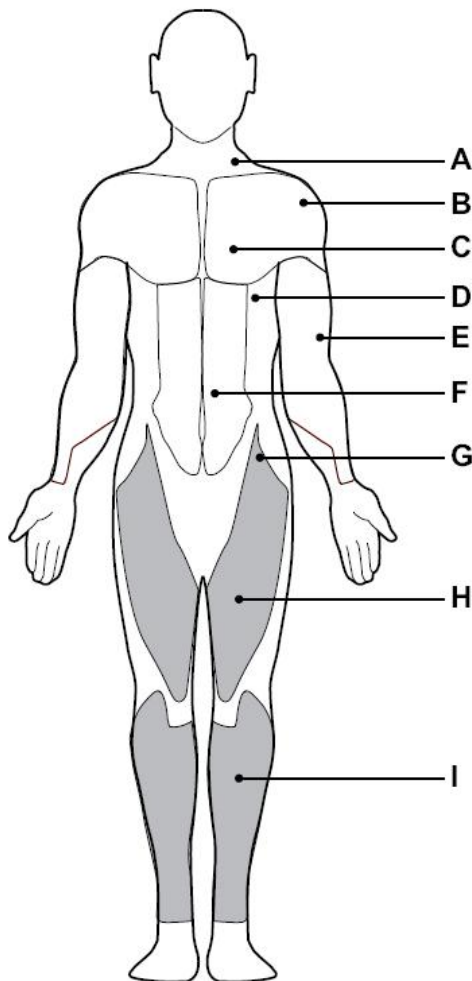
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example).

### Weight Training

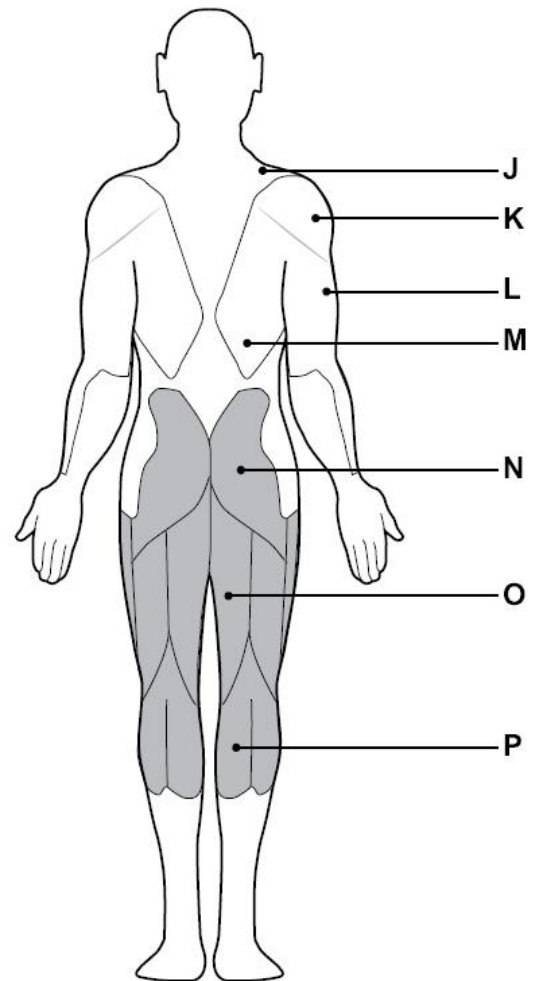
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of an exercise routine. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lower number of reps.

### Targeted Muscle Groups

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



Front



Back

A: Trapezius  
B: Anterior Deltoid  
C: Pectoralis Major  
D: Serratus Anterior

E: Biceps  
F: Abdominal  
G: Sartorius  
H: Quadriceps

I: Tibialis Anterior  
J: Trapezius  
K: Posterior Deltoid  
L: Triceps

M: Latissimus Dorsi  
N: Gluteals  
O: Hamstrings  
P: Gastrocnemius

## Warming up and Cooling down

**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 reduce post-exercise muscle soreness.

### Exercise Frequency

To maintain or improve your fitness, 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.

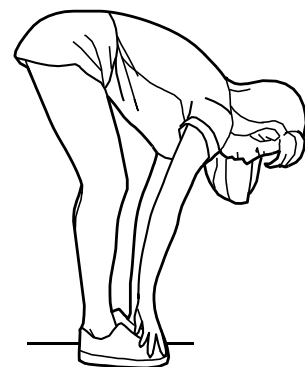
### Toe touch stretch

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

Hold for 15 counts, then relax

Repeat 3 times.

**Stretches:** Hamstrings, back of knees and back.



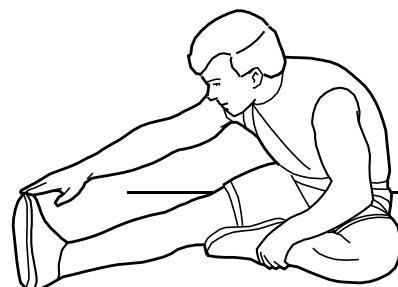
### Hamstring stretch

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 towards your toes as far as possible.

Hold for 15 counts, and then relax.

Repeat 3 times for each leg.

**Stretches:** Hamstrings, lower back and groin.



# Exercise Information

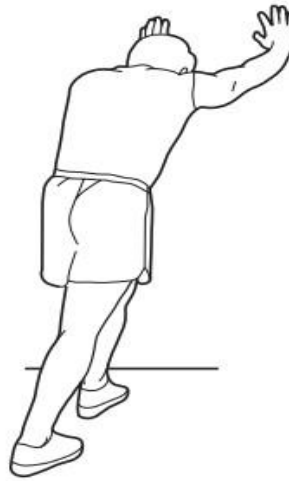
## Calf/Achilles stretch

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 down towards the floor, gently pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, and then relax.

Repeat 3 times for each leg.

**Stretches:** Quadriceps and Hip muscles.



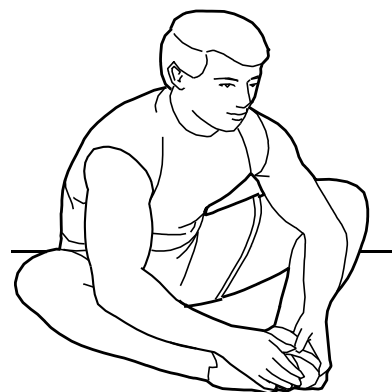
## Inner thigh stretch

Sit with the soles of your feet together and your knees outwards. Pull your feet towards your groin area as far as possible, and push your knee down towards the ground.

Hold for 15 counts, and then relax.

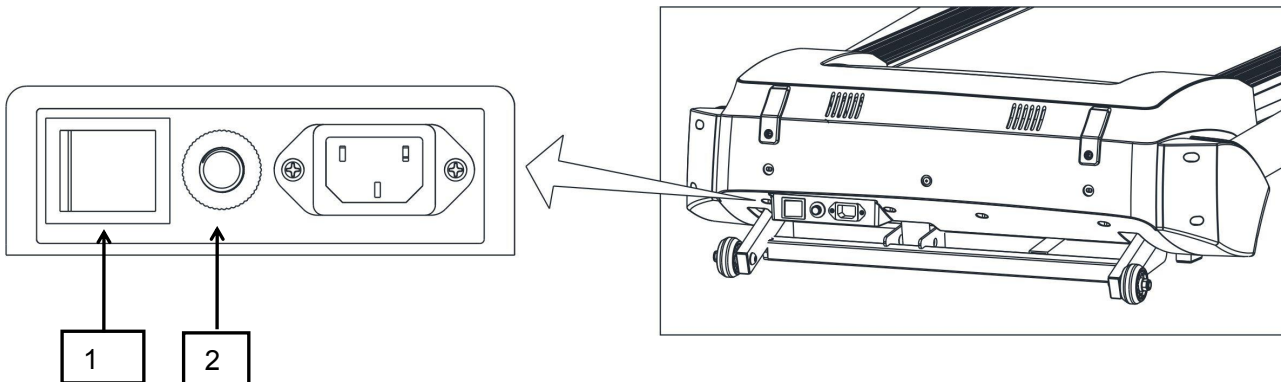
Repeat 3 times.

**Stretches:** Quadriceps and Hip muscles.



# Exercise Information

## Getting Started



Plug your fitness equipment into the mains power and turn on the switch **(1)**. You will hear a beep and the computer screen will light up.

### **OVER-CURRENT PROTECTOR:**

There is an over-current protector **(2)** located on the right side of the switch **(1)** (see above picture); in case of short circuit or over-current, the Button of the over current protector will pop up and the treadmill will power off; please unplug the power source and push down the button. Plug the machine back in and then turn on the switch to restart your treadmill. If the button pops up again, please contact Argos customer support.

## **IMPORTANT NOTICE:**

### **SAFETY KEY:**

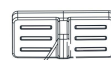
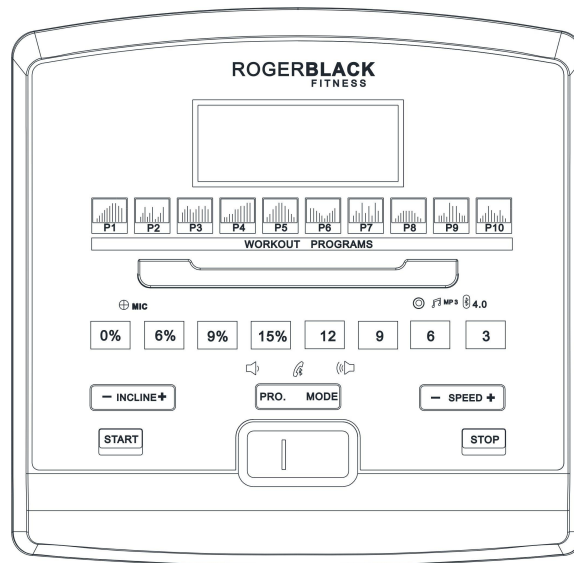
The treadmill will only work if the safety key **(104)** is properly locked in the provided notch of the console. Insert the safety key **(104)** and attach the clip onto the waist part of your clothes. If it is necessary to turn off the motor immediately, just pull the safety key **(104)** out of the console.



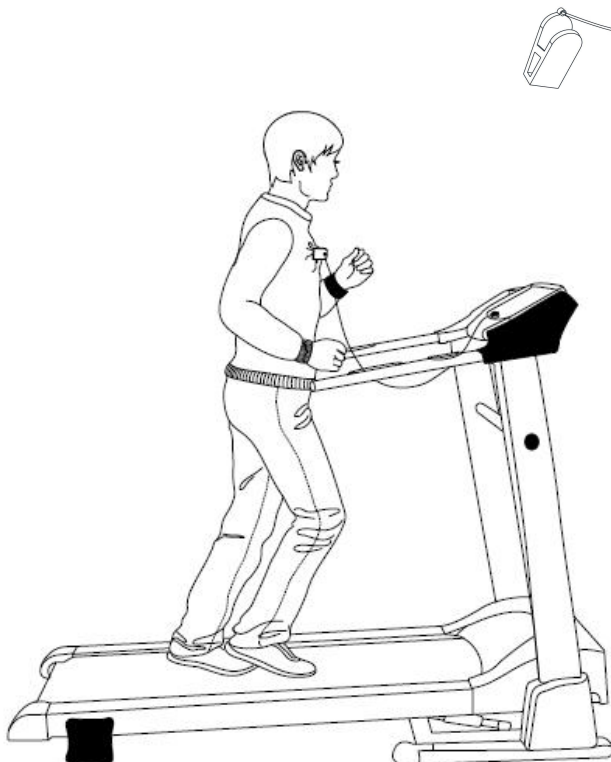


# Exercise Information

## Getting Started



104



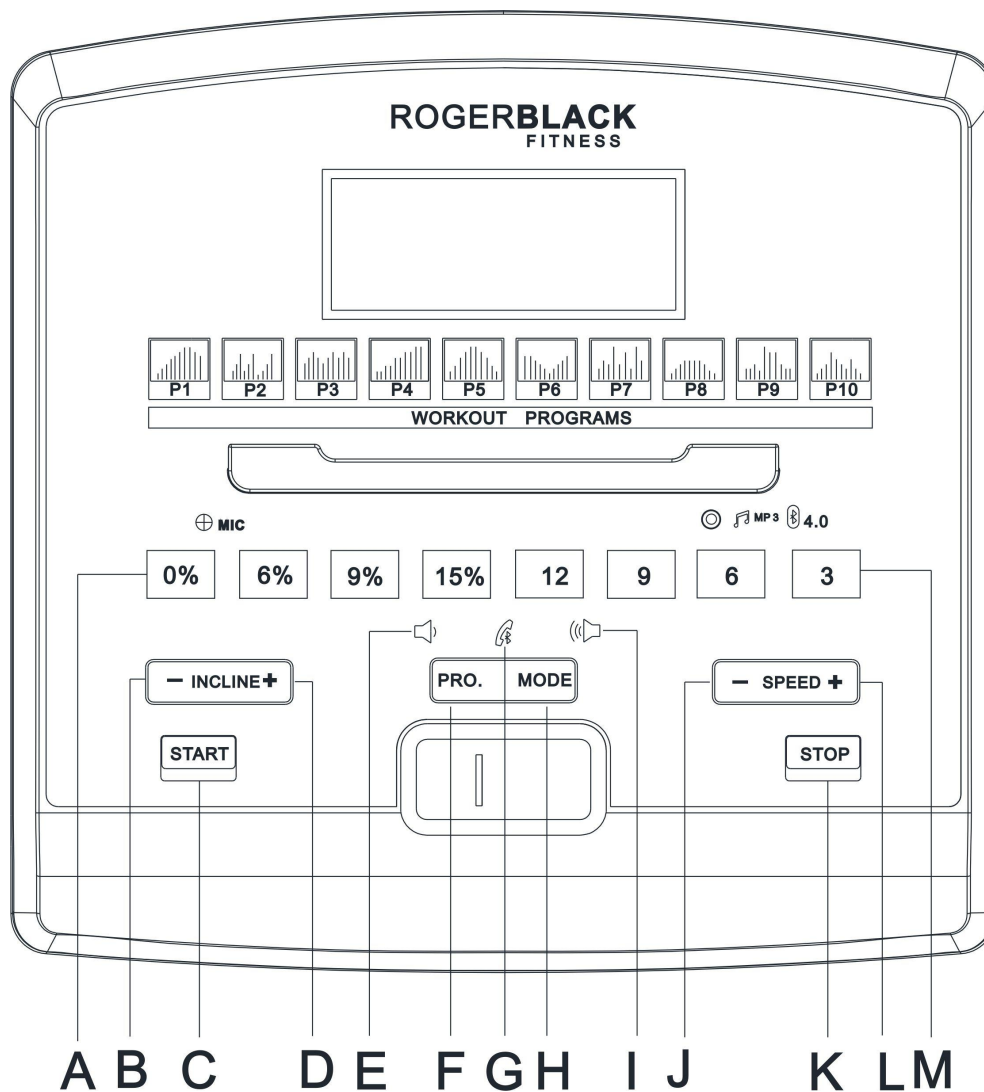
### SAFETY KEY:

The treadmill will only work if the safety key (**104**) is properly locked in the provided notch of the console. Insert the safety key (**104**) and attach the clip to your chest or the waist belt of your clothes. Then move backward to test the safety key. The safety key should be able to be pulled out from the console with the clip still on your clothes.

If you need to turn the motor off immediately, just pull the safety key (**104**) out of the console. For emergency dismount hold the left or right handlebar then jump onto the side rail or the floor.

# Exercise Information

## Console Operation



- A: Quick Incline Select (0% , 6% , 9% , 15%)
- B: Incline-
- C: Start
- D: Incline+
- E: PREV (Short Press) / Volume- (Long Press)
- F: Program
- G: Bluetooth telephone key, press to answer calls
- H: Mode
- I: Next (Short Press) / Volume+ (Long Press)
- J: Speed-
- K: Stop
- L: Speed+
- M: Quick Speed select(3KM/H,6KM/H,9KM/H,12KM/H)

# Exercise Information

## Console Operation

### TECHNICAL SPECIFICATION

Time-----00:00--99:59 Min  
Speed-----0.0--13 km/h  
Distance-----0.00--99.9 km  
Calorie-----0.0--999 Kcal  
Incline -----0-15%

### Incline

#### START

Press to start exercise at initial speed 0.8km/h.

#### STOP

In the exercise process, press the "stop" key, the treadmill will decelerate to stop and display data at the same time, after it stops, it clears all the data.

#### QUICK SPEED SELECT

Press to select your desired running speed with 3km/h, 6km/h, 9 km/h, 12km/h

#### SPEED UP/DOWN

1. Press to increase/decrease exercise speed by 0.1km/h.
2. Press to select training time under program workout model
3. Press to select the desired training target (Time, Distance, Calorie) under training target control workout mode)

#### MODE

Press to select training target workout mode (Time-Distance-Calorie count down)

#### PROGRAM

Press to select workout program (P1-P2-...-P10).

#### IMPORTANT

The console will turn off automatically about ten minutes after the belt has stopped.

#### QUICK INCLINE SELECT

Press to select your desired running speed with 0%, 6%, 9 %, 15%

#### BLUETOOTH

Turn your mobile phone Bluetooth on, connect with your treadmill(SYMK), then you can:

1. Play your mobile phone music, adjust the volume by your mobile phone;
2. Press Bluetooth key to answer coming calls, press it again to end the call.

### SAFETY KEY

1. The safety key must be placed into the magnetic recess on the console in order to operate the treadmill. Always place the safety key on its position and attach the clip to your clothing at your waist before beginning your workout.
2. If you need to stop the motor immediately, simply pull the safety key away from the console.

### GENERAL OPERATION

1. Turn on the Power Switch at the front of your Treadmill. This switch is located next to the Mains Power Cord inlet.
2. Place the Safety Key into the magnetic recess on the middle front of the Computer Console.

The console will give an audible signal and all console window displays function with a start display value of 0.

**Note:** If the Safety Key is not placed correctly or is faulty, the "Speed" window will display "E00", which indicates that the treadmill will not operate.

To stop the treadmill in an emergency, simply pull the safety key off its mount in the console front or simply press the red STOP button in the right of the console. It is important that you connect the clothing clip to your shirt or other suitable clothing during exercise to ensure that this safety system can operate easily.

When MP3 are out of use, please pull off the audio spring cable.

# Exercise Information

## Console Operation

### ● **STARTING YOUR TREADMILL**

1. Turn on the treadmill, and press “Start” button on the console.
2. Press “Speed +” or “Speed -” button to adjust speed button to adjust speed. Press the key once, and the speed changes 01km/h.
3. Also the user can press the “Quick Speed Select” button to select desired running speed.

### ● **STOPPING YOUR TREADMILL**

1. Press the “Speed -” button on the console to reduce the speed and deck incline to lower, then press the “Stop” key on the Console, and the treadmill will stop; turn off the switch if you intend to finish workout.
2. Pull away the safety key and the treadmill will stop itself, and then “Speed” window will display “E00”.

### ● **TRAINING TIME CONTROL WORKOUT MODE**

1. Turn on the treadmill, press the “Mode” button one time, and the “Time” window flashes and displays “15:00”, which is the pre-set training time of the treadmill. Press “Speed +” / “Speed -” button to select your desired training time, (the range is 5:00—99:00).
2. Press “Start” button to start your workout, the time data will reduce gradually during your training and the treadmill will stop automatically when the “Time” window displays “0:00”.

### ● **TRAINING DISTANCE CONTROL WORKOUT MODEL**

- Turn on the treadmill, press the “Mode” key two times, and the “Dis” (Distance) window flashes and displays “1.00”, which is the pre-set training distance of the treadmill.
- Press “Speed +” / “Speed -” button to select your desired training distance (the range is 0.50—99.9).
- Press “Start” button to start your workout, the distance data will reduce gradually during your training and the treadmill will stop automatically when the “Dis” (Distance) window displays “0.0”.

### ● **BURNING CALORIE CONTROL WORKOUT MODEL**

1. Turn on the treadmill, press the “Mode” button three times continuously, the “Cal” (Calorie) window flashes and displays “50.0”, which is the pre-set burning calories of the treadmill. Press “Speed +” / “Speed -” button to select target burning calories (the range is 10.0---999).
2. Press “Start” button to start your workout, the calories data reduce gradually during your training, and the treadmill will stop automatically when the “Cal” (Calorie) window display “0.0”.

### ● **SPEED ADJUSTMENT**

In any training target control workout model, press “Speed +” / “Speed -” button to choose your desired running speed.

# Exercise Information

## Console Operation

### Program Workout Model (P01—P10)

In this mode, the user has a choice of Program P01 – Program P10.

1. Press the “Prog. ” button, the “Speed” window will display “P01” and the “Time” window will display “10:00”, which is the preset time of the treadmill for each program. Press the “Pro.” button to select your desired training program “P01-P10”.
2. The preset workout time of the treadmill for each program is 10:00 Min, when you finish selecting workout program, press “Speed +” / “Speed -” button to select your desired workout

time (the range is: 5:00---99:00).

3. Press “Start” button and the treadmill will count down three and start operation. The start speed depends on the program you have chosen.
4. For all preset values, please refer to following table and diagrams.

Any of the training program levels has 10 segments, and each segment time is 1/10 of total setting time; during any training segments, press the “Speed +” / “Speed -” button to adjust training speed.

PROG \ TIME		Set Time/10 =Running time for each program									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.5	3.0	4.5	6.0	7.5	9.0	10.5	10.5	9.0	7.5
	INCLINE	1	1	2	2	2	3	3	2	2	2
P2	SPEED	3.0	4.5	7.5	3.0	4.5	7.5	3.0	4.5	7.5	3.0
	INCLINE	1	2	2	2	2	4	4	3	2	2
P3	SPEED	4.5	6.0	7.5	6.0	4.5	6.0	7.5	6.0	4.5	6.0
	INCLINE	2	3	3	2	2	6	6	3	2	2
P4	SPEED	3.0	3.0	4.5	4.5	6.0	6.0	7.5	7.5	9.0	9.0
	INCLINE	2	3	3	2	2	6	6	3	2	2
P5	SPEED	3.0	4.5	6.0	7.5	9.0	9.0	7.5	6.0	4.5	3.0
	INCLINE	3	3	3	4	4	3	3	2	2	2
P6	SPEED	7.5	7.5	6.0	4.5	3.0	1.5	3.0	4.5	6.0	7.5
	INCLINE	3	5	5	5	4	3	3	4	3	2
P7	SPEED	3.0	6.0	4.5	9.0	4.5	7.5	3.0	9.0	6.0	4.5
	INCLINE	4	4	4	4	3	6	6	5	3	3
P8	SPEED	1.5	3.0	4.5	6.0	6.0	6.0	6.0	4.5	3.0	3.0
	INCLINE	4	5	5	5	6	12	12	8	6	3
P9	SPEED	3.0	3.0	4.5	7.5	7.5	7.5	7.5	4.5	3.0	3.0
	INCLINE	5	5	5	6	6	9	9	7	4	2
P10	SPEED	1.5	3.0	4.5	7.5	6.0	4.5	3.0	6.0	3.0	1.5
	INCLINE	4	6	4	2	5	7	8	3	2	1

# Exercise Information

## Console Operation

### BODY FAT ANALYSIS

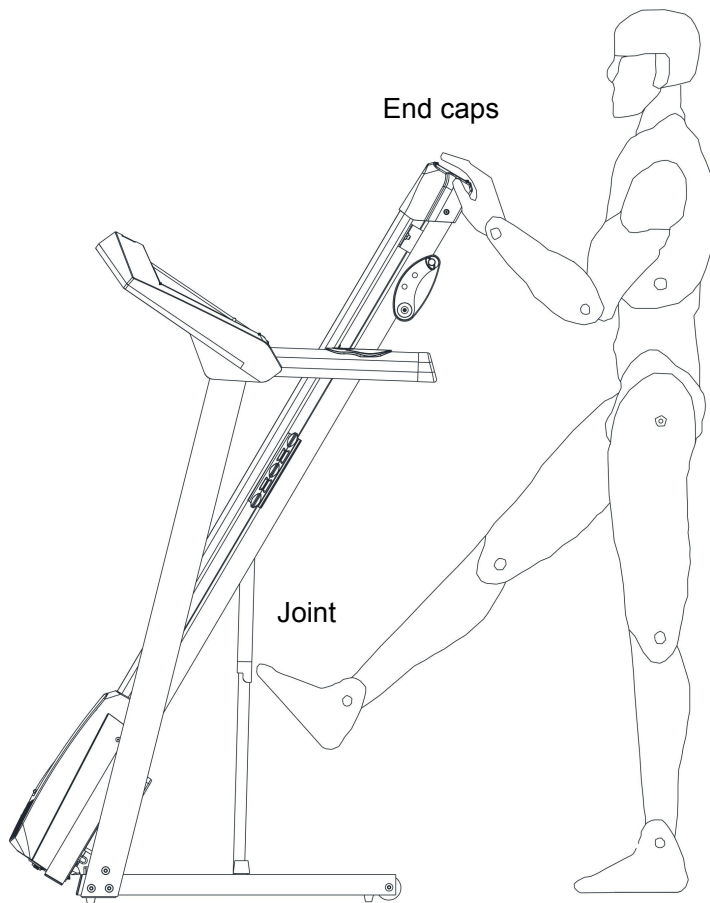
- On standby status, press “Mode” button until “Distance” window displays “FAT”, it is body constitution index detection function, and “Distance” window displays: F-1—Sex, F-2—Age , F-3—Height, F-4—Weight, F-5-Body constitution test; press MODE button to enter next setting, press SPEED+/- button to set parameters (see below table) for F-1—F-4. Press the “Mode” Button again, the “Speed” window displays: “25” – Which is the treadmill pre-set user’s age,the “Time ” window is displaying “F - 2” .Press “Speed +” or “Speed -” or “Incline +” / “Incline -” button to select your correct age. (Range is: 10 – 99 years).
- When entering F-5 interface, grasp the handle pulse sensor for 5 seconds, it will display your body constitution value, from it may view whether your weight and height is matched. The body constitution index is used to measure the relations between weight and height, not for body proportion, fat test is appropriate for any male and female, together with other health index providing a basis to adjust weight. An ideal body fat is between 20 - 24, lower than 19 means under weight, if between 25 - 29, it means overweight, if exceeding 30 means obesity. (The data is only for reference, not for therapeutic purpose.)

**Body Fat Scale Parameter Table**

FAT	ITEM	SET OR ANALYSIS DATA	
F-1	Sex	01-Male	02-Female
F-2	Age	10-99 (25)	
F-3	Height	100-200 (170)	
F-4	Weight	20-150 (70)	
F-5	Body Fat	$\leq 19$	Under weight
		20~24	Ideal weight
		25~29	Over weight
		$\geq 30$	obesity

# Exercise Information

## Folding Mechanism and Locking System



1. To fold the treadmill, lift the running deck and you can hear a click when the deck locks into position.
2. Hold the running deck, touch the cylinder joint with your tiptoes to unfold it as shown in the diagram.

### **Warning!**

- A folded treadmill should not be operated.
- Allow the running surface to come to a complete stop before folding.

**1.** The safety level of the equipment can only be maintained if it is examined regularly for damage and wear e.g. ropes, pulleys and connection points.

**2.** Lubricate moving parts with light oil periodically to prevent premature wear. 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.

**3.** Inspect and tighten all parts before using the equipment. Replace defective components immediately and/or keep the equipment out of use until repair. Pay special attention to components most susceptible to wear.

**4.** The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. **Do not** use solvents.

**5. Do not** attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the manufacturer, their approved service agent or the **Customer Helpline: 0345 600 1714** [www.argos-support.co.uk/](http://www.argos-support.co.uk/)

**Guarantee:**  
For guarantee purposes, please retain your purchase receipt.

## Information for Users on Disposal of old Equipment and Batteries (European Union only)

These symbols indicate that equipment with these symbols should not be disposed of as general household waste. If you want to dispose of the product or battery, please consider the collection systems or facilities for appropriate recycling.

**Notice:** The sign Pb below the symbol for batteries indicates that this battery contains lead.



Always unplug the equipment before cleaning and/or servicing. Service to this equipment should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.



# Care and Maintenance

## Belt Adjustment

Improper maintenance can cause damage to the treadmill or shorten the life of the product and exceed the LIMITED WARRANTY coverage.

- **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.
- All parts of the treadmill must be checked and tightened regularly. Worn parts must be replaced immediately.

### BELT ADJUSTMENT

You may need to adjust the running belt during the first few weeks of use. All running belts are properly set at the factory. It may stretch or become misaligned following use. Stretching is normal during the break-in period.

### ADJUSTING THE BELT TENSION

If the running belt feels as though it is “slipping” or hesitating when you plant your foot during a run, the tension on the running belt may have to be increased.

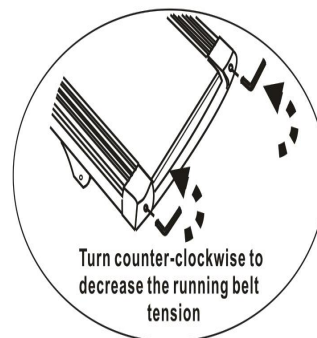
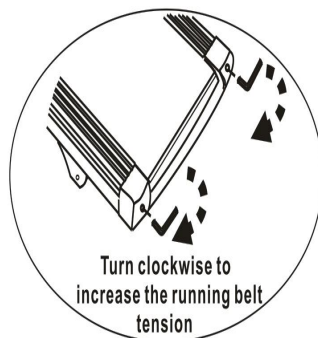
### TO INCREASE THE RUNNING BELT TENSION

STEP 1: Place 6# Allen wrench on the left belt tension bolt. Turn the wrench clockwise 1/4 turn to draw the rear roller and increase the belt tension.

STEP 2: Repeat STEP 1 for the right belt tension bolt. You must be sure to turn both bolts the same number of turns, so the rear roller will stay square relative to the frame.

- Repeat STEP 1 and STEP 2 until the slipping is eliminated.
- Be careful not to tighten the running belt tension too much as you can create excessive pressure on the front and rear roller bearings. An excessively tightened running belt may damage the roller bearings that would result in bearing noise from the front and rear rollers.

### TO DECREASE THE TENSION ON THE RUNNING BELT, TURN BOTH BOLTS COUNTER-CLOCKWISE THE SAME NUMBER OF TURNS.



# Care and Maintenance

## Deck Lubrication

The treadmill is pre-lubricated. However, it is recommended to check the lubrication of the treadmill regularly, to ensure an optimal operation of the treadmill.

After every 2 months of operation, lift the sides of the treadmill and feel the surface of the belt, as far as possible. If traces of silicon spray are found, lubrication is not necessary. In case of a dry surface, refer to the instructions below.

Only use 100% silicon oil to lubricate your treadmill deck.

### To apply lubricant on the belt

- Position the belt so that the seam is located in the middle of the plate.
- Lift the belt at one side and hold the spray valve at a distance of approximately 15cm to the front end of belt and plate. Then spray from front to the 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 belt ensures a long product life.

- **Warning:** The treadmill must be turned off to avoid electric shocks. The power cord must be pulled out of the socket, before starting the cleaning or maintenance.
- **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.
- **After each training:** Wipe the console and other surfaces with a clean soft and damp cloth to remove sweat residues.
- **Weekly:** To make cleaning easier, it is recommended to use a mat under the treadmill. Shoes can leave dirt on the belt that can fall beneath the treadmill. Clean the mat under the treadmill once a week.

## STORAGE

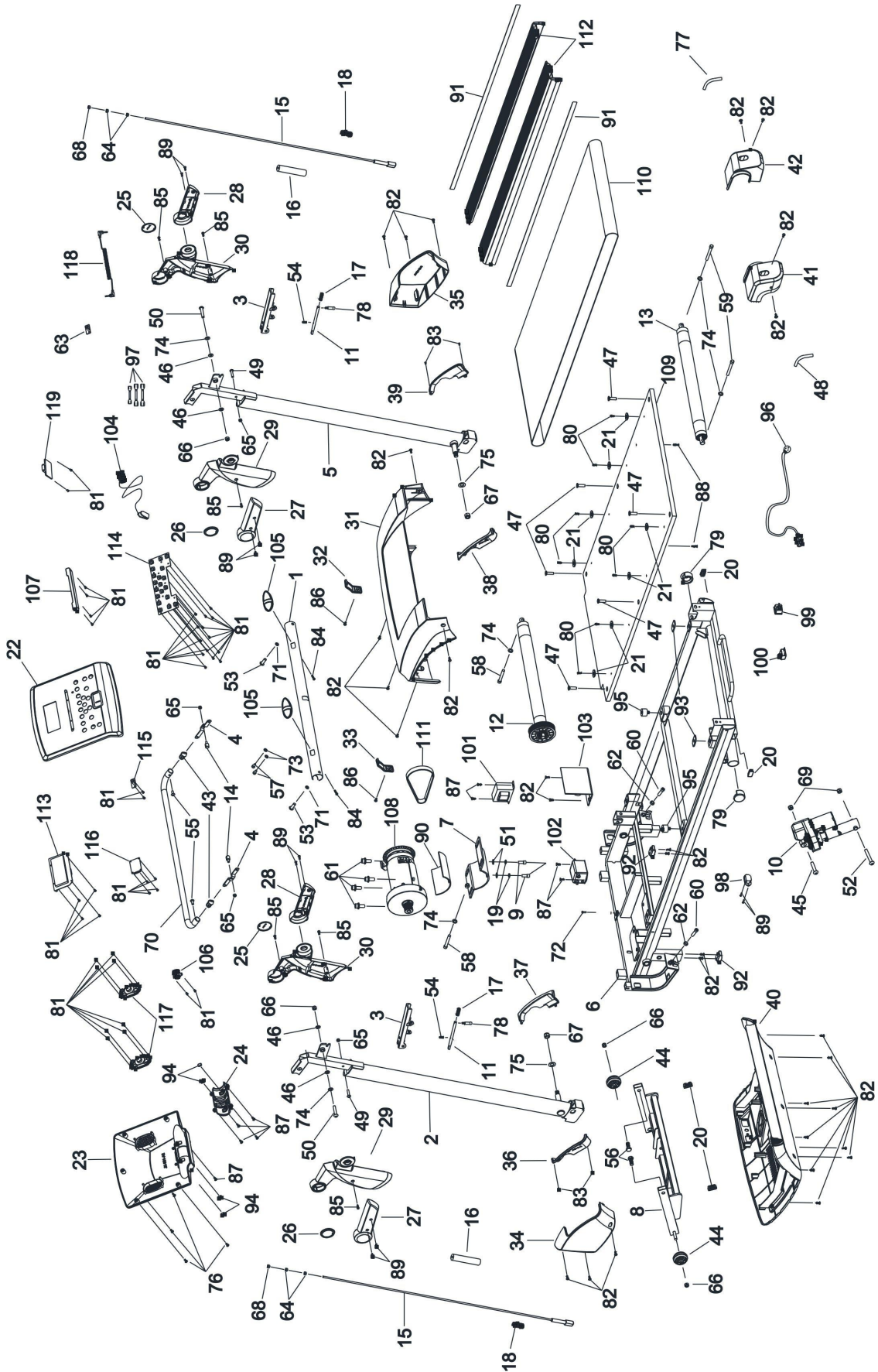
Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is un-plugged from the electrical wall outlet.

# Care and Maintenance

## Trouble Shooting

Symptom	Cause and Check	Solution
E00	Safety Key not in the position	Re-locate the safety key in the correct position
E01	No signal to Controller from console	A: Check the Main Controller Wire B: Replace the PCB Board
E02	Motor communication error	A: Check the wire from motor to controller B: IGBT breakdown, Replace the controller C: Check the power voltage if 50% lower than rate voltage D: replace the motor wire or change motor
E04	Incline Motor communication error	A: Check the wire from incline motor to controller B: Replace the incline motor C: Replace the controller
E05	Over current protector	A: Over loading or over resistance, restart the treadmill B: Transmission parts seized up, check the parts C: Replace controller D: Motor breakdown, change the motor
E06	Motor Open Circuit	Connect the Motor link
E08	IC Driver Error	Replace the IC driver or change the IC driver
E09	Folding up protect	A: Do not fold up the running deck when treadmill in is running B: If the running deck in laying position and show E09, you need change the contoller
E10	Motor instantaneous current abnormal	A: Adjust the torsion potentiometer of the Controller to lower B: Motor Breakdown, change the motor
E11	Over voltage protector	Voltage over 270v (for 220v) or 150v (for 110v) -- turn off the treadmill and check the power source
E13	No signal to console from Controller	A: Check the Main Controller Wire B: Change the controller
E14	Lower voltage protector	Voltage lower than 160v (220v) or 70v (110v) -- turn off the treadmill and check the power source

# Exploded Parts Diagram



# Parts List

PART NO	DESCRIPTION	SIZE	QUANTITY
1	Handrail Bar		1
2	Left Console Mast		1
3	Handle		2
4	Connector		2
5	Right Console Mast		1
6	Running Stage		1
7	Motor Support		1
8	Lifting Platform		1
9	M8×16mm Hex Bolt		2
10	Elevating motor		1
11	Sliding Lever		2
12	Front Roller		1
13	Rear Roller		1
14	Step Bolt		2
15	Thread Rod		2
16	Foam		2
17	Sliding Lever Spring		2
18	Compressed Spring	Ø 3/4" x 1 3/4"	2
19	Φ8 Spring Washer		2
20	End Cap		4
21	Side Rail Fixer		8
22	Console Upper Housing		1
23	Console Bottom Housing		1
24	Console Rotate Cover		1
25	Handrail Decoration Cap		2
26	Handrail Decoration Ring		2
27	Left Handle Cover		2
28	Right Handle Cover		2
29	Left Handrail Cover		2
30	Right Handrail Cover		2
31	Motor Cover		1
32	Left Motor Decoration Cover		1
33	Right Motor Decoration Cover		1
34	Left Console Mast Cover		1
35	Right Console Mast Cover		1
36	Left Console Mast Decoration (L)		1
37	Left Console Mast Decoration (R)		1
38	Right Console Mast Decoration (L)		1
39	Right Console Mast Decoration (R)		1
40	Motor Bottom Cover		1
41	Left End Cap		1
42	Right End Cap		1

# Parts List

43	Plug		2
44	Transport Wheel		2
45	Allen Bolt	M10 x 1 3/4"	1
46	Plastic Washer	Ø 5/8" x Ø 3/8"	4
47	Sunk Bolt	M8 x 7/8"	6
48	Left belt adjustment decoration		1
49	Allen Bolt	M6 x 1 1/8"	2
50	Allen Bolt	M8 x 1 5/8"	2
51	Φ 8 Washer		2
52	Allen Bolt	M10 x 2 5/8"	2
53	Allen Bolt	M8 x 1"	2
54	Screw Pillar	M5	2
55	Phillips Screw	M6 x 5/8"	2
56	Hex Bolt	M10 x 1"	2
57	Cylinder Head Bolt	M6 x 1/2"	2
58	Cylinder Head Bolt	M8 x 2 3/8"	2
59	Cylinder Head Bolt	M8 x 2 3/4"	2
60	Cylinder Head Bolt	M8 x 1 1/8"	2
61	Cylinder Head Bolt	M10 x 1"	4
62	Nut	M8	2
63	Bluetooth module		1
64	Hex Nut	M5	4
65	Aircraft Nut	M6	4
66	Aircraft Nut	M8	6
67	Aircraft Nut	M12	2
68	Aircraft Nut	M5	2
69	Aircraft Nut	M10	2
70	Lifting Bar		1
71	Lock Washer	Ø 3/8"	2
72	Cylinder Head Bolt	M4x 3/8"	1
73	Washer	Ø 1/4"	2
74	Washer	Ø 3/8"	6
75	Washer	Ø 1/2"	2
76	Phillips Screw	ST4.2 x 1/2"	5
77	Right belt adjustment decoration		1
78	Pull Pin Insert		2
79	Rubber Sleeve		2
80	Phillips Screw (Z)	ST4.8 x 5/8"	8
81	Phillips Screw	ST2.9 x 3/8"	28
82	Phillips Screw	ST4.8 x 5/8"	34
83	Phillips Screw	ST2.9 x 3/8"	4
84	Sunk Screw	ST4.2 x 1 1/8"	4
85	Phillips Screw	ST4.2 x 5/8"	6
86	Phillips Screw	ST4.8 x 3/4"	2
87	Phillips Screw	ST4.2 x 5/8"	12
88	Sunk Screw	ST4.2 x 1 1/8"	2

# Parts List

89	Sunk Screw	ST4.2 x $\frac{5}{8}$ "	10
90	Motor Base		1
91	side rail decoration		2
92	Air Cushion		2
93	Running Deck Bumper		2
94	Damper Pad		4
95	Rubber Cushion		2
96	Power Cord		1
97	Short Cord		1
98	Power Socket		1
99	Power Switch		1
100	Over Current Protector		1
101	Inductor		1
102	Filter		1
103	Driving Board		1
104	Safety Key		1
105	USB Module		1
106	Insert Switch		1
107	IPAD Holder		1
108	Motor		1
109	Running Deck		1
110	Running Belt		1
111	Motor Belt		1
112	Side Rail		2
113	LCD Screen		1
114	PCB Board		1
115	Mp3 Module		1
116	Power Amplifier		1
117	Speaker		2
118	MP3 Connection		1

# Guarantee



## Product Guarantee

This product is guaranteed against manufacturing defects from 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 rendered invalided if the products is re-sold or has been damaged by inexpert repair.
- 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 right.
- In the event of problem with the product with in the guarantee period call **Customer Helpline: 0345 600 1714 [www.argos-support.co.uk](http://www.argos-support.co.uk)**

Guarantor: Argos Ltd  
489 – 499 Avebury Boulevard  
Central Milton Keynes  
MK9 2NW