Owner's Manual
TRZ556 Treadmill

Model No.
16004605560

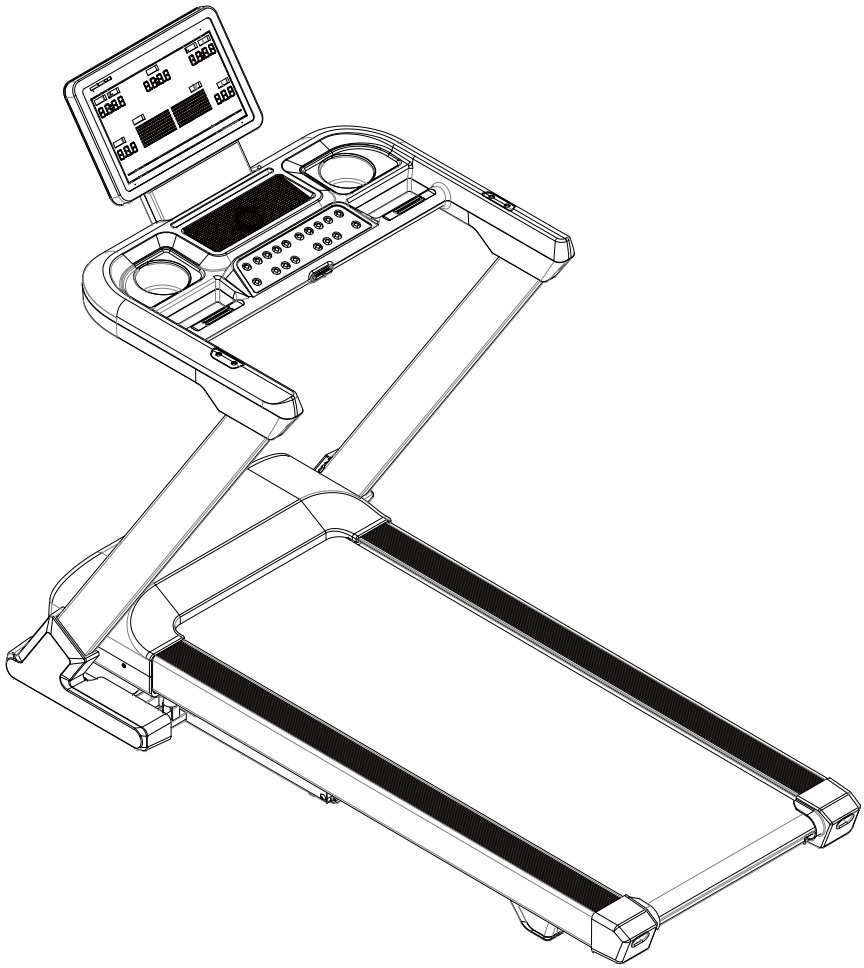
- **Assembly**
- **Operation**
- **Adjustments**
- **Parts**
- **Warranty**

⚠ CAUTION:

You must read and understand this owner's manual before operating unit. Keep this manual for future reference.

Serial number

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



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

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ATTENTION

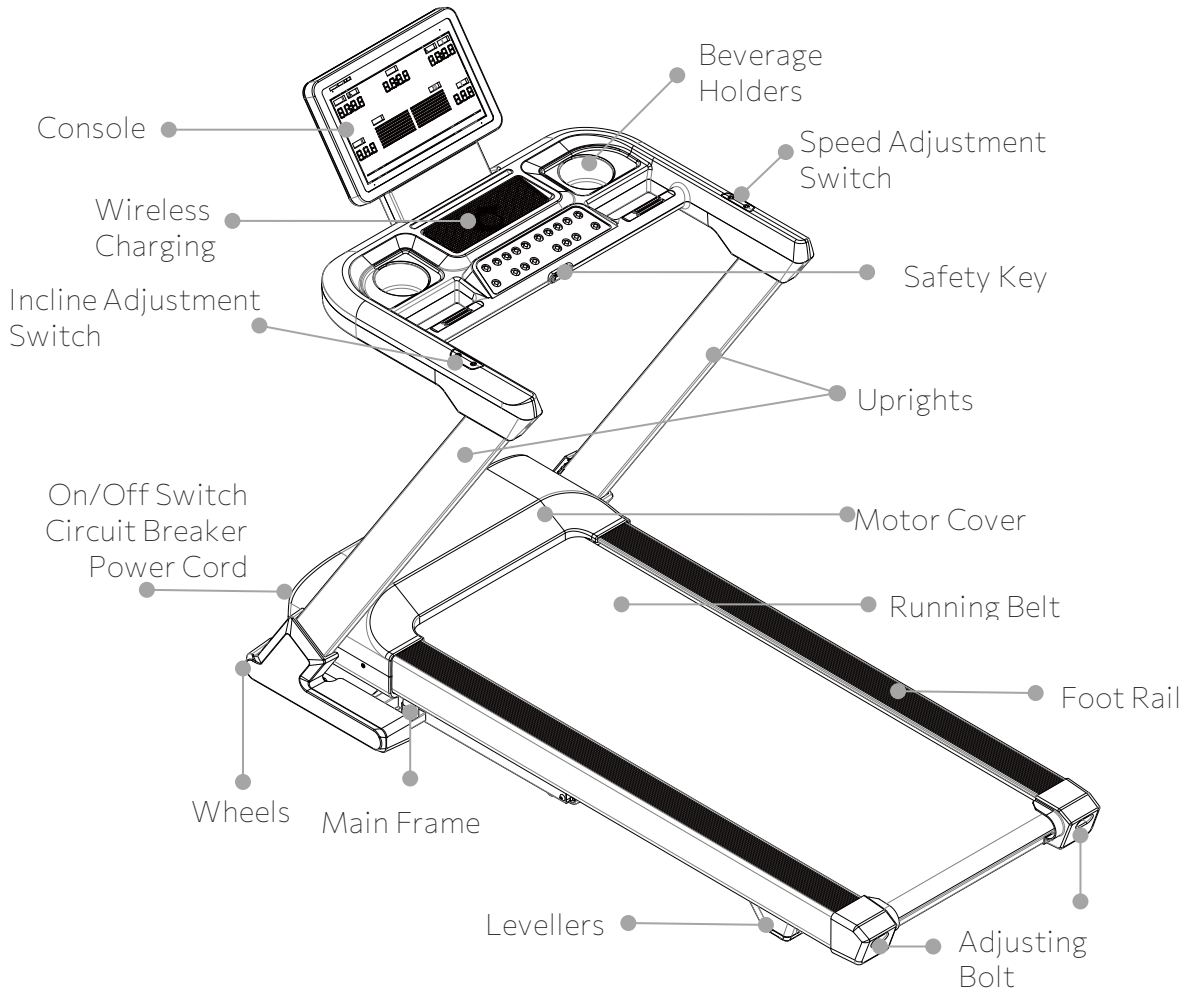
THIS TREADMILL IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

BEFORE YOU BEGIN

Thank you for choosing the XTERRA TRZ556 Treadmill. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The XTERRA TRZ556 Treadmill provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the XTERRA TRZ556 Treadmill. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your XTERRA TRZ556 Treadmill, please do not return the product. Contact us **FIRST!** If a part is missing or defective call us toll free at 1-888-707-1880. Our Customer Service Staff are available to assist you from 8:30 A.M. to 4:30 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.

MAX. USER WEIGHT LIMIT 300 LB (136 KG)



IMPORTANT SAFETY INSTRUCTIONS

THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY

READ ALL INSTRUCTIONS BEFORE USING THIS TREADMILL

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

⚠ **WARNING:** Connect this unit to a properly grounded outlet only.
DANGER: To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning.

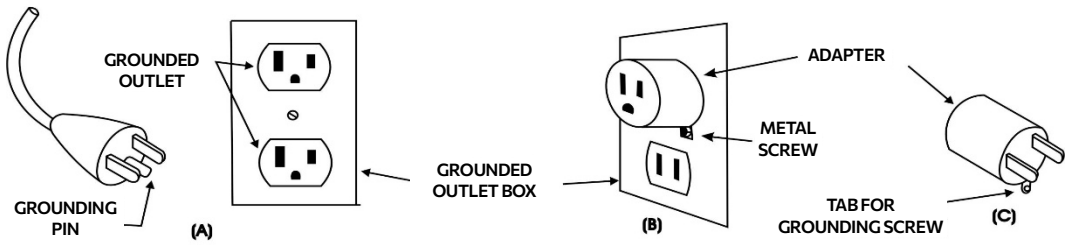
⚠ **WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, install the treadmill on a flat level surface with access to a 120-volt~60 Hertz, 15-amp grounded outlet.
WARNING: Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

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

Grounding Instructions

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

FIgure 1.
Grounding methods



AA 200

1. Use 120-volt a.c. household current on a dedicated circuit.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. The use of an extension cord with this product is not recommended. If an extension cord is needed, use a short (less than 10 feet) heavy gauge (14 gauge or better) extension cord with a three prong (grounded) plug and receptacle.
4. Never leave the treadmill unattended when plugged in. Remove the safety key and unplug the unit from the outlet when not in use and before removing or replacing parts.
5. Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped, damaged, or exposed to water. Never move the treadmill belt while the power is turned off.
6. Do not pull the treadmill by the power supply cord or use cord as a handle. Keep cord away from heated surfaces and open flames.
7. Fitness equipment must always be installed and used on a flat surface. Do not use outdoors or near water. Do not place the unit on a loose rug or uneven surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly

scratch or damage the surface of your floor. It is recommended to have a minimum of 3 meters safe clearance on all sides of the treadmill while in use.

8. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage, covered patio or near water.
9. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
10. Read, understand, and test the emergency stop procedure before using the treadmill. Do not insert any objects into any openings.
11. Inspect and properly tighten all parts of the treadmill regularly.
12. Keep children and pets away from this equipment at all times while exercising.
13. Handicapped individuals should have medical approval and close supervision when using this treadmill.
14. Do not place hands or feet under the treadmill. Always keep hands and legs off of the treadmill when others are using it.
15. Never turn on treadmill while standing on tread-belt. Always hold the handrails while using the treadmill. Always return the treadmill to the slowest speed to provide for safe dismount and low speed restart.
16. To disconnect, turn all controls to the off position, then remove plug from outlet.
17. Do not attempt to raise, lower or move the treadmill until it is properly assembled. See assembly on page 8 and to fold and move the treadmill on page 14. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques. You must use any attachments that are not recommended by the manufacturer.
18. Use the treadmill only for its intended use as described in this manual. Do not use any attachments that are not recommended by the manufacturer.
19. User weight should not exceed 300lb (136 kg).
20. Never allow more than one person on the treadmill at once.
21. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
22. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
23. Start your program slowly and very gradually increase your speed and distance.
24. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your treadmill. Do not walk or jog barefoot, in stocking feet or loose-fitting shoes or slippers.
25. This treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental or institutional setting.
26. This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
27. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.

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

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS

⚠ WARNING!

- ⚠ Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- ⚠ **NEVER** remove any cover without first disconnecting AC power.
  If voltage varies by ten percent (10%) or more, the performance of your treadmill may be affected. **Such conditions are not covered under your warranty.** If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing. See Diagnosis Guide, page 26.
- ⚠ **NEVER** expose this treadmill to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment.

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



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

IMPORTANT OPERATION INSTRUCTIONS

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

Always hold on to a handrail or hand bar while making control changes (incline, speed, etc.).

Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure, contact your dealer.

ASSEMBLY INSTRUCTIONS

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

Note: It will take two people to assemble the treadmill.

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

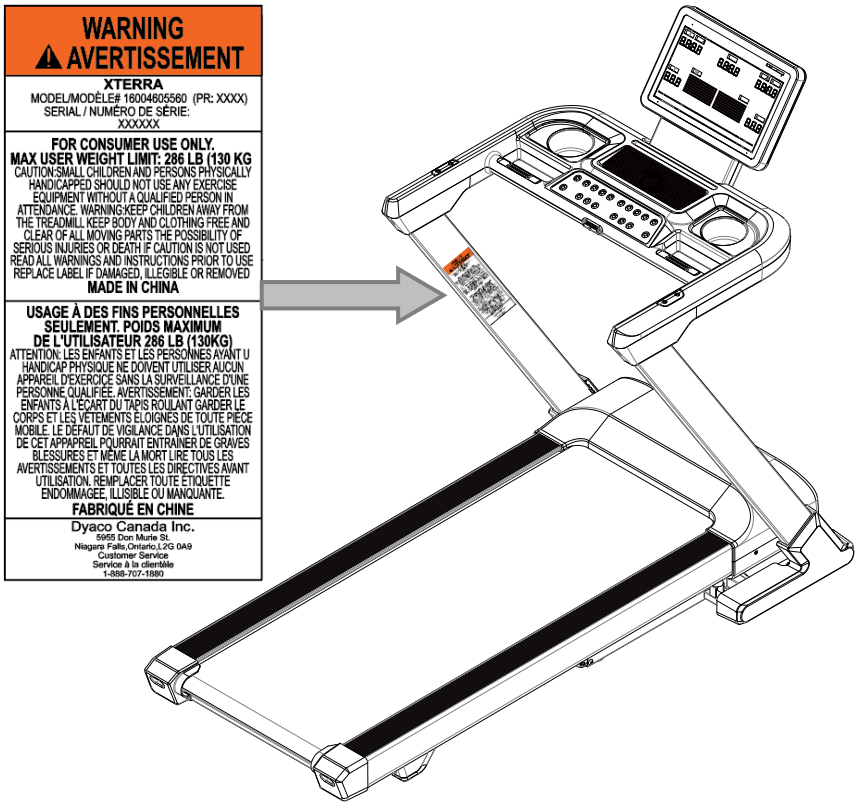
There is a Velcro strap installed around the treadmill base that prevents the treadmill from unfolding accidentally during shipping. If this strap is not removed properly, the treadmill could spring open unexpectedly and cause injury if someone is standing near the treadmill when the strap is removed.

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

Unpack the treadmill and locate the hardware bag.

WARNING DECAL REPLACEMENT

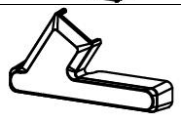
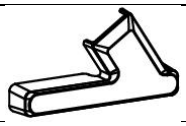
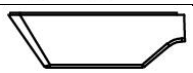
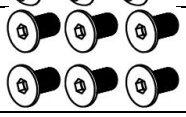
Serial Number Decal



The decals shown have been placed on the treadmill. If a decal is missing or illegible, please call our Customer Service Department, to order a free replacement decal (see ORDERING REPLACEMENT PARTS). Apply the decal in the location shown.

TRZ556 ASSEMBLY PACK CHECKLIST

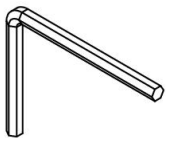
Open the packaging and remove the hardware kit, ensuring all listed components are present. Some parts are pre-fitted to the product.

Diagram	Part No.	Description	Qty
	A	Main frame	1
	B	Console assembly	1
	C07	Left bottom cover	1
	C08	Right bottom cover	1
	C33	Safety key	1
	E05	Power cord	1
	F	Silicon-based oil	1
	C03	Left upright tube decorative cover	1
	C04	Right upright tube decorative cover	1
	D14	M8*15 Bolt	6
	D17	M10*20 Bolt	6
	D29	ST4.2*12 Screw	4
	D37	ø8 Lock washer	6

ASSEMBLY TOOLS



B10 Wrench/Screwdriver

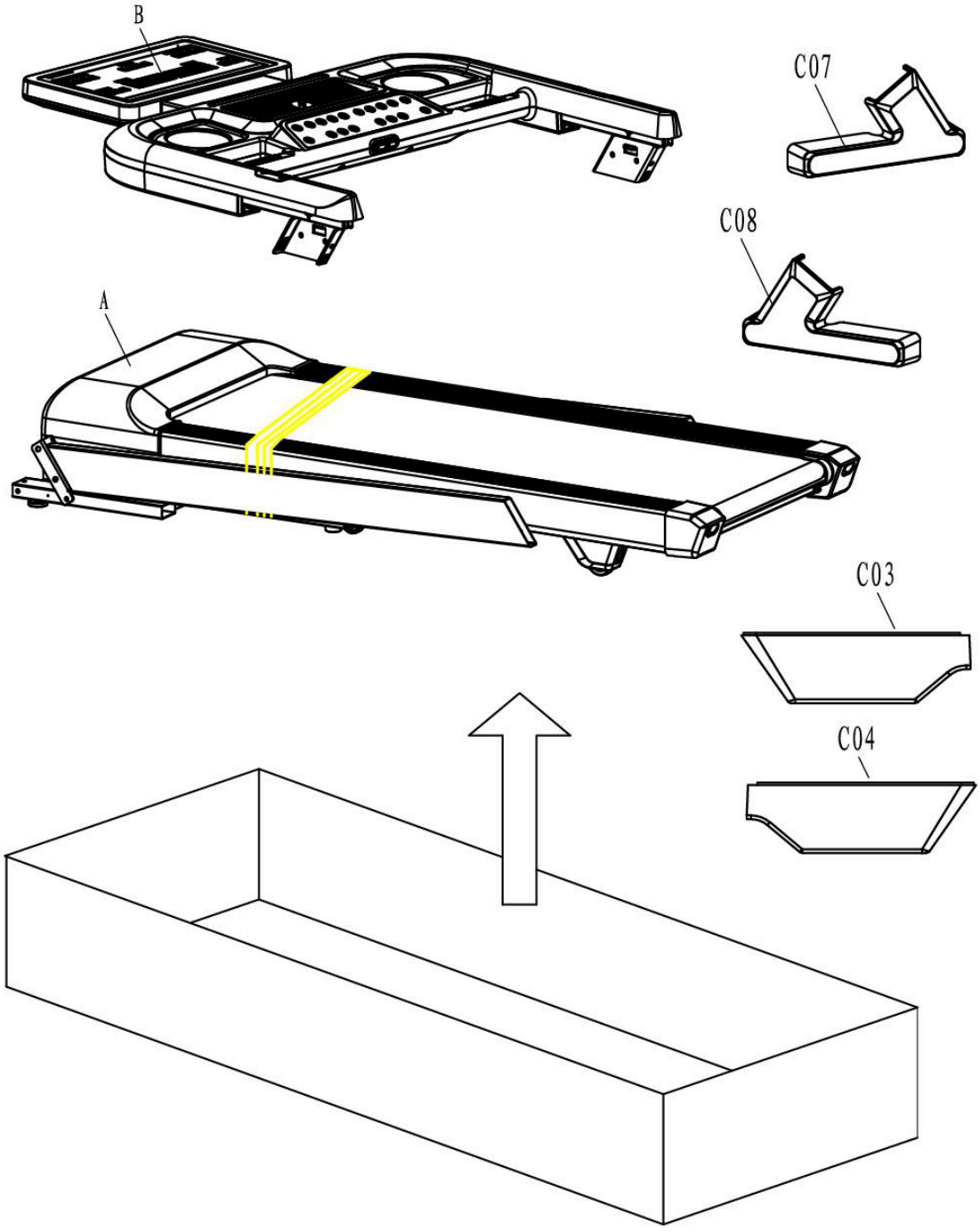


B11 #6 Allen wrench

ASSEMBLY INSTRUCTIONS

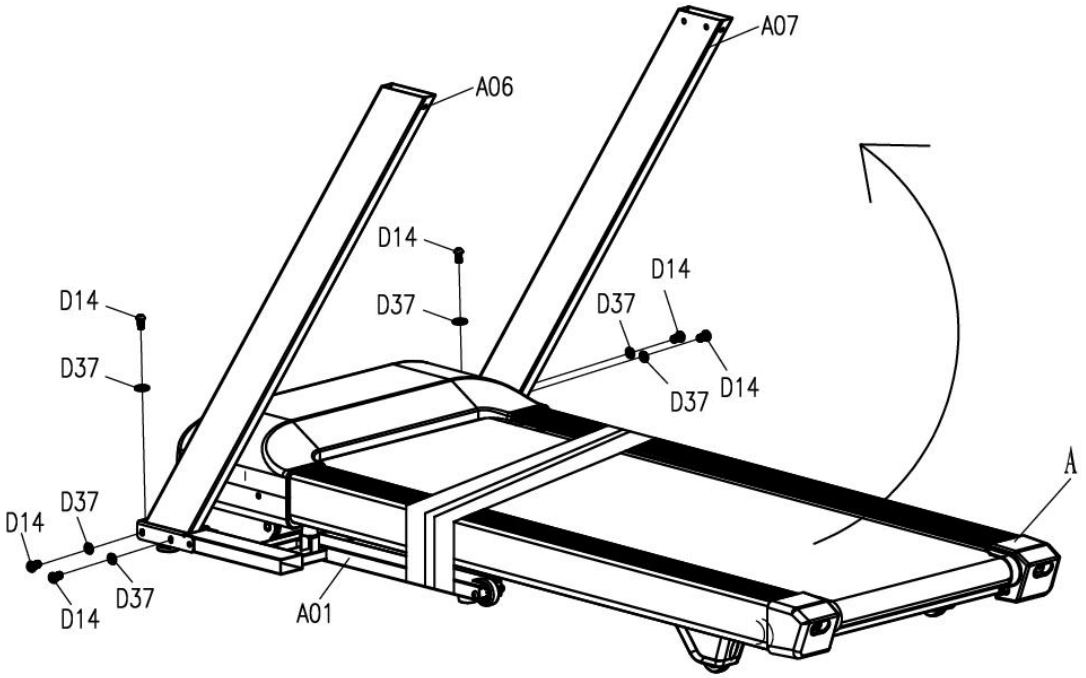
Step 1.

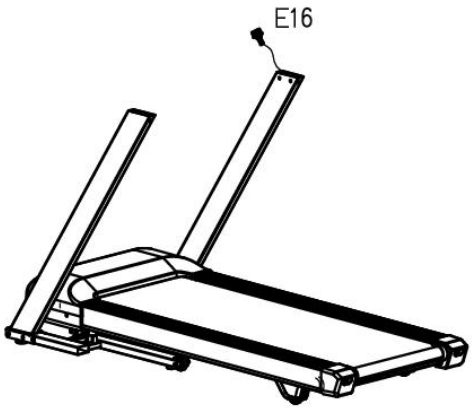
Remove the unit from the box and put it on a flat and level floor.

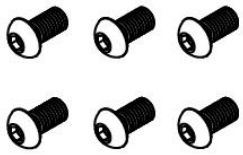
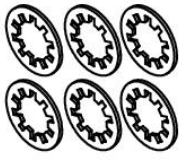


Step 2.

Lift the right upright (A07) upwards into position.
Secure the right upright (A07) using two bolts (D14), two washers (D37), one bolt (D14) and one washer (D37) to the main frame (A1). Repeat for the left upright (A06).

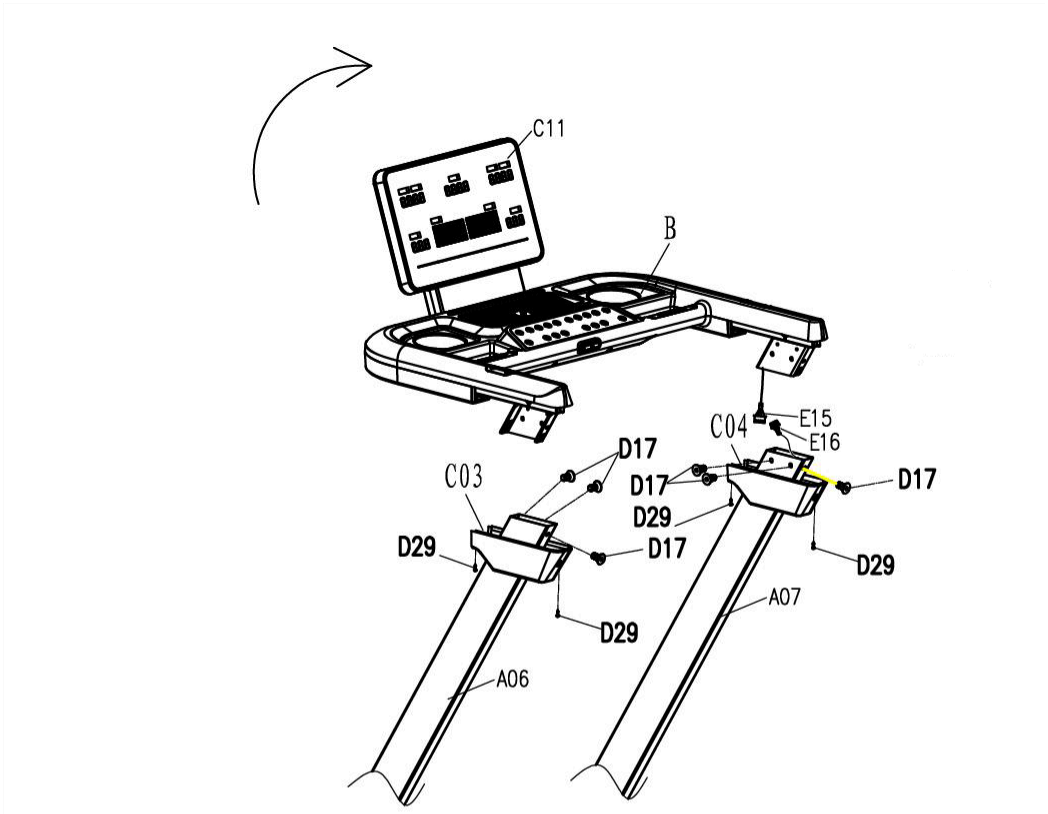


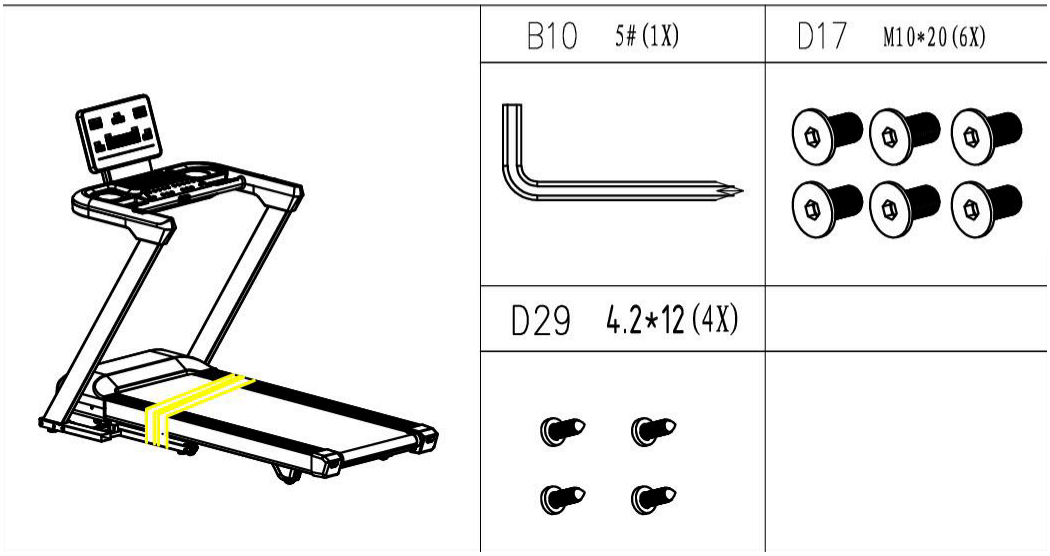


B10 5#(1X)	D14 M8*15(6X)
	
D37 ϕ8(6X)	
	

Step 3.

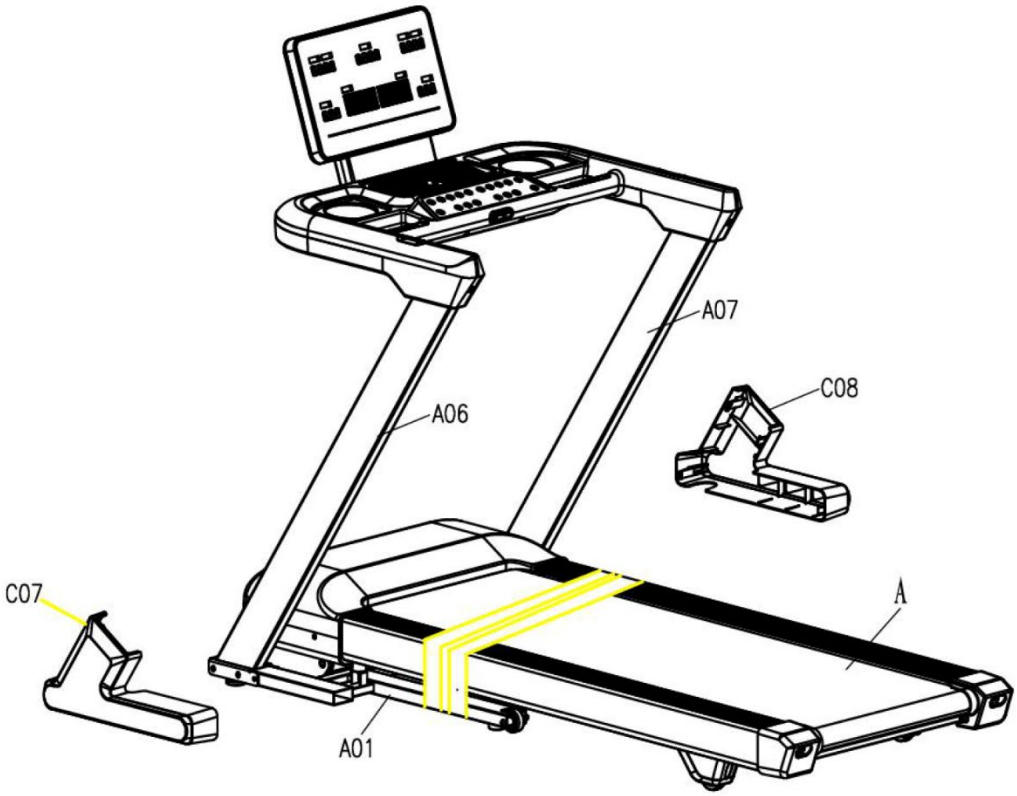
Slide the left upright cover (C03) on the left upright (A06). Repeat for the right upright.
Connect the console top wire (E15) to the console bottom wire (E16).
Install the Console Support (B) into the Uprights (L,R)(A06, A07) using 6pcs M10*20 bolts (D17).
Secure the upright covers (C03, C04) using 4pcs of screws ST4.2*12 (D29)
Tip: Avoid pinching wires.





Step 4.

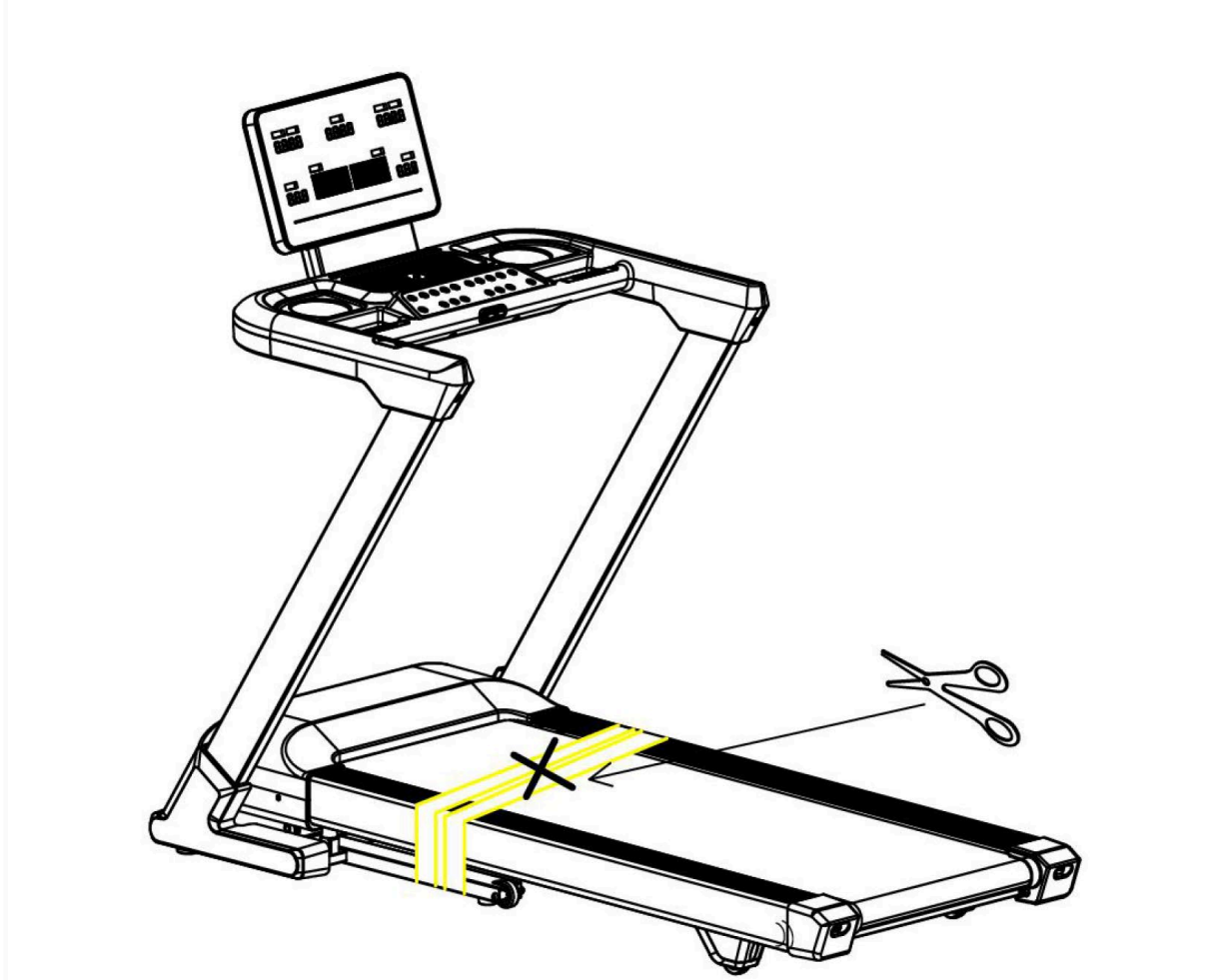
Install the left and right bottom covers (C07, C08) onto the main frame and the left and right uprights (A06, A07).

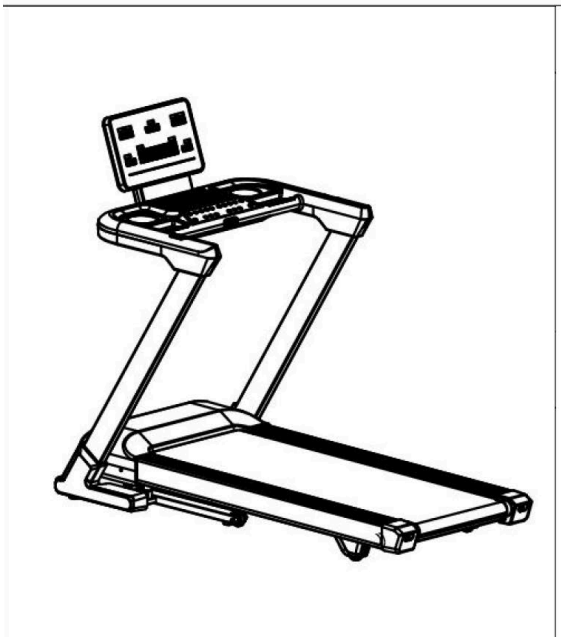


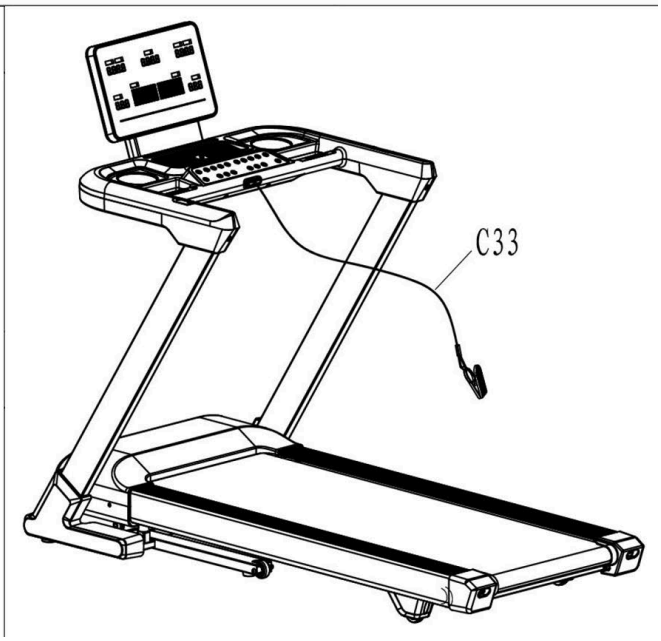


Step 5.

Remove the Velcro strap using scissors and attached the safety key (C33)





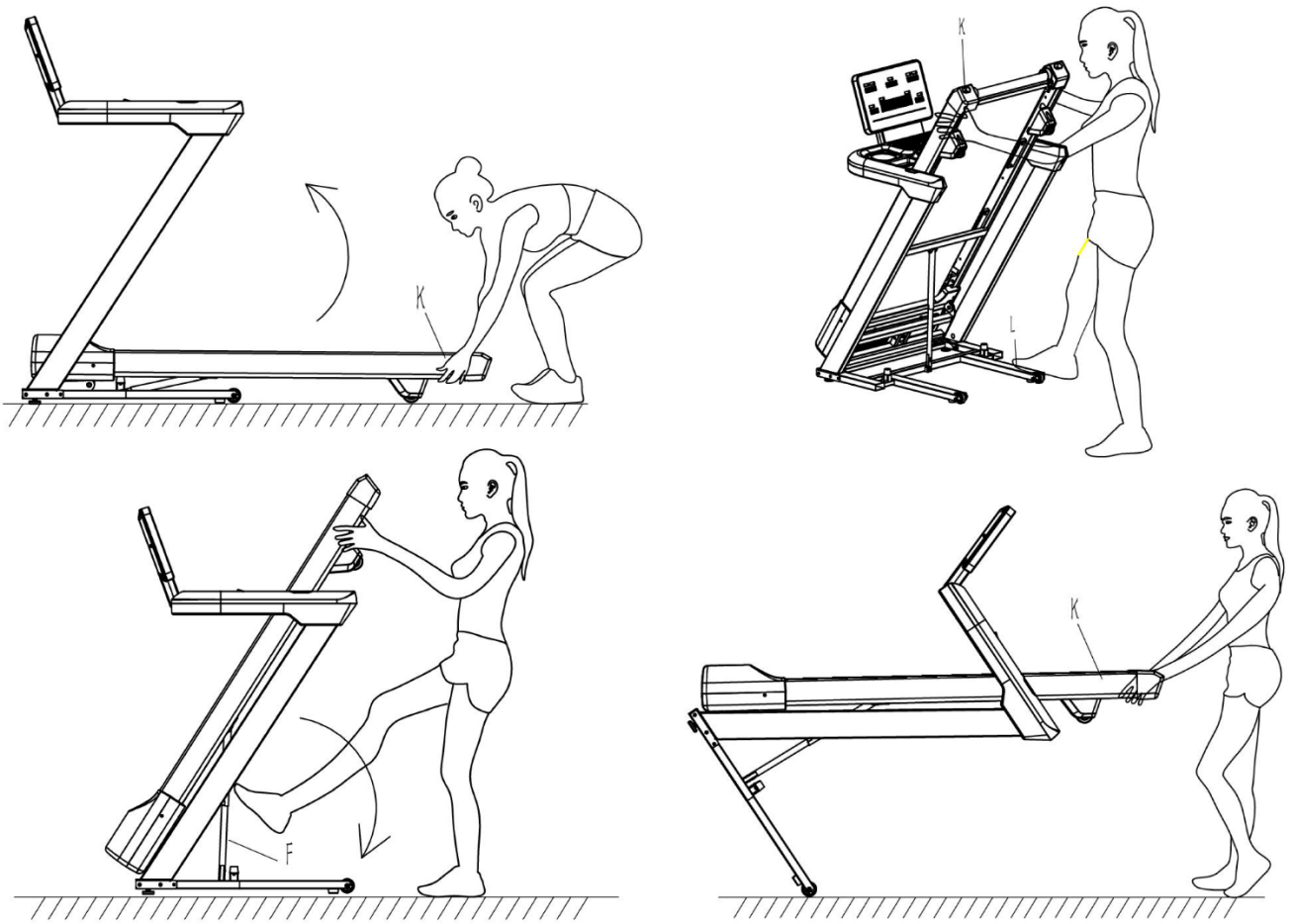


FOLDING AND TRANSPORTATION INSTRUCTIONS

Do not attempt to move the unit unless it is in the folded and locked position. Be sure the power cord is secured to avoid possible damage. Use both handrails to maneuver the unit to the desired position.

■ TO FOLD THE TREADMILL
Lift the deck until the latch clicks in place.

■ TO UNFOLD THE TREADMILL
Press the tube with your foot



Transportation

The treadmill is equipped with two transportation wheels. After folding simply roll the treadmill away.

OPERATION OF YOUR TREADMILL



GETTING STARTED:

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

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

HOW TO USE THE SAFETY KEY

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

TO OPERATE TREADMILL

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

Getting started:
Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor hood. Ensure the safety key is installed, as the treadmill will not power on without it.

QUICK-START OPERATION

1. Attach the Safety Key to enable the display (if not already on).
2. Press any button to wake the display up if not already on.
3. Press **Start Workout** on the Home screen to begin belt movement at 0.5 mph, then adjust to the desired speed using the **Speed** + or - keys.
4. To slow the treadmill, press and hold the **Slow** - key (console or handrail) to the desired speed.
5. To stop the tread belt, press and release the **Stop** button.

BUTTON FUNCTIONS

1. INCLINE ∧: Press this button to increase the incline.
2. INCLINE ∨: Press this button to reduce the incline.
3. INSTANT INCLINE: Press 3,5,7,9 to choose incline quickly.
4. INSTANT SPEED: Press 2/4,4/6,6/10, or 8/13 to choose speed quickly.
5. P button: Press this button to choose between 24 programs ,U1-U3 and FAT (body fat).
6. START : Press this button to start the machine.
7. STOP/PAUSE: Under running mode, press this button to pause the machine, the window will display PAU, under pause mode press this button to Stop the machine.
8. M mode: Press this button to choose between time, distance, calories workout targets.
9. SPEED + : Press this button to increase the speed.
10. SPEED - : Press this button to reduce the speed

COMPUTER FUNCTIONS

Heart rate/Pace toggles every 5 seconds: Displays the user's current heart rate in beats per minutes during the workout for five seconds after which pace will be shown. To display your heart rate, you must hold both handrails.
Note: This is a rough guide used for comparison of different exercise sessions, cannot be used for medical purposes

Time: Displays the elapsed workout time in minutes

Distance/ Calories toggles every 5 seconds: Displays the distance traveled in mile for five seconds. Counts down from your preset target distance to 0. Displays the cumulative calories burned at any given time during your workout for five seconds. Counts down from your preset target calories to 0 during your workout.

Incline: Displays the incline position from 0 to 15 levels.

Speed: Display the current speed in from 0.6 to 12 mph / 1 to 20 kph.

Matrix window: Left shows incline date / Right shows speed data.
Light strip: Light colour will change accordingly speed. Under standby mode is Blue, speed under 6.0 km/h is Green, speed from 6.0 km/h to 11.9 km/h is Blue and speed above 12km/h is Red.

MODE: Press to set a target value of time, distance and calories. Select between TIME, DISTANCE, CALORIES. Press SPEED+/- or INCLINE+/- to set the workout target value. Press Start button, treadmill will start after 3 seconds.

PROGRAM MODE: Press to select the program. Manual or 24 pre-set programs, 3 users and a body fat program. Press SPEED+/- or INCLINE+/- to set the workout target time. Press start, belt will start after 3 seconds. Each program can be divided into 16 sections; machine will beep once when starting a new section.
Press SPEED+/-or INCLINE+/- to change the speed and incline during each section.
Machine will beep 6 times and stop when the program is finished.

USER PROGRAM: Press the P button to select the **User 1, 2,** or **3** program key then press mode. Press SPEED+/- or INCLINE+/- to set the workout target time. Press M button to confirm and set the speed and incline value for the 16 sections. Press start, belt will start after 3 seconds. Each program can be divided into 16 sections; machine will beep once when starting a new section.
Press SPEED+/-or INCLINE+/- to change the speed and incline during each section.
Machine will beep 6 times and stop when the program is finished.

HEART RATE PROGRAM: Set of 2 heart rate programs: From standby mode, continue to press PROG button until you see HR1,HR2 in distance window;
To use this function, you need a chest belt/wrist band. The chest belt/wrist band need to close to the skin of your chest.
Max speed for HR1 is 10.0km/h(6MPH), max speed for HR2 is 12.0km/h(7.5MPH).
Press MODE button, the window will show default age of 30, pressing INCLINE+/- or

SPEED+/- to choose your age, heart rate value and work out time setting. Set age first , then press MODE button to enter heart rate value setting, finally press MODE button to enter work out time setting.
Press START to begin.
Under heart rate program, you can press SPEED+/- or INCLINE+/- to change speed and incline manually.
For the first minute after starting is the warm-up mode, the system will not adjust the speed and incline automatically, it will only adjust manually; after 1 minute the system will adjust speed and incline automatically to reach your target heart rate value, for example: (Initial speed is 1km/h, incline is 0%; System will judge the heart rate value per 10s.):

If heart rate does not reach the target value, the machine will automatically add speed first (frequency 0.5km per 15s) , after speed reach the max value (10.0km/h under HR1 mode, 12.0km/h under HR2 mode) if the heart rate value has still not reached the target, the system will start to automatically add incline (frequency 1 per 15s) until reaching the target heart rate value.
If the heart rate is on the target value, the speed and incline will not be changed by system.

If the heart rate is over the target value, the machine will automatically decrease the speed first (frequency 0.5km per 10s), after speed reaches initial speed 1km/h but the heart rate value is still high, the system will decrease the incline automatically (frequency 1 per 10s) .

If the heart rate signal is lost and the heart rate value is not detected in 30 seconds; the machine will automatically decrease the speed first (frequency 0.5km per 10s), after speed reach initial speed 1km/h the system will decrease the incline automatically (frequency 1 per 10s) till to 0. Then the machine will run at the speed 1km/h until finished the set workout time.

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

Age and Target Heart Rate Correspondence Table:

Age	Heart rate			Age	Heart rate			Age	Heart rate		
	Min	Default	Max		Min	Default	Max		Min	Default	Max
15	123	123	195	37	110	110	174	59	97	97	153
16	122	122	194	38	109	109	173	60	96	96	152
17	122	122	193	39	109	109	172	61	95	95	151
18	121	121	192	40	108	108	171	62	95	95	150
19	121	121	191	41	107	107	170	63	94	94	149
20	120	120	190	42	107	107	169	64	94	94	148
21	119	119	189	43	106	106	168	65	93	93	147
22	119	119	188	44	106	106	167	66	92	92	146
23	118	118	187	45	105	105	166	67	92	92	145
24	118	118	186	46	104	104	165	68	91	91	144
25	117	117	185	47	103	103	164	69	91	91	143
26	116	116	184	48	103	103	163	70	90	90	143
27	116	116	183	49	103	103	162	71	89	90	142
28	115	115	182	50	102	102	162	72	89	90	141
29	115	115	181	51	101	101	161	73	88	90	140
30	114	114	181	52	101	101	160	74	88	90	139
31	113	113	180	53	100	100	159	75	87	90	138
32	113	113	179	54	100	100	158	76	86	90	137
33	112	112	178	55	99	99	157	77	86	90	136
34	112	112	177	56	98	98	156	78	85	90	135
35	111	111	176	57	98	98	155	79	85	90	134
36	110	110	175	58	97	97	154	80	84	90	133

PRESET PROGRAMS

The treadmill has 24 different programs that have been designed for a variety of workouts. These 24 programs have factory preset work level profiles for achieving different goals.

Metric Program Table (kph)

Time Program		Setting time/16 =each section running time															
PRESET PROGRAM		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	SPEED	2	4	3	4	3	5	4	2	5	3	4	3	4	5	4	2
	INCLINE	1	2	3	3	1	2	2	3	2	2	2	3	3	2	2	3
P2	SPEED	2	6	7	8	3	6	8	7	5	2	6	7	8	6	8	7
	INCLINE	1	2	3	3	2	2	3	4	2	2	2	3	3	2	3	4
P3	SPEED	3	8	3	8	5	9	5	9	12	6	8	3	8	9	5	9
	INCLINE	1	3	5	7	9	10	8	6	5	2	3	5	7	10	8	6
P4	SPEED	8	10	11	12	12	11	10	10	9	8	10	11	12	11	10	10
	INCLINE	1	2	2	3	1	2	2	2	2	1	2	2	3	2	2	2
P5	SPEED	6	10	12	9	11	8	12	7	9	3	10	12	9	8	12	7
	INCLINE	1	2	4	3	2	2	4	5	2	1	2	4	3	2	4	5
P6	SPEED	2	8	6	10	10	9	11	8	5	3	8	6	10	9	11	8
	INCLINE	2	2	3	2	3	4	5	6	5	3	2	3	2	4	5	6
P7	SPEED	2	6	7	9	7	9	6	5	4	2	6	7	9	9	6	5
	INCLINE	4	5	6	6	9	9	10	12	6	3	5	6	6	9	10	12
P8	SPEED	2	4	6	8	7	8	9	6	4	2	4	6	8	8	9	6
	INCLINE	3	5	4	4	3	4	4	3	3	2	5	4	4	4	4	3
P9	SPEED	2	4	5	7	6	5	8	6	3	2	4	5	7	5	8	6
	INCLINE	3	5	3	4	2	3	4	2	3	2	5	3	4	3	4	2
P10	SPEED	2	3	5	3	3	5	3	6	3	3	3	5	3	5	3	6
	INCLINE	4	4	3	6	7	8	8	6	3	3	4	3	6	8	8	6
P11	SPEED	2	5	8	10	6	9	5	3	2	2	5	8	10	9	5	3
	INCLINE	1	3	5	8	10	7	6	3	2	3	3	5	8	7	6	3
P12	SPEED	2	5	5	4	4	6	4	2	3	4	5	5	4	6	4	2
	INCLINE	3	5	6	7	12	9	11	11	6	3	5	6	7	9	11	11
P13	SPEED	2	7	4	7	8	9	4	5	3	2	7	4	7	9	4	5
	INCLINE	5	6	6	4	6	5	8	9	4	2	6	6	4	5	8	9
P14	SPEED	2	6	5	4	8	6	5	2	3	3	6	5	4	6	5	2
	INCLINE	5	6	5	8	4	5	5	10	6	3	6	5	8	5	5	10
P15	SPEED	2	6	5	4	8	7	5	3	3	2	6	5	4	7	5	3
	INCLINE	3	4	5	6	3	5	5	6	4	3	4	5	6	5	5	6
P16	SPEED	2	5	7	5	8	6	5	2	4	2	5	7	5	6	5	2
	INCLINE	1	5	6	8	12	9	10	9	5	3	5	6	8	9	10	9
P17	SPEED	2	5	6	7	8	9	8	5	3	4	5	6	7	9	8	5
	INCLINE	3	5	6	8	6	5	8	7	5	3	5	6	8	5	8	7
P18	SPEED	2	3	5	6	8	6	9	6	5	2	3	5	6	6	9	6
	INCLINE	5	7	5	8	6	5	9	10	6	2	7	5	8	5	9	10
P19	SPEED	3	7	6	5	9	7	6	3	5	2	7	6	5	7	6	3
	INCLINE	3	5	6	8	5	6	5	12	8	3	5	6	8	6	5	12
P20	SPEED	3	7	9	10	11	12	10	8	5	2	7	9	10	12	10	8
	INCLINE	2	5	6	7	6	5	8	6	3	2	5	6	7	5	8	6
P21	SPEED	3	6	8	7	9	10	5	8	3	2	6	8	7	10	5	8
	INCLINE	3	6	8	9	9	6	8	10	6	3	6	8	9	6	8	10
P22	SPEED	3	5	8	6	9	10	8	12	6	3	5	8	6	10	8	12
	INCLINE	2	6	8	10	12	10	12	8	5	2	6	8	10	10	12	8
P23	SPEED	3	5	9	11	12	8	6	5	3	2	5	9	11	8	6	5
	INCLINE	2	6	8	10	9	7	8	10	6	3	6	8	10	7	8	10
P24	SPEED	3	8	10	11	12	10	10	8	5	3	8	10	11	10	10	8
	INCLINE	3	6	8	9	10	12	9	6	3	2	6	8	9	12	9	6

Imperial Program Table (mph)

Time Program		Setting time/16 =each section running time															
PRESET PROGRAM		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	SPEED	1.2	2.5	1.8	2.5	1.8	3.1	2.5	1.2	3.1	1.8	2.5	1.8	2.5	3.1	2.5	1.2
	INCLINE	1	2	3	3	1	2	2	3	2	2	2	3	3	2	2	3
P2	SPEED	1.2	3.7	4.3	5	1.8	3.7	5	4.3	3.1	1.2	3.7	4.3	5	3.7	5	4.3
	INCLINE	1	2	3	3	2	2	3	4	2	2	2	3	3	2	3	4
P3	SPEED	1.8	5	1.8	5	3.1	5.6	3.1	5.6	7.5	3.7	5	1.8	5	5.6	3.1	5.6
	INCLINE	1	3	5	7	9	10	8	6	5	2	3	5	7	10	8	6
P4	SPEED	5	6.2	6.8	7.5	7.5	6.2	6.8	6.2	5.6	5	6.2	6.8	7.5	6.8	6.2	6.2
	INCLINE	1	2	2	3	1	2	2	2	2	1	2	2	3	2	2	2
P5	SPEED	3.7	6.2	7.5	5.6	6.8	5	7.5	4.3	5.6	1.8	6.2	7.5	5.6	5	7.5	4.3
	INCLINE	1	2	4	3	2	2	4	5	2	1	2	4	3	2	4	5
P6	SPEED	1.2	5	3.7	6.2	6.2	5.6	6.8	5	3.1	1.8	5	3.7	6.2	5.6	6.8	5
	INCLINE	2	2	3	2	3	4	5	6	5	3	2	3	2	4	5	6
P7	SPEED	1.2	3.7	4.3	5.6	4.3	5.6	3.7	3.1	2.5	1.2	3.7	4.3	5.6	5.6	3.7	3.1
	INCLINE	4	5	6	6	9	9	10	12	6	3	5	6	6	9	10	12
P8	SPEED	1.2	2.5	3.7	5	4.3	5	5.6	3.7	2.5	1.2	2.5	3.7	5	5	5.6	3.7
	INCLINE	3	5	4	4	3	4	4	3	3	2	5	4	4	4	4	3
P9	SPEED	1.2	2.5	3.1	4.3	3.7	3.1	5	3.7	1.8	1.2	2.5	3.1	4.3	3.1	5	3.7
	INCLINE	3	5	3	4	2	3	4	2	3	2	5	3	4	3	4	2
P10	SPEED	1.2	1.8	3.1	1.8	1.8	3.1	1.8	3.7	1.8	1.8	1.8	3.1	1.8	3.1	1.8	3.7
	INCLINE	4	4	3	6	7	8	8	6	3	3	4	3	6	8	8	6
P11	SPEED	1.2	3.1	5	6.2	3.7	5.6	3.1	1.8	1.2	1.2	3.1	5	6.2	5.6	3.1	1.8
	INCLINE	1	3	5	8	10	7	6	3	2	3	3	5	8	7	6	3
P12	SPEED	1.2	3.1	3.1	2.5	2.5	3.7	2.5	1.2	1.8	2.5	3.1	3.1	2.5	3.7	2.5	1.2
	INCLINE	3	5	6	7	12	9	11	11	6	3	5	6	7	9	11	11
P13	SPEED	1.2	4.3	2.5	4.3	5	5.6	2.5	3.1	1.8	1.2	4.3	2.5	4.3	5.6	2.5	3.1
	INCLINE	5	6	6	4	6	5	8	9	4	2	6	6	4	5	8	9
P14	SPEED	1.2	3.7	3.1	2.5	5	3.7	3.1	1.2	1.8	1.8	3.7	3.1	2.5	3.7	3.1	1.2
	INCLINE	5	6	5	8	4	5	5	10	6	3	6	5	8	5	5	10
P15	SPEED	1.2	3.7	3.1	2.5	5	4.3	3.1	1.8	1.8	1.2	3.7	3.1	2.5	4.3	3.1	1.8
	INCLINE	3	4	5	6	3	5	5	6	4	3	4	5	6	5	5	6
P16	SPEED	1.2	3.1	4.3	3.1	5	3.7	3.1	1.2	2.5	1.2	3.1	4.3	3.1	3.7	3.1	1.2
	INCLINE	1	5	6	8	12	9	10	9	5	3	5	6	8	9	10	9
P17	SPEED	1.2	3.1	3.7	4.3	5	5.6	5	3.1	1.8	2.5	3.1	3.7	4.3	5.6	5	3.1
	INCLINE	3	5	6	8	6	5	8	7	5	3	5	6	8	5	8	7
P18	SPEED	1.2	1.8	3.1	3.7	5	3.7	5.6	3.7	3.1	1.2	1.8	3.1	3.7	3.7	5.6	3.7
	INCLINE	5	7	5	8	6	5	9	10	6	2	7	5	8	5	9	10
P19	SPEED	1.8	4.3	3.7	3.1	5.6	4.3	3.7	1.8	3.1	1.2	4.3	3.7	3.1	4.3	3.7	1.8
	INCLINE	3	5	6	8	5	6	5	12	8	3	5	6	8	6	5	12
P20	SPEED	1.8	4.3	5.6	6.2	6.8	7.5	6.2	5	3.1	1.2	4.3	5.6	6.2	7.5	6.2	5
	INCLINE	2	5	6	7	6	5	8	6	3	2	5	6	7	5	8	6
P21	SPEED	1.8	3.7	5	4.3	5.6	6.2	3.1	5	1.8	1.2	3.7	5	4.3	6.2	3.1	5
	INCLINE	3	6	8	9	9	6	8	10	6	3	6	8	9	6	8	10
P22	SPEED	1.8	3.1	5	3.7	5.6	6.2	5	7.5	3.7	1.8	3.1	5	3.7	6.2	5	7.5
	INCLINE	2	6	8	10	12	10	12	8	5	2	6	8	10	10	12	8
P23	SPEED	1.8	3.1	5.6	6.8	7.5	5	3.7	3.1	1.8	1.2	3.1	5.6	6.8	5	3.7	3.1
	INCLINE	2	6	8	10	9	7	8	10	6	3	6	8	10	7	8	10
P24	SPEED	1.8	5	6.2	6.8	7.5	6.2	6.2	5	3.1	1.8	5	6.2	6.8	6.2	6.2	5
	INCLINE	3	6	8	9	10	12	9	6	3	2	6	8	9	12	9	6

BODY FAT TEST

Press the P button to select the fat test mode. Press Mode button to enter information from F-1 to F-4(F-1 GENDER, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT); Set value with SPEED+/- or INCLINE+/- After setting of F1-f4, press Mode button to enter F-5(F—5 BODY FAT TEST), hold hands on the hand pulse sensor, the console will display your body fat value after 3 seconds
The body fat value is intended as a guide, and is not medical data:

F-1	Gender	01 male	02 female
F-2	Age	10-99	
F-3	Height	100-200CM	
F-4	Weight	20-150KG	
F-5	FAT	<19	Under weight
	FAT	=(20---25)	Normal weight
	FAT	=(26---29)	Overweight
	FAT	≥30	Obesity

MEDIA HUB

Type C USB: Charge your device from the USB-C slot.
Wireless Charging: Place your compatible devices on the charger to start charging.
Bluetooth Heart Rate: Pair heart rate devices (chest straps or watches) via Bluetooth.



Explore the XF Connect App
xterrafitness.ca/xterra-app

Download on the App Store | Télécharger dans l'App Store | GET IT ON Google Play | DISPONIBLE SUR Google Play

HOW TO SWITCH BETWEEN KPH AND MPH

While in stand-by mode, make sure the safety key is inserted and press both the SPEED+ and INCLINE+ buttons together. Hold for approximately 5 seconds until a beep sound is heard, then select between KPH and MPH speed display settings.

Under KPH the speed starts with 1.0km/h. MPH starting speed is 0.6m/h.

CHARGE PORTABLE DEVICES WITH USB PORT

USB Port Charging function

To charge your mobile electronics make sure the fitness equipment power is on.

Step 1: Connect the compatible USB-C charging cable* to the USB Power Port and your device.

Step 2: Check to make sure your device icon indicates it is charging.

NOTE:

* USB charging cable is not included. Make sure a compatible USB-C charging cable is being used.

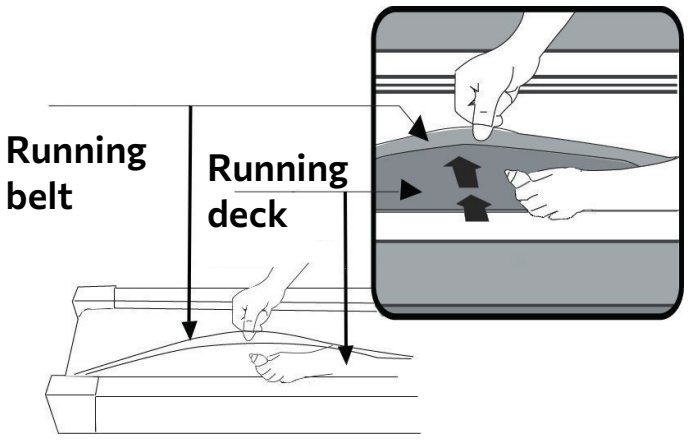
** The USB port on the console is capable of powering USB devices. It provides up to 5Vdc/1.0 amp of power and meets USB 2.0 regulations. However, you will not be able to save your workout data to a USB via this port; it is used for charging purposes only.

LUBRICATION REMINDER FUNCTION

This machine has lubrication reminder function. Treadmill will prompt for lubrication every 300 km. After finishing lubrication, please hold on “STOP” button for 3 seconds, and the system warning sound will disappear.

There are commercially available lube kits, but the only one currently approved by Dyaco is Lube-N-Walk. These kits come with an application wand that makes applying lubrication easier. Keeping the deck lubricated at the recommended intervals ensures the longest life possible for your treadmill. If the lubricant dries out, the friction between the belt and deck rises and places undue stress on the drive motor, drive belt, and electronic motor control board, which could result in catastrophic failure of these expensive components. Failure to lubricate the deck at regular intervals may void the warranty.

The following time table is recommended:
Light user (less than 3 hours/ week) e*very six months*
Medium user (3-5 hours/ week) e*very three months*
Heavy user (more than 5 hours/ week) *every two months*



HEART RATE PROGRAMS

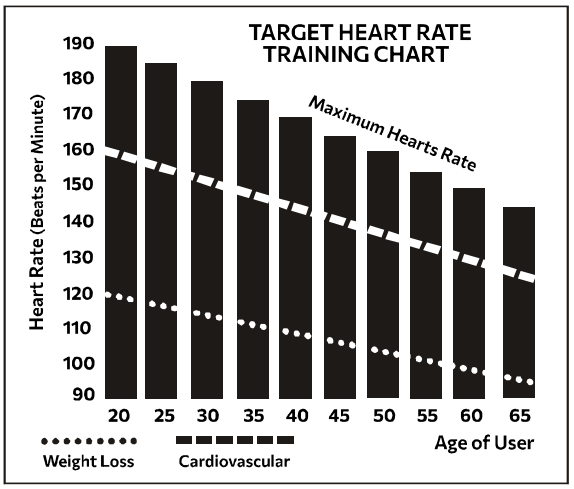
Before we begin, a few words about heart rate:
The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find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

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

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

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

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



If you enter your age during programming the console will perform this calculation automatically. After calculating your MHR you can decide upon which goal you would like to pursue.

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

RATE OF PERCEIVED EXERTION

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

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

The scale is as follows:

Rating Perception of Effort

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

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

GENERAL MAINTENANCE

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

Tighten the rear roller only enough to prevent slippage at the front roller. Turn the treadbelt tension adjusting bolt in increments of 1/4 turn and inspect for proper tension. When an adjustment is made to the belt tension, you must also make a tracking adjustment to compensate for the change in belt tension. This is accomplished by turning both the tension and tracking Allen bolts an equal amount. This adjustment should be made by turning both bolts clockwise by no more than a 1/4 turn at a time.

DO NOT OVERTIGHTEN – Over tightening will cause belt damage and premature bearing failure.

TREADBELT TRACKING ADJUSTMENT:

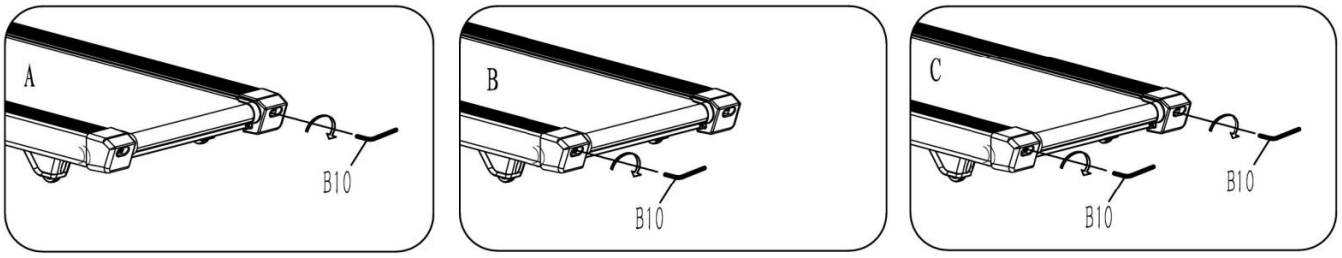
The performance of your treadmill is dependent on the frame running on a reasonably level surface. If the frame is not level, the front and back roller cannot run parallel, and constant belt adjustment may be necessary.

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

TO SET TREADBELT TRACKING:

A 6 mm Allen wrench is provided to adjust the rear roller. Make tracking adjustments from the left and the right side. Set belt speed at approximately 2 to 3 mph. A small adjustment can make a dramatic difference. Turn the bolt only a 1/4 turn and wait a few minutes for the belt to adjust itself. Continue to make 1/4 turns until the belt stabilizes in the center of the running deck. The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users will affect tracking differently. Expect to make adjustments as required to center the tread-belt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills.

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



Note: *Adjustment is through small hole in end*

GENERAL MAINTENANCE

The safety and integrity designed into the machine can only be maintained when the equipment is regularly examined for damage and repaired. It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed. Worn or damaged components shall be replaced immediately or the equipment removed from service until the repair is made.

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

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

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

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

Belt Adjustments

Tread-belt Tension Adjustment - Belt tension is not critical for most users. It is very important though, for joggers and runners to provide a smooth, steady running surface. Adjustments must be made from the rear roller with the 6 mm Allen wrench (B11) provided in the parts package. The adjustment bolts are located at the end of the step rails, as shown in the diagram below. Note: Adjustment is through the small hole in the end cap. Tracking / Tension Adjustment Tracking / Tension Adjustment.

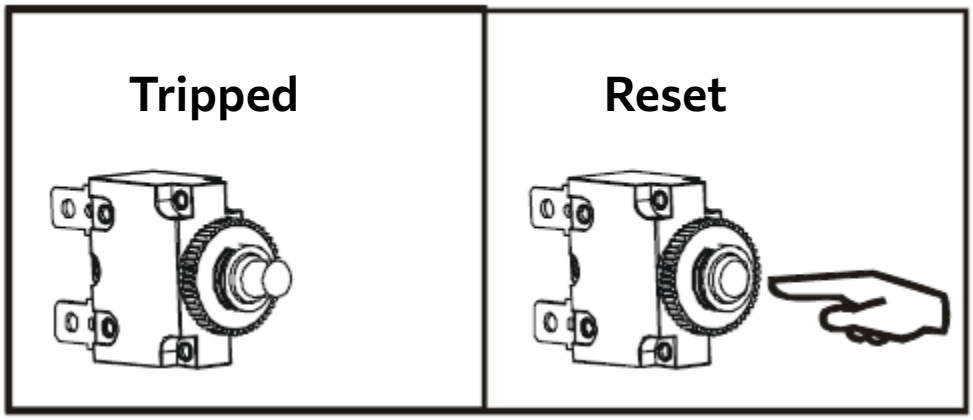
Tighten the rear roller only enough to prevent slippage at the front roller. Turn the tread-belt tension adjusting bolts 1/4 turn each and inspect for proper tension by walking on the belt and making sure it is not slipping or hesitating with each step. When an adjustment is made to the belt tension,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

RESET SWITCH RESETTING

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

To reset the reset switch:

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



SPEED SENSOR ADJUSTMENT

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

ENERGY SAVING FUNCTION

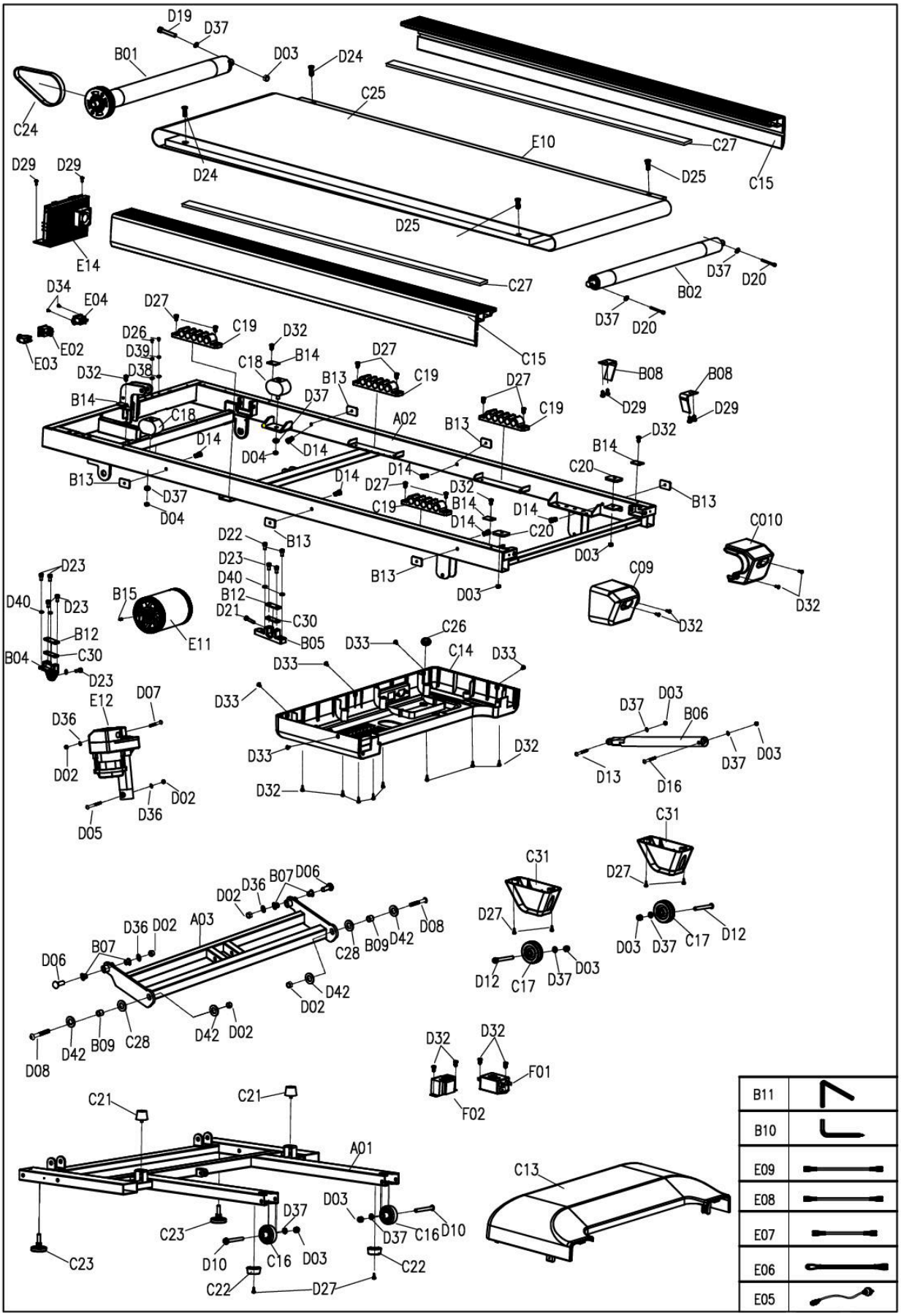
To reduce energy consumption, this treadmill will enter into sleeping mode if without any operation for 10 minutes. The screen will give reminding before enter into sleeping mode. Once machine enter sleeping mode, please take off safety key and insert again to awaken the system.

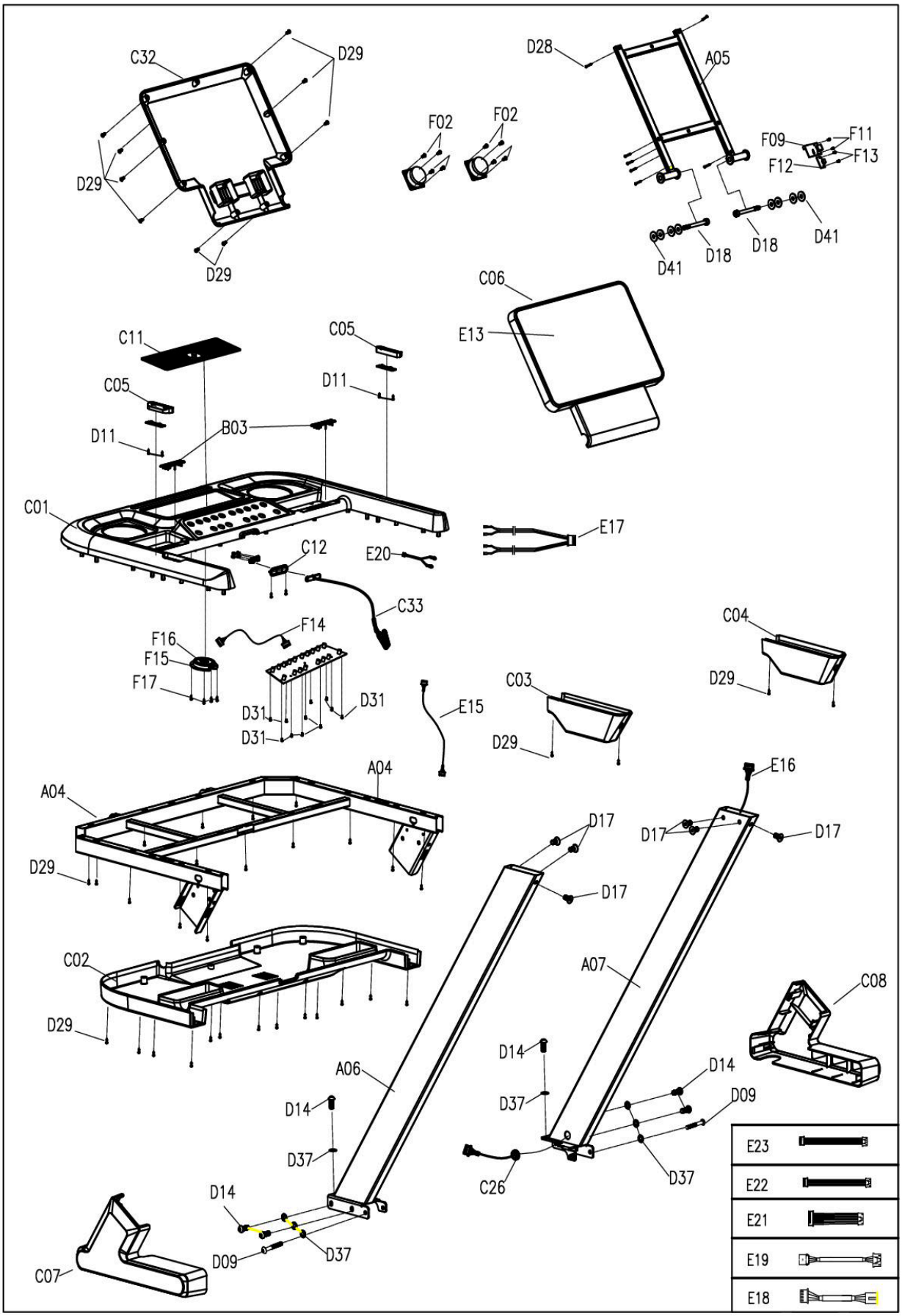
Service Checklist – Diagnosis Guide

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

PROBLEM	SOLUTION/CAUSE
Display does not light.	1. Tether cord not in position. 2. Circuit breaker on front grill tripped. Push circuit breaker in until it locks. 3. Plug is disconnected. Make sure plug is firmly pushed into AC household wall outlet. 4. Household circuit breaker may be tripped. 5. Treadmill defect. Contact your dealer.
Tread-belt does not stay centered Treadmill belt hesitates when walk or run on.	The user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly off-center to the side opposite from the belt movement. See **General Maintenance** section on **Tread-belt Tension**. Adjust as necessary.
Motor is not responsive after pressing start.	Contact the service department
Treadmill will only achieve approximately 18 kph (12 mph) but shows higher speed on display.	This indicates motor should be receiving power to operate. Low AC voltage to treadmill. Do not use an extension cord. If an extension cord is required, it should be as short as possible and heavy duty 14 gauge minimum. Low household voltage. Contact an electrician or your dealer. A minimum of 110 volt AC current is required.
Tread-belt stops quickly/ suddenly when tether cord is pulled.	High belt/deck friction. See section on lubrication.
Treadmill trips on board 15 amp circuit.	High belt/deck friction. See **General Maintenance**.
Computer shuts off when console is touched (on a cold day) while walking/running.	Treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to **Grounding Instructions**.
House circuit breaker trips, but not the treadmill circuit breaker.	Check that the treadmill is the only appliance in the circuit. See "Important Electrical Information" in the front of this manual for more details.

EXPLODED VIEW DIAGRAM




C32
D29
D29
D29
F02
F02
D28
A05
F09
F11
F12
F13
D41
D18
D18
D41
C06
E13
C11
C05
D11
C05
D11
B03
C01
E17
C12
E20
C33
F14
F16
F15
F17
D31
D31
D31
E15
C03
D29
C04
D29
A04
A04
D29
E16
D17
D17
D17
D17
C02
D29
A07
C08
A06
D14
D37
D14
D14
D37
D09
D14
D37
C26
D37
C07
D09
D37
E23
E22
E21
E19
E18

PARTS LIST

No.	Description	Remark	Qty	No.	Description	Remark	Qty
A01	Base frame		1	C16	Moving wheel		2
A02	Main frame		1	C17	Adjustable wheel		2
A03	Incline bracket		1	C18	Cushion		2
A04	Console bracket		1	C19	Middle cushion		4
A05	Panel support bracket		1	C20	Rubber pad cushion		2
A06	Left upright tube		1	C21	Cone shaped cushion		2
A07	Right upright tube		1	C22	Flat foot pad		2
B01	Front roller		1	C23	Adjustable foot pad		2
B02	Back roller		1	C24	Motor belt		1
B03	Pulse steel plate		4	C25	Running belt		1
B04	Motor fixed aluminum base L		1	C26	Ring protective plug		2
B05	Motor fixed aluminum base R		1	C27	EVA pad		2
B06	Air cylinder		1	C28	Plastic pad		2
B07	Incline bracket sleeve		4	C29	EVA pad		2
B08	Hook		2	C30	Motor fixing plate reinforcing pad		2
B09	Sleeve		2	C31	Adjustable wheel cover		2
B10	Wrench w/screw driver	S=13、14、15	1	C32	Panel bottom cover		1
				C33	Safety key		1
B11	6# Allen wrench	6mm	1	D01	Nut	M10	2
B12	Motor fixing plate		2	D02	Nut	M10	6
B13	Side rail pressure plate		6	D03	Nut	M8	9
B14	Front and roller side rail pressure plate		4	D04	Nut	M6	2
B15	Grounding copper sheet		1	D05	Bolt	M10*90	1
C01	Console top cover		1	D06	Bolt	M10*55	2
C02	Console bottom cover		1	D07	Bolt	M10*45	1
C03	Left upright tube decorative cover		1	D08	Bolt	M10*30	2
C04	Right upright tube decorative cover		1	D09	Bolt	M8*80	2
C05	Handrail lamp cover		2	D10	Bolt	M8*70	2
C06	LED panel top cover		1	D11	Screw	ST2.9*10	4
C07	Left bottom cover		1	D12	Bolt	M8*40	2
C08	Right bottom cover		1	D13	Bolt	M8*30	1
C09	Left rear cover		1	D14	Bolt	M8*15	6
C10	Right rear cover		1	D15	Bolt	M6*38	6
C11	Silicone pad		1	D16	Bolt	M8*45	1
C12	Safety switch base		1	D17	Bolt	M10*20	6
C13	Motor top cover		1	D18	Bolt	M10*95	2
C14	Motor bottom cover		1	D19	Bolt	M8*60	1
C15	Side rail		2	D20	Bolt	M8*55	2

No.	Description	Remark	Qty	No.	Description	Remark	Qty
D21	Bolt	M6*60	1	E02	On-off switch		1
D22	Bolt	M6*20	2	E03	Overload protector		1
D23	Bolt	M6*12	7	E04	Power socket		1
D24	Bolt	M8*25	2	E05	Power wire		1
D25	Bolt	M6*32	2	E06	Ground wire		1
D26	Bolt	M5*12	2	E07	AC single wire	Brown 200	1
D27	Bolt	M5*12	14	E08	AC single wire	Brown 350	2
D28	Screw	ST4.2*20	7	E09	AC single wire	Blue 350	2
D29	Screw	ST4.2*12	47	E10	Running board		1
D30	Screw	ST2.9*8	6	E11	Brushless motor		1
D31	Screw	ST2.9*6	27	E12	Incline motor		1
D32	Screw	ST4.2*12	16	E13	Console		1
D33	Screw	ST4.2*12	5	E14	Control board		1
D34	Screw	ST2.9*8	2	E15	Console top wire		1
D35	Screw	ST2.0*6	4	E16	Console bottom wire		1
D36	Lock washer	10	4	E17	Hand pulse connection wire		1
D37	Lock washer	8	19	E18	Motherboard connection wire		1
D38	Lock washer	5	2	E19	Adapter board connection wire		1
D39	Spring washer	5	2	E20	Safety key connection wire		1
D40	Flat washer	6	6	E21	Keyboard connection wire		1
D41	Flat washer	φ10*φ26*2.0	8	E22	Instant speed button wire		1
D42	Flat washer	φ10*φ26*2.0	4	E23	Instant incline button wire		1
E01	Magnetic core		1				
F01	filter		1	F14	Wireless charging pad connection wire		1
F03	screw	ST2.9*6	4		Wireless charging pad		1
F04	AC single wire		1		Wireless charging base		1
F05	Grounding wire		1				
F06	screw	ST4.2*12	4				
F12	Type-c charging connection wire		1				
F13	Screw	ST2.9*8	2				

TRAINING GUIDELINES

Exercise

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

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

Basic Components of Physical Fitness

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

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

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

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

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

Aerobic Fitness

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVo2). This is often referred to as your aerobic capacity.
The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO2 indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long-term energy demands. (For example, 100 meter sprint).
The Training Threshold

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

Progression

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

Overload

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

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

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

WARM UP

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

Warm Down or Cool Down

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

Heart Rate

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

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

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

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

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

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn’t as accurate. The target is not a magic number, but a general guide. If you’re above average fitness, you may work quite comfortably a little above that suggested for your age group.

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

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

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

Two final comments: (1) don't be concerned with day-to-day variations in your pulse rate, being under pressure or not enough sleep can affect it; (2) your pulse rate is a guide, don't become a slave to it.

Endurance Circuit Training

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

Body Building

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

Patronization

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

Muscle Soreness

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

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

If you experience PAIN during or after exercise, your body is telling you something.

Stop exercising and consult your doctor.

What to Wear

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

Breathing during Exercise

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

Rest periods

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

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

Consult your physician before participating in any exercise program.

Recovery post-training

Repeat pre-training during recovery, reducing intensity for roughly 5 minutes. Use these exercises to regulate your body heat and relax your muscles, avoid vigorous stretching to prevent injury.

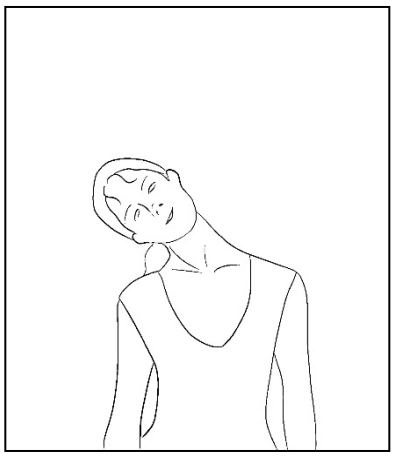
Gradually increase duration and intensity as you adapt to your new routine, aiming for at least 3 sessions weekly. Record your progress if possible.

STRETCHING

Stretching should be included in both your warm-up and cool-down and should be performed after 3-5 minutes of low-intensity aerobic activity or callisthenic-type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension; no pain is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

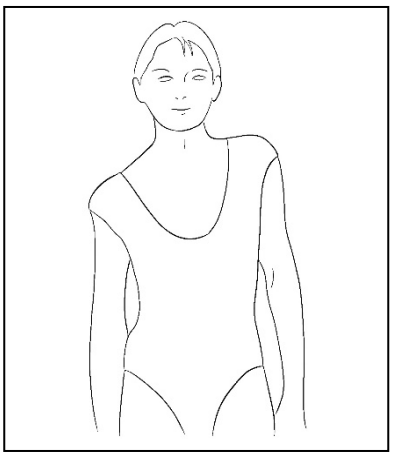
HEAD ROLLS

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



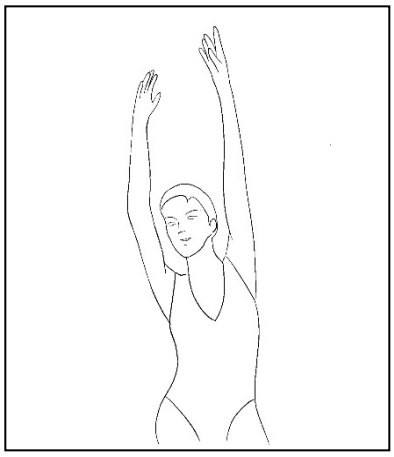
SHOULDER LIFTS

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



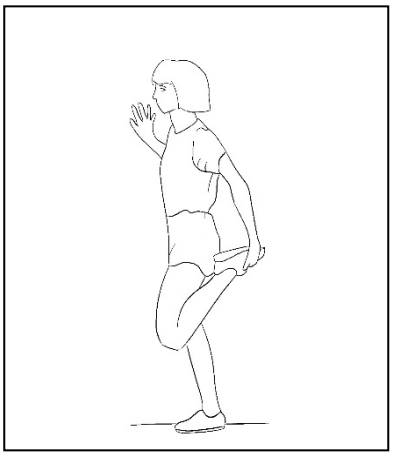
SIDE STRETCHES

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



QUADRICEPS STRETCH

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



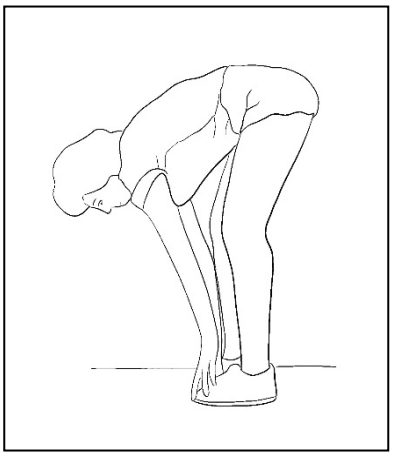
INNER THIGH STRETCH

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



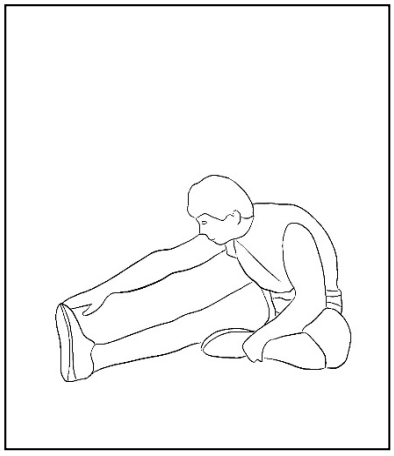
TOE TOUCHES

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



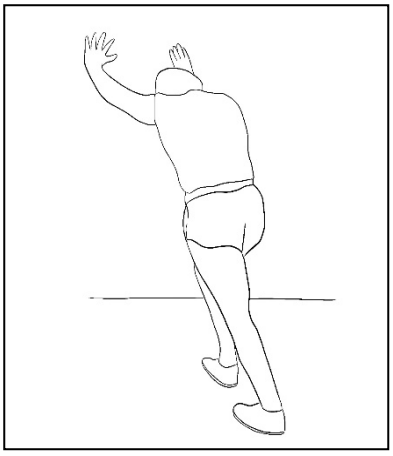
HAMSTRING STRETCHES

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



CALF / ACHILLES STRETCH

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



MANUFACTURER'S LIMITED WARRANTY

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

Frame	10 years
Motor	10 years
Parts	2 years
Labour	1 year

The consumer is responsible for the items listed below:

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

EXCLUSIONS

This warranty does not cover the following:

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

SERVICE

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

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

Dyaco Canada Inc.
5955 Don Murie Street
Niagara Falls, ON
L2G 0A9
Product features or specifications as described or illustrated are subject to change without notice.
All warranties are made by Dyaco Canada Inc.

dyaco

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

SPIRIT
spiritfitness.ca

SOLE FITNESS
solefitness.ca

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xterrafitness.ca

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trainorsports.ca

Cikada
cikada.ca

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