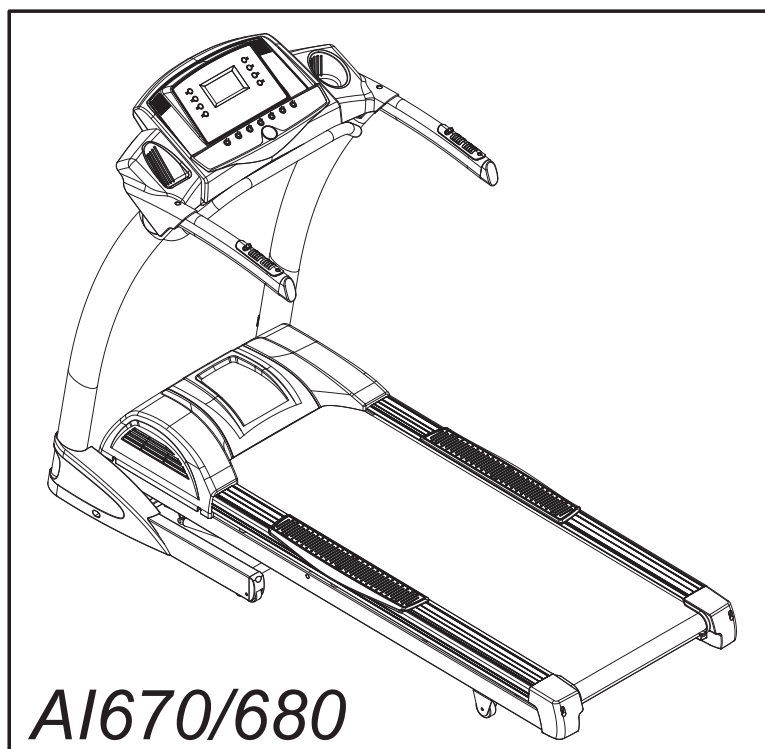


Table Of Contents



Congratulations on the purchase of your of a new motorized treadmill. To help to ensure the enjoyable and trouble-free operation of your new treadmill, we strongly suggest you read this manual carefully and follow its recommendations.

■ <i>Important Safety Instruction</i>	1	■ <i>Treadmill Operations</i>	7
■ <i>Assembly Instruction</i>	2	■ <i>Preset Program</i>	12
■ <i>Console Operation</i>	4	■ <i>Utiliztion</i>	14
■ <i>Exercise Programs</i>	6	■ <i>Maintenance</i>	15

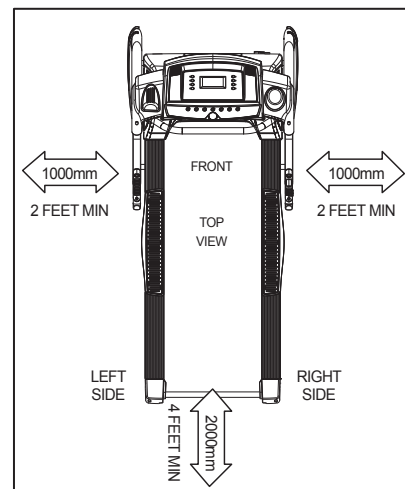
IMPORTANT SAFETY INSTRUCTIONS

DANGER

— To reduce the risk of electrical shock, always unplug this appliance from the electrical outlet immediately after using and before cleaning.

- ◆ Use this appliance only for its intended use as described in this manual.
- ◆ Do not use attachments not recommended by the manufacturer.
- ◆ To disconnect, turn all the controls to the off position, then remove the plug from the outlet.
- ◆ Connect this appliance to a proper grounded outlet only. See Grounding Instructions.
- ◆ This appliance is intended for household use.
- ◆ When you are not going to use your treadmill, or when finished, please remove the safety key from the console. Then always place the safety key where children can not reach.
- ◆ Do not use outdoors.
- ◆ Always unplug the treadmill from the outlet immediately after using, before cleaning, assembling or servicing.
- ◆ Never leave treadmill unattended when plugged in. Disconnect by turning off the master power switch and unplug from the outlet.
- ◆ Never operate this treadmill if it has any damage to the lead or plug. Also if it is not operating correctly, has been dropped, damaged or if it has been exposed to water.
- ◆ Do not operate where aerosol products are being used or where oxygen is being administered.
- ◆ Don't pull the treadmill by its power cord or use the cord as a handle.
- ◆ Keep close supervision if the treadmill is being used by or near children, persons with disabilities or pets.
- ◆ Keep dry. Do not operate this treadmill in wet or moist conditions.
- ◆ Never insert any objects into any openings.
- ◆ To prevent injuries, always warm up your muscles before using the treadmill.
- ◆ Always attach the clip of the safety key to your clothing before inserting safety key. Please always wear safety key in case of an accident.
- ◆ MAX user weight: Please refer to the maximum user weight information on the treadmill before using.

- ◆ Keep unplugged and have the safety key out of reach of children, when not in use to prevent accidents.
- ◆ Keep electrical cord away from heated surfaces.
- ◆ Keep hands clear of all moving parts. Never place hands or feet under the treadmill.
- ◆ Each time you use the treadmill, check that the running belt is aligned and centered on the treadmill base and all visible fasteners on the treadmill are sufficiently tightened and secured.
- ◆ Be sure that the area around the treadmill remains clear during use and has adequate clearance. Keep the treadmill on a solid, level surface. At least 1000 mm/2 feet from any wall on either side.



NOTE:

Failure to follow this instruction may lead to personal injury or injury to others. It could also cause damage to the treadmill. To reduce the risk of burns, fire or electric shock, please follow these instructions.

ELECTRICAL GROUNDING INSTRUCTIONS

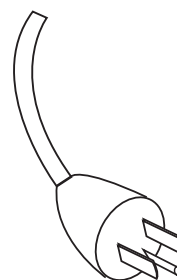
This product must be grounded. If it is malfunctioning or it breaks down, grounding provides the path of least resistance for the electrical current to reduce the risk of electrical shock. This treadmill is equipped with a cord having equipment grounding connector and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER

Improper connection of the treadmill grounding connector can result in the risk of electrical shock. Check with a qualified electrician, if you are in doubt as to whether the product is properly grounded. Don't modify the plug provided with the treadmill. If it won't fit your outlet, have a properly grounded outlet installed by a qualified electrician. Please pay attention, the power cable needs strictly an individual power source. It can not use the same power supply with any other equipment.

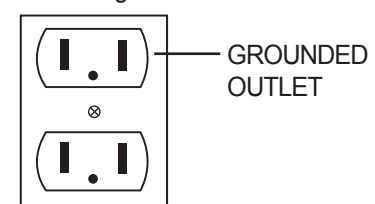
WARNING

Never use extension cords between the treadmill and the wall outlet. If there is any damage to the cables, please contact the service center. Parts should be replaced by an authorized technician.



GROUNDING
PIN

Figure
Grounding methods



AI670/680

ASSEMBLY INSTRUCTION

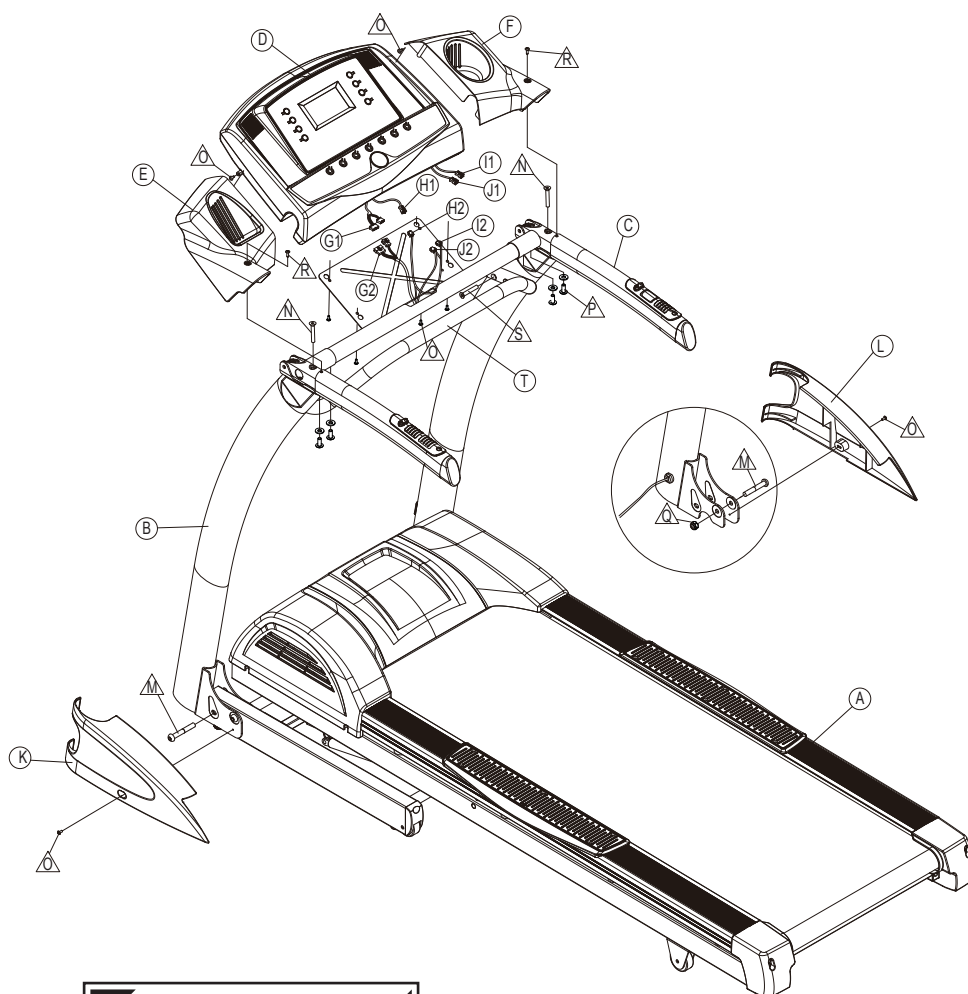
⚠ WARNING

After unpacking the fitness equipment, examine it carefully for possible damage. If there is any damage or there are missing parts, please contact your retailer or an authorized repair facility for assistance.

1. Since your treadmill is a heavy piece of equipment, we recommend the after taking off the top portion of the box; you slit the corners of the lower carton and fold down the sides. This will eliminate the need to pick up the treadmill over the sides of the box.
2. Prior to starting the assembly process take all the parts out of the box, remove all plastic bags, and then lay them out on the floor to become familiar with the components. Make sure that you remove all parts packaged underneath the treadmill. You may need to slightly pick up the back of the treadmill to get better access to the parts on the bottom. You will notice that the treadmill is completely assembled except for the handle bars and the display window.

Parts

- A: Frame
- B: Support Handle
- C: Handlebar
- D: Console
- E: Cup Holder (Left)
- F: Cup Holder (Right)
- G1: PCB Plug
- G2: PCB Cable
- H1: Hand Pulse Plug
- H2: Hand Pulse Cable
- I1: Speed Control Plug
- I2: Speed Control Cable
- J1: Incline Control Plug
- J2: Incline Control Cable
- K: Left Base Cover
- L: Right Base Cover
- M: M10*60L Screw
- N: M8*70L Screw
- O: M4*10L Screw
- P: M8*15L Screw
- Q: M10*10t Nylon Nut
- R: #8*5/8L Screw
- S: M8*/45L Screw
- T: Handle Rail



Hardware

Screws already in place on the treadmill:

M10 X 60L (2PCS)



screws

M10 X 10t (2PCS)



nylon nut

Ø4.1 X 10L (8PCS)



screws

M8 X 15L (4PCS)



screws

Ø4.1 X 5/8L (2PCS)



screws

Screws in the plastic bag:

M8 X 70L (2PCS)



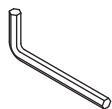
screws

M8 X 45L (4PCS)



screws

Tools:



Wrench-6mm



Wrench-5mm

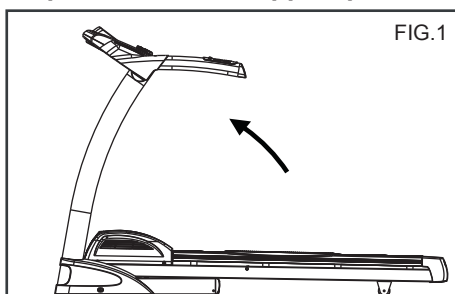


Wrench

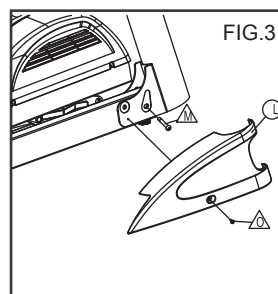
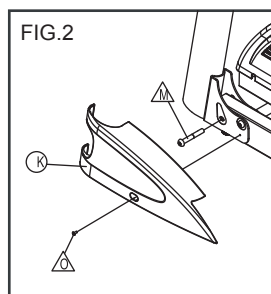
AI670/680

ASSEMBLY INSTRUCTION

Step 1: Handlebar support post assembly

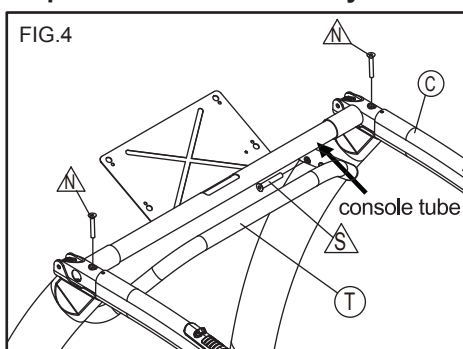


1. Remove screw  and nut  from both the left and right sides of the base frame.
2. Stand up the support posts and handlebars. (FIG.1)



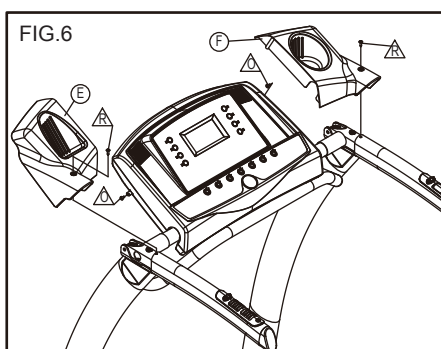
3. Fit and tighten screws  and nut  back to both sides of the base frame.
4. Attach right base cover onto the base frame and tighten screws . Repeat process for the left side. (FIG.2 , FIG3)

Step 2: Handlebar assembly



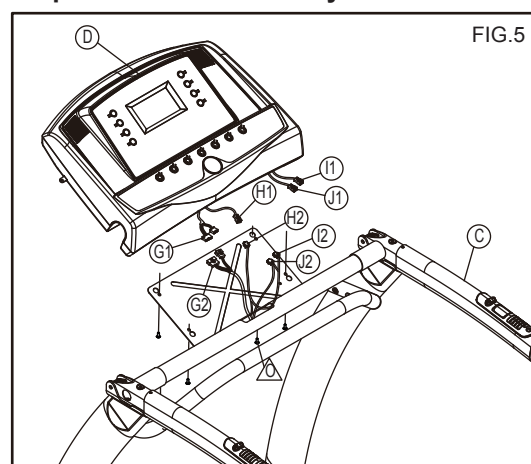
1. Adjust the handlebars so they are fitted correctly on the handlebar posts. Secure the left/right handlebars on the support post by tightening the screws .
2. Rotate the console tube to have console bracket in the correct position.
3. Install the safety bar (Hand rail)  onto the support post by tightening the screws . (FIG.4)

Step 4: Cup holder assembly



1. Attach the right cup holder to the console tube and the right handlebar. Rotate the console tube if necessary to make sure the cup holder fits snugly on to the handlebar.
2. Fit screw  from the top of the cup holder onto the handlebar and tighten.
3. Fit screw  from the bottom of the cup holder to the console.
4. Repeat all the above steps to fix the left cup holder to the handlebar. (FIG.6)

Step 3: Console assembly

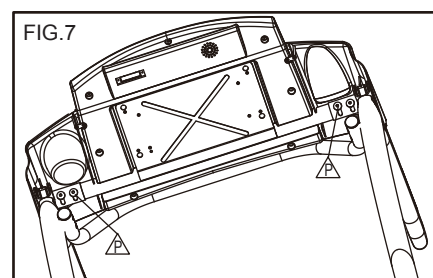


1. Remove screws  that are fixed to the bracket.
2. Hold the console onto the console tube.
3. Connect PCB cables  & .
4. Connect hand pulse cables  & .
5. Connect speed control cables  & .
6. Connect incline control cables  & .
7. Fix console onto the bracket by tightening 4 screws . (FIG.5)

NOTE: Insert excess wiring into the right side of the console tube.

WARNING: Make sure all cables/wires are not pinched when the console screws are tightened.

Step 5: Complete assembly



Make sure the console and the cup holders are aligned and then tighten the four screws  under both sides of the console tube. (FIG.7)

AI670/680

CONSOLE OPERATION

Button description

START / STOP :

This will start the treadmill and this will stop the treadmill.
There will also be an emergency stop switch. (Safety key)

INCLINE up ▲ :

This will select program / level in setting mode before starting.
This will increase the elevation by one increment at a time.

INCLINE down ▼ :

This will select program / level in setting mode before starting.
This will decrease the elevation by one increment at a time.

SPEED up ▲ :

This will select program / level in setting mode before starting.
This will increase the speed by one increment at a time.

SPEED down ▼ :

This will select program / level in setting mode before starting.
This will decrease the speed by one increment at a time.

MODE :

This will accept programs / levels selection. And this will switch display data on the data window during your exercise.

RESET : This will reset programs.

Quick keys for incline : 4, 6, 8, 10 increment.

Quick keys for speed : 4, 6, 8, 10 km/hr or 3, 4, 5, 6 mph

Handlebar toggle for incline / speed adjustment :

Left handlebar = For incline adjustment. Increase or decrease by 1 every time.

Right handlebar = For speed adjustment. Increase or decrease by 0.1 km/h or 0.1 mph every time.

Display

Windows : The display is 1 LCD windows.

Data window :

Time : 88:88

Distance : 8888

Cal : 8888

Pulse : 888

Incline : 88

Speed : 88.8

Audio in/out (Option)

There is a 3.5 mm audio in and audio out socket installed on this console.

**Audio in socket :**

It supports all kinds of devices/mp3 with 3.5 mm connector and plays through the speaker on the console.

Note: Volume is controlled by your device/mp3.

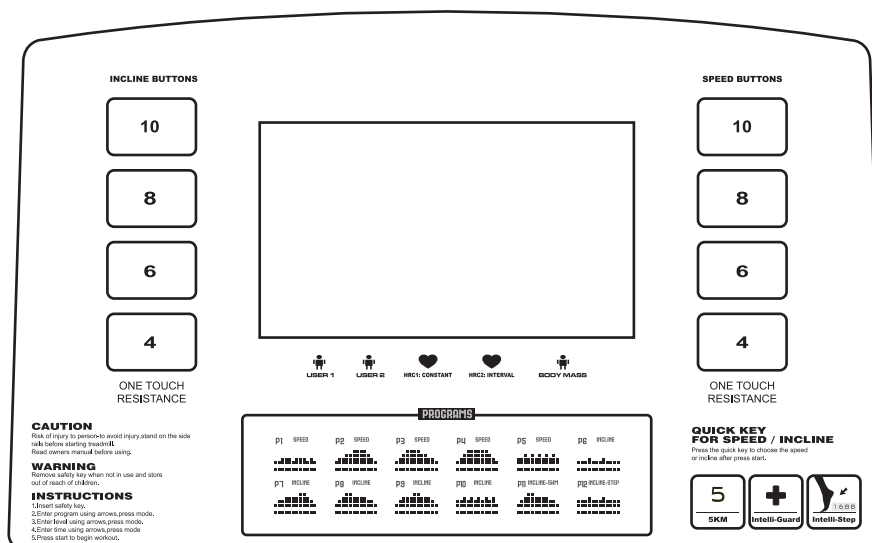
**Audio out socket :**

It supports all kinds of speaker and earphone with 3.5 mm connector.

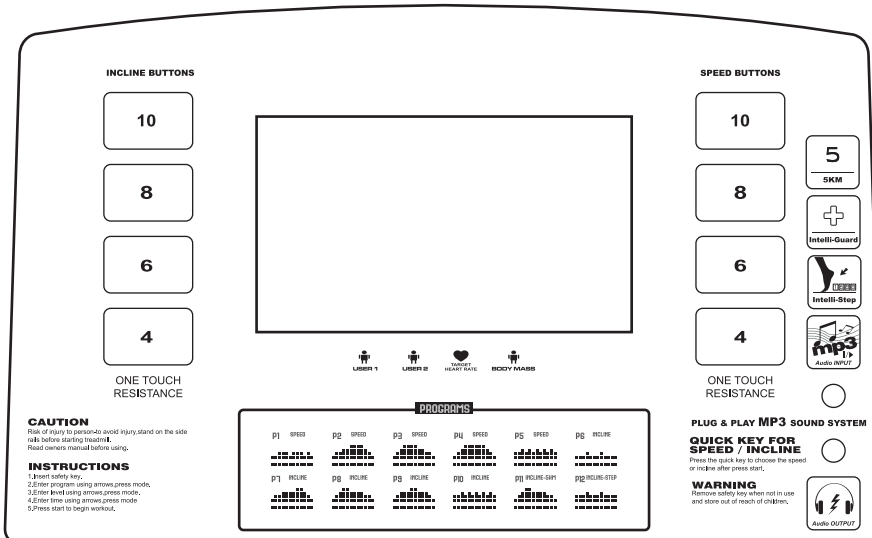
Note: The output volume is controlled by the device/mp3 or speaker. There are no volume controls on the console.

AI670/680 CONSOLE OPERATION

AI670 / AI680 :



AI670 / AI680 : Audio in / out (Option)

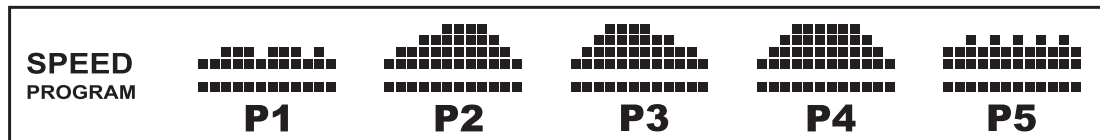


AI670/680

EXERCISE PROGRAMS

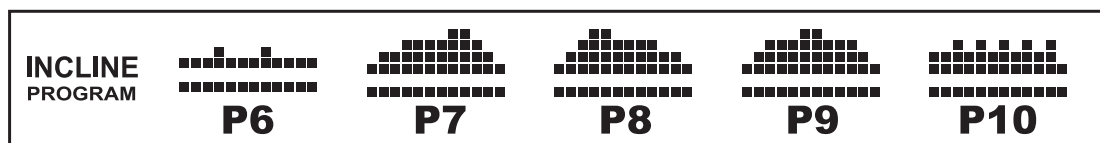
This treadmill has 1 manual and 12 preset programs (5 speed programs, 5 incline programs, 1 step count program and 1 distance program) Each preset program has 5 different levels.

Speed Programs - Programs P1-P5 automatically change the speed of the treadmill throughout the workout. Each program starts as per your program setting. The incline can be manually set by the user in any of the speed programs and the incline will remain throughout the workout unless modified by the user. The speed can also be modified, but changes to the speed will only last until the end of each specific program segment. Profiles for the speed programs are shown below.



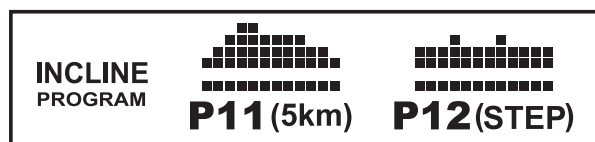
Incline Programs - Programs P6-P10 automatically modifies the incline level of the running belt. The treadmill comes with several traditional incline programs and several unique incline programs such as Interval Program. Step Count Program and the Distance Program, If an adjustment is made to the incline while in a program the adjustment will only last until the next segment in the workout.

P10: Interval - The interval program allows you to select two levels of incline, a minimum Incline and a maximum Incline. With this program you select the desired minimum and maximum incline levels. The program will automatically take your minimum and maximum incline levels and complete the workout.



P11: Distance - The Distance program lets you pre-select how far you want to walk or run during your workout and it counts down from the preset selection.

P12: Step Count - The Step Count Program lets you pre-select the number of steps that you want to walk or run at in increments of 1,000. This is a great option if you are working on a 10,000 steps per day exercise program or if you use a pedometer during daily activities. The Step Count program will sense when each foot strikes the walking belt. This program is based on our exclusive Intelli-Step feature. This feature requires that the users foot land on the belt with a minimum amount of resistance. Depending on walking or running style, people under 100 pounds or 45 kgs may not be able to use this program.



User Setup Programs - provides the ability to established customized workout programs specific to the user workout requirements. For each user set up program, the workout time is set and then 12 unique workout segments are set up by the user. For each segment the user can preset the speed and incline of each segment by using the up down arrow buttons and the push the mode button to set each program.

Once a program is set up by the user simply scroll to the user program and push the start button. To modify the program after it is established, select the program and then push the mode button.

AI670/680

TREADMILL OPERATIONS

Before starting your treadmill the following actions will need to be properly completed:

1. Be certain that your treadmill sits stable on the floor. It is also recommended that you locate your treadmill in a pleasant area that gives you something to look at while working out, such as a window or television. Maintaining an exercise program with a treadmill located in a poorly lit room and no view is more difficult than when your treadmill is located in an active and pleasant location.
2. Make sure that your treadmill is plugged into a properly grounded outlet as described in the grounding section of this document.
3. Turn the ON/OFF switch, which is located in the front of your treadmill, to the ON position.
4. Insert the magnetic safety key in the round area centered at the bottom of the display. If the safety key is not inserted properly you will see lines across the middle of each window display.

Quick Start

1. Attach the "Safety Key" to your clothing. This key will immediately shut off your treadmill if removed and is strongly recommended for your safety.
2. Quick Start – The quickest and easiest way to start your treadmill, push the Quick Start button. This will cause the display to count down for 3 seconds and then begin in the "Manual Program" at one 1 km/h (0.6 mph).
3. Speed Adjustment – can be increased and decreased in three different ways:

Display Console - "▲" or "▼" each time you depress "▲" button on the display console the speed will increase by 0.1 km/h (0.1 mph) and "▼" button on the display the console will decrease the speed by 0.1 km/h and (0.1 mph).

Handlebars speed control - the heart rate sensor on the right-hand side of the handlebars includes a speed control switch. Pushing the switch on the right-hand side will increase or decrease the speed by 0.1 km/h or (0.1 mph).

Quick Buttons - The display console includes buttons that immediately set the speed to 4, 6, 8 and 10 km/h (3, 4, 5 and 6 mph) without having to scroll through the speeds.

4. Incline is like the speed settings, incline can be adjusted three different ways:

Display Console - "▲" or "▼" each time you depress "▲" button on the display console the incline will increase by one level and "▼" button on the display the console will decrease the incline by one level.

Handlebars speed control – the heart rate sensor on the left-hand side of the handlebars includes an incline control switch. Pushing the switch on the left-hand side will increase or decrease the incline by one level at a time.

Quick Buttons - The display console includes buttons that immediately set the speed to 4, 6, 8 and 10 levels without having to scroll through the incline levels.

5. Display Readouts - besides Speed and Incline the center display will display Time, Dis, Cal, Heart rate and Laps around the track. Pressing MODE, you can select the function that you want displayed on the center window, or you can scan through all the functions. "Quick Start" mode, time will start to count up from 0.00.

AI670/680

TREADMILL OPERATIONS

Programs Setup and Selection

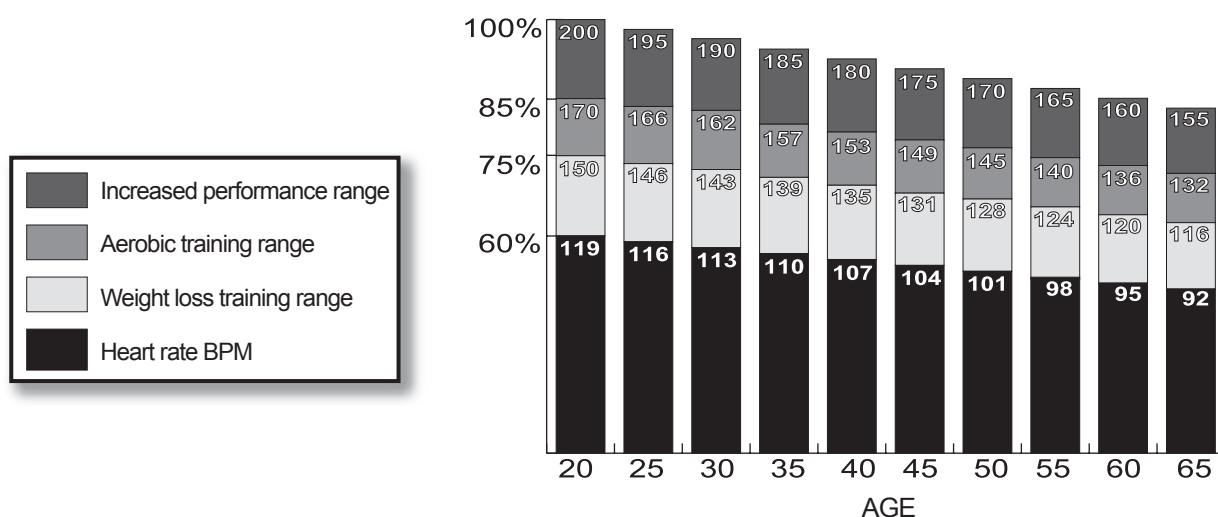
1. Select Program: To start a program simply select the desired program by pressing on either the Speed or Incline arrows “▲” or “▼” buttons and then press the “MODE” button.
2. Select Level: Select the desired program by pressing on either the Speed or Incline arrows “▲” or “▼” buttons and then press the “MODE” button.
3. Set Time: Now choose how long you would like to workout by pressing either set of arrows “▲” or “▼”. Each time you press the arrows “▲” or “▼” buttons the workout time will change by one minute. You can also hold these buttons to quick scroll through the time. The shortest preset program is 12 minutes and the longest is 99 minutes.
4. Press Start: Once the desired time is selected, press the “START” button to begin your workout.

User Setup Programs

1. Select Program: Use either set of arrows “▲” or “▼” to scroll through the program until you reach **U 01** or **U 02** and then press the “MODE” button.
2. Set Time: Choose how long you would like to workout by pressing either set of arrows “▲” or “▼” and then press “MODE” button
3. Enter Segment Speed and Incline: Each program is divided into 12 segments. Select the desired speed for each segment by pressing on the “▲” or “▼” arrows. Then select the desired incline for each segment by pressing on the “▲” or “▼” arrows. After selecting the speed and incline for the segment press the “MODE” button and make the selection for the next segment until all 10 segments are completed. Press the “START” button to begin the workout.
4. Editing a User Setup Program: To edit the program scroll to either, “**USER 1**” or “**USER 2**” programs and then press the “MODE” button. Make the desired changes to the program and then press “MODE” at the end of each segment. Press the “START” button once completed.

Target Heart Rate Program - This program automatically modifies the speed program and the incline to maintain a preset target heart rate. This target is established in the set up process. The chart on this owner's manual should be used to determine the appropriate target heart rate. To set up the target heart rate program, you will need to enter the workout time, your age and your target heart rate.

TARGET HEART RATE CHART



AI670/680

TREADMILL OPERATIONS

Target Heart Rate Program Setup

1. Select Program: Use either “▲” or “▼” arrows to scroll through the program until “H 01” or “H 02” is shown on the center display. Then press “MODE” button.
2. Select Age: Use either “▲” or “▼” arrows to enter the users age. Then press the “MODE” button.
Default= Age 30 (Age 13~80)
3. Set Target Heart Rate: Use either “▲” or “▼” arrows to set the Target Heart Rate. Then press the “MODE” button. After warm-up period, the program will automatically adjust the speed to maintain the Target Heart Rate. Default= 113 bpm (60~180 bpm)
4. Set Target Max Speed: Use either “▲” or “▼” arrows to set the Target Max Speed. Default= 3 km/h or 2 mph (0.8~20 km/h or 0.5~12 mph). The speed will not increase over the max speed even through the pulse has not reached the Target Heart Rate yet.
5. Set Target Max Incline: Use either “▲” or “▼” arrows to set the Target Max Incline. (0~15 increment)
6. Enter Program Time: Use either “▲” or “▼” arrows to enter the Program Workout Time. (10~99 minutes)
7. Press the “START” button.
8. Countdown 3-2-1 then is start the 3 minutes of warm up at 3 km/h or 2 mph at an incline level 5.
9. Ensure your hands are placed on the hand pulse or you are wearing the (optional) HRC strap. The treadmill will stop after 30 seconds if the heart rate is not detected.
10. The treadmill will adjust the incline till your heart rate is attained. If still not attained the speed will increase by increment of 1.

Wireless Heart Rate Chest Strap (Optional) : The most accurate way to read your heart rate is by using a wireless heart rate transmitter. Prior to wearing the strap, moisten the two contact pads with several drops of water and spread the water over the pads with your fingers. When you put on the strap, center the transmitter strap below the breast or pectoral muscles, over your sternum. Adjust the elastic strap so the belt fits snugly and stays in place.

Note:

1. After pressing “START”, there is a warming up period for the first 3 minutes at the incline level 5 and the speed of 3km/h or 2 mph.
2. After warming up, the program compares actual heart rate and target heart rate every 12 – 15 seconds.
3. If the actual heart rate is less than target heart rate, speed will be increased by 0.2 km/h or 0.2 mph every time up to 5 times and then the incline will be increased by increments of 1. If the actual heart rate is greater than the target heart rate, Speed will decrease by 0.2 km/h or 0.2 mph up to 5 times and then the incline will decrease by increments of 1.
4. If the speed is increased to the max target speed, then speed can not be increased anymore even though the actual heart rate is still less than the target heart rate.
5. If it does not read the heart rate signal from the user in 30 seconds after the warm up period, the treadmill stops into run-end mode.

AI670/680

TREADMILL OPERATIONS

Body Mass Program

Body Mass Index B.M.I. – is a scientific measure that uses the ratio of height and weight. It is a general measure of health risk, but does not take into account lean body mass. As a result, a healthy muscular individual with very low body fat can be classified as overweight. The following are the general range of B.M.I. measurements:

Below 20	Lean - If you are not an athlete you should consider gaining weight through good diet and exercise.
Between 21 and 24	Ideal - Indicates a healthy amount of body fat and the lowest incidence of serious illness.
Between 25 and 29	Slightly overweight - Increased risk for a variety of illnesses. You should find ways to reduce your weight through diet and exercise.
Over 30	Overweight - Indicates an unhealthy condition with a higher risk of heart disease, diabetes, high blood pressure, gall bladder disease and some cancers. You should focus on losing weight by changing your diet and increasing levels of exercise.

Body Composition Analysis

1. Select Program: Use either “▲” or “▼” arrows to scroll through the program until you reach the “Body Mass” composition program and then press the “**MODE**” button.
2. Select Gender: Press “**MODE**” button of Male or Female section or press set of “▲” or “▼” button to scroll to the “0” or “1” selection and then press the “**MODE**” button. (0 = Female , 1 = Male). Because of limitations of the LCD display these selections are shown as “0 and “1” on the display console.
3. Enter Height: Use either “▲” or “▼” arrows to select your height and press the “**MODE**” button.
Default= 170 cm / 5'07" (130~240 cm / 4'3"~7'8")
4. Enter weight: Use either “▲” or “▼” arrows to select your weight and press the “**MODE**” button.
Default= 70 kg / 154 lb (23~180 kg / 51~397 lb).
5. Enter Age: Use either “▲” or “▼” arrows to select your age. Default= Age 30 (Age 13~80)
6. Press **MODE**: After all selections are made, press the “**MODE**” button and place both hands over the Heart Rate Sensors on the handlebars. It will take several seconds for the system to calculate each read out. If after waiting for 10 seconds the system does not show your read outs, it is not getting a good reading from the heart rate sensors. This can generally be solved by walking on the treadmill at and average for 3 - 4 minutes to increase your heart rate and improve the signal pickup from the heart rate sensor.

Pause Function

To pause the treadmill at any time during the operation by pressing the “**STOP**” button once. To resume operations just press the “**START**” button.

Reset Button

Pressing the “**RESET**” button will reset the console to the beginning of the program setup process.

AI670/680

TREADMILL OPERATIONS

Intelli-Guard

The treadmill is equipped with the Intelli-Guard safety feature. This feature senses when you stop walking on the treadmill and for safety purposes it automatically pauses the treadmill to avoid accidental falls and resulting injury. The Intelli-Guard feature is triggered when the treadmill senses that you are no longer walking or running on the treadmill. When this occurs the treadmill will wait for 20 seconds with this status. The Intelli-Guard feature will automatically be disengaged when the treadmill is operated at speeds under 2.4 km/h or 1.5 mph or at an incline level over 5.

Caution:

At 20 seconds the console will beep once per second for 5 seconds and then automatically pause the treadmill. These beeps are a notice that the treadmill belt is about to stop. If for some reason you are still on the treadmill when this occurs move your feet to the side rails and prepare for the belt to stop.

The Intelli-Guard feature does not replace the use of your safety key or using proper precaution in stopping the treadmill when it is not in use.

Intelli-Step

The treadmill comes with the Intelli-Step counting feature. This feature senses the resistance on the running belt each time your foot strikes. There are several factors that will effect the accuracy of this feature including your walking style, your weight, and your usage characteristics. For example, the Intelli-Step feature will have a more difficult time picking up the steps of a light user and especially a light user walking at an incline. The higher the incline the more difficult it is for the feature to recognize walking steps. This may also be the case at lower speeds. In summary, the Intelli-Step is a great feature for users interested in maintaining a step count walking or running program, but it is dependant on many variables for accuracy and the accuracy of the count will depend on your individual characteristics as well as variables related to the treadmills usage.

Before starting your treadmill the following actions will need to be properly completed:

1. Be certain that your treadmill is sitting level and stable. There are adjustment feet at the front corners of the base frame to help level the treadmill. If the treadmill is not level the running belt will move toward the lowest side of the treadmill. It is also recommended that you locate your treadmill in a pleasant area that gives you something to look at while working out, such as a window or television. Maintaining an exercise program with a treadmill located in a poorly lit basement room is more difficult than when your treadmill is located in an active and pleasant location.
2. Make sure that your treadmill is plugged into a properly grounded outlet as described in the grounding section of this document.
3. Turn the On/Off switch located on the front right side base frame to the On position.
4. Insert the magnetic safety key into the round area centered at the bottom of your display. If the safety key is not inserted properly the screen will say "Safety Key".

PRESET PROGRAM

Under preset programs, the preset workout time is 24 minutes. You can adjust the workout time while in set program mode.

AI670/680

km/h	Interval Level	1	2	3	4	5	6	7	8	9	10	11	12
Speed P1	L1	2.0	2.0	3.0	4.0	3.0	2.0	3.0	4.0	3.0	2.0	3.0	2.0
	L2	3.0	3.0	4.0	5.0	4.0	3.0	4.0	5.0	4.0	3.0	4.0	3.0
	L3	4.0	4.0	5.0	6.0	5.0	4.0	5.0	6.0	5.0	4.0	5.0	4.0
	L4	5.0	5.0	6.0	7.0	6.0	5.0	6.0	7.0	6.0	5.0	6.0	5.0
	L5	6.0	6.0	7.0	8.0	7.0	6.0	7.0	8.0	7.0	6.0	7.0	6.0
Speed P2	L1	2.0	3.0	4.0	5.0	6.0	7.0	7.0	8.0	8.0	6.0	4.0	2.0
	L2	3.0	4.0	5.0	6.0	7.0	8.0	8.0	9.0	9.0	7.0	5.0	3.0
	L3	4.0	5.0	6.0	7.0	8.0	9.0	9.0	10.0	10.0	8.0	6.0	4.0
	L4	5.0	6.0	7.0	8.0	9.0	10.0	10.0	11.0	11.0	9.0	7.0	5.0
	L5	6.0	7.0	8.0	9.0	10.0	11.0	11.0	12.0	12.0	10.0	8.0	6.0
Speed P3	L1	2.0	4.0	6.0	8.0	8.0	7.0	7.0	6.0	5.0	4.0	3.0	2.0
	L2	3.0	5.0	7.0	9.0	9.0	8.0	8.0	7.0	6.0	5.0	4.0	3.0
	L3	4.0	6.0	8.0	10.0	10.0	9.0	9.0	8.0	7.0	6.0	5.0	4.0
	L4	5.0	7.0	9.0	11.0	11.0	10.0	10.0	9.0	8.0	7.0	6.0	5.0
	L5	6.0	8.0	10.0	12.0	12.0	11.0	11.0	10.0	9.0	8.0	7.0	6.0
Speed P4	L1	1.0	3.0	6.0	7.0	7.0	8.0	8.0	7.0	7.0	6.0	3.0	1.0
	L2	2.0	4.0	7.0	8.0	8.0	9.0	9.0	8.0	8.0	7.0	4.0	2.0
	L3	3.0	5.0	8.0	9.0	9.0	10.0	10.0	9.0	9.0	8.0	5.0	3.0
	L4	4.0	6.0	9.0	10.0	10.0	11.0	11.0	10.0	10.0	9.0	6.0	4.0
	L5	5.0	7.0	10.0	11.0	11.0	12.0	12.0	11.0	11.0	10.0	7.0	5.0
Speed P5	Preset	LOW	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW
Incline P6	L1	2.0	2.0	3.0	4.0	3.0	2.0	3.0	4.0	3.0	2.0	3.0	2.0
	L2	3.0	3.0	4.0	5.0	4.0	3.0	4.0	5.0	4.0	3.0	4.0	3.0
	L3	4.0	4.0	5.0	6.0	5.0	4.0	5.0	6.0	5.0	4.0	5.0	4.0
	L4	5.0	5.0	6.0	7.0	6.0	5.0	6.0	7.0	6.0	5.0	6.0	5.0
	L5	6.0	6.0	7.0	8.0	7.0	6.0	7.0	8.0	7.0	6.0	7.0	6.0
Incline P7	L1	2.0	3.0	4.0	5.0	6.0	7.0	7.0	8.0	8.0	6.0	4.0	2.0
	L2	3.0	4.0	5.0	6.0	7.0	8.0	8.0	9.0	9.0	7.0	5.0	3.0
	L3	4.0	5.0	6.0	7.0	8.0	9.0	9.0	10.0	10.0	8.0	6.0	4.0
	L4	5.0	6.0	7.0	8.0	9.0	10.0	10.0	11.0	11.0	9.0	7.0	5.0
	L5	6.0	7.0	8.0	9.0	10.0	11.0	11.0	12.0	12.0	10.0	8.0	6.0
Incline P8	L1	2.0	4.0	6.0	8.0	8.0	7.0	7.0	6.0	5.0	4.0	3.0	2.0
	L2	3.0	5.0	7.0	9.0	9.0	8.0	8.0	7.0	6.0	5.0	4.0	3.0
	L3	4.0	6.0	8.0	10.0	10.0	9.0	9.0	8.0	7.0	6.0	5.0	4.0
	L4	5.0	7.0	9.0	11.0	11.0	10.0	10.0	9.0	8.0	7.0	6.0	5.0
	L5	6.0	8.0	10.0	12.0	12.0	11.0	11.0	10.0	9.0	8.0	7.0	6.0
Incline P9	L1	1.0	3.0	6.0	7.0	7.0	8.0	8.0	7.0	7.0	6.0	3.0	1.0
	L2	2.0	4.0	7.0	8.0	8.0	9.0	9.0	8.0	8.0	7.0	4.0	2.0
	L3	3.0	5.0	8.0	9.0	9.0	10.0	10.0	9.0	9.0	8.0	5.0	3.0
	L4	4.0	6.0	9.0	10.0	10.0	11.0	11.0	10.0	10.0	9.0	6.0	4.0
	L5	5.0	7.0	10.0	11.0	11.0	12.0	12.0	11.0	11.0	10.0	7.0	5.0
Incline P10	Preset	LOW	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW
Incline P11 5km	L1	2.0	4.0	6.0	8.0	8.0	7.0	7.0	6.0	5.0	4.0	3.0	2.0
	L2	3.0	5.0	7.0	9.0	9.0	8.0	8.0	7.0	6.0	5.0	4.0	3.0
	L3	4.0	6.0	8.0	10.0	10.0	9.0	9.0	8.0	7.0	6.0	5.0	4.0
	L4	5.0	7.0	9.0	11.0	11.0	10.0	10.0	9.0	8.0	7.0	6.0	5.0
	L5	6.0	8.0	10.0	12.0	12.0	11.0	11.0	10.0	9.0	8.0	7.0	6.0
Incline P12 Step	L1	2.0	2.0	3.0	4.0	3.0	2.0	3.0	4.0	3.0	2.0	3.0	2.0
	L2	3.0	3.0	4.0	5.0	4.0	3.0	4.0	5.0	4.0	3.0	4.0	3.0
	L3	4.0	4.0	5.0	6.0	5.0	4.0	5.0	6.0	5.0	4.0	5.0	4.0
	L4	5.0	5.0	6.0	7.0	6.0	5.0	6.0	7.0	6.0	5.0	6.0	5.0
	L5	6.0	6.0	7.0	8.0	7.0	6.0	7.0	8.0	7.0	6.0	7.0	6.0

**SPEED
PROGRAM**



P1



P2



P3



P4



P5

**INCLINE
PROGRAM**



P6



P7



P8



P9



P10



P11 (5km)



P12 (STEP)

PRESET PROGRAM

Under preset programs, the preset workout time is 24 minutes. You can adjust the workout time while in set program mode.

AI670/680

MPH	Interval Level	1	2	3	4	5	6	7	8	9	10	11	12
Speed P1	L1	1.2	1.2	1.8	2.5	1.8	1.2	1.8	2.5	1.8	1.2	1.8	1.2
	L2	1.8	1.8	2.5	3.1	2.5	1.8	2.5	3.1	2.5	1.8	2.5	1.8
	L3	2.5	2.5	3.1	3.7	3.1	2.5	3.1	3.7	3.1	2.5	3.1	2.5
	L4	3.1	3.1	3.7	4.3	3.7	3.1	3.7	4.3	3.7	3.1	3.7	3.1
	L5	3.7	3.7	4.3	5.0	4.3	3.7	4.3	5.0	4.3	3.7	4.3	3.7
Speed P2	L1	1.2	1.8	2.5	3.1	3.7	4.3	4.3	5.0	5.0	3.7	2.5	1.2
	L2	1.8	2.5	3.1	3.7	4.3	5.0	5.0	5.6	5.6	4.3	3.1	1.8
	L3	2.5	3.1	3.7	4.3	5.0	5.6	5.6	6.2	6.2	5.0	3.7	2.5
	L4	3.1	3.7	4.3	5.0	5.6	6.2	6.2	6.8	6.8	5.6	4.3	3.1
	L5	3.7	4.3	5.0	5.6	6.2	6.8	6.8	7.5	7.5	6.2	5.0	3.7
Speed P3	L1	1.2	2.5	3.7	5.0	5.0	4.3	4.3	3.7	3.1	2.5	1.8	1.2
	L2	1.8	3.1	4.3	5.6	5.6	5.0	5.0	4.3	3.7	3.1	2.5	1.8
	L3	2.5	3.7	5.0	6.2	6.2	5.6	5.6	5.0	4.3	3.7	3.1	2.5
	L4	3.1	4.3	5.6	6.8	6.8	6.2	6.2	5.6	5.0	4.3	3.7	3.1
	L5	3.7	5.0	6.2	7.5	7.5	6.8	6.8	6.2	5.6	5.0	4.3	3.7
Speed P4	L1	0.6	1.8	3.7	4.3	4.3	5.0	5.0	4.3	4.3	3.7	1.8	0.6
	L2	1.2	2.5	4.3	5.0	5.0	5.6	5.6	5.0	5.0	4.3	2.5	1.2
	L3	1.8	3.1	5.0	5.6	5.6	6.2	6.2	5.6	5.6	5.0	3.1	1.8
	L4	2.5	3.7	5.6	6.2	6.2	6.8	6.8	6.2	6.2	5.6	3.7	2.5
	L5	3.1	4.3	6.2	6.8	6.8	7.5	7.5	6.8	6.8	6.2	4.3	3.1
Speed P5	Preset	LOW	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW
Incline P6	L1	2.0	2.0	3.0	4.0	3.0	2.0	3.0	4.0	3.0	2.0	3.0	2.0
	L2	3.0	3.0	4.0	5.0	4.0	3.0	4.0	5.0	4.0	3.0	4.0	3.0
	L3	4.0	4.0	5.0	6.0	5.0	4.0	5.0	6.0	5.0	4.0	5.0	4.0
	L4	5.0	5.0	6.0	7.0	6.0	5.0	6.0	7.0	6.0	5.0	6.0	5.0
	L5	6.0	6.0	7.0	8.0	7.0	6.0	7.0	8.0	7.0	6.0	7.0	6.0
Incline P7	L1	2.0	3.0	4.0	5.0	6.0	7.0	7.0	8.0	8.0	6.0	4.0	2.0
	L2	3.0	4.0	5.0	6.0	7.0	8.0	8.0	9.0	9.0	7.0	5.0	3.0
	L3	4.0	5.0	6.0	7.0	8.0	9.0	9.0	10.0	10.0	8.0	6.0	4.0
	L4	5.0	6.0	7.0	8.0	9.0	10.0	10.0	11.0	11.0	9.0	7.0	5.0
	L5	6.0	7.0	8.0	9.0	10.0	11.0	11.0	12.0	12.0	10.0	8.0	6.0
Incline P8	L1	2.0	4.0	6.0	8.0	8.0	7.0	7.0	6.0	5.0	4.0	3.0	2.0
	L2	3.0	5.0	7.0	9.0	9.0	8.0	8.0	7.0	6.0	5.0	4.0	3.0
	L3	4.0	6.0	8.0	10.0	10.0	9.0	9.0	8.0	7.0	6.0	5.0	4.0
	L4	5.0	7.0	9.0	11.0	11.0	10.0	10.0	9.0	8.0	7.0	6.0	5.0
	L5	6.0	8.0	10.0	12.0	12.0	11.0	11.0	10.0	9.0	8.0	7.0	6.0
Incline P9	L1	1.0	3.0	6.0	7.0	7.0	8.0	8.0	7.0	7.0	6.0	3.0	1.0
	L2	2.0	4.0	7.0	8.0	8.0	9.0	9.0	8.0	8.0	7.0	4.0	2.0
	L3	3.0	5.0	8.0	9.0	9.0	10.0	10.0	9.0	9.0	8.0	5.0	3.0
	L4	4.0	6.0	9.0	10.0	10.0	11.0	11.0	10.0	10.0	9.0	6.0	4.0
	L5	5.0	7.0	10.0	11.0	11.0	12.0	12.0	11.0	11.0	10.0	7.0	5.0
Incline P10	Preset	LOW	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW
Incline P11 5km	L1	2.0	4.0	6.0	8.0	8.0	7.0	7.0	6.0	5.0	4.0	3.0	2.0
	L2	3.0	5.0	7.0	9.0	9.0	8.0	8.0	7.0	6.0	5.0	4.0	3.0
	L3	4.0	6.0	8.0	10.0	10.0	9.0	9.0	8.0	7.0	6.0	5.0	4.0
	L4	5.0	7.0	9.0	11.0	11.0	10.0	10.0	9.0	8.0	7.0	6.0	5.0
	L5	6.0	8.0	10.0	12.0	12.0	11.0	11.0	10.0	9.0	8.0	7.0	6.0
Incline P12 Step	L1	2.0	2.0	3.0	4.0	3.0	2.0	3.0	4.0	3.0	2.0	3.0	2.0
	L2	3.0	3.0	4.0	5.0	4.0	3.0	4.0	5.0	4.0	3.0	4.0	3.0
	L3	4.0	4.0	5.0	6.0	5.0	4.0	5.0	6.0	5.0	4.0	5.0	4.0
	L4	5.0	5.0	6.0	7.0	6.0	5.0	6.0	7.0	6.0	5.0	6.0	5.0
	L5	6.0	6.0	7.0	8.0	7.0	6.0	7.0	8.0	7.0	6.0	7.0	6.0

SPEED
PROGRAM



P1



P2



P3



P4



P5

INCLINE
PROGRAM



P6



P7



P8



P9



P10



P11 (3mile)



P12 (STEP)

Read the following carefully before using your treadmill

- ◆ Always stretch your muscles before commencing the exercise program. Warm up slowly by walking at a slow speed. Increase workout intensity gradually until you reach your desired workout pace. Decrease workout intensity gradually to an easy walk. Allow your heart rate to decrease to a normal situation.
- ◆ When starting the treadmill, always stand with both feet on the step on the side rails.
- ◆ When finishing, allow the running belt to slow down and come to a complete stop before stepping off.
- ◆ Wear comfortable nonrestrictive clothing when using the treadmill. Never wear anything loose, such as baggy sweat pants, necklaces, loose socks or jewelry. Never drape towels on or around the treadmill during use.
- ◆ Always use the handrail when stepping on or off the treadmill and when changing incline or speed.
- ◆ This treadmill is equipped with a safety key – Always clip the cord attached to the safety key to a part of your clothing so the safety key will properly detach from the computer console, therefore stopping the treadmill.
- ◆ Wear running or walking shoes with high traction soles. To avoid injury and unnecessary wear on your treadmill, be sure your shoes are free of any debris such as gravel or small rocks.

WARNING

If you feel dizzy, nausea, chest pain or other abnormal symptoms, **STOP** immediately. Consult a physician before continuing use.

Before completing an exercise session always

1. Allow time to slow your pace, cool down, reduce your heart rate to a normal level before completing your workout.
2. Grasp the handlebars and press the speed “▼” button. Slow your pace to an easy walk.
3. Ensure the running belt has come to a complete stop before exiting the treadmill.

WARNING

Turn off and unplug the treadmill before proceeding with any maintenance or visual inspections. Failure to do so may result in serious injury.

NOTE: Failure to perform this required periodic and preventative maintenance can void your warranty.

At the end of every exercise session always

1. Remove the safety key from the console.
2. Use the master power switch to turn the treadmill off. The master power switch is located on the right-hand side of the frame, next to the electrical cord.
3. Always position and store the electrical cord where it is clear of all pathways.
4. Unplug the electrical cord from the outlet. This is especially important if you are not going to use your treadmill for extended time period.
5. Wipe all treadmill surfaces with a dry cloth or towel especially perspiration on the handlebars, control panel, running belt or any other treadmill components.

MAINTENANCE

General cleaning

1. Before proceeding, ensure that the treadmill power is off and that it is unplugged from the electrical outlet.
2. Remove dust, use a small vacuum nozzle to carefully vacuum around all visual components.
3. To remove film or dirt use a slightly damp rag with a mild cleaning agent only.
4. Be careful not to immerse any treadmill components with any liquids.

Cleaning and inspecting the running belt

Turn off the power and unplug from the electrical outlet. Carefully position the treadmill on its side. Use a damp cloth to wipe off the inside of the running belt. Carefully rotate the running belt by hand to clean the entire inside surface. Return treadmill to its upright position. If running belt edge is frayed, check the running belts alignment. If seams are splitting, call your retailer or nearest authorized service center.

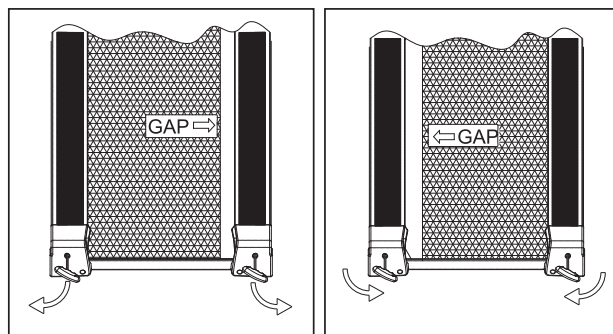
Aligning the running belt

There are various reasons the belt will run off centre. Running style or holding one handrail only are some of the reasons (holding one rail only will push mat to opposite side), uneven surface is another. If treadmill is on flat surface, ensure both leveling screws under front of treadmill base frame are all the way in. Use screws to make sure treadmill is flat only if required. The most common reason is a loose mat. The mat will stretch after the first month or so of use. If the mat slips whilst in use, it is too loose. A loose mat will move left or right during use, even if belt is aligned.

Procedure for aligning and tightening belt:

1. Start treadmill and run 5km/h without walking to let belt find natural centre.
2. Stand at rear to determine if belt is drifting left or right.
3. If belt drifts left, turn left adjustment bolt $\frac{1}{4}$ turn clockwise. Wait 30 seconds for belt to shift. Repeat if required.
4. If belt drifts right, turn right adjustment bolt clockwise. Turning a bolt clockwise will shift belt to the opposite side. Turning anti-clockwise will bring belt back to that side.

5. Once belt is aligned, stop treadmill. If belt is loose or has been slipping, tighten both sides exactly 1 full clockwise turn. This will tighten mat. If belt still shows signs of slipping, stop treadmill and tighten both sides exactly one full clockwise turn again. Do not over tighten. It is highly unlikely more than 2 – 3 turns will be required, including the turns completed during the alignment procedure.



Inspecting fasteners and cables

Check that all fasteners are properly tightened and all cables are securely in place. To avoid damaging fasteners do not over tighten.

Storage

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

Moving

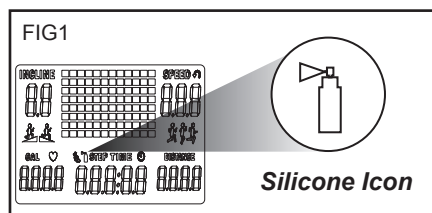
The treadmill has been designed and equipped with wheels for easy mobility. Before moving, ensure the master power switch is in the "OFF" position and the power cord is unplugged. Lift the base frame of the treadmill and then roll the treadmill to the desired position.

MAINTENANCE

Belt Lubrication

Your treadmill running belt should be lubricated every 3 months (irregardless of use) or every 50 hours of use, whichever comes first. Even if the treadmill is not being used, silicone will dissipate over time and the belt will dry out.

Note: Even though the running belt is lubed from the manufacturer, it is not a bad idea to lubricate the running belt when first using the treadmill in case the belt has dried some between the dates the unit was manufactured and when it was purchased.

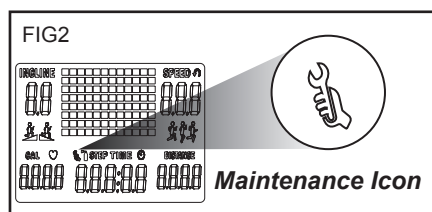


The Silicone icon in figure 1 will turn on in the display every 100 hours of use and is a reminder that it is time to lubricate the running belt. As indicated above it is best to lubricate the running belt every 50 hours of use. This is a reminder for the 2nd 50 hours. The icon will be in the display for 5 minutes and then it will turn off. To turn the icon off you can simply press the “Speed down” and “Incline down” buttons simultaneously till the icon goes off.

Note: When lubricating the belt, make sure the treadmill is located on a surface that can be easily cleaned. After lubricating your treadmill running belt, clean any excess silicone off the belt and frame.

Cleaning

It is recommended to wipe the treadmill down after each use to keep the treadmill clean and dry. A mild detergent may be used at times to help remove all dirt and salt from the belt, painted parts and the display.



The icon in figure 2 shows up in the display every 150 hours of use. This is a reminder to clean the unit really good. This cleaning would include removing the motor cover and cleaning around the motor and electronics. It is recommended to clean the motor compartment if the treadmill is in an area where there might be a lot of pet hair or plush carpet fibers that could get pulled up into the motor compartment. It is a good idea at this time to check and tighten all assembly hardware as well.

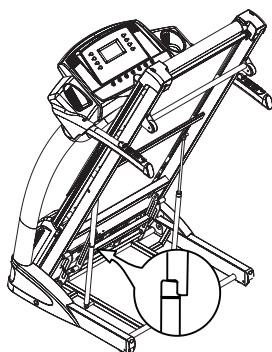
Warning: Unplug the Power Cord Before Removing the Motor Cover.

After cleaning and checking all assembly hardware, to turn the maintenance icon off, press the “Speed down” and “Incline down” buttons simultaneously till the icon turns off.

Note: If you do not use combined button “Speed Down” and “Incline Down” to reset, the console will display maintenance caution for 1 minute after turn on the treadmill. If you reset it by using combined button “Speed Down” and “Incline Down”, then the caution will not be displayed after turn on the treadmill.

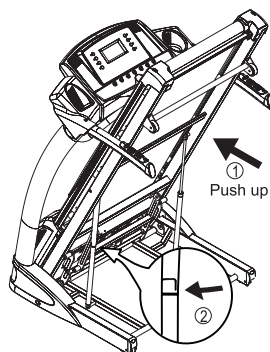
MAINTENANCE

Folding/unfolding (Soft drop function)



Fold up:

After the workout session, you can fold the treadmill to the upright position. Lift up the rear end of the treadmill until the upper and lower strut tube lock (click) into position.



Release:

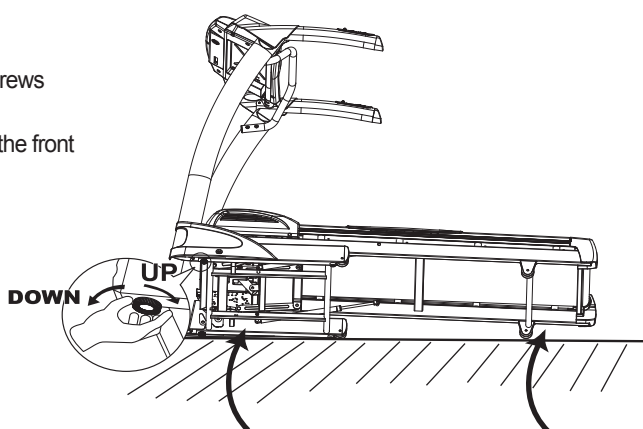
You can release the treadmill from the upright position.

1. Push the frame by hand.
2. Push (click) upper and lower strut tube with your foot.
3. Lower the treadmill by hand and it will drop automatically without any support.

Horizontal adjustment

To stabilize the treadmill on the floor, you can adjust the two screws located under the front of the base frame.

1. Lift the machine on one side and then turn the screw under the front of the base frame.
2. Turn the screws clockwise to make it screw up.
3. Turn the screw counterclockwise to make it screw down.



Trouble shooting with error codes

The electronics are continuously running self-tests. If it finds any irregularities, the electronics console will display an error code and stop normal operations for your safety.

Error codes description : E1 - Speed error E6 / E7 - Incline error

Error Code	Trouble shooting
E1:	When E1 is displayed, remove safety key and insert it again to restart treadmill. If E1 is still shown on display, please check the following: 1. Please check all cable connection is well connected. 2. The treadmill did not move after pressing the "START" button and show E1, please check if there is any part stuck. 3. The treadmill run for few seconds after pressing "START" but stops, please check if the sensor (near flywheel of front roller) is loose or defective. 4. Please check wires connected to the motor are tight and secure. 5. Please contact your local distributor / place of purchase for technical service if E1 can not be solved.
E4:	Under body mass program, heart rate is not read during continuous 8 sec. 1. Please reset or remove safety key. Then run body mass program again. 2. Please contact your local distributor / place of purchase for technical service if E4 can not be solved.
E6/E7:	When E6 / E7 is displayed, remove safety key and insert it again to restart treadmill. If E6 / E7 is still shown on display, please check the following or call for service. 1. Reset incline value: (1) When the position of incline is lower than middle level, press the "MODE" button and INCLINE "▲" button. Hold both buttons and the incline will be raised. Release the two buttons till the incline position is up to middle level. (2) When the position of incline is higher than middle level, press the "MODE" button and INCLINE "▼" button. Hold both buttons and the incline will be lowered. Release the two buttons till the incline position is down to middle level. Please try it for few times. If you can not get the incline moved, please contact local distributor / place of purchase. Once the incline position is at middle level, please turn off power and restart. Please see if E6 / E7 goes away. If not, please contact your local distributor / place of purchase for technical service. 2. Please check if red / white incline cables are well connected to MCB. 3. If the above steps can not reset incline, please contact your local distributor / place of purchase for technical service.