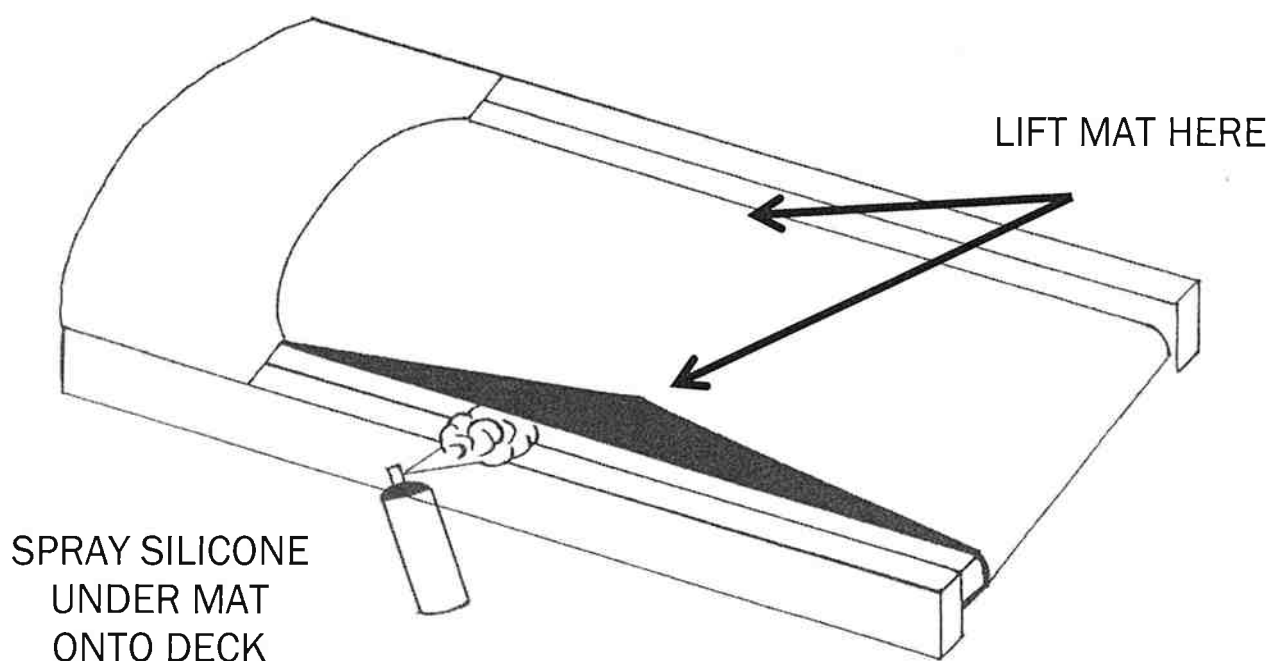


ATTENTION!

TREADMILL MUST BE LUBRICATED ONCE EVERY 100 HOURS OF USE
TO MAINTAIN OPERATION.

TO LUBRICATE, LIFT MAT AND SPRAY SILICONE ONTO THE RUNNING
DECK, ENSURING SILICONE REACHES THE CENTRELINE OF THE
DECK, ALL AROUND IMPACT OR FOOTFALL AREA. THE ENTIRE WIDTH
OF THE DECK MUST BE COVERED



SILICONE & ONLY SILICONE MUST BE USED AS LUBRICANT. WD40 &
OILS ARE NOT SUITABLE. SILICONE MAY BE PURCHASED FROM
HARDWARES, AUTO STORES OR YOUR DEALER.

IF YOU ARE UNSURE ABOUT LUBRICATION PROCEDURE, CONTACT
YOUR LOCAL DEALER.

**WARNING! TREADMILLS NOT MAINTAINED WITH SILICON
ARE NOT COVERED BY WARRANTY**

Table Of Contents



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

■ **Important Safety Instruction.....1**

■ **Assembly Instruction**
MX900/MX950.....2

■ **CONSOLE OPERATION**
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■ **Preset Program**
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■ **Utilizattion.....11**

■ **Care.....12**

IMPORTANT SAFETY INSTRUCTIONS

DANGER

- To reduce the risk of electric shock

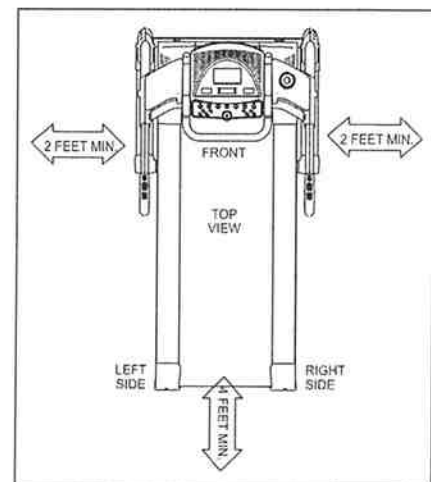
Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

- ◆ Use this appliance only for its intended uses as described in this manual. Do not use attachment not recommended by the manufacture.
- ◆ To disconnect, turn all controls to the off position, then remove plug from outlet.
- ◆ Connect this appliance to properly grounded outlet only. See Grounding Instructions.
- ◆ The appliance is intended for household use.
- ◆ When you are not going to use your treadmill, or when finishing, please remove the safety key from the console then always position the safety key where the children can not take.
- ◆ Do not use outdoors.
- ◆ Always unplug the treadmill from the electrical outlet immediately after using and before cleaning, assembling or servicing.
- ◆ Never leave the treadmill unattended when plugged in. Disconnect by turning off the master power switch and unplugging from outlet.
- ◆ Never operate this treadmill if it has a damaged cord or plug, is not working properly, if it has been dropped or 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 this treadmill is 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 object into any opening.
- ◆ Before using the treadmill, always warm up your muscles to prevent the exercise injury.

- ◆ Please unplug the electrical cord from the electrical outlet, and always prevent the children from danger because of careless touching
- ◆ Keep electric cord away from heated surfaces.
- ◆ Keep hands clear of all moving parts. Never place hands or feet under the treadmill.
- ◆ Before each use, check that the running belt is aligned and centered on the treadmill bed and all visible fasteners on the treadmill are sufficiently tightened and secure.
- ◆ Keep the treadmill on a solid, level surface with sides at least two feet from any walls. Be sure the area around the treadmill remains clear during use and has adequate clearance.

NOTE:

Failure to follow these instructions may lead to personal injury and cause damage to the treadmill. To reduce the risk of burns, fire, electric shock, please keep the following in mind:



ELECTRICAL GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric 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 electric 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.

⚠ Warning

Never use extension cords between the treadmill and wall outlet.

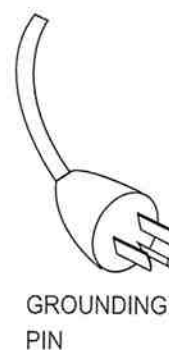
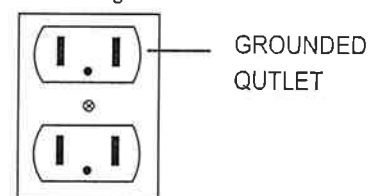


Figure
Grounding methods

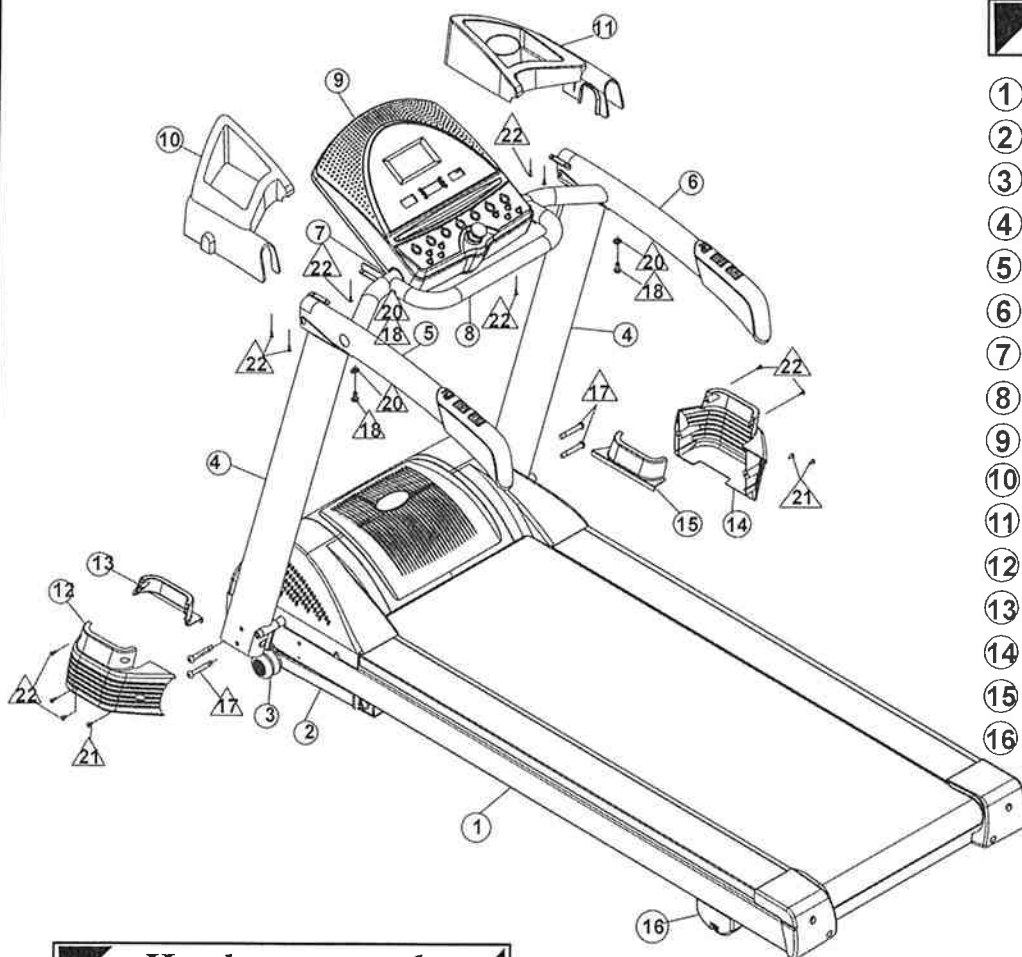


MX900/MX950

ASSEMBLY INSTRUCTION

Since your treadmill is a heavy piece of equipment, we recommend that 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 for you to pick up the treadmill over the sides of the box.

Prior to starting the assembly process take all of the parts out of the box, remove all plastic bags, and 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 handlebars and the display window.



Parts

- ① Frame
- ② Base frame
- ③ Wheel
- ④ Support Handle
- ⑤ Handlebar(Left)
- ⑥ Handlebar(Right)
- ⑦ Console Bracket
- ⑧ Handle Rail
- ⑨ Console
- ⑩ Left Rack
- ⑪ Right Rack
- ⑫ Frame cover-Left
- ⑬ Frame cover-Left
- ⑭ Frame cover-Right
- ⑮ Frame cover-Right
- ⑯ Rear feet

Hardware \ tool

Screws Already in Place on the Treadmill

M8*20L(6PCS)	M8*15L(4PCS)	M8(10PCS)	W1/4"*1/2"L(4PCS)	M4*10L(10PCS)
				
⑱ screws	⑲ screws	⑳ washer	㉑ screws	㉒ screws

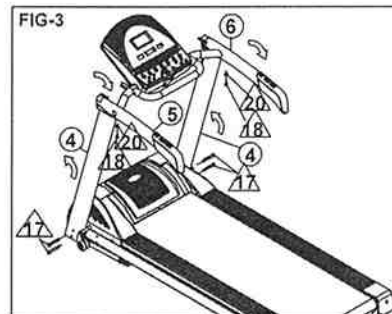
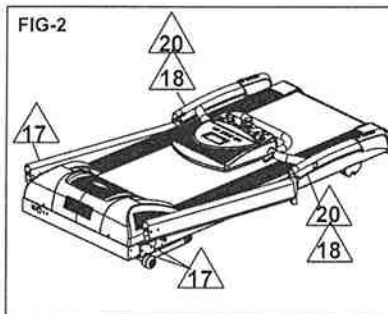
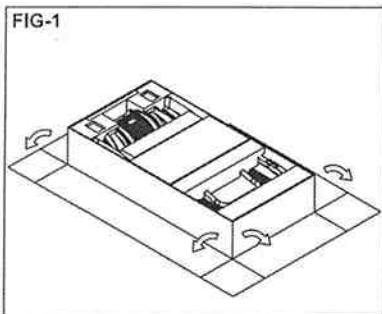
Tool or Screws in the Plastic Bag

M10*55L(4PCS)	(1PCS)	(1PCS)	(1PCS)	(1PCS)	(1PCS)
					
㉓ screws	㉔ T Handle Wrench	㉕ Coupler	㉖ PH2 Bit	㉗ Hex 5mm Bit	㉘ Hex 6mm Bit

MX900/MX950

ASSEMBLY INSTRUCTION

Step 1: Base frame and support handles assembly

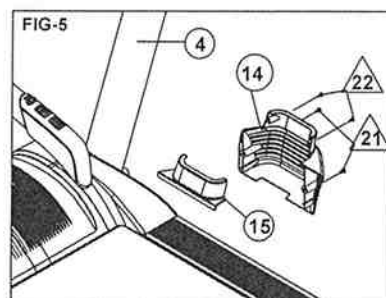
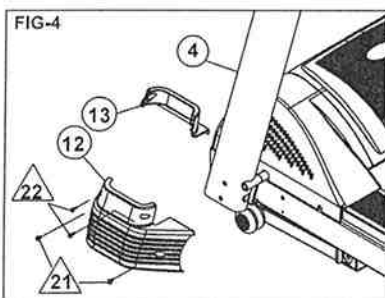


1. Flat the shipping box and take out packing material, Styrofoam, parts, screw bag and manual etc. from shipper box.
2. Remove screws 17 on right/left sides of frame. Remove screws 18, 20 on right/left handlebars.
3. Upright support handle 4 and handlebars 5, 6. Attach 4 pcs of screws 17 on right/left support handle.

Warning:

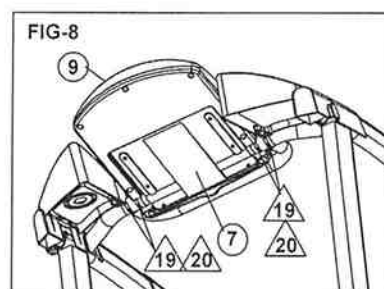
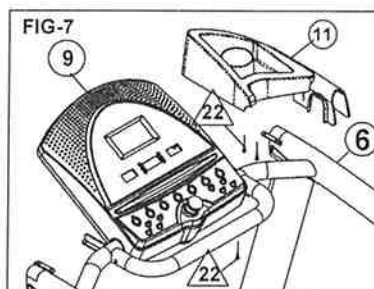
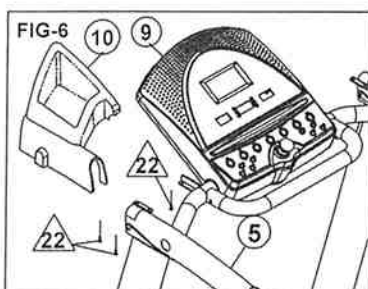
1. Please hold the treadmill well during above process to avoid treadmill tilt and be careful for safety to be away from getting hurt.
2. Be careful not to pinch the cables/harness inside of support handle and handlebar.

Step 2: Racks assembly



1. Remove 2 pcs of screws 22 from left frame cover 13. Attach left frame covers 12, 13 on frame and tighten the 2 pcs of screw 21 and 2 pcs of screw 22. (FIG 4)
2. Remove 2 pcs of screw 14 from right frame cover 15. Attach right frame covers 14, 15 on frame and tighten the 2 pcs of screw 14 and 2 pcs of screw 22. (FIG 5)

Step 3: Complete assembly



1. Remove 3 pcs of screws 22 from handlebar. Attach left rack on handlebar and tighten with 3 pcs of screws 22. (FIG 6)
2. Remove 3 pcs of screws 22 from handlebar. Attach right rack on handlebar and tighten with 3 pcs of screws 22. (FIG 7)
3. Rotate console tube to have console on proper position. Tighten screws 19, 20 to fix console. (FIG 8)

MX950

CONSOLE OPERATION

Buttons and Windows

Incline up:

This will select program/level in setting mode before starting.
This will increase the elevation in 1 increment.

Incline down:

This will select program/level in setting mode before starting.
This will decrease the elevation in 1 increment.

SPEED up:

This will select program/level in setting mode before starting.
This will increase the speed in 0.1 km/h or 0.1 mph

SPEED down:

This will select program/level in setting mode before starting.
This will decrease the speed in 0.1 km/h or 0.1 mph

ENTER:

This will set-up each program. into every step.

START/STOP:

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

MODE:

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

Quick keys for speed /incline:

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

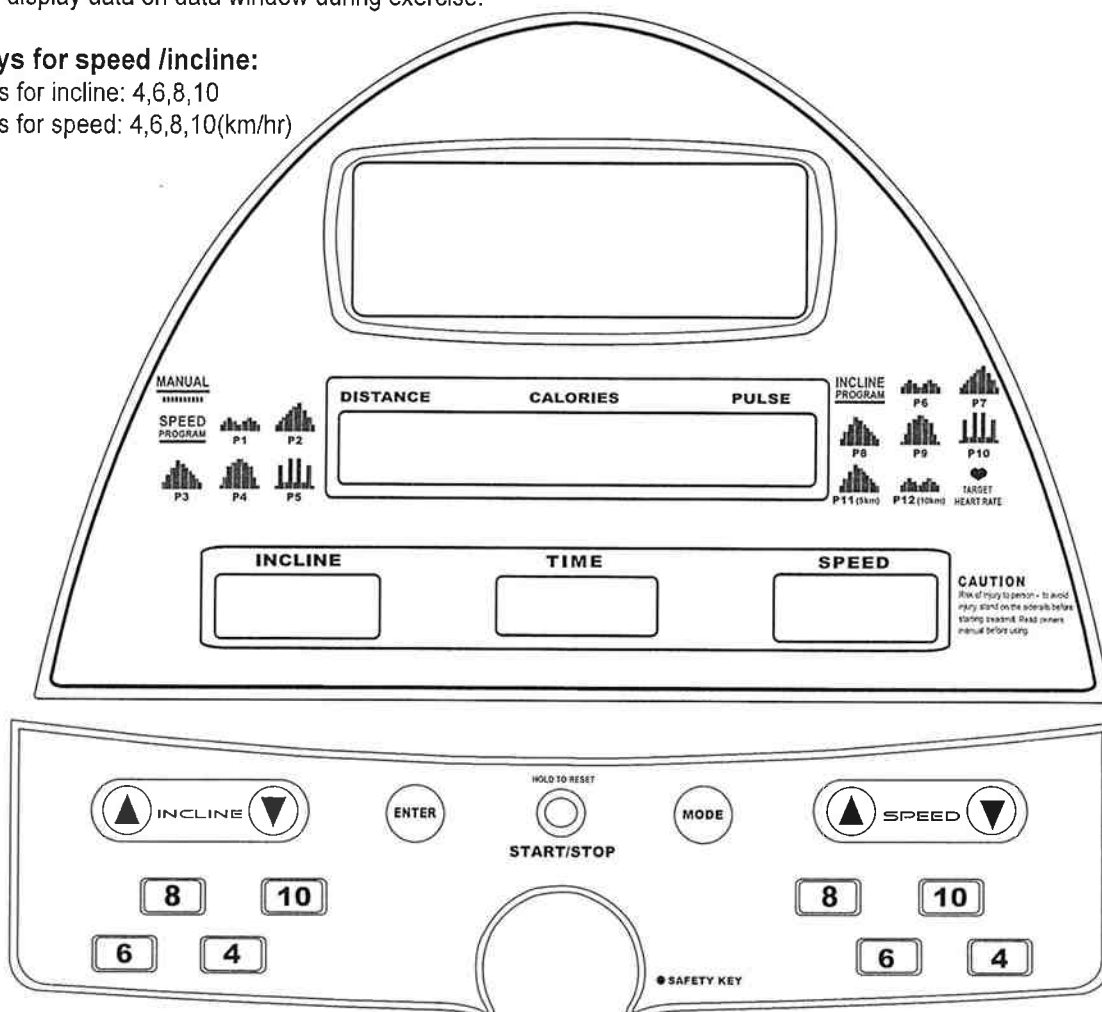
Quick keys for speed: 4,6,8,10(km/hr)

If the light under each button is flashing, it means to use that button for next setup process.

There are 4 LED windows and 16 Alpha numeric display.

Handlebar toggle for incline and speed adjustment

1. Left: for incline adjustment. Increase or decrease by 1 every time.
2. Right: for speed adjustment. Increase or decrease by 0.1 km/hr every time.



MX900/MX950 CONSOLE OPERATION

The MX900 treadmill console is with 1 Manual function, 12 preset programs, 1 H.R.C program, Body Mass and 2 user setting programs.

The MX950 treadmill console is with 1 Manual function, 12 preset programs, 1 H.R.C program.

Manual Function

MX800-1. Attach safety key and press "MODE" into selecting program mode.

2. Using speed arrow buttons to choose "Manual" function, then press "ENTER".
3. Time window is flashing. Using speed or incline arrow buttons to input workout time (10~99 Min.)

MX850-1. Attach safety key and 16 Alpha numeric display shows "Welcome To Strength Master".

2. Press "Mode" into Manual editing mode. 16 Alpha numeric display shows "SET TIME".
3. Using speed or incline arrow buttons to input workout time.(10~99 Min.) Press "ENTER".
4. Press "START".

12 Preset Programs

P1~P5: Automatically change the speed of the treadmill throughout the workout.

P6~10: Automatically change the level of incline for the treadmill belt.

P11: 5km distance program. Automatically change the level of incline for the treadmill belt. The user sets the speed to a desired level and the program modifies the incline. The user can override the incline for any segment within the workout but at the end of each workout segment the program will override any adjustments made to the incline.

P12: 10km distance program. Automatically change the level of incline for the treadmill belt. The user sets the speed to a desired level and the program modifies the incline. The user can override the incline for any segment within the workout but at the end of each workout segment the program will override any adjustments made to the incline.

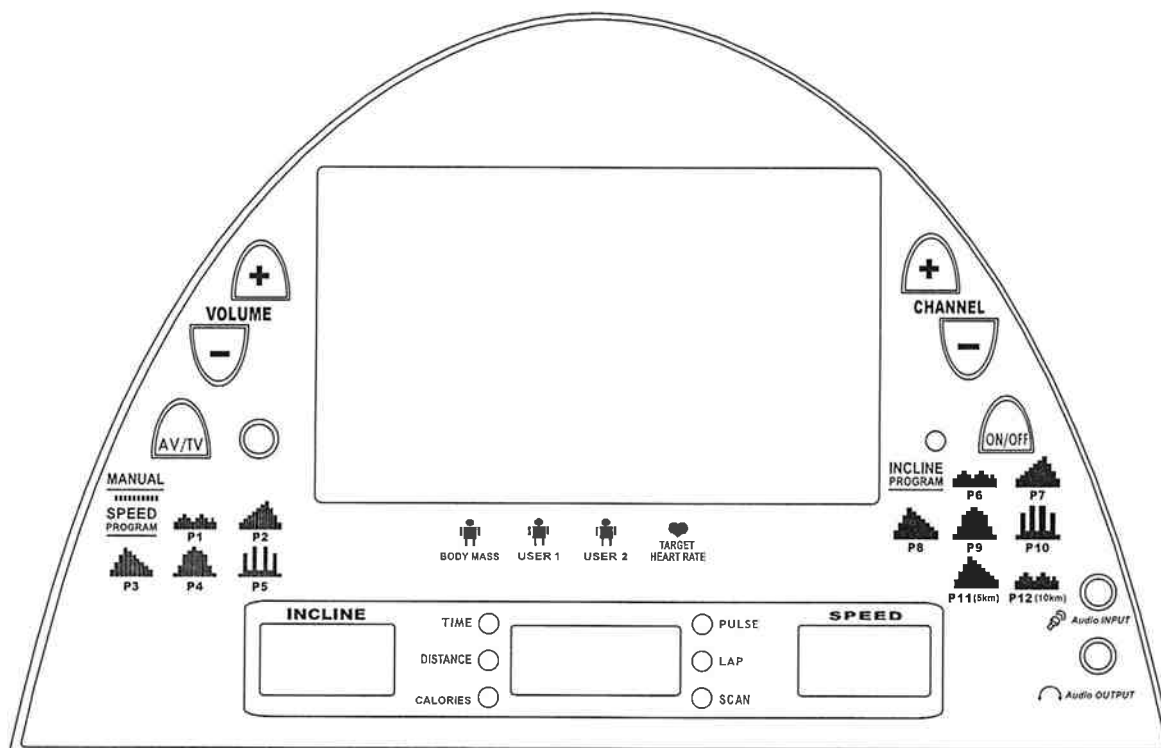
1. Attach safety key and press "MODE" into selecting program mode.
2. Using speed arrow buttons to choose desired preset program "P1~P12". Then press "ENTER".
LCD window shows speed (P1~P5) or incline (P6~P12)
3. Using incline arrow buttons to choose desired level (L1~L3). Then press "ENTER"
4. Using speed or incline arrow buttons to input workout time (10~99 Min.)

Target Heart Rate Program

This program automatically modifies the speed and incline to maintain a preset target heart rate. This target is established in the setup process. The chart on this owners 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, age, your target heart rate and max. desired speed.

1. Attach safety key and press "MODE" into selecting program mode.
2. Using speed arrow buttons to choose "HRC" program. Then press "ENTER".
3. Using speed or incline arrow buttons to input your age. (13-80) Then press "ENTER".
4. Using speed or incline arrow buttons to input your target heart rate. Then press "ENTER".
5. Using speed or incline arrow buttons to input max. desired speed. Then press "ENTER".
6. Using speed or incline arrow buttons to input workout time. (10~99 Min.)

TFT-LCD TV CONSOLE OPERATION



Button function:

Button	Function
POWER ON/OFF	Press to power on or power off TV display.
MODE	1. Press to select TV/Video/MP3 Function. TV-AV-MP3 2. Hold for 3~4 seconds: enter into "MENU" to setup screen.
CH+ CH-	1. In TV mode: Press to select channel. 2. In MENU mode: Press to select item to set up.
VOL+ VOL -	1. In TV/Vedio/MP3 mode: Press to adjust volume. 2. In MENU mode: Press to adjust the value of each item.

MENU Mode: Allowing user to adjust the value of Brightness, Contrast, Color and Tint.

1. Hold "MODE" for 3~4 seconds into "MENU" model. Using button CH+ and CH- to select the item you like to set up.
2. Using button VOL+ and VOL- to adjust value of each item as below.

Item	Description
BRIGHTNESS	Adjust BRIGHTNESS. 0 ~ 63
CONTRAST	Adjust CONTRAST. 0 ~ 63
COLOR	Adjust COLOR. 0 ~ 63
TINT	Adjust TINT. 0 ~ 63
RESET	Return to DEFAULT value.
MUTE	Mute
TV SYSTEM	Select TV system. NTSC-M 、BNTSC-J 、BPAL-BG 、BPAL-DK 、BPAL-AI 、BSECAM-BG 、BSECAM-DK 、BSECAM-L according to Tuner.
EXIT	Press VOL+ or VOL- to exit MENU mode.

MX900/MX950 CONSOLE OPERATION

Notes:

- 1) After press "START", there is a warming period for first 3 minutes at incline level 5 and speed 3.0km/hr.
- 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, increases speed by 0.2km/h every time and increases incline by 1 once changing speed by 5 times. If the actual heart rate is reached target heart rate, decreases speed by 0.2km/h every time and decreases incline by 1 once changing speed by 5 times.
- 4) If the speed is increased up to max. target speed, then speed can not be increased anymore even though the actual heart rate is still less than target heart rate.
- 5) If it does not read heart rate signal from user in 30 seconds after warming up period, the treadmill stops into runend mode.

Body Mass (Only for MX900)

1. Attach safety key and press "MODE" into selecting program mode.
2. Using speed arrow buttons to choose "Body Mass" program. Then press "ENTER".
3. Using speed or incline arrow buttons to input your sex, height, weight, and age. Then press "ENTER".
4. LCD window shows "Please Hold". Please hold the hand pulse grips.
5. It shows BMI on LCD window value after 25 seconds measurement.

Notes:

- 1) It shows E4 if it does not read signal from hand pulse grips.

Body Mass Index Comparison table

under weight	>20
IBW	21~24
Overweight I	25~29
Overweight II	30~34
Overweight III	≥40

User setup programs (Only for MX900)

1. Attach safety key and press "MODE" into selecting program mode.
2. Using speed arrow buttons to choose "User 1" or "User 2" program. Then press "ENTER".
3. Using speed or incline arrow buttons to input workout time. (10~99 Min.) Then press "ENTER".
4. During setup process: Incline window shows level of incline, Time window shows number of segment, Speed window shows speed level.
5. Using incline arrow buttons to input level of incline for each segment. Using speed arrow buttons to input speed level for each segment. Then press "ENTER" for next segment till finish all 30 segments.

PRESET PROGRAM

Under preset programs, the preset workout time is 30 minutes. You can adjust the workout time while in set program mode.

MX900\TFT-LCD TV

		SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Speed Program	P1	LEVEL 1	2	2	2	3	3	3	4	4	4	3	3	3	2	2	2	3	3	3	4	4	4	3	3	3	2	2	3	3	2	2
		LEVEL 2	3	3	3	4	4	4	5	5	5	4	4	4	3	3	3	4	4	4	5	5	5	4	4	4	3	3	4	4	3	3
		LEVEL 3	4	4	4	5	5	5	6	6	6	5	5	5	4	4	4	5	5	5	6	6	6	5	5	5	4	4	5	5	4	4
	P2	LEVEL 1	2	2	2	3	3	3	4	4	4	5	5	5	6	6	6	7	7	7	8	8	8	6	6	6	4	4	4	2	2	2
		LEVEL 2	3	3	3	4	4	4	5	5	5	6	6	6	7	7	7	8	8	8	9	9	9	7	7	7	5	5	5	3	3	3
		LEVEL 3	4	4	4	5	5	5	6	6	6	7	7	7	8	8	8	9	9	9	10	10	10	8	8	8	6	6	6	4	4	4
	P3	LEVEL 1	2	2	2	4	4	4	6	6	6	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2
		LEVEL 2	3	3	3	5	5	5	7	7	7	9	9	9	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3
		LEVEL 3	4	4	4	6	6	6	8	8	8	10	10	10	9	9	9	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4
	P4	LEVEL 1	1	1	1	3	3	3	6	6	6	7	7	7	7	8	8	8	8	7	7	7	7	6	6	6	3	3	3	1	1	1
		LEVEL 2	2	2	2	4	4	4	7	7	7	8	8	8	8	9	9	9	9	8	8	8	8	7	7	7	4	4	4	2	2	2
		LEVEL 3	3	3	3	5	5	5	8	8	8	9	9	9	9	10	10	10	10	9	9	9	9	8	8	8	5	5	5	3	3	3
	P5	LEVEL 1	1	1	1	7	7	7	2	2	2	9	9	9	9	2	2	2	2	9	9	9	9	2	2	2	7	7	7	1	1	1
		LEVEL 2	2	2	2	8	8	8	2	2	2	10	10	10	10	3	3	3	3	10	10	10	10	2	2	2	8	8	8	2	2	2
		LEVEL 3	3	3	3	9	9	9	2	2	2	11	11	11	11	4	4	4	4	11	11	11	11	2	2	2	9	9	9	3	3	3
Incline Program	P6	LEVEL 1	2	2	2	3	3	3	4	4	4	3	3	3	2	2	2	3	3	3	4	4	4	3	3	3	2	2	3	3	2	2
		LEVEL 2	3	3	3	4	4	4	5	5	5	4	4	4	3	3	3	4	4	4	5	5	5	4	4	4	3	3	4	4	3	3
		LEVEL 3	4	4	4	5	5	5	6	6	6	5	5	5	4	4	4	5	5	5	6	6	6	5	5	5	4	4	5	5	4	4
	P7	LEVEL 1	2	2	2	3	3	3	4	4	4	5	5	5	6	6	6	7	7	7	8	8	8	6	6	6	4	4	4	2	2	2
		LEVEL 2	3	3	3	4	4	4	5	5	5	6	6	6	7	7	7	8	8	8	9	9	9	7	7	7	5	5	5	3	3	3
		LEVEL 3	4	4	4	5	5	5	6	6	6	7	7	7	8	8	8	9	9	9	10	10	10	8	8	8	6	6	6	4	4	4
	P8	LEVEL 1	2	2	2	4	4	4	6	6	6	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2
		LEVEL 2	3	3	3	5	5	5	7	7	7	9	9	9	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3
		LEVEL 3	4	4	4	6	6	6	8	8	8	10	10	10	9	9	9	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4
	P9	LEVEL 1	1	1	1	3	3	3	6	6	6	7	7	7	7	8	8	8	8	7	7	7	7	6	6	6	3	3	3	1	1	1
		LEVEL 2	2	2	2	4	4	4	7	7	7	8	8	8	8	9	9	9	9	8	8	8	8	7	7	7	4	4	4	2	2	2
		LEVEL 3	3	3	3	5	5	5	8	8	8	9	9	9	9	10	10	10	10	9	9	9	9	8	8	8	5	5	5	3	3	3
	P10	LEVEL 1	1	1	1	7	7	7	2	2	2	9	9	9	9	2	2	2	2	9	9	9	9	2	2	2	7	7	7	1	1	1
		LEVEL 2	2	2	2	8	8	8	2	2	2	10	10	10	10	3	3	3	3	10	10	10	10	2	2	2	8	8	8	2	2	2
		LEVEL 3	3	3	3	9	9	9	2	2	2	11	11	11	11	4	4	4	4	11	11	11	11	2	2	2	9	9	9	3	3	3
P11 (5km)	LEVEL 1	2	2	2	4	4	4	6	6	6	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	
	LEVEL 2	3	3	3	5	5	5	7	7	7	9	9	9	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	
	LEVEL 3	4	4	4	6	6	6	8	8	8	10	10	10	9	9	9	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	
P12 (10km)	LEVEL 1	2	2	2	3	3	3	4	4	4	3	3	3	2	2	2	3	3	3	4	4	4	3	3	3	2	2	3	3	2	2	
	LEVEL 2	3	3	3	4	4	4	5	5	5	4	4	4	3	3	3	4	4	4	5	5	5	4	4	4	3	3	4	4	3	3	
		LEVEL 3	4	4	4	5	5	5	6	6	6	5	5	5	4	4	4	5	5	5	6	6	6	5	5	5	4	4	5	5	4	4

Speed Program:



P1



P2



P3



P4



P5

Incline Program:



P6



P7



P8



P9



P10



P11 (5km)



P12 (10km)

PRESET PROGRAM

Under preset programs, the preset workout time is 30 minutes. You can adjust the workout time while in set program mode.

MX950

SEGMENT		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Speed Program	P1 LEVEL 1	2	2	3	3	4	4	4	3	3	3	2	2	2	3	3	3	4	4	4	3	3	3	2	2
	P1 LEVEL 2	3	3	4	4	5	5	5	4	4	4	3	3	3	4	4	4	5	5	5	4	4	4	3	3
	P1 LEVEL 3	4	4	5	5	6	6	6	5	5	5	4	4	4	5	5	5	6	6	6	5	5	5	4	4
	P2 LEVEL 1	2	2	3	3	4	4	5	5	6	6	7	7	7	8	8	8	6	6	6	4	4	4	2	2
	P2 LEVEL 2	3	3	4	4	5	5	6	6	7	7	8	8	8	9	9	9	7	7	7	5	5	5	3	3
	P2 LEVEL 3	4	4	5	5	6	6	7	7	8	8	9	9	9	10	10	10	8	8	8	6	6	6	4	4
	P3 LEVEL 1	2	2	4	4	4	6	6	6	8	8	8	7	7	7	6	6	5	5	4	4	3	3	2	2
	P3 LEVEL 2	3	3	5	5	5	7	7	7	9	9	9	8	8	8	7	7	6	6	5	5	4	4	3	3
	P3 LEVEL 3	4	4	6	6	6	8	8	8	10	10	10	9	9	9	8	8	7	7	6	6	5	5	4	4
	P4 LEVEL 1	1	1	3	3	6	6	6	7	7	7	8	8	8	8	7	7	7	6	6	6	3	3	1	1
	P4 LEVEL 2	2	2	4	4	7	7	7	8	8	8	9	9	9	9	8	8	8	7	7	7	4	4	2	2
	P4 LEVEL 3	3	3	5	5	8	8	8	9	9	9	10	10	10	10	9	9	9	8	8	8	5	5	3	3
Incline Program	P5 LEVEL 1	1	1	7	7	7	2	2	2	9	9	9	2	2	9	9	9	2	2	2	7	7	7	1	1
	P5 LEVEL 2	2	2	8	8	8	2	2	2	10	10	10	3	3	10	10	10	2	2	2	8	8	8	2	2
	P5 LEVEL 3	3	3	9	9	9	2	2	2	11	11	11	4	4	11	11	11	2	2	2	9	9	9	3	3
	P6 LEVEL 1	2	2	3	3	4	4	4	3	3	3	2	2	2	3	3	3	4	4	4	3	3	3	2	2
	P6 LEVEL 2	3	3	4	4	5	5	5	4	4	4	3	3	3	4	4	4	5	5	5	4	4	4	3	3
	P6 LEVEL 3	4	4	5	5	6	6	6	5	5	5	4	4	4	5	5	5	6	6	6	5	5	5	4	4
	P7 LEVEL 1	2	2	3	3	4	4	5	5	6	6	7	7	8	8	8	8	6	6	6	4	4	4	2	2
	P7 LEVEL 2	3	3	4	4	5	5	6	6	7	7	8	8	8	9	9	9	7	7	7	5	5	5	3	3
	P7 LEVEL 3	4	4	5	5	6	6	7	7	8	8	9	9	9	10	10	10	8	8	8	6	6	6	4	4
	P8 LEVEL 1	2	2	4	4	4	6	6	6	8	8	8	7	7	7	6	6	5	5	4	4	3	3	2	2
	P8 LEVEL 2	3	3	5	5	5	7	7	7	9	9	9	8	8	8	7	7	6	6	5	5	4	4	3	3
	P8 LEVEL 3	4	4	6	6	6	8	8	8	10	10	10	9	9	9	8	8	7	7	6	6	5	5	4	4
	P9 LEVEL 1	1	1	3	3	6	6	6	7	7	7	8	8	8	8	7	7	7	6	6	6	3	3	1	1
	P9 LEVEL 2	2	2	4	4	7	7	7	8	8	8	9	9	9	9	8	8	8	7	7	7	4	4	2	2
	P9 LEVEL 3	3	3	5	5	8	8	8	9	9	9	10	10	10	10	9	9	9	8	8	8	5	5	3	3
	P10 LEVEL 1	1	1	7	7	7	2	2	2	9	9	9	2	2	9	9	9	2	2	2	7	7	7	1	1
	P10 LEVEL 2	2	2	8	8	8	2	2	2	10	10	10	3	3	10	10	10	2	2	2	8	8	8	2	2
	P10 LEVEL 3	3	3	9	9	9	2	2	2	11	11	11	4	4	11	11	11	2	2	2	9	9	9	3	3
	P11 (5km) LEVEL 1	2	2	4	4	4	6	6	6	8	8	8	7	7	7	6	6	5	5	4	4	3	3	2	2
	P11 (5km) LEVEL 2	3	3	5	5	5	7	7	7	9	9	9	8	8	8	7	7	6	6	5	5	4	4	3	3
	P11 (5km) LEVEL 3	4	4	6	6	6	8	8	8	10	10	10	9	9	9	8	8	7	7	6	6	5	5	4	4
	P12 (10km) LEVEL 1	2	2	3	3	4	4	4	3	3	3	2	2	2	3	3	3	4	4	4	3	3	3	2	2
	P12 (10km) LEVEL 2	3	3	4	4	5	5	5	4	4	4	3	3	3	4	4	4	5	5	5	4	4	4	3	3
	P12 (10km) LEVEL 3	4	4	5	5	6	6	6	5	5	5	4	4	4	5	5	5	6	6	6	5	5	5	4	4

Speed Program:



Incline Program:



Read carefully the following before using your treadmill

- ◆ Always stretch your muscles before exercise program. Warm up slowly by walking at a slow speed. Increase workout intensity gradually until you reach your desired workout pace, gradually to an easy walk, allowing your heart rate to decrease to normal situation.
- ◆ When start the treadmill, always stand with both feet on the step-on side rails.
- ◆ When finishing, allow the running belt to slow 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, neckties, 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 and small rocks.

Warning

If you feel dizzy, nausea, chest pin, 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, reducing your heart rate to a normal level before completing your workout.
2. Grasp the handlebars and press the SLOW 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 the required periodic and preventative maintenance can void your warranty.

At the end of every exercise session always

1. Remove the Safety Key from the computer console.
2. Use the master power switch to turn the treadmill off. The master power switch is located at the right side of frame next to the electrical cord.
3. Always position and store the electrical cord where is clear from all pathways.
4. Unplug the electrical cord from the electrical outlet. This is especially important if you are not going to use your treadmill for extended periods.
5. Wipe all treadmill surfaces with a dry cloth or towel especially perspiration on the handlebars, control panel, running belt or 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. To remove dust, use a small vacuum nozzle to carefully vacuum around all visible components.
3. To remove film or dirt use a slightly damp rag with a mild cleaning agent sprayed onto the rag only.
4. Be careful not to immerse any treadmill component with any liquids.

Cleaning and inspecting the running belt

Turn off the power and unplug from 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 face. Return treadmill to its upright position. If running belt edges are frayed, check the running belt alignment. If seams are splitting, call your retailer or nearest authorized service center.

Aligning the Running Belt

Ensure the running belt is centered on your treadmill at all times. Running style and a non-level surface are two instances that may cause the belt to drift off center. Minor adjustments to the two bolts at the rear of the treadmill are necessary when the belt has drifted off center.

1. Press "START" to begin running belt, then increase the treadmill's speed to 5 Km/hr (3 M/hr).
2. Stand at the rear of the treadmill to determine which direction the belt is drifting.
3. If the belt drifts to the left, turn the left adjustment bolt with wrench # 6 one-quarter of a turn clockwise. (See FIG.C)
4. If the belt drifts to the right, turn the right adjustment bolt with wrench # 6 one-quarter of a turn clockwise. (See FIG.D)
5. Observe the tracking of the belt for about 30 seconds. Repeat step 3, 4 and 5 as needed.

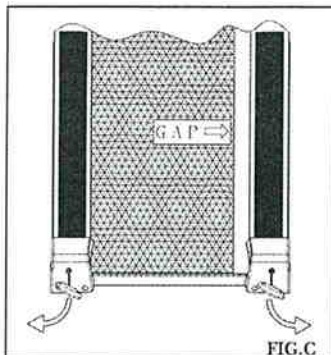


FIG.C

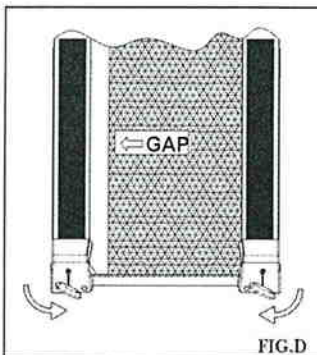


FIG.D

Inspecting Fasteners and Cable

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

Storage

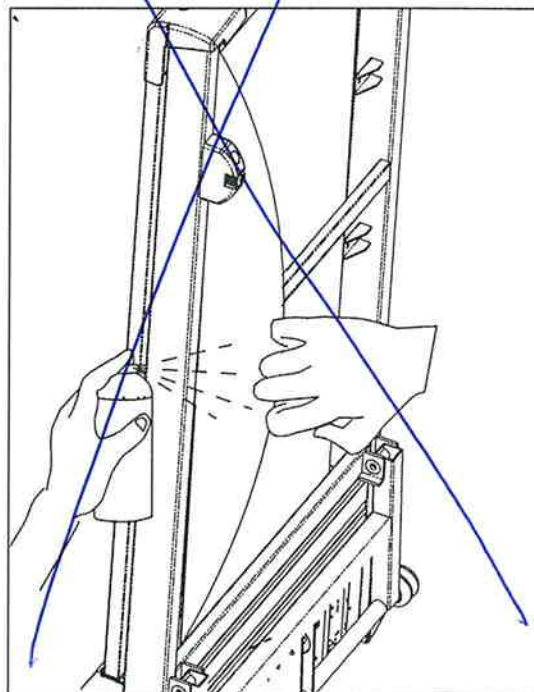
Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is unplugged from the electrical outlet.

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 from the electrical outlet. Lift the base frame of the treadmill and then roll the treadmill to the desired position.

Running Belt Lubrication

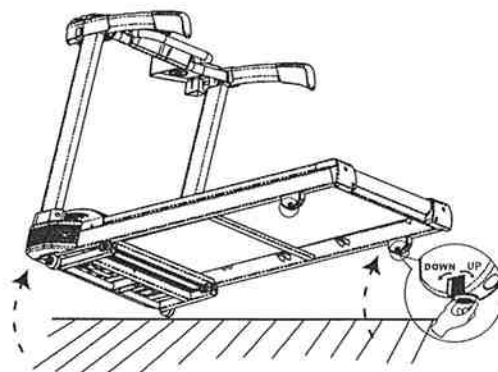
When you feel the noise of running belt is louder, please use silicone fluid spray on running belt. It is easy and quick. Before proceeding, ensure the treadmill power is off and unplugged. Fold up the treadmill to upright position. Loosen the running belt and then spray silicone on the inner side of running belt from both sides. Ensure spray entire running belt. Please see illustration. After spraying, please align the running belt and adjust the running belt tension.



Horizontal Adjustment

To fit machine on floor stable, you can adjust the 2 screws located under the front of base frame.

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



Trouble shooting with Error codes

Electronics continuously runs a self check. If it finds an irregularity, the electronic console will display an error code and stop normal operation for safety.

Error Code	Description
E1	Speed Error
E6/E7	Incline Error

Error Code	MODEL	Trouble shooting
E1:	MX900 MX950 TFT-LCD TV	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. Please contact for service to check speed sensor and MCB.
E3:	MX900 TFT-LCD TV	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.
E6\E7:	MX900 MX950 TFT-LCD TV	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. Press "Mode"+"Slow" buttons together. ②. Press "Mode"+"Up" buttons together. ③. Press "Mode"+"Down" buttons together. Then press "START" to see if E6/E7 goes away. 2. Please check red/white incline cables are well connected on MCB or not. 3. If the above steps can not reset incline, please contact stores for service.