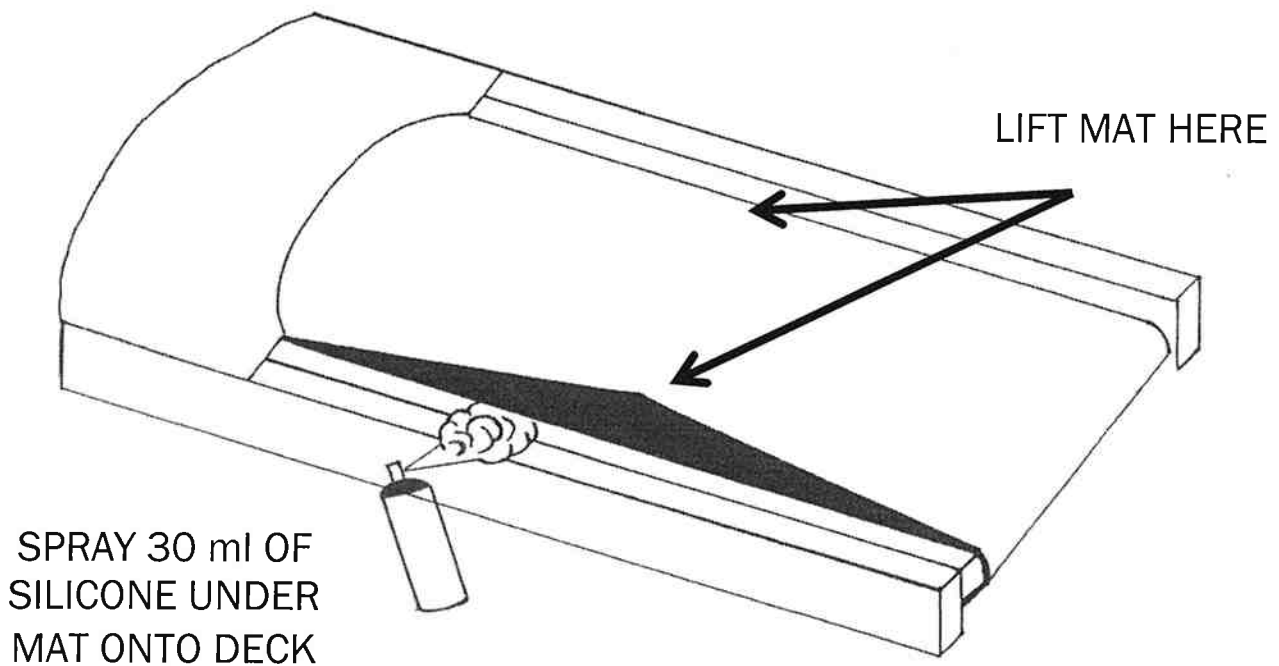


ATTENTION!

TREADMILL MUST BE LUBRICATED WITH 30ml OF SILICONE ONCE EVERY 40 HOURS OF USE OR ONCE PER MONTH TO MAINTAIN OPERATION.

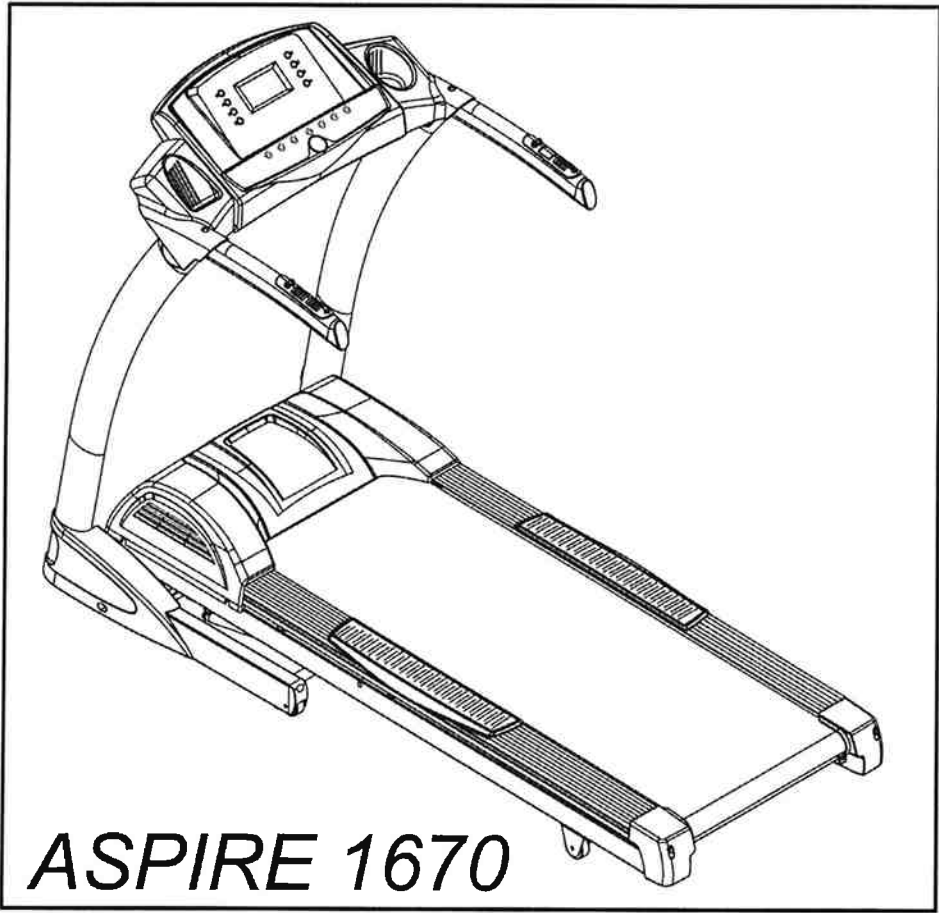
TO LUBRICATE, LIFT MAT (USE BLUNT INSTRUMENT IF NECESSARY) AND SPRAY SILICONE ONTO THE RUNNING DECK, ENSURING SILICONE REACHES THE CENTRELINE OF THE DECK, ALL AROUND IMPACT OR FOOTFALL AREA. THE ENTIRE WIDTH OF THE DECK MUST BE COVERED



SILICONE & ONLY 100% HIGH QUALITY SILICONE LUBRICANT MUST BE USED AS LUBRICANT. WD40 & OILS ARE NOT SUITABLE. WE STRONGLY RECOMMEND INFINITI SILICONE LUBRICANT, AN INFERIOR QUALITY LUBRICANT MAY VOID YOUR WARRANTY. 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



ASPIRE 1670

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.

■ <i>Important Safety Instruction</i>	1	■ <i>Treadmill Operations</i>	7
■ <i>Assembly Instruction</i>	2	■ <i>Preset Programs</i>	10
■ <i>Electronics Overview</i>	4	■ <i>Utilization</i>	11
■ <i>Exercise Programs</i>	5	■ <i>Maintenance</i>	12

IMPORTANT SAFETY INSTRUCTIONS

DANGER - To reduce the risk of electric shock

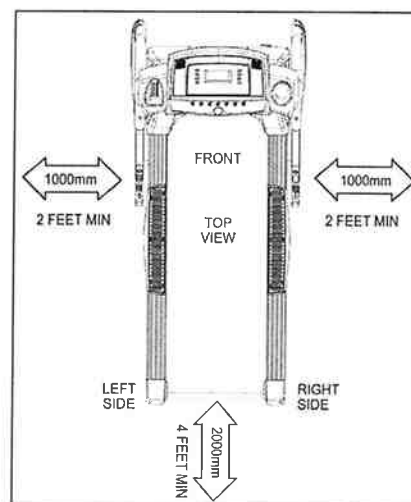
Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

- ◆ Use this appliance only for its intended uses as described in this manual. Do not use attachment not recommended by the manufacturer.
- ◆ 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 secured.
- ◆ 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

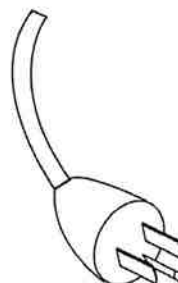
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This treadmill is equipped with a cord having equipment grounding connector and a grounding plug. The plug must be plugged into 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

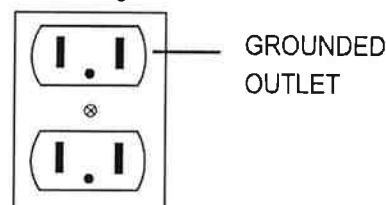
! Warning

Never use extension cords between the treadmill and wall outlet.



GROUNDING PIN

Figure
Grounding methods

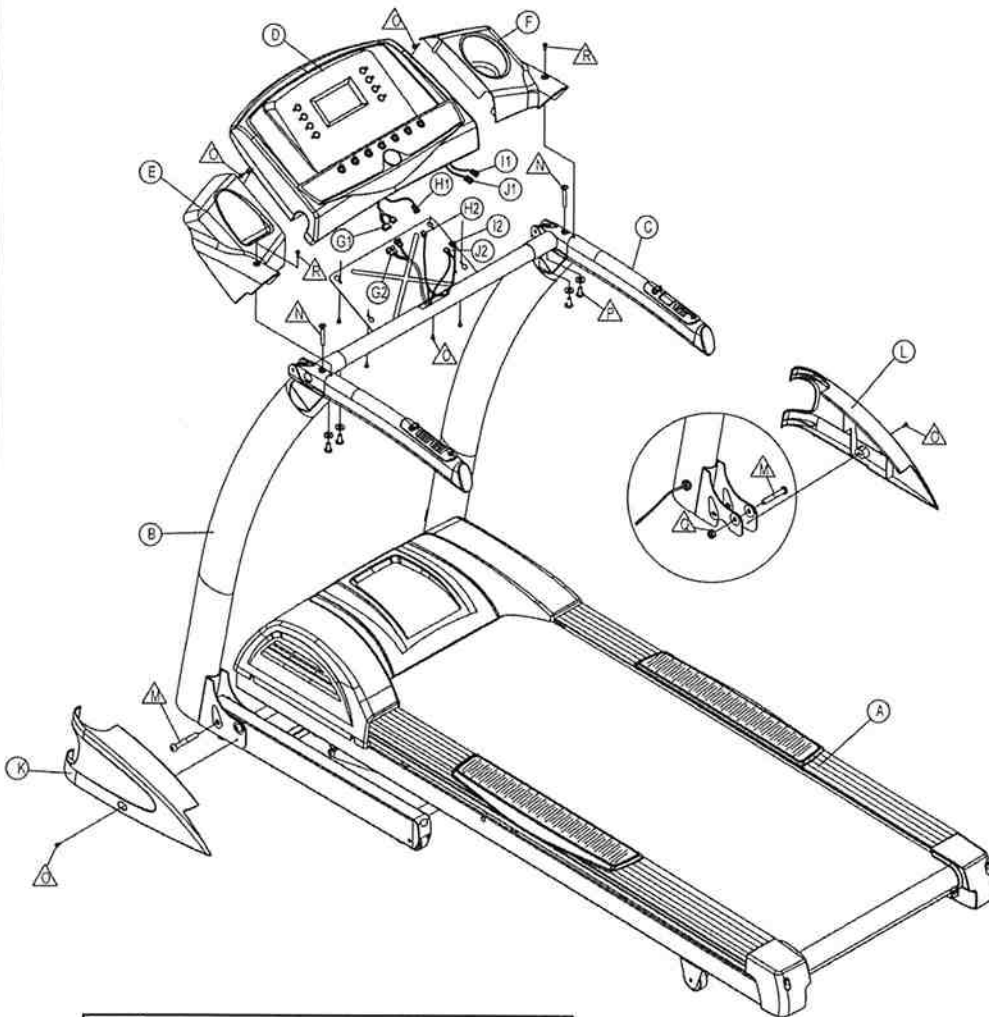


ASPIRE 1670

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

- A:Frame
- B:Support Handle
- C:Handlebar
- D:Console
- E:Rack (Left)
- F:Rack (Right)
- G1:PCB cable
- G2:PCB cable
- H1:Hand Pulse Cable
- H2:Hand Pulse Cable
- I1:Speed Control Harness
- I2:Speed Control Harness
- J1:Incline Control Harness
- J2:Incline Control Harness
- K:Left Cover
- L:Right 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

Hardware \ tool

Screws Already in Place on the Treadmill

M10 X 60L (2PCS)



screws

M10 X 10t (2PCS)



nylon nut

Ø4.1 X 10L (4PCS)



screws

M8 X 15L (4PCS)



screws

Ø4.1 X 5/8L (4PCS)



screws

Screws in the Plastic Bag

M8 X 65L (2PCS)



screws

M4 X 20L (6PCS)



screws

TOOL



Wrench-6mm



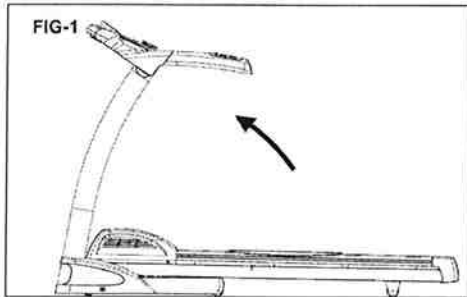
Wrench-5mm





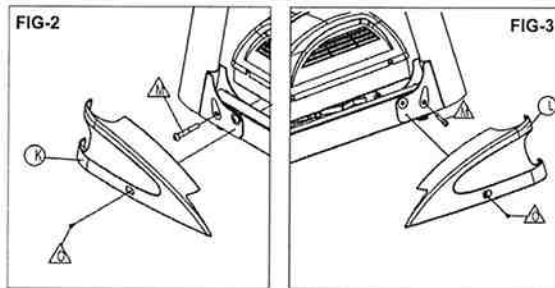
Wrench




ASPIRE 1670 ASSEMBLY INSTRUCTION

STEP 1: HANDLEBAR SUPPORT POST ASSEMBLY

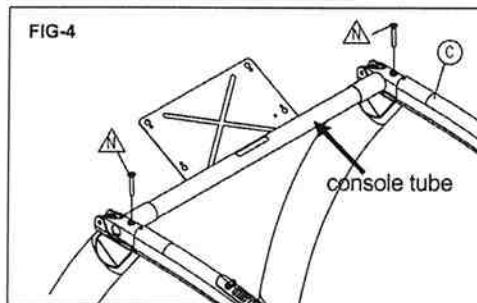



1. Remove screw  and nut  from both right/left sides of base frame.
2. Stand up the support post and handle bar. (FIG-1)



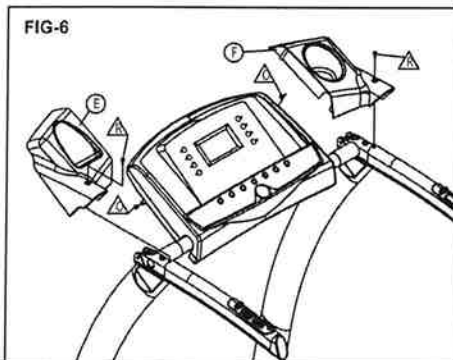
3. Attach screw  and nut  back to both right/left sides of base frame and tighten the screws.
4. Attach right base cover on base frame and tighten with screw . Repeat the same step on the left side.


STEP 2: HANDLEBAR ASSEMBLY

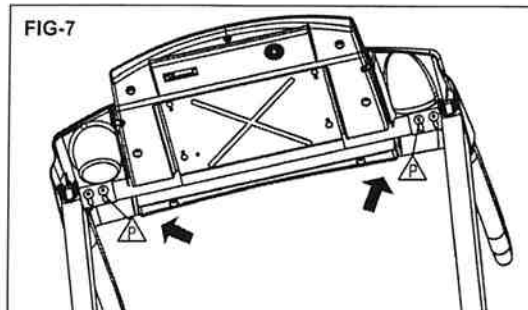


1. Adjust the handlebars so they fit properly on the handlebar posts. Secure the right/left handle bar on the support post by tightening the screws . (FIG-4)
2. Rotate the console tube to have console bracket on proper position.

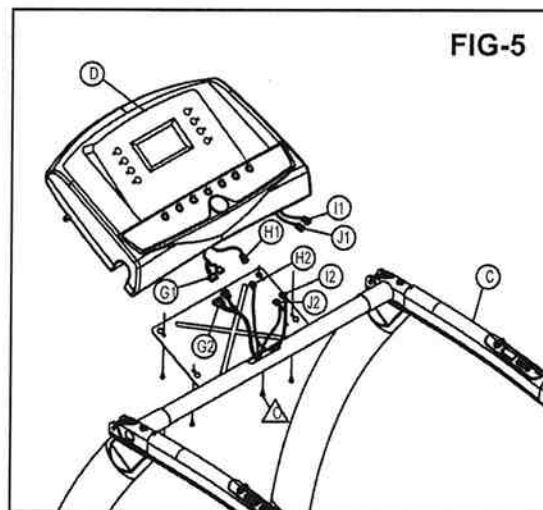
STEP 4: COMPLETE ASSEMBLY












Make sure the console and the cup holders are aligned and then tighten the 4 screws  under both sides of console tube. (FIG-6)




STEP 3: CONSOLE ASSEMBLY



1. Take off screws  fixed on bracket.
2. Hold console on console tube as illustration. (FIG-5)
3. Connect PCB cables  . (FIG-5)
4. Connect hand pulse cables  . (FIG-5)
5. Connect the Speed Control Harness  . (FIG-5)
Connect Incline Control Harness  . (FIG-5)

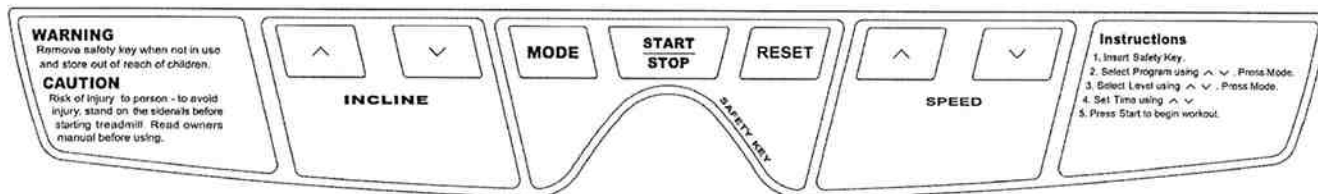
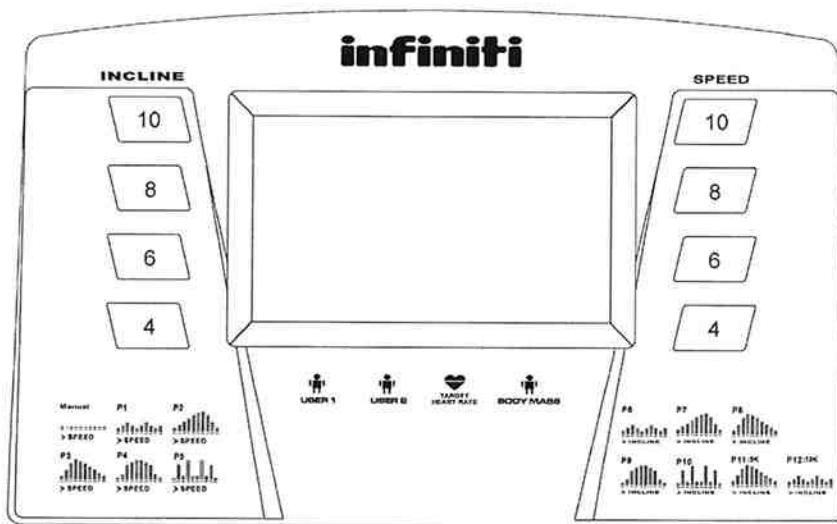
Note: Insert excess wire harness into right side of console tube.

6. Fix console on bracket by tightening 4 screws .

Warning:

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

ASPIRE 1670 ELECTRONICS OVERVIEW



ASPIRE 1670 EXERCISE PROGRAMS

treadmill is with 1 manual and 12 preset programs (5 speed programs, 5 incline programs, 2 distance programs and H.R.C program) Each preset program has 3 different levels.

Speed Programs- Programs P1-P5 automatically change the speed of the treadmill throughout the workout. Each program starts depending upon the program. The incline can be manually set by the user in any of the speed programs and this 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 modify the level of incline for the treadmill belt. In an incline program, 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. The range of incline in programs P6-P10 is from 1 to 11 level. Profiles for the incline programs are shown below:



5km/10km distance program- Program P11 and P12 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.



User Setup Programs- provide the ability to establish customized workout programs specific to a users 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 the segment by using the up and down arrow buttons and then pushing the mode button to set each program.

Once a program is set up the user simply scrolls to the User1 program and pushes the start button. To modify the program after it is established, select the program and then push the mode button.