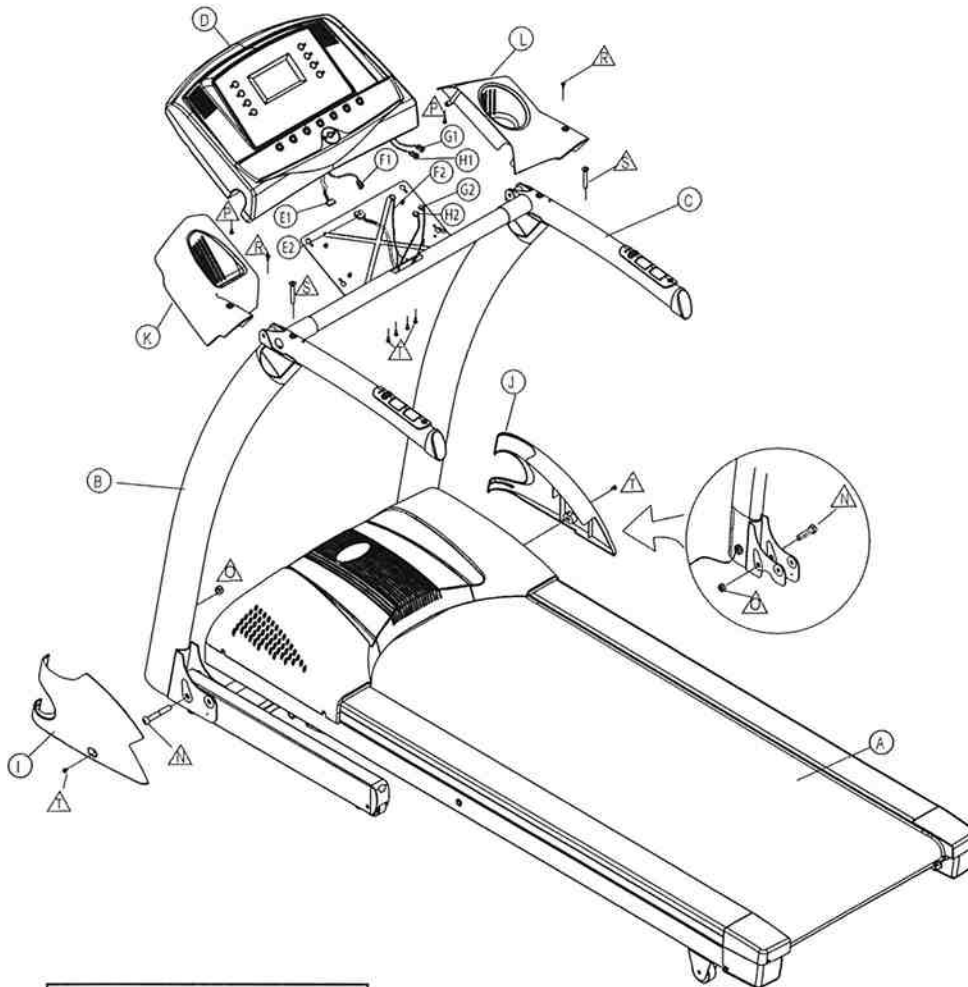


# MA500 ASSEMBLY INSTRUCTION

## ⚠ 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.

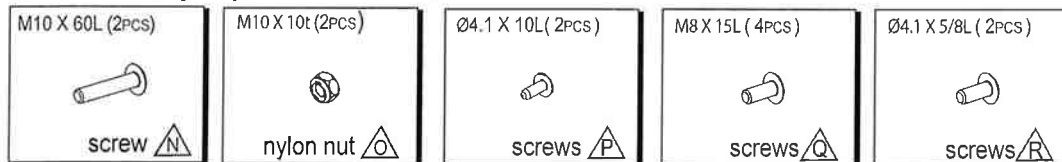


## Parts

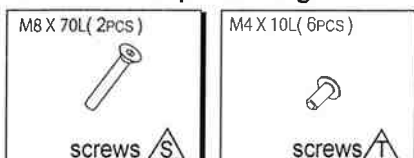
- A: Frame
- B: Support Handle
- C: Handlebar
- D: Console
- E1: PCB Plug
- E2: PCB Wire
- F1: Hand Pulse Plug
- F2: Hand Pulse Wire
- G1: Speed Control Plug
- G2: Speed Control Wire
- H1: Incline Control Plug
- H2: Incline Control Wire
- I: Left Cover
- J: Right Cover
- K: Left Rack
- L: Right Rack

## Hardware

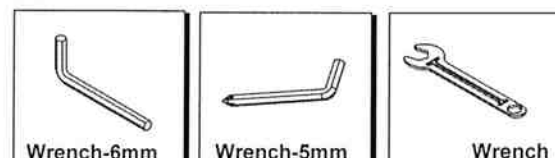
Screws already in place on the treadmill:



Screws in the plastic bag:

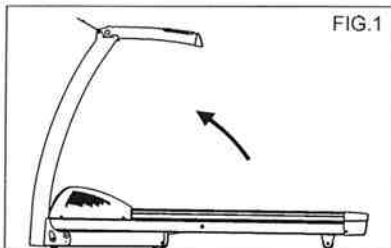




Tools:

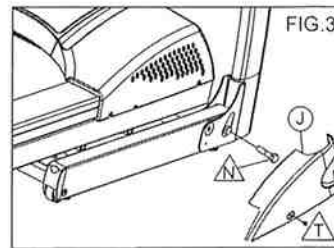
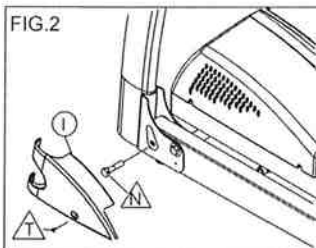




# MA500 ASSEMBLY INSTRUCTION

## STEP 1: Handlebar support post assembly

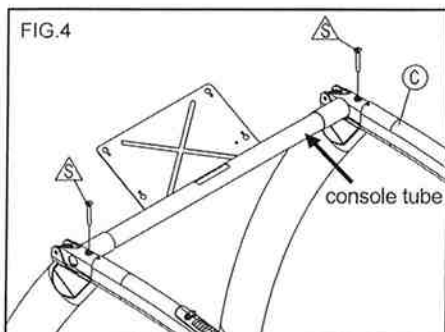



1. Remove the screw , and nut  from both left and right sides of base frame.
2. Raise the support handle and handle bar. (FIG.1)



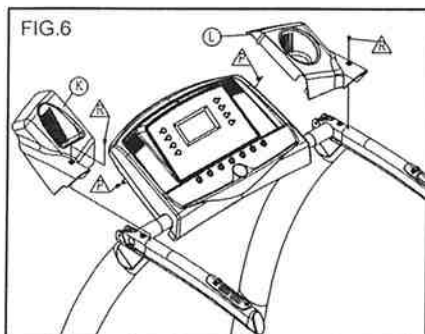
3. Refit the screw , and nut  to both the left and right sides of base frame and tighten. (FIG.2 , FIG.3)



## STEP 2: Handlebar assembly



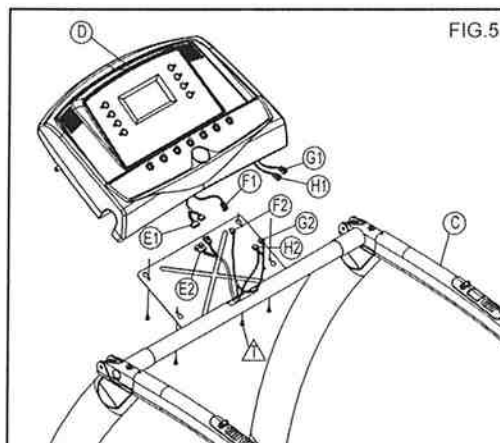
1. Adjust the handlebars so they are fitted correctly on the handlebar posts. Secure the left/right handlebars on the support post by tightening the screws .
2. Rotate the console tube to have console bracket in the correct position. (FIG.4)











## 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

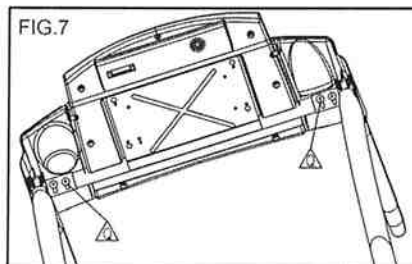



1. Remove screws  that are fixed to the bracket.
2. Hold the console onto the console tube.
3. Connect PCB cables  & .
4. Connect hand pulse cables  & .
5. Connect speed control cables  & .
6. Connect incline control cables  & .
7. Fix console onto the bracket by tightening 4 screws . (FIG.5)

**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)

# MA500 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, 10km/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 : 888

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.

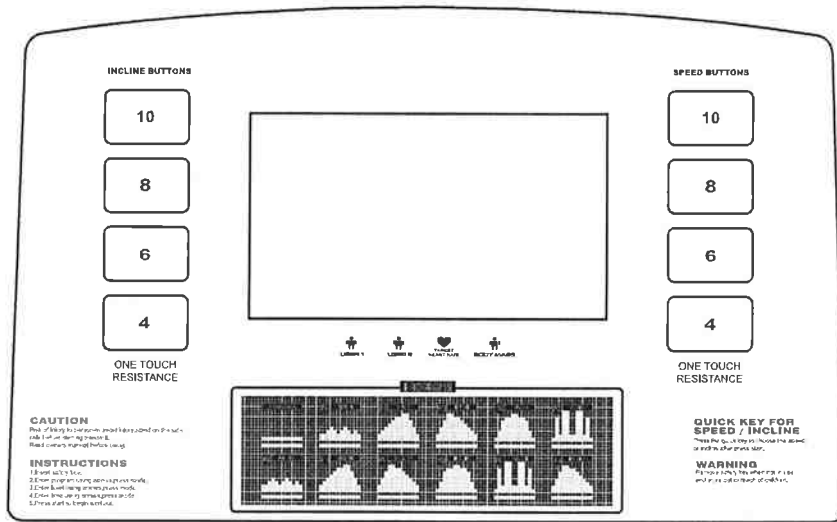
### Audio out socket :

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

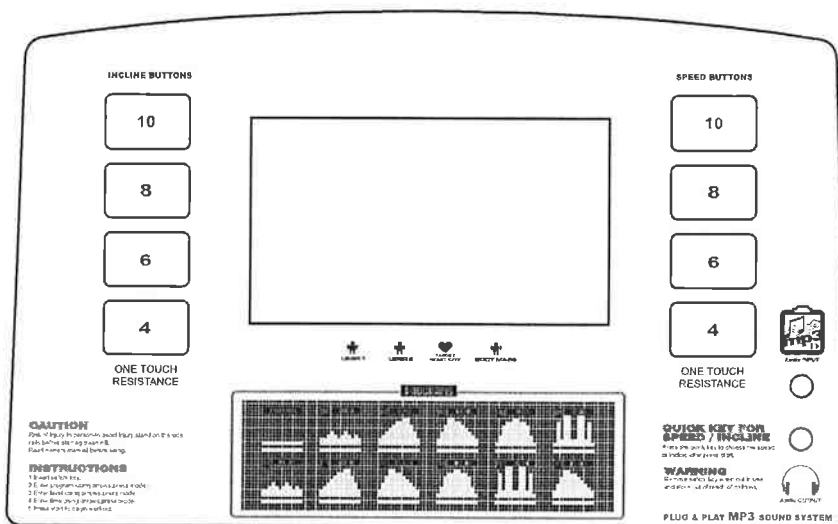
**Note:** The output volume is controlled by the device/mp3 or speaker. There are no volume controls on the console.

# MA500 CONSOLE OPERATION

## MA500



## MA500 Audio in / out (Option)



# MA500

## CONSOLE OPERATION

### Program operation and instruction

Under standby status, press the **MODE** button, then press the **SPEED** up / down (**INCLINE** up / down) button to enter the program setting. Program in sequence as below : Manual run "P1~P11" → "USER1~USER2" → "H.R.C" → "BODY MASS", when you have chosen desired program, press the **MODE** button to enter detailed setting.

#### 1. Manual mode :

- (1) Under program setting, press the **SPEED** up / down (**INCLINE** up / down) button to return to manual mode.
- (2) Press the **START** button, after a 3-second countdown and then the motor starts to run.
- (3) a. After a 3-second countdown, if the time setting is 0 then it will start counting, when time has reached (99:00), the motor will stop.  
b. If time setting is 1 or more it's countdown, when the time reaches (00:00) the motor will stop.
- (4) Press the **START/STOP** button when the motor is running it shuts down the motor and incline motor and console shows "PAUSE"; if you press the **START** button again, after a 3-second countdown and then the motor will start to run.
- (5) Under Manual mode, time display on the console will start to flash, press the **SPEED** up / down (**INCLINE** up / down) button to set the workout time and complete time setting and press the **START** button to start your workout.

#### 2. Program mode :

Time display in console will flash, each time by pressing it, time will increase or decrease by 1 min (P1~P10). You can press the **MODE** button to enter time setting with in P1~P10. In P11 you set the distance.

##### Speed control (P1~P5) :

- (1) When in program setting, press the **SPEED** up / down (**INCLINE** up / down) button to choose desired program.
- (2) Press the **MODE** button to move to profile setting, press the **SPEED** up / down (**INCLINE** up / down) button to set levels.

##### Incline control (P6~P10) :

- (1) When in program setting, press the **SPEED** up / down (**INCLINE** up / down) button to choose desired program.
- (2) Press the **MODE** button to move to profile setting, press the **SPEED** up / down (**INCLINE** up / down) button to set levels.

##### Distance control (P11) :

- (1) When in program setting, press the **SPEED** up / down (**INCLINE** up / down) button to choose desired program.
- (2) Press the **MODE** button to move to profile setting, press the **SPEED** up / down (**INCLINE** up / down) button to set levels.
- (3) Time is unable to set, but you can set the distance, Default = 5K (1~20km) / 3mile (0.6~12mile)

### User mode

- (1) Press the **MODE** button to move to time setting (Default : 24), then press the **SPEED** up / down (**INCLINE** up / down) button to set time in sequence.
- (2) Press the **MODE** button to enter incline and speed setting (12 sequences).
- (3) Incline display in console shows current incline level, press the **INCLINE** up / down button to set required incline level.
- (4) Speed display in console shows current incline level, press the **SPEED** up / down button to set required speed, press the **MODE** button to enter next incline and speed setting and so on.
- (5) Press the **MODE** button to show setting process, Ex. time → SE01 → SE02 → ..... → SE12 → to enter time counting automatically.

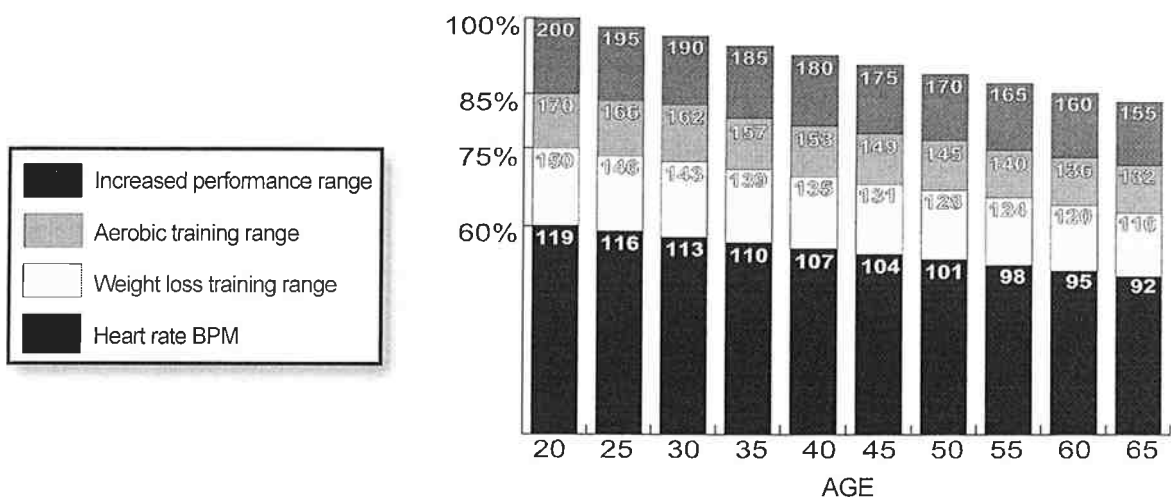
# MA500 CONSOLE OPERATION

## Heart rate mode

**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.

- (1) Press the **MODE** button, press the **SPEED** up / down (**INCLINE** up / down) button to choose HRC.
- (2) Press the **MODE** button, for Time, press the **SPEED** up / down (**INCLINE** up / down) button to choose desired time. Default= 24 minutes (12~99minutes)
- (3) Press the **MODE** button, for Age, press the **SPEED** up / down (**INCLINE** up / down) button to choose correct age. Default= Age 30 (Age 10~99)
- (4) Press the **MODE** button, for Heart Rate, press the **SPEED** up / down (**INCLINE** up / down) button to use the target HR chart for your settings. Use up and down for desired setting. Default= 114 bpm (80~180 bpm)
- (5) Press the **MODE** button, for Speed, use up and down to get your desired speed.
- (6) Press the **START/STOP** button, the Warm up function will run for 3 minutes at 3 km/h or 2 mph and at the incline level of 5.
- (7) After the Warm up is finished the program will start and will check your heart rate after 5 seconds.
- (8) If it does not read the heart rate signal in 30 seconds after Warm up, the motor will stop and goes into run-end mode.

## TARGET HEART RATE CHART



**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.

# MA500 CONSOLE OPERATION

## **Body mass index mode**

- (1) Press the **MODE** button, press the **SPEED** up / down (**INCLINE** up / down) button to choose Body Mass.
- (2) Press the **MODE** button, for which Sex (M) Male or (F) Female use the **SPEED** up / down (**INCLINE** up / down) button to select.
- (3) Press the **MODE** button, CM or IN, for height, use the **SPEED** up / down (**INCLINE** up / down) button to set.  
Default= 170 cm / 5'07" (120~250 cm / 3'11"~8')
- (4) Press the **MODE** button, KG or LB, for weight, use the **SPEED** up / down (**INCLINE** up / down) button to set.  
Default= 70 kg / 155 lb (20~200 kg / 44~440 lb)
- (5) Press the **MODE** button, for AGE, use the **SPEED** up / down (**INCLINE** up / down) button to set.  
Default= Age 30 (Age 10~99)
- (6) When all settings are completed, the console will show P – Hold.
- (7) Place your hands on the Heart rate sensors on the handle bars.
- (8) Under Body Mass mode, the console will constantly read your heart rate for 25 seconds. Then you will be able to read your Body Mass Index. If the console can't read it, E4 will show on the screen.

### **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.