Owner's Manual





CIR-TM6000AC-G1

This product is intended for use in light commercial applications. Use in any other applications without written consent from Green Series will void manufacturer's warranty. (Please refer to the warranty details outlined in this manual for details)







Install Date: Serial Number:

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Location of the Treadmill

Before assembling the unit, verify the chosen site meets the following criteria:

- Area is well lit and well ventilated.
- Surface is structurally sound and properly leveled.
- Free area for access to the unit and emergency dismount. Minimum clearance is 24 inches (0.6 meters) on the sides of the unit and 78.7 inches (2.0 meters) behind the unit.
- Adjacent units may share the free area.
- Place in a location away from direct sunlight. The intense UV light can cause discoloration on the plastics.
- Locate your treadmill in an area with cool temperatures and low humidity.
- Do not install, use or store the treadmill in an area of high humidity, such as in the vicinity of a steam room, sauna, indoor pool, garage, covered patio, near water or outdoors. Exposure to extensive water vapor, chlorine and/or bromine could adversely affect the electronics as well as other parts of the unit.

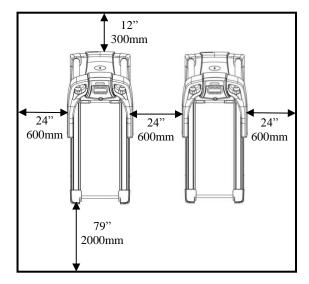
The below minimum spacing recommendations are based on a combination of the ASTM (U.S.) voluntary standards and EN (European) regulations as of October 1, 2012, for access, passage around, and emergency dismount:

ASTM standards are voluntary and may not reflect current industry standards. The actual area for access, passage around, and emergency dismount is the responsibility of the facility. The facility should consider the total space requirements for training on each unit, voluntary and industry standards, and any local, state, and federal regulations. Standards and regulations are subject to change at any time.

Careful consideration should be given to the requirements of the Americans with Disabilities Act (ADA), US Code 28 CFR (see Section 305).

In compliance with the ADA (American Disabilities Act) there must be clear floor space of at least 30 inches by 48 inches and be served by an accessible route for at least one of each type of exercise equipment. If the clear space is enclosed on three sides (e.g., by walls or the equipment itself), the clear space must be 36 inches by 48 inches.

Important: These spacing recommendations should be used when positioning equipment away from sources of heat, such as radiators, heat registers, and stoves. Avoid temperature extremes.



Environment

The unit is designed to function normally in an environment with a relative humidity range of 30% to 75%. The unit can be shipped and stored in a relative humidity range of 10% to 90%. Climatic dry air may cause static electricity. During a workout, a user may experience a shock due to a buildup of static electricity on the body and the discharge path of the unit. If static electricity is experienced, increase humidity to a comfortable level through the use of a humidifier.

<u>Temperature</u>

The unit is designed to function in an environment with an ambient temperature range of 50°F (10°C) to 104°F (40°C). The unit can be shipped and stored in an environment with an ambient temperature range of 32°F (0°C) to 140°F (60°C).

Electrical Power Requirements

The power requirements for this treadmill are a grounded, dedicated circuit rated for the following:

115 VAC, 50/60 HZ, 20A



Shock and electrocution hazard.

- Connect unit to a grounded outlet.
- Do not use a voltage adapter or extension cord.

• Important Voltage Information

- Before plugging the power cord into an electrical outlet, verify that the voltage requirements for your area match the
 voltage of the treadmill that you have received. The power requirements for the treadmill include a grounded,
 dedicated circuit, rated for one of the following figure. See the serial number decal for the exact voltage
 requirements of your treadmill.
- WARNING: Don't attempt to use this unit with an unapproved voltage adapter. All voltage adapters MUST be approved and supplied by Green Series Fitness prior to use.
- Don't attempt to use this unit with an extension cord which does not meet Green Series Fitness criteria of the following; 12 gauge SO3, maximum of 25 foot length with a 20 amp rating.

Grounding Instructions

This equipment 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 equipment is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Please make sure that the equipment is connected to an outlet having the same configuration as the plug. Do not use a ground plug adapter to adapt the power cord to a non-grounded outlet.



The power requirements for the equipment includes a grounded, dedicated circuit, rated for one of the following:

120 VAC 5%, 60HZ and 20 amps; 208/240 VAC, 60HZ, 15 amps 240 VAC 5%, 50HZ and 15amps.

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Waste Disposal

Products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).



- •The running belt must be set up on firm even ground. Ensure that the power cable is not pinched and that on-one can trip over it.
- •Never touch the moving belt with your hands. Also ensure that there are no objects close to the belt or the rollers which could be pulled into it thus causing injury or damaging the unit itself.
- •Repairs on the electrical components in the unit should be carried out by qualified persons only.
- •The treadmill has an emergency stop mechanism for your safety. Before starting your workout, fasten the cord of the safety key to your clothing. If the treadmill has been shut down by removing the safety key, restart it by reinserting the key. An automatic restart of the treadmill belt does not occur. Further instructions concerning the handling of the safety cut-out can be found in the operating instructions for the training computer.

Thank you for your purchasing our products. Even though we go to great efforts to ensure the quality of each product, occasional error, and/or omissions do occur. In any event should you find this product to be defective or missing parts please contact us.

IMPORTANT: Read all instructions and warnings before assembly and operation.

IMPORTANT SAFETY INSTRUCTIONS

When using equipment, basic precautions should always be followed, including the following: Read all instructions before using the Treadmill.

DANGER - To reduce the risk of electric shock: Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

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

- 1. The equipment should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.
- 2. Close supervision is necessary when the equipment is used by, on, or near children, invalids, or disabled persons.
- 3. Use the equipment only for its intended use as described in this manual. Do not use attachments not recommended by the manufacture.
- 4. Never operate the equipment if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the equipment to a service center for examination and repair.
- 5. Do not carry the equipment by supply cord or use cord as a handle.
- 6. Keep the cord away from heated surfaces.
- 7. Never operate the equipment with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- 8. Never drop or insert any object into any opening.
- 9. Do not use outdoors.
- 10. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 11. To disconnect, turn all controls to the **OFF** position, then remove plug from outlet.
- 12. Connect the equipment to a properly grounded outlet only. See Grounding Instructions.
- 13. The equipment is intended for commercial use.
- 14. Store the safety key in a secured location while not in use and keep away from children.
- 15. Maximum user weight: 450lbs (204 kg).

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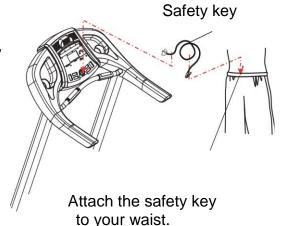
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EMERGENCY DISMOUNT:

In case you must leave the equipment in an EMERGENCY SITUATION, grab the handrail and set both feet on the right and left foot platform beside the running belt. Now you pull out the safety switch, in order to slow down the equipment.

The function of the immobilization method:

If you would like to stop the equipment, then you can stop it either with the switch on the console or pull out the safety switch. If you pull the safety switch, in this case the computer shut down all functions automatically and the running belt slow down immediately.



SAFETY KEY

Check if the safety key at the console and the clip at your clothes are secured. The safety key is intended for interrupting the main connection in case you should fall. Thus, it was developed to bring the equipment to an immediate stop. For higher speeds this can be unpleasant and somewhat dangerous as well. Please only use the safety key for an emergency stop. In order to stop the equipment during training under normal circumstances in a safe, comfortable and complete manner, use the **STOP** button.

ENTER AND LEAVE THE TREADMILL

Be careful when entering and leaving the treadmill. Use the handle bars. Do not position yourself on the treadmill when preparing the use. Spread your feet and put them on the two side platforms next to the running surface. Put your feet on the treadmill only if it has started moving at constant speed. For your own safety, only enter the treadmill if it is not running faster than 2 km/h. Always look to the front during the training sessions. Never try to turn around on the treadmill as long as the treadmill is activated. After having finished your training session, you can stop the treadmill by pressing the **STOP** button. Wait until the treadmill has stopped completely before trying to leave the treadmill. In case you feel unsure regarding the speed you should hold on to the handle bars, lift your feet from the treadmill, and position yourself on the side platforms next to the running surface. These side platforms are an appropriate position to relax before starting the training again. For your own safety and comfort, always start your training sessions at low speed.

CONSULT A PHYSICIAN IMMEDIATELY

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

How often you exercise:

You should exercise three to four times a week to improve your cardiovascular and muscle fitness.

How hard you exercise:

Intensity of exercise is reflected in your heart rate. Exercise must be sufficiently rigorous to strengthen your heart muscle and condition your cardiovascular system. Only your doctor can prescribe the target training heart range for you. Before starting any exercise program consult your physician.

How long you exercise:

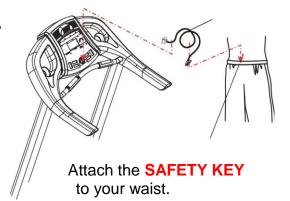
Sustained exercise conditions your heart, lungs and muscles. The longer you are able to sustain exercise within your target heart range, the greater the aerobic benefits. To begin maintain 2~3 minutes of steady, rhythmic exercise, then check your heart rate.

EMERGENCY DISMOUNT:

In case you must leave the equipment in an **EMERGENCY SITUATION**, grab the handrail and set both feet on the right and left foot platform beside the running belt. Now you pull out the **SAFETY KEY** from the console to slow down and stop the equipment.

The function of the immobilization method:

If you would like to stop the equipment, then you can stop it either with the **STOP** switch on the console or pull out the **SAFETY KEY** from the console. If you pull the **SAFETY KEY** from the console, this case the computer shut down all functions automatically and the running belt slow down and come to a stop immediately.



Safety key

SAFETY KEY

Check if the **SAFETY KEY** at the treadmill and the clip at your clothes are secured. The **SAFETY KEY** is intended for interrupting the mains connection in case you should fall. Thus, it was developed to bring the treadmill to an immediate stop. For higher speeds this can be unpleasant and somewhat dangerous as well. Please only use the **SAFETY KEY** for an emergency stop. In order to stop the treadmill during training under normal circumstances in a safe, comfortable and complete manner, use the **STOP** button.

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How hard you exercise:

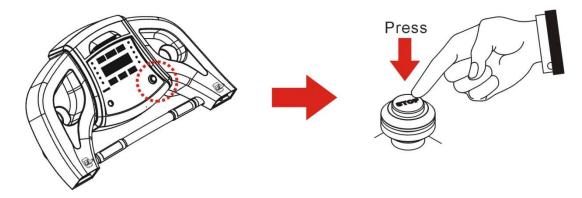
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How long you exercise:

Sustained exercise conditions your heart, lungs and muscles. The longer you are able to sustain exercise within your target heart range, the greater the aerobic benefits. To begin maintain 2~3 minutes of steady, rhythmic exercise, then check your heart rate.

Emergency Stop switch

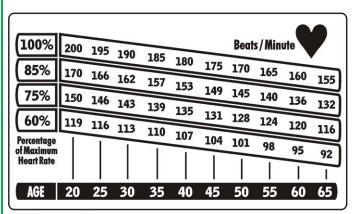
The function of the **EMERGENCY STOP** is to help the user to get off the treadmill safely in case of an emergency. In case of emergency, press the **STOP** key, hold the handrails and get off when the belt stops.



BEGINNER TREADMILL PROGRAM

	EXERTION LEVEL	DURATION
WEEK 1	Easy	6~12 minutes
WEEK 2	Easy	10~16 minutes
WEEK 3	Moderate	14~20 minutes
WEEK 4	Moderate	18~24 minutes
WEEK 5	Moderate	22~28 minutes
WEEK 6	Slightly higher or slightly lower	20 minutes
WEEK 7	Add interval training	3 minutes at moderate exertion with 3 minutes at
		higher exertion for 24 minutes

TARGET HEART RATE ZONE



100% Increased Performance Range

85% Aerobic Training Range

75% Weight Loss Training Range

60% Heart Rate BPM

You do not want to workout at your maximum heart rate. The recommended Heart Rate Zone is a percentage of your maximum heart rate. Between 65% and 85% of your maximum heart rate.

- * Lower limit of Target Heart Rate Zone =maximum heart rate X 0.6
- * Upper limit of Target Heart Rate Zone =Maximum heart rate X 0.75

(This is recommended by American Heart Association. Before starting exercise program, please consult your physician to understand your physical situation)

220-your age = maximum heart zone

- 1* Advantage of using the treadmill is consumers can strengthen the cardiopulmonary function and physical fitness.
- *This appliance is not intended for use by persons (including children) with reduced physical sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- *The noise value list below is when it is at top speed with unloading status: LpAeq(dB) < 70dB

TECHNICAL SPECIFICATIONS

SPECIFICATIONS

Length: 78" (199cm) **Width**: 36" (86cm) **Height:** 57" (145cm)

Running area: 20" x 60" (50cm x 152cm) Weight of product: 302lbs (137kg)

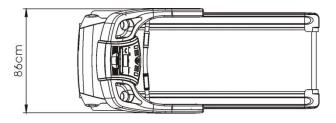
Speed Range: 0.3 to 15.5 mph (0.48 to 25 km) **Power elevation:** 0~15 % motorized (front incline)

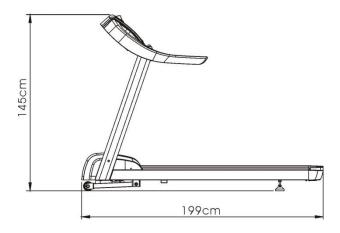
Emergency stop: Pull the safety key

Program: 40 programs, 1 target, 3 Heart Rate Control, 1 fitness test and 2 custom.

Standard features: Total used time, distance, heart rate, calories, speed, incline, hand pulse, fan, quick speed / incline

button, Wireless HR receiver, Audio in jack.





The Serial Number of the products

The serial number contains of ten values. The location of the serial number shows as the figure.



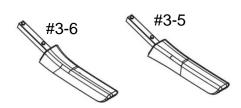




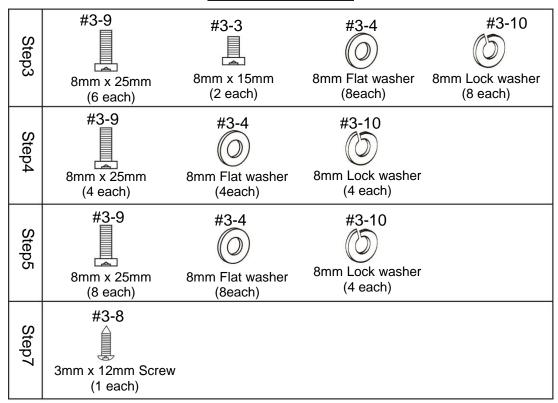








HARDWARE KIT



#3-7 X1

6mm x80mm

5mm x 114mm

6mm T-Handle

Revision 1.2



IMPORTANT: Read all instructions and warnings before assembly and operation.

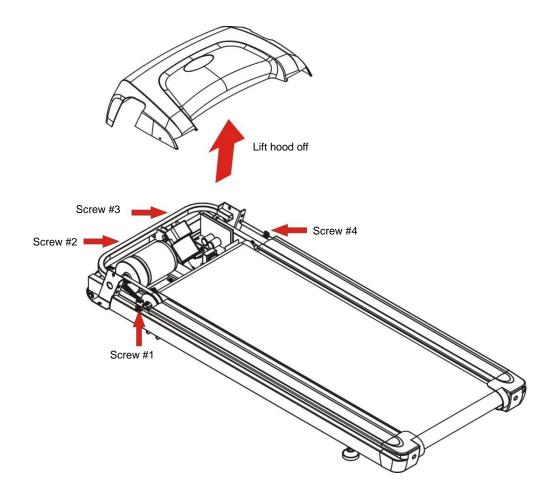
This unit has been 100% assembled, tested for all functions including vibration sensors and then disassembled. Any misalignments causing stripped out threads is not coved by warranty due to installer not reinstalling correctly per the following steps #1 thru #8.

Unpacking your treadmill where will be using it. Being careful not to damage. Place your treadmill on a level flat surface. It is recommended that you place a protective covering on your floor.

*Notice: Because of heavy weight, please assemble this treadmill more than two people.

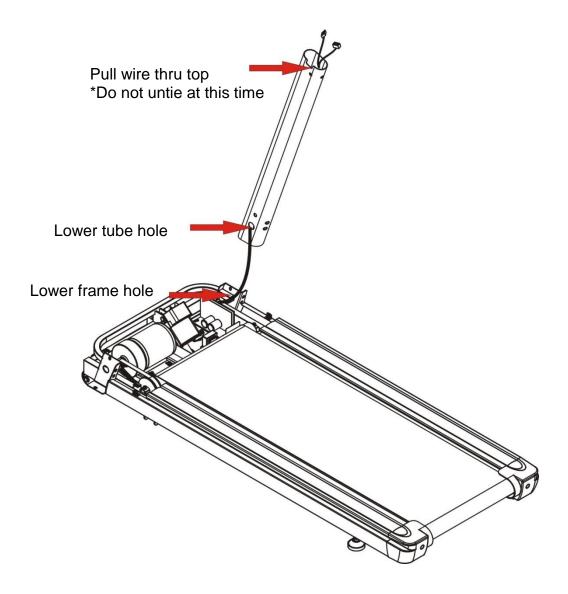
Step 1: Removal of Motor Cover

- 1). Remove the motor cover screws #1 #4, and put the motor cover aside.
- 2). Reinstall motor cover screws #1 #4 to frame until Step 5.



Step 2: Pull thru Lower Cable to Display

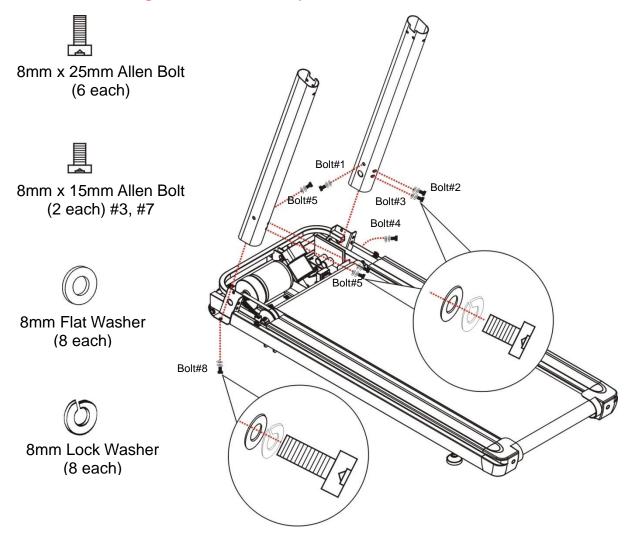
- 1). Put right console tube to right side of frame and attach wire/string to wire harness from motor controller area. Gently pull wire thru hole in frame right tube, then thru hole near bottom of right tube.
- 2). Pull wire up to top of tube with black pull string.
- 3). Do not untie wires till end of Step 3



Step 3: Assemble the Console Mast

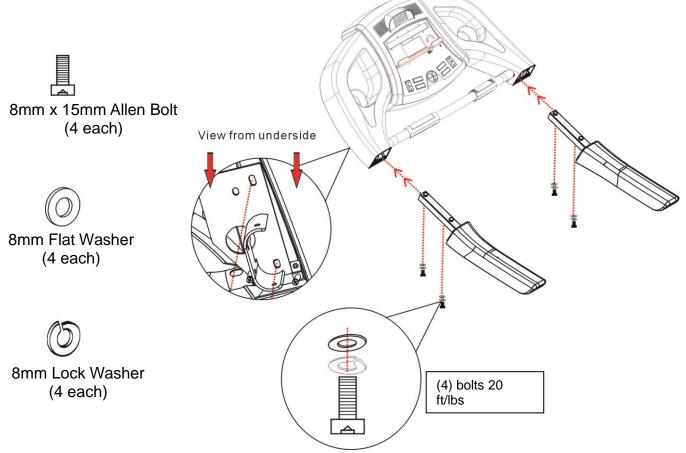
- 1). Install right tube to frame with four (4) 8mm x 15mm bolts, (4) 8mm lock washers and (4) 8mm flat washers. Finger tight bolts at this time.
 - Always start with inner bolt #1. Then proceed to upper right, bolt #2. Then lower right, bolt #3. Then under right frame, bolt #4. *Finger tight bolts at this time*.
- 2) Install left console tube into base frame. Using hex wrench to bolt console tube and base frame with four (4) 8mm x 15mm bolts, (4) 8mm lock washers and 8mm flat washers. *Finger tight bolts at this time*.
 - Always start with inner bolt #5. Then proceed to upper left, bolt #6. Then lower left, bolt #7. Then under left frame, bolt #8. *Finger tight bolts at this time*.

Attention: Do not tighten bolts until Step 5.

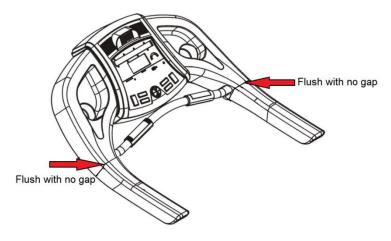


Step 4: Slide Handlebars onto Console

- 1). Slide handlebar onto console, Using Allen wrench with four (4) Allen Bolts 8mm x 15mm, (4) 8mm lock washers and (4) 8mm flat washers.
- 2) After all four (4) bolts and washers are finger tight and aligned to display plastic, and then tighten bolts completely to 20



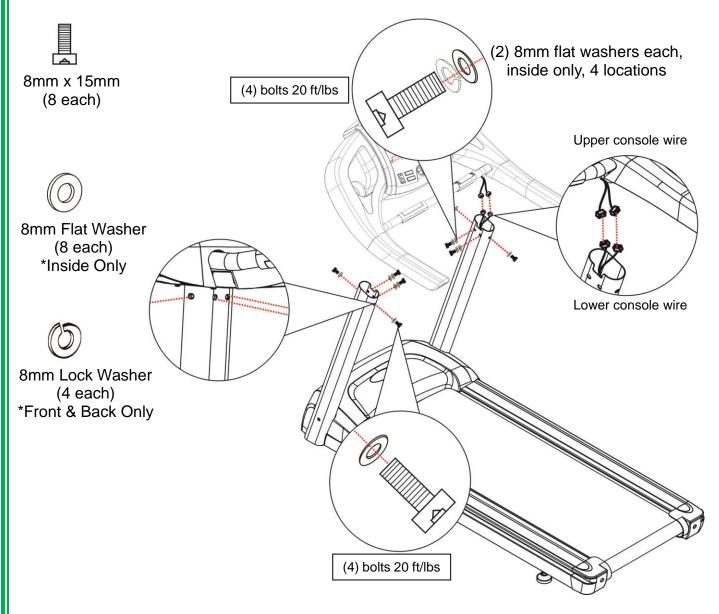
Attention: Confirm both Handlebars are aligned and flush with no gap before moving on to Step 5.



Step 5: Assembly Console Mast with Console Set.

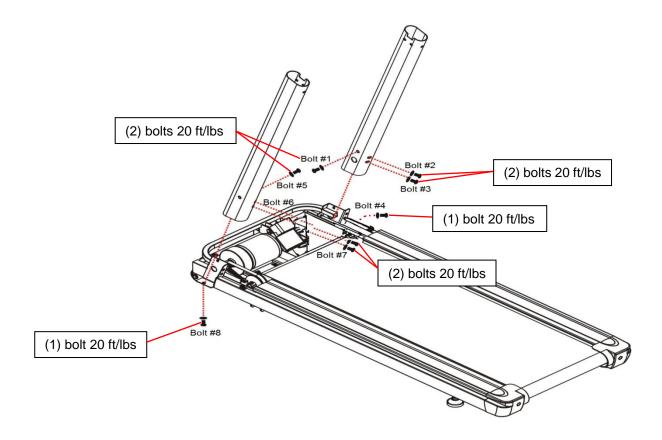
NOTICE: Two people are required for the following steps or damage may occur to wire harness when installing main display housing to front tubes.

- 1). Connect the upper console wire from console to lower console wire on the right console mast.
- 2). Push down in the right tube the wire and connectors.
- 3). Set the whole console set on the console mast. Make sure to align bolt holes with the screw holes.
- 4). Fasten by hand on the inside of the left and right console masts, (4) 8mm x 15mm bolts with (2) flat washer each with a total of (8) flat washers.
- 5). Fasten by hand on the front and rear of the left and right console masts, (4) 8mm x 15mm bolts, (4) 8mm flat washers and (4) 8mm lock washers.
- 6). At this time now, tighten all of the bolts using a 5mm Allen wrench to 20 ft/lbs.
- 7). Repeat tightening all bolts on lower frame from **Step 2** to 20 ft/lbs.



Step 6: Final Tightening of Mast to Frame.

1. Using a Torque wrench set to **20 ft/lbs**, tighten (8) bolts. Verify that the console mast is secure and tight by lifting up and down vigorously on the handles with 50 to 100 pounds of force several times. If needed, re-torque to the specifications outlined.



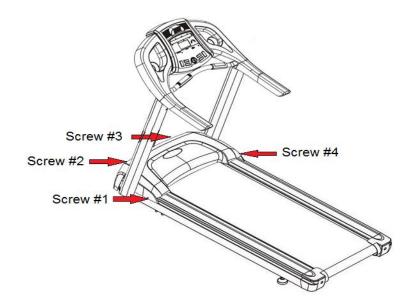
Revision 1.2

Step 7: Reinstall Motor Hood Cover

- 1) Take out four (4) screws in frame from the motor area/
- 2) Angle hood at 45 degrees left to right to slide hood between front mass tubes, then down to position over motor housing.

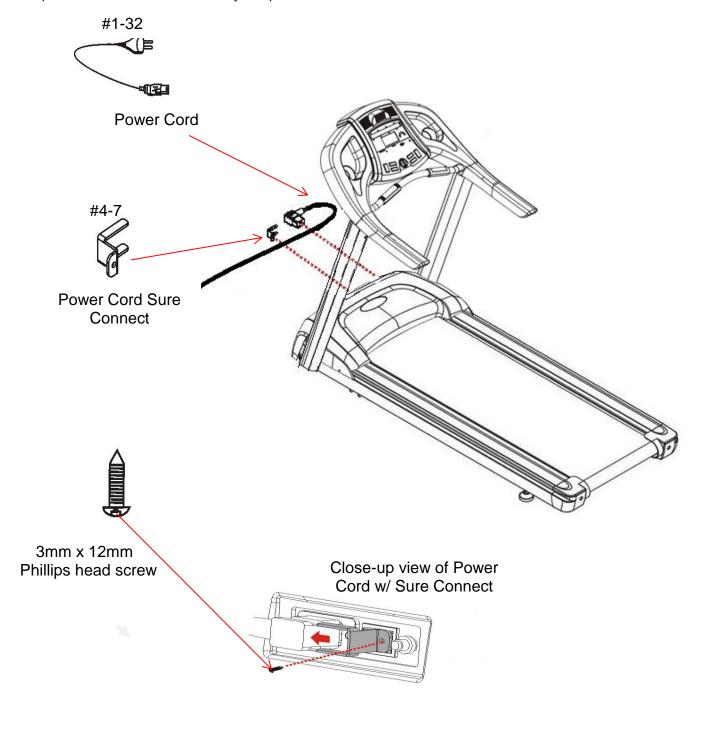


3) Install all four (4) screws finger tight, then once all in, tighten with Phillips screw driver.



Step 8: Assemble Power Cord and "Sure Connect".

- 1) Unscrew small 3mm x 10 mm Philips head screw on right side of power connector (Next to 15amp breaker)
- 2) Plug in the power cord.
- 3) Fasten power cord and "sure connect" by Philips screw driver with new 3mm x 12mm screw.



WARM UP & COOL DOWN

A successful exercise program consists of a warm up, aerobic exercise and a cool down. Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:



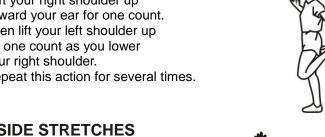
HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count. Repeat this action for several times.



SHOULDER LIFTS

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder. Repeat this action for several times.





QUADRICEPS STRETCH

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



SIDE STRETCHES

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



CALF/ACHILLES STRETCH

Step your right foot in front of your body. Lean against a wall with your arms and stretch your left foot backward your body. Bend forwards your right foot, and slightly push your buttock toward to the wall for 15 seconds. Repeat the action with front left foot and rear right foot for another 15 seconds.



INNER THIGH STRETCH

Sit with the soles of your feet ogether with your knees pointing utward. Pull your feet as close nto your groin as possible. Gently ush your knees toward the floor. lold for 15 seconds. lepeat this action 3-5 times.



TOE TOUCHES

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

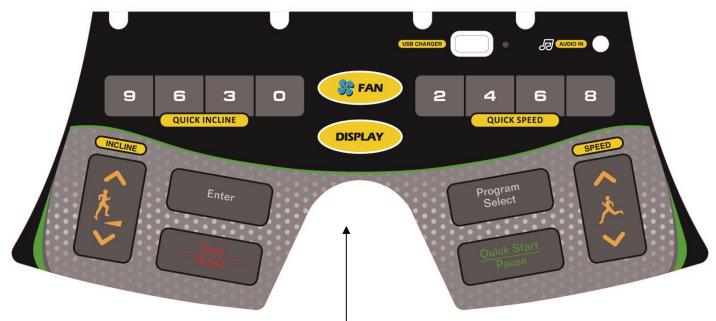


HAMSTRING STRETCHES

Keep your right leg straight and the left foot on the floor; try to stretch your right hand toward the toe, hold this posture for 15 seconds. Relax, and then repeat the action for left leg.

PANEL CONTROL





Safety Key Pad

The treadmill will not function **if** the safety key is not present.

PANEL CONTROL

Display:

Window	Function
Message window	Display the workout program and operational instruction to begin a workout.
Dot-matrix	Display the program profile or setting value & figure.
Incline	Display the incline level during a workout.
Calories	Display the calories consumed during a workout.
Time	Display the workout time or countdown during a workout.
Speed	Display the speed during a workout.
Heart Rate	Display the heart rate during a workout.
Calories / Hour	Display the calories consumed per hour during a workout.
Pace	Display the required time per KM or Mile during a workout.
Distance	Display the accumulative traveled distance during a workout.

Keys definition:

Key	Function			
Incline ▲ / ▼	Adjust the grade while using.			
IIICIIIIE A / V	Set the value while setting.			
Speed ▲ / ▼	Adjust the speed while using.			
Speed A / V	Set the value while setting.			
Quick keys for	For quick adjust the grade while using.			
incline	There are 4 incline quick keys.			
Quick keys for	For quick adjust the speed while using.			
speed	There are 4 speed quick keys.			
Fan	To switch the fan ON / OFF .			
	Shift the window display while using.			
Display	Incline←→Heart Rate Calories←→Calories / Hour			
	Time←→Pace Speed←→Distance			
Enter	Confirm the set value while setting.			
Ston / Boset	To stop the treadmill while exercising.			
Stop / Reset	To reset and back to idle mode while setting, pause or stop condition.			
Program select				
Quick Start / Pause	Quick Start or program start.			
wuick Start / Fause	Press to start the treadmill while in the pause, stop or idle condition.			

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Quick START:

- 1. Press START, speed start from lowest speed, incline start from 0, all data starting to count.
- 2. Use any speed or incline adjust key or device to change the speed or incline what you want.

Cool down program:

It will process the cool down program for 5 minutes before end of workout if time count down to 0. If you do not want to process, press 【STOP】 to skip. After finish the cool down program and get into end mode, it will reset to idle mode after 2 minutes.

P1 Manual:

- 1. Insert the Safety Key into position. Press 『Program Select』 to select the Manual program. Message Window shows **[MANUAL]**, press 『ENTER』 to Time setting.
- 2. Time setting: Message Window shows **[SET TIME]**, press "Speed / Incline up or "Speed / Incline down to set the target workout time. Press "ENTER to confirm the setting and go to speed setting.
- 3. Speed setting: Message Window shows **[START SPEED]**, press "Speed / Incline up $_{\mathbb{Z}}$ or "Speed / Incline down $_{\mathbb{Z}}$ to set the workout speed. Press "ENTER $_{\mathbb{Z}}$ to confirm the setting and go to incline setting.
- 4. Incline setting: Message Window shows **[START INCLINE]**, press **"Speed / Incline up g or "Speed / Incline down g to set the workout incline. Press "ENTER g to confirm the setting and go to weight setting.**
- 5. Body weight setting: Message Window shows **[SET WEIGHT]**, press <code>Speed / Incline up <code>gor *Speed / Incline down go to set user weight. Then press *ENTER go to confirm the setting and go to next setting. Body weight setting range is from 40-180 KGS or 88-330 LBS.</code></code>
- 6. Age setting: Message Window shows **[SET AGE]**, press **"Speed/Incline up_or "Speed/Incline down_ to set user** age. Then press **"ENTER_ to confirm the setting and go to next setting.** Age setting range is from 13 80 years old.
- 7. Message Window shows **[PRESS START TO BEGIN WORKOUT]** while the whole setting is done, you can press **"QUICK START"** to begin workout. Message Window shows **[3**—2—1], every value starts to count.
- * During the Rest setting, the user can press "QUICK START" to skip the rest setting and start the workout.
- * If time setting is not zero (count down mode), the time of each segment is "time/16", else every 2 minute will change the program profile segment.

P2 Target:

- 1. Insert the Safety Key in position. Press 『Program Select』 to select the Target program. Message Window shows **【TARGET】**. Then press 『ENTER』 to Target Time setting.
- 2. Target Time setting: Message Window shows **[SET TIME]**, press **"Speed / Incline up " or "Speed / Incline down "** to set the target workout time. Press **"ENTER"** to confirm the setting and go to Target Distance setting.
- 3. Target Distance setting: Message Window shows **[SET DISTANCE]**, press **Speed / Incline up or Speed / Inclin**
- 4. Target Calories setting: Message Window shows **[SET CALORIES]**, press "Speed / Incline up g or "Speed / Incline down to set the target consumption calories. Press "ENTER to confirm the setting and go to Target Speed setting.
- 5. Target Speed setting: Message Window shows **[START SPEED]**, press **Speed / Incline up or Speed / Incline down** to set the target workout speed. Press **SENTER** to confirm the setting and go to Target Incline setting.
- 6. Target Incline setting: Message Window shows **[START INCLINE]**, press "Speed / Incline up or "Speed / Incline down to set the Target workout incline. Press "ENTER to confirm the setting and go to weight setting.
- 7. Body weight setting: Message Window shows **[SET WEIGHT]**, press <code>Speed / Incline up <code>or Speed / Incline down of to set user weight. Press <code>ENTER</code> to confirm the setting and go to next setting. Body weight setting range is from 40-180 KGS or 88-330 LBS.</code></code>
- 8. Age setting: Message Window shows **[SET AGE]**, press "Speed / Incline up or "Speed / Incline down to set user age. Press "ENTER to confirm the setting and go to next setting. Age setting range is from 13 80 years old.
- 9. Message Window shows **[PRESS START TO BEGIN WORKOUT]** while the whole setting is done, you can press ${}^{\mathbb{F}}$ QUICK START $_{\mathbb{F}}$ to begin workout. Message Window shows $[3 \rightarrow 2 \rightarrow 1]$, every value starts to count up or down according to the setting value.
- 9.1. User can adjust the speed and incline during the workout.
- 9.2. The treadmill goes into the Cool Down program while any value of Time, Distance, Calories count down to "0" or any setting value achieves.
- * During the setting, the user can press <code>"QUICK START"</code> to skip the rest setting and start the workout...
- * If time setting is not zero (count down mode), the time of each segment is "time/16", else every 2 minute will change the program profile segment.

P3 Course:

- 1. Insert the Safety Key in position. Press Program Select to select the COURSE program. Message Window shows [COURSE]. Press [ENTER] to enter the program.
- 2. There are 8 preset course programs. Press 『Speed / Incline up』 or 『Speed / Incline down』 to choose the programs between 【RAMP-SPEED】、【RAMP-INCLINE】、【INTERVAL-SPEED】、

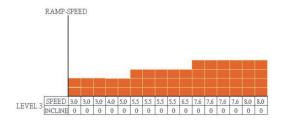
[INTERVAL-INCLINE] 、 [PEAK-SPEED] 、 [PEAK-INCLINE] 、 [HILL-SPEED] 、 [HILL-INCLINE] . Then press [ENTER] to enter the chosen program.

- 3. Set time: Press 「Speed / Incline up」 or 「Speed / Incline down」 to set time, and press 【ENTER】 to confirm.
- 4. Set speed or incline (exercise level setting):
 - 4.1.For speed change program: (RAMP-SPEED, INTERVAL-SPEED, PEAK-SPEED, HILL-SPEED)
 - 4.1.1. The preset level is LV3.
 - 4.1.2. Press 「Speed / Incline up」 or 「Speed / Incline down」 to set the level between Level 1 to Level 5. Profile will change accordingly.
 - 4.1.3. Press [ENTER] to confirm and go to next setting or press [START] to begin workout.
 - $4.2.\ For\ incline\ change\ program\ : (\ RAMP-INCLINE\ ,\ INTERVAL-INCLINE\ ,\ PEAK-INCLINE\ ,\ HILL-INCLINE\)$
 - 4.2.1 The preset level is LV3.
 - 4.2.2. Press $\[\]$ Speed / Incline up $\[\]$ or $\[\]$ Speed / Incline down $\[\]$ to set the level between Level 1 to Level 5. Profile will change accordingly.
 - 4.2.3. Press [ENTER] to go to next setting or press [START] to begin workout.
- 5. Set user weight: Press 「Speed / Incline up」 or 「Speed / Incline down」 to set user weight. Then press 【ENTER】 to confirm the setting and go to next setting.
- 6. Set age: Press
 Speed / Incline up or Speed / Incline down to set user age. Press
 Speed / Incline up or Speed / Incline down to set user age.

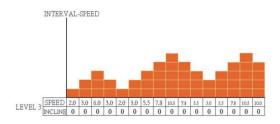
7. Begin workout:

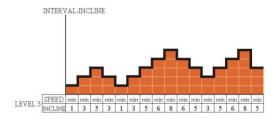
- 7.1. Speed or incline will change automatically according to the program setting.
- 7.2. Speed or incline change 2 minutes per segment if time is count up mode, else, time of segment change = set time / 16.
- 7.3. You can use any speed or incline key or device to change present speed or incline.
- 7.4. It will process the cool down program before end of workout if time counts down to 0.

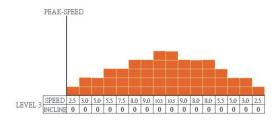
Course program profile

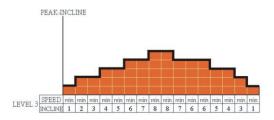


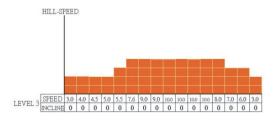


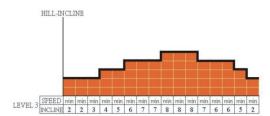












Revision 1.2

P4 Custom:

- 1. Press 『Program Select』 to select the Custom program. Message Window shows 【CUSTOM】. Press 【ENTER】 to enter the program. Press 『ENTER』 to choose program or 『Quick Start』 to begin workout.
- 2. There are 2 custom settings can be chosen: CUSTOM 1 and CUSTOM 2. Press 「Speed / Incline up or 「Speed / Incline down to choose and press 「ENTER to go to next setting.
- 3. Body weight setting: Press 『Speed / Incline up』or 『Speed / Incline down』 to set user weight then press 『ENTER』 to confirm the setting and go to next step.
- 4. Age setting: Press <code>FSpeed / Incline up _ or FSpeed / Incline down _ to set user age. Press FENTER _ to confirm the setting and go to next setting.</code>
- 5. Set speed and incline of every segment: There are 16 segments can be set.
- 5.1 Message Window and dot matrix show speed profile first. Press <code>"speed up_"</code>, <code>"speed down_"</code> or Quick Speed keys to set the speed and press <code>"incline up_"</code>, <code>"incline down_"</code> or Quick Incline keys to set the incline in first segment, then press <code>"ENTER_"</code> to confirm and enter the time setting.
- 5.2 Message Window shows **[SET TIME 0:00]**, press "speed/incline up or "speed/incline down to set the exercise time for this segment. Then press "ENTER to confirm the setting of present segment and go to next segment setting.
- 5.3 When setting the last segment and press <code>"ENTER_"</code>, Message Window shows <code>[PRESS START TO BEGIN WORKOUT OR ENTER TO MODIFY]</code>. Press <code>"Quick Start_"</code> to execute the program or press <code>"ENTER_"</code> to back to the setting of first segment.
- 6. After the setting of all 16 segments, press $^{\mathbb{F}}$ Quick Start $_{\mathbb{F}}$ to execute the program. Message Window shows $(3 \rightarrow 2 \rightarrow 1)$ and every value starts to count.
 - 6.1 It is workable to press "Quick Start during the setting to confirm and execute the program immediately.
- 7. Speed and incline automatically change according to your setting. And the Time window displays the countdown value of current segment. It will go to next segment when the time counts down to "o"
- 8. The segment will not be executed if the setting time is "o".
- 9. You can also adjust the speed and incline during the workout.
- 10. It will process the cool down program after 16 segments have been executed.

P5 Fitness test:

- 1. Press 『Program Select』 to select the Fitness test program. Message Window shows 【FITNESS TEST】. Press 【ENTER】 to enter the program.
- 2. Body weight setting: Message Window shows **[SET WEIGHT]**, press Speed / Incline up or Speed / Incline down to set user weight. Press ENTER to confirm the setting and go to next setting.
- 3. Age setting: Message Window shows **[SET AGE]**, press <code>"Speed / Incline up _ or "Speed / Incline down _ to set user age. Press <code>"ENTER _ to confirm the setting and go to next setting."</code></code>
- 4. Gender setting: Message Window shows **[SET GENDER: MALE]**, press **Speed / Incline up or Speed / Incline down to switch to SET GENDER: FEMALE]**. Press **SENTER** to confirm the setting and go to next setting.
- 5. Starting speed setting: Message Window shows **[START SPEED 0.8]** which is the lowest speed. Press "Speed / Incline up , "Speed / Incline down or "Quick Speed keys to set starting speed then press **[Quick Start]** to begin workout.

6. Begin workout:

- 6.1. This program is for testing your fitness condition for how far you can run in 12 minutes. You can use any speed key or device to change the speed. The preset 12 minutes can not be changed. And the incline function is not available.
- 6.2. The program will be end if time count down to 0 and process the cool down program. After finish the cool down program and get into end mode, the dot matrix shows the test result.
- 6.3. Test result: [VERY GOOD], [GOOD], [AVERAGE], [BAD], [VERY BAD].

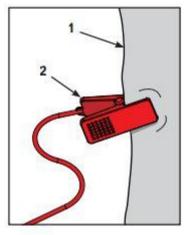
P6 Heart Rate Train:

- 1. Press [Program Select] to select the Heart Rate Train program. Message Window shows [HEART RATE TRAIN]. Press [ENTER] to enter the program.
- 2. Time setting: Message Window shows 【SET TIME】, press 『Speed / Incline up』or 『Speed / Incline down』 to set the workout time. Press "ENTER to confirm the setting and go to next setting.
- 3. Body weight setting: Press 『Speed / Incline up』or 『Speed / Incline down』 to set user weight then press 『ENTER』 to confirm the setting and go to next step.
- 4. Age setting: Press 『Speed / Incline up』 or 『Speed / Incline down』 to set user age. Press 『ENTER』 to confirm the setting and go to next setting.
- [WEIGHT LOSS MODE], [AEROBIC MODE] and [TARGET].
- 5.1 WEIGHT LOSS MODE: The default heart rate is MHR (Max Heart Rate) x 70%. MHR is defined after setting user weight and age. The default heart rate can be adjusted by pressing "Speed / Incline up or "Speed / Incline down..."
- 5.2 AEROBIC MODE: The default heart rate is MHR (Max Heart Rate) x 80%. MHR is defined after setting user weight and age. The default heart rate can be adjusted by pressing "Speed / Incline up or "Speed / Incline down or ..."
- 5.3 TARGET: The default heart rate is 130. Press $\[\]$ Speed / Incline up $\[\]$ or $\[\]$ Speed / Incline down $\[\]$ to adjust the target heart rate.
- 6. Press FENTER to confirm the setting and go to next setting.
- 7. Start speed setting: Message Window shows [START SPEED], press [Speed /Incline up_or [Speed / Incline down] to set the workout speed. Press FENTER to confirm the setting and go to incline setting.
- 8. Incline setting: Message Window shows 【START INCLINE】, press 『Speed / Incline up』or 『Speed / Incline down』 to set the workout incline. Press 『ENTER』to confirm. Press 『QUICK START』, the Message Window shows [3→2→1], every value starting to count.
- 9. Speed and incline change automatically every 30 seconds according to your heart rate setting and real heart rate.
- 9.1. [real heart rate] < [set heart rate -5] → Incline will increase 1 level every 30 seconds till max level, then speed will increase 0.2 KPH / 0.1MPH every 30 seconds till speed ≥12KPH / 7.5MPH.
- 9.2 [real heart rate]< [set heart rate -15]→ speed will increase 0.5 KPH/0.3MPH every 30 seconds till speed ≧8KPH / 5.0MPH, then Incline will increase 1 level every 30 seconds till max level.
- 9.3 [real heart] > [set heart rate+5] → Incline will decrease 1 level every 30 seconds till min level, then speed will decrease 0.2 KPH / 0.1MPH every 30 seconds till lowest speed.
- 9.4 [real heart rate]> [set heart rate +15]→ speed will decrease 0.5 KPH/0.3MPH every 30 seconds till lowest speed, then Incline will decrease 1 level every 30 seconds till min level.
- 10. Message window will show [NO HR INPUT] after 10 seconds without detecting any heart rate signal. It will back to idle mode after 30 seconds without detecting any heart rate signal.
- 11. You can use any speed or incline key or device to change the speed or incline.
- 12. 12. It will process the cool down program if time count down to 0.



OPERATION

Emergency Stop Safety Key



1 Clothing of user

2 Emergency Stop Safety Clip (from front of display)

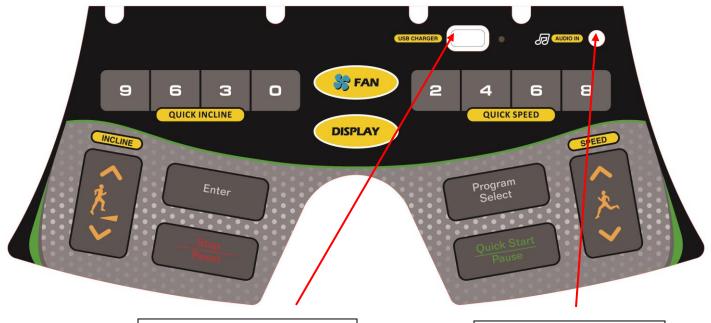
The emergency stop key functions as an emergency stop. In an emergency situation, the emergency stop key disengages from the console and the treadmill will come to a stop. Before using the treadmill, clip the emergency stop key in display.

- 1. Compress the spring and clip the emergency stop clamp to your clothing. Ensure the clip engages enough clothing so it does not fall off in an emergency situation. Be sure the string is free of knots and has enough slack for you to workout comfortably with the emergency stop key in place.
- 2. Without falling off the treadmill, carefully step backward until the emergency stop key pulls out of the console. If the emergency stop key clip falls off your clothing then the test has failed. Re-clip the emergency stop key clip to your clothing and repeat this step.
- 3. Re-install the emergency stop key.
- 4. The treadmill is now ready to be used. Ensure the emergency stop key clip is secured to your clothing at all times during use.
- 5. After use, clip the emergency stop key around handrail one and clip to its own cord.

Revision 1.2

OPERATION





USB Charger:

Available for any 3C device that can be charging by USB device.

Music jack (available for 3.5"plug) *Not able for head-sets

Note:

High speaker volume may interfere with the heart rate accuracy. Please decrease the speaker volume when you are using the heart rate function.

*Warning: After removing the safety key, wait for 5 seconds to re-insert in.

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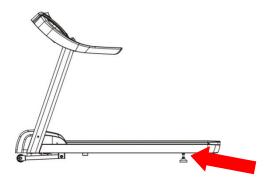
Call Toll free at (800) 269-7130

OPERATION

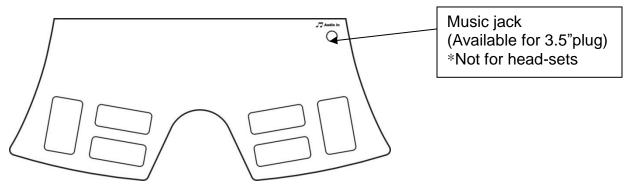
Horizontal Adjustment

For floor stability, 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 go up.
- 3. Turn the screw counterclockwise to make the screw go down.



High speaker volume may interfere with the heart rate accuracy. Please decrease the speaker volume when you are using the heart rate function.

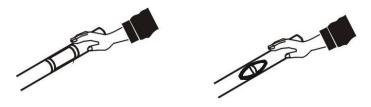


*Warning: After removing the safety key, wait for 5 seconds before re-inserting.

If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

Hand pulse

Before/after running, to put your feet separately on each side rein, then hold the hand grip, so as to avoid any shaking. If the heart beat is too high or irregular, please have your hands out of the hand grip until the pulse display returns to "0", then redoing the test. Don't do this test while running.



Revision 1.2

BELT ADJUSTMENT

BELT ADJUSTMENT

You may need to adjust the running belt during the first weeks of use. All running belts are properly set at the factory. It may stretch or be off-center after use. Stretching is normal during the break-in period.

ADJUSTING THE BELT TENSION

If the running belt feel as though it is "slipping" or hesitating when you plant your foot during a run, the tension on the running belt may have to be increased. (Please spray silicone on deck first)

TO INCREASE THE RUNNING BELT TENSION

- A). Place 6mm wrench on the left belt tension bolt. Turn the wrench clockwise 1/4 turn to draw the rear roller and increase the belt tension.
- B). Repeat STEP "A" for the right belt tension bolt. You must be sure to run both bolts the same number of turns, so the rear roller will stay square relative to the frame.
- C). Repeat STEP "A" and STEP "B" until the slipping is eliminated.
- D). Be careful not to tighten the running belt tension too much as you can create excessively pressure on the front and rear roller bearings. An excessively tightened running belt may damage the roller bearings that would result in bearing noise from the front and rear rollers.

TO DECREASE THE TENSION ON THE RUNNING BELT, TURN BOTH BOLTS COUNTERCLOCKWISE THE SAME NUMBER OF TURNS.

CENTERING THE RUNNING BELT

When you run, you may push off harder with one foot than with another. The severity of the deflection depends on the amount of force that one foot exerts in the relation to the other. This deflection can cause the belt to move off-center. This deflection is normal and the running belt will balanced or no body is on the running belt. If the running belt remains consistently off-center, you will need to center the running belt manually.

- A). Start the treadmill without anyone on the running belt, press (SPEED UP) button until speed reached 4 mph (6kph).
- B). Observe whether the running belt is toward the right or left side of the deck.
- a. If toward the left side of the deck:

Using wrench, turn the left adjustment bolt clockwise 1/4 turn and the right adjustment bolt counterclockwise 1/4.

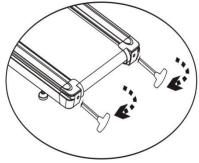
b. If toward the right side of the deck:

Using wrench, turn the right adjustment bolt clockwise 1/4 turn and the left adjustment bolt counterclockwise 1/4.

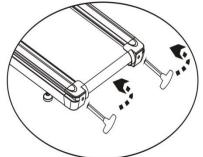
c. If the belt is still not centered, repeats the above steps until the running belt is on center.

BELT ADJUSTMENT

C). After the belt is centered, increase the speed to 10 mph (16kph) and verify that it is running smoothly. Repeat the above steps if it is necessary. If the above procedure is unsuccessful in resolving the off-center, you may need to increase the belt tension.



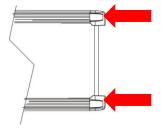
Turn clockwise to Increase the running belt tension



Turn counter-clockwise to decrease the running belt tension

Running Belt Travel Area:

The running belt should be centered and adjusted within the area which has been indicated by the arrows on right roller cover and left roller cover. The running belt can be worn and damaged if the running belt travels beyond this scope.



Revision 1.2

CARE & MAINTENANCE

CARE & MAINTENANCE

Always remove the key and unplug the power cord before cleaning, lubricating, or performing any maintenance.

RUNNING BELT AND RUNNING DECK LUBRICATION

Regular maintenance is necessary for best performance and longer treadmill life. The maintenance procedure will prevent premature wear of the running belt, running deck and drive motor system. It is difficult to predict exactly when will need lubrication, we recommend the following time table as a guide to lubricate:

USAGE	PERIOD	LUBRICATION	
Light user	Less than 3 hours / week	Every 4 months	
Medium user	3~5 hours / week	Every 2 months	
Heavy user	More than 5 hours / week	Every 1 month	



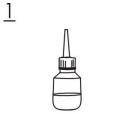


Please contact your dealer for ordering lubricant.

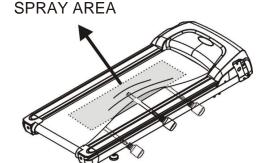
HOW TO SPRAY SILICONE ON DECK

- 1). Find the silicone bottle. Place the bottle with the hardware kit package which came with the treadmill packaging.
- 2). Spray silicone lubricate on the treadmill deck evenly. Spray the deck area as shown in the drawing below.

(ATTENTION: You must stop the treadmill belt completely before spraying the silicone. Failure to do so could cause injury such as cutting your hand on the edge of the belt and crushing your fingers between the rear roller and the belt.) Do not put too much silicone on the deck. It can cause the running belt to slip when in use if there is too much lubrication.



Silicone bottle



CARE & MAINTENANCE

CARE & MAINTENANCE

Always remove the key and unplug the power cord before cleaning, lubricating, or performing any maintenance.

Other parts maintenance:

Number	Checking Item	Daily	Week	Month	Season	6 Months
1	Console Screws					Checking
2	Frame	Wipe				Checking
3	Running Surface		Clean(dust)			Checking
4	Power Code			Checking		
5	Overlay	Wipe		Checking		
6	Handle bar	Wipe				Checking
7	Handle bar screws				Checking	
8	Front Roller & Groove				Wipe	Checking
9	Rear Roller					Checking
10	Safety Key	Wipe				
11	Drive Belt				Wipe	Checking
12	Running belt tension					Checking
13	Motor Control					Clean(dust)
14	Motor Pulley & Groove					Checking

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CARE & MAINTENANCE

CARE & MAINTENANCE

Always remove the key and unplug the power cord before cleaning, lubricating, or performing any maintenance.

HOW DO I CLEAN MY MACHINE?

Clean with soap and water cleaners only. Never use solvents on plastic parts. Cleanliness of your treadmill and its operating environment will keep maintenance problems and service calls to a minimum. For this reason, Customer Tech Support recommends that the following preventive maintenance schedule be followed.

DAILY

 Unplug the treadmill. Clean entire machine using water and a mild soap or other Green Series Fitness approved solution (cleaning agents should be alcohol and ammonia free).

MONTHLY or QUARTERLY (depending on usage or dirty environments)

 Unplug the treadmill and remove the motor cover. Check for debris and clean with a dry cloth and small vacuum nozzle. DO NOT vacuum directly on electronics board. Either blow with mouth or compressed air to clean electronic components.

WARNING: Do not plug the treadmill in until the motor cover has been reinstalled.

RECOMMENDED CLEANING TIPS

Preventative maintenance and daily cleaning will prolong the life and look of your equipment.

- Use a soft, clean cotton cloth. DO NOT use paper towels to clean surfaces on the treadmill. Paper towels are abrasive and can damage surfaces.
- B. Use a mild soap and damp cloth. **DO NOT** use ammonia based cleaner or alcohol. This will cause discoloring of the aluminum and plastics it comes into contact with.
- C. Do not pour water or cleaning solutions on any surface. This could cause electrocution.
- Wipe the console, heart rate grip, handles and side rails after each use.
- E. Brush away any wax deposits from the deck and belt area. This is a common occurrence until the wax is worked into the belt material.
- F. Be sure to remove any obstructions from the path of the elevation wheels including power cords.
- G. For cleaning console displays, use distilled water in an atomizer spray bottle. Spray distilled water onto soft, clean, dry cloth and wipe display until clean and dry. For very dirty displays, adding vinegar is recommended.

CAUTION: Be sure to have proper assistance to install and move the unit in order to avoid injury or damage to the treadmill.

CARE & MAINTENANCE

CLEANING

Perspiration should be wiped from the console and treadmill surface after your workout. You should wipe down this treadmill after each use with a water dampened, soft cloth. Be careful do not get excessive moisture on the display panel, this might cause an electrical hazard or electronics to fail.

REPLACEMENT RUNNING BELT

Running belt is consumables parts. It should be replaced when the running belt surface showing signs of wear. Or we suggested you replace running belt after 6000 hours usage.

REPLACEMENT RUNNING DECK

Running deck is consumables parts. It should be replaced when the running deck surface showing signs of wear. Or we suggested you replace running belt the same schedule as running belt.

STORAGE

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

MOVING

This 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.



Revision 1.2

CARE & MAINTENANCE

CHECK FOR DAMAGED PARTS

DO NOT use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Green Series Fitness.

MAINTAIN LABELS AND NAMEPLATES Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Green Series Fitness for a replacement or an authorized service provider.

MAINTAIN ALL EQUIPMENT Preventative maintenance is the key to smooth operating equipment, as well as keeping the user's liability to a minimum. Maintain a clean area around the equipment, free from dust and dirt. Equipment needs to be inspected at regular intervals. Defective components must be replaced immediately. Improperly working equipment must be kept out of use until it is repaired. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.

DECK AND BELT REPLACEMENT

One of the most common wear and tear items on a treadmill is the deck and belt combination. If these two items are not properly maintained they can cause damage to other components. This product has been provided with the most advanced maintenance free lubricating system on the market.

WARNING: Do not run the treadmill while cleaning the belt and deck. This can cause serious injury and can damage the machine. Maintain the belt and deck by wiping the sides of the belt and deck with a clean cloth. The user can also wipe under the belt 2 inches (~51mm) on both sides removing any dust or debris. The deck can be flipped and reinstalled or replaced by an authorized service technician. Please contact Green Series Fitness for more information.

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TROUBLE SHOOTING

SYMPTOM	CAUSE	SOLUTION		
Console display does	A). No power to treadmill.	A). Check the ON-OFF switch is on, switch indicator		
not illuminate		shall be ON . If not, check AC power source.		
	B). Console wire is not connected or	B). Check console wiring connector points are		
	incompletely.	connected correctly, including outward and		
	C). Overload, protecting is started.	connector point insert PINs.		
	D) Canada nawar sauraa damagad	C). Check fuse(near ON-OFF switch) is working or not, if working, push it back, and restart again, if not		
	D). Console power source damaged	working perform maintenance of the running belt		
		and deck.		
		D). Turn OFF power then open the motor cover,		
		turn on the power and check the console power		
		pilot lamp(LED2) on the interface PCB, it shall be		
		light completely, if not, replace it.		
Display not completely	A). Console damaged.	A). Replace the console PCB.		
showing	B). Console source power unstable.	B). Turn off the ON/OFF switch, then open the		
3	,	motor cover. Turn on the power again to see if the		
		interface power lights up or not. The interface		
		needs to be changed if the interface power doesn't		
		light up or glitter.		
0. 00				
Show SPEED ERROR	A). RPM sensor problem.	A). Turn OFF power and wait 15 seconds then turn		
		on again, press start, if motor works and then		
		shows SPEED ERROR , turn off power then open		
		the motor cover, verify the sensor wire is connect		
	B). Driver system problem.	correctly or replace it. If motor does not work, see description of B).		
	b). Driver system problem.	B). Turn OFF power then open the motor cover,		
		replace the interface PCB, if does not work, replace		
		inverter.		
Show E1	Memory device damaged.	Replace console PCB.		
Show INCLINE ERR	Console cannot receive the incline motor	Reset power, if incline is working, check incline		
	signal or signal error.	wire and console wire connector for complete		
		connection, verify all connection points are		
		connected correctly, including outward and		
		connector point insert PINs.		
		2. If wires check ok but still show ERR , replace the		
		incline motor VR. 3. Reset power, if incline does not work, check the		
		incline operate pilot lamps LED4 (UP) & LED5		
		(DOWN) lights up or not when operating the incline		
		function, if does not light, check console wire or		
		replace interface PCB. If lights up, verify if the		
		motor is locked or not (maybe already at lowest		
		position and still move down, must be re-homing), if		
		not locked, replace interface PCB.		
Show LUBRICATE DECK	Prompt message advising you to lubricate running belt.	After applying lubrication, press "STOP" to erase the signal.		
Showing Err	Communication between console and	A). Re-start the power, make sure if the console		
	inverter error.	wire damaged or connect pin bend.		
		B). Check the error message by engineering		
		manual instruction.		
		C). After re-start the power, if still present error,		
		replace the inverter.		

If the supply cord is damaged, it must be replaced by the manufacturer or its service provider or a similarly qualified person in order to avoid a hazard.

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TROUBLE SHOOTING

Walking Belt Slipping, Jerking, Slowing

When a walking belt slips, jerks or slows when walking on it generally indicates a tension problem.

Walking Belt:

The walking belt tension is different depending on the thickness of the walking belt. The thicker the belt, the loser it may be. Walking belt tension should be as loose as possible without slipping for the longest life span of the walking belt. Refer to the owner's manual has instructions on how to adjust the walking belt.

Worn Walking Belt:

Walking belts have a grip system on the underside just like the top. If you have already adjusted the tension of the walking belt and it is still slipping, feel the underside of the walking belt. If the underside of the walking belt feels smooth, you may need to replace the walking belt.

Lubricant:

Each new treadmill deck and walking belt comes pre-lubricated. To check for lubricant, run your fingers on the underside of the walking belt. If your fingers come out with a shiny gloss (not wet) there is plenty of lubricant. If it is rough and dry, a single application of **approved lubricant** may be applied to the walking belt. If the treadmill has been in storage or not used for an extended period of time, the lubricant may dry out and need a new application. Multiple applications of lubricant are **NOT** necessary and may result in damage to the walking belt and or deck.

Type of Lubricant:

Use only approved lubricant on the walking belt and deck. Green Series Fitness requires the use of **Silicon** lubricant.

Using wax or spray type lubricant, or others, will result in a buildup of a sticky substance on the walking belt and deck. This buildup will result in the replacement of the walking belt and potentially the deck.

The usage of non-approved lubricants will result in the walking belt and deck warranty to be void. It will be the responsibility of the customer the costs associated for the parts and labor to replace such components.

to pay

Treadmill Breaker or Main Service Breaker Tripping

Worn Deck:

One of the indicators of a worn treadmill deck is the tripping of the treadmill breaker and/or the main service breakers. A worn treadmill deck causes additional resistance between the walking belt and the surface of the deck. This added resistance will cause an increase of the power required to operate the treadmill and potentially cause the power inverter and the walking belt to overheat thus causing the breakers to trip. With your hand, reach in between the walking belt and the deck. Feel the surface of the deck. If the deck is smooth and without "ridging", then the cause is likely elsewhere. If the you or technician feels that the deck is rough to the touch or has ridges running the length of the deck, then the deck is likely the cause of the tripping breakers and the deck needs replacement.

Power Inverter or Lower Board:

If it has been determined that the walking belt and deck are not the cause of the breakers tripping, then the next step is to verify the correct operation of the Power Inverter or lower board. If it is possible, exchange the power inverter with a power inverter of a treadmill which is not experiencing this problem. If the problem follows the exchanged power inverter, then replace the power inverter. If the problem does not follow the power inverter, then the problem is elsewhere and additional troubleshooting is required to locate the problem.

If you do not have another treadmill to exchange components with, feel the surface of the power inverter to determine if it is hot to the touch. If it is hot to the touch, replace the power inverter.

ENGINEERING MODE

- Press and hold **STOP** and then **SPEED** + for 3 seconds to enter **Personal Settings Mode**. The first screen shows the software version for your console.
- Press ENTER to continue.





- Press SPEED + / to change from English (EN) to Metric (SI).
- Press ENTER to continue.



CAUTION

Do not change the factory default settings for the **SPEED or Roller Size**. Doing so may endanger the user. Please contact Green Series Customer Service before performing this change.

- Roller Size is displayed. (Do not modify)
- Press **ENTER** to continue.



- Press **SPEED +/-** to change min speed.

- DC treadmill have set from .5 to .7
- AC treadmill have set .4 to .5
- o (Note: **DO NOT** have DC treadmill under **.5 mph**. Motor does not have enough torque for that setting. See owner's manual for details.)
- Press ENTER to continue.



Recommended for DC treadmill



Recommended for AC treadmill

- Press SPEED +/- to change max speed.
 - o DC treadmill have set max 12.5 mph
 - o AC treadmill have set max 15.5 mph
 - (Note: **DO NOT** have DC treadmill over **12.5 mph**. Motor does not have enough torque for that setting.
 See owner's manual for details.)
- Press ENTER to continue.



Recommended for DC treadmill



Recommended for AC treadmill

- This screen shows the **Total Distance** exercised in **MILES** or **KILOMETERS**.
- Press ENTER to continue.



- This screen shows **Total Hours** of use.

Press **ENTER** to continue and exit the **Engineering Mode**.

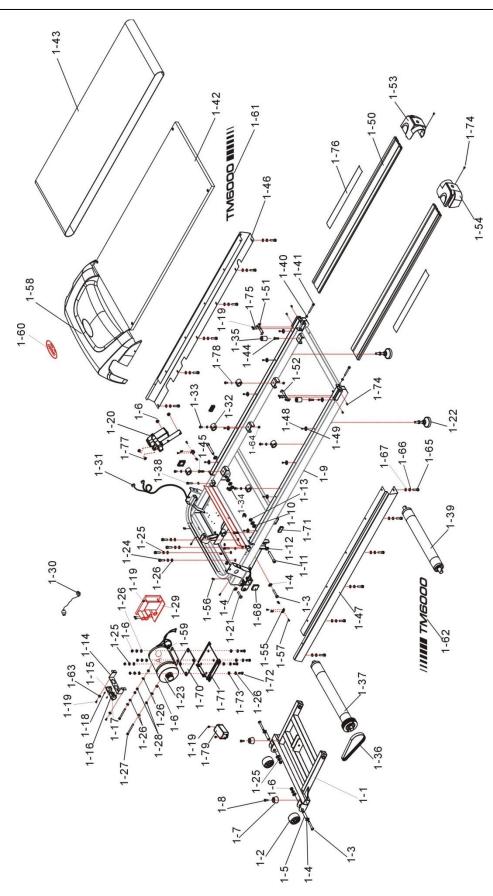


Revision 1.2

PART LIST

ITEM	Part No.	DESCRIPTION	Q'TY	ITEM	Part No.	DESCRIPTION	Q'TY
1-1	F500387-000	Lift arm	1		i un itoi	CONSOLE SET	
1-2	F300346-000	Rear wheel	2	2-1	F500345-004	Console frame	1
1-3	H020302-017	Bolt M10x70mm	3	2-2	F880339-000	Hand Pulse Assembled Set	1
1-4	H021109-039	Washer M10	6	2-2-1	F300341-000	Hand pulse upper cover	2
1-5	F290051-001	Wheel axle center	2	2-2-2	F300281-000	Hand pulse lower cover	2
1-6	H022303-000	Nut M10	10	2-2-3	H020109-014	Bolt M3x20mm	4
1-7 1-8	F330030-000 H020626-003	Rubber Suspension Bolt M8x20mm	2	2-2-4 2-3	F270271-000 F300389-110	Hand pulse plate Upper console cover / K90	1
1-9	F500342-001	Running deck frame	1	2-4	F300504-103	Console housing / K90	1
1-10	F060000-000	Bushing	2	2-5	F373426-001	Panel, console	1
1-11	H020674-001	Bolt 1/2"x82mm	2	2-6	H020201-002	Bolt M3x6mm	8
1-12	H021130-005	Washer M13	4	2-7	F300430-000	Safety key base	1
1-13	H022314-001	Nut 1/2"	2	2-8	F373262-000	Fan	1
1-14	F270676-000	Wire set plate	1	2-9	H020201-005	Bolt M3x30mm	4
1-15 1-16	F376002-000 F090012-000	Electric socket On-off switch	1	2-10 2-11	F410006-000 H020173-000	Speaker Bolt M4x12mm	2 19
1-17	F090012-000 F091001-001	Power breaker	1 1	2-11	F300526-000	Speed button	19
1-18	H020118-001	Bolt M3x8L	2	2-13	F300525-000	Incline button	1
1-19	H020803-000	Bolt M4x10L	11	2-14	F300265-000	Fixing bracket, button	4
1-20	F991023-001	Incline motor	1	2-15	F330061-000	Rubber key-Start	1
1-21	H020302-014	Bolt M10x45mm	1	2-16	F330066-000	Rubber key-Stop	1
1-22	F300376-000	Adjust pad	2	2-17	F373288-000	Button PCB	2
1-23	F994006-000 H020615-007	AC motor Bolt M10x25L	4	2-18	F373274-000 H020220-000	Audio jack	1 2
1-24 1-25	H020615-007 H021205-000	S Washer M10	10	2-19 2-20	H020220-000 H021110-001	Bolt M2x5mm Washer M4	4
1-26	H021203-000 H021109-022	Washer M10	17	2-20	F290031-000	Screw location fixer	2
1-27	H020615-017	Bolt M10x80mm	2	2-22	F300506-103	Lower console cover / K90	1
1-28	H022102-004	Nut M10	3	2-23	H020803-000	Bolt M4x10mm	8
1-29	F372046-002	Inverter	1	2-24	F916317-010	Upper Overlay	1
1-30	F083104-004	Power cord	1	2-25	F916316-011	Lower Overlay	1
1-31	F080189-001	Lower console wire	1	2-26	F340034-002	Operational button	1
1-32 1-33	F330059-000 H020638-001	Rubber cushion-1 Bolt M8x20L	6	2-27 2-28	F080024-000 F080188-000	Hand pulse wire Console wire	1 1
1-34	F270674-000	Tooth plate	2	2-20	F900013-007	Safety key	1
1-35	F330037-000	Rubber cushion-2	2	2-30	F300535-103	Software update cap / K90	1
1-36	H041019-000	Drive belt	1	2-31	F373299-000	Hand pulse PCB	1
1-37	F298017-000	Front roller	1	2-32	F373354-000	Receiver	1
1-38	H020620-003	Bolt M8x50mm	2	2-33	F080138-001	Receiver wire	1
1-39	F299018-000	Rear roller	1 1	2-34	H020172-001	Bolt M3x8L	24
1-40	H021209-000	S Washer M8	4	2-35	F379000-000	Clip, motor	1
1-41 1-42	H020608-001 F580019-000	Bolt M8x70mm Running deck	2	2-36 2-37	F080175-000 H021119-001	Keypad control wire Washer M3	1 4
1-43	F570045-003	Running belt	1	2-38	H020821-000	Bolt M4x10mm	1
1-44	H020824-000	Bolt M8x35mm	2	2-39	F300647-100	Reading Rack	1
1-45	H020830-000	Bolt M8x40mm	4	2-40	F916300-013	Logo	1
1-46	F270666-003	Right side rail / K90	1				
1-47	F270667-003	Left side rail / K90	1				
1-48	H020802-008	Bolt M5x10mm	10				
1-49	F300369-000	Side rail fixer Upper side rail / K90	10				
1-50 1-51	F300507-003 F270670-000	Fixing bracket, right roller cover	1	3-1	F500411-004	Console mast (right)	1
1-51	F270670-000 F270669-000	Fixing bracket, left roller cover	1 1	3-1	F500411-004	Console mast (light)	1
1-53	F300503-103	Right roller cover / K90	1	3-3	H020603-000	Bolt M8x15mm	2
1-54	F300502-103	Left roller cover / K90	1	3-4	H021100-000	Washer M8	20
1-55	F270080-001		2	3-5	F900587-001	Right handle bar	1
1-56	H022800-001	Tooth plate	6	3-6	F900586-001	Left handle bar	1
1-57	H020207-002	Bolt M4x15mm	6	3-7	F270222-000	Power cord locker	1
1-58 1-59	F300501-103 F379001-000	Upper motor cover / K90 Clip, motor	1 1	3-8 3-9	H020201-003 H020602-004	Bolt M3X12L Bolt M8x25mm	1 18
1-60	F916212-032	Logo	1	3-10	H020602-004 H021209-000	S Washer M8	16
1-61	F916273-143	Right side rail sticker	1	3-10	F916438-000	Green Series Logo	2
1-62	F916273-144	Left side rail sticker	1		2.2.00.000		
1-63	H021206-001	S Washer M4	6				
1-64	H022302-000	Nut M8	6				
1-65	H020601-002	Bolt M5x12L	12				
1-66	H021605-001	S Washer M5	12	4.4	H020220-000	USB charger	
1-67 1-68	H021121-000 F300568-000	Washer M5 Stopper 45x45 mm	12 2	4-1 4-2	F373259-000	Bolt M2x5mm USB charger	1
1-69	F300568-000 F300002-000	Stopper 25x50 mm	2	4-2	1 313233-000	COD Glaigei	+
1-70	F330041-000	Motor Suspension	1		1		+ -
1-71	F270365-000	AC Motor Set Plate	1				
1-72	H020302-016	Bolt M10x30mm	4				
1-73	F300043-002	Motor Washer	4				\bot
1-74	H020803-001	Bolt M4x10mm	6				
1-75	H021206-000	S Washer M4	4		-		+
1-76 1-77	F916215-001 F300037-000	Non-slip sticker Incline motor Bushing	2				+
1-77	H021120-004	Washer M8	6		+		+
1-79	F377007-001	Washer Mo Wave filter	1				+
			· · ·		•	-	

EXPLODED DRAWING

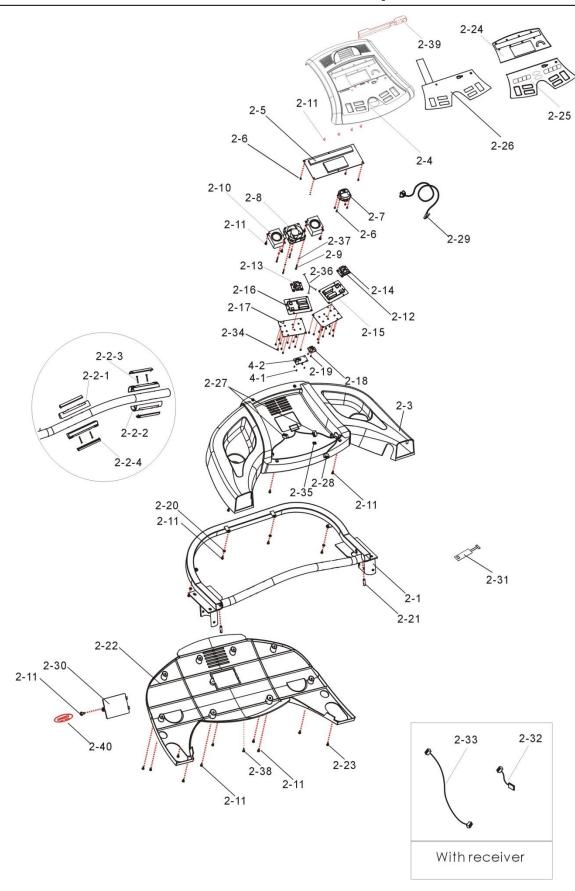


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Call Toll free at (800) 269-7130

EXPLODED DRAWING (CONSOLE SET)



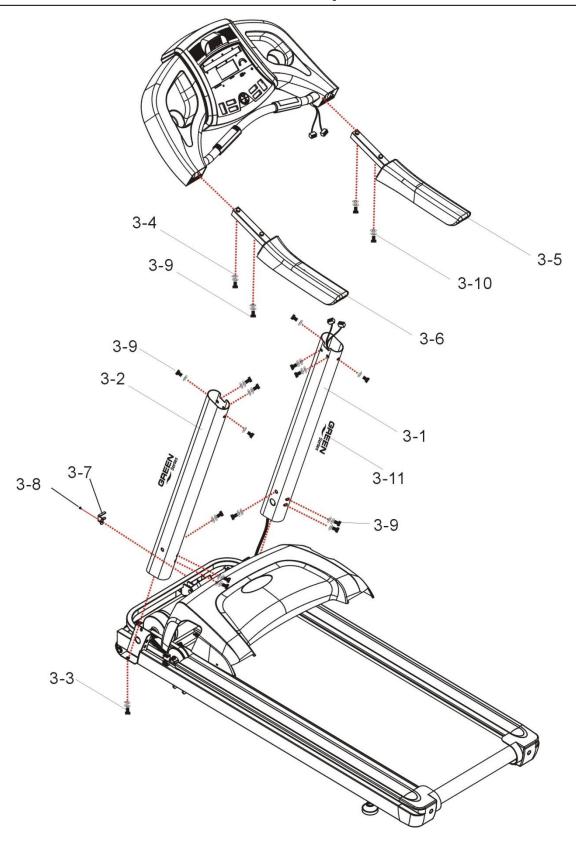
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Revision 1.2

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EXPLODED DRAWING (CONSOLE MAST SET)





Limited Warranty

6000 SERIES LIGHT COMMERCIAL WARRANTY

The Green Series™ 6000 light commercial warranty is intended for non-dues-paying facilities where equipment use is generally up to six (6) hours per day.

7000 SERIES FULL COMMERCIAL WARRANTY

The Green Series™ 7000 full commercial warranty is intended for facilities where equipment use is regularly in excess of eight (8) hours per day. All dues-paying facilities fall into the category of a full commercial warranty as well as many non-dues-paying facilities.

Please note that any warranty services or questions must be accompanied by the model number and serial number from the transaction through which the warranted product was purchased. <u>The serial number serves as your warranty number and must be retained</u>. **GREEN SERIES™** cannot provide warranty service without this number.

GREEN SERIES™ Cardio Machines warrant this product and its parts against defects in materials or workmanship for <u>ten (10) years frame, five (5)</u> <u>years motor, three (3) years parts, two (2) years wearables and one (1) year labor</u> from the initial install date. During this period, GREEN SERIES™ will repair or replace defective parts or equipment with new or reconditioned parts at GREEN SERIES™ option, without charge to customer. This limited warranty extends only to the original purchaser and is non-transferable. (Excluding Indoor Cycling Bikes)

GREEN SERIES™ Indoor Cycling Bikes warrant this product and its parts against defects in materials or workmanship for <u>five (5) years frame, two (2) years parts, one (1) year wearable and no labor</u> from the initial install date. During this period, GREEN SERIES™ will repair or replace defective parts or equipment with new or reconditioned parts at GREEN SERIES™ option, without charge to customer. This limited warranty extends only to the original purchaser and is non-transferable

Shipping fees incurred from returns for under-warranty service in the warranty time-line will be paid by **GREEN SERIES™**. All shipping fees both to and from **GREEN SERIES™** following this warranty time-line period must be paid by the customer. All returns, both during and following the warranty time-line period, must be affected via the Procedures for Obtaining Warranty Service described below.

All original parts (parts installed by **GREEN SERIES™** at the original system build) replaced by **GREEN SERIES™**, its authorized service center or authorized service technician, become the property of **GREEN SERIES™**. Any after-market additions or modifications void all warranties. The original purchaser is responsible for the payment, at current rates, for any service or repair outside the scope of this limited warranty.

GREEN SERIES™ makes no other warranty, expressed or implied, including but not limited to implied warranties of merchantability, fitness for a particular purpose, or conformity to any representation or description, with respect to this warranty other than as set forth below. **GREEN SERIES™** makes no warranty or representation, either expressed or implied, with respect to any other manufacturer's product or documentation, its quality, performance, merchantability, fitness for a particular purpose, or conformity to any representation or description.

Except as provided below, **GREEN SERIES™** is not liable for any loss, cost, expense, inconvenience or damage that may result from use or inability to use the equipment. Under no circumstances shall **GREEN SERIES™** be liable for any loss, cost, expense, inconvenience or damage exceeding the purchase price of the equipment.

The warranty and remedies set forth below are exclusive and in lieu of all others, oral or written, expressed or implied. No reseller, agent or employee is authorized to make any modification, extension or addition to this warranty.

Warranty Conditions and Restrictions

The above Limited Warranty is subject to the following conditions:

- This warranty extends only to products distributed and/or sold by **GREEN SERIES**. It is effective only if the products are purchased and operated in the USA, (Within the USA including US 48 States, Alaska and Hawaii), Puerto Rico, Canada and Mexico. All countries outside the USA for warranty service do not include labor rates.
- This warranty covers only normal use of the equipment. **GREEN SERIES™** shall not be liable under this warranty if any damage or defect results from (i) misuse, abuse, neglect, improper shipping or installation; (ii) disasters such as fire, flood, lightning or improper electric current; or (iii) service or alteration by anyone other than an authorized GREEN SERIES™ representative; (iv) damages incurred through irresponsible use, including those resulting from equipment placed into humid environments, unfinished structures, structures under construction or remodel or placed in an outdoors setting, or other non-recommended practices.
- GREEN SERIES™ shall not be held liable or responsible for any damages to the units caused during the install of any product.
- GREEN SERIES™ shall not be held liable or responsible for any structural or cosmetic damages to facilities caused by the placement or operation of any equipment sold and installed by a GREEN SERIES™ authorized service technician or installer.
- Changes in the cosmetic appearance of components and parts within the unit that do not affect its performance will not be covered by any part of this warranty.
- Damage due to normal wear and tear as defined by items subject to normal use and/or exposure, consumables, and cosmetic items, including, but not limited to the following: grips, seats, paint scratches, and labels.
- Travel costs associated with service more than 100 miles or two hours outside the service area of GREEN SERIES™ service technicians shall be the responsibility of the customer.
- Any and all shipping damages, visible or hidden, shall be the responsibility of the shipper. Note: Damage caused by common carrier is, by federal law, the carrier's responsibility and must be claimed with the carrier at the time of delivery. The recipient who signed for the equipment is responsible for the filling of the damage claim and notification to GREEN SERIES™.
- The end user of the equipment shall ensure that the facility has proper height, width and length clearances, including ADA requirements, for the product(s) being placed into operation. GREEN SERIES™ will not be held liable or responsible for the fitment of equipment sold to the customer.
- 10. Customer must retain bill of sale or other proof of purchase and register equipment within thirty (30) days of installation to receive warranty service. Registration of the equipment ensures GREEN SERIES™ the ability to provide prompt and complete service.
- 11. No warranty extension will be granted for any replacement part(s) furnished to the purchaser in fulfillment of this warranty.
- 12. GREEN SERIES™ and its Authorized Service Center, dealers or authorized technicians accept no responsibility for any parts of any products returned for repair to GREEN SERIES™.
- 13. GREEN SERIES™ makes no warranty either expressed or implied regarding third-party (non-GREEN SERIES™) installed parts, accessories or modifications.
- 14. All GREEN SERIES™ equipment shall be properly cleaned and cared for in accordance to the procedures outlined the in the owner's manual.

Revision 1.2

Return of Non-Defective Products

A non-defective product may be returned to **GREEN SERIES™** within thirty (30) days of the invoice or installation date for a refund of the original purchase price, not including shipping fees, under the following conditions/fees:

- 1. **GREEN SERIES™** will refund the cost of equipment only. Customer is responsible for shipping and handling fees incurred to and from the product(s) return.
- No refund will be granted for equipment which has been opened, used, or tampered with in any way which jeopardizes GREEN
 SERIES™ ability to remarket or resell the product. GREEN SERIES™ maintains full discretion in decisions regarding product
 returns.
- 3. Any non-defective returns are subject to a twenty-five percent (25%) restocking fee. This fee will be deducted from the equipment purchase price refund less any shipping or handling charges.

To return a defective product, please contact the selling dealer or Green Series Customer Service Department for a Return Merchandise Authorization (RMA) number and follow the Return of Products Instructions below. The RMA is valid for thirty (30) days from date of issuance. Returns will not be accepted without an RMA. Manufacturer restrictions do apply. Any item missing the UPC on the original packaging may not be returned.

Procedures for Obtaining Warranty Service

RMA (Return Merchandise Authorization) Policy:

The customer must obtain an RMA number and provide proof of purchase. RMA and services are rendered by **GREEN SERIES™** only. Any shipping costs after the for-mentioned warranty lengths (starting from the original date of install) on any item returned for repair or replacement is the customers' responsibility. All returned parts and equipment must have an RMA number written clearly on the outside of the package along with a letter detailing the problems and a copy of the original proof of purchase. No COD packages will be accepted. No package will be accepted without a RMA number written on the outside of the package. RMA numbers are only valid for thirty (30) days from the date of issue.

Should you have any problems with your equipment, please follow these procedures to obtain the service:

- 1. If the equipment must be repaired, contact our Customer Care Department and a **Service Order Number** will be issued by Customer Care for dispatch of an authorized technician.
- 2. Upon receiving the technician service report, **GREEN SERIES™** will repair or replace your defective parts and will ship replacement parts to the location specified (dependent on parts availability) via UPS.
- 3. **GREEN SERIES™** will pay for shipping to and from the customer only within the time allocated under the warranty time-line following the original product installation date. Following this period all shipping fees for post warranty repairs are the sole responsibility of the customer. The customer also assumes full liability for losses or damages resulting from shipping as well as all responsibility to pursue remuneration for such issues with their selected carrier.

After Warranty - Post Warranty Repair

For post warranty repair, the procedure is the same as outlined above for service and shipping. However, customer is responsible for shipping charges both ways, labor, trip charges and the current price of part(s) needed to repair the product(s).

WARRANTY EXCLUSIONS

GREEN SERIES™ does not offer technical support for any product or parts installed by other manufacturers. Technical support should be pursued through channels offered by the equipment's individual technician support. GREEN SERIES™ accepts no liability for problems caused by after-market hardware modifications or additions. GREEN SERIES™ is not responsible for giving any technical support concerning the installation or integration of any component the customer did not pay GREEN SERIES™ to install. GREEN SERIES™ is not responsible for loss of time, even with hardware failure. GREEN SERIES™ is not responsible for any loss of work ("down time") caused by a product requiring service. This warranty is null and void if the defect or malfunction was due to damage resulting from operation not within manufacturer specifications. It will also be null and void if there are indications of misuse and/or abuse. GREEN SERIES™ has the option of voiding the warranty if anyone other than a GREEN SERIES™ authorized technician attempts to service the product. GREEN SERIES™ will not warrant any problems arising from an act of God (lighting, flooding, tornado, etc.), electrical spikes or surges, or problems arising out of hardware or additional devices added to complement any system/component bought at GREEN SERIES™. Under no circumstances will GREEN SERIES™ be responsible for any refund or remuneration exceeding the original purchase price of the product less any shipping fees. GREEN SERIES™ will not be held responsible for typographical errors on sales receipts, repair tickets, or on our websites. GREEN SERIES™ makes every effort to ensure all information on our websites, owner's manuals, marketing and other published materials is accurate.

> By using this product, I indicate that I understand and agree to the terms of this warranty.

