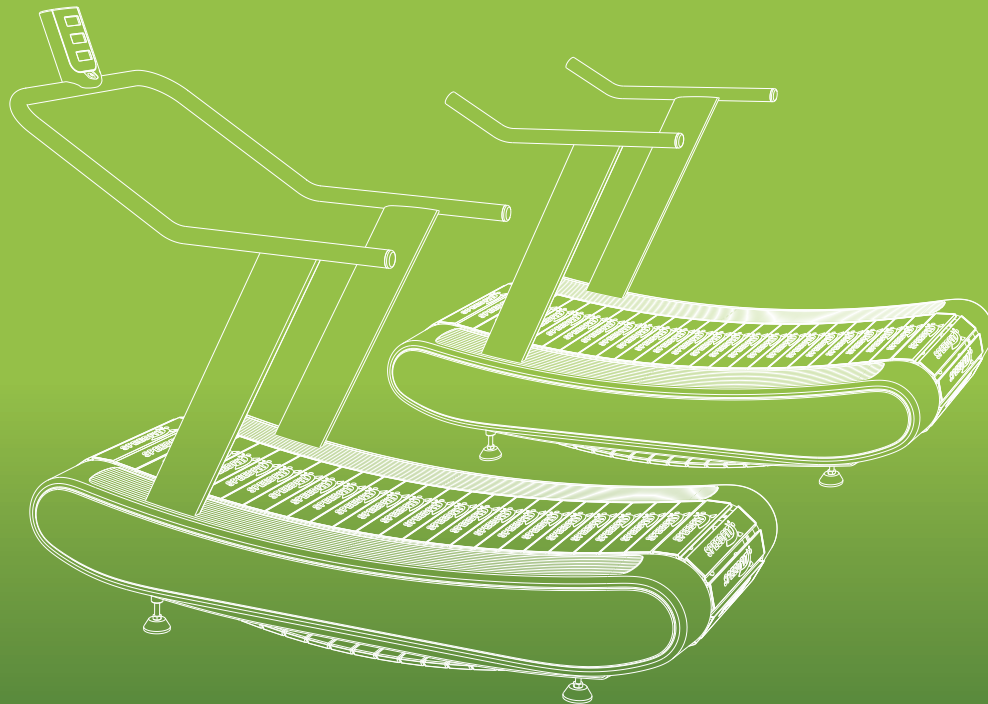


# **SPEEDFIT<sup>®</sup>**

## *Speedboard ProXL*



⚙️ **This product is a non-powered treadmill that is controlled by the self-control of the exerciser.**

**⚠️ CAUTION**

To use this product properly and prevent potential risk, it is essential to maintain, Use and manage this product after reading this user's manual thoroughly.

⚙️ This content and specifications are subject to change without prior notice to improve the performance of the product.

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# 1. SAFETY INSTRUCTIONS

## Safety instructions before use

- Be sure to read this manual before using the treadmill.
- Safety signs are attached to the treadmill.
- Post a safety sign near the equipment.
- Before using the treadmill, check the following notes and information.



# 1. SAFETY INSTRUCTIONS



## 1. Danger / Warning / Caution / Safety Notice

Please read the owner's manual in its entirety before operating the treadmill.

◆ To help the user's understanding, this manual uses the following symbols.

	<b>[Danger]</b> If the product is used after ignoring this symbol, it may cause a serious injury to the user.
	<b>[Warning]</b> If the product is used after ignoring this symbol, the user may receive a serious injury.
	<b>[Caution]</b> If the product is used after ignoring this symbol, the user may receive an injury or the product may be damaged.
	<b>[Notice]</b> This symbol indicates a helpful note for using, installing, and managing this product.

## 2. Safety Issue for Use

If the product is used after ignoring this symbol, it may cause a serious injury to the user.

- » Be careful not to let the product get wet or get water or drink inside.
- » Do not place a water bottle with the lid open on the product.
- » If you find a problem with the product, stop using it immediately and contact the customer service center. Never repair the treadmill yourself.
- » Always install the product only on a horizontal and firm floor.

# 1. SAFETY INSTRUCTIONS



## **WARNING**

If the product is used after ignoring this symbol, the user may receive a serious injury.

- » This product is a non-powered treadmill with speed controlled by user's self-control. It has no emergency stop function. The treadmill user must adjust the speed to stop. You should be familiar with the operation principle and function of the product before using the treadmill.
- » When putting on a treadmill, do not go directly to the belt. Use the footrest by holding the handle on the back of the machine. Never ride from the front.
- » Please be careful that loose clothes, towels, shoelaces, etc. are not caught on the belt as foreign materials may get caught between the treadmill and the belt.
- » Wear shoes with rubber soles or shoes with good friction. Do not wear leather soles or high shoes.
- » Maintain an appropriate speed for you without forcing the pace while using the treadmill. Do not run faster than your physical ability.
- » Never touch the walking belt or the part connected to the walking belt or lean against the walking belt while using the treadmill.
- » To use this treadmill safely, a space of at least 2 x 1m(80 x 40inch) is needed around the treadmill.
- » Never leave children unsupervised around a treadmill.
- » Two or more users should not use the treadmill at the same time.
- » Check the normal operation of the treadmill before use, and replace worn or damaged parts immediately and do not use until repaired.
- » Accelerate and decelerate for safety, please hold the handle when riding on the treadmill.
- » Inspect the product on a regular basis and keep it safe. Regular maintenance is the responsibility of the user / owner or facility operator.

## **CAUTION**

If the product is used after ignoring this symbol, the user may receive an injury or the product may be damaged.

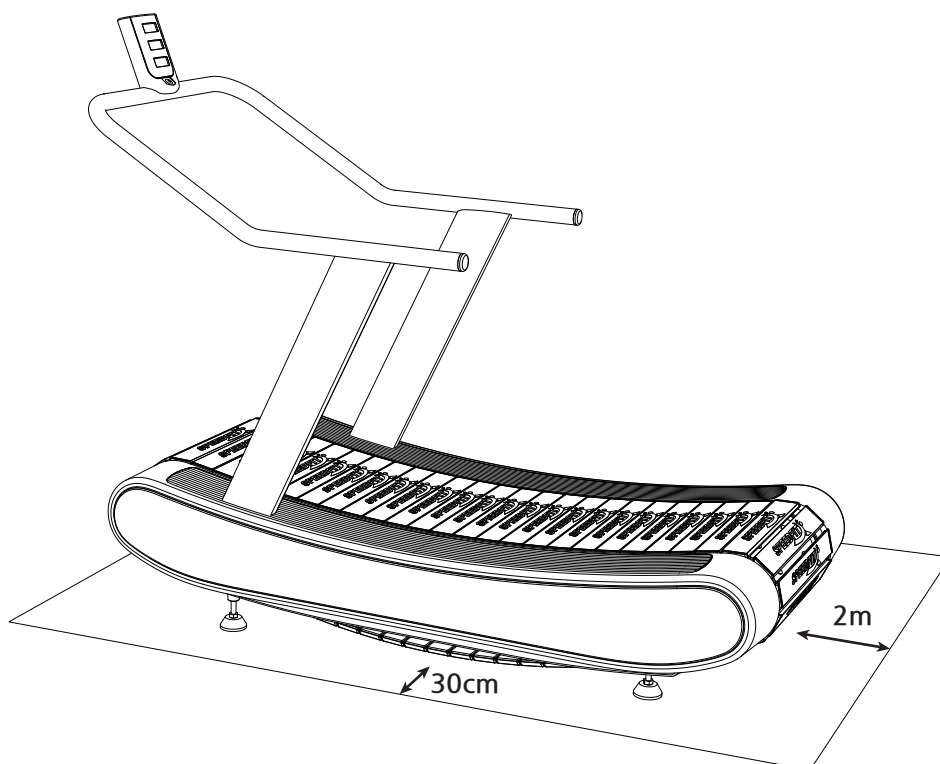
- » Talk to your doctor before starting your workout. If you have heart disease, high blood pressure, diabetes, chronic respiratory disease, high cholesterol, smoking or other chronic illness or disability, you should consult your doctor.
- » Pregnant women should consult their physician before beginning an exercise program.
- » If you feel dizzy or nauseous while exercising, stop using the product immediately, and consult the doctor for your health.
- » Must be supplied or approved by the manufacturer and must be used for repair or maintenance of the treadmill.

### 1. Environmental specifications

- » Operating Conditions
  - Ambient Temperature : +10°C to +40°C (50°F to +104°F)
  - Relative Humidity : 20 to 95%
- » Transportation & Storage Conditions
  - Temperature Range : -18°C to +49°C (0°F to +120°F)
  - Relative Humidity : 20 to 95%

### 2. Installation and Transportation

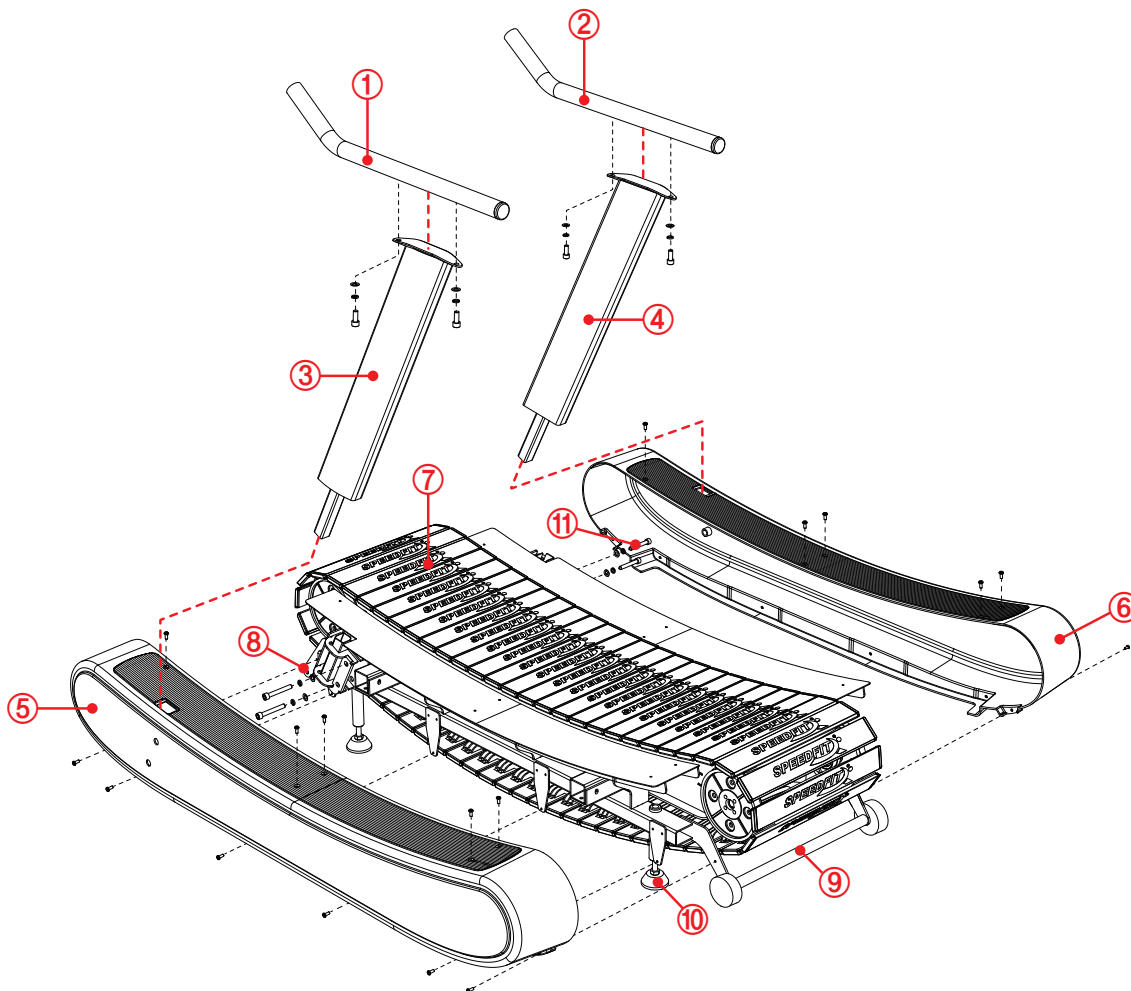
- » This product is a non-powered treadmill that can be controlled by the user's own will and does not need an electrical outlet.
- » For safe use, at least 2,000 mm of safety space is required at the rear of the treadmill and at least 300 mm left and right.
- » The product should only be installed in a hardened room. Do not place on a soft carpet.
- » Adjust the level foot so that the product does not sway, and tighten the level foot nut so that it does not come loose.
- » To move the product, hold the shift knob and tilt the product to roll the wheel on the ground.
- » Do not lift the product by the injection cover and belt.



### 3. DESCRIPTION OF EACH PART



#### 1. Pro XL



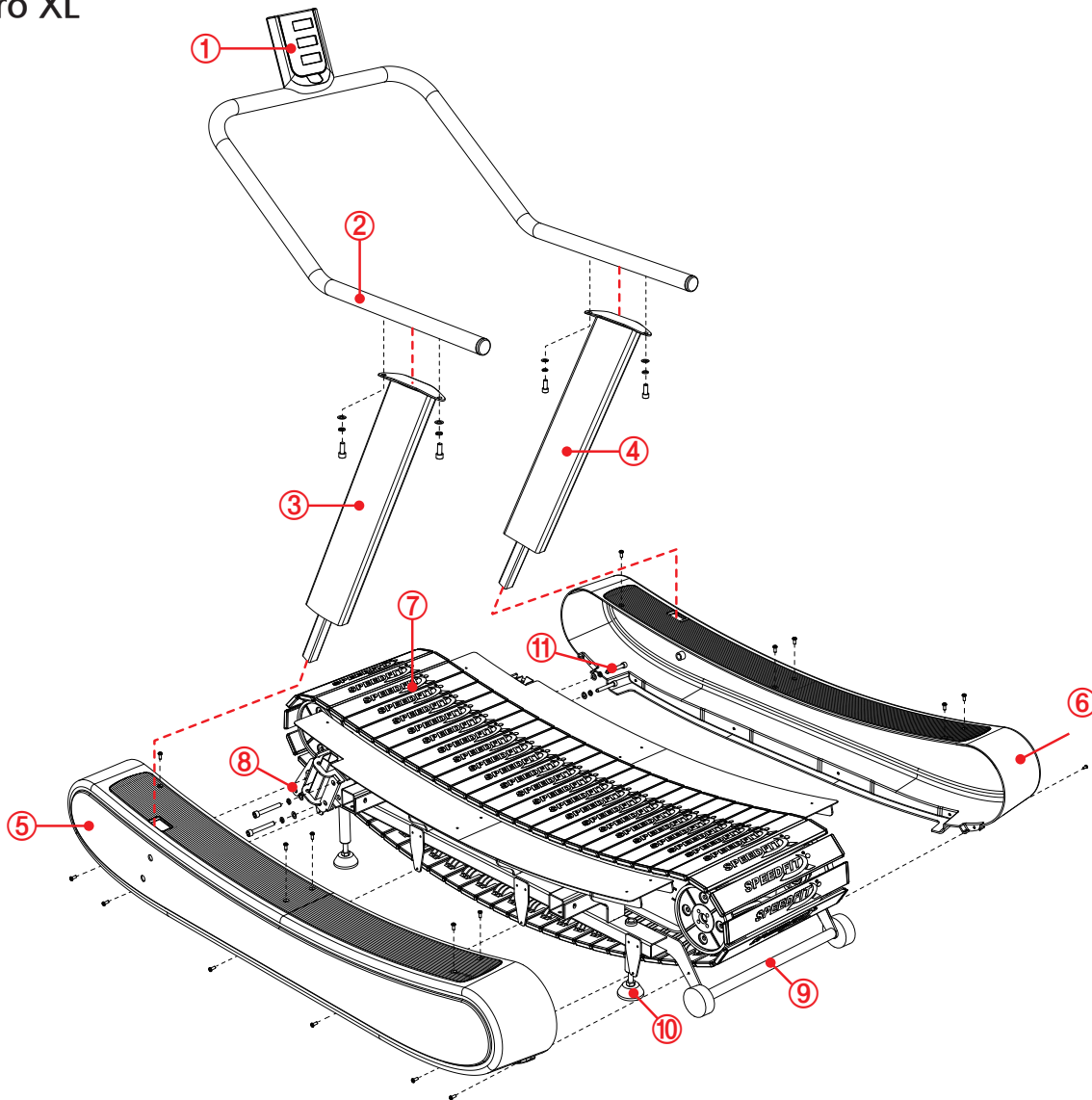
⚠ This content and specifications are subject to change without prior notice to improve the performance of the product.

NO	Part name	Quantity
1	Handle_L	1
2	Handle_R	1
3	Post_L	1
4	Post_R	1
5	Side Cover_L	1
6	Side Cover_R	1
7	Working Belt	1(set)
8	Moving Handle	2
9	Moving Wheel	1
10	Level Foot	4

# 3. DESCRIPTION OF EACH PART



## 2. Pro XL

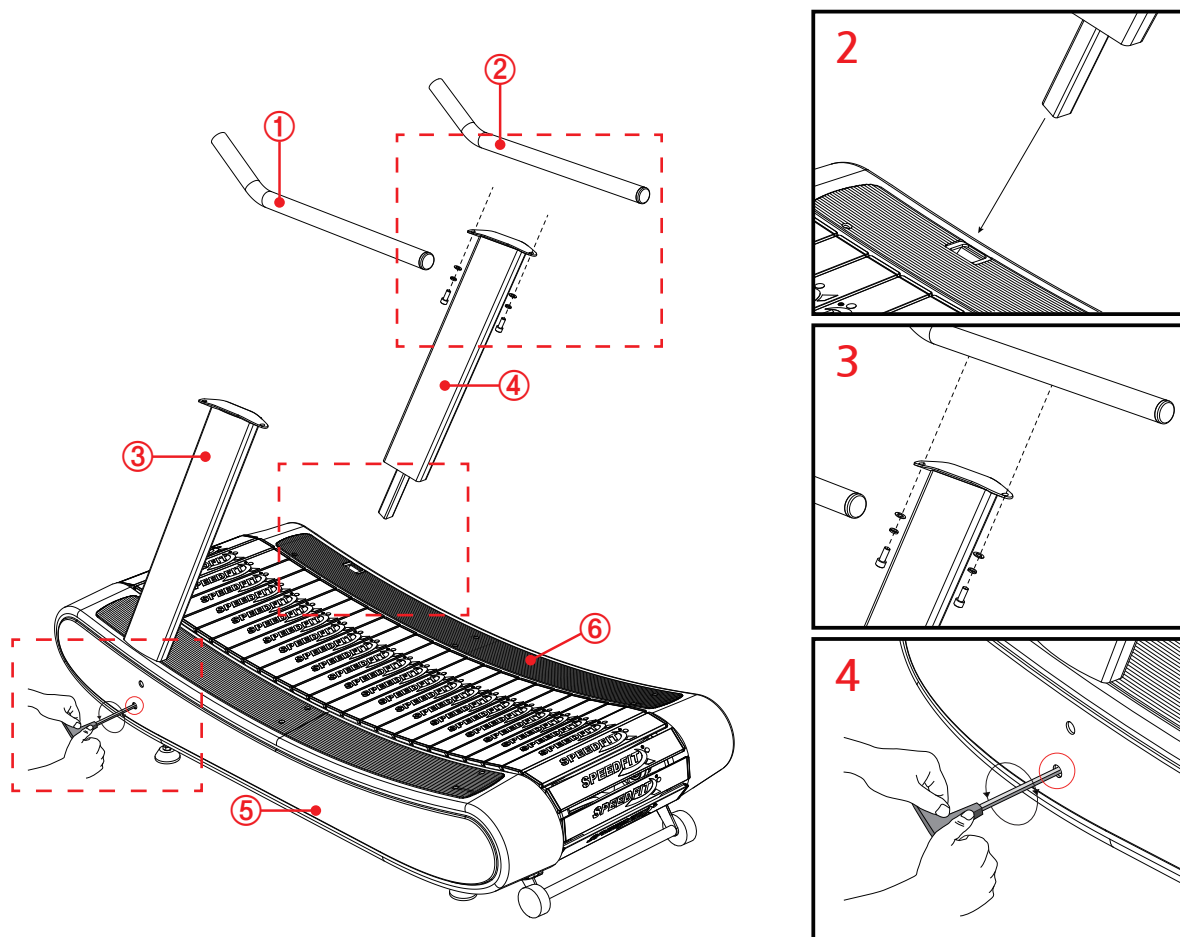


⚠ This content and specifications are subject to change without prior notice to improve the performance of the product.

NO	Part name	Quantity
1	Console	1(set)
2	Handle	1
3	Post_L	1
4	Post_R	1
5	Side Cover_L	1
6	Side Cover_R	1
7	Working Belt	1(set)
8	Moving Handle	2
9	Moving Wheel	1
10	Level Foot	4



## 1. Pro XL

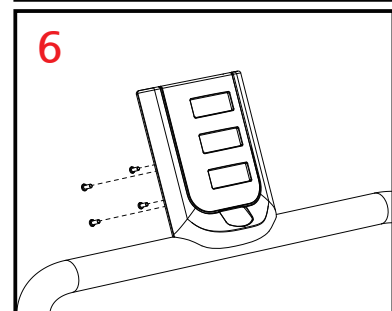
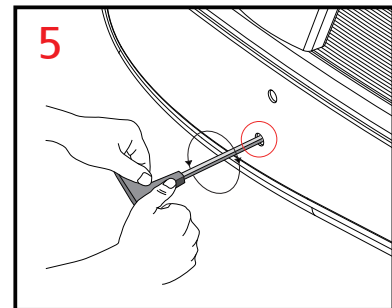
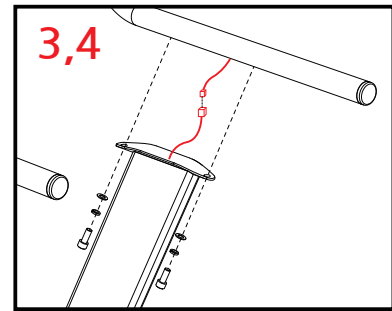
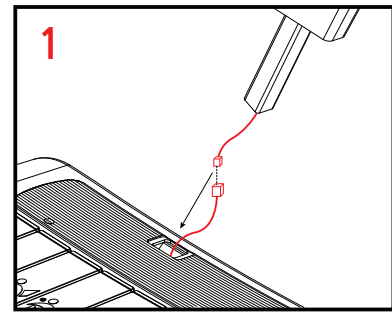
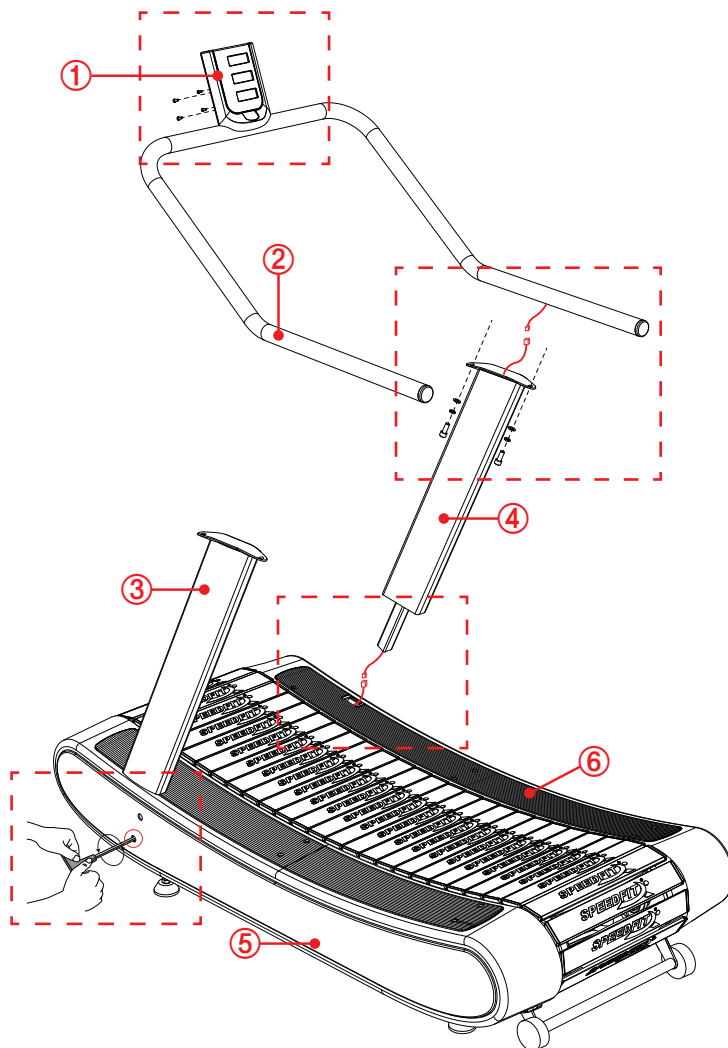


### How to assemble Pro XL

※ The main body and ⑤ and ⑥ covers are delivered in assembled condition.

1. Components: Treadmill main body, handle \_ left / right (①, ②), column \_ left / right (③, ④)
2. Insert the ③ and ④ pillar (the round part is out) into the pillar grooves of cover ⑤ and ⑥.
3. ①, ② Put the handle on the column and tighten the bolt, spring washer, and flat washer.
4. Tighten the bolts to the grooves on the sides of ⑤ and ⑥ cover with the T wrench (6mm).
5. Adjust the level foot and tighten the nuts so that the product does not shake.

## 2. Pro XL



### How to assemble Pro XL

※ The main body and ⑤ and ⑥ covers are delivered in assembled condition.

1. Components: Treadmill body, console (①), handle (②), column left / right (③, ④), tool
2. Connect the cable connection cable of cover ⑥ of the main body to the lower cable connection line of ④ pole.
3. Insert the ③ and ④ pillar (the round part is out) into the groove of the cover of ⑤ and ⑥ cover.
4. (2) Connect the connecting wire of the handle to the upper connecting wire of column (4).
5. ② Place the handle on the column and tighten the bolt, spring washer, and flat washer.
6. Tighten the bolt with a T wrench (6mm) to the groove on the side of cover ⑤ and ⑥.
7. ② Connect the connector on the top of the handle to the console.
7. Insert the console into the handle joint ②, tighten the bolts, insert the batteries, and check the operation.
8. Adjust the level foot and tighten the nuts so that the product does not shake.

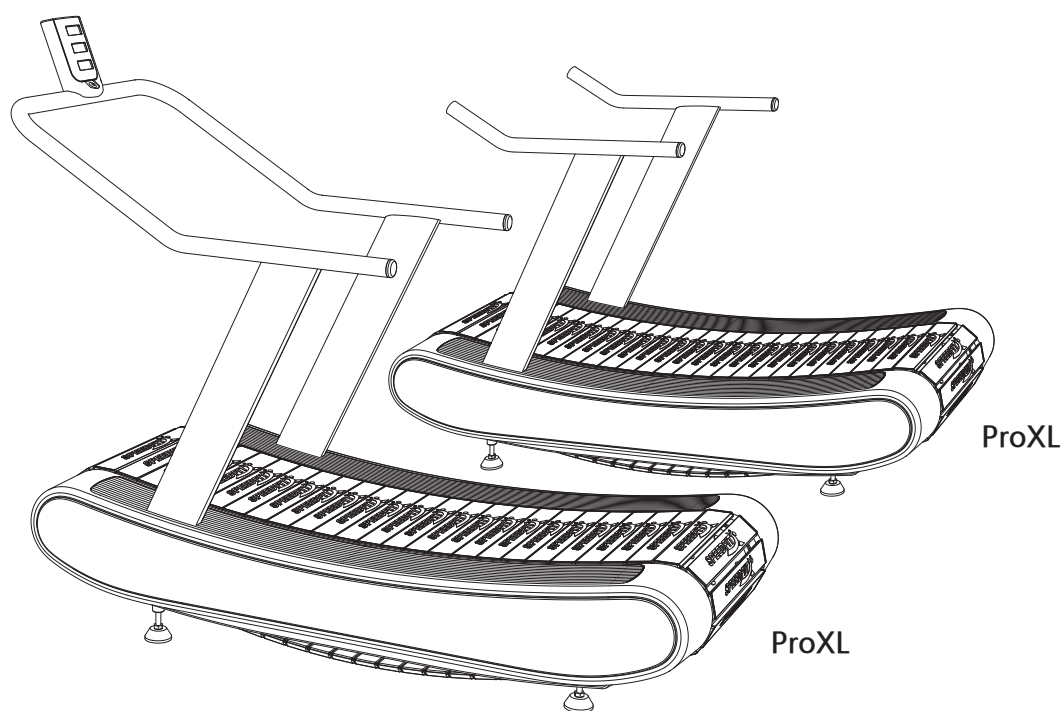
# 5. SPECIFICATIONS



## 1. SPECIFICATIONS

	ProXL	ProXL
Motor specification	Non-Powered Treadmill	
Track size (mm)	430(W) x 1450(L)	
Product size (mm)	785(W) x 1640(L) x 1220(H)	785(W) x 1740(L) x 1650(H)
Product weight	105Kg	110Kg
LED Display Board	-	TIME, DISTANCE, SPEED
Belt Type	56 Individual Slats	
Drive System	96 Precision Ball Bearings with /14 Roller Guides	
Maximum weight	180Kg (400lb)	
※Warranty	3 Years	

⚠ This content and specifications are subject to change without prior notice to improve the performance of the product.



### 1. How to use the product

- » This product is a non-powered treadmill with speed controlled by user's self-control. It has no emergency stop function. The treadmill user must adjust the speed to stop. You should be familiar with the operation principle and function of the product before using the treadmill.
- » Curve shapes are designed to rotate in one direction only for safety reasons. When climbing a treadmill for a workout, do not go directly to the belt, but grab the handle on the back of the machine and climb onto the footstool.
- » The curved belt is accelerated by gravity as it moves forward. If you step on the belt from the front, the belt may spin faster and cause injury. When reducing the speed or stopping the movement, move slowly to the curve behind the belt to slow down the speed and stop using the footrest after the belt stops completely.
- » Be sure to read and follow the instructions for your safety. Do not exercise excessively beyond your own abilities.

### 2. Display Parameters

- » TIME: Displays the exercise time. (Mm:ss)
- » DISTANCE: Displays the distance of exercise. (Km)
- » SPEED: Displays the current speed. (Km/h, mi/h)

### 3. RESET button

- » Short press once: Displays exercise information.
- » Press for more than 2 seconds: Reset all display values on the screen.
- » Press for more than 5 seconds: SPEED value is changed in km/h - mi/h.

### 4. Belt Specifications

- » Type : Slats assembly method on guide belt
- » Feature : Slat / plastic, footstool / rubber
- » Color : Black
- » Slat Quantity : 56

## 1. Cleaning and Inspection

- » Periodic cleaning and maintenance will provide users with safe use and help extend the life of the product.
- » Do not use abrasive brushes or cleaners, as they may scratch the paint and plastic surfaces. Clean the exterior of product by using a dry, soft cloth.
- » Please manage more frequently in contaminated environment.

## 2. Weekly maintenance

- » Clean the treadmill handle, belt and cover.
- » Check the normal operation of the running machine belt.
- » Check the leveling foot to make sure that the treadmill is stable and level.

## 3. 6 months maintenance

- » Check the bearing damage under the running machine belt and the bearing bolt loosening.
- » Check the belt for breakage and bolt loosening.
- » Remove the cover and check the tightness of the bolts and nuts.

## 4. Annual maintenance

- » Check the maintenance for 6 months.
- » Remove the cover and check the condition of the front and rear roller bearings (4) and apply grease if the bearing is not rotating smoothly.

In countries with autumn and winter or dry climates, static electricity can occur. Regularly spraying with a static spray can help prevent premature impact.

검사항목	주간	매달	1년에 2번	매년
Cleaning handle, cover, running belt	✓			
Running belt breakage and bolt check			✓	
Level foot leveling	✓			
Check the tightness of the belt bearing		✓		
Check belt bearing damage status			✓	
Front / rear bearing lubrication				✓
Check bolt / nut condition			✓	

## 8. WARRANTY INFORMATION



### 1. Service for Free of Charge

- »Warranty after purchase You can get free service only if the product breaks down within 3 years.
- »Compensation may be paid only if the function occurs in normal use conditions.

### 2. Customer's Cost

Service applications will be charged in the event of a free service period, even if the following services are applied.

- »Failure to repair, disassemble, or modify a product by others, not by our service technician.
- »In the case, the failure occurred due to the input of the foreign matters(Water, Beverage) inside the product.
- »Fault caused by intentional shock.
- »Damages caused by organic solvents such as benzene and deformation.
- »Failure due to damages caused by natural disasters, user negligence and carelessness.

#### Service Request

##### SPEEDFIT

SPEEDFIT 169 Buckskill Rd East Hampton NY 11937  
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E-mail : [alex@speedfit.com](mailto:alex@speedfit.com)

##### KAESUN SPORTS

경기도 파주시 탑석골길 330-22  
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