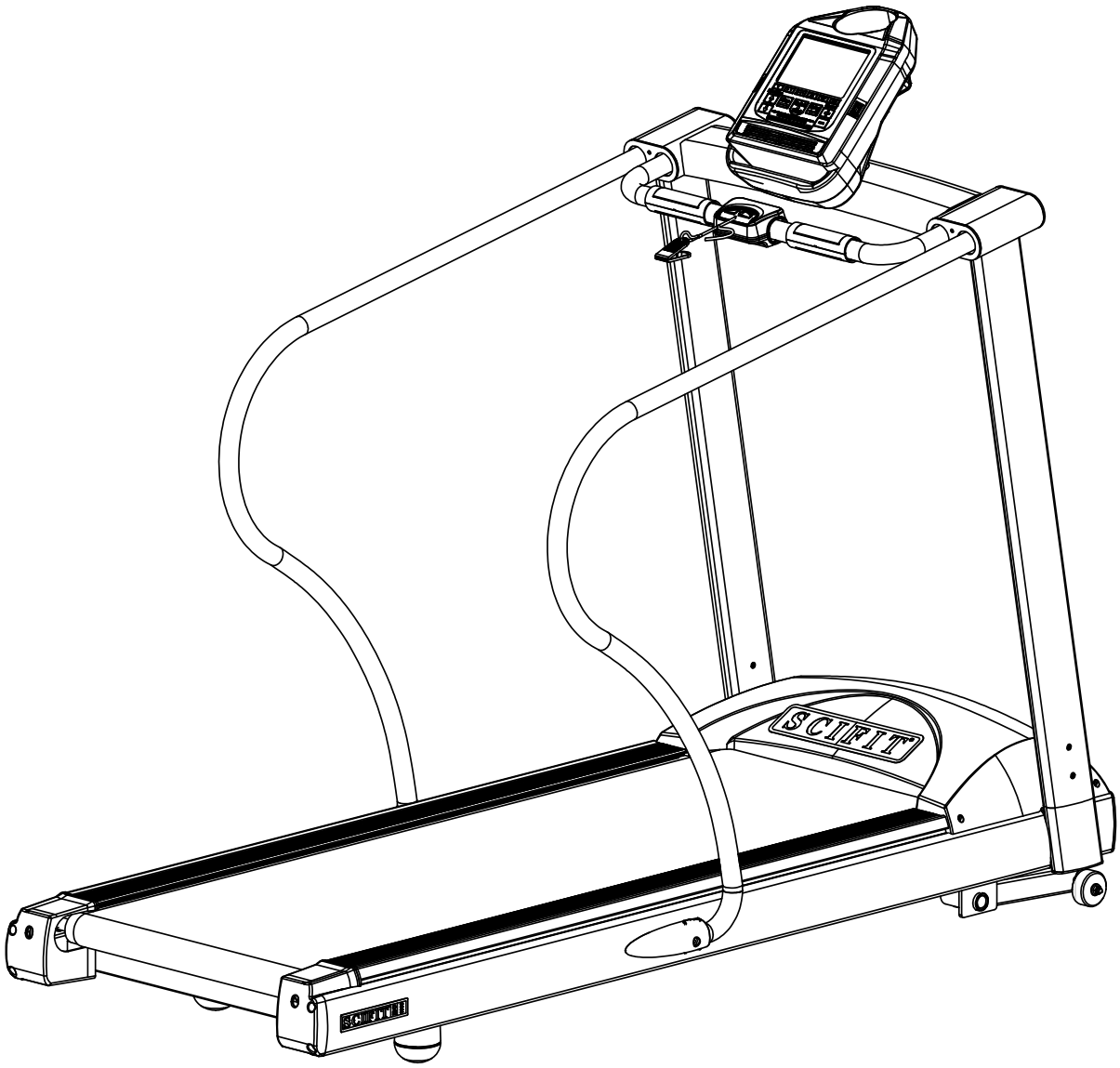
SCIFIT®

Scientific Solutions For Fitness™

Owner's Manual
DC1000 Intelli-Fit™ Treadmill



SALES:
1-800-278-3933
CUSTOMER SERVICE:
1-800-745-1373
Order online 24/7 at www.SCIFIT.com

This page purposely left blank

Read all instructions before using your SCIFIT exercise machine!

Save these instructions!

DANGER!

To minimize the risk of electric shock:

WARNING!

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

Connect to a properly grounded outlet only. See Power Requirements below. Also, always unplug this machine from the electrical outlet immediately before cleaning and any servicing of the machine.

1. Close supervision is necessary when exercise machine is used near children or disabled persons. Keep children away from treadmill deck, especially when in operation.

2. Use the exercise machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

3. To make any adjustment during your workout, STOP the machine and make the necessary adjustments.

4. Never operate the exercise machine if it has a damaged electrical power cord or plug, if it is not working properly, or if it has been damaged. Call the SCIFIT product support department for further information about repair options.

5. Keep the electrical power cord away from heated surfaces, and from the elevation mechanism.

6. Never operate the machine with the air openings blocked. Keep the air openings free of lint, hair and other debris.

7. Never drop or insert any object into any opening.

8. Do not use outdoors.

9. Do not operate where aerosol (spray) products are being used or in an oxygen rich environment.

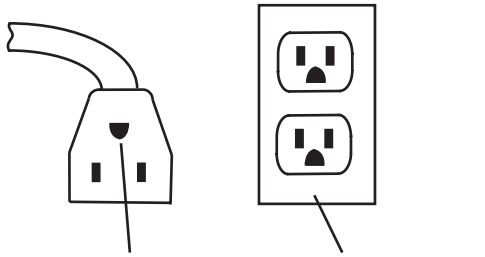
10. To disconnect, turn off the power switch and unplug from the wall outlet

Power Requirements – DC1000-INT (100-110V)

1. SCIFIT's DC1000-INT(100-110V) treadmill requires a 110 Volt/ 15 AMP circuit. The circuit must have a minimum of 12 gauge wire. Contact a qualified electrician to have one installed if needed. Insufficient power may cause your treadmill to function improperly and will void the warranty.
2. **DANGER:** Improper connection of the equipment grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician

If you or your electrician have any questions, contact SCIFIT Product Support at 1-800-745-1373.

Figure A: Grounded Outlet Diagram



Plug grounding pin

Grounded outlet

Table of Contents

Thank you for your purchase of the SCIFIT treadmill. We have incorporated the finest technology and ergonomic design into this machine to assist you in achieving your fitness goals. However, for your safety, please adhere to the following recommendations before you begin to exercise.

FITKEY™

Your SCIFIT treadmill may be equipped with a FITKEY receptical. Contact SCIFIT to learn more about this exercise protocol and documentation software.

Consult Your Physician

Consult your physician or medical specialist before participating in any exercise program, especially if you are pregnant, or if you are suffering from: heart disease, respiratory disease, diabetes, hypertension, high blood pressure, elevated cholesterol, arthritis or any other diseases or physical complaints.

Warm Up and Cool Down

To prevent muscle injuries and soreness, you should always warm up (at least 5 minutes) and cool down (at least 5 minutes) by doing a series of stretches before and after each workout.

Exercise at Your Own Level

Increase your exercise level gradually, and avoid sudden, erratic, or careless exercise. The key to a successful exercise program is consistency.

Stay Within Your Target Heart Rate Zone

For healthy beginners, start exercising two to four days a week with your heart rate in the target zone for about twenty (20) minutes each day.

Your approximate maximum heart rate (MHR) is equal to 220 minus your age. The upper limit of your target zone is equal to 0.85 times your MHR. The lower limit of your target zone is equal to 0.60 times your MHR.

For example, if you are 40 years old, your approximate MHR is equal to 180 (220 minus 40). Therefore, your target zone is between 60% of 180 (0.60 x 180) = 108, and 85% of 180 (0.85 x 180) = 153. So for a 40 year old, the target heart rate zone is between 108 and 153.

Try to stay within the target heart rate zone to achieve optimal fitness training. Avoid exceeding your maximum target heart rate as this may cause stress, fatigue, and/or injuries to your body. At the same time, you need to sustain the intensity level of your exercise above the minimum target heart rate in order to achieve

CAUTION: When To Stop Exercising

Stop exercising immediately if you feel nausea, dizziness, sharp pain, or any other physical discomfort. Do not resume until you consult with a physician.

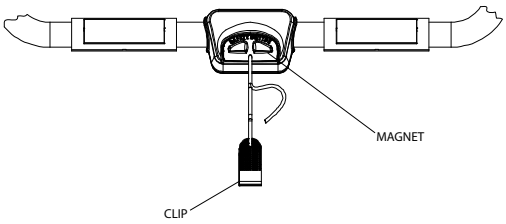
Train Intelligently

To ensure a future of good health, you should always eat well balanced meals, drink plenty of fluid/water during a workout, and stay fit by exercising intelligently.

Safe Use of Treadmill

- The safest position is with your feet on each top side cover, straddling the running belt. Step onto the running belt after you have started the treadmill to prevent injury.
- To balance yourself look straight ahead and hold on to the side handlebars or front handlebar.
- It is common to feel slightly dizzy after getting off the treadmill after a workout. This is because the ground has been moving under you. To help avoid this, turn the treadmill down to a slow speed and cool down for several minutes before getting off.
- A treadmill is not for children to play on. Use common sense when operating this treadmill and observe all caution stickers.
- Keep hand and fingers away from all areas that could cause injury such as the front and back rollers.
- Never place rear of the treadmill near an obstruction.
- Never put any substance underneath the treadmill running belt
- Do not spill any liquid on the treadmill running belt.
- Maximum user weight is 375 lbs/ 170 kg.

Emergency Stop Magnet is located on the front handlebar

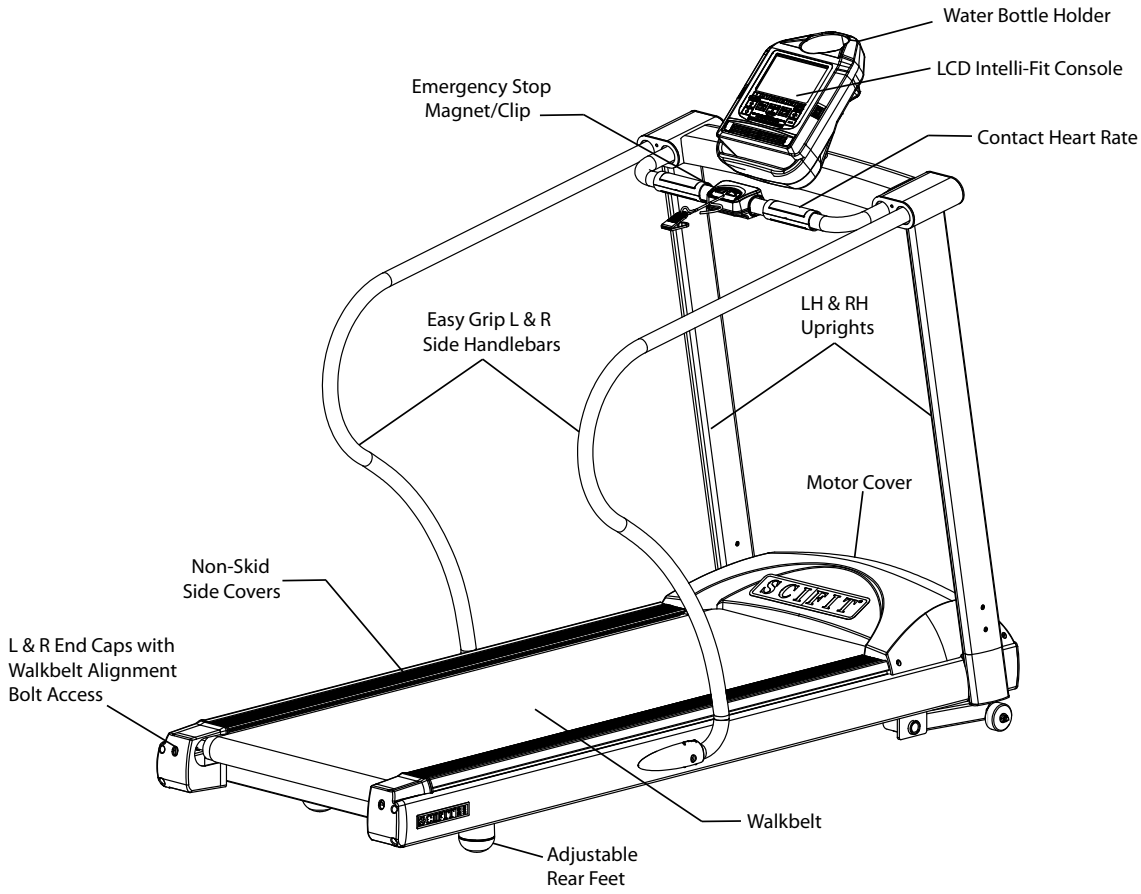


The Emergency Stop Magnet/Clip

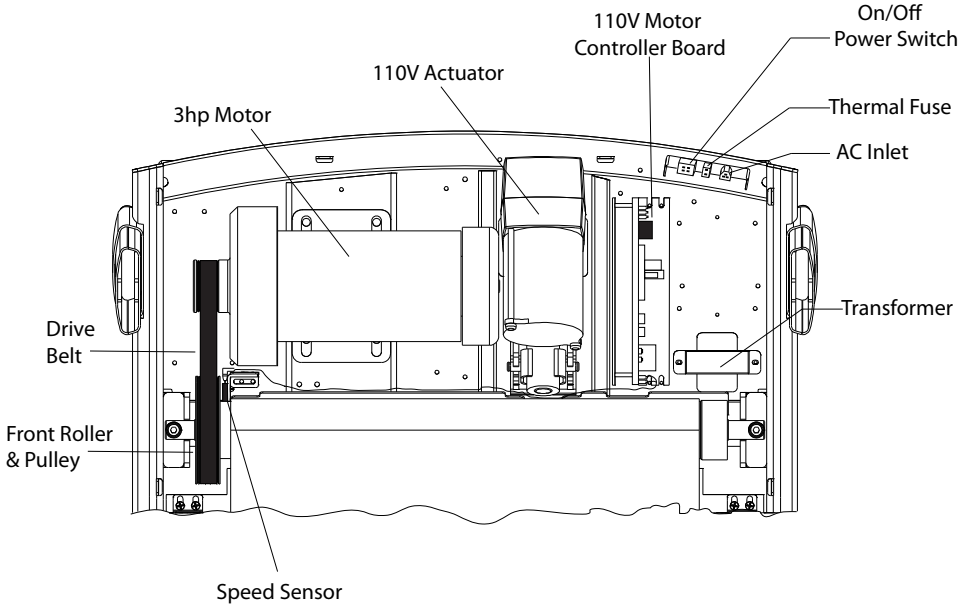
- To stop the treadmill quickly in emergency situations pull the magnet from the Emergency Stop housing.

Attach the Emergency Stop Clip to your clothing, in the front chest area, using the Grip Teeth (see Figure to left) before beginning your workout. If you should fall or slip backward during the workout, the magnet will pull away from the Emergency Stop housing and the running belt will come to a rest

1. External components



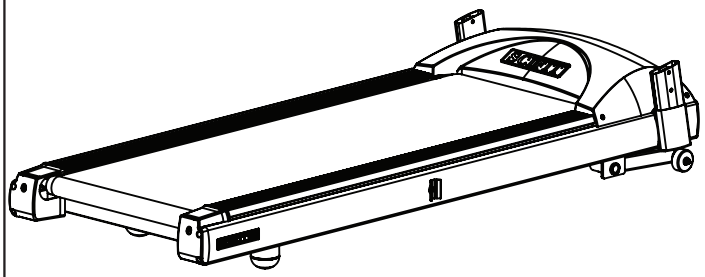
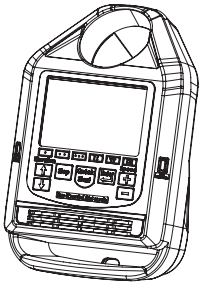
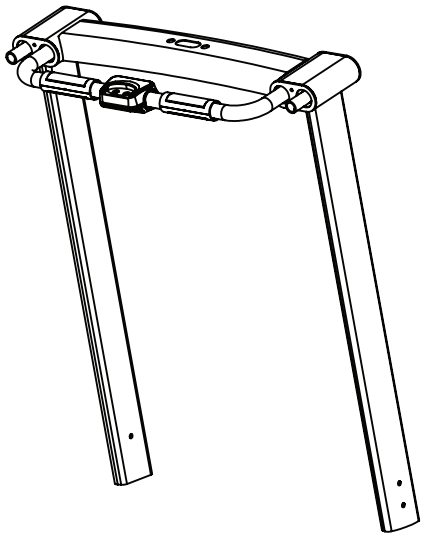
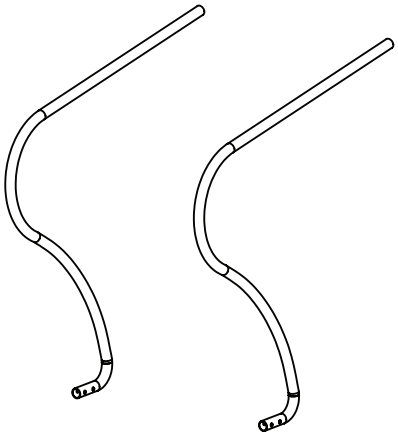
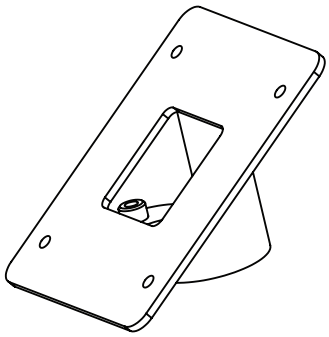
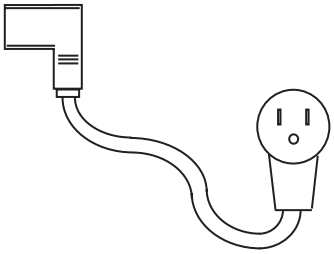
2. Internal components



Order online 24/7 at www.SCIFIT.com

PARTS LIST

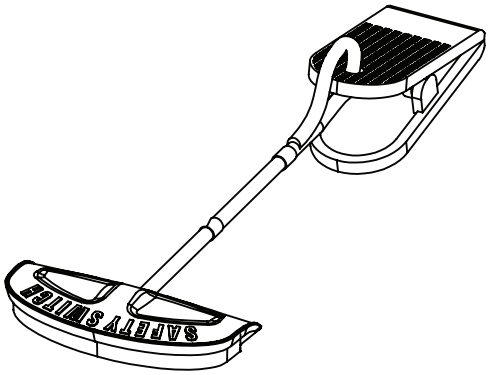
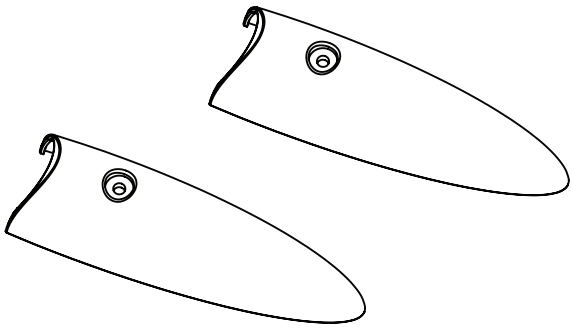
Please make sure all parts below are in the box before assembly.

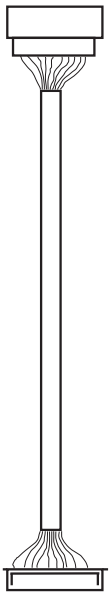
MAIN UNIT WITH MOTOR COVER	CONSOLE
	 M5 x 12mm Screw (Qty. 4)  **Console**
UPRIGHT WELDMENT ASSEMBLY	**SIDE HAND RAILS**
	
CONSOLE MOUNT WELDMENT	**POWER CORD**
	

Order online 24/7 at www.SCIFIT.com

PARTS LIST CONT'D

Please make sure all parts below are in the box before assembly.

MAGNET/CLIP	LOWER SIDE RAIL COVERS
	

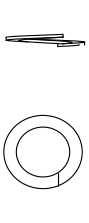
2-WIRE E-STOP CABLE EXTENSION	4-WIRE CHR CABLE EXTENSION	10-WIRE MAIN CABLE EXTENSION
		

Order online 24/7 at www.SCIFIT.com

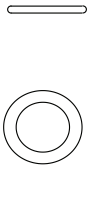
PARTS LIST CONT'D

Please make sure all parts below are in the box before assembly.

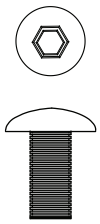
ASSEMBLY BAG CONTAINING



M8 Lock Washer (Qty. 6)



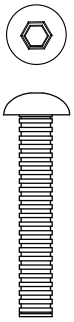
M8 Flat Washer (Qty. 6)



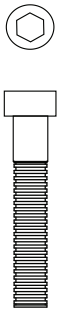
M8 x 16mm w/Blue Loctite Patch Screw (Qty. 6)

M5 x 12mm Screw (Qty. 2)

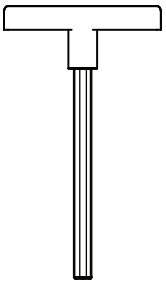
M6 x 15mm Screw (Qty. 4)



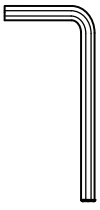
M8 x 50mm Screw (Qty. 2)



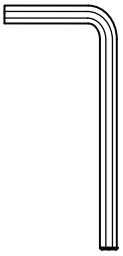
M8 x 45mm Bolt (Qty. 2)



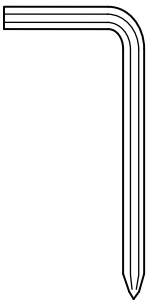
M6 T-Handle (Qty.1)



M4 Hex Wrench (Qty. 1)



M5 Hex Wrench (Qty. 1)

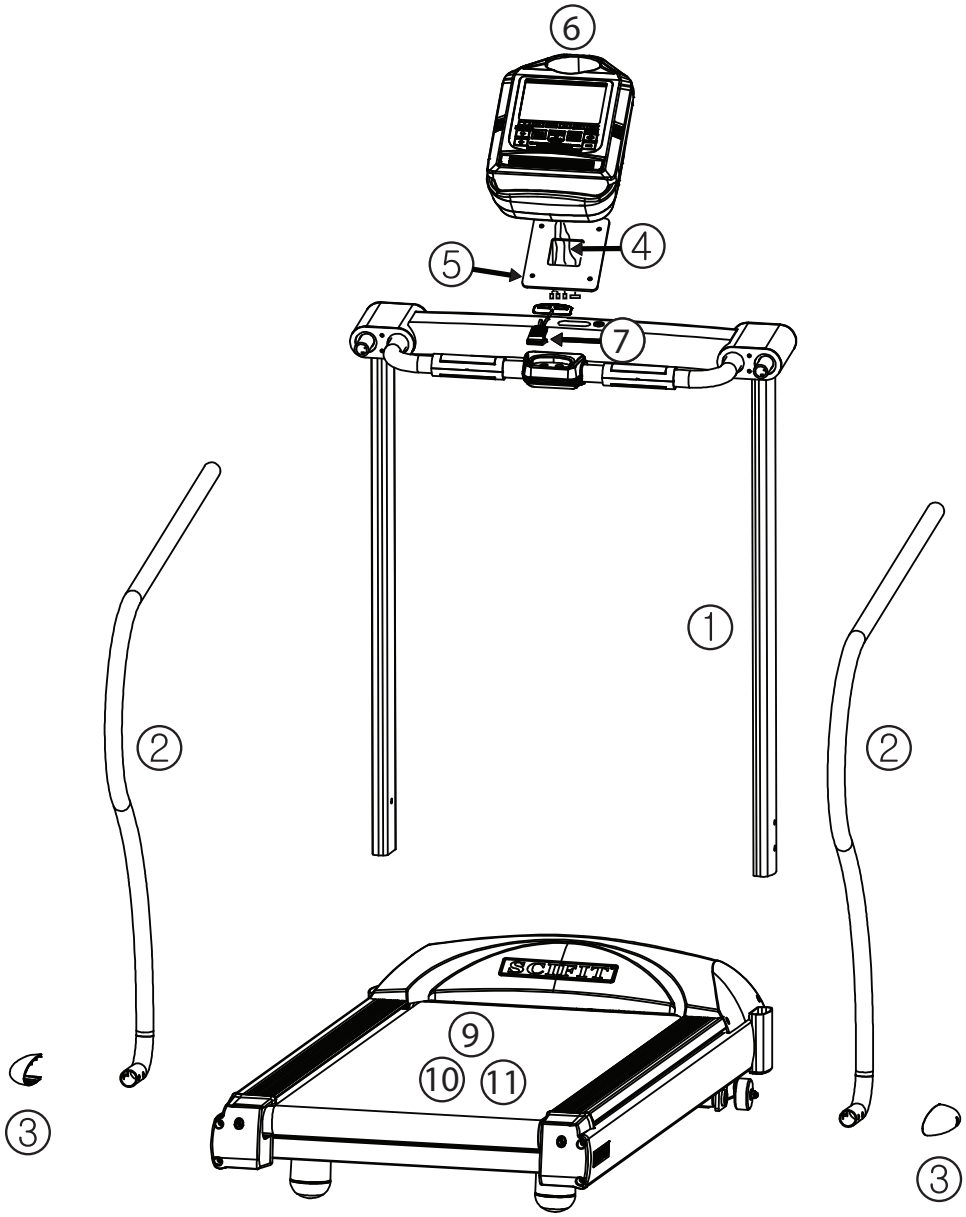


Combination M6 Hex and Phillips Wrench (Qty. 1)

Assembly Procedures

Unpack and assemble as follows:

1. Install upright weldment
2. Install side hand rails
3. Attach lower side hand rail covers
4. Attach cable extensions to console
5. Attach console mount weldment to console
6. Attach console w/weldment to upright assembly
7. Attach magnet and clip to the machine
8. Power-Up
9. Belt Alignment
10. Belt Tension
11. Incline Calibration



CAUTION

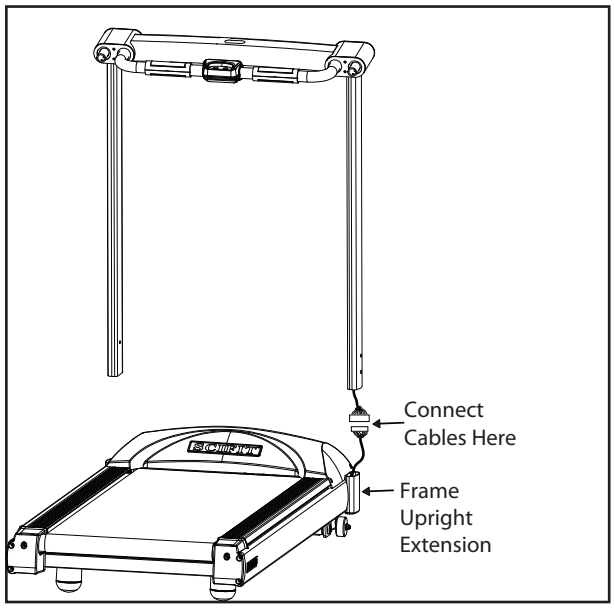
Assembly Note

- Place the treadmill on a flat surface; avoid uneven surfaces.
- Alllow sufficient space between the front of the machine and the outlet.
- All power cables should be grounded.
- Verify dust and debris are removed from the machine before using.

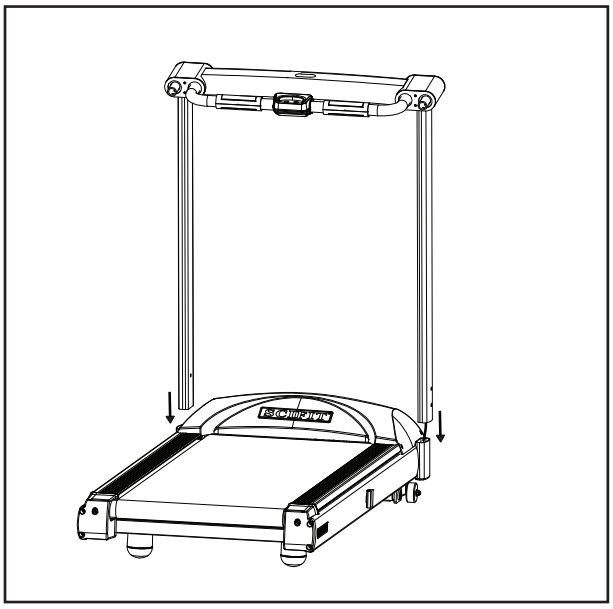
NOTE: 1. The following assembly instructions for the DC1000 will require two people

2. Refer to section 3.3 for hardware indentification

STEP 1: UPRIGHT WELDMENT INSTALLATION

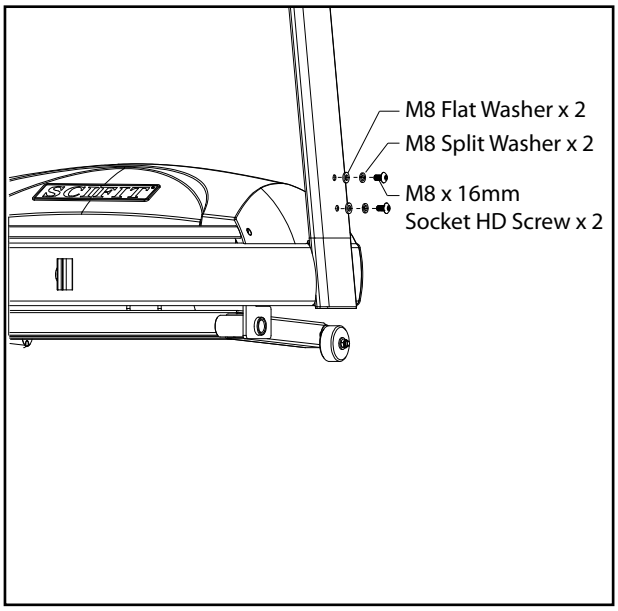


1a. Carefully hold the upright weldment assembly over the treadmill main body frame and attach the 10-wire connector from the right upright to the 10-wire connector coming from the treadmill main body frame upright extension.



1b. Push the connected cables back into the frame and carefully slide the left and right uprights onto the frame upright extensions of the main treadmill body.

STEP 1: UPRIGHT WELDMENT INSTALLATION CONT'D



Hardware Required:

(Qty. 2) M8 Split Washers

(Qty. 2) M8 Flat Washers

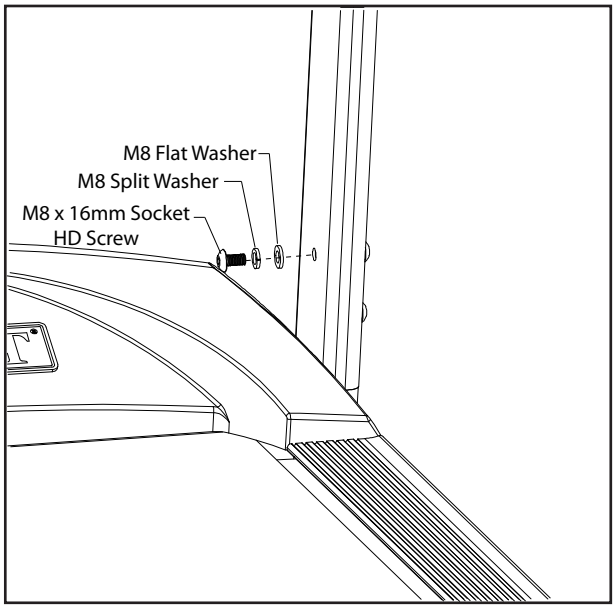
(Qty. 2) M8 x 1.25 x 16mm Socket Button HD Screws

Tool Required:

M6 T-Handle Hex Wrench

1c. Slide in order (Qty. 1) M8 Split washer, then (Qty. 1) M8 Flat washer onto the first M8 screw, then **LOOSELY** tighten the screw into the upper mounting hole located on the outside of the right upright with a M6 T-handle hex wrench. **NOTE: The screw will be secured properly in a later step.**

1d. Slide in order (Qty.1) M8 Split washer, then (Qty. 1) M8 Flat washer onto the second M8 screw, then **LOOSELY** tighten the screw into the lower mounting hole located on the outside of the right upright with a M6 T-handle hex wrench as. **NOTE: The screw will be secured properly in a later step.**



Hardware Required:

(Qty. 1) M8 Split Washer

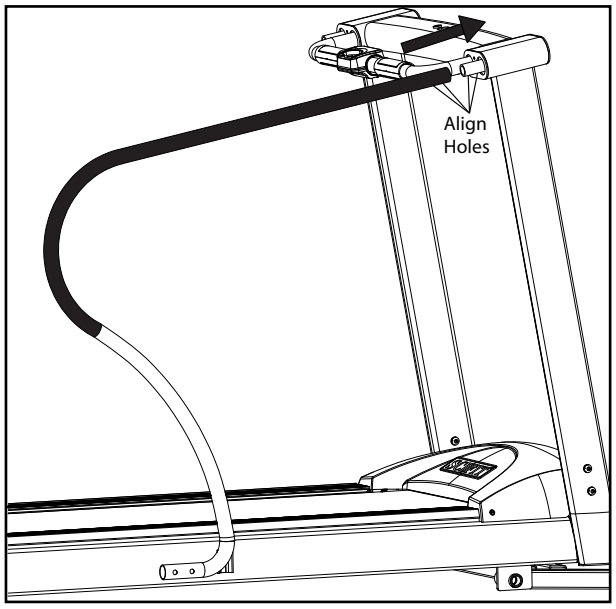
(Qty. 1) M8 Flat Washer

(Qty. 1) M8 x 1.25 x 16mm Socket Button HD Screw

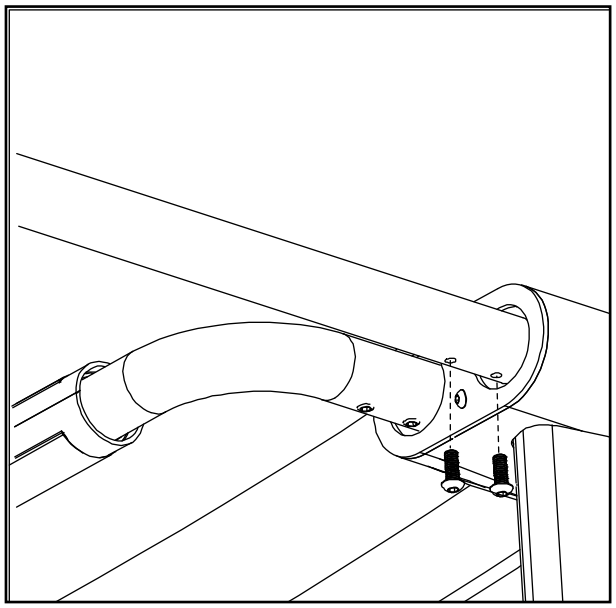
1e. Slide in order (Qty.1) M8 Split washer, then (Qty. 1) M8 Flat washer onto the M8 screw, then **LOOSELY** tighten the screw into the mounting hole located on the inside of the right upright with a M6 T-handle hex wrench as shown. **NOTE: The screw will be secured properly in a later step.**

1f. Repeat steps 1c, 1d and 1e for the left upright. **NOTE: The screws will be secured properly in a later step.**

STEP 2: SIDE HAND RAIL INSTALLATION



2a. Starting on the right side, take one of the side hand rails and slide the upper end (has two holes on bottom side of tube) onto the extended tube coming from the upright weldment and align the holes of the hand rail with the holes of the tube extension from the upright.



Hardware Required:

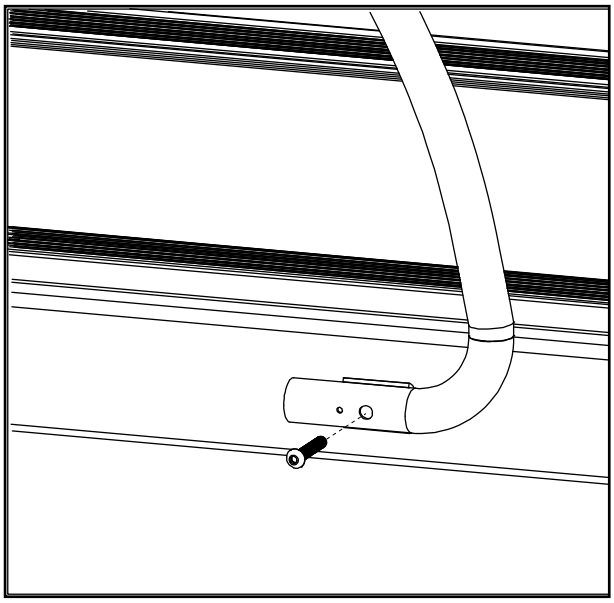
(Qty. 2) M6 x 1.0 x 15mm Socket Button HD Screws

Tool Required:

M4 Hex Wrench

2b. Use a M4 Hex wrench to **LOOSELY** secure the hand rail with (Qty.2) M6 x 15mm socket button head screws.

STEP 2: SIDE HAND RAIL INSTALLATION CONT'D



Hardware Required:

(Qty. 1) M8 x 1.25 x 50mm Socket Button HD Screw

Tool Required:

M5 Hex Wrench

2c. Align the larger screw hole of the lower side hand rail with the hole of the frame mounting bracket, then use a M5 hex wrench to **LOOSELY** attach a M8 x 50mm socket button head screw .

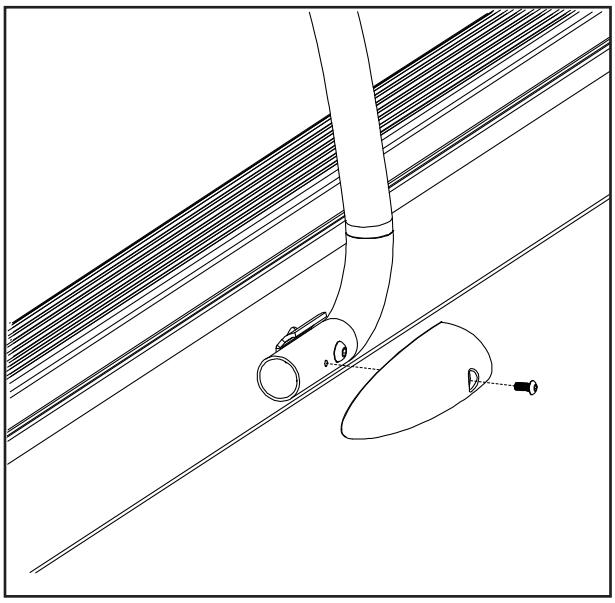
2d. Repeat steps 2a, 2b and 2c for the left side.

2e. Return to the screws attaching the lower part of the upright weldment assembly from step 1 and using a M6 T-handle hex wrench **tightly secure the three screws on both the right and left uprights.**

2f. Using a M4 hex wrench **tightly secure the two screws** on both the upper right and left side hand rails .

2f. Using a M5 hex wrench **tightly secure the screw** on both the lower right and left side hand rails .

STEP 3: ATTACH LOWER SIDE HAND RAIL COVERS



Hardware Required:

(Qty.1) M5 x .8 x 12mm Phillips HD Screw

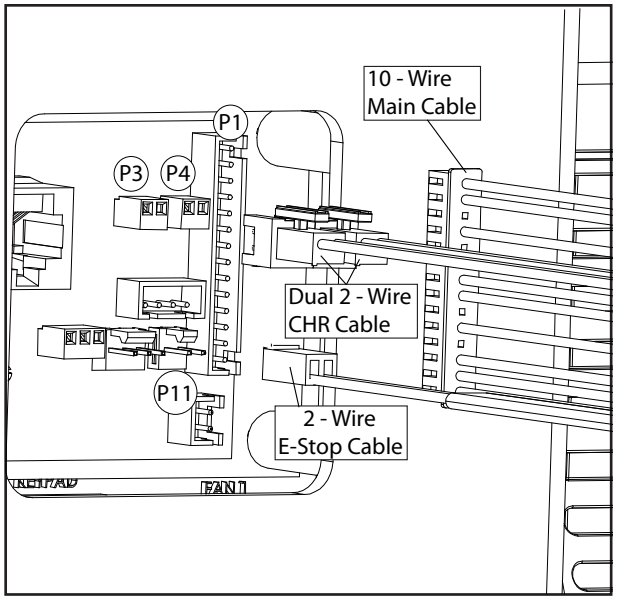
Tool Required:

M6/Phillips combo hex wrench

3a. Starting on the right side take the first of the two lower side hand rail covers and align the cover screw hole with lower side hand rail screw hole, then using the phillips end of the combo wrench and secure the cover with a M5 x 12mm Phillips screw.

3b. Repeat step 3a for the left side.

STEP 4: ATTACH CABLE EXTENSIONS TO CONSOLE (See section 3.2 for cable identification)



Cables Required:

(Qty.1) 10 wire MAIN cable

(Qty.1) Dual 2 wire CHR cable

(Qty.1) 2 wire E-STOP cable

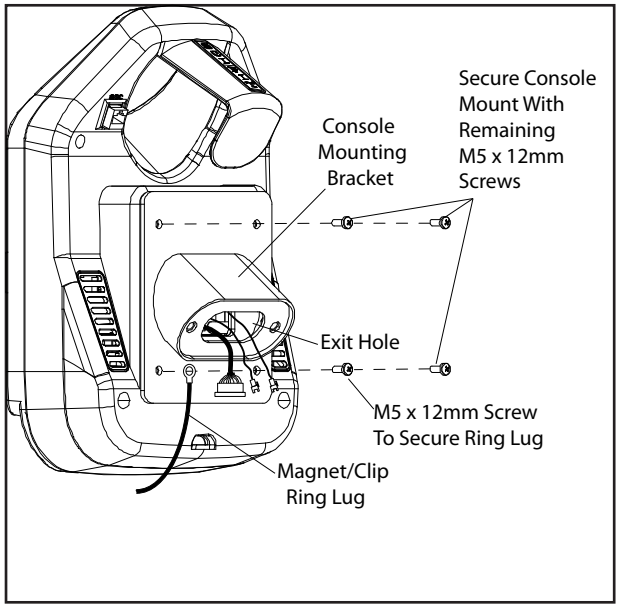
4a. Place the console face down on a flat surface.

4b. Looking in from the rear of the console, attach the 10 wire female end of the main cable to connector P1 .

4c. Attach the Dual 2 wire CHR (Dual male housing end) cable to connectors P3 and P4.

4d. Attach the 2 wire E-Stop cable to connector P11.

STEP 5: ATTACH THE CONSOLE MOUNT WELDMENT TO CONSOLE



Hardware Required:

(Qty. 4) M5 x .8 x 12mm Phillips HD Screw

Tool Required:

Phillips screw driver

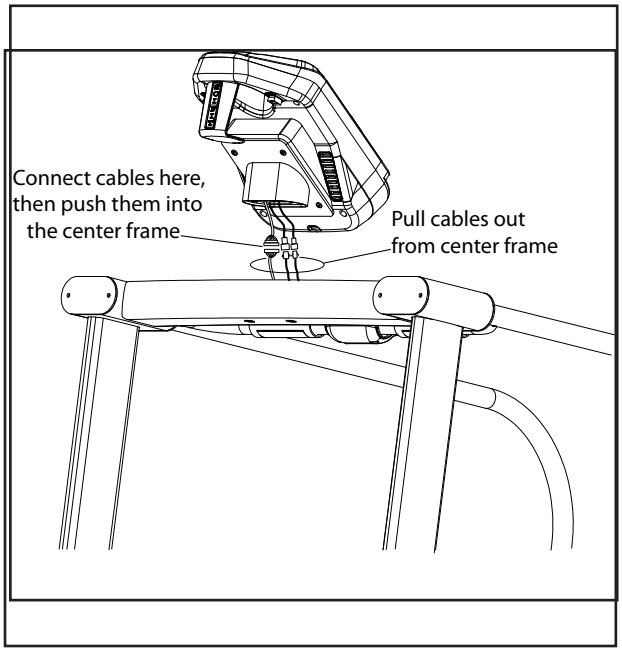
5a. Remove the four screws that are inserted into the rear enclosure of the console and place to the side.

5b. Route the Main, CHR and E-Stop cables through the exit hole on the console mounting bracket, then align the mounting bracket holes with the console mounting holes .

5c. Take the ring lug end of the Magnet/Clip tether and using a phillips screw driver secure it to the lower left corner of the console mount weldment with (Qty. 1) M5 x 12mm of the screws previously removed in step 5a .

5d. Using a phillips screw driver finish securing the console mount weldment with (Qty. 3) M5 x 12mm phillips head screws previously removed in step 5a.

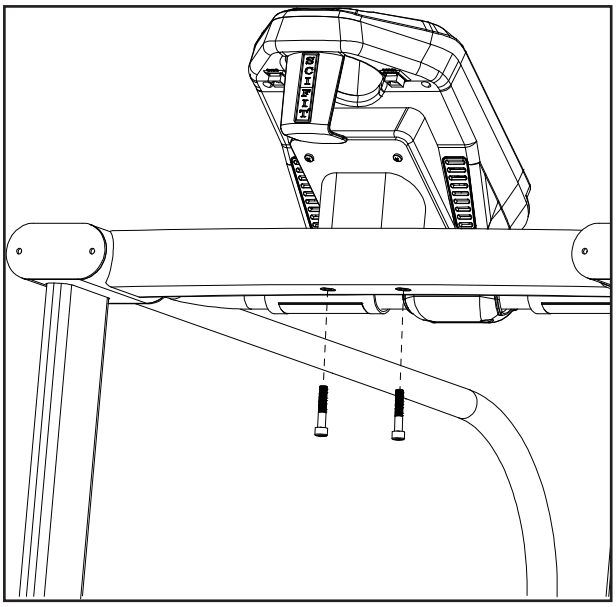
STEP 6: ATTACH CONSOLE WITH MOUNTING BRACKET TO THE UPRIGHT ASSEMBLY



6a. Pull out the Main, CHR and E-Stop cables from the machine center frame and connect them to the Main, CHR and E-Stop extension cables coming from the console.

6b. After connecting, push all the cables back into the center frame and align the two console mounting bracket holes with the two center frame mounting holes..

STEP 6: ATTACH CONSOLE WITH MOUNTING BRACKET TO THE UPRIGHT ASSEMBLY CONT'D



Hardware Required:

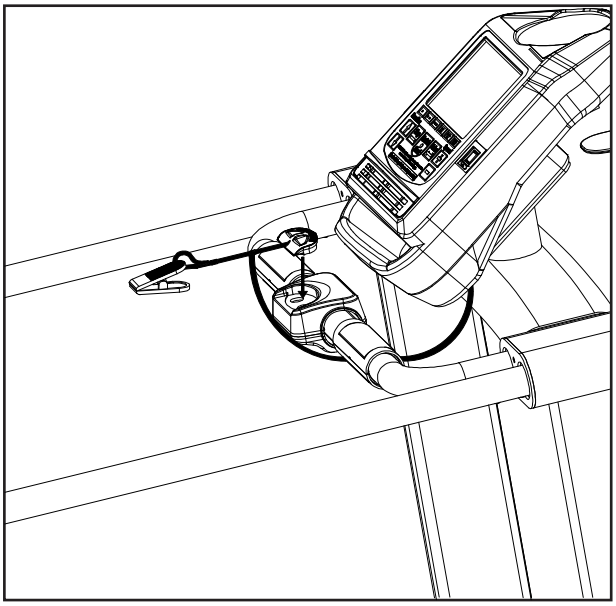
(Qty. 2) M8 x 1.25 x 45mm Socket Cap HD screws

Tool Required:

M6 T-handle wrench

6c. After aligning the console mount weldment holes with the center frame mounting holes, use a M6 T-handle and (Qty. 2) M8 x 45mm socket cap screws to secure it in place.

STEP 7: ATTACH MAGNET AND CLIP TO THE MACHINE

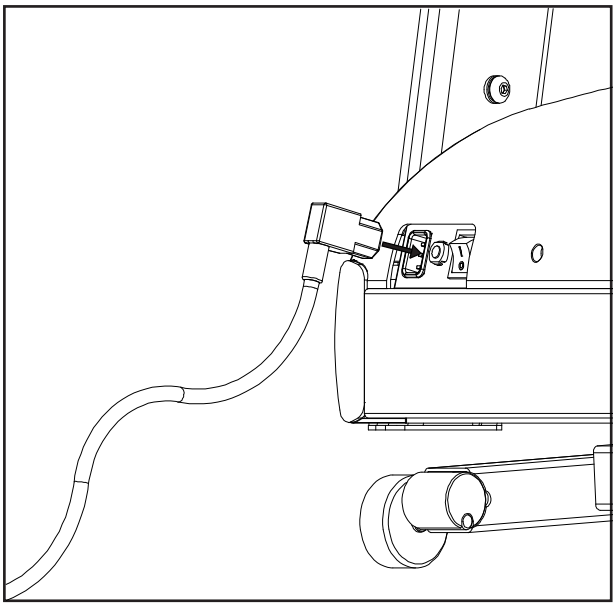


Part Required:

(Qty. 1) Magnet/Clip

7a. Place the magnet end of the tether onto the Emergency stop housing.

STEP 8: POWER-UP



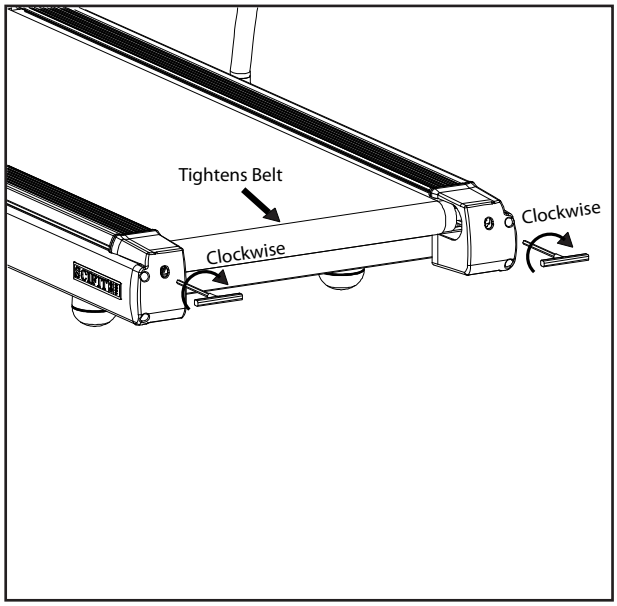
Part Required:

(Qty. 1) AC Power Cord

8a. Verify the On/Off switch is in the "OFF" position, then plug in the right angle end of the AC power cord into the AC power inlet located at the front of the machine.

8b. Plug the other end of the AC power cord into the wall outlet, then flip the On/Off switch to the "ON" position and the console turn on .

STEP 9: BELT ALIGNMENT AND TENSION



Tool Required:

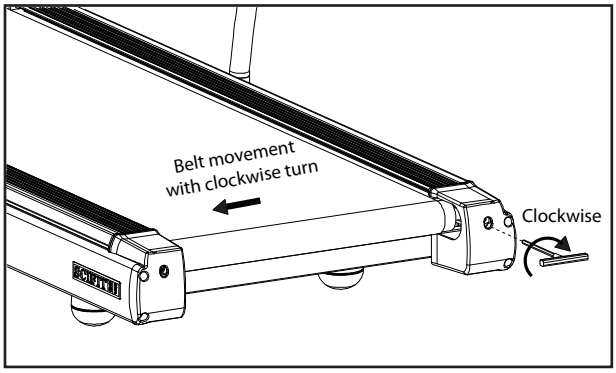
M6 T-Handle Wrench

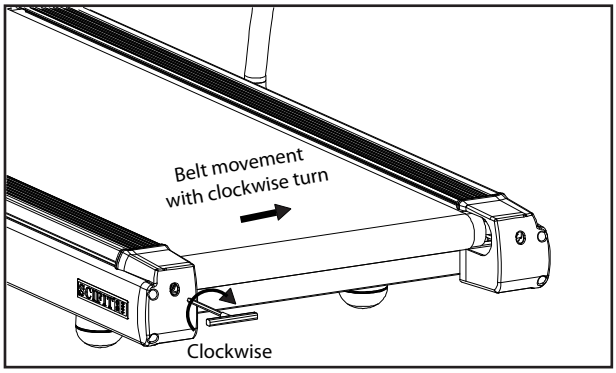
NOTE: If belt had been replaced begin at step 9a. If you are just making making minor adjustments begin at step 9c.

9a. Center the walkbelt manually between the side covers.

9b. Insert an M6 T-Handle wrench into the right end cap and turn the handle clockwise, then place the T-handle into the left end cap and equally turn the handle clockwise. Continue doing this until the walk belt becomes taunt

STEP 9: BELT ALIGNMENT AND TENSION CONT"D





9c. Press the "Quick Start" key and adjust the belt speed to 2 mph.

9d. Watch the tracking of the belt:

* If the belt tracks to the right, place the the T-handle into the right end cap belt adjustment hole and turn the handle clockwise a 1/4 turn at a time to make the belt move to the left until centered

* If the belt tracks to the left, place the the T-handle into the left end cap belt adjustment hole and turn the handle clockwise a 1/4 turn at a time to make the belt move to the right until centered

9e. When the belt is tracking in the center consistantly, increase the belt speed to 5 mph and continue to adjust the belt according to step 9d if needed.

9f. If adjustments are no longer needed, reduce the speed to zero and exit the "Quick Start" workout, then proceeed to the "BELT TENSION TEST".

STEP 10: BELT TENSION TEST

10a. Start with the machine in the main menu (picture of woman shown) and stradle the treadmill placing your feet on the side covers.

10b. Press the "Quick Start" key and increase the speed to 2 mph.

10c. While holding the side hand rails carefully place your feet on the belt and begin walking.

10d. Stomp one foot in front of the other just in front of the motor cover to try to make the belt stop.

* If the belt slips, than more belt tension is required and step 9b needs to be repeated, also verifying the belt is still running centered.

* If the belt does not slip, no futher tensioning is required.

STEP 11: INCLINE CALIBRATION TEST

11a. Apply power to the machine.

11b. Starting at the main screen. Press the [One Dot], [Six Dot] and Eelevation [Up] arrow keys at the same time (Fig.1)

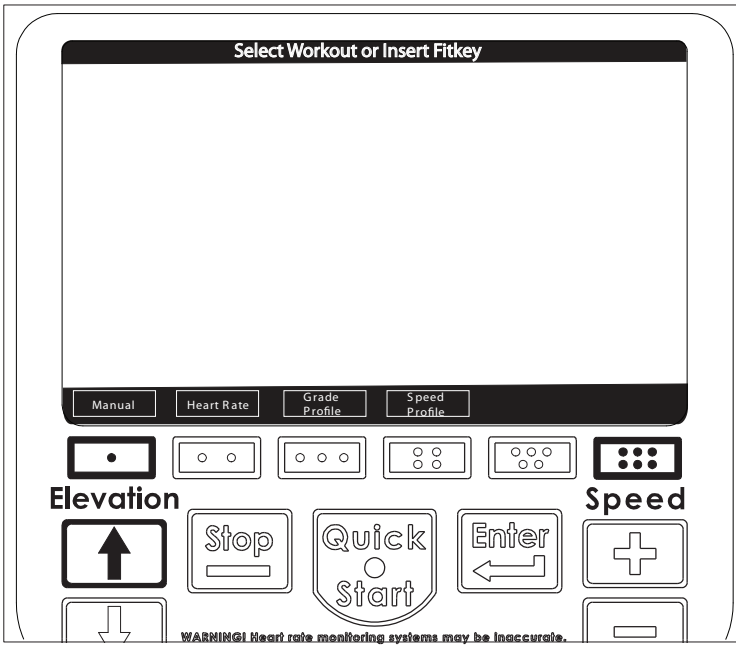


Fig.1

Then the screen in Figure 2 will appear

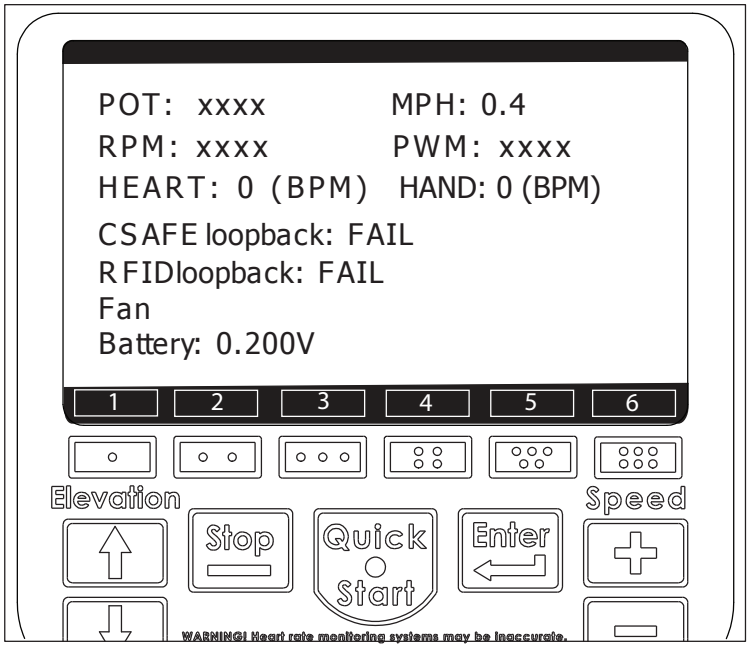


Fig.2

11c. Press the Elevation [Up] and [Down] keys at the same time (Fig.3) and the treadmill will then begin the incline calibration process. **Note: The process will take a few moments**

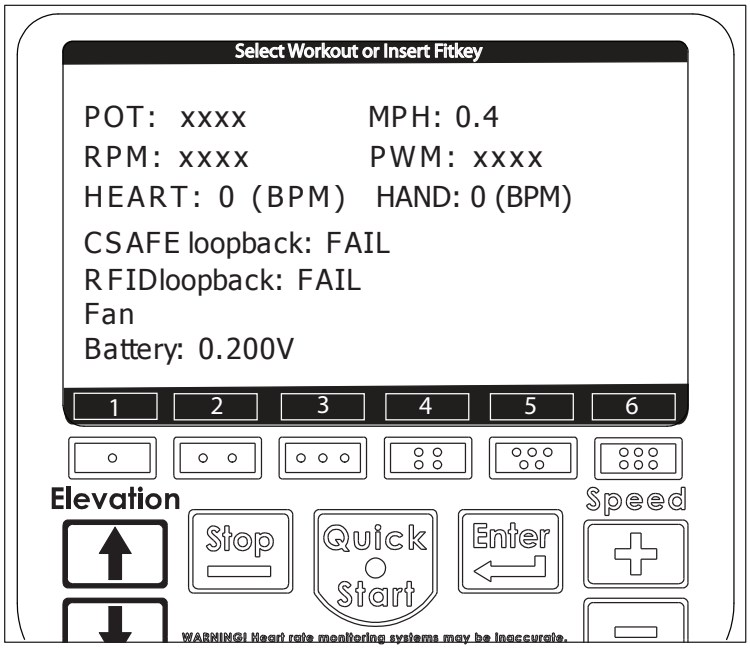


Fig.3

During the calibration process, the "POT" category will be highlighted in yellow (Fig.4)

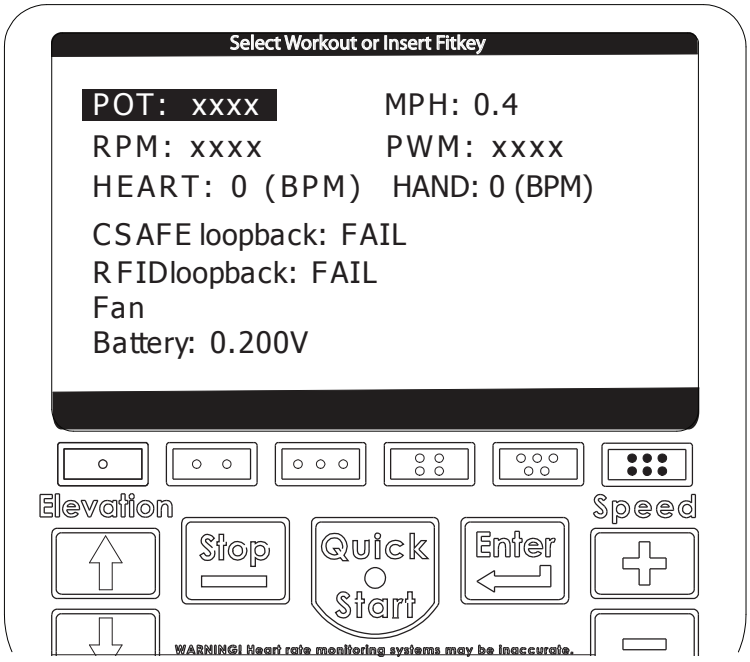


Fig.4

When the incline calibration process has completed the "POT" category will become unhighlighted

11d. Press the [One Dot] key and hold, then press the [Stop] key. The console will reset and you may begin using the treadmill.

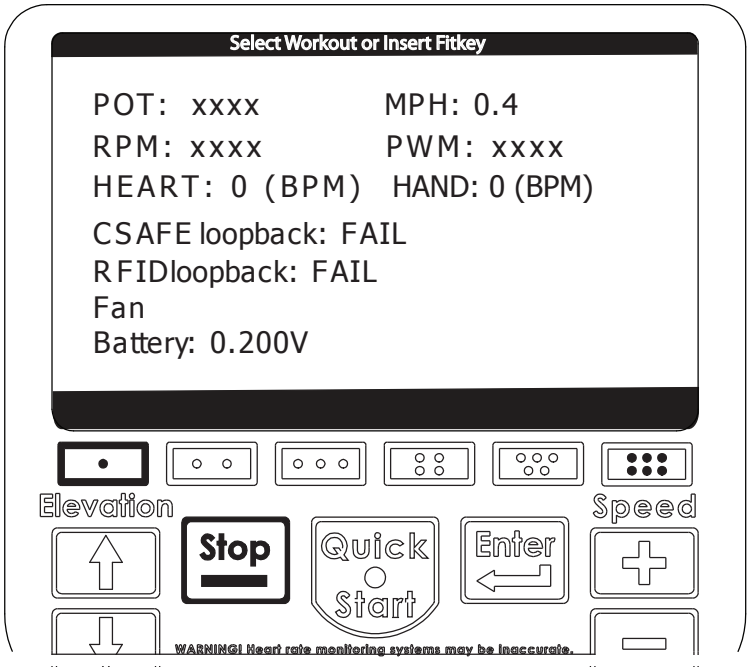


Fig.5

Placement

Avoid placing the treadmill in direct sunlight, in areas of extreme temperature or humidity or where the equipment may be splashed with any fluid. This treadmill is intended for indoor use only. Position the treadmill so the plug is easily accessible.
Allow a minimum of 20" (508mm) between the wall and other treadmills when in use.
Allow a safety area of 79" x 36" (2000mm x 914mm) square around the treadmill when in use.

Moving

The treadmill has wheels at the front of the machine attached to the incline weldment assembly for easy handling.
These built-in wheels are designed for short distance relocation of the treadmill, not for moving or delivery.
To move a short distance, incline the machine to 10%, then unplug from the wall outlet, lift the rear of the treadmill and move.

CAUTION:
*When moving the machine it is strongly recommended that two people be used.
*Please use furniture dollys to move the treadmill longer distances.

After intense training, always clean your SCIFIT product. Perspiration that stays in contact with the frame, casing, and console may cause rust or other damage. Clean surfaces with water and mild soap, then dry with a towel.
Follow the schedule below to maintain optimal performance of a SCIFIT treadmill

Treadmill Maintenance Schedule

Component	Use	When	By Whom
Frame, Motor Cover, Console	Damp Cloth	Daily	Facility
LCD Screen	LCD TV Screen soft cleaning cloth	Daily	Facility
Inside Motor Cover	Vacuum	Monthly	Facility
Inspect Drive Belt	Visual - Cracks in belt, Belt material deteriation, etc..	Monthly	Facility
Inspect Walkbelt	Visual - Cracking, Fraying, Belt slippage, Replace if damaged	Monthly	Facility
Inspect Walk Deck	Visual - Wear on the deck, Cracks, Replace if Damaged. Flip once a year	Monthly	Facility
Front/Rear Rollers	Damp cloth. Replace if Damaged	As Needed	Facility
Actuator Elevation Screw Shaft	General purpose grease	Annually	Facility

UNITED STATES CUSTOMER SERVICE

For assistance in the service of SCIFIT products;

phone : +1-800-745-1373
fax : +1-918-359-2045
e-mail: service@scifit.com

The Product Support department is available by means of e-mail. A voice mail service is available 24 hours a day for recording messages to request technical support and to order replacement parts. Our mailing address is:

SCIFIT Systems Inc.
5151 S. 110th E. Ave.
Tulsa, OK 74146
USA

UK & EUROPEAN CUSTOMER SERVICE

phone : +44 1344 300022
fax: +44 1344 868838
e-mail: info@scifit.uk.com

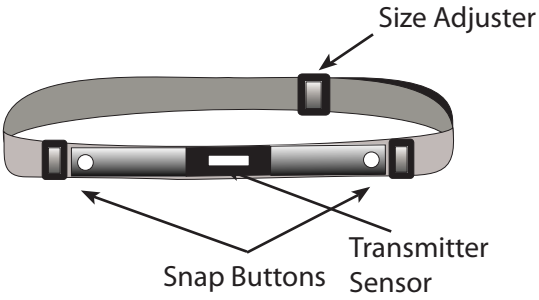
SCIFIT LTD (UK)
Lexham House
Forest Road
Binfield
Berkshire, RG42 4HP
UK

Company Number: 5970624 (UK)

COUNTRIES OUTSIDE OF UK & EUROPE PLEASE USE USA CONTACT NUMBERS

Order online 24/7 at www.SCIFIT.com

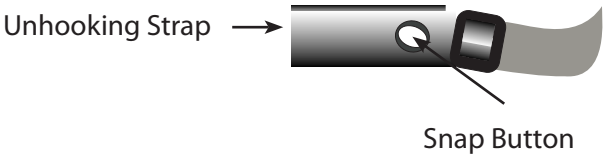
Uses of the Heart Rate Transmitter Strap



The wireless heart rate transmitter strap accessory is a useful device if you desire continuous feedback on your current heart rate during a workout.

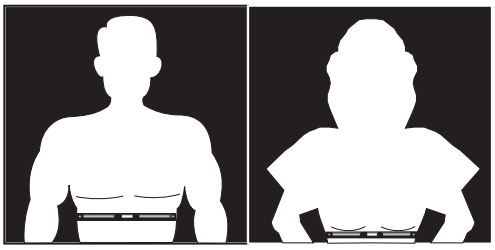
The Heart Rate Control program enables the user to set-up a target heart rate. Through real-time monitoring of the user's heart rate, the console maintains the user's heart rate at or below this established target rate by decreasing the elevation if the user's heart rate exceeds the target.

Activating The Transmitter



To activate the HR Transmitter strap, follow the steps below:

1. Unhook the strap by slightly twisting the snap button on either side outward until you can pull the button through the hole.
2. Moisten the backside of the sensor, then adjust the strap below the pectoral muscle or breasts.
3. Position the strap so that the transmitter sensor is directly in the center of the chest as shown in the illustration.
4. The sensor will begin to monitor and transmit your heart rate.



NOTE: For best results place the transmitter under your garment, so it may contact the skin.

De-activating the Transmitter

The transmitter is automatically turns off when it is removed.
Be sure to wipe the strap thoroughly with a dry cloth after each workout to ensure reliable operation.

Signal Interference

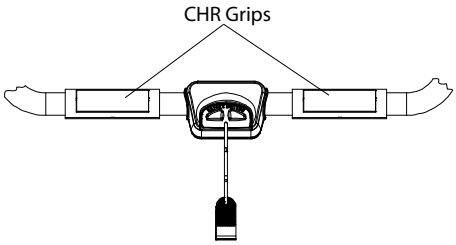
Inaccurate heart rate readings may occur if you use the transmitter within an area near other sources of electromagnetic radiation.

Examples of such sources include: other fitness equipment, other heart rate transmitters, and televisions. To reduce erroneous readings, be sure to allow a minimum of 1 meter between each radiation source.

CAUTION: Users with Pacemakers

Never use the Heart Rate Transmitter strap if you wear an electrical heart pacemaker or other electrical medical device. This could be extremely dangerous since the Heart Rate Transmitter can interfere and cause electrical disturbances to those devices.

Contact Heart Rate

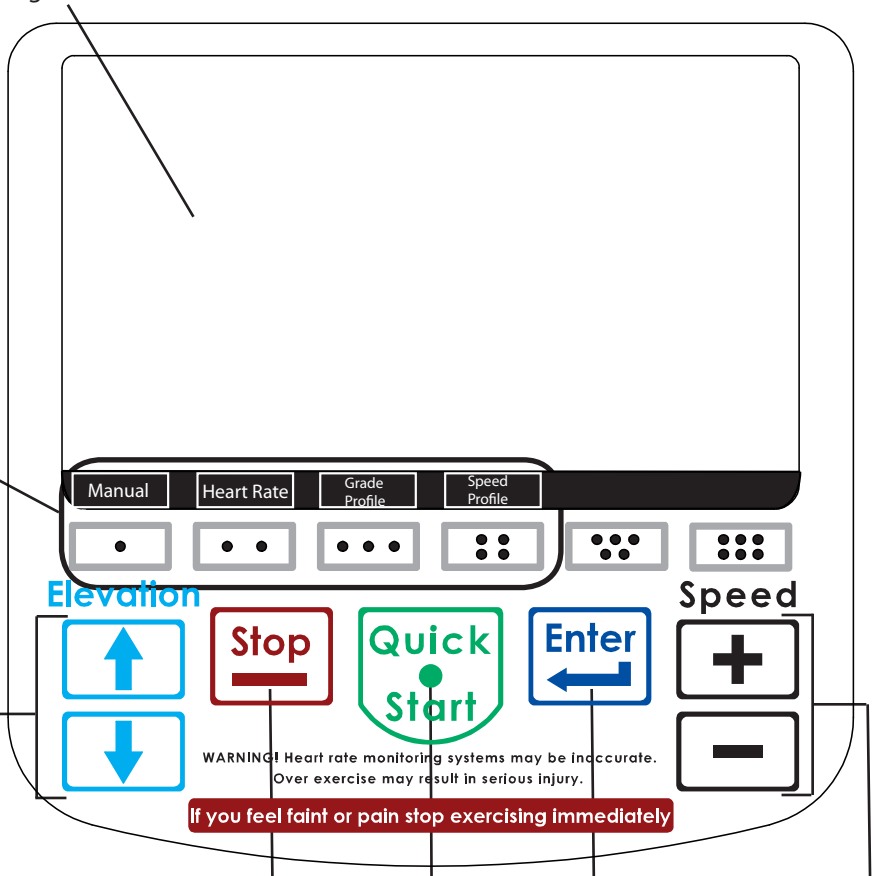


The Contact heart rate is located directly in front of the user. Simply grip the contact grips lightly, after a short delay the pulse reading will appear on the display.

NOTE: If a transmitter heart strap is worn, this will over ride the reading of the contact heart rate.

Work Level Status Screen -
The work level status LCD screen gives a progressive real-time indication of the current work level of any and all programs.

Profile Selection Area -
This location is where the user selects the program profile preferred.



[Up] and [Down] Keys
Allows the user to increase or decrease the elevation during a workout.

STOP
Used to pause or exit a workout. Press once to pause the workout, Press again to exit the workout

QUICK START
This key provides a one-touch "Quick Start" pre-programmed workout profile or after logging into a program the"Quick Start" key will activate a selected program.

ENTER
This key is used to validate selected values the user has choosen for a workout profile.

[+] and [-] Keys
Allows the user to increase or decrease the speed during a workout. Is also used during the data entry process

ADDITIONAL KEYPAD FUNCTIONS

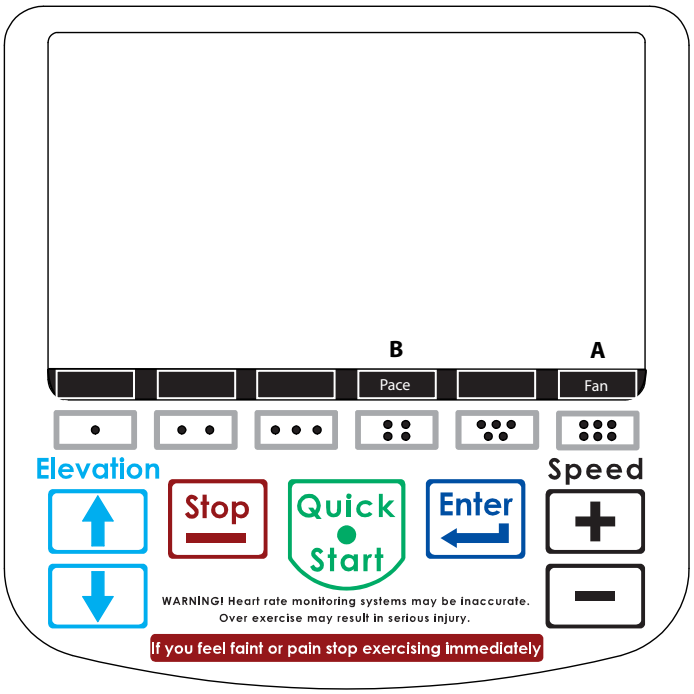
THE FAN OPTION

Anytime during a workout the user has the option to activate the dual internal cooling fans of the console.

These fans have three speed settings available.

To activate the fan option:
Press the fan (six dot) key (A) once- Low
Press the fan (six dot) key (A) twice - Medium
Press the fan key (six dot) key (A) three times - High

The fan will stay activated until:
1. The user exits the workout
2. The fan key is pressed a fourth time



PACE

The user may change the running pace of the workout at anytime. Press the PACE (four dot) key (B), then use either the SPEED "increase" or "decrease" keys to adjust the pace time. The speed of the treadmill will automatically adjust to the new pace time by decreasing with a longer pace time or increasing with a shorter pace time.

PAUSING

1. Press the STOP key (C) once

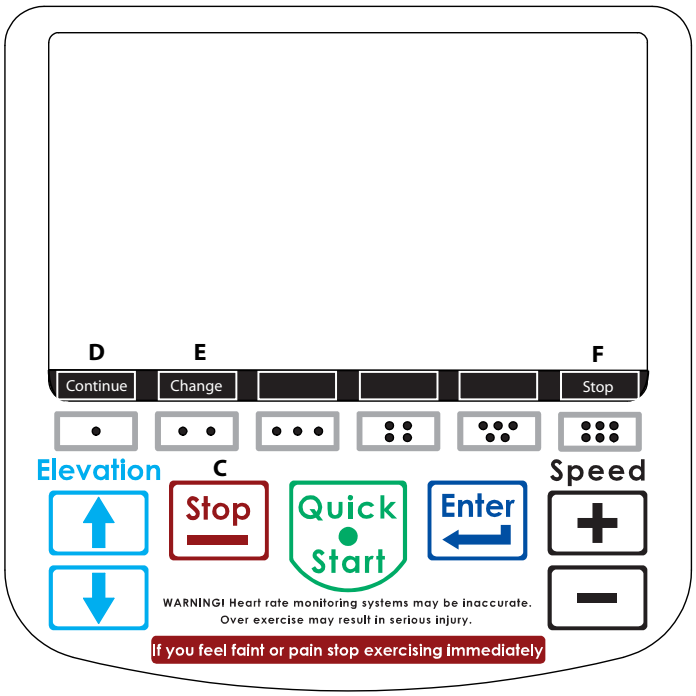
At this time the user will be given three options.

D. **Continue** - Pressing this key will restart the workout at the point it was paused.

NOTE: A slight delay will occur before the belt begins to move or just press the [+] key once.

E. **Change** - Pressing this key will take the user back to the parameter screen to make any additional adjustments.

F. **STOP** - Pressing this key will exit the workout and return to the main screen.



QUICK START

Allows the user to get on and go without having to enter data. Press the QUICK START key and the treadmill starts at the minimum speed, minimum grade and time begins counting up. The user then manually adjusts the speed and incline grade using the Speed "Increase" and Decrease" keys or the Incline using the [UP] and [DOWN] arrow keys during the workout.

Press 

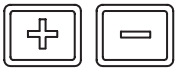
MANUAL

Allows the user to initially set the Speed and Incline grade in the data entry screen. These settings do not change unless the user manually adjusts the speed using the Speed "Increase" and Decrease" keys or the Incline using the [UP] and [DOWN] arrow keys during the workout.

Press **MANUAL** Then 

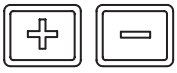
Time (mm:ss)	15:00
Speed (MPH)	.4
Pace (mm:ss)	-- --

Select the Time (maximum 99 min.) with the

Speed  keys, then press 

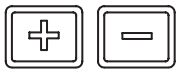
Time (mm:ss)	15:00
Speed (MPH)	.4
Pace (mm:ss)	-- --

Select the speed (maximum 9 mph or 14.5 km/h) with the

Speed  keys, then press 

Time (mm:ss)	15:00
Speed (MPH)	.4
Pace (mm:ss)	-- --

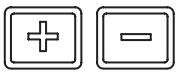
After the starting SPEED has been selected, the PACE category will display the amount of time it will take to complete 1 mile at that speed. If you wish to adjust the Pace time use the

Speed  keys, then press 

NOTE: When adjustments are made, the SPEED category will automatically adjust to a speed it will take to complete 1 mile for the PACE selected.

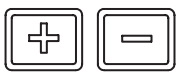
Speed (MPH)	.4
Pace (mm:ss)	-- --
Grade (%)	0

Select the incline grade (maximum 10%) with the

Speed  keys, then press 

Pace (mm:ss)	-- --
Grade (%)	0
Weight (lbs)	150

Select your weight (maximum 375 lbs/170 kg)

with the  keys, then press 

HEART RATE

NOTE: A transmitter strap is required for this program (Refer to section 5.1).

Contact grips will not work on this program.

The Heart Rate program automatically adjusts the incline of the treadmill in response to changes in the user's heart rate, putting the user as near as possible the desired Target Heart Rate. In this program the user controls the speed using the Speed "Increase" or "Decrease" keys.

Press HEART RATE Then Enter

Time (mm:ss)	15:00
Target Heart Rate	120
Speed (MPH)	.4

Select the workout time (maximum 99 min.) with the

Speed + − keys, then press Enter

Calculating Target Heart Rate Zone

Your approximate Maximum Heart Rate (MHR) is equal to 220 minus your age.
The upper limit of your target zone is equal to .85 times your MHR.
The lower limit of your target zone is equal to .60 times your MHR.

Example:
Your age is 40
220-40=180
180 x .85 = 153 (Max MHR)
180 x .65 = 108 (Min MHR)

These values are based upon averages. Always consult your physician to establish the proper heart rate zone for your individual health condition.

Time (mm:ss)	15:00
Target Heart Rate	120
Speed (MPH)	.4

(see Calculating Heart Rate Zone) Select your Target Heart Rate with the

Speed + − keys, then press Enter

Time (mm:ss)	15:00
Target Heart Rate	120
Speed (MPH)	.4

Select the speed (maximum 9 mph or 14.5 km/h) with the

Speed + − keys, then press Enter

Target Heart Rate	120
Speed (MPH)	.4
Pace (mm:ss)	-- --

After the starting SPEED has been selected, the PACE category will display the amount of time it will take to complete 1 mile at that speed. If you wish to adjust the Pace time use the

Speed + − keys, then press Enter

NOTE: When adjustments are made, the SPEED category will also automatically adjust to a speed it will take to complete 1 mile for the PACE selected.

Speed (mm:ss)	.4
Pace (mm:ss)	-- --
Weight (lbs)	150

Select your weight (maximum 375 lbs/ 170 kg) with the

Speed + − keys, then press Quick Start

Grade Profile Programs

The grade profile provides seven different incline dependent workout contours that the user may select.
The incline will automatically adjust up or down as the workout progresses.
Speed can only be adjusted manually during these workouts.

Press **GRADE PROFILE** Then Enter

Time (mm:ss)	15:00
Profile	
Minimum Grade (%)	0.0

Select the workout time (maximum 99 min.) with the

Speed + − keys, then press Enter

Time (mm:ss)	15:00
Profile	
Minimum Grade (%)	0.0

Select from seven different workout contours (see section 7.4) with the

Speed + − keys, then press Enter

Time (mm:ss)	15:00
Profile	
Minimum Grade (%)	0.0

Select the minimum incline height with the

Speed + − keys, then press Enter

NOTE: Do not exceed the Maximum incline grade selected in the next step.

Profile	
Minimum Grade (%)	0.0
Maximum Grade (%)	10

Select the maximum incline grade (maximum10%) with the

Speed + − keys, then press Enter

Minimum Grade (%)	0.0
Maximum Grade (%)	10
Speed (MPH)	.4

Select the speed (maximum 9mph or 14.5 km/h) with the

Speed + − keys, then press Enter

NOTE: The speed may only be changed manually anytime during the workout.

Maximum Grade (%)	10
Speed (MPH)	.4
Pace (mm:ss)	-- --

After the starting SPEED has been selected, the PACE category will display the amount of time it will take to complete 1 mile at that speed. If you wish to adjust the Pace time use the

Speed + − keys, then press Enter

NOTE: When adjustments are made the SPEED category will automatically adjust to a speed it will take to complete 1 mile for the PACE selected.

Maximum Grade (%)	10
Speed (MPH)	.4
Weight (lbs)	150

Select your weight (maximum 375 lbs/170 Kg) with the

Speed + − keys, then press Quick Start

The following are Grade and Speed workout profiles available for selection

COURSE

MULTI-PEAKS

SPRINT

RAMP

TWIN PEAKS

PEAK

PROGRESSIVE

Speed Profile Programs

The speed profile provides seven different speed dependent workout contours that the user may select.
The speed will automatically adjust faster or slower as the workout progresses.
Incline can only be adjusted manually during these workouts.

Press **SPEED PROFILE** then Enter

Time (mm:ss)	15:00
Profile	
Minimum Speed (MPH)	.4

Select the workout time (maximum 99 min.) with the

Speed + − keys, then press Enter

Time (mm:ss)	15:00
Profile	
Minimum Speed (MPH)	.4

Select from seven different workout contours (see section 7.4 with the)

Speed + − keys, then press Enter

Time (mm:ss)	15:00
Profile	
Minimum Speed (MPH)	.4

Select the minimum workout speed with the

Speed + − keys, then press Enter

NOTE: Do not exceed the Maximum speed you select in the next step.

Profile	
Minimum Speed (MPH)	.4
Maximum Speed (MPH)	9

Select the maximum workout speed (maximum 9 mph or 14.5 km/h) with the

Speed + − keys, then press Enter

Minimum Speed (MPH)	.4
Maximum Speed (MPH)	9
Grade (%)	0.0

Select the incline grade (maximum 10%) for the workout with the

Speed + − keys, then press Enter

NOTE: The incline grade may only be changed manually during the workout.

Maximum Speed (MPH)	9
Grade (%)	0.0
Weight (lbs)	150

Select your weight (maximum 375 lbs/170 Kg) with the

Speed + − keys, then press Quick Start

DC1000-INT TREADMILL CONSOLE "SET-UP" DESCRIPTIONS

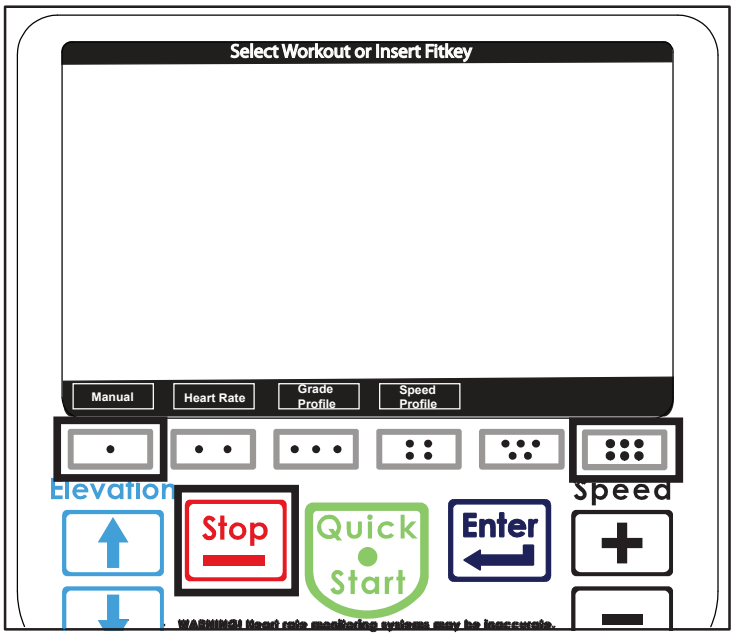
The following are brief descriptions of Set-Up Mode categories that pertain only to the SCIFIT -INT treadmill. Additional categories will be seen, which are used for other SCIFIT products.

*Use the **[UP]** or **[Down]** arrows to make adjustments. After making adjustments the user may press **[Quick Start] to save and exit** the Set-Up mode at anytime.*

NOTE: If you pass the category wanted, you can not go backwards. Press [Quick Start] and re-enter into the Set-Up mode.

ACCESSING THE "SET-UP" SCREEN

Press the [One dot] key, [Six dot] key and [STOP] key at the same time. The screen will change and display "OVERLAY" as the first category.



- OVERLAY: (Production only) **Default: Rotary**

  Indicates the type of membrane switch (Overlay) that has been attached on the console

  Press [ENTER] to advance

- MODEL: **Default: PRO1**

  Selects the type of machine the console is going to be attached to

  Press [ENTER] to advance

- LANGUAGE: **Default: English**

  Allows option to select 1 of 6 languages - English, German, Spanish, Dutch, French and Italian

  Press [ENTER] to advance

- UNITS: **Default: U.S.**

  Allows option to select the type of weight units preferred: US or Metric

  Press [ENTER] to advance

- BAUD RATE: **Default: 19200**

  The console may be connected via the COMM port on the rear of the console to a external monitoring device that can be used to track a user's progress. The Baud Rate determines the speed of data transfer from the console to the device.
  There are 6 different speed options: 4800, 9600, 19200, 38400, 57600 and 115200.
  NOTE: The Baud Rate selected should be the same as the device's, the data is being transferred to.

  Press [ENTER] to advance

- EDITOR: **Default: Table**

  The data entry and set-up mode screens may be seen in two different formats. Use the he Speed "Increase" and "Decrease" keys to select either TABLE or CAROUSEL.

  TABLE
  Use the [ENTER] key to advance to the next category. NOTE: You will not be able to go backwards
  Use the Speed "Increase" and "Decrease" keys to adjust data within the category.
  Use the [QUICK START] key to save.

  CAROUSEL
  Use the [One dot] or the [Six dot] keys to advance forward or backwards to different categories.
  Use the Speed "Increase" and "Decrease" keys to adjust data within the category.
  Use the [QUICK START] key to save

  Note: If in the CAROUSEL mode, pressing the [ENTER] key takes you back to the main screen and won't save.

  Press [ENTER] to advance (if in TABLE mode)

- UTILIZATION (HOURS): **Default: 0.00**

  Tracks the amount of time (in hour increments) the machine has been in use.
  NOTE: Hours will not be reset when a software upgrade is done.

  Press [QUICK START] to save

CONDITION	REASON	SOLUTION
Main power does not turn on	Power cord is not connected	Connect the power cord into wall outlet or machine
	Power switch is on "OFF" position	Turn the power switch to the "ON" position at the front of the treadmill
	Voltage supply is not available	Check the following: 1. Check if the wall voltage is present (consult a qualified electrician). 2. Check cables under the motor cover
	Problem is between the wall outlet and inverter	Consult a qualified technician for the following: 1. Verify power is present at the input side of the line filter with the power switch in the "ON" position. 2. Verify power is present at the output side of the line filter with the power switch in the "ON" position. 3. Verify power is present at the connector that attaches to the inverter.
	Power present to inverter, but inverter not supplying power	Replace inverter
Roller noise	Roller bearings bad	Replace roller
Noise coming from belt each time seam passes over the roller	Seam of new belt	Noise goes away after a day or two, if noise persists contact SCIFIT product support
Motor making noise	Bearings of motor damaged	Replace motor
Noise at rear part of the frame	1. Treadmill not level 2. Bearings of rear roller noisey 3. Walk belt out of alignment	Adjust the rear leveling feet Replace rear roller Align walk belt
Motor is not working	Bad motor	Replace motor
	Power from inverter not present	1. Verify motor cable is connected to the inverter 2. Verify power is coming from inverter when motor is activated
When the "Quick Start" key is pressed the display is normal, but the machine will not incline	Power from inverter not present	1. Verify actuator cable is connected to the inverter 2. Verify power is coming from inverter when motor is activated
The motor runs, but the walk belt does not move	Drive belt is too loose	Adjust the drive belt tension
	Drive belt broken	Replace the drive belt
Walk belt slips	Walk belt tension too loose	Tighten the tension of the walk belt

It is very important that your SCIFIT machine is registered. This can be done online at *http://www.SCIFIT.com/warrantyregistration.shtml* or fill out and mail the registration form at the back of this manual.

SCIFIT Statement of Warranty

SCIFIT warranties new products against defective workmanship and/or materials under normal and proper use subject to the following limitations:

(a) SCIFIT's obligation to the original purchaser shall apply to:
Within the United States and Canada both parts and the cost of labor required to replace or repair a defective product for a period of one (1) year from user/dealer purchase date as documented by *warranty card and if warranty card has not been returned by user/dealer, then date of shipment from the factory. Thereafter, for a period of two (2) years, such obligation shall extend only to the supply of replacement parts or products with any labor costs associated with such replacement or repair to be at Buyer's expense. Refer to clause (e) for components outside this policy clause.

Outside the United States and Canada replace defective product with no labor for a period of three (3) years from user purchase date as documented by *warranty card and if warranty card has not been returned by user then date of shipment from factory.

***Note: Original purchaser must register their purchased products either by warranty card return, web site registration or fax to activate warranty period or shipment date is extent for start of warranty period. A ninety (90) day period is to be given for warranty registration to allow stock rotation and showroom stock, thereafter the registration will be the shipment date for the start of the warranty period.**

(b) SCIFIT's obligation shall be limited to repairing or replacing defective parts. No allowance shall be granted for repairs made by Buyer without SCIFIT's prior written approval. The decision to replace or repair shall be solely at SCIFIT's discretion.

(c) SCIFIT's warranty does not apply to parts requiring replacement or repair due to normal and abnormal wear and tear, improper use, corrosion (perspiration), improper maintenance, improper installation, improper rated, grounded or dedicated electrical circuits or improper storage, nor does it apply where all or part of the product has been altered from its original state by Buyer or a third party.

(d) THIS WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESSED OR IMPLIED, ARISING BY LAW OR OTHERWISE INCLUDING WARRANTY OR MERCHANTABILITY OF FITNESS FOR PARTICULAR PURPOSE, AND IS IN LIEU OF ALL OTHER LIABILITIES OF SCIFIT INCLUDING DIRECT, INDIRECT, SPECIAL
AND CONSEQUENTIAL DAMAGES OR PENALTIES EXPRESSED OR IMPLIED WHETHER ARISING OUT OF CONTRACT, NEGLIGENCE OR OTHER SORT.

SCIFIT STATEMENT OF WARRANTY

(e) The below listed items have the following warranty coverage unless determined to be defective. These items include, but are not limited to:

Treadmills – AC5000 models only	Warranty Period
Treadmill belts	12 months
Treadmill belts decks	12 months
Treadmill structure & frame	5 years
Treadmill drive system inclusive of motor & inverter	5 years
Treadmill Handrails & Handles	3 years
Treadmill Heart rate grips	12 months
Treadmill water bottle holders	90 days
Treadmill trays	90 days

Rotary Products	Warranty Period
Upholstery	12 months
Saddles/Seats	12 months
Rotary Pedals	12 months
Rubber grips	12 months
Heart rate grips	12 months
Rotary structure & Frame	5 Years
Rubber foot Pads (BioFlex)	12 months
Rotary water bottle holders	90 days
Rotary trays	90 days

Accessories Products	Warranty Period
Pedal straps	Normal wear & tear
Heart Rate Receiver/Transmitter	90 days
Low support boots	12 months
High support boots	12 months
Assist gloves	90 days
USB Keys and Lanyards	90 days

(f) Fires, floods, and acts of God, are not covered under this warranty.

Freight and Shipping

All SCIFIT products have displayed on the outside packaging "**STOP - UPON DELIVERY INSPECT MERCHANDISE THOROUGHLY NOTING ANY DAMAGE ON RECEIVING PAPERWORK PRIOR TO SIGNING".**

SCIFIT is not responsible for the repair or replacement of any unit or part damaged during transit or installation. The customer is responsible for inspection of each unit and part for shipping damage at time of delivery or installation, and prior to signing receiving paperwork. The customer is responsible for pursuing all freight damage claims with the appropriate transit company. **If the customer signs an unqualified receipt for freight or damage goods, the customer is solely responsible for the cost of the repair or replacement for such freight damage.**

Maintenance

After training, always wipe down your SCIFIT exercise product. Perspiration that continuously settles on frame, upholstery, casings and control panels may eventually cause rust or damage. Damage resulting from lack of maintenance will NOT be covered under warranty. To clean upholstery, use mild soap and warm water. Dry with a clean towel. Refer to the mahine's maintenance schedule.

Product Support

Assistance for the service of SCIFIT products is available by fax +1-918-359-2045. The product support department is staffed from 7 AM to 5 PM US Central Time Monday through Friday. A voicemail service is available 24 hours daily for recording messages to request technical support and to order replacement parts. Our goal is to return every voicemail call within 30 minutes of when it is placed during our normal business hours.

Please have the following information prior to calling technical support:

- *Model number of equipment*
- *Serial number of equipment*
- *Point of contact name and phone number*
- *Detailed description of symptoms encountered.*

Installation

SCIFIT is not responsible for the repair or replacement of any unit or part damaged during installation. The customer is responsible for inspection of each unit and part for damage at the time of installation. The customer is responsible for pursuing all damage claims with the installer.

Parts Shipment

During the first 30 days warranty parts will be shipped via overnight delivery. Determination must be made before 2:00 PM US Central Time on any given weekday for next day delivery. During the remainder of the first year warranty period, parts requirements will be filled via ground shipment. The customer will have the option to request overnight or 2nd day parts shipping, but will be charged the difference between the ground shipment cost and the overnight or 2nd day cost.

Return of Parts

SCIFIT is committed to continual improvement in the equipment we market. In order to meet this commitment, the rapid return of defective parts is essential. The examination of the parts by our engineering department leads to changes that insure the same problem does not re-occur. Thank you in advance for your assistance!

When requested by SCIFIT, defective parts must be returned to the SCIFIT factory within 20 days of receipt of replacement part. Otherwise SCIFIT will expect payment on the parts invoice net 30 days.

Please follow these three easy steps for returning parts.

Step 1
Keep the box and packing material in which the new parts arrived.

Step 2
A **UPS prepaid Return Label** will be in the parts box for only those parts that need to be returned. If no prepaid Return Label is enclosed contact SCIFIT Product Support at 1-800-745-1373. When **ALL** of the parts are received and inspected at the factory, a credit will be issued for the original parts invoiced. **Attention service companies** - labor invoices will **NOT** be paid until the defective parts are returned to the factory.

Step 3
Wrap the defective part, place it in the box and affix the Return Label for safe return.

Service Labor

Where applicable, the SCIFIT product support personnel will arrange a local field service technician to provide field support. Every effort will be made to schedule service during 48 business hours (8 hours per business day) following notification of a problem or as soon as repair parts are available to the field service technician. Where possible, parts will be supplied in advance of the field service technicians so that the product is repaired with one call.

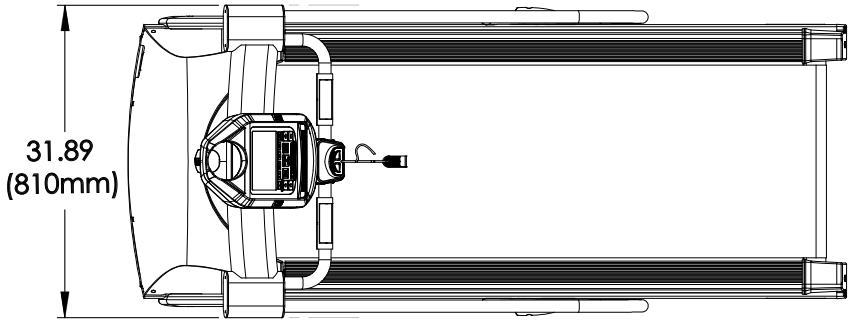
Purchased Parts

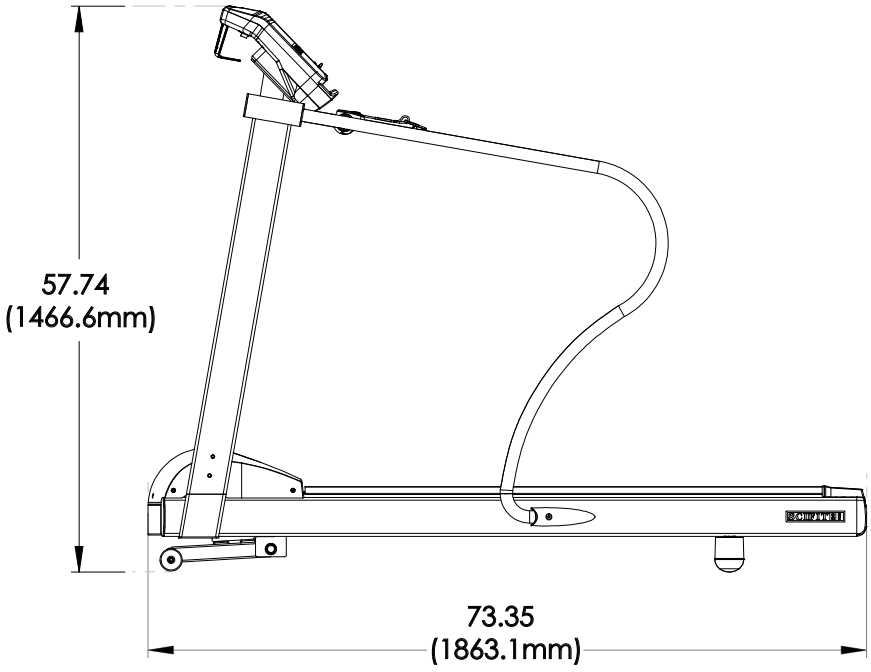
All purchased parts will carry a 12 month warranty. Refer to Purchased parts shipments and installation for more details.

This Limited Commercial Warranty supercedes the limited commercial warranty printed in the "Users Operation Manual" for all SCIFIT Systems, Inc. products.

If you have questions or require additional information, please contact SCIFIT Systems, Inc. at service@scifit.com

Weight	222lbs/ 101 Kg (assembled), 309 lbs/ 140 Kg (Boxed)
Max User Weight	375 lbs/170 kg.
Power	110V/15 amp
Power Cord	5-15P RA (110V)
Elevation Range	0 to 10%, .5% increment changes per key stroke
Speed Range	0.4 - 9 mph/ 0.6 - 14.5 km/h .1mph/ .2 km/h increment changes per key stroke
Programs	Quick Start, Manual, Heart Rate, 7 Pre-programmed Elevation profiles, 7 Pre-programmed Speed profiles
Warranty	Within U.S. & Canada 3 years parts, 1 year labor Outside U.S. 3 years parts, no labor





This page purposely left blank

SCIFIT®
Warranty Card

Register online at http://www.SCIFIT.com/warrantyregistration.shtml or complete this form, fold it and return it to SCIFIT. We request you send this card within 2 weeks after your equipment has been delivered to insure proper warranty registration.

Company Name _____

Contact Name _____

Address _____

City/State/Zip _____

Home Phone (____) _____ Business Phone (_____) _____

Model Purchased _____

Date Received _____ Serial Number _____

Entity Purchased From _____

City/State _____

Please rank the following reasons (1 through 6) for selecting SCIFIT with 1 being most important:

____Features____Quality____Price____Dealer___User Friendly___Appearance

Please Check the appropriate box(s) on how you were introduced to SCIFIT:

❑ Saw in _____ Magazine ❑ Introduced by SCIFIT Dealer

❑ Saw at _____ Tradeshow ❑ Referred by SCIFIT User

❑ Other _____

Comment _____

_____

Thank You For Choosing

SCIFIT®

Scientific Solutions For Fitness™

www.SCIFIT.com

P2278 Rev.B

From _____
_____
_____

SCIFIT
5151 South 110th East Avenue
Tulsa, OK 74146

Model Number: _____

Serial Number: _____

Date of Purchase: _____

Supplied By: SCIFIT Systems Inc.

User Manual: #P4805A (6/2011)

Scientific Solutions for Fitness.

5151 South 110th East Avenue
Tulsa, Oklahoma 74146
USA

Sales: 1-800-278-3933 • Customer Service: 1-800-745-1373

Order online 24/7 at www.SCIFIT.com