



T631 TREADMILL OWNER'S MANUAL



SPORTSART T631 COMMERCIAL TREADMILL

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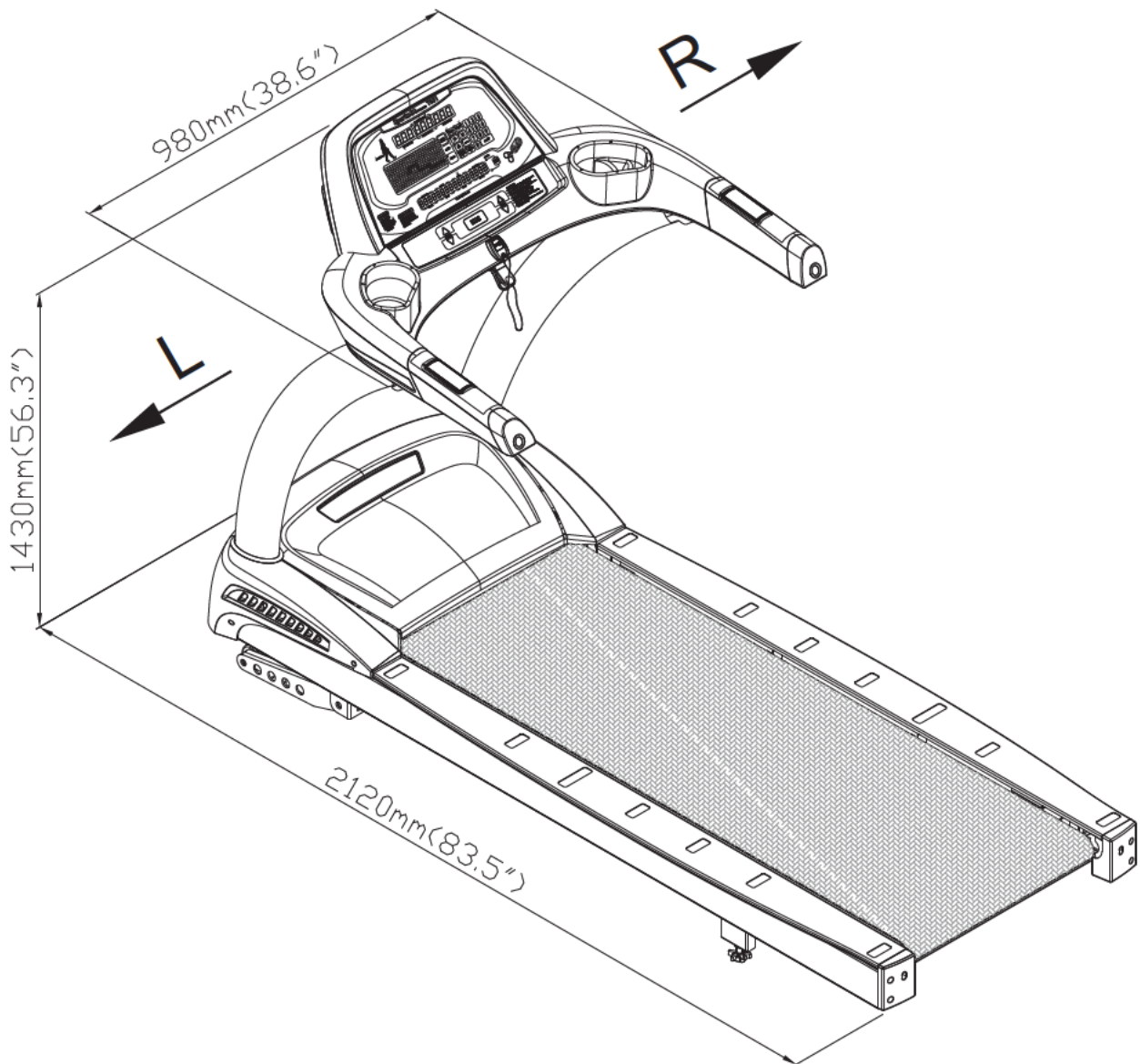
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CHAPTER 1 – SPORTSART T631 COMMERCIAL TREADMILL

1.1 INTRODUCTION

Thank you for purchasing a high quality product from SportsArt Fitness. Constructed of robust materials and built for years of trouble-free usage, the SportsArt T631 Commercial Treadmill was designed and manufactured to become an integral part of your fitness regimen.

This product is a unique tool made to help you obtain your fitness goals. But like every tool, it must be used properly. Please read and abide by instructions in this manual. Understanding the correct use of this equipment will help you achieve your exercise goals safely and effectively.



1.2 SPECIFICATIONS

T631 Specifications

Running surface: 22" x 61" inches

Speed Range: 0.1- 12 mph; 0.2- 20 kph; Motor: 4.0 HP (Peak)

Incline Range: 0-15%

Programs: MANUAL, HILL, RANDOM, INTERVAL, FIT TEST, GLUTE,
CARDIO / WT LOSS, ZONE TRAINER.

Feedback: CALORIES, SPEED, TIME, DISTANCE, CAL/HR, METS, PACE, INCLINE,
HEART RATE, WT LOSS 65%, CARDIO 80%.

Display Type: LED

Heart Rate Control: Yes

Maximum User Weight: 205 kgs; 450 lbs

Dimensions : 2120mm x 980mmx 1430mm (83.5" X 38.6" X 56.3")

CHAPTER 2— SAFETY PRECAUTIONS

2.1 SAFETY PRECAUTIONS

Your SportsArt treadmill was designed and built for optimum safety. However, certain precautions apply whenever you use your treadmill.

Votre tapis de course SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre tapis de course.

Please read the entire manual before assembly and operation. Also, please note the following safety precautions:

Lisez entièrement le manuel avant l'assemblage et l'utilisation. Veuillez aussi noter les consignes de sécurité suivantes:

IMPORTANT SAFETY PRECAUTIONS **CONSIGNES DE SÉCURITÉ IMPORTANTES**

- Please read the instructions carefully and install the treadmill as instructed.
- Veuillez lire attentivement les instructions et installer le tapis de course selon les instructions.
- Assemble and operate the treadmill on a solid, level surface. DO NOT use outdoors or near water.
- Assemblez et faites fonctionner le tapis de course sur une surface solide et plane. NE PAS l'utiliser à l'extérieur ou près de l'eau.
- Never allow children on or near the treadmill.
- En aucun cas, ne laissez des enfants à proximité ou sur le tapis de course.
- Check the treadmill before every use. Make sure all parts are assembled, and all fasteners are tightened. DO NOT use the treadmill if the unit is disassembled in any way.
- Vérifiez le tapis de course avant chaque utilisation. Assurez-vous que toutes les pièces sont assemblées et que tous les éléments de fixation sont serrés. NE PAS utiliser le tapis de course si l'appareil est démonté de quelque façon.
- Keep your hands away from moving parts.
- Gardez vos mains loin des pièces mobiles.
- Wear proper workout clothing; DO NOT wear loose clothing. DO NOT wear shoes with leather soles or high heels. Tie all long hair back. Do not go barefoot on this product.
- Portez des vêtements d'entraînement appropriés; NE PORTEZ PAS de vêtements amples. NE PORTEZ PAS de chaussures à semelles en cuir ou à talons hauts. Attachez les cheveux longs. Ne marchez pas pieds nus sur l'appareil.

- Be careful when mounting and dismounting the unit.
- Soyez prudent lors du montage et démontage de l'appareil.
- The walk belt will not stop immediately if any object becomes caught in the belts or rollers.
- Le tapis de marche ne s'arrêtera pas immédiatement si un objet est pris dans les courroies ou les rouleaux.
- DO NOT use accessories that are not specifically recommended by the manufacturer. Such parts might cause injuries or cause the unit to fail.
- NE PAS utiliser d'accessoire non spécifiquement recommandé par le fabricant. Car cela pourraient provoquer des blessures ou entraîner une panne de l'appareil.
- Unplug from outlet before servicing or removing any parts.
- Débranchez l'appareil de la prise avant l'entretien ou la suppression de toute pièce.
- Close supervision is necessary when this treadmill is used by, on, or near children, invalids, or disabled persons.
- Une surveillance étroite est nécessaire quand ce tapis de course est utilisé par ou à proximité d'enfants, de malades ou de personnes handicapées.
- Use this treadmill only for its intended use as described in this manual.
- Utilisez ce tapis de course uniquement pour l'usage prévu dans ce manuel.
- Never operate this treadmill if it has been damaged in any way. If it is not working properly, or has been dropped or damaged, contact your dealer.
- N'utilisez jamais ce tapis de course s'il a été endommagé de quelque façon que ce soit. S'il ne fonctionne pas correctement, ou s'il est tombé ou endommagé, contactez votre vendeur.
- DO NOT carry this treadmill by the power cord or use the cord as a handle.
- NE PAS transporter ce tapis de course par le cordon d'alimentation et n'utilisez pas le cordon comme poignée.
- Keep the power cord away from heated surfaces.
- Maintenez le cordon éloigné de toute surface chaude.
- Keep all air ventilation areas free of blockage.
- Veillez à ce qu'aucun orifice de ventilation ne soit obstrué.
- Never drop or insert any object into any opening.
- Ne faites jamais tomber ou n'insérez jamais d'objet dans les orifices.

- DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.
- NE PAS l'utiliser là où des produits aérosols (vaporisés) sont utilisés ou lorsque de l'oxygène est administré.
- The user weight limit for this treadmill is 205 KGS (450 LBS).
Note that the 12 MPH (20 KPH) rating is good for users up to 150 KGS (330 LBS).
- La limite de poids de l'utilisateur pour ce tapis de course est de 250 KGS (450 LBS).
Remarquez que la vitesse de 12 MPH (20 KPH) convient jusqu'à 150 KGS (330 LBS).
- Product performance depends on adequate power supply. Each commercial treadmill requires one 20 Amp (for 110V areas) or one 10 Amp (for 220V areas) dedicated circuit for proper operation.
- Les performances du produit dépendent d'une alimentation adéquate. Chaque tapis de course du commerce nécessite un circuit dédié de 20 Amp (pour les zones en 110V) ou de 10 Amp (pour les zones en 220V) afin d'assurer un bon fonctionnement.
- This equipment 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 equipment by a person responsible for their safety.
- Cet équipement n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de l'équipement par une personne responsable de leur sécurité.
- Children should be supervised to ensure that they do not play with the equipment.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec l'équipement.
- Treadmills should be positioned away from walls to avoid injury due to falls. Be sure that the back of the treadmill has at least six to seven feet of clearance from a ledge, wall or window. The power supply and wiring should be located away from walking paths or taped to prevent tripping when stepping on or off of the running belt.
- Les tapis de course doivent de préférence être situés loin des murs, pour éviter de se blesser en cas de chute. Vérifiez si l'extrémité arrière du tapis est au moins à 2 mètres d'un rebord, d'un mur ou d'une fenêtre. Veillez également à positionner le cordon d'alimentation loin de tout passage ou à le protéger avec du ruban adhésif pour ne pas s'y prendre les pieds en montant et descendant du tapis.

CAUTION
ATTENTION

If you feel any pain or any abnormal sensation, STOP YOUR WORKOUT and consult your physician immediately. Work within your recommended exercise level. DO NOT work to exhaustion.

Si vous ressentez une douleur ou si vous avez une sensation anormale, ARRÊTEZ VOTRE ENTRAÎNEMENT et consultez immédiatement votre médecin. Entraînez-vous à votre niveau d'exercice recommandé. NE PAS s'entraîner jusqu'à l'épuisement.

Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

Avant de commencer un programme d'exercice, vous devriez consulter votre médecin. Il est recommandé de faire un examen physique complet.

DO NOT stand on the walk belt when starting the treadmill. Straddle the belt with your feet on the right and left landing strips.

NE PAS rester sur le tapis de marche lors du démarrage du tapis de course. Enjambez le tapis et placez vos pieds sur les bandes de repos droite et gauche.

To prevent injury, stand on landing strips (side rails) before starting the treadmill.

Pour éviter de vous blesser, restez sur les bandes de repos (barres latérales) avant de démarrer le tapis de course.

To reduce the risk of electric shock, always unplug this treadmill from the electrical outlet immediately after using and before cleaning.

Pour diminuer le risque de choc électrique, débranchez toujours ce tapis de course de la prise de courant, immédiatement après utilisation et avant le nettoyage.

Improper connection of the equipment-grounding connector can result in a risk of electric shock. Check with a qualified electrical or service person if you are in doubt as to whether the treadmill is properly grounded. DO NOT modify the plug provided with the product; if it doesn't fit the outlet, have the proper outlet installed by a qualified technician.

Un branchement incorrect du connecteur de mise à la terre de l'équipement risque d'entraîner un choc électrique. En cas de doute sur la mise à la terre correcte du tapis de course, faites appel à un technicien ou un électricien qualifié. NE PAS modifier la fiche fournie avec le tapis de course, si elle ne correspond pas à la prise, faites installer une prise adéquate par un technicien qualifié.

Always use the safety key when operating the treadmill.

Utilisez toujours le clip de sûreté pendant le fonctionnement du tapis de course.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If the user desires to correct the interference, it is at the user's own expense.

Remarque: Ce matériel a été testé et déclaré conforme aux normes des appareils digitaux de Classe B, conformément à la partie 15 du Règlement de la FCC. Ces limites sont conçues pour offrir une protection raisonnable contre les interférences nuisibles dans une installation résidentielle. Cet appareil génère, utilise, et peut diffuser des signaux radioélectriques, et, s'il n'est pas installé et utilisé conformément aux instructions, peut provoquer des interférences nuisibles aux communications radio. Cependant, il n'y a aucune garantie que des interférences ne se produiront pas dans une installation particulière.)

Si l'utilisateur désire corriger les interférences, ces corrections seront à la charge de l'utilisateur.

In this manual, the words "left" and "right" are used in reference to parts and the product. As such, the words "left" and "right" equate to the exerciser's left and right sides respectively. Also, for brevity, the word "screws" is used in some cases where washers, screws, and other hardware are involved.

Dans ce manuel, les mots "gauche" et "droit" sont utilisés en référence aux pièces et au produit. Comme tels, les mots "gauche" et "droit" font respectivement référence aux côtés gauche et droit de l'exerciseur. De même pour plus de concision, le mot "vis" est utilisé dans certains cas où des rondelles, des vis et autres matériels sont associés.

2.2 ABOUT THIS MANUAL

This manual provides instructions for the assembly, installation, and operation of the SportsArt T631 Treadmill. Please study this manual thoroughly to prevent injury to exercisers and damage to the product. Please save these instructions for future reference. Make sure that product users abide by instructions in this manual.

This manual uses the following conventions for identifying special information:

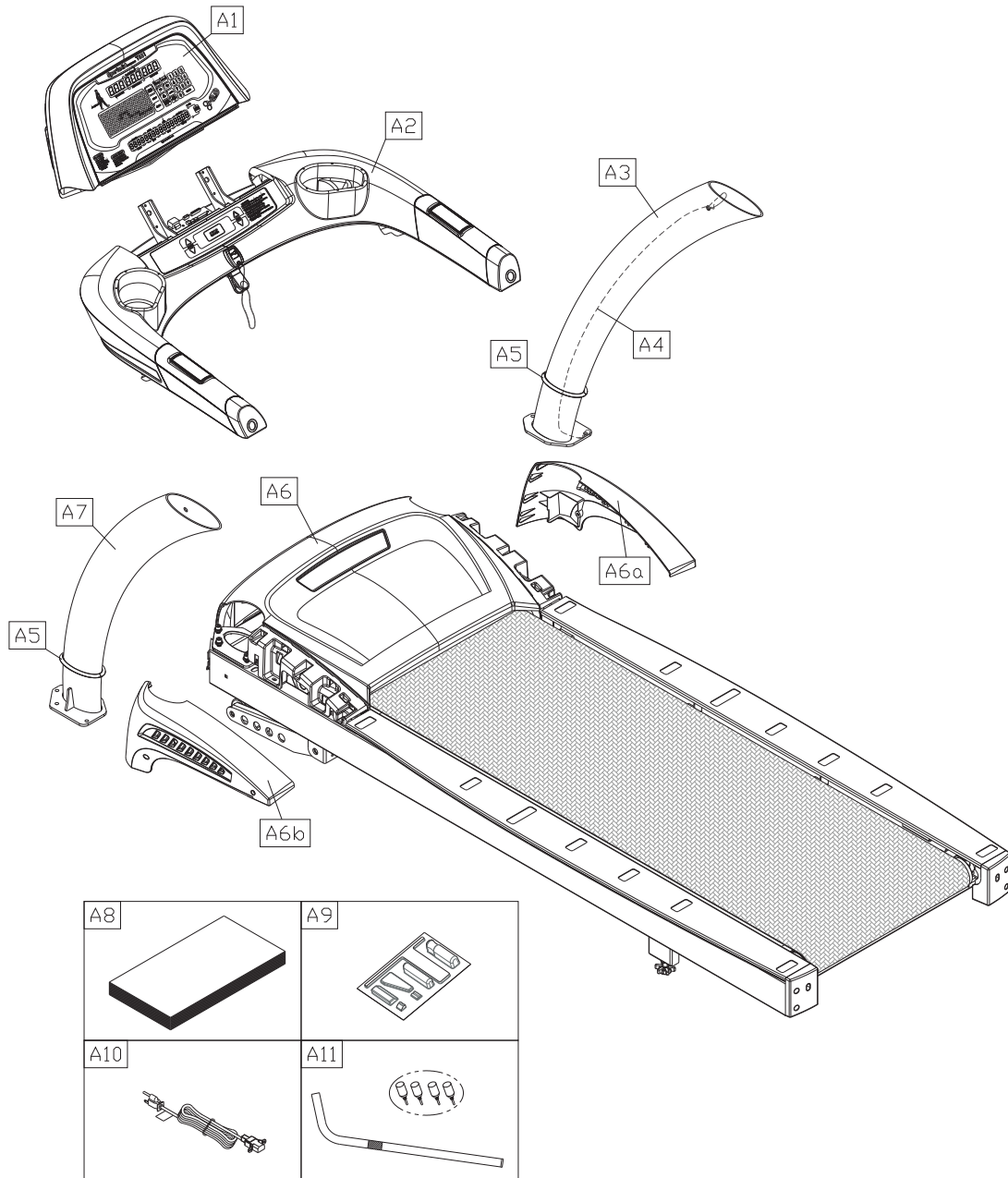
Note: Indicates additional information.

Important: Indicates information to which you should pay special attention.

CAUTION: Indicates information to prevent harming the user or damaging the product.

CHAPTER 3– UNPACKING THE TREADMILL

3.1 COMPONENTS IN THE CARTON



Assembly Parts

No.	Name	Qty	No.	Description	Qty
A1	Display	1	A7	Left pedestal	1
A2	Handlebar assembly	1	A8	Owner manual	1
A3	Right pedestal	1	A9	Hardware kit	1
A4	Feeder cord	1	A10	Power cord	1
A5	Waterproof ring	2	A11	Applicator tube	1
A6	Main frame	1		Silicone lubricant	4
A6a	Right side cover	1			
A6b	Left side cover	1			

3.2 COMPONENTS IN THE HARDWARE KIT

A hardware kit is provided in the packaging of this product. Please inspect the hardware kit for the following items.

Hardware Kit				
No.	Name	Qty	Specification	Notes
31	Screw cover (rounded)	2		
32	Screw cover (flat)	2		
33	Mushroom top Phillips screw	6	M4*L16	
	Screw socket	4		
	Screw clip	4		
	Fuse	1	15A-100V~110V	
		1	10A-200V~220V	
	L-shaped Allen wrench	1	(M4)	
	L-shaped Allen wrench	1	(M5)	
	L-shaped Allen wrench	1	(M6)	
	T-shaped Allen wrench	1	(M6)	
	Double open-end wrench	1	(22*24)	
	Screwdriver handle	1	green	
	Screwdriver bit	1	Phillips and flat	

If you discover items missing or damaged in shipping, please contact the SportsArt Service Department. Keep the hardware kit in a secure place for future use. Tools may be needed to disassemble the product in preparation for moving or other activities.

3.3 COMPONENTS ON THE PRODUCT

Some components are installed on the product. These items will be needed for product assembly.

Components on the Product			
No.	Name	Specification	
41	Inner hex screw	M8*L20	
	Spring washer	M8	
	Star washer	$\phi 18 * \phi 8.5 * t2$	
42	Mushroom top inner hex screw	M8*L20	
	Serrated washer (curved)	$\phi 18 * \phi 8.5 * t2$	
43	Mushroom top inner hex screw	M8*L20	
	Serrated washer	$\phi 18 * \phi 8.5 * t2$	
44	Mushroom top inner hex screw	M5*L12	
45	Phillips head screw	M4*L8	

CHAPTER 4—PRODUCT ASSEMBLY

4.1 INSTALLATION REQUIREMENTS

The challenge of product installation depends highly on the area in which the product will be used. Stairs, doorways, and other obstacles must be considered in planning for product installation. Please ensure the safety of people and property in planning the installation of any product.

- **Be cautious during the installation and assembly of this equipment.** Pay attention to instructions in this manual. Get help if you feel instructions are not clear. Prevent injury to people and damage to the product.
- **Think about the installation site and product location.** Do not install this equipment in an area of high humidity. Exposure to extensive water vapor, chlorine, bromine, ammonia, and other chemicals could adversely affect this equipment.
- **Set up the equipment on a solid, level surface.** Install this product in a safe, secure location. A solid, level, smooth surface is required to ensure user safety and proper product operation.
- **Provide enough space around the equipment.** Leave space around the equipment to allow users to safely mount and dismount the product. Ensure enough space above the product to allow for comfortable, safe operation.
- **Avoid electric shock.** Before moving this equipment, removing covers, or accessing electronic components, make sure the power switch is off and the product is disconnected from the power outlet. Be aware that some electronic components retain an electric charge for a few seconds after power supply is disconnected.

4.2 ASSEMBLY INSTRUCTIONS

This product is designed for assembly by one person. But in some cases, depending on personal strength and experience, two people may be needed for product assembly. Please follow product assembly instructions carefully.

CAUTION: Not abiding by instructions in this manual may result in injury to people, damage to the product, and void the product warranty.

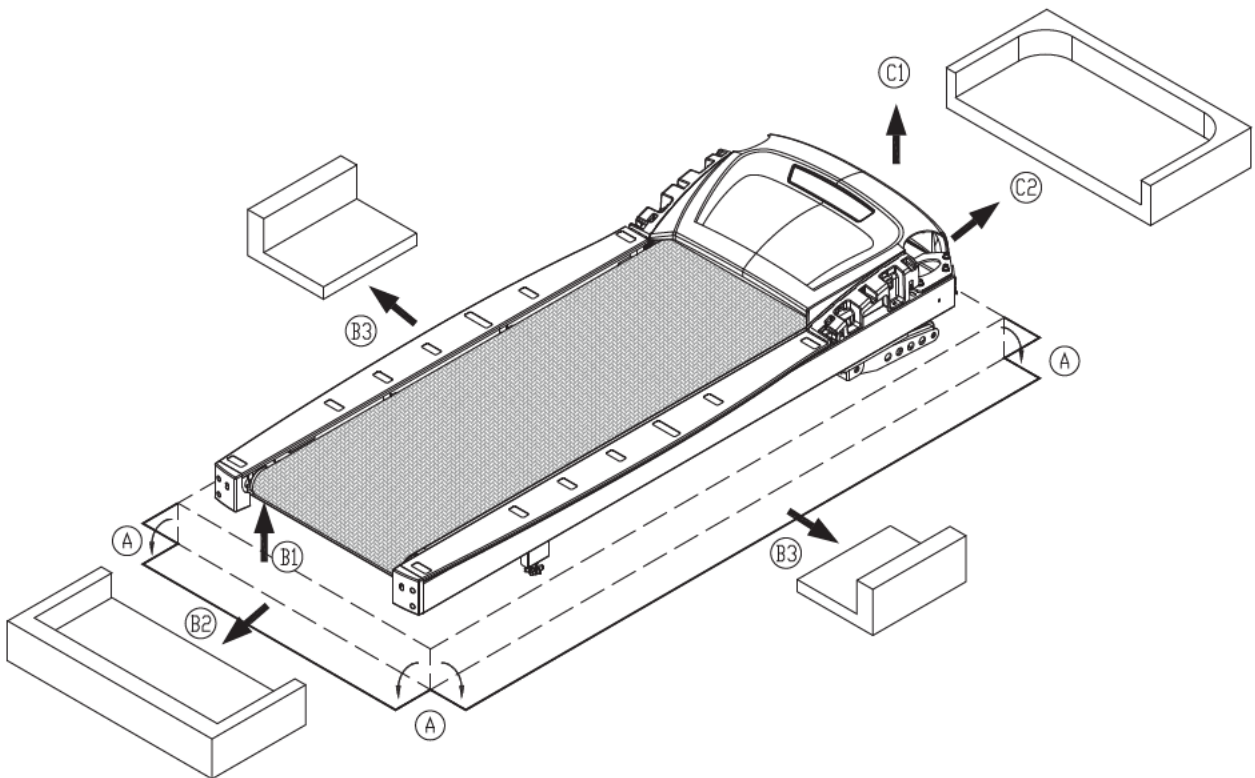
Important: Throughout this manual, the words left and right are used in reference to the product and its parts. As such, the words left and right refer to the left and right sides, respectively, of someone exercising on the product. In addition, some parts are marked *L* for left or *R* for right.

Remove packaging material in order A, B, and C as shown to set the treadmill flat on its cardboard box.

A. Cut the corners of the cardboard box to lay the box flat.

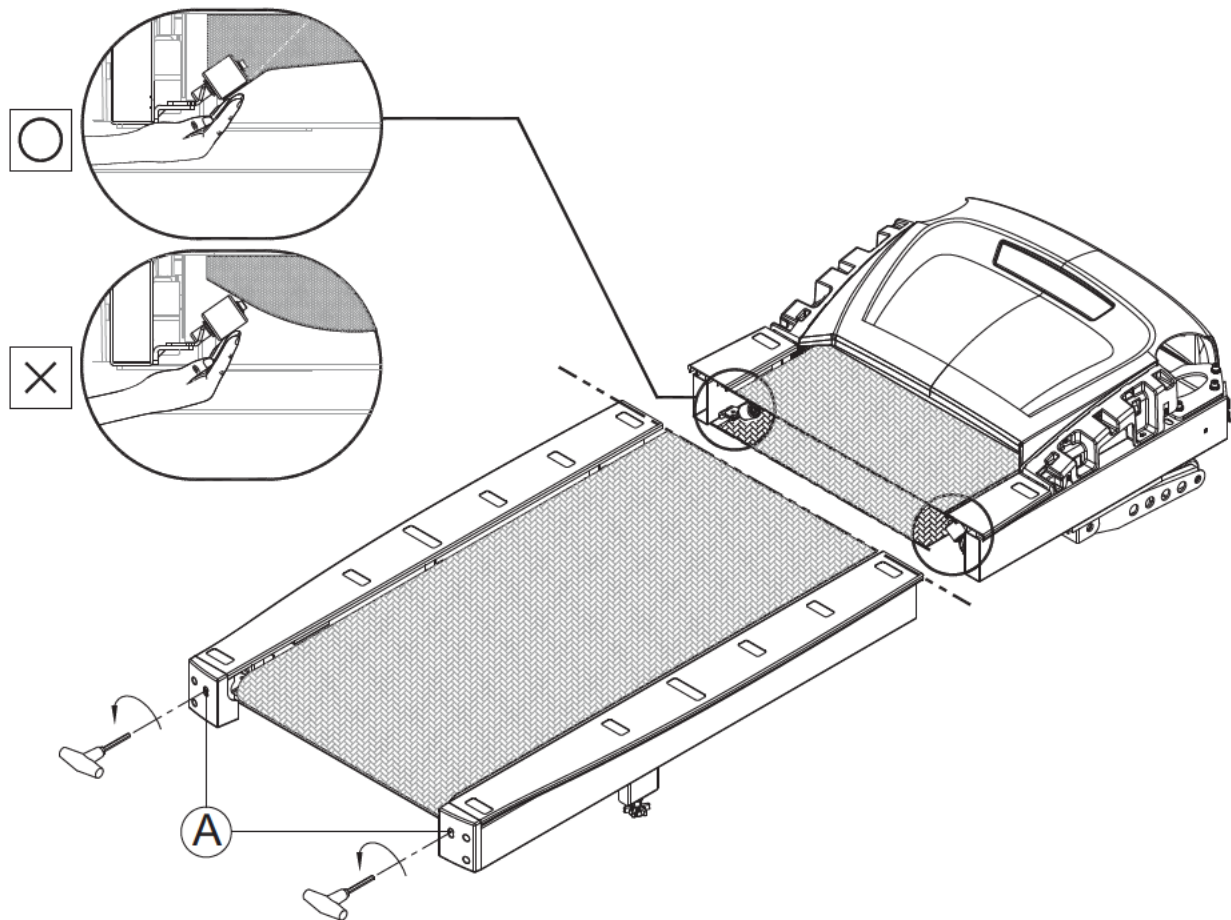
B. Lift the back end of the treadmill and remove packaging material in the back and center of the treadmill.

C. Lift the front end of the treadmill and remove packaging material at the front end of the treadmill.

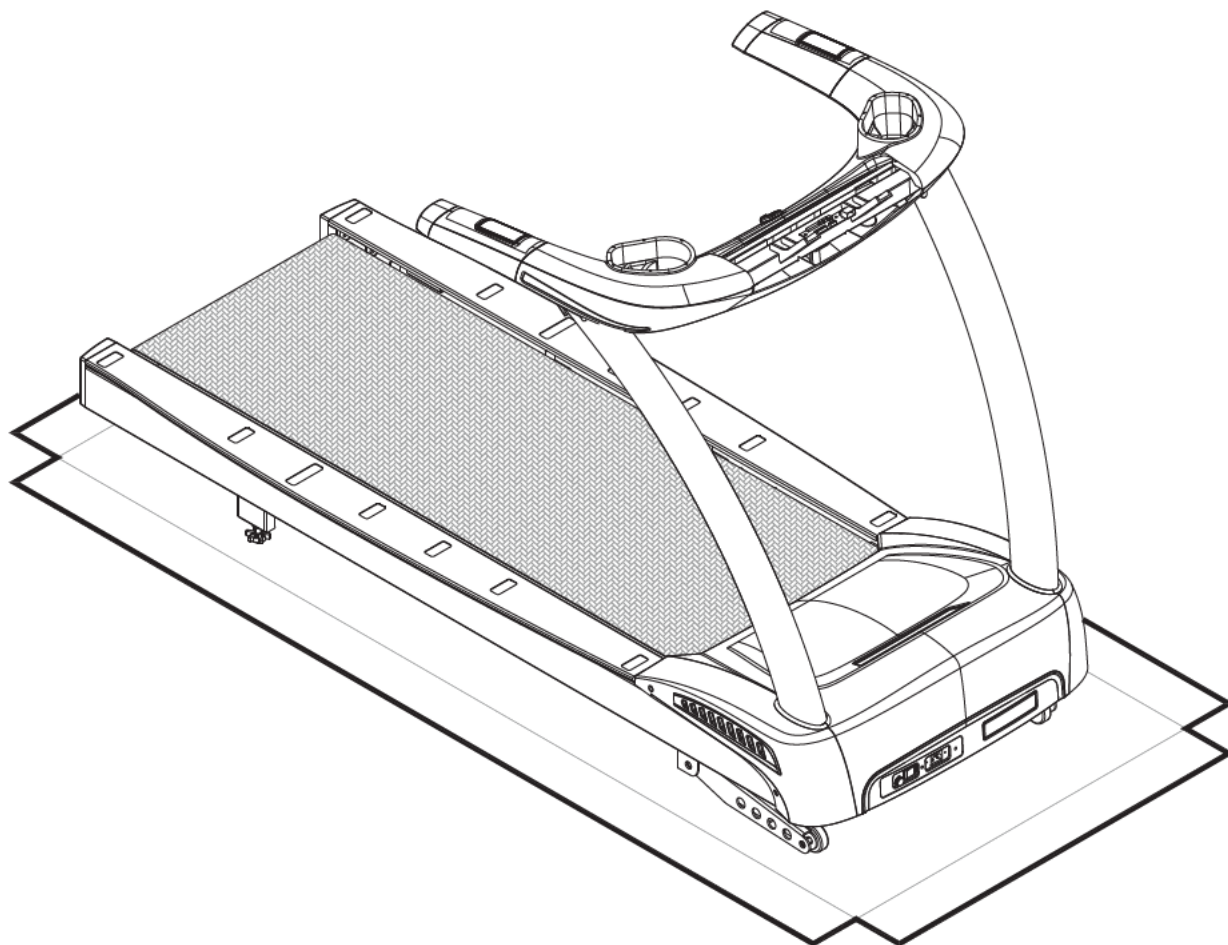


Please make sure that the walk belt runs below the walk belt guides. Walk belt guides should press the walk belt down on both sides. If the walk belt is on top of the guides, loosen screws at position A. Place the walk belt below the guides as shown. Then readjust walk belt tightness per instructions in part 6.

Note: If you intend to install the CardioActive™ Entertainment Station (integrated TV screen), please read the integrated TV screen assembly instructions before assembling the treadmill. This will save some time.

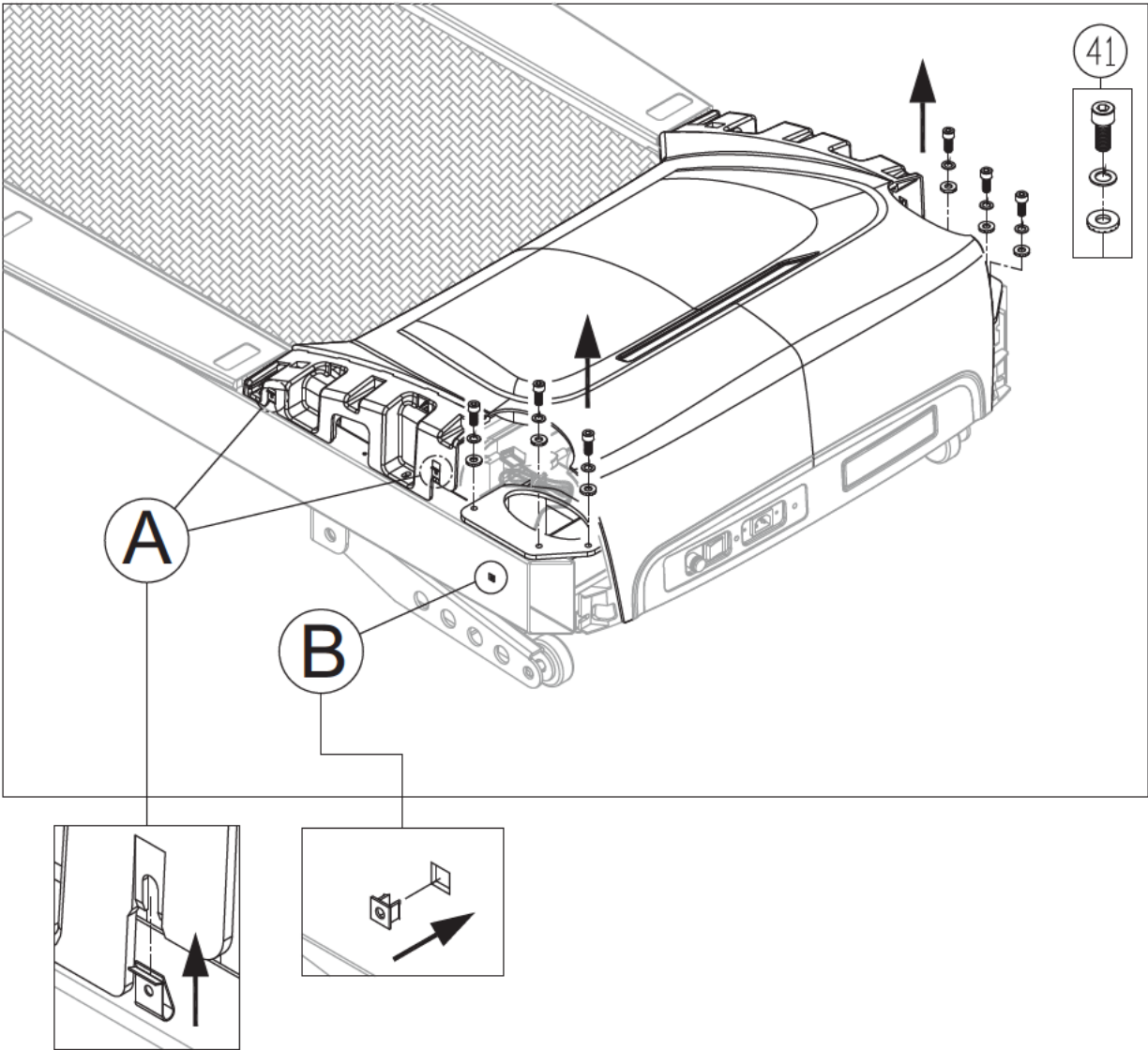


STEP 1 Assemble the Left and Right Pedestals and Handlebars

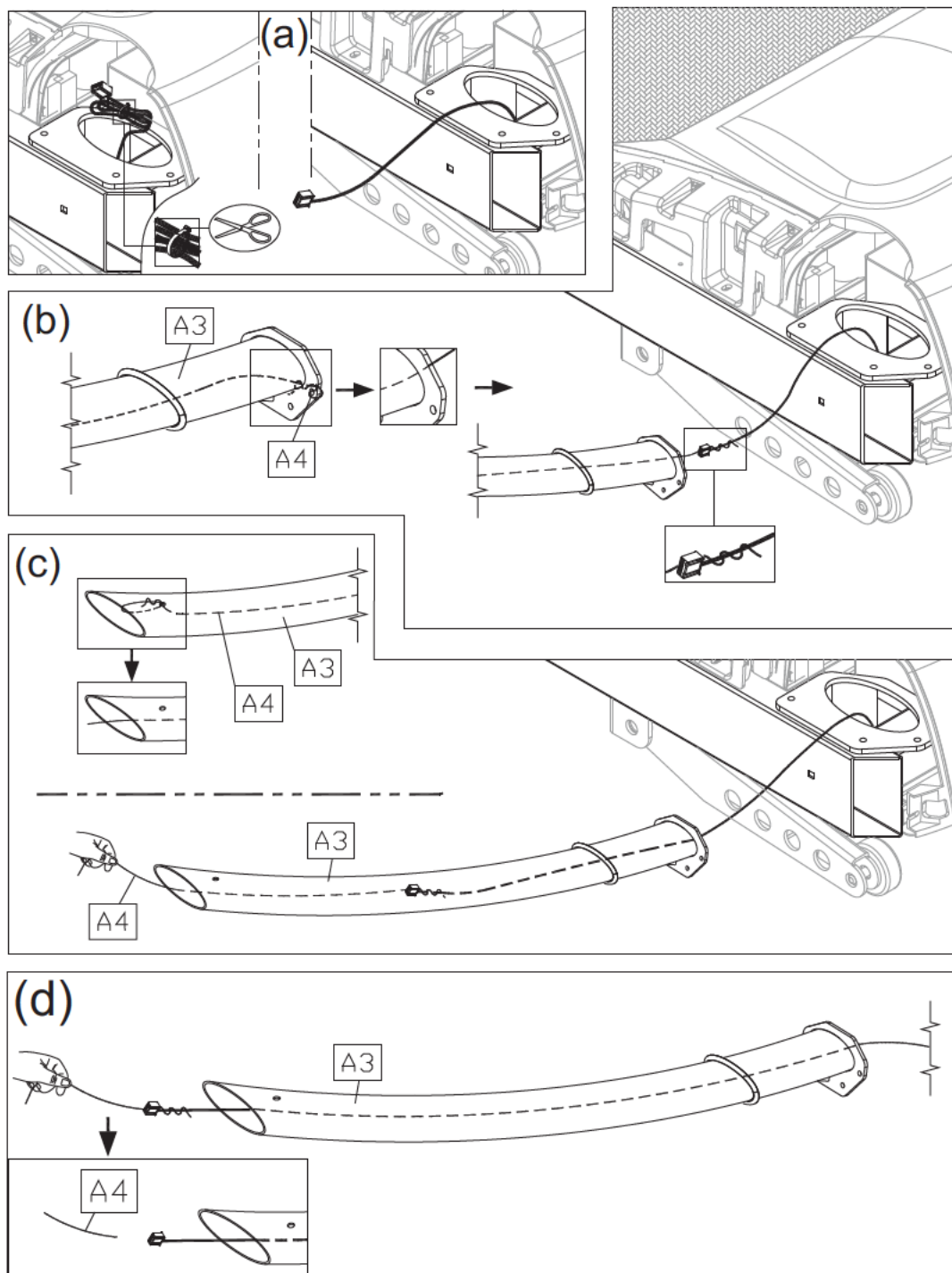


1-1. Remove screws (41) from the pedestal mount area. Inspect whether the screw sockets in areas A and B are in place on the product. If not, remove them from the hardware kit and insert them into place on the product.

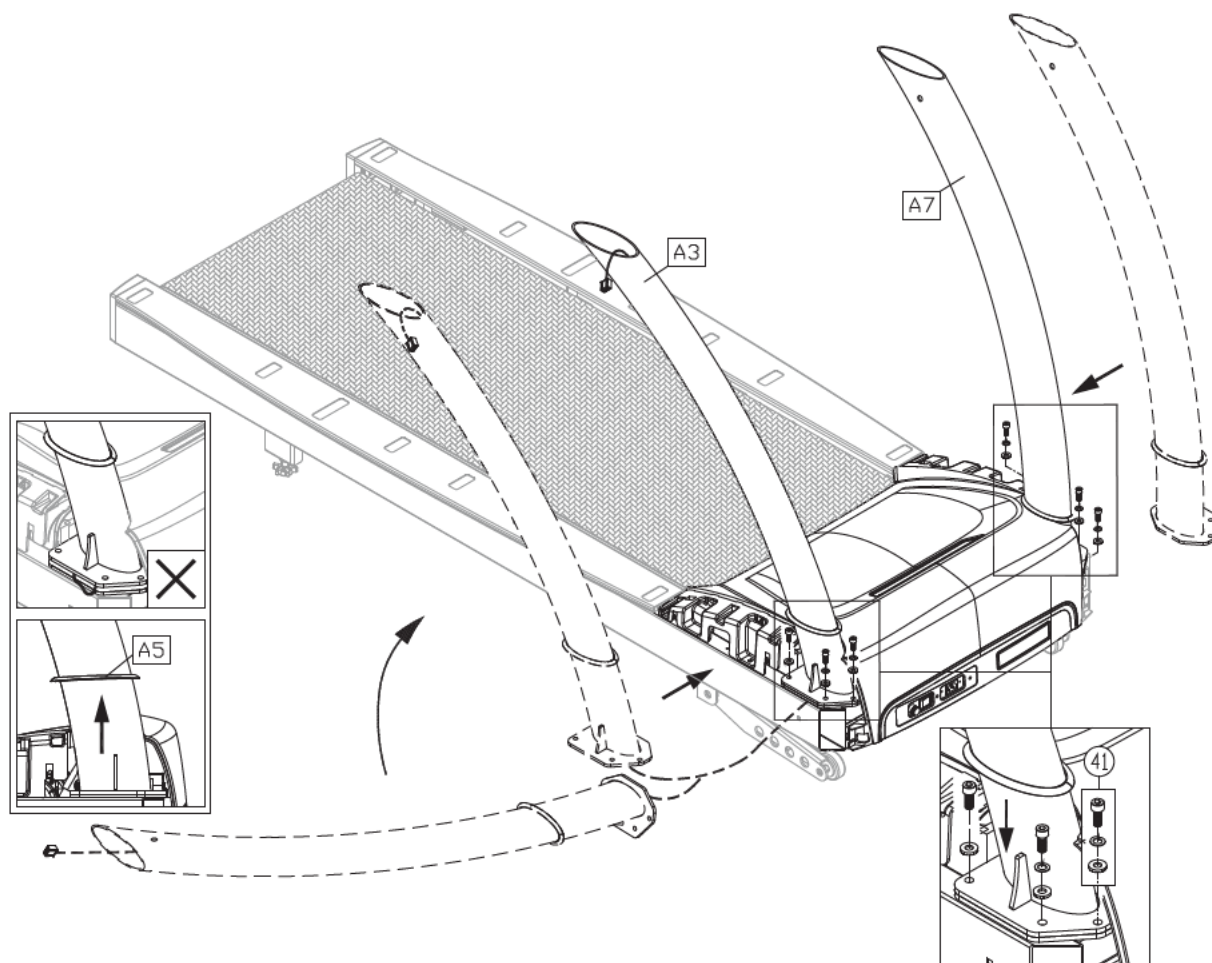
Note: If you intend to install the CardioActive™ Entertainment Station, at this point in the treadmill assembly, please refer to steps 1 through 3 in chapter two in the integrated TV screen installation manual.



- 1-2. Follow steps (a~d) in order to thread the data cable through the right pedestal.
- (a) In the right pedestal mount area, the data cable is secured with a zip tie. Carefully cut the zip tie to free the data cable. Pull the data cable through the oval opening.
 - (b) Place the right pedestal (A3) flat on the floor, with the bottom area of the pedestal nearest to the data cable. Disconnect the feeder cord (A4) from the bottom of the pedestal. Then attach the feeder cord (A4) to the top part of the data cable.
 - (c) From the top part of the right pedestal (A3) disconnect the feeder cord (A4). Pull the top part of the feeder cord (A4) to thread the data cable through the pedestal (A3).
 - (d) Once the data cable has been fed through the pedestal, disconnect the feeder cord (A4).



1-3. Hold the data cable at the top of the right pedestal (A3), and insert the bottom of the pedestal onto the pedestal mount. Avoid pinching or crimping the data cable. Place the water guard (A5) on the pedestal higher than the motor cover. Loosely secure the right pedestal (A3) with screws (41). Insert the left pedestal (A7) onto its pedestal mount, and loosely secure it with screws (41). Do not tighten screws. Make sure the pedestals can still move slightly.



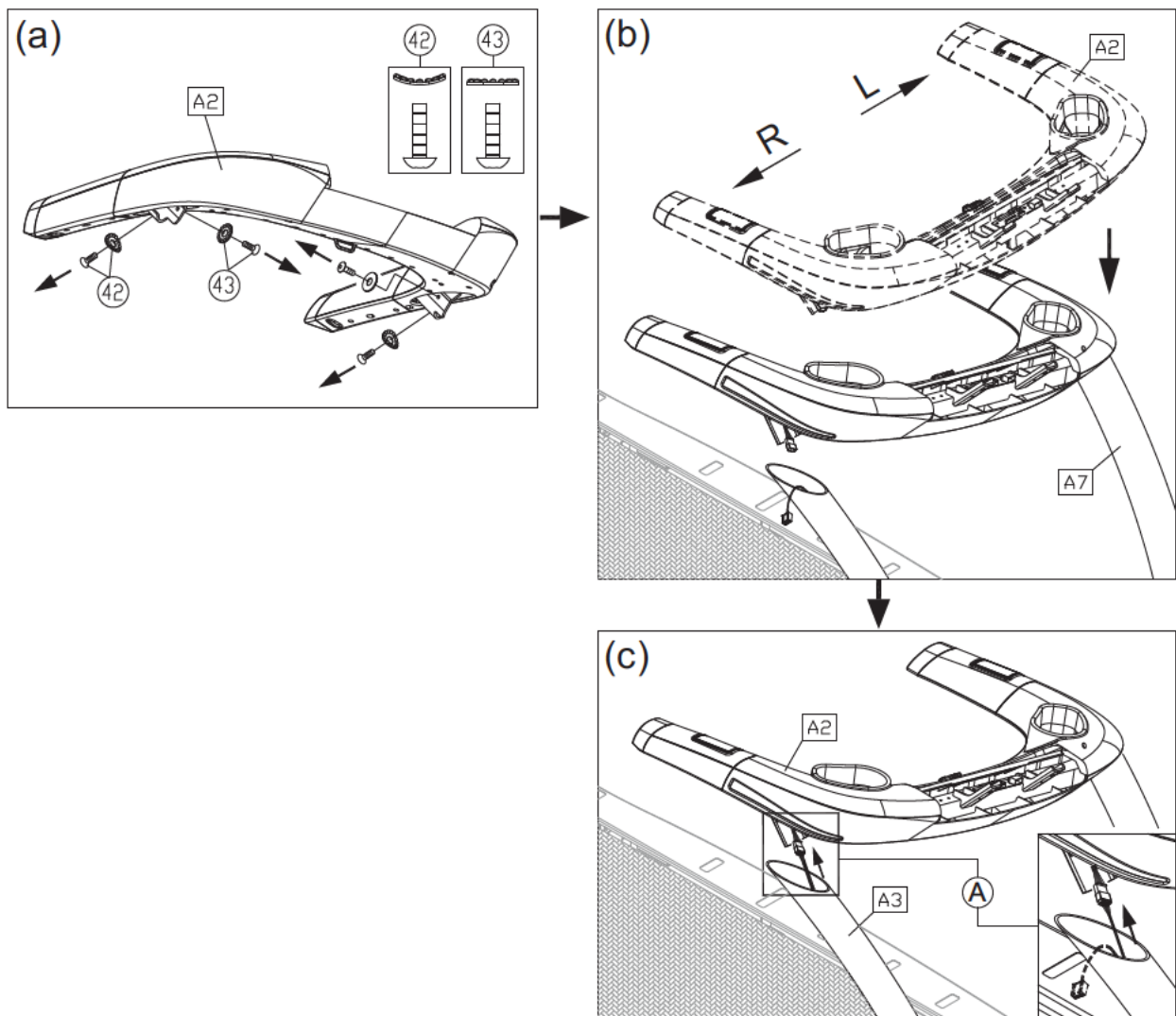
1-4. Follow steps (a~f) to install handlebars.

(a) First, remove the screws (42, 43) from the handlebar assembly (A2).

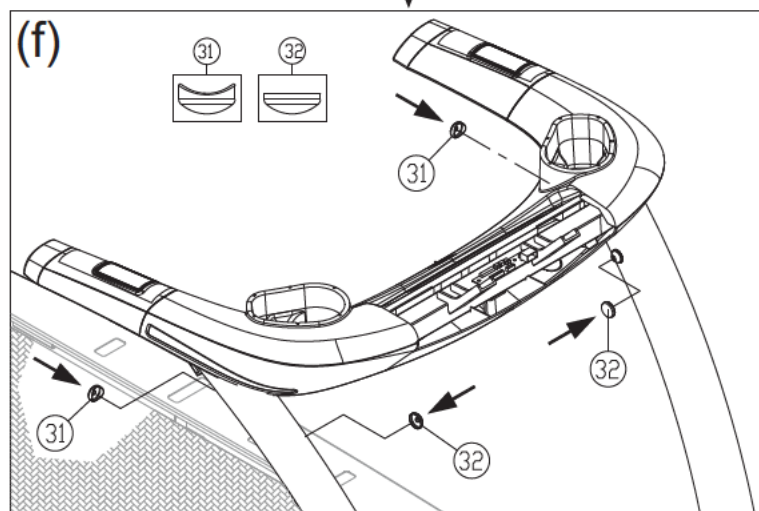
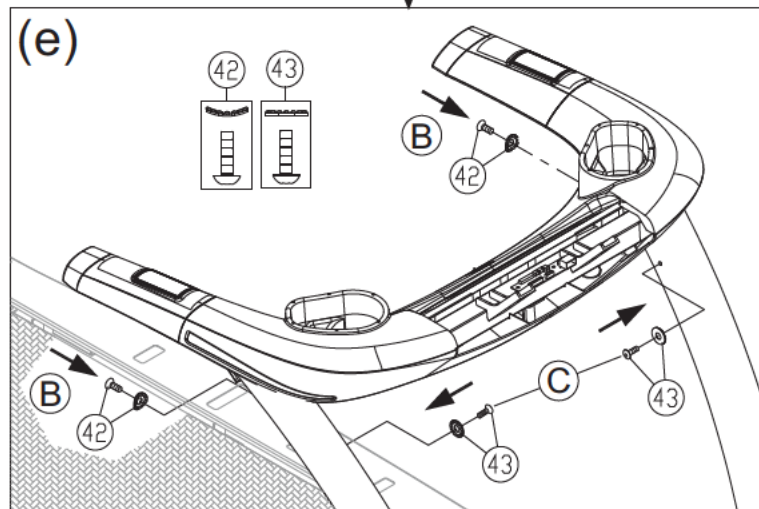
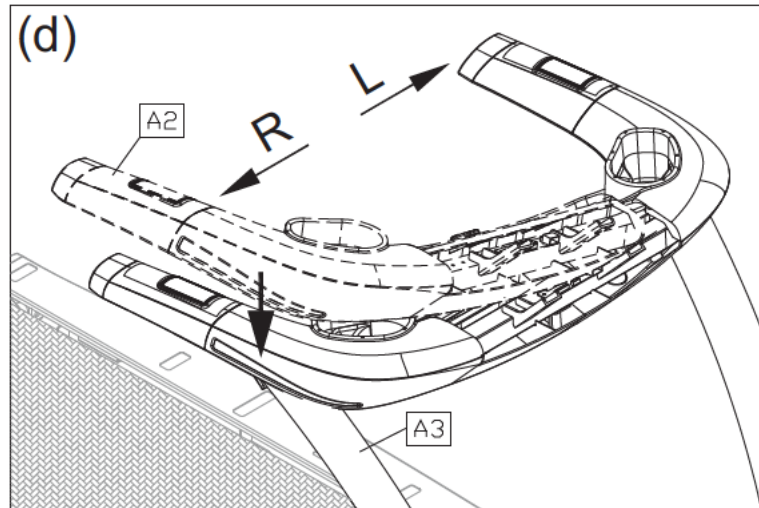
(b) Insert the left side of the handlebar (A2) into the left pedestal (A7).

(c) Connect the cables in area A from the right pedestal (A3) and from the handlebar (A2).

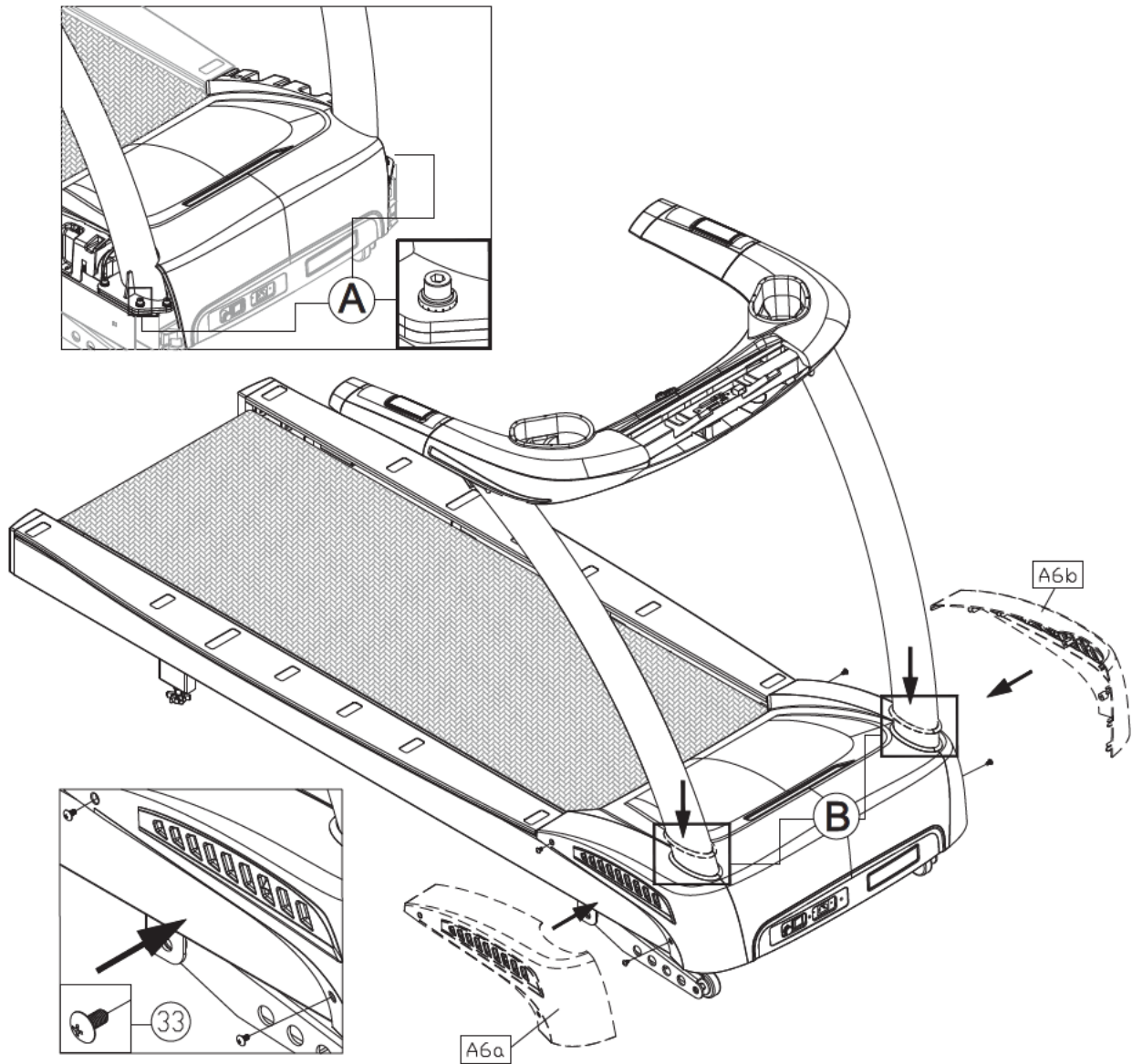
Note: If you intend to install the CardioActive™ Entertainment Station, at this point in the treadmill assembly, please refer to steps 5 through 7 in chapter one and steps 4 through 6 in chapter two in the integrated TV screen installation manual.



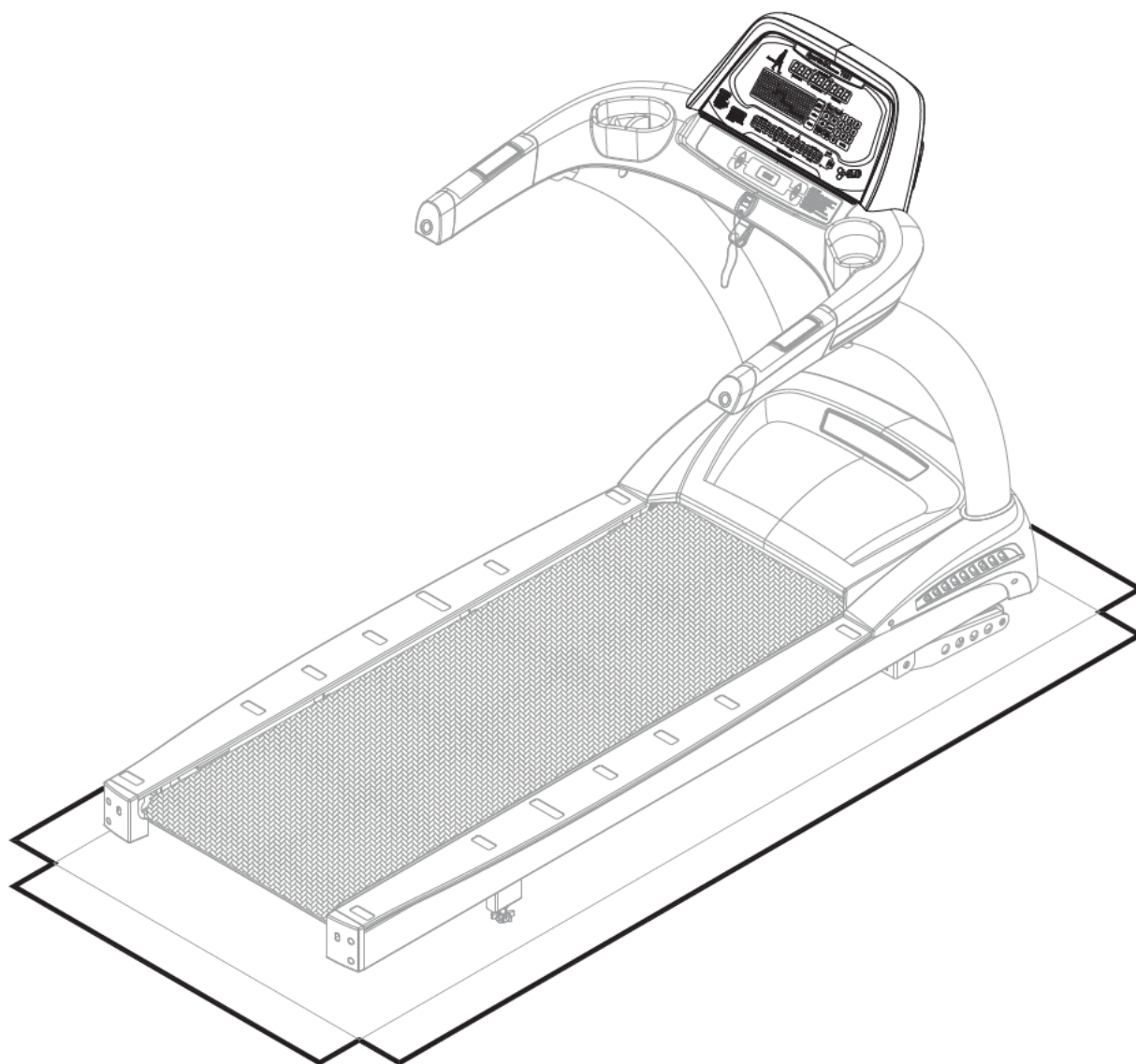
- (d) Tuck cables into the pedestal safely. Then insert the right side of the handlebar assembly (A2) into the right pedestal (A3), without pinching or crimping cables.
- (e) Thread screws in place by hand. First, secure screws (42) in area B. Then secure screws (43) in area C.
- (f) Insert the screw cap (31)(32) onto the screw head.



1-5. After handlebars are secured in place, fully secure screws in area A on both sides of the treadmill. Snap left and right side covers (A6a,A6b) into place and secure them with screws (33). Then slide the water guard (A5) into place on the motor cover.



STEP 2 Install the Display



2-1. Follow steps (a~g) below to install the display assembly.

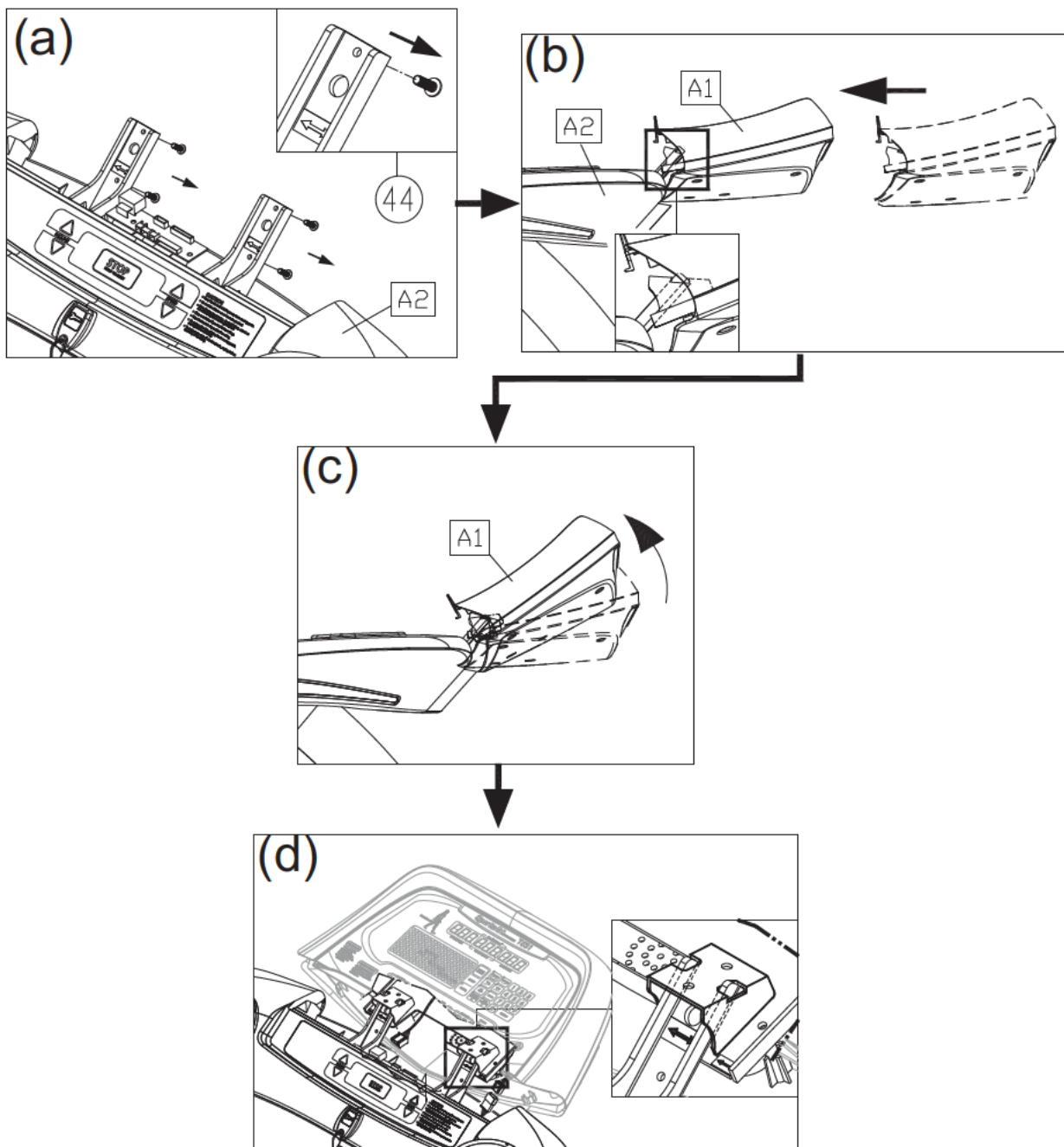
(a) Remove screws (44) from the handlebar (A2).

(b) Insert the display (A1) onto the handlebar assembly (A2). Note: Aim properly to avoid damaging the display board.

(c) Then slightly lift the display (A1)

(d) Temporarily secure the display by inserting it as indicated by arrows.

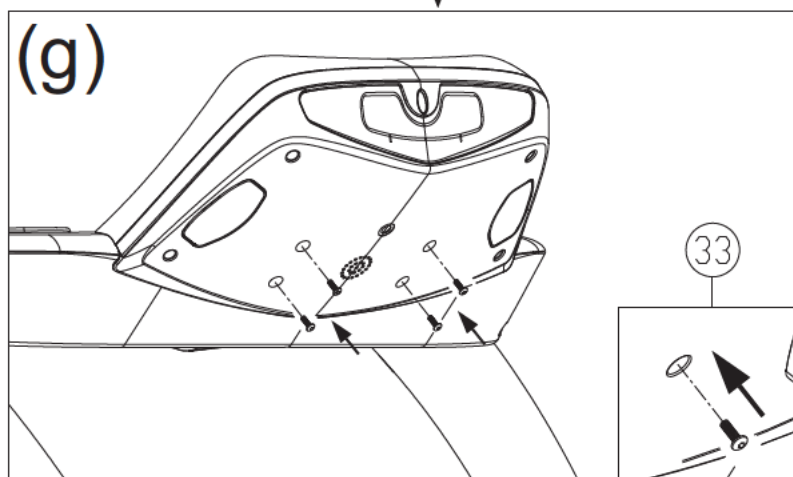
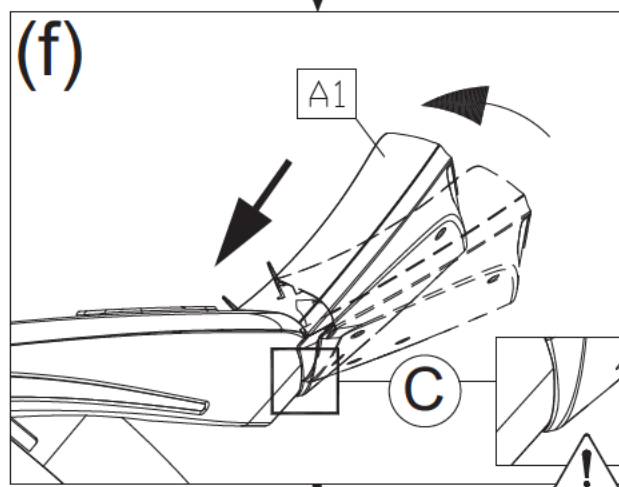
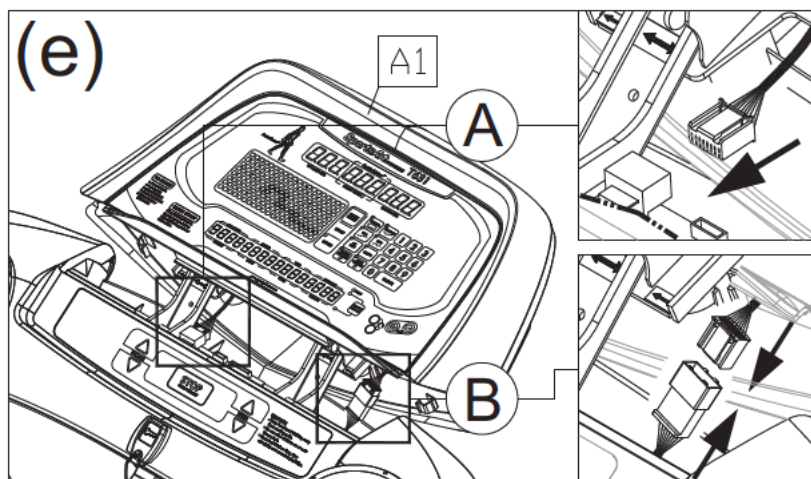
Note: If you intend to install the CardioActive™ Entertainment Station, at this point in the treadmill assembly, please refer to steps 3 through 4 and steps 8 through 9 in chapter one in the integrated TV screen installation manual.



(e) Connect cables in areas A and B.

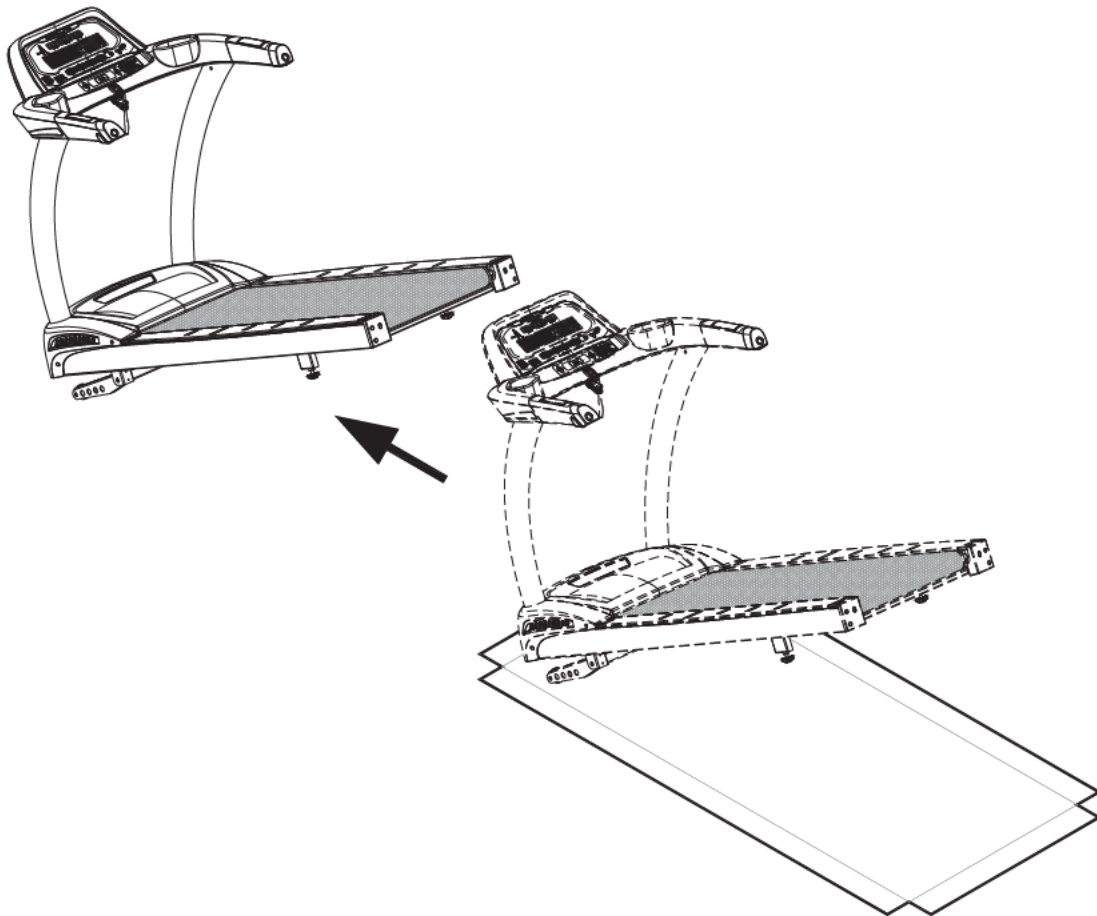
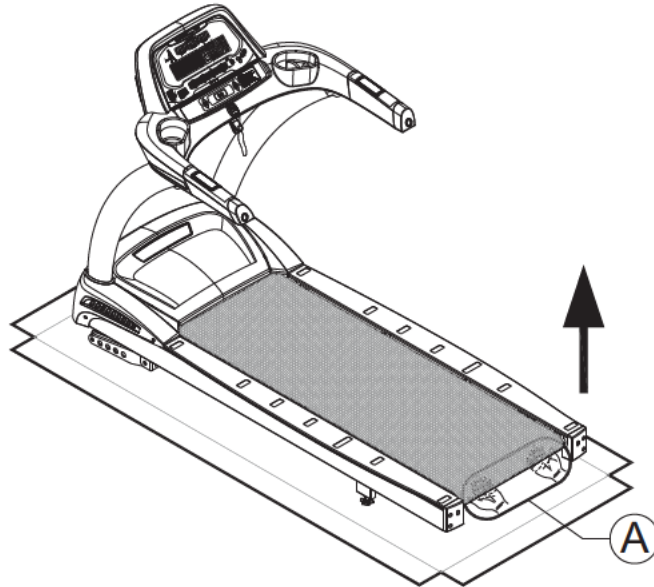
(f) After connecting cables, tuck them away for safety. Then slightly lift the display (A1) and press it into place. Note: In area C, the display cover must be outside of the handlebar cover.

(g) Use screws (44) to secure the display (A1) in place.



STEP 3 How to Move the Treadmill

First, place hands under the frame in area A, lift the treadmill, then roll it into position as desired.



STEP 4 Level the Unit

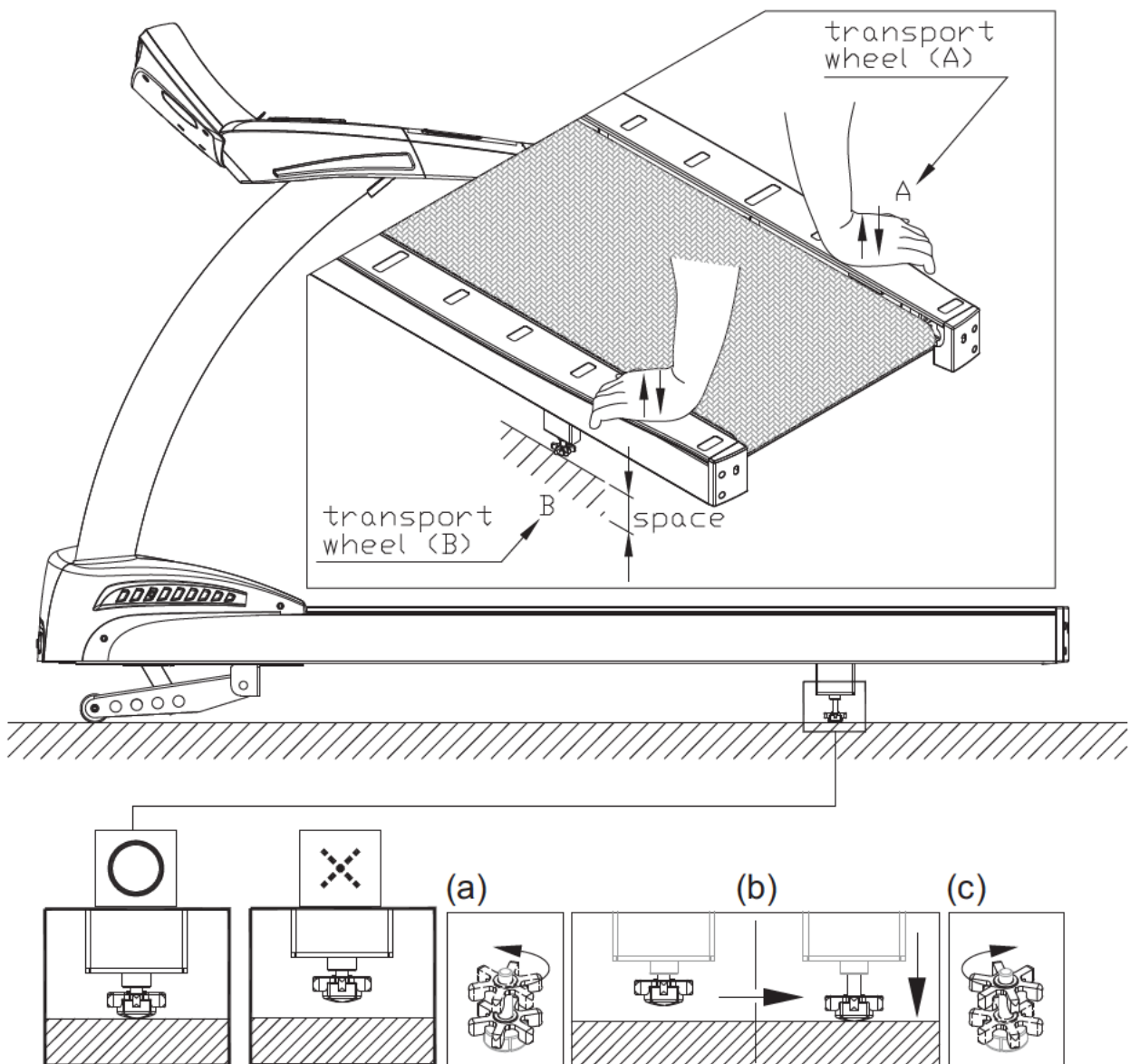
4-1. Press on points A and B to inspect whether the unit is stable and level on the ground.

4-2. If not, please level the treadmill by following instructions (a, b, c):

(a) First, loosen leveler nuts.

(b) Adjust leveler feet downward until the treadmill is level and does not rock.

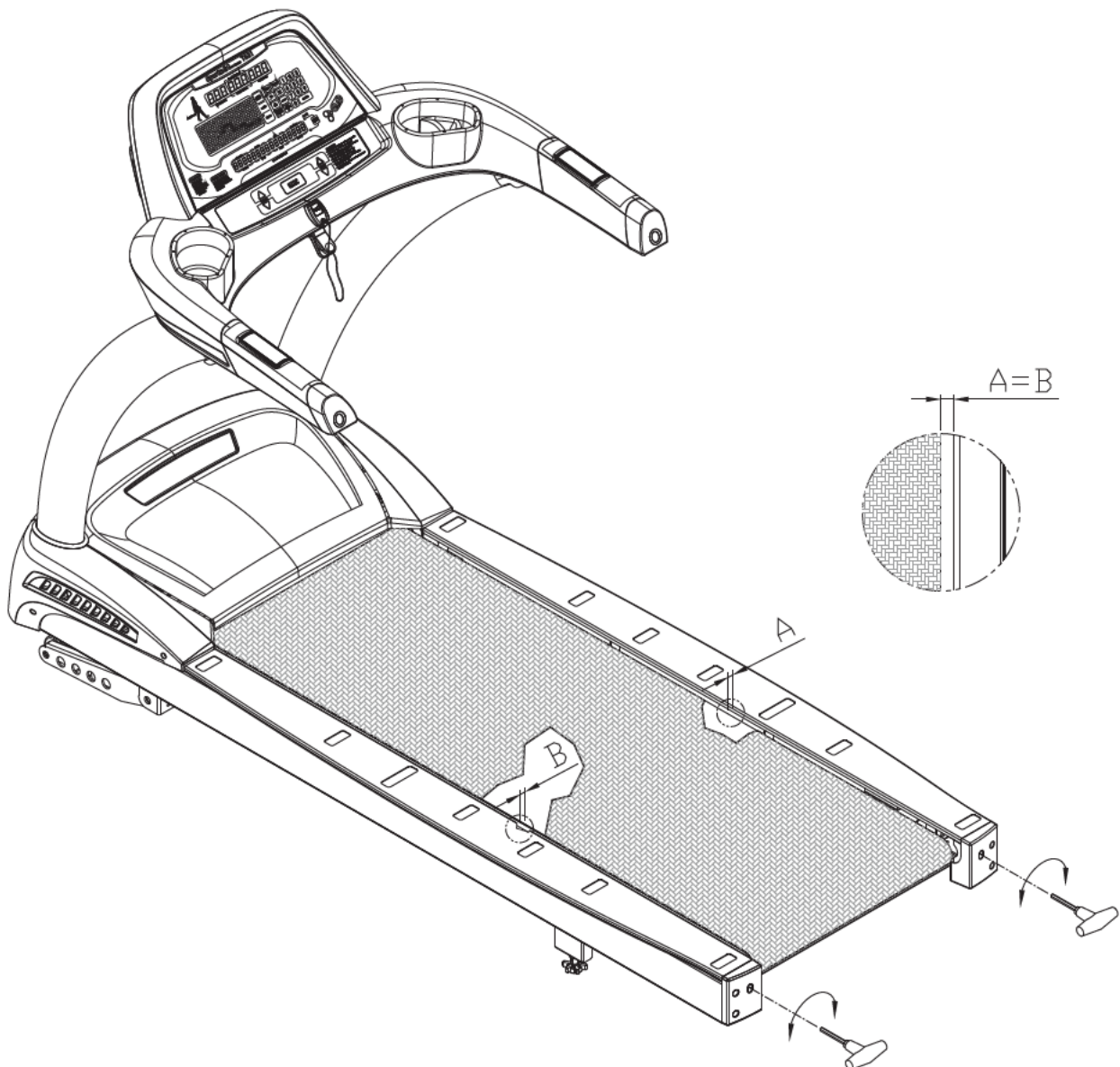
(c) Then secure leveler nuts against the frame of the treadmill to secure it in this position.



STEP 5 Align the Walk Belt

The walk belt should run in the center of the deck, with an even amount of space on both sides, between the belt edges and the landing strips. If the space on either side is not the same, rotate rear roller screws about one-half turn at a time.

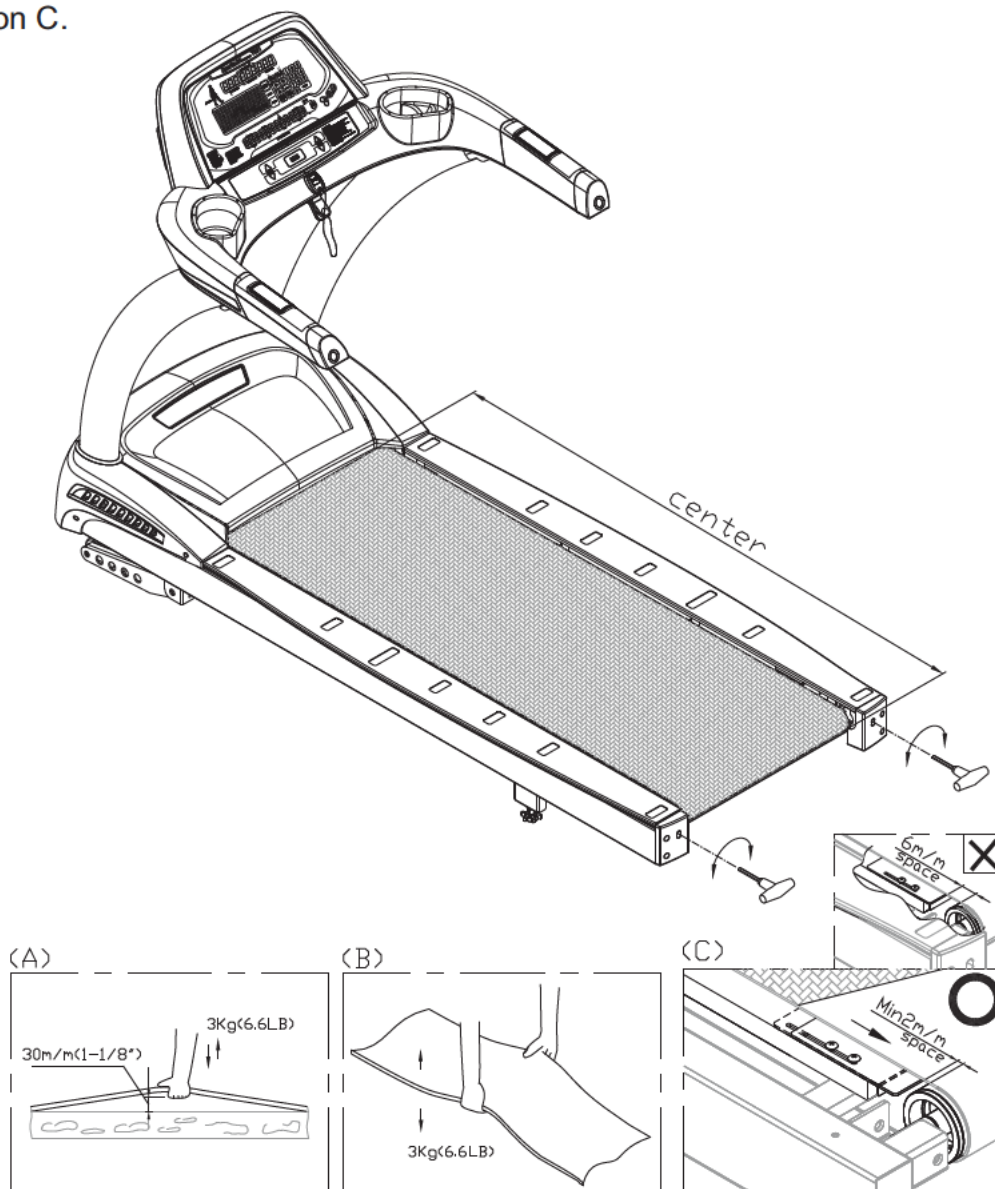
Turning the screw on one side clockwise extends that side of the rear roller away from the body of the treadmill, pushing the belt to the opposite side.



STEP 6 Adjust Walk Belt Tightness

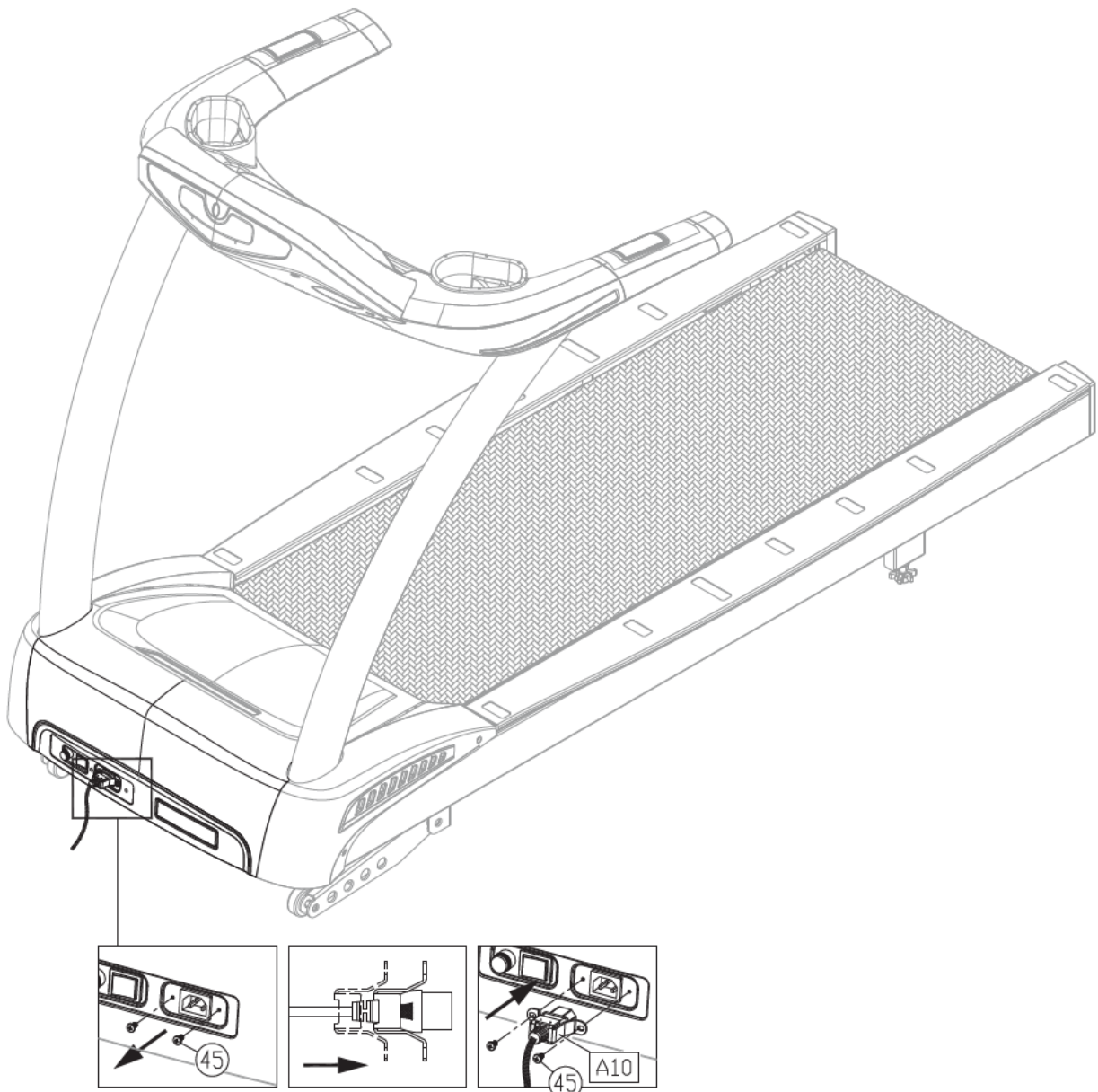
As you exercise, does the walk belt suddenly pause and then regain traction? Or, if you bear down against the walk belt, does the belt not pause whatsoever? If either of these two conditions occur, the walk belt may be too loose or too tight. In this case, please turn off the treadmill and adjust walk belt tightness. To inspect a walk belt, lift it at the center of the deck as shown in Figure A,B. The walk belt should lift 30 mm (1 1/8 inch) or 3 KG (6.6 LB). If the walk belt is too loose, turn rear roller screws clockwise one-half rotation at a time and retest tightness. If the walk belt is too tight, turn rear roller screws counterclockwise one-half rotation at a time and retest tightness. Perform the same procedure until the walk belt is neither too tight nor too loose. Do not turn rear roller screws in excess of these amounts without first testing for proper tightness.

Note: Set the gap between the end of the finger guard and the rear roller to 2 mm. If this gap exceeds 6 mm, follow lubrication procedures to remove left and right landing strips, loosen finger guard screws, and slide the finger guards into place as shown in illustration C.



STEP 7 Install the Power Cord

- 7-1. First remove screws (45) from the power cord socket on the product.
- 7-2. Insert the power cord into place on the product.
- 7-3. Secure power cord connector screws (45). Then insert the other end of the power cord into the appropriate power supply socket in the wall.



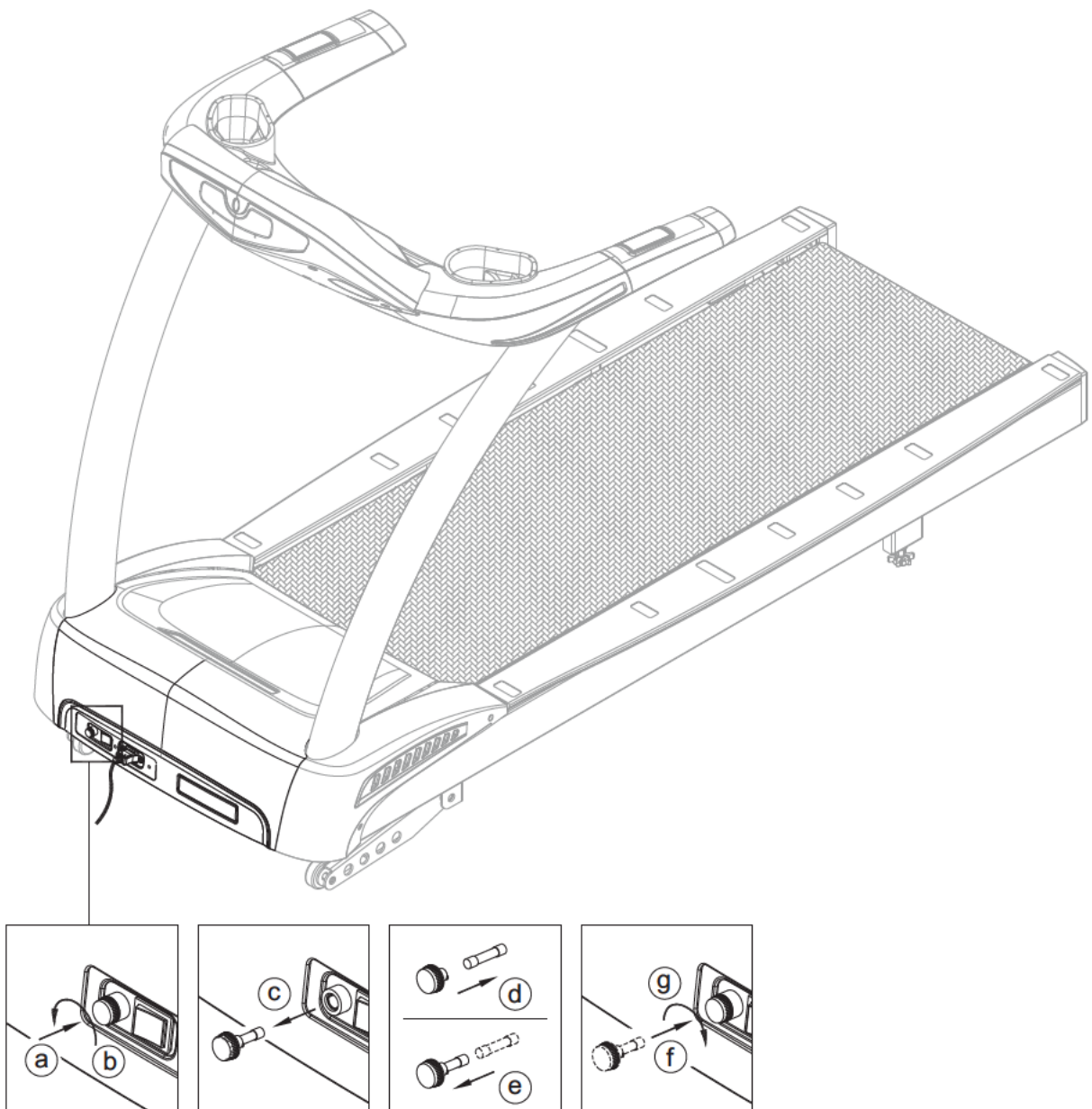
STEP 8 Replacing the Fuse

If current becomes too high, the fuse breaks. This protects the product.

To replace a fuse, follow instructions (a~g) below.

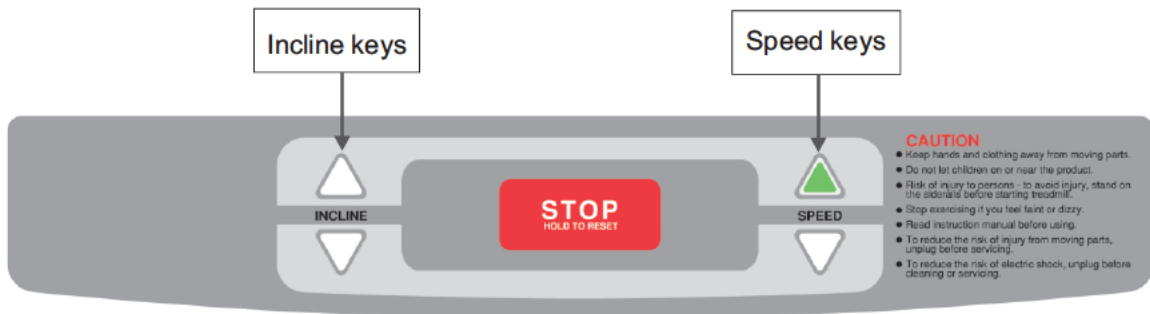
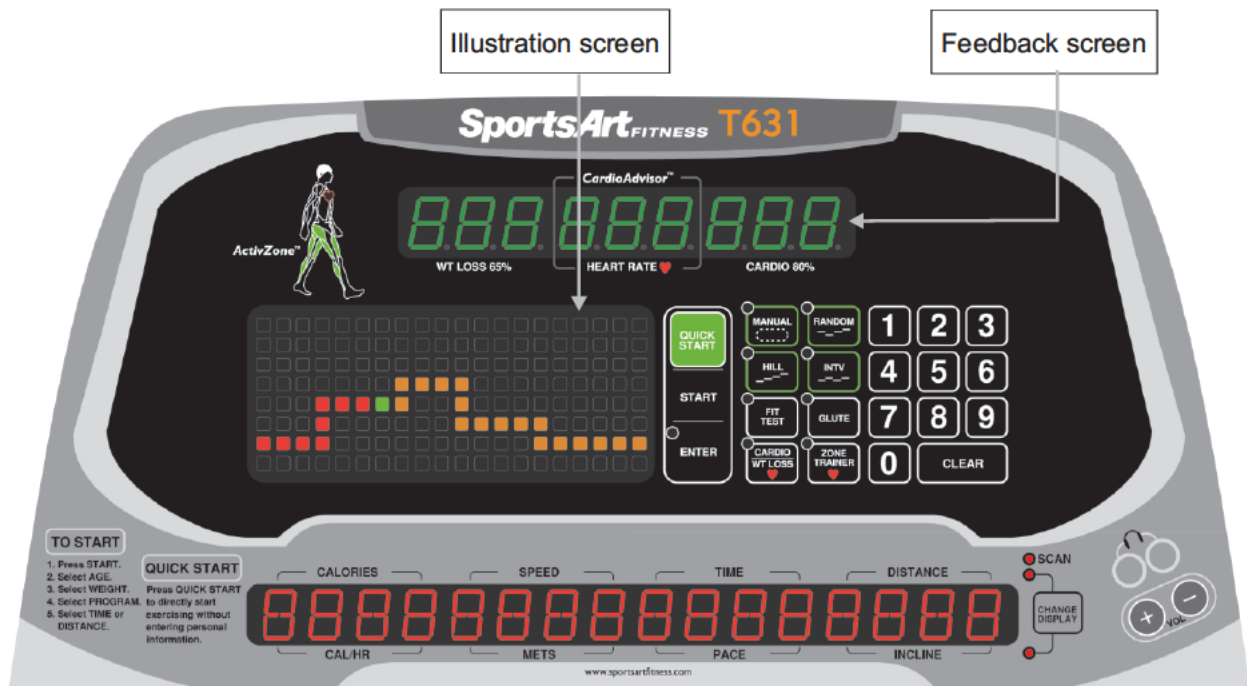
- (a) Press inward on the fuse cap.
- (b) Turn the fuse cap counterclockwise.
- (c) The fuse and fuse cap springs out.
- (d) Remove the burnt fuse.
- (e) Insert a new fuse into the fuse cap.
- (f) Insert the fuse into the fuse holder.
- (g) Rotate the fuse cap clockwise to secure it into place.

Fuse: 110V=15 Amp, A(F); 220V=10 Amp, A(F)



CHAPTER 5—T631 DISPLAY

5.1 DISPLAY LAYOUT



5.2 DISPLAY FUNCTIONS

1. SPEED: 0.1 ~ 12.0 MPH or 0.2 ~ 20.0 KPH.
2. INCLINE: 0% ~ 15%, in increments of 0.5%
3. TIME: 0:00 ~ 99:59
4. DISTANCE: 0.00 ~ 9999 Km/Mile
5. CALORIES: 0 ~ 9999 K-CAL
6. Calories burnt per hour: 0 ~ 9999 kcal
7. METS (metabolic equivalency of task): 0.0 ~ 99.0
8. PACE: 1 / SPEED
9. PROGRAM: MANUAL, HILL (HILL1, HILL2, HILL3), RANDOM, INTERVAL (1:1, 1:2, 2:2), GLUTE, ZONE TRAINER, WT LOSS/CARDIO, FIT TEST (BRUCE, GERKIN, WFI, ARMY, MARINES, NAVY, AIR FORCE, PEB)

5.3 DISPLAY KEYS

The following explains key functions briefly. For a more thorough explanation, refer to the treadmill operation section.

1. START

Press the START key to exercise with the benefit of user information. Then follow prompts to proceed.

2. QUICK START

The QUICK START key allows you to start exercising immediately without first inputting age and weight information. In quick start mode, time and distance will count up.

3. ENTER

Press the ENTER key to confirm your selections.

4. MANUAL

Press the MANUAL key to directly control incline and speed.

5. HILL

There are three hill workout courses. Press the HILL key repeatedly to toggle through the three courses. When your preferred workout course appears, press the ENTER key to confirm your choice.

6. RANDOM

The RANDOM key generates an almost infinite number of workout courses. Press this key repeatedly until your preferred workout course appears. Then press the ENTER key to start your workout.

7. INTERVAL

Create work and rest interval segments and determine time, incline, and speed per segment.

8. FIT TEST

FIT TEST offers eight types of fitness tests: Bruce, Gerkin, WFI, Army, Marines, Navy, Air Force, and PEB.

9. GLUTE

This group of two incline-based workouts focuses on the gluteus muscles. Press the GLUTE key to activate either a 30- or 45-minute workout.

10.ZONE TRAINER

The ZONE TRAINER program turns any workout into a heart rate control workout. It makes your current heart rate your heart rate target. The incline position will automatically adjust to maintain your target heart rate.

11.CARDIO/ WT LOSS

The CARDIO program is a heart rate control program that maintains a target heart rate in the optimal range for cardio conditioning.

The WT LOSS (weight loss) program is a heart rate control program that maintains a target heart rate in the optimal range for weight loss conditioning.

12.NUMERIC KEYPAD

Use the numeric keys to input information when setting up a workout program.

13.CLEAR

Press the CLEAR key to clear information when setting up a workout program.

14.INCLINE ▲/▼

Press INCLINE keys to control incline position. Incline range: 0 to 15%. Incline adjusts in 0.5% increments.

15.SPEED ▲/▼

Press SPEED keys to control walk belt rotation speed. Speed range: 0.1 to 12 MPH; 0.2 to 20 KPH.

16.STOP/HOLD TO RESET

This key has two functions: pause and reset. When exercising, press this key to pause. The walk belt will stop rotating as the treadmill enters pause mode. During pause mode, press this key again to enter cool down mode. Under any circumstance, hold this key for two seconds to reset the unit and return to the startup banner screen.

17.CHANGE DISPLAY/SCAN

While working out, press the CHANGE DISPLAY/SCAN key to control workout feedback. There are two rows of workout feedback. The top row shows calories, speed, time and distance. The bottom row shows cal/HR, MET, pace and incline. An LED near the rows lights to indicate the active row of feedback. When the scan LED is activated, feedback alternates between rows: one row of feedback appears for four seconds, followed by the other row for the next four seconds.

5.4 SAFETY FEATURES

This safety key must be in place for the treadmill to operate. This safety device is intended to stop the treadmill should a user stumble and fall.

When the safety key is not in place, the message "SAFETY KEY" appears as a reminder to put the safety key in its proper place.

When the motor is not operating and the safety key is put back into place, the start up banner screen appears.

When the motor is operating and the safety key is put back into place, the treadmill enters active mode: accumulated time/distance/calories continue to appear, along with the prompt, "PRESS SPEED UP ". Press the speed up key to resume your workout.

5.5 WORKOUT TIME LIMIT SETTING

A special mode can be activated to limit the amount of time that people use this product. To enter the workout time limit setting mode, while the start up banner screen appears, simultaneously press and hold <INCLINE ▲> + <INCLINE ▼> + <ENTER> keys for two seconds.

1. Follow instructions below to activate or deactivate the exercise time limit mode.
 - (1) Press the <INCLINE ▲/▼> keys to select YES (activate) or NO (deactivate).
 - (2) Press the <ENTER> key to confirm your choice. If NO was selected, the start up banner screen appears. If YES was selected, a prompt appears (see below) to set the time limit.
 - (3) To avoid making any change to the time limit setting and return to the start up banner screen, press the <STOP> key.
2. Follow instructions below to set the exercise time limit.
 - (1) Press the <INCLINE ▲/▼> key to adjust the time limit value.
 - (2) Press the <ENTER> key to confirm your choice.
 - (3) To avoid making any change to the time limit setting and return to the start up banner screen, press the <STOP> key.

CHAPTER 6—HOW TO USE YOUR T631 TREADMILL

6.1 STARTING YOUR TREADMILL

Your SportsArt Fitness treadmill has many outstanding electronic features that can help you get the most out of your workout. By thoroughly understanding the display functions, you can greatly improve your workout experience. Please read the following instructions to begin your workout.

6.2 QUICK START

Press the QUICK START or SPEED ▲ key to start exercising without the benefit of user information. The default age is 35 years old. The default weight is 165 LBS / 75 KGS.

When QUICK START or SPEED ▲ keys are pressed, “Tread Starting” will appear on the display. The treadmill will start at 0.1 MPH, after which the speed can be modified.

At any time during your workout, you can activate other workouts by pressing program (MANUAL, HILL, RANDOM, INTERVAL) keys.

6.3 WORKOUT SETUP

Press the START key to start exercising with the benefit of user information. User information is used to calculate target heart rates (based on age), calorie expenditure (based on weight), and to track total usage time. Follow prompts to input your user information.

Age: Press INCLINE ▲/▼ keys or the numeric keypad to select your age. Then press the ENTER key to confirm your choice.

Weight: Press INCLINE ▲/▼ keys or the numeric keypad to select your weight. Then press the ENTER key to confirm your choice.

Select a workout program. Then press the ENTER key to confirm your choice. After pressing the ENTER key, select either TIME or DISTANCE as workout goals. Select 1 – TIME or 2 - DISTANCE. Then input your preferred workout time or distance by pressing either INCLINE ▲/▼ keys or keys on the numeric keypad. Next, press the SPEED ▲ key to begin your workout.

Interval, weight loss, cardio, and glute programs are based on time rather than distance. After selecting one of these programs, follow prompts to enter workout time.

COOL DOWN

When an exercise goal (time or distance) is obtained, "COOL DOWN" will appear on the message window. The treadmill will enter a two-minute cool down mode. Exercise time will show "2:00". Speed will slow to a stop within two minutes, and the incline will gradually return to the 0% position. When the time countdown arrives at 0:00, "ACCU DATA" will appear on the message window, showing accumulated time, distance, and caloric expenditure values. If you press the STOP key or wait for 30 seconds, "SELECT PROGRAM" will appear on the display. If the workout time limit function is activated, the startup banner screen will appear.

6.4 WORKOUT PROGRAMS

Below are details about specific workout programs.

QUICK START

When the QUICK START or SPEED ▲ key is pressed, "Tread Starting" will appear on the display. The treadmill will start at 0.1 MPH, after which the speed can be modified.

MANUAL

The MANUAL program allows direct control of speed and incline functions. One lap equals 1/4 mile. The blinking LED represents the user's location.

RANDOM

The RANDOM key generates an almost infinite number of workout courses. Press this key repeatedly until your preferred workout course appears. Then press the ENTER key to start your workout.

GLUTE

This group of two incline-based workouts focuses on the gluteus muscles. Press the GLUTE key to activate either a 30- or 45-minute workout.

INTERVAL

The default setting for the interval workout is 1:1 -- one minute of rest at 2% incline and one minute of work with a 4% incline. But interval segment values can be changed at any time during your workout. After you activate the interval program, the display prompts you to set rest and work segment durations.

Press the SPEED ▲ key to start your workout. Speed and incline settings can be changed at any time. The display will notify users when transitioning between different segments.

HILL

There are three hill workout courses. Press the HILL key repeatedly to toggle through the three courses. When your preferred workout course appears, press the ENTER key to confirm your choice.

WT LOSS or CARDIO

These programs employ what is called Heart Rate Control (HRC) technology to adjust speed or incline to maintain a specific target heart rate. Heart rate control programs are designed to provide optimal efficiency in reaching your exercise goals.

A. Target heart rates

(1) WT LOSS = 65% Heart Rate Control: $(220 - \text{AGE}) \times 65\%$

(2) CARDIO = 80% Heart Rate Control: $(220 - \text{AGE}) \times 80\%$

B. HRC (Heart Rate Control) mode

Press INCLINE keys to achieve the desired heart rate.

- a. When you select either "WT LOSS" or "CARDIO" mode, the dot matrix display will show the target heart rate calculated as by the formulas above.
- b. Follow prompts to establish your workout time. Press ENTER to confirm your choice. During the workout, once your actual heart rate matches the target heart rate, time counts down to 0.
- c. The prompt "ENTER MAX SPEED" will appear on the 14-segment LED display. Press up/down or use the numeric keypad (0 ~ 9) to input maximum speed. Press ENTER to confirm your choice.
- d. Press speed up to begin exercising. The initial speed is 0.1 MPH/0.2 KPH. The treadmill speed will increase until the target heart rate or the maximum speed is reached. The incline will also rise if the target heart rate is not reached through adjustments in speed alone.

Note: Maximum speed can be adjusted during exercise. Press SPEED up/down keys or use the numeric keypad (0 ~ 9) to adjust the maximum speed, then press ENTER to confirm your choice.

C. At the start of a workout, or anytime when the heart rate signal is not received, the 14-segment display will show "NO HEART RATE READING, PLEASE CHECK TRANSMITTER". Heart rate control programs require a heart rate signal to operate.

FIT TEST

FIT TEST programs include the following physical fitness tests Bruce, Gerkin, WFI, Army, Marines, Navy, Air Force, and PEB. When you press the <FIT TEST> key, "BRUCE" appears, press the <INCLINE▲▼> key to toggle to other fitness test programs. When your preferred program name appears, press the <ENTER> key. Or, when "Bruce" appears, press numerical keys <1, 2, 3, 4, 5, 6, 7, 8> to directly select a fitness test.

(1) BRUCE, GERKIN

Bruce and Gerkin fitness tests proceed until any one of the following actions occurs:

- a. The user presses the <STOP> key.
- b. The fitness test is completed.
- c. The user's heart rate exceeds $(220 - \text{AGE}) \times 0.8$ for more than 15 seconds.
- d. There is no heart rate signal for more than 30 seconds. At this point, the message screen shows "END OF FIT TEST" and "YOUR SCORE = ???", (where ??? represents a number from 0~100).

(2) WFI

When the WFI program is selected the message "WEAR HR STRAP" appears.

When a heart rate signal is received, the display prompts users to input height. If 20 seconds pass without a heart rate signal, the message screen shows "NO HR SIGNAL, TEST REQUIRES HR". Then the start up banner screen appears.

- HEIGHT setting : Range is 40 ~ 90 inches / 100 ~ 230 cm. (The default setting is 70 inches 180 cm.)
 - a. Press the <INCLINE▲/▼> key or press numerical keys 0 ~ 9 to select your height.
 - b. Press the <ENTER > key to select your choice.
- The target heart rate value appears as "TARGET HR-xxx" where xxx represents $(220 \text{ AGE}) \times 0.85$. Press the <ENTER> key to see your Body Mass Index (BMI).
- BMI appears as "BMI xxx", where xxx represents $703 \times \text{weight(LB)} / \text{height (inch)}$. Press the <ENTER> key to begin exercising.
- The fitness test ends when any one of the following occurs:
 - a. The user presses the <STOP> key.
 - b. The fitness test comes to completion.
 - c. The user's heart rate exceeds $(220 \text{ AGE}) \times 0.85$ for more than 15 seconds.
 - d There is no heart rate signal continuously for 30 seconds.

At this point, the message screen shows “TEST END - xx MIN” , where xx represents the rest time period. Then a score appears as “ SCORE - ???”, where ??? represents the user’s maximum VO2 consumption Speed then slows to 3 MPH; incline declines to 0%; this cool down period continues for three minutes.

(3) Army, Marines, Navy

To qualify for these three fitness tests, the age of the exerciser must be within the range prescribed by the particular fitness test. Age ranges follow: Army, 17 to 42 years; Marines, 17 to 90 years; Navy, 17 to 34 years. If the age input is not within the specified range, the message screen will show “AGE xx-xx”, after which, the startup banner screen will appear. If the age input is within the specified range, the program will proceed to the gender setting.

A gender prompt, M/F, will appear. Press <INCLINE ▲/▼> keys to select your gender. Then press the <ENTER> key to confirm the setting. At this point, Army and Marines fitness tests will begin.

The Navy fitness test requires one more parameter, the selection of test type. There are five Navy fitness tests: 1-IFA, 2-SEAL, 3-SBO, 4-EOD, and 5-ARS. Press numeric keys <1-5> to select one of the corresponding fitness tests, or press the <ENTER> key to directly select the IFA test.

When the fitness test begins, the message screen will show “y.y MILES xx:xx”, where y.y represents the distance goal, and xx:xx represents the time goal. If the exerciser finishes the test before the allotted time expires, the message screen will show “PASS”. If not, the message “SORRY, TRY AGAIN” will appear. At this point, after Army and Marines fitness tests are completed, the startup banner screen will appear. After Navy fitness tests are completed, a cool down period will begin.

If someone presses the <STOP> key before the test is completed, the “SORRY, TRY AGAIN” message will appear, and the display will beep once, after which the startup banner screen will appear.

(4) AIR FORCE

This product includes two air force physical fitness tests, a one-mile (2640-yard) walking test, and a 1.5-mile (2640-yard) running test. Both tests are sub-maximal aerobic fitness tests that predict the exerciser's VO2 max.

For both tests, the exerciser's age must fall within the testing range of 20 to 50 years of age. If the age input is not within that range, the message window will show “AGE xx-xx”, after which the startup banner screen will appear. If the age input is within that range, the program will proceed to the GENDER setting.

A gender prompt, M/F, will appear. Press < INCLINE ▲/▼ > keys to select your gender. Then press the < ENTER > key to confirm the setting and proceed to select either the walking or the running test.

“1-WALK 2-RUN” will appear. To select the walking test, press the numeric < 1 > key or the < ENTER > key. To select the running test, press the numeric < 2 > key.

Since the exerciser must wear a telemetry heart rate strap during these tests, the message window will show “WEAR HR STRAP”. If a heart rate signal is detected within 20 seconds, the fitness test program will begin. If no heart rate signal is detected within 20 seconds, the message “NO HR SIGNAL, TEST REQUIRES HR” will appear, after which the startup banner screen will appear.

WALK TEST

When the test begins, the message window will show “y.y MILES” (where y.y. represents the distance goal). When the test comes to completion, or when someone presses the < STOP > key, the message window will show “VO2- xxx.xx” and the level, after which the cool down mode will begin.

RUN TEST

When the test begins, the message window will show “y.y MILES xx:xx” (where y.y. represents the distance goal and xx:xx represents the time goal. When the test comes to completion, or when someone presses the < STOP > key, the message window will show “YOUR SCORE- xxx ”, where xxx represents a number from zero to 100). If the exercise time is less than or equal to the time goal, the message “PASS” will appear. If not, the message “SORRY, TRY AGAIN” will appear. Then the unit will enter the cool down mode.

For this test, a score of 90 or higher is considered excellent; 75 to 89.99 is considered good; 70 to 74.99 is considered marginal; below 70 is considered poor.

(5) PEB

The Physical Efficiency Battery (or PEB) is a test of cardiac respiratory fitness often used in screening candidates for law enforcement agencies. Candidates run six laps on a ¼-mile (440 yard) track, for a total of 1.5 miles.

A gender prompt, M/F, will appear. Press < INCLINE ▲/▼ > keys to select your gender. Then press the < ENTER > key to begin the test.

When the test begins, the exercise message window will show “y.y MILES xx:xx”, where y.y represents the distance goal and xx:xx represents the time goal.

When the test comes to completion, or when someone presses the <STOP> key, the message window will show "YOUR SCORE- xxx ", where xxx represents a number from zero to 100).After the test score disappears, the startup banner screen will appear.

Test scores are a function of age, gender, and time to completion.

Score	20-29 years		30-39 years		40-50+ years	
	Males	Females	Males	Females	Males	Females
100	9:00	10:48	10:00	12:00	11:00	13:12
95	9:55	11:53	10:55	13:05	11:55	14:17
90	10:50	12:58	11:50	14:10	12:50	15:22
85	11:45	14:03	12:45	15:15	13:45	16:27
80	12:40	15:08	13:40	16:20	14:40	17:32
75	13:35	16:13	14:35	17:25	15:35	18:37
70	14:30	17:18	15:30	18:30	16:30	19:42
65	15:25	18:23	16:25	19:35	17:25	20:47
60	16:20	19:28	17:20	20:40	18:20	21:52
55	17:15	20:33	18:15	21:45	19:15	22:57
50	18:10	21:38	19:10	22:50	20:10	24:02

ZONE TRAINER

While exercising in any other program, press the ZONE TRAINER key to establish your current heart rate as your target heart rate. Like other heart rate control programs, ZONE TRAINER requires the use of a telemetry heart rate strap. The heart rate range is from 84 to 200. Your previously selected workout goal (time or distance) becomes the ZONE TRAINER workout goal. When you obtain your goal, a cool down mode begins.

6.5 USER PARAMETER SETTINGS

User parameters determine basic operating features, such as distance units, of the treadmill. To change these parameters, at the banner display, hold the CHANGE DISPLAY button for three seconds.

1. Set up MPH/KPH. The 14-segment display will show the current status ("UNIT -MPH" or "UNIT - KPH"). Press ▲/▼ to change MPH or KPH. Press ENTER to confirm your choice.

2. The total accumulative distance appears as follows.

D	I	S	T	-	?	?	?	?	?	?	K	M			
---	---	---	---	---	---	---	---	---	---	---	---	---	--	--	--

Press ENTER to display the total time.

3. The total accumulative time is shown as below.

T	I	M	E	-	?	?	?	?	?	?	H	O	U	R	
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	--

Press ENTER to display the version of the software.

4. Display the software version.

A. The 14-segment display will show the control board version: "CTL XXXXX - XX".

Press ENTER to continue.

B. The 14-segment display will show the drive board version: "DRV XXXXX - XX".

Press ENTER to return to the banner display.

CHAPTER 7—ABOUT HEART RATE DETECTION AND PRESENTATION

Heart rate detection functions are optional and may not be included in your particular model. If your bike is equipped with these functions, please note the following information.

7.1 HEART RATE TELEMETRY

The word "telemetry heart rate" refers to the detection of the heart rate, usually via a strap worn on the exerciser's chest, and transmitted over the air for reception by a receiver built into the product. The following explains conditions that influence the performance of the telemetry heart rate function in all products.

1. The telemetry heart rate transmitter emits a wireless 5kHz signal that is harmless to the human body. Inside the transmitter is a 3V battery (CR2032). If the battery charge is too low, either the reception distance shortens or there will be no reception whatsoever.
2. Secure the telemetry heart rate transmitter on your chest so it is neither too tight nor too loose. Moisten the skin for better contact.
3. The telemetry heart rate receiver accepts a 5kHz wireless signal, but because the signal varies from 20Hz to 20KHz, it is susceptible to environmental interference. Stereos, TVs, other electronic products, the vibration between the unit and the floor, and other factors may interfere with telemetry heart rate signal reception. For best results, install the product in a location free from interfering items.
4. Place fitness products apart by at least 100 cm to avoid having the heart rate value from an exerciser on one product appear on another product.
5. Heart rate values are for comparison only. Do not use them for medical treatment or other purposes.

7.2 CONTACT HEART RATE

It is easy to use the contact heart rate mechanism. Simply put both hands on the silver contact plates (one per side) and hold them there continuously. As soon as your pulse is received and calculated, the heart rate will automatically appear on the display.

Please note that some people have very weak heart beats. This makes heart rate detection difficult. Under such circumstances, the contact heart rate mechanism may not detect heart rate.

Please note the following:

1. For best results, continuously hold the contact heart rate plates.
2. It is difficult to detect the heart rate of people with low systolic blood pressure.
3. It is difficult to detect the heart rate of people with dry, coarse palms. Keeping palms smooth and damp improves heart rate detection.

4. The vibration of treadmills at speeds over 4mph/6.4kph makes heart rate detection difficult. Also, if your hands move, heart rate detection becomes difficult.

SUGGESTIONS

For better heart rate detection, keep hands in one place on the contact plates. Or wear a telemetry heart rate strap on your chest.

NOTE: AVOID STATIC ELECTRICITY

In cold, dry areas, static electricity can interfere with unit operation. In such environments, touching metal may cause static electrical shocks.

Suggestions:

1. Before touching metal, touch a material with electrically isolative properties, for instance, plastic or foam, to avoid shocks from static electricity.
2. Because heart rate contact plates are made of metal, to avoid static shock, first touch foam grips, then touch heart rate contact plates.

CHAPTER 8—GUIDELINES FOR EXERCISE

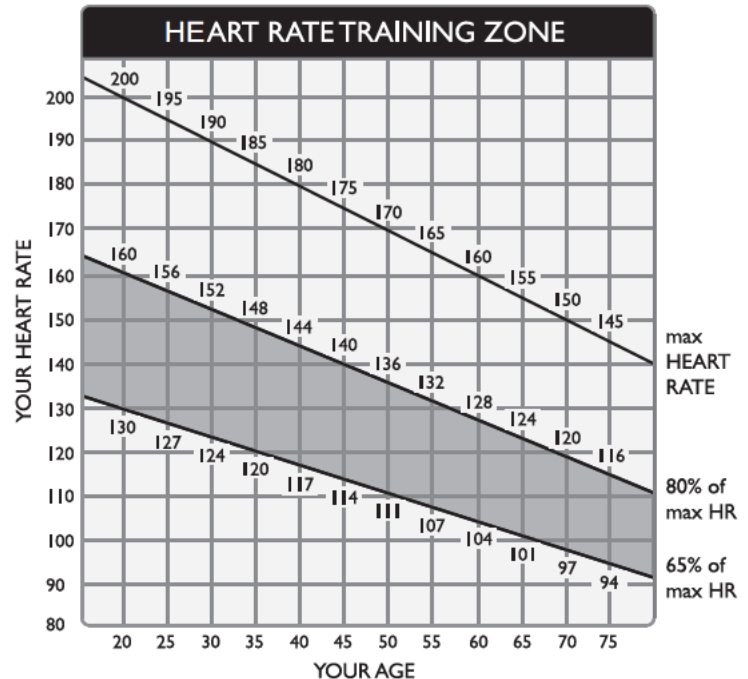
8.1 HOW HARD SHOULD I EXERCISE?

Studies show that to achieve the benefits of aerobic exercise, it is necessary to work within your training zone. Your training zone depends on your age and level of fitness.

The above chart indicates the recommended Heart Rate training zones (darkened area of the chart). These figures are calculated by taking 220 minus your age, and calculating 80% for your maximum and 65% for the minimum heart rate for aerobic exercise.

CAUTION:

Heart rate training zones are approximations. Always check with your physicians to learn what appropriate heart rate level is best for your fitness level.



8.2 HOW LONG SHOULD I EXERCISE?

The duration of your exercise session depends on your fitness level. In general, it is recommended that you maintain your heart rate in the training zone for at least 15 to 20 minutes to realize an aerobic benefit. Beginners should always start slowly and bring their workout sessions up to 20 minutes or more. As your fitness level increases, you will be able to maintain your heart rate in the training zone for longer periods of time.

When first starting your workout, use the first several minutes to warm up, then slowly increase your workload to bring your heart rate into your specific training zone. At the end of your workout, gradually decrease your workload, then exercise lightly as a "cool down".

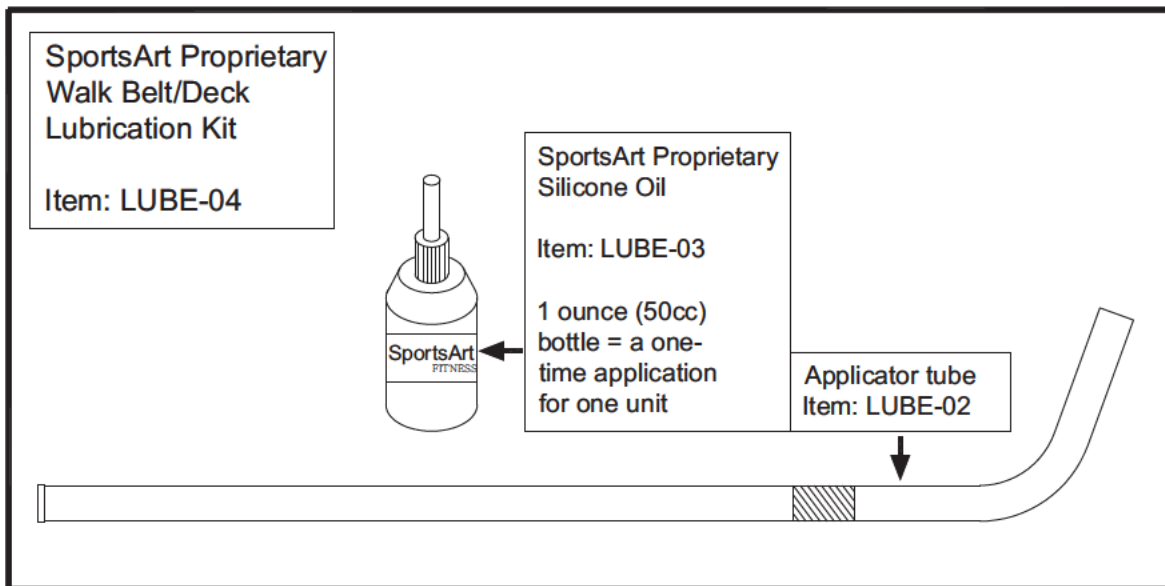
8.3 HOW OFTEN SHOULD I EXERCISE?

Research indicates to achieve the greatest benefits, should be performed 3-5 times a week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

CHAPTER 9—MAINTENANCE

Periodic maintenance is crucial to the performance of fitness equipment, just like it is to the performance of an automobile. The better you maintain a product, the longer it will serve your needs. This treadmill requires periodic lubrication of the walk belt and has a built-in system to prevent overuse without maintenance.

9.1 TREADMILL LUBRICATION KIT



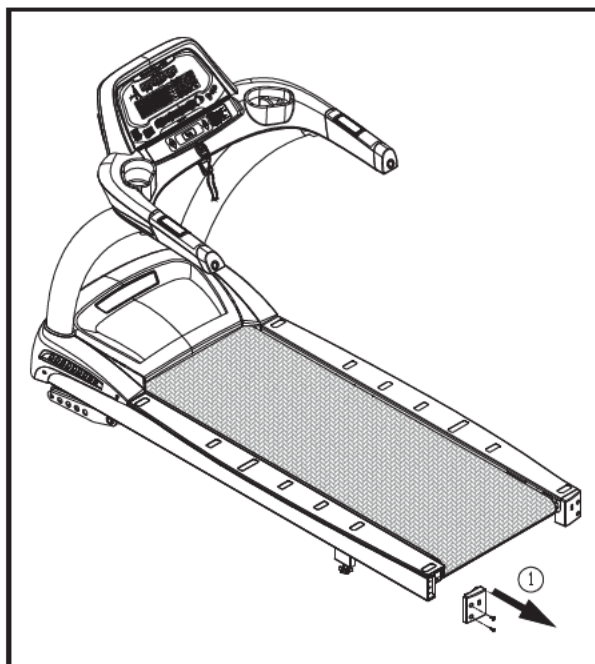
Periodic lubrication of this treadmill walk belt is so important that lubricant is provided with this treadmill. More lubrication kits can be found by contacting SportsArt Fitness.

9.2 THE LUBRICATION PROMPT

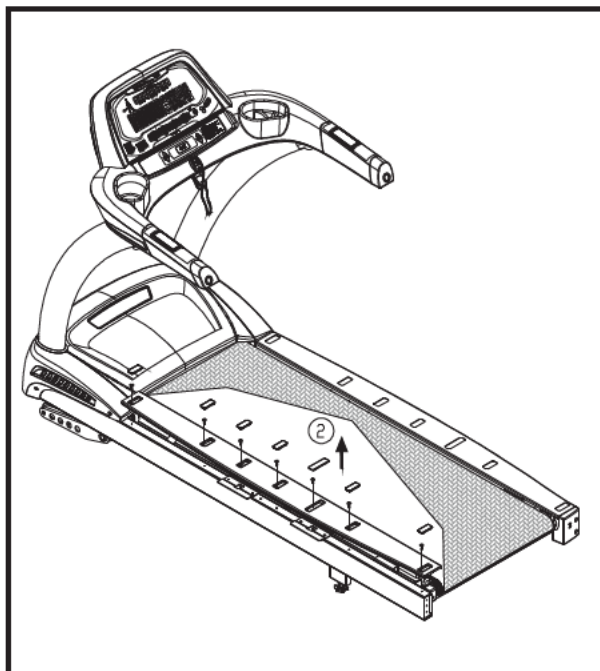
When the walk belt total rotation distance exceeds 2500 miles/4000 KM and the lubrication period memory has not been cleared, the prompt "SERVICE NEEDED APPLY LUBE" will appear after the walk belt stops rotating. At this point, the treadmill will still operate normally.

Once the walk belt rotation distance reaches or exceeds 4100 KM/2560 miles and the lubrication period memory has not been cleared, the prompt "SERVICE NEEDED APPLY LUBE" will appear, and the treadmill will no longer operate until the lubrication period memory has been cleared.

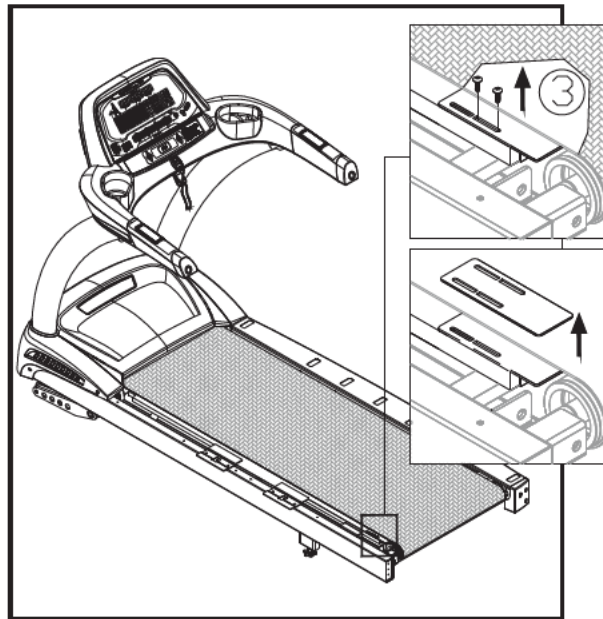
1. Remove screws from the left end cap. Then remove the left end cap.



2. Remove screw covers and screws from the left landing strip. Then remove the left landing strip.

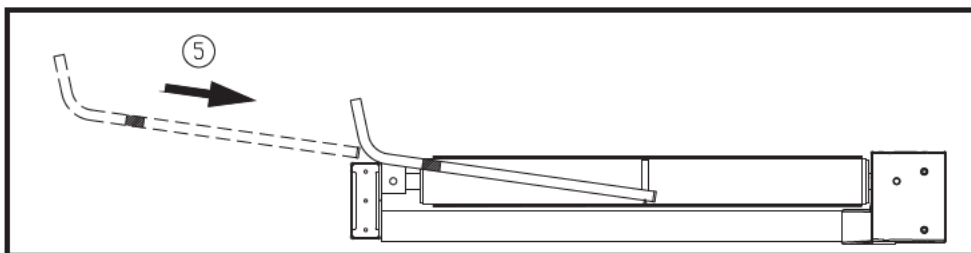


3. Remove screws from the left metal bracket. Note the position of the left metal bracket. Then remove the left metal bracket.

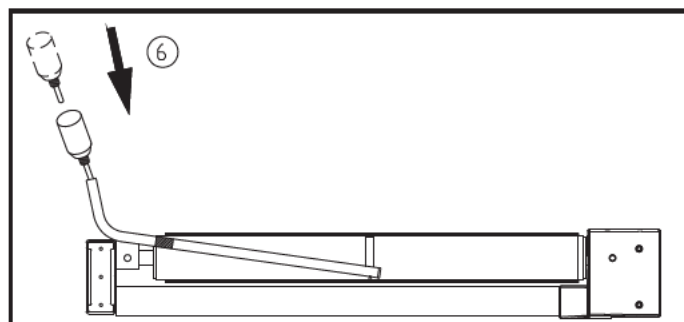


4. Simultaneously press and hold INCLINE▲ + INCLINE▼ + 0 keys for two seconds. The treadmill will operate at low speed. At this point, no UP or DN keys will operate.

5. Apply 50 cc from the bottle of liquid lubricant.

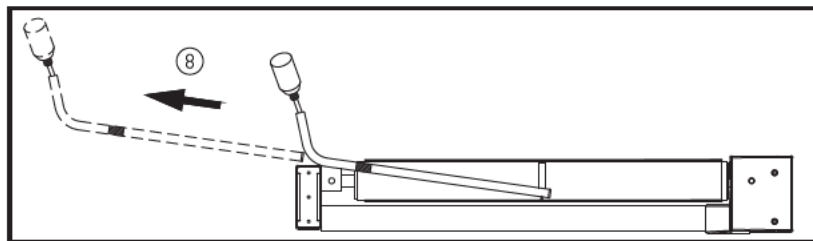


6. Apply 50 cc from the bottle of liquid lubricant.

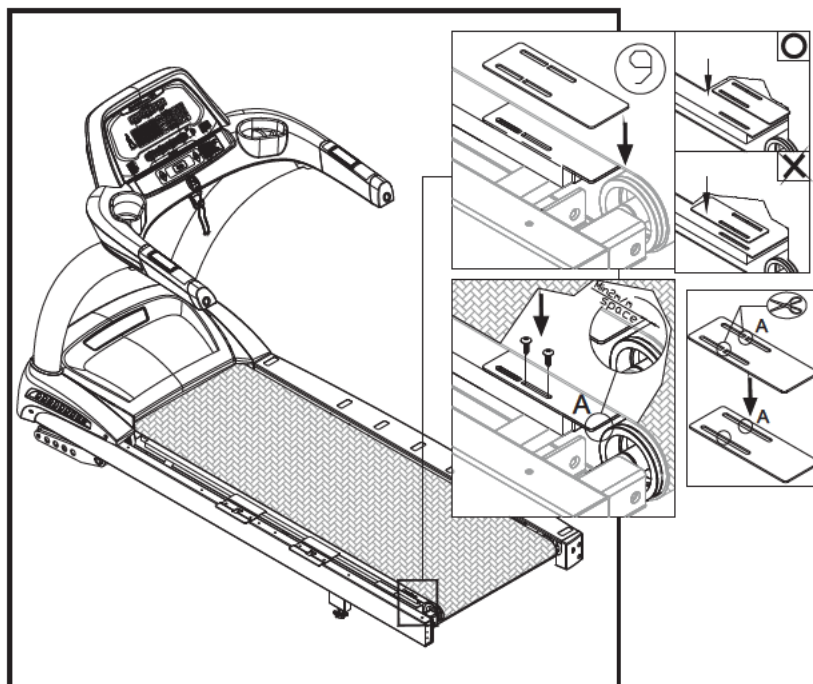


7. While the "SERVICE NEEDED- APPLY LUBE" message appears, simultaneously press and hold INCLINE + INCLINE + 0 keys for two seconds. The motor will operate at a low speed. Hold the applicator tube in place for about three minutes to allow the lubricant to disperse.

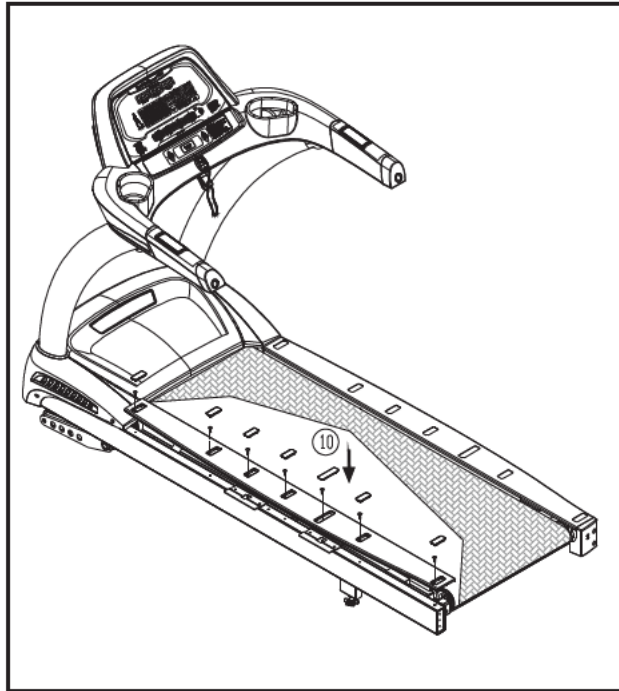
8. The message "PLEASE PRESS THE STOP KEY AFTER FINISHING LUBRICATION" will appear on the display. Press the STOP key only after allowing the lubricant to disperse. This ends the treadmill's lubrication mode. The lubrication period distance value clears in preparation for calculation of the next lubrication period's distance value. Note: Do not press the STOP key without applying the lubricant.



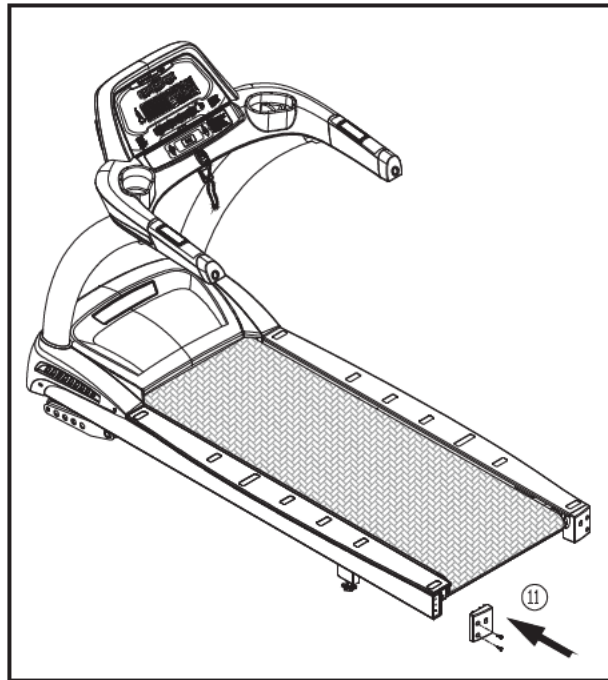
9. Secure the left metal bracket back into place. Note that the metal bracket must be above the walk deck and below the walk belt. And it must press against the rear roller axle as shown..



10. Secure the left landing strip.



11. Secure the left end cap.



12. Note: The physical task of lubricating the treadmill can be done at any time. To activate the lubrication mode, when the start up banner, SPORTSART-XXX, is displayed, simultaneously press and hold INCLINE + INCLINE + 0 keys for two seconds. The treadmill motor will operate at low speed, allowing you to lubricate the walk belt and deck. To exit lubrication mode, when the message "PLEASE PRESS THE STOP KEY AFTER FINISHING LUBRICATION" appears, press the STOP key.

9.3 CLEARING THE SERVICE NEEDED MESSAGE

- A. When the "SERVICE NEEDED- APPLY LUBE" message appears, simultaneously press and hold INCLINE▲+INCLINE▼+ 0 for two seconds. The motor will operate at a low speed, allowing lubricant to spread evenly on the walk belt. The display will show the following message: "PLEASE PRESS THE STOP KEY AFTER FINISHING LUBRICATION".
- B. At this time, press the STOP key to stop motor rotation. This ends the treadmill lubrication process, clears the lubrication distance value, and begins the calculation of the next lubrication period's distance value.

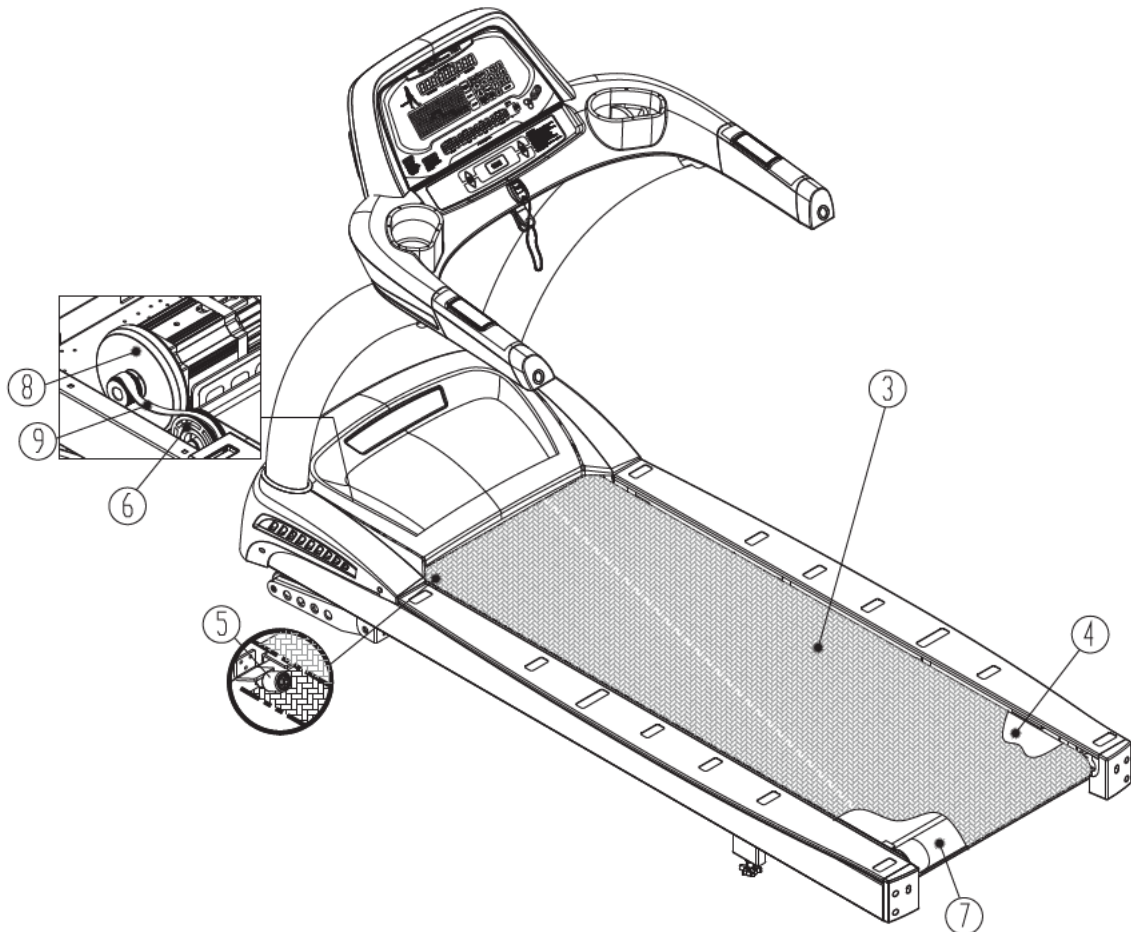
9.4 MANUAL LUBRICATION PROCEDURE

The physical task of lubricating the treadmill can be done at any time. When the startup banner, SPORTSART-XXX, is displayed, simultaneously press and hold INCLINE ▲ + INCLINE ▼ + 0 for two seconds. The motor will operate at low speed and lubricant will be dispersed.

Then the message "PLEASE PRESS THE STOP KEY AFTER FINISHING LUBRICATION" appears.

9.5 MAINTENANCE SCHEDULE

(T631) Maintenance Schedule							
	Area	Daily	Weekly	Monthly	Quarterly	Yearly	Notes
1	Unit exterior	•					Clean.
2	Screws	•					Inspect for looseness. Tighten if needed.
3	Walk belt			•			Inspect alignment. Inspect for wear. Lubricate with SportsArt lubricant.
4	Deck				•		Inspect for wear.
5	Guide wheel				•		Inspect for normal rotation.
6	Front roller				•		Inspect for normal rotation.
7	Rear roller				•		Inspect for normal rotation.
8	Motor compartment				•		Remove dust and debris.
9	Drive belt					•	Replace every three years.



9.6 MAINTENANCE TASK LIST (TREADMILLS)

Like cars, fitness products require maintenance. Regular maintenance extends product life, and failure to maintain products can void the manufacturer's warranty. Copy the maintenance log sheet, and record maintenance work for each fitness product.

Daily tasks

1. Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner and water, to thoroughly clean the product exterior.
2. Inspect parts for looseness, and secure all loose screws. Make sure that the product is safe for operation. If safety issues arise, place an "Out of Order" sign on the product, and call for service.

Monthly tasks

1. Inspect walk belt alignment. The walk belt should rotate in the middle of the deck, without tending to one side or the other. Adjust alignment if necessary. Inspect the walk belt for wear. The bottom should be smooth and well lubricated. The top should have no tears or cracks. Apply SportsArt Hyperglide™ lubricant. Replace the walk belt as necessary.

Quarterly tasks

1. Inspect the walk deck for wear. The surface of the deck should be smooth, without cracks or grooves. Wipe the deck clean. If necessary, flip the deck to wear the other side, or replace the deck as needed.
2. Inspect the rotation of rollers on walk belt guides. They should spin freely.
3. Inspect the front roller for normal rotation. It should spin freely, without excessive noise. Clean the roller as needed.
4. Inspect the rear roller for normal rotation. It should spin freely, without excessive noise. Clean the roller as needed.
5. Remove dust and debris inside the motor compartment. Follow safety precautions. Then vacuum around components to keep them clean and cool.

Yearly tasks

Inspect the drive belt once a year. Replace the drive belt once every three years.

Caution

Please follow standard safety precautions when working on this product.

- Electronic components can carry an electrical charge even after the product has been turned off. For safety, turn off unit power. Wait five minutes to allow capacitors to discharge. Then disconnect the power cord from the wall socket (if applicable). Only after such steps have been completed should covers be removed and electronic components accessed.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.

9.7 MAINTENANCE ONE-YEAR MAINTENANCE LOG

Facility : _____ Supervisor: _____

Product Model Number : _____ Serial Number: _____

Start Date: _____ End Date: _____

Daily Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Weeks 22-28
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Tasks	Weeks 29-35	Weeks 36-42	Weeks 43-49	Weeks 50-52
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Weeks 22-28
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Tasks	Weeks 29-35	Weeks 36-42	Weeks 43-49	Weeks 50-52
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Monthly Tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yearly Tasks	Year 1
Completed	<input type="checkbox"/>

Notes: _____

ERROR MESSAGES

1. Display format:

			E	R	R	O	R		X		Y			
--	--	--	---	---	---	---	---	--	---	--	---	--	--	--

2. Explanations for each error message:

ERROR 1 1 The AC servo motor encoder is out of order. Please re-start the unit.

ERROR 1 2 The AC servo motor is overheated. Speed is restricted to half.

ERROR 1 3 The AC servo motor suddenly accelerated. Please re-start the unit.

ERROR 2 1 The IGBT current is too high. Please re-start the unit.

ERROR 2 2 The IGBT is too hot. Speed is restricted to half.

ERROR 2 3 The current sensor indicates excessive current. Please turn off the unit and wait. Then restart the unit.

ERROR 3 1 The elevation motor has a calibration issue.

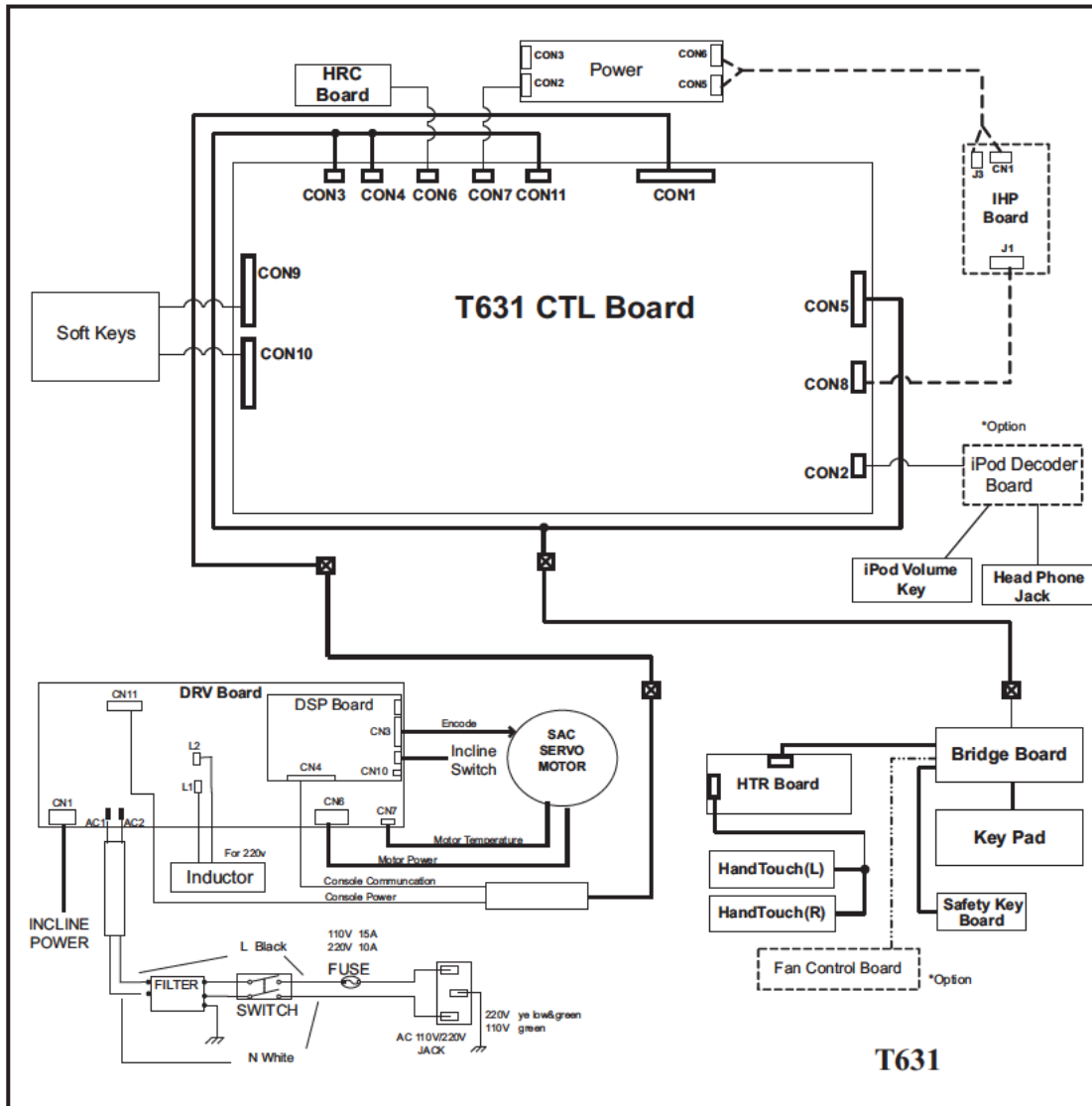
ERROR 4 2 The power supply voltage is too low. Re-start the unit after stabilizing the power supply.

ERROR 4 3 The power supply voltage is too high. Re-start the unit after stabilizing the power supply.

ERROR 8 1 There is a communication error between control board and servo driver when powering the treadmill on.

ERROR 8 2 There is a communication error between control board and servo driver during exercising.

WIRING SCHEMATIC:



Your Authorized Distributor