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Introduction

SPORTSART 6310 COMMERCIAL TREADMILL

INTRODUCTION

Congratulations on purchasing one of the finest piece of commercial exercise equipment on the market today, the SportsArt 6310 Commercial Treadmill. The 6310 is designed with the end user in mind and constructed of high quality materials and designed for years of trouble-free use.

Before using your SportsArt 6310 Treadmill, we recommend that you familiarize yourself with this Owner's Manual. Whether you are a first time user of a treadmill or a seasoned "PRO", understanding the correct use of the equipment will enhance your ability to achieve your exercise goals safely and successfully.

Cup Holder

Lift Post

Motor Shroud

Incline Roller Wheel

Floor Level Adjustment

Left Rear End Cap

Left Belt Adjustment

Electronics Package

Latching Emergency Stop

Post Shroud

Short Handrail

Safety Key

Polar box

Hand Touch Readout

Staging Platform

Running Belt

Right Rear End Cap

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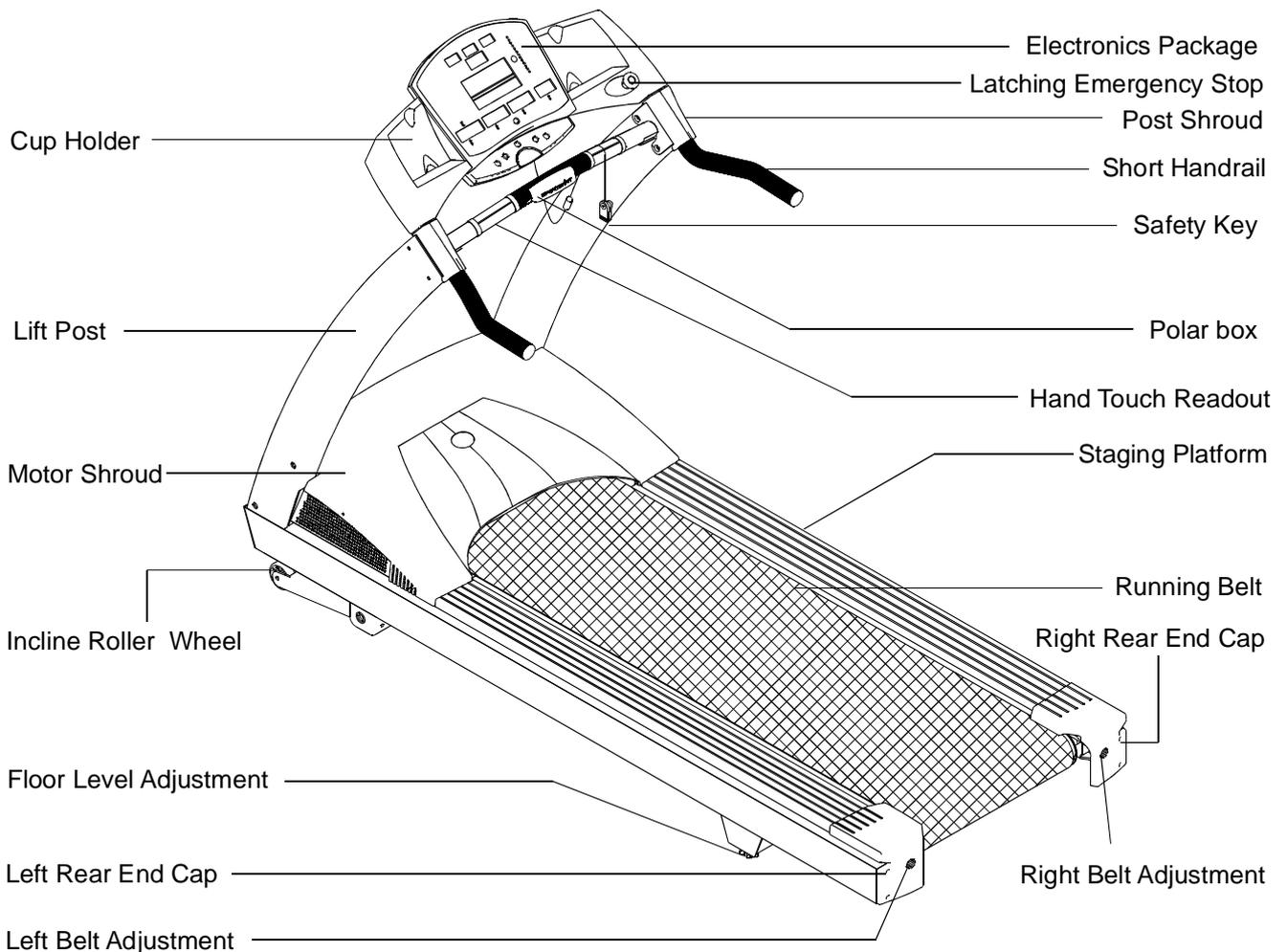
Your SportsArt treadmill was designed and built for optimum safety. However, certain precautions apply whenever you use your treadmill.

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

<u>SAFETY Precautions:</u>

● Read this owner's manual and follow the instructions

● Assemble and operate the treadmill on a solid, level surface. Do not use outdoors or near water.

● Never allow children on or near the treadmill.

● 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.

● Keep your hands away from moving parts.

● Wear proper workout clothing: DO NOT wear loose clothing. DO NOT wear shoes with leather soles or high heels. Tie all long hair back.

● Use care when mounting and dismounting the unit.

● DO NOT use any accessories that aren't specifically recommended by the manufacturer. These might cause injuries or cause the unit to fail.

● Unplug from outlet before servicing or removal of any parts.

● Close supervision is necessary when this treadmill is used by, on, or near children, invalids, or disabled persons.

● Use this treadmill only for its intended use as described in this manual.

● Never operate this treadmill if it has been damaged in any way. If it is not working properly, been dropped or damaged, contact your dealer.

● Do not carry this treadmill by power cord or use cord as a handle.

● Keep the power cord away from heated surfaces.

● Keep all air ventilation areas free of blockage.

● Never drop or insert any object into any opening.

● Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

● Connect this treadmill to a properly grounded outlet only.

● ETL/GS approved 150kgs user weight.

CAUTION:

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

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

Do not stand on the belt when starting. Straddle the belt with your feet on the right and left staging platforms.

Always use the safety cord when operating the treadmill.

DANGER:

Improper connection of the equipment-grounding connector can result in a risk of electric shock. Check with a qualified electricial or service person if you are in doubt as to whether the treadmill is properly grounded. Do not modify the plug provided with 6310 treadmill, if it doesn't fit the outlet, get the proper outlet installed by a qualified technician.

ASSEMBLING YOUR TREADMILL

Installation Requirements

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

Please read this owner's manual and follow the instructions.

Caution: Two persons are recommended to assemble the treadmill. To avoid back strain, and to ensure safety to the unit and yourself, we suggest you avoid lifting the running bed assembly from box. Instead drop the sides of the box and slide the treadmill from the container rather than lifting it.

IMPORTANT: The packing for this treadmill was designed to protect it during shipment, please store the original packing in a safe place in case you need to ship the unit in the future.

List of Parts

Before assembling your treadmill, make sure that you have all following items:

1. 8pcs 5/16" x L1" bolts

2. 8pcs 5/16" washers

3. 6pcs 1/4" x L1/2" handlebar bolts (For display area)

4. 8pcs 5/16" x L15 philip screws

5. 3pcs hex allen wrench (4mm. 5mm. 6mm)

6. One hex allen wrench with handle. (6mm)

7. Left & Right upright post enclosures. 2pcs

8. Fuse 15A(100V/120V) or 10A(200V/240V)

9. One wrench for emergency release button. (for maintenance purpose)

10. 4pcs 5/16" x 1" screws(for long handrail or medical handrail)

11. 4pcs 1/4" x 3/4" screws (for medical handrail)

12. 4pcs 1/4" washers (for medical handrail)

13. 8pcs upright post screw cap (for philip screws)

14. 8pcs upright post screw caps (for 5/16" x L1" bolts)

TREADMILL ASSEMBLY

Step by Step Instructions

When you remove the treadmill from its box, first check to make sure all of the parts are present. Then, read through the assembly instructions before you begin.

1. Tip the treadmill on its side. Make sure the running belt is in position in the tracks of the Belt Alignment Guides on the underside of the machine. (See Fig.1). Be sure to remove and displose of shipping blocks located along the side of the bed and removed from the underside.

Fig.1
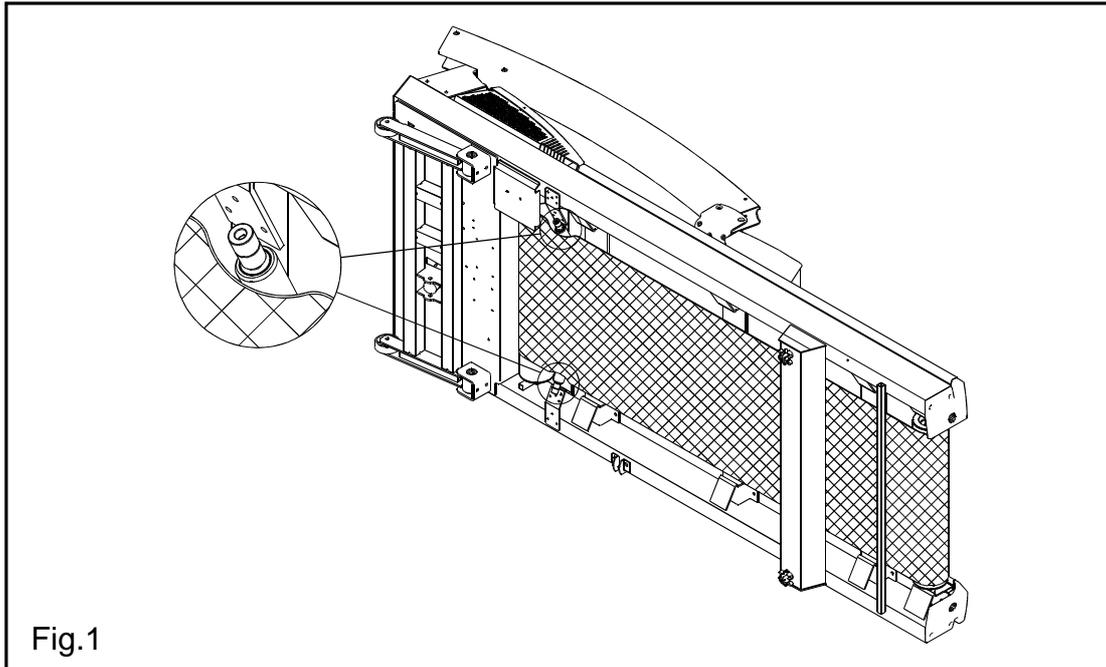
2. (1) Rotate upright posts into their respective position, securing each side with the screws provided.
   (2) According to Pic. A, press the screw caps to their respective position.

Fig.2
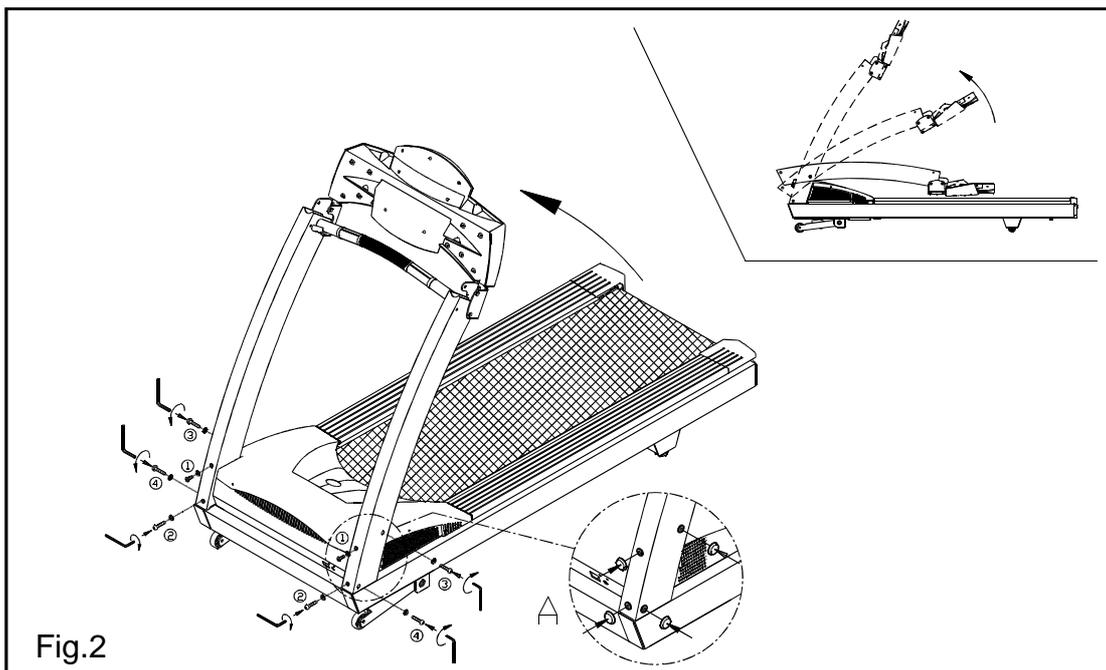
3. Rotate display to fixed position as figure below, attach all side fasteners to position without fully tightened. (See Fig. 3)

FIG.3
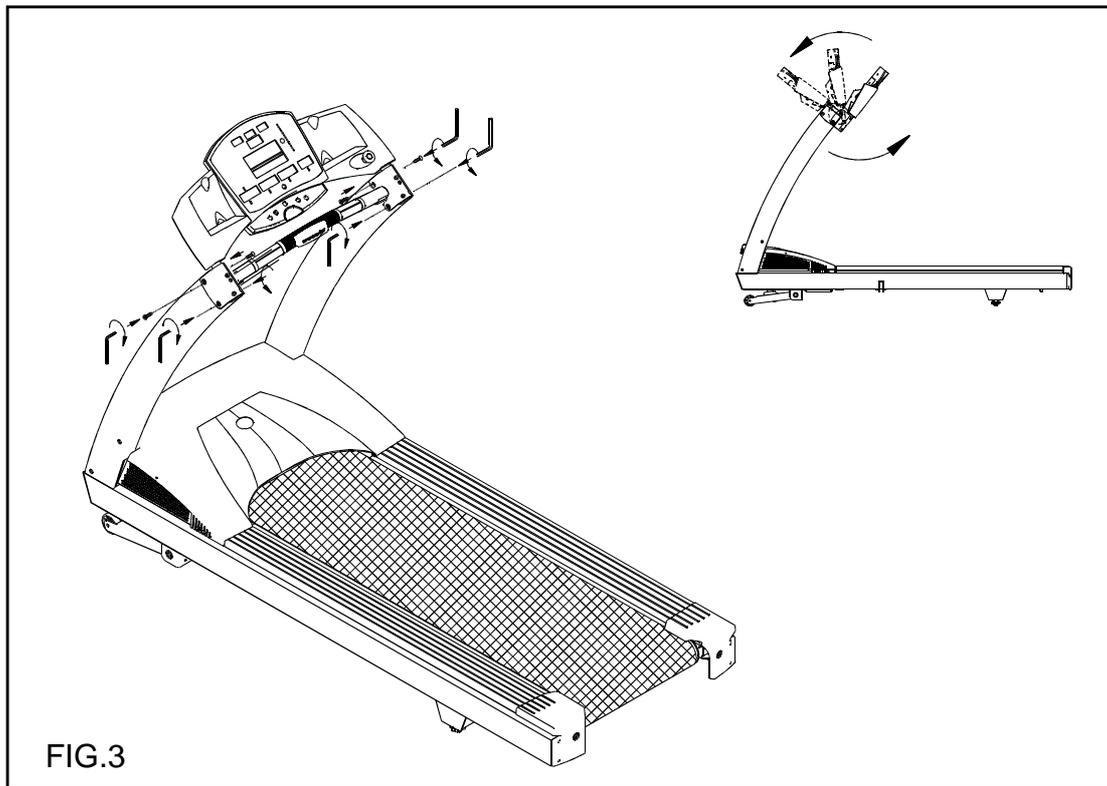
4. Insert short handrail into Handrail Bracket, then secure 6 screws provided and fully tightened all side fasteners. (See Fig.4)

FIG.4
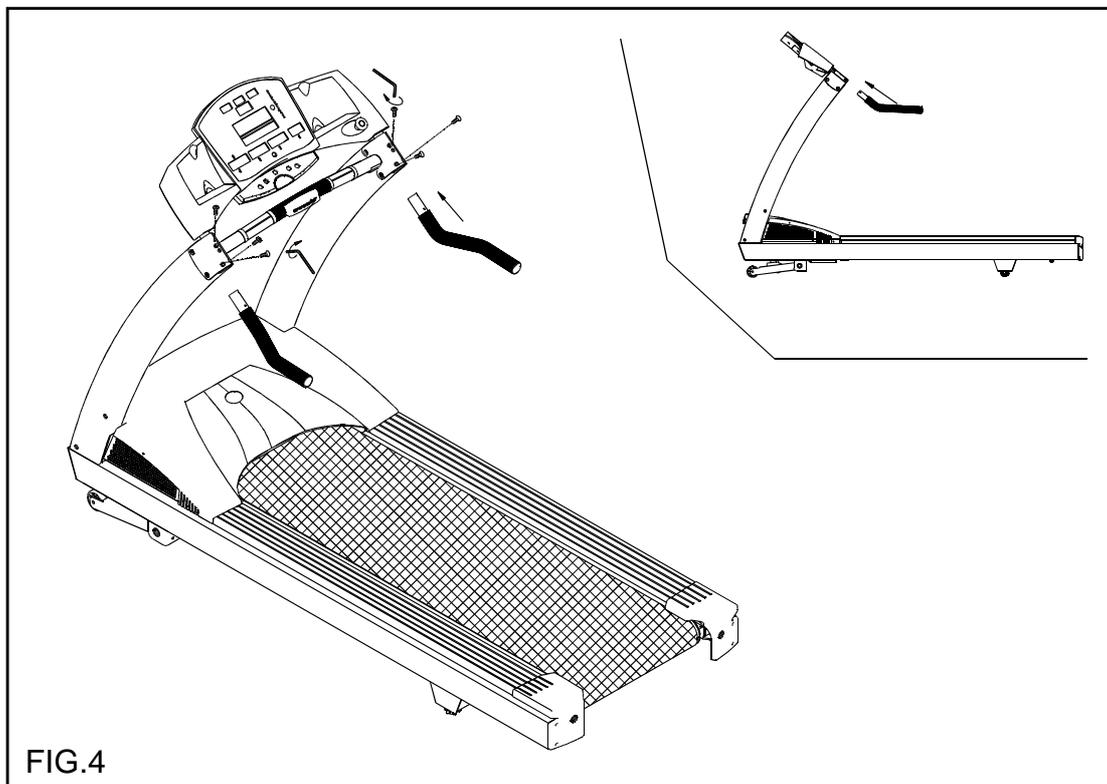
5. Press life post's shroud into respective poeition. (See Fig. 5)

Press down

FIG.5

6. Insert upright post screw caps into proper position. (See Fig.6)

FIG.6
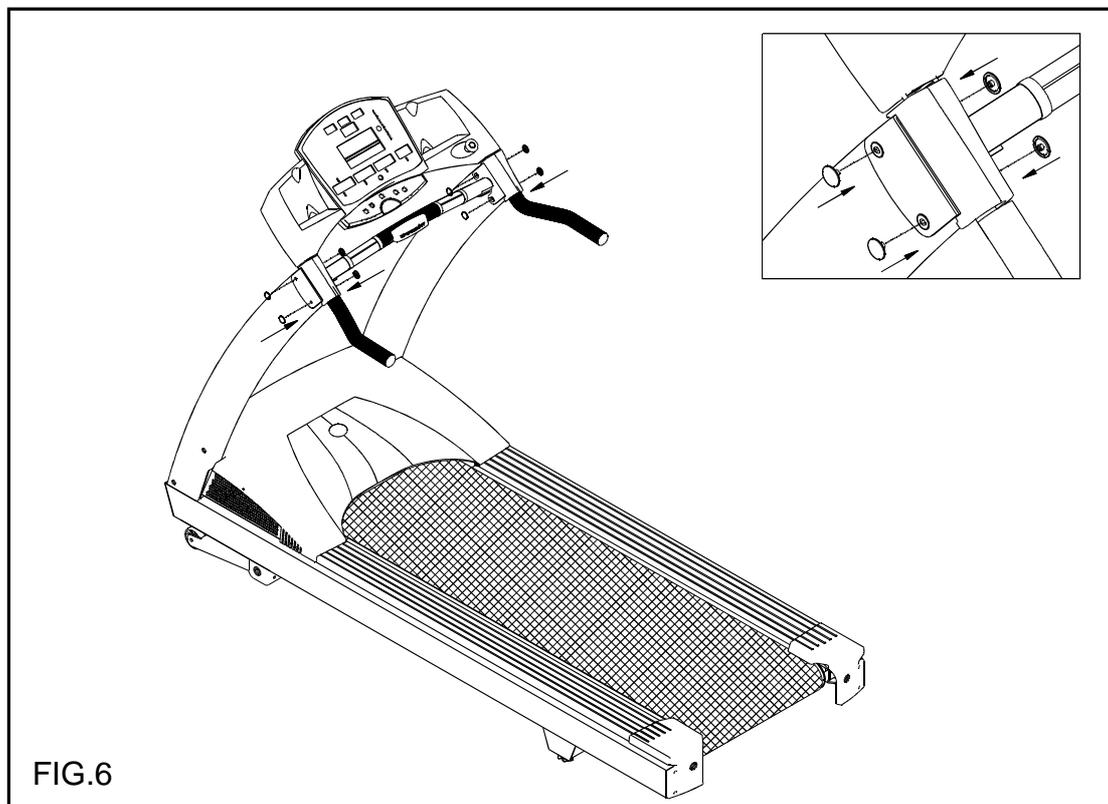
7. Connect power cable as indicated in Fig.7, and fasten it.

FIG.7
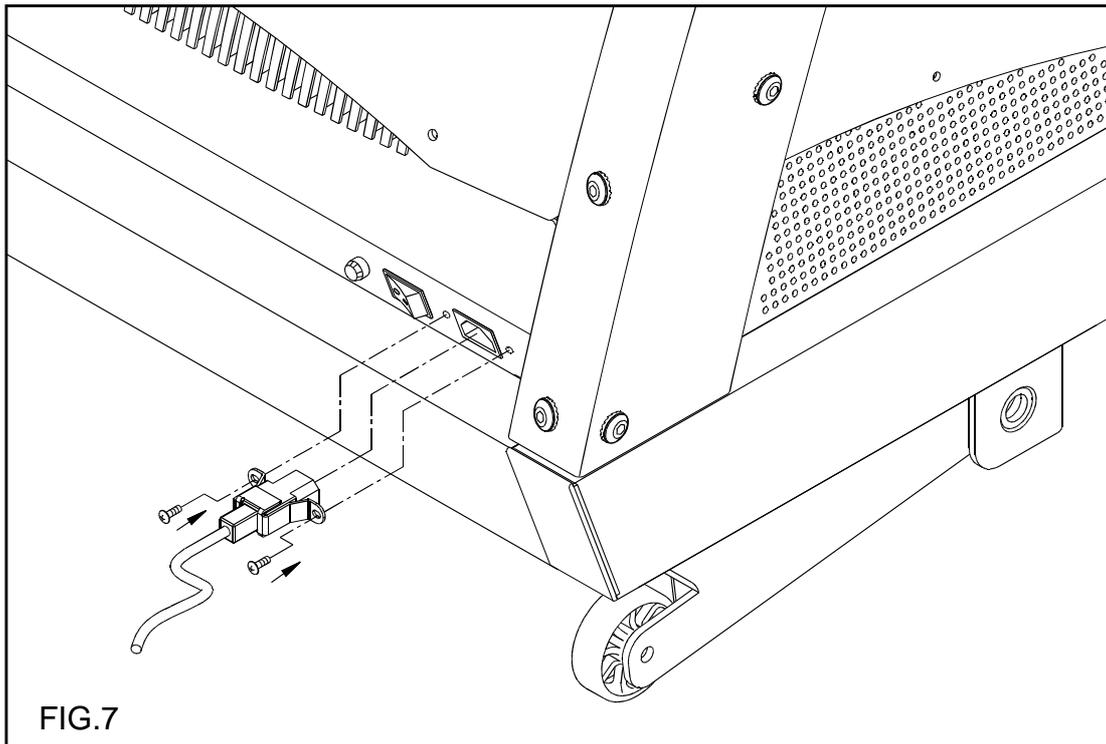
For long handrail assembly:

4. For long handrail assembly. Insert long handrail into handlebar bracket, then secure the fasteners provided and fully tightened all side fasteners. (See Fig.6)

FIG.4-1
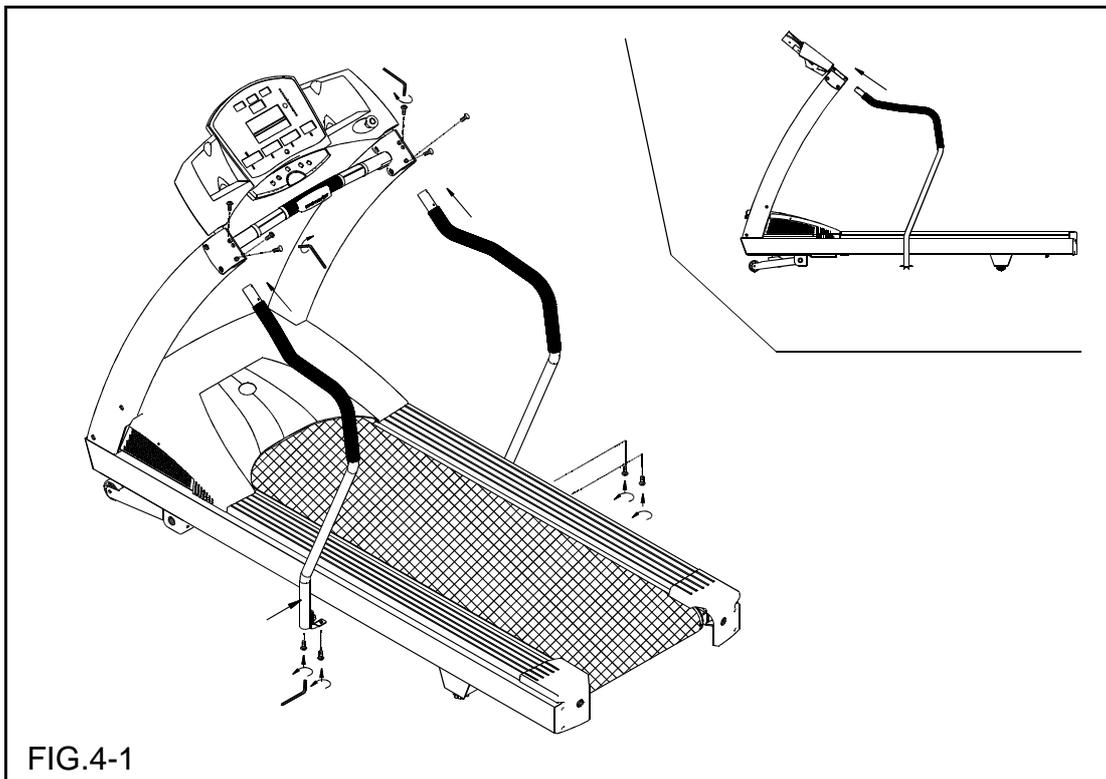
5. Press upright post's enclosure into respective position. (See Fig.5-1)

Press down

FIG.5-1
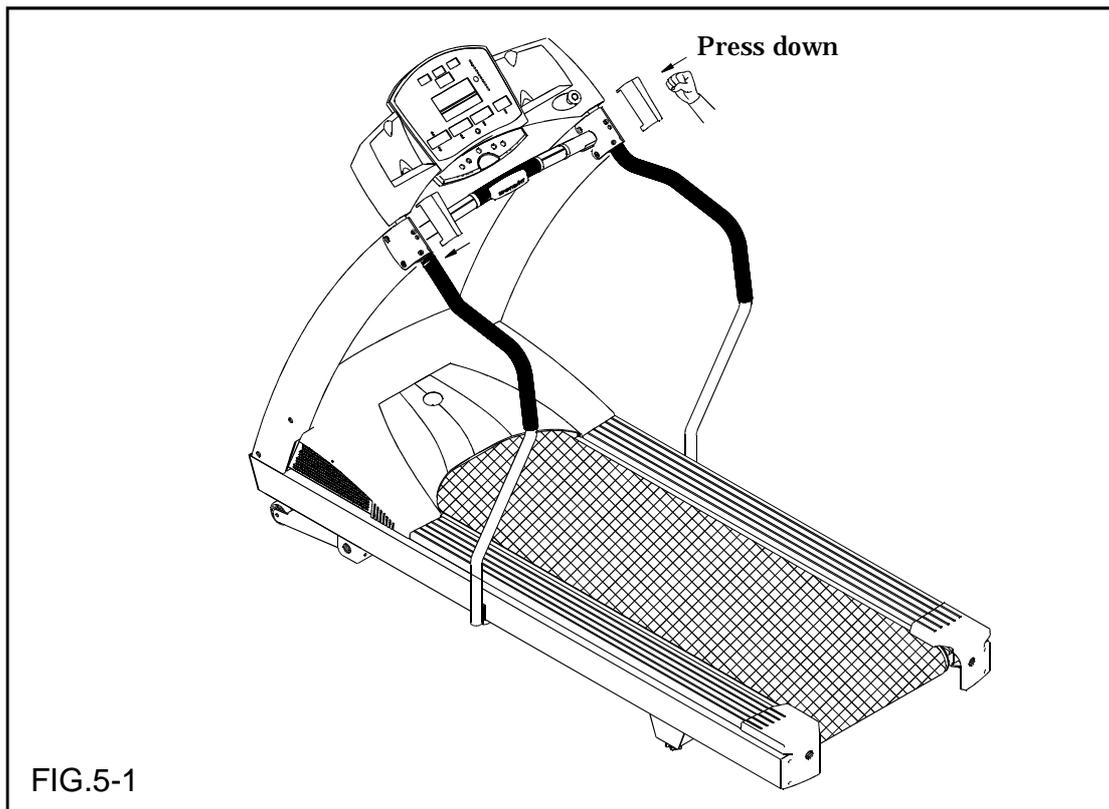
6. Insert upright post screw caps into proper position. (See Fig.6-1)

FIG.6-1
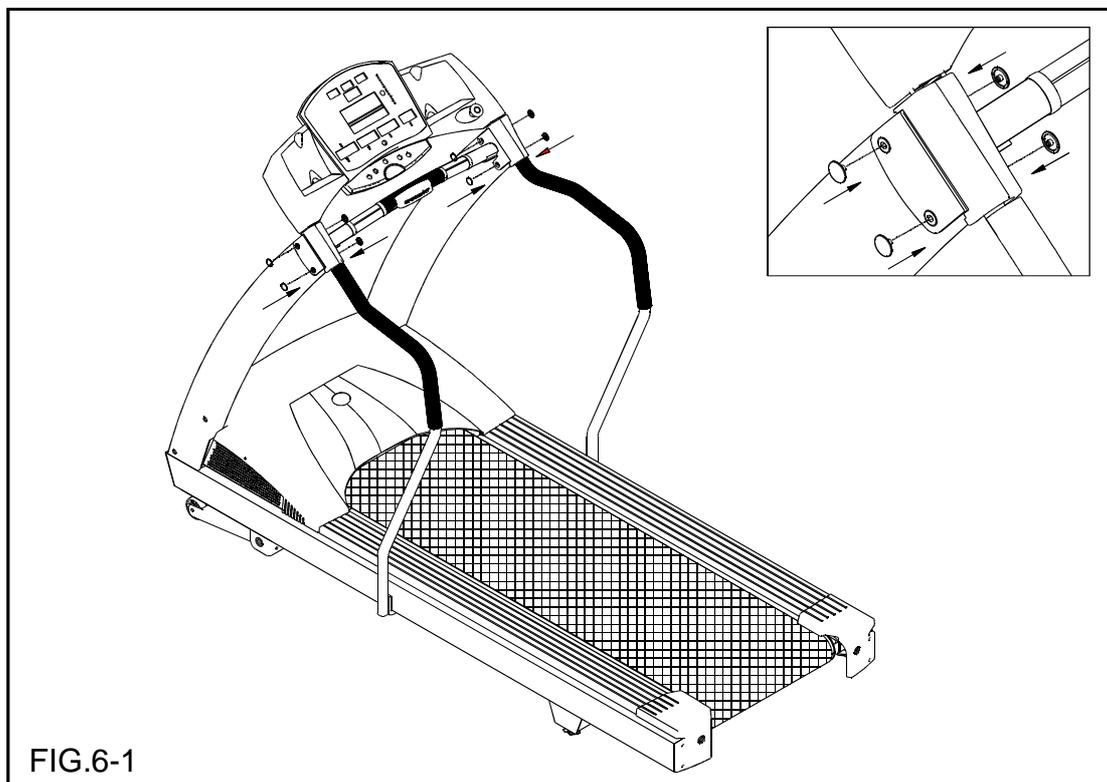
7. Connect power cable as indicated in Fig.7-1, and fasten it.

FIG.7-1
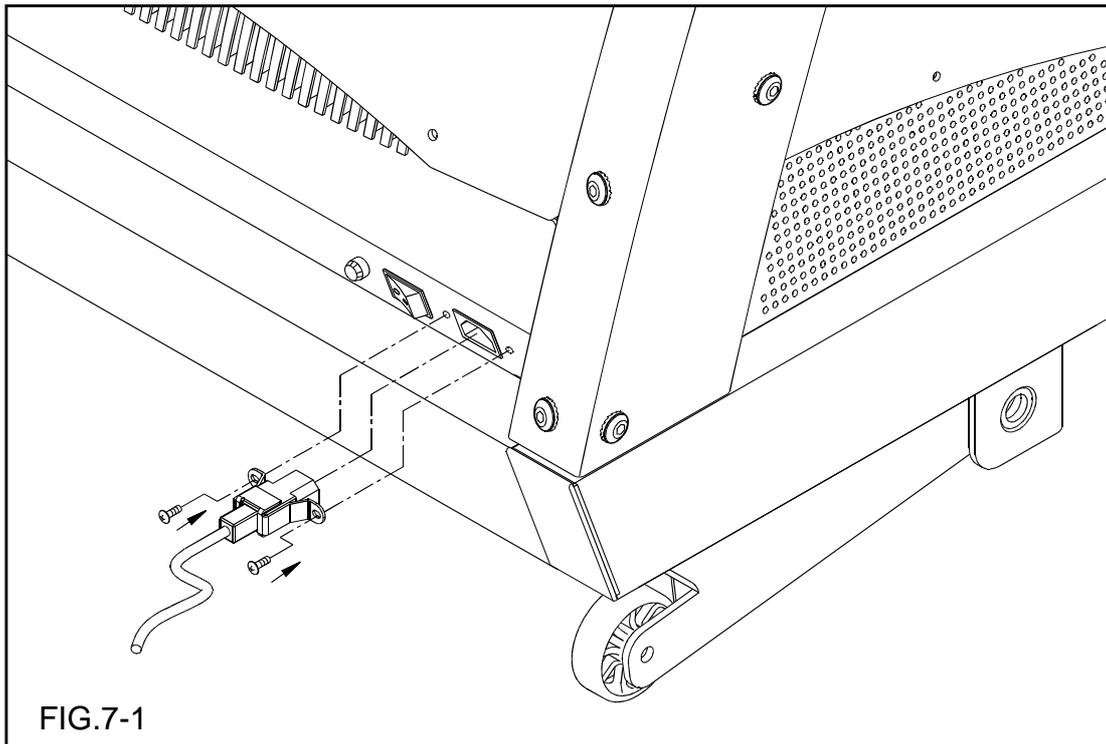
For medical handrail assembly:

4. Insert medical handrail into the upper handrail bracket. Attach screws to position without fully tightening. Install medical handrail post and tighten all screws. (See Fig.4-2)

FIG.4-2
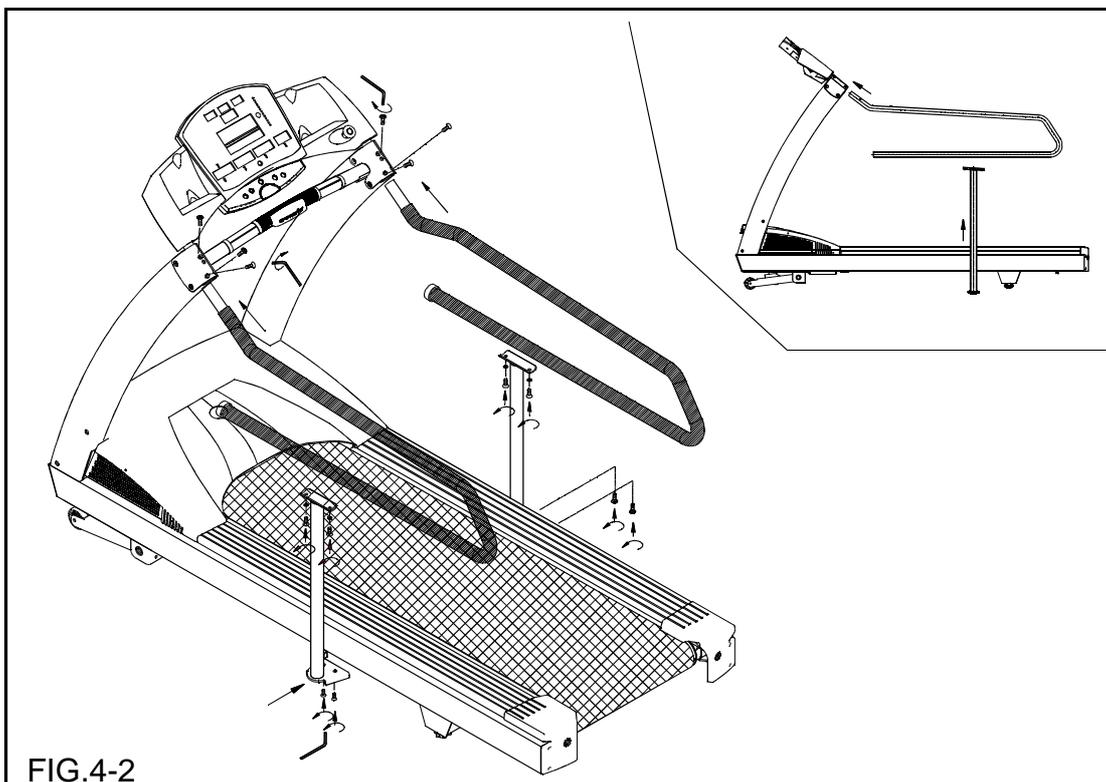
5. Press upright post's enclosure into keyed position. (See Fig.5-2)

Press down

FIG.5-2
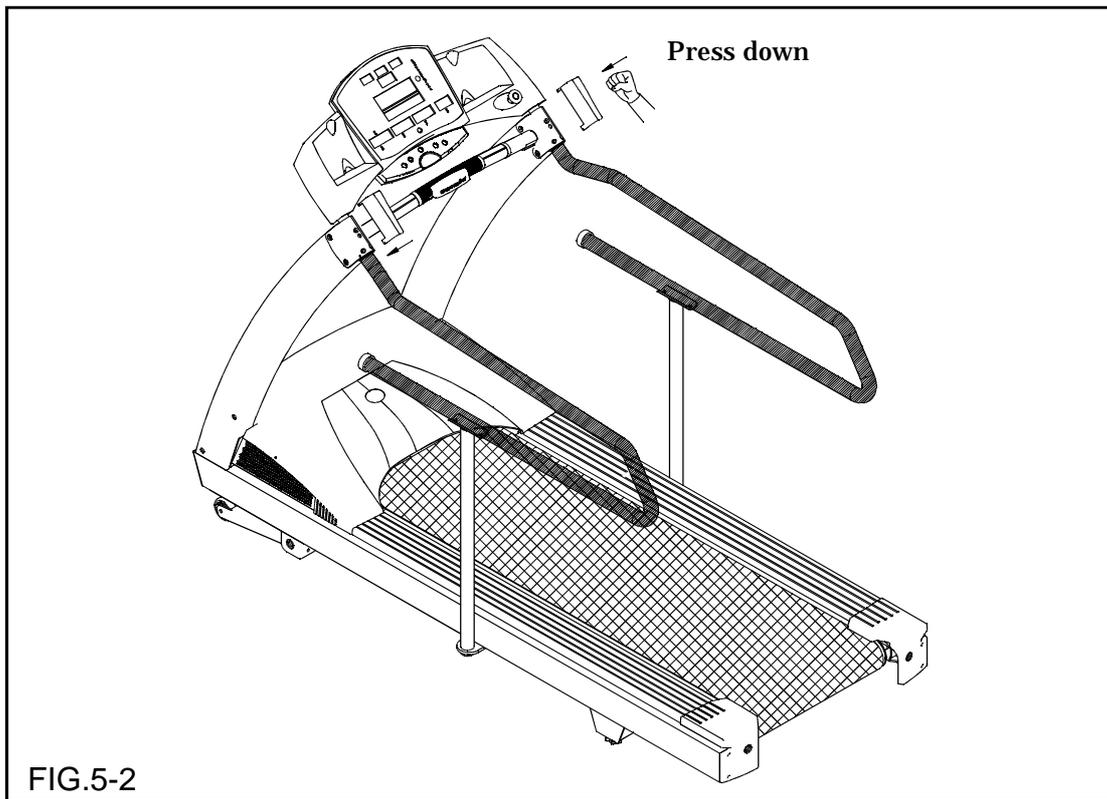
6. Insert upright post screw caps into proper position. (See Fig.6-2)

FIG.6-2
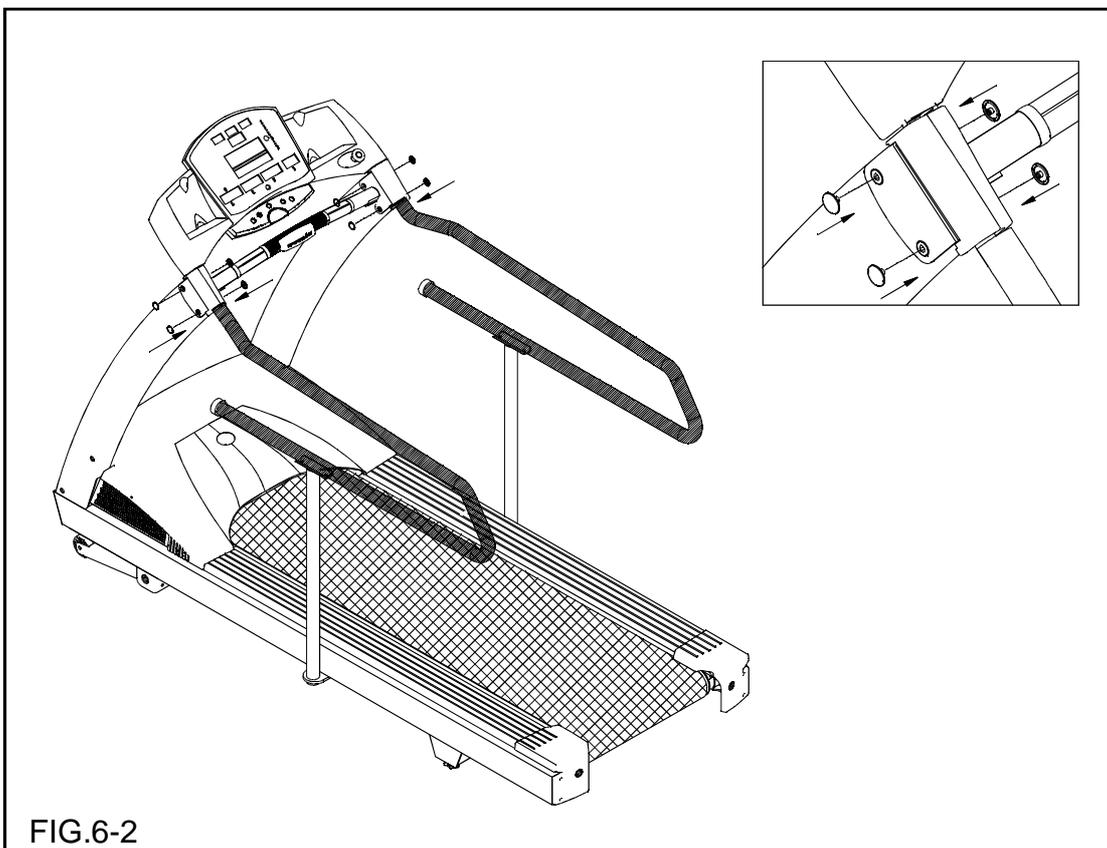
HOW TO USE YOUR 6310 TREADMILL:

1. Basic operation:

A. To start using the treadmill:

1. Press any key.

2. Enter AGE (AGE LED will light up), press INCLINE up, down button to select age and then press ENTER.

3. Enter WEIGHT (WEIGHT LED will light up), press INCLINE up, down button to set WEIGHT, and then press ENTER.

4. Select TIME (TIME LED will light up and the minute numeric will flash), press INCLINE up, down button to set TIME and then press ENTER.

   (1) The pre-set time is 30 minutes.

   (2) When the time is set at "0", the manual mode will be cournting up and all the other programmed courses will be counting down. The pre-set time will be 30 minutes.

   (3) When the time is not set at "0", (the minimum time will be 10 minutes, and the maximum time will be 99 minutes) then the manual mode and other programmed courses will be counting down.

5. Select Program by pushing the SCROLL button to select your desire course and press ENTER.

6. SPEED display will show 0.0 and flash, press the SPEED up button to start treadmill.

2. Quick start:

At any time, for Quick Start press the SPEED up button to start the treadmill. The treadmill will start at 0.1mph/0.2kph.

3. Personal Cardio Advisor:

When you enter your age, Personal Cardio Advisor automatically calculates your suggested low, mid and high Heart Rate range, 65%, 72.5%, 80%, of max heart rate.

Please note the Guidelines for Exercise section for further explanation of Heart Rate training ranges.

4. Emergency Stop Button:

This feature is a secondary safety feature that allows the user, in an emergency situation, to stop the treadmill. Once the button has been pushed, rotate the button clockwise to release the emergency stop button. The treadmill will not operate if the button is depressed.

5. Display functions:

A. **DISTANCE**: Displays total miles or kilometers.

B. **CALORIES**: Total accumulated calories burned.

C. **TIME**: Displays total time accumulated or time remaining in a preprogrammed course.

D. **SPEED**: Press these keys to adjust your desired speed. The speed range for the treadmill is from 0.1-12mph (0.2-20kph).

E. **INCLINE**: Press these keys to raise or lower the treadmill. The incline range for the treadmill is from 0 to 15%.

F. **CAL/HR**: Calories consumed per hour at the current rate of exercise.

G. **PACE**: Displays minute per mile or kilometer.

H. **METS** (Metabolic Equivalents): One MET is equivalent to an oxygen consumption of 3.5 ml/kg/min. 1 MET= 3.5 ml/kg/min.

I. **STOP** (RESET): Press STOP button, treadmill will stop running, time and distance will remain. Holding STOP for 3 second will reset the display.

J. **ENTER**: Value entering confirmed button. Holding ENTER for 3 seconds will show the voltage of city at present. Press any button to exit this function. AC (Alternating Current) - City voltage.

K. **EMERGENCY STOP BUTTON**: This button allows the user an additional safety feature in case of emergency. Upon pushing the button the treadmill will stop. To reset the button, rotate the button clockwise and the treadmill will reset for proper use.

L. **CHANGE**: Press this button to alternate between 2 groups of information - DISTANCE, CALORIES, TIME and SPEED; and INCLINE, CAL/HR, PACE and METS.

6310 Electronic Software

A. Basic operation

Turn on the power. You will see the below SPORTSART scroll message. Please follow the below steps.

```
SPORTSART
6310
```

1. Press any button to begin.

2. Enter your age (the corresponding LED will be lit), The age default is 35, Press INCLINE ▲▼ to select age, then press ENTER.

   The message will show as below

   ```
   PRESS INCLINE ▲▼ TO INPUT YOUR AGE, PRESS ENTER
   AGE
   ```

3. Enter your weight (the corresponding LED will be lit). Press INCLINE ▲▼ to select your weight, then press ENTER.

   The message will show as below.

   MPH:

   ```
   PRESS INCLINE ▲▼ TO INPUT YOUR WEIGHT, PRESS ENTER
   LB
   ```

   KPH:

   ```
   PRESS INCLINE ▲▼ TO INPUT YOUR WEIGHT, PRESS ENTER
   KG
   ```

   ***Input the correct weight, so it can show the correct calorie expenditure.

4. Select TIME (TIME LED will light up and the minute numeric will flash), press INCLINE up, down button to set TIME and then press ENTER.

   (1) The pre-set time is 30 minutes.

   (2) When the time is set at "0", the manual mode will be counting up and all the other programmed courses will be counting down mode. The pre-set time will be 30 minutes.

(3) When the time is not set at "0", (the minimum time will be 10 minutes, and the maximum time will be 99 minutes) than the manual mode and other programmed courses will be counting down.

The message will show as below

> **PRESS INCLINE ▲▼ TO SELECT TIME, PRESS ENTER TIME**

5. After inputting the weight, you are in Manual program. You will see the below scroll message. Please press SPEED up button to start or press SCROLL button to select a preprogrammed course.

> **PRESS SPEED ▲ OR SELECT PROGRAM**

B. Quick start

At any time, for Quick Start, press the SPEED up button to start the treadmill. The treadmill will start at 0.1mph/0.2kph.

C. Display Window Functions

1. Personal Cardio Advisor display

When you enter your age information, the software will calculate and display your suggested Heart Rate training zone. It is highly recommended that you always check with your physician to learn what the appropriate heart rate level is for your fitness level.

2. Heart Rate display

There are 2 mothode of measuring heart rate-1, using a Polar chest strap and 2, using our Contact Heart Rate sensors.

(1) Using the Polar chest strap, the display will indicate by flashing that it is calculating your heart rate and upon receiving a good reading will display your heart rate.
(2) Using the Contact sensors, the display will indicate by flashing that it is calculating your heart rate and upon receiving a good reading will display your heart rate. It is important that you maintain a steady contact with the sensors for best results.

3. Date Feedback displays

This series of displays will provide information that shows your data throughout your workout. The data can be changed from the top row of information (DISTANCE, CALORIES, TIME and SPEED) to the bottom row (INCLINE, CAL/HR, PACE and METS) by pressing the CHANGE button.

If you modify your SPEED or INCLINE, the display will automatically show your change in the appropriate display window, then go back to the selected row of Information.

● DISTANCE   ● CALORIES   ● TIME   ● SPEED
● INCLINE   ● CAL/HR   ● PACE   ● METS
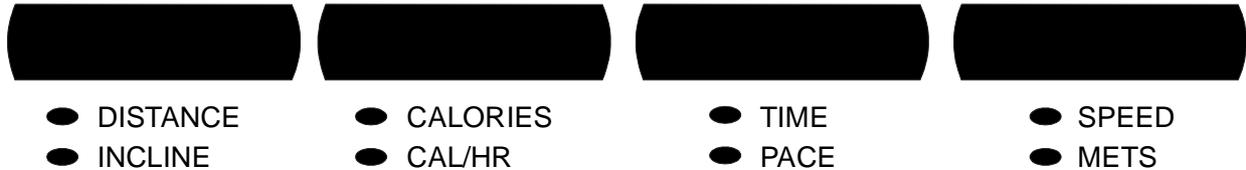
D. Programmable functions

These features are not user accessed settings that are recommended for the end user. These features are "buried" in the software for owner settings and monitoring.

(1) Select between MPH and KPH. The default setting is MPH.

(2) The Heart Rate Control (HRC) program will allow you to modify the HRC target heart rate.

(3) Display total accumulated distance on the treadmill.

(4) Display the total accumulated time on the treadmill.

To access these settings and information, while the banner "SPORTSART 6310" is scrolling on the display, press and hold the CHANGE button for 3 seconds. The software will prompt you through these features.

1. MPH/KPH setting will appear as shown below

> **PRESS ▲▼ TO SELECT MPH/KPH, PRESS ENTER**
> **MPH**

Press ▲▼ to select MPH or KPH, then press ENTER.

2. The HRC mode will allow you to modify the HRC target heart rate (YES or NO).

```
┌─────────────────────────────────────────────────────┐
│        PRESS ▲▼ TO SELECT MODIFT HRC TARGET HR        │
│               (Y/N)?, PRESS ENTER                     │
│                        NO                             │
└─────────────────────────────────────────────────────┘
```

Press ▲▼ to select modify HRC target HR. Then press ENTER for YES or Number

YES: Follow display prompts.

```
┌──────────────────────────────────────────────────────────┐
│                      ♡ 120                                │
│  PRESS ▲▼ TO MODIFY YOUR HEARTRATE LIMIT, PRESS ENTER     │
└──────────────────────────────────────────────────────────┘
```

NO: No change for the target heart rate is made.

3. Display Total Distance

```
┌─────────────────────────────────────────┐
│            TOTAL DISTANCE                 │
└─────────────────────────────────────────┘
```

MPH: shows as below

```
┌─────────────────────────────────────────┐
│                 ?????                     │
│                 MILE                      │
└─────────────────────────────────────────┘
```

KPH: shows as below

```
┌─────────────────────────────────────────┐
│                 ?????                     │
│                  KM                       │
└─────────────────────────────────────────┘
```

????? indicates accumulated kilometers/miles.
Press ENTER to advance to total time.

4. Display Total Time

```
┌─────────────────────────────────────────┐
│              TOTAL TIME                   │
└─────────────────────────────────────────┘
```

```
┌─────────────────────────────────────────┐
│                 ?????                     │
│                 HOUR                      │
└─────────────────────────────────────────┘
```

????? indicates accumulated time. Unit is by hour. Press ENTER to exit and return to banner display.

E. Button functions

SPEED: 1. Press ▲▼ to increase and decrease the belt speed.

2. The speed range is from 0.1mph to 12mph; 0.2kph to 20kph.

3. At any time you can push SPEED up button for QUICK START.

INCLINE: 1. Press ▲▼ to increase and decrease the incline.

2. The incline range is from 0-15%.

3. Use INCLINE buttons to enter AGE and WEIGHT.

STOP: 1. Press the STOP button to stop the tread belt. All data will remain.

2. Press and hold the STOP button to reset all data.

3. During program use, pushing the STOP button will pause progress of the course and pressing SPEED up button will resume the program.

ENTER: The button is for entering data (AGE, WEIGHT, etc).

CHANGE: CHANGE will toggle the feedback between the upper and lower rows of information DISTANCE, CALORIES, TIME, SPEED and INCLINE, CAL/HR, PACE, METS.

SCROLL: This button will scroll through the preprogrammed courses for selection. The corresponding LED will indicate the course.

F. Course Description

The dot matrix display is a 3 color display.
Red represents portions of the program that has been completed.
Orange represents your position within the program.
Green represents the portion of the course to come.

1. Manual: Manual is the default program for QUICK START. Press SPEED up to
        begin.

**Orange Color
Current position**
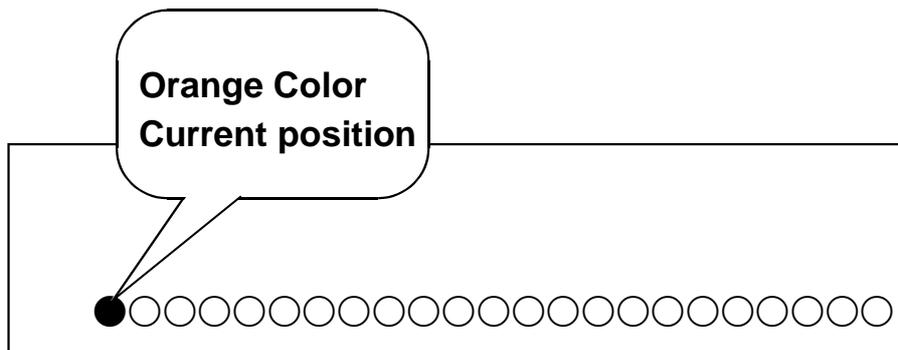
Manual drawing explanation:

(1) Each row indicates Incline elevation, from 0% to 15%.

(2) Current position in orange color.

(3) Passed position in red color.

(4) The coming one in green color.

2. College Track: This program operates identically to Manual. One lap is equal to
        0.25 miles.

LAP 1

TIME can be set under all programmed courses (minimum 10 minutes to maximum 99 minutes). Refer to P.14 for the time setting instructions. At the end of the course, the display will prompt you that the treadmill will be going to COOL DOWN. The speed will change to 2.5 mph and be in manual course.

3. Bay Run

4. River Run

5. Climber's Trek

6. Interval Courses

The interval course are each based on "work" and "rest" periods. Each is defined by speed and incline and can be set at any time. Each period is remembered by the last portion of each period. For example, in the "work" period the moment before it changes to the "rest" period the softwar will remember the last moment and that will be the settings when it returns to the next "work" period. This is the same for the "rest" period.

7. Interval 1:1 and Interval 1:2

The first number on each course defines the rest period and the second number represents the work period. Each of them are indicating minute increments.

<u>Using the Interval</u>

1. When starting to use this feature, you begin the first segment by using "SPEED ▲ " to start, or using "INCLINE ▲▼" to adjust to your desired incline. Picture of Interval program on the display board will show the first segment either going up or going down; however, the second segment of the picture will remain unchanged.

2. When the first segment completed after one minute, the Display will show either "Going to ? mph, ? %" or "Going to ? kph, ? %." The ? Indicating the SPEED and INCLINE of the next segment, then continues into second segment. During this segment, you can also adjust to your own desired SPEED and INCLINE, the same as first segment. When the second segment completed, it will go back to the first segment to continus your training.

3. When the pre-set time is reached, the Display will show "COOL DOWN". Then, the SPEED will drop under 2.5 mph/4.0kph, and the INCLINE will back to 0%. The display board will return to MANUAL mode.

Interval 1:2
30 min

Interval 1:1
30 min
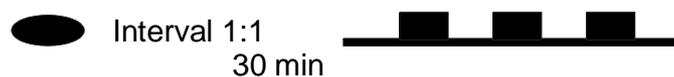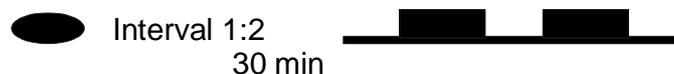
G. HRC (Heart Rate Control):

It your unit is applicable to HRC feature, please refer to the following.

Press "SCROLL" until the LED flashes at HRC, then press "ENTER." If the "ENTER" key is not pressed within 3 seconds, the Display will show "PRESS ENTER".

This HRC offers two trainings for you to choose from: **Heart Rate Control Weight Loss Training & Heart Rate Control Cardio Training.**

When you chooes Heart Rate Control Weight Loss Training, the display will show:

⬤ HeartRate Control Cardio Training
30 min

```
HRC
65%
```

When you choose Heart Rate Control Cardio Training, the display will show:

⬤ HeartRate Control Cardio Loss Training
30 min

```
HRC
80%
```
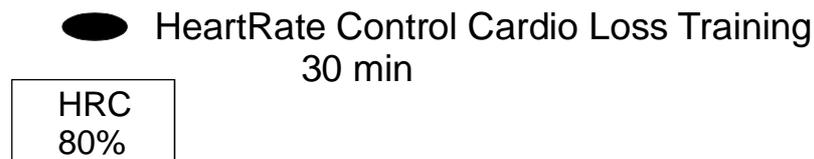
This HRC feature offers 4 different scenarios. The selection of each scenario is based on if you input your actual age, and the choice of "MODIFY HRC TARGET HR (Y/N).

H. Guideline:

1. How to input your age?

   The starting display will show "SPORTSART", you can press any key to enter the next procedure of inputting your age. Press "INCLINE ▲▼" to input your age, then press "ENTER."

2. Selection of MODIFY HRC TARGET HR (Y/N)

   When the starting display shows "SPORTS ART", hold "CHANGE" key for 3 seconds to get to selection of MPH/KPH, then press "ENTER". The display will show as the following picture, using ▲▼ to select YES/NO, then press "ENTER".

Display appears like this when you select No.

```
PRESS ▲▼ TO SELECT MODIFY HRC TARGET HR
             (Y/N)?, PRESS ENTER
                     NO
```

Display appears like this when you select YES.

```
PRESS ▲▼ TO SELECT MODIFY HRC TARGET HR
             (Y/N)?, PRESS ENTER
                    YES
```

The 4 scenarios are as the following:

Scenario 1:

When you have input your correct age at the beginning, and select NO for the MODIFY HRC TARGET HR.

Step 1: Press "SCROLL" key until LED flashes at this HRC.

Step 2: Press "ENTER" key to start this feature.

Step 3: You can start using this feature just by pressing the "SPEED ▲", the computer will directly monitor your heart rate cortrol.

Scenario 2:

When you have input your age at the beginning, but select YES for the MODIFY HRC TARGET HR.

Step 1: Press "SCROLL" key until LED flashes at this HRC.

Step 2: The display will appear "PRESS ▲▼ TO MODIFY YOUR HEART RATE LIMIT, PRESS ENTER".

Step 3: Using ▲▼ to set your desired Heart Rate, then press "ENTER" to confirm.

Step 4: You can start using this feature just by pressing the "SPEED ▲", the computer will directly monitor your heart rate control.

Scenario 3:

When you begin by QUICK START, age is not inputted, but choose YES for the MODIFY HRC TARGET HR.

Step 1: Press "SCROLL" key until LED flashes at this HRC.

Step 2: Then the display will appear the message of "PRESS ▲▼ TO INPUT YOUR AGE, PRESS ENTER" and 35.

```
┌─────────────────────────────────────────────────────┐
│         PRESS ▲▼ TO INPUT YOUR AGE, PRESS ENTER      │
│                        AGE 35                         │
└─────────────────────────────────────────────────────┘
```

Step 3: Please use the ▲▼ to set your age, then press "ENTER".

Step 4: The display will appear "PRESS ▲▼ TO MODIFY YOUR HEART RATE
LIMIT, PRESS ENTER".

Step 5: Using ▲▼ to set your desired Heart Rate, then press "ENTER".

Step 6: You can start using this feature just by pressing the "SPEED ▲", the
computer will directly monitor your heart rate control.

Scenario 4:

When you begin by QUICK START, age is not inputted, and chose NO for the
MODIFY HRC TARGET HR.

Step 1: Press "SCROLL" key until LED flashes at this HRC.

Step 2: Then the display will appear the message of "PRESS ▲▼ TO INPUT
YOUR AGE, PRESS ENTER" and 35.

```
┌─────────────────────────────────────────────────────┐
│         PRESS ▲▼ TO INPUT YOUR AGE, PRESS ENTER      │
│                        AGE 35                         │
└─────────────────────────────────────────────────────┘
```

Step 3: Please use the ▲▼ to set your age, then press "ENTER".

Step 4: You can start using this feature just by pressing the "SPEED ▲", the
computer will directly monitor your heart rate control.

I. HRC Control Procedures (American Model)

If your unit is applicable to HRC feature, please refer to the following.

To start using HRC feature:

1. Please wear the Polar transmitter first, and confirm it is working properly
measuring your heart rate.

2. If the machine did not receive signal from the transmitter, the display will scroll the
message as the below image. You must use a Polar Transmitter to receive and
transmit your heart rate, and to use this HRC feature. The 114 in the below image
is an example of heart rate ratio.

```
♡ 114
NO HEARTRATE READING, PLEASE CHECK TRANSMITTER
```

3. When machine is receiving signal from your polar transmitter normally, the display will appear message as the below image. The 114 in the below image is an example of heart rate ratio.

```
♡ 114
PRESS SPEED ▲
```

A. Setting the comfortable speed - you can set your own comfortable speed that you want to run. Press the "SPEED ▲▼" to start treadmill.

You can set your own desired SPEED and INCLINE RATIO during this procedure. When your heart rate is not in the pre-set heart rate zone, TIME will be counting up, and Polar Transmitter will continuously monitor your heart rate until it is within the pre-set heart rate zone, and then start the HEART RATE CONTROL procedure.

***When the setting of your comfortable speed is too small, it is unlikely to get into the HRC procedure. If your heart rate cannot attain the Target heart rate, please increase your comfortable speed.

B. When you are not within the HRC procedure, the display will show the message as below.

```
♡ 114
WARM UP
```

C. After your have entered the HRC procedure, the dot matrix LED will scroll you the message "HEART RATE CONTROL STARTING."; at the same time, it will alert you with a beep sound for 3 seconds. TIME that you preset will be showed up on the display, and start to count down. When TIME count down to zero indicates completion of the HRC course. At the end of the course, the display will prompt it is going to Cool Down. Speed will change to 2.5 mph/4.0kph, and the Incline will reset to zero percent. The display will retrun to MANUAL mode.

4. If you press the "STOP" key anytime when using this machine, it will immediately back to MANUAL mode.

5. When the treadmill does not detect your heart rate signal, the dot matrix LED will show the message as below. If no signal is detected for more than 30 seconds, the treadmill will stop automatically, and return to MANUAL mode.

♡ **114**
NO HEARTRATE READING, PLEASE CHECK TRANSMITTER

6. When you are using the treadmill with highest incline, but your heart rate is under the Target HR, the display will show message as below. The SPEED on the display will keep flashing to remind you to increase your speed.

♡ **114**
PRESS SPEED UP

7. When you are using the treadmill with lowest incline, but your heart rate is over the Target HR, the display will show message as below. The SPEED window on the display will keep flashing to remind you to decrease your speed.

♡ **114**
PRESS SPEED OWN

L. CSAFE Operation Guide

When you connect 6310/6320 Treadmills to external instruments, such as computers and medical equipment, the words "ENTER ID PRESS ENTER KEY" scroll across the dot matrix screen. This message prompts you to press the ENTER key and to input a user ID. The treadmill will then enter "idle mode".

1. After you press ENTER, the display will show "00000". Press "Incline ▲▼" to select numbers from 0 to 9, then press the "Change" key to determine decimal placement. Once a user ID is selected, press the ENTER key to confirm your choice. The connecting instrument will then be able to identify whether the user ID is true or false. The words "SUBMITTING ID" will scroll across the display.

    A. If a false ID is input, the words "BAD ID RE-ENTER ID" will scroll across the display. Input a valid ID to proceed to the next step.

    B. If the ID is valid, the words "ID ACCEPTED" will scroll across the display. Other user information, including age, weight, and workout time, can then be entered, and the workout can begin. During and after the workout, the connected device can read workout data and user information.

    Note: If the SCROLL or SPEED▲ key is pressed before the user presses the ENTER key to input user ID, the treadmill will enter manual mode. In manual mode, the user can activate the treadmill, but the connected device cannot read workout data and user information. After the workout in manual mode is finished, the words "ENTER ID PRESS ENTER" will scroll across the display.

2. If any key other than ENTER is pressed, the treadmill enters manual mode.

3. If the user ID is not input within about one minute, the word "UNAVAILABLE" scrolls across the display, indicating that communication between the treadmill and the connected device has been terminated. The treadmill display will show the startup banner. The treadmill must be reconnected to the device to establish CSAFE control.

    Note: User IDs should be established and maintained by the manager of the connecting instrument. All users should obtain permission of the device manager before receiving IDs from the manager. The following flow chart explains the CSAFE control process. In this chart, the term "Master" refers to the connected device, and the term "Slave" refers to the treadmill.

```
                              Ready  ◄──────►  Offline
                                │
  Master sends                  │            Offline - User starts
  configuration                 │            workout before
  information and               │            equipment is
  GoIdle command                │            configured
                                ▼            Ready - User
                              Idle           completes offline
                                             workout

  Master reads      User enters ID          User starts the
  results and       or                      equipment without
  sends GoIdle      Master sends            entering an ID
  command           GoHaveID

  Invalid user ID,
  Master sends      Have ID*                Manual
  GoIdle command

  Master validates                User completes
  user's ID and                   workout
  sends GoInUse
  command

  Finished*  ◄──  In Use /
                  Paused          Master sends
                                  GoInUse
  User completes or aborts workout  command
  or
  Master sends GoFinished
```

* Equipment should implement a timeout condition if no response from the Master is received within appropriate period of time.

26

GUIDELINES FOR EXERCISE

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 figuress are calculated by taking 220 minus your age, and calculating 80% for your maximum and 65% for the minimum heart rate for aerobic exercise.

HEART RATE TRAINING ZONE

YOUR HEART RATE

YOUR AGE

max HEART RATE

80% of max HR

65% of max HR
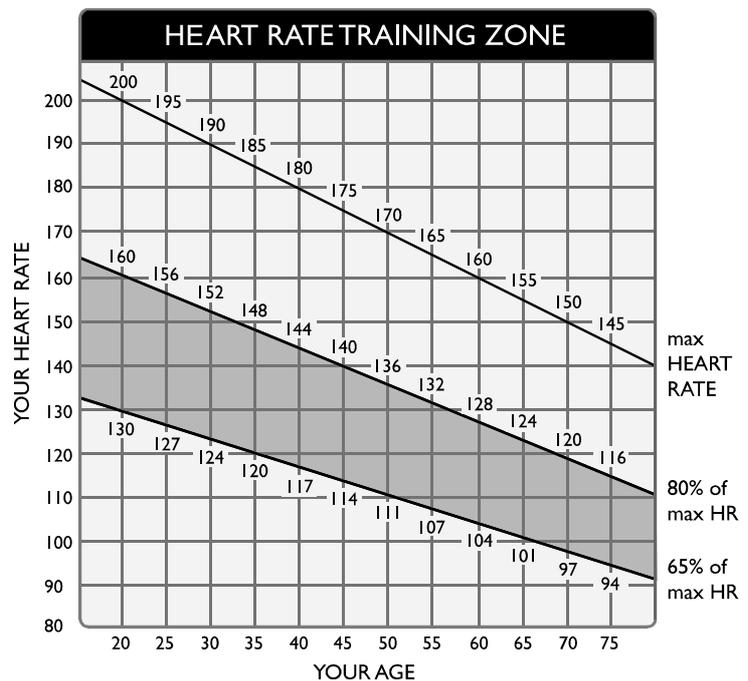
CAUTION:

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

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: Usually between 20 and 30 minutes.

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 decease your workload, then exercise lightly as a "cool down".

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.

ADJUSTING THE RUNNING BELT

The 6310 treadmill includes a belt alignment gauge located on the left side of the motor enclosure. The edge of the running belt should be in the middle of the green portion of the gauge. If the belt edge is in the green area, the belt is properly adjusted. If the edge of the belt is in the red portion, the belt needs asjusting immediately (see Fig.6).

Fig.6-2

Fig.6-1

Belt Alignment Gauge

Fig.6
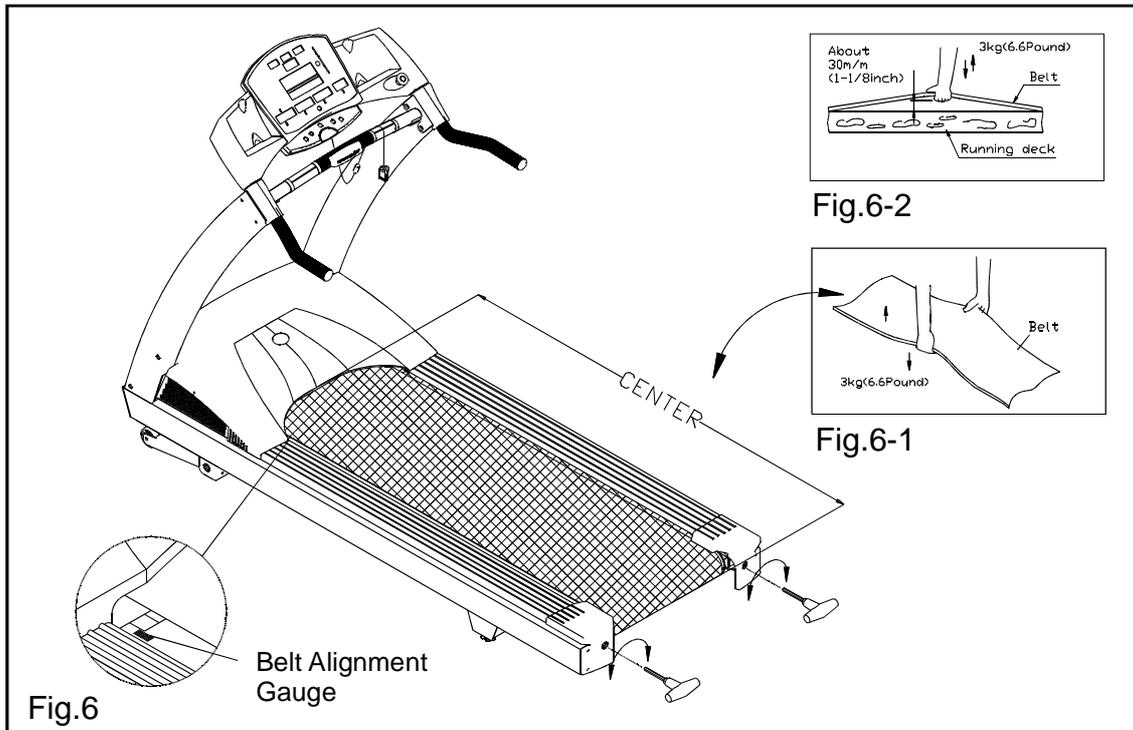
The belt is properly aligned at the factory. However, during shipping and handling or by use on an uneven surface, the belt may move off center. Therefore, it is important that you check the belt's alignment before using the treadmill. The correct alignment of the running belt is critical for the smooth operation of the treadmill.

CAUTION: **DO NOT ALLOW ANYONE TO WALK ON RUNNING BELT DURING THIS PROCEDURE.**

Failure to realign the belt could result in tearing or fraying of the belt, which is not covered in the warranty.

Please follow the belt adjustment procedure listed below:

1. Turn on the power switch located on the front of treadmill.

2. Press the SPEED ▲ button to increase the speed until the speed reaches 2.0 mph/3.2kph on the display.

3. While the unit is running at 2 mph/3.2kph, determine where the belt is in relation to the belt alignment gauge.

4. Should the belt be in the red color range, follow the steps below to return the belt to the proper operating position.

5. If the belt is in the left red zone: Using the hex Allen wrench, turn the left belt adjustment bolt, located at the rear of the treadmill, clockwise 1/4 turn at a time, Then turn the right belt adjustment bolt counter-clockwise 1/4 turn. Let the treadmill run 30 seconds. Always checking the position of the belt in the color gauge. If the belt still has not returned to the green safety zone, repeat with another 1/4 turn until the belt has returned to the middle of the green area. Do not turn adjusting bolt more than1 /4 turn at a time.

   If the belt is on the edge of the green color, please adjust it so it is in the middle of the green color. You may turn the adjustment bolt less than 1/4 turn at a time.

6. Conversely, if the belt is in the right red zone, turn the right belt adjustment bolt clockwise 1/4 turn, then turn the left adjustment bolt counterclockwise 1/4 turn. Let the treadmill run at least 30 seconds, while checking the position of the belt in the color gauge. If it still has not returned to the green safety zone, repeat with another 1/4 turn until the belt has returned to the middle of the green area. Do not turn adjusting bolt more than 1/4 turn at a time.

7. When the belt is back in the green "safety zone", you can continue your regular use of the treadmill. Slowly increase the speed of the unit to 5.5 MPH (9 KPH), and let it run for at least 45 seconds.

8. When you are using the treadmill, if you feel a pause in the belt with each foot plant the belt is too loose. Stop the machine, adjust both rear roller bolts clockwise 1/2 turn at a time. Try the machine again, then check the result, if more adjusting is required, give both adjusting bolts another slight turn. Do not adjust over 2 fullturns.

9. If the belt is too tight, this will adversely effect the life of the unit.

10. To check the correct tension of the belt, hold the belt in the middle, and lift up about 30 m/m (1 1/8") or 3 kg (6.6 pounds) of force (see Fig.7,7-1,7-2).


Center

Fig.7-3

About 30m/m (1-1/8inch)

3Kg(6.6 Pound)
Belt

Running deck

Fig.7-1

Belt

3Kg(6.6 Pound)
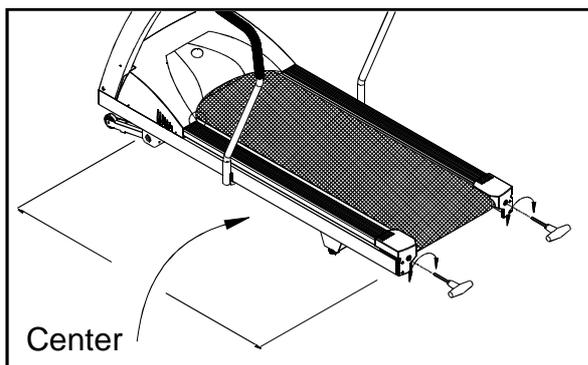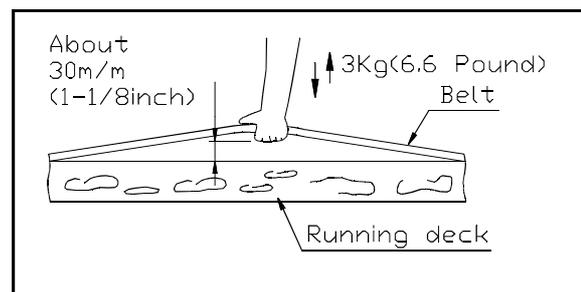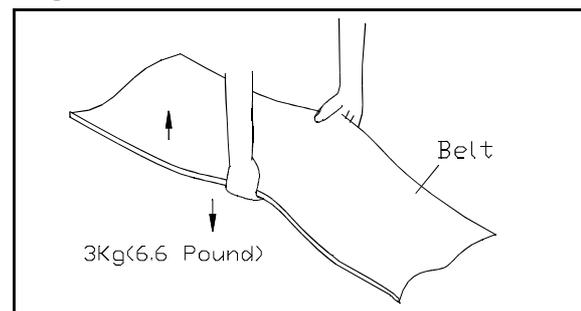
Fig.7-2

11. If the belt is too loose, you can tighten the belt by equally adjusting both rear roller bolts clockwise 1/2 turn at a time. Conversely, if the belt is too tight, adjust both rear roller bolts counterclockwise 1/2 turn at a time (see Fig.7-3).
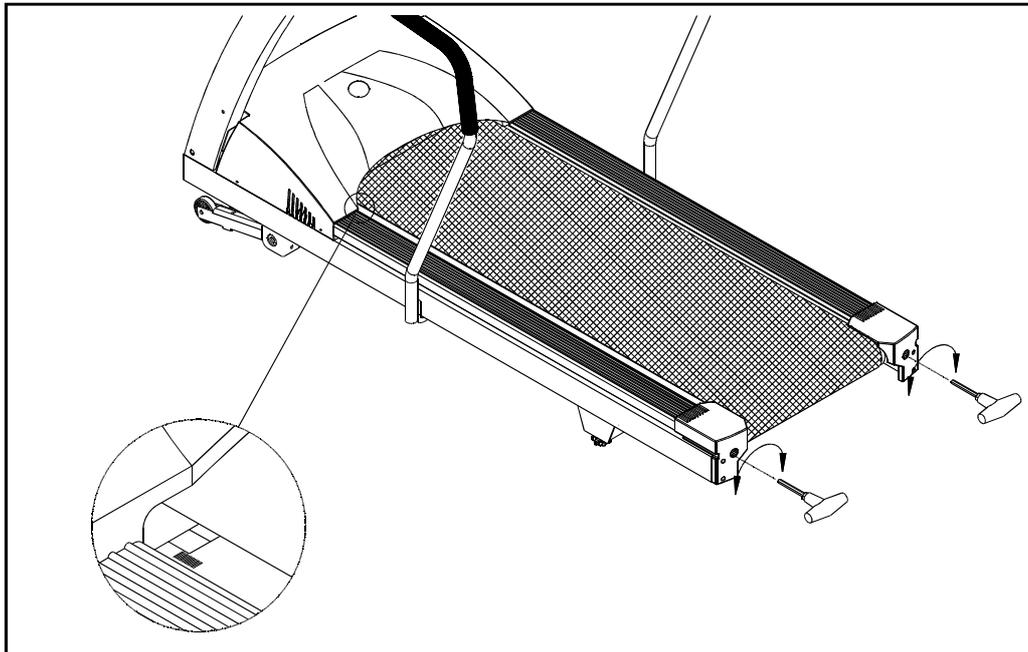

Fig.7-3

**Periodically monitor the position of the belt to ensure peak performance**

CAUTION: To avoid injury, special care must be taken when adjusting the running belt. Remove any loose clothing or shoes lace and tie back your hair. Be very careful to keep your fingers or any other objects clear of the belt and rollers.

The treadmill is designed to carry specific weights. The treadmill will not stop immediately if any object becomes caught in the belt or rollers.

Over tightening of the belt causes damage and premature failure of the precision bearings in the front and rear rollers.

FLOOR LEVEL ADJUSTMENT

If the treadmill is unsteady on your floor, turn the floor level adjustment on the rear feet of the treadmill. Raise or lower the floor level adjustment to steady your treadmill (see Fig.8)

Fig.8
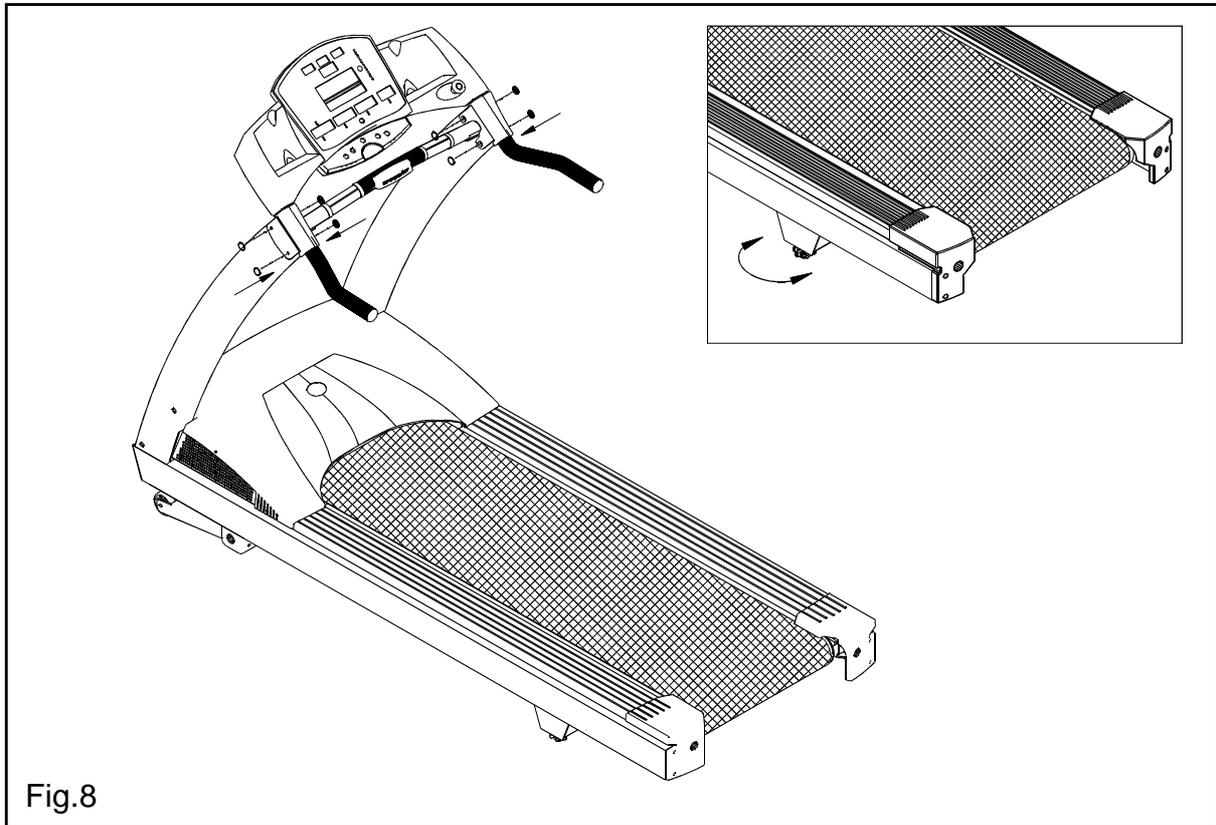
Tear the Twin Adhesives on the Cup Holders open; affix Cup Holders onto two sides of the Electronic Display Board. Press tightly as shown in this drawing. (see Fig.9)
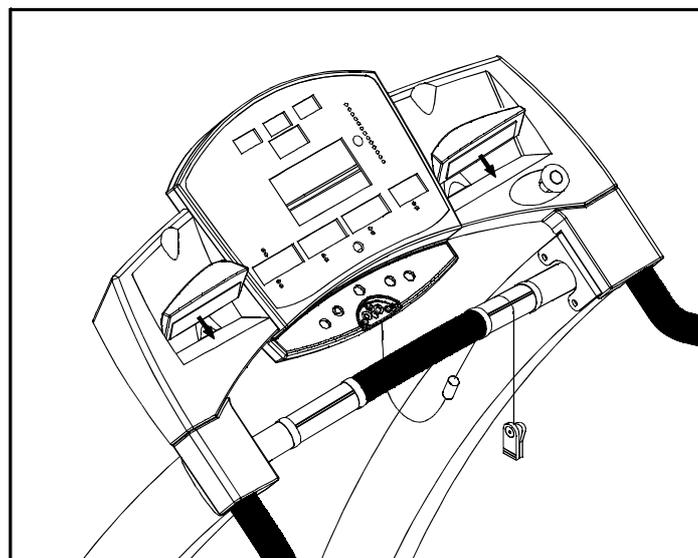

Fig.9

TROUBLE SHOOTING

Service Required

When Service Required LED lights up, It will scroll the message of "Service Required treadmill shutting down stopping" in the electronic display. Then the treadmill stops running automatically and shows up the accumulative distance data in the 7-segment display. Please contact your dealer for more information.

Error messages

1. E-1: The optical switch mounted on the motor is not receiving the signal reflected from the tachometer wheel. Please contact your dealer.

2. E-3: Treadmill speed doesn't match the setting. Contact your local dealer for assistance.

3. E-7: The electronics are receiving the signal reflected from the VR (Potentiometer) incorrectly, which means the terminal wires are either disconnected or the VR is damaged. Please contact your dealer for more information.

Fuse Failure For Incline System

If the incline system still does not function after changing the fuse, please contact your dealer for more information.

Main Fuse Failure

If nothing is displayed on the electronics display, please check the POWER switch located on the front of the treadmill. If it is ON, then the fuse may be damaged and must be replaced.

CAUTION: MAKE SURE THE TREADMILL POWER PLUG IS REMOVED FROM OUTLET BEFORE REPLACING THE FUSE.

There is one fuse holder located at the front, inside of the treadmill frame, (15 amp/100-120volts or 10 amp/220-240volts). This is for the Main Power (see Fig.10). Please make sure to check your standard voltage prior to selecting correct fuse for replacement.

To remove the Main fuse, push the fuse holder in and turn the holder counterclockwise and remove the fuse holder with fuse. Replace the damaged fuse and insert a new one, reinstall the holder, then turn clockwise to secure.
(See Fig.10-1 to Fig.10-3).
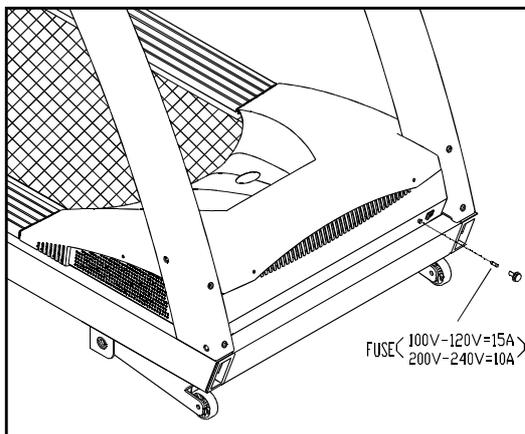
Fig.10
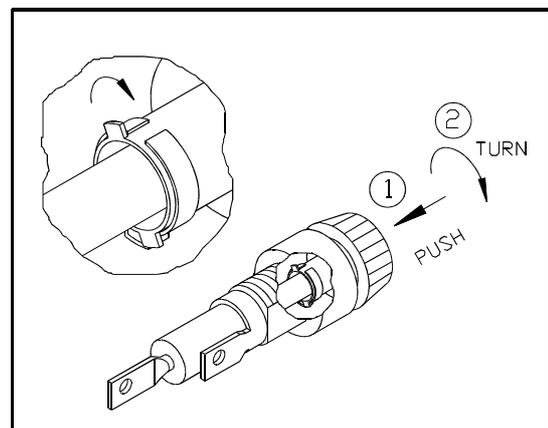
Fig.10-1
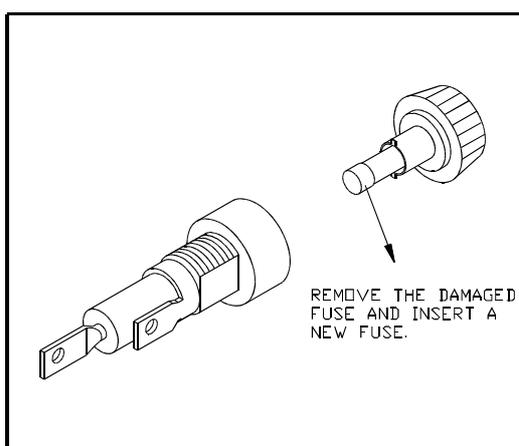
Fig.10-2
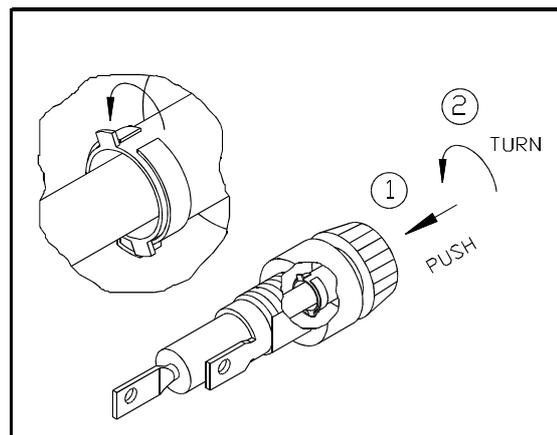
Fig.10-3

If the treadmill does not work after changing the fuse, please contact your dealer for more information.

To further disable the treadmill from use, you can remove the fuse to make the unit in-operable.

Wiring Schematic: