

TreadClimber[®] BY STAR TRAC[®]

INSTALLATION & OWNER'S MANUAL



Table Of Contents

Safety Instructions	5
Precautions	5
Assembly and Setup	21
Assembly Instructions	22
Operating Instructions	32
Display Control Panel Features	33
Hot Bar® Control Features	35
Hints and Tips for Getting Started	36
Quick Start	37
Preset Programs	38
Goal-Based Programs	38
Intervals	38
Rolling Hills	38
Heart Rate Training Programs	39
Constant Heart Rate Control	39
Heart Rate Intervals	39
Cooldown Cycle	40
Using the Cooling Fan	40
Heart Rate Monitoring	40
Contact Heart Rate Monitoring	41
Chest Strap Heart Rate Monitoring	41
Setting & Testing	42
Manager Mode	42
Maintenance Mode	43
Motor Calibration	46
Troubleshooting	47
Regulatory Information	48
International Regulations	49
Maintenance	50
Daily Maintenance	50
Weekly Maintenance	50
Monthly Maintenance	50
Adjustments	51

Introduction

This Owner's Manual will acquaint you with the assembly, operation and maintenance of your TreadClimber® by STAR TRAC cardio machine.

E-TC, E-TCi – TreadClimber® by STAR TRAC

We highly recommend that you read this owner's manual prior to setting up and using your machine. The information on the following pages will enable you to begin easily, quickly and safely.

Warning

Your TreadClimber is designed for aerobic exercise in a gymnasium or health club environment. Please check with your physician prior to beginning any exercise program.

Do not push yourself to excess. Stop if you are feeling faint, dizzy, or exhausted. Use common sense when using this machine. Please read the owner's manual in its entirety before operating.

Manufacturer

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Customer Support

If any items need replacement contact the Star Trac Customer Support Department at 800-503-1221 or 714-669-1660.

STAR TRAC® and the Star Trac logo are registered trademarks of Core Industries.
TreadClimber is a registered trademark of Nautilus Inc. and used under licence.

Safety Instructions

Important Safety Instructions

This product will be wired for either 120 Volts AC nominal power input OR 230 Volts AC nominal input. It is factory-equipped with a specific electric cord and plug to permit connection to the proper electric circuit. Make sure that the product is connected to a dedicated power line having an outlet with the same configuration as that of the plug. NO adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel. Warning: If the supply cord is damaged, it must be replaced by the manufacturer, its service agent, or similarly qualified persons in order to avoid hazard.

Save These Instructions

Attention

Star Trac recommends that units be spaced a minimum of 8 inches (200 mm) apart to allow safe and easy ingress and egress. More importantly, there must be at least 48 inches (1.25 m) of free space behind them each unit.

As with any motorized equipment, the area where the units are located must be free of obstructions and fixtures with sharp edges to prevent injury in the event that a user trips or loses balance and falls. Failure to follow the obstruction free spacing requirement may result in entrapment of the user and cause significant injury. DO NOT place near wet areas (such as pools, showers, etc.).

This chapter includes precautions and fitness safeguards for the installation and use of the TreadClimber. These safety notes are directed to you as the owner of the machine. Please read this chapter carefully before installing or using your equipment and be sure to train all your members and fitness staff to follow these safety instructions. Please read this chapter carefully before installing or using your equipment.

Safety instructions are provided in the following languages (in the order shown):

- English
- Dutch
- French
- Italian
- Portuguese
- Spanish
- Swedish

Precautions



CAUTION: READ THE OWNER'S MANUAL COMPLETELY BEFORE OPERATING THIS TREADMILL



CAUTION: BEFORE CLEANING OR SERVICING, DISCONNECT POWER SUPPLY



CAUTION: MOVING PARTS, KEEP HANDS AND FEET FROM UNDER THE TREADCLIMBER WHEN OPERATING



STOP (OF ACTION)



ALTERNATING CURRENT



ON

OFF

These safety notes are directed to you as the owner of the TreadClimber® for safety purposes, please train all your members and fitness staff to follow these safety instructions.

DO

Do encourage your members to discuss their health program or fitness regimen with a health care professional, especially if they have not exercised for several years, are over 35, or have known health conditions.

Do read all instructions in this manual before using your TreadClimber.

Do use your TreadClimber only for its intended use, as described in this manual.

Do check to ensure the belt is not moving prior to using the TreadClimber.

Do keep the belt surface clean and dry.

Do stop operating your TreadClimber if you feel dizzy, faint or exhausted.

Do exercise slowly until you reach a level of comfort and security.

Do be aware of the location and proper use of the emergency STOP key and pull cord STOP.

Do perform regular inspection and preventive maintenance as specified in the manual.

DO NOT

Do not let children operate your. Supervise invalids or disabled persons who use your TreadClimber. Use the lockout feature to prevent unauthorized or unsupervised use.

Do not exceed the maximum allowable weight limit (350 lbs. / 159 kg) for the TreadClimber.

Do not leave your TreadClimber unattended when it is plugged in. Use the safety lockout feature to prevent unsupervised use.

Do not use your TreadClimber without athletic shoes.

Do not wear loose or hanging clothing while using the TreadClimber.

Do not step or jump on or off your TreadClimber if the belt is moving.

Do not use or store your TreadClimber outdoors or in an enclosed pool environment.

Do not ever drop or insert any object, hands, or feet into any opening, or underneath this equipment.

Do not place water bottles or cups on your TreadClimber unless you are using the designated holders for the TreadClimber

Do keep the TreadClimber air openings free of lint, hair, etc.

Do keep the electrical cord away from sources of excessive heat designated holders for the TreadClimber.

Do unplug your TreadClimber before doing any maintenance or cleaning.

Do warm up and cool down before and after each workout.

Do set your goals.

Do try charting your progress using the feedback from your TreadClimber.

Do try using the incline feature to burn more calories and strengthen your lower-body muscles.

Do be careful when mounting and dismounting the TreadClimber. Always use the handrails, rear step and side footsteps for support.

Do use the handrails when walking, to help your balance and start your workout at slow speeds and gradually increase to your desired workout level.

Do not use your TreadClimber where aerosol (spray) products are being used or where oxygen is being administered.

Do not use attachments or parts not recommended by the manufacturer.

Do not use the equipment with the motor shroud removed, or modify the equipment in any way.

Do not over tighten the running belt.

Do not operate your TreadClimber if the unit has a damaged cord or plug. Do not use the unit if it is not working properly, if the unit has been dropped or damaged, or if the display console shows an error code. Contact the Star Trac Customer Support Department at 800-503-1221 or 714-669-1660 for instructions before retuning the unit to operation.

VEILIGHEIDSINSTRUCTIES

WAARSCHUWING

Dit produkt is voor gebruik op een circuit met een nominale waarde van 220 volt en is in de fabriek uitgerust met een speciaal elektrisch snoer en stekker om verbinding met een passend elektrisch circuit toe te staan. Zorg ervoor dat dit produkt verbonden is met een stopcontact dat dezelfde configuratie heeft als de stekker. **GEBRUIK GEEN ADAPTER BIJ DIT PRODUKT.** Als het produkt opnieuw verbonden moet worden met een ander type van elektrisch circuit, dan moet deze verbinding gemaakt worden door gekwalificeerd onderhoudspersoneel.



VOORZICHTIG: NEEM DE STEKKER UIT HET STOPCONTACT VOOR HET RENIGEN OF ONDERHOULD.



VOORZICHTIG: LEES HET INSTRUCTIEHANDBOEK VOORDAT U DE MACHINE BEDIENT.



VOORZICHTIG: BEWEGENDE ONDERDELEN. HOUD UW HANDEN EN VOETEN ONDER DE LOPENDE BAND VANDAAN.



STOPPEN (VAN ACTIE)



WISSELSTROOM



AAN

UI

Deze veiligheidsinstructies zijn aan u gericht als de eigenaar van de TreadClimber[®] by STAR TRAC[®]. Train uw leden en fitness- personeel om deze veiligheidsinstructies te volgen.

LEES ALLE INSTRUCTIES VOORDAT U DE HARDLOOPBAND GEBRUIKT.

WAARSCHUWING: Om het risico van een elektrische schok te verminderen, dient u de stekker van de hardloopband **ALTIJD** uit het stopcontact te nemen voordat u hem schoonmaakt

DOE DIT WEL

Stop de bediening van de hardloopband als u zich duizelig voelt of het gevoel heeft dat u flauwvalt.

Weet hoe ver u kunt gaan.

Zorg ervoor dat het oppervlak van de band schoon en droog blijft.

DOE DIT NIET

Laat kinderen niet zonder toezicht de hardloopband bedienen.

Zorg ervoor dat het maximaal toegestane gewicht (159 kg) niet wordt overschreden.

Ga de band niet op af terwijl deze loopt.

Zorg ervoor dat u weet waar de noodstop zit en hoe deze werkt.

Verricht regelmatig preventief onderhoud. Houd het snoer bij verwarmingssystemen vandaan.

Wacht totdat de lopende band stil staat voordat u van de hardloopband stapt.

Houd luchtopeningen vrij van pluizen, haar etc. Bedien de hardloopband nooit met beblokkeerde luchtopeningen.

Schakel de stroom uit bij de contactschakelaar.

Neem de stekker uit het stopcontact voordat u de band reinigt of welk onderdeel dan ook verwijdt of vervangt. Gebruik dit product alleen voor het doeleinde waarvoor het bestemd is. Niet buiten gebruiken.

Draag geen loszittende kleding als u de lopende band bedient.

Draai de lopende band niet te strak aan. Bedien de hardloopband niet als deze een beschadigd snoer of stekker heeft, als hij niet goed werkt of als hij gevallen of beschadigd is. Neem contact op met uw geautoriseerde Star Trac[®] detailhandelaar of de onderhoudsafdeling van Star Trac op +1 800-503-1221 of bezoek onze website op <http://www.startrac.com> voor een onmiddellijke inspectie of reparatie.

Gebruik de hardloopband niet zonder gymschoenen. Laat nooit objecten in het apparaat vallen en steek geen objecten, handen of voeten in welke opening van het apparaat dan ook of onder het apparaat.

Plaats geen waterflessen of bekers op uw hardloopband tenzij u een houder heeft die speciaal ontworpen is voor hardloopbanden. Gebruik uw hardloopband niet in een omgeving waar spuitbussen worden gebruikt of waar zuurstof wordt toegediend.

Bedien het apparaat niet zonder de motorafscherming of pas het apparaat op geen enkele wijze aan.

MESURES DE PRECAUTION



ATTENTION: LISEZ SOIGNEUSEMENT LE MANUEL D'UTILISATION AVANT D'UTILISER CE TAPIS ROULANT



ATTENTION: DÉBRANCHEZ A LA SOURCE AVANT D'EFFCTUER UN ENTRETIEN DU UNE RÉPARATION



ATTENTION: CONTIENT DES PIECES MOBILES. GARDEZ LES MAINS ET LES PIEDS A L'ECART DE LA PARTIE INFERIEURE DU TAPIS ROULANT PENDANT SON FONCTIONNEMENT.



ARRÊT (MISE HORS SERVICE)



COURANT ALTERNATIF



OUVRE

FERME

Ces instructions sont destinées au propriétaire du TreadClimber® by STAR TRAC®. Assurez vous que votre personnel et vos adhérents les suivent toujours.

Encouragez vos adhérents à parler de leur programme d'entraînement à un médecin ou un entraîneur, en particulier s'ils n'ont pas eu d'activité sportive pendant plusieurs années, s'ils ont plus de 35 ans ou s'ils ont des kilos superflus.

Lisez le manuel avant faire fonctionner le tapis.

Utilisez le tapis exclusivement aux fins dont il est destiné. N'utilisez pas d'accessoires qui n'ont pas été recommandés par le fabricant.

Attachez toujours vos lacets et vêtements quand vous courez sur le tapis.

Conserver la surface du tapis propre et sèche.

Arrêtez si vous êtes pris de vertiges ou épuisé.

Commencez toujours à une vitesse lente. Respectez les périodes d'échauffement et de récupération.

Vérifier où se trouve l'interrupteur STOP d'urgence et comment l'utiliser correctement.

Entrez vos objectifs (voir chapitre 4).

Ne laissez pas d'enfants non-accompagnés sur le tapis. Une surveillance très stricte est nécessaire si des personnes invalides ou handicapées utilisent le tapis.

Ne pas dépasser la charge maximum (159 kg) admise pour le tapis roulant.

Ne laissez jamais le tapis sans surveillance s'il est branché. Débranchez le tapis si vous ne l'utilisez pas ou avant de monter ou démonter des pièces.

Ne pas porter de vêtements larges ou pendants lors de l'utilisation du tapis roulant.

Utilisez le tapis uniquement avec des chaussures appropriées.

Ne descendez pas ou ne montez pas sur un tapis qui est en fonction.

N'utilisez ou ne stockez jamais le tapis à l'extérieur ou près d'une piscine.

Ne laissez rien rentrer dans les ouvertures. Ne posez pas vos pieds sous l'appareil.

Ne posez pas de bouteilles ou verres d'eau sur l'appareil sans être équipé avec le () en option.

Complétez votre entraînement par un régime alimentaire.

Suivez votre progrès grâce aux informations du tableau de bord.

Essayez d'utiliser l'inclinaison afin de brûler plus de calories et de renforcer les muscles de membres inférieurs.

Effectuez régulièrement l'entretien préventif du tapis.

Mettez les fils électriques à l'abri de chaleur.

Enlevez poussière, cheveux etc. de l'aération.

N'utilisez pas le tapis dans les endroits où des aérosols ou de l'oxygène ont été utilisés.

Débranchez le tapis avant le nettoyage ou le changement de fusibles.

N'enlevez pas de vis, ne modifiez pas l'appareil.

Ne serrez pas trop fort la surface caoutchoutée.

N'utilisez pas cet appareil si les fils ou la fiche sont endommagés, s'il est tombé ou cassé. Appelez votre distributeur pour une révision ou réparation.

SICHERHEITSVORSCHRIFTEN

WARNUNG

Dieses Produkt ist für den Gebrauch an einer passenden Netzsteckdose mit 220 Volt Spannung bestimmt und werkseitig mit einer dafür vorgesehenen Netzleitung und einem Netzstecker ausgerüstet. Stellen Sie sicher, daß das Gerät nur an einem Anschluß mit gleicher Bauart wie der Stecker angeschlossen wird. VERWENDEN SIE DEINEN ADAPTER FÜR DEN BETRIEB DES PRO / PRO S. Wenn das Gerät zum Betrieb an einem anderen Stromnetz auf einen anderen Netzstecker umgerüstet werden muß, sollte die Umrüstung durch einen qualifizierten Elektriker durchgeführt werden.



ACHTUNG: GERÄT VOR DEM REINIGEN ODER WARTEN VON DER STROMVERSORGUNG TRENNEN



ACHTUNG: VOR DER BENUTZUNG SICHERHEITSVORSCHRIFTEN LESEN



ACHTUNG: BEWEGLICHE TEILE - BEI BETRIEB HÄNDE UND FÜSSE VOM BEREICH UNTERHALB DES LAUFBANDES FERN HALTEN



BEDIENUNG UNTERBRECHEN



WECHSELSTROM



EIN

AUS

Sicherheitshinweise sind an Sie, den Besitzer des Laufbandes TreadClimber® by STAR TRAC®, gerichtet. Bitte weisen Sie Ihre Mitglieder und Ihre Fitneß-Mitarbeiter an, sich an die folgenden Sicherheitsvorschriften zu halten.

LESEN SIE ALLE ANWEISUNGEN VOR DER BENUTZUNG DEL LAUFBANDES.

WARNUNG: Um das Risiko eines elektrischen Schlages zu vermeiden, nehmen Sie den Stecker des Laufbands vor dem Reinigen **IMMER** aus der Netzsteckdose.

SIE SOLLTEN

Die Benutzung des Laufbandes beenden, wenn Schwindel oder Benommenheit auftritt.

Au Ihre Grenzen denken.

Das Laufband vor jeglichen Wartungsund Reinigungsarbeiten abschalten.

Das Gerät nur für den vorgesehenen Verwendungszweck benutzen.

Halten Sie die Oberfläche des Bandes sauber und trocken.

Informieren Sie sich über den Ort und die korrekte Verwendung des Stoppschalters für den Notfall.

Regelmäßige vorbeugende Wartungsarbeiten durchführen.

Die elektrischen Leitungen von Wärmequellen fernhalten.

Den Stillstand des Laufriemens abwarten, bevor Sie das Laufband auseinanderbauen.

Die Lüftungsöffnungen frei von Staub, Haaren und Ähnlichem halten.

Das Laufband niemals mit verdeckten Lüftungsschlitzen betreiben

Die Stromversorgung immer am Netzschalter abschalten.

SIE SOLLTEN NIEMALS

Kinder das Laufband unbeaufsichtigt benutzen lassen.

Achten Sie darauf, die Höchstgewichtsgrenze 159 kg) für das Laufband nicht zu überschreiten.

Schutzvorrichtungen entfernen oder das Gerät umbauen.

Tragen Sie keine lockere oder herabhängende Kleidung, wenn Sie das Laufband benutzen.

Das Gerät im Freien benutzen.

Den Laufriemen überspannen.

Das Laufband mit beschädigter Netzleitung betreiben, wenn es nicht richtig funktioniert, heruntergefallen ist oder beschädigt wurde. Für sofortige Reparaturunterstützung kontaktieren Sie einen autorisierten Händler oder den Kundendienst von Star Trac telefonisch unter +1 800-503-1221, bzw. Benutzen Sie unsere Web-Seite unter <http://www.startrac.com>.

Das Laufband ohne die passenden Sportschuhe benutzen.

Gegenstände in eine Öffnung am Gerät hineinfallen lassen.

Gegenstände, Hände oder Füße in eine Öffnung am Gerät stecken oder diese unter das Gerät legen.

Wasserflaschen oder Trinkbecher auf das Laufband stellen, es sei denn, Sie haben ein speziell für diesen Zweck und für dieses Laufband gedachtes Zubehörteil.

Das Laufband in Räumlichkeiten benutzen, in denen Produkte in Aerosoldosen (Sprays) angewandt werden oder in denen Sauerstoff verabreicht wird.

ISTRUZIONI DI SICUREZZA

ATTENZIONE

Questo prodotto è da usare su un circuito elettrico con una tensione nominale di 220 volt ed è fornito dalla fabbrica con un cavo elettrico e spina specifici per permettere il collegamento ad un circuito elettrico appropriato. Assicuratevi che il prodotto sia collegato ad una presa che abbia la stessa configurazione della spina. **NESSUN ADATTATORE DEVE ESSERE USATO CON QUESTO PRODOTTO.** Se il prodotto deve essere ricollegato per l'uso su un circuito elettrico diverso, il ricollegamento deve essere effettuato da un elettricista qualificato.



ATTENZIONE: PRIMA DI PULIRE O ESEGUIRE LA MANUTENZIONE, TOGLIETE LA SPINA



ATTENZIONE: PRIMA DI USARE LEGGETTE IL MANUALE DELLE ISTRUZIONI



ATTENZIONE: PARTI IN MOVIMENTO. DURANTE IL FUNZIONAMENTO DEL TREADCLIMBER ALLONTARE MANI E PIEDI DAL SUO RAGGIO D'AZIONE



FERMA IL MOVIMENTO



CORRENTE ALTERNATA



ACCESO

SPENTO

Queste indicazioni sono indirizzate ai proprietari del TreadClimber® by STAR TRAC®. Chiedete a tutti i membri della vostra palestra e al vostro staff di seguire queste istruzioni di sicurezza.

LEGGETE TUTTE LE ISTRUZIONI PRIMA DI USARE IL TREADCLIMBER.

ATTENZIONE: per ridurre il rischio di scossa elettrica, staccate **SEMPRE** la spina della corrente del TreadClimber® by STAR TRAC® prima di pulirlo.

DA FARE

Fermate il TreadClimber by STAR TRAC se vi sentite svenire o avete capogiri.

Siate coscienti dei vostri limiti. Mantenere il nastro asciutto e pulito.

Staccate la spina prima di pulire, spostare o cambiare qualsiasi parte del TreadClimber by STAR TRAC.

Usate questo prodotto solo per l'uso inteso.

Assicurarsi di essere a conoscenza della posizione e dell'uso corretto del pulsante di emergenza STOP.

Eseguite la manutenzione regolare. Mantenete la corda elettrica lontana da fonti di calore.

Aspettate fino a quando il nastro è completamente fermo prima di scendere dal TreadClimber

Pulite le prese d'aria da polvere, capelli e simili. Non usate mai il TreadClimber con le prese d'aria bloccate.

Spegnete la macchina tramite l'interruttore.

DA NON FARE

Non permettete a bambini di usare il TreadClimber by STAR TRAC senza sorveglianza.

Non superare il peso limite massimo consentito (159 kg) per il TreadClimber.

Non salite o scendete dal TreadClimber by STAR TRAC mentre è in funzione.

Non usatelo all'aperto.

Durante l'uso del TreadClimber by STAR TRAC non indossare indumenti che possano impigliarsi in organi in movimento.

Non tirate troppo il nastro.

Non usate il TreadClimber by STAR TRAC se il cavo elettrico o la spina sono danneggiati, se non funziona come dovrebbe o se è caduto o è danneggiato. Contattate il vostro rivenditore autorizzato Star Trac o l'assistenza clienti dello Star Trac al numero +1 800-503-1221 o visitate il nostro sito Internet a <http://www.startrac.com>, per esame o riparazione immediata. Usate il TreadClimber by STAR TRAC solo se calzate scarpe da ginnastica.

Non lasciate cadere oggetti e non inserite mani o piedi nelle aperture o al di sotto del TreadClimber by STAR TRAC.

Non appoggiate bottiglie d'acqua o bicchieri sul TreadClimber by STAR TRAC a meno che non stiate usando un supporto progettato appositamente per il TreadClimber by STAR TRAC.

Non usate il TreadClimber by STAR TRAC in posti dove sono usati prodotti aerosol (spray) o dove è somministrato dell'ossigeno.

Non accendete il TreadClimber by STAR TRAC con il coperchio del motore rimosso, e non modificalo in nessun modo.

INSTRUÇÕES DE SEGURANÇA

ADVERTÊNCIA

Este produto deve ser usado em um circuito com tensão nominal de 220 volts. Ele foi fabricado com um cabo de alimentação e plugue específicos para permitir a sua conexão com um circuito elétrico apropriado. Certifique-se de que o produto esteja conectado a uma tomada com as mesmas configurações do plugue. **NÃO UTILIZE ADAPTADORES PARA ESTE PRODUTO.** Se for necessário reconectar a produto para utilização em um tipo diferente de circuito elétrico, este procedimento deverá ser executado por pessoal qualificado.



ATENÇÃO: ANTES DE LIMPAR OU FAZER MANUTENÇÃO, DESCONECTE O APARELHO DA TOMA DA



ATENÇÃO: LEIA O MANUAL DE INSTRUÇÕES ANTES DE OPERAR A ESTEIRA



CUIDADO: PROTEJA AS MÃOS E OS PÉS AO MOVER PEÇAS COM A ESTEIRA EM FUNCIONAMENTO.



PARE (A AÇÃO)



CORRENTE ALTERNADA



I LIGAR

O DESLIGAR

Estas observações de segurança destinam-se à você, proprietário de TreadClimber® by STAR TRAC®. Treine todos os membros e funcionários que utilizarão o equipamento para que sigam estas instruções de segurança.

LEIA TODAS AS INSTRUÇÕES ANTES DE USAR SUA ESTEIRA

ADVERTÊNCIA: para reduzir os rescos de choque elétrico, **SEMPRE** desconecte a esteira da tomada antes de limpá-la

Pare de usar a esteira se você se sentir fraco ou com tontura.

Conserve a superfície da correia limpa e seca.

Reconheça seus limites.

Desconecte a esteira da tomada antes de limpá-la ou antes de remover ou substituir qualquer peça.

Utilize este equipamento única e exclusivamente para o seu devido fim.

Informe-se sobre a posição e o uso adequado da chave de emergência STOP.

Não permita que crianças operem a esteira sem supervisão de um adulto.

Não ultrapasse o limite de peso máximo permitido (159 kg) especificado na esteira.

Não suba ou desça da esteira enquanto ela estiver em movimento.

Não use roupas folgadas enquanto estiver utilizando a esteira.

Não utilize a esteira ao ar livre.

Não estique demais o tapete da esteira.

Faça manutenção preventiva regularmente.
Mantenha o fio afastado de superfícies aquecidas.

Espere até que a esteira esteja completamente parada antes de descer do aparelho.

Mantenha as saídas de ar desobstruídas de fiapos de tecidos, cabelos e outros objetos. Nunca opere a esteira com as saídas de ar bloqueadas.

Desligue o aparelho com o interruptor de força.

Não opere esta esteira se o cabo de alimentação ou o plugue da tomada estiverem danificados, se ela não estiver

funcionando perfeitamente ou se tiver sofrido queda ou danos. Procure seu revendedor autorizado Star Trac® ou o departamento de assistência técnica Star Trac pelo telefone 1 800-503-1221 ou acesse nosso “web site” no endereço <http://www.startrac.com> para fazer uma consulta ou conserto imediato.

Não utilize a esteira sem calçar tênis.

Não deixe cair nem introduza nenhum objeto, as mãos ou pés em nenhuma abertura do equipamento ou debaixo deste.

Não coloque garrafas d’água nem copos na esteira se não estiver utilizando o devido acessório projetado para esse fim. Não utilize a esteira onde estejam sendo usados produtos de aerosol (spray) ou em lugares onde esteja sendo administrado oxigênio. Não opere o equipamento com a tampa do motor removida nem faça nenhuma modificação no equipamento.

INSTRUCCIONES DE SEGURIDAD

ADVERTENCIA

Este producto está preparado para utilizarse en un circuito de 220 voltios y se suministra equipado de fábrica con un cable y un enchufe eléctricos específicos para permitir su conexión a un circuito eléctrico apropiado. Asegúrese de que el producto se conecte a una toma de corriente con la misma configuración que el enchufe. **NO UTILICE NINGÚN ADAPTADOR CON ESTE PRODUCTO.** Si este producto necesita ser modificado eléctricamente para utilizarse en un tipo diferente de circuito eléctrico, dicha modificación debe ser realizada únicamente por el personal de servicio calificado.



ATENCIÓN: DESCONECTE EL SUMINISTRO DE CORRIENTE ANTES DE LIMPIAR O REPARAR



PARAR (EL FUNCIONAMIENTO)



ATENCIÓN: LEA EL MANUAL DE INSTRUCCIONES ANTES DE SU UTILIZACIÓN



CORRIENTE ALTERNA



ATENCIÓN: PIEZAS EN MOVIMIENTO! MANTENGA LAS MANOS Y LOS PIES ALEJADOS DE LA PARTE INFERIOR DE LA CINTA CUANDO LA MISMA ESTÉ EN FUNCIONAMIENTO



ENCENDIDO

APAGADO

Estas notas sobre seguridad van dirigidas a Vd. Como propietario del TreadClimber® by STAR TRAC®. Haga que todos los usuarios y preparadores físicos cumplan estas instrucciones de seguridad.

LEA TODAS LAS INSTRUCCIONES ANTES DE UTILIZAR SU TAPIZ RODANTE.

ADVERTENCIA: Para reducir los riesgos de sufrir una descarga eléctrica, desenchufe **SIEMPRE** el tapiz rodante antes de limpiarlo.

QuÉ HACER

Detenga el tapiz rodante si se nota desfallecido o mareado.

Mantenga la superficie de la cinta seca y limpia.

Conozca sus limitaciones.

Desenchufe el tapiz rodante antes de limpiar, quitar o cambiar alguna pieza.

QuÉ NO HACER

No permita que los niños utilicen el tapiz rodante sin supervisión.

No sobrepase el peso máximo permitido (159 kg) para la cinta andadora.

No suba o baje del tapiz rodante mientras está funcionando.

No lleve ropa suelta ni que cuelgue mientras utiliza la cinta andadora.

Asegúrese de saber dónde está el interruptor de emergencia STOP y cómo utilizarlo adecuadamente.

Utilice este producto sólo para los usos que está diseñado.

Realice un mantenimiento preventivo de manera regular.

Mantenga el cable separado de fuentes de calor.

Espere a que la cinta móvil haya parado antes de descender del tapiz rodante.

Mantenga las entradas de aire libres de pelusa, pelo y similares. No utilice nunca el tapiz rodante on las entradas de aire bloqueadas.

Desconecte de la corriente por medio del disyuntor.

No debe utilizarse en exteriores. No tense demasiado la cinta móvil.

No utilice este tapiz rodante si tiene el cable o el enchufe dañados, si no funciona adecuadamente o si ha sufrido algún golpe o deterioro. Póngase en contacto con su vendedor autorizado de StairMaster, con el departamento de servicios de Star Trac llamando al número +1 800-503-1221 o accediendo a nuestra página de la web en <http://www.startrac.com>, para un examen o reparación inmediatos.

No utilice el tapiz rodante sin calzado deportivo.

No deje caer ni introduzca ningún objeto, manos o pies en ninguna abertura del aparato o debajo del mismo.

No deje botellas de agua ni tazas sobre su tapiz rodante excepto si utiliza el accesorio adicional diseñado para este fin. No utilice su tapiz rodante en lugares en los que se están usando productos aerosoles (en spray) o en los que se está administrando oxígeno.

No encienda este aparato con la cubierta del motor retirada, ni lo modifique de ninguna manera.

SIKKERHEDSINSTRUKTIONER

ADVARSEL

Dette produkt er beregnet til brug i forbindelse med et el-net med nominel effekt på 220 volt. Det leveres med særlig ledning og stik fra fabrikken, som kun passer til den korrekte type el-net. Sørg for, at produktet

er sat til en stikkontakt, som har samme konfiguration som stikket. **DER MÅ IKKE BRUGES ADAPTER TIL DETTE PRODUKT.** Hvis produktet absolut skal omstilles til en anden slags el-net, skal omstillingen foretages af kvalificeret servicepersonale.



FORSIGTIG: AFBRYD EL-KABLET, FØR DU GØR RENT ELLER SERVICERER.



FORSIGTIG: LÆS INSTRUKTIONSHÅNDBOGEN FØR BRUG



FORSIGTIG: RÖRLIGA DELAR - LÅT INGA HÄNDER ELLER FÖTTER BEFINNA SIG UNDER LÖPBANDET NÄR DET ÄR IGÅNG



STOP (AF FUNKTION)



VEKSELSTRØM



TÆND

SLUK

Disse sikkerhedsbemærkninger henvendes til ejeren af TreadClimber® by STAR TRAC®. Sørg venligst for, at alle medlemmer og alt kondipersonale kender og følger disse sikkerhedsregler.

LÆS ALLE INSTRUKTIONERNE, FØR DU BRUGER DIN TRÆDEMØLLE.

ADVARSEL: For at mindske risikoen for at få elektrisk stød, skal du **ALTID** trække trædemøllens stik ud af kontakten, før du gør den ren.

SKAL

Stig af trædemøllen, hvis du bliver mat i kroppen eller svimmel.

Kend dine begrænsninger.

Håll löpbandets yta torr och ren.

Træk trædemøllens stik ud af kontakten, før du gør den ren, eller fjerner eller udskifter en del.

Brug ikke trædemøllen udendørs.

MÅ IKKE

Tillad ikke børn uden opsyn at bruge trædemøllen.

Överstig inte maximalt tillåtna vikt (159 kg) för löpbandet.

Stig ikke på eller af trædemøllen, mens den kører.

Bär inga löst hängande kläder som kan fastna när du använder löpbandet.

Stram ikke løbebandet for meget.

Brug kun produktet til det formål, det er beregnet til.

Foretag forebyggende vedligeholdelse med regelmæssige mellemrum.

Tänk på placeringen av löpbandet samt att du endast använder nödknappen STOP när det är nödvändigt.

Holdledningen fri af varmeanlæg.

Vent til løbebåndet standser, før du stiger af trædemøllen.

Hold ventilationsåbningerne fri for fnug, hår og lignende. Brug aldrig trædemøllen med blokerede luftventilationsåbninger.

Sluk for elektriciteten på afbryderkontakten.

Brug ikke trædemøllen, hvis ledningen eller stikket er beskadiget, hvis trædemøllen ikke fungerer rigtigt, eller hvis den er faldet ned eller væltet og er blevet beskadiget. Kontakt den autoreserede Star Trac[®], forhandler eller serviceafdelingen hos Star Trac Ring på +1 800-503-1221 eller du kan få fat i os på vores web-site: <http://www.startrac.com> for øjeblikkeligt eftersyn eller reparation.

Brug ikke trædemøllen uden kondisko. Undgå at tabe eller at stikke genstande,

hænder eller fødder ind i en åbning i eller under udstyret.

Stil ikke vandflasker eller kopper på trædemøllen, medmindre du har dertil beregnet tilbehør, som er specielt designet til trædemøllen. Brug ikke trædemøllen på steder, hvor der bruges aerosolprodukter (spray), eller hvor der administreres ilt.

Udstyret må ikke køre uden motorafskærmning, og det er ikke tilladt at ændre udstyret på nogen måde.

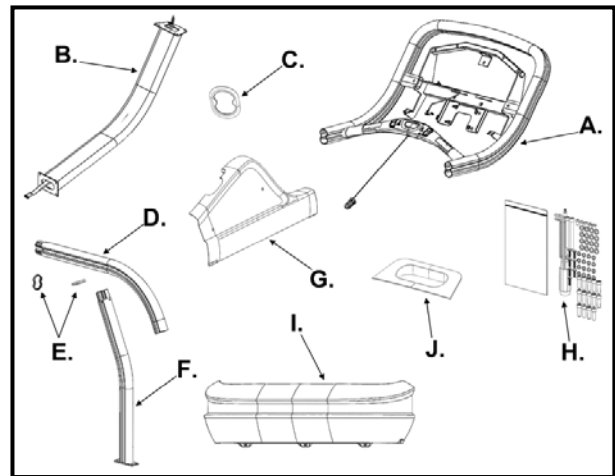
Assembly & Setup

Use the following procedures to unpack and assemble your TreadClimber®

Unpacking & Parts List

Remove the top cover from the shipping carton. Remove all parts and shipping supports (except the base) from the carton, and verify that the following parts are included in your shipment:

Parts List:
Console Frame
Neck Mast
Handrail Grommets
Upper Handrails (Left & Right)
Handrail Beauty Rings
Lower Handrails (Left & Right)
Rear Corner Shroud (Left & Right)
Hardware Pack
Rear Shroud
Neck Grommet



Take time now to enter your TreadClimber serial number in the space below (serial number is located along the base of the frame in the front). If parts are missing, or if you have any operational questions, please call Star Trac's Service department at (800) 503-1221. Have your serial number ready.

Serial No. _____

NOTE: If you are missing any of the parts listed above, inspect the packing material and the box for items that may have been overlooked. If parts are missing, or if you have any product questions, please call Star Trac's Service Department at (800) 503-1221, please have your TreadClimber serial number ready.

CAUTION: Damage to the TreadClimber during assembly is not covered as part of the limited Star Trac warranty.

Note: This manual covers installation of the LED display. If you ordered a PVS kit, please refer to the assembly and operating instructions included with that product for proper setup and operation.

Tools Required

Your TreadClimber can be assembled using the following tools:

Metric Hex Key Wrenches
Metric Open-End Wrenches
Metric Ratchet Socket Wrench
30mm Socket for Raising Rear Wheels
SetTorque Wrench
Phillips Head Screwdriver

Assembly Instructions

1. Locate an open area to unbox the packaged TreadClimber (Fig.1).

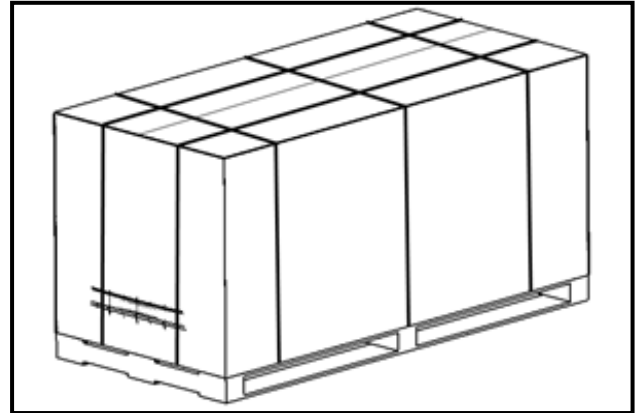


Fig. 1

2. Cut all straps to remove the cardboard packaging along with any protective wrapping to expose the palletized TreadClimber base (Fig. 2).

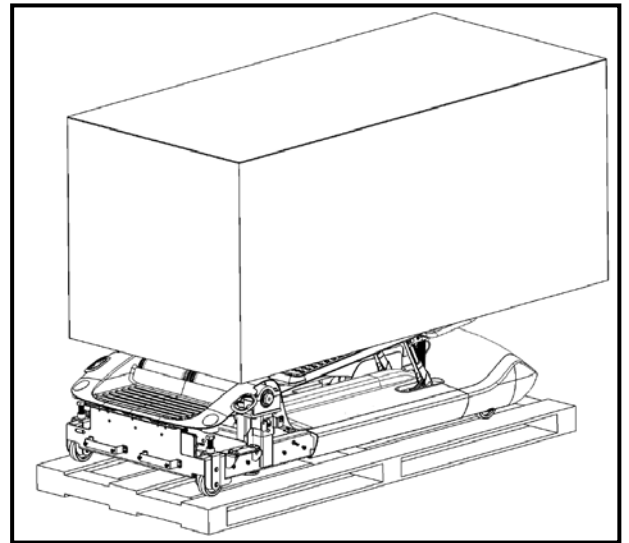


Fig. 2

3. Move all unattached components off the TreadClimber base (Fig. 3).

Hardware:

- Console Frame
- Neck Mast
- Handrail Grommets
- Upper Handrails (Left & Right)
- Handrail Beauty Rings
- Lower Handrails (Left & Right)
- Rear Corner Shroud (Left & Right)
- Hardware Pack
- Rear Shroud
- Neck Grommet

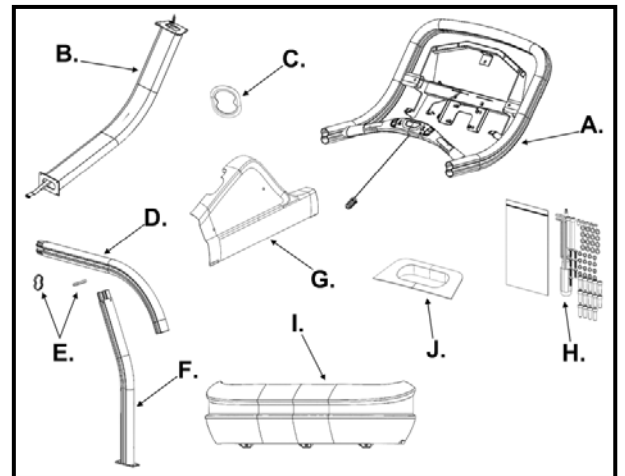


Fig. 3

4. To move the TreadClimber off the pallet; remove the alternator shroud to expose the transport grip handles. With two people and each gripping a handle; drive the base off the rear of the pallet (Fig. 4).

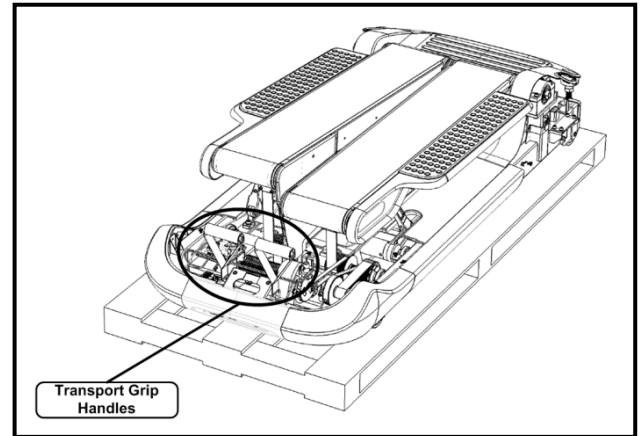


Fig. 4

5. Remove and store the transport grip handles (Fig. 5) once the TreadClimber base is safely on the floor. The transport grip handles can be reattached for future transport.

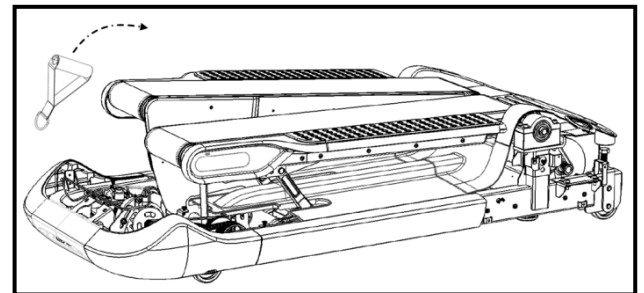


Fig.5

6. Mount the neck mast (Fig. 6) to the base by lightly torquing four socket head cap screws in place at the front of the base frame.

Final Torque:

- o 240 In-Lbs (27 Nm)

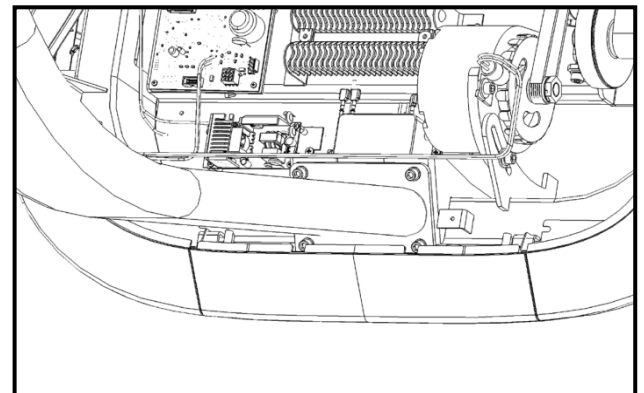


Fig. 6

7. Connect the cables extruding through the lower section of the neck mask into the corresponding locations on the lower base (Fig. 7).

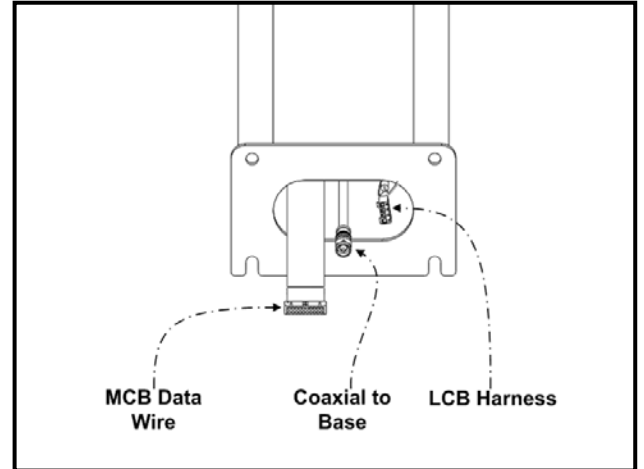


Fig. 7

8. Mount the left & right lower handrail sections to the TreadClimber base and loosely thread four socket head cap bolts to each handrail mount (Fig. 8) along with sliding on the corresponding left & right handrail grommets into place.

Final Torque:

- o 240 In-Lbs (27 Nm)

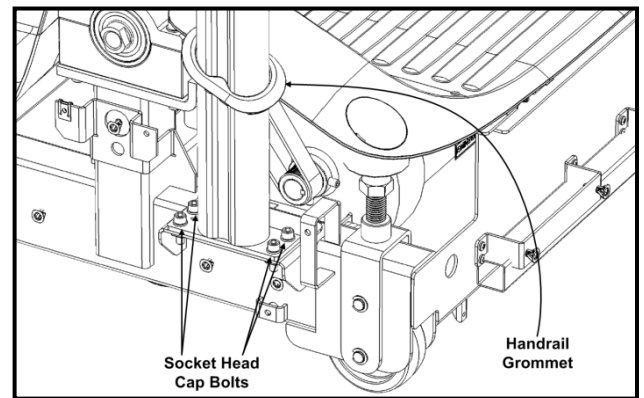


Fig. 8

9. Slide a beauty ring onto each lower handrail section (Fig. 9) and mount the upper handrail by loosely threading two button head cap screws in place. Verify that the radius cutout clears the lower securing screw.

Final Torque:

- o 35 In-Lbs (4.0 Nm)

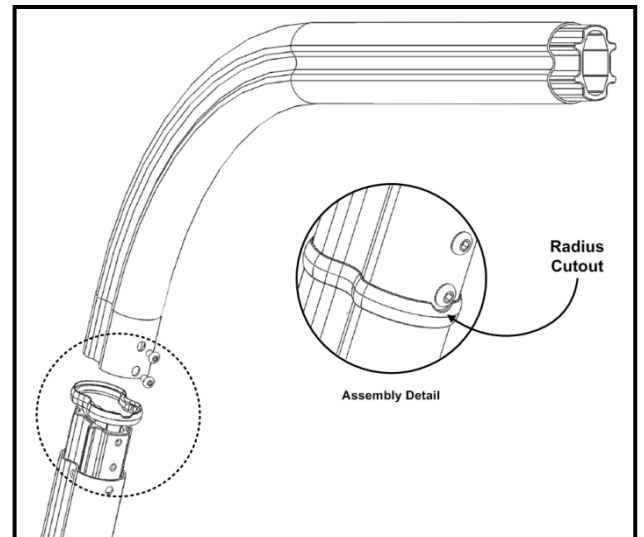


Fig. 9

10. Slide on the second set of beauty rings (Fig.10) onto each upper handrail while making sure the radius cutouts clear the available threaded holes.

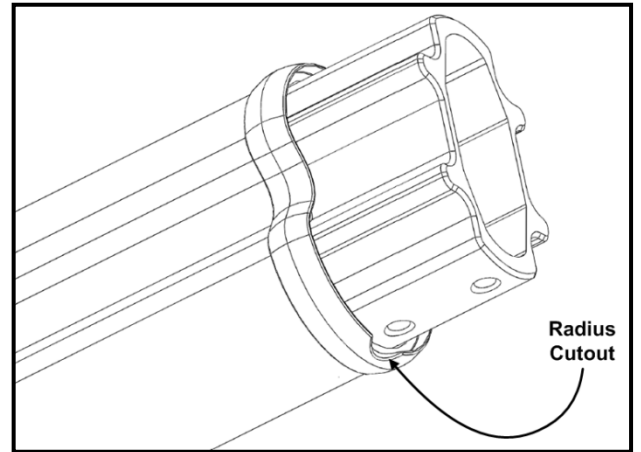


Fig. 10

11. Slide the console frame onto each upper handrail (Fig. 11) and rest the center of the console frame on top of the neck mast plate.

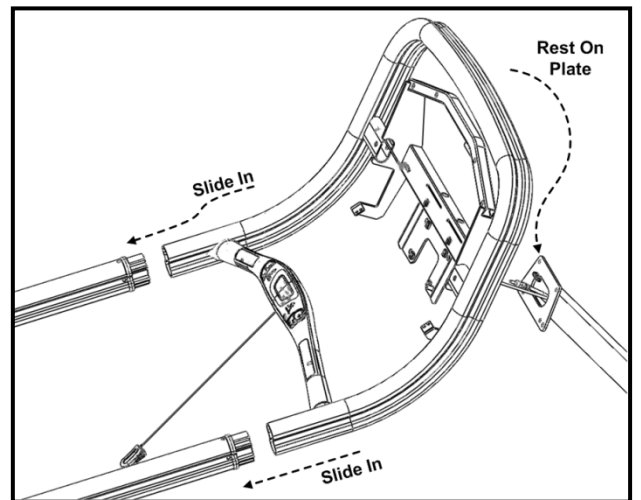


Fig. 11

12. Loosely thread four socket head cap screws (Fig. 12) with washers through the neck mast mount plate on to the console frame mount plate.

Final Torque:

- o 240 In-Lbs (27 Nm)

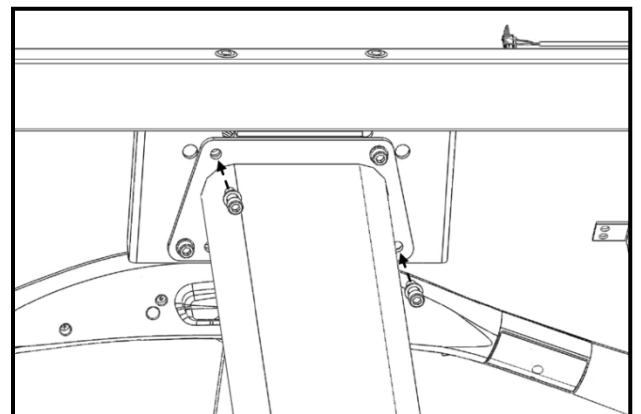


Fig. 12

- Secure the console frame to the handrails (Fig. 13) by loosely threading two button head cap screws through the rail into the console frame.

Final Torque:

- 35 In-Lbs (4.0 Nm)

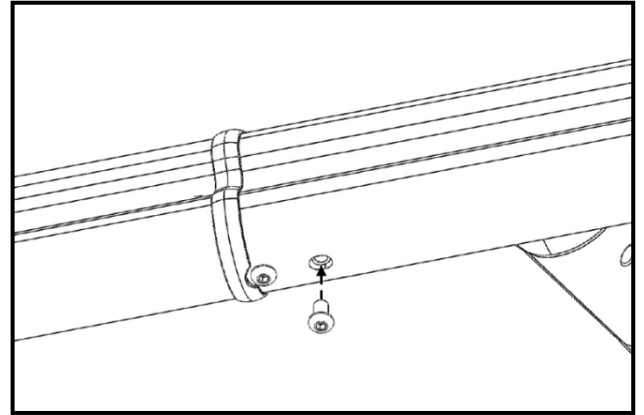


Fig. 13

- Using a torque wrench, go back to steps: 6, 8, 9, 12, & 13 to thread all bolts mentioned in each step to their corresponding final torque (Fig. 14) specifications which are listed in the notes section of the step instructions.

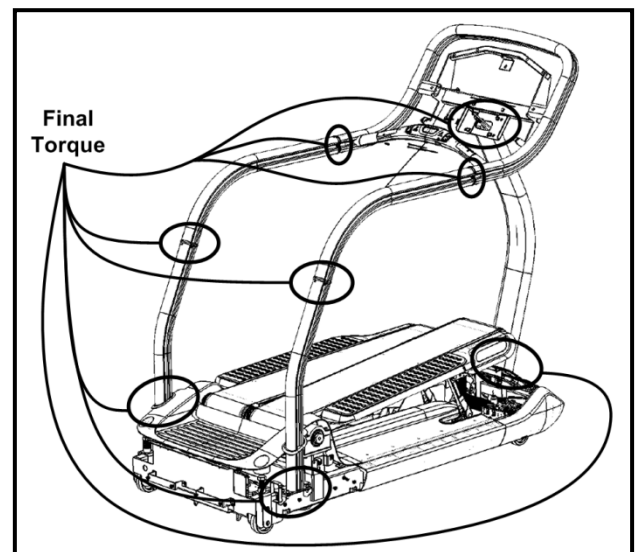


Fig. 14

- Hover the top half of the display (Fig. 15) over the console frame.

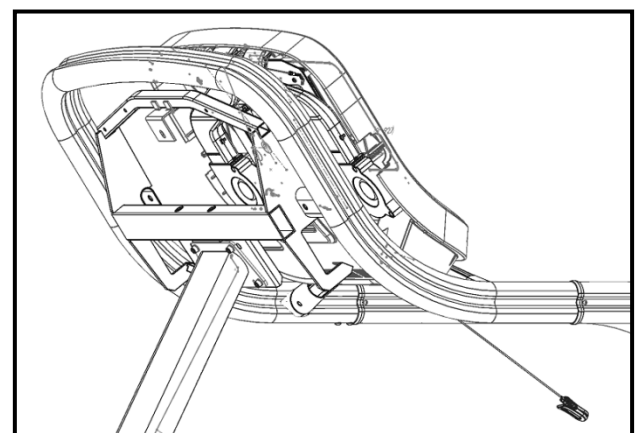


Fig. 15

16. Mate all the applicable electrical connections to the back of display electronics board (Fig. 16).

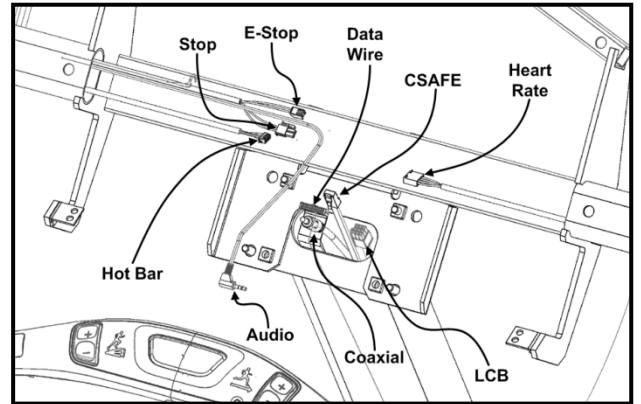


Fig. 16

17. Slide the left & right display alignment studs (Fig. 17) into the corresponding console frame guide holes to rest the top half of the display on to the console frame.

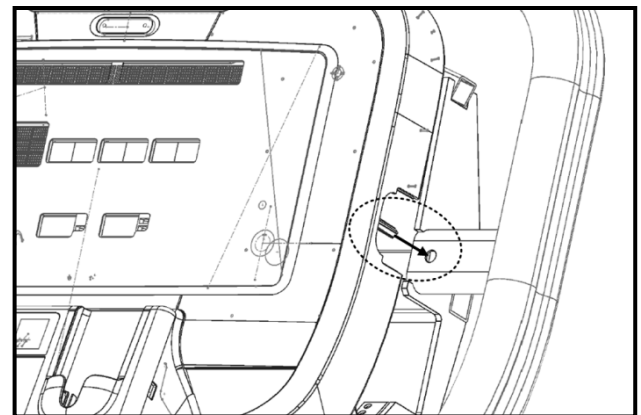


Fig. 17

18. From the back of the display (Fig. 19), connect the display's grounding wire to the frame using a washer & Phillips head screw (Fig. 18).

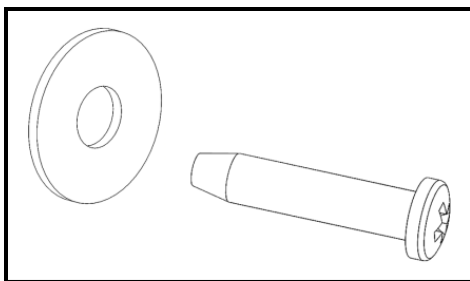


Fig. 18

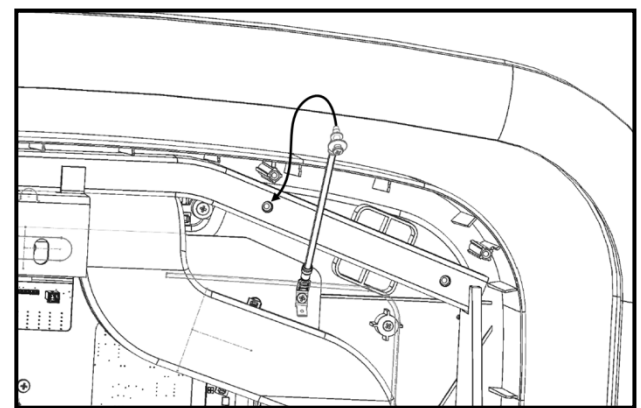


Fig. 19

19. Secure the display to the console frame by installing six Phillips head screws with washers (Fig. 18) at the corresponding circled locations (Fig. 20).

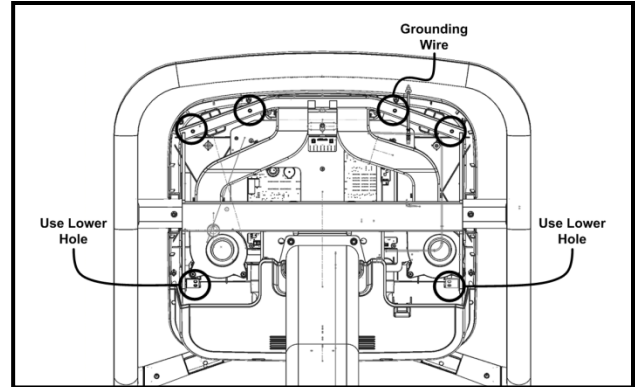


Fig. 20

20. Mate the back shroud of the display with the rest of the assembly by installing eight Phillips head screws at the corresponding circled locations (Fig. 21).

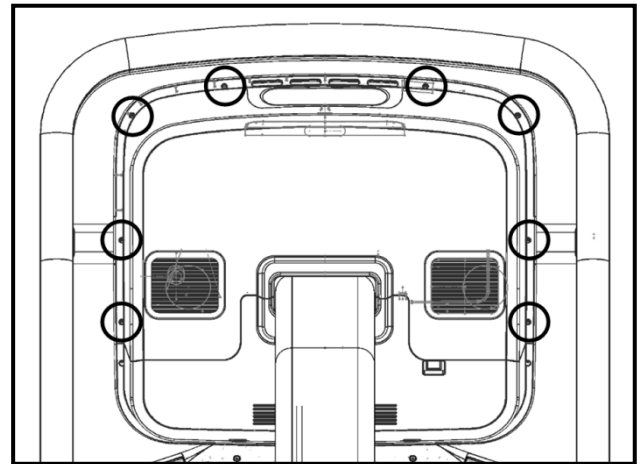


Fig. 21

21. Dislodge the rear step shroud from the TreadClimber base (Fig. 22) and move the handrail grommets up the handrails.

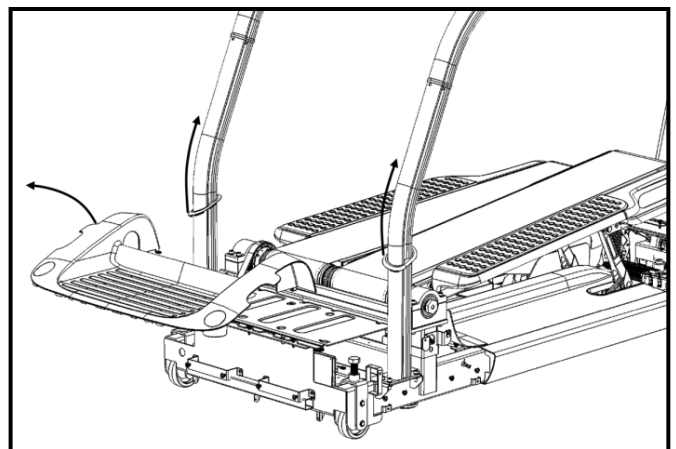


Fig. 22

22. Mount the rear shroud to the TreadClimber base and secure it in place by installing the corresponding five Phillips head screws to the top (Fig. 23) and lower (Fig. 24) sections at the circled locations.

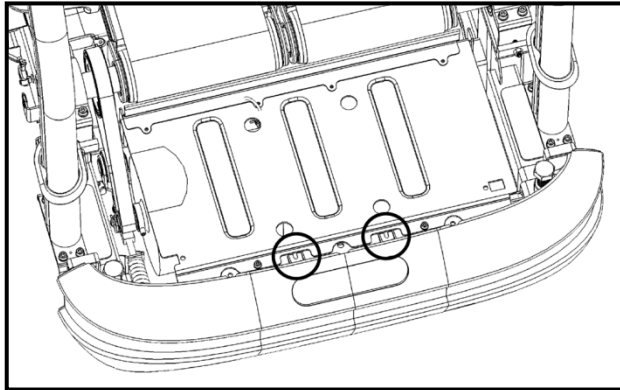


Fig. 23

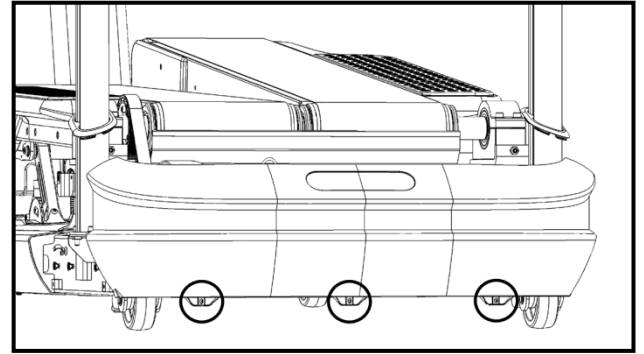


Fig. 24

23. Mount the left & right corner shrouds (Fig. 25) and secure them in place by installing the corresponding four Phillips head screws to each shroud at the circled locations.

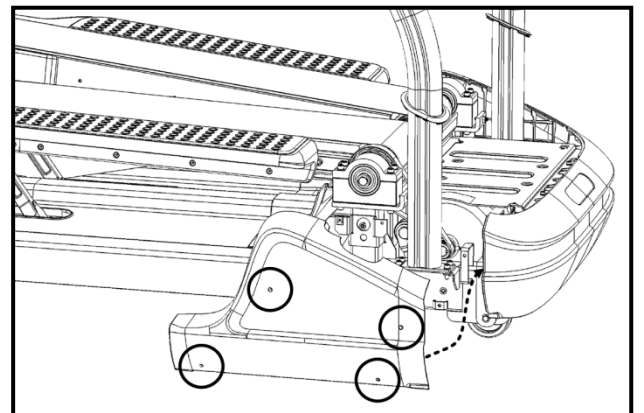


Fig. 25

24. Mount the rear step shroud (Fig. 26) and wedge the left & right handrail grommets into the available open space between the shrouds. Secure the rear step shroud by installing the corresponding five Phillips head screws at the circled locations.

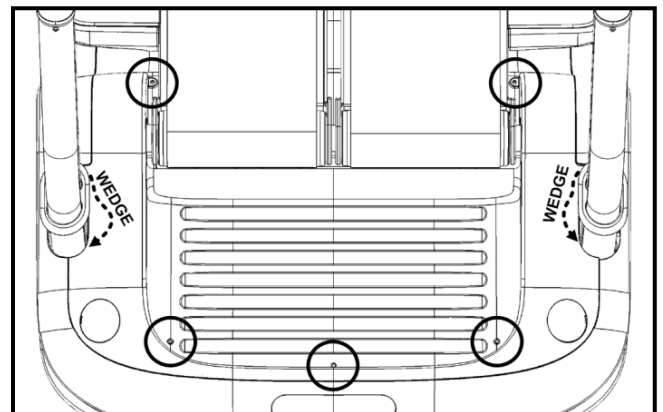


Fig. 26.

25. Install the front alternator shroud (Fig. 27) and secure it in place by installing the corresponding two Phillips head screws at the circled locations.

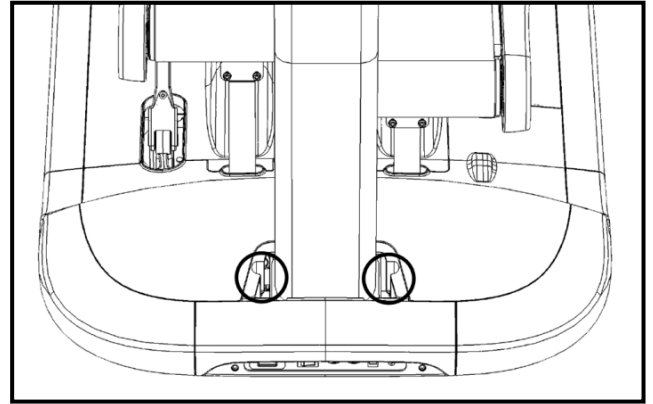


Fig. 27

26. Wedge the neck grommet (Fig. 28) between the alternator shroud and neck mast.

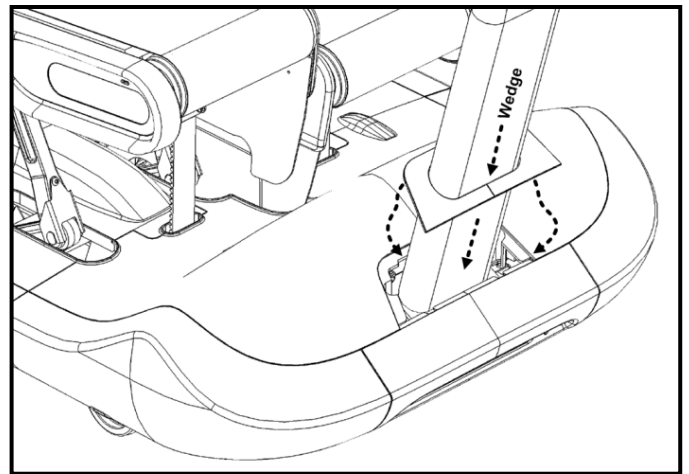


Fig. 28

27. With two or more people, have one person carefully tilt the assembled TreadClimber (Fig. 29) at an angle by pushing up at the center of each handrail while the second person installs the rear stabilizing feet.

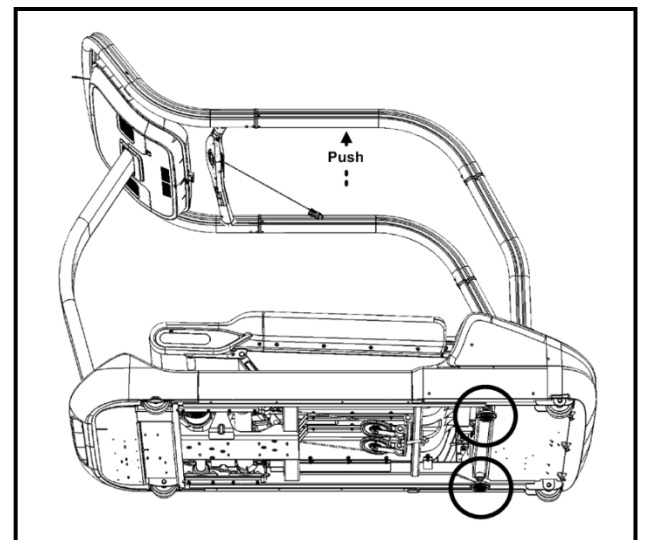


Fig. 29

28. Transport/push (Fig. 30) the TreadClimber to its final location by rolling it into position.

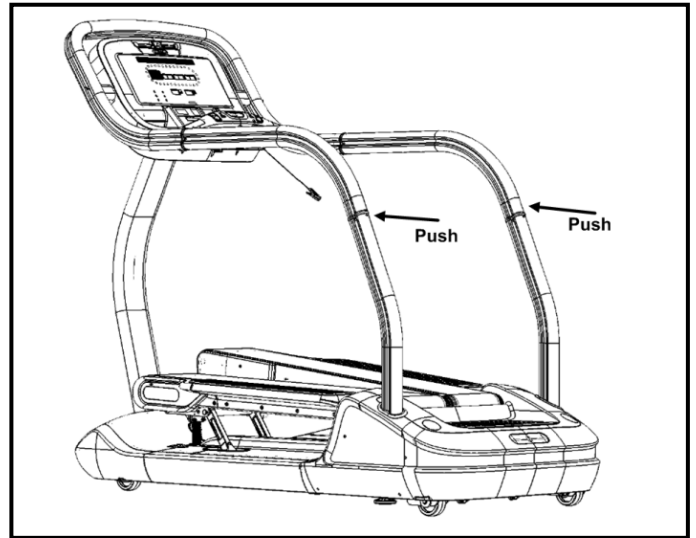


Fig. 30

29. Dislodge the rear step plugs (Fig. 31) to expose the wheel jacking bolts. Turn the bolts in a counter clock direction to retract the rear wheels into the base and rest the machine on the rear stabilizing feet.

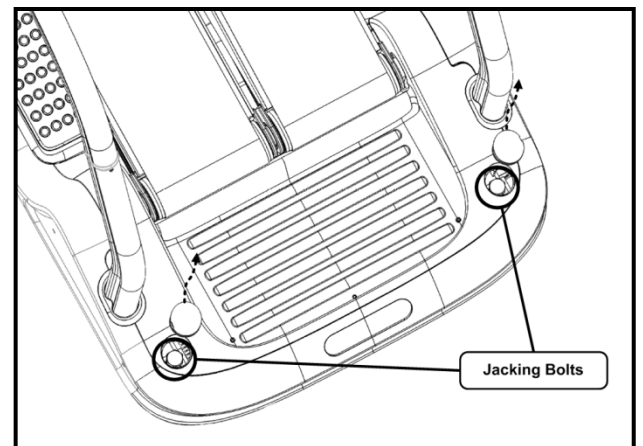


Fig. 31

30. Wedge the cover plugs back into the rear step shroud once the TreadClimber is resting on the stabilizing feet.
31. Plug the power cord into the power & connections panel located at the front of the machine (Fig. 32).

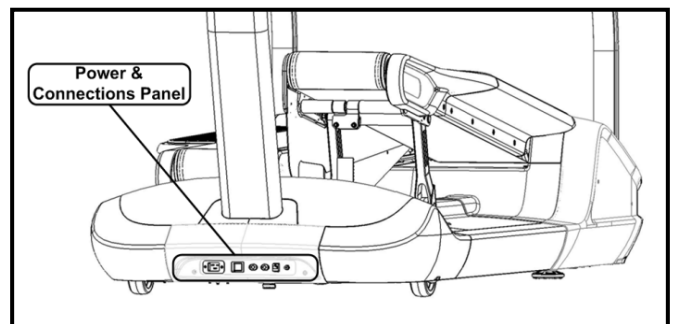


Fig. 32

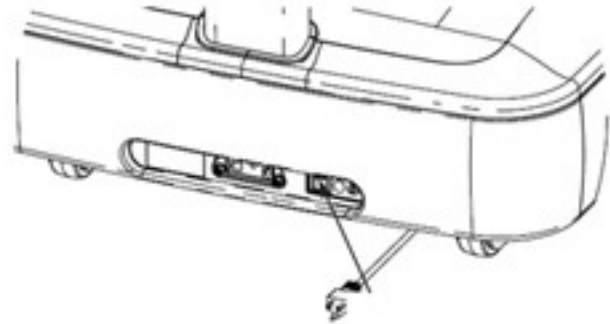
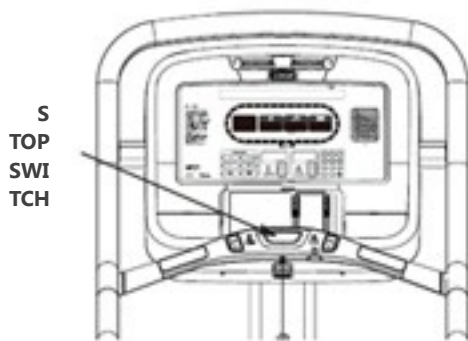
32. Power on the machine and enter into "Maintenance Mode" to process a "Motor Calibration" procedure. Once "Motor Calibration" is complete; the TreadClimber is ready for initial use.

Operating Instructions

Operating the TreadClimber® is very easy. Simply step onto the treadles, securely attach the pull cord STOP to an article of your clothing, press QUICK START, and begin walking. The belt will begin at 0.5 mph (0.8 km/h) and the level will be on level 1

IMPORTANT: Before operating the unit, you must be familiar with the following equipment limitations and safety features.

- ▶ **Maximum Weight:** Your TreadClimber is designed for a maximum user weight of 350 lbs/159 kg. DO NOT exceed the maximum user weight.



ON / OFF POWER BREAKER

- ▶ **Emergency Stop:** In case of emergency, press the STOP on the Hot Bar or pull the Pull Cord Stop on the Hot Bar.
- ▶ **Immobilizing the Running Belt:** To power the unit, set the ON/OFF power breaker to the ON position. To turn the unit off, set the ON/OFF power breaker to the OFF position. When the unit is turned off, movement of the running belt is prevented.
- ▶ **Safety Lockout Feature:** Allows you to lock out the TreadClimber. When locked, the display shows the message "LOCKED, ENTER ID TO UNLOCK". The user must press "0", enter a 5-digit ID number (default=12345), then press ENTER to unlock the unit. Unit will then operate as normal (NOTE: The unit will lock back up if it is idle for 30 seconds). Use the LOCK OUT option in MAINTENANCE SETTINGS to enable/disable the lock out feature; use the LOCKOUT ID option to change the default ID (see Settings & Testing).

DISPLAY CONTROL PANEL FEATURES

Your TreadClimber is equipped to provide you and your users unlimited exercise opportunities. Experiment with its features to find the right combination for your fitness regimen. The Display panel shown on the following provides the operating controls and display elements described in the following:

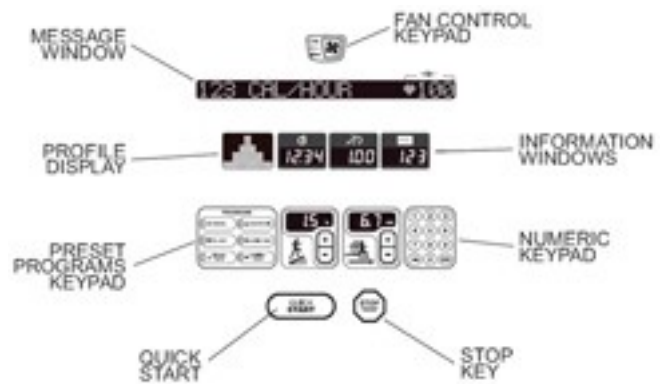


QUICK START Key: Starts your TreadClimber moving using a default weight of 155 lbs / 70 kg and a time limit of 99 minutes. QUICK START will allow you to manually operate the unit. The QUICK START key also serves as an “Enter” key in programming modes.



STOP Key: Pauses your workout when pressed once. Ends your workout when pressed twice.

Graphic Display: Traces your progress through each of the programs and allows you to anticipate changes in terrain. Display elements illuminate from left to right across the bottom of the display to indicate your progress through the course. At each step, display elements illuminate in columns to indicate your ascent up the gradient that is in effect.



Speed Keys: During Program setup, press the or keys, respectively, until the desired speed appears in the Information Window, then, press START or key. During a Program, press the or keys, respectively, to increase or decrease belt speed in 0.1 miles per hour (mph) or 0.1 kilometers per hour (km/h) increments. Speed cannot be higher than the established “MAXIMUM SPEED” parameter. These keys repeat when pressed and held.

Speed Window: Shows the speed at which the user is walking/running.



Incline Level Keys: Adjust the amount of up and down movement of the treadles from 1 (minimum) to 5 (Maximum). These keys repeat when pressed and held.

Incline Level Window: Shows the incline level from 1 to 5.



Numeric Keypad: Allow you to enter specific values for program parameters during program setup. The numeric keypad can also be used to adjust TreadClimber® speed while the TreadClimber is operating.



OK Key: Selects/Enters values and programs during set-up.



Time Window: Shows the total time you have walked so far.



Distance Window: Shows the total number of miles or kilometers you have walked thus far.



Calorie Window: Shows your approximate aggregate caloric expenditure thus far in your workout.



Heart Rate Indicator: Pulsates to indicate your heart rate has been acquired through the use of the heart rate strap or heart rate grips.



Fan Key: Allows you to control the speed of the personal cooling fan, either OFF, LOW or HIGH.

Heart Rate Display: Shows your current heart rate in beats per minute (BPM) while wearing the heart rate strap or grasping the heart rate grips.

PROGRAM Keys: Allow you to access a desired workout program.

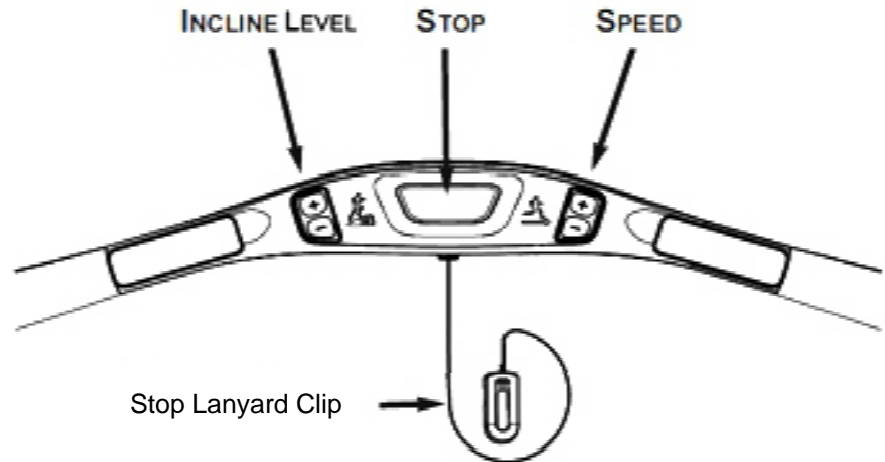
Information Window: Provides informational messages, prompts during program setup, notification when your workout is complete, and scrolling summarized workout data during and after a workout. Depending on the program completed and settings as set in Maintenance Settings mode, workout data may include:

- ▶ Time remaining
- ▶ Distance remaining - miles or kilometers
- ▶ Calories expended per hour
- ▶ Minutes per mile/kilometer
- ▶ Vertical distance travelled - feet or meters
- ▶ METS
- ▶ Heart Rate

HOT BAR® CONTROL FEATURES

The Hot Bar is designed to provide quick access buttons for speed and, incline adjustment and engaging the stop button will stop all movement. Push “+” down on the dual-action button or away to increase the speed of incline level. Push “-“ down or pull to decrease.

Stop Button: Push on the red Dual Purpose Stop Button to stop the unit or to reset after the emergency lanyard has been pulled.



Pull Cord Stop: Clip on the Pull Cord Stop to your shirt for proper application. A tug on the cord will trip the emergency stop switch and the TreadClimber® will stop operating. Press on the red Dual Purpose Stop Button to reset the TreadClimber.

SAFETY FIRST

Your TreadClimber is equipped with an easy to reach HOT BAR® that provides you with an additional PAUSE/STOP button and a Stop Switch.

The Stop Lanyard Clip attached to the HOT BAR® is provided for your protection to stop the machine. **Always attach the Stop Lanyard Clip to your clothing before each workout.** Attach it to your clothes near the waistline. If the cord is pulled the Stop Switch will be activated and the treadmill will stop operating. If the Stop Switch has been activated, press the smaller yellow RESET button to reset the TreadClimber and resume normal operation.

During use, press the red STOP button to PAUSE your workout. Press the STOP button a second time while in Pause mode to stop and cancel the workout program.

Important: Facility owners, managers, personal trainers and personnel. Remind users of the importance of always attaching the Stop Lanyard Clip before operating the unit. It is the facility's responsibility to train and instruct in the proper use of the TreadClimber by Star Trac including use of all of the safety features.

Note: A clipping feature is provided in the display housing to store the Stop Lanyard Clip when the unit is not in use.

SAVE THESE INSTRUCTIONS

HINTS AND TIPS FOR GETTING STARTED




















The following hints and tips will assist in training your users to maximize the fitness benefits of your TreadClimber.

- ▶ Walk at a rate that feels comfortable and most natural, yet is sufficiently vigorous to get a good cardio workout. When using the TreadClimber for the first time or after an extended absence, keep the level set to level 1 and build up the walking speed prior to adjusting to more challenging levels.
- ▶ Try different walking rhythms. In manual operation, adjust your pace from low speed to high speed, then back to low. As you become more comfortable with the machine try going faster or using the preset programs.
- ▶ Watch the Graphic Display to anticipate incline level changes. When you use the preset programs, the display shows changes in incline level as tall or short columns. The display also notifies you of incline level changes with a series of beeps and a flashing display element.
- ▶ For best workout, use the highest incline level that you can safely control. Using a more challenging incline level will greatly increase your work effort and calorie burn, even at low speed.

Quick Start

Quick Start lets you begin your workout by simply pressing one key. Quick Start uses a default weight of 155 pounds and a time limit of 99 minutes. YOU control the speed, incline level and distance for up to the maximum allowed program time.

To operate the Quick Start program:

- 1 Stand on the machine and press the QUICK START key. The walk belt slowly accelerates to minimum speed of 0.5 mph (0.8 km/h).
- 2 You can adjust the incline level of the unit during the program:
 - ▶ You can adjust incline level from 1 to 5. Press the   key to increase the level; press the   key to decrease.
- 3 You can adjust the speed during the program:
 - ▶ You can specify a desired speed using the numeric keypad. Use the           keys to enter your desired speed then press the key  to accept the entered speed.
 - ▶ You can adjust speed in 0.1 mph (or 0.1 km/h) increments. Press the   key to increase speed; press   the key to decrease.
- 4 You can pause the program during your workout by pressing the STOP key once. The program will pause for a preset period of time (either 30, 45, 60, 90 or 120 seconds, as set in the Manager Mode). The default time is 45 seconds. Press the START key BEFORE the pause timer expires to resume your program. The unit returns to its minimum speed when you exit the pause mode.
- 5 When you have reached your workout goal, the unit will enter the Cooldown cycle (see “Cooldown Cycle” for more information). If you wish to exit your program before you have reached your workout goal, press the STOP key twice. The unit will slow to a stop. (Press the STOP key once during a Pause to exit the program.)

Preset Programs

The TreadClimber® offers several preset programs to add variety and challenge to your workout.

Goal-Based Programs (Time, Calories, Distance)

When you begin a workout, often you have a goal in mind. With the TreadClimber, you can set your program to your personal goal, and it will track your progress to help you reach it. You can set a goal for TIME, CALORIES or DISTANCE.

For all three goal types, after you select the program, the console will prompt you to enter the goal. You can enter the goal directly using the numeric keypad, or you can use the Speed UP/DOWN buttons to change the number on the display. When you have the number you desire entered, press the OK button to select. The goal ranges are:

- ▶ TIME: 5-99 Minutes
- ▶ CALORIES: 50 - 2,000
- ▶ DISTANCE: 1 - 19.8 Miles / 1 - 33 Kilometers

After your goal value is entered, the console will ask for user weight. The user weight is important for the calorie calculation during the exercise session, so it is important to enter this for the most accurate calorie calculation possible. The user weight is not stored and automatically erased after the exercise session. You will enter the weight in the same way as the goal values above, and press OK when done.

Once the workout begins, you can adjust speed and incline level as desired.

Intervals

The Intervals program allows you to customize an interval-based workout to your needs. When you select this option, the console will prompt you to enter user weight. Then you will be prompted to enter the Interval Parameters for the workout: interval time, number of intervals, speed, level and time for both the work (Max) and recovery (Min) intervals. The entered parameters are:

- ▶ Interval Time
- ▶ Number of Intervals
- ▶ Min Interval Speed
- ▶ Min Interval Incline Level
- ▶ Max Interval Speed
- ▶ Max Interval Level

Rolling Hills

This program provides variety by periodically changing the Speed and / or Incline Level over the course of the workout. When you select this option, the console will prompt you to enter the total time desired for the workout (5 - 99 minutes), user weight, maximum speed desired and maximum level desired. The workout will begin at a low speed and level, and the TreadClimber will adjust the Speed and Level as you go. Speed and Level can also be adjusted manually at any time.

Heart Rate Training Programs

The TreadClimber® offers two HR training programs.

NOTE: For best results, use a HR strap. Contact HR grips may provide a less accurate reading and can lead to a less effective workout, due to holding onto the TreadClimber.



To calculate your training zone, use the following formulas:
(theoretical max HR = 220 - Age)

Heart Rate Training Range Upper Level

$$\frac{\text{Your Theoretical Max}}{\text{Your Theoretical Max}} \times 0.75 = \text{Training Range Upper Limit}$$

Heart Rate Training Range Lower Level

$$\frac{\text{Your Theoretical Max}}{\text{Your Theoretical Max}} \times 0.60 = \text{Training Range Lower Limit}$$

NOTE: Calculating your theoretical maximum heart rate using age is an approximation. For more information, please contact a fitness professional or doctor.

Constant Heart Rate Control

This program is designed to maintain your HR at a constant level by varying your walking speed over the course of the workout. **Note** that your HR will vary above and below the target rate during the program.

When you select this program, the console will prompt you to enter the total time desired for the workout (5 - 99 minutes), user weight and your target HR (70 - 200 bpm). When all parameters are entered, the workout will begin and continue for the time entered.

Heart Rate Intervals

This program is designed to gradually elevate your heart rate to the upper end of your selected training range, then gradually decrease your heart rate to the lower end of your training range by setting Incline Level to 5 and varying speed. During the workout, this cycle will repeat several times, creating an interval training effect that is customized to your desired training range.

When you select this program, the console will prompt you to enter the total time desired for the workout (5 - 99 minutes), user weight and your Lower and Upper Target HR (70 - 200 bpm). When all parameters are entered, the workout will begin and continue for the time entered.

NOTE: during setup, there must be at least an 18 BPM difference between the lower and upper HR limits to ensure an interval workout.

Cooldown Cycle

Once you have completed your workout program, the TreadClimber® enters a 2-minute cooldown cycle. You can adjust speed and incline level during this cycle to desired levels.

When the cooldown cycle ends, the unit will slow to a stop. If you wish to exit the cooldown cycle before it ends automatically, press the STOP key.

Using the Cooling Fan

Star Trac is the originator of integrating a fan into a piece of cardio equipment. The TreadClimber built-in cooling fan can increase your comfort during a workout. You can control the fan speed during your workout. The fan will automatically turn on one minute into your workout.

To operate the cooling fan:

- ▶ Press the FAN key once to set the fan speed to high.
- ▶ Press the FAN key a second time to set the fan speed to low.
- ▶ Press the FAN key a third time to turn the cooling fan off.
- ▶ The fan will remain at the set speed if you pause your program. The fan will turn off automatically if you exit your workout, or when you complete your program.

If the cooling fan is not available for use, the Information Window displays an advisory message when you press the FAN key.

Heart Rate Monitoring



Heart rate monitoring can help you to determine if your workout is too challenging or not challenging enough. Monitoring heart rate is easy with the TreadClimber, which provides both chest strap compatibility, and heart rate grips that allow you to monitor your heart automatically. Your goal will be to keep your exercise heart rate at 60 to 90 percent of the theoretical maximum for your age as listed on the Target Heart Rate table shown on the TreadClimber by STAR TRAC console.

NOTE: The Heart Rate monitor is not a medical test, nor is it designed as a medical test. It is simply a guide to target heart rate training. Please consult with your physician prior to engaging in any strenuous physical activity.

IMPORTANT: Star Trac does not warrant the heart rate system performance on this product, as the heart rate system performance varies, based on a user's physiology, fitness level, age, method of use and other factors. Furthermore, the heart rate system is not for medical use.

Contact Heart Rate Monitoring



You may use the heart rate contact grips to automatically check your heart rate. Just follow these steps:

- 1 Grasp the stainless steel heart rate contact grips; you do not have to squeeze tightly.
- 2 When a heart rate has been detected, the  icon displays in the Information Window, indicating a calculation is taking place.
- 3 When your heart rate has been acquired, the  icon will begin pulsating, and your heart rate in beats per minute (BPM) will be displayed in the Information Window continuously.
- 4 Release the Heart Rate grips if you wish to remove your heart rate from the display.

NOTE: Contact heart rate may not give accurate BPM.

Chest Strap Heart Rate Monitoring

You may use a heart rate strap (not included) to automatically check your heart rate. Just follow these steps:

- 1 Before beginning your workout, or during a pause, moisten the back of the transmitter on the heart rate strap (not included). Place the strap snugly around your chest with the transmitter resting directly over your sternum.
- 2 When a heart rate has been detected, the  indicator illuminates, indicating a calculation is taking place.
- 3 When your heart rate has been acquired, the  indicator will begin pulsating, and your heart rate in beats per minute (BPM) will be displayed in the Heart Rate Window continuously.
- 4 Remove the heart rate strap if you wish to remove your heart rate from the display.




NOTE: The performance of the transmitter may be affected by body types, body oils, metal in clothing, and outside electrical interference. Always be sure that the transmitter and skin are in good contact. Avoid operating other electrical equipment near your TreadClimber[®] when you use the heart rate strap.

Settings & Testing

After having used your TreadClimber® for many workouts, you may wish to change some of its settings

Manager Mode

The Manager Mode allows you to query and modify the basic settings of your unit. To enter Manager Mode:

1. Press and hold the ,  and  keys together.
2. A beep will sound and “MANAGER MODE” will display momentarily in the Information Window.
3. Release the keys. “MCI VX.XX CKSM XXXX” will display in the Information Window.

NOTE: The system will automatically exit Manager Mode if no key is pressed for 30 seconds. The following keys are available in MANAGER MODE:



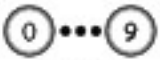
Incline Keys: Displays the next and previous parameter, respectively. Keys will repeat if held.



Speed Keys: Adjust the value of the displayed parameter up and down, respectively, in increments of 1 unit or 0.01 unit, as appropriate for the parameter. These keys do not save the new value – (see Key below).



OK Key: Updates (saves) the value of the displayed parameter in Flash memory. Alternatively, the START key may be used (see above).



Number/Program Select Keys: Enter new data item values for numeric parameters.



Stop Key: Exits Manager Mode and restarts the TreadClimber by STAR TRAC greeting.

The items that you may display and change with the previous keys are:




Item	Lowest Value	Default Value	Highest Value	Meaning
MC1 V X.XX	N/A	N/A	N/A	Display's primary processor software version and checksum.
LCB V X.XX	N/A	N/A	N/A	Display's secondary processor software version and checksum.
SERIAL NO	0	0	65,535	TreadClimber serial number.
UNITS	-	ENGLISH	-	English = units of pounds, miles, hours, minutes, seconds, feet, inches; Metric = units of kilograms, kilometers, hours, minutes, seconds, centimeters.
TIME	5	99	99	Maximum time in minutes allowed for program, including warm-up.
WEIGHT	1	155/70	500/226	Default (to user), typical weight in lb (UNITS=English), or kg (UNITS=Metric).

Item	Lowest Value	Default Value	Highest Value	Meaning
LANGUAGE	-	English	-	Language in English, Dutch, French, German, Portuguese, Spanish, Swedish, Italian or Katakana.
METS	OFF	OFF	ON	ON=METS display enabled. OFF=METS display disabled.
PAUSE	30	45	120	Pause duration during a program, in seconds, either 30, 45, 60, 90 or 120.
AUTO FAN	OFF	ON	ON	Turns ON the fan 1 minute into the program.
TREADLE SENSE	OFF	ON	ON	ON=Elevation function enabled. OFF=Elevation function disabled.
AUTO STOP	OFF	OFF	ON	ON=Auto stop feature enabled. OFF=Auto stop feature disabled.
CSAFE	OFF	OFF	ON	ON=CSAFE communication enabled. OFF=CSAFE communication disabled.
LOCK OUT	OFF	OFF	ON	ON=Treadmill lock out enabled. OFF=Treadmill lock out disabled.
LOCKOUT ID	10000	12345	65535	Treadmill lockout ID.
MINIMUM SPEED*	0.5/0.8	0.5/0.8	2.0/3.2	Minimum speed in mph (UNITS=English), or km/hr (UNITS=Metric).
MAXIMUM SPEED*	5.0/5.0	10.0/16.0	12.5/20.0	Maximum speed in mph (UNITS=English), or km/hr (UNITS=Metric). Caution: See Motor Calibration before making any changes.
ACCELERATION TIME	3	11	30	Time, in seconds, to reach maximum speed from 0 mph (0 km/hr).
DECELERATION TIME	3	11	30	Time, in seconds, to reach 0 mph (0 km/hr) from maximum speed.

When the MINIMUM SPEED or MAXIMUM SPEED parameters are changed, unit will perform an auto calibration. To terminate the auto calibration and return the parameter to its default setting, press the STOP key.

Maintenance Mode

Your Service Representative may need to check accumulated data about the past usage of your unit, test its motor and display controls, or investigate error messages. For these reasons, your unit is equipped with Maintenance Mode. Maintenance Mode includes all of the items available through Manager Mode, plus additional items for Service and Diagnostic use. To enter Maintenance Mode:

1. Press and hold the  ,  and  keys together.
2. A beep will sound and "MAINTENANCE MODE" will display momentarily in the Information Window.
3. Release the remaining keys. "MCI VX.XX CKSM XXXX" will display in the Information Window.

The following keys are available in MAINTENANCE MODE:



Incline Keys: Displays the next and previous parameter, respectively. Keys will repeat if held.



Speed Keys: Adjust the value of the displayed parameter up and down, respectively, in increments of 1 unit or 0.01 unit, as appropriate for the parameter. These keys do not save the new value - see Start Key and Key below.



Enter Key: Updates (saves) the value of the displayed parameter in Flash memory. Alternatively, the key may be used (see above).



Number/Program Select Keys: Enter new data item values for numeric parameters.



Stop Key: Exits Maintenance Settings Mode and restarts the TreadClimber® greeting.

The items that you may display and change with the previous keys are:





Item	Lowest Value	Default Value	Highest Value	Meaning
MC1 V X.XX	N/A	N/A	N/A	Display's primary processor software version and checksum.
LCB V X.XX	N/A	N/A	N/A	Display's secondary processor software version and checksum.
SERIAL NO	0	0	65,535	TreadClimber serial number.
OPER	0	0	65,535	Total operating hours.
DISTANCE	0	0	65,535	Total TreadClimber miles (UNITS=English), or km (UNITS=Metric).
UNITS	-	ENGLISH	-	English = units of pounds, miles, hours, minutes, seconds, feet, Metric = units of kilograms, kilometers, hours, minutes, seconds, centimeters.
TIME	5	99	99	Maximum time in minutes allowed for program, including warm-up.
WEIGHT	1	155/70	500/226	Default (to user), typical weight in lb (UNITS=English), or kg (UNITS=Metric).
LANGUAGE	-	English	-	Language in English, Dutch, French, German, Portuguese, Spanish, Swedish, Italian or Katakana.
METS	-	OFF	-	ON=METS display enabled. OFF=METS display disabled.
PAUSE	30	45	120	Pause duration during a program, in seconds, either 30, 45, 60, 90 or 120.
AUTO FAN	-	OFF	-	Turns on the fan 1 minute into program.
TREADLE SENSE	-	ON	-	ON=Elevation function enabled. OFF=Elevation function disabled.
AUTO STOP	-	OFF	-	ON=Auto stop feature enabled. OFF=Auto stop feature disabled.
CSAFE	-	OFF	-	ON=CSAFE communication enabled. OFF=CSAFE communication disabled.
PVS	-	ATSC	-	PVS type, ATSC/NTSC OR PAL/SECAM.
LOCK OUT	-	OFF	-	ON=TreadClimber lock out enabled. OFF=TreadClimber lock out disabled.

Item	Lowest Value	Default Value	Highest Value	Meaning
Mc1 V X.XX	N/A	N/A	N/A	Display's primary processor software version and checksum.
LOCKOUT ID	10000	12345	65535	TreadClimber® lockout ID.
MINIMUM SPEED	0.5/0.8	0.5/0.8	2.0/3.2	Minimum speed in mph (UNITS=English), or km/hr (UNITS=Metric).
MAXIMUM SPEED	5.0/5.0	10.0/16.0	12.5/20.0	Maximum speed in mph (UNITS=English), or km/hr (UNITS=Metric). Caution: See Motor Calibration before making any changes.
ACCELERATION TIME	3	12	30	Time, in seconds, to reach maximum speed from 0 mph (0 km/hr).
DECELERATION TIME	3	11	30	Time, in seconds, to reach 0 mph (0 km/hr) from maximum speed.
DATE	1.00	1.98	12.99	TreadClimber manufacture date.
STOP	-	-	-	Either E-Stop or Lanyard.
LAST DECK	0	0	65,535	Number of miles (UNITS=English), or km (UNITS=Metric) since the running deck was last serviced or replaced.
LAST BELT	0	0	65,535	Number of miles (UNITS=English) or km (UNITS=Metric) since the running belt was last replaced.
PROGRAM STATS	-	-	-	Provides access to programs usages and counters. (See Sub Menu)
LED TEST	-	-	-	LED Testing function, Press OK to begin
KEYPAD	-	-	-	LED Testing function, Press OK to begin
HEART RATE TEST	-	-	-	HEART RATE Test function.
SERIAL TEST	-	-	-	RS 232 Ports test (Manufacture Test Only).
ERROR LIST	-	-	-	Provides Access to Error List. Last Error List Menu, Press OK to View
CALIBRATION VALUES	-	-	-	Provides Access to View Calibration Data.
MOTOR CALIBRATION	-	-	-	Motor Calibration Function, Press OK to begin.
TREADLE SENSOR	-	-	-	Display current value of treadle sensor
BURN IN MODE	-	-	-	Burn In Mode Function (Manufacture Only).
CCB V X.XX				
USB V X.XX				

When the MINIMUM SPEED or MAXIMUM SPEED parameters are changed, the unit will perform an auto calibration. To terminate the auto calibration and return the parameter to its default setting, press the STOP key.

Motor Calibration

The Motor Calibration function allows for calibration of the TreadClimber® speed function. CAUTION: Changing Max Speed setting may expose users to an increase in risk of injury. Any changes to the TreadClimber maximum speed settings should be clearly communicated to all users of the TreadClimber. To enter the Motor Calibration function:

1. While in the Maintenance Mode, press the  key, to navigate the Motor Calibration by the next  or the previous  parameter buttons.
2. While in the Motor Calibration, press the  key to begin the calibration. The information window will display “PWM= XXXXXX SPEED=XX.X” where the X’s are data that the test will generate.

When the test is finished the information window will display one of the 2 messages “Passed Calibration” or “Failed Calibration”. If “Failed Calibration” is displayed run test again, if it continues, call for maintenance.

3. Press the STOP key to exit the Motor Calibration function.

TROUBLESHOOTING

Star Trac® recommends that you refer your questions about your TreadClimber® operation and suspected malfunctions to Customer Service Hotline at (888) 678 2476. However, you may wish to investigate error messages that appear in the Information Window. You may do so by reviewing the information in this section.

KEY DOWN: This error generally occurs when a key is held pressed while the **ON/OFF** switch is moved to **ON**. It may also happen if a key becomes stuck. When you see **KEY DOWN:**

- Set the **ON/OFF** switch to **OFF**; wait 2 seconds.
- Set the **ON/OFF** switch to **ON**. The TreadClimber should be operational again. Notify Service if additional assistance is needed.

NO STOP: This error generally occurs when the Stop Switch is not connected tightly to the circuit board of the Display Control Panel. It may also happen if the circuitry associated with the switch develops a fault. When you see **NO STOP:**

- ▶ Set the **ON/OFF** switch to **OFF**; wait 2 seconds.
- ▶ Set the **ON/OFF** switch to **ON**. Notify Service if additional assistance is needed.

CHECK SPEED SYS and SPEED CHANGE: These errors generally occur when the running belt speed sensor is disconnected, faulty, or misaligned relative to the revolutions-per-minute (RPM) sensor of the motor. They may also occur if the speed sensor cable is damaged, or if the Motor Control Board (MCB) is misadjusted or faulty. When you see **CHECK SPEED SYS or SPEED CHANGE:**

- ▶ Set the **ON/OFF** switch to **OFF**; wait 2 seconds.
- ▶ Set the **ON/OFF** switch to **ON**. Notify Service if additional assistance is needed.

Regulatory Information

FCC and Other Domestic / International Regulations

The TreadClimber® has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of FCC rules. Under the FCC guidelines, operation is subject to the following two guidelines: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

The TreadClimber® generates and uses radio frequency energy. If the products are not installed and used in accordance with the instructions provided in the owner's manual, interference with radio communications may occur. Likewise, if unapproved accessories are installed, interference with radio communications may occur. The intent of the FCC Class A limit is to provide reasonable protection against harmful interference in a residential installation. However, there is no guarantee that interference may not occur in a specific installation. In the event that interference is experienced, turn off the unit to verify that it is in fact the source. If the interference clears with the unit off, then try each of the following measures and combinations thereof:

- ▶ Reorient or relocate the machine.
- ▶ Reorient or relocate the receiving antenna of your television, radio, and / or VCR recorder. Connect the unit
- ▶ to a different power outlet.
- ▶ Consult Product Support, your authorized dealer, or a qualified radio / television technician for assistance.

This product has been tested to meet the following standards:

- ▶ UL 1647 (Safety for Motor operated Message and Exercise Machines).
- ▶ CAN/CSA – E335-1/3E - 94- Safety of household and similar appliance

International Regulations

This product conforms to the requirements of the European Council directives:

- ▶ 89/336/ECC, Electromagnetic Compatibility
- ▶ 92/590/EEC, General Product Safety Directives
- ▶ 73/23/EEC, Electrical equipment Low Voltage Safety Directive

Under the Directive and in addition to Domestic standards, the product also has been tested to meet the following international standards:

EN 60355-1	Safety of the household and Similar Electrical appliance
EN957-1EE	Safety of Machinery
EN55022	Conducted and Radiated Emission Class A
EN55014-1	Disturbance power
EN55014-2	Immunity
EN60947-5-1	Positive opening mechanism::VDE approval (pending)
EN61000-3-2	Harmonics Current Emission
EN61000-3-3	Flicker and Voltage Fluctuation
EN61000-4-3	Radiated Immunity/ Conducted Immunity
EN61000-4-2	ESD
EN61000-4-4	EFT
EN61000-4-5	Surge
EN61000-4-11	Voltage Dip & Interruption

Maintenance

Your TreadClimber® must be maintained by performing regular Preventative Maintenance. Failure to perform regularly scheduled preventive maintenance can lead to premature wear, cumulative damage and other effects, such as misalignment and create safety hazards for the user. Failure to perform regular Preventative Maintenance will lead to unnecessary downtime and may void your warranty. For this reason, we highly recommend following the maintenance schedules listed in this manual. Additionally, unusual symptoms, such as display codes and blown circuit breakers, should be reported to **STAR TRAC CUSTOMER SERVICES DEPARTMENT** at (800) 503-1221, or USA 1-714-669-1660. If any components are found to be worn or damaged, the TreadClimber should be removed from service until repairs can be made. Only components supplied or approved by Star Trac shall be used to maintain and/or repair the treadmill.

Daily Maintenance

- Remove excessive accumulations of dust, dirt, and other substances by using a clean soft cloth and a non-abrasive liquid cleaner, such as Formula 409™ or FANTASTIK™. Wipe down the display board, handrails, shroud and heart rate grips.

NOTE: DO NOT spray the cleaner directly onto the display board or heart rate grips. Do not use liquid cleaner under the running belt.

- To ensure the longevity of the running belts, clean under the running belts with a soft, dry cloth. To clean, slide the cloth between the running belt and deck from one side of the frame to the other (you may need a ruler or similar tool to slide the towel under the belt), then, holding the edges of the cloth, pull the cloth from the headroller down to the tailroller.

NOTE: DO NOT clean the running belt by activating the treadmill.

- Inspect the running belts for alignment and tension. Do not tighten the running belt every day. If you notice slipping, adjust the running belt tension using the instructions provided in "Adjustments-Slipping-Running Belt" (later in this chapter), or contact Customer Services as described at the beginning of this chapter.
- Ensure the power cord is not under moving parts of the TreadClimber. This will prevent the power cord from being pinched or from binding up the treadles.

Weekly Maintenance

- Vacuum the floor under and around the TreadClimber. Do so by moving the TreadClimber by STAR TRAC with its rollers to another spot.

NOTE: Take care not to damage the power cord while vacuuming.

- Inspect the inside surface of the running belt if the belt fibers are frayed excessively, (it will feel fuzzy to the touch), replace the belt.

NOTE: Never install a new running belt on a used deck.

- Inspect the display and handrail screws for security, and retighten if necessary.
- Inspect the display panel/keypad for wear.

Monthly Maintenance

WARNING: To prevent personal injury, always turn the treadmill off and unplug the power cord before performing maintenance inside the motor compartment.

- Remove the motor shroud and vacuum around the motor and its ventilation holes. Avoid bumping or damaging parts normally protected by the shroud.
- Check the treadle belt tension so the treadles operate freely without making excessive noise.

Adjustments

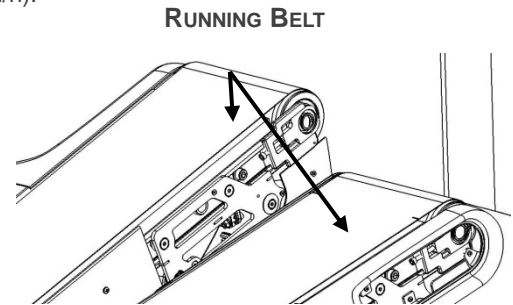
The running belt and its headroller, drive belt, tailroller, and running deck are designed to be self-centering, slip-free, and smooth-operating without the need for frequent adjustments. Running belt sideward movement, slipping, or grinding after extended use, or thump-ing during initial use, may be corrected by the following procedures. Note, each belt must be adjusted separately:

Adjust TRACKING: If the running belt is not centered on the tailroller and is either too far left or right, adjust tracking using the following steps:

1. Turn the TreadClimber® on. Increase TreadClimber speed to 3.0 mph (5.0 km/h).
2. Adjust tracking by turning the left Allen screws (located at the front side of the head roller) with a 1/4" Allen wrench in 1/4-turn increments.

If the running belt is tracking to the left, turn the screws clock-wise in 1/4 turn increments.

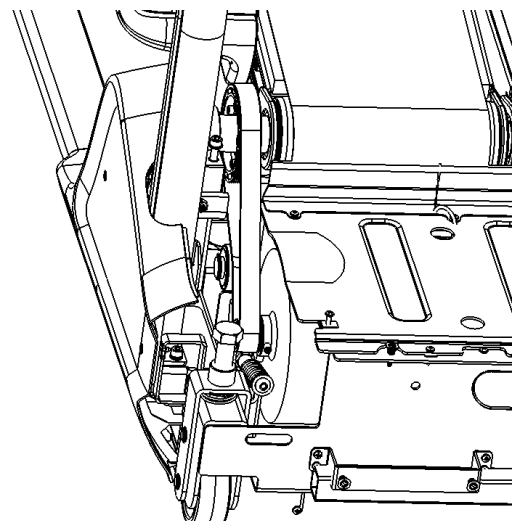
If the running belt is tracking to the right, turn the left screw counter-clockwise in 1/4 turn increments.
3. **NOTE: ONLY USE THE LEFT SCREW FOR TRACKING ADJUSTMENT.**
4. After the running belt appears to be tracking properly, increase the TreadClimber by STAR TRAC speed to 4.0 mph (6.7 km/h) and verify that the belt stays centered.



Slipping-Running Belt: Remove the motor shroud and operate the treadmill slowly at 1 to 2 mph (2 to 3 km/h). While observing the tailroller, walk on the belt and try to slow it down by gently applying pressure with your feet while holding the handrails. If only the running belt, and not the tailroller, slows down, tighten the running belt by turning both the right and left tailroller adjustment bolts clockwise 1/4-turn. Repeat this adjustment until the running belt no longer slips, ensuring that you turn both tailroller bolts an equal number of turns. Re-install the motor shroud. If the headroller and the running belt both slow down, tighten the drive belt as described under "Slipping-Drive Belt", below.

Slipping Drive Belt: The drive belt tensioning system is designed for minimal adjustment throughout the life of the belt. To check if the drive belt tension needs to be adjusted, do the following:

1. Run TreadClimber at 2 mph (3km/h) and try and stop the belt by applying foot pressure while holding onto the handrails. If the running belt and roller stop, but the motor continues to turn, the drive belt tension needs adjustment.
2. Remove the motor shroud.
3. Release belt tension by releasing the belt tensioner.
4. Move the spring to the second hole on the tensioner swing arm.
5. Re-tension with the tensioner.
6. Reinstall motor shroud.



TOOLS & MATERIALS

- Clean Towel (1)
- Paint Stick or Ruler (1)
- Diluted All-purpose Cleaner (409), or Bristle Brush



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