# PROTEUS®
## FITNESS INNOVATION

# *Shaping Healthy Bodies*

## *LDT-8850 DC MOTORIZED PROGRAMMABLE TREADMILL*

**CE** **GS** TÜV Rheinland Product Safety *geprüfte Sicherheit*
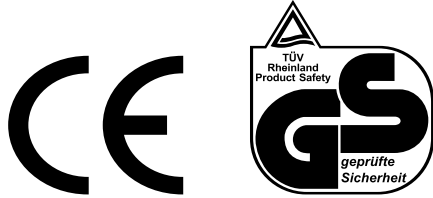
## Testing specification :
EN 957-1, EN 957-6.

**T**he GS Mark is a voluntary 3$^{rd}$ party inspection and certification scheme for finished products only, according to German Equipment Safety Law - Gerätesicherheits - Gesetz. This label ensures products strictly meet the technical safetyrequirements as stipulated by the GSG and the current production line is audited.

***Features of product with GS-TUV mark :***
● Mechanical and electrical safety.　　　● Symbol of high quality.　　　● Reliability assurance.

**PROTEUS** assigned SGS-TUV Taiwan and Rheinland Taiwan for its range of products to apply the GS-TUV testing.

Q U A L I T Y

**1 · INTRODUCTION**

Thank you very much for choosing **PROTEUS** products. To secure the safety, pls read the manual and all suggestions carefully before using the product. While you get everything ready, believe that you could enjoy the pleasure of exercise and healthy.

**2. SAFETY GUIDELINE**

* Before starting any exercise program consult your Physician.
* Read this users manual and follow the instructions.
* Do not allow children to play on the treadmill.
* Keep the safety key out of reach of the children.
* Inspect the treadmill before use and ensure the power cord is not damaged.
* Place the treadmill on a solid level surface with the rear and side away from any objects.
* Keep hands away from moving parts.
* Do not place any liquids on or near the treadmill.
* Wear appropriate clothing and shoes for exercise.
* Do not wear shoes that will damage the mat.
* Stop your exercise if you feel any pain or abnormal sensations and consult your Physician immediately.
* Place both feet on the foot rails before starting the treadmill.
* Do not start the treadmill when you are standing on the mat.
* If you have any questions or concerns, contact dealer.
* Make sure the ground-wire installed, before assemble the machine.
* This is home fitness equipment, not suitable to other place.

## 3・MAINTENANCE :

### a. Maintenance

1. Clean and lubricate the bed of the treadmill every 20 hours of use or monthly, which ever comes first ( SEE TREADMILL LUBRICATION INSTRUCTIONS ). Daily cleaning to the sides of the running mat will prevent much of the dirt from getting underneath the mat.
2. Prevent the build up of dust beneath the motor cover and under the treadmill body ( any work involving the removal of the motor cover should be carried out by a qualified technician ). The surface around and beneath the treadmill should be cleaned weekly. Less dust and dirt underneath the machine means that less gets into it. Select a floor covering that is not subject to the build up of dust and also protects the original floor surface.
3. Ensure that fluids are not spilt on the treadmill console or running mat.
4. Have the treadmill serviced. Call your dealer for assistance.

### b. Treadmill clean and lubrication instruction

1. Using a clean towel, slide it between the running mat and the bed of the treadmill, at the motor end, so that one end of the towel hangs over each side of the machine.
2. Grasp each end of the towel and gradually pull it back towards the rear of the machine. ( make sure the mat does not move ).
3. When you reach the rear roller, push the MAT and towel to the motor end so the towel is back near the motor cover. Repeat steps 2 and 3 twice. This action cleans the mat and deck of the treadmill.
4. Take the container of lubricant and apply to the treadmill bed.
5. Walk on the treadmill for two minutes at about 5 km/h, to spread the lubricant.

6. Mat slippage may be occurred for a short time. If it persists, adjust the running mat tension as per direction in the owner's manual ( adjust belt tension ). Do not over-tighten, as this will decrease the life of the mat and place undue stress upon the roller bearings.

7. If you are uncertain of any procedure or lack of correct tools, please contact your dealer. We recommend a qualified technician carry out work involving removal of the motor cover.

**( clean )**          **( instruction )**
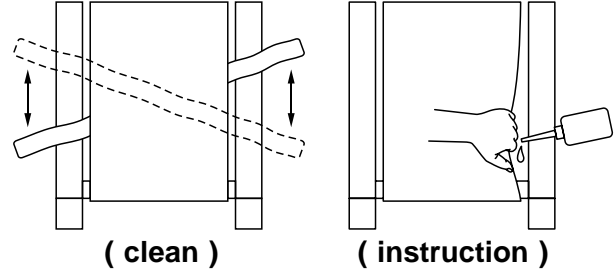
## c. Silicon
*Silicon spray warning*
**KEEP OUT OF REACH OF CHILDREN !**
**If swallowed or sprayed directly on face, seek medical advice immediately.**
**If spilt, clean up immediately, as slippage hazard may result.**

**Note : This product may cause damage or loss if used otherwise than strictly in accordance with the directions for its use.**

This product is sold only subject to these conditions and upon the basis that it is used solely at the purchaser's own risk and the manufacturers and distributors hereby exclude themselves from all liability in relation to this product howsoever arising.

## 4¡E INFORMATION¡GLDT-8850

| Basic spec : | | | |
|---|---|---|---|
| **Machine size** | 190 x 85 x 159cm | Electric spec | AC 110V 60Hz / 220V50Hz |
| **Folded size** | 113 x 85 x 159cm | Speed range | 1km/h ~ 18 km/h |
| **Running surface** | 50 x 140cm | Motor | 2.5HP 4000RPM |
| **Thickness of running belt** | 1.8mm | | |
| **Thickness of running deck** | 25.4mm | | |
| **Machine base section** | Square tube(40x80) | Elevation type | Elevation motor ( stepless/16 levels ) |
| **Upright tube section** | Square tube(40x80) | Elevation angle | 0°~5.5° |
| **Painting** | Black powder-body | Max. user weight | 150kg |
| **weight** | 105kg | Folding | Foldable |

**LDT-8850 PARTS LIST**

| No. | Description | Q'ty | No. | Description | Q'ty |
|-----|-------------|------|-----|-------------|------|
| 1 | Main frame | 1 | 20 | Side rail | 2 |
| 2 | Cushion | 8 | 21 | Running belt | 1 |
| 3 | Square tube cap | 6 | 22 | Rear complete cover | 1 |
| 4 | Foot unit | 2 | 23 | Front complete cover | 1 |
| 5 | Front roller set | 1 | 24 | Side Rail fix plate | 8 |
| 6 | Rear roller set | 1 | 25 | Incline socket set | 1 |
| 7 | Motor | 1 | 26 | Bushing | 2 |
| 8 | V- belt | 1 | 27 | Hex. screw | 2 |
| 9 | M8 screw | 4 | 28 | Horizontal shaft for base | 1 |
| 10 | M8 washer | 8 | 29 | Horizontal shaft for base cover | 2 |
| 11 | Semicircle Hex. screw | 3 | 30 | Motor cover | 1 |
| 12 | Air Pressure shaft | 2 | 31 | Round-headed screw | 4 |
| 13 | Under cover for rear roller ( L ) | 1 | 32 | Up right tube unit ( left ) | 1 |
| 14 | Under cover for rear roller ( R ) | 1 | 33 | Up right tube unit ( right ) | 1 |
| 15 | Top cover for rear roller ( L ) | 1 | 34 | Washer | 16 |
| 16 | Top cover fro read roller ( R ) | 1 | 35 | Semicircle Hex. screw | 10 |
| 17 | Washer | 52 | 36 | Semicircle Hex. screw | 3 |
| 18 | Round-headed screw | 6 | 37 | Handlebar cover ( outside, left ) | 1 |
| 19 | Running board | 1 | 38 | Handlebar cover ( inside, left ) | 1 |

| No. | Description | Q'ty | No. | Description | Q'ty |
|-----|-------------|------|-----|-------------|------|
| 39 | Handlebar cover ( inside, right ) | 1 | 58 | Semicircle Hex. Screw | 8 |
| 40 | Handlebar cover ( outside, right ) | 1 | 59 | Console elbow | 1 |
| 41 | Big flat spider screw | 6 | 60 | Monitor case | 1 |
| 42 | Top handle bar | 1 | 61 | Monitor | 1 |
| 43 | Hex. Screw | 2 | 62 | Safety key | 1 |
| 44 | Control board | 1 | 63 | Front cover for base | 2 |
| 45 | Wave filter | 1 | 64 | Square tube cap | 1 |
| 46 | Inductor | 1 | 65 | Retractable outer tube | 1 |
| 47 | Elevation motor | 1 | 66 | Spring pin | 1 |
| 48 | Power socket | 1 | 67 | Hollow cap | 1 |
| 49 | Thermo switch | 1 | 68 | Retractable inner tube | 1 |
| 50 | Power switch | 1 | 69 | Inner cap for square tube | 1 |
| 51 | Base assembly | 1 | 70 | Inner cap for round tube | 4 |
| 52 | Wheel | 4 | 71 | Fixed socket for water cup | 1 |
| 53 | Semicircle Hex. Screw | 11 | 72 | Nylon anti-loose nut | 9 |
| 54 | Nut jacket | 2 | 73 | Hand pulse sensor | 2 |
| 55 | Console combined plate | 2 | 74 | Hex. Screw | 1 |
| 56 | Round-headed spider screw | 4 | 75 | Nylon anti-loose nut | 1 |
| 57 | Console assembly | 1 | 76 | Round-headed screw | 2 |

| No. | Description | Q'ty |
|---|---|---|
| 77 | Washer | 3 |
| 78 | Spring washer | 4 |
| 79 | Semicircle Hex. screw | 8 |
| 80 | Plastic washer | 2 |
| 81 | Foam grip | 2 |
| 82 | PROTEUS plate | 1 |
| 83 | Fix base for pulse wire | 1 |
| 84 | Sensor shaft | 1 |
| A | Control wires in upright tube | 1 |
| B | Elevation wires in upright tube | 1 |
| C | Hand pulse sensor wires | 1 |
| D | Control wires on console | 1 |
| E | Elevation wires on console | 1 |
| F | Wires on console | 1 |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
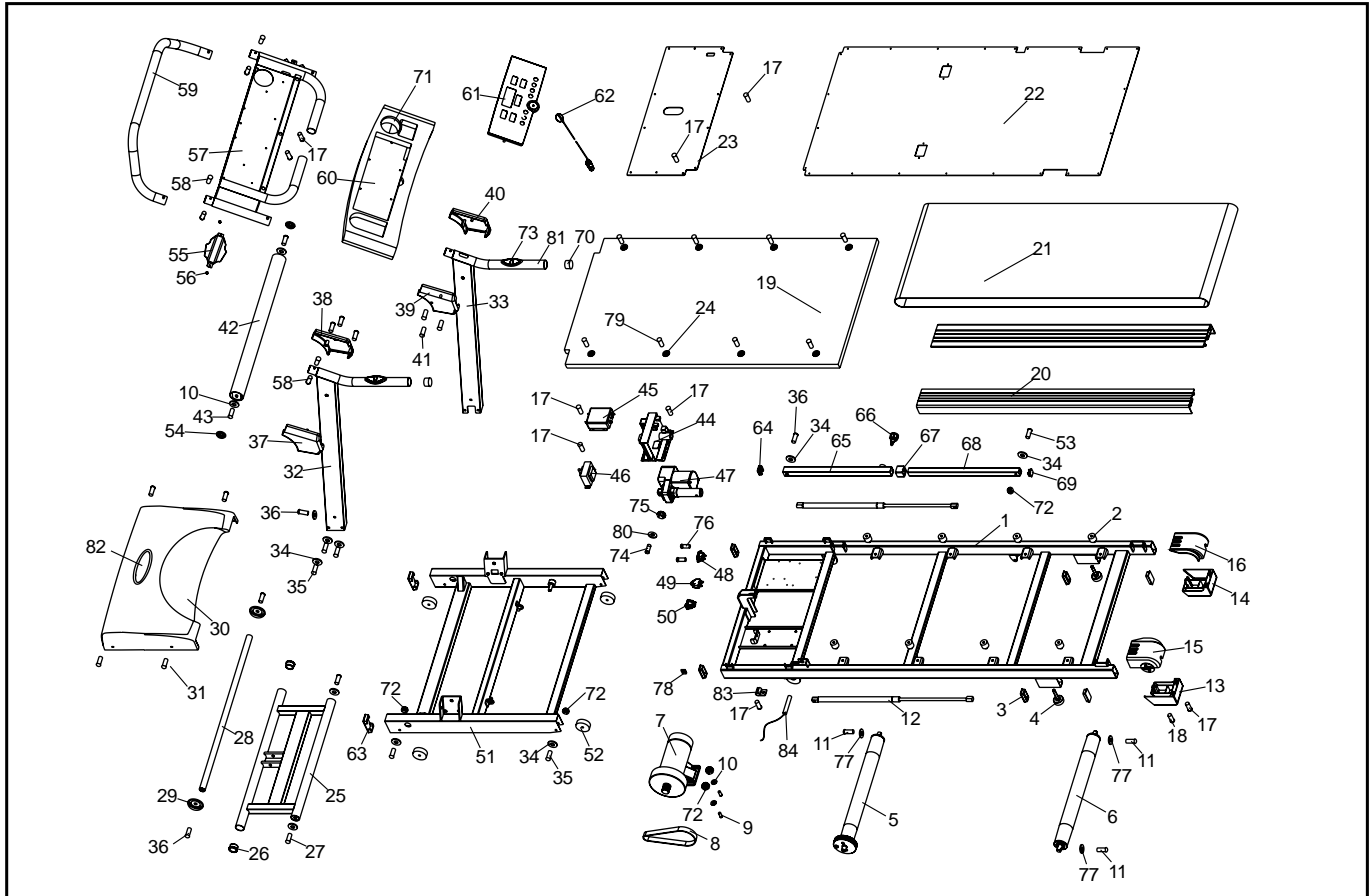
## c · Accessories

| | Description | Unit | Q'ty | Part no. |
|---|---|---|---|---|
| 1 | Handle bar cover (R) | set | 1 | 39 / 40 |
| 2 | Handle bar cover (L) | set | 1 | 37 / 38 |

## d · Parts box / tools

| | Description | Unit | Q'ty | Part no. |
|---|---|---|---|---|
| 1 | Semicircle Hex. screw | pcs | 6 | 35 |
| 2 | Semicircle Hex. Washer | pcs | 8 | 58 |
| 3 | Semicircle Hex. screw | pcs | 2 | 36 |
| 4 | Big flat screw | pcs | 6 | 41 |
| 5 | Hex. screw | pcs | 2 | 43 |
| 6 | Washer (black) | pcs | 10 | 10 |
| 7 | Nut jacket | pcs | 2 | 54 |
| 8 | T-type wrench | pcs | 1 | |
| 9 | Hex. wrench | pcs | 2 | |
| 10 | Multi-function wrench | pcs | 1 | |

**5‧Assembly** ：

**a‧Note:**
DO NOT FULLY TIGHTEN ALL FASTENERS UNTIL ASSEMBLY IS DONE.
DO NOT PLUG IN POWER SUPPLY UNTIL ASSEMBLY IS COMPLETED.

**DO MAKE SURE ALL FASTENERS WELL TIGHTENED BEFORE USE.**

**b‧Machine base**
Locate the main frame ( 1 ) on level floor, then adjust foot unit ( 4 ) to attach the floor. This could steady the machine without causing wobble.

Method of adjusting foot unit：
1.  Use wrench to loose upper nut, then adjust lower screw.
2. Turn right, then foot unit on the rise.
3.  Turn left, then foot unit goes down.
4.  Adjust till the foot touch the floor.
5.  Use wrench to adjust the upper nut clockwise,
    to fix onto main frame.
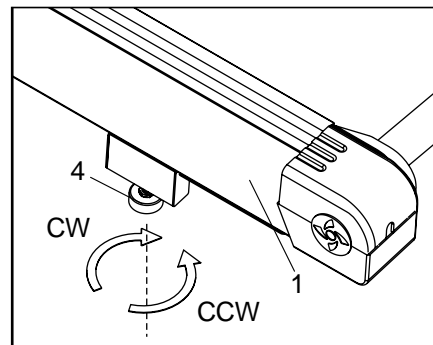
## c · Upright tube assembly

Put 33 upright tube unit ( right ) besides the main frame, connect the frame control wire (A) ( 5-pins ) onto upright tube control wire (A) ( 5 -pins ), then connect elevation wire (B) ( 3-pin ) onto elevation control wire (B) ( 3-pin ) on upright tube unit ( right ). Assemble upright tube unit ( 33 ) onto frame assembly ( 51 )，pre-fix with screw ( 35 and 36 , then

assemble upright tube unit ( 32 ) onto frame assembly ( 51 ), pre-fix with screw ( 35 & 36 ) bue not fully tighten the machine before complete assembly. Tighten screw ( 35 and 36 ) after complete assembly.
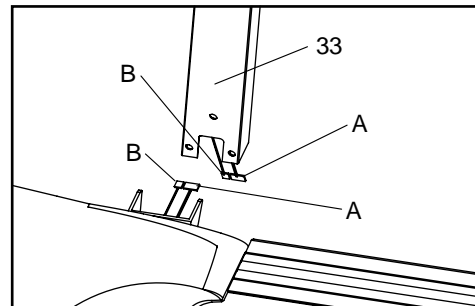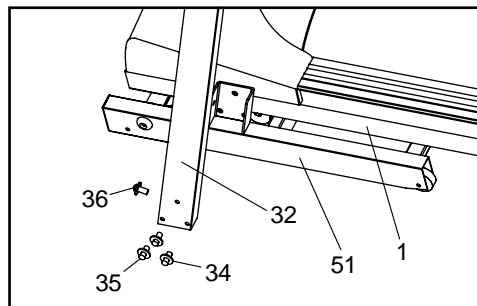
### d · Assembly for air pressure shaft & retractable tube

Pull the spring pin ( 66 ) out of the assembling machine, folding the machine upright, one side of air pressure shaft ( 12 ) been assembled on machine base, now, assemble the other side air pressure on main frame ( there is are pressure shafts on each side ).

While assembling the air pressure shaft, rise the frame to upright position ( there will be a click sound ), pull spring pin ( 66 ) and move up slightly, to match up the air pressure position. Then press the air pressure shaft to complete the assembly. After complete the assembly, move the machine down to the normal ( horizontal ) position.
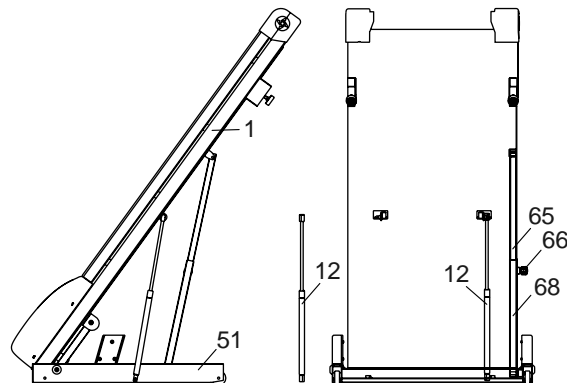
**\*\*\* CAUTION \*\*\***
**While the frame been moved to exceed top position, It is heavy and without any support.**
**Pls hold it very carefully.**
**Strongly suggest to assemble this machine with two persons.**
**After assembled the air pressure shaft, suggest it to upright very top position, then lay the machine to horizontal position.**

## e. Monitor

Put top handlebar ( 42 ) into upright tube unit ( 32,33 ), with screw ( 43 ) and washer ( 10 ) pre-fix onto upright tube unit ( 33 )  but not fully fastened then put the other side with screw ( 43 ) and washer ( 10 ) pre-fixed onto upright tube unit ( 32 ). ( whatever one end of screw could not be touched, push the upright tube unit ( 32,33 ) inward to make screw touch the nut ). Put the screws on, after fixing both end screws, not fully fasten while fixing.

Connect the upright tube ( right ) control wires (A) ( inside the upright tube assembly ( 5-pin ) onto console control wire (D) ( on console assembly ( 5-pin ), Connect the upright tube elevation wire (B) ( inside upright tube ( 3-pin ) onto console elevation wire (E) ( on  console ( 3-pin ).

Connect hand pulse sensor wire (C) ( inside the upright tubes  32,33 ( 2-pin ) onto console wire (F) ( on console 2-pin ), With screw ( 58 ) pre-fixed console assembly ( 57 ) onto top handle bar of upright tubes ( 33,32 ) ( this is top and bottom fix ). Then insert console elbow ( 59 ) into console assembly ( 57 ), with screw ( 58 ) pre-fix, not fully tighten. Do the final adjustment and fully tighten the top handle bar screws.
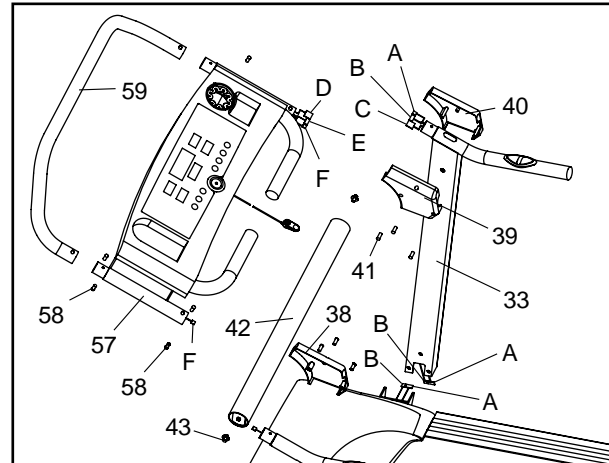
### f · Cover

Put right handle bar cover ( 39,40 ) onto upright tube assembly ( right ,33 ), tighten firmly with screw ( 41 ). Put left handle bar cover ( 37, 38 ) onto upright tube ( left, 32 ), tighten firmly with screw ( 41 ).
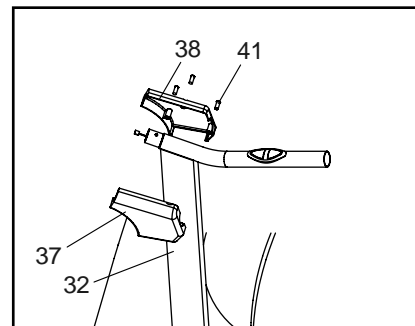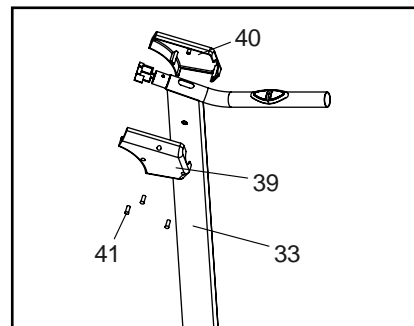
### g · Final adjustment

Press monitor to upright tube unit ( left and right ) to close together with outside handle bar cover. Then fasten all the screws firmly.

**6・Folding and unfolding :**
**CAUTION : Before folding and unfolding, the safety key should be pulled away and the spring pin lock into support shaft.**

**1・Folding**
Pull spring pin ( 66 ) out, hold the end machine, folding the machine up till the spring pin lock into support shaft. ( there is click sound ).

**\*\*\* CAUTION \*\*\***
**The elevation motor should be at horizontal position while folding.**

**2・Unfolding**
Pull spring pin ( 66 ) out, hold the end side of machine, move main frame down till the spring pin lock into support shaft ( 68 ).
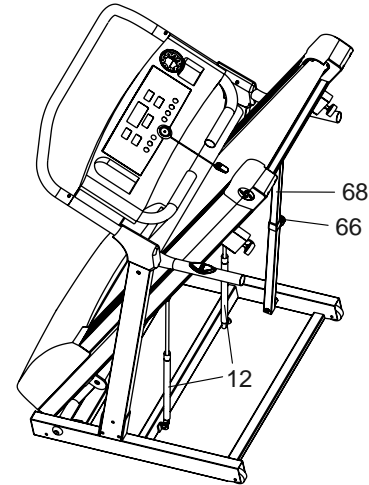
**7・Adjust the machine**

**a ・Adjust belt tension**

FACTORS THAT AFFECT MAT ALIGNMENT.

1. The treadmill must be on a level surface.
2. While user running with an uneven stride, the mat should return to center after exercise.
3. Maintain the correct mat tension. In principle, the belt was adjusted by the belt adjusting screw in the back of the machine, if need to adjust the roller, do not adjust the roller by yourself. Pls ask distributor for help.
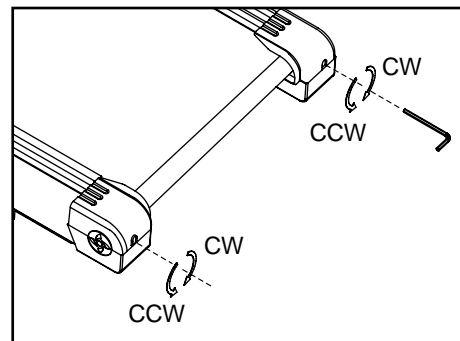


**CORRECT BELT TENSION :**

Pay attention to the belt tension in order to make sure the machine working smoothly, and to avoid short life of parts If there is any slipping belt, the belt needs to be adjusted.

To increase belt tension: adjust the left / right adjusting screw clockwise with one turn each.

To decrease belt tension: adjust the left / right adjusting screw counterclockwise with one turn each.

**Warning : Do not adjust the belt too tight. Otherwise, the belt will be damaged.**

If the above procedure could not improve the belt slipping, tension motor drive belt might need to be adjusted. Pls contact distributor for help.

Again, pls do not adjust the belt too tight. Otherwise, not only the belt will be damaged but also the roller bearing will be damaged due to tension pressure.

**b · MAT ALIGNMENT**
**NOTE : THE ALIGNMENT OF THE TREADMILL MAT MUST BE CORRECTLY ADJUSTED TO ENSURE SMOOTH OPERATION AND TO PREVENT DAMAGE.**

The treadmill mat must run close to the central position of the treadmill.
If the gaps between the mat and the side panel are different, the mat must be aligned.

SET THE SPEED OF THE MACHINE AT 4 - 6 km/h, IF THE TREADMILL MAT HAS MOVED TO THE LEFT HAND SIDE,
1. Turn the left mat adjustment bolt clockwise 1/2 a turn.
2. If more adjustment is necessary, turn the right hand adjustment bolt counter- clockwise 1/2 a turn.
3. If more adjustment is required, repeat steps 1 and 2.
    Any final adjustments should be made with 1/4 of a turn.

SET THE SPEED OF THE MACHINE AT 4 - 6 km/h, IF THE TREADMILL MAT HAS MOVED TO THE RIGHT HAND SIDE
1. Turn the right mat adjustment bolt clockwise 1/2 a turn.
2. If more adjustment is necessary, turn the left hand adjustment bolt
    counter-clockwise 1/2 a turn.
3. If more adjustment is required, repeat steps 1 and 2.
    Any final adjustments should be made with 1/4 of a turn.

<u>**c · Incline**</u>
To increase incline: press incline switch ⊜ to incline level.
To decrease incline: press incline switch ⊖ to decline level.

**Note : Incline device used over 5 minutes continuously, need off for 20 minutes, to avoid incline device damaged due to overheat.**

<u>**d · Instruction of Safety key and pulse**</u>
The machine works only the safety key ( 62 ) attached to the monitor ( 61 ).
For safety purpose, pull out the safety key while not using the machine.

While using pulse equipment and hold the pulse sensor, stay calm and quiet. Do not running and testing pulse at the same time. Otherwise, the pulse response will not be accurate due to hands moved. Before exercising, stand on the side rail to hold the pulse sensor for five seconds ″ ♥ ″ will show on the screen, the monitor will show the heart beat/min. Hold the pulse sensor for five seconds after exercise, stand on the side rail for five seconds, ″ ♥ ″ will show on the screen, the monitor will show the heart beat/min.

**\*\*\* While using hand pulse, the hands should be without too much moisture, so dry your hands before doing exercise. Otherwise, it will affect the accuraey of heart rate.
Also, while using pulse, user should leave running belt and stand at safe area.**

**PROTEUS had done the best efforts to let customers understanding all the operations and functions before printing this manual. In the mean time, due to our R&D department keeps improving the quality, PROTEUS reserves the right to revise specification, equipment, and maintenance information.**

**Without PROTEUS authorization, any contents of this manual are not allowed to be copied, saved or transferred.**

**Although we have tried our best to make this manual perfect, but it might not good enough. For those we are not responsible for it.**

## LDT-8850 MONITOR
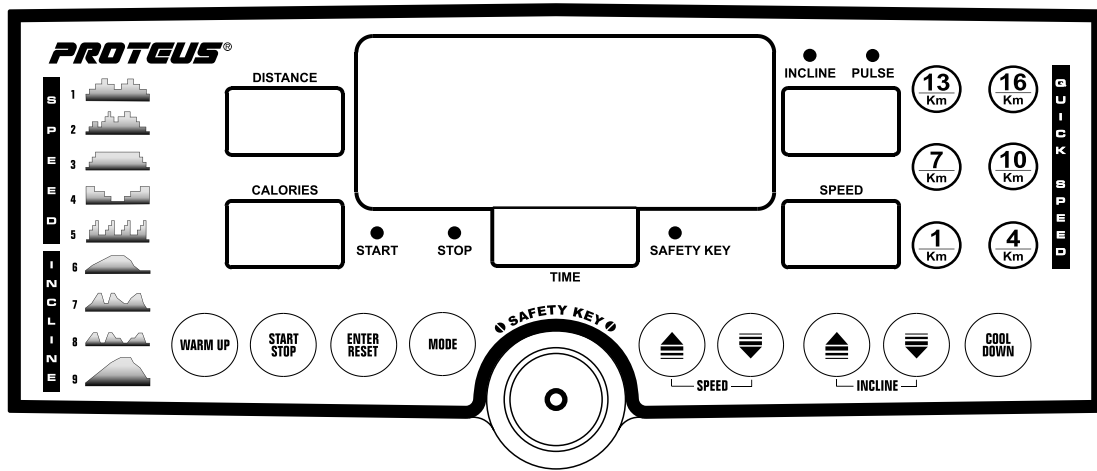


The monitor, is designed for motorized treadmills and introduced in the following categories,
* Key Functions
* About Displays
* Operation Instructions
* Error Massage & Troubleshooting

**KEY FUNCTION :**

There are total 16 buttons including 1 Safety key, 9 Major Function buttons, and 6 quick speed buttons.

**A. Safety Key :**

The monitor and the treadmill can be operated only with the key attached and note both of the monitor and the treadmill stop as soon as the key is removed.

**B. Nine Major Function Keys :**

**a. WARM UP :**

This is a 5 minutes program. In the stop status, press this button to enter the Warm UP program. After press this button, the elevation system will go to level 0 and motorized treadmill will begin to work. We strongly recommend using the warm up program before exercise. It can get you energized for more strenuous exercise. A warm-up is almost universally used at the beginning of an exercise or activity session to improve performance and prevent injury. The theory behind warm-ups is that muscular contractions are dependant on temperature. Because increased muscle temperature improves work capacity and a warm-up increases muscle temperature, it is suggested that warming up is necessary. There are five purposes to warm-up before exercise.

1) To increase the temperature of the muscles.
2) To redistribute blood flow.
3) To increase flexibility.
4) To decrease the chance of injury.
5) To improve performance.

STOP ➡ WARM UP ➡ 5 minutes program

| 5MIN | SPEED |
|------|-------|
| 1min | 3.5km/h |
| 4min | 5.0km/h |

**b. START / STOP :**
Press this button to start or stop exercise.

START
STOP

**c. ENTER / REST / PULSE RECOVERY :**
**ENTER FUNCTION :**
1. During the stop mode, press this button to confirm your desired program from Manual, P1, P2, P3, P4, P5, P6, P7, P8, P9, U1, U2, 60% MAX H.R., and 85% MAX H.R.
2. During the setting mode, press this button to confirm your setting value of time, distance, calorie, target heart rate and the minimum speed in the P1 to P9.
3. During creating the speed profile, press this button to confirm your SPEED PROFILE in the U1 and U2.

**RESET FUNCTION :**
1. During the stop status, hold this button over two seconds to reset all of the value to default.

ENTER
RESET

x 2sec
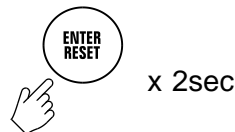
**PULSE RECOVERY FUNCTION :**
1. During the start status, you can press ENTER button to the pulse recovery function. After press this button, the treadmill will stop immediately, so we strongly recommend before press this ENTER button please hold onto handrail and place feet on side rails.

**d. MODE :**
1. Press this button to choose the function from Manual, P1, P2, P3, P4, P5, P6, P7, P8, P9, U1, U2, 60% MAX H.R., and 85% MAX H.R.

**LED DISPLAY**
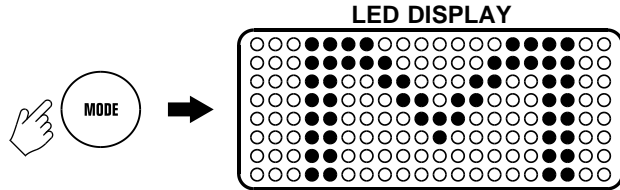


**e. SPEED ¡⅟ :**
1. In preset status, press this button to increase the setting value of time, distance, calorie, target heart rate and the minimum speed in the P1 to P9.
2. In the starting status, press this button once to increase 0.5 KPH or 0.1MPH. To speed up the increment, hold this button for more than 2 seconds.
3. In the U1 and U2, use this button to set up the profile of speed program.
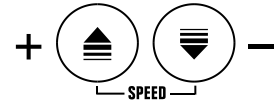


**SPEED ¡¿ :**
1. In the preset status, press this button to decrease the setting value of time, distance, calorie, target heart rate and the minimum speed in the P1 to P9.
2. In the starting status, press this button once to decrease 0.5 KPH or 0.1MPH. To speed up the increment, hold this button for more than 2 seconds.
3. In the U1 and U2, use this button to set up the profile of speed program.

**f. INCLINE ▲ :**

Press this button to increased the level of elevation**.**

**INCLINE ▼ :**

Press this button to decrease the level of elevation.

$+$ (⬆) (⬇) $-$
INCLINE
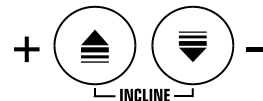
**g. COOL DOWN :**

In the start status**,** press this button to enter the COOL DOWN function. After press this button, the elevation system will go to level 0 and cool down function will begin to work. This is a 5 minutes program, so time will count down from 5:00 to 0:00. We strongly recommend using the cool down function before you wish to stop exercise. The main aim of the cool down is to promote recovery and return the body to a pre exercise, status or pre work out level. The cool down, performed properly, will assist your body in its repair process. When the exercise stops, so does the force that pushes the blood back to the heart. This blood, as well as waste products likes lactic acid, stays in the muscles, which in turn causes swelling and pain. So, the cool down helps all this by keeping the blood circulating. This circulating blood also brings with it the oxygen and nutrients needed by the muscles, tendons and ligaments for repair.

START ➡ COOL DOWN ➡ 5 minutes program
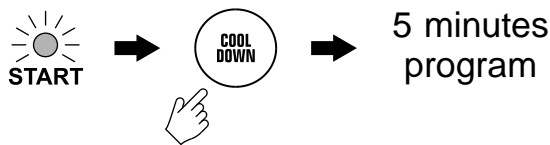
| 5MIN | SPEED |
|------|-------|
| 1min | 5.0km/h |
| 4min | 3.5km/h |

**QUICK SPEED :**
There are 6 speed buttons on the monitor. During the start mode, press the QUICK SPEED button in any time and the motorized treadmill will change the speed immediately to the speed you desired. speed was selected by you.

**Note : The QUICK SPEED buttons cannot use in the Warm Up and Cool Down program.**

| 13 Km | 16 Km |
|-------|-------|
| 7 Km  | 10 Km |
| 1 Km  | 4 Km  |

QUICK SPEED
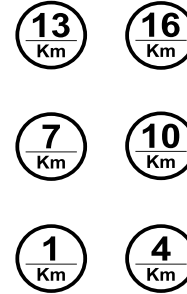
## ABOUT DISPLAY :

### A. PROGRAM AND MANUAL PROFILE DISPLAY :

Display the profile of Manual, P1, P2, P3, P4, P5, P6, P7, P8, P9, U1, U2, 60% MAX H.R., and 85% MAX. The profiles in Manual, P1, P2, P3, P4, P5, U1, and U2 are speed profiles. The profiles in P6, P7, P8, P9, 60% MAX H.R., and 85% MAX H.R. are incline profiles. The profile was composed by 20 intervals. Without setting the time value, each column will retain 30 seconds. If you setting the time value, the duration of each column will be the setting time divided by 20.

**LED DISPLAY**
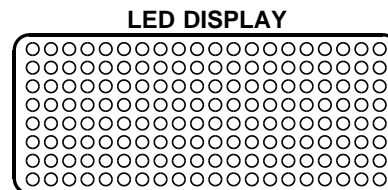
### B. TIME Display :

Shows the exercising time with counting up or down. In the setting mode, press "SPEED▲" or "SPEED▼" button to setting the desired time for exercise. The range of setting value is from 10:00 to 99:00. By setting the value, the monitor will count down. While counting down to 00:00, the monitor will beep and then the treadmill will stop. Without setting value, the time will count up and the range of time value is 0:00 to 99: 00.
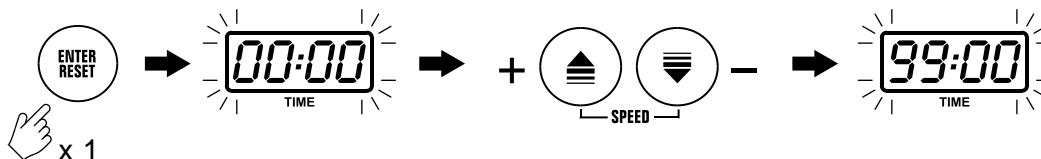
## C. DISTANCE Display :

Shows the distance with counting up or down. In the setting mode, press "SPEED▲" or "SPEED▼" button to set the desired distance to do the exercise. The range of setting value is from 1.00 KM to 999 KM. By set the value, the distance value will count down. While counting down to 0.00, the monitor will beep and then the treadmill will stop. Without setting value, the distance will count up and the range of distance value is 0.00KM to 999 KM.
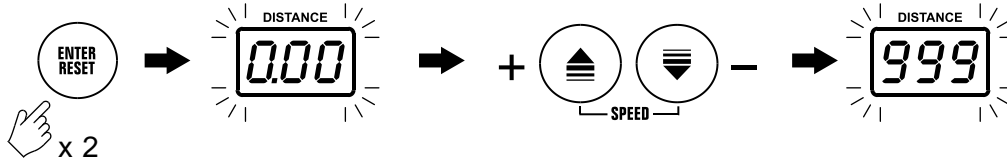
## D. CALORIES Display :

Shows the calories with counting up or down.  In the setting mode, press "SPEED▲" or "SPEED▼" button to set the desired calorie to be burned. The range of setting value is from 1.0 Kcal to 999 Kcal. Bysetting the value, the calorie value will count down. While counting down to 0.0, the monitor will beep and then the treadmill will stop. Without setting value, the calorie will count up and the range of distance value is 0.0Kcal to 999 Kcal.
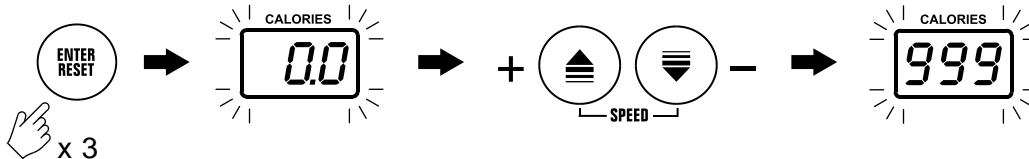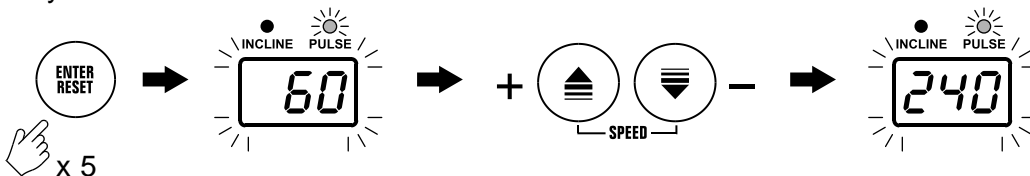
### E. SPEED Display :

a. During the start status, shows the speed that the treadmill is providing. It can be adjusted by pressing "SPEED▲" and "SPEED▼" keys.

b. During the setting status, show the minimum speed of this program. It can by adjusted by pressing "SPEED▲" and "SPEED▼" keys to set the difficulty of this program the range of SPEED value is 1.0km to 18.0km.
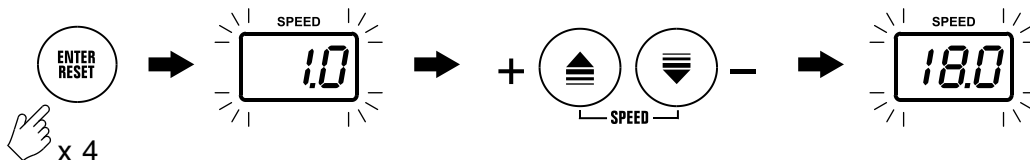
### F. PULSE & INCLINE Display :
**During the setting stage :**

a. In the Manual, P1, P2, P3, P4, P5, P6, P7, P8, P9, U1 and U2 program, while the program window show "ENTER TARGET HEART RATE" , press "SPEED▲" or "SPEED▼" button to setting the desired target heart rate that you do not want to exceed this value during your exercise. Once your heart rate is more than your setting value, the monitor will glitter to inform you.

b. In the 60% MAX H.R. and 85% MAX H.R program, while the program window show "ENTER AGE" press "SPEED▲" or "SPEED▼" button to setting your <u>age.</u> And then the program window will display "ENTER H/R TARGET" The window will show the <u>target heart rate value.</u> If you accept this value, press ENTER and go to next setting value. If you can not accept this value, press "SPEED▲" or "SPEED▼" button to setting the desired target heart rate that you do not want to exceed this value during your exercise. And then press ENTER to go to next setting value.

**During the Start Stage :**
a. Show the <u>current heart rate</u> in beats per minute. The range of pulse value is from 60 to 240 bpm.
b. Press the incline ▲ or ▼ button, this window will switch pulse function to <u>incline level</u> display 6 seconds and then come back to the pulse function.

**PULSE MEASUREMENT SYSTEM :**
The motorize treadmill have two pulses measurement function. One is hand-pulse system. Another is chest belt system. The hand-pulse system is the first priority. If you wear chest belt and put your hand on the hand-pulse sensor in the same time, the monitor will measure your heart rate from the hand-pulse system and ignore the signal form chest belt. Once you move your hand out of hand-pulse sensor, the monitor will measure your heart rate from the chest belt automatically.

**Note : The frequency of chest belt accepted by the monitor is 5 KHz.**

## OPERATION INSTRUCTIONS
**TO START :**

Turn on the power and attach the Safety Key to the monitor. And all the windows will fully display for one second; the program will start from manual function. Press the start/stop button to begin excercise. Notice that the machine does not work without the Safety Key attached.

**LED DISPLAY**
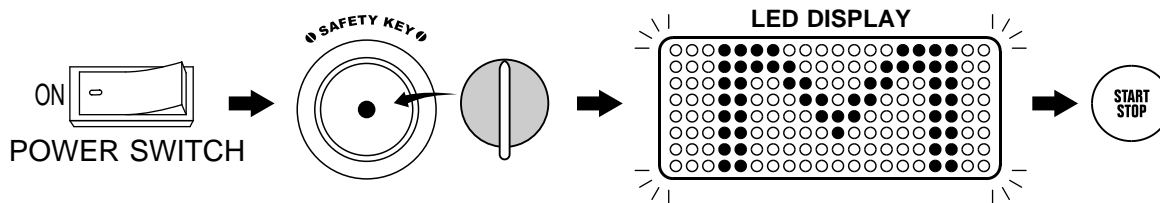
ON POWER SWITCH

**TO STOP :**

Press the start/stop button. Or remove Safety Key or turn off power switch.
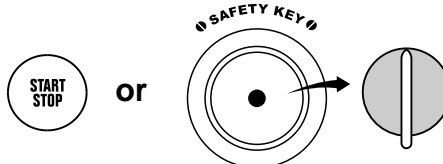
**CAUTION :**
**Please clip the other end of the Safety Key to user's clothing before exercising to ensure the machine will stop in case the user accidentally runs off the treadmill. Should that happens, the Safety Key will fall off from the monitor and the treadmill will stop at once to avoid further injury.**

**CLOTHES**
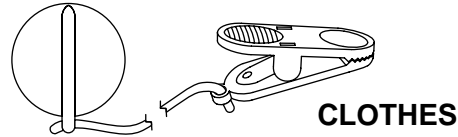
**QUICK START :**
a. Press the mode button to select one of the programs from Manual, P1, P2, P3, P4, P5, P6, P7, P8, P9, U1, and U2.
b. Press Start button to begin exercise.

**LED DISPLAY**

MODE    START STOP
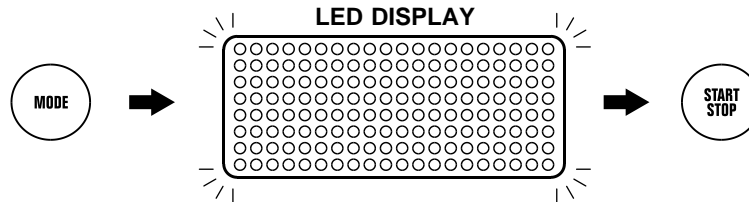
**Note : The heart rate control programs, 60% MAX H.R., and 85% MAX H.R, are unique programs. You must input your age and confirm your target heart rate by pressing the ENTER key. Otherwise the start function cannot work.**

## -- MANUAL FUNCTION--

a. Attach the Safety Key to the monitor. And all the windows will fully display for one second; the program will go to the Manual(M) function. then Press the Enter button.
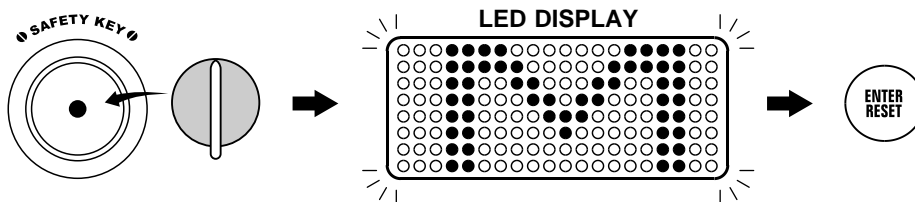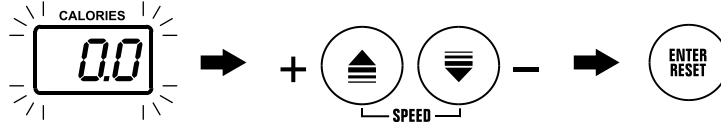
b. TIME window will glitter. Press the SPEED▲ or SPEED ▼ to set up the desired time to do the exercise. Press ENTER to confirm the value of TIME,
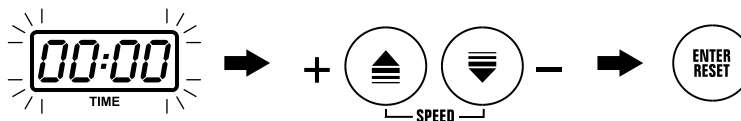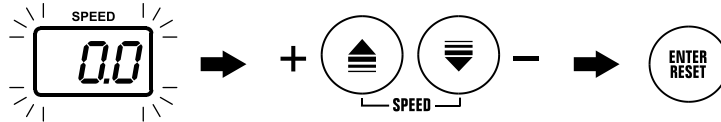
c. DISTANCE window will glitter. Press SPEED▲ or SPEED ▼ button to set up the desired distance for exercise. Press ENTER to confirm the setting value of DISTANCE,

d. CALORIES window will glitter.Press SPEED▲ or SPEED▼ button to set up the desired CALORIES to be burned. Press ENTER to confirm the setting value of CALORIES.



e. The SPEED window will glitter. Press SPEED▲ or SPEED ▼ button to choose the Difficulty of this SPEED profile. Press the ENTER to confirm your desired speed profile.



f. And then the PULSE window will glitter and the PROGRAM PROFILE window will show "ENTER TARGET HEART RATE".
Press "SPEED▲" or "SPEED▼" button to setting the desired target heart rate that you do not want to exceed during your exercise. Once your heart rate is higher than your setting value, the PULSE window will flash to remind you to slow down.
Press the START / STOP button to begin exercise.
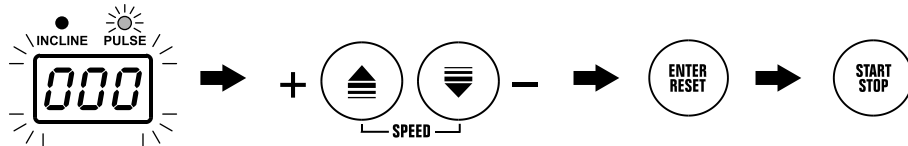
g.  During the exercise, you can adjust current speed by press the SPEED▲ or SPEED ▼ or
   **QUICK SPEED** button.

$$\underline{1}_{Km} \quad \underline{4}_{Km} \quad \underline{7}_{Km} \quad \underline{10}_{Km} \quad \underline{13}_{Km} \quad \underline{16}_{Km}$$
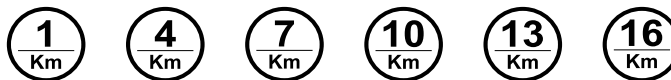
If you want to skip the setting function, just simply press ENTER to go to the next preset function.
You do not need to set up all of these functions before exercise. You can just choose one of them
or two of them.

**Note :**
a.  Without setting the function of TIME, DISTANCE and CALORIE, the monitor will count up the
   value.
b.  Without setting the function of Speed ( Difficulty ), the motorized treadmill will follow our initial
   speed profile.
c.  Without setting the function of TARGET HEART RATE, the monitor will not give you the feed
   back from your heart rate. Monitor displays your current heart rate only.
d.  Once reach your target, the motorized treadmill will beep and then stop. You can press START
   again to reach you next target. The original target you reached will become count up. The other
   targets you do not reach will continue count down.

**-- PROGRAM FUNCTION P1 TO P9 --**

a. Press the mode button to select one of the Preset programs from P1 to P9.

b. Press the Enter button.

c. TIME window will glitter. Press the SPEED▲ or SPEED ▼ to set up the desired time to exercise.

d. Press ENTER to confirm the value of TIME, and then DISTANCE window will glitter.

e. Press SPEED▲ or SPEED ▼ button to set up the desired distance to exercise.

f. Press ENTER to confirm the setting value of DISTANCE, and then CALORIES window will glitter.

g. Press SPEED▲ or SPEED▼ button to set up the desired calorie to be burned.

h. Press ENTER to confirm the setting value of Calories.

i. In the speed program P1 to P5, the SPEED window will glitter. Press SPEED▲ or SPEED ▼ button to choose the Difficulty of this speed profile. When press the SPEED▲ button, the chart of speed profile will increase one level. Once the column reach the top of the window, the profile will not change anymore even you press the SPEED▲ button. When press the SPEED ▼ button, the chart of speed profile will decrease one level. Once the lowest column of the profile reach the lowest level of the window, the profile will not change anymore even you press the SPEED ▼ button. The minimum speed of this speed profile will display on the SPEED window and the maximum speed of this speed profile will display on the DISTANCE window. You can find the suitable speed program for you. In the incline program P6 to P9, the PULSE & INCLINE window will glitter. Press SPEED▲ or SPEED ▼ button to choose the Difficulty of this incline profile. When press the SPEED▲ button, the chart of incline profile will increase one level. Once the column reach the top of the window, the profile will not change anymore even you press the SPEED▲ button. When press the SPEED ▼ button, the chart of incline profile will decrease one level. Once the column reach the lowest level of the window,

the profile will not change anymore even you press the SPEED ▼ button. The minimum incline level of this incline profile will display on the PULSE & INCLINE window and the maximum incline level of this incline profile will display on the CALORIE window. You can find the suitable incline program for you.

j. Press the ENTER to confirm your desired speed profile. And then the PULSE window will glitter and the PROGRAM PROFILE window will show "ENTER TARGET HEART RATE".

k. press "SPEED▲" or "SPEED▼" button to setting the desired target heart rate that you do not want to exceed this value during your exercise. Once your heart rate higher than your setting value, the PULSE window will flash to remind you slow down.

l. Press the START / STOP button to begin exercise.

n. During the exercise, you can adjust current speed by press the SPEED▲ or SPEED ▼ or **QUICK SPEED** button.

If you want to skip the setting function, just simply press ENTER to go to the next preset function. You do not need to set up all of these functions before exercise. You can just choose one or two of them.

**Note :**

a. Without setting the function of TIME, DISTANCE and CALORIE, the monitor will count up the value.

b. Without setting the function of Difficulty, the motorized treadmill will follow our initial speed or incline profile to do.

c. Without setting the function of TARGET HEART RATE, the monitor will not give you the feed back from your heart rate. Monitor displays your current heart rate only.

d. Once reach your target, the motorized treadmill will beep and then stop. You can press START again to reach you next target. The original target your reached will become count up. The other targets you do not reach will continue count down.

**-- USER SETTING PROGRAM ( U1 U2 ) --**

a. Press the mode button to select one of the users setting program from U1 to U2.

b. Press ENTER button.

c. TIME window glitter, user SPEED ▼ or SPEED ▼ to set up the desire TIME to exercise.

d. Press ENTER to confirm the value of TIME, and then DISTANCE window will glitter.

e. Press SPEED ▲ or SPEED▼ button to set up the desired distance to the exercise.

f. Press ENTER to confirm the setting value of DISTANCE, and then CALORIES window will glitter.

g. Press SPEED ▲ or SPEED ▼ button to set up the desired calorie to be burned.

h. Press ENTER button to confirm the setting value of Calories, and then the speed window and first column of the LED matrix will glitter.

i. Press SPEED▲ or SPEED ▼ button to set up the desire speed of the first column.

j. Press ENTER to confirm the setting value of first column, and then the speed window and second column of the LED matrix will glitter.

k. Press SPEED ▲ or SPEED ▼ button to set up the desire speed of the second column.

l. Follow the above steps to create your exercise profile.

n. And then the PULSE window will glitter and the PROGRAM PROFILE window will show "ENTER TARGET HEART RATE".

m. Press "SPEED▲" or "SPEED▼" button to setting the desired target heart rate that you do not want to exceed during your exercise. Once your heart rate higher than your setting value, the PULSE window will flash to remind you to slow down.

o. Press the START / STOP button to begin exercise.
p. During the exercise, you can adjust current speed by press the SPEED▲ or SPEED ▼ or
   **QUICK SPEED** button.

If you want to skip the setting function, just simply press ENTER to go to the next preset function.
You do not need to set up all of these functions before exercise. You can just choose one or two of
them.

**Note :**
a. The monitor only stores the speed profile and will not keep the data of preset values, Time,
   Distance, Calorie and Target heart rate, for use.
b. Without setting the function of TIME, DISTANCE and CALORIE, the monitor will count up the
   value.
c. Without setting the function of TARGET HEART RATE, the monitor will not give you the feed
   back from your heart rate. Monitor displays your current heart rate only.
d. Once reach your target, the motorized treadmill will beep and then stop. You can press START
   again to reach you next target. The original target you reached will become count up. The other
   targets you do not reach will continue count down.

**-- HEART RATE CONTROL PROGRAM --**
   a. Press the mode button to select one of heart rate control programs **( 60% MAX H.R., and 85% MAX H.R ).**
   b. The PROGRAM PROFILE will display ENTER "AGE" and the PULSE window will flash. The number indicate is Age and the initial value of Age is 25 years old. The range of Age is from 10 to 99 years old.
   c. Press SPEED▲ or SPEED ▼ button to key in your age.
   d. Press ENTER to confirm your age.
   e. The PROGRAM PROFILE will display "ENTER H/R TARGET" Your Target heart rate will display on the PULSE window. If you accept this value, press ENTER and go to next setting value. If you do not wish to use accept this value, press "SPEED▲" or "SPEED▼" button to set the desired target heart rate that you do not want to exceed during your exercise. And then press ENTER to go to next setting value.
   f. TIME window glitter, user SPEED▲ or SPEED ▼ to set up the desire TIME to do the exercise.
   g. Press ENTER to confirm the value of TIME, and then DISTANCE window will glitter.
   h. Press SPEED ▲ or SPEED ▼ button to set up the desired distance to exercise.
   i. Press ENTER to confirm the setting value of DISTANCE, and then CALORIES window will glitter.
   j. Press SPEED▲ UP or SPEED ▼ button to set up the desired calorie to be burned.
   k. Press ENTER to confirm the setting value of Calories.
   l. Press the START / STOP button to begin exercise. The speed will begin from 1KM/H and elevation level is L0.
   n. During the exercise, you can adjust current speed by press the SPEED▲ or SPEED ▼ or **QUICK SPEED** button. You can choose the suitable speed to do the exercise and the treadmill now automatically changes the incline level to keep your hear rate near the target heart rate.

Monitor will compare your heart rate and target every 30 seconds. If your actual heart rate is 5 b.p.m. below the target, the elevation will increase 1 level. If your actual heart rate is 5 b.p.m. or more above the target, the elevation will decrease 1 level. If the monitor do not receiver your heart rate signal, the monitor will display every 30 seconds to remind you and the treadmill will keep the same elevation level.
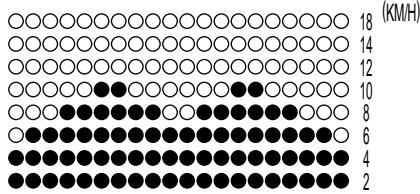
If you want to skip the setting function, just simply press ENTER to go to the next preset function. You do not need to set up all of these functions before exercise. You can just choose one of them or two of them or all of them.

**Note :**
a. **Without input your Age and confirm the target heart rate, you cannot proceed with these two programs.**
b. Without the function of TIME, DISTANCE and CALORIE, the monitor will count up the value.
c. Check the wires to the incline motor and see if they are open circuit, disconnected, or the positive and negative are wrongly connected.
d. Calibrate the Incline function.
e. Check the incline motor to see if it is over-heated and the over-heating protection switch is short circuit. If so, it will be functioning normal right after the motor is cool down.
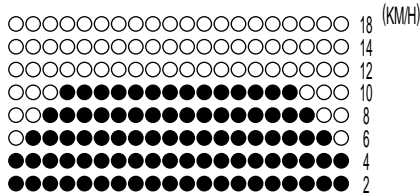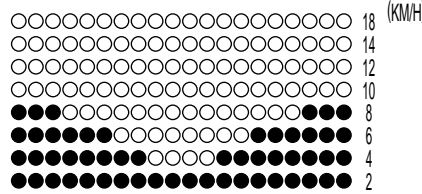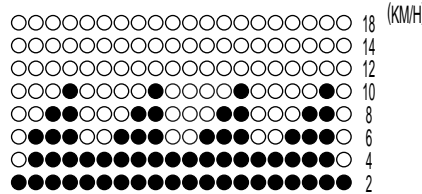
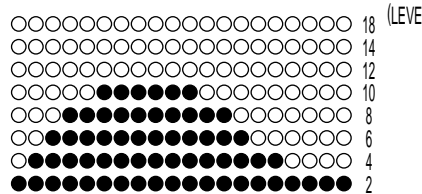# PROGRAM PROFILE ( Unit = Km / Hr )

**P1** (KM/H)

**P2** (KM/H)

**P3** (KM/H)

**P4** (KM/H)

**P5** (KM/H)
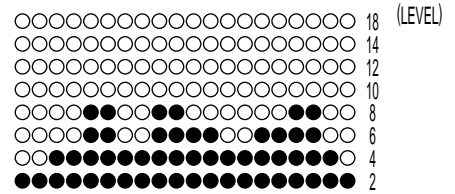
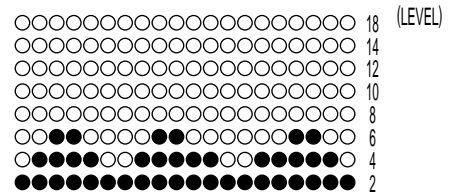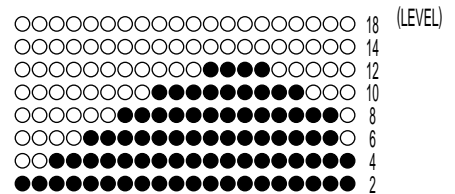**P6** (LEVEL)

**P7** (LEVEL)

**P8** (LEVEL)

**P9** (LEVEL)
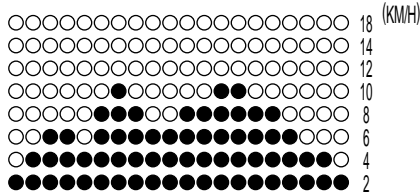
## ERROR MASSAGE & TROUBLESHOOTING

**E1 :  It indicates no signal picked up for 15 seconds and the monitor stops.**
Solutions : pls consult **Dealer**.


**E2 : It indicates the problems of EEPROM IC chip.  Either the ID code is incorrect or the data accessed from the IC chip is wrong.**
Solutions : pls consult **Dealer**.


**E3 : It indicates that VR value is not change by 5 seconds.**
Solutions:

    a. Check the relay ( 12MBU-5 ), which controls the INC. The relay clicks while it is functioning well. It indicates the INC signals in the yellow and green wires in the cable are good.
    b. Check the wires to the incline motor and see if they are open circuit, disconnected, or the positive and negative are wrongly connected.
    c. Calibrate the Incline function.
    d. Check the incline motor to see if it is over-heated and the over-heating protection switch is short circuit.  If so, it will be functioning normal right after the motor is cool down.
    e. If the above three solutions could not solve the problem, pls consult **Dealer**.


**E4 : It indicates the changing VR values picked up are different.**
Solutions : pls consult **Dealer**.

## WARM - UP GUIDELINES
**Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increase circulation, deliver more oxygen to the muscles, and raise the body temperature.**

## SUGGESTED STRETCHS
The following stretches provide a good warm-up, or cool-down.
Move slowly as you stretch-never bounce.

## HAM STRING STRETCH
Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

Stretches : Hamstrings, lower Back and Groin

## INNER THIGH STRETCH
Sit with the soles of your feet together and knees pointing outward. Pull your feet as colse into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

Stretches : Quadriceps, Hip Muscles
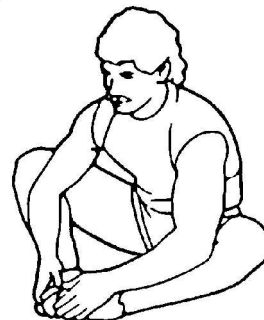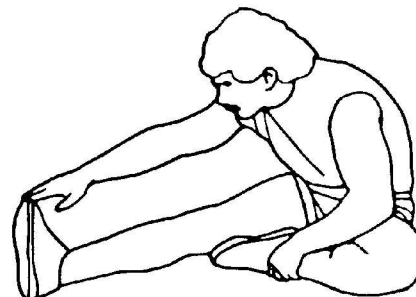
## TOE TOUCHES

Standing with your knees bend slightly, slowly bend forward from the hips.
Allow your back and shoulders to relax as you stretch down toward your toes.
Go as far as you can and hold for 15 counts, then relax. Repeat three times.

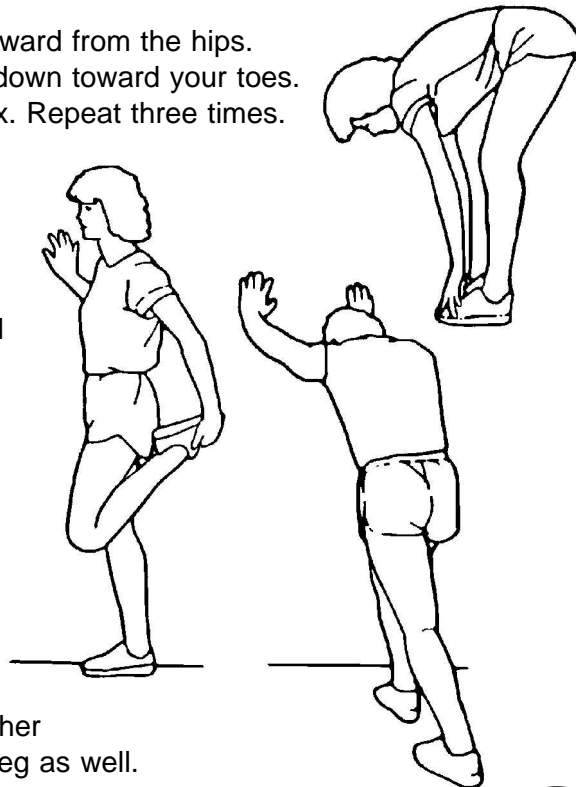Stretches : Hamstrings, Back of Knees, Back

## QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind
you and pull up your foot. Bring your heel as close to
your buttocks as possible. Hold for 15 counts. Repeat.
Stretches : Quadriceps, Hip Muscles.

## CALF / ACHILLES STRETCH

With one leg in front of the other and arms out, lean
against the wall. Keep your back leg straight and back
foot flat on the ground; then bend the front leg and
lean forward by moving your hips toward the wall.
Hold, then repeat on the other side. To cause even further
stretching of the.  Achilles tendons, slightly bend back leg as well.

Stretches : Calves, Achilles Tendons, and Ankles.

GB
LDT8850-031105GB