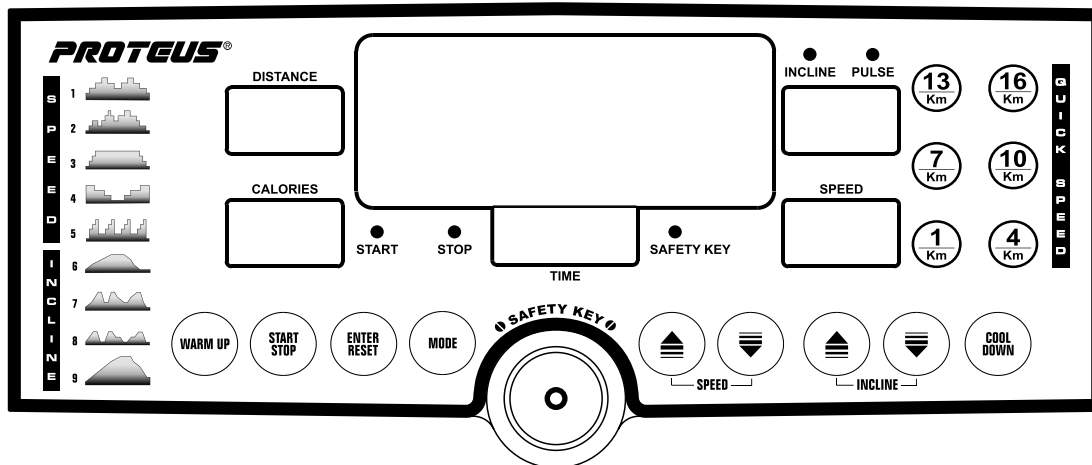


LDT-8850 MONITOR



The monitor, is designed for motorized treadmills and introduced in the following categories,

- * Key Functions
- * About Displays
- * Operation Instructions
- * Error Message & 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.



**5 minutes
program**

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

b. START / STOP :

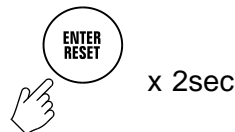
Press this button to start or stop exercise.

**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 :

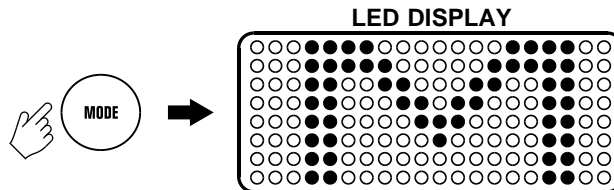
1. During the stop status, hold this button over two seconds to reset all of the value to default.

**PULSE RECOVERY FUNCTION :**

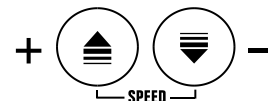
1. During the start status, you can press ENTER button to the pulse recovery function. After press this button, the treadmill will stop immediately, so we strongly recommend before press this ENTER button please hold onto handrail and place feet on side rails.

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.

**e. SPEED \uparrow :**

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 \downarrow :**

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.



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.



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.

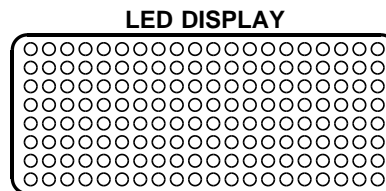


D E M O S K O - C O

ABOUT DISPLAY :

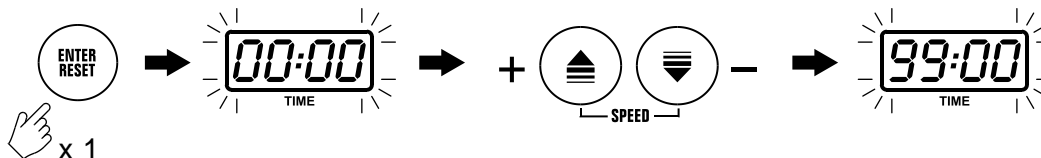
A. PROGRAM AND MANUAL PROFILE DISPLAY :

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.



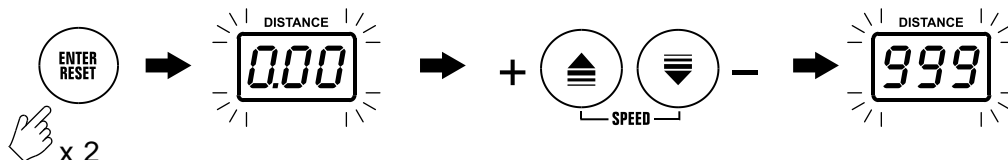
B. TIME Display :

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.



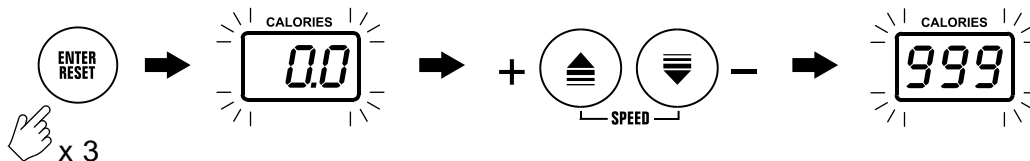
C. DISTANCE Display :

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.



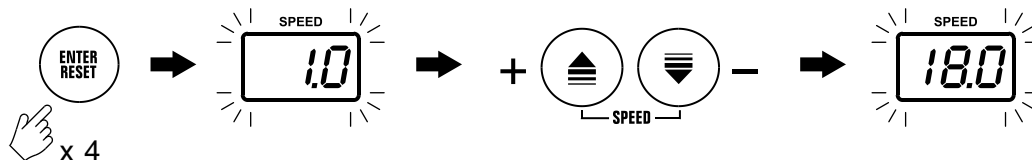
D. CALORIES Display :

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. By setting 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 :

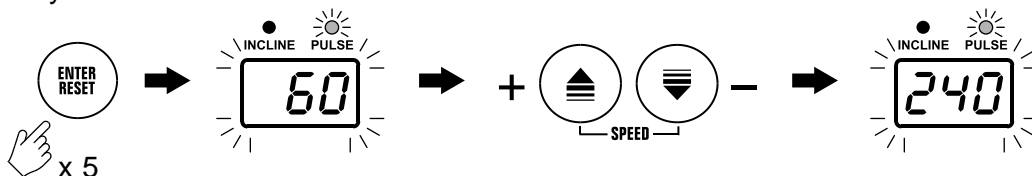
- During the start status, shows the speed that the treadmill is providing. It can be adjusted by pressing “SPEED▲” and “SPEED▼” keys.
- During the setting status, show the minimum speed of this program. It can be adjusted by pressing “SPEED▲” and “SPEED▼” keys to set the difficulty of this program the range of SPEED value is 1.0km to 18.0km.



F. PULSE & INCLINE Display :

During the setting stage :

- 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 age. And then the program window will display “ENTER H/R TARGET” The window will show the target heart rate value. 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 current heart rate 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 incline level display 6 seconds and then come back to the pulse function.

PULSE MEASUREMENT SYSTEM :

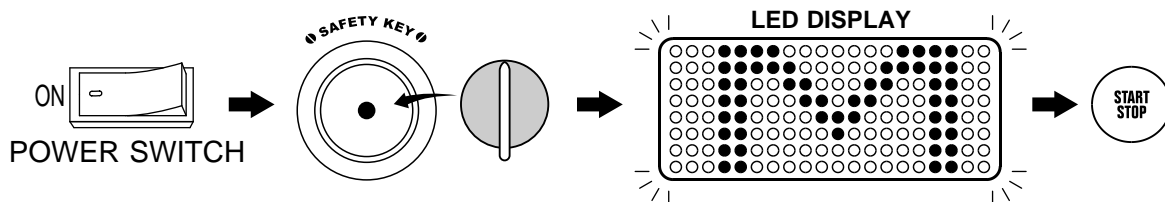
The motorize treadmill have two pulses measurement function. One is hand-pulse system. Another is chest belt system. The hand-pulse system is the first priority. If you wear chest belt and put your hand on the hand-pulse sensor in the same time, the monitor will measure your heart rate from the hand-pulse 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

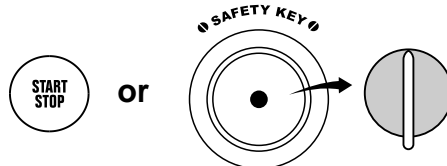
TO START :

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 exercise. Notice that the machine does not work without the Safety Key attached.



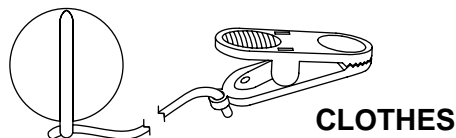
TO STOP :

Press the start/stop button. Or remove Safety Key or turn off power switch.

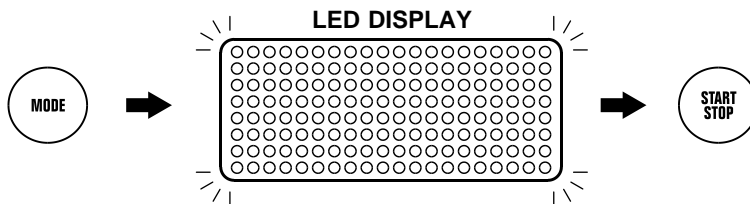


CAUTION :

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.

**QUICK START :**

- Press the mode button to select one of the programs from Manual, P1, P2, P3, P4, P5, P6, P7, P8, P9, U1, and U2.
- Press Start button to begin exercise.



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.