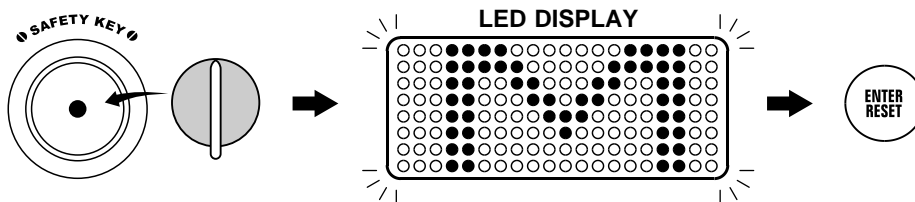
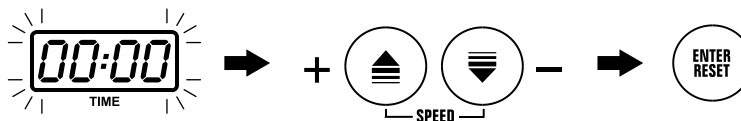


-- MANUAL FUNCTION--

- 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.



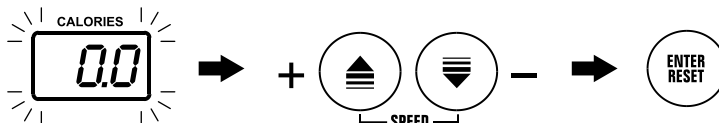
- b. TIME window will glitter. Press the SPEED▲ or SPEED ▼ to set up the desired time to do the exercise. Press ENTER to confirm the value of TIME,



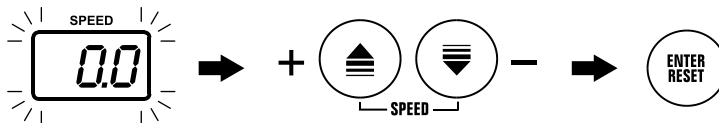
- c. DISTANCE window will glitter. Press SPEED▲ or SPEED ▼ button to set up the desired distance for exercise. Press ENTER to confirm the setting value of DISTANCE,



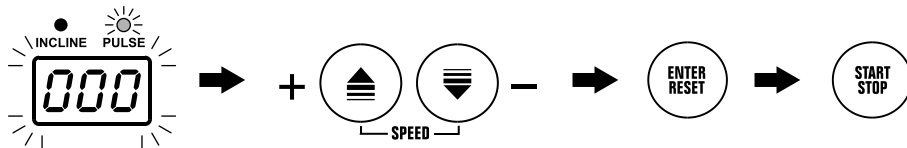
- d. CALORIES window will glitter. Press SPEED▲ or SPEED▼ button to set up the desired CALORIES to be burned. Press ENTER to confirm the setting value of CALORIES.



- 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.



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.

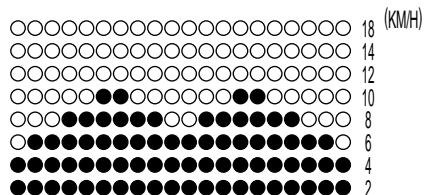
If you want to skip the setting function, just simply press ENTER to go to the next preset function. You do not need to set up all of these functions before exercise. You can just choose one of them or two of them or all of them.

Note :

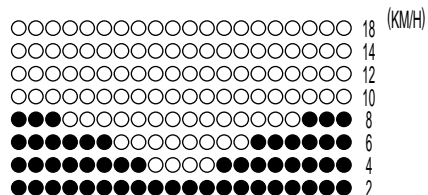
- a. **Without input your Age and confirm the target heart rate, you cannot proceed with these two programs.**
- b. Without the function of TIME, DISTANCE and CALORIE, the monitor will count up the value.
- c. Check the wires to the incline motor and see if they are open circuit, disconnected, or the 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)

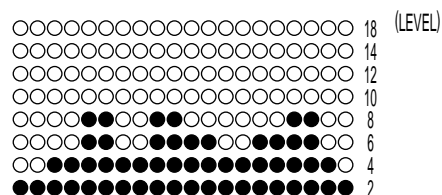
P1



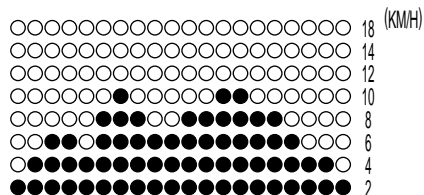
P4



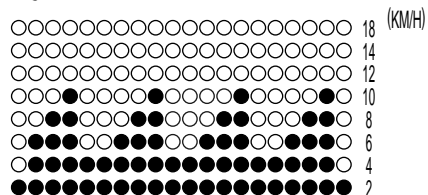
P7



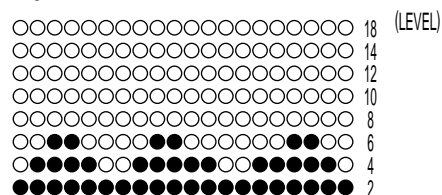
P2



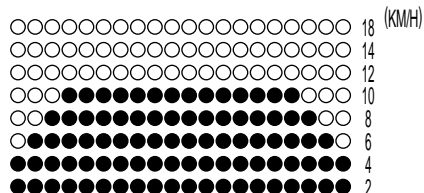
P5



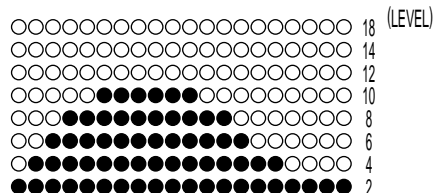
P8



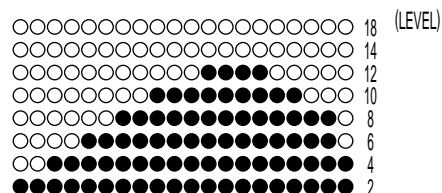
P3



P6



P9



ERROR MESSAGE & 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 STRETCHES

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

HAM STRING STRETCH

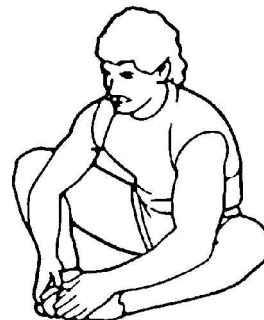
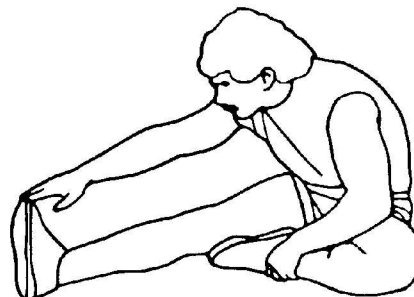
Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

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 close 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

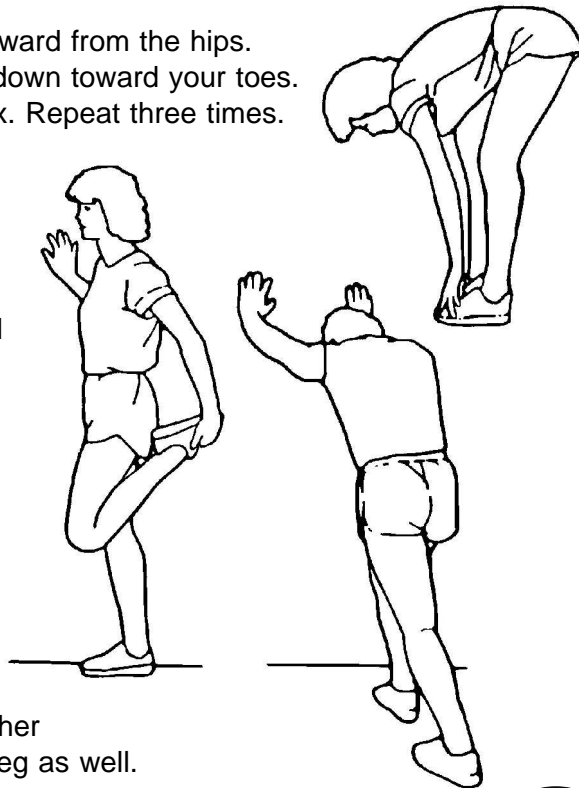
With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

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.





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