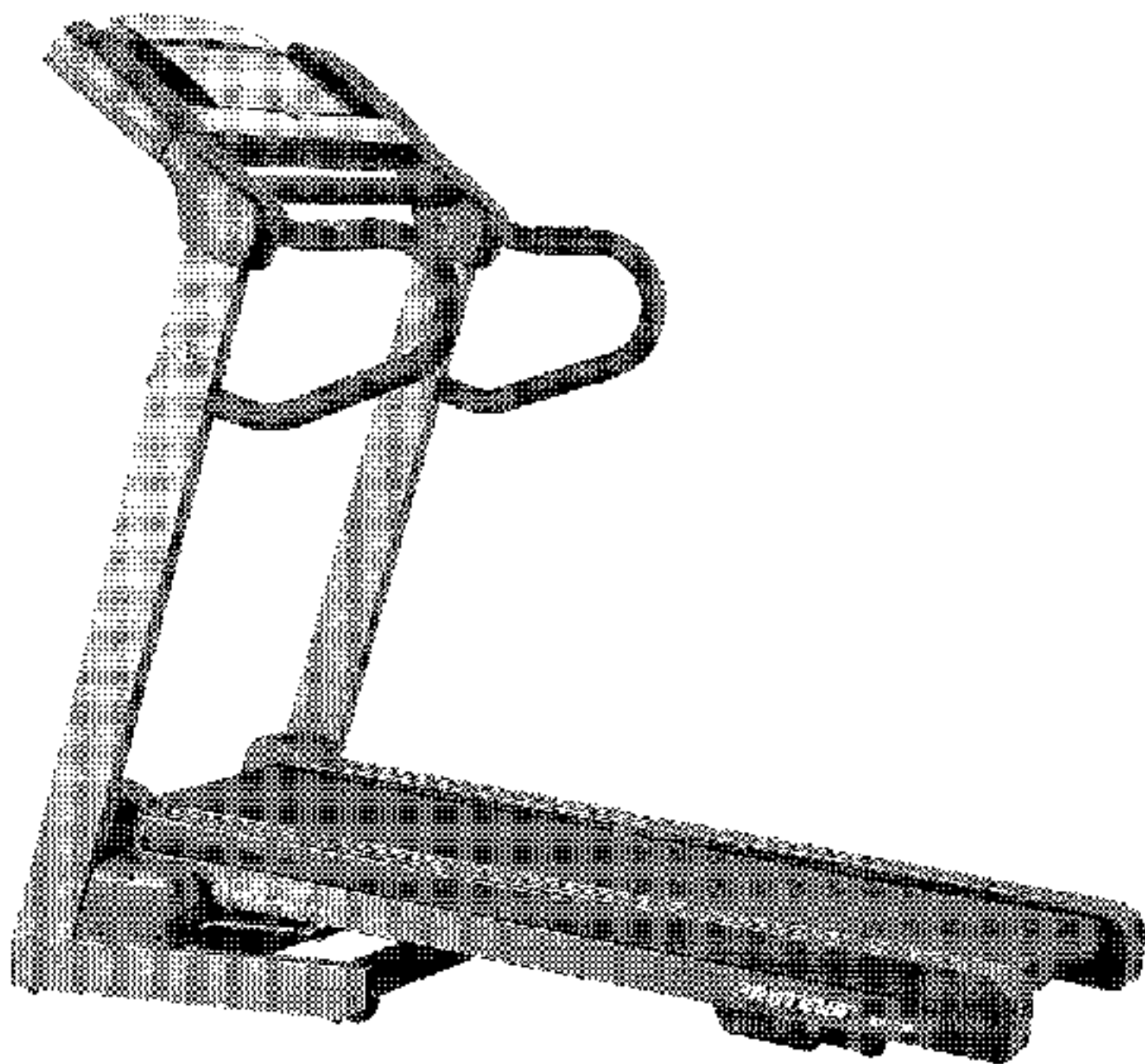


PROTEUS[®]
FITNESS INNOVATION

DC **MOTORIZED**
PROGRAMMABLE
FOLDING TREADMILL



MTM - 7800
Owner's manual

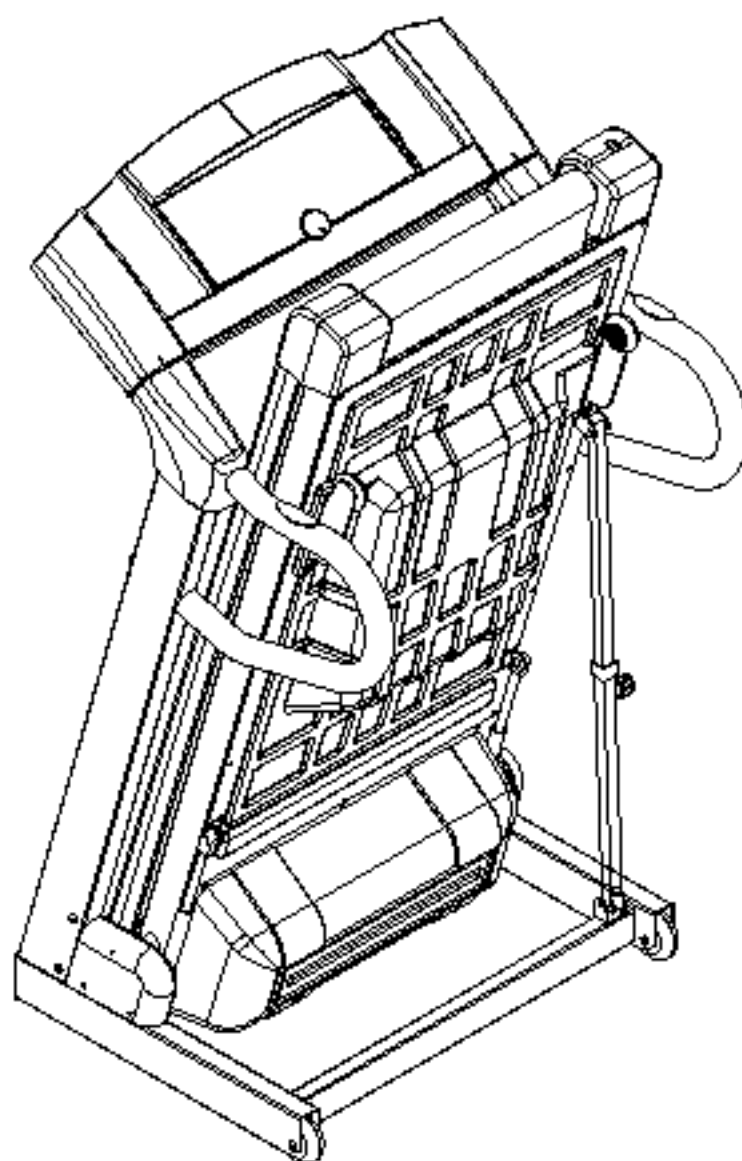
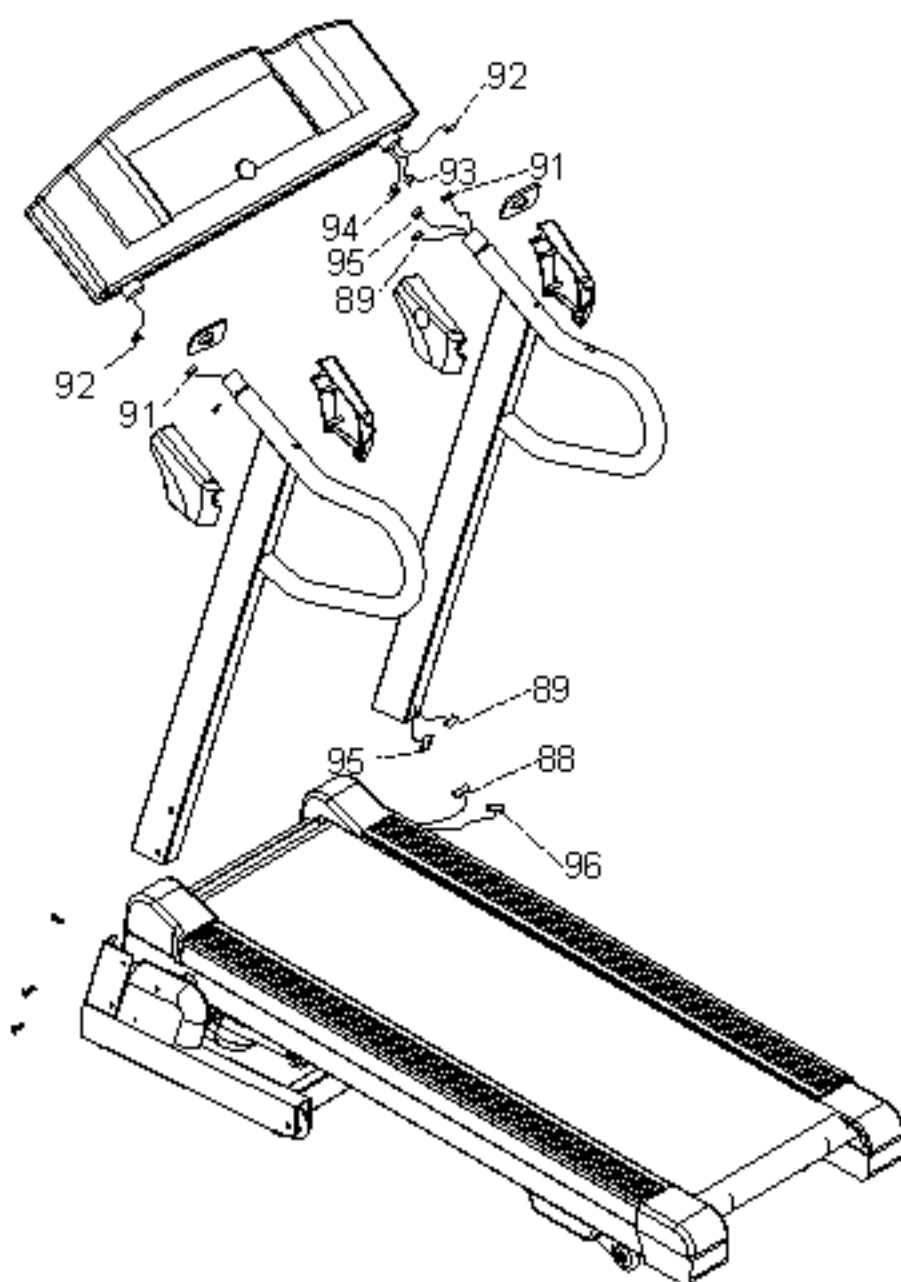
ASSEMBLY INSTRUCTION

- 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 TIGHTEN BEFORE USAGE.

1. LOCATE THE MAIN FRAME ASSEMBLY (01) ON FLOOR, CONNECT CABLE-UPRIGHT (89) CABLE-B (95) (IN #41 TUBE RH) AND CABLE-BOTTOM (88) CABLE-C (96) (IN MAIN FRAME), THEN ATTACH UPRIGHT TUBE RH (41) ONTO MAIN FRAME (01). FIX WITH BOLTS (82). REPEAT THE STEP TO ASSEMBLY UPRIGHT TUBE LH (42) ONTO MAIN FRAME.

NOTE : FINGER TIGHTEN THE BOLTS NOW.

2. CONNECT CABLE-UPRIGHT (89) CABLE-B (95) AND CABLE-HANDLEBAR (93) CABLE-A (94). CONNECT PULSE WIRE (91) AND PULSE CABLE (92). ATTACH COMPUTER BASE (54) ONTO TOP OF UPRIGHT TUBES (41 & 42). FIX WITH BOLTS (86) AND TIGHTEN FIRMLY.
3. PUT THE HANDLEBAR COVER (49 / 50) ON TOP HANDLEBAR (47) BEFORE FIXING TO THE RIGHT & LEFT HANDLEBAR (44 / 45) THEN FIXED BY BOLT (69). ATTACHED THE OUTER HANDLEBAR COVER (48 / 51) AND FIXED BY SCREW (87). FASTEN SIDE COVER (39) (40) ON MAIN FRAME (01) BY SCREW (80).
4. PULL THE POP PIN (64) TO RELEASE THE SUPPORT TUBE, THEN FOLD UP THE MACHINE. ATTACH ONE SIDE OF AIR CYLINDER (33) TO THE BASE TUBE, ATTACH ANOTHER SIDE OF AIR CYLINDER TO THE MAIN FRAME.
5. PUT SAFETY KEY (58) ONTO THE MONITOR, FIRM TIGHTEN ALL FASTENERS. CHECK ALL CONNECTIONS OF THE CABLE BEEN DONE PROPERLY. THE ASSEMBLY OF THE MACHINE IS NOW COMPLETED.



INSTRUCTION TO FOLD THE TREADMILL

NOTE : REMOVE SAFETY KEY BEFORE FOLDING THE TREADMILL.

1. FOLD UP Pull pop pin (64) (on support tube set). Hold the rear end caps on main frame firmly. Raise the rear side of main frame to fold the treadmill up. Fix with pop pin (64).

2. FOLD DOWN

Hold the rear cap position on main frame firmly. Pull pop pin (64) (on support tube set). Then, lower the rear side of main frame slowly.

INCLINE ADJUSTMENT

TO REACH DESIRED INCLINE POSITION, PLEASE OPERATE IT FROM THE CONSOLE BY PUSHING UP / DOWN BUTTON.

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 gap between the mat and the side panel is different between each side, the mat must be aligned.

Mat alignment is adjusted at the end of the treadmill, however if the difference in the mat gap is greater at the front (motor end) of the treadmill then the front roller must adjust first.

< PLEASE REFER FRONT ROLLER ADJUSTMENT >

MAT ALIGNMENT PROCEDURE

NOTE : SWITCH ON THE TREADMILL AT A SLOW SPEED (4 ~ 6 KM).

IF THE TREADMILL MAT HAS MOVED TO THE LEFT HAND SIDE

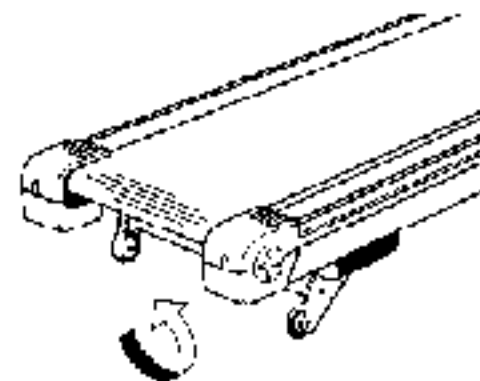
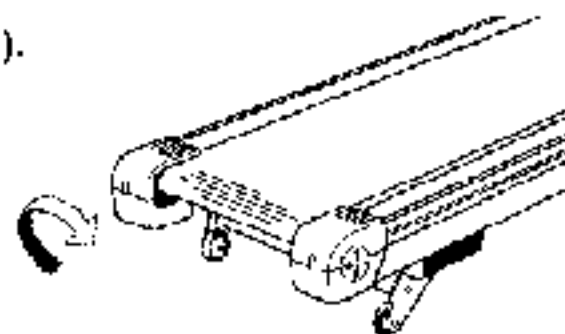
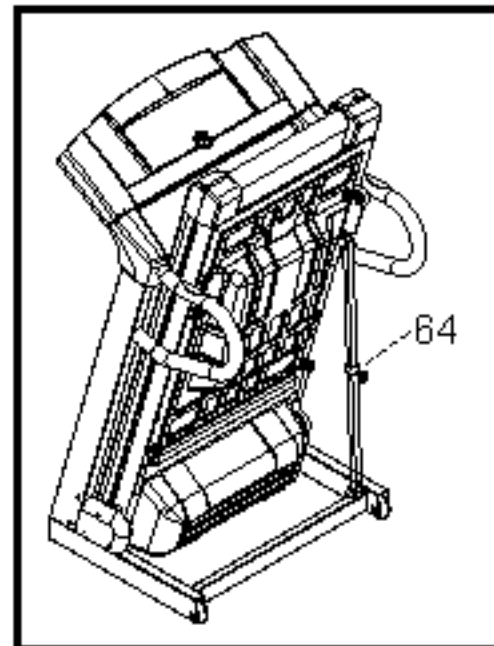
1. Turn the left mat adjustment bolt clockwise 1/2 a turn.
2. If more adjustment is necessary, turn the right hand adjustment bolt counter-clockwise 1/2 a turn.
3. If more adjustment is required, repeat above steps 1 and 2.
Any final adjustments should be made with 1/4 of a turn.

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.

FACTORS THAT EFFECT MAT ALIGNMENT.

1. The treadmill must be on a level surface.
2. Walking with an uneven stride.
3. Mat should return to center after exercise.
4. Correct mat tension.



Mat alignment is generally adjusted at the end of the treadmill. However, if the difference in the mat gap is greater at the front (motor end) of the treadmill then the front roller may have to be adjusted.

< PLEASE REFER FRONT ROLLER ADJUSTMENT >

For **MAT ALIGNMENT**, you may call your dealer for assistance.

FRONT ROLLER ADJUSTMENT

NOTE : ADJUSTING THE FRONT ROLLER CAN HAVE 2 EFFECTS.

- 1. DRIVE BELT TENSION.**
- 2. MAT ALIGNMENT**

The drive belt tension must be adjusted first. A moderate force applied with the thumb and forefinger, the drive belt should be able to be twisted 45°.

* If this is done easily, then the tension must increase.

* If the drive belt can not be twisted to 45°, then the tension must decrease.

NOW THE FRONT ROLLER CAN ALIGN.

DRIVE BELT TENSION PROCEDURE

NOTE : MAKE SURE THE TREADMILL IS SWITCHED OFF AND UNPLUGGED.

TO INCREASE DRIVE BELT TENSION

Turn the roller alignment bolt (at the drive belt end) clockwise.

TO DECREASE DRIVE BELT TENSION

Turn the roller alignment bolt (at the drive belt end) counterclockwise.

MAT ALIGNMENT PROCEDURE

IF THE TREADMILL MAT HAS MOVED AWAY FROM THE DRIVE BELT SIDE

1. Turn the adjacent mat adjustment bolt clockwise 1/2 a turn.
 2. If more adjustment is required, repeat above step.
- * Any final adjustments should be made with 1/4 of a turn.

IF THE TREADMILL MAT HAS MOVED CLOSE TO THE DRIVE BELT SIDE

1. Turn the adjacent mat adjustment bolt counterclockwise 1/2 a turn.
 2. If more adjustment is required, repeat above step.
- * Any final adjustments should be made with 1/4 of a turn.

For **FRONT ROLLER ADJUSTMENT**, you may call your dealer for assistance.

MAT TENSION

A SLIPPING FEELING IS THE FIRST SIGN THAT THE MAT TENSION MAY NEED TO BE ADJUSTED.

PROCEDURE :

NOTE : MAKE SURE THE TREADMILL IS SWITCHED OFF AND UNPLUGGED.

INCREASE MAT TENSION

Turn BOTH mat alignments bolts clockwise 1 turn.

DECREASE MAT TENSION

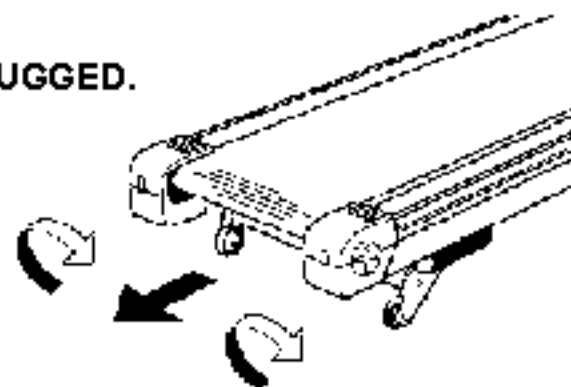
Turn BOTH mat alignments bolts counterclockwise 1 turn.

NOTE : CORRECT MAT TENSION MUST BE MAINTAINED TO ENSURE SMOOTH OPERATION AND TO AVOID PREMATURE WEAR.

WARNING : DO NOT OVER-TIGHTEN THE MAT, AS THIS WILL SEVERELY DECREASE THE LIFE OF THE MAT AND PLACE UNDUE STRESS UPON THE ROLLER BEARINGS.

If the above procedure does not remove the slipping feeling, the drive belt may need adjustment. For **DRIVE BELT ADJUSTMENT**, call your dealer for assistance.

For **MAT TENSION**, call your dealer for assistance.



TREADMILL CARE INSTRUCTIONS

1. Clean and lubricate the bed of the treadmill every 20 hours of use or monthly, whichever 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. A qualified technician should carry out (any work involving the removal of the motor cover).

TREADMILL CLEAN AND LUBRICATION INSTRUCTIONS

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 occur for a short time. If it persists, adjust the running mat tension as per directions in the owner's manual. 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 the correct tools, please contact your dealer. We recommend that a qualified technician carry out work involving the removal of the motor cover.

SILICONE 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.

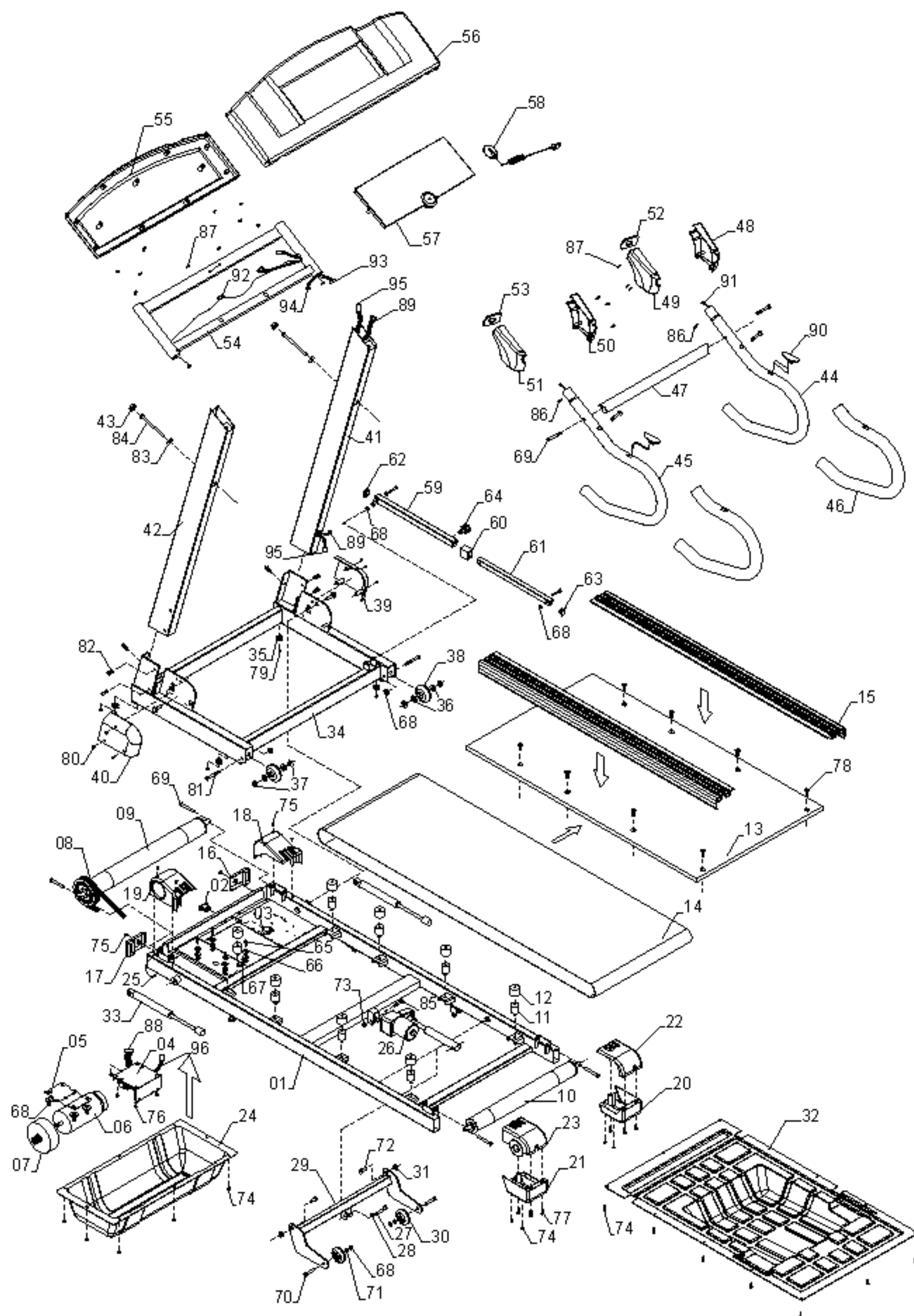
SAFETY GUIDELINES

- * Before starting any exercise program consult your Physician.
- * Read this owners manual and follow the instructions.
- * Never allow children to play on the treadmill.
- * Place the safety key out of reach of the children.
- * Inspect the treadmill before use and ensure the power cord is not damaged.
- * Locate the treadmill on a solid level surface with the rear and sides clear of 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.

PARTS LIST

KEY	DESCRIPTION	Q'TY	KEY	DESCRIPTION	Q'TY
01	FRAME	1	51	HANDLEBAR COVER (L / L)	1
02	POWER SWITCH	1	52	RUBBER PAD (R)	1
03	OVERLOAD SWITCH	1	53	RUBBER PAD (L)	1
04	MOTOR CONTROL BOARD	1	54	COMPUTER BASE	1
05	MOTOR FIX PLATE	1	55	BOTTOM PANEL COVER	1
06	MOTOR	1	56	UP PANEL COVER	1
07	FLYWHEEL	1	57	MONITOR	1
08	V-RIBBED DRIVE BELT	1	58	SAFETY KEY	1
09	FRONT ROLLER SET (6202ZZ)	1	59	SUPPORT TUBE	1
10	REAR ROLLER SET (6202ZZ)	1	60	CAP	1
11	BUMPER	8	61	ADJUSTABLE TUBE	1
12	CAP	8	62	END CAP (30 × 30)	1
13	WOOD PLATE	1	63	END CAP (25 × 25)	1
14	JOGGING MAT(1470mm × 2)	1	64	POP PIN	1
15	FOOT RAIL	2	65	M8 SCREW × 30mm	4
16	FRONT END CAP (R)	1	66	M8 BIG WASHER × 3t	8
17	FRONT END CAP (L)	1	67	CUSHION PAD	4
18	FRONT ROLLER CAP (R)	1	68	M8 NUT	10
19	FRONT ROLLER CAP (L)	1	69	M8 BOLT × 65mm	6
20	REAR ROLLER CAP (R / B)	1	70	M8 BOLT × 40mm	2
21	REAR ROLLER CAP (L / B)	1	71	M8 WASHER	2
22	REAR ROLLER CAP (R / U)	1	72	M10 BOLT × 20mm	4
23	REAR ROLLER CAP (L / U)	1	73	M10 NUT	1
24	BOTTOM COVER	1	74	M8 FLANGE BOLT × 1/2	24
25	SENSOR	1	75	M8 BUTTON BOLT × 1/2	10
26	INCLINE MOTOR	1	76	M10 BOLT × 1/2	4
27	PIN	1	77	M5 SCREW × 20mm	6
28	C-CLIP (D10)	2	78	M8 BOLT × 25mm	8
29	ELEVATION LEG	1	79	M10 BOLT × 3/4	4
30	WHEEL	2	80	M5 SCREW × 8mm	6
31	BUSHING	2	81	M8 BOLT × 50mm	5
32	BOTTOM COVER	1	82	M8 BOLT × 20mm	6
33	AIR CYLINDER	2	83	M8 BIG WASHER × 2t	2
34	BOTTOM RACK	2	84	M8 BOLT × 120mm	2
35	FOOT PAD	4	85	M10 BOLT × 40mm	1
36	BUSHING	2	86	M6 SCREW × 12mm	2
37	RUBBER WASHER	2	87	5/32 SCREW × 5/8	16
38	MOVING WHEEL	2	88	CABLE-BOTTOM	1
39	SIDE COVER (R)	1	89	CABLE-UPRIGHT	1
40	SIDE COVER (L)	1	90	PULSE SENSOR	1
41	UPRIGHT TUBE (R)	1	91	PULSE WIRE	1
42	UPRIGHT TUBE (L)	1	92	PULSE CABLE	1
43	SCREW COVER	2	93	CABLE-HANDLEBAR	1
44	RIGHT HANDLEBAR	1	94	CABLE-A	1
45	LEFT HANDLEBAR	1	95	CABLE-B	1
46	FOAM GRIP	2	96	CABLE-C	1
47	TOP HANDLEBAR	1		FFILTER	
48	HANDLEBAR COVER (R / R)	1		POWER CABLE	
49	HANDLEBAR COVER (R / L)	1		CHOCK	
50	HANDLEBAR COVER (L / R)	1			

EXPLODED DRAWING



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WARM - UP GUIDELINES

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising 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 bent 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

