



PMT-25601-1 MONITOR USER INSTRUCTION



Testing specification :

Low Voltage Directive - EN 60335-1.

E&E Directive - EN 50366

EMC Directive - EN 55014 - 1,

EN 55014 - 2,

EN 61000 - 3 - 2,

EN 61000 - 3 - 3.

WEEE WARNING :

Do not dispose of electrical appliances as unsorted municipal waste, use separate collection facilities.

Contact your local government for information regarding the collection systems available.

If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and well-being.

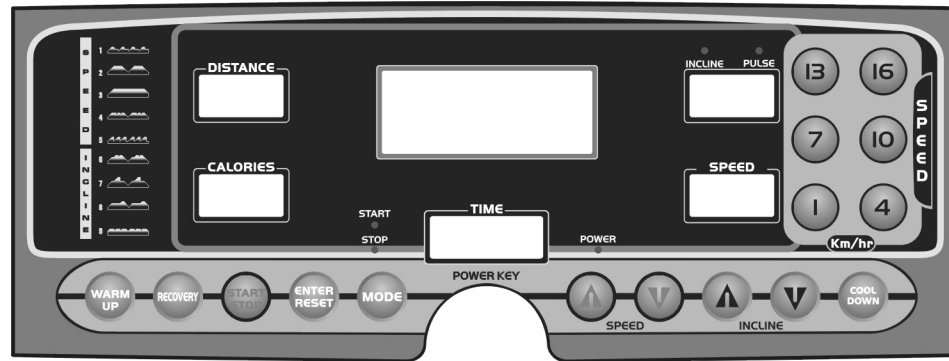
When replacing old appliances with new once, the retailer is legally obligated to take back your old appliance for disposal at least for free of charge.

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*This Monitor User Instruction
For MTM-6820
MTM-7820
LDT-6860*



MONITOR



The monitor, is designed for motorized treadmills and presented by following categories :

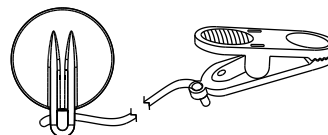
- * Function Buttons
- * About Displays
- * Operation Instructions
- * Error Message & Troubleshooting
- * Program profile

Function Buttons

There are total 16 buttons including 1 Power key, 10 Major Function buttons, 6 quick speed buttons.

A. POWER 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.

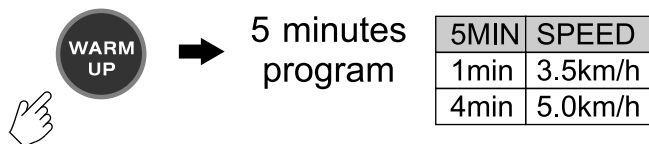


B. 10 MAJOR FUNCTION BUTTONS :

a. WARM UP :

This is a 5 minutes program. When the power's on, press this button to enter WARM UP program. After pressing this button, treadmill begins to work. We strongly recommend using the warm up program before exercise, for it can stimulate your body 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 injuries. The theory behind warm-up is that muscular contractions are depended on temperature. Because increased muscle temperature improves performance and a warm-up increases muscle temperature, it is suggested that warm up is essential. There are five advantages about warm-up :

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



b. START / STOP :

Press this button to start or stop exercise

**c. ENTER / RESET :****ENTER :**

During the setting mode, press this button to confirm your setting value of time, distance, Calorie, pulse and speed .

**RESET :**

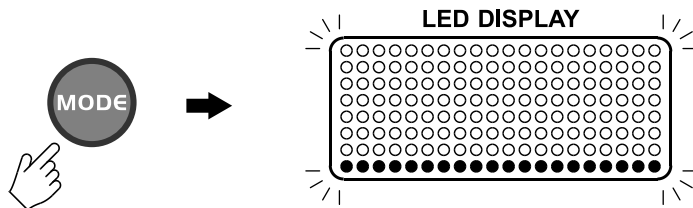
In the stop mode, hold this button for two seconds to reset all values to default.



x 2 sec

d. MODE :

Press this button to choose a category from MANUAL(M), PROGRAM(P1~P9),USER(U1 ~ U3) and BODY FAT(FAT), then press SPEED ▲ or SPEED ▼ to choose program in categories. In MANUAL and BODY FAT category, there's only one program in each category.

**e. SPEED ▲ :**

1. In the setting mode, press this button to increase the value TIME, DISTANCE, CALORIES, PULSE and SPEED.
2. During the exercise, press this button to increase the value once every 0.1 KPH / 0.1mph. To speed up the increment, hold this button for more than 2 seconds.
3. In USER mode, press this button to increase speed of each profile segment in speed program.
4. In the difficulty level setting of Manual & P1~P5, press this button to increase the value once every 0.5 KPH / 0.3mph. To speed up the increment, hold this button for more than 2 seconds.
5. In BODY FAT program, press this button to select gender, increase the value of sex, age, height and weight.



f. SPEED ▼ :

1. In the setting mode, press this button to increase the value TIME, DISTANCE, CALORIES, PULSE and SPEED .
2. During the exercise, press this button to decrease the value once every 0.1 KPH / 0.1mph. To speed up the increment, hold this button for more than 2 seconds.
3. In USER mode, press this button to decrease speed of each profile segment in speed program.
4. In the difficulty level setting of Manual & P1~P5, press this button to decrease the value once every 0.5 KPH/ 0.3mph. To speed up the increment, hold this button for more than 2 seconds.
5. In BODY FAT program, press this button to select gender, decrease the value of sex, age, height and weight

**SPEED****g. INCLINE ▲ :**

1. During exercise, press this button to increase the level of gradient once every 1 level. To speed up the increment, hold this button for more than 2 seconds.
2. In the setting mode, press this button to increase the value TIME, DISTANCE, CALORIES, PULSE and SPEED.

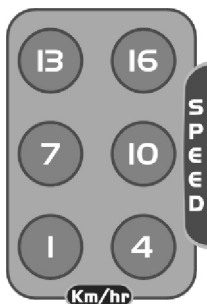
**INCLINE****h. INCLINE ▼ :**

1. During exercise, press this button to decrease the level of gradient once every 1 level. To speed up the decrement, hold this button for more than 2 seconds.
2. In the setting mode, press this button to increase the value TIME, DISTANCE, CALORIES, PULSE and SPEED.

**INCLINE**

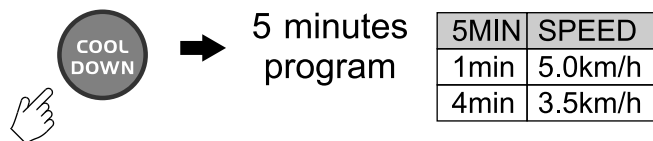
i. QUICK SPEED BUTTONS :

There are 6 quick speed on the panel. During the exercise, press the quick speed button any time to change the speed immediately to what you desire.



j. COOL DOWN :

During any exercise except "WARM UP", press this button to enter the COOL DOWN function. After press this button, the cool down function begins to work. This is a 5 minutes program, so the 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 cool down program is to promote recovery and return the body to a pre-workout level. If the cool down process was performed properly, it will help your body to stay in repair process. When the exercise stops, blood was pushed back to the heart and carries wastes like lactic acid at the same time. And these wastes stay in the muscle which cause swelling and pain. The cool down process helps keeping the blood circulate and bringing the oxygen and nutrients needed by the muscles, tendons and ligaments for repair.



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

k. PULSE RECOVERY :

1. During the exercise, press this button to enter pulse recovery function. After pressing this button, the treadmill stops immediately, so **we strongly recommend before entering this mode, please hold onto handrail and place feet on side rails.**
2. It is a function to check the pulse recovery condition after exercise. It is scaled from F1.0 to F6.0. While F1.0 means the best condition and F6.0 means the worst. This function may reflect your heart pulse recovery ability and help to improve it through exercise. In order to get rate correctly, user must exam right after the workout. After the button is pressed, please hold the heart rate detector appropriately, the test will last for 60~90 seconds and the result will show on the screen. If you want to quit pulse recovery function during the test, press any button again to exit.

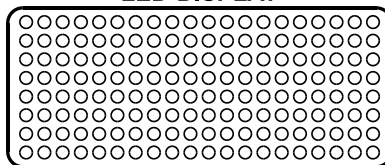


ABOUT DISPLAY :

A. PROGRAM AND MANUAL PROFILE DISPLAY :

Display the profile of Manual, P1~P9, U1, U2, U3 and Body fat. The profile was divided into 20 segments; without setting the time, each segment would be 30 seconds long. If you set the total time you wish to exercise, each column would contain the length of total time divided by 20.

LED DISPLAY

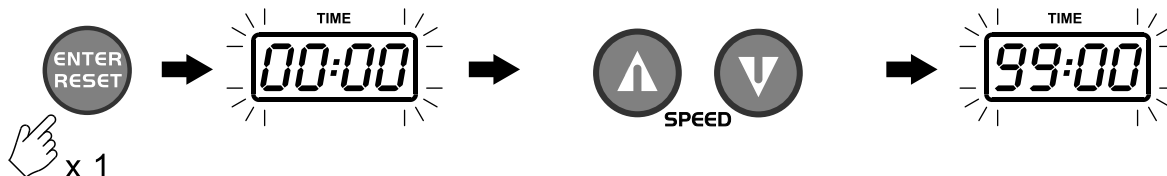


B. TIME Display :

Shows the exercise time.

Count up : Without setting the value, time will count up after pressing START/STOP button and the maximum value is 99:59.

Count down : In the setting mode, press SPEED ▲ or SPEED ▼ button to set up exercise time. The range of setting value is from 10:00 to 99:00 with each increment or decrement of 1:00. After finish setting the value, the monitor will start to count down. While counting down to 0:00, monitor beeps to remind you the target is achieved, and stop counting at the same time.



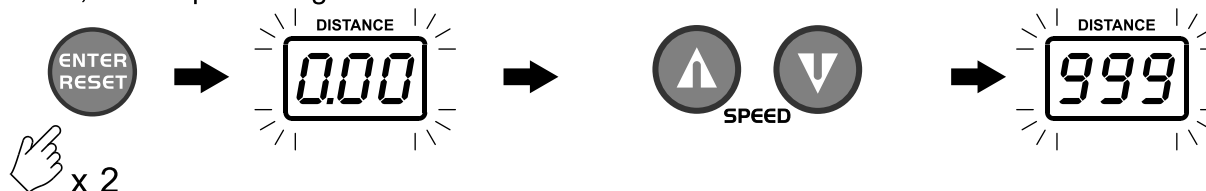
C. DISTANCE Display :

Shows the exercise distance.

Count up: Without setting value, the distance will count up and the maximum value is 999 km.

Count down: In the setting mode, press SPEED ▲ or SPEED ▼ button to set up exercise distance.

The range of setting value is from 0.1 km to 10km with each increment or decrement of 0.1 km, from 10km to 999km with each increment or decrement of 1 km. After finish setting the value, the monitor will start to count down. While counting down to 0.0km, monitor beeps to remind you the target is achieved, and stop counting at the same time.



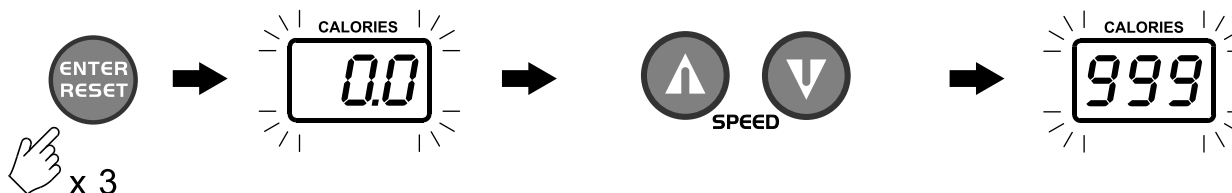
D. CALORIES Display :

Shows the calories consumed.

Count up: Without setting value, the calorie will count up and the maximum value is 999 Kcal.

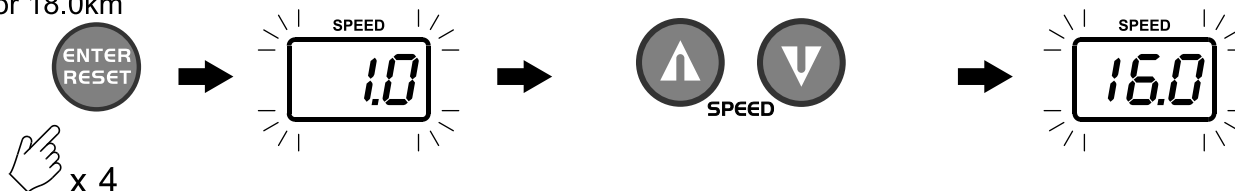
Count down: In the setting mode, press SPEED ▲ or SPEED ▼ button to set up calories to be burned.

The range of setting value is from 1.0 Kcal to 999 Kcal with each increment or decrement of 1 Kcal. After finish setting the value, the monitor will start to count down. While counting down to 0.0, monitor beeps to remind you the target is achieved, and stop counting at the same time.



E. SPEED Display :

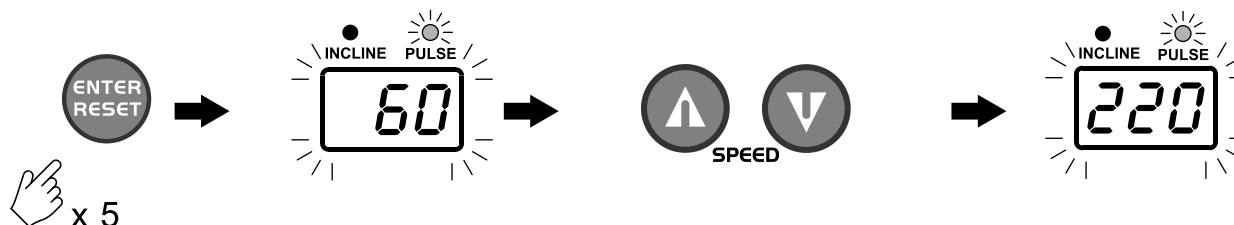
- During the exercise, showing the speed that treadmill currently provide. The speed can be adjusted by pressing SPEED ▲ or SPEED ▼ button.
- In the setting mode, it shows the minimum speed of this program. It can be adjusted by pressing SPEED ▲ and SPEED ▼ buttons to set the speed of this program from 1.0 km to maximum 16.0km or 18.0km



F. PULSE Display :

In the setting mode :

In the Manual, P1~P9, U1~ U3 program, while the program window shows "THR", press SPEED ▲ or SPEED ▼ button to set the desired target heart rate that you do not want to exceed during exercise. The range of setting value is from 60 to 220bpm. Once your heart rate is higher than your setting value, this display glitters to inform you.



During exercise :

Shows the current heart rate in beats per minute. The range of pulse value is from 40 to 240 bpm.

PULSE MEASUREMENT SYSTEM :

If the model has receiver build in, the HR receiver symbol sticker is sticky on the console.

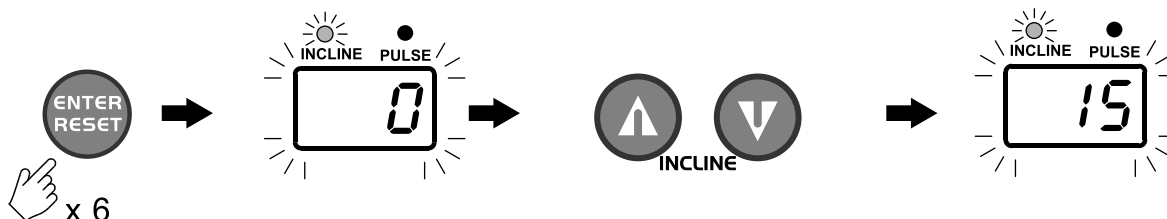


It can accept two pulse measurement functions on this machine with hand-pulse system and chest-belt system. The hand-pulse system is the first priority. If you wear your chest belt and put your hand on the hand-pulse sensor at the same time, the monitor will measure your heart rate from the hand-pulse system and ignore the signal from the chest belt. Once you remove your hand from the sensor, the monitor will measure your heart rate from the chest belt system automatically.

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

G. INCLINE DISPLAY

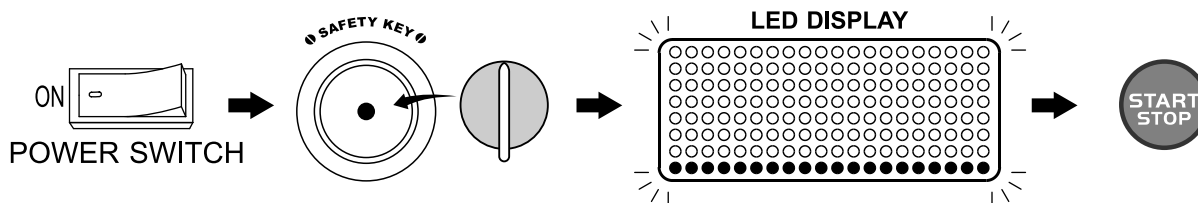
- During the exercise, shows the gradient that treadmill currently provide. It can be adjusted by pressing INCLINE ▲ and INCLINE ▼ button.
- In the difficulty setting mode of P6~P9 , it can be adjusted by pressing INCLINE ▲ and INCLINE ▼ button to set up gradient of this program from LEVEL 0 to LEVEL 15.



OPERATION INSTRUCTIONS

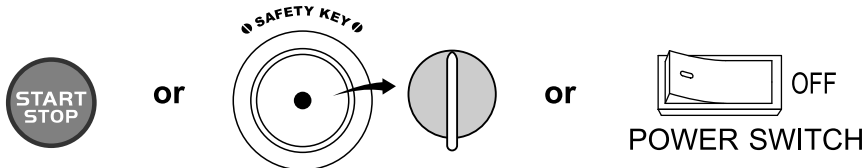
TO START :

Turn on power switch and attach POWER KEY to the monitor. All the windows will fully display for one second; the program will start from manual function. Press START/STOP button to begin exercise. Please notice that the machine does not work without the POWER KEY attached.



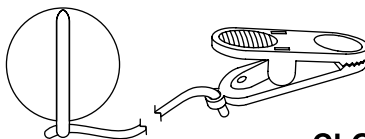
TO STOP :

Press START/STOP button, remove POWER KEY or turn off power switch.

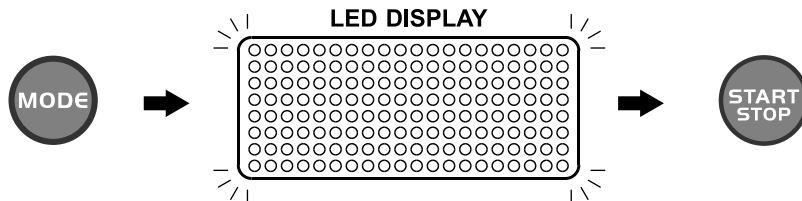


CAUTION :

Clip the other end of the power key to your clothing before exercise to ensure the machine will stop in case the user accidentally runs off the track. Should that happens, the power key will fall off from the monitor and the treadmill will stop immediately to avoid further injury.

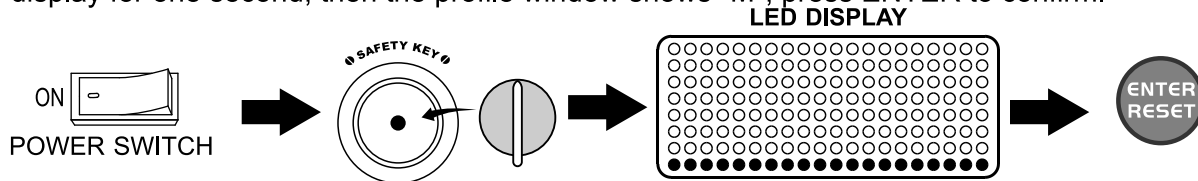
**QUICK START :****CLOTHES**

- a. Press MODE buttons to select main functions from MANUAL, PROGRAM, USER and BODY FAT.
Then choose desired program in (P1~P9) and USER(U1~U3) by pressing SPEED ▲ or SPEED ▼ button .
- b. Press Start button to begin exercise.



-- MANUAL PROGRAM --

1. Turn on the power switch and attach the POWER KEY to the monitor. All the windows will fully display for one second; then the profile window shows "M", press ENTER to confirm.



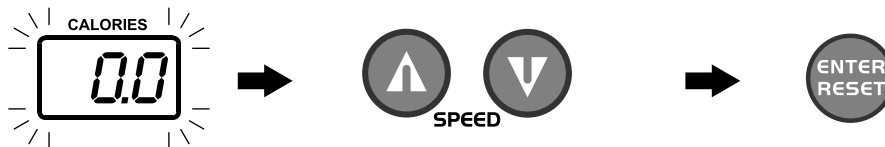
2. TIME window glitters, press SPEED ▲ or SPEED ▼ button to set up exercise time. Press ENTER to confirm the value.



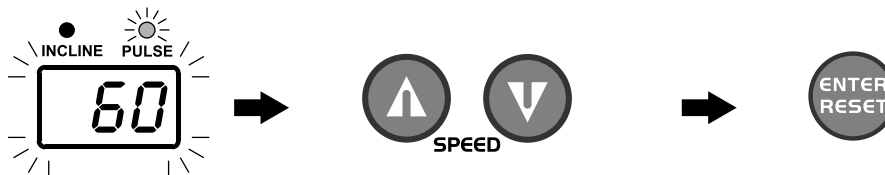
3. DISTANCE window glitters, press SPEED ▲ or SPEED ▼ button to set up exercise distance. Press ENTER to confirm the value.



4. CALORIES window glitters, press SPEED ▲ or SPEED ▼ button to set up calories you want to consume. Press ENTER to confirm the value.



5. PULSE window glitters. Press SPEED ▲ or SPEED ▼ button to set 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.



6. The SPEED window glitters, Press SPEED ▲ or SPEED ▼ button to set up desired exercise speed. Press ENTER to confirm the value.

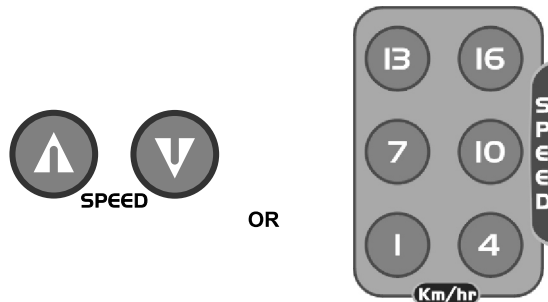


7. Press START/STOP to begin exercise.



In the setting mode, you don't need to set up each value, press ENTER to skip the value you want to ignore, and press START at any time to start exercise.

During the exercise, you can adjust whole program by pressing the SPEED ▲ or SPEED ▼ or QUICK SPEED button.



During the exercise, you can adjust current incline by pressing the INCLINE ▲ or INCLINE ▼ button.

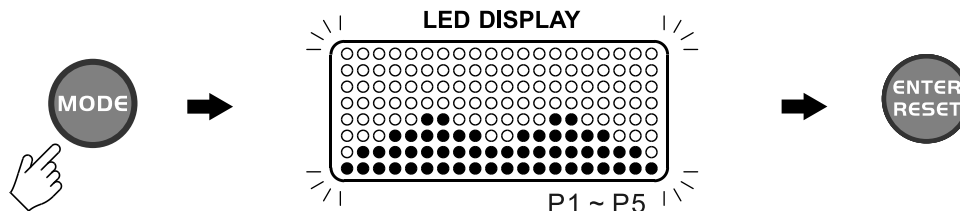


Note :

1. If you did not set the value of **TIME**, **DISTANCE** or **CALORIE**, these values start from zero and counting up. If these values have been set, they start to count down until zero.
2. Without setting the function of **Speed**, the treadmill will follow default speed profile.
3. Without setting the function of **TARGET HEART RATE**, the monitor will not give you the feed back as a reminder. Monitor displays your current heart rate only.
4. Once you finish the program, the treadmill will beep and then stop. You can press **START** to begin next program.

-- PROGRAM FUNCTION P1 TO P5 (SPEED PROGRAM)

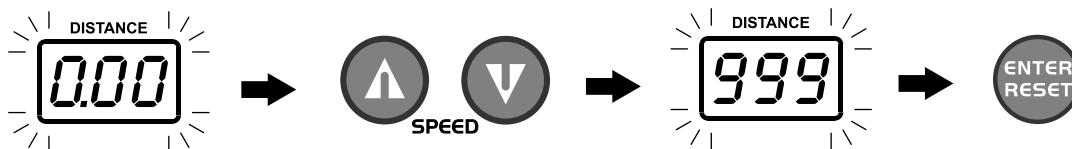
1. Press MODE button until P1 shown in PROFILE window, then press SPEED ▲ or SPEED ▼ button to select between P1~P5, press ENTER to confirm.



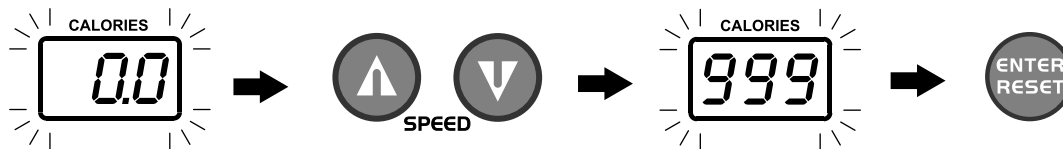
2. TIME window glitters, press SPEED ▲ or SPEED ▼ to set up the desired time to exercise. Press ENTER to confirm the value.



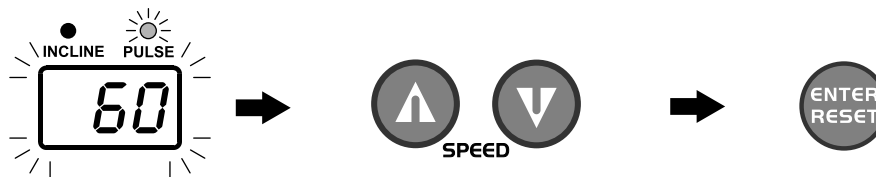
3. DISTANCE window glitters, press SPEED ▲ or SPEED ▼ button to set up the desired distance to exercise. Press ENTER to confirm the value.



4. CALORIES window glitters, press SPEED ▲ or SPEED ▼ button to set up the calories you want to consume. Press ENTER to confirm the value.

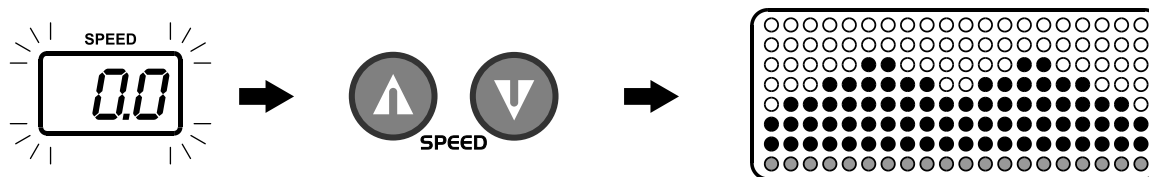


5. PULSE window glitters. Press SPEED ▲ or SPEED ▼ button to set the desired target heart rate that you do not want to exceed during your exercise. Once your heart rate is higher than your setting value, the PULSE window will flash to remind you to slow down.

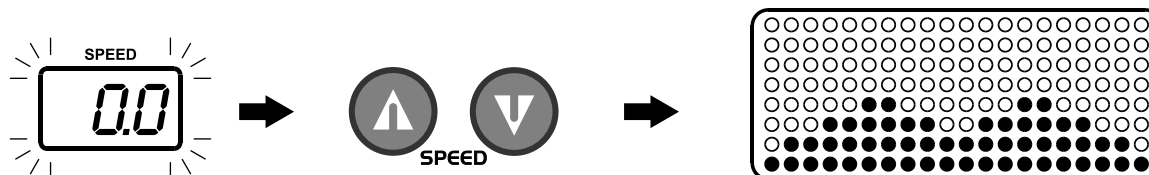


6. Then SPEED & DISTANCE window will glitters. Press SPEED ▲ or SPEED ▼ button to choose the speed of this program. When you press SPEED ▲ button, the whole chart of speed profile will increase one level.

Once the column reach the highest speed (top of the window), the speed will not rise even if you press the SPEED ▲ button. When press SPEED ▼ button, the whole chart of speed profile will decrease one level.



Once the columns reach the lowest level of the window, the speed will not change even if 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.

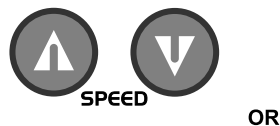


7. Press START/STOP to begin exercise.

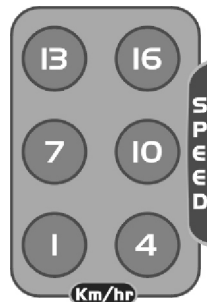


In the setting mode, you don't need to set up each value, press ENTER to skip the value you want to ignore, and press START at any time to start exercise.

During the exercise, you can adjust whole program by pressing the SPEED ▲ or SPEED ▼ or QUICK SPEED button.



OR



During the exercise, you can adjust current incline by pressing the INCLINE ▲ or INCLINE ▼ button.

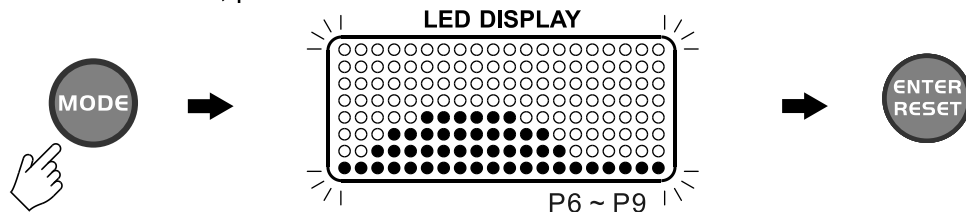


Note :

- 1. If you did not set the value of TIME, DISTANCE or CALORIE, these values start from zero and counting up. If these values have been set, they start to count down until zero.**
- 2. Without setting the function of Speed, the motorized treadmill will follow our default speed profile.**
- 3. Without setting the function of TARGET HEART RATE, the monitor will not give you the feed back as a reminder. Monitor displays your current heart rate only.**
- 4. Once you finish the program, the treadmill will beep and then stop. You can press START to begin next program.**

-- PROGRAM FUNCTION P6 TO P9 (INLINE PROGRAM)

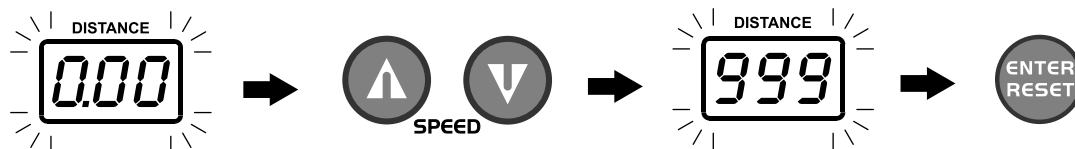
1. Press MODE button until P1 shown in PROFILE window, then press SPEED ▲ or SPEED ▼ button to select between P6~P9, press ENTER to confirm.



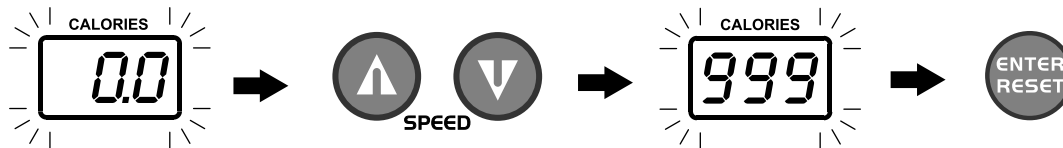
2. TIME window glitters, press SPEED ▲ or SPEED ▼ to set up the desired time to exercise. Press ENTER to confirm the value.



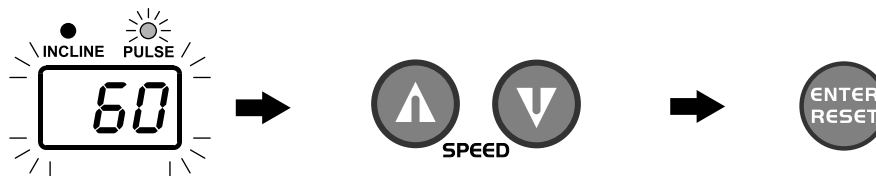
3. DISTANCE window glitters, press SPEED ▲ or SPEED ▼ button to set up the desired distance to exercise. Press ENTER to confirm the value.



4. CALORIES window glitters, press SPEED ▲ or SPEED ▼ button to set up the calories you want to consume. Press ENTER to confirm the value.

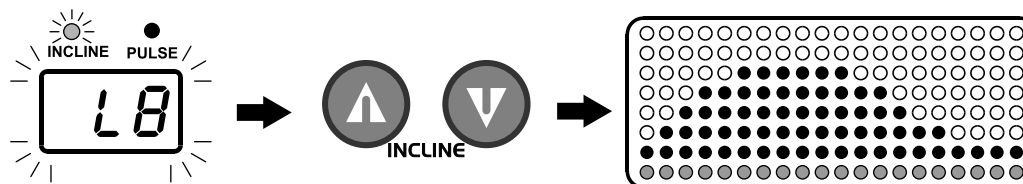


5. PULSE window glitters. Press SPEED ▲ or SPEED ▼ button to set the desired target heart rate that you do not want to exceed during your exercise. Once your heart rate is higher than your setting value, the PULSE window will flash to remind you to slow down.

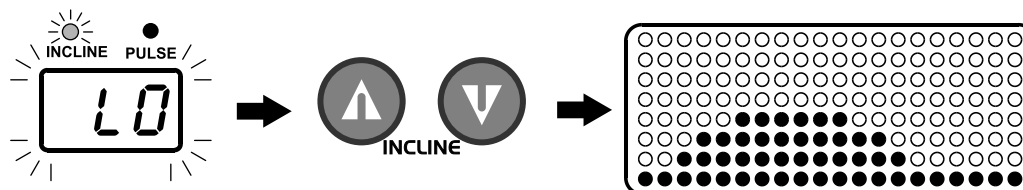


6. The INCLINE & CALORIES window glitters, press INCLINE ▲ or INCLINE ▼ button to choose the whole incline level of this program.

When you press the INCLINE ▲ 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 when you press the INCLINE ▲ button.



When you press the INCLINE ▼ 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 when you press the INCLINE ▼ button.



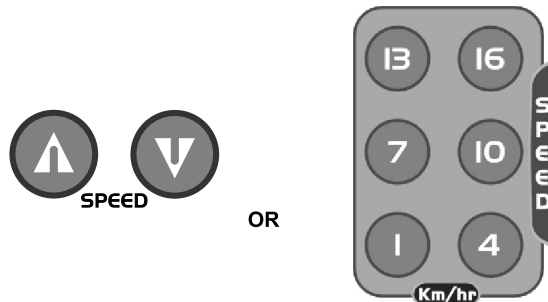
The minimum incline level of this incline profile will display on the INCLINE window and the maximum incline level of this incline profile will display on the CALORIES window. You can find the suitable incline program for you.

7. Press START/STOP to begin exercise.



In the setting mode, you don't need to set up each value, press ENTER to skip the value you want to ignore, and press START at any time to start exercise.

During the exercise, you can adjust whole program by pressing the SPEED ▲ or SPEED ▼ or QUICK SPEED button.



During the exercise, you can adjust current incline by pressing the INCLINE ▲ or INCLINE ▼ button.

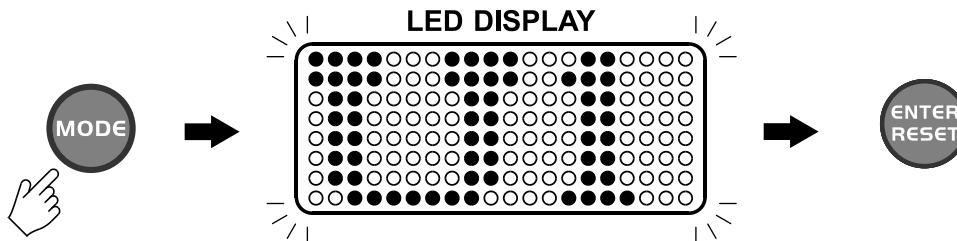


Note :

1. If you did not set the value of **TIME**, **DISTANCE** or **CALORIE**, these values start from zero and counting up. If these values have been set, they start to count down until zero.
2. Without setting the function of incline, the treadmill will follow default incline profile.
3. Without setting the function of **TARGET HEART RATE**, the monitor will not give you the feed back as a reminder. Monitor displays your current heart rate only.
4. Once you finish the program, the treadmill will beep and then stop. You can press **START** to begin next program.

-- USER SETTING PROGRAM (U1~U3) --

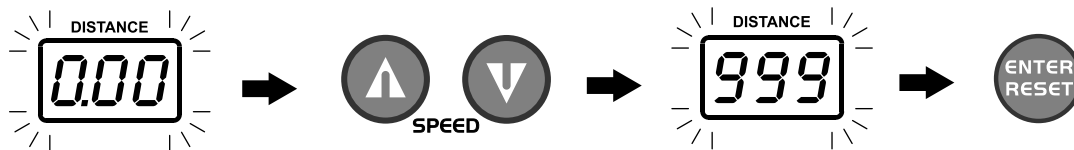
1. Press MODE button until U1 shown in PROFILE window, then press SPEED ▲ or SPEED ▼ button to select between U1~U3, press ENTER to confirm.



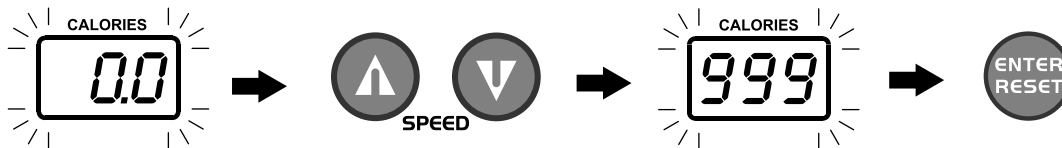
2. TIME window glitters, press SPEED ▲ or SPEED ▼ to set up the desired time to exercise. Press ENTER to confirm the value.



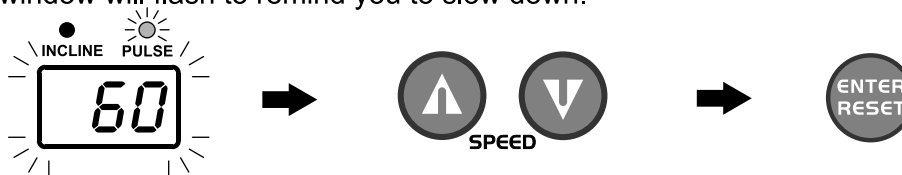
3. DISTANCE window glitters, press SPEED ▲ or SPEED ▼ button to set up the desired distance to exercise. Press ENTER to confirm the value.



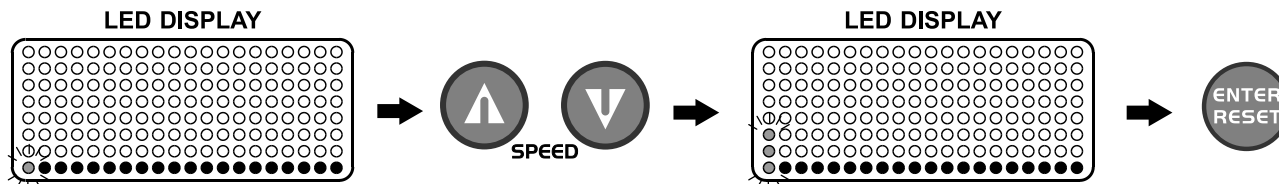
4. CALORIES window glitters, press SPEED ▲ or SPEED ▼ button to set up the calories you want to consume. Press ENTER to confirm the value.



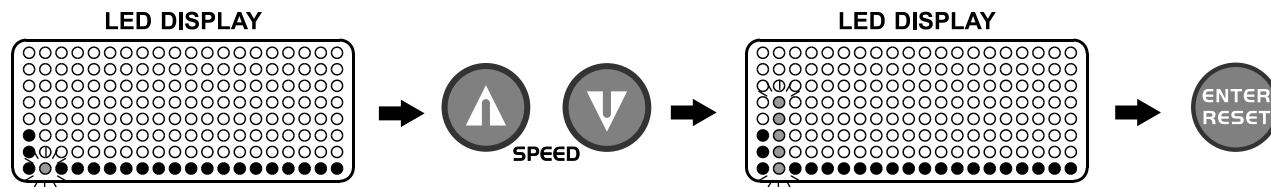
5. PULSE window glitters. Press SPEED ▲ or SPEED ▼ button to set the desired target heart rate that you do not want to exceed during your exercise. Once your heart rate is higher than your setting value, the PULSE window will flash to remind you to slow down.



6. The speed window and first column of the LCD matrix glitter. Press SPEED ▲ or SPEED ▼ to set up the desire speed of the first column, and then press ENTER to confirm the value of first column.



7. Then the speed window and second column of the LCD matrix glitter. Press SPEED ▲ or SPEED ▼ to set up the desire speed of the second column. **Repeat step 6** to create your own exercise profile. Press ENTER to confirm your desired speed profile.



8. Press START/STOP to begin exercise.

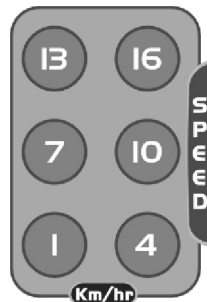


In the setting mode, you don't need to set up each value, press ENTER to skip the value you want to ignore, and press START at any time to start exercise.

During the exercise, you can adjust whole program by pressing the SPEED ▲ or SPEED ▼ or QUICK SPEED button.



OR



During the exercise, you can adjust current incline by pressing the INCLINE ▲ or INCLINE ▼ button.



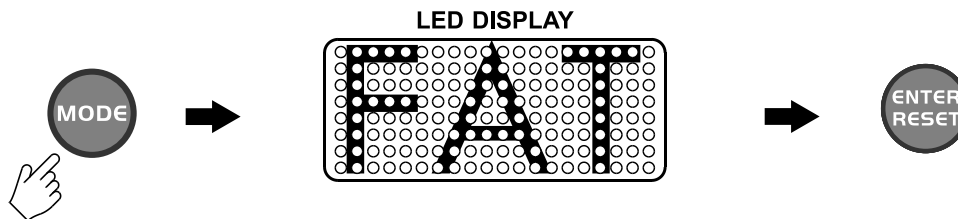
●

Note :

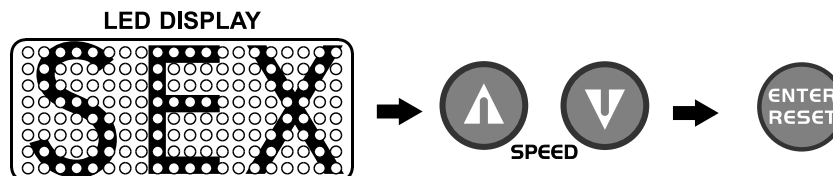
- 1. If you did not set the value of TIME, DISTANCE or CALORIE, these values start from zero and counting up. If these values have been set, they start to count down until zero.**
- 2. Without setting the function of Speed, the treadmill will follow default speed profile.**
- 3. Without setting the function of TARGET HEART RATE, the monitor will not give you the feed back as a reminder. Monitor displays your current heart rate only.**
- 4. Once you finish the program, the treadmill will beep and then stop. You can press START to begin next program.**

-- BODY FAT PROGRAM --

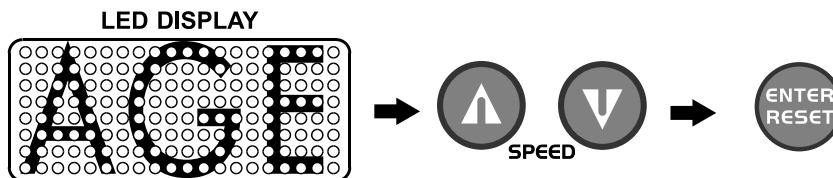
1. Press MODE button until "FAT" shown in PROFILE window, press ENTER to confirm.



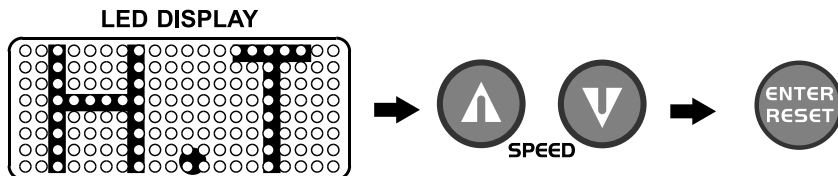
2. Profile window shows "SEX", and SPEED window shows "0" and blinks("0" means female, "1" means male), press SPEED ▲ or SPEED ▼ button to select your gender, and then press ENTER to confirm.



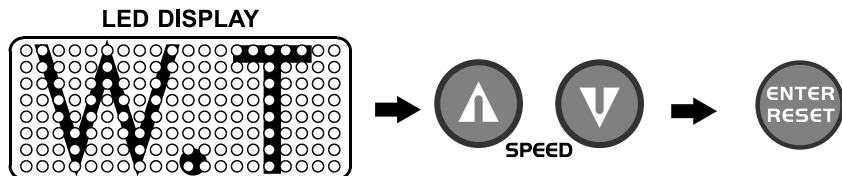
3. Profile window shows "AGE", and DISTANCE window shows "30" and blinks, press SPEED ▲ or SPEED ▼ button to select your age, and then press ENTER to confirm.



4. Profile window shows "H.T", and COLORIES window shows "175" and blinks, press SPEED ▲ or SPEED ▼ button to select your height, and then press ENTER to confirm.



5. Profile window shows "W.T", and PULSE window shows "70" and blinks, press SPEED ▲ or SPEED ▼ button to select your weight, and then press ENTER to confirm.



6. Press START to begin the test; at the same time, hold both of your hand onto pulse sensor, PROFILE window shows "FAT" and blinks to indicate the test is processing.



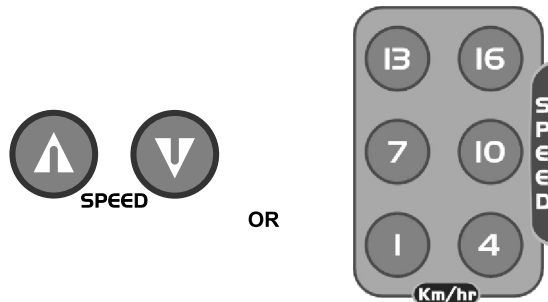
7. After the test is done, BMR shown in TIME window, and TYPE NUMBER shown in SPEED window, BMI shown in CALORIES window, and BODY FAT RATIO shown in DISTANCE window. User can press START to start exercise by suggested program, or press MODE to jump out of the result to MANUAL mode.

8. Press START/STOP to begin exercise.



In the setting mode, you don't need to set up each value, press ENTER to skip the value you want to ignore, and press START at any time to start exercise.

During the exercise, you can adjust whole program by pressing the SPEED ▲ or SPEED ▼ or QUICK SPEED button.



During the exercise, you can adjust current incline by pressing the INCLINE ▲ or INCLINE ▼ button.



NOTE :

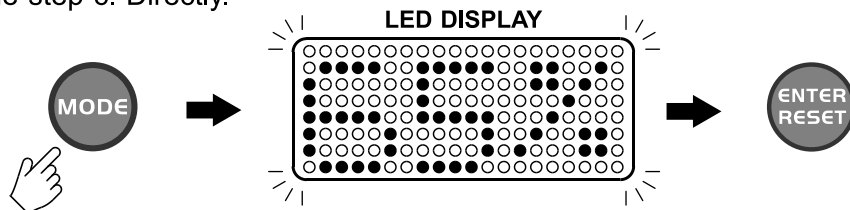
1. If you don't set **TIME**, **DISTANCE**, and **CALORIES**, these values will be count up from 0. If these values been set, they will be count down to 0.
2. After user finishes suggested program, monitor beeps for alarm and machine stops, you can press **START** to use the suggested program again.

If the model has HEART RATE CONTROL PROGRAM, the HRC symbol sticker is sticky on the console.



-- HEART RATE CONTROL PROGRAM --

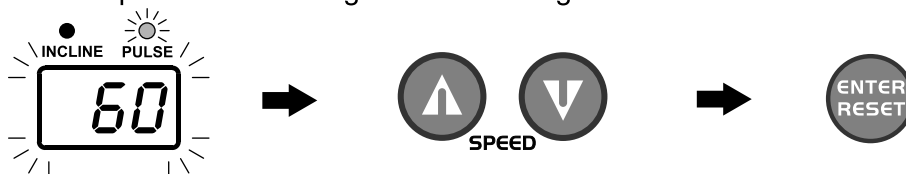
- a. Press the mode button to select one of heart rate control programs 65% ,Press SPEED ▲ or SPEED ▼ button to set up the desired HEART RATE(65% , 75% , 85%, U%) to do the exercise. Press "ENTER" key to continue the step b. Or Select the U%, press ENTER key then go continuing the step c. Directly.



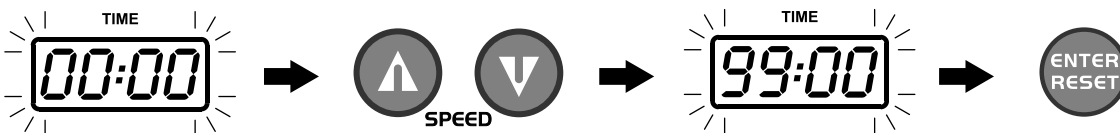
- b. The PROGRAM PROFILE will display AGE and the DISTANCE window will flash. The number indicate is Age and the initial value of Age is 30 years old. The range of Age is from 10 to 99 years old. Press SPEED ▲ or SPEED ▼ button to key in your age. Press ENTER to confirm your age.



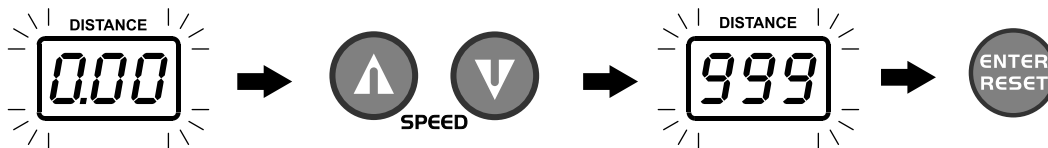
- c. Your Target heart rate will display on the PULSE window. If you accept this value, press ENTER and go to next setting value. If you do not wish to use accept this value, press SPEED ▲ or SPEED ▼ button to set the desired target heart rate that you do not want to exceed during your exercise. And then press ENTER to go to next setting value.



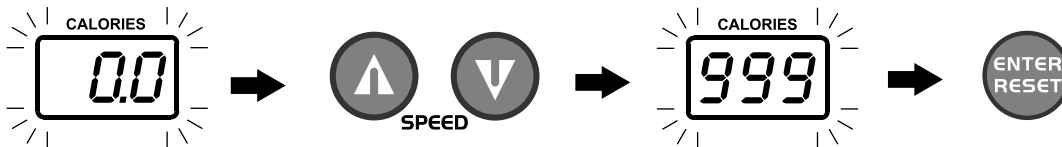
- d. TIME window glitters, press SPEED ▲ or SPEED ▼ to set up the desired time to exercise. Press ENTER to confirm the value.



- e. DISTANCE window glitters, press SPEED ▲ or SPEED ▼ button to set up the desired distance to exercise. Press ENTER to confirm the value.



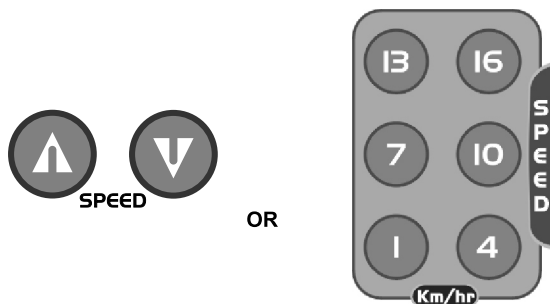
- f. CALORIES window glitters, press SPEED ▲ or SPEED ▼ button to set up the calories you want to consume. Press ENTER to confirm the value.



- g. Press START/STOP to begin exercise.



- h. 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 you're 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.

Note :

1. Without the function of TIME, DISTANCE and CALORIES, the monitor will count up the value.
2. Once you finish the program, the motorized treadmill will beep and then stop.

Error message & Trouble shooting

E1 : It indicates no signal picked up for 8 seconds and the monitor stops.

Solutions :

- 1. Please check all the wires if they are well connected or any connecting pins bent.**
- 2. Please 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 :

- 1. Please change the monitor (consult dealer).**

E3 : It indicates that the incline signal can't be read.

Solutions :

- 1. Check all the wires if they are broken, damaged, or connecting pins bent.**
- 2. Change monitor or MCB, then test the machine.(consult dealer)**

E4 : It indicates the incline signal is reversed.

Solutions :

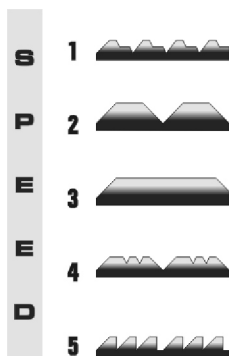
- 1. Please consult dealer.**

E5 : It indicates during body fat test, there's no pulse signal input.

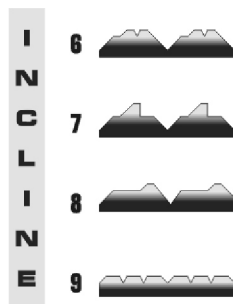
Solutions :

- 1. Re-enter the body fat program to input setting values, and make sure both hands grip on the sensor properly.**

Program profile (Speed Program P1~P5)



(Incline Program P6~P9)



REFERENCE

BMR : The Basal Metabolic Rate, is the amount of energy required to maintain the basal metabolism for a specified unit of time. Continuously throughout life, everybody expends energy for the activities that keep it alive. These activities include breathing, producing heartbeats; maintain body temperature and muscle tone, and the functioning of the glands, cells, and nerval system. Collectively, these life-sustaining processes are referred to basal metabolism.

In most cases, BMR is estimated by various physical factors known to affect it, like body size, age, sex, health status, thyroid hormone level, reproductive status, individual variation, physical activities, type and duration of activities, body weight, biological processing of food & environmental factors.

It can be a great help to maintain your health if you have knowledge of BMR and your BMR status.

REFERENCE

FAT% :Body Fat Ratio

Which means percentage of fat in your weight. Normal FAT% for men is 12~25%, and 20~30% for women. Generally, a man's FAT% over 25% and a woman's over 30% are called fat. The value shows on screen is from 5~50%.

TYPE	FAT%	TYPE	FAT%
1	5~9	6	30~34
2	10~14	7	35~39
3	15~19	8	40~44
4	20~24	9	45~50
5	25~29		

BMI: Body Mass Index.

BMI Classification	Western People	Asia People
Underweight	<19	<18.5
Healthy Weight	19-24.9	18.5-22.9
Overweight	25-29.9	23.0-24.9
Heavily Overweight	30-34.9	25.0-29.9
Obese	>35	>30



