SportsArt 1060
FITNESS

OWNER'S MANUAL
ASSEMBLY INSTRUCTIONS

TABLE OF CONTENTS:

SAFETY GUIDELINES:

Please read and follow the following safety guidelines:

Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

- Read this owner's manual carefully and follow the instructions.

- Assemble and operate the treadmill on a solid, level surface. Keep the area behind the treadmill clear.

- Never allow children on or near the treadmill. The running belt will not stop immediately if any object becomes caught in the belt or rollers.

- Check the treadmill before every use. Make sure all parts are assembled, and all nuts and bolts are tightened. Do not use the treadmill if the unit is disassembled in any way.

- Keep hands away from moving parts.

- The weight limit for this treadmill is 220 lb. (100 KGS).

- Wear proper workout clothing: Do not wear loose clothing. Do not wear shoes with leather soles or high heels. Tie back all long hair.

- Don't rock the unit from side to side. Care should be taken when mounting and dismounting the unit.

- Straddle the machine with your feet on the right and left staging platforms before starting the running belt.

- Do not place any liquids on any part of the treadmill.

- To prevent shock, keep all electric components such as the motor, cord, and switch away from water.

- Turn off the treadmill while adjusting or working near the rear roller.

- Do not use any accessories that aren't specifically recommended by the manufacturer, these might cause injuries or cause the unit to fail.

- Work within your recommended exercise level, do NOT work to exhaustion.

- If you feel any pain or abnormal sensation, STOP YOUR WORKOUT and consult your physician immediately.

The treadmill is designed for your use and enjoyment. By following the above precautions and using good judgment and common sense, you will enjoy safe and pleasurable exercise with this treadmill.
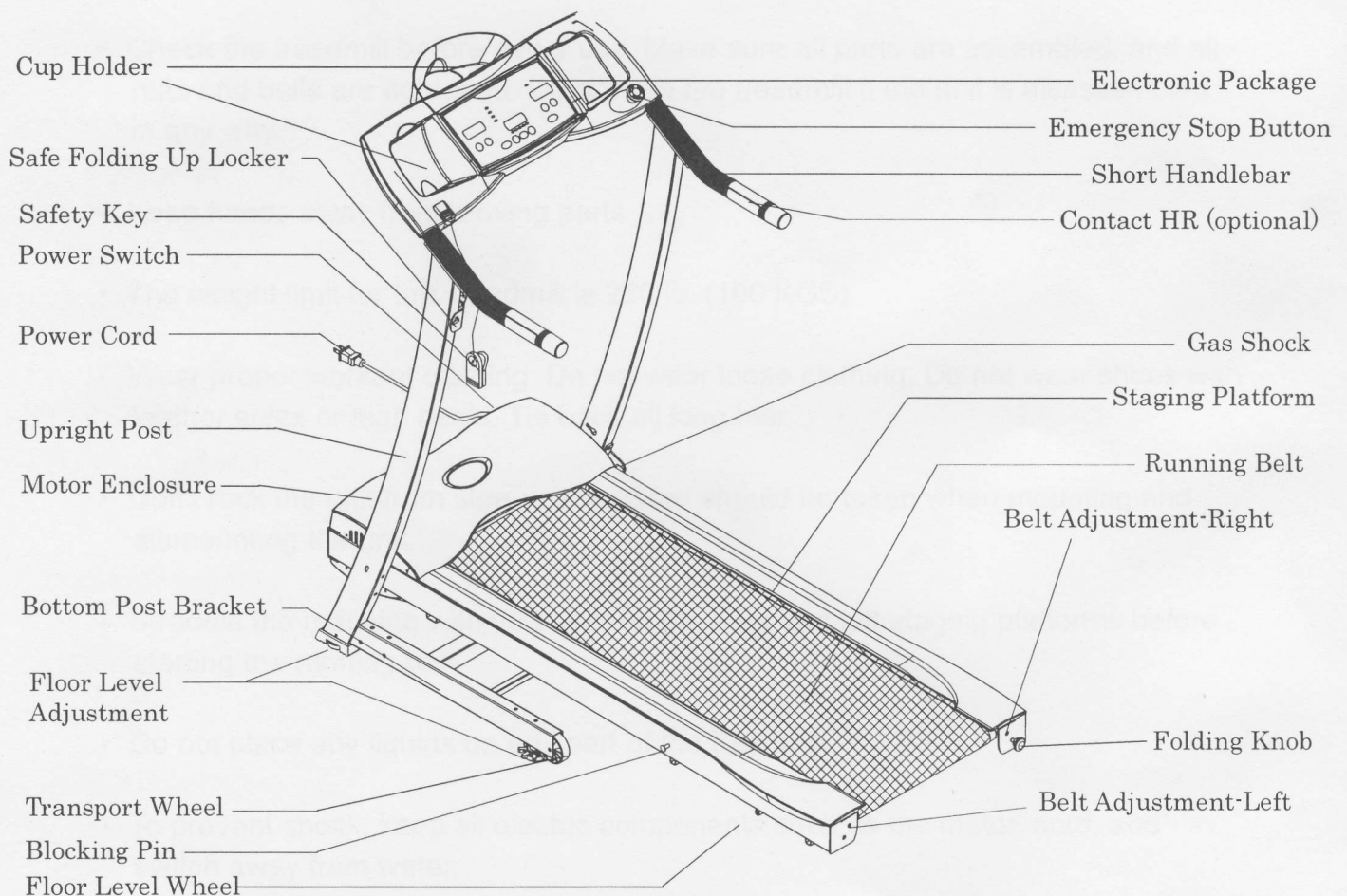
ASSEMBLING YOUR TREADMILL:

Installation requirements

Read this owner's manual and follow the instructions contained herein.

CAUTION: To avoid back strain, and to ensure safety to the unit and yourself, we suggest you may need a helper to remove the treadmill assembly from box.

1060: WITH SHORT HANDLEBAR.

Cup Holder

Safe Folding Up Locker

Safety Key

Power Switch

Power Cord

Upright Post

Motor Enclosure

Bottom Post Bracket

Floor Level Adjustment

Transport Wheel

Blocking Pin

Floor Level Wheel

Electronic Package

Emergency Stop Button

Short Handlebar

Contact HR (optional)

Gas Shock

Staging Platform

Running Belt

Belt Adjustment-Right

Folding Knob

Belt Adjustment-Left

1060: WITH LONG HANDRAIL

Cup Holder

Safe Folding Up Locker

Safety Key

Power Switch

Power Cord

Upright Post

Motor Enclosure

Bottom Post Bracket

Floor Level Adjustment

Transport Wheel

Blocking Pin

Floor Level Wheel

Electronic Package

Emergency Stop Button

Handlebar

Contact HR (optional)

Long Handrail

Gas Shock

Staging Platform

Running Belt

Belt Adjustment-Right

Folding Knob

Belt Adjustment-Left

Before assembling your treadmill, make sure that you have all the following items:

1060 List of parts

1. Two floor level adjustments

2. Eight 5/16" x 3/4" bolts — bottom post bracket

3. Eight 5/16" washers — bottom post bracket

4. Three 5/16" x L 3/4" bolts — base supporting frame

5. Three 5/16" washers — base supporting frame

6. Four 1/4" x L 3/4" bolts — electronic package

7. Four 1/4" washers — electronic package

8. One hex Allen wrench — 5mm

9. One hex Allen wrench with T-handle — 5mm

10. One fuse — 12 amp for 100-120 volt use; 7 amp for 200-240 volt use

11. Four 5/16" x L 3/4" bolts (bottom post bracket) — long handrail

12. Four 5/16" washers — bottom post bracket

13. Two 1/4" x L3/4" bolts (electronic package) — long handrail

14. Two 5/16" handlebar washers (electronic package)

15. One base supporting frame

16. Gas shock mounting bracket

IMPORTANT: The packing for this treadmill is designed to protect it during shipment. Please store the original packaging in a safe place in case you need to ship the treadmill in the future.

Step by step instructions

The following steps explain how to assemble your treadmill. Please read every step thoroughly and follow the directions completely to ensure correct assembly.

FOR 1060 WITH SHORT HANDLEBAR:

1. Please remove electronic package, and bottom post bracket from box. (See Fig. 1)
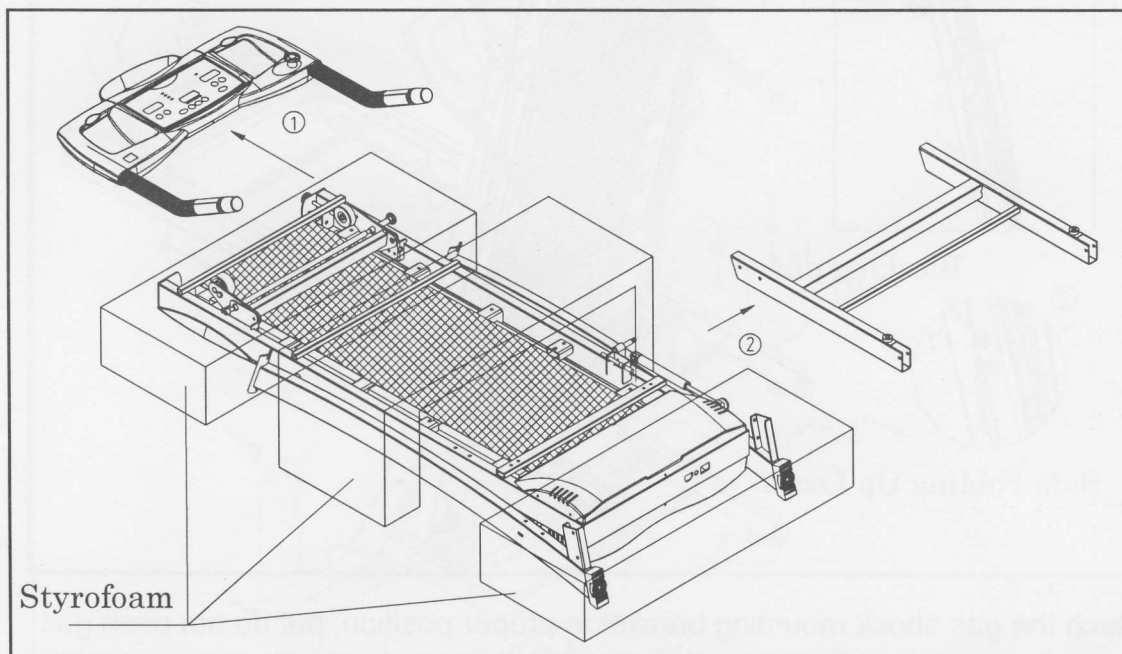

Styrofoam

Fig.1

2. Rotating floor level adjustment clockwise to secure. Insert assembled bottom post bracket into proper position of treadmill. Then, attach bolts and washers provided to position without fully tighten. Securely installed mounting brace to bottom post bracket as figure shown. (See Fig. 2)
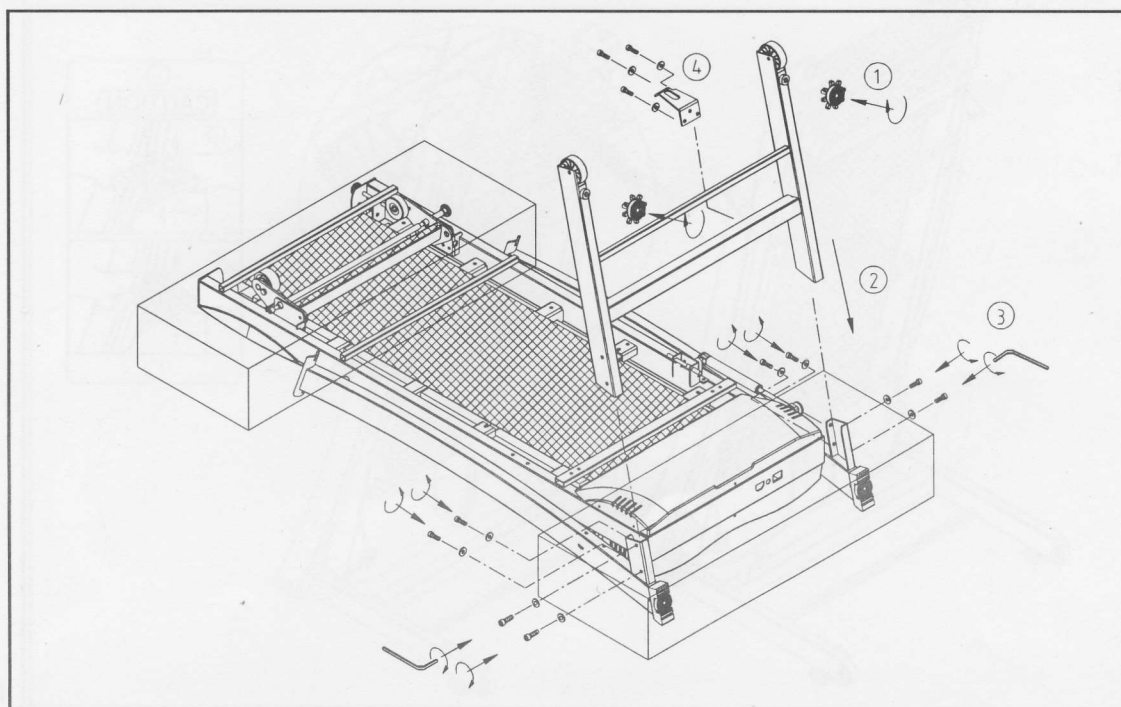

Fig.2

3. Remove treadmill from styrofoam, and place on a flat surface. Make sure blocking pin is securely attached to safe folding up locker. (See Fig. 3)
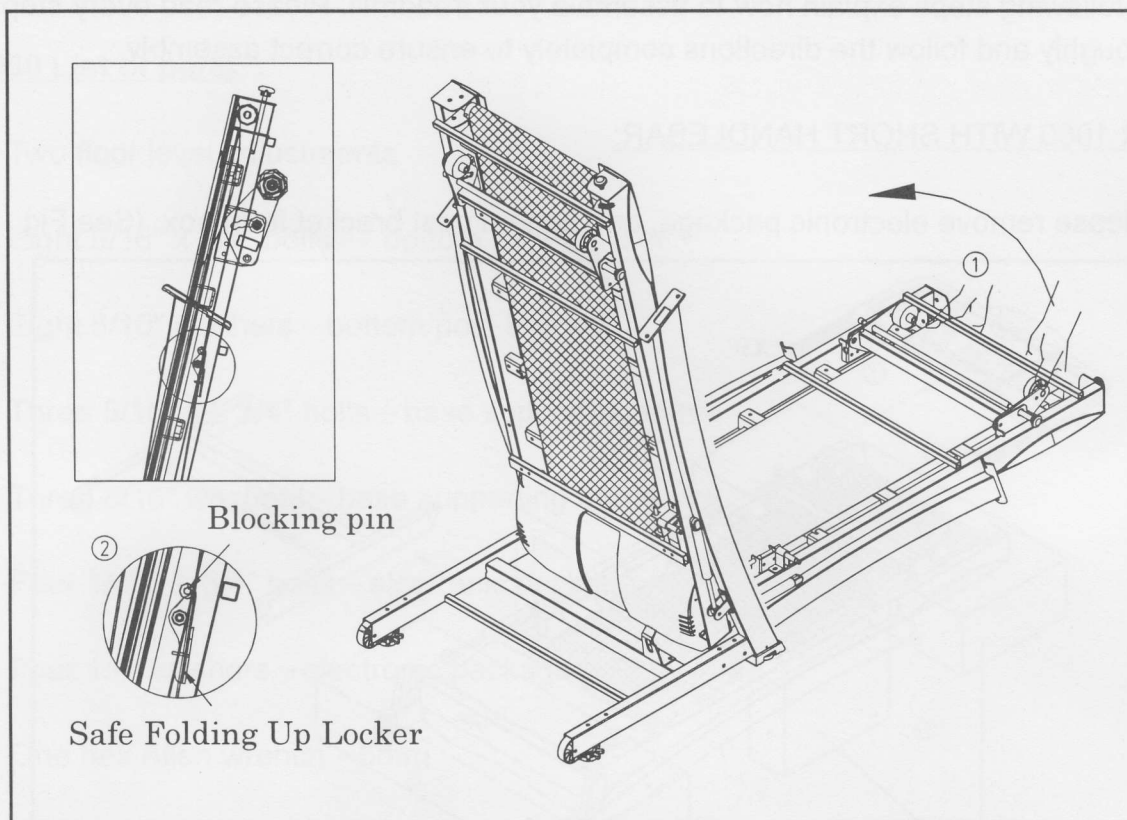
Blocking pin

Safe Folding Up Locker

Fig.3

4. Attach the gas shock mounting bracket to proper position, but do not push gas shock mounting bracket upward all the way to its maximum. Then, securely tighten all bolts and washers. (See Fig. 4)
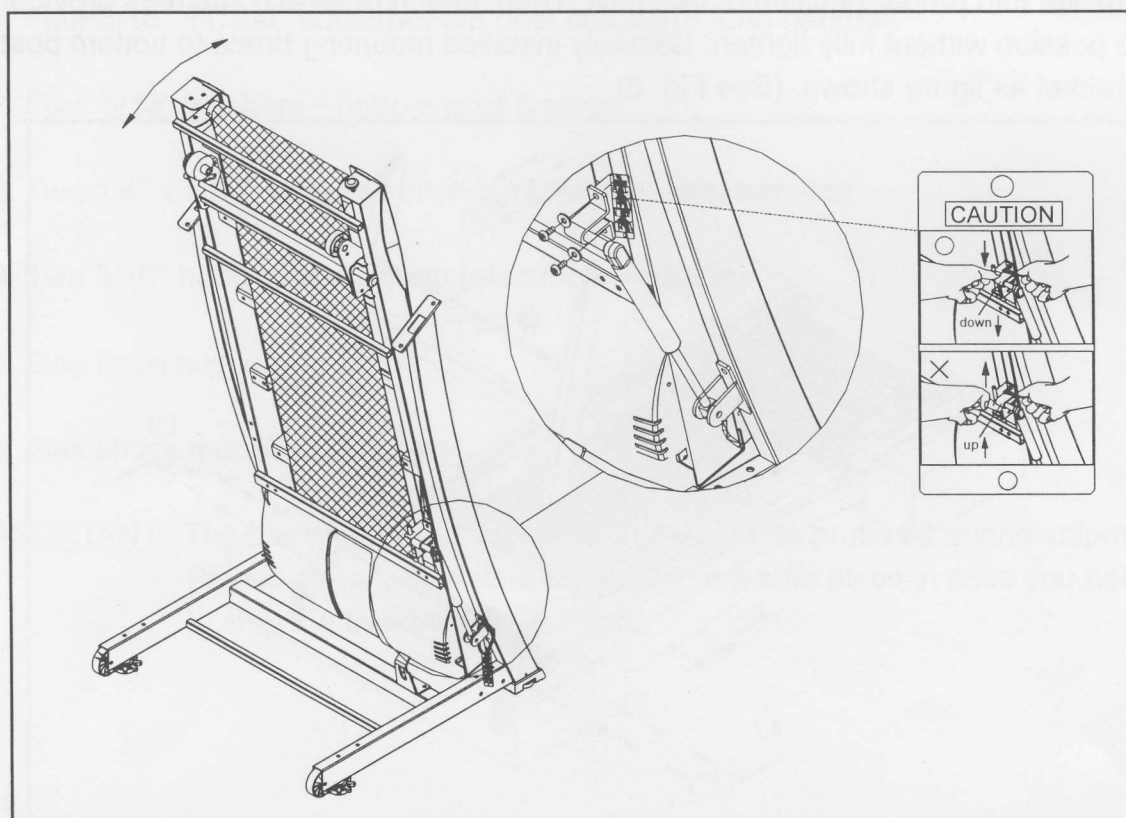
CAUTION

down

up

Fig.4

5. Please connect the ribbon cable securely to handlebar, and attach bolts and washers provided into proper position of electronic package and of bottom post bracket without fully tighten. Then, use hex allen wrench provided to securely tighten all bolts. Turn the floor level adjustments located on front and rear of bottom post bracket to steady your treadmill. (See Fig. 5)
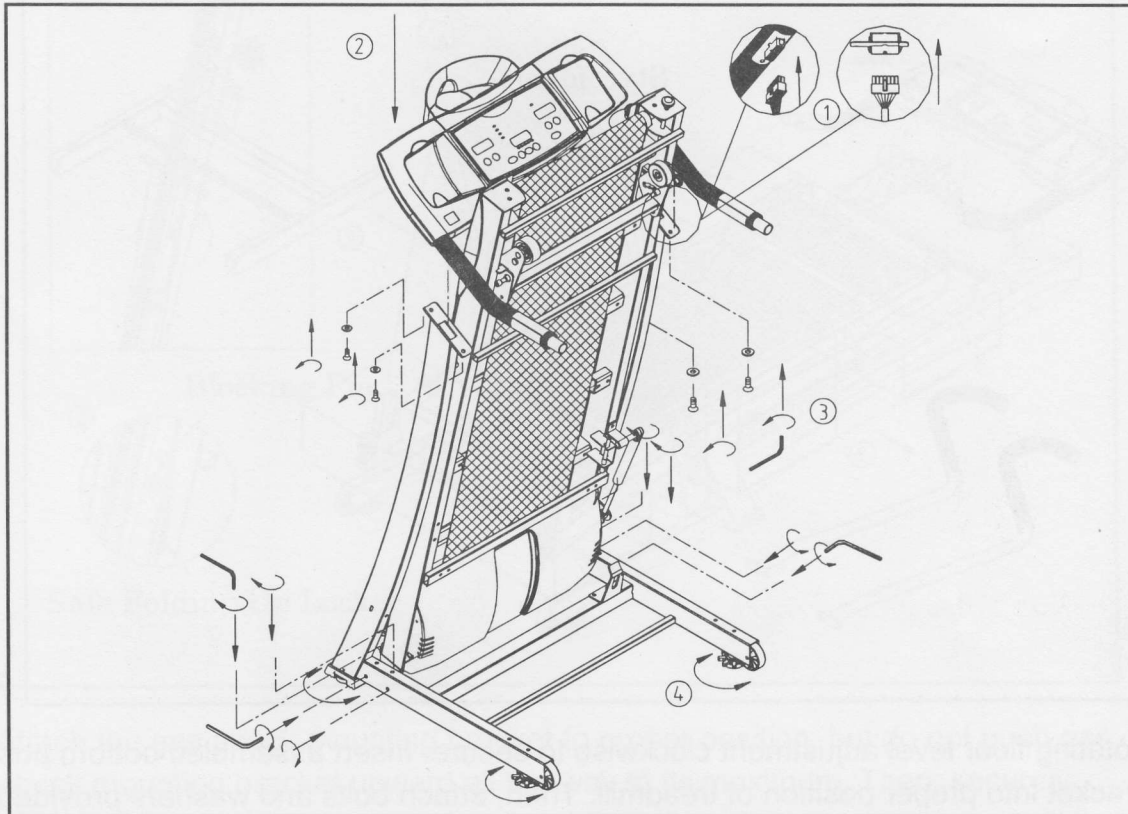

Fig.5

6. Please fold up your treadmill to its upright position, and make sure the running belt is inside the track of the two BELT ALIGNMENT GUIDES on the underside of the treadmill. (See Fig. 6)
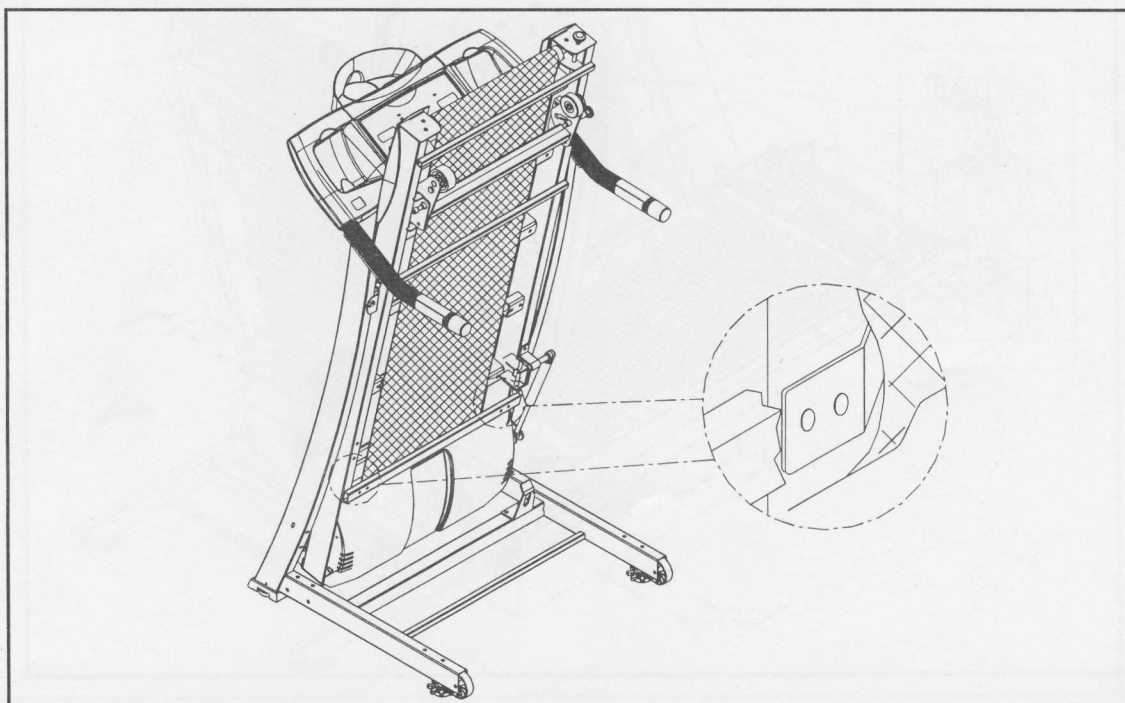

Fig.6

1. Please remove electronic package, bottom post bracket, and long handrail from box. (See Fig. 7)
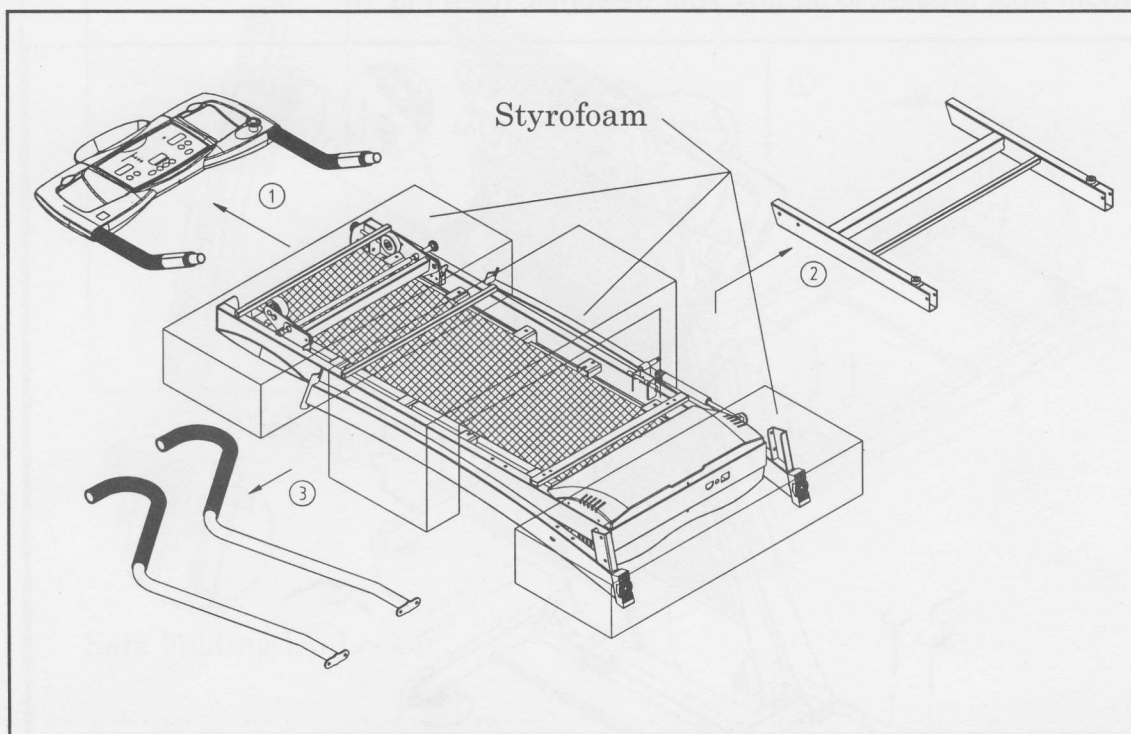
Styrofoam

Fig.7

2. Rotating floor level adjustment clockwise to secure. Insert assembled bottom post bracket into proper position of treadmill. Then, attach bolts and washers provided to position without fully tighten. Securely install mounting brace to bottom post bracket as figure shown. (See Fig.8)
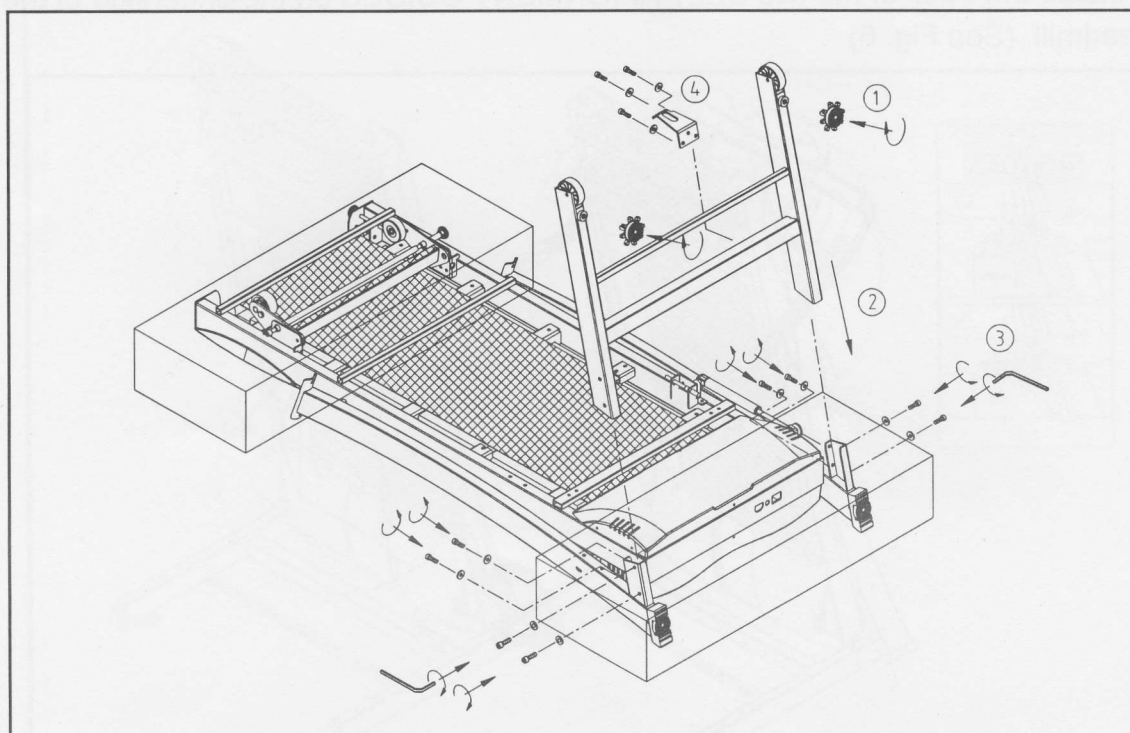
Fig.8

3. Remove treadmill from styrofoam, and place on a flat surface. Make sure blocking
   pin is securely attached to safe folding up locker. (See Fig. 9)
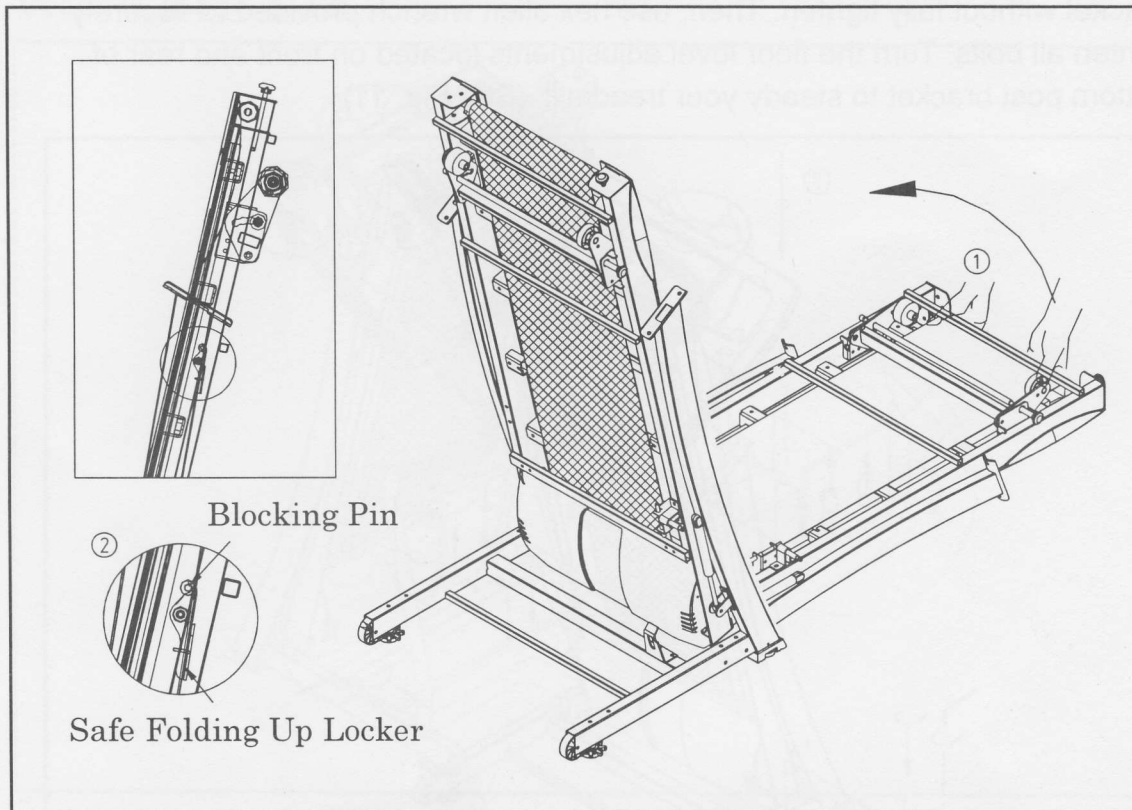
Blocking Pin

Safe Folding Up Locker

Fig.9

4. Attach the gas shock mounting bracket to proper position, but do not push gas
   shock mounting bracket upward all the way to its maximum. Then, securely
   tighten all bolts and washers. (See Fig. 10)
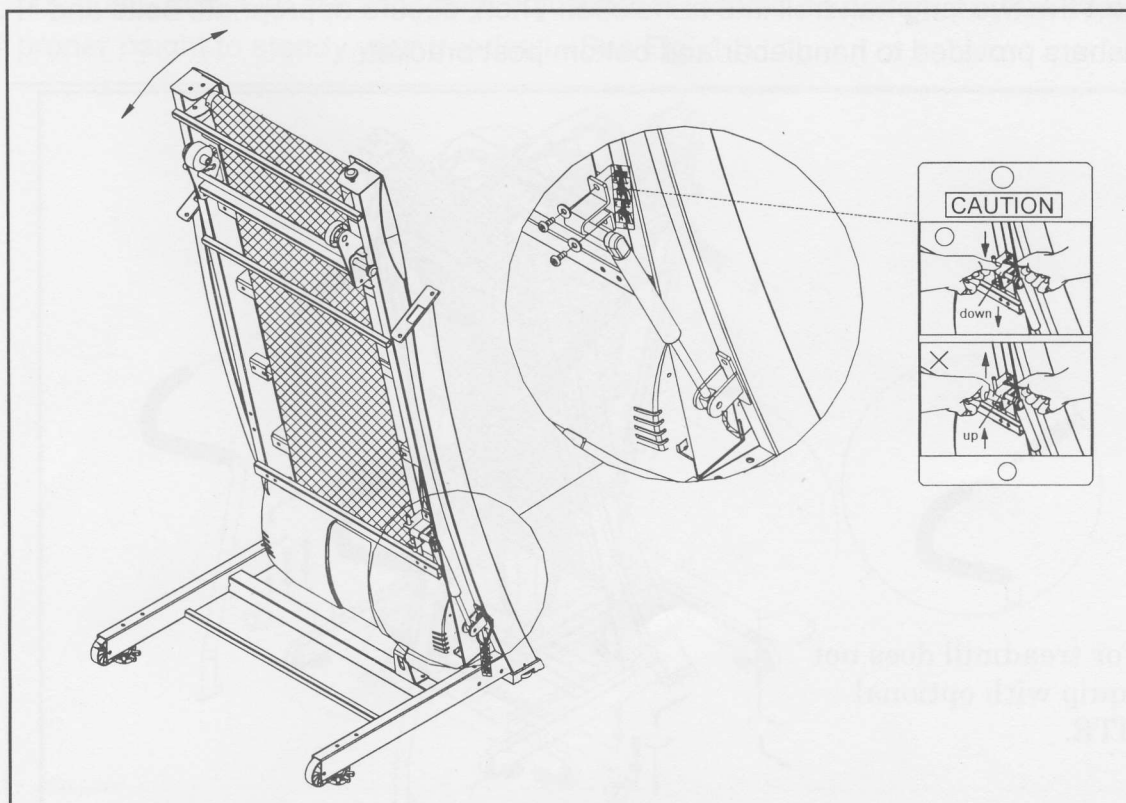
CAUTION

down

up

Fig.10

5. Please connect the ribbon cable securely to handlebar, and attach bolts and washers provided into proper position of electronic package and of bottom post bracket without fully tighten. Then, use hex allen wrench provided to securely tighten all bolts. Turn the floor level adjustments located on front and rear of bottom post bracket to steady your treadmill. (See Fig. 11)
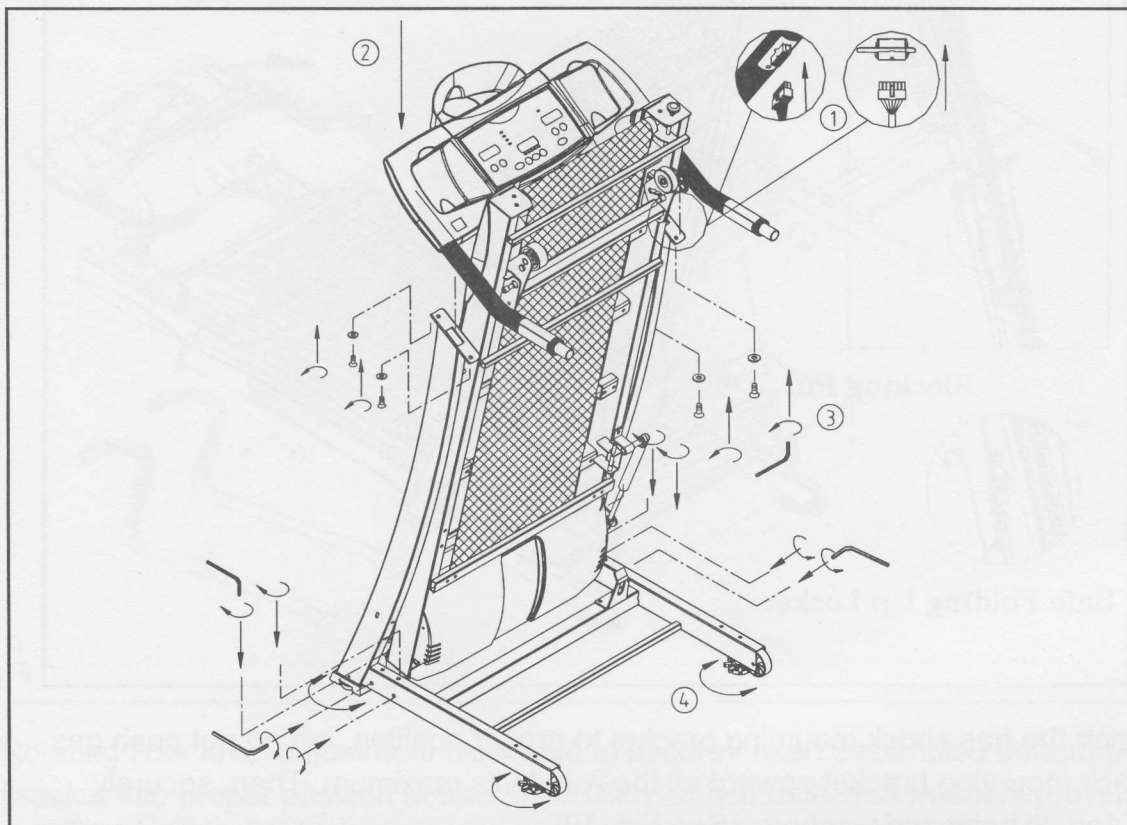

Fig.11

6. Insert the two long handrail into handlebar. Then, secure appropriate bolts and washers provided to handlebar and bottom post bracket.

For treadmill does not equip with optional HTR.
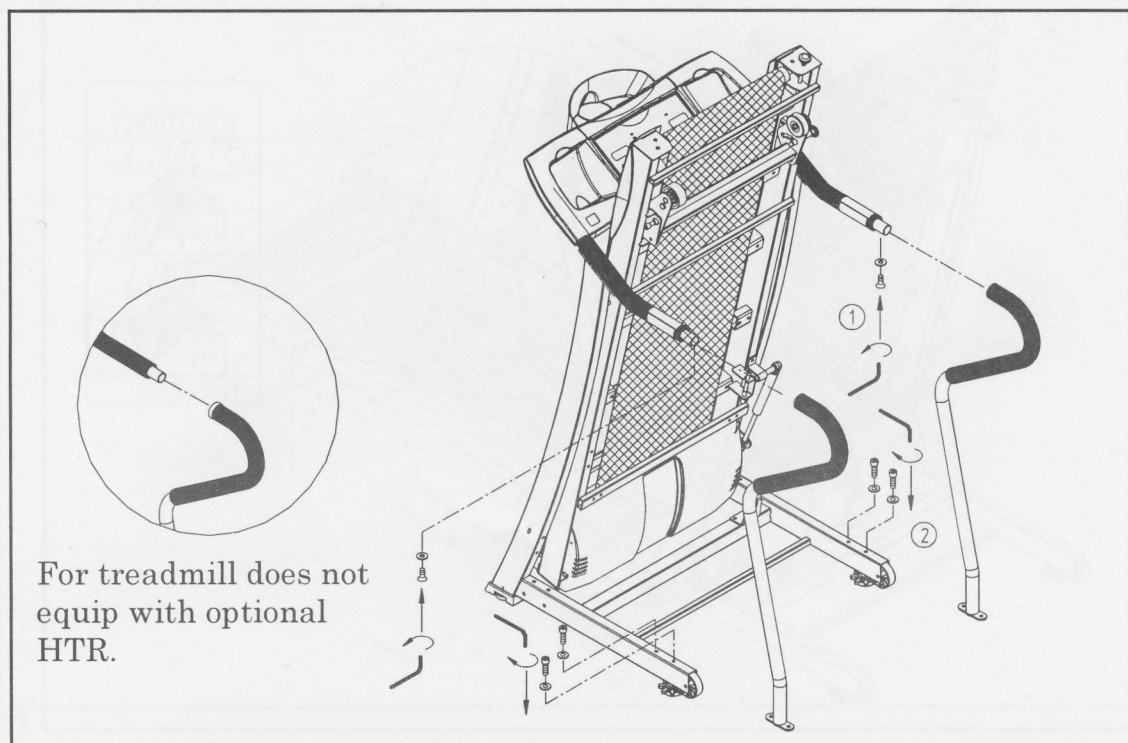
Fig.12

7. Please fold up your treadmill to its upright position, and make sure the running belt is inside the track of the two BELT ALIGNMENT GUIDES on the underside of the treadmill. (See Fig. 13)

Fig.13

Floor Level Adjustment

1. If the treadmill is unsteady on your floor, lift the treadmill bed to its upright/folded position. Then, turn the floor level adjustments located on bottom post bracket to proper height to steady your treadmill. (See Fig. 14)
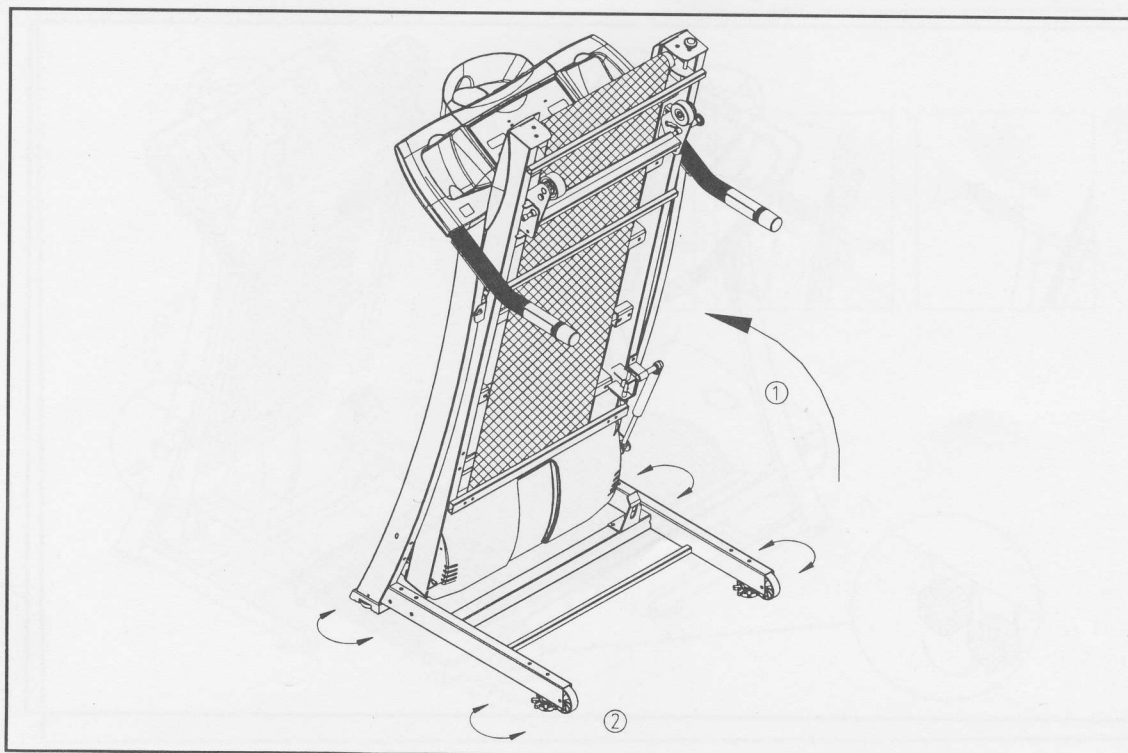
Fig.14

2. Unfold the treadmill to the ground. Firmly press your treadmill from rear to make sure the incline roller wheels on bot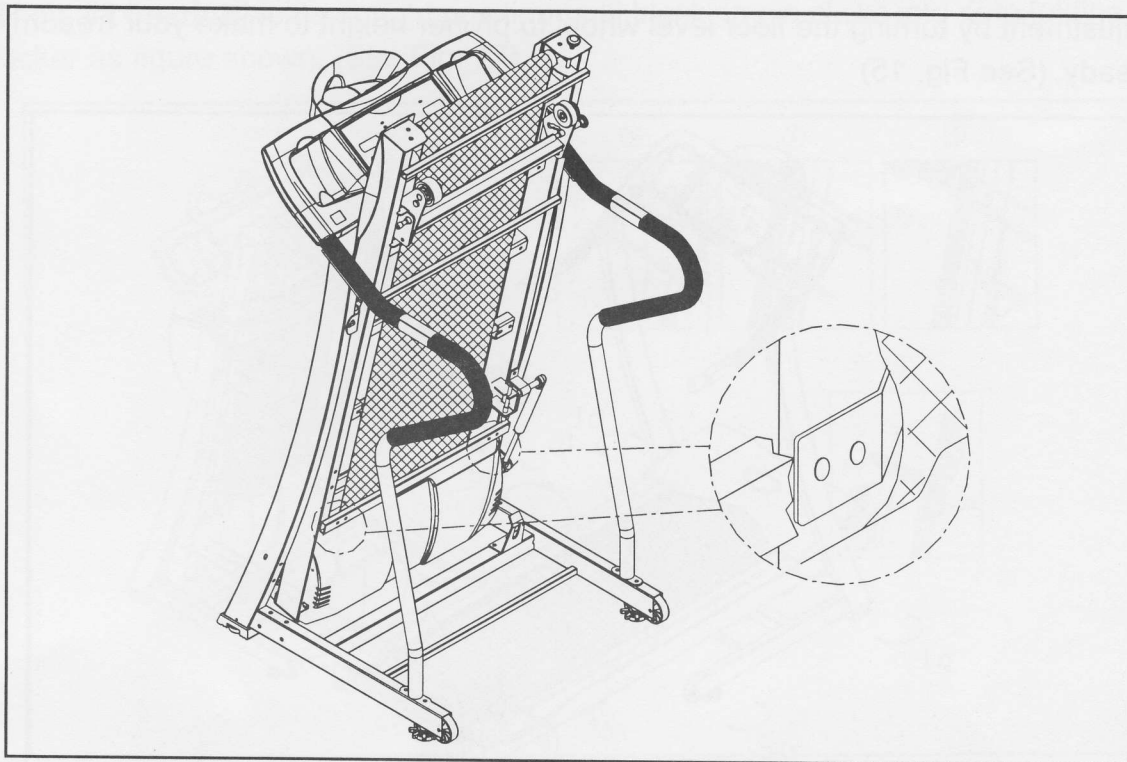h side A and side B are completely on the ground. If any floor level wheel is not on ground, please make the necessary adjustment by turning the floor level wheel to proper height to make your treadmill steady. (See Fig. 15)

Floor Level Wheel
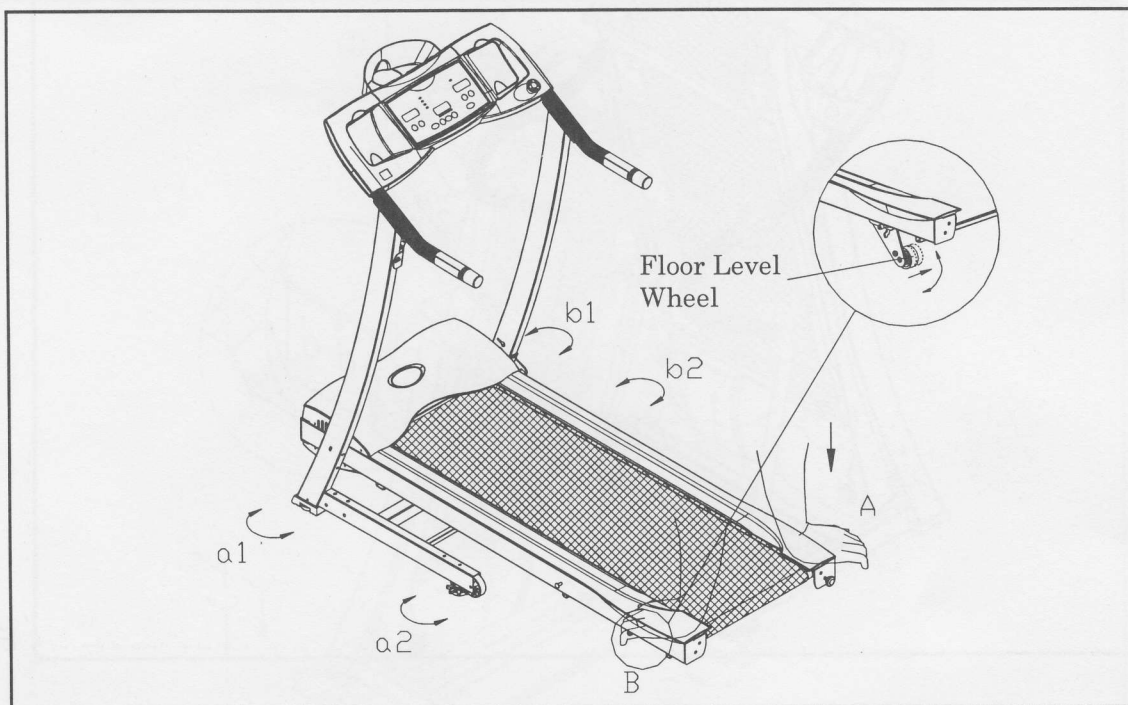
Fig.15

Manual Incline Adjustment

The incline adjustment is located at the rear of treadmill. Lift the treadmill and pull out incline adjustment knob to set your desired incline for your workout. (See Fig. 16)
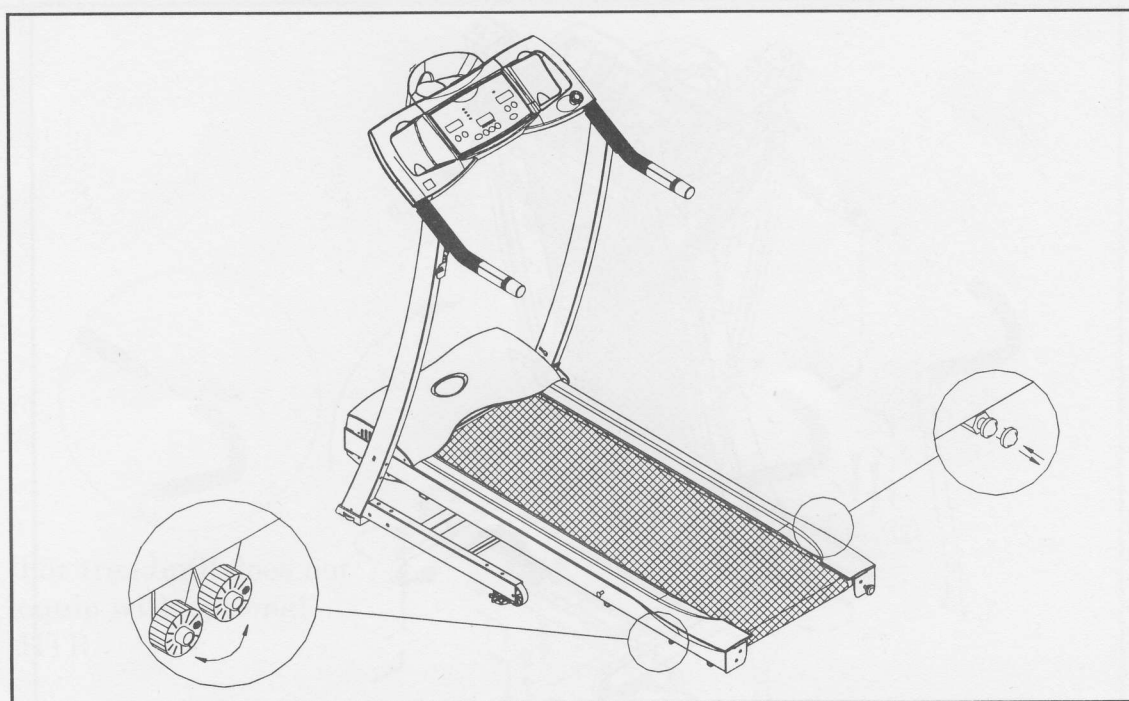
Fig.16

Folding treadmill

Pull the folding knob with one hand and lift the rear of treadmill with the other hand. Then, lift treadmill to its upright position until blocking pin clicks into safe folding up locker as figure shown. (See Fig. 17)
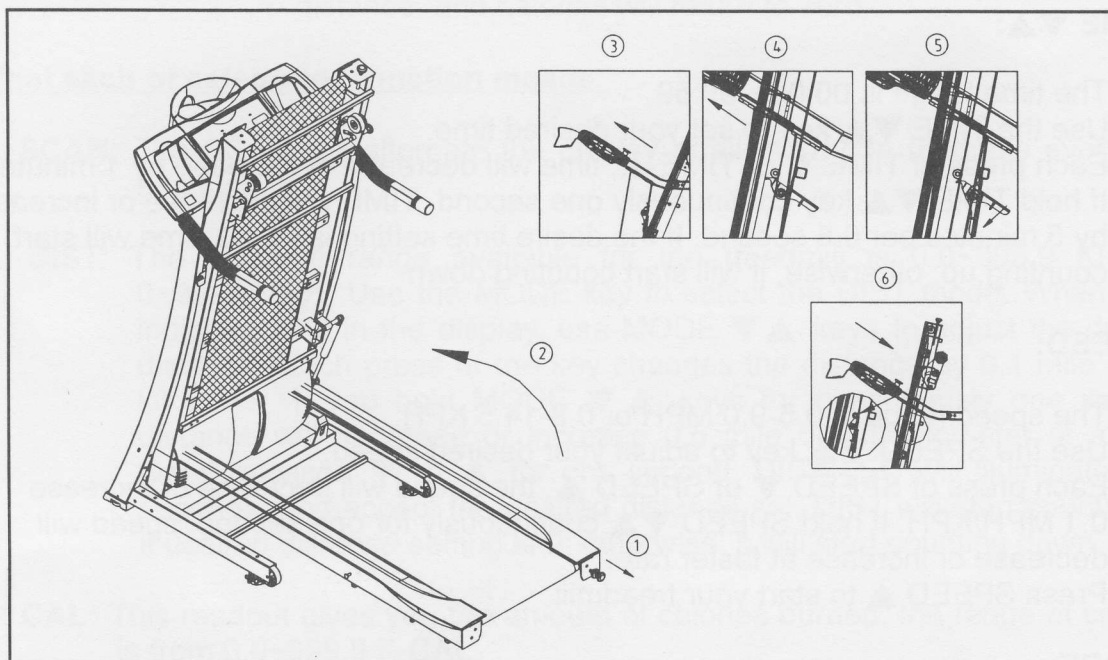
Fig.17

Unfolding the treadmill

To unfold your treadmill, please push treadmill bed toward electronic package first, then pull up the safe folding up locker to allow the treadmill bed to come down. (See Fig. 18)

Fig.18

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Understanding The Electronics Package

Key Functions :

1. TIME ▼▲:

   I. The time range is 00:00 — 99:59.
   II. Use the TIME ▼▲ key to set your desired time.
   III. Each press of TIME ▼ or TIME ▲, time will decrease or increase by 1 minute. If hold TIME ▼▲ key continuously one second, TIME will decrease or increase by 5 minutes per 0.5 second. If the desire time setting is 00:00, time will start counting up; otherwise, it will start counting down.
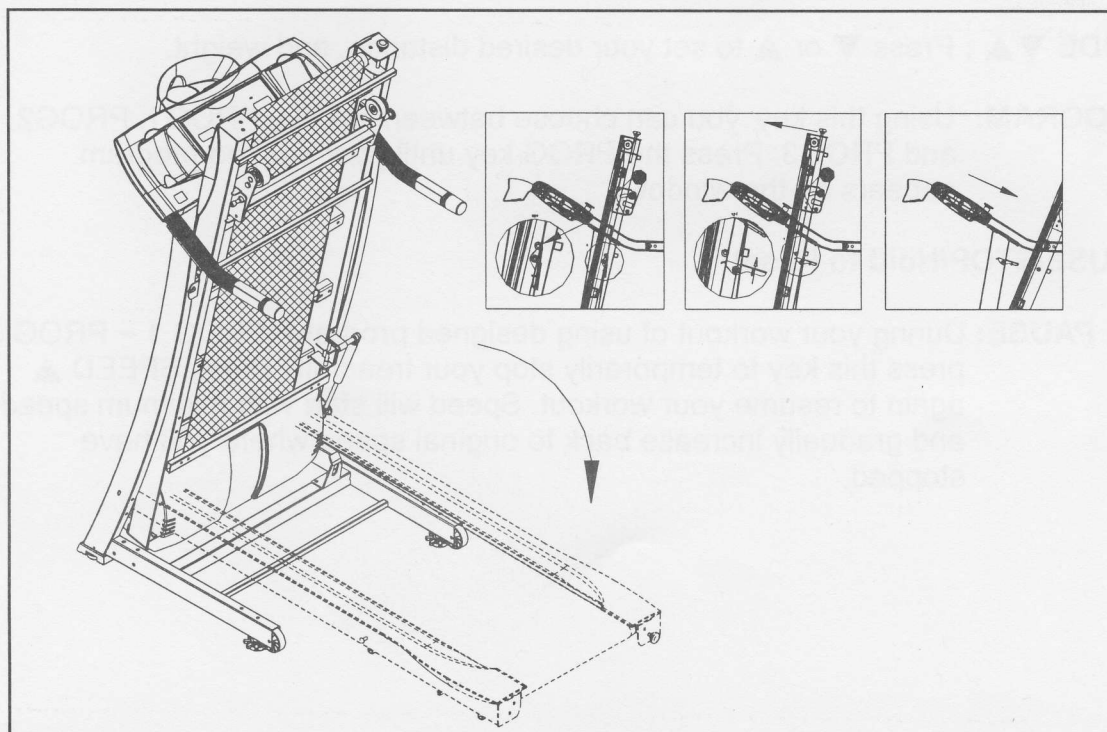
2. SPEED:

   I. The speed range is 0.5-9.0 MPH or 0.8-14.5 KPH.
   II. Use the SPEED ▼▲ key to adjust your desired speed.
   III. Each press of SPEED ▼ or SPEED ▲, the speed will decrease or increase 0.1 MPH/KPH. If hold SPEED ▼▲ continuously for one second, speed will decrease or increase at faster rate.
   IV. Press SPEED ▲ to start your treadmill.

3. MODE:

   I. Press the MODE key to scroll through the different mode. With each press, the displays will alternately show SCAN, DIST (distance), CAL (calories), and PULSE.

   II. If MODE key for continuously 3 seconds, it will take you into inputting your personal information.

4. MODE ▼▲ : Press ▼ or ▲ to set your desired distance, and weight.

5. PROGRAM: Using this key, you can choose between MANU, PROG1, PROG2, and PROG3. Press the PROG key until your desired program appears on the window.

6. PAUSE/STOP/Hold to Reset:

   A. PAUSE: During your workout of using designed program (PROG 1 ~ PROG 3), press this key to temporarily stop your treadmill. Press SPEED ▲ again to resume your workout. Speed will start with minimum speed, and gradually increase back to original speed where you have stopped.

B. STOP: If this key is pressed during your workout under MANU mode, treadmill speed will be stopped. Speed on LED window will decrease to zero, and start illuminating. However, your workout time, distance, and calorie will still remain.

C. Hold to Reset: If you are not in workout, hold this key for 3 seconds, speed, distance, and calories will return to zero.

What each of categories function means:

A. **SCAN:** The SCAN will alternate the display of all the mode readouts every four seconds.

B. **DIST:** The distance range available for the treadmill is 0.0~999.9 KPH or 0~99.99MPH. Use the MODE key to select the DIST mode. When DIST indicator is lit in the display, use MODE ▼▲ keys to adjust the desired distance. Each press of the key changes the distance by 0.1 mile or 0.1 kilometer. If you hold MODE ▼▲ keys for continuously one second, distance will decrease or increase 0.5 mile or 0.5 kilometer at a time. Once released ▼ or ▲ for one second, DIST LED will illuminate for 3 seconds, and accept the desired distance set. DIST will start counting up if desired distance setting is 0; otherwise, it will start counting down.

C. **CAL:** This readout gives you the amount of calories burned, the range of calories is from 0.0~999.9 K-CAL.

D. **PULSE:** If your electronic package includes the pulse feature, use a pulse meter to monitor your heart rate. This readout measures your heart rate in beats.

Note: There will be no PULSE readout if your treadmill does not equip with feature of heart rate.

Using the Program mode

A. Using this key, you can choose between MANU, PROG1, PROG2, and PROG3.
   Press the PROG key until your desired program appears on the window.
   The initial setting is 10:00 minutes. Press SPEED ▲ key to start the treadmill,
   time starts to count down. When time reaches zero, it will get into COOL DOWN
   mode. Time setting is the same as MANU.

B. Press SPEED ▲ to start treadmill. You can adjust the speed during your workout
   by pressing SPEED ▼▲. The adjustment made will affect the present and follow
   on levels within program.

C. PAUSE/STOP: During your workout of using designed program, press this key to
   temporarily stop your treadmill. Press SPEED ▲ again to resume
   your workout. Speed will start with minimum speed, and gradually
   increase back to original speed where you have stopped.

D. Each PROG has eight different levels, and every level lasts 60 seconds.

E. During PROG workout, your treadmill will beep for three times three seconds
   before it starts to go into next level.
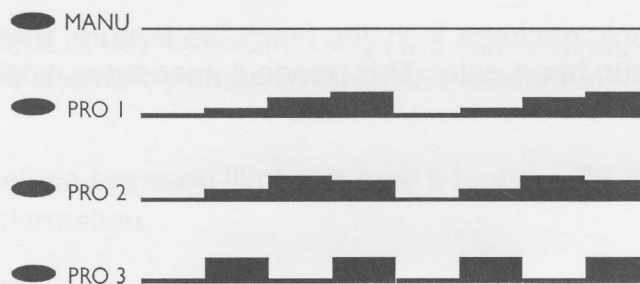
Cool Down

When your workout in PROG1 ~ PROG3 is reaching your desired time setting, your
should gradually decrease your workload, and then exercise lightly as a "cool down".
The windows on display will show the exact speed of your treadmill. Speed will
eventually decrease to 0.

Using the MANU mode

Press the PROGRAM key to get into MANU mode. Use the MODE key to select SCAN, DISTANCE, CAL or PULSE. You can use the MODE key to select DISTANCE, then press MODE ▼ or ▲ keys to set your desired distance value; or press TIME ▼ or ▲ keys to set your desired TIME value. Press the SPEED ▲ keys to start the treadmill. If either Time or Distance is set, time or distance will start counting down, and will beep for 3 seconds when it reaches 0. On the other hand, if neither is set, it will start counting up.

Inputting Your Personal Information

Press the PROGRAM key to get into MANU mode. Hold the MODE key for 3 seconds to enter into personal input mode. The weight value shown on display window is the previously stored value. Press ▼ or ▲ keys to change your weight, then press MODE key to input the information. If hold ▼ or ▲ for continuously one second, the weight will decrease or increase by 5KG/5LB at a time. Press MODE key again to exit the personal information input mode. The computer will record your own information, and return to MANU mode. The weight range is: 50 ~ 220 LB, or 22 ~100KG.

SAFETY FEATURES

Safety Key:

The SAFETY KEY is required to operate the treadmill. The window will display --:-- when safety key is not in position. Insert the SAFETY KEY into the safety key socket of the electronic package to operate the treadmill.

Emergency Stop Button:

1. This feature is a secondary safety feature that allows the user, in an emergency situation, to stop the treadmill.

2. Once the button has been pushed, the Emergency Stop LED, and LEDS of SCAN, DIST, CAL and PULSE on display will illuminate interchangeably.

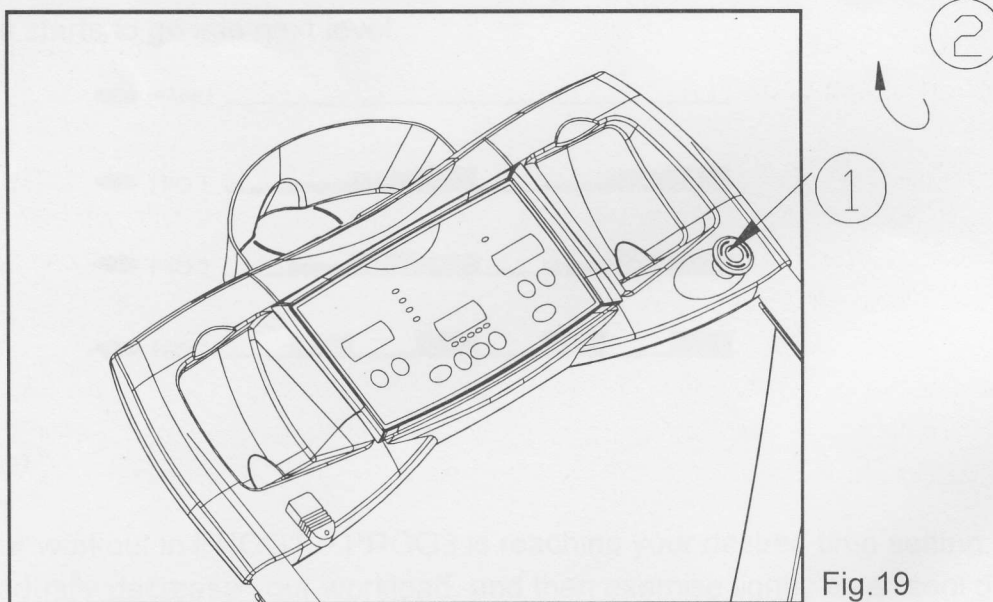3. To release, rotate the button clockwise. Treadmill will not operate if the button is depressed.

Fig.19

RUNNING ON THE TREADMILL:

Now, you have become familiar with your treadmill's operation and are ready to exercise:

1. Turn the power switch ON, and insert the safety key into the safety key socket of the electronic package.

2. Straddle the belt with your feet on the right and left staging platforms. Clip the safety key to your exercise clothing at your waistline.

3. Straddle the belt, balancing one hand on the handrail. Press SPEED key to start the treadmill. Adjust the speed ▲ key until you reach 1.5-2.0 MPH / 2.5-3.5 KPH, a comfortable walking speed. With both hands on the handrails, place one foot, then the other on the treadmill, and walk for a few minutes to get comfortable with your machine.

4. After you are walking in an easy, relaxed, and steady fashion, release your grip on the handrails, and let your arms swing freely and naturally.

5. When you feel comfortable walking, you may wish to jog. Hold the handrail with one hand, using your other hand to increase the speed.

6. Remember to hold the handrail when using the control panel on the electronics package. Holding the handrail with one hand will help to maintain your balance, especially when slowing down or stopping. Also, remember to hold onto the handrail when dismounting.

7. When you have finished your workout, remove the safety key from the "SAFETY KEY" position. Always remember to cool down after your workout before completely stopping.

GUIDELINES FOR EXERCISE

How long should I exercise?

The duration of your exercise session is dependent on your fitness level. In general, it is recommended that you maintain your heart rate in the training zone for at least 10 minutes to realize an aerobic benefit. As your fitness level increases, you will be able to maintain your heart rate in the training zone for longer periods, usually between 20 and 30 minutes.

When first starting your workout, use the first several minutes to warm up, then slowly increase your workload to bring your heart rate into your specific training zone. At the end of your workout, gradually decrease your workload, then exercise lightly as a "cool down".

How often should I exercise?

Aerobic exercises, to achieve the greatest benefits, should be performed 3-5 times a week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

MAINTAINING YOUR TREADMILL

Your treadmill relies on low friction for peak performance. The treadmill's low friction operation is dependent on keeping the unit as clean as possible. See "Cleaning the Treadmill" for more information.

Proper belt alignment is also important for proper operation of the treadmill. See "Adjusting the Running Belt" for more information.

Cleaning The Treadmill

CAUTION: Turn off unit and disconnect AC cord before cleaning.

Regular cleaning is recommended to keep your treadmill running at peak Performance.

Before your workout, use a dry cloth to clean the staging platform, exposed slider deck, and under the belt as far as you easily reach. This removes any dirt or dust which might enter the slider area and compromise the unit's running efficiency.

To clean the plastic parts, use a mild detergent and make sure the unit is completely dry before operating. On the running surface, use a soft nylon scrub brush.

Do not use water to clean the belt or running surface, or to clean the electronics package. Should water, for some reason, get on the electronics package, immediately blow dry the electronics package.

It is recommended that you keep all liquids away from the unit during operation. Spillage of liquids onto or into the machine will void the warranty.

Adjusting the running belt

The belt is properly aligned at the factory. However, during shipping and handling or by use on an uneven surface, the belt may move off center. Therefore, it is important that you check the belt's alignment before using the treadmill.

The correct alignment of the running belt is critical for the smooth operation of the treadmill.

Failure to realign the belt could result in tearing or fraying of the belt, which is not covered in the warranty. Please follow the adjustment procedure listed below :

CAUTION: DO NOT ALLOW ANYONE TO WALK ON RUNNING BELT DURING
              THIS PROCEDURE.

1. Turn on the power switch located on the front right side of machine. Place the
   SAFETY KEY on the "SAFETY KEY" position.

2. Press the SPEED key to increase the speed until the speed registers 2.0mph /
   3.2kph on the digital display.

3. While the unit is running at 2 mph/3.2kph, determine where the belt is in relation to
   both staging platforms, make sure the edge of the running belt is aligned and
   parallel with the edge of the staging platforms. Also, make sure the width of area
   A and area B is approximately the same (see Fig.20). Observe for approximately
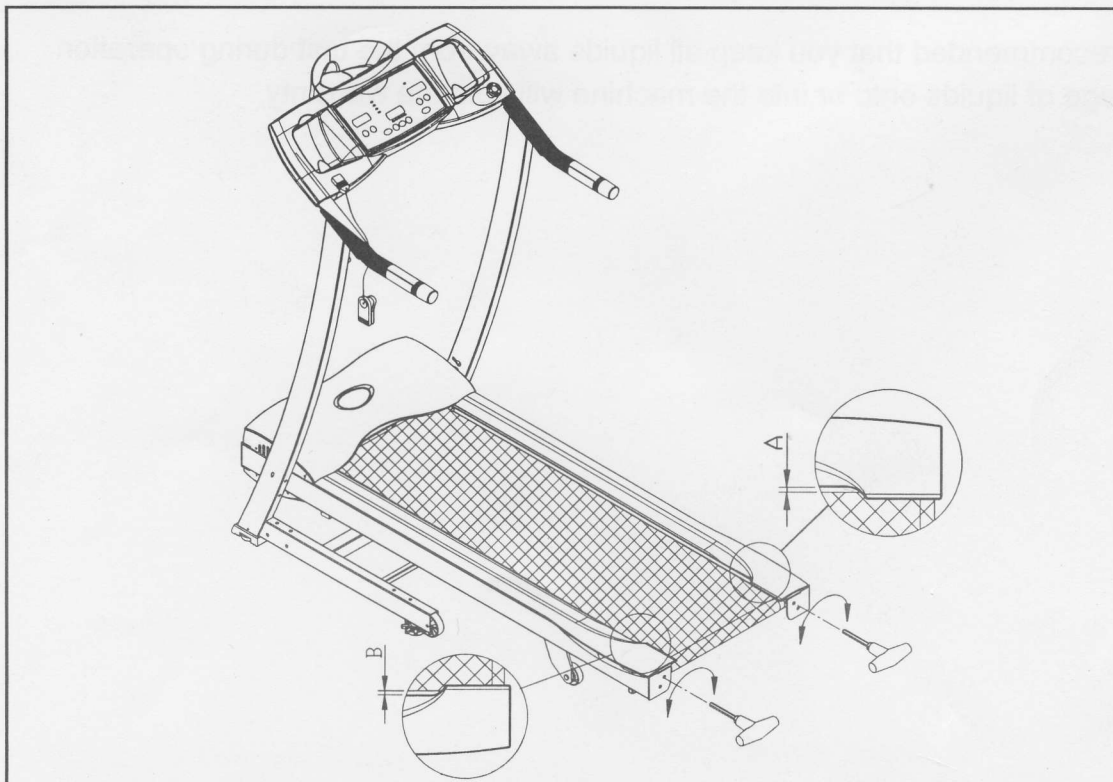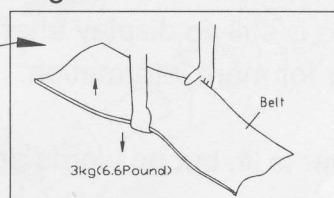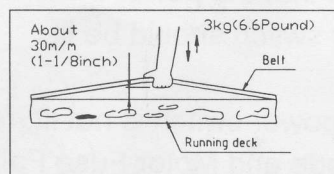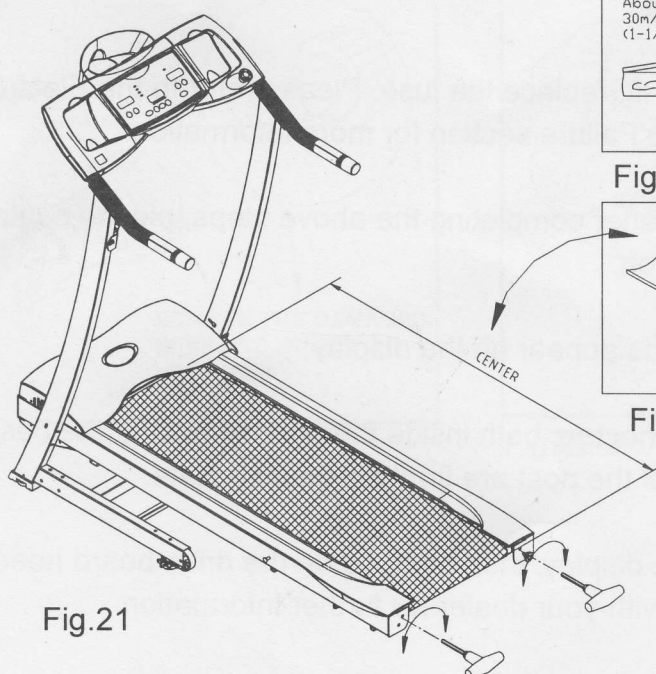   30 seconds.

Fig.21

4. If the belt is not aligned and parallel with the edge of the staging platforms and the width of area A and area B is not the same, the belts needs immediate adjustment. Please follow the steps below to return the belt to the proper zone.

5. If the belt is too far left: Turn the left belt adjustment bolt located at the rear of the treadmill clockwise 1/4 turn at a time, using the hex Allen wrench. Then turn the right belt adjustment bolt counterclockwise 1/4 turn. Let the treadmill run 30 seconds, then check the position of the belt. If the belt still has not returned to the proper zone, repeat with another 1/4 turn until the belt has returned to the proper position. Do not turn the adjusting bolt more than a 1/4 turn at a time.

6. Conversely, if the belt is too far right, turn the right belt adjustment bolt clockwise 1/4 turn, then turn the left adjustment bolt counterclockwise 1/4 turn. Then let the treadmill run at least 30 seconds, check the position of the belt. If it still has not returned to the proper zone, repeat with another 1/4 turn until the belt has returned to the proper zone. Do not turn the adjusting bolt more than a 1/4 turn at a time.

Periodically monitor the position of the belt to ensure peak performance:

When you are using the treadmill, if you feel a pause in the belt with each foot plant, the belt is too loose. Stop the machine to check the belt tension, pull the running belt up in the middle (see Fig.21 & 21-1). There should be about 30 m/m (1 1/8") or 3 kg (6.6 pound) of "give" in the belt (see Fig 21-2). If there is too much, adjust both rear roller bolts clockwise 1/2 turn at a time (see Fig.21). Then, check the belt tension again, if more adjusting is required, give both adjusting bolts another slight turn. Do not adjust over 2 full turns.

Fig.21-2

Fig.21-1

Fig.21

TROUBLE SHOOTING:

CAUTION: SHUT OFF UNIT AND DISCONNECT AC CORD BEFORE MAKING
ANY REPAIRS OR MODIFICATIONS.

Error Messages

If the electronic display shows "E-1, E-3 or E-10", please turn off the POWER switch. Allow the unit to rest for 5 seconds, and then turn on the power switch again. If the electronics package display error again, please contact your dealer for further instruction.

E-1: The optical switch mounted on the motor is not receiving the signal reflected from the tachometer wheel.

E-3: The user is running faster than the belt.

E-10: CPU has detected abnormality of electronic boards of your treadmill. Discontinue use and contact your dealer for further information.

Blank Display

1. If you turn on the POWER switch and there is no light:

   a. Check if the power cord is plugged securely into the wall socket.

   b. Check that the power switch on the front of the unit is in the "ON" position. The power switch should be lit.

   c. If the power switch is not lit, replace the fuse. Please refer to the Electronics Package and Motor Fuse Failure section for more information.

   d. If there is still no display after completing the above steps, please contact your dealer for more information.

2. The power is lit, but no words appear on the display:

   a. Make sure the cable connectors both inside the right lift post at the base of the treadmill and at the top of the post are firmly in their sockets.

   b. If no words appear in the display, then the fuse on the drive board needs to be replaced, please check with your dealer for further information.

Electronics package and motor fuse failure

If you turn on the POWER switch and there is no light, and nothing displays on the electronics package, then the fuse must be replaced.

CAUTION: MAKE SURE THE TREADMILL PLUG ALREADY REMOVE FROM OUTLET BEFORE YOU REPLACE THE FUSE.

The fuse holders 12 amp (100V-120V) / 7 amp (200V-240V) for the electronics package and motor are located under the frame at the front of the machine, Please make sure your area standard voltage prior to replacement and follow the steps as shown in Fig. 22 to 22-3.
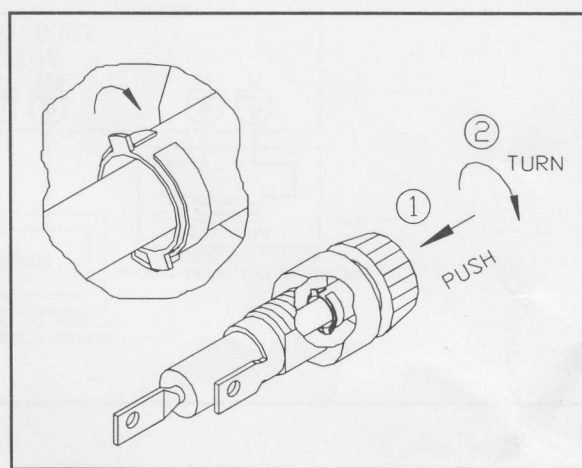

FUSE (100V-120V=12A
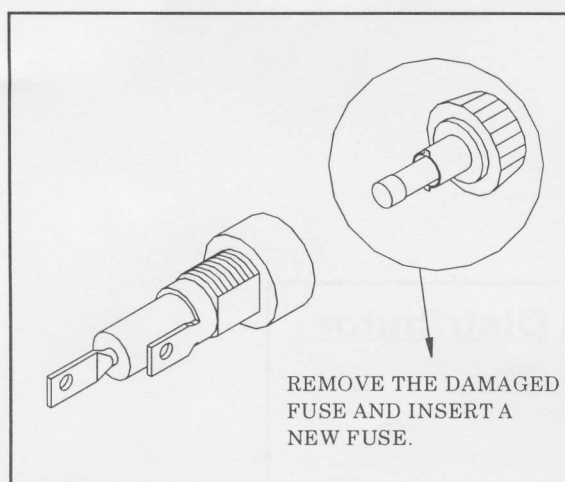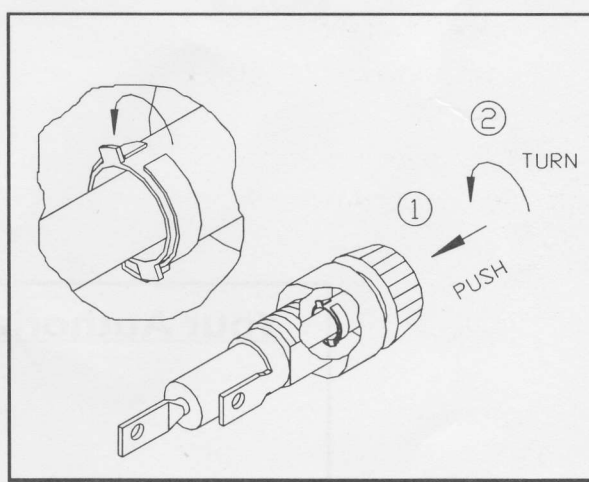   200V-240V=7A)

Fig.22

② TURN
① PUSH

Fig.22-1

REMOVE THE DAMAGED FUSE AND INSERT A NEW FUSE.

Fig.22-2

② TURN
① PUSH
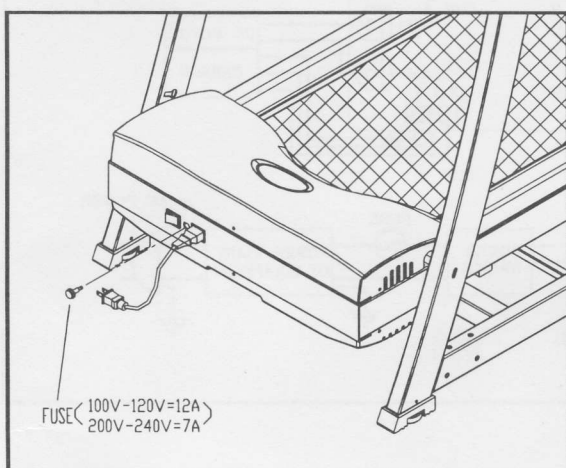
Fig.22-3

Wiring Schematic: