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Your SportsArt treadmill was designed and built for optimum safety. However, certain precautions apply whenever you use your treadmill.

Please read the entire manual before assembly and operation. Also, please note and save the following safety instructions:

## **IMPORTANT SAFETY INSTRUCTIONS**

### **DANGER** - To reduce the risk of electric shock:

Improper connection of the equipment-grounding connector can result in a risk of electric shock. Check with a qualified electrical or service person if you are in doubt as to whether the treadmill is properly grounded. Do not modify the plug provided with treadmill, if it doesn't fit the outlet, get the proper outlet installed by a qualified technician.

Always unplug this treadmill from the electrical outlet immediately after using and before cleaning.

### **WARNING** - To reduce the risk of burns, fire, electric shock, or injury to persons:

- 1) The treadmill should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- 2) Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 3) Close supervision is necessary when this treadmill is used near children, invalids, or disabled persons.
- 4) Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 5) Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the treadmill to a service center for examination and repair.
- 6) Do not carry this treadmill by supply cord or use cord as a handle.
- 7) Keep the cord away from heated surfaces.
- 8) Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- 9) Never drop or insert any object into any opening.
- 10) Do not use outdoors.

- 11) The weight limit for this treadmill is 276 lbs. (125 kgs)
- 12) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 13) To disconnect, turn all controls to the off position, then remove plug from outlet.
- 14) Assemble and operate the treadmill on a solid, level surface. Keep the area behind the treadmill clear.
- 15) 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.
- 16) Keep hands away from moving parts.
- 17) Wear proper workout clothing: Do not wear loose clothing. Do not wear shoes with leather soles or high heels. Tie back all long hair.
- 18) Straddle the machine with your feet on the right and left staging platform before starting the running belt.
- 19) Work within your recommended exercise level, do NOT work to exhaustion.
- 20) If you feel any pain or abnormal, STOP YOUR WORKOUT and consult your physician immediately.
- 21) Connect this treadmill to a properly grounded outlet only.
- 22) Always use the safety cord when operating the treadmill.
- 23) Please be cautious running belt must stop completely and incline must set to 0% before folding.

The Treadmill is designed for your use and enjoyment. Please follow the above safety instructions and using good judgment and common sense.

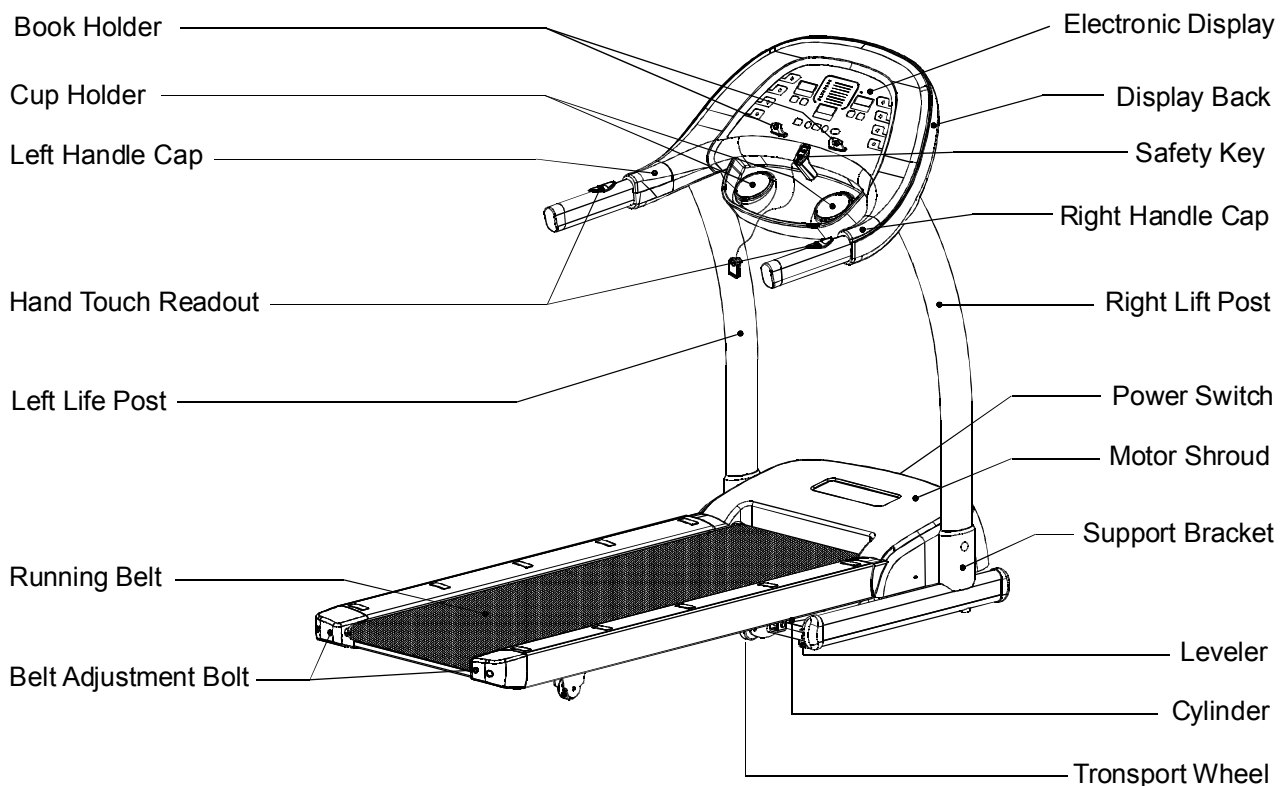
# **SPORTSART TR12F TREADMILL**

## **INTRODUCTION**

Congratulations on purchasing one of the finest piece of exercise equipment on the market today, the SportsArt TR12F treadmill. The TR12F is designed with the end user in mind and constructed of high quality materials and designed for years of trouble-free use.

Before using your SportsArt TR12F treadmill, we recommend that you familiarize yourself with this Owner's Manual. Whether you are a first time user of a treadmill or a seasoned "PRO", understanding the correct use of the equipment will enhance your ability to achieve your exercise goals safely and successfully.

### **Treadmill profile:**



# **ASSEMBLING YOUR TREADMILL**

## **Installation Requirements**

Thank you for purchasing a SportsArt Fitness product. For proper installation please read and follow the instructions. If the treadmill is not assembled properly, you could void the SportsArt Fitness Limited Warranty.

If there are any parts or tools that are missing please contact your dealer immediately.

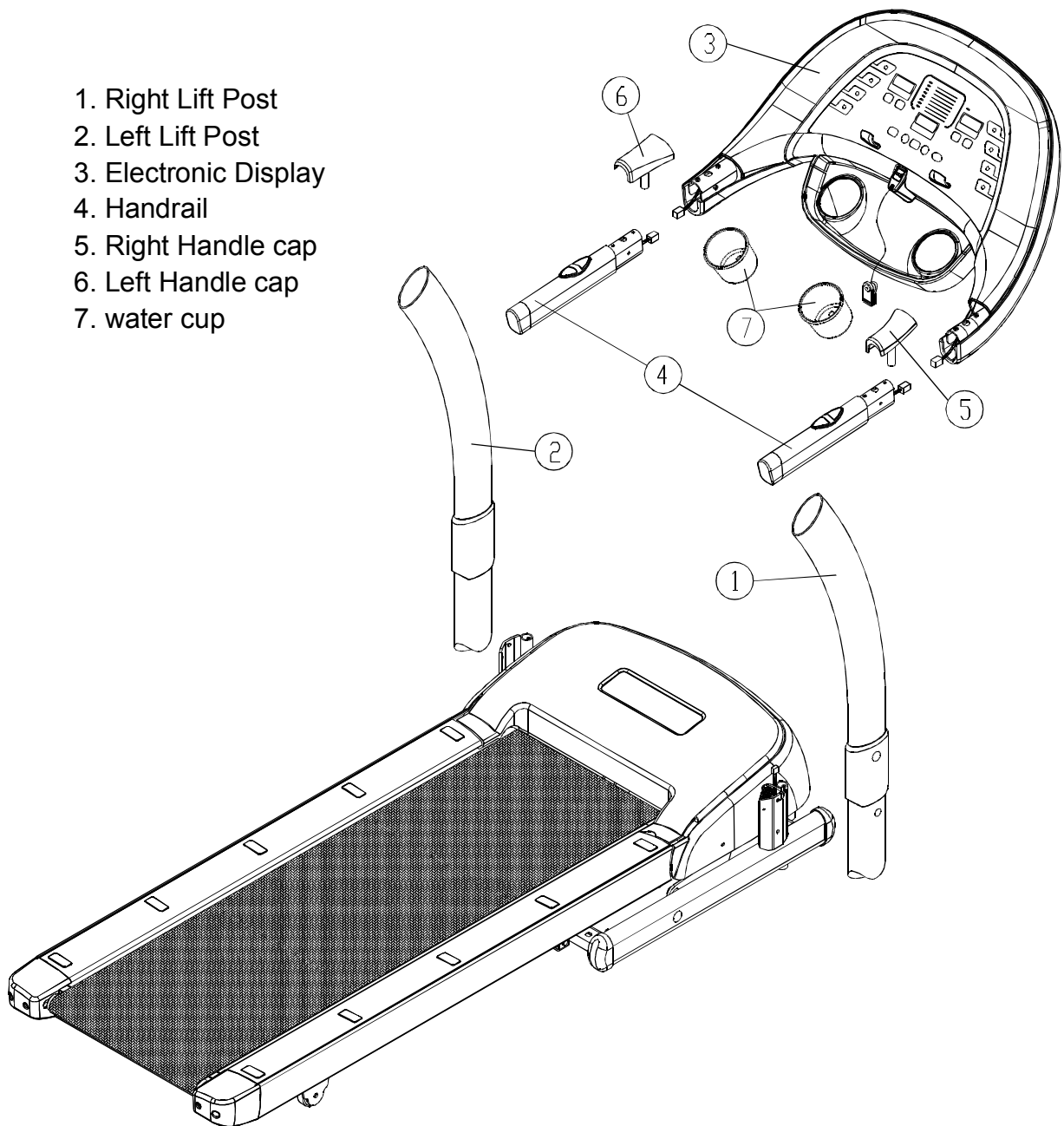
**Caution:** To ensure safety to yourself and the treadmill, we recommend you drop the sides of the box and slide the treadmill from the box rather than lifting.

## **List of Parts**

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

1. T-handle hex key wrench (M6)
2. T-handle hex key wrench (M5)
3. Two-way screw driver
4. One safety key
5. Fuse (7A / 220V, 12A / 110V)
6. Screw cap (2)

**Please see the part illustrations below**



# **TREADMILL ASSEMBLY**

## **Step by Step Instructions**

1. 1.1 Release the cords from the right lift post and pierce the cord through post, then firm it in the support bracket
- 1.2 Place the walk belt between the two belt guides on the deck.  
(as shown on Fig. 1)

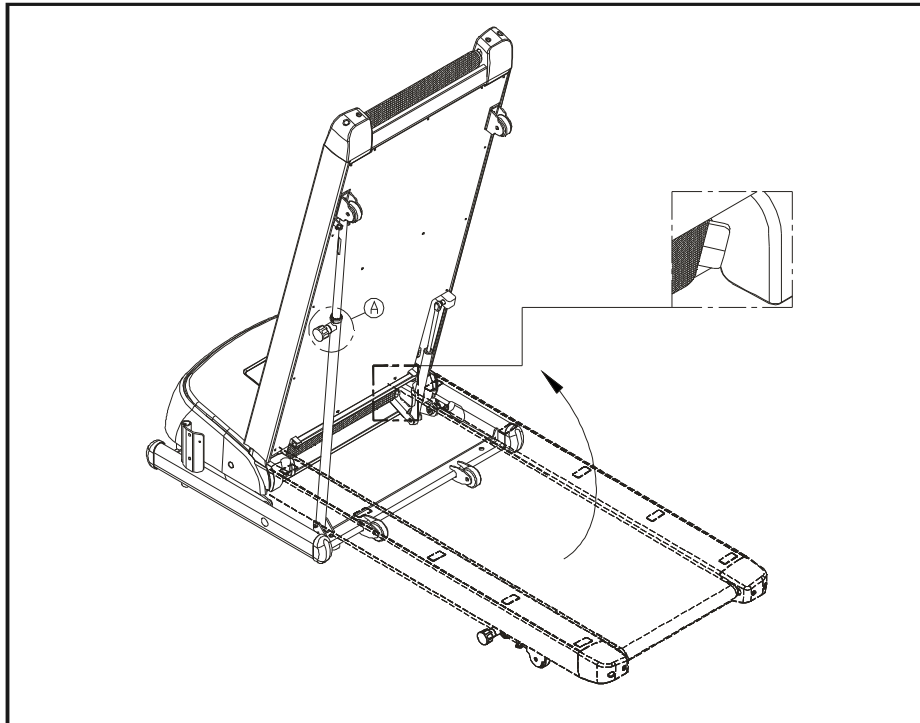


Fig.1

2. Note the screws attached to the lift post brackets and please remove these screws firstly. Insert the data cable into the right lift post, then route it through the lift post support bracket on the treadmill's frame. Tuck the cable in place where it will not be pinched.  
Install the left lift post to the left lift post support bracket in the treadmill's frame.

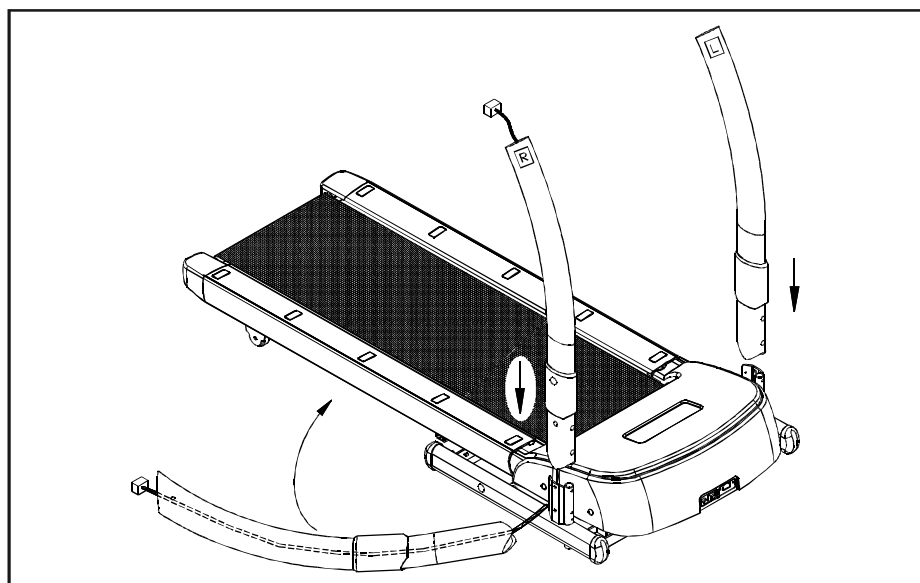


Fig.2

3. Use the T-handle hex key wrench (M6) to fasten the left and right lift post, please do not fully tighten it yet (see Fig. 3)

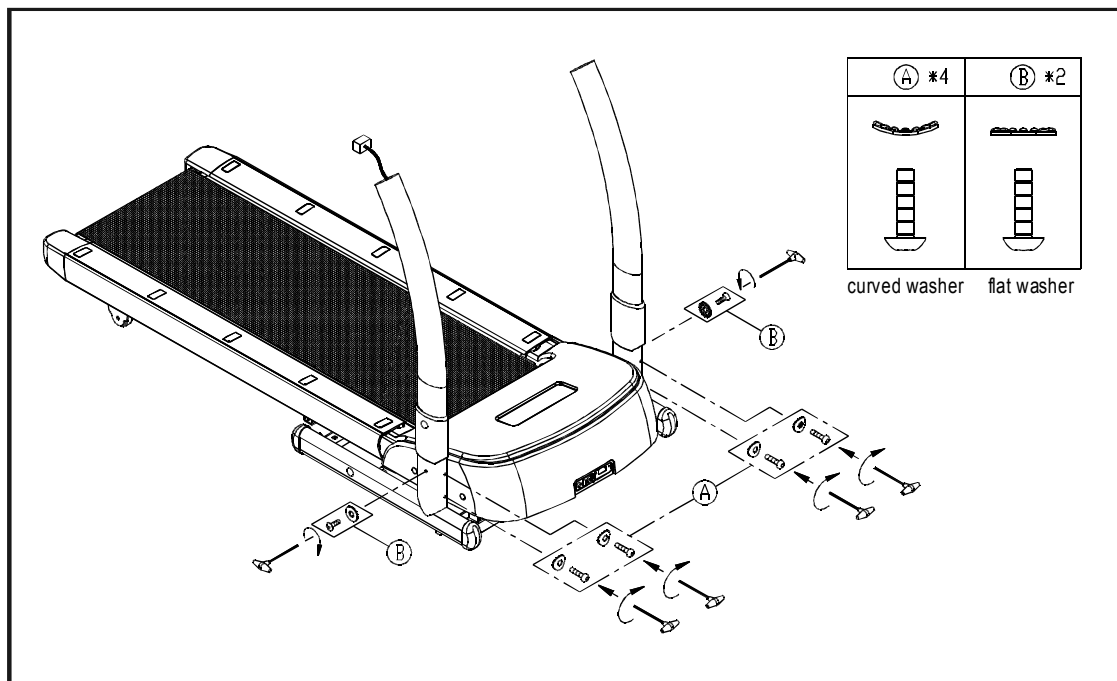


Fig.3

4. 4.1 Connect the ribbon cable on display board to right lift post, then insert the display board into the lift post securely. Please make sure the ribbon cable is fully inside the post. (screws are located on the top of the lift post, please remove them before install the display board)
- 4.2 Tighten the screws on the bottom for both post first, then tighten the ones on the top.

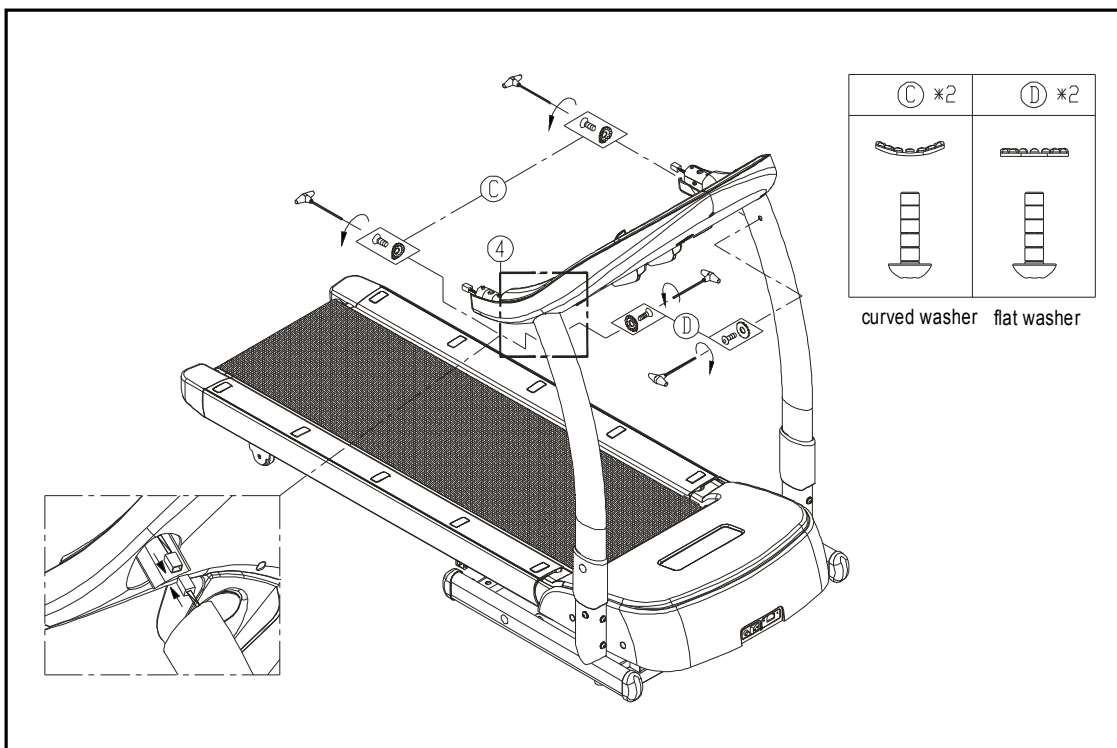


Fig.4



5. Press down to secure the support bracket, then place covers on the screw heads after tightening the screws.

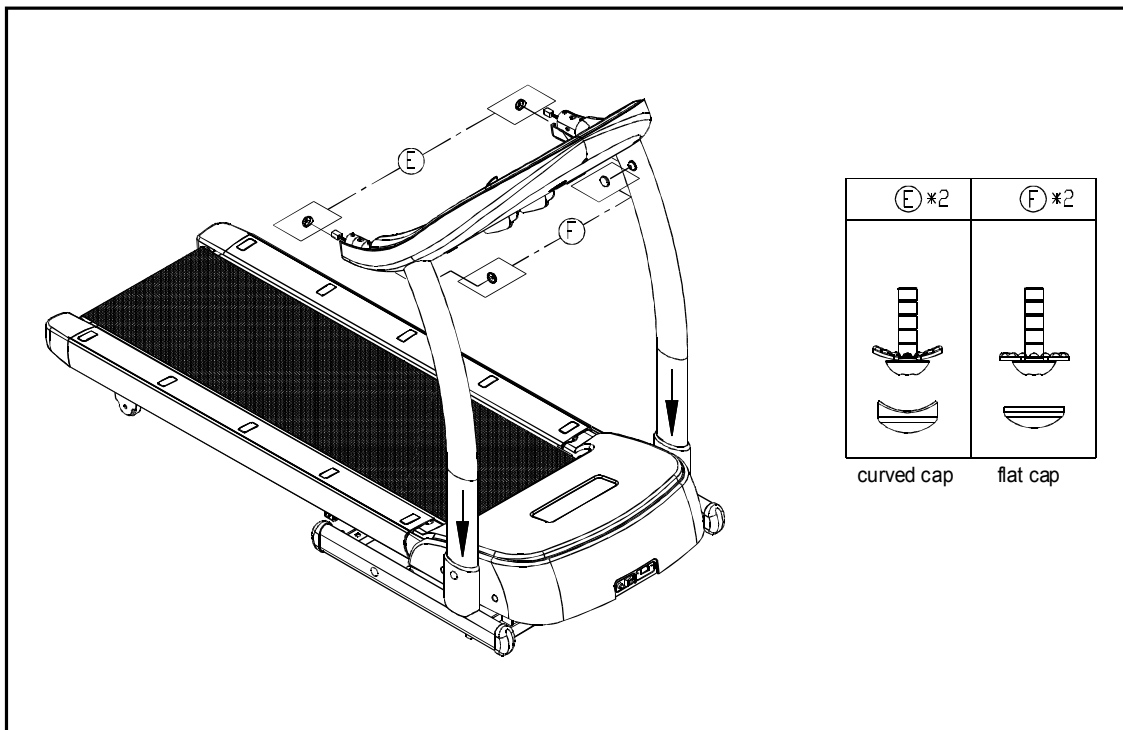


Fig.5

6. Insert the water cup to the display board as shown on Fig 6.

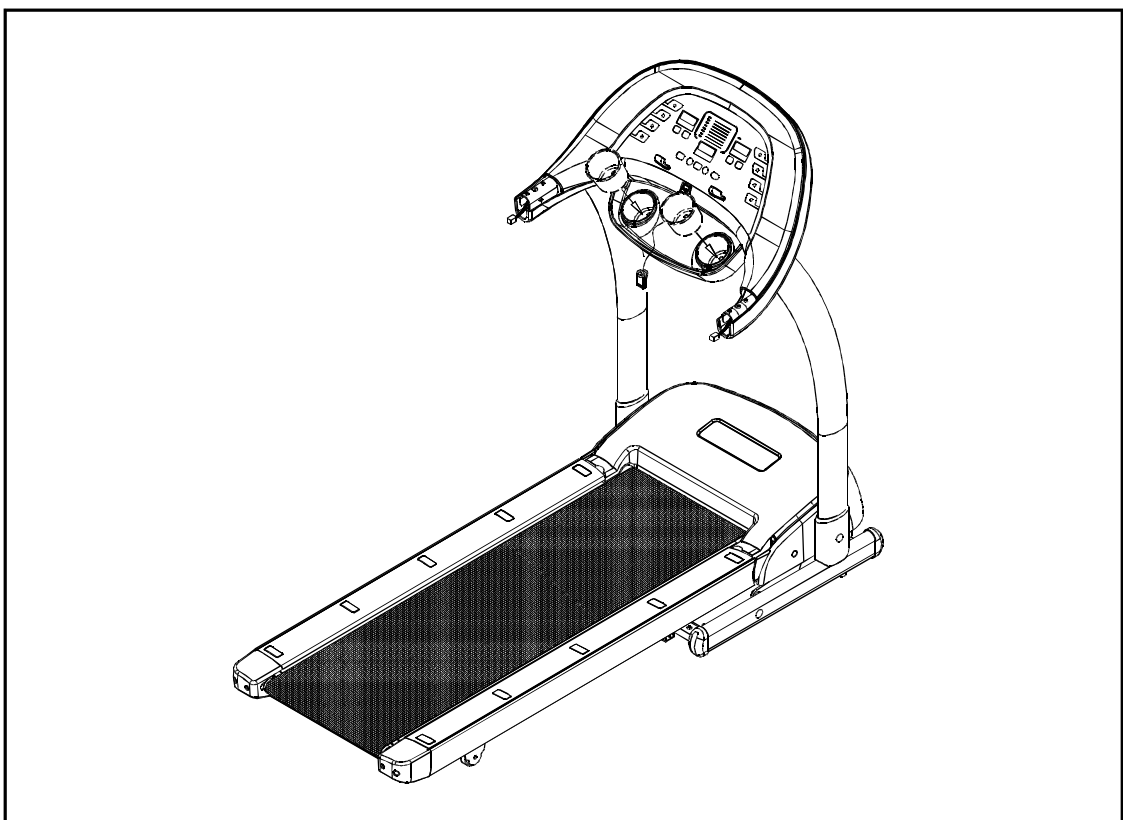


Fig.6

7. 7.1 Connect the ribbon cable connector from the handlebar to the display board as shown in diagram 7-1 (p.s. HR equipped only)
- 7.2 Securely store the cable inside the post as shown in diagram 7-2. Please make sure the cable is not squashed or twisted. Screws were placed under the cover, please remember to remove them before installation.
- 7.3 Insert the handlebar into display board, and fasten it with screws as shown in diagram 7-3.
- 7.4 Does the same to the other handlebar. (as shown on Fig 7)

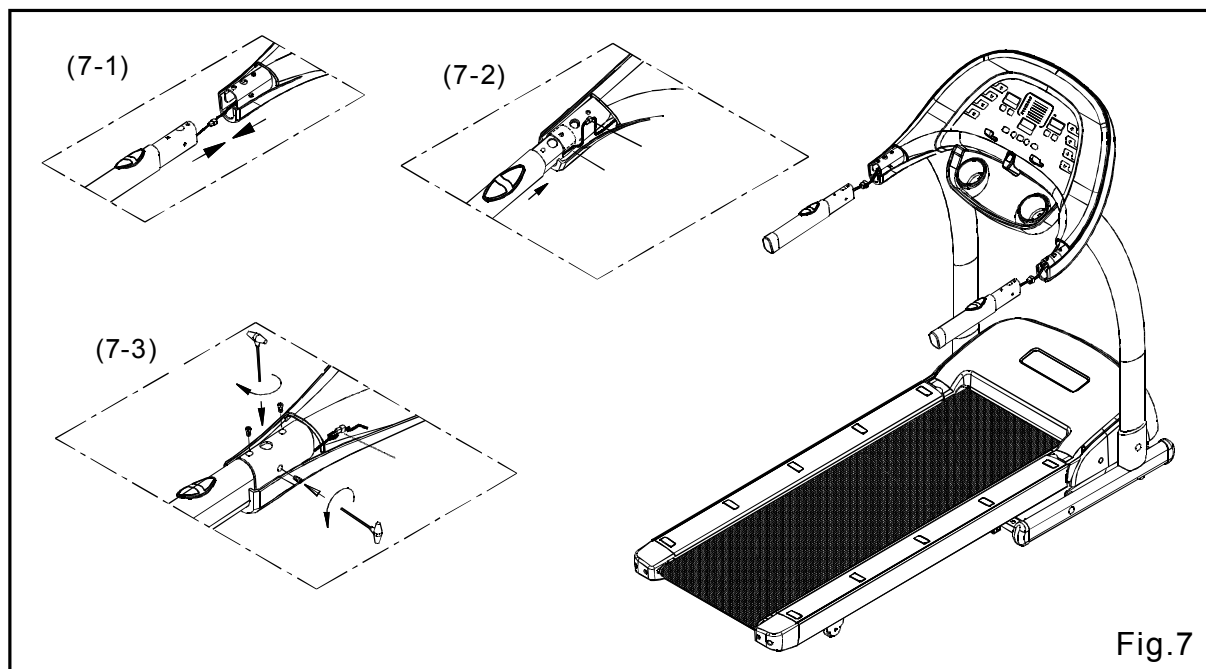


Fig.7

8. Remove screws from the handle connector covers. Push handle connector covers into place as shown in diagram ① and ②. Tighten the screw from the bottom up Fig 8.

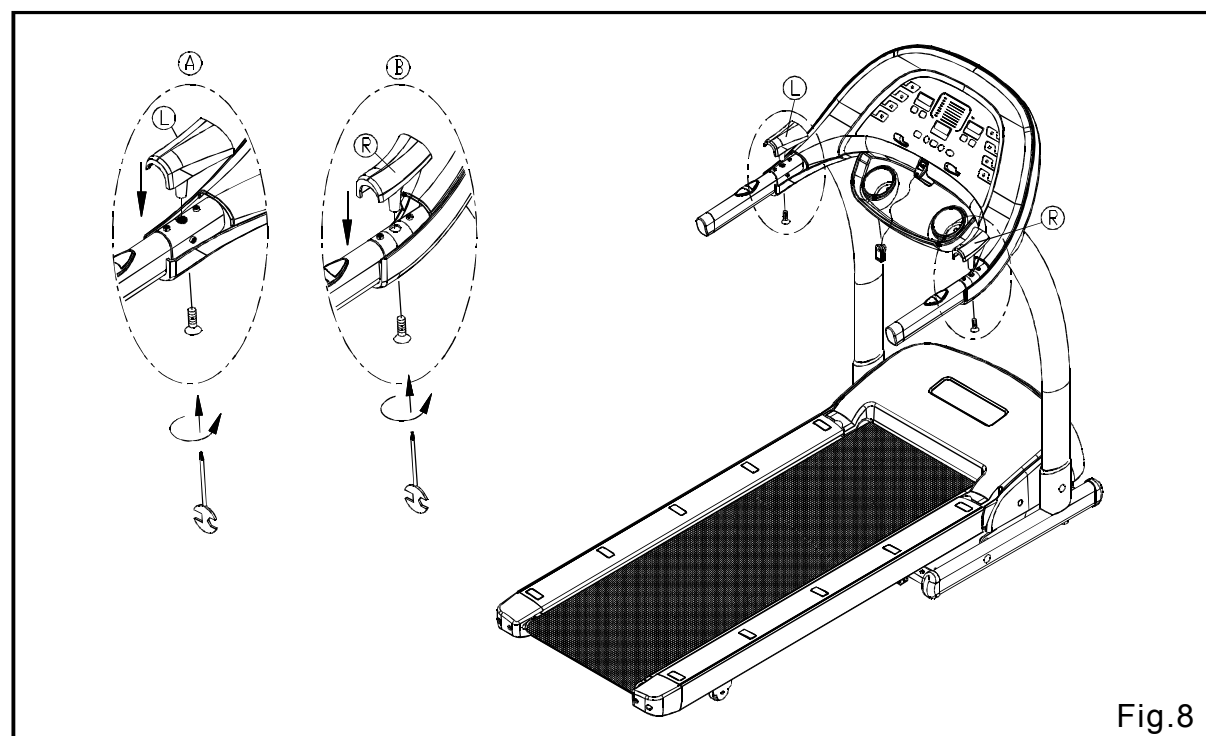


Fig.8

9. Connect the power cable as indicated in Fig. 9, and secure it by tightening the screws.

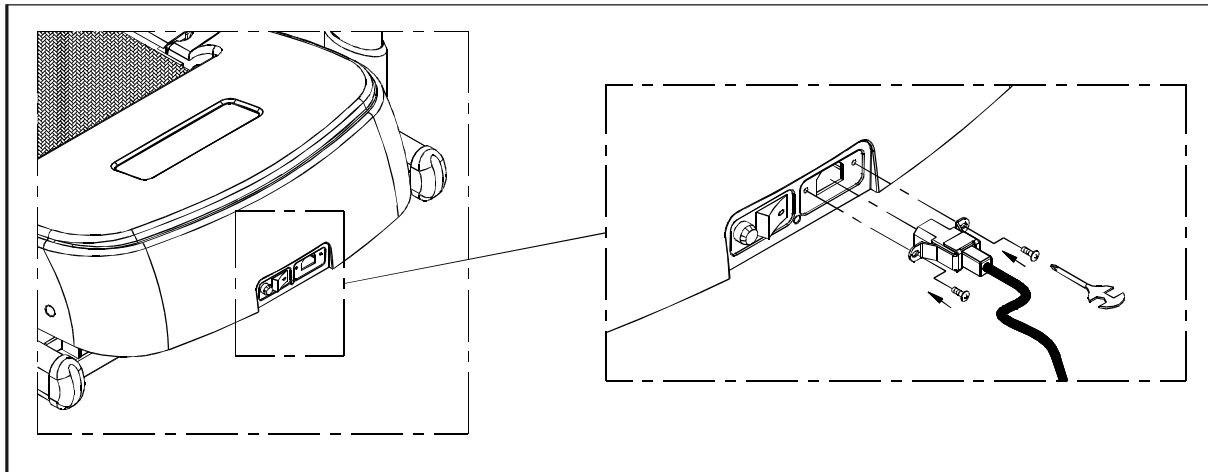
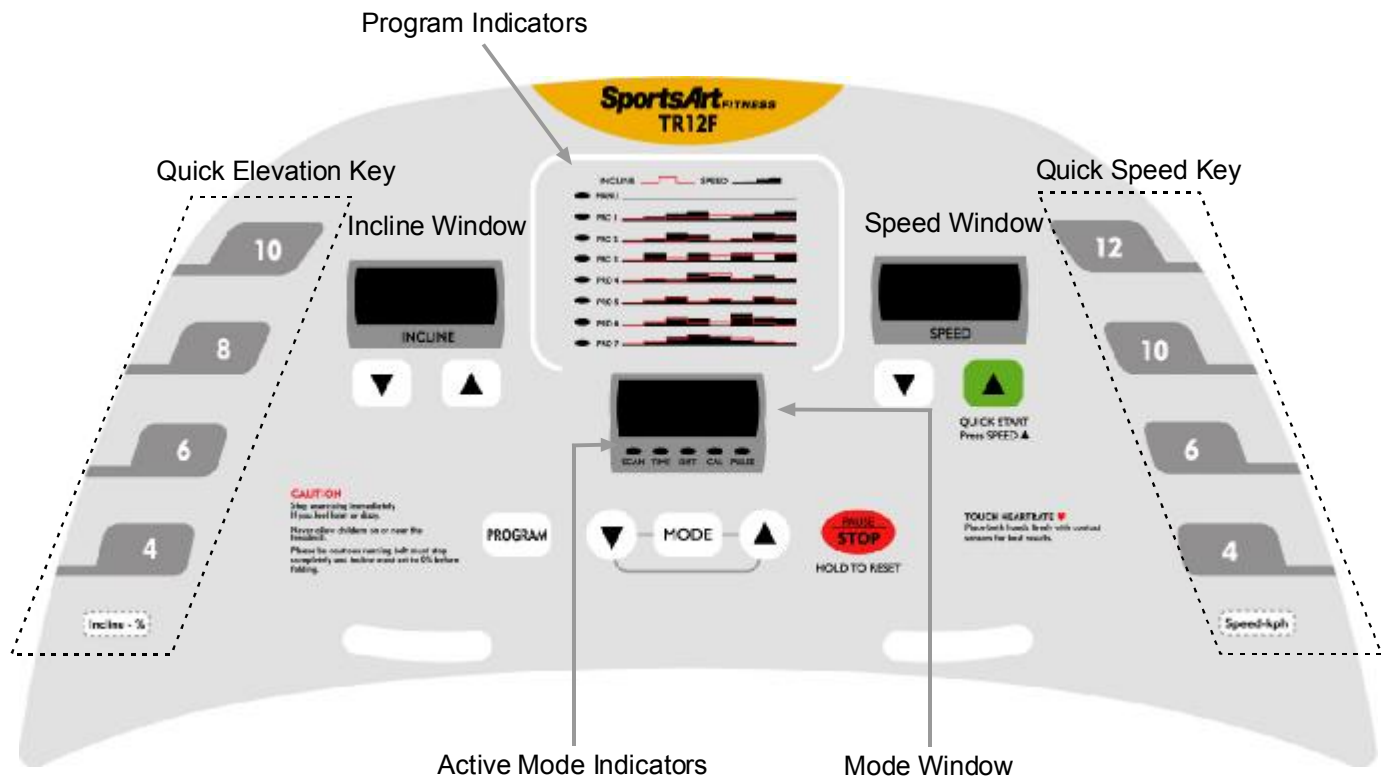


Fig.9

# TR12F Operating Instructions:

## Display



### 1. Feedback Window Specifications:

CALORIES - 0.0 to 9999 KCAL. Window shows calories expenditure.

SPEED - 0.5 ~ 9.0 MPH or 0.8 ~ 14.5KPH

TIME - 00:00 to 99:59, setup range 5:00 ~ 99:00

DISTANCE - 0.00 to 9999 Mile/Km, setup range 0.10~99.99Mile/Km

HEART RATE - 40 to 250 beats

INCLINE - 0 to 12%, one time to advance +/- 1%

WEIGHT - 50 to 220 LB / 22 to 100 KG (Default setting: 75 KG / 165 LB)

PROGRAMS: MANUAL 、PROG1~PROG7

## **2. Basic Information**

Program Indicators light to indicate the active exercise program: MANUAL 、 PROG1~PROG7.

Active Mode Indicators light to indicate the active mode: SCAN 、 TIME 、 DIST 、 CAL 、 PULSE

Function Keys activate specific functions: SPEED ▲ 、 SPEED ▼ 、 STOP 、 MODE ▲ 、 MODE ▼ 、 PROGRAM 、 INCLINE ▲ 、 INCLINE ▼ .

Quick Keys can be used to immediately establish a specific incline and speed level.

## **3. Safety Key Operation**

The display will show " — — — — " if the safety key is not in place. Please put the safety key into place to operate the unit.

## **4. How to Operate TR12F Treadmill**

### **4-1 Quick Mode**

Press the Quick Speed key or SPEED ▲ . The treadmill will start at low speed, after which the speed can be modified.

### **4-2 Workout**

To get an accurate calorie expenditure reading, follow instructions below to input your user weight.

- (1) While the motor is not moving, press the MODE key for three seconds to enter setup mode. All display windows will blacken, except the MODE window, which will show the present weight value (default 75KG/165LB ). Press MODE ▲/▼ key to adjust the value.  
Weight range: 50~220LB(22~100Kg). Press the MODE key to exit setup.
- (2) To establish a workout target (time or distance), press the MODE key until TIME or DISTANCE appears. Use MODE ▲/▼ to establish your desired value. Press the MODE key again to confirm your choice.  
Press the PROGRAM key to choose your favorite mode. Press the Quick Speed key or Press SPEED ▲ to start.

## **5. Operating Instructions**

### **5-1 The Quick Keys (on the both side of the display)**

- (1) Quick Speed control keys are on the right. Press these keys to workout at the related speed. Once a Quick Speed Key is pressed, the SPEED window will indicated the selected speed value. The motor will operate at the selected speed.
- (2) Quick elevation control keys are on the left. Press these keys to workout at the related incline. Once a Quick Elevation Key is pressed, the incline window will indicated the selected incline value. The motor will operate at selected incline.

### **5-2 SPEED Window**

SPEED ▲/ ▼ keys are under the SPEED window. Press these keys to adjust the speed +/- 0.1MPH / KPH.

### **5-3 INCLINE Window**

INCLINE ▲/ ▼ keys are under the INCLINE window. Press INCLINE ▲/ ▼ keys to adjust the incline level +/- 1% , from a minimum of 0% to a maximum of 12%.

### **5-4 MODE Window**

- (1) There are five modes: SCAN, TIME, DIST(distance), CAL(calories), PULSE(heart rate). Press the MODE key to change gradually. (PULSE is only available on machines with the heart rate option.)
- (2) In SCAN mode, the display toggles to the next mode every four seconds.  
SCAN, TIME→SCAN, DIST→SCAN, CAL→SCAN, PULSE→SCAN, TIME
- (3) To establish a workout time goal, follow instructions below:  
3.1: While TIME indicator lights, press MODE ▲/▼ key. One time to advance +/- 1 min. The previous set DIST goal will return to "0".
- (4) To establish a workout distance, follow instructions below:  
4.1: While DIST indicator lights, press MODE ▲/▼ key. One time to advance +/- 0.1Mile/0.1Km. The previous set Time goal will return to "0".

### **5-5 MANUAL MODE**

MANU (manual) mode puts the user in direct control. In this mode, the user must establish unit speed and incline. The machine will not stop until the user presses the STOP key.

## **5-6 PROGRAM KEY**

- (1) When you press the PROGRAM key, the program will change in the order shown below:

PROG1→PROG2→PROG3→PROG4→PROG5→PROG6→PROG7→  
MANU

- (2) Each PROGRAM has eight segments. Each segment lasts 60 seconds.
- (3) While exercising, you can change the speed of any program at any time. That change will also apply to the corresponding program from thereafter.

## **5-7 STOP & RESET**

- (1) STOP

A workout target value can be set up during a workout or when the equipment stops. Press the STOP key to stop the machine before the target value has been obtained. The walk belt will stop moving and the workout feedback will stop accumulating. To resume your workout, press the SPEED ▲ key. All operations will resume.

- (2) RESET

Hold the STOP key down over three seconds to reset all data.

## **5-8 COOL DOWN**

After reaching your exercise goal, the machine will enter COOL DOWN mode. The speed will slowly decrease until the value reaches 0.

## **5-9 Machine Folding**

- (1) This treadmill folds up for easy storage. Before folding the treadmill, please bring the incline level to "0". If not, the incline will automatically move to "0".
- (2) If E-14 appears while the treadmill is being folded up during workout, then the motor will stop working. And if the incline level is not in level "0", it will move to "0" automatically.
- (3) The machine cannot be used while folded.

## **5-10 ERROR**

The following error messages (which appear in the MODE window) indicate malfunctions as explained below:

- (1) E-1: Speed malfunction; Please inspect wires from the optic sensor to the drive board.

(2) E-3: Actual speed is over than the speed setting; This error will not stop unit operation. Do not pull the belt faster then the speed setting.

(3) E-7: Incline error; Contact a service provider.

(4) E-10: Motor stops abnormally; Please inspect the drive board.

(5) E-14:

a: Motor is overheated

If this message appears when motor is running and not while the unit is being tolded up, the motor is overheated; if this message often appears, please contact your local dealer.

b: Abnormal Folding

This message can appear when motor is running and the unit is being folded up.

c: Abnormal Starting

This message appears if someone pressed the SPEED key while the machine is folding.

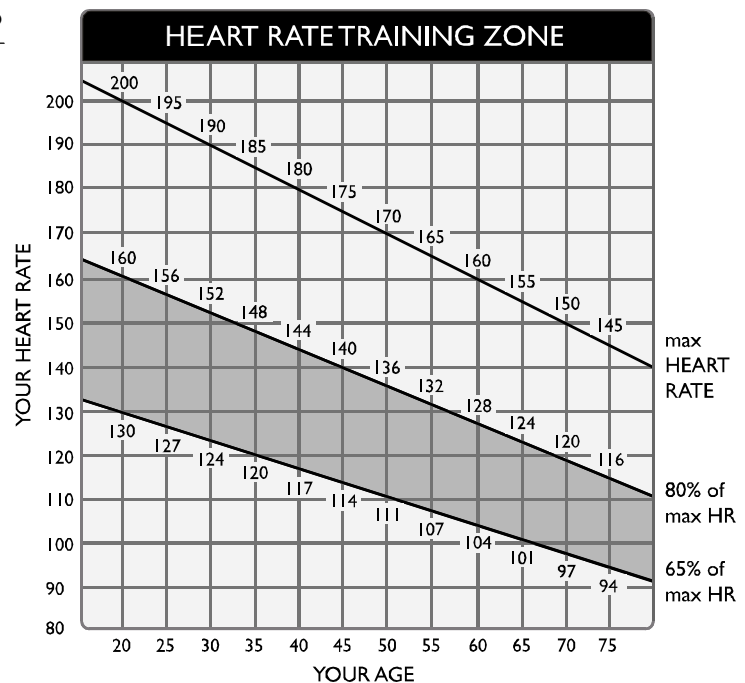


## **GUIDELINES FOR EXERCISE**

### **How hard should I exercise?**

Studies show that to achieve the benefits of aerobic exercise, it is necessary to work within your training zone. Your training zone depends on your age and level of fitness.

The above chart indicates the recommended Heart Rate training zones (darkened area of the chart). These figures are calculated by taking 220 minus your age, and calculating 80% for your maximum and 65% for the minimum heart rate for aerobic exercise.



### **CAUTION:**

**Heart Rate training zones are approximations. Always check with your physicians to learn what appropriate heart rate level is best for your fitness level.**

### **How long should I exercise?**

The duration of your exercise session depends on your fitness level. In general, it is recommended that you maintain your heart rate in the training zone for at least 15 to 20 minutes to realize an aerobic benefit. Beginners should always start slowly and bring their workout sessions up to 20 minutes or more. 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?**

Research indicates 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.

## **ADJUST THE RUNNING BELT**

The belt is properly aligned at the factory. However, the belt may move off the center during shipping and handling or by use on an uneven surface. 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.

**CAUTION:** Do not allow any one to walk on the running belt during this procedure.

The gap between the edge of the running belt and the edge of the landing strip should be equal on both sides of the treadmill. If gap A and B are not even, adjust the walk belt immediately.

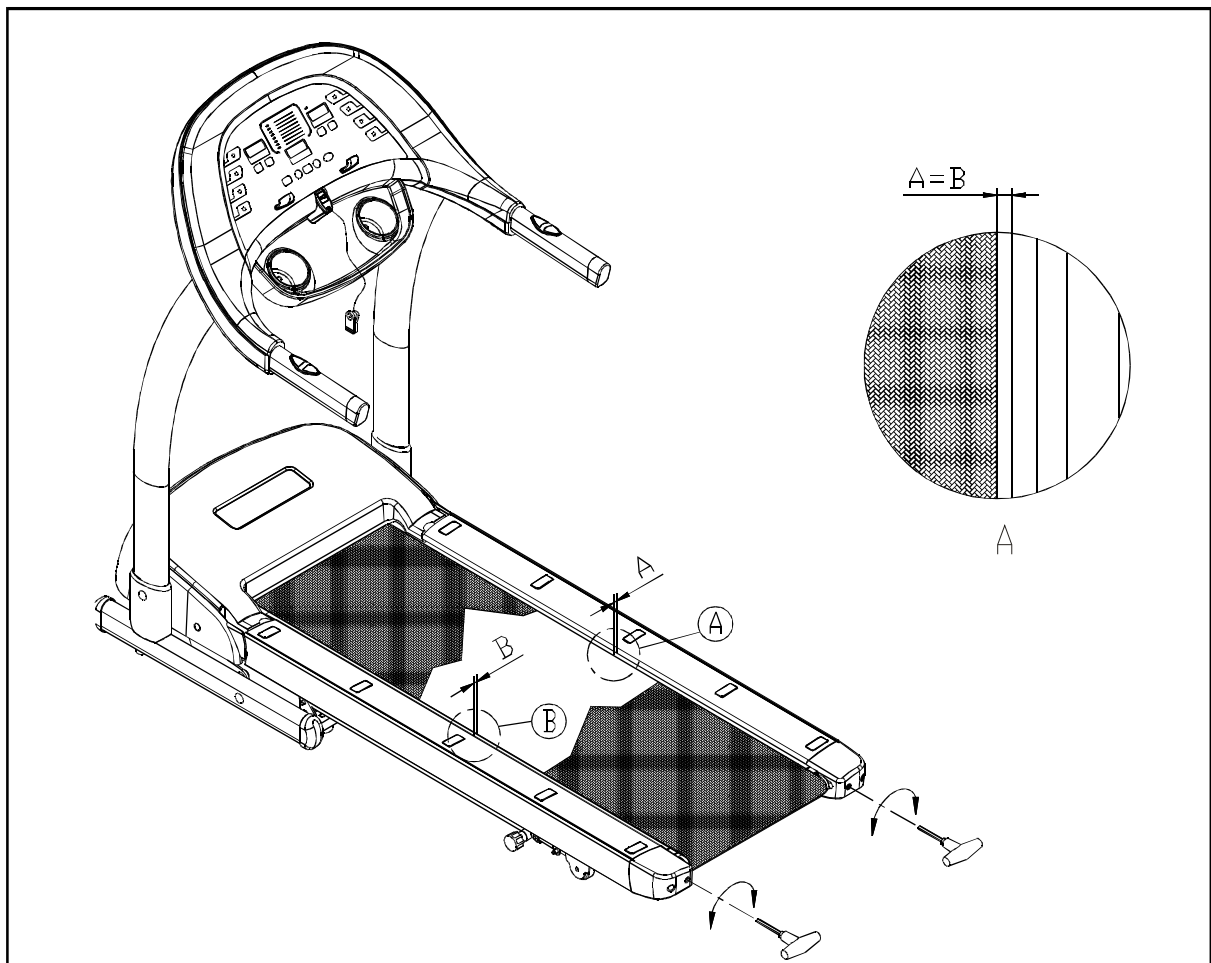


Fig.10

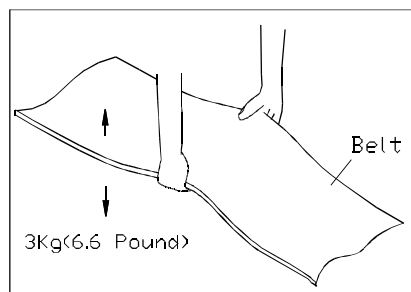
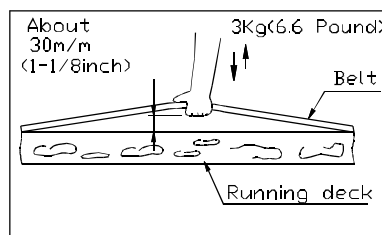
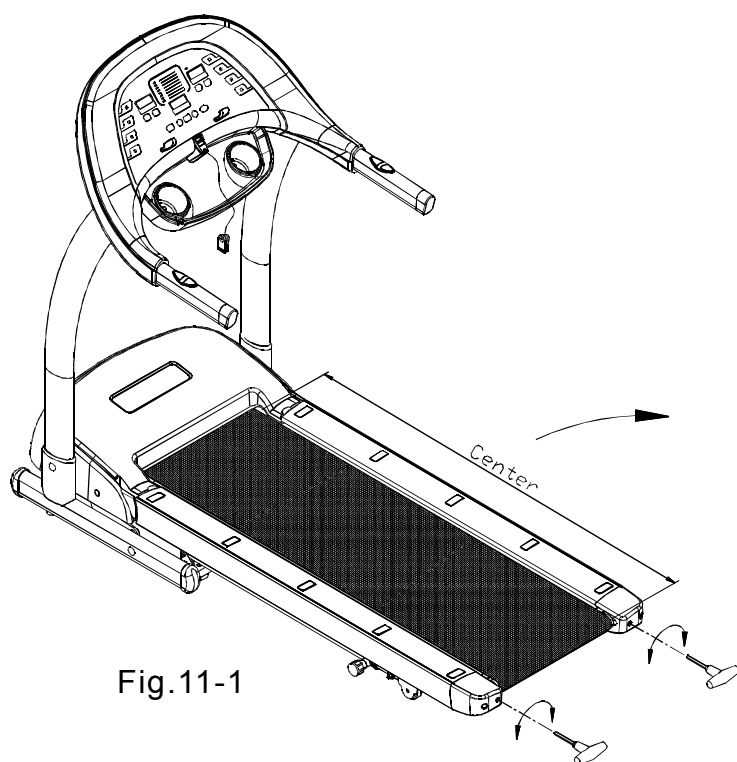
Failure to adjust the walk belt could result in damage which is not covered by the warranty. Please follow the belt adjustment procedure as follows.

## **BELT ADJUSTMENT PROCEDURE**

1. Turn on the power switch located at the front of the treadmill. Place the safety key in its position.
2. Press the SPEED ▲ button to increase the speed to 2.0mph/3.2kph. Determine belt placement in relation to landing strips on both sides of the treadmill. Make sure the edge of the walk belt is aligned and parallel to the edge of the landing strip. Also make sure the width of area A and B is approximately the same. Observe walk belt operation for about 30 seconds.
3. Adjust the walk belt immediately if it is not parallel to the edge of the landing strip and the width of area A and B are not the same. Please follow the steps below to return the belt to the proper area.
4. 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 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 on both sides until the belt has returned to the proper zone. Do not turn the adjusting bolt more than 1/4 turn at a time.
5. 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 adjusting bolt more than 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 may be too loose. Stop the machine to check the belt tension, pull the running belt up in the middle (see Fig.11-1 & 11-2). There should be about 30 mm (1 1/8") or 3kgs of "give" in the belt (see Fig.11 -3). If there is too much, adjust both rear roller bolts clockwise 1/4 turn at a time (see Fig.11-1). 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.



Conversely, if there is not enough "give", adjust both rear roller bolts counterclockwise 1/2 turn at a time.

**CAUTION:** To avoid injury, special care must be taken when adjusting the running belt. Remove any loose clothing or shoelaces and tie back your hair. Be very careful to keep your fingers or any other objects clear of the belt and rollers.

The treadmill is designed to carry specific weights at specific speeds. The treadmill will not stop immediately if an object becomes caught in the belt or rollers.

**Over tightening of the belt causes damage and premature failure of the precision bearings in the front and rear rollers.**

## **FOLDING AND UNFOLDING THE TREADMILL**

Make sure the treadmill has come to a complete stop and the incline display shows "0" before folding.

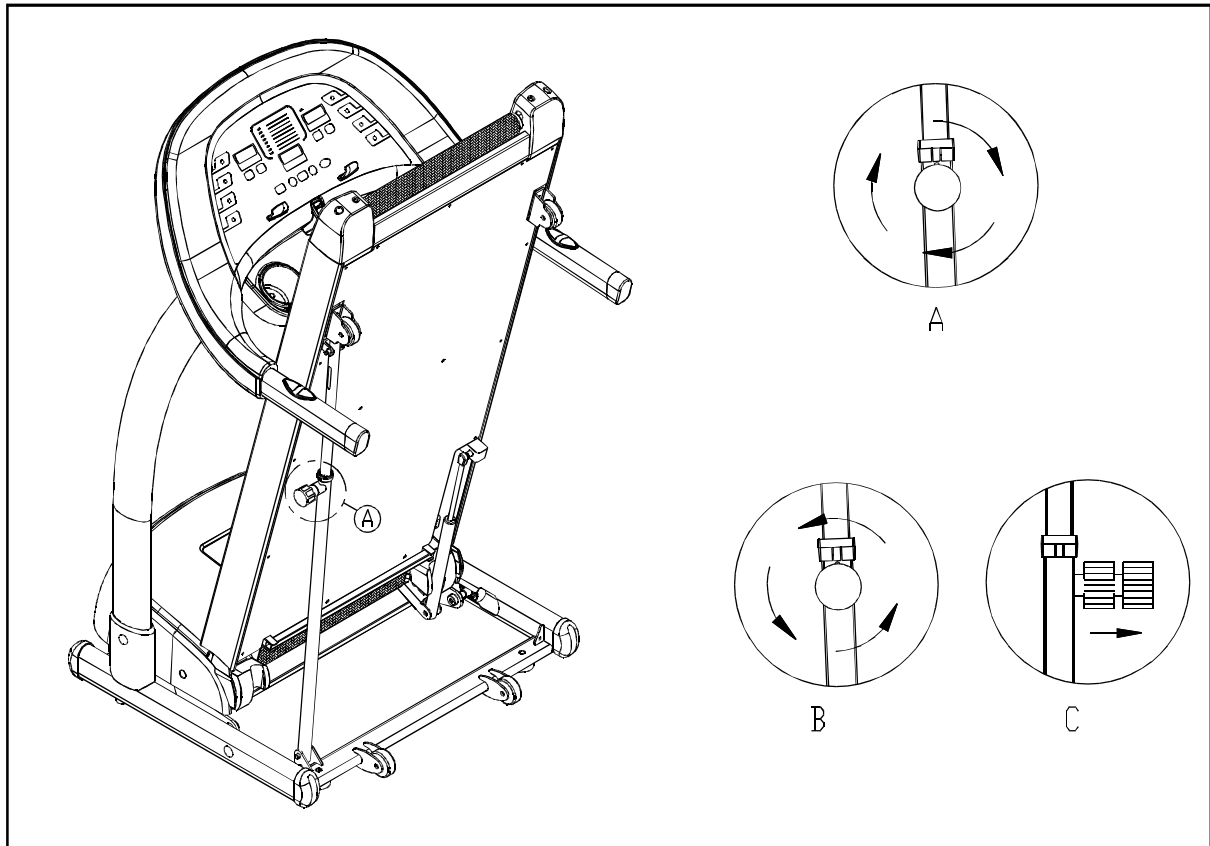


Fig.12

1. When not using the treadmill, secure it by turning part A clockwise to lock it in place. (Please see Illustration A.)
2. To prepare the treadmill for use, please loosen part A by turning counterclockwise as indicated. Then, pull on part A. Open the unit as indicated in Illustration B and C.
3. This is a safety feature to prevent children from operating this folding treadmill without supervision.

## **FLOOR LEVEL ADJUSTMENT**

Fold the treadmill as show. Steady the treadmill by turning floor levelers a1, a2, b1 and b2.

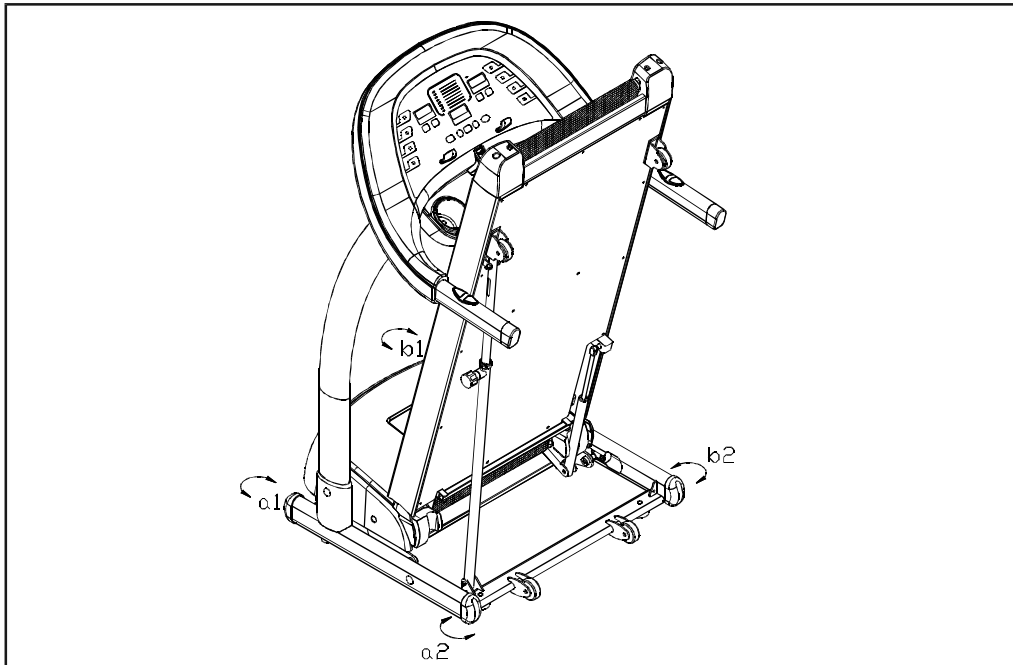


Fig.13

Unfold the treadmill to the ground. Firmly press on the rear of the treadmill to make sure the transport wheels on both side A and B are completely on the ground. If the transport wheel on side A are not on the ground, please steady your treadmill by turning floor level adjustments a1 and a2 with the same direction and equal turns. Likewise, if the transport wheel on side B is not on the ground, please make the same adjustment by turning b1 and b2.

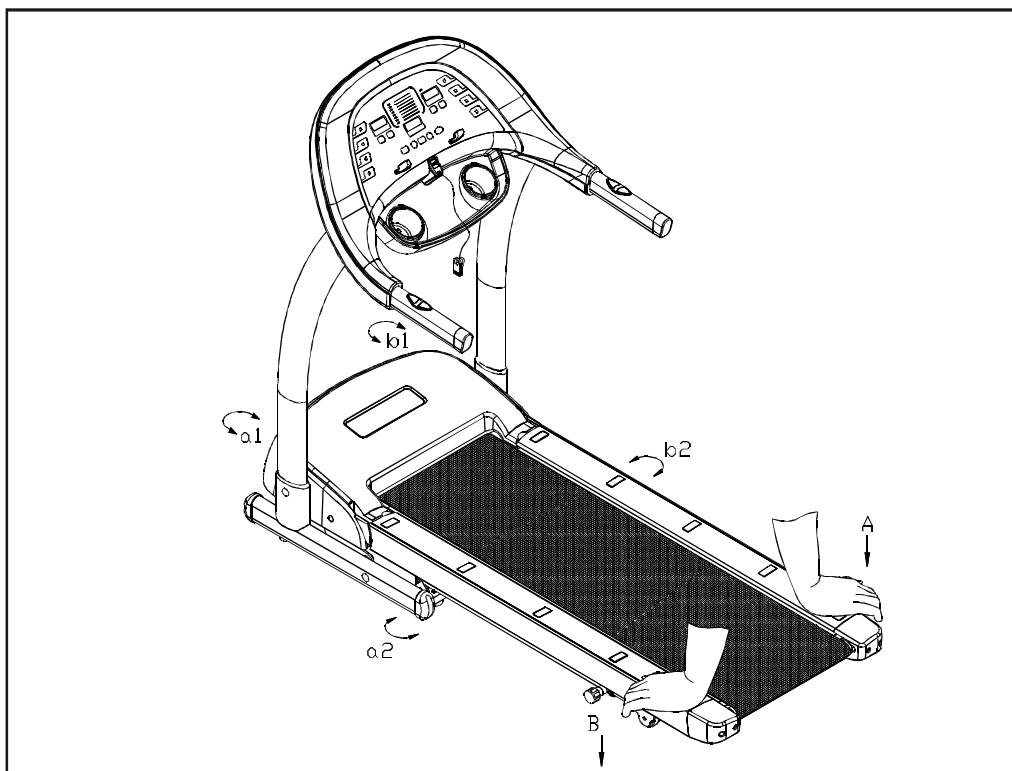


Fig.14

## MAIN FUSE FAILURE

If the display remains dark after turning on the treadmill, the fuse may be damaged and need to be replaced.

**CAUTION:** MAKE SURE THE TREADMILL POWER PLUG IS REMOVED FROM THE POWER OUTLET BEFORE REPLACING THE FUSE.

The main power fuse is located near the on/off switch (see Fig.15 ). 12A/110 volts or 7A/220 volts. To remove the main fuse, push the fuse cap toward the machine and turn it counterclockwise, then pull out the fuse cap. Remove the fuse from the cap. Insert a new fuse of the appropriate type into the fuse cap and insert it into the machine. Turn the fuse cap clockwise to secure the fuse in place. (See Fig. A, B, C.)

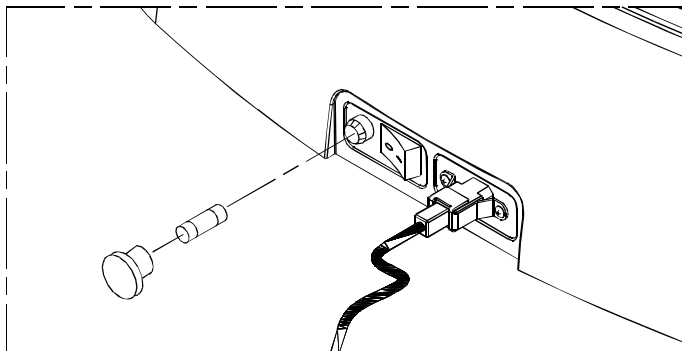
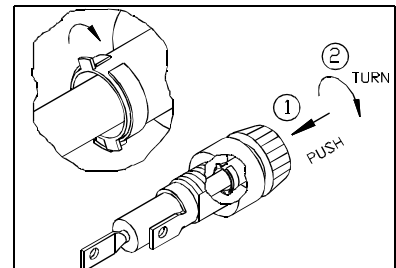
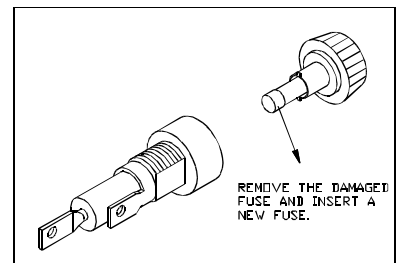


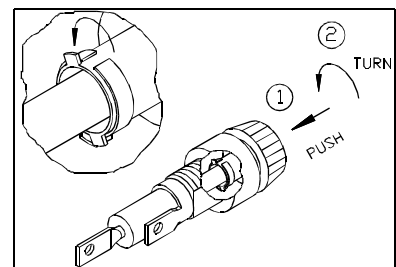
Fig.15



A



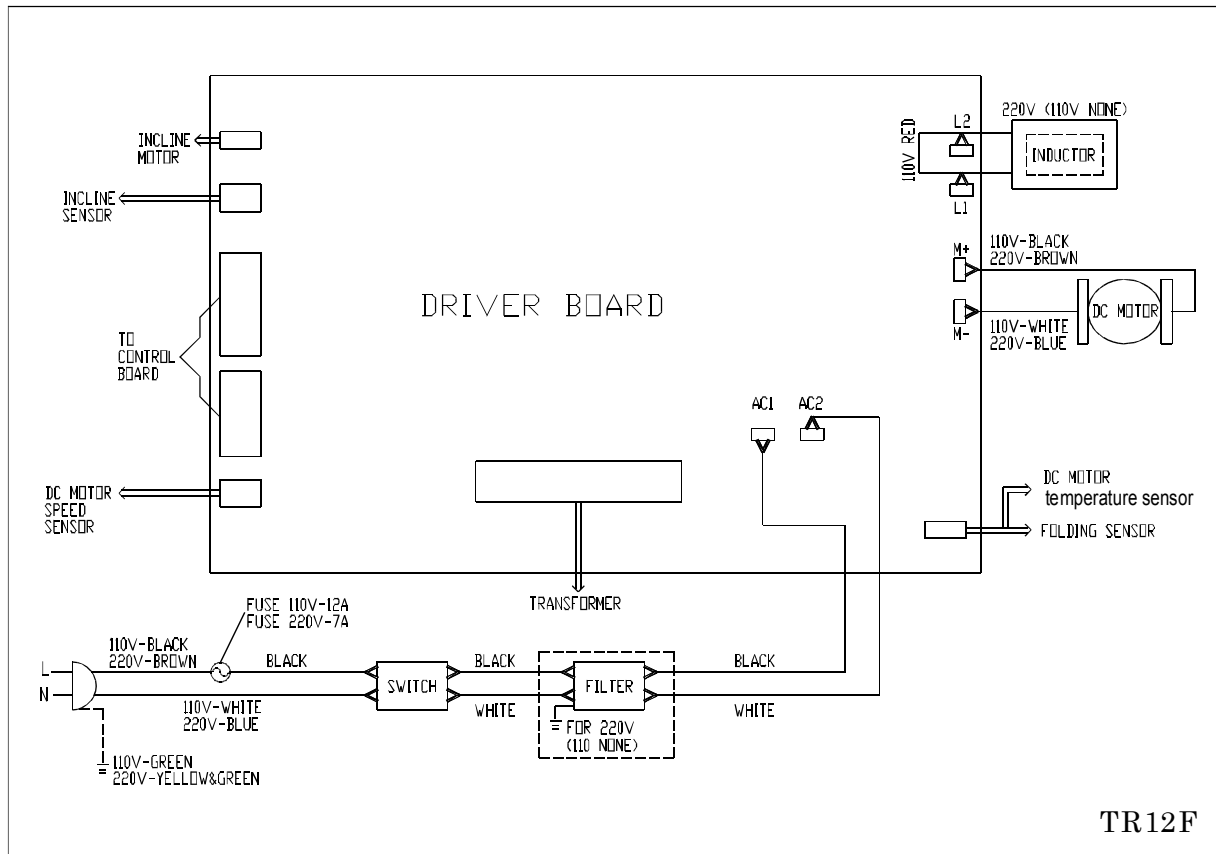
B



C

If the unit does not work after changing the fuse, please contact your authorized SportArt Fitness service technician for more information.

## Wiring Schematic:



**Your Authorized Distributor**