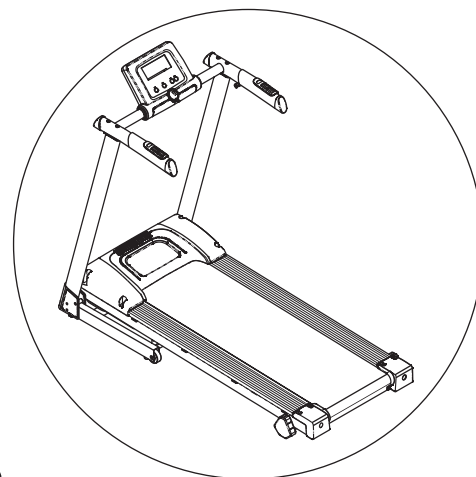


MI080/100

CONSOLE OPERATION

Introduction

The treadmill has one manual function and 5 preset programs(P1~P5). Each preset program has 3 different levels for user to chose. While running with preset programs, the treadmill automatically changes speed. However you can still change speed manually at any time you desire. Before starting the treadmill, ensure the main power switch, which is located at the front side of machine, is in the "ON" position.



Quick start

When the main power switch is in the "ON" position and the safety key is inserted into the console, the monitor window will display a flashing "0:00." Press "START" to begin "Manual Mode."

Program Operation

While turn on power and safety key is inserted, the monitor starts with "beep" and then display 0:00 on all separate LCD windows.

1. Select Program: Press \wedge \vee arrows to chose Programs P1~P5. Then press Mode button.
2. Set Level: Press \wedge \vee arrows to chose workout level you desire. Then press Mode button.
3. Set Time: Chose how long you want to work out by pressing \wedge \vee arrows. All programs will default to 30 minutes if no adjustments are made. Once complete, press "start" button to begin workout.

THE PAUSE FUNCTION

Pause the treadmill at any time during operation by pressing "STOP" button once. Rsume treadmill operation by pressing the "START" button.

THE RESET FUNCTION

Reset workout program and time by holding "STOP" button for few seconds until the program window displays "0.00". Repeat the above steps to reset desired programs, level and workout time.

NOTE

1. When time read out 99:59 or 00:00, a series of "beep" sound last for 5 seconds and then the motor stop.
2. When the safety key is pulled out in any situation, the motor stops immediately and the system is reset to manual setting.
3. The graphic of the workout profiles are printed on the console. Each overall workout time will be segment into 10 sections. Segment time = overall workout time/10

EX: If overall workout time is set at 10 min, then each segment will be 1 min each.