MI080/100
CONSOLE OPERATION

�ě Button Description ◢

Start/Stop:
This will start the treadmill and this will stop the treadmill. There will also be an emergency stop switch. (Safety Key)

Mode:
This will accept programs/level selection. And this will switch display LAP or Pulse on data window during exercise.

Speed ▲ :
This will select program/level in setting mode before starting. This will increase the speed in 0.1 km/h

Speed ▼ :
This will select program/level in setting mode before starting. This will decrease the speed in 0.1 km/h

▌ Display ◢

The console is with one large LCD with 5 separate windows for data.

Data:
Time: 88:88
Distance: 88:88
Speed: 88:8
Cal.: 8888
Lap/Pulse: 888

INSTRUCTIONS	CAUTION	WARNING
1. Insert safety key 2. Enter program using arrows, press mode 3. Enter level using arrows, press mode 4. Enter time using arrows, press mode 5. Press start to begin workout	Risk of injury to person - to avoid injury, stand on the side rails before starting treadmill. Read owners manual before using.	Remove safety key when not in use and store out of reach of children.