◣ *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 or incline. However you can still change speed and incline. 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.
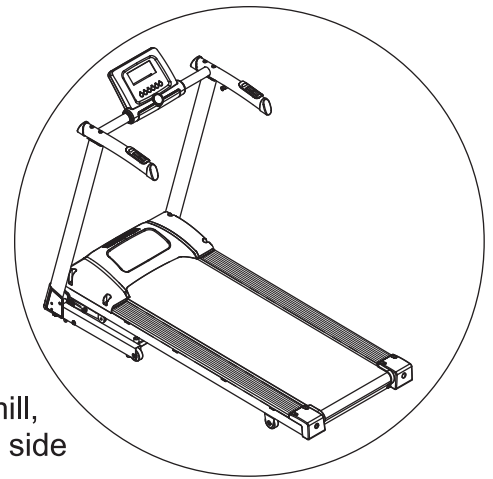
◣ *Quick start* ◢

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.

P1~P2:Speed program.
P3~P4:Incline program.
P5:HRC program.

Select speed or incline program (P1~P4)

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

Select HRC program

1. Select program:Press speed "⌃" or "⌄" to scroll through the program until P5 is shown on the display. Then press "Mode" button.
2. Select Age:Press speed "⌃" or "⌄" to enter the user age. Then press "Mode" button.
3. Set Target Heart Rate:Press speed "⌃" or "⌄" to set the target heart rate. Then press "Mode".After a warm-up period, the program will automatically adjust the speed to maintain the Target Heart Rate (Range From 60~180 bpm).
4. Set Target Max.Speed:Press speed "⌃" or "⌄" to set the target max. speed. The speed will not increase over than max. speed even though pulse is not reach target heart rate yet.
5. Enter Program Time:Press speed "⌃" or "⌄" to enter the program workout time. Then press the "Start" button.