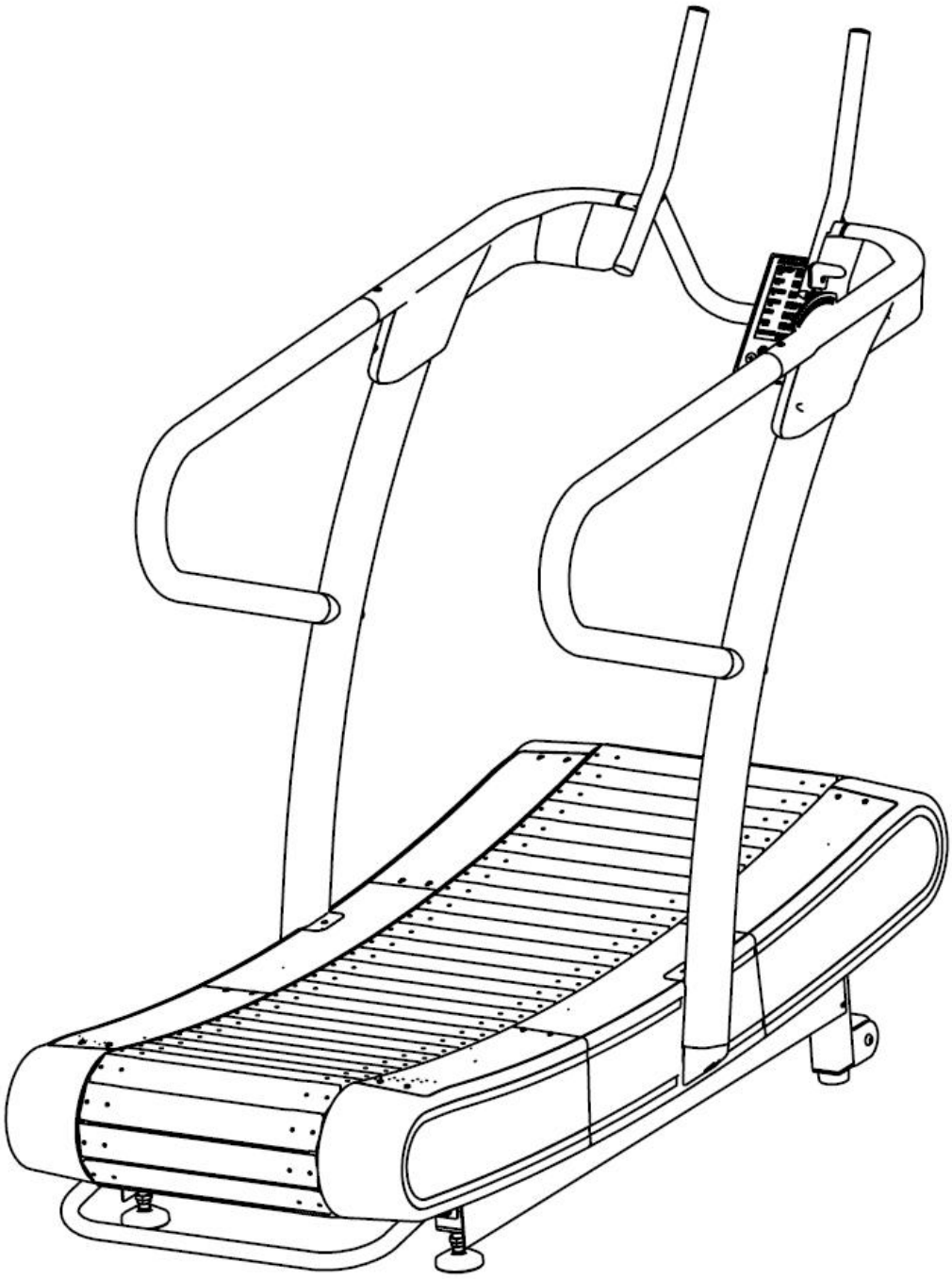


ResistanceTreadmill- Owner’s Manual

CAUTION! Read all precautions and instructions in this manual before using this equipment.

Table of Contents

SAFETY PRECAUTIONS & INSTRUCTIONS

•Certain precautions must be taken when operating any piece of fitness equipment. Always follow basic safety precautions when using this treadmill to reduce the chance of injury, or damage.

Intended Use

• This treadmill is non-motorized. It may be used for running or walking. It is appropriate for residential and commercial use. It may be used only for the intended use. Any additional uses may result in serious personal injury and/or property damage.

Spacing Requirement

•A minimum of 0.5 m (19.7 in.) to the left, right and front, and 2.0 m (79.0 in.) behind the treadmill.

Instructions for Owners

• Read the entire owner's manual before operating the unit.
• Save this manual for future reference.
• Do not use accessory attachments that are not recommended. Such attachments may causeinjuries.
• Assemble and operate the treadmill on a solid, level surface.
• All warning labels attached directly to the treadmill must remain installed.
• Maintain the treadmill to keep it in good working condition, as described in this manual. Inspect the treadmill for incorrect, worn, or loose components, and then correct, replace, or tighten prior to use.
• If you plan to move the treadmill, obtain help and use proper lifting techniques.
• Do not attempt to service the treadmill yourself, except to follow the maintenance instructions in this manual.

Instructions for Owners and Users

•Before beginning any fitness program, you should obtain a thorough medical exam from your physician, particularly if you have high blood pressure, high cholesterol, diabetes, chronic respiratory illness, or heart disease; are pregnant; have a family history of any of the preceding conditions; are over the age of 45; smoke; are obese; have not exercised regularly in the past year; have other chronic illnesses or physical impairments; or are taking any medication. If you experience dizziness, chest pains, nausea or any other abnormal symptoms while utilizing the treadmill, stop immediately. Consult a physician before continuing. When using treadmill, you should always take basic precautions, including the following:
•This treadmill cannot guarantee that the heart rate measurement system on its products will work for all users in all instances. Heart rate measurement accuracy varies based on a number of factors, including the user's physiology and age, the method in which the equipment and the heart rate measurement system is used, external interference, and other factors that may influence heart rate acquisition and processing.
• The treadmill should not be used without prior instruction by qualified personnel.
• Do not use while under the influence of alcohol, drugs, or narcotics.
• Do not allow children, or people unfamiliar with the operation of this treadmill, on or near it.
• Do not leave children unsupervised around the treadmill.
• Do not allow children under the age of 16 to use the treadmill.
• Do not allow animals on the treadmill.
• Examine the treadmill for loose or worn parts before each use. Tighten/replace any worn or loose

components prior to use.

- Do not use outdoors.
- Do not operate the treadmill without the handrail installed.
- Do not use the treadmill with walking poles
- Heart rate monitors are not medical devices. Various factors, including the user's movement, may affect the accuracy of the heart rate readings. The heart rate monitors are intended only as exercise aids in determining heart rate trends in general.
- Never jump onto the treadmill. Never jump from the treadmill. Never enter the treadmill from the front. Operate treadmill only when facing forward. Never attempt to mount or dismount the treadmill while the belt is moving.
- Hold on to the handrail with one hand whenever you operate the console keys with the other hand. Face the console and do not lean on or pull on the console at any time.
- Never drop or insert objects into any opening.
- Wear proper exercise clothing and shoes for your workouts and avoid loose or dangling clothing. Tie long hair back. Do not wear shoes with heels, and check the soles of your shoes to remove any dirt and embedded stones. The running surface is not intended for cleats or running spikes.
- Save these instructions.

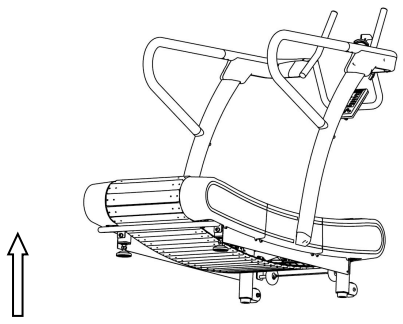
WARNING: The treadmill is non-motorized and means the user initiates and controls the speed of the running belt. There is no emergency stop feature and the treadmill will slow to a stop on its own.

WARNING: The belt moves freely in only one direction. Grasp the handrails whenever mounting and dismounting the treadmill.

TRANSPORTINGTHE TREADMILL:

CAUTION: This treadmill is heavy. Only move with the aid of a second person. To avoid injury, use a proper lifting technique.

- With the aid of a second person, grasp the transport handle and raise it to a comfortable position using a proper lifting techniques.
- Roll the unit into place and lower the unit using a proper technique.
- Never grasp the unit by the plastic covers. Damage and injury can occur.



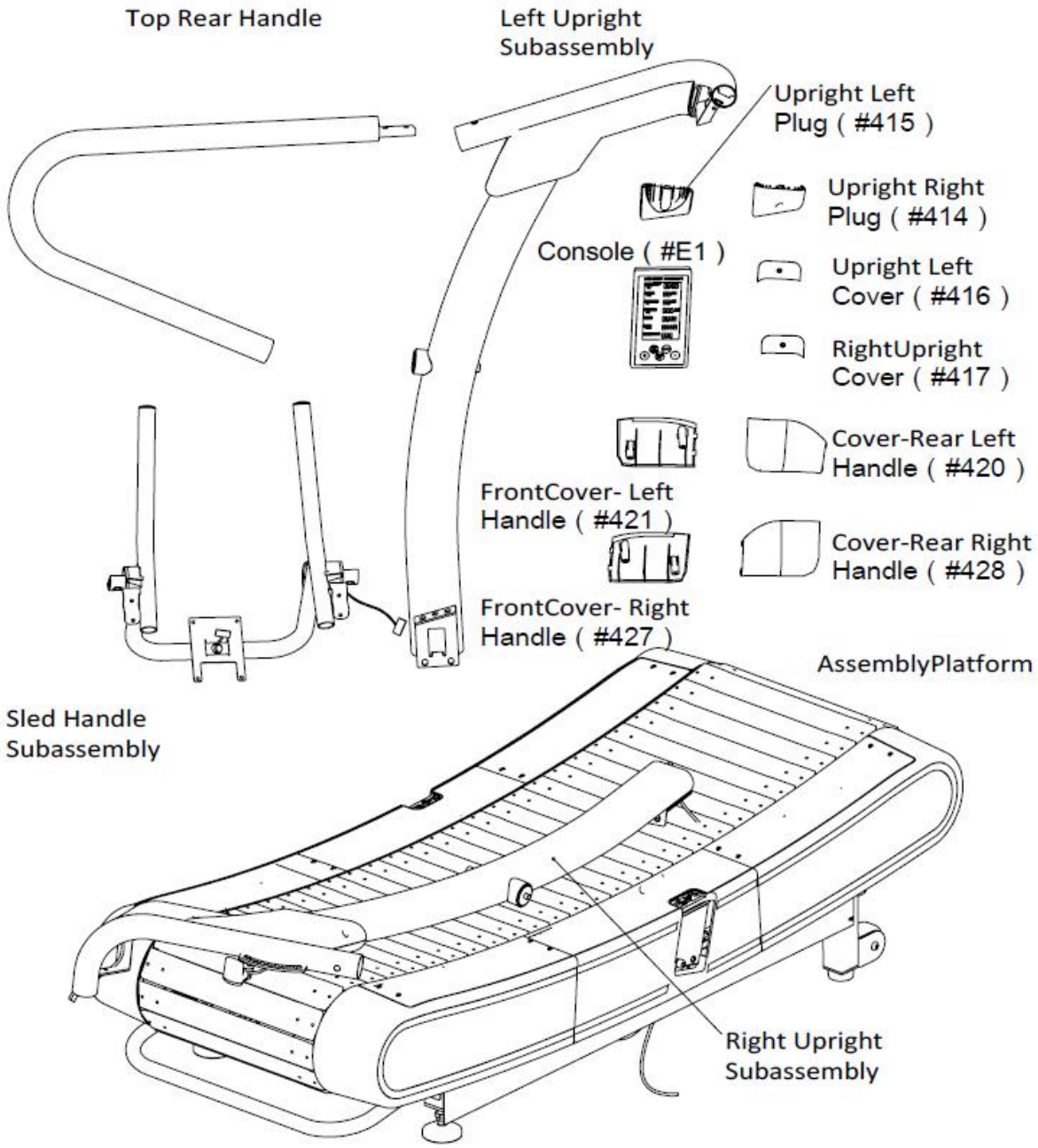
SPECIFICATION:

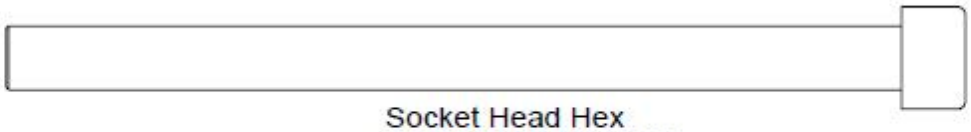
- Power Requirements: 4 AA Alkaline Batteries
- Running Area: 17.16" x 61" (436 mm x 1,550 mm)
- Step-On Height: 13.45" (340 mm)
- Weight Restrictions: 400lbs (180Kg)

ASSEMBLY INSTRUCTION:

• This treadmill requires only minor assembly. All tools required complete the initial setup and assemble have been included in the Assembly Hardware Kit.

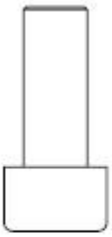
• Remove the unit and all parts from the carton and packaging. Confirm all parts shown in the section titles As Shipped are included before attempting assembly of this treadmill.



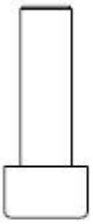


Socket Head Hex
Screw M10*140(563)
2 pieces

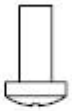
Socket Head Hex
Screw M10*40(535)
2 pieces



Socket Head Hex
Screw M10*25(537)
8 pieces



Socket Head Hex
Screw M8*25(541)
4 pieces



Button Head Hex
Screw M5*12(526)
6 pieces

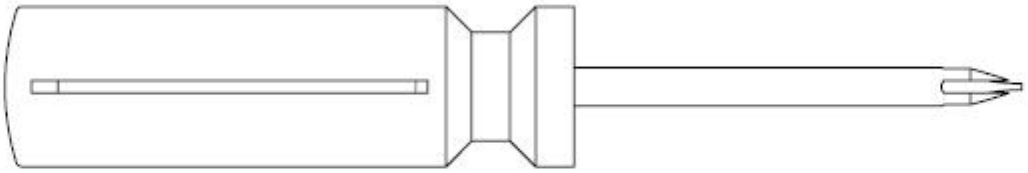
Phillips Head Screw
ST4.2*16(531)
8 pieces

Spring Washer
10(545)
12 pieces

Spring Washer
8(546)
4 pieces

8mm
Hex Wrench

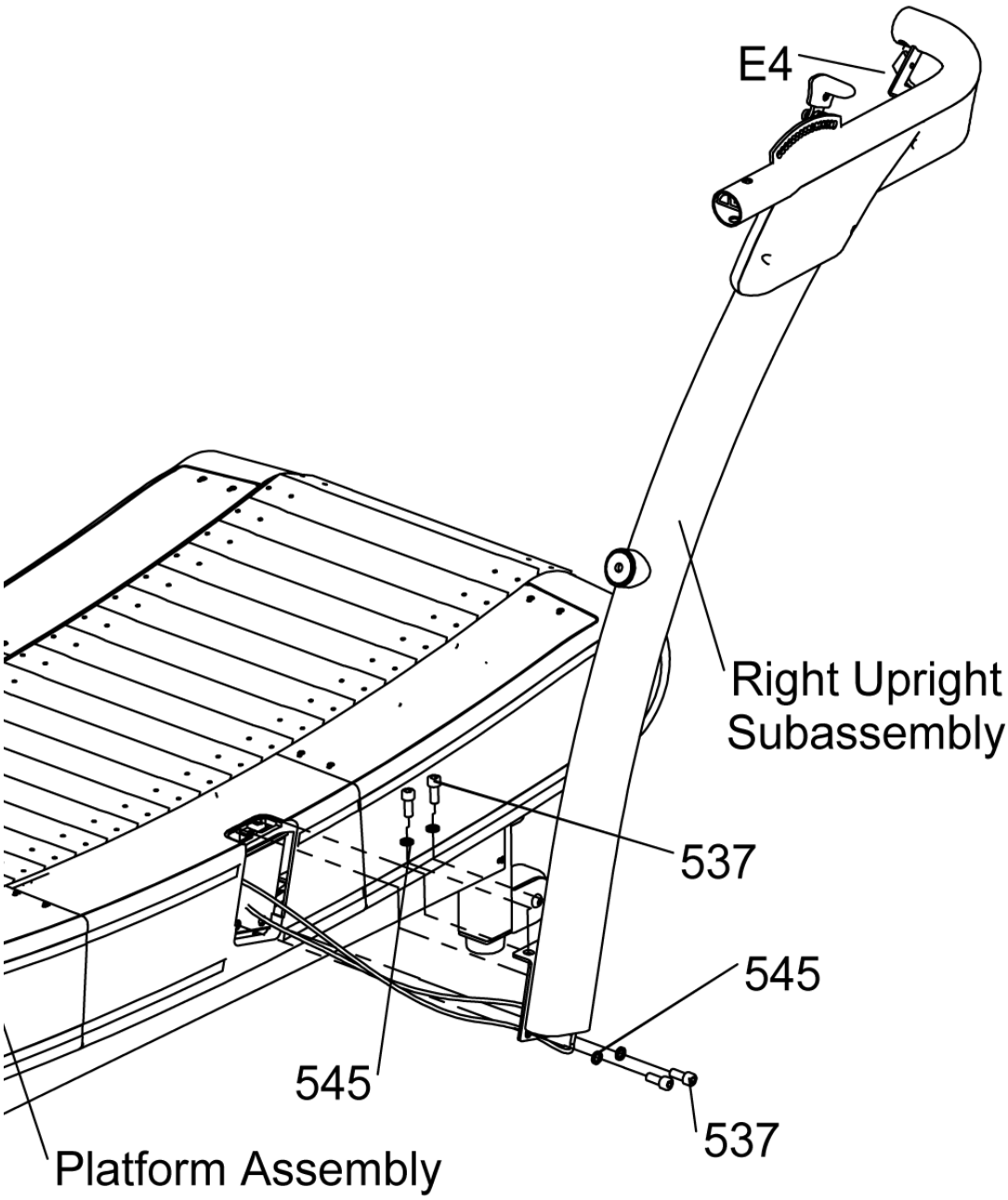
6mm
Hex Wrench



Screw Driver

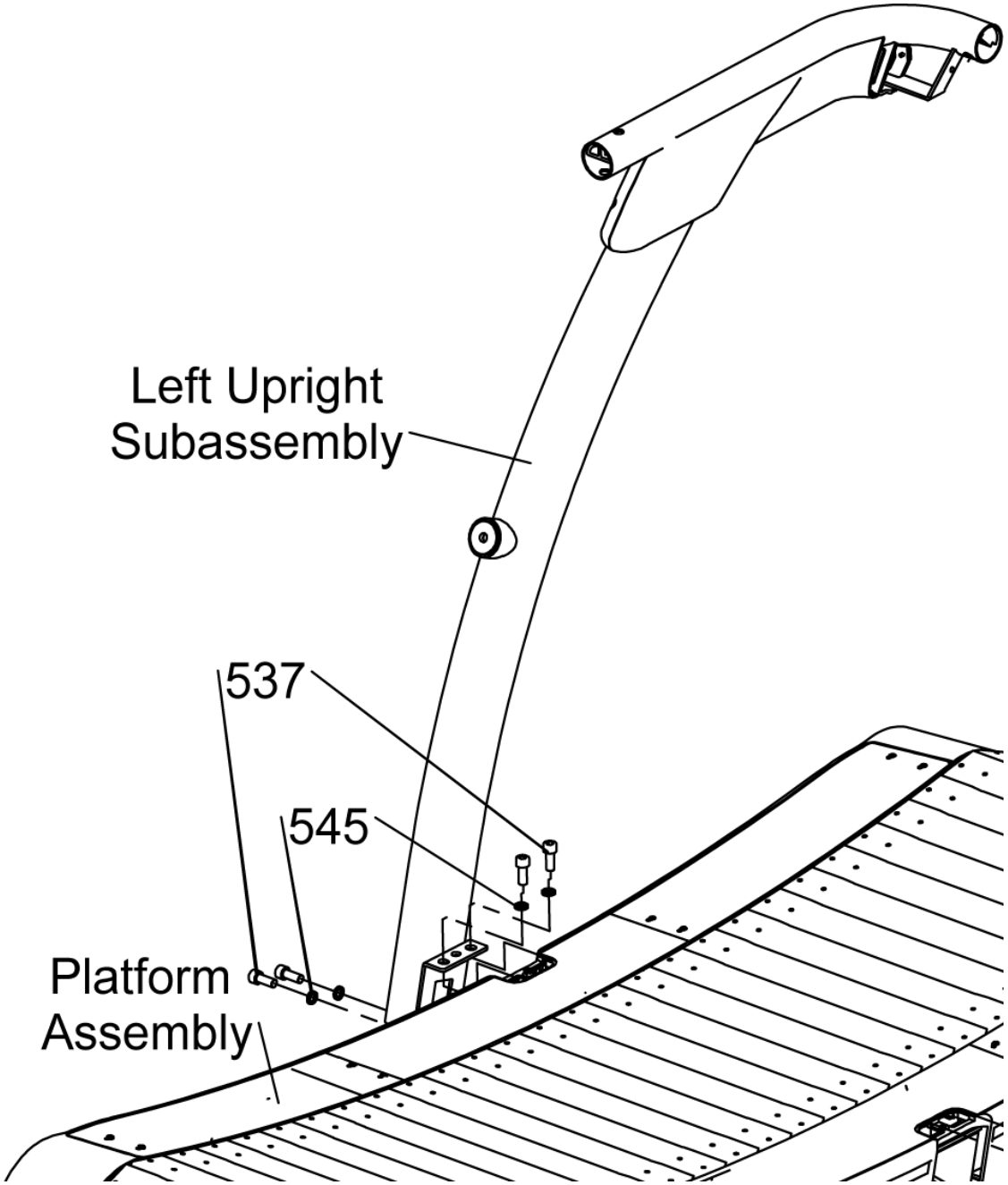
Assembly Step 1: Right Upright Subassembly.

•Sensor wire runs within the right upright. Gently attach plugs, tuck in excess prior to connection. Aligning the bracket welded on the upright to the Platform Assembly. Using four (4) sets of （#537） Socket Head Hex Screws and （#545）Spring Washers, LOOSELY connect the Right Upright Subassembly and the Platform Assembly together, **Do not tighten screws, leave them very loose**.



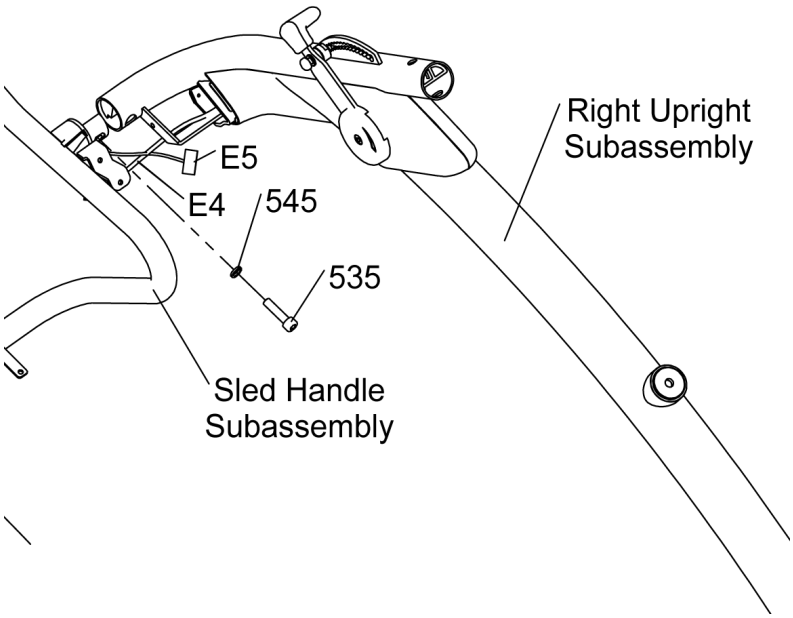
Assembly Step 2: Left Upright Subassembly

•Using four (4) sets of （#537） socket head Hex Screws and （#545）Spring Washers, LOOSELY connect the Left Upright Subassembly and the Platform Assembly together. **Do not tighten screws, leave them very loose.**

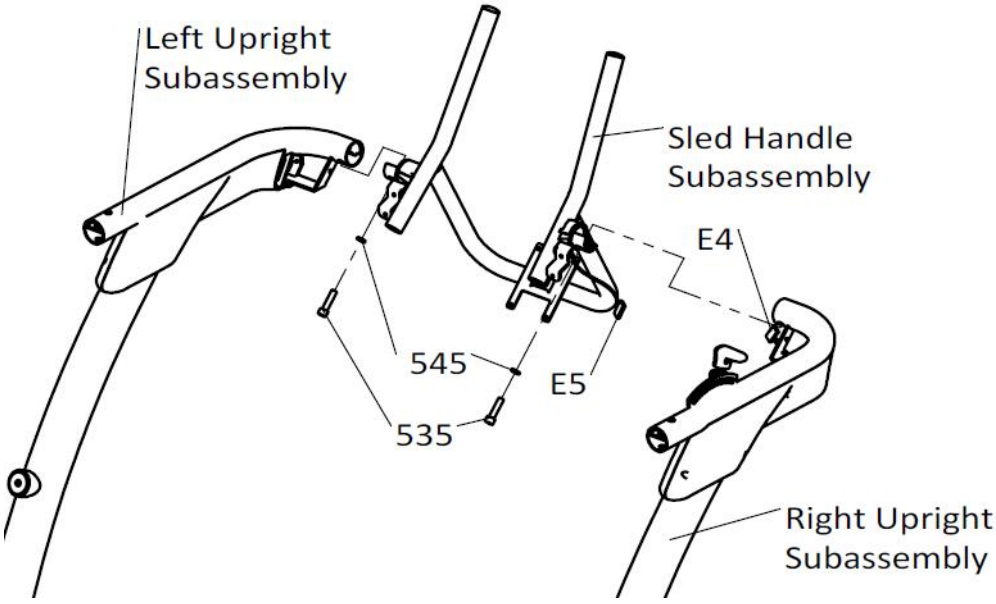


Assembly Step 3: Sled Handle Subassembly

• Insert the Sled Handle Subassembly into the Right Upright Subassembly carefully, do not damage the Middle Wire(#E4) and the Upper Wire（#E5）, using one set of （#535） Socket Head Hex Screws and （ #545 ） Spring Washer, LOOSELY connect the Sled Handle Subassembly and the Right Upright Subassembly together, **do not tighten**.



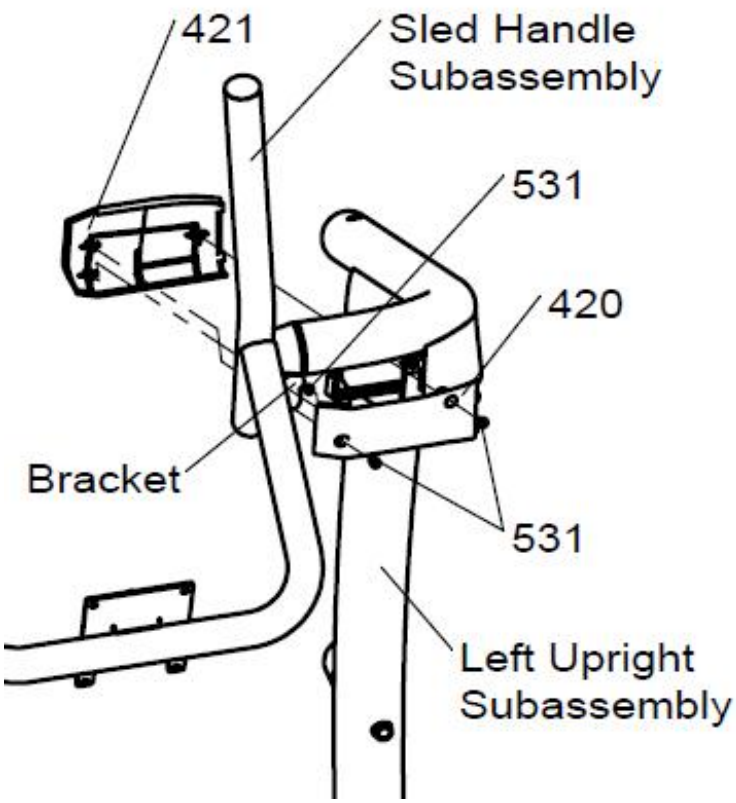
• Pull the Left Upright Subassembly out and align the Sled Handle Subassembly in, using one set of （#535） Socket Head Hex Screws and （#545）Spring Washer, connect the Sled Handle Subassembly and the Right Upright Subassembly together.



Firmly tighten all screws and bolts mentioned in assembly step 1 and assembly step 3

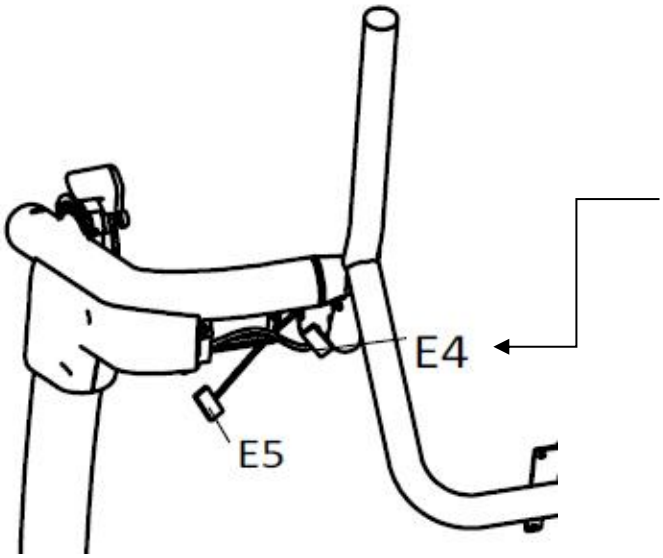
Assembly Step 4 –Left Handle Covers

• Using one set of Philips Head Screw (#531) through the hole on the Bracket welded on the handle and install the Cover-Front Left Handle(#421) on the Bracket. Using two sets of Philips Head Screws connect the Cover-Rear Left Handle (#420) to the Cover-Front Left Handle (#421) together.



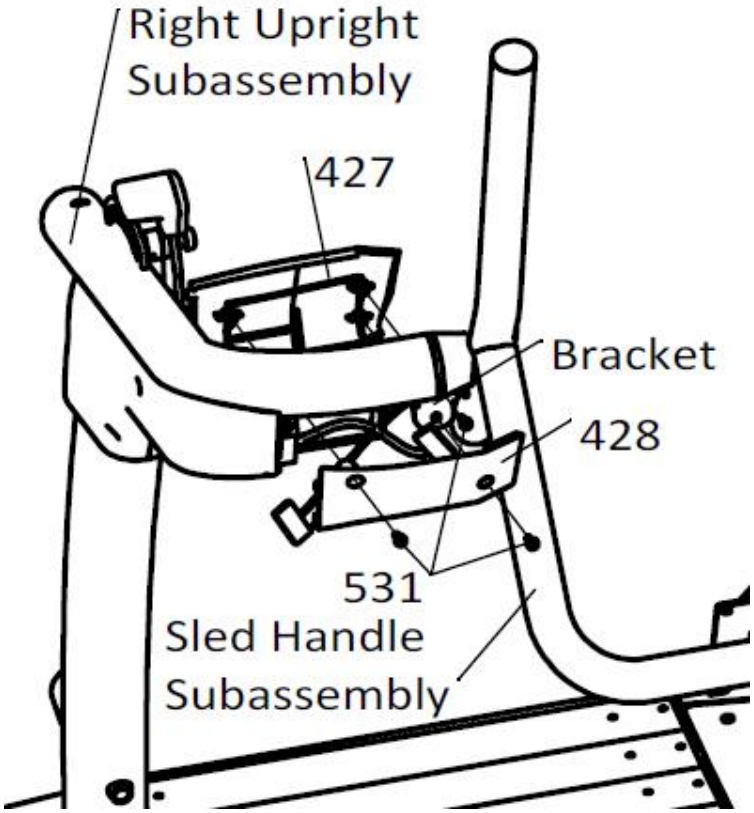
Assembly Step 5 –Right Handle Covers

• Connect the Middle Wire(#E4) and the Console Wire(#E5) together first.



Connect the Middle Wire (#E4) and the Upper Wire (#E5) together first.

•Using one set of Philips Head Screw (#531) through the hole on the Bracket welded on the handle to install Cover-Rear Right Handle(#427) on the Bracket. Using two sets of Philips Head Screws connect Cover-Front Left Handle (#428) to Cover-Rear Right Handle (#427) together, leave the wires and wire connection in the plastic cover and do not damage wires during install screws.

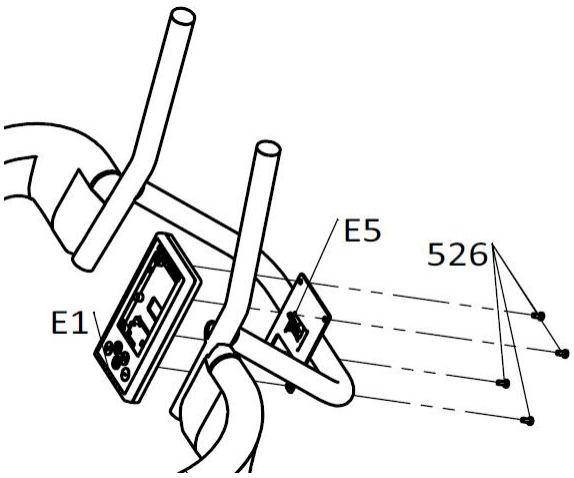


Firmly tighten all screws and bolts mentioned in this assembly step.

Assembly Step 6: Console.

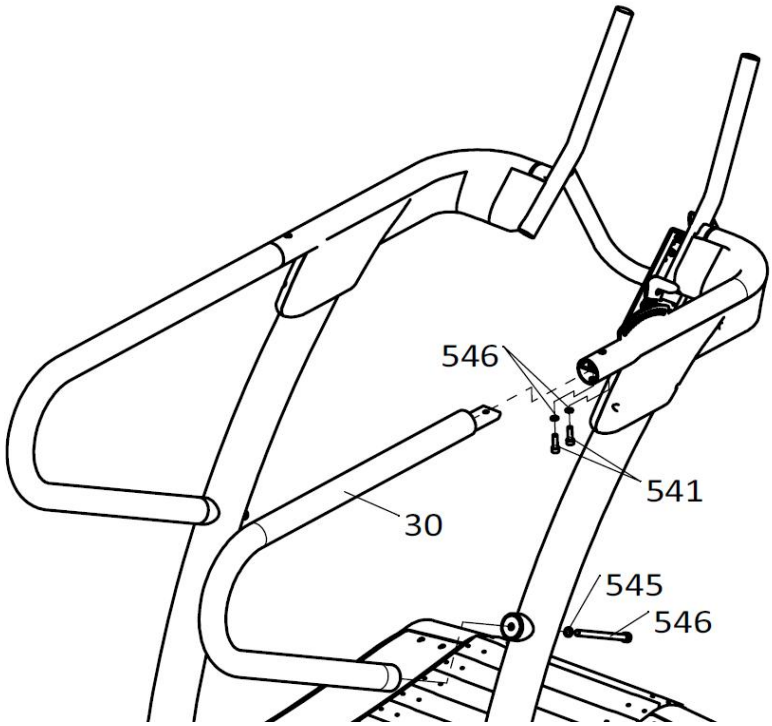
•Plug the Upper Wire（#E5）to the Console (#E1).

•Install the Console (#E1) on the Sled Handle Subassembly using four (#526)Button Head Hex screws.



Assembly Step 7: Top Rear Handle

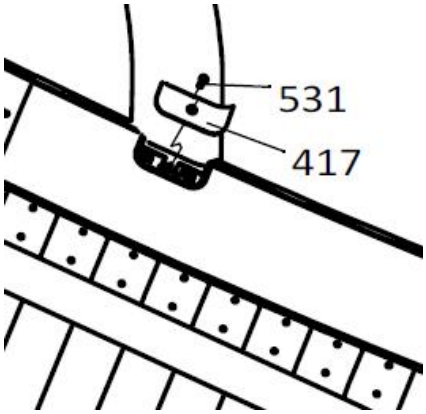
• Locate the Rear Top Handle (#30), install it on the Right Upright Subassembly using one set of （#563） Socket Head Hex Screws and （#545）Spring Washer , and two sets of Socket Head Hex Screws (541) and （#545）Spring Washers connect the Rear Top Handle (#30) and Right Upright Subassembly together. Left side is the same.



Assembly Step 8: Upright Plug and Upright Cover

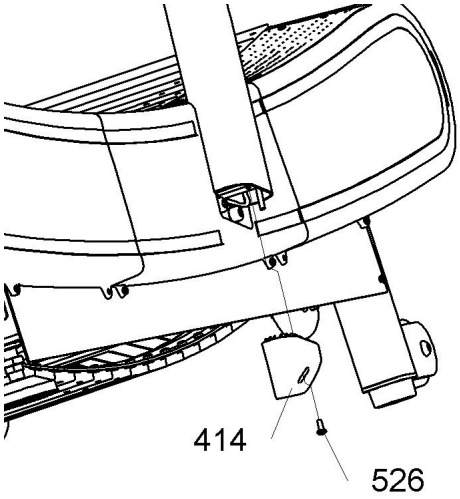
• Locate the Upright Right Cover (#417), install it on the Platform Assembly using one(#531) Phillips Head Screw.

•Locate Upright Left Cover (#416), install it on the Platform Assembly using one(#531) Phillips Head Screw.



•Locate Upright Right Plug(#414), install it on the Upright Right using one (#526)Phillips Head Screw.

•Locate Upright Left Plug(#415), install it on the Upright Right using one (#526)Phillips Head Screw.



Assembly Step 9 – Final Adjustments

• Identify a suitable location that is level and offers enough space for the unit with the minimum required free space. It is recommended that the Health Runner be positioned with a minimum of 0.5 meters (19.7 in.) of clearance from the nearest walls or other equipment to the left, right and front of the unit. A minimum of 2.0m (79”) of clearances should be maintained to the rear of the Health Runner.

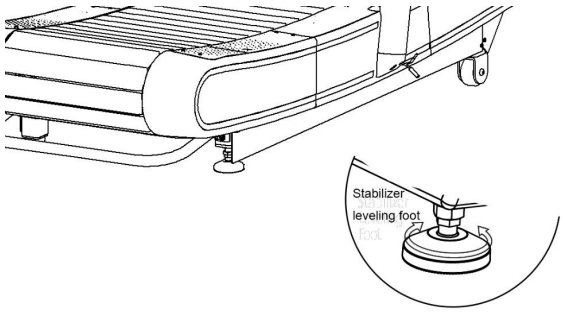
CAUTION: THIS TREADMILL IS HEAVY, LIFTING CAREFULLY.

• To relocate, raise the rear of the unit by grasping the transport handle and slowly roll the Health Runner to the desired location.

• Ensure the unit is level and does not rock by adjusting the Stabilizer Leveling Feet. Two feet are located at the rear of the main frame. As a starting point, loosen the foot by threading the assembly downward/clockwise, and then thread the locknuts downward (clockwise) against the base of the foot. Check the unit for stability and make any adjustments as necessary. Once stable, lock the Stabilizer Leveling Foot in place by tightening the jam nut upward/counter-clockwise, against the underside of the frame to lock the current position of the foot.

IMPORTANT- The treadmill mat should hang low, however make sure it does not rub against the ground or carpet, this can slow down treadmill making it harder to use.

• Congratulations. The assembly of your Resistance Manual treadmill is complete. Please read all included information, user guides and warnings before use.



CONSOLE FEATURES

Console Layout

Display function

Item	Description
TIME	. Display user workout time . Setting range:0:00~1:59:00
DISTANCE	. Display user workout distance . Setting range:0.5~100.0
CALORIES	. Display user calories consumption during workout . Display range:0 ~ 2000
PULSE	. Display user heart-rate during workout . Display range:30~230
WATT	. Display the power consumption during training
SPEED	. Display current training speed
PACE	. Set the time to reach target distance
LOAD	. When adjusting LOAD ,the LOAD value for each segment is displayed in the WATT window . Display range:L1~ L4

Button function

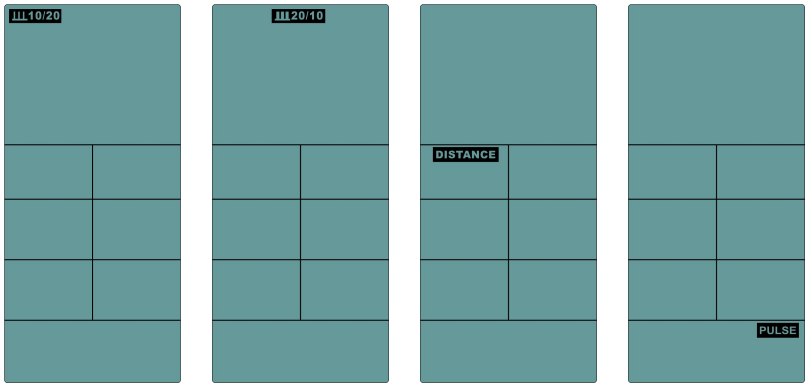
Item	Description
Up ▲	· Adjust function value up.
Down ▼	· Adjust function value down.
Enter	· Confirm setting or selection.
Start	· Start workout quickly or resume workout in stop mode.
Stop	· To stop/pause workout. · Hold on this key for 2 seconds to reboot the console.
Interval	· This console has three programs: INTERVAL 10/20,INTERVAL 20/10, Custom Interval
Target Distance	· Fast access to Target Distance training mode.
Target Calories	· Fast access to Target Calories training mode.
Target Heart-rate	· Fast access to Target Heart Rate training mode.

Target Time	· Fast access to Target Time training mode

Operation procedure

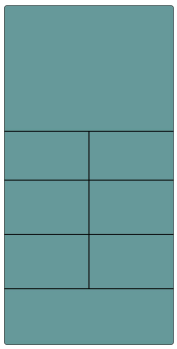
1.Power on

When power on ,LCD will full display 1s (Figure 1)with long beep sound ,then enter into standby mode (Figure 2),the pictures will be displayed from top icon to bottom in sequence.Press STOP button for 2s, then enter into standby mode.



(Figure 1) (Figure 2)

When in standby mode,if no key signal or RPM signal is input for more than 4 minutes, console will go to sleeping mode(Figure 3).

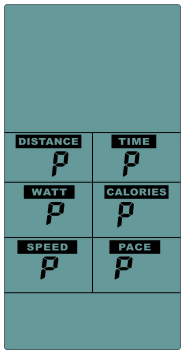


(Figure 3)

2.Break mode

When START, press “START” button one time, enter into Break mode with buzzer sound 0.5s by every 30s. All displays are preserved when enter Break mode ,but LCD windows display”P” .Buzzer will sound for 1s and enter into standby mode after pausing for 5 minutes.

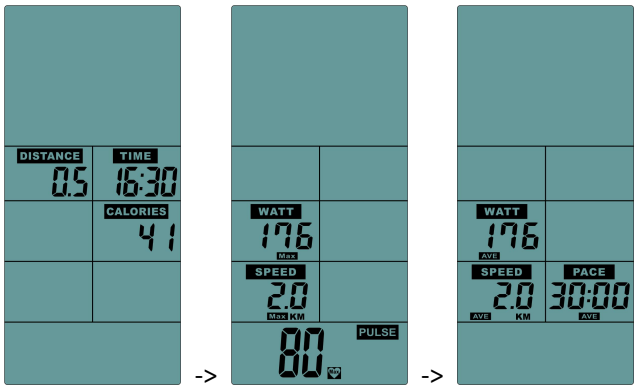
Press ” START “to continue. (Figure 4)



(Figure 4)

3.Stop mode

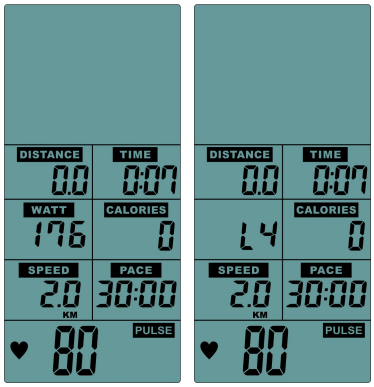
Press “STOP” button with buzzer sound 0.5s, enter into Stop mode， all the LCD windows no display .But after 0.5s LCD will display TIME, DIST, CAL(display KM or ML according to the setting).After 7s with buzzer sound 0.25s, LCD display MAX ICON, WATTS,SPEED ,PULSE .And after keep shows 7s with buzzer sound 0.25s, LCD display AVE ICON WATTS , SPEED ,RACE, after keep shows 7s without display any data at the moment, then re-show the data two times and enter into standby mode.(Figure 5)



(Figure 5)

4.Quick start :

A.In standby mode , with signal RPM>20 input, quick press “START” with buzzer sound 0.5s, then TIME、CALORIES、DISTANCE、WATTS、SPEED、& PACE shining in sequence , the value will count up according to the operation. (Figure 6)



(Figure 6)

B.The PULSE signal lights up , and when there is a heartbeat input ,the heartbeat flashes and the current heartbeat value is displayed ,if there no heart single input then the LCD is displayed “P”.

C.If there is no signal input after more than five 5minutes, the buzzer sounded for 0.5s and the console will back to standby mode.

D.If the setting are not completed within 30 seconds, the buzzer sounded for 0.5s and back to standby mode.

E.Press the START button once, enter into the break mode, and press “START” to continue running.

F.Press the “STOP” , the buzzer sounded for 0.5s and enter into the stop mode.

G.If the result of movement is displayed, press “STOP” button to leave and return to standby mode.

H.When adjust the adjustment button, it will display the LOAD for each segment in WATT window.

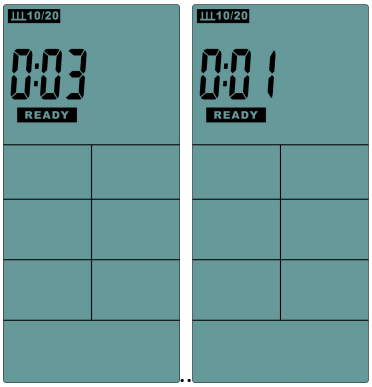
5.INTERVAL10/20:

A.Press INTERVAL10/20 button ,enter into this mode , LCD display 

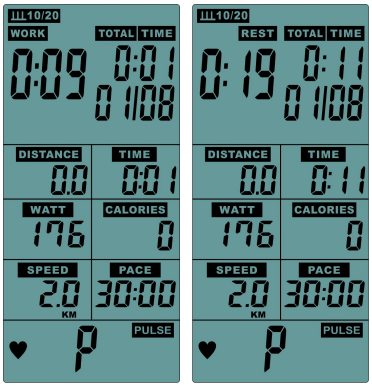
ICON , with buzzer beeps 0.5s.

B.If there no signal input after more than 30s when setting, console will back to standby mode.

C.The “READY” symbol counts down from 3 while the buzzer rings a short tone (Figure 7) , LCD display 01/XX(“01”is flashing) . The “WORK” symbol is displayed one time every 1s with buzzer sounds(shining 0.75s/ put out 0.25s) ,TIME symbol starts the countdown from 10s ,and DISTANCE、CALORIES、WATTS、SPEED、RPM begin to count according the calculation value.(Figure 8)



(Figure 7)



(Figure 8)

D.After exercise 10s, LCD displays 01/08(“01”is flashing), RESET symbol keep flashing with the buzzer rings for 0.25 seconds per second, and the TIME start to count down from 20.

E.Work & REST display in cycle , cycle count increase 1every time till reach to 08/08(total cycle counts 8 times). Buzzer rings 0.5s enter to stop mode.(The average value of the sports results is only calculated within the Work time)

F.Not executed when the last REST is reached ,this mode is stop directly

G.If there no signal input after 5 minutes, buzzer rings 0.5s enter into standby mode.

H.Press the “START “button once, enter into the break mode, and press “START” to continue running.

I.Press the “STOP” button to sound the buzzer for 0.5s and enter into the stop mode.

J.If the result of movement is displayed, press “STOP” button to leave and return to standby mode.

6.INTERVAL 20/10：

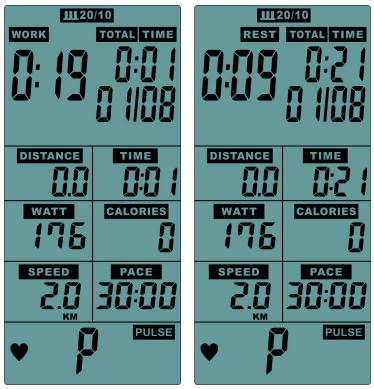
A.Press INTERVAL20/10 button ,enter to this mode , LCD display 

symbol (Figure 10) , with

buzzer beeps 0.5s.

B.If there no signal input after 30s when setting, console will back to standby mode.

C.The “READY” symbol counts down from 3 while the buzzer rings a short tone (Figure 7) , LCD display 01/XX(“01”is flashing) . The “WORK” symbol is displayed one time every 1s with buzzer sounds(shining 0.75s/ put out 0.25s) ,TIME symbol starts the countdown from 10s ,and DISTANCE、CALORIES、WATTS、SPEED、RPM begin to count according the calculation value.(Figure 8)



(Figure 10)

D.After work 10s, LCD displays 01/08(“01”is flashing), RESET symbol keep flashing with the buzzer rings for 0.25 seconds per second, and the TIME start to count down from 20.

E.Work & REST display in cycle , cycle count increase 1every time till reach to 08/08(total cycle counts 8 times). Buzzer rings 0.5s enter to stop mode.(The average value of the sports results is only calculated within the Work time)

F.Not executed when the last REST is reached ,this mode is stop directly

G.If there no signal input after 5 minutes, buzzer rings 0.5s enter into standby mode.

H.Press the “START “button once, enter into the break mode, and press “START” to continue running.

I.Press the “STOP” button to sound the buzzer for 0.5s and enter into the stop mode.

J.If the result of movement is displayed, press “STOP” button to leave and return to standby mode.

7.INTERVAL CUSTOM：

A.Press INTERVAL CUSTOM button ,enter to this mode , LCD display Custom ICON(Figure 13) , with buzzer beeps 0.5s

B.LCD display the presetting value 01, press “UP 、 DOWN”button to setting (setting range 01~20), it is non-recyclable (Figure 14).

C.Press “ENTER” confirmed, “WORK” ICON is flashing, LCD window TOTAL TIME display the presetting value 0:30. Press”UP、DOWN” button to setting(setting range:0:05~30:00), it is non-recyclable (Figure 15).

D.Press “ENTER” confirmed, “REST” ICON is flashing, LCD window TOTAL TIME display the presetting value 0:20. Press”UP、DOWN” button to setting(setting range:0:05~30:00), it is non-recyclable (Figure 16).

E.Press “ENTER” confirmed, meanwhile with a short buzzer rings 0.5s , LCD display 01/XX(“01”is flashing) . The “WORK” ICON is flashing one time every 1s with buzzer sounds(shining 0.75s/ put out 0.25s) ,TIME ICON counts down from the setting value, DISTANCE、CALORIES、WATTS、SPEED、RPM count up according the calculation.

F.There is set RESET time, matrix displays 01/XX(part 01 is flashing), “REST” ICON keep flashing.The buzzer rings for 0.25s every second.

G.“Work” & “RESET “display in cycle , cycle count increase 1every time till reach to 08/08(total cycle counts 8 times). Buzzer rings 0.5s enter into stop mode.(The average value of the sports results is only calculated within the Work time)

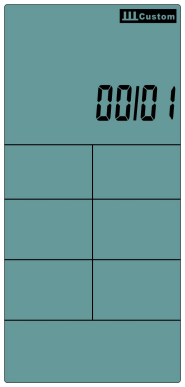
H.Not executed when the last REST is reached ,this mode is stop directly

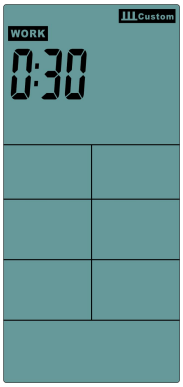
I.If there no signal input after 5 minutes, buzzer rings 0.5s enter into standby mode.

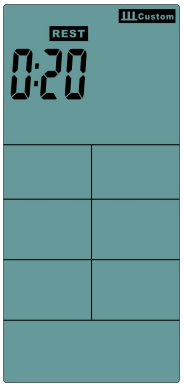
J.Press the “START “button once, enter into the break mode, and press “START” to continue running.

K.Press the “STOP” button to sound the buzzer for 0.5s and enter into the stop mode.

L.If the result of movement is displayed, press “STOP” button to leave and return to standby mode.







(Figure 14). (Figure 15) (Figure 16)

8.TARGET TIME：

A.Press TARGET TIME button ,enter to this mode , LCD flashing and display TARGET& TIME .

B.LCD “TIME” window display the presetting value1:00 or the last setting value.Press “UP、DOWN”button to setting (setting range 1:00~1:59:00), it is non-recyclable .

C.After setting, press” ENTER” confirmed , TARGET &TIME ICON continue to flashing ,meanwhile start to count down form setting value.

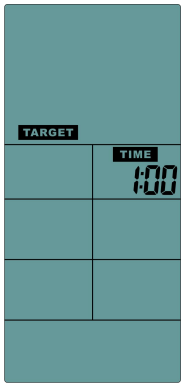
D.Press the “START “button once, enter into the break mode, and press “START” to continue running

E.Press the “STOP” button to sound the buzzer for 0.5s and enter into the stop mode.

F.If there no signal input after 5 minutes, buzzer rings 0.5s enter into standby mode.

G.If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.

H.The result of movement is displayed, press “STOP” button to leave and return to standby mode.



9.TARGET CALORIES:

A.Press TARGETCALORIE button ,enter to this mode , LCD flashing display TARGET& CALORIE.

B.LCD “CALORIE” window display the presetting value 2:00 or the last setting value.press “UP 、DOWN”button to setting (setting range1~2000), it is non-recyclable.

C.After setting, press” ENTER” confirmed , TARGET &CALORIE continue to flashing ,meanwhile start to count down form setting value.

D.Press the “START “button once, enter into the break mode, and press “START” to continue running

E.Press the “STOP” button to sound the buzzer for 0.5s and enter into the stop mode.

F.If there no signal input after 5 minutes, buzzer rings 0.5s enter into standby mode.

G.If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.

H.The result of movement is displayed, press “STOP” button to leave and return to standby mode.

10.TARGET DISTANCE：

A.Press TARGET DISTANCE button ,enter to this mode , LCD flashing display TARGET& DISTANCE.

B.LCD “DISTANCE” window display the presetting value 2:00 or the last setting value.press “UP、DOWN”button to setting (setting range1~2000), it is non-recyclable.

C.After setting, press” ENTER” confirmed , TARGET &DISTANNCE continue to flashing ,meanwhile start to count down form setting value.

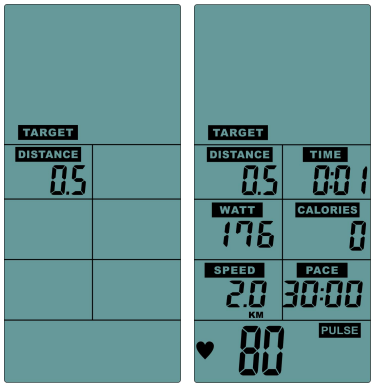
D.Press the “START “button once, enter into the break mode, and press “START” to continue running

E.Press the “STOP” button to sound the buzzer for 0.5s and enter into the stop mode.

F.If there no signal input after 5 minutes, buzzer rings 0.5s enter into standby mode.

G.If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.

H.The result of movement is displayed, press “STOP” button to leave and return to standby mode.



11.TARGET HEART RATE：

A.Press TARGETHEART RATE button ,enter to this mode , LCD flashing display Age ICON with presetting value 30 or the last setting value.Press “UP、DOWN”button to setting (setting range11~120), it is non-recyclable

B.After setting, press” ENTER” confirmed , LCD display the presetting value 65% , press “UP、DOWN”button to adjust to 65% or 85% & the value of Pulse,LCD will shows the corresponding value.

C.If selected PULSE, LCD display the presetting value”100”, press”UP、DOWN”button to setting (setting range 30~230),it is non-recyclable.

D.Press ENTER button to start to count,TARGET & PULSE icon is flashing.

E.When the heartbeat value is higher or lower than the setting value (+/-10%), the PULSE value is displayed continuously.

F.The heartbeat value is lower than the setting value (<10%), and the PULSE window "UP IOCN" flashes to remind USER to accelerate.

G.The heartbeat value is higher than the setting value (>10%), and the PULSE window "DOWN IOCN" flashes to remind USER to slow down

H.The heartbeat value is higher than or equal to the setting value of 100%. The buzzer rings 3 short sounds every 1s. After 10 times, the heartbeat value is still not lower than 100%, the buzzer rings 1s and enter into the standby mode.

I.If there no heart input after 30s, the “PULSE” LCD window display “P” ,buzzer rings 1s and enter into the stand by mode.

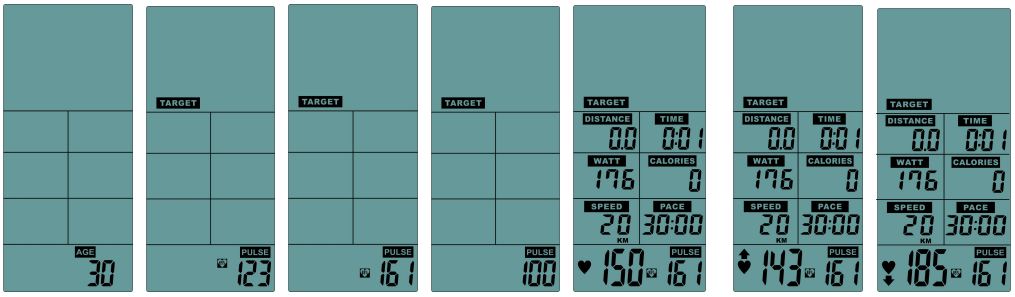
J.Press the “START “button once, enter into the break mode, and press “START” to continue running

K.Press the “STOP” button to sound the buzzer for 0.5s and enter into the stop mode.

L.If there no signal input after 5 minutes, buzzer rings 0.5s enter into standby mode.

M.If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.

N.The result of movement is displayed, press “STOP” button to leave and return to standby mode.



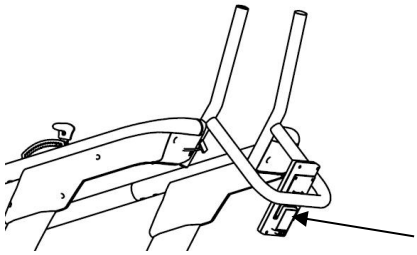
Set Age 65% 85% PULSE START < TARGET10% >TARGET10%

VR adjustment function

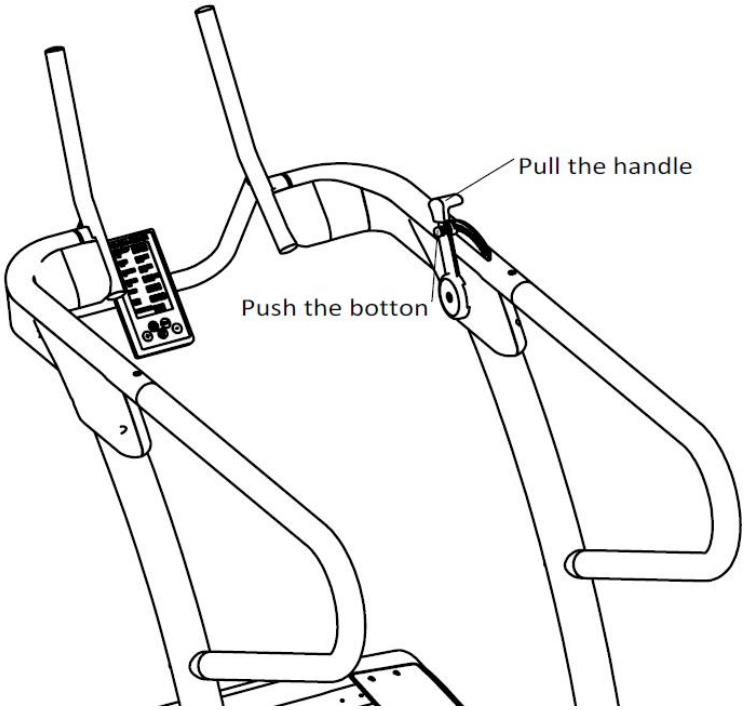
A.In standby mode,long press UP+DOWN KEY to enter the VR setting screen.First adjust the LAD value and press ENTER to confirm, then press ENTER to confirm when display the HAD value, and jump out of the factory setting.

B.Under the VR setting screen, press UP+ENTER KEY to enter the fine item LOAD1 ~ LOADX, adjust the screen separately with AD, the time window displays the current set segment, the setting mode is set from the first segment to the X segment, and jump out of the factory setting.

C.With VR function, the LOAD value will be displayed for 4 seconds when entering the motion screen, and the LOAD value will be displayed in the WATT window for 4 seconds when the LOAD is adjusted during movement.



1. Adjust Resistance



- Push the button by thumb and pull the adjust handle to get different resistance level 1-16 shown on the display.

MAINTENANCE & SERVICE

Health Runner manual treadmills are engineered for years of operation. Regular maintenance and cleaning will lengthen your treadmills life. Let noise be your first indication that a repair or adjustment is required. Please discontinue use immediately if an unusual noise, scraping, knocking, grinding or vibration is detected. A minor issue can become a major repair if ignored and treadmill use is continued. The Health Runner is manufactured of durable materials; the plastics are molded of strong and chemical-resistant ABS; the frame is produced of high-tensile steel and protected with an industrial-grade, powder paint coating process for the highest level of corrosion resistance; the hardware used for the assembly is corrosion resistant. However, it is important to note that perspiration can be extremely corrosive if allowed to accumulate on the machine.

ATTENTION: PERSPIRATION IS VERY CORROSIVE AND IF ALLOWED TO REMAIN ON THE MACHINE, WILL CAUSE DISCOLORATION, FADING, RUST AND ODORS. UNFORTUNATELY, THESE CONDITIONS ARE NOT COVERED UNDER THE WARRANTY POLICY.

After each workout, wipe down the entire unit, including the console with a mild soap solution followed by a thorough drying with a clean towel. Positioning a small spray bottle and towel near the unit will help ensure that your equipment looks new for many years. Do not use abrasive or coarse brushes or cloths as damage to the surfaces may occur. Do not flood any area with cleaning solution or liquid. Do not use aggressive chemicals or solvents to clean the treadmill.

A guideline for service is provided below. If the environment for the Health Runner is extraordinarily dirty or the usage is extremely heavy, the monthly inspection/service should be performed more often.

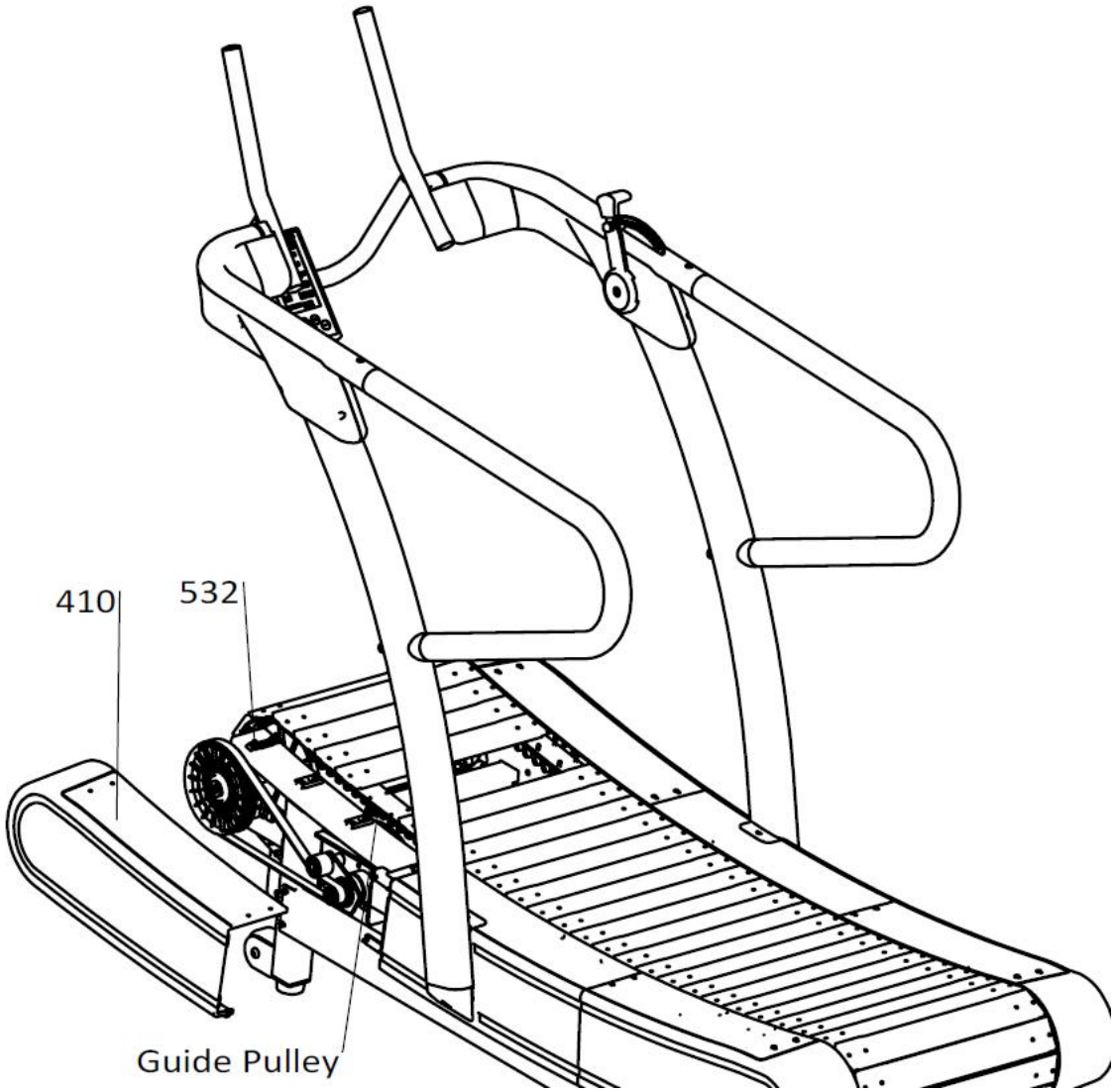
Maintenance Recommendations

TASK	Daily	Monthly
Wipe down all surfaces with a mild soap solution and dry thoroughly.	X	
Inspect unit for noisy, damaged or loose components.	X	
Ensure the unit does not rock. If necessary, re-adjust the leveling feet	X	
Inspect the entire unit for loose hardware, including the uprights, handrail, frame and plastic covers.		X
Lubricate the twelve running belt guide pulleys; one drop per pulley.		X
Move the treadmill and clean/vacuum dust, lint or debris found inside the belt and under the frame.		X

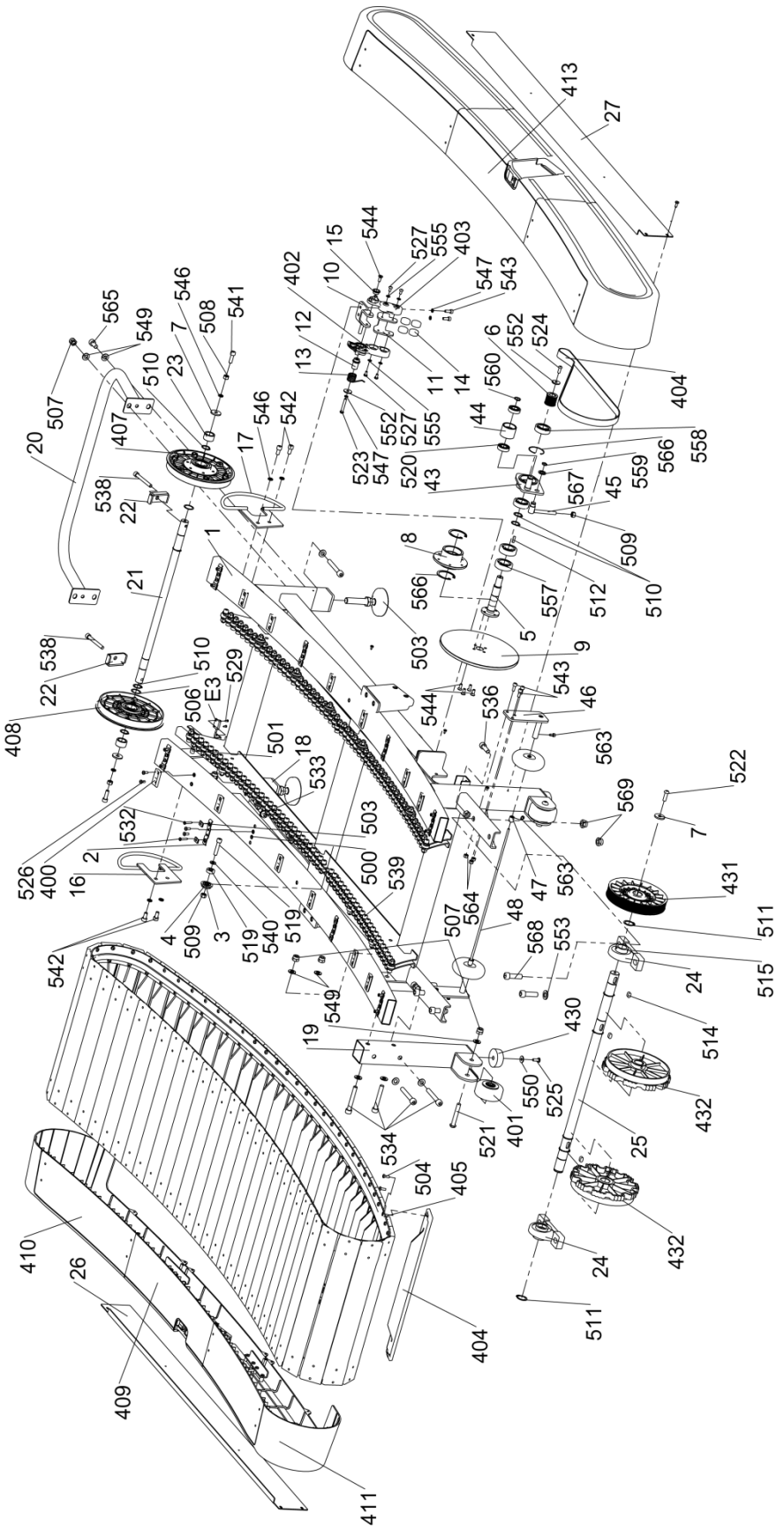
Trouble Shooting

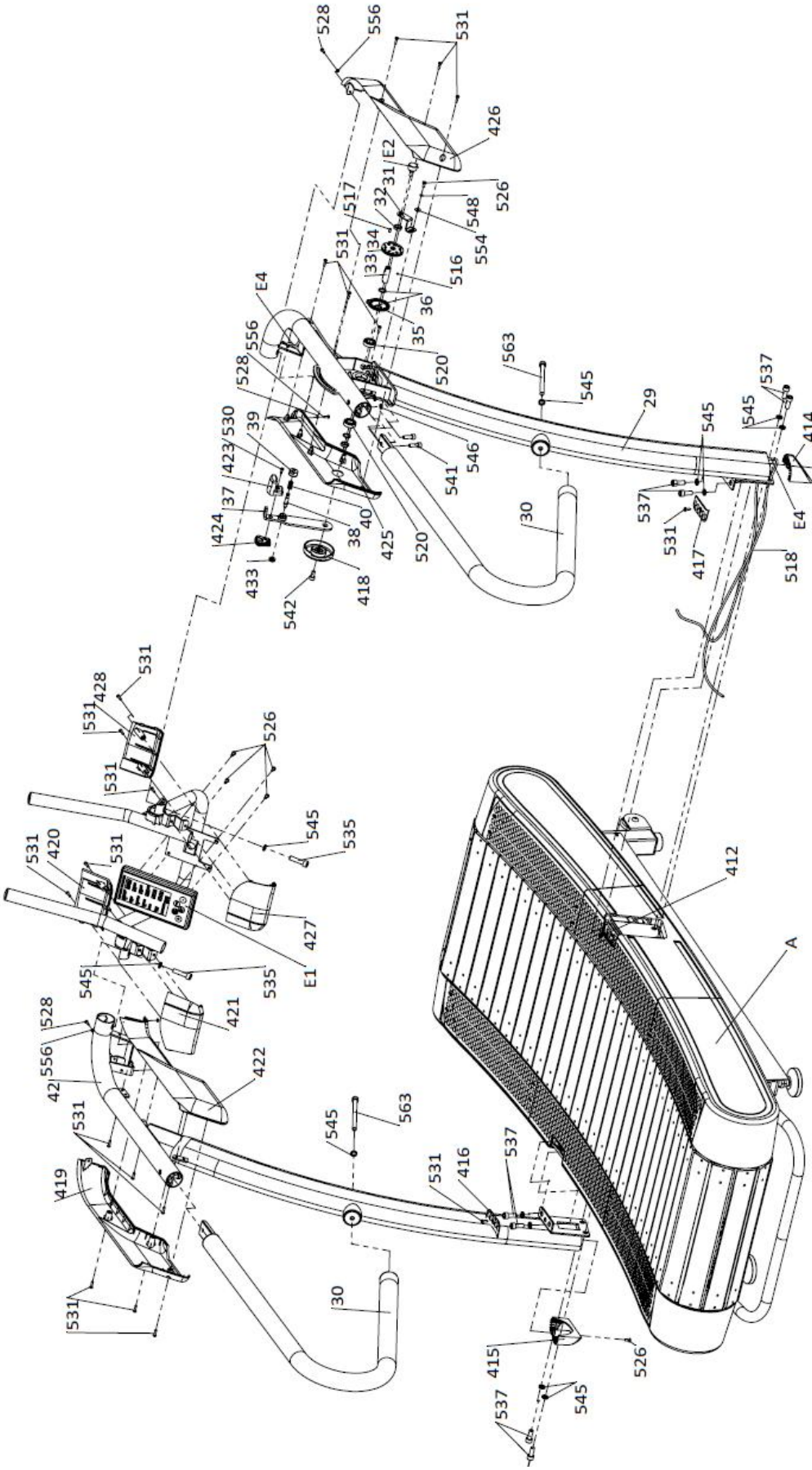
Condition	Potential Causes	Solutions
Console will not power on.	a. Batteries installed incorrectly	a. Check battery orientation and correct
	b. Batteries are dead.	b. Replace the four AA alkaline batteries.
Console powers on, but metrics do not post	a. One of the three speed sensor cables are damage or disconnected.	a. Check for damage and proper connections.
	b. The speed sensor is not correctly aligned to the magnet.	b. Adjust the speed sensor positioning.
Running belt is difficult to move.	a. An item is wedged in the running belt path.	a. Lift edges of belt to locate and remove debris.
	b. A support bearing or guide pulley has seized.	b. Check the 100 support bearings and 12 guide pulleys. Replace as needed.
Squeaking or rubbing noise or slight grinding feeling coming from belt.	a. Running belt is improperly tensioned.	a. Realign/re-tension running belt;
	b. The twelve running belt guide pulleys require lubrication.	b. Apply a drop of silicone based lubricant to each guide pulley.

Take Side Shroud Right Rear for repair the brake system, take off 6 sets of Philips Head Screw ST4.2*25(#532).


410
532
Guide Pulley

EXPLODEDDIAGRAM with PART LIST




528
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426
E2
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526
548
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E4
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E1
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1	HR5010100	1	Base Frame		1
32	HR50200	2	Bracket, Side Shroud		8
33	HR53500	3	Spacer, Guide Pulley		12
34	HR50500V1	4	Guide Pulley		12
35	HR5010200	5	Shaft, Magnetic Brake		1
38	HR5010300	6	Pulley, poly-V belt		1
39	GB52876FH2	7	Big Washer	Φ22*Φ6.6*2	1
40	HR508020102V1	8	Flange, Bearing housing		1
41	HR5010800	9	Aluminum Flywheel		1
42	HR5010900	10	Bracket, Magnetic kit		1
46	HR5011000	11	Bracket, Magnet		1
47	HR5011300	12	Bronze Bushing		1
48	HR5011400	13	Spring, Brake		1
49	HR5011500	14	Magnet, Brake	Φ25*10	4
50	HR5011600	15	Bronze Washer		1
51	HR51000	16	Side Shroud Support-Right		1
54	HR51100	17	Side Shroud Support-Left		1
57	HR51200	18	Rear Leg-Right		1
61	HR51300V1	19	Front Leg-Right		1
65	HR51400	20	Transport Handle		1
68	HR50801V1	21	Shaft-Rear		1
69	HR50710	22	Bracket, Support Shaft		2
70	HR50708	23	Spacer, Shaft	Φ28*Φ20.1*16.2	2
71	UP205	24	Pillow Block Bearing	UP205	2

72	HR5011700	25	Front Shaft		1
73	HR51800	26	Metal Cover-Right		1
74	HR51700	27	Metal Cover-Left		1
75	HR51505				
76	HR5012200	29	Upright-Right		1
94	HR5012300	30	Handle, Top Rear		2
98	HR5012400	31	Bracket, Potentiometer		1
99	BLM15X1DS2	32	Jam Nut	M15*1*5	2
100	HR5012600	33	Shaft, Resistance Adjust		1
101	HR5012700	34	Cam Assembly, Cable		1
104	HR5012800	35	Gear Plate, Resistance Level		1
105	HR5012900	36	Spacer, Bearing	Φ22*Φ15.1*1.5	3
106	HR5013000	37	Adjust Handle		1
109	HR5013500	38	Stop Pin, Resistance Level		1
110	HR5013600	39	Round Nut, Stop Pin		1
111	HR5013700	40	Spring, Stop Pin		1
112	HR5013200	41	Handle-sled		1
118	HR5013300	42	Upright-Left		1
129	HR5015300	43	Idler Assembly		1
133	HR5015400	44	Idler Pulley		1
134	HR5015500	45	Typo Tensioner		1
137	HR5015600	46	Support, Limit Wheel		2
140	HR5015700	47	Spacer, Limit Wheel		2
141	HR5015800	48	Bar, Limit Wheel		1
142	HR50300	400	Plastic Block		12

143	HR50600	401	Transport Wheel		2
144	HR5011100	402	Big Plastic Holder, Magnet		1
145	HR5011200	403	Small Plastic Holder, Magnet		1
146	DXD390J8	404	Poly-v Belt	400J8	1
147	HR50902	405	Slat		62
150	HR501T3720X52	406	Belt		2
151	HR5080201ASSY	407	Guide Pulley Assembly with One-way Bearing		1
159	HR50702	408	Guide Pulley Assembly without One-way Bearing		1
167	HR51602	409	Side Shroud, Right Middle		1
168	HR51502	410	Side Shroud, Right Rear		2
169	HR51503	411	Side Shroud, Right Front		2
170	SJLMST4.2	412	Plastic Nut		2
171	HR51501	413	Side Shroud, Left Middle		1
172	HR52300	414	Upright Right Plug		1
173	HR52400	415	Upright Left Plug		1
174	HR52700	416	Upright Left Cover		1
175	HR52800	417	Upright Right Cover		1
176	HR5013100	418	Plastic Cover, Adjust Handle		1
179	HR5014000	419	Cover-Left, Left Handle		1
180	HR5014100	420	Cover-Rear, Left Handle		1
181	HR5014200	421	Cover-Front, Left Handle		1
182	HR5014300	422	Cover-Right, Left Handle		1
183	HR5014400	423	Plastic Handle, Right		1
184	HR5014500	424	Plastic Handle, Left		1

185	HR5014600	425	Cover-Left, Right Handle		1
186	HR5014700	426	Cover-Right, Right Handle		1
187	HR5014800	427	Cover-Rear, Right Handle		1
188	HR5014900	428	Cover-Front, Left Handle		1
189	HR5015000	429	Round Plug		2
190	HCD50X14	430	Bumper		2
191	HR5010800ASSY	431	Big Polly-V Belt Pulley		1
195	HR5012000	432	Assembly, Guide Timing Pulley		2
198	HR5015100	433	Push Button, Resistance Level		1
201	HR5015200	434	Limit Wheel	Φ90*Φ5*32.5	2
202	GB17880.1M5	500	Blind Nut	M5	40
203	GB17880.1M8	501	Blind Nut	M8	4
204	CYLMST4.2*13	502	Clip Nut	ST4.2X13	16
205	TJDJ80X16X100	503	Stabilizer Leveling Foot		2
206	GB6560M5X14DS20	504	Screw	M5X14	248
208	BXDQ20	506	Wave Washer	27*21*0.3	2
209	NM10DHS	507	Lock Nut	M10	17
210	GB41M8DHS	508	Nut	M8	2
211	NM8DHS2	509	Lock Nut	M8	112
212	GB894.120	510	Clip, Shaft	20	7
213	GB894.125	511	Clip, Shaft	25	7
214	GB1096 5X13.5	512	Key	5*13.5	1
215	GB1096 6X6	513	Key	6*6	1
216	GB1096 8X14	514	Key	8*14	3

217	GB77M6X6FH20	515	Tighten Screw	6*6	4
218	GB78M4X4FH20	516	Tighten Screw, Allen Head	4*4	1
219	PZM4X10	517	Ball	M5*10	8
220	LXS2000	518	Cable		1
221	GB276608YN9	519	Ball Bearing		124
222	GB2766002	520	Ball Bearing	6002	4
223	GB70.2M10X65DHS2	521	Button Head Hex Screw	M10*65	2
224	GB70.2M8X25DHS2	522	Button Head Hex Screw	M8*25	1
225	GB70.2M6X40DHS2	523	Button Head Hex Screw	M6*40	1
226	GB70.2M6X16DHS20	524	Button Head Hex Screw	M6*16	1
227	GB818M6X16DHS	525	Philips Head Screw	M6*16	2
228	GB818M5X12DHS	526	Philips Head Screw	M5*12	47
229	GB818M5X10DHS2	527	Philips Head Screw	M5*10	4
230	GB818M4X12DHS	528	Philips Head Screw	M4*12	4
231	GB845ST2.9X9.5DHS	529	Philips Head Screw	ST2.9*9.5	2
232	GB845ST4.2X13DHS	530	Philips Head Screw	ST4.2X13	1
233	GB845ST4.2X16DHS	531	Philips Head Screw	ST4.2X16	62
234	GB845ST4.2X25DHS	532	Philips Head Screw	ST4.2*25	16
235	GB70.1M10X75DHS2	533	Socket Head Hex Bolt	M10*15	2
236	GB70.1M10X70DHS2	534	Socket Head Hex Bolt	M10*70	9
237	GB70.1M10X40DHS2	535	Socket Head Hex Bolt	M10*40	2
238	GB70.1M10X30DHS2	536	Socket Head Hex Bolt	M10*30	6

239	GB70.1M10X25 DHS20	537	Socket Head Hex Bolt	M10*25	8
240	GB70.1M8X70x7 0DHS20	538	Socket Head Hex Bolt	M8*70*70	2
241	GB70M8X30DH S20	539	Socket Head Hex Bolt	M8*30	10 0
242	GB70M8X40DH S20	540	Socket Head Hex Bolt	M8*40	12
243	GB70M8X25DH S20	541	Socket Head Hex Bolt	M8*25	2
244	GB70M8X16DH S20	542	Socket Head Hex Bolt	M8*16	6
245	GB70M6X16FH2 0	543	Socket Head Hex Bolt	M6*16	9
246	GB70.3M6*16FH 20	544	Countersunk Socket Head	M6*16	10
247	GB9310DHS20	545	Spring Washer	10	14
248	GB938FH20	546	Spring Washer	8	8
249	GB936DHS2	547	Spring Washer	6	10
250	GB935DS20	548	Spring Washer	5	1
251	GB97.110DHS	549	Washer	Φ20*Φ10.5*2	28
252	GB966FH2	550	Washer	Φ28*Φ9*3	3
253	GB97.18DHS2	551	Washer	Φ16*Φ8.4*1. 6	22 4
254	GB52876FH2	552	Big Washer	Φ22*Φ6.6*2	1
255	GB9512DHS	553	Washer	Φ18*Φ6.4*1. 6	2
256	GB965DHS2	554	Big Washer	Φ15*Φ5.3*1. 2	1
257	GB955DHS2	555	Washer	Φ10*Φ5.3*1	4
258	GB97.14DHS2	556	Washer	Φ9*Φ4.3*0.8	4
259	GB2766204	557	Ball Bearing	6204	2
260	GB2766004	558	Ball Bearing	6004	2
261	GB894.112	559	Clip Shaft	12	1
262	GB894.115	560	Clip Shaft	15	1

263	GB17880.1M10	561	**Blind Nut**	M10	2
264	GB893.147FH20	562	Clip, Hole	47	2
265	GB70.1M10X140 DHS2	563	Socket Head Hex Bolt	M10*140	2
266	NM6DHS2	564	Lock Nut		
267	GB70.1M10*20D HS2	565	Socket Head Hex Bolt		
268	GB893.142FH20	566	Clip, Hole		
269	GB84812	567	Washer		
270	GB70.1M12X40 DHS	568	Socket Head Hex Bolt		
271	NM12DHS2	569	Lock Nut		
272	GB70.1M5X16D HS2	570	Socket Head Hex Bolt		
273	DQHR501DZB	E1	Console		1
274	DWQ10KV1	E2	Potentiometer		1
275	DQSS950	E3	Sensor		1
276	DQYBX1200	E4	Wire, Middle		1
277	DQYBX1200	E5	Wire, Upper		1