Owner's Manual

Model No.
16004903000

- **Assembly**
- **Operation**
- **Adjustments**
- **Parts**
- **Warranty**

CAUTION:

You must read and understand this owner's manual before operating unit.
Keep this manual for future reference.

Serial number

Write the serial number in the space above for reference. Serial number can be found at the front bottom section of the Treadmill.

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW TREADMILL!

TABLE OF CONTENTS

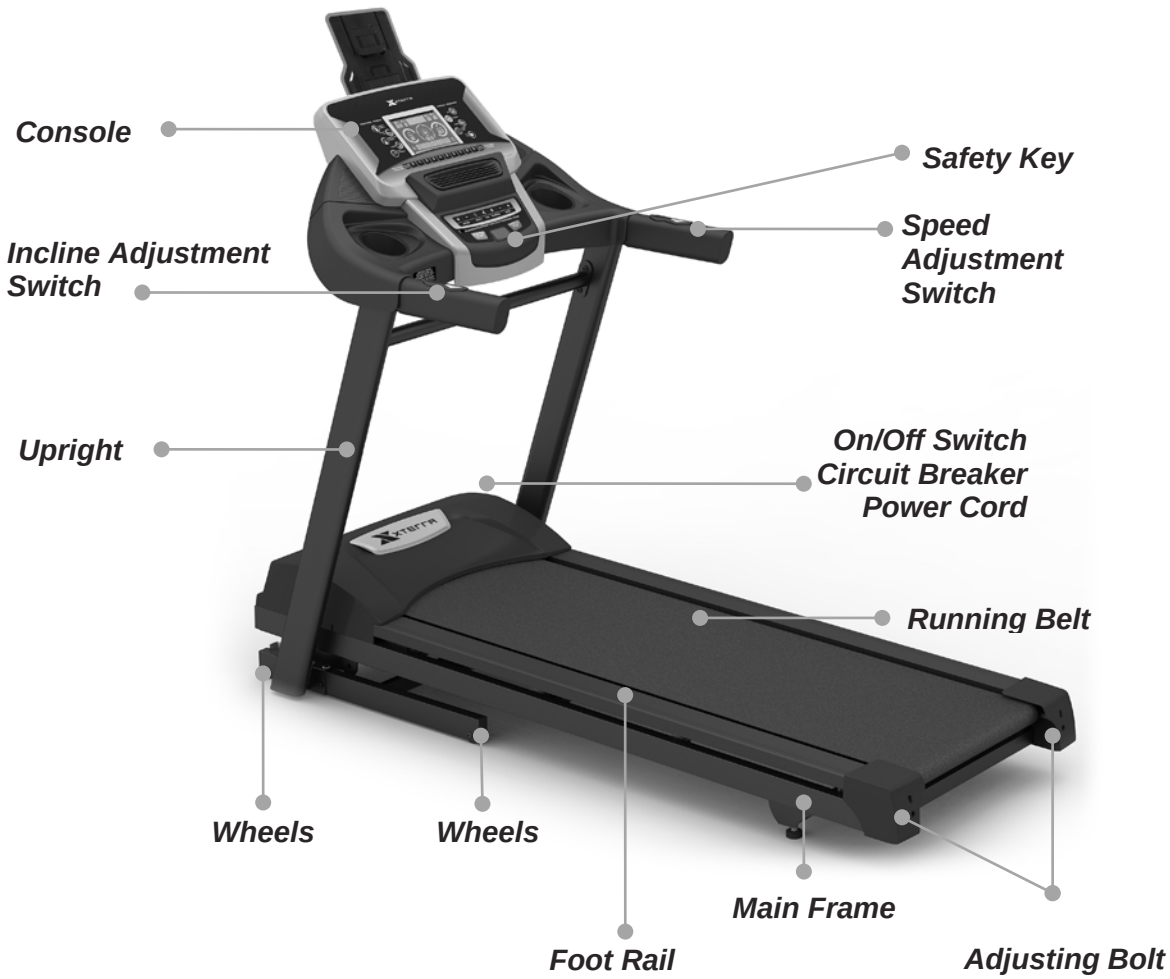
ATTENTION

THIS TREADMILL IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

BEFORE YOU BEGIN

Thank you for choosing the XTERRA XT3000 Treadmill. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The XTERRA XT3000 Treadmill provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the XTERRA XT3000 Treadmill. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your XTERRA XT3000 Treadmill, please do not return the product. Contact us **FIRST!** If a part is missing or defective, call us toll-free at 1-888-707-1880. Our Customer Service Staff are available to assist you from 8:30 A.M. to 5:00 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.



MAX. USER WEIGHT LIMIT 159 KGS (350 LBS)

IMPORTANT SAFETY INSTRUCTIONS

THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY

READ ALL INSTRUCTIONS BEFORE USING THIS TREADMILL

CAUTION: Before starting any exercise program, it is recommended that you consult your physician.

WARNING: Connect this unit to a properly grounded outlet only.

DANGER: To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning.

WARNING

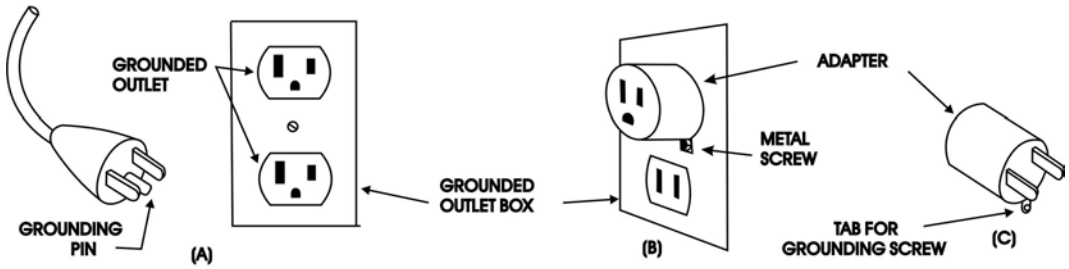
To reduce the risk of burns, fire, electric shock, or injury to persons:

Grounding Instructions

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. See the diagram below for grounding methods.

Figure 1.

Grounding methods



AA 200

1. Use 120-volt a.c. household current on a dedicated circuit.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. The use of an extension cord with this product is not recommended. If an extension cord is needed, use a short (less than 10 feet) heavy gauge (14 gauge or better) extension cord with a three-prong (grounded) plug and receptacle.
4. Never leave the treadmill unattended when plugged in. Remove the safety key and unplug the unit from the outlet when not in use and before removing or replacing parts.
5. Never operate the treadmill if it has a damaged cord or plug if it is not working properly, if it has been dropped, damaged, or exposed to water. Never move the treadmill belt while the power is turned off.
6. Do not pull the treadmill by the power supply cord or use the cord as a handle. Keep the cord away from heated surfaces and open flames.
7. Fitness equipment must always be installed and used on a flat surface. Do not use outdoors or near water. Do not place the unit on a loose rug or uneven surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor. It is recommended to have a minimum of 3 meters of safe clearance on all sides of the treadmill while in use.
8. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage, covered patio, or near water.

9. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
10. Read, understand, and test the emergency stop procedure before using the treadmill. Do not insert any objects into any openings.
11. Inspect and properly tighten all parts of the treadmill regularly.
12. Keep children and pets away from this equipment at all times while exercising.
13. Individuals with disabilities should have medical approval and close supervision when using this treadmill.
14. Do not place hands or feet under the treadmill. Always keep hands and legs off of the treadmill when others are using it.
15. Never turn on the treadmill while standing on the treadbelt. Always hold the handrails while using the treadmill. Always return the treadmill to the slowest speed to provide for safe dismount and low-speed restart.
16. To disconnect, turn all controls to the off position, then remove the plug from the outlet.
17. Do not attempt to raise, lower or move the treadmill until it is properly assembled. See assembly on page 8 and fold and move the treadmill on page 10. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques. You must use any attachments that are not recommended by the manufacturer.
18. Use the treadmill only for its intended use as described in this manual. Do not use any attachments that are not recommended by the manufacturer.
19. User weight should not exceed 350lbs (159 kg).
20. Never allow more than one person on the treadmill at once.
21. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
22. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
23. Start your program slowly and very gradually, increase your speed and distance.
24. Always wear suitable clothing and footwear while exercising. Do not wear loose-fitting clothing that could become entangled with the moving parts of your treadmill. Do not walk or jog barefoot, in stocking feet or loose-fitting shoes or slippers.
25. This treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental or institutional setting.
26. This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge.
27. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.

WARNING: Before beginning any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS

⚠ *WARNING!*

●**NEVER** use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill, including the elevation mechanism and transport wheels.

●**NEVER** remove any cover without first disconnecting AC power.

●If voltage varies by ten percent (10%) or more, the performance of your treadmill may be affected. **Such conditions are not covered under your warranty**. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing. See Diagnosis Guide

●**NEVER** expose this treadmill to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment.

This product must be grounded. If the treadmill should malfunction or breakdown, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

●**NEVER** operate this treadmill without reading and completely understanding the results of any operational change you request from the computer.

●Understand that changes in speed and incline do not occur immediately. Set your desired work level on the computer console and release the adjustment key. The computer will obey the command gradually.

●**NEVER** use your treadmill during an electrical storm. Surges may occur in your household power supply that could damage treadmill components.

●Use caution while participating in other activities while walking on your treadmill, such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the center of the belt, which may result in serious injury.

●**NEVER** mount or dismount the treadmill while the belt is moving. Our treadmills start at a low speed, and it is unnecessary to straddle the belt during startup. Simply standing on the belt during slow acceleration is proper after you have learned to operate the unit.

●Always hold on to a handrail or hand bar while making control changes (incline, speed, etc.).

Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure, contact your dealer.

ASSEMBLY INSTRUCTIONS

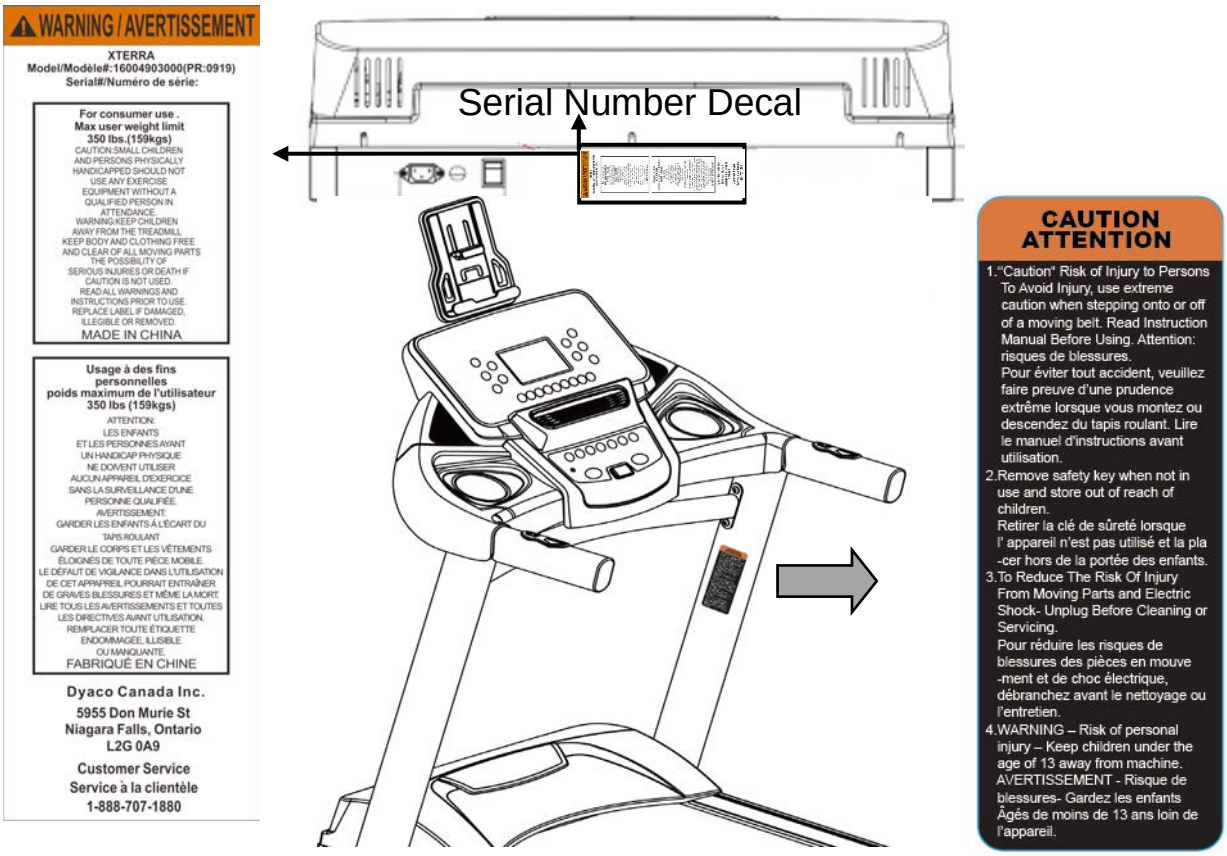
!!ATTENTION: IMPORTANT UNPACKING INSTRUCTIONS.
PLEASE READ BEFORE UNPACKING YOUR FOLDING TREADMILL!!

Serious injury could occur if this folding treadmill is not unpacked properly.

There is a Velcro strap installed around the treadmill base that prevents the treadmill from unfolding accidentally during shipping. If this strap is not removed properly, the treadmill could spring open unexpectedly and cause injury if someone is standing near the treadmill when the strap is removed.

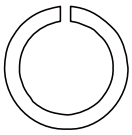
To ensure your personal safety during the removal of the shipping strap, please make sure the treadmill is positioned flat on the ground, in the orientation it would be in if you were using the treadmill. Do not turn the treadmill up on its side while removing the shipping strap. This could cause the treadmill's folding mechanism to spring open. If the end of the Velcro strap (that you need to grab to remove it) happens to be under the treadmill deck, reach under the deck to grab it, but do not tilt the treadmill up to gain access to the strap end.

Unpack the treadmill and locate the hardware pack.

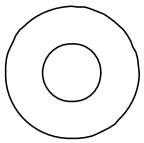


The decals shown have been placed on the treadmill. If a decal is missing or illegible, please call our Customer Service Department, to order a free replacement decal (see ORDERING REPLACEMENT PARTS at page 2.). Apply the decal in the location shown. Note: The decal shown at the right is 50% of actual size.

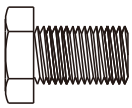
HARDWARE PACKING



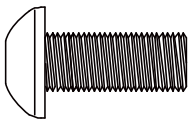
#80. Ø8 × 1.5m/m
Split Washer (4pcs)



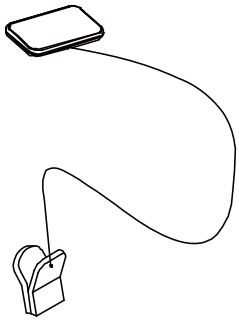
#100. Ø8 × Ø18 × 1.5m/m
Flat Washer (8pcs)



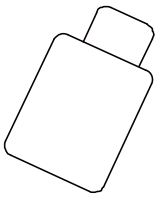
#99. 5/16" × UNC18 × 1/2"
Hex Head Bolt (8pcs)



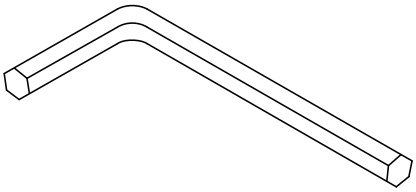
#125. 5/16" × UNC18 × 3/4"
Button Head Socket Bolt (8pcs)



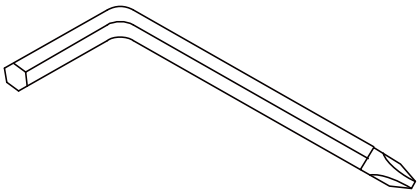
#44. Safety Key (1pc)



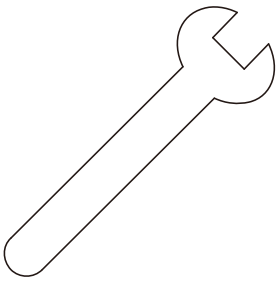
#104. Lubricant (1pc)



#103. M6 (66 × 86)
L Allen Wrench (1pc)

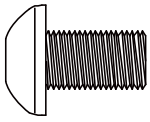


#102. Combination M5 Allen Wrench
& Phillips Head Screwdriver (1pc)



#90. 13L Wrench (1pc)

PAD HARDWARE PACKING

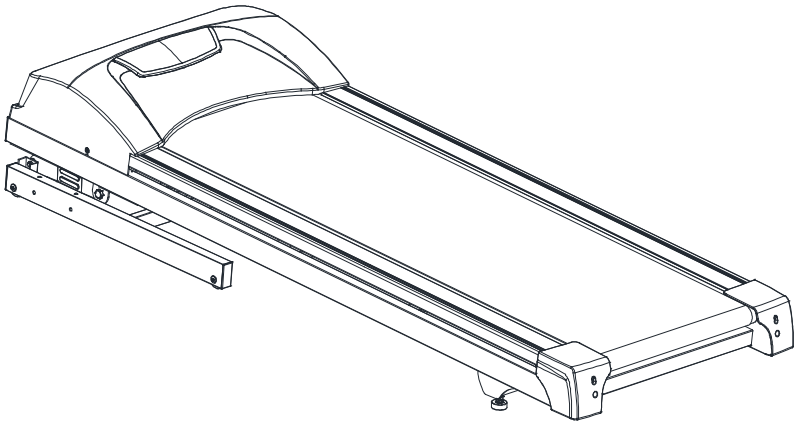


#117-10. M5 × 10m/m_
Phillips Head Screw (2pcs)

ASSEMBLY INSTRUCTIONS

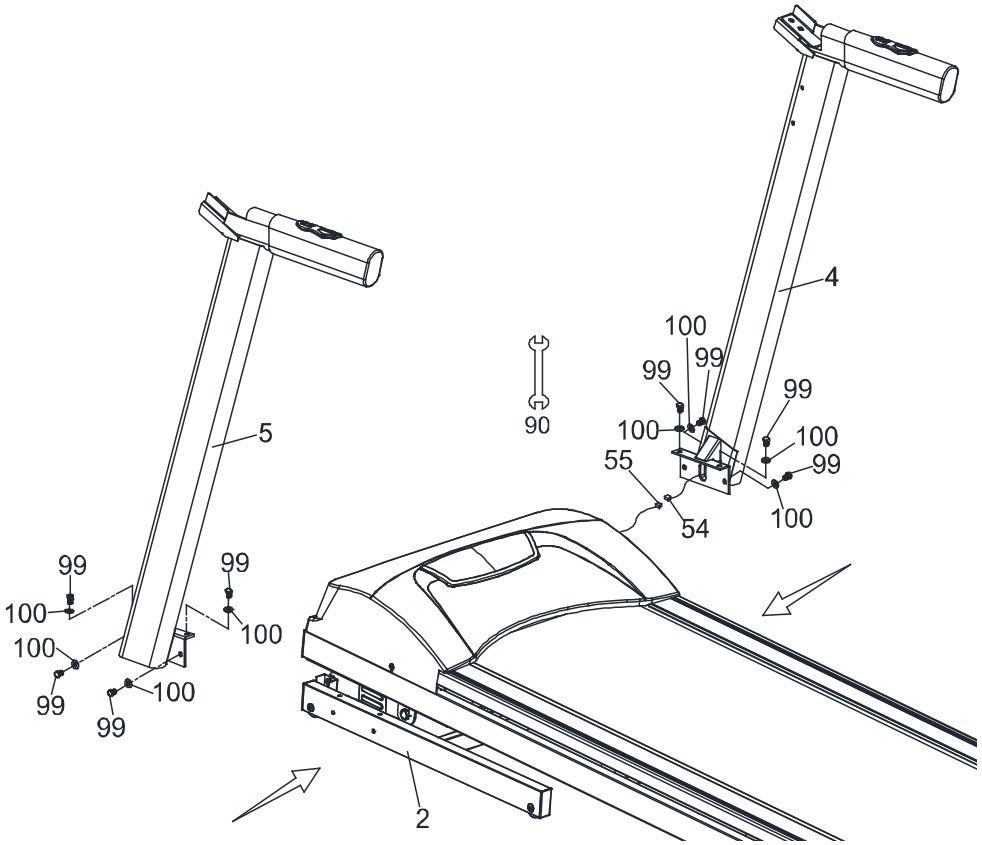
Step 1.

Remove the treadmill from the carton and lay it on a smooth, level surface.



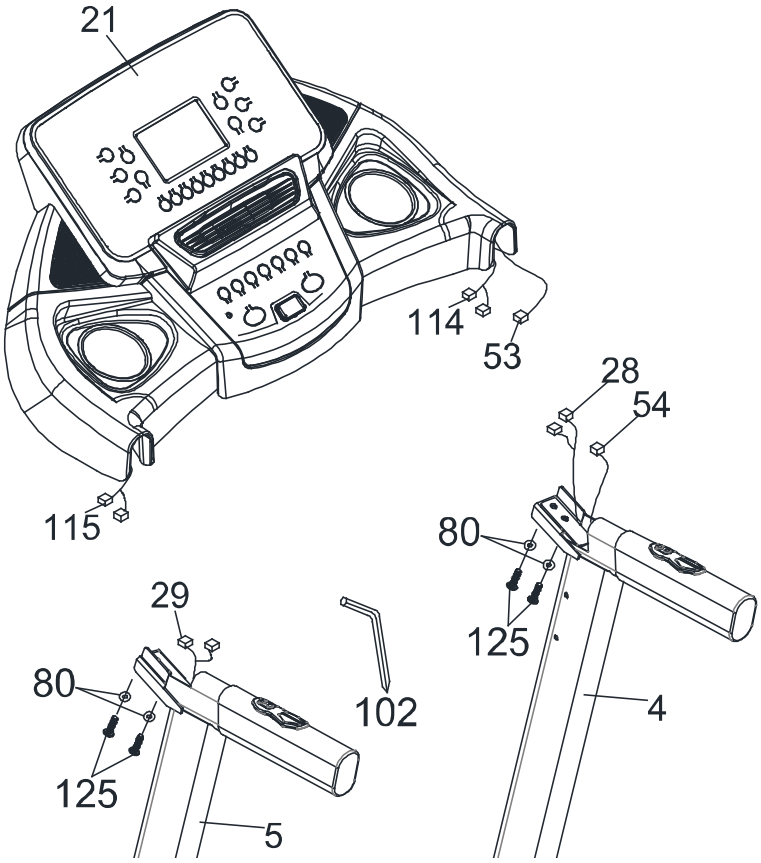
Step2.

Connect Computer Cable (Middle) (54) with Computer Cable (Lower) (55), then insert Right and Left Uprights (4) and (5) into the Frame Base (2) and use 13m/m Wrench (90) to tighten 8 pcs of 5/16" × UNC18 × 1/2"_ Hex Head Bolts (99) and 8pcs of Ø8 × Ø18 × 1.5T Flat Washers (100).



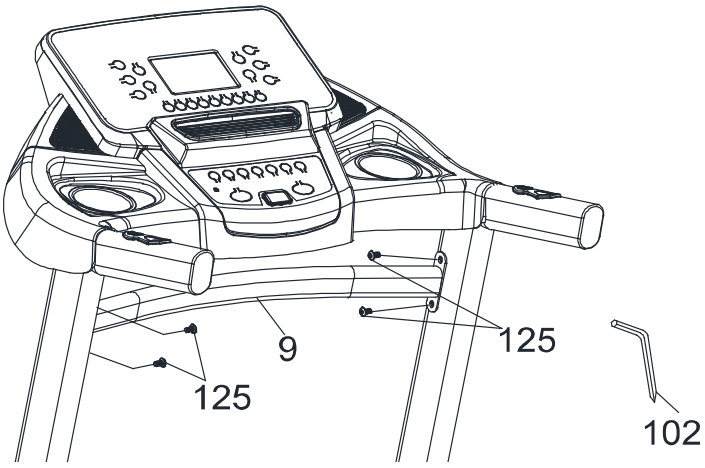
Step 3

1. Connect the Computer Cable (Middle) (54) to the Computer Cable (Upper) (53).
2. Connect the Speed Adjustment Switch W/Cable (Upper) (114) to the Speed/Hand Pulse Complex (28).
3. Connect the Incline Adjustment Switch W/Cable (Upper) (115) to the Incline/Hand Pulse Complex (29).
4. Insert the Console Assembly (21) into the right and left Uprights (4) and (5) and secure with 4 pcs of 5/16" × UNC18 × 3/4" Button Head Socket Bolts (125) with 4 pcs of Ø8 × 1.5T Split Washers (80) by using the Combination M5 Allen Wrench & Phillips Head Screwdriver (102). Tip: Avoid pinching wires.



Step 4.

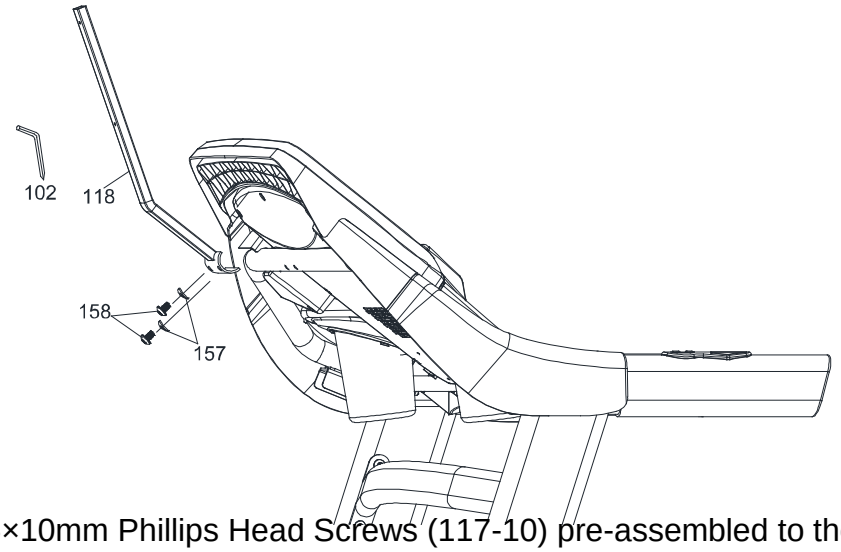
Install the Handrail Support (9) between the left and right Uprights (5) and (4) and use the Combination M5 Allen Wrench & Phillips Head Screwdriver (102) to tighten 4 pcs of 5/16" × UNC18 × 3/4" Button Head Socket Bolts (125).



ASSEMBLY INSTRUCTIONS FOR TABLET HOLDER

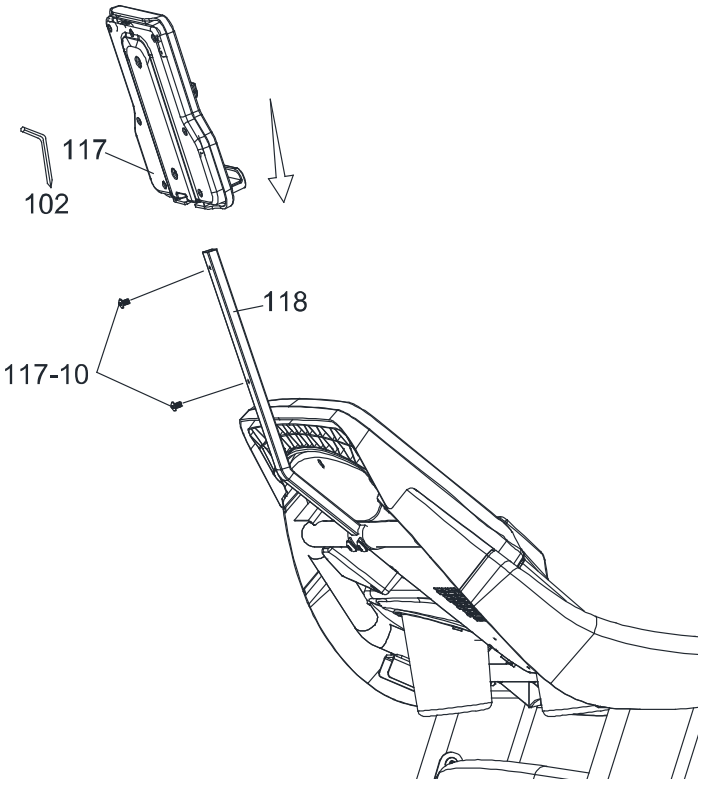
STEP 1

Unscrew 5/16" × 1/2" Button Head Socket Bolt (158) and Ø5/16"×19×1.5T Curved Washer (157) which were pre-assembled at the back of the console support (6) by using Combination M5 Allen Wrench & Phillips Head Screwdriver (102). Take out the tablet support holder (118) from the package and then attach the support holder to the back of the console support (6) by fixing the bolt (158) and the washer (157) back to their original position.



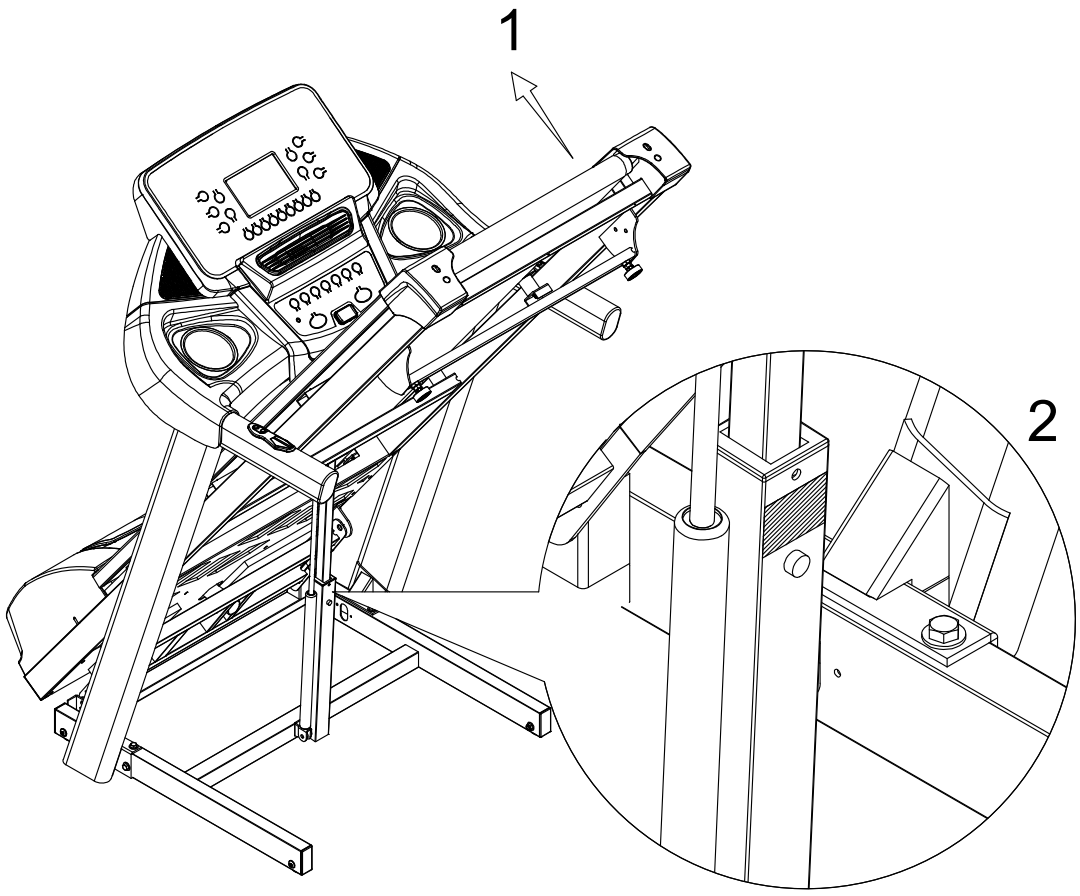
STEP 2

Unscrew the M5×10mm Phillips Head Screws (117-10) pre-assembled to the tablet support holder (118) by using Combination M5 Allen Wrench & Phillips Head Screwdriver (102). And then, fix the tablet holder (117) to the tablet support holder (118) by fixing M5×10mm Phillips Head Screws (117-10) back to their original position.



NOTE: Your unit is now fully assembled. Ensure all nuts and bolts are firmly tightened prior to use.

FOLDING INSTRUCTIONS



Do not attempt to move the unit unless it is in the folded and locked position. Be sure the power cord is secured to avoid possible damage. Use both handrails to maneuver the unit to the desired position.

■ TO FOLD THE TREADMILL
Lift the deck until the latch clicks in place.

■ TO UNFOLD THE TREADMILL
Press the tube with your foot at the yellow sticker
To release the latch, see the picture to the right.

TRANSPORTATION

The treadmill is equipped with four transportation wheels. After folding simply roll the treadmill away.

TREADMILL OPERATION

Your treadmill features a walking belt coated with a lubricant. IMPORTANT: Never apply silicone spray or other substances to the walking belt or walking board. Such substances will deteriorate the walking belt and cause excessive wear.

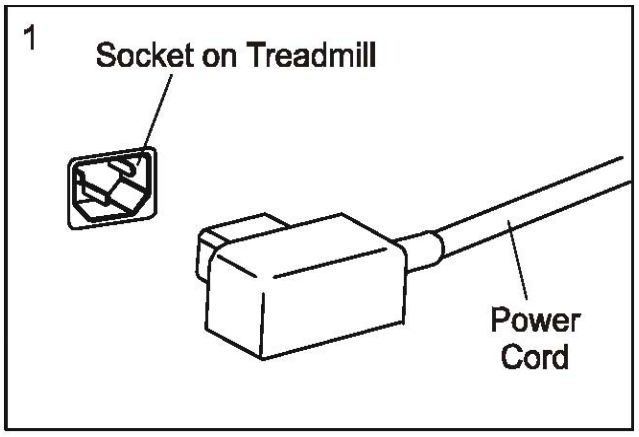
HOW TO PLUG IN THE POWER CORD.

GROUNDING INSTRUCTIONS.

This product must be grounded.

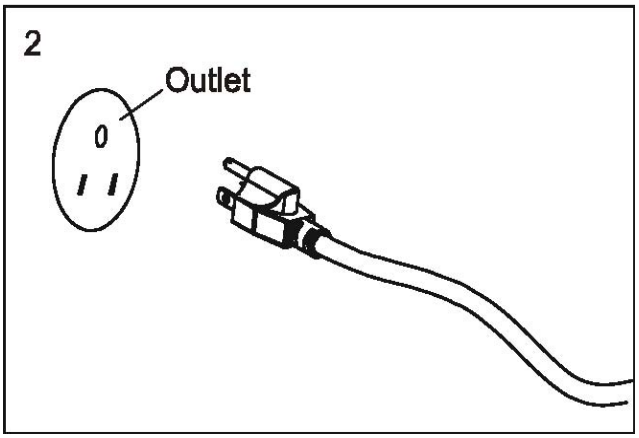
WARNING:

Improper connection of the equipment-grounding conductor can result in a risk of an electric shock. Check with a qualified electrician if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician. The use of an extension cord with this product is not recommended. If an extension cord is needed, use a short (less than 10 feet) heavy gauge (14 gauge or better) extension cord with a three-prong (grounded) plug and receptacle. IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.



1. Plug the indicated end of the power cord into the socket of the treadmill. See the drawing below.

2. Plug the power cord into an appropriate outlet that is properly installed and grounded. See the drawing below. Important: The treadmill is not compatible with GFCI-equipped outlets.



Note: Your power cord and outlet may appear different.

OPERATION OF YOUR TREADMILL

GETTING STARTED:

CAUTION: Before operating the console, read the following precautions:
Do not stand on the walking belt when turning on the treadmill
Always wear the safety key. Pulling the safety key will stop tread-belt movement.
Adjust the speed in small increments to avoid sudden jumps in speed
To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only sealed water bottles in the water bottle holders.
Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower.
Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.

LUBE MESSAGE

When "Lube" appears on the LCD check lubrication under walking deck.
(Use a total of 90 hours.)
After application, hold PROGRAM for 3 seconds to reset the message.

TO OPERATE TREADMILL

CAUTION: To avoid injury, hold onto the handrails while mounting and dismounting the treadmill. Hold onto the handrails and place feet on side rails before starting. Step onto the walking belt only at the slowest speed. Always hold on to a handrail or hand bar while making control changes (incline, speed, etc.). Before operating the console, make sure that the power cord is properly plugged in, and the on/off button is on. Attach the magnet end of the safety key onto the monitor and attach the clip end of the safety key to your clothing (i.e.: waistband). If you should slip or fall while exercising, the safety key will pull out of the console, shutting off the treadmill.

Getting started:
Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor hood.

WINDOW DISPLAY

Speed: Displays the current speed from starting at 0.5 mph to 12.0 mph.

Time: Displays your elapsed workout time in minutes up to 99:59.
Counts down from your preset target time to 00:00 during your workout.

Distance: Displays the distance traveled in miles.

Calories: Displays the cumulative calories burned at any given time during your workout.
Note: This is a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

Pulse: Displays the user's current heart rate in beats per minute during the workout. To display your heart rate, you must hold both handrails.
Note: This is a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

Incline: Displays the incline level during your workout from 0 to 15.

Program: Displays the program selected from P1 – P30, Manual, Fatrun, Cardio, Strength, HIIT, USER1~USER5, HRC1, HRC2

Fan: The fan is used to cool you down during your workout.

Audio System: There is an Audio Input Jack on the front of the console and built-in speakers. You may plug any low-level audio source signal into this port. Audio sources include MP3 player, iPod, portable radio, CD player, or even a TV or computer.

BUTTON FUNCTION

SPEED ▲ (FAST)： Pressing this button increases the speed by 0.1 mph. Press and hold this button for 3 seconds to increase speed rapidly. Press this button during setting the program to adjust the value (to increase).

SPEED ▼ (SLOW)：Pressing this button decreases the speed by 0.1 mph. Press and hold this button for 3 seconds to decrease speed rapidly. Press this button during setting the program to adjust the value (to decrease).

INCLINE ▲ (UP)： Pressing this button increases the incline level by 1. Press and hold this button for 3 seconds to increase the incline level rapidly. Press this button during setting the program to adjust the value (to increase).

INCLINE ▼ (DOWN)： Pressing this button decreases the incline level by 1. Press and hold this button for 3 seconds to decrease the incline level rapidly. Press this button during setting the program to adjust the value (to decrease).

SELECT: Press this button to set Time, Distance, Calorie, and other functions for program setting.

START: Press this key to start the treadmill at 0.5 mph start speed.

STOP: Press the key once during training mode, and the treadmill will enter pause mode, slowing down to a complete stop. Incline will also return to starting position while in pause mode. Press start key again to resume training, resuming all set values (speed and incline) prior to entering pause mode.

Pressing STOP key twice returns to idle mode.

FAN: Press key to turn on the fan or off.
PROGRAM: Press to select desired training from P1 – P30, Manual, Fatrun, Cardio, Strength, HIIT, USER1~USER5, HRC1, HRC2

MANUAL: Press this button to select the manual mode**.**

HILL- P5: Press this button to select the HILL mode

FATBURN- P7: Press this button to select the Fatburn mode

CARDIO- P9: Press this button to select the Cardio mode

STRENGTH- P12: Press this button to select the Strength mode

HIIT- P17： Press this button to select the HIIT mode

CALORIES- P19: Press this button to select the Calorie mode.

FUSION- P25: Press this button to select the Fusion mode

USER：Press this button to select the User mode.

HR: Press this button to select the Heart Rate mode.

QUICK SPEED & INCLINE BUTTONS

Speed shortcut key：0-9 mph to set the speed rapidly.

Incline shortcut key：0-9 to set the incline rapidly
Press the Quick Incline button, then press 1 button = Incline Level 1
Press the Quick Incline button, then press 5 button = Incline Level 5
Press the Quick Speed button, then press 0 button = 0.5 mph or kmph
Press the Quick Speed button, then press 5 button = 5.0 mph or kmph

PROGRAMMABLE FEATURES

TREADMILL OPERATION

Quick-Start Operation:

STEP 1: Attach the Safety key to wake the display up (if not already on).
STEP 2: Press the START button to begin belt movement after a three second count down. Use the FAST/SLOW keys to adjust the desired speed at any time during training. Using the UP/DOWN keys to adjust the Incline at any time during training.
STEP 3: To get a pulse reading, simply grasp both stainless steel pick-ups. It may take a few seconds for the display to reach the actual number.
STEP 4: While training, you can press STOP button to stop your workout or pull safety key away from its position to shut down the computer. If you want to resume your workout, you can press START button and all previous data will resume counting if you haven't removed the safety key.

PROGRAMS

MANUAL

STEP 1: Use PROGRAM keys or directly MANUAL button to select the program, set the time after entering the MANUAL mode.
STEP 2: Press START to begin the program.
STEP 3: During the program you can adjust the speed and incline by pressing "FAST/SLOW and "UP/DOWN" buttons or use rapid keys to jump directly to a setting.
STEP 4: Press "STOP" button to stop your workout or pull safety key away from its position to shut down the computer. The Stop button will pause the program the first time it is pressed. Pressing STOP key twice returns to idle mode.

PRESET PROGRAM

STEP 1: PROGRAM a total of 30 programs, you can press HILL, FUSION, STRENGTH, FATBURN, CARDIO, HIIT, CALORIES shortcut key to enter, or you can also use the PROGRAM key to select P1-P30. After selecting the program press SELECT key to enter time setting.
STEP 2: Time setting display TIME preset time of 30 minutes, press FAST / SLOW key adjusted time, you can press the START button to start directly after the adjustment.
STEP 3: During the program you can adjust the speed and incline by pressing "FAST/SLOW and "UP/DOWN" buttons or use rapid keys to jump directly to a setting.
STEP 4: Press "STOP" button to stop your workout or pull safety key away from its position to shut down the computer. The Stop button will pause the program the first time it is pressed. Pressing STOP key twice returns to idle mode.
Note: You may change the speed and incline while you are exercising (same as the manual program) but the next segment of the program will resume to its original position.

USER PROGRAMS

STEP 1: Press PROGRAM button to select the User 1 – User 5 program, then press Select.
STEP 2: Set your user name (5 characters). Use the FAST/SLOW button to choose the characters then press SELECT.
STEP 3: The Message center will now be blinking AGE value. Enter your age and press SELECT.
STEP 4: The Message center will now be blinking an WEIGHT value. Enter your weight and press SELECT.
STEP 5: The message center will now be blinking on time. Use the FAST/SLOW button to adjust the time up from 30 minutes (if desired). Press the SELECT key. This is a must to continue even if time is not adjusted.
STEP 6: The first column (segment) will now be blinking. Using the FAST/SLOW button to adjust the speed level and the UP/DOWN button to adjust the incline to your desired effort for the first segment then press Select. The second column will now be blinking. Repeat the above process until all 20 segments have been programmed.
STEP 7: Press the Start button to begin the workout and also save the program to memory.

TARGET HRC1 HRC2

STEP 1: Press HR shortcut key or press the PROGRAM button to select the mode directly into the HR1 and HR2.
HRC1 adjust the speed to keep the heart rate at the target value
HRC2 adjust the incline to keep the heart rate at the target value
STEP 2: Press FAST/SLOW button to adjust the age and press SELECT.
STEP 3: Press FAST/SLOW to adjust target Heart Rate, then press SELECT button to proceed to the next step.
STEP 4: The preset value of time is 30:00, and the range is from 5:00 to 99:00. Press FAST/SLOW buttons to modify.
STEP 5: Press START to execute your program, or press START button to start training directly,
STEP 6: Press "STOP" button to stop your workout or pull safety key away from its position to shut down the computer.

Note: When heart rate is lower than target, incline or speed will increase to increase level of workout raising heart rate. When heart rate reaches target, no changes will be made. When heart rate is higher than target, incline or speed will decrease to lower heart rate.

Self-set countdown training mode

In idle mode, press the SELECT key, to enter the countdown TIME setting mode, press the SELECT key, to enter the countdown DISTANCE setting mode, then press the SELECT key, to enter the countdown CALORIES setting mode.

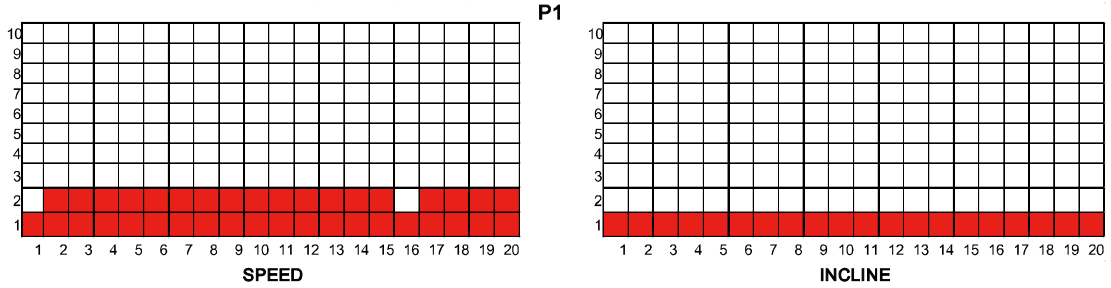
1. Countdown TIME mode: in idle mode, press SELECT key, enter the setting state, the time window flashes display, the default display 30:00, press SPEED ▲/▼ to modify the setting value, set range: 5 -99 minutes. Press the "START" key to start the treadmill and start running at 0.5 mph, and you can press SPEED ▲/▼ adjust the speed.
   The treadmill automatically stops running at 00:00.

2. Countdown DISTANCE training mode: in idle mode, press SELECT key twice to enter the setting state. The distance window will be flashing, the default display 5.0, press SPEED ▲/▼key to modify the setting value, set range: 1.0 -9.0. Press the "START" key to start the treadmill and start running at 0.5 mph, and you can press SPEED ▲/▼adjust the speed.
   The treadmill automatically stops running when the countdown distance is 0.0
3. Countdown CALORIES training Mode: In idle mode, press SELECT key 3 times to enter the setting state. The calorie window will be flashing, default display 50 CAL, press SPEED ▲/▼key to modify the setting value, set range: 10-990 CAL. Press the "START" key to start the treadmill and start running at 0.5 mph, and you can press SPEED ▲/▼ adjust the speed.
   The treadmill stops automatically when the countdown to the calories is 0.

PRESET PROGRAMS

The treadmill has 30 different programs that have been designed for a variety of workouts. These 30 programs have factory preset work level profiles for achieving different goals.

P1



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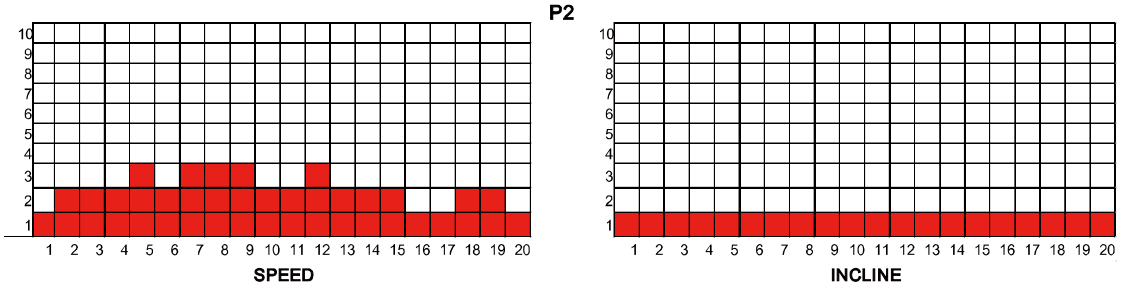

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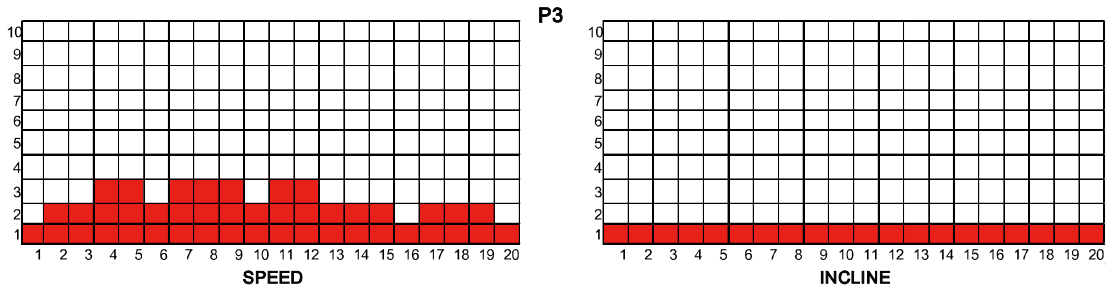

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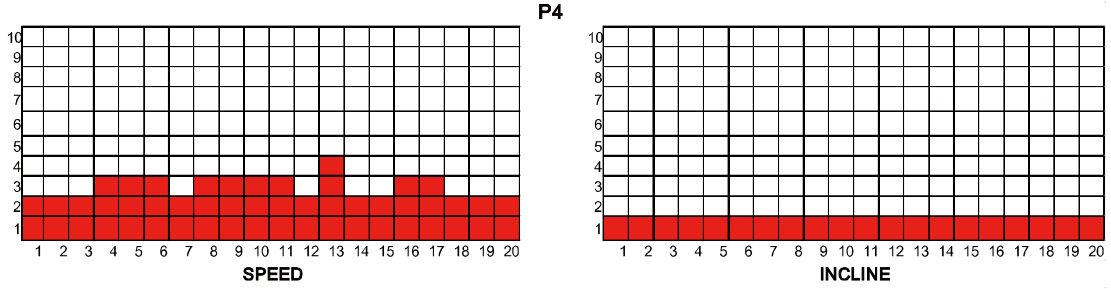

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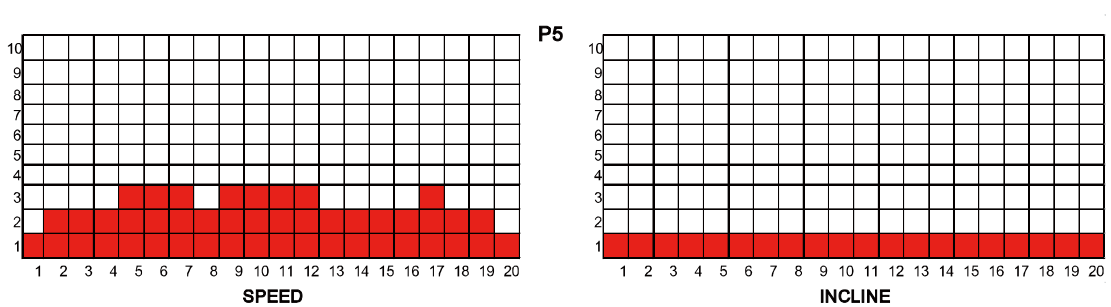

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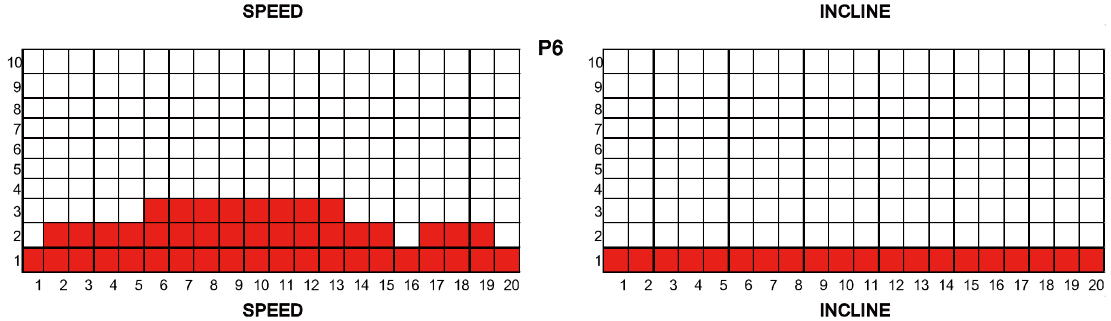

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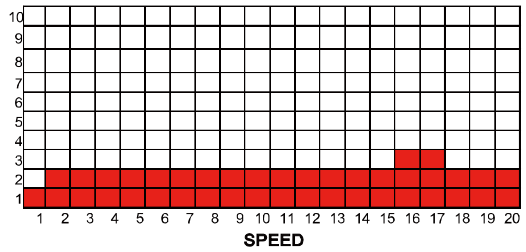

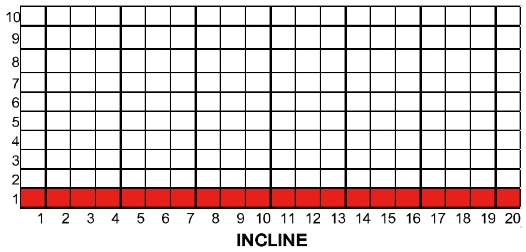

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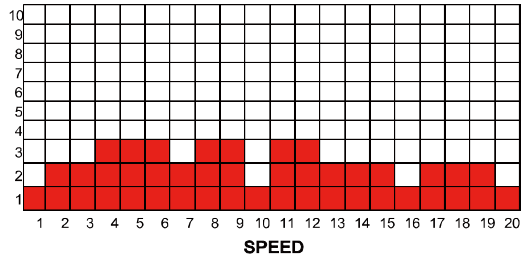

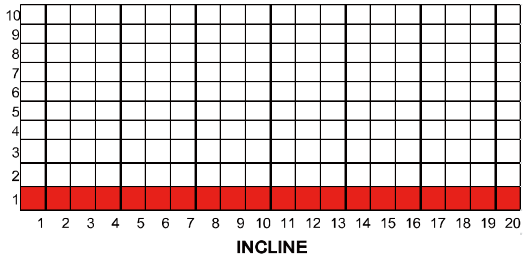

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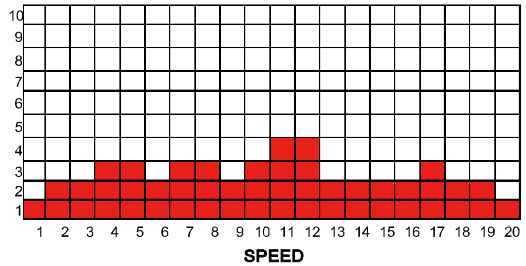

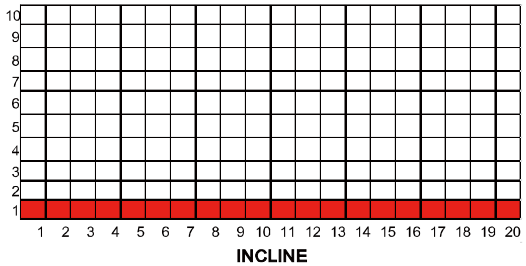

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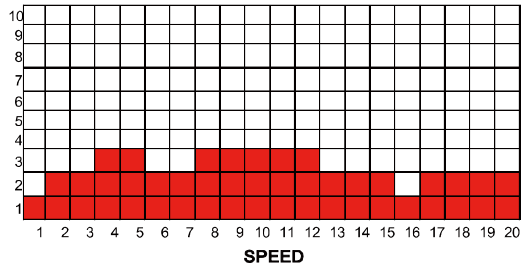

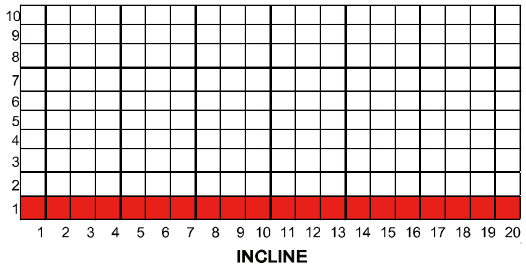

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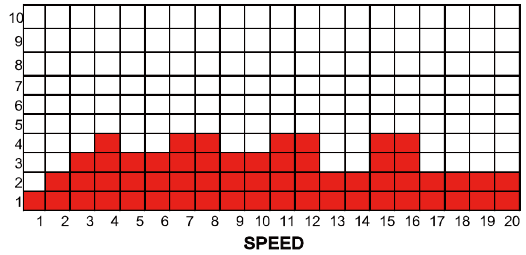

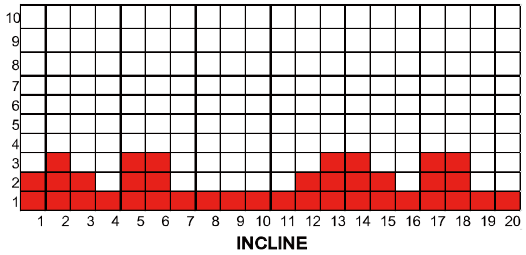

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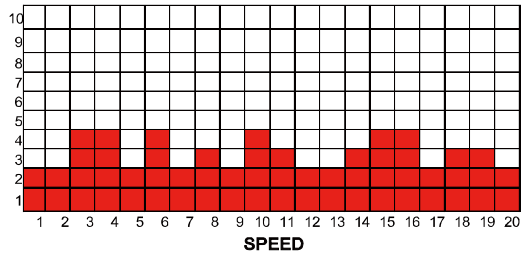

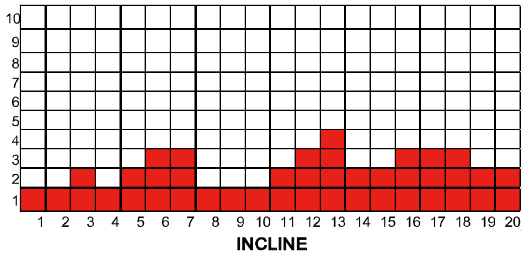

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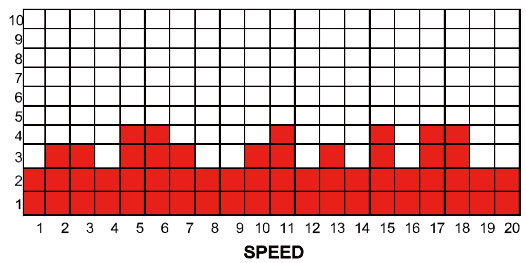

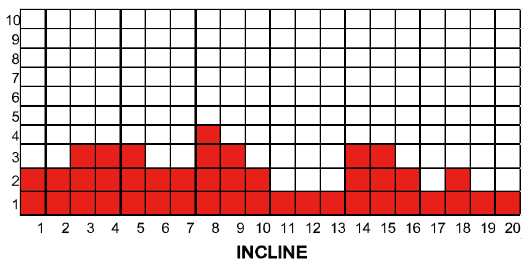

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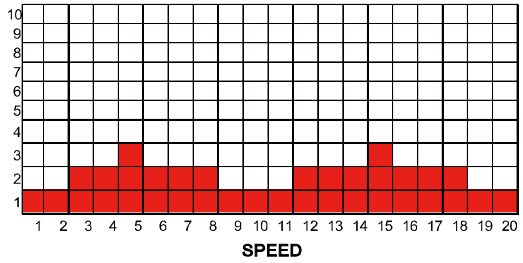

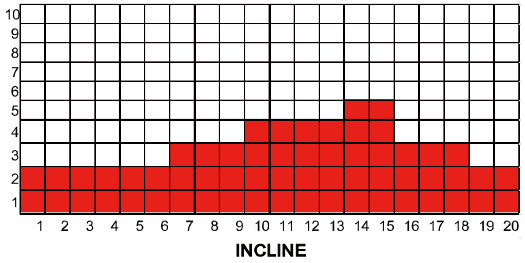

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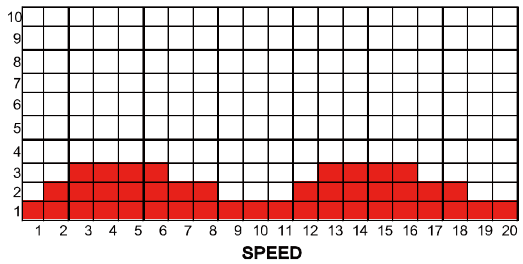

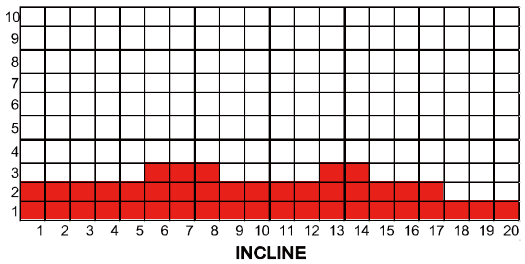

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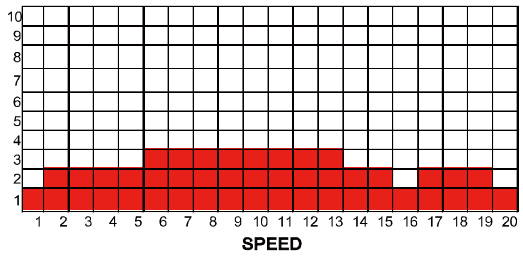

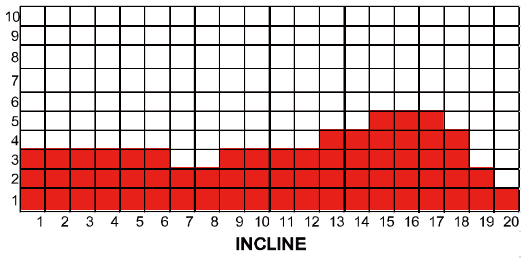

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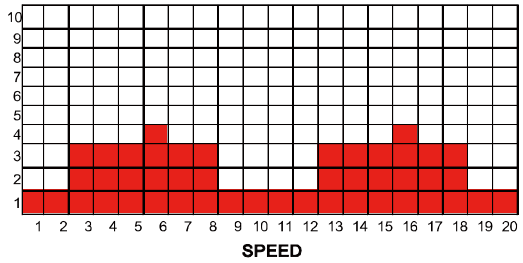

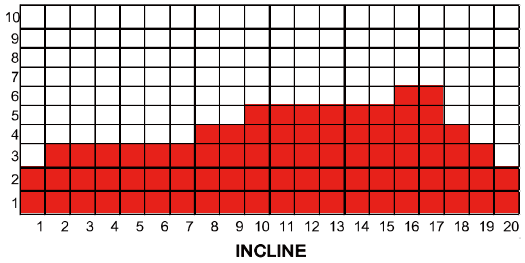

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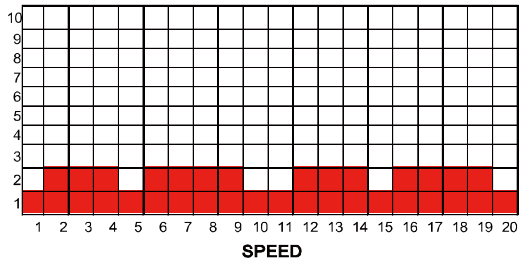

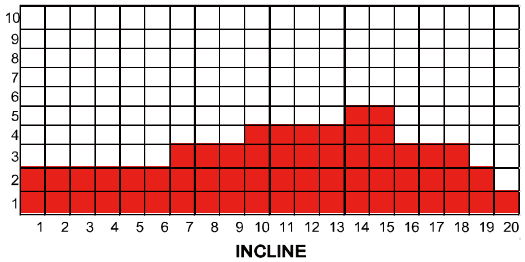

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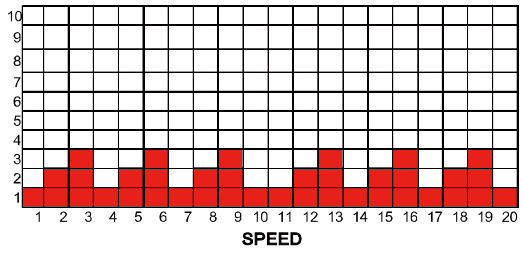

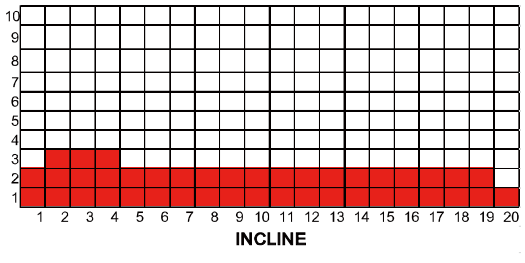

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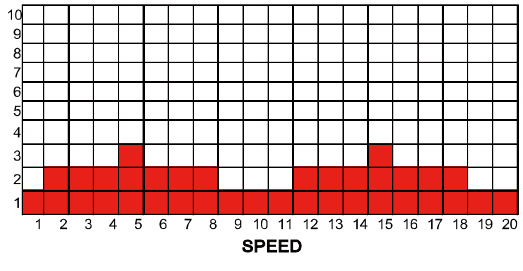

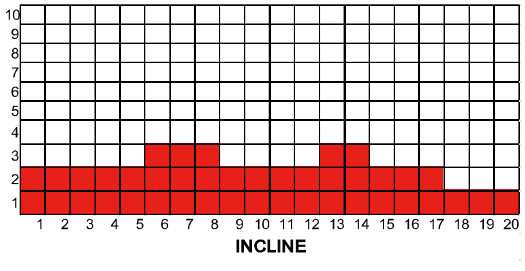

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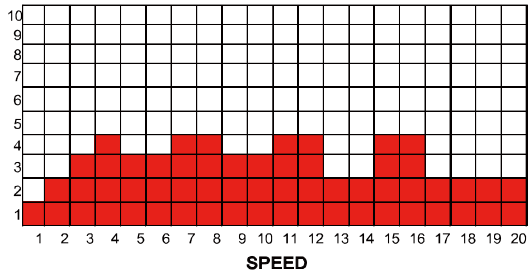

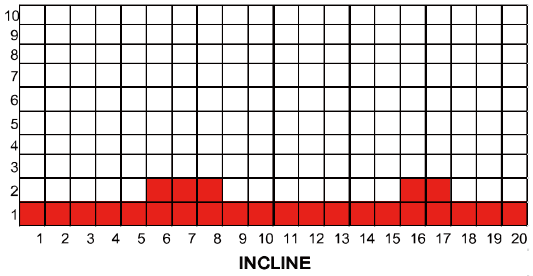

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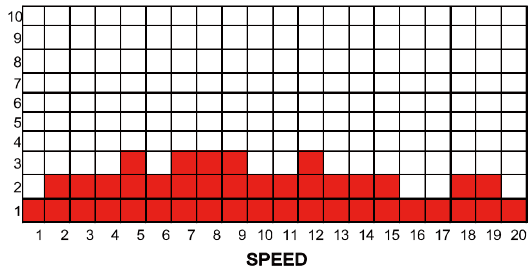

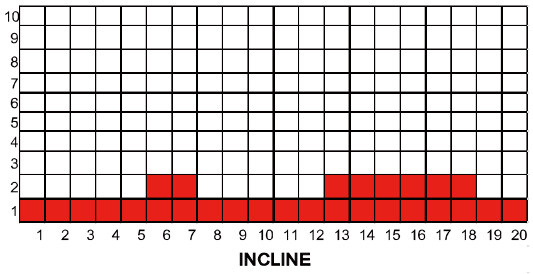

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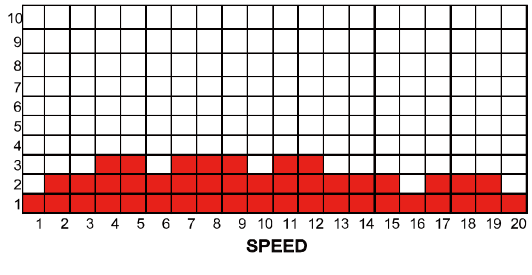

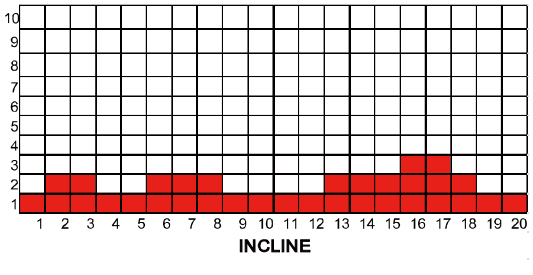

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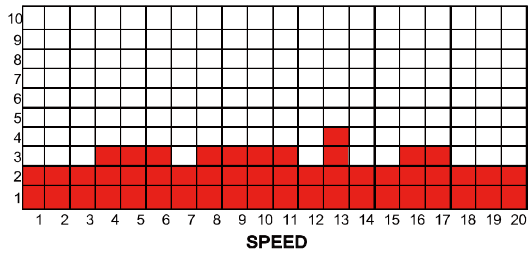

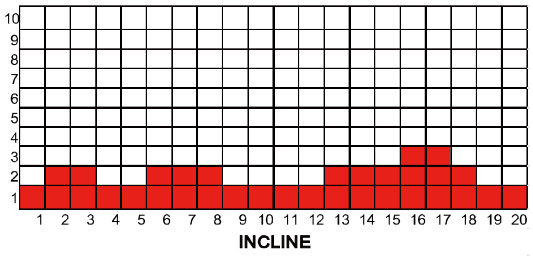

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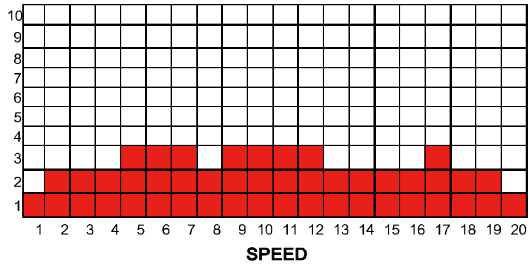

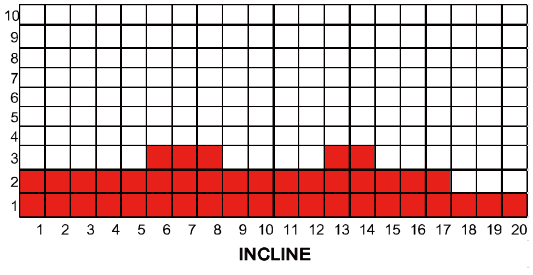

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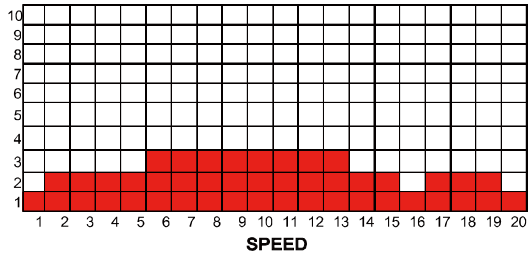

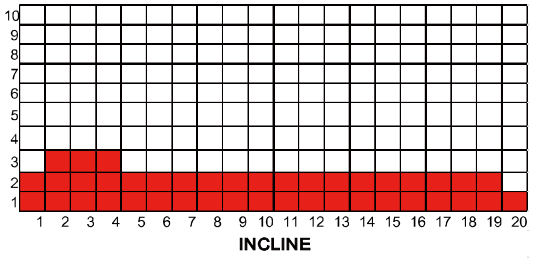

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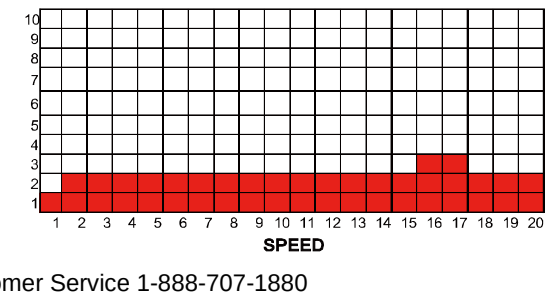

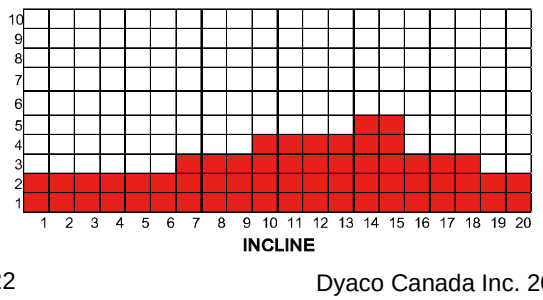

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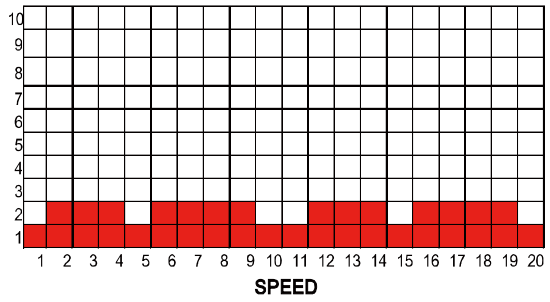
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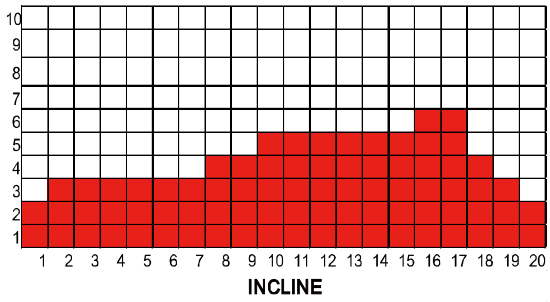
SPEED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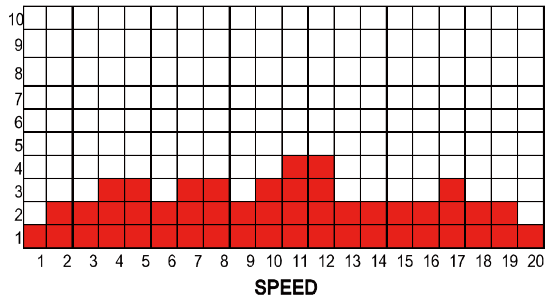
P29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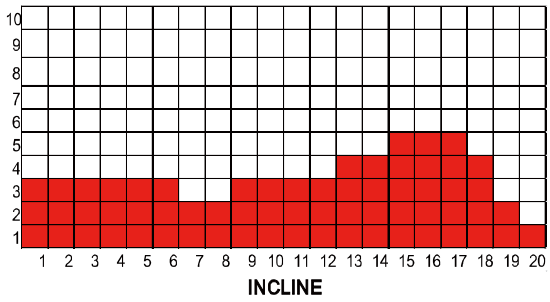
SPEED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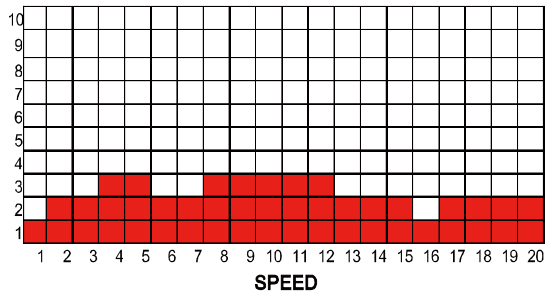
INCLINE

P30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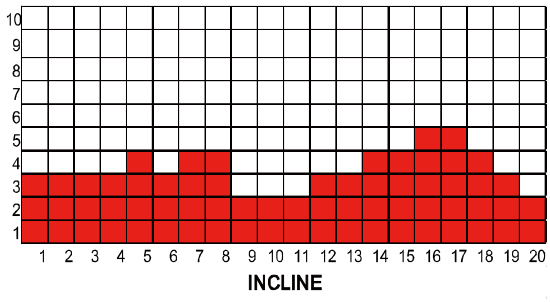
SPEED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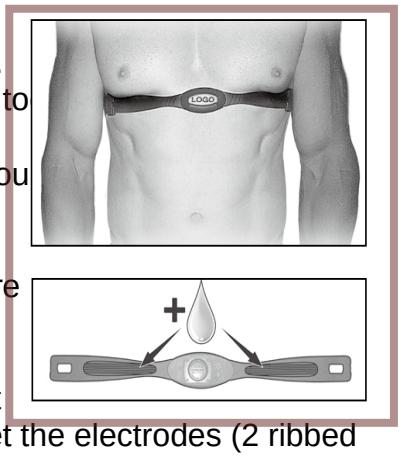
INCLINE

PROGRAM PROFILE

P# \ TIME		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	SPEED	1.2	1.8	1.8	2.5	3.1	1.8	2.5	3.1	3.1	1.8	2.5	3.1	2.5	2.5	2.5	1.2	1.8	1.8	3.1	1.8
P2	SPEED	1.2	2.5	2.5	3.1	3.7	2.5	3.7	3.7	3.7	2.5	3.1	3.7	2.5	2.5	2.5	1.2	1.2	3.1	2.5	1.2
P3	SPEED	1.2	2.5	2.5	3.7	3.7	2.5	4.3	4.3	4.3	2.5	4.3	4.3	2.5	2.5	2.5	1.2	2.5	3.1	1.8	1.2
P4	SPEED	1.8	3.1	3.1	3.7	4.3	4.3	3.1	4.3	4.3	5.0	5.0	3.1	5.6	3.1	3.1	3.7	3.7	2.5	2.5	1.8
P5	SPEED	1.2	2.5	2.5	3.1	3.7	4.3	4.3	3.1	3.7	4.3	5.0	5.0	3.1	2.5	1.8	1.8	3.7	3.1	2.5	1.2
P6	SPEED	1.2	2.5	2.5	2.5	3.1	3.7	5.0	5.0	3.7	4.3	5.0	5.0	3.7	2.5	2.5	1.2	3.1	2.5	1.8	1.2
P7	SPEED	1.2	1.8	1.8	1.8	2.5	3.1	1.8	2.5	3.1	1.8	2.5	3.1	1.8	1.8	1.8	3.7	3.7	3.1	1.8	1.8
P8	SPEED	1.2	1.8	1.8	3.7	4.3	4.3	2.5	3.7	4.3	2.5	3.7	4.3	2.5	2.5	2.5	1.2	1.8	2.5	2.5	1.2
P9	SPEED	1.2	2.5	2.5	4.3	4.3	2.5	4.3	5.0	2.5	5.0	5.6	5.6	2.5	2.5	2.5	3.1	3.7	1.8	1.8	1.2
P10	SPEED	1.2	2.5	3.1	3.7	4.3	3.1	2.5	3.7	5.0	5.0	3.7	3.7	3.1	2.5	2.5	1.2	2.5	2.5	1.8	1.8
P11	SPEED	1.2	3.1	5.0	6.2	4.3	4.3	6.2	6.2	4.3	4.3	6.2	6.2	3.1	3.1	5.6	5.6	3.1	3.1	2.5	1.8
	INCLINE	4	5	3	2	6	6	2	2	2	2	2	4	5	6	3	2	5	5	2	0
P12	SPEED	1.8	2.5	5.6	5.6	3.1	5.6	3.1	5.0	3.1	5.6	4.3	3.1	3.1	4.3	5.6	5.6	3.1	4.3	3.7	1.8
	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
P13	SPEED	1.8	3.7	4.3	3.1	5.6	5.6	4.3	3.1	3.1	4.3	5.6	3.1	5.0	3.1	5.6	3.1	5.6	5.6	2.5	1.8
	INCLINE	3	3	5	6	5	3	3	7	5	3	2	0	0	5	5	3	2	3	2	1
P14	SPEED	1.2	1.2	2.5	3.1	3.7	3.1	2.5	1.8	1.2	0.6	1.2	1.8	2.5	3.1	3.7	3.1	2.5	1.8	1.2	0.6
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P15	SPEED	1.2	2.5	3.7	5.0	3.7	3.7	2.5	2.5	1.2	1.2	1.2	2.5	3.7	5.0	3.7	3.7	2.5	2.5	1.2	1.2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P16	SPEED	1.2	2.5	2.5	2.5	3.1	3.7	5.0	5.0	3.7	4.3	5.0	5.0	3.7	2.5	2.5	1.2	3.1	2.5	1.8	1.2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	1
P17	SPEED	1.2	1.2	3.7	3.7	5.0	6.2	3.7	3.7	1.2	1.2	1.2	1.2	3.7	3.7	5.0	6.2	3.7	3.7	1.2	1.2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P18	SPEED	1.2	1.8	2.5	3.1	1.2	1.8	2.5	3.1	1.8	1.2	1.2	1.8	2.5	3.1	1.2	1.8	2.5	3.1	1.8	1.2
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	3	2
P19	SPEED	1.2	2.5	3.7	1.2	2.5	3.7	1.2	2.5	3.7	1.2	1.2	2.5	3.7	1.2	2.5	3.7	1.2	2.5	3.7	1.2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P20	SPEED	0.6	1.8	2.5	3.1	3.7	3.1	2.5	1.8	1.2	0.6	0.6	1.8	2.5	3.1	3.7	3.1	2.5	1.8	1.2	0.6
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P21	SPEED	1.2	3.1	5.0	6.2	4.3	4.3	6.2	6.2	4.3	4.3	6.2	6.2	3.1	3.1	5.6	5.6	3.1	3.1	2.5	1.8
	I NCLINE	1	1	2	2	2	3	3	3	2	2	1	2	2	1	1	3	3	2	2	2
P22	SPEED	1.2	2.5	2.5	3.1	3.7	2.5	3.7	3.7	3.7	2.5	3.1	3.7	2.5	2.5	2.5	1.2	1.2	3.1	2.5	1.2
	INCLINE	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P23	SPEED	1.2	2.5	2.5	3.7	3.7	2.5	4.3	4.3	4.3	2.5	4.3	4.3	2.5	2.5	2.5	1.2	2.5	3.1	1.8	1.2
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P24	SPEED	1.8	3.1	3.1	3.7	4.3	4.3	3.1	4.3	4.3	5.0	5.0	3.1	5.6	3.1	3.1	3.7	3.7	2.5	2.5	1.8
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P25	SPEED	1.2	2.5	2.5	3.1	3.7	4.3	4.3	3.1	3.7	4.3	5.0	5.0	3.1	2.5	1.8	1.8	3.7	3.1	2.5	1.2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P26	SPEED	1.2	2.5	2.5	2.5	3.1	3.7	5.0	5.0	3.7	4.3	5.0	5.0	3.7	2.5	2.5	1.2	3.1	2.5	1.8	1.2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P27	SPEED	1.2	1.8	1.8	1.8	2.5	3.1	1.8	2.5	3.1	1.8	2.5	3.1	1.8	1.8	1.8	3.7	3.7	3.1	1.8	1.8
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	3	3
P28	SPEED	1.2	1.8	2.5	3.1	1.2	1.8	2.5	3.1	1.8	1.2	1.2	1.8	2.5	3.1	1.2	1.8	2.5	3.1	1.8	1.2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P29	SPEED	1.2	2.5	2.5	4.3	4.3	2.5	4.3	5.0	2.5	5.0	5.6	5.6	2.5	2.5	2.5	3.1	3.7	1.8	1.8	1.2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P30	SPEED	1.2	2.5	3.1	3.7	4.3	3.1	2.5	3.7	5.0	5.0	3.7	3.7	3.1	2.5	2.5	1.2	2.5	2.5	1.8	1.8
	INCLINE	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3

USING HEART RATE TRANSMITTER (OPTIONAL)



How to wear your wireless chest strap transmitter (not included):
1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not to tight to remain comfortable.
3. Position the transmitter with the logo centered in the middle of you body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter directly below the pectoral muscles.
5. Sweat is the best conductor to measure every minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strongsteady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter directly on bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, wet the areas of the shirt that the electrodes will rest upon. Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.

ERRATIC OPERATION

Caution! Do not use this treadmill for Heart Rate programs unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look for interference which may cause erratic heart rate:
1. Treadmill not properly grounded - Proper grounding is a must!
2. Microwave ovens, TV's, small appliances, etc.
3. Fluorescent lights.
4. Some household security systems.
5. Perimeter fence for a pet.
6. Some people have problems with the transmitter picking up a signal from their skin. If you have problems, try wearing the transmitter upside down.
7. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
8. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems, contact Dyaco Canada Inc. 1-888-707-1880

HEART RATE PROGRAMS

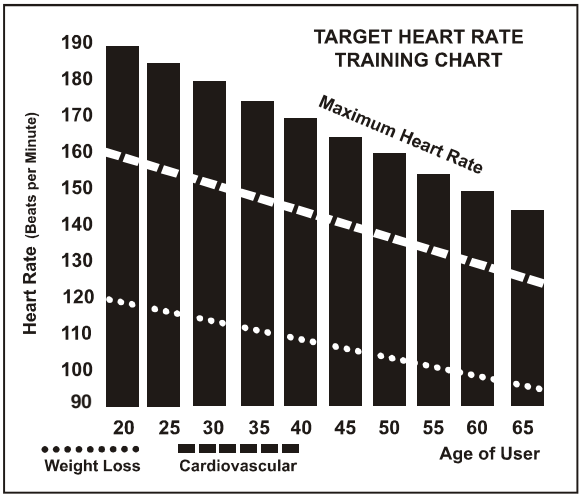
The old motto, "no pain, no gain", is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low, and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefits range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals, you simply calculate a percentage of your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat, while 80% is for strengthening the cardiovascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old, their target heart rate zone is calculated:

220 – 40 = 180 (maximum heart rate)
180 x 0.6 = 108 beats per minute
(60% of maximum)
180 x 0.8 = 144 beats per minute
(80% of maximum)

So, for a 40-year-old, the training zone would be 108 to 144 beats per minute.



If you enter your age during programming, the console will perform this calculation automatically. After calculating your MHR, you can decide upon which goal you would like to pursue.

The two most popular reasons for, or goals, of exercise, are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

RATE OF PERCEIVED EXERTION

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate, and what you ate all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:

Rating Perception of Effort

6 Minimal
7 Very, very light
8 Very, very light +
9 Very light
10 Very light +
11 Fairly light
12 Comfortable
13 Somewhat hard
14 Somewhat hard +
15 Hard
16 Hard +
17 Very hard
18 Very hard +
19 Very, very hard
20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example, a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending on the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong, and your pace will feel easier. When your body is in this condition, you are able to train harder, and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE, and you will train at the proper level for that day.

USING THE XTERRA APP

In order to help you achieve your exercise goals, your new exercise equipment comes equipped with a Bluetooth® transceiver that will allow it to interact with selected phones or tablet computers via the Xterra App.

Just download the free Xterra App from the Apple Store or Google Play, and then follow the instructions in the App to sync with your exercise equipment. This allow you to view current workout data in three different Display screens on your device. You can also easily switch back and forth from the workout display view to internet/social media/email sites via icons available on the display screen. When your workout is completed, the data is automatically saved to the built-in personal calendar for future reference.

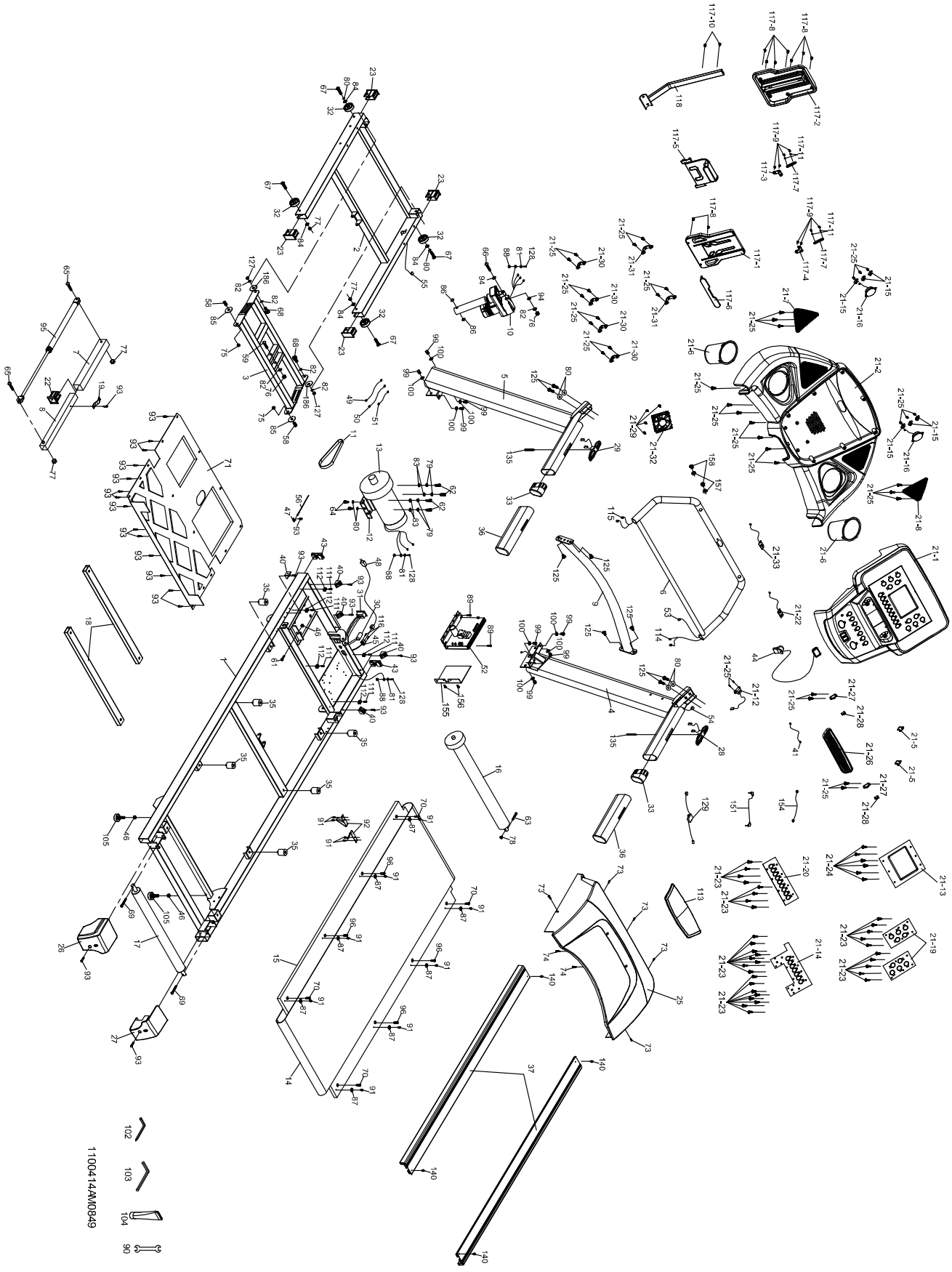
The Xterra App also allows you to sync your workout data with one of many fitness cloud sites we support: iHealth, MapMyFitness, Record or Fitbit, with more to come.

Syncing the App with your exercise equipment:

1. Download the App.
2. Open the App on your device (phone or tablet) and make sure Bluetooth® is enabled on your device (phone or tablet).
3. In the App click the icon in the top left corner to search for your Xterra equipment (shown right).
4. After the equipment is detected, click Connect. When the App and equipment are synced, the Bluetooth® icon on the equipment's console display will light up. You may now start using your new Xterra product.
5. When your workout is completed, the data is automatically saved, and you will be prompted to sync your data with each available fitness cloud site. Please note you will have to download the applicable compatible fitness App, such as iHealth, MapMyFitness, Record, Fitbit, etc, in order for the icon to be active and available.

Note: Your device will need to be running on a minimum operating system of IOS 10.1 or Android 6.0 for the Xterra App to operate properly.

PARTS DIAGRAM



PARTS LIST

KEY NO.	PART NO.	DESCRIPTION	Q'TY
001	AA010205-Q2	Main Frame	1
002	AA020067-Q2	Frame Base	1
003	AA030046-Q2	Incline Bracket	1
004	AA040158-Q2	Right Upright	1
005	AA040155-Q2	Left Upright	1
006	AA050127-Q2	Console Support	1
007	AA060099-Q2	Outer Slide	1
008	AA060100-Z2	Inner Slide	1
009	AA060138-Q2	Handrail Support	1
010	G150001	Incline Motor	1
011	N010001	Drive Belt	1
012	B134029-Y3	Motor Bracket	1
013	CRG080606B	Drive Motor	1
014	H0613220H	Running Belt	1
015	H140043	Running Deck	1
016	K140017-Z9	Front Roller W/Pulley	1
017	K140035-Z3	Rear Roller	1
018	A440095-Q2	Deck Cross Brace	2
019	B130215-Z1	Sliding Tube Spring	1
021	CRZ4NT0360-	Console Assembly	1
022	P040131-A1	Anti-Colliding Plug	1
023	P040132-A1	End Cap	4
025	P010104-A1	Motor Top Cover	1
026	P030028-A1	Adjustment Base (L)	1
027	P030029-A1	Adjustment Base (R)	1
028	E050403	300m/m_Speed/Hand Pulse Complex	1
029	E050502	300m/m_Incline/Hand Pulse Complex	1
030	F020001	Breaker	1
031	F030001	On / Off switch	1
032	P050010-A1	Transportation Wheel	4
033	P040133-A1	Handgrip End Cap	2
035	P060019-A1	Cushion	6
036	L030020-A1	PVC Handgrip	2
037	P080037L-A1	Foot Rail	2
040	P060021-A1	Motor Cover Anchor(D)	5
041	E030119	400m/m_Receiver Connecting Cable	1
043	P040002-A1	30 × 60m/m Square End Cap	2
044	N100003-A5	Square Safety Key	1
045	F010007	Power Socket	1
046	J129021-Y3	3/8" × UNC16 × 7T_Nut	3
047	P060022E-A1	Sensor Rack	1
048	E060001	Power Cord	1
049	E010754	300m/m_Connecting Wire (White)	1
050	E010755	300m/m_Connecting Wire (Black)	1
051	E010747	100m/m_Connecting Wire (Black)	1
052	D090060-02	Motor Controller	1

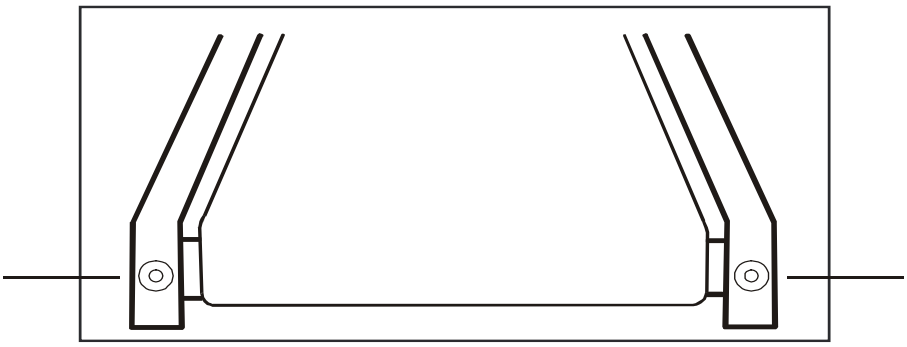
KEY NO.	PART NO.	DESCRIPTION	Q'TY
053	E020729	1200m/m_Computer Cable (Upper)	1
054	E020725-02	1250m/m_Computer Cable (Middle)	1
055	E020729-01	1200m/m_Computer Cable (Lower)	1
056	F030185	1000m/m_Sensor W/Cable	1
058	J011503-Y3	1/2" × 12UNC × 1"_Hex Head Bolt	2
059	J011013R-ZN	3/8" × UNC16 × 3-1/4"_Hex Head Bolt	1
061	J011006-Y3	3/8" × 1-1/2"_Hex Head Bolt	1
062	J011002-Y3	3/8" × 3/4"_Hex Head Bolt	4
063	J013012-Y3	M8 × 60m/m_Hex Head Bolt	1
064	J013002-Y3	M8 × P1.25 × 12m/m_Hex Head Bolt	2
065	J020512S-Y3	5/16" × UNC18 × 3"_Button Head Socket Bolt	2
066	J011007T-Y3	3/8" × UNC16 × 1-3/4"_Hex Head Bolt	1
067	J340506E-Y3	5/16" × 1-1/2"_Flat Head Socket Bolt	4
068	J033505S-ZN	M10 × 25m/m_Socket Head Cap Bolt	2
069	J033016-ZS	M8 × 80m/m_Socket Head Cap Bolt	2
070	J043005-Y3	M8 × 25m/m_Flat Head Countersink Bolt	4
071	P090115-A1	Motor Bottom Cover	1
073	J377105-Y3	5 × 16m/m_Tapping Screw	5
074	J396804-Y3	3.5 × 12m/m_Sheet Metal Screw	2
075	J139111-Y3	1/2" × 8T_Nylon Nut	2
076	J139011-Y3	3/8" × 7T_Nylon Nut	2
077	J139062-Y3	5/16" × 7T_Nylon Nut	4
078	J139261-Y3	M8 × 7T_Nylon Nut	1
079	J260001-Y3	Ø10 × 2.0T_Split Washer	4
080	J260007-Y3	Ø8 × 1.5T_Split Washer	8
081	J260008-Y3	Ø5 × 1.5T_Split Washer	3
082	J210003-Y3	Ø3/8"× Ø19 × 1.5T_Flat Washer	6
083	J210008-Y3	Ø3/8" × Ø25 × 2.0T_Flat Washer	4
084	J210005-Y3	Ø5/16" × Ø18 × 1.5T_Flat Washer	4
085	P060206-A1	Ø50 × Ø13 × 3T_Nylon Washer (B)	2
086	P060221-A1	Ø24 × Ø10 × 3T_Nylon Washer (A)	2
087	B130016-Z1	Ø25 × Ø20 × Ø16 × Ø5 × 4.5H × 1.1T_Concave Washer	8
088	J270001-Z1	M5_Star Washer	3
089	J367111-Y3	Ø5 × 32m/m_Tapping Screw	2
090	J330014-Z1	13m/m_Wrench	1
091	J386904-Y3	4 × 12m/m_Sheet Metal Screw	12
092	B133000-Z1	Belt Guide	2
093	J367105-Y3	Ø5 × 16m/m_Tapping Screw	23
094	P060410-A1	Ø10 × Ø25 × 0.8T_Nylon Washer	2
095	K060039A	Cylinder	1
096	J043010-Y3	M8 × 50m/m_Flat Head Countersink Bolt	4
099	J010501-Y3	5/16" × UNC18 × 1/2"_Hex Head Bolt	8
100	J210005-Y3	Ø5/16" × Ø18 × 1.5T_Flat Washer	8
102	J330001-Y3	M5_Allen Wrench Head Screw Wrench	1
103	J330002-Y3	M6_L Allen Wrench	1
104	N020007A	Lubricant	1
105	P060018-A1	Adjustment Foot Pad	2
111	J536805-Y3	3.5 × 16m/m_Tapping Screw	5

KEY NO.	PART NO.	DESCRIPTION	Q'TY
112	P060281	Wire Tie Mount	5
113	CRP010105-IE-01	Top Motor Cover Plate	1
114	E050203-01	1000m/m_Speed Adjustment Switch W/Cable(Upper)	1
115	E050253	1000m/m_Incline Adjustment Switch W/Cable(Upper)	1
116	J547003-Z1	3 × 10m/m_Sheet Metal Screw	2
117	CZP240021-A1	Tablet holder	1
117-10	J092001-Y3	M5 × 10m/m_Phillips Head Screw	2
118	AA060210-Q2	PAD Handrail Support	1
125	J020502-Y3	5/16" × 3/4"_Button Head Socket Bolt	8
127	J139361-Y3	M10 × 8T_Nylon Nut	2
128	J092001-Y3	M5 × 10m/m_Phillips Head Screw	3
129	D090505-01	Receiver, HR	1
135	J527014L-Y3	Ø3 × 75m/m_Sheet Metal Screw	2
140	J386915-Y3	Ø4 × 19m/m_Sheet Metal Screw	4
151	E090001	400m/m_Audio Cable	1
154	E040005	1000m/m_Ground Wire	1
155	B070005-Q2	Controller Back Plate	1
156	J397002-Y3	3 × 8m/m_Sheet Metal Screw	2
157	J220003-Y3	Ø5/16" × 19 × 1.5T_Curved Washer	2
158	J020501-Y3	5/16" × 1/2"_Button Head Socket Bolt	2
186	P060786-A1	Ø40 × 3T_Nylon Washer	2

GENERAL MAINTENANCE

BELT ADJUSTMENTS:

Tread-belt Tension Adjustment - Belt tension is not critical for most users. It is very important for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the right side of the rear roller in order to adjust tension with the 6 mm Allen wrench provided in the parts package. The adjustment bolt is located at the end of the right-side rail as noted in diagram below.



Note: *Adjustment is through small hole in end cap.*

Tighten the rear roller only enough to prevent slippage at the front roller. Turn the treadbelt tension adjusting bolt in increments of 1/4 turn and inspect for proper tension.

When an adjustment is made to the belt tension, you must also make a tracking adjustment to compensate for the change in belt tension. This is accomplished by turning both the tension and tracking Allen bolts an equal amount. This adjustment should be made by turning both bolts clockwise by no more than a 1/4 turn at a time.

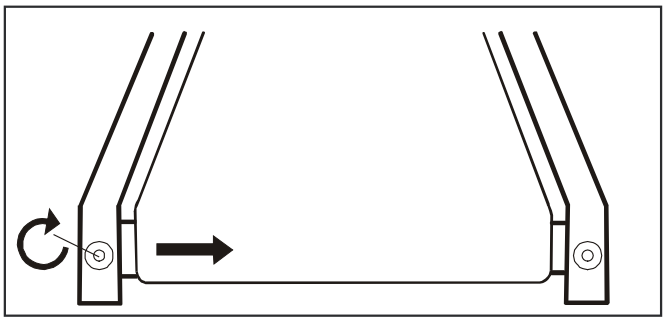
DO NOT OVERTIGHTEN – Over tightening will cause belt damage and premature bearing failure.

TREADBELT TRACKING ADJUSTMENT- The performance of your treadmill is dependent on the frame running on a reasonably level surface. If the frame is not level, the front and back roller cannot run parallel, and constant belt adjustment may be necessary.

The treadmill is designed to keep the tread-belt reasonably centered while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the tread-belt should have a tendency to center itself. If, during use, the belt continues to move toward one side, adjustments are necessary.

TO SET TREADBELT TRACKING:

A 6 mm Allen wrench is provided to adjust the rear roller. Make tracking adjustments from the left and the right side. Set belt speed at approximately 2 to 3 mph. A small adjustment can make a dramatic difference. Turn the bolt only a 1/4 turn and wait a few minutes for the belt to adjust itself. Continue to make 1/4 turns until the belt stabilizes in the center of the running deck. The belt may require periodic tracking adjustment depending on use and walking/running characteristics.



Some users will affect tracking differently. Expect to make adjustments as required to center the tread-belt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills.

ATTENTION: DAMAGE TO THE RUNNING BELT RESULTING FROM IMPROPER TRACKING / TENSION ADJUSTMENTS IS NOT COVERED UNDER THE WARRANTY.

BELT / DECK LUBRICATION:

Do not lubricate with other than Dyaco approved lubricant. Your treadmill comes with one tube of lubricant and extra tubes can be ordered directly from Dyaco. There are commercially available lube kits, but the only one currently approved by Dyaco is Lube-N-Walk. These kits come with an application wand that makes applying the lubrication easier. Keeping the deck lubricated at the recommended intervals ensures the longest life possible for your treadmill. If the lubricant dries out, the friction between the belt and deck rises and places undue stress on the drive motor, drive belt and electronic motor control board, which could result in catastrophic failure of these expensive components. Failure to lubricate the deck at regular intervals may void the warranty.

The deck comes pre-lubricated and subsequent lubrication should be performed every 90 hours of use. To lubricate the deck with the tube of lubricant supplied it will be necessary to loosen the walking belt. Using the 6 mm allen wrench supplied, loosen the two rear roller adjustment bolts -- located in the rear end caps – enough to get your hand under the belt (5 – 10 turns). Make sure to loosen both bolts the same amount of turns and also remember how many turns, because when finished you will need to tighten the bolts back to the point they were before.

Once the belt is loose, wipe the deck with a clean lint free cloth to remove any dirt. Apply the whole tube of lubricant onto the deck surface about 18 inches from the motor cover. Squeeze out the contents of the tube across the deck (parallel to the motor cover) in about a one-foot long line, like toothpaste on a toothbrush. The one-foot line should be in the middle of the deck at approximately equal distance from both side edges of the belt.
You want the lubricant to be applied about the spot that your feet would hit the belt as you are walking. This should be about 18 inches from the motor cover, but you may want to walk on the treadmill before loosening the belt to note where your feet land on the belt. If you mostly run on the treadmill, the spot where your feet land may be different from walking. Once the lubricant is applied, tighten the rear roller bolts the same amount of turns as when you loosened them. Run the treadmill at about 6 mph without walking on it for about a minute or two to make sure the belt stays in the middle of the deck. If the belt tracks to one side, then follow the belt tracking instructions to remedy. Now the deck is lubricated, and you should walk, not run, on the treadmill immediately for at least 5 minutes to ensure the lubricant is evenly distributed. If you purchase a Lube-N-Walk kit, follow the instructions that come with it to apply the lubrication.

GENERAL MAINTENANCE

WARNING: Always unplug your treadmill prior to cleaning in order to avoid electrical hazard or shock.

Belt and Deck - Your treadmill uses a very high-efficient low-friction deck. Performance is maximized when the deck is kept as clean as possible. Use a soft, damp cloth or paper towel to wipe the edge of the belt and the area between the belt edge and frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and deck life. Use water only - no cleaners or abrasives. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. Allow to dry before using.

Belt Dust - This occurs during normal break-in or until the belt stabilizes. Wiping excess off with a damp cloth will minimize buildup.

General Cleaning - Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. On a monthly basis, vacuum underneath your treadmill to prevent buildup.
Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate. UNPLUG POWER CORD BEFORE THIS TASK.

Cleaning metal surfaces may be accomplished by using a soft cotton or terry cloth rag with a light application of car wax. Do not use aerosol sprays or pump bottles as they may deposit wax upon the walking or computer surface. Under no circumstances are you to use ammonia, oils, silicones, or any other compounds on the rubberized walking surface. The use of such materials may cause serious injury to the body and/or deteriorate the performance of the walking surface. Only clean the rubberized walking surface with a damp cloth (water only). From time-to-time the computer surface may collect dust or finger prints. The use of harsh chemicals will destroy the protective coating and cause a static build up that will damage the components. This surface may be cleaned with specially prepared chemicals found in most computer supply stores especially made for anti-static surfaces. It is strongly recommended that you purchase such a cleaning compound.

TREADMILL LUBRICATION
Your treadmill should require little maintenance other then periodically applying lubricant. Lubricating under the tread-belt will ensure superior performance and extend its life expectancy.

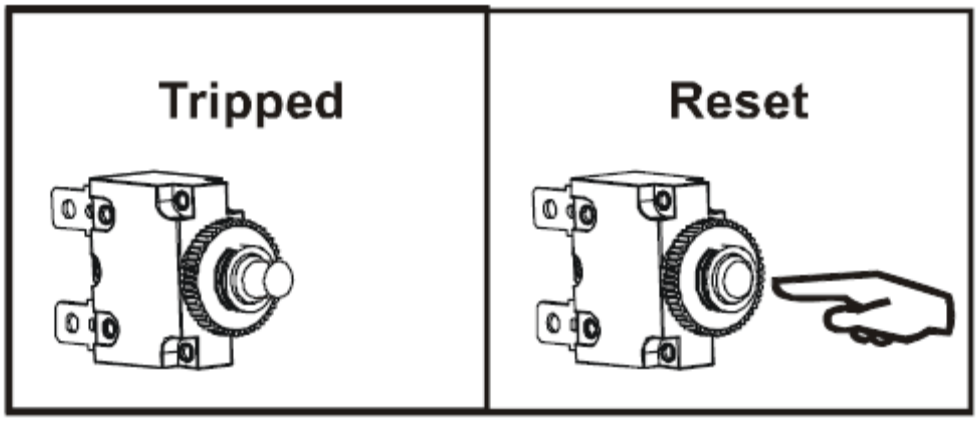
HOW TO CHECK IF THE TREADBOARD REQUIRES LUBRICATION
Lift one side of the tread-belt and feel the top surface of the tread board. If the surface is (slick) to the touch, then no further lubrication is required. If the surface is dry to the touch, apply one packet of lubricant or half of the bottle of lubricant.

RESET SWITCH RESETTING

- If your treadmill loses power or will not start, check the reset switch located on the front of the motor cover.
- If the white tab of the reset switch is not showing, then the reset switch has not been tripped.
- If the white tab of the reset switch is showing, the reset switch has tripped.

To reset the reset switch:

- Remove the safety clip on console.
- Press white tab of the reset switch in until it snaps back into place.
- If the reset switch continues to trip - see tread-belt adjustment and tread-belt lubrication



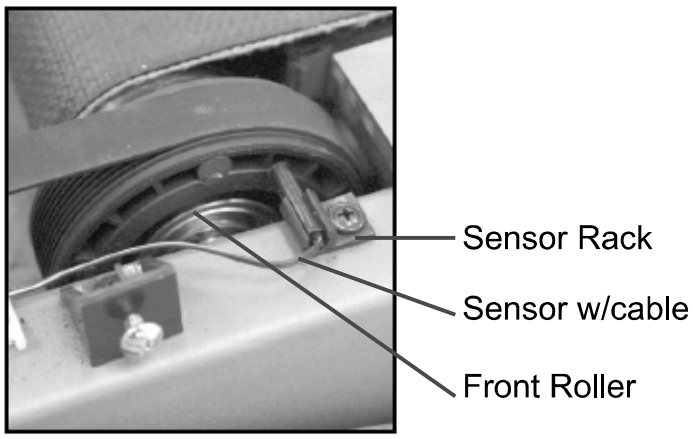
SPEED SENSOR ADJUSTMENT(ONLY IN CALIBRATION MODE)

In calibration mode,If the monitor does not display calibration parameter,the speed sensor and magnet may be misaligned.

Note: Always unplug your treadmill prior to cleaning in order to avoid electrical hazard or shock.

Follow these steps to check and realign.

- Remove the motor cover
- Check the spacing and alignment between the magnet on the right side of the front roller and the speed sensor on the frame. The spacing must be 1/8".
- Loosen screw and slide speed sensor in or out of clamp.
- Retighten screw and replace the motor cover.



SERVICE CHECKLIST – DIAGNOSIS GUIDE

Before contacting your dealer for aid, please review the following information. It may save you both time and expense. This list includes common problems that may not be covered under the treadmill's warranty.

PROBLEM	SOLUTION/CAUSE
Display does not light.	1. Tether cord not in position. 2. Circuit breaker on front grill tripped. Push circuit breaker in until it locks. 3. Plug is disconnected. Make sure plug is firmly pushed into AC household wall outlet. 4. Household circuit breaker may be tripped. 5. Treadmill defect. Contact your dealer.
Tread-belt does not stay centered Treadmill belt hesitates when walk or run on.	The user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly off-center to the side opposite from the belt movement. See **General Maintenance** section on **Tread-belt Tension**. Adjust as necessary.
Motor is not responsive after pressing start.	Contact the service department
Treadmill will only achieve approximately 18 kph (12 mph) but shows higher speed on display.	This indicates motor should be receiving power to operate. Low AC voltage to treadmill. Do not use an extension cord. If an extension cord is required, it should be as short as possible and heavy duty 14 gauge minimum. Low household voltage. Contact an electrician or your dealer. A minimum of 110 volt AC current is required.
Tread-belt stops quickly/ suddenly when tether cord is pulled.	High belt/deck friction. See **General Maintenance** section on lubrication.
Treadmill trips on board 15 amp circuit.	High belt/deck friction. See **General Maintenance.**
Computer shuts off when console is touched (on a cold day) while walking/running.	Treadmill may not be grounded. Static electricity is “crashing” the computer. Refer to **Grounding Instructions.**
House circuit breaker trips, but not the treadmill circuit breaker.	Check that the treadmill is the only object in the circuit. See “Important Electrical Information” in the front of this manual for more details.

TROUBLESHOOTING

How to enter factory settings to change from miles to kilometers

Remove the safety key and reinsert it after pressing hold the PROGRAM button 3 seconds to enter the engineering mode. Press the SELECT button once to select miles or km(MPH is milds, KMH is km)),roller diameter (60), speed (0.5mph to 12mph) and incline (15). Press speed ▲ / ▼button to change the value. Press the SELECT button to finish. Press the START button the treadmill begins to calibrate itself and will leave the engineering mode when the operation is completed.

Error Messages and Troubleshooting for Digital-Control System Treadmills			
Error	Meaning	Possible cause	
Console showing E0	Safety Switch Malfunction	1. If safety key switch is placed properly?	Place properly
		2. Is safety switch defective?	Replace safety key
Console showing E1 (Only in calibrtion mode)	Missing speed signal	1. Check and make sure speed sensor is connected	Connect the speed sensor
		2. Speed sensor is defective	Replace the speed sensor
Console showing E2	Over current protection Treadmill over loaded, controller protection is activated.	1. Check and make sure of proper walking belt alignment. Make sure of periodic lubrication to minimize belt resistance.	See general maintenance
		2. Any roller bearing damage?	Replace roller
		3. motor overheated?	Replace motor
Console showing E3	Incline Error	1. Is the cable between incline motor and controller connected correctly and properly?	Connect properly
		2. Check if incline mechanism being stock or defective?	Replace incline motor
		3. Is VR connected properly or with intermittence?	Replace incline motor
Console showing E4	Improper motor input voltage	1. Motor is not connected properly or even not connected to the controller.	Connect properly
Console showing E5	Communication disconnected between the console and the controller or communication error.	1. check and make sure of proper connection between the console and the controller.	Connect properly or replace cables
Console showing E6	Controller malfunction	1. Controller component failure (e.g. IGBT)	Replace controller
Console showing E7	Abnormal power input	1. check and make sure of proper voltage input for the treadmill.	

TRAINING GUIDELINES

Exercise

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

Basic Components of Physical Fitness

There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs

Aerobic Fitness

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVo2). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO2 indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means "without oxygen" and is the output of energy when the oxygen supply is insufficient to meet the body's long-term energy demands. (For example, 100 meter sprint).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression

As your become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised. Working through your program and gradually increasing the overload factor is important.

Specificity

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARM UP

Every exercise program should start with a warm up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later. Stretching should be included in both your warm up and cool down and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly o the central circulation, pooling of blood may occur in the muscles

Heart Rate

As you exercise, so the rate at which your heart beat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.
The following table is a guide to those who are "starting fitness".

Age	25	30	35	40	45	50	55	60	65
Target heart Rate 10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

Pulse Count

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments: (1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it; (2) your pulse rate is a guide, don't become a slave to it.

Endurance Circuit Training

Cardiovascular endurance, muscle, strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

Body Building

Is often used synonymously with strength training. The fundamental principal here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

Patronization

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting "stale', bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better for it.

Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced, or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something.

Stop exercising and consult your doctor.

What to Wear

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more

than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers".

Breathing during Exercise

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest periods

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

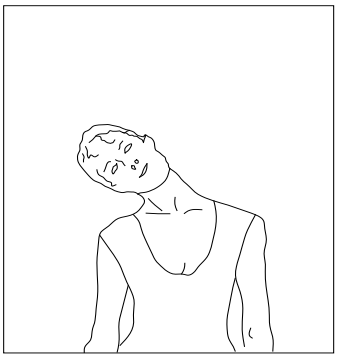
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one-minute rest periods

STRETCHING

Stretching should be included in both your warm up and cool down and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

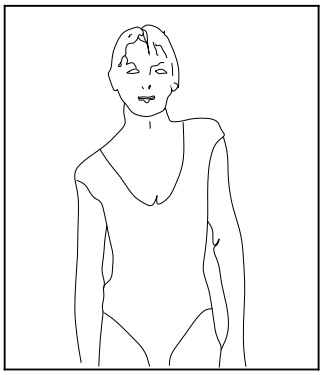
HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



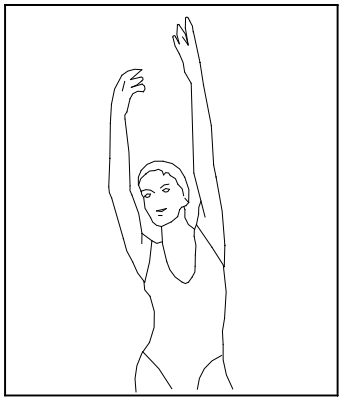
SHOULDER LIFTS

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



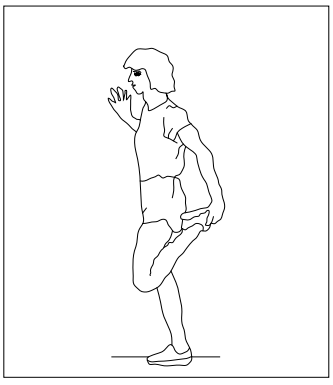
SIDE STRETCHES

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



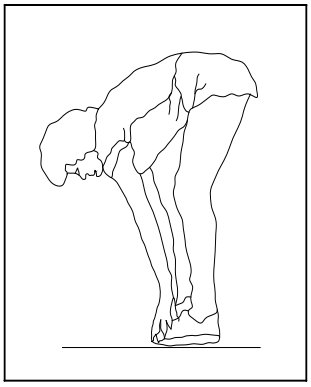
QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.

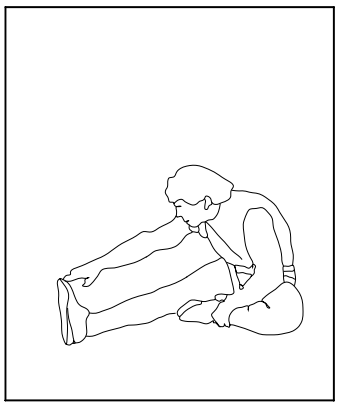


INNER THIGH STRETCH
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close Into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

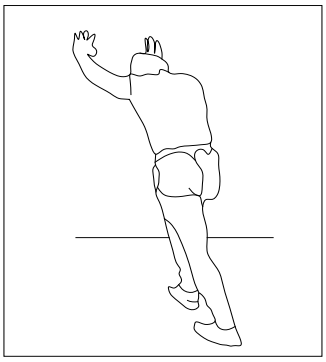
TOUCHES
Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



HAMSTRING STRETCHES
Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



CALF / ACHILLES STRETCH
Lean against a wall with your left leg in front of the right and your arms forward. Keep toward your right leg straight and the left foot on the floor then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its treadmill parts for a period of time listed below from the date of retail sale, as determined by sale receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts, at Dyaco Canada Inc.'s option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Dyaco Canada Inc. directly to a consumer. The warranty period applies to the following components:

Frame	Lifetime
Motor	Lifetime
Labour	1 Year
All other components	1 Year

The consumer is responsible for the items listed below:

1. The warranty registration can be completed on line: Go to www.dyaco.ca/warranty.html and complete the online warranty registration.
2. Proper use of the treadmill in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the treadmill and with all local electric codes.
4. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house wiring.
5. Expenses for making the treadmill accessible for servicing, including any item that was not part of the treadmill at the time it was shipped from the factory.
6. Damages to the treadmill finish during shipping, installation or following installation.
7. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY. Note: Some areas do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for treadmill not requiring component replacement, or treadmill not in ordinary household use.
3. Damages caused by services performed by persons other than authorized Dyaco Canada Inc. service companies; use of parts other than original Dyaco Canada Inc. parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration card on file at Dyaco Canada Inc. Dyaco Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Use of the product in a non-residential environment.
9. Warranties outside of Canada may vary. Please contact your local dealer or Dyaco Canada for details.

SERVICE

The sales receipt establishes the labour warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized dealer or Dyaco Canada.
2. If you have any questions about your new product or questions about the warranty contact Dyaco Canada Inc. at 1-888-707-1880.
3. If no local service is available, Dyaco Canada Inc. will repair or replace the parts, at Dyaco Canada Inc.'s option, within the warranty period at no charge for parts. All transportation costs, both to our factory and upon return to the owner, are the responsibility of the owner.
4. The owner is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
5. For any further information, or to contact our service department by mail, send your correspondence to:

Dyaco Canada Inc.
5955 Don Murie Street
Niagara Falls, ON
L2G 0A9

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Dyaco Canada Inc.

Please visit us online for information about our other brands and products manufactured and distributed by Dyaco Canada Inc.

spiritfitness.ca

solefitness.ca

xterrafitness.ca

dyaco.ca/products/everlast.html

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trainorsports.ca

For more information, please contact Dyaco Canada Inc.
T: 1-888-707-1880 | 5955 Don Murie St., Niagara Falls, Ontario L2G 0A9 | sales@dyaco.ca