

**Owner's Manual
TRX5500 Treadmill**

**Model No.
16004105500**

- 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!**

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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 TRX5500 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 TRX5500 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 labelled.

Read this manual carefully before using the XTERRA TRX5500 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 TRX5500 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

WARNING - Read all instructions before using this equipment.

DANGER - To reduce the risk of electric shock, always unplug this treadmill from the electrical outlet prior to cleaning and/or service work.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons, install the treadmill on a flat level surface with access to a 120-volt, 15-amp grounded outlet.

WARNING - Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14 AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS OR IN ANY WAY MODIFY THE CORD SET.

A serious shock or fire hazard may result along with console malfunctions.

- Do not operate the treadmill on a deeply padded, plush, or shag carpet. Damage to both carpet and treadmill may result.
- Do not block the rear of the treadmill. Provide a minimum of 3 1/2 feet clearance between the rear of the treadmill and any fixed object.
- Keep children away from the treadmill. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the treadmill if it has a damaged cord or plug. If the treadmill is not working properly, call your dealer or Dyaco Canada Inc..
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- Do not use this product outdoors.
- To disconnect, turn all controls to the off position, remove the tether cord, then remove the plug from the outlet.
- Do not attempt to use your treadmill for any purpose other than for the purpose it is intended.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Use handrails provided; they are for your safety.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- User weight should not exceed 350 lbs (159 kgs).
- This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge.
- Before starting this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Close supervision is necessary when this equipment is used by, on, or near children, disabled persons.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING!

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.

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. The temperature specification is 40 degrees c, and humidity is 95%, non-condensing (no water drops forming on surfaces).

Circuit breakers: Avoid AFCI/GFCI circuit breakers if possible. These breakers may occasionally trip during use because of the high inrush currents from the treadmill drive motor. This condition is an issue with all treadmills and other products with large motors or electric heating elements like ovens.

New laws in your area may require these breakers. If you do have these breakers and outlets in your home and are experiencing nuisance tripping, you should check to see if there are any other devices plugged into the same circuit like fluorescent lights with electronic ballasts, coffee makers, space heater, etc. Optimally the treadmill should be the only device plugged into the circuit.

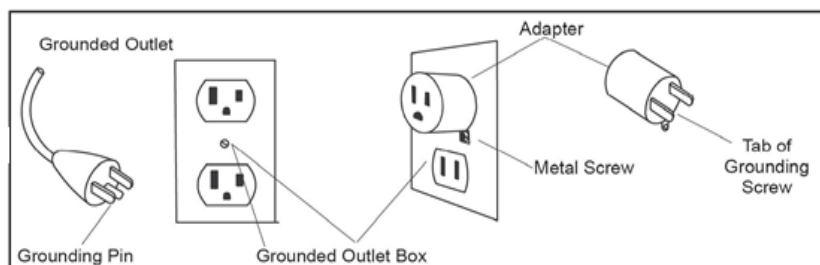
Our treadmills have surge suppressors built in to help avoid nuisance tripping. We have tested several AFCI/GFCI breakers and outlets with our products that do not trip when only the treadmill is connected. Brands we have tested are Eaton (Cutler-Hammer Series), Leviton (Smart lock pro), and Schneider Electric (Canadian home series).

GROUNDING INSTRUCTIONS

This product must be grounded. If the treadmill's electrical system should malfunction or break down, 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.

This product is for use on a nominal 120-volt/15 amp circuit and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle, as shown below, if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (shown below) can be installed by a qualified electrician. The green-coloured rigid ear-lug, or the like, extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



IMPORTANT OPERATION INSTRUCTIONS

- **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 speed 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. Treadmills start at 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!!**

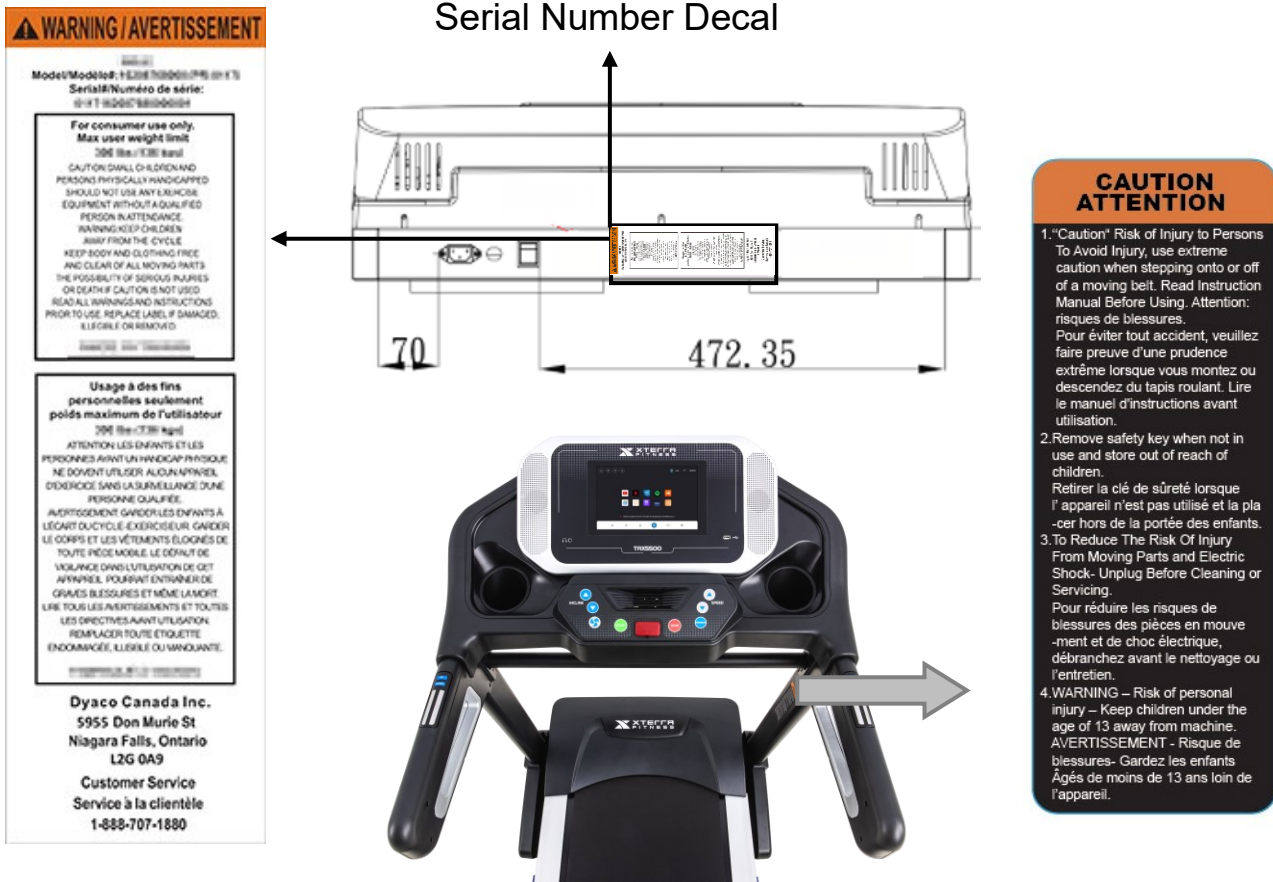
Serious injury could occur if this folding treadmill is not unpacked properly.

There is a Velcro strap installed around the treadmill base that prevents the treadmill from folding 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 closed. 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.

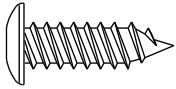
Unpack the treadmill and locate the hardware pack. The hardware pack contains tools and hardware needed for the assembly of each step.

WARNING DECAL REPLACEMENT

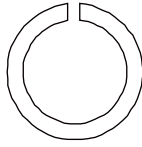


The decals shown have been placed on the treadmill. If a decal is missing or illegible, please call our Customer Service Department, to order a free replacement decal (see ORDERING REPLACEMENT PARTS). Apply the decal in the location shown. Note: The decal shown at the right is 50% of actual size.

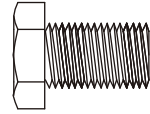
ASSEMBLY PACK CHECKLIST



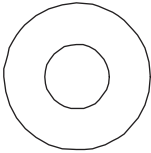
#74. 3.5 × 12m/m
Sheet Metal Screw (4pcs)



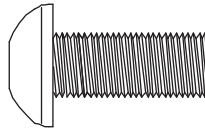
#80. Ø8 × 1.5T
Split Washer (4pcs)



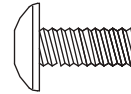
#99. 5/16" × 3/4"
Hex Head Bolt (8pcs)



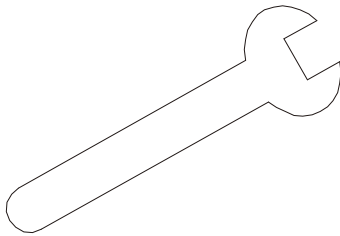
#100. Ø5/16" × Ø18 × 1.5T
Flat Washer (8pcs)



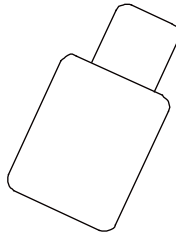
#125. 5/16" × 3/4"
Button Head Socket Bolt (8pcs)



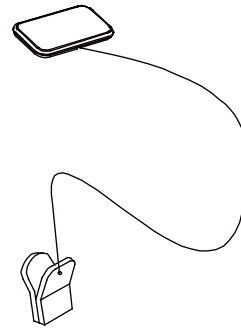
#126. M5 × 15L
Phillips Head Screw (6pcs)



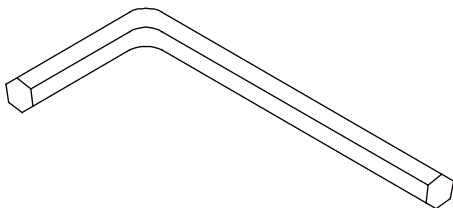
#90. 13L Wrench (1pc)



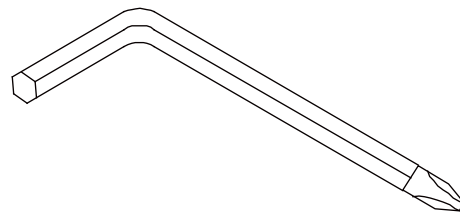
#104. Lubricant (1pc)



#44. Square Safety Key (1pc)



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

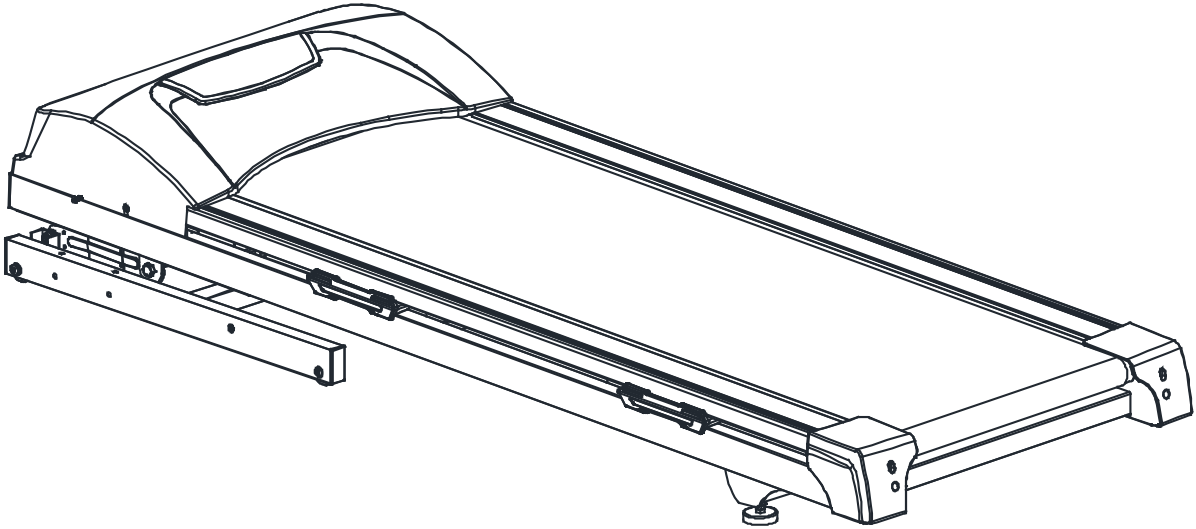


#102. M5 Allen Wrench &
Phillips Head Screwdriver (1pc)

ASSEMBLY INSTRUCTIONS

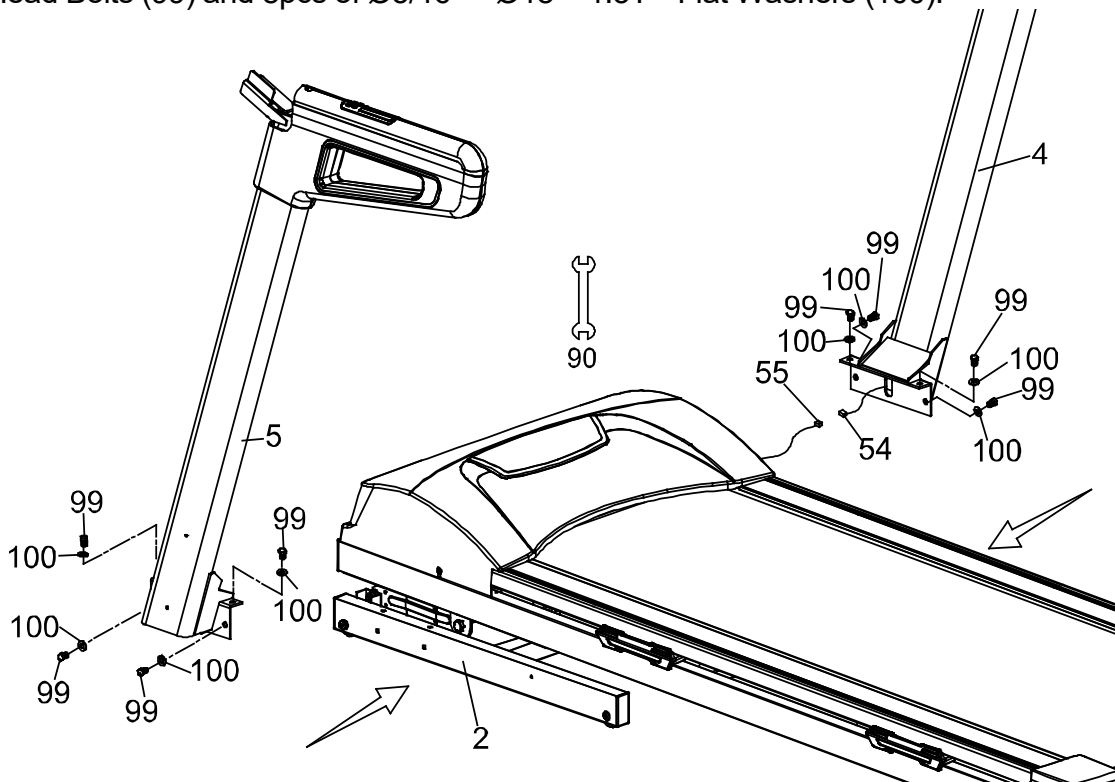
Step 1.

Take out the treadmill from the carton and lay it aside on a smooth surface.



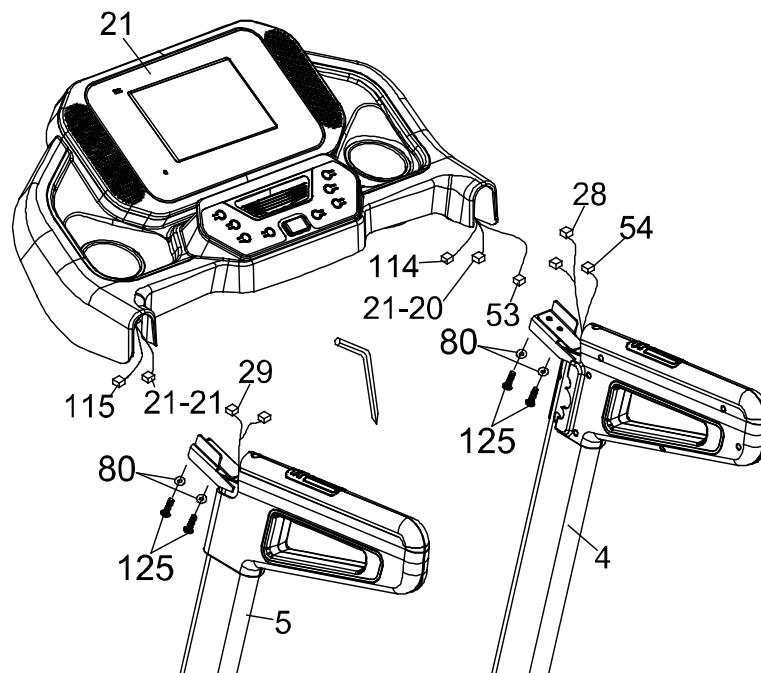
Step 2.

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 8pcs of 5/16" × 3/4" Hex Head Bolts (99) and 8pcs of Ø5/16" × Ø18 × 1.5T Flat Washers (100).



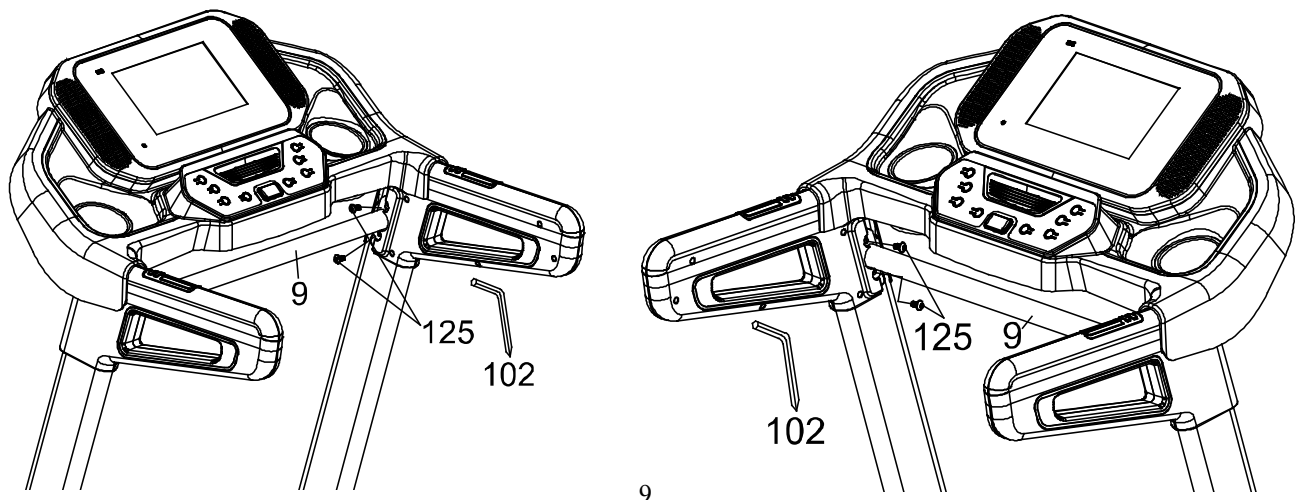
Step 3.

1. Connect the Computer Cable (Middle) (54) and Computer Cable (Upper) (53).
2. Connect the Speed Adjustment Switch W/Cable (Upper) (114) and Speed/Hand Pulse Complex (28).
3. Connect the Handpulse Wire (Upper) (21-20) and Speed/Hand Pulse Complex (28).
4. Connect the Incline Cable (Upper) (115) and Incline/Hand Pulse Complex (29).
5. Connect the Handpulse Wire (Upper) (21-21) and Incline/Hand Pulse Complex (29).
6. Be careful not to pinch cables, as it may cause damage to them.
7. Insert Console Assembly (21) onto the right and left Uprights (4) and (5) and secure with 4pcs of 5/16" × 3/4" Button Head Socket Bolts (125) with 4pcs of Ø8 × 1.5T Split Washers (80) by using Combination M5 Allen Wrench & Phillips Head Screwdriver (102).



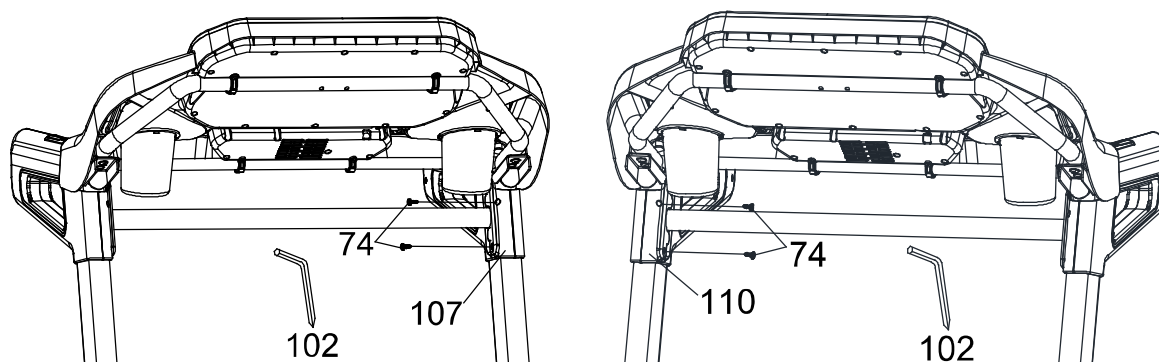
Step 4.

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



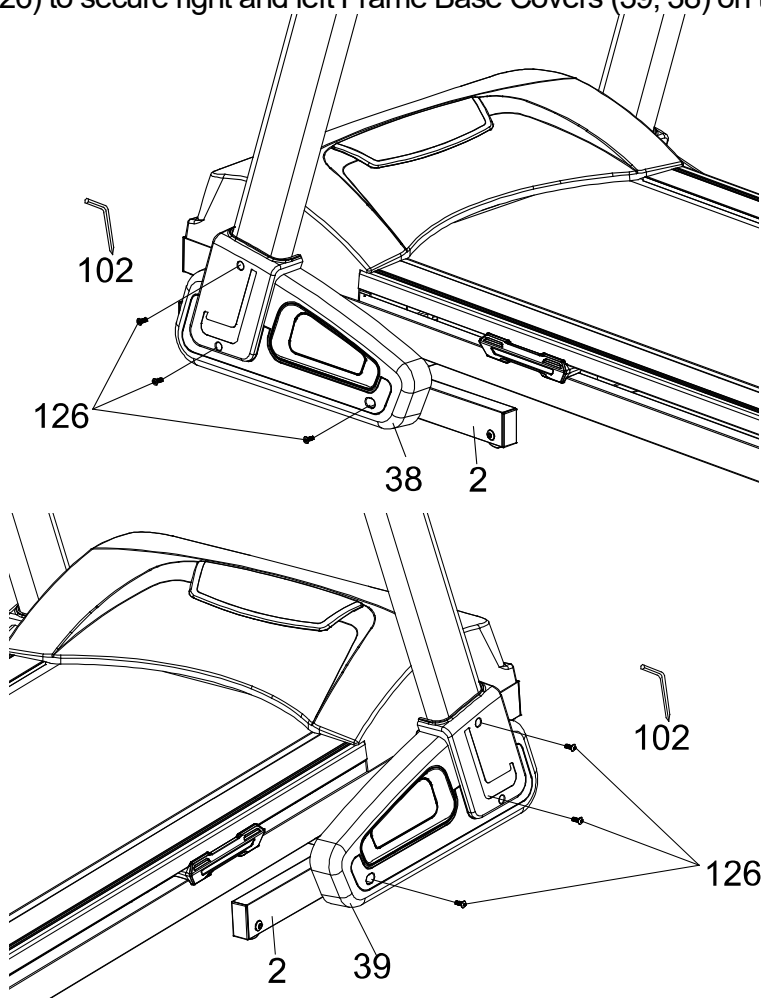
Step 5.

Install the Front Inner Handlebar Cover (L, R) (107,110) and Right and Left Uprights with the 4pcs of 3.5 × 12m/m Sheet Metal Screws (74) by using Combination M5 Allen Wrench & Phillips Head Screwdriver (102) and tighten them.



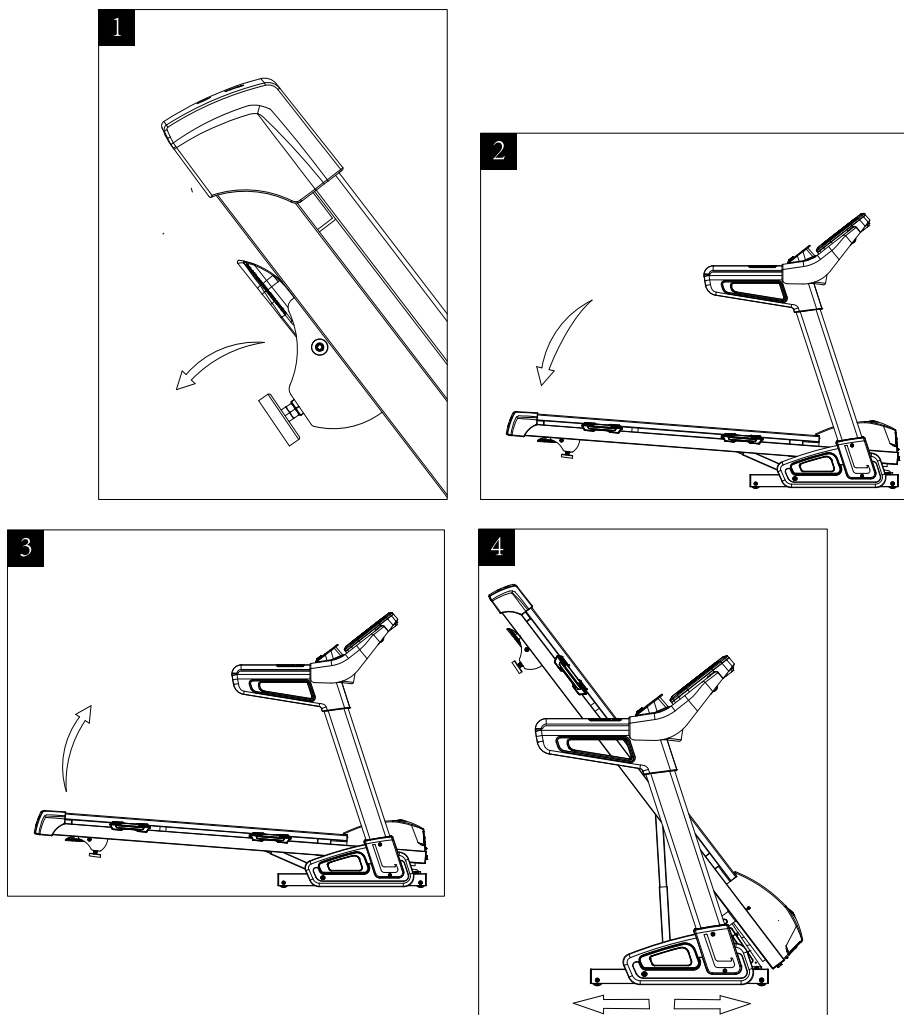
Step 4.

Use Combination M5 Allen Wrench & Phillips Head Screwdriver (102) to tighten 6pcs of M5 × 15m/m Phillips Head Screws (126) to secure right and left Frame Base Covers (39, 38) on the Frame Base (2).



NOTE: Please Tighten All Screws After Components Assembly is Complete.

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.

■ Unfolding The Treadmill:

Apply slight forward pressure* on the treadmill running deck with one hand. Pull down on the unlocking lever and slowly lower the running deck to the floor. The deck will lower unassisted when it reaches about waist high. (As shown in Figure 1.2)

*At the rear roller area to relieve pressure on the locking system.

■ Folding The Treadmill:

Make certain the treadmill is at a minimum incline. Lift the treadmill running deck until it is secured by the locking telescoping tube assembly in the center back of base. (As shown in Figure 3.)

Transportation

The treadmill is equipped with four transport wheels which are engaged when the treadmill is folded. After folding simply roll the treadmill away. (As shown Figure 4.)

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.

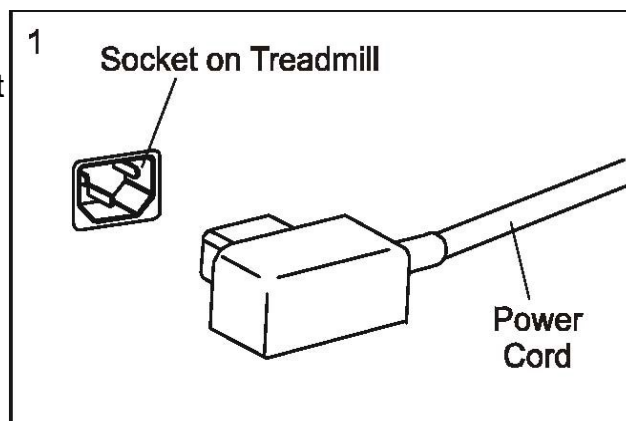
How to plug in the power cord.

GROUNDING INSTRUCTIONS.

This product must be grounded.

WARNING:

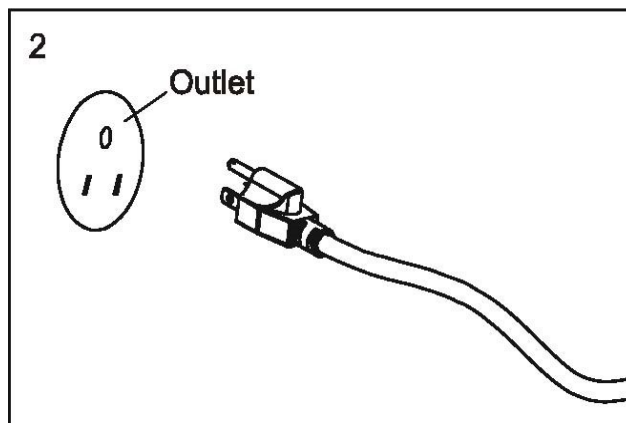
Improper connection of the equipment-grounding conductor can result in a risk of an electric shock. Check with a qualified electrician if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet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

2. Plug the power cord into an appropriate outlet that is properly installed and grounded. See the drawing. Important: Avoid AFCI/GFCI circuit breakers if possible.



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.

HOW TO USE THE SAFETY KEY

1. Place the safety key into position on the portion of the console control head. Your treadmill will not start and operate without this. Removing the magnet/prong also secures the treadmill from unauthorized use.
2. Fasten the plastic clip onto your clothing securely to assure good holding power.
Note: The safety key has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. The treadmill will stop, depending on speed, with a one to two-step coast anytime the safety key is pulled off the console. Use the red Stop / Pause switch in normal operation.

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/prong end of the safety key onto the monitor and attach the clip end of the safety key to your clothing (ie: waistband). If you should slip or fall while exercising, the safety key will pull out of the console, shutting off the treadmill.

POWER UP

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. Ensure that the Safety Key is installed, as the treadmill will not power on without it.

When the power is turned ON, the screen will show a brief loading screen and then display the WELCOME Screen, which indicates that the machine is ready to operate.

QUICK-START OPERATION

1. Attach the Safety Key to enable the display (if not already on).
2. Press any button to wake display up if not already on.
3. Press **Start Workout** on the Homescreen to begin belt movement at 0.5 mph, then adjust to the desired speed using the **Speed +** or **-** keys.
4. To slow the treadmill, press and hold the **Slow -** key (console or handrail) to the desired speed.
5. To stop the tread belt, press and release **Stop** button.

FUNCTIONS

The touchscreen allows you to control functions by directly touching the screen or by using the physical buttons under the screen. The physical buttons are as follows:

- **Speed +** or **-** buttons to control the speed
- **Incline +** or **-** buttons to control the incline of the treadmill
- **Start** button to begin
- **Stop** button to end, or pause the workout
- **Fan** button to control the fan speed
- **Program** button to select the desired workout program

PAUSE / STOP

1. Press **Stop** button once, the belt will slow down gradually until fully stopped. After 5 minutes, the display will reset and show the workout summary on the screen.
2. Press **Resume** button to continue the workout from pause.
3. Press **Finish** button to end the workout.

INCLINE FEATURES

1. The incline is changeable at any time during the workout.
2. Press and hold **Incline ▲** or **▼** buttons on the handrail or **Incline +** or **-** buttons on the screen to change the incline to the desired level.

HEART RATE FEATURES

Pulse (heart rate) on the screen shows the current value of the heartbeats per minute. You must hold both left and right stainless steel sensors to measure pulse. The pulse value will be shown on the screen continuously. You may use the hand pulse sensors while in Heart Rate Control. It will also pick up wireless heart rate transmitters that are Polar and Bluetooth compatible.

TO TURN TREADMILL OFF

1. Remove Safety Key.
2. Turn off the main switch on the front of the treadmill, below the motor cover.

Note: Do not leave in Safety Key in treadmill when not in use. Always turn off machine.

TOUCH SCREEN OPERATION

SET UP

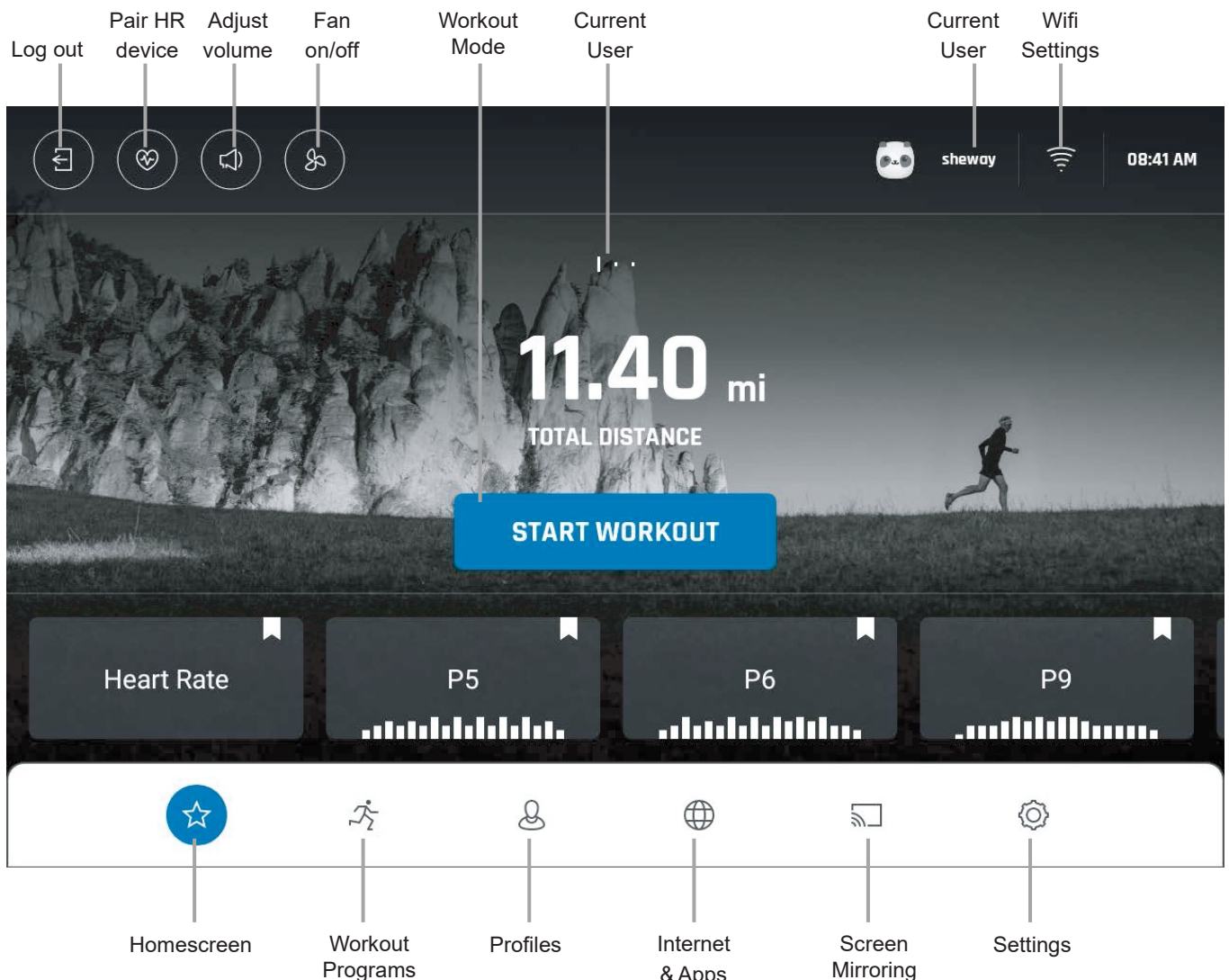
Once the console is powered on, connect to the available WiFi network either by pressing the Signal icon on the top right corner or from the **SETTINGS** menu on the bottom right corner. Without WiFi, saving workout data to the cloud, using apps and casting content will not be available. If WiFi connection is skipped, please set the date and time manually. If you change your mind later, you can always find WiFi settings in the bottom right corner of the screen.

Choose "Guest" user or create a user profile to get a more personalized experience. Maximum of 9 profiles can be created. Find more about profiles in "Profile."

HOMESCREEN

The Homescreen provides an activity overview and suggests shortcuts to the training options. If in Guest mode, you can provide your physical data here, which will help the machine more accurately calculate your workout summary. Use scales or arrows to adjust your age and weight.

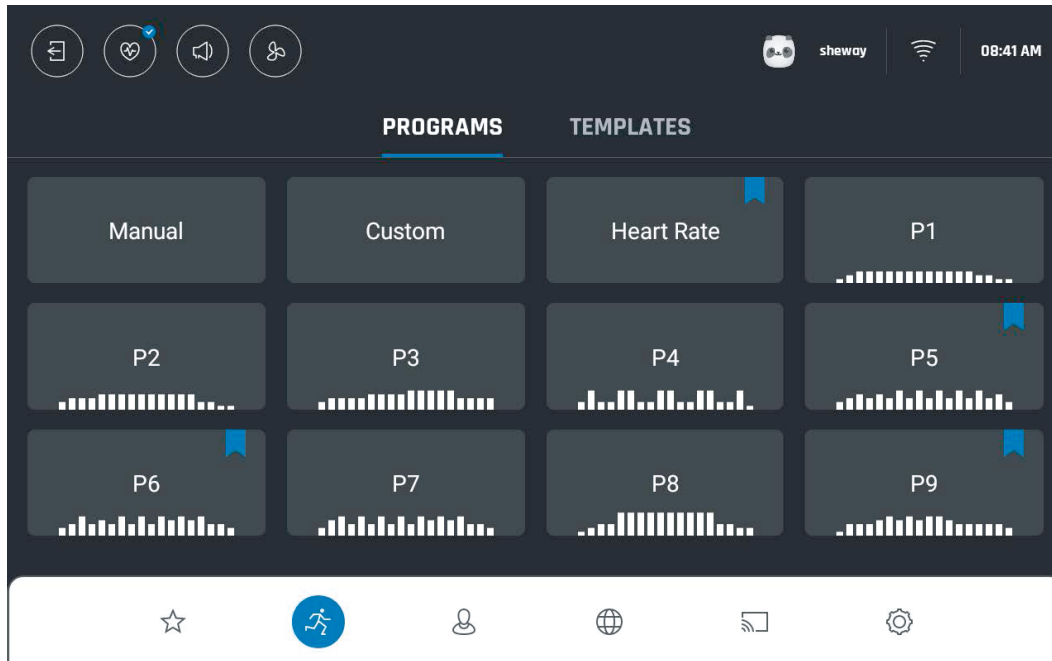
Start Workout button starts the workout immediately.



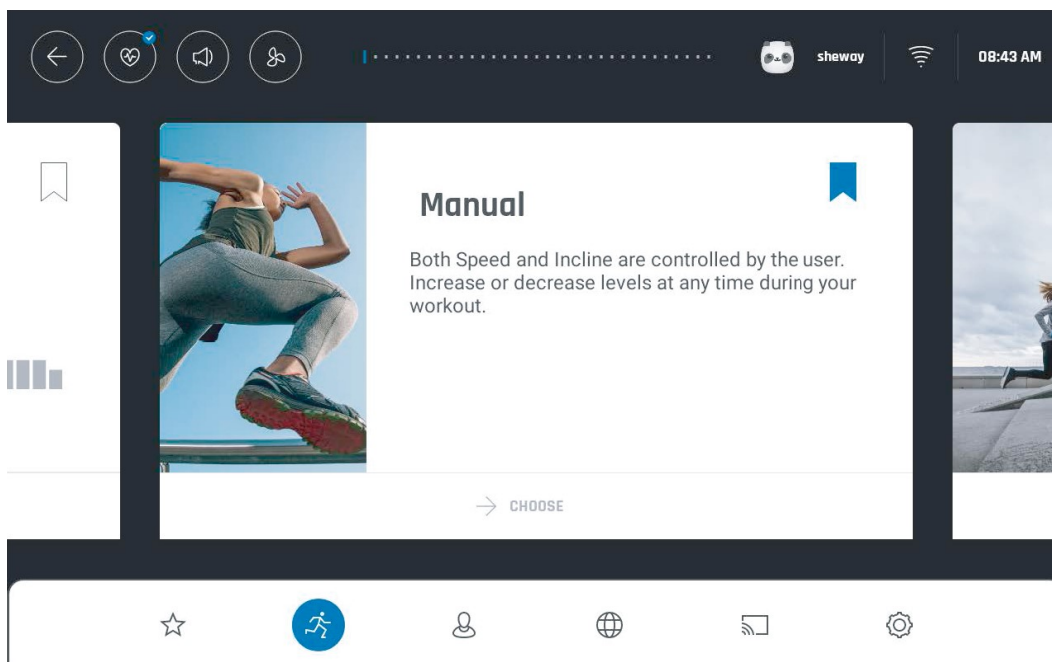
WORKOUT PROGRAMS

In this section, there are 2 program categories available: **Programs** (programs with predefined speed and incline changing profiles) and **Templates** (regular programs, saved with your personal adjustments). Tap on the workout categories to switch between them.

To get more info on each program, tap on the program preview. In this mode, you can scroll to the side to see all the program descriptions of the selected category. Press **CHOOSE** to select and adjust a program.

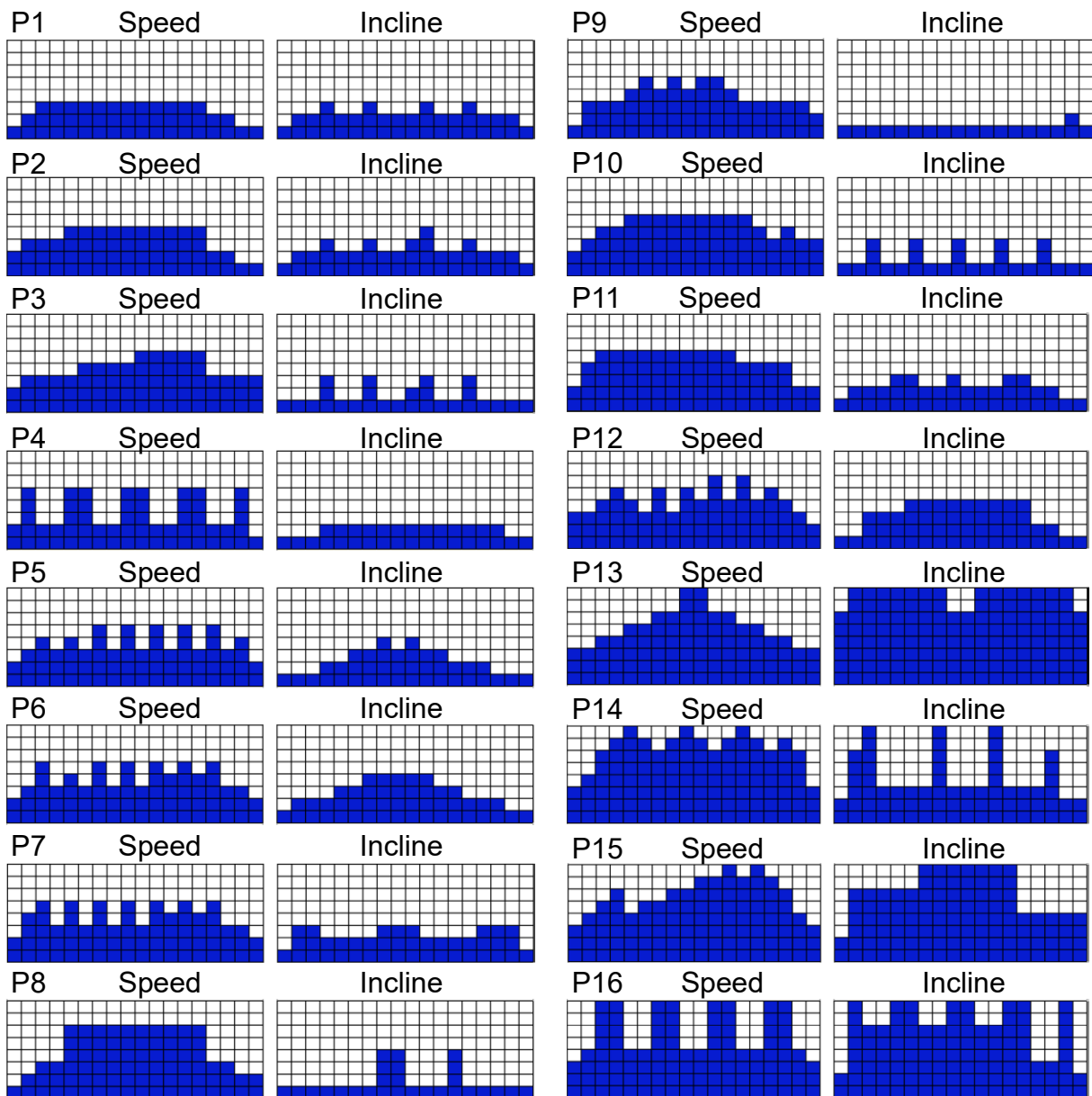


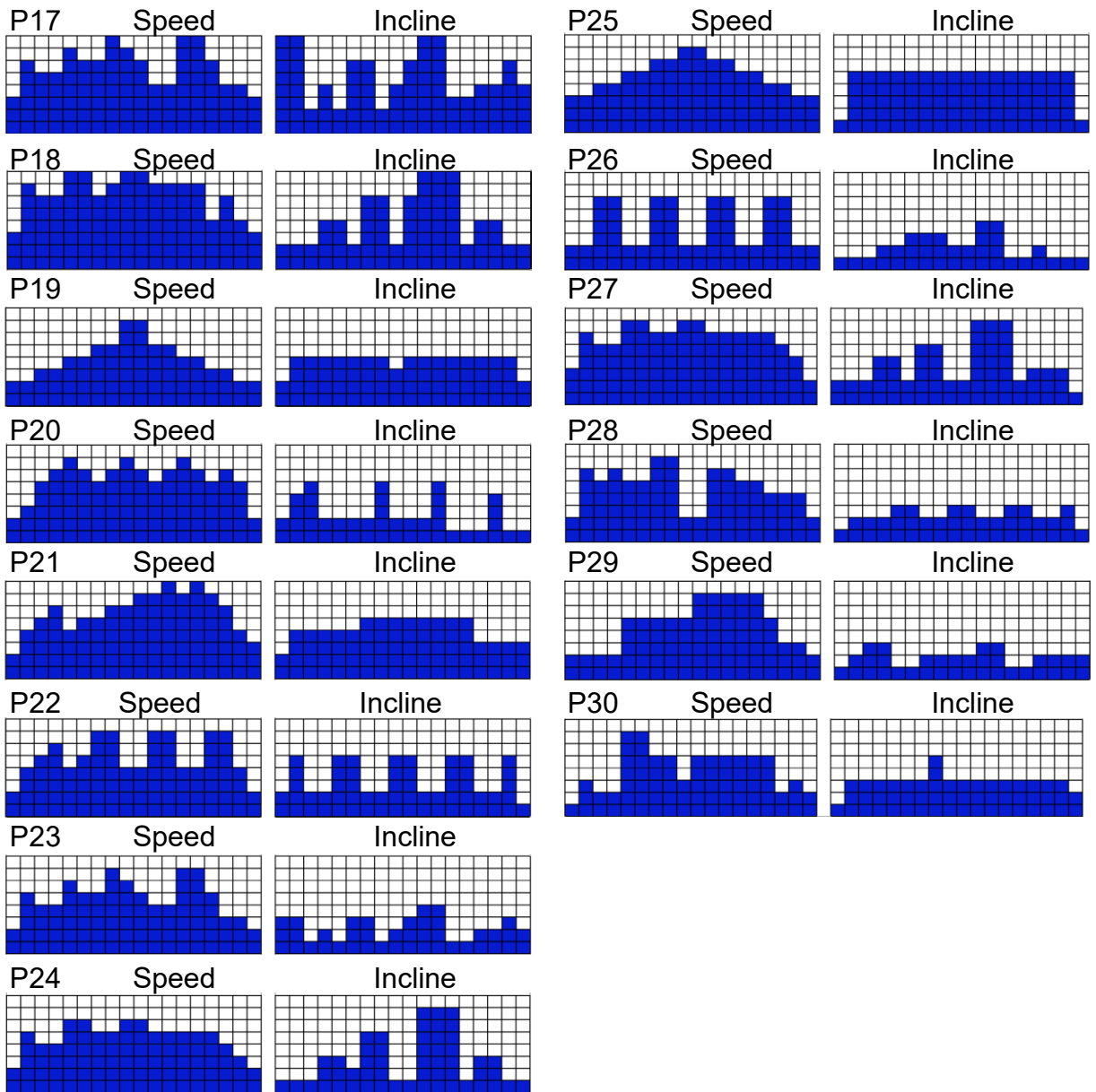
MANUAL program requires a time frame set before starting. Use the scale or arrows to adjust target time. Speed and incline are adjusted manually while running. Press **START** to begin workout.



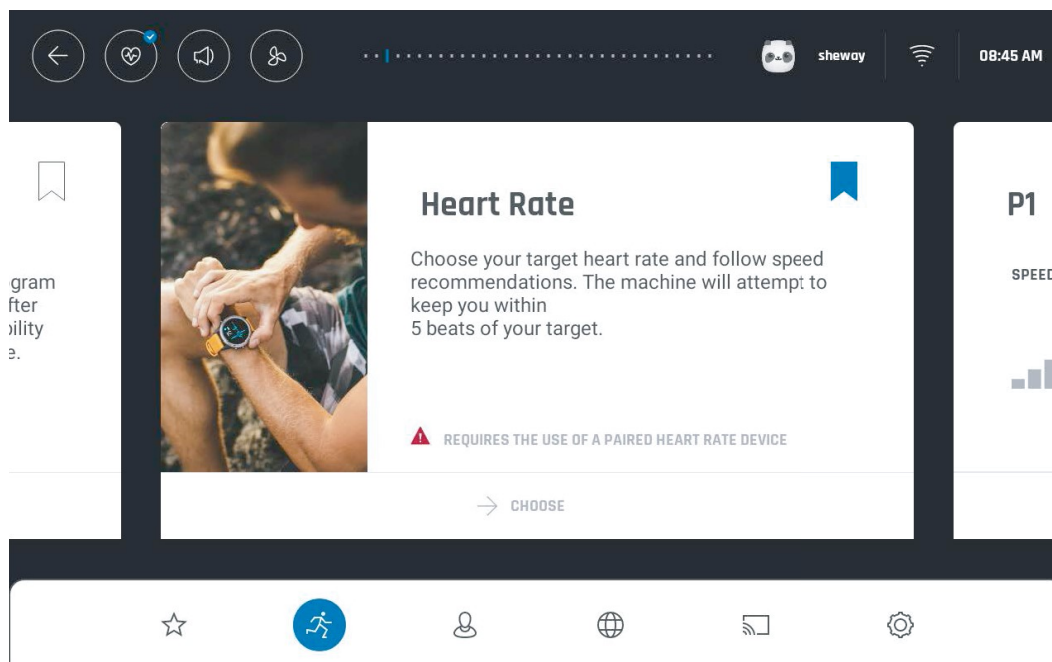
PRESET PROGRAM DISPLAYS

P1 to P30 programs have speed and incline changing profiles, which you can find on the program preview. Time and maximum speed settings are required. Once you choose your maximum speed, the program intensity will adapt accordingly. Press **START** to begin workout.

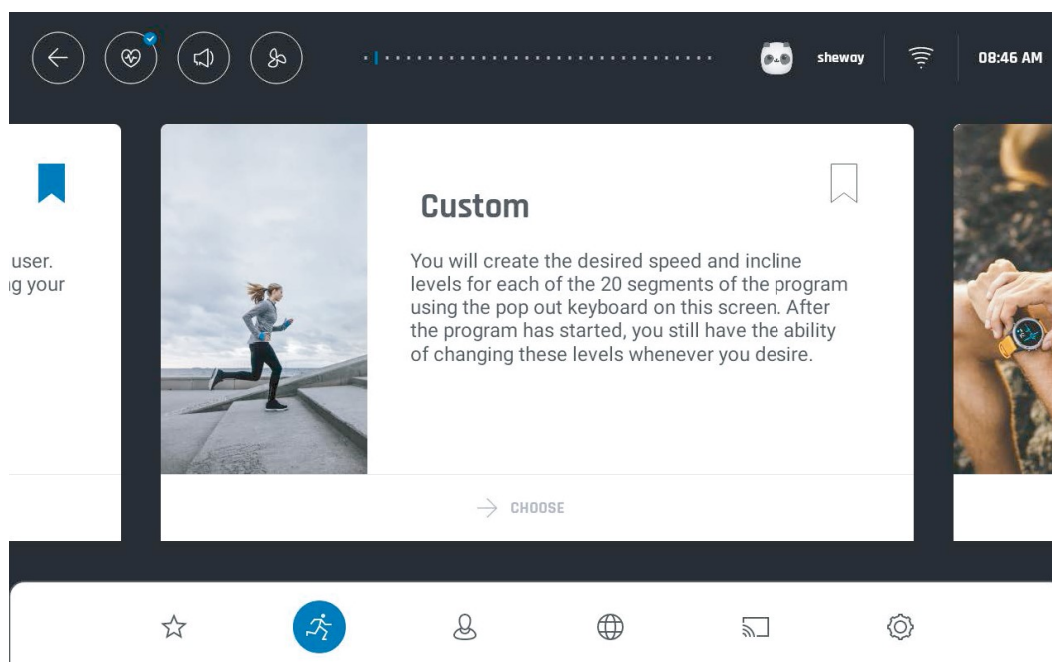




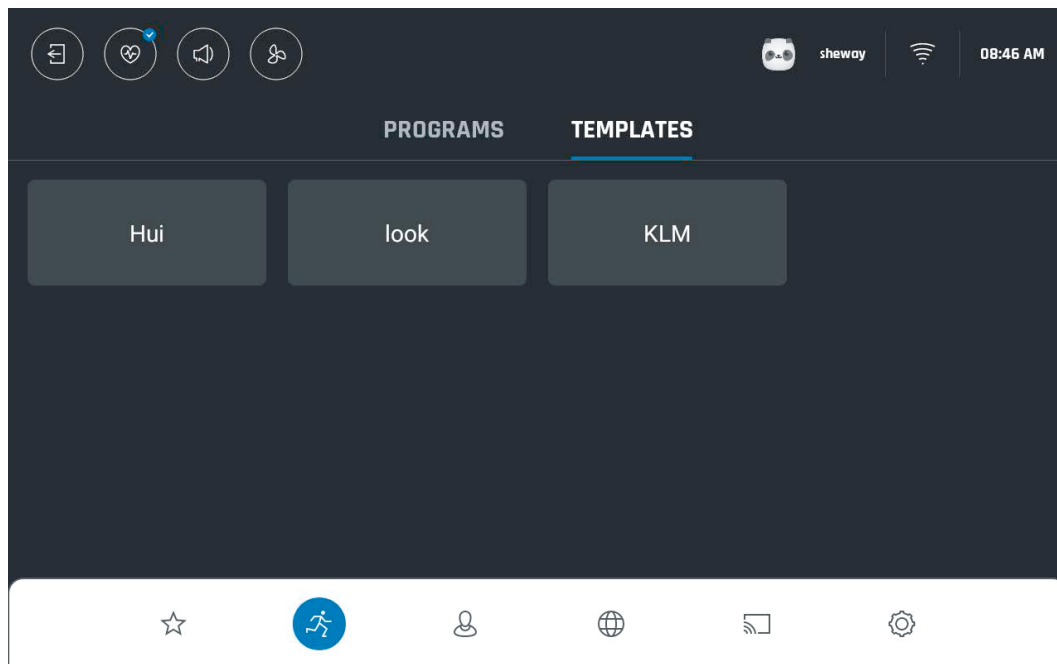
HEART RATE program will calculate your maximum heart rate based on your age. Set the target time for your workout, then adjust your speed manually while running in order to maintain the target heart rate. Incline will be controlled by the treadmill automatically. A HR monitoring device is required. The program is finished if the time is up or if your HR is 20% higher than target.



CUSTOM program allows to create customized speed and incline changing profile by sliding up and down on the profile columns. Once the profile is defined, choose the target time and maximum speed, so the intensity adapts accordingly. Every program can be saved as a template once adjusted or once completed. Press **Save As** to save the program with the current settings. You can manage saved programs in **TEMPLATES**. To delete a template, tap on it, then press **Delete** in the top right corner. A maximum of 12 template programs can be stored. A Template program is only available to a user who created it.



Any program can be labelled as **FAVORITE**. Favourite programs appear on the Home screen, so you can access them anytime you want.



PROFILE

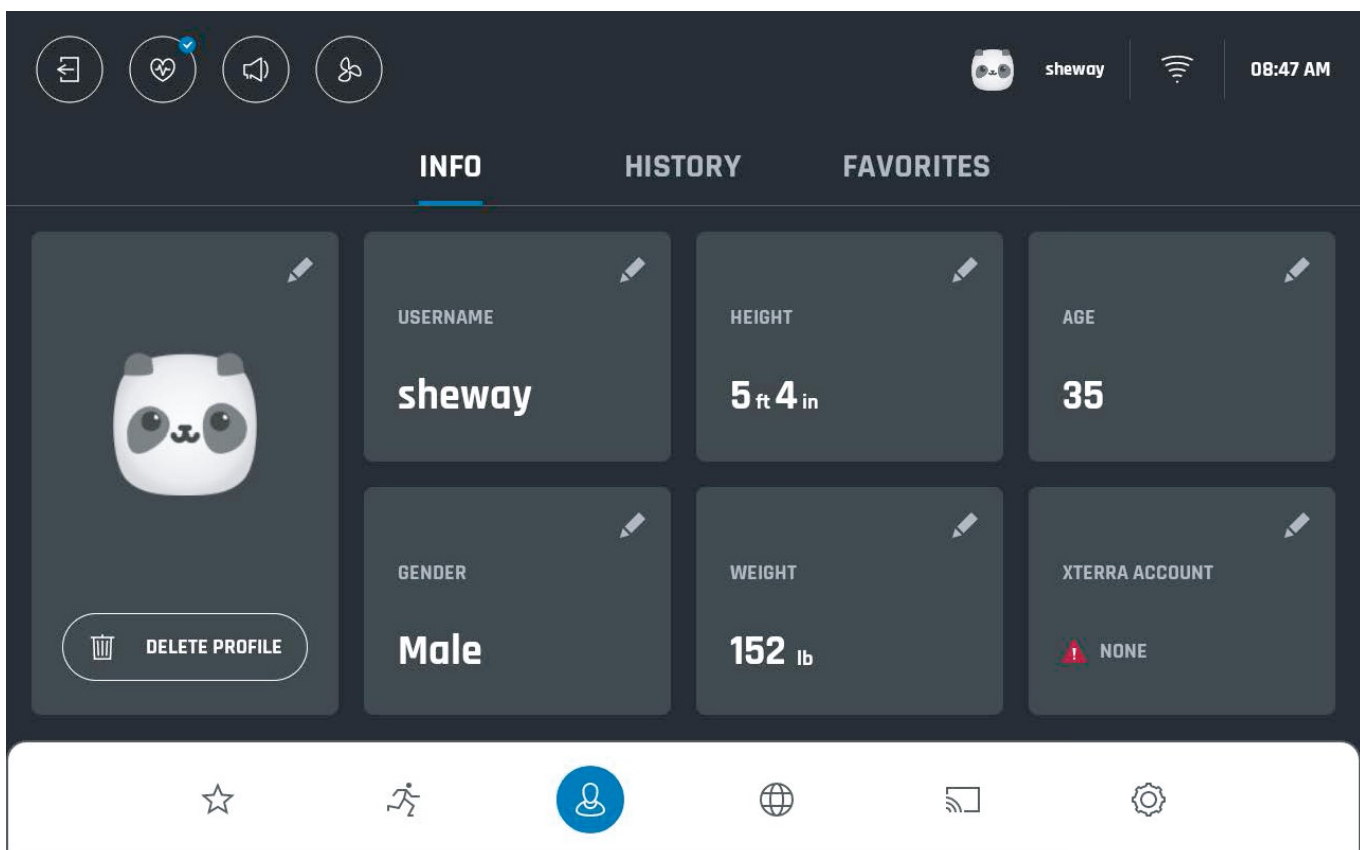
To create a new profile, press + button on the start screen. If you already have an XTERRA + APP ACCOUNT, you can scan the QR code appearing on the screen. This action will not only upload your already existing personal info to the machine but also links two profiles together, so your workout history will be fully displayed in the XTERRA + App. One XTERRA + app account cannot be linked to multiple profiles on one machine.

If you do not have an XTERRA account, press the **CREATE** button to continue and build one by filling in the form.

There are 3 tabs in the Profile section: Info, History, and Favorites. Creating a profile lets your machine remember your physical data, so you don't need to provide it every time you want to work out. Your personal data can be found in the **INFO** tab. To edit, tap on any information field and make changes, then press **Save**. If you haven't linked your XTERRA account to the machine profile, you can also do it here by pressing "XTERRA Account" field.

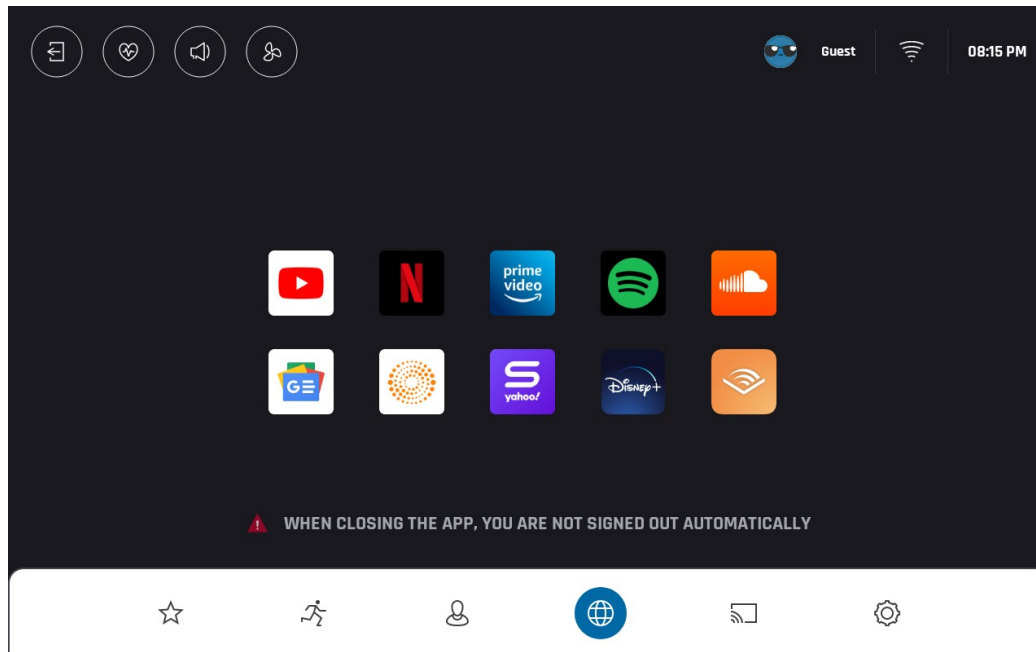
Ten records of the latest activity can be found in the **HISTORY** tab. Workout history only shows workouts that were completed by the current user. Tap on the record preview for details. All the records are available in the Xterra app account if the profile is linked to the XTERRA app + account. **FAVORITES** tab is where all the programs that were labelled as favourites by the current user can be seen and deleted.

Different users can choose other unit systems, select their favourite programs and save their templates.



INTERNET & APPS

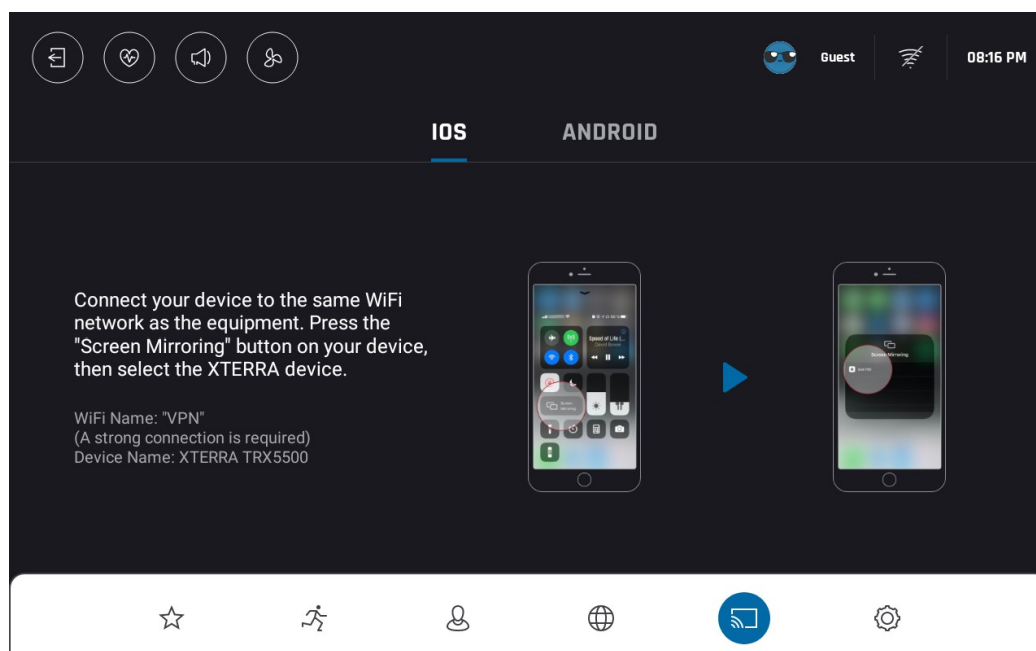
In this section, there are a variety of third-party apps to keep you entertained during your workout. To use them, connect to the WiFi and choose the app icon. Press **X** to enter full screen mode. Press **X** to exit full-screen mode. Press **△** to choose another app.



(p.s. The picture shown here is for reference only. Actual built-in APPs could be varied due to software updates.)

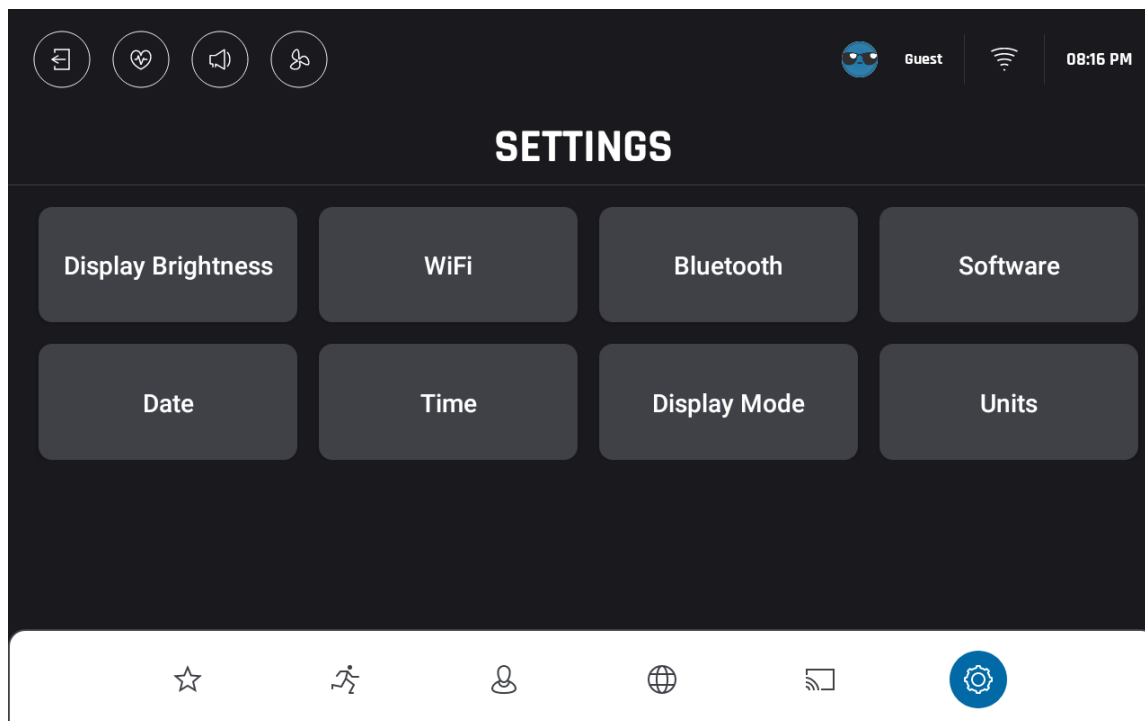
SCREEN MIRRORING

To display various content from your smartphones or tablets on the machine console, open this section and follow the instructions provided, depending on whether you use an iOS or an Android device. Once the mirroring has started, press **X** to enter full-screen mode. Press **X** to exit full-screen mode.



SETTINGS

- Tap on **WIFI** for internet connection settings.
- Tap on **DATE** or **TIME** to change the machine time settings. The time and date settings define the time information in the workout summary. Both 12 and 24 hours formats are available.
- Tap on **SOFTWARE** to check the current software version or to update if a new one is available. Press **Update** to upload and install the latest version. Be sure to be connected to the Internet.
- Tap on **DISPLAY** to adjust the brightness of the screen.
- Tap on **BLUETOOTH** to pair with the Bluetooth devices, including the Bluetooth-type chest straps, earphones, or speakers.



WORKOUT VIEWS

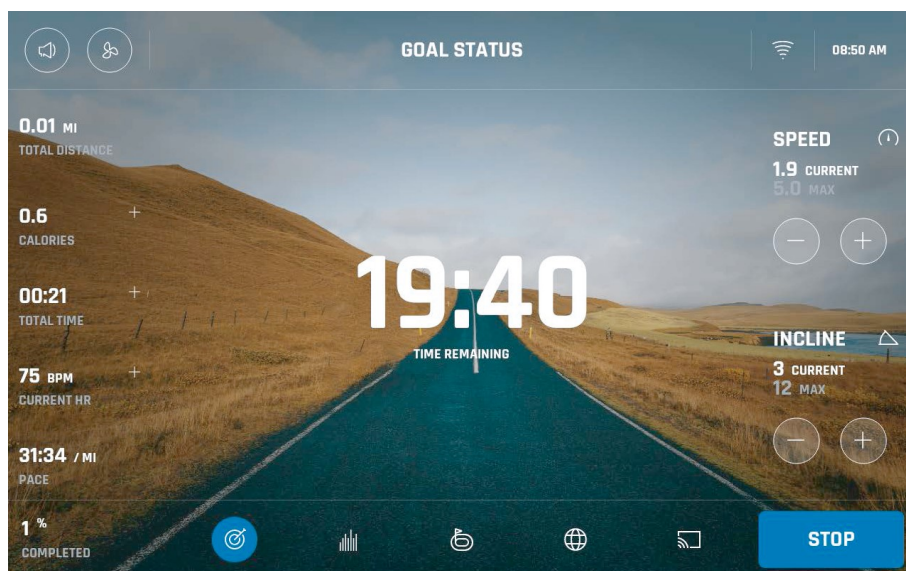
Once the workout has started, after the short countdown, the console will appear in its workout mode. Warm-up and cool-down phases may be skipped by pressing **Skip**.

The panel on the left is fixed and shows your current **WORKOUT STATS**. More related stats can be revealed by pressing the + icon. **SPEED AND INCLINE CONTROLS** can be adjusted by tapping on arrows in the right panel. The icons on the top panel are the tools available during your workout: volume, fan and WiFi. When the activity is paused, you can also access HR device pairing settings.

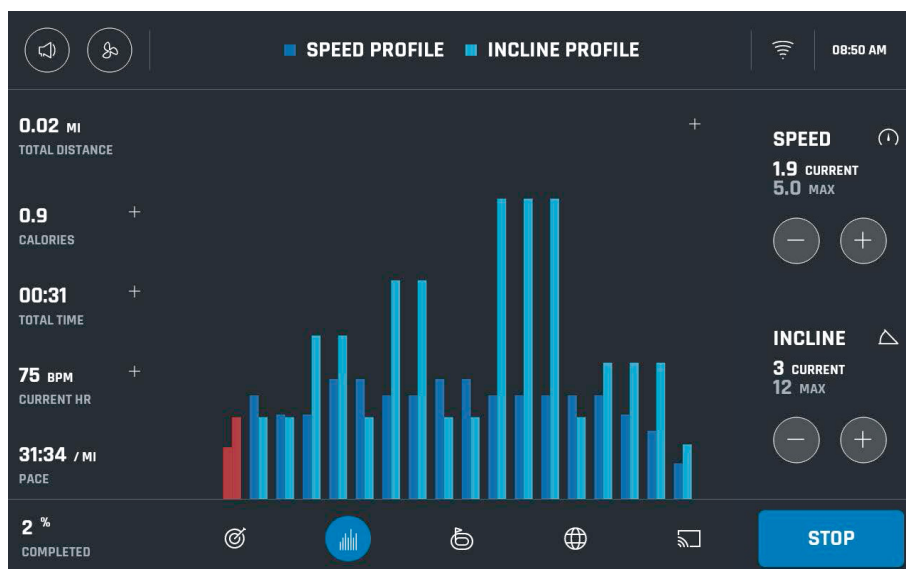
The bottom panel is with 3 views from the left to the right:

- **GOAL VIEW** displays the parameter that defines your workout finish (for example, for profile programs, it is time counting down; for distance programs, it is distance left).
- **PROFILE VIEW** shows your workout profiles and your current position in them.
- **TRACK VIEW** helps to imagine yourself doing laps on a 1/4 mile track and shows your progress depending on the distance covered.
- **INTERNET** and **SCREEN MIRRORING** work the same way as in non-workout mode. To pause or finish the workout, press **Stop** on the bottom right corner.

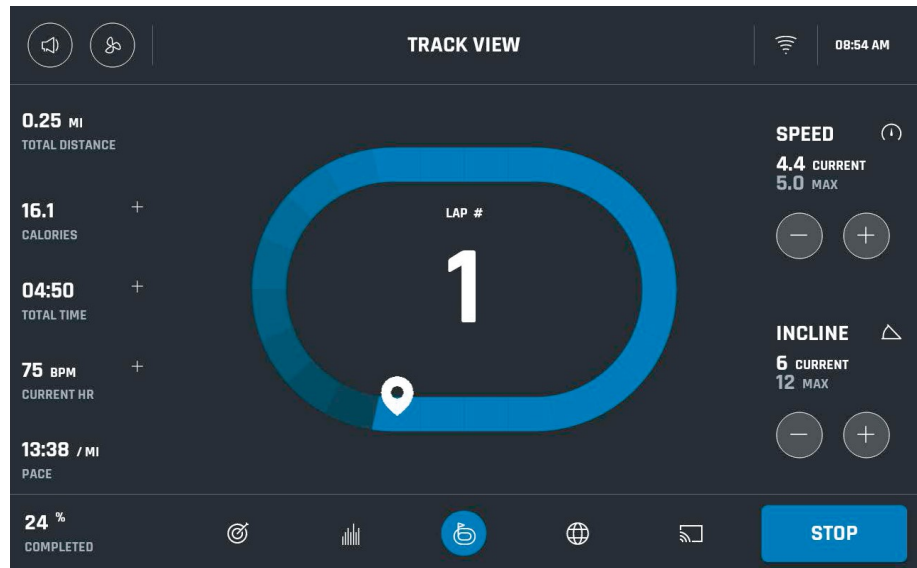
GOAL VIEW:



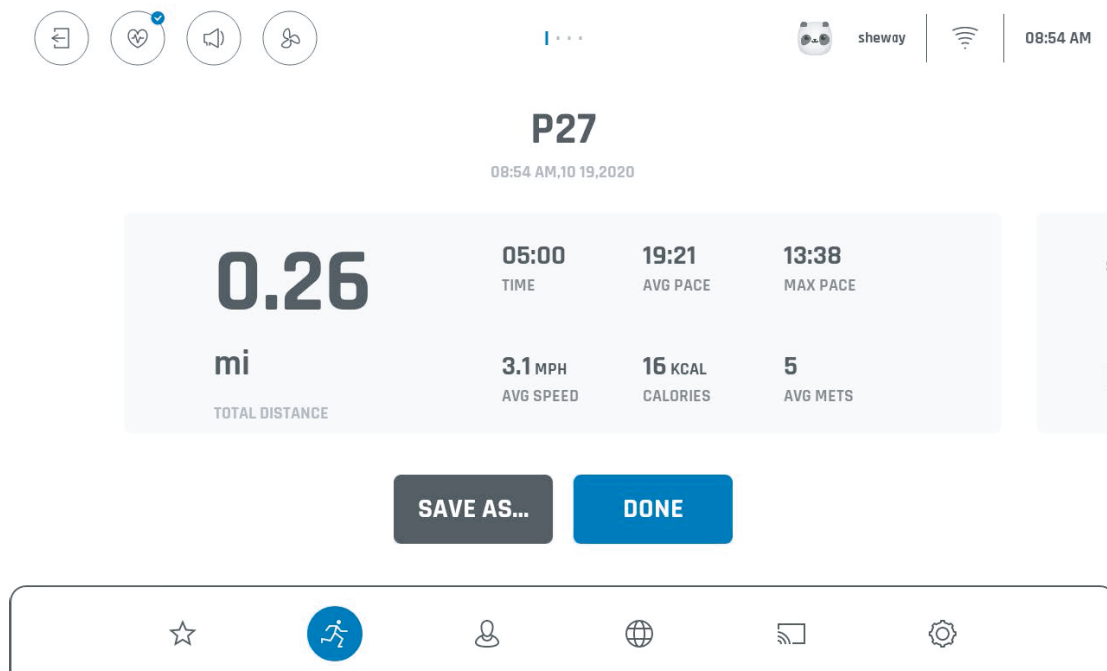
PROFILE VIEW:



TRACK VIEW:



After the workout is finished, the workout summary will appear. Slide to the left to get more details or press **Done** to go back to the Home screen. You can also save the completed program as a template from here if you press **Save as** button. The workout record will appear in History tab of the Profile section.



CHARGE PORTABLE DEVICES WITH USB PORT

USB Port Charging function:

Charge your personal device during your workout using the fitness equipment's on-console USB port. To charge your mobile electronics make sure the fitness equipment power is on.

Step 1: Connect your USB charging cable (not included) to the USB Power Port and to your device.

Step 2: Check to make sure your device icon indicates it is charging.

NOTE:

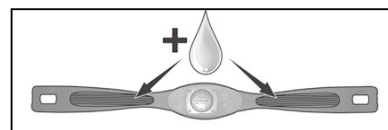
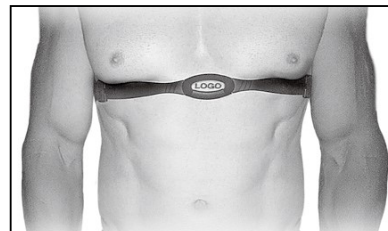
* USB charging cable is not included. Make sure a compatible USB charging cable is being used.

** The USB port on the console is capable of powering USB devices. It provides up to 5Vdc/1.0 amp of power and meets USB 2.0 regulations. However, you will not be able to save your workout data to a USB via this port; it is used for charging purposes only.

USING HEART RATE TRANSMITTER (OPTIONAL)

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking arts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centred in the middle of your 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 of heartbeat 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 workout. Some users, because of body chemistry, have a more difficult time 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 strong, steady signal. The length of the 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, TVs, 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 feet of your machine's console.

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

HEART RATE PROGRAMS

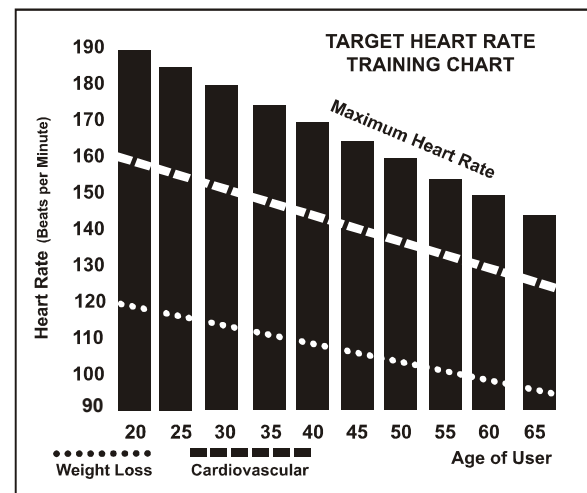
The old motto, "no pain, no gain," is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity is 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 benefit range 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:

$$\begin{aligned} 220 - 40 &= 180 \text{ (maximum heart rate)} \\ 180 \times 0.6 &= 108 \text{ beats per minute} \\ &\quad \text{(60\% of maximum)} \\ 180 \times 0.8 &= 144 \text{ beats per minute} \\ &\quad \text{(80\% of maximum)} \end{aligned}$$

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 (Borg Scale)

- 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.

GENERAL MAINTENANCE



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

Belt & 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, and wipe the edge of the belt and the area between the belt edge and the frame. Also, reach as far as practical directly under the belt edge. This should be done once a month to extend belt and bed life. 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. Sometimes the black dust from The belt will appear on the floor behind the treadmill. This is normal.

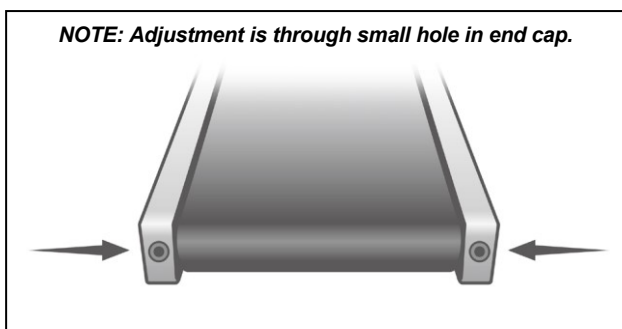
General Cleaning

Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. Please vacuum underneath your treadmill monthly to prevent excess build-up of dirt that can get sucked up and get into the inner workings under the motor cover. Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate. **UNPLUG POWER CORD BEFORE THIS TASK.**

Belt Adjustments

Tread-belt Tension Adjustment - Belt tension is not critical for most users. It is very important though, for joggers and runners to provide a smooth, steady running surface. Adjustment must be made from the rear roller with the 6 mm Allen wrench (132) provided in the parts package. The adjustment bolts are located at the end of the step rails, as shown in the diagram below. Note: Adjustment is through small hole in the end cap. Tracking / Tension Adjustment Tracking / Tension Adjustment.

Tighten the rear roller only enough to prevent slippage at the front roller. Turn the tread-belt tension adjusting bolts 1/4 turn each and inspect for proper tension by walking on the belt and making sure it is not slipping or hesitating with each step. When an adjustment is made to the belt tension, you must be sure to turn the bolts on both sides evenly or the belt could start tracking to one side instead of running in the middle of the deck.



DO NOT OVERTIGHTEN – Over tightening will cause belt damage and premature bearing failure. If you tighten the belt a lot and it still slips, the problem could actually be the drive belt -located under the motor cover - that connects the motor to the front roller. If that belt is loose, it feels similar to the walking belt being loose. Tightening the motor belt should be done by a trained service person.

TREAD-BELT TRACKING ADJUSTMENT

The treadmill is designed so that the tread-belt remains reasonably centred while in use. It is normal for some belts to drift near one side while in use, depending on a user's gait and if they favour one leg. But if during use, the belt continues to move toward one side, adjustments are necessary.

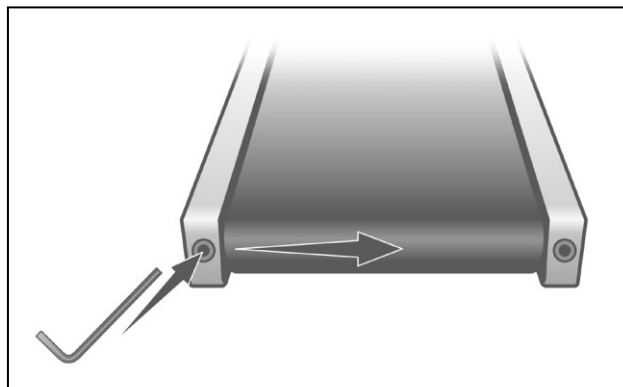
SETTING TREAD-BELT TRACKING

A 6 mm Allen wrench is provided for this adjustment. Make tracking adjustments on the left side bolt. Seat belt speed at 3 mph. Be aware that a small adjustment can make a dramatic difference which may not be apparent right away.

If the belt is too close to the left side, then turn the bolt only a 1/4 turn to the right (clockwise) 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.

If the belt is too close to the right side, turn the bolt counter-clockwise. The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users may 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's responsibility common with all treadmills.



ATTENTION:

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

BELT / DECK LUBRICATION:

Do not lubricate with other than DYACO CANADA INC approved lubricant. Your treadmill comes with one tube of lubricant, and extra tubes can be ordered directly from DYACO CANADA INC. There are commercially available lube kits, but the only one currently approved by DYACO CANADA INC is Lube-N-Walk. These kits come with an application wand that makes applying 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 where 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 with 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.

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.

USING THE XTERRA + APP

In order to help you achieve your exercise goals, your new exercise machine 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 machine. Now you can view current workout data on 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 on the display screen. When your workout is finished, 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, with more to come. Syncing the App with your exercise machine:

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.
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 finished, 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 in order for the icon to be active and available.

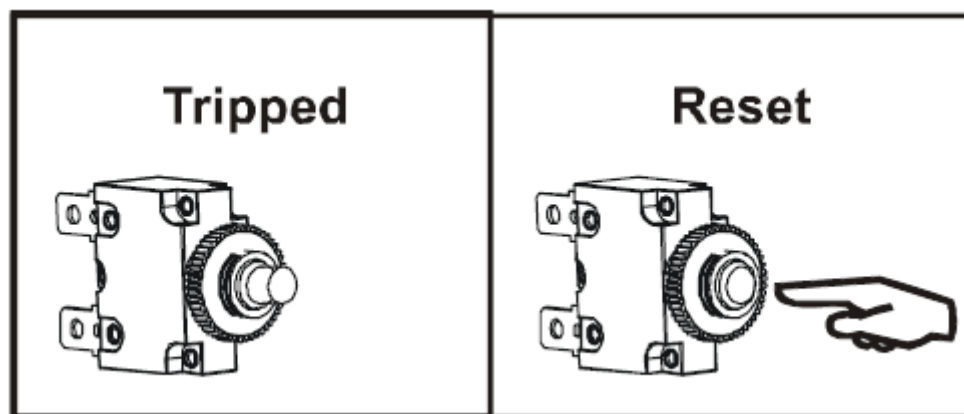
Note: Your device will need to be running on a minimum operating system of iOS 15.6 or Android 8.0 for the Xterra + App to operate correctly. These instructions are accurate as of April 2025.

RESET SWITCH RESETTING

- If your treadmill loses power or will not start, check the reset switch located on the front of the frame.
- 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 key 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

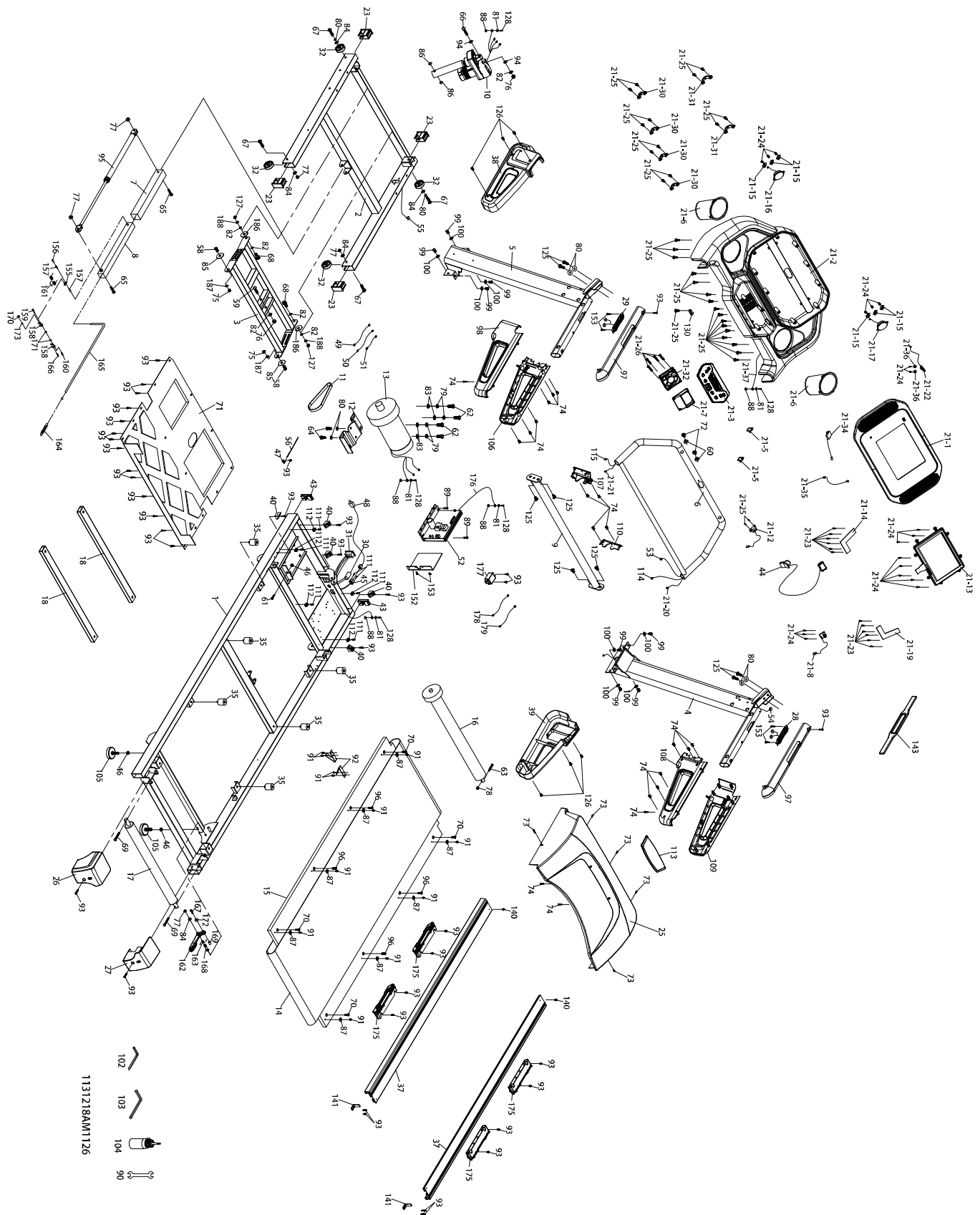


Service Checklist – Diagnosis Guide

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.	Make sure treadmill is only device on the circuit. See "Important Electrical Information" in the front of this manual for more details.

EXPLODED VIEW DIAGRAM



PARTS LIST

KEY NO.	PART NO.	DESCRIPTION	Q'TY
1	AA010244-Q2	Main Frame	1
2	CRAA020107-Q2	Frame Base	1
3	AA030046-Q2	Incline Bracket	1
4	CRAA040222-Q2	Right Upright	1
5	CRAA040221-Q2	Left Upright	1
6	AA050084-Q2	Console Support	1
7	AA060001-Q2	Outer Slide	1
8	AA060023-Z2	Inner Slide	1
9	AA060191-Q2	Handrail Support	1
10	G150001	Incline Motor	1
11	N010001	Drive Belt	1
12	B134029-Y3	Motor Bracket	1
13	G080602D	Drive Motor	1
14	H0613220H	Running Belt	1
15	H140043	Running Deck	1
16	K140017-Z9	Front Roller W/Pulley	1
17	K140035-Z3	Rear Roller	1
18	A440095-Q2	Deck Cross Brace	2
21-20	E030038	1000m/m_Handpulse Wire (Upper)	1
21-21	E030038-01	1000m/m_Handpulse Wire (Upper)	1
21	CRZ4NT041B-20	Console Assembly	1
23	P040132-A1	End Cap	4
25	CRP010104-A1-03	Motor Top Cover	1
26	P030028-A1	Adjustment Base (L)	1
27	P030029-A1	Adjustment Base (R)	1
28	N260005	Speed/Hand Pulse Complex	1
29	N260006	Incline/Hand Pulse Complex	1
30	F020019	Breaker	1
31	F030008	AC Electronic Module	1
32	P050010-A1	Transportation Wheel	4
35	P060019-A1	Cushion	6
37	M010015B-Z0	1435m/m_Aluminum Foot Rail	2
38	P140061A-KL	Frame Base Cover (L)	1
39	P140062A-KL	Frame Base Cover (R)	1
40	P060021-A1	Motor Cover Anchor(D)	5
43	P040002-A1	Square End Cap	2
44	N100003-A5	Square Safety Key	1
45	F010007	Power Socket	1
46	J129021-Y3	3/8" × 7T_Nut	3
47	P060022E-A1	Sensor Rack	1
48	E060001	Power Cord	1
49	E010754	300m/m_Connecting Wire (White)	1
50	E010755	300m/m_Connecting Wire (Black)	1

KEY NO.	PART NO.	DESCRIPTION	Q'TY
51	E010747	100m/m_Connecting Wire (Black)	1
52	D090076	Motor Controller	1
53	E020729-02	1200m/m_Computer Cable (Upper)	1
54	E020771-01	1250m/m_Computer Cable (Middle)	1
55	E020729-03	1200m/m_Computer Cable (Lower)	1
56	F030185	1000m/m_Sensor W/Cable	1
58	J011503-Y3	1/2" × 1" _Hex Head Bolt	2
59	J011013R-ZN	3/8" × UNC16 × 3-1/4" _Hex Head Bolt	1
60	J220003-Y3	Ø5/16" × 19 × 1.5T _Curved Washer	2
61	J011006-Y3	3/8" × 1-1/2" _Hex Head Bolt	1
62	J011002-Y3	3/8" × 3/4" _Hex Head Bolt	4
63	J013012-Y3	M8 × 60m/m _Hex Head Bolt	1
64	J013002-Y3	M8 × P1.25 × 12m/m _Hex Head Bolt	2
65	J020511J-Y3	5/16" × 2-3/4" _Button Head Socket Bolt	2
66	J011007P-ZN	3/8" × UNC16 × 1-3/4" _Hex Head Bolt	1
67	J340506E-Y3	5/16" × 1-1/2" _Flat Head Socket Bolt	4
68	J033505S-ZN	M10 × 25m/m _Socket Head Cap Bolt	2
69	J033016-ZS	M8 × 80m/m _Socket Head Cap Bolt	2
70	J043005-Y3	M8 × 25m/m _Flat Head Countersink Bolt	4
71	P090115-A1	Motor Bottom Cover	1
72	J020501-Y3	5/16" × 1/2" _Button Head Socket Bolt	2
73	J377105-Y3	5 × 16m/m _Tapping Screw	5
74	J396804-Y3	3.5 x 12 m/m Sheet Metal Screw	20
75	J139111-Y3	1/2" × 8T _Nylon Nut	2
76	J139011-Y3	3/8" × 7T _Nylon Nut	2
77	J139062-Y3	5/16" × 7T _Nylon Nut	5
78	J139261-Y3	M8 × 7T _Nylon Nut	1
79	J260001-Y3	Ø10 × 2.0T _Split Washer	4
80	J260007-Y3	Ø8 × 1.5T _Split Washer	8
81	J260008-Y3	Ø5 × 1.5T _Split Washer	5
82	J210003-Y3	Ø3/8" × Ø19 × 1.5T _Flat Washer	6
83	J210008-Y3	Ø3/8" × Ø25 × 2.0T _Flat Washer	4
84/100	J210005-Y3	Ø5/16" × Ø18 × 1.5T _Flat Washer	13
85	P060801-A1	Nylon Washer (B)	2
86	P060221-A1	Nylon Washer (A)	2
87	B130016-Z1	Ø25 × Ø20 × Ø16 × Ø5 × 4.5H × 1.1T _Concave Washer	8
88	J270001-Z1	M5 _Star Washer	5
89	J367111-Y3	Ø5 × 32m/m _Tapping Screw	2
90	J330014-Z1	13m/m _Wrench	1
91	J386904-Y3	4 × 12m/m _Sheet Metal Screw	12
92	B133000-Z1	Belt Guide	2
93	J367105-Y3	Ø5 × 16m/m _Tapping Screw	38
94	P060410-A1	Ø10 × Ø25 × 0.8T _Nylon Washer	2
95	K060039	Cylinder	1
96	J043010-Y3	M8 × 50m/m _Flat Head Countersink Bolt	4
97	P070163-A1	Handlebar Cover (Top)	2

KEY NO.	PART NO.	DESCRIPTION	Q'TY
98	P070164-KL	Handlebar Cover Outer (L)	1
99	J010502-Y3	5/16" × UNC18 × 3/4" Hex Head Bolt	8
102	J330051-Y3	M5 Allen Wrench & Phillips Head Screwdriver	1
103	J330002-Y3	M6 L Allen Wrench	1
104	N020007	Lubricant	1
105	P060018-A1	Adjustment Foot Pad	2
106	P070165-KL	Handlebar Cover Inner (L)	1
107	P070166-A1	Front Inner Handlebar Cover (L)	1
108	P070167-KL	Handlebar Cover Outer(R)	1
109	P070168-KL	Handlebar Cover Inner (R)	1
110	P070169-A1	Front Inner Handlebar Cover (R)	1
111	J536805-Y3	3.5 × 16m/m Tapping Screw	7
112	P060281	Wire Tie Mount	5
113	CRP010105-A1-01	Top Motor Cover Plate	1
114	E050203-01	1000m/m Speed Cable (Upper)	1
115	E050253	1000m/m Incline Cable (Upper)	1
125	J020502-Y3	5/16" × 3/4" Button Head Socket Bolt	8
126	J092003-Y3	M5 × 15m/m Phillips Head Screw	6
127	J139361-Y3	M10 × 8T Nylon Nut	2
128	J092001-Y3	M5 × 10m/m Phillips Head Screw	5
130	N050002	Wire Clamp	1
140	J386909-Y3	4 × 25m/m Sheet Metal Screw	2
141	B070015-Z4	Foot Rail Back Plate	2
143	F090001-A1	Chest Strap	1
152	B070005-Q2	Controller Back Plate	1
153	J397002-Y3	3 × 8m/m Sheet Metal Screw	6
155	B020001-Z1	Link	1
156	C010003-Z1	Link Shaft	1
157	C070025-Z1	Shaft Bushing	2
158	B020002-Z1	Fastening Bracket	2
159	C040020-Z1	Clevis Pin	1
160	C070026-Z1	Fastening Bushing	1
161	K010001	Dual Torsion-Spring	1
162	P060219-A7	Release Lever	1
163	K010002-Z1	Ø1.8 ChenChin Torsion-Spring	1
164	K010003	Ø2 Steel Cable Tension Spring	1
165	K020014	Steel Cable	1
166	J354001-Y3	M3 × 10m/m Phillips Head Screw	1
167	J092004-Y3	M5 × 20m/m Phillips Head Screw	1
168	J020524-Y3	5/16" × UNC18 × 42m/m Button Head Socket Bolt	1
169	J139161-Y3	M5 × 5T Nylon Nut	1
170	J129221-Y3	M3 × 2.5T Nut	1
171	J210004-Y3	Ø5 × Ø10 × 1T Flat Washer	2
172	J210069-Y3	Ø5 × Ø13 × 1.0T Flat Washer	1

KEY NO.	PART NO.	DESCRIPTION	Q'TY
173	J260002-Y3	M3 Split Washer	1
175	P060574B-DZ	Cushion Spacer	4
176	E040501	400m/m Ground Wire	1
177	F060116	Filter	1
178	E010752	200m/m Connecting Wire (White)	1
179	E010753	200m/m Connecting Wire (Black)	1
186	P060786-A1	Ø40 × 3T Nylon Washer	2
187	J260019-Y3	Ø1/2" × 2.0T Split Washer	2
188	J260004-Y3	Ø10 × 1.5T Split Washer	2

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 athletes.

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

PROGRESSION

As you 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 should the training threshold. 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 to the central circulation, pooling of blood may occur in the muscles.

HEART RATE

As you exercise, so the rate at which your heartbeat 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 for 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 getting enough sleep can affect it; (2) your pulse rate is a guide, don't become overly fixated on the number.

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 and 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 principle 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 about 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.

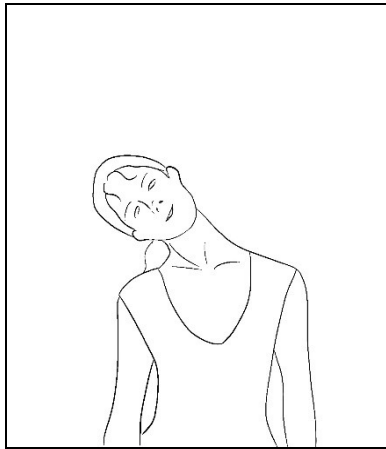
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half-minute to one-minute 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; no 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.

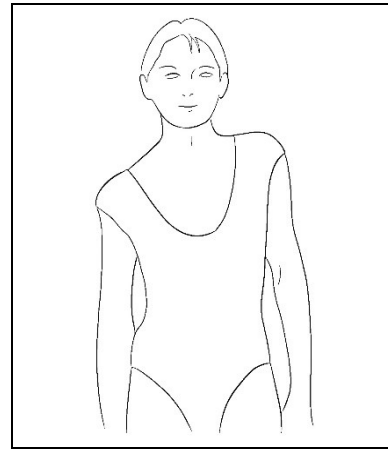
HEAD ROLLS

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, stretch your chin to the ceiling, and let your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



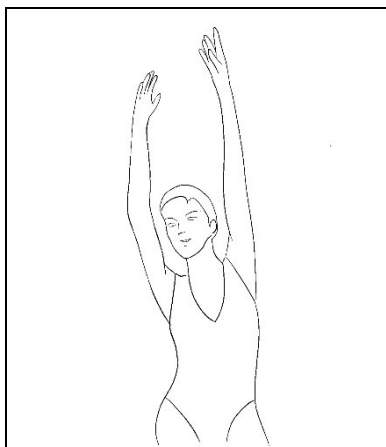
SHOULDER LIFTS

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



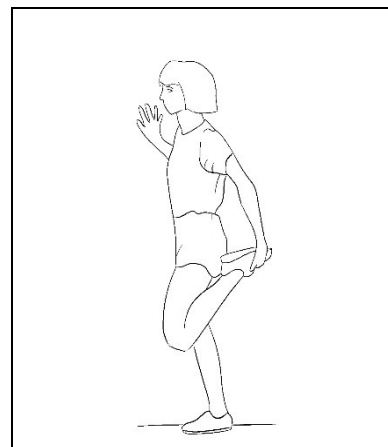
SIDE STRETCHES

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 foot and left arm.



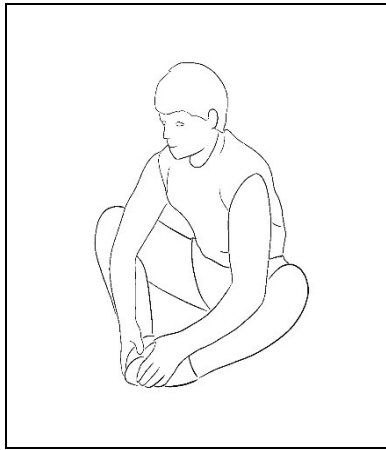
QUADRICEPS STRETCH

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.



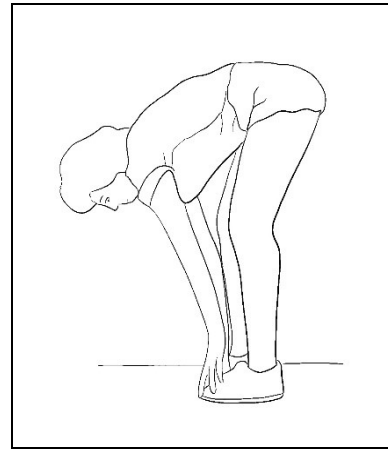
INNER THIGH STRETCH

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



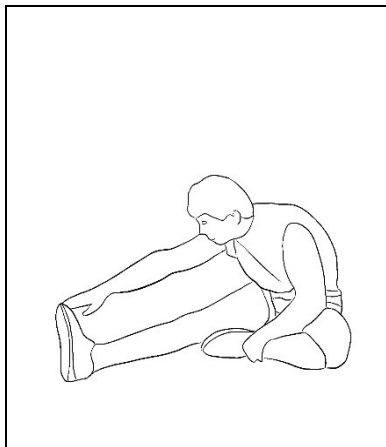
TOE TOUCHES

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.



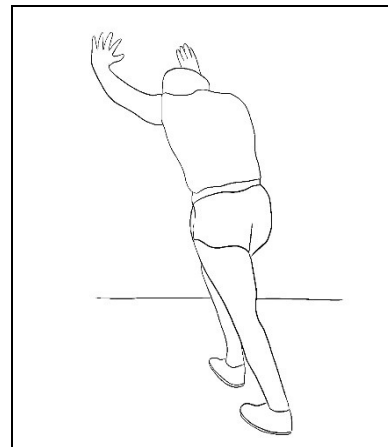
HAMSTRING STRETCHES

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 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 the sales 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
Deck	5 Years
Parts	2 Years
Labour	1 Year

The consumer is responsible for the items listed below:

1. Warranty registration can be completed online: Go to www.dyaco.ca/warranty.html to complete 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 the following 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.

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spiritfitness.ca



xterrafitness.ca

UFC

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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