



WS200 TREADMILL

Model# 16004400200

If you require assistance or are experiencing issues with your XTERRA Treadmill, please contact our customer service for additional help.



1-888-707-1880

customerservice@dyaco.ca

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PRODUCT REGISTRATION

Congratulations on your new treadmill, and welcome to the XTERRA Fitness family!

Thank you for your purchase of this quality unit from Dyaco Canada Inc. Your new unit was manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. Dyaco Canada Inc. will do all we can to make your ownership experience as pleasant as possible for many years to come.

If you have questions, or if parts are missing or damaged, or if you require customer service, call (888) 707-1880. Please have your model number and serial number handy when you call.

Please take a moment at this time to record the name of the dealer, their telephone number, and the date of purchase below to make any future, needed contact easy. We appreciate your support, and we will always remember that you are the reason that we are in business.

Serial Number	
Date of Purchase	
Dealer / Place of Purchase	

WARRANTY REGISTRATION

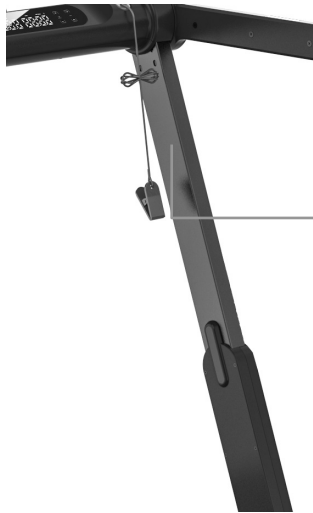
Please visit us at xterrafitness.ca/warranty under the Support tab to register online.

PRODUCT LABELS



SERIAL NUMBER STICKER

This sticker will be found on the rear of the motor cover. Please record the number below the barcode to register your treadmill's warranty.



SAFETY WARNING STICKER

This sticker will be found on the interior side of your treadmill's upright. The same warning can be found in this manual. Please read and be aware of the precautions before operating your unit.

WARNING AVERTISSEMENT

SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED.

- Consult your physician before use.
- Stop immediately if you become dizzy or experience chest pains and consult your physician.
- Heart Rate monitoring systems can be inaccurate; use them for reference only.
- Read all warnings on the unit and be properly instructed or read the Owner's Manual on how to use before beginning.
- Inspect this machine for damage prior to use.
- Keep body, clothing, and fitness accessories clear of moving parts.
- Risk of personal injury – Keep children under the age of 13 away from machine.

Le non respect de ces directives pourrait entraîner des blessures graves, voir mortelles:

- Consultez votre médecin avant de l'utiliser.
- Arrêtez immédiatement en cas d'étourdissements ou des douleurs à la poitrine et consultez votre médecin.
- Les lectures de fréquence cardiaque peuvent être inexactes; utiliser à titre indicatif seulement.
- Lisez tous les avertissements et les instructions sur l'appareil et dans le manuel du propriétaire avant l'utilisation.
- Inspectez cet appareil pour tout dommages avant de l'utiliser.
- Garder le corps, les vêtements et accessoires d'entraînement à l'écart des pièces mobiles.
- Risque de blessures- gardez les enfants âgés de moins de 13 ans loin de l'appareil.

SAFETY INSTRUCTIONS

When using electrical equipment, basic precautions should always be followed, including the following:

Read all instructions before using this equipment.

! DANGER - To reduce the risk of electric shock:
Always unplug this equipment from the electrical outlet immediately after using and before cleaning.

- ! WARNING** - To reduce the risk of burns, fire electric shock, or injury to persons:
1. The equipment should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
 2. Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
 3. This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
 4. Use this equipment only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
 5. Never operate this equipment if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the equipment to a service center for examination and repair.
 6. Do not carry this equipment by supply cord or use cord as a handle.
 7. Keep the cord away from heated surfaces.
 8. Never operate the equipment with the air openings blocked. Keep the air openings free of lint, hair, and the like.
 9. Never drop or insert any object into any opening.

10. Do not use it outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. Connect this equipment to a properly grounded outlet only. See Grounding Instructions.
13. The equipment is intended for household use.
14. To disconnect, turn all controls to the off position, then remove the plug from the outlet.
15. Do not operate equipment on deeply padded, plush or shag carpet. Damage to both carpet and equipment may result.
16. Before beginning this or any exercise program, consult a physician. This is especially important for people over the age of 35 or people with pre-existing health conditions.
17. Keep your hands away from all moving parts.
18. 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.
19. Do not attempt to use your equipment for any purpose other than for the purpose it is intended.
20. Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your equipment. Quality athletic shoes are recommended to avoid leg fatigue.
21. **User Weight Limit: 265 lbs.**

! Please ensure that you review and adhere to the user weight restrictions and power requirements of your new treadmill. Failure to do so may result in serious injury or damage to your treadmill.



ELECTRICAL SAFETY



WARNING!

Route the power cord away from any moving part of the unit including the transport wheels.

NEVER remove any cover without first disconnecting AC power. If voltage varies by ten percent (10%) or more, the performance of your unit 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 unit 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, humidity is 95%, non-condensing (no water drops forming on surfaces).

Circuit breakers: Avoid AFCI/GFCI circuit breakers if possible. These breakers may trip occasionally during exercise because of the high inrush currents of the unit drive electronics and motor. This is an issue that affects all unit brands. 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 if there are any other devices plugged into the same circuit. Some examples of devices that may also cause tripping are fluorescent lights with electronic ballasts, coffee makers, space heaters, and hair dryers.

Optimally the unit should be the only device plugged into the circuit. Our units have surge suppressors built in to help avoid nuisance tripping. We have tested several AFCI/GFCI breakers and outlets with our products. Brands we have tested are Eaton (Cutler Hammer Series), Leviton (Smart lock Pro) and Schneider Electric (Canadian home series). These breakers do not trip in our testing, when connected to our units, as long as no other devices are plugged into the same circuit.

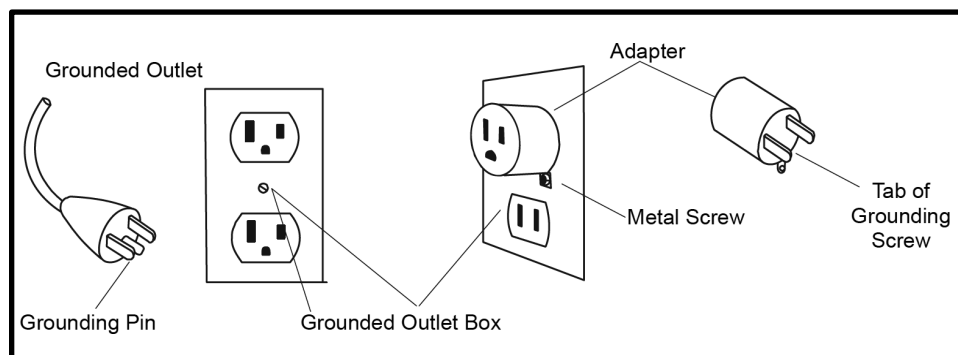
- NEVER operate this unit without reading and completely understanding the results of any operational change you request from the computer.
- Understand that speed changes do not occur immediately. Set your desired work level on the computer console and release the adjustment key. The computer will obey the command gradually.
- NEVER use your unit during an electrical storm. Surges may occur in your household power supply that could damage unit components. Unplug the unit during an electrical storm as a precaution.
- Use caution while participating in other activities while walking on your unit, such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.

GROUNDING & LOCATION REQUIREMENTS

This product must be grounded. If the unit should malfunction or break down, grounding provides a path of least resistance to 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 by 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.

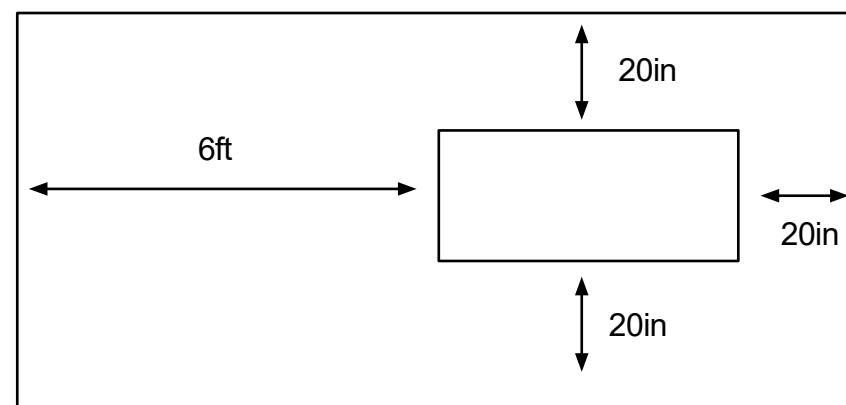
This product is for use on a 110-volt circuit and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The 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.



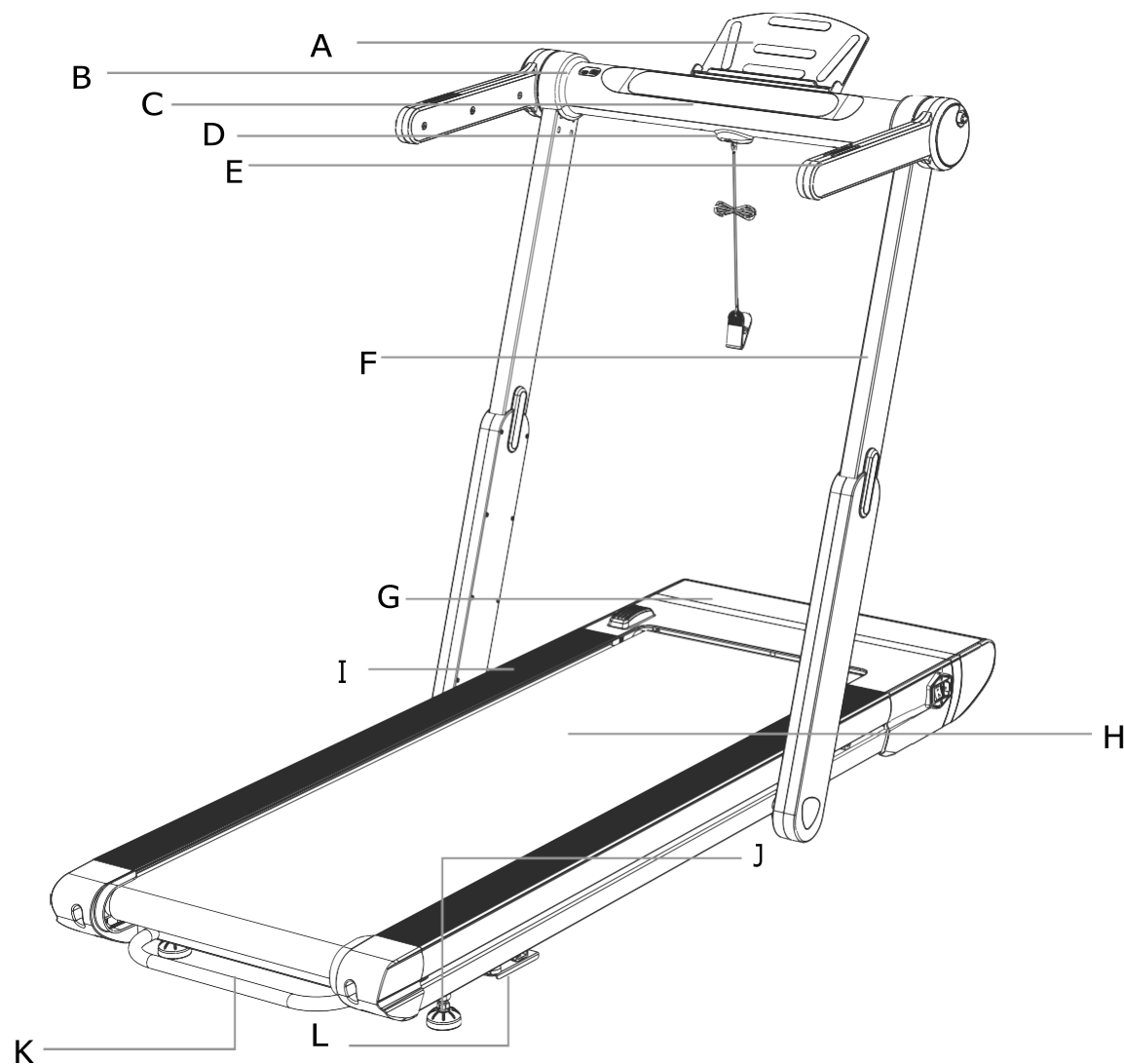
Location Requirements

After assembling your treadmill, you'll need to make sure you've installed it in a safe area.

- We recommend that you leave an area of at least 20in on the front, and sides of your treadmill. The front of the unit is where the motor is located.
- We recommend that you leave an area of at least 6ft behind the treadmill.
- Install your treadmill in an area where children and pets cannot access it.
- Always keep the area around your treadmill clear of furniture, exercise equipment and other debris.
- Do not install your treadmill on deeply padded, plush, or shag carpet.



PARTS OF YOUR TREADMILL



- A. Tablet Holder
- B. USB Type A & C Charger Port
- C. LED Screen
- D. Safety stop key
- E. Hand pulse sensors
- F. Uprights
- G. Motor cover
- H. Belt
- I. Side rails
- J. Levelers
- K. Transport Handlebar
- L. Upright Stopper

** USB A and C ports are for charging purposes only*



PACK LIST

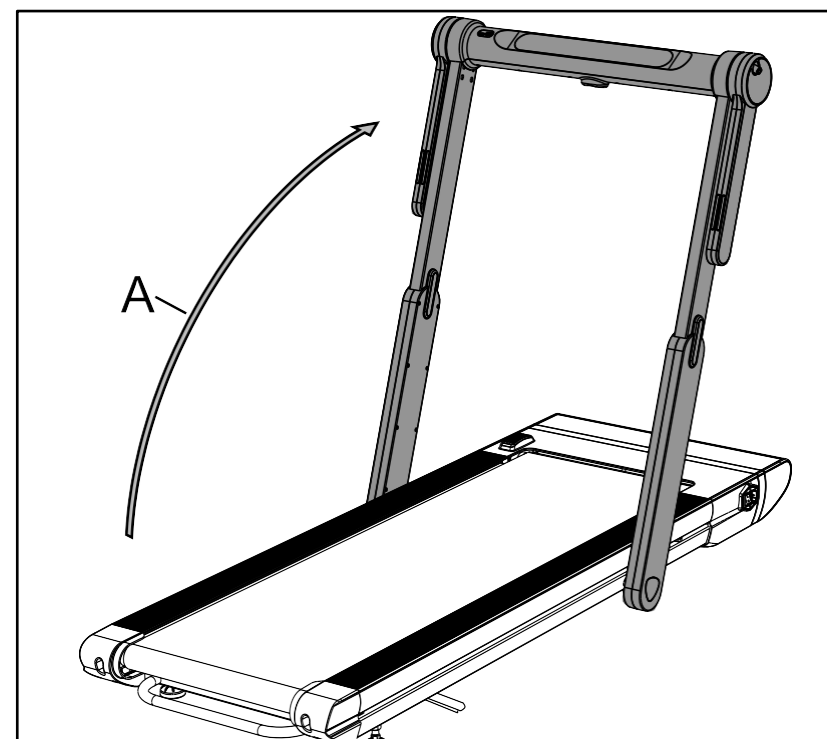
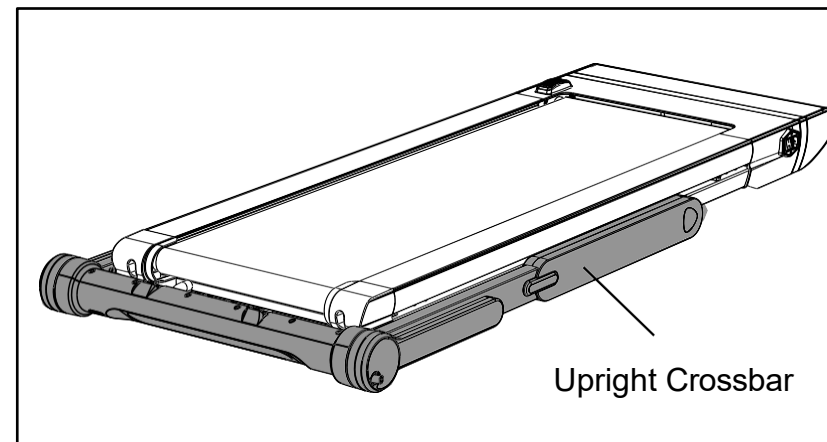
No	Description	Quantity
1	4.2 x 19mm Bolts	6
2	5mm Allen Key	1
3	6mm Allen Key	1
4	Wrench	1
5	Tablet Holder	1
6	Power Cord	1
7	Safety Key	1
8	Silicone Oil	2
9	Manual	1



ASSEMBLY

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

Lift the Upright Crossbar (as shown in A) until it clicks into place at the top height.

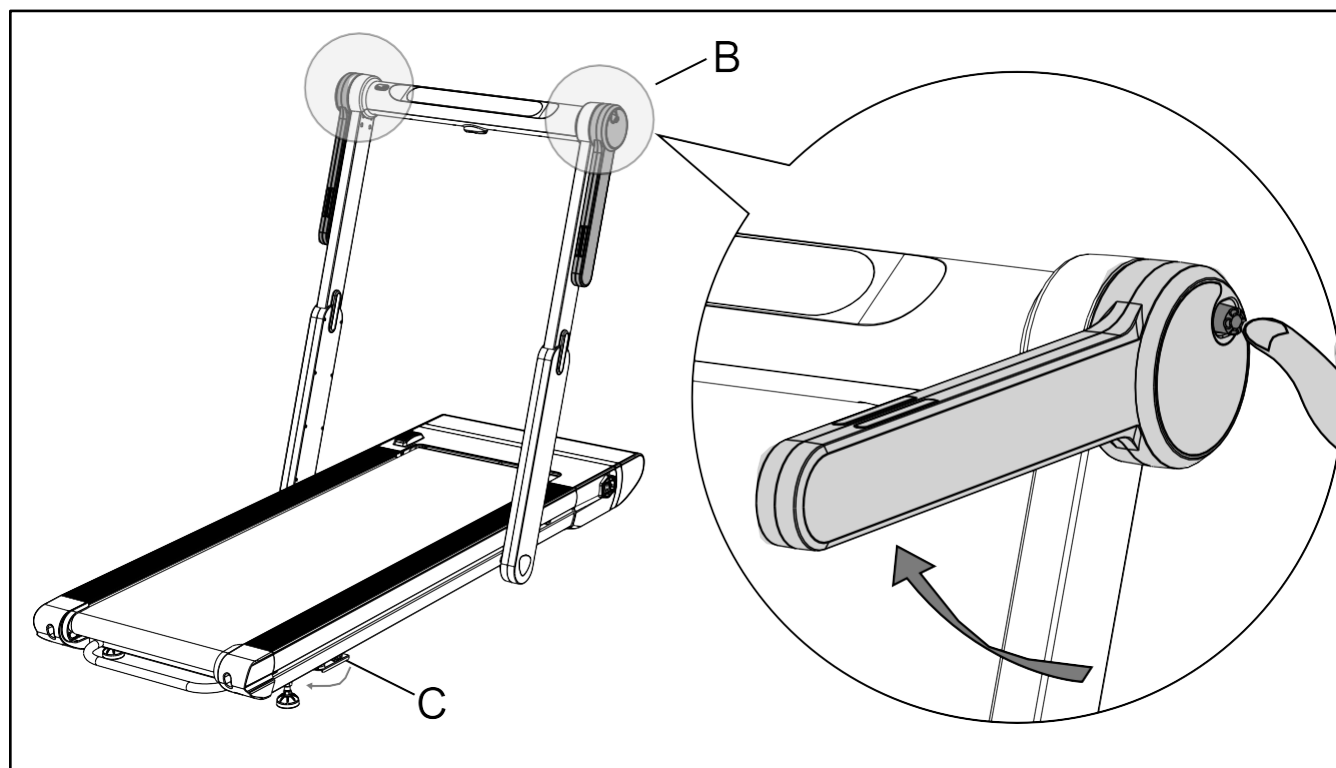




ASSEMBLY - CONTINUED

2. Press and hold the red button on the handle with your thumb as shown in step (B), and at the same time lift the handle up until the handle is locked, and release the button during the process of lifting the handle; (the same operation on the other side)

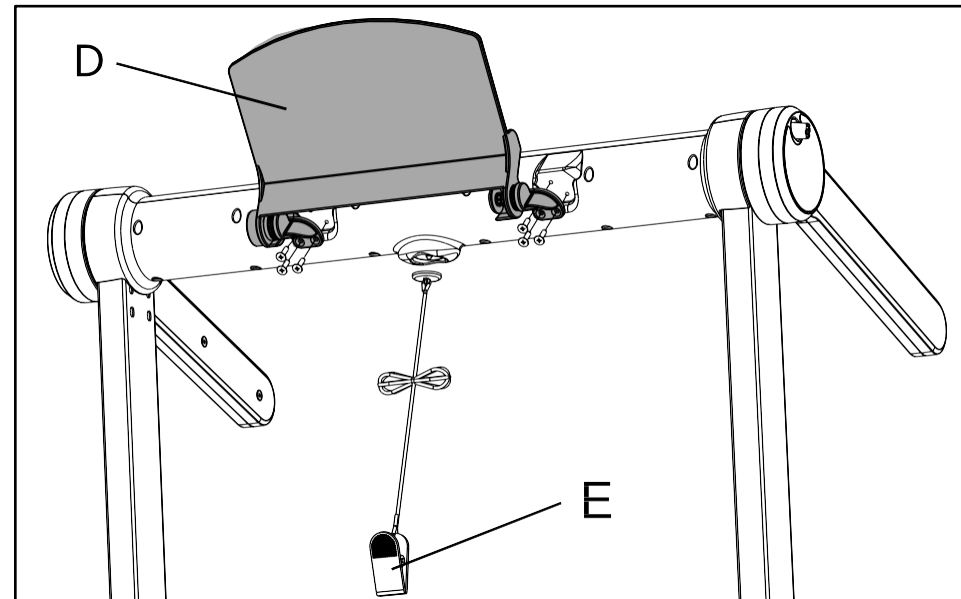
As shown in step (C), rotate the left and right Handlebar Stoppers to the bottom of the main frame in the direction of the arrow so that they are not exposed to avoid damage.



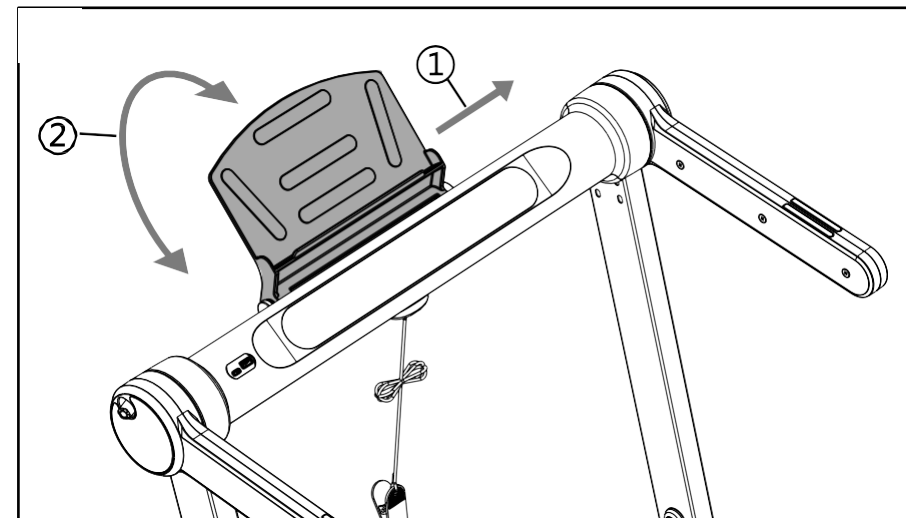


ASSEMBLY - CONTINUED

- 3.** Fix the Tablet Holder (D) to the underside of the Console using 6 cross-recessed countersunk head screws and place the red Safety Key (E) onto the yellow area of the underside of the Console.



Adjust the angle of the Tablet Holder, as shown in the image, slide the back panel of the bracket in the direction of the arrow to adjust the angle, turning it to a suitable angle.

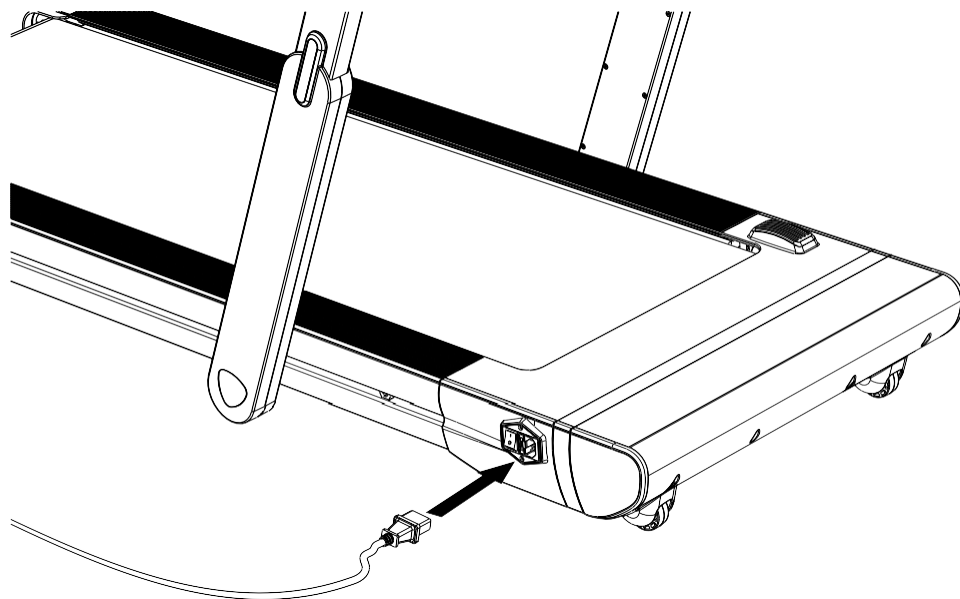




SETTING UP YOUR TREADMILL

Plugging in and Powering On

As shown in the figure below, insert the power cord into the socket on the right side of the treadmill. Plug in the power supply and turn on the power switch of the treadmill. The treadmill will now enter standby state.





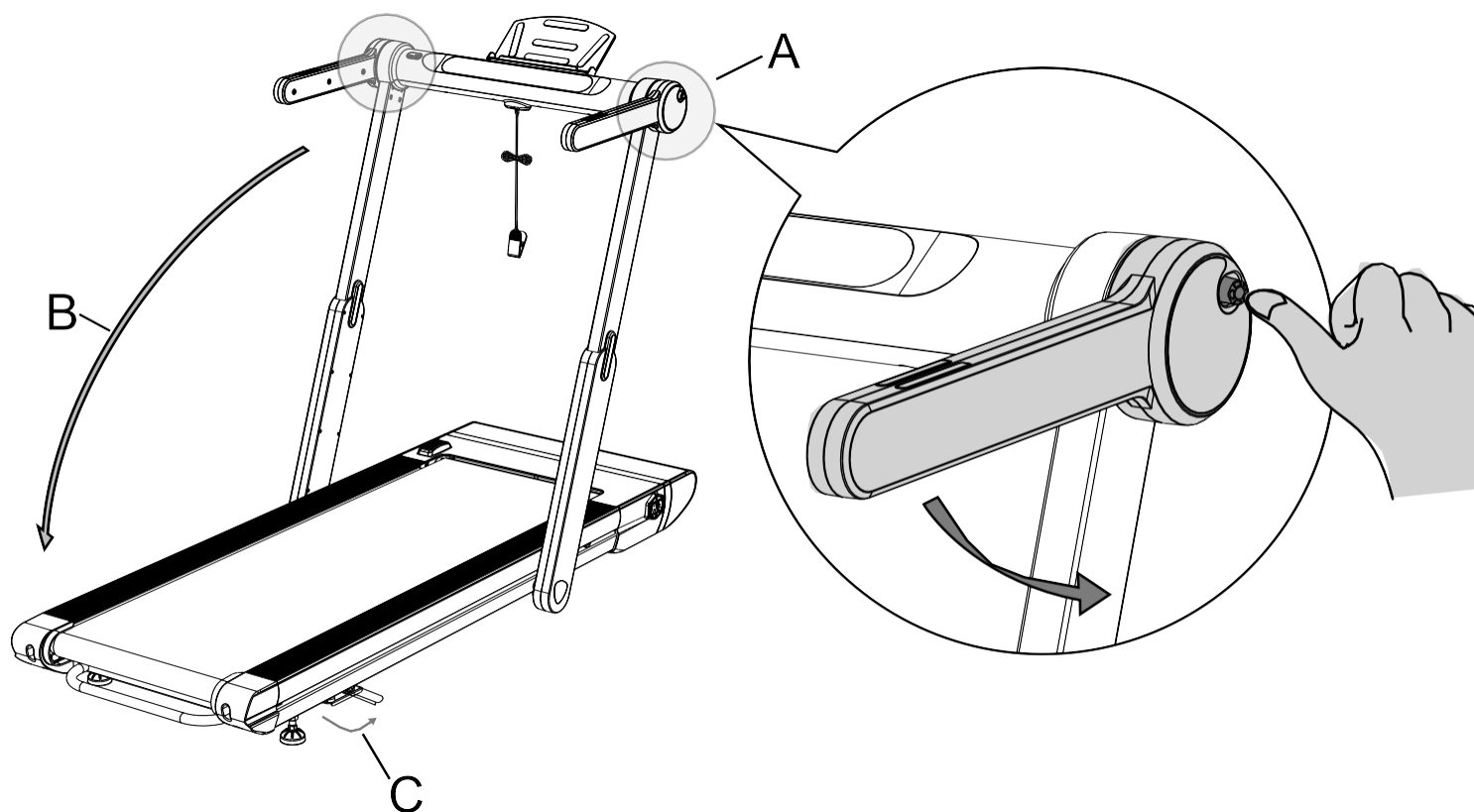
HOW TO FOLD THE TREADMILL

Folding Your Treadmill

As shown in step (A), press and hold the red button on the handle with your thumb, at the same time fold the handle in the direction of the arrow until the handle is locked, and release the button during the process of raising your hand; (the other side can do the same).

As shown in step (B), fold the Handlebar down and make it parallel to the running platform.

As shown in step (C), rotate the Handlebar Stoppers out so that the stopper catches the Upright.

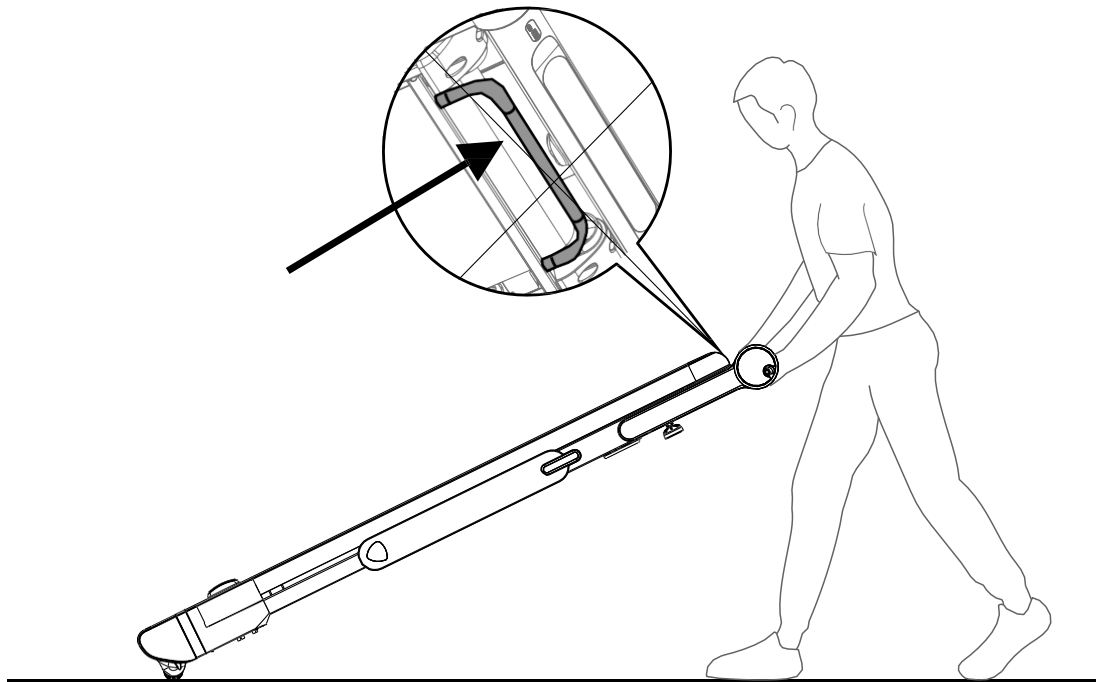




HOW TO MOVE THE TREADMILL

Moving Your Treadmill

Using the Rear Handlebar, lift from the base and roll the unit away.





SAFETY KEY



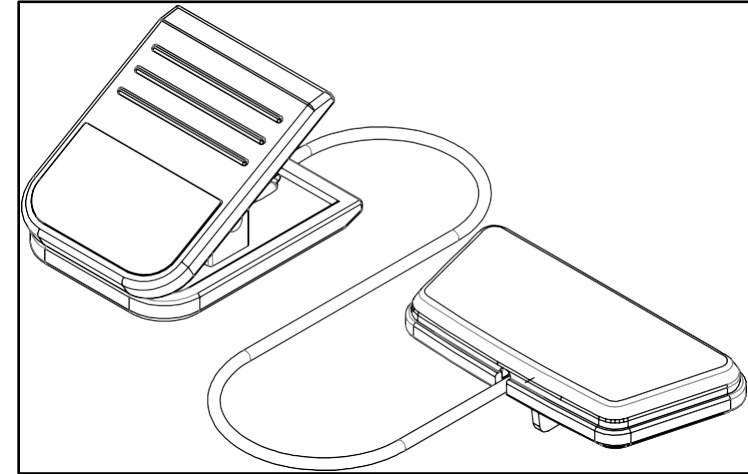
A safety tether cord is provided with this unit.

It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the tread-belt.

Pulling this safety tether cord will stop tread-belt movement.

To Use:

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



ABOUT YOUR TREADMILL

! Always use care and caution when operating your treadmill. Follow the instructions in this manual to ensure the safe operation and maintenance of your treadmill



Your new XTERRA Fitness treadmill has Bluetooth connectivity to give you access to the most advanced workout experiences available. Follow the instructions on page 22 to learn more about using the Bluetooth capabilities to their fullest potential.



Downloading the XTERRA+ app will help unlock more features such as tracking workouts and sharing data via Google Fit and Apple Fitness. Simply search for "XTERRA+" in the app store on your smartphone or tablet, or scan the QR code on the right



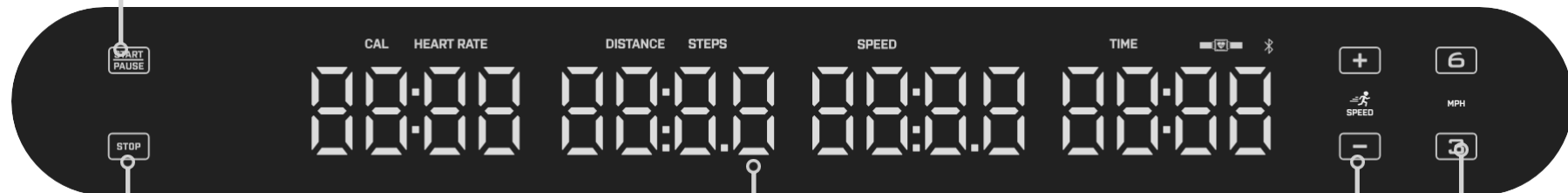
The XTERRA Fitness app is available on Google Play and the Apple App Store. Scan the QR Code below, and quickly and easily sign up to start taking your workout experience to a whole new level.





CONSOLE SCREEN - OVERVIEW

Start / Pause
Button



Stop Button

Message
Center

Speed
Buttons

Direct
Speed
Buttons



WINDOW DISPLAY

Start/Pause/Resume: Short Press the button to start the treadmill, and press the button to pause or resume the treadmill while running.

Stop: short press the button to stop the treadmill while running.

Speed 3: During the running of the treadmill, short press the speed shortcut key to 3(Km/h or MPH).

Speed 6: During the running of the treadmill, short press the speed shortcut key to 6(Km/h or MPH).

Speed +: Short press or long-press the "+" key during the running of the treadmill to increase the speed. The adjustment will be ineffective once the maximum speed limit is reached.

Speed -: Short press or long-press the "-" key during the running of the treadmill to decrease the speed. The adjustment will be ineffective once the minimum speed limit is reached.

Display and Key Distribution Specs

The LED windows display the following functions:

Window Display: Time, Speed, Distance, Calories, Heart Rate, Step Counting Display

Time Display Range: 0:00-99:59

Speed Display Range: 1.0-13.0 (Imperial System: 0.6-8.0mph)

Distance Display Range: 0.00-99.99

Calories Display Range: 0-9999

Heart Rate Display Range: 50-200

Steps Display Range: 0-9999

Quick Start

1. Put the safety key on the safety key position of the treadmill, and turn on the power switch, the buzzer will sound, and the system will enter the standby state and display 0:00.
2. Press the "Start/Stop" button window to display a 3-2-1 countdown with a one-second buzzer sound at each number, then the motor will start.
3. The starting speed is 0.6mph, at this time, you can press the speed +, - keys to adjust the speed.



FUNCTIONS

Heart Rate Detection

Hold the heart rate grips with both hands for 3 to 5 seconds to display the heart rate value (50-200). If you hold the grips with one hand, the signal will be invalid.

Anti-Fall Function

The treadmill will only operate when the uprights are in the upright position. If they are folded down at any time during operation, then the treadmill will automatically stop in 3 seconds. For safety reasons, the treadmill cannot be used with the uprights folded down (as it was in the original carton).

Bluetooth FTMS Connection

Open the desired app (Zwift, Kinomap, etc). Click connect treadmill (Treadmill Bluetooth Name: WS200). The app will automatically search and connect to the treadmill. If the connection times out, return to the previous round of operation.

Safety Lock Function

1. If the safety key is pulled off, the window displays "E07", and the buzzer will beep continuously
2. When the treadmill is running, if the safety key is removed, and "E07" is displayed in the window, the treadmill will stop in an emergency and cannot be started.



HOW TO USE THE TREADMILL

1. Turn on the power and check whether the treadmill is working properly.
2. The treadmill will begin at a speed of 1.0-13.0Km/h (0.6-8.0mph)
3. Clip the safety key into place on the console and to the front of your waistband.
4. Before exercising, ensure that the stability and function of the treadmill are normal. Do not stand on the running belt. Before running, stand on the left and right bars, hold the handrail, then press the "start" button. The treadmill will delay 3 seconds before starting. The treadmill will then start at .6 MPH. Now, step onto the running belt while holding onto the handlebar with at least one hand.
5. You can speed up running by pressing the "+" key. You can also press the - "key to slow it down.
6. If you need to pause your treadmill, you can press the "pause" key at any time to stop the motor. When you wish to resume, press the "pause" key again, and the motion data will be superimposed in front of the data.
7. You can press the "stop" key at any time to stop the motor.
8. When running, press the "3, 6-speed" selection key to directly increase that speed.

Note: During the exercise, if the safety key is pulled out, the belt will stop immediately, the console will refuse any operation, and the window displays "E07".

USING THE XTERRA+ APP

In order to help you achieve your exercise goals, your new exercise treadmill 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 treadmill.

Press the “DISPLAY” button from the APP to view the display of the current workout data. When your exercise is complete, choose “END & SAVE WORKOUT” to store the workout data.

1. Download the App by scanning the QR code on the right.
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 Bluetooth® icon to search for your XTERRA + equipment.
4. Under the Bluetooth® scan result list, select the treadmill for connect. When the App and equipment are synced, the Bluetooth® icon on the equipment’s console display will light up. Click “DISPLAY”, you may now start using your XTERRA + App.
5. When your exercise is complete, choose “END & SAVE WORKOUT” to store the workout data. You will be prompted to sync your data with each available fitness cloud site. Please note, that you will have to download the applicable compatible fitness Apps, such as Strava, MapMyFitness, Fitbit, etc., in order for the icon to be active and available.

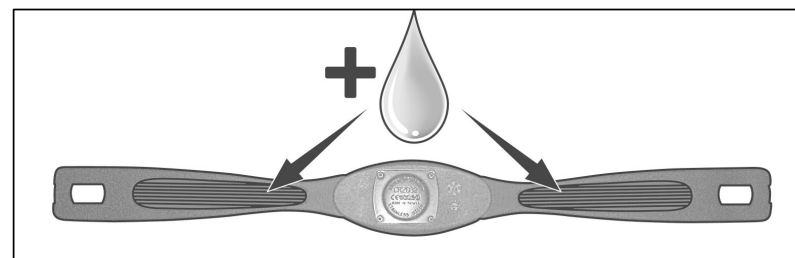
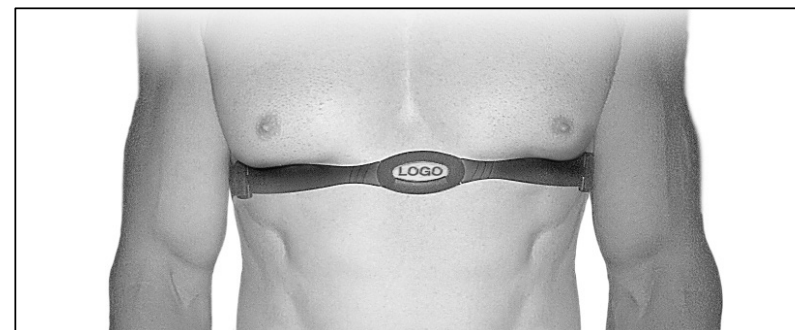
Note: Your device will need to be running on a minimum operating system of IOS 13.1 or Android 8.0 for the XTERRA + App to operate properly.





BLUETOOTH HEART RATE CHEST STRAP* (NOT INCLUDED)

1. Attach the transmitter to the elastic strap using the interlocking key.
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 centered in the middle of your torso 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.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady 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.



HEART RATE EXERTION

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.

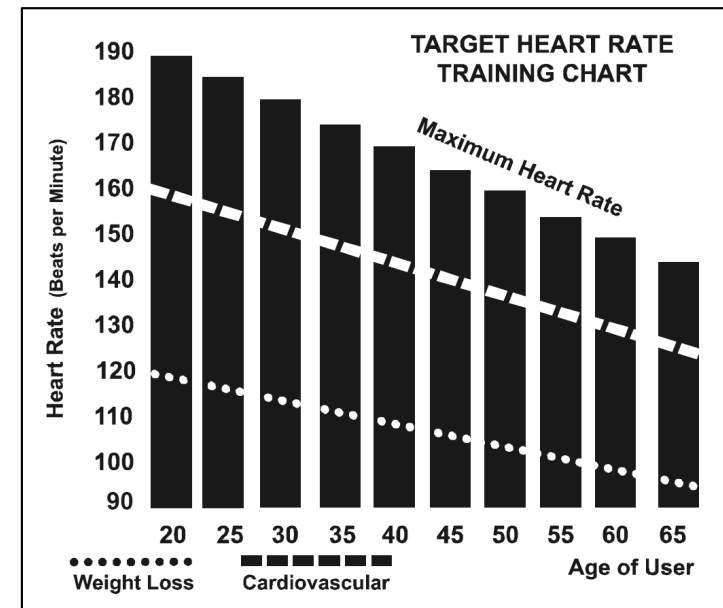
To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR) for someone of your age. To determine the effective heart rate range 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 recommended for burning fat while 80% is recommended 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)
 $180 \times .6 = 108$ beats per minute (60% of maximum)
 $180 \times .8 = 144$ 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. Entering your age is used for the Heart Rate programs. 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 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.

With this treadmill, you may use the heart rate monitor feature without using the Heart Rate program. However, when using the heart rate monitor feature in conjunction with the Heart Rate programs, the treadmill will automatically adjust speed or incline to maintain the desired heart rate.



HEART RATE - 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 work 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

25

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. If your body is strong and rested, you will feel strong, and your pace will feel comfortable. 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 difficult. Again, this will show up in your RPE and you will train at the proper level for that day.



MAINTENANCE & CARE

Post-Workout Treadmill Care

1. Store your treadmill according to the folding instructions when not in use.
2. Use a slightly damp cloth to clean areas where sweat or oil made contact with the treadmill.
3. Use a microfiber cloth to clean the display and remove unwanted oils and other things that may damage the screen.
4. Avoid leaving paper or other small debris in the cupholders.



General Cleaning

Dirt, dust, and hair can block air inlets and accumulate on the running belt. Please vacuum underneath your unit on a monthly basis to prevent excess build-up of dirt that can get sucked up and get into the inner workings under the motor cover. Every other month, you should remove the motor cover and carefully vacuum out dirt and hair that may accumulate.

 **UNPLUG THE POWER CORD BEFORE THIS TASK.**

Sanitizing Your XTERRA Fitness Equipment

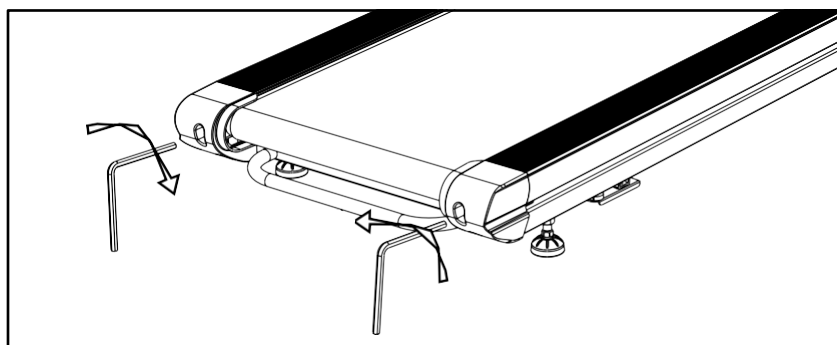
- Unupholstered high-contact surfaces (hard plastics) can be sanitized using a 75% isopropyl alcohol solution and a clean, dry cloth. Spray surfaces to be sanitized and use a dry cloth to wipe clean. Allow surfaces to dry before using.
 - For upholstered or soft-plastic surfaces, use a conditioner after sanitizing. Be sure to follow the instructions provided by the conditioner manufacturer to ensure proper use of the conditioner.
 - Alternatively, you can make your own spray by mixing the proper ratio of isopropyl alcohol and distilled water to reach a 75% solution.
- 

MAINTENANCE & CARE - CONTINUED

Belt Adjustments

If the running belt slips while walking on it, users can adjust the tension of the running belt by turning screws on the rear rollers of both sides with a 5mm Allen Wrench, which is included in the hardware kit.

PS. During adjustment, while turning the rear rollers' screws, be sure to keep the running belt tension balanced on both sides, otherwise the belt shifts from the higher tension end to the other.



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 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.



DECK LUBRICATION

To ensure the longevity and proper functioning of your treadmill, proper belt maintenance is required. You should regularly check between the treadmill belt and the top of the treadmill base for proper lubrication, and to ensure that no dirt or debris has become trapped. Keeping the deck clean and lubricated at the recommended intervals ensures the longest life possible for your unit. Should lubrication dry out, or dirt become trapped, the friction between the belt and deck increases. Increased friction places undue stress on the drive motor, drive belt, and electronic motor control board which could result in catastrophic failure of these essential, expensive components.

Failure to clean and lubricate the deck at regular intervals may void the warranty.

As a part of your routine maintenance schedule, belt lubrication and cleaning should be performed every 90 days, after 90 hours of use, or earlier if you notice that the deck is dry or dirty. Please also be sure to check belt lubrication before first use.

Do not lubricate with anything other than XTERRA Fitness-approved lubricant. Your treadmill comes with one tube of treadmill belt lubricant.

Extra tubes can be ordered directly from Dyaco Canada Inc. by calling our customer service department at (888)707-1880.

To lubricate your treadmill belt:

1. Turn the power switch off and unplug the power cord from the wall outlet.
2. Measure 18" from the edge of the motor cover; kneel down and reach under the belt approximately 4-6" from one edge. Squirt a line of lubricant about 1/8" wide x 15" long in an "S" pattern perpendicular to the motor cover.
3. Repeat the process on the opposite side.
4. Plug the electrical cord back into the outlet and turn the power switch on.
5. Walk on the belt at a moderate speed for five minutes to evenly distribute the silicone lube.

Regularly check belt lubrication by completing the following steps:

1. Ensure that your treadmill is off, and that the power cord is unplugged to minimize risk of injury.
2. Reach between the running belt and the top of the treadmill base to verify that lubrication is present.



BELT AND DECK CLEANING

Belt & Deck Cleaning

To clean your treadmill belt:

1. Ensure that your treadmill is off and that the power cord is unplugged to minimize the risk of injury.
2. Grab one edge of the treadmill belt and lift slightly to expose the area between the top of the treadmill base and the running belt.
3. Do a visual check for any dirt or debris accumulation.
4. Should dirt and debris be present, slide a towel or cleaning cloth between the treadmill belt and the top of the treadmill base until you can grasp one end on each side. (The cleaning cloth should be longer than the running belt is wide to achieve this.)
5. Using both hands, drag the cleaning cloth up and down the length of the treadmill base 1-2 times.
6. For excessive dirt accumulation, rotate the belt halfway, and repeat step 5. Continue until your cleaning cloth is no longer picking up any dirt.
7. Remove the cleaning cloth from the treadmill before plugging back in.

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WS200 Part list			
No.	Part No.	Description	QTY
1	212000735	Main frame weldment	1
2	203005000721	lower shield	1
3	204003000309	controller 110V	1
4	204005000205	Electronic display PCB board	1
5	205006000214	Electronic display Stickers	1
6	201003000536	Handle Folding latch	2
7	201003000533	Countersunk washer	2
8	201003000532	Flat hole washer	2
9	203002000010	Button	2
10	201003000298	Tie rod wedge	2
11	201003000299	8 Flat head semi-hollow rivet	2
12	201004000015	Manganese steel square gasket	2
13	201002001540	heart rate tablet	4
14	203005000712	Riser inner cover	2
15	203005000713	Riser outer cover	2
16	203004000009	Riser cover lower end sticker	2
17	203004000007	Riser cover upper end sticker	4
18	212000729	Riser weldment	1
19	212000734	90 Motor holder	1
20	212000730	Welding part of left pipe inner tie rod	1
21	212000731	Welding part of right pipe inner tie rod	1
22	212000732	Left Handle Welding Parts	1
23	212000733	Right Handle Welding Parts	1
24	201003000530	Folding latch press spring	2
25	201003000534	front roller	1
26	201002000010	rear roller	1
27	206000149	running board	1
28	204002000163	90 Motor 1HP	1
29	204003000308	Charging interface	1
30	203005000704	upper shield	1
31	203008000197	edge strip	2
32	203005000706	left rear tail seat	1
33	203005000707	Right rear tail seat	1
34	203005000708	Electronic display upper case	1
35	203005000709	Electronic display lower case	1
36	203005000710	Shield left cover	1
37	203005000711	Shield right cover	1
38	203005000714	Left Handle outer cover	1

39	203006000183	Left Handle inner cover	1
40	203006000184	Right Handle outer cover	1
41	203005000715	Right Handle inner cover	1
42	203005000716	Side cover colour strip	2
43	203005000717	IPAD holder	1
44	203005000718	Pad holder fixing seat	2
45	203005000719	Pad holder ring gear	1
46	203005000720	Small Nut Cover	2
47	203014000055	Non-slip stickers	3
48	203014000056	non-slip bottom sticker	1
49	201003000529	Pad holder Folding press spring	2
50	203004000006	Handle sticker	2
51	203013000106	Rubber pad for running board	4
52	203004000008	Shield colour separation sticker	1
53	205006000215	Electronic display Diffusion membrane	1
54	2090000066	T4302 running belt -430X2680	1
55	2090000017	small belt 148J6-375-26-90	1
56	N/M	97-inductance-JSYUAN	1
57	N/M	99- filter	1
58	203013000040	Diamond Recoil pad	4
59	203015000002	Ball head foot pad	2
60	202001000225	Ball head screw	2
61	203013000022	Foot Mat Adhesive Stickers	2
62	201004000031	Riser retainer	2
63	203013000107	Retainer Rubber Stickers	2
64	201002000691	Retainer spacer sleeve	2
65	203015000001	46 Caster	2
66	201003000045	Caster spacer sleeve	2
67	205005000632	Safety key sticker	1
68	204003000003	Safety latch	1
69	204003000002	Safety key switch	1
70	201002001253	Safety key iron piece	1
71	203008000003	dust-proof board	1
72	204003000016	power switch assembly	1
73	203005000044	Edge guide block	4
74	206000125	Safety key assembly	1
75	203014000054	Short non-slip adhesive sticker	2
76	203003000001	94- R shape clamp-3.2	2
77	202001000170	Hexagon socket cylindrical head full tooth bolt M8X30	1
78	202001000076	Cross-recessed flange head tapping screw-ST2. 9X9.5	3
79	202001000079	Cross-recessed countersunk head tapping screw ST4.2X16	2
80	202002000023	Hexagon fine tooth nut-M12X1.5	2
81	202002000086	Hexagon fine tooth lock nut-M12X1.25	2

82	202004000004	flat gasket-11X20X2	2
83	202002000014	Hexagon self-locking nut-M10	2
84	202004000074	Wave gasket-12.2X18X0.3	2
85	202001000467	Hexagon socket cylindrical head bolts-M6X16	2
86	202004000005	elastic washer-6.7X1.6	2
87	202004000072	Large washer-6.4X18X1.6	2
88	202001000613	Hexagon socket countersunk head screws-M5X12	2
89	202001000614	Cross Recessed Cylindrical Head Screws-M6X12	4
90	202001000031	Hexagon socket cylindrical head full tooth bolt M8X55	2
91	202001000161	Hexagon socket cylindrical head full tooth bolt M8X40	1
92	202001000033	Hexagon socket pan head half tooth screw-M8X35	2
93	202002000004	Thin hexagon lock nut-M8X13X7	3
94	202001000035	Hexagon socket countersunk head screws-M8X25	8
95	202001000146	Hexagon Socket Pan Head Screws-M8X10	4
96	202001000078	Cross-recessed countersunk head tapping screw ST4.2X19	20
97	202004000084	Wave gasket-14.2X21X0.3-2.2	2
98	202003000049	Hexagon socket flower shape pan head screw-M8x12	2
99	202001000615	Cross-recessed pan head tapping screw ST3.5X9.5	8
100	203003000001	95- R shape clamp-8	1
101	202001000017	Cross-recessed pan head self-drilling self-tapping screws-ST4.2X16	10
102	202001000160	Hexagon socket cylindrical head full tooth bolt-M8X35	1
103	202001000078	Cross-recessed countersunk head tapping screw ST4.2X19	9
104	202001000002	Hexagon socket head half-thread bolt-M8X105	1
105	202001000618	Hexagon flat end setting screw-M8X20	1
106	202002000115	Hexagon self-locking nut-M8X13X9	1
107	202001000616	Cross-recessed countersunk head tapping screw ST2.2X6.5	8
108	202001000073	Cross recessed pan head self-drilling self-tapping screws-ST4.2X25	4
109	202005000003	Deep groove ball bearing-6001	4
110	202001000012	Cross-recessed countersunk head tapping screw ST2.9X19	20
111	202001000241	Cross-recessed pan head tapping screw-ST2.6X6.5	6
112	202001000144	Cross-recessed flange head tapping screw-ST4.2X16.	2
113	202001000413	Cross-recessed pan head tapping screw-ST2.2X13	3
114	202001000037	Cross-recessed pan head tapping screw-ST4.2X16	6
115	202001000134	Cross-recessed pan head tapping screw-ST2.9X16	16
116	202001000019	Cross-recessed pan head self-drilling self-tapping screws-ST4.2X19	2
117	202001000016	Cross-recessed flange head self-drilling self-tapping screws-ST4.2X16	4

118	202001000422	Cross-recessed countersunk head tapping screw ST2. 9X13	2
119	202001000146	Hexagon Socket Pan Head Screws-M8X10	2
120	204003000016	power switch assembly	1
121		Fuse	2
122		Fuse holder	1
123	204004000031	upper computer wire	1
	204004000114	lower computer wire	1



WARRANTY - RESIDENTIAL

WS200 Treadmill LIMITED WARRANTY

Dyaco Canada Inc. warrants all its treadmill parts for a period listed below from the date of retail sale, as determined by the 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.

Home Use Limited Warranty

Warranty	Frame	Parts	Labour
Residential	Lifetime	90 Days	90 Days

RESPONSIBILITIES OF THE CONSUMER

This warranty applies only to products in ordinary household use, and the consumer/facility is responsible for the items listed below:

1. Proper use of the treadmill according to the instructions provided in this manual
2. Proper installation by instructions provided with the treadmill and with all local electric codes.
3. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house wiring
4. 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.
5. Damages to the treadmill finish during shipping, installation or following installation.
6. Routine maintenance of this unit as specified in this manual.

WARRANTY - CONTINUED

What is not covered?

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 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 an ordinary household.
3. Damages caused by services performed by persons other than authorized XTERRA Fitness service companies; use of parts other than original XTERRA Fitness 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. Dyaco Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY INSTEAD OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Product use in any environment other than a residential setting.
9. Warranties outside of Canada may vary. Please contact your local dealer for details.

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



WARRANTY - CONTINUED

Responsibilities of the Owner 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 local authorized XTERRA Fitness service organization or Dyaco Canada Inc.
2. If there is a question as to where to obtain service, contact our service department 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 in 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
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.



TROUBLESHOOTING

Questions	Possible Causes	Maintenance Methods
Treadmill does not work	Not connected	Insert the plug into the power socket
	Power is not turned on	Put the power switch in "On" Position
	Safety key drop	Put the safety key in correct position
	Circuit signal system Break	Check the controller input terminal and signal circuit
	The fuse blew out	Replace fuse
The running belt doesn't run smoothly	Insufficient lubrication	Add silicone oil lubricant
	Running belt is too tight	Adjust running belt tightness
Running belt slipped	Running belt too loose	Adjust running belt tightness
	Motor belt is too loose	Adjust motor belt tightness

TROUBLESHOOTING - CONTINUED

Questions	Possible Cause	Method
E01	Poor communication	The main harness is not connected properly. Verify the main harness for proper connection.
E02	Power assault	Power tube breakdown, replace the electronic controller
E03	Non-sensing signal	The sensor wire is not connected properly. Verify the sensor wire for proper connection.
E04	Controller or motor abnormal	Overload, replace controller or motor
E05	Overload protection	Overload, replace controller
E06	System self-check failed	System failure, replace controller
E07	Safety lock is not in place	Put the safety key in correct position
Abnormal display	External disturbance	Turn off power switch, turn it on after 1 minute

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www.xterrafitness.ca

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