# Owner's Manual

**Model No.**
**16004402000**

- 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***

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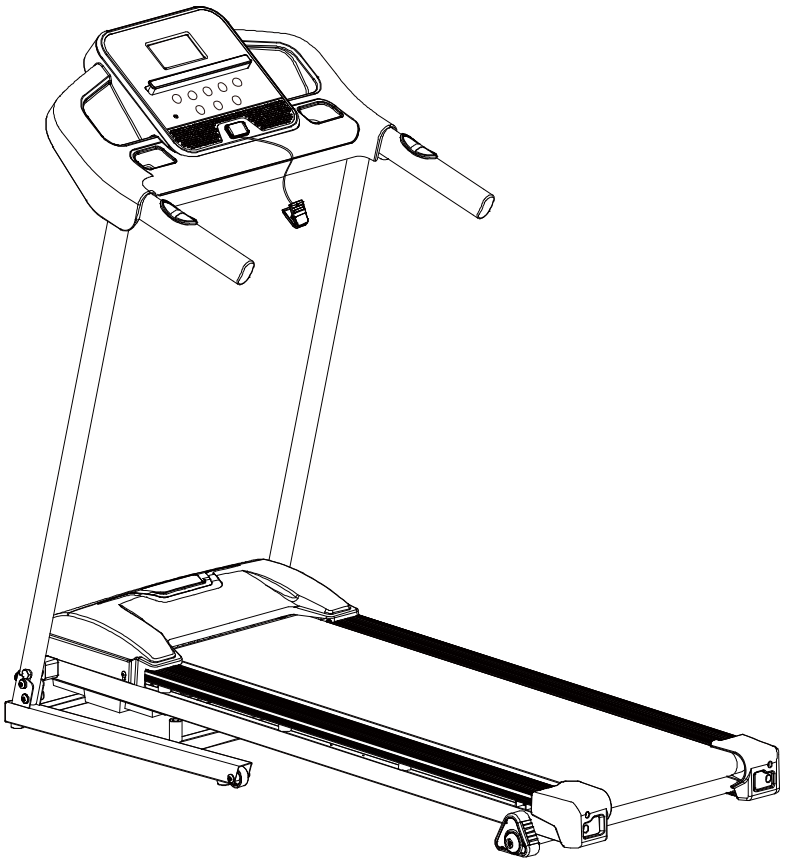
***Write the serial number in the space above for reference. Serial number can be found at the front bottom section of the Treadmill.***



***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 TR200 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 TR200 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 TR200 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 TR200 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 113 KGS (250 LBS)**

# IMPORTANT SAFETY INSTRUCTIONS

**THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY**
**READ ALL INSTRUCTIONS BEFORE USING THIS TREADMILL**

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

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

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

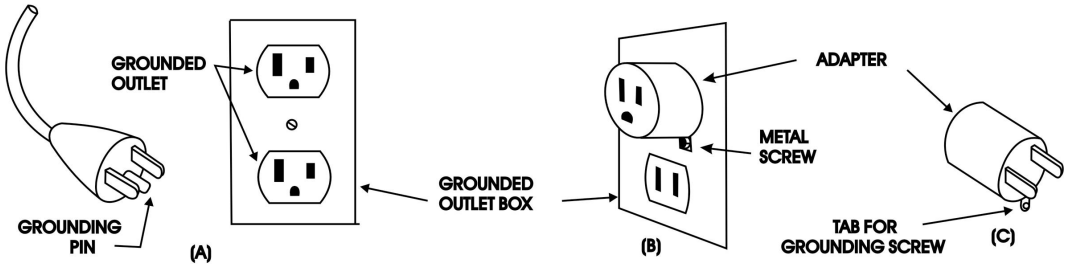
⚠ **WARNING**
To reduce the risk of burns, fire, electric shock, or injury to persons:

## Grounding Instructions

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

Figure 1.

Grounding methods




AA 200

1. Use 100~120-volt /60-hertz a.c. household current on a dedicated circuit.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. The use of an extension cord with this product is not recommended. If an extension cord is needed, use a short (less than 10 feet) heavy gauge (14 gauge or better) extension cord with a three-prong (grounded) plug and receptacle.
4. Never leave the treadmill unattended when plugged in. Remove the safety key and unplug the unit from the outlet when not in use and before removing or replacing parts.
5. Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, or if it has been dropped, damaged, or exposed to water. Never move the treadmill belt while the power is turned off.
6. Do not pull the treadmill by the power supply cord or use the cord as a handle. Keep the cord away from heated surfaces and open flames.
7. Fitness equipment must always be installed and used on a flat surface. Do not use outdoors or near water. Do not place the unit on a loose rug or uneven surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could scratch or damage the surface of your floor. It is recommended to have a minimum of 3 metres of safe clearance on all sides of the treadmill while in use.

8. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage, covered patio or near water.
9. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
10. Read, understand, and test the emergency stop procedure before using the treadmill. Do not insert any objects into any openings.
11. Inspect and properly tighten all parts of the treadmill regularly.
12. Keep children and pets away from this equipment at all times while exercising.
13. Handicapped individuals should have medical approval and close supervision when using this treadmill.
14. Do not place your hands or feet under the treadmill. Always keep your hands and legs off of the treadmill when others are using it.
15. Never turn on a treadmill while standing on a tread belt. Always hold the handrails while using the treadmill. Always return the treadmill to the slowest speed to provide for safe dismount and low-speed restart.
16. To disconnect, turn all controls to the off position, then remove the plug from the outlet.
17. Do not attempt to raise, lower or move the treadmill until it is properly assembled. See assembly on page 8 and fold and move the treadmill on pages 12-13. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques. Use the treadmill only for its intended use as described in this manual. Do not use any attachments that are not recommended by the manufacturer.
18. User weight should not exceed 250 lbs (113 kgs).
19. Never allow more than one person on the treadmill at once.
20. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
21. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
22. Start your program slowly and very gradually increase your speed and distance.
23. Always wear suitable clothing and footwear while exercising. Do not wear loose-fitting clothing that could become entangled with the moving parts of your treadmill. Do not walk or jog barefoot, in stocking feet or loose-fitting shoes or slippers.
24. This treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental or institutional setting.
25. This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
26. Close supervision is necessary when this treadmill is used by, on, or near children, invalids, or disabled persons.

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

## SAVE THESE INSTRUCTIONS - THINK SAFETY!

# IMPORTANT ELECTRICAL INSTRUCTIONS

## ⚠ *WARNING!*

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

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

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

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

**This product must be grounded.** If the treadmill should malfunction or 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 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.**

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

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

●**NEVER** mount or dismount the treadmill while the belt is moving. Our treadmills start at a very low speed and it is unnecessary to straddle the belt during start-up. 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 (speed, etc.).

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

# ASSEMBLY INSTRUCTIONS

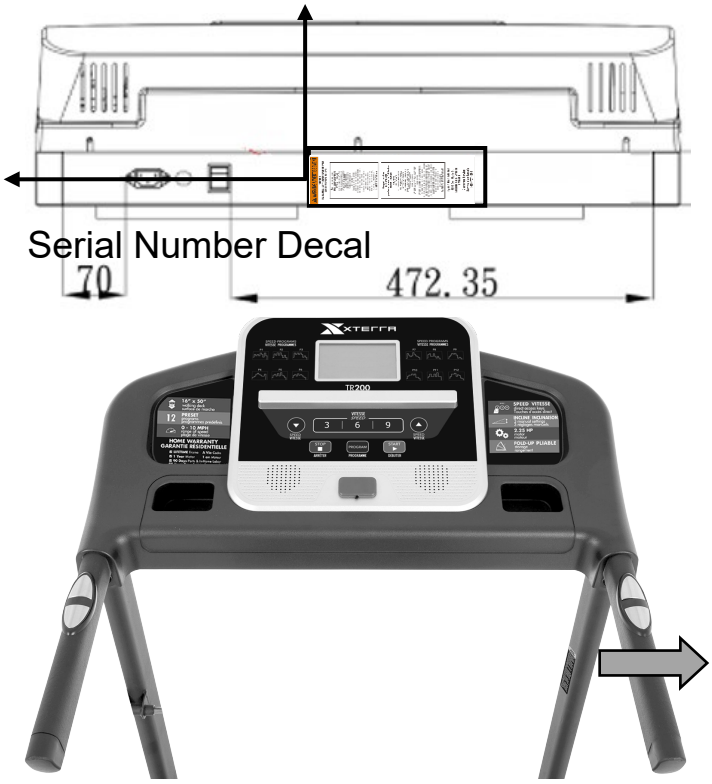
**!!ATTENTION: IMPORTANT UNPACKING INSTRUCTIONS.**
**PLEASE READ BEFORE UNPACKING YOUR FOLDING TREADMILL!!**

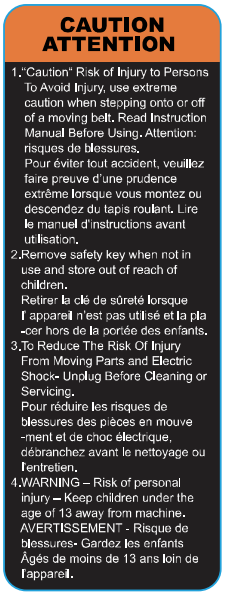
Serious injury could occur if this folding treadmill is not unpacked properly.

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

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

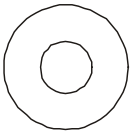
Unpack the treadmill and locate the hardware pack.

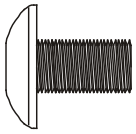




The decals shown have been placed on the treadmill. If a decal is missing or illegible, please call our Customer Service Department, to order a free replacement decal (see ORDERING REPLACEMENT PARTS at page 2.). Apply the decal in the location shown. Note: The decal shown at the right is 50% of actual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

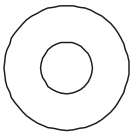
# Assembly Pack Check List



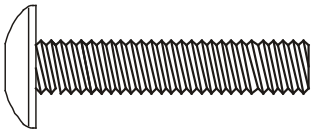
**#79.** Ø8 × Ø18 × 1.5m/m
Flat Washer (4pcs)



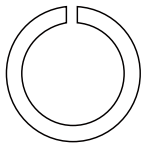
**#94.** 5/16" × UNC18 × 1/2"
Button Head Socket Bolt
(6pcs)



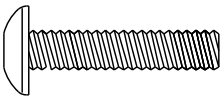
**#95.** Ø8 × Ø23 × 1.5T
Curved Washer (4pcs)



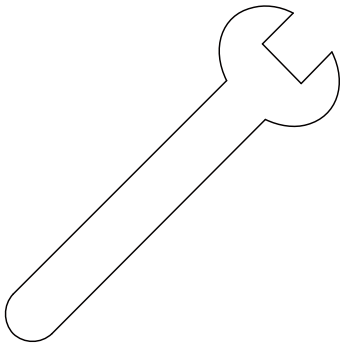
**#96.** 5/16" × 1-1/2"
Flat Head Socket Bolt (2pcs)



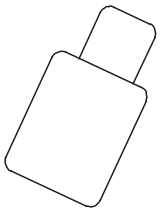
**#98.** Ø8 × 1.5T
Split Washer (2pcs)



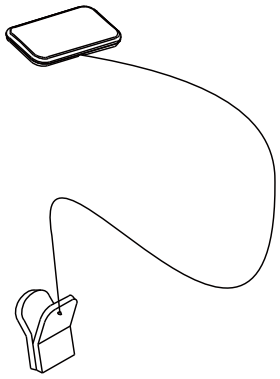
**#113.** M5 × 20m/m
Phillips Head Screw (2pcs)



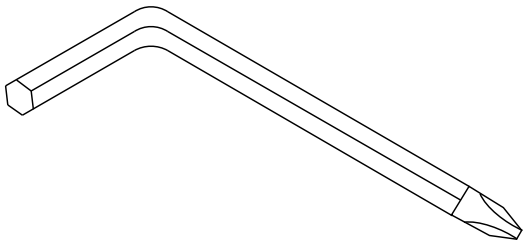
**#103.** 13/15m/m_Wrench
(1pc)



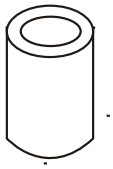
**#105.** Lubricant
(1pc)



**#40**. Safety Key
(1pc)



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

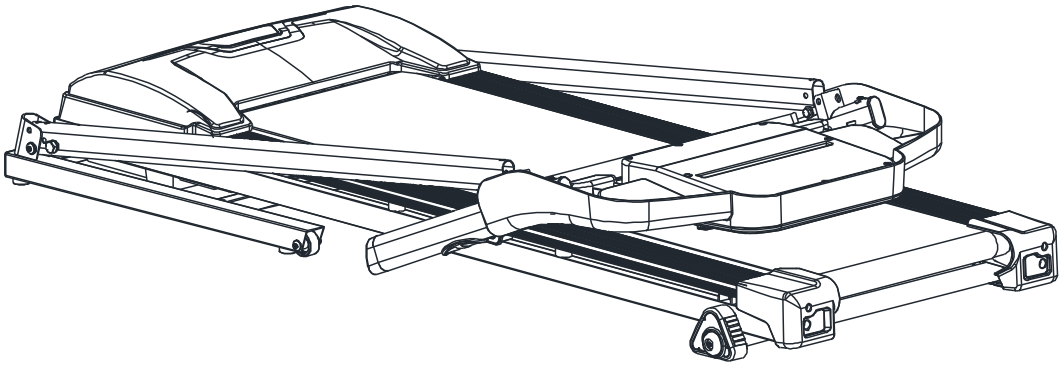


**#114**. Rubber Foot Pad
(2pc)

# Assembly Instructions

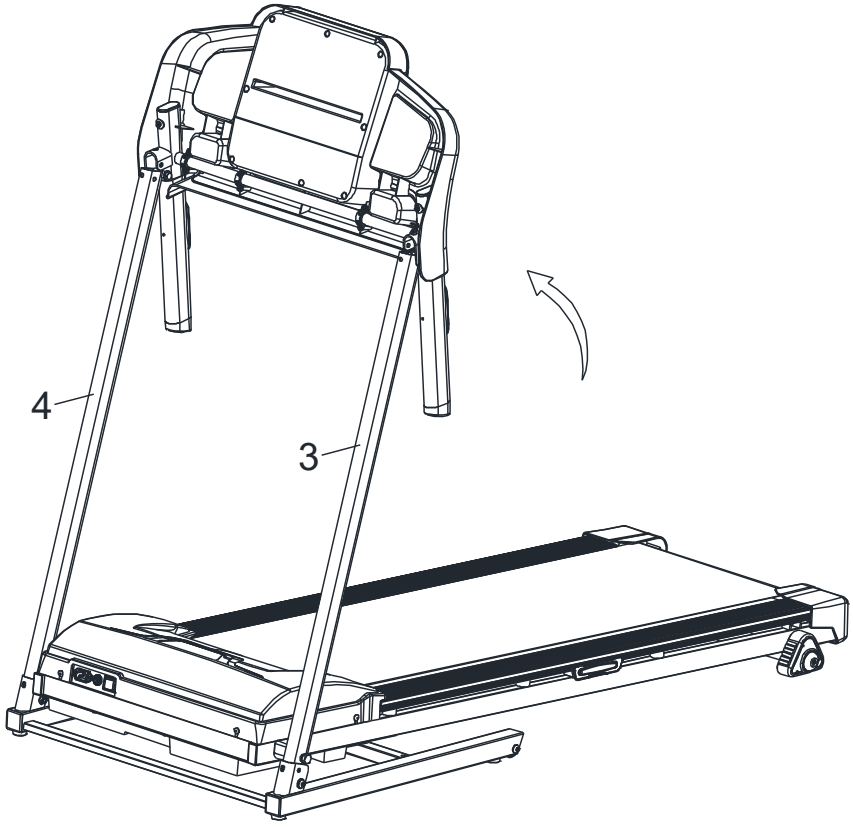
**Step 1.**

Remove the unit from the box and put it on a flat and level floor.



**Step 2.**

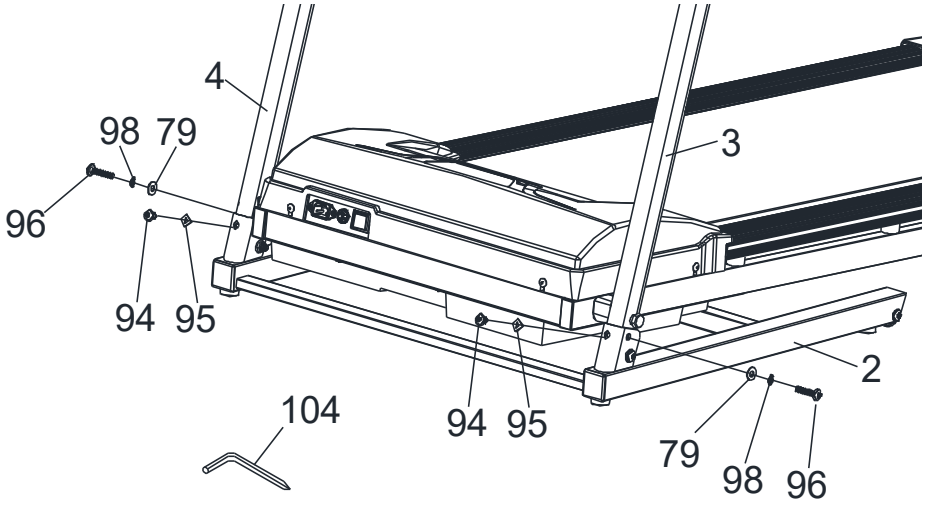
Unfold the Uprights (L, R) (3,4) to the end position.

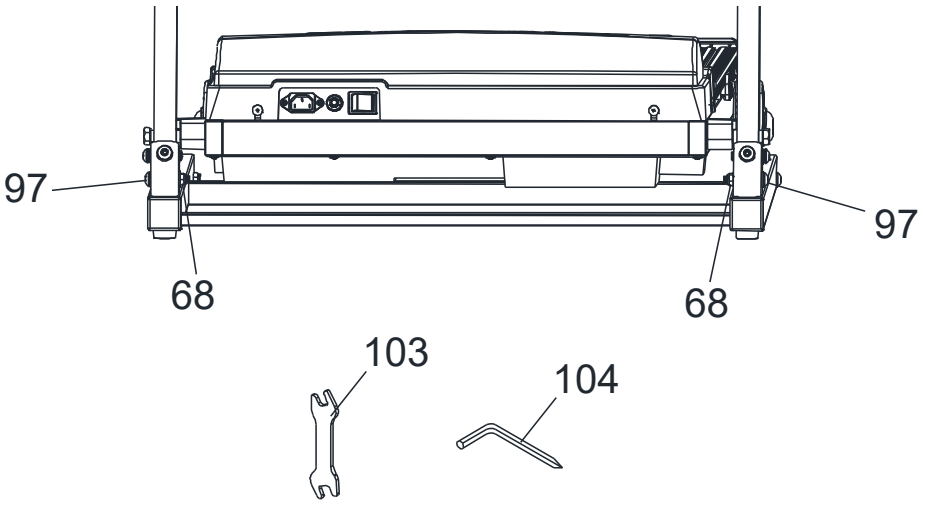


**Step3.**

Lift the Uprights (L, R)(3,4) into the Frame Base (2), tightened using 2pcs of 5/16" × 1-1/2"_Flat Head Socket Bolts (96), 2pcs of Ø8 × 1.5T_Split Washers (98),2 pcs Ø8 × Ø18 × 1.5T_Flat Washers (79),2 pcs 5/16" × 1/2"_Button Head Socket Bolts (94) and 2 pcs Ø8 × Ø23 × 1.5T_Curved Washers (95) by using the Combination M5 Allen Wrench & Phillips Head Screwdriver (104). Please fix the screw without tightening it. (Do not be overtightened at this time).

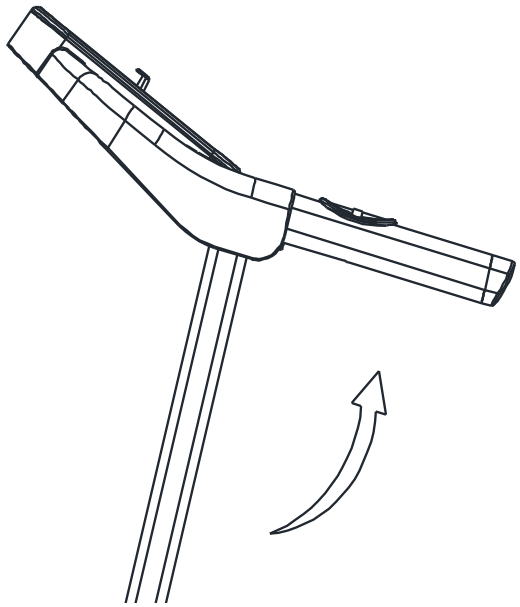
Tighten 2 pcs 5/16" × 1-3/4"_Button Head Socket Bolts (97) and 2 pcs 5/16" × 7T_Nyloc Nuts (68) by using the 13/15m/m Wrench (103) and Combination M5 Allen Wrench & Phillips Head Screwdriver (104) that are pre-assembled.



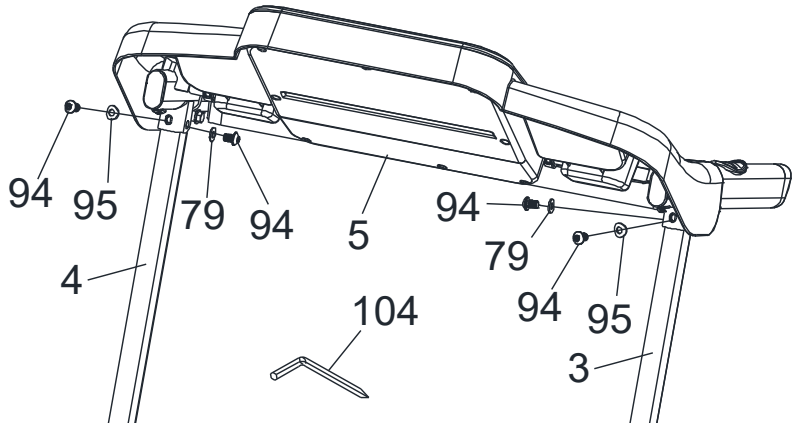
**Step4.**

Unfold the Console Support to the end position.



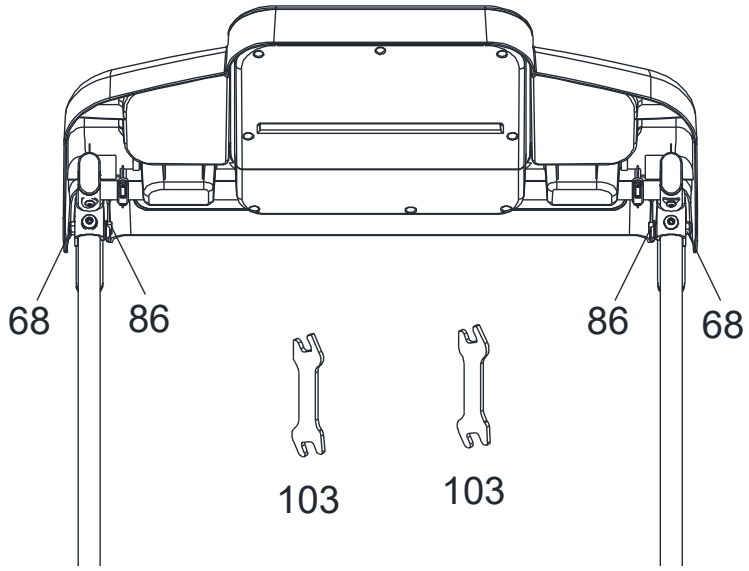
**Step5.**

Lift the Console Support (5) into the Uprights (L, R)(3,4) securing with the 4pcs of 5/16" × 1/2" Button Head Socket Bolts (94), 2pcs of Ø8 × Ø23 × 1.5T_Curved Washers (95) and 2 pcs Ø8 × Ø18 × 1.5T_Flat Washers (79) by using the Combination M5 Allen Wrench & Phillips Head Screwdriver (104).



**Step6.**

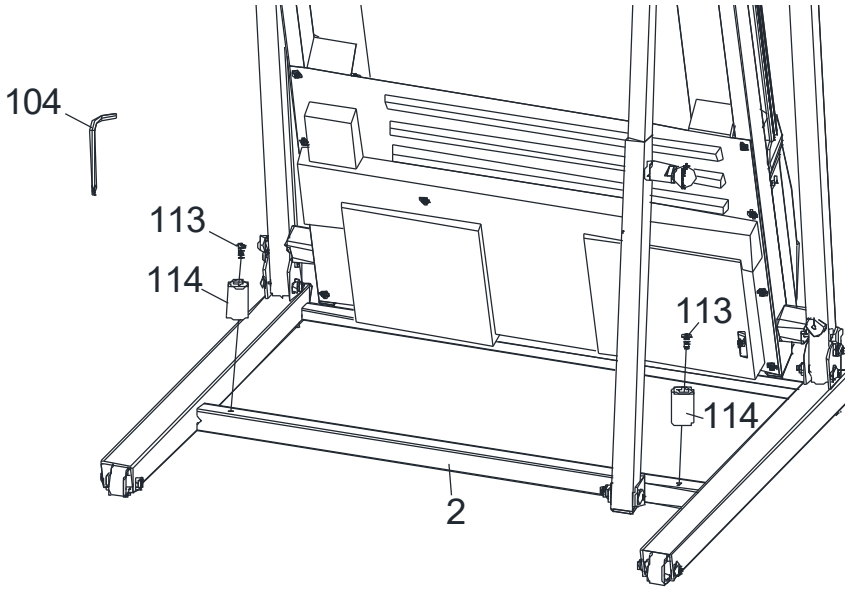
Tighten 2 pcs 5/16" × 1-3/4"_Hex Head Bolts (86) and 2 pcs 5/16" × 7T_Nyloc Nuts (68) by using the 2pcs 13/15m/m_Wrench (103) which are pre-assembled on the treadmill.




**Step7.**

Pull up the deck until reaching a fixed position.

Use Combination M5 Allen Wrench & Phillips Head Screwdriver (104) to tighten two M5 × 20m/m Phillips Head Screws (113) and two Ø5 × Ø30 × 40T Rubber Foot Pads (114) on the mainframe.

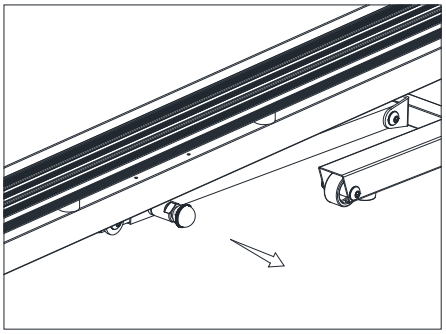


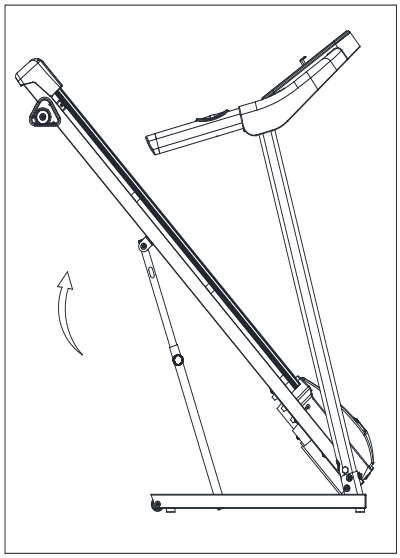

**NOTE: Please tighten all screws after the assembly is complete.**

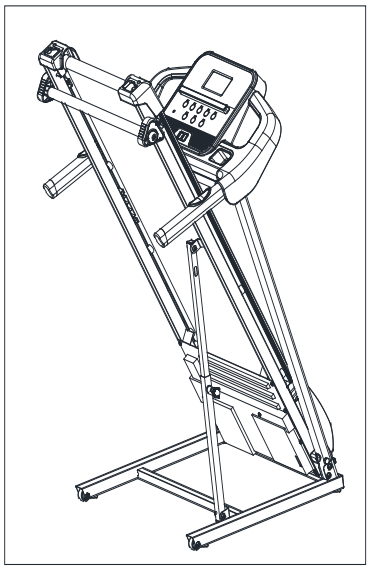
# FOLDING INSTRUCTIONS

## Folding

Procedure: Pull the pull pin outward and pull up the deck until it secures.

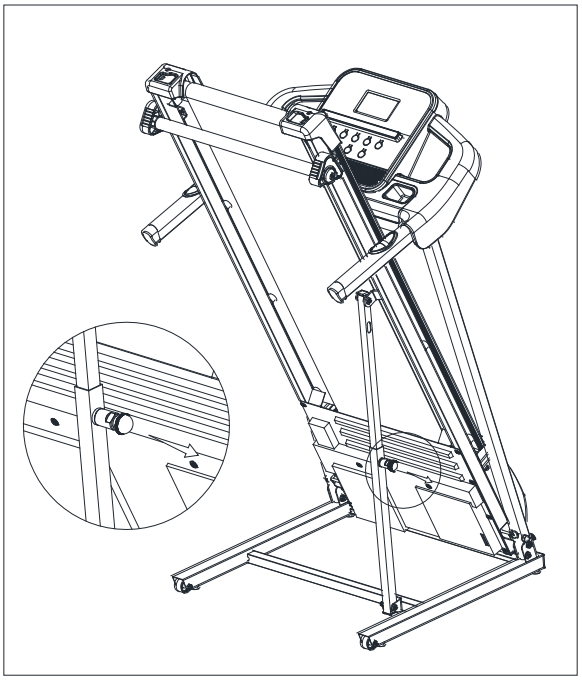


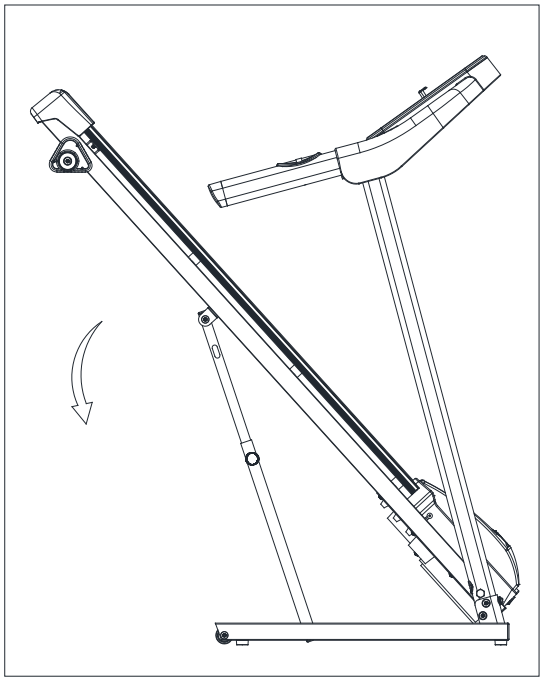




## Unfolding

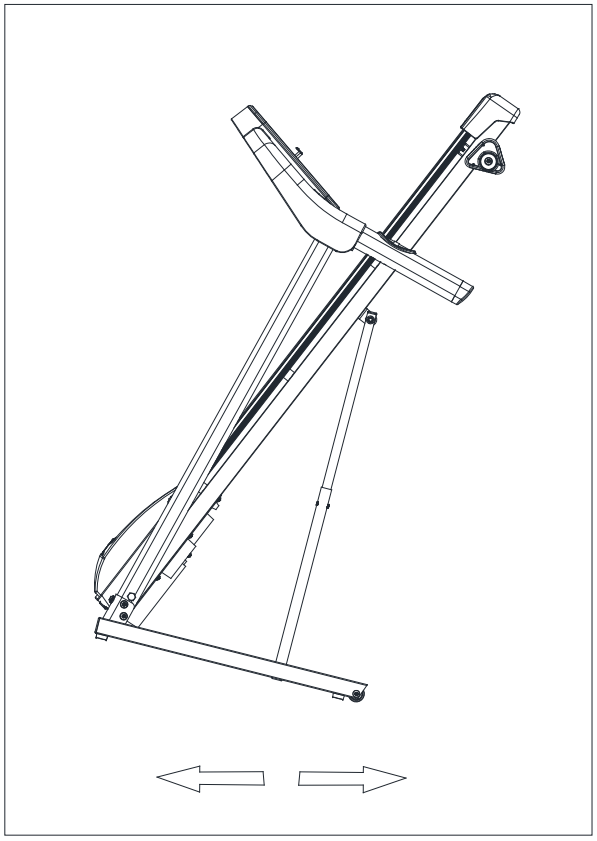
Procedure: Hold the deck with one hand pull the pull pin outward with the other hand and let the deck move down slowly to the floor keeping the one hand on the deck.





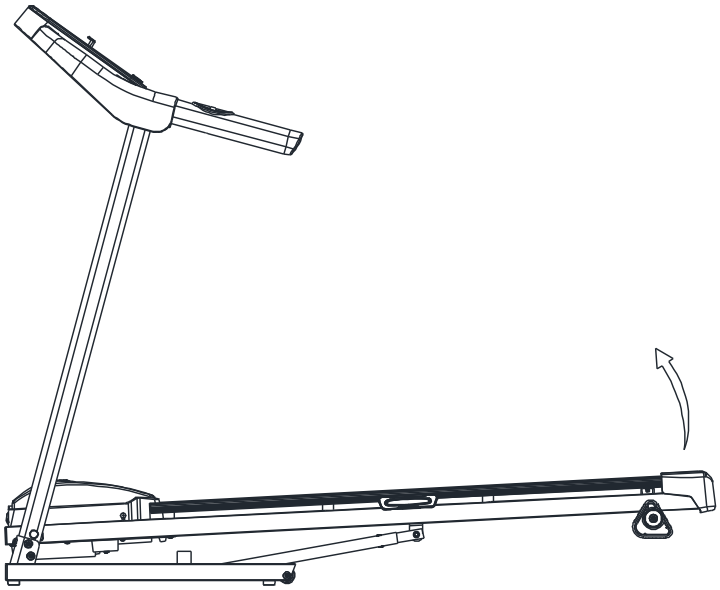
## Relocation

Lean the treadmill backward so that the transport wheels touch the floor and move.

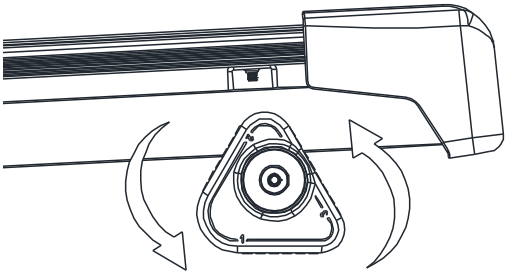


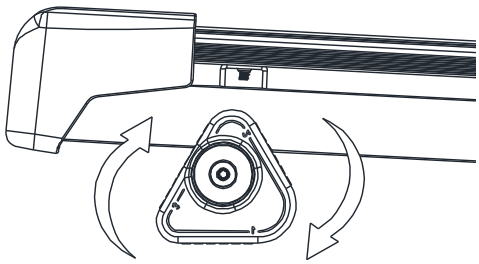
# MANUAL INCLINE OPERATION

**Step 1.**
Lift the treadmill.



**Step 2.**
Turn the two sides of the machine by hand to adjust the Inclination Adjustor to adjust the angle between the running bed and the ground.





# TREADMILL OPERATION

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

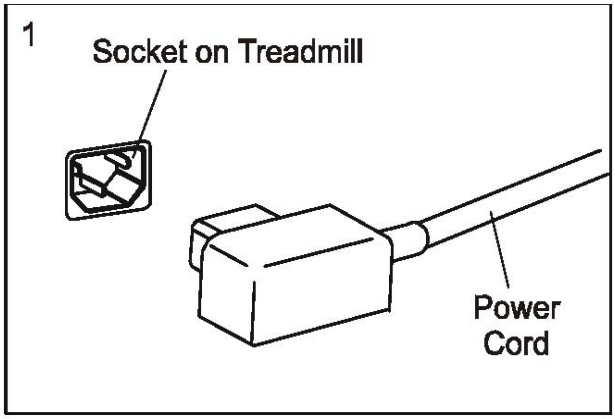
**How to plug in the power cord**.

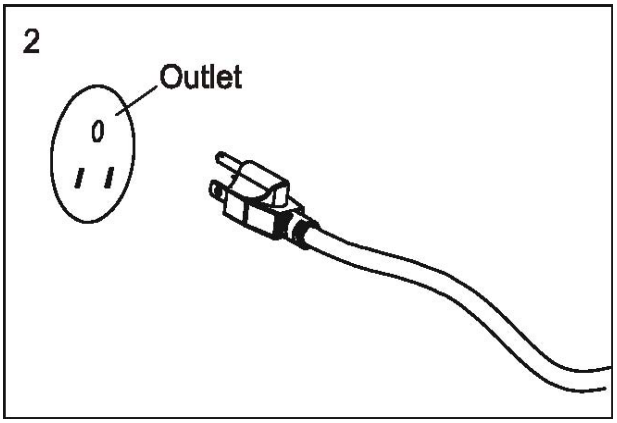
## GROUNDING INSTRUCTIONS.

This product must be grounded.

**WARNING**:

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




**IMPORTANT:** If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.

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

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

**Note:** Your power cord and outlet may appear different.

# OPERATION OF YOUR TREADMILL

## ■ TR200 CONSOLE

-


## GETTING STARTED

Power the treadmill on by plugging it into an appropriate the 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 operate without it.

The treadmill will then enter idle mode, which is the starting point for operation.

## QUICK-START OPERATION

1. Attach the Safety key to enable the display (if not already on).
2. Press the Start key to begin the belt movement. Adjust to the desired speed using the Speed ▲ and ▼ keys. You may also use the SPEED buttons 3 through 9 to adjust the speed.
3. To slow tread-belt press and hold the Speed ▼ key to the desired speed. You may also press the SPEED buttons 3 through 9.
4. To stop the tread-belt press the Stop key or pull away the Safety key.

# PAUSE/STOP/RESET FEATURE

1. When the treadmill is running the pause feature may be utilized by pressing the red Stop key once. This will slowly decelerate the tread-belt to a stop. The Time, Distance and Calorie readings will hold while the unit is in the pause mode. After five minutes the display will reset and return to the start-up screen.
2. To resume your exercise, when in Pause mode, press the Start key. The speed will return to the previous settings.
3. Pause is executed when the Stop key is pressed once. If the Stop key is pressed a second time, the console will reset and return to the idle mode (start-up) screen.

# HANDGRIP PULSE FEATURE

Any time when the treadmill is operating, grasping the handgrips will activate the Heart Rate value. Firmly grasp the Handgrips to ensure a proper reading.

# CALORIE DISPLAY

Displays the cumulative calories burned at any given time during your workout.

Note: This is only a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

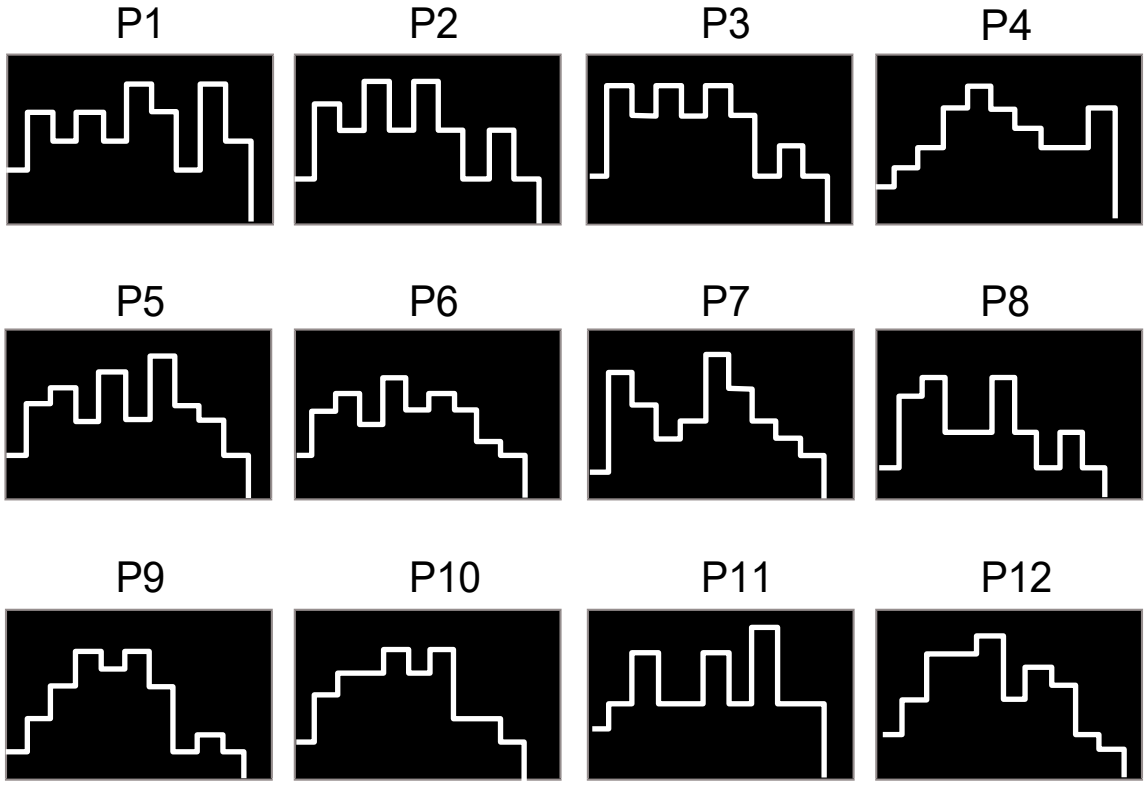
# TO TURN TREADMILL OFF

1. The display will automatically turn off (go to sleep) after 30 minutes (no key operations). The treadmill will draw very little current in sleep mode (about as much as your television when it is turned off).
2. Remove tether cord.
3. Turn off the main switch on the front of the treadmill, below the motor cover.

# LUBE MESSAGE

When “Lube” appears on the LCD check lubrication under the walking deck. See the instructions on page 29 to add lube as needed. After the application hold the Program for 3 seconds to reset the message.

# PRESET PROGRAM PROFILES




# PROGRAMMABLE FEATURES

The TR200 Treadmill provides 12 programs (P1, P2, P3……P12). Each program has its specific speed variations.

**To Select and Start a Preset Program**

1. Make sure the machine is in the ready mode. Press Program to choose a desired program (P1, P2,…..P12), then press and release Start to begin the program with defaultvalues.
2. Each program will continue for 30 minutes. This is the preset value. After every three minutes during the program, the Speed will be adjusted automatically. The Speed setting can also be adjusted manually at any time during the program. 3 Seconds before the ending of a program a buzzer will sound three times, then the running belt will come to a stop.

# HEART RATE PROGRAMS

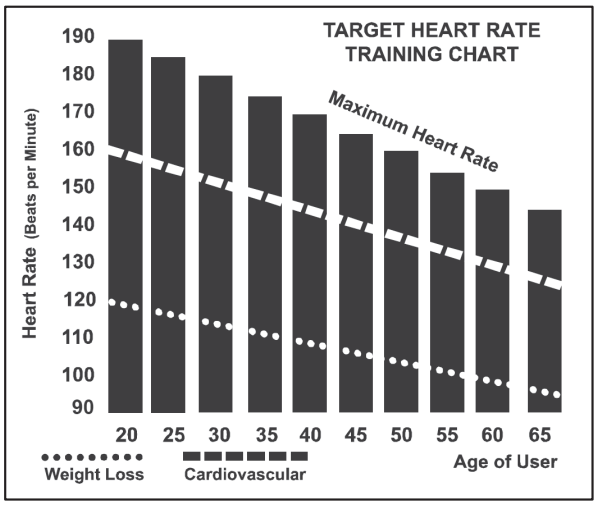
**Before we get started, a word about Heart Rate:**
The old motto, "no pain, no gain," is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people 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 benefits range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR)for someone of your age. To determine
the effective heart rate range for specific goals, you simply calculate a percentage of your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat, while 80% is for strengthening the cardiovascular system. This 60% to 80% is the zone to stay in for maximum
benefit.

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

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

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




If you enter your age during programming, the console will perform this calculation automatically. 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 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

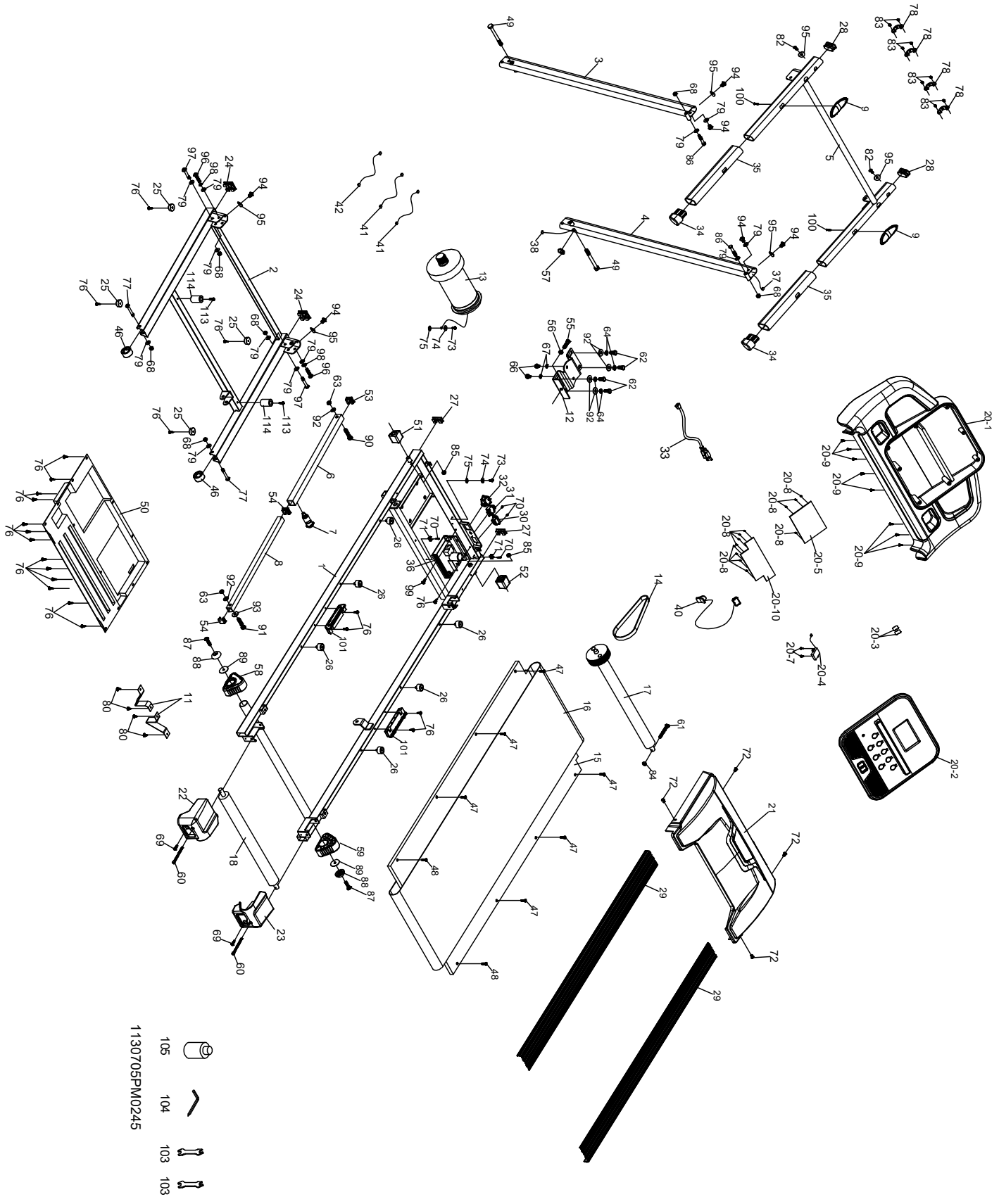
Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should work out than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate 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 Borg scale is as follows:
Rating Perception of Effort
**6** Minimal
**7** Very, very light
**8** Very, very light +
**9** Very light
**10** Very light +
**11** Fairly light
**12** Comfortable
**13** Somewhat hard
**14** Somewhat hard +
**15** Hard
**16** Hard +
**17** Very hard
**18** Very hard +
**19** Very, very hard
**20** Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example, a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending on the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong, and your pace will feel easier. When your body is in this condition, you can 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.

# EXPLODED VIEW DIAGRAM



# PARTS LIST

| Part Number | Part Description | Qty per unit |
|---|---|---|
| **1** | Main Frame | 1 |
| **2** | Frame Base | 1 |
| **3** | Left Upright | 1 |
| **4** | Right Upright | 1 |
| **5** | Console Support | 1 |
| **6** | Outer Slide | 1 |
| **7** | Locking Knob | 1 |
| **8** | Inner Slide | 1 |
| **9** | 1100m/m_Handpulse W/Cable Assembly | 2 |
| **11** | Belt Guide | 2 |
| **12** | Motor Bracket | 1 |
| **13** | Drive Motor | 1 |
| **14** | Drive Belt | 1 |
| **15** | Running Deck | 1 |
| **16** | Running Belt | 1 |
| **17** | Front Roller W/Pulley | 1 |
| **18** | Rear Roller | 1 |
| **20** | Console Assembly | 1 |
| **20~1** | Console Outer Cover | 1 |
| **20~2** | Console Top Cover | 1 |
| **20~3** | Square Magnet Stop Plate | 2 |
| **20~4** | 400m/m_Safety Switch Module W/ Cable | 1 |
| **20~5** | Console Display Board | 1 |
| **20~7** | Ø3 × 10m/m_Sheet Metal Screw | 2 |
| **20~8** | Ø2.3 × 6m/m_Sheet Metal Screw | 12 |
| **20~9** | Ø3.5 × 12m/m_Sheet Metal Screw | 8 |
| **20~10** | Key Board | 1 |
| **21** | Motor Top Cover | 1 |
| **22** | Rear Adjustment Base (L) | 1 |
| **23** | Rear Adjustment Base (R) | 1 |
| **24** | 38 × 38m/m_Square End Cap | 2 |
| **25** | Ø6 × Ø26.5 ×10T_Rubber Foot Pad | 4 |
| **26** | Rubber Foot | 6 |
| **27** | 20 × 40m/m_Square End Cap | 2 |
| **28** | Oval End Cap | 2 |
| **29** | Foot Rail | 2 |
| **30** | Power Socket | 1 |
| **31** | Breaker | 1 |
| **32** | On/Off Switch | 1 |
| **33** | Power Cord | 1 |
| **34** | End Cap | 2 |
| **35** | ⌀25 × 50 × 3T × 290m/m_Handgrip Foam | 2 |
| **36** | Motor Controller | 1 |
| **37** | 1000m/m_Computer Cable (Upper) | 1 |
| **38** | 1500m/m_Computer Cable(Lower) | 1 |

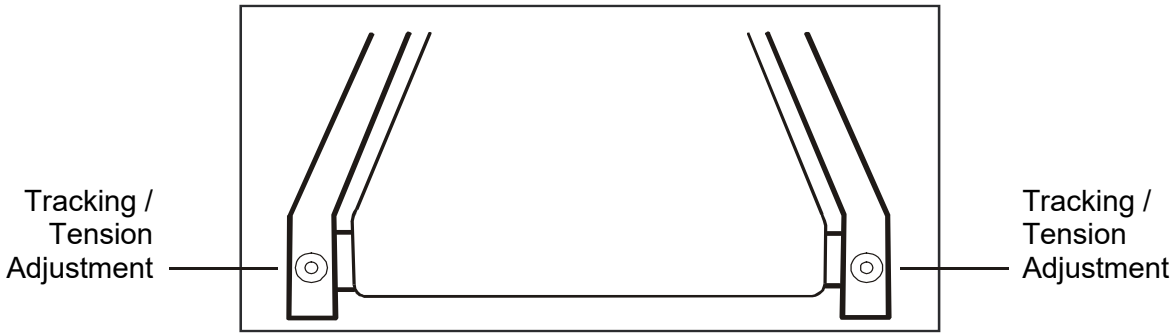
| Part Number | Part Description | Qty per unit |
|---|---|---|
| **40** | Square Safety Key | 1 |
| **41** | 100m/m_Connecting Wire (Black) | 2 |
| **42** | 250m/m_Connecting Wire (White) | 1 |
| **46** | Transportation Wheel | 2 |
| **47** | M6 × 20m/m_Flat Head Socket Screw | 6 |
| **48** | M6 × 25m/m_Flat Head Socket Screw | 2 |
| **49** | M10 × 106m/m_Hex Head Bolt | 2 |
| **50** | Frame Cover | 1 |
| **51** | Isolator (L) | 1 |
| **52** | Isolator (R) | 1 |
| **53** | 25.4 × 25.4m/m_Square End Cap | 1 |
| **54** | 21.8 × 21.8m/m_Square End Cap | 2 |
| **55** | 3/8" × 1-1/4"_Hex Head Bolt | 1 |
| **56** | 3/8" × 7T_Nut | 1 |
| **57** | Wire Protective Rubber | 1 |
| **58** | Inclination Adjustor (L) | 1 |
| **59** | Inclination Adjustor (R) | 1 |
| **60** | 1/4" × 80m/m_Socket Head Cap Bolt | 2 |
| **61** | 1/4" × 2-1/4"_Hex Head Bolt | 1 |
| **62** | 3/8" × 3/4"_Hex Head Bolt | 4 |
| **63** | 3/8" × 7T_Nyloc Nut | 2 |
| **64** | Ø10 × 2.0T_Split Washer | 4 |
| **66** | M8 × 12m/m_Hex Head Bolt | 2 |
| **67** | Ø8 × 1.5T_Split Washer | 2 |
| **68** | 5/16" × 7T_Nyloc Nut | 6 |
| **69** | Ø5 × 19m/m_Tapping Screw | 2 |
| **70** | 3.5 × 16m/m_Tapping Screw | 4 |
| **71** | Wire Tie Mount | 2 |
| **72** | M5 × 15m/m_Phillips Head Screw | 4 |
| **73** | M5 × 10m/m_Phillips Head Screw | 2 |
| **74** | Ø5 × 1.5T_Split Washer | 2 |
| **75** | M5_Star Washer | 2 |
| **76** | Ø5 × 16m/m_Tapping Screw | 22 |
| **77** | 5/16" × 2"_Button Head Socket Bolt | 2 |
| **78** | Console Bracket Anchor | 4 |
| **79** | Ø8 × Ø18 × 1.5T_Flat Washer | 12 |
| **80** | Ø4 × 12m/m_Sheet Metal Screw | 4 |
| **82** | Ø5 × 16m/m_Tapping Screw | 2 |
| **83** | Ø3.5 × 12m/m_Sheet Metal Screw | 8 |
| **84** | 1/4" × 5T_Nyloc Nut | 1 |
| **85** | M10 × 10T_Nyloc Nut | 2 |
| **86** | 5/16" × 1-3/4"_Hex Head Bolt | 2 |
| **87** | 5/16" × 1"_Button Head Socket Bolt | 2 |
| **88** | Bolt Cap | 2 |
| **89** | Ø8 × Ø35 × 1.5T_Flat Washer | 2 |
| **90** | 3/8" × 1-3/4"_Hex Head Bolt | 1 |

| Part Number | Part Description | Qty per unit |
|---|---|---|
| **91** | 3/8" × 1-1/2"_Hex Head Bolt | 1 |
| **92** | Ø10 × Ø19 × 1.5T_Flat Washer | 6 |
| **93** | Ø24 × Ø10 × 3T_Nylon Washer (A) | 1 |
| **94** | 5/16" × 1/2"_Button Head Socket Bolt | 6 |
| **95** | Ø8 × Ø23 × 1.5T_Curved Washer | 6 |
| **96** | 5/16" × 1-1/2"_Flat Head Socket Bolt | 2 |
| **97** | 5/16" × 1-3/4"_Button Head Socket Bolt | 2 |
| **98** | Ø8 × 1.5T_Split Washer | 2 |
| **99** | Ø5 × 25m/m_Tapping Screw | 1 |
| **100** | Ø4 × 45m/m_Sheet Metal Screw | 2 |
| **101** | Rubber Foot | 2 |
| **103** | 13/15m/m_Wrench | 2 |
| **104** | Combination M5 Allen Wrench & Phillips Head Screwdriver | 1 |
| **105** | Lubricant | 1 |
| **113** | M5 × 20m/m_Phillips Head Screw | 2 |
| **114** | Ø5 × Ø30 × 40T_Rubber Foot Pad | 2 |

# GENERAL MAINTENANCE

## BELT ADJUSTMENTS:

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




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

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

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

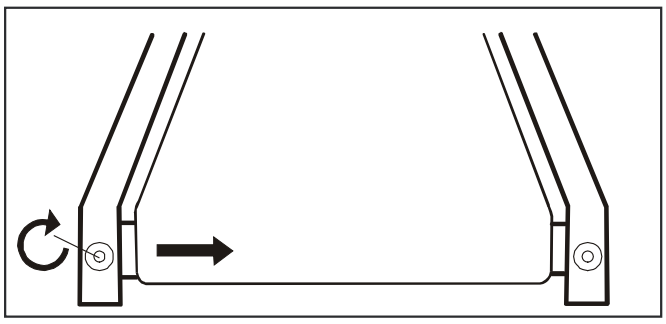
**DO NOT OVERTIGHTEN** – Over-tightening will cause belt damage and premature bearing failure.

## TREADBELT TRACKING ADJUSTMENT:

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

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

**TO SET TREADBELT TRACKING:** A 6 mm Allen wrench is provided to adjust the rear roller. Make tracking adjustments from the left and the right side. Set belt speed at approximately 2 to 3 mph. A small adjustment can make a dramatic difference. Turn the bolt only a 1/4 turn and wait a few minutes for the belt to adjust itself. Continue to make 1/4 turns until the belt stabilizes in the center of



the running deck. The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users will affect tracking differently. Expect to make adjustments as required to center the tread belt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills.

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

## BELT / DECK LUBRICATION:

Do not lubricate with anything other than Dyaco-approved lubricant. Your treadmill comes with one tube of lubricant, and extra tubes can be ordered directly from Dyaco. There are commercially available lube kits, but the only one currently approved by Dyaco is Lube-N-Walk. These kits come with an application wand that makes applying 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 with the same number 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 loosen them. Run the treadmill at about 6 mph without walking on it for about a minute or two to make sure the belt stays in the middle of the deck. If the belt tracks to one side, then follow the belt tracking instructions to remedy. Now the deck is lubricated, and you should walk, not run, on the treadmill immediately for at least 5 minutes to ensure the lubricant is evenly distributed. If you purchase a Lube-N-Walk kit, follow the instructions that come with it to apply the lubrication.

# GENERAL MAINTENANCE

**WARNING!**
**ALWAYS UNPLUG YOUR TREADMILL BEFORE CLEANING TO AVOID ELECTRICAL HAZARD OR SHOCK.**

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

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

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

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

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

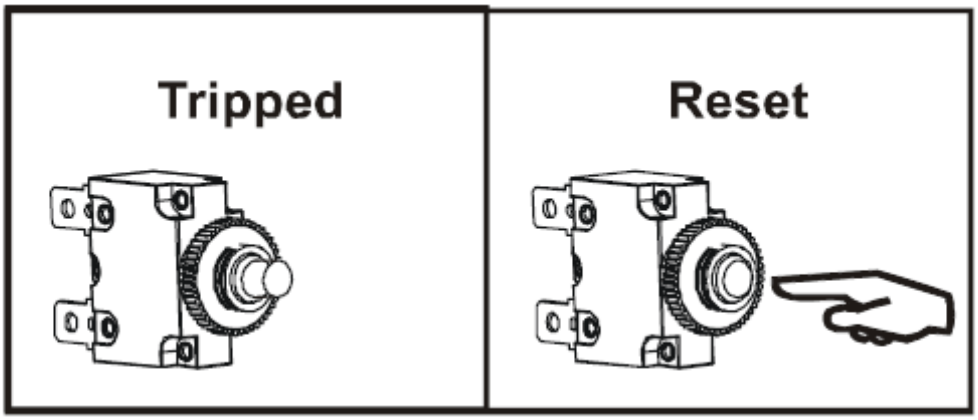
**HOW TO CHECK IF THE TREADBOARD REQUIRES LUBRICATION**
Lift one side of the tread-belt and feel the top surface of the tread board. If the surface is (slick) to the touch, then no further lubrication is required. If the surface is dry to the touch, apply one packet of lubricant or half of the bottle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

## RESET SWITCH RESETTING

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

**To reset the reset switch:**

- Remove the safety clip on the console.
- Press the white tab of the reset switch 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 us 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 | Meaning | Solution/Cause |
|---|---|---|
| Console Showing LUBE | Reminder to check lubrication under the walking deck | 1. Check lubrication under the walking belt. Reference belt deck lubrication procedure on page 26.<br>2. Hold the PROGRAM button for 3 seconds to reset |
| Console Showing E0 | Safety witch Malfunction | 1. Is the safety key switch placed properly?<br>2. Is the safety harness to the console connected properly? Is any connector damaged?<br>3. Is the safety switch defective? |
| Console Showing E2 | Over Current Protection<br>Treadmill is overloaded, controller protection is activated. | 1. Check for proper walking belt alignment. Make sure to lubricate the belt periodically to minimize resistance.<br>2. Is there any bearing damage?<br>3. Has the motor overheated? |
| Console Showing E4 | Improper Motor input voltage.<br>Motor is not connected properly. | 1. Motor is not connected properly or not connected to the controller. |
| Console Showing E5 | Communication disconnected between the console and the controller or communication error | 1. Check for proper connection between the console and controller. |
| Console Showing E6 | Controller Malfunction | 1. Controller component failure |
| Console Showing E7 | Abnormal Power Input | 1. Check for proper voltage input for the treadmill. |

# TRAINING GUIDELINES

## Exercise

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

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

## Basic Components of Physical Fitness

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

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

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

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

**Cardio-respiratory endurance** is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs

## Aerobic Fitness

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

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

## Anaerobic Training

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

## The Training Threshold

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

## Progression

As 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 the training threshold should be raised. Working through your program and gradually increasing the overload factor is important.

**Specificity**

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

**Reversibility**

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

**WARM-UP**

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

**Warm Down or Cool Down**

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

**Heart Rate**

As you exercise, the rate at which your heart beats 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, 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, 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, and (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 have above-average fitness, you may work quite comfortably a little above that suggested for your age group.

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

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

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

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

## Endurance Circuit Training

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

### Body Building

Is often used synonymously with strength training. The fundamental 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.

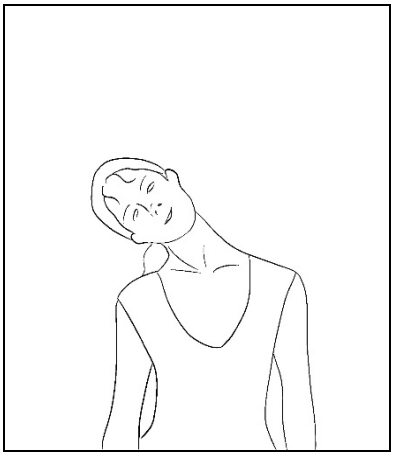
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half a minute to one-minute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

# STRETCHING

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

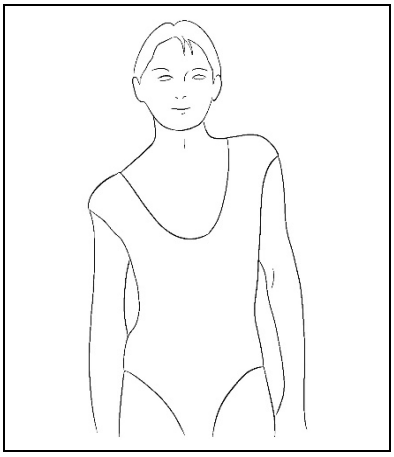
**HEAD ROLLS**

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, 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.



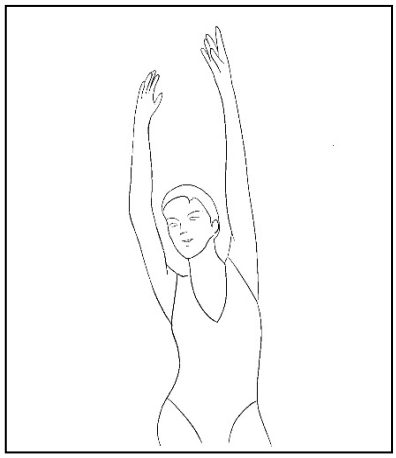
**SHOULDER LIFTS**

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



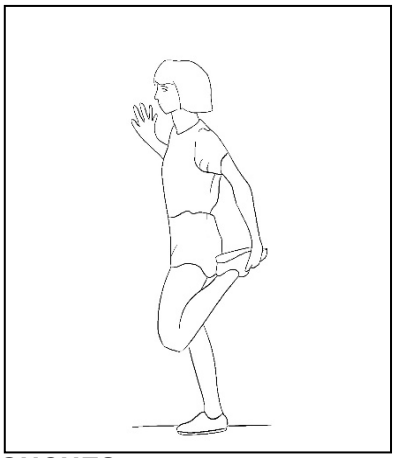
**SIDE STRETCHES**

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**

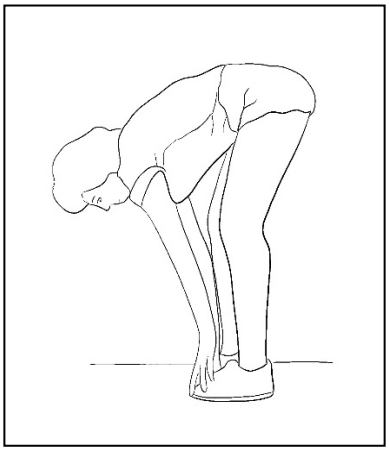
With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



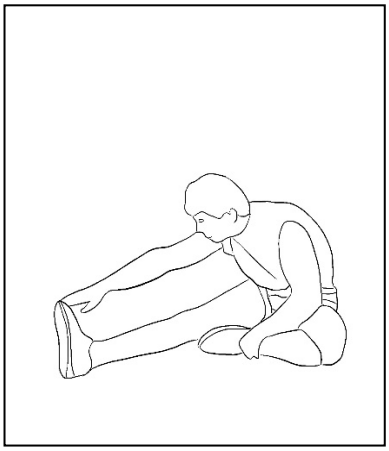
**TOE TOUCHES**

**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.

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 the 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 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:

| | |
|---|---|
| **Frame** | Lifetime |
| **Motor** | 1 Year |
| **Parts** | 90 days |
| **Labour** | 90 days |

The consumer is responsible for the items listed below:

1. Warranty registration can be completed online: Go to www.dyaco.ca/warranty and complete warranty registration online.
2. Proper use of the treadmill by the instructions provided in this manual.
3. Proper installation by 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 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 INSTEAD 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 Inc. for details.

**SERVICE**

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

1. Contact your selling authorized dealer or Dyaco Canada Inc.
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.

SPIRIT

spiritfitness.ca

SOLE FITNESS

solefitness.ca

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UFC

dyaco.ca/UFC/UFC-home.html

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TRAINOR SPORTS

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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