pulsefitness

Curved Slat Treadmill
Owners Manual

Important Safety Information

CAUTION

Read these instructions carefully before operating Pulse equipment in conjunction with individual machine instructions.

Seek professional medical advice before using fitness equipment. Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, dizzy or exhausted stop exercising immediately.

Ensure equipment is checked regularly for signs of damage and wear. Do not use equipment if faulty or damaged until repaired using only genuine Pulse Fitness parts fitted by an authorised person.

SUPPORTING DOCUMENTATION

Carefully read and comprehend ALL of the safety documents relating to this piece of equipment before using or assembling this equipment. Keep this manual for future reference.

SERIOUS INJURY MAY OCCUR IF THESE PROCEDURES ARE NOT FOLLOWED.

Product Registration

Once the machine has been assembled, find the product SERIAL NUMBER located on the rating plate.

SERIAL NUMBER _____

* Refer to the SERIAL NUMBER and MODEL NAME when calling for service (Located on the front page of this manual).

Questions

If you have any questions or if any parts are damaged or missing, please contact your distributer immediately.

Thank you!

Thanks for purchasing this product. The product will help you exercise your muscles in the correct way and to improve your fitness- and all this in a familiar environment.

Implied Warranty

The importer of this machine assures that this device was manufactured from high quality materials.

Prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can render the warranty void. The implied warranty is for 1 year, beginning with the data of purchase. If the device you acquired is defective, please contact our Customer Service (Insert page) within the guarantee period of 12 months as of purchase date. The warranty applies to the following parts (as far as included in the scope of delivery): Frame, motor, cable, electronic devices, running deck and belt. The guarantee does not cover:

1. Damage effected by outer force;
2. Intervention by unauthorized parties
3. Incorrect handling of the product
4. Non-compliance of the operating instructions

Wear parts and expendable items are also not covered (such as foam and plastic wear).

The device is only intended for private use. The warranty does not apply to professional usage.

Spare parts can be ordered from customer service (insert page) if needed.

Please make sure you have the following information on hand when ordering spare parts.

1. operating instructions
2. model number (located on the cover sheet of these instructions)
3. description of spare part
4. part number
5. proof of purchase with purchase date

Please do not send the device to our firm without being requested to do so by our service team. The costs of unsolicited shipments will be born by the sender.

General safety instructions

A great deal of emphasis was placed on safety in the design and manufacture of this fitness device. Still, it is very important that you strictly adhere to the following safety instructions. We cannot be held liable for accidents that were caused due to disregard. To ensure your safety and to avoid accidents, please read through the operating instructions thoroughly and attentively before you use the sports device for the first time.

1) Consult your GP before starting to exercise on this device. Should you want to exercise regularly and intensively, the approval of your GP would be advisable. This is especially true for users with health problems.
2) We recommend that handicapped people should only use the device when a qualified care is present.
3) When using the fitness device, wear comfortable clothing and preferably spaots or aerobic shoes. Avoid wearing loose clothing which could get caught in the moving parts of the device.
4) Stop exercising immediately should you feel unwell or if you feel pain in your joints or muscles. In particular, keep an eye on how your body is responding to the exercise program. Dizziness is a sign that you are exercising too intensively with the device. At the first signs of dizziness, lay down on the ground until you feel better.
5) Ensure there are no children nearby when you are exercising on the device. In addition, the device should be showed in a place that children or house pets cannot reach.
6) Ensure that only one person at a time uses the fitness device.
7) After the sports device has been set up according to operating instructions, make sure all screws, bolts and nuts are correctly fitted and tightened. Use only attachments recommended and/or supplied by the importer.
8) Do not use a device that is damaged or unserviceable.
9) Always place the device on a smooth, clean and sturdy surface. Never use near water and make sure there are no pointed objects in the direct vicinity of the fitness device. If necessary, place a protective mat (not included in scope of delivery to protect your floor underneath the device and keep a free space of at least 0.5m around the device for safety reasons.
10) Take care not to put your arms and legs near moving parts. Do not place any material in openings in the device.
11) Use the device only for the purpose described in these operating instructions. Use only attachments recommended by the manufacturer.
12) If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly persons in order to avoid a hazard.

1. Special safety precautions

● power source

● choose a place in reach of a socket when placing the treadmill

● always connect the appliance to a socket with a grounded circuit and no other appliances connected to it. It is recommended not to use any extension cords.

● A faulty grounding of the appliance can cause the risk of electrical shocks. Ask a qualified electrician to check the socket in case you do not know if the appliance   is grounded appropriately. Do not modify the plug provided with the appliance if it is not compatible with your socket. Ask a qualified electrician to install a suitable socket.

● Sudden voltage fluctuations can seriously damage the treadmill. Weather changes or switching o and off other appliances can cause peak voltages, over-voltage or interference voltage. To limit the danger of damage to the treadmill, it should be equipped with an over-voltage protective device (not included).

● Keep power cord away from the carrying roller. Do not leave the power cord below the striding belt. Do not use the treadmill with a damaged or worn out power cord.

● Unplug before cleaning or engaging in maintenance work. Maintenance should only be done by authorized service technicians, unless otherwise stated by the manufacturer. Ignoring those instructions would automatically void the warranty.

● Inspect the treadmill before every use to make sure that every part is operational.

● Do not use the treadmill outdoors, in a garage or under any kind of canopy. Do not expose the treadmill to high humidity or direct sunlight.

● Never leave the treadmill unattended. Make sure the striding belt is always tense. Start the striding belt before stepping on it.
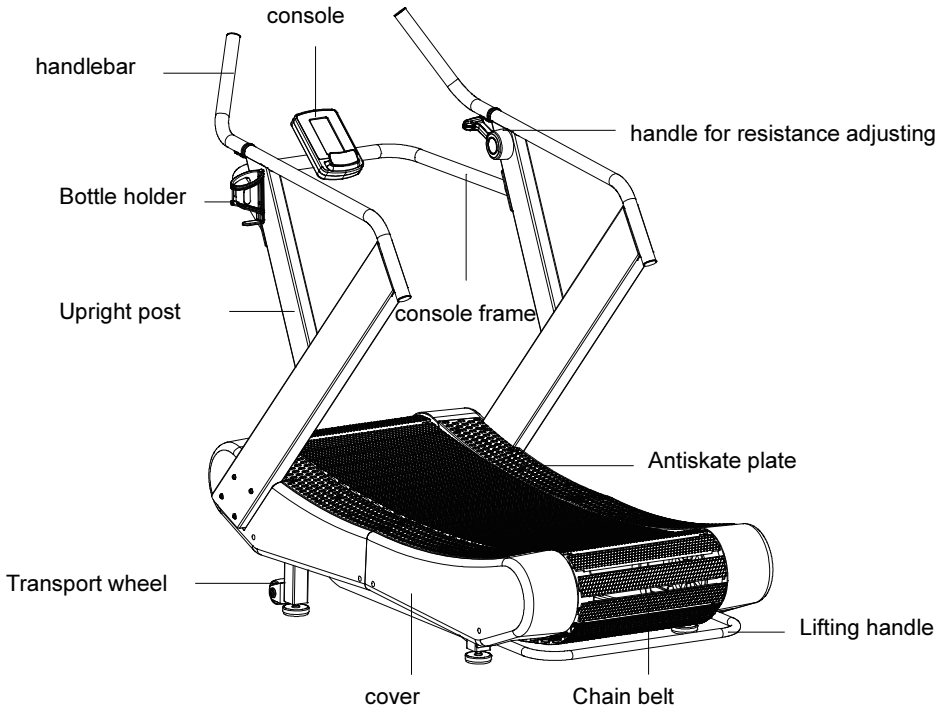
2. Explode Drawing
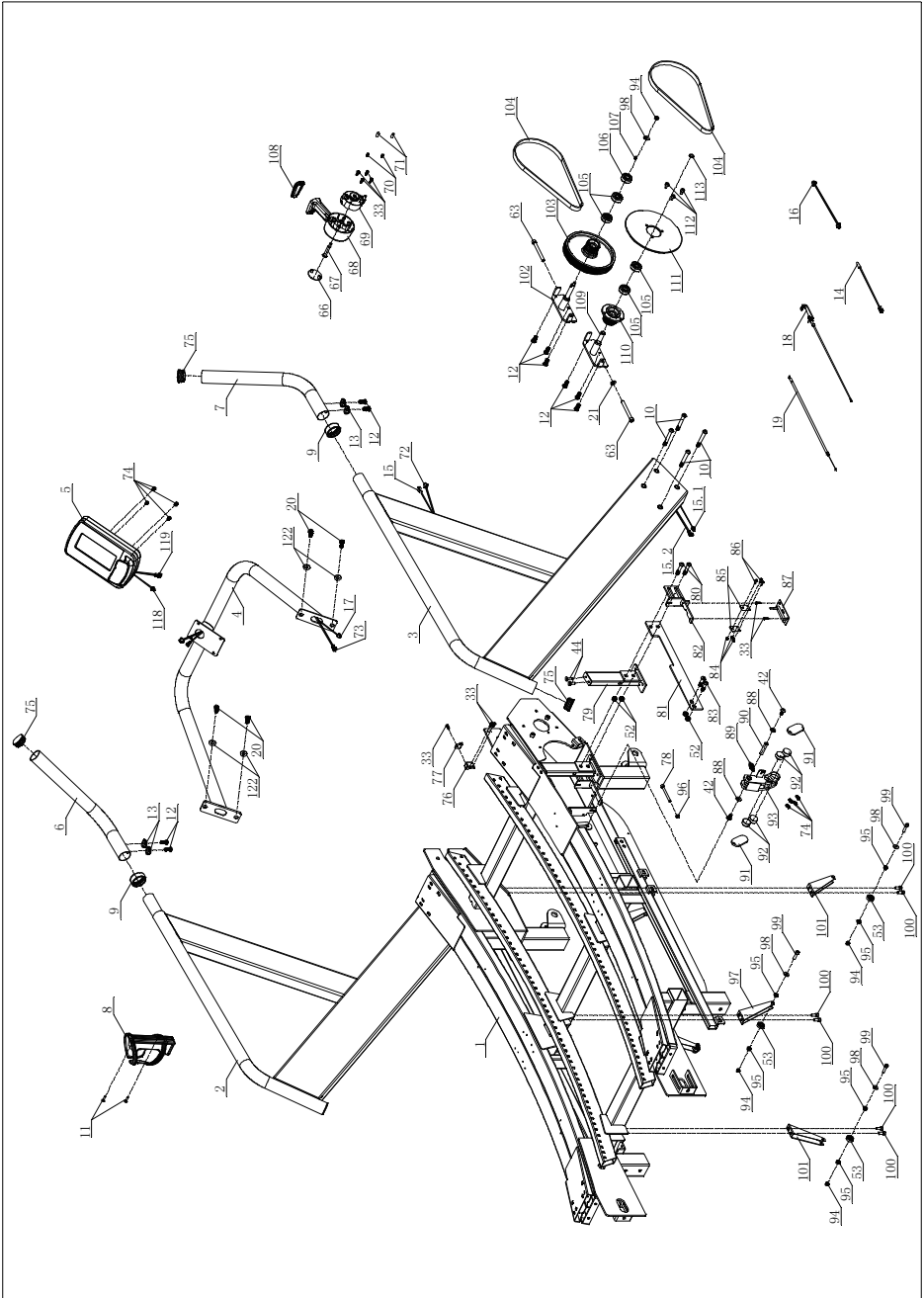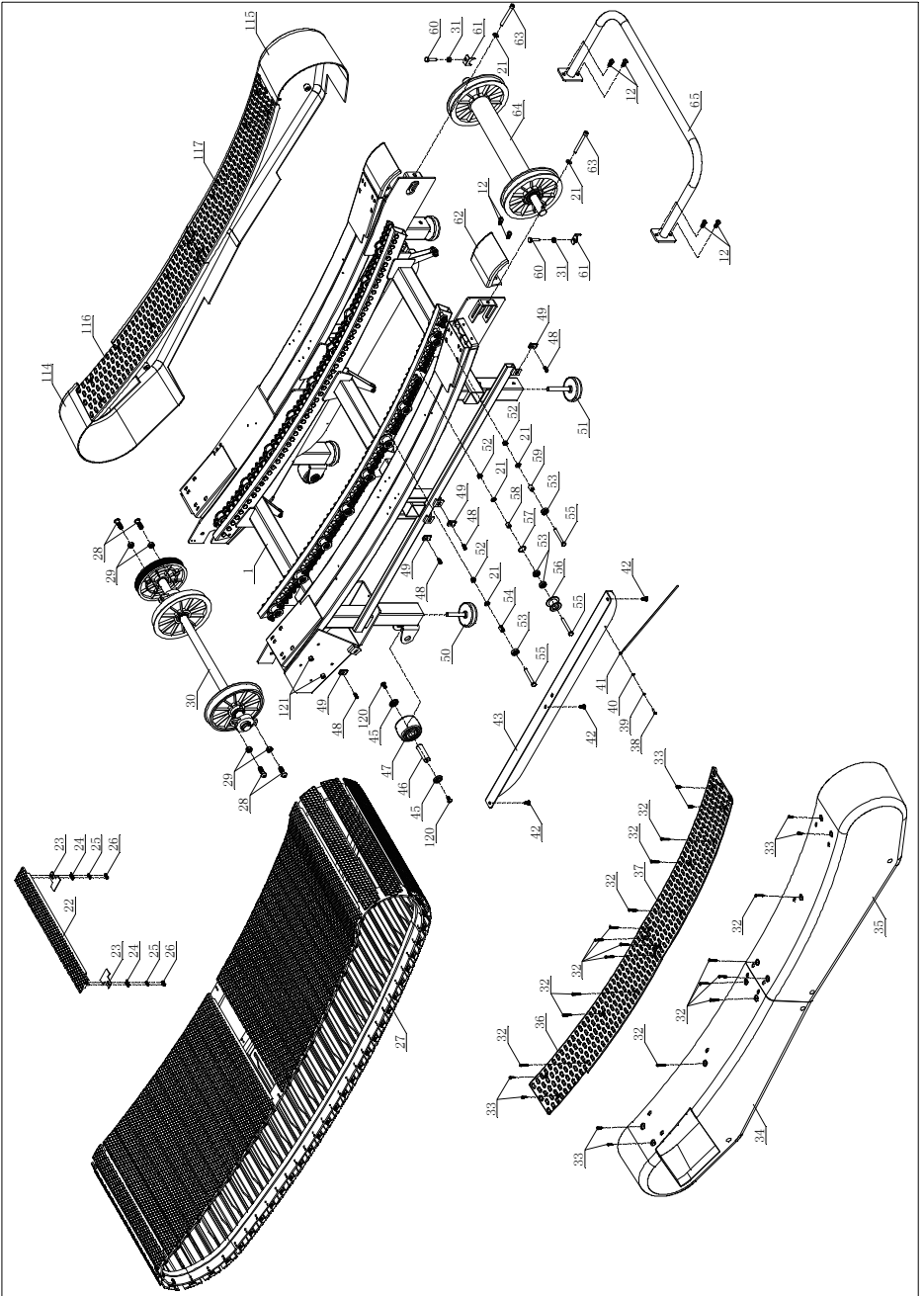
3.Part list

No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	38	Philips C.K.S. full thread screw M4×16	1
2	Upright post (L)	1	39	Washer Φ5	1
3	Upright post (R)	1	40	Gear locking washer Φ5	1
4	Console frame	1	41	Earth wire L-300mm	1
5	Console	1	42	Hexagon C.K.S full thread bolt M6x15	8
6	Handle bar (L)	1	43	Main frame side plate	2
7	Handle bar (R)	1	44	Hexagon countersunk head full thread bolt M6×15	2
8	Bottle holder	1	45	Wheel axis cover t1.2×Φ31	4
9	Handle bar inside sleeving Φ45×16	2	46	Wheel axis Φ19×60×M6	2
10	Hexagon C.K.S half thread bolt M8×60×20	8	47	Wheel Φ71×t48×Φ19.2	2
11	Philips C.K.S. full thread screw M4×16	2	48	Philips C.K.S full thread bolt M5×15	8
12	Hexagon C.K.S full thread bolt M8×20	22	49	Nut clip M5 24×16×8.3×M5	8
13	Curved washer Φ8.5×R25×t2.0	4	50	Foot pad	2
14	Magnetic sensor wire SM-2P/L-550mm	1	51	Cardan foot pad	2
15	Communication wire SM-2P/L-1250mm	1	52	Hex locking nut M8	112
16	Communication wire SM-2P/L-550mm	1	53	Bearing 608ZZ	132
17	Communication wire SM-2P/L-950mm	1	54	Bushing Φ12×Φ8.1×16	36
18	Resistance adjustable wire (Lower L=450mm)	1	55	Hexagon half thread bolt M8×60×13	108
19	Resistance adjustable wire (Upper L=1150mm)	1	56	Guide wheel	18
20	Hexagon full thread bolt M8×20	4	57	Circlip Φ23	18
21	Washer Φ8	111	58	Bushing Φ12×Φ8.1×12	18
22	Aluminum chain 478×59.3×28	60	59	Bushing Φ12×Φ8.1×16	54
23	EVA pad t1.5×50×48	120	60	Hexagon full thread bolt M8×30	2
24	Washer t1.5×20×14.3	120	61	Real roller adjustable plate	2
25	Gear locking washer Φ6	240	62	Cover fixer reinfored plate	2
26	Hexagon locking nut M5	240	63	Hexagon full thread bolt M8×75	4
27	Running belt fixing strap 3600×50×9.5×5	2	64	Real roller Φ190×564.5×367	1
28	Hexagon C.K.S full thread bolt M10×30×20	4	65	Lifting handle	1
29	Hexagon locking nut M10	4	66	Resistance handle cover Φ42.5×9	1
30	Front roller Φ187×652×371x31	1	67	Hexagon step bolt M6×50×36	1
31	Hexagon locking nut M8	2	68	Resistance handle bar 163×86×59.2	1
32	Philips C.K.S. self-tapping screw ST4x30	36	69	Resistance adjustable group 79×60×35.8	1
33	Philips C.K.S. self-tapping screw ST4x16	25	70	Cylinder spring Φ3.7×Φ5.3×10	2
34	Front cover (L)	1	71	Resistance adjustable post Φ6.8×16×13	2
35	Rear cover (L)	1	72	Communication wire SM-3P L-1250mm	1
36	Antiskid plate 1 (L)	1	73	Communication wire SM-3P L-950mm	1
37	Antiskid plate 2 (L)	1	74	Philips C.K.S. full thread bolt M5×10	8

No.	Description	Qty	No.	Description	Qty
75	Tube cover Φ38×t1.5	4	99	Hexagon cylinder head full thread bolt M6×25	6
76	Magnetic sensor fix plate	1	100	Hexagon cylinder head full thread bolt M6×15	12
77	Magnetic sensor fixer	1	101	U shape frame	4
78	Hexagon cylinder full thread bolt M6×60	1	102	One way wheel fixer	1
79	Front supporting tube (R)	1	103	Wheel Φ158×Φ40×Φ32×52	1
80	Hexagon C.K.S half thread bolt M8×40×20	2	104	Motor belt 6EPJ280	2
81	Main frame reinforced plate	1	105	Deep groove bearing 6201ZZ	4
82	Slide rheostat fixer	1	106	One way bearing CSK12P	1
83	Hexagon C.K.S half thread bolt M8×30×20	2	107	Flat key 9×4×4	1
84	Hexagon locking nut M4	3	108	Top cover of magnetic handle bar 59.2×12.6×36.2	1
85	Slide rheostat fix plate	2	109	Driving disc fixer	1
86	Philips C.K.S. full thread screw M4×10	3	110	Driving disc fix axis Φ70×Φ40×Φ32×38	1
87	Slide rheostat VR	1	111	Driving disc Φ180×Φ45.3×4	1
88	Flat washer Φ6×Φ20×t2.0	2	112	Hexagon C.K.S full thread bolt M6×10	3
89	Cylinder spiral spring Φ10×Φ1.2×25	1	113	Axis washer Φ12	1
90	Axis of magnetic group Φ10×43	1	114	Front cover (R) 851×160×307	1
91	Cover plate of magnet	2	115	Rear cove (R) 851×160×307	1
92	Round magnet 25×25×10	4	116	Antiskid plate 1 (R) 671×141×127	1
93	Magnetic group	1	117	Antiskid plate 2 (R) 671×141×127	1
94	Hexagon locking nut M6	7	118	Console speed wire	1
95	Bushing Φ12×Φ7.9×Φ6×6.5	12	119	Console resistance wire	1
96	Hexagon nut M6	2	120	Hexagon C.K.S full thread bolt M6×15	4
97	U shape frame	2	121	Hexagon cylinder full thread bolt M8×15	4
98	Flat washer Φ6	7	122	Flat washer Φ8.5×Φ20×t1.5	4

4.Product profile

handlebar

console

handle for resistance adjusting

Bottle holder

Upright post

console frame

Antiskate plate

Transport wheel

Lifting handle

cover

Chain belt
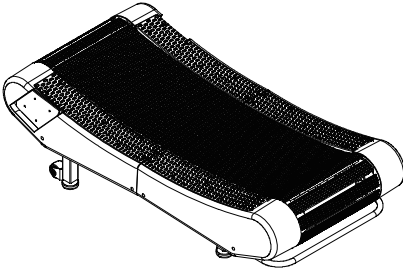
Technical Parameter

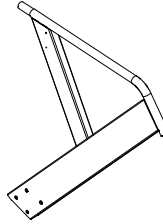| Dimension (Unfold)	1750×950×1600mm
Running surface	1600*480mm

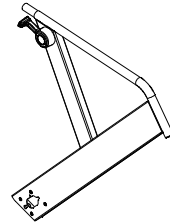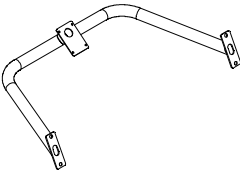**Remark: Our company retain the priority of revision not to advise in advance.**
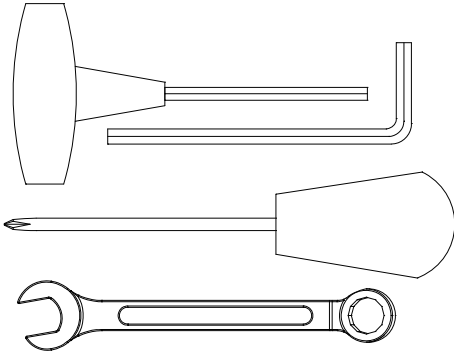
Packing list

1

2

3

4
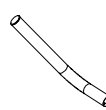
5 6 7 8 9

No.	Description	Qty
1	Main frame	1
2	Upright post (L)	1
3	Upright post (R)	1
4	Console frame	1
5	Console	1
6	Handle bar (L)	1
7	Handle bar (R)	1
8	Bottle holder	1
9	Handle bar inside sleeving	2

Hardware pack list

(11)M4×16-2　(12)M8×20-4　(20)M8×20-4　　(10)M8×60×20-8　　(122)Ø8.5×Ø20　(13)Ø8.5×R25
　　　　　　　　　　　　　　　　　　　　　　　　　　　　　　　　　　×t1.5-4　　×t2.0-4
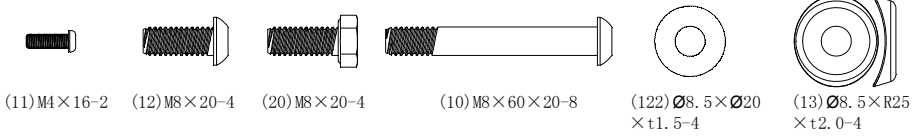
No.	Description	Specification	Qty
10	Hexagon C.K.S half thread screw	M8×60×20	8
11	Philips C.K.S. full thread screw	M4×16	2
12	Hexagon C.K.S full thread screw	M8×20	4
13	Curved washer	Φ8.5×R25×t2.0	4
20	Hexagon full thread bolt	M8×20	4
122	Flat washer	Φ8.5×Φ20×t1.5	4
	T-shape spanner	6×80	1
	L-shape spanner	6×40×120	1
	Pilliphs screwdriver		1
	Open end wrench	13#	1

5. Installation

Step 1: Take out the machine from the box and put it on the floor. （At least 2 persons handle）
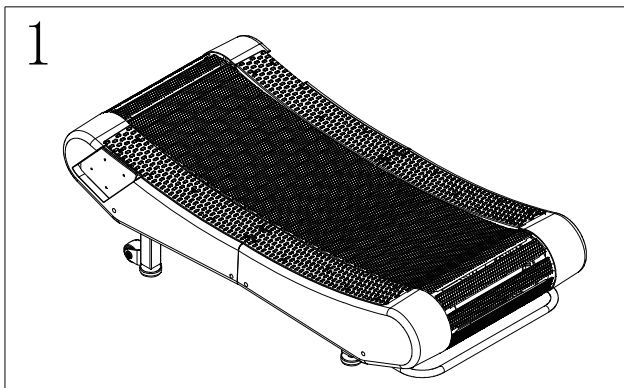
Step 2: (2 persons handle)
1) Assemble the left upright post (2) on the main frame (1), fasten it with 4pcs Hexagon C.K.S half thread bolt M8x65x20 screws (10).
2) Assemble water holder (8) on the left upright post (2), fasten it with 2pcs Philips C.K.S. full thread screw M4×16 (11).
Attention: Please put all screws first, then fasten them.
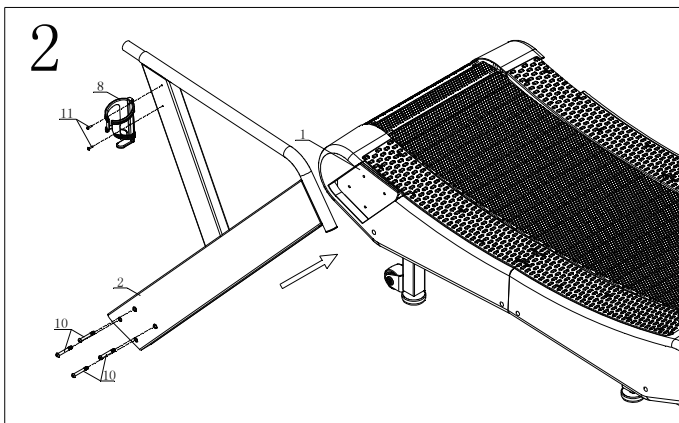
Step 3: (2 persons handle)

1) Connect the magnetic sensor wire (14) and communication wire (15), communication wire (16) and communication wire (72), lower resistance adjustable wire (18) and upper resistance adjustable wire (19), then insert all wires into right upright post (3).

2) Assemble the right upright post (3) on the main frame (1), fasten it with 4pcs Hexagon C.K.S half thread bolt M8x65x20 screws (10).
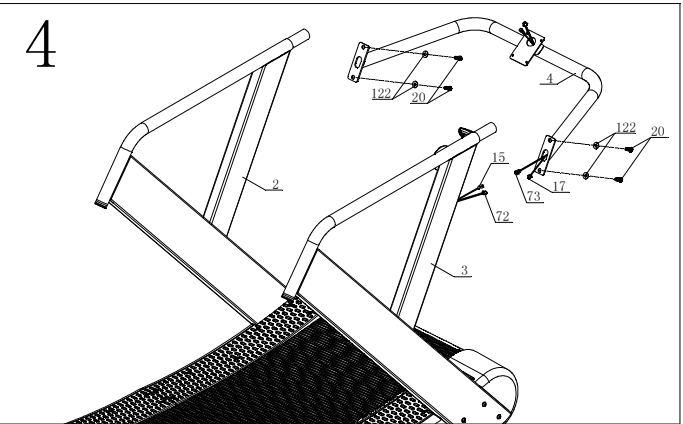
Attention: Please put all screws first, then fasten them.
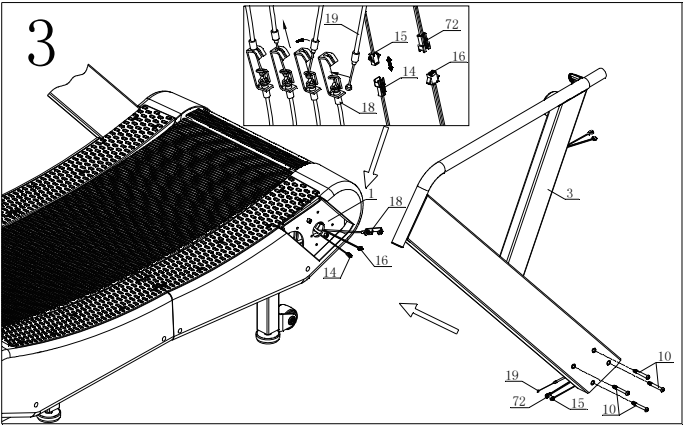
Step4: (2 persons handle)

1) Connect the communication wire (15) and communication wire (17), communication wire (72) and communication wire (73). Insert all wires into console frame (4).

1. Assemble the console frame (4) on left upright post (2) and right upright post (3), fasten it with 4pcs Hexagon full thread bolt M8×20 (20) and 4pcs Flat washer Φ8.5×Φ20×t1.5 (122).

Step 5:

1) Connect the communication wire (17) and console speed wire (118), communication wire (73) and console resistance wire (119). Insert all wires into console frame (4).

2) Assemble console (5) on console frame (4), fasten it with 4pcs Philips C.K.S. full thread bolt M5×10 (74).
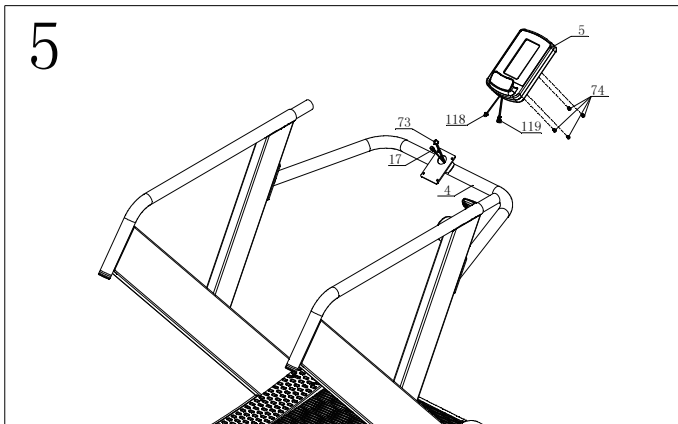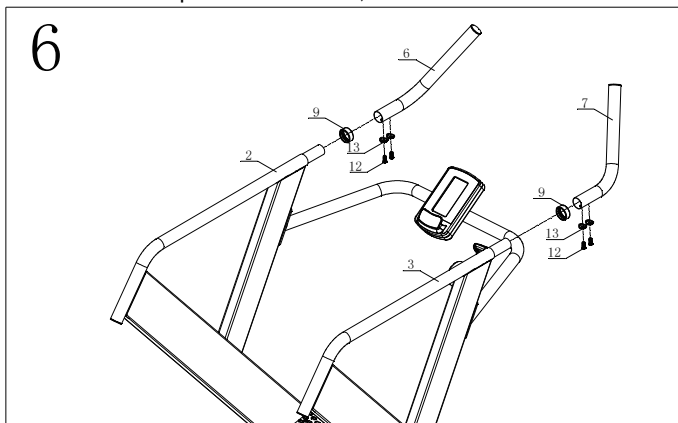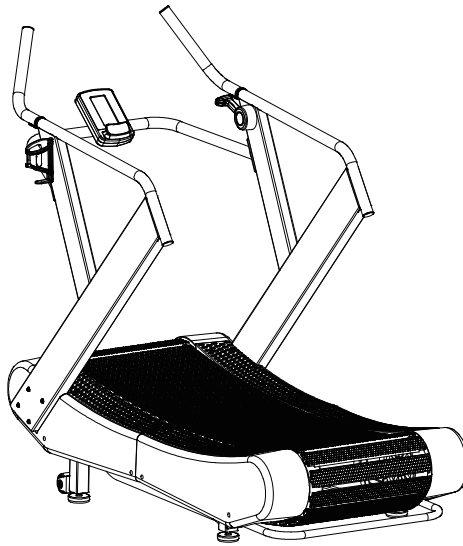

Step 6

1) Assemble the Handle bar inside sleeving (9) and left handle bar (6) on left upright post (2), fasten it with 2pcs Curved washer Φ8.5×R25×t2.0 (13) and 2pcs Hexagon C.K.S full thread bolt M8×20 (12).

2) User same way to assemble handle bar (7) on right upright post (3).

Attention: Please put all screws first, then fasten them.

Step 7：Treadmill installation is finished.

6. console function

<div style="text-align:center">

INSTRUCTION MANUAL

</div>

Display function:

Item	Description
TIME	.Display user workout time. .Display range 0:00~1:59:00
DISTANCE	.Display user workout distance. .Display range 0.5~100
CALORIES	.Display calories consumption during workout . .Display range 0 ~ 2000
PULSE	.Display user heart-rate during workout . .Display range 30~230
WATT	.Display the power consumption during training
SPEED	.Display current training speed
PACE	.Set the time to reach the target distance
Load	Display LOAD resistance value for each level in WATT window when adjust LOAD resistance Display range L1~L4

Button function:

| Item	Description
Up ▲	• Adjust function value up.
Down ▼	• Adjust function value down.
Enter	• Confirm setting or selection.
Start	• Start workout quickly or resume workout in Stop mode.
Stop	• To stop/pause workout. • Hold on this key for 2 seconds to reboot the console.
Interval	• here are 3 programs: INTERVAL 10/20,INTERVAL 20/10, Custom Interval .
Target Distance	• Fast access to Target Distance training mode.
Target Calories	• Fast access to Target Calories training mode.
Target Heart-rate	• Fast access to Target Heart Rate training mode.
Target Time	• Fast access to Target Time training mode.

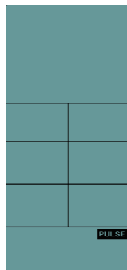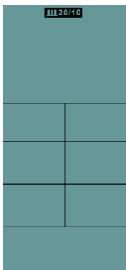## Operation procedure :
Power on--
1. When POWER ON, LCD will full display 1s (Figure 1) with long beep sound, then enter into display standby mode(FIG 2), the pictures will be displayed from top ICON to bottom in sequence. Press STOP button for 2s, then enter into standby mode.
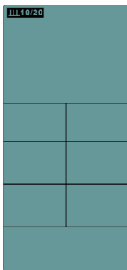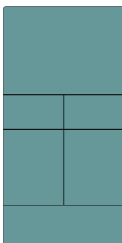

(FIG 1)　　(FIG 2)

2. If no input of key operation or RPM signal input in 4Min, LCD will go to Sleeping mode(FIG 3).


(FIG 3)

3. Break mode:

When START, press "START" button one time, enter into Break mode with buzzer sound 0.5s by every 30s. Computer still display all functions ,but LCD windows display"P" .Buzzer will sound for 1s and enter into stand by mode after broke with 5 Min, then press " START "to continue. (FIG 4)
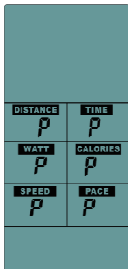
(FIG 4)

4. Stop mode:

Press "STOP" button with buzzer sound 0.5s, enter into Stop mode. All the LCD windows no display ,but after 0.5s LCD will display TIME, DIST, CAL(display KM or ML according to the setting).After 7s with buzzer sound 0.25s, LCD display MAX ICON, WATTS,SPEED ,PULSE,also   after keep shows 7s with buzzer sound 0.25s, LCD display AVE ICON WATTS , SPEED ,PACE, after keep shows 7s without display any data at the moment, then re-show the data two times and enter into stand by mode.(FIG 5)
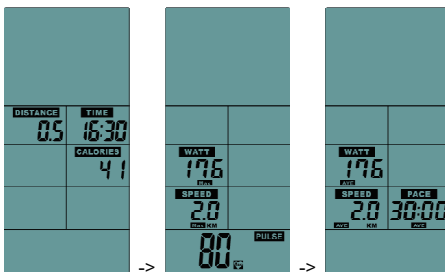
(FIG 5)

5. Quick start :

A. In stand by mode , with single RPM>20 input, quick press "START",buzzer sound 0.5s, then TIME 、 CALORIES 、DISTANCE 、WATTS 、SPEED 、& PACE shining in in sequence , the value will count up according to the operation.


(FIG 6)

B. "PULSE" ICON is lighten, if any heart single input the "PULSE" ICON is flashing with current value,if no heart single input LCD display "P".

C. If without any single input in 5Min, the buzzer rings for 0.5s and computer will back to stand by mode .
D. If did not complete the setting in 30 seconds, the buzzer sounded for 0.5 seconds and back to standby mode.
E. Press the "START "button once, enter into the break mode, and press "START" to continue running.
F. Press the "STOP" button to sound the buzzer for 0.5 seconds and enter into the stop mode.
G. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.
H. When adjust the adjustment button, it will display the LOAD resistance for each segment in WATT window.

6. INTERVAL10/20:

A. Press" INTERVAL10/20" button ,enter to this mode , LCD display ▥**10/20** ICON , with buzzer beeps 0.5s.
B. If did not input in 30s when setting, computer will back to standby mode.
C. The "READY" ICON counts down from 3s to 0s , meanwhile with a short buzzer beep (FIG 7) , LCD display "01/XX"("01"is flashing) . The "WORK" ICON is flashing one time every 1s with buzzer sounds(shining 0.75s/ put out 0.25s) ,"TIME"ICON counts down from 10s to 0s, DISTANCE、CALORIES、WATTS、SPEED、RPM count up according the operation.(FIG 8)
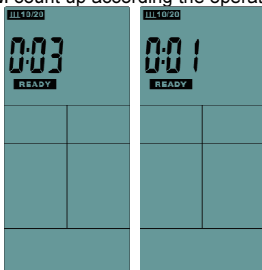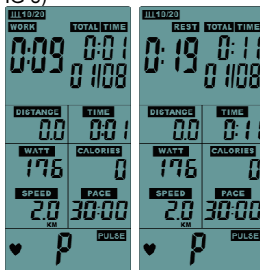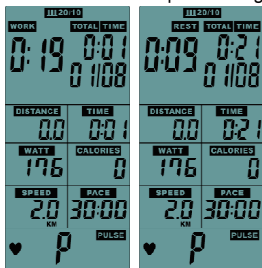

(FIG 7)   (FIG 8)

D. After Work 10s, LCD window display "01/08"("01"is flashing), "REST" ICON is keep flashing , the buzzer rings for 0.25s per 1s, TIME start to count down from 20s to 0s.
E. Work & REST display in cycle , cycle count increase 1every time till reach to 08/08(total cycle counts 8 times). Buzzer rings 0.5s enter to stop mode.(The average value of the sports results is only calculated within the Work time)
F. when the last REST is reached ,this mode is stop directly.
G. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.
H. Press the "START "button once, enter into the break mode, and press "START" to continue running.
I. Press the "STOP" button to sound the buzzer for 0.5s and enter into the stop mode.
J. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.
7、INTERVAL 20/10：

A. Press" INTERVAL20/10" button ,enter to this mode , LCD display ▥**20/10** ICON(FIG 10) , with buzzer beeps 0.5s.
B. If did not input in 30s when setting, computer will back to standby mode.
C. The "READY" ICON counts down from 3s to 0s , meanwhile with a short buzzer beep (FIG 7) , LCD display "01/XX"("01"is flashing) . The "WORK" ICON is flashing one time every 1s with buzzer sounds (shining 0.75s/ put out 0.25s) ,"TIME"ICON counts down from 10s to 0s, DISTANCE、CALORIES、WATTS、SPEED、RPM count up according the operation.(FIG 10).

(FIG 10)
D. After Work 10s, LCD window display "01/08"("01"is flashing), "REST" ICON is keep flashing , the buzzer

rings for 0.25 seconds per second, TIME start to count down from 20s to 0s.

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

F. when the last REST is reached ,this mode is stop directly.

G. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.

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

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

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

8、INTERVAL CUSTOM：

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

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

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

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

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

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

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

H. when the last REST is reached ,this mode is stop directly.

I. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.

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

K. Press the "STOP" button to sound the buzzer for 0.5 seconds and enter into the stop mode.

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

(FIG 14)   (FIG 15)   (FIG 16)

9、TARGET TIME：

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

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

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

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

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

F. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.

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

H. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.

10、TARGET CALORIES:

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

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

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

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

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

F. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.

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

H. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.
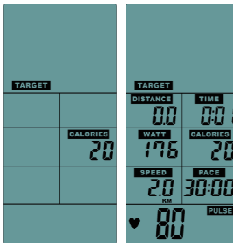
11、TARGET DISTANCE：

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

B. LCD "DISTANCE" window display the presetting value 0.5KM/0.5Miles or the last setting value.press "UP 、DOWN"button to setting (setting range0.5~100), it is non-recyclable.

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

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

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

F. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.

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

H. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.
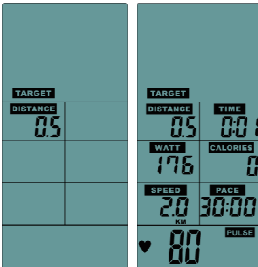
12、TARGET HEART RATE：

A. Press" TARGETHEART RATE" button ,enter to this mode , LCD flashing display Age ICON with presetting value 30 or the last setting value.Press "UP 、DOWN"button to setting (setting range11~99), it is non-recyclable.
B. After setting, press" ENTER" confirmed , LCD display the presetting value 65% , press "UP 、DOWN"button to adjust to 65% or 85% & the value of Pulse,LCD will shows the corresponding value.
C. If selected PULSE, LCD display the presetting value"100", press"UP 、DOWN"button to setting (setting range 30~230),it is non-recyclable.
D. Press"ENTER"button to start to count,TARGET & PULSE ICON is flashing.
E. When the heartbeat value is higher or lower than the setting value (+/-10%), the PULSE value is displayed continuously.
F. The heartbeat value is lower than the setting value (<10%), and the PULSE window "UP IOCN" flashes to remind USER to accelerate.
G. The heartbeat value is higher than the setting value (>10%), and the PULSE window "DOWN IOCN" flashes to remind USER to slow down
H. The heartbeat value is higher than or equal to the setting value of 100%. The buzzer rings 3 short sounds every 1s. After 10 times, the heartbeat value is still not lower than 100%, the buzzer rings 1s and enter into the stand by mode.
I. Without any heart single input in 30s, the "PULSE" LCD window display "P" ,buzzer rings 1s and enter into the stand by mode.
J. Press the "START "button once, enter into the break mode, and press "START" to continue running.
K. Press the "STOP" button to sound the buzzer for 0.5 seconds and enter into the stop mode.
L. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.
M. If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.
N. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.

| Set Age | 65% | 85% | PULSE | START | < TARGET10% | >TARGET10% |
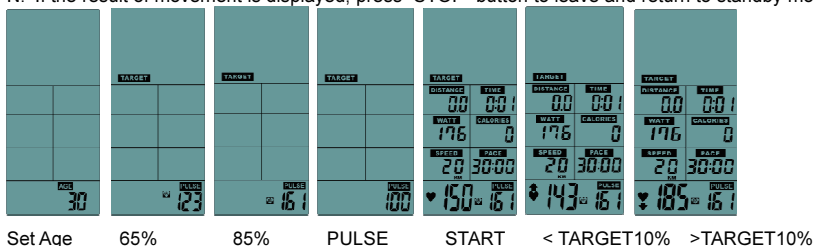
Using Instruction

7. Moving the treadmill

8. （1）moving

Make sure follow things before moving：

1. Restore incline to flat (0) position;

2. the power switch of treadmill is off;

3. Unplug from power point before foldin

   Then seize the treadmill terminal with

Both hands and lift the deck up until you

Stand up straight. Thus you can move th

The treadmill forward or backward slowly

When find the right position, put it slightly

Down to the ground.
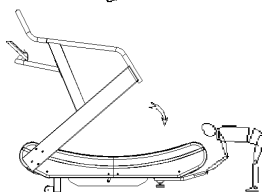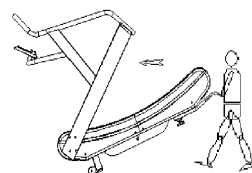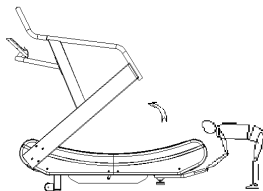
8. General fitness tips

Start your exercise program slowly, i.e. one exercise unit every 2 days. Increase your exercise session week by week. Begin with short periods per exercise and then increase these continually. Start slowly with the exercise sessions and don't set yourself impossible targets. In addition to these exercises, do other forms of exercise such as jogging, swimming, dancing and/or cycling.

Always warm up thoroughly before exercising. To do so, carry out at least five minutes of stretching or gymnastic exercises to avoid muscle strains and injuries.

Check your pulse regularly. If you do not have a pulse measuring instrument, ask your GP how you can measure your heart rate effectively. Determine your personal exercise frequency range to achieve optimal training success. Take into account both your age and your level of fitness. The table on page 16 will give you a reference point for determining the optimal exercise pulse.

Make sure you breathe regularly and calmly when exercising.

Take care to drink enough while exercising. This ensures that the liquid requirement of your body is satisfied. Consider that the recommended drinking amount of 2-3 litres per day is strongly increased through physical strain. The fluid you drink should be at room temperature.

When exercising on the device always wear light and comfortable clothing as well as sports shoes. Do not wear any loose clothing that could tear or become caught in the device whilst exercising. Exercises for your personal work-out

Warm-up / stretching exercises

A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down / relaxation period after the exercise session ensures that you do not experience any muscular problems. In the following you will find stretching exercise instructions for warming up and cooling down. Please pay attention to the following points:

NECK EXERCISES

Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again.

You can repeat this exercise alternately several times.

1

EXERCISES FOR THE SHOULDER AREA

Lift the left and right shoulders alternately, or lift both shoulders simultaneously.

2

ARM STRETCHING EXERCISES

Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side. Repeat this exercise several times.

3

EXERCISES FOR THE UPPER THIGH

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.

4

INSIDE UPPER THIGH

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30-40 seconds if possible.

5

TOUCH TOES

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20-30 seconds if possible.

6

EXERCISES FOR THE KNEES

Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30-40 seconds if possible.

EXERCISES FOR THE CALVES/ACHILLES TENDON

Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30-40 seconds if possible.

8

⚠ WARNING ⚠

Failure to carry out maintence on the equipment in this manual could result in serious injury and void your warranty.
Please ensure all publications supplied with Pulse Fitness equipment are read and understood.

Replacement of defected components should be carried out IMMEDIATELY and/or keep the defective equipment out of use until repaired.

The safety level of the equipment can be maintained ONLY if it is examined regularly for damage and wear,e.g.ropes , pulleys,connection points.
Pay special attention to components which are susceptible to wear.

Ensure all equipment is installed on a stable base and properly levelled before use.

PLEASE KEEP THIS FOR YOUR RECORDS

pulsefitness

All information, descriptions and illustrations are given solely as a guide. Actual product specifications may differ due to manufacturing requirements.
Pulse Fitness reserve the right to make changes to its products and services, where it considers necessary.

135-2351-1