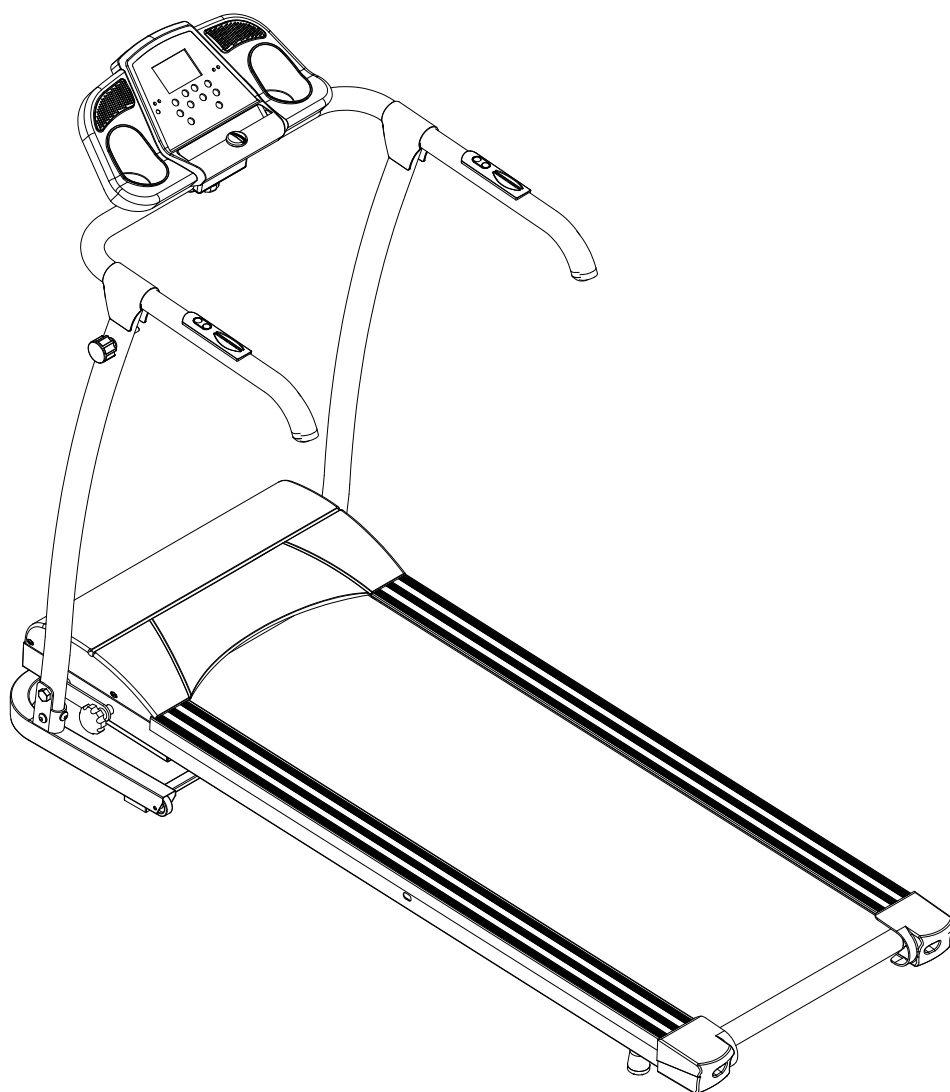


TREADMILL

Key Code: 42955436



WARNING! READ ALL INSTRUCTIONS CAREFULLY BEFORE USING THIS PRODUCT. FAILURE OR INCORRECT OR EXCESSIVE TRAINING MAY CAUSE INJURIES.

1. CAUTION

To avoid injury please read this manual carefully before operating this machine.



- **NEVER** attempt to mount the treadmill whilst the running belt is moving.
- **NEVER** step off the treadmill while the running belt is moving.
- **NEVER** operate the treadmill if it is damaged or is not working as it should be.
- **DO NOT** overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your doctor.
- **DO NOT** start the treadmill when it is in its folded position.
- **DO NOT** operate the treadmill in or around water / sources of heat & avoid placing the treadmill on thick carpet.
- **DO NOT** place any objects on the running belt or the treadmill itself.
- **NEVER** connect a live power cable to the treadmill. Please turn off the power supply and the On/Off switch on the back of this machine before connecting the power cable to the machine. Once safely connected you can switch on the power supply followed by the on/off switch on the back of the machine. Connecting a live cable directly into the back of the machine can damage the electrical components.
- Always allow the running belt to come to a complete stop before folding.
- Always attempt to move the treadmill by using the wheels at the base of frame.
- Periodically check all the parts for signs of wear or damage. If you find defective parts, stop use immediately, make sure all the problems are solved prior to continuing to use.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- This treadmill is not intended to use by persons (including children) with reduced physical, sensory or mental capabilities or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the treadmill by a person responsible for their safety.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- Noise emission under load is higher than without load.
- Children should be supervised to ensure that they do not play with the treadmill.
- This machine is not suitable for children under 14 years of age.
- Product is in compliance with EN20957-1 & 6 CLASS HC as well as AS/NZS 60335.1. Suitable for domestic use only.

2. SAFETY NOTICE

- Use the treadmill only for its intended use as described in this manual.
- Children, elderly users and pregnant women are advised **NOT** to use the treadmill.
- The treadmill should be used only by one person each time.
- Assemble and operate the treadmill on a solid, level surface. Locate the treadmill a few feet from walls or furniture. Check the unit before each use and verify that all fasteners are secure. Always maintain the treadmill in good working condition.
- Always check the treadmill prior to exercise to ensure that all nuts and bolts are fully tightened for each time.
- An error may occur due to unstable power. **DO NOT** share a power socket with other high-powered items such as computers or air conditioning units.
- It is suggested to wear suitable sports trainers and sensible gym clothing when using the treadmill.
- Never pull the plug out by the cable.
- Do not jump on the plate, this may damage the product.
- Take care when folding and unfolding the treadmill before and after use.
- **DO NOT** attempt to repair the treadmill by yourself except for the maintenance tasks which are described in this manual. Please consult your local dealer or the customer service. The treadmill does not contain any user-serviceable parts so disassembling it by yourself could result in serious injury.

3. CAUTION DURING USE

- Make sure you are wearing proper exercise clothing and shoes during a workout—no loose clothing.
- Tie back long hair. Keep all loose towels away from the running surface. The running belt will not stop immediately if an object becomes caught in the belt or rollers.
- If you begin to feel unwell during use, stop immediately and consult your doctor or personal trainer before continuing.
- Take care when adjusting the speed setting and increase or decrease steadily.
- The safety tether cord clip must be attached at waist level prior to starting a workout. The safety cord connects the security clip to the yellow button on the console. If you encounter any type of difficulty whilst using the treadmill, a strong tug on the safety key cord or a quick tap on the red **ON/OFF** button will stop the running belt.
- You can only mount and dismount the treadmill safely by grasping the two handlebars with hands while the running belt is not moving.
- For emergency situation, please jump and step on the frame at the two edges immediately, then stop the machine and exit the treadmill carefully by grasping the handlebars.
- Please make sure the running belt is fastened before using.
- **DO NOT** adjust the belt while machine is turned on or being used.
- Please switch off all functions and disconnect from mains power supply after each use.

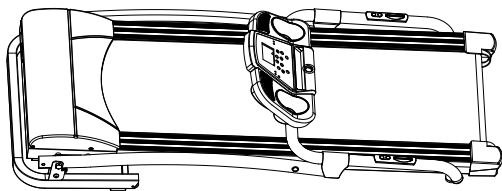
4. TECHNICAL SPECIFICATION

Power Input	AC220-240V	Frequency	50/60HZ
Overall Size	160.0 x 70.5 x 124.0cm	Product total surface area	1.13m ²
Maximum user weight	100kg	Product total weight	36.5kg

5. ASSEMBLY INSTRUCTIONS & BOX CONTENTS

Please check that all contents are present before assembling this machine:

Parts & Hardware list



Main frame
A x 1pc



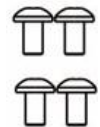
Cover
B x 2pc



M16 Knob
C x 1pc



M6 Knob
D x 1pc



Short Screw
E x 4pc



Long Screw
F x 2pc



Curved Washer
G x 4pc



Flat Washer
H x 2pc



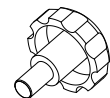
Silicone Oil
I x 1bottle



Alley Key
J x 1pc



Safety Key
k x 1pc

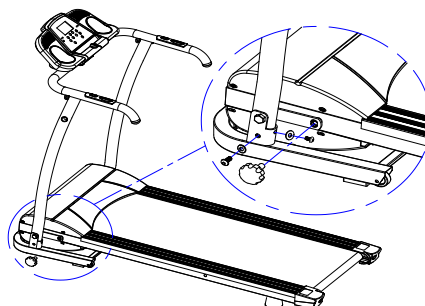


M12 Knob
L x 1pc

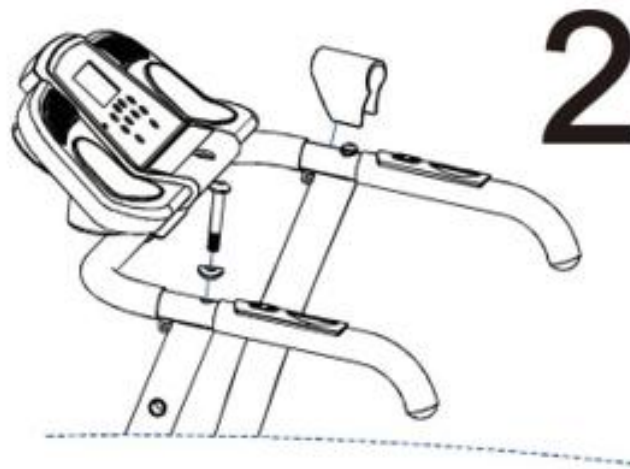
Assembly Instructions

Step 1. Unfold the main frame (A) by lifting the upright tubes slowly. Take out 4pcs short screws (E) and 2pcs flat washers (H) & 2pcs curved washers (G) as well as M12 knob (L) from spare bag, fix left and right upright tubes with base frame by the screws and washers, then lock them by screwing the M12 knob (L) in its position.

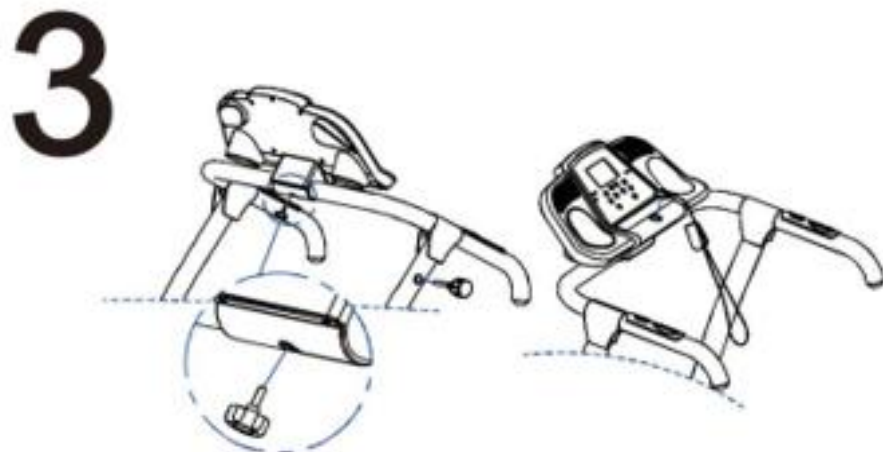
1



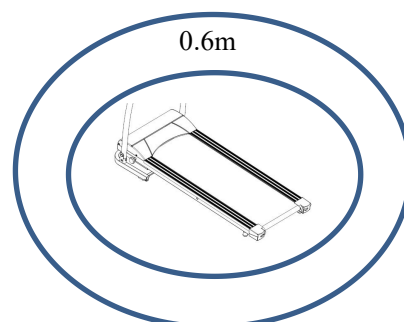
Step 2. Take out 2pcs long screws (F) and 2pcs curved washers (G), connect the handlebars with upright tubes together. Secure them with screws and washers. Then put the cover (B) to armrest. Before fasten screws, please make sure the cables in the upright tube is not pressed by screws.



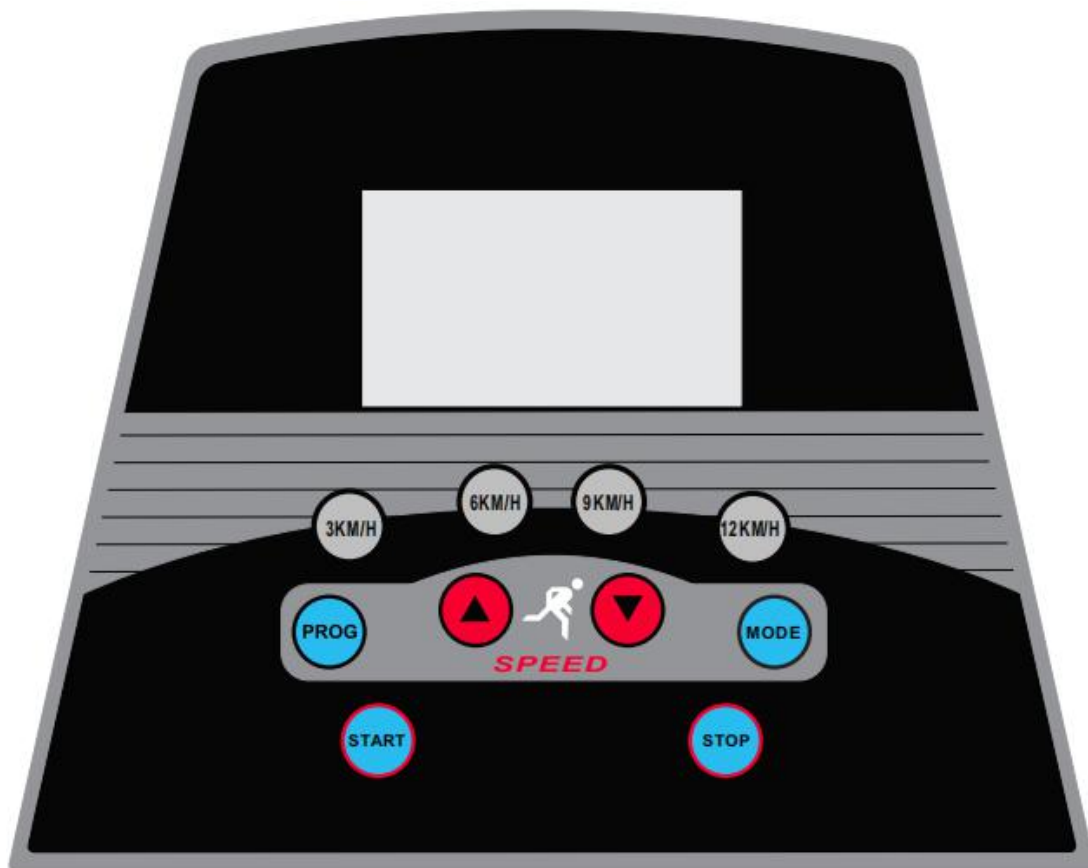
Step 3. Fix the control panel at a suitable angle with M6 knob (D). Fix M16 knob (C) to left upright tube, then put the safety key (K) on the front of control panel.



WARNING! PLEASE PROVIDE A SAFETY AREA OF AT LEAST 2.0M IN LENGTH AND 1.0M IN WIDTH AND KEEP A SAFETY DISTANCE OF 0.6M AROUND THE EQUIPMENT DURING EXERCISING.



6. CONTROL PANEL & OPERATING INSTRUCTIONS



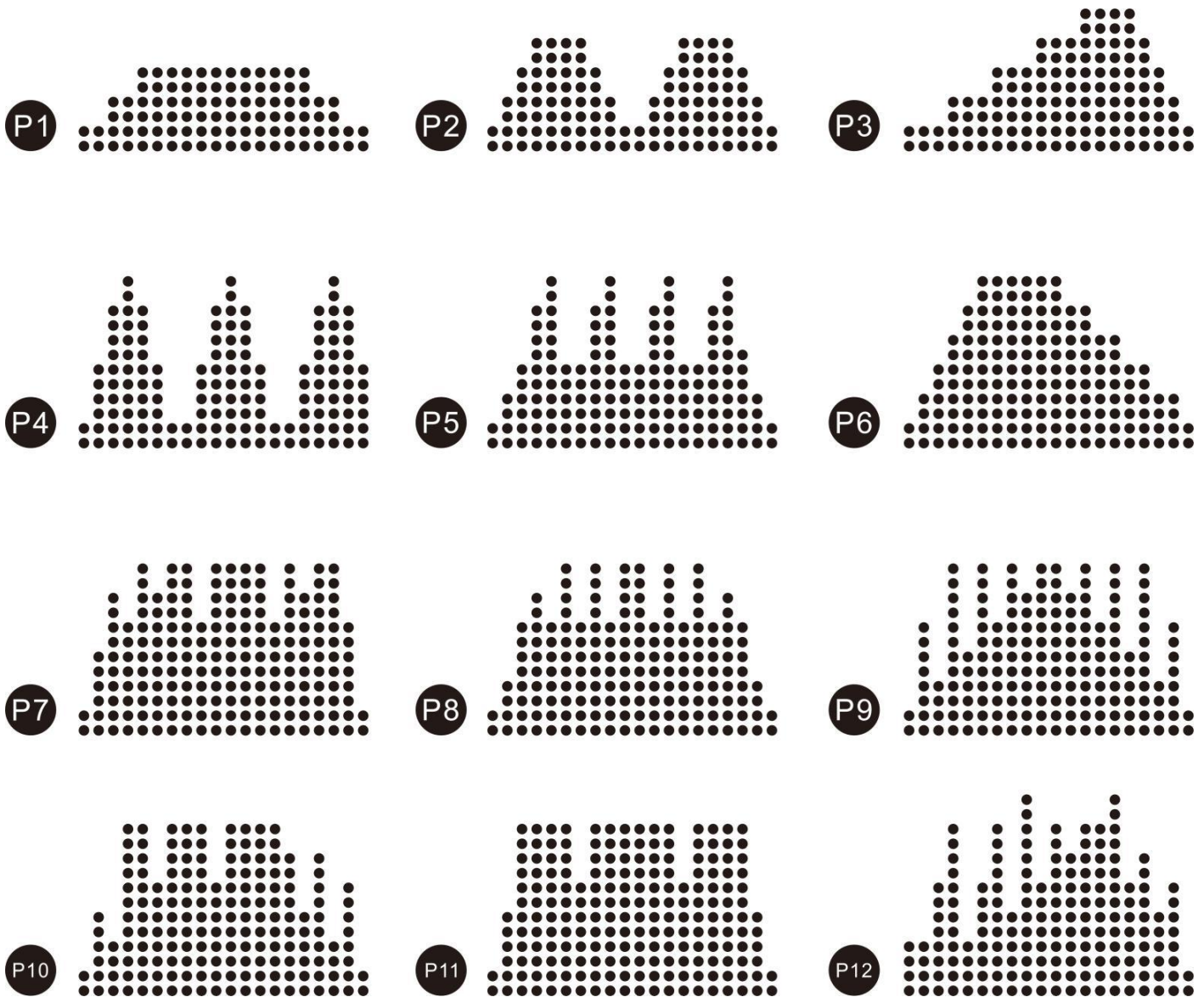
1. Check and ensure the red power switch on the back of the machine is turned off.
2. The power supply socket should be turned off at the wall, then insert the plug of the power cable into the wall.
3. Turn on the power supply at the wall and the red power switch at the back of the machine.
4. Place the emergency stop safety key (K) on the front of the console. Clip the other end of the safety key onto your clothes and stand on the running belt facing the console.
5. Press the "START" key, the machine will start at 1.0KM/H after 3 seconds.
6. Press "▲" key to increase the speed and "▼" key to decrease the speed. The fastest speed is 12km/h and the lowest speed is 1.0km/h.
7. Press "MODE" key, the screen will show Distance-Time-Calorie in order. You can set the value of Distance/Time/Calorie under the setting mode.
8. 12 programs range from P1-P12 can be selected. When in status by PROG, press "PROG" key to set the programs then press "START" to start the machine.
9. Touch the heart sensors, the screen will show heart rate frequency.
10. Left handrail has "start/stop" keys. The right handrail has speed shortcut keys + & - to adjust speed.
11. In case of emergency, please pull out safety key. The machine will stop very slowly.
12. To stop the machine, you can also press the "STOP".

Note: Please test the Safety Key function before using, the Safety Key should be placed on the front position of the console, other wise the treadmill can not be started. When the treadmill is moving normally, the machine will stop slowly if pulling out the Safety Key from the console.

PRESET PROGRAMS x 12

The speed and time of the preset programs are fixed and cannot be changed.

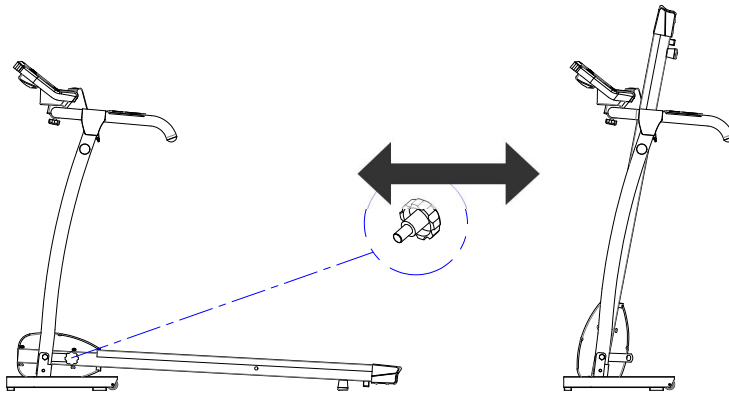
The default time for the preset programs is 30 minutes.



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

7. FOLDING INSTRUCTIONS

Make sure the machine is turned off and the power cable is disconnected. Unscrew the fixed M16 knob (C) and M12 knob (L), then lift the running board to close the machine, and lock the machine by M16 knob. Now you can move the machine for storage.



8. LUBRICATING THE BELT INSTRUCTIONS



Lift up the running belt. Then put silicone oil (I) straightly at the back of the running belt. Now start the machine and run for 3 minutes without any load on the belt. We recommend that you oil the belt every 30 working hours.

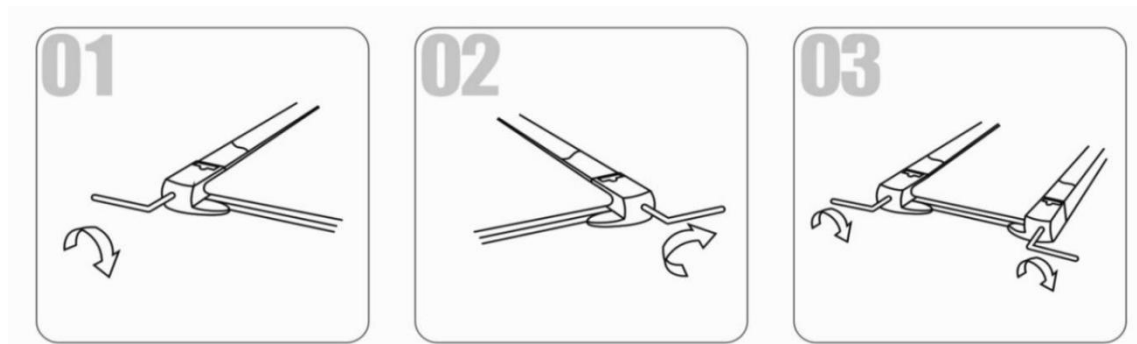
9. RUNNING BELT ADJUSTMENT

(1) Running belt deviates to left - Start the machine, set speed at 2-3Km/h without a load on the belt, use Allen key (J) to turn the screw 1/4 turn (see fig1). Then allow the machine to run without a load for 1-2 minutes. Repeat process until the belt becomes central.

(2) Running belt deviate to right - Start the machine, set speed at 2-3Km/h without a load on the belt, use Allen key (J) to turn the screw 1/4 turn (see fig2). Then allow the machine to run without a load for 1-2 minutes. Repeat process until the belt becomes central.

Note: Do not exceed the maximum allowed running belt lateral positions mark on product while adjusting so as to ensure the rear roller guard overlap the edges of the running belt by minimum 10mm.

(3) Running belt jam - If the running belt is in dead condition, use the Allen key (J) to turn the screw 1/2 a turn both left and right until the jam solved (see fig3). You can also adjust the tension of the running belt by turning the both left and right screws with Allen key (J).



10. CARE & MAINTAINANCE

1. Regular maintenance will prolong the life of your treadmill and prevent injury.
2. Switch Off and remove the power cable from the wall after every use, especially if children are present.
3. Clear belt and dial plate after use, wipe clean with damp cloth. Do not use abrasive material or solvents.
4. Check and tighten screws and spines at fixing point.
5. Special pay attention to the belt which is the most susceptible to wear.
6. Do not hang clothes or other objects on the machine.
7. Keep far away from children when not in use.
8. Always store in a flat surface and a dry & ventilated area.

KMART CUSTOMER SERVICE

AU: 1800 124 125 NZ: 0800 945 995

©KMART AUSTRALIA LIMITED

KMART AUSTRALIA – 690 SPRINGVALE ROAD, MULGRAVE, VIC 3170 AUSTRALIA.

KAMRT NEW ZEALAND – REGIONAL OFFICE C/O KMART PAPATOETOE STORE.

HUNTERS PLAZA, GREAT SOUTH ROAD, PAPATOETOE, AUCKLAND, NEW ZEALAND.

Made in China