RT500

Treadmill

Owner's Manual

! CAUTION

Read all precautions and instructions in this manual before using this equipment.

Table Of Contents

IMPORTANT SAFETY INSTRUCTIONS

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

Read all instructions before using this Treadmill:

DANGER - To reduce the risk of electric shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
2. Do not reach for a plug that has fallen into water. Unplug immediately.
3. Do not use while bathing or in a shower.
4. Do not place or store the treadmill where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.

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

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to users.
3. Close supervision is necessary when this treadmill is used by, on, or near children, invalids, or disabled persons. Keep children away from extended back, foot support (or other similar parts).
4. Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the Treadmill to a service center for examination and repair.
6. Do not carry this treadmill by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, and the like. Never operate on a soft surface such as a bed or couch where the air openings may be blocked.

9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. To disconnect, turn all controls to the off position, then remove plug from outlet.
13. Connect this Treadmill to a properly grounded outlet only. See Grounding Instructions.
14. The equipment is designed for commercial use, Maximum load is 180KG.

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTION

This product must be grounded. If it should malfunction or breakdown, 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 in accordance with all local codes and ordinances.

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

This product is rated more than 15 amperes and is for use on a circuit having a nominal rating of 120 volts and is factory-equipped with a specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.

CAUTION - Risk of Injury to Persons - To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.

ATTENTION - Risque des blessures aux personnes - Pour éviter des blessures, avec une extrême prudence en marchant sur ou hors d'une ceinture mobile. Lisez le manuel d'instruction avant utilisation.

CAUTION - To Reduce The Risk Of Injury From Moving Parts - Unplug Before Servicing.

ATTENTION - Pour réduire le risque de plessures des pièces mobiles - Débranchez avant l'entretien.

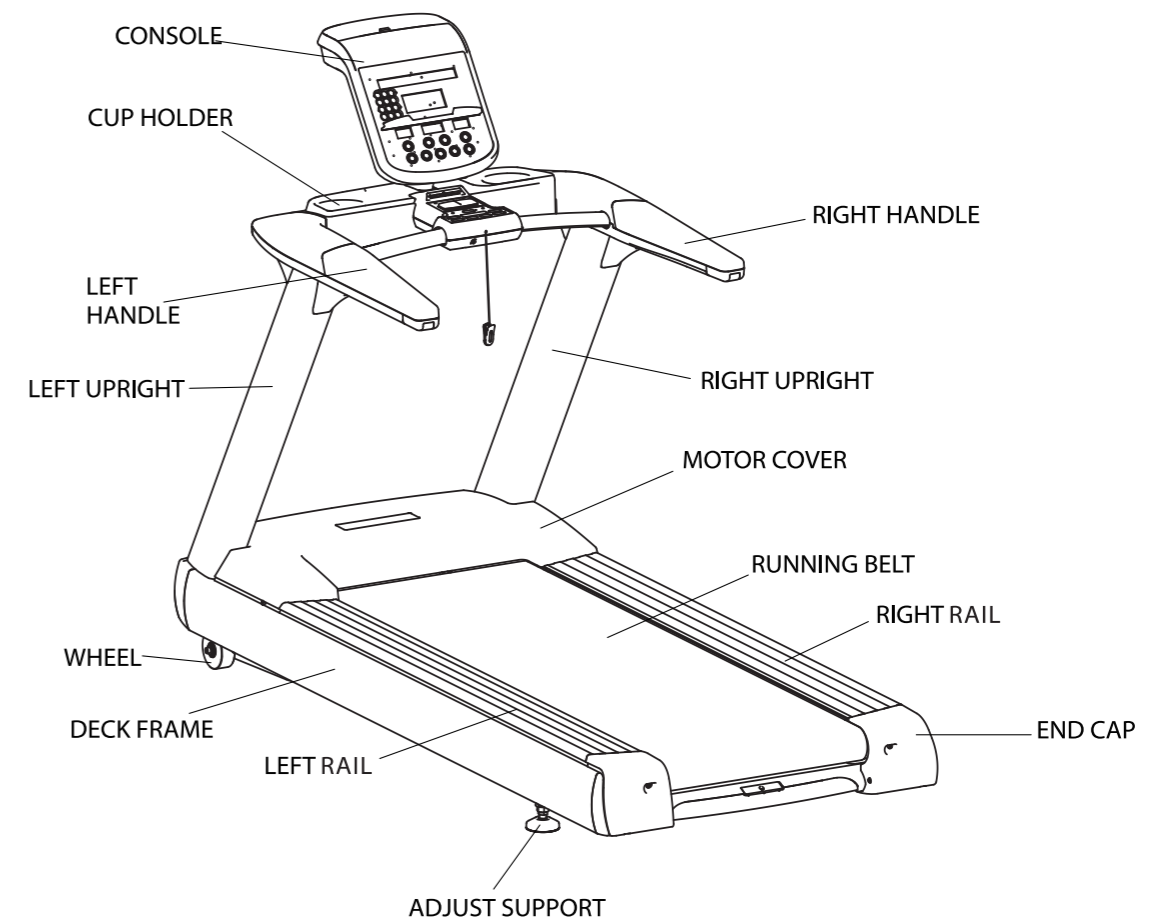**WARNING -** To Reduce the Risk of Electric Shock - Unplug Before Cleaning or Servicing.

AVERTISSEMENT - Pour réduire le risque du choc électrique - Uébranchez avant le nettoyage ou l'entretien.

Remember to take the time to review owner's manuals before you start.

1. Before using this treadmill or starting any exercise program, consult your physician and accompanied by specialized person. Adjust the speed not over 8KMH.

2. Take the time to perform the stretching exercise provided to avoid injury.

3. If you have heart problems, and/ or the other diseases, do not use the treadmill programs without receiving approval from your physician.

4. Stop exercising or call physician if you feel uncomfortable.

5. Do not leave children unsupervised and disabled person near or on the treadmill. Should be accompanied by supervisors.

6. Running is oxygen exercise, recommended 30 minutes per time is reasonable.

7. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not with fibre clothing to avoid electrical shock and damage the treadmill.

8. Do note us the treadmill with bare feet, sandals, socks of stockings to avoid any risk of injuries. Wear comfortable shoes or cotton socks.

9. Failure to follow these instructions will void the treadmill warranty.

10. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
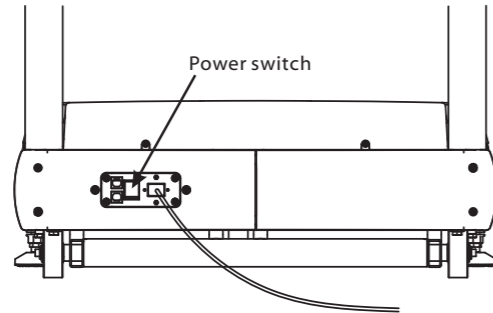
CONSOLE

CUP HOLDER

RIGHT HANDLE

LEFT HANDLE

LEFT UPRIGHT

RIGHT UPRIGHT

MOTOR COVER

RUNNING BELT

RIGHT RAIL

WHEEL

DECK FRAME

LEFT RAIL

END CAP

ADJUST SUPPORT

Note Before using this treadmill or starting any exercise program, It is important to review this manual and the following precautions.

Power switch

Precautions:

1. Always unplug the treadmill after using to keep the life of treadmill and avoid any risk of injuries.
2. In order to protecting your treadmill, spattering water on the machine must be forbidden.

Adjustment and Use remote controller

If the ground in user's house is not level, please adjust the adjust support properly which is marked as A in the below figure to make the machine at a leveled place. After adjusting tighten the hex nut by using the double-ended spanner.

A
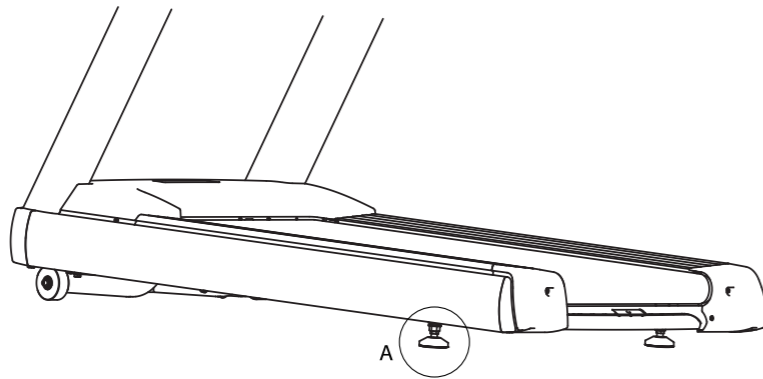
Please read carefully and using follow the functions:
1. put the plug in the socket, turn on the switch.
2. grasp the handle firmly, stand on the treadmill.
3. clip the clothes using the safety clip.
4. you can operate this device according as the manual set the lowest speed, first then increase the speed gradually.
5. you should grasp the handle firmly by one hand, when you operating the console.
6. Take care to use treadmill. Start from low speed handed to the uprights leaving from treadmill after reducing speed and stopping all functions.
7. Press Safety Switch on emergency.
8. Keep warm and relax your body after workout.

Exercise time and exercise frequency at a time:
Exercise time: 30minuates----Normal;
Exercise frequency: Warm your body by 10---20minutes under 8Kph, then increase speed accordingly.

CE Switch and Safety Switch Introduction
When the treadmill is running, the user can press the red safety switch directly if he wants to stop it. Then the treadmill will stop slowly. If the user encounters emergency when he using the treadmill he should haul the safety clip linked with red wire, it will triger the safety switch to step.

CE
SWITCH
SAFETY
SWITCH
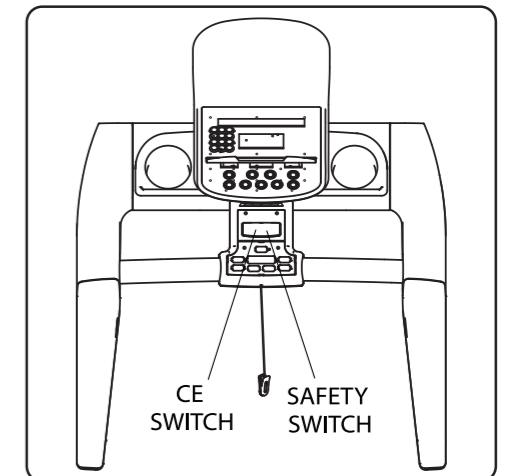
Operation:
1. Press the CE switch and keep it at the low position, tie the safety clip to your cloth, then start the treadmill for exercise.
2. If there is any emergency, the clip tied to your cloth will pull the CE switch and it will come to the origal position. In the mean time, the treadmill will stop completely and the main power will be cut.

Warning: When use above methed to stop running, the running belt will last running for several seconds before completely stop.

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendon, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.
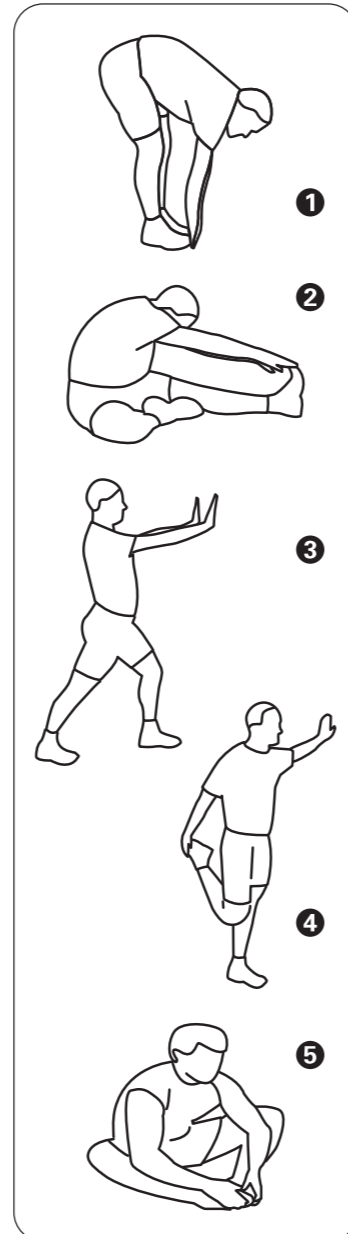
QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT. IF PLUG WILL NOT FIT THE OUTLET, HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges, and noise interference can result from weather conditions or from other appliances being turned on or off.
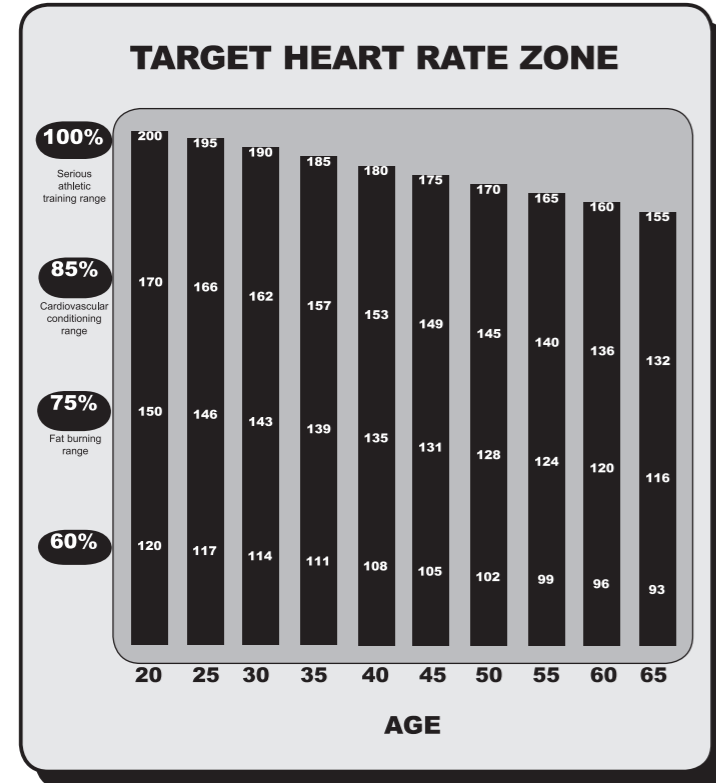
This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current should the treadmill malfunction. Always plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually pro-gressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.
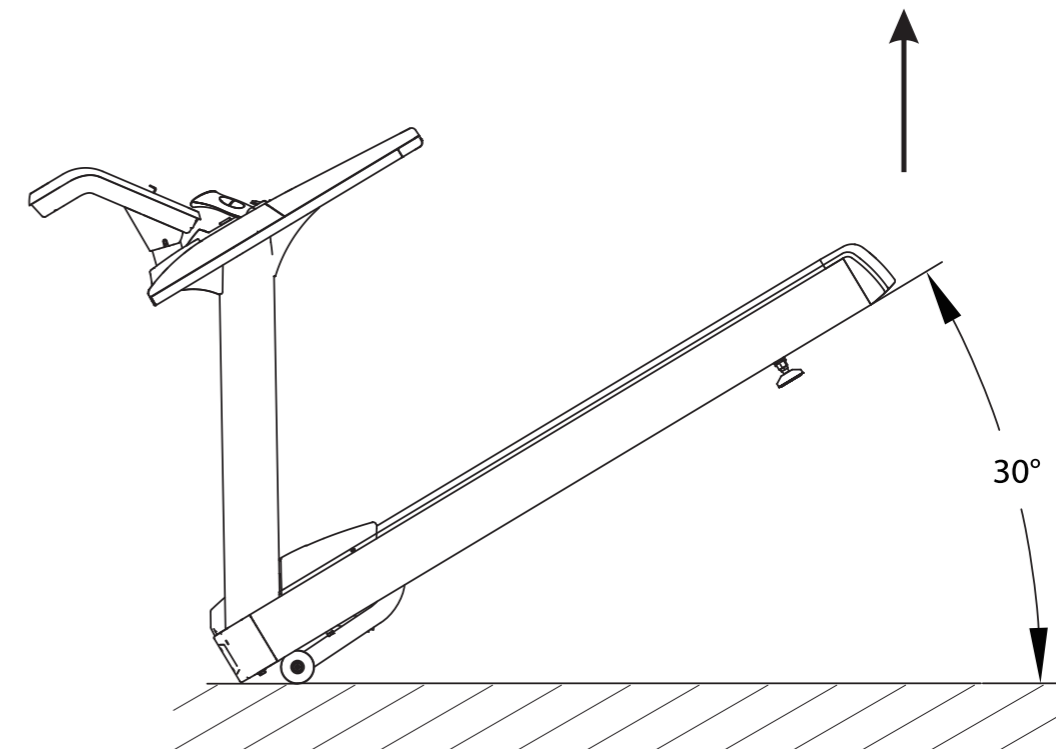
TARGET HEART RATE ZONE

	20	25	30	35	40	45	50	55	60	65
100% Serious athletic training range	200	195	190	185	180	175	170	165	160	155
85% Cardiovascular conditioning range	170	166	162	157	153	149	145	140	136	132
75% Fat burning range	150	146	143	139	135	131	128	124	120	116
60%	120	117	114	111	108	105	102	99	96	93

AGE

Fitness Safety The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.
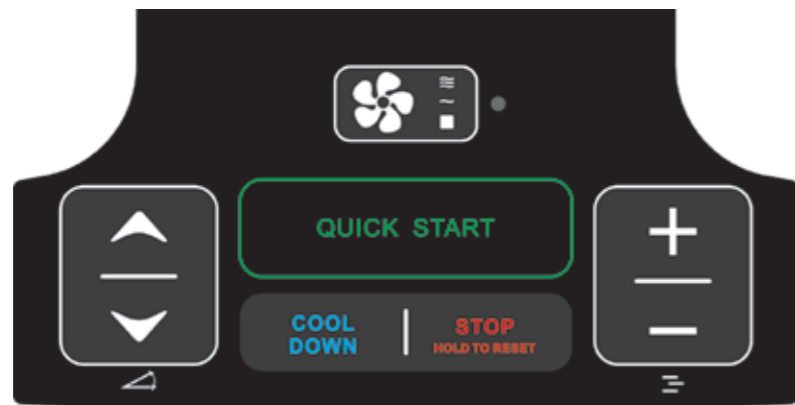
Caution! To avoid the risk of injury, never attempt to move the treadmill while it is operating. To reduce the possibility of injury while lifting, bend your legs and keep your back straight. As you raise the treadmill, lift using your legs, not your back. In order to raise or lower the treadmill safely, you must be able to lift 220 pounds (100kg). It is suggested you always use the aid of a second person when moving the treadmill.

Lift the treadmill back then move it to the desired location. Carefully put down it on the position. Do not attempt to move the treadmill over an uneven or rough surface. **Note:** The treadmill's angle can not exceed 30 degrees when lifted the treadmill back.

30°

DISTANCE   STEPS   CALORIES   ♥HEART RATE

HEART RATE ZONES

180
170
160
150
140
130
120
110
100
90
AGE 20 25 30 35 40 45 50 55 60 65 70

1 2 3
4 5 6
7 8 9
◄ 0 OK

INCLINE   TIME   SPEED

PROGRAM | ENTER

COOL DOWN   QUICK START   STOP

+ −

QUICK START

COOL DOWN | STOP HOLD TO RESET

+ −

110V

INPUT VOLTGAE:	110-120V~ 50/60Hz
RATED CURRENT:	18A
SPEED RANGE:	1.0-20KPH
INCLINE RANGE:	0-15%
DISPLAY:	SPEED, TIME, INCLINE, DISTANCE, STEPS, CALORIE, HEART RATE, DOT MATRIX

220V

INPUT VOLTGAE:	220-240V~ 50/60Hz
RATED POWER:	2200W
SPEED RANGE:	1.0-20KPH
INCLINE RANGE:	0-15%
DISPLAY:	SPEED, TIME, INCLINE, DISTANCE, STEPS, CALORIE, HEART RATE, DOT MATRIX

CONSOLE PANEL FUNCTION

1. TIME WINDOW

Indicates elapsed time after pressing start in minutes and seconds (0-99minutes, 0-59seconds).

2. SPEED WINDOW

Indicates workout speed MPH (miles per hour) or KPH (kilometer per hour) in 0.1 increments.

3. INCLINE WINDOW

Indicates incline in percent of grade 0—15% in 1 increments.

4. PULSE WINDOW

Indicates user's current heart rate (BPM).

5. CALORIES WINDOW

Indicates estimated calories used based on 68Kg person at the indicated speed, incline, and time.

6. DISTANCE WINDOW

Indicates Kilometers or Miles traveled in 0.01 increments up to 9.99 and 0.1 increments starting at 10.0 (Range 0.01---999).

7 STEPS WINDOW

Indicates user exercise steps.

8. Dot MATRIX

8.1 Indicates the lap count and displays which lap you are on. (One lap is 400 meters)

8.2 Indicates 'PRESS QUICK START OR SELECT PROGRAM' when turn on power.

8.3 Indicates message when enter value.

8.4 Indicates workout curve in Program mode.

CONSOLE BUTTONS

1. START

This button is used to start the current program.

2. STOP

This button is used to stop the current program.

3. SPEED+ and SPEED-

This button is used to adjust the speed of the treadmill during workout.

4. INCLINE+ and INCLINE-

These buttons are used to adjust the incline of the treadmill during workout.

5. NUMERIC KEYPAD

These buttons are used to cycle through to the desired data.

6. OK

This button is used to enter value of program mode.

7. PROGRAM

These buttons are used to cycle through to the desired program.

8. ENTER

This button is used to enter value of program mode.

9. COOL DOWN

This button is used select workout "cool down mode".

10. DELETE (▲) BUTTON

This button is used delete data.

11. FAN BUTTON

Turn on and turn off the fan and adjust the fan speed.

CONSOLE OPERATION

1. QUICK START/MANUAL MODE

1.1 Plug into surge protector outlet. Stand on the treadmill and straddle belt.

1.2 Turn on power.

1.3 The LED screen scrolls "PRESS QUICK START OR SELECT PROGRAM".

1.3.1 If press start button through manual mode;

1.3.2 If press PROGRAM Button, will cycle through to the desired CARDIO MODE, FATBURN MODE, STEP MODE, 5KM MODE, 10KM MODE, HILL MODE, HR=65% MODE, HR=75% MODE, HR=85% MODE, CALORIES COUNT DOWN, TIME COUNT DOWN, DISTANCE COUNT DOWN.

1.4 Press STOP button belt will stop, speed window will be zero, other window will be keep. Press STOP button again, reset total window.

2. PROGRAM MODE

When console turns on, the LED screen scrolls "PRESS QUICK START OR SELECT PROGRAM". If press PROGRAM Button, will cycle through to the desired CARDIO MODE, FATBURN MODE, STEP MODE, 5KM MODE, 10KM MODE, HILL MODE, HR=65% MODE, HR=75% MODE, HR=85% MODE. CALORIES COUNT DOWN\ TIME COUNT DOWN\ DISTANCE COUNT DOWN.

2.1 If CARDIO MODE is selected

2.1.1 Dot matrix scrolls 'CARDIO MODE ENTER TIME';

2.1.2 Time window will be flash '30:00', Use speed + or – button to adjust default value;

2.1.3 Press ENTER to confirm;

2.1.4 Dot matrix scrolls 'ENTER WEIGHT', Time window will be flash '68', Use speed + or – button to adjust default value;

2.1.5 Press ENTER to confirm;

2.1.6 Dot matrix scrolls 'PRESS QUICK START';

2.1.7 If press QUICK START Button, Top time LED updates;

2.1.8 LED displays "3", "2", "1", Belt starts moving.

2.2 If FATBURN MODE is selected

2.2.1 Dot matrix scrolls 'FATBURN MODE ENTER TIME';

2.2.2 Time window will be flash '30:00', Use speed + or – button to adjust default value;

2.2.3 Press ENTER to confirm;

2.2.4 Dot matrix scrolls 'ENTER WEIGHT', Time window will be flash '68', Use speed + or – button to adjust default value;

2.2.5 Press ENTER to confirm;

2.2.6 Dot matrix scrolls 'PRESS QUICK START';

2.2.7 If press QUICK START Button, Top time LED updates;

2.2.8 LED displays "3", "2", "1", Belt starts moving.

2.3 If STEP MODE is selected

2.3.1 Dot matrix scrolls 'STEP MODE ENTER STEPS';

2.3.2 Step window will be flash '8000', Use speed + or – button to adjust default value;

2.3.3 Press ENTER to confirm;

2.3.4 Dot matrix scrolls 'ENTER WEIGHT', Time window will be flash '68', Use speed + or – button to adjust default value;

2.3.5 Press ENTER to confirm;

2.3.6 Dot matrix scrolls 'PRESS QUICK START';

2.3.7 If press QUICK START Button, Top time LED updates;

2.3.8 LED displays "3", "2", "1", Belt starts moving.

2.4 If 5KM MODE is selected

2.4.1 Dot matrix scrolls '5KM MODE';

2.4.2 Press ENTER to confirm;

2.4.3 Dot matrix scrolls 'ENTER WEIGHT', Time window will be flash '68', Use speed + or – button to adjust default value;

2.4.4 Press ENTER to confirm;

2.4.5 Dot matrix scrolls 'PRESS QUICK START';

2.4.6 If press QUICK START Button, Top time LED updates;

2.4.7 LED displays "3", "2", "1", Belt starts moving.

2.5 If 10KM MODE is selected

2.5.1 Dot matrix scrolls '10KM MODE';

2.5.2 Press ENTER to confirm;

2.5.3 Dot matrix scrolls 'ENTER WEIGHT', Time window will be flash '68', Use speed + or – button to adjust default value;

2.5.4 Press ENTER to confirm;

2.5.5 Dot matrix scrolls 'PRESS QUICK START';

2.5.6 If press QUICK START Button, Top time LED updates;

2.5.7 LED displays "3", "2", "1", Belt starts moving.

2.6 If HILL MODE is selected

2.6.1 Dot matrix scrolls 'HILL MODE ENTER TIME';

2.6.2 Time window will be flash '30:00', Use speed + or – button to adjust default value;

2.6.3 Press ENTER to confirm;

2.6.4 Dot matrix scrolls 'ENTER WEIGHT', Time window will be flash '68', Use speed + or – button to adjust default value;

2.6.5 Press ENTER to confirm;

2.6.6 Dot matrix scrolls 'PRESS QUICK START';

2.6.7 If press QUICK START Button, Top time LED updates;

2.6.8 LED displays "3", "2", "1", Belt starts moving.

2.7 If HR=65% MODE is selected

2.7.1 Dot matrix scrolls 'HR=65% MODE ENTER TIME';

2.7.2 Time window will be flash '30:00', Use speed + or – button to adjust default value;

2.7.3 Press ENTER to confirm;

2.7.4 Dot matrix scrolls 'ENTER WEIGHT', Time window will be flash '68', Use speed + or – button to adjust default value;

2.7.5 Press ENTER to confirm;

2.7.6 Dot matrix scrolls 'ENTER AGE', Calories window will be flash '25', Use speed + or – button to adjust default value;

2.7.7 Press ENTER to confirm;

2.7.8 Dot matrix scrolls 'PRESS QUICK START';

2.7.9 If press QUICK START Button, Top time LED updates;

2.7.10 LED displays "3", "2", "1", Belt starts moving.

2.8 If HR=75% MODE is selected

2.8.1 Dot matrix scrolls 'HR=75% MODE ENTER TIME';

2.8.2 Same as above.

2.9 If HR=85% MODE is selected

2.9.1 Dot matrix scrolls 'HR=85% MODE ENTER TIME';

2.9.2 Same as above.

2.10 If CALORIES COUNT DOWN is selected

2.10.1 Dot matrix scrolls 'CALORIES COUNT DOWN'.

2.10.2 Calories window will be flash '20.0', Use speed + or – button to adjust default value;

2.10.3 Press ENTER to confirm;

2.10.4 Dot matrix scrolls 'ENTER WEIGHT', Time window will be flash '68', Use speed + or – button to adjust default value;

2.10.5 Press ENTER to confirm;

2.10.6 Dot matrix scrolls 'PRESS QUICK START';

2.10.7 If press QUICK START Button, Top time LED updates;

2.10.8 LED displays "3", "2", "1", Belt starts moving.

2.11 If TIME COUNT DOWN is selected

2.11.1 Dot matrix scrolls 'TIME COUNT DOWN';

2.11.2 Time window will be flash '30:00', Use speed + or – button to adjust default value;

2.11.3 Press ENTER to confirm;

2.11.4 Dot matrix scrolls 'ENTER WEIGHT', Time window will be flash '68', Use speed + or – button to adjust default value;

2.11.5 Press ENTER to confirm;

2.11.6 Dot matrix scrolls 'PRESS QUICK START';

2.11.7 If press QUICK START Button, Top time LED updates;

2.11.8 LED displays "3", "2", "1", Belt starts moving.