COMPUTER FUNCTION

Ⓐ Instant Incline	Ⓖ Instant Speed	Ⓜ Stop
Ⓑ Incline Up	Ⓗ Program Guide	Ⓝ Safety Key
Ⓒ Program	Ⓘ Speed Down	
Ⓓ Incline Down	Ⓙ Fan	
Ⓔ Select	Ⓚ Speed Up	
Ⓕ Start	Ⓛ MP3 Input	

BUTTON OPERATION

Program
Selects the desired program (P01 - P24, H1-H2)

Select
To select Time, Distance and Calories

Start
Will commence program

Stop
To stop machine at any time during workout, the running belt will slow and stop completely, all data will reset to zero

Speed + / -
Increase / Decrease speed during workout

Incline + / -
Increase / Decrease incline during workout

Instant Speed
Use this to select exact speed while running

Instant Incline
Use this to select exact incline while running

Fan
Use this to open / Close the fan.

MP3 Input
Allows connection to personal MP3 player via supplied cable. Music will be played through built in speakers and volume controlled via device and volume buttons on the console.

Safety Key
Included with this machine is a red safety key, the machine will not operate unless this is inserted. Its purpose is to immediately stop the machine in the event of an emergency. The computer will display "safety key disconnected" if not correctly attached to the treadmill. The clip on the other end of the safety key must be attached to the user at all times during your workout to ensure the machine stops immediately in the event of an emergency

COMPUTER PROGRAMS

Manual Mode includes normal mode, time, calories and distance countdown mode.

P0	Manual Mode
P1 - P24	Preset Workout Programs
H1 - H2	Heart Rate Control Program

P0 Manual Program

Normal mode

1. From Standby press START to begin manual mode immediately
2. Treadmill speed and incline can be manually adjusted by using the SPEED +/- or INCLINE +/- buttons at any time during a workout
3. Press the STOP button to halt the workout, the treadmill will immediately go into cool down mode
4. Take out the SAFETY KEY to stop the working of the motor, or press STOP two times.

Time, Distance and Calories countdown mode

1. From standby press SELECT to choose TIME, DISTANCE and CALORIES. Once selected use incline +/- to alter the required setting and press START to begin.
2. The TIME, DISTANCE or CALORIES will count down from the selection.
3. Once the countdown has completed the computer will beep to indicate the end of the program and after 2 minutes the computer will beep and all the settings will reset to zero.

P01-P24

These are preset programs in which the machines speed or incline will be changed automatically during the workout.

Note: If **SPEED/INCLINE** is altered by the user during these programs it will revert back to the preset **SPEED/INCLINE** at the next segment of the program.

1. From standby screen, press the **PROGRAM** button to select required program

2. Press **START** to select and begin using the preset time.

3. The default workout time for these programs is 30 minutes. This can be altered by pressing **INCLINE +/-** buttons before **START** is selected.

4. During these programs the speed and incline settings are split into 16 segments. The time of each segment depends on the overall time selected. For example a 16 minute program = 16 segments of 1 minute. Therefore the speed/incline would alter every 1 minute. Times will differ to allow for a warm up and cool down.

5. The console will count down and beep for 3 seconds each time the **SPEED / INCLINE** is changed.

MPH to KPH conversion

The Speed and distance can be set to operate in MPH and KPH
To switch between these.

1.   In Standby mode, press **PROGRAM** key then insert SAFETY KEY.

2.   The screen will display MPH or KPH.

3.   Press SPEED + or INCLINE + to change

4.   Then remove the SAFETY KEY and re insert the SAFETY KEY
         speed is 0.5 for MPH or 0.8 for KPH.

Heart Rate Control Program

1.   Press the PROGRAM key to select HRC program, the screen will be appear ¨H1 and H2¨ (you can also use Speed +/- key or the Incline +/- key), then press the SELECT key.

2.   Use +/- keys to set Target Heart Rate value then press SELECT.

3.   Use +/- keys to set workout Time and then press START to begin workout.

NOTE - : You have to wear a wireless chest strap transmitter, and wait for the console to be received and appear with plus values, then you will be allowed to press START (not included)