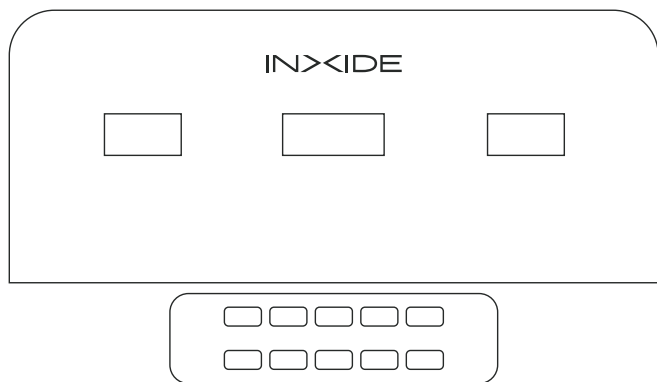


IN><IDE

ENG

Exercise monitor
instructions



FOR
TREADMILL

XTA

BUTTON FUNCTIONS

INSTANT SPEED

Press 2,4,6,8,10 to choose speed quickly.

SPEED -

Press this button to decrease the speed.

START

Press this button to start the machine at any time.

MODE

Press this button to choose between time, distance, calories workout targets,P01-P09,fat.

STOP/PAUSE

Press this button to stop or pause the machine.

SPEED+

Press this button to increase the speed.

MEDIA HUB (optional)

MP3 INPUT

Insert MP3 cable to display the music from device.

USB CHARGING

You can plug in a device to charge via USB.

COMPUTER FUNCTIONS

CALORIES

Display the calories has consumed.

DISTANCE

Display the distance has run.

TIME

Display the time has run.

ODO

Display the total distance has run.

SPEED

Display current speed. Press SPEED+/- to adjust the speed of the machine

PULSE

Display user's heart rate, this data is just for reference, can not be regarded as medical use. Hold the hand pulse sensor by both hands, the console will show user's pulse value after about 5 seconds.

MODE

1. Press Mode button to enter TIME, DISTANCE, CALORIES.

Press MODE button to enter TIME, DISTANCE, CALORIES setting.

- Press SPEED+/- to set the workout target value.
- Press START button, treadmill will run after 3 seconds.
- Press SPEED+/- to adjust the speed.

2. Set of 9 build-in programs: From standby mode, press MODE button until the console shows P1-P2-P3-P4-P5-P6-P7-P8-P9 and choose one.

- Press SPEED+/- to set the workout time.
- Each program can be divided into 10 sections; machine will beep 1 times when starting a new section.
- Press SPEED+/- to change the speed or incline during each section.
- Machine will beep 6 times and stop when the program is finished.

3. Set of body fat test: From standby mode, press MODE button until you get to FAT.

- Press MODE button and hold on 3 seconds to enter information.

- Set value with SPEED+/- from F-1 to F-4(F-1 GENDER, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT)
- Press MODE button to enter F-5(F-5 BODY FAT TEST), hold hands on the hand pulse sensor, the console will display your body fat value after 3 seconds.

The body fat value is intended as a guide, and is not medical data:

F - 1	Gender	01 Male	02 Female
F - 2	Age	10-99	
F - 3	Height	100-200 cm	
F - 4	Weight	20-150 kg	
F - 5	FAT	≤ 19	Under weight
	FAT	= [20--25]	Normal weight
	FAT	= [26--29]	Overweight
	FAT	≥ 30	Obesity

LUBRICATION REMIND FUNCTION

This machine has lubrication remind function. After every total running distance of 300km, your treadmill needs to be maintained with oil. The system will remind with sound for every 10 seconds, and window will show "OIL". This means that your treadmill needs to be lubricated with oil. Please read the user's manual first, and add the oil to the middle part of running board. After you finishing lubrication, please hold on "STOP" button for 3 seconds, and the system warning sound will disappear.

SAFETY LOCK FUNCTION

Under any mode, if you pull away the safety key, the machine will stop. The window will show "---" with reminding sound. The machine cannot work until safety key is inserted back.

POWER SAVE FUNCTION

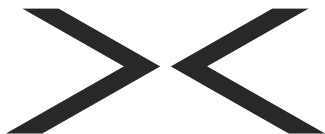
The machine is with energy saving function. Under standby mode, at the state of waiting for operation, if without any operation, the saving on power function will be available after 10 minutes, the display will be closed up. You can press any button to turn on the display.

POWER ON (|) AND POWER OFF (○)

Switch off the power: You can switch off the power to stop the treadmill, which won't be damaged at any time.

CAUTION

1. We recommend that you maintain a slow speed at the beginning of a session and hold on to the handrails until you become comfortable and familiar with the treadmill.
2. Attach the magnet end of the safety pulling rope to the computer and also attach the clip of the safety pulling rope to your clothing.
3. To end your workout safely, press the STOP button or pull out the safety pulling rope, then the treadmill will stop immediately.



INXIDE WARRANTY

Structure	5 years
Mechanical problem	2 years
Wear pieces	6 months



Don't forget to register your machine in our website on the first 15 days after the purchase to activate your full warranty!