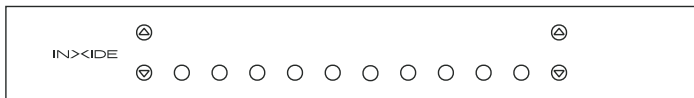


IN><IDE

ENG

Exercise monitor
instructions



FOR
TREADMILL

XTF

BUTTON FUNCTIONS

INCLINE △

Press this button to increase the incline.

INCLINE ▽

Press this button to reduce the incline.

INSTANT INCLINE

Press 4,8,12 to choose incline quickly.

PROGRAM

Press this button to choose between 12 programs and body fat.

START

Press this button to start the machine.

STOP//PAUSE

Press this button to pause or stop the machine.

MODE

Press this button to choose between time, distance, calories workout targets.

INSTANT SPEED

Press 3,6,9 to choose speed quickly.

SPEED △

Press this button to increase the speed.

SPEED ▽

Press this button to reduce the speed.

MEDIA HUB (optional)

MP3 INPUT

Insert MP3 cable to display the music from device.

USB INPUT

Charging your device.

COMPUTER FUNCTIONS

CALORIES

Display the calories has consumed.

INCLINE

Display current incline. Press INCLINE+/- to adjust the incline of the machine.

TIME

Display the time you have costted.

STEPS

Display the total steps you have walked.

DISTANCE

Display the total distance you have run.

PULSE

Display user's heart rate, this date 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.

SPEED

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

MODE

Press Mode button to enter TIME, DISTANCE, CALORIES.

- From standby mode, press Mode button, the corresponding light of TIME, DISTANCE, CALORIES will come on, select between TIME, DISTANCE, CALORIES.
- Press SPEED+/- or INCLINE+/- to set the workout target value.
- Press START button, treadmill will run after 3 seconds.
- Press SPEED+/- to adjust the speed.
- Press INCLINE+/- to adjust the incline .

PROGRAMS

Press this button to choose between 12 programs and bodyfat.

Set of 12 build-in programs: From standby mode, press PROG button, console will show 12 programs, select between 12 programs.

- Press SPEED+/- or INCLINE+/- to set the workout target value.
- Each program can be divided into 10 sections; machine will beep 3 times when starting a new section. -Press SPEED+/- or INCLINE+/- to change the speed and incline during each section.
- Machine will beep 3 times and stop when the program is finished.

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

- Press Mode button 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 (188miles), 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

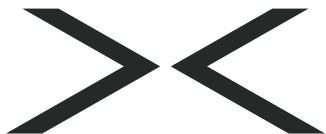
The machine is with energy saving function. Under standby mode, at the state of waiting for operation, if without any operation, the saving on power function will be available after 10 minutes, the display will be closed up. You can press any button to turn on the display.

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!