Tempo
F I T N E S S

TREADMILL OWNER'S GUIDE

INTRODUCTION

CONGRATULATIONS and THANK YOU for your purchase of this Tempo Fitness treadmill!

Whether your goal is to win a race or simply enjoy a fuller, healthier lifestyle, a Tempo treadmill can help you attain it – adding club-quality performance to your at-home workouts, with the ergonomics and innovative features you need to get stronger, healthier and faster. We're committed to designing fitness equipment from the inside out, so we use only the highest quality components.

You want exercise equipment that offers the most comfort, the best reliability and the highest quality in its class. A Tempo Fitness Treadmill delivers!

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IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

Read this treadmill guide before using the owner's manual. When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precaution

⚠ WARNING *To reduce the risk of burns, fire, electrical shock or injury to persons:*

- *Never use the treadmill before securing the safety tether clip to your clothing.*
- *If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing. Incorrect or excessive exercise may damage your health.*
- *When exercising, always maintain a comfortable pace.*
- *Do not wear clothes that might catch on any part of the treadmill.*
- *Always wear athletic shoes while using this equipment.*
- *Do not jump on the treadmill.*
- *Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.*
- *At no time should more than one person be on treadmill while in operation.*
- *Do not use treadmill in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.*
- *To prevent electrical shock, never drop or insert any object into any opening.*
- *The treadmill should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.*
- *Keep power cord away from heated surfaces. Do not carry this unit by it's supply cord or use the cord as a handle.*
- *Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)*
- *Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.*
- *Do not remove the console covers unless instructed by your local dealer. Service should only be done by an authorized service technician.*
- *Never operate the treadmill with the air opening blocked. Keep the air opening clean, free of lint and hair.*
- *Do not operate where aerosol (spray) products are being used or when oxygen is being administered.*
- *Use the treadmill only as described in the treadmill guide and owner's manual.*
- *When lowering the treadmill deck, wait until rear feet are firmly on the floor before stepping on the deck.*
- *Disconnect the safety key to prevent uncontrolled usage of third parties.*
- *The equipment shall be installed on a stable base.*
- *Lubricate and centering the running belt regularly with instruction given.*
- *While exercicing, run within the logo printed on belt to prevent possible injury.*

At NO time should pets or children under the age of 13 be closer to the treadmill than 3 m (10 feet). At NO time should children under the age of 13 use the treadmill. Children over the age of 13 or disabled persons should not use the treadmill without adult supervision.

It is essential that your treadmill is used only indoors, in a climate controlled room. If your treadmill has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the treadmill is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

GROUNDING INSTRUCTIONS

This product must be grounded. If a treadmill should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical 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 local codes and ordinances.

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 must be used on a dedicated circuit. To determine if you are on a dedicated circuit, shut off the power to that circuit and observe if any other devices lose power. If so, move devices to a different circuit.

⚠ WARNING *Connect this exercise product to a properly grounded outlet only.*
Never operate product with a damaged cord or plug even if it is working properly.
Never operate any product if it appears damaged, or has been immersed in water. Contact your Local Dealer for replacement or repair.

BASIC OPERATION

CONGRATULATIONS on choosing your treadmill!

You've taken an important step in developing and sustaining an exercise program! Your treadmill is a tremendously effective tool for achieving your personal fitness goals. Regular use of your treadmill can improve the quality of your life in so many ways.

Here are just a few of the health benefits of exercise:
- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels

The key to reaping these benefits is to develop an exercise habit. Your new treadmill will help you eliminate obstacles that prevent you from exercising. Inclement weather and darkness won't interfere with your workout when you use your treadmill in the comfort of your home. This guide provides you with basic information for using and enjoying your new machine.

LOCATION OF THE TREADMILL
Place the treadmill on a level surface. We would advise there should be 214 cm (7 feet) of clearance behind the treadmill, 92 cm (3 feet or same width as your treadmill) on each side and one foot in front for folding and the power cord. Do not place the treadmill in any area that will block any vent or air openings. The treadmill should not be located in a garage, covered patio, near water or outdoors.
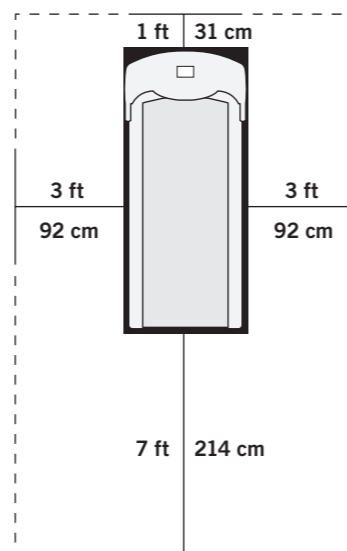
DO NOT STAND ON THE BELT
While you are preparing to use the treadmill, do not stand on the belt. Place your feet on the side rails before starting the treadmill. Start walking on the belt only after the belt has begun to move. Never start the treadmill at a fast running speed and attempt to jump on!

USING THE SAFETY KEY
Your treadmill will not start unless the safety key is placed in position. Attach the clip end securely to your clothing. This safety key is designed to cut the power to the treadmill if you should fall. Check the operation of the safety key every 2 weeks before using the teadmill.

| 1 ft | 31 cm |
| 3 ft / 92 cm | 3 ft / 92 cm |
| 7 ft | 214 cm |

⚠ WARNING — Never use the treadmill without securing the safety key clip to your clothing. Pull on the safety key clip first to make sure it will not come off your clothing.

PROPER USAGE
Your treadmill is capable of reaching high speeds. Always start off using a slower speed and adjust the speed in small increments to reach a higher speed level. Never leave the treadmill unattended while it is running. When not in use, remove the safety key, turn the on/off switch to off and unplug the power cord. Make sure to follow the MAINTENANCE schedule in this guide. Keep your body and head facing forward. Do not attempt to turn around or look backwards while the treadmill is running. Stop your workout immediately if you feel pain, faint, dizzy or are short of breath.
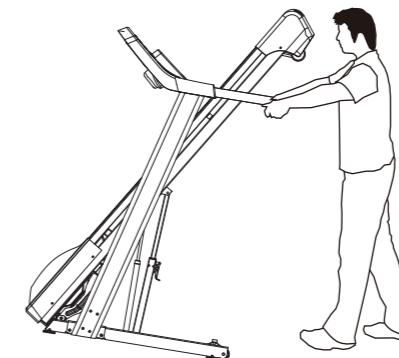

FOLDING THE TREADMILL
Firmly grasp the back end of the treadmill. Carefully lift the end of the treadmill deck into the upright position until the foot lock latch or deck lock pin engages and securely locks the deck into position. Make sure the deck is securely latched before letting go. To unfold, firmly grasp the back end of the treadmill. Gently press down on the foot lock latch (A or B) with your foot until the lock latch disengages or pull the deck lock pin to release the deck. Carefully lower the deck to the ground.
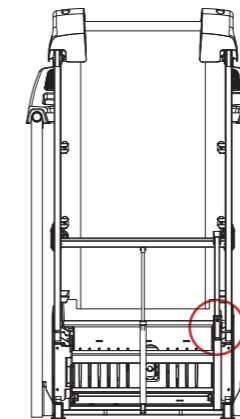
MOVING THE TREADMILL
Your treadmill has 2 transport wheels* built into the frame. To move, make sure the treadmill is folded and securely latched. Then firmly grasp the handlebars, tilt the treadmill back and roll.

⚠ WARNING — Make sure the treadmill comes to complete stop before folding. Do not operate the treadmill when it is folded.

⚠ WARNING — Our Treadmills are heavy, use care and additional help if necessary when moving. Do not attempt to move or transport treadmill unless it is in the upright, folded position with the lock latch secured. Failure to follow these instructions could result in injury.

TENSIONING THE RUNNING BELT

The running belt has been properly adjusted at the factory before it was shipped. At times the belt can move off-center during shipment.

> **⚠ WARNING**
>
> Running belt should NOT be moving during tensioning. Over-tightening the running belt can cause excessive wear on the treadmill as well as its components. Never over-tighten the belt.

If you can feel a slipping sensation when running on the treadmill, the running belt must be tightened. In most cases, the belt has stretched from use, causing the belt to slip. This is a normal and common adjustment. To eliminate this slipping, turn the treadmill off and tension both the rear roller bolts using the supplied Allen wrench, turning them ¼ turn to the right as shown. Turn the treadmill on and check for slipping. Repeat if necessary, but never turn the roller bolts more than ¼ turn at a time. Belt is properly tensioned when the slipping sensation is gone.
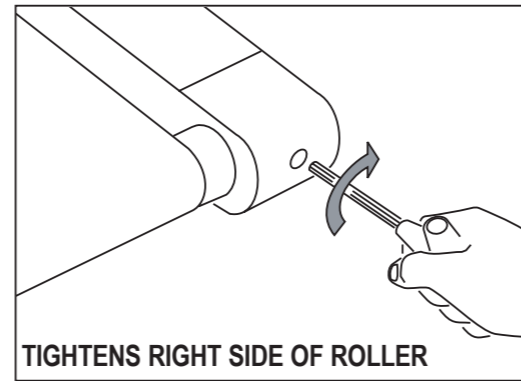
TIGHTENS RIGHT SIDE OF ROLLER
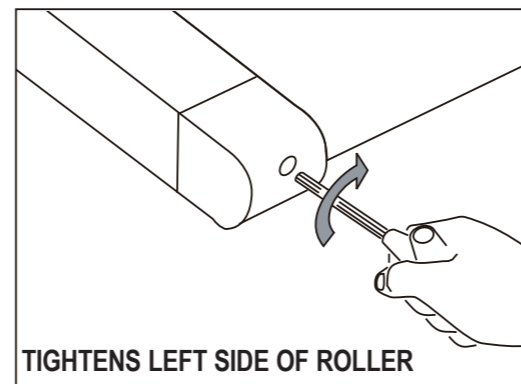
TIGHTENS LEFT SIDE OF ROLLER

LEVELING THE TREADMILL

Your treadmill should be leveled for optimum use. Once you have placed your treadmill where you intend to use it, raise or lower one or both of the adjustable levelers located on the bottom of the treadmill frame*. A carpenter's level is recommended. If your treadmill is not level, the running belt may not track properly. Once you have leveled your treadmill, lock the levelers in place by tightening the nuts against the frame (Some treadmills do not have levelers).
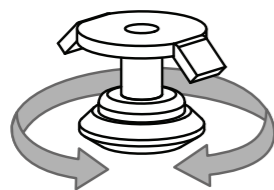
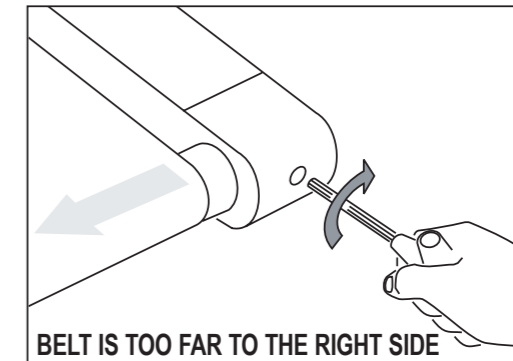**ADJUST HEIGHT**
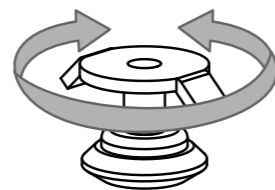
LOCK ADJUSTMENT

CENTERING THE RUNNING BELT

The running belt has been properly adjusted at the factory before it was shipped. At times the belt can move off-center during shipment. Before operating the treadmill, make sure the belt is centered and remains centered to maintain smooth operation.
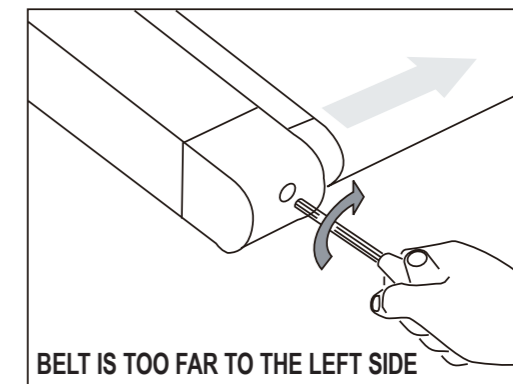
> **⚠ WARNING**
>
> Do not run belt faster than 1 mph or 1.6 kmh while centering. Keep fingers, hair and clothing away from belt at all times.

If the running belt is too far to the right side: With the treadmill running at 1 mph, turn the left adjustment bolt counter-clockwise ¼ turn at a time (using the supplied Allen wrench). Check the belt alignment. Allow belt to run a full cycle to gauge if more adjustment is needed. Repeat if necessary, until the belt remains centered during use.
If the running belt is too far to the left side: With the treadmill running at 1 mph or 1.6 kmh, turn the right adjustment bolt counter-clockwise ¼ turn at a time (using the supplied Allen wrench). Check the belt alignment. Allow belt to run a full cycle to gauge if more adjustment is needed. Repeat if necessary, until the belt remains centered during use.

*NOTE: Folding, moving and leveling information might vary according to the model you buy. Please see Owner's manual for further information.

BELT IS TOO FAR TO THE RIGHT SIDE

BELT IS TOO FAR TO THE LEFT SIDE

USING THE HEART RATE FUNCTION

Your treadmill could be equipped with either heart rate pulse grips or a thumb pulse sensor. To find out what your model has, refer to the beginning of the assembly section of your owner's manual.

> The heart rate function on this product is not a medical device. While heart rate grips or a thumb pulse sensor can provide a relative estimation of your actual heart rate, they should not be relied on when accurate readings are necessary. Some people, including those in a cardiac rehab program, may benefit from using an alternate heart rate monitoring system like a chest or wrist strap. Various factors, including movement of the user, may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid in determining heart rate trends in general. Please consult your physician.

PULSE GRIPS

Place the palm of your hands directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. It takes 5 consecutive heart beats (15-20 seconds) for your heart rate to register. When gripping the pulse handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Keep a loose, cupping hold. You may experience an erratic readout if consistently holding the grip pulse handlebars. Make sure to clean the pulse sensors to ensure proper contact can be maintained.
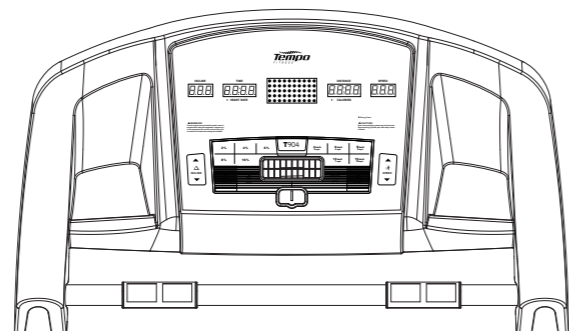
> **⚠ WARNING**   Always stand still on side rails when measuring your heart rate. Checking your heart rate while in motion will cause inaccurate readings. Do not press excessively hard on the sensor as this may cause damage.
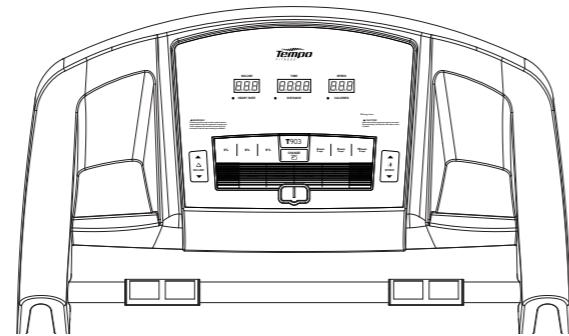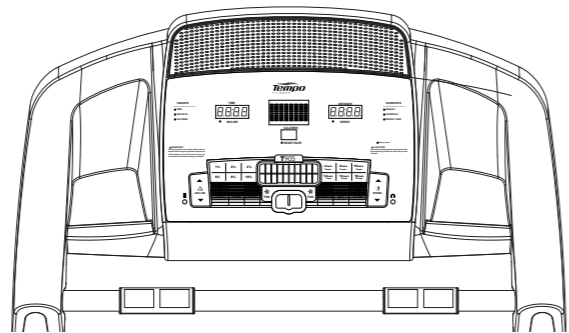
CONSOLE BRONZE

CONSOLE SILVER

CONSOLE GOLD

NOTE: Please note the console you have selected, then follow these console instructions.
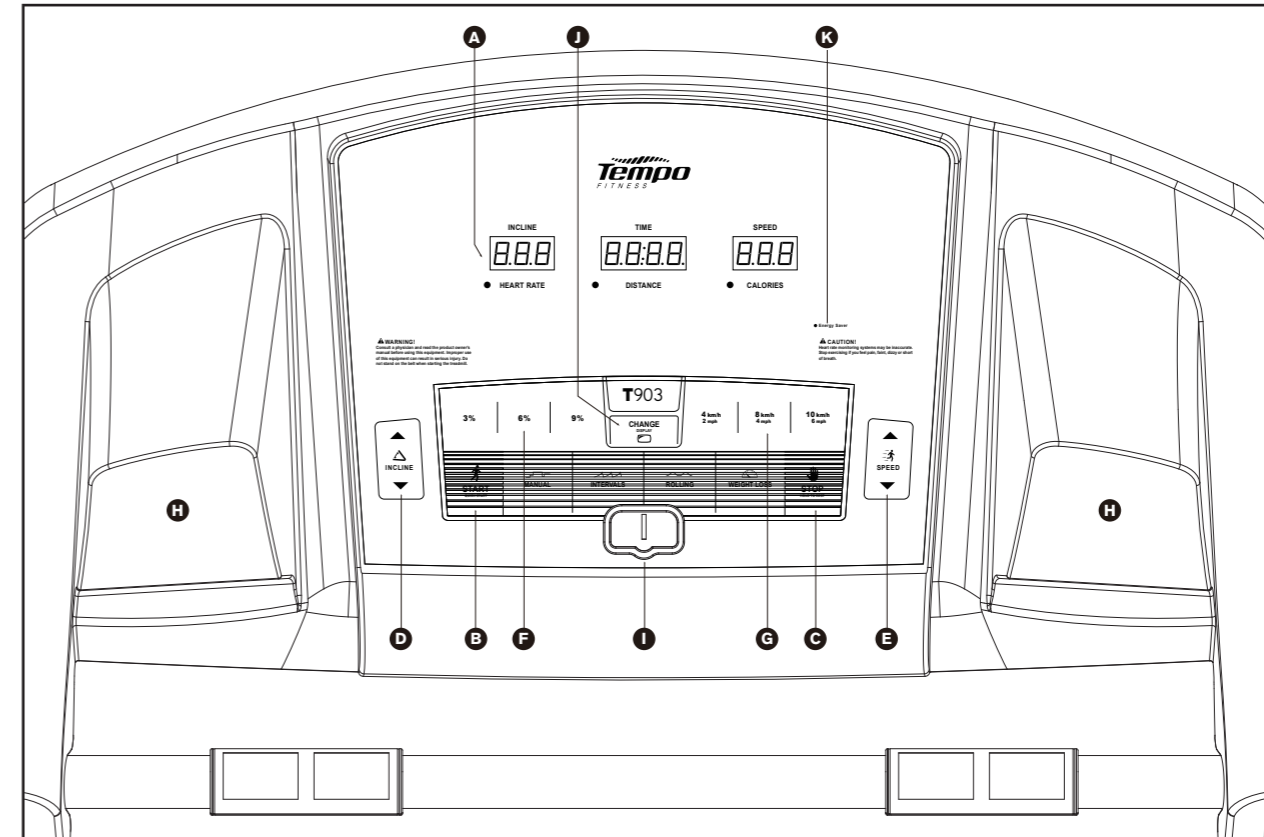
Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

A) LED display windows: time, distance, calories, heart rate, speed, and incline.

B) Start: press to begin exercising, start your workout, or resume exercising after pause.

C) Stop: press to pause/end your workout. Hold for 3 seconds to reset the console.

D) Incline ▲ / ▼ keys: used to adjust incline in small increments (0.5% Increments).

E) Speed + / - keys: used to adjust speed in small increments (0.1 Mph or 0.1 KMph increments).

F) Incline quick keys: used to reach desired incline more quickly.

G) Speed quick keys: used to reach desired speed more quickly.

H) Water bottle pockets: holds personal workout equipment.

I) Safety key position: enables treadmill when safety key is inserted.

J) Change display: press key to turn select program.

K) Energy Saver: after entering stand-by mode for 10 mins energy saver will run automatically to minimize energy consumption.

* Maximum user's body weight = 110kg / 242lbs

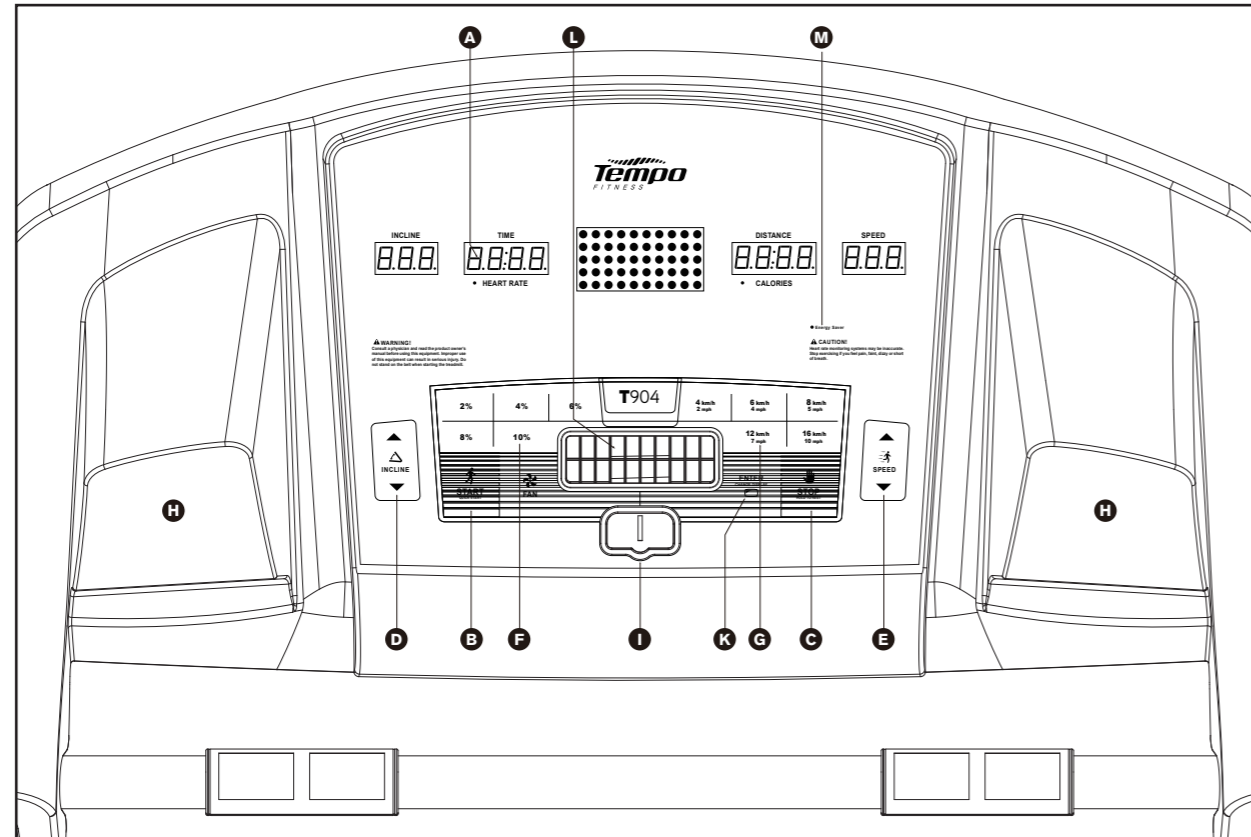Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

A) LED display windows: time, distance, calories, heart rate, speed, incline and workout profiles.

B) Start: press to begin exercising, start your workout, or resume exercising after pause.

C) Stop: press to pause/end your workout. Hold for 3 seconds to reset the console.

D) Incline ▲ / ▼ keys: used to adjust incline in small increments (0.5% Increments).

E) Speed + / - keys: used to adjust speed in small increments (0.1 Mph or 0.1 KMph increments).

F) Incline quick keys: used to reach desired incline more quickly.

G) Speed quick keys: used to reach desired speed more quickly.

H) Water bottle pockets: holds personal workout equipment.

I) Safety key position: enables treadmill when safety key is inserted.

J) Fan key: Press to turn fan on/off.

K) Enter/Change display: Used to select program and time.

L) Fan: Personal workout fan.

M) Energy Saver: after entering stand-by mode for 10 mins energy saver will run automatically to minimize energy consumption.
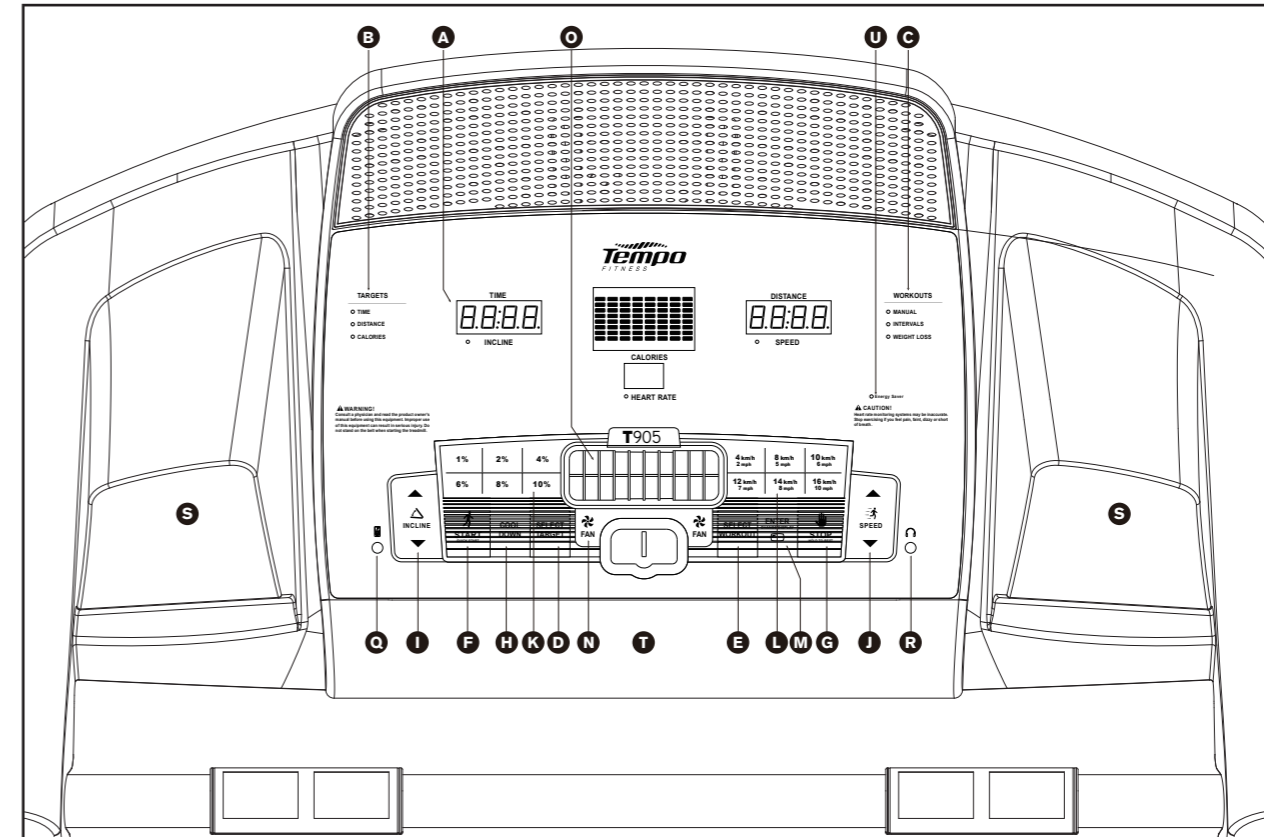
* Maximum user's body weight = 125kg / 275lbs

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

A) LED display windows: time, distance, calories, heart rate, speed, incline and workout profiles.

B) Target LED indicators: indicate what target (if any) is set for the current program.

C) Workout LED indicators: indicate what workout is set for the current program.

D) Select target: press to select your desired target.

E) Select workout: press to select your desired workout.

F) START: press to begin exercising, start your workout, or resume exercising after pause.

G) Stop: press to pause/end your workout. Hold for 3 seconds to reset the console.

H) Cool down: press to enter cool down mode. Cool down lasts for 4 minutes and reduces speed and incline to allow your heart to readjust to decreased demand.

I) Incline ▲ / ▼ keys: used to adjust incline in small increments (0.5% Increments).

J) Speed + / - keys: used to adjust speed in small increments (0.1 Mph or 0.1 KMph increments).

K) Incline quick keys: used to reach desired incline more quickly.

L) Speed quick keys: used to reach desired speed more quickly.

M) Enter/Change display: used to adjust target and workout settings. Press enter to change display feedback during workout.

N) Fan key: press to turn fan on and off.

O) Fan: personal workout fan.

P) Speakers: music plays through speakers when your cd / mp3 player is connected to the console.

Q) Audio in jack: plug your cd / mp3 player into the console using the included audio adaptor cable.

R) Audio out / headphone jack: plug your headphones into this jack to listen to your music through the headphones. Note: when headphones are plugged into the headphone jack the sound will no longer come out through the speakers.

S) Water bottle pockets: holds personal workout equipment.

T) Safety key position: enables treadmill when safety key is inserted.

U) Energy Saver: after entering stand-by mode for 10 mins energy saver will run automatically to minimize energy consumption.

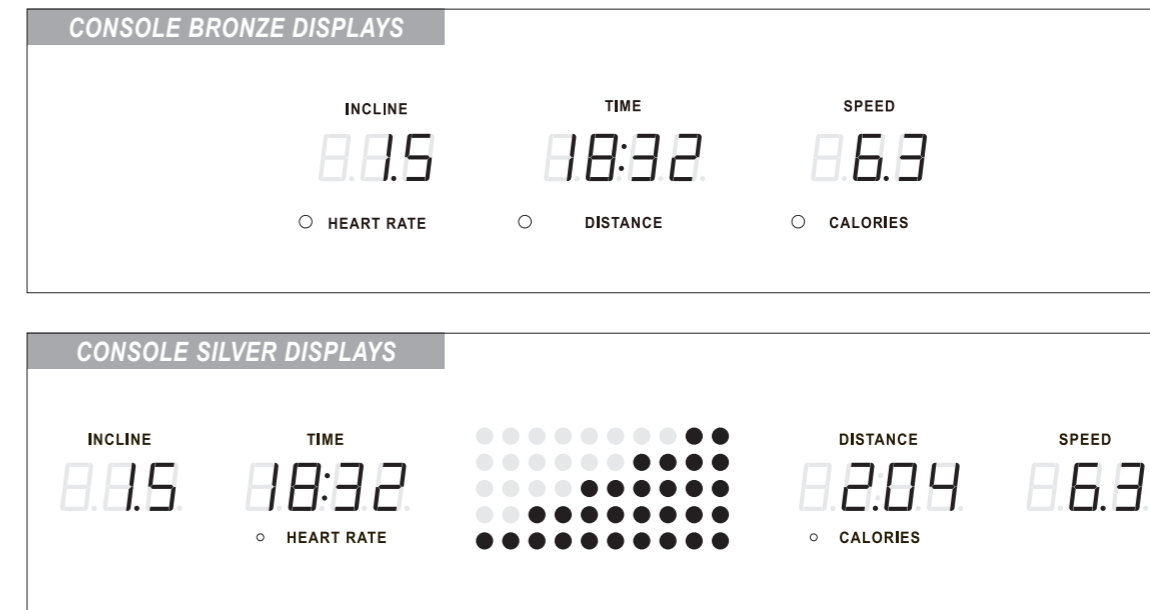* Maximum user's body weight = 125kg / 275lbs

CONSOLE BRONZE DISPLAYS

INCLINE TIME SPEED
1.5 18:32 6.3
HEART RATE   DISTANCE   CALORIES

CONSOLE SILVER DISPLAYS

INCLINE TIME DISTANCE SPEED
1.5 18:32 2.04 6.3
HEART RATE   CALORIES

• **INCLINE**
Shown as percent. Indicates the incline of your walking or running surface.

• **TIME**
Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.

• **SPEED**
Shown as MPH or KMPH. Indicates how fast your walking or running surface is moving.

• **HEART RATE**
Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).

• **DISTANCE**
Shown as miles or kilometer. Indicates distance traveled or distance remaining during your workout.

• **CALORIES**
Total calories burned or calories remaining left to burn during your workout.

• **PROGRAM PROFILES (CONSOLE SILVER & GOLD)**
Represents the profile of the program being used (speed during speed based programs and incline during incline based programs).

CONSOLE GOLD DISPLAY WINDOWS

CONSOLE GOLD DISPLAYS

TARGETS
○ TIME
○ DISTANCE
○ CALORIES

TIME
18:32
○ INCLINE

CALORIES
85
● HEART RATE

DISTANCE
2.04
○ SPEED

WORKOUTS
○ MANUAL
○ INTERVALS
○ WEIGHT LOSS
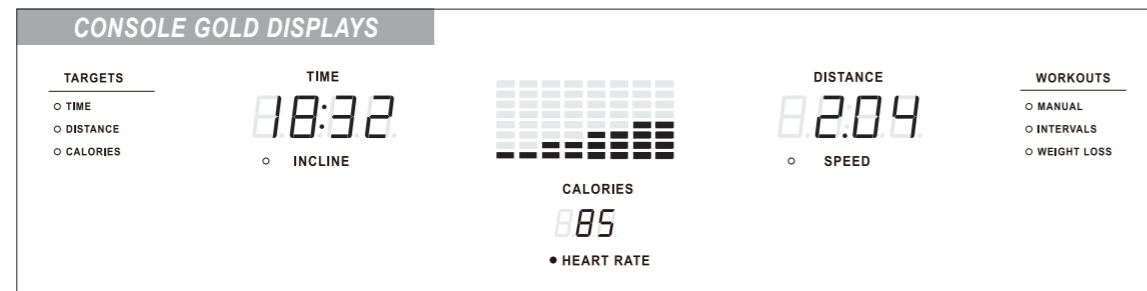
• **TARGETS: (CONSOLE GOLD ONLY)**
  LED lights up next to currently selected target. If no LED is lit, no target is activated.

• **WORKOUTS: (CONSOLE GOLD ONLY)**
  LED lights up next to currently selected workout.

GETTING STARTED

1) Check to make sure no objects are placed on the belt that will hinder the movement of the treadmill.

2) Plug in the power cord and turn the treadmill ON.

3) Stand on the side rails of the treadmill.

4) Attach the safety key clip to part of your clothing making sure that it is secure and will not become detached during operation.

5) Insert the safety key into the safety keyhole in the console.

6) You have two options to start your workout:

A) QUICK START UP

   Simply press the GO/START key to begin working out.
   Time, distance, and calories will all count up from zero. OR...

B) SELECT A TARGET AND WORKOUT (CONSOLE GOLD)

   1) Select a TARGET using the SELECT TARGET key.

   2) Adjust the TARGET settings using the ARROW keys.

   3) Press ENTER to advance.

   4) Select a WORKOUT using the SELECT WORKOUT key.

   5) Press GO/START to begin workout.

NOTE: If no TARGET or WORKOUT is selected, the program will function as a MANUAL program. All changes in speed and incline will need to be from the user in this setting.

CHANGING YOUR TARGET MID-WORKOUT

You can change your target "on-the-fly" without losing your current workout stats.

Anytime during your workout, press the select target key until you have selected the new target you would like.

Use the ▲ / ▼ Or + / – keys to enter in the value of your new target and press enter. All previous workout statistics will be rolled into the new target, so you'll never miss a beat.

> **NOTE**: *If you accidentally press the SELECT TARGET key during a workout, if no buttons are pressed after 5 seconds, the current target will resume.*

CHANGING YOUR WORKOUT MID-WORKOUT

You can change your Workout "on-the-fly".

Anytime during your workout, press the SELECT WORKOUT key until you have selected the new WORKOUT you would like. Press ENTER.

New workout will begin at the first segment after warm up and all workout statistics will roll over.

AVAILABLE PROGRAMS

CONSOLE BRONZE

1) MANUAL: *Allows 'on the fly' manual speed and incline changes. Time-based goal.*

2) INTERVALS: *Walk or run a series of alternation paced speed levels. Time-based goal.*

Segment	Warm Up				1	2	3	4	5	6	7	8	9	10	11	12	Cool Down			
Time	4 minutes				Each segment is 60 seconds												4 minutes			
Speed (mph)	2	2	2	3	2	5	2	5	3	5	3	5	2	4	2	4	2	2	2	2
Speed (km/h)	3.2	3.2	3.2	4.8	3.2	8	3.2	8	4.8	8	4.8	8	3.2	6.4	3.2	6.4	3.2	3.2	3.2	3.2

3) ROLLING: *Creates the feel of walking or running over hills. Time-based goal.*

Segment	Warm Up				1	2	3	4	5	6	7	8	9	10	11	12	Cool Down			
Time	4 minutes				Each segment is 60 seconds												4 minutes			
Speed (mph)	2	2	2	2	2	3	4	5	4	3	2	3	4	5	4	3	3	2	2	2
Speed (km/h)	3.2	3.2	3.2	3.2	3.2	4.8	6.4	8	6.4	4.8	3.2	4.8	6.4	8	6.4	4.8	4.8	3.2	3.2	3.2

4) WEIGHT LOSS: *Keeps user in their optimal fat buming zone.*

Segment	Warm Up				1	2	3	4	5	6	7	8	9	10	11	12	Cool Down			
Time	4 minutes				Each segment is 60 seconds												4 minutes			
Speed (mph)	2	2	2	3	2	3	3	4	4	3	3	4	4	3	3	4	3	3	2	2
Speed (km/h)	3.2	3.2	3.2	4.8	3.2	4.8	4.8	6.4	6.4	4.8	4.8	6.4	6.4	4.8	4.8	6.4	4.8	4.8	3.2	3.2

CONSOLE SILVER

1) MANUAL: *Allows 'on the fly' manual speed and incline changes. Time-based goal.*

2) INTERVALS: *Walk or run a series of alternation paced speed levels. Time-based goal.*

Segment	Warm Up				1	2	3	4	5	6	7	8	9	10	11	12	Cool Down			
Time	4 minutes				Each segment is 60 seconds												4 minutes			
Speed (mph)	2	2	2	3	2	5	2	5	3	5	3	5	2	4	2	4	2	2	2	2
Speed (km/h)	3.2	3.2	3.2	4.8	3.2	8	3.2	8	4.8	8	4.8	8	3.2	6.4	3.2	6.4	3.2	3.2	3.2	3.2

3) ROLLING: *Creates the feel of walking or running over hills. Time-based goal.*

Segment	Warm Up				1	2	3	4	5	6	7	8	9	10	11	12	Cool Down			
Time	4 minutes				Each segment is 60 seconds												4 minutes			
Incline	0	0	0	1	1	2	3	4	5	6	5	4	3	2	1	2	1	1	0	0

4) WEIGHT LOSS: *Keeps user in their optimal fat buming zone.*

Segment	Warm Up				1	2	3	4	5	6	7	8	9	10	11	12	Cool Down			
Time	4 minutes				Each segment is 60 seconds												4 minutes			
Speed (mph)	2	2	2	3	2	3	3	4	4	3	3	4	4	3	3	4	3	3	2	2
Speed (km/h)	3.2	3.2	3.2	4.8	3.2	4.8	4.8	6.4	6.4	4.8	4.8	6.4	6.4	4.8	4.8	6.4	4.8	4.8	3.2	3.2

5) FAT BLAST: Burn fat at an increased rate.

Segment	Warm Up				1	2	3	4	5	6	7	8	9	10	11	12	Cool Down			
Time	4 minutes				Each segment is 60 seconds													4 minutes			
Incline	1	2	2	3	3	3	4	4	5	5	5	5	4	4	3	3	2	1	0	0

6) CARDIO BURN: Burn carbs and tones muscles. Time-based goal.

Segment	Warm Up				1	2	3	4	5	6	7	8	9	10	11	12	Cool Down			
Time	4 minutes				Each segment is 60 seconds													4 minutes			
Speed (mph)	2	2	2	3	4	3	4	4	3	3	4	4	4	3	4	3	3	3	2	2
Speed (km/h)	3.2	3.2	3.2	4.8	6.4	4.8	6.4	6.4	4.8	4.8	6.4	6.4	6.4	4.8	6.4	4.8	4.8	4.8	3.2	3.2

7) ENDURANCE CHALLENGE: Tones muscle and challenges cardiovascular system.

Segment	Warm Up				1	2	3	4	5	6	7	8	9	10	11	12	Cool Down			
Time	4 minutes				Each segment is 60 seconds													4 minutes			
Incline	1	1	2	3	2	3	4	5	5	6	6	4	4	3	4	5	3	2	0	0

CONSOLE GOLD (TARGET PROFILES)

TARGET 1 – TIME: Allows user to set a target based on how long they would like to workout. Time targets can range from 15:00 – 99:00. TIME will count down. DISTANCE and CALORIES will count up from zero.

TARGET 2 – DISTANCE: Allows user to set a target based on distance they would like to complete. Distance target can range from 0.25 – 26.25 MILE or 0.4-42 KM. DISTANCE will count down. TIME and CALORIES will count up from zero.

TARGET 3 – CALORIES: Allows user to set a target based on the number of calories they would like to burn. Calories target can range from 20 – 980 calories. CALORIES will count down. TIME and DISTANCE will count up from zero.

NO TARGET: Allows user to select a workout profile that has no specified time, distance, or calorie target. TIME, DISTANCE, and CALORIES will all count up from zero.

WORKOUT PROFILES (CONSOLE GOLD ONLY)

1) MANUAL: Allows 'on the fly' manual speed and incline changes.

2) INTERVALS: Improves your strength, speed and endurance by increasing and decreasing the speed throughout your workout to involve your heart and other muscles.

Segment	Warm Up		1	2	
Time	2:00 Mins	2:00 Mins	90 sec	30 sec	Segments 1 & 2 repeat until target is complete
Speed(mph)	1	1.5	2	4	
Speed(km/h)	1.6	2.4	3.2	6.4	
Incline	1	1.5	0.5	1.5	

3) WEIGHT LOSS: Promotes weight loss by increasing and decreasing the speed, while keeping you in your fat burning zone.

Segment	Warm Up		1	2	3	4	5	6	7	8	
Time	2:00 Mins	2:00 Mins	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	Segments 1–8 repeat until target is complete
Speed(mph)	1	1.5	2	2.5	3	3.5	4	3.5	3	2.5	
Speed(km/h)	1.6	2.4	3.2	4	4.8	5.6	6.4	5.6	4.8	4	
Incline	0	0.5	1.5	1.5	1	0.5	0.5	0.5	1	1.5	

TO RESET THE CONSOLE
Hold stop key for 3 seconds.

COOL DOWN (CONSOLE GOLD ONLY)
Puts treadmill into cool down mode. Cool down lasts for four minutes and reduces speed and incline to allow your heart to readjust to decreased demand.

FINISHING YOUR WORKOUT
When your workout is complete, the monitor display will flash "FINISHED" and beep. Your workout information will stay displayed on the console for 30-45 seconds and then reset.

CLEAR CURRENT SELECTION
To clear the current program selection or screen, hold the stop button for 3-5 seconds.

USING YOUR CD / MP3 PLAYER (CONSOLE GOLD ONLY)

1) Connect the included AUDIO ADAPTOR CABLE to the AUDIO IN JACK on the bottom left of the console and the headphone jack on your CD / MP3 player.

2) Use your CD / MP3 player buttons to adjust song settings.

3) Remove the AUDIO ADAPTOR CABLE when not in use.

4) If you don't want to use the SPEAKERS, you can plug your headphones into the AUDIO OUT JACK at the bottom of the right console.

ASSEMBLY INSTRUCTIONS

TOOLS INCLUDED:
☐ *6 mm T-Wrench*
☐ *5 mm L-Wrench*

PARTS INCLUDED:
☐ *1 Console Assembly*
☐ *2 Console Masts*
☐ *2 Socket (Console Mast Scoket)*
☐ *3 Hardware Bags*
☐ *1 Safety Key*
☐ *1 Bottle of Silicone Lubricant*
☐ *1 Power Cord*

PRE ASSEMBLY

UNPACKING

Place the treadmill carton on a level flat surface. It is recommended that you place a protective covering on your floor. Take CAUTION when handling and transporting this unit. Never open box when it is on its side. Once the banding straps have been removed, do not lift or transport this unit unless it is fully assembled and in the upright folded position, with the lock latch secure. Unpack the unit where it will be used. The enclosed treadmill is equipped with high-pressure shocks and may spring open if mishandled. Never grab hold of any portion of the incline frame and attempt to lift or move the treadmill.

⚠ **WARNING**

DO NOT ATTEMPT TO LIFT THE TREADMILL! Do not move or lift treadmill from packaging until specified to do so in the assembly instructions. You may remove the plastic wrap from console masts.
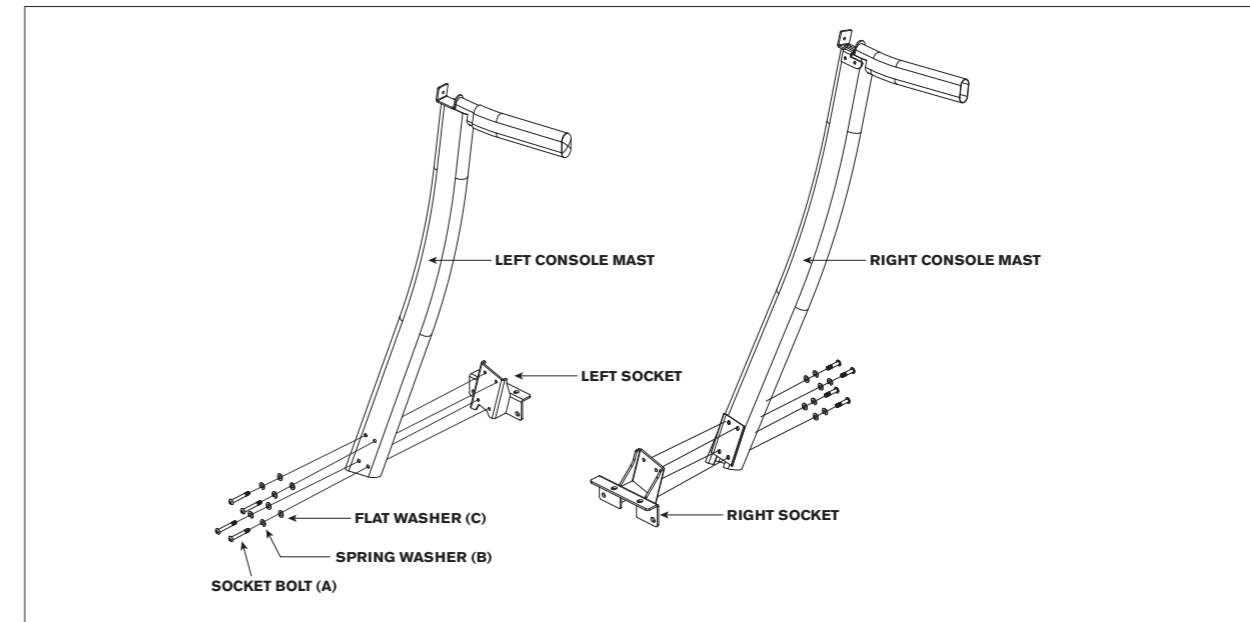
⚠ **WARNING**

FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!

NOTE: *During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.*

NOTE: *A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.*
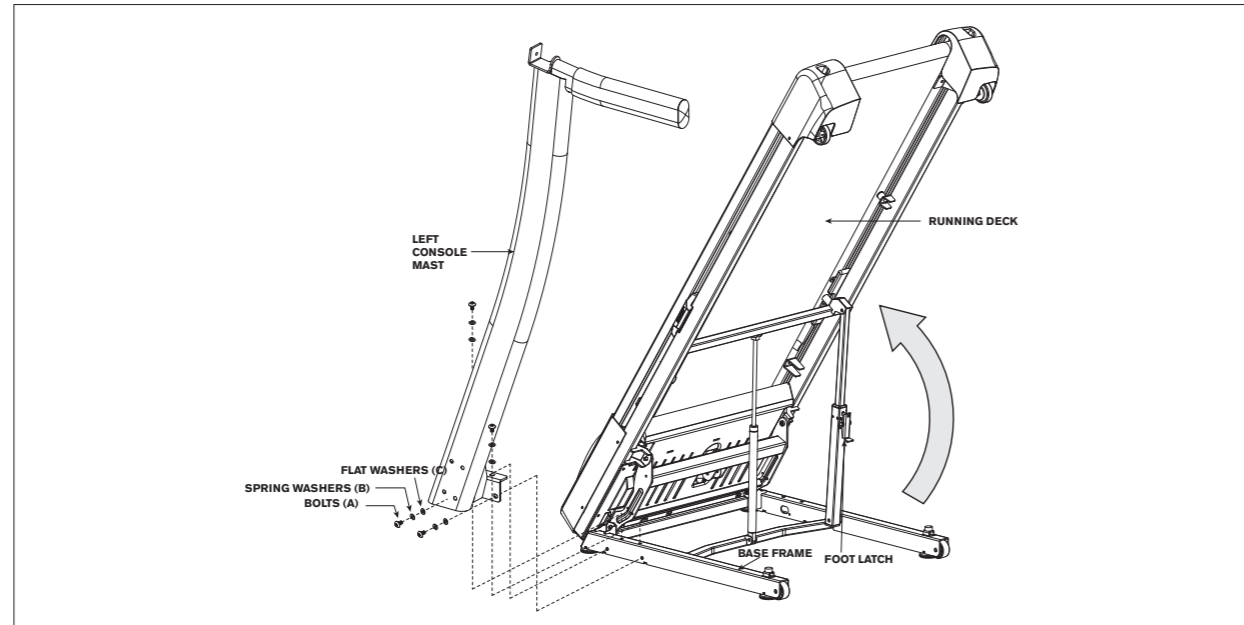
ASSEMBLY **STEP 1**

HARDWARE BAG 1 *CONTENTS :*

SOCKET BOLT (A)
55 mm
Qty: 8

SPRING WASHER (B)
15 mm
Qty: 8

FLAT WASHER (C)
15 mm
Qty: 8

LEFT CONSOLE MAST   RIGHT CONSOLE MAST

LEFT SOCKET

FLAT WASHER (C)

SPRING WASHER (B)

SOCKET BOLT (A)

RIGHT SOCKET

A   *Cut the yellow banding straps, lift the* **RUNNING DECK** *upward until the* **FOOT LATCH** *locks, remove all contents from underneath the running deck.*

B   *Open* **HARDWARE BAG 1**.

C   *Attach the* **LEFT SOCKET** *to the* **LEFT CONSOLE MAST** *using 4* **SOCKET BOLTS (A), 4 SPRING WASHERS(B)**, *and* **4 FLAT WASHER(C)**.

D   *Attach the* **RIGHT SOCKET** *to the* **RIGHT CONSOLE MAST** *using 4* **SOCKET BOLTS (A). 4 SPRING WASHERS(B)**, *and* **4 FLAT WASHER(C)**.

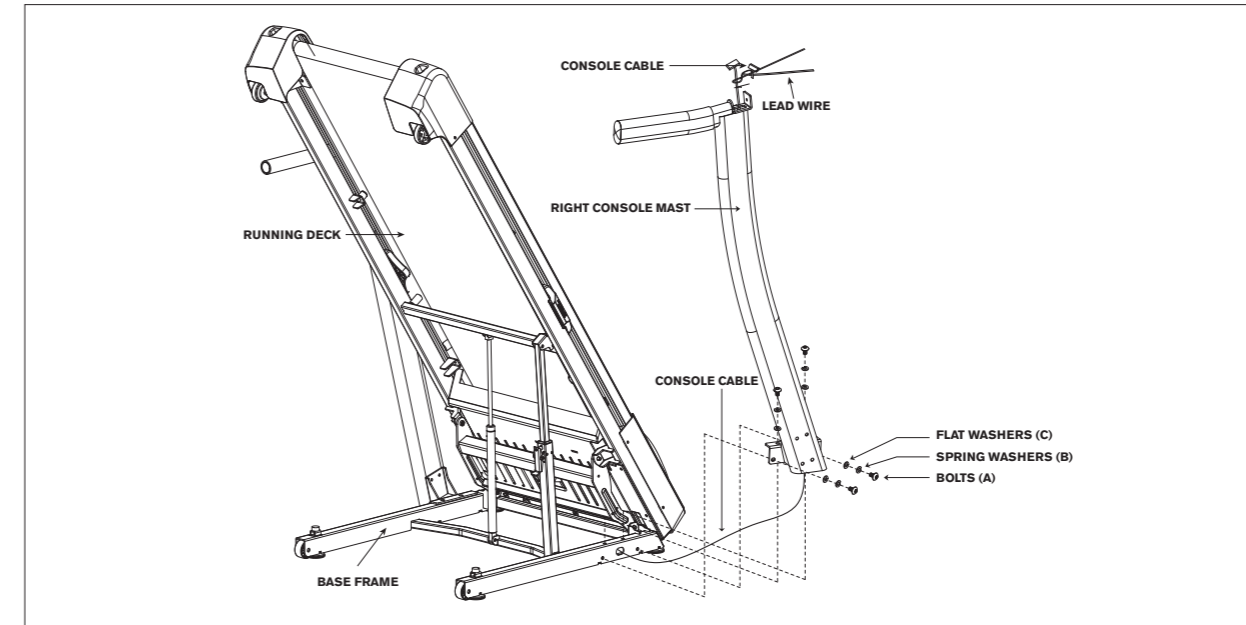**HARDWARE BAG 2** CONTENTS :

BOLT (A)
20 mm
Qty: 4

SPRING WASHER (B)
15 mm
Qty: 4

FLAT WASHER (C)
15 mm
Qty: 4

LEFT CONSOLE MAST

RUNNING DECK

FLAT WASHERS (C)
SPRING WASHERS (B)
BOLTS (A)

BASE FRAME   FOOT LATCH

A   Open **HARDWARE BAG 2.**

B   With the **RUNNING DECK** in the raised position, attach the **LEFT CONSOLE MAST** to the **BASE FRAME** using **4 BOLTS (A)**, **4 SPRING WASHERS (B)** and **4 FLAT WASHERS (C)**.

HARDWARE BAG 2 CONTENTS :

BOLT (A)
20 mm
Qty: 4

SPRING WASHER (B)
15 mm
Qty: 4

FLAT WASHER (C)
15 mm
Qty: 4

CONSOLE CABLE
LEAD WIRE
RIGHT CONSOLE MAST
RUNNING DECK
CONSOLE CABLE
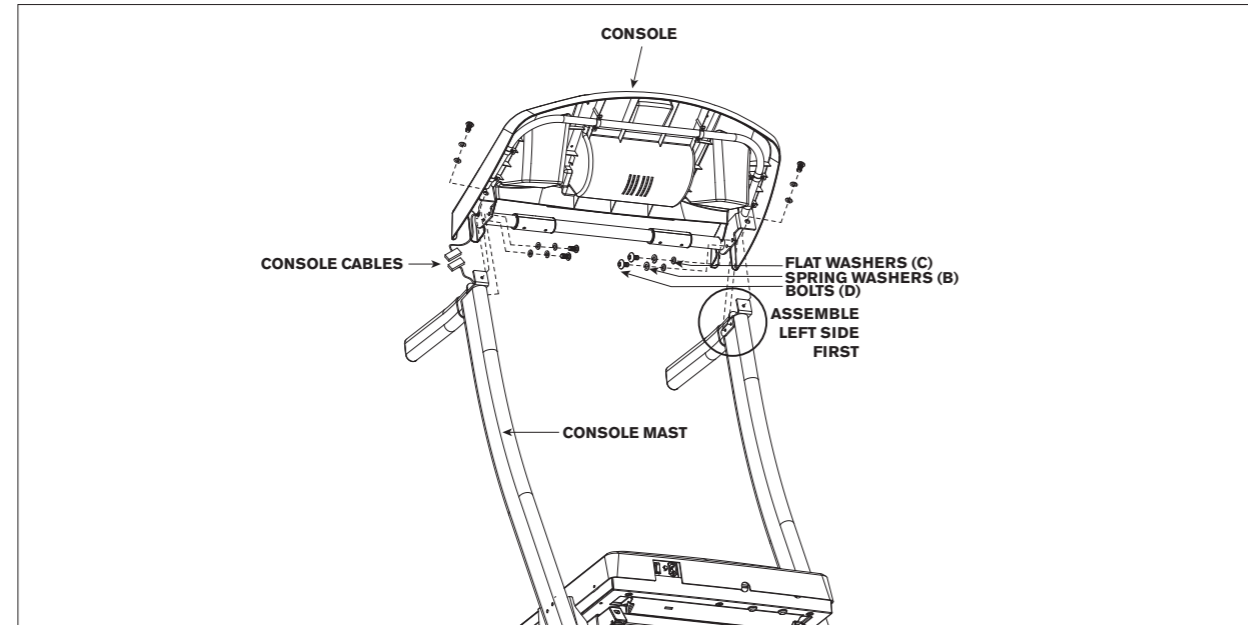FLAT WASHERS (C)
SPRING WASHERS (B)
BOLTS (A)
BASE FRAME

A   Still open **HARDWARE BAG 2**.

B   **Pull LEAD WIRE** through **RIGHT CONSOLE MAST**. After pulling the lead wire through the mast, the top of the **CONSOLE CABLE** should be located at the top of the mast. Detach and discard the lead wire.

C   With the **RUNNING DECK** in the raised position, attach the **RIGHT CONSOLE MAST** to the **BASE FRAME** using **4 BOLTS (A)**, **4 SPRING WASHERS (B)** and **4 FLAT WASHERS (C)**.

NOTE: Be careful not to pinch any wires while assembling the right console mast.

HARDWARE BAG 3 CONTENTS :

BOLT (D)
15 mm
Qty: 6

SPRING WASHER (B)
15 mm
Qty: 6

FLAT WASHER (C)
15 mm
Qty: 6

CONSOLE

CONSOLE CABLES

FLAT WASHERS (C)
SPRING WASHERS (B)
BOLTS (D)

ASSEMBLE
LEFT SIDE
FIRST

CONSOLE MAST

A   Disengage the **DECK LOCK LATCH** with your foot to lower the **RUNNING DECK**.

B   Open **HARDWARE BAG 3**.

C   Connect the **CONSOLE CABLES**, carefully tucking wires in masts to avoid damage.

D   Gently place the **CONSOLE** on top of the **CONSOLE MASTS**. Attach the **LEFT SIDE** first using **3 BOLTS (D)**, **3 SPRING WASHERS (B)** and **3 FLAT WASHERS (C)**.

E   Attach the **RIGHT SIDE** of the **CONSOLE** using **3 BOLTS (D)**, **3 SPRING WASHERS (B)** and **3 FLAT WASHERS (C)**.

NOTE: Be careful not to pinch any wires while assembling the mast.

T903/T904
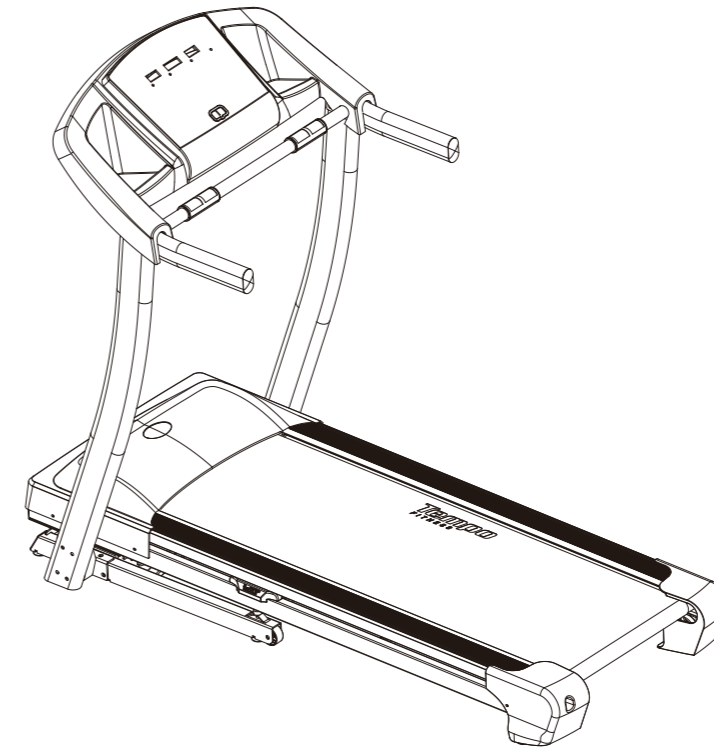
T905

ASSEMBLY COMPLETE!

TROUBLESHOOTING

COMMON PRODUCT QUESTIONS

ARE THE SOUNDS MY TREADMILL MAKES NORMAL?
All treadmills make a certain type of thumping noise due to the belt riding over the rollers, especially new treadmills. This noise will diminish over time, although may not totally go away. Over time, the belt will stretch, causing the belt to ride smoother over the rollers.

WHY IS THE TREADMILL I PURCHASED LOUDER THAN THE ONE AT THE STORE?
All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. Sometimes a heavy rubber mat will help reduce reverberation through the floor. If a fitness product is placed close to a wall, there will be more reflected noise.

WHEN SHOULD I BE WORRIED ABOUT A NOISE?
As long as the sounds your treadmill makes are no louder than a normal conversational tone of voice, it is considered normal noise.

NOTE: Following instructions might vary according to the model you buy. Please contact your   local dealer for further information.

BASIC TROUBLESHOOTING

PROBLEM: *The console does not light up and/or the belt does not move.*
SOLUTION: *Verify the following:*

Does the red light on the ON/OFF switch light up?
NOTE: Some treadmill models do not have a switch that lights up. If this is the case, please proceed with the yes and no solutions below.

If yes:
• *Double check that all connections are secure, especially the console cable. Unplug and reconnect the console cable to verify.*
• *Make sure the console cable is not pinched or damaged in any way.*
• *Turn the power off, unplug the power cable and wait 60 seconds. Remove motor cover. Wait until all red LED lights have gone off on the motor control board before proceeding. Next, verify that none of the wires connected to the lower board are loose or disconnected.*

If no:
• *Verify that the outlet the machine is plugged into is functional. Double check that the breaker has not tripped, it is on a dedicated circuit.*
• *The power cord is not pinched or damaged and is properly plugged into the outlet AND the machine.*
• *The power switch is turned to the ON position.*

PROBLEM: *The treadmill circuit breaker trips during a workout.*
SOLUTION: *Verify the following:*

• *Make sure the treadmill is plugged into a dedicated circuit.*
• *Verify that you do not have the machine on an extension cord or surge protector.*
• *Lubricate treadmill deck if necessary.*

PROBLEM: *The running belt does not stay centered during a workout.*
SOLUTION: *Verify the following:*

• *Make sure the treadmill is on a level surface.*
• *Verify that the belt is properly tightened and centered (Refer to the TENSIONING and CENTERING THE RUNNING BELT sections for detailed directions).*

PROBLEM: *Operating speed appears inaccurate.*
SOLUTION: *Auto-calibrate the treadmill:*

• *Power on the treadmill and have the safety key in position on the console. Press and hold the elevation "+" and speed "–" buttons for approximately 5 seconds to enter the Engineering Mode. The console will beep and "ENG0" appears in the display.*
• *Press the Speed "+" or "–" button until "ENG2" appears in the display.*
• *Press, "ENTER" to select. Press, "START" to begin. The treadmill running belt will begin to move automatically and the auto-calibration sequence will properly set and store the speed values.*
• *Upon successful calibration, the treadmill will beep several times. The console will automatically exit Engineering Mode and return to the start-up screen.*

NOTE: Some treadmill models do not have auto-calibrate. Turn the treadmill off and disconnect the power cord. Check the console cable for pinches and make sure it is connected properly to both the upper and lower boards.

⚠**WARNING** *DO NOT stand on running belt while calibrating – stand on the side rails. The treadmill will fluctuate between low and high speeds for several minutes until calibration is complete.*

TROUBLESHOOTING HEART RATE (GRIP-PULSE ONLY)

Check your exercise environment for sources of interference such as fluorescent lights, computers, underground fencing, home security systems or appliances containing large motors. These items may cause erratic heart rate readouts.

You may experience an erratic readout under the following conditions:

- *Gripping the heart rate handlebars too tight. Try to maintain moderate pressure while holding onto the heart rate handlebars.*
- *Constant movement and vibration due to constantly holding the heart rate handlebars while exercising. If you are receiving erratic heart rate readouts, try to only hold the grips long enough to monitor your heart rate.*
- *When you are breathing heavily during a workout.*
- *When your hands are constricted by wearing a ring.*
- *When your hands are dry or cold. Try to moisten your palms by rubbing them together to warm.*
- *Anyone with heavy arrhythmia.*
- *Anyone with arteriosclerosis or peripheral circulation disorder.*
- *Anyone whose skin on the measuring palm is especially thick.*

PLEASE CALL YOUR LOCAL DEALER

If this troubleshooting section does not remedy the problem, discontinue use and turn the power off.

The following information may be asked of you when you call. Please have these items readily available:

- *Model Name*
- *Serial Number*
- *Date of Purchase (receipt or credit card statement)*

In order for your local dealer to service your treadmill they may need to ask detailed questions about the symptoms that are occurring. Some troubleshooting questions that may be asked are:

- *How long has this problem been occurring?*
- *Does this problem occur with every use? With every user?*
- *If you are hearing a noise, does it come from the front or the back? What kind of noise is it (thumping, grinding, squeaking, chirping etc.)?*
- *Has the machine been lubricated and maintained per the maintenance schedule?*

Answering these and other questions will give the technicians the ability to send proper replacement parts and the service necessary to get you and your treadmill running again!

MAINTENANCE

Preventative maintenance is the key to smooth operating equipment, as well as keeping the users liability to a minimum. Equipment needs to be inspected at regular intervals. Defective components must be replaced immediately. Improperly working equipment must be kept out of use until it is repaired. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.

AFTER EACH USE (DAILY)
Clean and inspect, following these steps:

- *Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.*
- *Wipe down the running belt, deck, motor cover, and console casing with a damp cloth. Never use solvents, as they can cause damage to the treadmill.*
- *Inspect the power cord. If the power cord is damaged, contact your local dealer.*
- *Make sure the power cord is not underneath the treadmill or in any other area where it can become pinched or cut.*
- *Check the tension and alignment of the running belt. Make sure that the treadmill belt will not damage any other components on the treadmill by being misaligned.*

EVERY WEEK
Clean underneath the treadmill, following these steps:

- *Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.*
- *Fold the treadmill into the upright position, making sure that the lock latch is secure.*
- *Move the treadmill to a remote location.*
- *Wipe or vacuum any dust particles or other objects that may have accumulated underneath the treadmill.*
- *Return the treadmill to its previous position and re-level.*
- *Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet. Wait 60 seconds*
- *Inspect all assembly bolts of the machine for proper tightness.*
- *Remove the motor cover. Wait until ALL display screens turn off.*
- *Clean the motor and lower board area to eliminate any lint or dust particles that may have accumulated. Failure to do so may result in premature failure of key electrical components.*
- *Vacuum and wipe down the belt with a damp cloth. Vacuum any black/white particles that may accumulate around the unit. These particles may accumulate from normal treadmill use.*

It is necessary to lubricate your treadmill running deck every six months or 240 km (150 miles) to maintain optimal performance of your treadmill. Please contact your local dealer with questions about applying lubricant to your treadmill.

- *Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.*
- *Loosen both the rear roller bolts. (For best results, place two removable marks on both sides of the frame and note roller position). Once the belt is loosened, take the bottle of lubricant and apply it to the entire top surface of the running deck. Tighten both rear roller bolts (matching up the marks for proper position) to original position. After you have applied lubricant, plug in the power cord, insert the safety key, start the treadmill and walk on the belt for two minutes to spread the lubricant.*
- *Lubricate the air shocks with teflon based spray.*
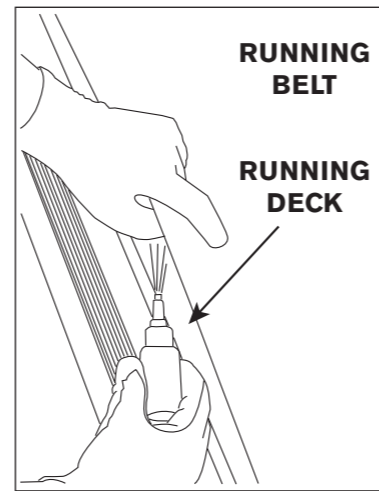
Please contact your local dealer with questions about applying lubricant to your treadmill.

RUNNING BELT

RUNNING DECK

⚠ **ATTENTION**

Please note that the plastic parts, such as end caps, are susceptible to wear. The treadmill's safety level can only be maintained, if it is checked regularly for damage and wear.
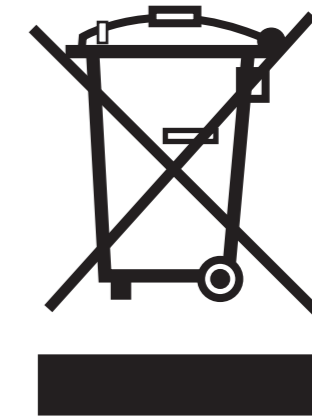
D:
Entsorgungshinweis
TEMPO Fitness - Produkte sind recyclebar. Führen Sie das Gerät am Ende der Nutzungsdauer einer sachgerechten Entsorgung zu (örtliche Sammelstelle).

GB:
Waste Disposal
TEMPO Fitness products are recyclable. At the end if its useful life please dispose of this article correctly and safely (local refuse sites).

F:
Remarque relative à la gestion des dèchets
Les produits TEMPO Fitness sont recyclables. A la fin sa durrèe d`utilisation, remettez l´appareil à un centre de gestion de dèchets correct (collecte locale).

NL:
Verwijderingsinstructie:
TEMPO Fitness producten zijn recycleerbaar. Breng het apparaat aan het einde van de gebruiksduur voor recycling naar een vakkundig verzamelpunt.

E:
Informaciones para la evacuaciòn
Los productos de TEMPO Fitness son riciclables. Cuando se termina la vida ùtil de un aparato o una màquina, entrèguelos an una impresa local de eleiminaciòn de residuos para su reciclaje.

I:
Indicazione sullo smaltimento
I prodotti TEMPO Fitness sono reciclabill. Quando I` apparecchio non servirà più, portatelo in un apposito punto di raccolta della Vostra città (Punti di raccolta comunall).

PL:
Wskazòwka dotyczàca usuwania odpadòw.
Producty firmy TEMPO Fitness podlegajà recyklingowi. Pod koniec okresu o`ywalnoÈcl pros`z oddac urzàdzenie do wlaÈciwego punkto usuwania odpadòw (lokalny punkt zbiorczy).