

OWNER'S MANUAL
RETAIN FOR FUTURE REFERENCE

MODEL NUMBER 98516
SERIAL NUMBER



USER'S WEIGHT LIMITATION 250lbs.
(120 kg.)

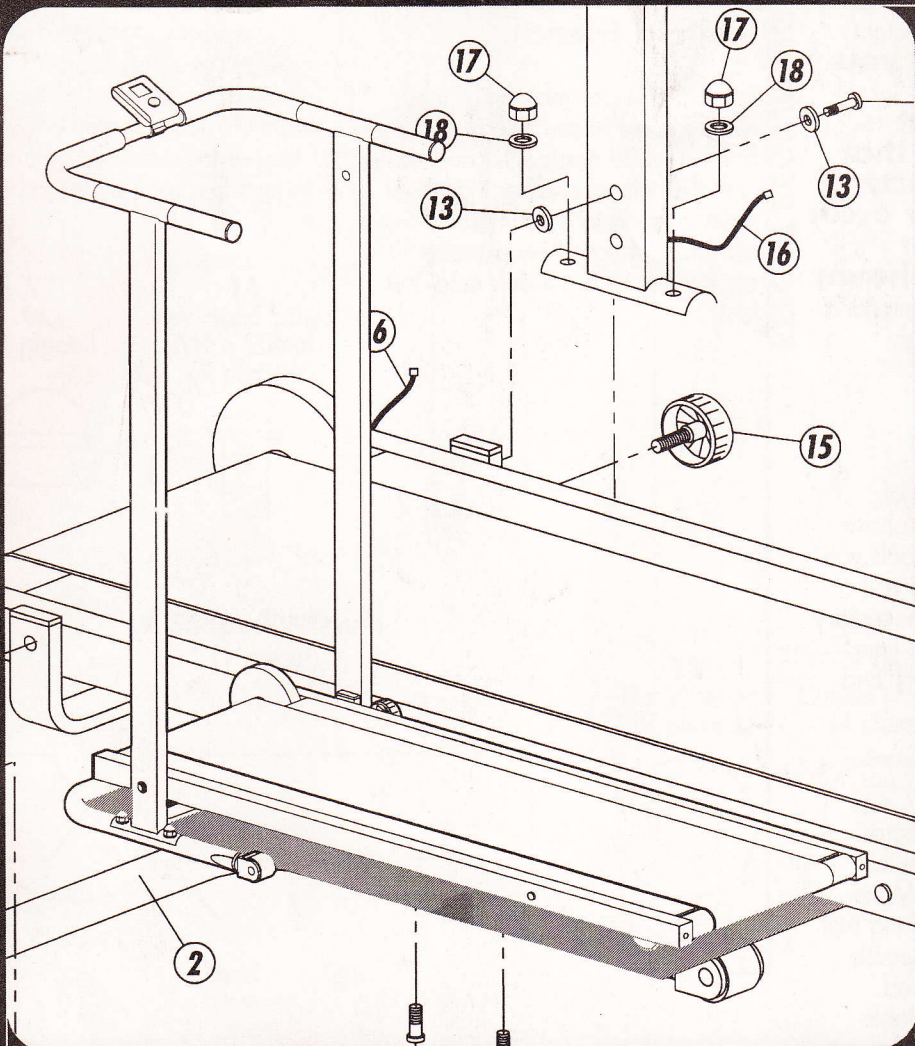
APPLICATION STANDARD:



ASSEMBLY
OPERATING INSTRUCTIONS
CONDITIONING GUIDELINES
MAINTENANCE
SERVICE

98516

MANUAL TREADMILL



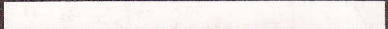
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MANUAL TREADMILL

BEFORE BEGINNING

Please note that there is a weight limitation for this product. **If you weigh more than 250lbs. (120 kg.) it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here.** This product is not intended to support users whose weight exceeds this limit.

Gather your tools

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

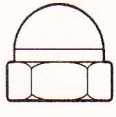
BEFORE BEGINNING

Invite a friend

Some of the assembly steps may require some heavy lifting. Assembly can be made much safer and easier with the help of another individual. Invite a friend to help with the assembly of your new exercise equipment. It is not only safe, but fun!

For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you. All of the hardware here is shown at full size.

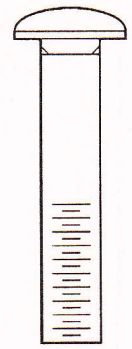
17
Nut
(4 pieces)



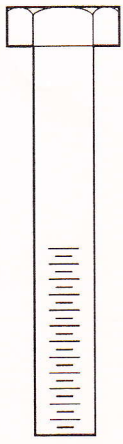
11
Key Head Screw
M6 x 10mm
(2 pieces)



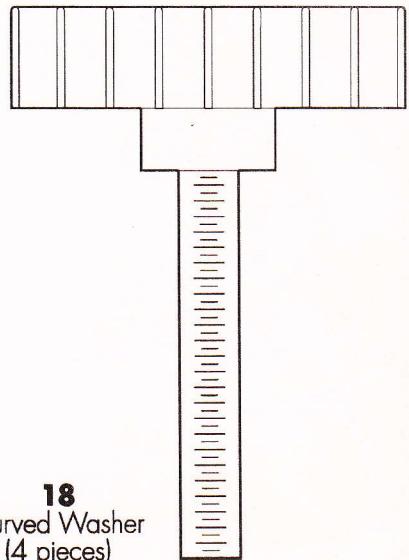
12
Bolt
M8 x 40mm
(4 pieces)



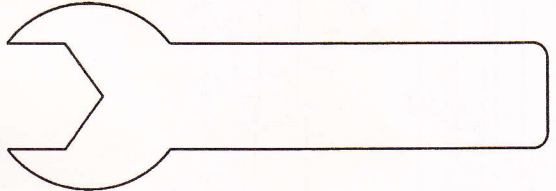
14
Bolt
M8 x 50mm
(2 pieces)



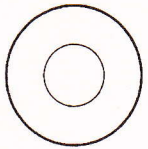
15
Knob
M8 x 50mm
(1 piece)



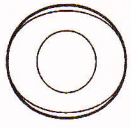
Y Shaped Wrench
(1 piece)



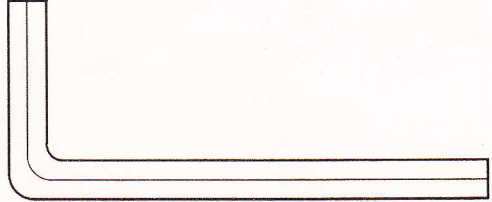
13
Flat Washer
(2 pieces)



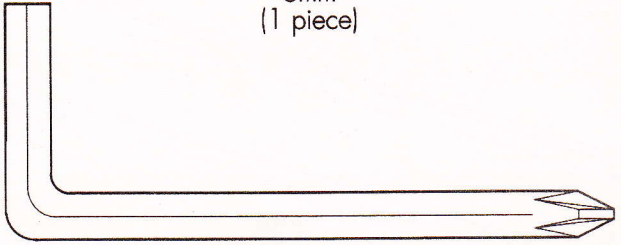
18
Curved Washer
(4 pieces)



Tool
5mm
(1 piece)

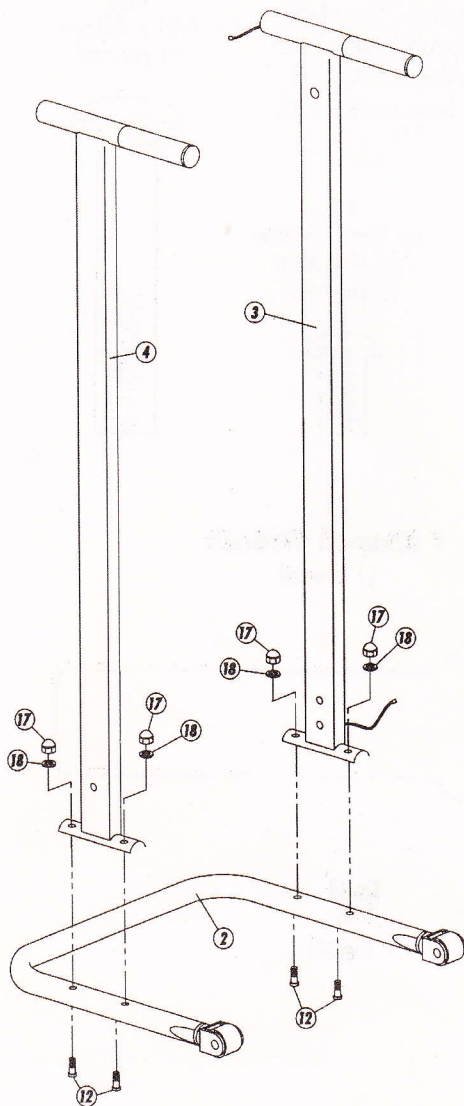


Tool
6mm
(1 piece)



STEP

Attach Right and Left Side Hand Posts (3 and 4) to the Bottom Frame (2). Secure with Bolts (12), Curved Washers (18) and Nuts (17).

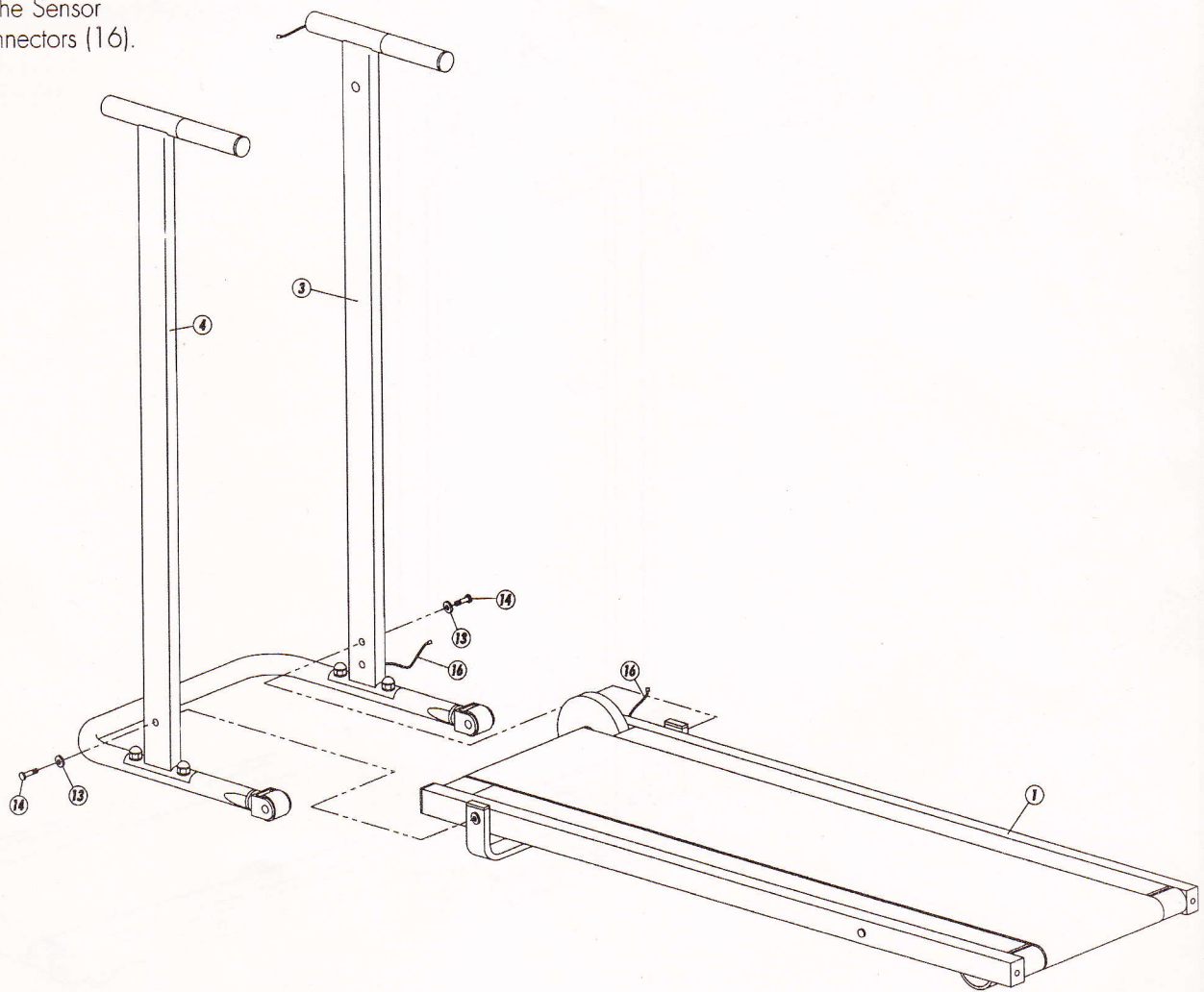


STEP 2

Attach the Right and Left Side Hand Posts (3 and 4) to the Main Frame (1) and secure with Bolts (14) and Flat Washers (13).

NOTE: Stabilize the Right and Left Side Posts (3 and 4) and raise the Main Frame (1) to ensure the holes are aligned.

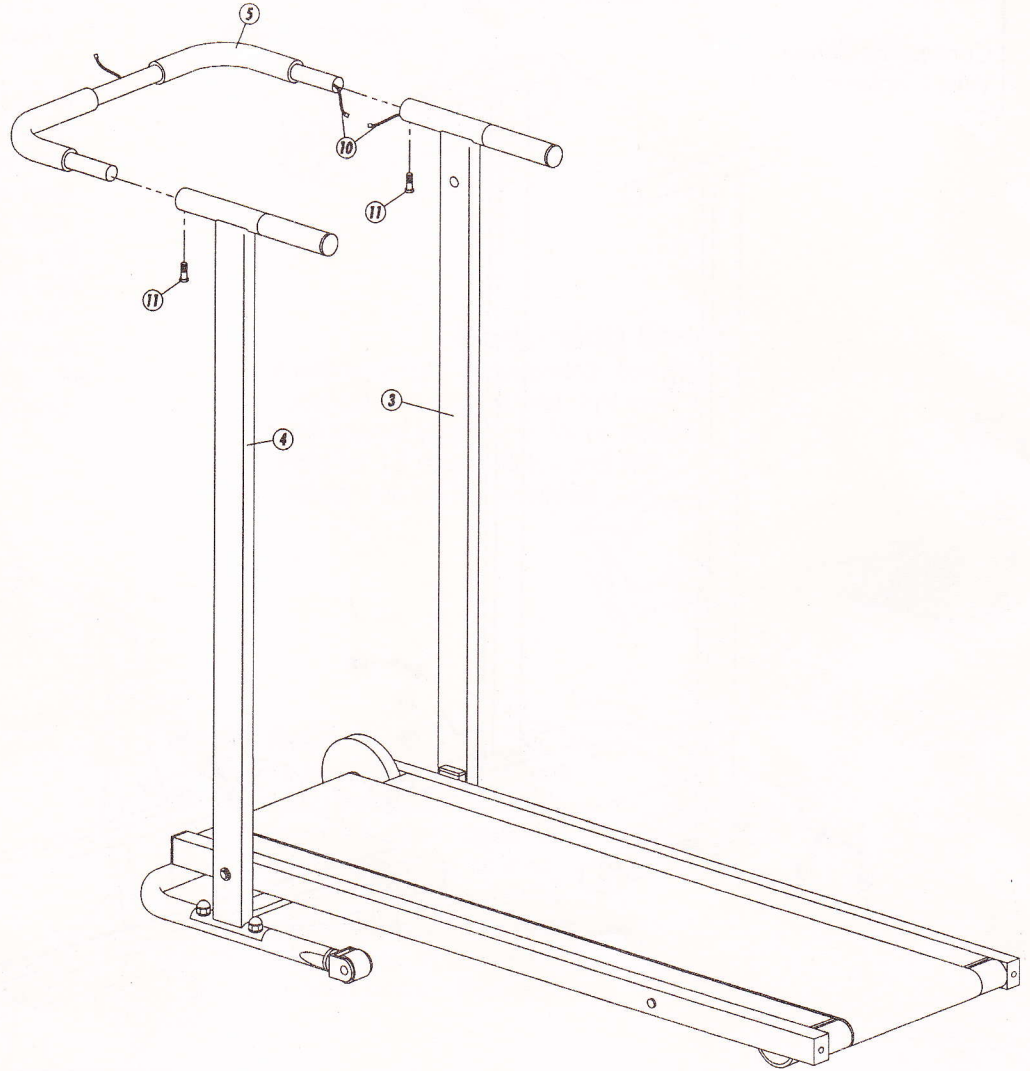
Connect the Sensor Wire Connectors (16).



STEP 3

Connect the Sensor Wire Connectors (10).

Slide the Handrail (5) into the Right and Left Side Hand Posts (3 and 4) and secure with Key Head Screws (11).

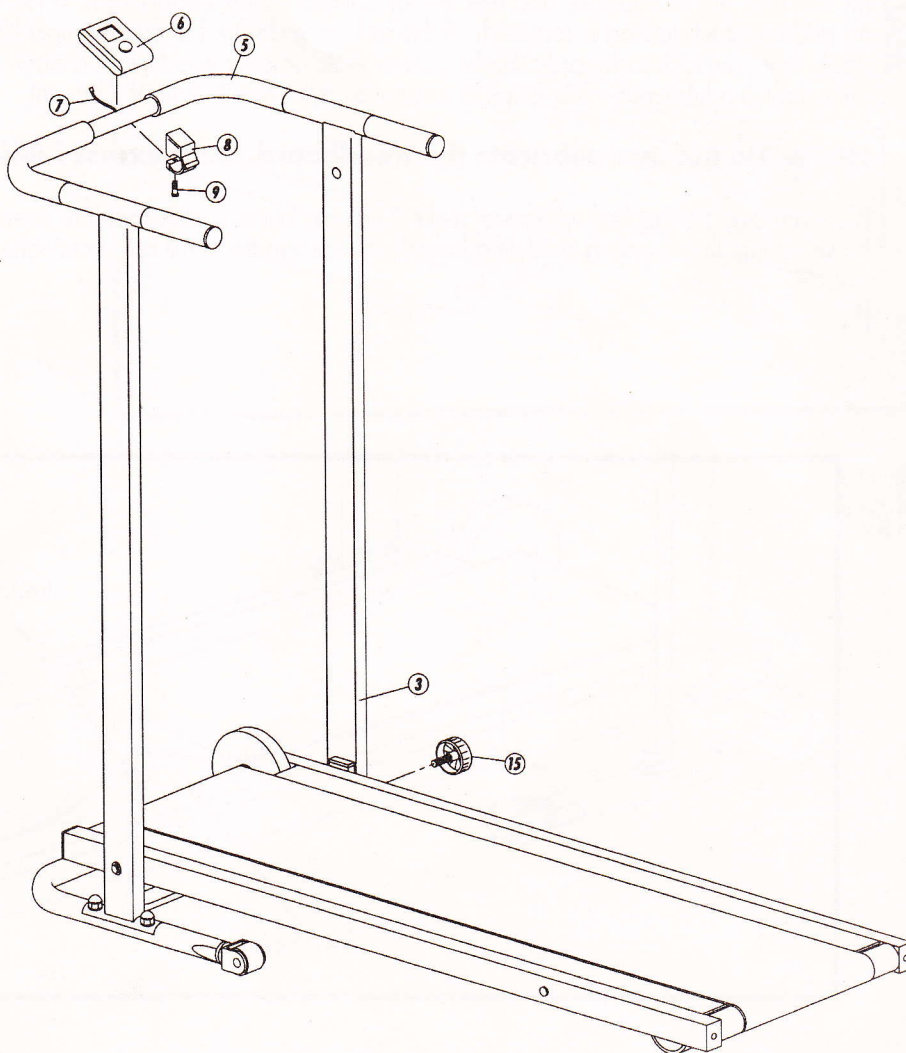


STEP 4

Attach the Computer Bracket (8) to the Handrail (5) and secure with Key Head Screw (9). Insert the Sensor Wire Connector (7) into the Computer (6). Slide the Computer (6) on the Computer Bracket (8).

Screw the Knob (15) into the bottom hole of the Right Side Hand Post (3).

Your Treadmill is now fully assembled.



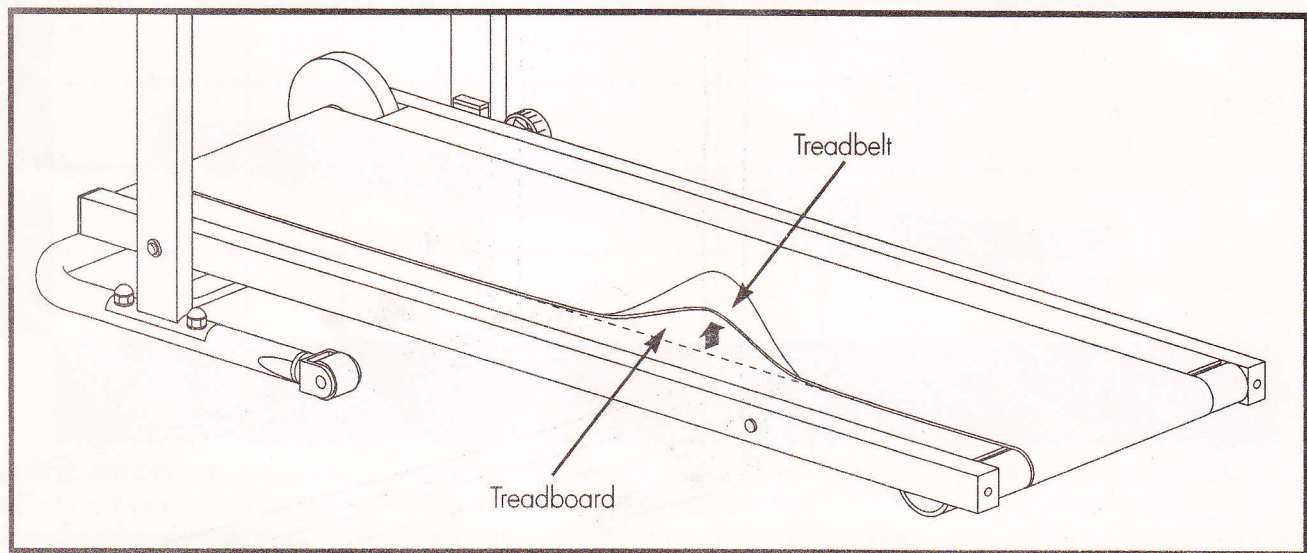
MAINTENANCE
Treadmill Lubrication

To reduce the friction (sticking) of the walking belt and minimize wear, a silicone lubricant or WD-40, may be applied directly to the Treadboard and underside of the Treadbelt.

Lift one side of the Treadbelt and feel the top surface of the Treadboard. If the surface is wet (slick) to the touch, than no additional lubrication is required. If the surface is dry to the touch, simply lift the Treadbelt and either spray or apply lubricant to Treadboard. Make sure to walk on your treadmill at a slow speed for the first 3-4 minutes of use after applying lubricant. This helps to ensure an even distribution of lubricant.

NOTE: Do not over lubricate the treadmill. Any excess lubricant should be wiped off.

Lubricant may be applied whenever sticking occurs, but is usually required every 50 hours of use. Please remember however that this is only a guideline based on average treadmill use, your schedule may vary.



Belt Adjustment

>If your Treadbelt tends to walk to the right, use your tool, included in the hardware kit, to rotate the right side six angle screw counterclockwise one or two rotations.

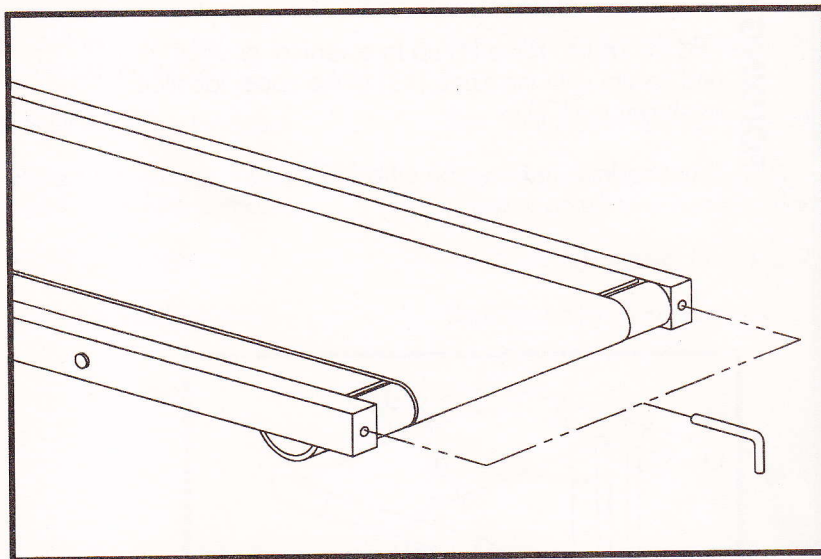
>If your Treadbelt tends to walk to the left, use your tool to rotate the left side six angle screw clockwise one or two rotations.

>If your Treadbelt is too tight, rotate the both six angle screws (right and left) counterclockwise.

>If your Treadbelt is too loose, rotate the both six angle screws (right and left) clockwise.

Belt Alignment

During transportation, the belt may have shifted to one side. Carefully tip the unit to one side and check to see that the walking belt is resting on the two guide hooks welded under the frame. If you find that the belt has indeed shifted, simply pull the belt toward the center of the unit, lift up on the belt, and reposition it so that it is once again resting on the guide hooks.



FOLDING STEP

To fold your treadmill for storage begin by removing the Knob (15) from its bottom location.

Fold the Main Frame (1) up to a vertical position and secure with the Knob (15) in the upper location as shown in FIG 1.

Your treadmill can now be wheeled away.

