

T674-16" OWNER'S MANUAL CONTENTS

SENZA SERIES DISCLAIMER TERMS	3
1. INTRODUCTION	4
2. SAFETY PRECAUTIONS	5
3. WARNING LABEL POSITION	9
4. LIST OF PARTS	10
5. ASSEMBLE THE PRODUCT	12
STEP 0 Preparation: Inspect the Walk Belt Placement.....	12
STEP 1 Data Cable Installation	13
STEP 2 Left and Right Pedestals Installation	15
STEP 3 Display Panel Installation	16
STEP 4 Left and Right Side Covers Installation	19
STEP 5 Move the Treadmill into Place for Use	20
STEP 6 Level the Treadmill	21
STEP 7 Align the Walk Belt.....	22
STEP 8 Adjust the Walk Belt Tension	23
STEP 9 TV Terminal and Network	24
STEP 10 Power Cord Installation	25
6. UNDERSTAND THE SENZA CONSOLE	26
DISPLAY Overview	26
DISPLAY Specifications	27
DISPLAY Safety Mechanism	27
DISPLAY Button Function	28
7. SAFETY TIPS FOR USING T674-16" TREADMILL	29
SAFETY TIPS Guidelines on Safety Mechanism	29
SAFETY TIPS Safety Operating Area	30
SAFETY TIPS Mounting and Dismounting Instructions	31
8. OPERATE THE PRODUCT	32
OPERATION Start Screen	32
OPERATION Start your (GO) workout	33
OPERATION Workout Programs	34
OPERATION During Exercise	36
OPERATION Select Entertainment	37

T674-16" OWNER'S MANUAL CONTENTS

OPERATION View Entertainment	38
OPERATION COOL DOWN	39
OPERATION Stop and Pause Exercise	39
OPERATION Workout Summary	39
OPERATION SA WELL+	40
OPERATION Energy Smart Function	41
OPERATION Idle Mode	41
9. ABOUT HEART RATE DETECTION	42
HEART RATE Telemetry	42
HEART RATE Contact	42
10. GUIDELINES FOR EXERCISE	43
11. MAINTENANCE	44
MAINTENANCE Safety Precautions	44
MAINTENANCE Error Messages	45
MAINTENANCE Precautions	45
MAINTENANCE Circuit Breaker	46
MAINTENANCE Lubrication System	47
MAINTENANCE Schedule	50
MAINTENANCE Task List	51
MAINTENANCE Maintenance Log	52
12. ACCESSORIES	53
ACCESSORIES Standard	53
ACCESSORIES Option	54
13. APPENDIXES	55
APPENDIXES Technical Specifications	55
APPENDIXES Wiring Diagram	56
APPENDIXES Exploded Diagram	57

*We reserve the right to revise this manual at any time without notice.

SENZA SERIES DISCLAIMER TERMS

A. Internet function:

A1. This machine provides only a web page browsing method for web page and video browsing.

A2. For web page videos, we support only Youku and YouTube.

Note: Some videos may not be viewed due to restrictions resulting from country policies, internal server firewalls, or video formats, etc.

B. IPTV:

This machine provides only basic OPEN IPTV (1280X720) browsing functions.

C. USB Video:

This machine provides only basic play functions for MP3, MP4 (H,264).

D. Bluetooth functions:

D1. Bluetooth Music (AVRCP V1.5)

Due to the many varieties of, and rapid changes in, mobile phone models, failure of a mobile phone to connect indicates that we currently do not support that phone.

D2. Bluetooth BLE 4.0 Heart Rate Strap

We only support POLAR-compliant Bluetooth BLE 4.0 Heart Rate Straps.

E. TV:

E1. This machine only supports viewing local free TV.

E2. This machine may be affected by the local environment, climate, equipment, etc., which may cause poor quality in reception and definition.

F. This machine does not support the installation of third-party APPs, which may affect its operating stability.

G. If any difference in content is found between this manual and the machine, please contact the local distributor for an electronic manual.

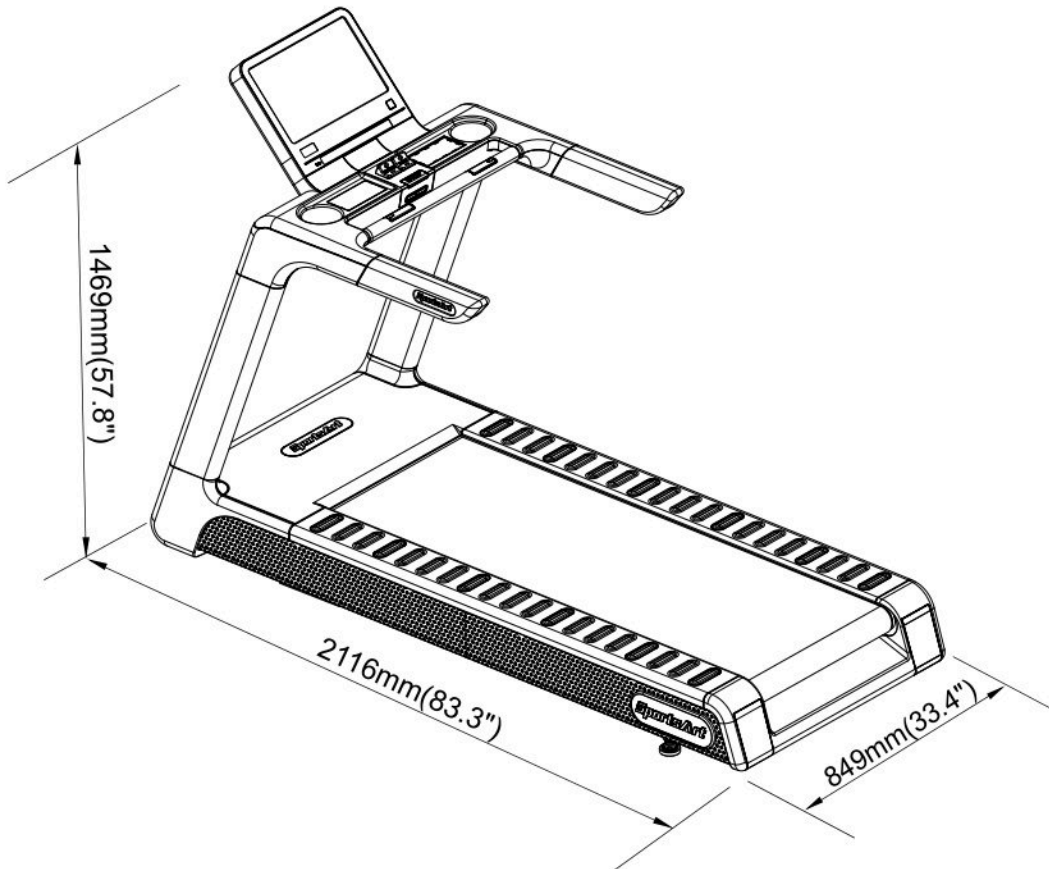
H. USB charger

Supports charging of GOOGLE-certified Android mobile phones, and Apple iPhone, iPad, iPad air, and iPad mini.

1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the T674 16" Senza Console treadmill. Constructed of high quality materials and designed for years of reliable performance, this product was made for full commercial use.

Before this product is assembled or operated, we recommend that you familiarize yourself with this manual. Understanding the correct assembly and operation of this product will help ensure that exercisers obtain their fitness goals safely and successfully.



2. SAFETY PRECAUTIONS

This product was designed and built for optimum safety. However certain precautions apply during the use of this product. Please note the following safety precautions:

- To reduce the risk of personal injury, read and understand all the instructions before using this product.
- Make sure the product is installed and operated as instructed in this manual. Be careful when mounting and dismounting the unit. The product shall be disconnected from its power source during service and installed and when replacing parts.
- Use this product only for the intended use described in this manual.
- Check the product before every use. Make sure all parts are assembled, and all fasteners are tightened. Do not use the product if it is disassembled in any way.
- Do not leave your device unattended while in use.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water (including swimming pools and saunas) and should not be used where aerosol (spray) products or oxygen are used. Do not operate on a blanket or near flammable materials.
- Keep all air ventilation areas free of blockage. Never drop or insert into any opening.
- Treadmills should be positioned away from walls to avoid injury due to falls. Be sure that the back of the treadmill has at least six to seven feet of clearance from a ledge, wall or window. The power supply and wiring should be located away from walking paths or taped to prevent tripping when stepping on or off of the running belt.
- Do not stand on the walk belt when starting the treadmill. Straddle the belt with your feet on the right and left landing strips.
- Wear appropriate workout clothes, don't wear loose clothing, tie all long hair back, wear shoes with rubber or high traction soles, don't wear shoes with leather soles/high heels or barefoot use this product.
- Never place liquids of any type directly on the unit, except in a bottle holder or accessory tray. Lidded containers are recommended.
- Always use the safety key when operating the product.
- Use the handrails whenever additional stability is required. In case of emergency, such as tripping, the user should grab the handrails and place his/her feet on the side platforms. The handrails may be held to enhance stability as needed, but are not for continuous use.
- Keep away from moving parts. Moving parts may or may not stop immediately if an object becomes caught or impedes normal motion.
- To Avoid Injury, use extreme caution when stepping onto or off of a moving belt.
- Never operate this product if it has been damaged in any way. If it is not working properly, if it has been dropped or damaged, or dropped into water, contact a service technician for repairs.

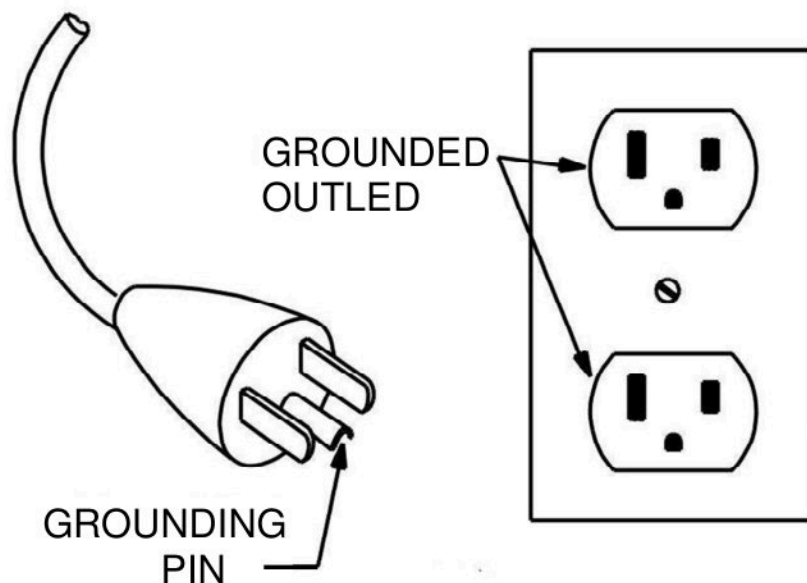
2. SAFETY PRECAUTIONS (CONT.)

- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt). Such parts might cause injuries or cause the unit to fail and void the warranty. We will not be responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- Keep all air ventilation areas free of blockage. Never drop or insert any object into any opening.
- Unpack and verify contents of boxes according to the list of parts to check if any parts are missing. If the product is damaged or missing, contact your SportsArt representative to find out all the materials that were damaged during shipping. (Note: Transport damage is the responsibility of the carrier.)
- This product is not intended for use by persons (including children 14 or younger) with reduced physical, sensory, or mental capabilities, or by people who are otherwise deficient in product knowledge or experience. If such people use this product, they should be given training and be supervised at all times by someone responsible for their safety.
- CAUTION : The heart rate system is for reference only, if you feel any pain or any abnormal feeling, please stop Exercise and consult your doctor immediately.
- Consult your physician before starting a workout or training program. It is recommended that you undergo a complete physical examination. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- WORK within your recommended exercise level. DO NOT work to exhaustion.
- Before using this equipment to exercise, always do stretching exercises to properly warm up.
- Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
- WARNING! Only qualified technicians should be allowed to contact electrical components such as circuit boards. Some components carry an electrical charge even after use has been discontinued or the product has been unplugged. For products with power cords, turn off unit power, wait 10 minutes, then disconnect the power cord from the power socket. For products without power cords, let the unit sit without use for 10 minutes. Only after taking such precautions should covers be removed and electrical components be accessed.
- Do not attempt to drag or carry this unit by the power cord. Keep the power cord away from heated surfaces.
- Do not attempt to modify the plug provided with this product. Proper power supply must be provided. If the plug does not fit an outlet, contact a qualified electrician to inspect or modify power in the facility.

2. SAFETY PRECAUTIONS (CONT.)

- This product must be grounded. If it should malfunction or breakdown, Improper grounding can increase the risk of electric shock. The product is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Check with a qualified electrician if you are in doubt as to whether the power outlet is properly grounded.
- Noise emission under load is higher than without load.
- This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If the user desires to correct the interference, it is at the user's own expense.
- In conformity with the European Union Machinery directive 2006/42/EC, this equipment runs at sound pressure levels below 70 dB(A) at the average operating speed of 12 km/hr.
- The recommended minimum operating temperature is 15 degree Celsius.
- The user weight limit for this product is 205 kg, 450 lb.
- At maximum speed, this product meets standards for users up to 100 kg, 220 lb.

If the product is used in a nominal 120V circuit and the rated current is less than 15A with a grounding plug, use a plug like the one shown below:



2. SAFETY PRECAUTIONS (CONT.)

MARKINGS

CAUTION:

(Console)

- Read instruction manual before using.
- Do not let children on or near the product.
- To reduce the risk of injury, stand on side rails before starting treadmill.
- To reduce the risk of injury from moving parts or electric shock, unplug before cleaning or servicing.

WARNING:

(Console)

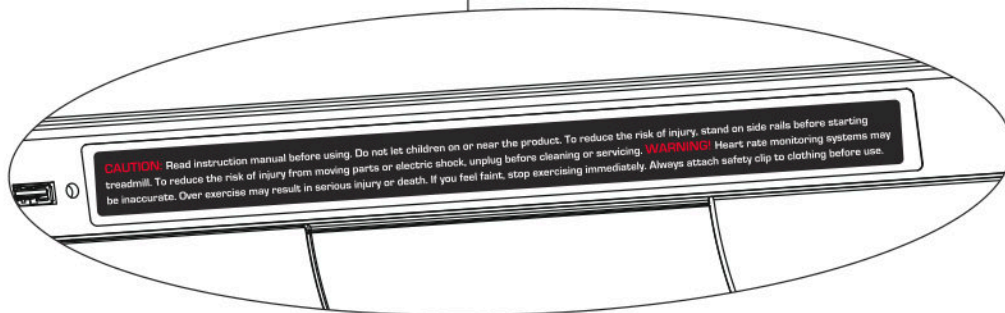
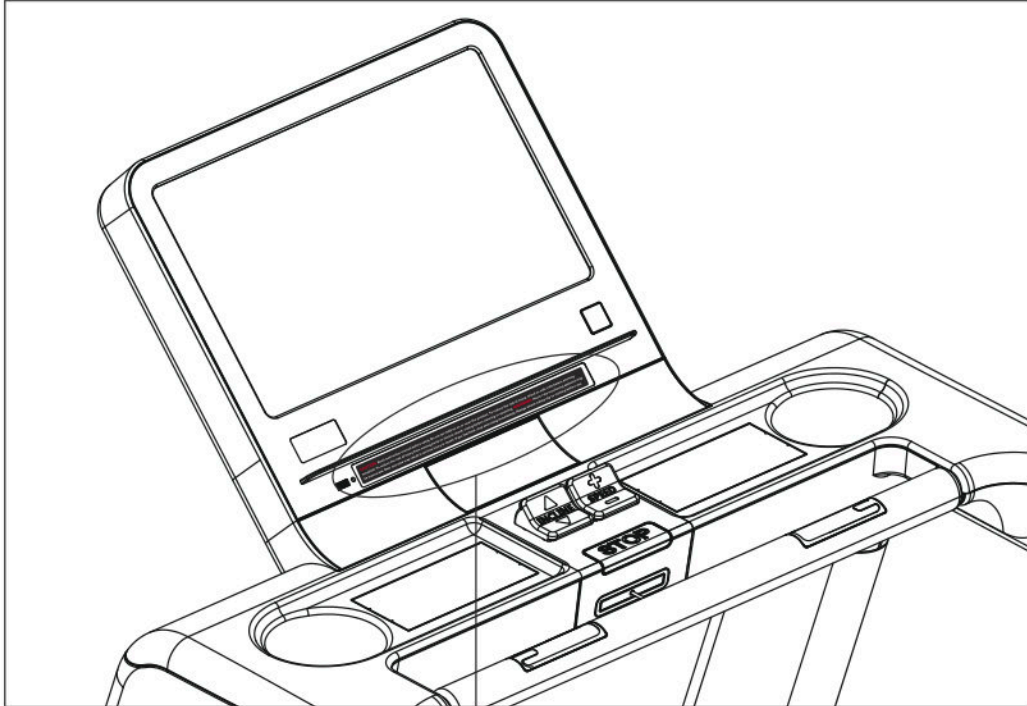
- Heart rate monitoring system may be inaccurate.
- Over exercise may result in serious injury or death.
- If you feel faint, stop exercising immediately.
- Always attach clip to clothing before use.

(Safety key)

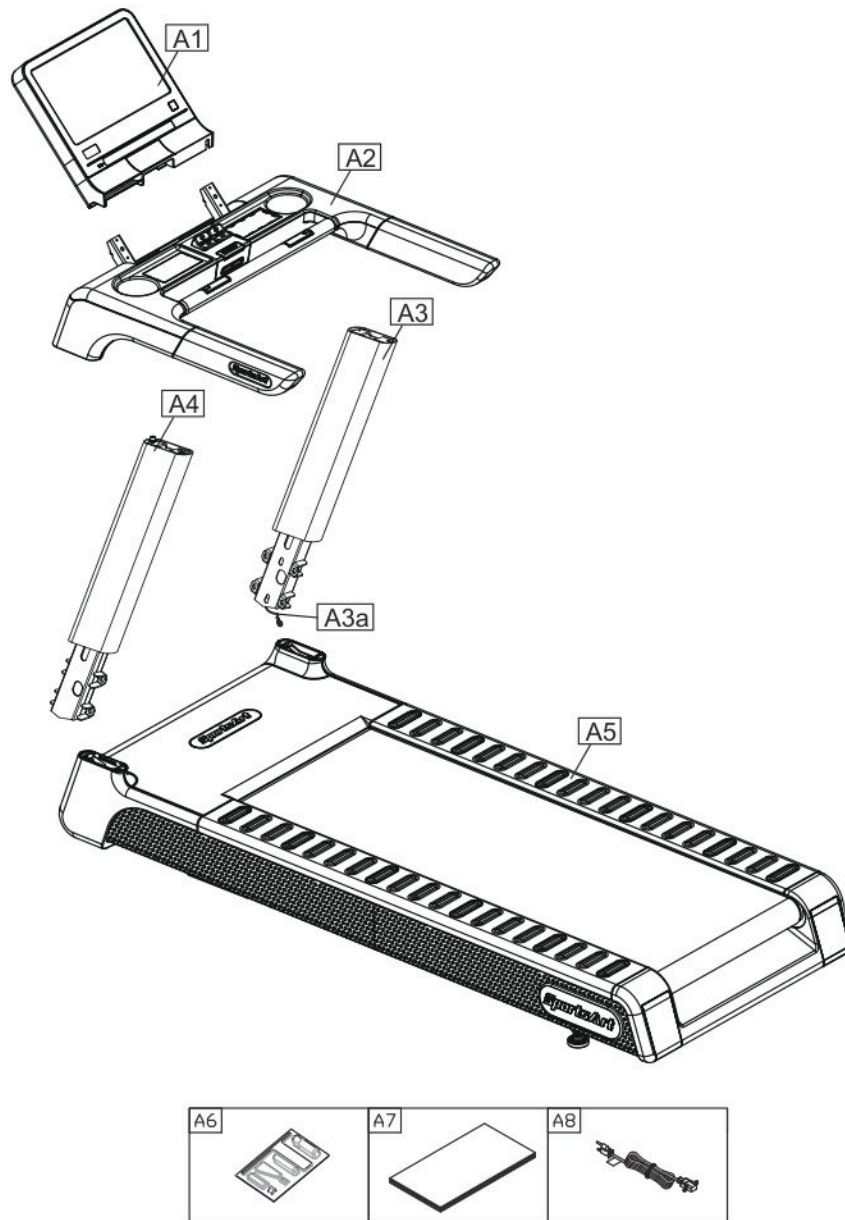
- Adjust the lanyard length if necessary.
- During use, clip safety key onto clothes securely in case of unexpected falling.
- When not in use, remove safety key! Store safety key out of reach of children.

3. WARNING LABEL POSITION

If you are in a Non-English speaking country, you can attach the warning label to the console panel as shown, otherwise, you can also stick it on a place where is clear and obvious. (please use the French version label in French-Speaking areas in North America, and the label will not be included in the other regions.)



4. LIST OF PARTS



Assembly Parts					
No.	Name	Qty.	No.	Name	Qty.
A1	Display panel	1	A6	Hardware kit	1
A2	Handlebar assembly	1	A7	Owner's manual	1
A3	Right pedestal	1	A8	Power cord	1
A3a	Feeder cord	1			
A4	Left pedestal	1			
A5	Main frame	1			

4. LIST OF PARTS (CONT.)

Components on the Product			
No.	Name	Specification	Notes
41	Flat washer	D22*d8.5*t3.0	
	Spring washer	M8	
	Inner hex screw	M8*P1.25*L20	
42	Toothed lock washer	D18*d8.5*t2.0*19T	
	Spring washer	M8	
	Inner hex screw	M8*P1.25*L20	
43	Inner hex screw	M6*P1.0*L12	
	Flat washer	D16*d6.3*t2	
44	Hex socket flat head cap screw	M10*P1.5*L20	
45	Mushroom top philips screw	M4*L12	
46	Mushroom top philips screw	M4*L12	

Hardware Kit				
No.	Name	Qty.	Specification	Notes
	Plastic fastener POM primary color + foam	6	F0P2N-XX-01-0000G	
	T-shaped Allen wrench	1	M5	
	Dual-Use screwdriver +black shank	1	Flathead / Philips head	
	T-shaped Allen wrench	1	M6*L108	
	Screw socket	4	SGN-07	
	Double open-ended wrench	1	22mm*24mm	
	L-shaped Allen wrench	1	M6*L133mm*W28	

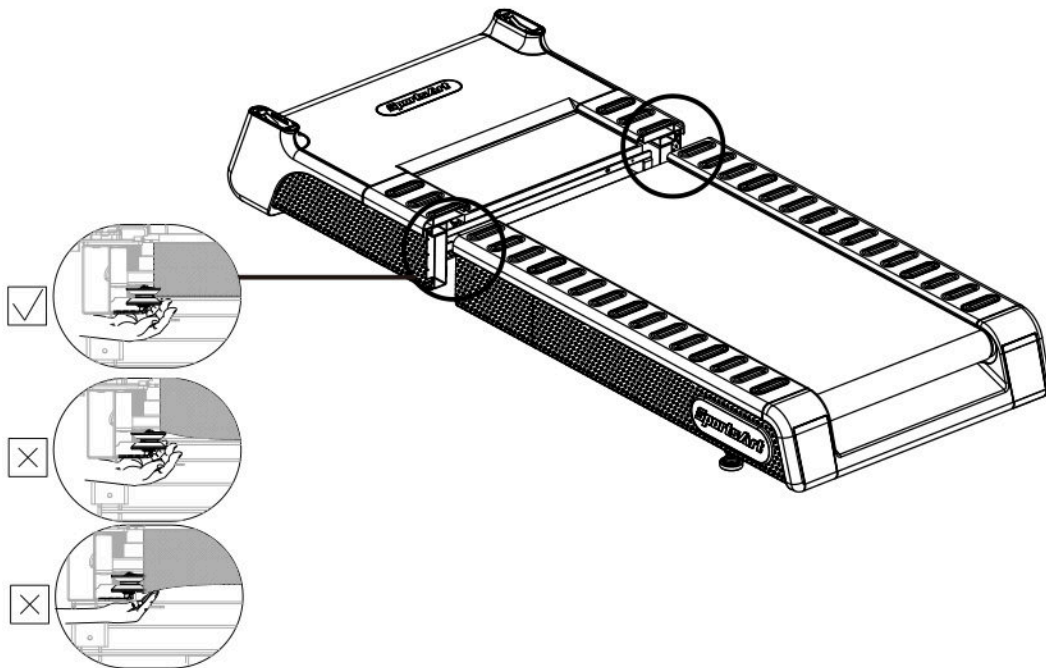
5. ASSEMBLE THE PRODUCT

Follow instructions below to assemble this product. Note that in this manual the words “left” and “right” are used to refer to the product and its parts. As such, these designations correspond to the “left” and “right” sides of a person in position to exercise on this product. Also, for brevity, the word “screws” or “nuts” is used where washers and other hardware may be involved.

STEP 0 Preparation: Inspect the Walk Belt Placement

Inspect the position of the walk belt in relation to the guide rollers. The walk belt should be in the groove of the guide rollers (image V). Make sure that the walk belt is not outside of the groove of the guide rollers (image X).

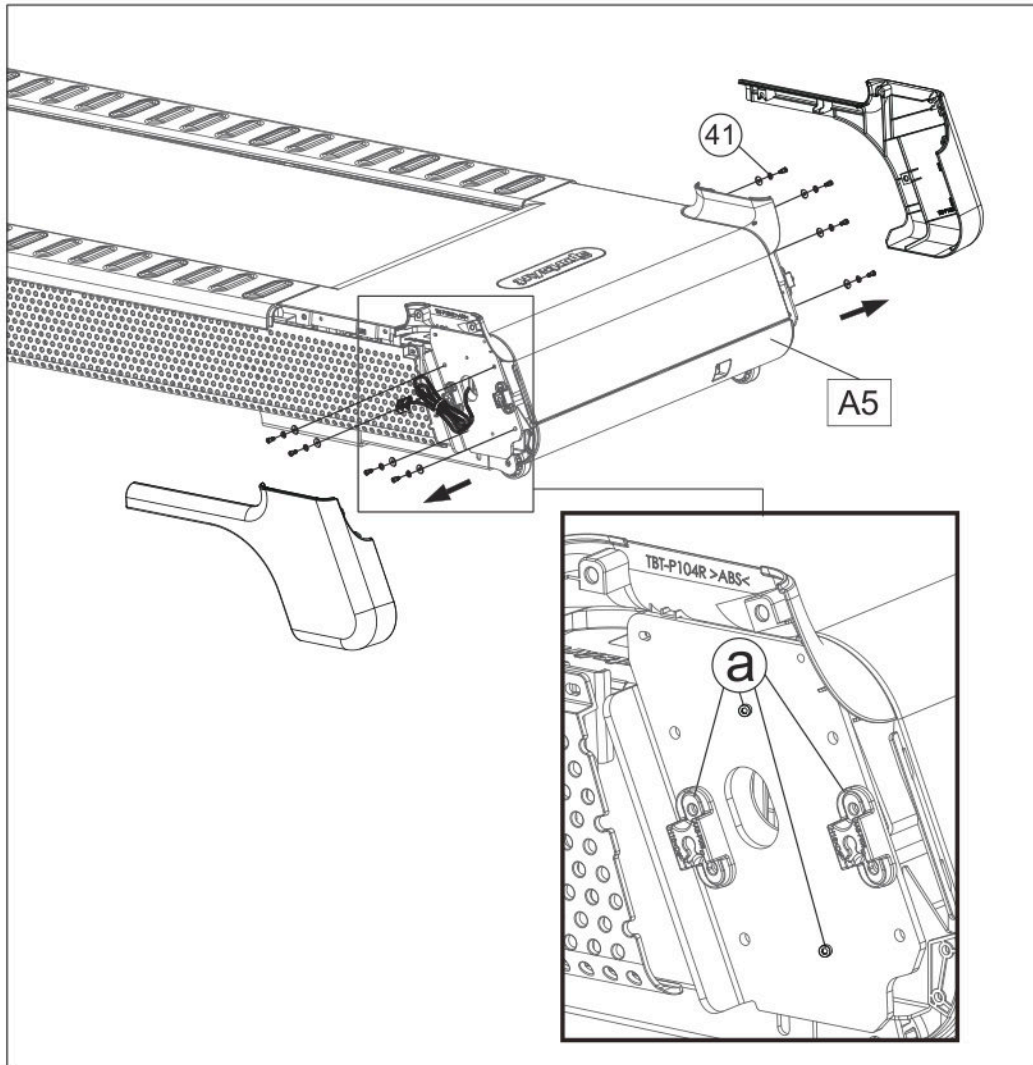
If the walk belt is in the wrong position, press the walk belt into the groove of the guide rollers and adjust walk belt tension according to the instructions in this manual.



STEP 1 Data Cable Installation

1. Remove the screws (41) from the left and right sides of the main frame (A5).

Note: DO NOT remove the screws and mounts in area A.



STEP 1 Data Cable Installation (Cont.)

2. Follow steps (a) through (e) to thread the data cable into right pedestal (A3).

(a) Pull out the data cable from the right pedestal base. Cut the zip tie, and uncurl the data cable.

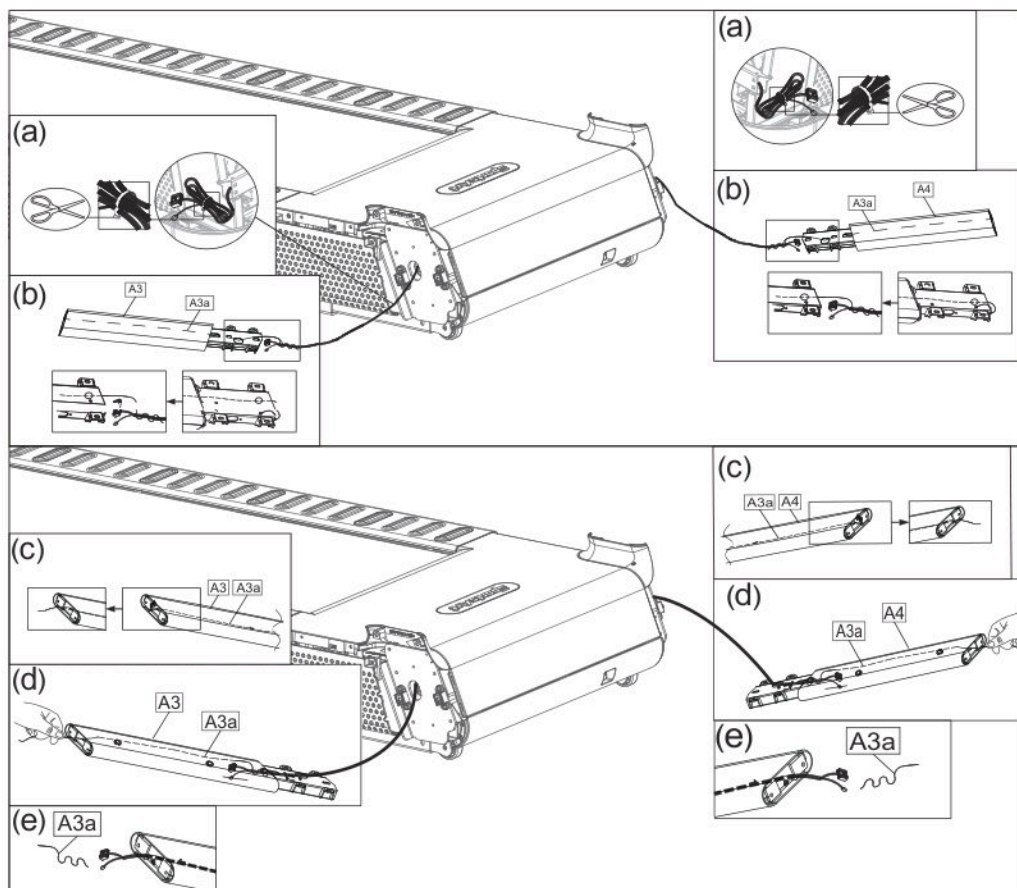
(b) Place the right pedestal (A3) on the floor as shown, with the bottom end facing the data cable. Detach the feeder cord (A3a) from the base of the pedestal, and tie the low end of the feeder cord (A3a) onto the top of the data cable.

(c) Disconnect the feeder cord at the top of right pedestal (A3).

(d) Pull the feeder cord (A3a) from the top of the right pedestal (A3) as shown, thus threading the data cable through the right pedestal (A3).

(e) Once the data cable has been threaded through the pedestal, untie the feeder cord (A3a) from the data cable.

Note: Repeat the same steps for the left pedestal.



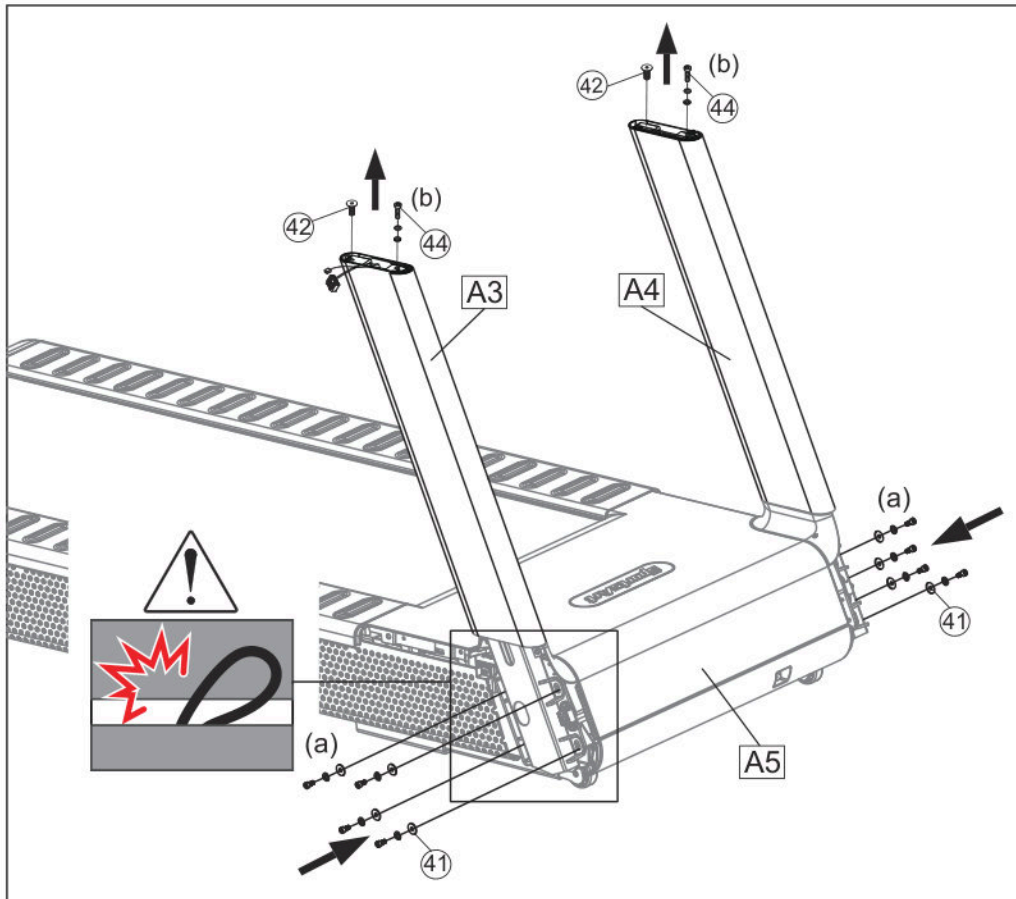
STEP 2 Left and Right Pedestals Installation

Follow steps (a) through (b) to install left and right pedestals (A3)(A4).

(a) Attach left and right pedestals (A3)(A4) to the main frame (A5), and use screws (41) to secure the assembly.

Note: Make sure the data cable is not pinched when installing the right pedestal (A3).

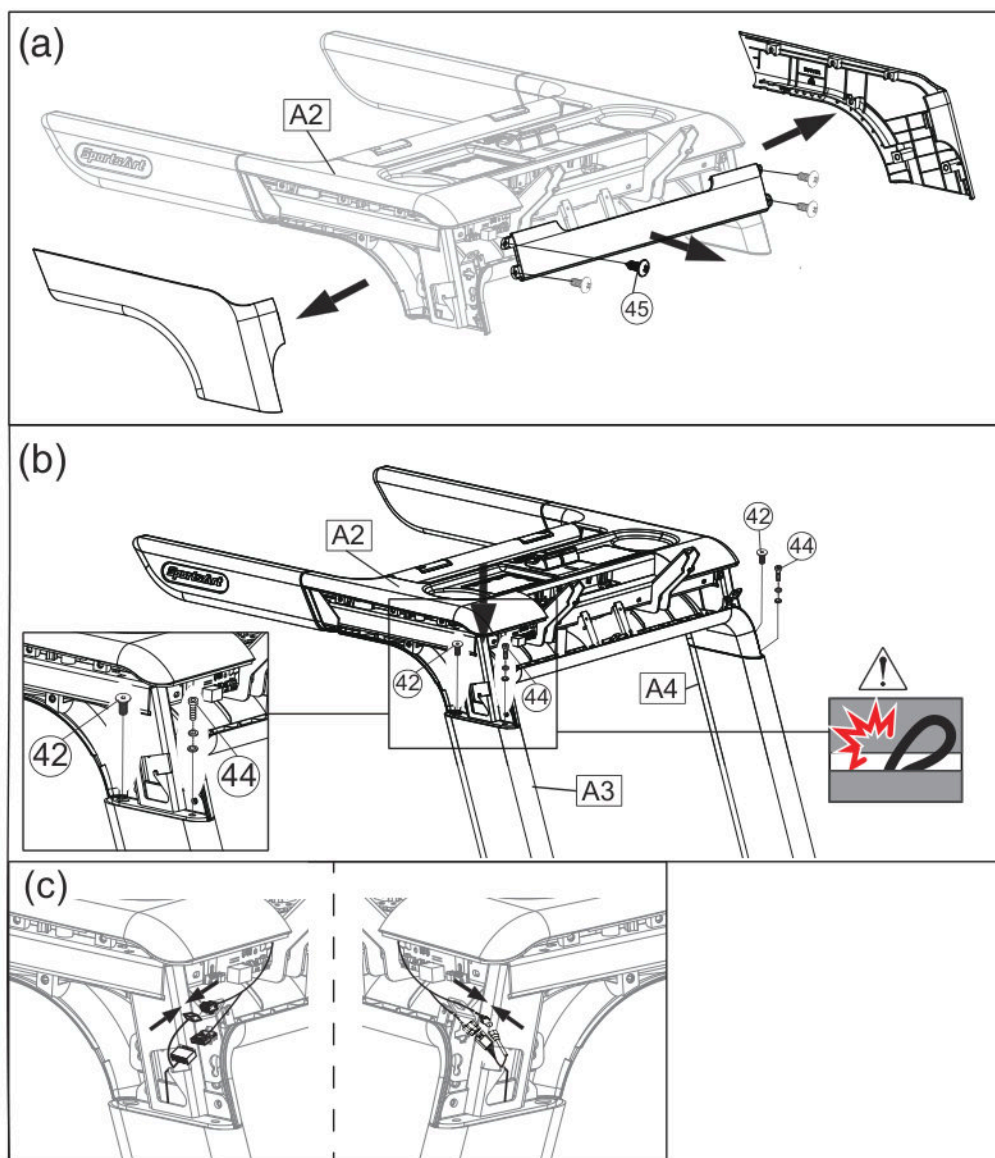
(b) Remove screws (42)(44) from left and right pedestals (A3)(A4).



STEP 3 Display Panel Installation

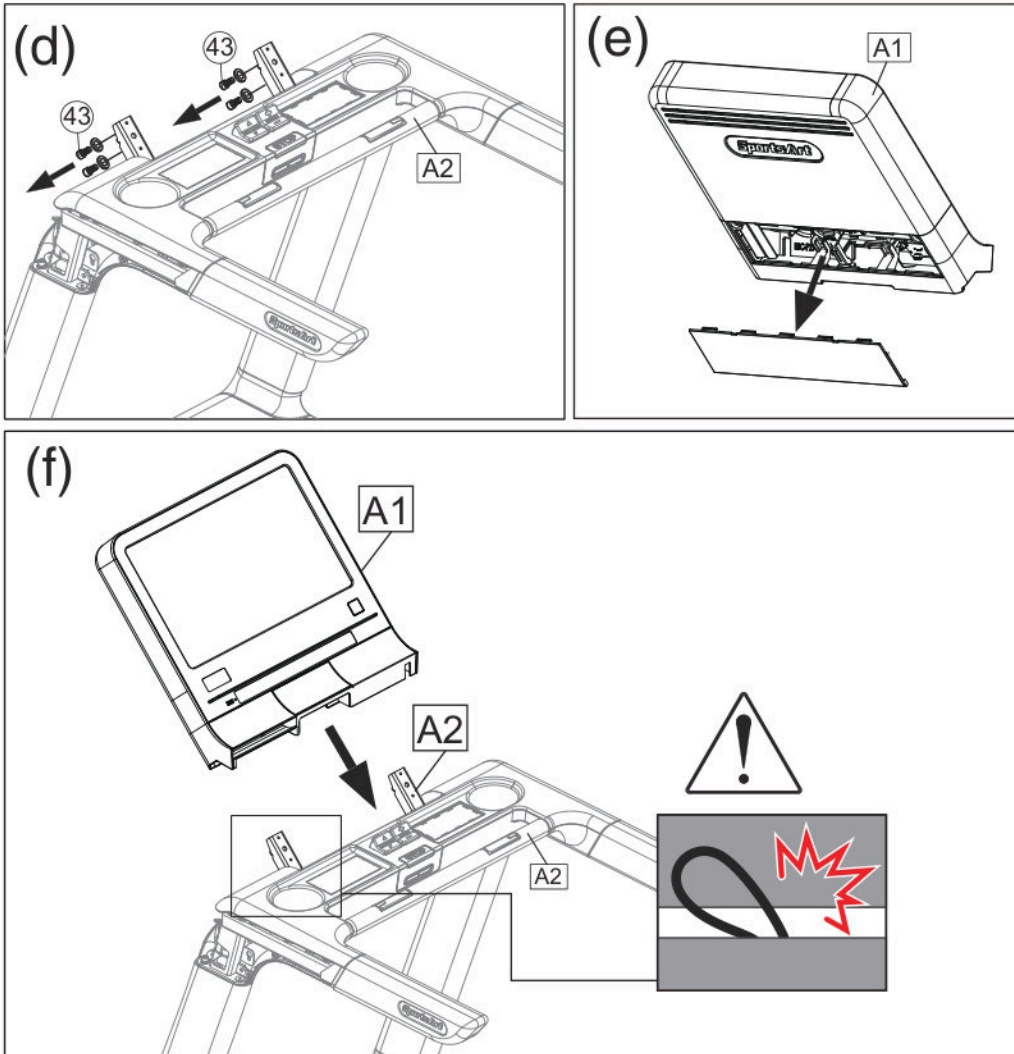
Follow steps (a) through (j) to install the display panel.

- (a) Remove the left and right covers from the handlebar assembly (A2), and then loosen the screw (45) to remove the front cover.
- (b) Attach the handlebar assembly (A2) to the left and right pedestals (A3) (A4), then mount screws (42) (44) in position. After all screws on the left and right pedestals (A3)(A4) were mounted in position, fully tighten all mounting screws to secure the assembly. (Note: Make sure the data cable is not pinched.)
- (c) Install the connectors in the handlebar assembly (A2) on the data cables in the left and right pedestals (A3)(A4) as shown.



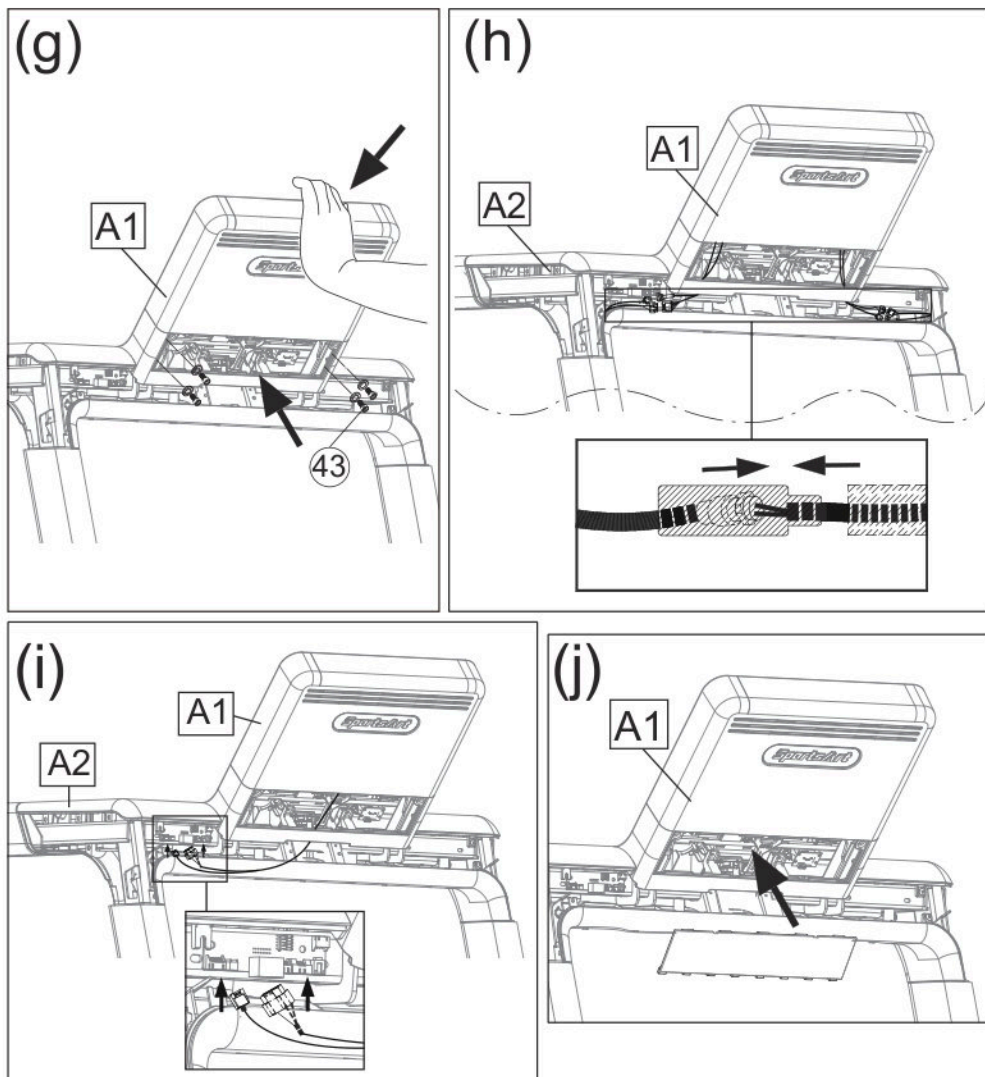
STEP 3 Display Panel Installation (Cont.)

- (d) Remove screws (43) from the handlebar assembly (A2).
- (e) Remove the rear cover of the display panel (A1).
- (f) Insert the display panel into the 2 mounting brackets on the handlebar assembly (A2). Gently press down on the display during installation to avoid the front edge of display protrudes over the storage tray.
(Note: Make sure the data cable is not pinched)



STEP 3 Display Panel Installation (Cont.)

- (g) Hold the display with one hand, gently tilt it forward, then press it downward. Use screws (43) to secure the display panel to the mounting brackets on the assembly.
- (h) Connect the display panel cables (A1) to the cables coming from the circuit board and handlebar assembly (A2). Push cable bushing forward to cover the connectors, and arrange all the cables neatly inside the display panel.
- (i) Connect the display panel cables (A1) to the control board (a3).
- (j) Finally, fully tighten the screw (43) to secure the assembly, and put the cover back on.

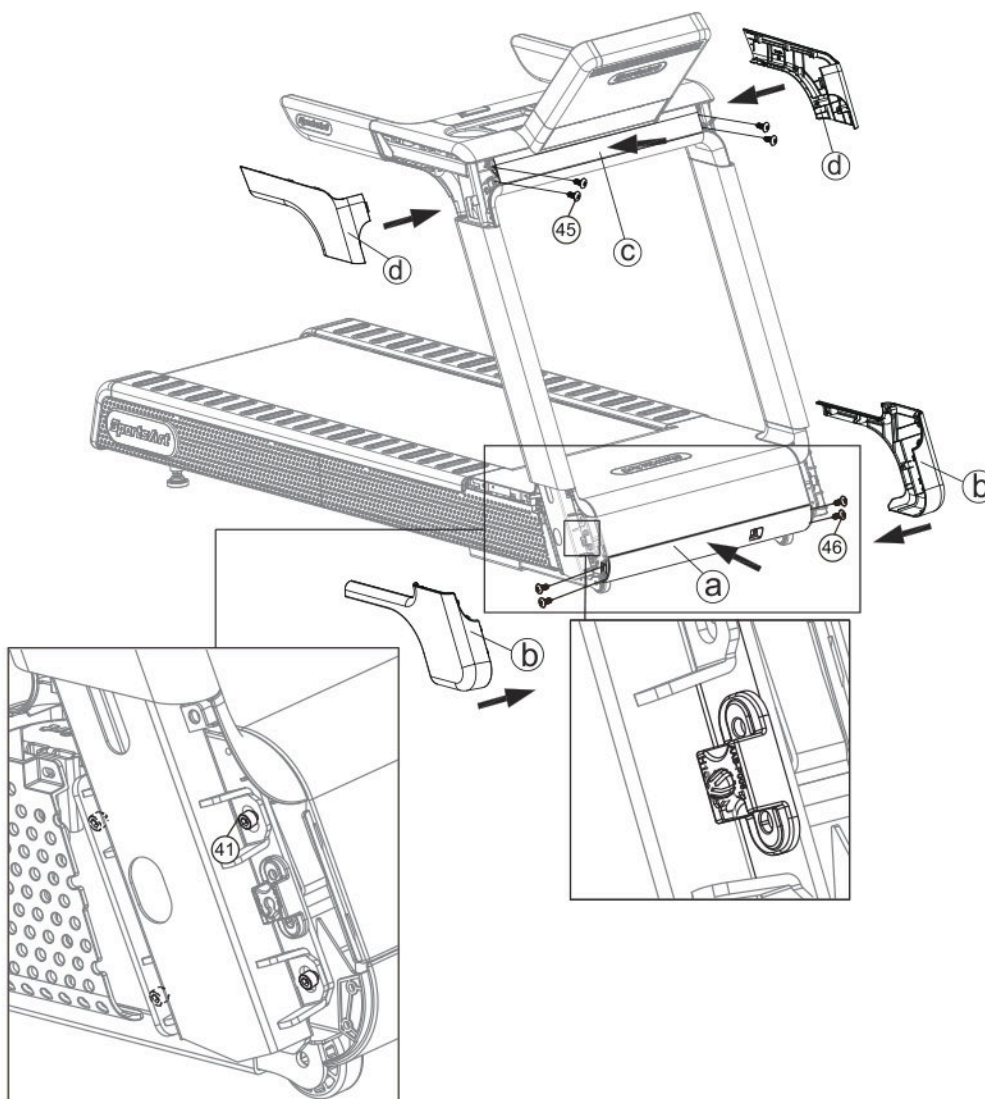


STEP 4 Left and Right Side Covers Installation

- (a) Tighten screws (41) that secure the pedestals to the mainframe, and secure the switch protective cover (a) using screws (46), then put the left/right side covers of the main frame (b) on.

Note: Be careful not to damage or destroy the fixing kit when assembly and dismantling the side covers.

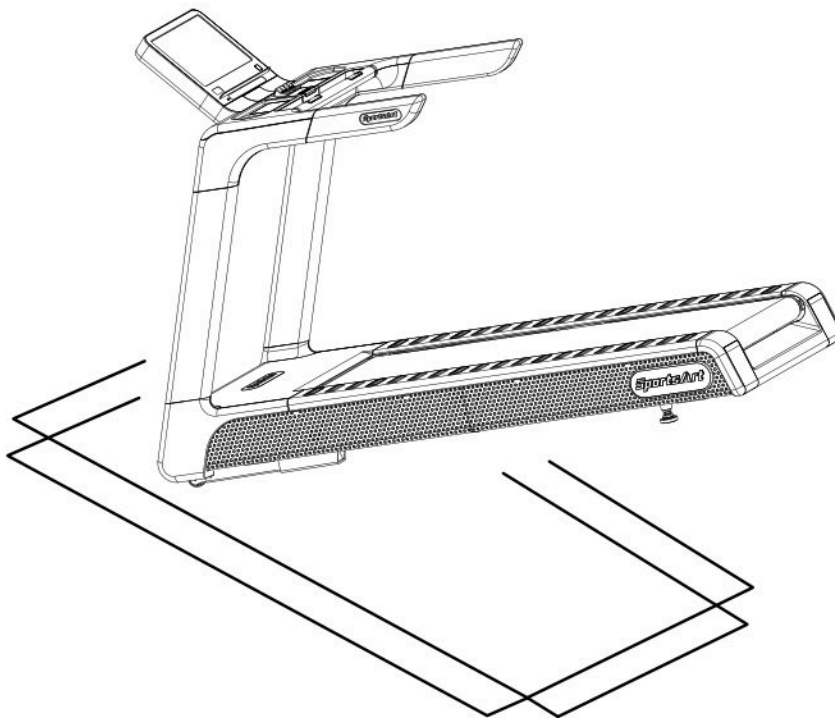
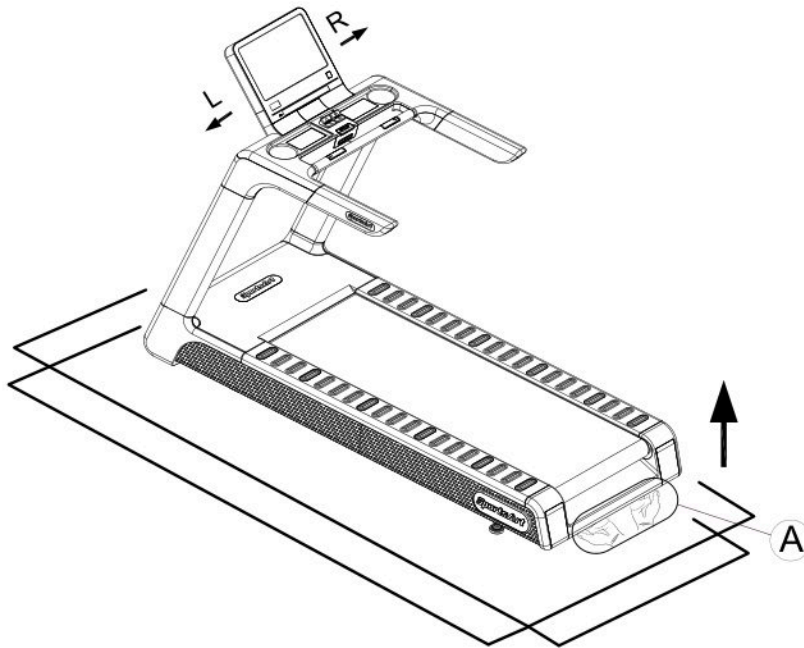
- (b) Secure the front cover of the handlebar (c) with screws (45), and then put the left/right side covers of the handlebar (d) on.



STEP 5 Move the Treadmill into Place for Use

Hold the rear of the walking deck in area A, and then lift the treadmill to roll it into desired position.

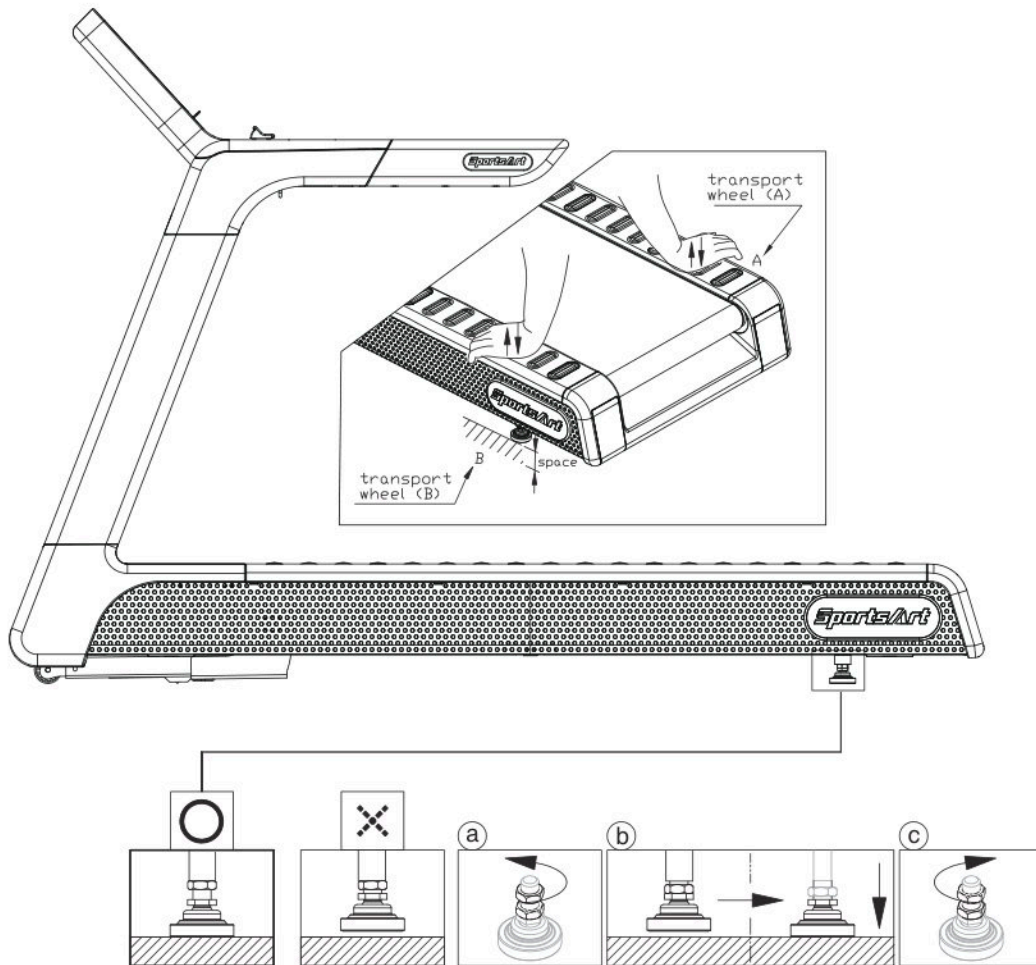
Warning: Do not place the treadmill on a thick carpet or rug as it may interfere with the walking belt. Place a wooden board on the carpet to keep carpet fibers out of the treadmill if unavoidable.



STEP 6 Level the Treadmill

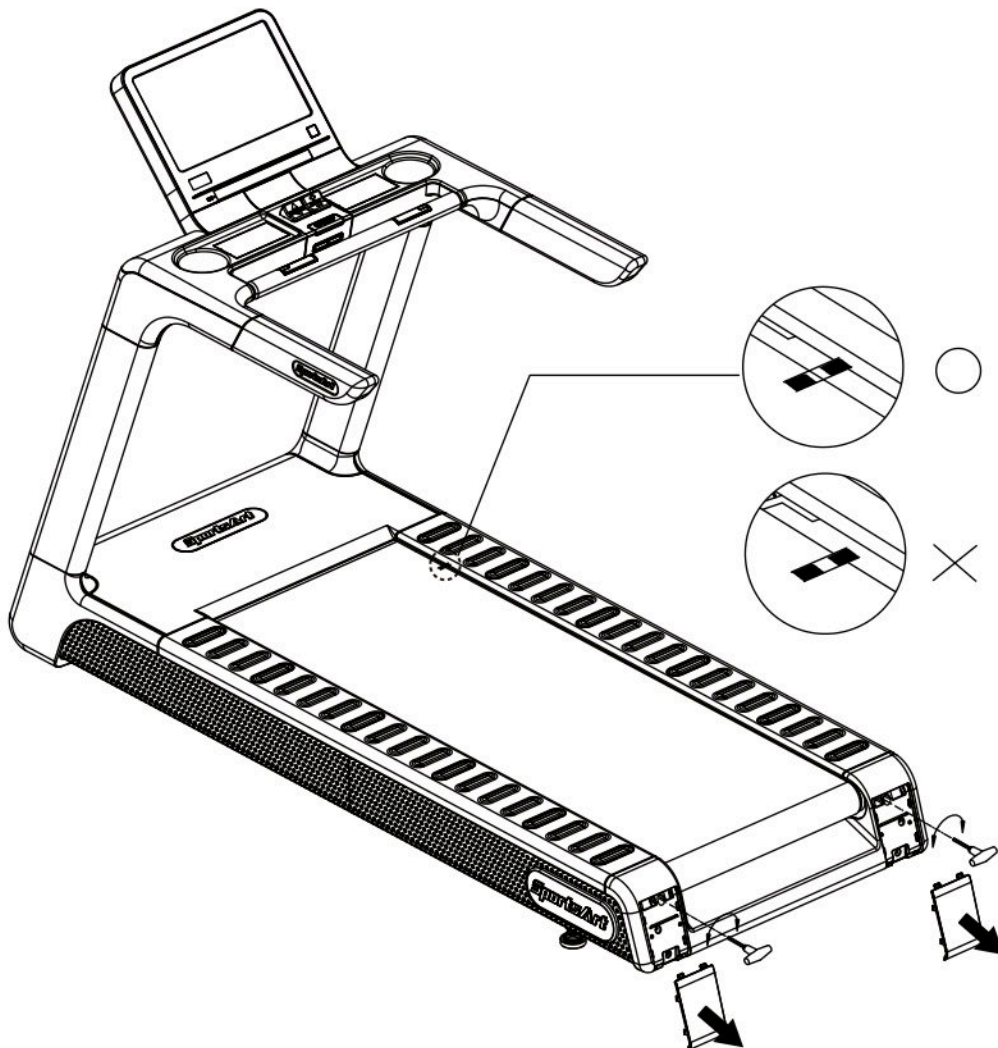
Press downward on the rear part of the treadmill as shown. Inspect whether the treadmill rests flat on the floor. If the treadmill wobbles, adjust treadmill levelers as follows:

- (a) Loosen the lever nut.
- (b) Rotate the leveler foot downward until touching the floor.
- (c) Rotate the leveler nut upward against the frame of the product to secure this position.



STEP 7 Align the Walk Belt

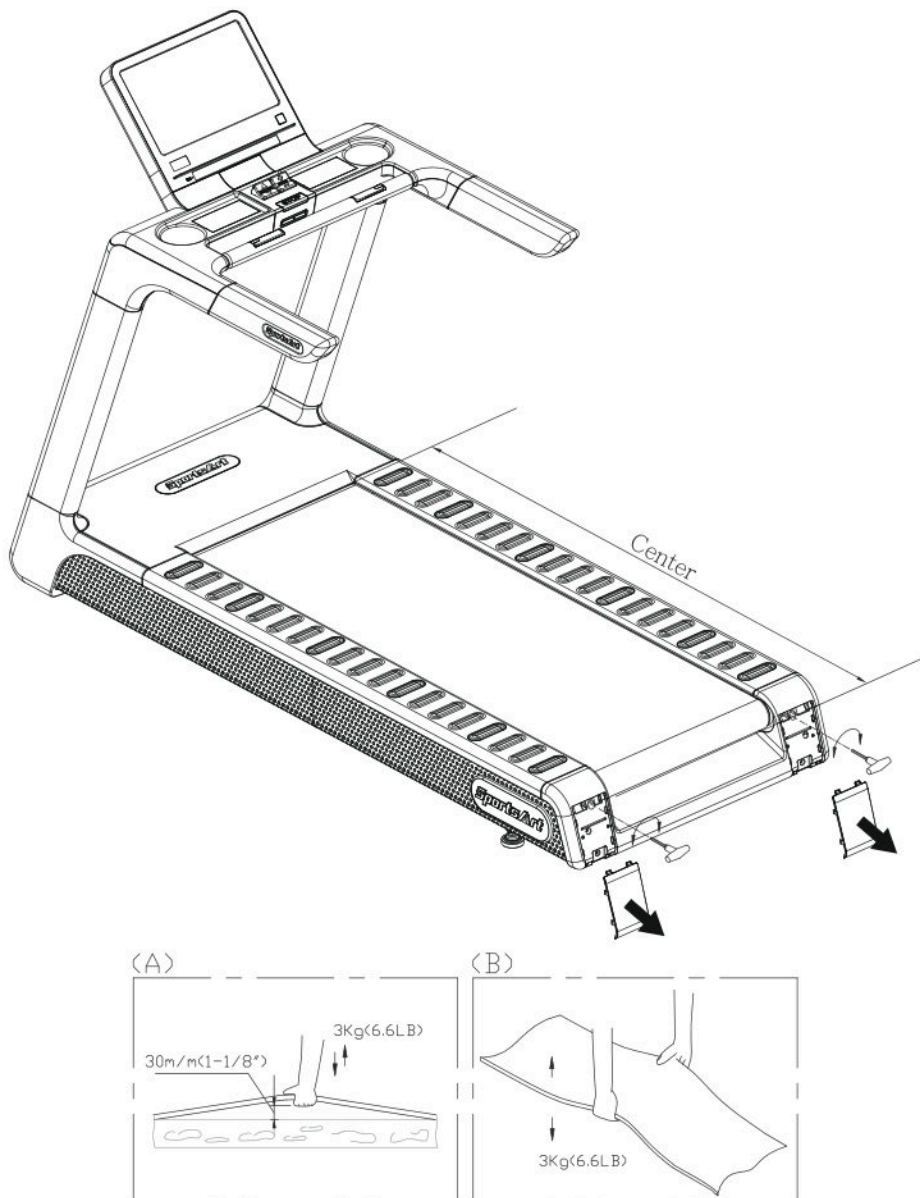
- (a) First, make sure the treadmill is on a level surface and the incline is at 0% .
 - (b) Start the speed at a lower rate of 3kph/2.5mph to check if the walk belt is aligned and if there is an equal amount of space between walk belt and side-rails on both sides. Remove the rear cover and turn the rear roller adjustment screw to adjust the walk belt if there is misalignment.
 - (c) Put the speed up greater than, or equal to 15kph to ensure the belt is aligned.
 - (d) Check if the walk belt falls in the middle of 2 green labels in the front of the deck. Just slightly off center is acceptable.
 - (e) Let the treadmill run for 2 min., and check if the walk belt is shifted off-center, if so, go back to step (d) for readjustments.
 - (f) Finish adjustment and walk belt is aligned.
- * Make adjustments as needed, but avoid turning rear roller screws more than one quarter rotation at a time.



STEP 8 Adjust the Walk Belt Tension

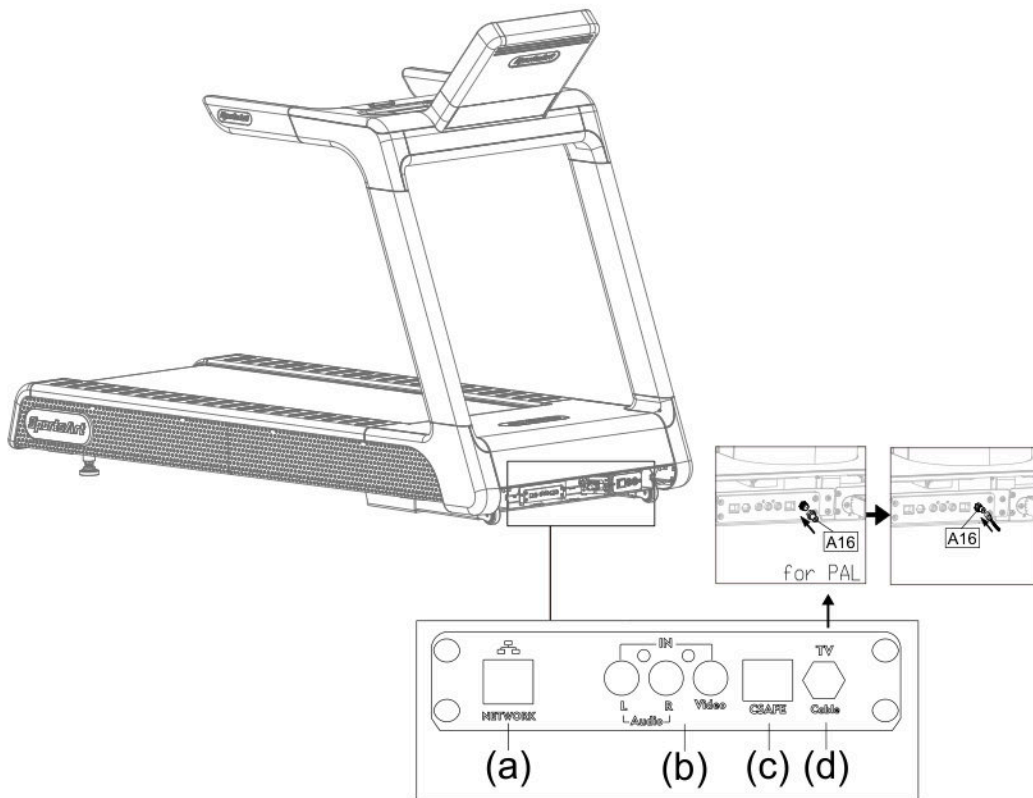
Walk belt tension is important to treadmill performance. As your foot hits the walk belt, does the walk belt stop sluggishly before regaining traction? Or, if you stomp your feet, bracing against the direction of rotation, does the walk belt not pause whatsoever? When either of these conditions occurs, walk belt tension should be adjusted. To further examine walk belt tension, lift both sides of the walk belt at the center of its length (shown in figure A & B below). The walk belt should rise 30m/m (about 1 1/8"). A hanging gauge, should measure the weight at 3Kg or 6.6lb.

Adjust the tension if it differs from this specification. If the walk belt is too loose, use a hex wrench to rotate rear roller screws one-quarter turn clockwise at a time. If the walk belt is too tight, use a hex wrench to rotate rear roller screws counterclockwise one-half turn at a time. Test walk belt tension after each adjustment and repeat the process until the tension is right. Do not rotate the screw more than 720 degrees.



STEP 9 TV Terminal and Network

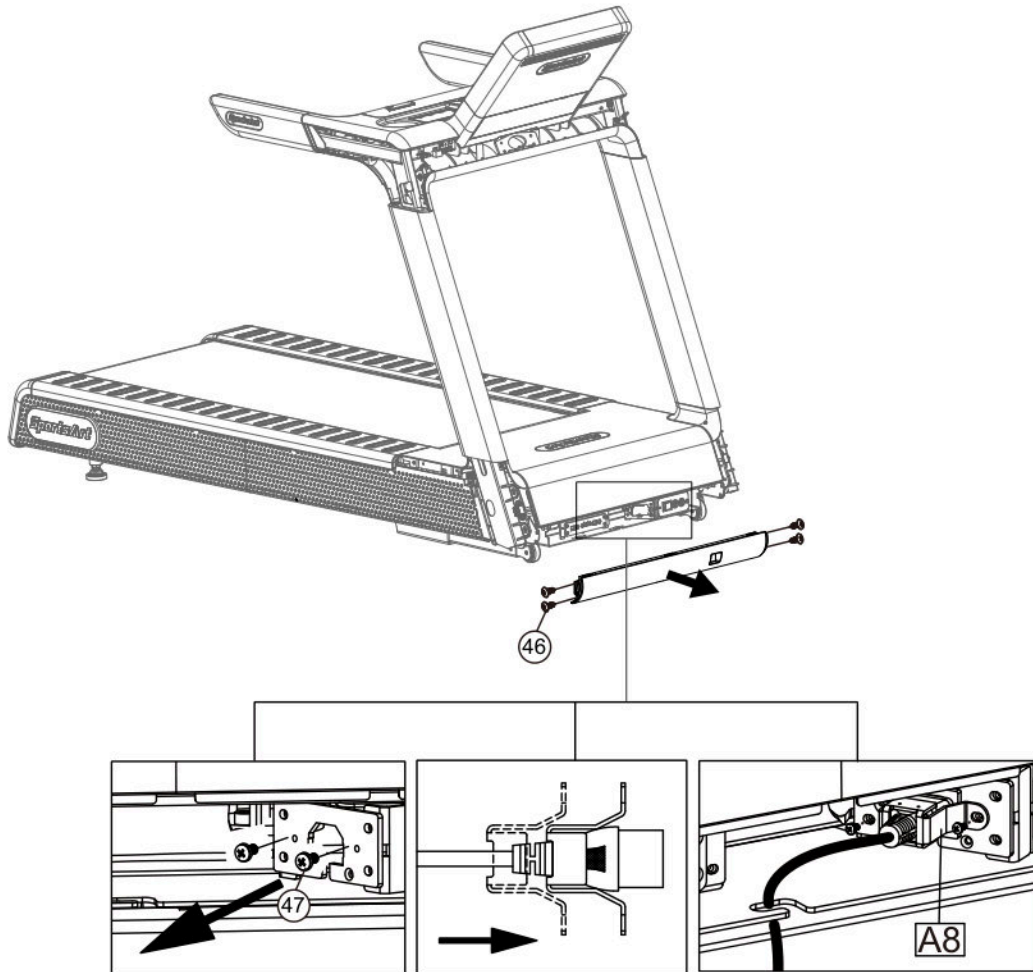
- (a) NETWORK: Connect to Ethernet.
- (b) AV Terminal: Connect to DVD Player or Media Player.
- (c) The equipment supports MYE Wireless TV Audio_Channel Receivers and is fully compatible with CSAFE protocols
- (d) TV: Convert any PAL/NTSC signal from any AV source to selectable output of PAL or NTSC. For PAL regions, please connect the composite video cable to video input of the television and video output of your equipment to convert the input PAL signal to any specified output source.



STEP 10 Power Cord Installation

- (a) Loosen screws (46) to remove the switch protective cover.
- (b) Remove screws (47) from the power connector on the product.
- (c) Insert the power cord plug into the connector on the product.
- (d) Use screws (46) to secure the power cord plug (A8) into place.
- (e) Insert the other end of the power cord (A8) into a proper power socket and thread the power cord out from the bottom as shown.

Note: the figure below is for reference purposes only.



6. UNDERSTAND THE SENZA CONSOLE

DISPLAY Overview

T674 16" Senza Console are designed to help users obtain their fitness goals in a simple and convenient way. Before using the treadmill, please familiarize yourself with the functions of this display console to obtain optimum benefits and enjoyment from this product.



No.	Description	No.	Description
1	QR Code \ NFC tag	6	Wake button
2	USB port	7	Headphone Jack
3	SA WELL+	8	Speed Toggle Switch (SPEED + -)
4	Incline Toggle Switch (INCLINE+ -)	9	Safety key
5	STOP key		

DISPLAY Specifications

Parameter	Spec.
SPEED	0.15 - 15.0 MPH or 0.25 - 24.0 KPH (international) ; 0.15 - 12.0 MPH or 0.25 - 20.0 KPH (Japan) ° The machine will start at the system default setting speed of 0.5 MPH / 0.8 KPH.
INCLINE	0% - 15%, in increments of 0.5%.
HEART RATE	35 - 220 bpm
TIME	0:00 - 9999
PACE	1 /SPEED
DISTANCE	0.00 - 9999 Mile/Km
CALORIES	0 - 9999 K-CAL
PROGRAM	QUICK START ∙ LIFESTYLE ∙ INTERVAL ∙ SENZA JOURNEYS ∙ 5K TRAINER ∙ GLUTE ∙ HILL ∙ HEART RATE ∙ FITNESS TEST



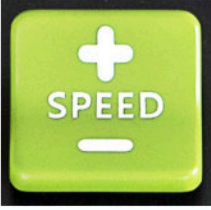

DISPLAY Safety Mechanism

The safety key is mainly intended to stop the treadmill immediately to prevent accidents in the event that the user experiences some sudden or questionable factors. The message “SAFETY KEY” appears on the workout information window as a reminder to put the safety key in its proper place for the treadmill to operate.

Always attach safety clip to clothing and set the magnet in place on the console before use.



DISPLAY Button Function

Element	Description
	Wake up the display from sleep mode.
	Press <INCLINE+/-> to adjust incline setting in increments of 0.5%. Hold down <INCLINE+/-> to adjust the incline value at a faster rate.
	Press <SPEED+/-> to increase or decrease speed setting in increments of 0.1Mph (Kph). Hold down <SPEED+/-> to adjust the speed value at a faster rate.
	Press this key to stop the exercise, hold down to go back to start screen.

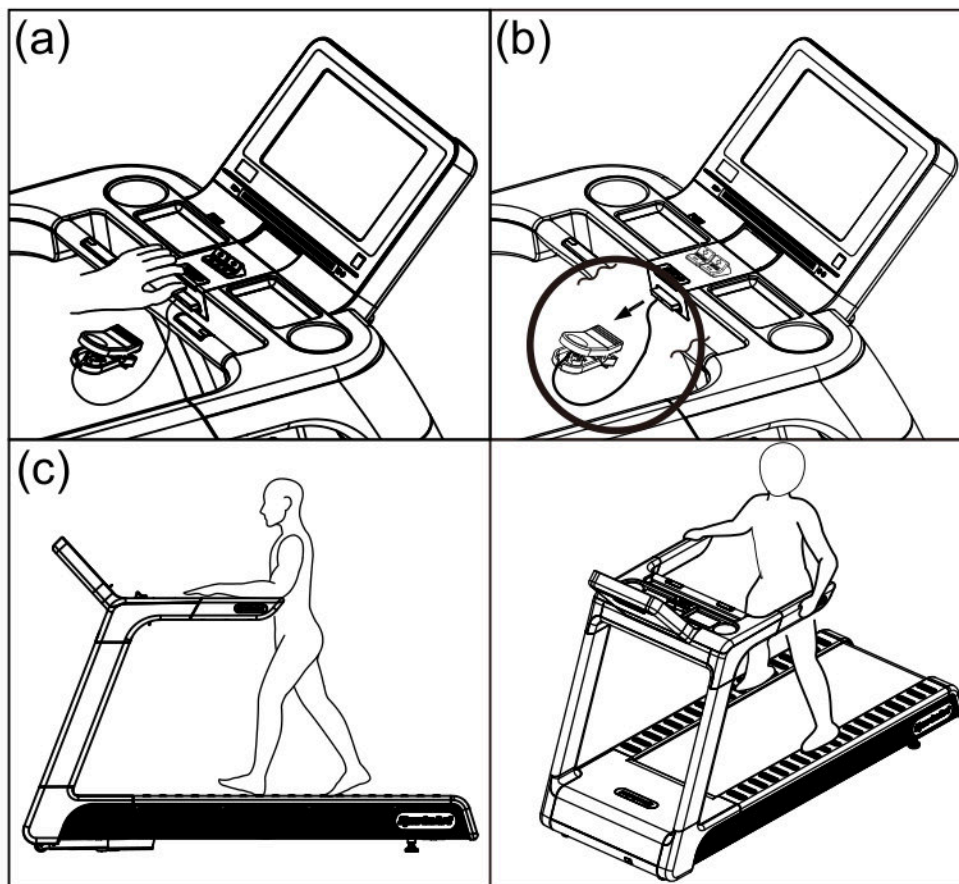
7. SAFETY TIPS FOR USING T674-16" TREADMILL

SAFETY TIPS Guidelines on Safety Mechanism

The unit is equipped with a safety key so that one can immediately stop the belt and shut off the unit to prevent accidents from happening.

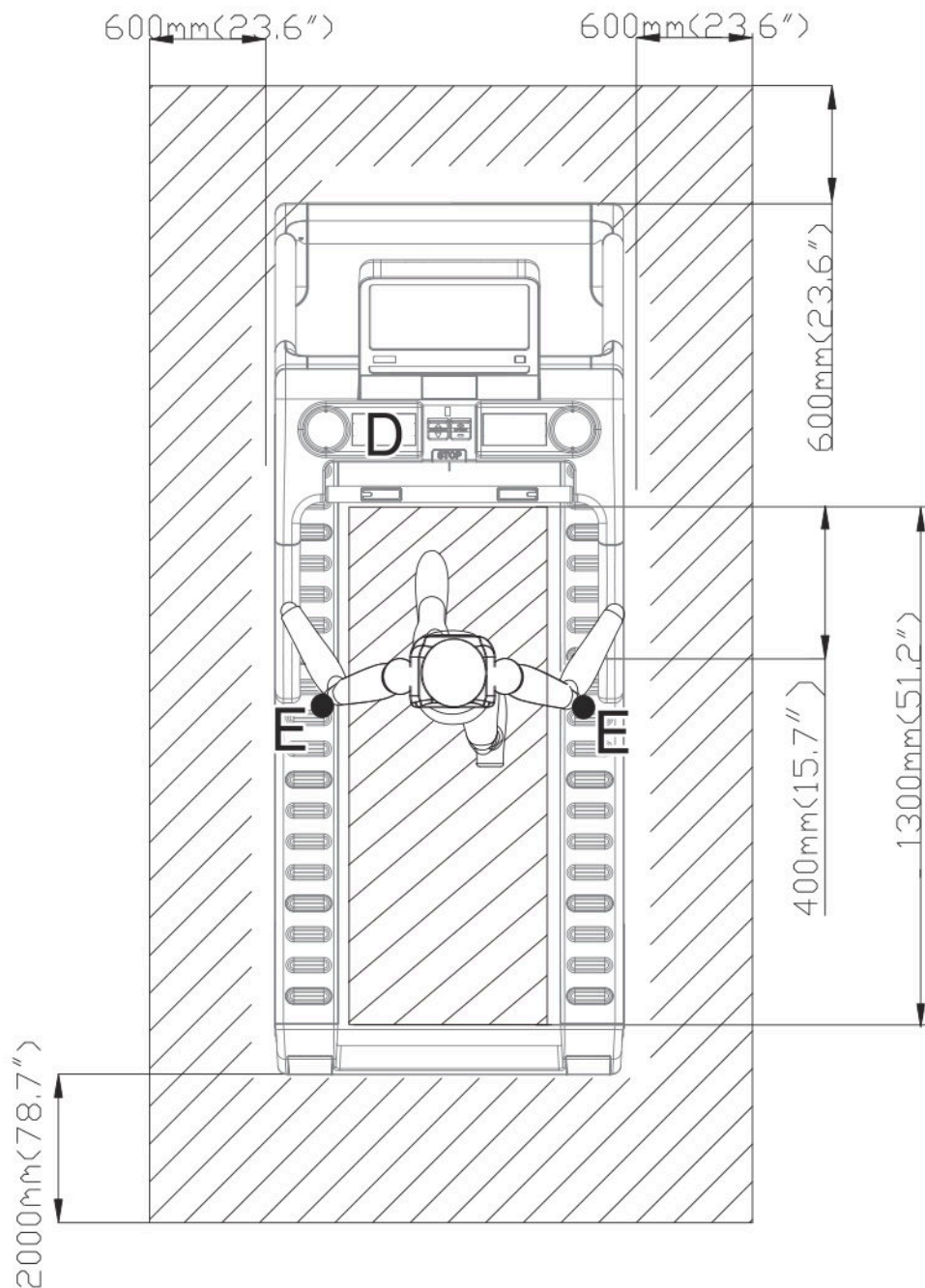
The flashing key sign shown on the display indicates that the safety key has been removed and the unit will not start again until it has been reinserted.

- (a) **Stop button:** Press the stop button shown in figure (a) to stop the device. To restart the device, please follow the standard operating procedure.
- (b) **Safety key:** Simply pull the safety key as shown in figure (b) and the treadmill will come to a halt. To start it up again, just attach the key and you are back up and running again.
- (c) **Emergency dismount:** Hold on to railing and stand astride the treadmill belt as shown in figure (c). Step off the treadmill when it stops running.
- (d) Noise emission under load is higher than without load.
- (e) In the 40 dBA ambient noise environment with the treadmill going without load, the noise level will reach 75dBA at 1m/1.3m height above the device. (The noise level depends on the treadmill speed)
- (f) Poor position during workout or over-exercising can lead to injuries. Please read the basic precautions before using the unit.



SAFETY TIPS Safety Operating Area

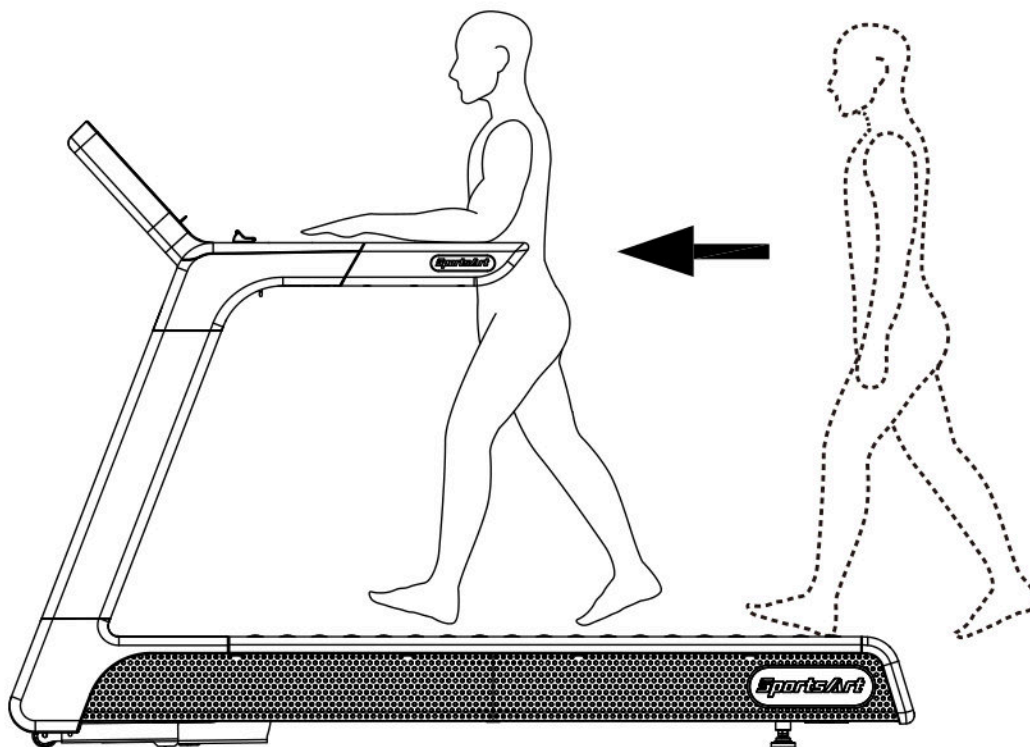
- (a) Safety clearance required as shown below. Do not allow people to be near this area when operating.
- (b) The stationary handlebar (highlight by mark D) is for heart rate measurement. Do not hold it as support while exercising.
- (c) Make sure to stand on the center of the running belt where are marked with green round labels at area E while exercising.
- (d) The area of the running surface is marked with the slash pattern as shown below.



SAFETY TIPS Mounting and Dismounting Instructions

Get on the treadmill: To mount a treadmill properly, use the handrails to balance while you step onto the sides, straddling the belt. Step onto the belt before start exercising.

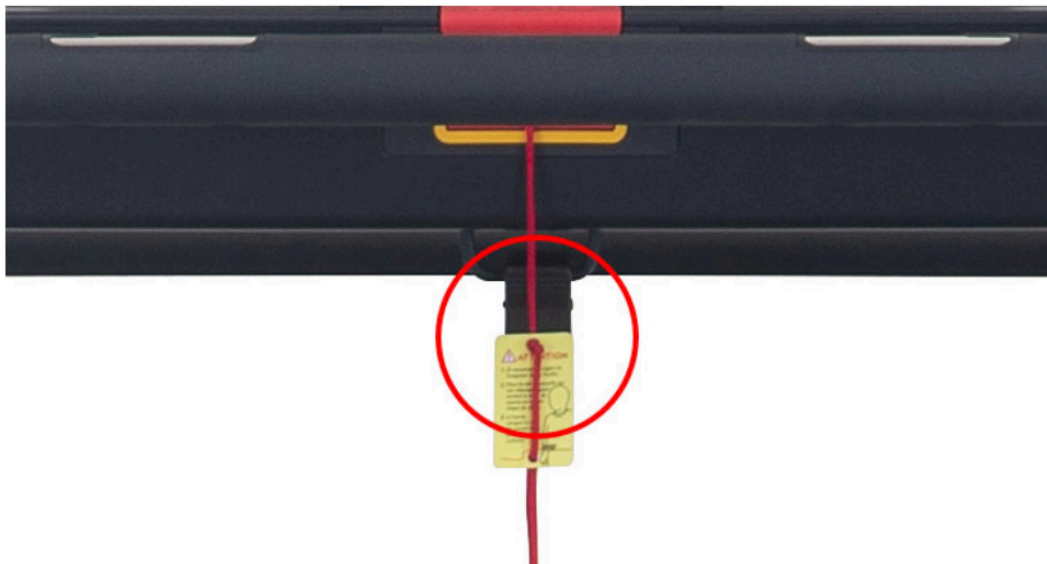
Get off the treadmill: Always wait for the belt to come to a complete stop before dismounting the treadmill.



8. OPERATE THE PRODUCT

OPERATION Start Screen

1. For safety reasons, make sure the safety key is properly clipped onto your clothes before operating this product.



2. This screen will appear when the machine is turned on.



Description of start screen buttons:

No.	Name of button	Function
1	Date and Time	Displays the current time and date.
2	SA WELL+	Touch to login into the SA WELL+ system.
3	HR SELECT	Touch for pairing with Bluetooth or ANT+ heart rate strap
4	LANGUAGE SETTING	Touch to select your preferred language by country

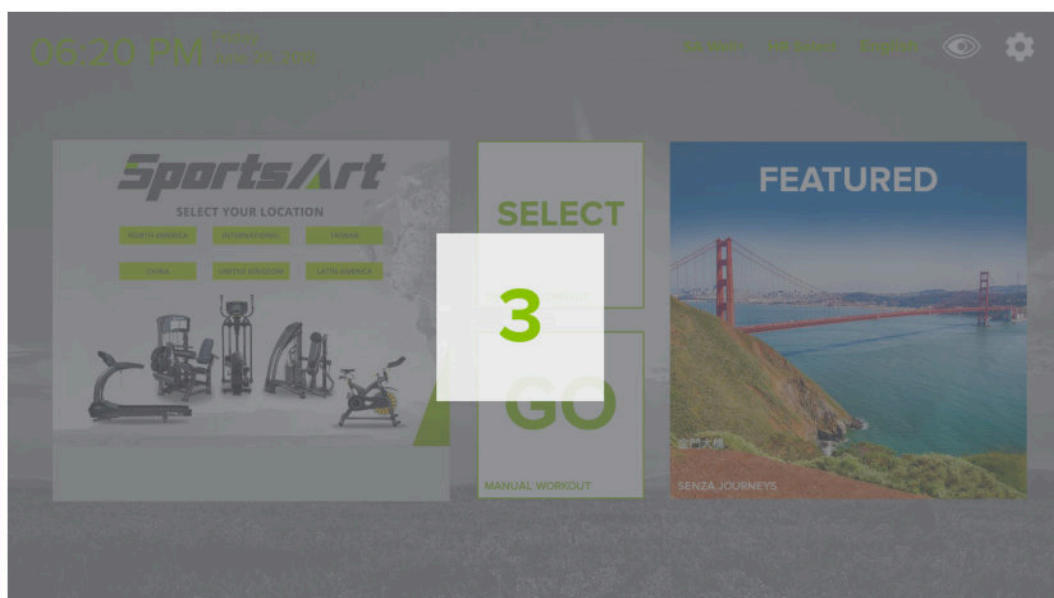
OPERATION Start Screen (Cont.)

No.	Name of button	Function
5	DISPLAY MODE	Touch to switch screen to black and white display (with high contrast). Touch again, the screen will switch back to color display
6	ENGINEERING SETTING	Touch to access the engineering mode. This is the maintenance setting for use by technicians. Password input is required to perform the actions of the related settings
7	CUSTOMIZED WEB PAGE WINDOW	Web page status display for browsing and operation
8	SELECT	Touch this button to access workout program selection
9	FEATURE	Displays various virtual realities. Touch this screen to access the virtual reality training mode
10	GO	Touch this button to start workout

OPERATION Start your (GO) workout

Touch <START> button to unlock the walk belt. After counting down from three (shown on the display), the walk belt will start moving.

The treadmill will start in <QUICK START-TIME> mode and will use the default values (35y/o, 75kg/165lb, 0.5mph /0.8kph) for calculations.

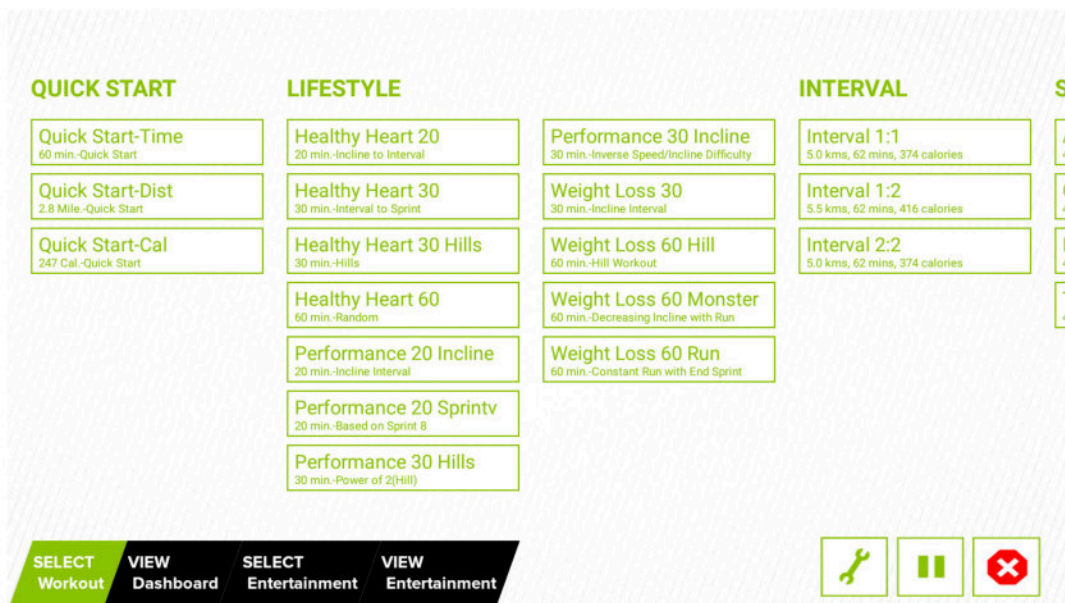


OPERATION Workout Programs




Touch the “SELECT” button on the start screen to access “SELECT WORKOUT”.

Operation method: Slide finger on screen to move the selection list. Various workout programs are available for selection, from left to right these are QUICK START, LIFESTYLE, INTERVAL TRAINING, SENZA JOURNEYS, 5K TRAINING MODE, GLUTE WORKOUT, HILL WORKOUT, HEART RATE TEST, FITNESS TEST. Once a program is selected, the screen will start a 3-second countdown and the workout will begin. During a workout, the user can switch to a different workout program.

Note: With exceptions for Heart Rate Test and Fitness Test programs of which settings must be selected in advance prior to the workout.



Description of icons on the “Select” screen

Element	Description
	Tap to return startup screen. During exercising, tap it to stop or resume workout.
	Pause
	Quick Tools

OPERATION Workout Programs (Cont.)

Workout program details are explained below.

QUICK START

A workout mode option based on time, distance and calories that allows user to start a workout immediately.

LIFESTYLE

Various workout mode options are provided to achieve workout goal in daily life.

INTERVAL (1:1, 1:2, 2:2)

Interval Training is alternating periods of high intensity aerobic exercise and low intensity aerobic exercise.

Workout time ratios have 3 options, namely 1:1, 1:2 and 2:2.

SENZA JOURNEYS

Built-in or customized landscape films allow the user to watch a video of scenery while exercising.

5K TRAINER

This exercise program trains your ability to easily run a distance of 5 km. The menu setting is divided into 9 weekly training cycles.

GLUTE

This training program focuses on the gluteus muscles. workout time options are 30 minutes and 45 minutes.

HILL

A hill workout simulation mode, 3 intensity options are available.

HEART RATE

A workout mode using heart rate as the target value.

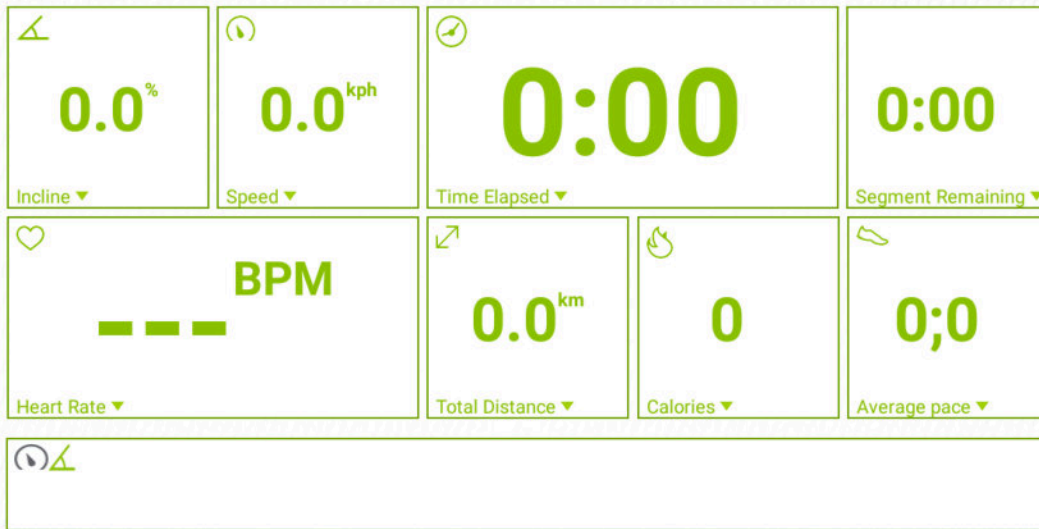
FITNESS TEST

A variety of professional fitness test modes are provided, including the following programs:

- BRUCE heart test uses a modified BRUCE protocol with an electrocardiogram.
- Canada Firefighters Fitness Test Program (GERKIN)
- US National Firefighters Physical Test Program (WFI)
- US Army Physical Fitness Test Program (ARMY)
- US Marine Corps Physical Fitness Test Program (MARINES)
- US Navy Physical Fitness Test Program (NAVY)
- US Air Force Physical Fitness Test Program (AIR FORCE)
- Physical Efficiency Battery Physical Fitness Test Program (PEB)
- British Fireman Physical Fitness Test Program (British Fireman)
- Norway Fireman Physical Fitness Test Program (Norway Fireman)
- Sweden Fireman Physical Fitness Test Program (Sweden Fireman)

OPERATION During Exercise




During the workout, you can select the “VIEW Dashboard” page below the screen to check the exercise status of your workout process. There are a total of 9 status windows for various information views, and you can modify the information display format in the status windows by touching the ▼ symbol below the status windows. A drop down menu for information display format will be opened for selection.



Drop down menu introduction:

Symbol	Drop Down Menu Items	
	Default	Other Options
	Incline	Average Incline Elevation Gain Change Incline
	Speed	Pace Average Speed Change Speed
	Time Elapsed (Time will appear as “0:00, where 0 represents minute and 00 represents second.)	Time Remaining Clock Segment Duration Target Duration
	Segment Remaining (Time will appear as “0:00, where 0 represents minute and 00 represents second.)	Segment Duration Time Elapsed Time Remaining
	Heart Rate	Average Heart Rate Max Heart Rate Set Target Heart Rate

OPERATION During Exercise (Cont.)

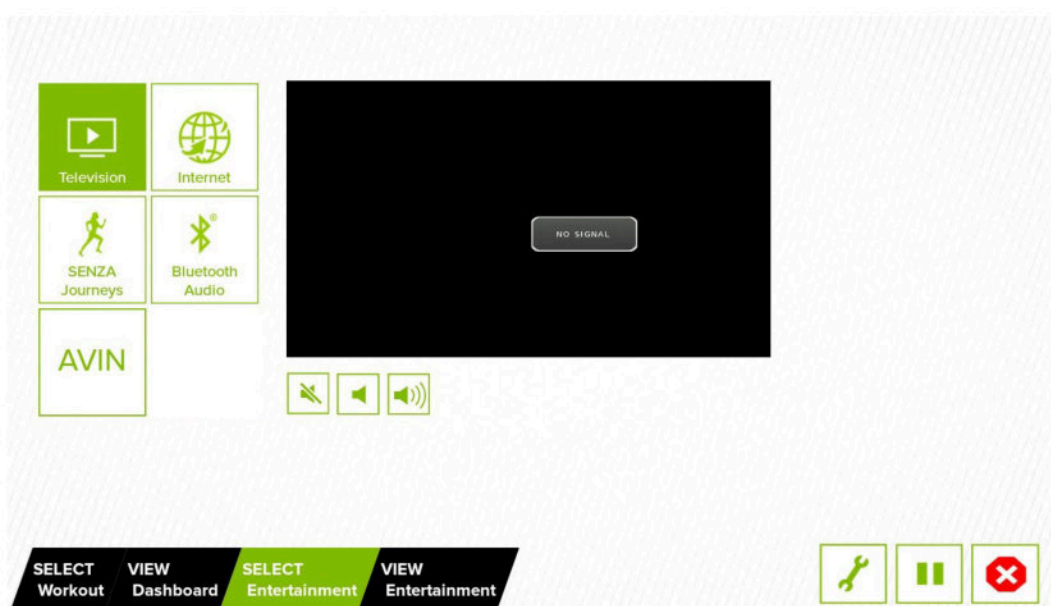
Symbol	Drop Down Menu Items	
	Default	Other Options
	Total Distance	Distance Remaining Segment Distance Set Target Distance
	Calories	Calories/Min Calories/Hour Mets Set Target Calories
	Average Pace	Real World Pace Average Speed Change Speed

OPERATION Select Entertainment

You can select the “Select Entertainment” page below the screen, and the available multimedia features will be displayed. The features include TV, Internet, SENZA Journeys, Bluetooth Audio, AVIN, etc.: the small central window will display the selected multimedia screen immediately.

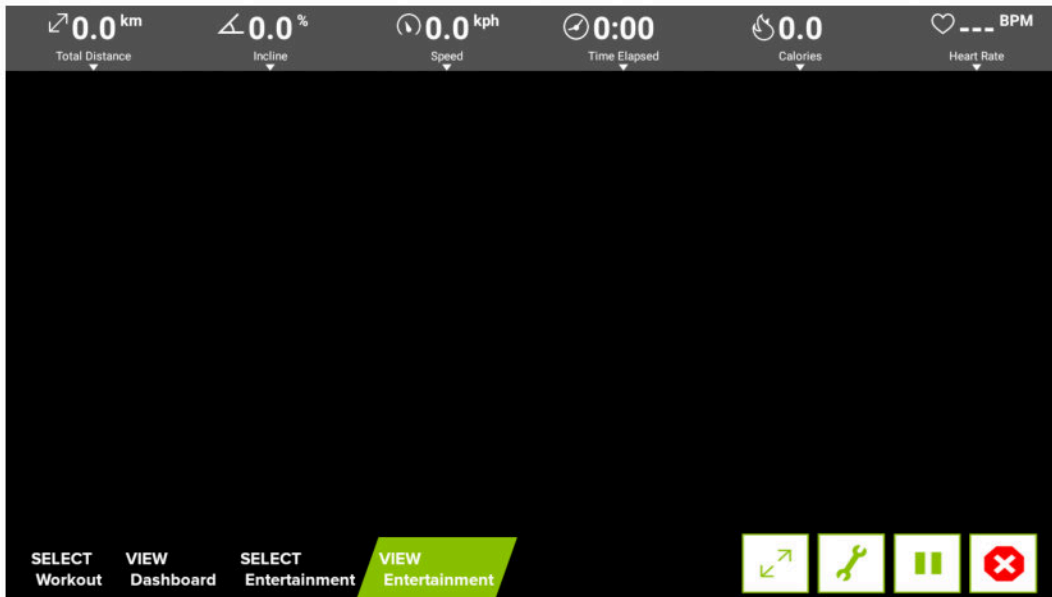
Note: 1. The recommended minimum speed is 10Mbps for the best viewing experience.

2. The device offers maximum speed of 100 Mbps when you use video sharing sites like YouTube .










OPERATION View Entertainment

The display mode that maximizes the selected multimedia capabilities; in addition to the multimedia display, a sidebar workout information display is also included, so the user can check their current workout status instantly while using the multimedia features.



Description of Icons in the “Entertainment” screen

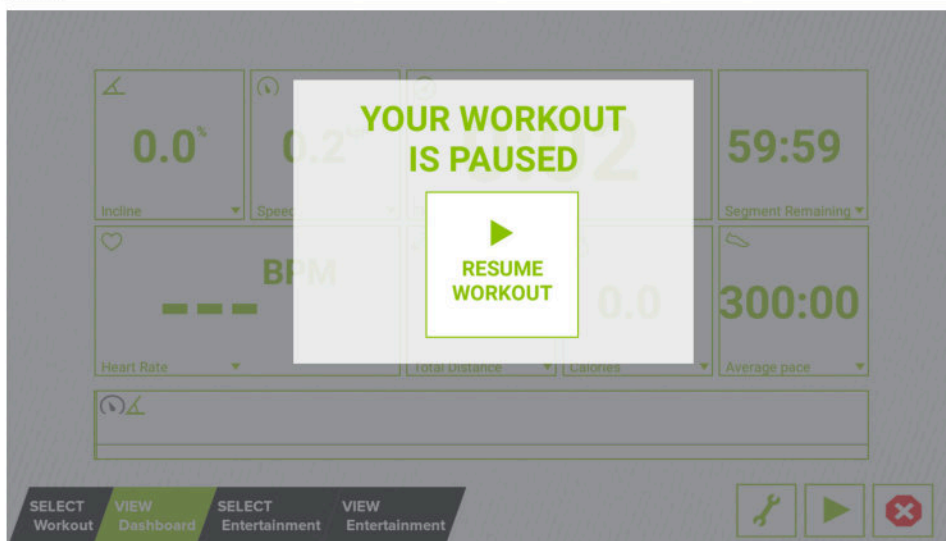
Icon	Description
	Full Screen (To exit full-screen mode, tap anywhere on the screen.)
	Mute
	Lower volume
	Raise volume
	Slow reverse
	Play
	Fast Forward

OPERATION COOL DOWN

If your fitness goals (time/distance/calories) have been reached, or <CoolDown Workout> button has been pressed, a pop-up window containing the text “GOING TO COOL DOWN” will show up on the screen, the walking belt will then slow to a stop for your two-minute cool down walk and end your workout session.

OPERATION Stop and Pause Exercise

During the workout, you can press the “Pause” button any time. When you press this button, the workout will pause. Then you can touch the “Restore Workout” button to continue with the workout. If you choose to stop the workout, the “Workout Summary” screen will display the workout status for the session.



OPERATION Workout Summary

At the end of a workout or when you press the stop button, the workout summary screen will appear. The screen shows your current workout status.



OPERATION SA WELL+

Tap SA WELL+ to enter SA WELL+ Login page.

First time user must create an user account with SA WELL+ App. After sign up, user information will be saved into the account.

Login to your SA Well+ account to track your workouts and will also allow you to download a created custom workout to machine.

There are two ways to login

1. Without mobile device on hands, please manually enter SA WELL+ ID and password.

2. With mobile device on hands, please follow up below steps.

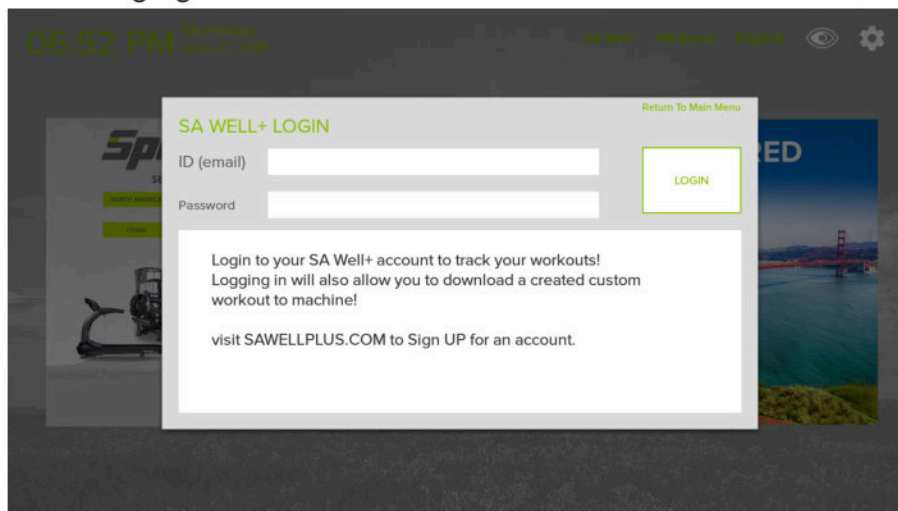
The instant information is shown on the cell phone.

2-1. Open SA WELL+ APP

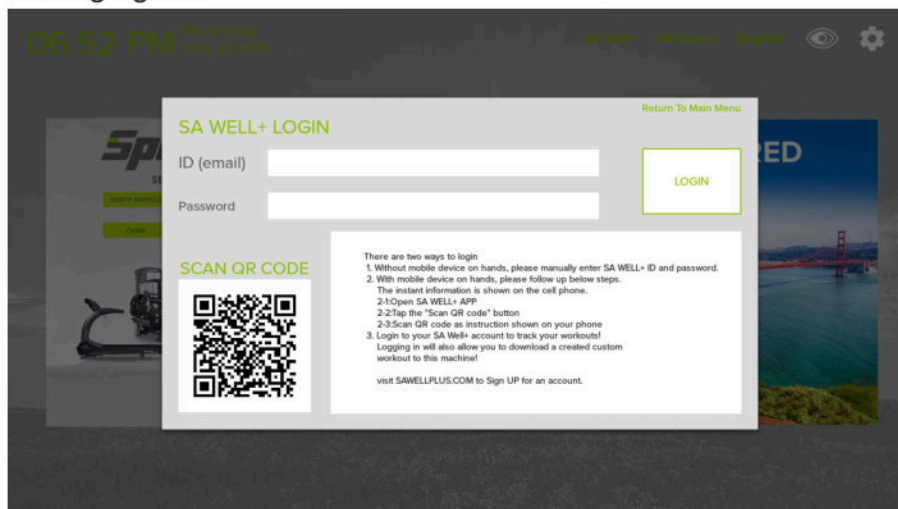
2-2. Tap the "Scan QR code" button

2-3. Scan QR code as instruction shown on your phone.

If your equipment is not equipped with SA WELL+, Login page will be shown as the following figure.



If your equipment is equipped with SA WELL+, Login page will be shown as the following figure.



OPERATION Energy Smart Function

There is a default Energy Smart timer setting feature in the engineering mode. When the treadmill is not in use and the set up time for power saving is reached, the system will automatically enter the power saving mode and the whole screen will turn dark. Press the Wake Up button to turn the power back on.

OPERATION Idle Mode

When the treadmill stops running with no other activity for 2 minutes, the machine will enter the idle mode and the display will randomly show the standby picture. Touch any position in the idle mode to enter the Home page.

Note: The standby picture can be changed and set by the user.

9. ABOUT HEART RATE DETECTION

Heart rate detection functions are selected at the time of purchase. Not every product has every type of heart rate detection. The following explains factors that influence the performance of two of the most common types of heart rate detection devices.

HEART RATE Telemetry

The words “telemetry heart rate” refer to the detection of heart rate via a device worn on the exerciser and transmitted over the air to a circuit board built into the product. Telemetry heart rate devices are commonly worn on the exerciser’s chest, where the pulse is strongest and relatively easy to detect.

The following explains conditions that affect the performance of the telemetry heart rate function in all products.

- The telemetry heart rate transmitter emits a wireless 5 kHz signal that is harmless to the human body. Keep a distance within 60cm between the heart rate receptor and the transmitter to achieve stable connection.
- If the battery is too low, the receiving distance may be shortened or there will be no reception.
- Secure the telemetry heart rate transmitter on your chest so that it stays in place without making you feel uncomfortable. Moisten the skin for better contact.
- Because the telemetry heart rate signal varies in strength from 20 Hz to 20 KHz, environmental interference can block signal reception. Physical vibration and electronic devices, including stereos, TVs, and even fluorescent lights, can interfere with signal reception. For best results, install the product in an area free from such interference.
- Space the product apart by at least 39 inches (100 cm) to avoid having the heart rate value from one exerciser appear on a neighboring product.

HEART RATE Contact

The words “contact heart rate” refer to the detection of the heart rate via sensors on the product. By holding the sensors, the exerciser can view his or her heart rate on the product display. Like telemetry heart rate, contact heart rate can be influenced by several factors. The following list includes some of these factors.

- A weak pulse makes it difficult to detect heart rate.
- Low systolic blood pressure makes it difficult to detect heart rate.
- Dry, course palms impede heart rate detection. For best results, moisten your palms. But do not apply hand lotion immediately prior to your workout, because hand lotion can gum up the contact pads.

Heart rate devices built into this product are not medical devices. Heart rate values are for reference only. Do not use them for medical diagnostic or treatment work.

CAUTION: Heart rate detection and transmission devices have been known to interfere with the operation of pacemakers, possibly endangering human life. If you have a pacemaker, exercise under your doctor’s supervision; take a test to ensure your safety during the simultaneous use of the pacemaker and heart rate detection devices. The use of such devices must be undertaken at your own risk.

Note that in dry areas in particular, static electricity can interfere with unit operation and shock people. To discharge static electricity from your body, touch something else before touching metal on the product.

10. GUIDELINES FOR EXERCISE

HOW HARD SHOULD I EXERCISE?

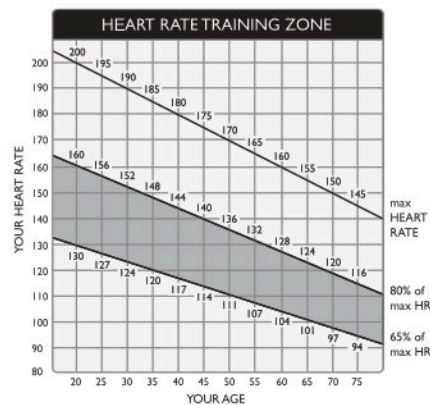
Studies show that to benefit from aerobic exercise, people need to maintain a certain heart rate during their workouts. Your heart rate training zone depends on your age and fitness level.

The darkened area in the chart to the right represents the recommended heart rate training zone for people of various ages. It was calculated by taking 220 minus age in years, multiplied by 65% and 80%. The area between those values is the heart rate training zone.

CAUTION: Heart rate training zones are generalizations and may not suit every person. Always check with your physician to understand what heart rate goal would be appropriate for you.

HOW LONG SHOULD I EXERCISE?

The duration of your workout must depend on your fitness level. In general, it is recommended that you maintain a heart rate within your training zone for at least 15 to 20 minutes to experience the benefits of aerobic exercise. Beginners should always start out slowly and gradually increase the duration and intensity of their workouts. As your fitness level improves, you will be able to maintain a heart rate within the training zone for longer periods of time.



When you begin your workout, use the first several minutes to warm up. Then slowly increase the intensity of your workout to bring your heart rate into your training zone. At the end of your workout, gradually decrease your workload. Then exercise lightly to cool down.

HOW OFTEN SHOULD I EXERCISE?

Research indicates that to achieve the greatest benefit, people should exercise three to five times per week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

11. MAINTENANCE

This section covers maintenance topics, including instructions on replacing a fuse and lubricating the walk belt, along with the presentation of a maintenance schedule, maintenance task list, one-year maintenance log, and electronics block diagram.

MAINTENANCE Safety Precautions

- Please follow standard safety precautions when servicing on this product.
- Electronic components can carry an electrical charge even after the product has been turned off. For safety, turn off unit power. Wait five minutes to allow capacitors to discharge. Then disconnect the power cord from the wall socket (if applicable.) Only after such steps have been completed should covers be removed and electronic components accessed.
- Unplug the product and wait ten minutes before performing maintenance.
- Do NOT use a damp towel to clean the product and do perform the following maintenances.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.
- Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner, to thoroughly clean the handlebar and the console.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt) . Such parts might cause injuries or cause the unit to fail and void the warranty. We will not be responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- The product shall be disconnected from its power source during service and when replacing parts.
- Maintenance and repair must be performed by trained service personnel only. Improper maintenance would not only damage the machine, but also may present a danger to the exerciser.
- Keep this product out of use until maintenance is completed.
- If you need to remove the cover for repair or maintenance, be sure to contact the service station or dealer to deal with, do not operate on their own.

MAINTENANCE Error Messages

When abnormalities occur to the machine, the workout message information window will display "ERROR_X_Y".

X represents the following code definitions:

Code	Explanation of code category
1	Servo motor abnormality
2	IGBT abnormality
3	Incline motor abnormality
4	Power switch abnormality
8	Communication abnormality

Y represents the sub-abnormality under the X abnormality code.

Error code explanations follow:

ERROR_1_1_: Servo motor encoder abnormality. Restart the unit to recover normal functions.

ERROR_1_2_: Servo motor excessive heat warning. The treadmill will operate at half speed.

ERROR_1_3_: Servo motor overload abnormality. Restart the unit.

ERROR_2_1_: IGBT excessive current. Restart the unit.

ERROR_2_2_: IGBT excessive heat. The treadmill will operate at half speed.

ERROR_2_3_: Current sensor value is too high. Wait until current returns to normal before restarting the unit.

ERROR_3_1_: Incline motor calibration abnormality.

ERROR_4_2_: Power supply voltage is too low. Wait until voltage returns to normal before restarting the unit.

ERROR_4_3_: Power supply voltage is too high. Wait until voltage returns to normal before restarting the unit.

ERROR_8_1_: Communication error upon start up. Resume operation when communication is back to normal.

ERROR_8_2_: Communication abnormality. Resume operation when communication is normal.

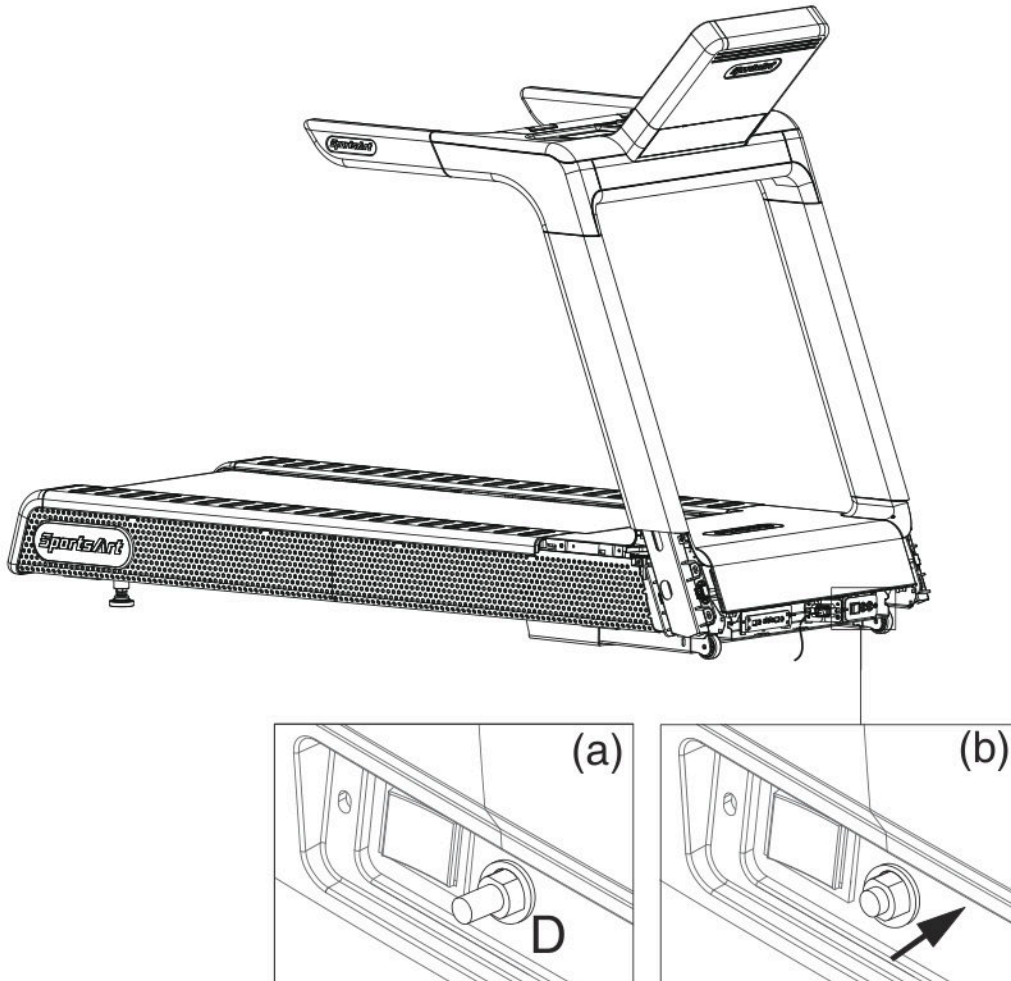
MAINTENANCE Precautions

Turning the product on and off every day will make your software system refresh and stable and ensure waiting 5 minutes to turn on the product when you restart each time.

MAINTENANCE Circuit Breaker

- (a) A circuit breaker is an automatically operated electrical switch designed to protect an electrical circuit from damage caused by overcurrent/overload or short circuit. A spring located under the push button at area D to lift up and the breaker to trip as shown.
- (b) After the fault is repaired by qualified technicians, press the push button to reset circuit breaker to resume normal operation as shown.

The figure below is for reference purposes only.

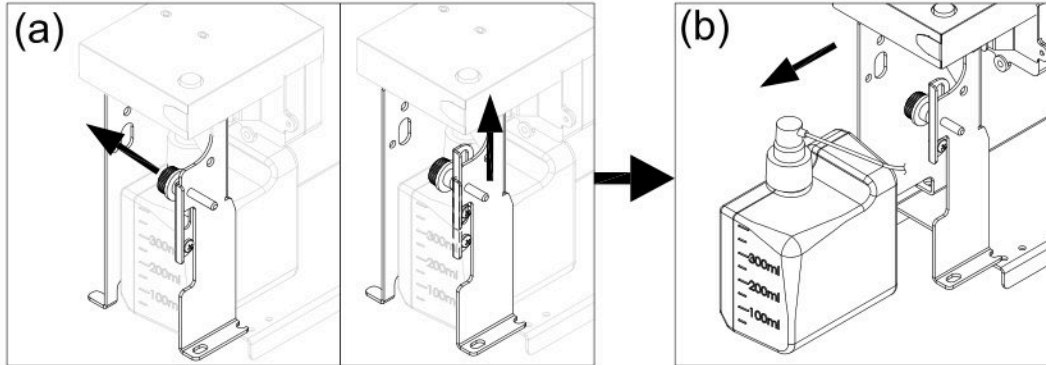


MAINTENANCE Lubrication System (Cont.)

To replace the lubricant bottle, follow instructions (a) through (d) below.

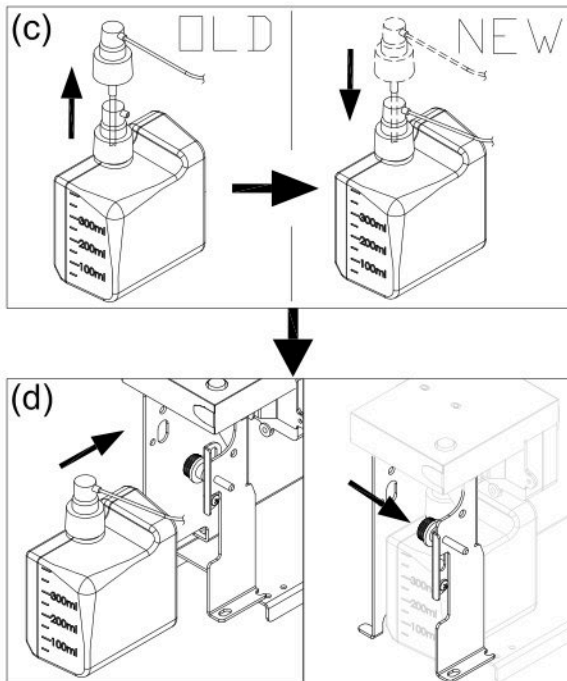
(a) Loosen the screws on the bezel and push the bezel up.

(b) Take the old lubricant bottle out.



(c) Unscrew the nozzle from the old lubricant bottle and screw it onto new bottle.

(d) Place the new lubricant bottle into the lubrication system, push the bezel down and tighten it with screws. (Note: before place the new bottle in place, press the pump a couple of times to ensure the lubricant floats through the hose nicely. Pay attention to the lubricant hose direction when place the bottle into the system).



Also note the following :

1. Even if the “lubricant bottle exchange” is not displaying, it is still OK to perform the “lubricant change procedure”.
2. After replacing the lubricant, the total lubrication timer will reset to 0 and start counting again.
3. After the “lubricant bottle exchange” warning displayed, the lubrication system will stop lubricating automatically. The lubrication system will continue lubricating every 200km (124.3miles) after the warning is cleared.
4. The lubrication system will pump twice automatically once the lubricant exchanging procedure is completed to ensure the new bottle is working properly.

MAINTENANCE Lubrication System (Cont.)

Error Messages :

Error 1 : It indicates that the system memory failing and it will not be able to perform any auto lubrication.

『Err. 01』

『EEPROM』

Error 2 : It indicates motor failure or system malfunction.

『Err. 02』

『Motor』

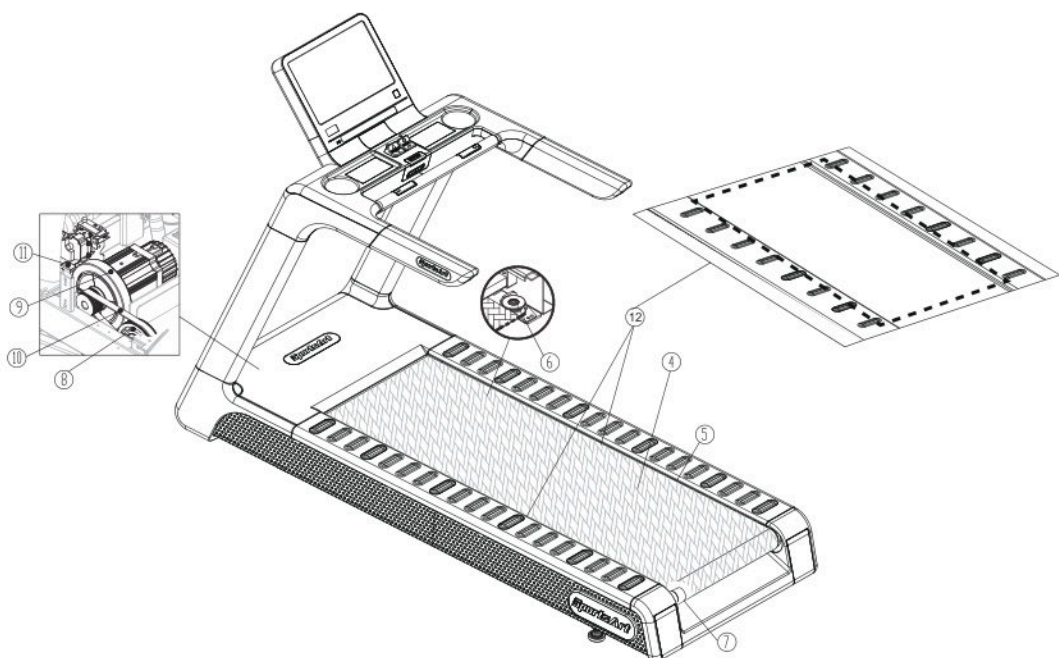
Contact your local dealer for service enquiries if an error occurred.

Protective Message :

Indication	Buzzer occurred	Buzzer sound frequency	Action	Protective message
Replace lubricant bottle	If an abnormality occurs when operating the device, the buzzer will sound for 30sec.	The buzzer sounds 0.5 sec., then a 0.5-sec pause. This pattern repeats for 30 sec.	Replace lubricant bottle. Press & hold RESER key for 3 sec., then choose Yes to disable the alarm	CH Oil
Lubrication VR motor damaged	If an abnormality occurs when operating the device, the buzzer will sound for 30sec.	The buzzer sounds 2 sec., then a 2-sec pause. This pattern repeats for 30 sec.	Replace lubrication VR motor	ERR.02
EEPROM damaged	If an abnormality occurs when operating the device, the buzzer will sound for 30sec.	The buzzer sounds 2 sec., then a 2-sec pause. This pattern repeats for 30 sec.	Replace new lubrication system	ERR.01
Lubrication system cannot accumulate mileage	If an abnormality occurs, the buzzer will sound for 60 sec., after the device has been turned on for 20 times.	The buzzer sounds 1 sec., then a 1-sec pause. This pattern repeats for 60 sec.	Wipe off the dust from the sensor. Replace the sensor if damaged.	ERR.03
Lubrication system cannot accumulate mileage	If an abnormality occurs, the buzzer will sound for 60 sec. after 480 hours.	The buzzer sounds 1 sec., then a 3-sec pause. This pattern repeats for 60 sec.	Wipe off the dust from the sensor. Replace the sensor if damaged.	ERR.04

MAINTENANCE Schedule

	Area	Day	Week	Month	Quarter	Year	Notes
1	Exterior	●					Clean
2	Screws	●					Inspect and secure loose parts
3	Treadmill test	●					Ensure the treadmill operates properly
4	Walk belt			●			Inspect alignment (centering) and look for wear
5	Walk deck				●		Inspect for wear
6	Belt guides				●		Inspect for normal rotation
7	Rear roller				●		Inspect for normal rotation
8	Front roller				●		Inspect for normal rotation
9	Motor compartment				●		Remove dust and debris
10	Drive belt					●	Replace once every 3 years
11	Lubricant bottle					●	Replace once every 40000km.
12	Between the running belt and deck		●				Use a cloth moistened with water then wrung well, and wipe gently between the running belt and deck to remove excess grease.



MAINTENANCE Task List

Like cars, fitness products require maintenance. Regular maintenance extends product life, and failure to maintain products can void the manufacturer's warranty. Copy the maintenance log sheet, and record maintenance work for each fitness product.

Daily tasks

1. Use a clean, lint-free towel to thoroughly clean the product exterior.
2. Inspect all screws. Secure if necessary.

Weekly tasks

Run a treadmill test weekly to make sure it is operating properly.

Monthly tasks

Inspect brake pad monthly, replace once touches screws.

Quarterly

1. Inspect the belt guides for normal rotation.
2. Inspect the front roller for normal rotation.
3. Inspect the rear roller for normal rotation.
4. Remove dust and debris from the product interior.

Yearly

Replace the drive belt once every three years.

Caution

- Please follow standard safety precautions when servicing this product.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage components and void the warranty.

MAINTENANCE Maintenance Log

Facility: _____ Supervisor: _____

Product model number: _____ Serial number: _____

Start date: _____ End date: _____

Daily Tasks	Week 1-7							Week 8-14							Week 15-21							Week 22-28									
Completed																															

Daily Tasks	Week 29-35							Week 36-42							Week 43-49							Week 50-52									
Completed																															

Weekly Tasks	Week 1-7							Week 8-14							Week 15-21							Week 22-28									
Completed																															

Weekly Tasks	Week 29-35							Week 36-42							Week 43-49							Week 50-52									
Completed																															

Monthly Tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed												

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed				

Yearly Tasks	Year 1
Completed	

Notes: _____

12. ACCESSORIES

ACCESSORIES Standard

USB PORT

- a. Provides up to 5V, 1A of power for charging
- b. Let you update all required software drivers for the product.
- c. Insert a USB flash drive containing music or video files in MP3/MP4 format into media player's USB jack to enable the media player. A play list will be displayed. The player's functions will be controlled in accordance with the play list menu. (Note: this feature does not support smart phone music players. SanDisk USB (Fat32, MAX 32GB) is recommended for updating the program.)

CSAFE PORT

Compatible with CSAFE (Communications Specification for Fitness Equipment) Protocol.

QR code and NFC tag

- a. Without SA WELL+ : Scanning the QR code and tapping the NFC tag will only display the SPORTSART website.
- b. With SA WELL+ : Using our SA WELL+ app, you can scan the QR code or tap the NFC tag on the console to connect with the product.

ACCESSORIES Option

SA WELL+ Member System

1. This is designed specially by SportsArt to assist the users in managing their workout history. Connect your smartphone to the device, using Bluetooth or WIFI, to use the SA WELL+ App. The App is available for download in the App Store and Google Play.
2. You can use USB Flash Drives to store your workout data.
3. Help give users more control over their personal data and workout history. Visit www.gosportsart.com for more information about this feature.



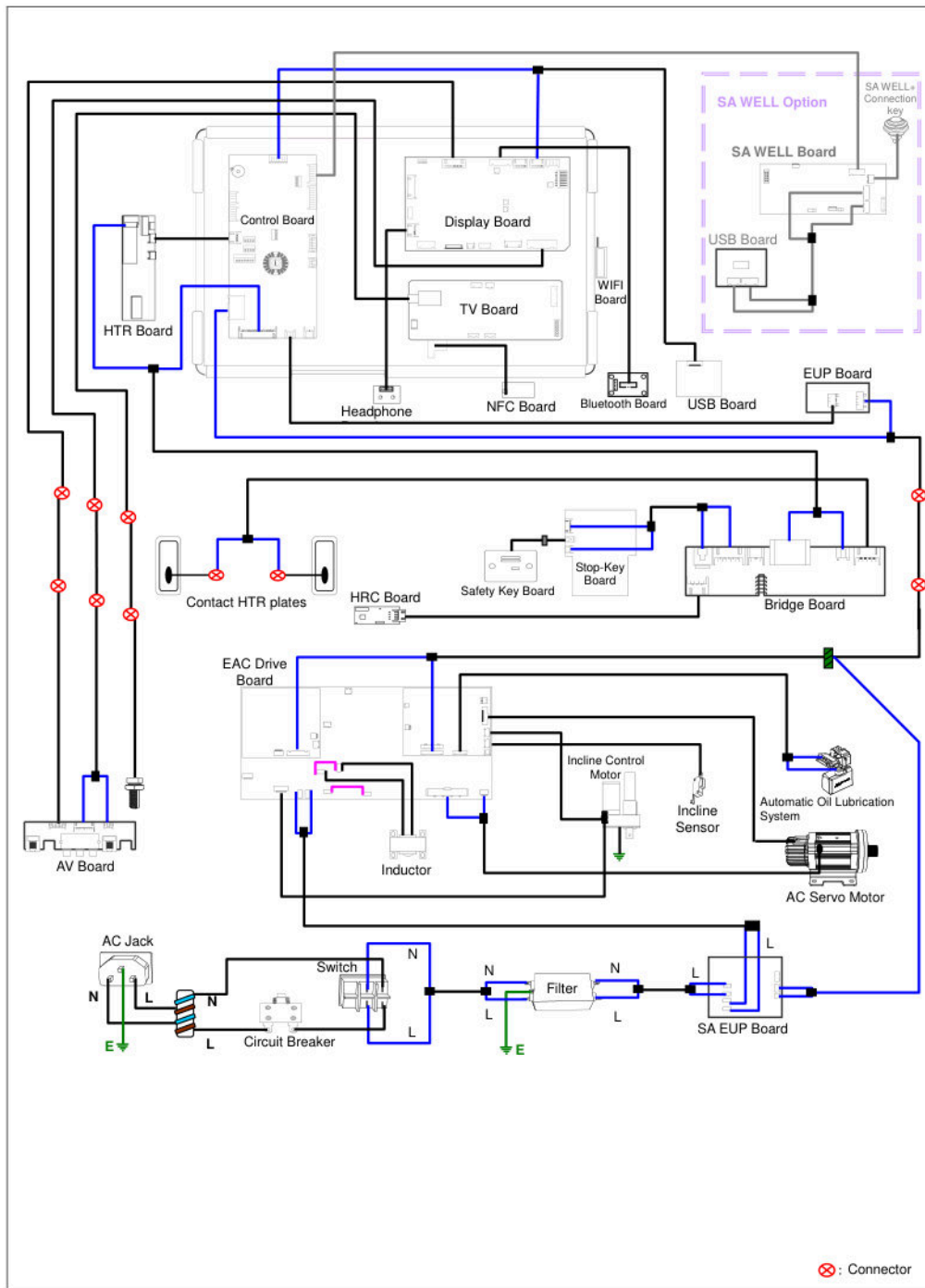
No.	Name	Function
a	USB port	This port is used for optional data transferring.
b	Bluetooth/WIFI button	When a smart phone is connected wirelessly to the product, press this button to disconnect. Scan the QR code or tap the NFC tag on the console to connect to the equipment again.

13. APPENDIXES

APPENDIXES Technical Specifications

Model	T674 16"
Dimensions	L : 2116 mm (83.3") W : 849 mm (33.4") H : 1469 mm (57.8")
Overall Weight	195 kg (430 lbs)
Maximum User Weight	205 kg (450 lbs) 100 kg (220 lbs) at Maximum Speed
EN957 Classification	Type 6 /Class SA
Speed Range	0.15 - 15.0 MPH or 0.25 - 24.0 KPH (international) 0.15 - 12.0 MPH or 0.25 - 20.0 KPH (Japan) The machine will start at the system default setting speed of 0.5 MPH / 0.8 KPH.
Incline Range	0 % – 15%
Power Requirement	100 - 120 V , 60Hz , 15A (USA) 200 - 240 V , 50Hz , 10A (EUROPE)
Circuit Breaker	125/250Vac , 20A (110V) 125/250Vac , 10A (220V)

APPENDIXES Wiring Diagram



APPENDIXES Exploded Diagram

Note: We reserve the right to revise the following diagrams at any time without notice to notify any person of such revisions. Please visit our official website www.gosportsart.com for the latest version.

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