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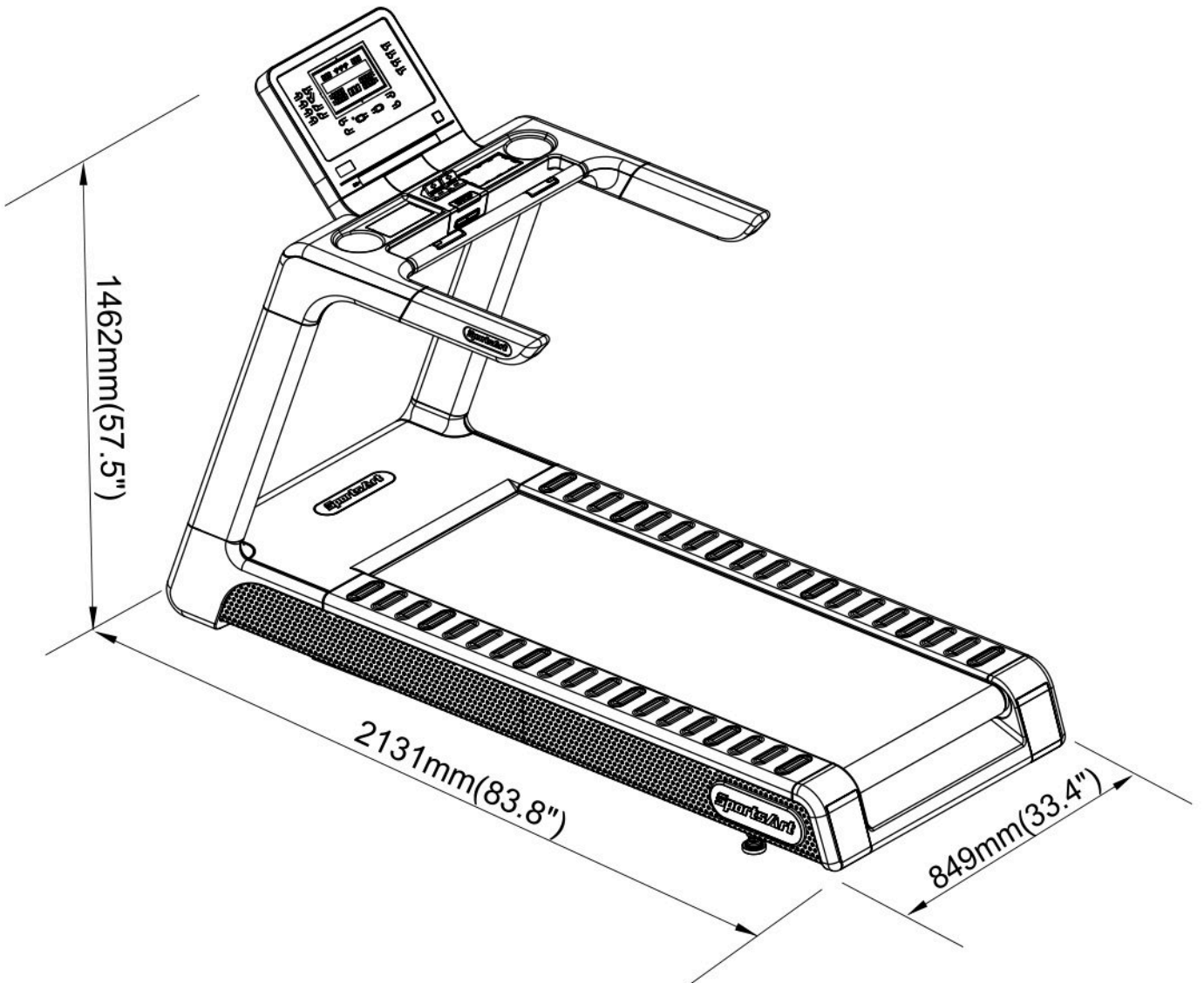
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1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the T674L LCD 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:

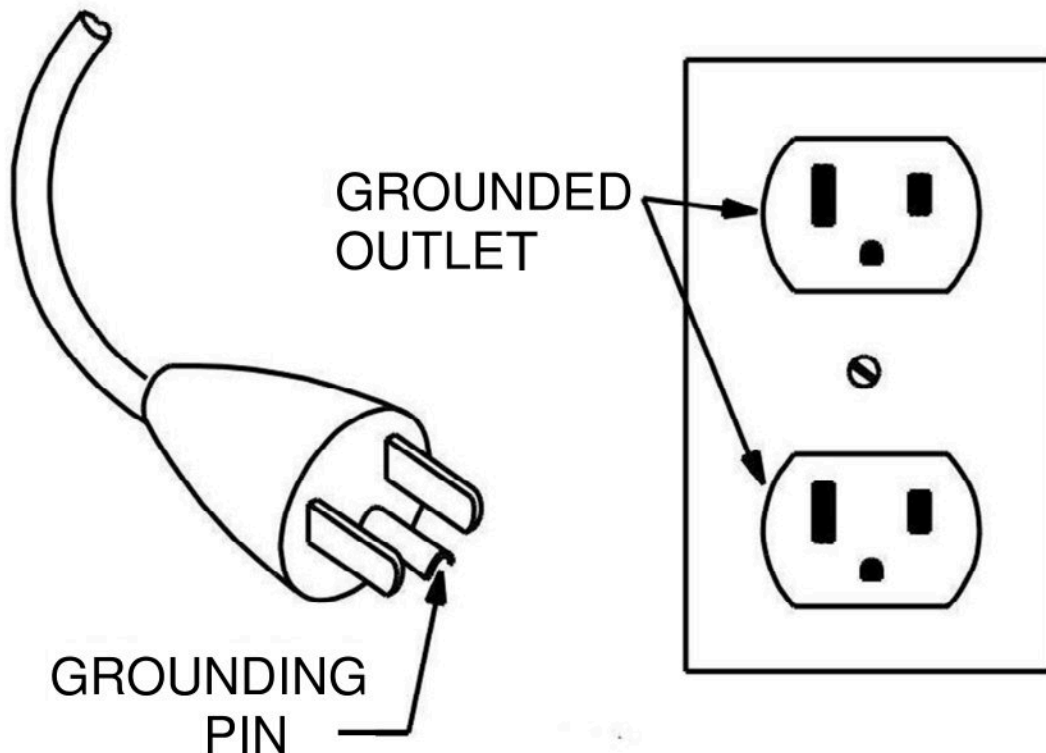
- To reduce the risk of personal injury, read and understand all the instructions before using this product.
- Make sure the product is installed and operated as instructed in this manual. Be careful when mounting and dismounting the unit. The product shall be disconnected from its power source during 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.
- 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.)

2. SAFETY PRECAUTIONS (CONT.)

- 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.
- 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.
- **Weight Limit:** You should not allow runners over 330 lb. (150 kg) or walkers heavier than 450 lb. (205 kg) on the treadmill.
- At maximum speed, this product meets standards for users up to 100 kg, 220 lb.

2. SAFETY PRECAUTIONS (CONT.)

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:



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)

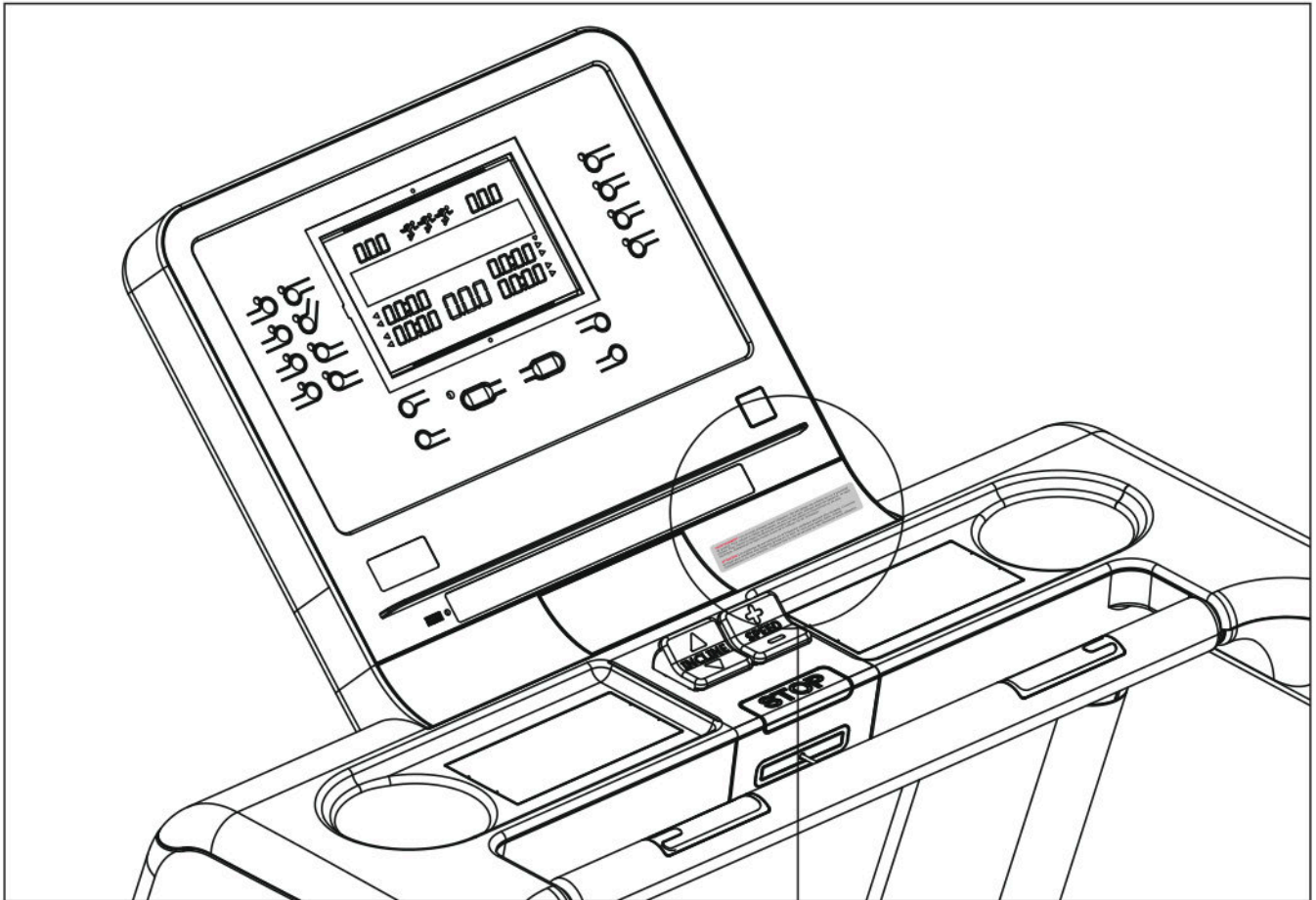
- Heart rate monitoring system may be inaccurate.
- Over exercise may result in serious injury or death.
- If you feel faint, stop exercising immediately.
- Always attach clip to clothing before use.

(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

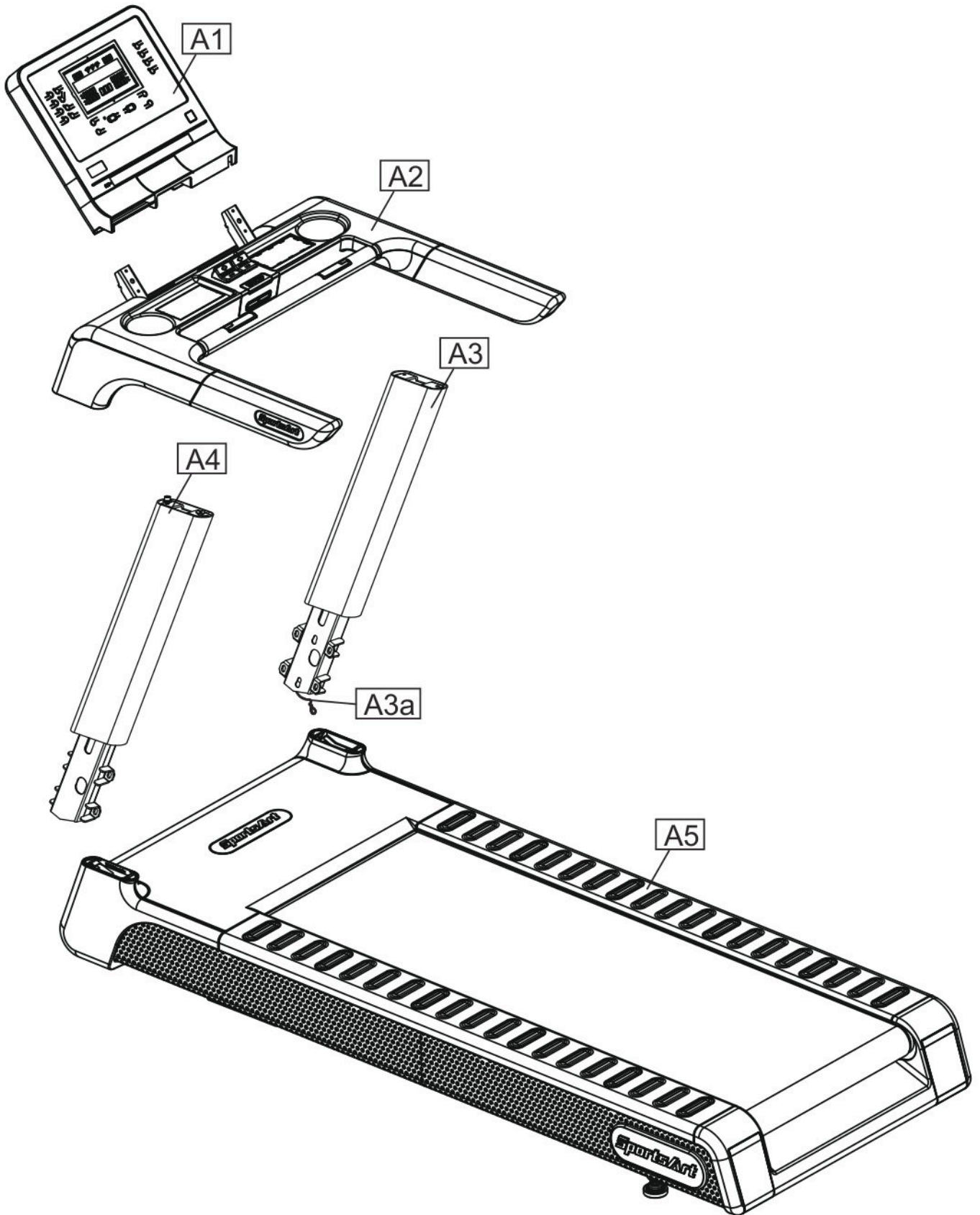
If you are in a Non-English speaking country, you can attach the warning label to the console panel as shown, otherwise, you can also stick it on a place where is clear and obvious. (please use the French version label in French-Speaking areas in North America, and the label will not be included in the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



AVERTISSEMENT: Lire le mode d'emploi avant utilisation. Ne pas laisser les enfants sur ou à proximité du produit. Pour réduire le risque de blessure, se tenir sur les rails latéraux avant de démarrer le tapis roulant. Pour réduire le risque de blessures causées par des pièces en mouvement ou de choc électrique, débranchez-le tapis roulant avant de le nettoyer ou de l'entretenir.

ATTENTION! Les systèmes de surveillance de la fréquence cardiaque peuvent être inexacts. L'exercice excessif peut entraîner des blessures graves ou la mort. Si vous vous sentez faible, cessez immédiatement de vous entraîner. Toujours fixer le clip de sécurité sur les vêtements avant utilisation.

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			

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	

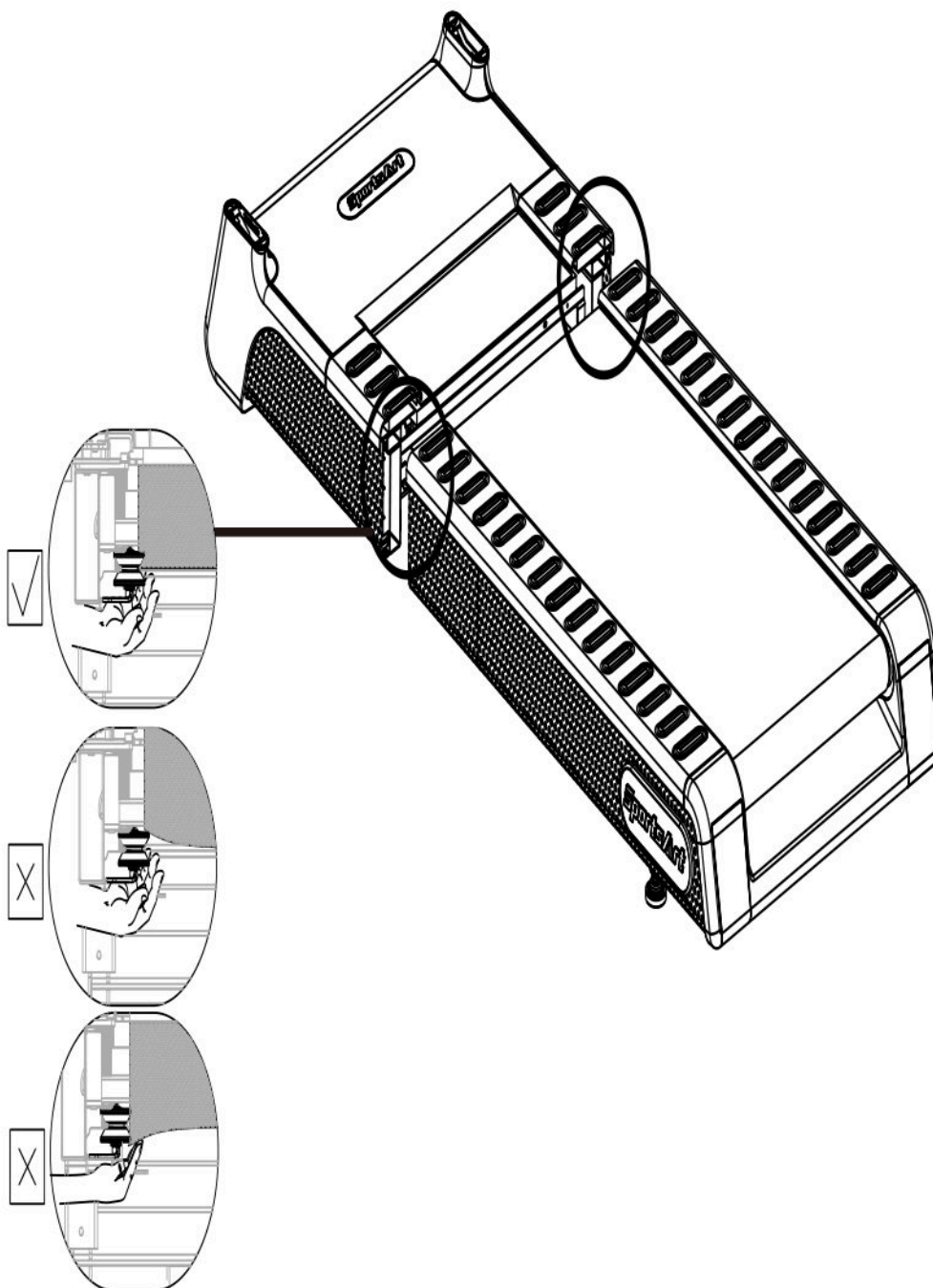
5. ASSEMBLE THE PRODUCT

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).

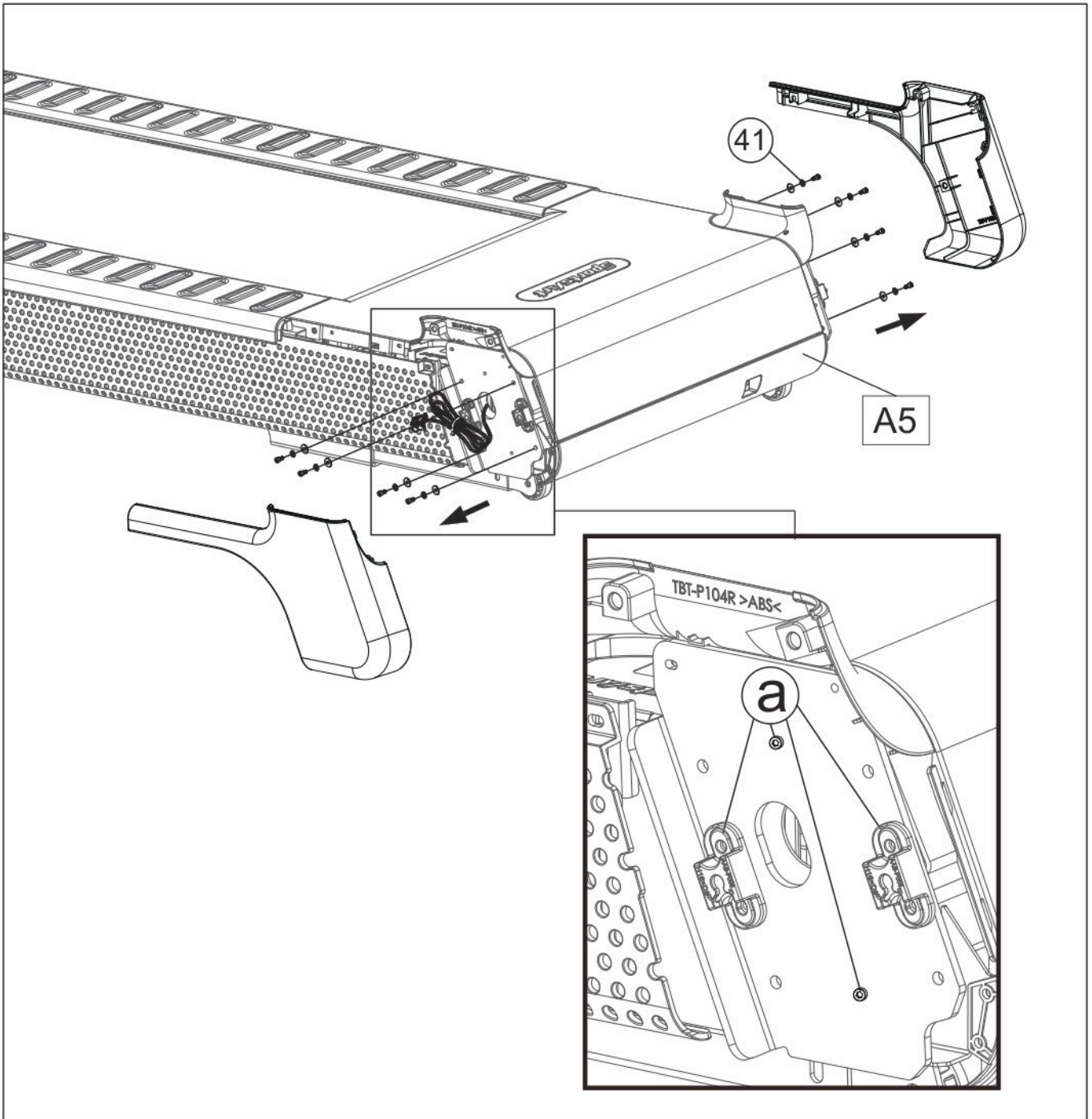
If the walk belt is in the wrong position, press the walk belt into the groove of the guide rollers and adjust walk belt tension according to the instructions in this manual.



STEP 1 Data Cable Installation

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

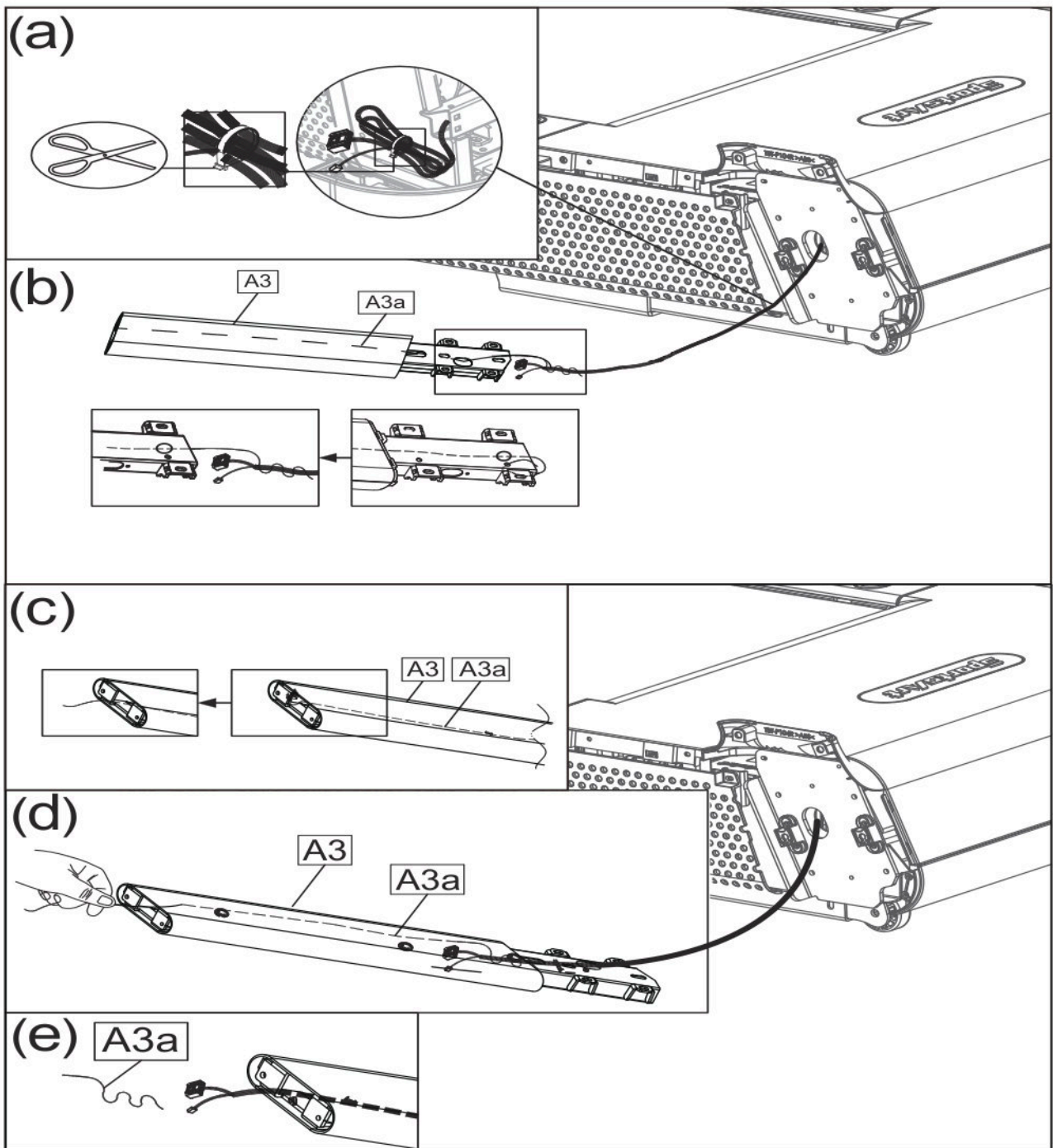
Note: DO NOT remove the screws and mounts in area A.



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.



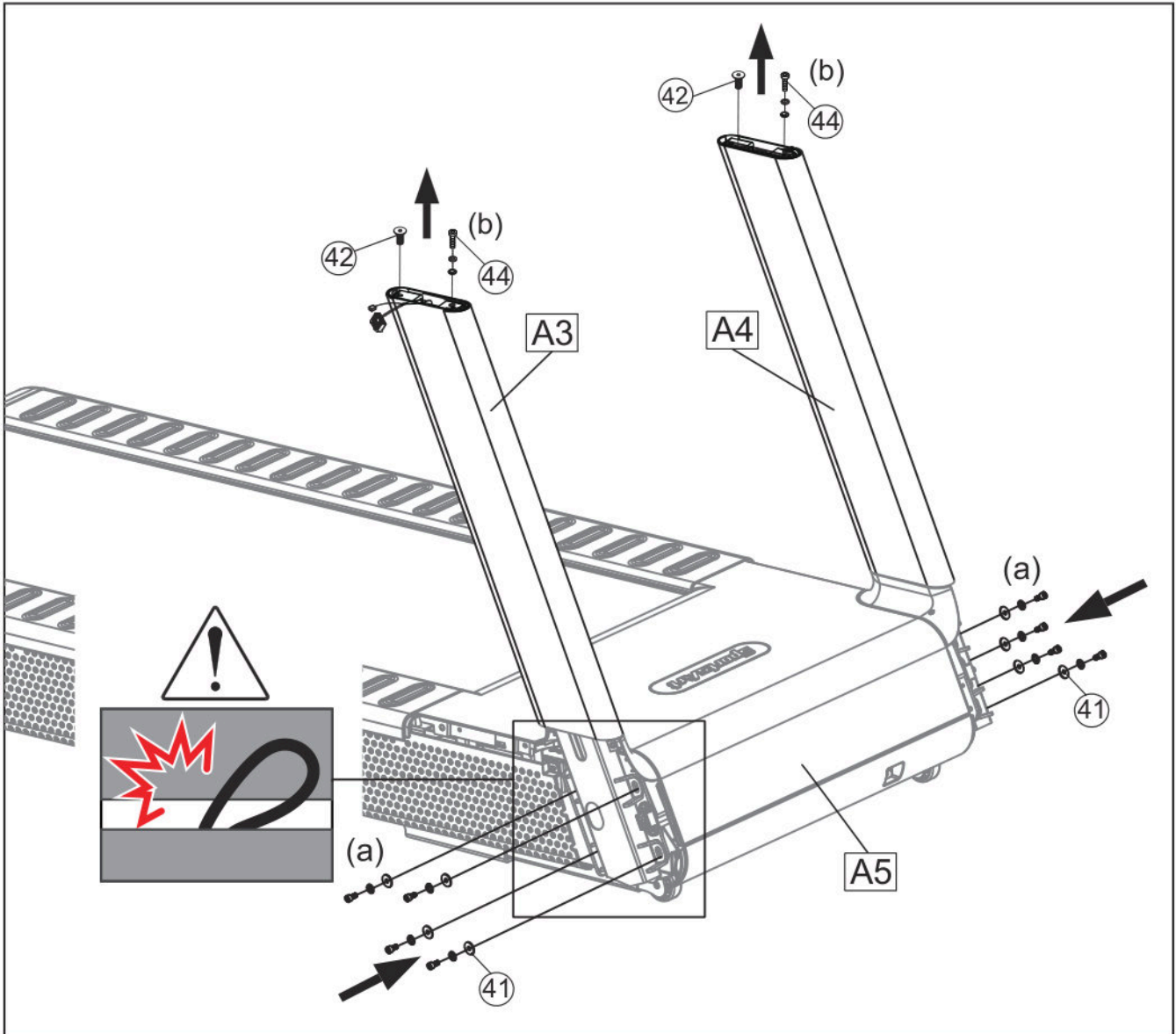
STEP 2 Left and Right Pedestals Installation

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).

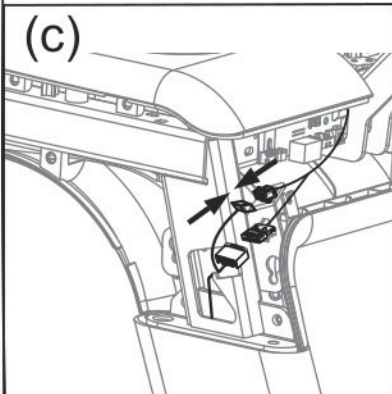
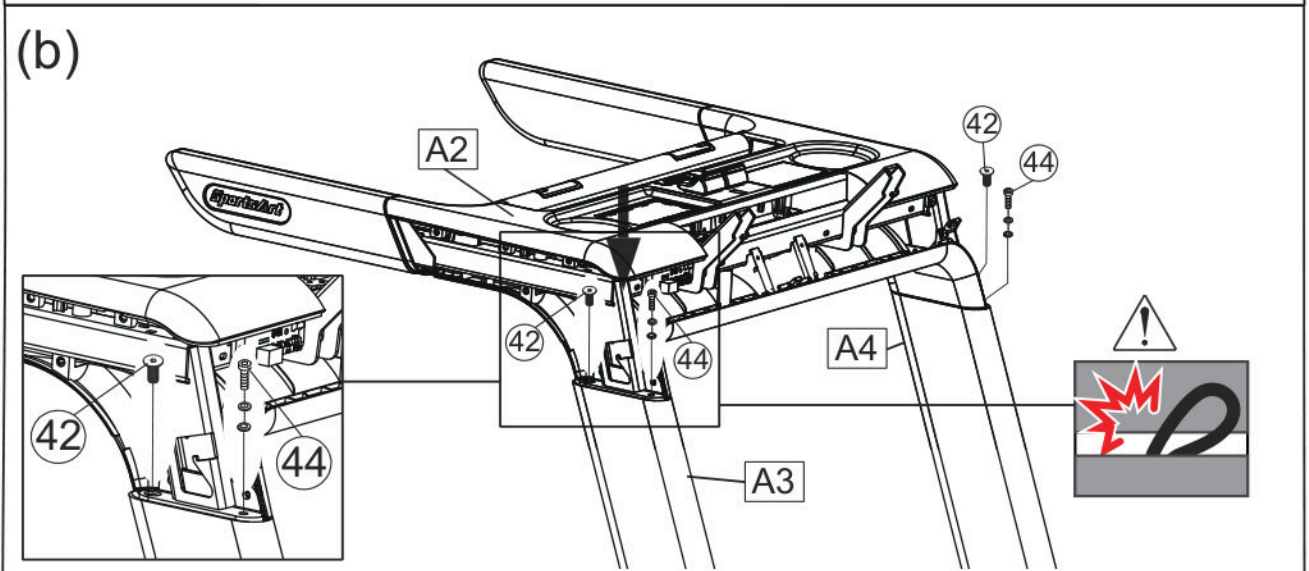
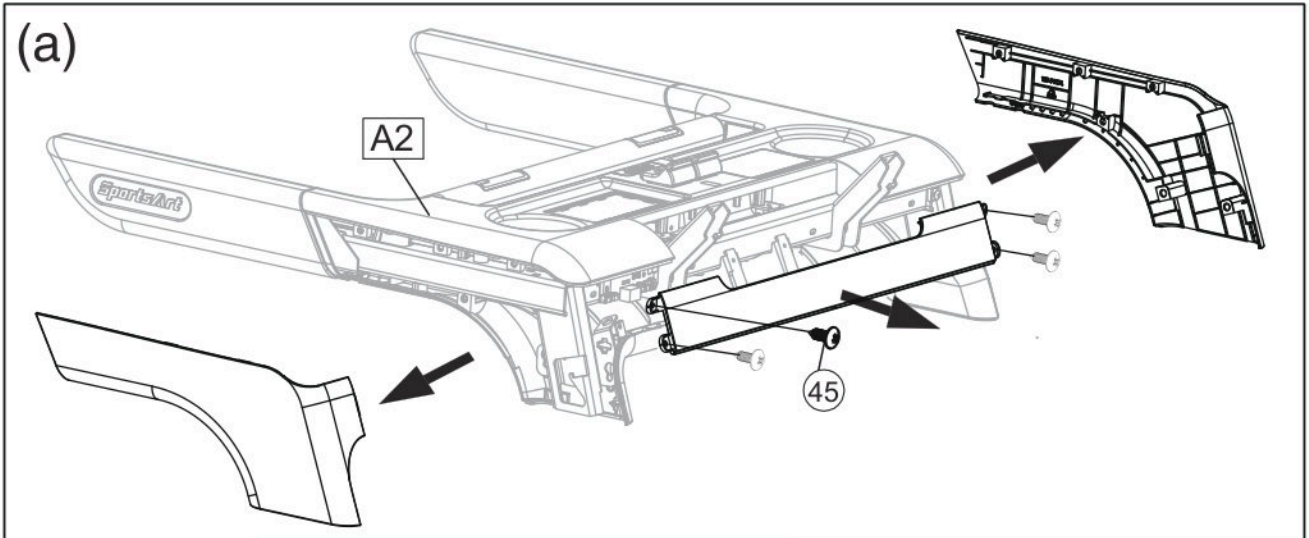
(b) Remove screws (42)(44) from left and right pedestals (A3)(A4).



STEP 3 Display Panel Installation

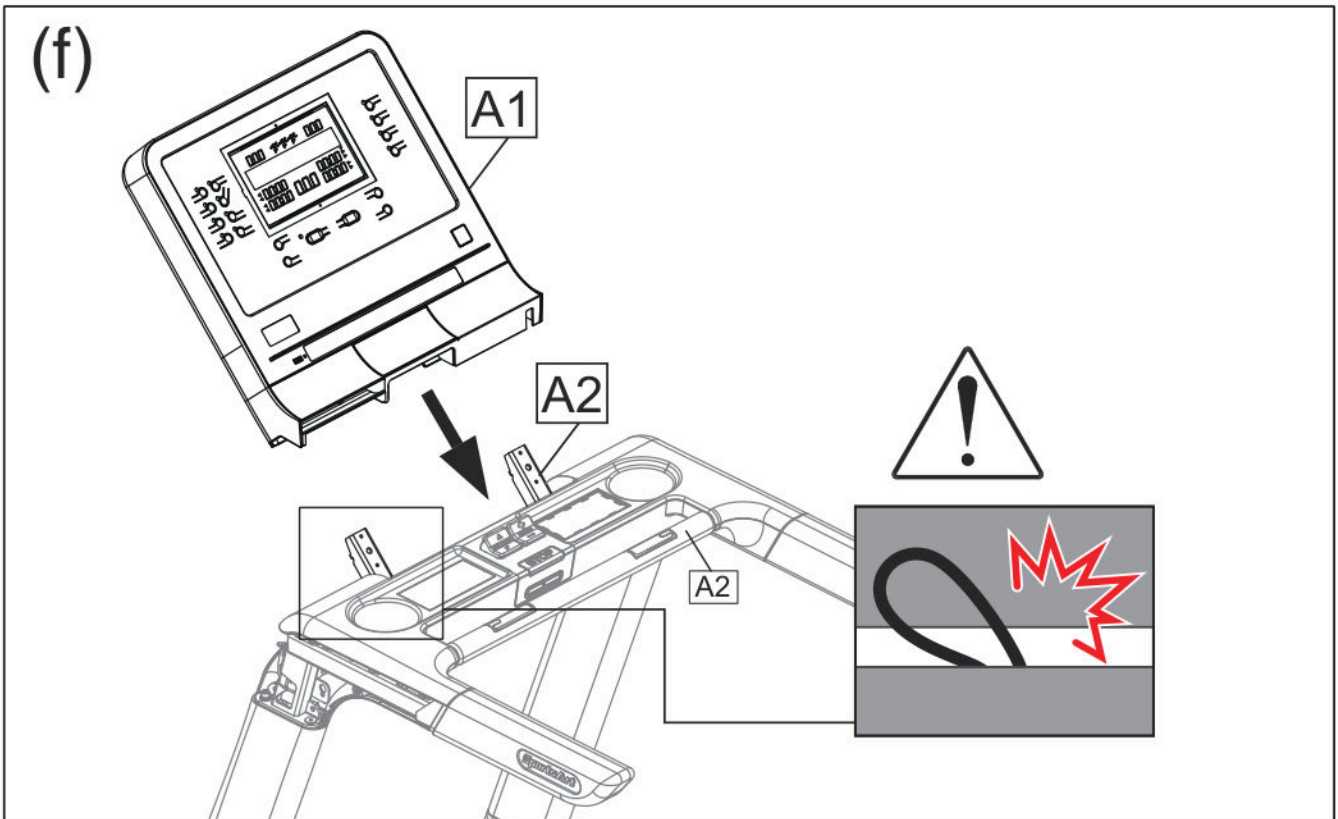
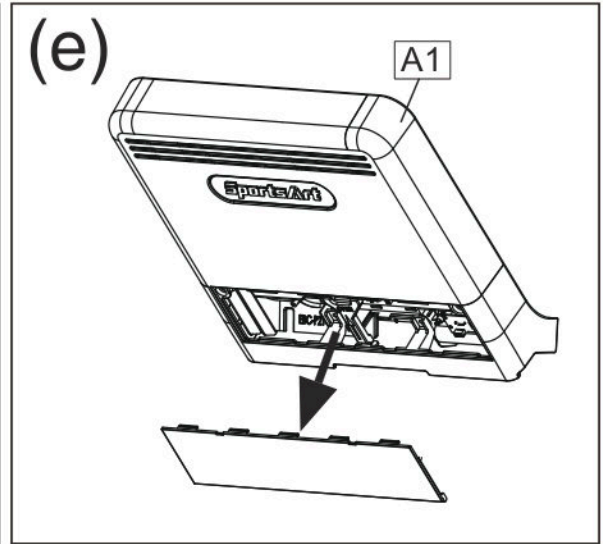
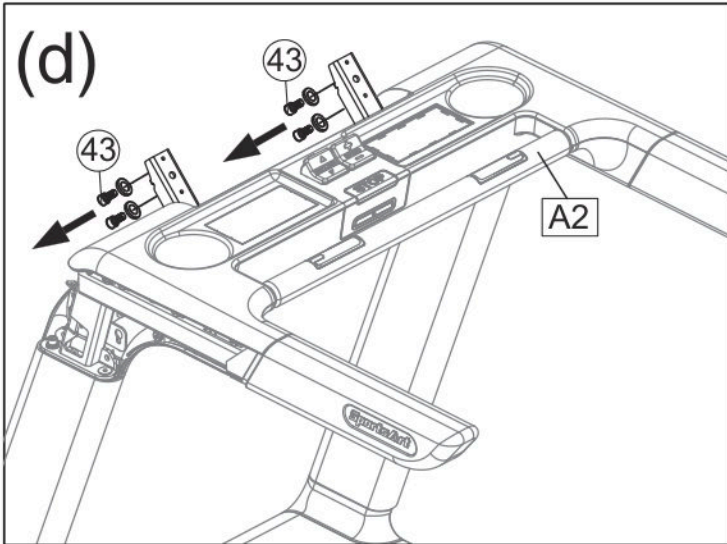
Follow steps (a) through (j) to install the display panel.

- (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 connector in the handlebar assembly (A2) on the data cable in the right pedestal (A3) 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.)

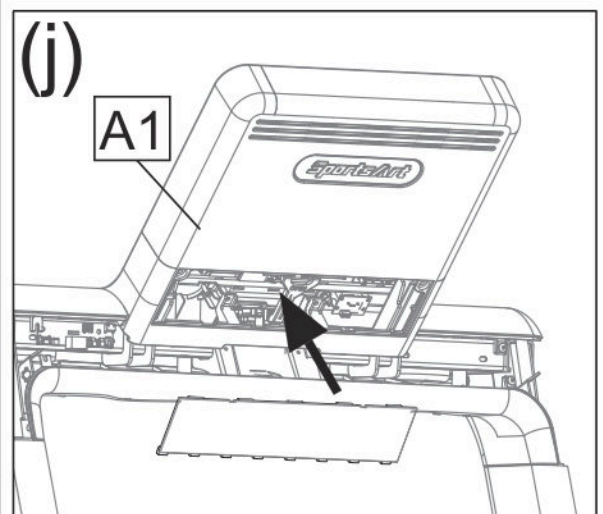
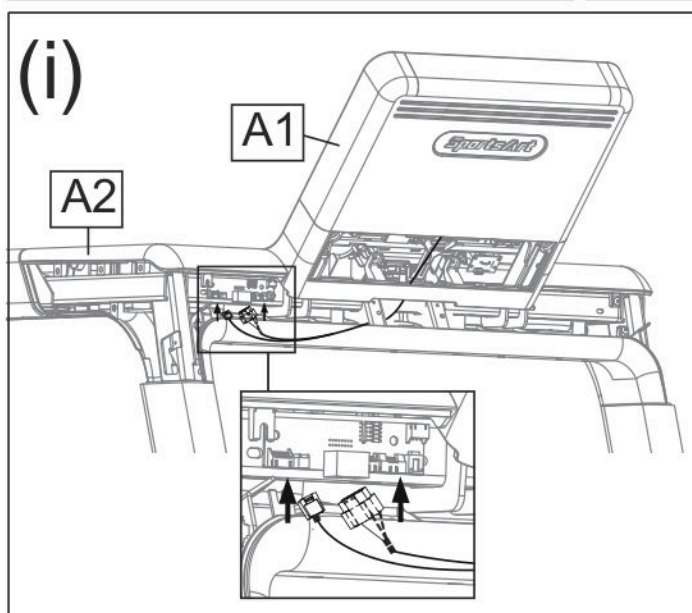
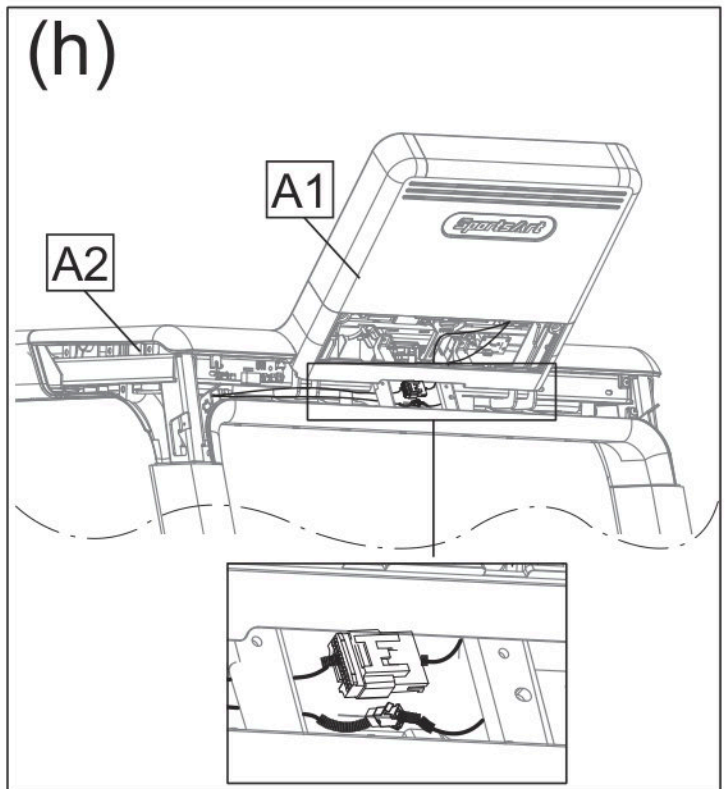
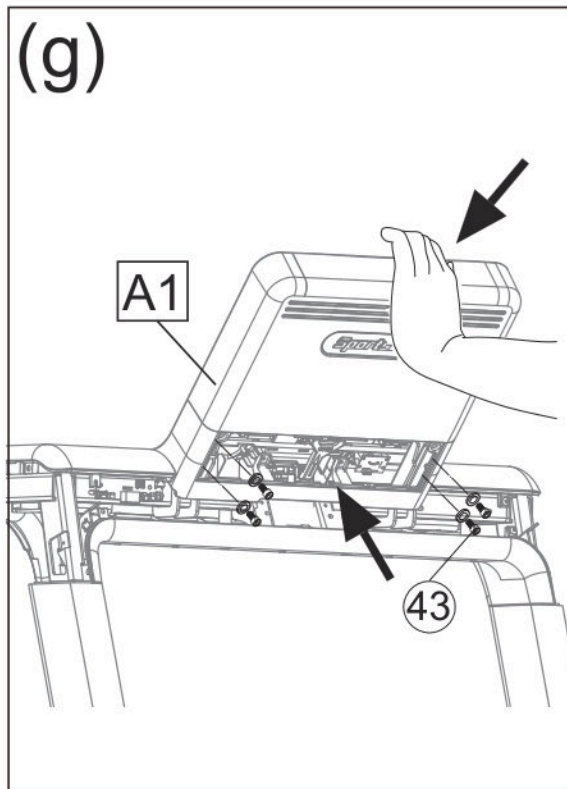
(g) Hold the display with one hand, gently tilt it forward, then press it downward. Use screws (43) to secure the display panel to the mounting brackets on the assembly.

(h) Pull out the data cable from the handlebar assembly (A2), and connect it with the one on the back side of the display panel.

Note: organize all the cables neatly and stow them on the TV mount.

(i) Connect the cable connectors on the display panel (A1) to the cable connectors coming from the circuit board and handlebar assembly (A2).

(j) Finally, fully tighten the screw (43) to secure the assembly, and put the cover back on.

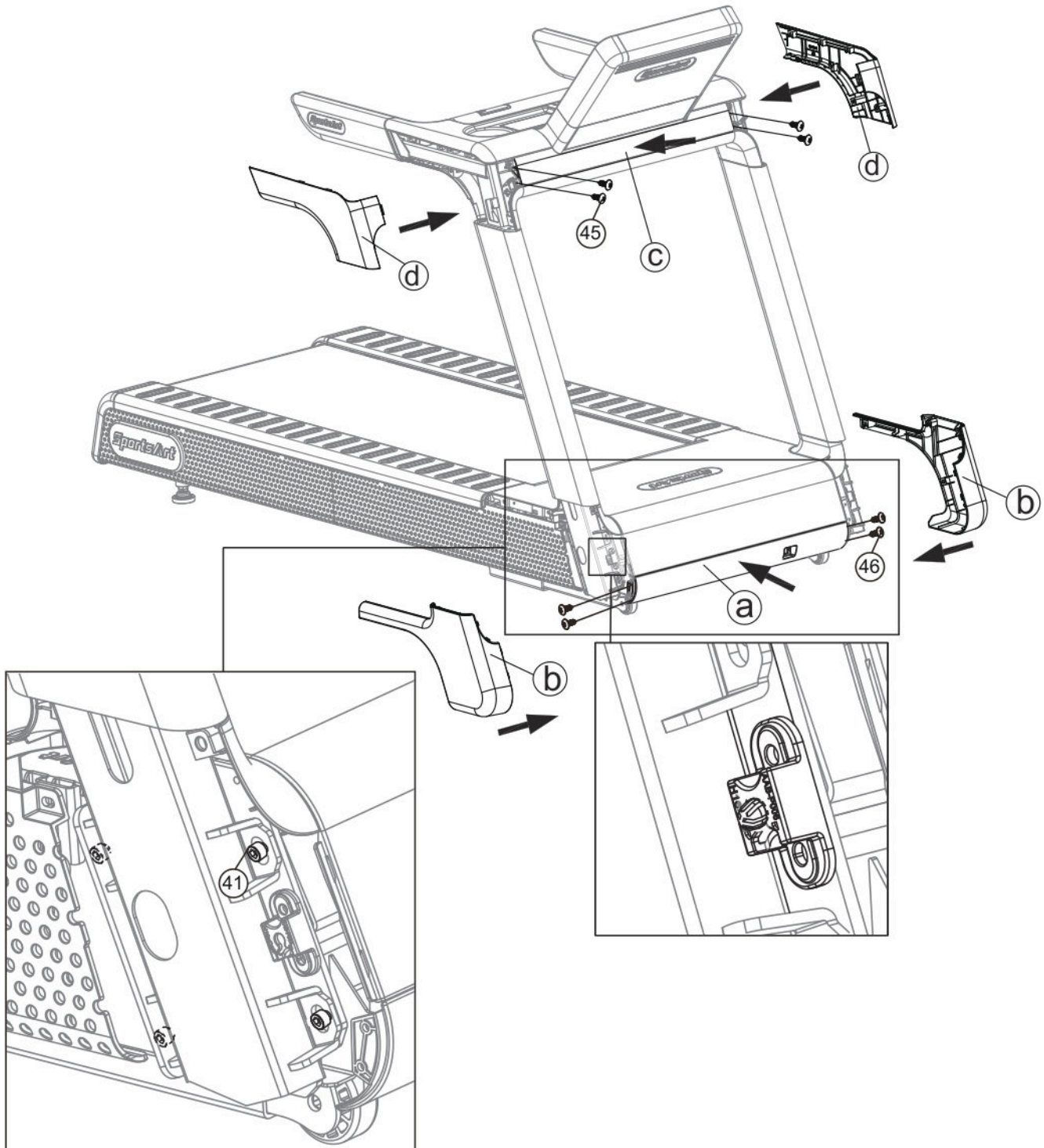


STEP 4 Left and Right Side Covers Installation

(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.

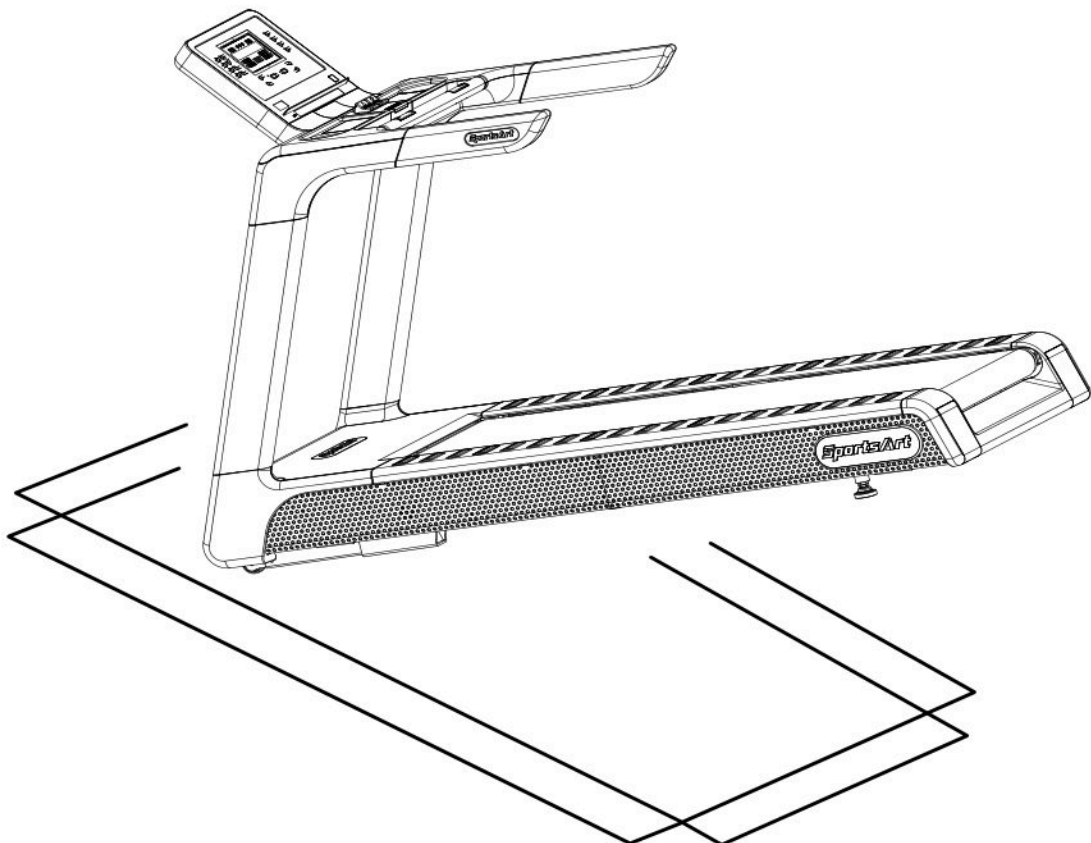
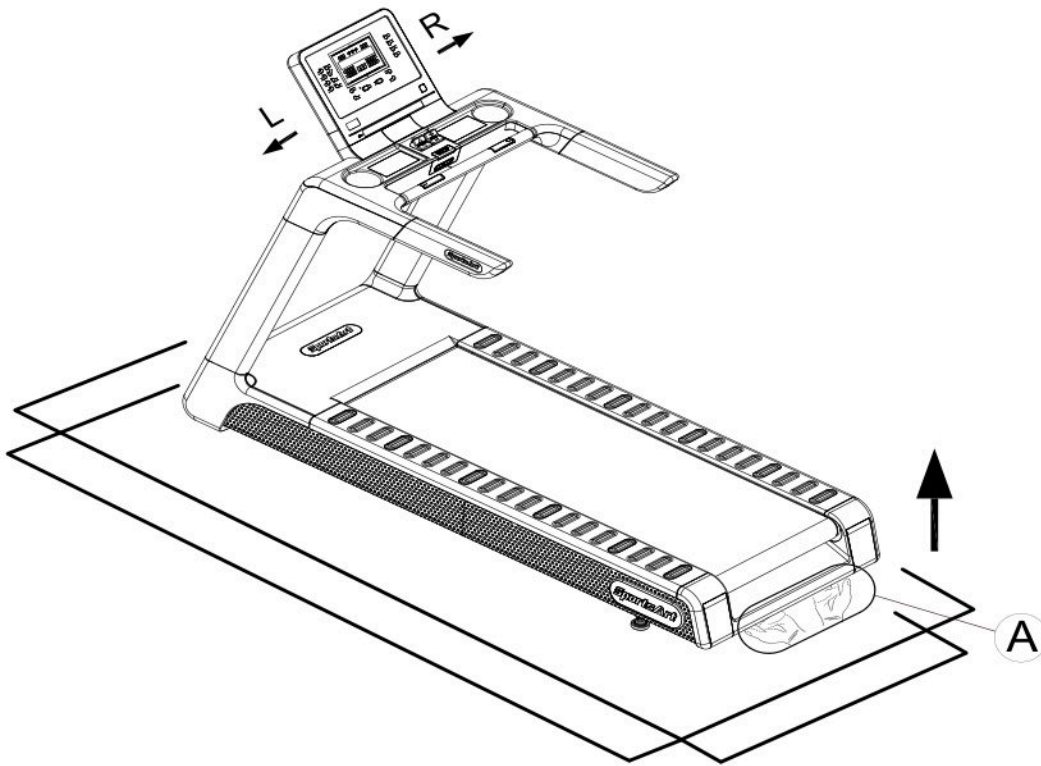
Note: Be careful not to damage or destroy the fixing kit when assembly and dismantling the side covers.

(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

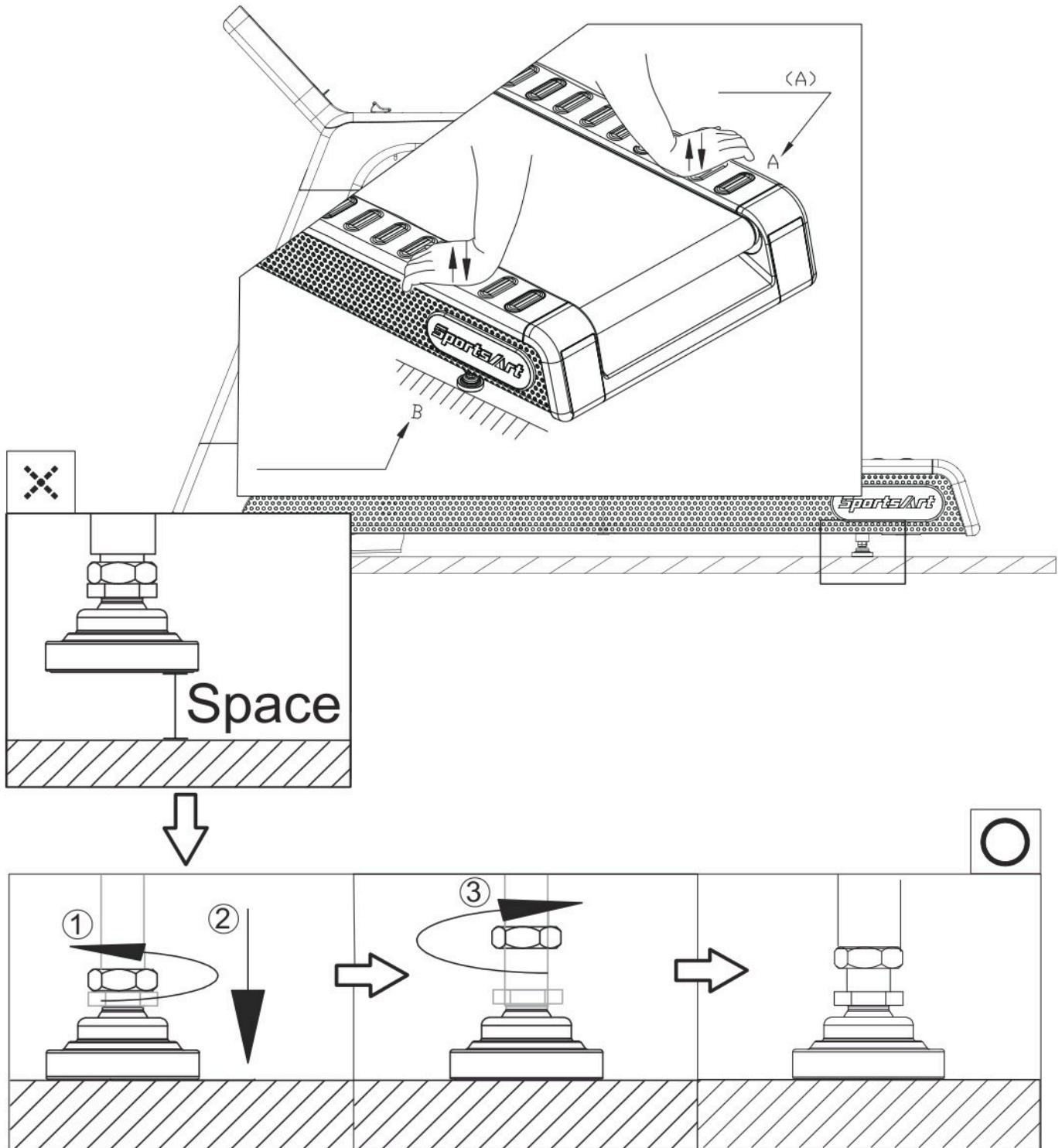
Hold the rear of the walking deck in area A, and then lift the treadmill to roll it into desired position. Warning: Do not place the treadmill on a thick carpet or rug as it may interfere with the walking belt. Place a wooden board on the carpet to keep carpet fibers out of the treadmill if unavoidable.



STEP 6 Level the Treadmill

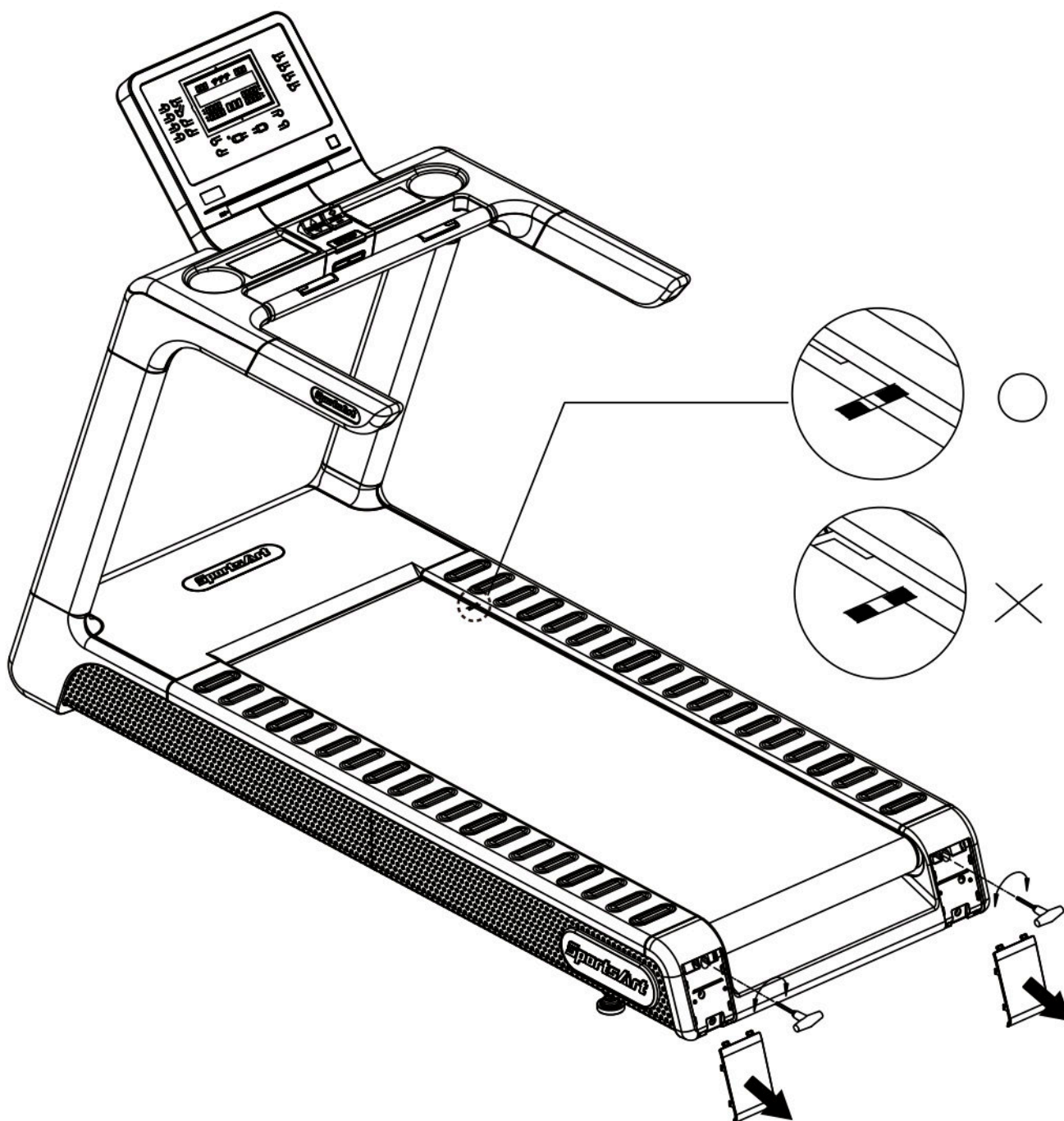
Press downward on the rear part of the treadmill as shown. Inspect whether the treadmill rests flat on the floor. If the treadmill wobbles, adjust treadmill levelers as follows:

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



STEP 7 Align the Walk Belt

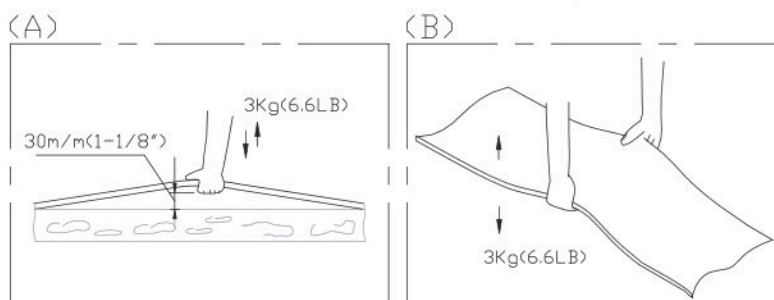
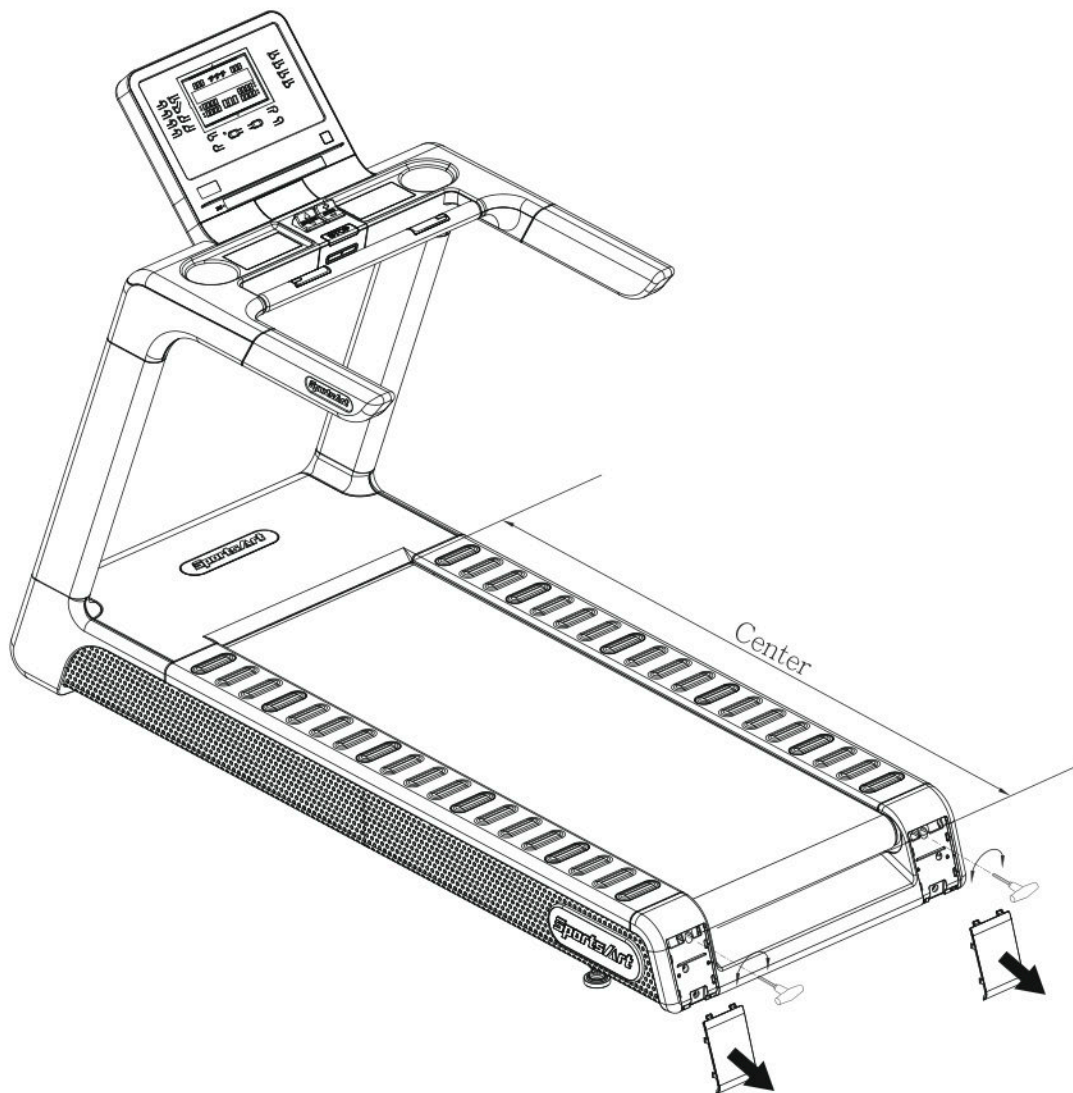
- (a) First, make sure the treadmill is on a level surface and the incline is at 0% .
 - (b) Start the speed at a lower rate of 3kph/2.5mph to check if the walk belt is aligned and if there is an equal amount of space between walk belt and side-rails on both sides. Remove the rear cover and turn the 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.

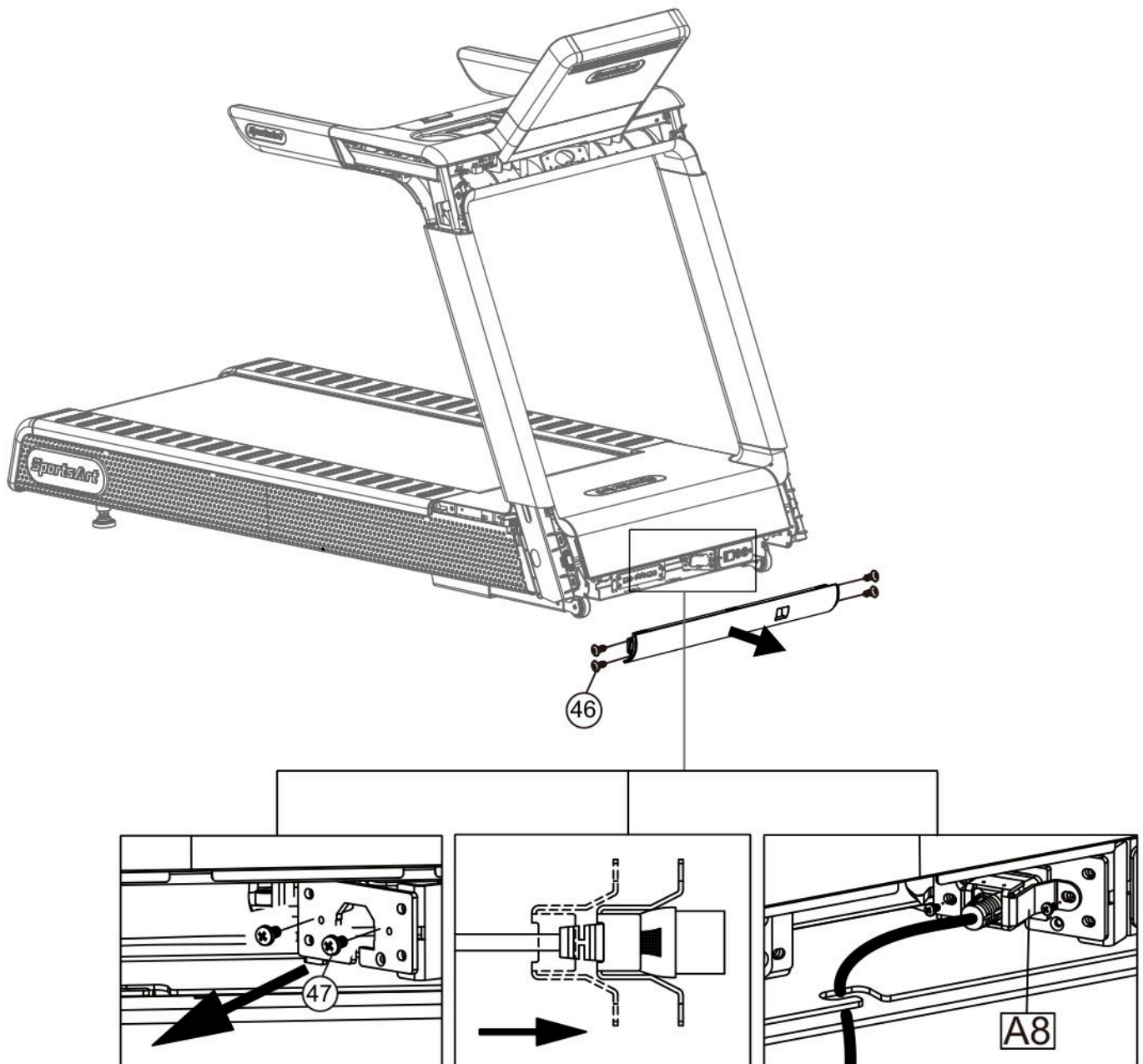
Adjust the tension if it differs from this specification. If the walk belt is too loose, use a hex wrench to rotate rear roller screws one-quarter turn clockwise at a time. If the walk belt is too tight, use a hex wrench to rotate rear roller screws counterclockwise one-half turn at a time. Test walk 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 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 DISPLAY

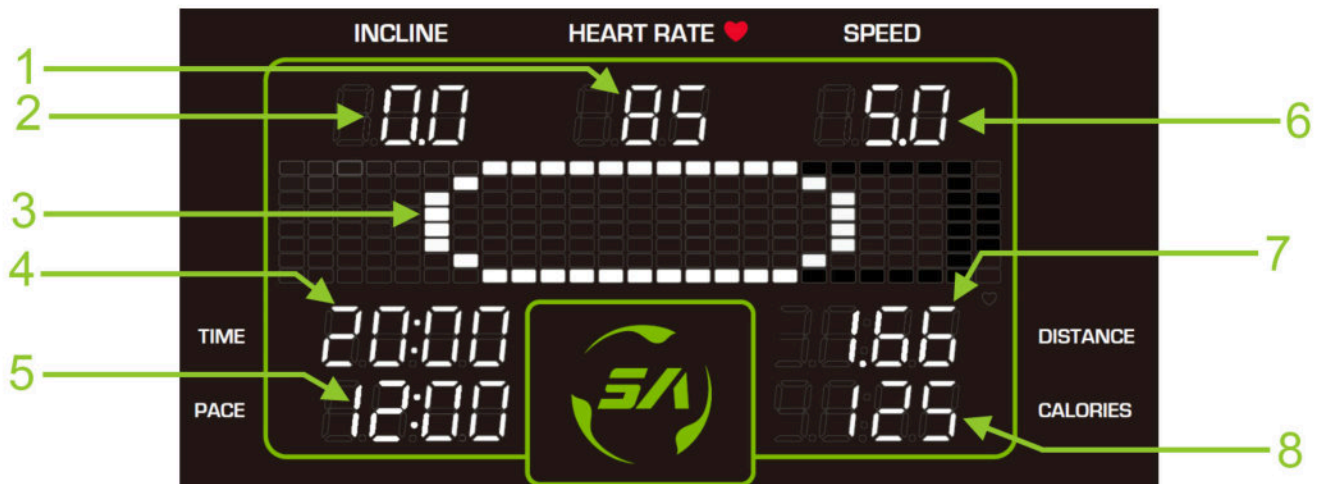
DISPLAY Overview

Before using the product, please familiarize yourself with the features on the display so you can fully utilize the product and all it has to offer.



No.	Description	No.	Description
1	LCD window	10	GOAL
2	PROGRAMS	11	SPEED + -
3	INCLINE ▲▼	12	PAUSE/RESUME
4	GO/ENTER	13	Wake button
5	QR Code · NFC tag	14	Speed Toggle Switch (SPEED + -)
6	USB port	15	Safety key
7	SA WELL+		
8	Incline Toggle Switch (INCLINE+ -)		
9	STOP key		

DISPLAY Parameter Window



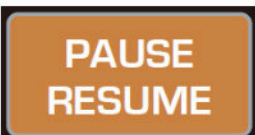









No.	Description
1	Display the data of your heart rate value. (Displayed when BOTH HANDS hold on the sensor.)
2	Displays the current incline.
3	Display the messages or the illustration.
4	Display the total time of the workout or the remaining time to exercise.
5	Your current pace.
6	Displays the actual speed.
7	Display the total distance of the workout or the remaining distance to exercise.
8	Display the calories you have burned during the exercise.




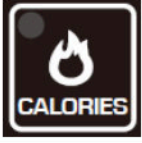



DISPLAY Specifications

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 - 99:59 ; 100 - 9999
PACE	1 /SPEED
DISTANCE	0.00 - 9999 Mile/Km (display maximum of 2 decimal places)
CALORIES	0 - 9999 K-CAL
PROGRAM	MANUAL · INTERVAL · FIT TEST · HILL · RANDOM · WT LOSS CARDIO

DISPLAY Button Function

Element	Description
	Wake up the display from sleep mode.
	The button has two functions : (1) Skip the user input, program selection, and start training instantly. (2) After the parameter settings are complete, press the key to confirm your selection.
	Press the key to pause or resume the workout. (1) During exercising, press <PAUSE/RESUME> to pause the treadmill and speed will return to 0. (2) During the pause mode, press <PAUSE/RESUME> to continue exercising. The starting speed is 0.1MPH / 0.2KPH, and then it gradually increases during your workout.
	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 enter Manual program. the notification LED will light on steadily.
	Each time this key is pressed, the LED above the key will light up and one of three hill workouts will appear: HILL 1, HILL 2, HILL 3.
	Press this key to select one of three interval programs: 1:1, 1:2, 2:2. Numbers represent minutes. the notification LED will light on steadily.
	Press this key to select one of an almost endless number of randomly generated workout programs. Each key press, the console will randomly generate a different program. the notification LED will light on steadily.
	Press this key to enter fitness test mode which provides nine built-in tests. the notification LED will light on steadily.

DISPLAY Button Function (CONT.)

Element	Description
	<p>Press this key to select <WT LOSS> or <CARDIO>. *<WT LOSS> uses the following formula to evaluate target heart rate: $(220-AGE) \times 0.65$. *<CARDIO> uses the following formula to evaluate target heart rate: $(220-AGE) \times 0.8$. the notification LED will light on steadily.</p>
	<p>Press <TIME> to make it your fitness goal. the notification LED will light on steadily.</p>
	<p>Press <DISTANCE> to make it your fitness goal. the notification LED will light on steadily.</p>
	<p>Press <CALORIES> to make it your fitness goal. the notification LED will light on steadily.</p>
	<p>The incline toggle switch performs the same function as the <INCLINE▲/▼> key on the console.</p>
	<p>The speed toggle switch performs the same function as the <SPEED +/-> key on the console.</p>
	<p>Press this key to stop the exercise, hold down to go back to start screen.</p>

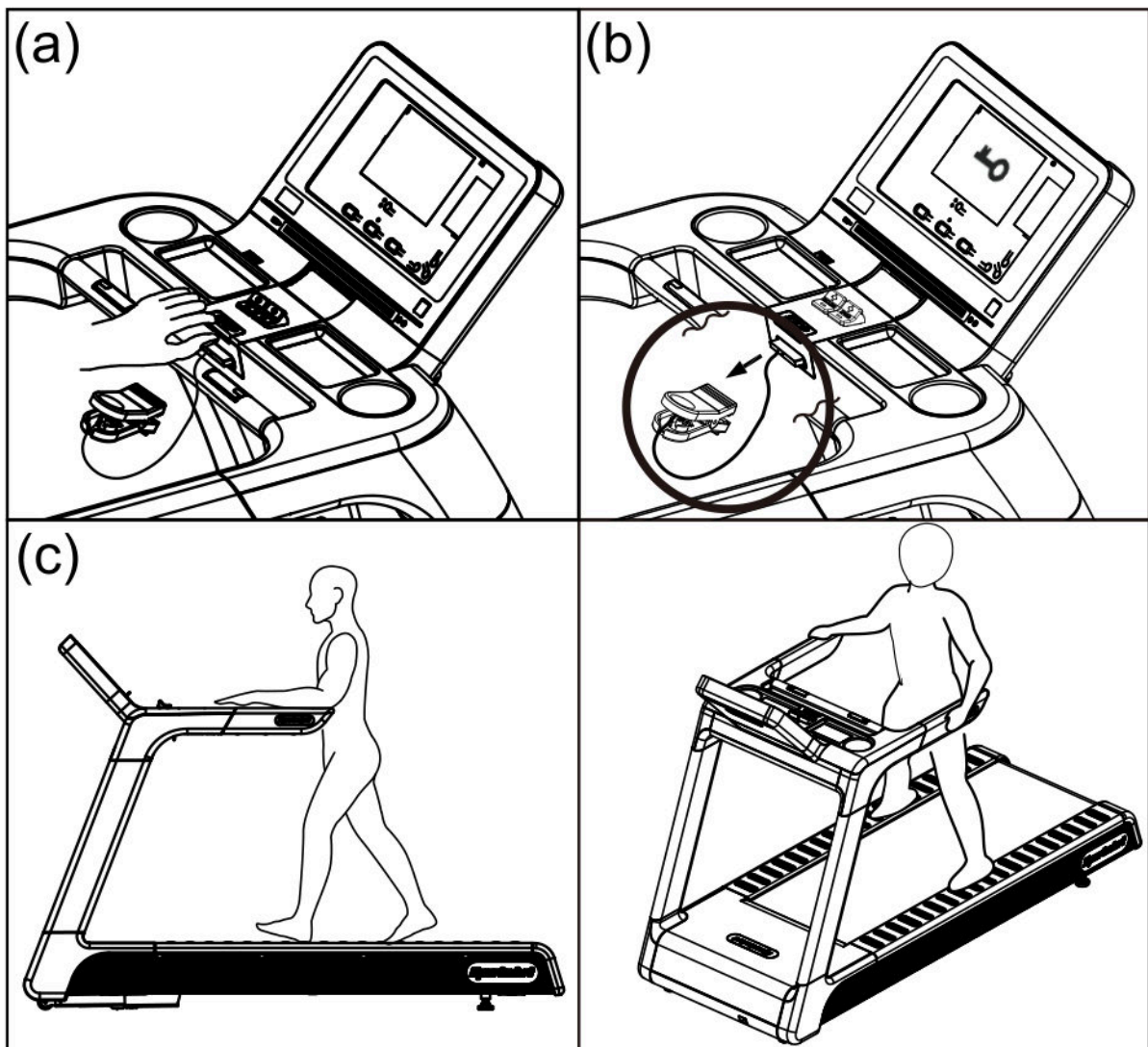
7. SAFETY TIPS FOR USING TREADMILL

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.

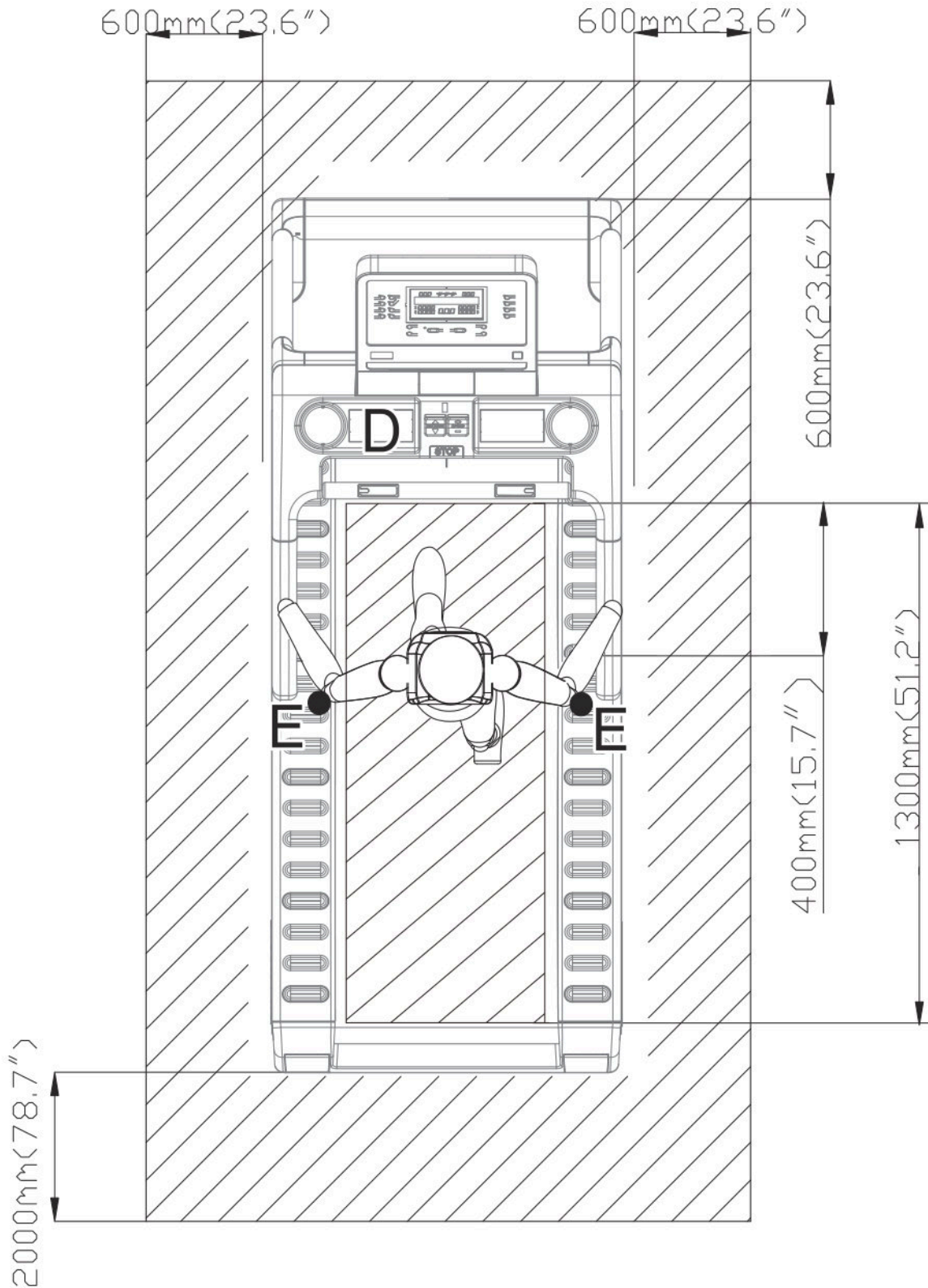
The flashing key sign shown on the display indicates that the safety key has been removed and the unit will not start again until it has been reinserted.

- (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

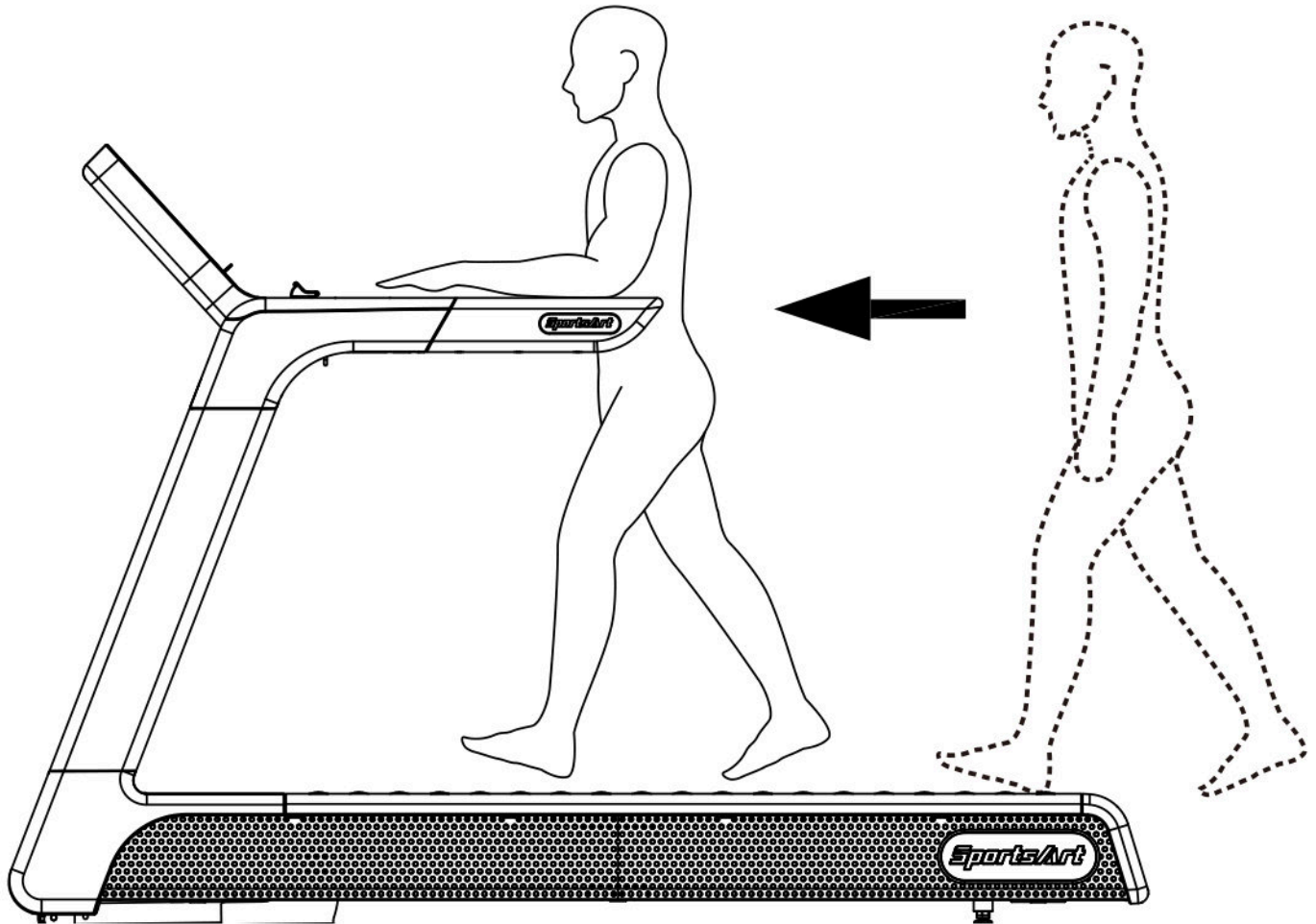
- (a) Safety clearance required as shown below. Do not allow people to be near this area when operating.
- (b) The stationary handlebar (highlight by mark D) is for heart rate measurement. Do not hold it as support while exercising.
- (c) Make sure to stand on the center of the running belt where are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

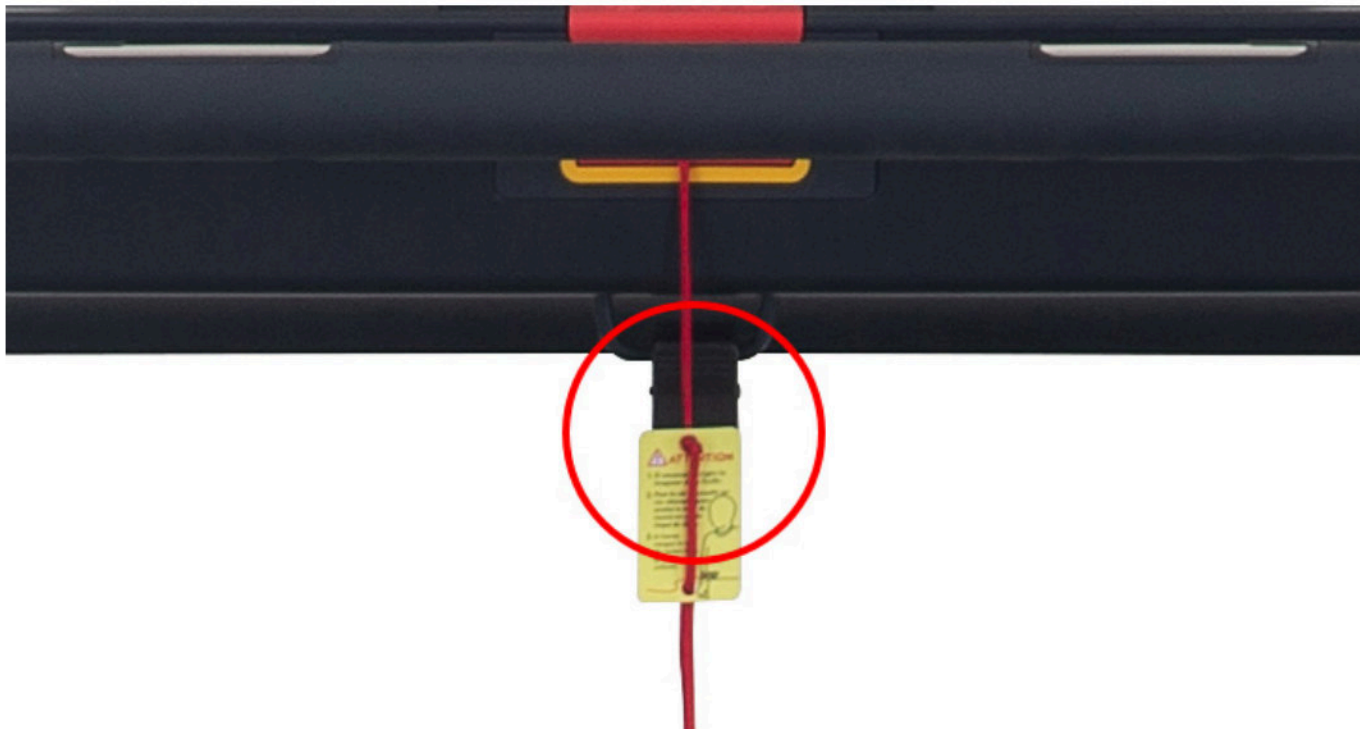
Get off the treadmill: Always wait for the belt to come to a complete stop before dismounting the treadmill.



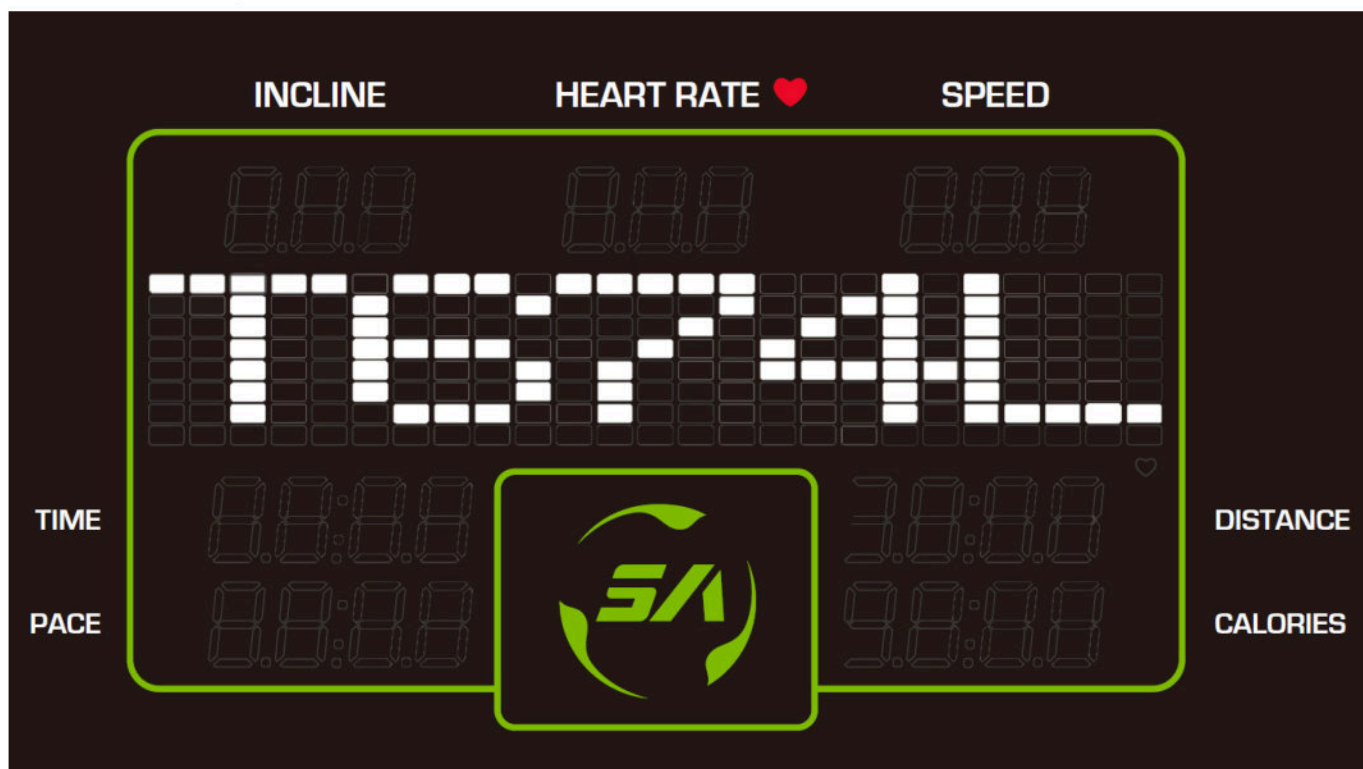
8. OPERATE THE PRODUCT

OPERATION | Start Screen

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



2. Press the wake button (at the bottom right of the panel) or step on the pedal to start the machine. After started, you will hear the BEEP sound and see the start screen.



OPERATION GO/ENTER

Press < GO/ENTER > to unlock the walk belt. After counting down from three (shown on the display), the walk belt will start moving.

When using < GO/ENTER > , the treadmill will start in MANUAL mode and will use the default values (35y/o, 75kg/165lb, 0.5mph /0.8kph) for calculations.

OPERATION User Information Settings

The treadmill measures your calories burned, target heart rate (using the formula based on your age), workout time, and total distance after you have finished the following settings:

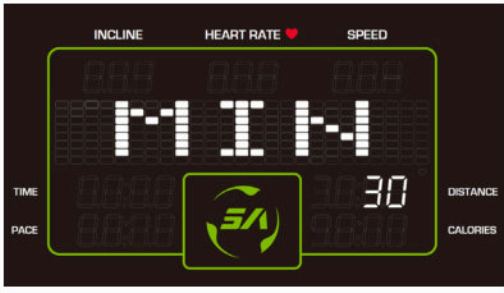
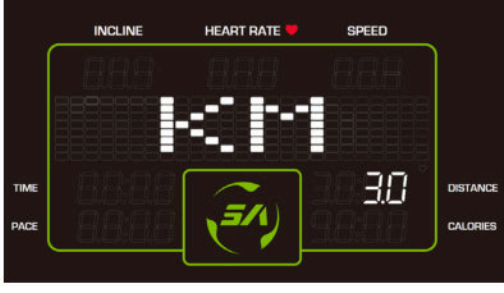

1. PROGRAM / GOAL

How to enter WORKOUT GOAL settings?

- (1) Select an exercise mode from the PROGRAMS menu, and then press <GO/ENTER> to enter the WORKOUT GOAL settings screen.
- (2) Select your fitness goal type and the MANUAL mode is applied automatically by default. Then go to the WORKOUT GOAL settings screen.

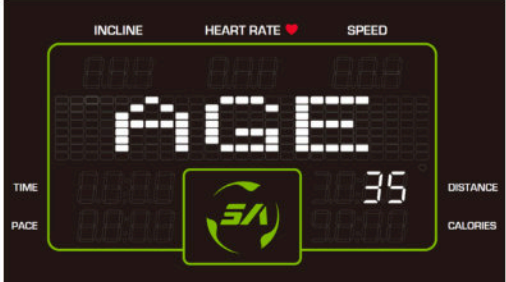
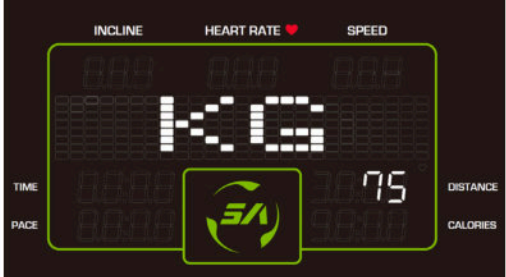
2. WORKOUT GOAL

The display will show “SELECT GOAL” Once you have successfully entered the WORKOUT GOAL setup. There are three types of goals: TIME, DISTANCE, CALORIES.

Parameter Window	Description
	<p>Set <TIME>: Set <TIME> for your fitness goal, and you will get a solid green light in this mode. The time duration ranges from 5-300min (the default duration is 30min). If you specify a value of less than 30 min., it will replace the default value. Press <INCLINE ▲/▼> or <SPEED +/-> key to adjust time settings.</p>
	<p>Set <DISTANCE>: Set < DISTANCE > for your fitness goal, and you will get a solid green light in this mode. The distance ranges from 0.1 - 99.9 miles/kilometers ,The default distance is 2 miles/3 kilometers). (If you are using the <TIME LIMIT>, you cannot set the< DISTANCE > for your fitness goal at the same time.) Press <INCLINE ▲/▼> or <SPEED +/-> key to adjust distance settings.</p>
	<p>Set <CALORIES>: Set < CALORIES >for your fitness goal, and you will get a solid green light in this mode. The calories ranges from 100 - 9999 Kcal ,The default value is 100Kcal. (If you are using the <TIME LIMIT>, you cannot set the< CALORIES > for your fitness goal at the same time.) Press <INCLINE ▲/▼> or <SPEED +/-> key to adjust calories settings..</p>

OPERATION User Information Settings (CONT.)

3. AGE and WEIGHT

Parameter Window	Description
	<p>Set <AGE>: Age ranges from 10 - 90 y/o. The default age is 35 y/o.</p> <ol style="list-style-type: none"> Press <INCLINE ▲/▼> or <SPEED +/-> key to adjust age settings. Press <GO/ENTER> to confirm your selection and proceed to the weight setting.
	<p>Set <WEIGHT>: Weight ranges from 50 - 500LB / 20 - 227KG. The default weight is 165LB / 75KG.</p> <ol style="list-style-type: none"> Press <INCLINE ▲/▼> or <SPEED +/-> key to adjust weight settings. Press <GO/ENTER> to confirm your selection and proceed to the program setting.

OPERATION Program Settings

Select exercise mode from the PROGRAMS menu on the display.

MANUAL :

You can manually adjust your speed or incline of the treadmill.

HILL :

This program simulates hill running. There are 3 types of choices: HILL1 \ HILL2 \ HILL3.

INTERVAL :

This program includes alternating periods of high-intensity aerobic exercise with low-intensity exercise.

- (1) The 2 exercise stages namely as REST and WORK, have different speed and incline settings based on Work/Rest Ratio: 1 : 1 \ 1 : 2 \ 2 : 2.
- (2) You can initialize the resistance to your own preference at either exercise stage (REST or WORK), the system will memorize your preference for later use.

RANDOM :

This program generates graphic patterns during workout randomly.

OPERATION Program Settings (CONT.)

FIT TEST :

This program includes 9 fitness tests and is used to describe an individual's physical fitness level. Each test has its own time limit and is not subject to the time limit in the WORKOUT GOAL settings :

BRUCE, GERKIN, FIRE FIGHTER, WFI, ARMY, AIR FORCE, MARINES, NAVY, PEB .

Press <FIT TEST>, then press <GO/ENTER>, the word "BRUCE" will pop up on the display, press <INCLINE ▲/▼> or <SPEED +/-> key to switch between the tests and then press <GO/ENTER> to confirm your selection.

BRUCE and GERKIN tests

These fitness tests will end if any of the following conditions occurs:

- (a) The STOP key is pressed.
- (b) The fitness test is completed.
- (c) The user's heart rate exceeds $(220 - \text{AGE}) * 0.8$ for more than 15 sec.
- (d) No heart rate signal detected for more than 30 sec.

When the tests finish, the words "END OF FIT TEST", "YOUR SCORE-xxx" will pop up on the display, where "xxx" represents a score from 0-100.

FIRE FIGHTER test

These fitness tests will end if any of the following conditions occurs:

- (a) The STOP key is pressed.
- (b) The fitness test is completed.
- (c) The user's heart rate exceeds $(220 - \text{AGE}) * 0.8$ for more than 15 sec.
- (d) No heart rate signal detected for more than 30 sec.

If the test is finished, the word " TEST FINISH" will pop up on the display, if not, the word " TEST FAIL" will pop up instead.

OPERATION Program Settings (CONT.)

WT LOSS · CARDIO :

These programs take control of speed and incline, keeping your heart rate within the target zone.

(1) The target heart rate for each program:

- a. WT LOSS: $(220 - \text{AGE}) \times 65\%$
- b. CARDIO: $(220 - \text{AGE}) \times 80\%$

(2) Set maximum speed in HRC program:

- a. Press <INCLINE ▲/▼> or <SPEED +/-> key to set the speed.
- b. Press <GO/ENTER> key to confirm your setting.
- c. The starting speed is 0.5MPH / 0.8KPH, and then it gradually increases during your workout. Once reaching the MAX SPEED, the system will adjust the incline of the treadmill accordingly to keep heart rate within the target zone.
- d. You can adjust the MAX SPEED at any time during your workout by pressing <INCLINE ▲/▼> or <SPEED +/-> key.

(3) If no heart rate signal detected after starting the workout, the words “NO HEART RATE READING , PLEASE CHECK TRANSMITTER” will pop up on the screen, the speed will be reduced to its minimum value, and the incline of the treadmill can only be adjusted manually.

(4) If the current heart rate is slower than the target heart rate during a workout, the words “PRESS SPEED UP” will pop up on the display.

OPERATION Switching Programs During Exercise

During a workout, you can select other exercise programs in PROGRAMS mode without changing the fitness goals (TIME/DISTANCE/CALORIES) .

Some exercise programs are not interchangeable, and the words “SWITCHING NOT ALLOWED” will pop up on the screen. See the following examples:

- (1) You cannot change to the FIT TEST program when you are using these programs: MANUAL, HILL, INTERVAL, INTERVAL, RANDOM, WT LOSS, and CARDIO.
- (2) You cannot change to the MANUAL, HILL, INTERVAL, INTERVAL, RANDOM, WT LOSS, and CARDIO programs when you are using the FIT TEST program.

OPERATION COOL DOWN

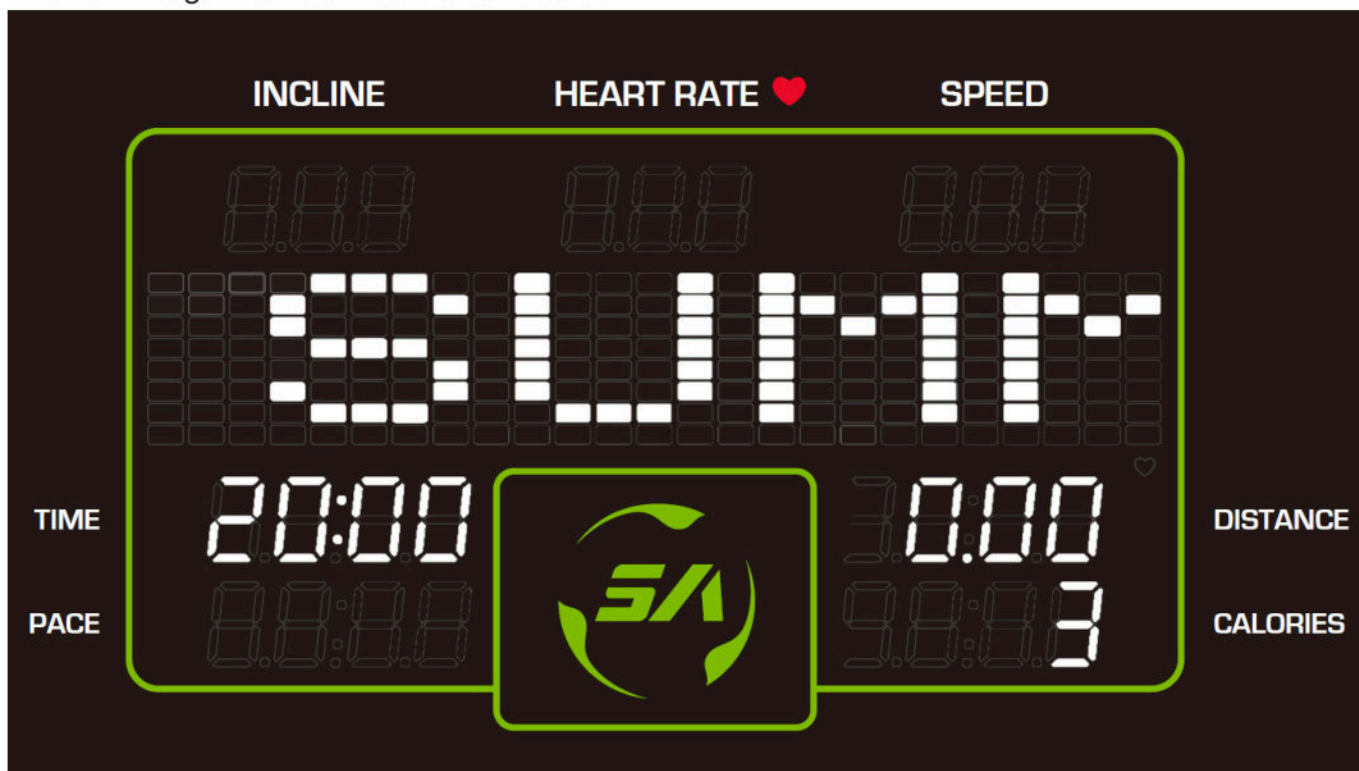
If your fitness goals (time/distance/calories) have been reached, the words “COOL DOWN” will pop up on the screen, the walking belt will then slow to a stop, and the treadmill will gradually return to 0% grade for your two-minute cool down walk and end your workout session.

OPERATION PAUSE/RESUME

- (1) When < PAUSE/RESUME > button is pressed during workout, program is suspended, and the word “PAUSED” will pop up on the screen. Press < PAUSE/RESUME > again to bring the running belt movement back to the speed at which the treadmill was paused, and the workout values will resume counting and continue where it was left off.
- (2) When no operations are in progress, the machine will go back to start screen.

OPERATION Workout Summary

If you press < STOP > to end your workout or finish the cool down period, the word “REVIEW SUMMARY” will pop up on the display and your workout summary will be shown for 15 sec. Press < STOP > again to return to the start screen.



OPERATION EUP Function

When the treadmill is in standby, the driver and display panel require no power supply and the electricity is cut off to save energy. The EUP timer is adjustable. Refer to “User Preference and Component Versions” for details.

OPERATION User Preference and Component Versions

In the basic setting menu you can change the units of measure, show total distance and time, and see display and drive board program version numbers. To access this information, at the startup banner screen, hold < INCLINE ▼ > or < SPEED - > key for 3 seconds. At any point in this menu you can press < STOP > button and return to the startup screen.

Please refer to the following setting procedures:

(1) UNITS

“MPH” or “KPH” will scroll across the screen, press < INCLINE ▲/▼ > or < SPEED +/- > key to toggle between the two settings. When your preference appears, press the ENTER key to confirm and proceed to the next setting.

(2) PROGRAM VERSION

The following program version will scroll across the screen, press < INCLINE ▲/▼ > or < SPEED +/- > key to view each program version. Press the ENTER key to view total distance.

- (a) CTL xxxx : Display program version
- (b) DRV xx-xxxx : Drive board version
- (c) SA WELL+ x.x.x : SA WELL+ board version
(Available with optional SA WELL+)

(3) TOTAL DISTANCE

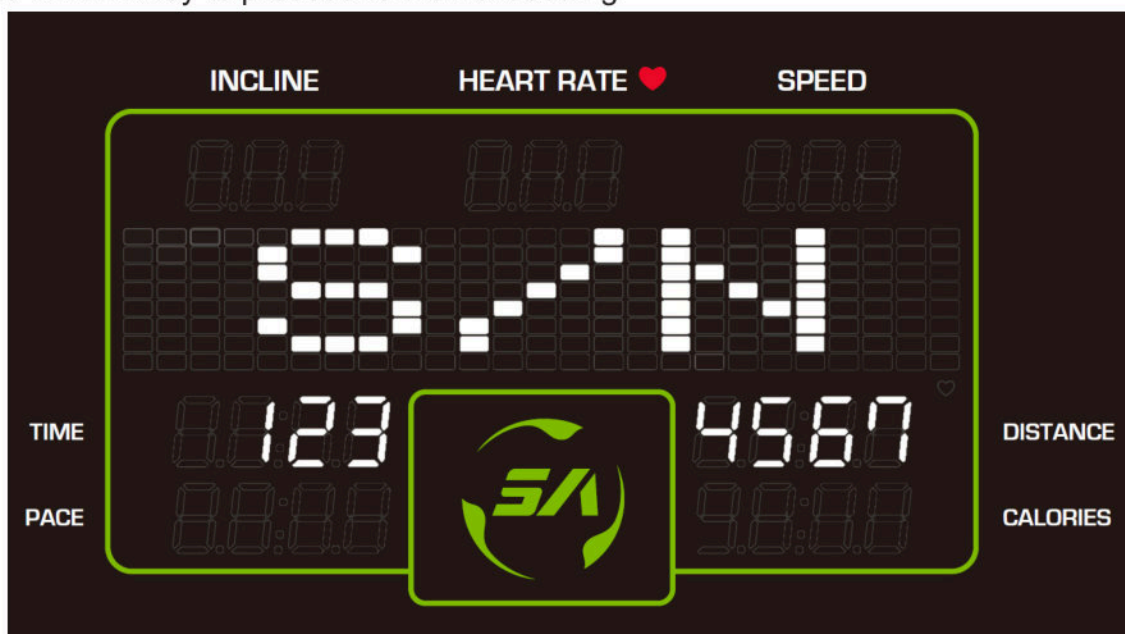
“TOTAL DISTANCE xxxxxx KM” or “TOTAL DISTANCE xxxxxx MILE” will scroll across the screen, press the ENTER key to view total distance.

(4) TOTAL TIME

“TOTAL TIME xxxxxx HOURS” will scroll across the screen, press the ENTER key to proceed to the next setting.

(5) PRODUCT SERIAL NUMBER

“S/N xxxxxxxx” will scroll across the screen (as shown in the following figure, the number 1234567), press the ENTER key to proceed to the next setting.



OPERATION User Preference and Component Versions (CONT.)

(6) LANGUAGE

The current country selected will scroll across the screen, press < INCLINE ▲/▼ > or < SPEED +/- > key to toggle between languages. Press the ENTER key to confirm and proceed to the next setting.

(7) EUP TIME

The screen will show "EUP", press < INCLINE ▲/▼ > or < SPEED +/- > key to change the sleep timer. Press the ENTER key to confirm and proceed to the next setting.

Note: If the timer is set less than 5 minutes, EUP mode will be deactivated.

(8) TIME LIMIT

The screen will show "LIMIT", press < INCLINE ▲/▼ > or < SPEED +/- > key to make your selection. Press the ENTER key to confirm and proceed to the next setting.

Note: If the timer is set less than 5 minutes, program time limit mode will be deactivated. The time limit ranges from 5-60min.

(9) BEEP SOUND

The screen will show "BZ", press < INCLINE ▲/▼ > or < SPEED +/- > key to toggle between ON or OFF. Press the ENTER key to confirm and go back to the start screen.

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.

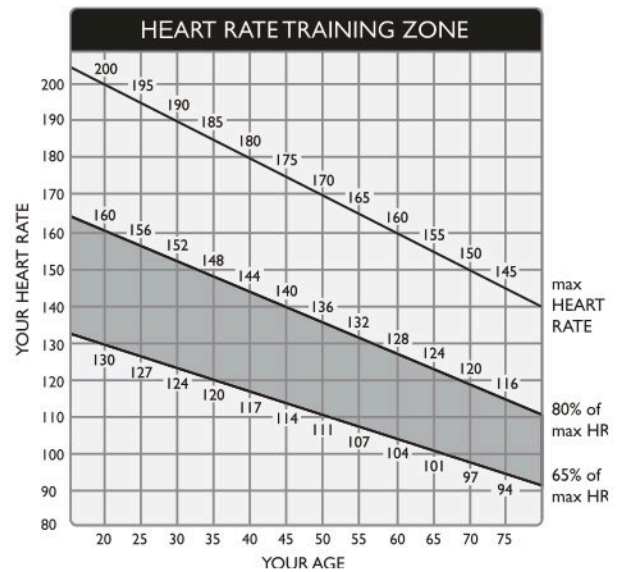
10. GUIDELINES FOR EXERCISE

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.

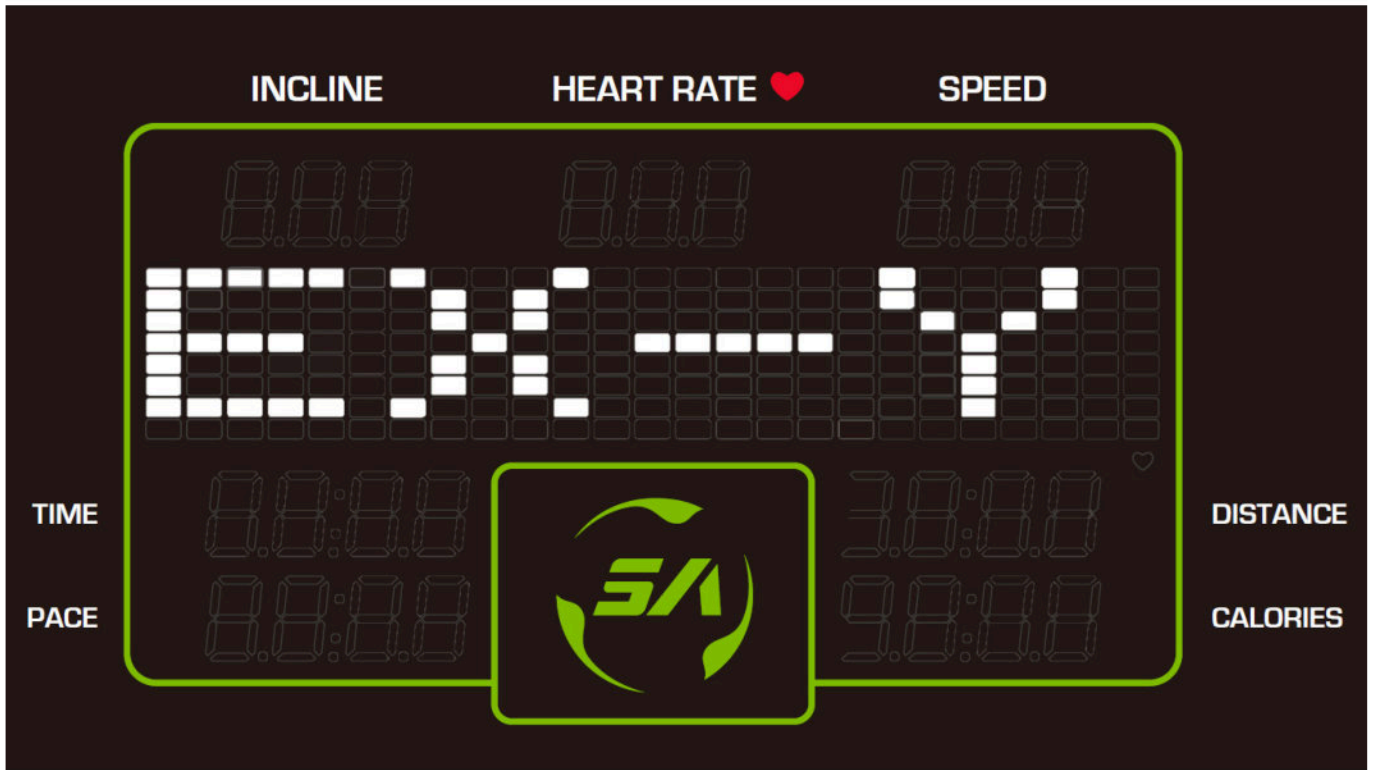
MAINTENANCE Safety Precautions

- 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

Error messages can appear on the screen as a troubleshooting aid. Error messages appear in the following format: “ERROR_X_Y”.

X represents the category of the error. Y represents the specific issue.



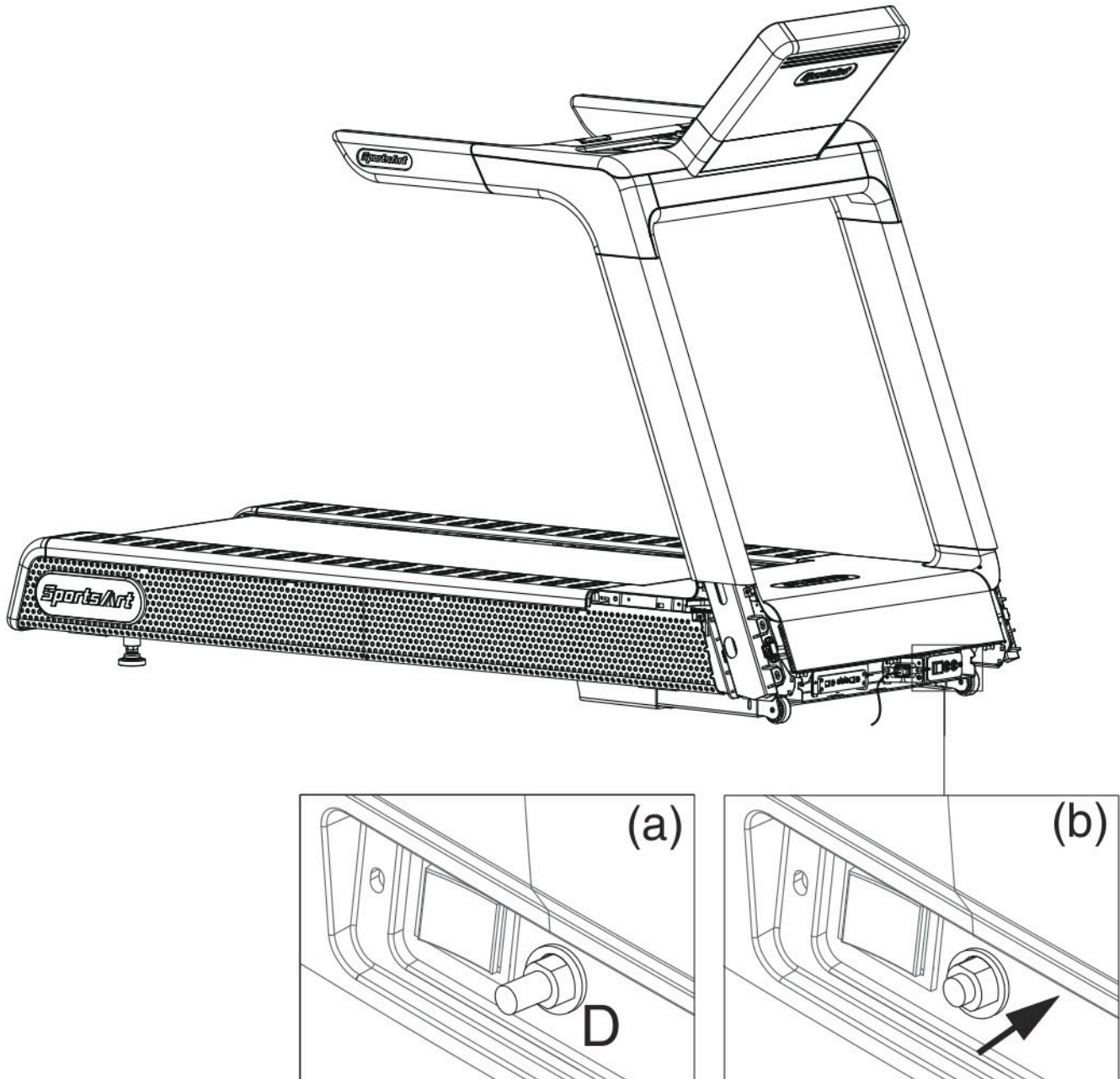
Error code explanations:

Error code X	Error code Y	Explanation	Remarks
1	1	Servomotor encoder abnormality, restart it to get back on track.	
1	2	Servomotor over temp warning. Reduce motor speed during operation.	
1	3	Servomotor abnormality, restart it to get back on track.	
2	1	IGBT overcurrent, restart it to get back on track.	
2	2	IGBT over temp. Reduce IGBT speed during operation.	
2	3	Current sensor reading abnormal. Restart after it returns to normal.	
3	1	Lift motor position abnormality.	
4	2	Power supply voltage is too low.	
4	3	Power supply voltage is too high.	
8	1	Communication error at startup.	
8	2	Communication error.	
8	3	Communication error due to MCU RESET condition.	

MAINTENANCE Circuit Breaker

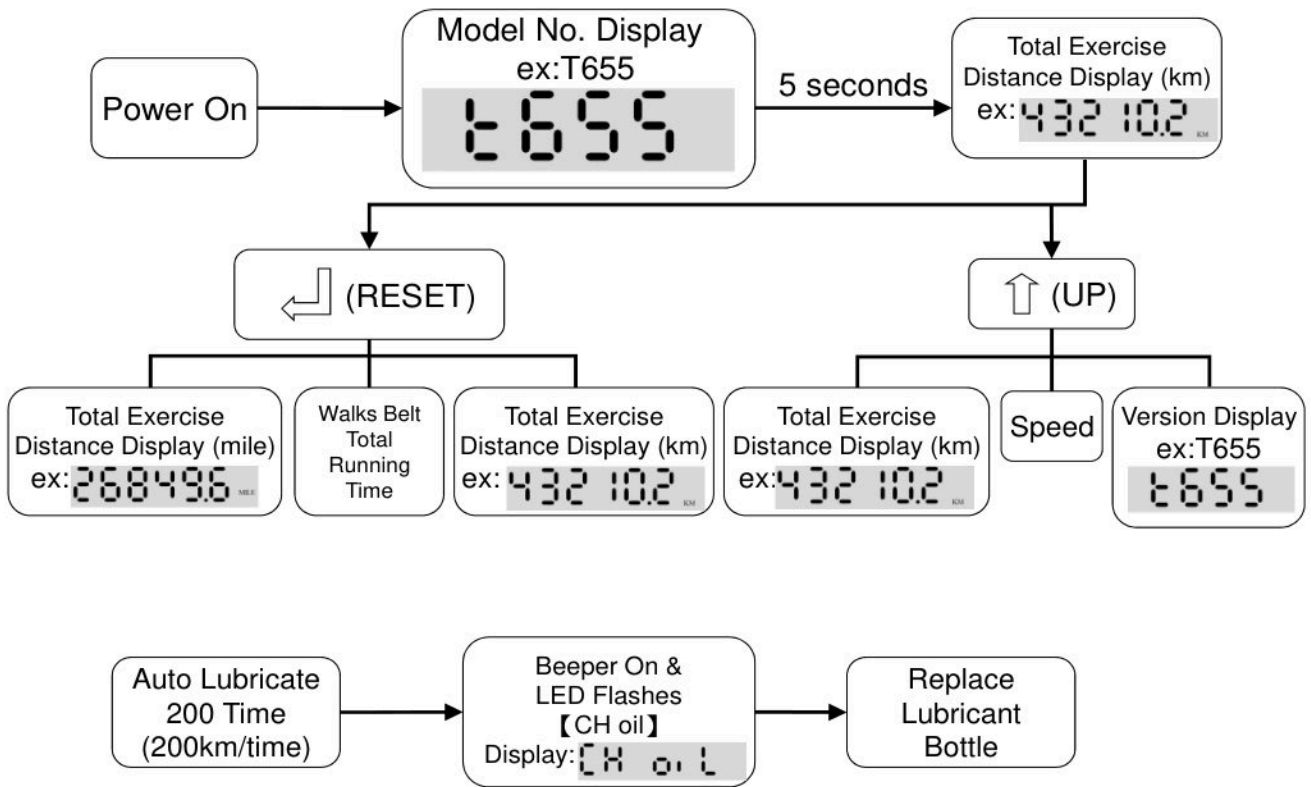
- (a) A circuit breaker is an automatically operated electrical switch designed to protect an electrical circuit from damage caused by overcurrent/overload or short circuit. A spring located under the push button causes the button at area D to lift up and the breaker to trip as shown.
- (b) After the 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.



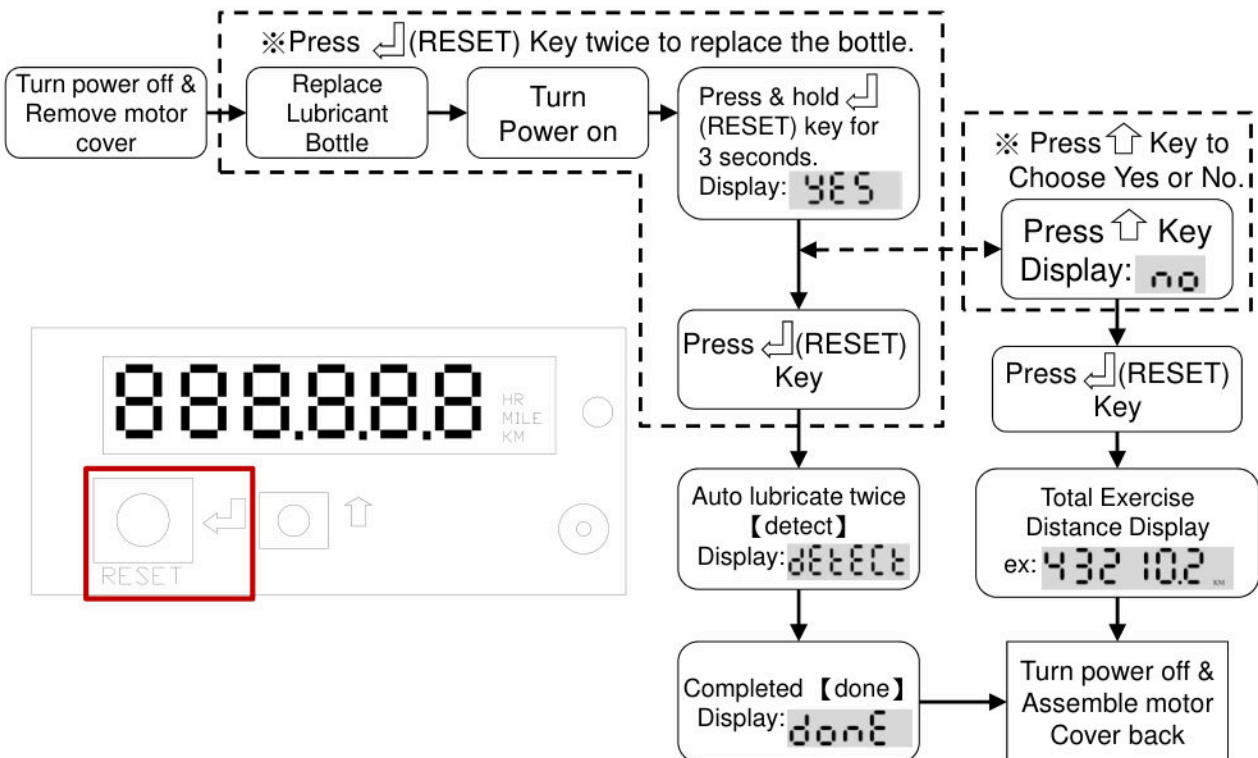
MAINTENANCE Lubrication System

Lubrication System Flowchart :



Lubricant Change Procedure :

※ Note: Pay extra attention during the lubricant changing procedure to avoid electric shock, when the machine is turned on.

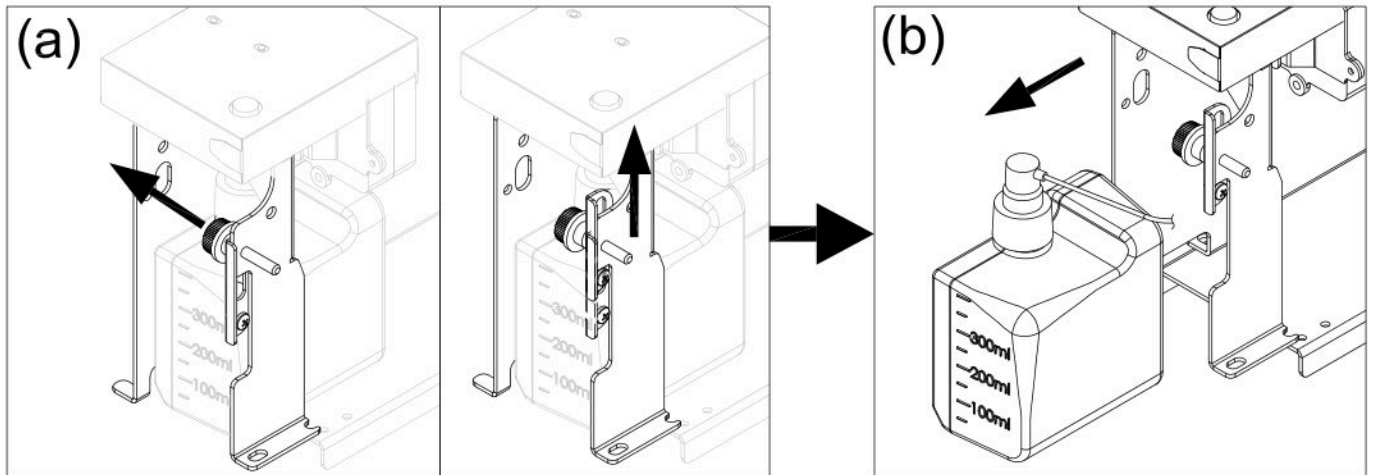


MAINTENANCE Lubrication System (CONT.)

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

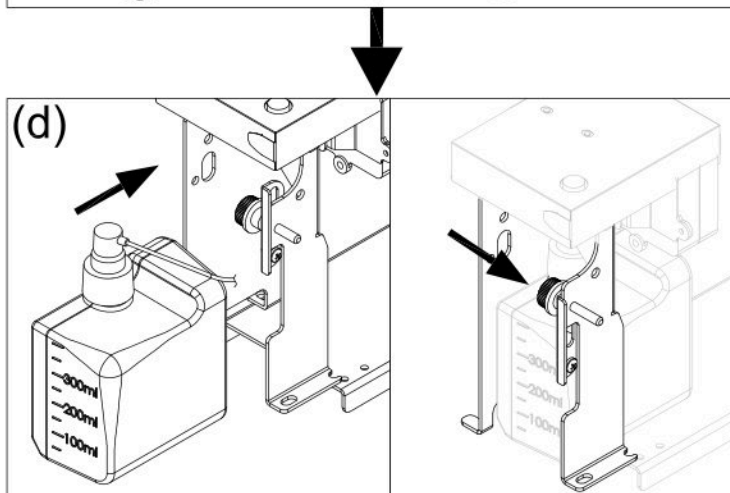
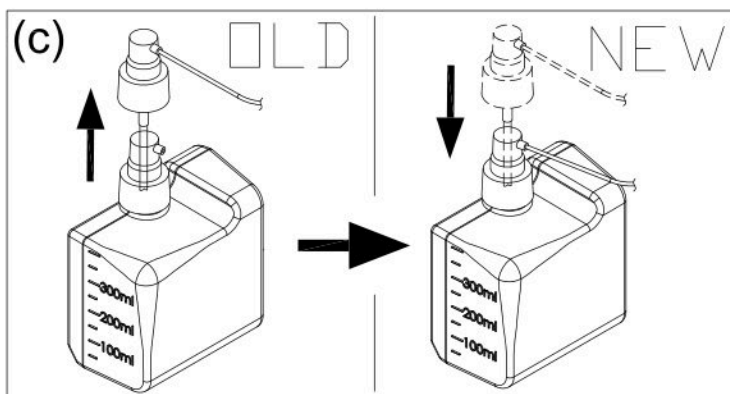
(a) Loosen the screws on the bezel and push the bezel up.

(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).



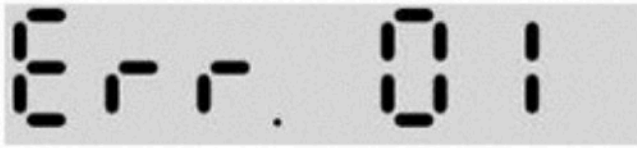
Also note the following :

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.

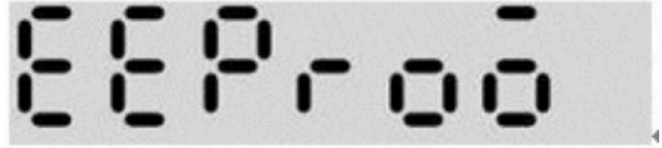
MAINTENANCE Lubrication System (CONT.)

Error Messages :

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

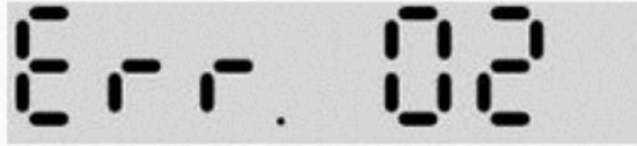


『Err. 01』



『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  (RESET) 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
Lubrication board is 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.	1. Check the Lubrication system related wiring. 2. Restart the running operation.	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.	1. Check the Lubrication system related wiring. 2. Restart the running operation.	ERR.04

MAINTENANCE Schedule

If there is a need for maintenance of components, please visit the SportsArt website.

cleaning requirements

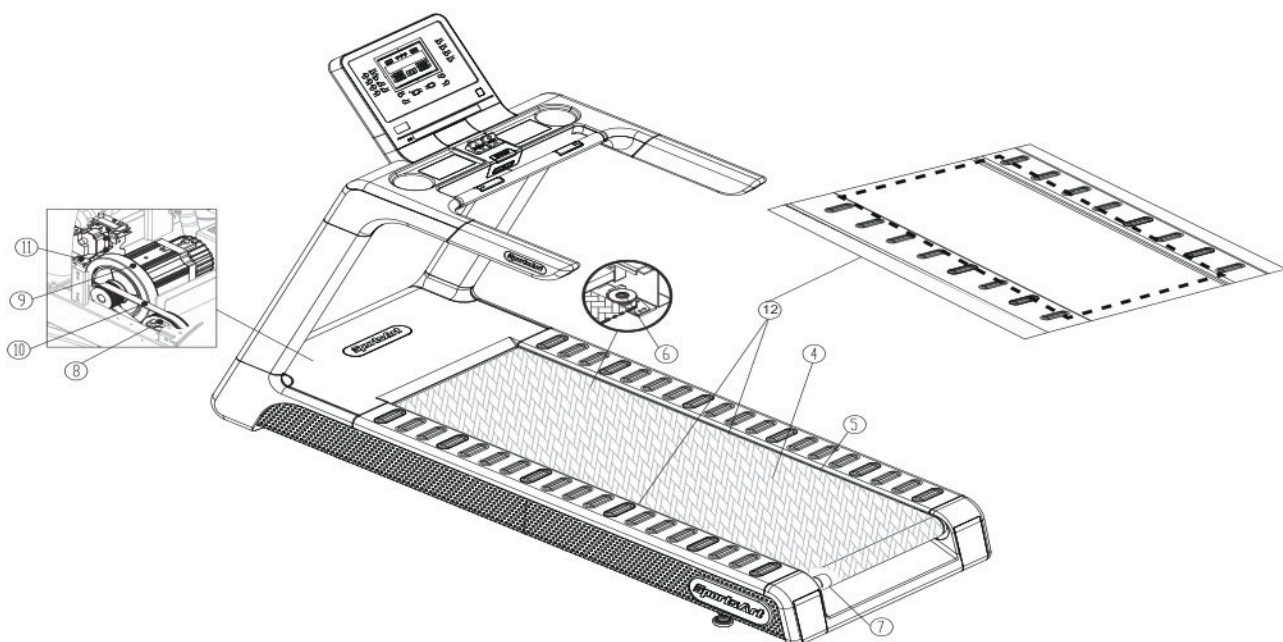
1.directive 93/42/CEE

2.directive biocide 98/8/CEE

The disinfectant has to be in compliance with Medical Device Directive 93/42/EEC (MDD) and Biocidal Products Directive 98/8/EC (BPD).

It is suited for sensitive synthetic surfaces such as synthetic leather, polycarbonate (PC), acrylic glass and polysulfone, and for the keyboards and control panels.

	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.

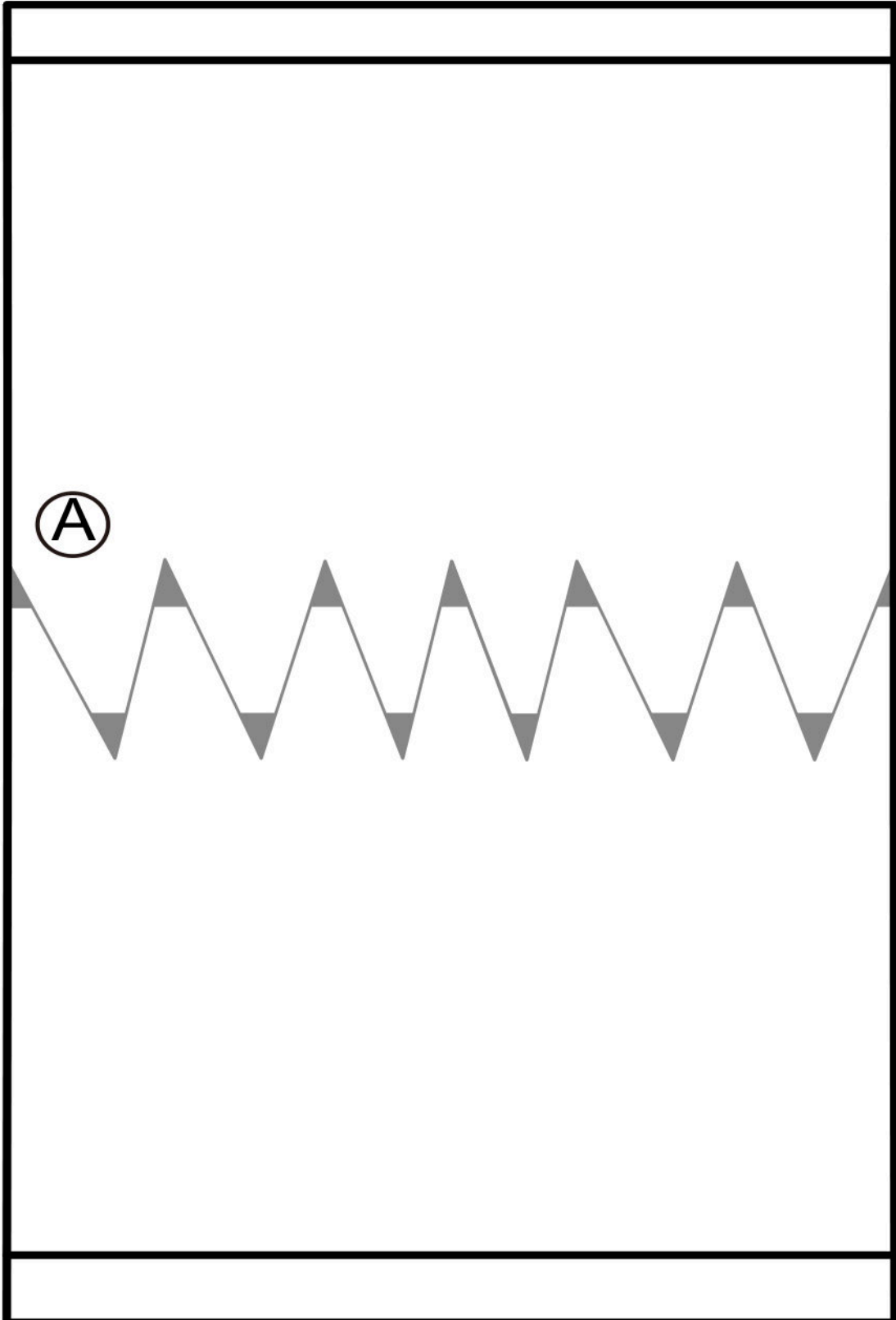


MAINTENANCE Note

1.Walk belt inspection: Walk belt is related to the usage status. Check the walk belt every week, and raise the frequency of inspection depending on the usage status.

⊙If the walk belt is damaged, broken or warped, stop using the device and replace the walk belt. The junction of the walk belt (as A shown in the figure) needs to strengthen inspection.

2. Check the walk deck quarterly for damage or breakage and raise the frequency of inspection depending on the usage status.



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

- Provides up to 5V, 1A of power for charging
- Let you update all required software drivers for the product.

CSAFE PORT

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

QR code and NFC tag

- Without SA WELL+ : Scanning the QR code and tapping the NFC tag will only display the SPORTSART website.
- 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

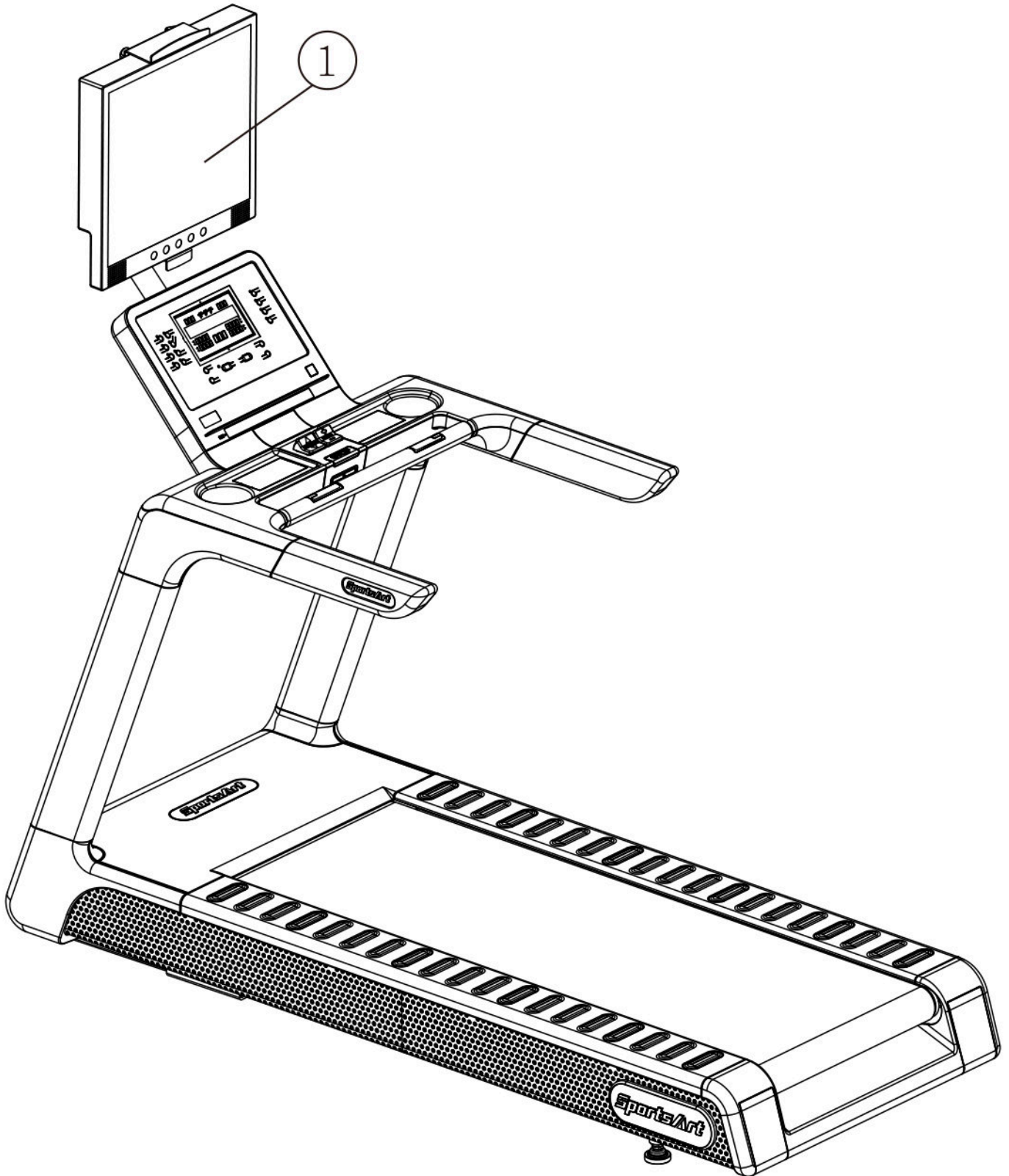
- This is designed specially by SportsArt to assist the users in managing their workout history. Connect your smartphone to the device, using Bluetooth or WIFI, to use the SA WELL+ App. The App is available for download in the App Store and Google Play.
- Help give users more control over their personal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



No.	Name	Function
a	USB port	For SA WELL+ software updates.
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.

ACCESSORIES Option (CONT.)

(1) TV rack

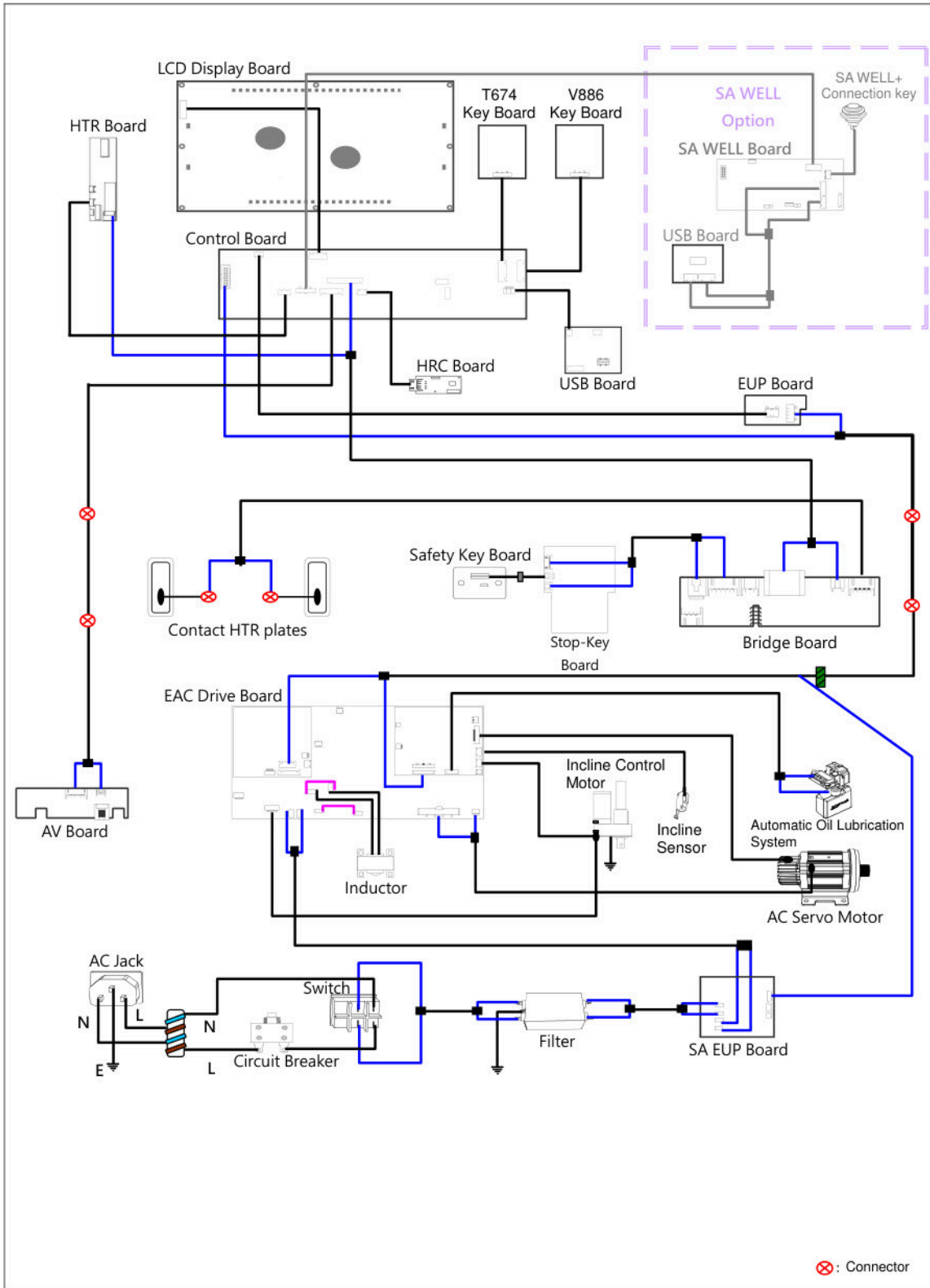


13. APPENDIXES

APPENDIXES Technical Specifications

Model	T674L
Dimensions	L : 2131 mm (83.8") W : 849 mm (33.4") H : 1462 mm (57.5")
Overall Weight	195 kg (430 lbs)
Maximum User Weight	205 kg (450 lbs)
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



Your Authorized Distributor