

T656-16”&19” SENZA CONSOLE OWNER’S MANUAL

SENZA SERIES DISCLAIMER TERMS	1
1. INTRODUCTION	2
2. SAFETY PRECAUTIONS	3
3. LIST OF PARTS	8
4. ASSEMBLE THE PRODUCT	10
STEP 0 Preparation: Inspect Walk Belt Placement	10
STEP 1 Install the Left and Right Pedestals	11
STEP 2 Install the Display	14
STEP 3 Install the Left and Right Side Covers	17
STEP 4 Move the Treadmill into Place for Use	18
STEP 5 Level the Treadmill	19
STEP 6 Align the Walk Belt	20
STEP 7 Adjust the Walk Belt Tension	21
STEP 8 TV Terminal and Network	22
STEP 9 Install the Power Cord	23
5. UNDERSTAND THE T656 16”&19” SENZA CONSOLE	24
DISPLAY Overview	24
DISPLAY Keys	24
DISPLAY Safety Mechanism	25
DISPLAY Windows	27
6. OPERATE THE PRODUCT	28
OPERATION Safety Operating Area	28
OPERATION Proper Workout Position and Safety Get Off	29
OPERATION Overview	30
OPERATION Start Screen	30
OPERATION Start your (GO) workout	31
OPERATION Workout Selection	32
OPERATION Workout Programs	33
OPERATION Workout Status	34
OPERATION Select Entertainment	36
OPERATION View Entertainment	36
OPERATION Workout Summary	37
OPERATION SA WELL+	38
OPERATION Idle Mode	39
OPERATION Energy Smart Function	39
OPERATION Precautions	39
7. ABOUT HEART RATE DETECTION	40
HEART RATE Telemetry	40
HEART RATE Contact	40
8. GUIDELINES FOR EXERCISE	41
9. MAINTENANCE	42
MAINTENANCE Safety Precautions	42
MAINTENANCE Error Messages	43
MAINTENANCE Circuit Breaker	44
MAINTENANCE Lubrication System	45
MAINTENANCE Schedule	48
MAINTENANCE Task List	49
MAINTENANCE One-Year Maintenance Log	50

T656-16”&19” SENZA CONSOLE OWNER’S MANUAL

10. ACCESSORIES	51
ACCESSORIES Entertainment Cap	52
ACCESSORIES MYE Wireless TV Audio_Channel Receivers	53
ACCESSORIES Options	54
11. APPENDIXES	55
APPENDIXES Specifications	55
APPENDIXES Electronics Block Diagram	56

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

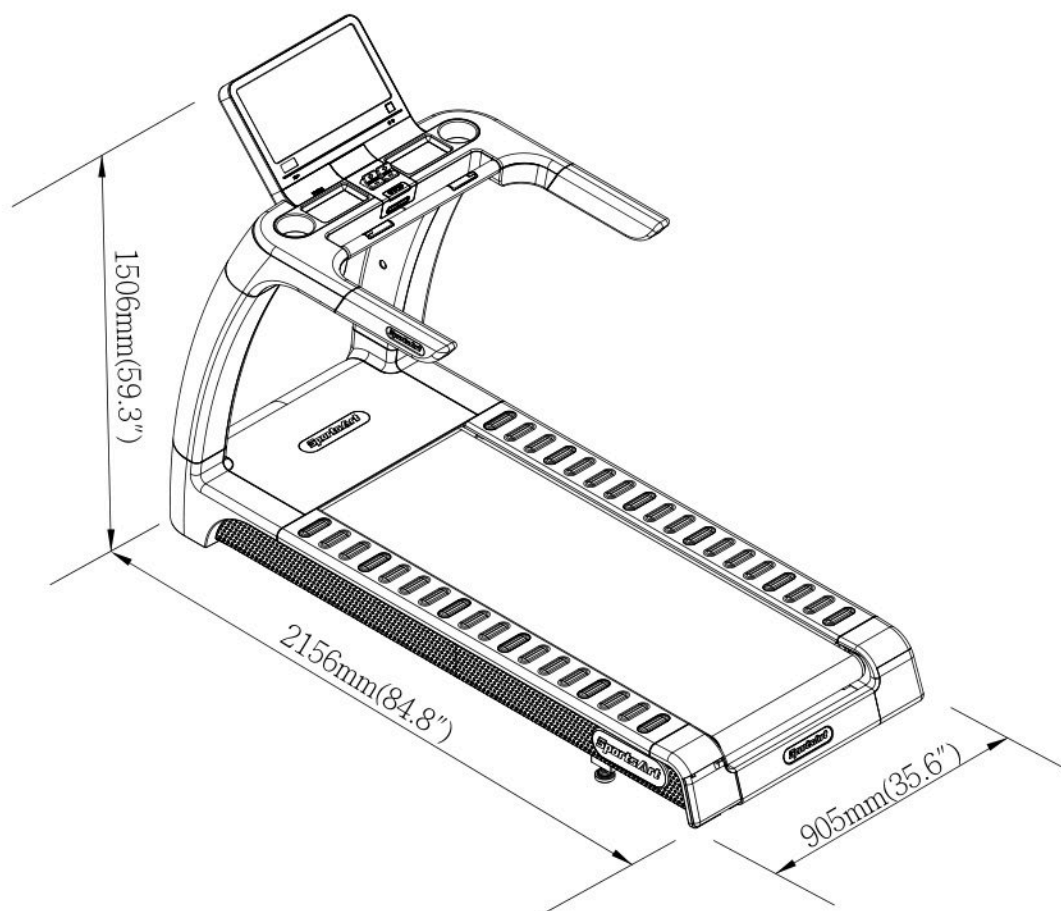
SENZA SERIES DISCLAIMER TERMS

- 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 T656 16" & 19" 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:

- Read instruction manual before using.
- Make sure the product is installed and operated as instructed in this manual.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water, including pools and saunas.
- 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.
- Wear proper workout clothing. Do not wear loose clothing. Do not wear shoes with leather soles or high heels. Tie all long hair back. Do not go barefoot on this product.
- Keep away from moving parts. Moving parts may or may not stop immediately if an object becomes caught or impedes normal motion.
- Use this product only for its intended purpose as described in this manual.
- Be careful when mounting and dismounting the unit.
- Never operate this product if it has been damaged in any way. If it is not working properly, or has been dropped or damaged, 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.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- This product is not intended for use by persons (including children 12 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.
- Contact your SportsArt representatives on all materials damaged in shipment. (Note: Shipping damages are the responsibility of the carrier.)
- Unpack and verify contents of boxes according to the list of parts to check if any parts are missing.
- 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.
- The user weight limit for this product is 160 kg, 350 lb.
- The treadmill shall be disconnected from its power source during service and when replacing parts.

2. SAFETY PRECAUTIONS (CONTINUED)

CAUTION: If you feel any pain or any abnormal sensations, STOP YOUR WORKOUT and consult your physician immediately. Work within your recommended exercise level. DO NOT work to exhaustion. Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

WARNING! Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, stop exercising immediately.

Note: 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.

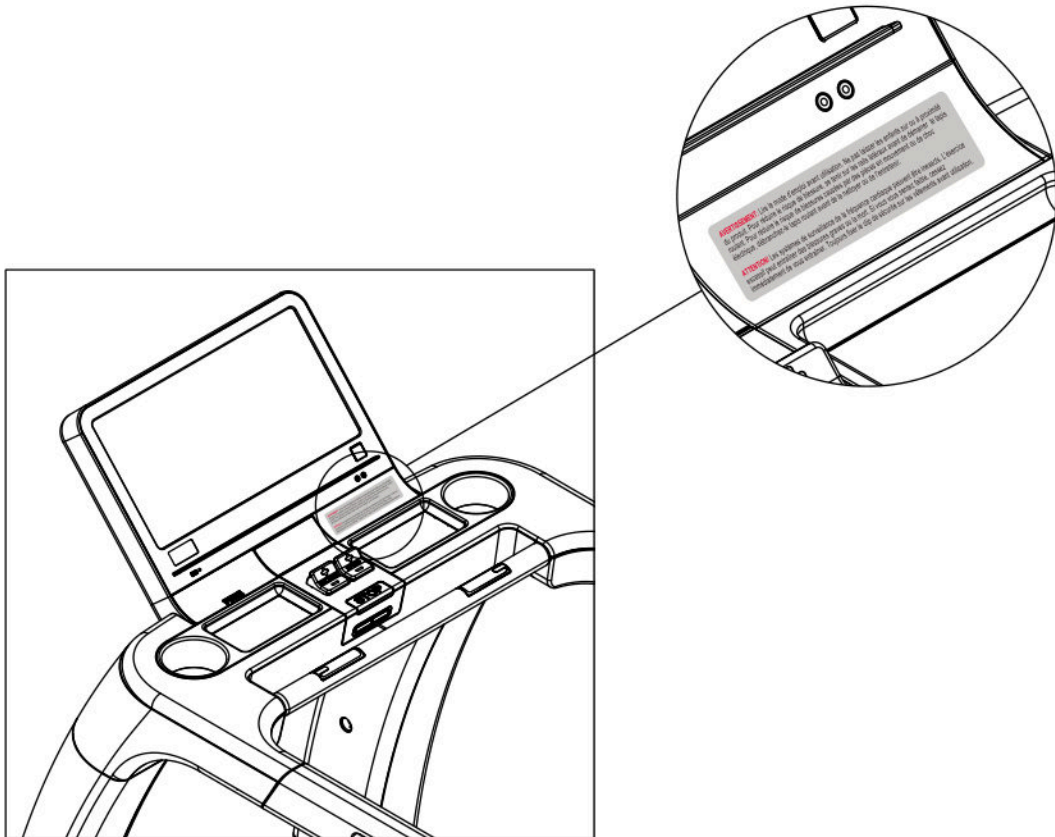
WARNING! Only qualified technicians should be allowed to contact electrical components such as circuit boards. Some components carry an electrical charge even after use has been discontinued or the product has been unplugged. For products with power cords, turn off unit power, wait five minutes, then disconnect the power cord from the power socket. For products without power cords, let the unit sit without use for five minutes. Only after taking such precautions should covers be removed and electrical components are accessed.

- Do not attempt to drag or carry this unit by the power cord. Keep the power cord away from heated surfaces.
- Improper grounding can increase the risk of electric shock. Check with a qualified electrician if you are in doubt as to whether the power outlet is properly grounded.
- 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.
- Do not stand on the walk belt when starting the treadmill. Straddle the belt with your feet on the right and left landing strips.
- Always attach safety clip to clothing before use.
- Close supervision is necessary when this treadmill is used by, on, or near children 12 or younger, invalids, or disabled persons
- Maintenance and repair must be performed by trained service personnel only. Improper maintenance would not only damage the machine, but may also present a danger to the exerciser.
- Warning that any of the adjustment devices that could interfere with the user's movement should not be left projecting.
- To reduce the risk of injury from moving parts or electric shock, unplug before cleaning or servicing.
- To reduce the risk of injury, stand on side rails before starting treadmill.
- Do not let children 12 or younger on or near the product.

2. SAFETY PRECAUTIONS (CONTINUED)

If you are a French speaking person in North America, please place the following label contained in the owner's manual on the console as shown. Customers outside of North America will not receive this French warning label.

(Note: If there are any other warning labels contained in the owner's manual, please place them on the clearly displayed location on the console as well.)



2. CONSIGNES DE SÉCURITÉ IMPORTANTES

Votre tapis de course SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre tapis de course.

- Lisez entièrement le manuel avant l'assemblage et l'utilisation. Veuillez aussi noter les consignes de sécurité suivantes:
- Veuillez lire attentivement les instructions et installer le tapis de course selon les instructions.
- Assemblez et faites fonctionner l'elliptique sur une surface solide et plane; NE PAS l'utiliser à l'extérieur ou près de l'eau.
- En aucun cas, ne laissez des enfants à proximité ou sur le tapis de course.
- Vérifiez le tapis de course avant chaque utilisation. Assurez-vous que toutes les pièces sont assemblées et que tous les éléments de fixation sont serrés. NE PAS utiliser le tapis de course si l'appareil est démonté de quelque façon.
- Gardez vos mains loin des pièces mobiles.
- Portez des vêtements d'entraînement appropriés; NE PORTEZ PAS de vêtements amples. NE PORTEZ PAS de chaussures à semelles en cuir ou à talons hauts. Attachez les cheveux longs. Ne marchez pas pieds nus sur l'appareil.
- Soyez prudent lors du montage et démontage de l'appareil.
- Le tapis de marche ne s'arrêtera pas immédiatement si un objet est pris dans les courroies ou les rouleaux.
- NE PAS utiliser d'accessoire non spécifiquement recommandé par le fabricant. Car cela pourraient provoquer des blessures ou entraîner une panne de l'appareil.
- Débranchez l'appareil de la prise avant l'entretien ou la suppression de toute pièce.
- Une surveillance étroite est nécessaire quand ce tapis de course est utilisé par ou à proximité d'enfants, de malades ou de personnes handicapées.
- Utilisez ce tapis de course uniquement pour l'usage prévu dans ce manuel.
- N'utilisez jamais ce tapis de course s'il a été endommagé de quelque façon que ce soit. S'il ne fonctionne pas correctement, ou s'il est tombé ou endommagé, contactez votre vendeur.
- NE PAS transporter ce tapis de course par le cordon d'alimentation et n'utilisez pas le cordon comme poignée.
- Maintenez le cordon éloigné de toute surface chaude.
- Veillez à ce qu'aucun orifice de ventilation ne soit obstrué.
- Ne faites jamais tomber ou n'insérez jamais d'objet dans les orifices.
- NE PAS l'utiliser là où des produits aérosols (vaporisés) sont utilisés ou lorsque de l'oxygène est administré.
- La limite de poids de l'utilisateur pour ce tapis de course est de 160 kg, 350 lb. Les performances du produit dépendent d'une alimentation adéquate.
- Ce tapis de course n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de ce tapis de course par une personne responsable de leur sécurité.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le tapis de course.
- Les tapis de course doivent de préférence être situés loin des murs, pour éviter de se blesser en cas de chute. Vérifiez si l'extrémité arrière du tapis est au moins à 2 mètres d'un rebord, d'un mur ou d'une fenêtre. Veillez également à positionner le cordon d'alimentation loin de tout passage ou à le protéger avec du ruban adhésif pour ne pas s'y prendre les pieds en montant et descendant du tapis.
- Utilisez toujours le clip de sûreté pendant le fonctionnement du tapis de course.
- NE PAS rester sur le tapis de marche lors du démarrage du tapis de course. Enjambez le tapis et placez vos pieds sur les bandes de repos droite et gauche.

2. CONSIGNES DE SÉCURITÉ (SUITE)

- Pour éviter de vous blesser, restez sur les bandes de repos (barres latérales) avant de démarrer le tapis de course.
- Ce tapis de course n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de ce tapis de course par une personne responsable de leur sécurité.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le tapis de course.
- Utilisez toujours le clip de sûreté pendant le fonctionnement du tapis de course.
- NE PAS rester sur le tapis de marche lors du démarrage du tapis de course. Enjambez le tapis et placez vos pieds sur les bandes de repos droite et gauche.
- Pour éviter de vous blesser, restez sur les bandes de repos (barres latérales) avant de démarrer le tapis de course.

ATTENTION

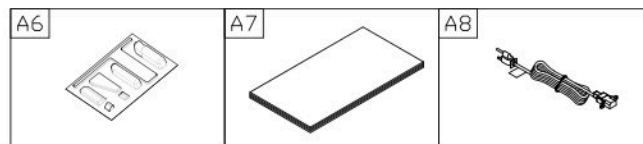
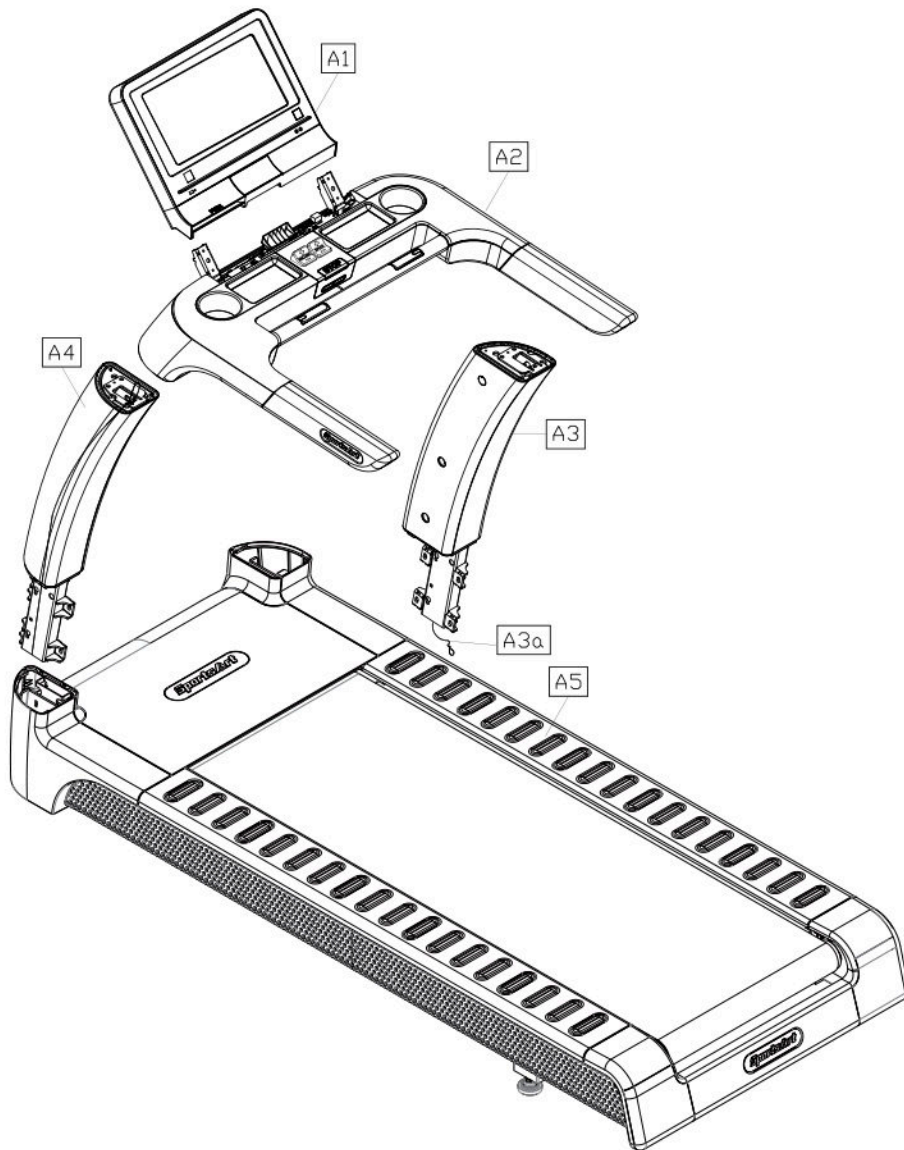
Si vous ressentez une douleur ou si vous avez une sensation anormale, **ARRÊTEZ VOTRE ENTRAÎNEMENT** et consultez immédiatement votre médecin. Entraînez-vous à votre niveau d'exercice recommandé. NE PAS s'entraîner jusqu'à l'épuisement.

- Avant de commencer un programme d'exercice, vous devriez consulter votre médecin. Il est recommandé de faire un examen physique complet.
- NE PAS monter sur l'étape plus haute. En maintenant sur les supports de stabilité, monter sur l'étape plus bas.
- Pour diminuer le risque de choc électrique, débranchez toujours ce tapis de course de la prise de courant, immédiatement après utilisation et avant le nettoyage.
- Un branchement incorrect du connecteur de mise à la terre de l'équipement risque d'entraîner un choc électrique. En cas de doute sur la mise à la terre correcte de l'elliptique, faites appel à un technicien ou un électricien qualifié. NE PAS modifier la fiche fournie avec l'elliptique, si elle ne correspond pas à la prise, faites installer une prise adéquate par un technicien qualifié.

Remarque: Ce matériel a été testé et déclaré conforme aux normes des appareils digitaux de Classe B, conformément à la partie 15 du Règlement de la FCC. Ces limites sont conçues pour offrir une protection raisonnable contre les interférences nuisibles dans une installation résidentielle. Cet appareil génère, utilise, et peut diffuser des signaux radioélectriques, et, s'il n'est pas installé et utilisé conformément aux instructions, peut provoquer des interférences nuisibles aux communications radio. Cependant, il n'y a aucune garantie que des interférences ne se produiront pas dans une installation particulière. Si l'utilisateur désire corriger les interférences, ces corrections seront à la charge de l'utilisateur

Dans ce manuel, les mots "gauche" et "droit" sont utilisés en référence aux pièces et au produit. Comme tels, les mots "gauche" et "droit" font respectivement référence aux côtés gauche et droit de l'exerciseur. De même pour plus de concision, le mot «vis» est utilisé dans certains cas où des rondelles, des vis et autres matériels sont associés.

3. LIST OF PARTS



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

3. LIST OF PARTS (CONTINUED)

Components in the Hardware Kit				
No.	Name	Qty.	Specification	Notes
	Double open-end wrench	1	22mm*24mm	
	Screwdriver shank	1		
50	Plastic fastener	6		
	T-shaped Allen wrench	1	M6*L260	
	T-shaped Allen wrench	1	M5	

Components on the Product			
No.	Name	Specification	Notes
41	Flat washer	D22*d8.5*t3.0	QTY 6
	Spring washer	M8	QTY 6
	Inner hex screw	M8*P1.25*L20	QTY 6
42	Flat washer	D22*d8.5*t3.0	QTY 6
	Spring washer	M8	QTY 6
	Inner hex screw	M8*P1.25*L20	QTY 6
43	Inner hex screw	M6*P1.0*L12	QTY 4
	Flat washer	D16*d6.3*t2	QTY 4

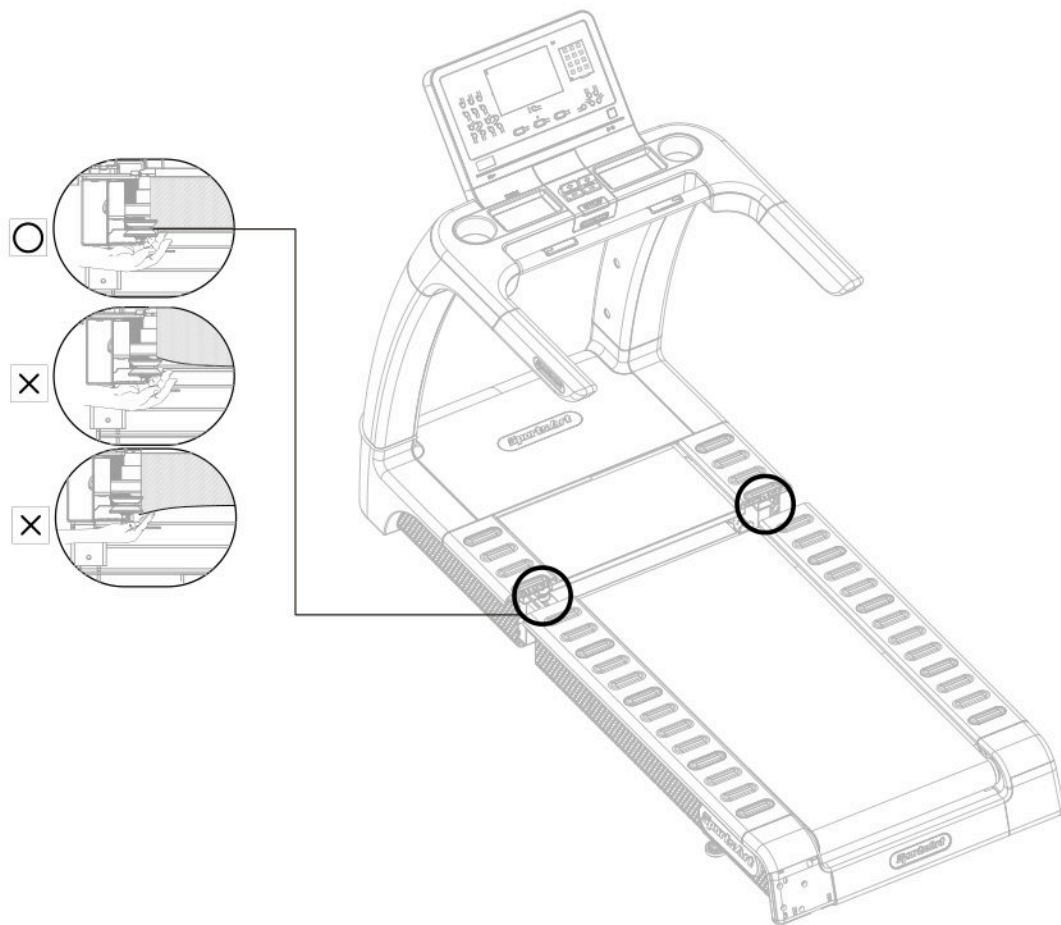
4. ASSEMBLE THE PRODUCT

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” is used where screws, washers, and other hardware may be involved. And, for clarity, names of keys are capitalized.

STEP 0 Preparation: Inspect 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 O). Make sure that the walk belt is not outside of the groove of the guide rollers (image X).

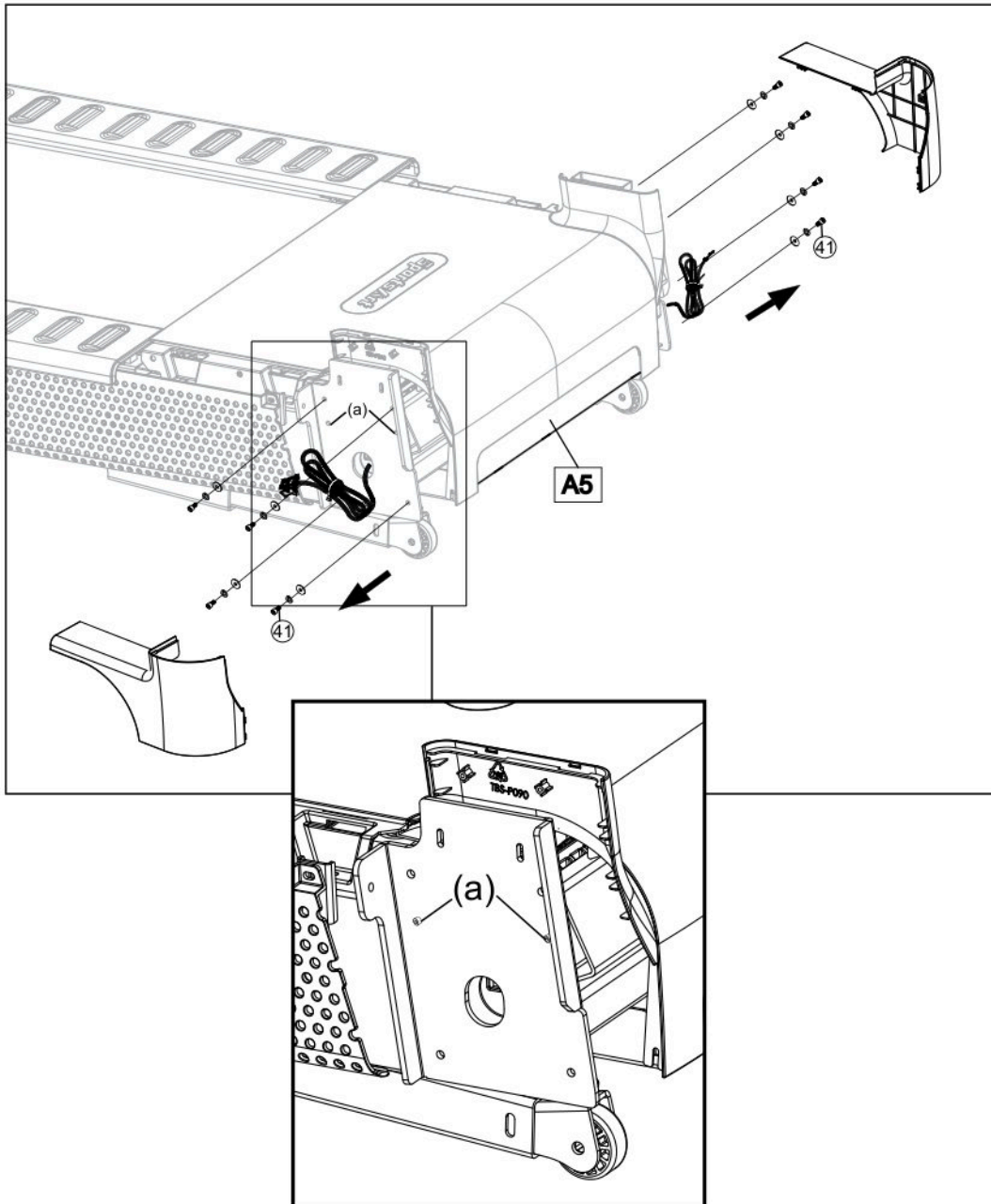
If the walk belt is in the wrong position, press the walk belt into the groove of the guide rollers. After making sure the walk belt is in the correct position, adjust walk belt tension as shown in step 7.



STEP 1 Install the Left and Right Pedestals

Remove the left and right side covers from the main frame and then remove screws (41) from the left and right sides of the main frame (A5).

(Note: DO NOT remove screws in area (a).)

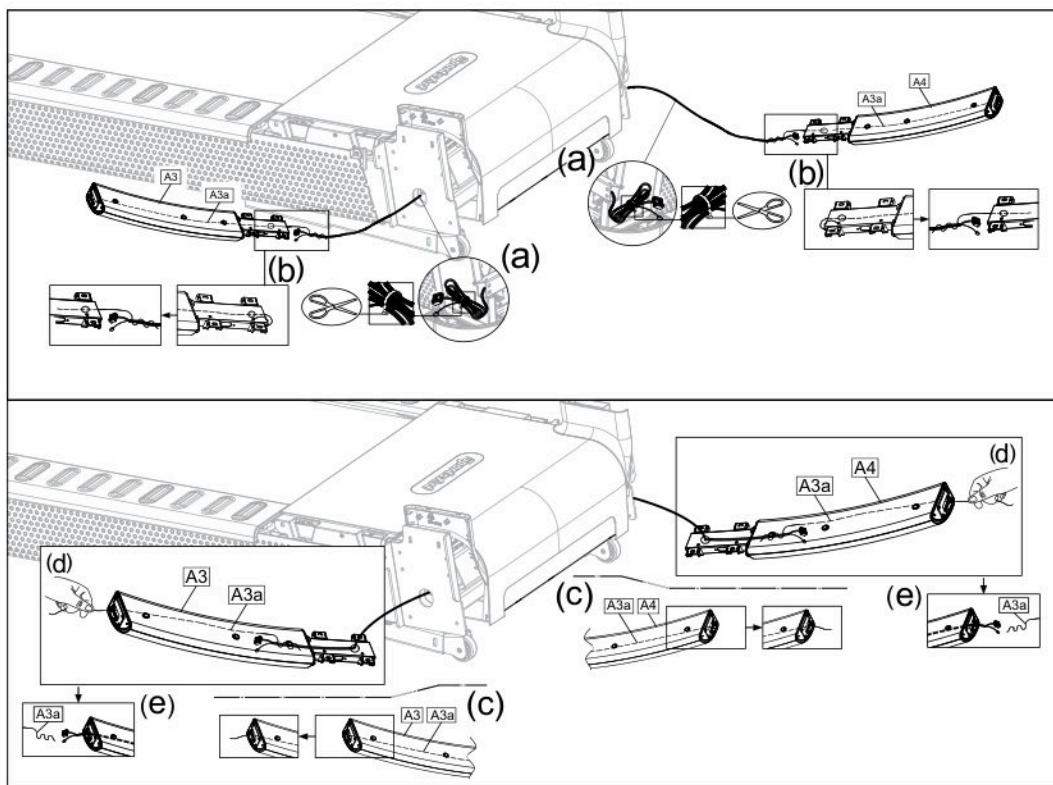


STEP 1 Install the Left and Right Pedestals (Continued)

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 (A3a) 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 procedure to thread the data cable into the left pedestal(A4).)



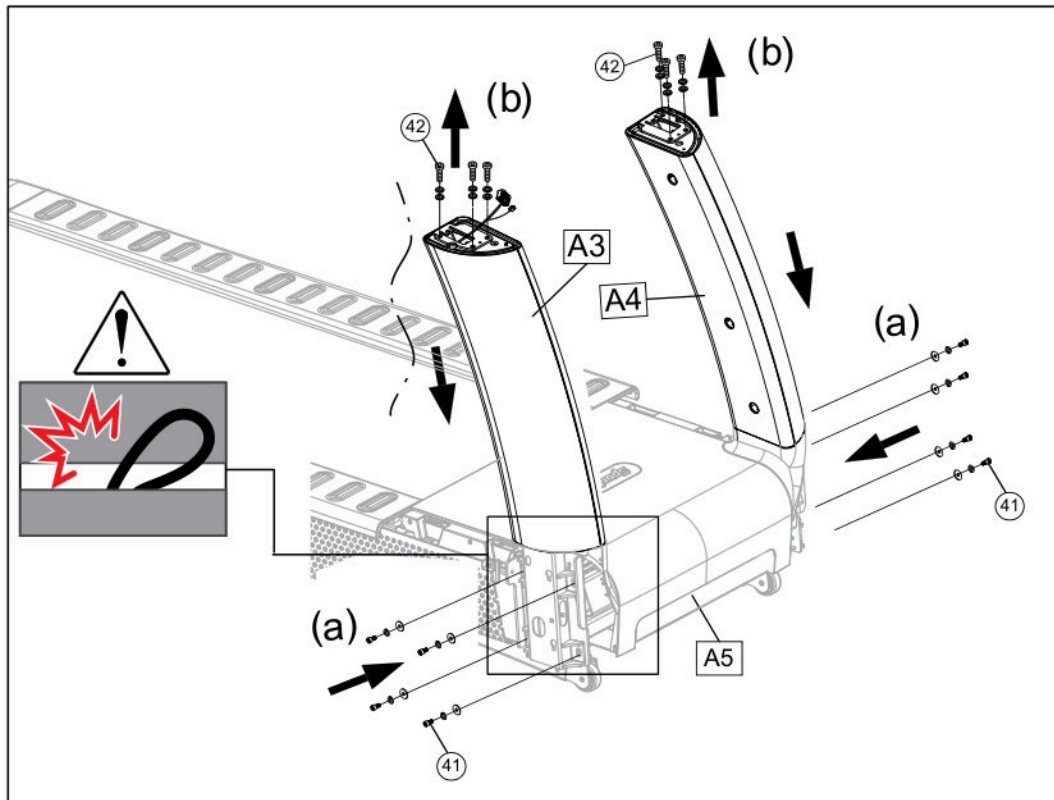
STEP 1 Install the Left and Right Pedestals (Continued)

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

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



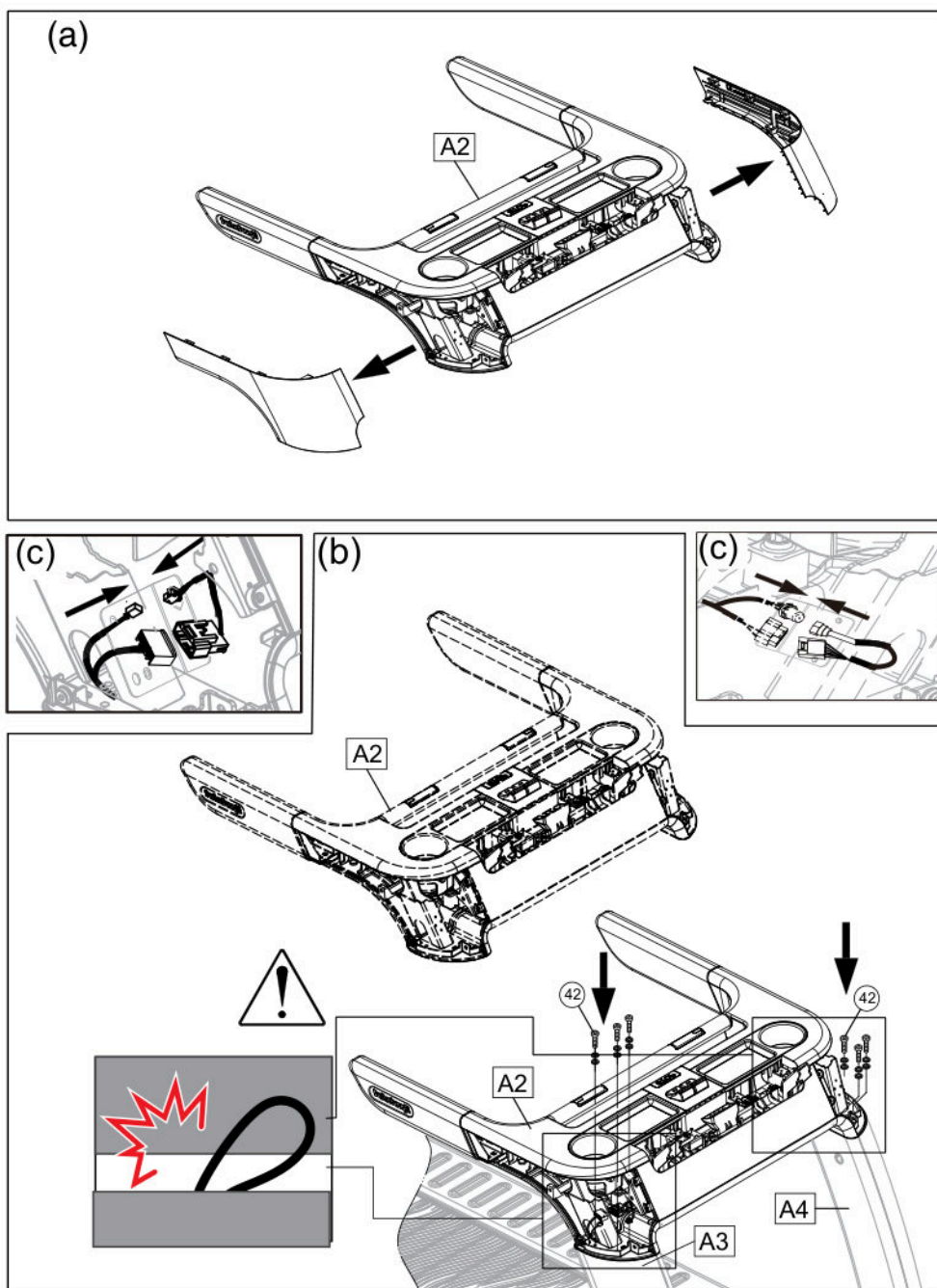
STEP 2 Install the Display

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

- (a) Remove the left and right covers from the handlebar assembly (A2).
- (b) Attach the handlebar assembly (A2) to the left and right pedestals (A3) (A4), then mount screws (42) 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.

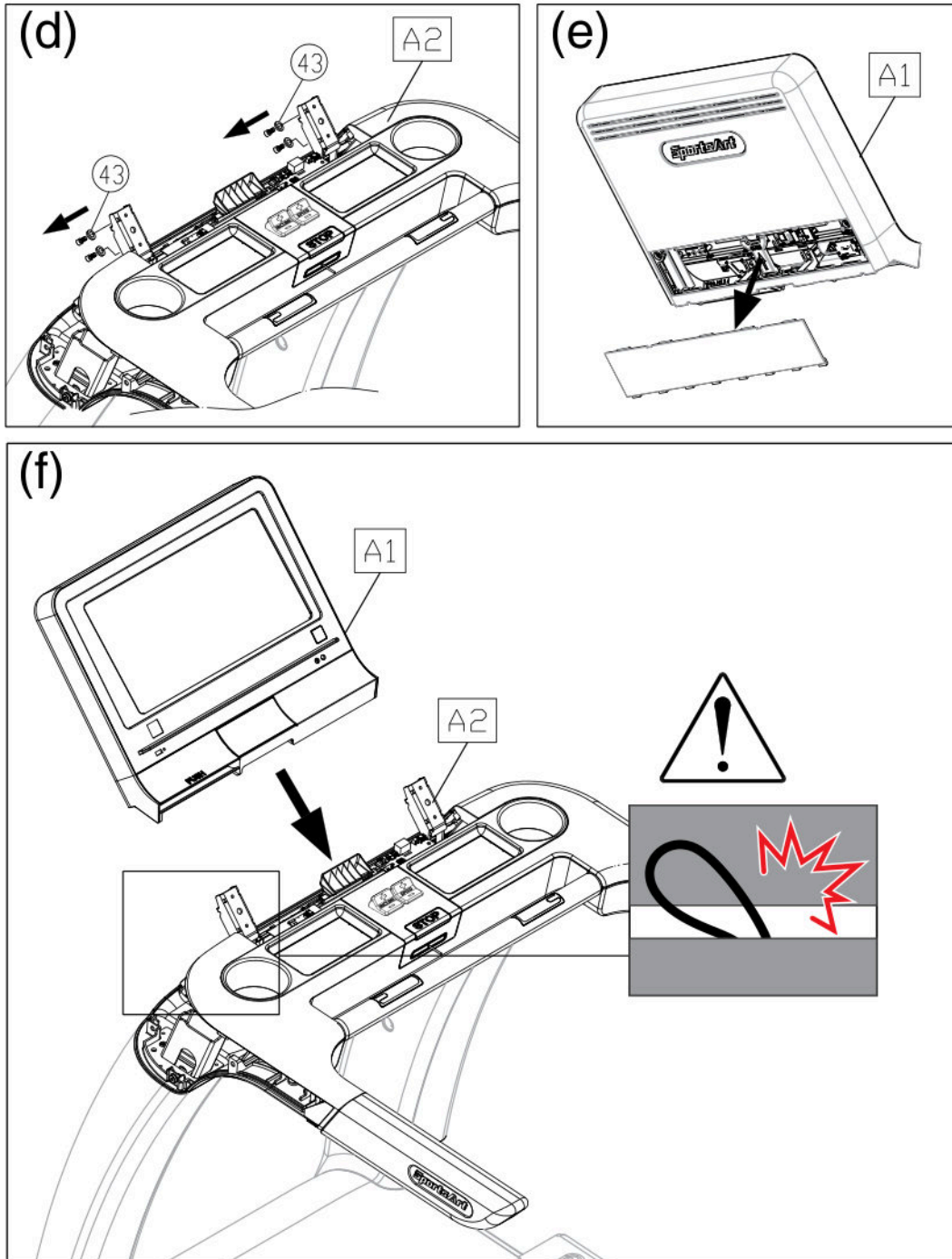
(Note: Make sure the data cable is not pinched)

- (c) Pull the cables out of the handlebar (A2) and then connect the male and female connectors as shown. After connecting cables, tuck them away for safety.



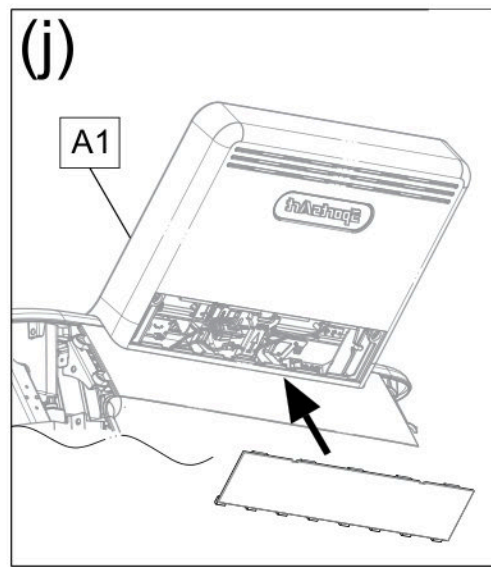
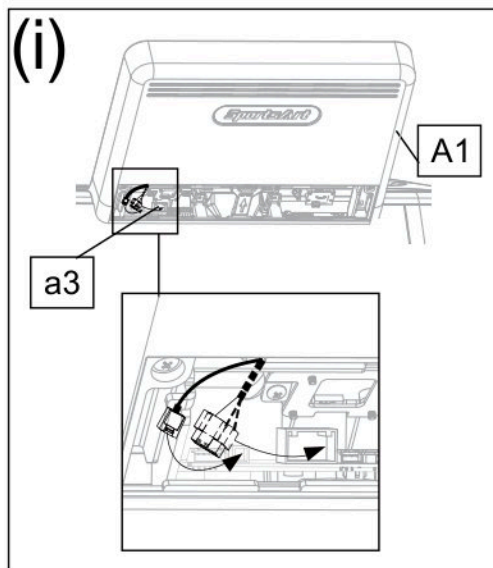
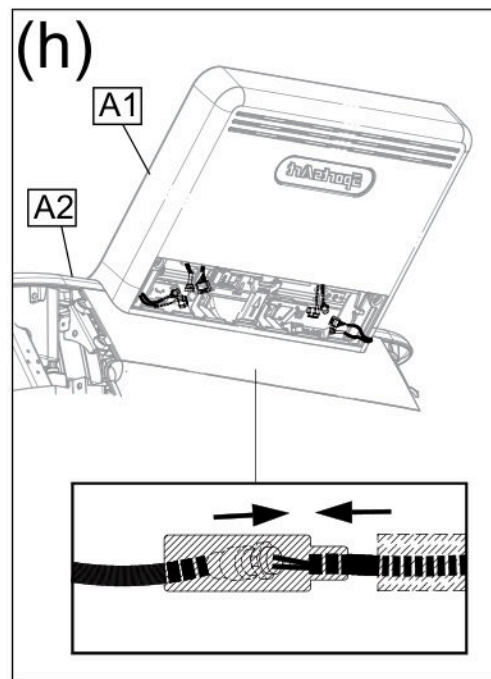
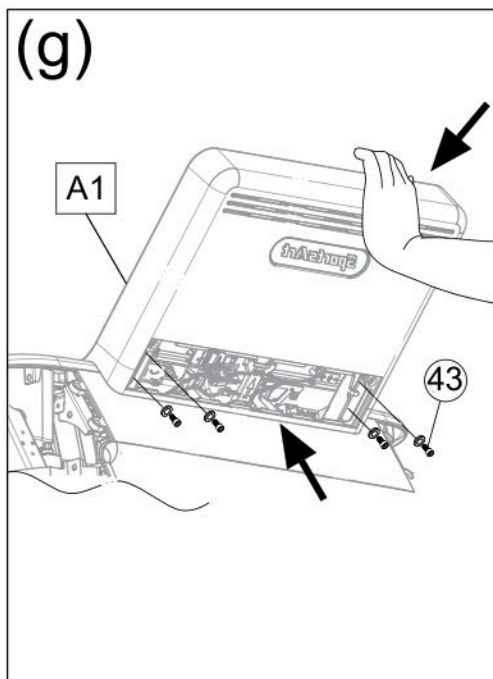
STEP 2 Install the Display (Continued)

- (d) Remove screws (43) from the handlebar assembly (A2).
- (e) Remove the rear cover of the display (A1).
- (f) Insert the display 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 2 Install the Display (Continued)

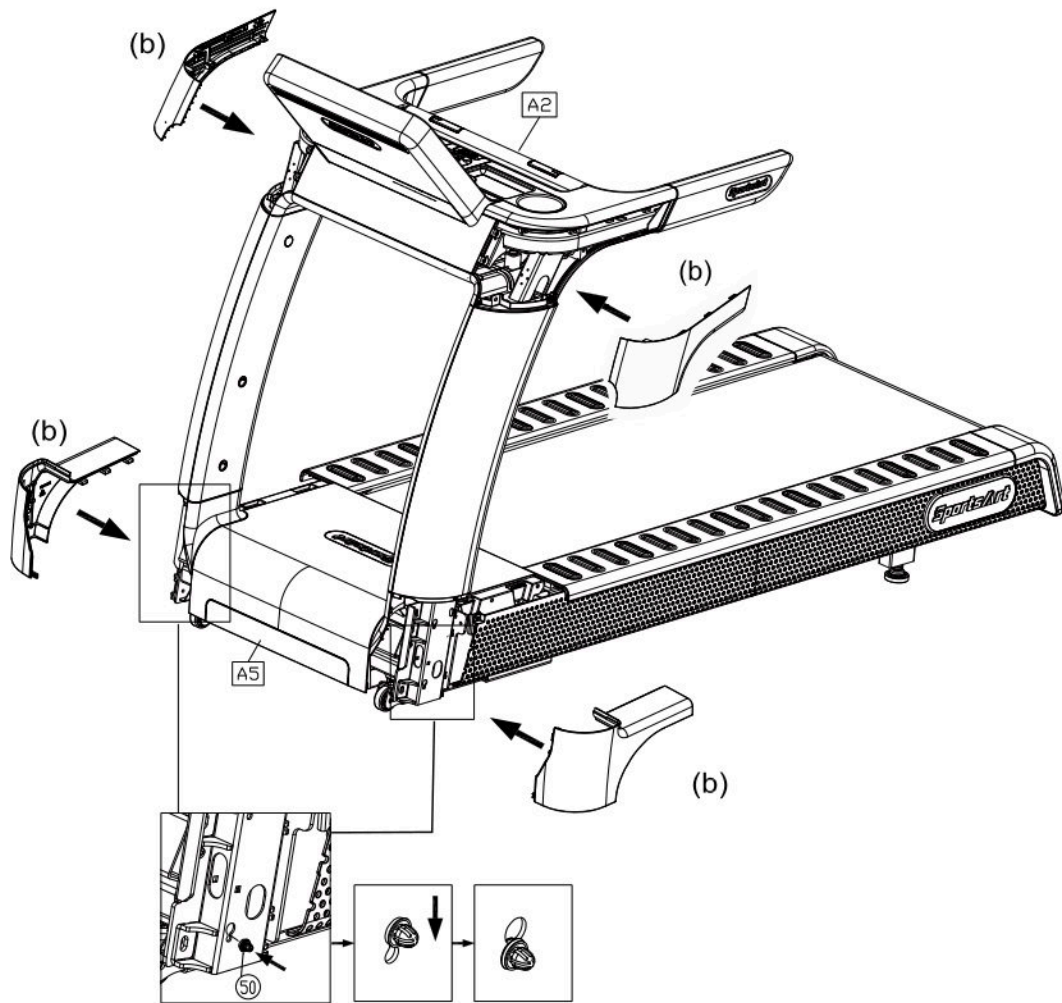
- (g) Hold the display (A1) forward slightly as shown and then press downward when securing screws (43).
- (h) Pull the cables out of the handlebar (A2) and then connect to the cables from the display (A1). After connecting the cables, push the black cover to cover the end of the cables as shown. Finally, tuck all the cables back into the display for safety.
- (i) Securely connect the cables from the display (A1) to the electronic board (a3) as shown.
- (j) Finally, use screws (43) to secure the rear cover back into place firmly.



STEP 3 Install the Left and Right Side Covers

Follow steps (a) through (b) to install left and right side covers.

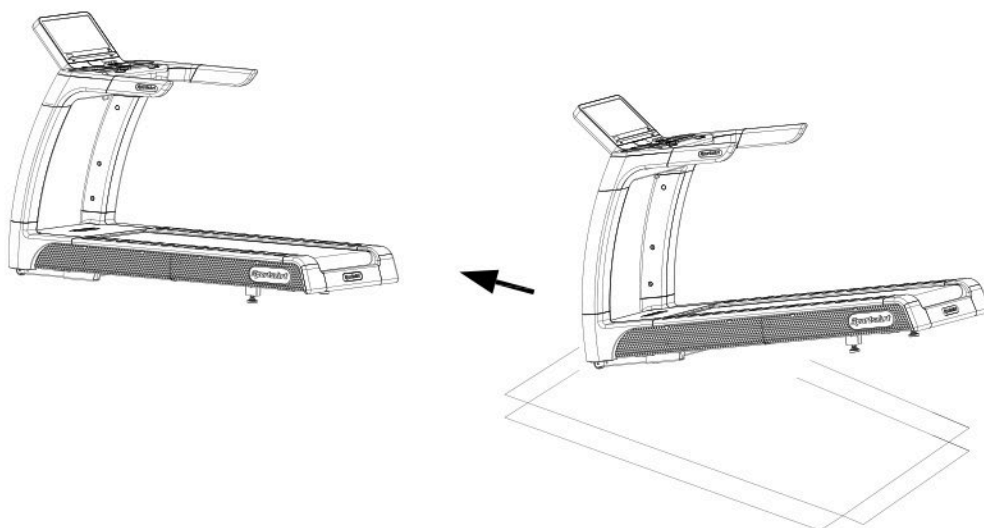
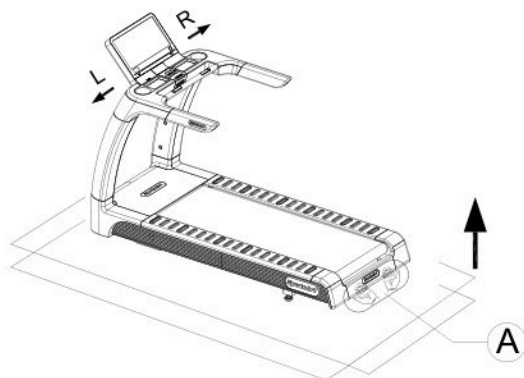
- (a) Install the plastic fasteners (50) to the left/right pedestals from top to bottom. (There are a total of two places.)
- (b) Finally, click the left/right side covers of the main frame (A5) and handlebar assembly (A2) into place.



STEP 4 Move the Treadmill Into Place For Use

First, place hands under the frame in area A, lift the treadmill and then roll it into position as desired.

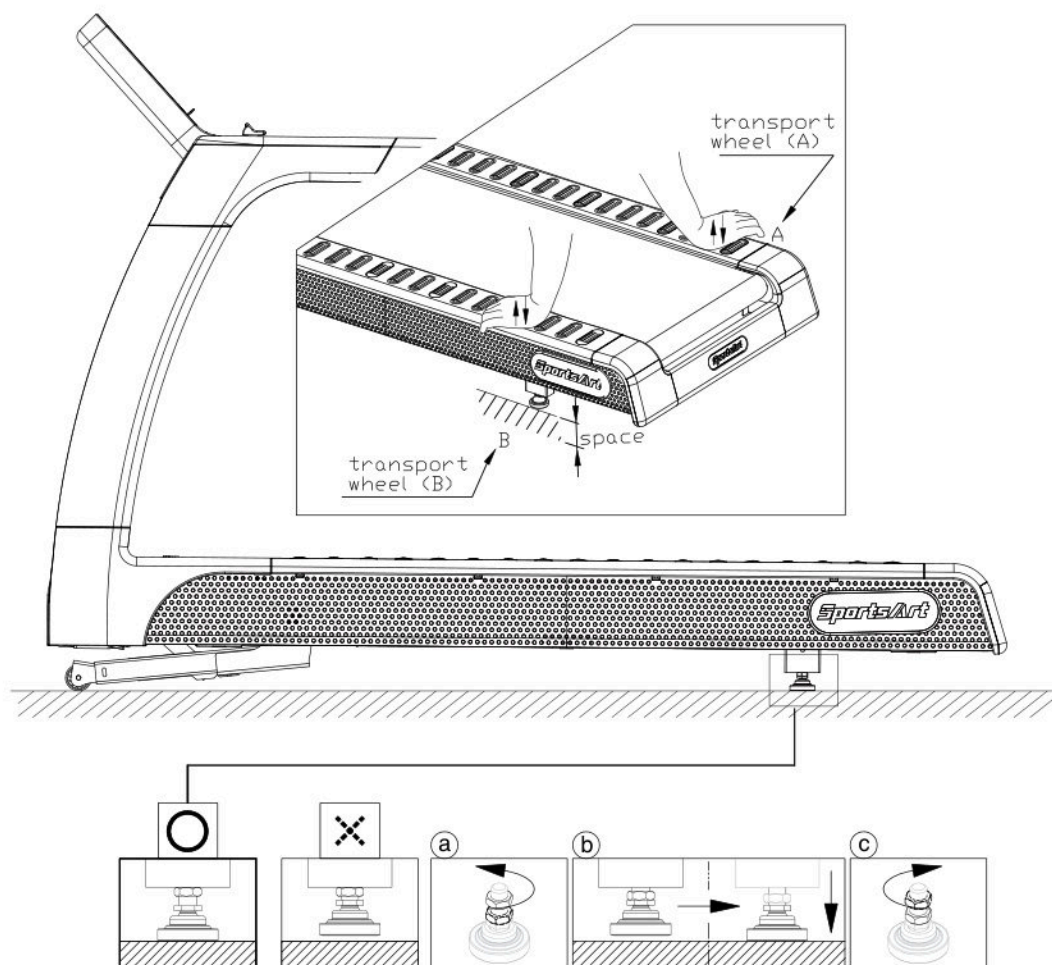
Note: Do not place the treadmill on thick carpet or rugs as it may interfere with the walking belt. Place a wooden board on the carpet to keep carpet fibers out of the treadmill if unavoidable.



STEP 5 Level the Treadmill

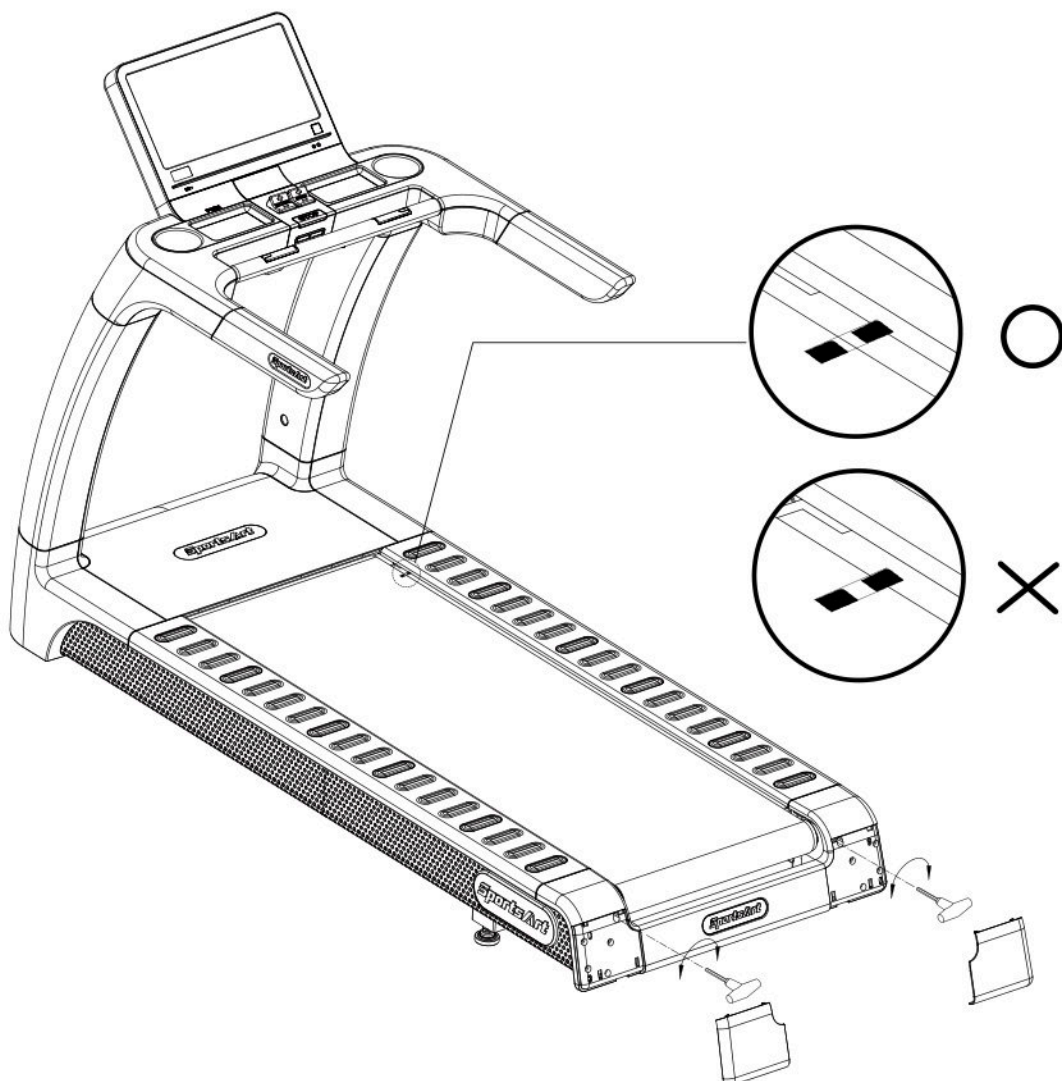
Press downward on the rear part of the treadmill as shown. Inspect whether the treadmill rests flat on the floor. If the treadmill wobbles, adjust treadmill levelers as follows:

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



STEP 6 Align the Walk Belt

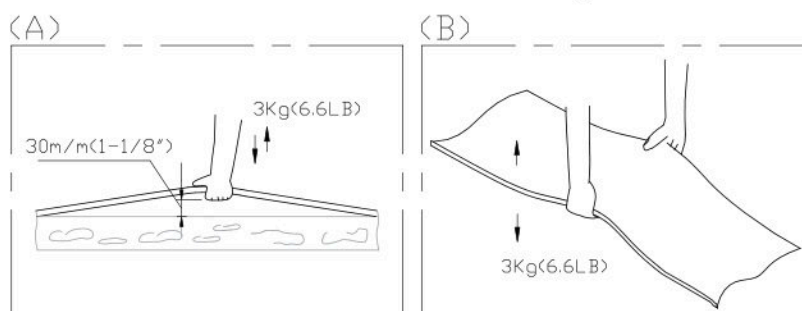
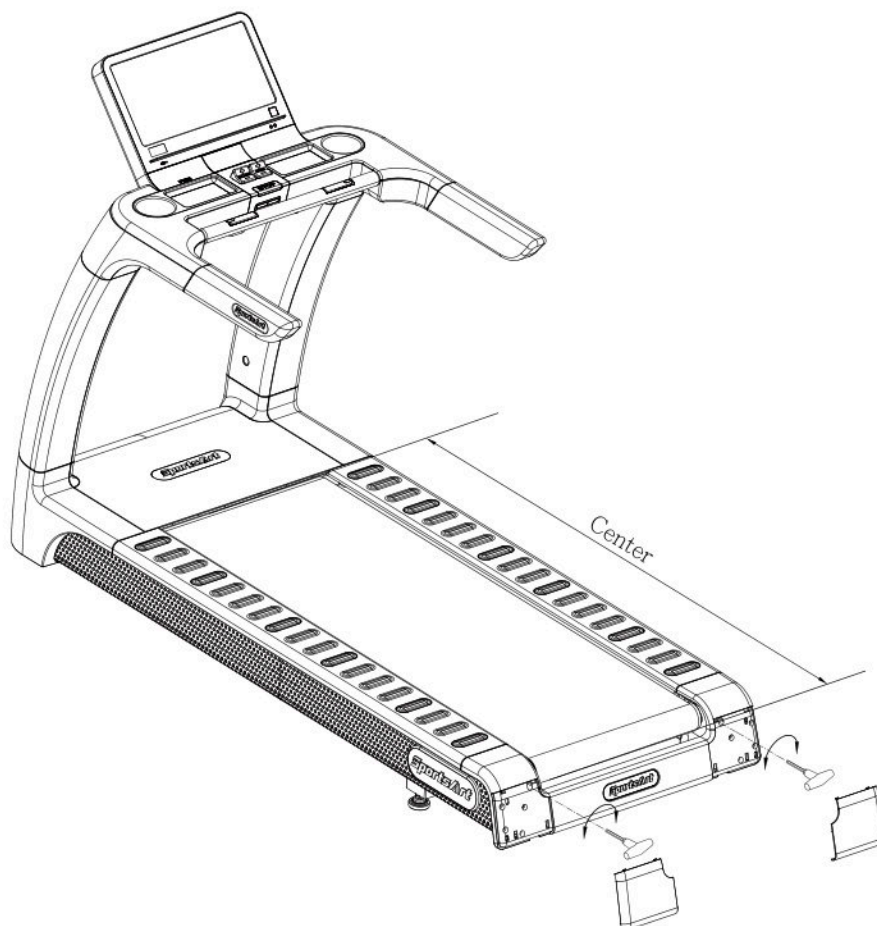
- (a) First, make sure the treadmill is on a leveled surface and the incline is at 0%.
 - (b) Start the speed at a lower rate of 3kph/2.5mph to check if the walk belt is aligned and there is an equal amount of space between walk belt and side-rails on both sides. Turn the rear roller adjustment screw to adjust the walk belt if there is a misalignment.
 - (c) Adjust the speed higher to 15kph/10mph or above to ensure the belt is aligned.
 - (d) Adjust the rear roller screw if necessary to make sure the belt fall in the middle of 2 green labels in the front of the deck and the distance between deck and rear roller on both sides of walk belt is tolerable.
 - (e) Let the treadmill run for 2 minutes or more to see if the walk belt moved. If so, repeat the procedure (d).
 - (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 7 Adjust the Walk Belt Tension

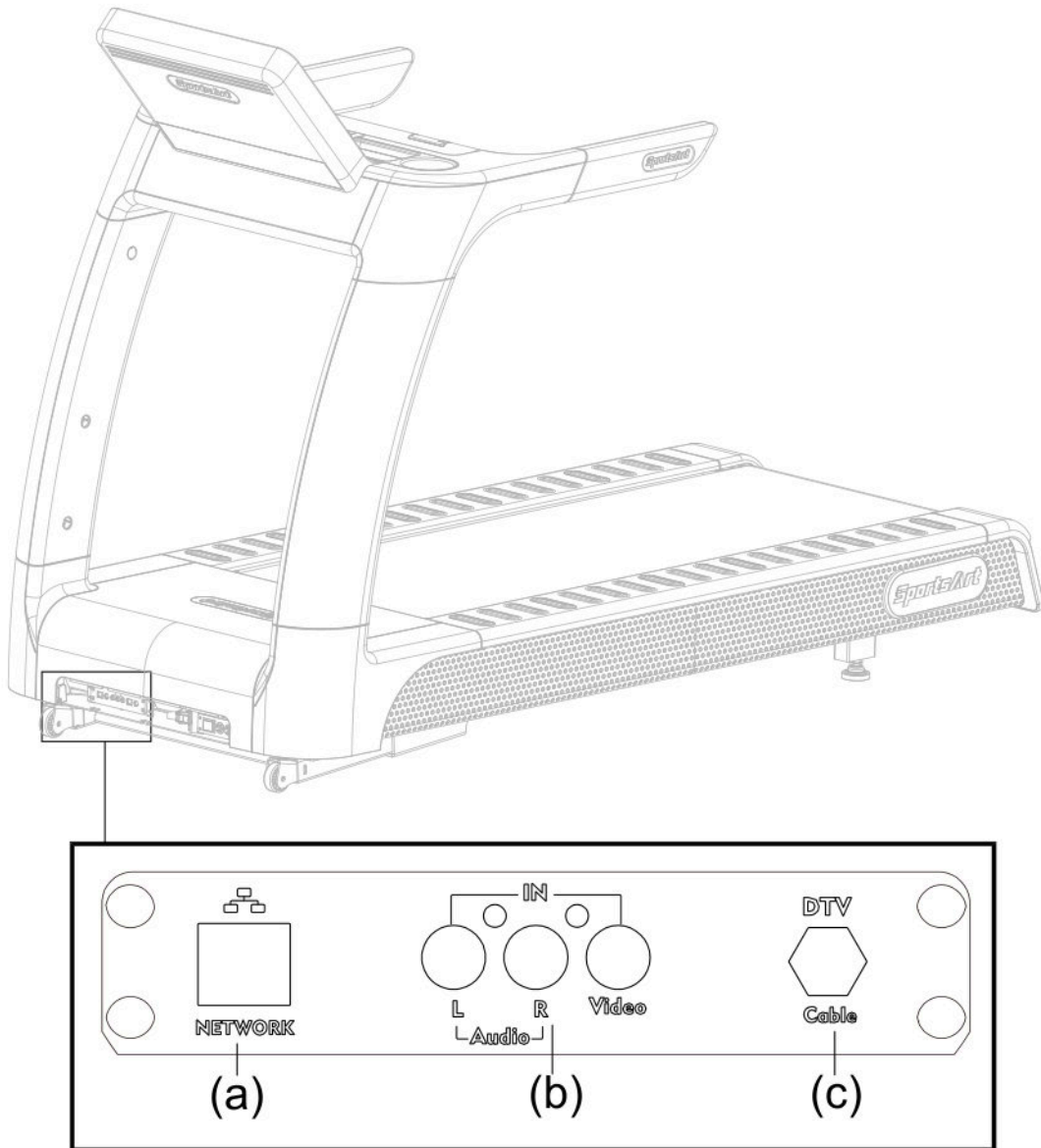
As you exercise, does the walk belt suddenly pause and then regain traction? Or, if you bear down against the walk belt, does the belt not pause whatsoever? If either of these two conditions occurs, the walk belt may be too loose or too tight. In this case, please turn off the treadmill and adjust walk belt tightness.

To inspect a walk belt, lift it at the center of the deck (Shown in Figure A & B). The walk belt should lift $30\text{m/m} < 1\ 1/8'' >$ or $3\text{Kg} < 6.6\text{LB} >$. If the walk belt is too loose, turn rear roller screws clockwise turn at a time and retest tightness. If the walk belt is too tight, turn rear roller screws counterclockwise turn at a time and retest tightness. Perform the same procedure until the walk belt is neither too tight nor too loose. Do not turn the rear roller screws in excess of these amounts without first testing for proper tightness.



STEP 8 TV Terminal and Network

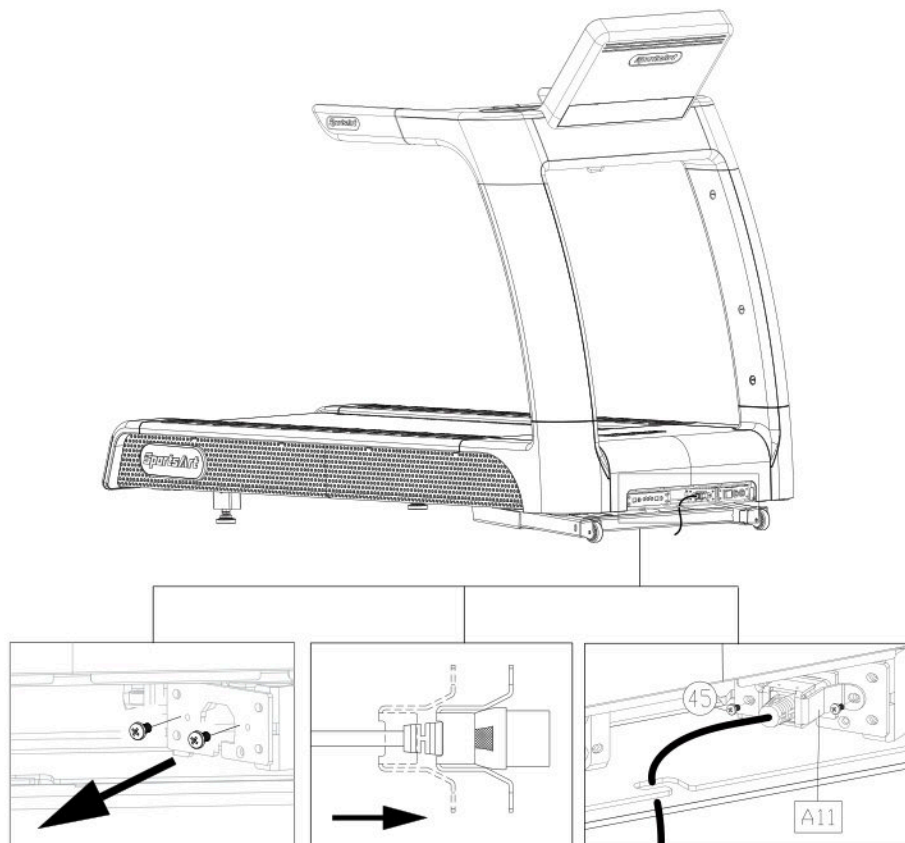
- (a) NETWORK: Connect to Ethernet.
- (b) AV Terminal: Connect to DVD Player or Media Player.
- (c) TV: Connect to ATV (NTSC or PAL) or DTV.



STEP 9 Install the Power Cord

- (a) First remove screws (45) from the power cord socket on the product.
- (b) Insert the power cord into place on the product as shown.
- (c) Secure the power cord with screws (45) and then insert the other end of the power cord (A10) into the appropriate power supply socket in the wall.
- (d) Thread the power cord out from the bottom as shown.

Note: The figure below is for reference only.



5. UNDERSTAND THE SENZA CONSOLE

DISPLAY Overview

T656 Series 16" & 19" 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.



DISPLAY Keys

No.	Name of button	Function
1	QR code and NFC tag	(1) Without SA WELL+: Scanning the QR code and tapping the NFC tag will only display the SPORTSART website. (2) With SA WELL+: Using our SA WELL+ app (for Android or iOS), you can scan the QR code or tap the NFC tag on the console to connect with the treadmill.
2	USB port	Used for software updates but can also be used as a charging port.
3	SA WELL+	Data management (This function is only available if you purchase SA WELL+)
4	Incline Adjustment Keys	Press the + or - key to control incline level.
5	Stop Key	Press this key to stop the workout. Pressing and holding this key for 3 seconds will reset to The start screen

DISPLAY Keys

No.	Name of button	Function
6	Safety key	Insert safety key to allow treadmill to start. If key is removed, the treadmill will stop immediately.
7	Energy Smart Wake-Up Button	When the machine is in the Energy Smart conservation mode, pressing this button will wake up the machine and turn the power on again.
8	Headphone Jack	The user can listen to audio or music after inserting a headphone.
9	Speed Adjustment Keys	Press the + or - key to adjust the speed level.

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 Safety Mechanism (Continued)

(a) Emergency stop key

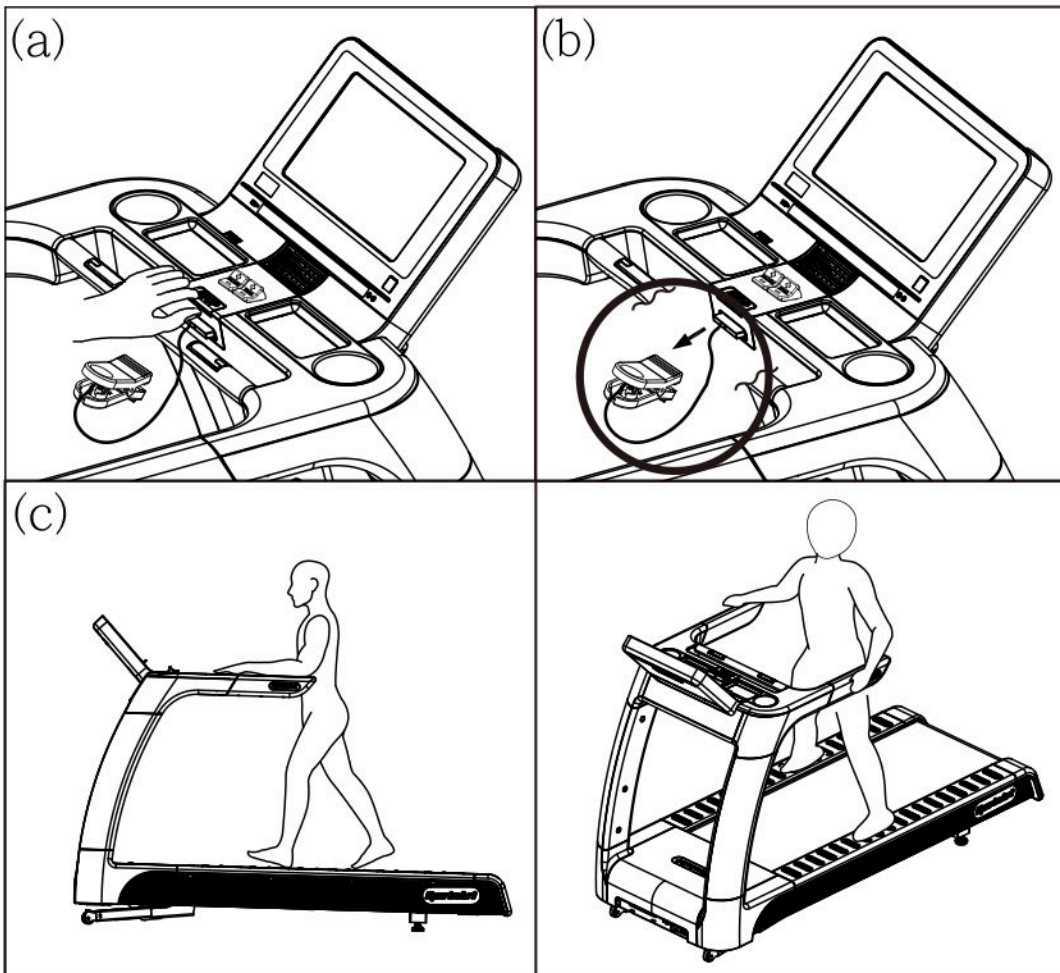
To stop the unit suddenly, press the red emergency stop key downward as shown in the figure (a). To deactivate the safety mechanism, press and hold this key for 3 seconds will reset to the start screen.

(b) Safety key

The safety mechanism is activated immediately by removing the safety key from the groove as shown in the figure (b). To deactivate the safety mechanism, just push the safety key back to the original groove.

If the user needs to leave the running belt urgently, please put the hands on the handlebars and step on the landing strips as shown in the figure.

(c) Turn off the treadmill and wait until the running belt comes to a complete stop before getting off the treadmill.



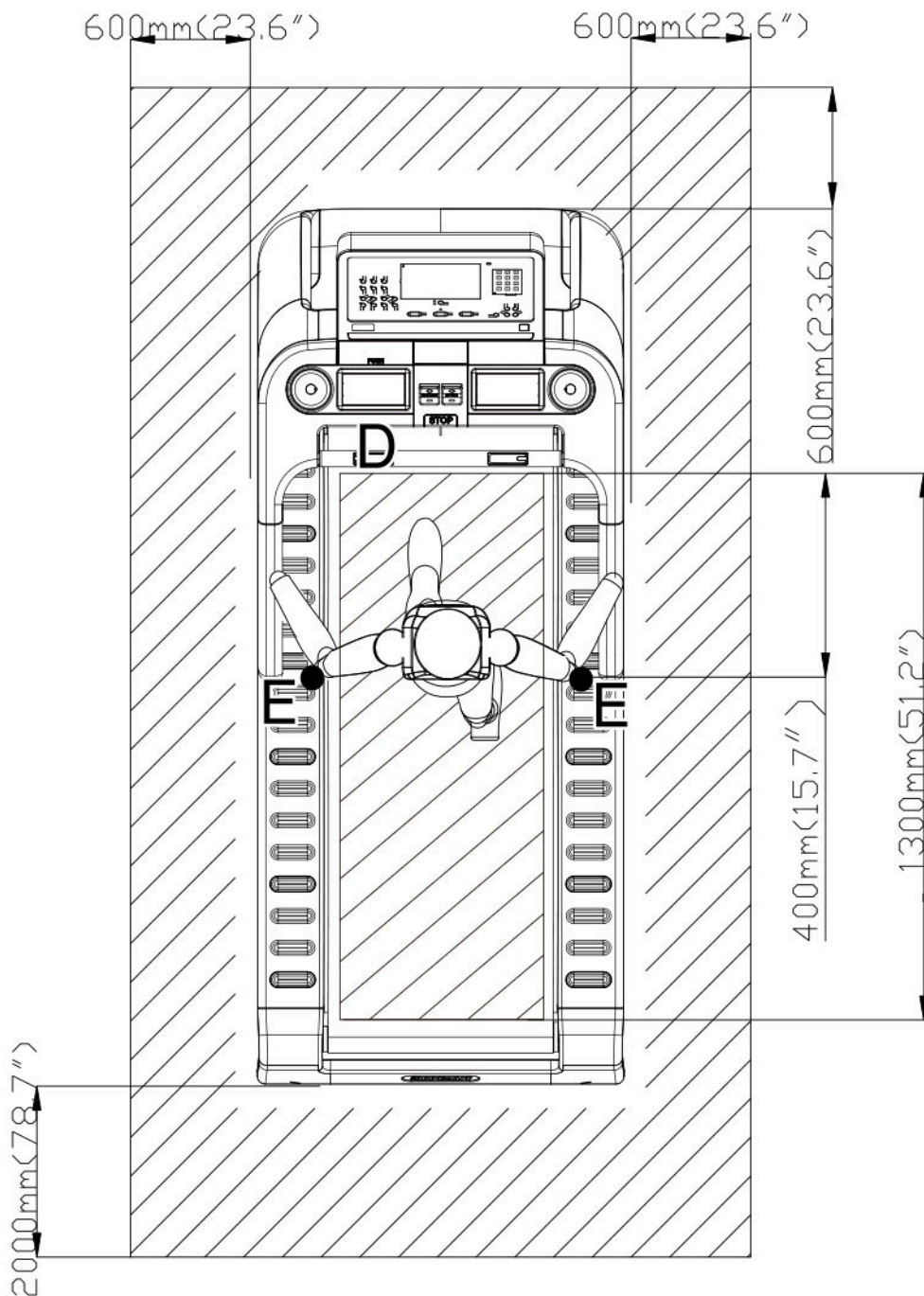
DISPLAY Windows

Information	Specifications
SPEED	0.1 ~ 15.0 mile/hour or 0.2 ~ 24.0 km/hour
INCLINE	-3% ~ 15%, in increments of 0.5%
TIME	0:00 ~ 600:00
DISTANCE	0.00 ~ 9999 Miles (Km)
CALORIES	0 ~ 9999 Kilocalorie
CALORIES/HOUR	0 ~ 9999 Kilocalorie
HEAR RATE RANGE	35 ~ 220 bpm
METS	Metabolic equivalent of task: 0.0 to 99.0
PACE	1 / SPEED
WORKOUT PROGRAM	QUICK START LIFESTYLE INTERVAL SENZA JOURNEYS 5K TRAINER GLUTE HILL HEART RATE FITNESS TEST

6. OPERATE THE PRODUCT

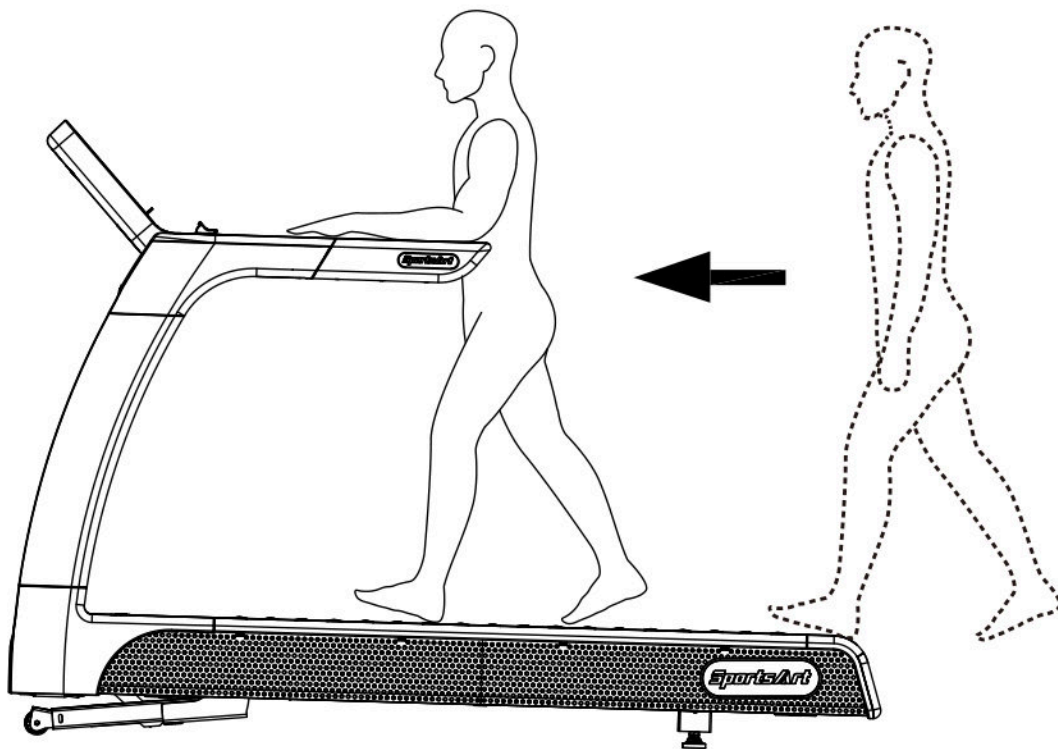
OPERATION Safety Operating Area

- Safety clearance required as shown below. Do not allow people to be near this area when operating.
- The central handlebar at area D is used for heart rate detection only, not for support and to maintain balance.
- Make sure stand on the center of the running belt where are marked with green round labels at area E when operating.
- The running surface is as shown below.



OPERATION Proper Workout Position and Safety Get Off

- (a) Place your feet on the landing strips and then hold the handles to steady self while stepping into the running belt as shown below.
- (b) Turn off the treadmill and wait until the running belt comes to a complete stop and then hold onto handles for stability while carefully stepping off the treadmill.
- (c) Noise emission under load is higher than without load.
- (d) Noise level has been measured at 75dBA in this product with background noise levels of 40dBA when operating. (*Note: Noise level will be different depending on speed.*)
- (e) Over exercising or improper workout position may result in serious injury.



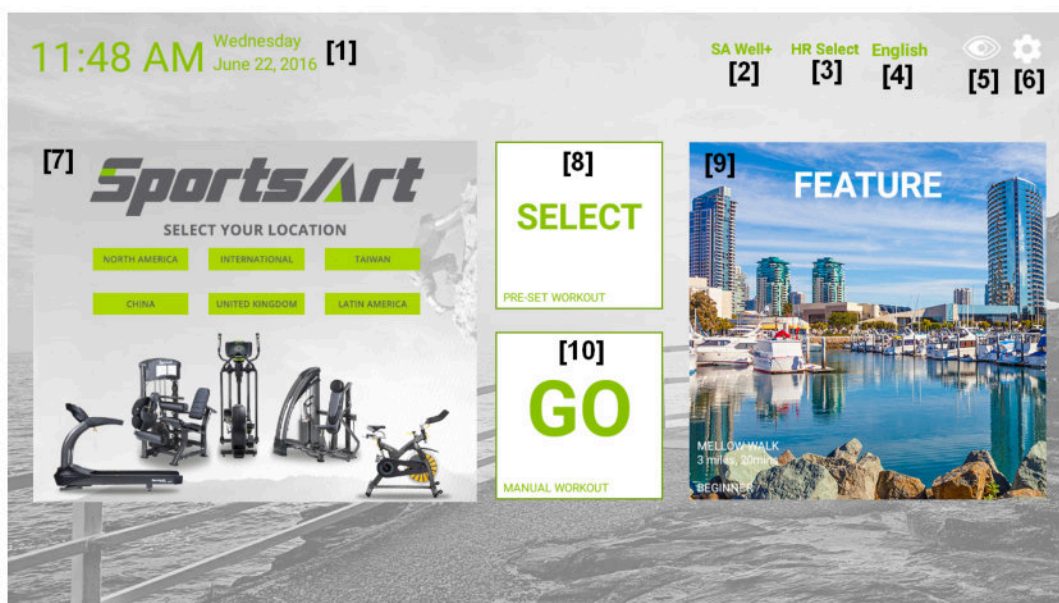
OPERATION Overview

Touch screen design is simple and clear. The screen layout helps users focus on exercise. It provides many workout modes that can help you achieve your fitness goal. The following sections introduce information concerning touch screen operation, the available types of workout, and how to start the workouts.

Note: While using the treadmill, make sure you clip the safety key onto your clothing before starting a workout to ensure safety.

OPERATION Start Screen

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
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

OPERATION Startup Screen (Continued)

No.	Name of button	Function
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

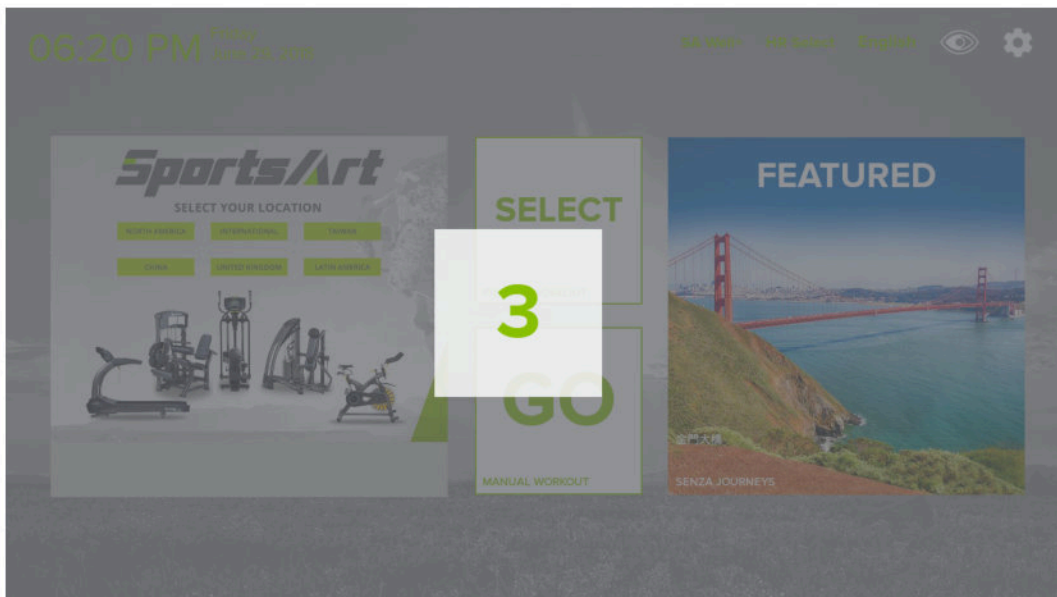
OPERATION Start your (GO) workout

By using the (GO) workout, exercise is started in the manual workout mode. The default user age is 35 and default weight is 75 kg (165 lbs). You can proceed by using these default settings or change the settings.

How to start the (GO) workout:

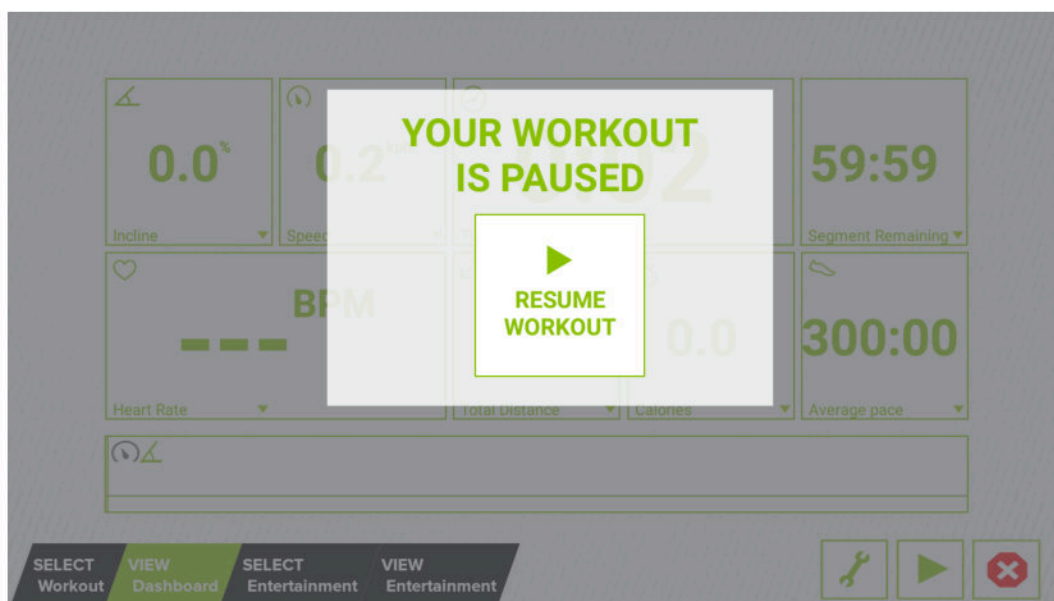
1. Touch the (GO) button

A 3, 2, 1, GO countdown will appear on the screen, and the treadmill will start.



2. 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 Start your (GO) workout (Continued)

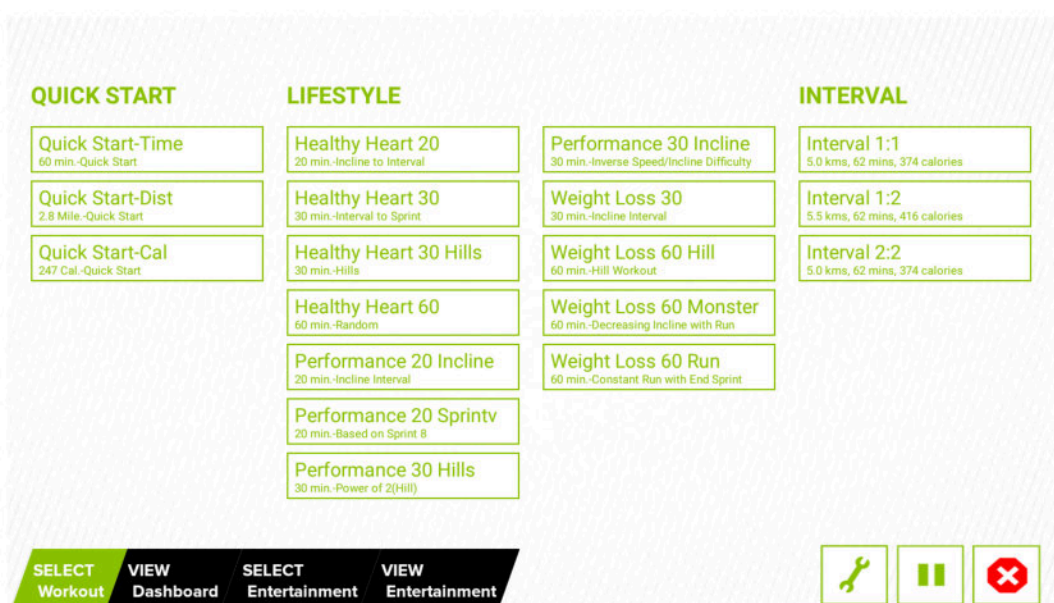


OPERATION Workout Selection

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.



OPERATION Workout Selection (Continued)

Description of icons on the "Select" screen

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

OPERATION Workout Programs

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.

OPERATION Workout Programs (Continued)

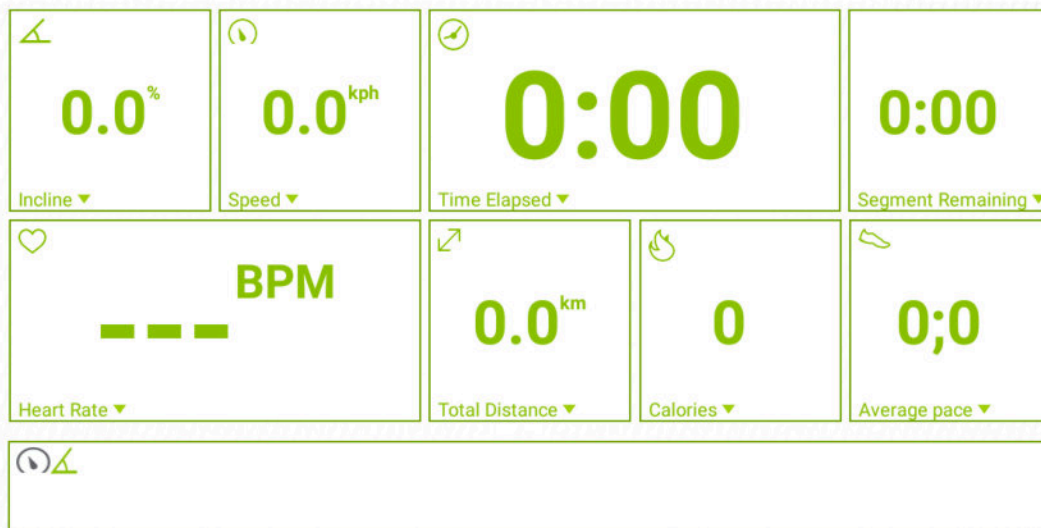
FITNESS TEST

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 Workout Status

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.



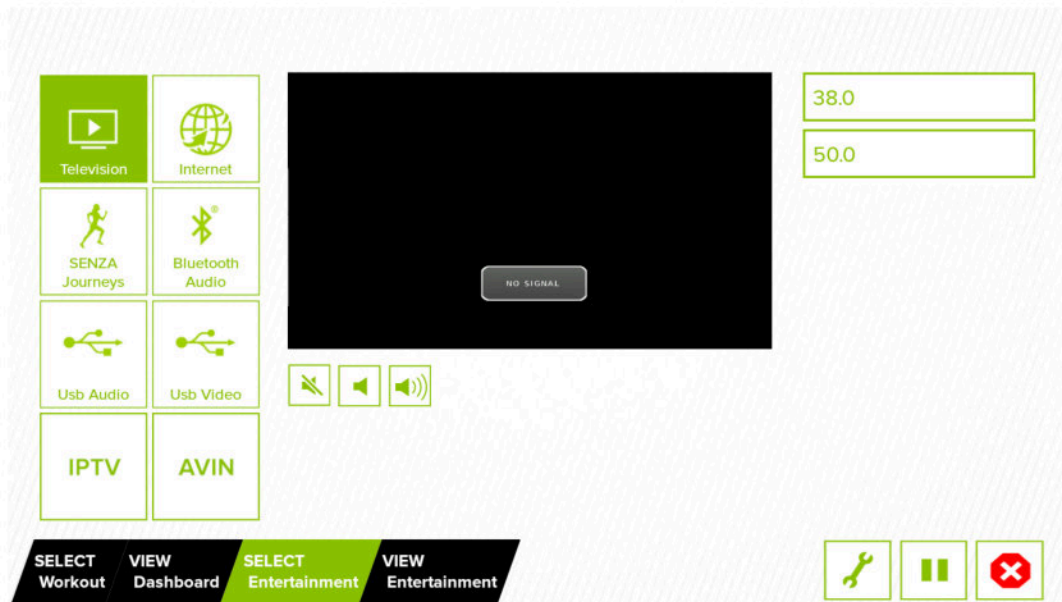
OPERATION Workout Status (Continued)

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
	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

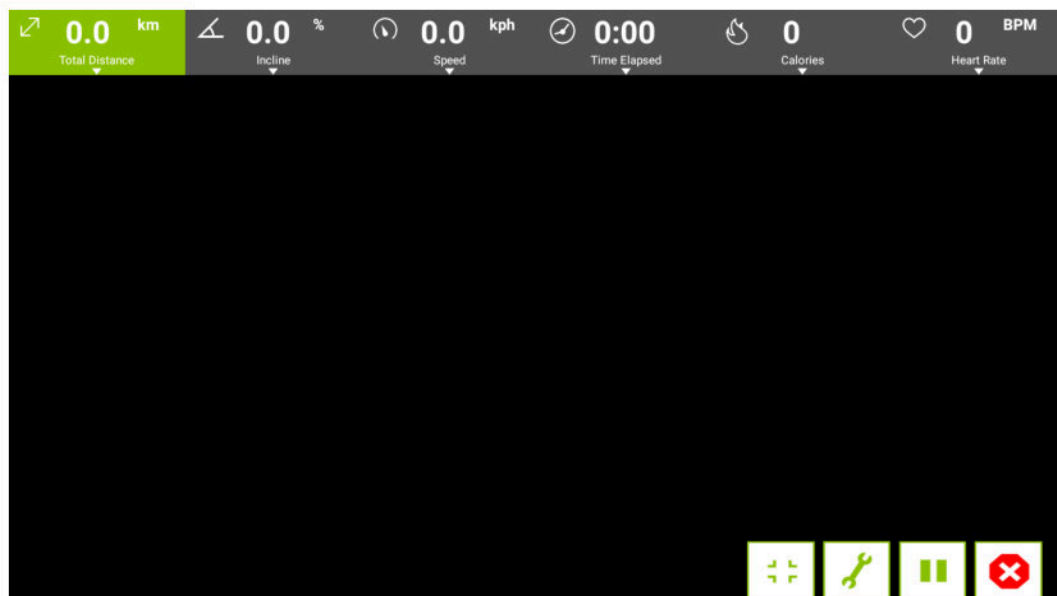
OPERATION Select Entertainment

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, USB Audio USB Video, IPTV and AVIN, etc.: the small central window will display the selected multimedia screen immediately.



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.



OPERATION View Entertainment (Continued)

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 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.

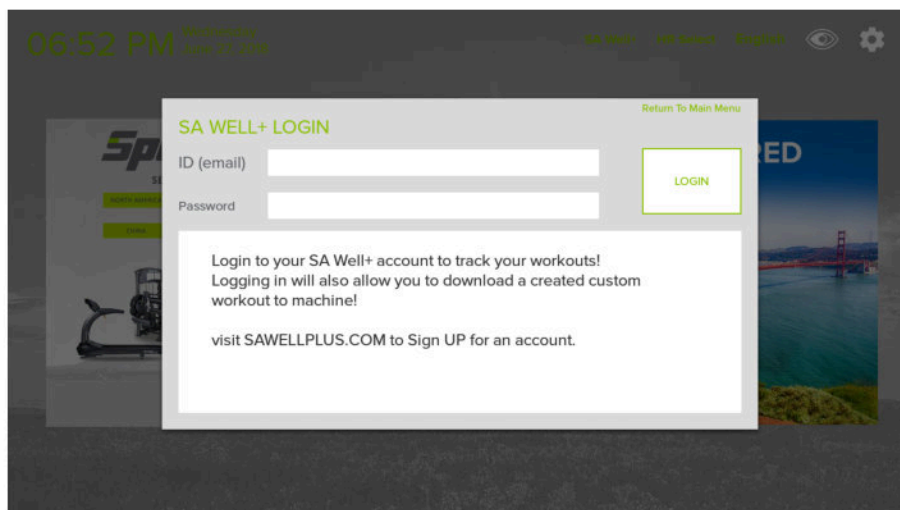
The instant information is shown on the cell phone.

2-1. Open SA WELL+ APP

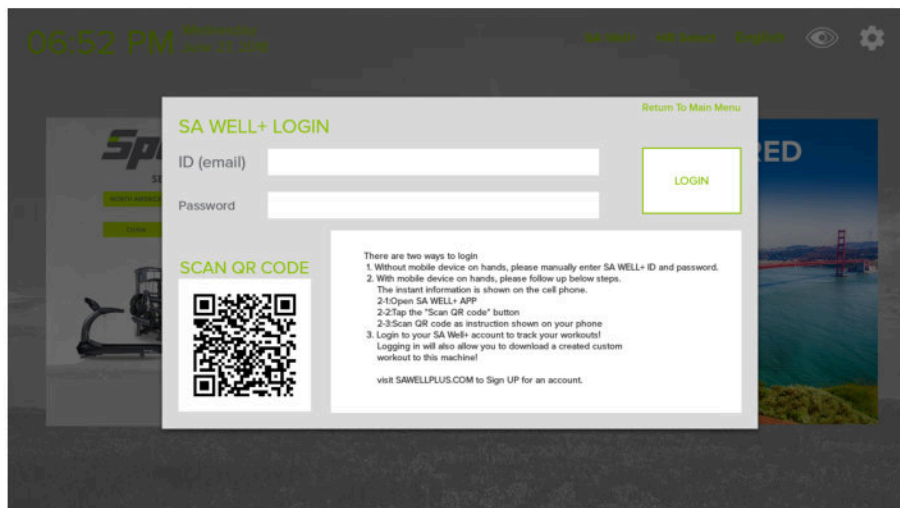
2-2. Tap the "Scan QR code" button

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 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.

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 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.

7. 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. Inside the transmitter is a 3 V battery (CR2032). If the battery voltage is too low, either the reception distance shortens or there will be no reception whatsoever.
- 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.

8. 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.

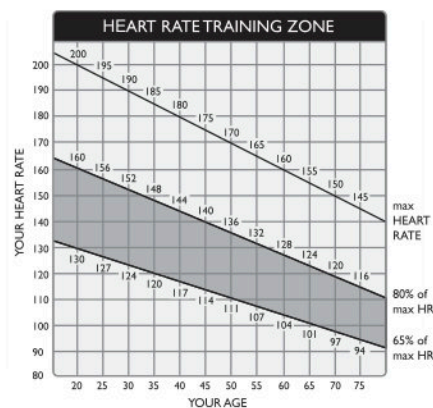
HOW LONG SHOULD I EXERCISE?

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.



9. 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 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.
- Do NOT use a water 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 treadmill 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 may also 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.

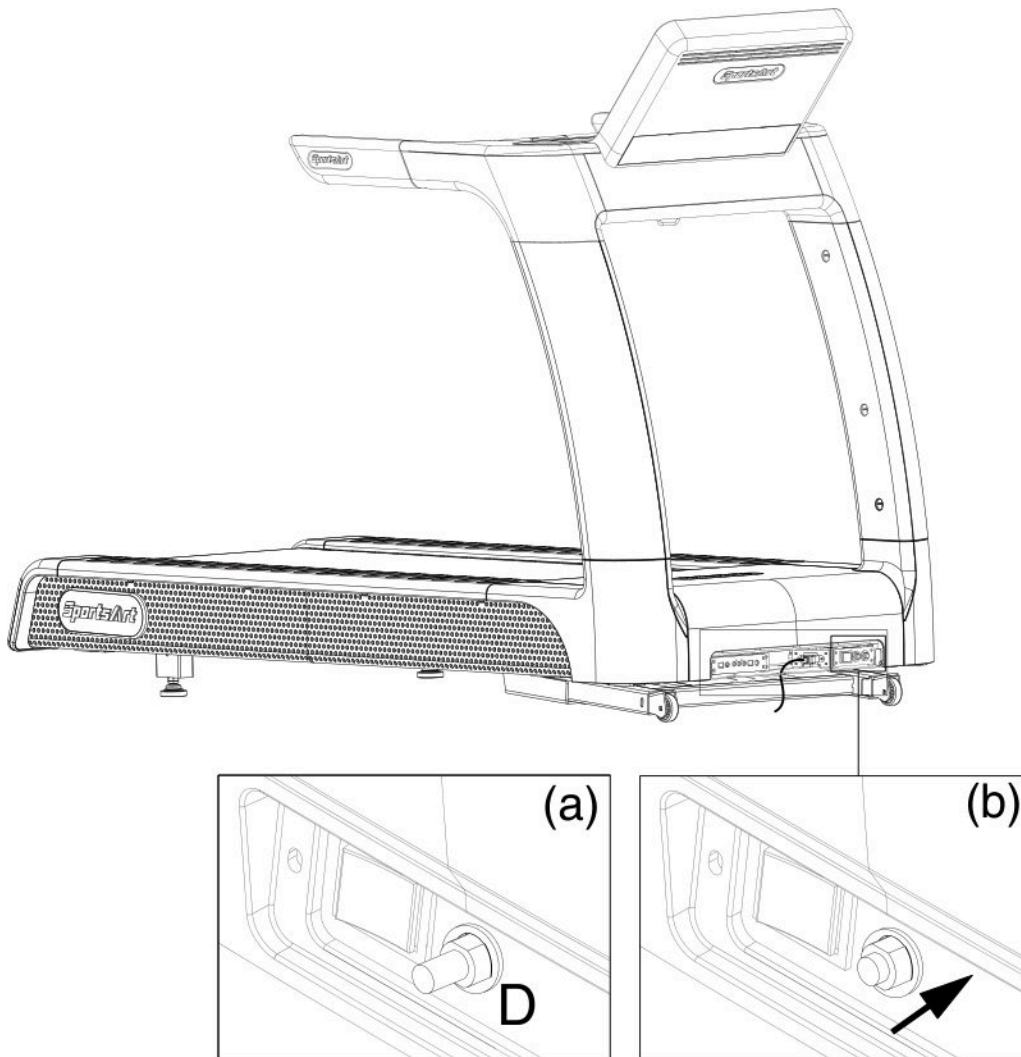
ERROR_4_3_ : Power supply voltage is too high. Wait until voltage returns to normal before restarting the unit.

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.

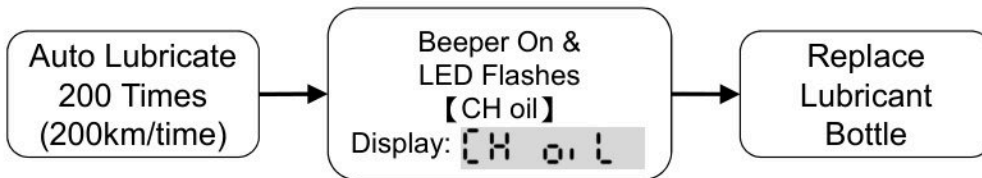
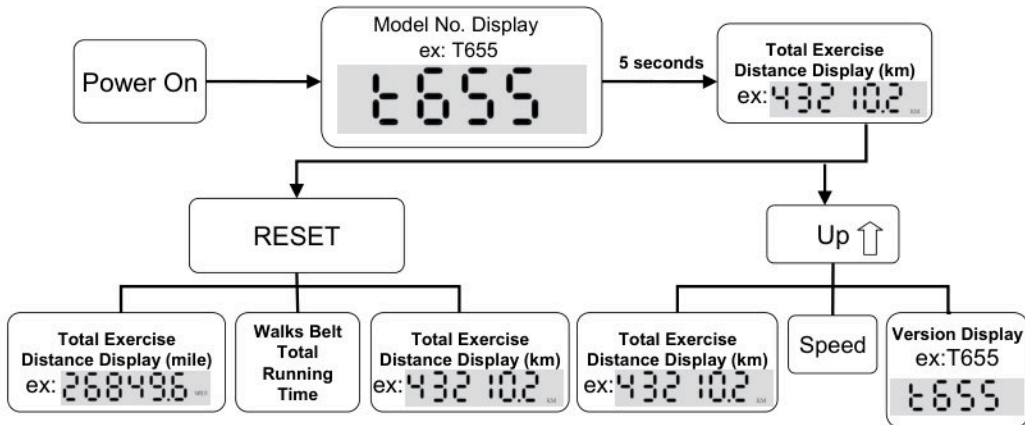
MAINTENANCE Circuit Breaker

- (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 in the figure (a).
- (b) After the fault is repaired by qualified technicians, press the push button to reset circuit breaker to resume normal operation as shown in the figure (b).



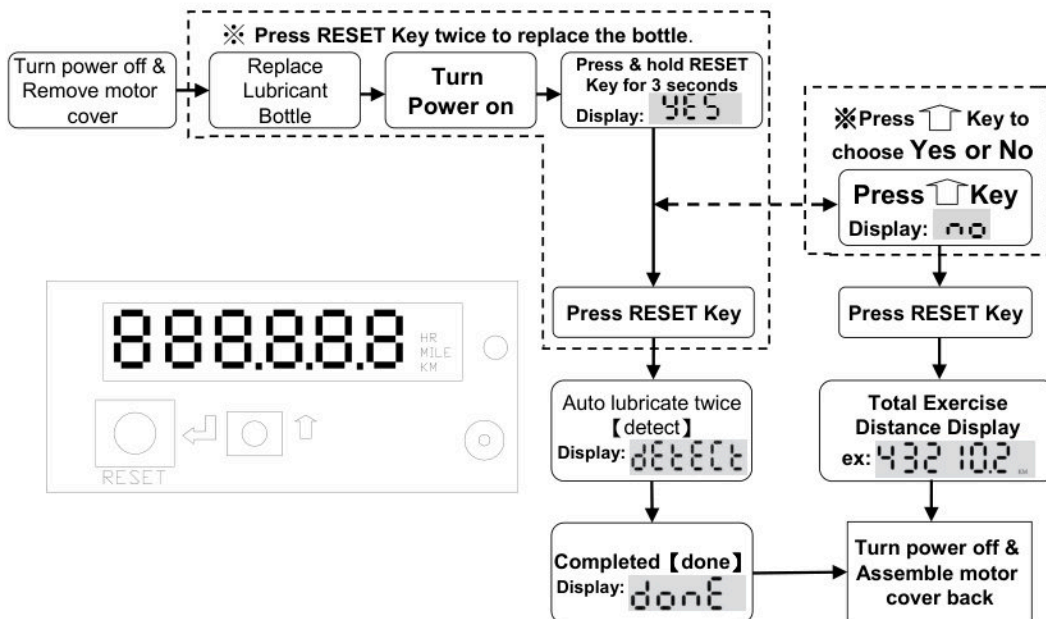
MAINTENANCE Lubrication System

Lubrication System Flowchart



Lubricant Change Procedure

Note: Pay extra attention during the lubricant changing procedure to avoid electric shock; especially operating it while the power is on.

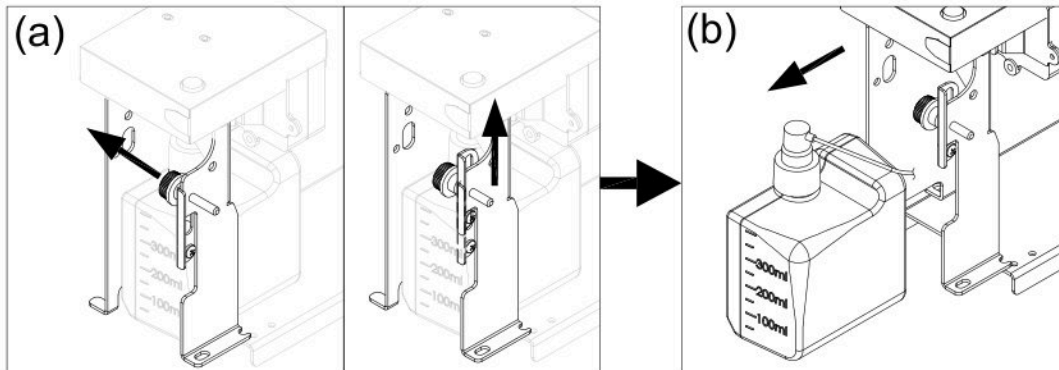


MAINTENANCE Lubrication System (Continued)

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

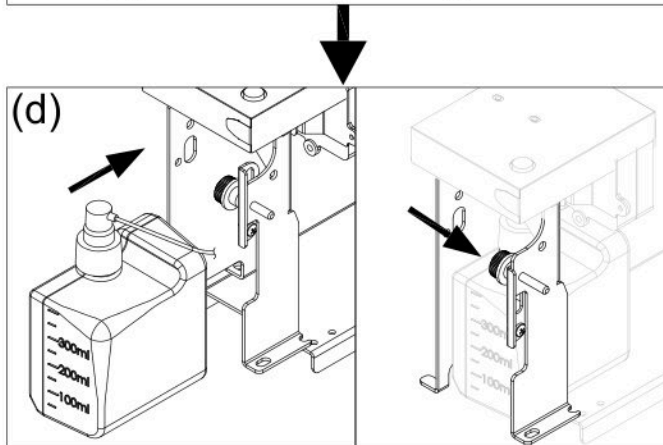
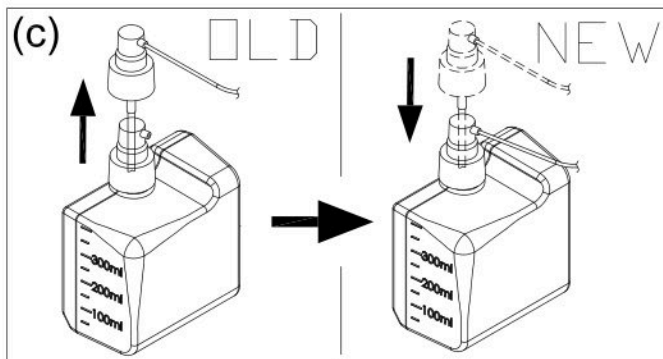
(a) Loosen the screws on the bezel and push the bezel up.

(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” warning 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 (Continued)

Error Messages:

There are 2 error messages with this system.

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

Err. 01 <Err. 01> EEPROM <EEPROM>

Error 2: It indicates motor is failing or system will not be able to perform any function.

Err. 02 <Err. 02> Motor <Motor>

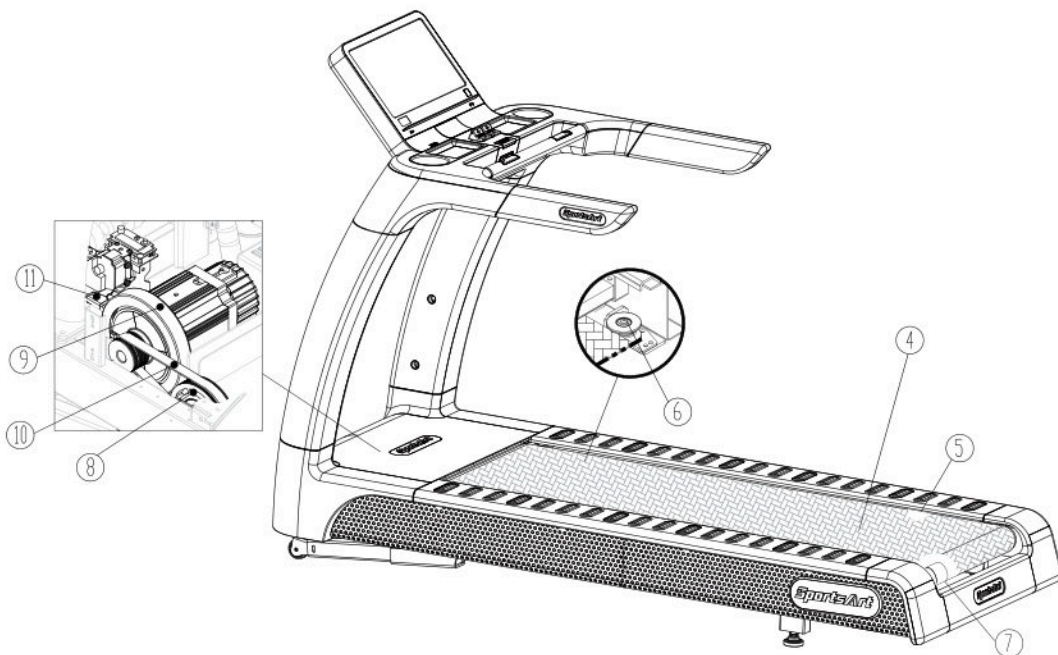
If any of these messages showing, contact your local dealer for servicing.

Protective Message:

Indication	Buzzer occurred	Buzzer sound frequency	Action	Protective message
Replace lubricant bottle	If an abnormality occurs during the operating, the buzzer will sound for 30 seconds.	The buzzer will sound for 0.5 seconds and stop for 0.5 seconds. The buzzer will stop working after 30 seconds.	Replace lubricant bottle. Press & hold RESET Key for 3 seconds and then choose Yes.	CH Oil
Lubrication VR motor damaged	If an abnormality occurs during the operating, the buzzer will sound for 30 seconds..	The buzzer will sound for 2 seconds and stop for 2 seconds. The buzzer will stop working after 30 seconds.	Replace lubrication VR motor.	ERR.02
EEPROM damaged	If an abnormality occurs during the operating, the buzzer will sound for 30 seconds.	The buzzer will sound for 2 seconds and stop for 2 seconds. The buzzer will stop working after 30 seconds.	Replace new lubrication system.	ERR.01
Lubrication system cannot accumulate mileage	If an abnormality occurs, the buzzer will sound for 60 seconds after the unit is turned on for 20 times.	The buzzer will sound for 1 second and stop for 1 second. The buzzer will stop working after 60 seconds.	Wipe dust off the sensor if necessary. Replace the sensor if damaged.	ERR.03
Lubrication system cannot accumulate mileage	If an abnormality occurs, the buzzer will sound for 60 seconds after 480 hours.	The buzzer will sound for 1 second and stop for 3 second. The buzzer will stop working after 60 seconds.	Wipe dust off the sensor if necessary. 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	Front roller				•		Inspect for normal rotation.
8	Rear roller				•		Inspect for normal rotation.
9	Motor compartment				•		Remove dust and debris.
10	Drive belt					•	Replace once every three years.
11	Lubricant bottle					•	Replace once every 40000km /25000mi



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, dampened with a mixture of Simple Green® all-purpose cleaner and water, to thoroughly clean the product exterior.
2. Inspect all screws. Secure if necessary.
3. Run a treadmill test everyday to make sure it is operating properly.

Monthly tasks

1. Inspect walk belt alignment. Align the walk belt if necessary. Inspect for wear.

Quarterly

1. Inspect the walk deck for wear. Flip the walk deck if necessary.
2. Inspect the walk belt guides for normal rotation.
3. Inspect the front roller for normal rotation.
4. Inspect the rear roller for normal rotation.
5. Remove dust and debris from the motor compartment.

Yearly

1. Replace the drive belt once every three years.
2. Replace the lubricant bottle every 40,000km/25,000mile.

Caution

- Please follow standard safety precautions when servicing 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.
- 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.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.

MAINTENANCE One-Year Maintenance Log

Facility: _____ Supervisor: _____

Product model number: _____ Serial number: _____

Start date: _____ End date: _____

Daily Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Week 22-28
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Tasks	Week 29-35	Week 36-42	Week 43-49	Week 50-52
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Weeks 22-28
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Tasks	Weeks 29-35	Weeks 35-42	Weeks 43-49	Weeks 50-52
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Monthly tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yearly Tasks	Year 1
Completed	<input type="checkbox"/>

Notes: _____

10. ACCESSORIES

These accessories are related to the functions of this machine. Some are standard and others are optional.

The details of each accessory and its function are explained.

USB CHARGER (Standard)

The USB charger will provide 5V and 1.5A voltage for charging of smart phone or other devices. However it is compatible only with some tablets, such as iPad. Check your tablet for compatibility before charging.

USB MEDIA PLAYER (Standard)

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 (Standard)

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

SA WELL+ Member System (Option)

This is a system designed specially by SportsArt to assist the user in managing his/her workout history.

1. Use smart phone Bluetooth or WIFI function and the SA WELL+ App. The APP software can be downloaded at APP Stores.
2. Use USB Flash Drive to store the workout data.
3. Manage user information and workout data

For more detailed information about the function, please visit the SA WELL+ website.

ACCESSORIES Entertainment Cap



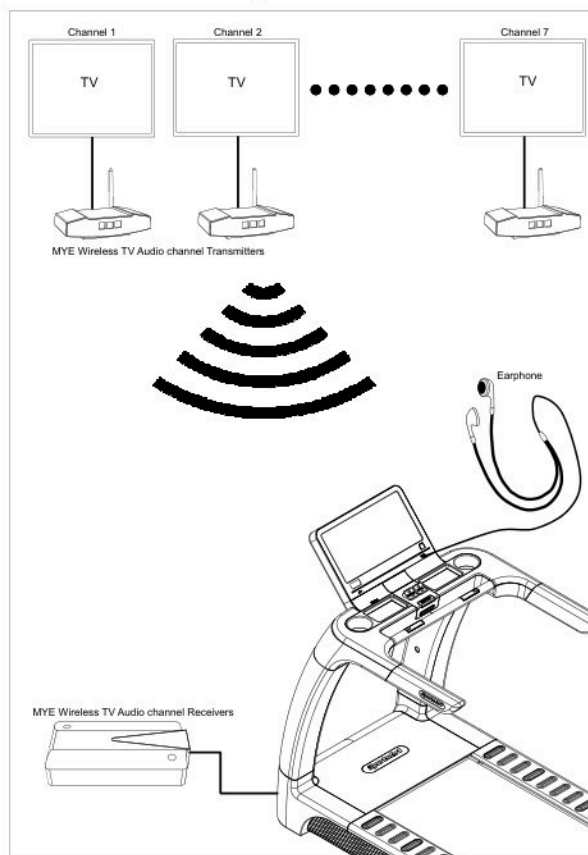
Item	Name	Function
a	USB port	This port is used for data transferring.
b	Bluetooth/ WIFI button	When a smart phone is connected with equipment, press this button to disconnect. Scan the QR code or touch the NFC tag on the console to connect to the equipment again if necessary.

ACCESSORIES MYE Wireless TV Audio_Channel Receivers

[To purchase, please contact MYE Inc. <http://www.myeclubtv.com/>]

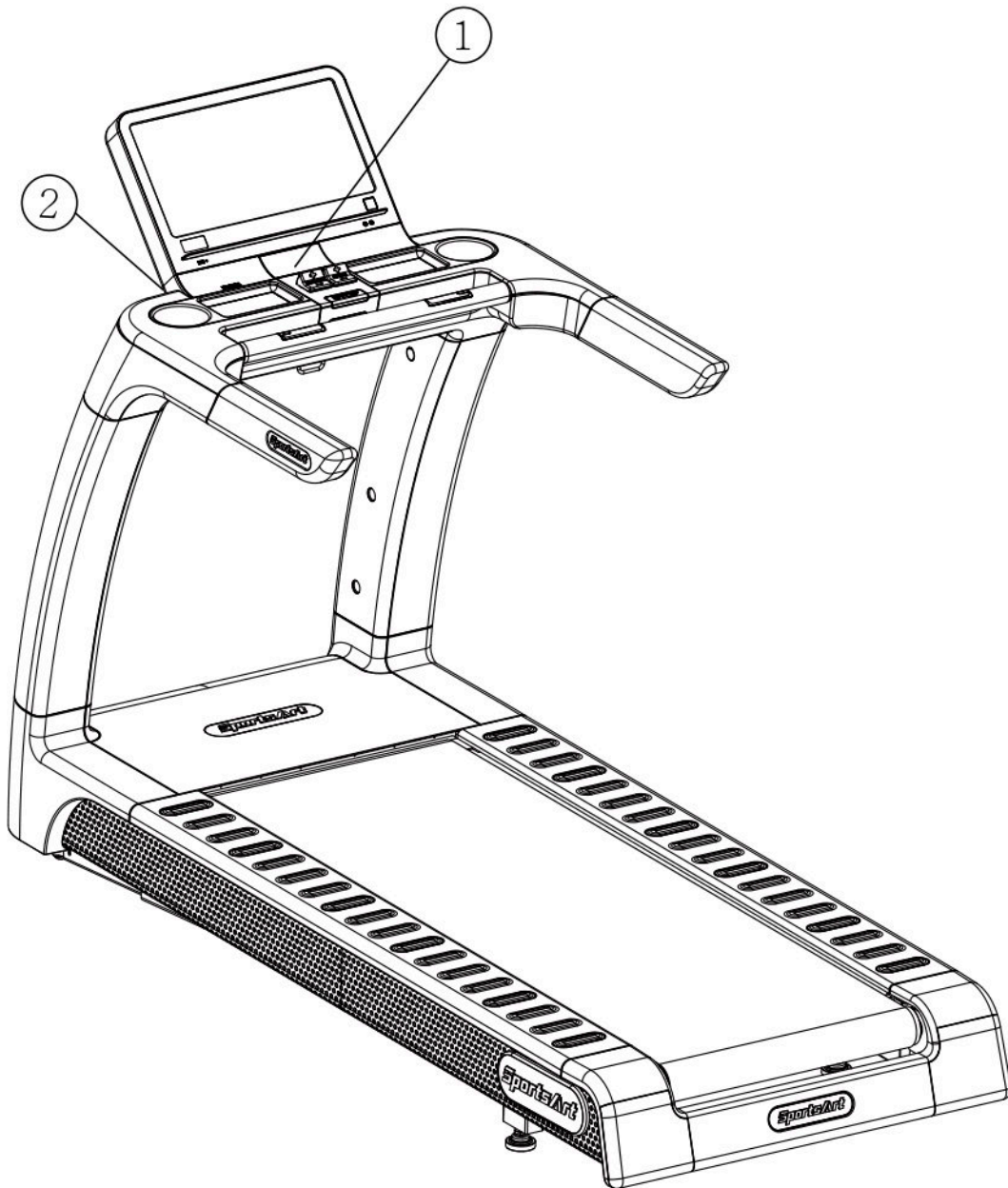
Multiple TV and audio channels receiving and volume adjustment enabled.

- The following two modules are available for this receiver (to be purchased by client)
 1. MC3R-9(900MHZ), which has to be used with a MYE Wireless TV Digital Audio Channel Transmitter MWTD-S9.
 2. MC3R-8(863MHZ), which has to be used with a MYE Wireless TV Digital Audio Channel transmitter MWTD-S8.Choose a suitable module according to country of location. (Please contact MYE Inc. for detail specification and technical information)
For example: Wireless TV transmission frequency in America is 900MHZ. Wireless TV transmission frequency in Europe is mostly 863MHZ (or nominally 800MHZ).
- Operation instruction: Turn off treadmill power, plug the receiver into the CSAFE port located at left of display and then turn on the power.
- The VOLUME +/- keys and CHANNEL ▲/▼ keys will be activated once the receiver is plug into the unit. Press VOLUME +/- keys to adjust volume settings. The volume setting range is from 0 to 15, with a default setting of 5. Press CHANNEL ▲/▼ keys to change channel settings. The channel setting range is from 1 to 32, with a default setting of 1. The display will show "CHANNEL - XX" during setting.
- Note: Do not unplug the receiver from unit before turning off the power to avoid receiver being damaged.
- The following is a schematic diagram of the connection:



ACCESSORIES Options

1. Fan Set
2. AnyCast

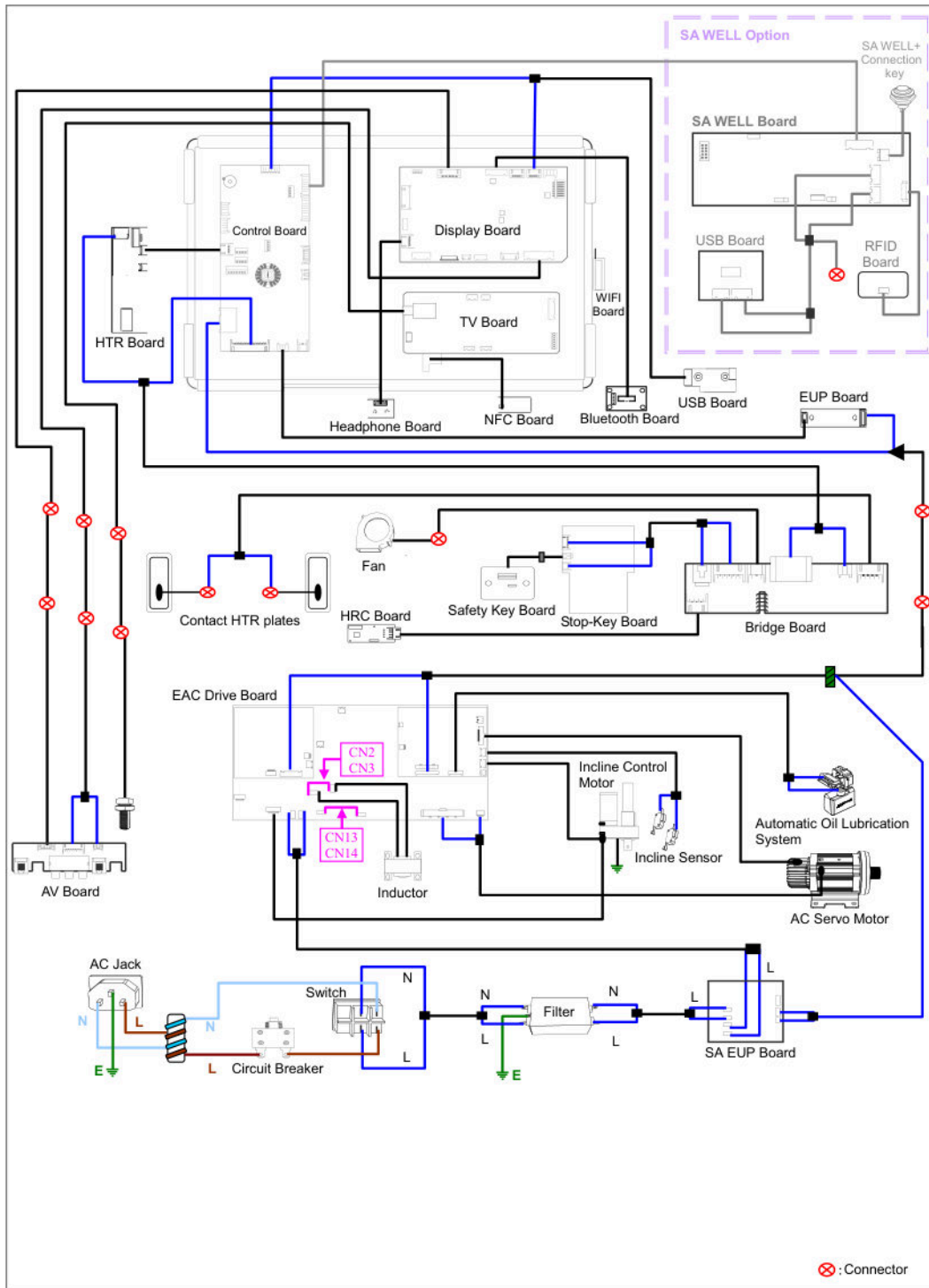


11. APPENDIXES

APPENDIXES Specifications

Model	T656 16"	T656 19"
Dimensions	L : 2156 mm (84.8") W : 905 mm (35.6") H : 1506 mm (59.3")	L : 2156 mm (84.8") W : 905 mm (35.6") H : 1506 mm (59.3")
Overall Weight	206 kg (453 lbs)	206 kg (453 lbs)
Maximum User Weight	160 kg (350 lbs)	160 kg (350 lbs)
Speed Range	0.2 – 24 kph (0.1 – 15 mph)	0.2 – 24 kph (0.1 – 15 mph)
Incline Range	-3 % – 15%	-3 % – 15%
Power Requirement	100 – 120 V / 60 Hz (USA) 220 – 240 V / 50 Hz (EUROPE)	100 – 120 V / 60 Hz (USA) 220 – 240 V / 50 Hz (EUROPE)
Circuit Breaker Current Rating	110 V : 20A 220 V : 10A	110 V : 20A 220 V : 10A

APPENDIXES Electronics Block Diagram



Your Authorized Distributor