SPORTS**ART**
3110 **Performance**Series

OWNER'S MANUAL
ASSEMBLY INSTRUCTIONS

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SAFETY GUIDELINES:

Please read and follow the following safety guidelines:

Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

- Read this owner's manual carefully and follow the instructions.

- Assemble and operate the treadmill on a solid, level surface. Keep the area behind the treadmill clear.

- Never allow children on or near the treadmill. The running belt will not stop immediately if any object becomes caught in the belt or rollers.

- Check the treadmill before every use. Make sure all parts are assembled, and all nuts and bolts are tightened. Do not use the treadmill if the unit is disassembled in any way.

- Keep hands away from moving parts.

- The weight limit for this treadmill is 300 lb. (135 kg).

- Wear proper workout clothing: Do not wear loose clothing. Do not wear shoes with leather soles or high heels. Tie back all long hair.

- Don't rock the unit from side to side. Care should be taken when mounting and dismounting the unit.

- Straddle the machine with your feet on the right and left staging platform before starting the running belt.

- Do not place any liquids on any part of the treadmill.

- To prevent shock, keep all electric components such as the motor, cord, and switch away from water.

- Turn off the treadmill while adjusting or working near the roller.

- Do not use any accessories that aren't specifically recommended by the manufacturer, these might cause injuries or cause the unit to fail.

- Work within your recommended exercise level, do NOT work to exhaustion.

- If you feel any pain or abnormal sensation, STOP YOUR WORKOUT and consult your physician immediately.
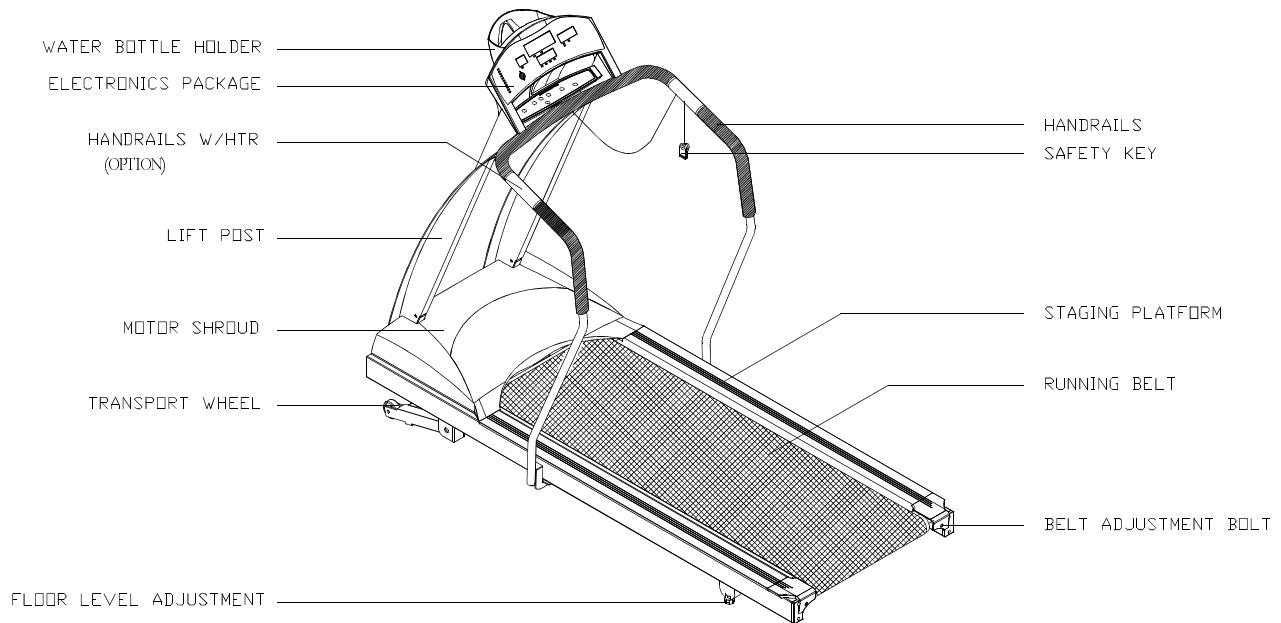
The treadmill is designed for your use and enjoyment. By following the above precautions and using good judgment and common sense, you will enjoy safe and pleasurable exercise with this treadmill.

ASSEMBLING YOUR TREADMILL:

Installation requirements

Read this owner's manual and follow the instructions contained herein.

CAUTION: To avoid back strain, and to ensure safety to the unit and yourself, we suggest you may need a helper to remove the running deck assembly from box.

WATER BOTTLE HOLDER

ELECTRONICS PACKAGE

HANDRAILS W/HTR
(OPTION)

LIFT POST

MOTOR SHROUD

TRANSPORT WHEEL

FLOOR LEVEL ADJUSTMENT

HANDRAILS
SAFETY KEY

STAGING PLATFORM

RUNNING BELT

BELT ADJUSTMENT BOLT

<u>List of parts</u>

Before assembling your treadmill, make sure that you have all the following items:

1. One safety key

2. One hex Allen wrench (M6) with T-handle

3. One hex Allen wrench (M5) with T-handle

4. One hex Allen wrench (M5)

5. One hex Allen wrench (M4) with T-handle

6. One fuse - 15 amp for 100-120 volt use; 10 amp for 200-240 volt use

7. Four M4 x L12 Philips screws - electronics package

8. One 2-way Screwdriver

If any items are missing, contact your authorized service dealer.

<u>IMPORTANT:</u> The packing for this treadmill is designed to protect it during shipment. Please store the original packaging in a safe place in case you need to ship the treadmill in the future.

<u>Step by step instructions</u>

The following steps explain how to assemble your treadmill. Please read every step thoroughly and follow the directions completely to ensure correct assembly.

1. There are important parts enclosed inside of the Styrofoam, please check the Styrofoam compartments before discarding. Make sure all packing materials are removed from the treadmill deck.

2. Lay the treadmill on its side. Make sure the running belt is positioned in the tracks of the two BELT ALIGNMENT ROLLER underside of the machine (see Fig. 1).

Fig.1
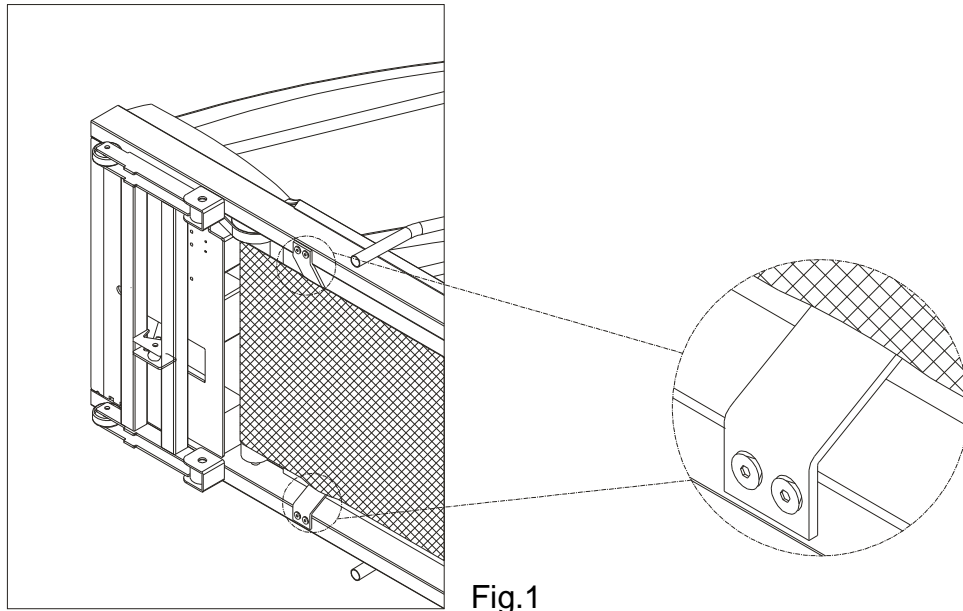
3. Then, place the treadmill on a level, flat surface.

4. Bring the side post to their upright positions (including the handlebar and the electronics package). Attach the screws to the lift post. Do not tighten yet. (See Fig. 2)

Fig.2
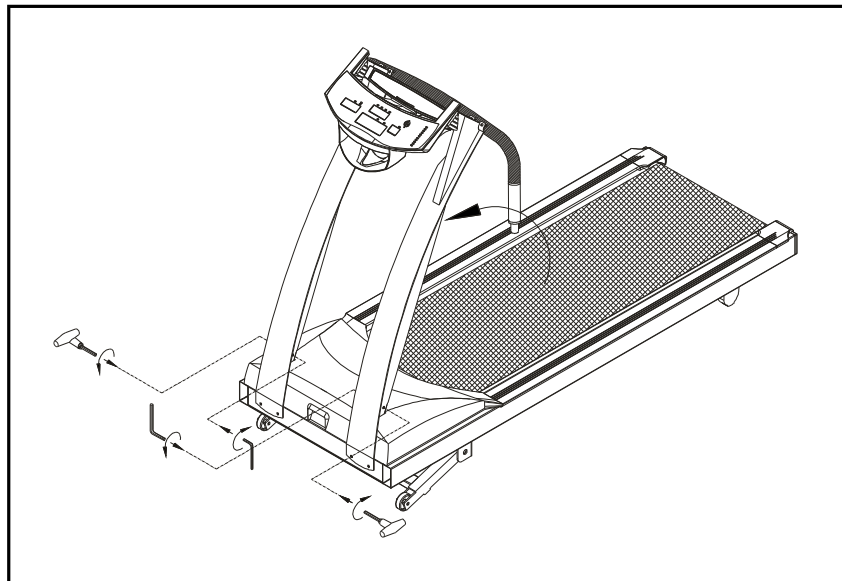
5. Using two 5/16" screws provided on each post. Do not tighten yet. (see Fig. 3)
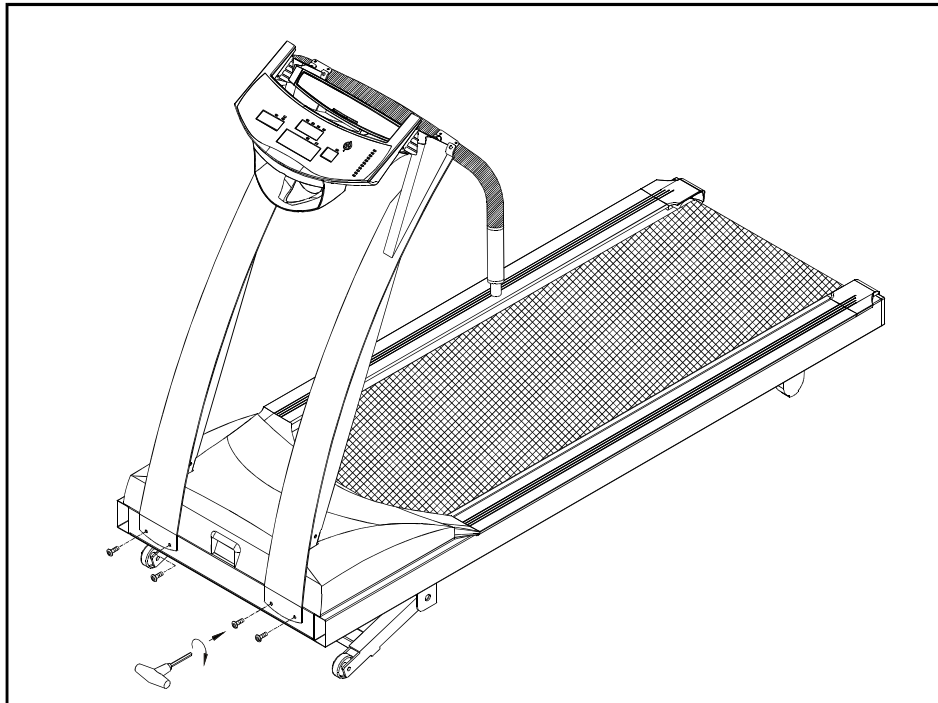
Fig.3

6. Loosen the screws of fixing the handlebar and remove the steel plate. (see Fig. 4)
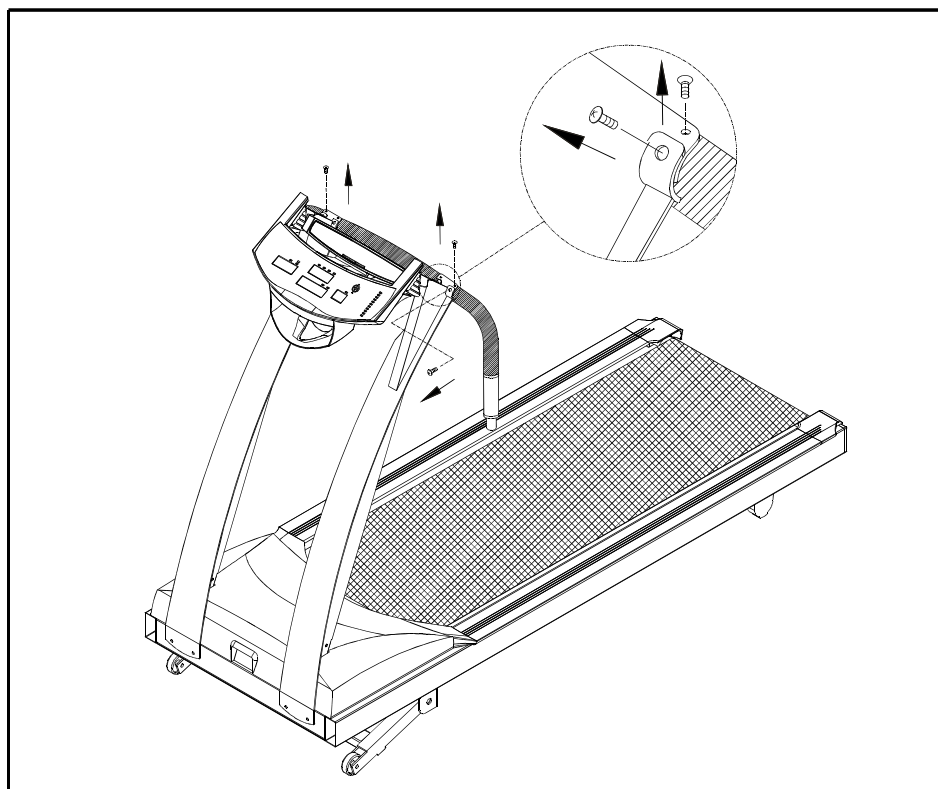
Fig.4

7. Turn up the handlebar and fasten the screws. Do not tighten yet.

   If your treadmill is equiped with Hand Touch Readout (HTR), before fastening the screws, connect the wires from the display and the Hand Touch Readout handlebar securely, as shown in Fig 5. Then fasten the screws of the handlebar. Do not tighten yet.
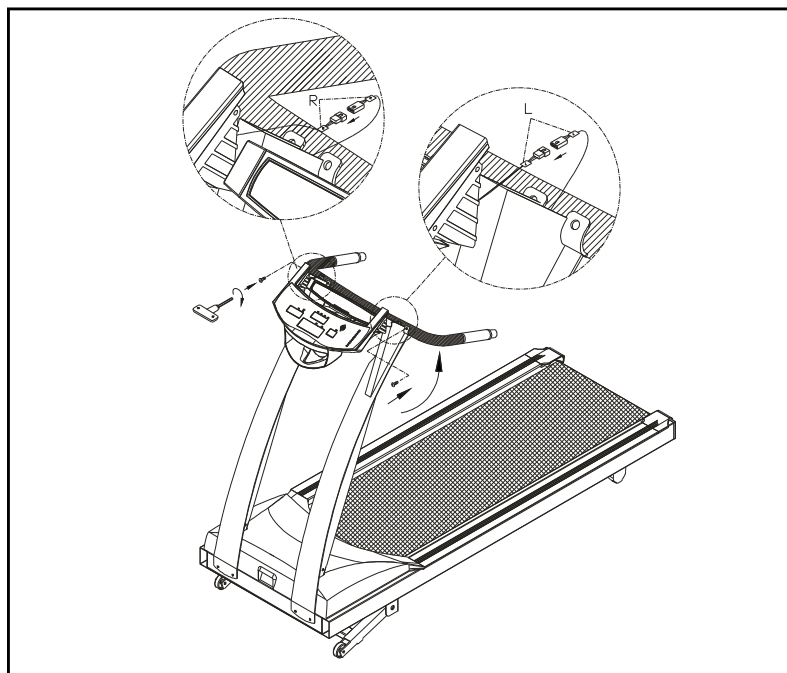

Fig.5

   Caution: Please make sure to connect the wires correctly, R to R and L to L which are marked on the wires themselves.

   Note: The above two screws to the handlebar are specially provided by manufacturer. Do not attempt to substitute any other screw.

8. Use the screwdriver to tighten all screws securely (see Fig. 6).
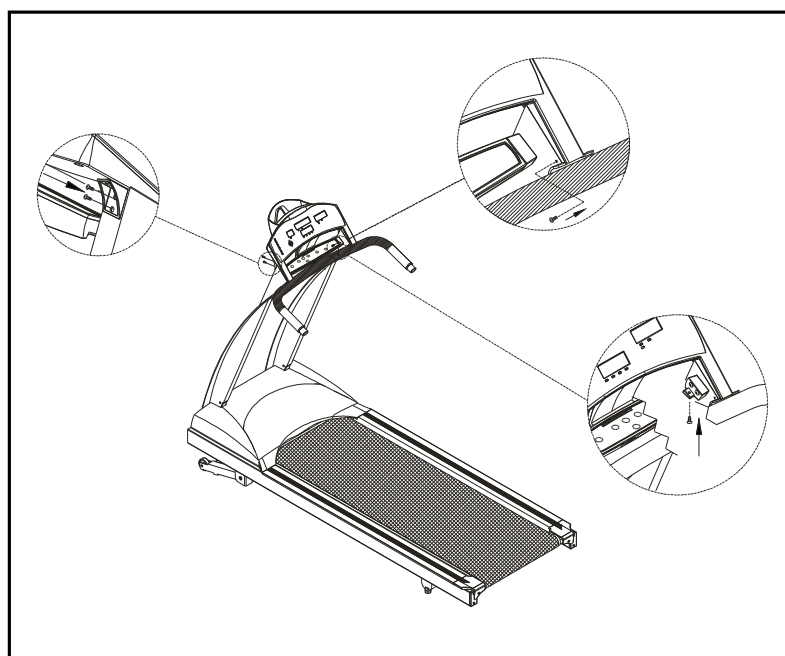
Fig.6

9. Insert the two handrails into the handlebars and then fasten the screws provided. Lastly secure the handrail clamp by fastening the screws (see Fig. 7).
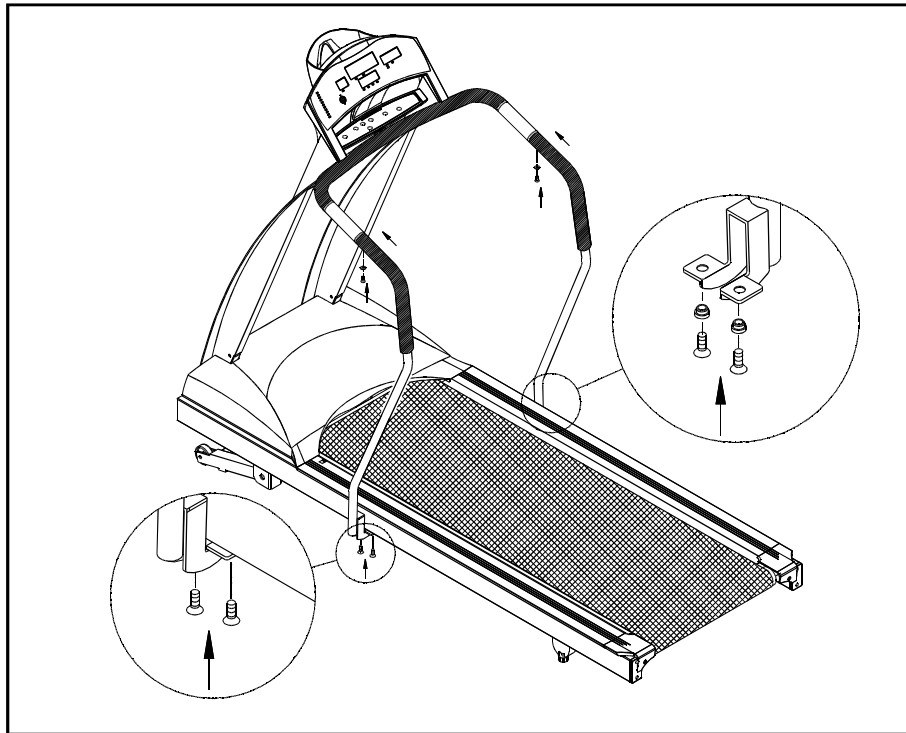
Fig.7

Please note: The screws to the handrail clamp (Fig.7) are specially provided by manufacturer. Do not attempt to substitute any other screws. Any questions, please contact your dealer.

10. Secure the screws in front of the lift posts and handlebar tightly, Secure the screws to the lift posts tightly (see Fig. 8).
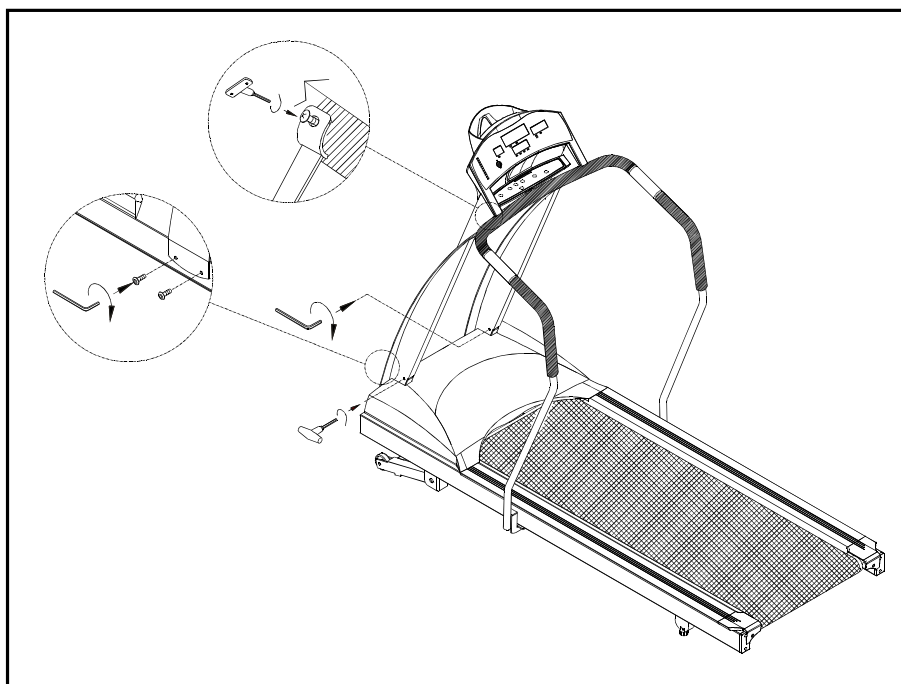
Fig.8

Floor level adjustment

If the treadmill is not steady on your floor, turn the floor level adjustment on the rear feet leg of the treadmill. Raise or lower the floor level adjustment to steady your treadmill (see Fig. 9).
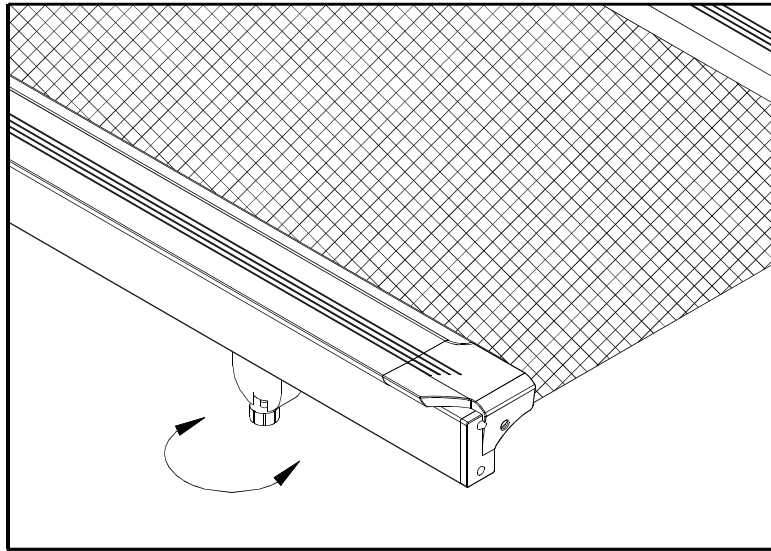
Fig.9

Your treadmill is assembled and ready to use.

OPERATING INSTRUCTIONS

CAUTION: DO NOT STAND ON THE BELT WHEN STARTING.

Safety key

The safety key is required to operate the treadmill (see Fig.10). The safety key should be used as an emergency stop by clipping the cord to your exercise clothing. Be sure to store it in a safe place to avoid use by children or persons unfamiliar with this treadmill.

Turn on the power switch located on the front of the treadmill. Insert the safety key into the "SAFETY KEY" position on the middle socket of the electronics package in order for the unit to function.
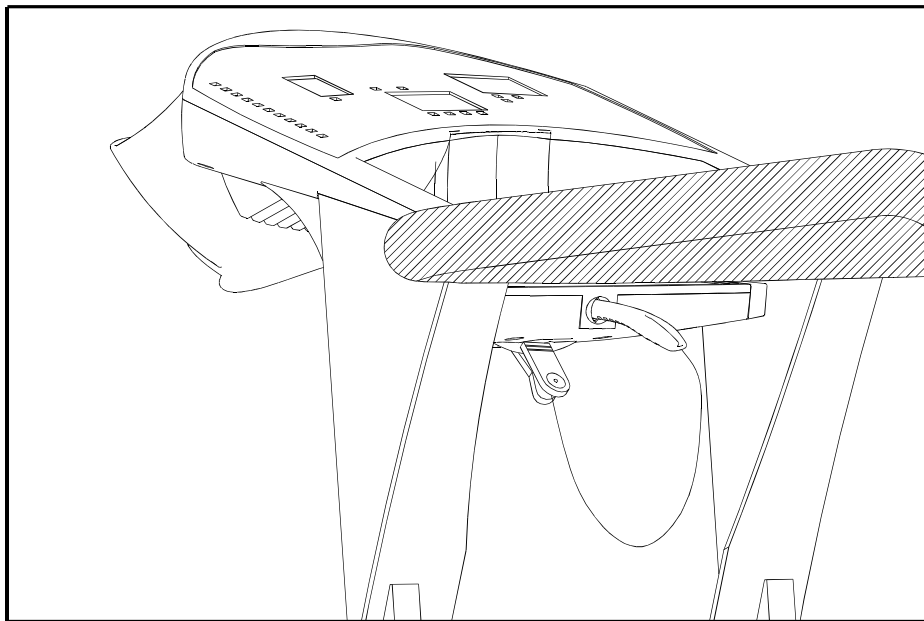
Fig.10

UNDERSTANDING THE ELECTRONICS PACKAGE

A. Turn on the power switch located on the front of the treadmill, then electronics will scroll through with the message "PLACE SAFETY KEY". The treadmill will not function without placing safety key in its position(see Fig.10).

B. After you put the safety key in place, the unit will scroll "SELECT MODE ▼▲ USER1- USER4". Or you can press SPEED ▼▲ keys to start the motor or follow up below steps to input your desired data.

C. Use the ▼▲ keys to select from user 1 through user 4. Once you have made your choice, press "ENTER" to confirm your input. It will scroll through the message of SELECT MODE ▼▲ MPH/KPH". You can press the ▼▲ keys to choice mph or kph, then press "ENTER" to confirm your input. You will be prompted to input weight. If you choose mph or kph, the unit of weight is LB or KG respectively. Use the ▼▲ keys to set up the weight. Pressing the key once changes the weight 1LB/1KG. Holding the key will amend the weight 10LB/5KG every change. Then press "ENTER" to record them. The electronics package automatically recalls the program that was used last.

D. Press "Scroll" key to choose the desired program, such as Manual, Program, Interval, HRC—etc. The electronics display will automatically record what program you changed.

MANUAL mode

A. Press "Scroll" key until Manual LED lights up. When "MAN'L" appears in the display window, and you will be in the MANUAL course.

B. Press the SPEED ▼▲ keys to start the motor. The speed range is 0.1-12 MPH(or 0.2-20KPH). Please press the SPEED ▼▲ keys to increase or to decrease the speed.

C. Press the INCLINE ▼▲ keys to raise or lower the treadmill. The incline range is 0-15%.

D. Press the MODE key, and this will scroll you through the different modes on the smaller display window. With each press of the MODE key, the display will alternately show TIME, DIST(distance), CAL(calories), HR and SCAN.

INTERVAL course

A. Custom Interval:

1. Press "Scroll" key until Custom Interval LED flashes and the larger display window will appear "INTV 1". If this is the interval program that you want, then press "ENTER". The message of "ENTER REST SPEED&INCLINE&TIME" will scroll through. REST will show up in the center display.

2. You can change your setting depending on your desired workout.

    a. Use the SPEED ▼▲ keys to change your desired speed.

    b. You can use the ▼▲ keys to adjust your desired time. Time can be set from 60-255 seconds.

    c. You can use the incline ▼▲ keys to change the incline as you want.

    d. Once you have set your desired REST levels, press ENTER to record them. If you don't press ENTER to confirm your changes, you will be prompted to press ENTER.

3. After the REST levels have been set, the display will scroll through "ENTER WORK SPEED & INCLINE & TIME. WORK will appear in the center display.

4. You can refer to the REST setting instruction to alter the WORK settings. Once you have set your desired WORK levels, press ENTER to record them.

5. After you have set your desired REST and WORK levels, you will be prompted to ENTER TOTAL TIME. Use the ▼▲ keys to set your desired total time (from 00:00-99:00). Then press ENTER to confirm and to start the motor. When the total time countdown reaches 00:00, the electronics display will beep for 10 seconds.

6. When the REST TIME is over, the display will show "GOING TO WORK" and then the machine will start the setting you chose for the work level(speed and incline). If you need to change any of the settings during your workout, please refer to step 2 as above. When the WORK TIME is over, the display will show "GOING TO REST", and return to the settings that you chose for the rest levels.

7. Press the MODE key to scroll the different modes on the smaller display window. Each press of the MODE key will alternately show TIME, DIST, CAL, HR or SCAN.

8. Keep in mind the limits as below:
    SPEED range:0.1-12MPH or 0.2-20KPH
    INCLINE range:0-15%
    REST/WORK TIME range:60-255 seconds

B. Custom Course

1. Press "Scroll" key until Custom Interval LED flashes and the larger display window will appear "INTV 2".

2. Interval 2 allows you to design your own personalized workout program. There are eight programmable segments in Interval 2. If this course is what you want, press ENTER, and you will be prompted to ENTER SEGEMENT 1 SPEED & INCLINE & TIME. Please input the speed/incline/time for SEGEMENT 1.

   S1 will appear in the larger LED window.
   Use the SPEED ▼▲ keys to set your desired speed.
   Use ▼▲ keys to set your desired time. Time range is 0-99 minutes.
   Use the INCLINE ▼▲ keys to set your desired incline height.

3. For segment 2-8, please refer to the instruction as above. Once all segments are set, press ENTER lastly to confirm the setting for INTERVAL 2.

4. Press the MODE key to scroll you through the different modes. With each press of the MODE key, the display will alternately show TIME, DIST, CAL, HR or SCAN.

PROGRAM mode

A. Press "Scroll" key until pre-program LED flashes and the larger display window will appear "PRO:1~PRO:5".

B. There are five(5) programs available.

The course profile for each program is as follows:

2   0 1 2 0 2 0 2 1 1 0

3   0 1 3 1 4 3 0 1 3 0

4   0 1 3 4 6 3 0 2 4 0

5   0 2 8 7 0 2 8 7

6   0 3 0 3 0 3 0 3
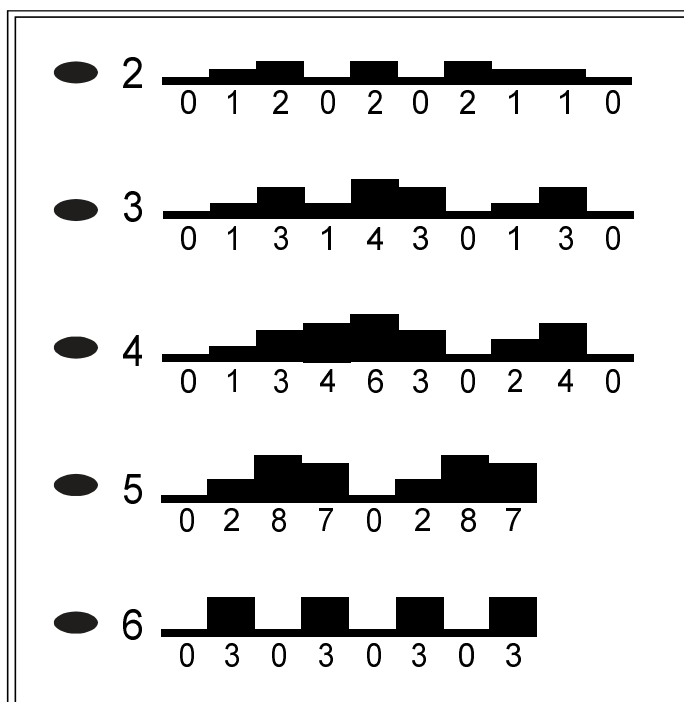
C. When you have chosen the one that you want, press the ENTER key. You will be prompted to select DIST or TIME. Use the ▼▲ keys to switch between DIST and TIME, then press ENTER to confirm your decision.

D. Use the ▼▲ keys to set your desired distance or time, then press ENTER.

E. The program will be displayed in the large LED window. The treadmill will start once you speed up by using the SPEED ▼▲ keys. You can control the speed during these programs, and the unit will automatically switch between elevation percentages, giving you the funny feeling of running on hills or climbing on the mountain.

F. Use the MODE key to switch between TIME, DIST, CAL, HR or SCAN on the LED window.

G. When you reach your desired TIME or DIST, the unit will beep for 10 seconds. After that the machine will directly count up if you continue your workout.

HRC-65% / HRC-80% mode (if your electronics package includes the HRC feature)

A. Press "Scroll" key until HRC 65% or 80% flashes and the larger display window will appear "FAT" or "CARDIO".

B. When you press the ENTER key, it will scroll you the message of INPUT YOUR AGE, then it shows AGE 35. Please use ▼▲ keys to amend the age, the relative heart rate number will be changed accordingly. Input your exact age, press ENTER to scroll the message of "MODIFY YOUR HEART RATE LIMIT". Then it will appear MDFY on the window. Use ▼▲ keys to modify the target heart rate number, and press ENTER to confirm your modification. Then the TIME will appear on the window, press the MODE ▼▲ keys to set up the desired time for hear rate control. Then press ENTER to confirm the input, the larger display will show up the heart rate mark and the desired heart rate figure. Press the SPEED ▼▲ keys to set the max. speed and start the motor. If there is no input of the heart rate, it's unable to start the treadmill.

C. For more detailed information about HRC function please refer to Heart Rate Control Operation manual as enclosed.

KEY FUNCTIONS:

SCROLL: Choose every function, such as Manual, Program, Interval and HRC.

SPEED: Use the SPEED ▼▲ keys to speed up or slow down the treadmill. The speed range is 0.1-12MPH or 0.2-20KPH.

INCLINE: Use the INCLINE ▼▲ keys to raise or lower the treadmill. The incline range is 0-15%.

MODE: When you insert the safety key in its place, the electronics package will automatically access into MODE function. Press the MODE key to scroll you through the different modes. With each press, the display will alternately show TIME, DIST(distance), CAL(Calories), HR(heart rate), or SCAN.

▼▲ KEYS: These keys are used to choose the desired TIME, DISTANCE, USER, MPH/KPH/WEIGHT- - - etc.

SAFETY KEY: Turn on the power switch located on the front of the machine. Insert it into its position to operate the treadmill.

STOP: Press STOP key, the treadmill will come to stop gradually as pause
(PAUSE/RESTART) function. Press this key once again to continue the workout. All data will be reserved. When the unit stops running, hold STOP key, then all data will be cleared.

ENTER: confirm all input information.

What each of the categories means:

TIME: The range available in TIME mode is 00:00-99:59 minutes. Use the MODE key to select the time mode. When TIME LED is lit in the display, use the ▼ ▲ keys to adjust the desired time. Each press of the key change the time by 1 minute.

The electronics package will BEEP for 3 seconds when your desired time is reached, then will start to count up if you workout continues.

DIST: The distance of the treadmill will register goes from 0-99.99 miles or 0-999.9 kilometers. Use the MODE key to select the DIST mode. When DIST LED is lit in the display, use the ▼▲ keys to adjust the desired distance.

Each press of the key changes the distance by 0.05 mile or 0.1 km.

The electronics package will BEEP for 3 seconds when your desired distance is reached, then will start to count up if your workout continues.

CAL: This readout gives you the amount of calories burned, the range of calories is from 0-999.9CAL.

SCAN: The SCAN will result in the display alternation between Modes readouts every 4 seconds.

HR: This readout gives you the heart rate of your workout.

RUNNING ON THE TREADMILL:

Now, you have become familiar with your treadmill's operation and are ready to exercise:

1. Turn the power switch ON, and insert the safety key into the socket of the electronics package.

2. Straddle the belt with your feet on the right and left staging platforms. Clip the safety key to your exercise clothing at your waistline.

3. Straddle the belt, balancing one hand on the handrail. Press SPEED key to start the treadmill. Adjust the speed ▲ key until you reach 1.5-2.0 MPH / 2.5-3.2 KPH, a comfortable walking speed. With both hands on the handrails, place one foot, then the other on the treadmill, and walk for a few minutes to get comfortable with your machine.

4. After you are walking in an easy, relaxed, and steady fashion, release your grip on the handrails, and let your arms swing freely and naturally.

5. When you feel comfortable walking, you may wish to jog. Hold the handrail with one hand, using your other hand to increase the speed.

6. Remember to hold the handrail when using the control panel on the electronics package. Holding the handrail with one hand will help to maintain your balance, especially when slowing down or stopping. Also, remember to hold onto the handrail when dismounting.

7. When you have finished your workout, remove the safety key from the "SAFETY KEY" position. Always remember to cool down after your workout before completely stopping.

GUIDELINES FOR EXERCISE

How long should I exercise?

The duration of your exercise session is dependent on your fitness level. In general, it is recommended that you maintain your heart rate in the training zone for at least 10 minutes to realize an aerobic benefit. As your fitness level increases, you will be able to maintain your heart rate in the training zone for longer periods, usually between 20 and 30 minutes.

When first starting your workout, use the first several minutes to warm up, then slowly increase your workload to bring your heart rate into your specific training zone. At the end of your workout, gradually decrease your workload, then exercise lightly as a "cool down".

How often should I exercise?

Aerobic exercises, to achieve the greatest benefits, should be performed 3-5 times a week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

MAINTAINING YOUR TREADMILL

Your treadmill relies on low friction for peak performance. The treadmill's low friction operation is dependent on keeping the unit as clean as possible. See "Cleaning the Treadmill" for more information.

Proper belt alignment is also important for proper operation of the treadmill. See "Adjusting the Running Belt" for more information.

<u>Cleaning the treadmill</u>

<u>CAUTION:</u> Turn off unit and disconnect AC cord before cleaning.

Regular cleaning is recommended to keep your treadmill running at peak Performance.

Before your workout, use a dry cloth to clean the staging platform, exposed slider deck, and under the belt as far as you easily reach. This removes any dirt or dust which might enter the slider area and compromise the unit's running efficiency.

To clean the plastic parts, use a mild detergent and make sure the unit is completely dry before operating. On the running surface, use a soft nylon scrub brush.

Do not use water to clean the belt or running surface, or to clean the electronics package. Should water, for some reason, get on the electronics package, immediately blow dry the electronics package.

It is recommended that you keep all liquids away from the unit during operation. Spillage of liquids onto or into the machine will void the warranty.

Adjusting the running belt

Your treadmill comes with a belt alignment gauge located on the deck. (see Fig.11)
The edge of the running belt should be in the middle of the green portion of the
gauge. If the belt edge is in the green area, the belt does not need adjusting. If the
belt edge is in the red portion, the belt needs adjusting immediately.
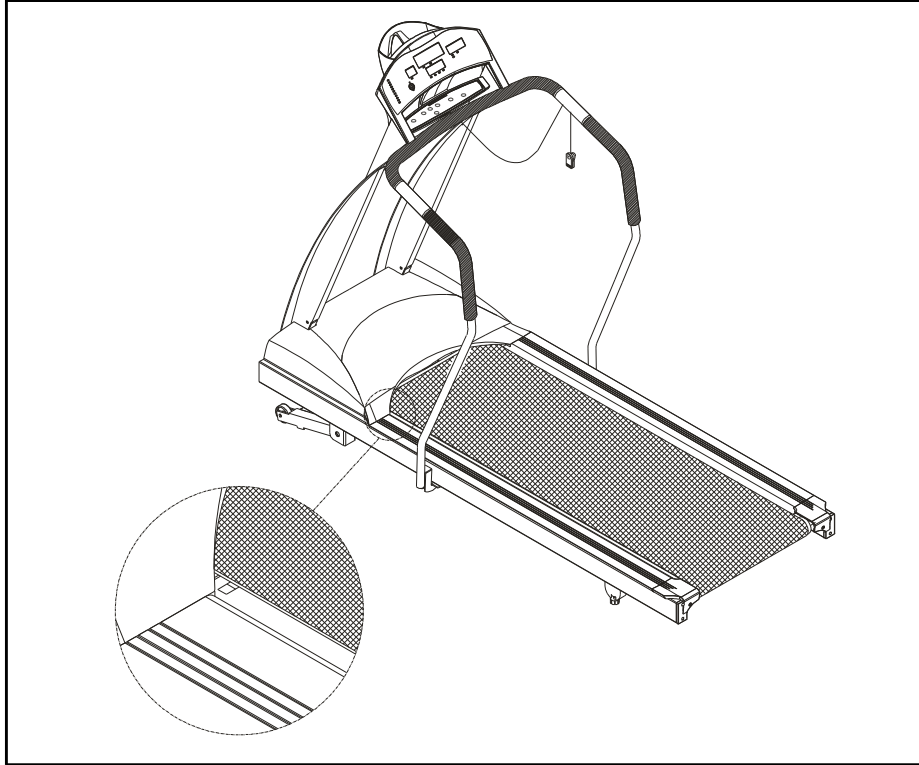

Fig.11

The belt is properly aligned at the factory. However, during shipping and handling or
by use on an uneven surface, the belt may move off center. Therefore, it is important
that you check the belt's alignment before using the treadmill.

The correct alignment of the running belt is critical for the smooth operation of the
treadmill.

CAUTION: DO NOT ALLOW ANYONE TO WALK ON RUNNING BELT DURING
THIS PROCEDURE.

Failure to realign the belt could result in tearing or fraying of the belt, which is not
covered in the warranty. Please follow the adjustment procedure listed below:

1. Turn on the power switch located on the front of machine. Insert the SAFETY
KEY on the its position.

2. Press the SPEED ▲ key to increase the speed until the speed registers 2.0mph /
3.2kph on the digital display.

3. While the unit is running at 2.0mph/3.2kph, determine where the belt is in relation to the belt alignment gauge.

4. Should your belt be in the wrong color range, follow the steps below to return the belt to the "safety zone":

5. If the belt is in the left red zone: Turn the left belt adjustment bolt located at the rear of the treadmill clockwise 1/4 turn at a time, using the hex Allen wrench. Then turn the right belt adjustment bolt counterclockwise 1/4 turn. Let the treadmill run 30 seconds, then check the position of the belt in the color gauge. If the belt still has not returned to the green safety zone, repeat with another 1/4 turn until the belt has returned to the middle of the green area. Do not turn adjusting bolt more than 1/4 turn at one time.

   If the belt is on the edge of the green color, please adjust it so it is in the middle of the green color. You may turn the adjustment nut less than 1/4 turn at one time.

6. Conversely, if the belt is in the right red zone, turn the right belt adjustment nut clockwise 1/4 turn, then turn the left adjustment bolt counterclockwise 1/4 turn. Then let the treadmill run at least 30 seconds, check the position of the belt in the color gauge. If it still has not returned to the green safety zone, repeat with another 1/4 turn until the belt has return to the middle of the green area. Do not turn adjusting bolt more than 1/4 turn at one time.

7. When the belt is back in the green "safety zone", you can continue your regular use of the treadmill. Slowly increase the speed of the unit to 5.5 MPH (9 KPH), and let it run for at least 45 seconds.

Periodically monitor the position of the belt to ensure peak performance:

When you are using the treadmill, if you feel a pause in the belt with each foot plant, the belt is too loose. Stop the machine to check the belt tension, pull the running belt up in the middle (see Fig. 12-1 & 12-2). There should be about 30 m/m (1 1/8") or 3 kgs of "give" in the belt (see Fig. 12-3). If there is too much, adjust both rear roller bolts clockwise 1/2 turn at a time (see Fig. 12-1). Then, check the belt tension again, if more adjusting is required, give both adjusting bolts another slight turn. Do not adjust over 2 full turns.

Fig.12-2

Fig.12-3

Fig.12-1
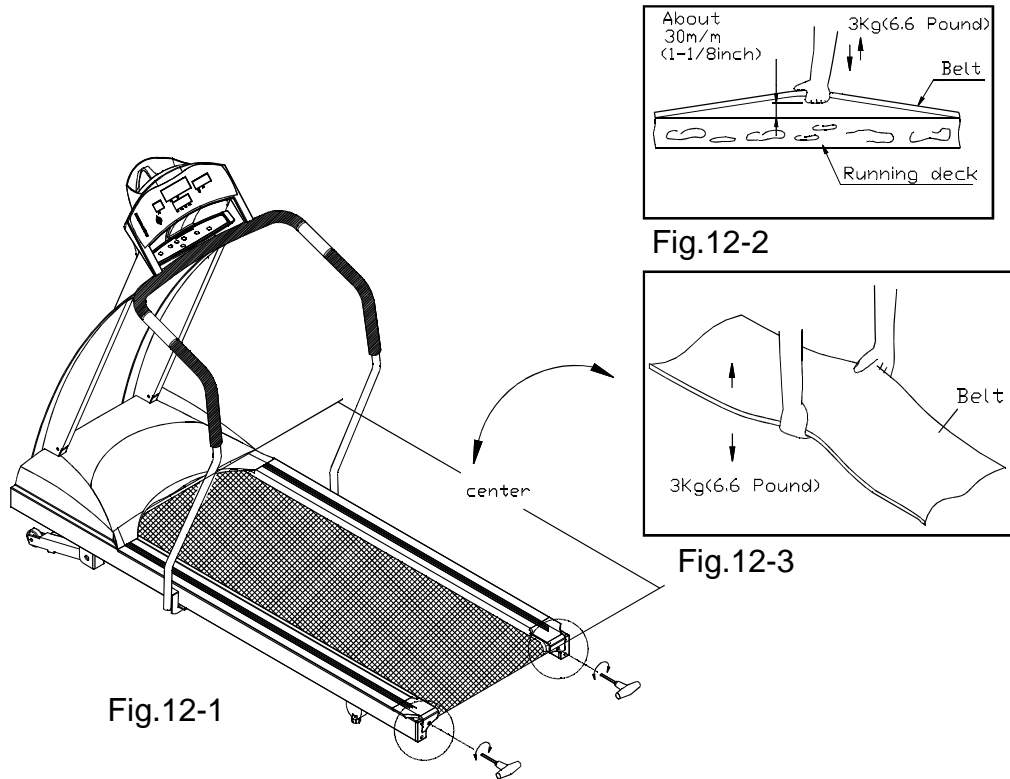
Conversely, if there is not enough "give", adjust both rear roller bolts counterclockwise 1/2 turn at a time.

CAUTION: To avoid injury, special care must be taken when adjusting the running belt. Remove any loose clothing or shoelaces and tie back your hair. Be very careful to keep your fingers or any other objects clear of the belt and rollers.

The treadmill is designed to carry specific weights at specific speeds. The treadmill will not stop immediately if an object becomes caught in the belt or rollers.

Over tightening of the belt causes damage and premature failure of the precision bearings in the front and rear rollers.

TROUBLE SHOOTING:

<u>CAUTION:</u> SHUT OFF UNIT AND DISCONNECT AC CORD BEFORE MAKING
ANY REPAIRS OR MODIFICATIONS.

<u>"ERR" messages</u>

Note: If the electronic display shows "E-1, E-3, E-7 or E-10", please turn off the
POWER switch on the front of the machine. Allow the unit to rest for 5
seconds; then turn on the power switch begin operation again. Should the
electronics package display "ERR" again, please refer to the following section
for more information. OR, please contact your dealer for further instructions.

E-1 The optical switch mounted on the motor is not receiving the signal reflected
from the tachometer wheel. Please contact your dealer.

E-3 The user is running faster than the belt. Please turn the POWER switch off,
allow the machine to rest for 5 seconds, then try normal use again.

E-7 The computer is receiving the signal reflected from VR incorrectly which means
the wires have been disconnected. Make sure the ribbon cable is connected
securely, or contact your dealer for further information.

E-10 The treadmill suddenly speeds up to maximum speed while you are using it
and shuts off. Discontinue use and contact your dealer for further information
immediately.

<u>"ERR" messages for contact heart rate</u>

The E-12 error message may appear when using the feature of Hand Touch Readout
(HTR). It doesn't effect the normal variety of functions of this product. When the
message disappears, you are still able to continue to your workout.

E-12   If the electronics display shows E-12, the causes of this problem might be as
below.

(1) Your heart rate cannot be read out due to the signal strength of your heart
rate is too weak or you have low blood pressure.

(2) Your heart rate cannot be read out due to you did not place hands in
steady contact with sensors when detecting your heart rate.

● Replace your hands after wetting your hands a little bit. Please note that placing
your hands in steady contact with sensors is strictly required.

E-12 will be cleared out after it flashes or scrolls 3 times and the heart rate will
become "0" automatically.

<u>Blank display</u>

1. If you turn on the POWER switch and there is no light:

   a. Check if the power cord is plugged securely into the wall socket.

   b. Check that the power switch on the front of the unit is in the "ON" position. The power switch should be lit.

   c. If the power switch is not lit, replace the fuse. Please refer to the ELECTRONICS PACKAGE AND MOTOR FUSE FAILURE section for more information.

   d. If there is still no display after completing the above steps, please contact your dealer for more information.

2. The power switch is lit, but no words appear on the display:

   a. Make sure the cable connectors both inside the right lift post at the base of the treadmill and at the top of the post are firmly in their sockets.

   b. If no words appear in the display, then the fuse on the drive board needs to be replaced, please check with your dealer for further information.

Electronics package and motor fuse failure

If you turn on the POWER switch and there is no light, and nothing displays on the electronics package, then the fuse must be replaced.

CAUTION: SHUT OFF THE UNIT AND DISCONNECT AC CORD BEFORE MAKING ANY REPAIRS OR MODIFICATIONS.

The fuse holders 15 amp (100V-120V) / 10 amp (200V-240V) for the electronics package and motor are located on the front of the machine. Please determine your area's standard voltage prior to replacement.

To remove the fuse for the electronics package and motor, push on the fuse holder and then turn the holder counterclockwise and the fuse holder with fuse will protrude. Remove the damaged fuse and insert a new fuse, pushing the fuse and holder in, then turning clockwise to secure the fuse holder. (See Fig 13-1 ~ 13-4)
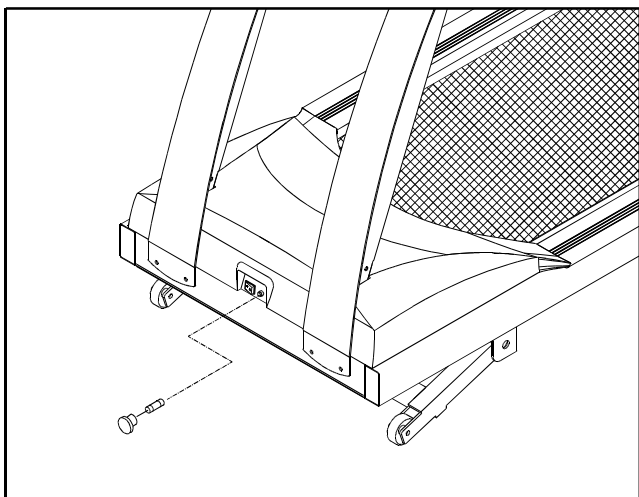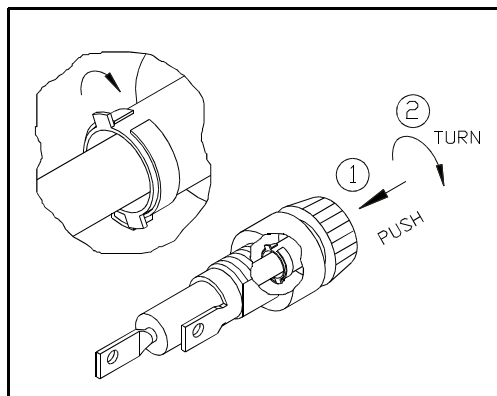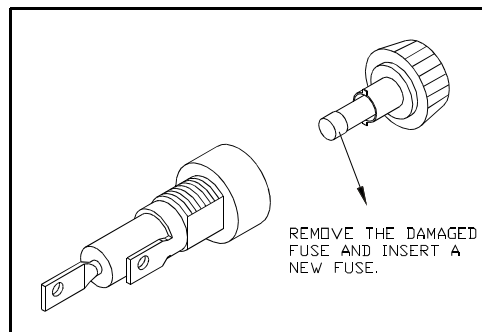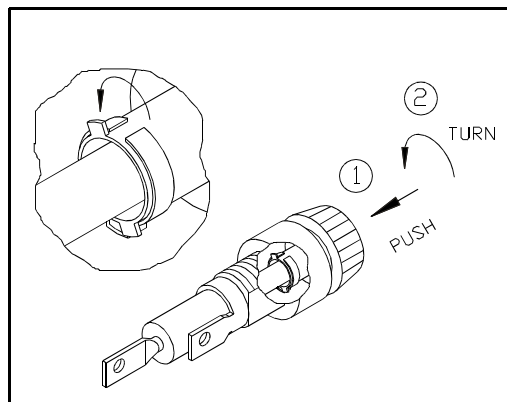
Fig.13-1

Fig.13-2

Fig.13-3
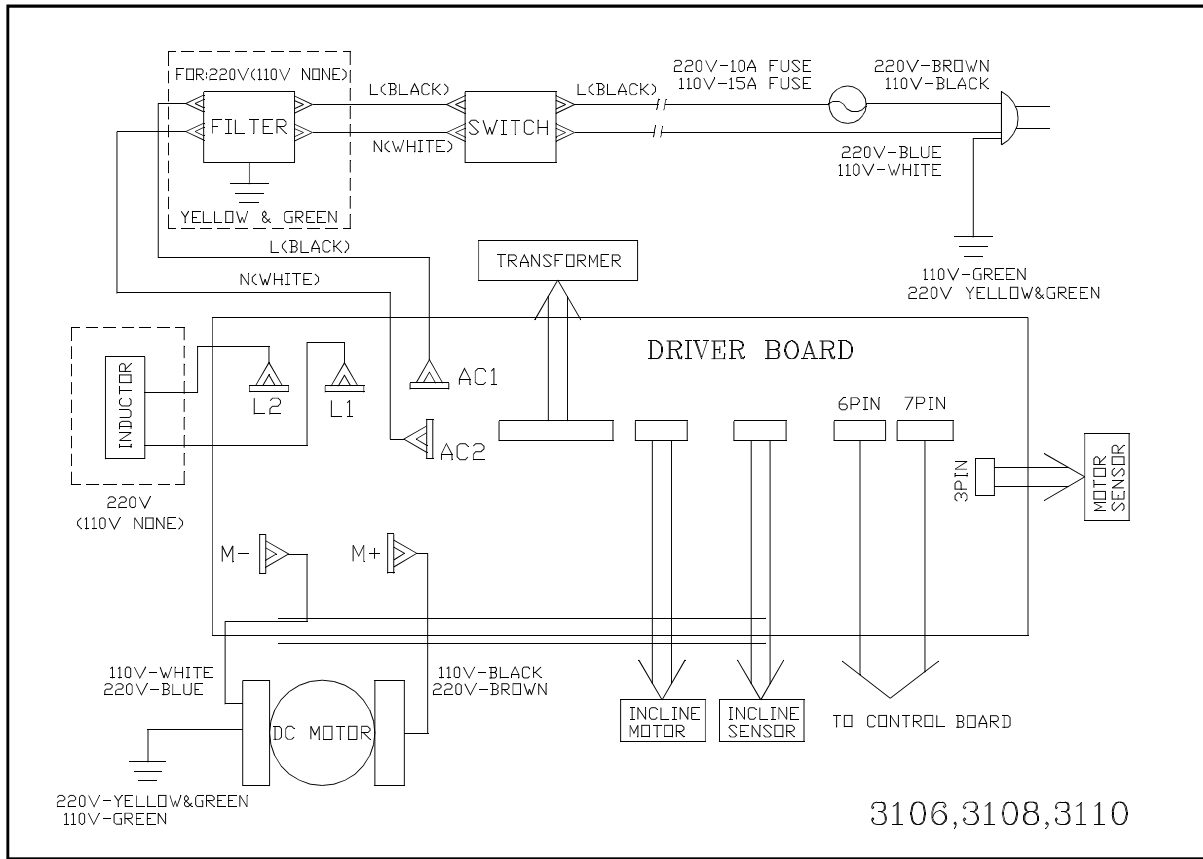
Fig.13-4

If the unit's electronics package refuses to respond after changing the fuse, please contact your dealer for more information.

Wiring Schematic:

3106,3108,3110

Your Authorized Distributor