

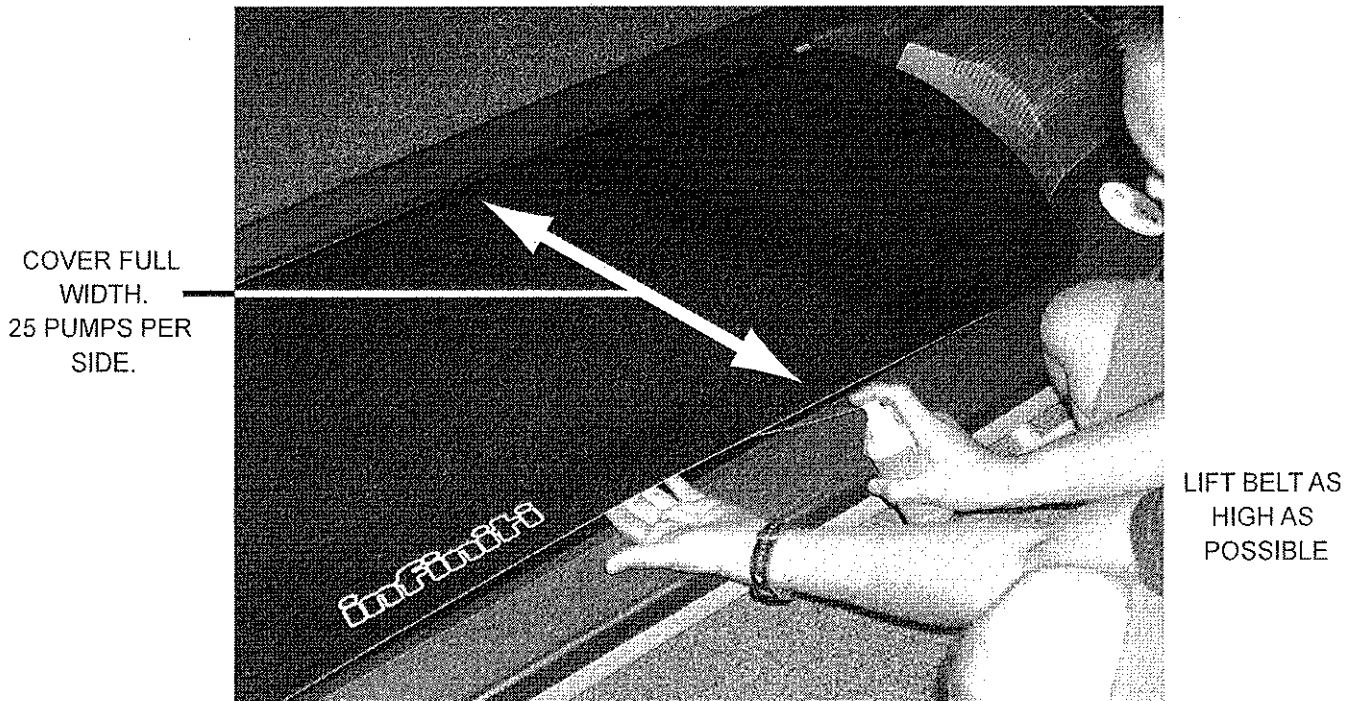
MAINTENANCE

Running belt lubrication

⚠ ATTENTION

LUBRICATION OF TREADMILL IS ESSENTIAL TO OPERATION. THE TREADMILL MUST BE LUBRICATED WITH 20ML SILICONE ONCE EVERY MONTH OR EVERY 20 HOURS OF USE, WHICHEVER COMES FIRST.

TO LUBRICATE, LIFT RUNNING BELT AS HIGH AS POSSIBLE ABOUT HALFWAY ALONG. INSERT STRAW FROM SILICONE BOTTLE SO IT REACHES TO THE MIDDLE OF THE BELT AREA. START PUMPING WHILST WITHDRAWING STRAW TOWARDS THE EDGE. **25 PUMPS** ARE REQUIRED ON EACH SIDE. REPEAT PROCEDURE ON OPPOSITE SIDE. IF BELT IS STUCK UNDER SIDE RAIL, USE A SCREWDRIVER TO LEVER OUT. ENTIRE WIDTH MUST BE COVERED.

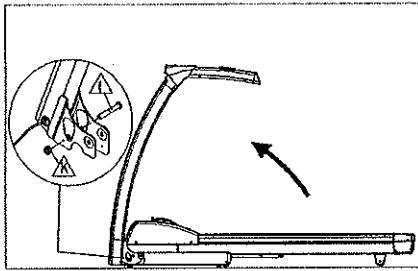




ONLY INFINITI SILICONE MAY BE USED. MANY MARKET SILICONES CONTAIN PETROLEUM ADDITIVES WHICH ARE DESTRUCTIVE. NO AFTERMARKET LUBE KITS SUCH AS LUBE AND WALK ARE TO BE USED. INFINITI SILICONE MAY BE PURCHASED FROM YOUR DEALER OR INFINITI. IF UNSURE ABOUT LUBRICATION PROCEDURE, CONTACT YOUR DEALER OR INFINITI.

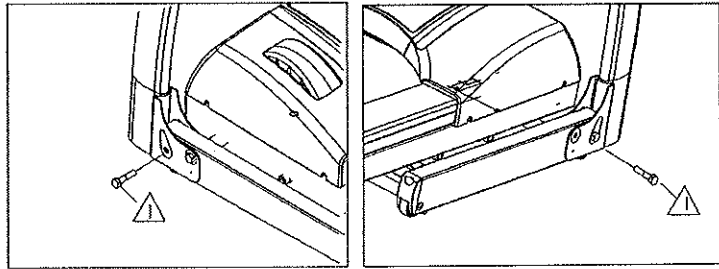
⚠ **WARNING!** **Warranty void if treadmills are not maintained with silicone correctly!**



MA100/150/MA100X/150X ASSEMBLY INSTRUCTION

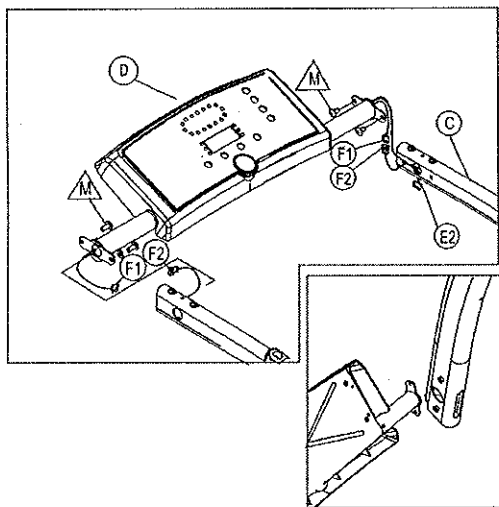
STEP 1: BASE FRAME/SUPPORT HANDLE ASSEMBLY





1. Take off screw  and nut  from both right/left sides of base frame.
2. Upright the support handle and handle bar.
(FIG-1)

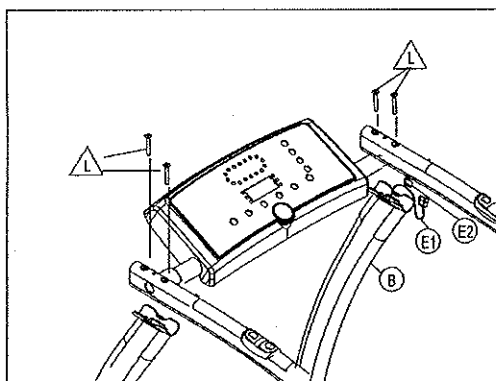


3. Attach screw  and nut  back to both right/left sides of base frame and tighten the screws.







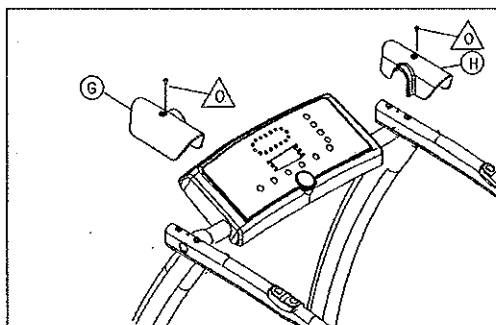
STEP 2: CONSOLE TUBE AND HANDLE BAR ASSEMBLY

1. Put console tube, right and left handle bars on floor.
2. Connect hand pulse cable (F1) routed on left side of console tube to hand pulse cable (F2) routed on left handle bar.
Insert hand pulse cable connectors into console tube.
3. Connect hand pulse cable (F1) routed on right side of console tube to hand pulse cable (F2) routed on right handle bar.
Insert hand pulse cable connectors into console tube.
4. Attach left side of console tube to left handle bar and then tighten with screw .
5. Pull out the PCB cable (E2) from console tube, insert it from the side hole of right handle bar and then pull it out from the bottom hole of right handle bar.
6. Attach right side of console tube to right handle bar and then tighten with screw .



STEP 3: CONSOLE/RACKS ASSEMBLY

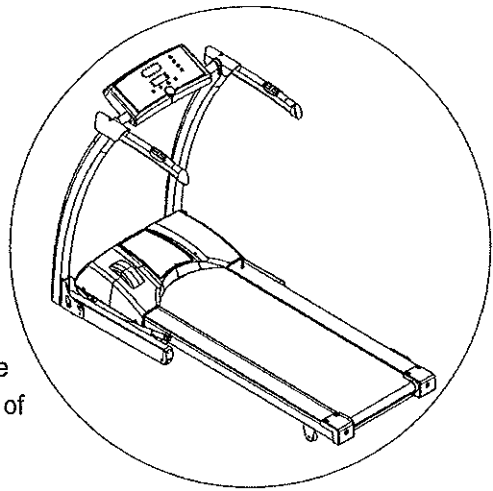
1. Attach left side of handle bar on left support handle and attach 2 pcs screws . **But do not tighten the screws yet.**
2. Connect PCB cable (E2) routed from bottom hole of right handle bar to PCB (E1) cable routed from right support handle.
3. Attach right handle bar on right support handle and attach 2 pcs screws .
4. Make sure handle bar set is in good position and then tighten 4 screws  together.
5. Attach left/right handle bar covers (H) on handle bars and then tighten with screws  on both sides.



MA100/150 CONSOLE OPERATION

Introduction

The treadmill has one user manual setting program and 3 preset programs (P1 ~ P3). While you running with 3 preset programs mode, the treadmill automatically changes valumn of Speed . However you can change speed or incline manually at any time you desire. Before starting the treadmill, ensure the main power switch, which is located at the front side of machine, is in the "ON" position.



Quick start

When the main power switch is in the "ON" position and the safety key is inserted into the console, the monitor window will display a flashing "0:00." Press "START" to begin "Manual Mode."

Quick speed keys

Durning workout, the user is able to press any of desired quick speed key on display to get a specific speed more quickly.

Program Operation

PROGRAM OPERATION

While turn on power and safety key is inserted, the monitor display a flashing 0:00 .

1. Select Program: Press $\wedge \vee$ to choose program P1~P3
2. Press MODE to enter. Function window display preset time 30:00 Press $\wedge \vee$ to increase or decrease desired workout time.
3. Press START to begin workout.

THE PAUSE FUNCTION

Pause the treadmill at any time during operation by pressing "STOP" button once. Resume treadmill operation by pressing the "START" button.

THE RESET FUNCTION

Reset workout program and time by holding "STOP" button for few seconds until the program window displays "0.00" . Repeat the above steps to reset desired programs, level and workout time.

NOTE

1. When time read out 99:59 or 00:00, a series of "beep" sound last for 5 seconds and then the motor stop.
2. When the safety key is pulled out in any situation, the motor stops immediately and the system is reset to manual setting.
3. The graphic of the workout profiles are printed on the console. Each overall workout time will be segment into 10 sections. Segment time = overall workout time/10

EX: If overall workout time is set at 10 min, then each segment will be 1 min each.

MA100/150 CONSOLE OPERATION

Button Description

Start/Stop:

This will start the treadmill and this will stop the treadmill. There will also be an emergency stop switch. (Safety Key)

Mode:

This will select programs/level selection. This will switch display data on data window during exercise.

Incline▲ : (only MA150)

This will select program/level in setting mode before starting. This will increase the elevation in 1 increment.

Incline▼ : (only MA150)

This will select program/level in setting mode before starting. This will decrease the elevation in 1 increment.

Speed▲ :

This will select program/level in setting mode before starting. This will increase the speed in 0.1 km/h or 0.1 mph

Speed▼ :

This will select program/level in setting mode before starting. This will decrease the speed in 0.1 km/h or 0.1 mph

Walk, Jog, Run and Sprint

Four quick speed keys = Walk, Jog, Run and Sprint

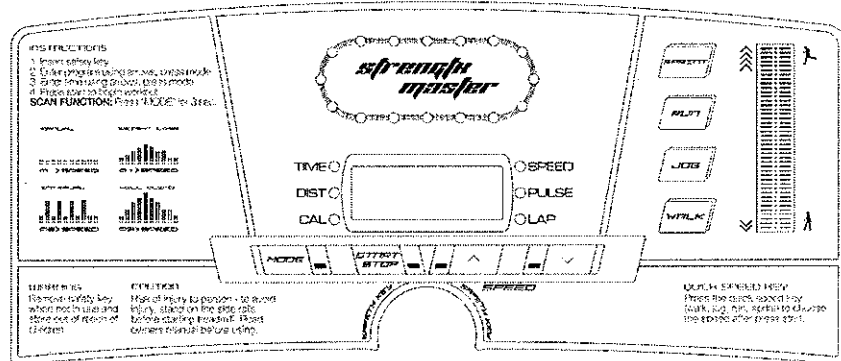
Walk = 4 km/h or 3 mph

Jog = 6 km/h or 4 mph

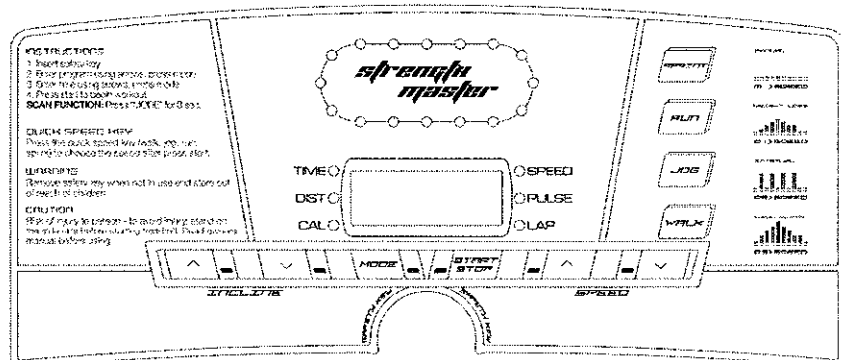
Run = 8 km/h or 5 mph

Sprint = 10 km or 6 mile

MA100



MA150



Display

The display is 1 LED windows with track.

Windows:

Data window:

Time: 88:88

Distance: 88.88(km or mile)

Cal: 8888

Pulse: 888

Lap: 8888

Scan: It displays above data ordinal.

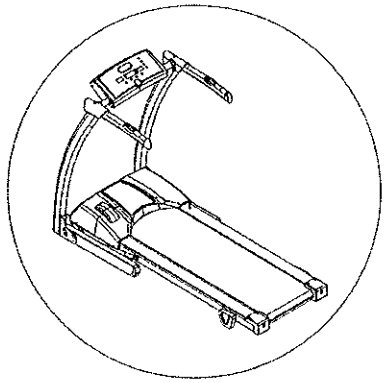
Track:

Count for exercise distance. It is equal to 400 meter or 0.25 mile per lap.

SCAN FUNCTION:

Press "MODE" for 3 sec.

MA100X/150X CONSOLE OPERATION



Introduction

The treadmill has one user manual setting program and 6 preset programs (P1 ~ P6). While you running with speed preset programs mode, the treadmill automatically changes valumn of Speed/Incline(only MA150X). However you can change speed or incline manually at any time you desire. Before starting the treadmill, ensure the main power switch, which is located at the front side of machine, is in the "ON" position.

Quick start

When the main power switch is in the "ON" position and the safety key is inserted into the console, the monitor window will display a flashing "0:00." Press "START" to begin "Manual Mode."

Quick speed keys

Durning workout, the user is able to press any of desired quick speed key on display to get a specific speed more quickly.

Program Operation

PROGRAM OPERATION

While turn on power and safety key is inserted, the monitor display a flashing 0:00 .

1. Select Program: Press $\wedge \vee$ to choose program P1~P6
2. Press MODE to enter. Function window display preset time 30:00 Press $\wedge \vee$ to increase or decrease desired workout time.
3. Press START to begin workout.

THE PAUSE FUNCTION

Pause the treadmill at any time during operation by pressing "STOP" button once. esume treadmill operation by pressing the "START" button.

THE RESET FUNCTION

Reset workout program and time by holding "STOP" button for few seconds until the program window displays "0.00" .Repeat the above steps to reset desired programs,level and workout time.

TARGET HEART RATE PROGRAM (INCLINE FOR MA150X):

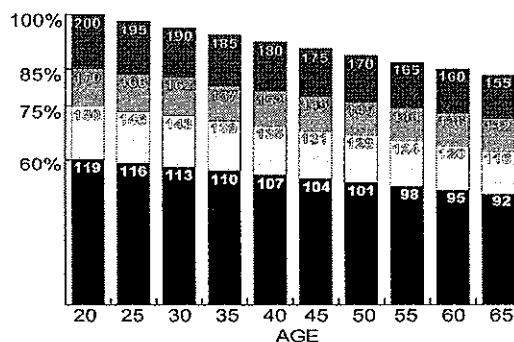
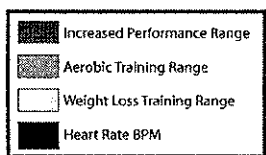
This program automatically modifies the speed and incline to maintain a preset target heart rate. This target is established in the setup process The chart on this owners manual should be used to determine the appropriate target heart rate. To set up the target heart rate program, you will need to enter the workout time, your age, and your target heart rate.

NOTE

1. When time read out 99:59 or 00:00, a series of "beep" sound last for 5 seconds and then the motor stop.
2. When the safety key is pulled out in any situation, the motor stops immediately and the system is reset to manual setting.
3. The graphic of the workout profiles are printed on the console. Each overall workout time will be segment into 10 sections. Segment time = overall workout time/10

EX: If overall workout time is set at 10 min, then each segment will be 1 min each.

TARGET HEART RATE CHART



MA100X/150X CONSOLE OPERATION

Target Heart Rate Program Setup

- 1. Select Program:** Use either "up" or "down" arrows to scroll through the programs until "H1" is shown on the center display. Then press the "Mode" button.
- 2. Select Age:** Use either "up" or "down" arrows to enter the user age. Then press the "Mode" button.
- 3. Set Target Heart Rate:** Use either "up" or "down" arrows to set the target heart rate. Then press "Mode". After a warm-up period, the program will automatically adjust the speed to maintain the Target Heart Rate (Range From 60 ~180 bpm).
- 4. Set Target Max Speed:** Use either "up" or "down" arrows to set the target max. speed. The speed will not increase over than max. speed even though pulse is not reach target heart rate yet.
- 5. Enter Program Time:** Use either "up" or "down" arrows to enter the program workout time. Then press the "Start" button

NOTES: (FOR MA100X)

1. After press "START", there is a warming period for the first 3 minutes to speed 3.0km/hr.
2. After warming up, the program compares actual heart rate and target heart rate every 12~15 seconds.
3. If the actual heart rate is less than target heart rate, the treadmill increases speed by 0.2km/h every time. If the actual heart rate reaches target heart rate, the treadmill decreases speed by 0.4km/h every time.
If the speed increases up to 95% of target speed value , then speed can not be increased anymore eventhough the actual heart rate is still less than target heart rate.
4. If it does not read heart rate signal from user in 30 seconds after warming up period, the treadmill stops and enters into RunEnd mode.

NOTES: (FOR MA150X)

1. After press "START", there is a warming period for the first 3 minutes to incline level 5 and speed 3.0km/hr.
2. After warming up, the program compares actual heart rate and target heart rate every 12~15 seconds.
3. If the actual heart rate is less than target heart rate, the treadmill increases speed by 0.2km/h every time and increases incline by 1 once changing speed by 5 times. If the actual heart rate reaches target heart rate, the treadmill decreases speed by 0.4km/h every time and decreases incline by 1 once changing speed by 5 times.
If the speed increases up to 95% of target speed value , then speed can not be increased anymore eventhough the actual heart rate is still less than target heart rate.
4. If it does not read heart rate signal from user in 30 seconds after warming up period, the treadmill stops and enters into RunEnd mode.

MA100X/150X CONSOLE OPERATION

Button Description

Start/Stop:

This will start the treadmill and this will stop the treadmill. There will also be an emergency stop switch. (Safety Key)

Mode:

This will select programs/level selection. This will switch display data on data window during exercise.

Incline▲ : (only MA150X)

This will select program/level in setting mode before starting. This will increase the elevation in 1 increment.

Incline▼ : (only MA150X)

This will select program/level in setting mode before starting. This will decrease the elevation in 1 increment.

Speed▲ :

This will select program/level in setting mode before starting. This will increase the speed in 0.1 km/h or 0.1 mph

Speed▼ :

This will select program/level in setting mode before starting. This will decrease the speed in 0.1 km/h or 0.1 mph

Walk, Jog, Run and Sprint

Four quick speed keys = Walk, Jog, Run and Sprint

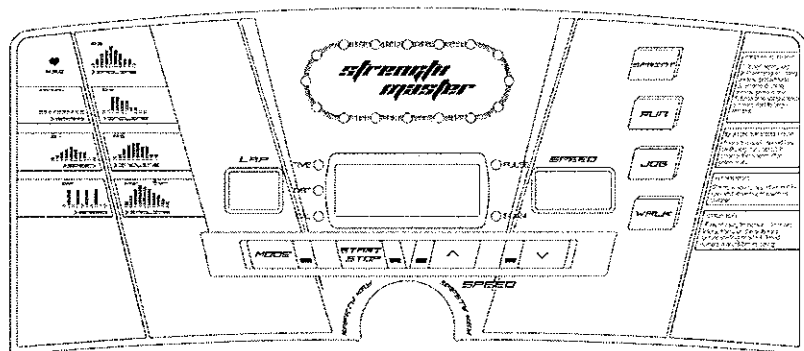
Walk = 4 km/h or 3 mph

Jog = 6 km/h or 4 mph

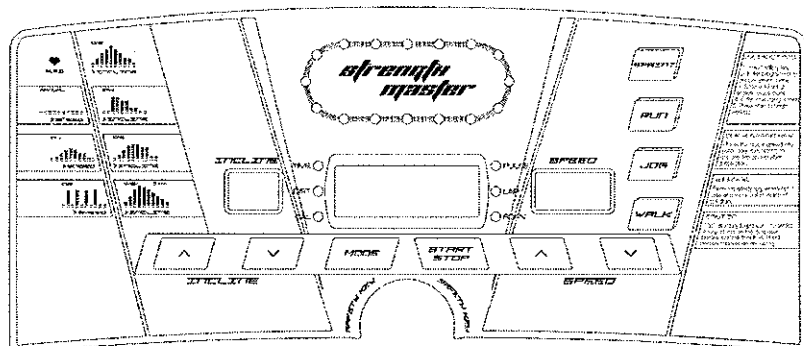
Run = 8 km/h or 5 mph

Sprint = 10 km or 6 mile

MA100X



MA150X



Display

The display is 3 LED windows with track.

Windows:

1. Incline : 00 (0 level - 12 level)
(Only for MA150X)

2. Data window:

Time: 00:00

Distance: 00.00 (km or mile)

Cal: 0000

Pulse: 000

Lap: 0000

Scan: It displays above data ordinarily.

3. Speed: 00.0 (1-13 km or 0.6-8 mile)

Track:

Count for exercise distance. It is equal to 400 meter or 0.25 mile per lap.

SCAN FUNCTION:

Display all of function step by step.

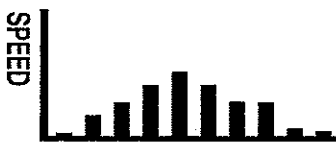
PRESET PROGRAM

Under preset programs, the preset workout time is 30 minutes. You can adjust the workout time while in set program mode.

MA100/150

speed program

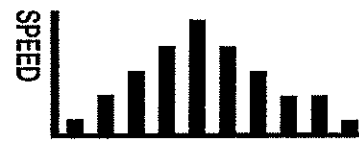
	P1	P2	P3
Interval1	1.5	2	2
Interval2	2	7	4
Interval3	2.5	2	6
Interval4	3	7	8
Interval5	3.5	2	10
Interval6	3	7	8
Interval7	2.5	2	6
Interval8	2.5	7	4
Interval9	1.5	2	4
Interval10	1.5	2	2



P1 Weight Loss



P2 Interval



P3 Hill Climb

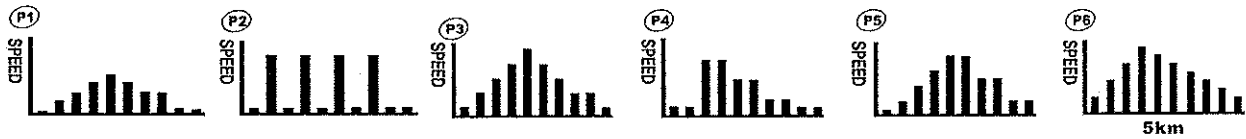
PRESET PROGRAM

Under preset programs, the preset workout time is 30 minutes. You can adjust the workout time while in set program mode.

MA100X

speed program

	P1			P2			P3			P4			P5			P6(5km)		
	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3
Interval1	1.5	2.5	3.5	2	3	4	2	3	4	2	3	4	1	2	3	2	3	4
Interval2	2	3	4	7	8	9	4	5	6	2	3	4	3	4	5	4	5	6
Interval3	2.5	3.5	4.5	2	3	4	6	7	8	8	9	10	5	6	7	6	7	8
Interval4	3	4	5	7	8	9	8	9	10	8	9	10	7	8	9	8	9	10
Interval5	3.5	4.5	5.5	2	3	4	10	11	12	6	7	8	9	10	11	7	8	9
Interval6	3	4	5	7	8	9	8	9	10	6	7	8	9	10	11	6	7	8
Interval7	2.5	3.5	4.5	2	3	4	6	7	8	4	5	6	6	7	8	5	6	7
Interval8	2.5	3.5	4.5	7	8	9	4	5	6	4	5	6	6	7	8	4	5	6
Interval9	1.5	2.5	3.5	2	3	4	4	5	6	2	3	4	3	4	5	3	4	5
Interval10	1.5	2.5	3.5	2	3	4	2	3	4	2	3	4	3	4	5	2	3	4

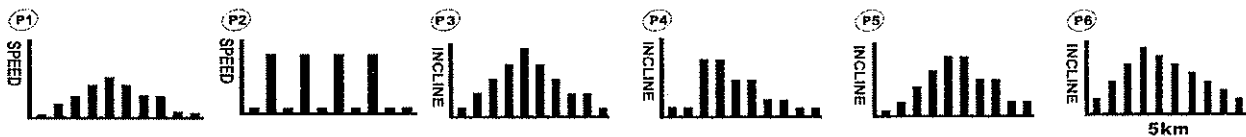


MA150X

speed program

incline program

	P1			P2			P3			P4			P5			P6(5km)		
	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3
Interval1	1.5	2.5	3.5	2	3	4	2	3	4	2	3	4	1	2	3	2	3	4
Interval2	2	3	4	7	8	9	4	5	6	2	3	4	3	4	5	4	5	6
Interval3	2.5	3.5	4.5	2	3	4	6	7	8	8	9	10	5	6	7	6	7	8
Interval4	3	4	5	7	8	9	8	9	10	8	9	10	7	8	9	8	9	10
Interval5	3.5	4.5	5.5	2	3	4	10	11	12	6	7	8	9	10	11	7	8	9
Interval6	3	4	5	7	8	9	8	9	10	6	7	8	9	10	11	6	7	8
Interval7	2.5	3.5	4.5	2	3	4	6	7	8	4	5	6	6	7	8	5	6	7
Interval8	2.5	3.5	4.5	7	8	9	4	5	6	4	5	6	6	7	8	4	5	6
Interval9	1.5	2.5	3.5	2	3	4	4	5	6	2	3	4	3	4	5	3	4	5
Interval10	1.5	2.5	3.5	2	3	4	2	3	4	2	3	4	3	4	5	2	3	4



Read carefully the following before using your treadmill

- ◆ Always stretch your muscles before exercise program. Warm up slowly by walking at a slow speed. Increase workout intensity gradually until you reach your desired workout pace. gradually to an easy walk, allowing your heart rate to decrease to normal situation.
- ◆ When start the treadmill, always stand with both feet on the step-on side rails.
- ◆ When finishing, allow the running belt to slow and come to a complete stop before stepping off.
- ◆ Wear comfortable, nonrestrictive clothing when using the treadmill. Never wear anything loose, such as baggy sweat pants, neckties, loose socks, or jewelry. Never drape towels on or around the treadmill during use.
- ◆ Always use the handrail when stepping on or off the treadmill and when changing incline or speed.
- ◆ This treadmill is equipped with a safety key - Always clip the cord attached to the safety key to a part of your clothing so the safety key will properly detach from the computer console, therefore stopping the treadmill.
- ◆ Wear running or walking shoes with high- traction soles. To avoid injury and unnecessary wear on your treadmill, be sure your shoes are free of any debris such as gravel and small rocks.

Warning

If you feel dizzy, nausea, chest pain, or other abnormal symptoms, stop immediately. Consult a physician before continuing use.

Before completing an exercise session always

1. Allow time to slow your pace, cool down, reducing your heart rate to a normal level before completing your workout.
2. Grasp the handlebars and press the SLOW Speed button. Slow your pace to an easy walk.
3. Ensure the running belt has come to a complete stop before exiting the treadmill.

Warning

Turn off and unplug the treadmill before proceeding with any maintenance or visual inspections. Failure to do so may result in serious injury. Note: Failure to perform the required periodic and preventative maintenance can void your warranty.

At the end of every exercise session always

1. Remove the Safety Key from the computer console.
2. Use the master power switch to turn the treadmill off. The master power switch is located at the right side of frame next to the electrical cord.
3. Always position and store the electrical cord where is clear from all pathways.
4. Unplug the electrical cord from the electrical outlet. This is especially important if you are not going to use your treadmill for extended periods.
5. Wipe all treadmill surfaces with a dry cloth or towel especially perspiration on the handlebars, control panel, running belt or other treadmill components.

MAINTENANCE

General Cleaning

1. Before proceeding, ensure that the treadmill power is off and that is unplugged from the electrical outlet.
2. To remove dust, use a small vacuum nozzle to carefully vacuum around all visible components.
3. To remove film or dirt use a slightly damp rag with a mild cleaning agent sprayed onto the rag only.
4. Be careful not to immerse any treadmill component with any liquids.

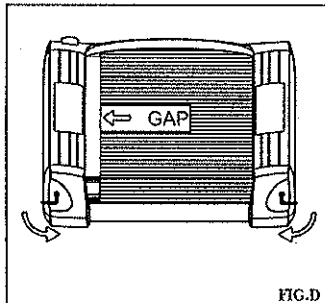
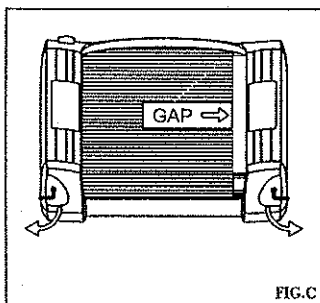
Cleaning and inspecting the running belt

Turn off the power and unplug from electrical outlet. Carefully position the treadmill on its side. Use a damp cloth to wipe off the inside of the running belt. Carefully rotate the running belt by hand to clean the entire inside face. Return treadmill to its upright position. If running belt edges are frayed, check the running belt alignment. If seams are splitting, call your retailer or nearest authorized service center.

Aligning the Running Belt

Ensure the running belt is centered on your treadmill at all times. Running style and a non-level surface are two instances that may cause the belt to drift off center. Minor adjustments to the two bolts at the rear of the treadmill are necessary when the belt has drifted off center.

1. Press "START" to begin running belt, then increase the treadmill's speed to 5 Km/hr (3 M/hr).
2. Stand at the rear of the treadmill to determine which direction the belt is drifting.
3. If the belt drifts to the left, turn the left adjustment bolt with wrench # 6 one-quarter of a turn clockwise. (See FIG.C)
4. If the belt drifts to the right, turn the right adjustment bolt with wrench # 6 one-quarter of a turn clockwise. (See FIG.D)
5. Observe the tracking of the belt for about 30 seconds. Repeat step 3, 4 and 5 as needed.



Inspecting Fasteners and Cable

Check that all fasteners are properly tightened and all cables are securely in place. To avoid damaging fasteners, do not over tighten.

Storage

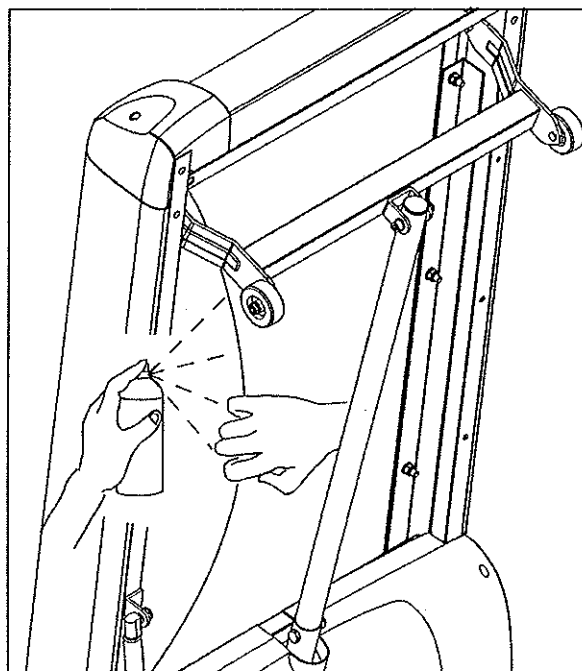
Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is unplugged from the electrical outlet.

Moving

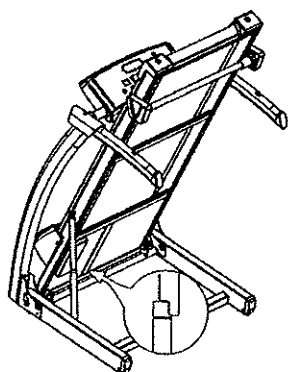
The treadmill has been designed and equipped with wheels for easy mobility. Before moving, ensure the master power switch is in the "OFF" position and the power cord is unplugged from the electrical outlet. Lift the base frame of the treadmill and then roll the treadmill to the desired position.

Running Belt Lubrication

When you feel the noise of running belt is louder, please use silicone fluid spray on running belt. It is easy and quick. Before proceeding, ensure the treadmill power is off and unplugged. Fold up the treadmill to upright position. Loosen the running belt and then spray silicone on the inner side of running belt from both sides. Ensure spray entire running belt. Please see illustration. After spraying, please align the running belt and adjust the running belt tension.



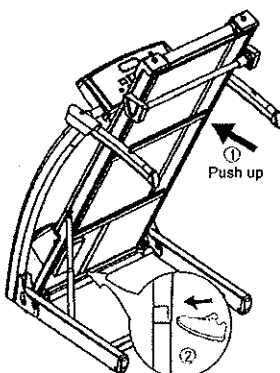
Folding/unfolding (Soft Drop Function)



Fold up

After the workout session, you can fold the treadmill to the upright position. Lift up the rear end of the treadmill until the upper folding tube and lower folding tube are not in concentric position.

Upper tube and lower tube are not in concentric position for safety lock.



Release

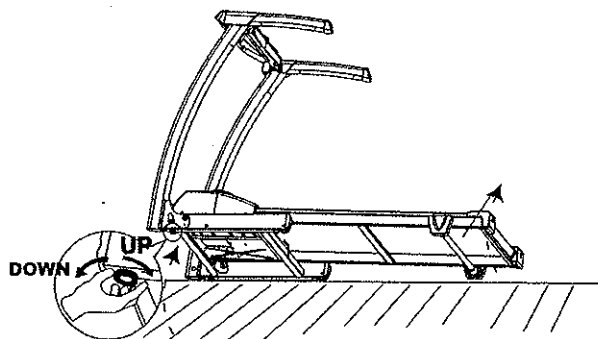
You can release the treadmill for the upright position.

1. Push up the frame by hands.
2. Kick the lock tube.
3. Lower the treadmill by hands and it will drop automatically without hand support.

Horizontal Adjustment

To fit machine on floor stable, you can adjust the 2 screws located under the front of base frame.

1. Lift the machine on one side and then turn the screw under the front of base frame.
2. Turn the screw clockwise to make the screw up.
3. Turn the screw counterclockwise to make the screw down.



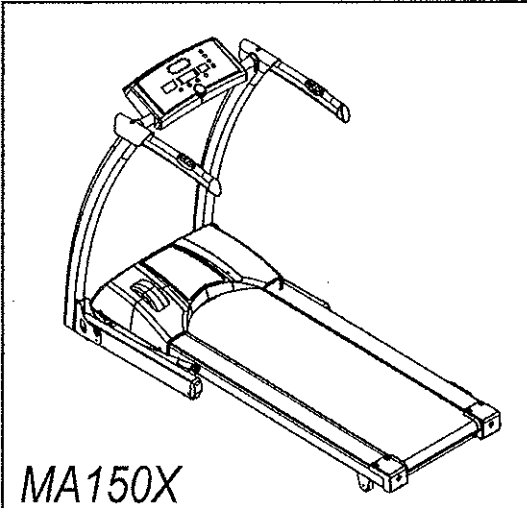
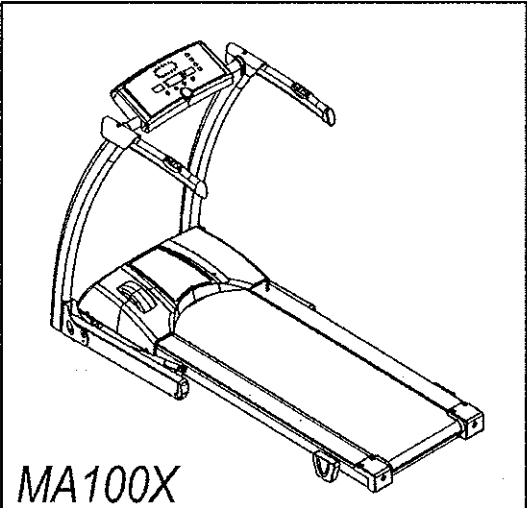
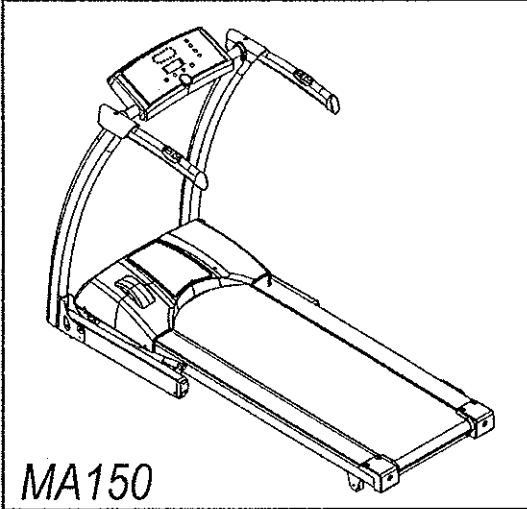
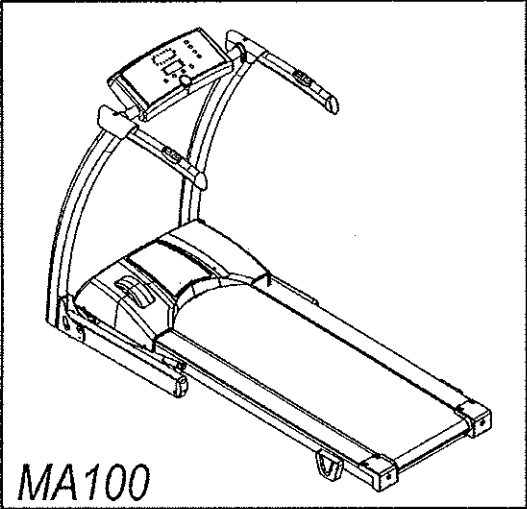
Trouble shooting with Error codes

Electronics continuously runs a self check. If it finds an irregularity, the electronic console will display an error code and stop normal operation for safety.

Error Code Description E1 Speed Error E6/E7 Incline Error

Error Code	MODEL	Trouble shooting
E1:	MA100 MA150 MA100X MA150X	When E1 is displayed, remove safety key and insert it again to restart treadmill. If E1 is still shown on display, please check the following: 1. Please check all cable connection is well connected. 2. The treadmill did not move after pressing "Start" and show E1, please check if there is any part stuck. 3. The treadmill run for few seconds after pressing "Start" but stops, please check if the sensor (near flywheel of front roller) is loose or defective. 4. Please check wires connected to motor are loose or not. 5. Please contact stores for service if E1 can not be solved.
E6	MA150	When E6 is displayed, remove safety key and insert it again to restart treadmill. If E6 is still shown on display, please call for service and check the following 1. Please check red/white incline cables are well connected on MCB or not. 2. Please call for service to replace part if needed.
E6 E7:	MA150X	When E6/E7 is displayed, remove safety key and insert it again to restart treadmill. If E6/E7 is still shown on display, please check the following or call for service. 1. Reset incline value (1) When the position of incline is lower than middle level, press " Mode" and incline "up" buttons. Hold both buttons and the incline will be raised. Release the two buttons till the incline position is up to middle level. (2) When the position of incline is higher than middle level, press " Mode" and incline "down" buttons. Hold both buttons and the incline will be reduced. Release the two buttons till the incline position is down to middle level. Please try it for few times. If you can not get the incline move, please contact stores for service. Once the incline position is at middle level, please turn off power and re-start. Please see if E6 / E7 goes away. If not, please contact stores for service. 2. Please check if red / white incline cables are well connected to MCB. 3. If the above steps can not reset incline, please contact stores for service.

Table Of Contents



Congratulations on the purchase of your new motorized treadmill. To help ensure the enjoyable and trouble-free operation of your new treadmill, we strongly suggest you read this manual carefully and follow its recommendations.

- *Important Safety Instruction*1
- *Assembly Instruction*2
- *Console Operation*
 - MA100/1504
 - MA100X/150X6
- *Preset Program*
 - MA100/1509
 - MA100X/150X10
- *Utilization*11
- *Maintenance*12

IMPORTANT SAFETY INSTRUCTIONS

DANGER

- To reduce the risk of electric shock

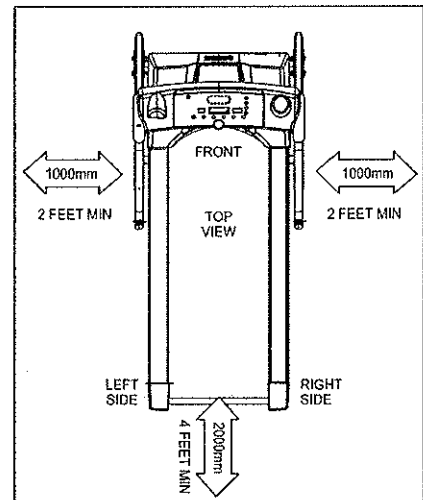
Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

- ◆ Use this appliance only for its intended use as described in this manual. Do not use attachment not recommended by the manufacture.
- ◆ To disconnect, turn all controls to the off position, then remove plug from outlet.
- ◆ Connect this appliance to properly grounded outlet only. See Grounding Instructions.
- ◆ The appliance is intended for household use.
- ◆ When you are not going to use your treadmill, or when finishing, please remove the safety key from the console then always position the safety key where the children can not take.
- ◆ Do not use outdoors.
- ◆ Always unplug the treadmill from the electrical outlet immediately after using and before cleaning, assembling or servicing.
- ◆ Never leave the treadmill unattended when plugged in. Disconnect by turning off the master power switch and unplugging from outlet.
- ◆ Never operate this treadmill if it has a damaged cord or plug, is not working properly, if it has been dropped or damaged or if it has been exposed to water.
- ◆ Do not operate where aerosol products are being used or where oxygen is being administered.
- ◆ Don't pull the treadmill by its power cord or use the cord as a handle.
- ◆ Keep close supervision if this treadmill is used by, or near children, persons with disabilities or pets.
- ◆ Keep dry. Do not operate this treadmill in wet or moist conditions.
- ◆ Never insert any object into any opening.
- ◆ Before using the treadmill, always warm up your muscles to prevent the exercise injury.

- ◆ Please unplug the electrical cord from the electrical outlet, and always prevent the children from danger because of careless touching
- ◆ Keep electric cord away from heated surfaces.
- ◆ Keep hands clear of all moving parts. Never place hands or feet under the treadmill.
- ◆ Before each use, check that the running belt is aligned and centered on the treadmill bed and all visible fasteners on the treadmill are sufficiently tightened and secure.
- ◆ Keep the treadmill on a solid, level surface with sides at least two feet from any walls. Be sure the area around the treadmill remains clear during use and has adequate clearance.

NOTE:

Failure to follow these instructions may lead to personal injury and cause damage to the treadmill. To reduce the risk of burns, fire, electric shock, please keep the following in mind:



ELECTRICAL GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This treadmill is equipped with a cord having equipment grounding connector and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Danger

Improper connection of the treadmill grounding connector can result in the risk of electric shock. Check with a qualified electrician, if you are in doubt as to whether the product is properly grounded. Don't modify the plug provided with the treadmill. If it won't fit your outlet, have a properly grounded outlet installed by a qualified electrician

Warning

Never use extension cords between the treadmill and wall outlet.

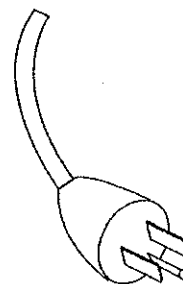
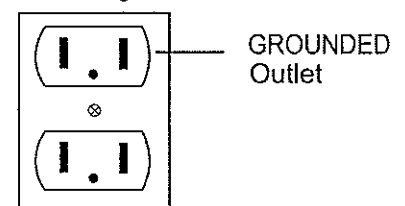


Figure
Grounding methods



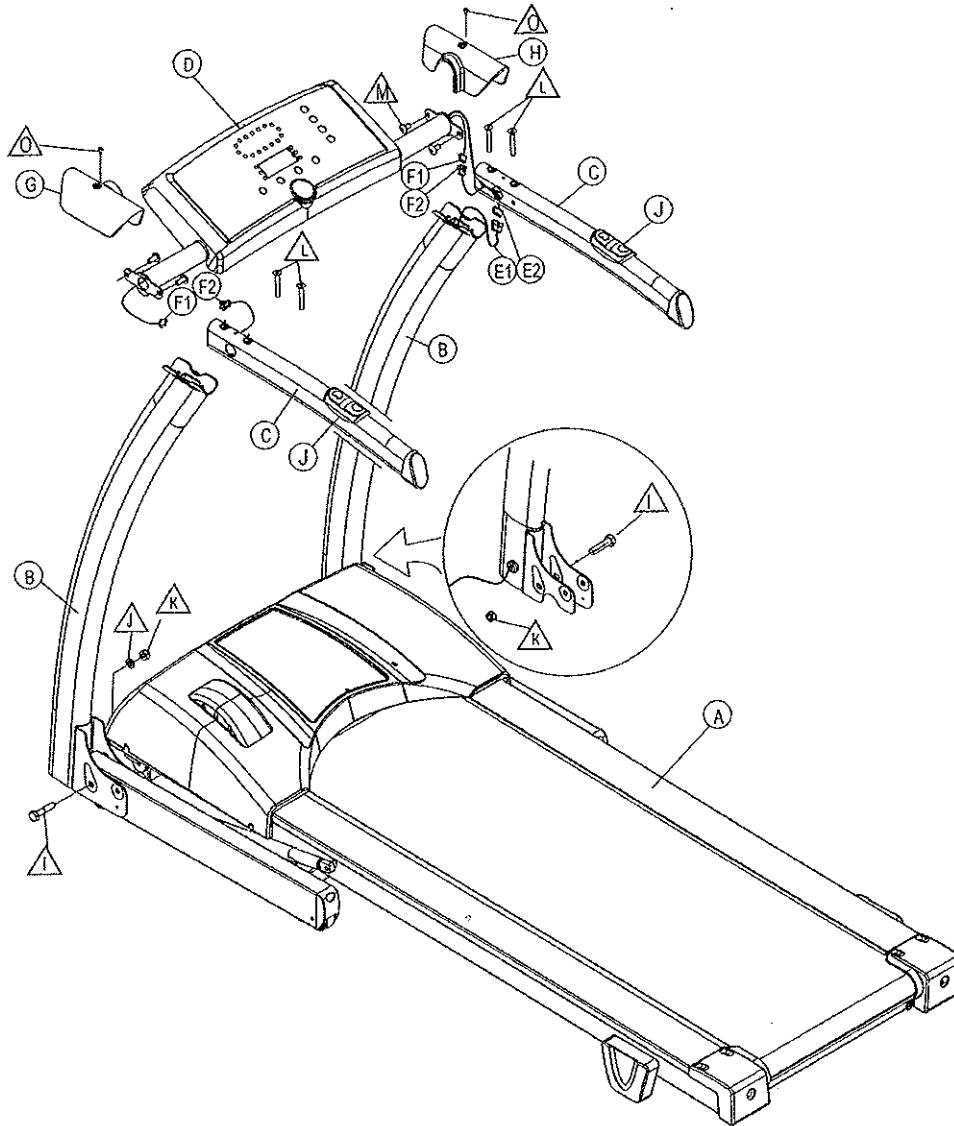
GROUNDING
PIN

MA100/150/MA100X/150X ASSEMBLY INSTRUCTION

⚠ Warning

After unpacking the fitness equipment, examine it carefully for possible damage. If there is any damage or there are missing parts, please contact your retailer or an authorized repair facility for assistance.

This treadmill is shipped with all parts and tools necessary for assembly. Please read this entire manual thoroughly before assembling. We recommend assembling the treadmill on the shipping carton. Ensure the floor is solid, level and clean.



Parts

- A** Frame
- B** Support handle
- C** Handlebar
- D** Console
- E1** PCB cable
- E2** PCB cable
- F1** Hand pulse cable
- F2** Hand pulse cable
- G** Left Rack
- H** Right Rack
- J** Hand pulse

Hardware \ Tool

Screw attached on machine

M10 X 60L (2Pcs)



screws **I**

M10 X 10t (2Pcs)



nylon nut **K**

M8 X15L (4Pcs)



screws **M**

Ø4.1 X 5/8L (2Pcs)



screws **O**

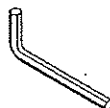
Screw packed by poly bag

M8 X 65L (4Pcs)



screws **L**

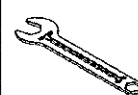
TOOL



Wrench-6mm



Wrench-5mm



Wrench