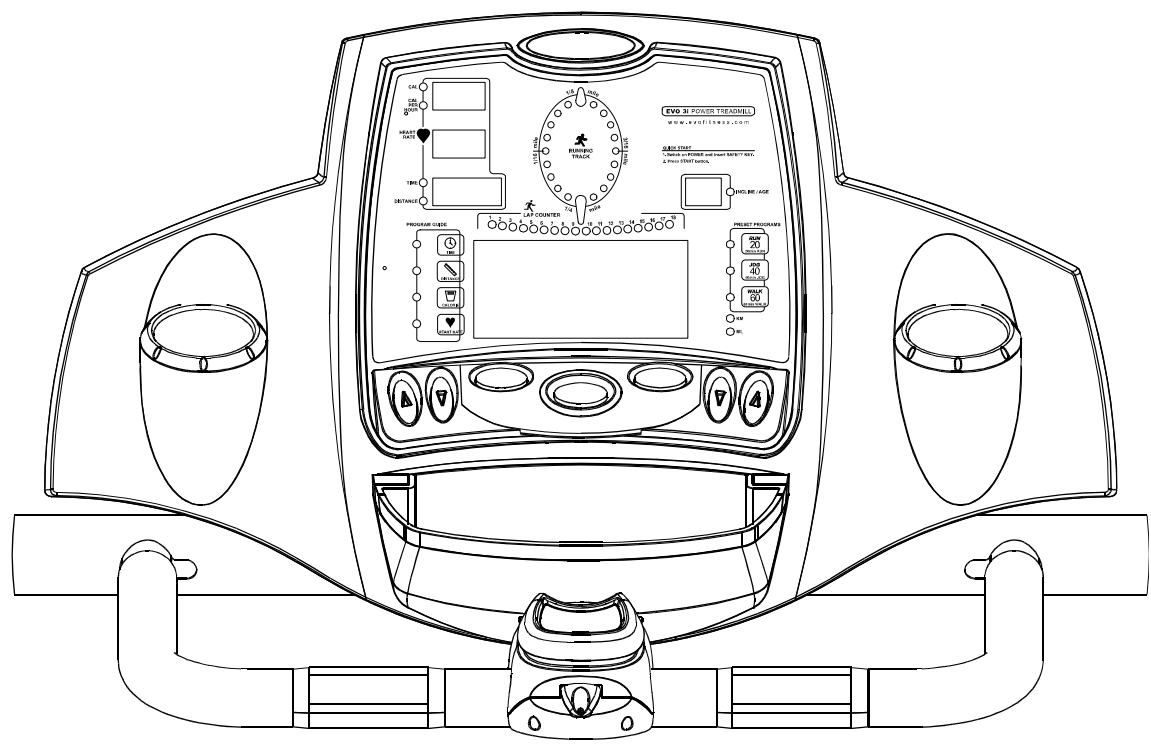


COMPUTER INSTRUCTIONS

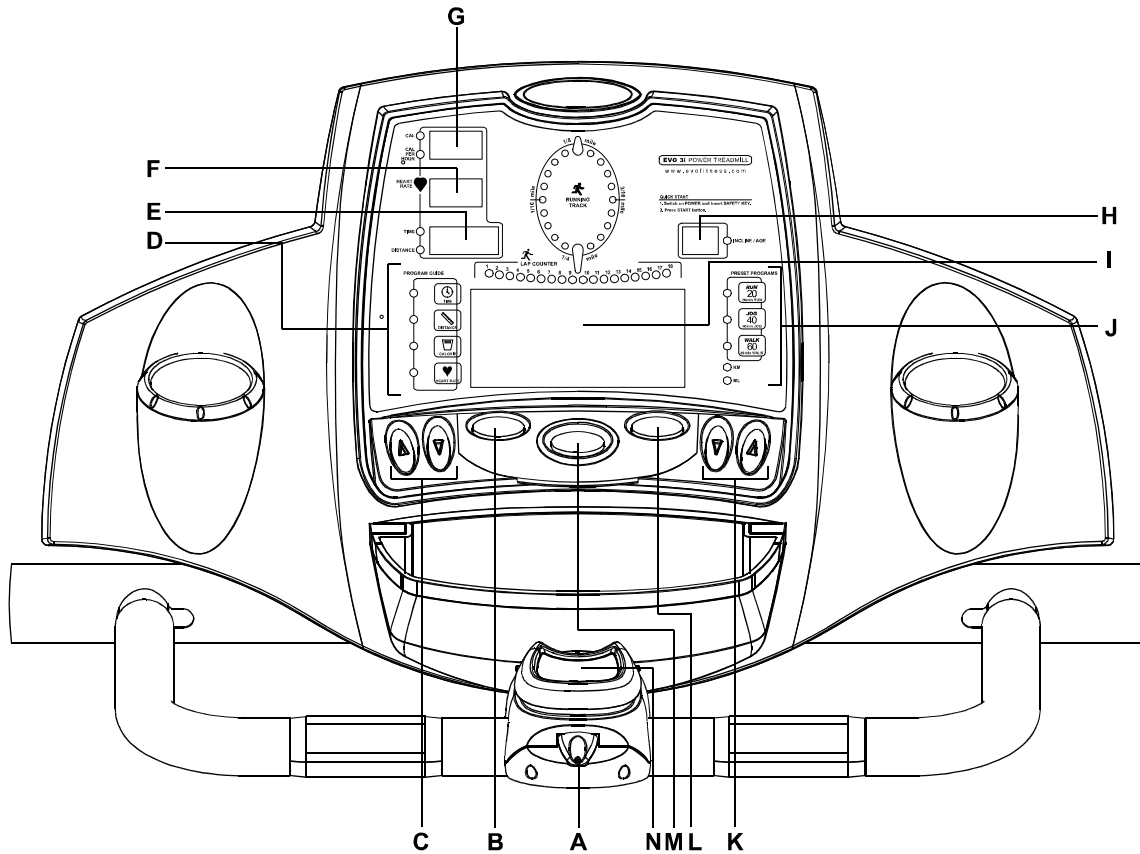
# COMPUTER INSTRUCTIONS

MODEL NUMBER: LED 5



## LED 5 COMPUTER INSTRUCTIONS

## COMPUTER OPERATION



SAFETY KEY	<input type="button" value="A"/>	<input type="button" value="B"/>	ENTER
INCLINE UP/DOWN	<input type="button" value="C"/>	<input type="button" value="D"/>	PRESET PROGRAMS
TIME/DISTANCE	<input type="button" value="E"/>	<input type="button" value="F"/>	PULSE
CALORIES/CALORIES PER HOUR	<input type="button" value="G"/>	<input type="button" value="H"/>	INCLINE LEVEL/AGE
SPEED DISPLAY	<input type="button" value="I"/>	<input type="button" value="J"/>	PRESET PROGRAMS
SPEED UP/DOWN	<input type="button" value="K"/>	<input type="button" value="L"/>	START
STOP	<input type="button" value="M"/>	<input type="button" value="N"/>	EMERGENCY STOP BUTTON

**POWER ON –**

Set the POWER SWITCH, located on the bottom of the left handle bar upright tube, to ON and insert the SAFETY KEY. All the LED lights will auto scan then stay at "0" on all LED windows.

**SLEEP MODE –**

The computer will automatically enter SLEEP MODE if left idle for 5 minutes without any input in POWER ON status. Press any button to return to POWER ON status when the computer is in SLEEP MODE.

**COMPUTER OPERATION****3 SECOND ALERT –**

To ensure that you are well prepared before the belt starts moving, every time you press the START button to start the belt the SPEED window will countdown 3 seconds with the LED showing “3-2-1” before the belt starts moving.

**PAUSE/STOP –**

When the treadmill is running, press the STOP button to pause the treadmill. All the figures on the LED display will freeze on. Press the START button to resume the program and the display will continue the performance until the program finishes. If the STOP button is pressed twice, then all the data will return to 0 and the treadmill will return to POWER ON status. If there is no action within 30 seconds, the treadmill will return to POWER ON status.

**ENGLISH / METRIC CONVERSION –**

The treadmill computer display can show METRIC and ENGLISH information. This should be preset for your area by the factory. However, in case that the treadmill needs to be converted between METRIC and ENGLISH readout, please follow the procedure below:

1. Set the POWER SWITCH to ON. Press the ENTER button on the computer and hold it. Insert the SAFETY KEY then release the ENTER button. The computer will sound one short beep and both the METRIC and ENGLISH LED will light up.
2. Press the ENTER button to select between METRIC/ENGLISH and press the STOP button to confirm the selection and return to the POWER ON status.

**PROGRAM:****QUICK START –**

When the treadmill is in POWER ON status, press the START button to activate the QUICK START program. The speed will start from 0.5MPH/0.8KMPH. Press the SPEED UP/DOWN button to change the speed. Press the INCLINE switch to elevate the treadmill.

 **GOAL COURSE TIME –**

When the treadmill is in POWER ON status, press the GOAL COURSE TIME button, the TIME display will show a blinking “20:00”. Press the INCLINE UP/DOWN button to set your ideal workout time then press the ENTER button to confirm the set up and press START to start. The TIME display will count down from the pre-set time and the other display counts up until the treadmill stops. The treadmill will start from 2.0MPH/3.2KMPH. Press the SPEED UP/DOWN button to change the speed. Press the INCLINE UP/DOWN button to elevate the treadmill.

 **GOAL COURSE DISTANCE –**

When the treadmill is in POWER ON status, press the GOAL COURSE DISTANCE BUTTON, and the DISTANCE display will show a blinking “00.0”. Press the INCLINE UP/DOWN button to set your ideal workout distance then press the ENTER button to confirm the set up and press START to start. The DISTANCE display will count down from the pre-set distance and the other display counts up until the treadmill stops. The treadmill will start from 2.0MPH/3.2KMPH. Press the SPEED UP/DOWN button to change the speed. Press the INCLINE UP/DOWN button to elevate the treadmill.

 **GOAL COURSE CALORIES –**

When the treadmill is in POWER ON status press the GOAL COURSE CALORIES BUTTON. The CALORIES display will show a blinking “0”. Press the INCLINE UP/DOWN button to set your ideal workout calories then press the ENTER button to confirm the set up and press START to start. The CALORIES display will count down from the pre-set calories and the other display counts up until the treadmill stops. The treadmill will start from 2.0MPH/3.2KMPH. Press the SPEED UP/DOWN button to change the speed. Press the INCLINE UP/DOWN button to elevate the treadmill.

COMPUTER OPERATION** 20 MINUTE RUN –**

Minimum speed 5.0MPH/8.0KPH, maximum speed 8.1MPH/13.0KPH.

When the treadmill is in POWER ON status, press the 20 MINUTES PROGRAM BUTTON then press the START button to start. The TIME will display “20:00” and count down, and the other display counts up until the treadmill stops. The program speed changes according to pre-set data. Press INCLINE switch to elevate the treadmill.

TIME	SPEED	
	MPH	KPH
20-17	5	8
17-14	5.6	9
14-11	6.3	10
11-8	6.9	11
8-5	7.5	12
5-2	8.1	13
2-1	8.1	13
1-0	8.1	13

** 40 MINUTE JOG –**

Minimum speed 2.5MPH/4.0KPH, maximum speed 6.3MPH/10.0KPH.

When the treadmill is in POWER ON status, press the 40 MINUTES JOG PROGRAM button. Then press the START button to start. The TIME will display “40:00” and count down, and the other display counts up until the treadmill stops. The program speed changes according to pre-set data. Press the INCLINE switch to elevate the treadmill.

TIME	SPEED	
	MPH	KPH
40-37	2.5	4
37-34	3.1	5
34-31	3.8	6
31-28	4.4	7
28-25	5	8
25-22	5	8
22-19	5	8
19-16	5	8
16-13	5.6	9
13-10	5.6	9
10-7	5.6	9
7-4	5.6	9
4-1	5.6	9
1-0	6.3	10

COMPUTER OPERATION **60 MINUTE WALK –**

Minimum speed 1.9MPH/3.0KPH, maximum speed 5MPH/8KPH.

When the treadmill is in POWER ON status, press the 60 MINUTES WALK PROGRAM button, and then press the START button to start. The TIME will display “60:00” and count down, and the other display counts up until the treadmill stops. The program speed changes according to the pre-set data. Press the INCLINE switch to elevate the treadmill.

TIME	SPEED	
	MPH	KPH
60-57	1.9	3
57-54	2.5	4
54-51	3.1	5
51-48	3.8	6
48-45	4.4	7
45-42	5	8
42-39	5	8
39-36	5	8
36-33	5	8
33-30	5	8
30-27	5	8
27-24	5	8
24-21	4.4	7
21-18	3.8	6
18-15	3.8	6
15-12	3.8	6
12-9	3.8	6
9-6	3.8	6
6-3	3.8	6
3-0	3.8	6

 **HEART RATE CONTROL**

Before using this program, please make sure you are using the CHEST BELT TRANSMITTER.

When the treadmill is in POWER ON status, press the HEART RATE CONTROL button, the SPEED display will show “U1” and blinking. Follow the below procedure to set user information :

1. **SET USER CODE** – Press INCLINE UP/DWON button to select the USER CODE from U1 to U9 then press ENTER to confirm.
2. **SET USER AGE** – After select the USER CODE, the AGE display window will show 35 and blinking. Press INCLINE UP/DWON to select the user age and press ENTER button to confirm.
3. **SET WORKOUT TIME** – After set user age, the TIME display window will show 30:00 and blinking. Press INCLINE UP/DOWN button to select the desire workout time for this program and press ENTER button to confirm.
4. **SET TARTGET HEART RATE** – After set WORKOUT TIME, the PULSE display window will show the TARGET HEART RATE based on your age and blinking. Please always consult your doctor to your proper workout target heart rate and press INCLINE UP/DOWN to adjust your proper workout target heart rate and press ENTER button to confirm.

COMPUTER OPERATION

After completing the above steps to set up the personal data, press the START button to start the HEART RATE CONTROL. The SPEED will start from 2MPH/3.2KPH and, the computer will sensor the actual user pulse every 15 seconds and adjust the incline level and speed separately to keep your actual heart rate match the TARGET HEART RATE.

**EMERGENCY STOP BUTTON –**

In case of emergency you can press the EMERGENCY STOP button to stop the treadmill immediately. To resume operation, make sure to reinsert the safety key. The safety key is located below the stop button.

