ENDURANCE®
by *Body-Solid*

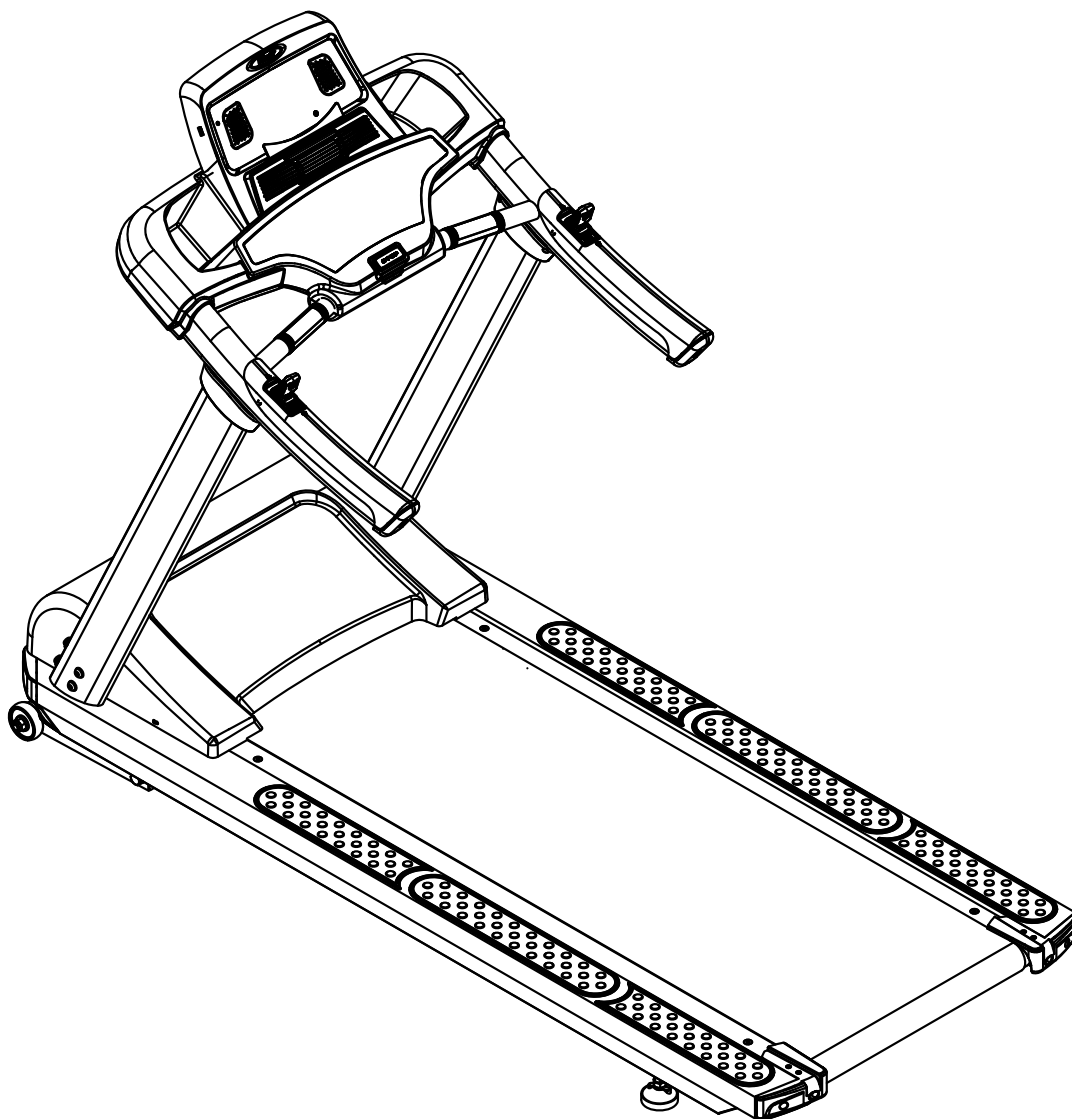# T150

Endurance® T150 Treadmill

User Manual

v. T150-043019

Table of Contents

END

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

Il est conseille de subir un examen medical complet avant d'entreprendre tout programme d'exercise. Si vous avez des etourdissements ou des faiblesses, arretez les exercices immediatement.

When using exercise equipment, you should always take basic precautions, including the following:

- Read all instructions before using the T150. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide.
  Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate the unit after it has been dropped or damaged.
  Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit before each use.
  Make sure that all fasteners are secure and in good working condition.
- Do not use the equipment outdoors or near water.

PERSONAL SAFETY DURING ASSEMBLY

- It is strongly recommended that a qualified dealer assemble the equipment.
  Assistance is required.
- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence.
  Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the T150 on a solid, level surface.
  Locate the unit a few feet from the walls or furniture to provide easy access.

The T150 is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your Endurance T150.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

Safety Guidelines

Successful cardio training programs have one prominent feature in common...safety.
Cardio training has some inherent dangers, as do all physical activities.
The chance of injury can be greatly reduced or completely removed by using correct running techniques, proper breathing, maintaining equipment in good working condition, and by wearing the appropriate clothing.

- **It is highly recommended that you consult your physician before beginning any exercise program. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.**

- **Always warm up before starting a workout. Try to do a total body warm up before you start. It is especially important to warm up the specific muscle groups you are going to be using. This can be as simple as performing a warm up set of high repetitions and light weight for each exercise.**

- **Always wear appropriate clothing and shoes when exercising. Wearing comfortable athletic shoes with good support and loose fitting, breathable clothing will reduce the risk of injury.**

- **Maintaining equipment in proper operating condition is of utmost importance for a safe cardio training program.**

- **Read and study all warning labels on this machine. It is absolutely necessary that you familiarize yourself and all others with the proper operation of this machine prior to use.**

- **Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.**

- **Inspect the machine daily for loose or worn parts. If a problem is found do not allow the machine to be used until all parts are tightened or worn or defective parts are repaired or replaced.**

- **To reduce the risk of burns, fire, electric shock, or injury to persons, install the treadmill on a flat level surface with access to a 110VAC, 20Amp, grounded outlet.**

- **Do not use an extension cord unless it is 12awg or larger, with only one outlet on the end. the treadmill should be the only appliance in the electrical circuit. do not attempt to disable the grounded plug by using improper adapters, or in any way modify the cord set. a serious shock or fire hazard may result along with computer malfunctions.**

Safety Guidelines

ELECTRICAL SAFETY
WARNING!
NEVER use a RCD - Residual Current Device (U.S. ver.= GFCI) - wall outlet with this treadmill. As with any appliance with a large motor, the RCD/GFCI will trip often. Route the power mains cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
NEVER remove any cover without first disconnecting AC power. If voltage varies by ten percent (10%) or more, the performance of your treadmill may be affected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.
NEVER expose this treadmill to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. The temperature specification is 40 degrees c, and humidity is 95%, non-condensing (no water drops forming on surfaces).
Circuit Breakers: Some circuit breakers used in homes are not rated for high inrush currents that can occur when a treadmill is first turned on or even during normal use. If your treadmill is tripping the circuit breaker (even though it is the proper current rating and the treadmill is the only appliance on the circuit) but the circuit breaker on the treadmill itself does not trip, you will need to replace the breaker with a high inrush type. This is not a warranty defect. This is a condition we as a manufacture have no ability to control. This part is available through most electrical supply stores

GROUNDING INSTRUCTION
This product must be grounded. If the treadmill's electrical system should malfunction or breakdown grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-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 equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green colored rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.
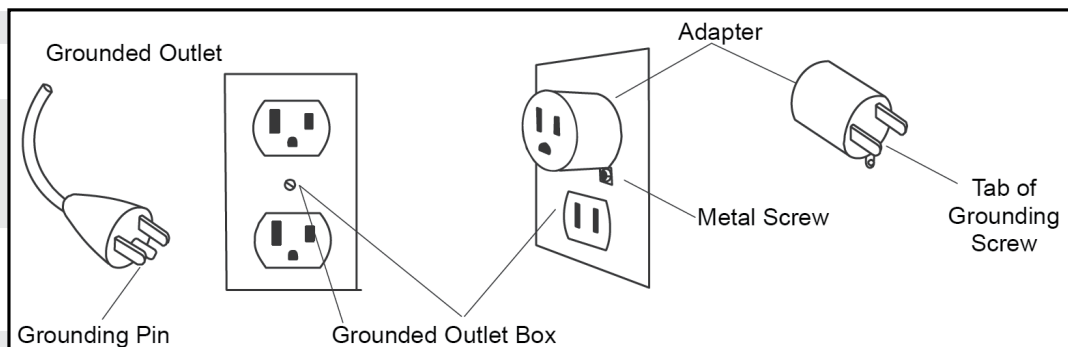
Safety Guidelines

This exercise equipment is designed and built for optimum safety for home use. However, certain precautions always apply whenever you operate any exercise equipment.
Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions.

MECHANICAL SAFETY

- Inspect the equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
- Replace any defective components immediately and/or keep the equipment out of use until repair.
- Do not use attachments not recommended by the manufacturer.
- Never drop or insert an object into any opening.
- Only one person may use the treadmill at a time.
- Never activate the treadmill when someone is standing on the belt.

APPROPRIATE ATTIRE

- Always wear appropriate clothing.
  Do not wear loose clothing that might catch on any part of this treadmill.
- Always wear non-slippery shoes while working with the treadmill.
  Do not wear shoes with heels or leather soles.
  Check the soles of your shoes and remove any dirt and embedded stones.

CHILDREN AND PETS

- Most exercise equipment is not recommended for small children.
  Children should not use the equipment unless they are under *strict* adult supervision.
  To ensure safety, keep young children off the treadmill at all times.
- Exercise equipment has many moving parts.
  In the interest of safety, keep others (especially children and pets) at a safe distance while you exercise.

FCC WARNING - POSSIBLE RADIO/TELEVISION INTERFERENCE

NOTE: This equipment has been tested and found to comply with Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. Any changes or modifications not expressly approved by the party responsible for the compliance could void the user's authority to operate the equipment. 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 the interference will not occur in a particular installation.

If this equipment does cause harmful radio interference to radio or television reception, which can be determined by turning the equipment off and on, you are encouraged to try to correct the interference by one or more of the following measures:
 Class R (Residential): Private or non-commercial use
  • Reorient or relocate the receiving antenna
  • Increase space between the equipment
  • Plug the equipment into two electrical outlet located on separate circuits
  • Consult an exercise equipment dealer or an experienced radio/TV technician for help

Safety Guidelines

IMPORTANT OPERATION INSTRUCTIONS
- **NEVER** operate this treadmill without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your treadmill during an electrical storm. Surges may occur in your household power supply that could damage treadmill components.
- Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the center of the belt; which may result in serious injury.
- **NEVER** mount or dismount the treadmill while the belt is moving. treadmills start with at a very low speed and it is unnecessary to straddle the belt during start up. Simply standing on the belt during slow acceleration is proper after you have learned to operate the unit.Always hold on to a handrail or hand bar while making control changes (incline, speed, etc.).
  Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure contact your dealer.

SAFETY TETHER CORD
A safety tether cord is provided with this unit. It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the tread-belt. Pulling this safety tether cord will stop tread-belt movement.

To Use:
1. Place the magnet into position on the console control head. Your treadmill will not start and operate without this.

2. Fasten the plastic clip onto your clothing securely to assure good holding power.
Note: The magnet has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two step coast anytime the magnet is pulled off the console. Use the red Stop / Pause switch in normal operation.

Assembly Instructions

Professional installers are highly recommended!

However, if you acquire the appropriate tools, obtain assistance, and follow the assembly steps sequentially, the process will take time, but is fairly easy.
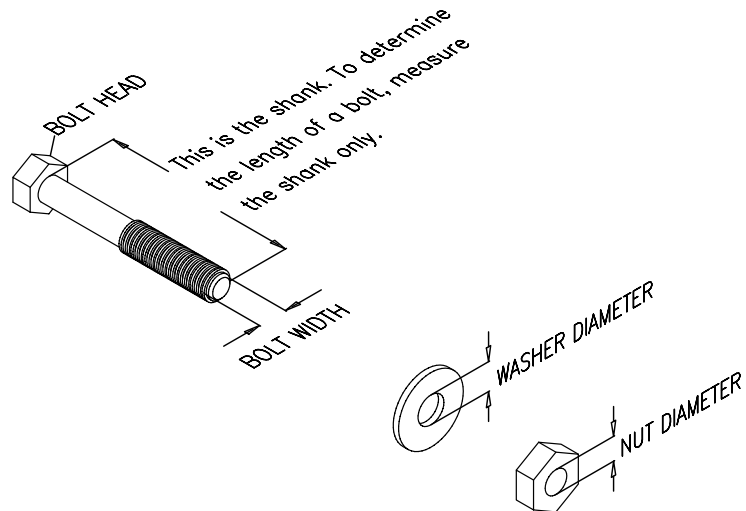
ASSEMBLY TIPS

Read all "*NOTES*" on each page before beginning each step.

While you may be able to assemble the T150 using the illustrations only, important safety notes and other tips are included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

NOTE: To find out the length of a particular bolt, measure its shank (the long, narrow part beneath the head).

Refer to the following diagram:

Do not fully tighten bolts until instructed to do so.

NOTE: After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.
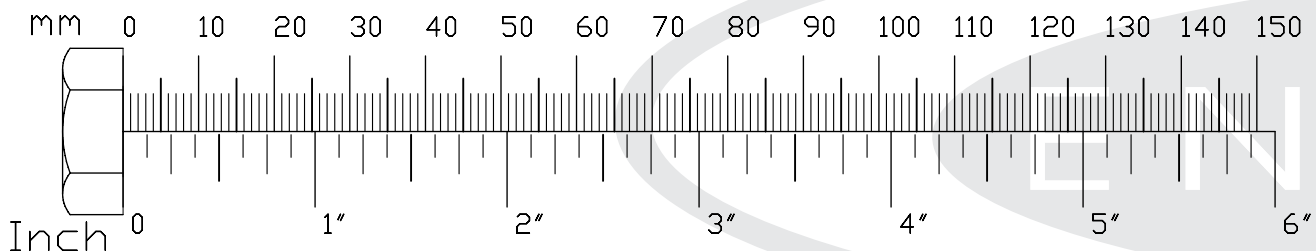
Hardware Pack Check List

1. **M10x15mm Button Head Cap Screw, 8pcs**
2. **M10x20mm Button Head Cap Screw, 4pcs**
3. **M4x10mm Round Self-Tapping Screw, 4pcs**
4. **M4x8mm Phillips Rounded Head Screw, 2pcs**
5. **M10 Curved Washer, 8pcs**
6. **M10 Flat Washer, 4pcs**
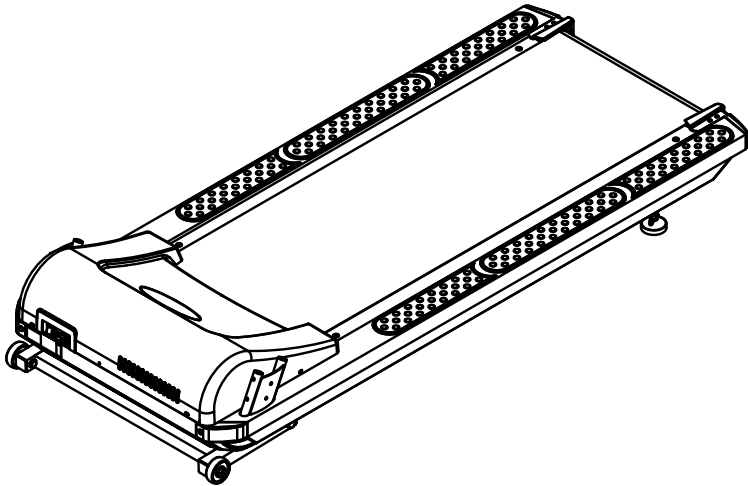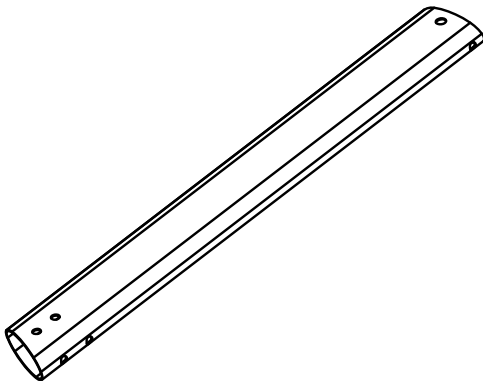7. **M6 Allen Wrench, 1pcs**
8. **Screw Driver, 1pcs, 1pcs**

1

5

8

2

6

3

7

4
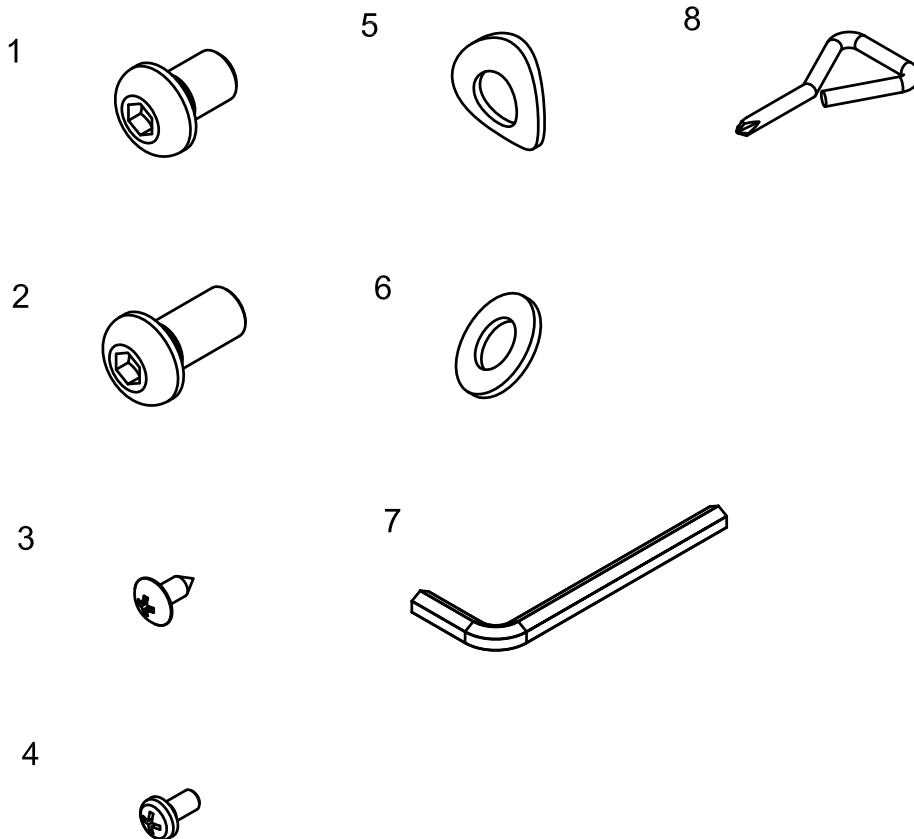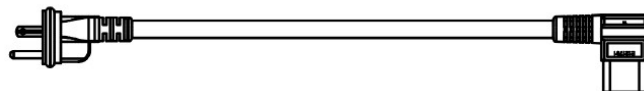
Parts List

A[1PCS]

D[2PCS]

B[2PCS]

E[2PCS]

F[1PCS]
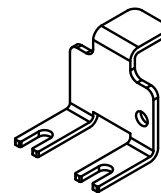
END

Parts List

C[1PCS]
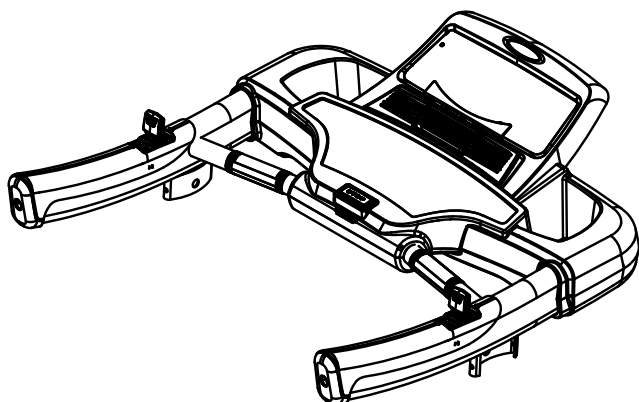
G[1PCS]

Step 1

Be careful to assemble all components in the sequence they are presented.

Note: **Finger tighten all hardware in this step. DO NOT wrench tighten unless instructed**
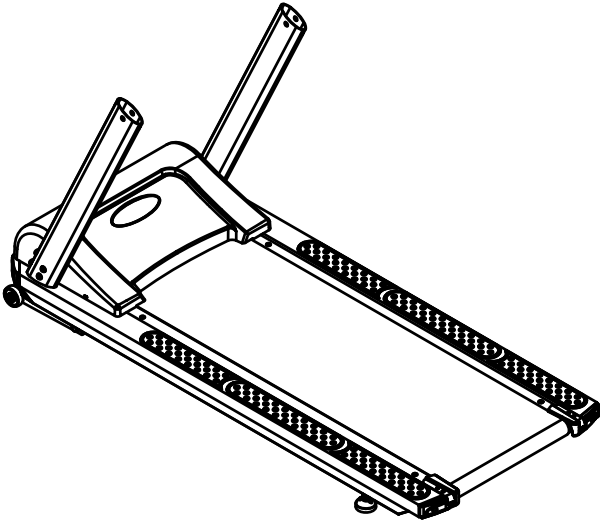
1A.   Routing the Lower Cable through the Upright (B) on the right using the steel wire provided.
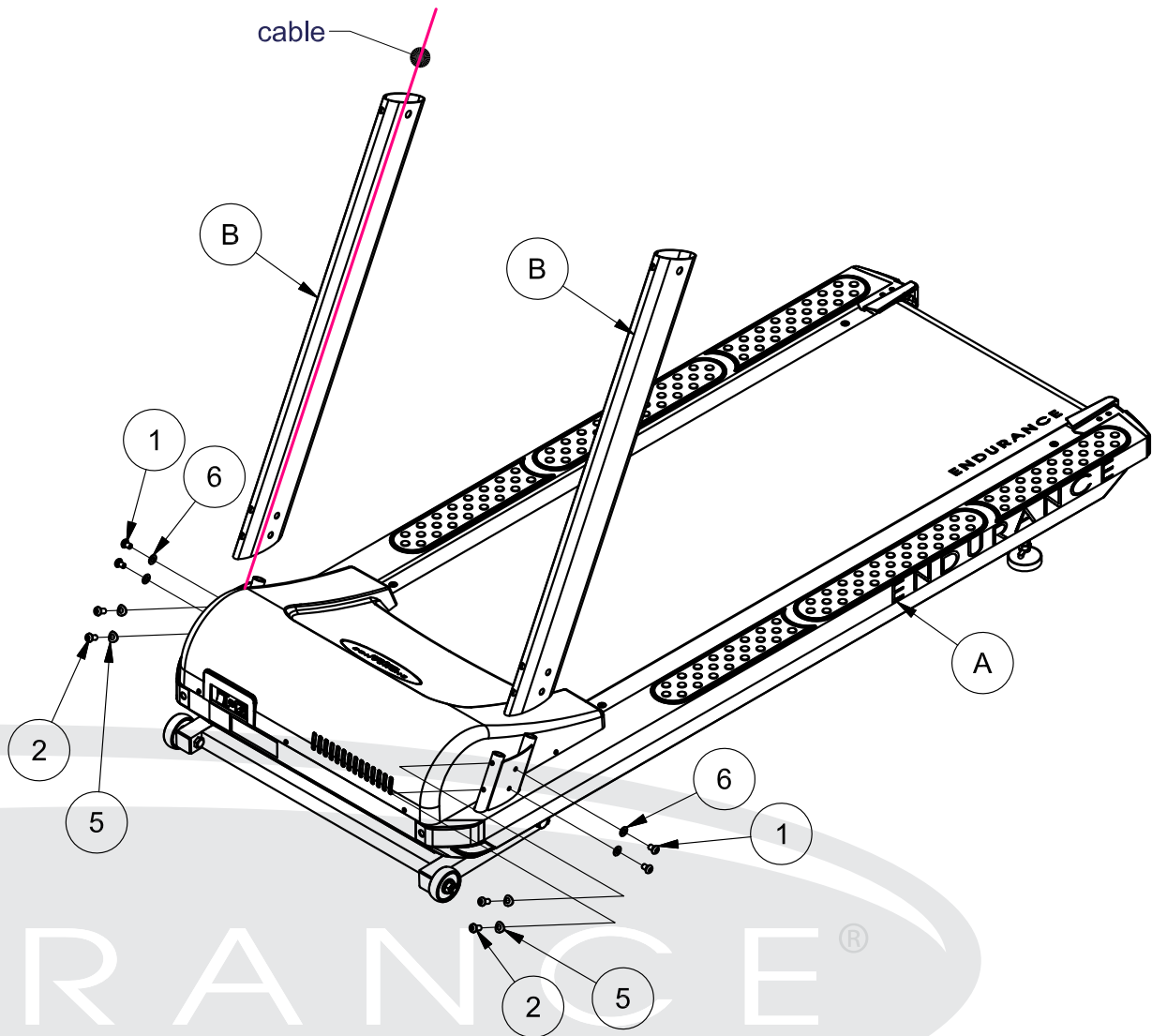
Note: **Be careful not to damage the cables.**

1B.   Attach both Uprights (B) to Main Frame using
          4 - (#1) M10x15mm Button Head Cap Screw
          4 - (#2) M10x20mm Button Head Cap Screw
          4 - (#5) M10 Curved Washer
          4 - (#6) M10 Flat Washer

mm   0   10   20   30   40   50   60   70   80   90   100   110   120   130   140   150

Inch   0   1"   2"   3"   4"   5"   6"
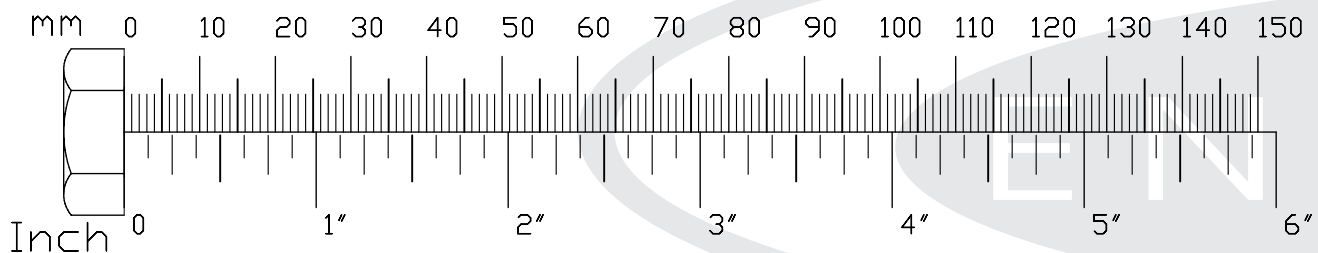
Above shows STEP 1 assembled and completed.

cable

B

B

1

6

2

5

6

1

5

2

A

Step 2

Be careful to assemble all components in the sequence they are presented.
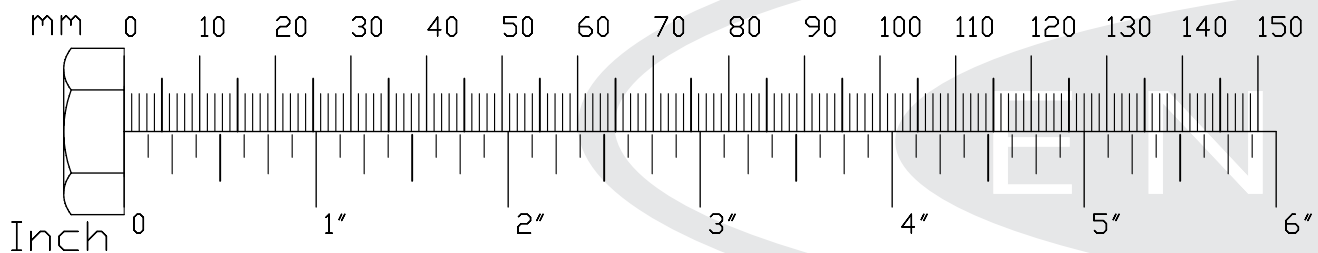
Note: Wrench tighten all hardware at the end of Step 2B

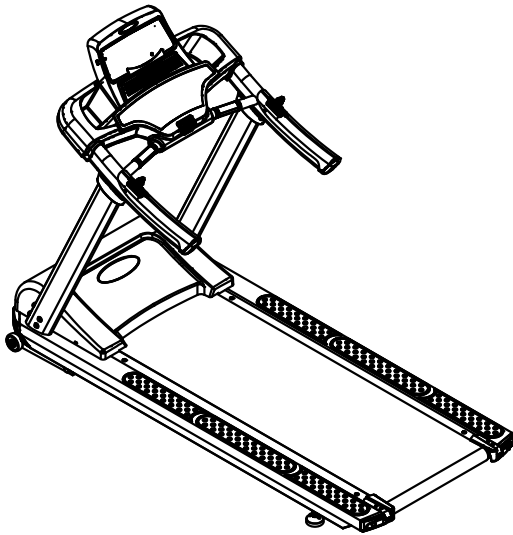**2A.**   Connect Console Cable to the Lower Cable

Note: Be careful not to damage the cables.

2B.   Attach Console (C) to the Uprights using:
4 - (#1) M10x15mm Button Head Cap Screw
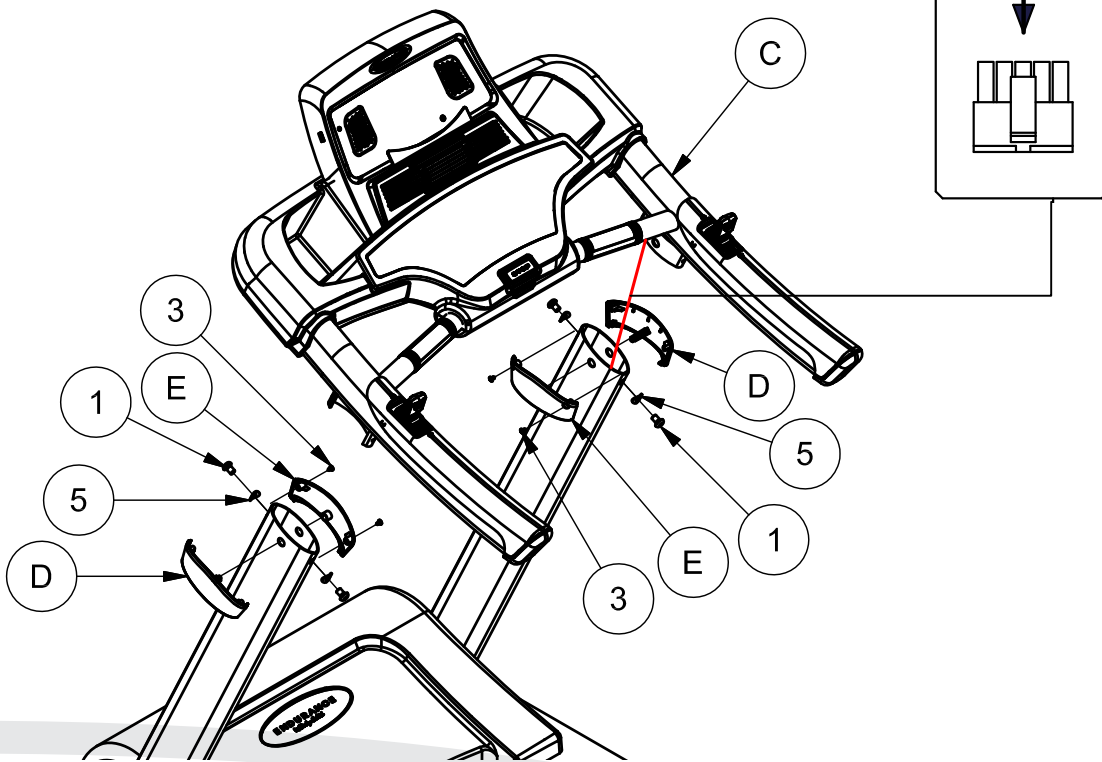**4 - (#5) M10 Curved Washer**

2C.   Attach Plastic Covers (D & E) together using
4 - (#3) M4x10mm Round Self Tapping Screw

mm 0   10   20   30   40   50   60   70   80   90   100   110   120   130   140   150

Inch 0   1″   2″   3″   4″   5″   6″

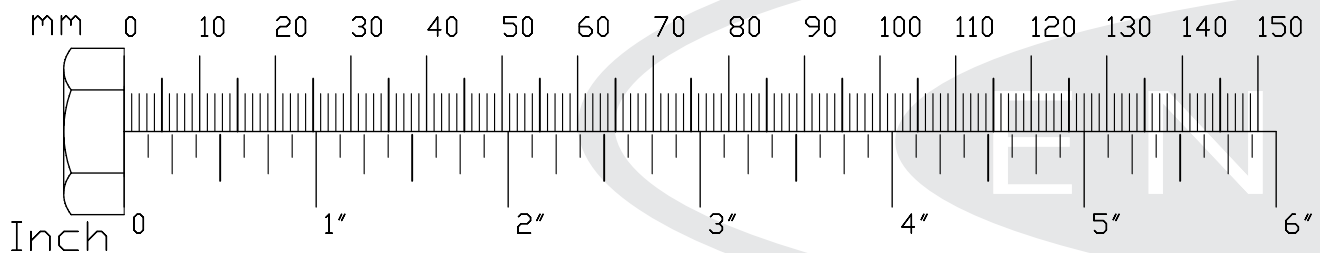Above shows STEP 2 assembled and completed.

C

3

1

E

5

D

D

5

1

E

3

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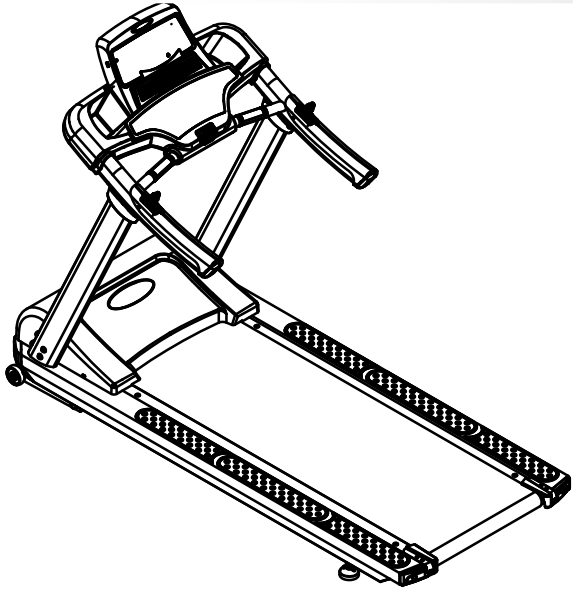
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Step 3

**Be careful to assemble all components
in the sequence they are presented.**

3A.   Connect Power Cord (G) to the Main Frame.

3B.   Attach Bracket (F) to the Main Frame using:
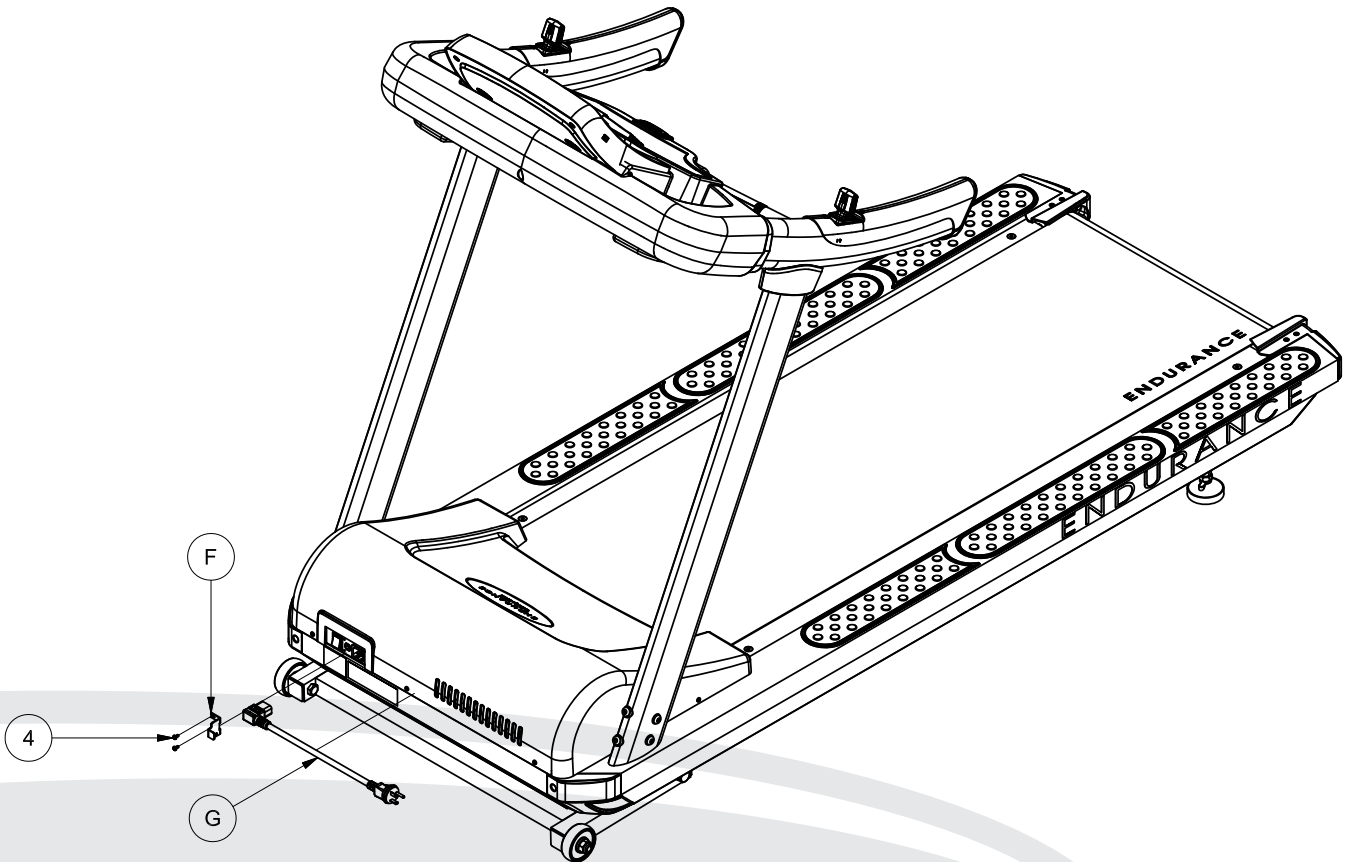**2 - (#4) M4x8mm Phillips Rounded Head Screw**

mm   0   10   20   30   40   50   60   70   80   90   100 110 120 130 140 150

Inch 0   1"   2"   3"   4"   5"   6"

Above shows STEP 3 assembled and completed.

F

4

G

Setting up your Treadmill

PLACEMENT IN YOUR HOME

To make exercise a desirable daily activity for you, the treadmill should be placed in a comfortable and attractive setting. This treadmill is designed to use minimal floor space and to fit nicely in your home.

- Do not place or operate the treadmill outdoors.
- Do not place the treadmill near water or in a high moisture content environment.
- Make sure the power cord is not in the path of heavy traffic.
- It is highly recommended to place a dedicated treadmill mat beneath your treadmill. A dedicated mat provides superior stability and firmness for a proper workout.
- Locate the treadmill at least 4 feet from walls or furniture.

Occasionally, after extended use, you will find a fine black dust below your treadmill. This is normal wear and DOES NOT mean there is anything wrong with your treadmill. This dust can be easily removed with a vacuum cleaner. If you wish to prevent this dust from getting on your floor or carpet, place a dedicated treadmill mat beneath your treadmill.

LEVELING THE BASE

It is important that you place the treadmill on a firm level surface. If the ground is uneven, you may level the treadmill with levelers located under the deck. Make sure the back of the deck is not higher than the front. If adjustments are to be made, check to see if the leverage feet, as shown below, touch the ground firmly. If there is a gap, turn the leverage foot counterclockwise to eliminate the gap.
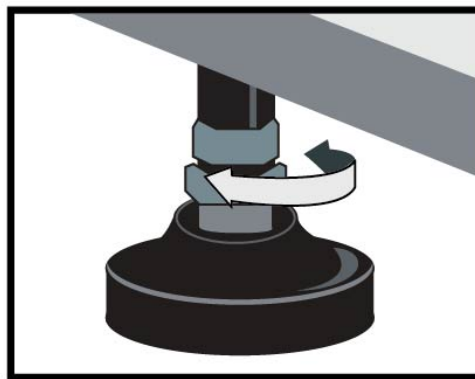

Make sure the running deck is level to the ground. If the deck is positioned so that you are running downhill, it will cause premature damage to the electronic system

Operating your Treadmill

TURN POWER ON

The On/Off switch for the treadmill is located next to the power supply cord receptacle on the front of the treadmill. Insert the power supply cord into the receptacle and flip the switch to the "ON" position.
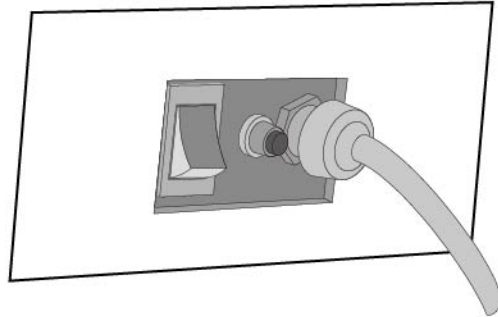
MOVING THE TREADMILL

This treadmill is easy to move around safely.

To move the treadmill:
1. Turn the power switch off.
2. Unplug the power cord.
3. Lift the rear of the treadmill to a comfortable angle.
4. Simply roll the treadmill on its front two wheels to the desired location.
5. Gently lower the rear of the treadmill to ground level.

STORE YOUR TREADMILL

Please follow these safety precautions, especially if you have children at home.

We suggest to take the following precautions when storing your treadmill.
1. When you finish your workout, turn the power switch to the off position.
2. Remove the plug from the outlet.
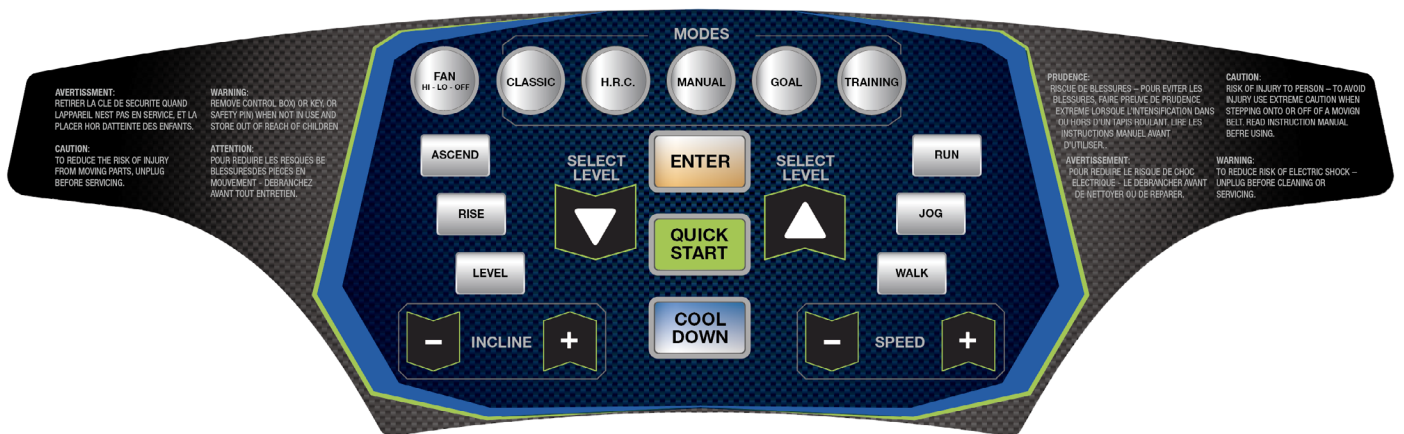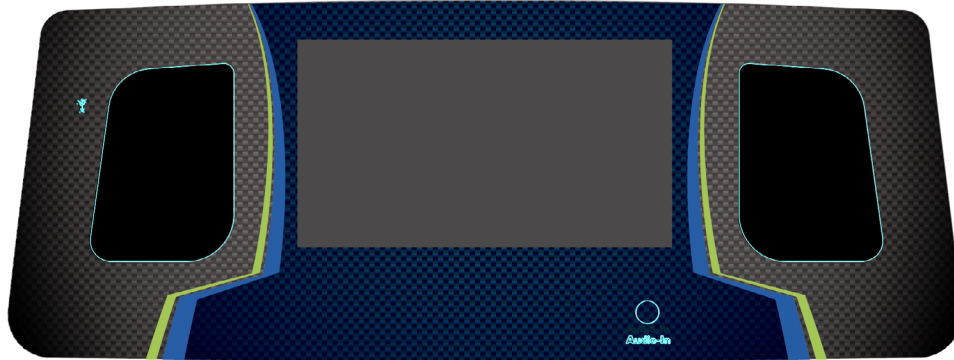3. Remove the safety key.
   It is imperative that the safety key is removed and kept away from children.

Operating the Console

CONSOLE LAYOUT OVERVIEW

Operating the Console

DISPLAY OVERVIEW

TIME: Displays duration of the workout in minutes and seconds.

PULSE: Displays Heart Rate in beats per minute.

DISTANCE: Displays traveled during workout in miles or kilometer.

COLORIES: Displays Calories burned during workout.

SPEED: Displays current speed during workout in mph or kph

INCLINE: Displays current incline of your workout.

LEVEL: Displays current exercise level of your workout.

PROGRAM: Displays current program of your workout.

Operating the Console

BUTTON OVERVIEW
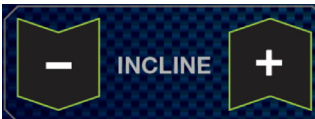
QUICK START [QUICK START] **:** To start workout.

ENTER [ENTER] **:** To confirm program/values you set.

COOL DOWN [COOL DOWN] **:** To stop workout slowly.

STOP [STOP] **:** To stop workout.

WORKOUT LEVEL [▼] [▲] **:** To increase/decrease workout level.

SPEED [− SPEED +] **:** To increase/decrease workout speed.

INCLINE [− INCLINE +] **:** To adjust workout incline level.

FAN [FAN HI - LO - OFF] **:** There are three adjustments (High, Low & off) of the fan.

LEVEL [LEVEL] **:** To adjust incline level to 0%.

RISE [RISE] **:** To adjust incline level to 8%

ASCEND [ASCEND] **:** To adjust incline level to 15%.

Operating the Console

WALK [WALK] **:** To adjust speed to 2.5MPH/4KPH.

JOG [JOG] **:** To adjust speed to 3.5MPH/5.6KPH.

RUN [RUN] **:** To adjust speed to 4.5MPH/7.2KPH.

CLASSIC (CLASSIC) **:** There are three programs in this mode. P1 is CARDIO, P2 is FAT BURN, P3 is INTERVAL.

H.R.C (H.R.C.) **:** Heart Rate Control Program.

MANUAL (MANUAL) **:** Manual program.

GOAL (GOAL) **:** There are three programs in this mode. P1 is TIME, P2 is CALORIES, P3 is DISTANCE.

TRAINING (TRAINING) **:** There are five programs in this mode. P1 is GERKIN, P2 is USB, P3 is CUSTOM 1, P4 is CUSTOM 2, P5 is CUSTOM3.

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Program Features

When the display is off, press and hold QUICK START button to turn on the console display.

When STOP button is pressed during workout, speed will decrease to zero, but incline level will not change. "STOP" will be shown on the display. If STOP button is pressed and hold for 3 seconds, it will exit the current program.

After 5 minutes idling time, the program will automatically go to sleep mode and the display will be turned off. The user needs to press and hold QUICK START button for 3, the speaker will make a feedback noise and the display will turn on.

When COOL DOWN button is pressed during workout, speed and incline will decrease to zero. It will automatically reset and turnoff display after 5 minutes idling time.

PROGRAMS
T150 offers thirteen exercise programs (MANUAL, CARDIO, FAT BURN, INTERVAL, HRC, TIME, CALORIES, DISTANCE, GERKIN, USB, CUSTOM 1, CUSTOM 2, CUSTOM 3)

MANUAL: The user can make adjustment on speed and incline throughout the workout.

CARDIO: The program is designed to strengthen the heart and cadiovascular system. Level, Speed and incline can be adjusted during the workout.

FAT BURN: The program is designed with moderate changes in speed and incline to stimulate fat burn. Level, Speed and incline can be adjusted during the workout.

INTERVAL: Walking and running speed intervals. Level, Speed and incline can be adjusted during the workout.

HRC: Heart Rate Control allows the user to select a target heart rate that he/she would like to maintain throughout the workout.

Program Features

TIME: The user can set the time he/she wishes to spend during workout

CALORIES: The user can choose the number of calories he/she wishes to burn during workout.

DISTANCE: The user can set the distance he/she wishes to exercise during workout

GERKIN: Firefighter training program to help you to improve cardiovascular endurance This program will gradually increase the training difficulty during the workout.

USB: The user can set up his/her own workout profile in the USB program. For more details, please read page #28.

CUSTOM (1,2,3): The user can set up a customizable workout profile allows both speed and incline control up to 16 segments.

Program Features

MANUAL MODE

    1. Press & hold STOP button or pull & insert Safety Key to reset program.

    2. Press WORKOUT LEVEL buttons to adjust the weight, then press ENTER Button.

    3. Press MANUAL button.

    4. Press QUICK START button

    5. During workout, SPEED and INCLINE can be changed using INCLINE & SPEED buttons.

CLASSIC MODE

    1. Press & hold STOP button or pull & insert Safety Key to reset program.

    2. Press WORKOUT LEVEL buttons to adjust the weight, then press ENTER Button.

    3. Press CLASSIC button.

    4. Press SELECT LEVEL Buttons to choose P1 (CARDIO), P2 (FAT BURN), P3 (INTERVAL) program, then press ENTER button.

    5. Press SELECT LEVEL buttons to set time, then press ENTER button.

    6. Press QUICK START button to start workout.

During workout, you can change speed, incline and workout level by using INCLINE, SPEED & SELECT LEVEL buttons.

GOAL MODE

    1. Press & hold STOP button or pull & insert Safety Key to reset program.

    2. Press WORKOUT LEVEL buttons to adjust the weight, then press ENTER Button.

    3. Press GOAL button.

    4. Press SELECT LEVEL Buttons to choose P1 (TIME), P2 (CALORIES), P3 (DISTANCE) program, then press ENTER button.

    5. Press SELECT LEVEL buttons to set value, then press ENTER button.

    6. Press QUICK START button to start workout.

During workout, you can change speed, incline and workout level by using INCLINE and SPEED buttons.

Program Features

TRAINING MODE

1. Press & hold STOP button or pull & insert Safety Key to reset program.
2. Press WORKOUT LEVEL buttons to adjust the weight, then press ENTER Button.
3. Press TRAINING button.
4. Press SELECT LEVEL Buttons to choose P1 (GERKIN), P2 (USB), P3 (CUSTOM 1), P4 (CUSTOM 2), P5 (CUSTOM 3) program, then press ENTER button.
5. Press SELECT LEVEL buttons to set value, then press ENTER button.
6. Press QUICK START button to start workout.

P1 (GERKIN):

Firefighter training program to help you to improve cardiovascular endurance. This program will gradually increase the training difficulty during the workout.

|	SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
L1	INCLINE	0	0	0	1	1	1	2	2	2	3	3	3	4	4	4	4
	SPEED	1.0	1.0	1.0	2.5	2.5	2.5	3.5	3.5	3.5	4.5	4.5	4.5	5.5	5.5	5.5	5.5
L2	INCLINE	0	0	1	1	1	2	2	2	3	3	3	4	4	4	5	5
	SPEED	1.5	1.5	1.5	3.0	3.0	3.0	4.5	4.5	4.5	6.0	6.0	6.0	7.5	7.5	7.5	7.5
L3	INCLINE	0	1	1	1	2	2	2	3	3	3	4	4	4	5	5	5
	SPEED	2.0	2.0	2.0	3.5	3.5	3.5	5.5	5.5	5.5	7.0	7.0	7.0	8.5	8.5	8.5	8.5

Program Features

P2 (USB) PROGRAM

a. Program Setup: download program at www.bodysolid.com undert T150 page.
a1. Install USB program in the computer first
a2. Set speed and incline by clicking arrows or the graphs in each segment.
a3. After speed and incline are set, press SAVE. the file will be save in the USB device
     of your choice. File name will be T150.CUS and it cannot be changed. Different
     name cannot be read by the treadmill.
a4. If there is no Data, the display will show "DAT ERR".

Program Edit → ENDURANCE USB AP v0.8

Speed Window

Speed Setting

Incline Window

Incline Setting

Product Setting → Products: T150

Mode Setting → Mode: General / Silver

Unit Setting → Unit: MPH / KPH

Time Setting → Set Time(Min): 32

Weight Setting → Set_Weight(LBS): 154

USB Device Setting → USB Device: SAVE

SPEED(MPH)

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

1	2	3	4	5	6	7	8
0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5

9	10	11	12	13	14	15	16
0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5

INCLINE(%)

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

1	2	3	4	5	6	7	8
0	0	0	0	0	0	0	0

9	10	11	12	13	14	15	16
0	0	0	0	0	0	0	0

END

Program Features

b. Record Setup:

b1. Open file in your USB drive. File name is T150_REC.CUS (file name cannot be changed or it cannot be read).

b2. Records will be shown in "Record Time".

b3. In "Result" column, it shows workout time, calories and distance.

b4. Data is recorded every 30 seconds. The longer you exercis, the more data will be recorded. Below the Heart Rate Graph window, there is scroll that the user can scroll left or right to see more data.
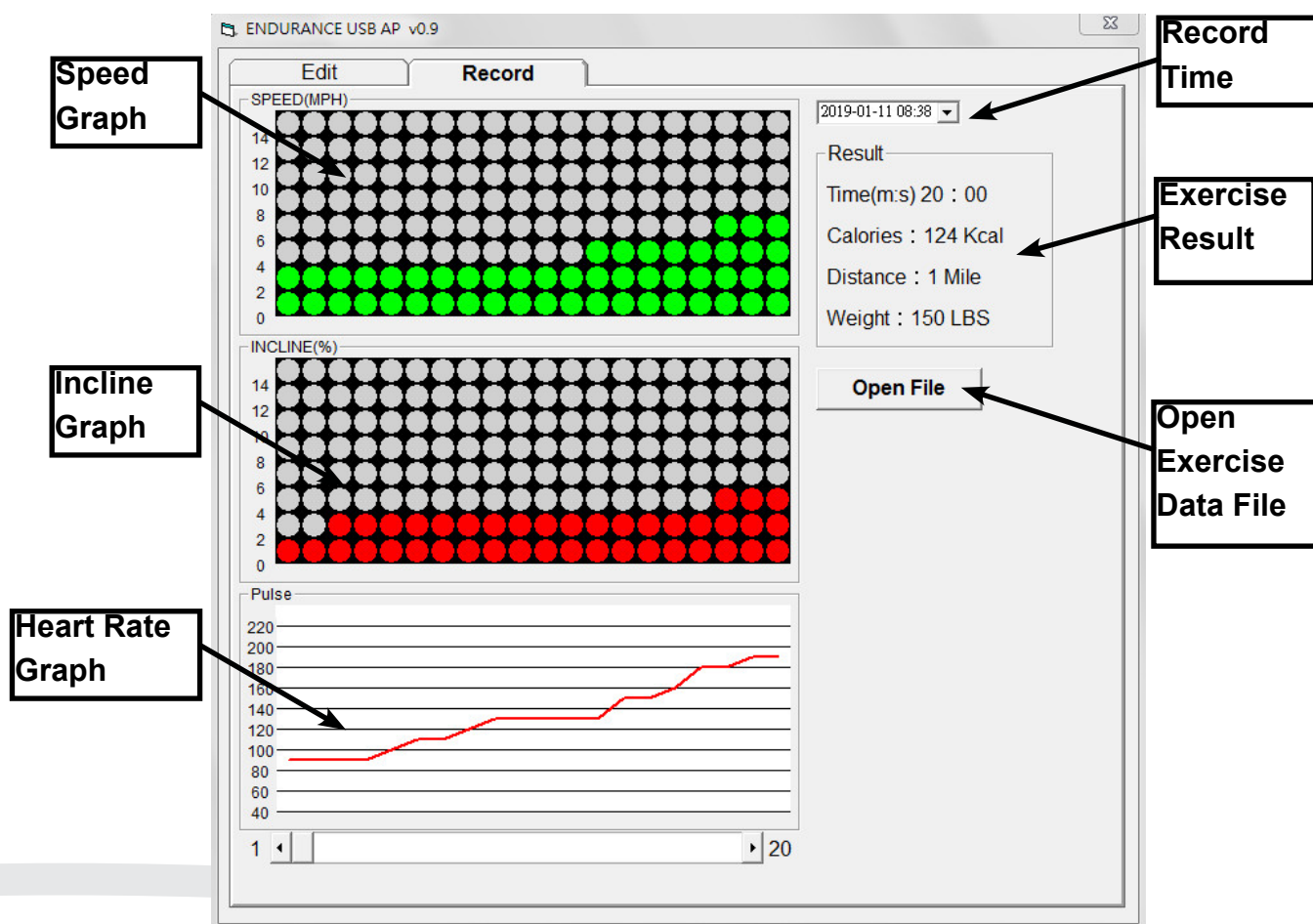
Program Features

HEART RATE CONTROL (H.R.C) MODE

Heat rate chest strap is required to run this program.

1. Press & hold STOP button or pull & insert Safety Key to reset program.
2. Press WORKOUT LEVEL buttons to adjust the weight, then press ENTER Button.
3. Press HEART RATE CONTROL button.
4. Press SELECT LEVEL Buttons to choose set user's age then press ENTER button.
5. Press SELECT LEVEL buttons to set TARGET HEART RATE, then press ENTER button.
6. Press SELECT LEVEL buttons to set TIME then press ENTER button.
7. Press QUICK START button to start workout.

During workout, user can change speed by SPEED buttons. Incline will be controlled by the program.

If user's heart rate is 10 bmp or more lower than the target heart rate, incline will increase 1% every 30 seconds. When inlcine is at the highest level, speed window will flash three times every 30 seconds to inform user to increase speed.

If user's heart rate is 10bmp or more higher than the target heart rate, incline will decrease 1% every 10 seconds. When incline is decreased to 0%, speed will be decreased 0.1 every 10 seconds automatically until the actual heart rate reaches back to the target heart rate range.

If no heart rate is detected, program will stop in 30 seconds.

END

Program Features

Your Endurance® T150 Treadmill has the capability to determine Heart Rate with the use of a Heart Rate Chest Strap. It is available as an optional accessory for use with your unit depending on the Endurance® model purchased. In all Heart Rate Control programs, the console only accepts the heart rate signal from the chest strap transmitter while the pulse grip heart rate function is disabled. The requirement to wear the chest strap is due to the superior accuracy of a chest strap transmitter compared to the pulse grip sensors.

It is suggested for the Chest Strap Transmitter that you position the transmitter as close to your heart as possible, against the skin, 1-2 inches below the pectoral muscles. For best results, moisten the back of the transmitter for better contact.
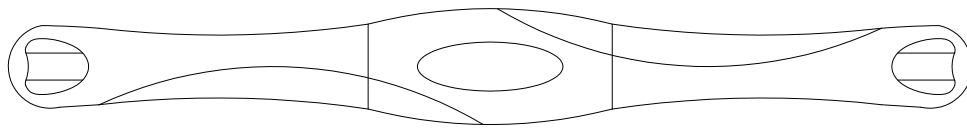
SAFETY PRECAUTIONS AND TIPS FOR CHEST STRAP

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.

2. Do not place chest strap near devices that generate large magnetic fields. TV sets, electric motors, radios, and high voltage power lines can affect the transmitter's performance. These items can interfere with the heart rate signal and possibly affect the heart rate readings on the console.

3. Handle the Chest Strap with care. Dropping the transmitter might cause damage that could void the warranty.

4. Do not use the chest strap if you have a cardiac pacemaker or if your are taking medications for a heart condition. Medication or electrical pulses from the pacemaker can interfere with accurate heart rate readings.

5. Do not bend the strips inside the chest strap. This can cause the chest strap to loose conductivity.

6. The chest strap has batteries that need to be replaced periodically. A faulty battery can cause inaccurate reading.

Program Features

FITNESS SAFETY

The Heart Rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

(MHR) = *Maximum Heart Rate*
(THR) = *Target Heart Rate*

220 - Age = *Maximum Heart Rate (MHZ)*
MHZ x .60 = *60% of your Maximum Heart Rate.*
MHZ x .75 = *75% of your Maximum Heart Rate.*

For example, if you are 30 years old, your calculations will be as follows:
220 - 30 = 190
190 x .60 = 114   (Low End or 60% of MHZ)
190 x .75 = 142   (High End or 75% of MHZ)
30 Year-Old (THR) Target Heart Rate would be 114-142

Maximum Heart Rate (MHR) Calculation

HEART RATE TRAINING ZONE

MAX	BEATS PER MINUTE					
85%	170	161	153	144	136	128
70%	140	133	126	119	112	105
60%	120	114	108	102	96	90
AGE	20	30	40	50	60	70

Heart Rate Training Zone Chart

Program Features

ENGINEERING MODE

MODE (A)

a1. Turn power on, press and hold STOP button to set date and time.

a2. Press SELECT LEVEL buttons to adjust the value.

a3. Press ENTER button to confirm the value

MODE (B)

b1. Turn power on, press and hold STOP and buttons for three seconds. It shows show the Version of the Program.

b2. Press ENTER button show the USB pragram information.

b3. Press ENTER button to show roller diameter value **(R-R)**, then press LEVEL buttons to adjust the value. Changing the value is not recommended.

b4. Press ENTER button to set MPH or KPH, then press LEVEL buttons to choose between ML and KM.

b5. Press ENTER button to set calendar, then press LEVEL buttons to set the calendar on or off.

b6. Press ENTER button to show total workout distance.

b7. Press ENTER button to show total workout time by hour

b8. Press ENTER button to go back to start screen.

General Maintenace

Belt and Bed - Your treadmill uses a very high-efficient low-friction bed. Performance is maximized when the bed is kept as clean as possible. Use a soft, damp cloth or paper towel to wipe the edge of the belt and the area between the belt edge and frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and bed life. Use water only - no cleaners or abrasives. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. Allow the belt to dry before using.

Belt Dust - This occurs during normal break-in or until the belt stabilizes. Wiping excess off with a damp cloth will minimize buildup.

General Cleaning - Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. On a monthly basis: vacuum underneath your treadmill to prevent buildup. Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate. UNPLUG POWER CORD BEFORE THIS TASK.

BELT ADJUSTMENTS:
Running Belt Tension Adjustment - Adjustment must be made from the rear roller. The adjustment bolts are located at the end of the step rails in the end caps, as noted in diagram below.
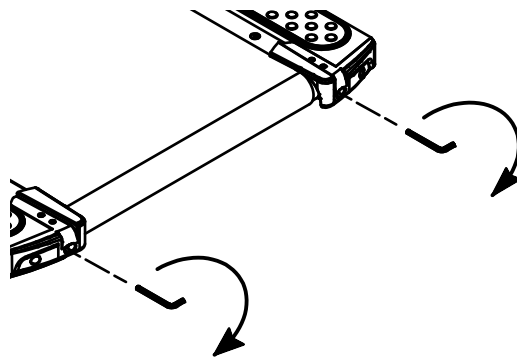
Tighten the rear roller bolts only enough to prevent slippage at the front roller. Turn both tread-belt tension adjustment bolts in increments of 1/4 turn each and inspect for proper tension by walking on the belt at a low speed, making sure the belt does not slip. Keep tensioning the bolts until the belt stops slipping.

• **If you feel the belt is tight enough, but it still slips, the problem may be a loose Motor drive belt under the front cover.**

DO NOT OVERTIGHTEN – Over tightening will cause belt damage and premature bearing failure.

General Maintenance

RUNNING BELT TRACKING ADJUSTMENT:
The performance of your treadmill is dependent on the frame running on a reasonably level surface. If the frame is not level, the front and back roller cannot run parallel, and constant belt adjustment may be necessary.

The treadmill is designed to keep the tread-belt reasonably centered while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the tread-belt should have a tendency to center itself. If, during use, the belt continues to move toward one side, adjustments are necessary.
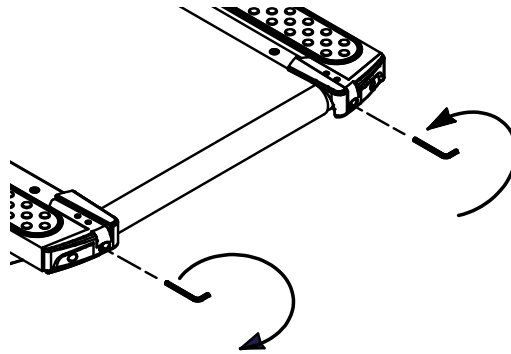
TO SET RUNNING BELT TRACKING:
"T" wrench is provided to adjust the rear roller. Set belt speed at approximately 3 to 5 kph.

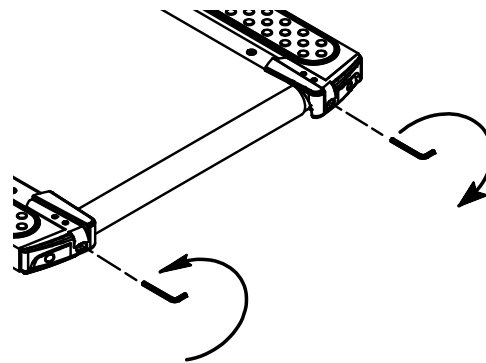Remember, a small adjustment can make a dramatic difference!

To move the belt to the Right:
1) Turn the Left Roller Bolt 1/4 turn Clockwise (Tighten)
2) Turn the Righ Roller Bolt 1/4 turn Counterclockwise (Loosen)

To move the belt to the Left:
1) Turn the Left Roller Bolt 1/4 turn Counterclockwise (Loosen)
2) Turn the Righ Roller Bolt 1/4 turn clockwise (Tighten)

ATTENTION:
DAMAGE TO THE RUNNING BELT RESULTING FROM IMPROPER TRACKING / TENSION ADJUSTMENTS IS NOT COVERED UNDER THE WARRANTY.

General Maintenance

Belt Lubrication Procedure

1) Turn off the Power.
2) Lift the running belt and check if there is any lubricant on the back of the running belt. If running belt needs to be lubricated, take a wiper to clean the running deck and rollers.
3) Lift the running belt and spray lubricant as below photo shown. While spraying, pull the running belt and make it turn one revolution.

Note: Please only spray in the center area, do not spray on the side area.

4) Turn on the power.
5) Press START button and increase the speed to 1.0 MPH (1.6KPH). Have a person to walk on the tradmill to help the running belt absorbs the lubricant.

Note: DO NOT run the treadmill in high speed when lubricant is just sprayed on, lubricant may spread to drive motor and Control Board.
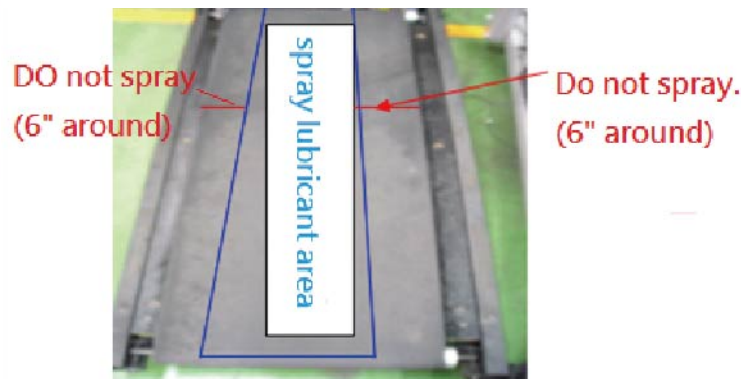
Troubleshooting Guide

Problem	Possible cause	Corrections action
Treadmill will not start	1.Not plugged in	1.Plug cord into outlet
	2.Safety key not inserted	2.Insert safety key
	3.Switch on OFF	3.Turn switch to ON
	4.treadmill circuit breaker tripped	4.Lubricate treadmill belt and rest
Running belt slips	Running belt not tight enough	Adjust running belt tension
Running belt hesitates when stepped on	1. Insufficient lubrication	1. Apply silicone lubricant
	2. Running belt worn out	2. Replace running belt
Running belt not centered	Running belt tension not adjusted on The left or right sides of the running board	Tighten the adjustment bolts on the left and right side of the rear roller
E1	The console is unable to detect motor operation signal	1. Check speed sensor connector
		2.Check motor power cord
DC-1(Under voltage)	Input power voltage is lower than standard	1.Check input voltage
		2.Restart the treadmill
DC-4(Current protection)	Current continuing exceed the standard	Lubricate treadmill belt and restart the treadmill
DC-6	MCB is damaged	Contact customer service for support
E6/E7(Incline error)	Incline unable to reach the set position and no signal feedback	Check incline power cord and variable resistor connector
UART error	The console is unable to communicate with MCB	1.Check wire connections from the console to the MCB
		2.Restart the treadmill

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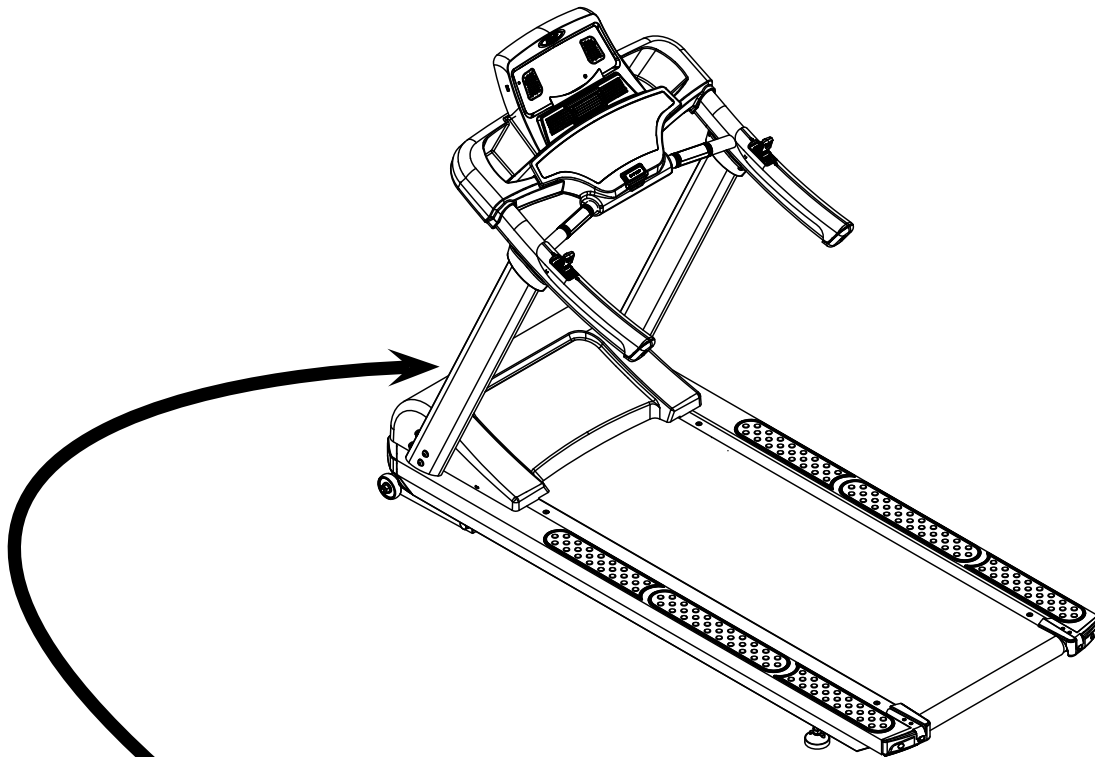
Serial Number is Located on the Frame

Model Name: _____ T150 _____

Purchase Date: _____

Serial Number: 015227-_____

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