KEYS FITNESS

MILESTONE 4200/4400HR TREADMILL

OWNER'S MANUAL

Model Name_____
Serial Number_____
Purchase Date_____
Fill in for future reference.

For Service, Please call (888) 340-0482

Keys Fitness Treadmills

Manufactured in the USA by:

***KEYS* Fitness Products, LP**
P.O. Box 551239
Dallas, Texas 75239

PART# 15-0113

keysfitness.com

Table of Contents

Specification Sheet

KEYS FITNESS

	MS4200	MS4400HR
◆ Horsepower (Continuous)	2.0hp	2.5hp
◆ Display Type *(Green, with pace)*	5 Window LED	5 Window LED
◆ Electronics	Push button	Push Button
◆ Pre-Set Programs	4	4
◆ Custom Programs	8	8
◆ User Programs	2	2
◆ Heart Rate Interactive	No	Yes
◆ Power Incline	12%	12%
◆ Remote Toggle Switches	Yes	Yes
◆ Speed/Incline Speed Bar	Yes	Yes
◆ Roller Diameter	2.5"	2.5"
◆ Cushioned Deck	Yes	Yes
◆ Speed Range	0-10mph	0-10mph
◆ Belt Size	20" x 56"	20" x 56"
◆ Front Hand Rails	No	No
◆ Side Hand Rails	Yes	Yes
◆ Foot Print	32" x 71"	32" x 71"
◆ Foot Print Folded	32" x 26"	32" x 26"
◆ Warranty Motor	10 Years	10 Years
◆ Warranty Parts	2 Years	2 Years
◆ Warranty Labor	1 Year	1 Year
◆ Warranty Frame	Lifetime	Lifetime

Important Safety Information

1) **WARNING!** Before using this treadmill or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

2) **WARNING!** To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions *before* operation.
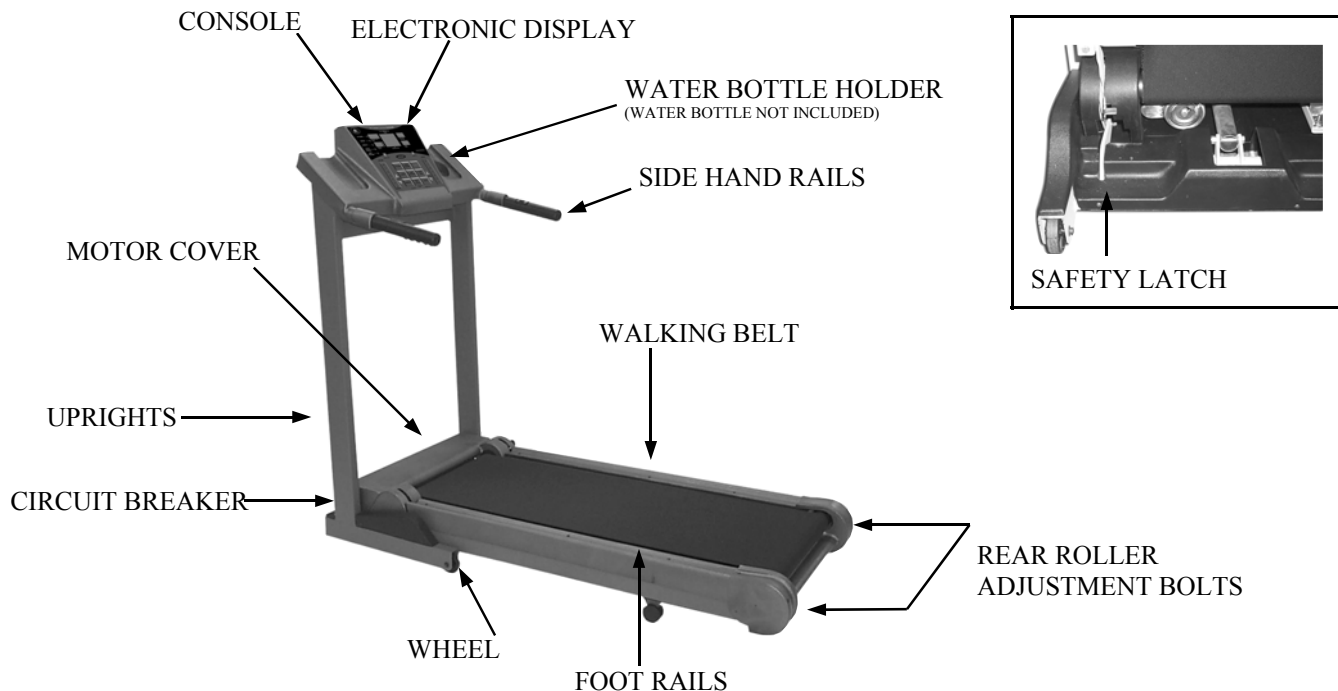
SAFETY PRECAUTIONS AND TIPS

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

♦ This treadmill has a user maximum capacity of 300 pounds.

♦ The treadmill should only be used on a level surface and is intended for indoor use only. The treadmill should not be placed in a garage, patio, or near water and should never be used while you are wet. KEYS recommends a treadmill mat be placed under the treadmill to protect floor or carpet and for easier cleaning.

♦ Follow safety information in regards to plugging in your treadmill. Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.

♦ Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the treadmill with bare feet, sandals, socks or stockings.

♦ Always straddle the belt and allow it to start moving before stepping onto the belt.

♦ Hold on to handrails when adjusting speed, incline, or other controls.

♦ Always examine your treadmill before using to ensure all parts are in working order.

♦ Allow the belt to fully stop before dismounting.

♦ Pets should never be allowed near or on the treadmill.

♦ Do not leave children unsupervised near or on the treadmill.

♦ Never operate the treadmill where oxygen is being administered, or where aerosol products are being used.

♦ Never insert any object or body parts into any opening.

♦ For safety and to prevent damage to your treadmill, no more than one person should use the treadmill at a time.

♦ Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.

♦ Never leave the treadmill unattended while it is running.

Before You Start

Thank you for purchasing a KEYS treadmill! The MS4200 and MS4400HR were designed to meet your needs for cardiovascular exercise.

Before you start, please read the Owner's Manual and become familiar with the operation of your new treadmill.

♦ **Remember to take the time to perform the stretching exercises provided on Page 6 to avoid injury.**

♦ Do not stand on the walking belt while pressing the Power button or Start/Stop button.

♦ Always adjust the speed of the treadmill in small increments as this treadmill is capable of high speeds.

♦ If you are taking medication, consult your physician to see if the medication will affect your exercise heart rate.

♦ If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set treadmill programs or start an exercise program without first contacting and receiving approval from your physician.

♦ To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. KEYS recommends a sealed water bottle for beverages consumed while using the treadmill.

♦ **Please review the following picture below to familiarize yourself with the listed parts. This manual covers several treadmills, so the one pictured below may not be identical to your particular model.**

CONSOLE   ELECTRONIC DISPLAY

WATER BOTTLE HOLDER
(WATER BOTTLE NOT INCLUDED)

SIDE HAND RAILS

MOTOR COVER

SAFETY LATCH

WALKING BELT

UPRIGHTS

CIRCUIT BREAKER

REAR ROLLER
ADJUSTMENT BOLTS

WHEEL

FOOT RAILS

Warm Up Exercises

EXERCISE GUIDELINES

WARNING!   Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature.   Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH
Stand bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees , and back.

HAMSTRING STRETCH
Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

CALF/ACHILLES STRETCH
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendons, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.

QUADRICEPS STRETCH
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

INNER THIGH STRETCH
Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

Assembly, Moving Instructions

The MS4200 and MS4400HR are shipped in two pieces, please see assembly instructions below. After opening the box, remove any packing materials from the treadmill. Do not throw away any packing materials until the unit is working properly. Place the base on a clean, level surface. Make sure the electrical cord will easily reach an electrical outlet.

Assembly

See Figure 1

To attach End cap:

1. Place plastic end cap over exposed rear roller area.
2. Align holes in plastic end cap with pre-drilled holes in frame.
3. Loosely tighten each screw until all four screws are lined up.
4. Tighten all four screws snugly.

Moving

See Figure 2

CAUTION! TO AVOID THE RISK OF INJURY, NEVER ATTEMPT TO MOVE THE TREADMILL WHILE IT IS IN THE UNFOLDED OPERATING POSITON. TO REDUCE THE POSSIBILITY OF INJURY WHILE LIFTING, BEND YOUR LEGS AND KEEP YOUR BACK STRAIGHT. AS YOU RAISE THE TREADMILL, LIFT USING YOUR LEGS, NOT YOUR BACK. IN ORDER TO RAISE OR LOWER THE TREADMILL SAFELY, YOU MUST BE ABLE TO LIFT 45 POUNDS (20KG). IT IS SUGGESTED YOU ALWAYS USE THE AID OF A SECOND PERSON WHEN MOVING THE TREADMILL.

With the treadmill in the folded locked position (safety latch is engaged), grasp the handrails and place one foot on the base as shown in the photo below. Next, with a firm grasp on handrails, place one foot on the center of the base crossbar and carefully tilt the treadmill back until it rolls freely on the wheels. Using extreme caution, move the treadmill to the desired location. To set the treadmill down, place one foot on the center of the base crossbar and carefully lower treadmill onto base in resting position. Do not attempt to move the treadmill over an uneven or rough surface.
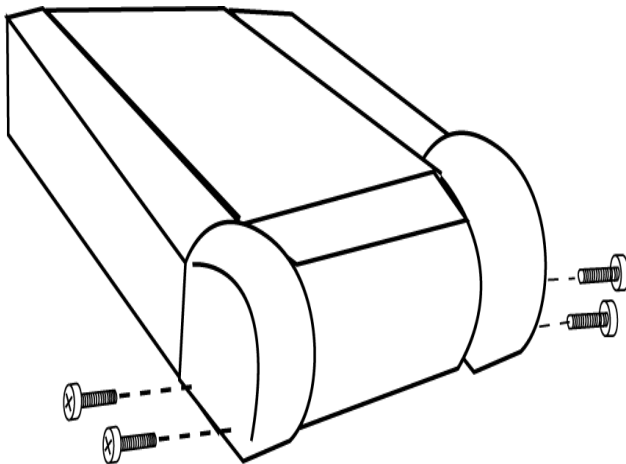
Figure 2

Figure 1
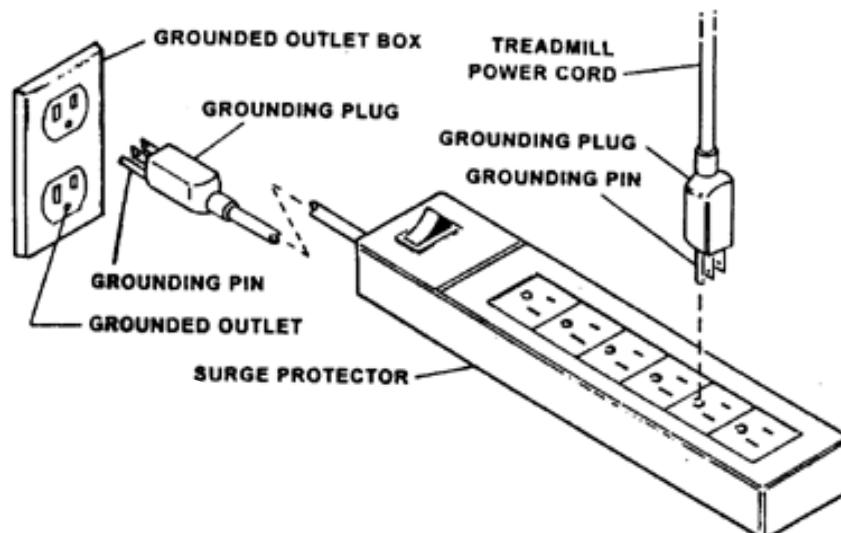
PAGE 7

Power Requirements

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN 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 treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges, and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (not included) with your treadmill.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating of 120VAC, 15 amps.

This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the treadmill malfunction. This treadmill comes with an electrical cord having an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated in the drawing below.

Console Functions and Descriptions

KEYS FITNESS

MS4200

START/STOP - This button starts the treadmill belt moving. There is a 4 second countdown built in as a safety feature to let you know the treadmill belt is about to start moving.
Use the START/STOP button also to stop your treadmill after your workout. The belt will gradually come to a stop after pressing the button.

PROGRAM BUTTONS - These buttons are used to access each of the three programs: Fat Burn, Cardio, and Warm Up. Each program has one preset program, and two additional custom programs in the P1 and P2 mode. See the "Program and Operating Instructions" on page 12.

POWER - Press to on. Allow 6-8 seconds while the electronics perform a self check prior to pressing other buttons.

ENTER - Use the Enter button while setting program time, speed, and incline options. See page 12 for complete instructions.
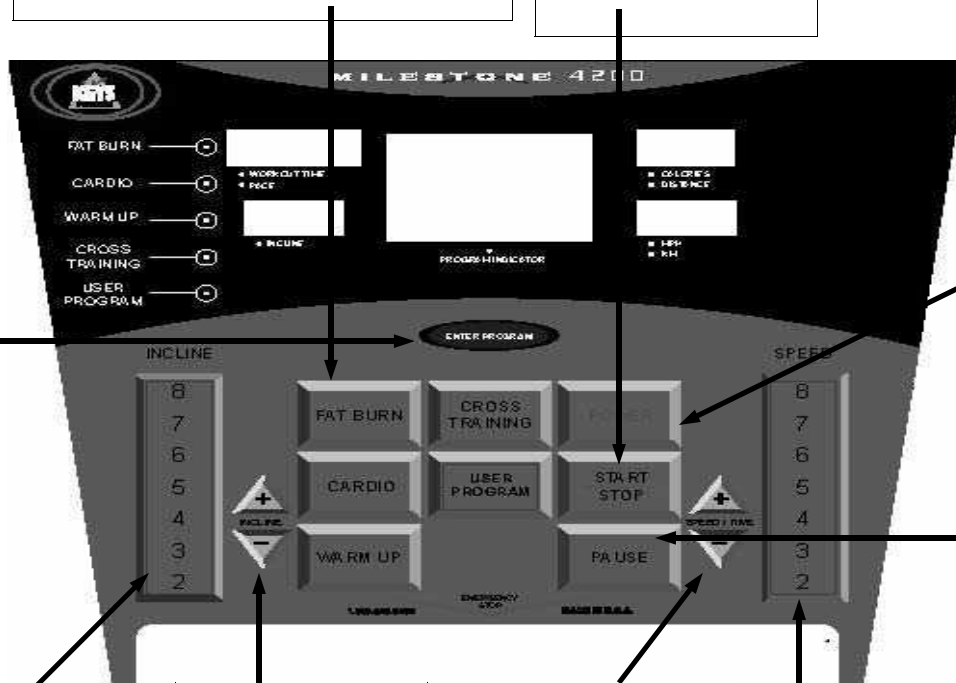
PAUSE - Press to temporarily pause your workout while in use. The treadmill is designed with an automatic power off feature after 5 minutes in the pause mode.

INCLINE - Use to either increase (UP arrow) or decrease (DOWN arrow) the incline. These buttons are also used while programming INCLINE.

SPEED - Use to either increase (UP arrow) or decrease (DOWN arrow) the speed. These buttons are also used while programming SPEED and TIME.

ONE TOUCH SPEED BAR - Use to either increase or decrease the speed. Each number indicates MPH. Pressing one of the buttons will gradually increase or decrease the speed to the new setting.

ONE TOUCH INCLINE BAR - Use to either increase or decrease the incline. Each number indicates percent of grade. Pressing one of the buttons will gradually increase or decrease the incline to the new setting.

Console Functions and Descriptions

MS4400HR

START/STOP - This button starts the treadmill belt moving. There is a 4 second countdown built in as a safety feature to let you know the treadmill belt is about to start moving.
Use the START/STOP button also to stop your treadmill after your workout. The belt will gradually come to a stop after pressing the button.

PROGRAM BUTTONS - These buttons are used to access each of the three programs: Fat Burn, Cardio, and Warm Up. Each program has one preset program, and two additional custom programs in the P1 and P2 mode. See the "Program and Operating Instructions" on page 12.

POWER - Press to on. Allow 6-8 seconds while the electronics perform a self check prior to pressing other buttons.

ENTER - Use the Enter button while setting program time, speed, and incline options. See page 12 for complete instructions.
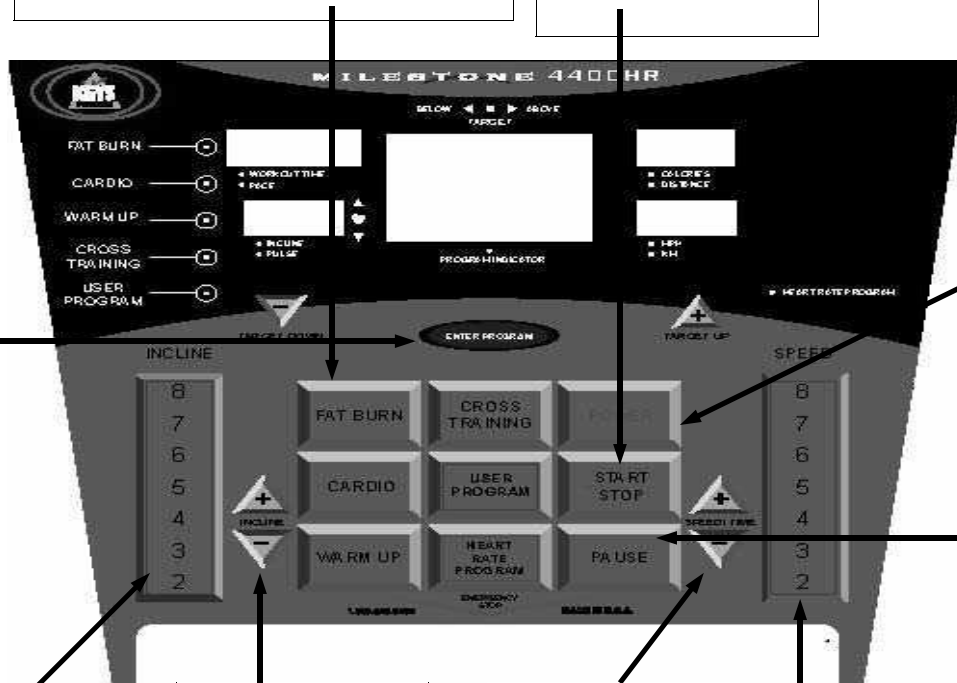
PAUSE - Press to temporarily pause your workout while in use. The treadmill is designed with an automatic power off feature after 5 minutes in the pause mode.

INCLINE - Use to either increase (UP arrow) or decrease (DOWN arrow) the incline. These buttons are also used while programming INCLINE.

SPEED - Use to either increase (UP arrow) or decrease (DOWN arrow) the speed. These buttons are also used while programming SPEED and TIME.

ONE TOUCH SPEED BAR - Use to either increase or decrease the speed. Each number indicates MPH. Pressing one of the buttons will gradually increase or decrease the speed to the new setting.

ONE TOUCH INCLINE BAR - Use to either increase or decrease the incline. Each number indicates percent of grade. Pressing one of the buttons will gradually increase or decrease the incline to the new setting.

Console Functions and Descriptions

There are five display windows on the control panel to provide feedback information.

TIME WINDOW

♦ **TIME:** Indicates elapsed time after pressing start in minutes and seconds (0-99 minutes, 0-59 seconds)

♦ **INTERVAL TIME:** Indicates countdown in seconds to the next interval starting at 5 seconds and counting to 0 seconds.

♦ **PACE:** Indicates amount of time required to complete 1 mile at current speed.

♦ ## SPEED WINDOW

♦ **SPEED:** Indicates MPH (miles per hour) or KMH (kilometer per hour) in .1 increments

♦ ## DISTANCE / CALORIES WINDOW

♦ **DISTANCE:** Indicates Miles or Kilometers traveled in .01 increments up to 9.99 and .1 increments starting at 10.0

♦ **CALORIES:** Indicates estimated calories used based on 150 lb. person at the indicated speed, incline, and time

♦ ## INCLINE WINDOW

♦ **INCLINE:** Indicates incline in percent of grade 0-12% in 1 increments

♦ **PULSE** (MS4400HR Model Only): Indicates current heart rate

♦ **HEART "♥"** (MS4400HR Model only): Indicates control panel is receiving a signal from heart rate transmitter. Heart will blink on and off if receiving signal from Heart Rate Transmitter chest strap.

♦ ## CENTER BRICKYARD WINDOW

♦ Displays quarter mile track in Manual mode. Indicates position on track by a blink. In program mode, shows the change in speed profile across the interval range (1-10) and shows position with a blinking action.

The LAP counter will appear in manual mode in the center of the window.

♦ ## SPEED & INCLINE "ONE-TOUCH" BUTTONS

♦ Easy One-Touch buttons for Speed and Incline have been added to the console. To increase or decrease the speed, simply choose the desired setting (each number 2 through 8 represents Miles per Hour). To increase or decrease the amount of incline, simply choose the desired setting (each number 2 through 8 represents percent grade).

PAGE 11

Program and Operating Instructions

QUICK START / MANUAL MODE

♦ Plug into a standard wall outlet (110-Volt AC, 15-amp circuit).

♦ Insert the **Safety Key** into the treadmill console.

♦ Stand on the treadmill and straddle belt.

♦ Press POWER button. There will be an eight (8) second delay after pressing the POWER button before data can be entered. The TIME window will flash.

♦ Press START/STOP button. Belt will begin to move after 4 seconds. Step on belt slowly after the belt starts moving. Speed or incline may be adjusted by using the appropriate + (increase) or − (decrease) buttons.

♦ **To end your workout**, press START/STOP button. Belt will gradually slow to zero.

♦ **To pause your workout**, press PAUSE.

♦ **To re-start after pausing**: Press the PAUSE button. **WARNING**: The treadmill belt will resume at the speed the treadmill was moving before pausing.

♦ **Countdown Time, Preset Speed and/or Incline**: Time, Speed, and Incline may be preset prior to getting started. After pressing the POWER button, the WORKOUT time window will blink. Use the SPEED/TIME + or − arrows to select your workout time, then press the ENTER PROGRAM button. The SPEED window will now be flashing. Using the same + or − arrows, select the speed for your workout, then press ENTER PROGRAM. Now the INCLINE window will be flashing. Use the INCLINE + or − arrows to set your workout incline, then press ENTER PROGRAM. To start, press the START/STOP button.

Program and Operating Instructions

PROGRAM MODE

♦ Plug into a standard wall outlet (110-Volt AC, 15-amp circuit). Insert the **Safety Key** into the treadmill console.

♦ Stand on the treadmill and straddle belt.

♦ Press POWER button. There will be an eight (8) second delay after pressing the POWER button before data can be entered. The TIME window will flash.

♦ There are four (4) pre-set programs on the MS4200 and MS4400HR. Programs include Fat Burn, Cardio, Warm Up, and Cross Training programs. The MS4400HR also includes a Heart Rate Interactive program (see the program profiles later in this manual). Select the program by pressing the appropriate button.

♦ Press START/STOP button. Belt will begin to move after 4 seconds. Step on belt slowly after the belt starts moving.

♦ **Each of the pre-set programs can also be customized. Follow the instructions below.**

♦ **Customizing programs in P1 and P2 Mode:** Each pre-set program can be customized in the P1 or P2 mode. After making the program selection, the CALORIE/DISTANCE window will read "OP." "OP" refers to "original program" and is preset. The program name you select will display in the diode light beside the program name. Press the same program button once more, and the CALORIE/DISTANCE window will read P1. The "P1" mode is now accessed. You can now program the Time, Speed, and Incline in P1 mode, which will save your entered information for future use. The WORKOUT time window will blink. Use the SPEED/TIME + or – arrows to select your workout time, then press the ENTER PROGRAM button. The SPEED window will now be flashing. Using the same + or – arrows, select the speed for your workout, then press ENTER PROGRAM. Now the INCLINE window will be flashing. Use the INCLINE + or – arrows to set your workout incline, then press ENTER PROGRAM. To start, press the START/STOP button. To access P2 mode, press the selected program button three times (once for OP, twice for P1, three times for P2). Follow the above procedure to customize.

♦ **TO CHANGE A PREVIOUSLY PROGRAMMED P1, P2, or user program:** Once you have programmed the P1 or P2 modes, you will need to use the PAUSE button to change the program you previously entered. For instance, if P1 in Fat Burn has been programmed, to change to a new setting, press the Fat Burn button twice to access P1. Then press the PAUSE button to get the WORKOUT time window to flash. Follow the directions above to continue to change the program.

Heart Rate Control Instructions (MS4400HR)

HEART RATE PROGRAM MODE

The Heart Rate program is designed to keep your heart rate a desired level of "beats per minute" by automatically adjusting the incline. For example, if you have programmed in a desired heart rate of 105 beats per minute and your heart rate is only 95 beats per minute (you must be wearing Heart Rate Transmitter), the incline will automatically increase to intensify the work load, and increase you heart rate to the 105 beats per minute you programmed.

If your heart rate is above your programmed amount of beats per minute the incline will automatically decrease to lower your heart rate. You may at any time during the Heart Rate Program adjust/override the speed and or incline by simply pressing the correct corresponding buttons. You may change your "Target Heart Rate" at any time during the program by pressing the TARGET + or TARGET – buttons.

♦ Plug into a standard wall outlet (110-Volt AC, 15-amp circuit). Insert the **Safety Key** into the treadmill console

♦ Place the Heart Rate transmitter strap across chest against the skin. Stand on the treadmill and straddle belt.

♦ Press POWER button. There will be an eight (8) second delay after pressing the POWER button before data can be entered. The WORKOUT time window will flash. The "Heart" shape on the treadmill will be flashing if the Heart Rate Transmitter is transmitting. Adjust the strap on the chest until the console is picking up a signal.

♦ For Quick Start, press START/STOP button. Belt will begin to move after 4 seconds. Step on belt slowly after the belt starts moving. Speed or incline may be adjusted by using the appropriate + (increase) or – (decrease) buttons. Heart rate will read out in the Incline window.

♦ To select the Heart Rate Control program, press the "Heart Rate Control" button.

♦ The incline window will flash "125", which is the default program target heart rate.

♦ Adjust Target Heart Rate to desired level with the TARGET + or – buttons.

♦ Press START/STOP button, or continue instructions below to program Time and Speed.

♦ You can now program the Time and Speed. The WORKOUT time window will blink. Use the SPEED/ TIME + or – arrows to select your workout time, then press the ENTER PROGRAM button. The SPEED window will now be flashing. Using the same + or – arrows, select the maximum speed for your workout, then press ENTER PROGRAM. To start, press the START/STOP button.

Program Profiles
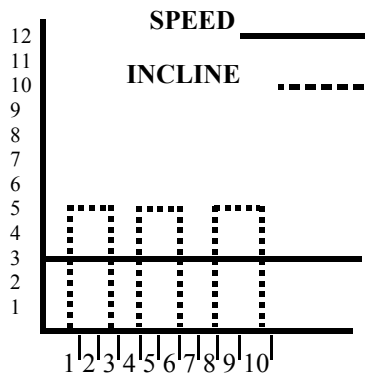
The **Fat Burn Program** is designed to vary the treadmill elevation, while maintaining a constant walking belt speed.
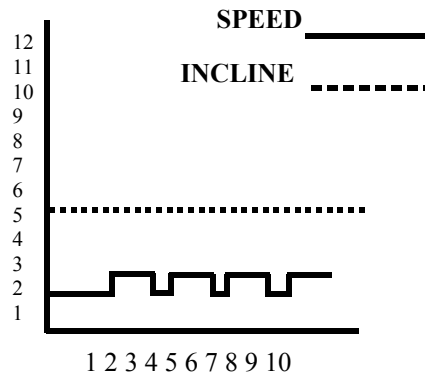
The **Cardio Program** is designed to vary the treadmill Speed, while maintaining a constant Elevation.
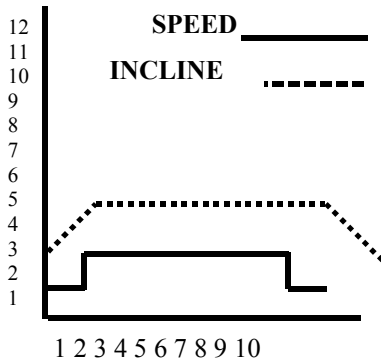
The **Warm Up Program** is designed to gradually increase the treadmill Speed and Elevation in the first segment (warm up) and gradually decrease the treadmill Speed and Elevation in the last segment (cool down). This is also known as a Plateau program.
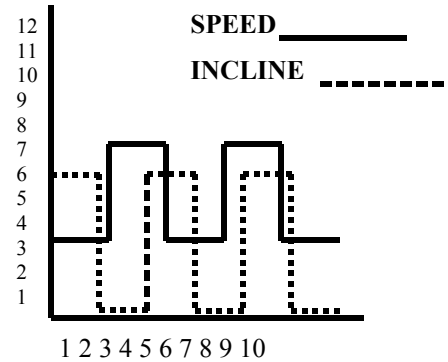
The **Cross Training Program** is designed to control the walking belt speed and elevation inversely in alternating segments.

Belt Adjustment and Tension

WARNING! Do not overtighten rollers! This will cause premature roller bearing failure!

Belt adjustment and tension performs two functions: adjustment for tension and centering. Your new treadmill comes pre-adjusted from the factory for tension and centering. Please follow the procedures below if the belt shifts to the left or right or while walking:

WALKING BELT IS SHIFTING TO THE LEFT (Diagram 1)

First, turn treadmill on to run at 1 mph. Using the hex key provided, turn the left rear roller adjustment bolt ¼ turn in the clockwise direction. Next, run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking Belt Slipping" instructions.
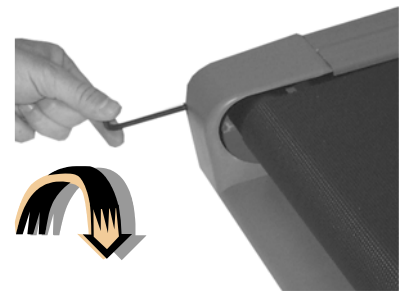
WALKING BELT IS SHIFTING TO THE RIGHT (Diagram 2)

First, turn the treadmill on to run at 1 mph. Using the hex key provided, turn the right rear roller adjustment bolt ¼ turn in the clockwise direction. Next, run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking Belt Slipping" instructions.

WALKING BELT IS SLIPPING DURING USE (Diagram 3)

First, unplug the power cord from the surge protector. Using the hex key provided, turn both left and right rear roller adjustment bolts the same distance, usually a ¼ turn in the clockwise direction.   Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should now walk on the belt to determine if the belt is still slipping. Repeat the above procedure until the walking belt is not slipping. The tension should be just tight enough not to slip.
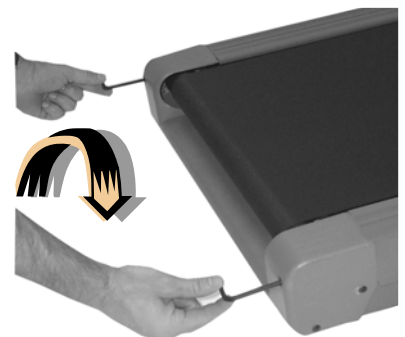
♦ Turning the hex key counter clockwise brings the rear rollers and belt towards you. Turning the hex key clockwise pushes the rear roller and belt away form you.

Maintenance Instructions

WARNING! Before performing any maintenance to your treadmill, always unplug the power cord from the surge protector.

CLEANING

Routine cleaning of your Keys Fitness treadmill will extend the life of your treadmill. WARNING! To prevent electrical shock, be sure the power to the treadmill is OFF and the unit unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

AFTER EACH WORKOUT: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration. USE NO CHEMICALS.

WEEKLY: Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

DECK LUBRICATION

The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance.

Every 30 days or 30 hours of operation, lift the sides of the walking belt and feel the top surface of the walking board as far under as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

KEYS recommends "Lube N Walk" for cleaning and lubricating the treadmill belt and deck. Ask your retailer or call KEYS at 800-340-0482. You may also use silicone such as "Napa 8300" (available at most stores).

TO APPLY LUBRICANT TO THE WALKING BOARD
1) Position the walking belt so that the seam is located on top and in the center of the center of the walking board.
2) Insert the spray nozzle into the spray head of the lubricant can.
3) While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 6" from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.
4) Allow the silicone to 'set' for one minute before using the treadmill.

WARNING: Do not overlubricate the walking board. Excess lubricant should be wiped off with a clean towel.

Page 17
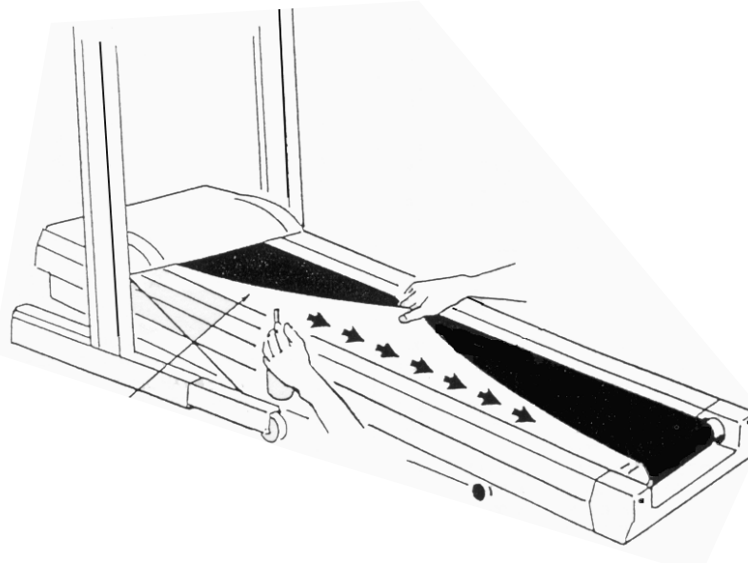
Change Miles per hour to Kilometers per

Your treadmill will operate in British Units (miles per hour) or International Units (kilometers per hour). All treadmills are calibrated at the factory for British Units (miles per hour). To change the display to read in kilometers, follow the steps described here:

1) Turn power OFF on the console. (Do not unplug treadmill) Attach the magnet safety key to the console.

2) Activate the calibration mode switch by inserting the eraser end of a pencil into the opening in the backside of the console (see diagram below).

3) Depressing the calibration mode switch ONCE; CL11 should appear in the TIME window.

4) Pressing the SPEED +/- button will activate your choice.

5) To accept the setting, press the POWER button.

Troubleshooting Guide

Treadmill will not start.

1) Is the **Safety Key** inserted into the Treadmill Console?

2) Make sure the power cord is plugged into a surge protector, the surge protector is plugged into a properly grounded outlet, and the surge protector is turned on. (Refer to "Power Requirements" on page 8)

3) Check the circuit breaker located on the front of the treadmill. If the switch protrudes, it has tripped. Wait five minutes and then press the switch back in.

4) Check the house electrical breaker box and the circuit breaker for the room the treadmill is located in. If it has tripped, reset or have an electrician replace the breaker in home.

5) Have an electrician check for inadequate voltage at the outlet.

Treadmill losses power during use.

1) Check the circuit breaker located on the front of the treadmill. If the switch protrudes, it has tripped. Wait five minutes and then press the switch back in.

2) Check the house electrical breaker box and the circuit breaker for the room the treadmill is located in. If it has tripped, reset or have an electrician replace the breaker in home.

3) If treadmill still will not operate, please call Keys Technical Service at (888) 340-0482.

Treadmill walking belt slows during use.

1) Check to make sure the treadmill is securely plugged into an UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less and the surge protector is securely plugged into the outlet.

2) If treadmill still will not operate, please call Keys Technical Service at (888) 340-0482.

Treadmill walking belt slips or is not centered on rear roller.

1) Refer to "Belt Adjustment and Tension" section on page 14.

2) Need help? Call Keys Technical Service at (888) 340-0482.

Treadmill Error Messages.

Your treadmill is equipped with a software package that enables error messages to be displayed when there is a problem. **To avoid possible damage to the treadmill and the possibility of injury, do not operate the treadmill until the problem is corrected. Call Keys Technical Service at (888) 340-0482.**

Parts & Diagrams

		MS4200	MS4400HR				MS4200	MS4400HR
1	Left Side Extrusion Rail	05-0033	05-0033	12	Poly V Belt		04-0004	04-0004
2	Right Side Extrusion Rail	05-0033	05-0033	13	Motor Hood Cover		06-0147	06-0147
3	Treadmill Belt	04-0019	04-0019	14	Console Assembly		24-0178	06-0124
4	Front Roller Assembly	24-0176	24-0176	15	Controller		08-0115	08-0115
5	Rear Roller	09-0020	09-0020					
6	Treadmill Deck	03-0014	03-0014					
7	End Cap	06-0164	06-0164					
8	Elevation Motor (actuator)	12-0022	12-0022					
9	Bottom Motor Pan	06-0148	06-0148					
10	Motor Fan	06-0079	06-0079					
11	Motor	12-0018	12-0018					

Page 20
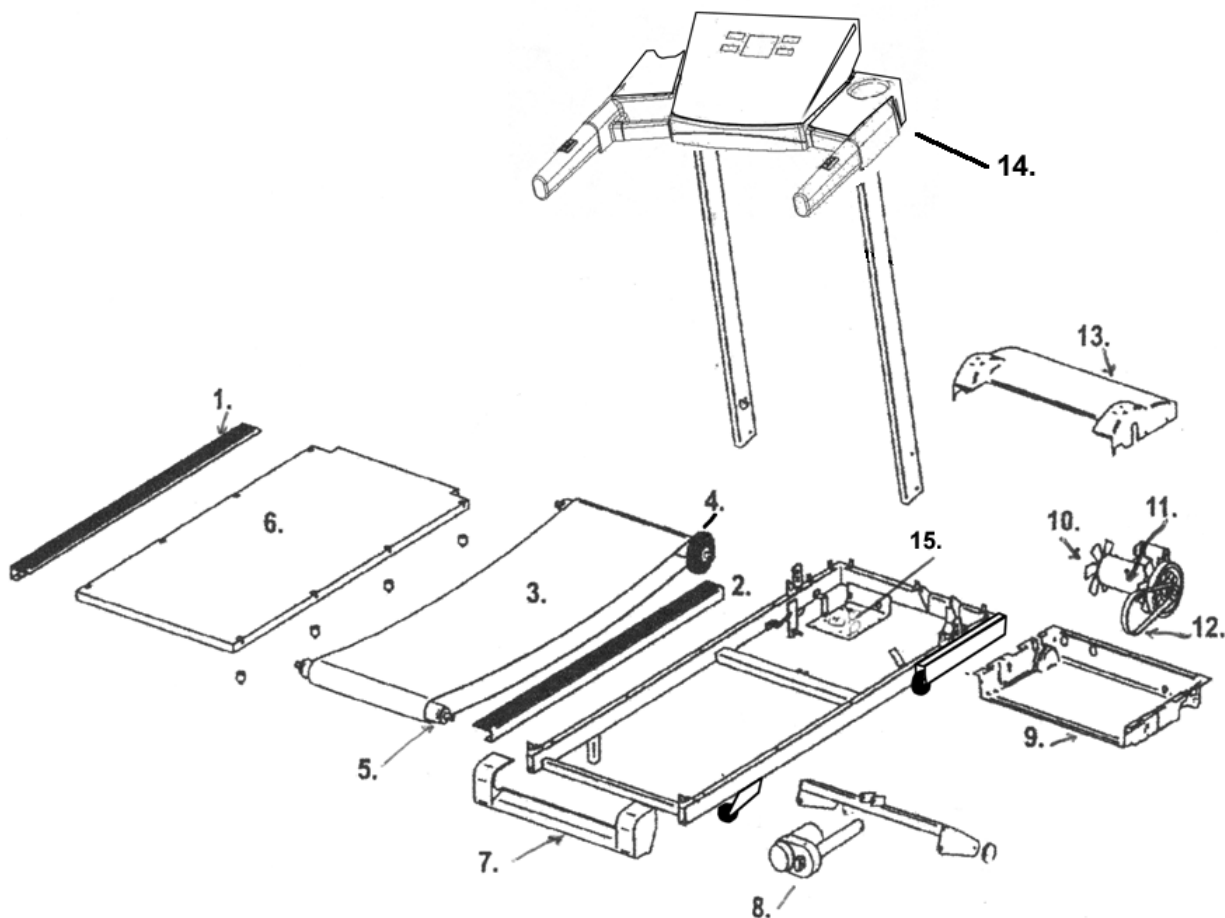
PART #	DESCRIPTION	QTY	PART #	DESCRIPTION	QTY
02-0004	SCREW-8x5/8 PHIL PH AB BLACK	9	08-0004	BREAKER-CIRCIT-15AMP	1
02-0005	SCREW-8x5/8 PPH HILO BLACK TPB	11	08-0112	MEBRANE LED FOR WEDGE CONSOLE	1
02-0007	NUT 5/16-18 NYLOCKZP	2	18-0005	ROD - AXLE 3/8 X 2"	2
02-0009	NUT-HEX 5/16 WIZ-FL-LK-ZP	4	08-0027	SWITCH-REMOTE-W/HARNESS	2
02-0013	WASHER LOCK 1/4"	16	08-0047	ENCODER-OPTICAL-ALEPH	1
02-002A	SPRING DECK LIFT	4	08-0077	CORE-ERRITE	1
02-0011	WASHER FLAT 5/16 16GA ZP USS	9	19-0173	BRKT LINKAGE	2
02-0015	WASHER SPRING	2	19-0188	BRKT SPEED BULLET	1
02-0019	BOLT-CARRIAGE 10-24x1 1/2	4	19-0189	BRKT MAGNET	1
02-0021	WASHER 9/32 5/8 1/8THICK ZP	2	23-0107	UPRIGHTASSEMBLY NEW FOLD - WEDGE	1
02-0022	NUT-NYLOCK HEX 10-24	4	24-0176	FRONT ROLLER ASSEMBLY	1
02-0018	NUT-PUSH 3/8 HAT BLACK 375012	4	10-0017	TAPE-FOAM-1"X75ft	1
02-0024	CARRIAGE BOLT 5/16x1 GRADE 5 ZP	4	24-0178	CONSOLE ASSEM MS4200	1
02-0027	NUT-T HF 14209H-DB	16	02-0140	SCREW PPH #4 X 5/8" TYPE AB	2
02-0020	SCREW-SHCS 1/4-20x2 1/2"	2	06-0139	TETHER HOUSING FOR WEDGE CONSOLE	1
02-0058	WASHER-FLAT NYLON 3/8	2	06-0140	INSERT LED FOR CONSOLE	1
02-0119	SCREW-HEX HD 1/4-20x3 1/4"	8	06-0142	CONSOLE WEDGE GRAY	1
02-0036	SCREW-PPH 8x5/8 GREEN HEAD	1	13-0011	CORD-POWER-90"	1
02-0038	WRENCH-ALLEN 3/16 SHAFT ARM	1	13-0014	WIRE-JUMPER 12"-220V-KEYS SERIES	1
02-0145	PIN COTTER 1"	2	13-0020	HARNESS CONTROLLER 80"	1
02-0050	NUT-NYLOCK HEX 1/4-20	4	06-0106	LIMIT SWITCH	1
02-0146	BOLT SHCS FULL TRD 1/4-20 X 1 3/4	2	06-0107	HARNESS, KILL SWITCH SM9.3	1
02-0147	BOLT CRG FULL BODY 5/16-18 X 1"	9	06-0108	OVERLAY CONSOLE MS4200	1
02-0149	BOLT CRG 5/16-18 X 1 3/4" GRADE 5	2	06-0109	DECAL OPERATION WEDGE CONSOLE	1
02-0151	BOLT SHOULDER SHSB 3/8 X 3/8" 5/16-18	1	06-0110	INST PACKET GRAY FOLD	1
03-0014	WALKBOARD KORETRON 56" FOLD	1	06-0111	DECAL DISCONNECT-MOTOR COVER	1
04-0004	BELT- POLY V- 190J8	1	06-0112	TETHER KILL PIN	1
04-0019	WALKBELT 1PLY 19.51 X 113.75 FOLD	1	06-0113	DECAL-10YR MOTOR WARRANTY	1
05-0033	EXTRUSION SIDE BRD LT & RT 56" FOLD	2	06-0114	END CAP DUAL GRAY	1
02-0119	HEX SCREW HD 1/4-20x3 1/4"	8	06-0115	INST MANUAL NEW FOLD	1
06-0004	PLUG-BASE 1.5 X 3" -16GA	4	06-0116	SPRING-DECK LIFT	4
06-0012	WHEEL 3"	2	06-0117	WASHER- FLAT 5/16 16GA ZP USS	9
02-0137	PLUG PUSH-IN	2	06-0118	WASHER- SPRING	2
02-0141	PUSH NUT BLACK.112 SHAFT	6	06-0119	NUT-PUSH 3/8 HAT BLACK 375012	4
02-0143	HEX BOLT 1/4-20x1"	8	06-0120	SCREW-SHCS 1/4-20 X 2 1/2"	2
06-0029	SPACER- WHEEL-3/16	4	06-0121	WASHER-FLAT NYLON 3/8	2
06-0079	FAN- MCM MOTOR-5" W/ 1/2" SHAFT	1	06-0122	SCREW- HEX HD 1/4-20 X 3 1/4"	8
06-0090	WHEEL- 2 3/8" (SNAP ON)	4	06-0123	PIN COTTER 1"	2
06-0117	SWITCH HOUSING ROUND GRAY	2	06-0124	CONSOLE ASSEMBLY LED MS4400HR	1
06-0014	BUSHING-STRAIN RELIEF #1237	1	06-0125	INST PACKET MS4400HR	1
06-0016	TIES-WIRE	7	06-0129	BRACKET-MOTOR COVER	7
06-0021	CLAMP WIRE 3367 7/16	1	06-0130	GUIDE BELT GLAVANIZED	2
06-0024	CLIP-ALLEN WRENCH	1	06-0132	BRKT CHANNEL SUPPORTS	2
06-0147	COVER FOR MOTOR FOLD GRAY	1	11-0013	AXLE- WHEEL - 2 3/8"	2
06-0148	BOTTOM PAN FOR WEDGE FOLD GRAY	1	11-0020	PIVOT PIN FOLD 3/8" & CHAMFER	2
06-0149	SHEET BOTTOM FOR FOLD BLACK	1	11-0022	BUSHING KEYED	9
06-0161	PLUG RECT 1X3X16 GA	2	11-0023	FLYWHEEL 1.125 10MPH FOR 2.5 ROLLERS	1
06-0163	EXT BOOT RT GRAY	1	12-0018	MOTOR- MCM#2953 2.0HP-REPLACES	1
06-0164	EXT BOOT LT GRAY	1	12-0022	ACTUATOR 400LB -MAYTECH	1
08-0099	SPEED BULLET	1	13-0045	JUMPER WIRE FOR SPEED BULLET	1
06-0084	BAG-PLASTIC 12x12 3MIL-INST PACKET	1	13-0046	HARNESS CONTROLLER 80"	1
08-0115	CONTROLLER 08-0050 W/OUT SWITCH	1	14-0028	DECAL- INCLINE REMOTE	1
08-0121	MAGNET & HOUSING	1	14-0054	DECAL- SPEED REMOTE	1
07-0050	ELECTRONICS 5 WIN LED GREEN	1	14-0171	STICKER- MOTOR HP 2.0	1
09-0020	ROLLER REAR 2.5"X24.5" CONV/FOLD	1	14-0205	DECAL- DISCONNECT- MOTOR COVER	1
10-0004	FOOT- RUBBER	2	14-0337	DECAL MOTOR COVER MS4200/6200	1
10-0018	GROMMET-SPEED BULLET	1			
10-0020	GRIP MOLDED ROUND	2			
10-0023	BOARD ISOLATORS 17/32" SHORT	8			
10-0024	TAPE-ADHESIVE 1'X 108FT ST567	1			

Page 21

KEYS FITNESS PRODUCTS, LP – LIMITED WARRANTY

PLEASE CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT.

This Limited Warranty applies in the United States and Canada only to products manufactured or distributed by Keys Fitness Products, LP ("Keys") under the Keys brand name. The warranty period to the original purchaser of the MS4200 and MS4400HR treadmills are (lifetime) on the frame and one (1) year labor. In addition, the MS4200 and MS4400HR includes ten (10) years on the motor and two (2) year parts warranty.

Keys warrants that the Product you have purchased for non-commercial, personal, family, or household use from Keys or from an authorized Keys reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of the date of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts. This Limited Warranty becomes VALID ONLY if the treadmill is assembled/installed by a Keys Fitness authorized dealer/technician unless otherwise authorized by Keys Fitness in writing (if anyone other than a Keys Fitness authorized dealer/technician assembles a Keys Fitness treadmill the warranty will be void unless accompanied by written authorization by Keys Fitness).

During the warranty period Keys will at no additional charge, repair or replace (at Keys' option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal non-commercial, personal, family or household use. In repairing the Product, Keys may replace defective parts, or at the option of Keys, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Keys. Keys reserves the right to change manufacturers of any part to cover any existing warranty.

To obtain warranty service, you must contact a Keys authorized service technician or Keys Fitness at our phone numbers located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty.

This warranty does not extend to any product not purchased from Keys or from an authorized Keys reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Keys; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Keys, or an authorized Keys warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product be submitted for warranty service be found ineligible therefore, an estimate of repair cost will furnished and the repair will be made if requested by you upon Keys' receipt of payment or acceptable arrangements for payment.

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PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN TEN (10) DAYS OF PURCHASE OR REGISTER YOUR TREADMILL ONLINE AT *www.keysfitness.com*
KEYS FITNESS PRODUCTS, P.O. BOX 551239, DALLAS, TX 75355-1239. THANK YOU!

KEYS FITNESS TREADMILL WARRANTY

TELEPHONE

FIRST   **M.I.**   **LAST**

ADDRESS   **APT. NO.**

CITY   **S**   **Z**

DATE OF PURCHASE   **MODEL NO.**   **SERIAL NO.**

How do you plan to use the treadmill?
Walk____   Run_____   Both_____

Who will use the treadmill?
Male____   Female_____   Both_____

How many family members? _____

AGE: 15-24____   25-34____
35-44____   45-54____
55-64____   65 +_____

Where did you learn about treadmills?
TV____   Radio____   Friend____

In Store Display____   Salesperson___

Print ad/flyer____   Internet_____

Why did you purchase a treadmill?

Dr.'s Orders____   Loose Weight____
In-home convenience____
Improve Cardiovascular Fitness___
Safety from outdoors____

Other _____

How important are each feature:
Least   Most
Unique Features
Horsepower
Warranty
Price
Look/Design
Folding Feature

Other Comments:
_____
_____
_____
_____
_____

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