



HEALTH TRAINER 800HR TREADMILL OWNER'S MANUAL

Model Name HT800HR

Serial Number _____

Purchase Date _____

Write down for future reference.

Keys Technical Service, (888) 340-0482

KEYS Fitness Products, LP

P.O. Box 551239

Dallas, TX 75239-1239

Part# 15-0124



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Specification Sheet

Horsepower (Continuous)	2.50hp
Display Type	5 Window LED <i>With green pace display</i>
Electronics	One touch
Pre-Set Programs	4
Semi-Custom Programs	8
User Programs	2
Heart Rate Program	1
Heart Rate Interactive	Yes
Power Incline	12%
Roller Diameter	2.5"
Cushioned Deck	Yes
Speed Range	0-10mph
Orthopedic Belt	20 x 56"
Side Hand Rails	Yes
Foot Print	32 x 71"
Folded Foot Print	32 x 26"
Warranty Motor	10 Years
Warranty Parts	2 Years
Warranty Labor	1 Year
Warranty Frame	Lifetime



Important Safety Information

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.

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 the KEYS HEALTH TRAINER 800HR treadmill! This quality product you have chosen was 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 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 drawing 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**



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 tendon, 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 HT800HR is 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 POSITION. 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 1

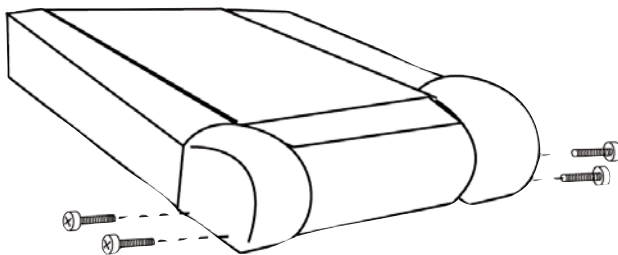


Figure 2



Power Requirements

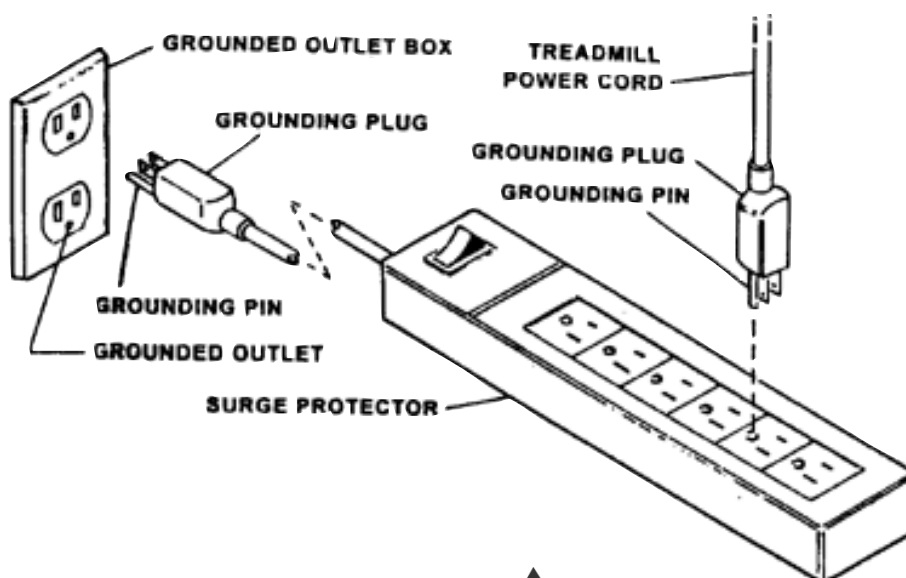
IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDING. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT IF IT WILL NOT FIT THE OUTLET. HAVE 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 UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with 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 with 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

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

WORKOUT TIME/PACE 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

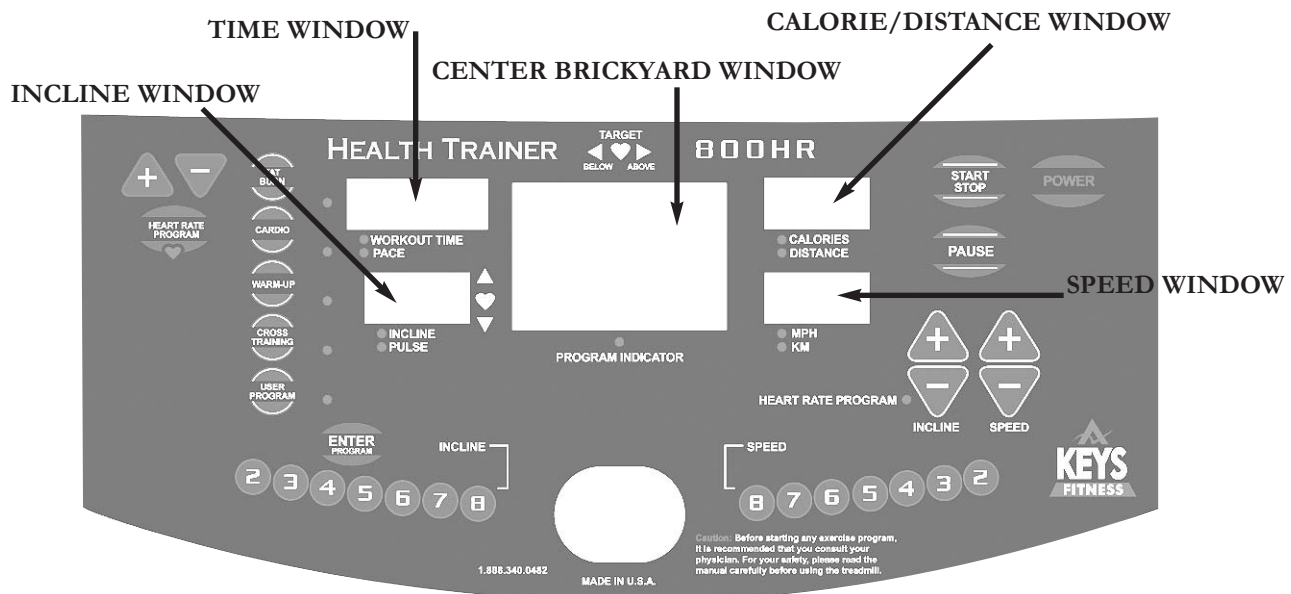
- ◆ **DISTANCE:** Indicates Miles or Kilometers traveled in .01 increments up to 9.99 and .1 increments starting at 10.0
- ◆ **CALORIES:** Indicates estimated calories used based on 150 lb. person at the indicated speed, incline, and time

INCLINE WINDOW

- ◆ **INCLINE:** Indicates incline in percent of grade 0-12% in 0.5 increments

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.
- ◆ In Program mode, the treadmill will display the name of the program selected This is shown on the left hand side of the window. In Manual mode, the LAP counter will appear in the top center of the window, counting each 1/4 mile lap in sequence of completion (1, 2, 3, etc.)

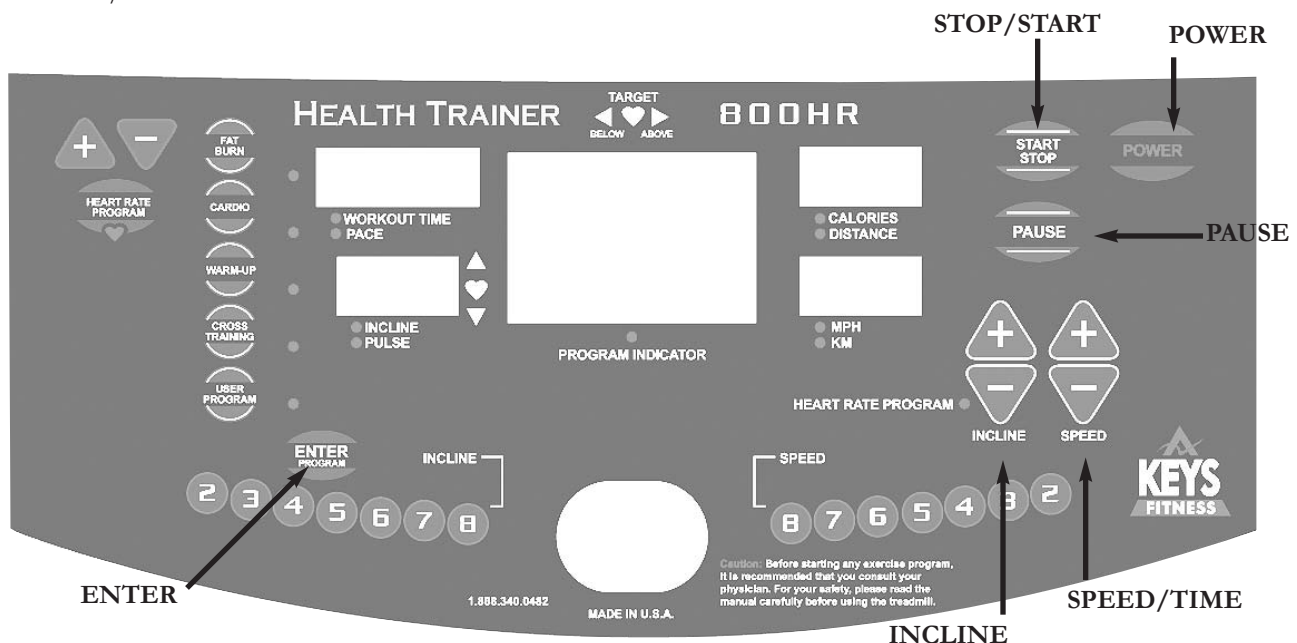


Program and Operating Instructions

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QUICK START / MANUAL MODE

- ◆ Plug into a surge protector outlet. Attach the **Red Safety Key** on to the treadmill console.
- ◆ Stand on the treadmill and straddle belt. Attach safety key clip to your clothes.
- ◆ 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.
- ◆ 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) button.
- ◆ 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 time window will blink. Use the SPEED + 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.

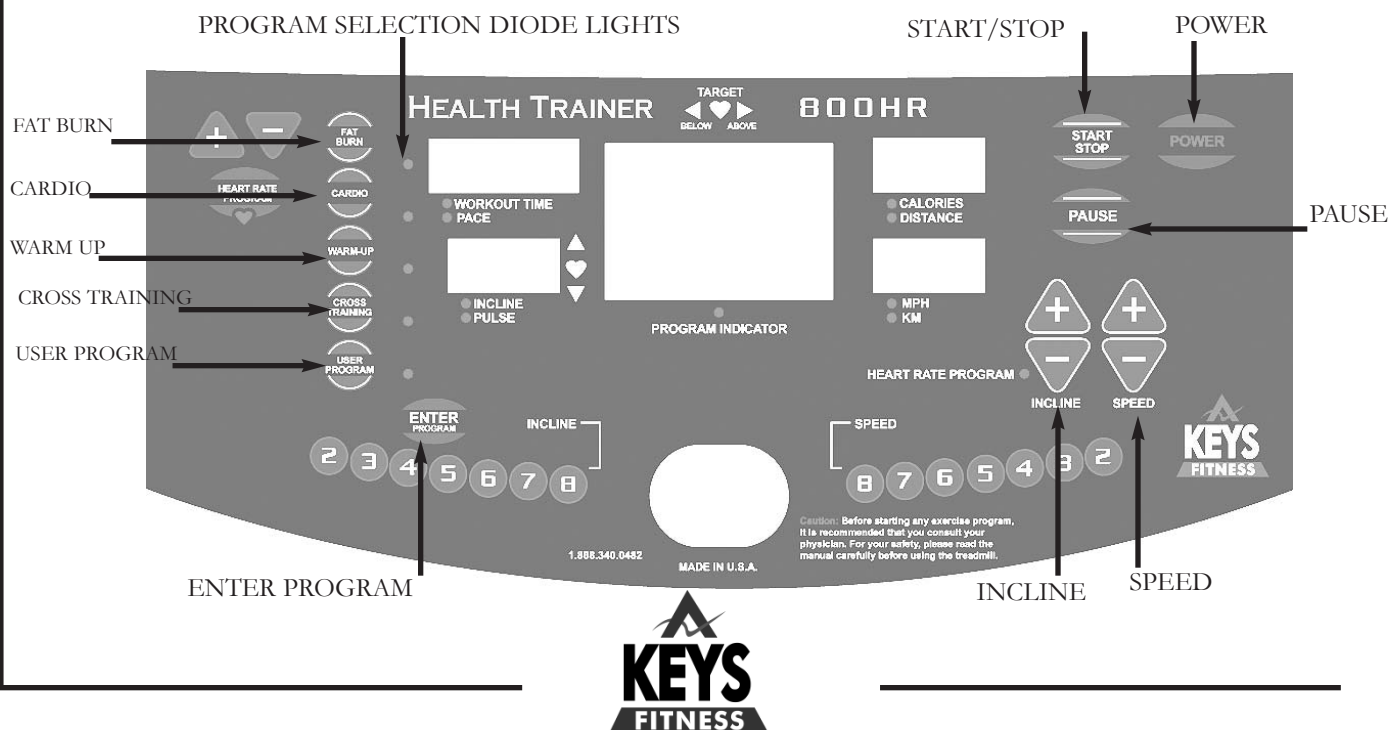


Program and Operating Instructions

PROGRAM MODE

Plug treadmill into a surge protector outlet. Attach the Red Safety Key on to the treadmill console.

- ◆ Stand on the treadmill and straddle belt. Attach safety key clip to your clothes.
- ◆ Press POWER button. There will be an eight (8) second delay before data can be entered. The TIME window will flash.
- ◆ There are four (4) pre-set and eight (8) semi-custom pre-set programs on the HT800HR. The treadmill includes FAT BURN, CARDIO, WARM-UP, and CROSS TRAINING programs. 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.
- ◆ **CUSTOMIZING PROGRAMS in P1 and P2 Mode:** Each pre-set program (Fat Burn, Cardio, Warm-up, Cross Training) can be customized in the P1 or P2 mode. After making the program selection, the Calorie window will read "OP". The "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 window will read P1. The "P1" mode is now accessed. You can now program the Time, Speed, and Incline in P1 mode, which will be saved for future workouts.
 - 1) The WORKOUT TIME window will blink. Use the SPEED + or – arrows to select your workout time. Press ENTER PROGRAM.
 - 2) The SPEED window will then blink. Use the same + or – arrows to select the speed for your workout. Press ENTER PROGRAM.
 - 3) The INCLINE window will then blink. Use the INCLINE + or – arrows to set your workout incline. 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 steps 1-3 to customize P2 settings.
- ◆ **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 to change to a new setting in P1-FAT BURN, 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.



Program Instructions Heart rate Mode

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See page 13 for pictures and diagrams

HEART RATE MONITOR MODE

The treadmill may at any time be used in the Heart Rate Monitor Mode. If the signal from the chest strap is detected, heart rate BPM will be displayed in the INCLINE window. The incline will only be briefly displayed if manual or program changes are initiated. The Heart Rate program is designed to keep your heart at a desired amount of “beats per minute” by automatically adjusting the incline. For example, you have programmed in a desired heart rate of 125 BPM and your heart rate is only at 110 BPM. If you are wearing the Heart Rate Transmitter, correctly the incline will automatically increase to intensify the work load, causing your heart rate to slowly climb to 125 BPM. The treadmill will attempt to maintain your target heart rate through adjustments to the incline for the remainder of your workout. In the same respect, if your heart rate is above your programmed amount of BPM's, 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 the incline by simply pressing the correct corresponding button. You may also change your “Target Heart Rate” at any time by pressing the TARGET UP or TARGET DOWN button.

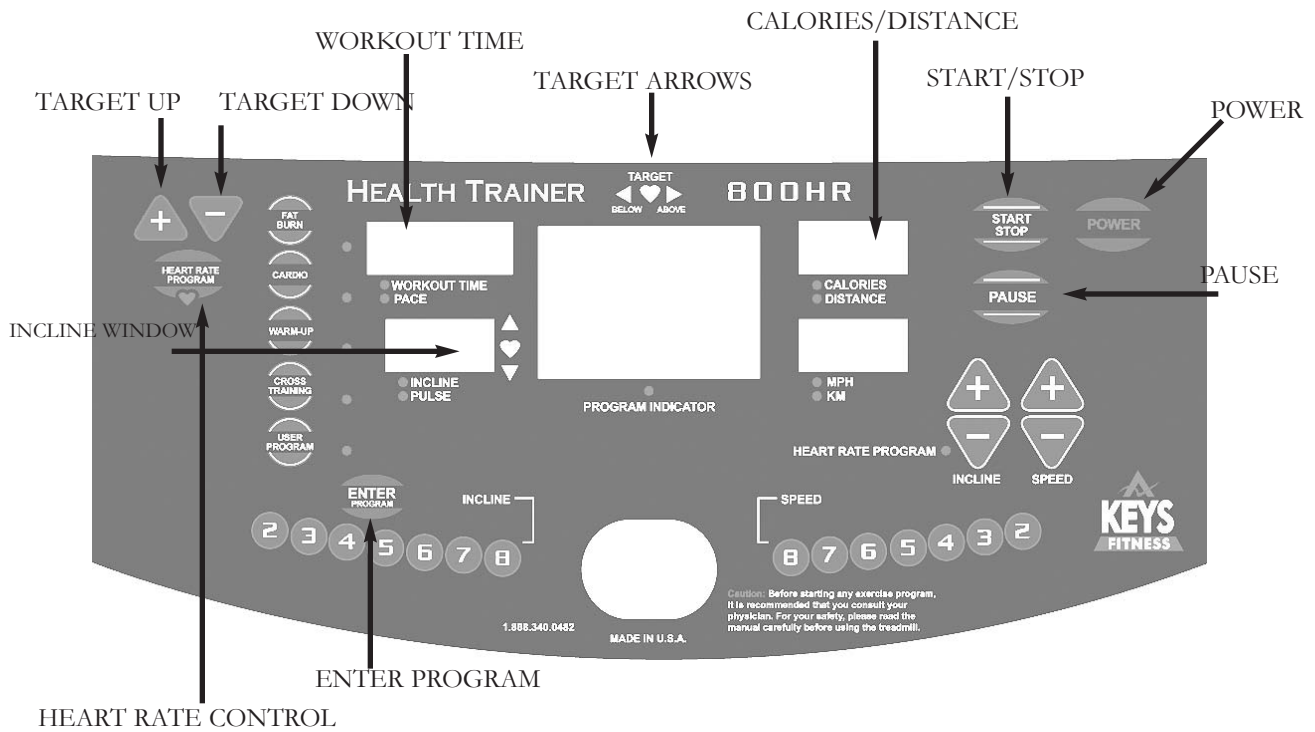
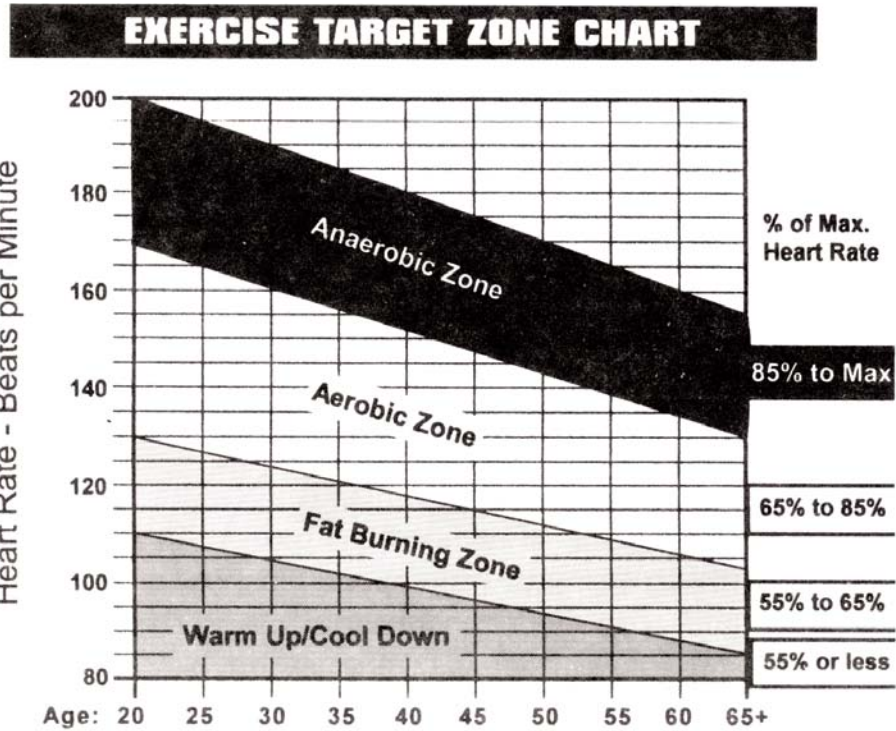
HEART RATE PROGRAM OPERATION

- ◆ Plug treadmill into a surge protector outlet. Attach the Red Safety Key on to the treadmill console.
- ◆ Stand on the treadmill and straddle belt. Attach safety key clip to your clothes.
- ◆ Press POWER button. Place the Heart Rate Transmitter strap across your chest and connect ends. (Make sure your skin is moist and the strap is snug for accurate transmission). At this time, if the display is receiving a signal from the chest strap, the incline window will begin to settle on your current heart rate.
- ◆ Press the HEART RATE CONTROL button to enter the electronics into the Heart Rate Program. The incline window will momentarily flash ‘125’, which is the default program target heart rate.
- ◆ The WORKOUT TIME window will blink. Use the SPEED + or – arrows to select your workout time. Press ENTER PROGRAM.
- ◆ The SPEED window will then blink. Use the same + or – arrows to select the speed for your workout. Press ENTER PROGRAM.
- ◆ The incline window (if receiving your heart rate accurately) will show current BPM, and the small red light labeled PULSE adjacent to the incline window, will be illuminated. (If the receiver is not receiving an accurate reading, the incline window will be flashing - - -).
- ◆ To adjust the pre-set target heart rate press the TARGET +/TARGET- button then press the ENTER PROGRAM button.
- ◆ Press START/STOP button. Belt will begin to move after 4 seconds. Step on belt slowly after the belt starts moving.
- ◆ Press START/STOP button. Belt will begin to move after 4 seconds. Step on belt slowly after the belt starts moving.

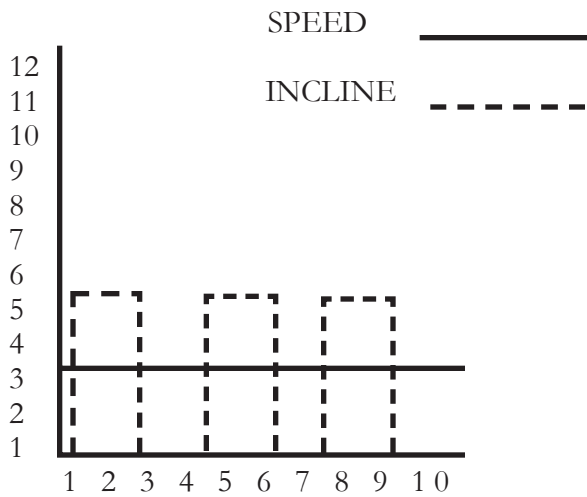
The small light at the top of the console labeled TARGET will be illuminated if you are at your target. If you are not, the arrow shaped lights will illuminate and reflect if you are above or below your goal. If you are not within 25 BPM of your “Target heart rate” the program will not work. **DO NOT STOP TO START OVER.** Continue exercising and your heart rate will naturally increase. The program will continually monitor your heart rate and periodically adjust the incline up or down to increase or decrease the resistance thereby keeping you at your target zone. At the conclusion of the programmed time the TIME window will flash 00:00 and the CALORIES/DISTANCE window will continue to accumulate values. The treadmill will continue operation until the START/STOP button or the PAUSE button is pressed. Press the POWER button to turn off the treadmill.



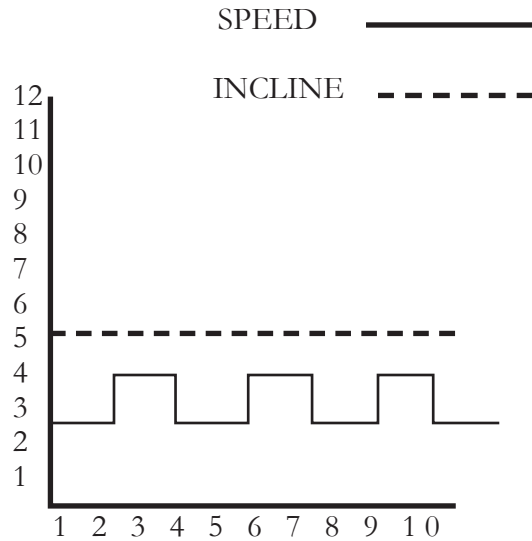
Program Instructions Heart rate Mode



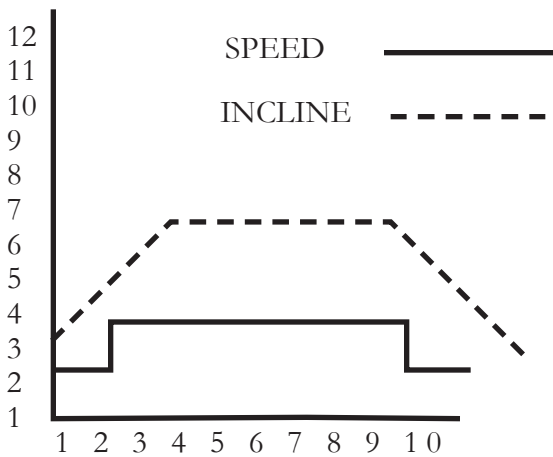
Program Profiles



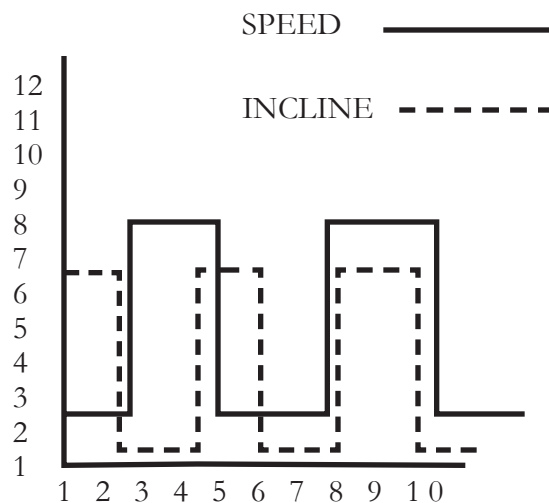
The **Fat Burn Program** is designed to vary the treadmill elevation, while maintaining a constant walking belt speed.



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 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 $\frac{1}{4}$ turn in the clockwise direction. Next, run the treadmill at 2.5 mph. You should see the belt start to correct itself by 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ 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.

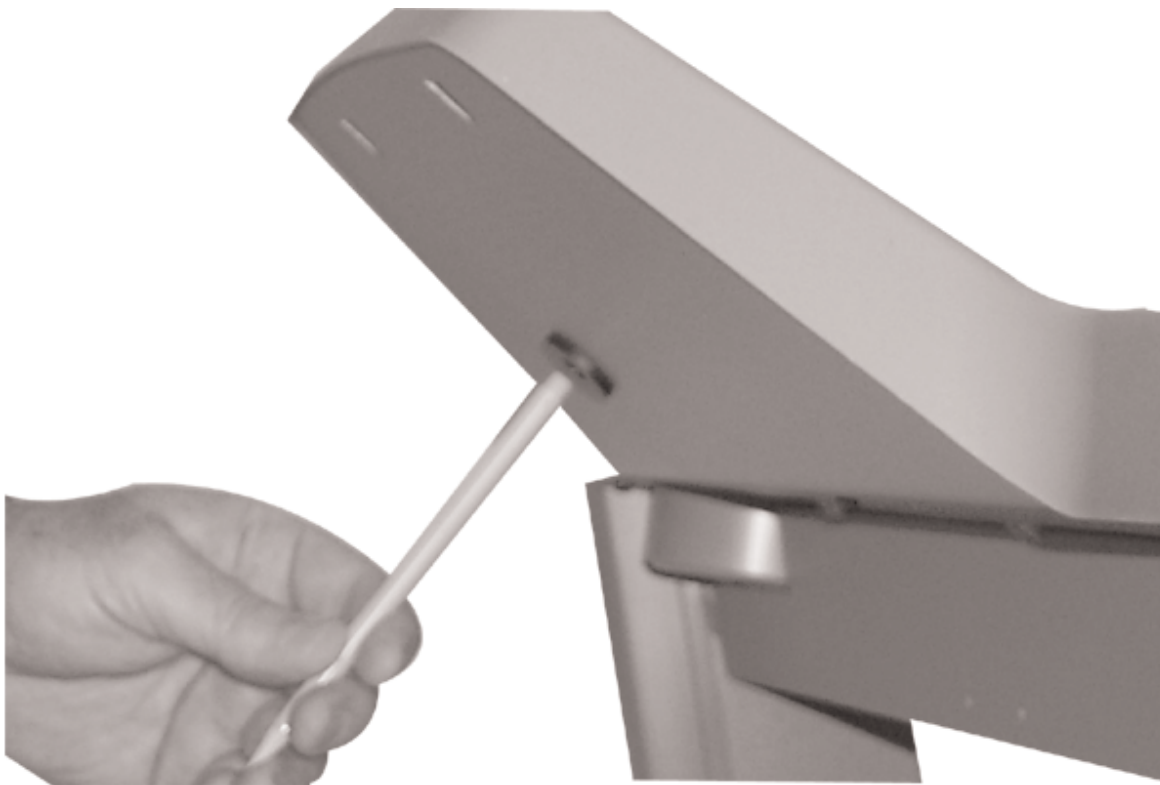


- ◆ Turning the hex key counter clockwise brings the rear rollers belt towards you.
- ◆ Turning the hex key clockwise pushes the rear roller and belt away from you.

Change Miles per hour to Kilometers per hour

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 where the treadmill is located. 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 loses 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 where the treadmill is located. If it has tripped, reset or have an electrician replace the breaker in home.
- 3 If the 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 15.
- 2 Need help? Call Keys Technical Service at (888) 340-0482.

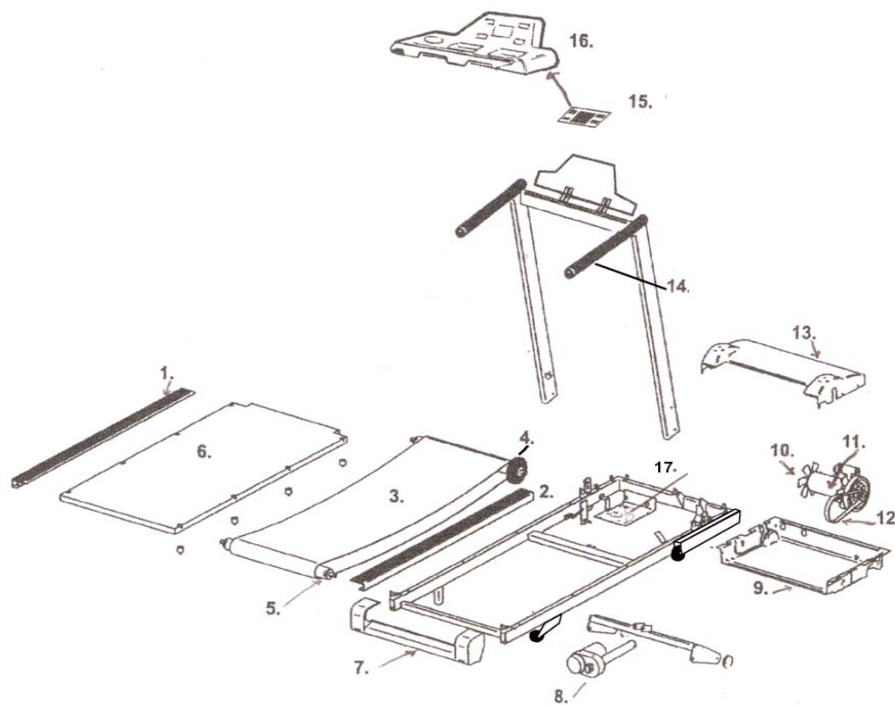
Treadmill Error Messages.

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.**



		Part #
1	Left Side Extrusion Rail	05-0041
2	Right Side Extrusion Rail	05-0041
3	Treadmill Belt	04-0019
4	Front Roller Assembly	24-0176
5	Rear Roller	09-0020
6	Treadmill Deck	03-0014
7	End Cap (L/R)	06-0166 / 65
8	Elevation Motor (acuator)	12-0045
9	Bottom Motor Pan	06-0156
10	Small Fan	06-0079
11	Motor	12-0033
12	Poly V Belt	04-0004
13	Motor Hood Cover Top	06-0157
15&16	Console Assembly	24-0186

Please review the following drawing 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.



Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>