KEYS

PRO 400 FOLDING TREADMILL

MODEL NO._____

SERIAL NO._____

The Model and Serial numbers are located on frame just below the motor hood cover. Please write down these numbers in the spaces provided above for future reference.

QUESTIONS?
DO NOT RETURN this product to the store where purchased.
CALL OUR TOLL FREE HELPLINE
USA: (888) 340-0482
Canada: (800) 897-6025

CAUTION!
Please read the precautions and instructions in this manual before using this equipment. Please save this manual for future reference.

OWNER'S MANUAL

KEYS FITNESS PRODUCTS, L.P.
P.O. Box 551239
Dallas, Texas 75238-1239

MADE IN U.S.A.

15-0024
04-00

PRO 400 Treadmill
OWNER'S MANUAL

KEYS.

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Important Safety Information

1) 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. Keys Fitness Products LP assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

2) 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 250 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 be 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 be allowed to 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 a Keys treadmill technician. 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! This quality product you have chosen was designed to meets your needs for cardiovascular exercise.

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

- 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 50 years, do not use the pre-set treadmill programs or start an exercise program without first contacting a getting 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.

Caution!

BEFORE OPERATING THE CONSOLE, READ THE FOLLOWING PRECAUTIONS

Before operating your treadmill, become familiar with all operating controls, their function and location.

Do not stand on the walking belt while pressing the power button or start/stop button. Never operate the treadmill without the safety key clip attached to your clothing. If the safety key is pulled from the console, the walking belt will stop. When the safety key is removed from the treadmill, Si 1 will appear on the electronics readout. Press the power button to power down or after a few seconds the treadmill will automatically shut off. Press the power button to turn the power back on.

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, or if you are not active, or if you are over the age of 50 years, do not use the fat burn or cardio programs without first consulting your physician.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console, and use only a sealed water bottle.

If your treadmill fails to display a value in all windows, the electronics may need to be reset. To reset the electronics, simply unplug the power cord from wall outlet, wait one minute and then reinsert power cord into wall outlet. If this procedure fails to work, please call 888-340-0482 for additional assistance.

FULLY ASSEMBLED

How to Plug in the Power Cord

WARNING!

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. Keys 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. The Keys 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 (1) below. A temporary adapter shown below (2) can be used to connect the surge protector to a 2-pole receptacle if a properly grounded outlet is not available. This temporary adapter should only be used until a properly grounded outlet (3-pole) receptacle can be installed by a qualified electrician.

The green colored lug or equivalent 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. Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to insure the outlet box cover is grounded before using an adapter.
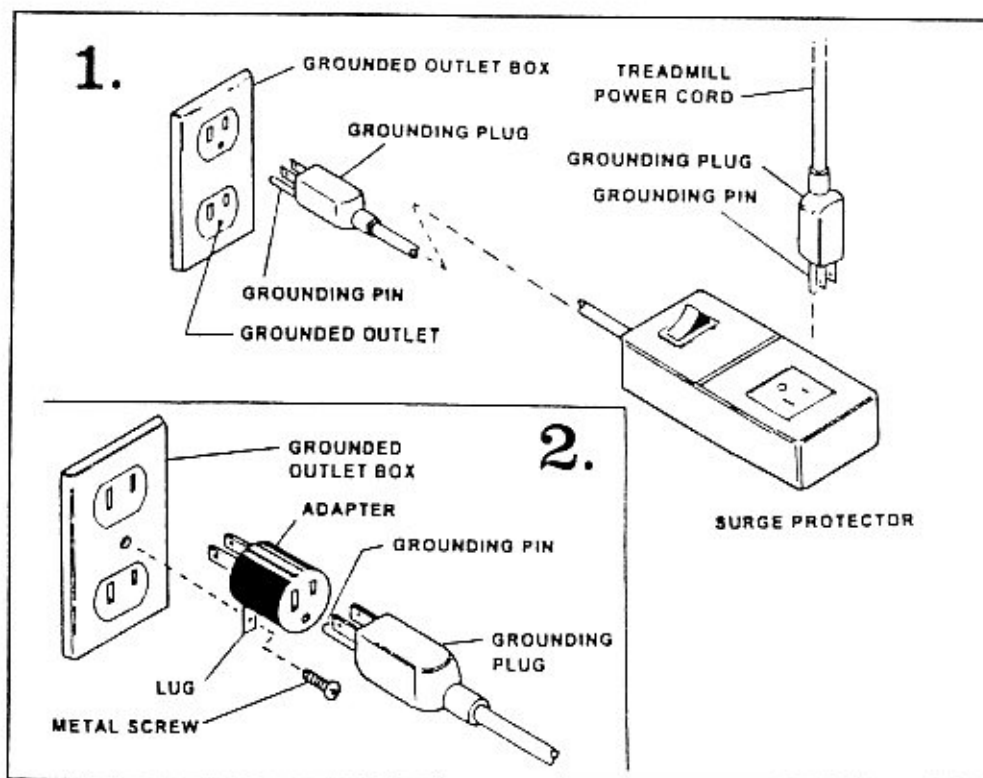
Folding and Storage Instructions

TO LOWER THE TREADMILL FOR USE:

Place both hands onto upper end of treadmill as shown. Using your right foot, depress the safety latch (1) and gently lower the treadmill to the floor (2) and (3). To reduce the possibility of injury, bend your legs and keep your back straight while performing this procedure.

TO RAISE THE TREADMILL FOR STORAGE:

Place both hands onto rear end of treadmill as shown. Gently raise the treadmill to the upright position until the safety latch fully engages over the latch rod. To reduce the possibility of injury, bend your legs and keep your back straight while performing this procedure.

Make sure the safety latch is fully engaged over the latch rod!

1.

SAFETY LATCH

2.

3.

8
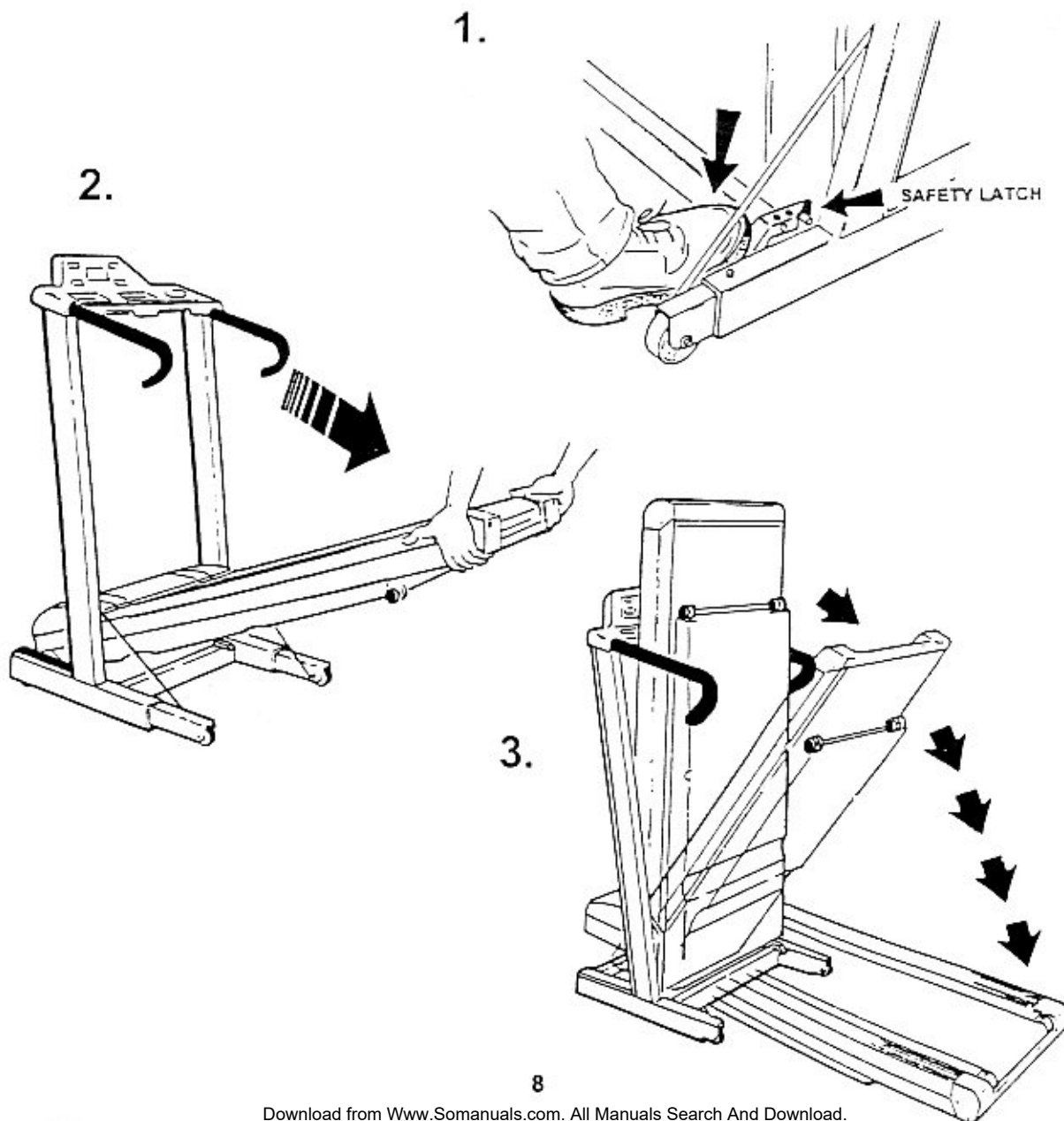
Console Functions

There are four display windows on the control panel to provide you with vital 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

SPEED WINDOW

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

DISTANCE WINDOW

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

CALORIES WINDOW

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

Console Descriptions

MODE BUTTON – Accesses Programs for Fat Burn, Cardio, or Warm Up, Press once for Program, or twice for P1 or press three times for P2.

The **PAUSE** button pauses (stops) the treadmill while it is in operation. The Pause button also works as a re-start button after treadmill has Paused. The Pause button also functions as a re-set button for previously programmed P1 and P2 programs. CAUTION: When re-starting with the Pause button, treadmill will resume previous speed prior to pausing.

MODE

PAUSE

ENTER PROGRAM

+

SPEED/TIME

−

START STOP

Emergency Stop

POWER
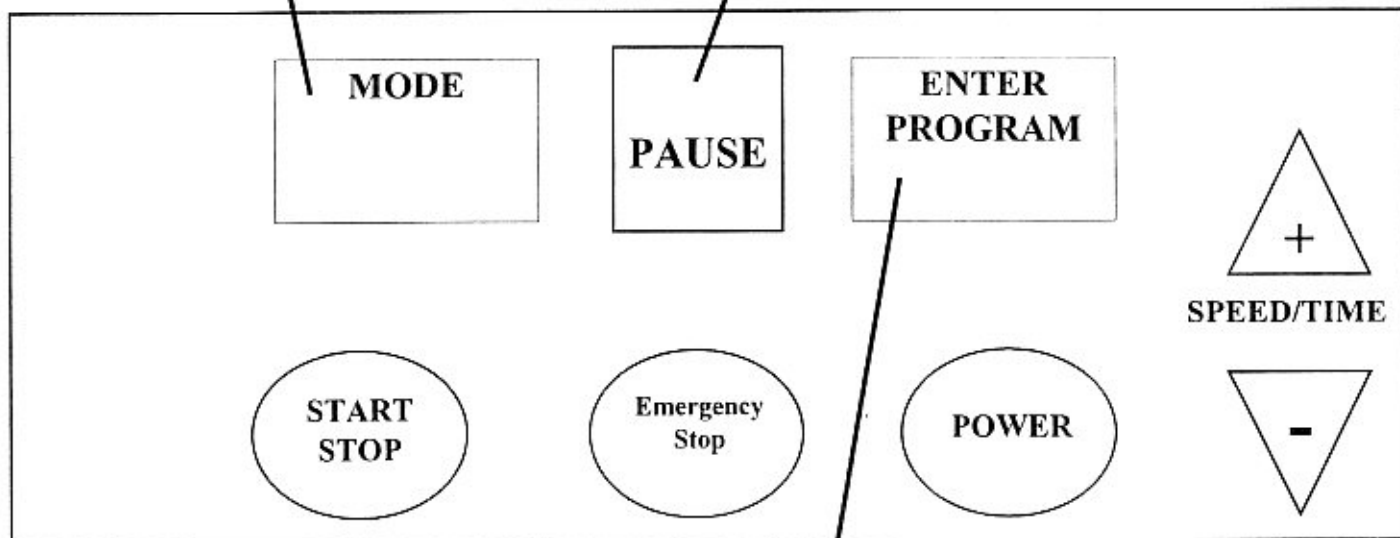
The **START/STOP** button puts the treadmill in motion. Will also Stop treadmill while in motion, reverting treadmill to original start up mode.

ENTER PROGRAM Button-
To enter a program, make your selection by pressing the MODE Button. The Time window will then blink. After selecting time, press the ENTER PROGRAM button to set. Follow the same procedure for desired speed.

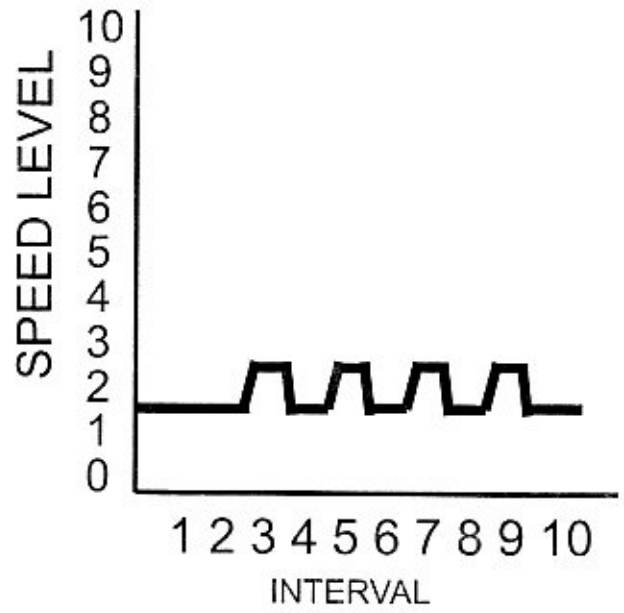**POWER** button Turns on Power to Console.

SPEED +/- buttons increase (+) or decrease (-) speed and time in programming mode.
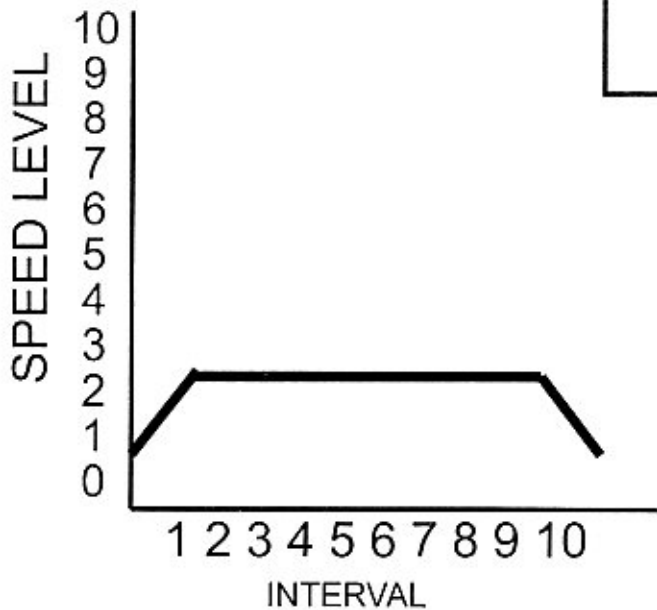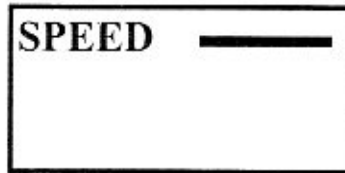
Program Profiles
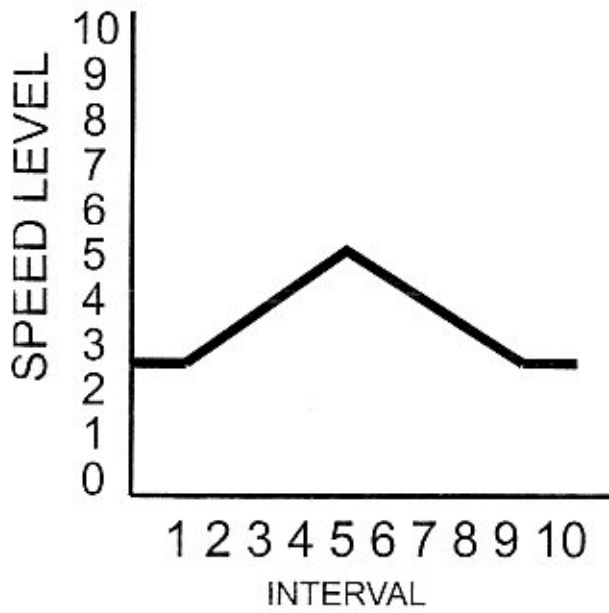
SUMMIT PROGRAM
Constant Speed throughout program.

CARDIO PROGRAM
Speed changes on alternating intervals.

SPEED ————

WARM UP PROGRAM
Gradual Speed increase to plateau, ending with gradual decrease in Speed.

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ADJUSTING THE INCLINE

1 Raise the treadmill to the upright position, making sure the SAFETY LATCH engages.

2 Pull the round black pop pin handle. With the other hand, grab one of the wheels to use as a lever. Adjust the the incline by moving the wheel up or down. You will see three holes for the different adjustment positions.

3 Set the pop pin to the desired position. The three positions, in percent of grade, are zero, five, and ten percent grade.

   Make sure the pop pin "sets" correctly into the hole. If the round black pop pin handle protrudes from the housing, it has not been set.
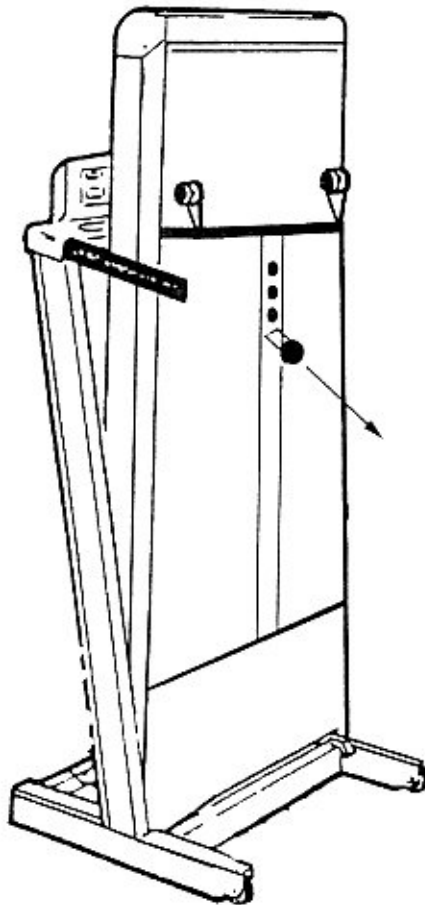
Operating Instructions

QUICK START / MANUAL MODE

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

- 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 and Incline may be preset prior to getting started. After pressing the POWER button, the SPEED/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. To start, press the START/STOP button.

PROGRAM MODE

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

- 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 three (3) preset programs to choose from: Fat Burn, Cardio, and Warm Up (see the program profiles later in this manual). Select the MODE button and the light above the program name on the console will light up and an "OP" will be displayed in the Calories window. Continue to press the MODE button for the desired program.

- 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 can be customized in the P1 or P2 mode. The P1 and P2 modes allow you to save the information for future use. After making the program selection with the MODE button, the CALORIES window will read "OP." The "OP" refers to "original program" and is pre-set. Press the MODE button once more, and the CALORIE window will read P1. The "P1" mode is now accessed. You can now program the Time in P1 mode, which will save your entered information for future use. The time window will blink. Use the SPEED/TIME + or - arrows to select your workout time, then press the ENTER PROGRAM button. The SPEED/TIME window will now be flashing. Using the same + or - arrows, select the speed for your workout, then press ENTER PROGRAM. To start, press the START/STOP button. To access P2 mode, press the MODE until the P2 shows in the CALORIE window for your selected program. Follow the above procedure to customize. **PLEASE NOTE:** Once you have programmed the P1 or P2 modes, you will need to use the PAUSE button to change the program you previously entered.

Maintenance Instructions

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

DECK LUBRICATION INSTRUCTIONS

The treadmill deck has been pre-lubricated at the factory. For optimal deck life and performance, the deck should be checked periodically for lubrication. Keys recommends checking the deck every 30 days or 30 hours of operation (See Diagram below). Lift the edge of the belt and feel the top of the deck, reaching as far to the center as possible. If it feels slick, then no further lubrication is required. If it feels dry to the touch, lubrication is required. Keys recommends NAPA 8300 silicone or Pyroil Silicone Lubricant, available at most auto parts and/or hardware stores. Follow the directions here for applying silicone:

TO APPLY LUBRICANT TO THE WALKING BOARD:
1) Position the belt so that the seam is located on top and in the center of walking board.
2) Insert the red spray extension tube (included with silicone spray) into silicone spray nozzle.
3) Lift the edge of the belt and position the red extension tube approximately 6" from the front of the belt. Apply silicone lubricant to the deck moving from the front towards the rear. Note: Spray time should not exceed 4 seconds. Repeat for the other side of the deck. **WARNING! DO NOT over lubricate the deck. Any excess lubricant should be wiped off immediately. Do not spray silicone lubricant inside the motor compartment.**
4) After application, allow the silicone to penetrate for approximately one minute.
5) To help spread the silicone, turn the treadmill on to 2 miles per hour and walk on all surface areas. Lubrication is complete!

CLEANING

Routine cleaning of your Keys 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.

DO NOT CLEAN OR WIPE UNDERNEATH THE BELT!

Seam

Approx. 6"
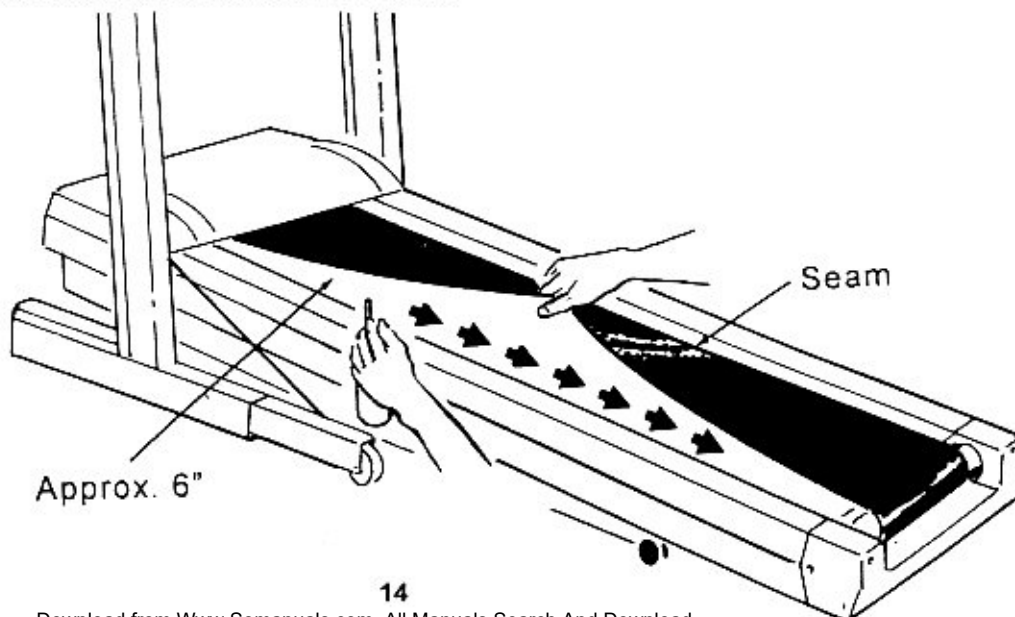
Belt Adjustment and Tension

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 left or right or if the belt slips while walking:

WALKING BELT HAS SHIFTING TO THE LEFT (Diagram 1)

First, unplug the power cord from the surge protector. Using the hex key provided, turn the left rear roller adjustment bolt 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 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 to below to the "Walking Belt Slipping" instructions.

WALKING BELT HAS SHIFTING TO THE RIGHT (Diagram 2)

First, unplug the power cord from the surge protector. Using the hex key provided, turn the right rear roller adjustment bolt 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 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 to 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.

WARNING: Incorrect tension adjustment (too tight) may cause pre-mature roller failure. Do not over tighten.
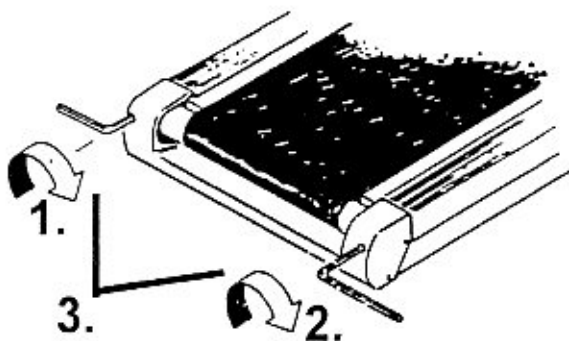
Troubleshooting Guide

Treadmill will not start.

1) 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 "How to Plug in the Power Cord)

2) 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.

3) 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.

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

Treadmill looses 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 our toll-free HELPLINE, (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-guage 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 our toll-free HELPLINE, (888) 340-0482.

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

1) Refer to "Belt Adjustment and Tension" section.

2) Need help? Call our toll-free HELPLINE, (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 our toll-free HELPLINE, (888) 340-0482 for recalibration procedures and self check information.

Error Codes include: E11, E22, E33, SI-1, SI-2

Exercise Guide

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. Keys Fitness Products LP assumes no responsibility for personal injury or property damage sustained by or through the use of this product.
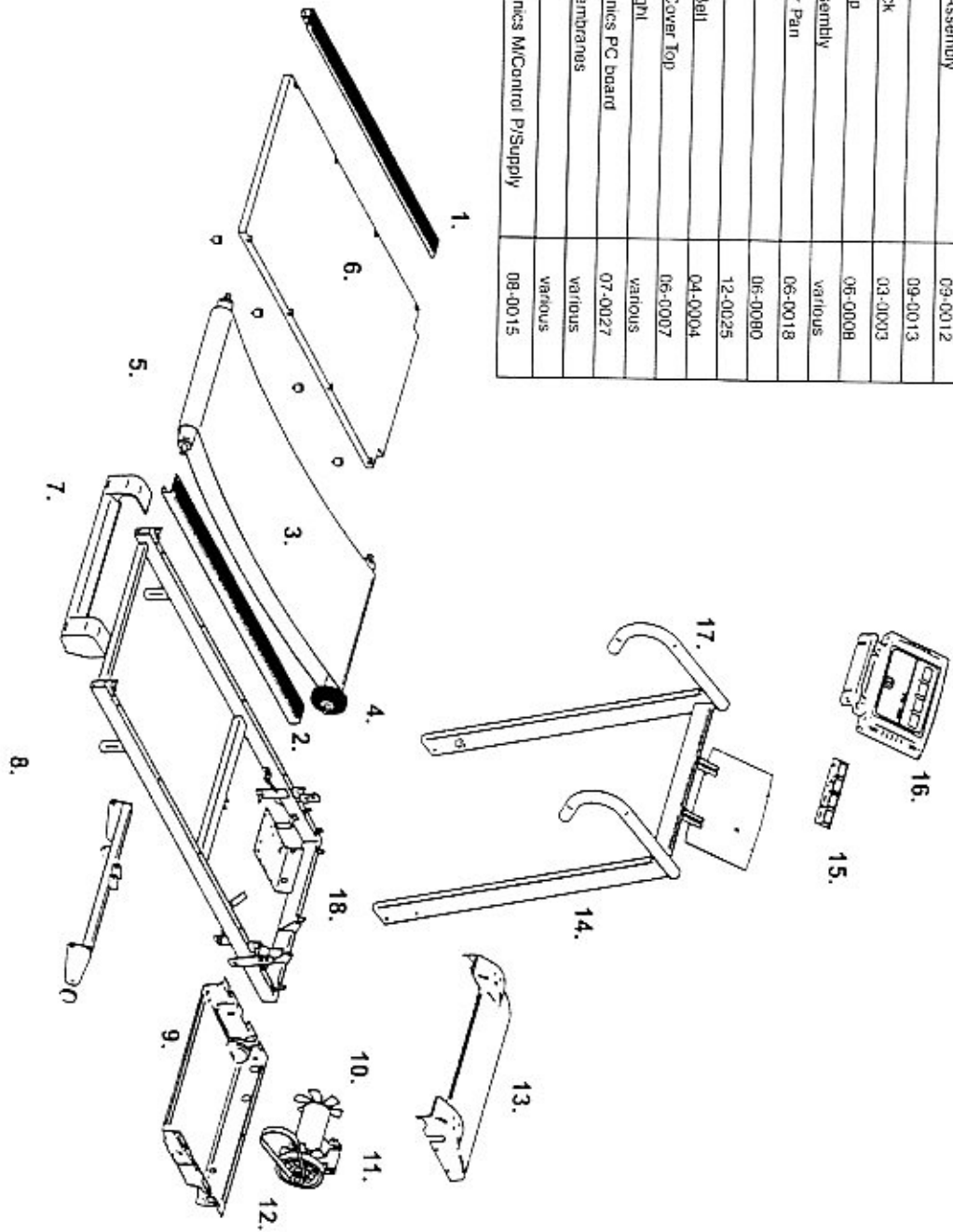
WARM UP

Warming up prepares the body for 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 drawings on this page show several forms of basic stretching you may perfore before your workouts. Again, consult a physician before starting this or any other exercise program!

1) Toe Touch Stretch (Repeat 3 times). 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.

2) Hamstring Stretch (Repeat 3 times). 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. Repeat with the other leg. This will stretch your hamstrings, lower back, and groin.

3) Calf/Achilles Stretch (Repeat 3 times). 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. Repeat with the other leg. This will stretch your calves, achilles tendos, and ankles.

4) Quadriceps Stretch (Repeat 3 times). 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. Repeat with the other leg. This will stretch your quadriceps and hip muscles.

5) Inner Thigh Stretch (Repeat 3 times). 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.
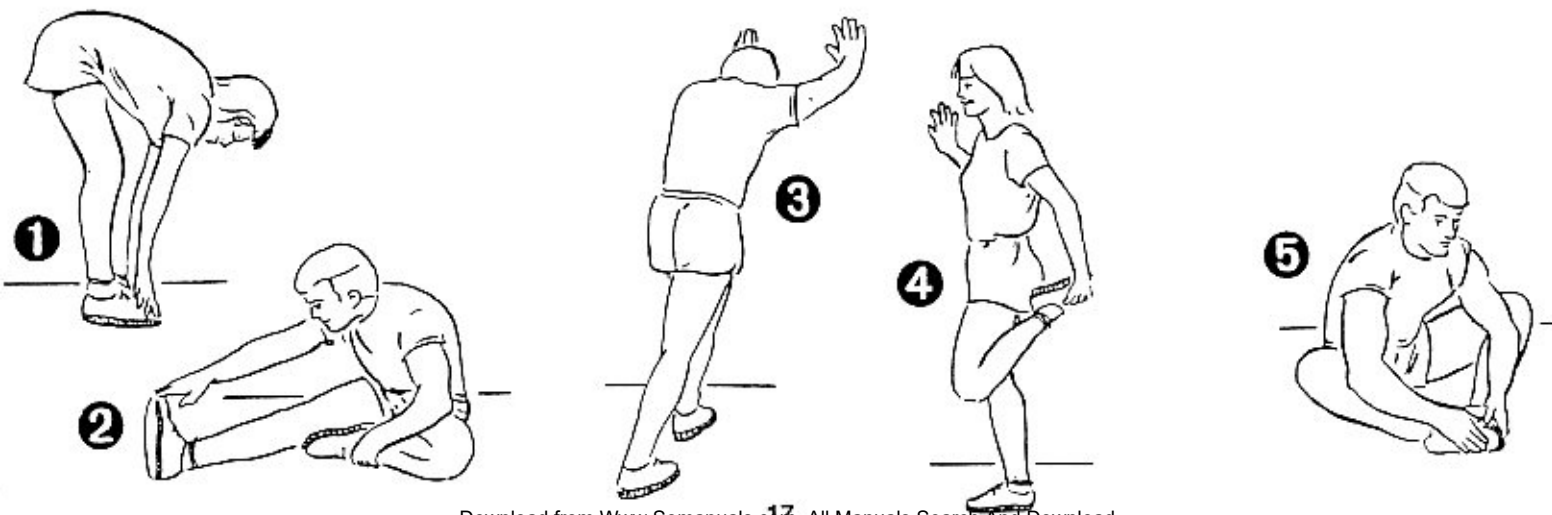
		Part #
1	Left Side Extrusion Rail	05-0007 Left
2	Right Side Extrusion Rail	05-0007 Right
3	Treadmill Belt	04-0001
4	Front Roller Assembly	09-0012
5	Rear Roller	09-0013
6	Treadmill Deck	03-0003
7	Rear End Cap	05-0008
8	Elevation Assembly	various
9	Bottom Motor Pan	06-0018
10	Motor Fan	06-0080
11	Motor	12-0025
12	Motor Drive Belt	04-0004
13	Motor Hood Cover Top	06-0007
14	Console Upright	various
15	Upper electronics PC board	07-0227
16	Console & Membranes	various
17	Handlebars	various
18	Lower Electronics M/Control P/Supply	08-0015

PRO 400 FOLDING TREADMILL

KEYS

Dear Keys' Treadmill Customer!

Thank you for purchasing a Keys' treadmill! You have now invested in a superior quality product and a fitness lifestyle. We here at Keys Fitness Products have produced what we believe is the finest treadmill with exceptional value. A dedicated team of employees manufactures all Keys treadmills at our plant in Tyler, Texas.

Should you ever have a question concerning your treadmill, please feel free to give us a call at 1-888-340-0482. We will be glad to be at your service!

Sincerely yours in fitness!

Keys Fitness Products, LP

QUESTIONS?

CALL OUR TOLL FREE HELPLINE

USA: (888) 340-0482
or
(214) 340-8888

Canada: (800) 897-6025

CAUTION!
Please read the precautions and instructions in this manual before using this equipment. Please save this manual for future reference.

OWNER'S MANUAL

KEYS FITNESS PRODUCTS, L.P.
P.O. Box 551239
Dallas, Texas 75238-1239

MADE IN U.S.A.

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