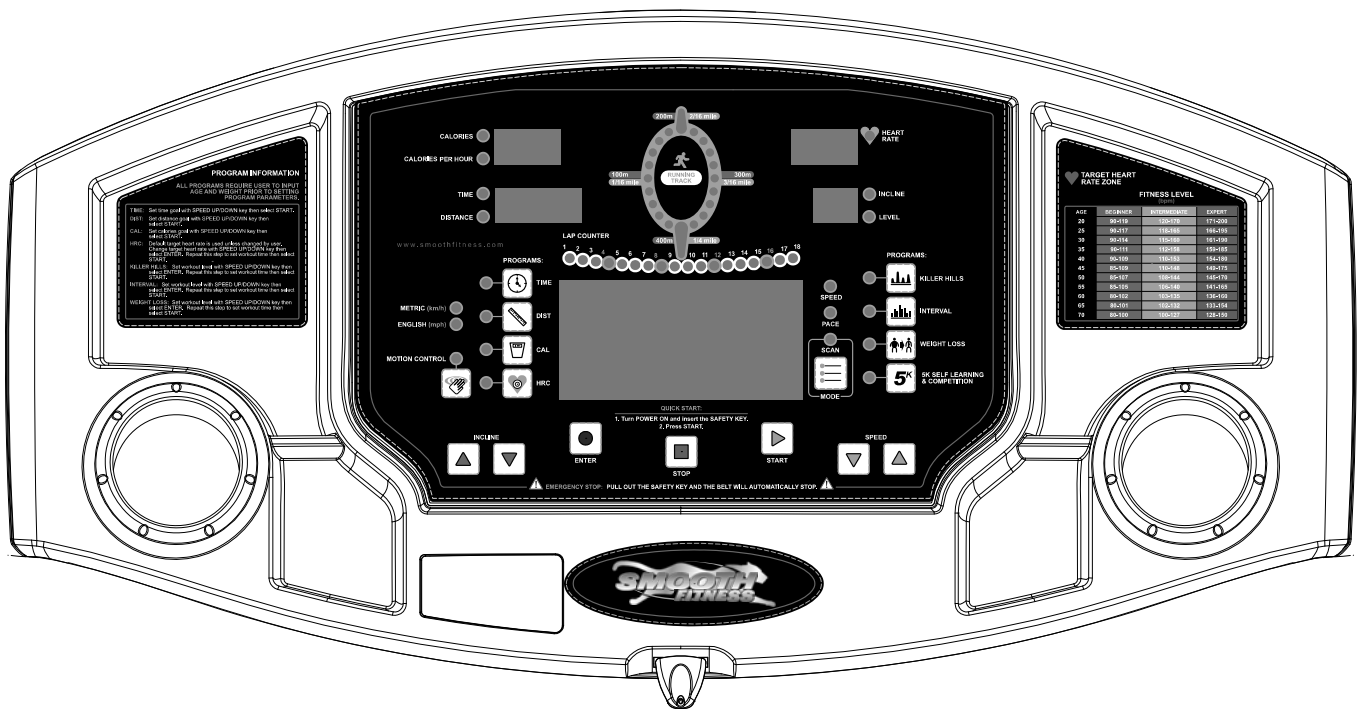


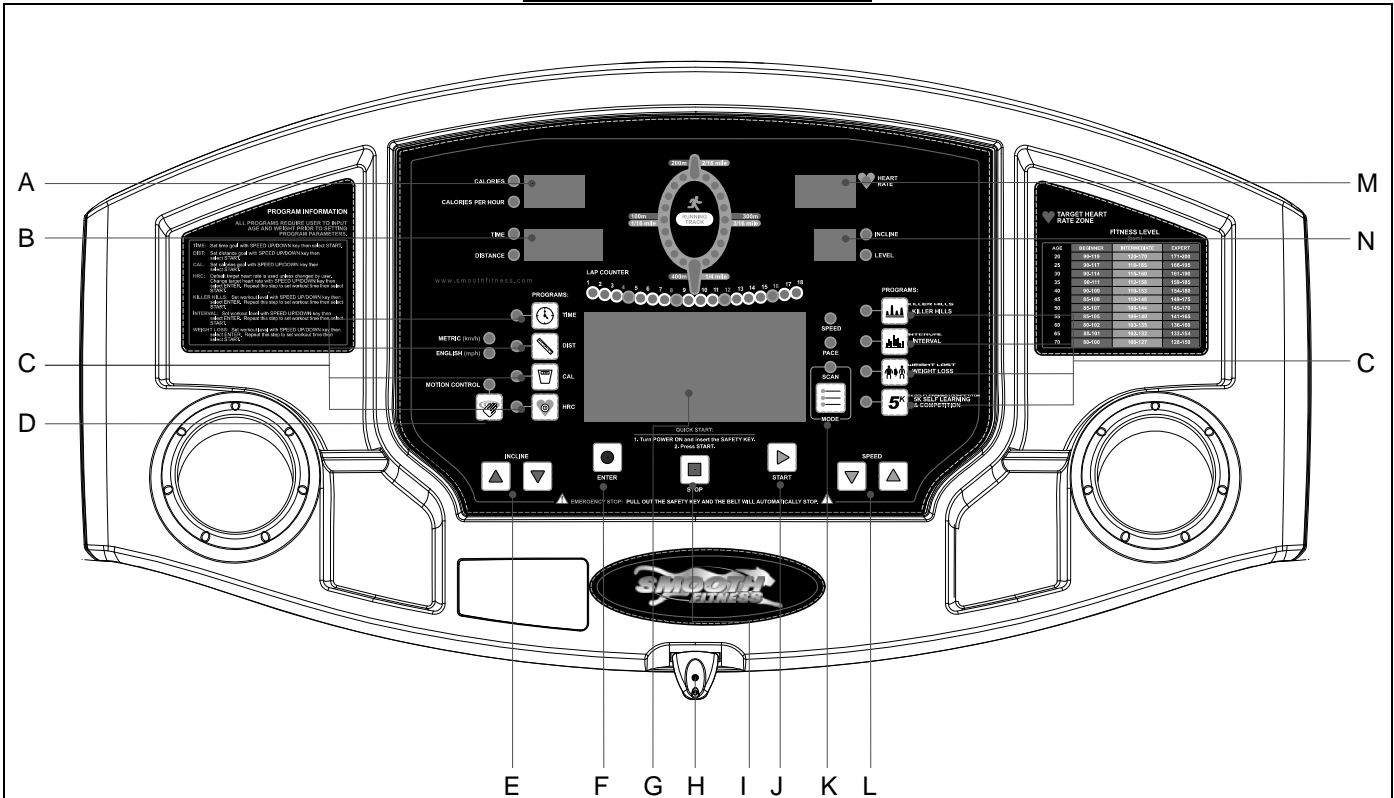
# COMPUTER INSTRUCTIONS

## COMPUTER INSTRUCTIONS

MODEL NUMBER: 945 Series



## COMPUTER OPERATION



Calories/Calories Per Hour	A	B	Time/Distance
Preset Programs	C	D	Motion Control
Incline UP/DOWN	E	F	Enter
Message Center	G	H	Safety Key
Stop	I	J	Start
Mode	K	L	Speed UP/DOWN
Heart Rate	M	N	Incline/Level

**POWER ON:**

Set the POWER SWITCH, located on the bottom of the left handle bar upright tube, to ON and insert the SAFETY KEY.

**SLEEP MODE:**

The computer will automatically enter SLEEP MODE if left idle for 3 minutes without any input in POWER ON status. Press any button to return to POWER ON status when the computer is in SLEEP MODE.

**3 SECONDS ALERT:**

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

**PAUSE/STOP:**

When the treadmill is running, press the STOP button to pause the treadmill. All figures on the displayed on the LED will freeze. Press START to resume the program and all displays will continue the performance until the program finishes. If you continue pressing the STOP twice, then all data will return to 0 and the treadmill will return to POWER ON status. If there is no action within 3 minutes, the treadmill will return to POWER ON status.

**COMPUTER OPERATION****ENGLISH/METRIC CONVERSION:**

The treadmill computer display can show ENGLISH and METRIC information. The factory should have the proper setting on this for different markets. In case that the treadmill needs to be converted between METRIC and ENGLISH readout, please follow the procedure as below:

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

**QUICK START:**

When the treadmill is in POWER ON status, press the START button to activate the QUICK START program. The speed will start from 0.5MPH/0.8KMPH. Press the SPEED UP/DOWN button to change the speed. Press the INCLINE switch to elevate the treadmill. The TIME, CALORIES and DISTANCE will count up from 0.

**PROGRAM:**

To select other programs, you will need to select the USER first. The computer display would show the USER CODE after you press any pre-set program button.

The computer will display the factory default setting:

CALORIES window will display the default user 1 weight: 68KG/150LB  
 TIME window will display the default user 1 height: 170CM/67"  
 SPEED window will display the default user 1 code: U1  
 INCLINE window will display the default user 1 age: 35  
 HEART RATE window will display the default user 1 pulse: 157

If the user 1 information has been changed and saved, then the POWER ON status will show the last saved user 1 information instead of the factory default setting.

Press the INCLINE UP/DOWN button to select the USER CODE from U1 to U9 then press the ENTER button to confirm the user code. If the user information has been previously input, press the ENTER button again and hold it for 5 seconds then the computer will skip the user information set up procedure. To input the new user information, please follow the procedure as below:

**WEIGHT set up** – After the User Code confirmation procedure, The CALORIES/CAL PER HOUR display will show the default or previous setting and begin blinking. Press the INCLINE UP/DOWN button to adjust the user weight information then press ENTER to confirm.

**HEIGHT set up** – After the WEIGHT set up procedure, the TIME/DISTANCE display will show the default or previous setting and begin blinking. Press the INCLINE UP/DOWN button to adjust the user height information then press ENTER to confirm.

**AGE set up** – After the HEIGHT set up procedure, the INCLINE/LEVEL display will show the default or previous setting and begin blinking. Press the INCLINE UP/DOWN button to adjust the user age information then press ENTER to confirm.



**🕒 GOAL COURSE TIME:**

When the computer is in POWER ON status press the 🕒 button on the console. The LED on 🕒 button will light up. Then you have to select the user code. After completed the user profile setup, the TIME LED will light up and show the preset time as 30:00 and blank. Press the INCLINE UP/DOWN buttons to set your ideal workout time then press the ENTER button to confirm. Then press the START button to start. After pressing the START button the TIME counts down from the preset time. The other information counts up until the treadmill stops. The Speed starts from 2MPH/3.2KMPH and the incline starts from level 0. Press the SPEED UP/DOWN buttons to adjust the speed. Press the INCLINE UP/DOWN buttons to adjust the incline level.

During exercise press STOP to pause the program. Speed and Incline Level return to the beginning levels while the other information (Time, Distance, Calories) is paused. To recall values and resume exercising press START. Pressing the STOP button again within 30 seconds returns all data to zero and the computer returns to POWER ON status. If no buttons are pressed within 30 seconds the computer automatically returns to POWER ON status and all data returns to zero.



## COMPUTER OPERATION

### GOAL COURSE DISTANCE:

When the computer is in POWER ON status press the  button on the console. The LED on  button lights up. Then you have to select the user code. After completed the user profile setup, the DISTANCE LED will light up and show the preset distance as 0 and begin blinking. Press the INCLINE UP/DOWN buttons to set up the ideal distance then press the ENTER button to confirm. Then press the START button to start. After pressing the START button the DISTANCE counts down from the preset distance. The other information counts up until the treadmill stops. The Speed starts from 2MPH/3.2KMPH and incline starts from level 0.


During exercise press STOP to pause the program. Speed and Incline Level return to the beginning levels while the other information (Time, Distance, Calories) is paused. To recall values and resume exercising press START. Pressing the STOP button again within 30 seconds returns all data to zero and the computer returns to POWER ON status. If no buttons are pressed within 30 seconds the computer automatically returns to POWER ON status and all data returns to zero.

### GOAL COURSE CALORIES:

When the computer is in POWER ON status press the  button on the console. The LED  button lights up. Then you have to select the user code. After completed the user profile setup, The CALORIES LED will light up and show the preset calories burned as 0 and blinking. Press the INCLINE UP/DOWN buttons to set up the desired calories then press the ENTER button to confirm. Then press the START button to start. After pressing the START button the CALORIES count down from the preset calories. The other information counts up until the treadmill stops. The Speed starts from 2MPH/3.2KMPH and the incline starts from level 0. Press the SPEED UP/DOWN buttons to adjust the speed. Press the INCLINE UP/DOWN buttons to adjust the incline level.

During exercise press STOP to pause the program. The Speed and Incline Level return to the beginning levels while the other information (Time, Distance, Calories) is paused. To recall values and resume exercising press START. Pressing the STOP button again within 30 seconds returns all data to zero and the computer returns to POWER ON status. If no buttons are pressed within 30 seconds the computer automatically returns to POWER ON status and all data returns to zero.

### KILLER HILLS:


When the treadmill is in PROGRAM SELECT status, press the  button. Then you have to select the user code. After completed the user profile setup, the LEVEL display will show 01 and be blinking. There are total of 12 different workout levels that can be selected. Press the INCLINE UP/DOWN button to select the level then press the ENTER button. The TIME LED will show a pre-set workout time of 24 minutes. Press the INCLINE UP/DOWN button to adjust the time, 4 minutes per segment for every adjustment. Press the ENTER button to confirm the workout time then press the START button to start the program. The program will start with 2 minutes in MIN. GRADE% and 2 minutes in MAX. GRADE%. Repeat in 4 minute segments until the time counts down to zero.

Pre-set speed 2.0MPH/3.2KMPH, adjust the speed using the SPEED UP/DOWN BUTTON,

#### KILLER HILLS WORKOUT

LEVEL	MIN. GRADE%	MAX. GRADE%
1	0	4
2	1	5
3	2	6
4	3	7
5	4	8
6	5	9
7	6	10
8	7	11
9	8	12
10	9	13
11	10	14
12	11	15

**COMPUTER OPERATION**** SPEED INTERVAL:**


When treadmill is in PROGRAM SELECT status, press  button. Then you have to select the user code. After completed the user profile setup, the LEVEL display will show a blinking **01**. There are a total of 12 different workout levels that can be selected. Press the INCLINE UP/DOWN button to select the level then press the ENTER button. The TIME LED will show a pre-set workout time of 24 minutes. Press the INCLINE UP/DOWN button to adjust the time, 4 minutes per segment for every adjustment. Press the ENTER button to confirm the workout time then press the START button to start the program. The program will start with 2 minutes in MIN. SPEED and 2 minutes in MAX. SPEED. Repeat this in 4 minutes segments until the time counts down to zero.

Pre-set INCLINE LEVEL at 0%. Adjust the incline level using the INCLINE UP/DOWN button during the workout.

**SPEED INTERVAL WORKOUT**

LEVEL	MIN. SPEED	MAX. SPEED
1	1.8	3.0
2	2.0	3.4
3	2.2	3.8
4	2.4	4.2
5	2.6	4.6
6	2.8	5.0
7	3.0	5.4
8	3.2	5.8
9	3.4	6.2
10	3.6	6.6
11	3.8	7.0
12	4.0	7.2

** WEIGHT LOSS:**

When the treadmill is in PROGRAM SELECT status, press the  button. Then you have to select the user code. After completed the user profile setup, the LEVEL will display a blinking **01**. There are a total of 12 different workout levels that can be selected. Press the INCLINE UP/DOWN button to select the level then press the ENTER button. The TIME LED will show a pre-set workout time of 30 minutes. Press the INCLINE UP/DOWN button to adjust the time, 5 minutes per segment for every adjustment. Press the ENTER button to confirm the workout time then press the START button to start the program. The program will start with 2 .5minutes in MIN. SPEED/GRADE% and 2.5 minutes in MAX. SPEED/GRADE%. Repeat in 5 minute segments until the time counts down to zero.

**WEIGHT LOSS WORKOUT**

LEVEL	MIN. SPEED	MAX. SPEED	MINI. GRADE%	MAX GRADE%
1	1.6	2.8	0	3
2	1.8	3.0	0	4
3	2.0	3.2	1	5
4	2.2	3.4	1	6
5	2.4	3.6	2	7
6	2.6	3.8	2	8
7	2.8	4.0	3	9
8	3.0	4.2	3	10
9	3.2	4.4	3	11
10	3.4	4.6	4	12
11	3.6	4.8	4	13
12	3.8	5.0	4	14

COMPUTER OPERATION**5<sup>K</sup> 5K SELF LEARNING/COMPETITION:**

When the treadmill is in PROGRAM SELECT status, press the **5<sup>K</sup>** button. Then you have to select the user code. After completed the user profile setup, the DISTANCE LED will show 5(KM)/3(MILE). For new users, there is a pre-set speed and incline% program in the computer. Press the START button to start the program. The user can change the speed and incline level during the workout. The DISTANCE will count down to zero then stop. The result time and calories will be saved and shown on the display so the user can select this program again and to challenge himself using the same program.

**♥ HEART RATE CONTROL:**

When the treadmill is in PROGRAM SELECT status, press the **♥** button. Then you have to select the user code. After completed the user profile setup, the TIME LED will show a blinking pre-set workout time of 60:00. Press the INCLINE UP/DOWN button to adjust the workout time then press the ENTER button to confirm. Press the START button to start the program. During the program please make sure to wear the chest belt or hold the hand pulse contact sensor on the handle bar at all times. Exercising without chest belt or failure to hold the contact sensor will cause the program fail and discontinue.

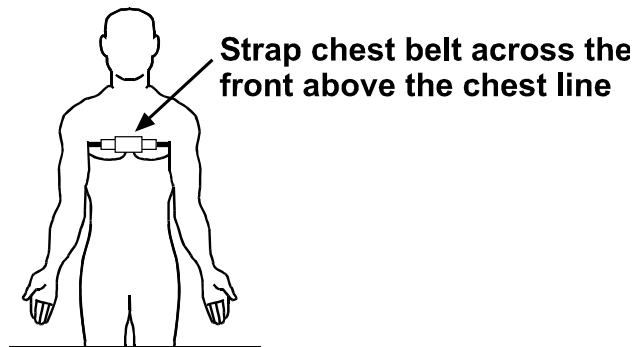
**WARM UP** – After completing the TIME set up and starting the program, there is a 3 minute WARM UP program to help you reach the minimum target workout heart rate. The speed will start from 2MILE/3.2KM and the incline level will start from 0. If the actual pulse rate does not reach the minimum target workout heart rate, the speed will increase 0.5MILE/0.8KM every 15 seconds. When the actual pulse rate reaches the minimum target workout heart rate, the speed will stop increasing and continue the same speed until the 3 minute warm up is complete and then go into the HEART RATE CONTROL main program. If you cannot reach the minimum target workout heart rate in 3 minutes, the program will continue the 2<sup>nd</sup> 3 minute WARM UP program. During the 2<sup>nd</sup> WARM UP program, the speed will remain the same speed as in the first WARM UP program. If the actual pulse rate cannot reach the minimum target workout heart rate, the incline level will add 1% every 15 seconds. When the actual pulse rate reaches the minimum target workout heart rate, the incline will stop changing and continue the same speed and same incline level until the time counts down to zero then enters the HEART RATE CONTROL main program. If during the 2<sup>nd</sup> WARM UP the user still can not reach the minimum target workout heart rate, the computer will continue on to the 3<sup>rd</sup> WARM UP procedure for 3 minutes and both speed and incline level will be remain the same as the 2<sup>nd</sup> WARM UP until the time counts down to zero. If the 3<sup>rd</sup> WARM UP program still cannot bring up the actual pulse rate to the minimum target workout heart rate, the program will stop and SPEED LED will show FAIL.

**HEART RATE CONTROL MAIN PROGRAM** – After the actual pulse rate reaches the minimum target workout heart rate and completes the warm up program, the computer will go into the main program and the time will count down from the pre-set time. During the main program, if the actual pulse rate cannot reach the maximum target workout heart rate, the incline level will be increased by 1% every 15 seconds until the pulse rate reaches the maximum target workout heart rate or the incline level will increase by 15%. After the incline level increases to 15% but still does not reach the maximum target workout heart rate the speed will be increase by 0.5MILE/0.8KM every 15 seconds until the pulse rate reaches the maximum target workout heart rate. If the actual pulse is higher than the maximum target workout heart rate, then the incline will be reduced 1% every 15 seconds until the actual heart rate meets the maximum target workout heart rate or the incline level will lower to 0%. Then the speed will be reduced by 0.5MILE/0.8KM every 15 seconds until the actual pulse meets the maximum target workout heart rate.

**COOL DOWN** – After completing the HEART RATE CONTROL program and the time counts down to zero start the one-minute cool down program. The incline will return to 0% and the speed will lower to 2MILE/3.2KM as the time counts down from 1:00.c


COMPUTER OPERATION**USING THE CHEST BELT HEART RATE MONITOR:**

For proper operation, the chest belt should be worn with the monitor strapped across the front of your body just above the chest line as shown in the drawing on the right. The monitor needs a little body heat and moisture in order to work properly. To ensure correct operation you may want to wet the two rubber pickups under the belt prior to exercising.



MOTION CONTROL OPERATION

**How to use MOTION CONTROL** (Note: photos may vary from actual treadmill):

1. Press the  button on the console to switch the motion control function on and off:
  - When the LED light is **ON** the MOTION CONTROL is **active**.
  - When the LED light is **OFF** the MOTION CONTROL is **off**.

2. After switching on the MOTION CONTROL wave your right hand approximately 6 inches above the motion sensor on the right handle bar to increase the speed. The sensor will sound one short BEEP per scan and speed up by 0.1 MPH per BEEP. Holding your right hand approximately 6 inches above the right sensor constantly results in the sensor sounding one long BEEP per second and speeding up by 0.1 MPH per BEEP.




2. Use right sensor to speed up.

3. Wave you left hand approximately 6 inches above the motion sensor on the left handle bar to decrease the speed. The sensor will sound one short BEEP per scan and decrease speed by 0.1 MPH. Holding your left hand approximately 6 inches above the left sensor constantly results in the sensor sounding one long BEEP per second and decreasing speed by 0.1 MPH per BEEP.



3. Use left sensor to slow down.

4. Wave both hands approximately 6 inches above both motion sensors at the same time. The sensor will sound two short BEEPs then stop the belt.
  - **Always switch off the MOTION CONTROL function by pressing the  button before turning off the power to the treadmill.**



4. Use both sensors to stop belt.



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