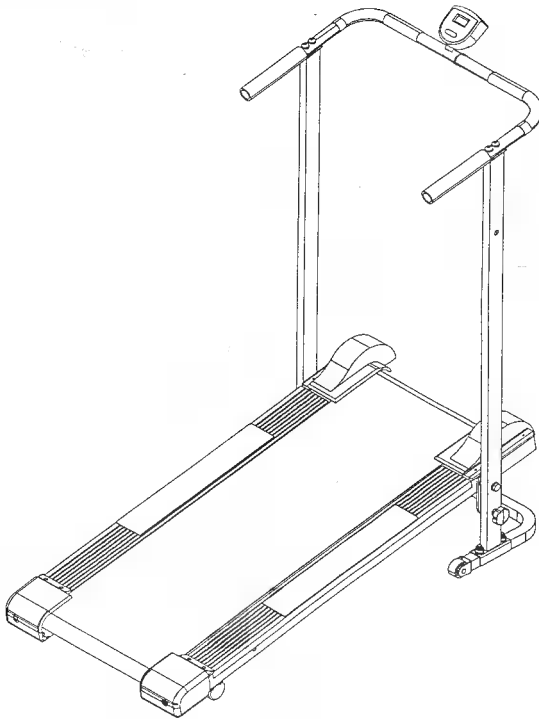


SERIAL No.GF738339-DI

PRO

FITNESS



Folding Manual Treadmill

Assembly & User Manual

Please ensure that you read this manual carefully before attempting to assemble or use your new product and retain for future use

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General Information

Quality

This exercise product has been designed and manufactured to comply with the latest (BS EN 13219) British and European Safety Standards.

Questions

Should you encounter any difficulty with the assembly, operation or use of your exercise product or if you think that you may have parts missing, please **DO NOT** return it to your retailer but contact CUSTOMER SUPPORT, by either of the following means.

Customer Support

Email:- help@disupport.co.uk

Fax:- 01535 637722

Post: D.I. Support
c/o Unit 8, Riparian Way,
The Crossings, Cross Hills,
West Yorkshire
BD20 7BW

Queries

If you do have any queries, please ensure that you include the following information

YOUR NAME
YOUR ADDRESS
YOUR PHONE NUMBER
PRODUCT MAKE OR BRAND
PRODUCT MODEL
PRODUCT SERIAL NUMBER
DATE OF PURCHASE
NAME OF RETAILER
PART NUMBERS REQUIRED

Guarantee

This product is guaranteed for **DOMESTIC USE ONLY** for a period of **1 YEAR** from the original certified date of purchase. During this period we have the right to: -

- a). Provide parts for the purchaser to effect repair.
- b). Repair the product, returned to our warehouse (at the purchaser's cost).

This guarantee does not cover wear and tear on upholstery or consumables.

This guarantee does not cover abuse, defects caused by storage or use outside those intended.

If you need to advise us of a defect with your product and in order for us to service any requirement for replacement parts or repairs, we may ask for proof of purchase. Failure to do so may result in any claim for replacement parts or repairs being refused.

This guarantee, (both given and implied) applies to the original purchaser only, is not transferable and will be invalidated if used outside of the above criteria.

This guarantee is valid only in the United Kingdom and Eire.

This does not affect your statutory rights as a consumer.



Safety

Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.

- * Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.*
- * For your own safety, always ensure that there is at least 1 Metre of free space in all directions around your product while you are exercising.*
- * Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.*
- * Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.*
- * Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use.*
- * Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.*

Storage and Use

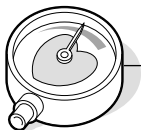
Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

Weight Limit

*Your product is suitable for users weighing:
220LBS / 15.7 Stones / 100 KG or less.*

Conformity

*This product conforms to:
(BS EN 957) - PARTS 1 and 6 Class (H) - HOME USE - Class (C).
It is NOT suitable for therapeutic purposes.*



Exercising Information

Beginning

*How you begin to exercise will vary from person to person. If you have not exercised for a long period of time, have been inactive for a while, or are severely over weight you **MUST** start slowly, increasing your exercise time gradually, by perhaps only a few minutes for each session per week.*

Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.

Aerobic Fitness

Aerobic exercise is simply defined as any sustained activity that increases the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal resting level, will also decrease.

Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breathe through your mouth should you need more oxygen. Use the "talk test". If you cannot carry on a conversation while exercising, you are working too hard! However, aerobic fitness will be gradually built up with regular exercise, over the next six to eight weeks.

Do not be discouraged if it takes longer than this to begin to feel less lethargic, every one is different and some will achieve their targets quicker than others. Work at your own, comfortable pace and the results will come. The better your aerobic fitness the harder you will have to work to stay in your target zone.



Exercising Information

Warm Up

A successful exercise programme consists of three parts, Warm Up, Aerobic Exercise and Cool Down. Never start a training session without warming up. Never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent muscle strains, pulls and cramps.

Aerobic Exercise Session

Those new to exercise should exercise no more than every other day to start with.

As your fitness level increases, increase this to 2 in every 3 days.

When you are comfortable with your routine, exercise for 6 days per week. Always take at least one day off per week.

Exercising in your Target Zone

To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse. If you do not have a pulse monitor (either from the product you are using or a proprietary independent unit) you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers. Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.

People who have a greater aerobic fitness, have a lower resting pulse level and will also be able to exercise with a higher pulse level.

Target Zone

To determine your target zone, see the chart opposite. If you are new to exercise and by definition unfit, refer to the left column. If you exercise regularly and have good aerobic fitness, refer to the right column.



Exercising Information

Target Zone (cont)

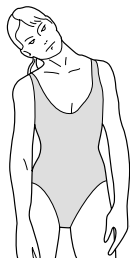
USERS AGE	UNCONDITIONED TARGET ZONE - A	CONDITIONED TARGET ZONE - B
(Years)	(Beats per Minute)	(Beats per Minute)
20-24	145 - 165	155 - 175
25-29	140 - 160	150 - 170
30-34	135 - 155	145 - 165
35-39	130 - 150	140 - 160
40-44	125 - 145	135 - 155
45-49	120 - 140	130 - 150
50-54	115 - 135	125 - 145
55-59	110 - 130	120 - 140
60 and over	105 - 125	115 - 135

Cool Down

To decrease fatigue and muscle soreness, you should also cool down by walking at a slow relaxed pace for a minute or so, to allow your heart rate to return to normal.

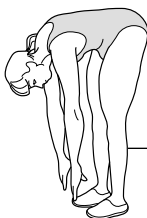
Warm Up and Cool Down Exercises

Hold each stretch for a minimum of ten seconds and then relax. Repeat each stretch two or three times. Do this before your Aerobic Exercise session and also after you have finished.



Head Roll

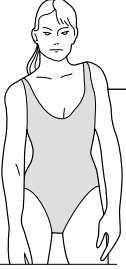
Rotate your head to the right for one count, feeling a slight pull on the left side of your neck. Next, rotate your head back for one count, stretching your chin. Then rotate your head to the left for one count, feeling a slight pull on the right side of your neck. Lastly, drop your head to your chest for one count. Repeat 2 to 3 times.



Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.

Exercising Information

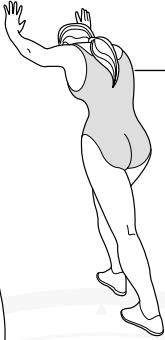


Shoulder Lift

Rotate and lift your right shoulder up towards your ear for one count. Relax then repeat for the left shoulder. Repeat 3 - 4 times.

Calf / Achilles Stretch

Turn towards the wall and place both hands on it. Support yourself with one leg while the other is placed behind you with the sole flat on the floor. Bend the front leg and lean towards the wall, keeping the rear leg straight so that the calf and Achilles tendon are stretched hold for 5 seconds. Repeat with the other leg. Repeat 2 - 3 times.



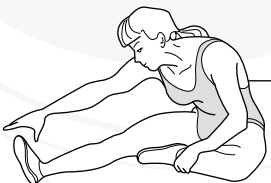
Side Stretch

Open both arms to the side and gently lift them above your head. Reach your right arm as high as you can for one count, gently stretching the muscles of the stomach and lower back. Repeat the action with your left arm. Repeat 3 - 4 times.



Inner Thigh Stretch

Sit on the floor and pull your legs toward your groin, the soles of your feet together. Hold your back straight and lean forward over your feet. Tighten the thigh muscles and hold for 5 seconds. Release and repeat 3 - 4 times.



Hamstring Stretch

Sit on the floor with your right leg extended and place your left foot flat against the right inner thigh. Stretch forward toward the right foot and hold for 10 seconds. Relax and then repeat with the left leg extended. Repeat 2 - 3 times.



Exercising Information

WEIGHT CONTROL AND EXERCISE

Weight control follows simple principles. If you eat more calories than you burn, then you will gain weight. If you burn more calories than you consume, you will lose weight.

When a person consumes more calories than are required for basic bodily functions and activities, these excess calories are converted into fat and stored. A person then gains unwanted weight. Approximately 3500 excess calories will result in a gain of one pound of fat. If an individual exercises and burns up 3500 more calories than he/she eats, the individual will lose one pound of fat.

Even if the sole aim of exercise is to lose weight, you must determine and keep track of your heart rate so as not to exceed the desired heart rate. In order for an individual to lose weight, he/she must expend calories more than than he/she consumes. If you burn off 250 calories per day more than you consume, you should lose about one pound of fat every two weeks. If in addition to exercise you reduce your calorie intake by 250 calories per day, then you should lose one pound of fat every week. Thus by properly exercising and watching calorie consumption, you should be able to control weight effectively.

Reducing calorie intake and increasing the amount of exercise you perform will create the healthiest and most effective recipe for becoming and staying trim. Diet alone will not firm muscles. By combining diet with physical activity, body fat should diminish while muscular strength and endurance should be improved.

The total energy cost of physical activity is expressed in several ways with calories per hour being the most familiar to the majority of people.

The calories expended on a rower or an exercise cycle are independent of a person's weight since the person is sitting on the unit. Calories that are lost during activities in which a person walks or runs are dependent of the weight of the individual since the person is actually carrying and moving his/her weight.

In general, when we are at rest, our bodies burn approximately 70 calories per hour just to keep the heart pumping, lungs operating, mind working, and organs functioning. As the level of activity is increased, more calories are burned.

EXERCISE SHOULD BE PROGRESSIVE

To be most effective to be free from stress and strain, exercise of any type must be progressive in nature, with the starting point geared to your age and present condition. The level of effort should be gradually increased to reach an appropriate level of fitness over time. This progressive principle is conveniently incorporated in the unit with exercise resistance being governed by the tension setting of the unit.

RECOMMENDED EXERCISE PROGRAMME

Physical fitness is a prelude to good health. Walking and jogging provide one of the best means of getting and staying in shape. Doctors have established that good blood circulation and a predetermined heart rate are essentials of good health. Check with your doctor for a rate suitable for you.

To be most effective, use your exercise machine on a regular basis: see chart on Page 11

Try to start slowly, make steady progress and remember not to strain your body. Stop at the first indication of fatigue or soreness and rest for a while. As you achieve improved physical condition you will be able to exercise longer. More benefits can be achieved through a slow continuous building process than by an inconsistent sporadic use of the product. Take it easy, have fun, and you will enjoy getting in shape.

PHYSICAL FITNESS PROGRAMME

You can design a programme to meet your needs and current physical condition. Every exercise session should consist of 1) warm-up period. 2) exercise period. 3) a cool down period. A typical programme could consist of warming up with slight resistance on the unit and exercising at a comfortable steady pace. You could then begin your "Exercise Period" at the resistance level and speed to suit your needs. You could conclude your exercise by reducing the resistance level and speed for several minutes for the cool down period.

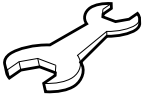
To be effective, an exercise programme must be done on a continuing basis at least three times per week and preferably five times a week.

NOTE: Remember to start out slow and easy and work your way up to the fitness level you desire. The best feature of your exercise unit is the fact that it is available to you regardless of the weather or time of day. Daily exercise can be done any time of the day that is most convenient to user, with the following exceptions:

Do not use exerciser one hour before going to bed, as exercise may keep you awake.

Exercise should be stopped if any of the following happens: nausea, trembling, extreme shortness of breath, throbbing head or pain in chest. Your doctor should be called immediately if these or other symptoms of discomfort continue.

Assembly



D.I. Support

c/o Unit 8, Riparian Way,
The Crossings, Cross Hills,
West Yorkshire.
BD20 7BW

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

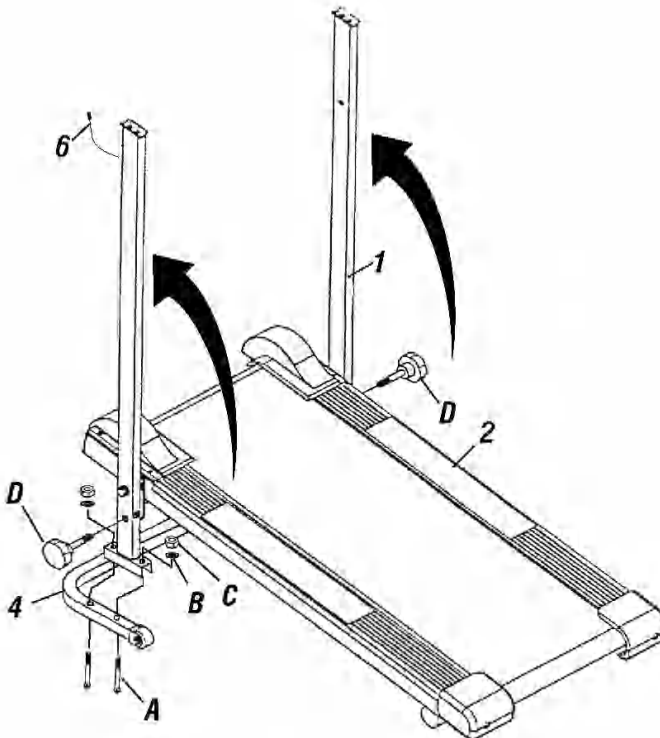
PLEASE NOTE that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.

Fax:- 01535 637722 or

E-mail:- help@disupport.co.uk

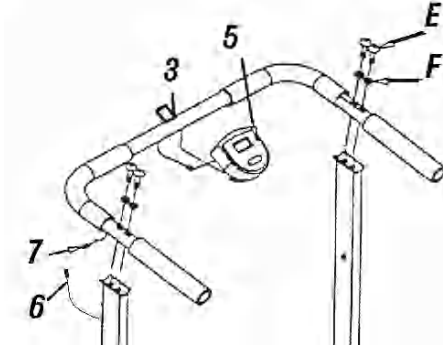
- 1** Raise the Handlebar Frame (1) to the upright position and secure in place using 2 x Knobs (D).
- 2** Put the Base Frame (4) under the Handlebar Frame (1) and secure in place using 4 x Carriage Bolts (A), 4 x Flat Washers (B) and 4 x Nylon Locknuts (C).



Assembly



- 3** Attach the Handlebar (3) to the Handlebar Frame (1) and secure in place using 4 x Allen Bolts (E) and 4 x Curved Washers (F).
- 4** Fit batteries supplied into the back of the Computer (5). Connect the Computer Cable (6) and (7) together, and then connect the Computer Cable (7) to the back of the Computer. Slide the Computer (5) onto the Bracket until it is firmly locked.



- 5** Your Treadmill can be folded for easy storage or transportation. Simply remove Knobs (D), Lift the Running Deck until the hole in the side of the Frame aligns with the hole in the side of the Treadmill. Lock the Frame in the position using 1 x Knobs (D). You will find the Treadmill easy to move by pulling the Handlebar towards your body and wheeling it along on the castors.



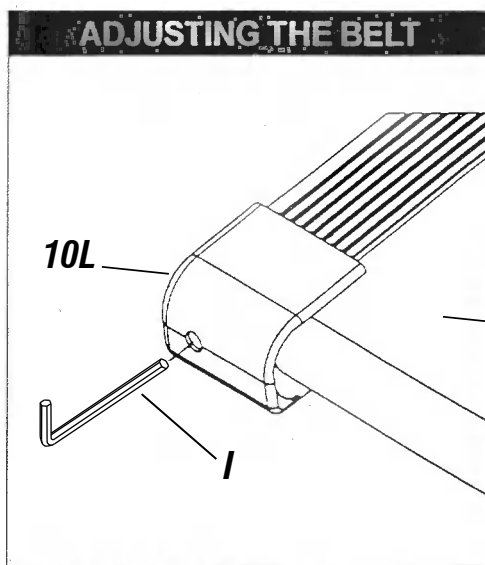
Assembly



ADJUSTING THE BELT TRACKING

When using the Treadmill for the first time you may find the Belt (9) moves to one side. This can be easily overcome using the Belt Adjustment Bolts located at the rear of the Base Frame.

If the Belt runs to the right you will need to adjust the Adjustment Bolt on the Right Rear Base Frame by turning it half a turn (Clockwise) using Allen Bolt Driver (1) (Supplied). Test the Belt for 1-2 minutes, if it still runs to the right then try another half turn. If after a further 1-2 minutes the Belt is still not running centrally do not tighten the right bolt again. Adjust the Adjustment Bolt on the Left Rear Base Frame one half a turn (Counter Clockwise) Now test it again for 1-2 minutes.



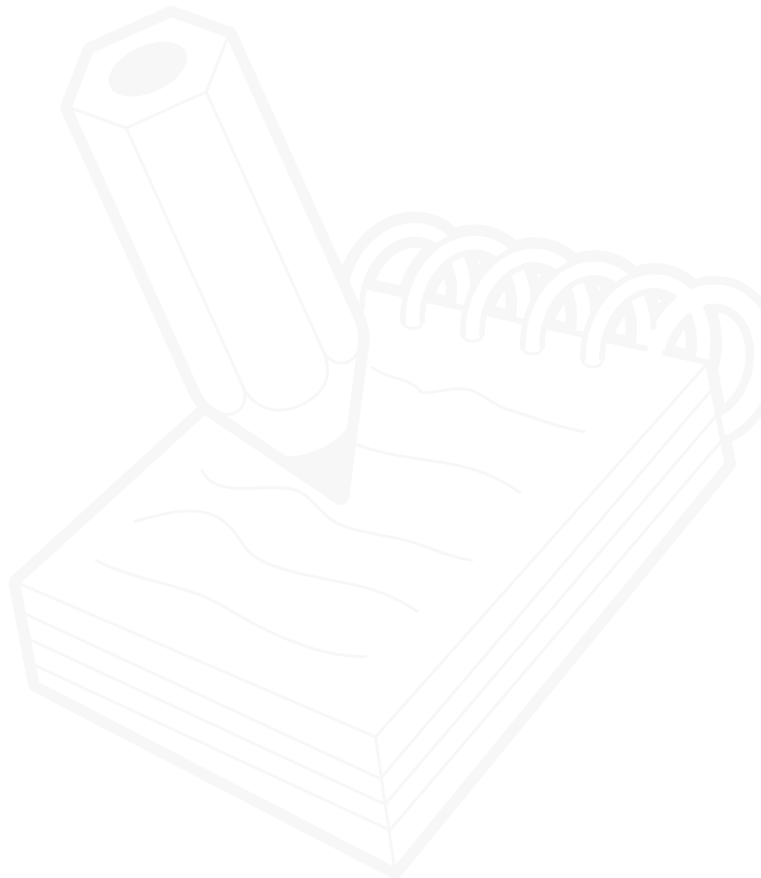
TENSION

If the Belt is too loose tighten (Clockwise) both Adjustment Bolts one half a turn each. If it is still too loose, then turn (Clockwise) both Bolts one half a turn again.

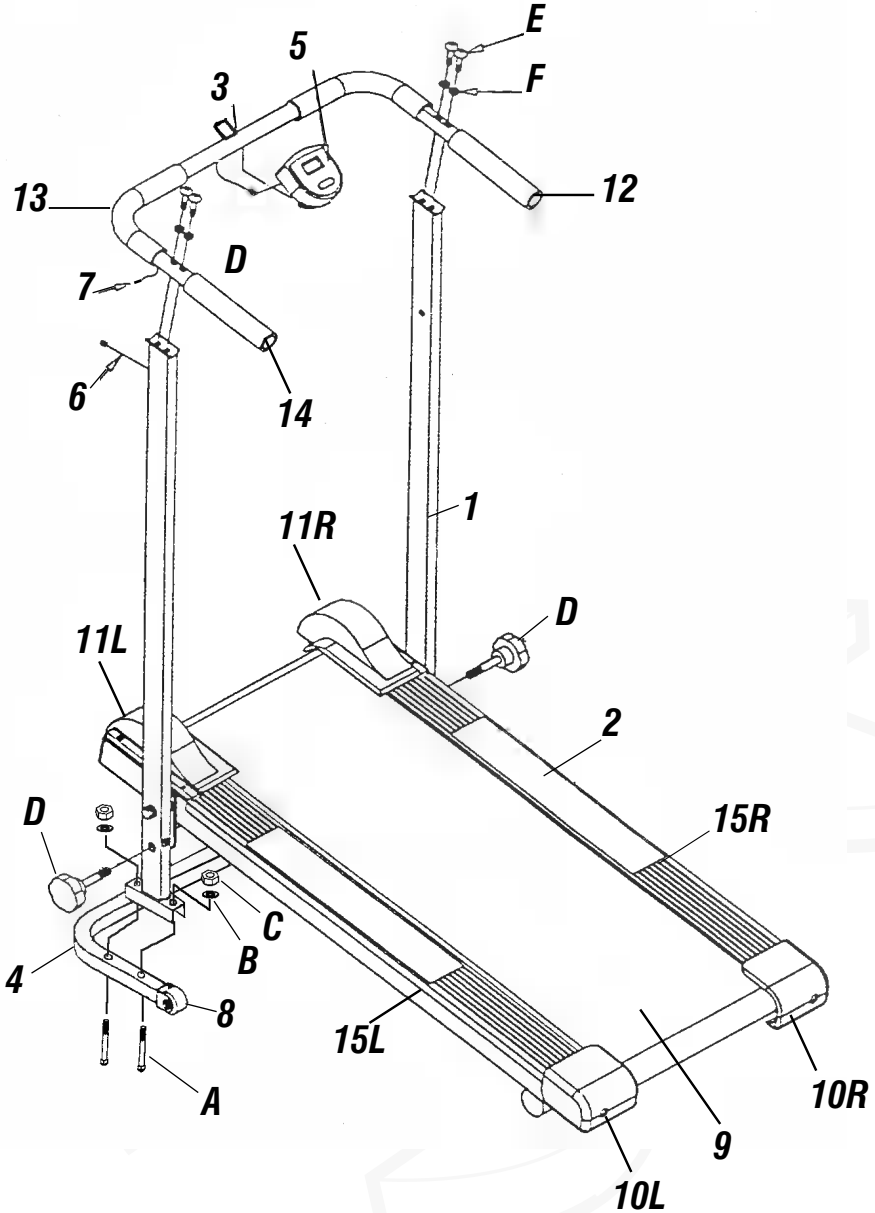


Exercise Notes

Use this space to record your own exercise routine results.



Assembly



Assembly



PART No.	DESCRIPTION	QTY			
1	HANDLEBAR FRAME	1	A	CARRIAGE BOLT	4
2	TREADMILL DECK	1	B	FLAT WASHER	4
3	HANDLEBAR	1	C	NYLON LOCKNUT	4
4	BASE FRAME	1	D	KNOB	2
5	COMPUTER	1	E	ALLEN BOLT	4
6	LOWER COMPUTER CABLE	1	F	CURVED WASHER	4
7	UPPER COMPUTER CABLE	1	G	WRENCH DRIVER	1
8	CASTOR	2	H	ALLEN BOLT DRIVER (5mm)	1
9	WALKING BELT	1	I	ALLEN BOLT DRIVER (6mm)	1
10L/R	FRAME COVER (REAR)	2			
11L/R	FRAME COVER (FRONT)	2			
12	HAND GRIP	2			
13	FOAM GRIP	2			
14	END CAP	2			
15L/R	SIDE STRIP	2			



Note

Some of the above accessories are pre-fitted to the master component. They may not be supplied separately

PRO FITNESS



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*c/o Unit 8, Riparian Way,
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