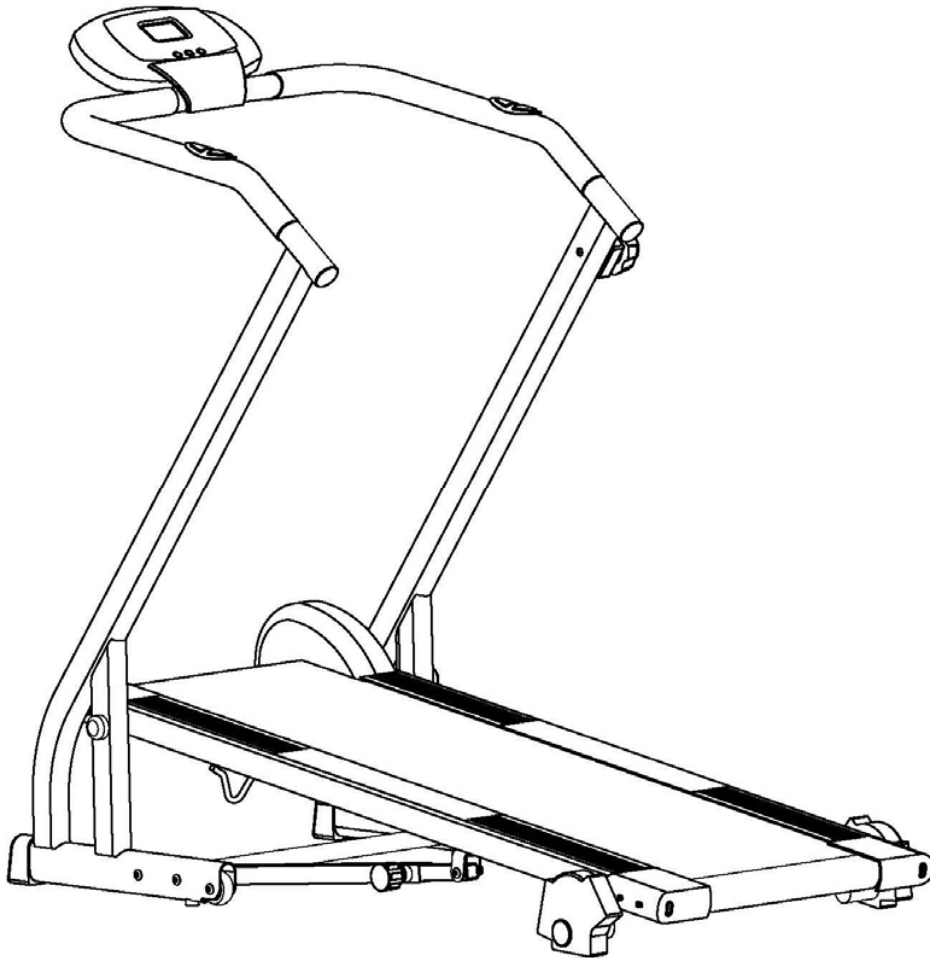


PRO FITNESS

PRO FITNESS MAGNETIC MANUAL TREADMILL

OWNER'S MANUAL



The specifications of this product may vary from this photo and are subject to change without notice.

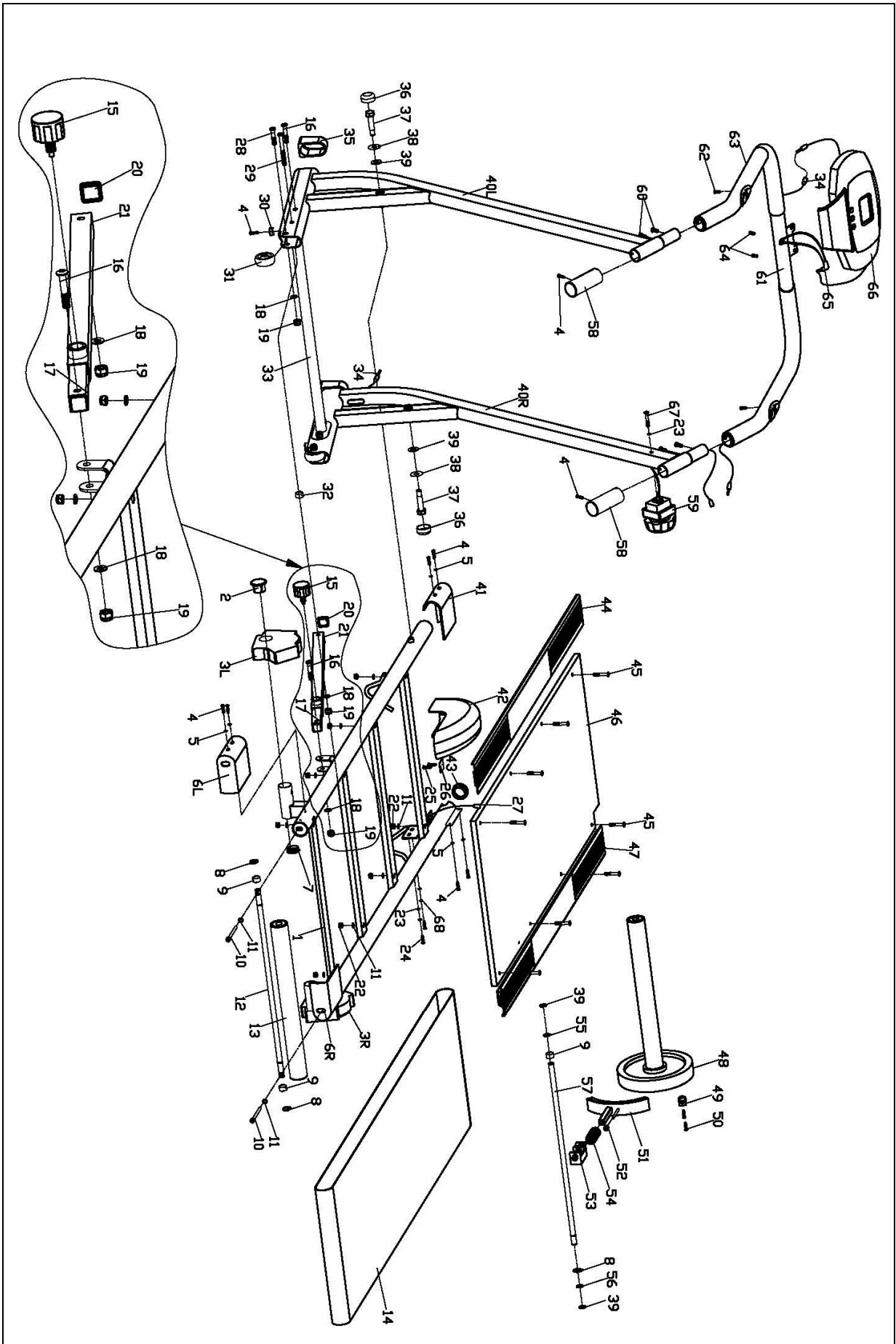
IMPORTANT SAFETY INFORMATION

NOTE THE FOLLOWING PRECAUTION BEFORE ASSEMBLING OR OPERATING THE MACHINE.

- 1、 Assemble the machine exactly as the descriptions in the instruction manual.
- 2、 Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
- 3、 Set up the machine in a dry level place and leave it away from moisture and water.
- 4、 Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc..
- 5、 Before beginning training, remove all objects within a radius of 2 meters from the machine.
- 6、 DO NOT use aggressive cleaning articles to clean the machine, only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
- 7、 Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum setting (Pulse. Watts. Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
- 8、 Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
- 9、 This machine can be used for only one person's training at a time.
- 10、 Wear training clothes and shoes which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
- 11、 If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor asap.
- 12、 People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
- 13、 The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob which can adjust the resistance. Reduce the resistance by turning the adjusting knob for the resistance setting towards stage 1. Increase the resistance by turning the adjusting knob for the resistance setting towards stage 8.
- 14、 The maximum user's weight is 100kg, and for home use only.
- 15、 WARNING: the safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points;
- 16、
- 17、 Please examine the equipment carefully before you use it, especially the components most susceptible to wear, e.g. handlebar, end caps and screws which touching the ground or the connection points frequently.
- 18、 Please stop using the equipment immediately once there're any defective components and keep it out of use before you replace the components or repair it by designated agent.
- 19、 Please notice that the unsupervised children should keep away from the equipment.
- 20、 Leveler Cap:you can change angle by adjust Leveler Cap.
- 21、 WARNING! Heart rate monitoring systems may be inaccuracy. Over exercise may result serious injury or death. If you feel faint stop exercise immediately.
- 22、 The system is adjustable.
- 23、 Not for commercial use.

WARNING: Before beginning this or and exercise program, consult your doctor. This is especially important for people over the age of 35 or those with health problems. Read all instructions before using the exercise bike.

EXPLODED VIEW



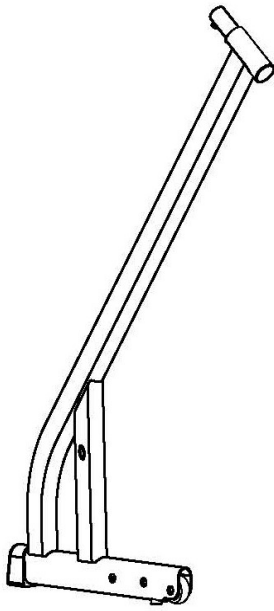
PARTS LIST

Parts No..	Description	Qty	Parts No..	Description	Qty
1	Main frame	1	35	End cap	2
2	End cap	2	36	Round cap	2
3	Adjustable pad	2	37	Bolt $\phi 12 \times M10 \times 53$	2
4	Screws (ST4.2×13)	12	38	Bib flat washer D29.7×d12×0.5	2
5	Flat washer D9×d4×1	8	39	Flat washer D24×d12×2	4
6L/R	Cover of rear leader tube	2	40L/R	Post (L/R)	2
7	Round cap	2	41	Cover of front leader tube	1
8	Spacer spring	3	42	Wheel cover	1
9	Plastic spacer bushing	3	43	Round cap	1
10	Bolt M6×70	2	44	Decoration tape 1020×80×12	1
11	Flat washer D12×d6×1.2	10	45	Screw M6×33	8
12	Back leader wheel axle	1	46	Flat board	1
13	Back leader tube	1	47	Decoration tape 980×80×12	1
14	Running belt	1	48	Front leader tube	1
15	Knob M16×20	1	49	Magnet bracket	1
16	Screw M8×45	4	50	Screw M3×10	2
17	Extended tube	1	51	Long magnet bracket	1
18	Washer D16×d8×1.5	7	52	Nut M6	2
19	Nylon nut M8	7	53	Long magnet bracket holder	1
20	Square cap	1	54	Pressure spring	1
21	Adjustable tube	1	55	Taper cushioning pad	1
22	Nylon nut M6	8	56	Washer D17×d12×1.5	1
23	Flat washer D5	3	57	Front leader wheel axle	1
24	Screw M5×10	2	58	Foam grip	2
25	Screw ST3×10	2	59	Tension controller	1
26	Sensor	1	60	Screw M6×12	4
27	Sensor wire	1	61	Handle bar	1
28	Screw M8×40	2	62	Screw ST4×20	2
29	Screw M8×85	1	63	Foam grip	2
30	Cushioning pad	2	64	Screw	2
31	Wheel	2	65	Pulse sensor wire	1
32	Spacer bushing	1	66	Computer	1
33	Base frame	1	67	Screw M5X20	2
34	Extension sensor wire	1	68	Spring washer D5	

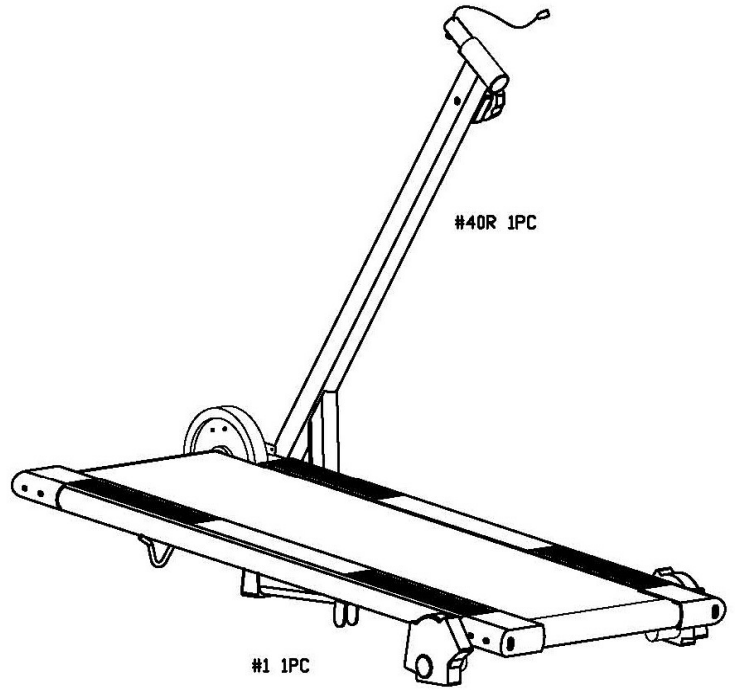
NOTE:

Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.



#40L 1PC

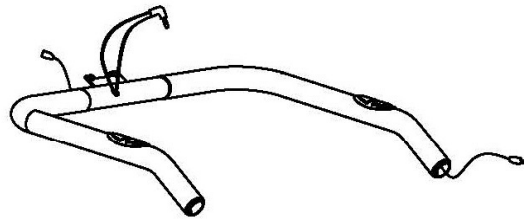


#40R 1PC

#1 1PC



#66 1PC



#61 1PC



#42 1PC



#21 1PC



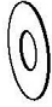
#36 2PCS



#33 1PC



#39 D24XD12X2 2PCS



#38 D29.6XD12X0.5 2PCS



#4 ST4.2*13 10PCS



#64 2PCS



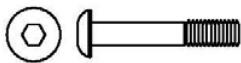
#67 M5*20 1PC



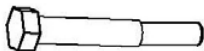
#24 M5*10 2PCS



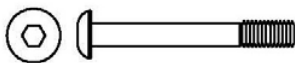
#60 M6*12 4PCS



#16 M8*45 4PCS



#37 M10X53 2PCS



#29 M8*85 1PC



#18 D8 7PCS



#19 M8 7PCS



#23 D5 3PCS



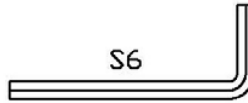
#5 D4 8PCS



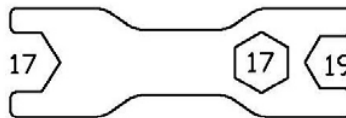
#68 D5 2PCS



S5



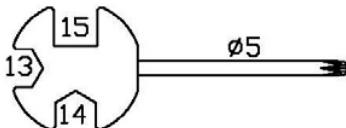
S6



17

17

19



13

15

14

ø5

Some of the hardware items of the page have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

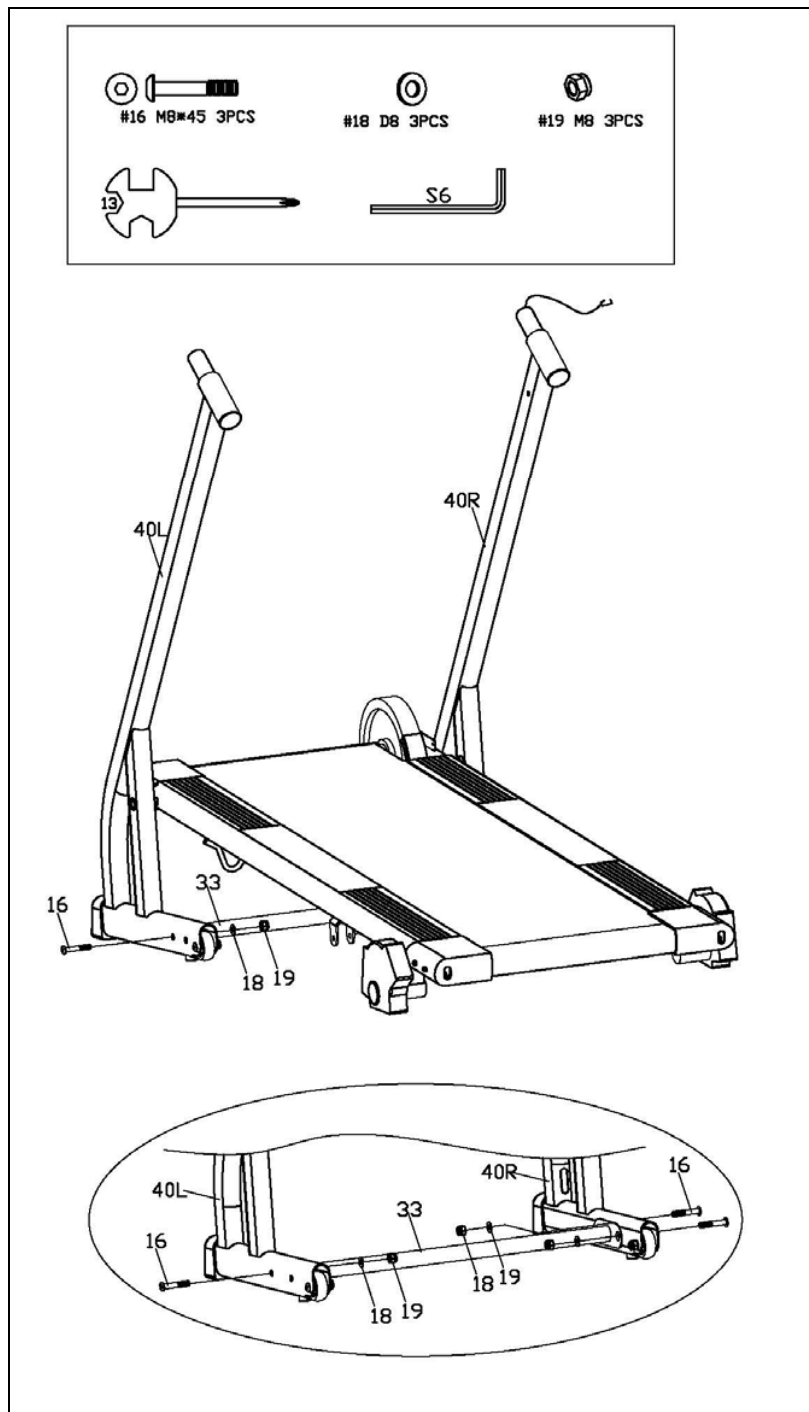
Please reference the individual assembly steps and make note of all preinstalled hardware.

ASSEMBLY INSTRUCTION

Step 1

Fix the base frame (33) onto the post(40L/R)with the screw (16),flat washer(18),nylon nut(19).

- ★ Ensure that ALL bolts and washers are in place and partially threaded in before completely tightening the bolt.

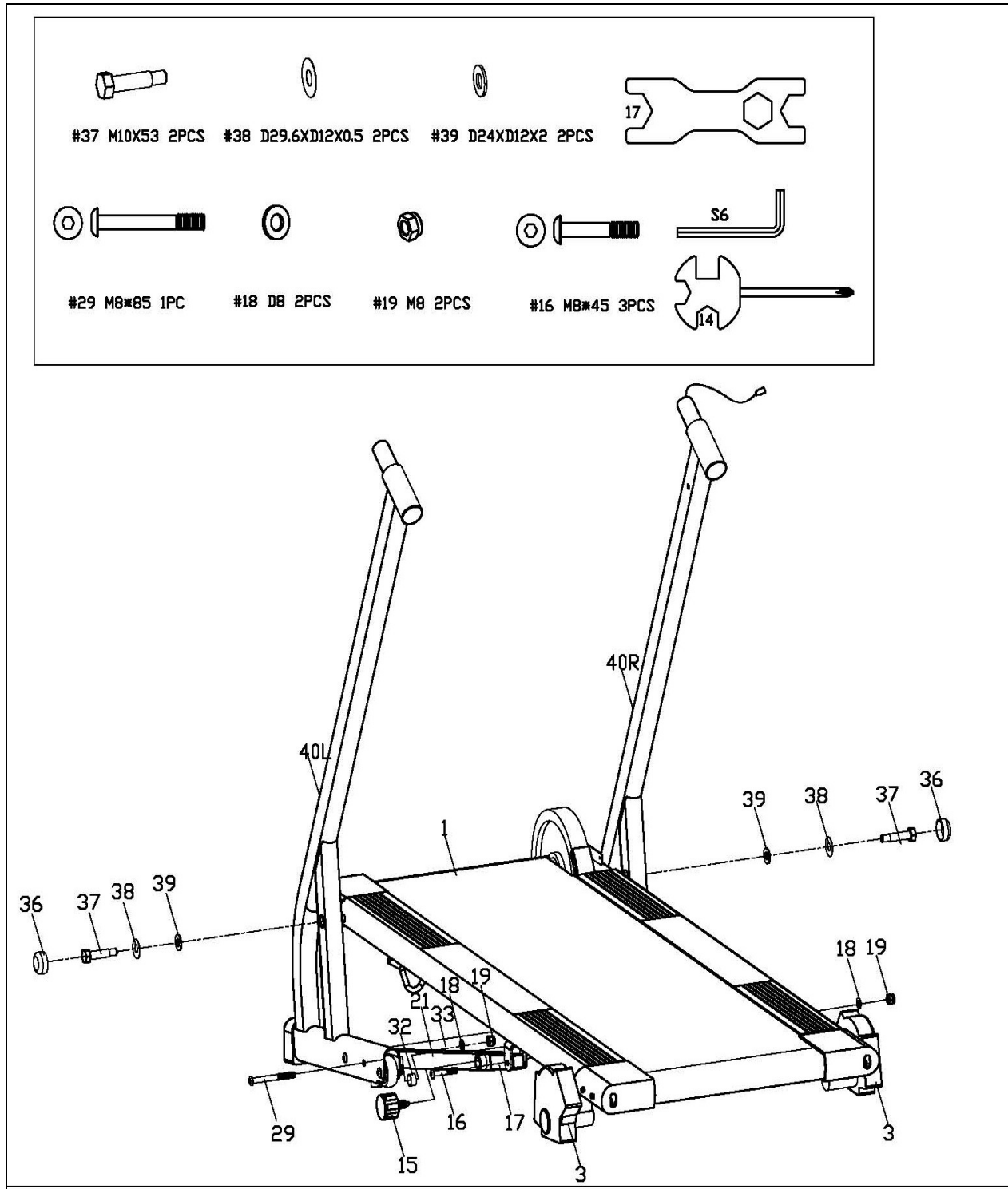


Step 2

First: Fix the main frame (1) onto the post(40L/R)with the bolt (37), Big flat washer(38), flat washer(39),then put on the round cap(36).

Second: Fix the adjustable tube (21) onto the base frame (33) with the screw (29),spacer bushing(32),flat washer (18),nylon nut(19). Then fix the extended tube (17) onto the U shape of the main frame (1) with the screw (16),flat washer(18),nylon nut(19).And then connect the extended tube (17), adjustable tube (21)with the knob(15). The adjustable pad (3) can be adjusted in three different angles to keep the Main frame(1) balance.

★ Ensure that ALL bolts and washers are in place and partially threaded in before completely tightening the bolt.



Step 3

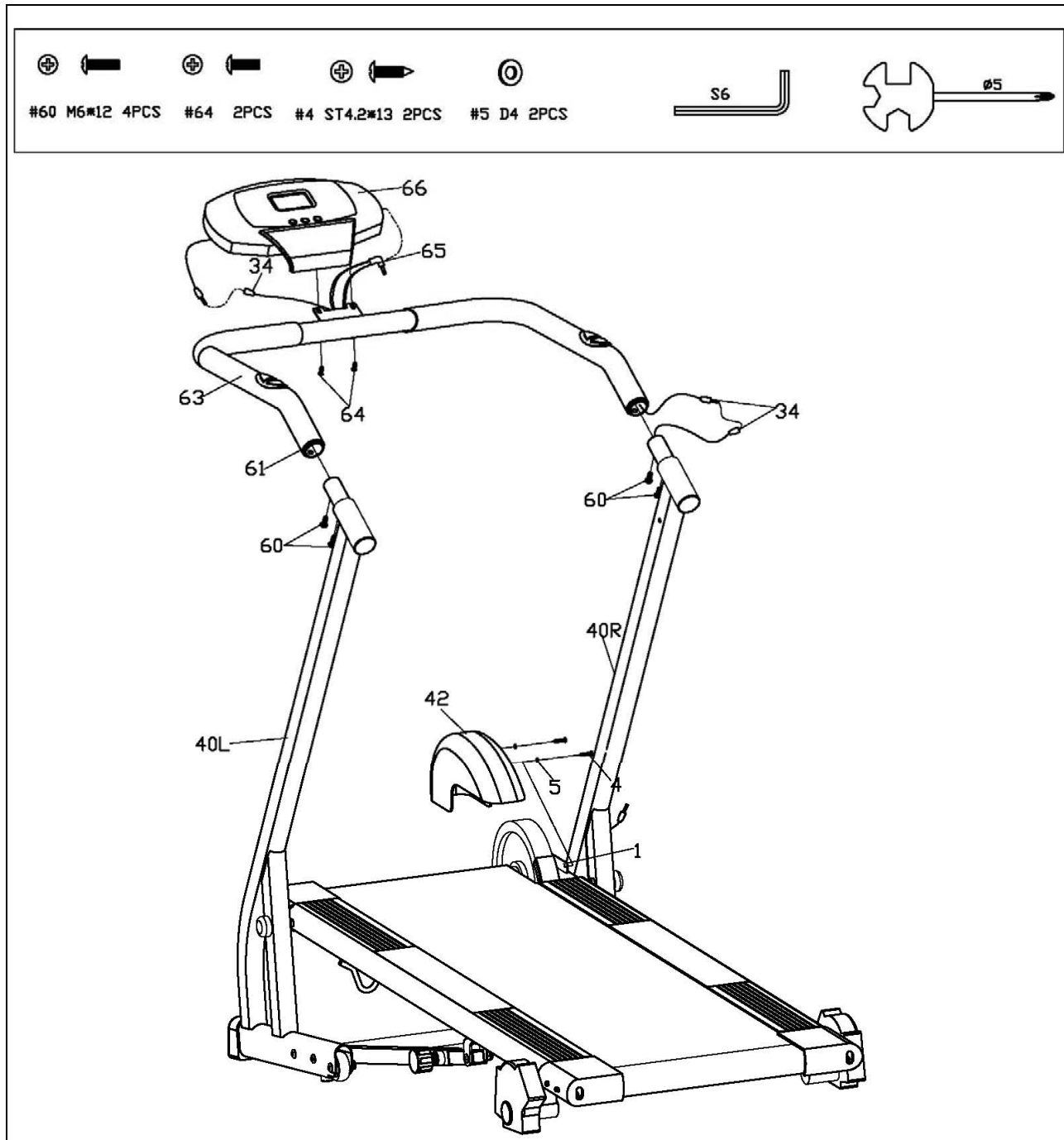
First : Link the extension sensor wire(34),then pull up the foam grip(63),and fix the handle bar(61) onto the post (40L/R),

Second: Link the extension sensor wire (34) to the wire of the computer (66), and insert the head of the Pulse sensor wire (65)to the hole of the computer back accordingly. Then fix the computer (66) onto the computer bracket of the handle bar (61) with the screw (64).

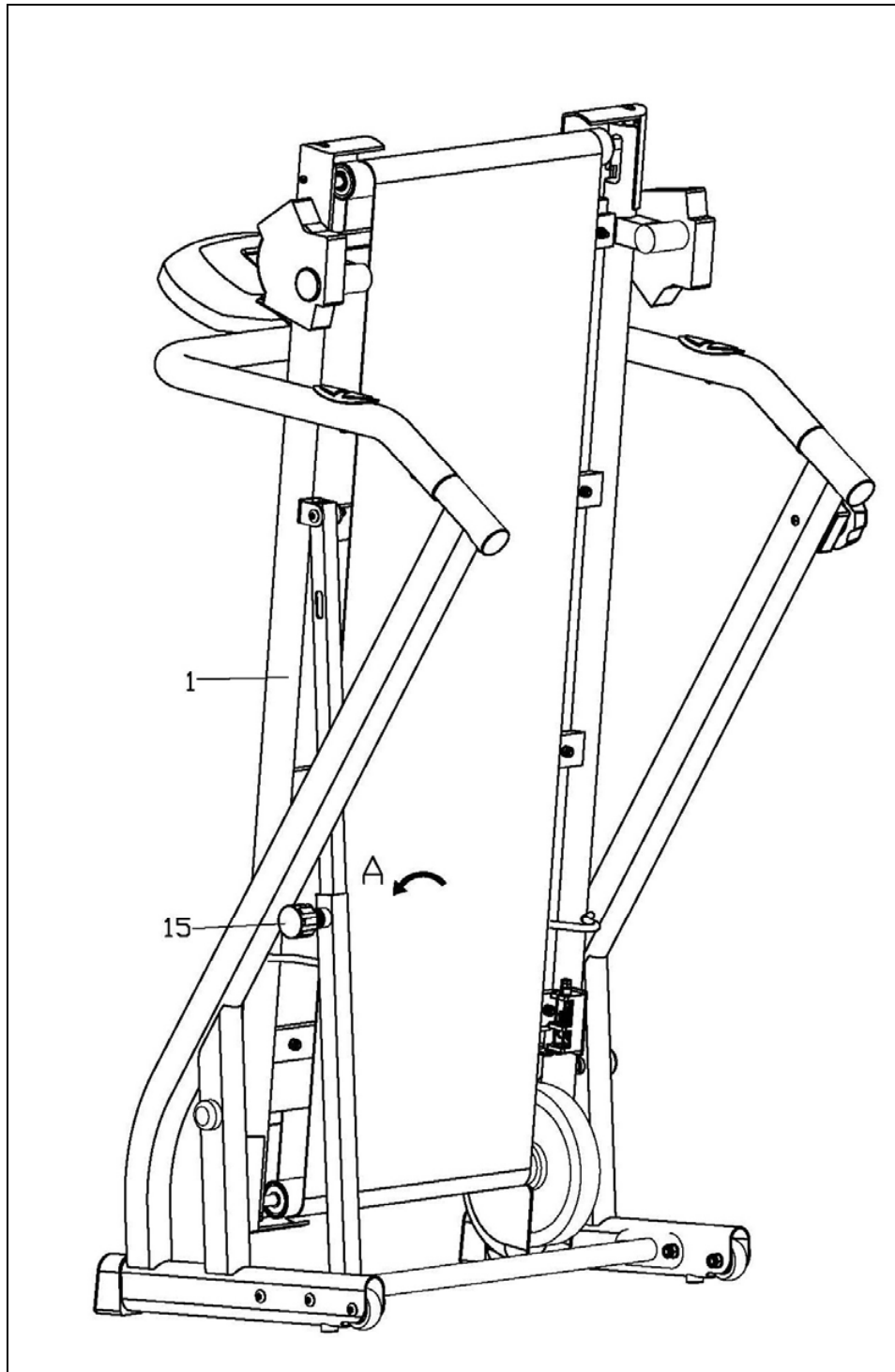
Third: Fix the wheel cover (42) onto the main frame (1) with the screw (4), flat washer (5).

★Ensure that ALL bolts and washers are in place and partially threaded in before completely tightening the bolt.

NOTE: Foam Grip may be easy broken, using it carefully!



This treadmill can be foldable, if you want to fold the main frame(1),you can Loosen and pull out the knob(15),then fold up the main frame(1) and be fixed with the knob(15) as the show(A).Be careful of your hands ,don't to be clamped .



COMPUTER INSTRUCTION MANUAL

SPECIFICATIONS:

TIME-----00:00 - 99:59 MIN:SEC
SPEED-----0.0 – 999.9 KM/H OR ML/H
DISTANCE-----0.00 – 99.99 KM OR ML
CALORIES-----0.0 – 999.9 KCAL
ODOMETER(if have)-----0.00 – 99.99 KM OR ML
PULSE(if have)-----40 - 200 BEATS/MIN

KEY FUNCTION:

MODE/SELECT: To select the function you want. Hold the key for 4 seconds to have all function values reset except the ODOMETER(TOTAL).

SET(if have): To input the target value by the key except the ODOMETER(TOTAL).

RESET/CLEAR(if have): To let the value reset except the ODOMETER(TOTAL).

OPERATION PROCEDURES:

AUTO ON/OFF .The monitor will be automatically shut off if there is no signal coming in for 4 minutes. The monitor will be auto-powered when start exercise or press the key.

FUNCTION:

- <1>.TIME(TMR) Auto-memorize the workout time while exercising.
- <2>.SPEED(SPD) Display the current speed.
- <3>.DISTANCE(DST) Accumulate the distances while exercising.
- <4>.CALORIES(CAL) Auto-memorize calories amount consumed while exercising.
- <5>.ODOMETER(TOTAL) (if have) Display the total distances while exercising.

When the signal input, it start the value up on the original data.

The ODOMETER can't be reset(by any key)except you replace battery once.

- <6>.PULSE(PUL) (if have). Display the user's heart rate per minute while exercising. Remark: You have to hold on reaction planks with both hands.

- <7>.SCAN Automatically scan through each function between ① TIME ② SPEED(if have) ③ DISTANCE ④ CALORIES ⑤ PULSE(if have) ⑥ ODOMETER(if have).

BATTERY If there is a possibility to see an improper display on the monitor, please replace the batteries to have a good result. This monitor uses two "AA" or one "AAA" battery or one "1.5V" button battery. You can replace the batteries at the same time.

CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential of successful results.

WARNING: Before beginning this or any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with health problems.

WHY EXERCISE?

Exercise has been proven essential for good health and general wellbeing. Regular exercise will:

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia

TARGET HEART RATE

	TRAINING ZONE
AGE	MIN-MAX (BPM)
20	133-167
25	132-166
30	130-164
35	129-162
40	127-161
45	125-159
50	124-156
55	122-155
60	121-153
65	119-151
70	118-150
75	117-147
80	115-146
85	114-144

Note: This is a guide only and performance will depend on the fitness and condition (health) of the person using the magnetic bike.

BEGINNERS GUIDE

If you're beginning an exercise program, you should check with your doctor if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions.
- You have not exercised for over a year.
- If you are over 35 and do not currently exercise,
- You are pregnant.
- You have diabetes.
- You have chest pain, or experience dizziness or fainting spells.
- You are recovering from an injury or illness.

WORK-OUT TIPS

- Always perform stretching exercises both before and after your work-out see page 9.
- Start slowly; doing too much too soon can lead to injuries.
- If you are sore or tired, give yourself a few extra days to recover.

HOW TO BEGIN

- Start with two or three 15 minute sessions per week with a rest day between work-outs.
- Warm-up for 5 to 10 minutes with gentle movements like walking or swinging your arms in a circle and then stretch the muscles you'll use during your work-out. Seated cycling works mainly the quadriceps (thigh) and hamstrings.
- Increase the pace and resistance to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly if you exercise regularly.
- End each work-out with a 5-minute cool down with the resistance set to a low level. You should then stretch the muscles you've just worked to prevent injury and cramp.
- Increase your work-out time by a few minutes each week until you can work continuously for 30 minutes per session,
- Don't worry about distance or pace. For the first few weeks, focus on endurance and conditioning.

HOW HARD SHOULD YOU WORK?

When exercising, you should try to stay within your target heart rate (THR) zone.

The table on the previous page will tell you the THR for your age. This is only a guide and will depend on the fitness and condition (health) of the person using the magnetic bike.

Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest. If you're not breaking a sweat, speed it up!

STRETCHING GUIDE

TIPS FOR STRETCHING

- Begin with gradual mobility exercises of all the joints, i.e. simply rotate the wrists, bend the arm and roll your shoulders. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints.
- Always warm up the body before stretching, as this increases blood flow around the body, which in turn makes the muscles suppler?
- Start with your legs, and work up the body.
- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.
- Do not stretch until it hurts. If there's any pain, ease off.
- Don't bounce. Stretching should be gradual and relaxed.
- Don't hold your breath during a stretch.
- Stretch after exercising to prevent muscles from tightening up.
- Stretch at least three times a week to maintain flexibility.

WARM UP AND COOL DOWN ROUTINE

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

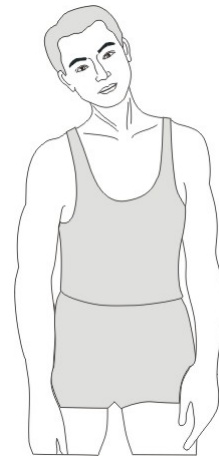


Hamstring Stretch

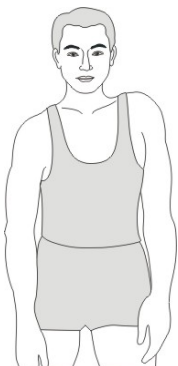
Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



Warm Up Exercises

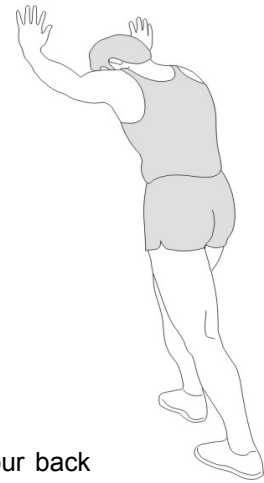


Shoulder Lift

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

Calf-Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts



Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

Side Stretch

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

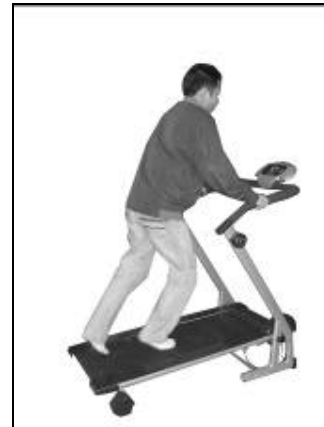


EXERCISE

RUNNING: Stand on the running belt and hold the handle bar to walk quickly ,you can through the tension knob to adjust resistance

TENSION CONTROL

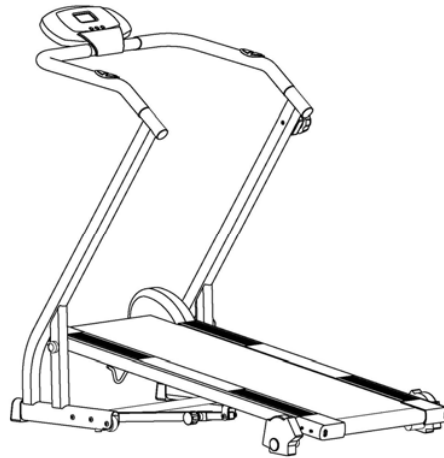
Turn the tension knob by clockwise to Increase the resistance .To des-crease the resistance,Turn the knob by anti-clockwise.



SPECIFICATIONS

Dimensions (L x W x H)	135x76x124CM
Batteries	2 x "AA" size
Class Rating	HC
Maximum User Weight	100kg

Please note that the specifications are subject to change without notice.



Retailer: ARG

Retailer address: 489-499 Avebury Boulevard
Saxon Gate West
Central Milton Keynes
Bucks, MK9 2NW

Test Verification of Conformity

On the basis of the referenced test report(s), the sample(s) of the below product has been found to comply with the relevant harmonized standard(s) to the directive(s) listed on this verification at the time the tests were carried out.

The manufacturer may indicate compliance to said directive(s) by signing a DoC himself and applying the CE-marking to products identical to the tested sample(s). In addition, the manufacturer shall file and keep the documentation according to the rules of the applicable directive(s) and shall consider changes of the standard(s) if relevant. Additional requirements may be applicable such as additional directives or local laws.

Applicant Name & Address	:	Hangzhou Xinligang Technology Co., Ltd. Wangjiaqiao, Jiang Village, Tianmushan Road Hangzhou
Manufacturer Name & Address	:	Hangzhou Xinligang Technology Co., Ltd. Wangjiaqiao, Jiang Village, Tianmushan Road Hangzhou
Product(s) Tested	:	Exercise Appliance Monitor
Ratings and principal characteristics	:	3Vdc
Model(s)	:	See Annex I
Brand name	:	--
Relevant Standard(s) / Specification(s) / Directive(s)	:	EN 55014-1: 2006 EN 55014-2: 1997/+A1: 2001 EN 61000-3-2: 2006 EN 61000-3-3: 1995/+A1: 2001/+A2: 2005 the EMC directive (2004/108/EC)
Verification Issuing Office Name & Address	:	Intertek Testing Services Shanghai Building No.86, 1198 Qinzhou Road (North), Shanghai 200233, China
Verification Number	:	SH08120398-V1
Report Number(s)	:	SH08120398-001

NOTE 1: This verification is part of the full test report(s) and should be read in conjunction with it.

This Verification is for the exclusive use of Intertek's Client and is provided pursuant to the agreement between Intertek and its Client. Intertek's responsibility and liability are limited to the terms and conditions of the agreement. Intertek assumes no liability to any party, other than to the Client in accordance with the agreement, for any loss, expense or damage occasioned by the use of this Verification. Only the Client is authorized to copy or distribute this Verification. Any use of the Intertek name or one of its marks for the sale or advertisement of the tested material, product or service must first be approved in writing by Intertek. The observations and test results referenced from this Verification are relevant only to the sample tested. This Verification by itself does not imply that the material, product, or service is or has ever been under an Intertek certification program.



Jonny Jing
Manager
January 6, 2009

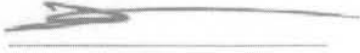
Annex I to Test Verification of Conformity

This is an Annex to Test Verification of Conformity with SH08120398-V1. The issuing office is Intertek Testing Services Shanghai Building No.88, 1198 Qinzhou Road (North), Shanghai 200233, China

Model(s) : XLG-610SP, XLG-219SP, XLG-808SP, XLG-707SP, XLG-218SP
: XLG-202SP, XLG-609SP, XLG-603SP, XLG-605SP, XLG-206SP
: XLG-607SP, XLG-608SP, XLG-708SP, XLG-208SP, XLG-802SP
XLG-306SP, XLG-307SP, XLG-803SP, XLG-305SP, XLG-510SP
XLG-709SP, XLG-612SP, XLG-216SP, XLG-613SP, XLG-909SP
: XLG-906SP, XLG-116SP, XLG-702SP, XLG-302SP, XLG-215SP
: XLG-910SP, XLG-813SP, XLG-710SP
:

NOTE: This annex is part of the Test Verification of Conformity and should be read in conjunction with it.

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Jonny Jing
Manager
January 6, 2009

XLG-306SP



XLG-307SP

