

TRX550 TREADMILL OWNER'S MANUAL

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW TREADMILL

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Important Safety Instructions

WARNING- Read all instructions before using this appliance.

DANGER- To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

WARNING- To reduce the risk of burns, fire, electric shock, or injury to persons, install the treadmill on a flat level surface with access to a 220-volt AC, 10-amp grounded outlet.

DO NOT USE AN EXTENSION CORD UNLESS IT IS 14AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END. The treadmill should be the only appliance in the electrical circuit. DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS, OR IN ANY WAY MODIFY THE CORD SET. A serious shock or fire hazard may result along with computer malfunctions.

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
- Do not carry this appliance by supply cord or use cord as a handle.
- Keep the cord away from heated surfaces.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being use or where oxygen is being administered.
- Connect this appliance to a properly grounded outlet only. See Grounding Instructions.
- The appliance is intended for household use.
- To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- Do not operate equipment on deeply padded, plush or shag carpet. Damage to both carpet and equipment may result.
- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Keep hands away from all moving parts.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Do not attempt to use your equipment for any purpose other than for the purpose it is intended.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your equipment. Quality athletic shoes are recommended to avoid leg fatigue.
- The treadmill is not a medical device.

Remove tether cord after use to prevent unauthorized treadmill operation.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

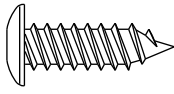
Safety Tether Cord

A safety tether cord is provided with this unit. It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the tread-belt. Pulling this safety tether cord will stop tread-belt movement.

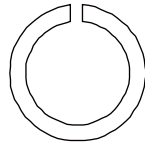
To Use:

1. Place the magnet into position on the console control head. Your treadmill will not start and operate without this. Removing the magnet also secures the treadmill from unauthorized use.
2. Fasten the plastic clip onto your clothing securely to assure good holding power. **Note:** The magnet has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two step coast anytime the magnet is pulled off the console. Use the red Stop / Pause switch in normal operation.

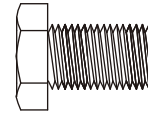
Assembly Pack Checklist



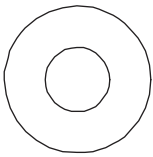
#74. 3.5 × 12m/m
Sheet Metal Screw (4pcs)



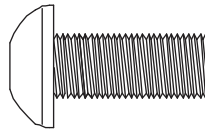
#80. Ø8 × 1.5T
Split Washer (4pcs)



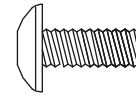
#99. 5/16" × 3/4"
Hex Head Bolt (8pcs)



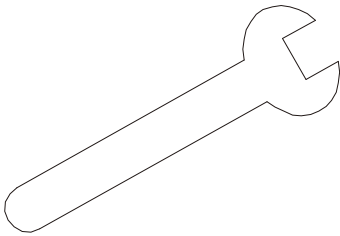
#100. Ø5/16" × Ø18 × 1.5T
Flat Washer (8pcs)



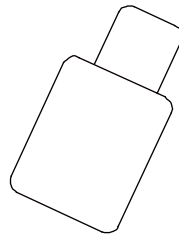
#125. 5/16" × 3/4"
Button Head Socket Bolt (8pcs)



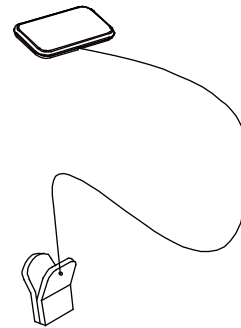
#126. M5 × 15L
Phillips Head Screw (6pcs)



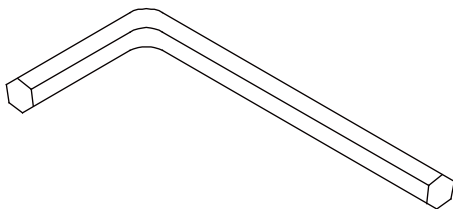
#90. 13L_Wrench (1pc)



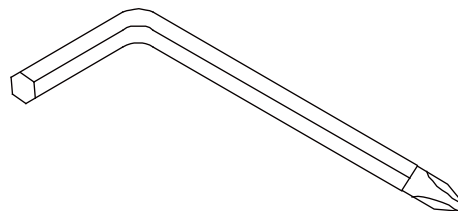
#104. Lubricant (1pc)



#44. Square Safety Key (1pc)



#103. M6 (66 × 86)
L Allen Wrench (1pc)

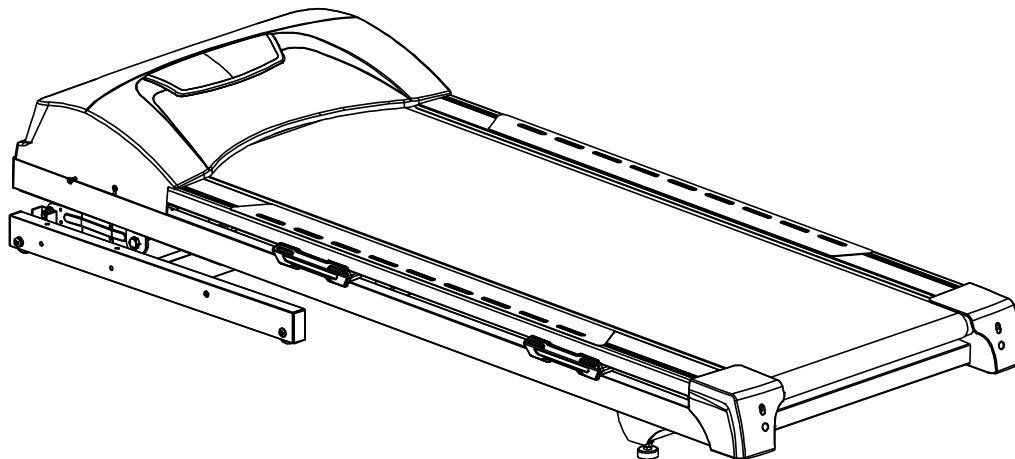


#102. Combination M5 Allen
Wrench & Phillips Head Screw
Driver (1pc)

Assembly Instructions

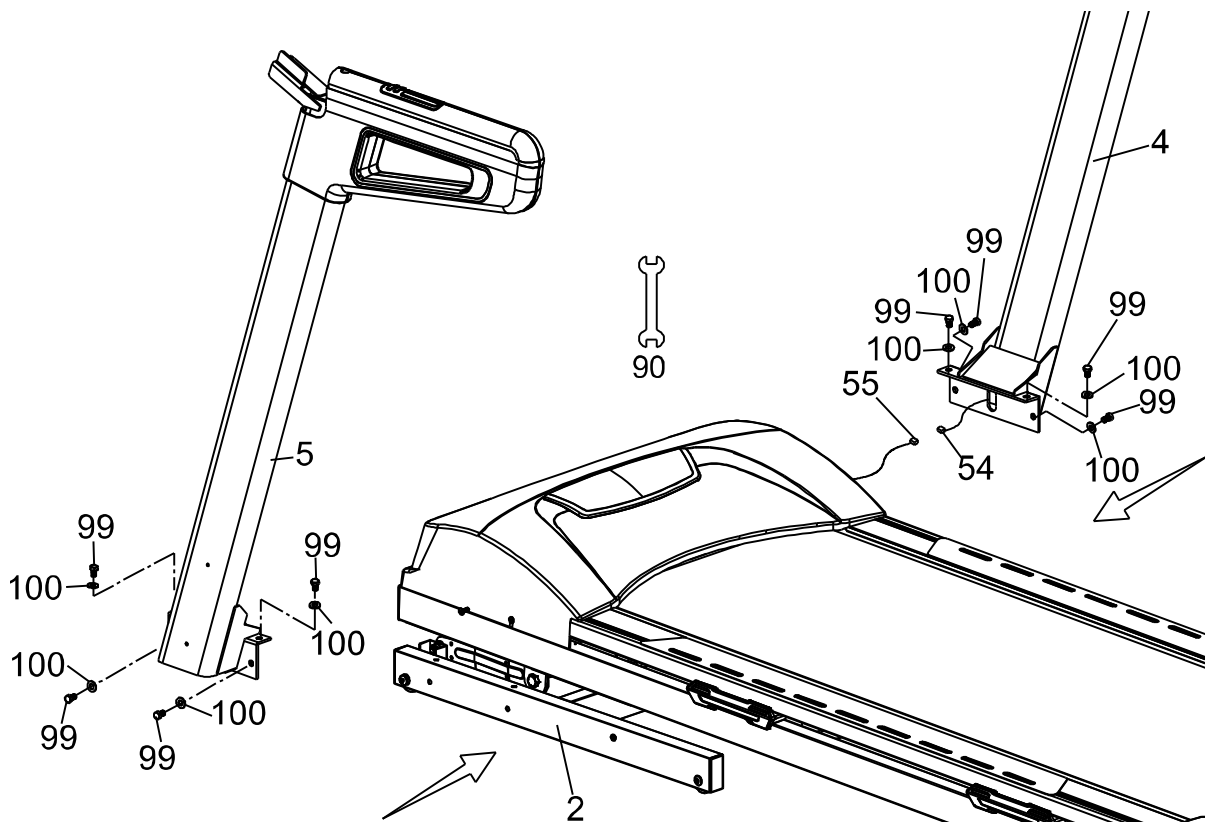
STEP 1

1. Take out the treadmill from the carton and lay it aside on the smooth ground.



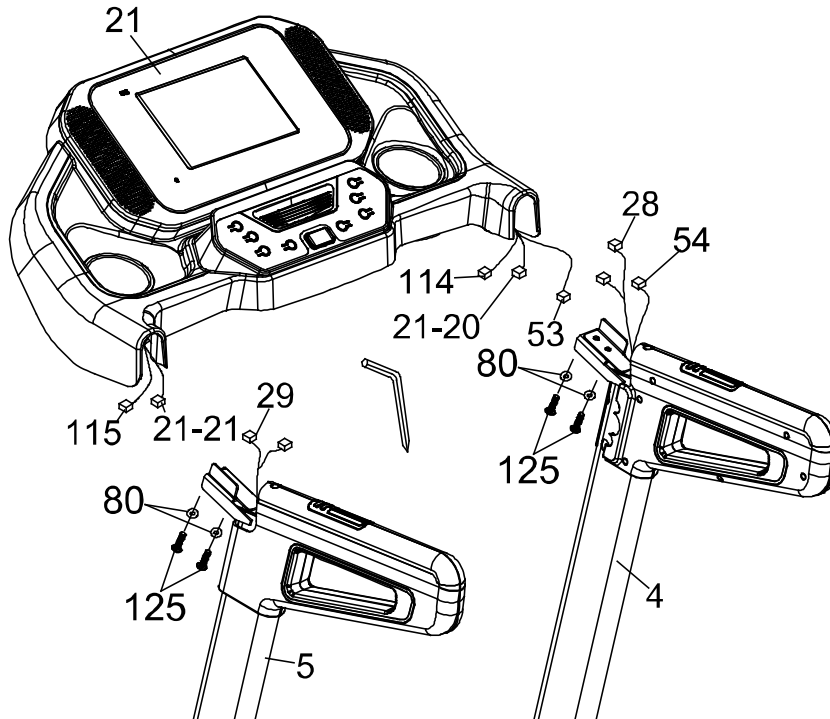
STEP 2

1. Connect Computer Cable (Middle) (54) with Computer Cable (Lower) (55) then insert Right and Left Uprights (4) and (5) into the Frame Base (2) and use 13m/m Wrench (90) to tighten 8pcs of 5/16" x 3/4" Hex Head Bolts (99) and 8pcs of Ø5/16" x Ø18 x 1.5T Flat Washers (100).



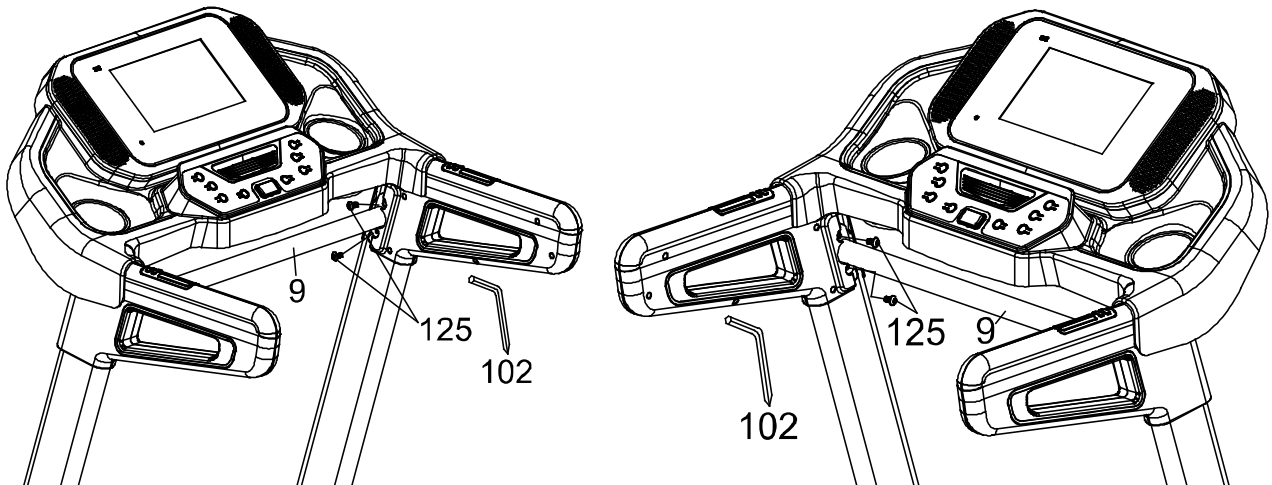
STEP 3

1. Connect 1250m/m_Computer Cable (Middle)(54) with 1200m/m_Computer Cable (Upper)(53).
2. Connect 1000m/m_Speed Cable (Upper)(114) with Speed/Hand Pulse Complex(28).
3. Connect 1000m/m_Handpulse Wire (Upper)(21-20) with Speed/Hand Pulse Complex(28).
4. Connect 1000m/m_Incline Cable (Upper)(115) with Incline/Hand Pulse Complex(29).
5. Connect 1000m/m_Handpulse Wire (Upper)(21-21) with Incline/Hand Pulse Complex(29).
6. Place Console Assembly(21) to Right Upright(4) & Left Upright(5), then secure with four 5/16" × 3/4" Button Head Socket Bolt(125) through four Ø8 × 1.5T_Split Washer(80) by M5_Allen Wrench Head Screw Wrench(102).



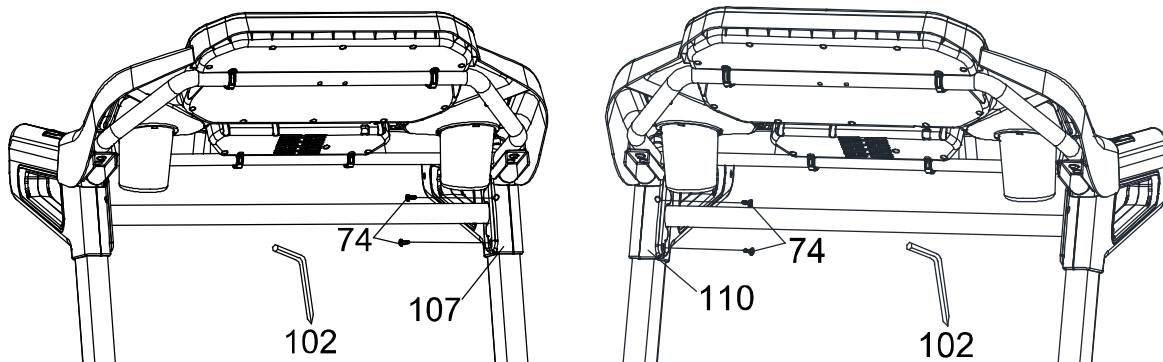
STEP 4

1. Install Handrail Support (9) between left and right Uprights (5) and (4) and use Combination M5 Allen Wrench & Phillips Head Screw Driver (102) to tighten 4pcs of 5/16" × 3/4" Button Head Socket Bolts (125).



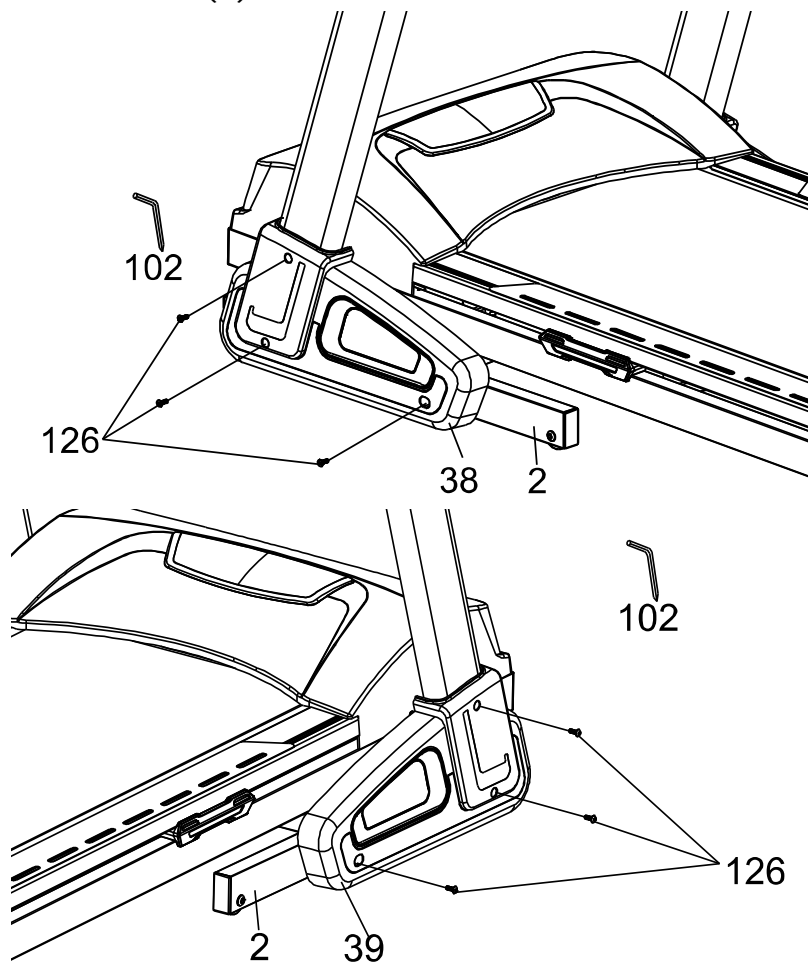
STEP 5

1. Install the Front Inner Handlebar Cover (L,R) (107,110) and Right and Left Uprights with the 4pcs of 3.5 × 12m/m Sheet Metal Screws (74) by using Combination M5 Allen Wrench & Phillips Head Screw Driver (102) and tighten them.



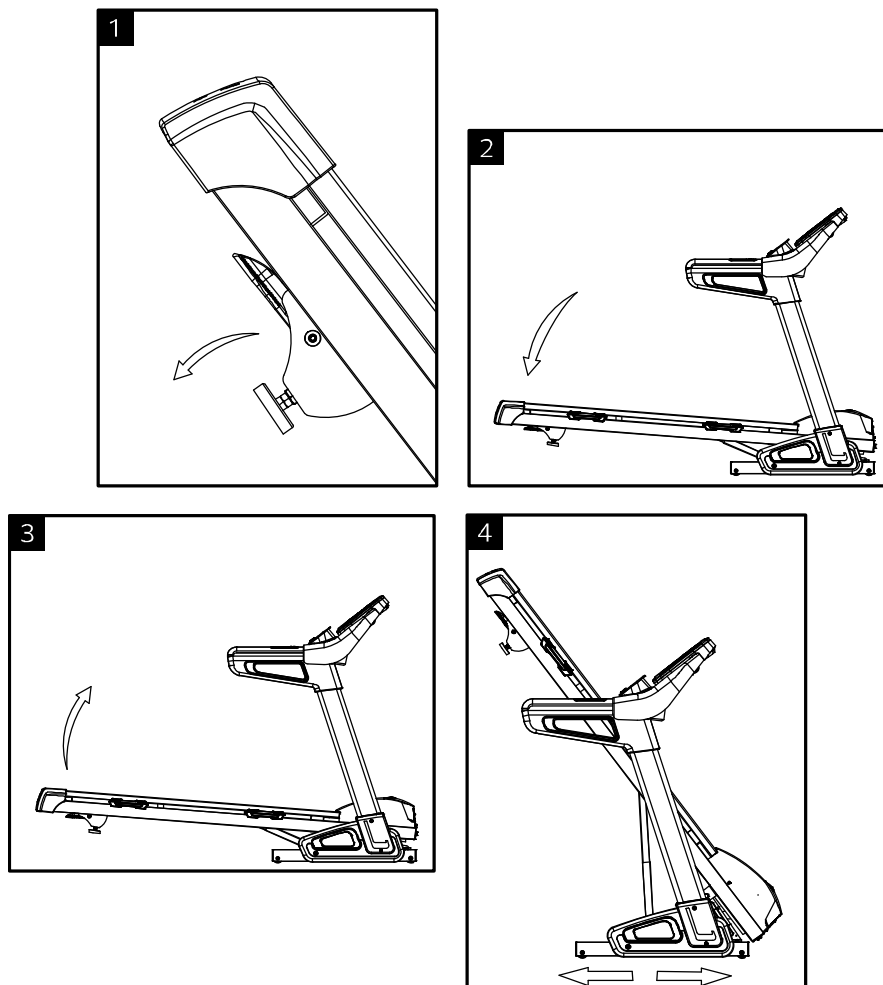
STEP 6

1. Use Combination M5 Allen Wrench & Phillips Head Screw Driver (102) to tighten 6pcs of M5 × 15m/m Phillips Head Screws (126) to secure right and left Frame Base Covers (39, 38) on the Frame Base (2).



NOTE: Please Tighten All Screws After All Components Assembly Complete.

Folding Instructions



Do not attempt to move the unit unless it is in the folded and locked position. Be sure the power cord is secured to avoid possible damage. Use both handrails to maneuver the unit to the desired position.

■ **Unfolding The Treadmill:**

Apply slight forward pressure* on the treadmill running deck with one hand. Pull down on the unlocking lever and slowly lower the running deck to the floor. The deck will lower unassisted when it reaches about waist high. (As shown Figure 1.2)

*At the rear roller area to relieve pressure on the locking system.

■ **Folding The Treadmill:**

Make certain the treadmill is at minimum incline. Lift the treadmill running deck until it is secured by the locking telescoping tube assembly in center back of base.

(As shown Figure 3.)

■ **Transport**

The treadmill is equipped with four transport wheels which are engaged when the treadmill is folded. After folding simply roll the treadmill away. (As shown Figure 4.)

Operation of Your Console



Power Up

Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor hood. Ensure that the Safety Key is installed, as the treadmill will not power on without it.

When the power is turned ON, the screen will show a brief loading screen and then display the WELCOME Screen which indicates that the machine is ready to operate.

Quick Start Operation

1. Attach the Safety Key to enable the display (if not already on).
2. Press any button to wake display up if not already on.
3. Press **Start Workout** on the Homescreen to begin belt movement at 1.0 kph, then adjust to the desired speed using the **Speed** + or - keys.
4. To slow the treadmill, press and hold the **Slow** - key (console or hand rail) to the desired speed.
5. To stop the tread-belt press and release **Stop** button.

Functions

The touchscreen allows you to control functions by directly touching the screen, or by using the physical buttons under the screen. The physical buttons are as follows:

- **Speed** + or - buttons to control the speed
- **Incline** + or - buttons to control the incline of the treadmill
- **Start** button to begin
- **Stop** button to end, or pause the workout
- **Fan** button to control the fan speed
- **Program** button to select a desired workout program

Pause / Stop

1. Press **Stop** button once, the belt will slow down gradually till fully stop. After 5 minutes the display will reset and show the workout summary on the screen.
2. Press **Resume** button to continue the workout from the pause.
3. Press **Finish** button to end workout.

Incline Features

1. The incline is changeable any time during the workout.
2. Press and hold **Incline ▲** or **▼** buttons on the handrail or **Incline +** or - buttons on the screen to change the incline to the desired level.

Heart Rate Features

Pulse (heart rate) on the screen shows the current value of the heart beats per minute. You must hold both left and right stainless steel sensors to measure the pulse. The pulse value will be shown on the screen continuously. You may use the hand pulse sensors while in Heart Rate Control. It will also pick up wireless heart rate transmitters that are Polar and Bluetooth compatible.

To Turn Treadmill Off

1. Remove Safety Key.
2. Turn of the main switch on the front of the treadmill, below the motor cover.

Note: Do not leave in Safety Key in treadmill when not in use. Always turn off machine.

Touch Screen Operation

Set Up

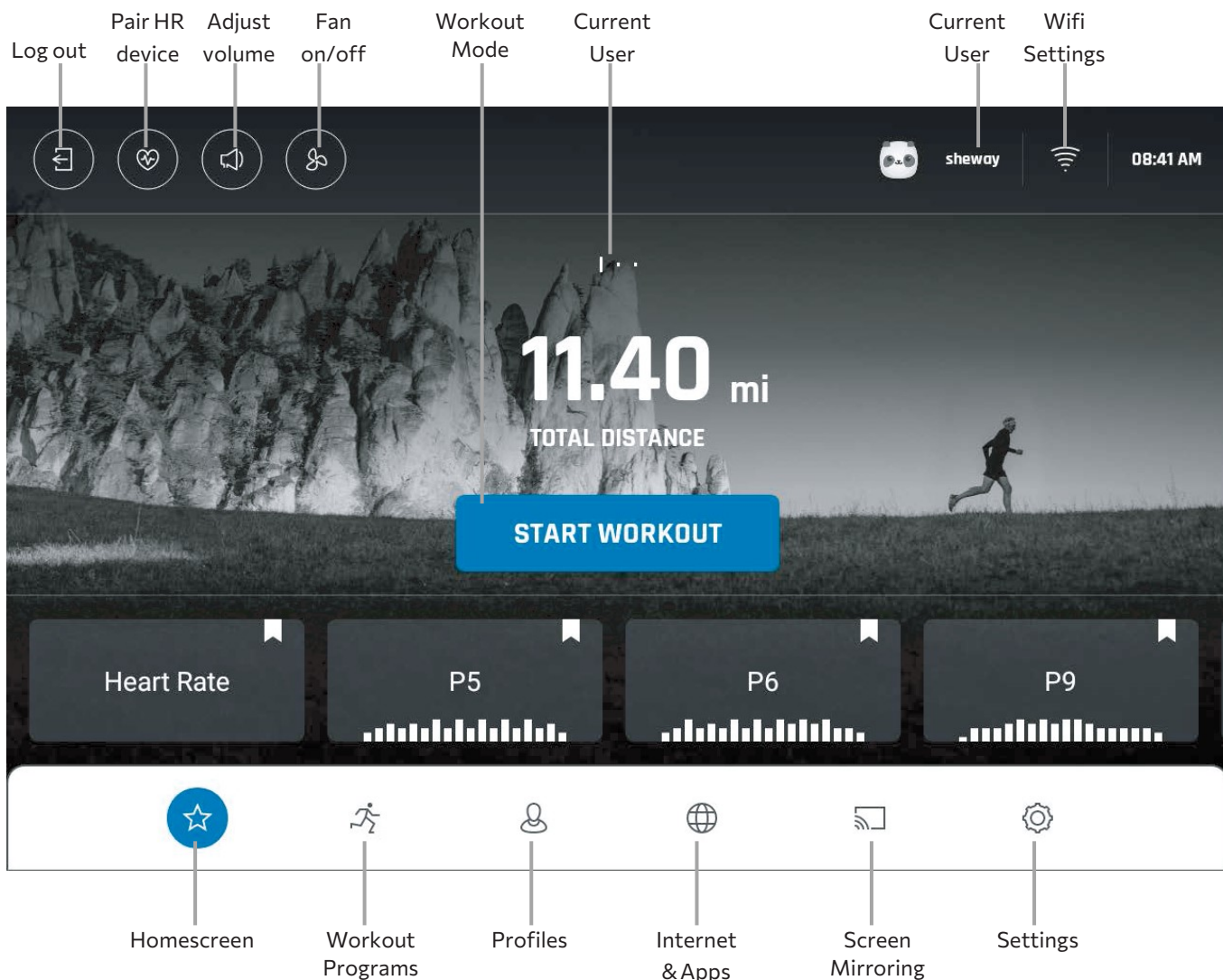
Once the console is powered on, connect to the available WiFi network either pressing the Signal icon on the top right corner or from the **SETTINGS** menu on the bottom right corner. Without WiFi, saving workout data to the cloud, using apps and casting content will not be available. If WiFi connection is skipped, please set data and time manually. If you change your mind later, you can always find WiFi settings in the bottom right corner on the screen.

Choose “Guest” user or create yourself a profile to get more personalized experience. Maximum of 9 profiles can be created. Find more about profiles in “Profile”.

Homescreen

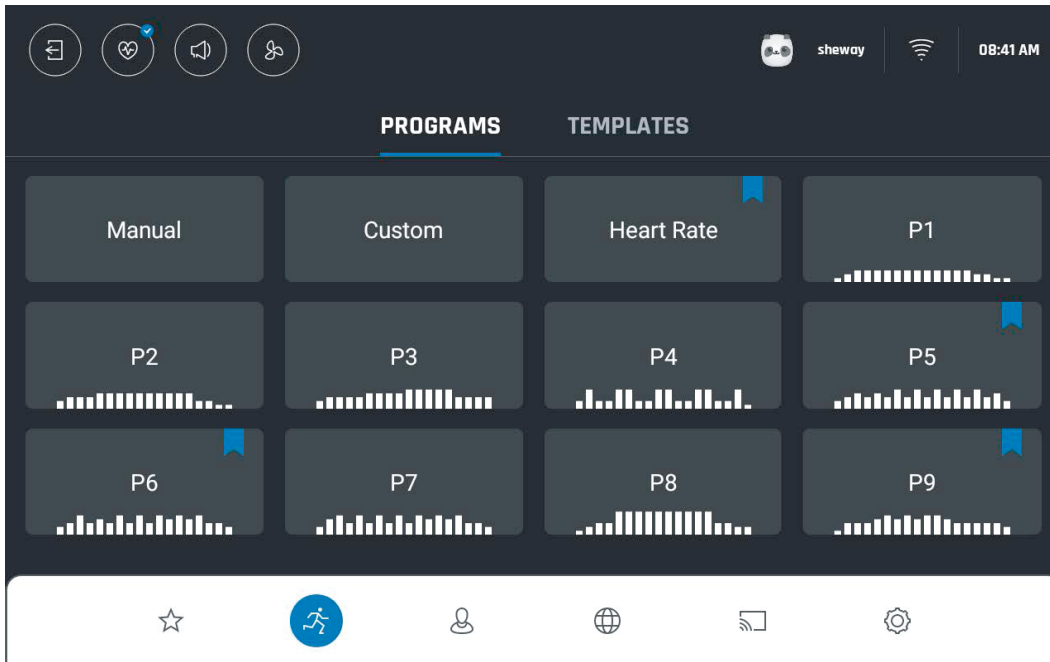
The Homescreen provides activity overview and suggests shortcuts to the training options. If in Guest mode, you can provide your physical data here, which will help the machine more accurately calculate your workout summary. Use scales or arrows to adjust your age and weight.

Start Workout button starts the workout immediately.

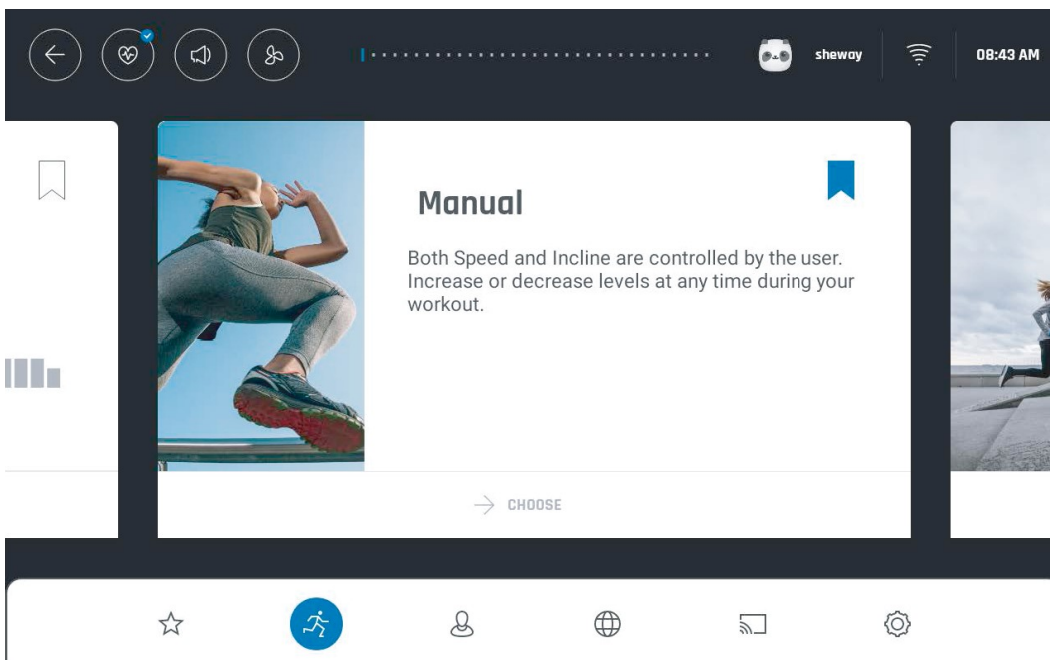


Workout Programs

In this section, there are 2 program categories available: **Programs** (programs with predefined speed and incline changing profiles) and **Templates** (regular programs, saved with your personal adjustments). Tap on the workout categories to switch between them. To get more info on each program, tap on the program preview. In this mode you can scroll to the side to see all the programs descriptions of the selected category. Press **CHOOSE** to select and adjust a program.

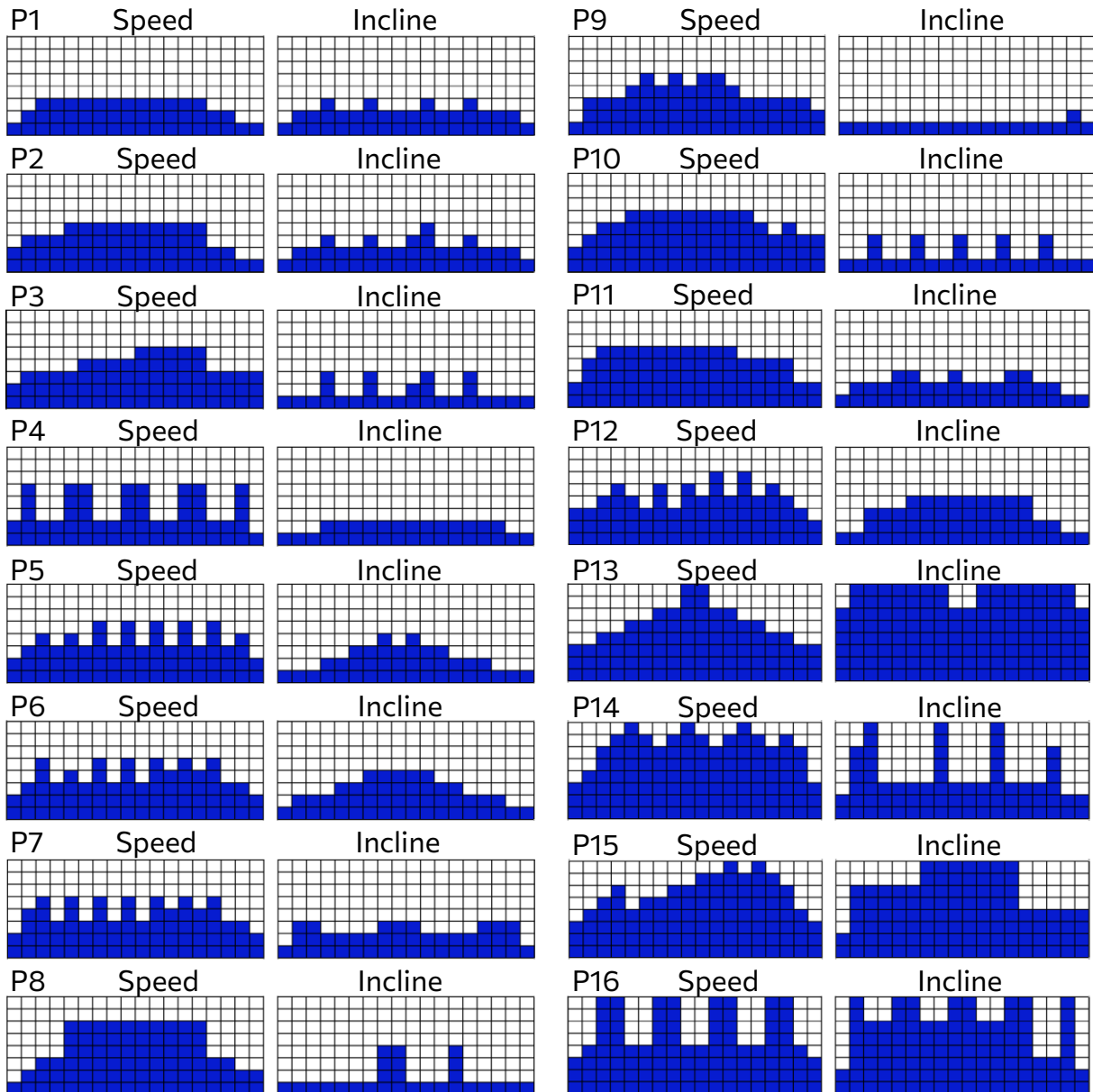


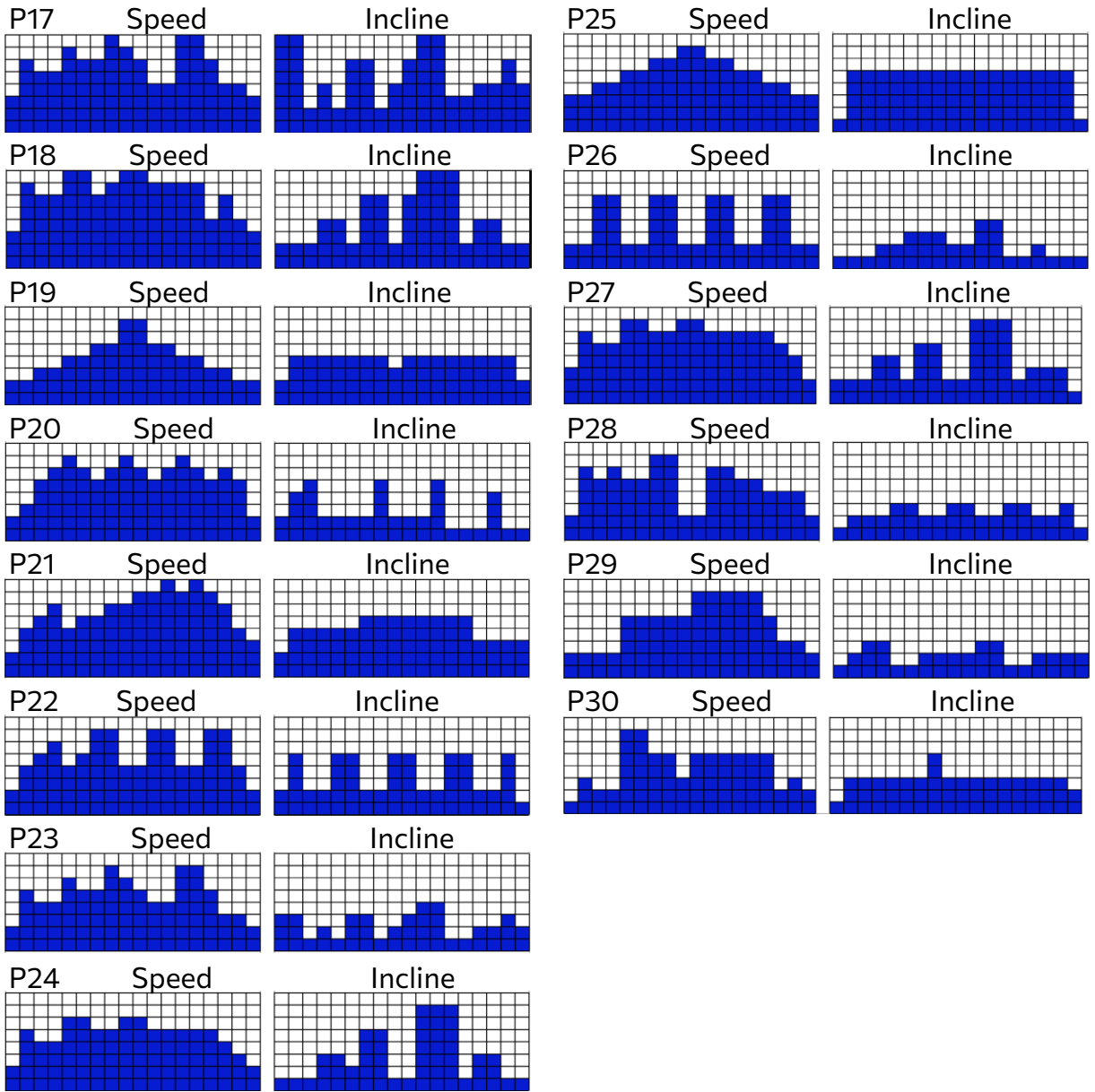
MANUAL program requires a time frame set before starting. Use the scale or arrows to adjust target time. Speed and incline are adjusted manually while running. Press **START** to begin workout.



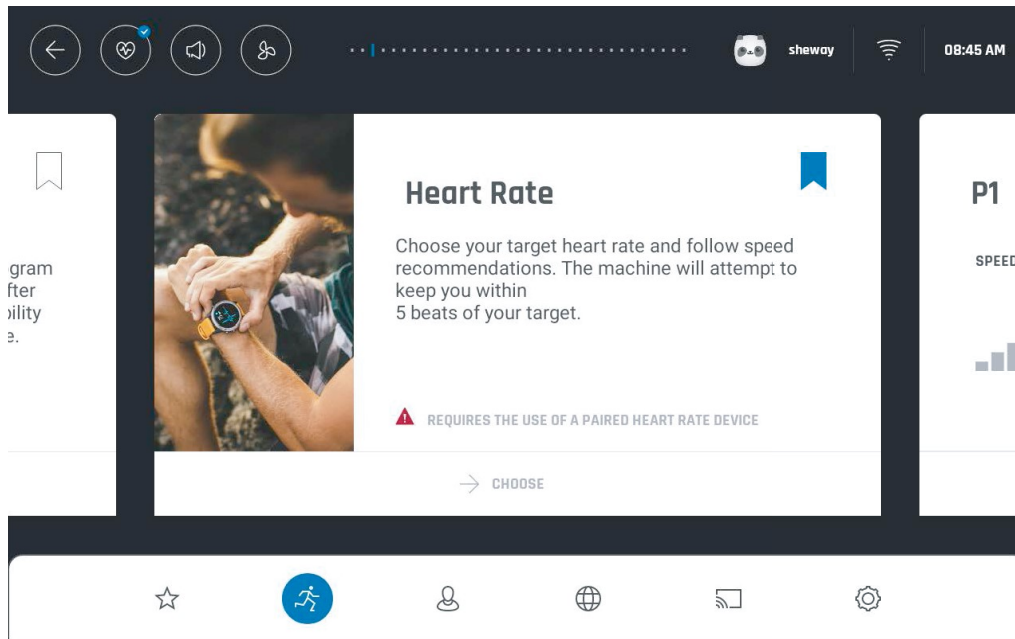
Preset Program Displays

P1 to P30 programs have speed and incline changing profiles, which you can find on the program preview. Time and maximum speed settings are required. Once you choose your maximum speed, the program intensity will adapt accordingly. Press **START** to begin workout.

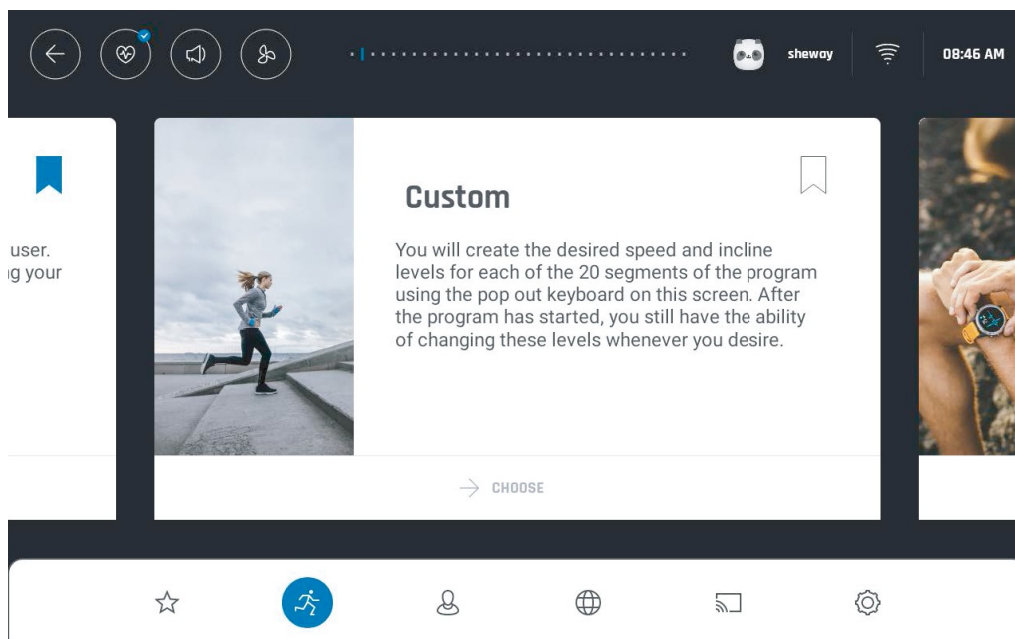




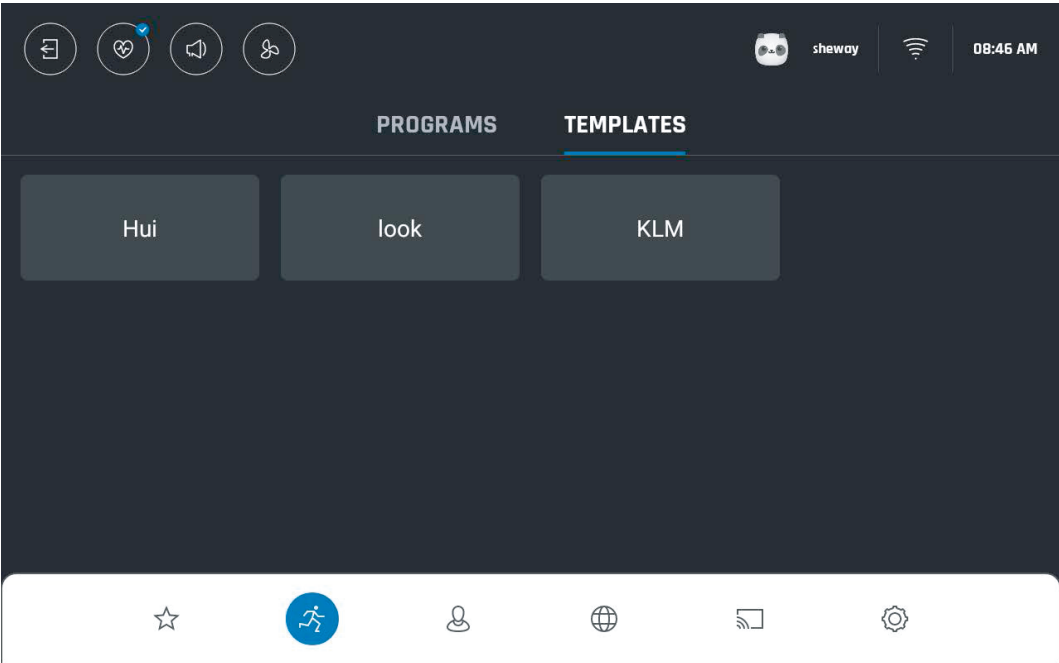
HEART RATE program will calculate your maximum heart rate based on your age. Set the target time for your workout, then adjust your speed manually while running in order to maintain the target heart rate. Incline will be controlled by the treadmill automatically. A HR monitoring device is required. The program is finished if the time is up, or if your HR is 20% higher than target.



CUSTOM program allows to create customized speed and incline changing profile by sliding up and down on the profile columns. Once the profile is defined, choose target time and maximum speed, so the intensity adapts accordingly. Every program can be saved as a template once adjusted or once completed. Press **Save as** to save the program with the current settings. You can manage saved programs in **TEMPLATES**. To delete a template, tap on it, then press **Delete** in the top right corner. A maximum of 12 template programs can be stored. A Template program is only available to a user who created it.



Any program can be labeled as **FAVORITE**. Favorite programs appear on the Homescreen, so you can access them anytime you want.



Profile

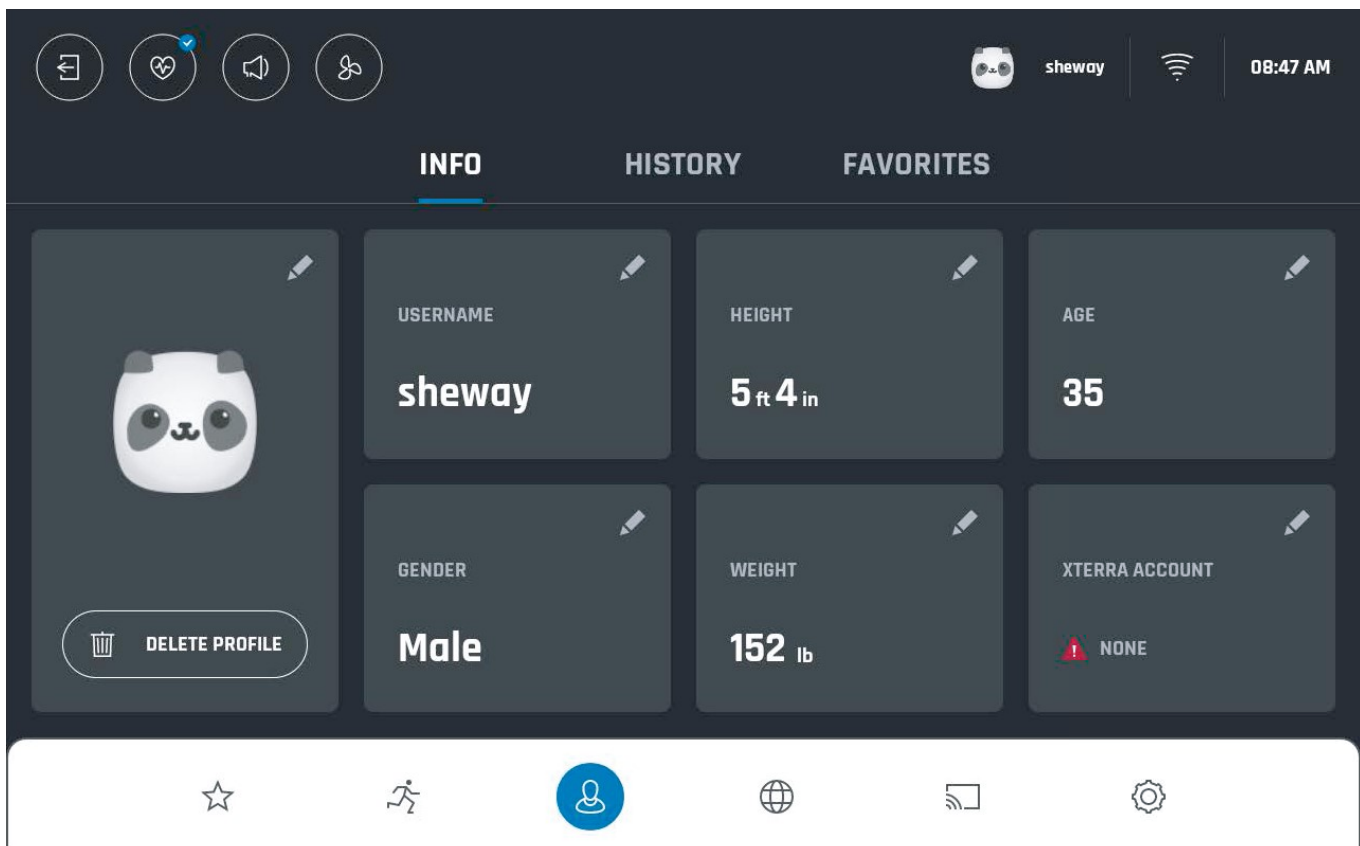
To create a new profile, press + button on the starting screen. If you already have a XTERRA APP ACCOUNT, you can scan the QR code appearing on the screen. This action will not only upload your already existing personal info to the machine, but also link two profiles together, so your workout history will be fully displayed in the XTERRA app. One XTERRA app account cannot be linked to multiple profiles on one machine.

If you do not have a XTERRA account, press the **I DON'T** button to continue and build one by filling in the form.

There are 3 tabs in the Profile section: Info, History, and Favorites. Creating a profile lets your machine remember your physical data, so you don't need to provide it every time you want to work out. Your personal data can be found in the **INFO** tab. To edit, tap on any information field and make changes, then press **Save**. If you haven't linked your XTERRA account to the local machine profile, you can also do it here by pressing "XTERRA Account" field.

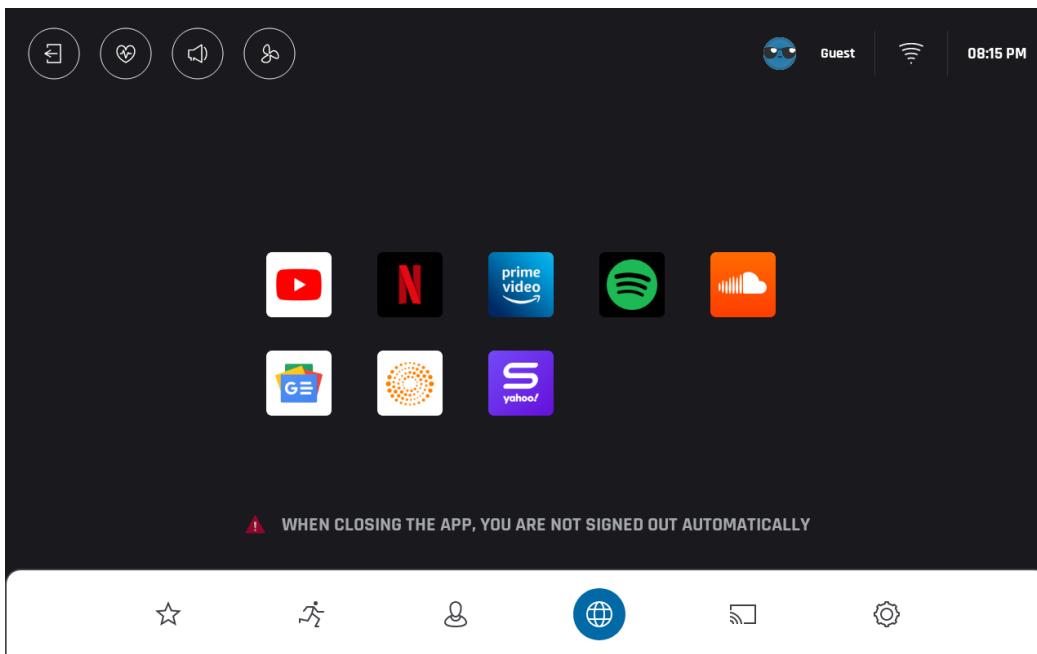
Ten records of the latest activity can be found in **HISTORY** tab. Workout history only shows work-outs that were completed by the current user. Tap on the record preview for details. All the records are available in the Xterra app account, if the profile is linked to the XTERRA app account. **FAVORITES** tab is where all the programs that were labeled as favorites by the current user can be seen and deleted.

Different users can choose different unit systems, select their personal favorite programs and save their own templates.



Internet & Apps

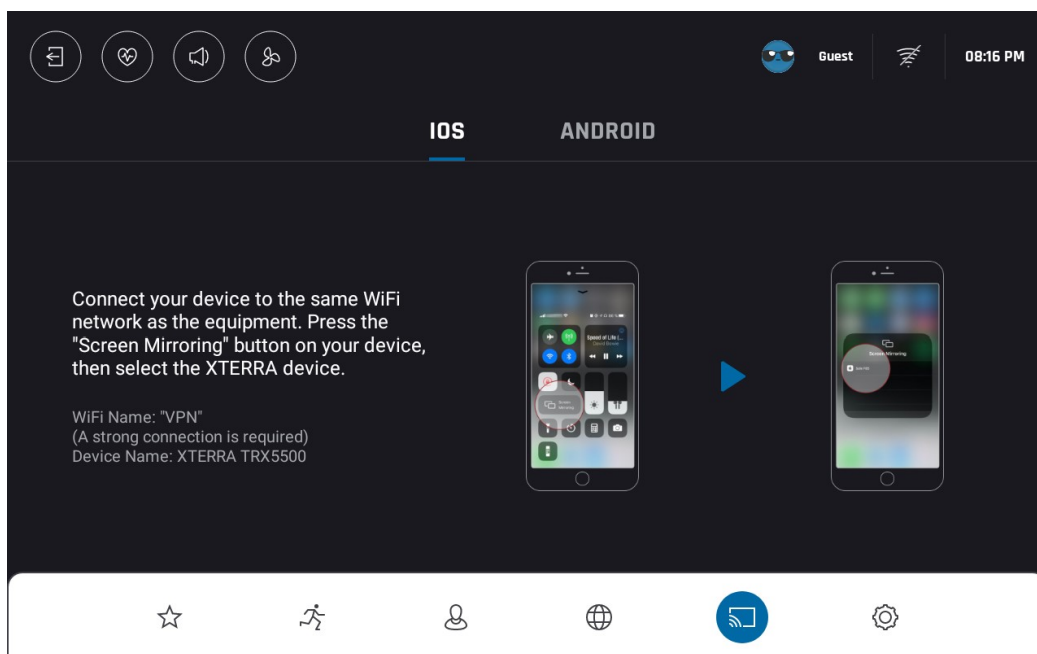
In this section there are a variety of third party apps to keep you entertained during your workout. To use them, connect to the WiFi and choose the app icon. Press **X** to enter full screen mode. Press **X** to exit full screen mode. Press **⌂** to choose another app.



(p.s. The picture shown here is for reference only. Actual built-in APPs could be varied due to software update.)

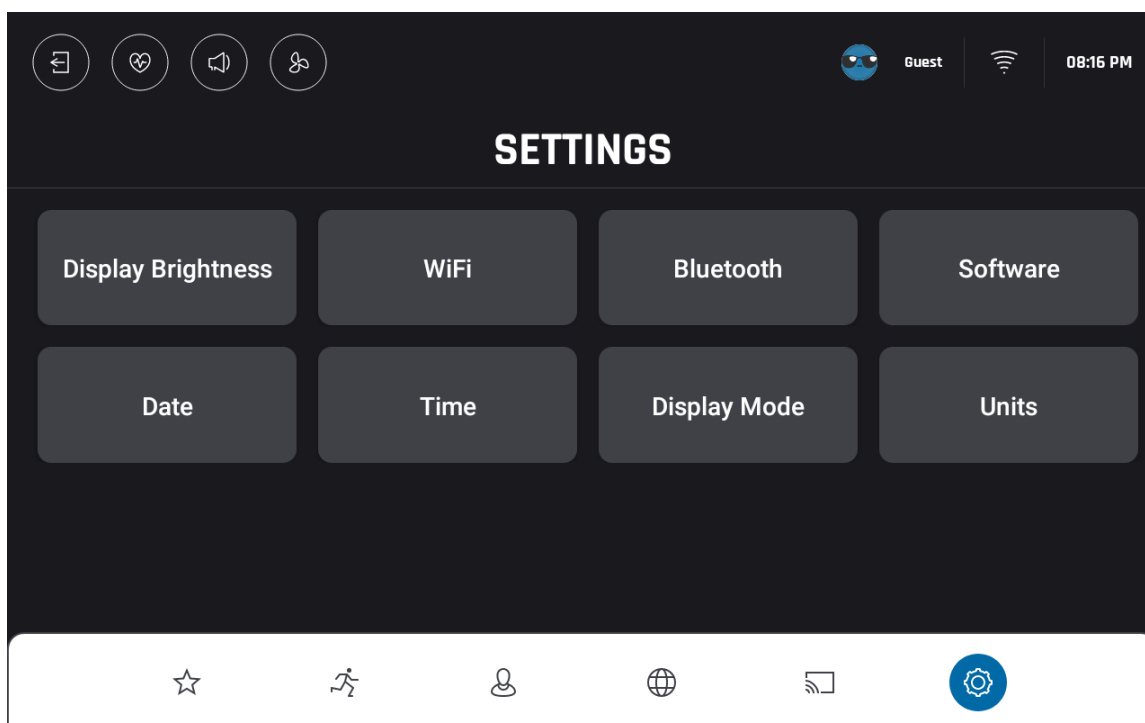
Screen Mirroring

To display various content from your smartphones or tablets on the machine console, open this section and follow the instructions provided, depending on whether you use an iOS or an Android device. Once the mirroring has started, press **X** to enter full screen mode. Press **X** to exit full screen mode.



Settings

- Tap on **WIFI** for internet connection settings.
- Tap on **DATE** or **TIME** to change the machine time settings. The time and date settings define the time information in the workout summary. Both 12 and 24 hours formats are available.
- Tap on **SOFTWARE** to check the current software version or to update, if a new one is available. Press **Update** to upload and install the latest version. Be sure to be connected to the Internet.
- Tap on **DISPLAY** to adjust the brightness of the screen.
- Tap on **BLUETOOTH** to pair with the Bluetooth devices including the Bluetooth type of chest straps, earphones, or speakers.



Workout Views

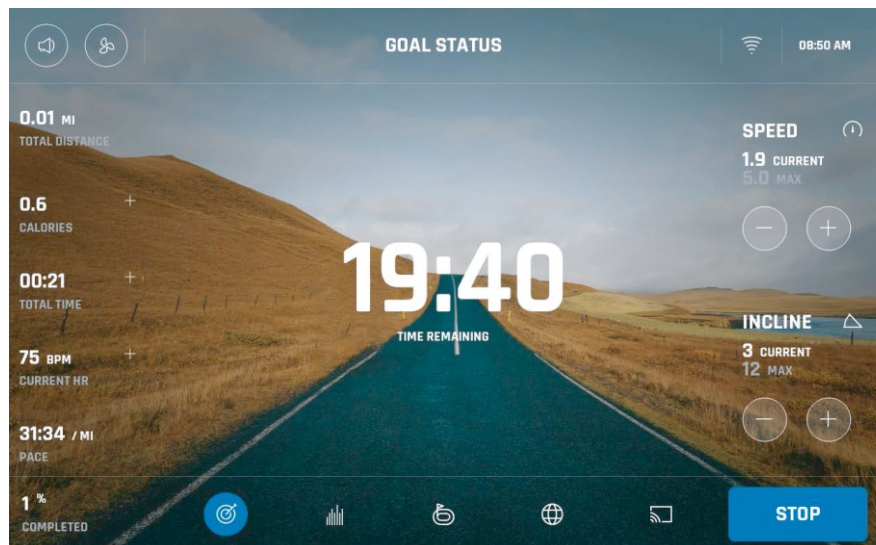
Once the workout has started, after the short countdown the console will appear in its workout mode. Warm-up and cool-down phases may be skipped by pressing **Skip**.

The panel on the left is fixed and shows your current **WORKOUT STATS**. More related stats can be revealed by pressing on the + icon. **SPEED AND INCLINE CONTROLS** can be adjusted by tapping on arrows in the right panel. The icons on the top panel are the tools available during your workout: volume, fan and WiFi. When the workout is paused, you can also access HR device pairing settings.

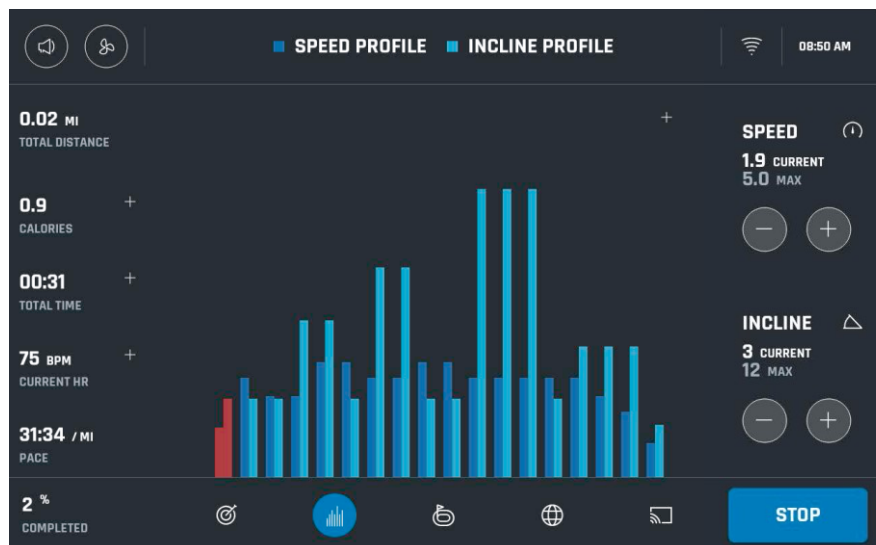
The bottom panel is with 3 views from the left to the right:

- **GOAL VIEW** displays the parameter that defines your workout finish (for example, for profile programs it is time counting down; for distance programs it is distance left).
- **PROFILE VIEW** shows your workout profiles and your current position in them.
- **TRACK VIEW** helps to imagine yourself making laps on a 1/4 mile track and shows your progress depending on distance covered.
- **INTERNET** and **SCREEN MIRRORING** work the same way as in non-workout mode. To pause or finish the workout, press **Stop** on the bottom right corner.

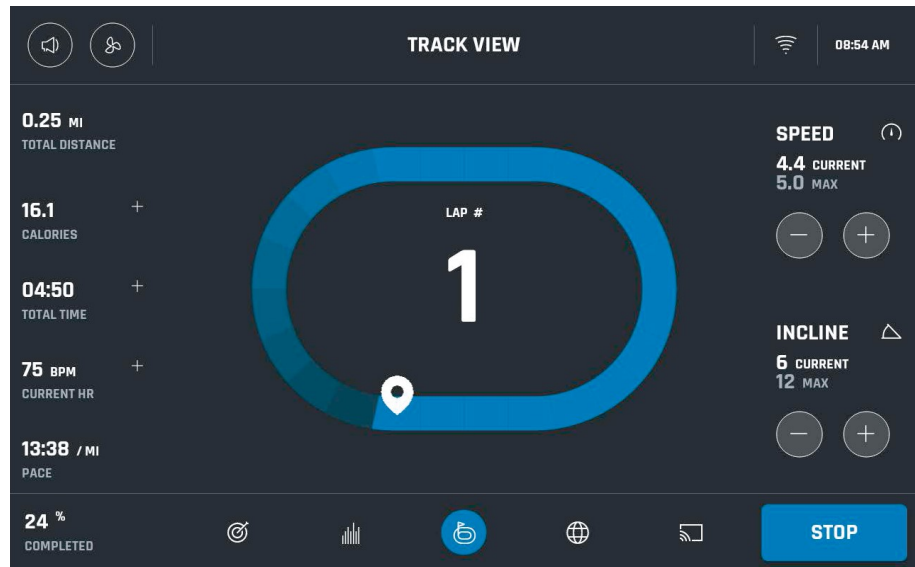
Goal View:



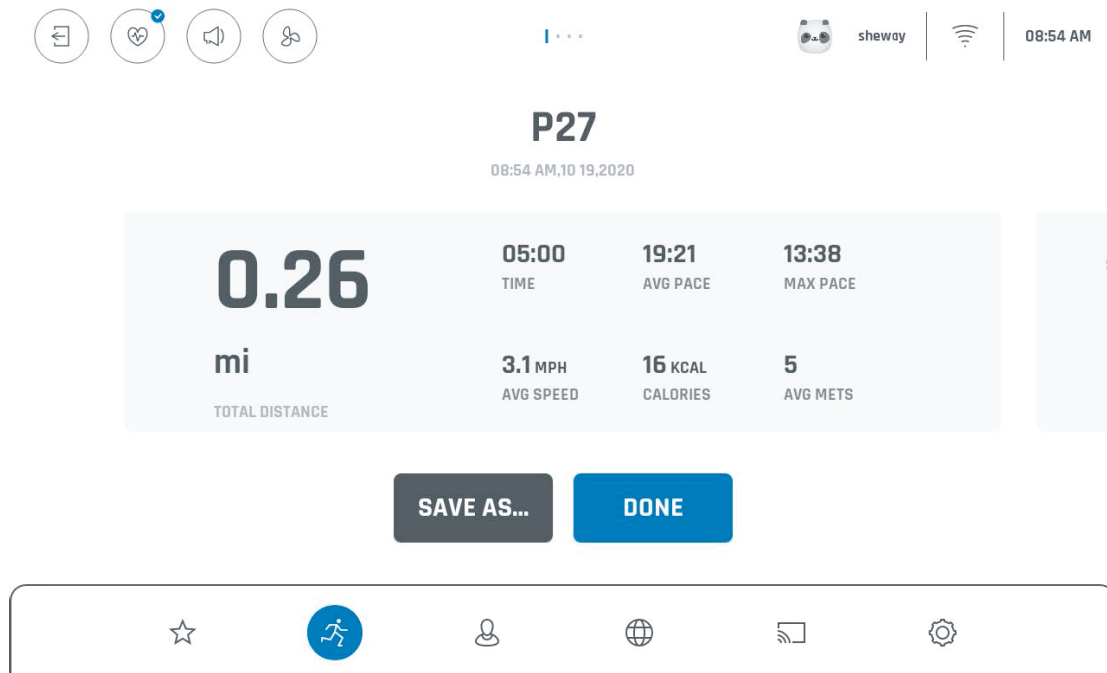
Profile View:



Track View:



After the workout is finished, the workout summary will appear. Slide to the left to get more details or press **Done** to go back to the Home screen. You can also save the completed program as a template from here, if you press **Save as** button. The workout record will appear in History tab of the Profile section.



Charge Portable Devices with USB port

USB Port Charging function:

Charge your personal device during your workout using the fitness equipment's on-console USB port. To charge your mobile electronics make sure the fitness equipment power is on.

Step 1: Connect your USB charging cable (not included) to the USB Power Port and to your device.

Step 2: Check to make sure your device icon indicates it is charging.

NOTE:

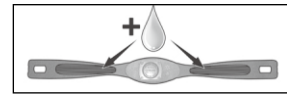
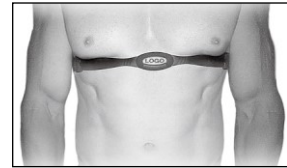
* USB charging cable is not included, make sure compatible USB charging cable is being used.

** The USB port on the console is capable of powering USB devices. It provides up to 5Vdc/1.0 amp of power and meets USB 2.0 regulations. You will not be able to save your workout data to a USB via this port; it is used for charging purposes only.

Using Heart Rate Transmitter (Optional)

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centered in the middle of your torso facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter directly below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver - to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter directly on bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, wet the areas of the shirt that the electrodes will rest upon.



Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours).

Erratic Operation

Caution! Do not use this treadmill for Heart Rate programs unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look for interference which may cause erratic heart rate:

1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the logo is right side up.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.

Heart Rate Programs

Before we get started, a word about Heart Rate:

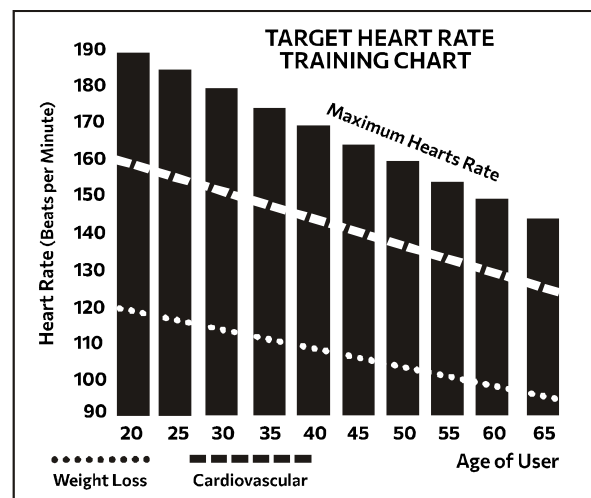
The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat while 80% is for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old their target heart rate zone is calculated:

$$\begin{aligned} 220 - 40 &= 180 \text{ (maximum heart rate)} \\ 180 \times 0.6 &= 108 \text{ beats per minute} \\ &\quad \text{(60\% of maximum)} \\ 180 \times 0.8 &= 144 \text{ beats per minute} \\ &\quad \text{(80\% of maximum)} \end{aligned}$$

So for a 40 year old the training zone would be 108 to 144 beats per minute.



If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate programs. After calculating your MHR you can decide upon which goal you would like to pursue.

The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

Beginner's Guide To Exercise

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

WARNING: Before beginning this or any other exercise program consult your doctor. This is especially important for pregnant women and new mothers, all people over the age of 35, and those with medical problems such as heart disease, high or low blood pressure, injuries, joint problems, obesity and asthma.

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

Before You Start

If you're beginning an exercise program for the first time or starting a new exercise routine, you must check with your doctor that you are fit to do so particularly if:

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

Target heart rate

To train effectively you should aim to work in the heart rate zone appropriate

to your age as stipulated below. Please note this is a guide and your heart rate at rest and during training is determined by your fitness level and other lifestyle factors as well as your age. If you reach the recommended beats per minute below and feel you're over-exerting yourself stop, rest and when you feel recovered return to exercise at a lower intensity.

	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

Workout tips

- Always perform a warm-up and stretching exercises before your workout and a cool-down and stretching exercises at the end.
- Start slowly and build up your time, speed and resistance gradually; 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 workouts.
- Warm up for 5 to 10 minutes with gentle movements incorporating the whole body such as walking while swinging your arms in a circle and then stretch the muscles you'll use during your workout.
- 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 when you exercise regularly.
- End each workout 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 develop flexibility, reduce muscle soreness and prevent injury.
- Increase your workout 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. Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest.

Stretching Guide

Tips for stretching

- Begin with small mobility exercises of all the joints e.g. simply rotate your ankles, bend your knees and roll your hips. Gradually make the movements larger and faster. 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, creating warmth which makes the muscles suppler.
- Start with your legs, and steadily 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

A successful cardio-vascular exercise program consists of a full-body warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably 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.

Warm-up

The purpose of warming up is to prepare your body for exercise and to minimise injuries. Warm up for five minutes before strength-training or exercising aerobically. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running on the spot. Try to incorporate moves that take the joints through their full range of motion.

Stretching

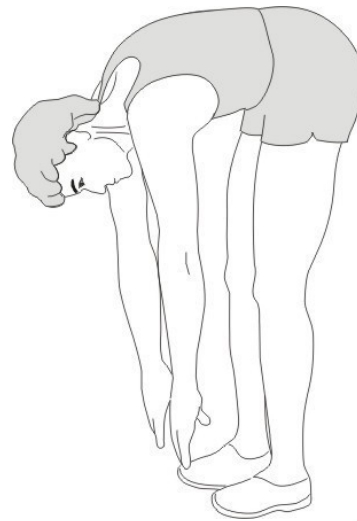
Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretching develops flexibility and reduces muscles soreness.

Stretches should be held for 15 to 30 seconds.

Do not bounce or over- stretch. Take your time on each stretch. Gradually take each stretch a little deeper on every out breath to your personal maximum.



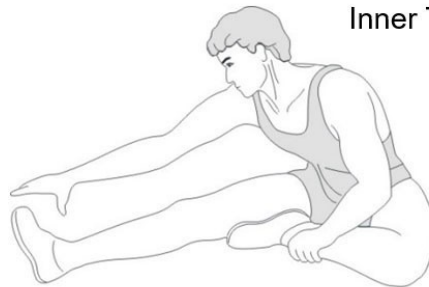
Side Stretch



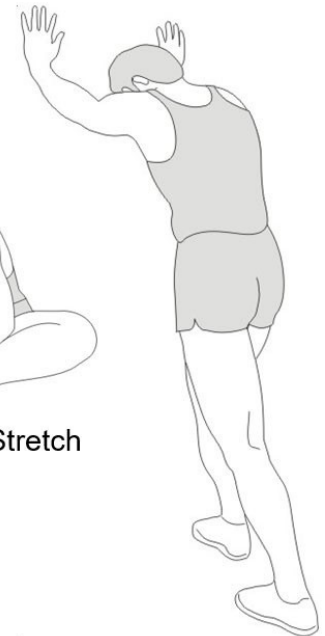
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles Stretch

Cool-down

Always remember to check with your physician before starting any exercise program.

The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate, allows blood to return to the heart and helps prevent muscle soreness caused by the build-up of lactic acid in the muscles.

GENERAL MAINTENANCE

Belt & Deck

Your treadmill uses a very high-efficient low-friction deck. Performance is maximized when the deck is kept as clean as possible. Use a soft, damp cloth, or paper towel, wipe the edge of the belt and the area between the belt edge and the frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and bed life. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. Allow to dry before using.

Belt Dust

This occurs during normal break-in or until the belt stabilizes. Sometimes the black dust from the belt will appear on the floor behind the treadmill, this is normal.

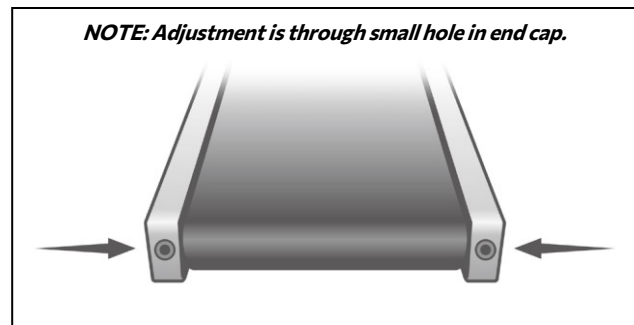
General Cleaning

Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. Please vacuum underneath your treadmill on a monthly basis to prevent excess build-up of dirt that can get sucked up and get into the inner workings under the motor cover. Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate. **UNPLUG POWER CORD BEFORE THIS TASK.**

BELT ADJUSTMENTS

Tread-belt Tension Adjustment - Belt tension is not critical for most users. It is very important though for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the rear roller with the 6 mm Allen wrench (132) provided in the parts package. The adjustment bolts are located at the end of the step rails as shown in the diagram below. Note: Adjustment is through small hole in end cap. Tracking / Tension Adjustment Tracking / Tension Adjustment

Tighten the rear roller only enough to prevent slippage at the front roller. Turn the tread-belt tension adjusting bolts 1/4 turn each and inspect for proper tension by walking on the belt and making sure it is not slipping or hesitating with each step. When an adjustment is made to the belt tension, you must be sure to turn the bolts on both sides evenly or the belt could start tracking to one side instead of running in the middle of the deck.



DO NOT OVERTIGHTEN—Over tightening will cause belt damage and premature bearing failure. If you tighten the belt a lot and it still slips, the problem could actually be the drive belt -located under the motor cover - that connects the motor to the front roller. If that belt is loose it feels similar to the walking belt being loose. Tightening the motor belt should be done by a trained service person.

TREAD-BELT TRACKING ADJUSTMENT

The treadmill is designed so that the tread-belt remains reasonably centered while in use. It is normal for some belts to drift near one side while in use, depending on a user's gait and if they favor one leg. But if during use the belt continues to move toward one side, adjustments are necessary.

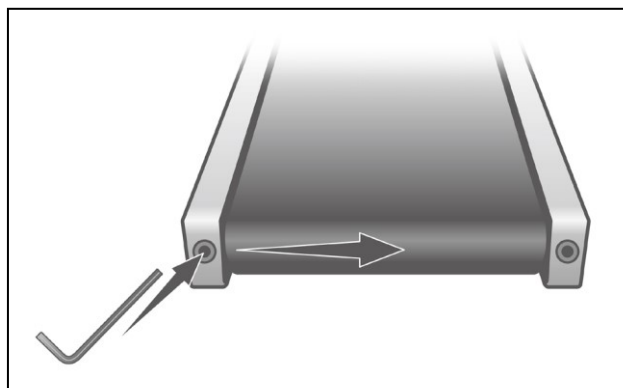
SETTING TREAD-BELT TRACKING

A 6 mm Allen wrench is provided for this adjustment. Make tracking adjustments on the left side bolt. Seat belt speed at 3 mph. Be aware that a small adjustment can make a dramatic difference which may not be apparent right away.

If the belt is too close to the left side, then turn the bolt only a 1/4 turn to the right (clockwise) and wait a few minutes for the belt to adjust itself.

Continue to make 1/4 turns until the belt stabilizes in the center of the running deck.

If the belt is too close to the right side, turn the bolt counter-clockwise. The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users may affect tracking differently. Expect to make adjustments as required to center the tread-belt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills.



ATTENTION:

DAMAGE TO THE RUNNING BELT RESULTING FROM IMPROPER TRACKING / TENSION ADJUSTMENTS IS NOT COVERED UNDER THE WARRANTY.

BELT/DECK LUBRICATION PROCEDURE

To ensure the longevity and proper function of your treadmill, proper belt maintenance is required. You should regularly check between the treadmill belt and the top of the treadmill base for proper lubrication, and to ensure that no dirt or debris has become trapped. Keeping the deck clean and lubricated at the recommended intervals ensures the longest life possible for your treadmill. Should lubrication dry out, or dirt become trapped, the friction between the belt and deck increases. Increased friction places undue stress on the drive motor, drive belt, and electronic motor control board which could result in catastrophic failure of these essential, expensive components.

Failure to clean and lubricate the deck at regular intervals may void the warranty.

As a part of your routine maintenance schedule, belt lubrication and cleaning should be performed every 90 hours of use, or earlier if you notice that the deck is dry or dirty. Please also be sure to check belt lubrication before first use. Do not lubricate with anything other than XTERRA Fitness approved lubricant. Your treadmill comes with one tube of treadmill belt lubricant.

Regularly check belt lubrication by completing the following steps:

1. Ensure that your machine is off, and that the power cord is unplugged to minimize risk of injury.
2. Reach between the running belt and the top of the treadmill base to verify that lubrication is present.

To lubricate your treadmill belt:

1. Ensure that your machine is off, and unplugged to minimize risk of injury.
2. Reach between the belt and the top of the treadmill base to verify that lubrication is present.
3. While kneeling beside your treadmill deck, use one hand to hold the treadmill belt up and away from the treadmill base just enough so you can use your other hand to reach the lubrication underneath.
4. Starting about 1 foot from the motor cover, begin applying 1/2 of your lubricant bottle in a long "S" pattern about 4-6" from one edge.
5. Repeat steps 3 and 4 on the opposite side using the remaining 1/2 of the lubricant bottle.
6. Plug the treadmill power cord back in, and turn the power switch back on.
7. Walk on the belt at a moderate speed for 5 minutes to evenly distribute the lubricant along the treadmill belt and deck.
8. Your treadmill belt is now lubricated. Normal use can resume.

To clean your treadmill belt:

1. Ensure that your machine is off, and that the power cord is unplugged to minimize risk of injury.
2. Grab one edge of the treadmill belt, and lift slightly to expose the area between the top of the treadmill base and the running belt.
3. Do a visual check for any dirt or debris accumulation.
4. Should dirt and debris be present, slide a towel or cleaning cloth between the treadmill belt and top of the treadmill base until you can grasp one end on each side. (The cleaning cloth should be longer than the running belt is wide to achieve this.)
5. Using both hands, drag the cleaning cloth up and down the length of the treadmill base 1-2 times.
6. For excessive dirt accumulation, rotate the belt halfway, and repeat step 5. Continue until your cleaning cloth is no longer picking up any dirt.
7. Remove cleaning cloth from treadmill before plugging back in.

Using the XTERRA APP

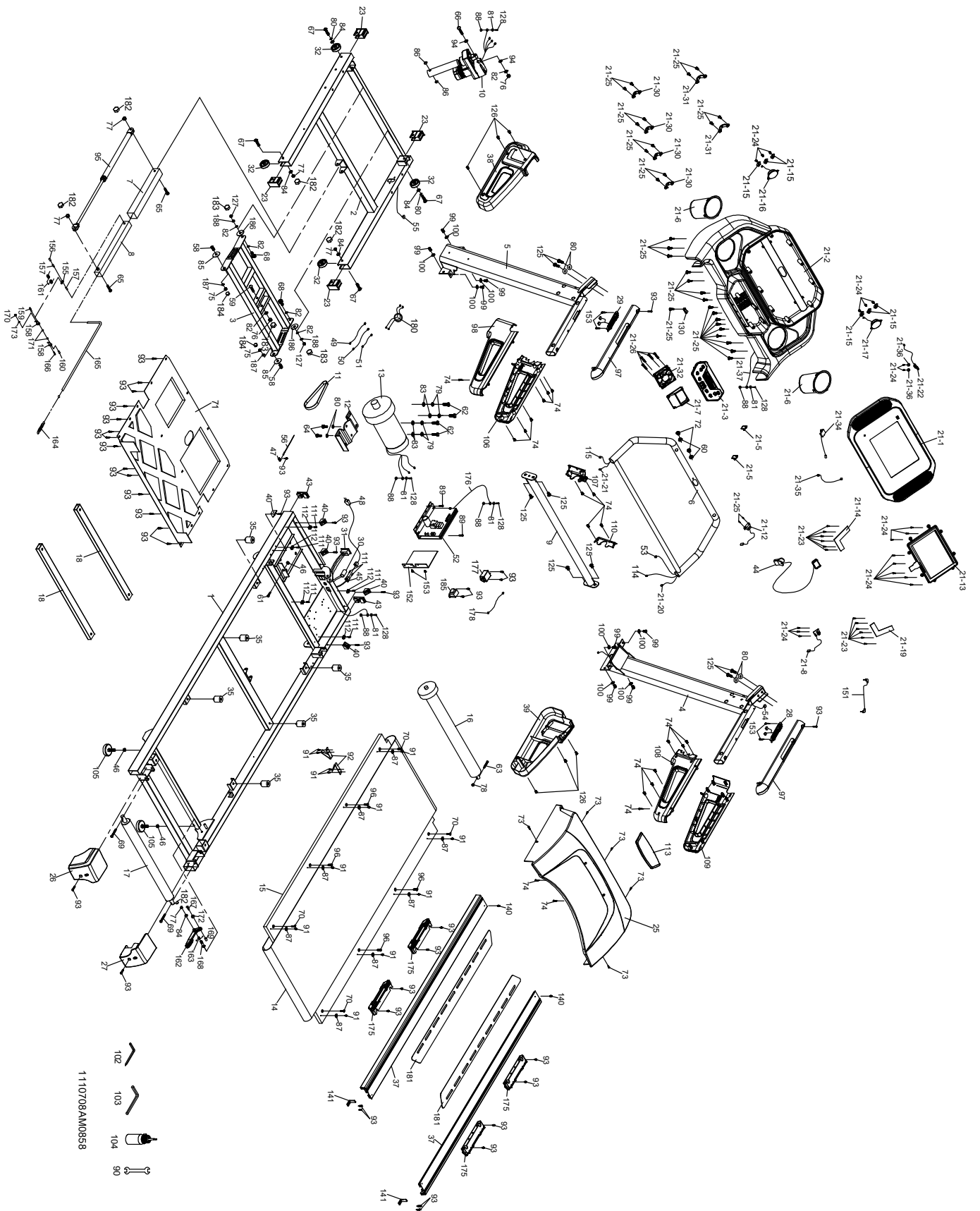
In order to help you achieve your exercise goals, your new exercise machine comes equipped with a Bluetooth® transceiver that will allow it to interact with selected phones or tablet computers via the Xterra App. Just download the free Xterra App from the Apple Store or Google Play, and then follow the instructions in the App to sync with your exercise machine. Now you can view current workout data in three different Display screens on your device. You can also easily switch back and forth from the workout display view to internet/social media / email sites via icons on the display screen. When your workout is finished, the data is automatically saved to the built-in personal calendar for future reference.

The Xterra App also allows you to sync your workout data with one of many fitness cloud sites we support with more to come. Syncing the App with your exercise machine:

1. Download the App.
2. Open the App on your device (phone or tablet) and make sure Bluetooth® is enabled on your device (phone or tablet).
3. In the App click the icon in the top left corner to search for your Xterra equipment.
4. After the equipment is detected, click Connect. When the App and equipment are synced, the Bluetooth® icon on the equipment's console display will light up. You may now start using your new Xterra product.
5. When your workout is finished, the data is automatically saved and you will be prompted to sync your data with each available fitness cloud site. Please note you will have to download the applicable compatible fitness App in order for the icon to be active and available.

Note: Your device will need to be running on a minimum operating system of iOS 15.6 or Android 8.0 for the Xterra App to operate properly.

Exploded View Diagram



Parts List

Part Number	Part Description	Qty per unit
1	Main Frame	1
2	Frame Base	1
3	Incline Bracket	1
4	Right Upright	1
5	Left Upright	1
6	Console Support	1
7	Outer Slide	1
8	Inner Slide	1
9	Handrail Support	1
10	Incline Motor	1
11	Drive Belt	1
12	Motor Bracket	1
13	Drive Motor	1
14	Running Belt	1
15	Running Deck	1
16	Front Roller W/Pulley	1
17	Rear Roller	1
18	Deck Cross Brace	2
21	Console Assembly	1
21-01	Console Top Cover	1
21-02	Console Outer Cover	1
21-03	Console Inner Cover	1
21-05	Square Magnet Stop Plate	2
21-06	Drink Bottle Holder	2
21-07	Wind Duct	1
21-08	USB charging module	1
21-12	Safety Switch Module W/ Cable	1
21-13	Console Display Board	1
21-14	Key Board (L)	1
21-15	Speaker Grill Anchor	6
21-16	250m/m_Speaker W/Cable	1
21-17	500m/m_Speaker W/Cable	1
21-19	Key Board (R)	1
21-20	1000m/m_Handpulse Wire (Upper)	1
21-21	1000m/m_Handpulse Wire (Upper)	1
21-22	Sound Board	1
21-23	2.3 × 6m/m_Sheet Metal Screw	12
21-24	3 × 10m/m_Sheet Metal Screw	19
21-25/74	3.5 × 12m/m_Sheet Metal Screw	51
21-26	3.5 × 50m/m_Sheet Metal Screw	4
21-30	Ø22.2_Console Bracket Anchor	4
21-31	Ø32_Console Bracket Anchor	2
21-32	Fan Assembly	1
21-34	Receiver, HR	1

Part Number	Part Description	Qty per unit
21-35	300m/m_Receiver Connecting Cable	1
21-36	Speaker Grill Anchor	2
21-37	400m/m_Console Ground Wire	1
23	End Cap	4
25	Motor Top Cover	1
26	Adjustment Base (L)	1
27	Adjustment Base (R)	1
28	Speed/Hand Pulse Complex	1
29	Incline/Hand Pulse Complex	1
30	Breaker	1
31	AC Electronic Module	1
32	Transportation Wheel	4
35	Cushion	6
37	1435m/m_Aluminum Foot Rail	2
38	Frame Base Cover (L)	1
39	Frame Base Cover (R)	1
40	Motor Cover Anchor(D)	5
43	Square End Cap	2
44	Square Safety Key	1
45	Power Socket	1
46	3/8" × 7T_Nut	3
47	Sensor Rack	1
48	Power Cord	1
49	150m/m_Connecting Wire (White)	1
50	150m/m_Connecting Wire (Black)	1
51	100m/m_Connecting Wire (Black)	1
52	Motor Controller	1
53	1200m/m_Computer Cable (Upper)	1
54	1250m/m_Computer Cable (Middle)	1
55	1200m/m_Computer Cable (Lower)	1
56	1000m/m_Sensor W/Cable	1
58	1/2" × 1" _Hex Head Bolt	2
59	3/8" × UNC16 × 3-1/4" _Hex Head Bolt	1
60	Ø5/16" × 19 × 1.5T_Curved Washer	2
61	3/8" × 1-1/2" _Hex Head Bolt	1
62	3/8" × 3/4" _Hex Head Bolt	4
63	M8 × 60m/m _Hex Head Bolt	1
64	M8 × P1.25 × 12m/m _Hex Head Bolt	2
65	5/16" × 2-3/4" _Button Head Socket Bolt	2
66	3/8" × UNC16 × 1-3/4" _Hex Head Bolt	1
67	5/16" × 1-1/2" _Flat Head Socket Bolt	4
68	M10 × 25m/m _Socket Head Cap Bolt	2
69	M8 × 80m/m _Socket Head Cap Bolt	2
70	M8 × 25m/m _Flat Head Countersink Bolt	4
71	Motor Bottom Cover	1
72	5/16" × 1/2" _Button Head Socket Bolt	2

Part Number	Part Description	Qty per unit
73	5 × 16m/m_Tapping Screw	5
75	1/2" × 8T_Nylon Nut	2
76	3/8" × 7T_Nylon Nut	2
77	5/16" × 7T_Nylon Nut	5
78	M8 × 7T_Nylon Nut	1
79	Ø10 × 2.0T_Split Washer	4
80	Ø8 × 1.5T_Split Washer	8
81	Ø5 × 1.5T_Split Washer	5
82	Ø3/8" × Ø19 × 1.5T_Flat Washer	6
83	Ø3/8" × Ø25 × 2.0T_Flat Washer	4
84/100	Ø5/16" × Ø18 × 1.5T_Flat Washer	13
85	Nylon Washer (B)	2
86	Nylon Washer (A)	2
87	Ø25 × Ø20 × Ø16 × Ø5 × 4.5H × 1.1T_Concave Washer	8
88	M5_Star Washer	5
89	Ø5 × 32m/m_Tapping Screw	2
90	13m/m_Wrench	1
91	4 × 12m/m_Sheet Metal Screw	12
92	Belt Guide	2
93	Ø5 × 16m/m_Tapping Screw	40
94	Ø10 × Ø25 × 0.8T_Nylon Washer	2
95	Cylinder	1
96	M8 × 50m/m_Flat Head Countersink Bolt	4
97	Handlebar Cover (Top)	2
98	Handlebar Cover Outer (L)	1
99	5/16" × 3/4" Hex Head Bolt	8
102	M5_Allen Wrench Head Screw Wrench	1
103	M6_L Allen Wrench	1
104	Lubricant	1
105	Adjustment Foot Pad	2
106	Handlebar Cover Inner (L)	1
107	Front Inner Handlebar Cover (L)	1
108	Handlebar Cover Outer(R)	1
109	Handlebar Cover Inner (R)	1
110	Front Inner Handlebar Cover (R)	1
111	3.5 × 16m/m_Tapping Screw	7
112	Wire Tie Mount	5
113	Top Motor Cover Plate	1
114	1000m/m_Speed Cable (Upper)	1
115	1000m/m_Incline Cable (Upper)	1
125	5/16" × 3/4" Button Head Socket Bolt	8
126	M5 × 15m/m_Phillips Head Screw	6
127	M10 × 8T_Nylon Nut	2
128	M5 × 10m/m_Phillips Head Screw	5
130	Wire Clamp	1
140	4 × 25m/m_Sheet Metal Screw	2

Part Number	Part Description	Qty per unit
141	Foot Rail Back Plate	2
151	400m/m_Audio Cable	1
152	Controller Back Plate	1
153	3 × 8m/m_Sheet Metal Screw	6
155	Link	1
156	Link Shaft	1
157	Shaft Bushing	2
158	Fastening Bracket	2
159	Clevis Pin	1
160	Fastening Bushing	1
161	Dual Torsion-Spring	1
162	Release Lever	1
163	Ø1.8_ChenChin Torsion-Spring	1
164	Ø2_Steel Cable Tension Spring	1
165	Steel Cable	1
166	M3 × 10m/m_Phillips Head Screw	1
167	M5 × 20m/m_Phillips Head Screw	1
168	5/16" × UNC18 × 42m/m_Button Head Socket Bolt	1
169	M5 × 5T_Nylon Nut	1
170	M3 × 2.5T_Nut	1
171	Ø5 × Ø10 × 1T_Flat Washer	2
172	Ø5 × Ø13 × 1.0T_Flat Washer	1
173	M3_Split Washer	1
175	Cushion Spacer	4
176	400m/m_Ground Wire	1
177	Filter	1
178	200m/m_Connecting Wire (White)	1
180	600m/m_Connecting Cable Of Motor	1
181	Non-Slip Rubber	2
182	Ø13m/m_Bolt Cap	5
183	Ø14m/m_Bolt Cap	3
184	Ø19m/m_Bolt Cap	2
185	Choke	1
186	Ø40 × 3T_Nylon Washer	2
187	Ø1/2" × 2.0T_Split Washer	2
188	Ø10 × 1.5T_Split Washer	2

CONGRATULATIONS ON THE PURCHASE OF YOUR NEW FITNESS PRODUCT

Once you have installed your product you should register it for warranty at <https://form.jotformeu.com/DyacoUK/domestic-product-warranty-registr> by confirming the purchase.

If you are unable to complete please call 0800 029 3865

ALL WARRANTIES ARE NON-TRANSFERABLE

Warranty Exclusions:

- Damaged caused by incorrect installation
- Damaged caused by an unauthorised Dyaco UK service provider or use of any parts other than original Dyaco UK supplied parts
- Products that have been sold or transferred by the original purchaser
- Accidental damaged
- Warranty will be void if machine purchased is used in an environment it is not manufactured for our products should be kept in the home not in an outbuilding/garage environment due to adverse / abrasive conditions (moisture, high/low temperatures, airborne particles like concrete dust etc.
- Does not include any island off Mainland UK
- Products that are not registered, Dyaco UK reserves the right to request a proof of purchase
- Incidental damages such as property damage i.e. Flooding or Electrical Fault
- Warranty Type: Home Use
- Warranty: 10 years motor, 2 years parts and labour

FAILURE TO FOLLOW GENERAL MAINTENANCE PROCEDURES IN ACCORDANCE WITH YOUR OWNERS/USERS MANUAL MAY INVALIDATE YOUR PRODUCTS WARRANTY


Customer Support.

Contact Information

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Serial No. - This can be found on a label on the product itself
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue or defect.

IMPORTANT!!- Please retain your sales receipt, dyaco customer care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.

Company	Dyaco International Inc. 12F, No. 111, Songjiang Rd., Taipei 104 Taiwan, R.O.C.
Article number	TRX5500 (XTERRA)
Classes	HB
Product	Treadmill
Load max.	150kg
Nominal Voltage	220-240 VAC
Nominal frequency	50Hz
Nennaufnahme/Nominal power consumption	1800W
Serial Number	
Year of construction	
This item is not suitable to use as medical device.	
	

Dyaco UK Ltd

Address

Unit 5, Mill Square

Featherstone Road, Wolverton Mill

South Milton Keynes,

MK12 5ZD

United Kingdom

Telephone: **+44 (0) 800 029 3865**

Email: **service@dyaco.co.uk**

Declaration of Conformity

We,

Company: Dyaco International Inc.

Address: 12F, No.111, Songjiang Road, 10486 Taipei, TAIWAN

.....
declare under our sole responsibility that the product:

product name: Treadmill

trade name: Xterra

type or model: TRX5500

According to the following directives:

General Product Safety Regulation (GPSR - Regulation (EU) 2023/988)

Machinery Directive (2006/42/EC)

Electromagnetic Compatibility Directive (EMC - 2014/30/EU)

Low Voltage Directive (2014/35/EC)

Restriction of Hazardous Substances (RoHS - Directive 2011/65/EU & Amendment (EU) 2015/863)

Standards to which Conformity is Declared:

EN IEC 55014-1:2021, EN IEC 55014-2:2021,

EN 60335-1:2012/A15:2021, EN 62233:2008, EN 50564:2011,

EN ISO 20957-1:2013, EN 957-6:2010+A1:2014, EN ISO 12100:2010

Sincerely,

DYACO INTERNATIONAL INC.



.....
Authorized Signature