



Treadmill Owner's Manual.

Praia

Treadmill

www.viavito.com





Thank you for purchasing the Viavito **Praia** treadmill.

You have chosen a high quality, safe and innovative piece of exercise equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new piece of equipment.

For more information, or if you require any assistance please email us at **support@viavito.com**

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Important Safety Information.

- Please read all instructions carefully before using this product.
- Retain this manual for future reference.
- The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

IMPORTANT SAFETY INFORMATION! **Note the following precautions before assembling or operating this treadmill:**

- 01** Using the tools supplied, assemble the treadmill exactly as per the instructions in this manual.
- 02** Check all the screws, nuts, bolts and other connections before using the machine for the first time and ensure that it has been built correctly.
- 03** This is a class H (Home) product and is suitable for domestic use in private homes where access to the equipment is controlled by the owner.
- 04** Position the treadmill on a clear, dry and level surface. DO NOT position it near water or outdoors.
- 05** Before starting to assemble the treadmill, place a suitable base (e.g. rubber mat, wooden board etc.) in the assembly area. Assemble the treadmill on this base and then keep it under the treadmill at all times in order to protect it from dirt.
- 06** There must be 2 metres of clear space behind the running deck where you access the equipment for safety reasons. Ensure there is a clear space of 0.6 metres around the treadmill in all other directions, free from any objects or potential hazards.
- 07** Use the treadmill only for its intended purpose as described in this manual.
- 08** This treadmill may only be used by one person at a time.
- 09** Always wear appropriate workout clothing when exercising. Running or aerobic shoes are required when using this machine.
- 10** Inappropriate use of this treadmill, such as while under the influence of drugs or alcohol, not in line with these instructions or excessive usage, may result in serious injury or death.
- 11** Before using this treadmill or doing any exercise programme, consult your doctor. This is especially important for people over the age of 35 or those with pre-existing health problems.
- 12** Before exercising on this treadmill, always warm up and do the stretching exercises listed in this manual first.
- 13** Always stand in the middle of the running belt and never to the left or the right of the centre. Stand in a normal walking/running position close enough to the console at the front to ensure that you can easily reach the controls at all times.

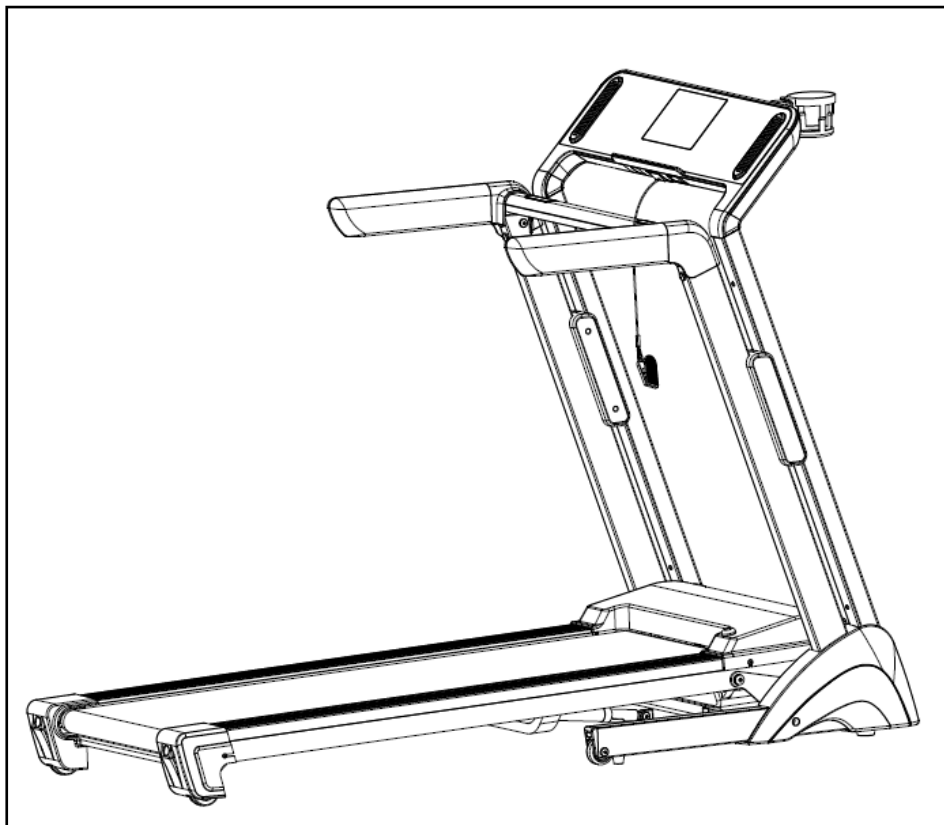
- 14** Always attach the safety key to your person by using the clip provided. NEVER use this treadmill to exercise without attaching the safety key before starting your training.
- 15** Once the treadmill stops, dismount by stepping off to the left, the right or to the rear.
- 16** Your health can be adversely affected by incorrect or excessive training. Consult a doctor before beginning a training program. This treadmill is not suitable for therapeutic or medical purposes.
- 17** WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you experience dizziness, nausea, chest pain, or any other abnormal symptoms STOP EXERCISING IMMEDIATELY AND CONSULT A PHYSICIAN WITHOUT DELAY.
- 18** Disabled persons should not use this machine without a qualified person or physician in attendance.
- 19** The power of the treadmill increases as the speed increases and decreases as the speed decreases. The treadmill is equipped with control buttons which adjust the speed. Reduce the speed by pressing the '-' speed button. Increase the speed by pressing the '+' speed button.
- 20** Before pressing the start button on the treadmill, always stand on the foot rails on the sides of the frame. Wait until the belt is in motion at a low speed, then step onto it and adjust the speed. After turning the power on there may be a pause before the walking belt begins to move.
- 21** The maximum user weight is 90kg (198lbs).
- 22** WARNING! The safety level of the treadmill can be maintained only if it is examined regularly for damage and wear, e.g. walking belt, rollers, connection points.
- 23** Examine the treadmill carefully before you use it, especially the components most susceptible to wear, e.g. running belt.
- 24** Stop using the treadmill immediately if it behaves in an unexpected way such as speeding up or slowing down of its own accord. Keep it out of use until it is inspected and/or repaired by a qualified engineer.
- 25** Use only original spare parts for any necessary repairs.
- 26** DO NOT use aggressive cleaning products such as detergents to clean the treadmill. Remove drops of sweat from the treadmill immediately after finishing training.



- 27** This treadmill is not suitable for use by minors. Children should be kept away from the treadmill at all times.
- 28** Do not extend the power cord, replace the power cord plug, place heavy objects on the power cord or place the power cord near a source of high heat.
- 29** The power cord earths the treadmill and must therefore always be plugged into an appropriate outlet directly off the mains that is properly installed and earthed. Do not modify the plug provided with this treadmill and do not use any adaptors or extension leads as you risk causing an electric shock. If in doubt as to the suitability of the socket you intend to use, consult a qualified electrician before plugging in the treadmill.
- 30** When the treadmill is not being used, the power cord should be unplugged and the safety key should be removed.
- 31** For your safety, only ever use the treadmill in accordance with these instructions.
- 32** Viavito assumes no responsibility for personal injury or property damage sustained by or through the use of this product.



Product Overview



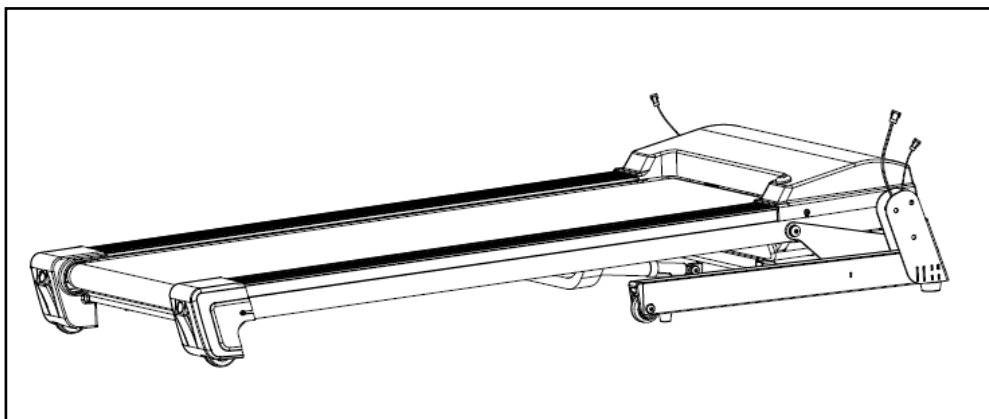


Assembly Instructions

Step One.

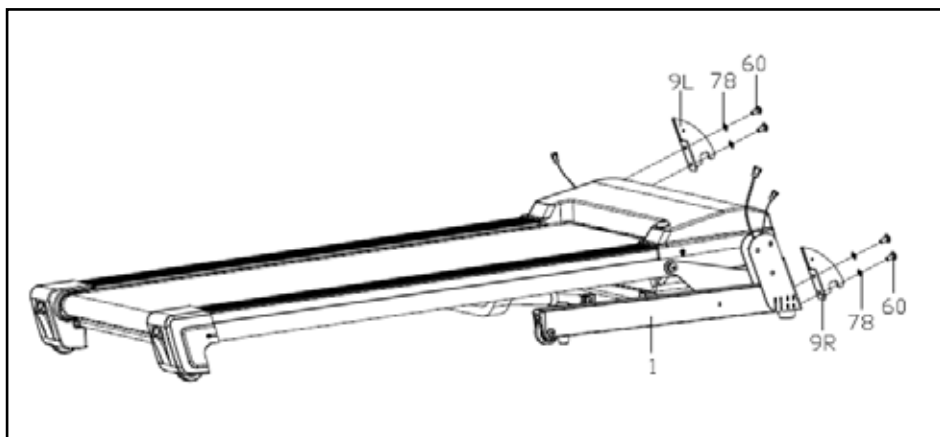
- 01** Open the package, take out all parts and place the main frame on the flat ground.

NOTE: Please do not cut down the packing straps before taking out the whole product from carton.



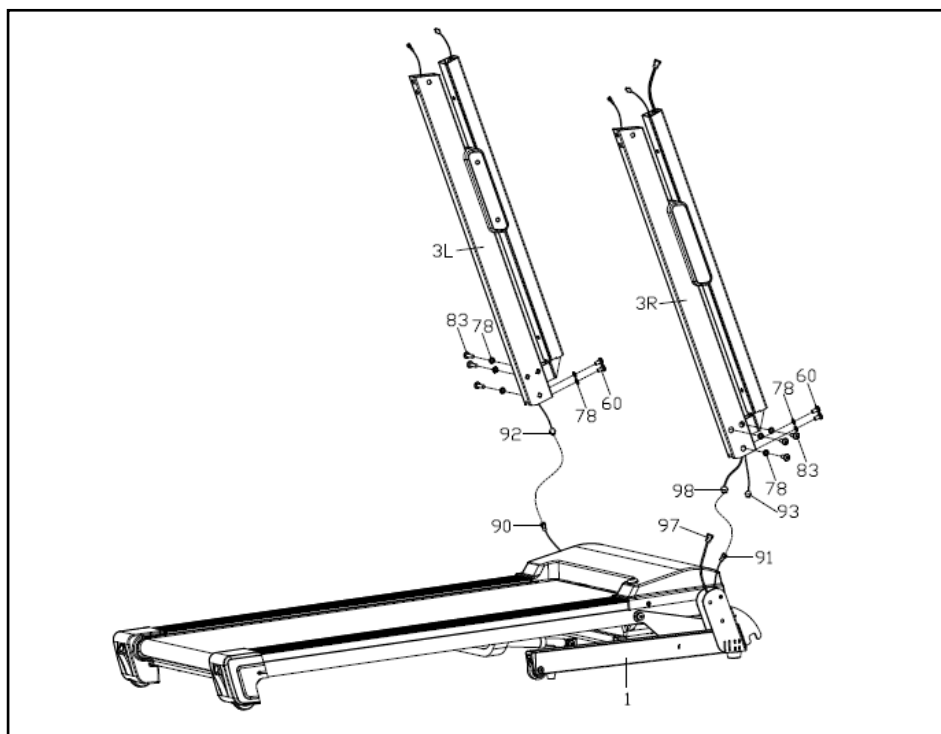
Step Two.

- 01** ONLY Cut down the straps when the main frame is positioned on a flat level floor. (NOTE: Don't move it any more.)
- 02** Lock the Base cover metal plate (12L/R) onto the Bottom frame (1) with hex bolt M8*15 (60) & Serrated lock washer $\Phi 8 \times 1.2$ (78).



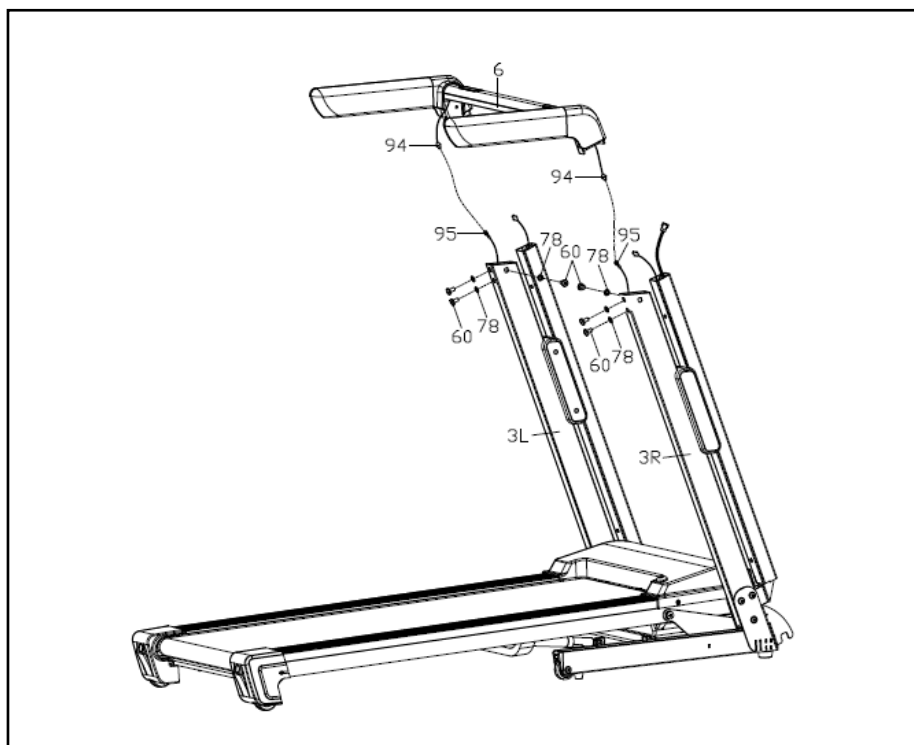
Step Three.

- 01** Connect the Left upright tube backlight power lower wire (90) with the Left upright tube backlight power upper wire (92), and then connect the Right upright tube backlight power lower wire (91) with the Right upright tube backlight power upper wire (93). Finally connect the Computer lower wire (97) with the Computer connecting wire (98).
- 02** Attach the Upright tube (3L/R) onto the Bottom frame (1) with hex bolt M8*15 (60), Socket head bolt M8*45 (83) and Serrated lock washer $\Phi 10 \times 1.2$ (78) as shown; **(Only mount the Bolts without Tightening.)**



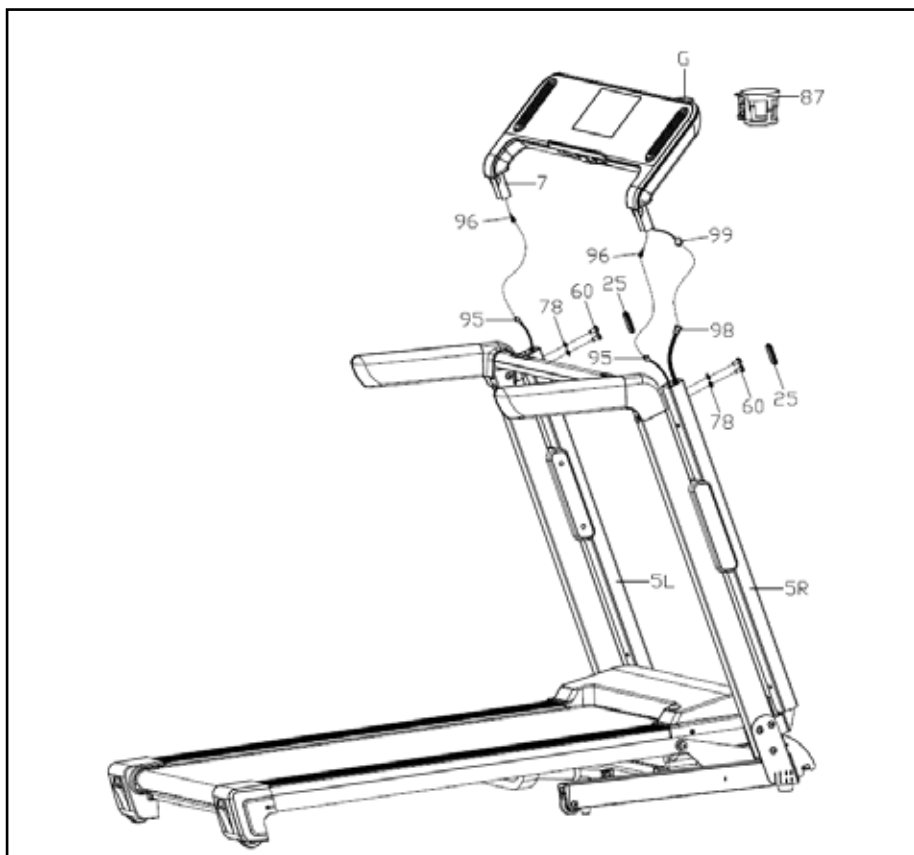
Step Four.

- 01** Connect the Heart rate lower wire (94) and Heart rate connecting wire (95);
- 02** Attach the Front armrest (6) to the Upright tubes (3L/R) with the Hex bolt M10*15 (60) and Serrated lock washer $\Phi 10 \times 1.2$ (78) as shown. **(Do not fully tighten bolts at this stage)**



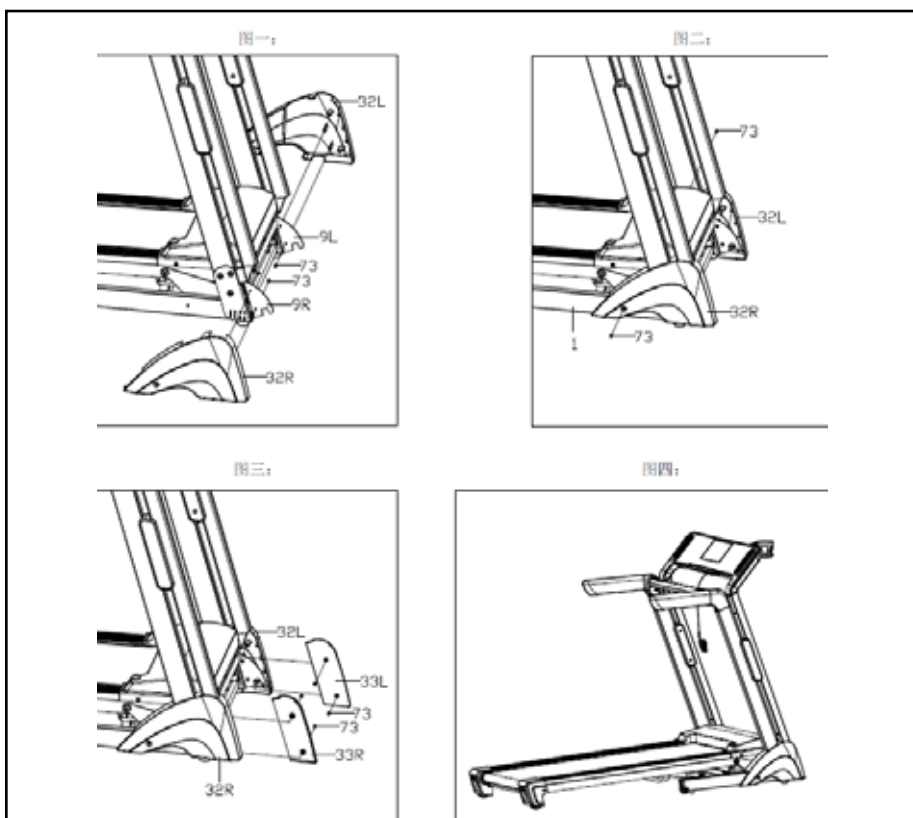
Step Five.

- 01** Connect the Heart rate connecting wire (95) and Heart rate upper wire (96);
- 02** Connect the Computer connecting wire (98) and Computer upper wire (99);
- 03** Lock the Computer frame (7) to the Rear upright tube (5L/R) and secured with the -hex bolt M8*15 (60) and Ser-rated lock washer $\Phi 8 \times 1.2$ (78);
- 04** Tighten all bolts which without Tight-ening before.
- 05** Insert Bottle case (87) to metal plate G of Computer frame (7)



Step Six.

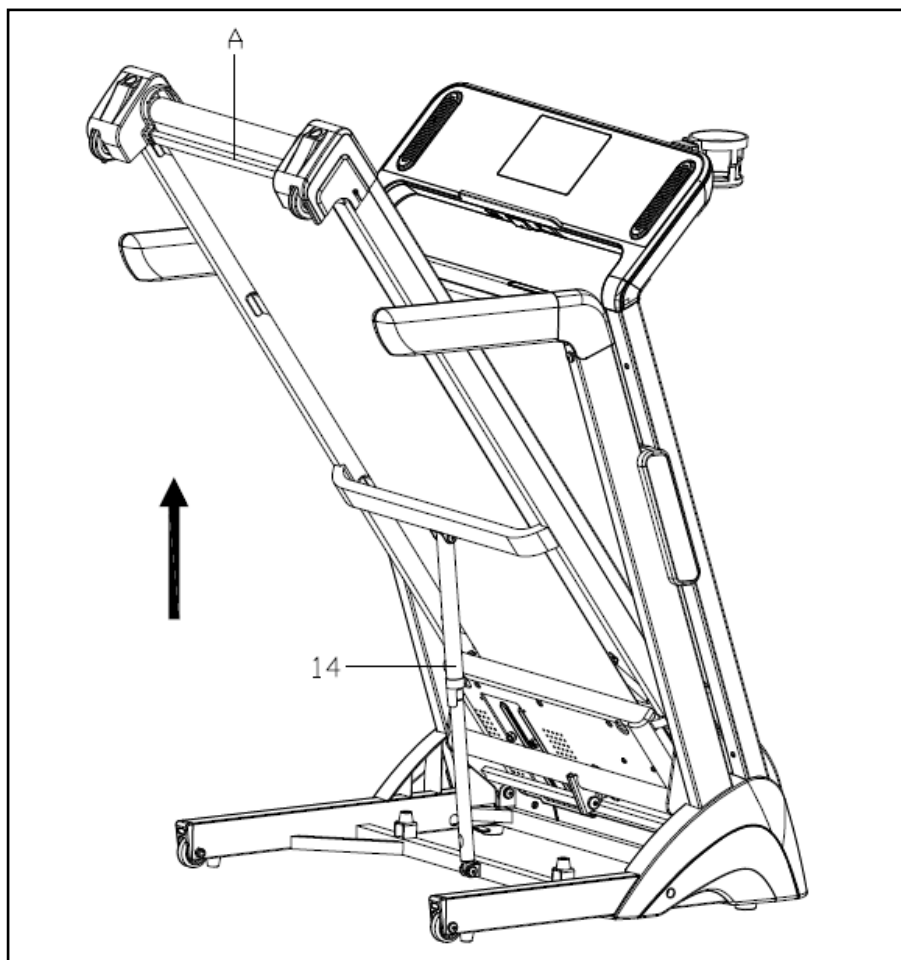
- 01** As shown in picture 1 , Lock the Base cover 1 (32L/R) to the Base cover metal plate (9L/R) and secured with the Phillips tapping screw ST4×16 (73);
- 02** As shown picture 2 , Lock the Base cover 1 (32L/R) to the Bottom frame (1) and secure with the Phillips tapping screw ST4×16 (73);
- 03** As shown picture 3 , Lock the Base cover 2 (33L/R) to the Base cover 1 (32L/R) and secure with the Phillips tapping screw ST4×16 (73);
- 04** Number the images below and remove the 4th image – Bottom right



Folding Instructions

When you FOLD the Machine:

Put your hands on place **A**, lift up the machine in the direction of the arrow until you hear the Click sound from the Cylinder (14).

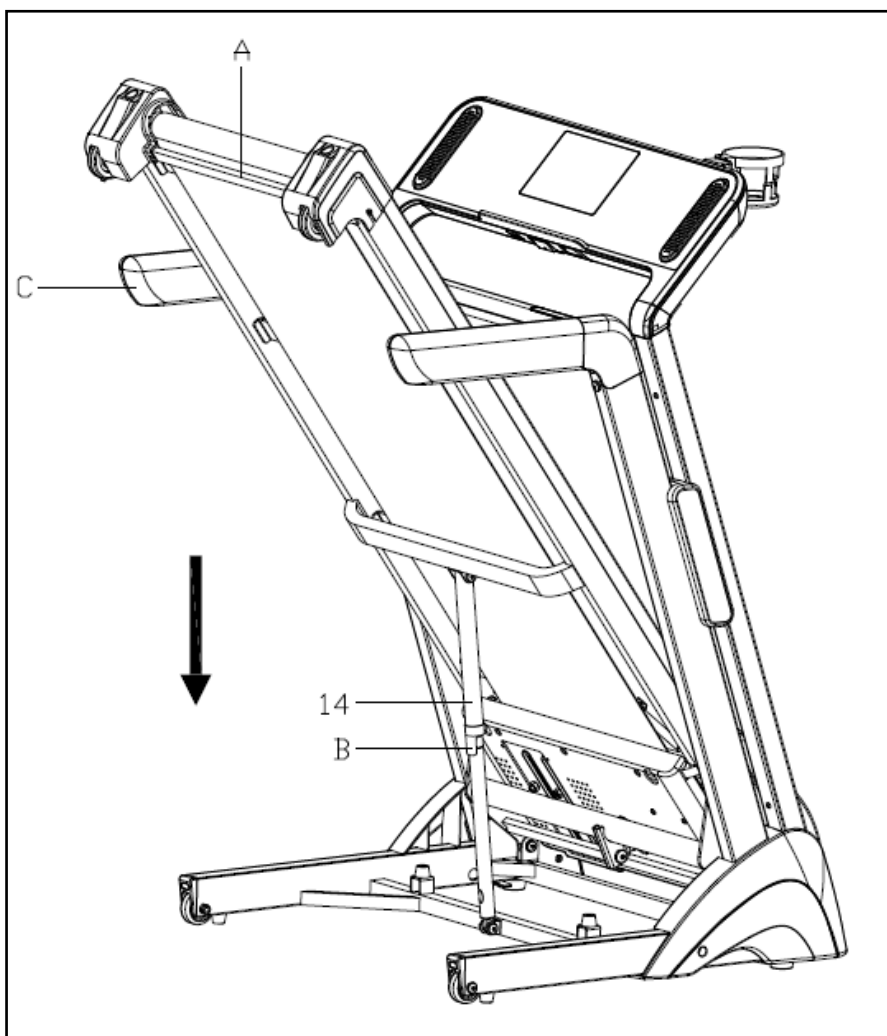




When you UNFOLD the Machine:

Grasp the place **A** by one hand, press the place **B** of Cylinder (14) with your right foot, pull the running deck to the level of place **C**, then the running deck will get down automatically.

WARNING: Stand clear and ensure the area is free of objects when the deck is lowering.



Technical Parameters

ASSEMBLY SIZE (mm)	1505*740*1200	POWER	AS ORDER
RUNNING SURFACE (mm)	430x1200	MAX OUTPUT POWER	AS ORDER
NET WEIGHT	53KG	INPUT VOLTAGE	220V
GROSS WEIGHT MAX	60KG	SPEED RANGE	0.8-12 KM/H
USER'S WEIGHT	100KG	INCLINE	0-12

Operation Instructions.

Function specifications





Description to windows and keys

1. LCD windows will display the following functions:

A. Speed window: display speed data.

B. Time/ heart rate window: display time/ heart rate data. Display heartbeat in the operation process first.

C. Distance/ calorie/ incline windows: display distance/ calorie/ incline data. Display in turn in operation process. Press "Mode" to switch the display. Incline will be displayed first for section change; incline will be displayed first for stop; if the incline is 0, the value displayed is the distance.

D. "STEP" Window: Display current running Steps.

D.SPEED/HEART RATE: Switch display current exercising speed and heart rate value, consistent with the LCD display;

3. Function keys: START, STOP, PROGRAM, MODE, SPEED +, SPEED -, INCLINE +, INCLINE -, SPEED SHORTCUT (3, 6, 9, 12) KMH, INCLINE SHORTCUT 3, 6, 9, 12;

2. LED Window display

A.INCLINE/CALORIE: Switch display current incline and calorie value, consistent with the LCD display;

B.TIME: Display exercising time, forward timing from 0:00-99:59, when the timing is 99:59, the treadmill smoothly slows down and stops running, consistent with the LCD display;

C.DISTANCE: Display current exercising distance, consistent with the LCD display;

Description to function keys

A. Program: in the stop state, press it to select programs in turn: manual mode -P01 -P02- ...-P12 -U01 -U02 -U03-FAT

B. MODE: in the stop state, press it to select programs in turn: manual mode (normal state) - time countdown- distance countdown – calorie countdown.

C. START: in the stop state, press it to start up the motor.

D. STOP: when the motor is running, press it to stop the motor.

E. SPEED +: in setting sate, press it to increase the set value. When the motor is running, press it to increase the speed.

F. SPEED -: in setting sate, press it to decrease the set value. When the motor is running, press it to decrease the speed.

G. INCLINE +: in setting sate, press it to increase the set value. When the motor is running, press it to increase the incline.

H. INCLINE -: in setting sate, press it to decrease the set value. When the motor is running, press it to decrease the incline.

I. When the safety lock is removed, press PROGRAM+MODE for 3s to for metric – inch conversion.

J. Under Manual Forward-Timing Mode, hold the “MODE” button 3 seconds, will temporary close the Automatic Shutdown Function after Every 100 Minutes single running.

K. “Lubrication” reminder: Treadmill total working after Every 300KM, the screen will

light up the “Lubrication” reminder icon with “Bi Bi” buzz. Standby, hold the “STOP” button will cancel this remind.

Instructions to fixed program/ startup

1. Program:

A. One manual mode, including normal mode, time countdown, calorie countdown and distance countdown modes.

B. 14 fixed programs: P01, P02... P14.

C. 3 customized programs: U01, U02 and U03.

2: Startup:

A. Past the safety lock to the safety lock switch position on the panel.

B. Press “START” and the window will display 3—2—1; for each time of number reduction, the buzzer will sound. Then, the motor will be started.

Manual mode:

1. How to enter manual mode:

A. Switch on the power supply; then, directly enter normal mode under the manual mode.

B. In stop state, press MODE to select normal mode under the manual mode

2: Three setting functions under manual mode: time setting, distance setting and calorie setting.

A. When entering the manual mode, the time is displayed as 0:00;

B. In manual mode, press MODE to enter time countdown mode; the time window will display the time and flicker; the initial time is 30:00; set countdown time by SPEED +/- SPEED - and INCLINE +/- INCLINE -. Time setting range: 5:00-99:00.

C. In time countdown mode, press MODE to enter distance countdown mode; the initial distance will be displayed as 1.00 km/mi; set the distance by SPEED +/- SPEED - and INCLINE +/- INCLINE - in the range of 0.50-99.90 km/mi; each time of increase/ decrease will be 0.1 km/mi.

D. In distance countdown mode, press MODE to enter calorie countdown mode; the initial distance will be displayed as 50.0kcal; set the calorie by SPEED +/- SPEED - and INCLINE +/- INCLINE - in the range of 10.0-999.0 kcal; each time of increase/ decrease will be 1.0kcal.

3: Operation in manual mode:

A. Press START and the motor will start operating after 3s of countdown; the initial speed will be 0.8km/h for metric system or 0.5mile/h for imperial system;

B. Press SPEED +/- SPEED - to adjust speed;

C. Press INCLINE +/- INCLINE - to adjust the incline;

D. Press speed shortcuts to quickly set up to the speed marked on the key;

E. Press incline shortcuts to quickly set up to the incline marked on the key;

F. When the motor is running, press STOP to stop the motor;

G. Remove the safety lock to urgently stop motor running; then, LCD window and LED windows will display "---" and the buzzer will make short sound of Bi-Bi-Bi.

H. When the set time reduces to zero or when the set calorie reduces to zero, or the set distance reduces to zero, the buzzer will make short alarm "Bi-Bi-Bi", the speed window will display END; 5s later, the machine will return to the standby state and the buzzer will make long alarm "Bi-Bi";

I. Parameters not set will increase forwards, and will be reset after reaching the upper limit of the display range; in manual mode, the machine will stop when the time accumulates to be more than 99:59 (100min).

Fixed program mode

1. The initial time is set to be 30min; only time can be set; setting range: 5:00- 99:00. Press SPEED +/- SPEED - or INCLINE +/- INCLINE - to adjust the set value;
2. Press START key, the motor will start running and the speed will gradually increase to the value for the first section of auto program (see details in the table of program parameters);
3. Press SPEED +/- SPEED - to adjust speed;
4. Press INCLINE +/- INCLINE - to adjust the incline;
5. Press speed shortcuts to quickly set up to the speed marked on the key;
6. Press incline shortcut to quickly set up to the incline marked on the key;
7. Each program is divided into 20 sections; operating time for each section will be 1/20 of the set time.
8. The buzzer will sound for three times when switching from one section to another;
9. When the set time reduces to zero, the speed will gradually reduce till the stop of the machine. The buzzer will make short alarm Bi-Bi-Bi; when the machine stops, the buzzer will make long alarm of Bi-Bi-Bi. The speed window will display END; 5s later, the machine will return to the standby state; then, the buzzer will make long-alarm of Bi-Bi;
10. Remove the safety lock to urgently stop motor running; then, LCD window will display "---" and the buzzer will make short sound of Bi-Bi-Bi.

Parameters in fixed program mode (metric system)

Time section Program		Set time/ 20 =running time for each section																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	Speed	2	4	3	4	3	5	4	2	5	2	6	2	7	2	8	3	7	3	9	3
	Incline	1	2	3	3	1	2	2	3	2	5	4	5	6	6	4	5	5	6	5	2
P02	Speed	2	5	4	6	4	6	4	2	4	3	3	6	5	7	5	7	5	3	5	2
	Incline	1	2	3	3	2	2	3	4	2	3	2	3	4	4	3	3	4	5	3	2
P03	Speed	2	5	4	5	4	5	4	2	3	3	3	6	5	6	5	6	5	3	4	2
	Incline	1	2	2	3	1	2	2	2	2	2	2	3	3	4	2	3	3	3	3	1
P04	Speed	2	6	7	4	4	7	4	2	4	3	3	7	8	5	5	8	5	3	5	2
	Incline	4	5	6	6	9	9	1	12	6	4	5	6	7	7	10	10	2	12	7	3
P05	Speed	2	4	6	8	7	8	6	2	3	3	3	5	7	9	8	9	7	3	4	2
	Incline	3	5	4	4	3	4	4	3	3	3	4	6	5	5	4	5	5	4	4	2
P06	Speed	2	4	5	5	6	5	6	3	3	3	3	5	6	6	7	6	7	4	4	2
	Incline	3	5	3	4	2	3	4	2	3	3	4	6	4	5	3	4	5	3	4	2
P07	Speed	3	6	7	5	8	5	9	6	4	2	4	7	8	6	9	6	10	7	4	3
	Incline	2	2	3	3	2	2	4	6	2	3	3	3	4	4	3	3	5	7	3	2
P08	Speed	3	6	7	5	8	6	7	6	4	4	4	7	8	6	9	7	8	7	5	3
	Incline	1	2	4	3	2	2	4	5	2	2	2	3	5	4	3	3	5	6	3	1
P09	Speed	2	8	6	4	5	9	7	5	4	4	3	9	7	5	6	10	8	6	5	3
	Incline	2	2	6	2	3	4	2	2	2	2	3	3	7	3	4	5	3	3	3	1
P10	Speed	2	3	5	3	3	5	3	6	3	4	3	4	6	4	4	6	4	7	4	3
	Incline	4	4	3	6	7	8	8	6	3	4	5	5	4	7	8	9	9	7	4	3
P11	Speed	2	5	8	10	6	9	5	3	2	3	3	6	9	10	7	10	6	4	3	2
	Incline	1	3	5	8	1	7	6	3	2	4	2	4	6	9	2	8	7	4	3	3
P12	Speed	2	5	5	4	4	6	4	2	3	5	3	6	6	5	5	7	5	3	4	4
	Incline	3	5	6	7	12	9	11	11	6	4	4	6	7	8	12	10	11	11	7	3

Parameters in fixed program mode (imperial system)

Time section Program		Set time/ 20 =running time for each section																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	Speed	1.2	2.5	1.9	2.5	1.9	3.1	2.5	1.2	3.1	1.2	3.7	1.2	4.3	1.2	5.0	1.9	4.3	1.9	5.6	1.9
	Incline	1	2	3	3	1	2	2	3	2	5	4	5	6	6	4	5	5	6	5	2
P02	Speed	1.2	3.1	2.5	3.7	2.5	3.7	2.5	1.2	2.5	1.9	1.9	3.7	3.1	4.3	3.1	4.3	3.1	1.9	3.1	1.2
	Incline	1	2	3	3	2	2	3	4	2	3	2	3	4	4	3	3	4	5	3	2
P03	Speed	1.2	3.1	2.5	3.1	2.5	3.1	2.5	1.2	1.9	1.9	1.9	3.7	3.1	3.7	3.1	3.7	3.1	1.9	2.5	1.2
	Incline	1	2	2	3	1	2	2	2	2	2	2	3	3	4	2	3	3	3	3	1
P04	Speed	1.2	3.7	4.3	2.5	2.5	4.3	2.5	1.2	2.5	1.9	1.9	4.3	5.0	3.1	3.1	5.0	3.1	1.9	3.1	1.2
	Incline	4	5	6	6	9	9	1	12	6	4	5	6	7	7	10	10	2	12	7	3
P05	Speed	1.2	2.5	3.7	5.0	4.3	5.0	3.7	1.2	1.9	1.9	1.9	3.1	4.3	5.6	5.0	5.6	4.3	1.9	2.5	1.2
	Incline	3	5	4	4	3	4	4	3	3	3	4	6	5	5	4	5	5	4	4	2
P06	Speed	1.2	2.5	3.1	3.1	3.7	3.1	3.7	1.9	1.9	1.9	1.9	3.1	3.7	3.7	4.3	3.7	4.3	2.5	2.5	1.2
	Incline	3	5	3	4	2	3	4	2	3	3	4	6	4	5	3	4	5	3	4	2
P07	Speed	1.9	3.7	4.3	3.1	5.0	3.1	5.6	3.7	2.5	1.2	2.5	4.3	5.0	3.7	5.6	3.7	6.2	4.3	2.5	1.9
	Incline	2	2	3	3	2	2	4	6	2	3	3	3	4	4	3	3	5	7	3	2
P08	Speed	1.9	3.7	4.3	3.1	5.0	3.7	4.3	3.7	2.5	2.5	2.5	4.3	5.0	3.7	5.6	4.3	5.0	4.3	3.1	1.9
	Incline	1	2	4	3	2	2	4	5	2	2	2	3	5	4	3	3	5	6	3	1
P09	Speed	1.2	5.0	3.7	2.5	3.1	5.6	4.3	3.1	2.5	2.5	1.9	5.6	4.3	3.1	3.7	6.2	5.0	3.7	3.1	1.9
	Incline	2	2	6	2	3	4	2	2	2	2	3	3	7	3	4	5	3	3	3	1
P10	Speed	1.2	1.9	3.1	1.9	1.9	3.1	1.9	3.7	1.9	2.5	1.9	2.5	3.7	2.5	2.5	3.7	2.5	4.3	2.5	1.9
	Incline	4	4	3	6	7	8	8	6	3	4	5	5	4	7	8	9	9	7	4	3
P11	Speed	1.2	3.1	5.0	6.2	3.7	5.6	3.1	1.9	1.2	1.9	1.9	3.7	5.6	6.2	4.3	6.2	3.7	2.5	1.9	1.2
	Incline	1	3	5	8	1	7	6	3	2	4	2	4	6	9	2	8	7	4	3	3
P12	Speed	1.2	3.1	3.1	2.5	2.5	3.7	2.5	1.2	1.9	3.1	1.9	3.7	3.7	3.1	3.1	4.3	3.1	1.9	2.5	2.5
	Incline	3	5	6	7	12	9	11	11	6	4	4	6	7	8	12	10	11	11	7	3

Customized program

In addition to 12 built-in programs, the treadmill also has 3 customized programs to support the customized setting based on the user's specific situation: U01, U02 and U03.

1. Setting of customized program:

In standby state, continuous press PROGRAM to the required customized program (U01~ U03); press MODE to confirm entering the setting; then, set up parameters in the first time section; set up speed by SPEED +/- SPEED - or speed shortcuts and set up incline by INCLINE +/- INCLINE - or incline shortcuts; press MODE to complete the first time section's setting and enter the state to set up parameters for the second time section until the completion of setting for all the 20 time sections. Set parameters will be permanently saved until the next time

setting. These parameters will not be lost due to power disconnection.

2. Start of customized program:

A. In standby state, continuous press PROGRAM to the required customized program (U01~ U03). After setting up the operation time, press START.

B. In the customized program state and after the setting of operation time, press START to immediately start up the machine.

3. Instructions to the setting of customized program:

Each program divides its operation time into 20 sections. Be sure to complete the setting for speed, incline and operation time for all the 20 section before pressing START to start the treadmill.

Parameter display range

	Initial	Initial setting value	Setting range	Display range
Time (m: s)	0:00	30:00	5:00-99:00	0:00-99:59
Speed in metric system (km/h)				
Speed in imperial system (mi/h)	0.0	N/A	N/A	0.8—12.0KMH
0.5-7.5MPH				
Incline (%)	00	N/A	N/A	0-15
Distance (km/mi)	0.0	1.00	0.50—99.90	0.00—99.99
Calorie (kcal)	0	50.0	10.0—999.0	0.0—999.9

Safety lock function

Remove safety lock under any situation, LCD window will display “---” and the buzzer will make short sound of “Bi-Bi-Bi”. If the motor is running, it will be emergently stopped. When the safety lock is removed, all keys will lose effect.

Energy-saving mode

The system has energy-saving function. In standby state, if no key order input in 10m, the system will enter the energy-saving mode with the display automatically closed. Press any key to revoke the system.

MP3 function (optional)

When connecting to MP3 or other audio devices in powering on state, the electronic meter can play music. Sound volume shall be controlled through the audio device; please properly adjust the volume to obtain better sound quality and avoid impact to built-in audio circuit.

USB function (optional)

When connecting to USB in powering on state, the electronic meter can automatically play MP3 format music. Sound volume can be controlled through keys on the panel; please properly adjust the volume to obtain better sound quality and avoid impact to built-in audio circuit.

Shutdown

Be sure to shut down the treadmill by switching off the power supply to avoid damage to the treadmill.

Cautions

1. Please check whether power supply is connected and whether safety lock is effective before using the treadmill.
2. In case of any abnormality in the use process, please remove the safety lock and the treadmill will rapidly slow down till stop; then, restore the safety lock, the equipment will reset and wait for inputting instructions.
3. In case of any problem of the machine, please contact the dealer; equipment damage may be caused for non-professional personnel to dismantle or repair the machine.

Simple troubleshooting methods

Error	Possible reasons	Test method	solutions
E01	Communicational failure between the meter and the controller, and the drive cannot receive signal from the meter.	Check whether the connector of the meter and the controller has broken down.	If yes, change the connector.
		Check whether the joint has been plugged in well.	Pull the joint and plug in again.
E02	Explosion proof protection	Whether the supply voltage is 50% lower than the normal voltage.	Use correct voltage standard and retest.
		Whether the electric machine has been installed well.	Change the electric machine.
		Whether the controller has awful smell.	Change the controller.
E03	Failure in inspecting the motor signal for more than 15 seconds continuously and speed sensor for 10 seconds continuously.	Whether the distance and location of the sensor and the disc is correct or the sensor is installed well.	The sensor should be installed right in the hole of disc.
		Whether the sensor wire has been open circuited, short circuited or broken circuited.	Reconnect the motor interface, and examine the sensor wire.
		Whether the sensor has been broken down,	Change the sensor.

Error	Possible reasons	Test method	solutions
E04	Lifting learning or self-inspection fails	Check whether motor wiring is damaged to form open circuit	re-insert the signal wire joint to ensure that it is reliable
		Check whether lifting motor's AC wires are properly connected	lifting motor shall be correctly plugged according to marks on its AC controller
		Check whether motor wiring is damaged to form open circuit;	if yes, replace wires or replace the lifting motor
		Check whether the lifting motor is damaged	If yes, change the lifting motor
		Lifting motor fails in learning	Press the button of controller for 3 seconds and relearn again.
E05	Over-current protection	Check whether the controller match with the standard of electric engine.	Change the electric machine or controller and retest.
E06	Fault of motor's open circuit	Check whether the motor interface of the drive is loose.	Re-plug the motor interface properly.
		Check whether the motor is open-circuited.	Change the motor
		when the motor is idling, if the current is less than standard, it will go wrong, please install the machine and test.	
E08	Failure of the controller EEPROM	24C02 is broken down or you forgot to install 24C02, please change the motor control board.	

Error	Possible reasons	Test method	solutions
E09	controller is in tilted position	machine is not placed on level surface when it is powered on	place machine on a level surface, then start the machine
E10	Transient current protection	check if the torsion of controller is normal	adjust the torsion regulator to normal value
		Check whether the motor is short-circuited.	Change the motor
		Check whether treadmill's transmissional part is stuck	Eliminate the disturbance, and make sure the treadmill go smoothly.
E11	External AC over-voltage	k whether the external AC voltage is higher than 270VAC, or if is unstable; if yes, stop using the product and ask electrical engineers for help.	
E13	Communicational failure between the meter and the controller, and the meter cannot receive the signal from the drive.	Check whether the wire between the meter and the controller is broken down	Change the wire
		Check whether the socket is plugged in well.	Re-plug the socket and make sure it is reliable.
E14	External AC under-voltage	Check whether external AC voltage is lower than 160VAC or if is unstable, if yes, stop using the product and ask the electrical engineers for help.	





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

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

Cool-down

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.



Treadmill Maintenance Instructions.

WARNING!

Always unplug the treadmill from the electrical outlet and leave it for a minimum of 5 minutes before cleaning it or doing any maintenance, including removing the motor

Cleaning

Cleaning this treadmill will greatly prolong its life. Keep the treadmill clean by dusting it regularly and making sure your shoes are clean when using it. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build-up of dirt and dust underneath the walking belt. The top of the belt can be cleaned with a wet soapy cloth. Be careful to keep liquid away from mechanical and electrical parts including the motor and under the belt. At least once a year remove the motor cover and vacuum under the it.

Lubrication

This treadmill's walking belt and deck are equipped with a pre-lubricated, low-maintenance deck system. The belt/deck friction plays a major role in the function and life of your treadmill, thus it requires periodic lubrication. We also recommend a periodic inspection of the deck.

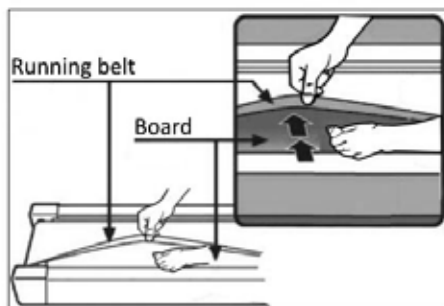
We recommend lubricating the deck according to the following timetable:

Light use (less than 3 hours per week):
Every 60 days

Medium use (3-5 hours per week):
Every 45 days

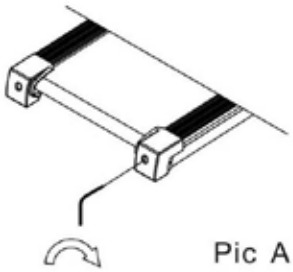
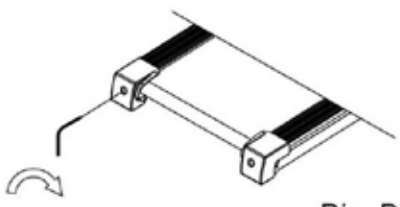
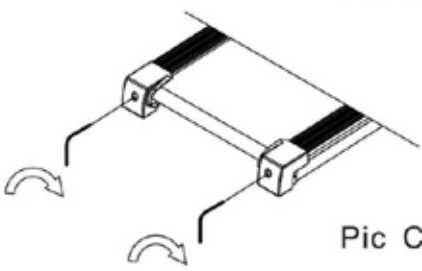
Heavy use (more than 5 hours per week):
Every 30 days

We suggest buying lubricating oil from a local distributor or by contacting us.



Belt Adjustment

Place the treadmill on a level surface. Turn the treadmill on at a speed of 6-8 km/h. Observe in which direction the running belt is deviating. Before adjusting the belt make sure you turn the treadmill off, remove the safety key and unplug the power cord.

 Pic A	If the belt has drifted to the right, unplug the safety key and the power cord and turn the right adjusting bolt a 1/4 turn clockwise. Then insert the power cord and the safety key, turn the treadmill on and set it to run at 8kph, watch to see where the belt position moves to. Repeat above steps until the running belt is positioned in the middle.
 Pic B	If the belt has drifted to the left, unplug the safety key and the power cord, and turn the left adjusting bolt a 1/4 turn clockwise, then insert the power cord and the safety key, turn the treadmill on and set it to run at 8kph, watch to see where the belt position moves to. Repeat above steps until the running belt is positioned in the middle.
 Pic C	The treadmill belt will gradually lose tension after a period of time of use. If the belt starts to slip then unplug the safety key and the power cord. Turn the two adjusting bolts a 1/4 turn clockwise, and insert the safety key and power cord. Then start the treadmill and test to confirm if the belt no longer slips. Repeat the above steps until the belt is moderately tight and does not slip.





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, viavito 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.

			
	220~240V/50Hz 1200 Watt Class: HB		 Max 100kg
www.viavito.com		Praia Treadmill	
Viavito Ltd		Serial No: xxx-xxx	
5 Mill Square, Featherstone Road, Wolverton Mill, Milton Keynes. MK12 5ZD			

The best way to contact us is via the website: **www.viavito.com**

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Wolverton Mill, Milton Keynes

MK12 5ZD

Email: **support@viavito.com**



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<https://plus.google.com/+Viavito>



<https://twitter.com/MyViavito>

Manufacturers Warranty

viavito ltd warrants this product to be free of defects of material and workmanship, under normal use and conditions, for a period of 12 months from the date of the original purchase.

Warranty extensions may apply to this product subject to registering this product with viavito. To qualify for this, please complete the warranty registration form on the viavito website at

www.viavito.com Full details of warranty extensions and the viavito Manufacturer's Warranty are available online at **www.viavito.com**

Terms.

This warranty extends only to the original purchaser and is not transferable.

The warranty does not cover:

- 01** Normal wear and tear
- 02** Any changes to upgrade this product from its normal state or use other than as described in the user manual
- 03** Damage resulting from:
 - a) Transport
 - b) Abuse, misuse, failure to follow instructions or improper or abnormal use

- c) Non-home use - including commercial, professional, or rental purposes
- d) Repairs not provided by viavito ltd
- e) Accidents, lightning, water, fire, or any other causes beyond the control of viavito
- f) Improper location including, but not limited to, humid, dusty, or outdoor environments.

Viavito is not responsible or liable for direct, indirect, or consequential losses arising out of or in connection with the use of this product or damages with respect to any loss of property, revenue, profits, enjoyment or use, nor for any costs of removal or installation of this product.

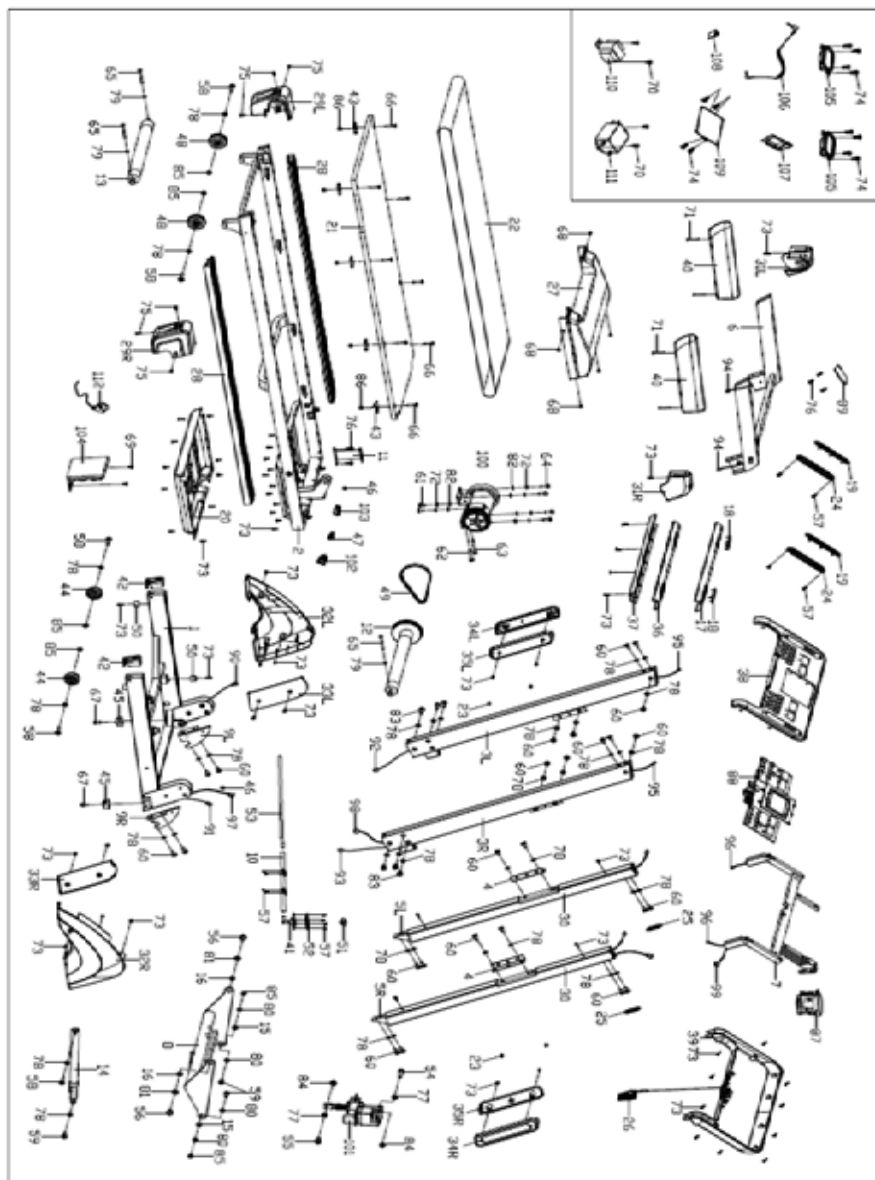
This warranty covers products purchased as new inside the United Kingdom.

In the event of the machine requiring a repair, this may need to be performed at a viavito authorised repair centre.

This warranty is in addition does not in any way affect your statutory rights.



Exploded Diagram



Appendix 3

Parts List

No.	Description	Qty	No.	Description	Qty
1	Bottom frame	1	30	Rear upright tube sleeve	2
2	Main frame	1	31L/R	Armrest cover	1/1
3L/R	Upright tube	1/1	32L/R	Base cover 1	1/1
4	Linking metal plate 2	2	33L/R	Base cover 2	1/1
5L/R	Rear upright tube	1/1	34L/R	Upright tube cover 1	1/1
6	Front armrest	1	35L/R	Upright tube cover 2	1/1
7	Computer frame	1	36	Front armrest upper cover	1
8	Incline frame	1	37	Front armrest bottom cover	1
9L/R	Base cover metal plate	1/1	38	Computer up cover	1
10	Oil tube bracket	1	39	Computer bottom cover	1
11	PCB fixed plate	1	40	Foam grip	1
12	Front roller	1	41	Oil pot	1
13	Rear roller	1	42	Moving wheel plug	2
14	Cylinder	1	43	Plastic cushion	8
15	Long rotating casing for incline frame	2	44	Transport wheel	2
16	Short rotating casing for incline frame	2	45	Foot pad	4
17	Front armrest pulse sensor	1	46	Protective plug	2
18	Front armrest pulse sensor 2	2	47	Power cord buckle	1
19	Speaker grille	2	48	Adjusting wheel	2
20	Lower motor cover	1	49	Belt	1
21	Running board	1	50	Small foot pad	4
22	Running belt	1	51	Plug	1
23	Plug	4	52	Seal ring	1
24	Speaker cover	2	53	Oil tube	1
25	Rear upright tube plug	2	54	Inner-hex bolt M10*45	1
26	Safety key assembly	1	55	Inner-hex bolt M10*25	1
27	Motor cover	1	56	Inner-hex bolt M10*20	2
28	Edgings	2	57	Phillips tapping screw ST4×12	12
29	Rear end cover	1/1	58	Inner-hex bolt M8*40	5

No.	Description	Qty	No.	Description	Qty
59	Inner-hex bolt M8*25	3	86	Nylon nut M6	8
60	Inner-hex bolt M8*15	26	87	Bottle case	1
61	Hex bolt M8*15	2	88	Computer	1
62	Hex bolt M8*45	1	89	Backlight board	1
63	Socket head cap bolt M8*55	1	90	Left upright tube backlight power lower wire	1
64	Socket head cap bolt M8*18	4	91	Right upright tube backlight power lower wire	1
65	Socket head cap bolt M6*55	3	92	Left upright tube backlight power upper wire	1
66	Inner-hex sunk bolt M6*30	8	93	Right upright tube backlight power upper wire	1
67	Phillips screw M6*15	2	94	Heart rate lower wire	2
68	Phillips screw M5*8	5	95	Heart rate connecting wire	2
69	Phillips screw M4*8	2	96	Heart rate upper wire	2
70	Phillips screw M4*8	4	97	Computer lower wire	1
71	Phillips tapping screw ST4×40	4	98	Computer connecting wire	1
72	Spring washer Φ8	6	99	Computer upper wire	1
73	Phillips tapping screw ST4×16	59	100	DC Motor	1
74	Phillips tapping screw ST4×8	10	101	Incline motor	1
75	Phillips tapping screw ST4×12	6	102	Switch	1
76	Phillips tapping screw ST2.9×9.5	5	103	Overload protector	1
77	Serrated lock washer Φ10*1.2	2	104	Controller	1
78	Serrated lock washer Φ8*1.2	38	105	Loudspeaker (optional)	2
79	Serrated lock washer Φ6*1.2	3	106	Audio cable (Optional)	1
80	Flat washer Φ26*Φ8.2*2.0	4	107	USB/Bluetooth module (Optional)	1
81	Flat washer Φ20*Φ10*2.0	2	108	MP3/ Earphone jack (optional)	1
82	Flat washer Φ8*1.5	6	109	Amplifier board (optional)	1
83	Socket head cap bolt M8*45	6	110L/R	Inductor (optional)	1
84	Nylon nut M10	2	111	Filter (optional)	1
85	Nylon nut M8	6	112	Power wire	1