



Treadmill Owner's Manual.

S-Line

Motorized Treadmill

www.viavito.com





Thank you for purchasing the Viavito **TD942J** Motorized 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**

Manual Contents.

Safety Information	03/05
Product Overview	04/05
Assembly Instructions	06/16
Parts List	06
Additional Instructions	08/16
Operation	19/24
Maintenance & Care	25/26
Maintenance & Care	25
Lubricating the Treadmill	26
Conditioning Guidelines	27/31
Why Exercise?	27
Target Heart Rate	28
Beginners Guide to Exercise	28
Workout Tips	29
How to Begin	29
How Hard Should You Work?	29
Tips for Stretching	29
Warm-Up and Cool-Down	30-31
Customer Support	32/33
Contact Information	32
Manufacturer's Warranty	33
Technical Information	34/39
Parts List	34/35
Exploded Diagram	36/37
Troubleshooting	38/39



Safety Information.

- Before installation and operation, please read this operation manual carefully.
- Please save this manual for future reference.
- Product may vary slightly from the item pictures due to model upgrades.

IMPORTANT SAFETY NOTICE:

Read all instructions before using this treadmill. It is important your treadmill receives regular maintenance to prolong its useful life. Failing to regularly maintain your treadmill may void your warranty.

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

DO NOT USE AN EXTENSION CORD: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPORPER ADAPTERS OR IN ANY WAY MODIFY THE CORD SET.

- 01** Install the treadmill on a flat level surface with access to correct voltage and frequency, grounded outlet.
- 02** Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- 03** Do not block the rear of the treadmill. Provide a minimum of 1 meter clearance between the rear of the treadmill and any fixed object.
- 04** Place your unit on a solid, level surface when in use.
- 05** Never allow children on or near the treadmill.
- 06** When running, make sure the plastic clip is fastened on your clothing. It is for your safety, should you fall or move too far back on the treadmill.

- 07** Keep hands away from all moving parts.
- 08** Never operate the treadmill if it has a damaged cord or plug.
- 09** Keep the cord away from heated surfaces.
- 10** Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly flammable environment.
- 11** Never drop or insert any object into any openings.
- 12** The treadmill is intended for in-home use only and not suitable for long time running.
- 13** To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.
- 14** 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.
- 15** Use handrails provided; they are for your safety.
- 16** Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- 17** Allowed temperature: 5 to 40 degrees.

Remove the safety key after use to prevent unauthorized treadmill operation.



Important Electrical Information.

WARNING!

- 01 NEVER** use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- 02 NEVER** operate treadmill on Generator or UPS power supply.
- 03 NEVER** remove any cover without first disconnecting AC power.
- 04 NEVER** expose this treadmill to rain or moisture. This treadmill is not designed for use outdoors, near a pool, or in any other high humidity environment.

IMPORTANT OPERATION INSTRUCTIONS

- 01** Insert the power plug into the socket directly.
- 02** The constant running time is less than 2 hours. Be sure to read the entire manual before operating your machine.
- 03** Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- 04** Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the Centre of the belt; which may result in serious injury.
- 05** In order to prevent losing balance and suffering unexpected injury, NEVER mount or dismount the treadmill while the belt is moving. This unit starts with a very low speed. Simply standing on the belt during slow acceleration is proper after you have learned to operate this machine.
- 06** Always hold on to handrail while making control changes.
- 07** A safety key is provided with this machine. Remove the safety key will stop the walking belt immediately; the treadmill will shut off automatically. Insert the safety key will reset the display.
- 08** Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.
- 09** This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety, Children should be supervised to ensure that they do not play with the appliance.
- 10** Please consult your doctor at first before running, if you have one of the following diseases:
 - a. Cardiopathy, hypertension, sugar diabetes, respiratory disease, smoking, and other chronic diseases, complication disease.

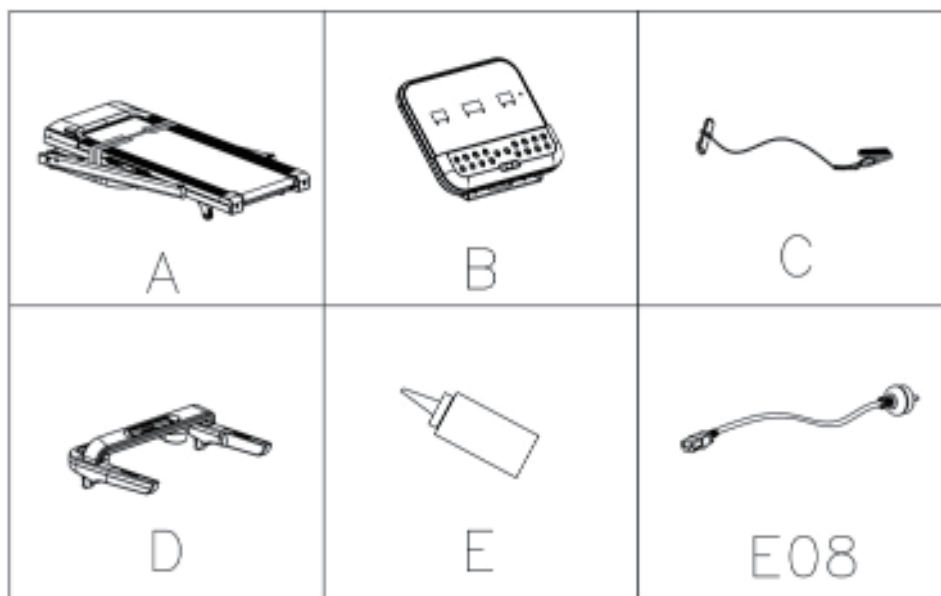


- b. If you are over 35 years old and heavier than common weight.
 - c. Women in pregnant or in breasting period.
- 11** Please stop exercising immediately and consult your doctor when you feel giddy, surfeit, thorax ache or other symptoms.
- 12** Please drink adequate water after taking exercises on our treadmill for more than 20 minutes.

Warning: Now here we suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 35 old or once-health problem people. We take no responsible for any troubles or hurts if you don't following our specification. Treadmill will be carefully assembled and covered the motor shield, then connect to the power.

Assembly Instructions.

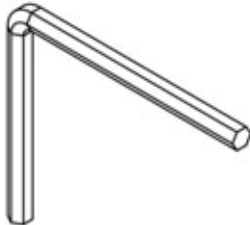
When you open the carton, you will find the below spare parts:



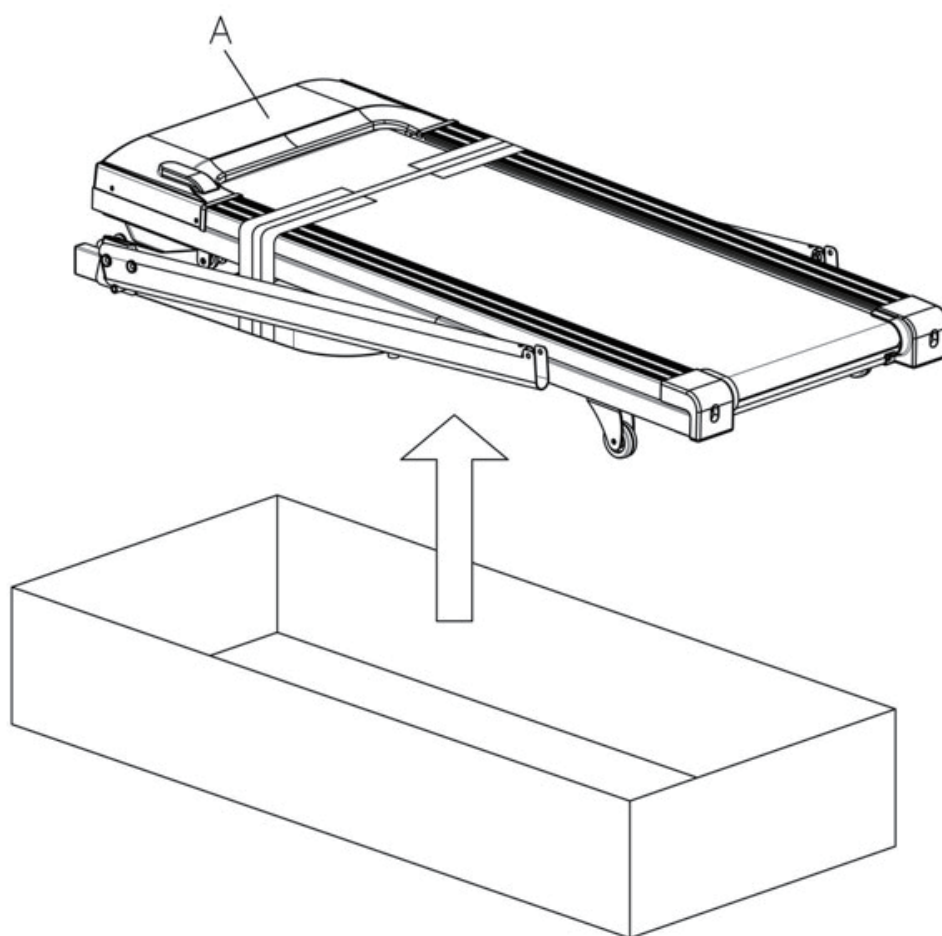
Parts List

#	DESCRIPTION	Q'TY	#	DESCRIPTION	Q'TY
A	Main base	1	D	Console base	1
B	Console	1	E	Silicon oil	1
C	Safety key	1	E08	Power wire	2

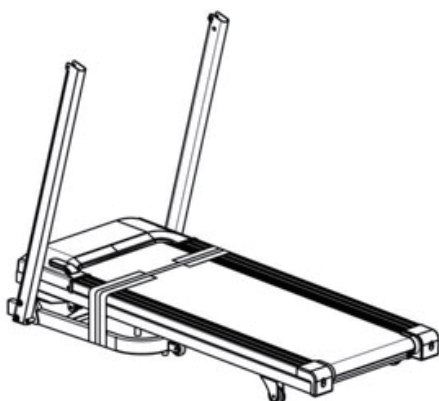
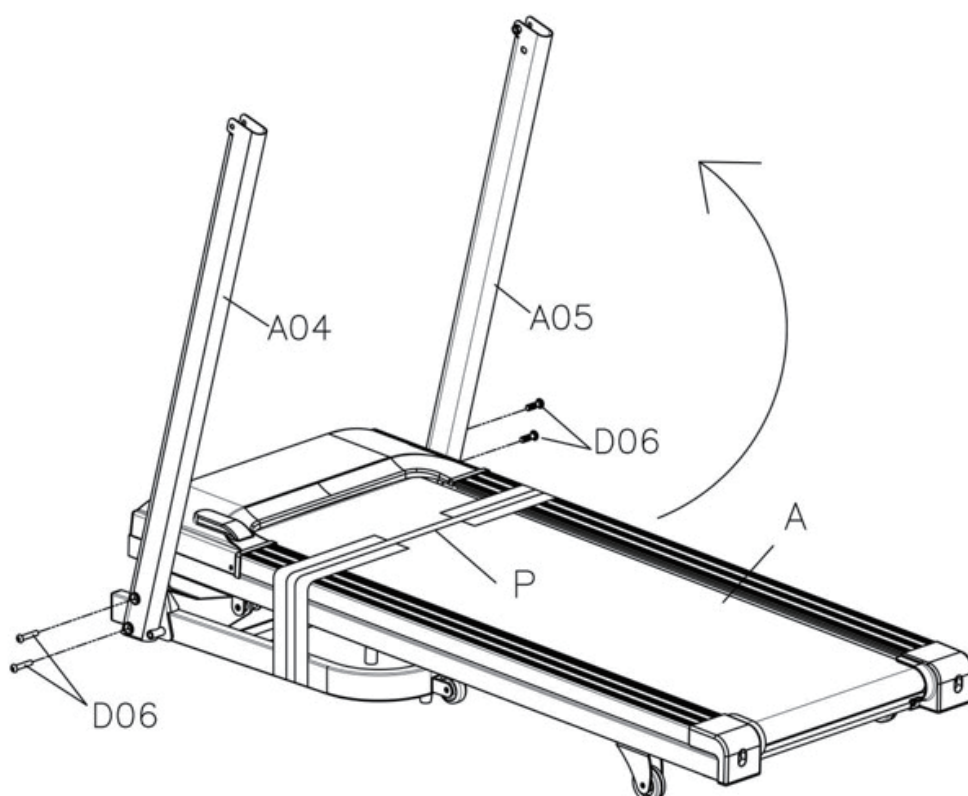
Fixing tools

B06 S5(1X)	B05 S=13、14、15(1X)	D06 M8*45(4X)
		
D08 M8*38(2X)	D10 M8*15(6X)	D20 $\phi 8$ (6X)
		

B-1



B-2



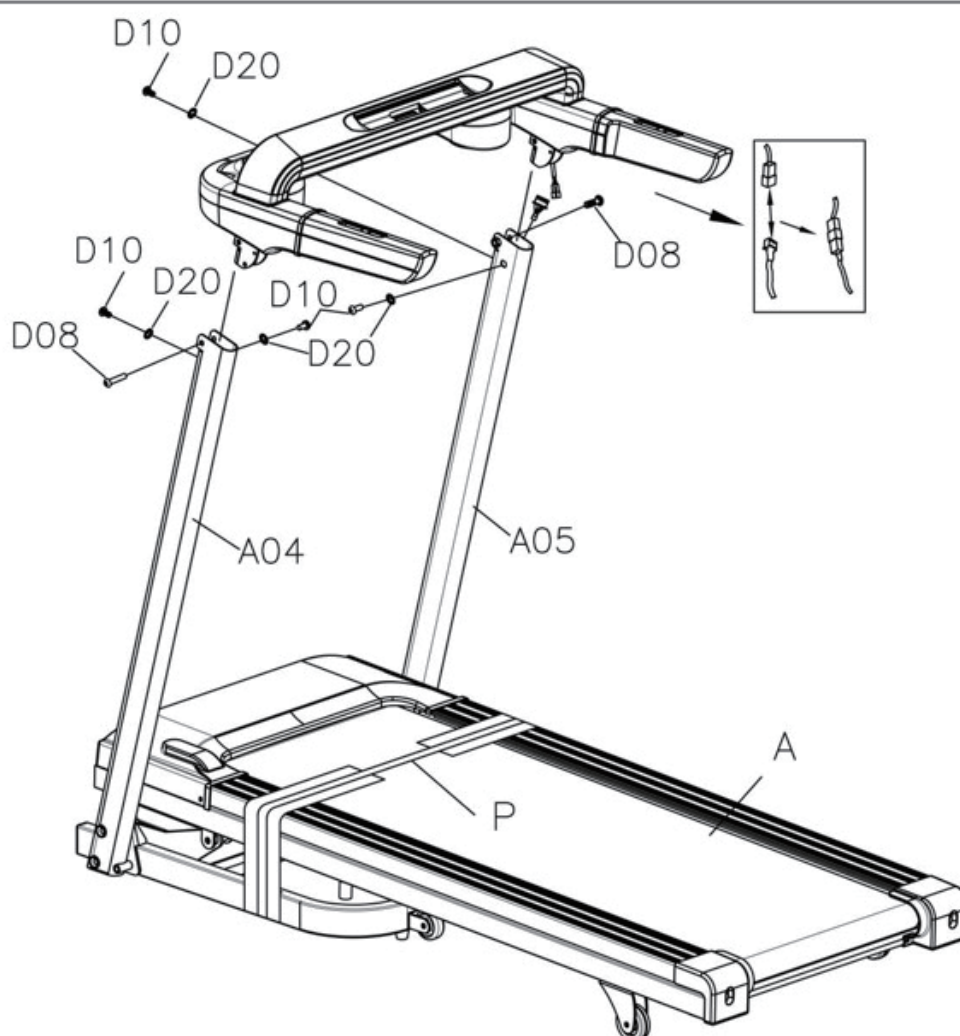
B06 5#(1x)



D06 M8*45(4x)



B-3



B06 5#(1x)



D08 M8*38(2x)



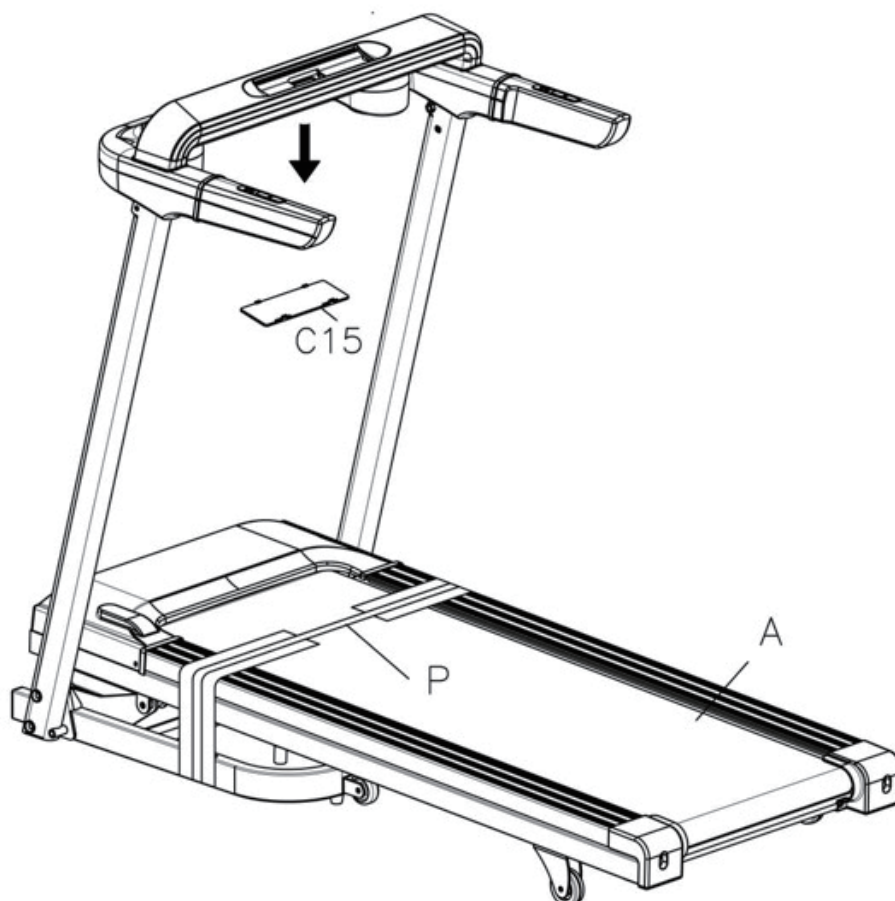
D10 M8*15(4x)



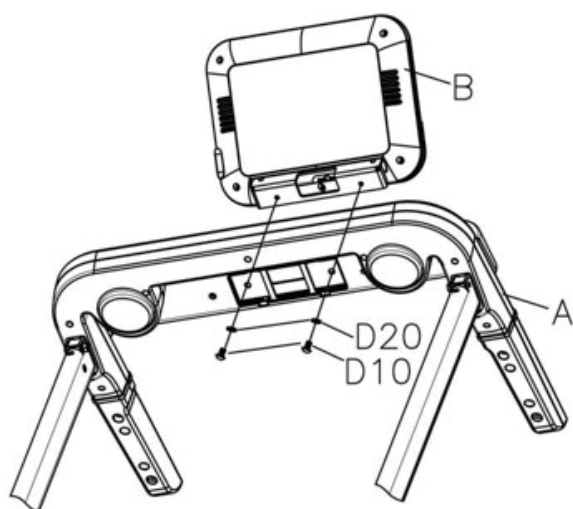
D20 $\phi 8$ (4x)



B-4



B-5



B06 5#(1x)



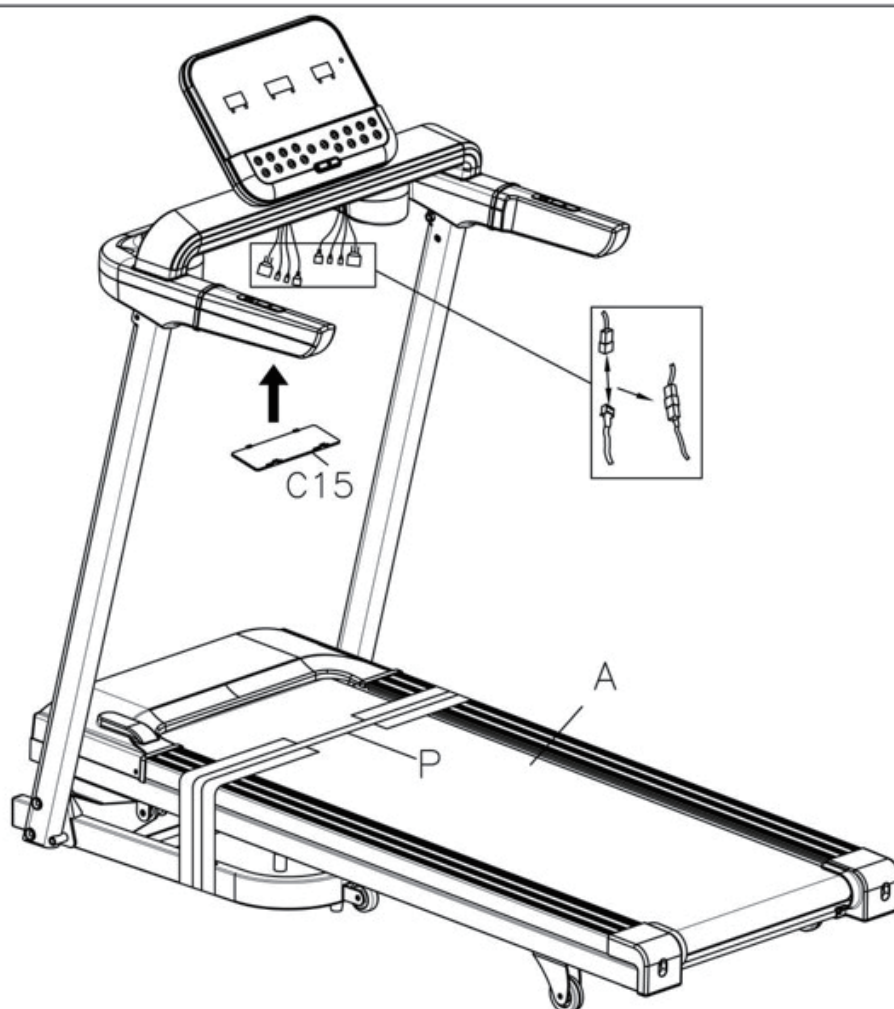
D20 $\phi 8$ (2x)



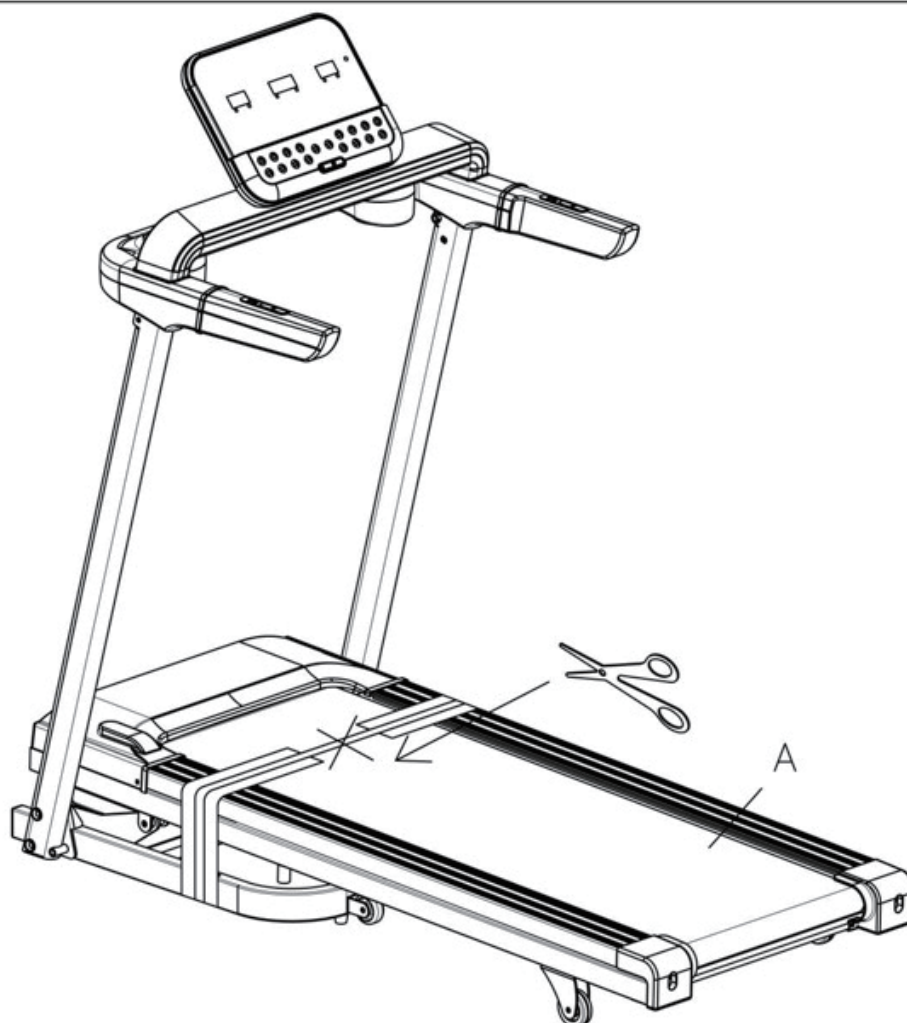
D10 M8*15(2x)



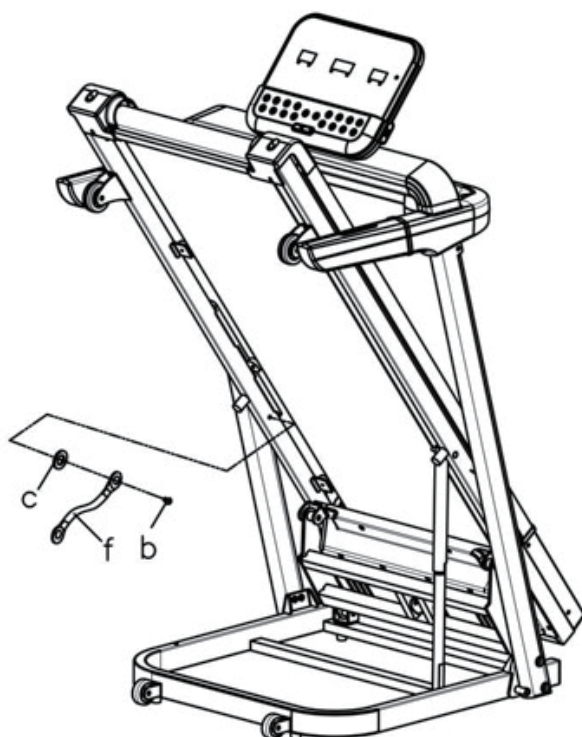
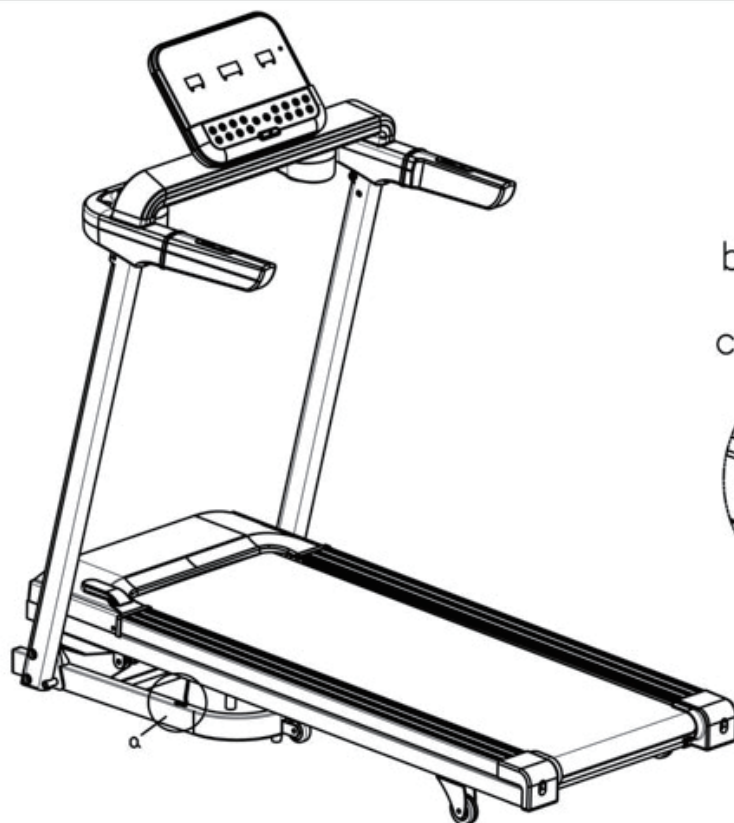
B-6



B-7



B-8

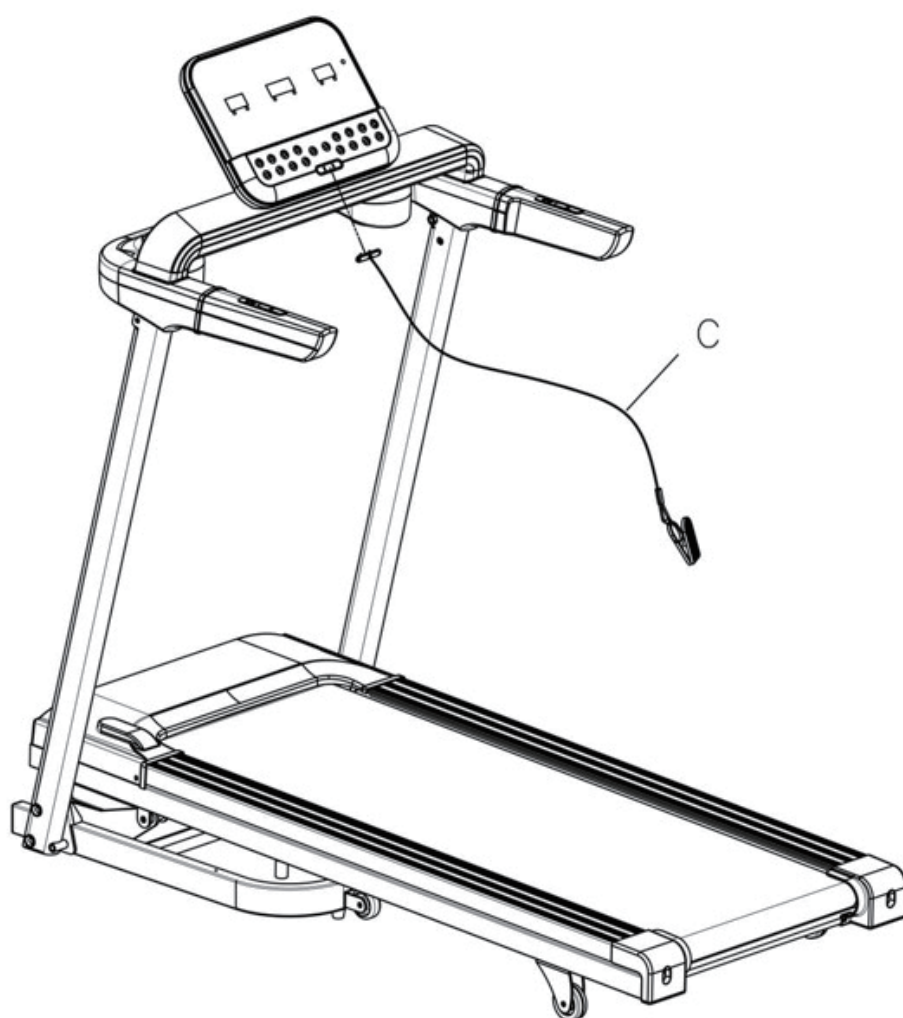


Remove safety strap F
from the treadmill base
and frame.

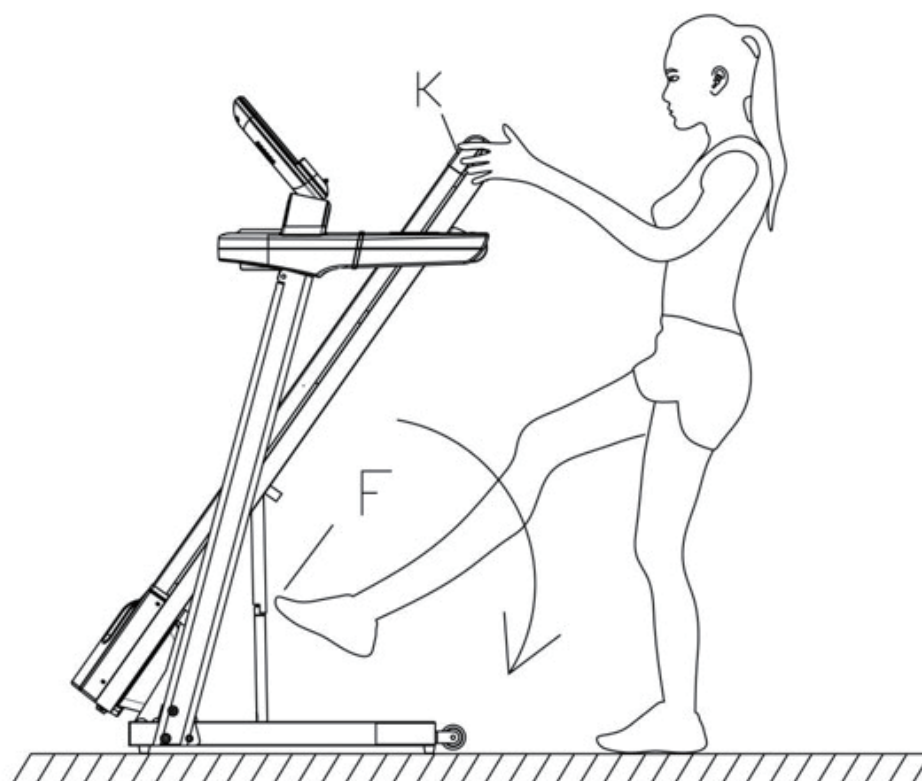
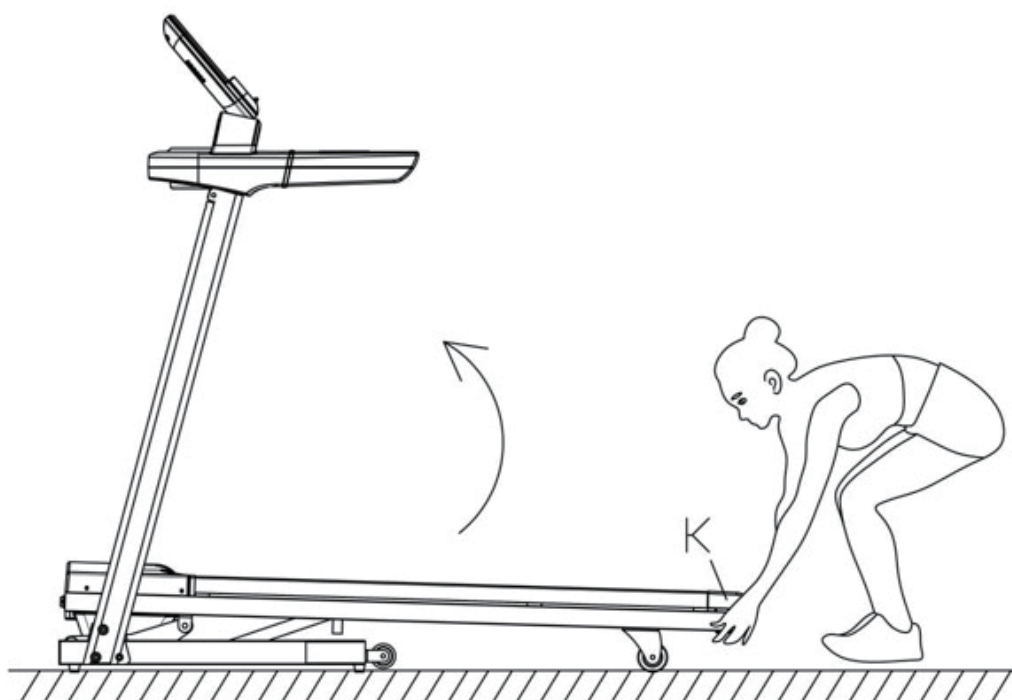
B06 5#(1x)



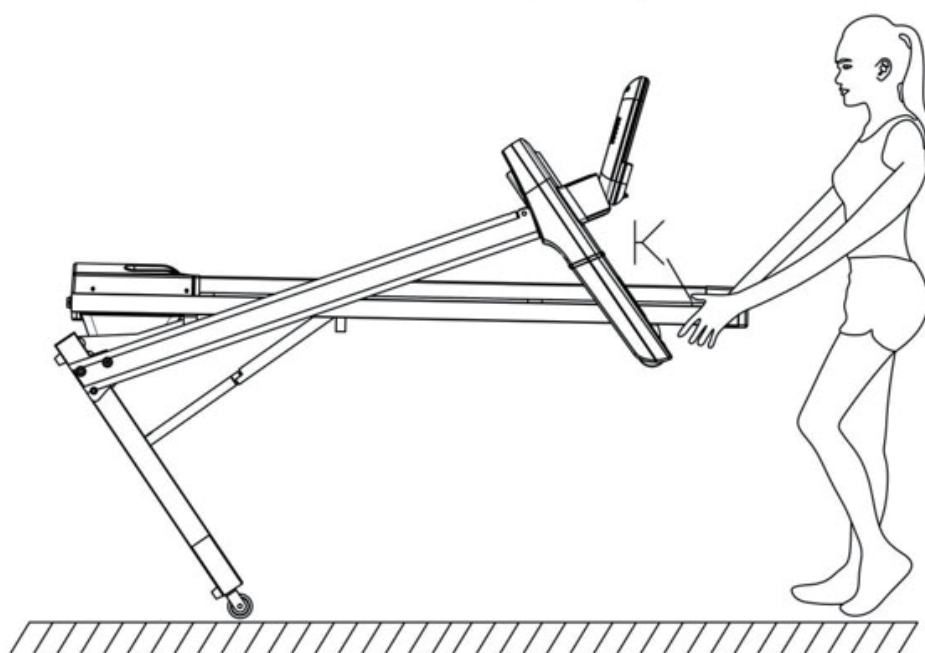
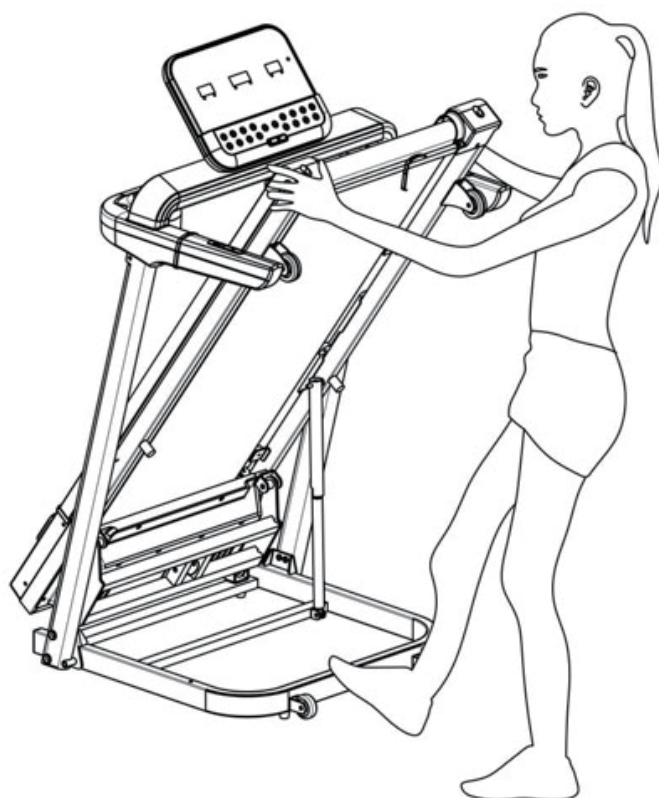
B-9



C—1



C-2



Operation Guide.



BUTTON FUNCTIONS

- 1. INSTANT INCLINE:** Press 3,6,9 to choose incline quickly.
- 2. INCLINE +:** Press this button to increase the incline.
- 3. INCLINE -:** Press this button to reduce the incline.
- 4. PROG:** Press this button to choose between 9 programs and body fat.
- 5. START:** Press this button to start the machine.

If started in manual mode, the treadmill starts from a minimum speed of 0.8KM/H or 0.5MPH.

- 6. INSTANT SPEED:** Press 3, 6, 9 to choose speed quickly.
- 7. STOP//PAUSE:** Press this button to pause or stop the machine.
- 8. MODE:** Press this button to choose between time, distance, calories workout targets.
- 9. SPEED-:** Press this button to reduce the speed.
- 10. SPEED +:** Press this button to increase the speed.

Its adjustment amplitude value is 0.1 km/time in metric system; The imperial rate is 0.1 miles per trip

CAN CONNECT TO KINOMAP AND ZWIFT

1.Kinomap

STEP1: Download Kinomap app and create an account

STEP2: Go to the "More"page and clivk on the "Equipment Management"button

STEP3: Click on the "+"button in the top right corner to add a new equipment

STEP4: Select the manhine type that you are going to use

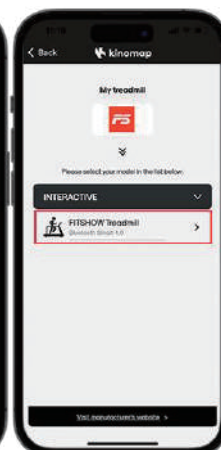
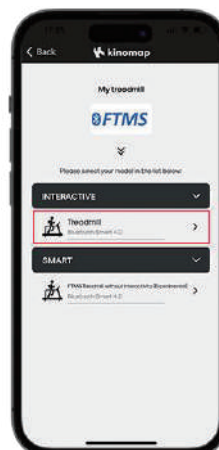
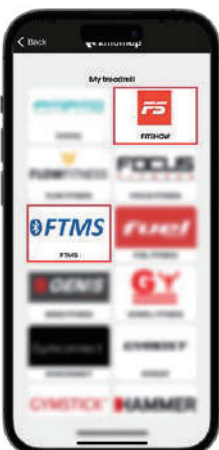
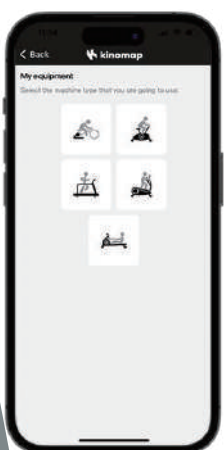
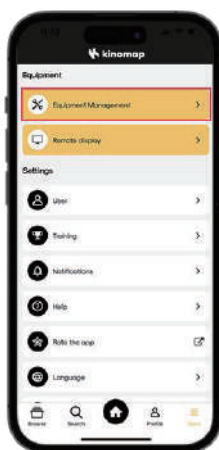
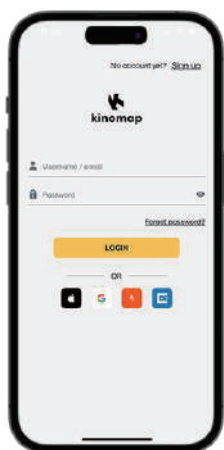
STEP5: Select the brand of FitShow or FTMS

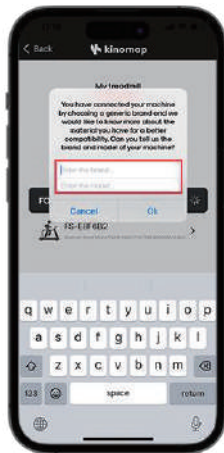
STEP6: Select your model in the list below

STEP7: Enter the brand and model of your equipment

STEP8: Equipment add success

STEP9: Go To Browse page to start your favorite workout





2.ZWIFT

STEP1: Download ZWIFT app and create an account

STEP2: Select "RIDE" or "RUN" mode

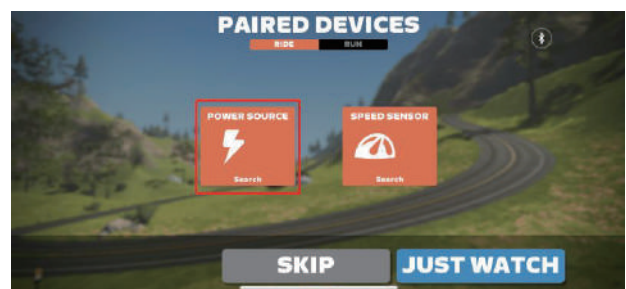
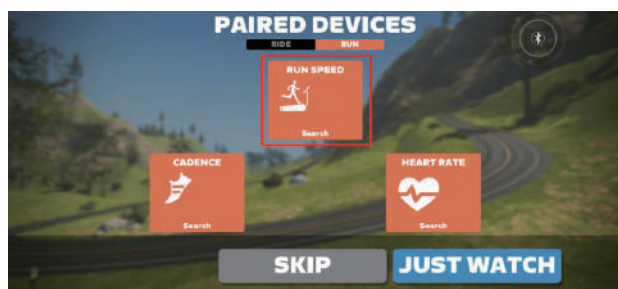
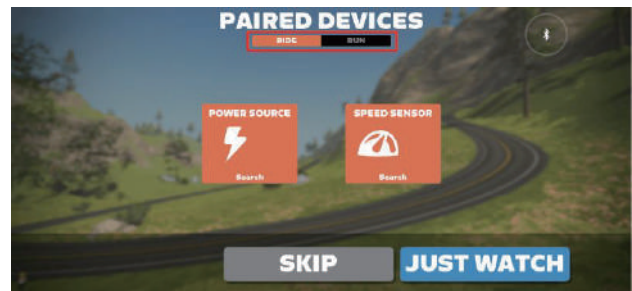
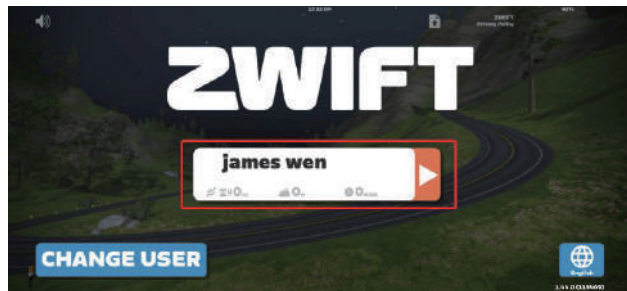
STEP3: If your equipment is a treadmill, click on the "RUN SPEED" button

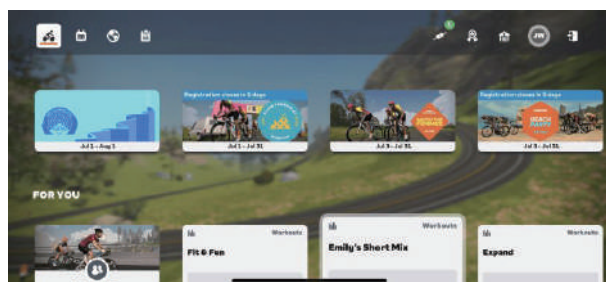
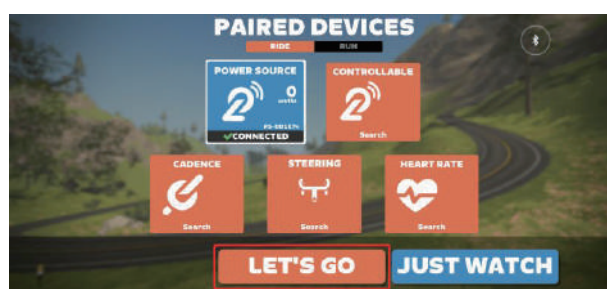
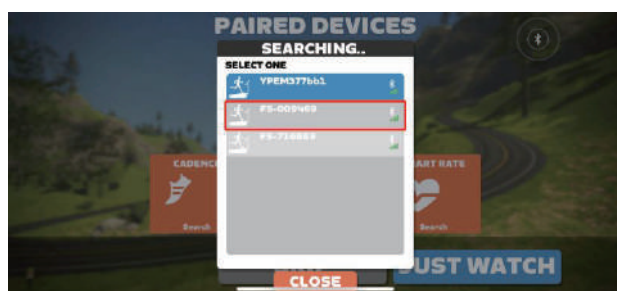
If your equipment is an indoor bike, click on the "POWER SOURCE" button

STEP4: Select the paired devices 'Fs-XXXX' as our chip's name; (XXX... means random digit)

STEP5: Click on the "LET'S GO" button

STEP6: Find related map to start your favorite workout





COMPUTER FUNCTIONS:

- 01 CAL./DIS.:** Switch Display the calories has consume and distance has run every 5 seconds.
- 02 INCLINE/TIME:** Switch Display the incline and the time has run every 5 seconds.
- 03 SPEED/PULSE:** Display current speed. Press SPEED+/- to adjust the speed of the machine.

When Hold the hand pulse sensor by both hands, the console will show user's pulse value after about 5 seconds. This date is just for reference, can not be regarded as medical use.

- 04 MODE:** Press Mode button to enter TIME, DISTANCE, CALORIES.

- From standby mode, press Mode button, the corresponding light of TIME, DISTANCE, CALORIES will come on, select between TIME, DISTANCE, CALORIES.
- Press SPEED+/- or INCLINE+/- to set the workout target value.
- Press START button, treadmill will run after 3 seconds.
- Press SPEED+/- to adjust the speed .
- Press INCLINE+/- to adjust the incline .

- 05 PROGRAM:** Press PROG button, you can choose 9 programs and body fat.

- From standby mode, press PROG button, console will show 9 programs, select between 9 programs.

Manual mode is the default operating mode of the system. The default speed of manual mode is 0.8KM/H in metric and 0.5MPH in imperial

- Press SPEED+/- or INCLINE+/- to set the workout time.
- Each program can be divided into 10 sections; machine will beep 3 times when starting a new section.
- Press SPEED+/- to change the speed during each section.
- Press INCLINE+/- to adjust the incline during each section.
- Machine will beep 3 times and stop when the program is finished.

MPH

Set time		Set time / 10 = exercise time of each segment									
Segment		1	2	3	4	5	6	7	8	9	10
P1	Speed	2	4	3	4	3	5	4	2	5	3
	Incline	1	2	3	3	1	2	2	3	2	2
P2	Speed	2	5	4	6	4	6	4	2	4	2
	Incline	1	2	3	3	2	2	3	4	2	2
P3	Speed	2	5	4	5	4	5	4	2	3	2
	Incline	1	2	2	3	1	2	2	2	2	1
P4	Speed	3	6	7	5	8	5	9	6	4	3
	Incline	2	2	3	3	2	2	4	6	2	2
P5	Speed	3	6	7	5	8	6	7	6	4	3
	Incline	1	2	4	3	2	2	4	5	2	1
P6	Speed	2	8	6	4	5	9	7	5	4	3
	Incline	2	2	6	2	3	4	2	2	2	1
P7	Speed	2	6	7	4	4	7	4	2	4	2
	Incline	4	5	6	6	9	9	10	12	6	3
P8	Speed	2	4	6	8	7	8	6	2	3	2
	Incline	3	5	4	4	3	4	4	3	3	2
P9	Speed	2	4	5	5	6	5	6	3	3	2
	Incline	3	5	3	4	2	3	4	2	3	2

KPH

Time section Program		Set time / 10 = exercise time of each segment									
		1	2	3	4	5	6	7	8	9	10
P1	Speed	1.2	2.5	1.8	2.5	1.8	3.1	2.5	1.2	3.1	1.8
	Incline	1	2	3	3	1	2	2	3	2	2
P2	Speed	1.2	3.1	2.5	3.7	2.5	3.7	2.5	1.2	2.5	1.2
	Incline	1	2	3	3	2	2	3	4	2	2
P3	Speed	1.2	3.1	2.5	3.1	2.5	3.1	2.5	1.2	1.8	1.2
	Incline	1	2	2	3	1	2	2	2	2	1
P4	Speed	1.8	3.7	4.3	3.1	5	3.1	5.6	3.7	2.5	1.8
	Incline	2	2	3	3	2	2	4	6	2	2
P5	Speed	1.8	3.7	4.3	3.1	5	3.7	4.3	3.7	2.5	1.8
	Incline	1	2	4	3	2	2	4	5	2	1
P6	Speed	1.2	5	3.7	2.5	3.1	5.6	4.3	3.1	2.5	1.8
	Incline	2	2	6	2	3	4	2	2	2	1
P7	Speed	1.2	3.7	4.3	2.5	2.5	4.3	2.5	1.2	2.5	1.2
	Incline	4	5	6	6	9	9	10	12	6	3
P8	Speed	1.2	2.5	3.7	5	4.3	5	3.7	1.2	1.8	1.2
	Incline	3	5	4	4	3	4	4	3	3	2
P9	Speed	1.2	2.5	3.1	3.1	3.7	3.1	3.7	1.8	1.8	1.2
	Incline	3	5	3	4	2	3	4	2	3	2

DISPLAY RANGE OF EACH VALUE

Set parameter	Default	Set default	Range	Display range
Time (min; sec)	0	15:00	5:00--99:00 00	0:00--99:00
Incline	0	0	0-12	0-12
Speed(KM/H)	0.8 KM/H 0.5 MPH	0.8 KM/H 0.5 MPH	0.8- 16.0KM/H 0.5-10.0 MPH	0.8- 16.0KM/H 0.5-10.0 MPH
Distance (KM/mile)	0	1.0	0.5--99.9	0.0--99.9
Beats (times/min)	P	/	/	50--200
Calorie (Kcal)	0	50	10--999	0--999

5.2 Set of body fat test: From standby mode, press PROG button until you get to FAT.

- Press Mode button to enter information.

Set value with SPEED+/- from F-1 to F-4(F-1 GENDER, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT)

-Press Mode button to enter F-5 (F—5 BODY FAT TEST), hold hands on the hand pulse sensor, the console will display your body fat value after 3 seconds.

-The body fat value is intended as a guide, and is not medical data:

F-1	Gender	01 male	02 female
F-2	Age	10-99	
F-3	Height	100-200CM (40-80 inch)	
F-4	Weight	20-150KG (44-330 pound)	
F-5	FAT	≤19	Under weight
	FAT	=(20---25)	Normal weight
	FAT	=(26---29)	Overweight
	FAT	≥30	Obesity

06 Can connect to Kinomap and Zwift

LUBRICATION REMIND FUNCTION

This machine has lubrication remind function. After every total running distance of 300km (188miles), your treadmill needs to be maintained with oil. The system will remind with sound for every 10 seconds, and window will show "OIL". This means that your treadmill needs to be lubricated with oil. Please read the user's manual first, and add the oil to the middle part of running board. After you finishing lubrication, please hold on "STOP" button for 3 seconds, and the system warning sound will disappear.

SAFETY LOCK FUNCTION:

Under any mode, if you pull away the safety key, the machine will stop. The window will show "---" with reminding sound. The machine cannot work until safety key is inserted back.

POWER SAVE FUNCTION:

The machine is with energy saving function. Under standby mode, at the state of waiting for operation, if without any operation, the saving on power function will be available after 10 minutes, the display will be closed up. You can press any button to turn on the display.



POWER ON (I) AND POWER OFF (O)

Switch off the power: You can switch off the power to stop the treadmill, which won't be damaged at any time.

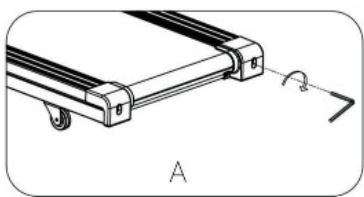
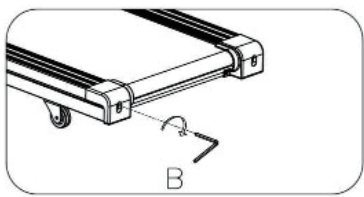
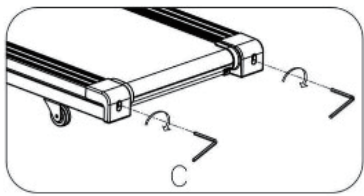
CAUTION:

- 01** We recommend that you maintain a slow speed at the beginning of a session and hold on to the handrails until you become comfortable and familiar with the treadmill.
- 02** Attach the magnet end of the safety pulling rope to the computer and also attach the clip of the safety pulling rope to your clothing.
- 03** To end your workout safely, press the STOP button or pull out the safety pulling rope, then the treadmill will stop immediately.

Maintenance & Care.

General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes does not wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth.

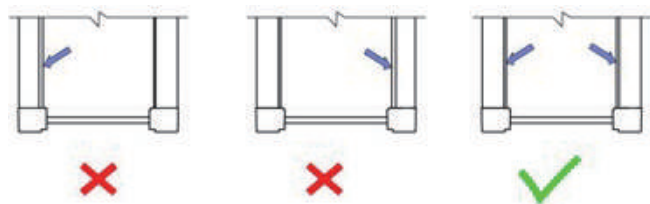
- To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.
- A loose Running Belt will result in the runner sliding off when running, while too tight of a Running Belt will result in decrease to the motors performance and also create more friction between the roller and running belts. The most suitable tightness for the belts is pulled out 50-75mm from the Running Board.

1. If the Running Belt moves to the right, turn the adjusting bolt on the right side $\frac{1}{4}$ turn clockwise, then turn the left adjustment bolt $\frac{1}{4}$ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to figure A.	
2. If the Running Belt moves to the left, turn the adjusting bolts on the left side $\frac{1}{4}$ of a turn clockwise, then turn the right adjustment bolt $\frac{1}{4}$ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to figure B.	
3. Over time the Running Belt will loosen. To tighten the belt turn the Left & Right side adjustment bolts one full turn clockwise, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to figure C.	

Lubricating the Treadmill.

IMPORTANT NOTE:

You will need to lubricate your treadmill before the first use.



RUNNING BELTS & TREADMILL LUBRICANT:

Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly.

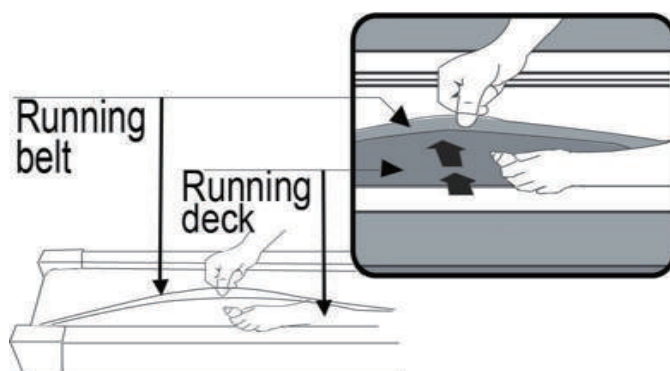
WARNING: Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

HOW TO LUBRICATE:

01 Raise the belt up on one side and apply lubricant to the running deck. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.

02 The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.

03 To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.



The following time table is recommended:

Light user (less than 3 hours/ week)	every 6 months
Medium user (3-5 hours/ week)	every 3 months
Heavy user (more than 5 hours/ week)	every 2 months



Conditioning Guidelines.

The following guidelines will help you to plan your exercise 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

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.

AGE	TRAINING ZONE - 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

Beginners Guide to Exercise

If you're beginning an exercise program for the first time or starting a new exercise program, 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 are pregnant or are a new mother
- You have not exercised for over a year
- You have diabetes
- If you are over 35 and do not currently exercise
- You have chest pain, or experience spells of dizziness or fainting
- You are recovering from an injury or illness



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 two pages previous will show 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.

Tips for Stretching

- Begin with small mobility exercises of all the joints e.g. simply rotate the ankles, bend the 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 more supple
- 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 cardiovascular 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.

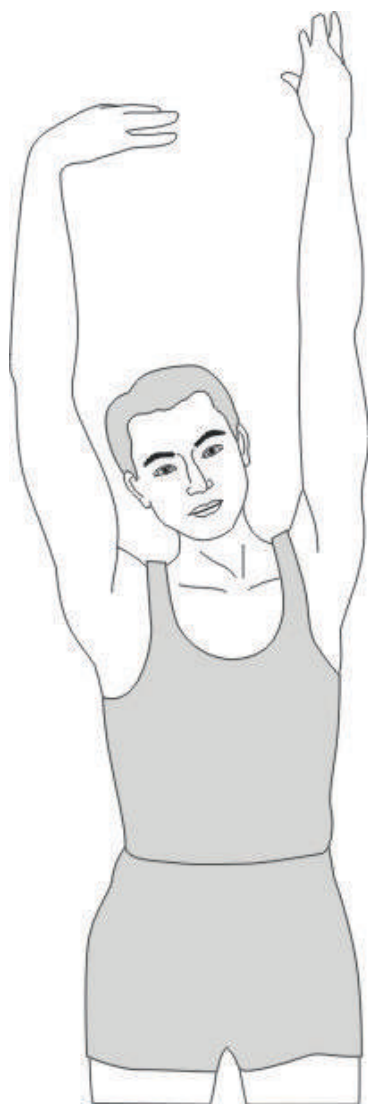
STRETCHING

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.



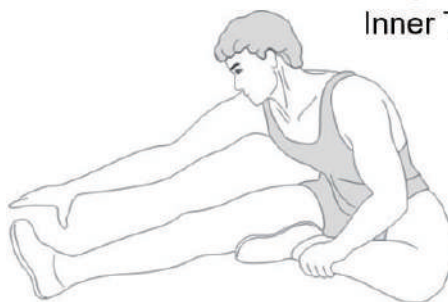
Side Stretch



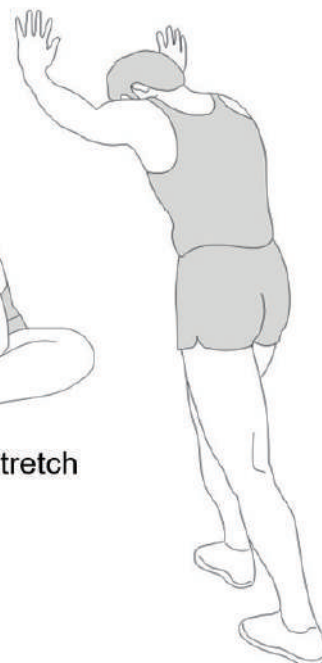
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles Stretch

COOL-DOWN

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.

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.



<https://www.facebook.com/MyViavito>



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



<https://twitter.com/MyViavito>

VIAVITO®				
				 Max User Weight = 100kg
www.viavito.com		ST1 TREADMILL		Class: HC
Viavito	EN/ISO 20957	SN :		
Unit 5 – Mill Square, Featherstone Road Wolverton Mill, Milton Keynes MK12 5ZD				

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

Viavito Ltd

5 Mill Square

Featherstone Road,

Wolverton Mill, Milton Keynes

MK12 5ZD

Email: **support@viavito.com**

CARDIOfitness Zentrale

Technologiepark Bergisch Gladbach

Haus 56

Friedrich-Ebert-Straße 75

51429 Bergisch Gladbach

Email: **service@cardiofitness.de**



Manufacturer's Warranty

Viavito Ltd warrants this product to be free of defects of material and workmanship, under normal use and conditions, for a period of 24 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 to and does not in any way affect your statutory rights.

Parts List

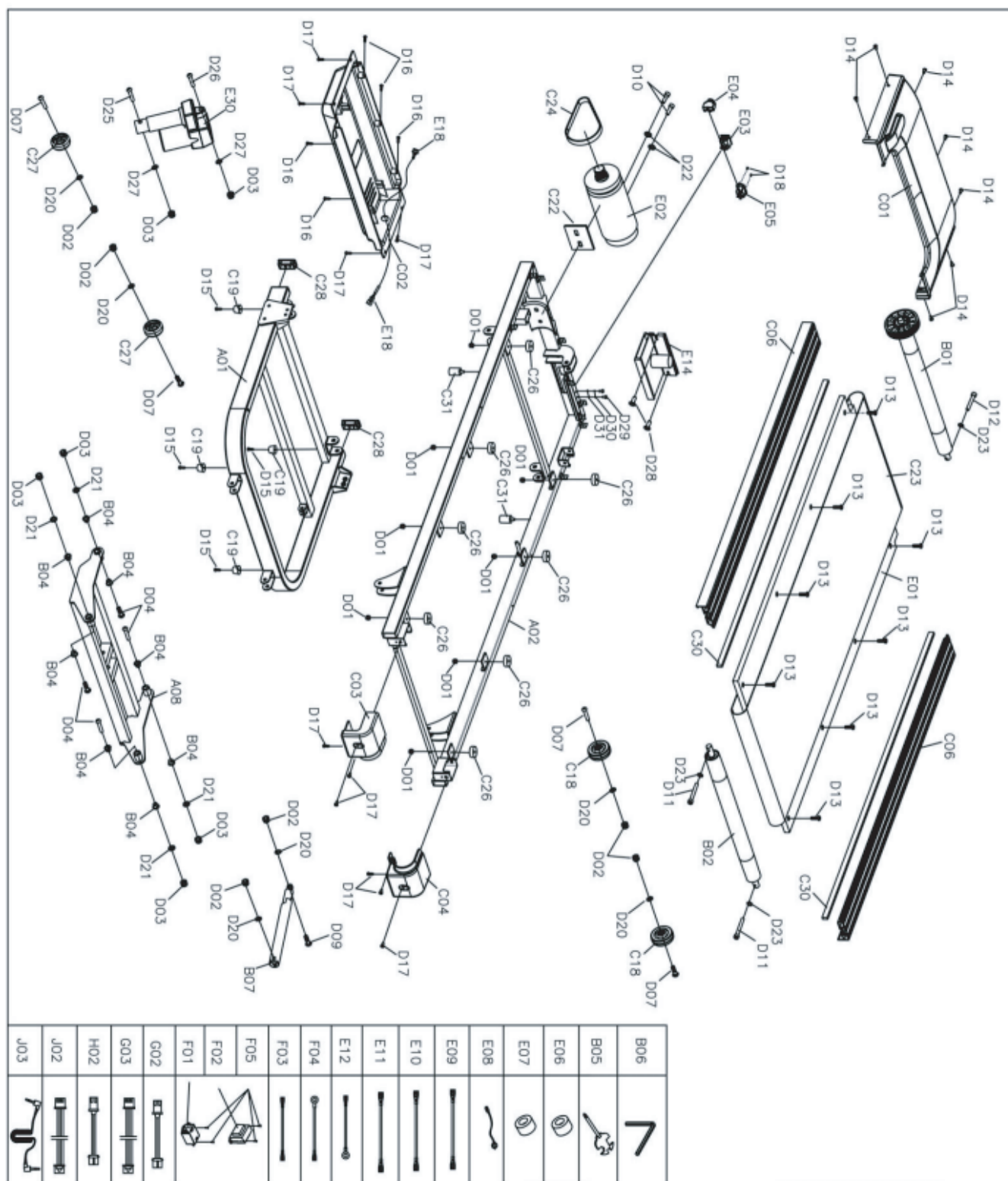
No.	Description	Spec.	Qty	No.	Description	Spec.	Qty
A01	Base frame		1	C24	Motor belt		1
A02	Main frame		1	C25	Safety key		1
A03	Console bracket		1	C26	Blue cushion		6
A04	Left upright tube		1	C27	Moving wheel		2
A05	Right upright tube		1	C28	Square plug		2
A06	Console support fixing frame		1	C29	EVA pad	309*10*1.0	1
A07	Console bracket fixing frame		1	C30	EVA pad	12*1.0*1000	2
A08	Incline bracket		1	C31	Cylindrical cushion		2
B01	Front roller		1	D01	Nut	M6	6
B02	Back roller		1	D02	Nut	M8	6
B03	Handpulse sheet		4	D03	Nut	M10	6
B04	casing		8	D04	Bolt	M10*55 L20	4
B05	Wrench w/screw driver		1	D05	Bolt	M8*45 L20	4
B06	5# Allen wrench		1	D06	Bolt	M8*45	4
B07	Cylinder		1	D07	Bolt	M8*40 L20	4
B08	Safety key spring sheet		2	D08	Bolt	M8*38 L20	2
C01	Motor top cover		1	D09	Bolt	M8*30 L15	1
C02	Motor bottom cover		1	D10	Bolt	M8*15	8
C03	Left back end cover		1	D11	Bolt	M6*65	2
C04	Right back end cover		1	D12	Bolt	M6*55	1
C05	Decoration cover		2	D13	Bolt	M6*35	6
C06	Side rail		2	D14	Bolt	M5*12	7
C07	Panel top cover		1	D15	Screw	ST4.2*20	4
C08	Panel bottom cover		1	D16	Screw	ST4.2*12	39
C09	Keyboard top cover		1	D17	Screw	ST4.2*12	4
C10	Keyboard bottom cover		1	D18	Screw	ST2.9*8	19
C11	Top kettle fixed holder		1	D19	Screw	ST2.5*6	8
C12	Bottom kettle fixed holder		1	D20	Lock washer	Φ8	14
C13	Left foam bar		1	D21	Flat washer	Φ10	4
C14	Right foam bar		1	D22	Spring washer	Φ8	2
C15	Console middle bottom cover		1	D23	Lock washer	Φ6	3
C16	Handpulse base		2	D24	Flat washer	Φ8	2
C17	Button		4	D25	Bolt	M10*95 L25	1
C18	Adjustable wheel		2	D26	Bolt	M10*40 L15	1
C19	Flat foot pad		4	D27	Lock washer	Φ10	2
C20	Safety key clip		1	D28	Bolt	M5*15	2
C21	Ring-shape wire plug		2	D29	Bolt	M5*8	2
C22	EVA cushion	80*64*3.0	1	D30	Spring washer	5	2
C23	Running belt		1	D31	Lock washer	5	2

No.	Description	Spec.	Qty	No.	Description	Spec.	Qty
E01	Running board		1	E16	Single middle wire 1		1
E02	DC motor		1	E17	Single middle wire 2		1
E03	Square switch		1	E18	Single bottom wire		1
E04	Overload protector		1	E19	Heart rate top wire		1
E05	Power socket		1	E20	Heart rate middle wire		2
E06	Magnetic ring		1	E21	Heart rate bottom wire		2
E07	Magnetic core		1	E22	Safety key connection wire		1
E08	Power wire		2	E23	Quick speed upper wire		1
E09	AC single wire	L 200 brown	1	E24	Quick speed middle wire		1
E10	AC single wire	L 350 brown	2	E25	Quick speed bottom wire		1
E11	AC single wire	L 350 blue	2	E26	Switch upper wire		1
E12	Grounding wire		1	E27	Switch middle wire		1
E13	Console		1	E28	Switch bottom wire		1
E14	Control board		1	E29	Button connection wire		1
E15	Single top wire		1	E30	Incline motor		1

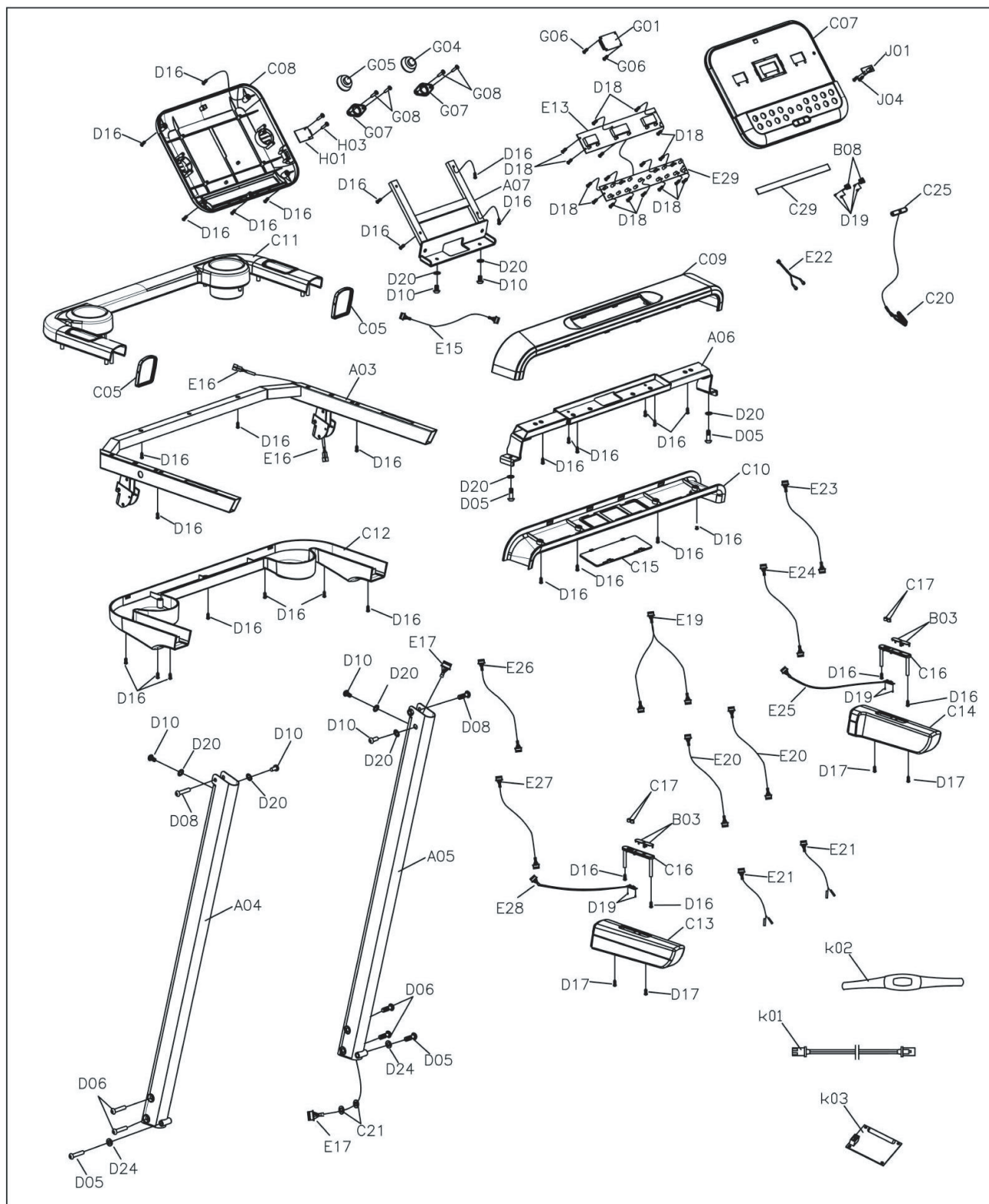
Optional Parts List

No.	Part description	Remark	Qty	No.	Part description	Remark	Qty
F01	Filter	Optional parts for filter and inductance	1	G01	Power amplifier board	Optional parts for amplifier Optional parts for POLAR	1
F02	Inductance		1	G02	Power amplifier wire		1
F03	AC single wire L 350		1	G03	Audio input/output module		1
F04	Grounding wire L 350		1	G04	Speaker 1		1
F05	Screw ST4.2*12		4	G05	Speaker 1		1
H01	USB module	Optional parts for USB module	1	G06	Screw ST2.9*8		6
H02	USB power wire		1	G07	MP3 connecting wire		2
H03	Screw		2	G08	Screw ST4.2*12		4
J01	Audio input/output module	Optional parts for MP3	1	K01	Wireless pulse connecting wire		1
J02	Audio socket wire		1	K02	Chest belt transmitter		1
J03	MP3 wire		1	K03	POLAR wireless receiver		1
J04	Screw ST2.9*8		2				

Exploded Diagram



Exploded Diagram 2



Troubleshooting.

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
Treadmill will not start	Not plugged in	Plug cord into outlet
	Safety Key not inserted	Insert Safety Key
Running belt not centered	Running belt tension not correct on the left or right sides of the running board	Tighten the adjustment bolts on the left and right side of the rear roller
Computer not working	Wires from the computer and bottom control board not properly connected.	Check wire connections from the computer to the control board.
	Transformer is damaged	If the transformer is damaged, contact customer service.
E01 or E13: Message failure	Wires from the computer and bottom control board not properly connected.	Check wire connections from the computer to the control board. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E02: Burst clash protection	Incoming voltage is lower than 50% of the required voltage.	Check that the incoming power supply is the correct voltage. Check the control board, replace if damaged. Check motor, replace if damaged.
E03: No speed sensor signal	Speed sensor signal cannot be received by the control board.	Check that the sensor wire is properly connected. If damaged, replace wire. Check to see if the magnetic sensor is damaged, replace if necessary.
E04: Incline failure	Incline self-inspection	Check incline wires to see if the incline is connected. If the wire has been punctured or damaged, you will need to replace it, if the problem is not rectified, you may need to replace the motor. Restart the treadmill.
E05: Current overload protection (Self Protecting System)	The incoming voltage is too low or too high. The control board is damaged.	Restart the treadmill. Check the incoming voltage to ensure it's correct.
	A moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly. Check the motor, listen for strange noise and check for a burning smell. Replace the motor if necessary. Check the control board, replace if damaged. Lubricate the treadmill.

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
E06: Motor Abnormality	The motor wire is not connected or the motor is damaged.	Check motor wires to see if the motor is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the motor
E08: Control Board Abnormality	The control board is not connected.	Check the upper and middle wires to see if the control board is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E10: Motor Abnormality	The motor is damaged or a moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	The torque is too big, please adjust the torque to be smaller. Inspect moving parts of the treadmill to ensure that they are operating correctly. Replace the motor if necessary. Lubricate the treadmill.