

TRX3500 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.

- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Do not block the rear of the treadmill. Provide a minimum of 3 1/2 feet clearance between the rear of the treadmill and any fixed object.
- Keep children away from the treadmill. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the treadmill if it has a damaged cord or plug. If the treadmill is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position, remove tether cord, then remove the plug from the outlet.
- Do not attempt to use your treadmill for any purpose other than for the purpose it is intended.
- 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.
- Use handrails provided; they are for your safety.
- 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.

Remove tether cord after use to prevent unauthorized treadmill operation.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

Safety Tether Cord

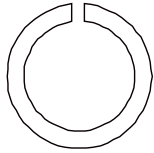
A safety tether cord is provided with this unit. It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the tread-belt. Pulling this safety tether cord will stop tread-belt movement.

To Use:

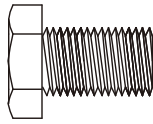
1. Place the magnet into position on the console control head. Your treadmill will not start and operate without this.

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.

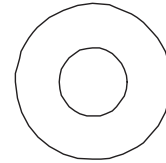
ASSEMBLY PACK CHECKLIST



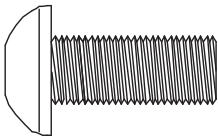
80. $\varnothing 8 \times 1.5T$
Split Washer (4pcs)



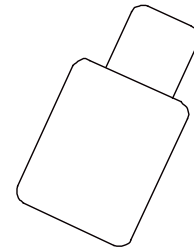
99. $5/16" \times 3/4"$
Hex Head Bolt (8pcs)



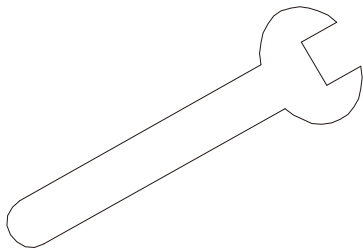
100. $\varnothing 5/16" \times \varnothing 18 \times 1.5T$
Flat Washer (8pcs)



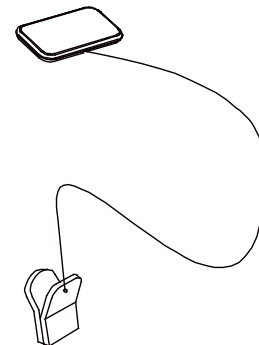
125. $5/16" \times 3/4"$
Button Head Socket Bolt (8pcs)



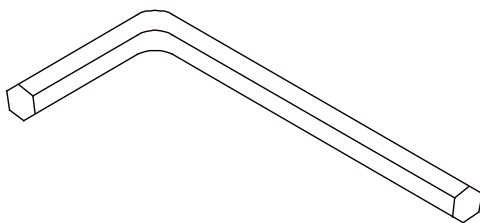
104. Lubricant (1pc)



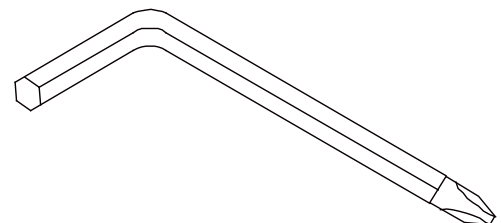
90. 13L_Wrench (1pc)



44. Square Safety Key (1pc)



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

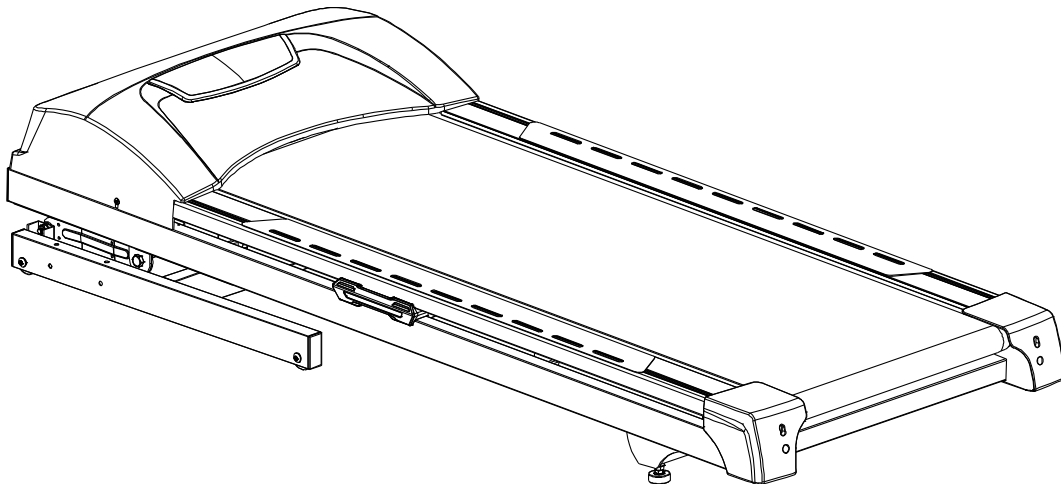


102. Combination M5 Allen Wrench
& Phillips Head Screw Driver (1pc)

ASSEMBLY INSTRUCTIONS

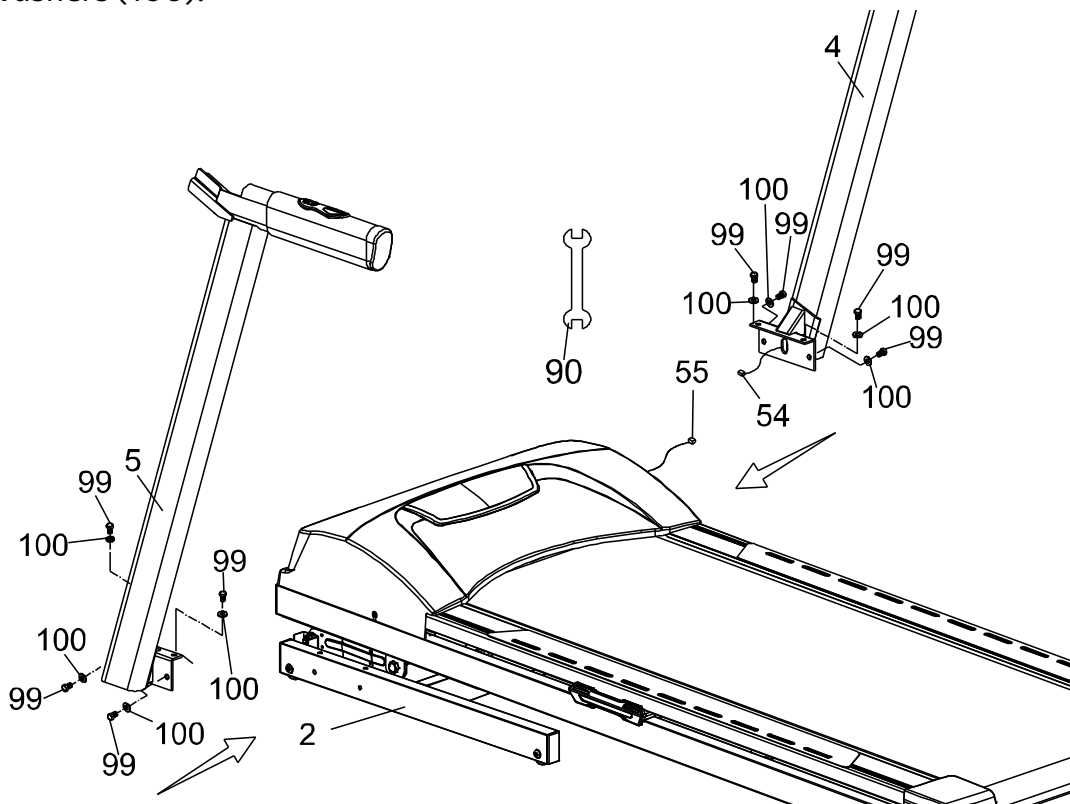
STEP 1

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



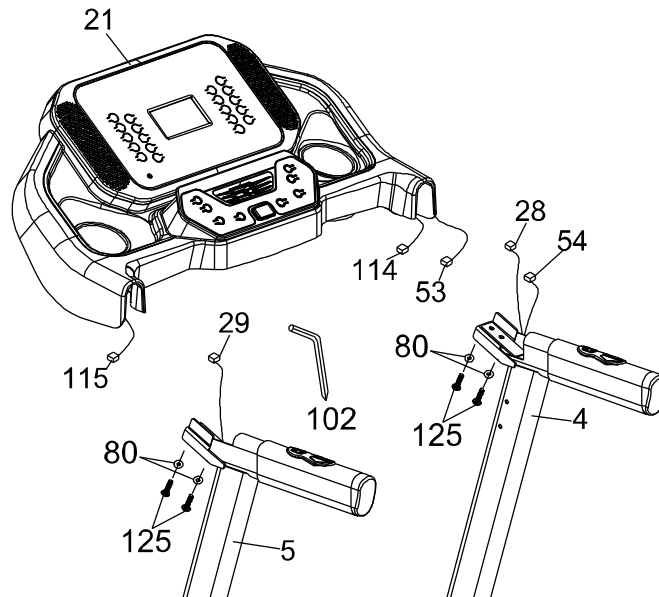
STEP 2

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 8 pcs of 5/16" x 3/4" Hex Head Bolts (99) and 8pcs of Ø5/16" x Ø18 x 1.5T Flat Washers (100).



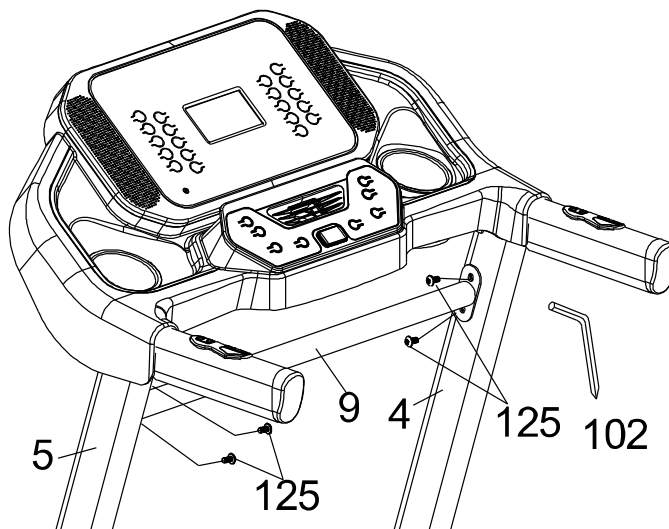
STEP 3

1. Connect the Computer Cable (Middle) (54) and Computer Cable (Upper) (53).
2. Connect the Speed Adjustment Switch W/Cable (Upper) (114) and Speed/Hand Pulse Complex (28).
3. Connect the Incline Adjustment Switch W/Cable (Upper) (115) and Incline/Hand Pulse Complex (29).
4. Insert Console Assembly (21) into right and left Uprights (4) and (5) and secure with 4 pcs of 5/16" x 3/4" Button Head Socket Bolts (125) with 4 pcs of Ø8 x 1.5T(80) Split Washers by using Combination M5 Allen Wrench & Phillips Head Screw Driver (102).



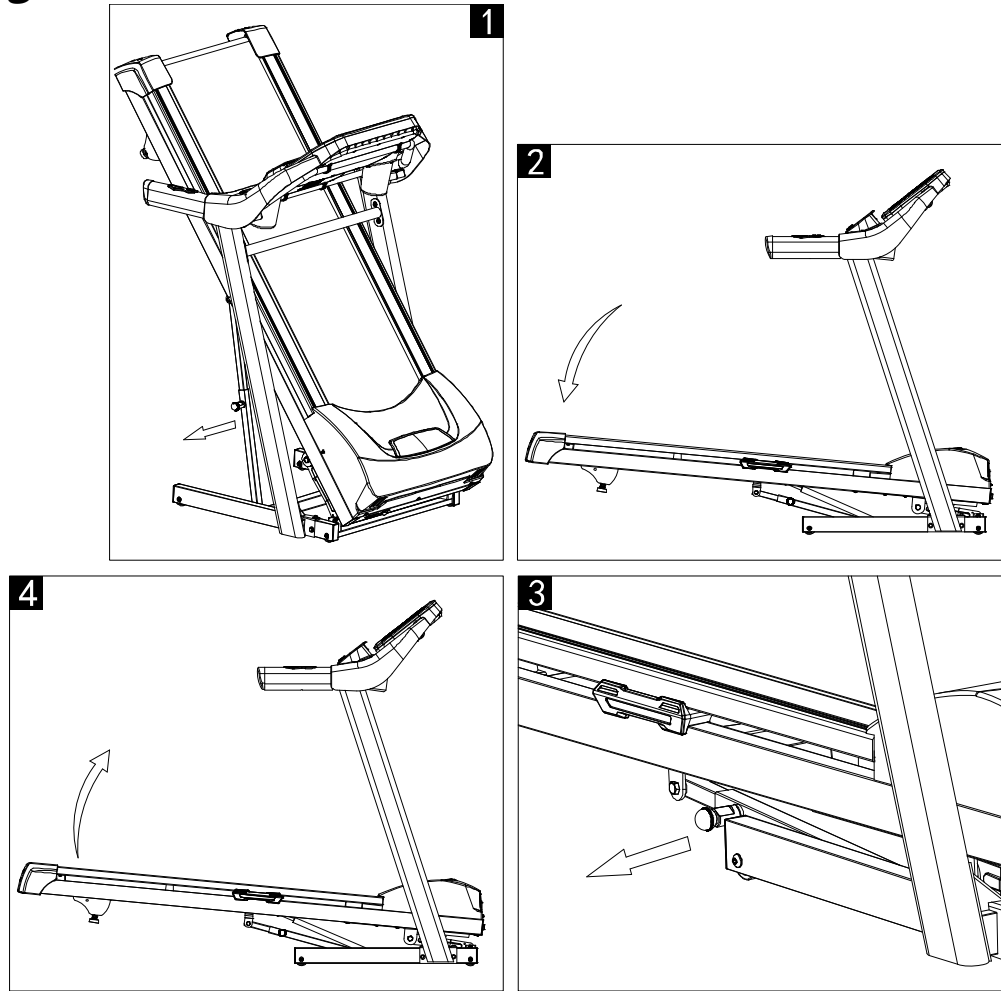
STEP 4

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 4 pcs of 5/16" x 3/4" Button Head Socket Bolts (125).



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

Folding Instructions



➤ **UNFOLDING**

Pull locking knob and hold running deck and lower down to the floor.
(As shown Figure 1_2.)

➤ **FOLDING**

Pull the locking knob with right hand, left hand lift the running deck up to 30cm then two hands lift it until it is locked by the locking knob. (As shown in Figure 3_4)

➤ **TRANSPORT**

Before moving the treadmill, convert the treadmill to the storage as described above. Make sure that the Locking Knob is closer fully over the frame guide.

- 1). Hold the upper ends of the handrails. Place one foot on the base .
- 2). Tilt the treadmill back until it rolls freely on the rear wheels. Carefully move the treadmill to the desired location. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.
- 3). Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.

Operation of Your Treadmill



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 a message will scroll across the dot matrix showing the current software version. Then the Time and Distance windows will display Odometer readings for a short time. The Time window will show how many hours the treadmill has been in use and the Distance window will show how many miles (or Kilometers if the treadmill is set to metric readings) the treadmill has gone. The treadmill will then enter idle mode, which is the starting point for operation.

QUICK-START OPERATION

1. Attach the Safety Key to enable the display (if not already on).
2. Press the Start/Stop key to begin belt movement. Adjust to the desired speed using the speed ▲ and ▼ keys (console or handgrip). You may also use the Quick Speed Keys 1 -10 to adjust the speed.
3. To adjust deck incline, press the ▲/▼ incline key (console or handgrip) to the desired incline level. You may also press the Quick Incline Keys 0 - 12 to adjust.
4. To stop the treadmill, press Start/Stop Key or pull out the Safety Key, though we encourage you to use the Start/Stop Key

Functions

Pause / Stop / Reset

1. When the treadmill is running, the pause feature may be utilized by pressing the Start/Stop key once. This will slowly decelerate the tread-belt to a stop. The incline will go to zero percent. The Time, Distance and Calorie readings will also stop.
2. To resume your workout, press the Start/Stop key. The speed and incline will return to their previous settings.
3. If the ENTER key is pressed while paused, the console will reset and return to the idle mode (start up) screen.

INCLINE FEATURE

1. Incline may be adjusted anytime after the belt begins to move.
2. Press and hold the Adjust incline ▲/▼ keys on the left side (console or handgrip) to achieve your desired incline. You may also choose a more rapid increase / decrease by selecting a Quick Incline Key 0 - 12 on left hand side of console (incline).
3. The display will indicate incline position as adjustments are made.

Dot Matrix Center Display

Eighteen rows of dots (8 high) indicate each segment of a workout. The dots are only to show an approximate level(speed/incline) of effort. They do not necessarily indicate a specific value - only an approximate percent to compare levels of intensity. In operation the Speed /Incline dot matrix window will build a profile “picture” as values are changed during a workout.

You may change the Dot Matrix profile view that you desire by pressing the PROGRAM button. Pressing the PROGRAM button switches among the incline, speed and 1/4-mile track images.

1/4 Mile Track

The 1/4-mile track will be displayed around the dot matrix window. Pressing PROGRAM button switches to 1/4-mile track in mile. The flashing dot indicates your progress. Once the 1/4-mile is complete this feature will begin again.

Pulse Grip Feature

The Pulse (Heart Rate) readout will display your current heart rate in beats per minute during the workout. You must use both stainless steel sensors on the handlebar to display your pulse. Pulse value displays anytime the upper display is receiving a pulse signal.

Calorie Display

Displays the cumulative calories burned at any given time during your workout.

Note: This is only a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

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.

Program Operation

Manual Program

1. Select Manual Program via the Program key then press Enter. The display will prompt you through the programming or you can just press Start to begin the program with default values.
2. The Message window will now be blinking an Age value. Adjust the age and press Enter.
3. The Message window will now be displaying a Weight value. Entering the correct body weight will affect the calorie count. Use Speed ▲ / ▼ keys to adjust then press Enter.

A note about the Calorie display: No exercise machine can give you an exact calorie count because there are too many factors which determine exact calorie burn for a particular person. Even if someone is the exact same body weight, age and height, their calorie burn may be very different than yours. The Calorie display is to be used as a reference only to monitor improvement from workout to workout.

4. If Enter was pressed, the Message window will display with the default Time value of 30 minutes. You may use any of the Speed ▲ / ▼ keys to adjust the time. After adjusting, or to accept the default value, press Enter. (Note: You may press Start at any time during the programming to start the program.).
5. Press Start to begin your workout

Built-in Programs

1. Use the program keys to select the desired program, and then press the Enter key. The display will prompt you through the programming or you can just press Start to begin the program with default values.
2. The Calorie window will now be blinking an Age value. Adjust the age and press Enter.
3. The Message window will now be displaying a Weight value. Entering the correct body weight will affect the calorie count. Use Speed ▲ / ▼ keys to adjust then press Enter.
4. If Enter was pressed, the Message window will display with the default Time value of 30 minutes. You may use any of the Speed ▲ / ▼ keys to adjust the time. After adjusting, or to accept the default value, press Enter. (Note: You may press Start at any time during the programming to start the program.).
5. The Message window will show the maximum speed, you can use any speed plus or minus keys to adjust. Adjust or accept the default value, and then press ENTER.
6. The Message window will show the maximum value of the lift, you can use any raise and minus keys to adjust. Adjust or accept the default value, and then press ENTER
7. Press Start to begin your workout.

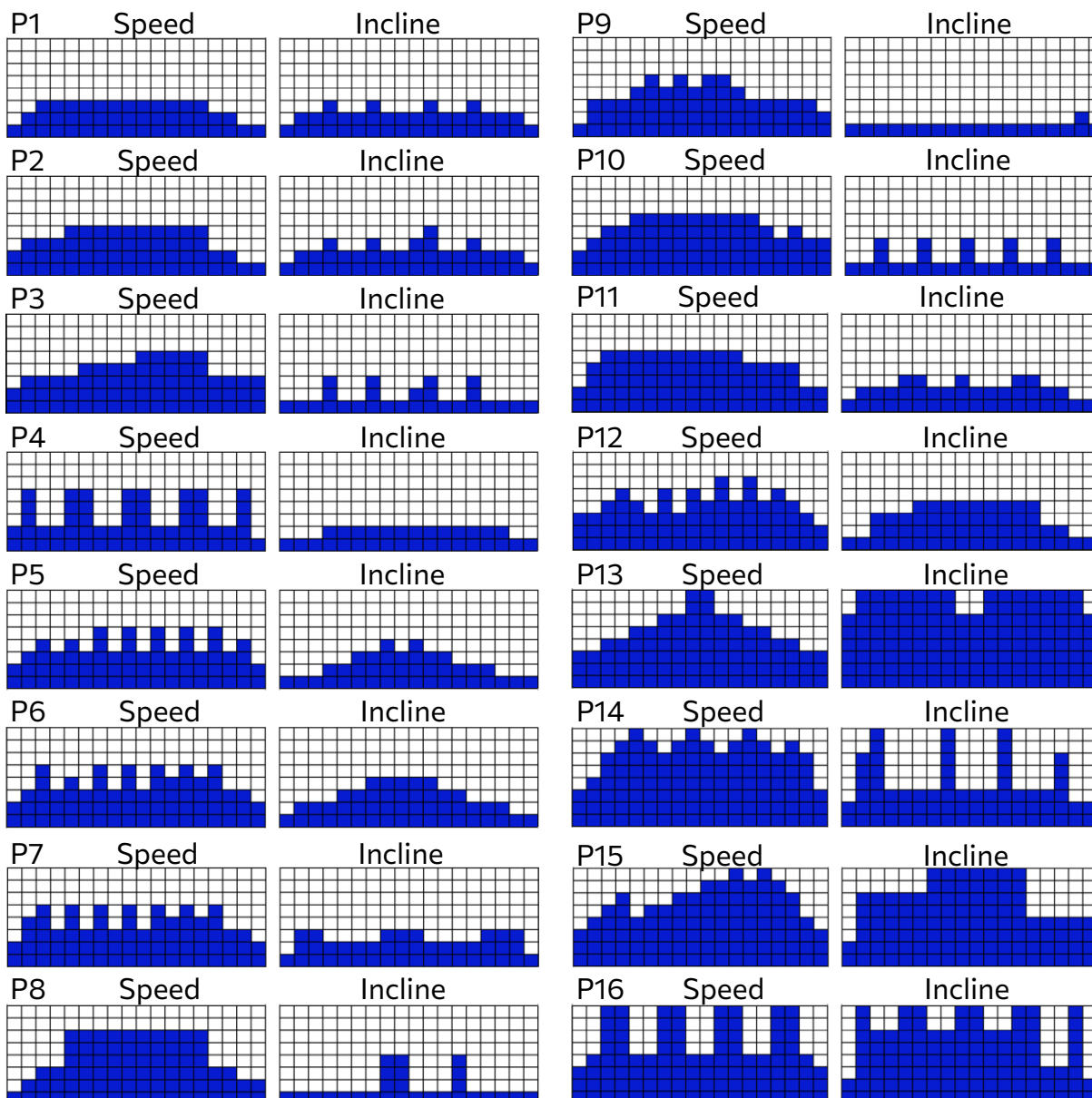
User Programs

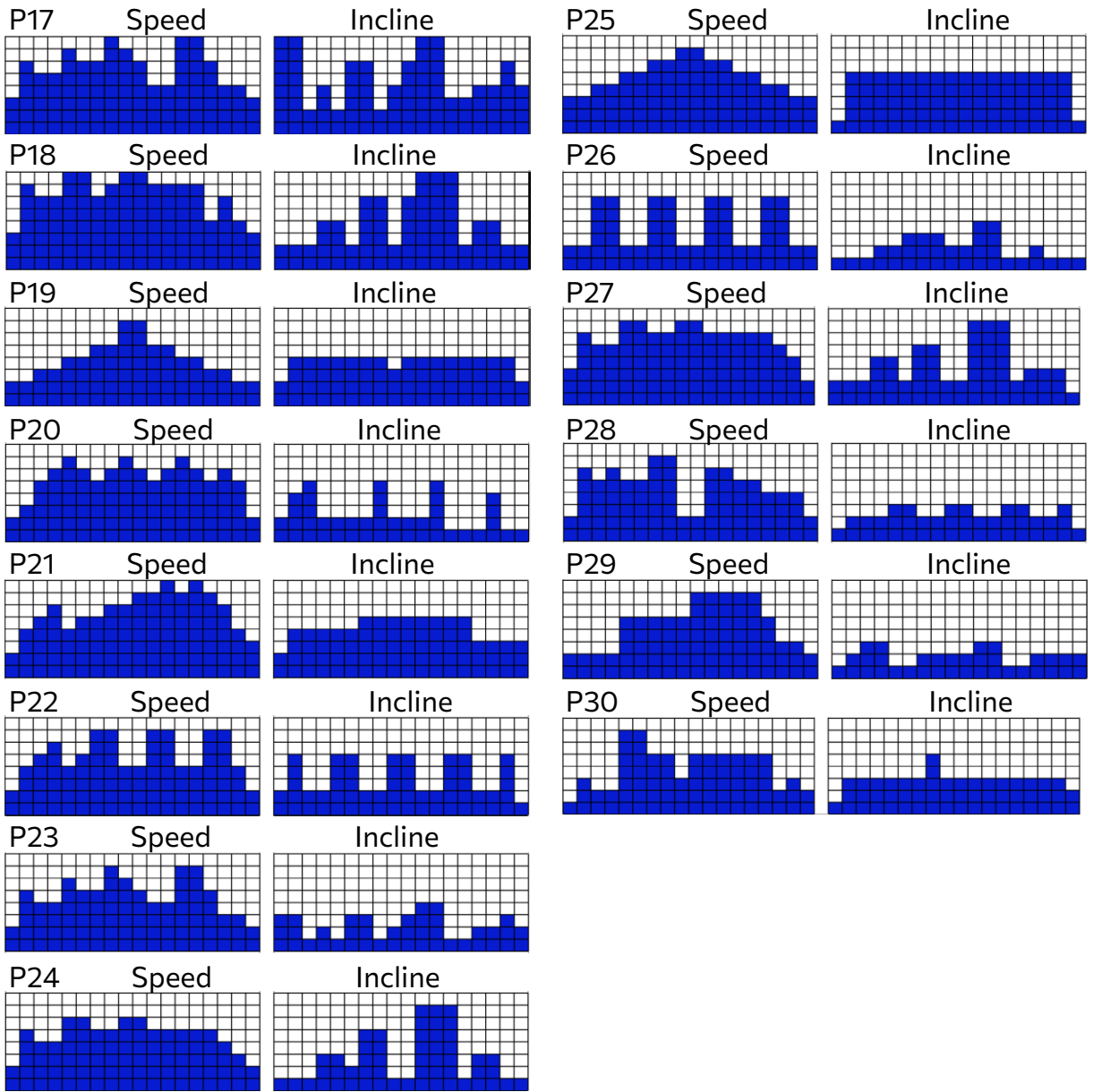
1. Select User 1 or User 2 via the Program key then press Enter. Note that the dot matrix display portion will have a single row of dots at the bottom (Unless there is a previously stored program).
2. The Message window will now be blinking an age value. Adjust the age and press Enter.
3. The Message window will now be blinking a body weight value. Enter your body weight and press Enter.
4. The Message window will now be blinking an time value. Adjust the Time and press Enter.
5. The first column (segment) will now be blinking. Use speed ▲ / ▼ to adjust then press Enter. The second column will now be blinking. Repeat the above process until all segments have been programmed. Then press ENTER to confirm and enter incline programming. Repeat the above process to program all segments for incline.
6. Press the START button to begin the workout and also save the programmed speed and incline values.

HRC (Heart Rate Control)

1. Select HRC via the Program key then press Enter.
2. The console displays "Adjust age, Age> 35". Press ENTER after age has been adjusted.
3. The console displays "Adjust weight, Weight> 150". Press ENTER after weight has been adjusted.
4. The console displays "Adjust time, Time> 30:00". Press ENTER after time has been adjusted.
5. The console displays "Adjust target heart rate". The console will calculate target heart rate according to the formula $(220 - \text{age}) \times 0.6$. If the user changes the target heart rate percentage, new target heart rate percentage will be displayed. When target heart rate is adjusted, press Enter.
6. If the user presses START without wearing HR stripe, MC will display "This program must wear HR strap".
7. If the user presses START and the heart rate signal is detected, the manual control begins.
8. Use the existing heart rate control software, except use the Incline adjustments only. When the software would normally adjust the Speed setting, do not change the speed but instead display in the message window what the user should set the speed to. For example, if the software would make a speed change to 2.3 MPH then just show in the MW: "SET SPEED TO 2.3 MPH".

Preset Program Profiles





HEART RATE PROGRAMS

Before we get started, a word about Heart Rate:

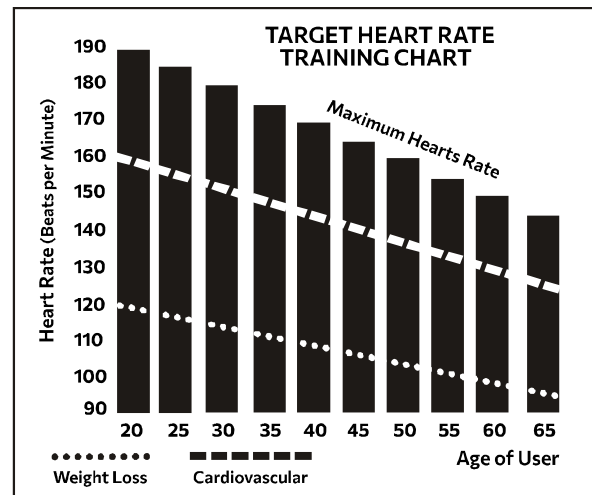
The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity 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

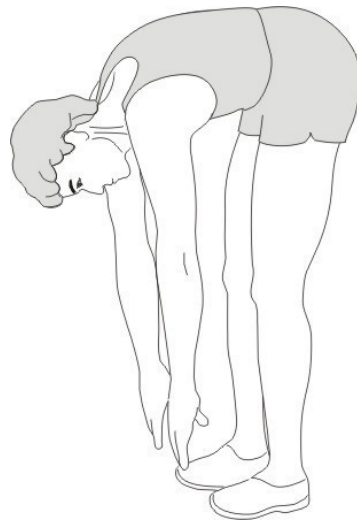
Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretching develops flexibility and reduces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



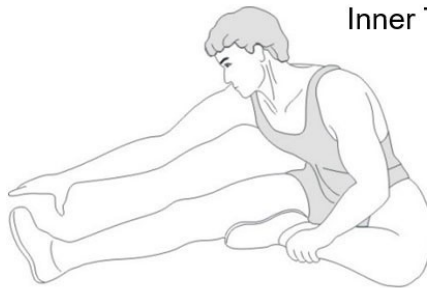
Side Stretch



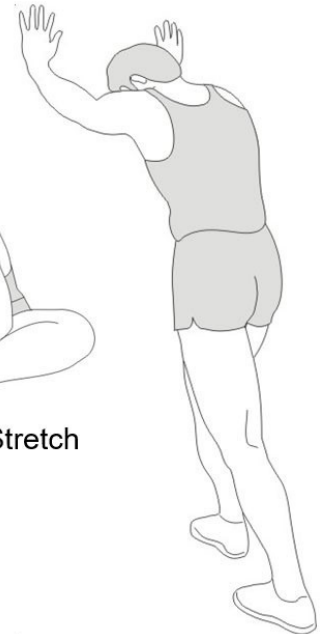
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles Stretch

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.

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

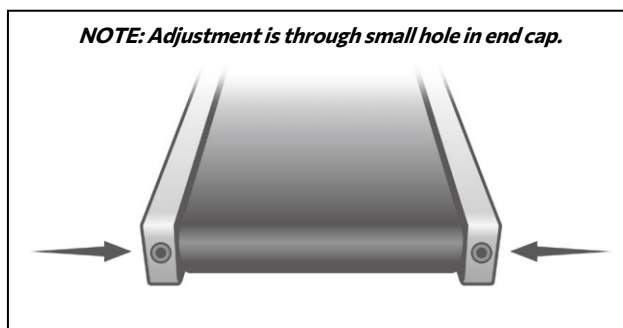
Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. Please vacuum underneath your treadmill on a monthly basis to prevent excess build-up of dirt that can get sucked up and get into the inner workings under the motor cover. Once a year, you should remove the black motor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



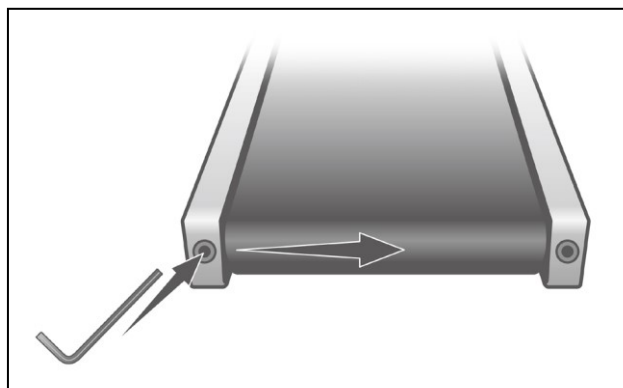
TREAD-BELT TRACKING ADJUSTMENT

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 (132) 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

First, you want to clean between the belt and deck to remove any debris that may be trapped. Use a clean, non-fraying rag, t-shirt, or light towel. Halfway between the end of the treadmill and motor cover, shove the garment under the belt until you can grasp it on both sides of the belt. Drag the garment the length of the entire belt 1-2 times. Remove the garment.

Do not lubricate with anything other than XTERRA Fitness approved lubricant. **YOUR TREADMILL COMES WITH ONE TUBE OF “LUBE” AND EXTRA TUBES CAN BE ORDERED**

Keeping the deck lubricated at the recommended intervals ensures the longest life possible for your treadmill. If the lubricant dries out, the friction between the belt and deck rises and places undue stress on the drive motor, drive belt and electronic motor control board, which could result in catastrophic failure of these expensive components. Failure to lubricate the deck at regular intervals may void the warranty.

The belt & deck come pre-lubricated and subsequent lubrication should be performed every 90 hours of use or if you notice that the deck is dry. It is recommended that you reach between the belt and deck to verify there is lubrication present, every other month. If you check and there isn't any lubrication present, follow the procedure below even though the “Lube” indicator isn't lit on the console. Otherwise, lubricate when the console's lubrication reminder lights after 90 hours of use. Use the following procedure to apply the silicone lubricant:

1. Turn the power switch off and unplug the power cord from the wall outlet.
2. Measure 18” from the edge of the motor cover; kneel down and reach under the belt approximately 4-6” from one edge. Squirt a line of lubricant about 1/8” wide x 15” long in an “S” pattern perpendicular to the motor cover.
3. Repeat the process on the opposite side.
4. Plug the electrical cord back into the outlet and turn the power switch on.
5. Walk on the belt at a moderate speed for five minutes to evenly distribute the silicone lube.

Note: If the “Lube” message appears on the console, perform the following procedure to reset the message:

1. In standby mode, hold the ENTER key for 3 seconds to reset the message.

Error Messages

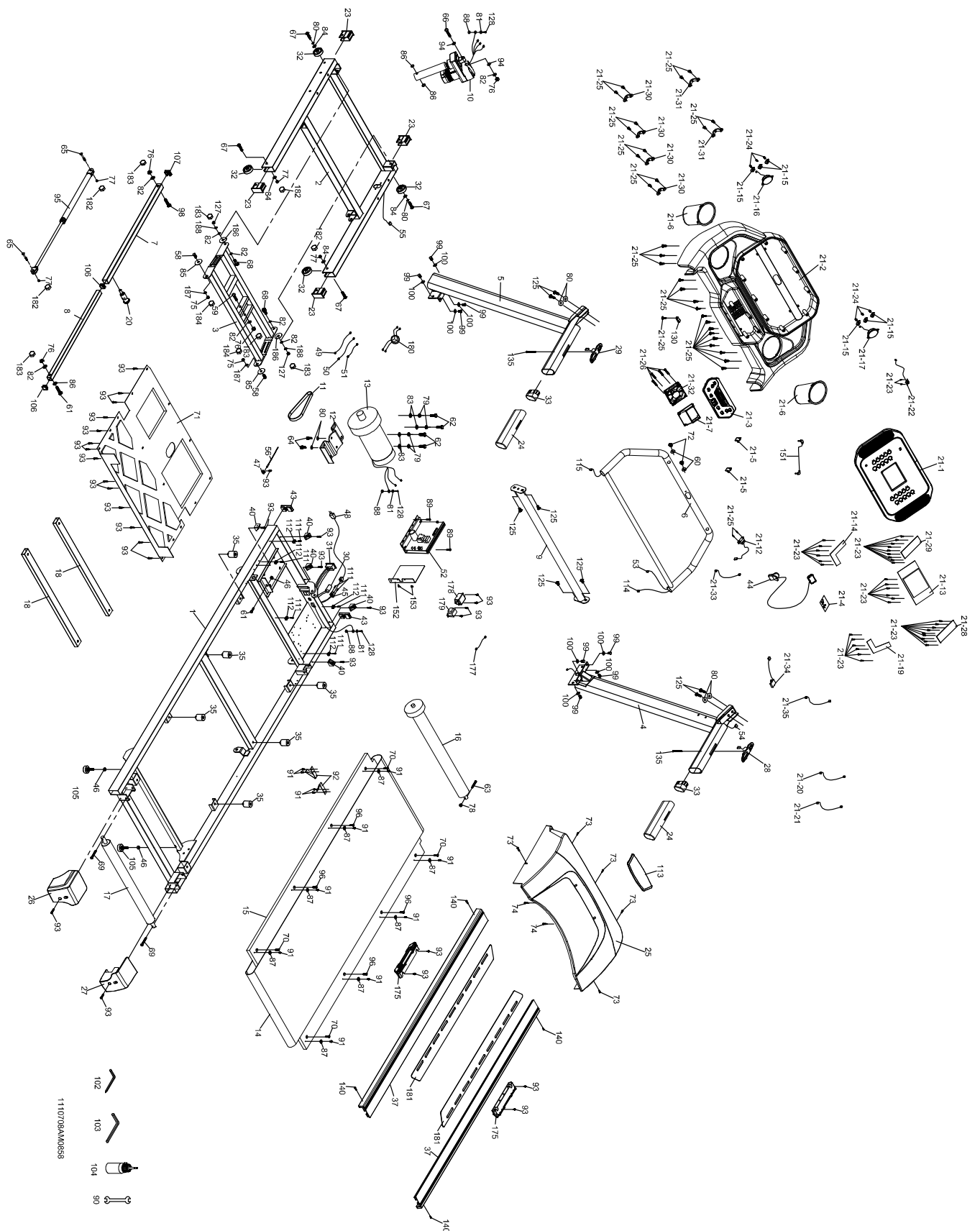
- E0 Safety Key is not in place. A reminder to put in the safety key.
- E1 Treadmill calibration did not receive a speed signal for 10 seconds.
- E2 Over the rated current. The controller is over the rated current for 3 seconds.
- Er Incline Error.
- E4 Motor voltage surge or motor is disconnected.
- E5 Communication is disconnected.
- E6 Power malfunction.

Engineering Mode

First remove the safety key, then press the Enter key and the speed plus key (▲ key), then place the safety key, and enter the calibration mode for about 5 seconds.

1. The electronic version shows the software version number. Press Enter to enter the GS mode. Press Enter to confirm and enter the next item.
2. Set kilometers or miles and press Enter to enter the next entry.
3. Set the wheel diameter to 60, and then press Enter to enter the next item.
4. Set the minimum speed to 1.0, and then press Enter to enter the next item.
5. Set the maximum speed 18 and press Enter to enter the next entry.
6. Set the number of ascending segments 12. Press the start/stop key to enter the calibration mode.
7. Press the start/stop button to start calibration, and automatically return to the standby screen after calibration

EXPLODED VIEW DIAGRAM



- 102
- 103
- 104
- 90

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
20	Locking Knob	1
21	Console Assembly	1
21~1	Console Top Cover	1
21~2	Console Outer Cover	1
21~3	Front Console Cover (Inner)	1
21~4	Interface Board	1
21~5	Square Magnet Stop Plate	2
21~6	Drink Bottle Holder	2
21~7	Wind Duct	1
21~12	150m/m_Safety Switch Module W/ Cable	1
21~13	Console Display Board	1
21~14	Key Board (L)-AK0464-K04-01	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)-AK0464-K05-01	1
21~20	1000m/m_Handpulse Wire(Upper)	1
21~21	1000m/m_Handpulse Wire(Upper)	1
21~22	Sound Board W/Cable	1
21~23	2.3 × 6m/m_Sheet Metal Screw	38
21~24	3 × 10m/m_Sheet Metal Screw	6
21~25	3.5 × 12m/m_Sheet Metal Screw	31
21~26	3.5 × 50m/m_Sheet Metal Screw	4
21~28	Key Board-AK0464-K02	1
21~29	Key Board-AK0464-K03	1

Part Number	Part Description	Qty per unit
21~30	Ø22.2_Console Bracket Anchor	4
21~31	Ø32_Console Bracket Anchor	2
21~32	Fan Assembly	1
21~33	250m/m_Safety Switch Wire	1
21~34	Receiver, HR	1
21~35	100m/m_Connecting Cable	1
23	Metal Tube End Cap	4
24	PVC Handgrip	2
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	On/Off Switch	1
32	Ø48 × 18L_Transportation Wheel	4
33	Handgrip End Cap	2
35	M8 × Ø30 × 35L_Cushion	6
37	Foot Rail	2
40	Motor Cover Anchor(D)	5
43	□30 × 60_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" × 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	2
62	3/8" × 3/4" Hex Head Bolt	4
63	M8 × 60m/m_Hex Head Bolt	1
64	M8 × 12m/m_Hex Head Bolt	2
65	5/16" × 1" Button Head Socket Bolt	2
66	3/8" × 1-3/4" Hex Head Bolt	1
67	5/16" × 1-1/2" Flat Head Socket Bolt	4
68	M10 × P1.5 × 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

Part Number	Part Description	Qty per unit
71	Motor Bottom Cover	1
72	5/16" × 1/2" Button Head Socket Bolt	2
73	5 × 16m/m Tapping Screw	5
74	3.5 × 12m/m Sheet Metal Screw	2
75	1/2" × 8T Nyloc Nut	2
76	3/8" × 7T Nyloc Nut	4
77	5/16" × 7T Nyloc Nut	4
78	M8 × 7T Nyloc Nut	1
79	Ø10 × 2.0T Split Washer	4
80	Ø8 × 1.5T Split Washer	8
81	Ø5 × 1.5T Split Washer	3
82	Ø19 × Ø10 × 1.5T Flat Washer	8
83	Ø25 × Ø10 × 2.0T Flat Washer	4
84	Ø8 × Ø18 × 1.5T Flat Washer	4
85	Ø50 × Ø13 × 3T Nylon Washer (B)	2
86	Ø10 × Ø24 × 3T Nylon Washer (A)	3
87	Ø25×Ø20×Ø16×Ø5×4.5H×1.1T Concave Washer	8
88	M5 Star Washer	3
89	5 × 32m/m Tapping Screw	2
90	13m/m Wrench	1
91	4 × 12mm Sheet Metal Screw	12
92	Belt Guide	2
93	5 × 16m/m Tapping Screw	30
94	Ø10 × Ø25 × 0.8T Nylon Washer	2
95	Cylinder	1
96	M8 × 50m/m Flat Head Countersink Bolt	4
98	3/8" × 1-3/4" Hex Head Bolt	1
99	5/16" × 3/4" Hex Head Bolt	8
100	Ø5/16" × Ø18 × 1.5T Flat Washer	8
102	Combination M5 Allen Wrench & Phillips Head Screw	1
103	M6_L Allen Wrench	1
104	Lubricant	1
105	Adjustment Foot Pad	2
106	□21.8 × 21.8mm Square End Cap	2
107	□25.4 × 25.4mm Square End Cap	1
111	3.5 × 16m/m Tapping Screw	7
112	Wire Tie Mount	5
113	Top Motor Cover Plate	1
114	1000m/m Speed Adjustment Switch W/Cable (Upper)	1
115	1000m/m Incline Adjustment Switch W/Cable (Upper)	1
125	5/16" × 3/4" Button Head Socket Bolt	8
127	M10 × 8T Nyloc Nut	2
128	M5 × 10m/m Phillips Head Screw	3
130	Wire Clamp	1
135	3 × 75m/m Sheet Metal Screw	2

Part Number	Part Description	Qty per unit
140	Ø4 × 19L_Sheet Metal Screw	4
143	Chest Strap (Optional)	1
151	400m/m_Audio Cable	1
152	Controller Back Plate	1
153	3 × 8m/m_Sheet Metal Screw	2
175	Rubber Foot	2
177	200m/m_Connecting Wire (White)	1
178	Filter	1
179	Choke	1
180	600m/m_Connecting Cable Of Motor	1
181	Non-Slip Rubber	2
182	Ø13m/m_Bolt Cap	4
183	Ø14m/m_Bolt Cap	5
184	Ø19m/m_Bolt Cap	2
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 is 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	TRX3500 (XTERRA FITNESS)
Classes	HB
Product	Treadmill
Load max.	150kg
Nominal Voltage	230 VAC
Nominal frequency	50Hz
Nennaufnahme/Nominal power consumption	1300W
Standard	EN 60335-1, EN ISO 20957-1, EN957-6
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: TRX3500

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