



Treadmill Owner's Manual.

Runtinity

Treadmill

www.viavito.com





Thank you for purchasing the Viavito **Runtinity** 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



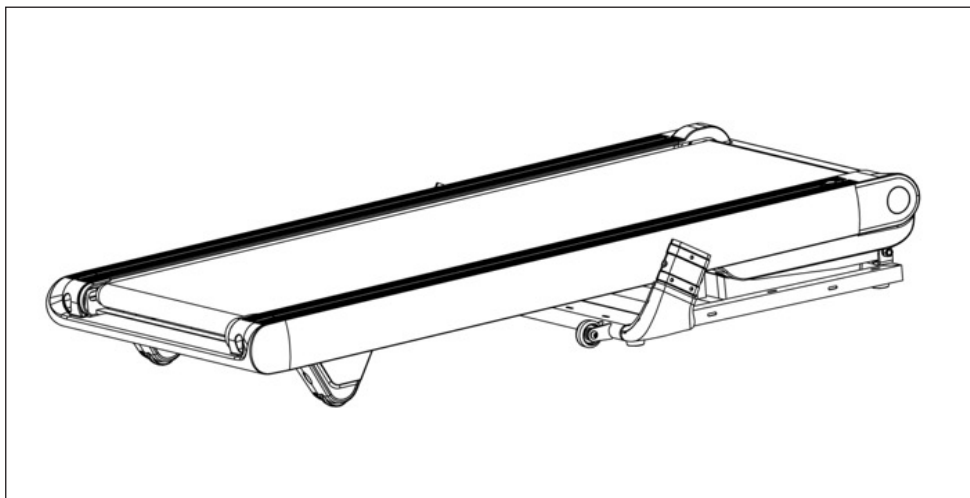


Assembly Instructions

Step One.

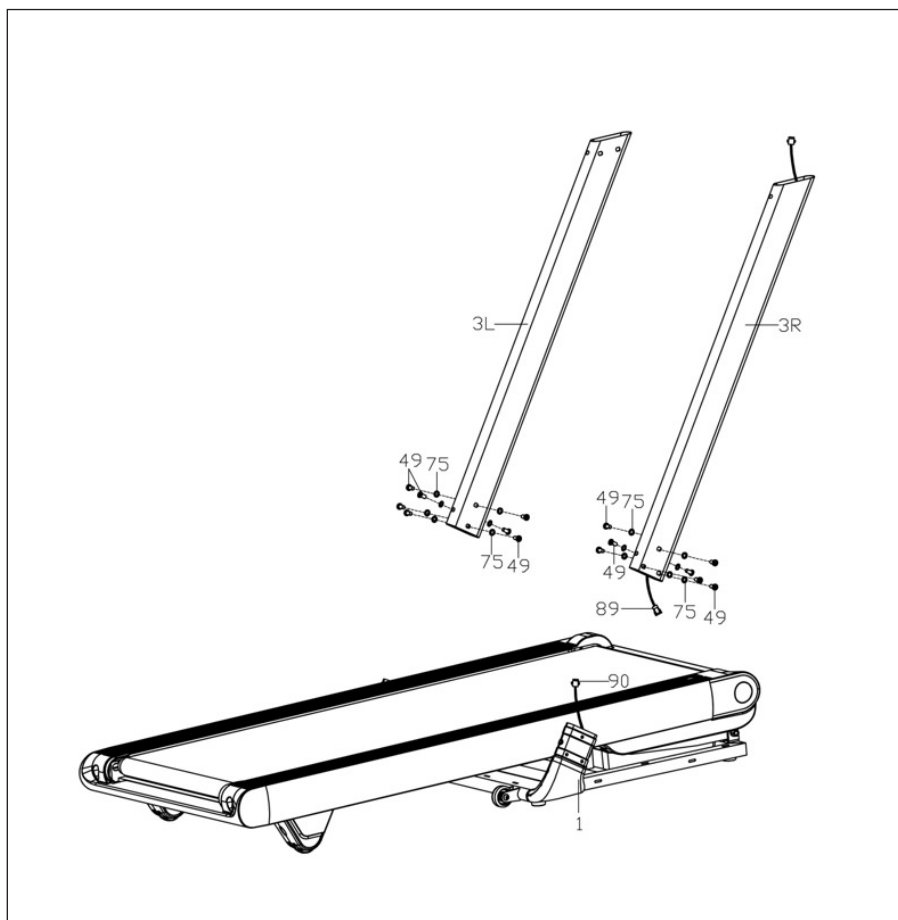
- 01** Open the package, take out all parts and place the main frame on the flat ground.

Important Notice: DO NOT CUT THE STRAPS AT THIS STAGE



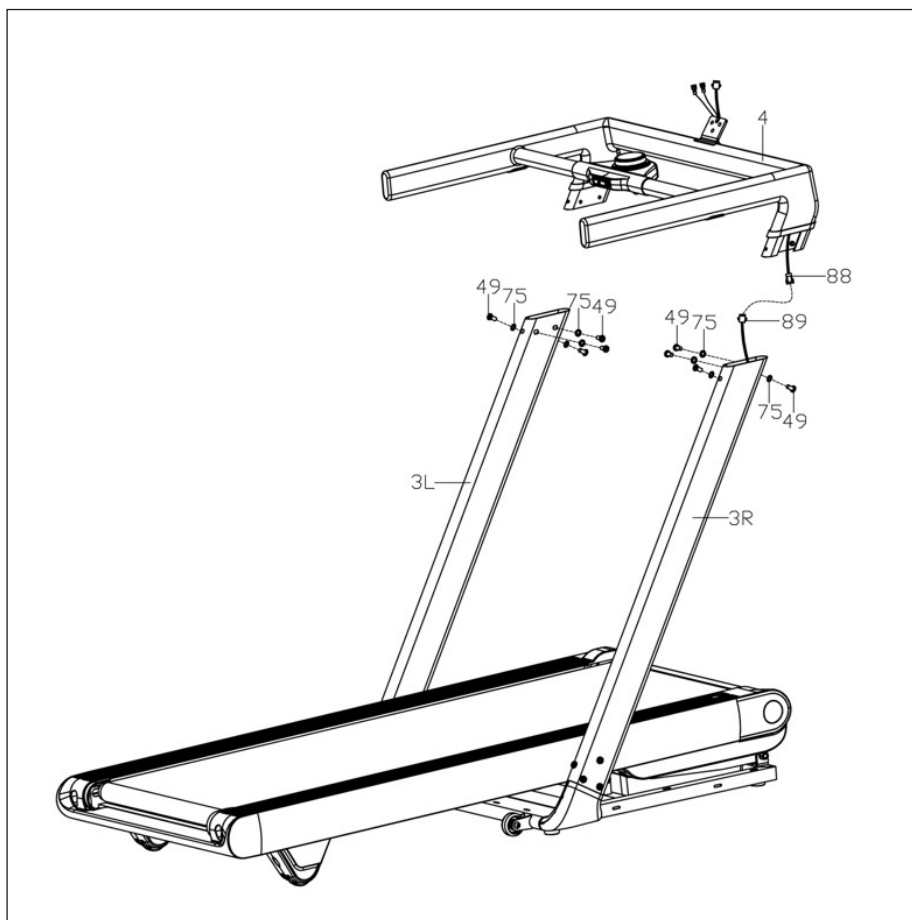
Step Two.

- 01** Place the treadmill deck in the desired location. Do not move anymore.
 - 02** Cut down the straps.
 - 03** Connect the Extension lower wire (89) with Controller wire (90)
 - 04** Insert upright tube (3L/R) onto the bottom frame (1) by Hexagon socket large flat pan head bolt (49) and serrated lock washer (75),
- Do NOT FULLY TIGHTEN bolts at this stage



Step Three.

- 01** Connect the Extension upper wire (88) and Extension lower wire (89) firstly,
- 02** Connect the computer frame (4) onto the upright tube (3L/R) with Hexagon socket large flat pan head bolt (49) serrated lock washer (75)
- 03** Tighten all bolts (49) now



Step Four.

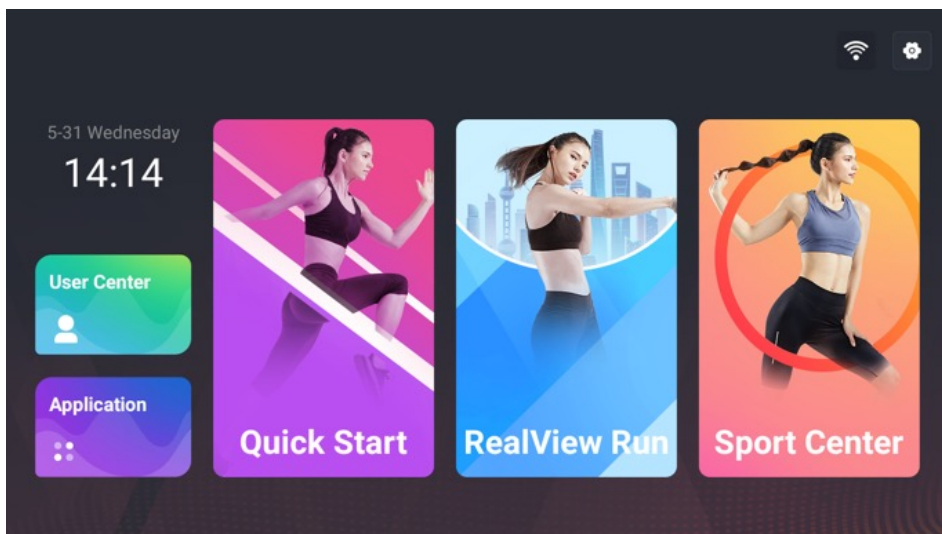
- 01** Connect the computer connecting wire (87) with Extension upper wire (88),
- 02** Connect shift-knob extension lower wire (94) with shift-knob lower wire (95) ,
- 03** Connect wireless heart rate extension lower wire (98) with wireless heart rate lower wire (99)
- 04** Fit panel bracket (5) onto the computer frame (4) by Hexagon socket large flat pan head bolt (49) and serrated lock washer (75)
- 05** Fit Computer panel decorative cover (18) on the console control board (78) by Cross recess pan head tapping screw (65).





Operation Instructions.

The Runtinity console is controlled in 2 ways. Either by touch screen or by using the control dial



Control Dial Display Readings

Start Pause STOP 	SPEED 
CALORIES 	SPEED AND COLOUR 
TIME 	
DISTANCE 	



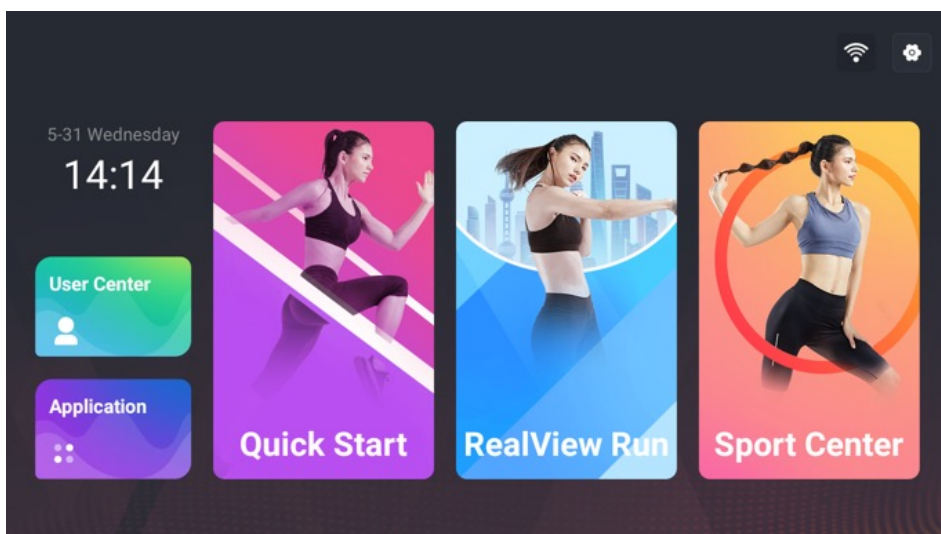
Function Introduction

Press and twist 321 in standby, rotate clockwise and accelerate, slow down counterclockwise and twist, press and pause, press again, and stop to zero for 3 seconds.

Main Interface.

7 Functional modules

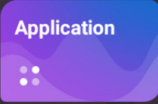
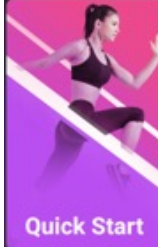
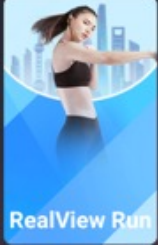
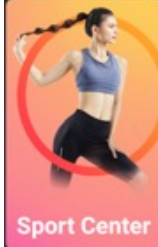
Date & Time ,user center, FitShow App (Optional),Start fast, Real movement, Setting and Sport Center (Time Countdown, Calorie Countdown, Distance Countdown, Step Countdown, Work Out, Heart Rate Control, Runway Mode & Custom Mode).



ICON	Function Description	ICON	Function Description
14:14	TIME Display: easy to view the time.		WIFI: to check WIFI connection.
	The FITSHOW user login QR code: Via FitShow Smart App to can the QR code, then Express Login your own account		

Functional modules

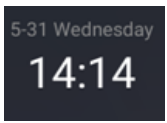
Date & Time ,user center, FitShow App (Optional),Start fast, Real movement, Setting and Sport Center (Time Countdown, Calorie Countdown, Distance Countdown, Step Countdown, Work Out, Heart Rate Control, Runway Mode & Custom Mode).

ICON	Function Description	ICON	Function Description
	Date & Time: Display the Current Date and Time.		User Center: Quick login of the sports show account on the mobile sports Show APP.
	Application: Built-in third-party music APP, third-party video APP; Internet, social networking, news		Setting: Built-in Bright Adjust, Language, Treadmill Manage, Factory Mode.
	Quick Start: Movement can start quickly		Realview Run: Built-in three kinds of real scene operation.
	Sport Center: Time Countdown, Calorie Countdown, Distance Countdown, Step Countdown, Work Out, Heart Rate Control, Runway Mode & Custom Mode		

Function Specifications

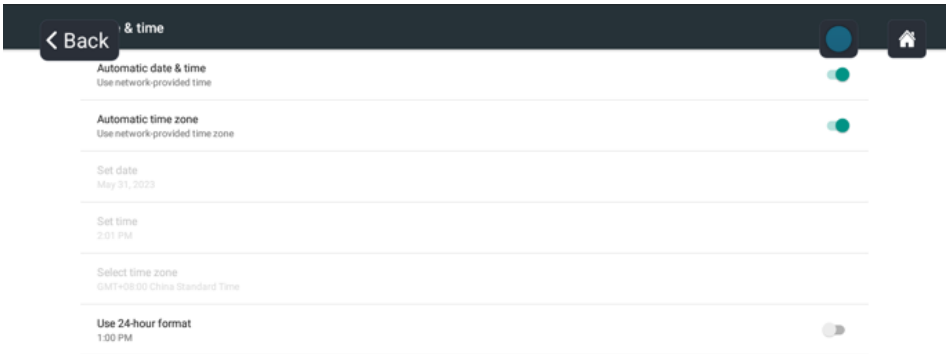
Date & Time

Manage the Current Date & Time.

	• Support manually correction of Current Date and Time; • Current Date and Time will auto Update once there is Internet connection.
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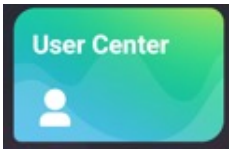
How to Set the Date & Time?

Tap  icon to enter Date & Time Settings:

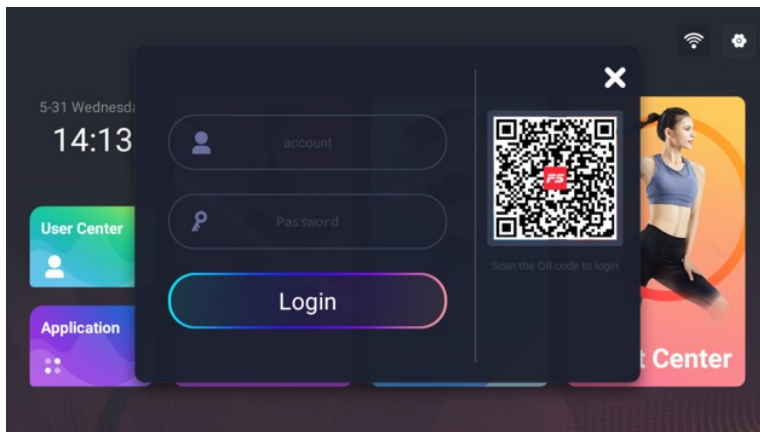


User Center

Users can manage their personal info and fitness data on this page

 A green and blue rounded rectangle with the text "User Center" at the top and a white person icon at the bottom.	Express Login Via FitShow Smart App A square QR code with a red 'F' logo in the center. • Current Date and Time will auto Update once there is Internet connection. • FitShow)"APP Simply register your account on your cellphone and scan the QR code on the left side to download the FitShow App.
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In the homepage, click icon and you'll enter the login page:

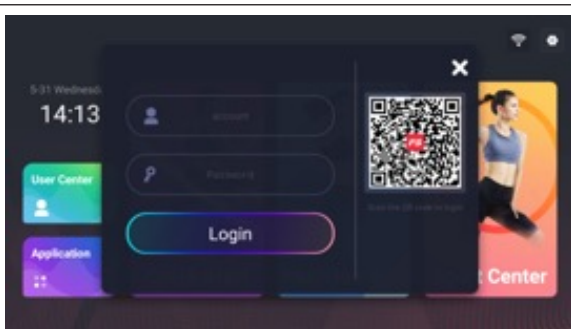


- Users can check their daily fitness data, including calories consumption, exercise duration, steps walked and fitness milestones that the system automatically recorded
- Once the treadmill is connected to the internet, the system will record and upload users' personal fitness data into a leaderboard. (User privacy will not be jeopardized under this function,)

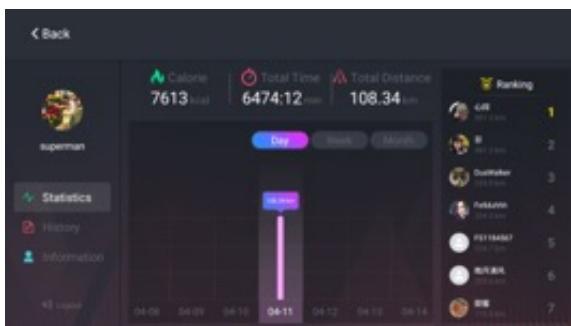
User Login

LOGIN WITH USER NAME AND PASSWORD

- 01 Click the  icon on the upper left and enter the page below:

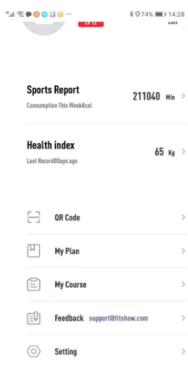
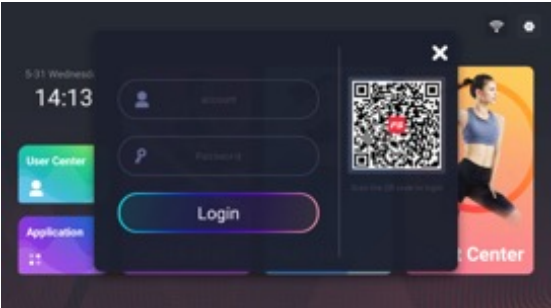
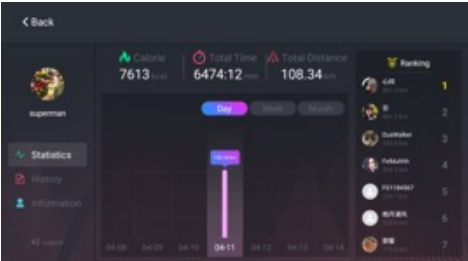


- 02 Follow the steps indicated on the left side picture and click “user login” button:



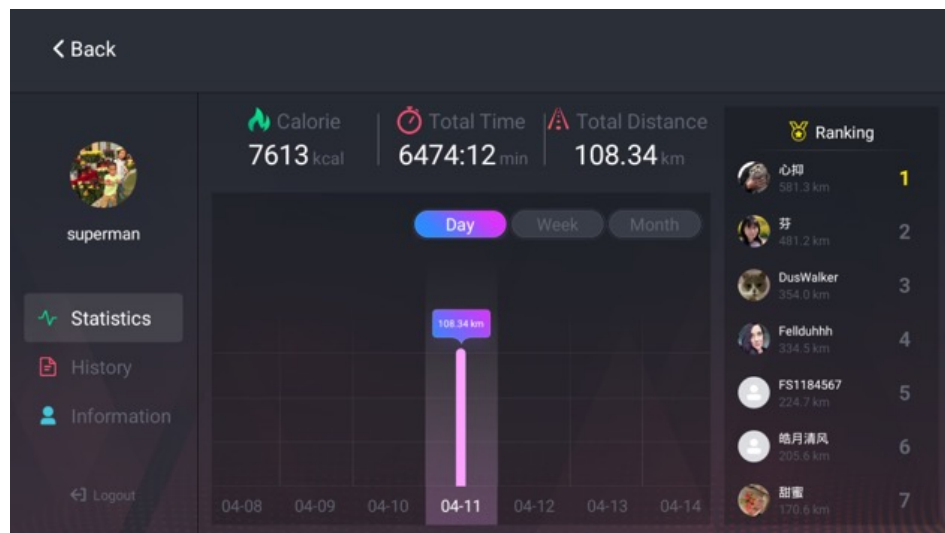
QR CODE LOGIN

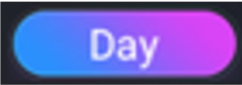
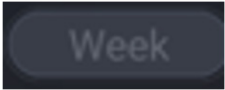
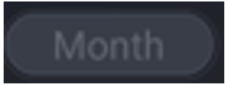
Alternatively, users can run FitShow App and scan the QR code for an express login.

01 Alternatively, users can run FitShow App and scan the QR code for an express login	
02 Click  user center icon, and users can login via QR CODE scanning	
03 After a successful login, users can obtain the following info • Personal Basic Info • A Summary of daily, weekly and monthly running distance • Fitness history and details • Fitness ranking	

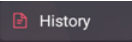
Achievements

In the personal homepage, click  Statistics to enter Achievements



 Total Distance 108.34 _{km}	Distance: the overall distance that user travelled
 Total Time 6474:12 _{min}	Length: the overall exercise time
 Calorie 7613 _{kcal}	Calories: the overall calories consumption
	Fitness Data: click here to detail your daily fitness data
	Fitness data: click here to detail your weekly fitness data
	Fitness data: click here to detail your monthly fitness data

Record

In personal homepage, click  to enter record page

Back



superman

Statistics

History

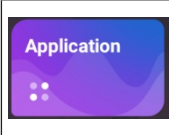
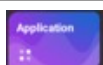
Information

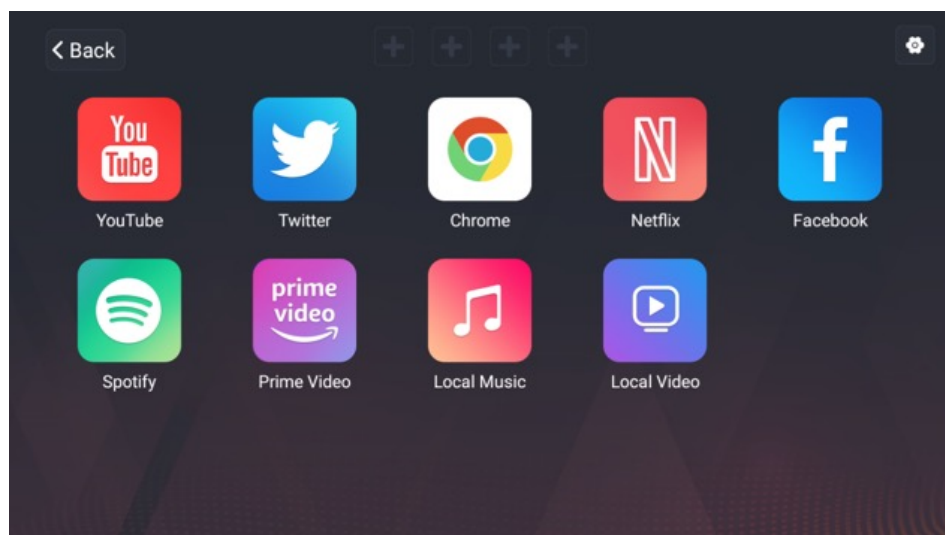
Logout

Date	Distance	Usetime	Calories	Step
2023-04	108.340km	99:59:59		
04-11 17:01:57	15.815	15:49:13	1112	1468
04-11 16:59:59	15.815	15:49:13	1112	1468
04-11 16:55:29	25.430	25:24:08	1787	1668
04-11 16:55:24	25.430	25:24:08	1787	1668
04-11 16:52:12	25.430	25:24:08	1787	1668
04-11 16:26:57	0.210	01:41	14	0
04-11 16:26:56	0.210	01:41	14	0

Application

Built-in 3rd-party Music and Video Apps, Internet Surfing, Social, News ... Functional Modules:

	Tap  to enter Application Interface for Entertainment (Apps might be Different):
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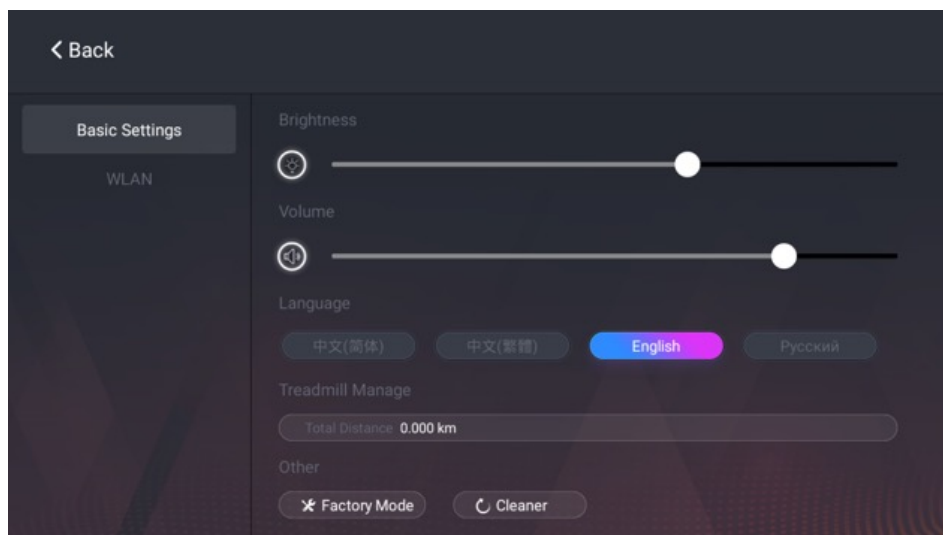
Setting

Built-in basic Settings (brightness adjustment, volume adjustment, language selection, machine management, factory mode, one-key cleaning) and WIFI Settings

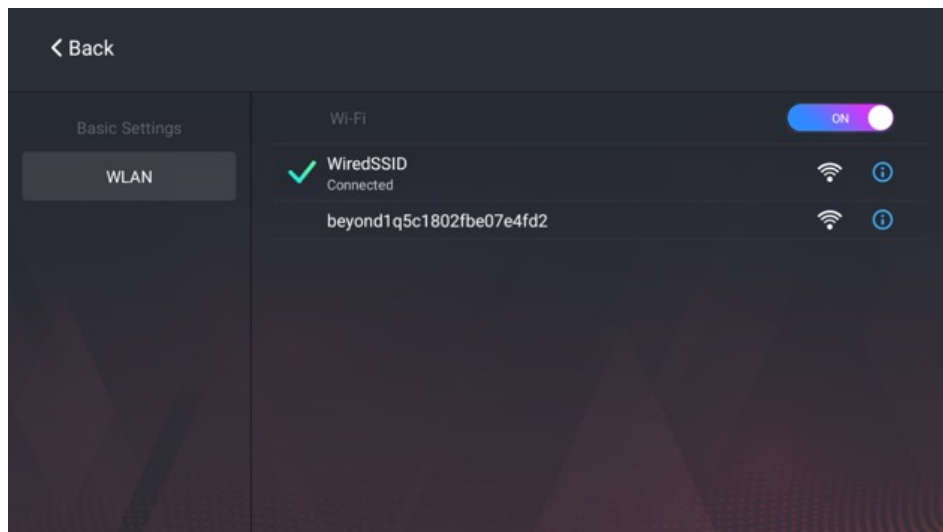


- System will prohibit users from installing other APPs, as this might Crash the Treadmill System;
- System Not Allow to Uninstall the built-in APPs;
- Please periodically Clear the App's Data and Cache.

Tap  to enter Setting Interface:



Click on the corresponding icon to set it accordingly

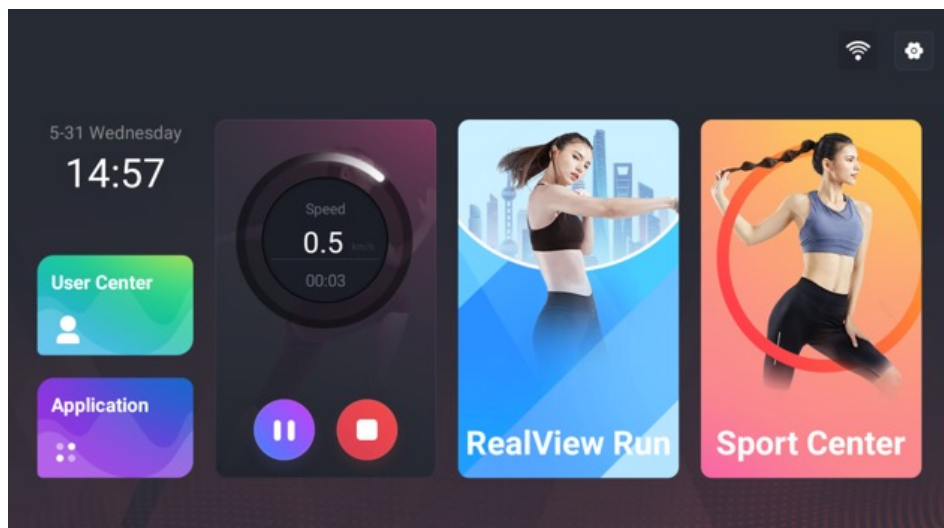




Quick Start



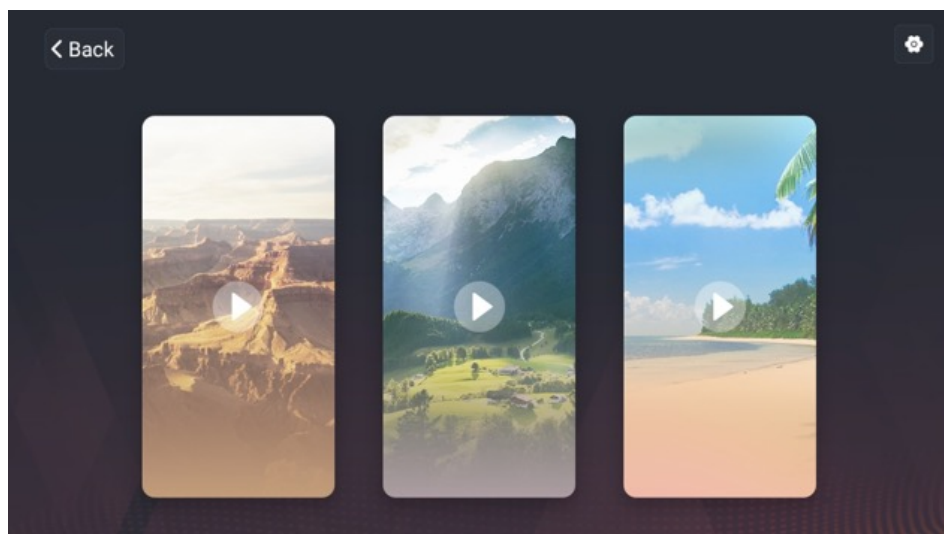
Click  to the quick start icon, Go to the Quick Start interface:



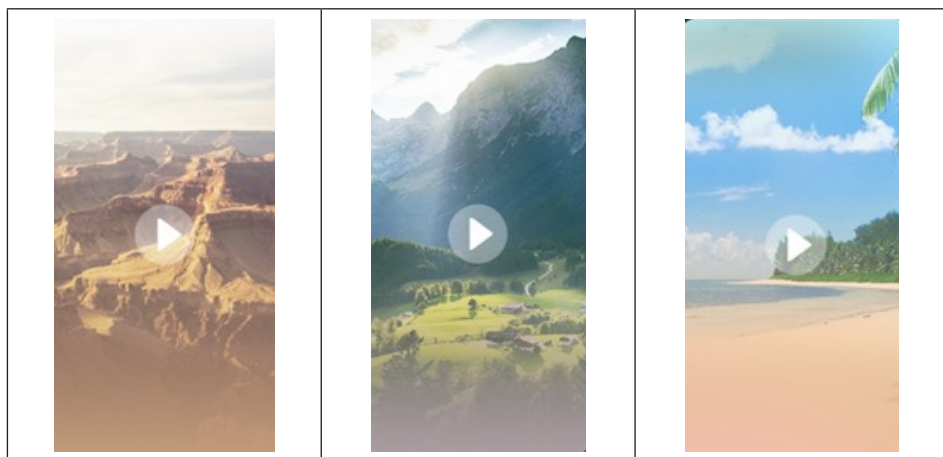
Realview Run



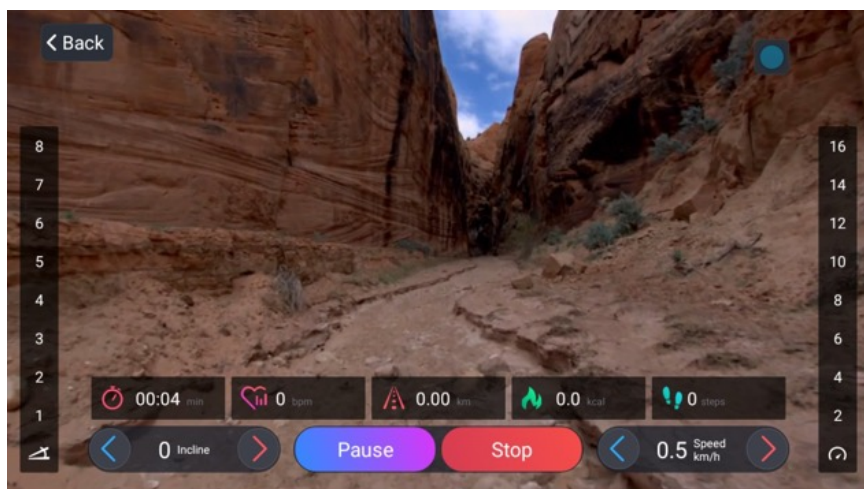
Click  to the realview run icon, Go to the realview run interface:



RealView Run



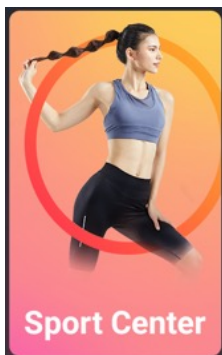
In the real scene motion interface, click  Enter the page:



Movement parameters during running are displayed at the bottom of the interface

Sport Center

8 Exercise Mode: Time Countdown, Calorie Countdown, Distance Countdown, Step Countdown, Work Out, Heart Rate Control, Runway Mode & Custom Mode

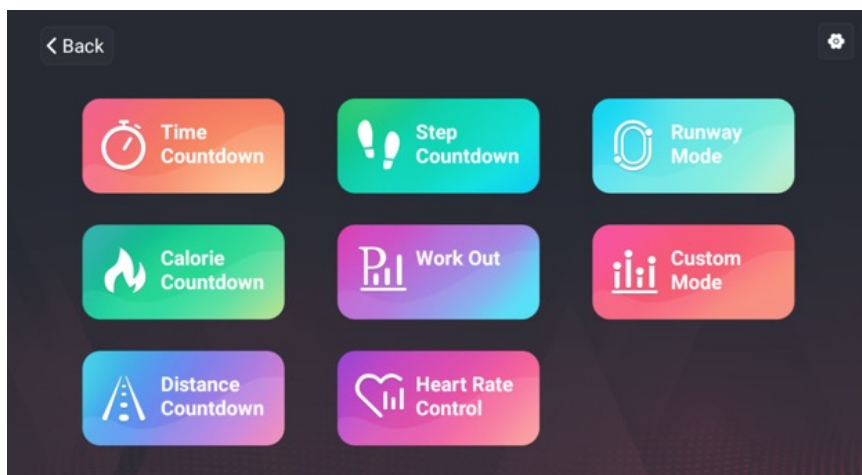


- Recommend No More than 60 minutes per running.
- The Incline Setting will increase the difficulty of the running, imitate the resistance of the Road running, and make the running closer to the outdoor running. However, if the Inclâne is too high, the speed of the treadmill should be properly adjusted to avoid falling down due to the fast speed;
- To define a Suitable Running Speed, there should be a Feeling of Sweating when running, but Without Feeling of being Out of Breath and Very Uncomfortable.

STEP 1:



Tap  to enter Sport Center on Main Interface:

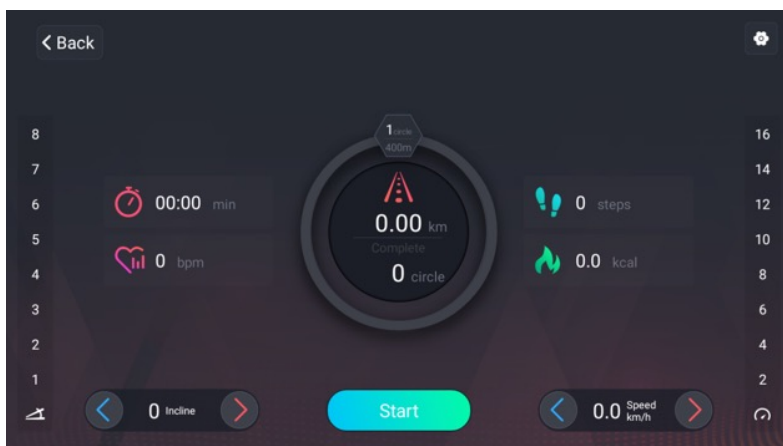


Choose the Way of Exercising according to own Sports Goals:

 Time Countdown	 Calorie Countdown	 Distance Countdown	 Step Countdown
Time Countdown	Calorie Countdown	Distance Countdown	Step Countdown
 Work Out	 Heart Rate Control	 Runway Mode	 Custom Mode
Work Out	Heart Rate Control	Runway Mode	Custom Mode

STEP 2:

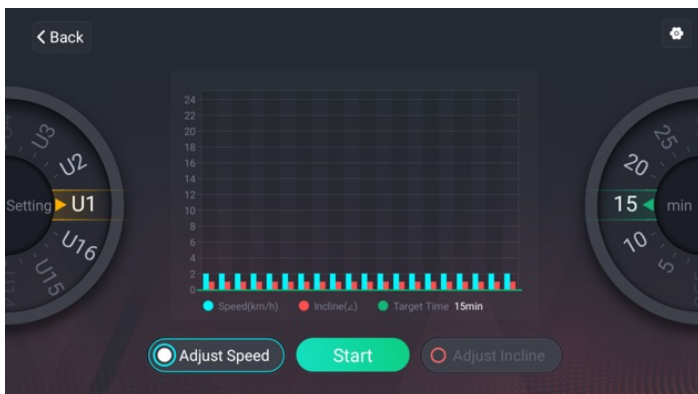
click  to the Track mode icon, Go to the runway mode page:

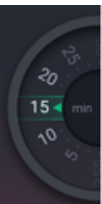
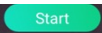


Click  The movement began

STEP 3:

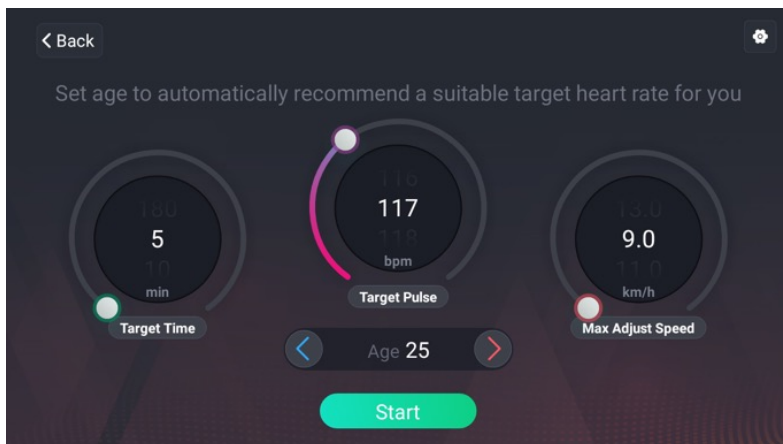
Click  to the Custom icon, Go to the Custom Settings page:



Control directory	
	Program list: Built-in U1-U16 a total of 16 programs available for users to choose
	Graph: Represents the current speed Indicates the current slope
	Accommodation time: The user displays the addition and subtraction keys on the box according to the time, and customize the current motion time
	Start: User data set OK, click here, the treadmill starts running.

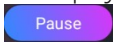
STEP 4:

Click  to the Heart rate control speed icon, Enter the heart rate control setting page:

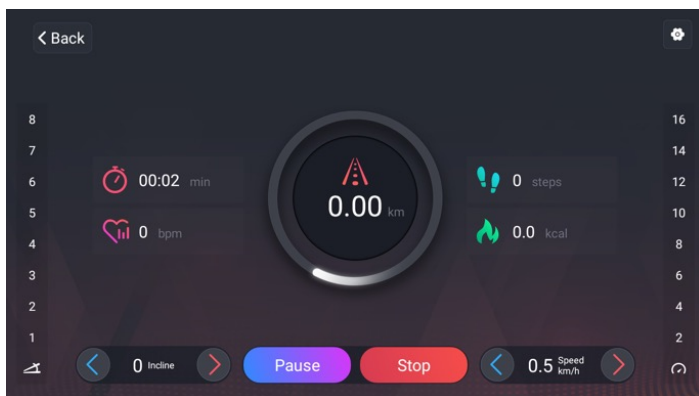


The user sets the parameters according to his own needs, clicks the start button, and the treadmill starts running:

Start of the heart rate control:

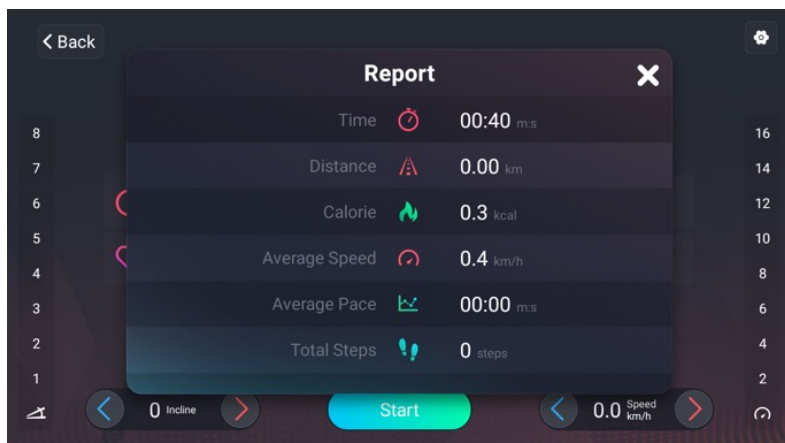
- 01** Adjust the required motion parameters by sliding up and down. Press the start button, and the treadmill enters "3,2,1, GO" and runs automatically.
- 02** The speed and slope can be adjusted by using the speed and slope keys of the panel during the movement.
- 03** Click the pause button to display the treadmill session box,  and  Two items are available for the users to choose from.

When the user has not made a choice, click the return key in the upper right corner to return to the main interface to operate other operations except the treadmill operation. After the user chooses, click the movement mode of the sports center interface, which will return to the heart rate control interface:



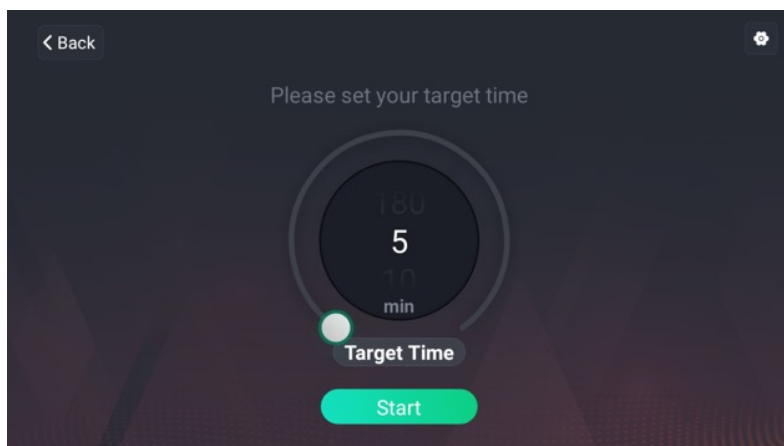
01 **Pause** The treadmill was restarted at the minimum speed.

02 **Stop** The treadmill stops and the current performance popup.

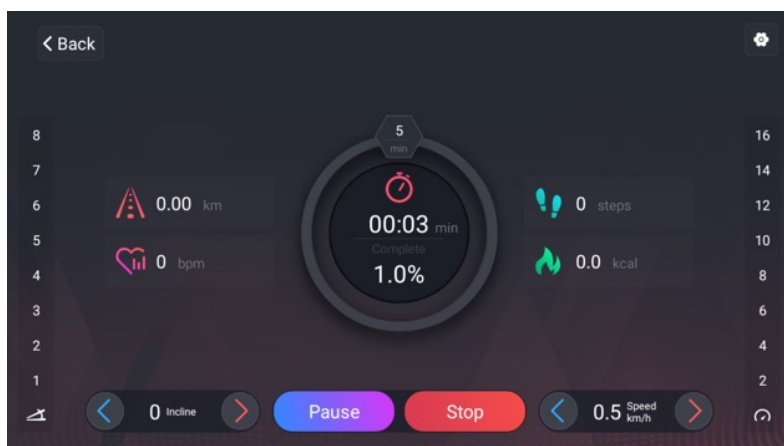


STEP 5:

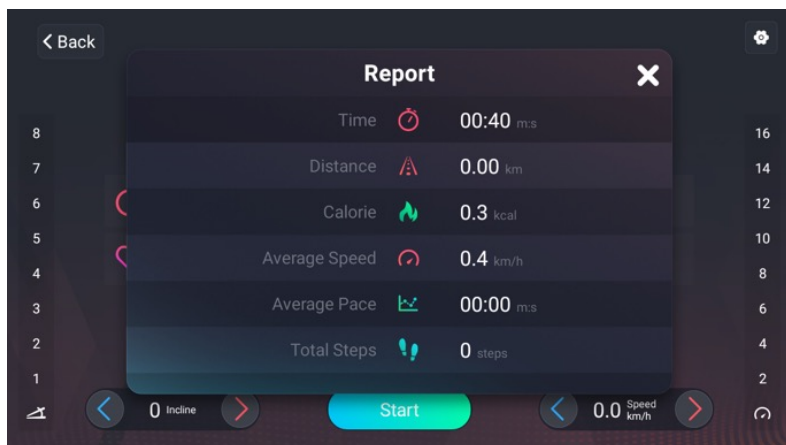
Click  to the time inverted icon, Enter the time reverse setting page:



The user chooses the movement time according to the needs, the built-in fixed time, the finger slide on the window to set the movement time, once set OK, click to the  button, the movement starts:



Press the stop button, the treadmill smoothly slow down to stop running, the treadmill pop-up session box, there are restart and stop two items for users to choose, choose the stop button, the system will automatically calculate the result of the movement, pop up the relevant report card interface.



Error Interface.

NOTE: While using the Treadmill, once occur abnormality, on the screen will pop-up **Error Shooting Messages** (Some Errors will not occur depending on the Model).

Error description: Communication error Fix method: 1.Ensure the main wires are connected well 2.Replace the main wire 3.Replace the controller 4.Replace the driver	Error description: Stall protection Fix method: 1.Ensure the motor wires are connected well 2.Replace the motor 3.Replace the driver
(E01)	(E02)
Error description: No speed sensor signal Fix method: 1.Ensure the speed wires are connected well 2.Replace the speed wire 3.Replace the driver	Error description: Incline study fail Fix method: 1.Ensure the incline wires are connected well 2.Replace the incline motor 3.Replace the driver
(E03)	(E04)
Error description: Overcurrent protection Fix method: 1.Lighten the load 2.Check transmission parts, add lubricating oil 3.Replace the motor 4.Replace the driver	Error description: Motor break Fix method: 1.Ensure the motor wires are connected well 2.Replace the motor
(E05)	(E06)
Error description: Storage fault Fix method: 1.Check 24C02 2.Replace the driver	Error description: Location fault Fix method: 1.Put the treadmill horizontally 2.Replace the driver

(E08)	(E09)
Error description: Moment overcurrent Fix method: 1.Replace the motor 2.Check transmission parts, add lubricating oil	Error description: Overvoltage Fix method: 1.Stop use, check external wire
(E10)	(E11)
Error description: Undervoltage Fix method: 1.Stop use, check external wire	
(E14)	

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

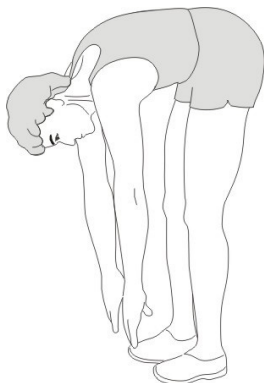
Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretching develops flexibility and reduces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



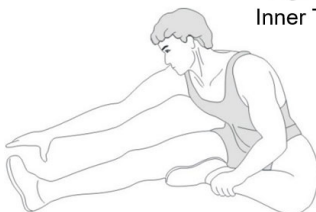
Side Stretch



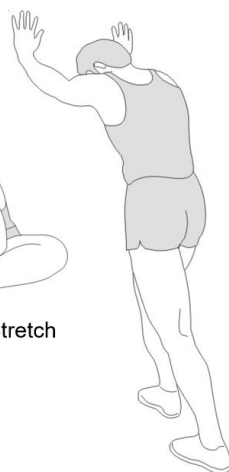
Toe Touch



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.

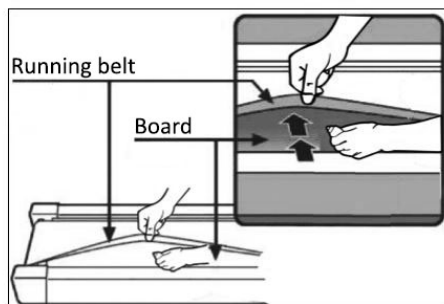
We recommend lubricating the deck according to the following timetable:

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.



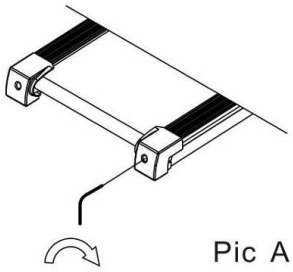
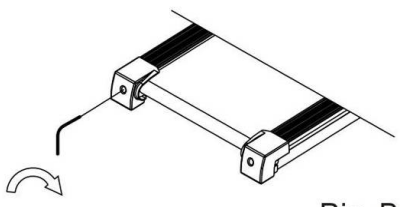
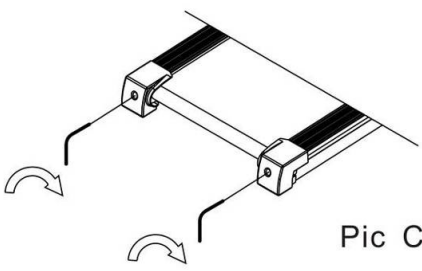


Technical Parameters

Input supply voltage: 220V	Working temperature: 0 - 40 °C
Speed range: 1-20km/h.	Incline range: 15 levels of powered incline
Max. user weight: 150kg	Distance display range: 0.00 - 99.9km
Calories display range: 000 - 999	Time display range: 00:00 - 99:59 (min : sec)
Heart rate range: 50 - 200 (time / min)	Running area: 500 x 1410
Product size: 1570 x 820 x 1360	Folded size: 930 x 820 x 1375

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 150kg
www.viavito.com		Runtinity 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.

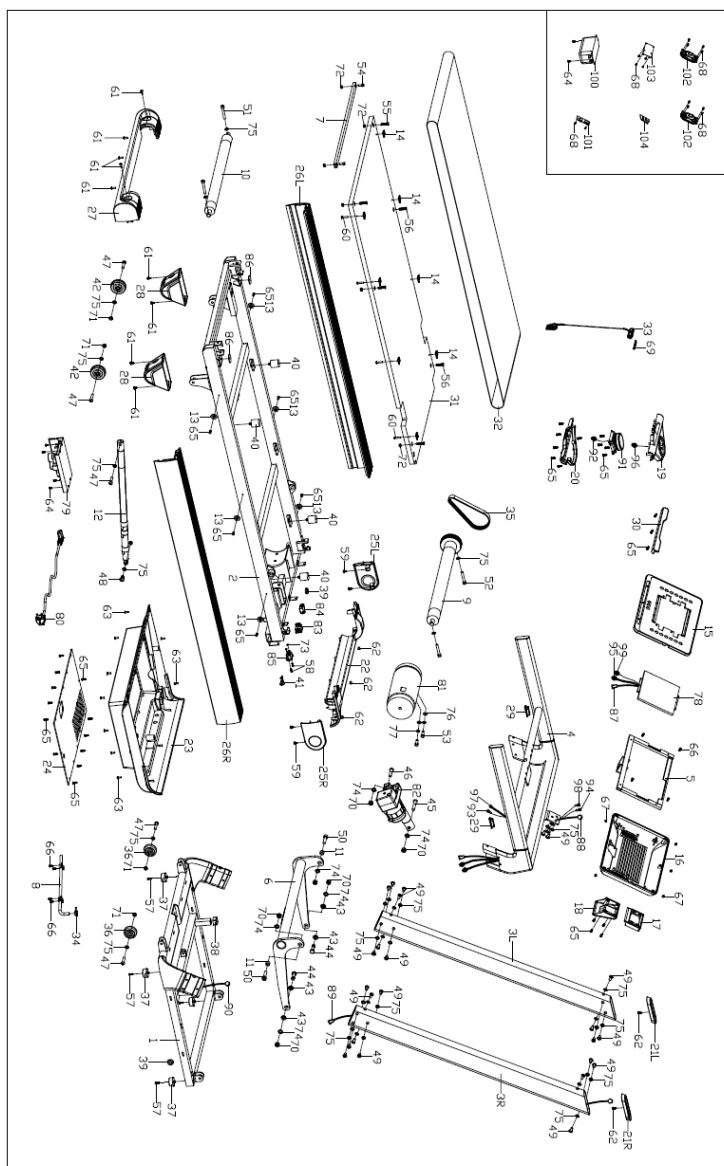
Program Exercise Chart

There are 20 pre-set programs and each has 20 sections, displayed below.

Program	Time section	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	3	3	4	4	4	4	4	4	4	4	4	4	3	3	2	2	1
	Incline	0	0	1	1	2	2	2	3	3	2	2	3	2	3	2	2	1	1	0	0
P02	Speed	1	2	2	3	4	4	7	4	7	7	7	4	7	7	4	4	3	2	2	1
	Incline	0	0	2	3	4	3	4	4	5	5	6	7	6	6	5	4	3	2	0	0
P03	Speed	1	2	2	3	4	4	7	7	4	7	7	7	7	4	4	4	3	2	2	1
	Incline	0	0	3	7	4	4	7	4	8	4	3	7	3	7	5	4	7	3	0	0
P04	Speed	1	2	2	3	3	6	6	6	6	6	6	9	6	6	6	3	3	2	2	1
	Incline	0	0	3	7	4	4	7	4	8	4	3	7	3	7	5	4	7	2	0	0
P05	Speed	1	2	2	3	4	6	6	6	6	9	6	6	6	6	6	4	3	2	2	1
	Incline	0	0	2	4	6	8	6	8	5	9	9	8	6	7	6	8	4	2	0	0
P06	Speed	1	2	2	4	4	6	6	9	9	9	9	6	6	6	6	6	4	2	2	1
	Incline	0	0	3	4	5	6	5	6	5	7	6	7	5	7	6	7	7	3	0	0
P07	Speed	2	3	4	6	6	9	9	9	9	9	9	9	9	9	9	9	6	4	4	2
	Incline	0	0	2	4	4	6	7	8	9	9	9	9	9	9	8	6	4	2	0	0
P08	Speed	1	2	2	4	4	7	7	7	7	9	9	9	9	9	9	9	9	9	8	4
	Incline	0	0	2	4	8	9	9	2	4	8	9	9	2	4	9	9	9	2	0	0
P09	Speed	2	3	3	6	6	9	9	9	7	9	9	9	9	9	9	9	6	3	3	2
	Incline	0	0	9	9	8	4	2	9	9	8	4	2	9	9	8	4	3	3	0	0
P10	Speed	1	2	2	4	4	6	2	4	4	6	2	4	4	6	2	4	4	6	4	3
	Incline	0	0	2	2	4	4	3	4	5	6	5	6	8	7	8	9	9	9	0	0
P11	Speed	2	4	4	6	6	9	4	6	6	9	4	6	6	9	4	6	6	9	4	1
	Incline	0	0	9	9	9	9	8	8	7	7	5	6	5	6	4	3	4	3	0	0
P12	Speed	1	3	3	6	9	9	3	6	9	9	3	6	9	9	3	6	9	9	6	4
	Incline	0	0	9	9	9	8	9	9	9	8	9	9	9	8	9	9	9	8	0	0
P13	Speed	4	9	4	9	4	9	4	9	4	9	4	9	4	9	4	9	4	9	4	9
	Incline	0	0	4	8	9	9	4	8	9	9	4	8	9	9	4	8	9	9	0	0
P14	Speed	2	3	3	6	9	9	3	6	9	9	3	6	9	9	3	6	9	9	6	3
	Incline	0	0	4	8	9	9	4	8	9	9	4	8	9	9	4	8	9	9	0	0
P15	Speed	4	6	9	9	9	6	9	9	9	6	9	9	9	6	9	9	9	6	4	2
	Incline	0	0	2	3	4	5	6	8	7	8	8	7	7	6	5	4	3	2	0	0
P16	Speed	2	4	4	9	4	9	4	9	4	9	4	9	4	9	4	9	4	9	4	9
	Incline	0	0	2	4	5	6	2	4	5	6	2	4	5	6	2	4	5	6	0	0
P17	Speed	2	2	2	4	6	6	9	9	9	2	4	6	6	9	9	9	6	2	2	2
	Incline	0	0	2	4	6	8	9	9	9	9	9	9	9	9	8	6	4	2	0	0
P18	Speed	3	6	3	6	6	3	6	6	3	6	6	3	6	6	3	6	6	2	2	2
	Incline	0	0	2	6	8	2	6	8	2	6	8	2	6	8	2	6	8	2	0	0
P19	Speed	4	9	4	9	4	9	4	9	4	9	4	9	4	9	4	9	4	9	4	9
	Incline	0	0	9	8	6	4	9	8	6	4	9	8	6	4	9	8	6	4	0	0
P20	Speed	4	9	4	9	4	9	4	9	4	9	4	9	4	9	4	9	4	9	4	9
	Incline	0	0	9	8	2	9	8	2	9	8	2	9	8	2	9	8	2	2	0	0

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
P21	Speed	2	6	2	6	9	2	6	9	2	6	9	2	6	9	2	6	9	2	6	2
	Incline	0	0	9	8	2	9	8	2	9	8	2	9	8	2	9	8	2	2	0	0
P22	Speed	4	6	9	6	2	9	6	2	9	6	2	9	6	2	9	6	2	2	4	2
	Incline	0	0	2	4	9	2	4	9	2	6	9	6	8	9	6	8	9	2	0	0
P23	Speed	4	6	9	6	6	2	9	6	6	2	9	6	6	2	9	6	6	2	2	2
	Incline	0	0	2	3	4	5	6	6	7	8	9	9	9	9	9	9	9	2	0	0
P24	Speed	4	6	9	6	4	9	6	4	9	6	4	9	6	4	9	6	4	2	4	2
	Incline	0	0	4	4	5	6	7	8	9	9	9	9	9	9	9	9	9	2	0	0
P25	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	0
P26	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	0
P27	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	0
P28	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	9	6	4	5	6	7	7	9	9	2	9	7	0
P29	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	0
P30	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	0
P31	Speed	3	6	7	5	8	5	9	6	4	2	4	7	8	6	9	6	9	7	4	3
	Incline	2	2	3	3	2	2	4	6	2	3	3	3	4	4	3	3	5	7	3	0
P32	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	0
P33	Speed	2	8	6	4	5	9	7	5	4	4	3	9	7	5	6	9	8	6	5	3
	Incline	2	2	6	2	3	4	2	2	2	2	3	3	7	3	4	5	3	3	3	0
P34	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	0
P35	Speed	2	5	8	9	6	9	5	3	2	3	3	6	9	9	7	9	6	4	3	2
	Incline	1	3	5	8	1	7	6	3	2	4	2	4	6	9	2	8	7	4	3	0
P36	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	9	9	9	9	6	4	4	6	7	8	9	9	9	9	7	0

Exploded Diagram



Parts List

No.	Description	Qty	No.	Description	Qty
1	Bottom frame	1	26L/R	Side rail	1 pr
2	Main frame	1	27	End cap	1
3L/R	Upright tube	1 pr.	28	Roller cover	2
4	Computer frame	1	29	Handrail plug	2
5	Panel bracket	1	30	Ipad holder bracket	1
6	Incline frame	1	31	Running board	1
7	Main frame reinforced tube	1	32	Running belt	1
8	Oil filter duct	1	33	Safety key	1
9	Front roller	1	34	Oil filter cap	1
10	Rear roller	1	35	Motor belt	1
11	Spacer	2	36	Transport wheel	2
12	Cylinder	1	37	Flat washer	4
13	Edging gasket	6	38	Square tube plug	2
14	Edging board	8	39	Ring plug	2
15	Computer panel	1	40	Cushion	4
16	Computer panel rear cover	1	41	Power wire buckle	1
17	Decorative fixed cover	1	42	Adjusting wheel	2
18	Computer panel decorative cover	1	43	Nylon spacer	4
19	Armrest upper cover	1	44	Hexagon bolt M10*38	2
20	Armrest lower cover	1	45	Hexagon socket pan head bolt M10*60	1
21L/R	Armrest decorative cover	1 pr	46	Hexagon socket pan head bolt M10*45	1
22	Motor upper cover	1	47	Hexagon socket pan head bolt M8*40	5
23	Motor cover	1	48	Hexagon socket pan head bolt M8*25	1
24	Motor bottom cover	1	49	Hexagon socket large flat pan head bolt M8*15	25
25 L/R	Frame cover	1 pr	50	Hexagon socket head cap screw M10*40	2

No.	Description	Qty	No.	Description	Qty
51	Hexagon socket head cap screw M8*55	2	71	Nylon nut M8	4
52	Hexagon socket head cap screw M8*50	2	72	Nylon nut M6	8
53	Hexagon socket head cap screw M8*15	2	73	Hex nut M3	2
54	Hexagon socket head cap screw M6*15	2	74	Internal teeth serrated lock washerΦ10	6
55	Hexagon countersunk head bolt M6*30	2	75	Internal teeth serrated lock washerΦ8	35
56	Hexagon countersunk head bolt M6*25	4	76	Stander flat washerΦ8	2
57	Large flat pan head screw with cross groove M6*15	4	77	Stander spring washerΦ8	2
58	Cross recessed countersunk head screw M3*15	2	78	Console control board	1
59	Cross recessed tapping screws ST4.0*12	4	79	Motor control board	1
60	Cross recess pan head screw M5*25	8	80	Power line	1
61	Cross recessed screws M5*16	9	81	DC motor	1
62	Cross recessed screws M5*8	5	82	Incline motor	1
63	Cross recessed screws M4*12	9	83	Switch	1
64	Cross recessed screws M4*8	6	84	Circuit breaker	1
65	Cross recess pan head tapping screw ST4.0*16	28	85	Power socket	1
66	Cross recess pan head tapping screw ST4.0*12	8	86	Plastic padΦ35*Φ10*2.0	2
67	Cross recess pan head tapping screw ST4.0*8	5	87	Computer upper wire	1
68	Cross recess pan head tapping screw ST2.9*9.5	14	88	Extension upper wire	1
69	Cross recess pan head tapping screw ST2.9*6.5	6	89	Extension lower wire	1
70	Nylon nut M10	6	90	Computer lower wire	1

No.	Description	Qty	No.	Description	Qty
91	Shift-Knob	1			
92	Shift-Knob upper wire	1			
93	Shift-Knob extension upper wire	1			
94	Shift-Knob extension lower wire	1			
95	Shift-Knob lower wire	1			
96	Wireless heart rate upper wire	1			
97	Wireless heart rate extension upper wire	1			
98	Wireless heart rate extension lower wire	1			
99	Wireless heart rate lower wire	1			
100	Inductance - Filter (optional)	1			
101	USB/ Audio output (optional)	1			
102	Loudspeaker (optional)	2			
103	Amplifier board (optional)	1			
104	Fitshow Bluetooth (optional)	1			