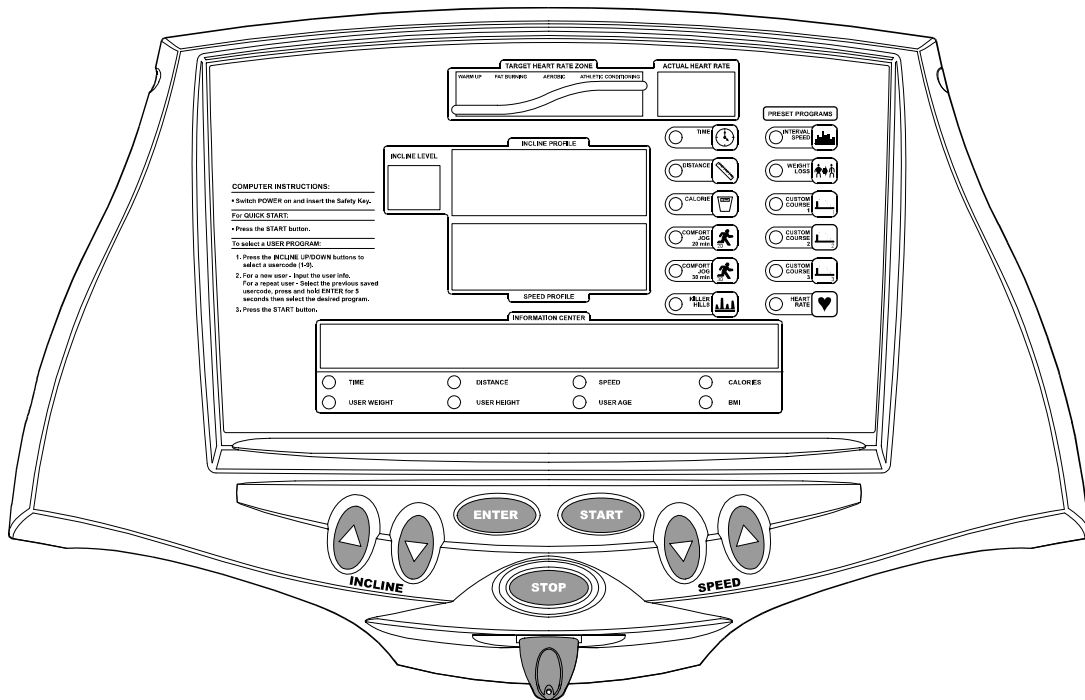


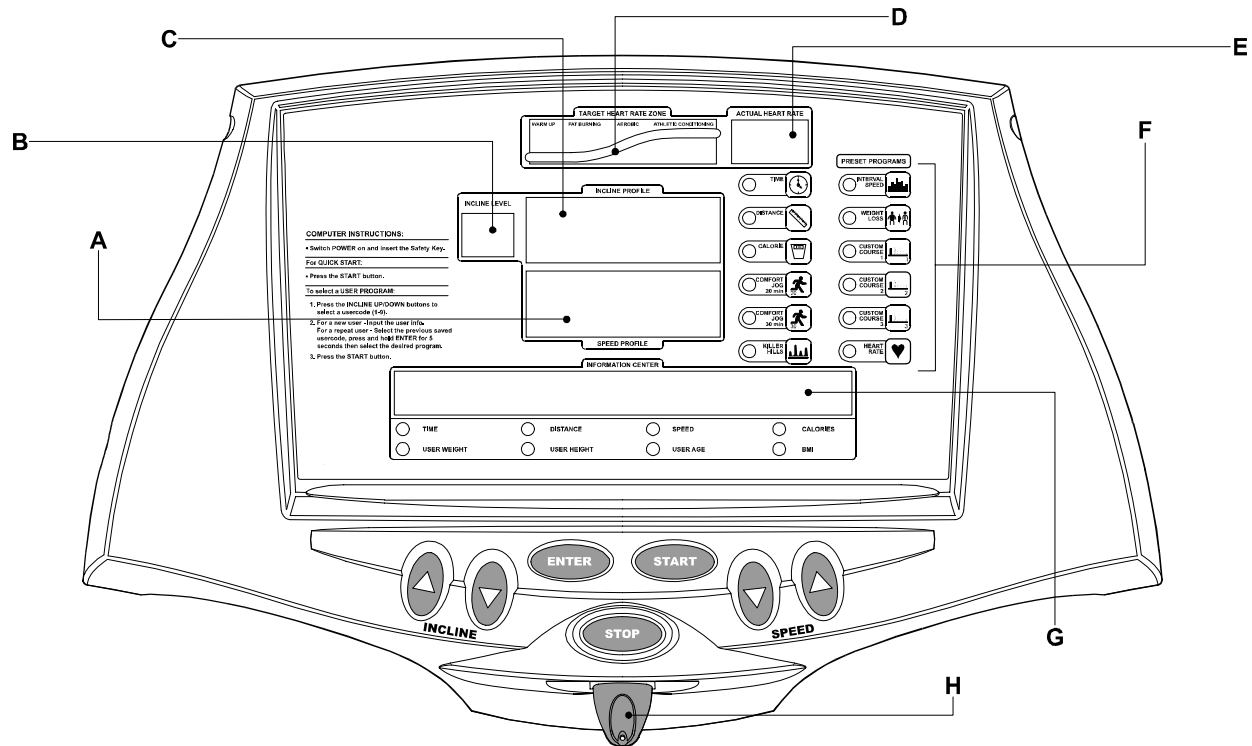
COMPUTER INSTRUCTIONS

COMPUTER INSTRUCTIONS

MODEL NUMBER: LED 1A



LED 1A COMPUTER INSTRUCTIONS

COMPUTER OPERATION

Speed Profile	A	B	Incline Level
Incline Profile	C	D	Target Heart Rate
Actual Heart Rate	E	F	Preset Programs
Message Center	G	H	Safety Key

CONSOLE OPERATION:**SAFETY KEY**

The safety key must be inserted into the slot on the console in order to operate the treadmill. Always insert the safety key and attach the clip to your clothing at your waist before beginning your workout. If you should encounter problems and need to stop the motor quickly, simply pull on the cord to disengage the safety key from the console. To continue operation simply turn the power switch to off, set the speed controller to stop and then reinsert the safety key into the console.

POWER ON

Set the POWER SWITCH, located on the base frame, to ON and insert the SAFETY KEY. All the LED lights will auto scan and **"PRESS START TO QUICK-START OR PRESS PROGRAM BUTTON"** will display in the Message Center.

SLEEP MODE

When the power is ON the computer will automatically enter SLEEP MODE if it is left idle for 5 minutes without receiving any input. Press any button to return to POWER ON status when the computer is in the SLEEP MODE.

COMPUTER OPERATION

ENGLISH / METRIC CONVERSION

The treadmill computer display can show the information in English (miles, pounds, inches) or Metric (kilometers, kilograms, centimeters). The factory should have the proper setting on this for different markets. In case that the treadmill needs to be converted between English and Metric readout, please follow the procedures as below. To do this set the POWER SWITCH, located on the base frame, to ON. Press and hold the ENTER button. Insert the SAFETY KEY. The computer will sound one short BEEP and the Message Center will show "**MILE-POUND-INCH**" as the default setting. Release the ENTER button then press it again to change to "**KM-KG-CM**". Press the STOP button to confirm the change and return to POWER ON status.

COOL DOWN

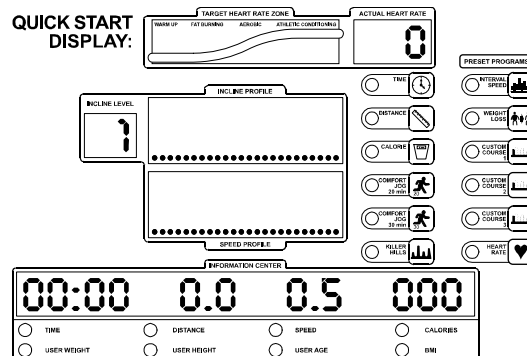
For every preset program there is a COOL DOWN feature at the end of each workout. When a program is complete the Message Center will show "**1 MINUTE COOL DOWN**". The Speed returns to 2 MPH, the Incline Level returns to L-0 and the Time counts down from 1 minute. After the timer counts down the treadmill will stop and return to POWER ON status after 30 seconds. To return to POWER ON status before the 30 seconds simply press the STOP button.

PAUSE FEATURE

During exercise press STOP to pause the program. Speed and Incline Level return to the beginning levels while the other information (Time, Distance, Calories) are paused. To recall values and resume exercising press START. Pressing the STOP button again within 30 seconds returns all data to zero and the computer returns to POWER ON status. If no buttons are pressed within 30 seconds the computer automatically returns to POWER ON status and all data returns to zero.

QUICK START

Turn the power switch ON and press the START button. The Message Center shows "**QUICK START**" and blinks for 5 seconds. The Message Center display will change to show all workout data. The Speed starts from 0.5 MPH and the Incline Level starts from L1. Press the SPEED UP/DOWN buttons to change the Speed. Press the INCLINE UP/DOWN buttons to change the Incline Level.



USER DATA SET UP

When the computer is in POWER ON mode, press any program button then start the USER SET UP procedure. The Message Center shows "**PRESS SPEED UP/DOWN TO SELECT USER 1-9 THEN ENTER**". For first time use, the SPEED PROFILE DISPLAY shows "**USER 1**" and "**1**" blinking. If there is any previous set up stored in user information, the SPEED PROFILE DISPLAY will show the USER number from the last set up and the USER WEIGHT, HEIGHT, AGE and PULSE will also show the previous set up data on the Message Center. To skip the user set up, simply press and hold the ENTER button for 5 seconds or press the ENTER button 5 times then enter the program set up.

To set up the new user data, press the SPEED UP/DOWN button to select the user code then press ENTER to confirm. The Message Center shows: "**SET USER WEIGHT-HEIGHT-AGE-PULSE BY SPEED UP/DOWN THEN ENTER**", then displays the default computer data settings.

WEIGHT: 68 KG / 150 LBS

HEIGHT: 150 CM / 59 INCHES

AGE: 35

PULSE: 157 (85% of the maximum BPM per age)

COMPUTER OPERATION

The USER WEIGHT LED will light up and blink. Press the SPEED UP/DOWN buttons to set the user weight then press ENTER.

The USER HEIGHT LED will light up and blink. Press the SPEED UP/DWON buttons to set the user height then press ENTER.

The USER AGE LED will light up and blink. Press the SPEED UP/DOWN buttons to set the user age. While setting the user age, the user pulse computer default setting will be change according to the age. Press ENTER to confirm.

The USER PULSE LED will light up and blink. You can change your workout pulse based on your personal health condition or your doctor's recommendations. The default computer setting is based on 85% of the safe maximum beats per minute (BPM) according to the user's age. The safe maximum BPM is 220 minus USER'S AGE (220 – AGE). Press the SPEED UP/DOWN buttons to set the user PULSE then press ENTER.

The INCLINE PROFILE DISPLAY shows "BMI" and the SPEED PROFILE DISPLAY shows the BMI data.


If the BMI value is below 19.9 the Message Center will show "**UNDER NORMAL**".

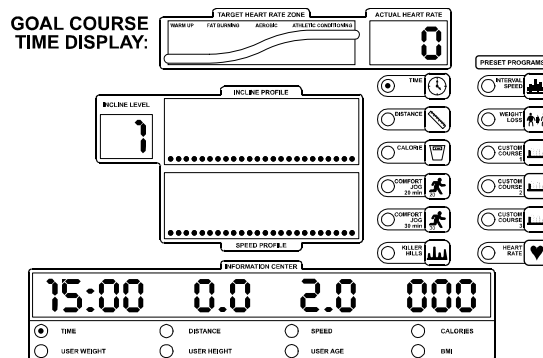
If the BMI value is between 20 and 26.1 the Message Center shows "**NORMAL**".

If the BMI value is over 26.2 the Message Center shows "**ABOVE NORMAL**".

The BMI information will blink for 5 seconds then the Message Center will show the selected program and blink for 5 seconds then enters the program set up procedure.


**GOAL COURSE TIME**

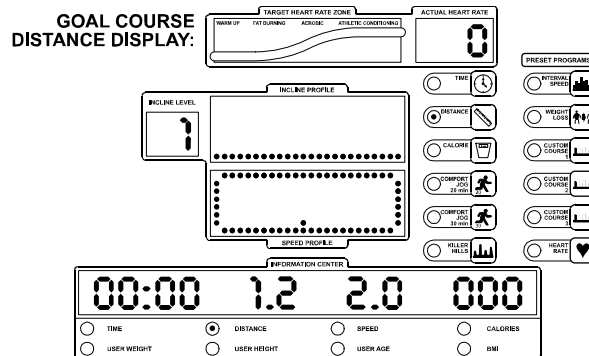
When the computer is in POWER ON status press the  button on the console. After the USER SET UP procedure, the Message Center shows "**GOAL COURSE TIME**" then "**SET BY SPEED UP/DOWN**". If no buttons are pressed within 3 minutes the program will return to POWER ON status. After the Message Center shows "**SET BY SPEED UP/DOWN**" the TIME LED will light up and blink. The first time the SPEED UP/DOWN buttons are pressed the Message Center shows "**15:00**" in the TIME display zone. Press the SPEED UP/DOWN buttons to set the desired Time then press the START button to begin the program. After pressing the START button the TIME counts down from the preset time. The other information counts up until the treadmill stops. Speed starts from 2 MPH and Incline Level starts from level L-1. Press the SPEED UP/DOWN buttons to adjust the Speed. Press the INCLINE UP/DOWN buttons to adjust the Incline Level.



COMPUTER OPERATION


**GOAL COURSE DISTANCE**

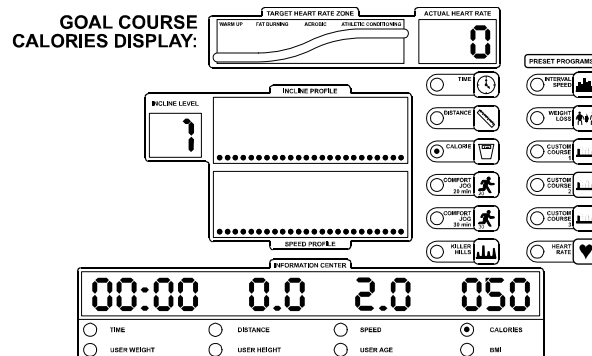
When the computer is in POWER ON status press the  button on the console. After the USER SET UP procedure, the Message Center shows "**GOAL COURSE DISTANCE**" then "**SET BY SPEED UP/DOWN**". If no buttons are pressed within 3 minutes the program will return to POWER ON status.



After the Message Center shows "**SET BY SPEED UP/DOWN**" the DISTANCE LED will light up and blink. The first time the SPEED UP/DOWN buttons are pressed the Message Center shows "**0.8**" miles in the DISTANCE display zone. Press the SPEED UP/DOWN buttons to set the desired Distance then press the START button to start the treadmill. After pressing the START button the DISTANCE counts down from the preset value. The other information counts up until the treadmill stops. Speed starts from 2 MPH and Incline Level starts from level L-1. Press the SPEED UP/DOWN buttons to adjust the Speed. Press the INCLINE UP/DOWN buttons to adjust the Incline Level.



**GOAL COURSE CALORIES**

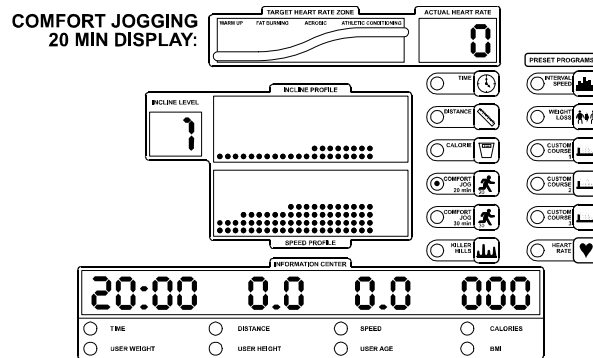
When the computer is in POWER ON status press the  button on the console. After the USER SET UP procedure, the Message Center shows "**GOAL COURSE CALORIES**" then "**SET BY SPEED UP/DOWN**". If no buttons are pressed within 3 minutes the program will return to POWER ON status. After the Message Center shows "**SET BY SPEED UP/DOWN**" the CALORIES LED will light up and blink. The first time the SPEED UP/DOWN buttons are pressed "**050**" shows in the Message Center as the default setting in the CALORIES display zone. Press the SPEED UP/DOWN buttons to set the desired calories then press the START button to start the program. After pressing the START button the CALORIES counts down from the preset value. The other information counts up until the treadmill stops. Speed starts from 2 MPH and Incline Level starts from level L-1. Press the SPEED UP/DOWN buttons to adjust the Speed. Press the INCLINE UP/DOWN buttons to adjust the Incline Level.



COMPUTER OPERATION

 **COMFORT JOGGING - 20 MINUTES**



When the computer is in POWER ON status press the  button on the console. After the USER SET UP procedure, the Message Center shows “**20 MINUTES COMFORT JOGGING**” then “**PRESS START**”. At this time the  button LED will light up. If no buttons are pressed within 3 minutes the program will return to POWER ON status.

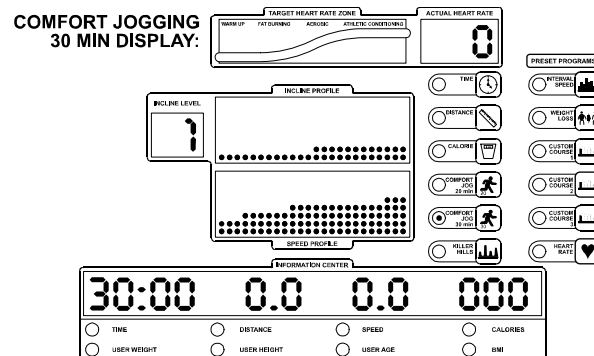


Press the START button to activate the program. Both the INCLINE PROFILE and SPEED PROFILE displays show the preset profile graphics for Incline Level and Speed. The TIME counts down from 20:00. The other information will count up until the treadmill stops.

During the exercise changes in both Speed and Incline Level follow the preset program. Use the SPEED UP/DOWN and INCLINE UP/DOWN buttons to change the program at any time during the workout. Any changes made effect the current workout period only. The computer does not record any changes for future use on this program.

 **COMFORT JOGGING - 30 MINUTES**

When the computer is in POWER ON status press the  button on the console. After the USER SET UP procedure, the Message Center shows “**30 MINUTES COMFORT JOGGING**” then “**PRESS START**”. At this time the  button LED will light up. If no buttons are pressed within 3 minutes the program will return to POWER ON status.




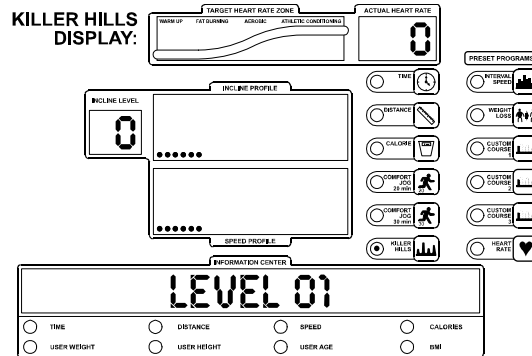
Press the START button to activate the program. Both the INCLINE PROFILE and SPEED PROFILE displays show the preset profile graphics for Incline Level and Speed. The TIME counts down from 30:00. The other information will count up until the treadmill stops.

During the exercise changes in both Speed and Incline Level follow the preset program. Use the SPEED UP/DOWN and INCLINE UP/DOWN buttons to change the program at any time during the workout. Any changes made effect the current workout period only. The computer does not record any changes for future use on this program.

COMPUTER OPERATION

 **KILLER HILLS**

After pressing the  button and completing the user selection, the Message Center shows "**KILLER HILL**" then "**SELECT LEVEL 1-12 BY SPEED UP/DOWN THEN ENTER**". The INCLINE PROFILE and SPEED PROFILE display the pre-set program profiles. Press the SPEED UP/DOWN buttons then the Message Center shows "**LEVEL 01**" and "**01**" blinking. Press the SPEED UP/DOWN buttons to select the workout level from 1 to 12 then press ENTER.




The Message Center now shows the pre-set time as "**24:00**". Press the SPEED UP/DOWN buttons to adjust the workout time, 4 minutes per segment for every adjustment. Press the ENTER button to confirm the workout time then press the START button to start the program. The program will start with 2 minutes at MINIMUM GRADE% and 2 minutes at MAXIMUM GRADE% and repeat in 4-minute segments until the time counts down to zero. Refer to the KILLER HILLS WORKOUT chart.

The pre-set speed is 2.0mph / 3.2km/h. Adjust the speed using the SPEED UP/DOWN buttons.

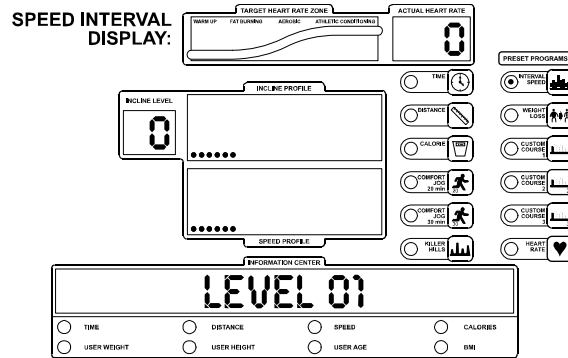
KILLER HILLS WORKOUT

LEVEL	MINIMUM GRADE%	MAXIMUM GRADE%
1	0	4
2	1	5
3	2	6
4	3	7
5	4	8
6	5	9
7	6	10
8	7	11
9	8	12
10	9	13
11	10	14
12	11	15

 **SPEED INTERVAL PROGRAM**

After pressing the  button and completing the user selection, the Message Center shows "**SPEED INTERVAL**" then "**SELECT LEVEL 1-12 BY SPEED UP/DOWN THEN ENTER**". The INCLINE PROFILE and SPEED PROFILE display the pre-set program profiles. Press the SPEED UP/DOWN buttons then the Message Center shows "**LEVEL 01**" and "**01**" blinking. Press the SPEED UP/DOWN buttons to select the workout level from 1 to 12 then press ENTER.

COMPUTER OPERATION




Message Center now shows the pre-set time as “24:00”. Press the SPEED UP/DOWN buttons to adjust the workout time, 4 minutes per segment for every adjustment. Press the ENTER button to confirm the workout time then press the START button to start the program. The program will start with 2 minutes at MINIMUM SPEED and 2 minutes at MAXIMUM SPEED and repeat in 4-minute segments until the time counts down to zero. Refer to the SPEED INTERVAL WORKOUT chart.

The pre-set incline level is 0%. Adjust the incline level using the INCLINE UP/DOWN buttons during the workout.

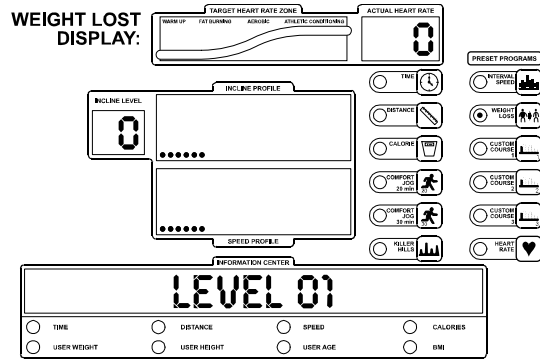
SPEED INTERVAL WORKOUT

LEVEL	MINIMUM SPEED	MAXIMUM SPEED
1	1.8	3.0
2	2.0	3.4
3	2.2	3.8
4	2.4	4.2
5	2.6	4.6
6	2.8	5.0
7	3.0	5.4
8	3.2	5.8
9	3.4	6.2
10	3.6	6.6
11	3.8	7.0
12	4.0	7.2

 **WEIGHT LOST PROGRAM**

After pressing the  button and completing the user selection, the Message Center shows “**WEIGHT LOST**” then “**SELECT LEVEL 1-12 BY SPEED UP/DOWN THEN ENTER**”. The INCLINE PROFILE and SPEED PROFILE display the pre-set program profiles. Press the SPEED UP/DOWN buttons then Message Center shows “**LEVEL 01**” and “**01**” blinking. Press the SPEED UP/DOWN buttons to select the workout level from 1 to 12 then press ENTER.

COMPUTER OPERATION



The Message Center now shows the pre-set time as "30:00". Press the SPEED UP/DOWN buttons to adjust the workout time, 5 minutes per segment for every adjustment. Press the ENTER button to confirm the workout time then press the START button to start the program. The program will start with 2 minutes at MINIMUM SPEED/GRADE% and 3 minutes at MAXIMUM SPEED/GRADE% and repeat in 5-minute segments until the time counts down to zero. Refer to the WEIGHT LOST WORKOUT chart.

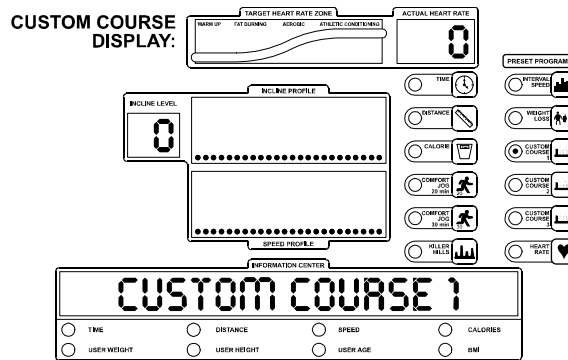
WEIGHT LOST WORKOUT

LEVEL	MINIMUM SPEED	MAXIMUM SPEED	MINIIMUM GRADE%	MAXIMUM GRADE%
1	1.6	2.8	0	3
2	1.8	3.0	0	4
3	2.0	3.2	1	5
4	2.2	3.4	1	6
5	2.4	3.6	2	7
6	2.6	3.8	2	8
7	2.8	4.0	3	9
8	3.0	4.2	3	10
9	3.2	4.4	3	11
10	3.4	4.6	4	12
11	3.6	4.8	4	13
12	3.8	5.0	4	14




CUSTOM COURSE 1 - 3

There are three CUSTOM COURSE buttons on the console to allow up to three users to design and store their own preset workout programs in the computer. The maximum time duration for a custom course program is 30 minutes.



COMPUTER OPERATION


When the computer is in POWER ON status press a CUSTOM COURSE  button on the console (any one of the three). After the USER SET UP procedure, the Message Center shows "**CUSTOM COURSE 1**" (the course number is based on the button you press) then "**PRESS START OR SET NEW PROGRAM BY ENTER**". For a user who wishes to use a stored program from a previous session, simply press the START button to activate the program. To create a new custom course, press the ENTER button to start setting up the new program. If you want to design a new program and overwrite an existing one press the ENTER button. If no buttons are pressed within 3 minutes the computer will return to POWER ON status.

After pressing the ENTER button the first line in both the INCLINE PROFILE and SPEED PROFILE displays will light up and blink. The Message Center shows "**PRESS INCLINE AND SPEED BY UP/DOWN THEN ENTER**". Press the SPEED UP/DOWN buttons to set the first line of the SPEED PROFILE and press the INCLINE UP/DOWN buttons to set the first line of the INCLINE PROFILE. After completing the set up for the first line of both the SPEED and INCLINE PROFILES press the ENTER button. The first line of both the SPEED and INCLINE PROFILES will stop blinking and the Message Center will show "**PRESS ENTER TO CONT. SET UP OR START TO RUN**". To continue setting up the program press the ENTER button. The second line of both the SPEED and INCLINE PROFILES will start blinking. Follow the same procedure to set up the entire program. When the program set up is complete, press the START button to run the program. The program will automatically be saved in the computer for future use.

During the set up procedure if no buttons are pressed within 3 minutes the computer will return to POWER ON status.



HEART RATE CONTROL

When the computer is in POWER ON status press the  button on the console. After the USER SET UP procedure, the Message Center shows "**HEART RATE CONTROL**".

3 MINUTE WARM UP

After enter the HEART RATE CONTROL, Message Center will show "PRESS START BEGIN 3 MINUTES WARM UP". During the WARM UP mode the computer detects the user's heart rate through the wireless chest belt heart rate monitor every 30 seconds and the Message Center shows "WARM UP" every 10 seconds. The computer increases the Speed if the ACTUAL HEART RATE is not at the minimum level of the preset target heart rate zone. The SPEED UP/DOWN buttons are available for manual adjustment during this program. The Incline Level also can be adjusted using the INCLINE UP/DOWN buttons to help speed the WARM UP period and reach the minimum target heart rate zone sooner. When the actual heart rate reaches the minimum target workout heart rate, the speed will stop increasing and continue the same speed until the 3-minute warm up is complete, then go into the HEART RATE CONTROL main program. If you cannot reach the minimum target workout heart rate in 3 minutes, the program will continue for a second 3 minute WARM UP period. During the second WARM UP period, the speed will remain the same as the first WARM UP period. If the actual heart rate cannot reach the minimum target workout heart rate, the incline level will increase 1% every 30 seconds. When the actual heart rate reaches the minimum target workout heart rate, the incline will stop changing and continue at the same speed and incline level until the time counts down to zero. The computer then enters the HEART RATE CONTROL main program. If during the second WARM UP period the user still cannot reach the minimum target workout heart rate, the computer will continue on to a third WARM UP period procedure for 3 minutes with both the speed and incline level at the same level as the second WARM UP period until the time counts down to zero. If the third WARM UP period still cannot bring the actual heart rate to the minimum target workout heart rate, the program will stop and the SPEED LED will show FAIL.

HEART RATE CONTROL

When the HEART RATE CONTROL program is activated the Message Center shows "HRC ACTIVATE" and the computer will measure the user's actual heart rate through the wireless chest belt heart rate monitor every 30 seconds. If the user's actual heart rate does not reach the preset minimum target heart rate zone the computer will increase the Incline Level by 1 until the ACTUAL HEART RATE reaches the preset target heart rate zone. If the Incline Level reaches L-12 and the ACTUAL HEART RATE has not reached the preset target heart rate zone then the Message Center will show "PRESS SPEED UP". If this occurs, press the SPEED UP button to increase the Speed and reach the preset target heart rate zone. If the ACTUAL HEART RATE is higher than the preset target heart rate zone the computer will decrease the Incline Level by 1 until the ACTUAL HEART RATE reaches the preset target heart rate zone. If the Incline Level reaches L-1 and the ACTUAL HEART RATE has not reached the preset target heart rate zone then the Message Center will show "PRESS SPEED DOWN". If this occurs, press the SPEED DOWN button to decrease the Speed. During normal operation of this program the user should only press the SPEED UP/DOWN buttons if prompted to do so by the Message Center.

COMPUTER OPERATION

USING THE CHEST BELT HEART RATE MONITOR

For proper operation, the chest belt should be worn with the monitor strapped across the front of your body just above the chest line as shown in the drawing on the right. The monitor needs a little body heat and moisture in order to work properly. To ensure correct operation you may want to wet the two rubber pickups under the belt prior to exercising.

