

Fit 150 Treadmill Manual

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EZY GYM 

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1 - Safety

Attention: Carefully read this manual before using the machine.

- The treadmill is for indoor use only. Keep it free from moisture and splashes of water. Don't put anything onto the machine.
- Keep the machine away from combustibles and flammables.
- Make sure that the four feet of the treadmill are firmly on the ground. If necessary, level the machine with pieces of carpet or rubber.
- Voltage should be within a range of 220-240 volts.
- The plug must be well grounded, and the power outlet must be capable of enduring electric currents more than 12 amperes. Avoid using other electrical appliances on the same power outlet line.
- Choose suitable sportswear and sports shoes for exercise. Never walk barefoot on the treadmill.
- Only one person (weighing up to 120kg's) at a time, may use the treadmill.
- Stand on the plastic side boards beside the running belt with hands holding the handlebars, then start the machine. Never start the machine while standing on the belt.
- Adjust the running speed according to individual needs.
- A frail person or someone suffering from heart disease should not use the treadmill without medical supervision.
- Continuous exercise time should not last longer than 60 minutes. Pull the plug from wall when not in use so as to avoid accidents.
- This treadmill is for domestic use only. Overuse may; damage the motor/controller, speed up aging of bearings and running belt/platform.
- Keep it in a clean environment. Dust can lower the sensitivity of the speed sensor.
- Maintain air humidity indoors in winter to avoid static electricity. Static may influence/damage the working of the electronics.
- The Treadmill Electronics should only be maintained by a qualified technician.

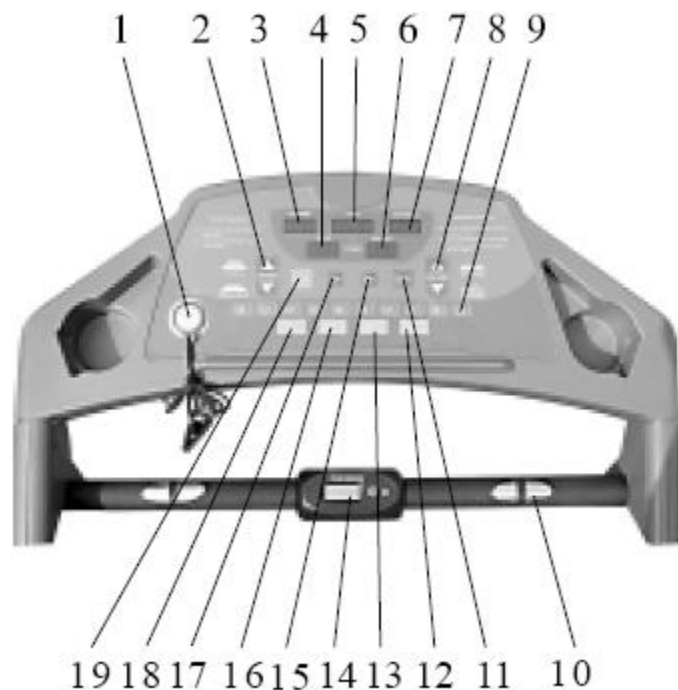
2 - Specifications

- Input voltage: 220v \pm 10% (50Hz or 60Hz)
- Environment temperature for working: 0-40°C.
- Maximum input power: 2.5 or 3* HP Electric current is less than 5A.
- Speed: 1.0 – 12.0 or 16* kilometers/hour (\pm 5%)
- Time limits: 00:00 - 99:99 (minute: second)
- Distance: 0.00 - 9.99 kilometers.
- Slope:0-15°
- Usable area running belt: 135 x 50 cm.
- Space requirement: 2 m x 1 m.
- Measurements : 202 x 86 x 35 cm.
- 12 months P & L warranty - Made in China

(* Later Models)

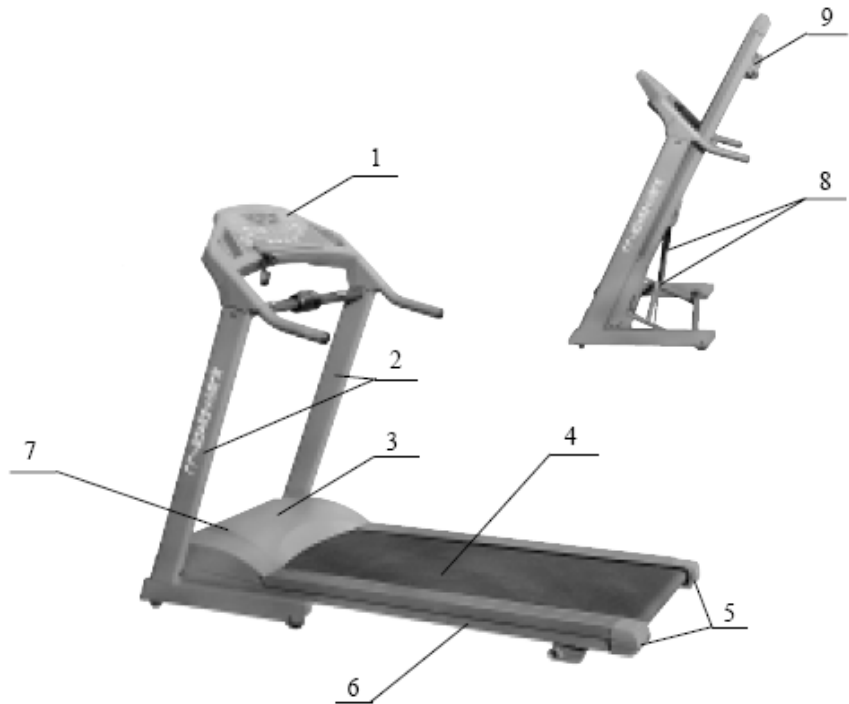
3 – Control Panel

1. Safety key
2. Incline Up & Down buttons
3. Calorie display
4. Speed display
5. Time display
6. Slope display
7. Distance display
8. Speed Up and Down buttons
9. Numeric Keypad
10. Pulse sensor
11. Stop
12. Clear button
13. Speed set button
14. Pulse meter
15. Reset button
16. Distance button
17. Mode button
18. Time button
19. Start button







4 – Treadmill Components

1. Control Panel
2. Left and right column
3. Motor Cover
4. Running belt
5. Adjusting screws for running belt



6. Frame
7. Motor
8. Foldaway Airspring
9. Securing Latch

5 - Assembly

	
<p>1. Installing left and right column. Insert left and right columns into bottom connector, fix with M8 screws.</p>	<p>3. Installing sensor meter tube. Fix the tube onto the two columns with M8 screws. (After installing control panel, then tighten it.)</p>
	
<p>2. Installing the Control Panel. Insert Panel into the two columns, then fix with M8 screws.</p>	<p>4. Installing the Gas Airspring. Put the treadmill into the folded position first, then fix Airspring onto the frame with M8 screws</p>

6 - Adjusting and testing

1. Put the Safety Key onto the Control Panel
2. Before turning on the power, please check: correct voltage, plug is properly grounded, the running belt moves smoothly with no noise.
3. Press the On/Off button, the treadmill will run with a low speed (1.0km/h), observe if the machine works normally
4. Press the Speed Up & Down buttons to see if the speed adjustment is working
5. Press the On/Off button again, the treadmill will stop, now pull out the plug.

7 - Operation instructions

1. Plug into 240v power outlet. Stand on the plastic side boards beside the running belt with hands holding the handlebars. Insert the Safety Key into the Safety Key socket on the Control Panel then press the Start button. The treadmill will start running at about 1.0 km/h. **Never start the machine while standing on the belt.**
2. Use Speed Up & Down buttons to adjust the running speed. Use the Incline Up & Down buttons to adjust the inclination. Use the Numeric Keypad to choose speed directly when running (for example when you press the button "9", the treadmill will automatically run at 9km/h.) NOTE: If you press the button "0", the treadmill will stop immediately.
3. Operation instructions for 4 Preset systems:
When the Treadmill is stationery press the Mode button and the Calorie display will indicate P0-P4. P0 is used for manual control of the treadmill. P1-P4 operates the preset programmes. Then press On/Off button to set the preset, every programme is 15 minutes duration, and every minute changes speed and incline. The largest incline is 15 degrees.

Time min	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
P1 - km/h	2	4	6	10	6	10	6	10	6	10	6	10	6	4	2
P2 - km/h	2	4	6	8	6	8	6	8	6	8	6	8	6	4	2
P3 - km/h	4	8	4	8	4	8	4	8	4	8	4	8	4	8	4
P4 - km/h	2	4	6	2	6	2	8	2	12	2	12	2	4	4	2

4. Operation instructions for presetting speed, time & distance:
When in P0, press Reset button, the Control Panel instrument window will show "0". By pressing Speed, Time or Distance each display window flashes separately. Set the value for each parameter by pressing "0-9" numeric key. Press Clear to clear any previous settings. Press the Start button & the treadmill will automatically speed up to the newly set value. The highest speed is 12km/h. The time & distance count down to finish, warn when near end, then stop.
5. When finished, press the Stop button or "0" numeric key. The treadmill will stop immediately & the inclination automatically resets. If the treadmill isn't used for two minutes, the Control Panel automatically turns off, with the touch of any button reactivating the Control Panel.
6. Pulse Sensor testing: press the On button of the Pulse meter, rub hands together several times and hold the sensor. The Pulse meter begins to display present value. It will automatically turn off within five minutes. **This is not a medical device, and as such indicates an estimate only.**
7. Pull up the treadmill to foldaway, and let go after the Securing Latch locks.
8. To unfold the treadmill, you should rotate the Securing Latch down, then pull down the treadmill. (see picture at right)
9. Keep the Safety key attached to yourself when running. If you feel uncomfortable, pull the safety key from the Control Panel & the treadmill will stop at once.



10. EZY GYM is committed to improving the quality of our product. We have added another 12 pre-set training programs to the latest Fit 150 treadmills (including pre-set inclination changes).

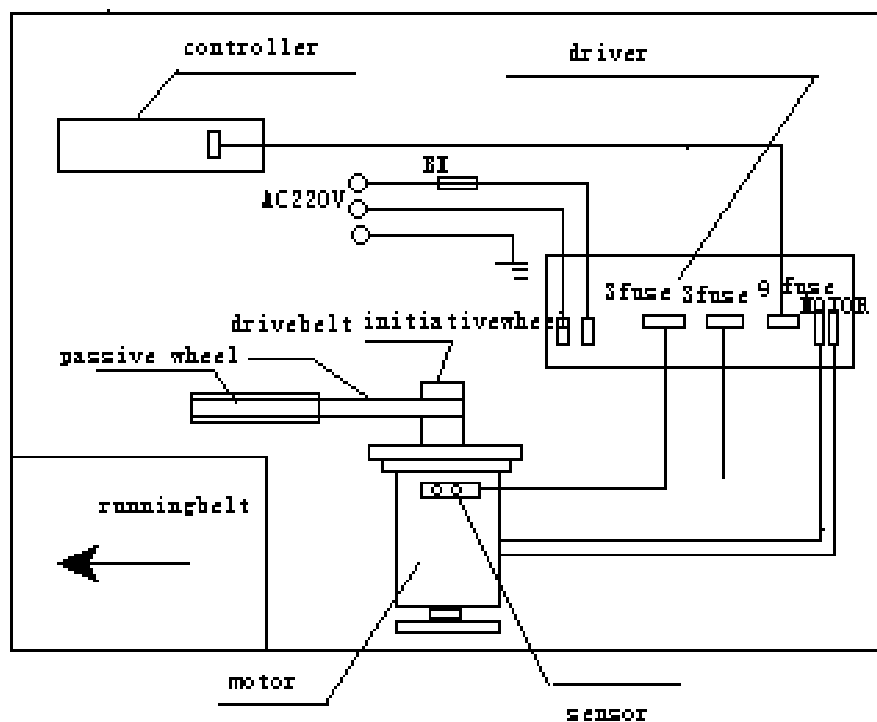
Details of 16 pre-set programs

Time min	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
P1 - km/h	2	4	6	10	6	10	6	10	6	10	6	10	6	4	2
P2 - km/h	2	4	6	8	6	8	6	8	6	8	6	8	6	4	2
P3 - km/h	4	8	4	8	4	8	4	8	4	8	4	8	4	8	4
P4 - km/h	2	4	6	2	6	2	8	2	12	2	12	2	4	4	2
P5 - km/h	2.4	4.4	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	4.4	2.4
P6 - km/h	2.4	4.4	6.4	9	6.4	9	6.4	9	6.4	9	6.4	9	6.4	4.4	2.4
P7 - km/h	4.4	11	4.4	11	4.4	11	4.4	11	4.4	11	4.4	11	4.4	11	4.4
P8 - km/h	2.4	4.4	6.4	2.4	6.4	2.4	8.4	2.4	10	2.4	12	2.4	4.4	4.4	2.4
P9 - km/h	2.8	4.8	6.8	10.8	6.8	10.8	6.8	10.8	6.8	10.8	6.8	10.8	6.8	4.8	2.8
P10 - km/h	2.8	4.8	6.8	8.8	6.8	8.8	6.8	8.8	6.8	8.8	6.8	8.8	6.8	4.8	2.8
P11 - km/h	4.8	8.8	4.8	8.8	4.8	8.8	4.8	8.8	4.8	8.8	4.8	8.8	4.8	8.8	4.8
P12 - km/h	2.8	4.8	6.8	2.8	6.8	2.8	8.8	2.8	10.8	2.8	11.4	2.8	4.8	4.8	2.8
P13- km/h	2.6	4.6	6.6	10.6	6.6	10.6	6.6	10.6	6.6	10.6	6.6	10.6	6.6	4.6	2.6
P14 - km/h	2.6	4.6	6.6	8.6	6.6	8.6	6.6	8.6	6.6	8.6	6.6	8.6	6.6	4.6	2.6
P15 - km/h	4.6	8.6	4.6	8.6	4.6	8.6	4.6	8.6	4.6	8.6	4.6	8.6	4.6	8.6	4.6
P16 - km/h	2.6	4.6	6.6	2.6	6.6	2.6	8.6	2.6	10.6	2.6	11.6	2.6	4.6	4.6	2.6

8 – Important Notes

1. When using the treadmill for the first time, please begin with a slow speed, and raise the speed gradually.
2. The strides should suit the speed of belt. Don't over stride.
3. Don't use the safety key as a stop button; otherwise the treadmill may be damaged. Only in case of emergency should the safety key be used.
4. The running speed and exercise time depend on the state of the individual's fitness.
5. If the power cable is damaged, do not use the machine (it should be changed by local agent).
6. Children, pregnant women, elderly/frail people etc. should take care using the machine.
7. Don't use the machine within one hour after eating a meal.
8. The pulse sensor is not a medical instrument; its data is for reference only.

9 - System connection diagram

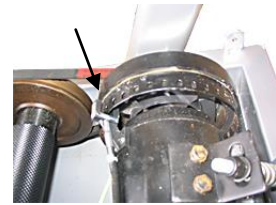


10 - Maintenance

Before cleaning or maintenance, please pull the power cable from the wall socket (not from the treadmill)

1. **Cleaning:** The treadmill should be kept clean, preferably with a cover over the belt & motor cover. Clean it every one to two months. When cleaning, open the cover, clean the dust from motor and sensor and then check if the screws are loose.

If not used for a while make sure you clean the machine prior to use and run machine by itself to ensure that dust or foreign objects (insects) have not upset the sensor causing over speeding.



2. **Shoes:** Shoes should be soft and clean when running.

3. **Lubricate running platform:** Lift the running belt slightly and spray a silicon lubricant (any brand) evenly on the running platform beneath the belt on each side (every five hours of use).

11 – Running Belt Adjustment

The belt will stretch after time, necessitating adjustment. This is a normal function of the treadmill.

Belt tightness is determined by both the user's weight **and** speed combination. Only adjust the belt to suit the primary user's weight at their normal usage speed – casual user's differing weight and speed preference may cause the belt to slip.

WARNING - OVERTIGHTENING THE BELT WILL CAUSE DAMAGE TO THE BELT AND MOTOR!

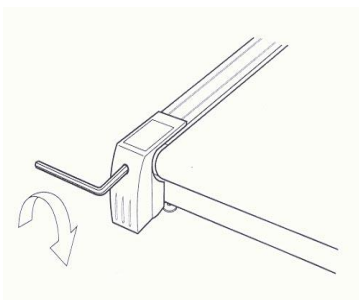


Figure 1

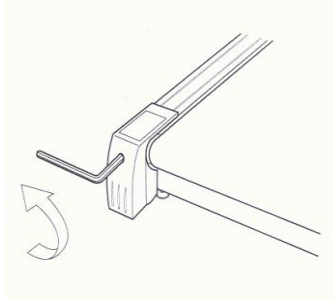


Figure 2

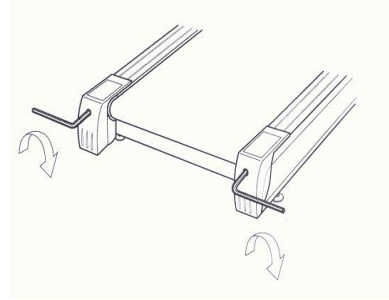


Figure 3

The belt tension adjustment bolts are located on the center of each end cap as shown above.

- **Running belt has shifted to the left side. (Figure 1 - Adjusting the belt to right side)**
Keep the speed of belt at 3km. 1/4 turn the Left Rear Roller Adjustment Bolt to the clockwise direction.
Operating the running belt for a few minutes, check the movement of belt. Try to adjust until the running belt is centered.
- **Running belt has shifted to the right side. (Figure 2 - Adjusting the belt to the left side)**
Keep the speed of belt at 3km. 1/4 turn the Left Rear Roller Adjustment Bolt to the count-clockwise direction.
Operating the running belt for a few minutes, check the movement of belt. Try to adjust until the running belt is centered.
- **Running belt is slipping during use (Figure 3)**
Keep the speed of belt at less 3km. 1/4 turn the both Rear Roller Adjustment Bolt to the clockwise direction.
Check the belt tension if the running belt is still slipping.

12 – Troubleshooting

Problems	Possible Reason	Check
Panel displays nothing when switched on	1.Plug & socket aren't well connected 2.Panel is not connected properly 3.Fuse is damaged	1.Reinsert plug 2.Reconnect Panel 3.Replace the fuse
The running belt stops while Panel working normally	The machine's over-load protection has been triggered or carbon brushes have seriously worn.	1. Restart the machine (press Start/Stop) 2. Pull out plug, then reinsert 1 minute later 3. Replace brush or clean dust.
1. Machine can't be started while Panel is working normally 2. Panel works normally, but there's noise after starting	The input voltage is too low or carbon brushes have seriously worn.	1. Adjust input voltage. 2. Replace brush or clean dust.
Working normally without any load, but belt stops when person step on	Belt is too loose	Tighten the belt
Panel works abnormally, no display, or button operation fails	Outside interference	Having eliminated outside interference, turn off power and restart 1 minute later
Only Panel works abnormally	Outside interference	Turn off power and restart 10 seconds later
Running & Panel works abnormally	Speed sensor dusty	Clean the dust
Error message E2 shows on display	Safety key not attached	Put safety key on magnetic patch on console
Error message E3 shows on display	Something wrong with display/power	Contact ezygym support
Error message E4 shows on display	Control card fault	Contact ezygym support
Error message E5 shows on display	Motor not working	Contact ezygym support
Error message E6 shows on display	Control Card too hot	Turn off, lubricate running deck, wait 30 minutes

If you can't solve the problems listed above, please contact EzyGym at once.

Contact

Online: www.ezygym.com.au
Click on 'contact us' button for renewals, pickups & support

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QLD 4212

Renewal Payment Options - Monthly or Quarterly

Direct Deposit: Bank: Westpac
Account Name: Ezy Gym
BSB (Branch): 034 215
Account No: 294 873

Reference Details: Internet Banking: Full name & Suburb
Branch Deposit: Last 6 digits of your phone number

Credit Card: Phone: 1300 EZY GYM (1300 399 496)

Cheque or Money order: Pay to: Ezy Gym
Post to: Ezy Gym
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