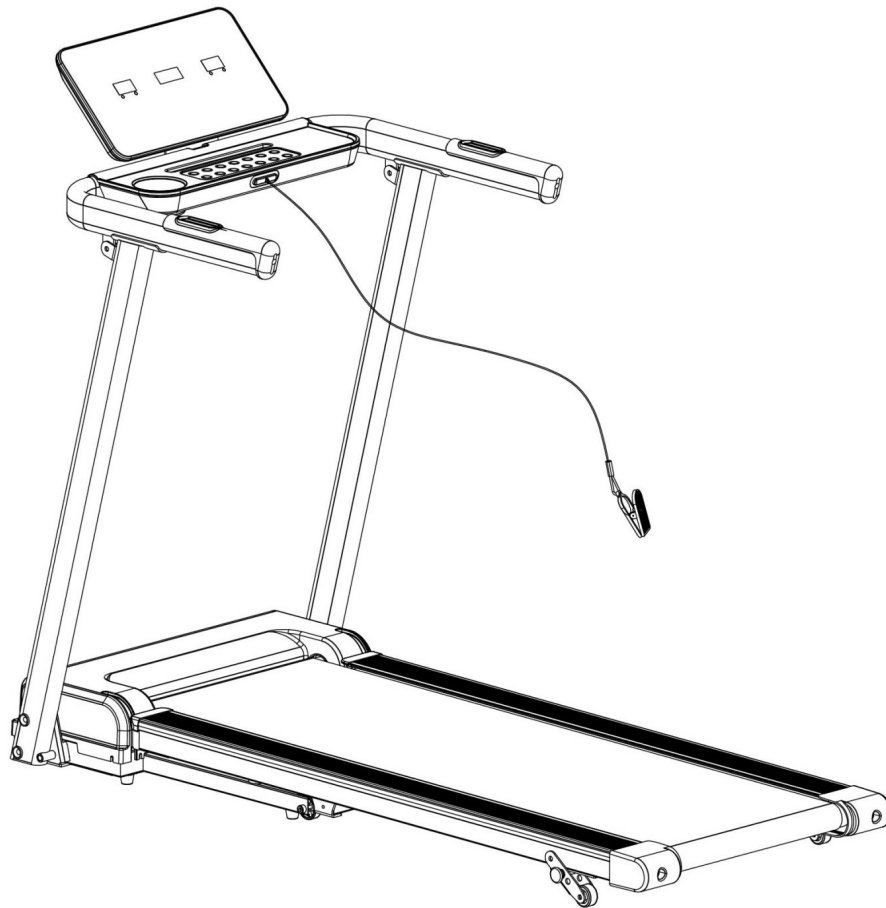


GYMSTICK™

GT1.0 TREADMILL USER MANUAL



IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo, subject to change without notice.



Thank you for choosing the Gymstick GT1.0 Treadmill. We take great pride in producing this quality product and hope it will provide many hours of effective exercise to make you feel better, look better and enjoy life to its fullest.

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NOTIFICATION!

READ AND FOLLOW THE SAFETY INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS INJURY.

Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

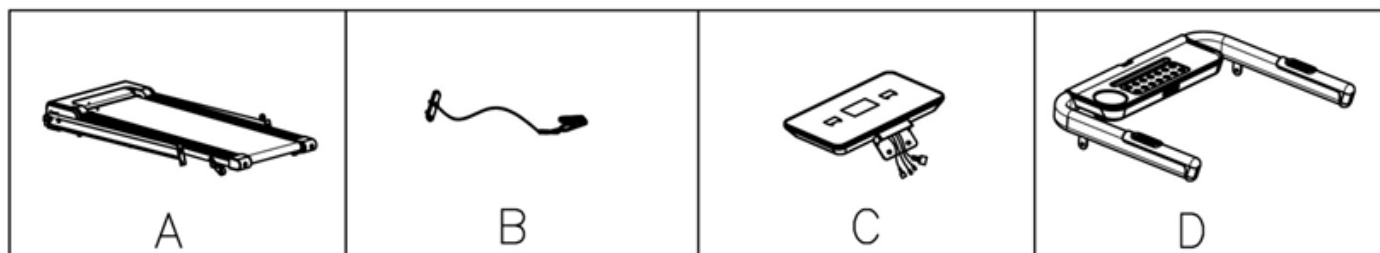
- Never leave the treadmill unattended. Unplug the unit from the power outlet when it is not in use.
- Do not allow children or those unfamiliar with its operation on or near the treadmill. Do not leave children or persons with reduced physical or mental capabilities unsupervised around the treadmill.
- Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment.
- If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
- Keep children and pets away from the equipment. This machine is designed for adults only.
- Only one person should be on the equipment while in use.
- Please make sure all parts are not damaged and fixed well before use.
- Never operate the unit if it is damaged, if it is not working properly
- This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended. The minimum free space required for safe operation is 0,5 meter.
- Never block the air openings on the hood while operating the treadmill. Never drop or insert objects into any opening.
- Use the treadmill only for its intended purpose as described in this manual.
- If the power cord of the machine is damaged, it must be replaced. Do not use the machine until the power cord has been changed and properly attached.
- This equipment is for household use only. Do not use the equipment outdoors.
- This appliance is designed for use with ~220 - ~240 Volt rated voltage.
- The maximum weight capacity for this product is 100kgs.



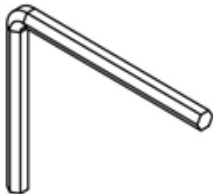







WARNING!

BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS.

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

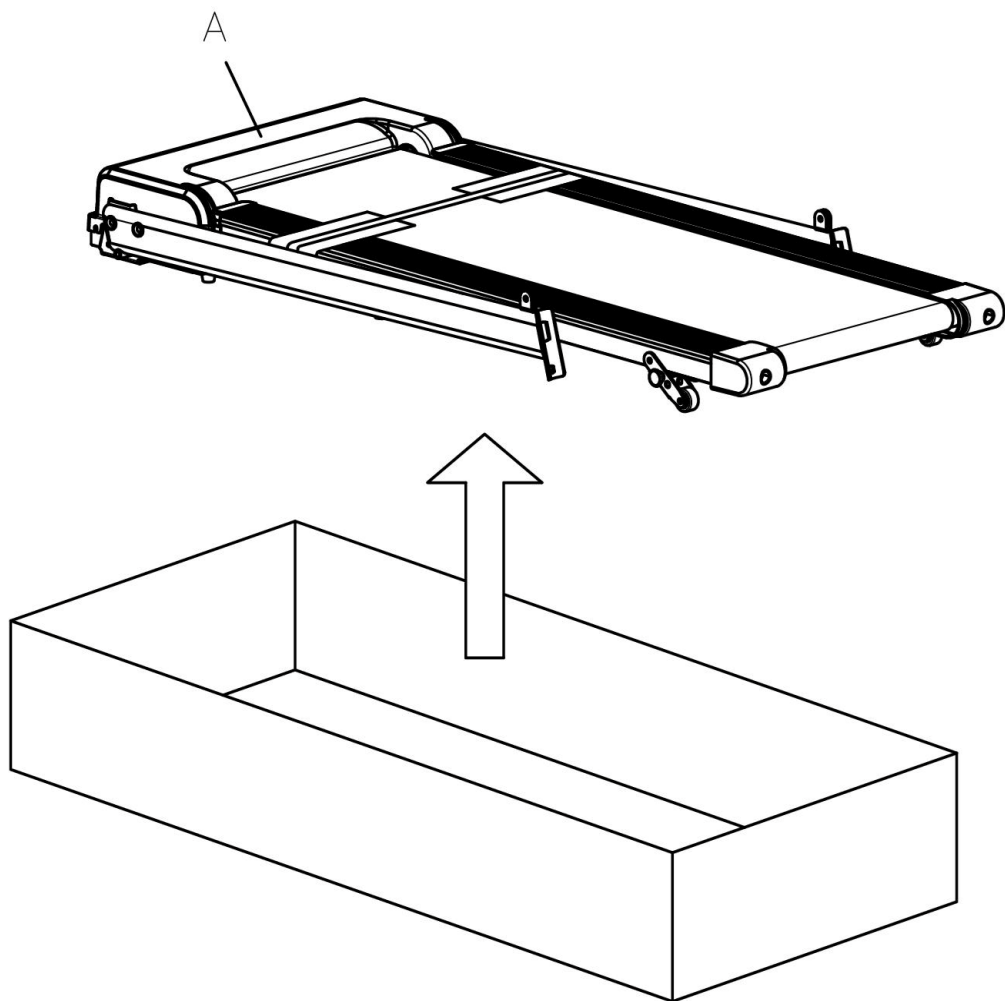


NO.	DES.	Specification	Nos.	NO.	DES.	Specification	Nos.
A	Motorized treadmill		1	B	Safety key		1
C	Console		1	D	Console base		1

B05 S5(1X)	B04 S=13、14、15(1X)	E01 M8(2X)
		
E04 M8*45(4X)	E07 M8*20(2X)	E08 M8*15(4X)
		
E27 ø8(2X)	E28 ø8(2X)	
		

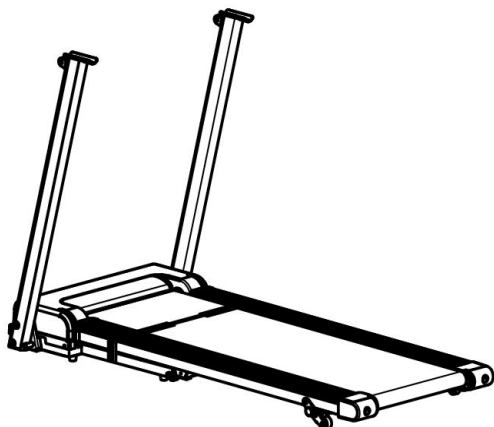
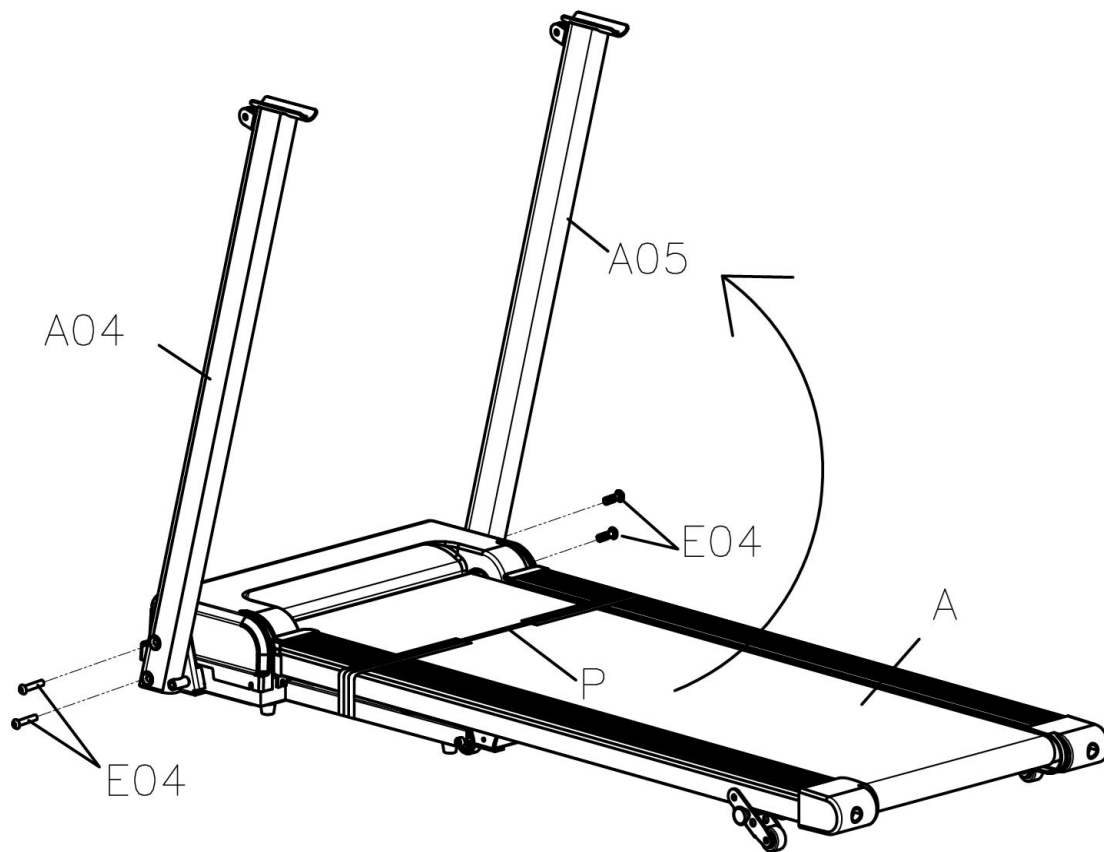
STEP 1

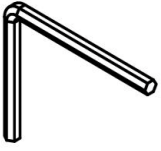

B-1



STEP 2

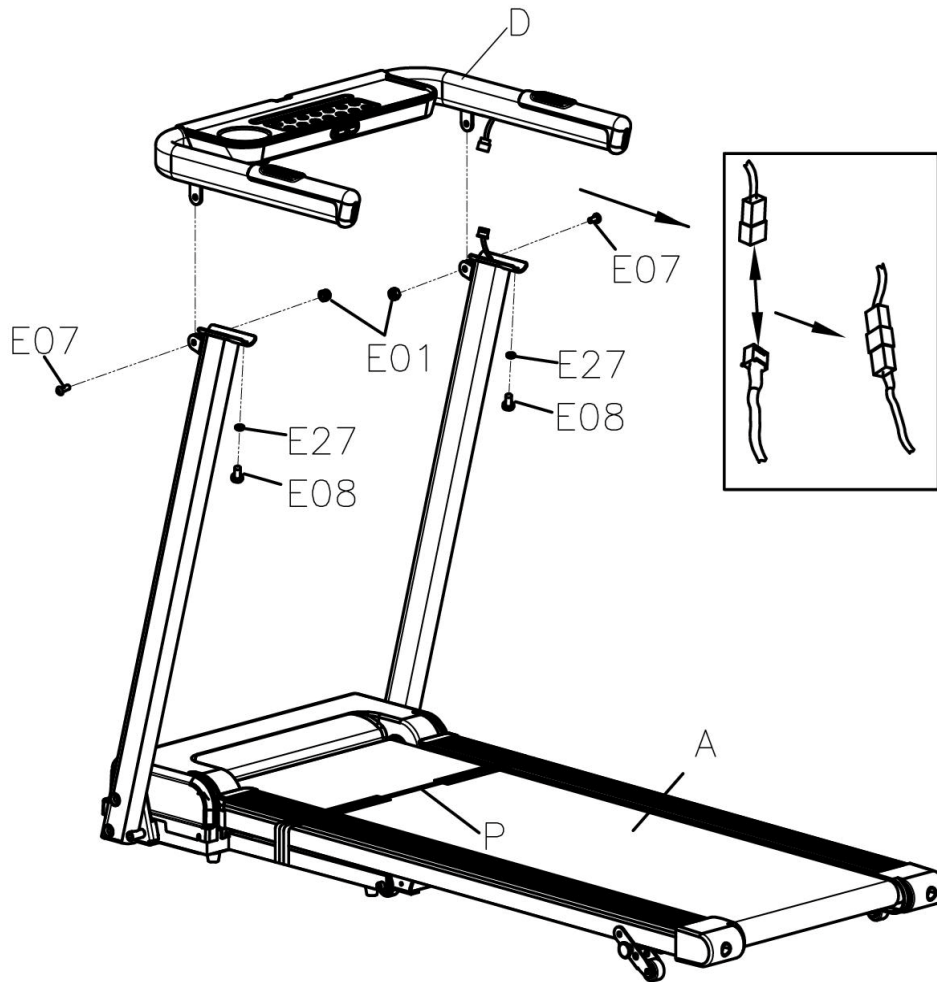
B-2



B05	5#(1x)	E04	M8*45(4x)
			

STEP 3

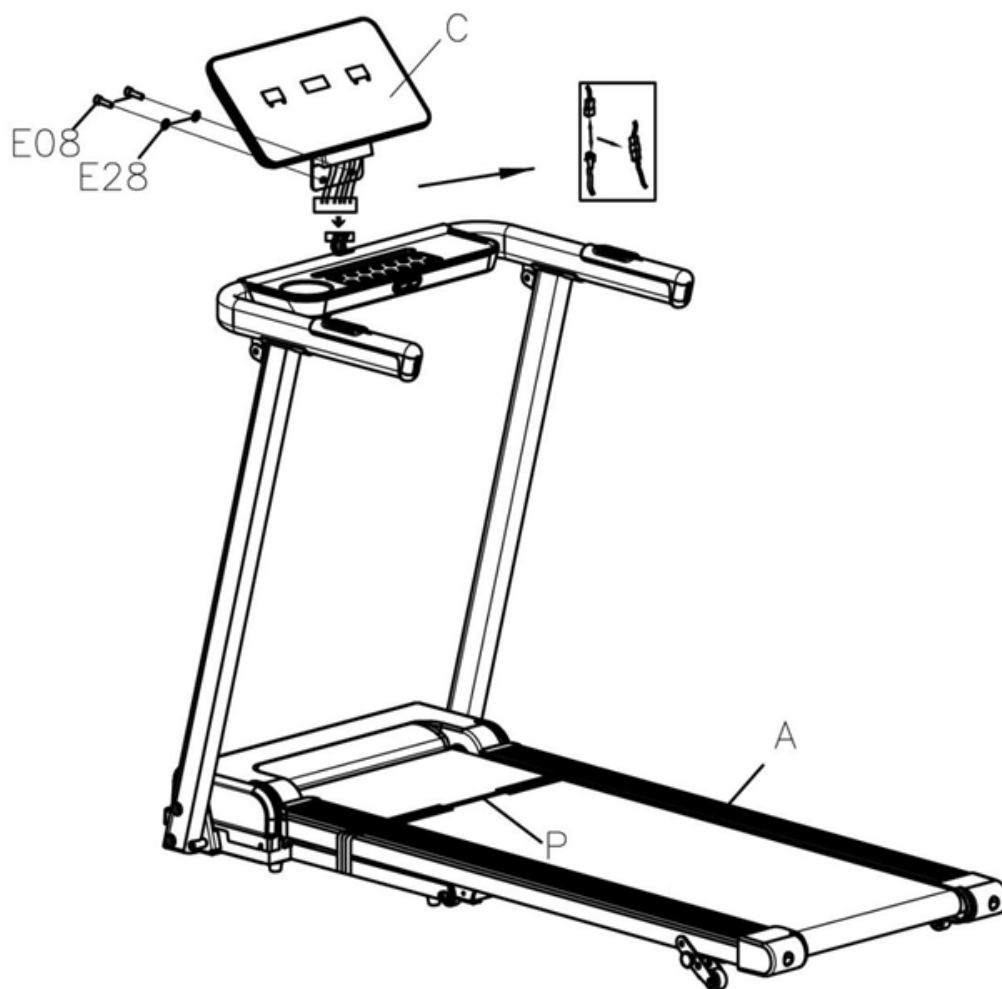
B-3



	B05 5#(1x)	B04 S=13, 14, 15(1x)	E01 M8(2x)
	E07 M8*20(2x)	E08 M8*15(2x)	E27 ø8(2x)

STEP 4

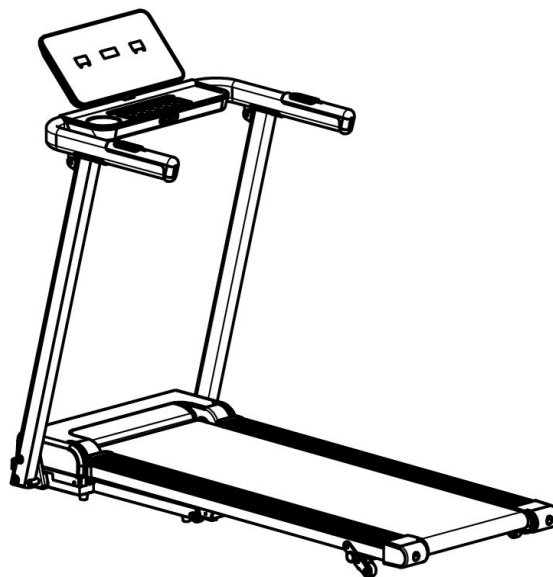
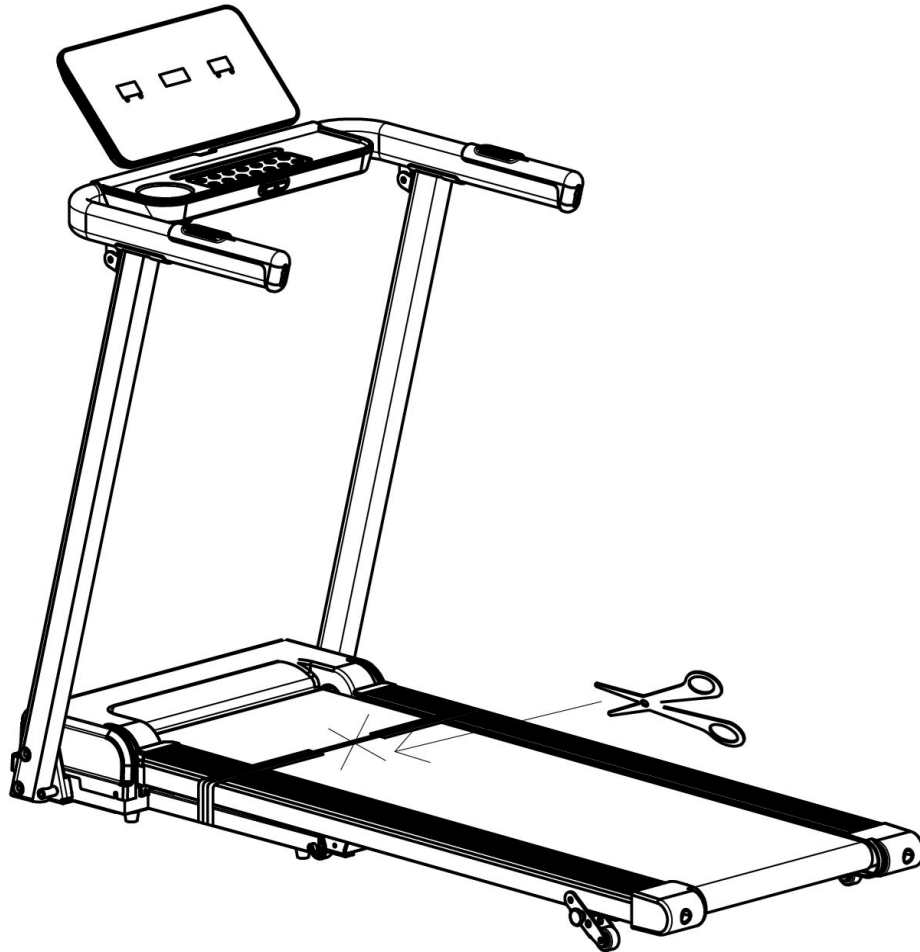
B-4



	B05 5#(1x)	E08 M8*15(2X)	E28 ø8(2X)

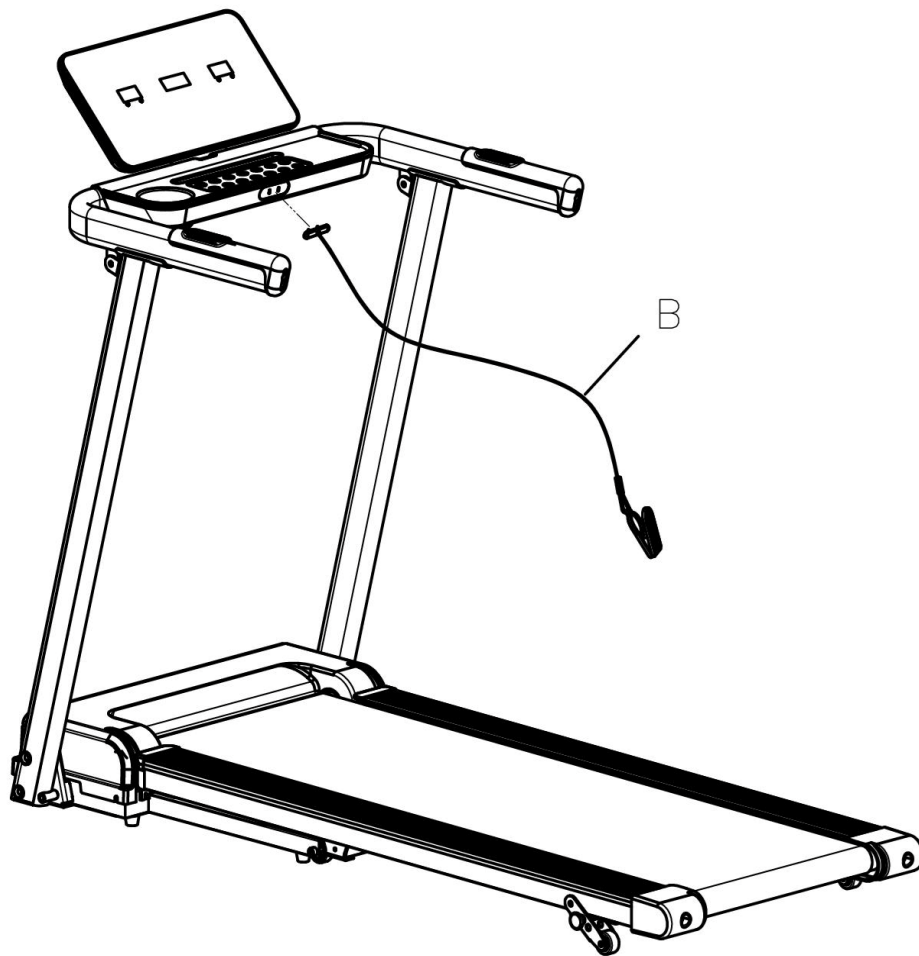
STEP 5

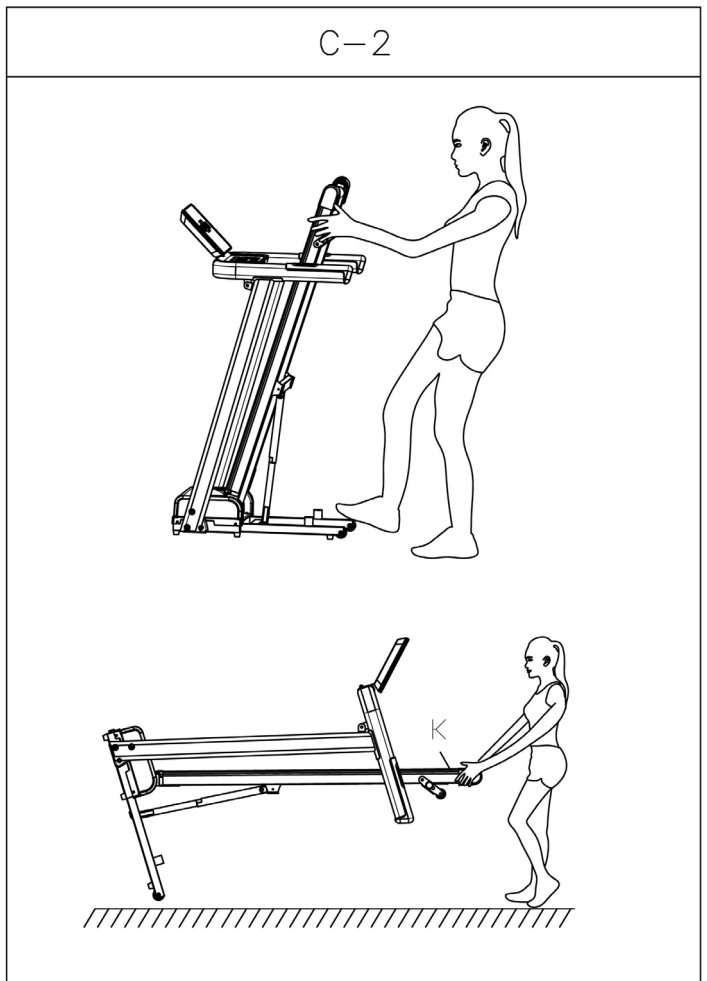
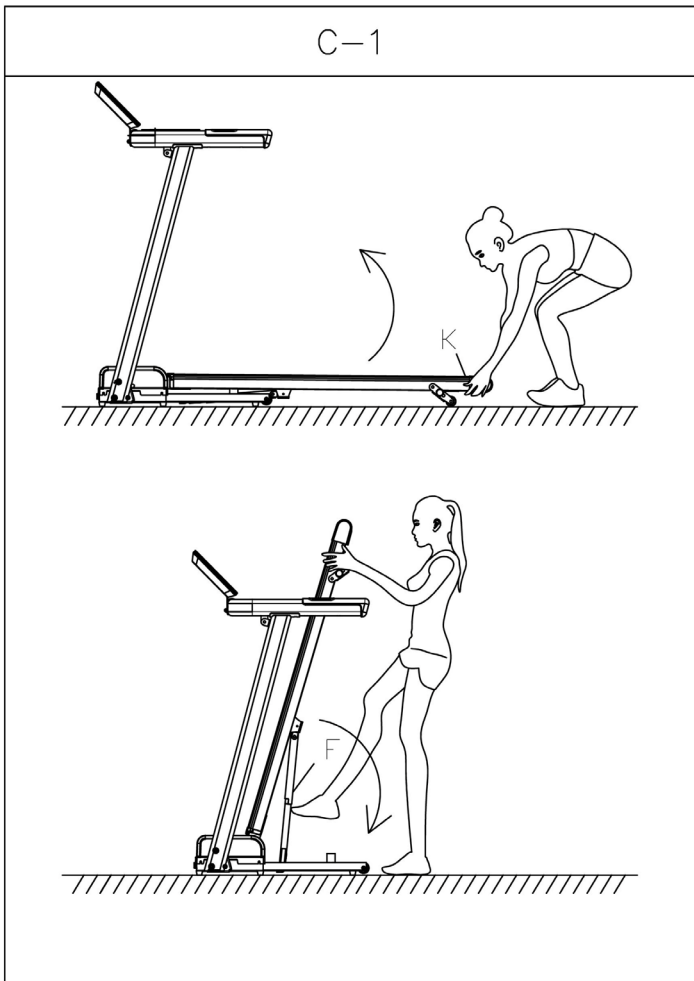
B-5



STEP 6

B-6







This treadmill requires a right power source in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging the equipment. Any incorrect power source could cause significant damage to the equipment and or user.

GROUNDING METHODS:

This product must be grounded. Grounding provides the least resistance for electrical current and will reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product is connected to an outlet which contains the same configuration as the plug. Do not use an adaptor for this product.

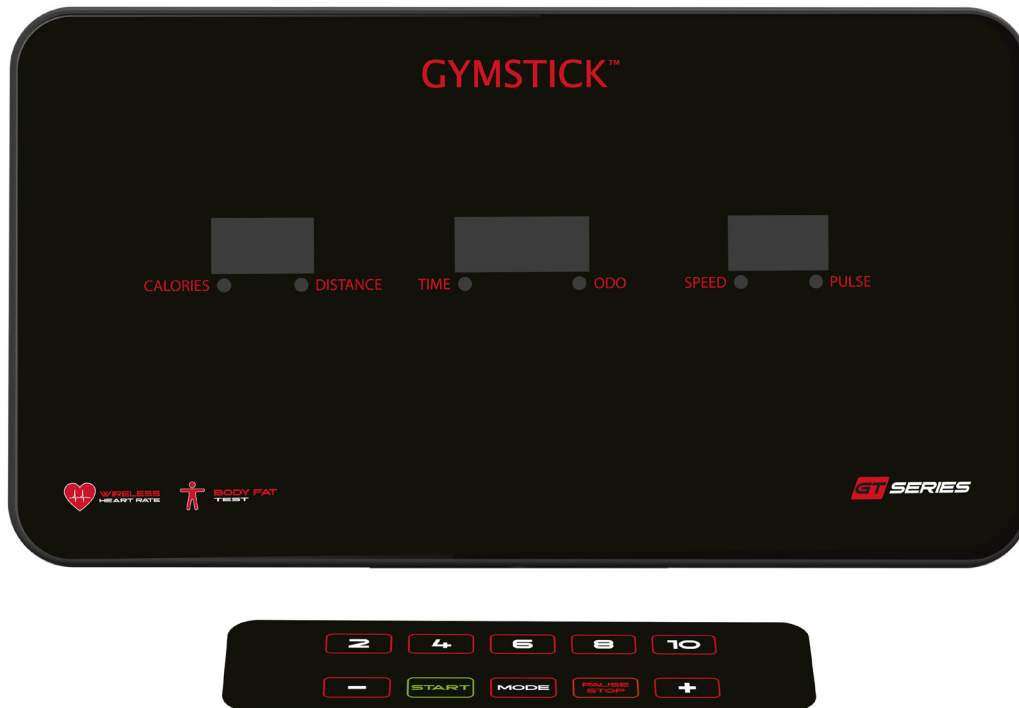
This product is for use on a nominal circuit and has a grounding plug that looks like the plug illustrated in the below picture. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a certified electrician if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by an electrician.



1. NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
2. NEVER operate the treadmill using a generator or UPS power supply.
3. NEVER remove any cover without first disconnecting power.
4. NEVER expose the treadmill to rain or moisture. This treadmill is not designed for use outdoors, near pools or in any other high humidity environment



BUTTON FUNCTIONS:

1. INSTANT SPEED: Press 2,4,6,8,10 to choose speed quickly.
2. SPEED-: Press this button to decrease the speed.
3. START: Press this button to start the machine at any time
4. MODE: Press this button to choose between time, distance, calories workout targets,P01-P09,fat.
5. STOP/PAUSE: Press this button to stop or pause the machine.
6. SPEED+: Press this button to increase the speed.

MEDIA HUB (OPTIONAL):

1. MP3 INPUT: Insert MP3 cable to display the music from device.
2. USB CHARGING: You can plug in a device to charge via USB.

COMPUTER FUNCTIONS:

1. CALORIES:Display the calories has consume.
2. DISTANCE:Display the distance has run.
3. TIME: Display the time has run.
4. ODO: Display the total distance has run.
5. SPEED:Display current speed. Press SPEED+/- to adjust the speed of the machine.
6. PULSE: Display user's heart rate, this data is just for reference, can not be regarded as medical use.Hold the hand pulse sensor by both hands,the console will show user's pulse value after about 5 seconds.
- 7.MODE:
 - 7.1 Press MODE button to enter TIME, DISTANCE, CALORIES setting.
 - Press SPEED+/- to set the workout target value.
 - Press START button, treadmill will run after 3 seconds.
 - Press SPEED+/- to adjust the speed and incline.

7.2 Set of 9 build-in programs: From standby mode, press MODE button until the console shows P1-P2-P3-P4-P5-P6-P7-P8-P9 and choose one.

- Press SPEED+/- to set the workout time.
- Each program can be divided into 10 sections; machine will beep 1 times when starting a new section.
- Press SPEED+/- to change the speed or incline during each section.
- Machine will beep 6 times and stop when the program is finished.

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

- Press MODE button and hold on 3 seconds to enter information.
- Set value with SPEED+/- from F-1 to F-4(F-1 GENDER, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT)
- Press MODE button to enter F-5(F—5 BODY FAT TEST), hold hands on the hand pulse sensor, the console will display your body fat value after 3 seconds.

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

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

LUBRICATION REMIND FUNCTION

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

SAFETY LOCK FUNCTION:

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

POWER SAVE FUNCTION:

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

POWER ON AND POWER OFF

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

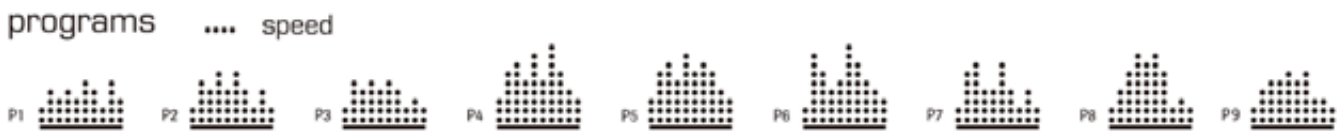
CAUTION:

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

Pressing the "MODE" button "DIS" window displays P1-P9 to select the program you like. Setting of running time, the time window display is flashing. Window displays the preset time 10:00, press "SPEED +", "SPEED-" to set the training time as needed. Press the "START" button to start the internal installation program, the internal installation program is divided into 10 time segments. Each training time = setting time/10. When the system enters the next segment it will make 3 sounds and the speed changes according to the set program, you can press the SPEED button to adjust the speed if needed. When the program enters the next segment, it returns to the set speed. After completing a program, the system will make 6 sounds and display "END" to stop slowly.

PROGRAM EXERCISE CHART

Each program is divided into 10 time segments and each segment has the preset speed accordingly.



PROGRAM \ TIME		Setting time/10=working time of each section									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	2	4	3	4	3	5	4	2	5	3
P2	SPEED	2	5	4	6	4	6	4	2	4	2
P3	SPEED	2	5	4	5	4	5	4	2	3	2
P4	SPEED	3	6	7	5	8	5	9	6	4	3
P5	SPEED	3	6	7	5	8	6	7	6	4	3
P6	SPEED	2	8	6	4	5	9	7	5	4	3
P7	SPEED	2	6	7	4	4	7	4	2	4	2
P8	SPEED	2	4	6	8	7	8	6	2	3	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2

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

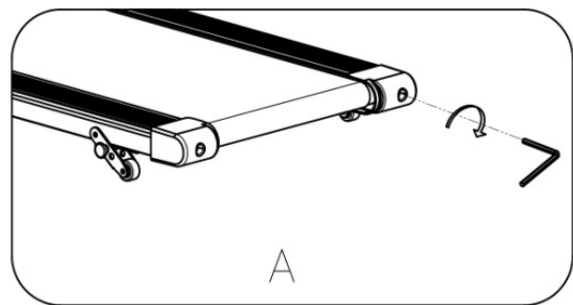
- To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.

- A loose Running Belt will result in the runner sliding off when running, while too tight of a Running Belt will result in decrease to the motors performance and also create more friction between the roller and running belts. The most suitable tightness for the belts is pulled out 50-75mm from the Running Board.

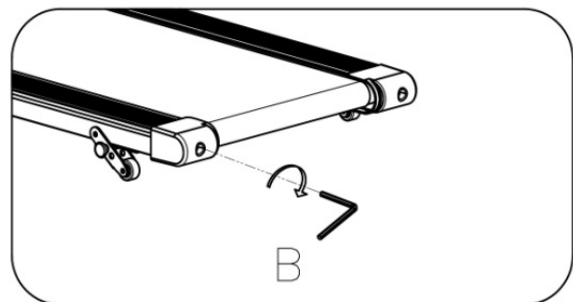
CENTERING THE RUNNING BELT:

Place the treadmill on level ground and set it at 6-8kph to check if the Running Belt drifts

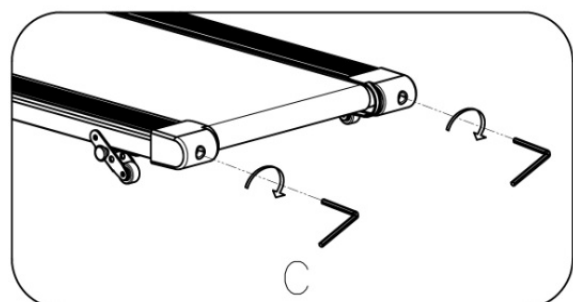
1. If the **Running Belt** moves to the **right**, turn the adjusting bolt on the right side $\frac{1}{4}$ turn *clockwise*, then turn the left adjustment bolt $\frac{1}{4}$ turn *counter-clockwise*. If the belt does not move, repeat this step until it centers. Refer to figure A.



2. If the **Running Belt** moves to the **left**, turn the adjusting bolts on the left side $\frac{1}{4}$ of a turn *clockwise*, then turn the right adjustment bolt $\frac{1}{4}$ turn *counter-clockwise*. If the belt does not move, repeat this step until it centers. Refer to figure B.



3. Over time the **Running Belt** will **loosen**. To tighten the belt turn the Left & Right side adjustment bolts one full turn clockwise, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to figure C.



IMPORTANT NOTE:

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

RUNNING BELTS & TREADMILL LUBRICANT:

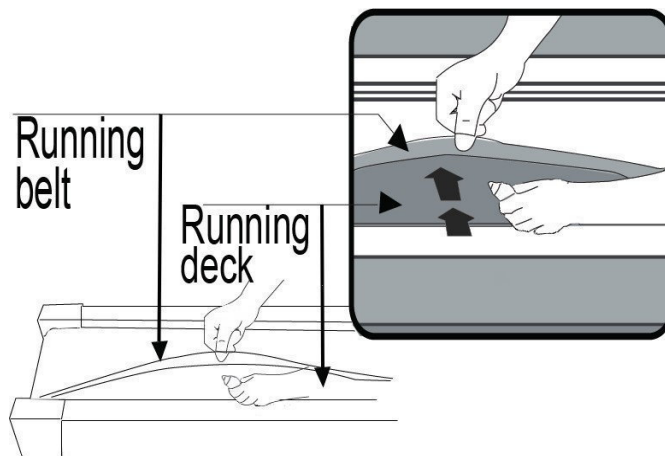
Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly.



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

HOW TO LUBRICATE:

1. Raise the belt up on one side and apply lubricant to the running deck. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.

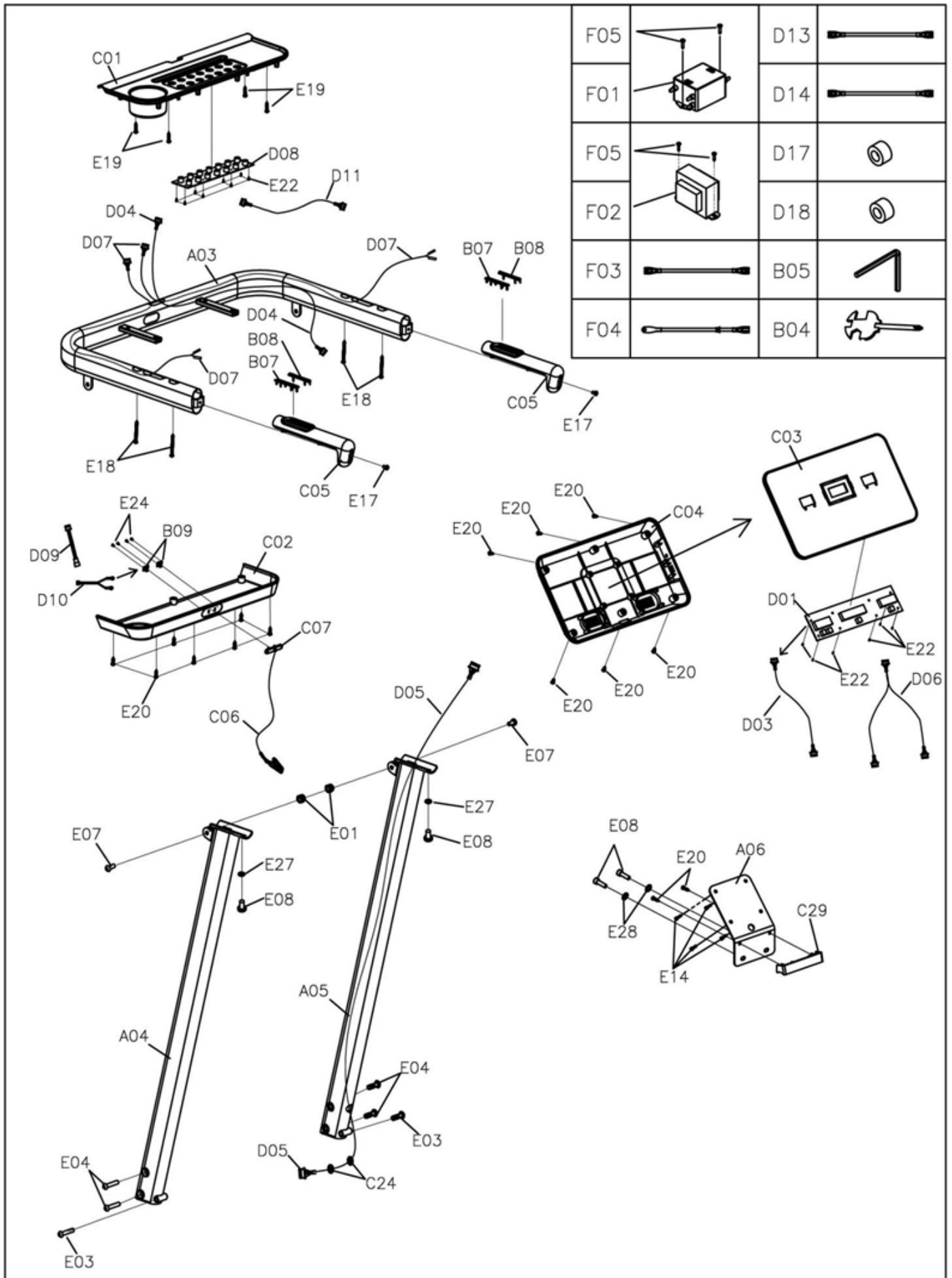


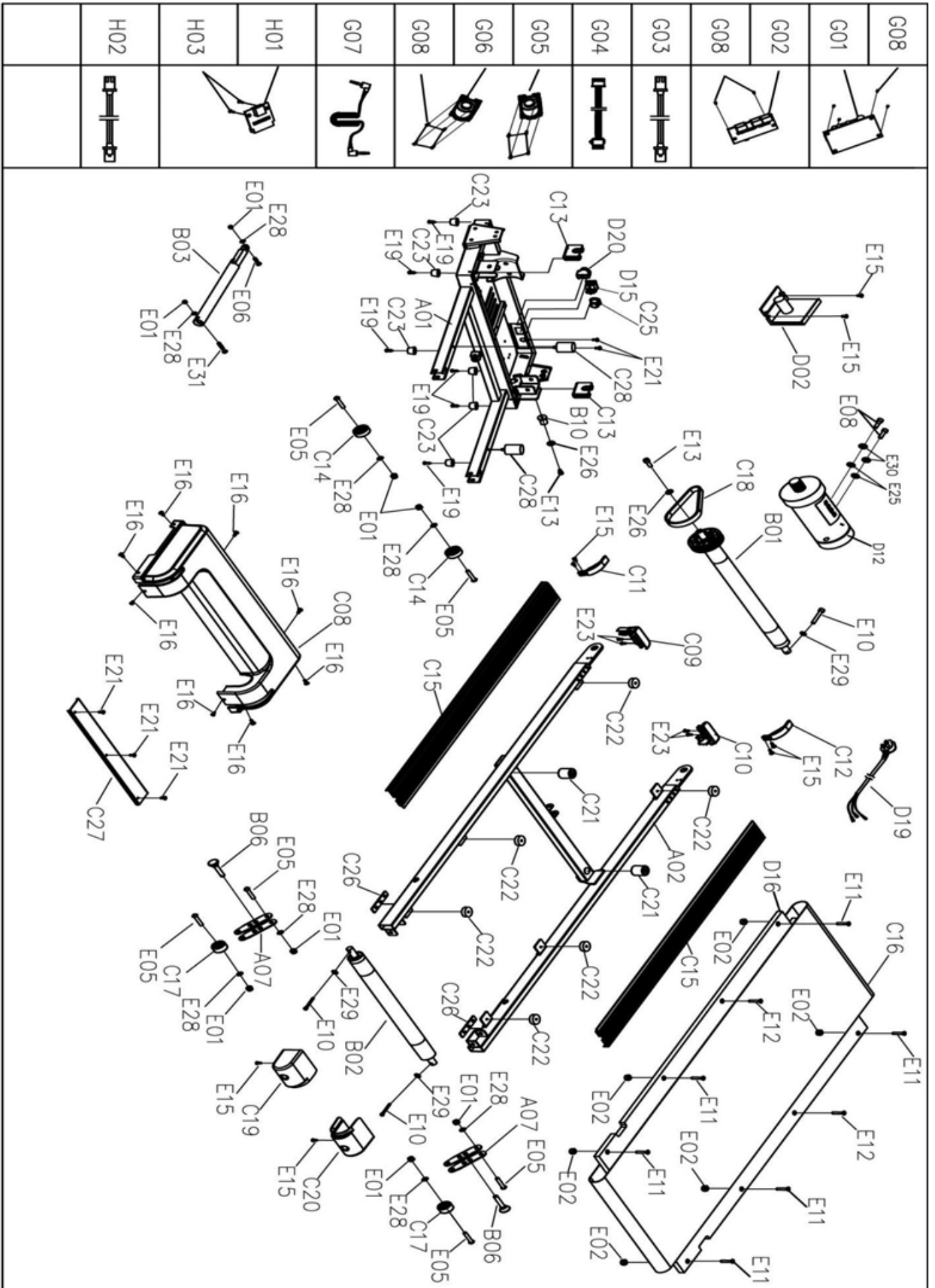
The following time table is recommended:

Light user	less than 3 hours/week	every six months
Medium user	3-5 hours/week	every three months
Heavy user	more than 5 hours/week	every two months

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
Treadmill will not start	Not plugged in	Plug cord into outlet
	Safety Key not inserted	Insert Safety Key
Running belt not centered	Running belt tension not correct on the left or right sides of the running board	Tighten the adjustment bolts on the left and right side of the rear roller
Computer not working	Wires from the computer and bottom control board not properly connected.	Check wire connections from the computer to the control board.
	Transformer is damaged	If the transformer is damaged, contact customer service.
E01 or E13: Message failure	Wires from the computer and bottom control board not properly connected.	Check wire connections from the computer to the control board. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E02: Burst clash protection	Incoming voltage is lower than 50% of the required voltage.	Check that the incoming power supply is the correct voltage. Check the control board, replace if damaged. Check motor, replace if damaged.

E05: Current overload protection (Self Protecting System)	The incoming voltage is too low or too high. The control board is damaged.	Restart the treadmill. Check the incoming voltage to ensure it's correct.
	A moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly. Check the motor, listen for strange noise and check for a burning smell. Replace the motor if necessary. Check the control board, replace if damaged. Lubricate the treadmill.
E06: Motor Abnormality	The motor wire is not connected or the motor is damaged.	Check motor wires to see if the motor is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the motor
E08: Control Board Abnormality	The control board is not connected.	Check the upper and middle wires to see if the control board is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E10: Motor Abnormality	The motor is damaged or a moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	The torque is too big, please adjust the torque to be smaller. Inspect moving parts of the treadmill to ensure that they are operating correctly. Replace the motor if necessary. Lubricate the treadmill.





PARTS LIST

No.	Part description	Remark	Qty	No.	Part description	Remark	Qty
A01	Base frame		1	E01	Nut	M8	10
A02	Main frame		1	E02	Nut	M6	6
A03	Console base bracket		1	E03	Bolt	M8*45 L20	2
A04	Left upright tube		1	E04	Bolt	M8*45	4
A05	Right upright tube		1	E05	Bolt	M8*40 L20	6
A06	Console base fixed plate		1	E06	Bolt	M8*30 L15	1
A07	Adjusting plate		2	E07	Bolt	M8*20	2
B01	Front roller		1	E08	Bolt	M8*15	6
B02	Back roller		1				
B03	Cylinder		1	E10	Bolt	M6*55	3
B04	Wrench w/screw driver	S=13、14、15	1	E11	Bolt	M6*35	6
B05	5# Allen wrench	5mm	1	E12	Bolt	M6*25	2
B06	Locking pin		2	E13	Bolt	M6*15	2
B07	Left pulse steel plate		2	E14	Bolt	M5*16	4
B08	Right pulse steel plate		2	E15	Bolt	M5*12	8
B09	Safety key plate		2	E16	Bolt	M5*8	8
B10	Front base fastening axis		1	E17	Bolt	M5*10	2
				E18	Screw	ST4.2*45	4
C01	Console top cover		1	E19	Screw	ST4.2*20	10
C02	Console bottom cover		1	E20	Screw	ST4.2*12	15
C03	Console panel top cover		1	E21	Screw	ST4.2*12	5
C04	Console panel bottom cover		1	E22	Screw	ST2.9*8	14
C05	Handrail cover		2	E23	Screw	ST2.9*6	4
C06	Safety key slip		1	E24	Screw	ST2.5*6	4
C07	Safety key		1	E25	Flat washer	8	2
C08	Motor Top Cover		1	E26	Big washer	6	2
C09	Left Side Rail Plug		1	E27	Arc washer	8	2
C10	Right Side Rail Plug		1	E28	Lock washer	8	10
C11	Motor Cover left Shutter		1	E29	Lock washer	6	3
C12	Motor Cover right Shutter		1	E30	Spring washer	8	2
C13	Plastic Support Plate		2	E31	Bolt	M8*45 L20	1
C14	Moving Wheel		2	F01	Filter		1
C15	Side Rail		2	F02	Inductance		1
C16	Running Belt		1	F03	AC single wire	350	1
C17	Adjustable wheel		2	F04	Grounding wire	350	1
C18	Motor Belt		1	F05	Screw	ST4.2*12	4
C19	Left End Cap		1	H01	USB board		1
C20	Right End Cap		1	H02	USB power wire		1
C21	Black Cushion		2	H03	Screw	ST2.9*8	2
C22	Black Cushion		6	G01	Power amplifier board		1
C23	Foot Pad		6	G02	Audio input and output board		1
C24	Ring-shape wire plug		2	G03	Power amplifier power wire		1

PARTS LIST

C25	Power cord buckle		1	D20	Overload protector		1
C26	Adjustable rubber pad		2	G04	Audio socket wire		1
C27	Front Shutter		1	G05	Speaker 1		1
C28	Cylindrical cushion		2	G06	Speaker 2		1
C29	Ring Protected plug		1		Mp3 wire		1
D01	Console PCB board		1	G07	Screw	ST2.9*8	14
D02	Control board		1	G08			
D03	Top signal wire		1				
D04	Middle signal wire		1				
D05	Bottom signal wire		1				
D06	Hand pulse top signal wire		1				
D07	Hand pulse bottom signal wire		2				
D08	Button board		1				
D09	Safety key top signal wire		1				
D10	Safety key bottom signal wire		1				
D11	Button board connecting wire		1				
D12	DC motor		1				
D13	AC single wire	Blue 200	1				
D14	AC-single wire	Brown 200	2				
D15	On off button		1				
D16	Running board		1				
D17	Magnet ring		1				
D18	Magnet core		1				
D19	Power wire		1				

The importer of this product assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty for wear parts is valid for 1 year and for frame 3 years, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period.

The warranty applies to the following parts (as far as included in the scope of delivery): frame, electronic devices, wheels and running belt.

The guarantee does not cover:

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions
- Normal wear and tear of the wear parts

The device is intended only for home use.

Manufactured for:
Gymstick International Oy
Ratavartijankatu 11
15170 Lahti, FINLAND



Devices marked with this symbol must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide information on the matter.

