



YOWZA
FITNESS

BOCA

Assembly Instructions
and
Owners Manual

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Yowza Technical Support
877-969-9240

Enter Serial Number: _____

Enter Original Sales Order # _____

Purchase Date: _____

PRECAUTIONS

Precautions:

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

- Use the treadmill only as described in this manual.
- Place on a level surface, with 6 feet (2 m) of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
- When choosing a location for the treadmill be sure that the location and position permit access to a plug.
- Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
- Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
- Keep children under the age of 12 and pets away from the treadmill at all times.
- The treadmill should not be used by persons weighing more than **330LBS (150Kgs)**.
- Never allow more than one person on the treadmill at a time. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
- When connecting the power cord, plug the power cord into a grounded circuit. No other appliance should be on the same circuit.
- Always straddle the belt and allow it to start moving before stepping onto the belt.
- Always examine your treadmill before using to ensure all parts are in working order.
- Allow the belt to fully stop before dismounting.
- Never insert any object or body parts into any opening.
- Follow the safety information in regards to plugging in your treadmill.
- Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.
- Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.
- Never leave the treadmill unattended while it is running.
- Use "safety key" when operating the treadmill and make sure the "safety key" is clipped to the users clothing.
- The cell phone signal might interfere treadmill functions, keep the cell phone away from the motor hood.

Remove the "safety key" and store it in a safe place when the treadmill is not in use. Keep the "safety key" away from children.

POWER REQUIREMENTS

Power Requirements:

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN THE RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDING. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

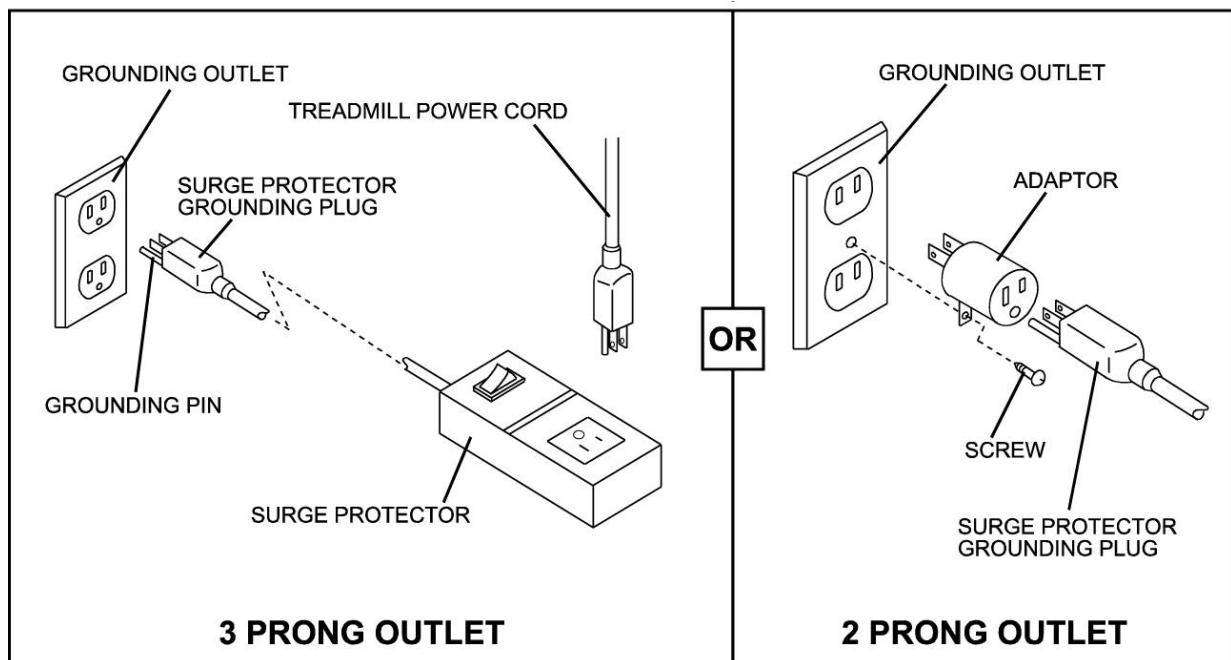
This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (not included) with your treadmill.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating 110VAC, 15 amps.

This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the treadmill malfunction. This treadmill is equipped with an electrical cord that has an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 110-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below.

GFCI outlets and GFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI Circuit Breakers may cause this equipment to function improperly.



BEFORE YOU BEGIN

Open the boxes:

Open the boxes of your new equipment. Inventory all parts included in the boxes, and compare them to the Supplied Components and Supplied Hardware lists on assembling manual for a full count of the parts included. If you are missing any parts or have any questions contact us directly.

Gather your tools:

Before you begin, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than 330LBS (Approx. 150 Kgs). It is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

Care and maintenance:

The safety level can be maintained only if it is examined for damage and wear.

Replace any defective components immediately and stop all use of the equipment until repaired.

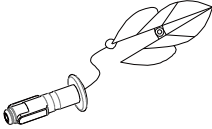

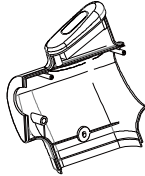
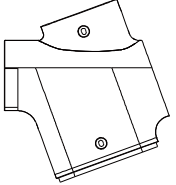

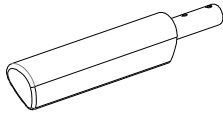

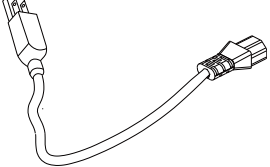

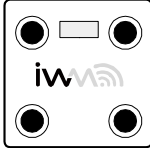
Always take care when mounting the equipment. Straddle the equipment by placing your feet on the straddle rails. Dismount from the equipment only after all parts have stopped.

Always check the wear and tear components like pulley, belts, etc....To prevent injury.

There is an emergency stop, in the form of a SAFETY KEY, to prevent injury; you can stop the treadmill immediately by actuating the emergency stop for emergency dismount.

SUPPLIED COMPONENTS

This list identifies the major components you will use to assemble this product.

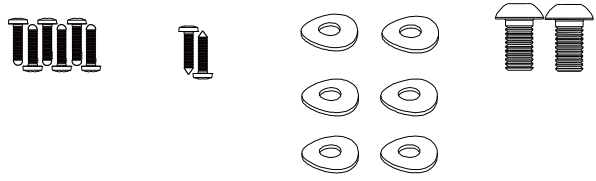
No.	Description	Qty.	105	109	202	203
105	Safety Key	1	1X	1X	2X	2X
109	Pad soft cushion	1				
202	Handle bar cover-Left	2				
203	Handle bar cover-Right	2				
204	Upright tube lower cover	2				
205	Handle Bar sets	2	204	205	208	C
208	Handlebar cover insert	2	2X	2X	2X	1X
C	Power cord	1				
E	Silicone bottle	1				
903	IWM weight scale	1				
			E	903		
			1 x	1X		
						

SUPPLIED HARDWARE

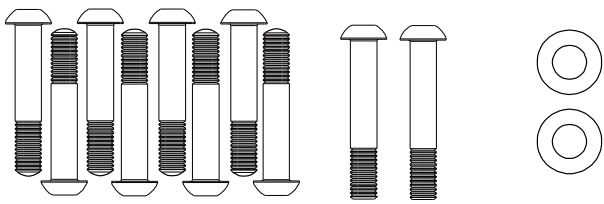
This list identifies the hardware you will use to assemble the product. To help distinguish between the various types of screws and bolts, use the scale below to measure them and compare them to the sizes listed.

No.	Description	Qty.
844	Screw M4X15	6
845	Screw M4X12	2
808	Curve washer ϕ 8.5X20.5X2	6
810	Button head inner hexagon Bolt M8X18	2
806	M8X45x15 Button head inner hexagon Bolt	8
824	M8X52x17 Button head inner hexagon Bolt	2
826	Washer ϕ 8X17X1.5	2
223	Upright rubber cap- OD14X6.5	2
A	5mm Allen Wrench	1
B	Screw driver	1

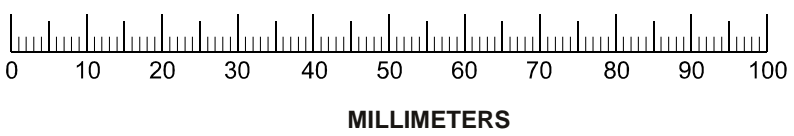
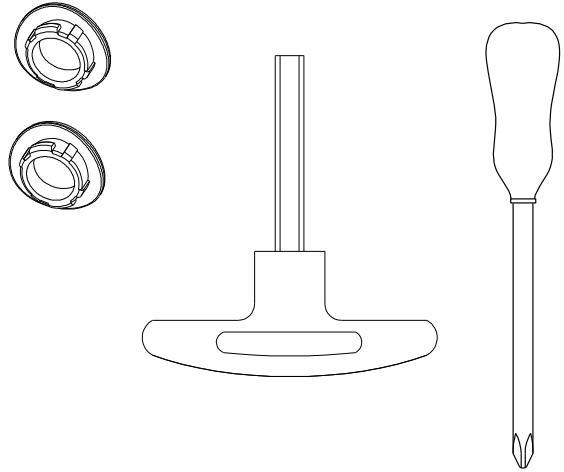
844 4X15MM 6X 845 4X12MM 2X 808 8MM 6X 810 M8X18X18 2X



806 M8X45X15 8X 824 M8X52X17 2X 826 8X17X1.5 2X

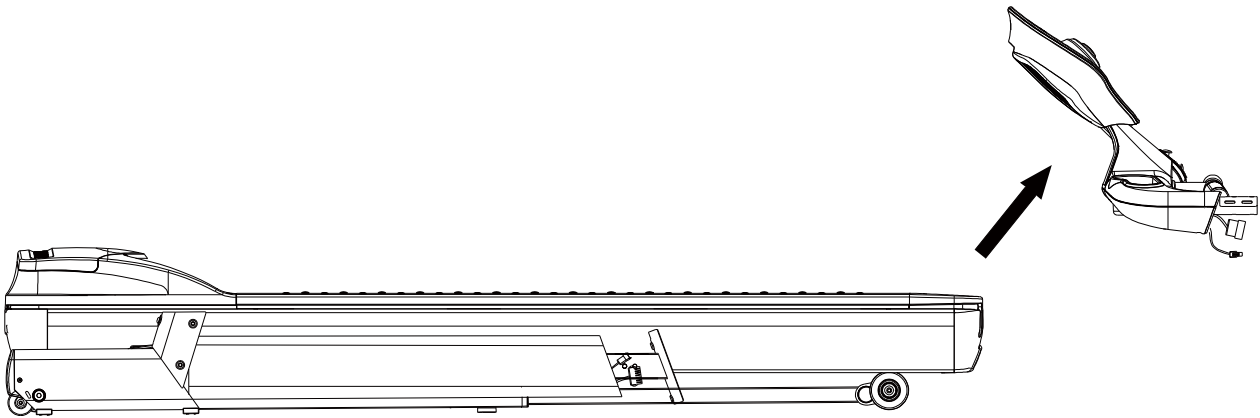
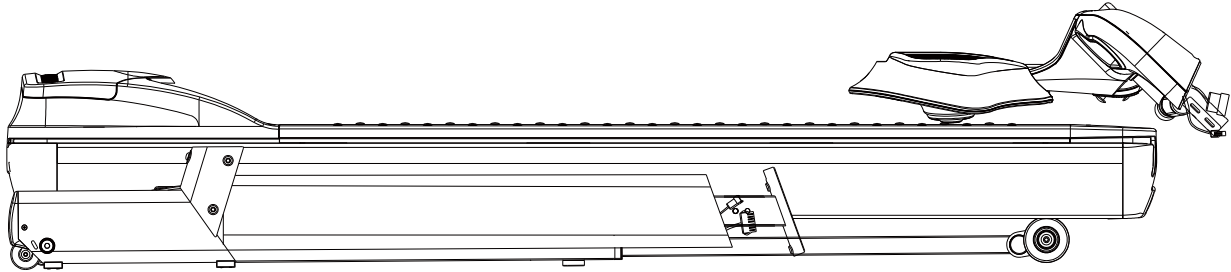


223 2X A 5mm 1X B 1X



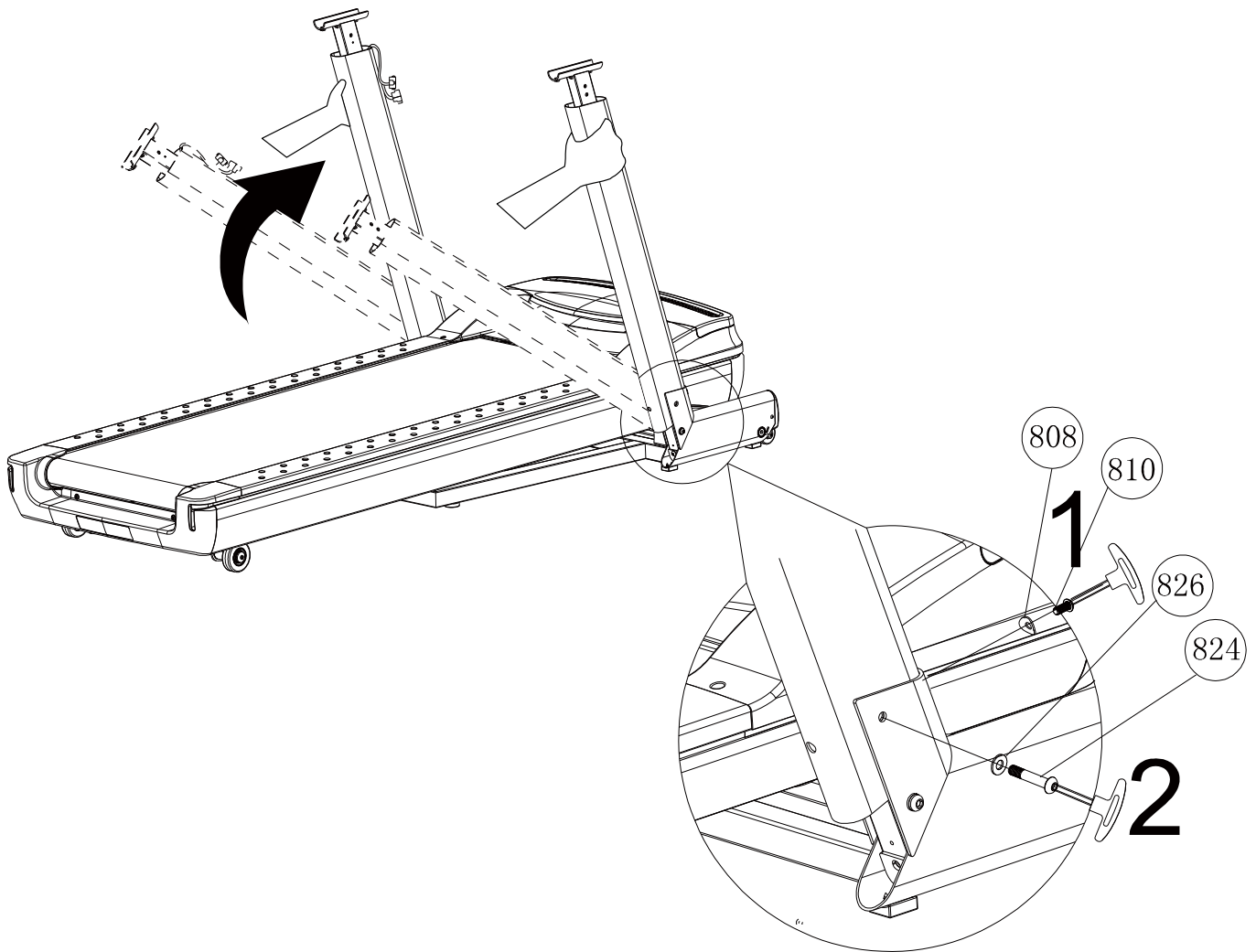
TREADMILL OVERVIEW



ASSEMBLY

- (A) Remove your treadmill from the carton and place it on the floor in an open area.
- (B) Remove the treadmill and all the components and hardware from the box.
- (C) Check the quantities of all components and hardware with the component and hardware lists on pages 6-7.
- (D) After verifying inventory if there are any missing parts please contact Yowza fitness at 877-969-9240.

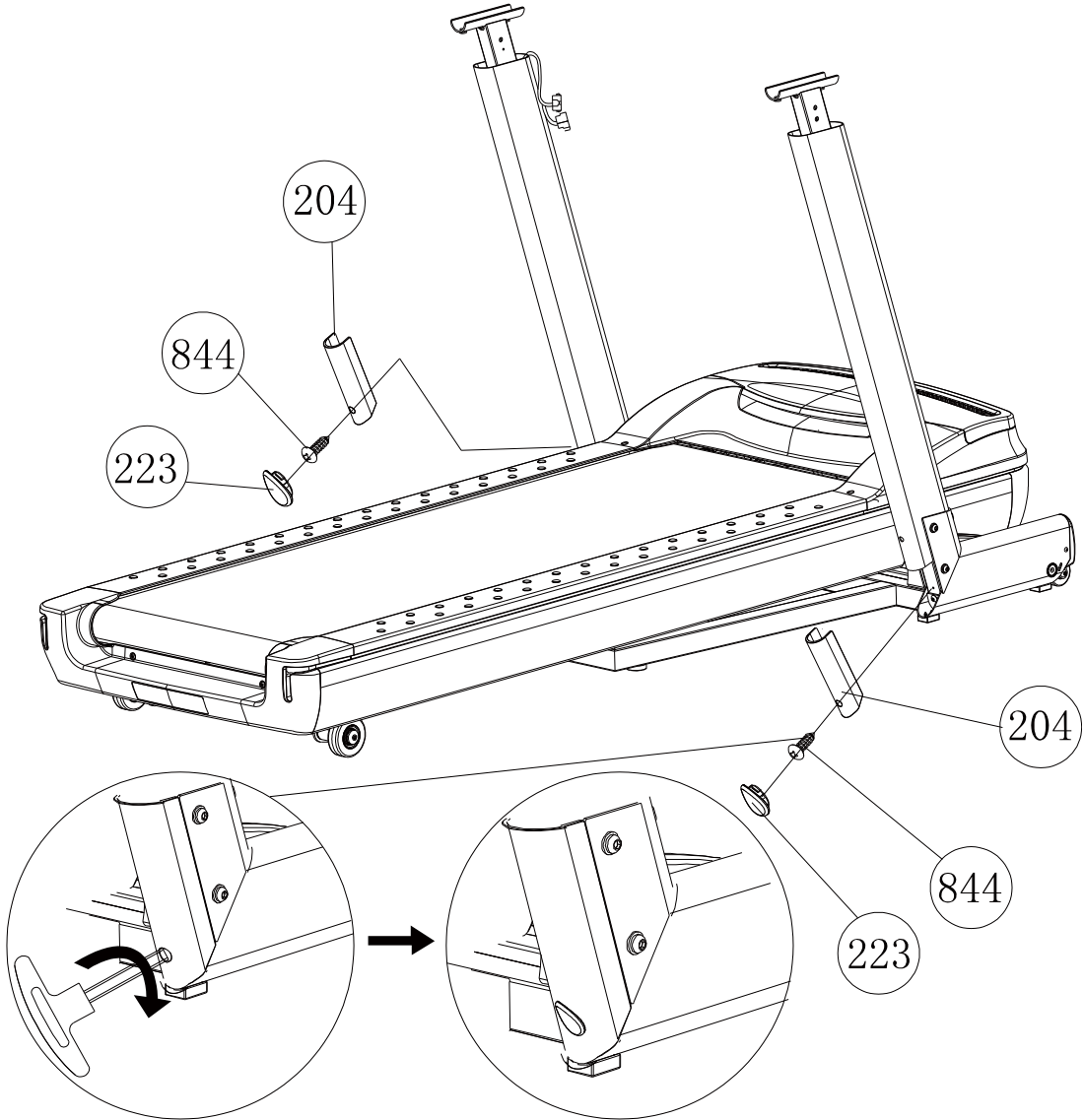
STEP1 ASSEMBLY




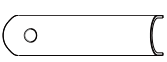

STEP1-A). Rotate the Uprights up to vertical position.
 STEP1-B). Using the Washer (826) and M8x58mm Bolt (824) to secure the upright to frame by Allen wrench (A).
 STEP1-C). Using the Curve washer ϕ 8.5X20.5X2 (808) and Button head inner hexagon Bolt M8X18(810) to secure the upright to frame by Allen wrench (A).

808	X2	
810	X2	
826	X2	
824	X2	

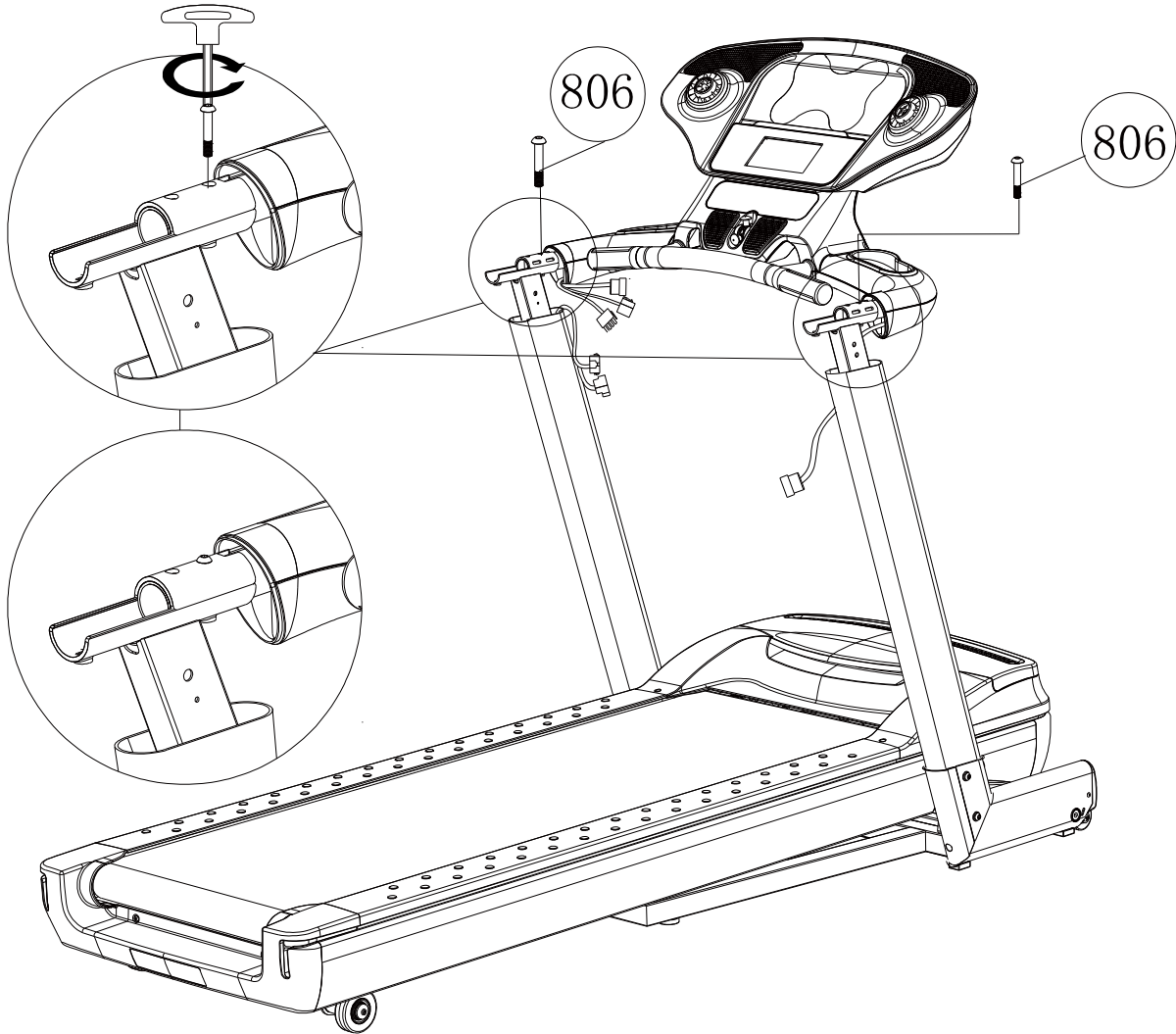
STEP2 ASSEMBLY




STEP2). Attach the Upright tube lower cover (204) to the upright lower section, using the Screw M4X15 (844) to fasten. Then insert the Upright rubber cap-OD14X6.5 (223)

844	X2	
204	X2	
223	X2	

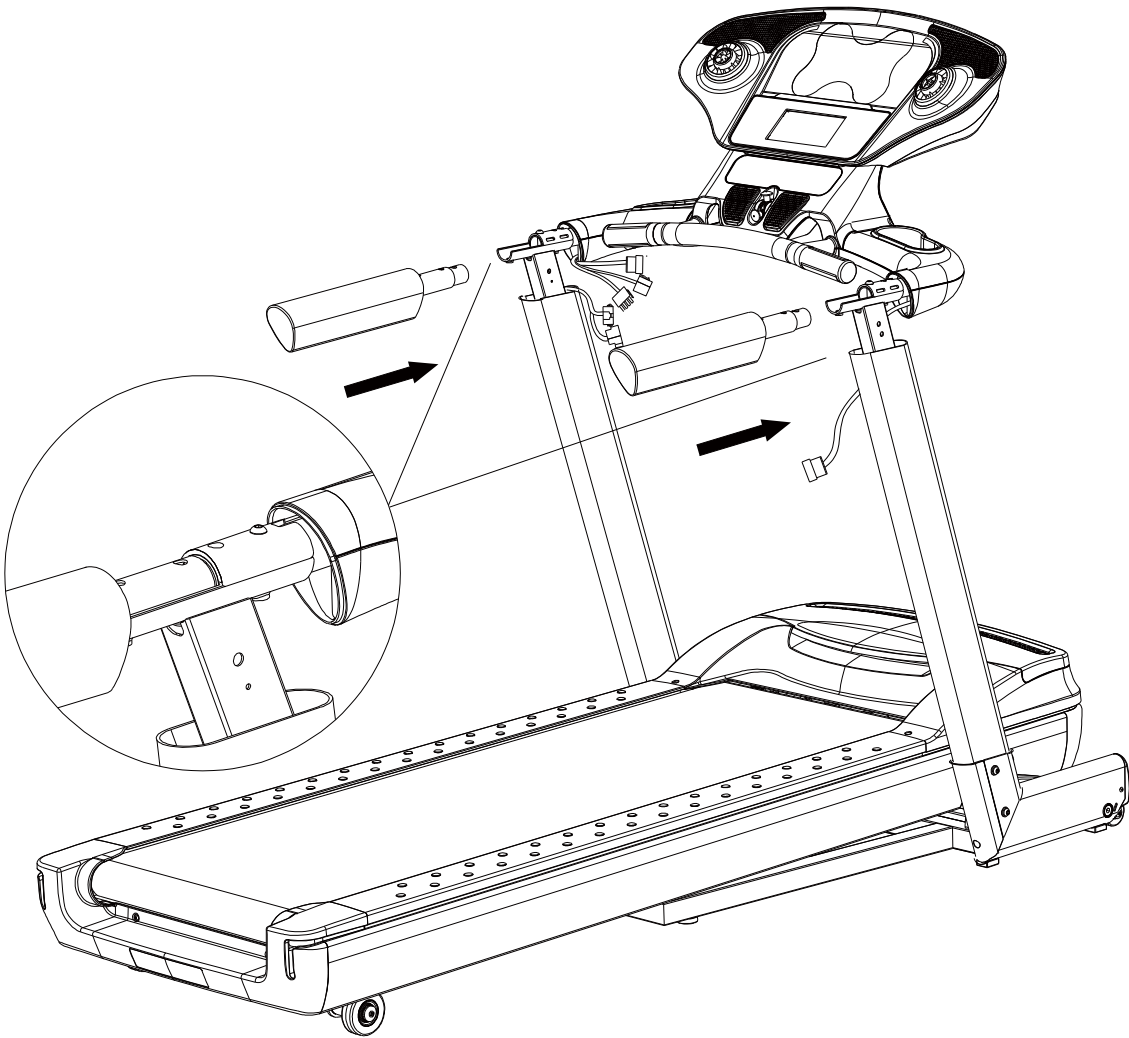
STEP3 ASSEMBLY



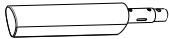
STEP3). Hold up the console Semi-finished product assembly and put it onto the upright bracket. Please make sure that the holes must be overlapping. Using the Button head inner hexagon Bolt M8X42x10(806) to fasten slightly

806	X2	
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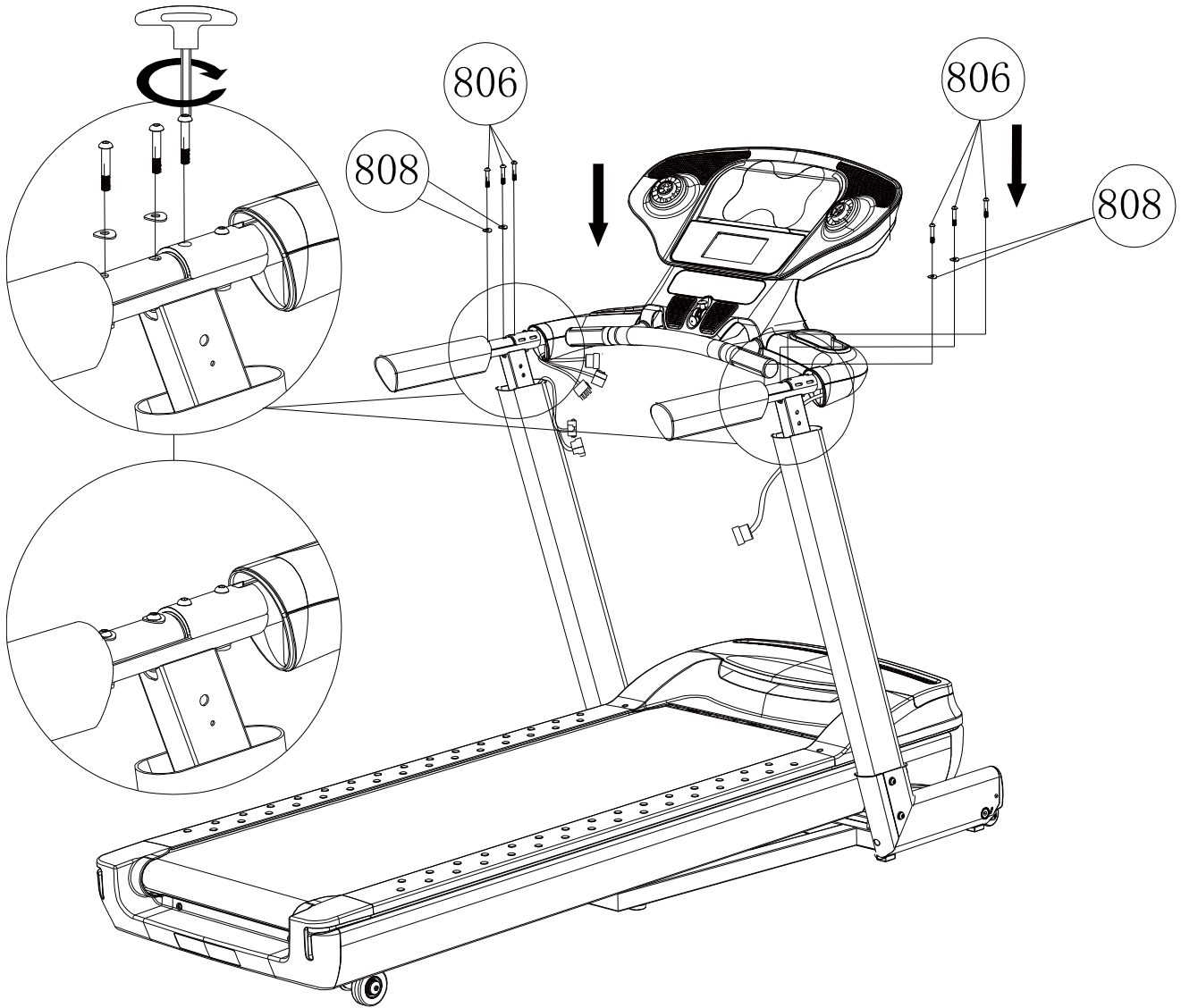
STEP4 ASSEMBLY



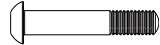
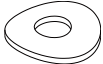
STEP4). Attach the Handlebar (205) into the console support tube, rotate the handlebar until the screw holes are overlapping completely

205	X2	
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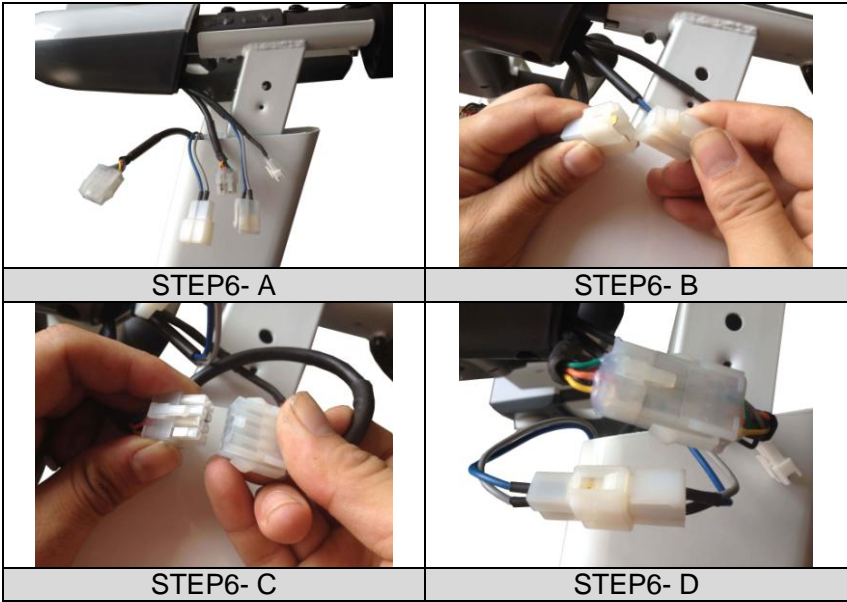
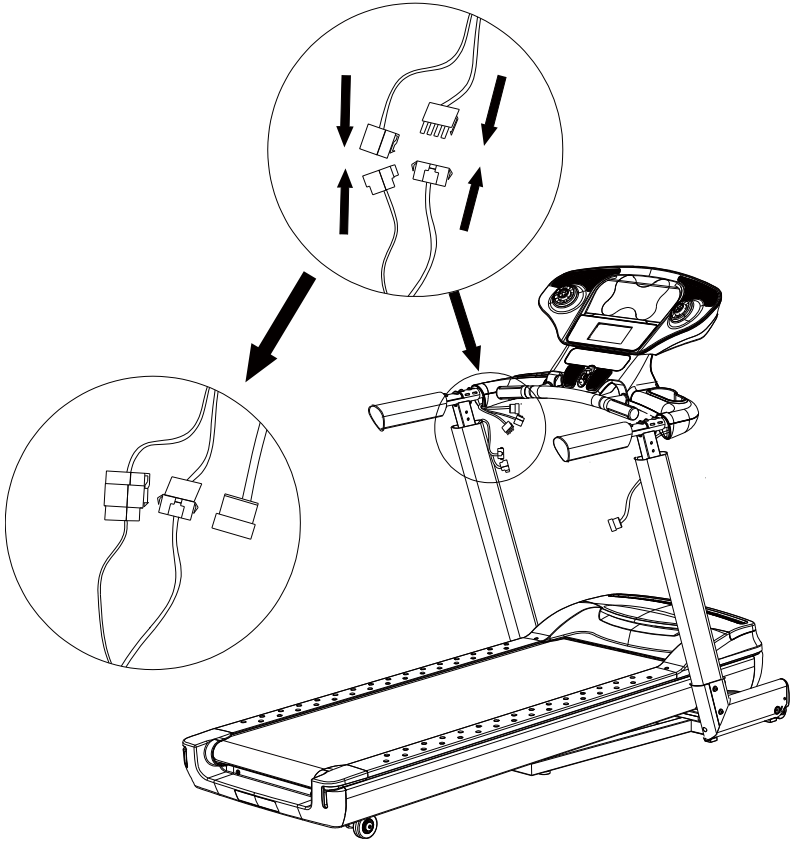
STEP5 ASSEMBLY



STEP5).Using the Button head inner hexagon Bolt M8X42x10 (806) and Curve washer ϕ 8.5X20.5X2 (808) to fix them together by 5mm Allen Wrench(A).
All Button head inner hexagon Bolt securing again

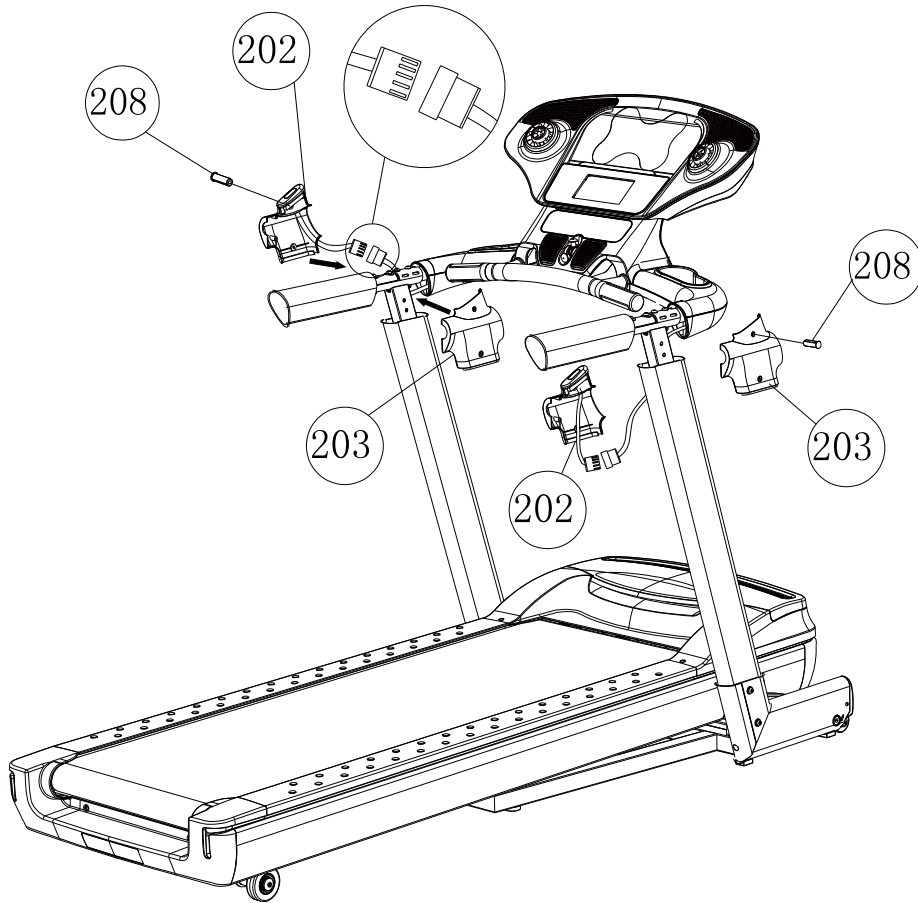
806	X6	
808	X4	

STEP6 ASSEMBLY



STEP6) Connecting the cables plug between console and upright. Users need to be careful to distinguish the direction then insert together

STEP7 ASSEMBLY



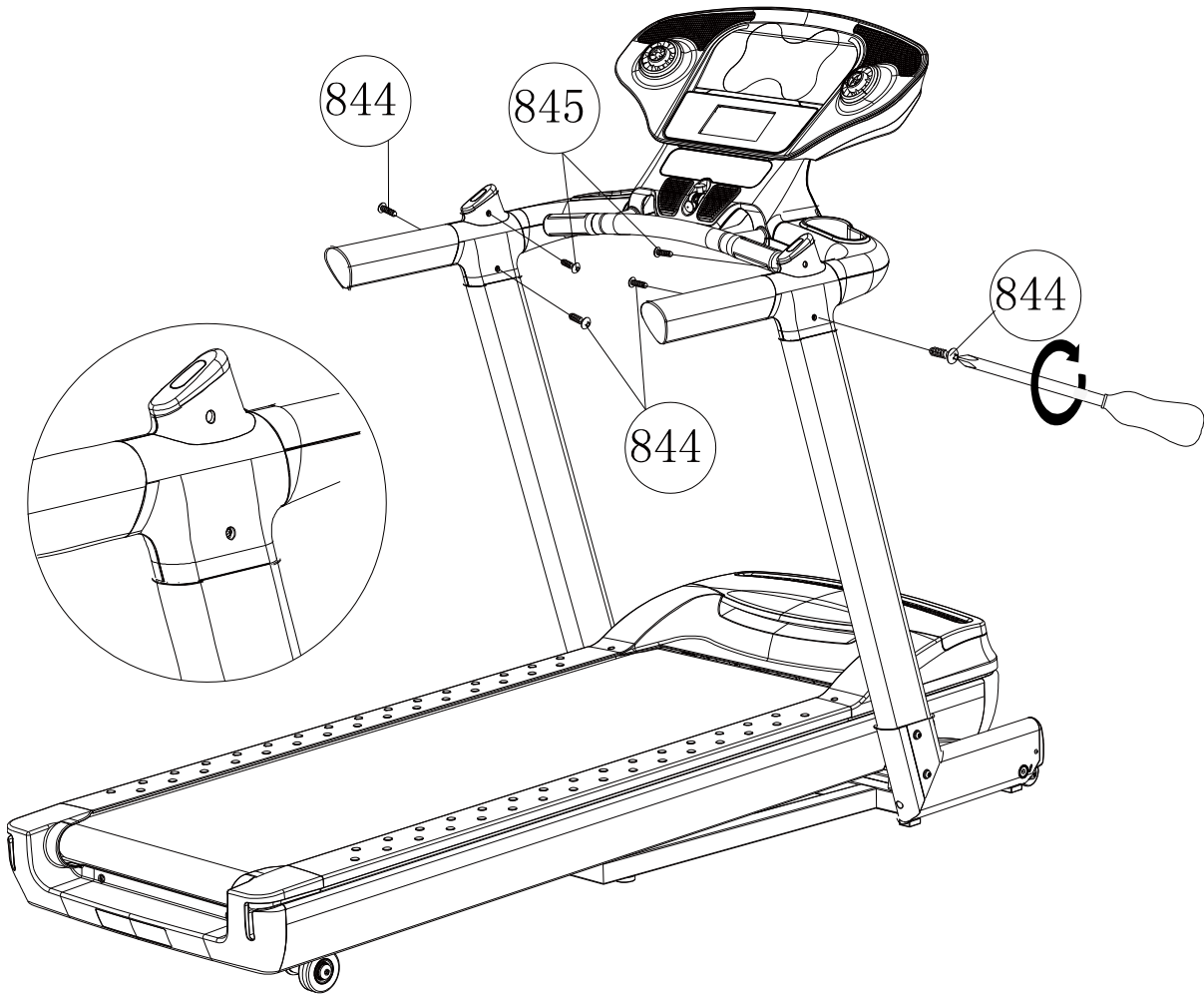
STEP7-A). Attach the Handle bar cover-Left(202) and Handle bar cover-Right(203)

STEP7-B). Connecting the motion control sensor plug



STEP7-C).Insert the Handlebar cover insert(208)

208	X2	
202	X2	
203	X2	

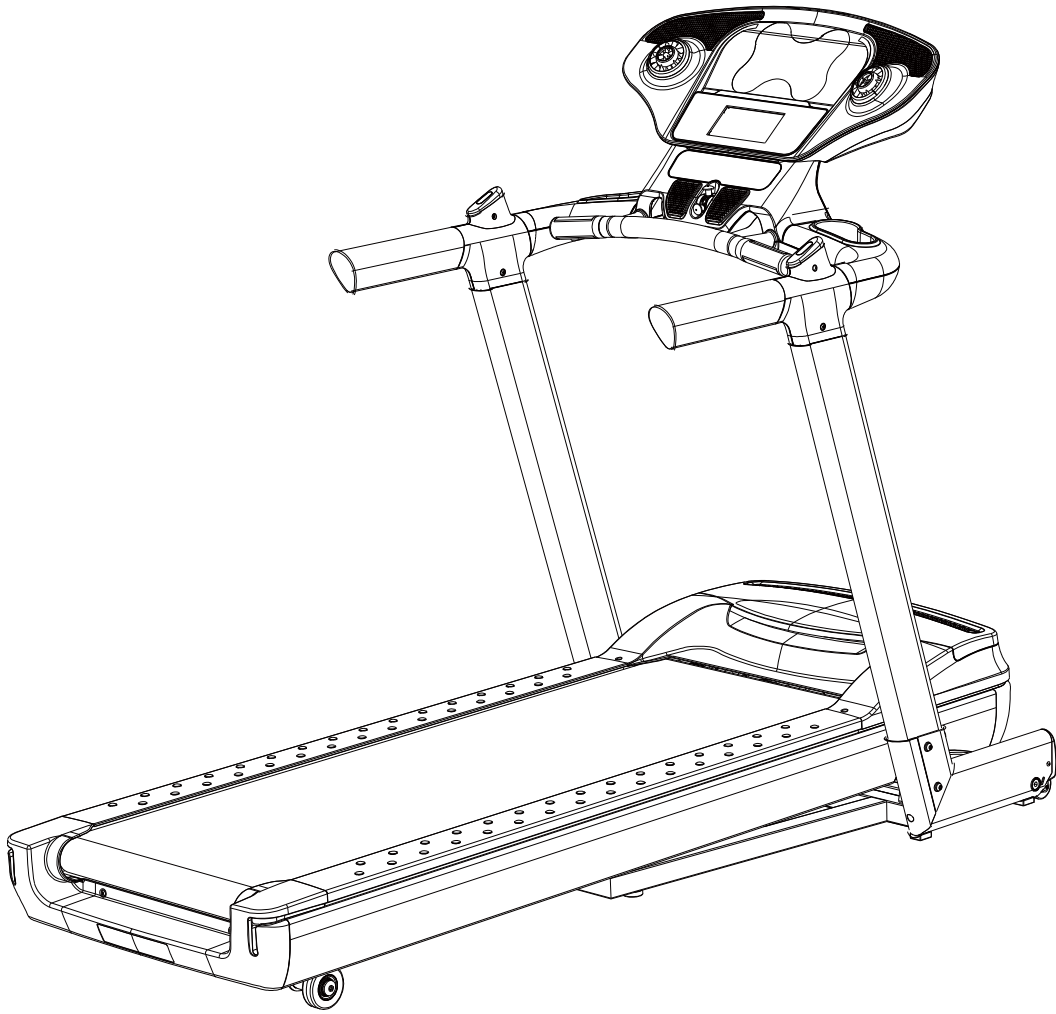
STEP8 ASSEMBLY



STEP8. Fixed Handle bar cover together using Screw M4X15 (844) and Screw M4X12 (845)

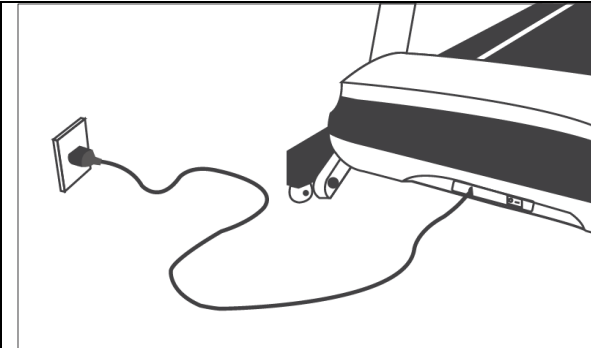
844	X4	
845	X2	

STEP9 ASSEMBLY

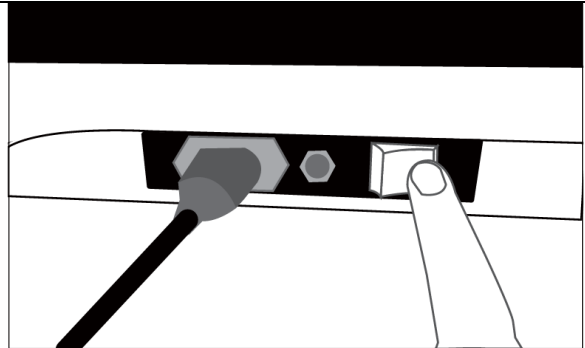


Assembly completely!

POWER ON COMPUTER



1. Connecting the power cord



2. Press down the power switch to turn on



3. Inserting the safety key into the slot of console

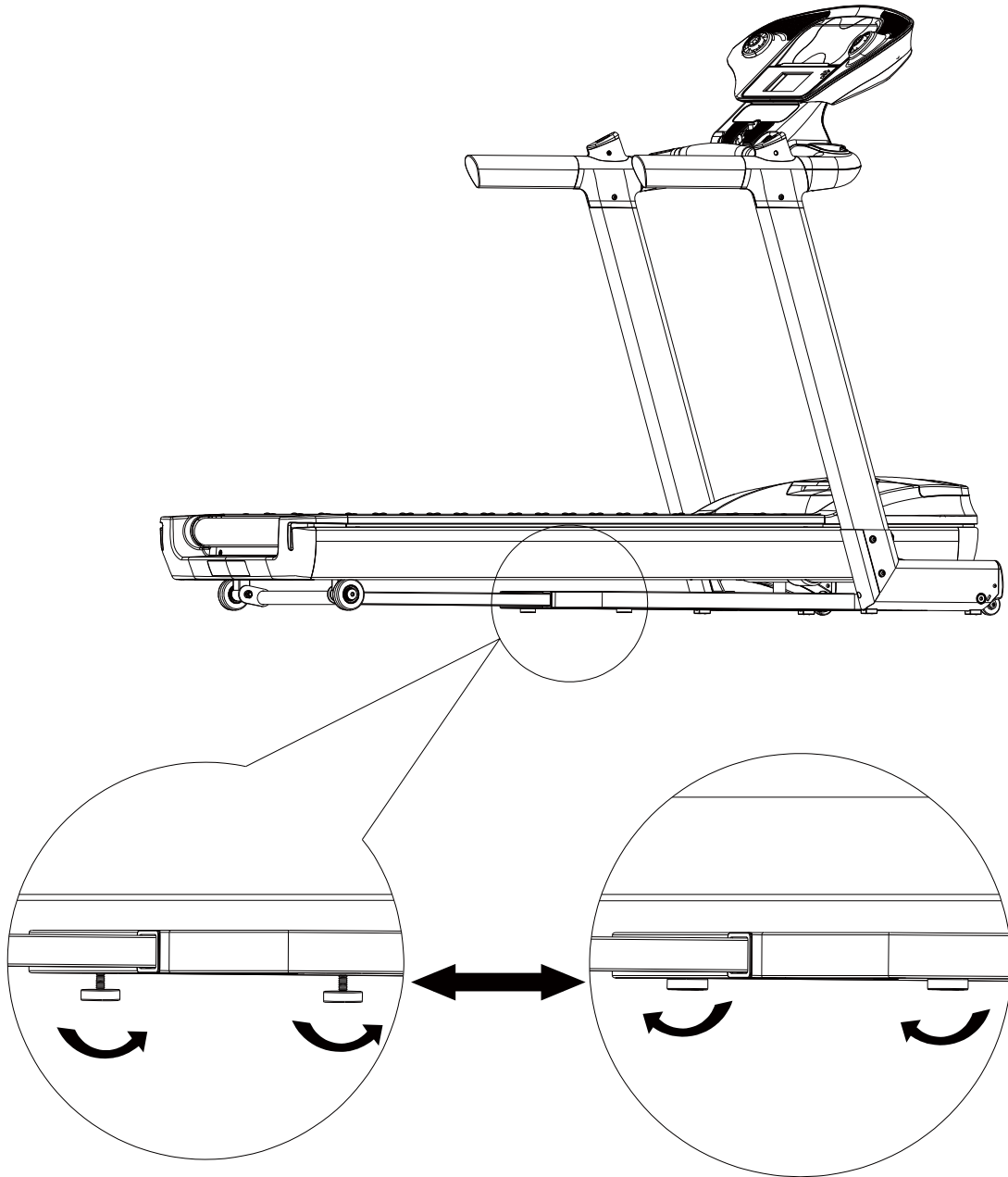


4. Press the safety key inside slightly, and turn it to the up to light up the LCD

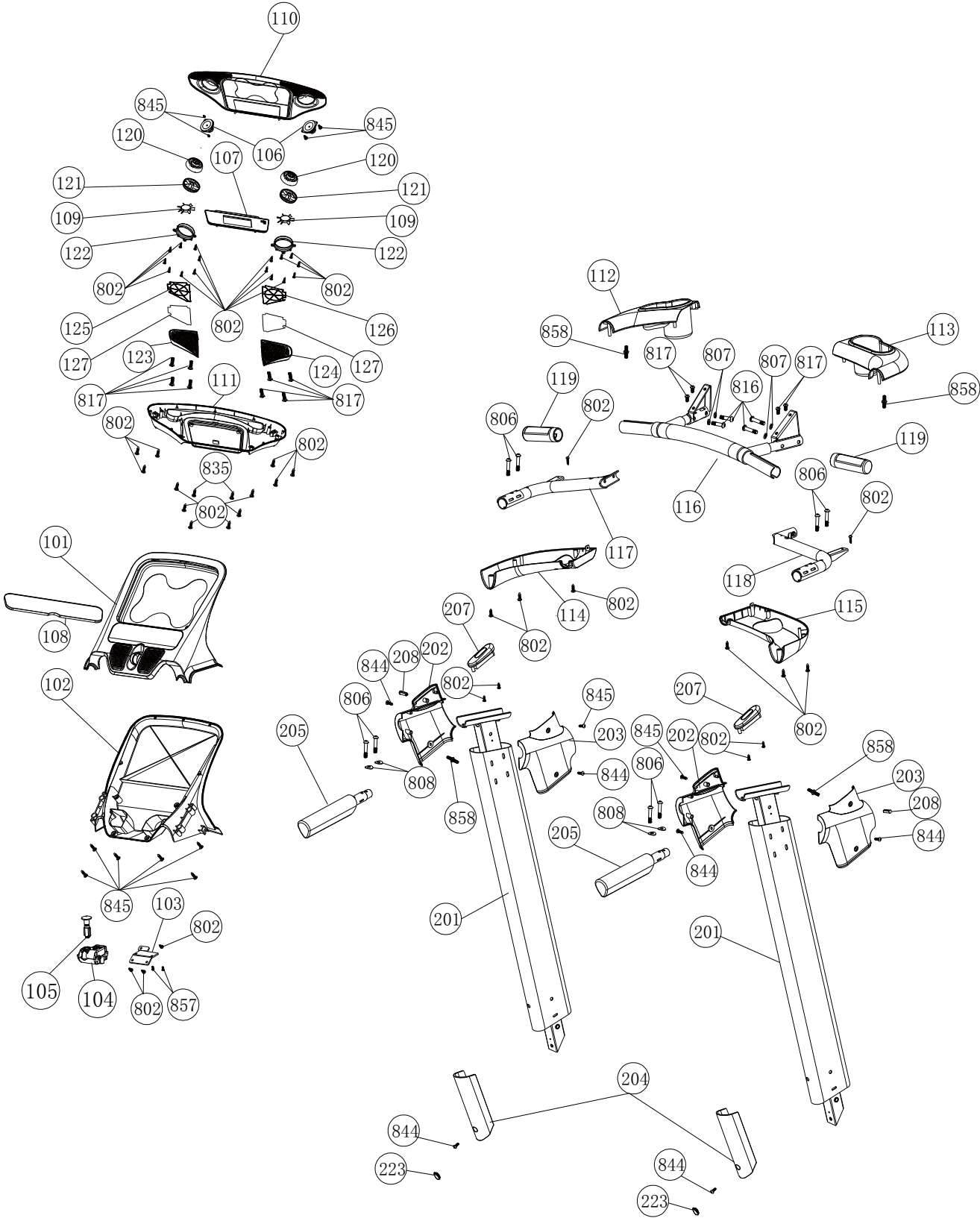
ADJUSTABLE CUSHION

How to adjust the level for treadmill:

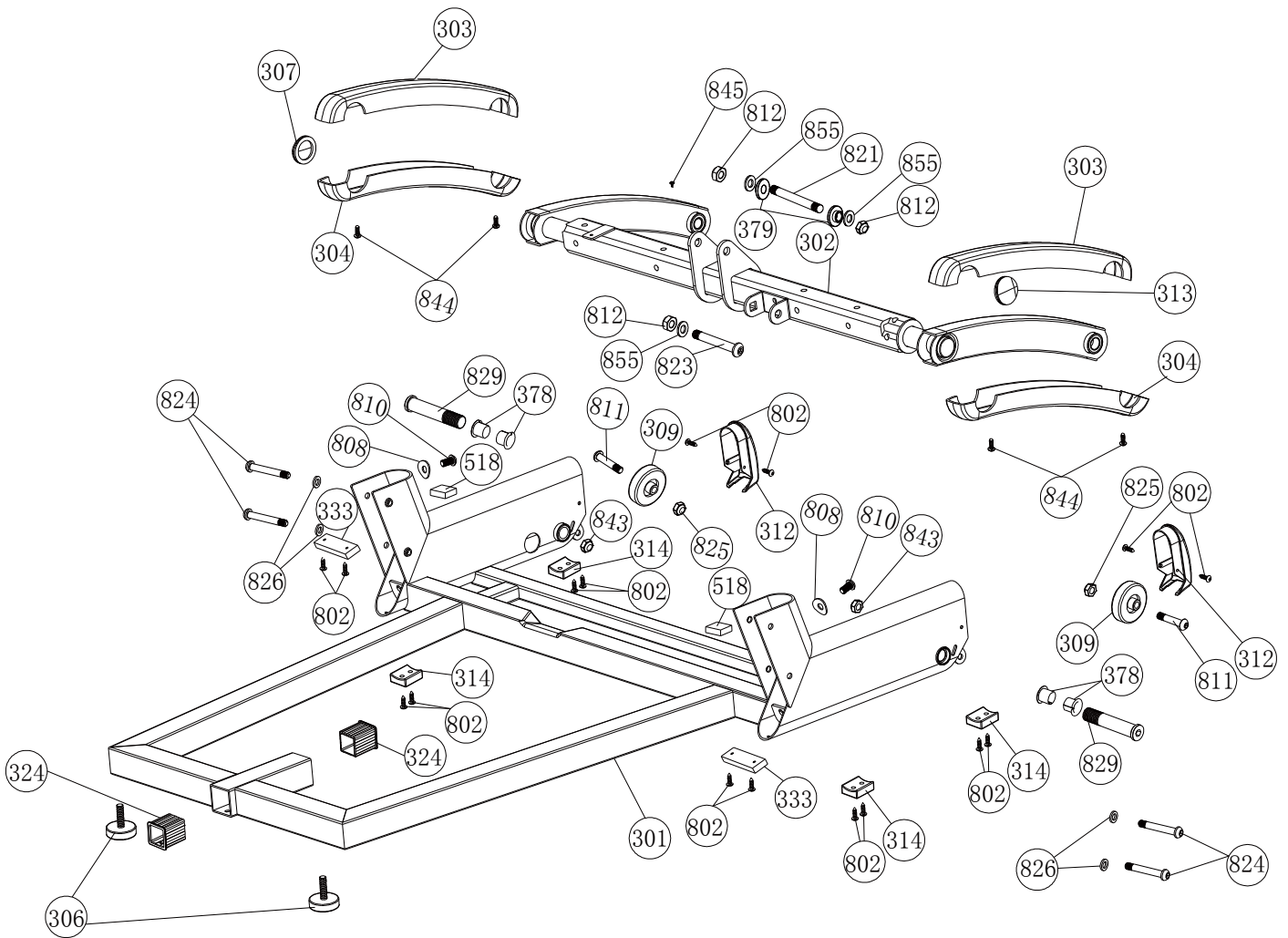
You can adjust the Rear adjustment cushion as following show when you unfold treadmill on the floor



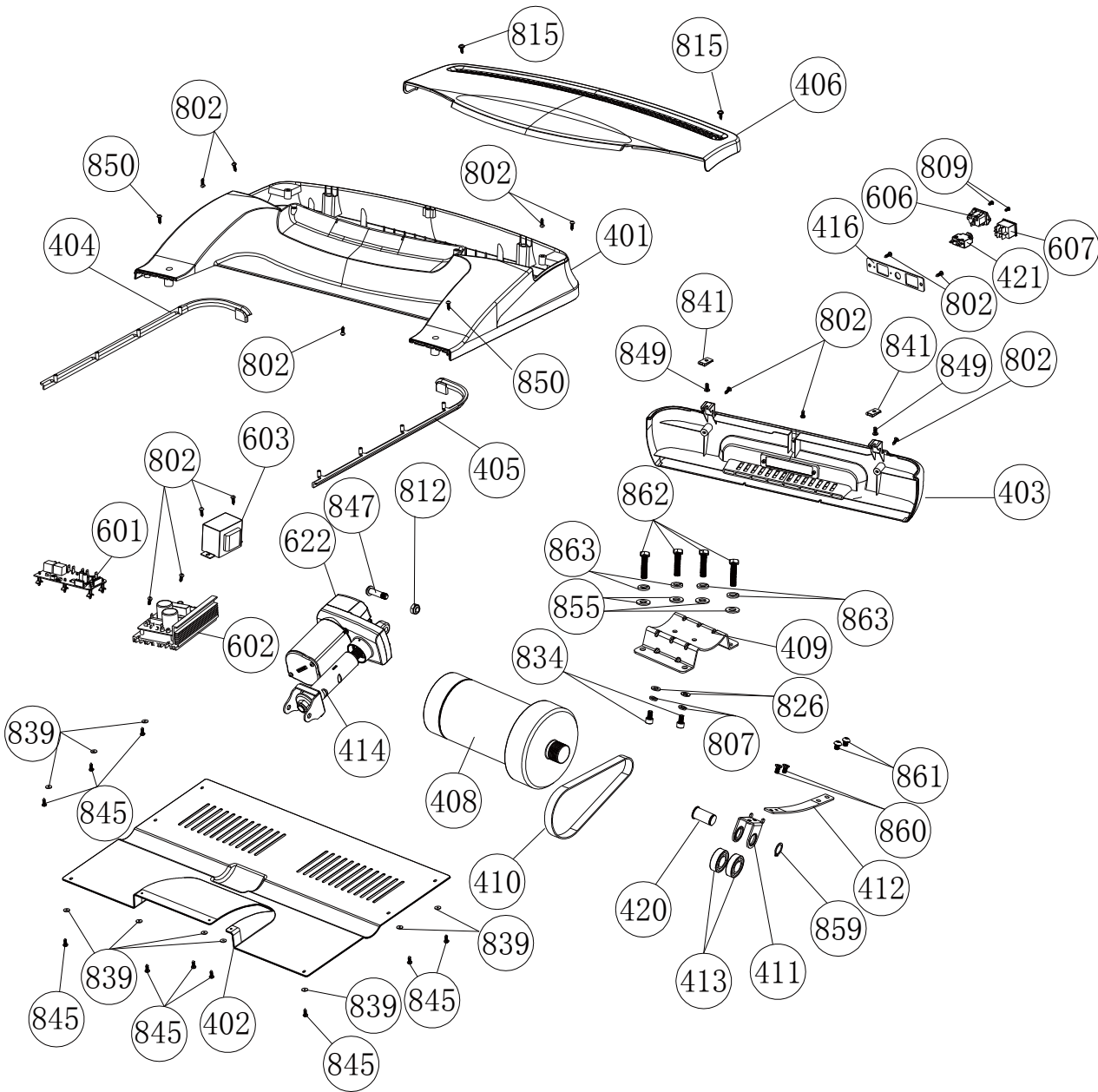
EXPLODED DIAGRAM



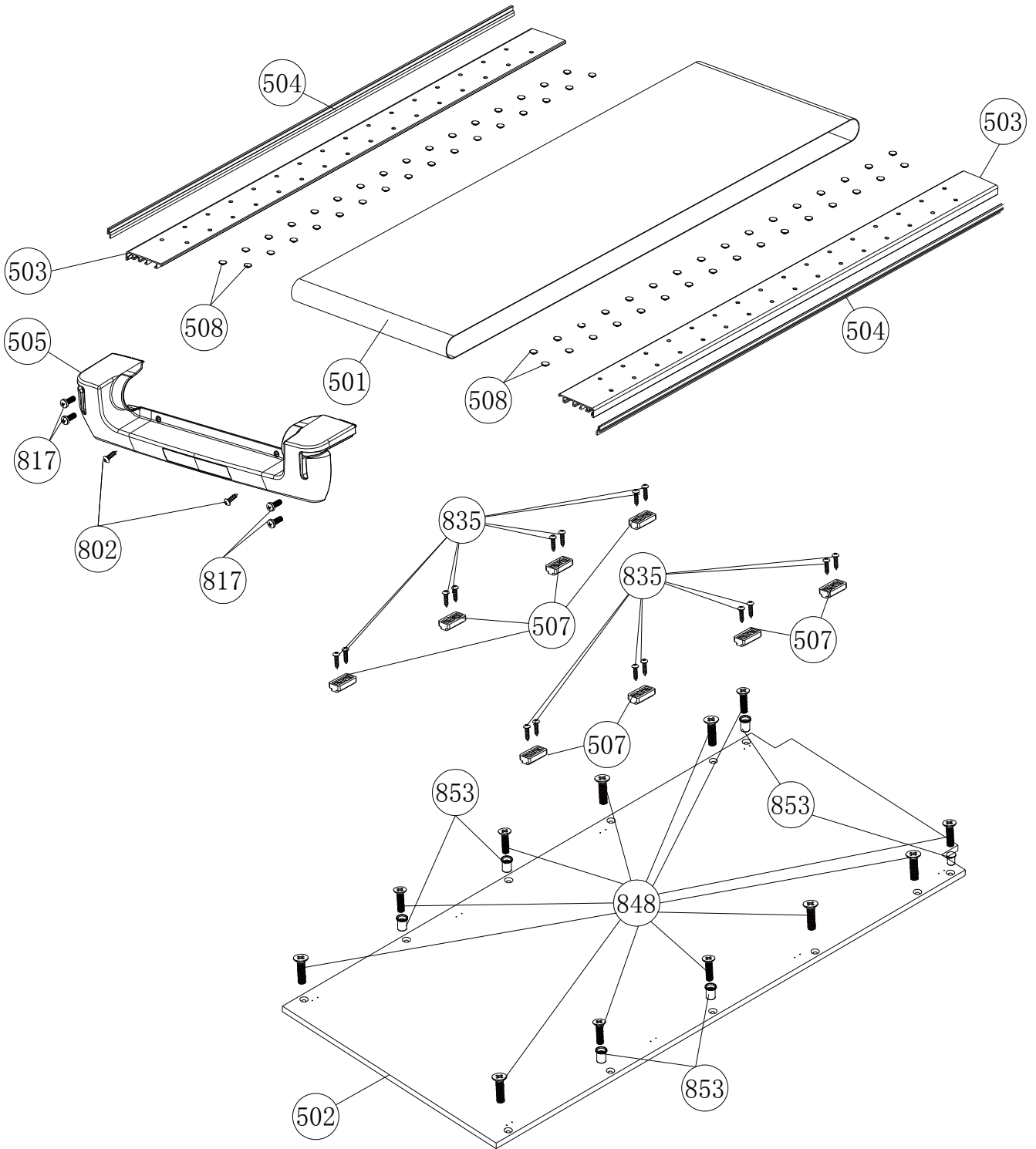
EXPLODED DIAGRAM



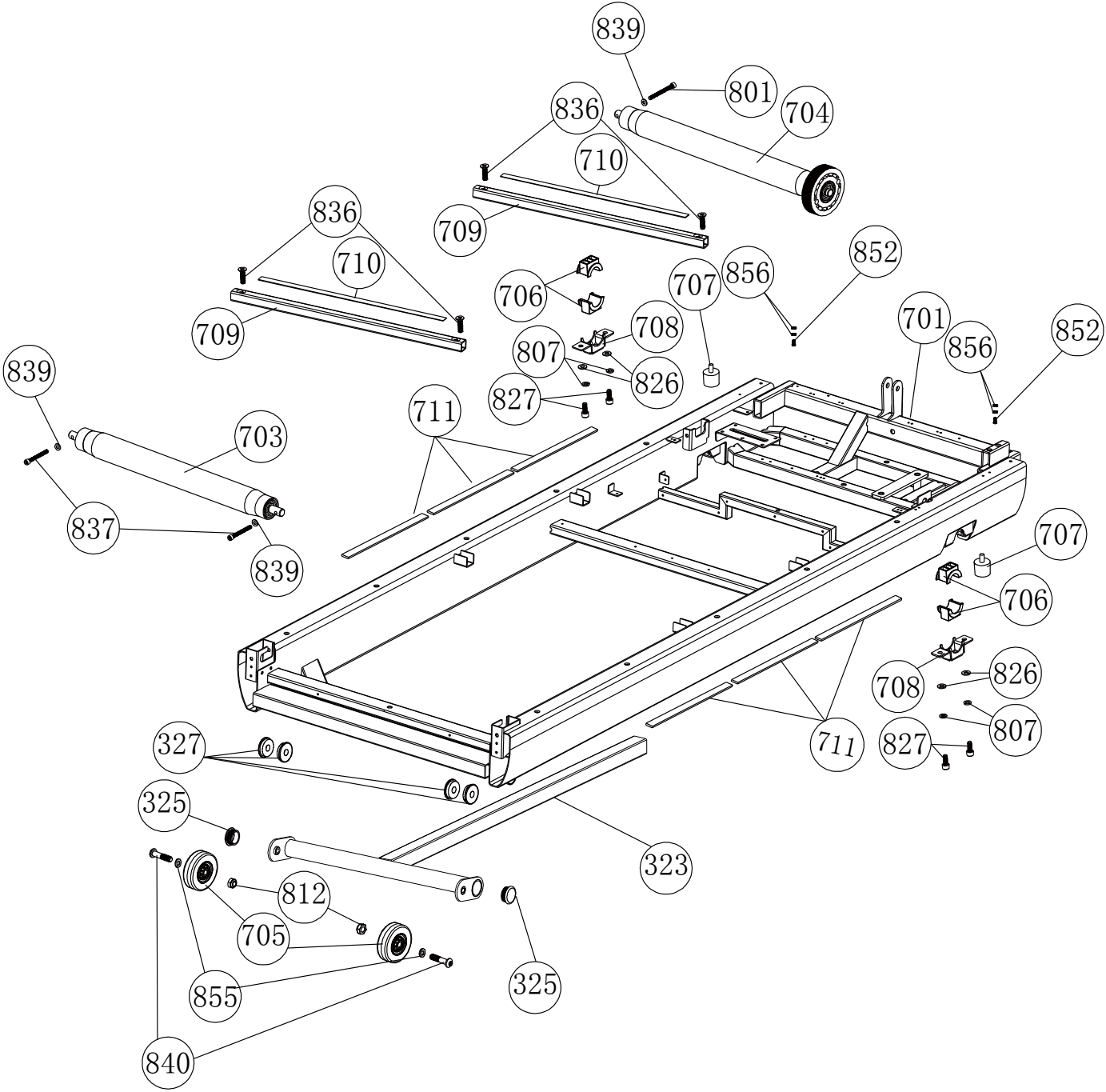
EXPLODED DIAGRAM



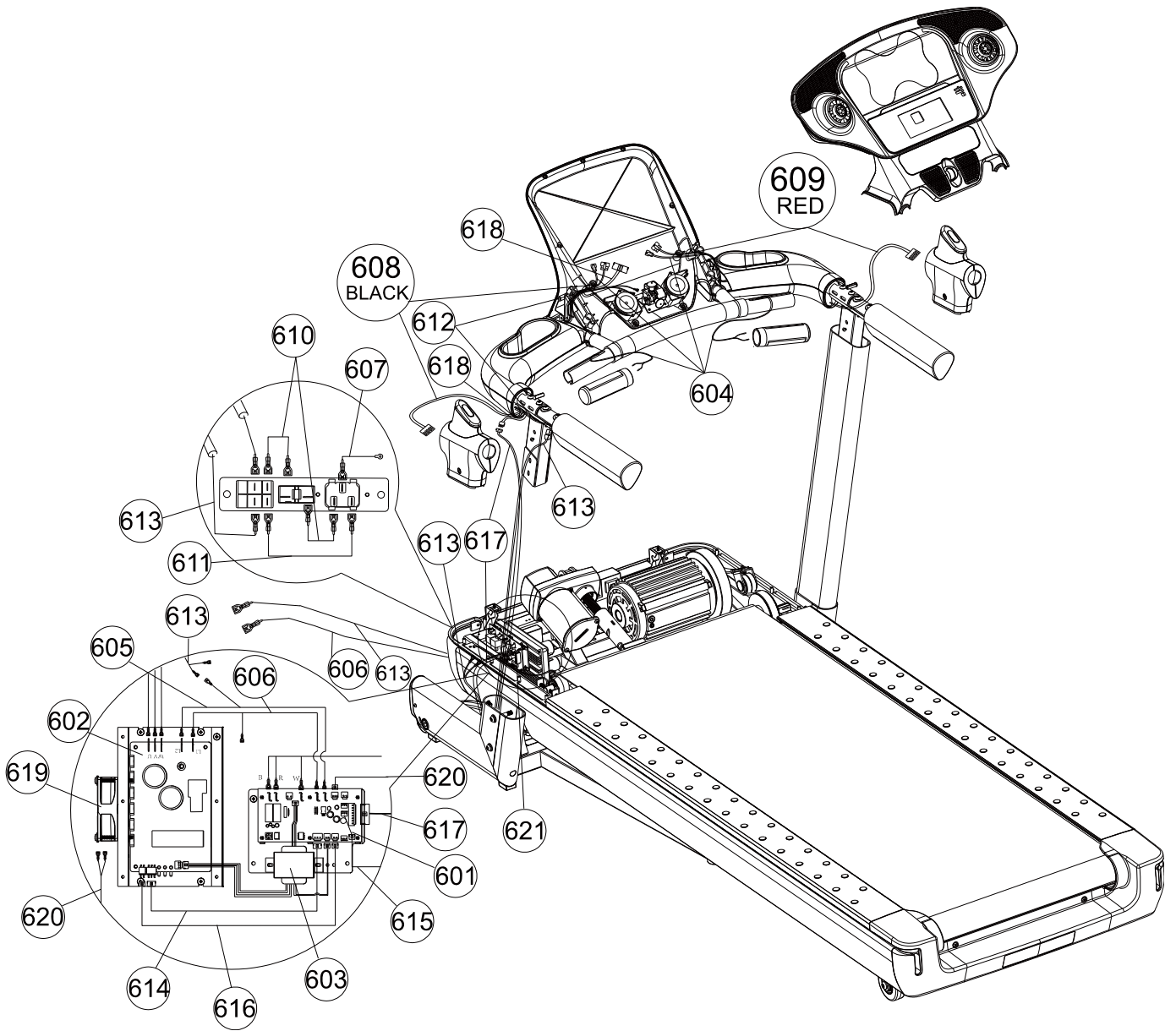
EXPLODED DIAGRAM

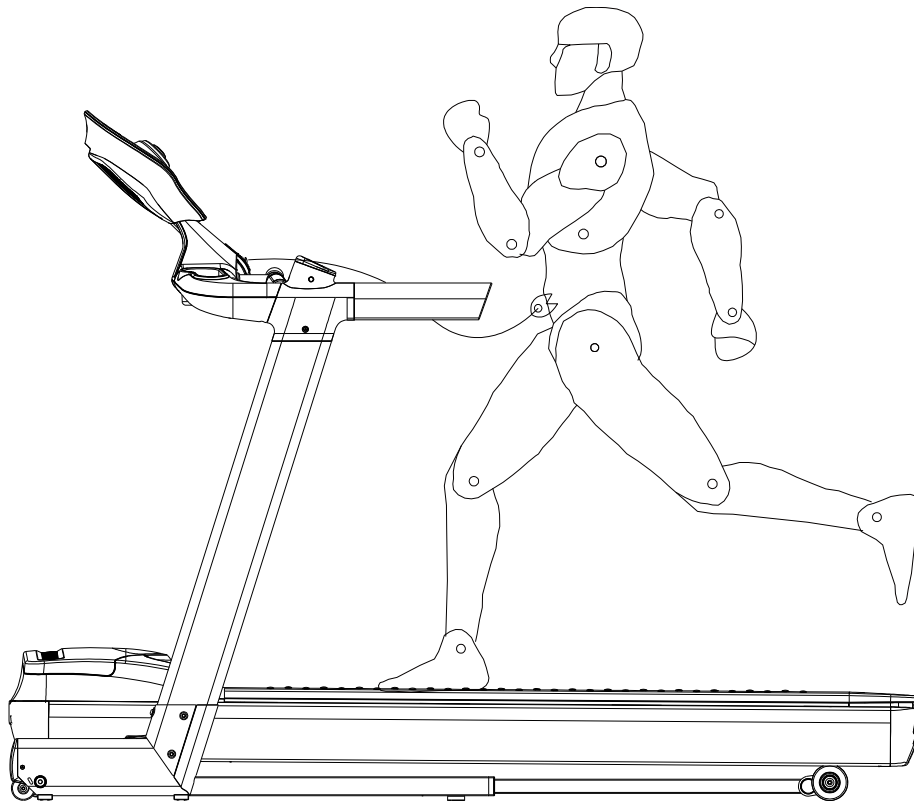


EXPLODED DIAGRAM



WIRING DIAGRAM



CORRECT USE

Correct biomechanical position: Please refer to left picture. Running straight on the treadmill is made easier by focusing on a fixed object in front of you in the room. Run as if you wanted to approach the object. Always keep a distance which you can reach the front hand bar.

Major exercise type: This equipment focuses on your lower body, and it can train your thigh and shank muscles

Important: Incorrect/excessive training can cause health injuries.

MAINTENANCE

HOW TO MAINTAIN THE SEBRING TREADMILL:

Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill and exceed the LIMITED WARRANTY coverage.

- **Important: DO NOT** use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- Inspect and tighten all parts of the treadmill regularly. Replace any damaged or worn parts immediately.

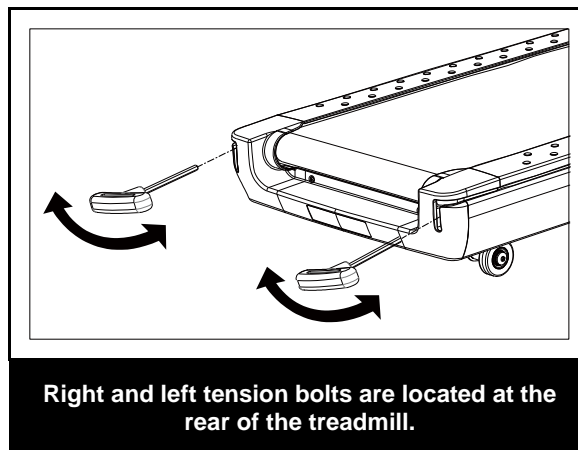
BELT ADJUSTMENT:

ALL BELT ADJUSTMENTS ARE CONSIDERED MAINTENANCE, AND ARE THE RESPONSIBILITY OF THE END USER.

Belt adjustment and tension performs two functions: adjustment for tension and centering. The running belt has been adjusted properly at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing on the plastic side rail or end caps and possibly causing damage to the equipment. To adjust the belt back to it's proper position please follow the directions below:

- **Walking belt has shifted to the left:** First unplug the power cord from the surge protector. Using the hex key provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.
- **Walking belt has shifted to the right:** First unplug the power cord from the surge protector. Using the hex key provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.
- **Walking belt is slipping:** First unplug the power cord from the surge protector. Using the hex key provided, turn both the left and right rear roller adjustment bolts the equal amounts, 1/2 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should now walk on the belt to determine if the belt is still slipping. Repeat the above procedure until the walking belt is not slipping. The tension should be just tight enough not to slip. If proper tension cannot be achieved within four attempts please contact Yowza Fitness Technical Support. Belt centering may be necessary once you have completed the tensioning procedure.

WARNING! Do not over tighten rollers! This will cause premature roller bearing failure!



MAINTENANCE

CLEANING:

Routine cleaning of your treadmill will extend the product's life.

- **Warning:** To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.
- **Important: DO NOT** use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- **After each workout:** Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.
- **Weekly:** Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

DECK LUBRICATION:

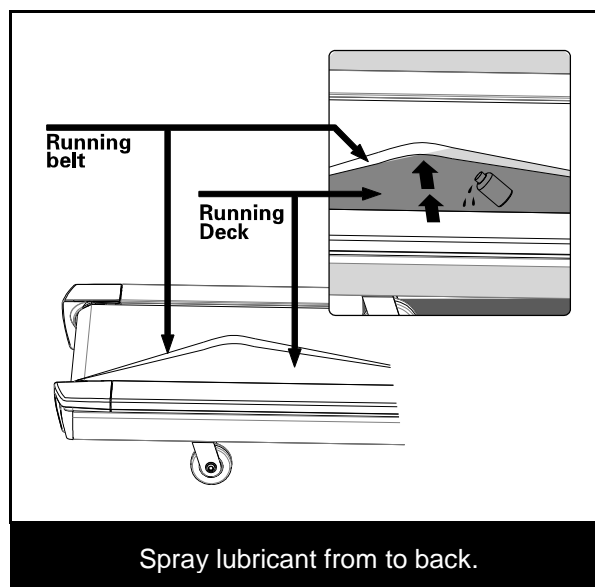
The walking belt has been pre-lubricated at the factory. However, it is recommended that the running deck be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within the first 400 hours of use.

Every 2 months of operation lift the sides of the walking belt and feel the top surface of the running deck as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

To apply lubricant under the walking belt:

1. Position the walking belt so that the seam is located on top and in center of the walking board.
2. Insert the spray nozzle into the spray head of the lubricant can.
3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 6" from the front of the treadmill and as far to the center as possible. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 1/4 bottle (supplied with treadmill) each time.

Allow the silicone to "set" for 1 minute before using the treadmill.



IMPORTANT STEPS**Warning:**

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.

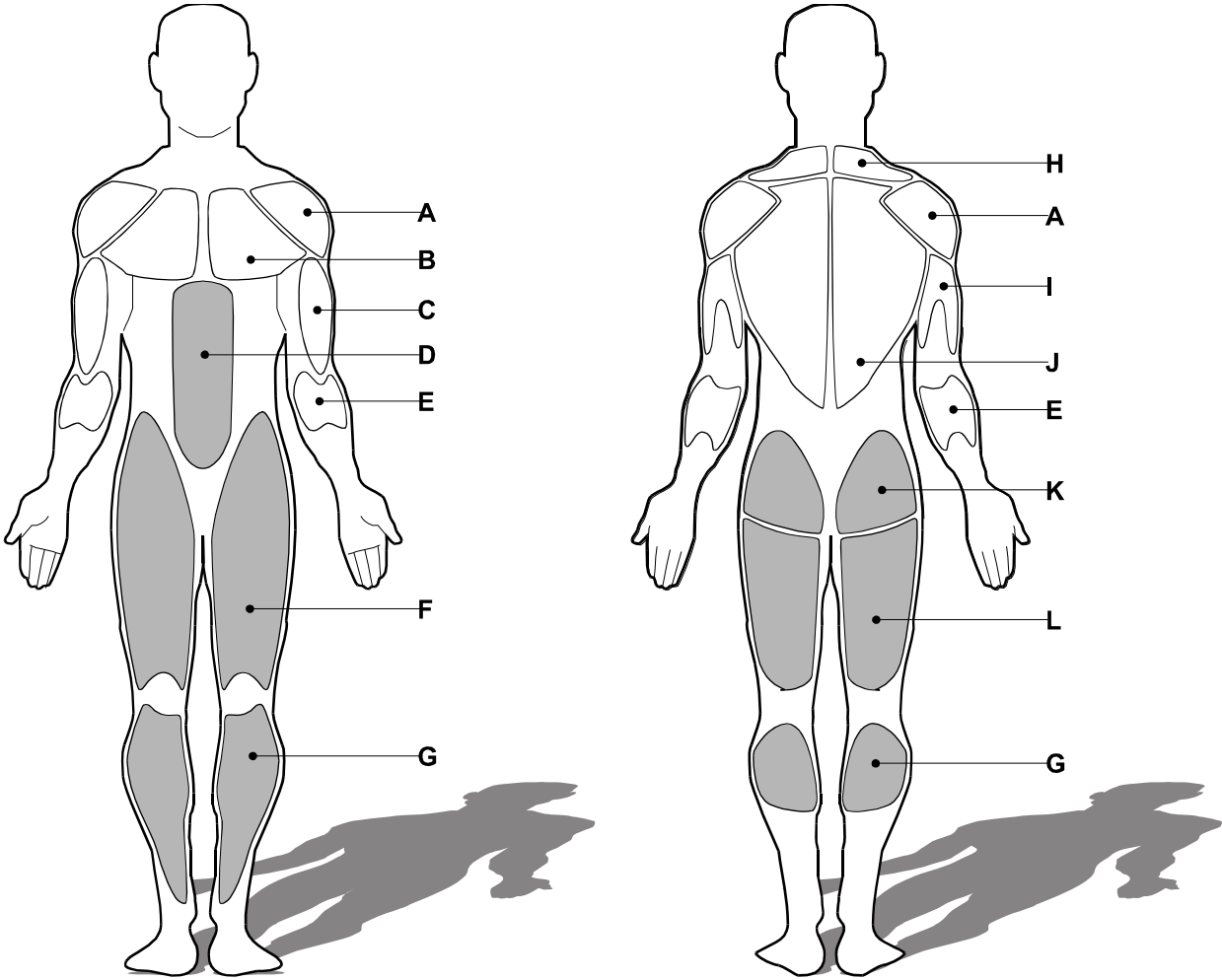


The Surgeon General
has determined that lack
of physical activity is
detrimental to your health.™

MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.



MUSCLE GROUPS

A	Shoulder muscles	Calf muscles	G
B	Pectoral muscles	Trapezius muscles	H
C	Bicep muscle	Tricep muscles	I
D	Abdominal muscles	Back muscles	J
E	Forearm muscles	Gluteal muscles	K
F	Quadricep muscles	Hamstring muscles	L

STRETCHING ROUTINE

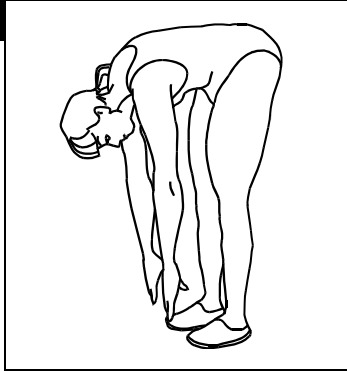
Warm up and cool down:

A successful exercise program consists of a 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.

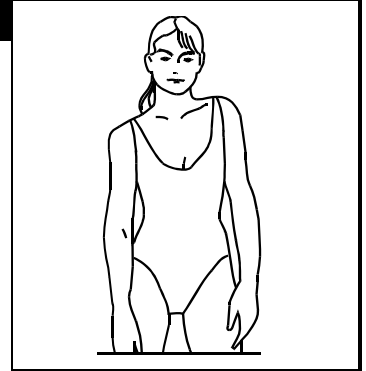
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

**Shoulder Lift:**

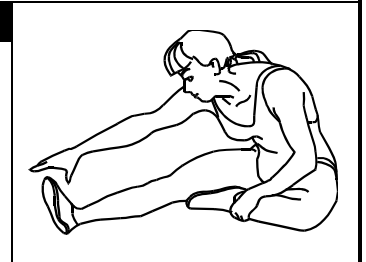
Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

**Inner Thigh Stretch:**

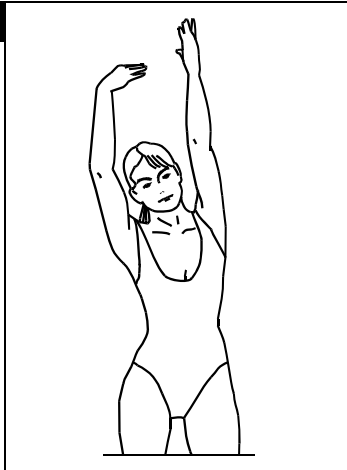
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

**Hamstring Stretch:**

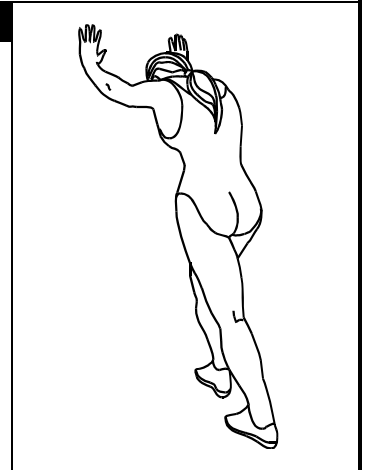
Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

**Side Stretch:**

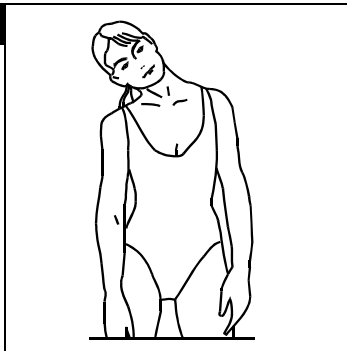
Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

**Calf-Achilles Stretch:**

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.

**Head Roll:**

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



TROUBLE SHOOTING

NOTE: Do not touch any internal electric wires without consulting the manufacturer.

Treadmill will not start:

Symptom	Resolution
Treadmill will not power up	Check the following: <ul style="list-style-type: none"> ▪ Make sure the power cord is plugged into a surge protector, the surge protector is plugged into a properly grounded outlet and the surge protector is turned on (refer to the Power Requirements section in this manual). ▪ Equipment circuit breaker is in the reset position ▪ Equipment power switch is in the on position ▪ Safety key is properly inserted into the computer console ▪ Wall outlet is properly functioning with correct voltage (Have an electrician check for inadequate voltage at the outlet refer to the Power Requirements section in this manual) ▪ House circuit breaker is reset and is the proper size. (refer to the Power Requirements section in this manual)
Treadmill stops operation during use	<ul style="list-style-type: none"> ▪ Safety key is properly inserted into the computer console ▪ Equipment circuit breaker is in the reset position ▪ House circuit breaker is reset, meets proper requirements and if worn replaced by an electrician. (refer to the Power Requirements section in this manual) ▪ Program time has expired
Treadmill will not incline(Power fold models only)	<ul style="list-style-type: none"> ▪ Check for proper positioning of spring knob for folding(See procedure in owners manual)
Treadmill will not unfold	Power Fold only <ul style="list-style-type: none"> ▪ Check for proper positioning of spring knob for folding(See procedure in owners manual) Manual Fold only <ul style="list-style-type: none"> ▪ Folding locking lever is depressed
Treadmill running belt moves slower than speed displayed on computer	<ul style="list-style-type: none"> ▪ Metric/English conversion (See owners manual for Metric/English conversion process)
Treadmill running belt moves slower than speed displayed on computer	<ul style="list-style-type: none"> ▪ Metric/English conversion (See owners manual for Metric/English conversion process)
Running belt is not centered	<ul style="list-style-type: none"> ▪ Treadmill is properly leveled(See procedure in owners manual) ▪ Center running belt (See Centering procedure in owners manual)
Running belt is slipping or hesitating while in use	<ul style="list-style-type: none"> ▪ Tension running belt (See process in owners manual)
Treadmill running belt moves slower than speed displayed on computer	<ul style="list-style-type: none"> ▪ Metric/English conversion (See owners manual for Metric/English conversion process)
Running belt is not centered	<ul style="list-style-type: none"> ▪ Treadmill is properly leveled(See procedure in owners manual) ▪ Center running belt (See Centering procedure in owners manual)
Running belt is slipping or hesitating while in use	<ul style="list-style-type: none"> ▪ Tension running belt (See process in owners manual)

WARRANTY

NOTE: Save this document for your records. This warranty include all YOWZA "BOCA" Products

TO OBTAIN SERVICE: CALL 877-969-9240 OR EMAIL SERVICE@YOWZAFITNESS.COM to report a service issue or manufacturers defect. At the sole discretion of YOWZA FITNESS, YOWZA will provide one of the following methods to resolve the service claim: a) dispatching of an authorized independent service technician to repair the product in the home, b) reimburse the customer at a rate of \$75.00 per service issue. Service issue is defined as an approved service claim. Limit of one \$75.00 payment will be made on each service claim. All repairs must be authorized by YOWZA FITNESS prior to performance of work. Claims on unauthorized repairs may be denied. Many oversights, which are not covered under this Agreement, can be due to simple circumstances such as the Covered Product not being switched on, being unplugged, or a fuse blown at the junction box.

WHO IS COVERED: THIS LIMITED WARRANTY IS OFFERED ONLY TO BUYER(S) WHO PURCHASED THE PRODUCT FROM YOWZA OR ONE OF OUR AUTHORIZED DEALER'S IN THAT AUTHORIZED TERRITORY. THIS LIMITED WARRANTY IS NOT OFFERED TO BUYER(S) WHO PURCHASED THE PRODUCT FROM ANY OTHER SOURCE, The terms "you" and "your" are used in this Limited Warranty to refer to the original buyer who purchased the product form YOWZA or one of our authorized dealers in that dealer's authorized territory, and any person receiving the product in an unused condition as a gift from such original buyer. The terms "we", "us" and "YOWZA" are used in this Limited Warranty to refer to YOWZA International, Inc.

WHAT IS COVERED: This Limited Warranty covers all products that are sold under the YOWZA "BOCA" name to buyers who purchased the product from YOWZA or one of our authorized dealers in that dealer's authorized territory and used in United States and Canada. Except as otherwise stated in this Limited Warranty, we will repair or correct any product or part defect occurring during the stated WARRANTY PERIOD which we determine is related to materials or workmanship and is not due to normal wear and tear.

WHAT IS NOT COVERED: THIS LIMITED WARRANTY DOES NOT COVER PRODUCTS PURCHASED FROM ANY SOURCE THAN YOWZA OR ONE OF OUR AUTHORIZED IN THAT DEALER'S AUTHORIZED TERRITORY. PRODUCTS SOLD, MOVED OR USED OUTSIDE THE BORDERS OF THE CONTINENTAL UNITED STATES AND CANADA ARE SUBJECT TO THE TERMS PROVIDED BY THE LOCAL DISTRIBUTOR AND ARE NOT COVERED BY THIS LIMITED WARRANTY. Product requires normal maintenance including, but not limited to, regular inspection and wear component replacement. We do not warrant damage caused by the lack of normal maintenance repairs such as those detailed within the Owner's Manual. We do not warrant any causes beyond our control. Corrosion, oxidation or deterioration caused by product location, exposure or environment, or conditions caused by unsuitable finishes, cleaners, or lubricants are not covered. Damage or breakage caused by unauthorized service, installation, alteration, modification, assembly or disassembly, negligence, or conditions of use which are unintended for the product are not warranted. This Limited Warranty does not cover cosmetic or surface corrosion resulting from chips or scratches in the paint. Extra expenses including, but not limited to, loss of machine use and inconvenience are not covered. Due to varying conditions under which the product is used, we offer no warranties, express or implied, as to the length of service. We do not warrant products that have not been paid for, or in the event that we have offered a payment plan, products purchased by buyers who are in arrears on a payment plan. THIS LIMITED WARRANTY DOES NOT COVER UNINTENDED USE. See "INTENDED USE" below.

INTENDED USE: This Limited Warranty covers only defects that arise in the ordinary, intended use of the product. Products sold under the YOWZA "BOCA" name are intended for residential use.

WARRANTY PERIOD: The warranty period begins on the date on the product was delivered to the original buyer. The warranty period for lifetime frame, and two years on all other parts. The labor portion of the warranty is one year from the date of delivery.

WHO WILL PAY LABOR AND TRANSPORTATION COSES: If we determine, during the first year of the warranty period, that the product or any covered part must be shipped to the manufacturing facility for repair or service, all warranty repairs, including transportation costs and labor, will be made at NO CHARGE to you; thereafter, you will be responsible for all costs of repair and service, including labor and transportation costs.

WHAT YOU MUST DO TO OBTAIN WARRANTY COVERAGE DO TO OBTAIN WARRANTY COVERAGE: Retain proof of purchase. All warranty repairs and corrections require proof of purchase. To obtain coverage, please contact YOWZA Technical Support (877-969-9240) within seven (7) days after discovery of the defect and follow the directions provided to you by your YOWZA Service Representative.

MODIFICATIONS TO WARRANTY ARE NOT AUTHORIZED: No one is authorized to modify, change, transfer or extend in any way the terms of this Limited Warranty.

THINGS TO KNOW ABOUT OBTAINING PRODUCT ACCESSORIES, PARTS AND REPAIR SERVICE: To secure repair service under this warranty.

WARRANTY

DISCLAIMER OF WARRANTIES AND LIMITATION OF REMEDIES: It is impossible to eliminate all risks inherently associated with use of the product. Personal injury or other unintended consequences may result because of factors beyond our control. WE MAKE NO OTHER WARRANTIES OF ANY KIND. EXPRESS OR IMPLIED, OTHER THAN THOSE EXPRESSLY SET FORTH WITHIN THIS DOCUMENT. ALL WARRANTIES OTHER THAN THE WARRANTIES EXPRESSLY PROVIDED HEREIN ARE SPECIFICALLY EXCLUDED. IN THE CASE OF NON-CONSUMER BUYERS, ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE HEREBY DISCLAIMED.

IN THE CASE OF A CONSUMER BUYER, THE DURATION OF ALL IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED TO THE DURATION OF THE EXPRESS WARRANTIES PROVIDED WITHIN THIS DOCUMENT.

WE WILL NOT BE LIABLE FOR ANY DIRECT OR INDIRECT, CONSEQUENTIAL OR INCIDENTAL DAMAGES, LOSSES OR EXPENSES, INCLUDING BUT NOT LIMITED TO COMMERCIAL LOSSES, BUSINESS INTERRUPTION, OR DAMAGE TO PROPERTY OTHER THAN THE PRODUCT OR PRODUCTS TO WHICH THIS LIMITED WARRANTY APPLIES.

EFFECT OF STATE LAWS: Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. Some States do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from State to State. If there is a section in there Bout disputes it should read that all disputes must be litigated in Collier county Florida.

ALTERNATIVE DISPUTE RESOLUTION FOR NON-CONSUMER BUYERS: WE RESERVE THE RIGHT TO MANDATE ALTERNATIVE DISPUTE RESOLUTION TO SETTLE ANY OR ALL CLAIMS RESULTING FROM THIS SALES TRANSACTION. ALTERNATIVE DISPUTE RESOLUTION PROCEEDINGS WILL BE CONDUCTED IN THE STATE OF FLORIDA ACCORDING TO THE COMMERCIAL RULES OF THE AMERICAN ARBITRATION ASSOCIATION.

PART LIST

Part No.	Part name	Quantity
101	Console housing-upper	1
102	Console housing-lower	1
103	Safety Key fix plate	1
104	Safety Key base	1
105	Safety Key	1
107	Computer fixed frame	1
108	Computer Key board	1
109	Fan-90X90X25MM	2
110	Computer holder-upper	1
111	Computer holder-lower	1
112	Box holder-upper-Left	1
113	Box holder-upper-Right	1
114	Box holder-lower-Left	1
115	Box holder-lower-Right	1
116	Front handlebar assembly sets	1
117	Console tube assembly sets-Left	1
118	Console tube assembly sets-Right	1
119	Handle pulse cover sets	2
120	Eddy fan cover-upper	2
121	Eddy fan cover-lower	2
122	Eddy fan fixted	2
123	Strainer cover-left	1
124	Strainer cover-right	1
125	Strainer stators-left	1
126	Strainer stators-right	1
127	Air filter HL-AC-002	1
201	Upright tube	2
202	Handle bar cover-Left	2
203	Handle bar cover-Right	2
204	Upright tube lower cover	2
205	Handle Bar sets	2
207	Motion control sensor	2
208	Handlebar cover insert	2
223	Upright rubber cap- OD14X6.5	2
301	Base Frame	1
302	Elevation support Frame	1
303	Elevation support Frame cover-Upper	2
304	Elevation support Frame cover-Lower	2
306	Base Frame Rubber adjustment Cushion-Rear 36X10-M8X25	2
307	Elevation support Frame ring cover-Left	1
308	Transport wheel Bracket	1
309	Base frame transport wheel-Front ID8.5XOD50X25	2

PART LIST

Part No.	Part name	Quantity
312	Base frame transport wheel cover –Front	2
313	Elevation support Frame ring cover-Right	1
314	Base Frame Rubber Cushion- 25X28X11XR24	4
323	None-fold lever	1
324	40 square tube bushing	1
325	Tube plug- ϕ 32	2
327	None-fold bushing ϕ 32X28X10X7	4
333	Foot pad- 100X25X10	2
378	Dry bearing 14X15X1.0	4
401	Motor hood cover	1
402	Motor cover–Bottom	1
403	Motor Front Cover	1
404	Motor hood decorate strip-Left	1
405	Motor hood decorate strip-Right	1
406	Motor hood vent cover	1
408	Motor	1
409	Motor holder	1
410	Driving belt	1
410	OD19.95X39 Axis	1
411	Tension bearing fix plate base	1
412	Tension bearing fix plate	1
413	Bearing 6004	2
414	Elevation motor gear sleeve assembly	1
416	Power switch board	1
420	Stress axle-OD19.95X39	
421	Electric Protector	1
501	Running belt	1
502	Running deck	1
503	Side rail	2
504	Side rail decorate strip	2
505	Side rail rear end cap	1
507	Side rail guider	8
508	Non-slip rubber cap	64
518	EVA bumper pad 30X30X10mm	2
601	Relay board	1
602	Motor control board	1
603	Transformer	1
604	Handle pulse sensor wire-600mm	1
606	Electric Outlet	1
607	Power Switch	1
608	Motion control sensor wire-red 600mm	1

PART LIST

Part No.	Part name	Quantity
609	Motion control sensor wire-black 600mm	1
610	Single wire-red-150mm	2
611	Single wire-white-150mm	1
612	Blue/Grey 2 cables-Upper 750mm	1
613	Blue/Grey 2 cables-Lower 2250mm	1
616	6PIN cable-220mm	1
617	8 PIN cable-Lower1800 mm	1
618	8 PIN cable-Upper 600mm	1
621	Grounding wire-300mm	1
622	Elevation motor	1
625	Grounding wire-220mm	1
701	Main frame	1
703	Rear Roller Tube+Shaft	1
704	Front Roller Tube+Shaft	1
705	Rear Caster	2
706	Nylon25.6X25X41.6XR17	4
707	Rubber cushion with shaft	2
708	Elevation support tube fix holder	2
709	Cross bar	2
710	Cross bar EVA sticker- 15XL400XT3.0	2
711	Main frame EVA sticker-25XL300XT3.0	6
801	Inner hexagon M6X70X70	1
802	M4X15 Screw	79
804	M6X17 screw/washer	2
806	Button head inner hexagon M8X45x15	8
807	Spring washer ϕ 8X 14 X2	10
808	Curve washer ϕ 8.5X20.5X2	6
809	Round head cross- screw M3X8	2
810	Button head inner hexagon M8X18	2
811	Button head inner hexagon M8X36x10	2
816	Button head inner hexagon M8X35	4
812	Locknut M10 5555	5
813	ϕ 8X36 Bolt	1
814	M8 C-clip	1
815	M5X10 screw/washer	2
817	Round head cross- screw M5X14	16
818	Inner hexagon M10X52	1
819	Button head inner hexagon M8X65	1
821	Inner hexagon M10X80X35(CAP)	1
822	Washer ϕ 6X13X1.5	2
823	Button head inner hexagon M10X58	1
824	Button head inner hexagon M8X52x17	4

COMPUTER OPERATION

Computer operation instructions

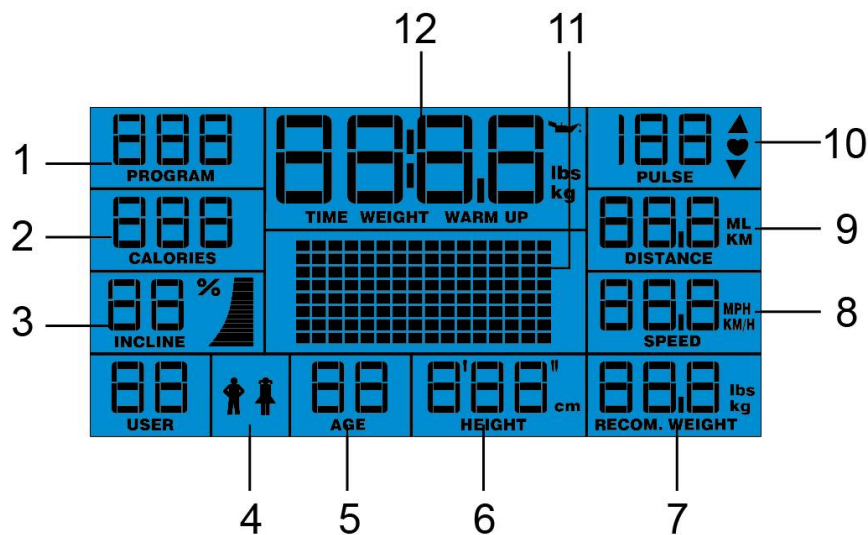


COMPUTER OPERATION



LCD	A	B	VOLUME UP/DOWN
INCLINE UP/DOWN	C	D	ENTER/PROGRAMS
STOP	E	F	DECLINE/ACCEPT
START	G	H	MOTION CONTROL
SPEED UP/DOWN	I	J	FAN

COMPUTER OPERATION

**(1) PROGRAMMES**

9 PROGRAMMES ,IWM, P1 to P8

(2) CALORIES

Calories range from 0 to 990

(3) INCLINE

Minimum incline is 0 level, maximum incline is 12 level

(4) GENDER

Male and female , the default display is male icon

(5) AGE

Age setting range from 10 years to 70 years , the default age display is 30

(6) HEIGHT

The default age display is 160cm

(7) RECOMMENDATION WEIGHT

The recommendation weight display

(8) SPEED

The lowest speed is 0.6MPH, the highest speed is 12MPH

(9) DISTANCE

The distance range from 0.0 to 99.9 KM

(10) PULSE

Display the actual PULSE when both hands grip the hand pulse sensor on the front handle bar

(11) DOT MATRIX (SPEED PROFILE OR INCLINE PROFILE)

Display the actual speed or incline profile

(12) TIME/WEIGHT

Display the workout time

Display the weight measurement

COMPUTER OPERATION



START
Press to start exercise at an initial speed of 0.6 MPH



STOP
Press to stop exercise during workout time.



ENTER/PROGRAMS
Press to confirm program and preset function values during setting mode.
Press to run setting procedure before pressing the START button.



VOLUME

VOLUME UP/VOLUME DOWN
Press the up/down button to turn up or turn down



SPEED

SPEED -UP/ SPEED -DOWN
1. Press to increase/decrease exercise speed by 0.1 MPH.
2. Hold the button to continuously increase/decrease speed by 1.0MPH per second.
Release the button to stop the function.
3. Press to select programs and preset related function value.



INCLINE

INCLIN-UP/INCLINE DOWN
Press up or down to change incline level during workout



ACCEPT/DECLINE BUTTONS
Tap Accept to answer an incoming call when computer is on "fitSound "mode. Or Tap Decline a call when computer is on "fitSound "mode



Press the Direct Speed or Direct Incline buttons to change the speed or incline to your desired value directly.



COMPUTER OPERATION

**Fan button**


Press Fan button to turn it on , adjust the level by pressing again

**MOTION CONTROL**

Treadmill is activated, the speed can be increased, decreased or stopped using the Motion.

Control sensors on the handlebars.To do this follow the instructions below.



Press the  MOTION CONTROL button on the console to switch the motion control function on and off:
When the Motion control symbol is **displayed** the MOTION CONTROL is **active**.
When the Motion control symbol is **OFF** the MOTION CONTROL is **inactive**.

COMPUTER OPERATION

1. After switching on the MOTION CONTROL wave your right hand approximately 6 cm above the motion sensor on the right handle bar to increase the speed. The sensor will sound one short BEEP per scan and speed up by 0.1 km/mph per BEEP. Holding your right hand approximately 6 cm above the right sensor results in the sensor repeatedly sounding consecutive BEEPs and increasing the speed quickly by 0.1 km/hr / mph per second.



2. Wave your left hand approximately 6 cm above the motion sensor on the left handle bar to decrease the speed. The sensor will sound one short BEEP per scan and decrease speed by 0.1 km/ mph. Holding your left hand approximately 6 cm above the left sensor results in the sensor repeatedly sounding consecutive BEEPs and decreasing speed quickly by 0.1KM/H per second.



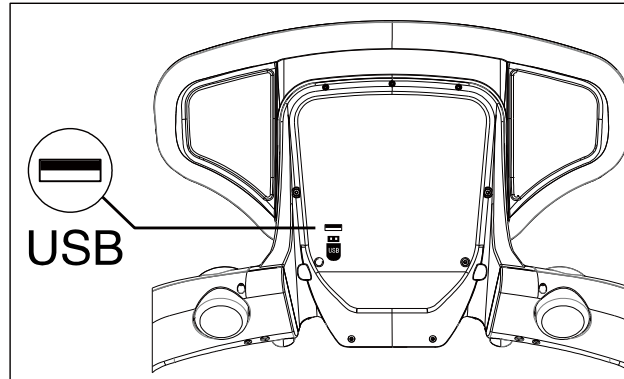
3. Wave both hands approximately 6 cm above both motion sensors at the same time. The sensor will sound two short BEEP sounds then slow the treadmill belt to a stop.



COMPUTER OPERATION

USB PORT

There is an USB port at the rear of console, connect your mobilephone or music player to console to sync and charge



SAFETY KEY

The safety key must be inserted into the slot and press to turn up 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 the cord to disengage the safety key from the console. To continue operation turn the power switch to off, turn the safety key to "on" position then turn the switch on again.

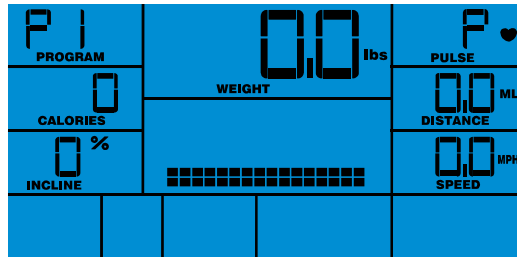
**Please do not operate the safety key as power switch of treadmill. Please must power off the treadmill by turning power switch off after you finish workout. Please always set the safety key in "on" position then switch on the treadmill by power switch.



COMPUTER OPERATION

STANDBY MODE

When the computer display is lit first, "WEIGHT" icon will be blinking



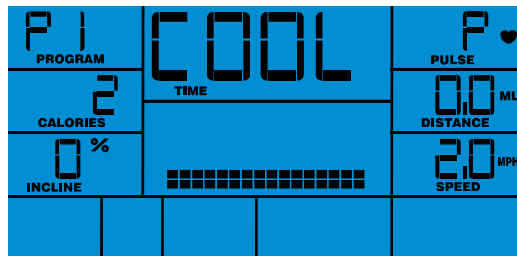
QUICK START MODE

When computer is on standby, press the START button to enter quick start workout mode. The treadmill will count down from 3 to zero and then the belt start at 1.0KM/H or 0.6 MPH speed. The workout Time, Distance and approximate Calories figure will count up from 0(zero). The running speed will also display on LCD screen. User can press SPEED UP/DOWN button to adjust running speed, and press INCLINE-UP and INCLINE-DOWN buttons to adjust the INCLINE level. User press the START button, the program will automatically calibrate action "elevation height of the treadmill"

Press the STOP button to pause the program, and START to restart, or press STOP again to return to POWER ON MODE.

COOL DOWN

After completion of each program the TIME LCD window will show "COOL" and blink then start a 50 seconds cool down procedure. Time counts down from 01:00 to 00:00 and speed stays at 2MPH / 3.2 KM/H and the incline level stays at level 0. Press the STOP button to return to POWER ON status. To escape the cool down procedure press the STOP button once anytime during the process to enter the PAUSE status and press the STOP button again to enter the POWER ON status.



SLEEP MODE

When the power is on the computer will automatically enter SLEEP MODE if there is no movement for 3 minutes without receiving any input. Press any button to return to POWER ON MODE when the computer is in the SLEEP MODE.

UNIT CONVERSION MODE – (KM / ML.)

Power on the treadmill, press and hold the START button then push the safety key up to light up the computer. The console will enter into the UNIT CONVERSION MODE. The console will sound a BEEP and show the current default setting KM (kilometers) or MPH(miles). Use the START button to switch between KM and MPH. Press the STOP button to confirm the selection and return to POWER ON MODE. The console will sound an extended BEEP as it saves the new setting. To exit UNIT CONVERSION MODE without saving use the STOP button.

FAN OPERATION

POWER ON computer, press the FAN button to turn it on. There are total of 3 air regulation, press the FAN button first to start 1 level, press the FAN button twice to start 2 level, press the FAN button three to start 3 level, press the FAN button four to turn it off. LED light will be lighted under the FAN icon when user adjust the air regulation.

COMPUTER OPERATION

BLUETOOTH TELEPHONE OPERATION

1. Computer is on standby mode , and the "fitSound" LED light is blinking, which means computer is readying to pair the Bluetooth from external devices
2. Make sure "Bluetooth" is turned on, in range ,and is ready to pair, computer will automatically make matching connection with the external devices (Tips :User first pairing, searching the "fitSound"and tag it, connected successfully)
3. After pairing successfully, "fitSound" is lighted and being permanent .If there is any telephone call in, loud speaker will makes a prompt, at this point, press the telephone button to accept , press the telephone button again to decline. (Tips: some of communication devices is not supported for fitSound telephone; user don't connect or get though, indicate communication devices don't match the fitSound telephone.)

COMPUTER OPERATION UNDER STANDBY MODE

Computer connected the APP successfully (APP is "myLiveLight")

1. "APP" will be showed on the dot matrix area when computer receive users personal information from APP, and LCD screen will show the "workout time" "workout distance" and "consuming calories"
2. Tap the "other program" on the APP, computer will beep and return to standby mode the values on the computer is also transmitted into APP

Computer don't connect the APP successfully

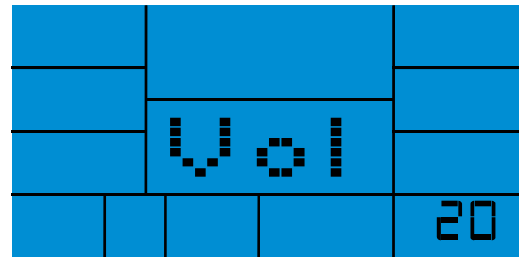
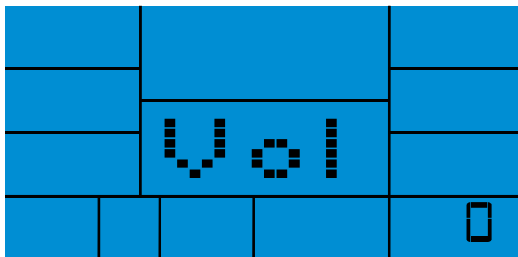
1. Press the ENTER button, personal information is allowed to edit and operate the PROGRAMS.
2. Press the START button directly, computer will go into "QUICK START" mode.

Bluetooth music playing controls

1. Computer is on standby mode , and the "fitSound" LED light is blinking, which means computer is readying to pair the Bluetooth from external devices
2. Make sure "Bluetooth" is turned on, in range ,and is ready to pair, computer will automatically make matching connection with the external devices (Tips :User first pairing, searching the "fitSound" icon and touch it, connected successfully)
3. When "fitSound" is lighted and being permanent, indicate external devices connected to Bluetooth successfully, at this point, please turn on the music playing function, computer automatically accept transmission equipment



4. Press the VOLUME UP or VOLUME DOWN to turn up /down volume



Bluetooth music connecting and turning off operations

1. turn off: "fitSound" is lighted and being permanent, please press and hold the VOLUME UP and VOLUME DOWN for 2 seconds around , loud speaker will announce the operation, " fitSound" LED light will be flashing and burn out, the Bluetooth music connected is broke off
2. turn on: Press and hold the VOLUME UP and VOLUME DOWN for 2 seconds around , loud speaker will announce the operation, " fitSound" LED light will be flashing and be permanent, the Bluetooth music connected is successful

COMPUTER OPERATION

APP OPERATION PROCEDURES

1. When computer received the personal information from user setting and calculate the "workout time" internally, LCD screen will show "workout time" "workout distance", "consuming calories"
 2. Press the START button ,APP-IWM will be running. speed and incline level will be running that is based on computer program calculation."workout time" "workout distance" and "consuming calories" will goes down to 0(zero). Press the SPEED-UP/ SPEED-DOWN button to increase /decrease the speed. Press the INCLINE-UP/ INCLINE-DOWN button to increase /decrease the incline level. "workout time" "workout distance" and "consuming calories" will be recalculated once user operated the SPEED-UP/ SPEED-DOWN or INCLINE-UP/INCLINE-DOWN.
- To pause the program while exercising, press the STOP button. To resume exercising, press the "START" button. To stop the program, press the STOP button twice.

COMPUTER OPERATION PROCEDURES

1. When computer is connected to APP,user tap the "OTHER PROGRAM" ,then computer will return to standby mode
2. When computer is on standby,user press the START button to enter quick start function
3. When computer is on standby,user press the ENTER button to enter program selection mode

QUICK START

When computer is connected to APP,user tap the "OTHER PROGRAM" icon, press the START button to enter quick start workout mode. The treadmill will countdown from 3 to zero and then the belt start at 1.0km/h or 0.6 mph speed. The workout Time, Distance and approximate Calories figure will count up from 0. The running speed will also display on LCD screen. User can press SPEED UP/DOWN button to adjust running speed, and press INCLINE-UP and INCLINE-DOWN buttons to adjust the INCLINE level. Press the STOP button to pause the program, and START to restart, or press the STOP again to return to POWER ON MODE.

PROGRAM ACCESS OPERATION PROCEDURES

When computer is connected to APP,user tap the "OTHER PROGRAM" icon , press the ENTER button to enter program selection mode . Then press the SPEED UP/DOWN button to select the any of program. Then computer LCD screen dot matrix area will show "P1→P2→P3→P4→P5→P6→P7→P8

"PROGRAM" OPERATION

To select the "PROGRAM", user have to input the "weight"

"WEIGHT"inputting

When computer is on standby, "WEIGHT" is blinking. Press the SPEED-UP or SPEED-DOWN or ENTER button to set the weight, weight window is blinking. Press the SPEED-UP or SPEED-DOWN button to set weight digits (integers,press the ENTER/PROGRAM button to confirm. Weight digits(decimal) will be blinking, press the SPEED-UP or SPEED-DOWN button to change, then press the ENTER/PROGRAM button to confirm.

After weight setting completely, "P1" will be blinking at top left corner of LC D, user can press the SPEED-UP or SPEED-DOWN button to select any of program

PROGRAM 1 – TARGET TIME

Select the desired program P1 by pressing the SPEED-UP or SPEED-DOWN button, Press the ENTER/PROGRAM button, "TIME" display will show the time of "30:00" (min.). Users can adjust the target time by pressing the SPEED-UP/SPEED-DOWN button, press the ENTER/PROGRAM button to confirm. Users may then press the START button to begin the program. Initial speed is 3.2KM/H / or 2.0 MPH. Elevation height will be on "o" level. After belt running, program will confirm the "elevation height of the treadmill" automatically. The user may press "SPEED-UP or SPEED-DOWN" button to adjust the running speed. The user may press INCLINE-UP or INCLINE-DOWN button to adjust the treadmill angle.

TIME: The time will count down from preset target value when starting exercise. While time counts down to 0 (zero), the speed goes down to 0 (zero) when the preset target is reached)

DISTANCE: Accumulates and displays workout distance from start of exercise.

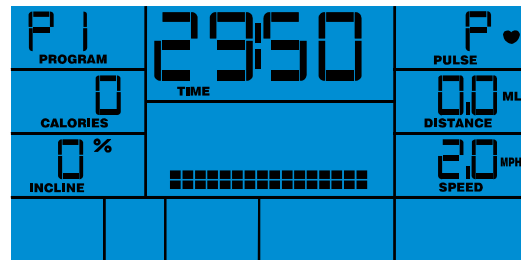
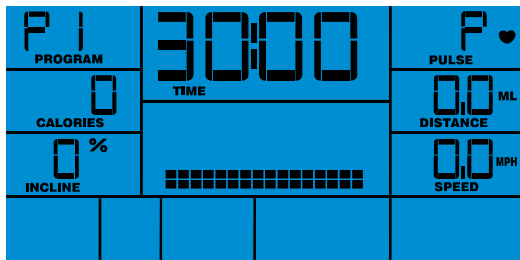
CALORIES: Accumulates and displays calories consumed during workout time.

SPEED: Displays current speed.

PULSE: Detects and displays current heart rate (both hands must grip the hand pulse sensor on the front hand bar)

To pause the program while exercising, press the STOP button. To resume exercising, press the "START" button. To stop the program, press the STOP button twice.

COMPUTER OPERATION



PROGRAM 2 – TARGET DISTANCE

Select the desired program P2 by pressing the SPEED-UP or SPEED-DOWN button, press the ENTER/PROGRAM button, "DISTANCE "display will show the time of "3.2KM/2.0ML" . User can adjust the target distance by pressing the SPEED-UP/SPEED-DOWN button, press the ENTER/PROGRAM button to confirm. User may then press the START button to begin the program. Initial speed is 3.2KM/H / or 2.0 MPH. Elevation height will be on "o" level. After belt running, program will calibrate the"elevation height of the treadmill" automatically. The user may press" SPEED-UP or SPEED-DOWN " button to adjust the running speed. The user may press INCLINE-UP or INCLINE-DOWN button to adjust the treadmill angle.

DISTANCE: The distance will count down from preset target value. While distance counts down to 0(zero), speed goes down to 0 (zero) when the preset target is reached.

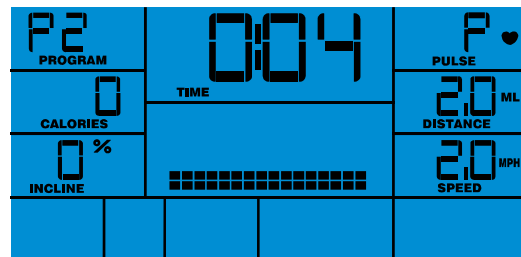
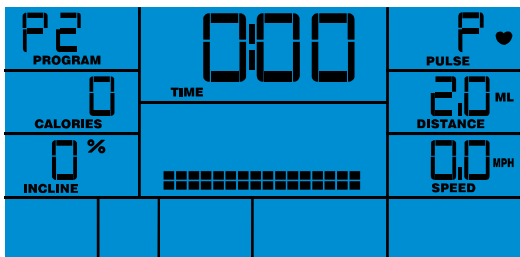
TIME: Accumulates and displays workout time from start of exercise

CALORIES: Accumulates and displays calories consumed during workout time.

SPEED: Displays current speed.

PULSE: Detects and displays current heart rate (both hands must grip the hand pulse sensor on the front hand bar)

To pause the program while exercising, press the STOP button. To resume exercising, press the "START" button. To stop the program, press the STOP button twice.



PROGRAM 3 – TARGET CALORIES

Select the desired program P3 by pressing the SPEED-UP or SPEED-DOWN button, press the ENTER/PROGRAM button, "CALORIES "display will show the calories of "50" . User can adjust the target calories by pressing the SPEED-UP/SPEED-DOWN button, press the ENTER/PROGRAM button to confirm. User may then press the START button to begin the program. Initial speed is 3.2KM/H / or 2.0 MPH. INCLINE LEVEL will be on "o" level. After belt running, program will calibrate the"elevation height of the treadmill" automatically. The user may press" SPEED-UP or SPEED-DOWN " button to adjust the running speed. The user may press INCLINE-UP or INCLINE-DOWN button to adjust the treadmill angle.

CALORIES: Calories will count down from preset target value. While the distance counts down to 0 (zero), the speed goes down to 0 (zero) when the preset target is reached.

TIME: Accumulates and displays workout time from start of exercise.

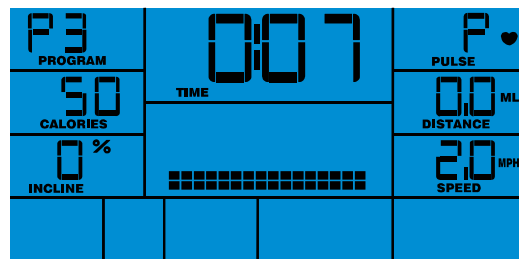
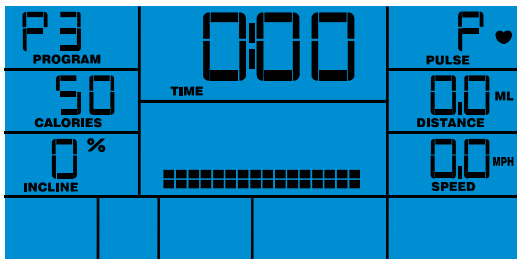
DISTANCE: Accumulates and displays workout distance from start of exercise.

SPEED: Displays current speed.

PULSE: Detects and displays current heart rate (both hands must grip the hand pulse sensor on the front hand bar)

To pause the program while exercising, press the STOP button. To resume exercising, press the "START" button. To stop the program, press the STOP button twice.

COMPUTER OPERATION



P4 - INCLINE INTERVAL PROGRAM

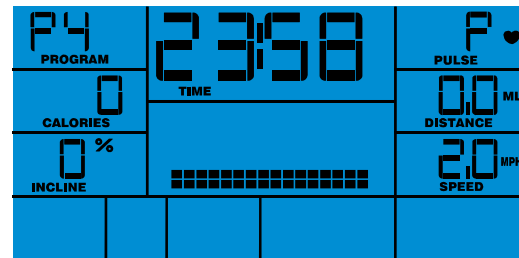
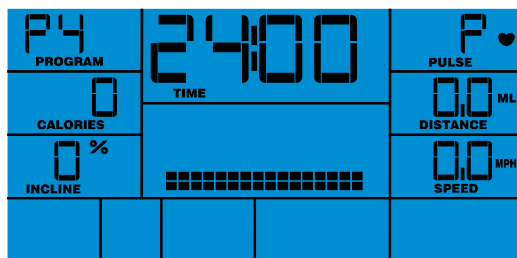
Select the desired program P4 by pressing the SPEED-UP or SPEED-DOWN button, Press the ENTER/PROGRAM button, "TIME" display will show the time of "24:00" (min.) User can adjust the target time in intervals of 4:00 (min.) by pressing the SPEED-UP/SPEED-DOWN button. User may then press the START button to begin the program. Initial speed is 3.2KM/H / or 2.0 MPH. INCLINE LEVEL will incline up or incline down automatically as program preset value (please see chart below). The time will count down from preset target value when starting exercise. While time counts down to 0 (zero), the speed goes down to 0 (zero) when the preset target is reached. Workout distance and approximate Calories figure will count up from 0(zero)

The user may press "SPEED-UP or SPEED-DOWN" button to adjust the running speed. The user may press "INCLINE-UP or INCLINE-DOWN" button to adjust the treadmill angle.

INTERVAL INCLINE PROGRAM

LEVEL	MIN. INCLINE LEVEL	MAX. INCLINE LEVEL
1	0.0	4.0

To pause the program while exercising, press the STOP button. To resume exercising, press the "START" button. To stop the program, press the STOP button twice.



P5 - INTERVAL SPEED PROGRAM

Select the desired program P4 by pressing the SPEED-UP or SPEED-DOWN button, Press the ENTER/PROGRAM button, "TIME" display will show a blinking 24:00 (min.) workout time

User can adjust the target time in intervals of 4:00 (min.) by pressing the SPEED-UP/SPEED-DOWN button, press the ENTER/PROGRAM button to confirm. User may then press the START button to begin the program.

Running speed will change automatically as program preset value (please see chart below).

Elevation height will keep "0" level. The time will count down from preset target value when starting exercise. While time counts down to 0 (zero), the speed goes down to 0 (zero) when the preset target is reached. Workout distance and approximate Calories figure will count up from 0(zero)

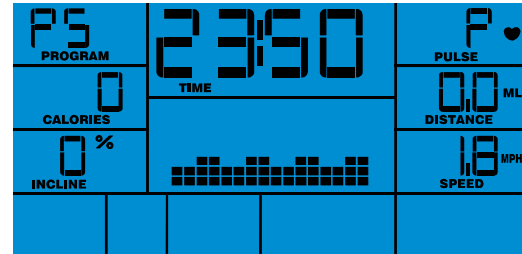
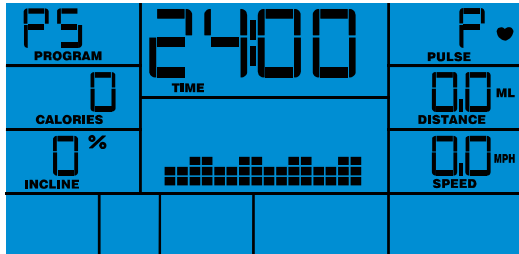
The user may press" SPEED-UP or SPEED-DOWN " button to adjust the running speed. The user may press INCLINE-UP or INCLINE-DOWN button to adjust the treadmill angle.

COMPUTER OPERATION

INTERVAL SPEED PROGRAM

LEVEL	MIN. SPEED (ML)	MAX. SPEED(ML)	LEVEL	MIN. SPEED (KM)	MAX. SPEED(KM)
1	1.8	3.0	1	2.9	4.8

To pause the program while exercising, press the STOP button. To resume exercising, press the "START" button. To stop the program, press the STOP button twice.



P6—WEIGHT LOST ROGRAM

Select the desired program P6 by pressing the SPEED-UP or SPEED-DOWN button, press the ENTER/PROGRAM button, "TIME" display will show a blinking 30:00 (min.) workout time. User can adjust the target time in intervals of 5:00 (min.) by pressing the SPEED-UP/SPEED-DOWN button, press the ENTER/PROGRAM button to confirm. User may then press the START button to begin the program.

Running SPEED and INCLINE LEVEL will change automatically as program preset value(please see the chart below).

The time will count down from preset target value when starting exercise. While time counts down to 0 (zero), the speed goes down to 0 (zero) when the preset target is reached. Workout distance and approximate Calories figure will count up from 0(zero)

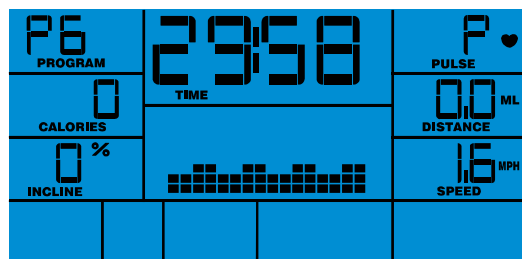
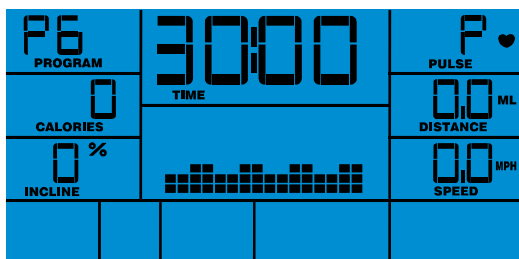
Note: During the workout Users can override the Speed and Incline settings by pressing the SPEED-UP/SPEED-DOWN and INCLINE-UP/INCLINE-DOWN buttons.

WEIGHT LOST PRORAM

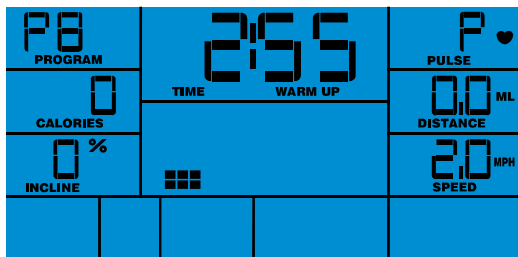
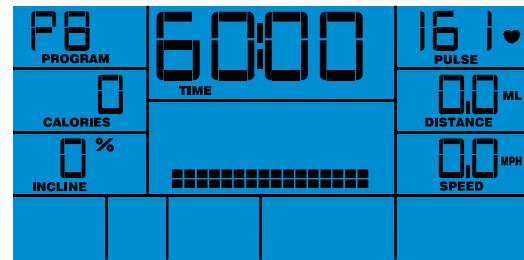
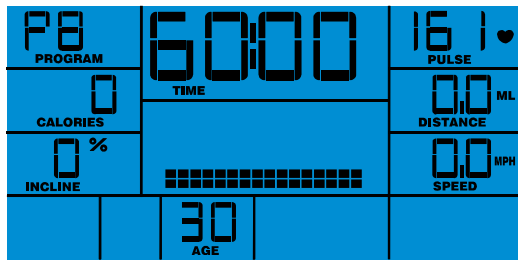
LEVEL	MIN. SPEED(ML)	MAX. SPEED(ML)	MIN. INCLINE LEVEL	MAX INCLINE LEVEL
1	1.6	2.8	0	1

LEVEL	MIN. SPEED (KM)	MAX. SPEED(KM)	MIN. INCLINE LEVEL	MAX INCLINE LEVEL
1	2.6	4.5	0	1

To pause the program while exercising, press the STOP button. To resume exercising, press the "START" button. To stop the program, press the STOP button twice.



COMPUTER OPERATION

**WARM UP –Heart rate program**

After completing the TIME set up and starting the program, there is a total 3 minute warm up section. The WARM UP section will help you reach the target workout PULSE. The SPEED will start from 3.2KM/ 2ML.

When the user uses the “Warm up and Target pulse” program, the “DISTANCE and CALORIES” will count up from 0. The computer will detect the user pulse and compare it with the “preset estimate normal pulse” every 30 seconds. The 3 minutes warm up program will count down from the pre-set time.

If the actual PULSE rate does not reach the Preset target workout Max. pulse rate, speed will increase 1.0KM/0.6ML.

If the actual PULSE rate has reached the Preset target workout pulse rate 65% twice in the “warm up” section, 3 minutes warm up is completed and then enter into the HEART CONTROL PROGRAM.

During the first 3 minutes warm up, monitor doesn't detect real pulse, speed will decrease 2.4KM/1.5ML, elevation height will decrease incline 1% once SPEED decrease to a minimum. Both SPEED and INCLINE are decreasing to a minimum, stop decreasing motion.

If user cannot reach the preset target workout Max. pulse in 3 minutes warm up, the program will continue the second 3 minutes WARM UP section.

The second 3 minutes warm up

If the actual PULSE rate didn't reach the Preset target workout pulse rate 65%, program will continue to perform the second “WARM UP”

The “DISTANCE and CALORIES” will count up from the first WARM UP. The 3 minutes warm up program will count down from the pre-set time.

Speed will keep a speed that at the end of first WARM UP section.

In the second “WARM UP” section, SPEED increase automatically will be canceled, transfer to adjust “INCLINE” level

If the actual PULSE rate does not reach the Preset target workout pulse rate 65%, INCLINE level will increase one level.

If the actual PULSE rate has reached the Preset target workout pulse rate 65%, incline level will stop increasing.

If the actual PULSE rate has reached the Preset target workout pulse rate 65% twice in the “warm up” section, 3 minutes warm up is completed and then enter into the HEART CONTROL PROGRAM.

If the actual PULSE rate does not reach the Preset target workout Max. pulse rate, speed will increase 1.0KM/0.6ML.

In the second “WARM UP” section, If the pulse is not detected by hand pulse sensor, the speed will decrease 2.4KM/1.5ML. When speed decrease to a minimum, elevation height will decrease 1%. Both SPEED and INCLINE are decreasing to a minimum, stop decreasing motion.

The speed will decrease 2.4KM/1.5ML every 30 seconds; when speed decrease to a minimum, elevation height will decrease 1%. Both SPEED and INCLINE are decreasing to a minimum, stop decreasing motion.

If user cannot reach the preset target workout Max. pulse in 3 minutes warm up, the program will continue the third 3 minutes WARM UP section.

COMPUTER OPERATION

The third 3 minutes warm up

If the actual PULSE rate didn't reach the Preset target workout pulse rate 65%, program will continue to perform the third "WARM UP"

The "DISTANCE and CALORIES" will count up from the **second WARM UP**. The 3 minutes warm up program will count down from the pre-set time.

SPEED and INCLINE level will stay at the end of second WARM UP section.

In the third "WARM UP" section, SPEED increase and INCLINE motion automatically will be canceled.

In the third "WARM UP" section, If the pulse is not detected by hand pulse sensor, the speed will decrease 2.4KM/1.5ML. When speed decrease to a minimum, INCLINE will decrease 1%. Both SPEED and INCLINE are decreasing to a minimum, stop decreasing motion.

If the third WARM UP section still cannot bring up the actual pulse rate to the preset target workout Max.pulse rate, treadmill will continue to perform running until 3 minutes warm up section finished, "SPEED" display will show a blinking "FAIL".10 seconds later, the program will return to power on status. At this point, speed and incline will back to original position.

During the third "WARM UP" section, if the actual PULSE rate has reached or exceed the Preset target workout pulse rate 65% twice , 3 minutes warm up is completed and then enter into the HEART CONTROL PROGRAM.

Heart rate main program

After the actual pulse rate reaches the preset target workout Max. pulse rate and completes the warm up section, the computer will enter into the heart rate main program and the time will count down from the pre-set time. During the main program, the time will count down to the end. The DISTANCE, CALORIES will continue to count up from the "Warm up" section. SPEED and INCLINE level will continue running as last warm up section.

Pulse rate will be detected automatically by hand pulse sensor, which have "INCLINE LEVEL" change. When INCLINE LEVEL increased to a highest level or reduced to a lowest level, which can't control "real pulse rate " change, then program will switch to control "SPEED" change. The computer will detect the users pulse rate every 30 seconds.

If the actual pulse rate is lower than preset target workout Max. pulse rate, the INCLINE LEVEL will be increased 1 level. INCLINE LEVEL will stop increasing until the actual pulse rate reach the preset target workout Max. pulse rate.

If the actual pulse rate is higher than preset target workout Max. pulse rate, the INCLINE LEVEL will be reduced 1 level every 30 seconds until the actual pulse rate meets the preset target workout Max. pulse rate, INCLINE LEVEL will stop reducing.

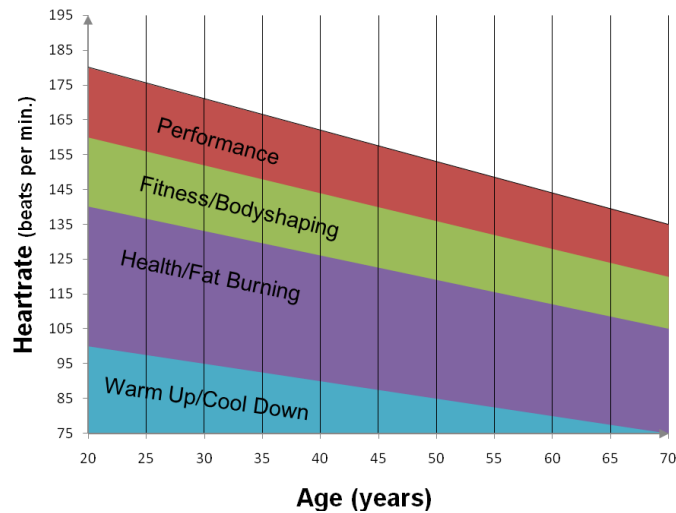
If the real pulse rate is not defected by hand pulse sensor, the SPEED will decrease 2.2KM/1.4ML. When speed decrease to a minimum, INCLIE LEVEL will decrease 1%. Both SPEED and INCLINE are decreasing to a minimum, stop decreasing motion.

When the actual PULSE rate is higher than the Preset target workout Max.pulse rate for 3 minutes, heart rate main program automatically stop working, and enter into the "COOL DOWN" function.

If the actual pulse rate is not defect by hand pulse sensor, "PULSE" display will show a blinking"P" until pulse is defect.

At the end of preset time or actual pulse rate is higher than the preset target workout Max.pulse, the computer will stop the Target pulse program ,and program will enter into "COOL DOWN" function with 1 minute

COMPUTER OPERATION

Heart Rate diagramYou can calculate the target-heartrate for your training as follows:

Maximum heartrate = 220 minus age

For the different training targets you should train with the following percentage of your maximum heartrate:

Health/Fat Burning: 50 – 70% of your max. heartrate

Fitness/Bodyshaping: 70 – 80% of your max. heartrate

Performance: 80 - 90% of your max. heartrate

Example:

You are 25 years old and want to train for the target Fitness:

$$220 - 25 = 195$$

$$70\% \text{ of } 195 = 136.5$$

$$80\% \text{ of } 195 = 156$$



Your target-heartrate should be between 136.5 and 156 beats per minute.

This information is for your reference only. To determine your individual training intensity or in case you should have health restrictions please consult your physician before starting exercising.



YOWZA
FITNESS