

USER'S MANUAL

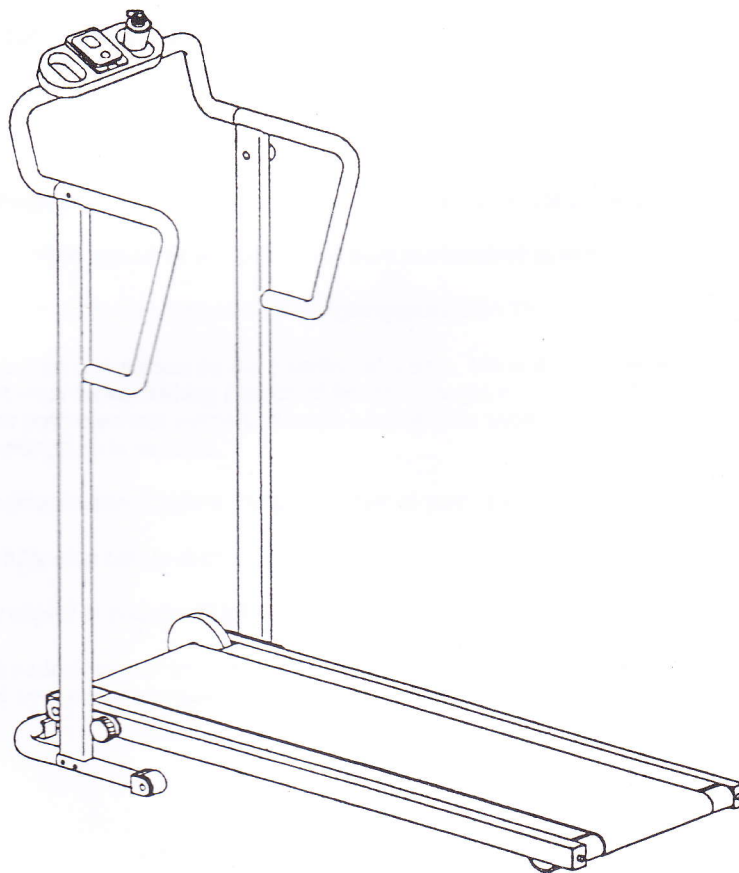
PHOENIX TR-10 MANUAL TREADMILL

MODEL NUMBER: 98510



DISTRIBUTED BY

PHOENIX
HEALTH & FITNESS INC.™



USER WEIGHT LIMITATION: **250lbs.**

TOLL FREE CUSTOMER SERVICE NUMBER: **1.888.535.8637**

SERIAL NUMBER (found on frame):

APPLICATION STANDARD

PRECAUTIONS

For future service or related questions:

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your PHOENIX treadmill.

Name: _____ Phone Number: _____ Receipt

Precautions:

WARNING: 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. To protect the floor or carpet from damage, place a mat under the treadmill.
- 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 250lbs.
- 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.
- 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.
- 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.

PREASSEMBLY

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Hardware Comparison Chart for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts, please **DO NOT TAKE THE UNIT BACK TO THE RETAIL STORE**. Instead, call our Customer Service Department Monday through Friday, 8:00am until 4:00pm, Pacific time (excluding holidays) at: 1888.535.8637

Gather your tools:

Before starting the assembly of your unit, 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:

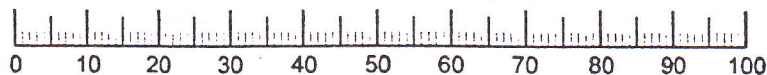
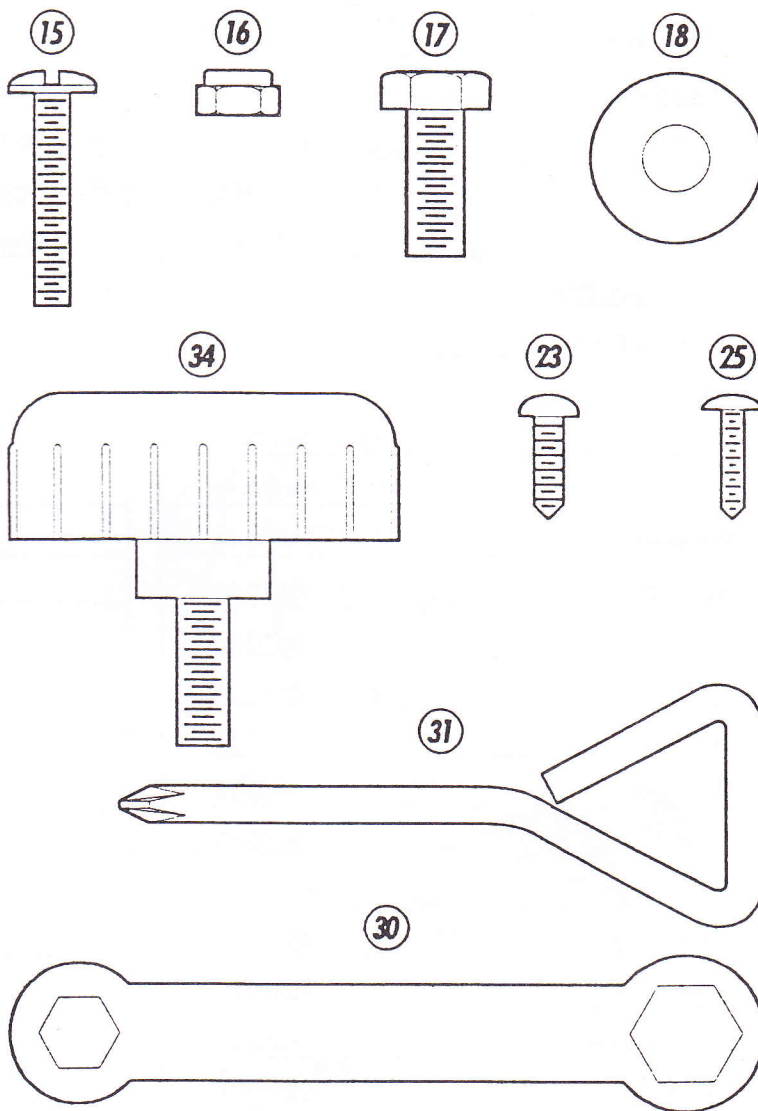
Please note that there is a weight limitation for this product. **If you weigh more than 250lbs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here.** This product is not intended to support users whose weight exceeds this limit.

HARDWARE COMPARISON CHART

Hardware chart:

For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you.

NO.	DESCRIPTION	QTY.
15	M6 Screw	2
16	M6 Nut	2
17	M8 Fixing Bolt	2
18	Washer	4
23	Handle Screw	2
25	Computer Fixing Screw	2
30	Wrench Tool	1
31	Phillips Head Tool	1
34	Locking Knob	2



MILLIMETERS

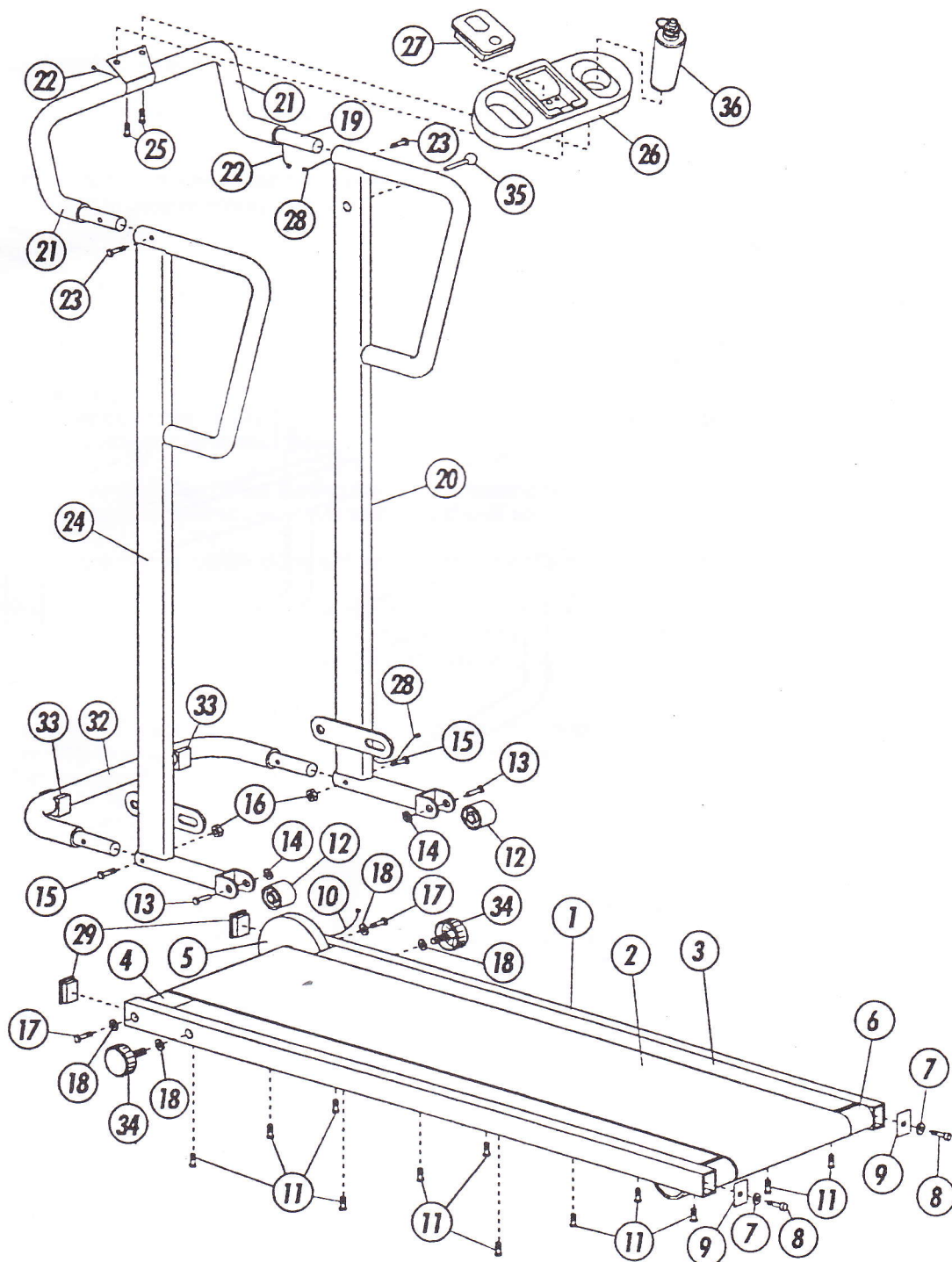
PHOENIX TR-10 MANUAL TREADMILL

PARTS LIST

No.	Description	Qty.	Order No.	No.	Description	Qty.	Order No.
1	Main Frame	1	98510-01	30	Wrench Tool	1	98510-30
2	Belt	1	98510-02	31	Phillips Head Tool	1	98510-31
3	Frame Board	1	98510-03	32	Front Support	1	98510-32
4	Front Roller	1	98510-04	33	Plastic Stop	2	98510-33
5	Flywheel	1	98510-05	34	Locking Knob	2	98510-34
6	Rear Roller	1	98510-06	35	Stop Knob	1	98510-35
7	Washer	2	98510-07	36	Water Bottle	1	98510-36
8	Belt Tension Bolt	2	98510-08				
9	Rear End Plate	2	98510-09				
10	Sensor Wire	1	98510-10				
11	Fixing Screw	12	98510-11				
12	Leg Wheel	2	98510-12				
13	Wheel Pin	2	98510-13				
14	Star Lock Washer	2	98510-14				
15	M6 Screw	2	98510-15				
16	M6 Nut	2	98510-16				
17	M8 Fixing Bolt	2	98510-17				
18	Washer	4	98510-18				
19	Front Handle	1	98510-19				
20	Right Upright	1	98510-20				
21	Handle Grip	2	98510-21				
22	Upper Wire	1	98510-22				
23	Handle Screw	2	98510-23				
24	Left Upright	1	98510-24				
25	Computer Fixing Screw	2	98510-25				
26	Console	1	98510-26				
27	Computer	1	98510-27				
28	Central Wire	1	98510-28				
29	Front End Cap	2	98510-29				

PARTS DIAGRAM

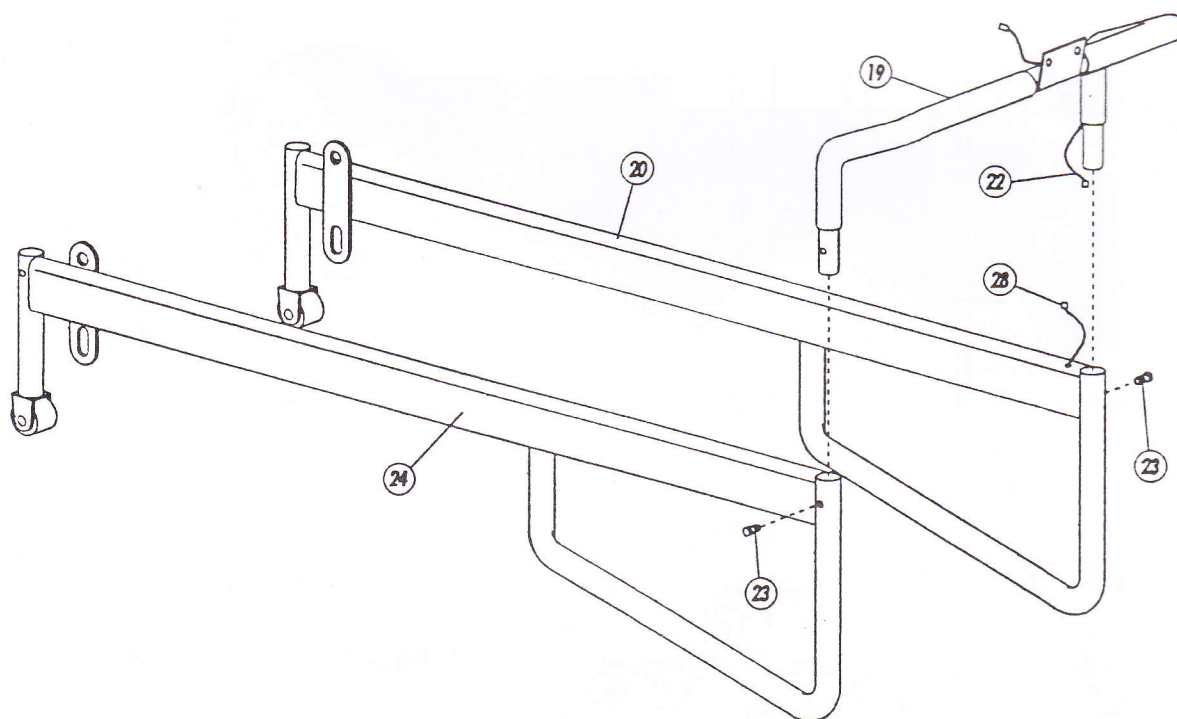
A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.



ASSEMBLY**STEP 1:**

Attach Right Upright (20) and Left Upright (24) to the Front Handle (19). Secure with Screws (23) but do not tighten fully until the entire unit has been assembled.

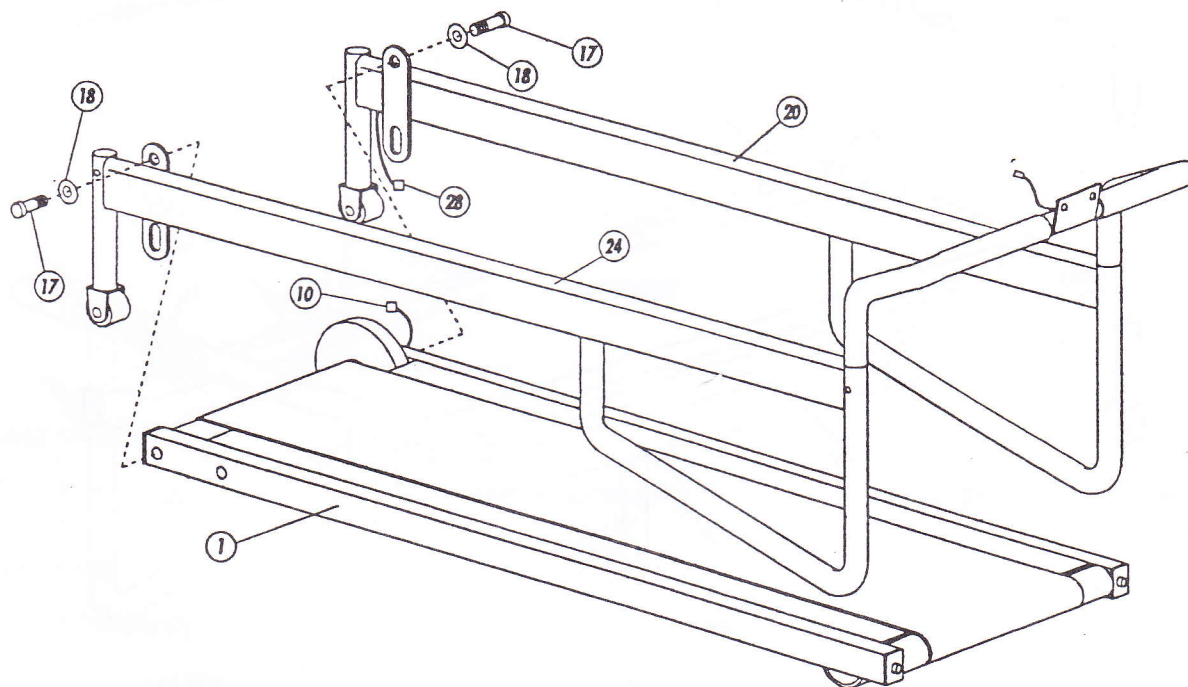
Connect the Upper Wire (22) with the Central Wire (28).



ASSEMBLY**STEP 2:**

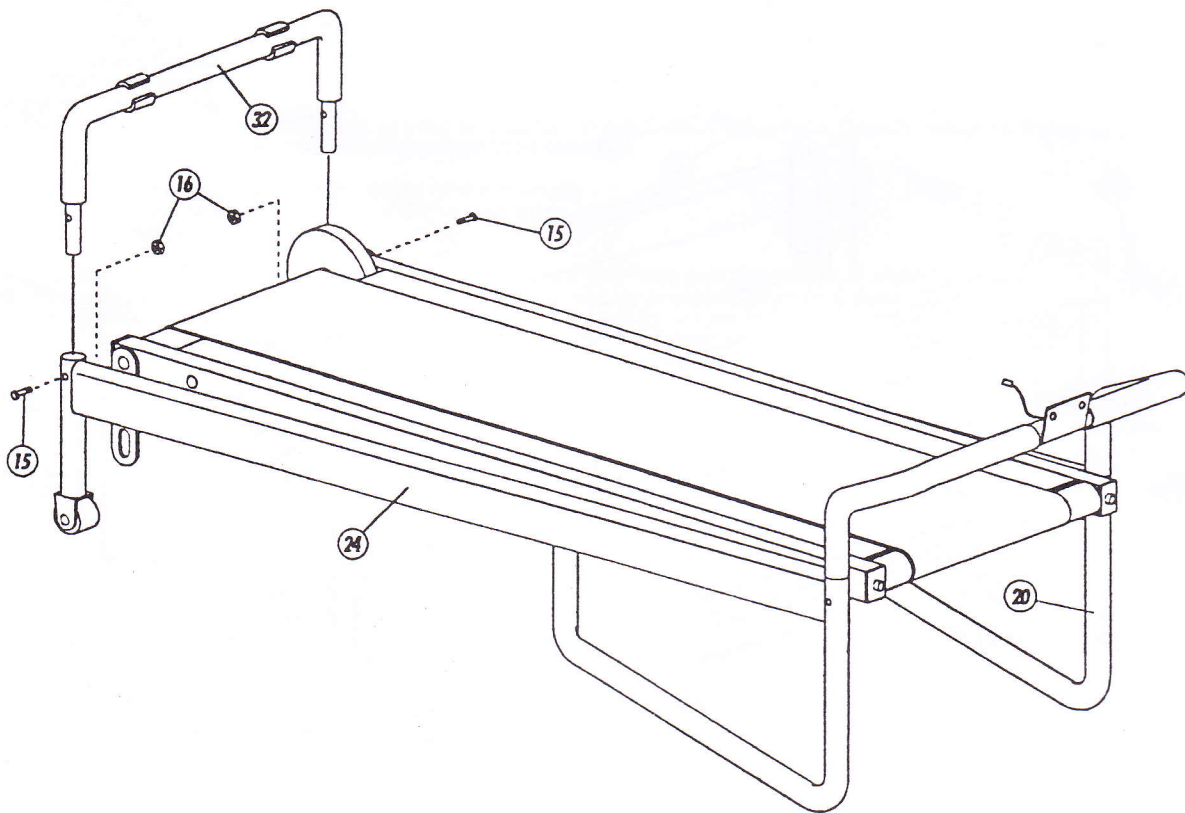
Place the Main Frame (1) inside the assembly. Fit the front sides of the Main Frame (1) to the plates on the Handlebar Uprights (20 and 24). Secure with Fixing Bolts (17) and Washers (18). Do not fully tighten the bolts until the unit is fully assembled.

Connect the Central Wire (28) with the Sensor Wire (10).



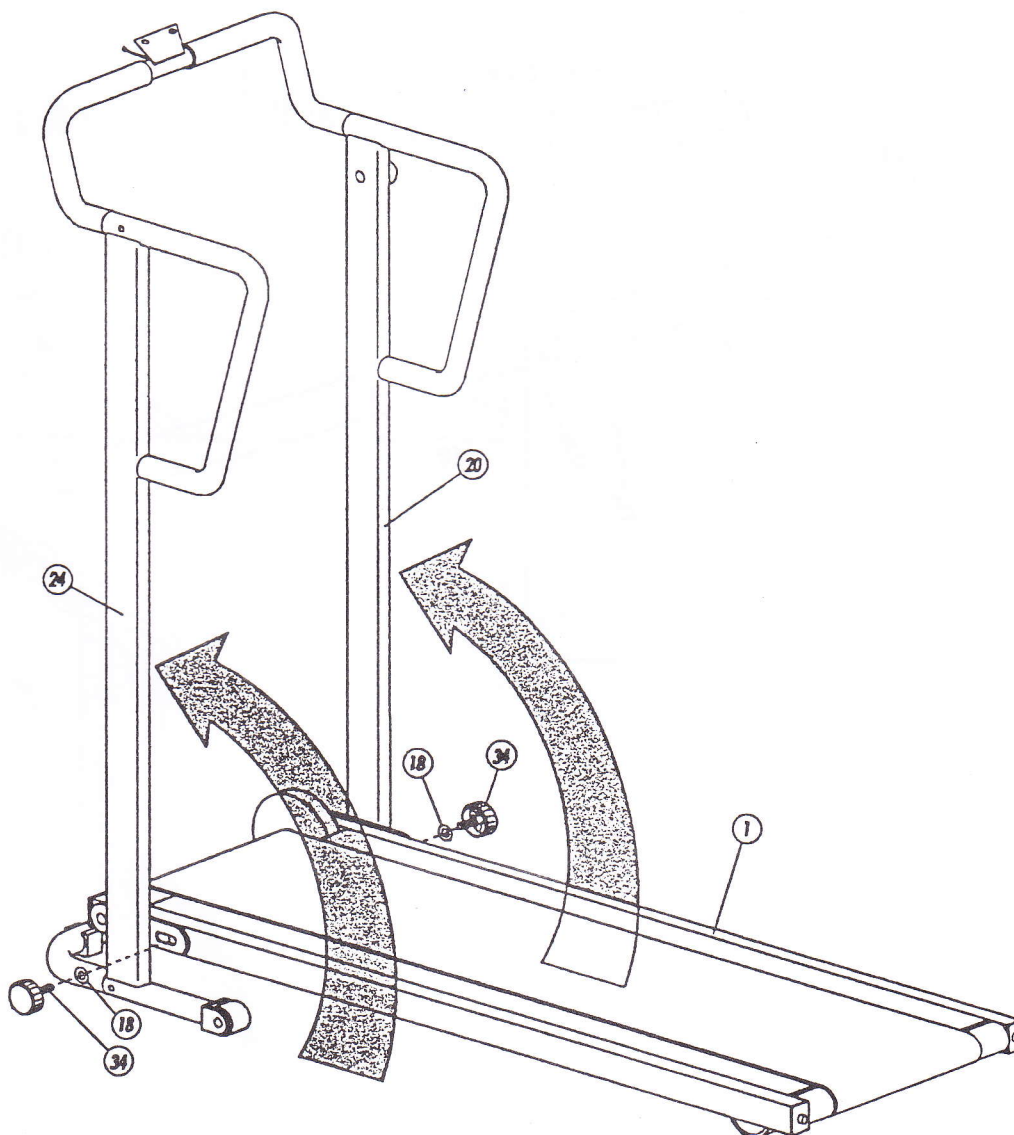
ASSEMBLY**STEP 3:**

Attach the Front Support (32) to the ends of the Right and Left Handlebar Uprights (20 and 24). Secure with M6 Bolts (15) and M6 Nuts (16). Do not fully tighten until the entire unit has been assembled.



ASSEMBLY**STEP 4:**

Rotate the frame assembly up as shown. Secure by inserting the Washers (18) and Locking Knobs (34) through the plates on the Right and Left Handlebar Uprights (20 and 24) into the Main Frame (1).

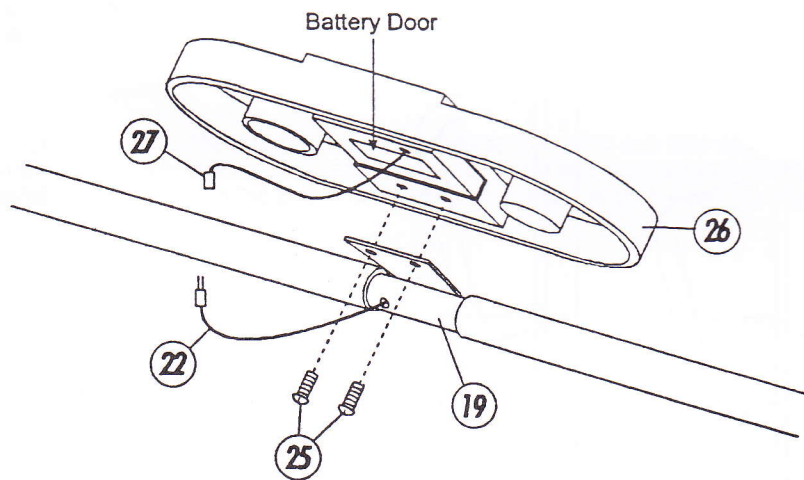


ASSEMBLY**STEP 5:**

Attach the Console (26) to the Front Handle (19). Secure with Fixing Screws (25) as shown.

Connect the Upper Wire (22) to the Computer (27).

Should you ever need to replace the batteries in the Computer (27) simply remove the battery door from the rear of the unit.



FOLDING**FOLDING FOR STORAGE:**

To fold your treadmill for storage begin by removing the Locking Knobs (34) and Washers (18) as shown in FIG 1.

While holding out the Stop Knob (35) fold the Main Frame (1) up to a vertical position and release the Stop Knob (35) to lock the unit as shown in FIG 2. Reinsert the Washers (18) and Locking Knobs (34) as shown in FIG 3.

Your treadmill can now be wheeled away.

FIG1

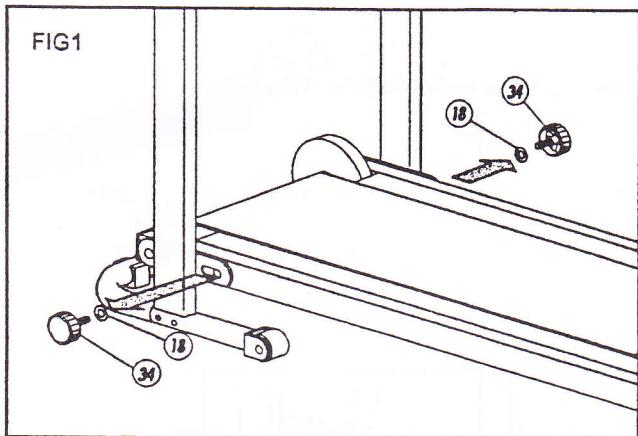


FIG3

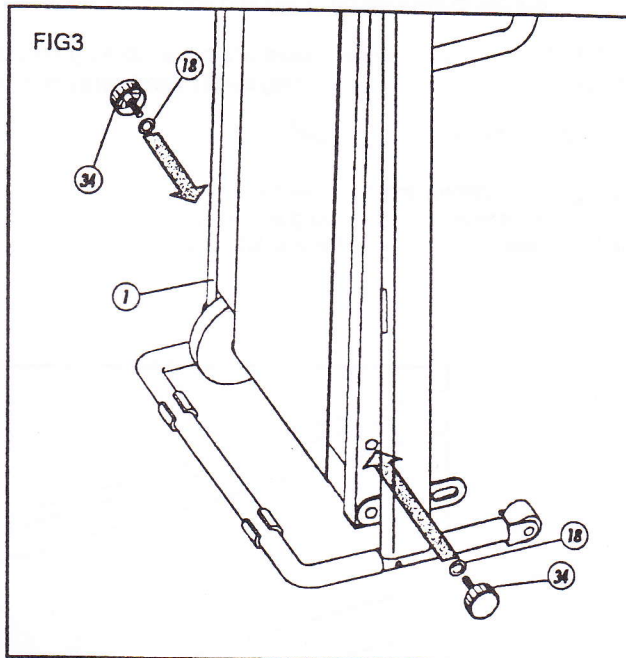
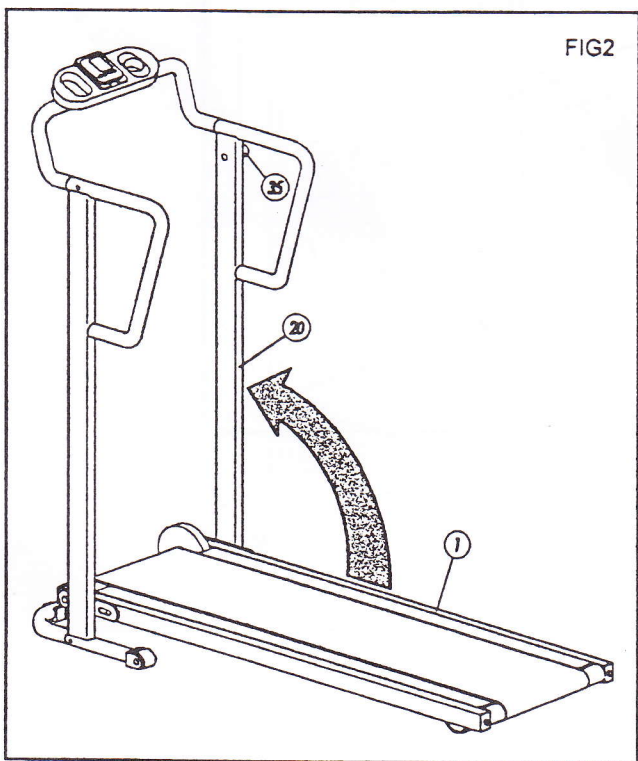


FIG2



MAINTENANCE

BELT ADJUSTMENT

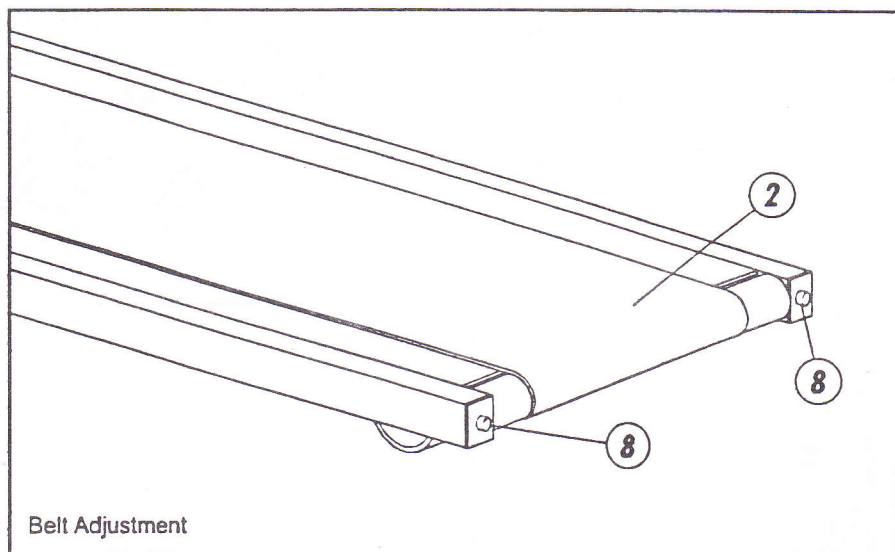
- If your Belt (2) tends to walk to the right, then the adjustment of the right Belt Tension Bolt (8) is necessary by turning clockwise. We recommend adjustments of 1/4 turn at a time, with a test to follow. If your Belt (2) continues to walk to the right, simply adjust the left Belt tension bolt(8), by turning 1/4 turn counterclockwise, with a test to follow.
- If your Belt (2) tends to walk to the left, turn the left Belt Tension Bolt (8) clockwise 1/4 turn at a time. If the Belt (2) continues to walk to the left, simply adjust the right Belt Tension Bolt (8) counterclockwise.
- If your Belt (2) appears to be loose, simply tighten both bolts evenly 1/4 turn.
- To reduce the friction (sticking) of the walking belt and minimize wear, a silicone lubricant or WD-40, may be applied directly to the walking board and underside of the belt.

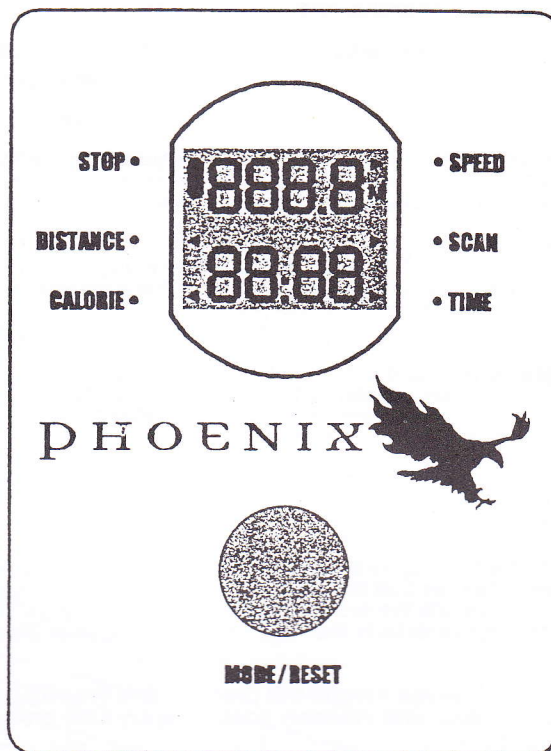
NOTE: The lubricant may be applied whenever sticking occurs.

To apply, simply lift up on the walking Belt (2) and spray onto the walking board and underside of the belt.

BELT ALIGNMENT

During transportation, the belt may have shifted to one side. Carefully tip the unit to one side and check to see that the walking belt is resting on the two guide hooks welded under the frame. If you find that the belt has indeed shifted, simply pull the belt toward the center of the unit, lift up on the belt, and reposition it so that it is once again resting on the guide hooks.



COMPUTER OPERATION**FUNCTION BUTTON:**

MODE: Press to select functions, and hold for 4 seconds to reset all functions. (There is no single function reset with the computer.)

FUNCTIONS:

SCAN: Automatically scans through each function within a period of 6 seconds.

TIME: Accumulates total working time up to 99:59.

SPEED: Accumulates the current speed up to 99.9km/h or mp/h. The value will stay on the monitor constantly.

DISTANCE: Accumulates total working distance up to 99.9km or ml from zero.

CALORIE: Accumulates calorie consumption during exercise. The maximum value is 999.9 cal. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)

PULSE (if applicable): Shows the heart rate during exercise. Put the ear clip on your left earlobe before monitoring the pulse. To get a more accurate pulse rate, rub your earlobe 15 times gently before clipping it on.

NOTE:

1. When you stop exercising a stop sign will appear in the upper left corner.
2. Without any signal for a period of 4 minutes, the display will shut off automatically with all function values stored.
3. Turn on the monitor by pressing the button or pedaling.
4. If there is an improper display on the monitor, please reinstall the batteries to get the correct results.
5. Battery spec: 1.5V UM-3 or AA(2pcs).

WARRANTY

Warranty Coverage: Phoenix Health and Fitness, Inc. ("Phoenix Health and Fitness") warrants to the original purchaser that each new product to be free from defects in workmanship and material, under normal use and conditions.

Period of Coverage: The Warranty on this product runs for a period of NINETY (90) days from the date of your purchase and includes all parts and materials.

It is recommended that the Original Receipt be kept with the product manual.

Remedy Provided by Phoenix Health and Fitness: Phoenix Health and Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. You must pay any charges for shipping and handling outside of the Continental United States and for labor. You may select any reputable service center to install any replacement part.

Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Phoenix Health and Fitness products is furnished without charge and on the basis that it represents Phoenix Health and Fitness' best judgment under the circumstances but that the advice is used at your sole risk.

Procedure for Obtaining Your Remedy Under This Warranty: In the event you discover a defect in this product, please phone our Customer Service Department at 1 (888) 535.8637 between the hours of 8:00 a.m. and 4:00 p.m. (Pacific Standard Time). You may order your free replacement part at that time, and you may obtain assistance from our Customer Service professionals. Parts will be shipped to you within one hundred eighty (180) days of your notification to our Customer Service Department of your Warranty claim. To help us assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and the order number.

Limitations on Warranty: This Warranty does not apply to you if you have purchased this product for resale. This Warranty does not cover any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, abuse or freight damage. Phoenix Health and Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by a repair facility.

This Warranty shall terminate if you sell or otherwise transfer this product. This Warranty does not apply to any product shipped or handled outside of the United States. This Warranty does not apply if the product is used for rental or commercial use.

Consequential and incidental damages are not recoverable under this Warranty.

(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 IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO ONE (1) YEAR FROM THE EFFECTIVE DATE OF THIS WARRANTY. PHOENIX HEALTH AND FITNESS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS NOR FOR ANY BREACH OF EXPRESS OR IMPLIED WARRANTIES. PHOENIX HEALTH AND FITNESS' SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM.

THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

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.

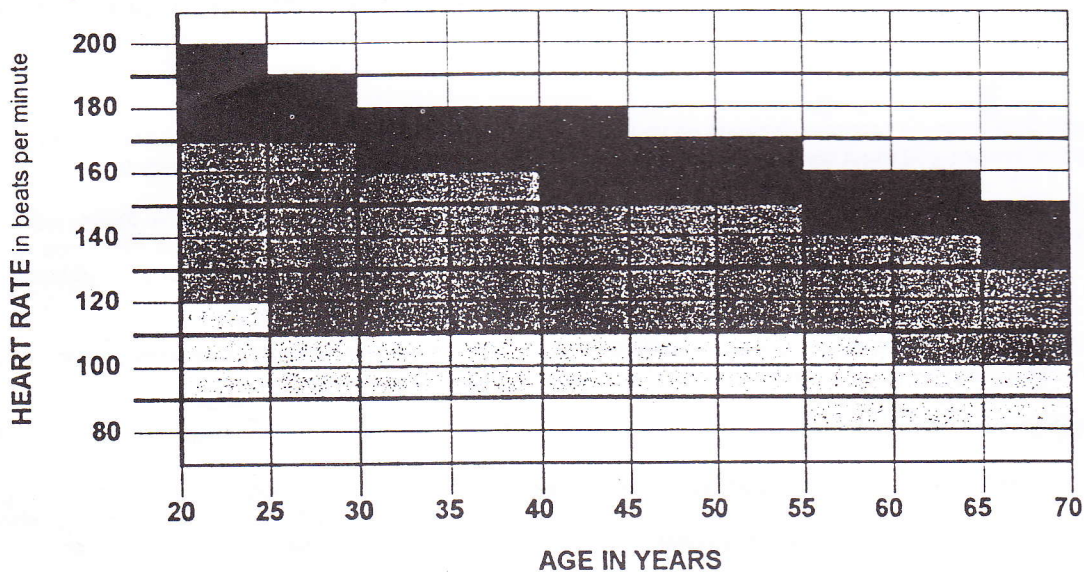
TARGET HEART RATE

Finding your pulse:

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the number of beats in ten seconds, and then multiply that number by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.

FIND YOUR TARGET HEART RATE



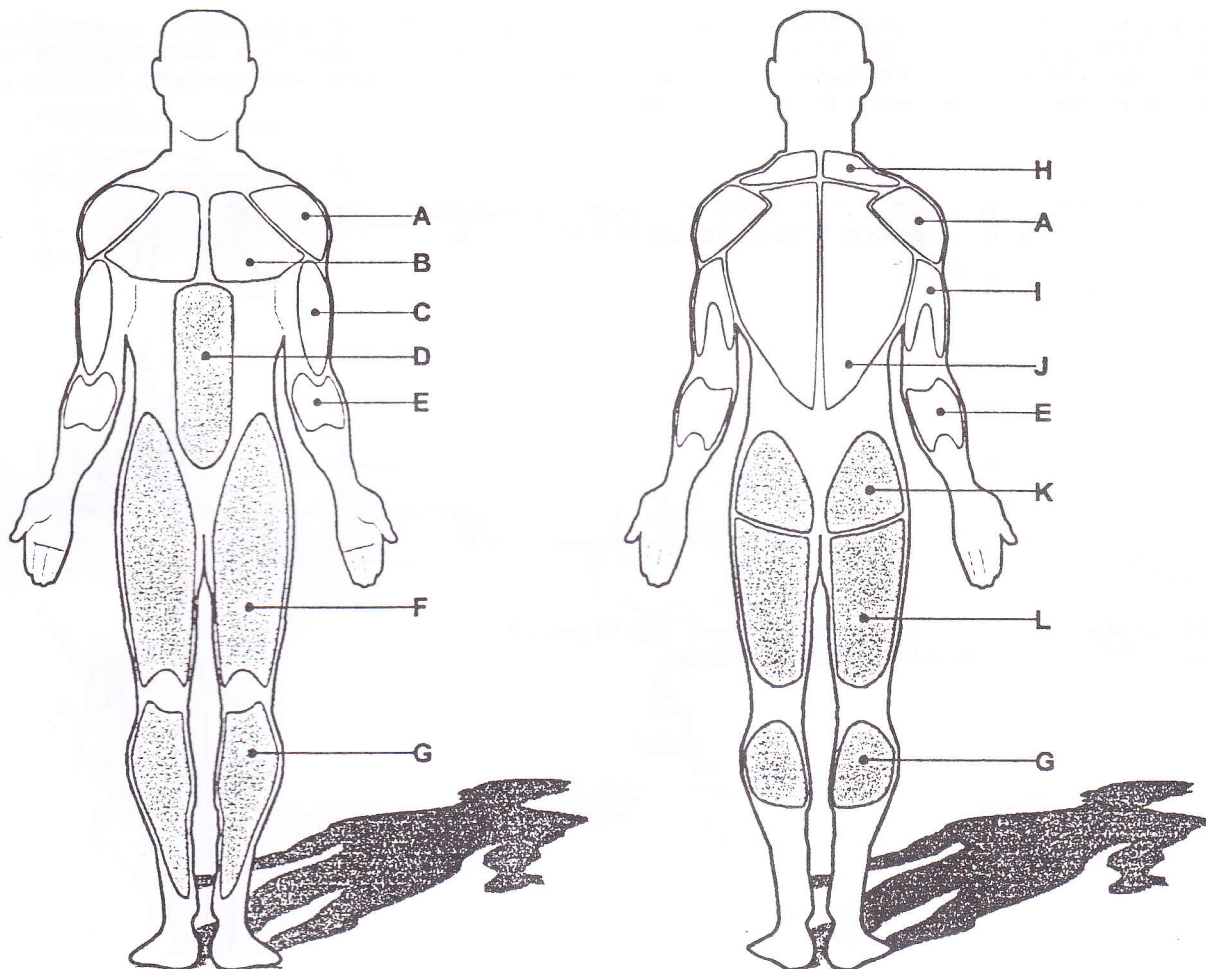
- ADVANCED:** Sports, athletic conditioning or interval training
- FITNESS:** Optimal training, aerobic or cardiovascular
- HEALTH:** Beginner, low intensity with long duration produces fat burning

Aerobic exercise:

Is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

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.



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

STRETCHING ROUTINE

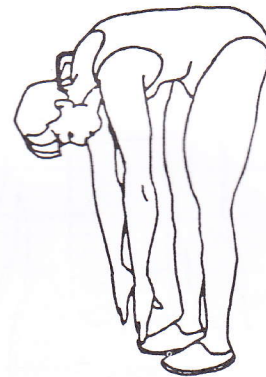
Warm up and cool down:

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.



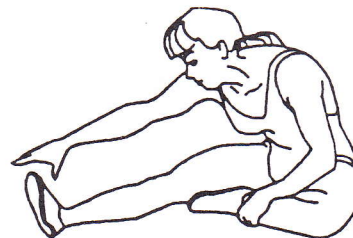
Head Roll:

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.



STRETCHING ROUTINE**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.

**Inner Thigh Stretch:**

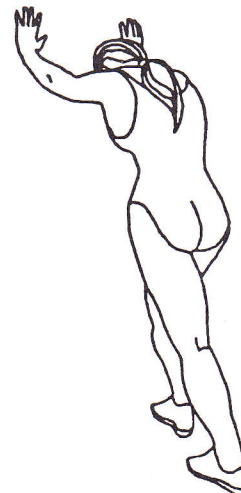
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

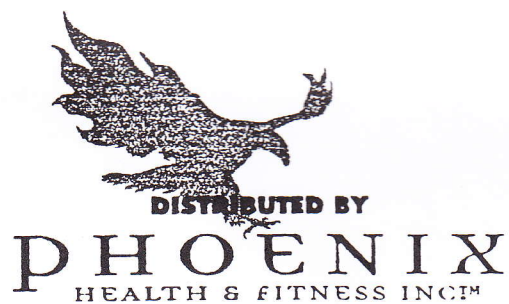
**Side Stretch:**

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.





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Website:
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