LTX5 PRO

TREADMILL

Art.-Nr.: 10050

U.N.O.®
FITNESS

1. OVERVIEW DRAWING

Computer

Safety Key/Clip

Frame

Power Cord

Power Cord
Socket

Circuit Breaker

Power Switch
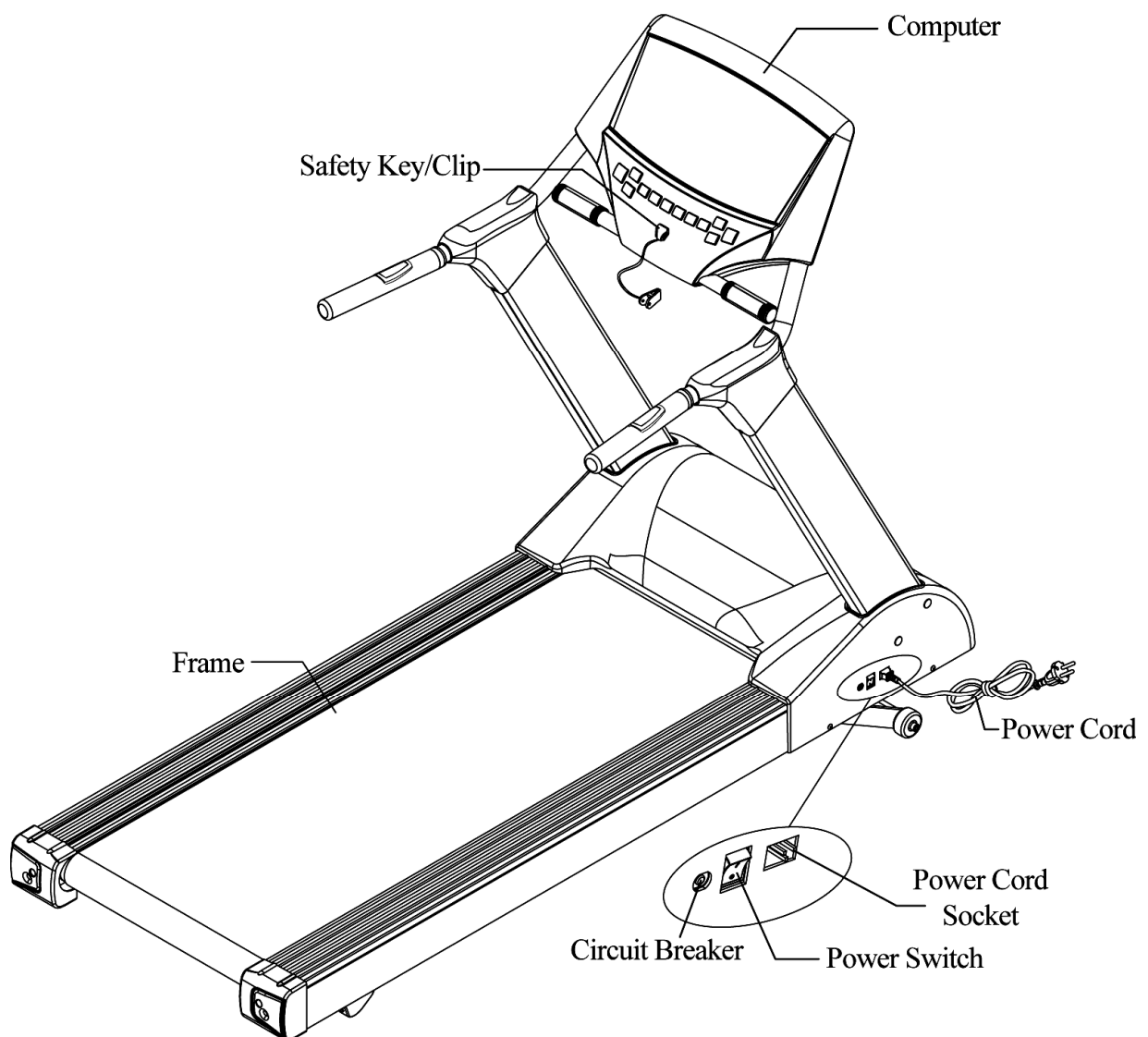
SAFETY INSTRUCTION

When using this product, basic precautions should always be followed, including the following:

Please read the instruction carefully before starting to use this product.

■ DANGER – To reduce the risk of electric shock :

1 Always unplug this product from the electrical outlet immediately after using and before cleaning.

■ WARNING – To reduce the risk of burns, fire, electric shock, or physical injury :

1 The product should never be left unattended while plugged in. Unplug the product from the outlet when not in use.

2 Close supervision is necessary when this product is used by or near children, invalids, or disabled persons.

3 Be sure to use the product only for its intended use as described in this manual. Do not use any attachment not recommended by the manufacturer in order to avoid any danger or accidents.

4 Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or dropped into water. Please return the product to the service center of seller for examination and repair.

5 Do not carry this product by the supply cord or use the cord as a handle.

6 Keep the cord away from hot surfaces or ground.

7 Never operate the product with the air vents blocked. Keep the air vents free of lint, hair, etc.

8 Never drop or insert any objects into any openings.

9 Do not use or operate outdoors.

10 Do not operate where aerosol (spray) products are being used or where oxygen is thin.

11 Before turning the product power off, turn all controls to the off position then remove the plug from the outlet.

12 Connect the product to a properly grounded outlet only.

13 If the power cord is damaged, be sure to ask the manufacturer for replacement to avoid accidents. The seller and correlative qualified professionals are as well as eligible.

14 This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.

15 Incorrect or excessive training may cause injuries t health may results.

16 The equipment shall be installed on stable base and properly leveled.

17 A shall be safety area of 2,000mm x 1,000mm behind the equipment.

18 Maximum user weight is 130 Kgs.

19 If this treadmill can be folded, please return the elevation to the original position after using.

20 When this treadmill is being used, it can not be folded at the same time.
Required to confirm the device completely stopped before folding

21 the safety level of the equipment can be maintained only if it is examined regularly for damage and

wear.

22 any of the adjustment devices that could interfere with the user's movement should not be left projecting.

23 Users correct ergonomic position on the equipment shown in Figure

24 Before using this product, you should step on the it then turn on the product. Do not turn on the treadmill before step on it.

25 Running surface Width dimensions 500*1400mm

26 The appliance is intended for household use only

27 Customer Address

Note—If the machine has folding function, before folding, make sure the inclination has come back to 0 (when folding, this can avoid the frameworks interfere each other).

◆ Treadmill Operation Instruction

When you are prepared to use the treadmill, do not stand on the running belt. Before starting the treadmill, first turn on the power, gold the handrails and then step on the treadmill. Stand on the protection strips and then press "START" to start. When the motor is running at low speed, move your feet to the center of the frame. Remember to clip the safety key on the waist which will make the treadmill stop immediately when you tumble or feel uncomfortable. Don't try to start the treadmill at high speed and jump to it. When emergency, you can hold the front or lateral handrail and move you feet off the running belt to the protection strips.

3.GROUNDING　INSTRUCTIONS

1. The product must be grounded first. If malfunction or breakdown ocuurs, grounding will provide a path of least resistance of electric current to reduce the risk of electric shock.
2. The product is equipped with a cord having an equipment-grounding conductor and a grounding plug.
3. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Danger-Improper connection of the equipment-grounding conductorcan result in a risk of electric shock.Check with a qualified electrician or serviceman if you are in doubt as to whether the products are properly grounded. Do not modify the plug provided with the product-if it will not fit the outlet, have a proper outlet install by a qualified electrican.

1. The product is for use on nominal 220－240 volt and has a grounding plug that looks like the plug illustrated in the figure. Make sure that the product is connected to an outlet having the same configuration as the plug.
2. There is no need to use and adapter for this product.

Figure
Grounding methods

GROUNDED OUTLET

GROUNDED PIN
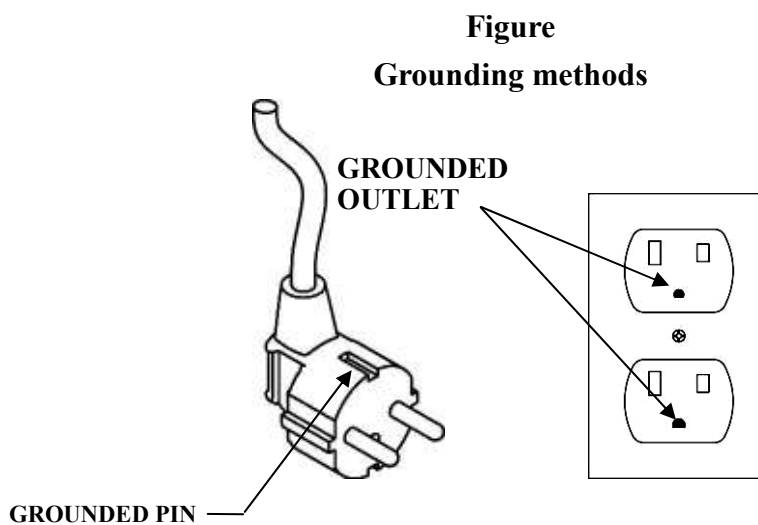
3. PRE-ASSEMBLY   CHECK LIST

Instructions(How to select the attachments of the product)
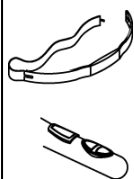
1. This treadmill can detect pulse value through other ways. When you are exercising, bind chest pulse in front of your chest and then you will see your pulse value in PULSE window.
2. Except using the control button on the console, the control button on the handrail can also be used to adjust speed and elevation. The control button on the left handrail is for elevation while the right handrail button is for speed adjustment.
3. Under usual start/ready status, if you don't hold pulse sensor, PULSE window will display HP picture. When you hold the pulse sensor, you will see PULSE window displays pulse value

ITEM	Description	Qty
A	Computer Console	1
B	Frame	1
C	Upright(L)	1
D	Upright(R)	1
E	Handrail(L)	1
F	Handrail (R)	1
G	Decoration Cover(L)	1
H	Decoration Cover(R)	1
I	Plastic Bottle Holder	1
J	Bottle	1
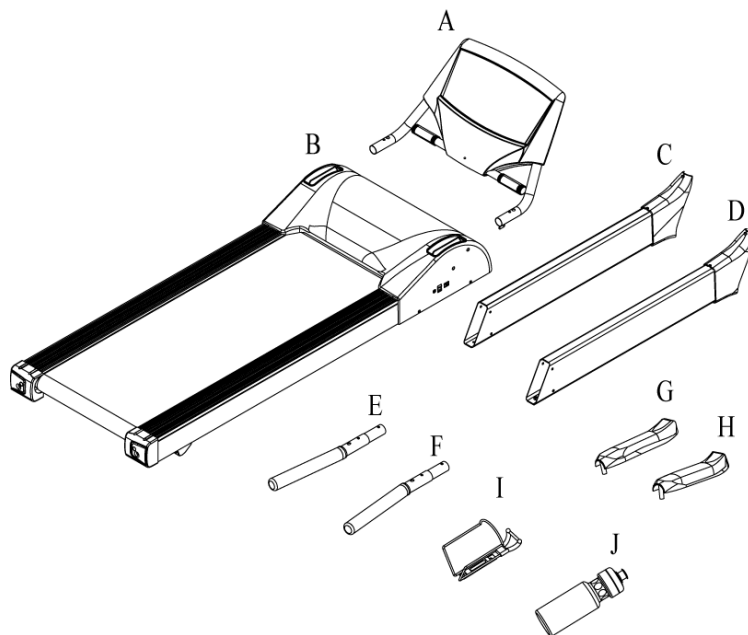
ITEM	Description	Qty
a	Allen Bolt M8xP1.25x40	2
b	Allen Bolt M8xP1.25x60M8xP1.25x60	4
c	Allen Bolt M8xP1.25x75	4
d	Screw M5xP0.8x15	2
e	Self Tapping Screw Ø5x25	2
f	Screw Cover	6
g	Allen Wrench 5mm	1
h	T Shaped Wrench	1
i	Power Cord	1
j	Safety Key/Clip	1
k	SILICON	1

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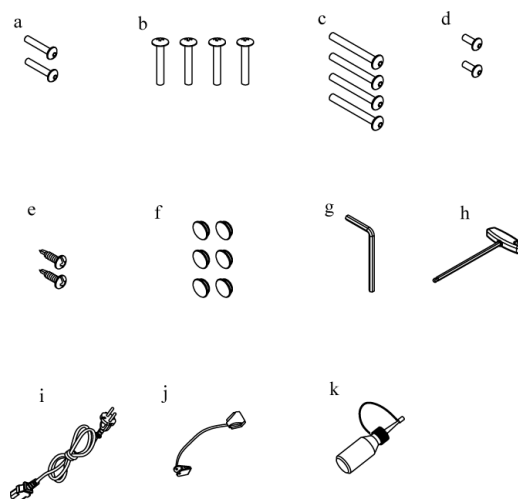
5. ASSEMBLY STEP

Two persons are required to finish the assembly steps.

(Caution!! Please follow exactly the assemly steps below to aviod injury .)

1. After pull out Control Wire with Guide Thread in the Upright, cap it into the hole of the Upright. When left and right Uprights (C, D) are fixed, screw with Allen Bolt (a,c) as shown in the right drawing, but not tighten.

(Ps1. To avoid unexpected accident, always assemble the treadmill with an assistant, do not assemble by oneself.

Ps.2. When assemble the Upright, one person should hold the Upright to prevent it from falling.)
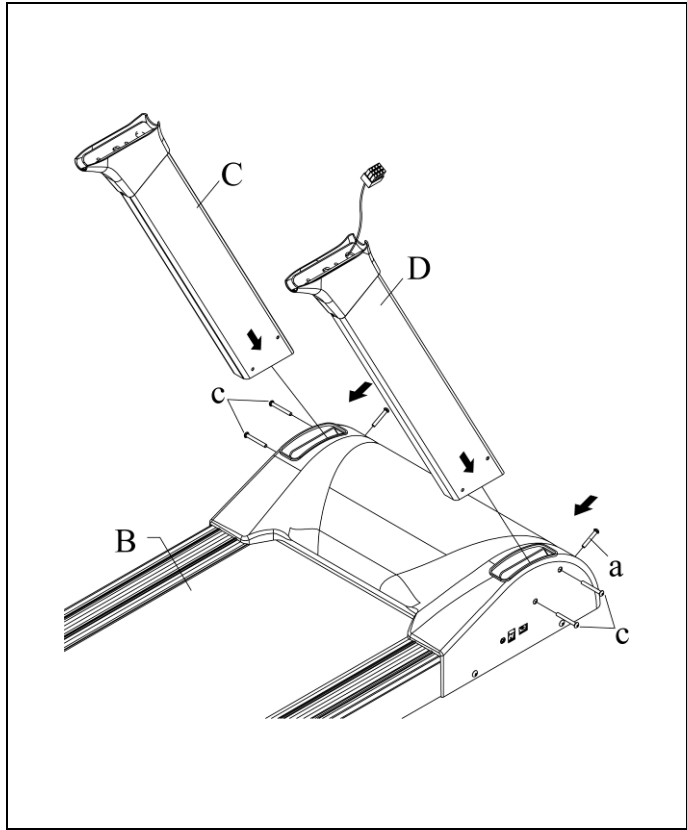
2. Connect left and right Handrails (E,F) with Computer Console (A) and then insert left and right Handrails into the tubes of Computer Console according to the right drawing.

(Ps1. When assembly, please make sure that the holes of left and right Handrails are corresponding with the holes of computer fixing tubes so as to continue other steps.)

(Ps2. If the treadmill has the function of handrail switch, please pay attention when assembly, the left handrail switch is angle and right one is speed.)
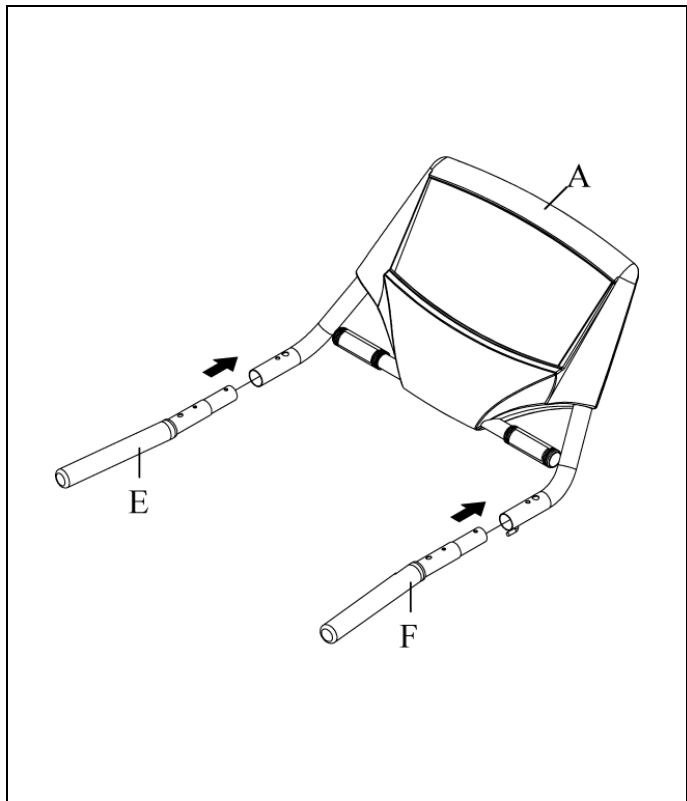
3. Put the Computer Console which has been assembled in above step on the assembled Frame. Connect control wire of Computer with Frame and fix with Allen Bolt (b).
Cap Upper Handrail Covers (L) (R) (G, H) on the computer tube and fix with Self Tapping Screw (e).

(Ps. To avoid unexpected accident, always assemble the treadmill with an assistant.)
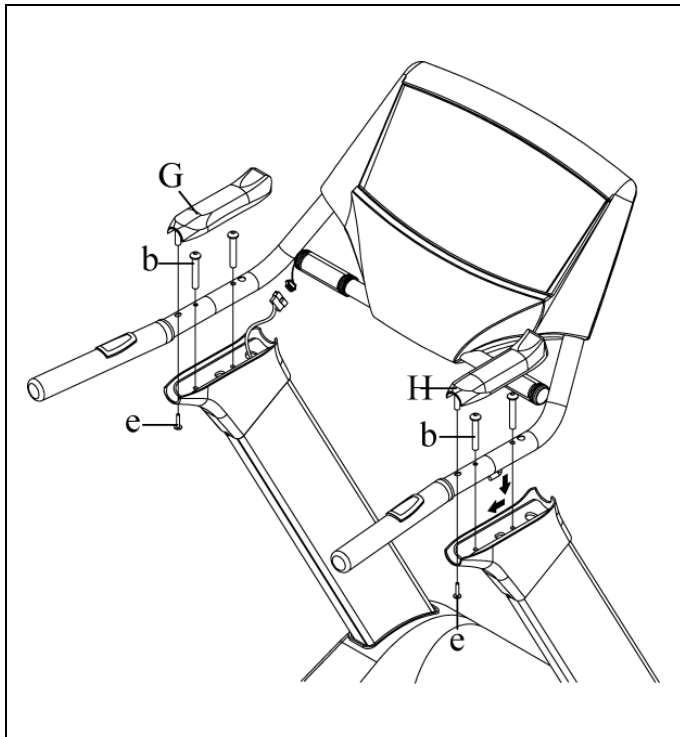
4. After screwing with screw (a,c), cap the screw cover(f) into the upper cover and tighten it according to the right drawing.
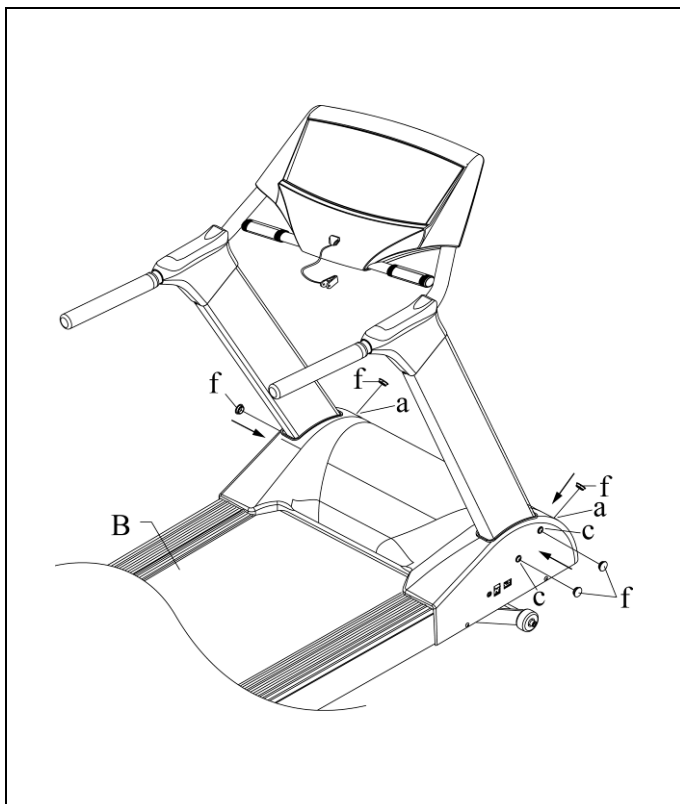
5. To assemble the Bottle Holder：Put Bottle Holder (I) on the right Upright (D) and aim at the hole. Fix with Screw (d).
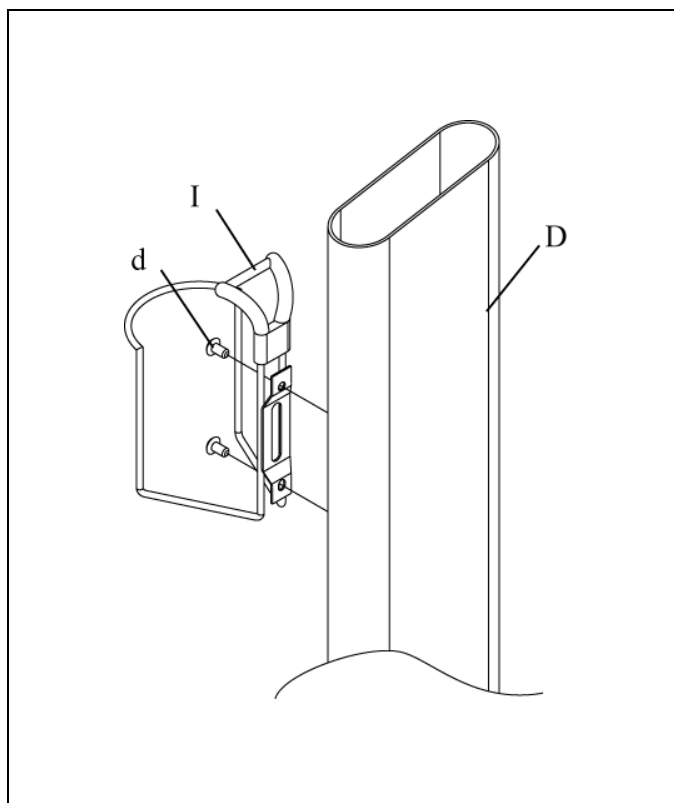
6. MAINTENANCE

1. When running belt is off thecenter, stop the treadmill inmediately, use the T Shaped Wrench to adjust the hex head screw. For example, the running belt is offset to the left is should adjust 1/4 circle clockwise; if the running belt is offset to the right, adjust1/4 circle counterclockwise. After adjustment, start the treadmill again, if the running belt still off the center, repeat the adjusting procedure till the running belt is in the center position.

(Ps.1. This action is very important, if a deviated belt is found, be sure to follow above precedures.)

(Ps.2. Belt may move away from the center status due to user's weight and running codition. The belt needs not to be adjusted as long as it doesn't rub against the parts aside.)

2. It is strongly suggested to follow the below table to apply lubrication on the running board.Please use the Spanner to loosen bolts in rear adjusting boxes. Pull up the running belt and apply lubrication evenly on the center of the running board, the adjust the belt to the center of deck, follow by tighten the screw to the original set up.

(Ps. When the belt is sliding, please follow the above method to apply lubricant on the running board.)

The Partition Term of the Maintenace of the Treadmill

KGS(mile)	Speed	Time
KGS	< 6km/hr	1 year
	6~12km/hr	6 months
	> 12km/hr	3 months
LBS	< 4mile/hr	1 year
	4~8mile/hr	6 months
	> 8mile/hr	3 months
Ps. This partition term of the maintenace of the treadmill is just proper for the family usage.If used by the bussiness, 1 month partition term of maintenance is suggested to check.		
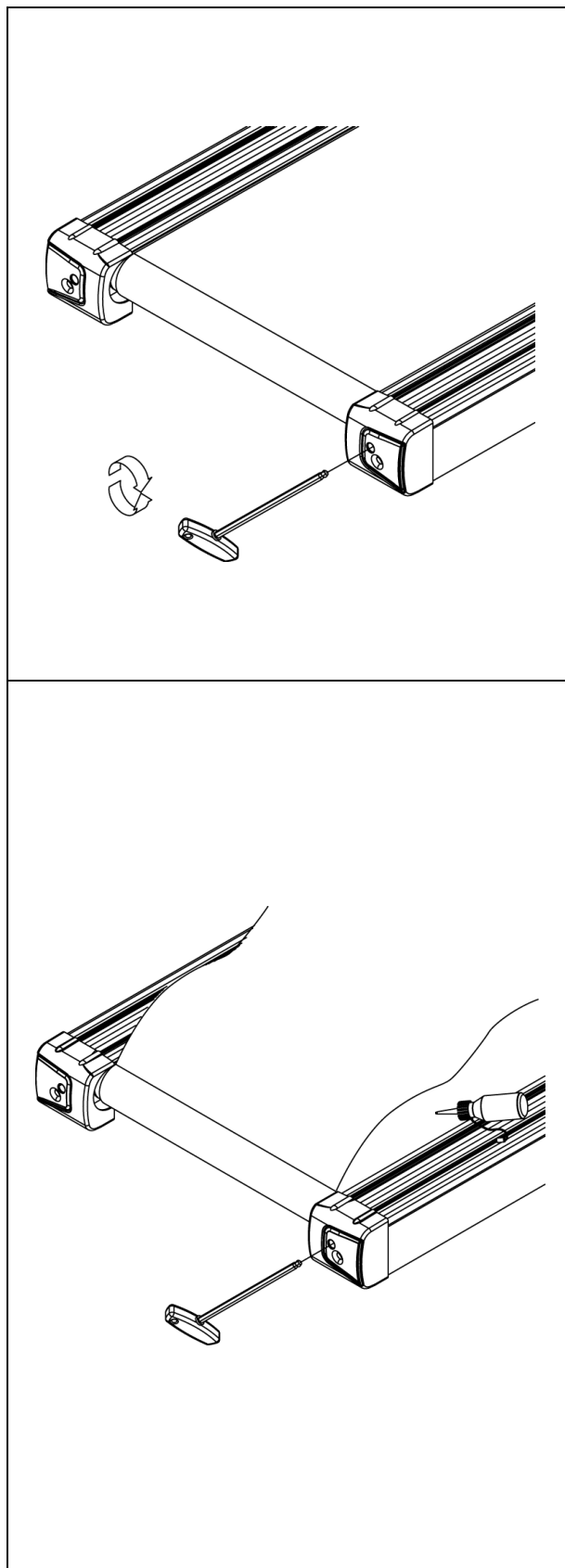
7. ADD SILICONE

1.   Time of add SILICONE

When suggested time of adding SILICONE is achieved, please extend your hand to the center of the running board to make sure whether there is any SILICONE before adding. If no SILICONE on the running board, please add 30cc SILICONE to the running board. If there is still a little SILICONE, add 15cc SILICONE to the running board.

2.   Area of adding SILICONE

Add SILICONE from the center of the running board to the running belt 's the left and right side which should minus 6 cm.
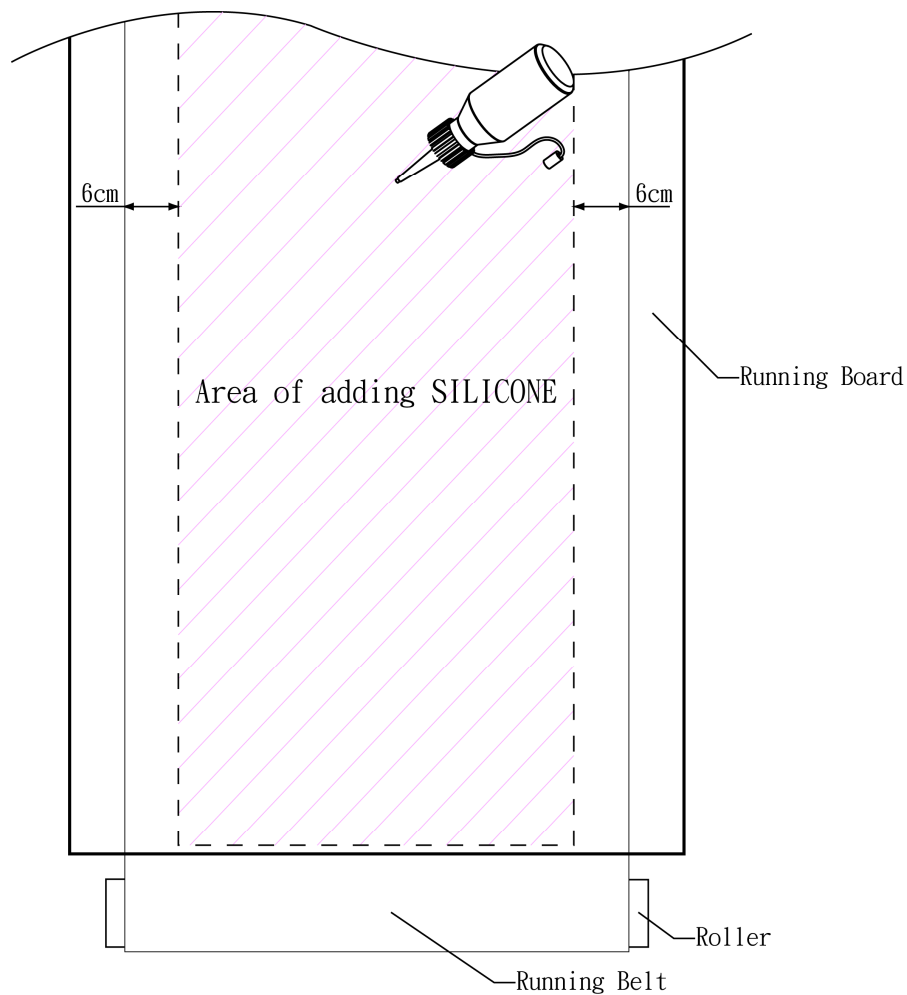
8. COMPUTER OPERATION INSTRUCTION
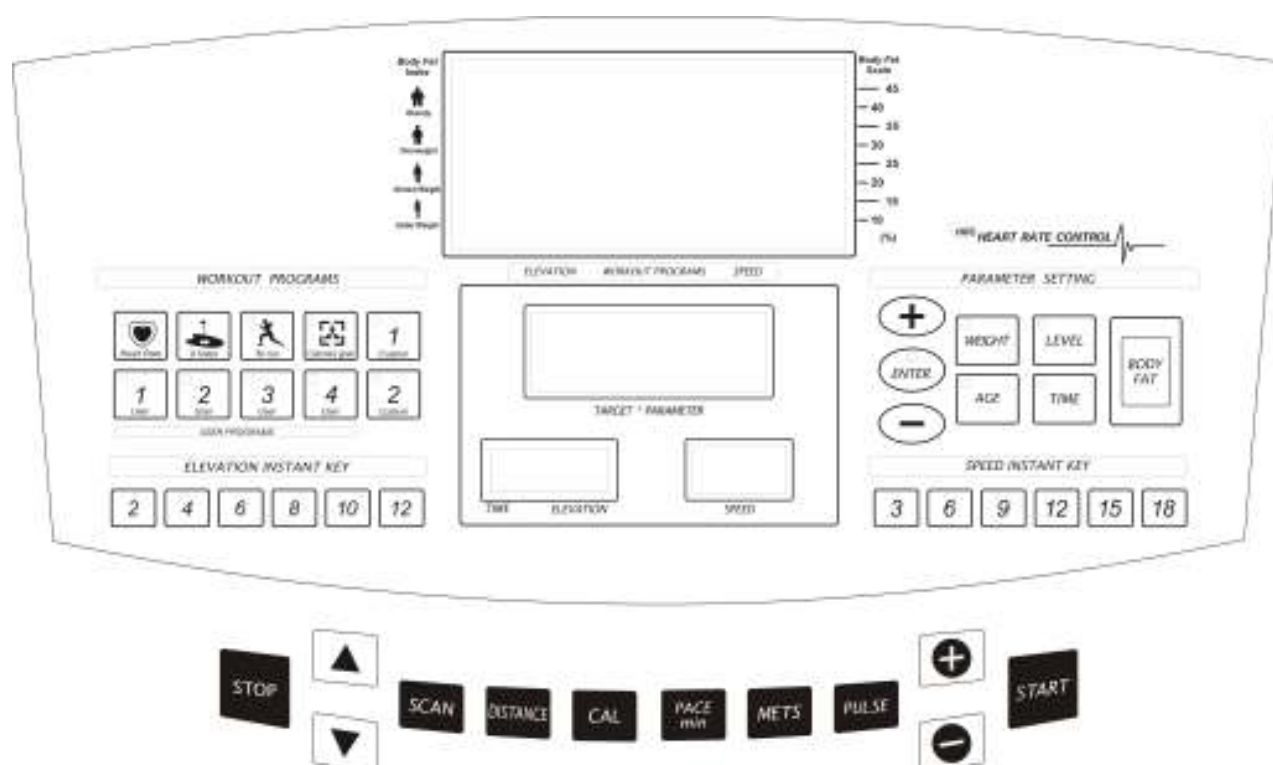
I. General Operation

1. Turn on the treadmill.
2. Put the safety key in the recess of the console.

   At this time the beeper will sound and the matrix LED will display blinking heart-shaped picture. The LED of program key will circularly blink to direct which means that the treadmill has been under START/READY status, under this status, you can hold the handgrip pulse sensor to detect heart rate number directly.

3. Press [START] to start the treadmill at the speed of 0.8 km/hr. At this time press [+] 、[−] to increase/decrease the speed. (also you can press express key [3] [6] [9] [12] [15] [18] to select the speed you need.)Press [▲] 、[▼] to control the inclination angle. (also you can press express key [2] [4] [6] [8] [10] [12] to select the angle you want). Press [STOP] and the treadmill will stop. (Press [STOP] once and Information window will display PAUSE picture. All values will stop changing at this time. If press [STOP] once then press [STOP] again and hold it for 3 seconds, it will **Reset** to the Start/Ready status.)

   **Range of speed：0.8~20 km/hr，Step is 0.1 km/hr.
   Range of angle：0~15 LEVEL，Step is 1 LEVEL.

4. Under Start/Ready status, also press [WEIGHT] to set the users' weight.
   The preset value of the program is 70kg.
   Range of weight：23~180 kg，Step is 1 kg.

5. After press [START], directly press [WEIGHT] to set the time.(After finish setting, the machine will count down. When the time is finished, the machine will **Reset** to the Start/Ready status.)
   The preset value of the program is 20 min.
   Range of time：20~240 min，Step is 5 min.

6. After press [START], press [SCAN] and Target window will circularly display the values of DISTANCE、CAL、PACE、METS and PULSE every 8 seconds.(When there is pulse signal, PULSE will enter circularly displaying.) Also directly press [DISTANCE]、[CAL]、[PACE min]、[METS]、[PULSE] to solely display the values of this option.

   *Range of DISTANCE value：0.1~999.9 km
   Range of CAL value：1~9999 cal
   *The change of CAL value and the weight that users has set become direct ratio.
   Range of PACE value：75~3 min
   Range of METS value：1.4~32.6
   Range of PULSE value：40~240 Beats/min

*The pulse displaying light of this treadmill will present 3 colors and each color means different pulse value：

   90 below：the light presents green display.
   91~130：the light presents blue display.
   130 above：the light presents red display.

** It will show the relationship that whether the amount of running is adequate under different ages and heart rate:

20	25	30	35	40	45	50	55	60	65	
170										OVER
150	166									MIDDLE
120	146	162								LOW
	117	143	157							
		114	137	153						
			111	135	149					
				108	131	145				
					105	128	140			
						102	124	136		
							99	120	132	
								96	116	
									93	

HEART BEATS/MIN   (Age)

7. When the SAFETY KEY is taken off and then replaced, it will not make reposition action any where it is. You need to press start key to perform the incline to reposite it.
8. When power on, it will not make reposition action any where it is. You need to press start key to perform the incline to reposite it.
9. Under start/ready status, continuously press stop key for 5 seconds, it will make reposition action any where it is.
   During perform any program, if press stop key, the program will stop. If users want to continuously perform the program, press start key or again press stop key to leave the program and back to start/ready status.

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II. Power Saving Mode

When the treadmill not work for 4 minutes, it will enter power saving mode and at this time, the meter will not show anything.

⚠**Caution**

If you want to use treadmill, please take off the safety key (1-1)and take it   back to original place(2-1), then make the treadmill back to start/steady mode.

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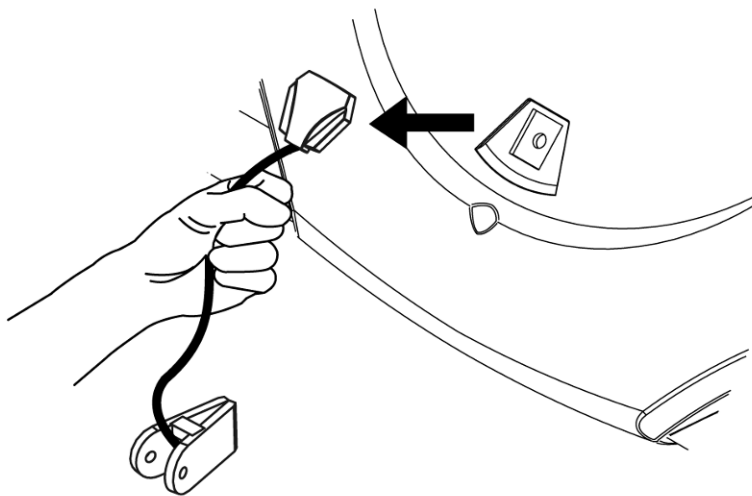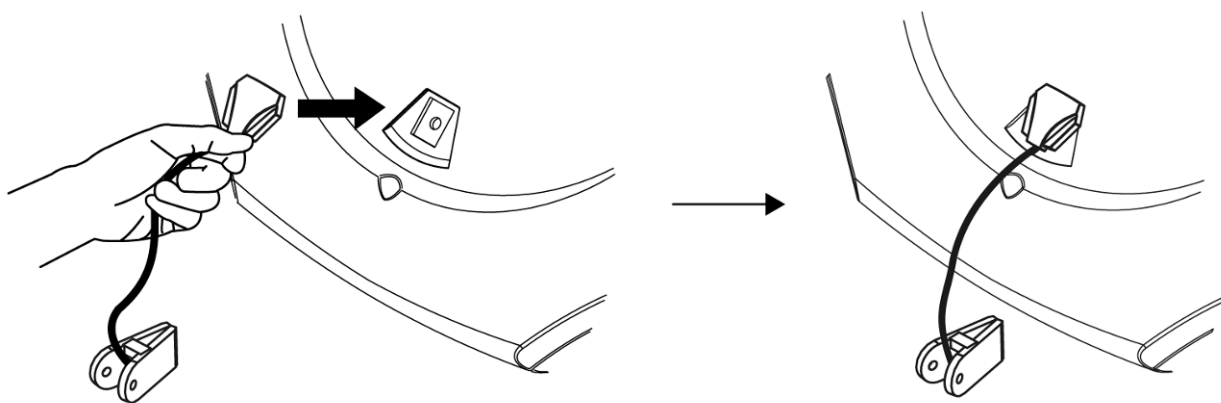
III. Program Operation Mode (This mode can be performed under start/ready status.)

1. ⬚❤ Heart Rate ： The program aims to exercise heartbeat. When operating, the heartbeat value is equal to the pre-set value, the angle and speed will keep steady to maintain the heartbeat value in certain range to achieve the exercising effect. After you select this mode, the program will require you input the values as following methods:

Weight：the preset value is 70 kg，range：23~180 kg，Step is 1 kg. After selecting the correct value, press ⬭ENTER to enter next value setting.

Age：the preset value is 30，range：13~113，Step is 1. After selecting the correct value, press ⬭ENTER.

BPM：The value will change according to the age and please refer to the attached table in the rear of this indication. Then select the suitable value in the table. You can press ⬭ENTER to enter value setting.

Time：the preset value is 20 min，range：20~240 min，Step is 5 min. After selecting the correct value, press ⬭ENTER and the machine will start.

**As considering the safety problem, ⬚❤ Heart Rate mode should be equipped with wireless pulse sensor to perform.

2. ⬚ 9 holes ： The program is based on 3500m，after you finish 3500m，the program is finished，the treadmill will stop. This mode simulates the landform of a golf course，the difficult degree is decided by the change of the upgrade and downgrade. After you have selected this mode, the program will require you input following values：

Weight：the preset value is 70 kg，range：23~180 kg，Step is 1 kg. After selecting the correct value, press ⬭ENTER to enter next value setting.

LVL：the preset value is 1 LVL，range：1~10 LVL，Step is 1 LVL. After selecting the value you need, press ⬭ENTER and the machine will start.

3. ⬚ 5k run ： The program is based on 5000m，after you finish 5000m，the program is finished，the treadmill will stop. This mode aims at running exercise. After you have selected this mode, the program will require you input following values：

Weight：the preset value is 70 kg，range：23~180 kg，Step is 1 kg. After selecting the correct value, press ⬭ENTER to enter next value setting.

LVL：the preset value is 1 LVL，range：1~10 LVL，Step is 1 LVL. After selecting the value you need, press ⬭ENTER and the machine will start.

4. ⬚ Calories goal ： This program aims at burning calories and you can set a fixed value of calories to burn the redundant fat in your body to let you remain thin easily. After you have selected this mode, the program will require you input following values：

Weight：the preset value is 70 kg，range：23~180 kg，Step is 1 kg. After selecting the correct value, press ⬭ENTER to enter next value setting.

CAL：the preset value is 200 cal，range：40~560 cal，Step is 1 cal. After selecting the value you need, press ⬭ENTER to enter next value setting.

LVL：the preset value is 1 LVL，range：1~10 LVL，Step is 1 LVL. After selecting the value you need, press ⬭ENTER and the machine will start.

5. [1 User] [2 User] [3 User] [4 User] ：After you have selected this mode, the program will require you input following values：

Weight：the preset value is 70 kg，range：23~180 kg，Step is 1 kg. After selecting the correct value, press [ENTER] to enter next value setting.

From now on, you can set the mode according to your favorite. Under this mode, there are 50 levels for you to set (SE01~SE50). The time range of each level is 1~10 min, the speed range is 0.8~20.0 km/hr and the angle range is 0~15 LVL. After one level is finished, press [ENTER] to enter next setting. Or after waiting for 10 seconds, the program will automatically switch to next level. If you don't need to use all 50 levels, after finish setting, only press [START] and the machine will start to work. After the mode you have set is over, it will automatically come back to start/ready status.

6. [1 Custom] [2 Custom] ：After you have selected this mode, the program will require you input following values：

Weight：the preset value is 70 kg，range：23~180 kg，Step is 1 kg. After selecting the correct value, press [ENTER] to enter next value setting.

From now on, you can set the mode according to your favorite. Under this mode, there are 50 levels for you to set (SE01~SE50). The time range of each level is 1~10 min, the speed range is 0.8~20.0 km/hr and the angle range is 0~15 LVL. After one level is finished, press [ENTER] to enter next setting. Or after waiting for 10 seconds, the program will automatically switch to next level. If you don't need to use all 50 levels, after finish setting, only press [START] and the machine will start to work. After the mode you have set is over, it will automatically come back to start/ready status.

**This mode has the preset program. If you don't want to change the preset program, after the weight is input, directly press [START] to start the program. The machine will start to work.

**Besides the two modes can be set freely, they also have preset programs and refer to the attached table in the rear of this indication about their pictures.

**The expression ways of the time, speed and angle you have set in the matrix panel are as follows:

There are 10*21 LED on the matrix panel. The center light is not light and its effect is to divide the area of angle and speed. This is the division area. At the left of the division area, 10 cote lights mean the changes of angle and time. This is expression area of angle. While at the right of the division area, 10 cote lights mean the changes of speed and time. This is expression area of speed. The values at the two sides of the picture below mean the values that each light represents. The values at the left angle area mean the changes of angle and the values at the right speed area mean the changes of speed. The values below mean the changes of time. Each light means 1min.

There is an actual example below for users to refer to：

（1） Under start/ready status, press [1 User] to enter the program.

（2） First input the weight. Press ⊕、⊖ to switch the weight to 63 kg and then press (ENTER) to start setting.

（3） SE01：Press ▲、▼ to adjust the angle to 0 %. Press ⊕、⊖ to adjust the speed to 0.8 km/hr. Then press ⊕、⊖ to adjust the time to 1 min. At this time, the matrix panel will present the picture below. Press (ENTER) to enter SE02.

（4） SE02：First press ▲、▼ to adjust the angle to 1 % and then press ⊕、⊖ to adjust the speed to 1.0 km/hr. Press ⊕、⊖ to adjust the time to 1 min. At this time, the matrix panel will present the picture below. Press (ENTER) to enter SE03.

（5） SE03：First press ▲、▼ to adjust the angle to 2 % and then press ⊕、⊖ to

adjust the speed to 1.5 km/hr. Press ⊕ 、 ⊖ to adjust the time to 1 min. At this time, the matrix panel will present the picture below. Press ENTER to enter SE04.

	INCLINE	SPEED	km/min
Level			
	○○○○○○○○○○	○○○○○○○○○○	18.1~20.0
	○○○○○○○○○○	○○○○○○○○○○	16.1~18.0
14~15	○○○○○○○○○○	○○○○○○○○○○	14.1~16.0
12~13	○○○○○○○○○○	○○○○○○○○○○	12.1~14.0
10~11	○○○○○○○○○○	○○○○○○○○○○	10.1~12.0
8~9	○○○○○○○○○○	○○○○○○○○○○	8.1~10.0
6~7	○○○○○○○○○○	○○○○○○○○○○	6.1~8.0
4~5	○○○○○○○○○○	○○○○○○○○○○	4.1~6.0
2~3	●○○○○○○○○○	○○○○○○○○○○	2.1~4.0
0~1	●○○○○○○○○○	○●○○○○○○○○	0.8~2.0
	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	MIN

（6） SE04：First press ▲ 、 ▼ to adjust the angle to 3 % and then press ⊕ 、 ⊖ to adjust the speed to 2.0 km/hr. Press ⊕ 、 ⊖ to adjust the time to 1 min. At this time, the matrix panel will present the picture below. Press ENTER to enter SE05.

	INCLINE	SPEED	km/min
Level			
	○○○○○○○○○○	○○○○○○○○○○	18.1~20.0
	○○○○○○○○○○	○○○○○○○○○○	16.1~18.0
14~15	○○○○○○○○○○	○○○○○○○○○○	14.1~16.0
12~13	○○○○○○○○○○	○○○○○○○○○○	12.1~14.0
10~11	○○○○○○○○○○	○○○○○○○○○○	10.1~12.0
8~9	○○○○○○○○○○	○○○○○○○○○○	8.1~10.0
6~7	○○○○○○○○○○	○○○○○○○○○○	6.1~8.0
4~5	○○○○○○○○○○	○○○○○○○○○○	4.1~6.0
2~3	●○○○○○○○○○	○○○○○○○○○○	2.1~4.0
0~1	●○○○○○○○○○	○●○○○○○○○○	0.8~2.0
	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	MIN

（7） SE05：First press ▲ 、 ▼ to adjust the angle to 4 % and then press ⊕ 、 ⊖ to adjust the speed to 2.5 km/hr. Press ⊕ 、 ⊖ to adjust the time to 2 min. At this time, the matrix panel will present the picture below. Press ENTER to enter SE06.

	INCLINE	SPEED	km/min
Level			
	○○○○○○○○○○	○○○○○○○○○○	18.1~20.0
	○○○○○○○○○○	○○○○○○○○○○	16.1~18.0
14~15	○○○○○○○○○○	○○○○○○○○○○	14.1~16.0
12~13	○○○○○○○○○○	○○○○○○○○○○	12.1~14.0
10~11	○○○○○○○○○○	○○○○○○○○○○	10.1~12.0
8~9	○○○○○○○○○○	○○○○○○○○○○	8.1~10.0
6~7	○○○○○○○○○○	○○○○○○○○○○	6.1~8.0
4~5	●●○○○○○○○○	○○○○○○○○○○	4.1~6.0
2~3	●●○○○○○○○○	●●○○○○○○○○	2.1~4.0
0~1	●●○○○○○○○○	●●○○○○○○○○	0.8~2.0
	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	MIN

（8） SE06：First press ▲ 、 ▼ to adjust the angle to 3 % and then press ⊕ 、 ⊖ to adjust the speed to 2.0 km/hr. Press ⊕ 、 ⊖ to adjust the time to 1 min. At this time, the matrix panel will present the picture below. Press ENTER to enter SE07.

（9） SE07：First press ▲、▼ to adjust the angle to 2 % and then press ⊕、⊖ to adjust the speed to 1.5 km/hr. Press ⊕、⊖ to adjust the time to 1 min. At this time, the matrix panel will present the picture below. Press ENTER to enter SE08.

（10） SE08：First press ▲、▼ to adjust the angle to 1 % and then press ⊕、⊖ to adjust the speed to 1.0 km/hr. Press ⊕、⊖ to adjust the time to 1 min. At this time, the matrix panel will present the picture below. Press ENTER to enter SE09.

（11） SE09：First press ▲、▼ to adjust the angle to 0 % and then press ⊕、⊖ to adjust the speed to 0.8 km/hr. Press ⊕、⊖ to adjust the time to 1 min. At this time, the matrix panel will present the picture below. Press START to start the program.

Level INCLINE SPEED km/min

Level	INCLINE (1 2 3 4 5 6 7 8 9 10)	SPEED (1 2 3 4 5 6 7 8 9 10)	km/min
	○○○○○○○○○○	○○○○○○○○○○	18.1~20.0
	○○○○○○○○○○	○○○○○○○○○○	16.1~18.0
14~15	○○○○○○○○○○	○○○○○○○○○○	14.1~16.0
12~13	○○○○○○○○○○	○○○○○○○○○○	12.1~14.0
10~11	○○○○○○○○○○	○○○○○○○○○○	10.1~12.0
8~9	○○○○○○○○○○	○○○○○○○○○○	8.1~10.0
6~7	○○○○○○○○○○	○○○○○○○○○○	6.1~8.0
4~5	○○○○○○○○○○	○○○○○○○○○○	4.1~6.0
2~3	○○○○○○○○○○	○○○○○○○○○○	2.1~4.0
0~1	●○○○○○○○○○	●○○○○○○○○○	0.8~2.0
MIN	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	

（12）At this time, the machine starts to work and the matrix panel will present the picture below：

Level	INCLINE (1 2 3 4 5 6 7 8 9 10)	SPEED (1 2 3 4 5 6 7 8 9 10)	km/min
	○○○○○○○○○○	○○○○○○○○○○	18.1~20.0
	○○○○○○○○○○	○○○○○○○○○○	16.1~18.0
14~15	○○○○○○○○○○	○○○○○○○○○○	14.1~16.0
12~13	○○○○○○○○○○	○○○○○○○○○○	12.1~14.0
10~11	○○○○○○○○○○	○○○○○○○○○○	10.1~12.0
8~9	○○○○○○○○○○	○○○○○○○○○○	8.1~10.0
6~7	○○○○○○○○○○	○○○○○○○○○○	6.1~8.0
4~5	○○○●○●○○○○	○○○○○○○○○○	4.1~6.0
2~3	○○●●●●●○○○	○○○○●●○○○○	2.1~4.0
0~1	●●●●●●●●●●	●●●●●●●●●●	0.8~2.0
MIN	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	

IV. Body Fat function (This can be performed under start/ready status.)

1. Under start/ready status, press [BODY FAT] to enter Body Fat function.
2. After you have selected this function, the program will require you input following values:
   Weight：the preset value is 70 kg，range：23~180 kg，Step is 1 kg. After selecting correct

   values, press (ENTER) to enter next value setting.

   Height：the preset value is 170 cm，range：115~240 cm，Step is 1 cm. After selecting

   correct values, press (ENTER) to enter next value setting.

   Age：the preset value is 30，range：8~18，Step is 1. After selecting correct values, press

   (ENTER) to enter next value setting.

   Sex：the preset value is ♂(male)，press (+)、(−) to switch between ♂(male)

   and♀(female). After you select correct value, press (ENTER)，put both hands straight
   and hold the grip pulse sensor about 30 seconds, after 30, Body Fat window will
   display your Body Fat value. At the same time, the LED light at the left side of the
   matrix panel will display figure evaluation while the right LED light will display
   your Body Fat value.

3. As to the relationship between Body Fat value and light, please refer to the table below：

Light	Body Fat value
●	45.1~50.0
●	40.1~45.0
●	35.1~40.0
●	30.1~35.0
●	25.1~30.0
●	20.1~25.0
●	15.1~20.0
●	10.1~15.0
●	5.1~10.0
●	0~5.0

4. As the male and female have different fat, so the figure evaluate light also different, below
   provides a list for reference:

	Light	1(Male)	0(Female)
	●	35.0％ above	45.0％ above
Obesity	●	30.0~34.9(％)	40.0~44.9(％)
	●	25.0~29.9(％)	35.0~39.9(％)
Overweight	●	20.0~24.9(％)	30.0~34.9(％)
	●	15.0~19.9(％)	25.0~29.9(％)
Normalweight	●	10.0~14.9(％)	20.0~24.9(％)
	●	5.0~9.9(％)	15.0~19.9(％)
Underweight	●	0~4.9(％)	0~14.9(％)

◆ **E6 / E7 Incline Function Abnormity Simple Exclusion Action**

1. Restart the treadmill and E6 or E7 signal appears, please check follow the second step.

2. Force incline ascend or descend to test whether the incline motor and the wire of transmission signal is normal. The key operations are as following. We emphasize that you should be cautious to make incline ascend or incline descend to avoid the damage of controller or incline motor. If the action of force to drive incline motor can't work, please contact with your manufacturer.

   A. When the incline angle of treadmill is on high position (as drawing 1). At this time you should press STOP and hold it tightly, then press DOWN at the same time. Hold the two keys for 3~5 seconds simultaneity and the incline motor will force the treadmill descend the incline height. Check whether the feedback value of incline motor near the error information window will change with incline descend and be adjusted to 100. If shows the feedback value and change with incline, you can just release keys to make incline position back to the pre-set position.
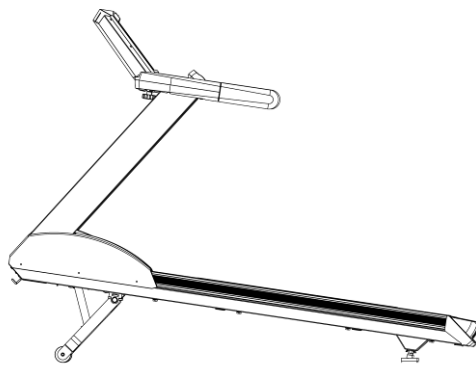
(Drawing 1)

   B. When the incline angle of treadmill is on low position (as drawing 2). At this time you should press STOP and hold it tightly, then press UP at the same time. Hold the two keys for 3~5 seconds simultaneity and the incline motor will force the treadmill ascend the incline height. Check whether the feedback value of incline motor near the error information window will change with incline descend and be adjusted to 100. If shows the feedback value and change with incline, you can just release keys to make incline position back to the pre-set position.
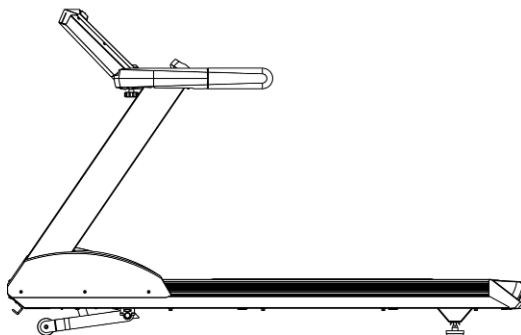
(Drawing 2)

3. If you have tried the above steps and still can't solve the malfunction of incline function, please contact with technology repairer of your dealer. At this time, you should emphasize that the inline function can't work. To make users operate the treadmill with no incline

function, you can press STOP and hold it, then press slowdown key(－). Hold the two keys for 3~5 seconds at the same time. Incline function will stop on the malfunction position and can't carry out the function. This incline function will work after restart the treadmill. So you should cancel the incline function again when you use the treadmill before the problem solved.

** If there is any error information, please contact with the manufacturer.

9 HOLES PROGRAM
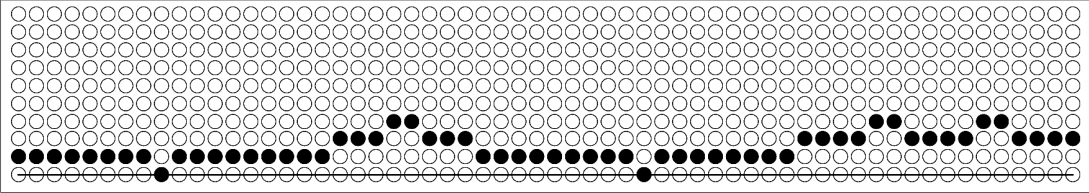
Level 1

● INCLINE
—— SPEED 1.6km/hr, Duration: 172mins for 3500m

Level 2
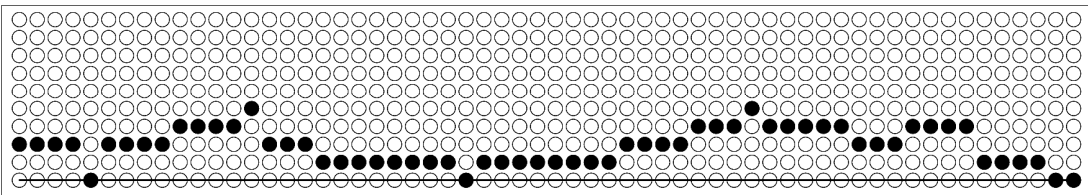
● INCLINE
—— SPEED 1.6km/hr, Duration: 172mins for 3500m

Level 3
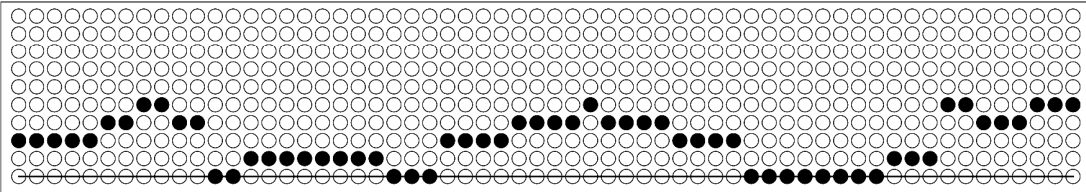
● INCLINE
—— SPEED 1.6km/hr, Duration: 172mins for 3500m

Level 4
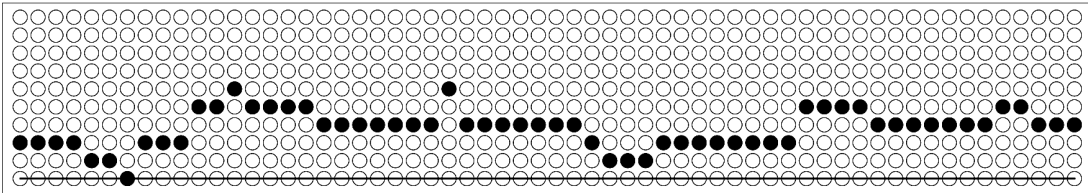
● INCLINE
—— SPEED 1.6km/hr, Duration: 172mins for 3500m

Level 5

● INCLINE
—— SPEED 1.6km/hr, Duration: 172mins for 3500m

2012/12/3 V1.0+V1.0
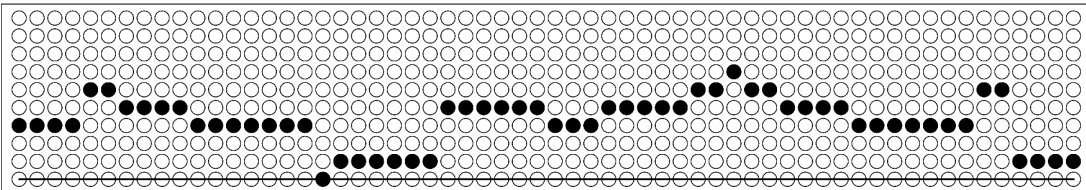
9 HOLES PROGRAM

Level 6
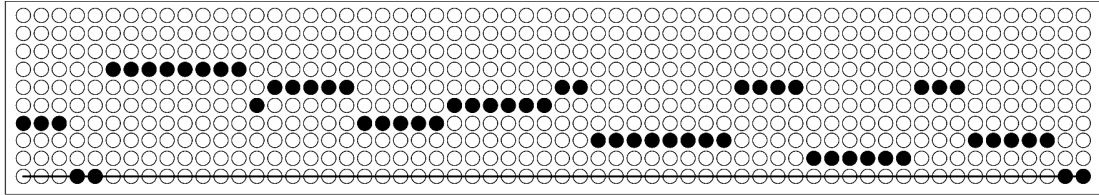
● INCLINE
—— SPEED 1.6km/hr, Duration:172mins for 3500m

Level 7
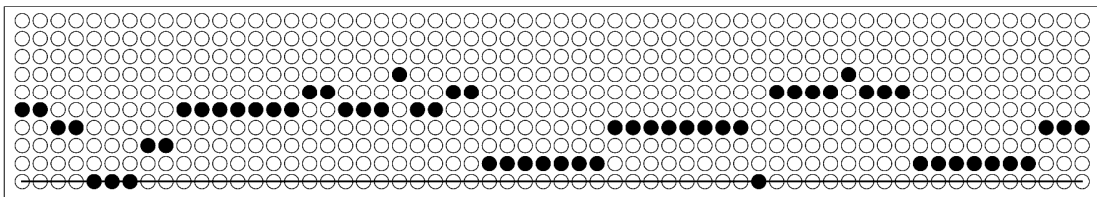
● INCLINE
—— SPEED 1.6km/hr, Duration: 172mins for 3500m

Level 8
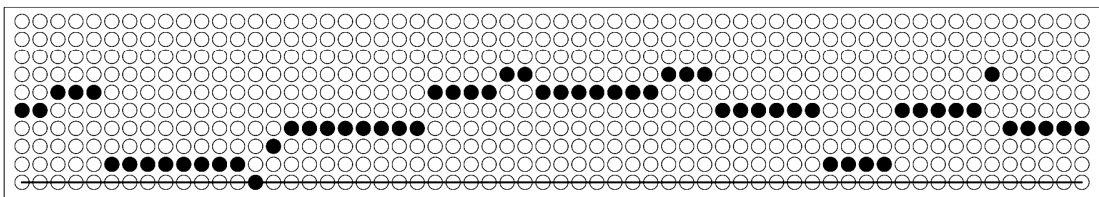
● INCLINE
—— SPEED 1.6km/hr, Duration:172mins for 3500m

Level 9
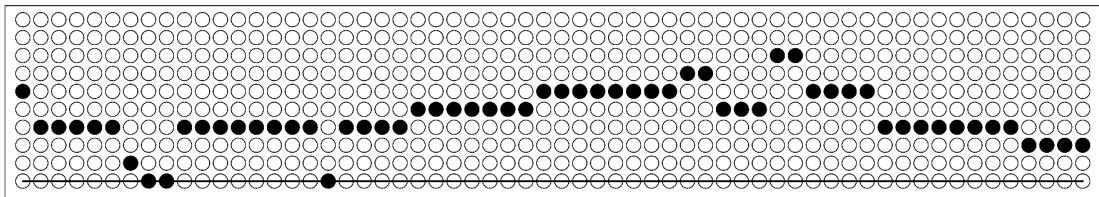
● INCLINE
—— SPEED 1.6km/hr, Duration:172mins for 3500m

Level 10

● INCLINE
—— SPEED 1.6km/hr, Duration:172mins for 3500m

2012/12/3 V1.0+V1.0
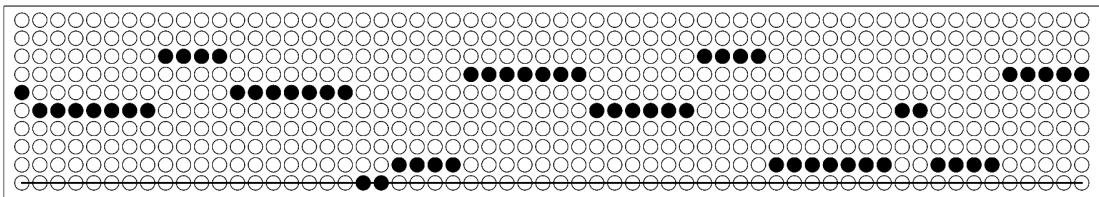
5K RUN PROGRAM

Level 1
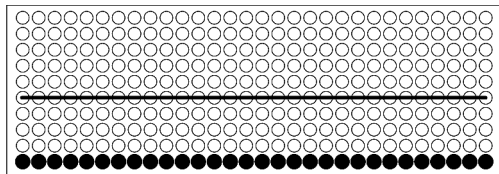
● INCLINE
—— SPEED 9.6km/hr, Duration: 32mins for 5000m

Level 2

● INCLINE
—— SPEED 10.6km/hr, Duration: 29mins for 5000m

Level 3

● INCLINE
—— SPEED 11.2km/hr, Duration: 27mins for 5000m

Level 4

● INCLINE
—— SPEED 12.0km/hr, Duration: 25mins for 5000m

Level 5

● INCLINE
—— SPEED 12.8km/hr, Duration: 24mins for 5000m

Level 6

● INCLINE
—— SPEED 13.6km/hr, Duration: 22mins for 5000m

Level 7

● INCLINE
—— SPEED 14.7km/hr, Duration: 21mins for 5000m

Level 8

● INCLINE
—— SPEED 16.2km/hr, Duration: 19mins for 5000m

Level 9

● INCLINE
—— SPEED 17.7km/hr, Duration: 17mins for 5000m

Level 10
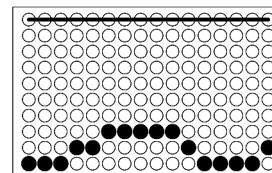
● INCLINE
—— SPEED 19.2km/hr, Duration: 16mins for 5000m

Calories Goal PROGRAM

Level 1

Warm up incline=0 cool down incline=0

repeating segment

SPEED
● INCLINE

Level 2

Warm up incline=0 cool down incline=0

repeating segment

SPEED
● INCLINE

Level 3

Warm up incline=0 cool down incline=0

repeating segment

SPEED
● INCLINE

Level 4

Warm up incline=0 cool down incline=0

repeating segment

SPEED
● INCLINE

Level 5

Warm up incline=0 cool down incline=0

repeating segment

SPEED
● INCLINE

Level 6

Warm up incline=0 cool down incline=0

repeating segment

SPEED
● INCLINE

Level 7

Warm up incline=0 cool down incline=0

repeating segment

SPEED
● INCLINE

Level 8

Warm up incline=0 cool down incline=0

repeating segment

SPEED
● INCLINE

Level 9

Warm up incline=0 cool down incline=0

repeating segment

SPEED
● INCLINE

Level 10

Warm up incline=0 cool down incline=0

repeating segment

SPEED
● INCLINE

2012/12/3 V1.0+V1.0

Custom PROGRAM

CUSTOM 1

INCLINE ●
SPEED ——

CUSTOM 2

INCLINE ●
SPEED ——

2012/12/3 V1.0+V1.0
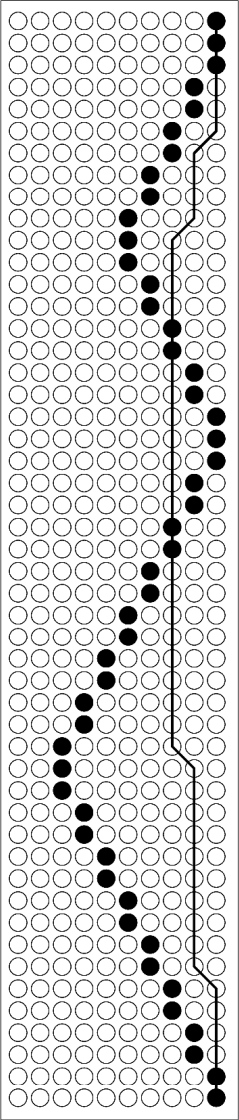
Annex

Age	BPM			Age	BPM			Age	BPM			Age	BPM		
	H	Pre-set	L		H	Pre-set	L		H	Pre-set	L		H	Pre-set	L
13	197	124	124	39	172	109	109	65	147	93	93	91	123	90	77
14	196	124	124	40	171	108	108	66	146	92	92	92	122	90	77
15	195	123	123	41	170	107	107	67	145	92	92	93	121	90	76
16	194	122	122	42	169	107	107	68	144	91	91	94	120	90	76
17	193	122	122	43	168	106	106	69	143	91	91	95	119	90	75
18	192	121	121	44	167	106	106	70	143	90	90	96	118	90	74
19	191	121	121	45	166	105	105	71	142	90	89	97	117	90	74
20	190	120	120	46	165	104	104	72	141	90	89	98	116	90	73
21	189	119	119	47	164	104	104	73	140	90	88	99	115	90	73
22	188	119	119	48	163	103	103	74	139	90	88	100	114	90	72
23	187	118	118	49	162	103	103	75	138	90	87	101	113	90	71
24	186	118	118	50	162	102	102	76	137	90	86	102	112	90	71
25	185	117	117	51	161	101	101	77	136	90	86	103	111	90	70
26	184	116	116	52	160	101	101	78	135	90	85	104	110	90	70
27	183	116	116	53	159	100	100	79	134	90	85	105	109	90	69
28	182	115	115	54	158	100	100	80	133	90	84	106	108	90	68
29	181	115	115	55	157	99	99	81	132	90	83	107	107	90	68
30	181	114	114	56	156	98	98	82	131	90	83	108	106	90	67
31	180	113	113	57	155	98	98	83	130	90	82	109	105	90	67
32	179	113	113	58	154	97	97	84	129	90	82	110	105	90	66
33	178	112	112	59	153	97	97	85	128	90	81	111	104	90	65
34	177	112	112	60	152	96	96	86	127	90	80	112	103	90	65
35	176	111	111	61	151	95	95	87	126	90	80	113	102	90	64
36	175	110	110	62	150	95	95	88	125	90	79				
37	174	110	110	63	149	94	94	89	124	90	79				
38	173	109	109	64	148	94	94	90	124	90	78				
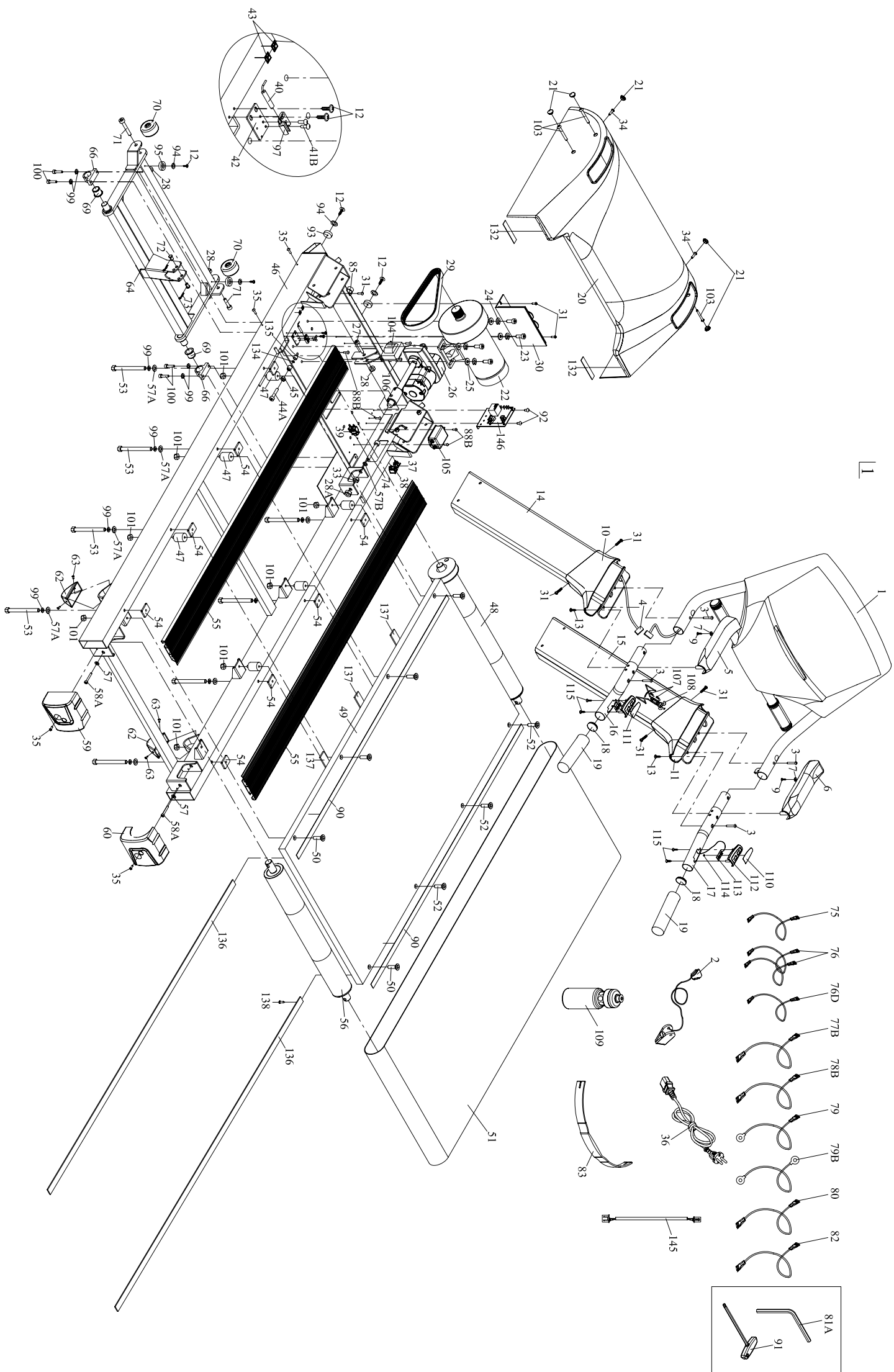
LTX5 PRO Treadmill Part List

NO	description	q'ty	NO	description	q'ty
1	Computer Console	1	57A	Washer ϕ8xϕ20x2.0t	8
2	Safety Key Set	1	58	CKS Hex Screw M10xP1.5x110(Full Thread)	2
3	Truss Hex Screw(ϕ13) K-299	4	59	Rear End Cap(Left)	1
4	Lower Control Wire	1	60	Rear End Cap(Right)	1
5	Upper Handrail Cover (Left)	1	61	Round Head Philips Screw M5xP0.8x15	2
6	Upper Handrail Cover (Right)	1	62	Rubber Foot Pad	2
7	Upper Handrail Cover Fixing Plate	2	63	Truss Philips Screw M6xP1.0x10	4
9	Truss Philips Self Tapping Screw Ø4x10	2	64	Incline Base	1
10	Lower Handrail Cover (Left)	1	66	Incline Base Fixing Base	2
11	Lower Handrail Cover (Right)	1	67		
12	Washer Drilling Philips Self Tapping ScrewØ4	7	68		
13	Truss Philips Self Tapping Screw Ø5x25	2	69	Plastic Sleeve	2
14	Upright(Left)	1	70	Wheel Ø10xØ60x30t	2
15	Upright(Right)	1	71	CKS Hex Screw M10xP1.5x60(30mm)	2
16	Hand Grip Tube(Left)	1	72	Incline Base Flex ⊓-shaped Iron Plate Pin	2
17	Hand Grip Tube(Right)	1	73	R Pin ϕ10xϕ2.0	2
18	Arc End Cap Ø1-1/2"x1.5t	2	74	CKS Hex Screw M10xP1.5x100(Full Thread)	1
19	PVC Foam Grip	2	75	Extension Wire（White）14AWGx90x2T	1
20	Upper Motor Cover	1	76	Extension Wire（Black）14AWGx90x2T	2
21	Screw Plastic Cover	6	76B	Extension Wire（White）14AWGx120x2T	1
22	AC Motor	1	79	Extension Wire（Kelly）14AWGx130x1T1R	1
23	CKS Hex Screw M10xP1.5x25	4	79B	Extension Wire（Kelly）14AWGx450x2R	1
24	Spring Washer M10	4	80	Extension Wire（White）14AWGx550x2T	1
25	Washer Ø10xØ20x3.0t	4	81A	Hex Wrench + Screwdriver 5mm	1
26	Incline Motor	1	82	Extension Wire（White）14AWGx110x2T	1
27	CKS Hex Screw M10xP1.5x40	1	83	Chest Belt Pulse Emitter	1
28	Nylon Nut M10xP1.5	3	85	Wire Clip Knob	1
29	Drive Belt	1	88B	Round Head Philips Screw（Galvanization）l	4
30	Controller	1	90	Foam Sticker	2
31	Truss Philips Screw M5xP0.8x12	7	91	T-shaped Wrench 8mmx200mm	1
33	Hex Nut M10xP1.5	1	93	Rubber Foot Pad	3
34	Truss Hex Screw M8xP1.25x40	2	94	Washer Ø6xØ16x1.0t	5
35	Truss Philips Screw M5xP0.8x15	4	95	Foot Pad	2
36	Power Cord	1	97	Sensor Fixing Base	1
37	Power Cord Socket	1	99	Spring Washer M8	12

38	Power Switch	1		100	CKS Hex Screw M8xP1.25x25	4
39	Circuit Breaker	1		101	Nylon Nut M8xP1.25	8
40	Sensor（Round Cylinder）	1		102		
41B	Truss Philips Screw M4xP0.7x10	2		103	Truss Hex Screw(ϕ13) K-298A	4
42	Sensor Fixing Plate	1		104	Choke	1
43	KSS Wire Clip Fixing Base	2		105	Filter	1
44	CSK Hex Screw M8xP1.25x55	1		106	Round Head Philips Screw M5xP0.8x12	2
45	Hex Nut M8xP1.25	1		107	Truss Philips Screw M5xP0.8x15	2
46	Frame	1		108	Water Bottle Holder	1
47	Fixing Cushion	6		109	Water Bottle	1
48	Front Roller	1		110	Handrail Switch Decal(Speed)	1
49	Running Board	1		111	Handrail Switch Decal(Elevation)	1
				112	Handrail Switch Plastic	2
50	Counter Sink Hex Screw M8xP1.25x40	2		113	Handrail Switch + Wire	2
51	Running Belt	1		114	Round Head Philips Self Tapping Screw Ø3x8	2
52	Counter Sink Hex Screw M8xP1.25x35	6		115	Counter Sink Philips Self Tapping Screw Ø3x1	4
53	Allen Screw M8xP1.25x115 25mm	8		116		
54	Aluminum Pedal Fixing Plate	8		117		
55	Aluminum Pedal	2		132	Foam Sticker	2
				136	Grounding Aluminum Foil Decal 20x1340	2
56	rear roller	1		137	Grounding Aluminum Foil Decal 20x670	3
57	washer ϕ10xϕ20x2.0t	3		138	Truss Philips Screw Ø4x12	1