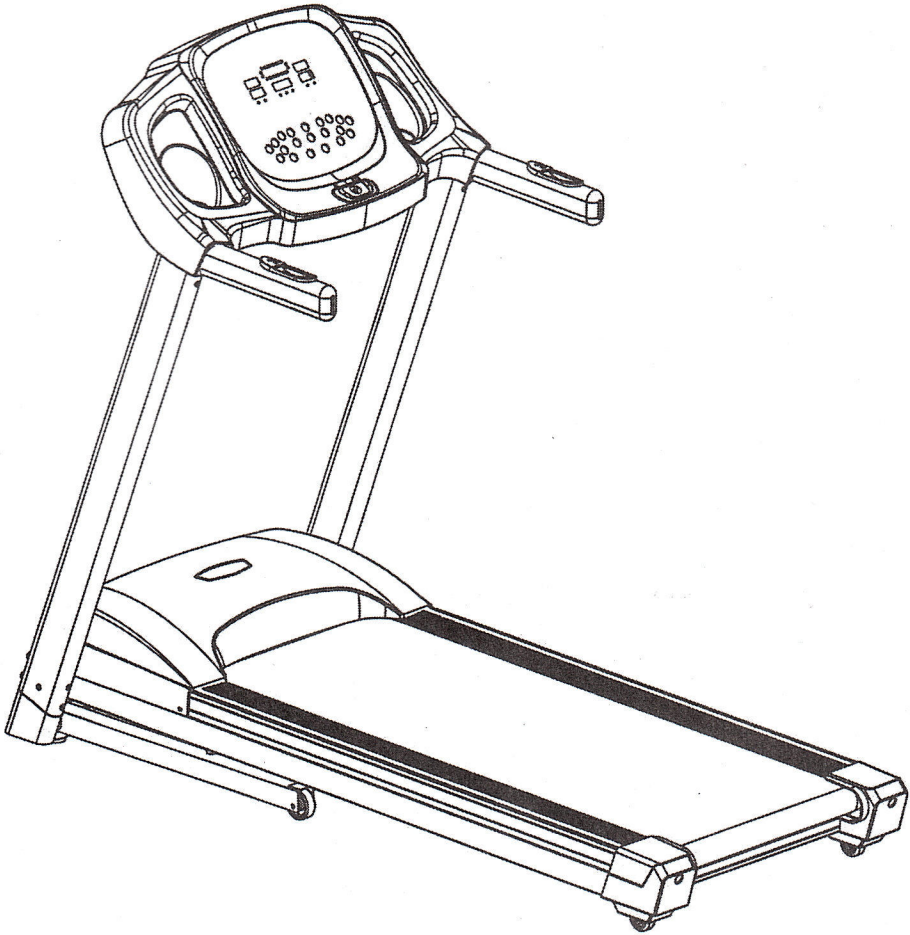


**MOTORIZED TREADMILL**  
**Owner's Manual**  
**ProRunner 310R**



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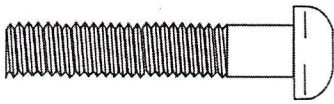
TORPEDO 7 LIMITED  
AUCKLAND/CHRISTCHURCH  
NEW ZEALAND  
TEL: 0800-222-190

## Precautions

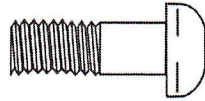
1. Thank you for making this treadmill part of your exercise program. For your safety and benefit please read this manual carefully before use.
2. Place the treadmill on the flat ground. The safety operation space is 2000mmx1000mm (6.6'x3.3') behind the treadmill and 1000mm (3.3') aside of it. If the ground is not flat, you can put mats on the ground to ensure the treadmill runs steadily.
3. Please consult your doctor/physician first before starting this or any other exercise regime
4. Please use the treadmill indoors to keep dry. Do not use the treadmill anywhere which is exposed to the outdoors or anywhere close to water.
5. Always clip the safety key on the user during exercise so that the user can pull it off to stop the treadmill immediately in case of emergency.
6. Never allow two or more persons on the treadmill at the same time. The max user's weight is 100kg.
7. Adults should supervise any users that under 14 years old when they're using the treadmill.
8. Do not try to hold up or move the assembled treadmill unless you have the ability to raise 20kg above shoulder height.
9. Please wear appropriate clothing, including running shoes during exercise; do not wear loose clothing that might catch on any part of this treadmill. Do not run barefoot, in slippers or socks.
10. If you feel uncomfortable or unwell during exercise, please press the STOP button and get off the treadmill urgently.
11. Don't force the running belt to move while the power is shut off. Don't use the treadmill if the power adaptor or pins are damaged.
12. The pulse sensor in this machine is not for therapeutic purpose. There're many reasons (including posture of movements) to affect the precision of the index shown on machine. So the pulse sensor is only for accessorial use during exercise to reflect the general trend of your workout.
13. Please examine and tighten and lubricate the running mat of the machine regularly to keep it safe for use.
14. The plug has to be connected in a correct socket with earth wire to avoid electric shock.
15. Never turn on the treadmill to speed then attempt to board, always start the treadmill while on the machine and belt is stationary.
16. Do not open the motor cover when encountering a malfunction, you should ask the authorized service representative or technicians to check the treadmill.
17. The equipment is not suitable for commercial use
18. This appliance is not intended for use by person (including children) with reduced physical sensory or mental capabilities, or lack of experience and knowledge, unless they are being supervised or instruction concerning use of the appliance by a person responsible for their safety.
19. Children should be supervised to ensure that they do not play with the appliance.
20. Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result. Rubber Equipment mats are recommended

**Warning: It will harm your health or damage the equipment if using the treadmill improperly or exceeding the normal functions!**

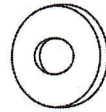
## Hardware and tools



(A1)M8X45 Bolt  
2 pcs



(A19)M8X16 Bolt  
14 pcs



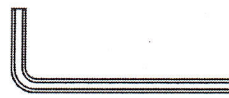
(C1) $\phi$  8 Flat washer  
16 pcs



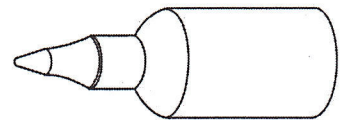
(D1)Wrench  
1 pc



(D2)Screwdriver  
1 pc

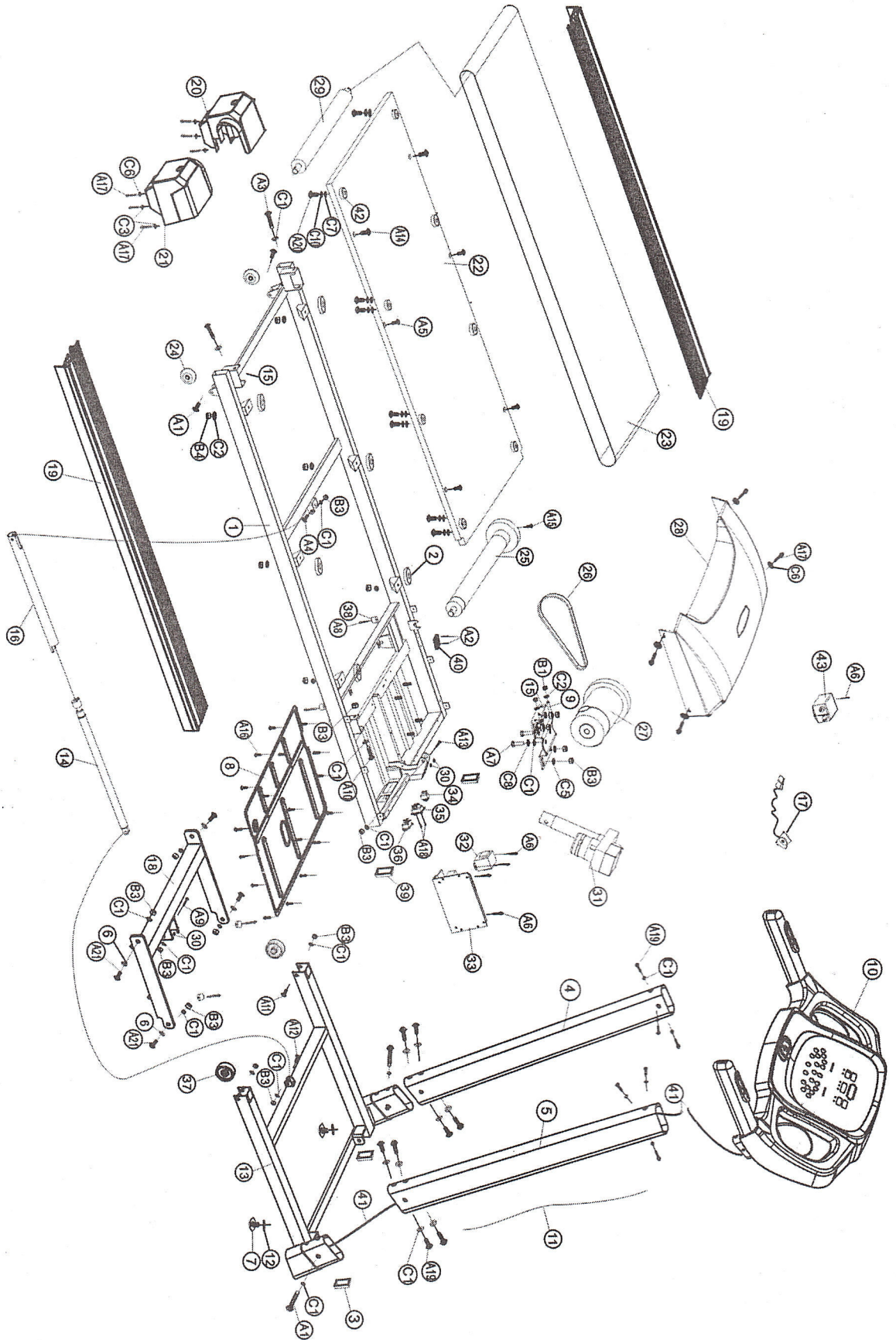


(D3)Wrench(S=6)  
1 pc



(D4)Lubricant bottle  
1 pc

# Exploded drawing



## Spare Parts List

No.	Description	Qty	No.	Description	Qty
1	Base support	1	40	Square sensor	1
2	Running board cushion	6	41	Signal wire	1
3	Plug(40*40)	2	42	Side rail anchor point	8
4	Left upright tube	1	43	Filter	1
5	Right upright tube	1			
6	Nylon washer	4			
7	Adjustment foot pad	2			
8	Motor base cover	1	A1	Inner Hexagonal Half-round Bolt M8X45	4
9	Guide tube	2	A2	Crosshead self-lock bolt ST2.9X12	2
10	Computer/Handlebar	1	A3	Inner Hexagonal bolt M8X70	2
11	String	1	A4	Hexagonal bolt M8X45	1
12	lock nut	2	A5	Bolt M6X30	6
13	Base frame	1	A6	Crosshead Half-round self-lock Bolt ST4.2X12	4
14	Cylinder	1	A7	Hexagonal bolt M8X12	2
15	Motor	1	A8	Crosshead self-lock bolt ST4X16	4
16	Cylinder support tube	1	A9	Bolt $\phi$ 10x45	1
17	Emergency stop key	1	A10	Inner Hexagonal Half-round Bolt M8X60	1
18	Incline frame	1	A11	Hexagonal bolt M8X50	2
19	Side rail	2	A12	Hexagonal bolt M8X30	1
20	Left end cap	1	A13	Bolt $\phi$ 10x30	1
21	Right end cap	1	A14	Bolt $\phi$ 10x12	4
22	Running board	1	A15	Inner Hexagonal Half-round Bolt M8X30	1
23	Running belt	1	A16	Crosshead Half-round self-lock Bolt ST4.2X10	18
24	Rear wheel	2	A17	Crosshead self-lock bolt ST4.2X16	10
25	Front roller	1	A18	Bolt M3X8	2
26	6 v belt	1	A19	Inner Hexagonal Half-round Bolt M8X16	14
27	Motor	1	A20	Hexagonal bolt M5X30	10
28	Motor cover	1			
29	Rear roller	1	B1	Nut M6	2
30	$\Phi$ 10 specialized washer	4	B2	Nut M4	2
31	Incline motor	1	B3	Nylon lock nut M8	17
32	Transformer	1	B4	Nylon lock nut M6	6
33	Driver	1			
34	Safety key	1	C1	Flat washer $\phi$ 8	31
35	Rocker type switch	1	C2	Flat washer $\phi$ 6	8
36	Socket	1	C3	Flat washer $\phi$ 4	4
37	Wheel	2	C4	Flat washer $\phi$ 10	4
38	Cushion	4	C5	Big flat washer $\phi$ 8	4
39	Square plug (50x25)	2	C6	Big flat washer $\phi$ 4	6

C7	Big flat washer $\phi$ 5	10	D1	Wrench	1
C8	Spring washer $\phi$ 8	2	D2	Screwdriver	1
C9	Spring washer $\phi$ 4	4	D3	Wrench (s=6)	1
C10	Spring washer $\phi$ 5	10	D4	Lubricant bottle	1

## Assembly Instructions

Please make sure there's enough space to install the treadmill and it is recommended 2 persons assemble the machine.

**WARNING:** Don't insert the power wire until the treadmill was fully assembled.



The direction of each of the upright, handrail, base foot and handrail plastic cover are different in left & right and thus marked with R & L. Do not confuse them.

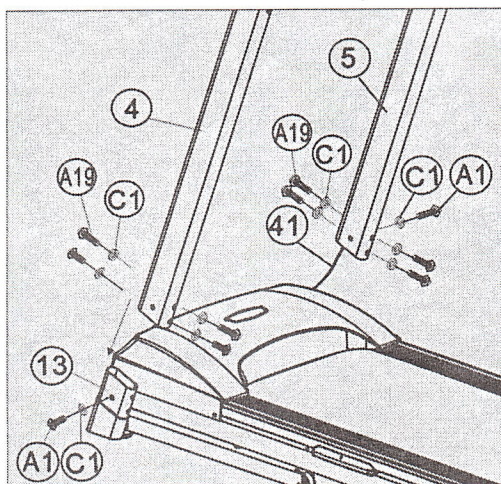
### STEP 1. Assemble the upright tube with base frame

- A. Insert the left upright tube (4) to base frame (13), and attach four Inner Hexagonal Half-round Bolt M8X16 (A19) in front, one Inner Hexagonal Half-round Bolt M8X45 (A1) and five Flat washer  $\phi$ 8 (C1) by side. Do not tighten the bolts. (See figure 1)
- B. Pull out the Signal wire (41) from the low side to upper side of right upright tube (5). (See figure 1)
- C. Insert the right upright tube (5) to base frame (13), and attach four Inner Hexagonal Half-round Bolt M8X16 (A19) in front, one Inner Hexagonal Half-round Bolt M8X45 (A1) and five Flat washer  $\phi$ 8 (C1) by side. Do not tighten the bolts. (See figure 1)

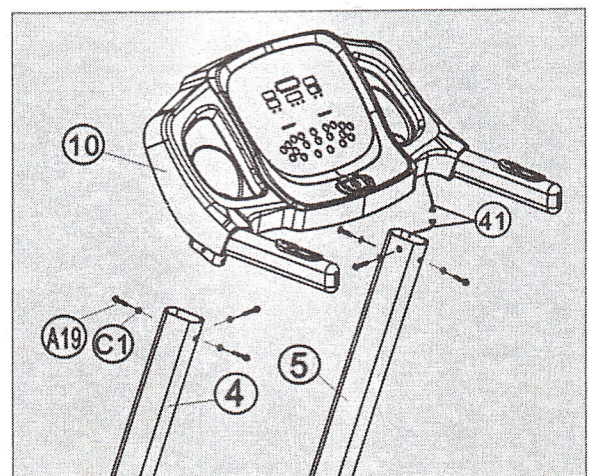
### STEP 2. Assemble the upright tube with Computer/handlebar

- A. Connect Signal wire (41) to corresponding wires that come from computer/handlebar (10). (See Figure 2)
- B. Connect the computer/handlebar (10) and the upright tube (4,5) by six Inner Hexagonal Half-round Bolt M8X16 (A19), six Flat washer  $\phi$ 8 (C1) (See figure 2)

**NOTE:** 1. TIGHTEN ALL THE BOLTS ONLY AFTER THEY ARE CONFIRMED TO BE CONNECTED FULLY AND CORRECTLY,  
2. PLEASE DON'T PRESS AGAINST THE WIRES.

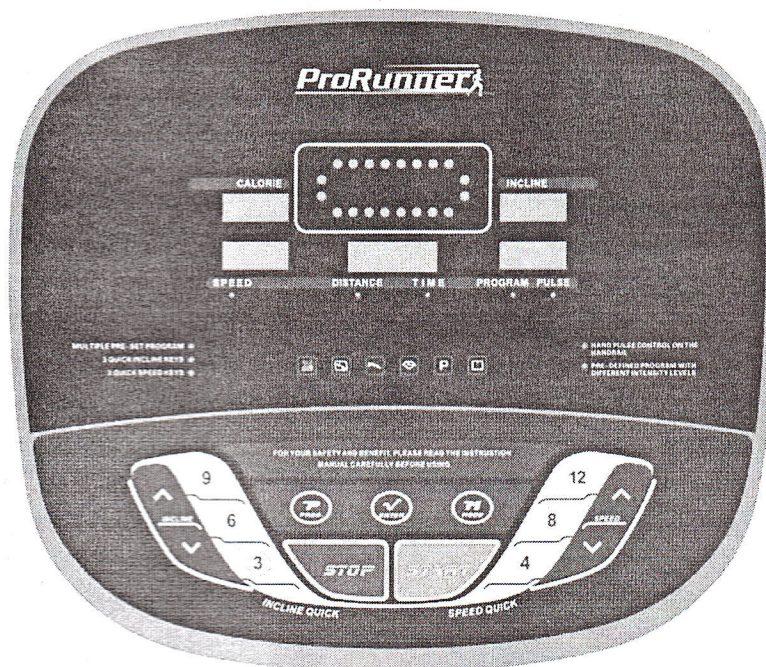


**Figure 1**



**Figure 2**

## Computer layout



### 5 LED Display+ circular runway

Calorie: 0-999 kcal

Distance: 0-99.99 km

Time: 0-99 minutes: 59 seconds

Heart beat: 50-220/minute

Speed: 1.0-12KM/H

Incline:0-15%

## Operating instructions

After assembly and adjustment you can use the treadmill:

1. Turn on the electrical outlet switch, and put the emergency stop key onto the corresponding place on the computer.
2. Stand on the side extrusions; clip the safety key to your clothing at your waist.
3. Press the "Start" key, the treadmill runs at a lower speed, you can step on the belt and walk slowly. The lowest speed is 1.0 km/h. ( see COMPUTER INSTRUCTION )
4. Press the "Speed +", "Speed -" or direct speed key, the speed will change relatively, and you can read the speed on the computer. You can run slowly for 2~3 minutes, and then run faster if you feel comfortable. You can run freely with hand away from the handrails when you feel well.
5. During running, you can read speed, time, distance and calorie on the LCD.
6. Press "Incline +", "Incline -" or direct incline key to change the incline and it will shows LCD.
7. Slowdown when you want to finish your exercise, and run slowly for 2~3 minutes to make your heart rate and muscle turn to normal.
8. If you can't keep balance while running at a high speed, you can pull off the emergency stop key, and the treadmill will stop immediately.
9. Do not step on the running belt to right or left during exercise, or else the running belt will be aberrancy.



10. After exercise, slowdown and press "Stop" key to stop the treadmill. If you want to restart the treadmill, press "start" key (But the interval between start and stop should be more than 1 minute).

**WARNING:** Continuously using incline function for more than five times, the function may not work well.

This is not the malfunction but a kind of self-protection. The function would restore in 1 hour.

### **Start the computer**

Connect the power, press the switch on machine, put the emergency stop key in the groove on computer, the computer is ready. If the incline is not 0%, it will reset to 0% incline before starting

### **Manual operation**

A. When computer is ready, press the Start button, the time will count down 3 seconds, then the treadmill starts, the initial speed is 1 km / h. The LCD will show the speed accordingly. Adjust the speed and incline by pressing speed and incline buttons on computer. The speed will increase by 0.2 km / h and incline by 1 each time.

B. Lattice screen runway display: Under motion state, the runway shows the current position of movement. The length of every runway lap is 400M.

### **Preset program operation**

This treadmill has 18 preset programs. P1-P5 is weight losing program. P6-P10 is stamina reaching program. P11-P12 is stamina exercising program. P13-P15 is stamina remaining program. P16-P18 is body recovering program.

a. Press "PROGRAM" to enter automatic program status, the Program window will show program 1. Time window shows total time.

b. Press "+" and "-" or program direct button "3,6,9" to change programs, press ENTER to enter the program you want.

c. The time window shows program preset total time. Press +/- to change program running time (The scale is 10-59 minutes.), press ENTER after setting.

d. Time and Program windows twinkle, press "Start" to enter program status. The time starts to count down. When changing different programs, it will produce beep sound. When the time descends to zero, the speed slows down and the treadmill stop.

e. During program running, you can press "Speed +/-", "incline +/-" or speed/incline direct buttons to change speed or incline. When it comes to the next section, it will show the initial data of this section.

### **Manual setting mode**

Manual setting mode is for user to set time, distance and calorie.

A. Time setting (scale: 1-60 min)

Under ready status, press MODE until time window twinkle, press "+/-" to set time. Press ENTER to enter distance setting.

B. Distance setting (scale: 0.1-99KM)

DISTANCE window will twinkle, press "+/-" to set distance. Press ENTER to enter calorie setting.

C. Calorie setting: Calorie window will be flickering, press "+/-" to set calorie, press Enter to confirm..

D. TIME, DISTANCE, CALORIE window twinkles, press "Start" to operate.

If there is no setting of time, distance, calorie, these window will add up. Otherwise, they will count down. When finishing count down, the treadmill will stop and back to ready status.

## Body fat operation

Under Body fat testing mode, all Function indicate light off, three windows showing relevant testing function.

Windows 1(function): Body fat testing setting mode:

0, prepare testing; 1, gender; 2, weight; 3, height; 4, age; 5, body fat

Windows 2: corresponding data for windows 1

Windows 3: display body fat data

- a. Under ready status, press twice MODE key until window 1 and window 3 twinkle. If the window 1 shows 0, it means Body fat preparing. Then press ENTER to enter gender setting.
- b. Gender setting: window 1 shows 1, window 2 shows the gender no.: 0 means man, and 1 means woman, then Press "ENTER" to set weight.
- c. Weight (25-200KG), window 1 shows 2, window 2 shows 45 (KG) or last set weight, Press "+/ -" to choose your weight. Press "ENTER" to set height.
- d. Height (100-220CM), window 1 shows 3, window 2 shows 145 (CM) or last set height, Press "+/ -" to choose your Height. Press "ENTER" to set age.
- e. Age (8-65), window 1 shows 4, window 2 flashes and shows 18 or last set age, Press "+/ -" to choose your age. Press "ENTER" to set body fat test.
- f. Window 1 shows 5, window 3 flashes and please hold both of your hands on the hand pulse to test your body fat, then window 3 will show the data of the body fat, otherwise, window 3 will show "----".
- g. BMI measure: body fat under 19 is thin; between 19 and 24 is realistic weight; between 24 and 27 is overweight; over 27 is obese.

**Pulse testing:** In non-exercise status, hold both of your hands on the pulse sensors, the LCD will show the index, the heart shape light will show the pulse twinkling.

### 18 Programs

Programs		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Time (Min.)
P1	Speed	2	3	3	5	5	3	5	5	6	6	4	6	4	4	3	2	28
	Incline	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
P2	Speed	3	4	4	6	6	4	6	6	8	6	6	8	5	5	4	3	32
	Incline	0	0	0	1	1	2	2	0	0	0	1	2	2	1	1	1	
P3	Speed	4	4	6	8	8	5	5	8	10	10	8	6	6	5	4	4	40
	Incline	0	0	2	2	4	4	2	2	6	6	6	4	4	2	2	1	
P4	Speed	4	4	6	8	8	5	5	8	10	10	8	8	6	5	4	4	40
	Incline	0	0	2	2	4	4	4	6	6	4	4	4	3	3	3	1	
P5	Speed	3	4	4	6	7	7	7	5	4	6	8	8	5	4	3	3	30
	Incline	0	0	2	2	2	4	4	4	3	3	3	2	2	1	1	0	
P6	Speed	3	4	4	6	6	4	4	6	6	4	4	6	6	5	4	4	28
	Incline	0	0	0	1	1	2	2	1	1	2	2	1	1	0	0	0	
P7	Speed	4	4	6	6	6	7	7	8	10	10	7	6	6	5	5	4	34
	Incline	1	1	3	3	5	5	7	7	5	5	4	4	3	3	2	1	
P8	Speed	4	4	10	10	12	12	8	6	5	12	12	8	8	6	4	4	40
	Incline	1	1	6	6	8	8	4	4	4	8	8	6	6	4	2	2	
P9	Speed	4	4	10	10	12	12	8	6	4	12	12	8	6	6	5	4	45
	Incline	2	2	6	6	8	8	6	4	4	8	8	8	8	4	3	3	
P10	Speed	4	4	8	8	10	10	8	6	5	10	10	7	6	4	4	3	40
	Incline	2	2	5	5	7	7	5	4	4	7	7	6	6	3	2	1	
P11	Speed	4	4	10	10	12	12	8	8	6	6	12	12	8	6	6	5	40
	Incline	3	3	8	8	10	10	7	7	6	6	10	10	6	6	4	2	
P12	Speed	4	8	10	10	12	12	8	6	6	12	12	10	8	8	6	5	48
	Incline	3	5	10	10	8	8	8	7	7	10	10	7	7	6	5	3	
P13	Speed	4	4	10	10	10	10	8	6	6	12	12	8	8	6	5	4	48
	Incline	2	2	6	6	8	8	6	4	4	8	8	8	8	4	3	3	
P14	Speed	4	4	8	8	8	8	6	6	5	10	10	6	5	4	4	3	41
	Incline	2	2	5	5	7	7	5	4	4	7	7	6	6	3	2	1	
P15	Speed	3	3	6	6	7	7	5	5	5	6	6	6	4	4	3	2	30
	Incline	1	1	2	2	3	3	2	2	2	1	1	1	2	2	0	0	
P16	Speed	2	2	3	3	4	5	6.6	6	4	3	3	3	3	2	2	2	26
	Incline	0	0	1	1	0	0	2	2	2	1	1	1	1	1	0	0	
P17	Speed	2	2	2	3	3	5	6.4	6	3	3	3	3	2	2	2	2	20
	Incline	0	0	0	1	1	1	2	2	1	1	1	1	0	0	0	0	
P18	Speed	2	2	2	2	3	3	5.8	5.8	3	3	3	2	2	2	2	2	16
	Incline	0	0	0	1	1	1	0	0	0	1	1	1	0	0	0	0	

## Folding, Moving and Unfolding Instructions

1) Folding: Lift the end of the main frame and fold upwards until you hear the support cylinder lock in place. (See figure a)

**Warning: You must turn off power before folding.**

2) Moving: Press the handrails to make the front base foot away from the ground then push the treadmill after folding.

3) When you want to lower the treadmill back into position, please lift the end of main frame a little to make the support cylinder higher than the cylinder cover (see figure a-1), push the foldaway support tube with your foot slightly (see figure a-2), press the end of main frame upwards, remove your foot and keep your hand on the end of main frame for a while. The cylinder will shrink under the weight of itself (see figure b) until the main frame goes flat.

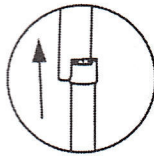


Figure a-1

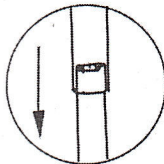


Figure a-2

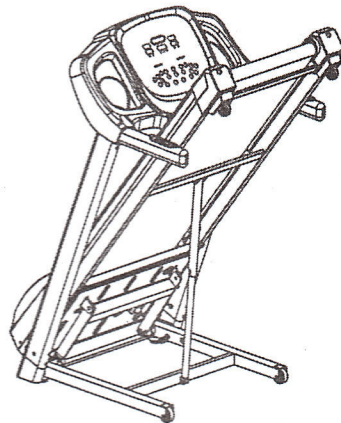


Figure a

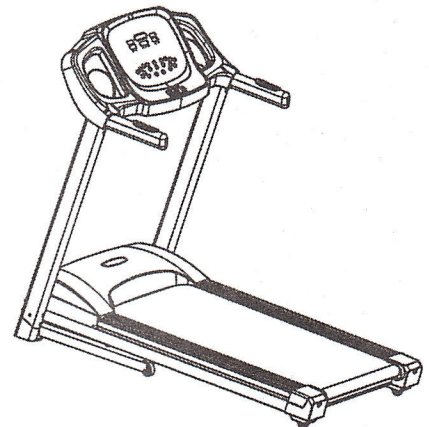
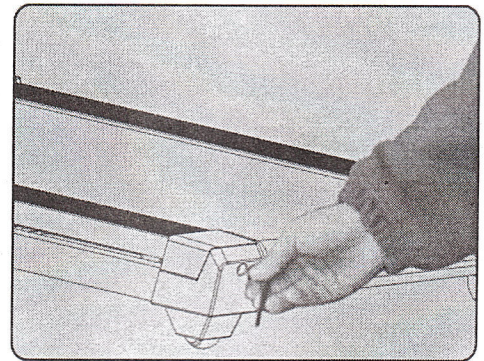


Figure b

## Maintenance and care instructions

- 1) The surface of the treadmill should be kept clean, pull out the power line before cleaning. You can clean the running belt and the surface of the treadmill with a soft and wet cloth.
- 2) The running belt is adjusted at factory; it may run defectively after transportation and use. Turn off the treadmill before adjusting, pull the belt in the center, and then adjust the left and right bolts in rear roller with hex spanner (See figure ) it is better to adjust 1/2 circle once. Then turn on the switch, check if the belt runs defectively when the running speed is 4~5 km/h.
- 3) After using over 100 hours or the lubricant between the running board and the running belt is used up, please lubricate the running board and adjust the running belt well.
- 4) After a long time of running, the belt may be longer and stuck. You should turn the left and right adjustor bolt in rear roller clockwise at same position till the runs smoothly and freely.



**Warning:**

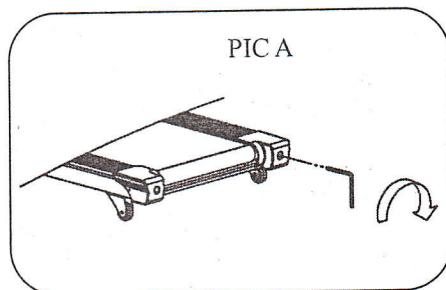
- 1) The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. pins, connection points.
- 2) Please replace defective components immediately and/or keep the equipment out of use until repair.

## Belt centering and tension adjustment

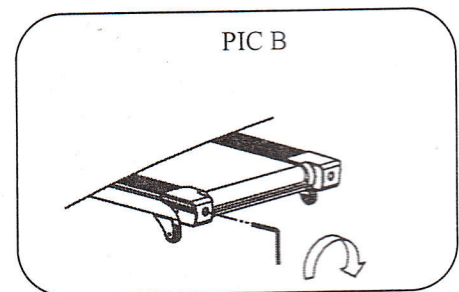
**DO NOT OVERTIGHTEN** the walking belt. This may cause reduced motor performance and excessive roller bearing wear.

### TO CENTER WALKING BELT:

- Place treadmill on a level surface
- Run treadmill at approximately 4km/hr
- If the belt has drifted to the right, turn the right adjusting bolt 1/2 turn clockwise and the left adjusting bolt 1/2 turn counterclockwise.
- If the belt has drifted to the left, turn the left adjusting bolt 1/2 turn clockwise and the right adjusting bolt 1/2 turn clockwise and the right adjusting bolt 1/2 turn counterclockwise.



**Picture A** If the belt has drifted to the RIGHT



**Picture B** If the belts has drifted to the LEFT

To check for the correct belt tension: Stand on the side rails and set the treadmill running to 4km/h. Holding on to the handrails plant one foot directly in the centre of the belt. If the belt stops it is too loose. Tighten the bolts pictured about half a turn clockwise and repeat the test.

If you have repeated this test and done more than 2.5 full turns, may the problem of drive belt, please contact the retailer for more information.

## WALKING BELT AND DECK LUBRICATION

The treadmill is equipped with lubricated running board, which needs regular maintenance. The friction between running board and running belt has a great effect on the treadmills' life.

The steps are as follows:

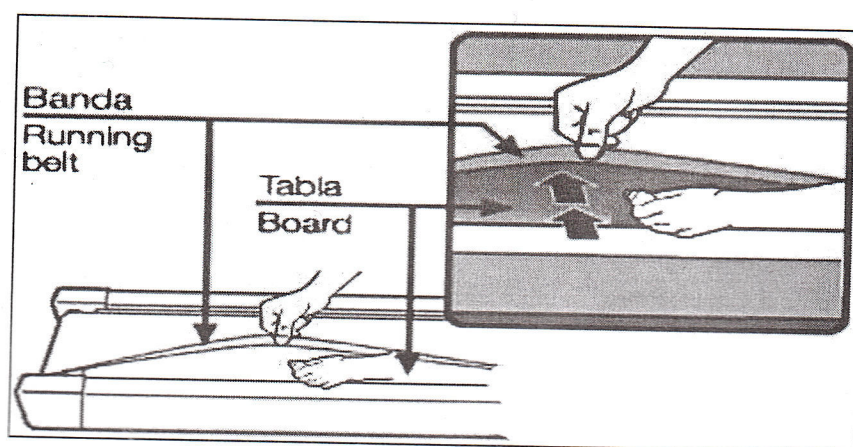
- Remove the power cord from the wall socket.
- Wipe out the dust between running board and running belt with a clean cloth.
- As shown in the picture apply the Silicon oil on the running board (2 small daubs about 50mm in diameter approximately where your feet hit the deck during use).
- Plug the treadmill back and set running to the lowest speed. Slowly walk the silicon over the surface of the treadmill deck.

## CLEANING

**WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.**

General cleaning of the unit will greatly prolong the life of the treadmill. Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build-up of foreign material underneath the walking belt.

The top of the belt may be cleaned with a damp, soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt. **Warning: Always ensure the treadmill is unplugged from the electrical outlet before removing the motor cover.** At least once a year remove the motor cover and vacuum under the motor cover.



## Malfunction Treatment

Malfunction	Reason	Treatment
1. Power on but no display on the computer	<ol style="list-style-type: none"> <li>1. Connections not connected.</li> <li>2. Overload protection switch is off</li> <li>3. Power adaptor is inserted incorrectly.</li> <li>4. The fuse in the driver is burned.</li> </ol>	<ol style="list-style-type: none"> <li>1. Plug them in again.</li> <li>2. Reset it.</li> <li>3. check it</li> <li>4. Replace it</li> </ol>
2. Show Er01, Speed sensor malfunction	<ol style="list-style-type: none"> <li>1. Speed sensor is broken or installed incorrectly.</li> <li>2. Optocoupler in the driver is damaged</li> <li>3. other parts outside IC is broken</li> </ol>	<ol style="list-style-type: none"> <li>1. Check up the install position or replace the speed sensor</li> <li>2. Replace Driver or the Optocoupler</li> <li>3. Replace driver</li> </ol>
3. Show Er02, motor electricity overload malfunction	<ol style="list-style-type: none"> <li>1. Overload current through the motor</li> <li>2. Obstruction of the roller is too much</li> <li>3. Driver is damaged</li> </ol>	<ol style="list-style-type: none"> <li>1. replace the motor</li> <li>2. enhance lubricating or replace it</li> <li>3. replace the driver</li> </ol>
4. Show Er03, Correspond failure	<ol style="list-style-type: none"> <li>1. undesirable signal wire</li> <li>2. Optocoupler in the driver is damaged</li> <li>3. Computer is damaged</li> </ol>	<ol style="list-style-type: none"> <li>1. check up the signal wire's connector to the computer and the driver</li> <li>2. replace driver or the Optocoupler</li> <li>3. replace computer board</li> </ol>
5. Show Er04, driver power malfunction	<ol style="list-style-type: none"> <li>1. motor haven't inserted well or damaged (broken circuit)</li> <li>2. the relay of the driver is damaged</li> <li>3. the bridge of the driver is damaged</li> <li>4. other parts outside IC is damaged</li> </ol>	<ol style="list-style-type: none"> <li>1. check up or replace a motor</li> <li>2. replace driver or relay</li> <li>3. replace driver or bridge</li> <li>4. replace driver</li> </ol>
6. If incline window will show "--", incline is in malfunction.	<ol style="list-style-type: none"> <li>1. Incline motor sensor insert incorrectly.</li> <li>2. Incline motor sensor is damaged.</li> <li>3. parts in the driver is damaged</li> </ol>	<ol style="list-style-type: none"> <li>1. check up the connection of the plug</li> <li>2. replace incline motor</li> <li>3. replace driver</li> </ol>
7. Without loading, operate normally. With loading, hard to start and with stops.	<ol style="list-style-type: none"> <li>1. Driver's torque regulation is small</li> <li>2. running belt gets loose</li> <li>3. undesirable motor</li> </ol>	<ol style="list-style-type: none"> <li>1. adjust the torque</li> <li>2. adjust running belt</li> <li>3. replace motor</li> </ol>

## Warming up exercises

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 following warm-up and cool-down exercises:

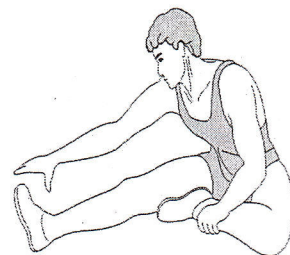
### 1. Inner Thigh Stretch

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.



### 2. 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.

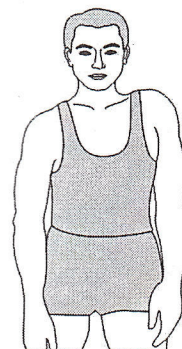


### 3. Head Roll

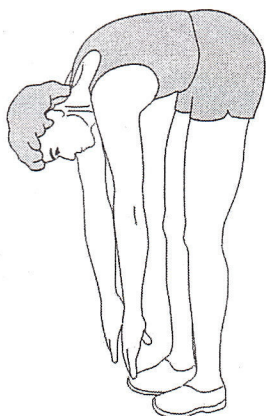
Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

### 4. 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.







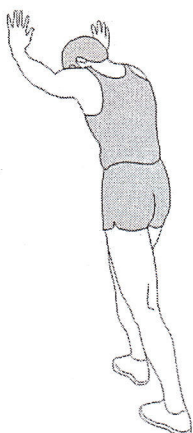
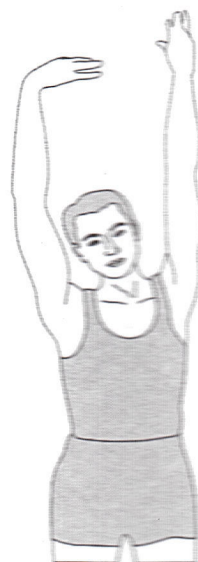
## 5. Toe Touch

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.

## 6. 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, then repeat on the other side for 15 counts.



## 7. 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.