

**TECHNICAL DETAILS:**

POWER DETAILS: 220-240V a.c.

POWER FREQUENCY: 50-60Hz

WATTAGE: 500W

Max Load: 110kg

Complies with EN 957-6:2010+A1:2014 Stationary training equipment. Treadmills, additional specific safety requirements and test methods.

ACCESSORIES:

1 x M6 inner hex spanner

1 x M16 inner hex screw = adjustment screw

1 x M12 inner hex screw = security knob

1 x Emergency stop switch

This treadmill is supplied flat-packed, so some minor home assembly is required. Assembly instructions are provided. Please see the following details. Folds down for easy storage.

Note: The running board and running belt have been treated with anti-static lubricants. It is recommended users use an anti-static silicon lubricant (not included) at least every 3 months.

FOR DOMESTIC USE ONLY

ASSEMBLY:

Open the package and take out the treadmill.



Photo 1



Photo 2



Photo 3



Photo 4

Pull the adjustment screw from the upper handrail support(photo 2), fold up the handrail support (photo3), insert the screw into the hole to secure(photo 4).



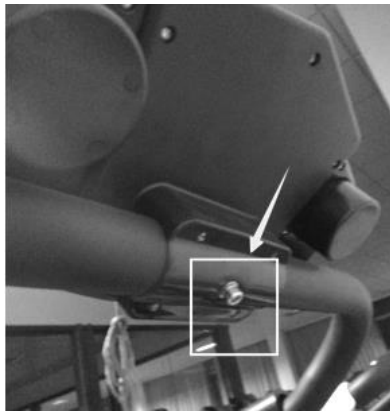


Photo 5a



Photo 5b



The control panel is fitted with a screw which can be loosened or tightened with the hexagonal wrench provided. (photo 5 a and b)

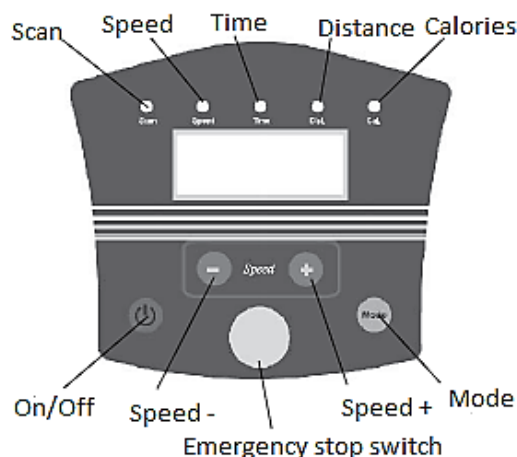
Put the emergency switch onto the control panel with the magnet(photo 6).



Photo 6

Attach the handrail as shown.



Control Panel**Instructions:**

1. Plug into the power supply to enter Standby. The buzzer will sound and display will show "===". Click the "On/Off" button (run/stop) to switch machine on or off.
2. In Standby mode, click the Mode button "----", the speed can be adjusted by the Speed+ key as follows:
 - === for conventional mode
 - P1 for auto mode1
 - P2 for auto mode2
 - P3 for auto mode3

When the current mode shows P1, P2, P3, click the MODE button to enter the automatic mode to set the time between 5 and 30 minutes. Default time is 10 minutes.
3. In standby mode, if automatic mode (P1, P2, P3) is selected, or running time, the time shown will be counting down the minutes.

In conventional mode (====) running time is 30 minutes with clock counting forward.
4. In either conventional mode (====) or automatic mode (P1, P2, P3), after 3 seconds for initial stage of preparation speed display mode is entered. This can be switched to display "speed time-calories scan" with the mode button.
5. In conventional mode (===) the initial speed rate is 1. You can speed this up with Speed-/Speed+ button from 1 to 10 (1km/h to 10km/h). In automatic mode the Speed buttons cannot be used.
6. In automatic mode, the buzzer will sound for 3 seconds before speed is switched.
7. In working state click On/Off button to slow motor down to stop. LED display will flash.
8. Emergency Stop Switch. When taking off the Emergency stop switch the display will show "Safe" and machine will stop working quickly.

OPERATION:

- Familiarise yourself with the control panel.
- Ensure you know where to find the Emergency stop switch. Attach the Emergency stop switch with the magnet side to the control panel, unravel the cord and clip it to your clothes.
- Stand on the treadmill with your feet on the side rails (not the running belt) before starting the machine. Once used to the functions, you can stand on the running belt and start walking slowly, holding onto the handles.
- Walk at a slow, comfortable pace holding onto the handrails or, when more confident,

letting go of them.

- To stop the treadmill:
 - using the control panel decrease the speed until it stops
 - hit the emergency stop switch.
 - hold on, step onto the side rails and turn off treadmill.
- Keep a 2m area around and behind the treadmill clear of objects.

MAINTENANCE:

- Turn off the power and unplug before daily maintenance.
- Do not use formaldehyde or organic solvent to clean to avoid damage to the fittings.
- Use a clean, dry cloth to remove any sweat you have left behind on the treadmill's deck or handrails to prevent corrosion of the equipment.
- To remove stubborn stains, oil or dirt, wipe off with a cotton cloth with cleanser and wipe dry.
- Around the power switch and control panel, please use a soft and dry cloth to clean. Do not use a damp cloth.
- Do not use the treadmill in a moist or dust intensive environment which may lead to mechanical failure.
- Place on a flat surface.
- Regularly clean to remove dust in order to keep components clean. Clean both sides of the exposed part of the running belt to reduce accumulation of debris.
- Wear clean sports shoes to avoid transferring debris onto the running belt.
- Use soap and a cleaning cloth to clean the running belt. Do not use cleaner.
- Wipe sweat off the handrail and the running belt after using the treadmill.
- The running board and running belt have been treated with anti-static lubricants. It is recommended users use an anti-static silicon lubricant (not included) on a regular basis, at least every 3 months.

How to Lubricate Your Treadmill Belt

- Pull the treadmill belt away from the deck with one hand and with the other hand, insert the silicone spray nozzle underneath the belt and spray the silicone towards the centre of the belt.
- Follow this procedure spraying up and down both sides of the running belt, applying a total of 1-oz of anti-static lubricant.
- Rotate the belt by hand one-half a revolution so that you reach the portion of the running belt that was not lubricated, then repeat the treadmill lubrication process.
- When complete, run the treadmill for approximately 3 minutes at 3 mph, distributing the silicone across the running belt and deck.
- Note: When lubricating the treadmill belt, make sure the treadmill is located on a surface that can be easily cleaned.
- After treadmill lubrication, clean any excess silicone off the belt and frame.
- We recommended you wipe the treadmill down after each use to keep the treadmill clean and dry.
- A mild detergent may be used at times to help remove all dirt and salt from the belt, painted parts, and the console.

- **Adjusting the running belt**

The treadmill might need adjustment to work best as sometimes there may be deviation in



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the way we run. For adjusting the running belt with a right bias, turn the bolt in a clockwise direction to ½ laps, and then the left side of the adjustment bolt along counter-clockwise rotating ½ laps. If running with left bias, do the opposite.

- Do not touch the socket or pull out the plug if your hands are wet. When you pull out the plug, please hold the head by the plastic parts.

SAFETY NOTICE:

- **DO NOT WEAR TOO LONG OR TOO LOOSE CLOTHING. ALWAYS WEAR APPROPRIATE FOOTWEAR/TRAINERS.**
- WHEN USING ELECTRICAL APPLIANCES, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED:
- READ ALL INSTRUCTIONS BEFORE USE.
- ENSURE THE TREADMILL IS STABLE ON A LEVEL SURFACE BEFORE TURNING THE POWER ON.
- TO PROTECT AGAINST ELECTRIC SHOCK, DO NOT IMMERSE CORD, PLUG OR APPLIANCE, IN WATER OR ANY OTHER LIQUID.
- UNPLUG FROM OUTLET WHEN NOT IN USE AND BEFORE CLEANING.
- DO NOT OPERATE ANY APPLIANCE WITH A DAMAGED CORD OR PLUG OR AFTER THE APPLIANCE MALFUNCTIONS, OR HAS BEEN DAMAGED IN ANY MANNER. WE RECOMMEND THAT THE POWER CORD IS NOT KINKED OR STORED IN A TWISTED MANNER, AND THAT YOU REGULARLY CHECK ITS CONDITION.
- THE USE OF ANY ACCESSORY ATTACHMENTS NOT RECOMMENDED BY COOPERS OF STORTFORD MAY CAUSE INJURIES AND INVALIDATE ANY WARRANTY YOU MAY HAVE.
- DO NOT USE OUTDOORS.
- DO NOT USE THIS APPLIANCE FOR ANY OTHER USE THAN THE INTENDED USE IT IS DESIGNED FOR.
- BEFORE USE, CHECK THOROUGHLY FOR ANY DEFECTS AND DO NOT USE IF DEFECTS ARE FOUND. TAKE CARE NOT TO DROP THE APPLIANCE AS HEAVY IMPACTS MAY CAUSE INTERNAL DAMAGE.

WARNING

- CHECK THE APPLIANCE CAREFULLY FOR DAMAGE BEFORE EACH USE.
- DO NOT USE IF THE POWER CORD OR PLUG IS DAMAGED. TO BE REPAIRED BY A QUALIFIED ELECTRICIAN OR TO BE REPLACED BY THE MANUFACTURER, SERVICE AGENT OR SIMILARLY QUALIFIED PERSON, IN ORDER TO AVOID A HAZARD.
- KEEP THE APPLIANCE AWAY FROM CHILDREN.
- BEFORE CONNECTING THE APPLIANCE, CHECK IF THE VOLTAGE INDICATED ON THE BOTTOM OF THE APPLIANCE IS IN ACCORDANCE WITH THE MAINS VOLTAGE IN YOUR HOME.
- THIS APPLIANCE CAN BE USED BY CHILDREN AGED FROM 8 YEARS AND ABOVE AND PERSONS WITH REDUCED PHYSICAL, SENSORY OR MENTAL CAPABILITIES OR LACK OF EXPERIENCE AND KNOWLEDGE IF THEY HAVE BEEN GIVEN SUPERVISION OR INSTRUCTION CONCERNING USE OF THE APPLIANCE IN A SAFE WAY AND UNDERSTAND THE HAZARDS INVOLVED. CHILDREN SHALL NOT PLAY WITH THE APPLIANCE. CLEANING AND USER MAINTENANCE SHALL NOT BE MADE BY CHILDREN WITHOUT SUPERVISION.
- NOT SUITABLE FOR CHILDREN UNDER 8 YEARS OF AGE.



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TROUBLESHOOTING:

Fault	Cause	Solution
Does not Function	Lack of Power.	Check fuse in plug. Replace fuse if blown.
		Check plug is connected to mains socket and power is switched ON.
Working speed is slow or not constant.	Voltage is low.	Check power connections. Check power supply is correct voltage. Switch off and restart when voltage is correct (220-240V a.c.)

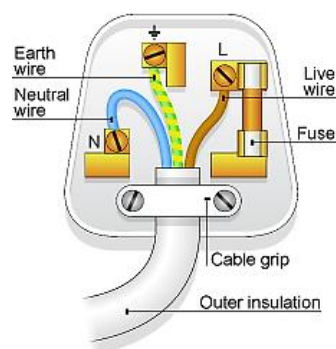
PLUG WIRING (UK & IRELAND)

This appliance is fitted with a BS 1363 13-amp plug. If you have to replace the fuse, only those that are ASTA or BSI approved to BS1362 and with a rated current of 13-amps should be used. If there is a fuse cover fitted, this cover must be re-fitted after changing the fuse.

If the fuse cover is lost or damaged the plug must not be used. Spare fuse holders and fuses are available from electrical outlets. If the socket outlets in your home or office are not suitable for this product's plug, the plug must be removed and disposed of safely. Attempts to insert the plug into the wrong socket is likely to cause electric hazard. A replacement plug should be wired according to the following instructions:

The cable

A mains electricity cable contains two or three inner wires. Each has a core of copper and an outer layer of flexible plastic. This product is earthed; the wires in the cord set are colour coded in the following way:





The diagram shows the key features of a correctly wired three-pin mains plug.

BLUE	NEUTRAL
BROWN	LIVE
GREEN & YELLOW	EARTH

DISPOSAL

- Coopers of Stortford use recyclable or recycled packaging where possible.
- Please dispose of all packaging, paper, cartons, packaging in accordance with your local recycling regulations.
- Plastics, polybags – Contains the following recyclable plastic.



Code & Symbol	 PP	 OTHER
Type of Plastic	Polypropylene	ABS
Commonly used for	Microwaveable food containers, yoghurt pots, butter tubs, disposable plates and cups	CD's, crisp packets, various flexible packaging, baby bottles, sunglass lenses
Notes	Commonly recycled and collected from household recycling bins (packaging tape itself not recyclable but does not interfere with cardboard)	Not often or widely recycled

- At the end of the product's lifespan please check with your local council authorised household waste recycling centre for disposal.

