

Static Electricity — Depending upon where you live, you may experience dry air, causing a common experience of static electricity. This may be especially true in the winter time. You may notice a static build-up just by walking across a carpet and then touching a metal object. The same can hold true while working out on your treadmill. You may experience a shock due to the build-up of static electricity on your body and the discharge path of the treadmill. If you experience this type of situation, you may want to increase the humidity to a comfortable level through the use of a humidifier.

Service Schedule



All maintenance activities shall be performed by qualified personnel. Failure to do so could result in serious injury.

This is the minimum recommended service.



Access and navigate the Statistics menu with the following procedure:


Determine distance.

1. While in Dormant Mode, Press any key to access the Opening Screen.

2. Press and the hold the **SCAN/HOLD**  and **DOWN**  keys for 3 seconds. A beep signifies the first screen of the Statistics menu.

3. Menu navigation is done two ways:

Up/Down - The **UP**  and **DOWN**  keys allow you to scroll up and down in the statistics menu.

Enter - The **ENTER**  key will advance you to the next item in the statistics menu.

The Statistics menu includes: Miles/Km, Hours, Starts, Service odometer and Error log.

4. The first menu item is **Miles/Km**.
5. Record Distance.
6. Navigate to menu item **Hours**.
7. Record Hours.
8. Exit Statistics menu by pressing the **STOP** key.

First 500 miles (800 km).

- Check running belt tension and tracking.