



T81

T82

T85

T86

TREADMILL OWNER'S MANUAL



Read the TREADMILL GUIDE before using this OWNER'S MANUAL.

ASSEMBLY



WARNING

There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the treadmill could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the treadmill, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your treadmill's serial number located on the front stabilizer tube and enter it in the space provided below. Also locate the model name which is next to the serial number.

ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

SERIAL NUMBER:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

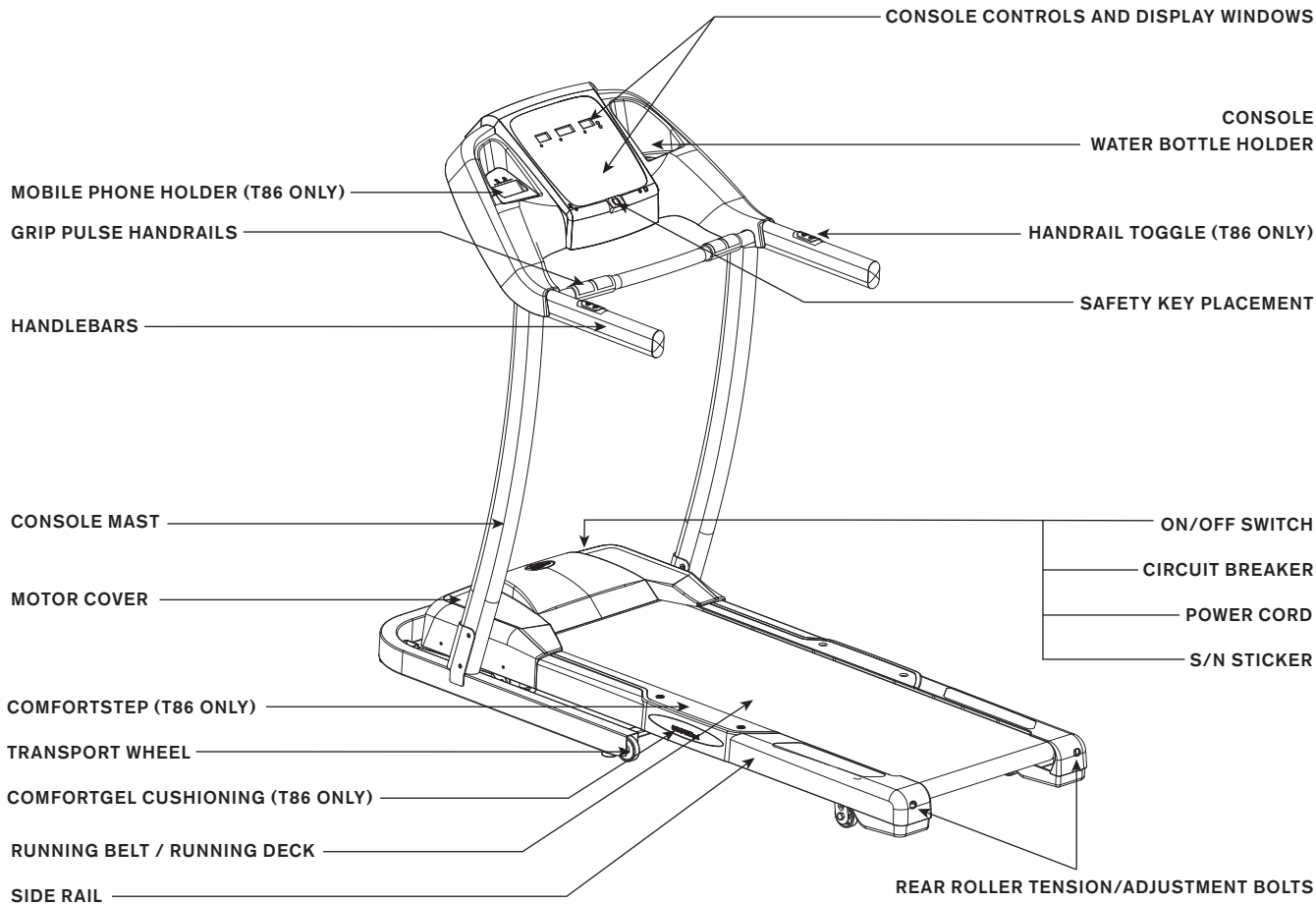
MODEL NAME: **TEMPO**

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TREADMILL



T86
shown



TOOLS INCLUDED:

- 5 mm L-Wrench /screwdriver (T81/82)
- 6 mm L-Wrench (T81/82)
- 5 mm L-Wrench (T85/86)
- 5 mm T-Wrench (T85/86)

PARTS INCLUDED:

- 1 Console Assembly
- 2 Console Masts
- 1 Hardware Kit
- 1 Safety Key
- 1 Power Cord
- 1 Silicone
- 1 Cellphone/MP3 Holder (T86 only)



NEED HELP?

If you have questions or if there are any missing parts, contact your local dealer.

PRE ASSEMBLY

UNPACKING

Place the treadmill carton on a level flat surface. It is recommended that you place a protective covering on your floor. Take **CAUTION** when handling and transporting this unit. Never open box when it is on its side. Once the banding straps have been removed, do not lift or transport this unit unless it is fully assembled. Unpack and assemble the unit where it will be used. Never grab hold of any portion of the incline frame and attempt to lift or move the treadmill.

WARNING

DO NOT ATTEMPT TO LIFT THE TREADMILL! Do not move or lift treadmill from packaging until specified to do so in the assembly instructions. You may remove the plastic wrap from console masts.

WARNING

FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!

NOTE: During each assembly step, ensure that **ALL** nuts and bolts are in place and partially threaded in before completely tightening any **ONE** bolt.

NOTE: A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.



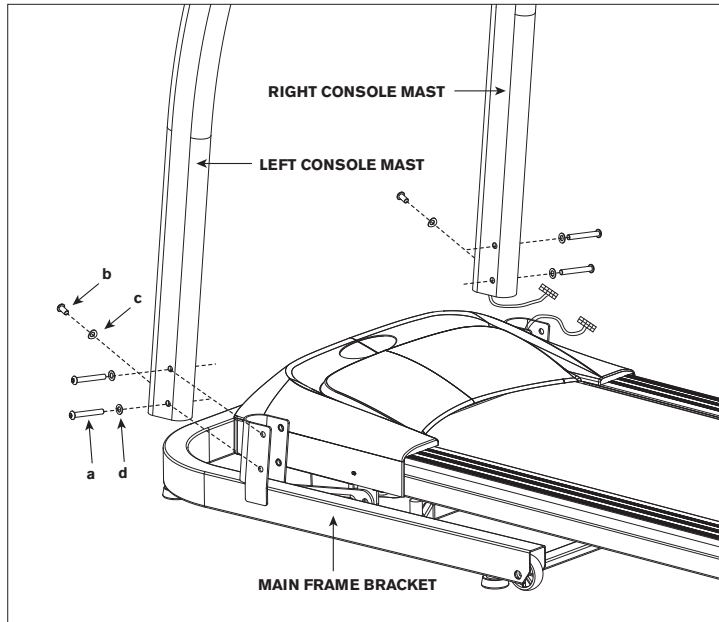
ALL
MODELS



T82
Shown

T81 & T82 ASSEMBLY STEP 1

HARDWARE FOR STEP 1 :



(T82 SHOWN)

- A A Open the box and remove all parts underneath the running deck by lifting the running deck upward.
- B Open **HARDWARE PARTS** for Step 1
- C Align and attach **LEFT CONSOLE MAST** with base frame bracket by using 2 **LONG BOLTS (a)**, 1 **SHORT BOLTS (b)**, 2 **FLAT WASHERS (d)** and 1 **ARC WASHER (c)**.
- D Connect the **CONSOLE CABLES** at **RIGHT CONSOLE MAST** and carefully tuck wires to **CONSOLE MAST** to avoid damage.
- E Repeat Step C on the **RIGHT CONSOLE MAST**.

NOTE: Do not pinch or break any wire when assembling the console mast. You may need extra help assembling step 1 o 2 and **DO NOT** fully tighten the bolts until step 2 is completed.

T81 & T82 ASSEMBLY **STEP 2**

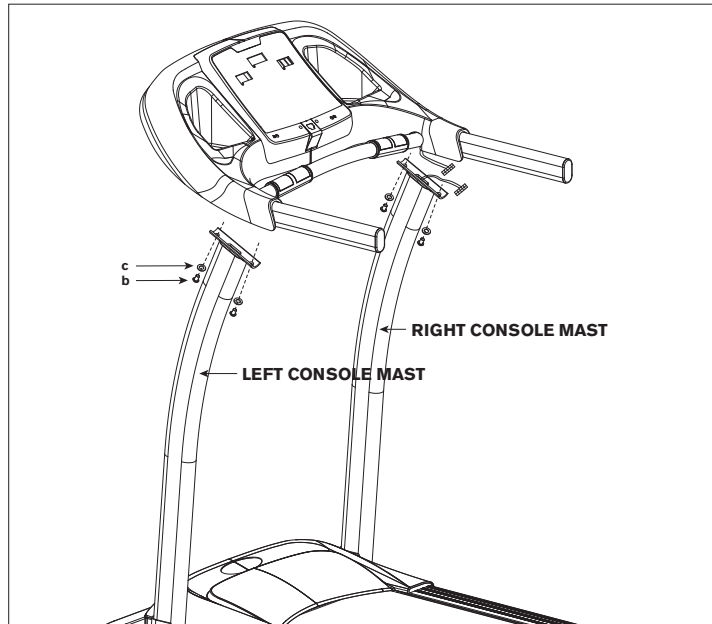
HARDWARE FOR STEP 2 :



SHORT BOLT (b)
M8 x 16 L
Qty: 4



ARC WASHER (c)
Ø 8
Qty: 4



(T82 SHOWN)

- A Open **HARDWARE PARTS** for Step 2
- B Gently hold the **CONSOLE** above the **CONSOLE MAST**.
- C Connect the **CONSOLE CABLES** at right hand side, carefully tucking wires in **RIGHT CONSOLE MAST** to avoid damage.
- D Attach the **CONSOLE** to the **CONSOLE MAST** using 4 **SHORT BOLTS (b)** and 4 **FLAT WASHERS (c)**.

NOTE: T81 & 82 console fixing from beneath while T85 & 86 is screw in from inner side as shown in the left image. Be careful not to pinch any wires and make sure you fully tighten all bolts before starting using the treadmills.



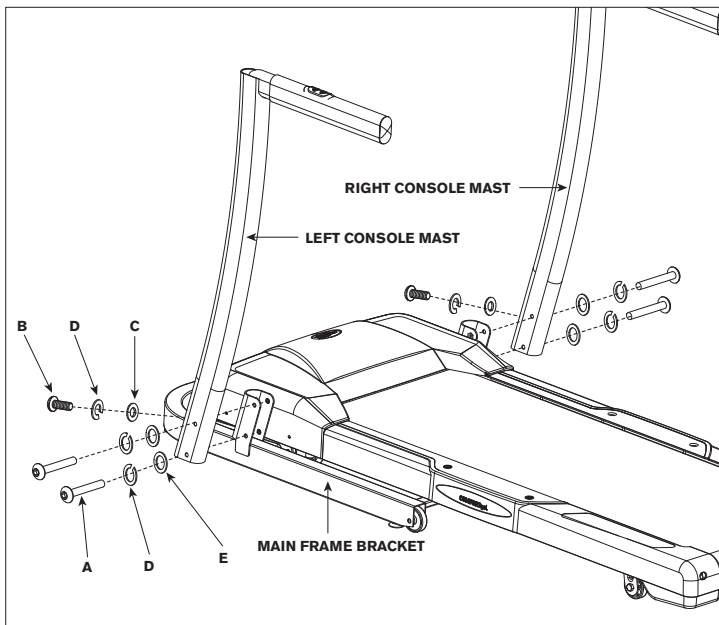
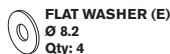
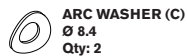
T82
Shown

T85 & T86 ASSEMBLY STEP 1



T86
Shown

HARDWARE FOR STEP 1 :



(T86 SHOWN)

- A A Open the box and remove all parts underneath the running deck by lifting the running deck upward.
- B Open **HARDWARE PARTS** for Step 1
- C Align and attach **LEFT CONSOLE MAST** with base frame bracket by using **2 LONG BOLTS (A)**, **1 SHORT BOLTS (B)**, **3 SPRING WASHERS (D)**, **2 FLAT WASHERS (E)** and **1 ARC WASHER (C)**.
- D Connect the **CONSOLE CABLES** at **RIGHT CONSOLE MAST** and carefully tuck wires to **CONSOLE MAST** to avoid damage.
- E Repeat Step C on the **RIGHT CONSOLE MAST**.

NOTE: Do not pinch or break any wire when assembling the console mast. You may need extra help assembling step 1 or 2 and **DO NOT** fully tighten the bolts until step 2 is completed.

T85 & T86 ASSEMBLY **STEP 2**

HARDWARE FOR STEP 2 :



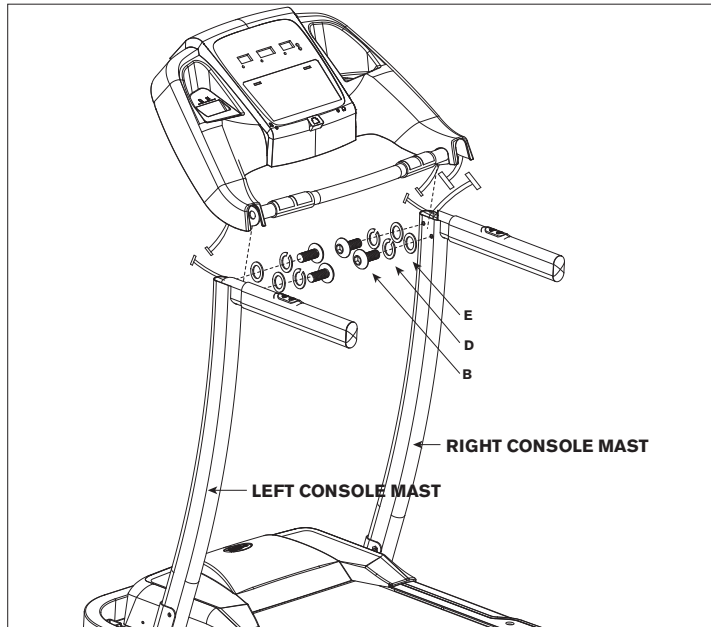
SHORT BOLT (B)
M8 x 20L
Qty: 4



SPRING WASHER (D)
Ø 8.2
Qty: 4



FLAT WASHER (E)
Ø 8.2
Qty: 4



(T86 SHOWN)

- A Open **HARDWARE PARTS** for Step 2
- B Gently hold the **CONSOLE** above the **CONSOLE MAST**.

Connect the **CONSOLE CABLES** at right hand side, carefully tucking wires in **RIGHT CONSOLE MAST** to avoid damage.

C-1 (T86 ONLY)

Connect **HANDRAIL TOGGLE KEY CABLES** at **LEFT** and **RIGHT CONSOLE MAST**, carefully tucking wires in **CONSOLE MAST**.

- C Attach the **CONSOLE** to the **CONSOLE MAST** using 4 **SHORT BOLTS (B)**, 4 **SPRING WASHERS (D)** and 4 **FLAT WASHERS (E)**.

NOTE: T81 & 82 console fixing from beneath while T85 & 86 is screw in from inner side as shown in the left image. Be careful not to pinch any wires and make sure you fully tighten all bolts before starting using the treadmills.



T86
Shown

ASSEMBLY STEP 3



T86
Shown



(T86 SHOWN)

YOU ARE FINISHED!

T81

Max. User Weight: 115 kg / 253 lbs.

Product Weight: 54 kg / 119 lbs.

Overall Dimension: 171 x 71 x 132 cm / 67" x 28" x 52"

Folding Dimension: 103 x 71 x 139 cm / 40.5" x 28" x 55"

Complies with EN957-1, EN957-6, HB

T82

Max. User Weight: 115 kg / 253 lbs.

Product Weight: 58 kg / 128 lbs.

Overall Dimension: 171 x 71 x 132 cm / 67" x 28" x 52"

Folding Dimension: 108 x 71 x 135 cm / 42.5" x 28" x 53"

Complies with EN957-1, EN957-6, HB

T85

Max. User Weight: 115 kg / 253 lbs.

Product Weight: 60 kg / 132 lbs.

Overall Dimension: 173 x 79 x 136 cm / 68" x 31" x 53.5"

Folding Dimension: 96 x 79 x 145 cm / 38" x 31" x 57"

Complies with EN957-1, EN957-6, HB

T86

Max. User Weight: 115 kg / 253 lbs.

Product Weight: 60 kg / 132 lbs.

Overall Dimension: 173 x 79 x 136 cm / 68" x 31" x 53.5"

Folding Dimension: 96 x 79 x 145 cm / 38" x 31" x 57"

Complies with EN957-1, EN957-6, HB

TREADMILL OPERATION

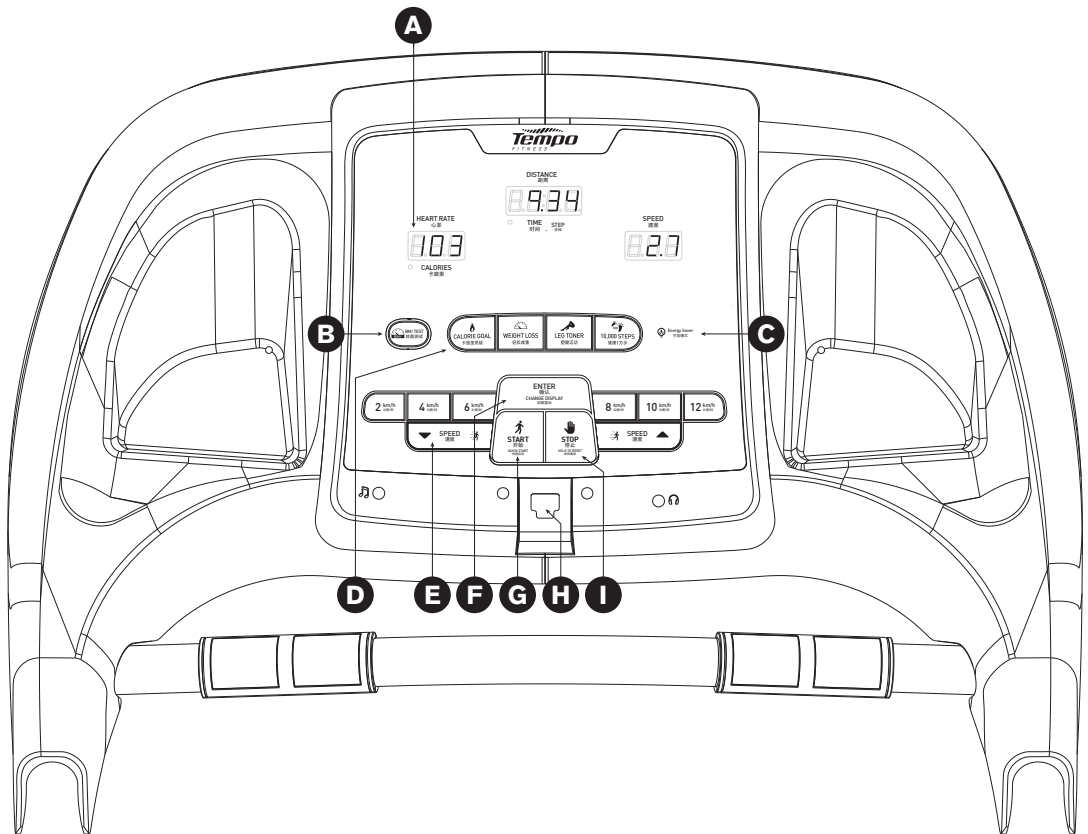


This section explains how to use your treadmill's console and programming. The BASIC OPERATION section in the TREADMILL GUIDE has instructions for the following:

- **LOCATION OF THE TREADMILL**
- **USING THE SAFETY KEY**
- **FOLDING THE TREADMILL**
- **MOVING THE TREADMILL**
- **LEVELING THE TREADMILL**
- **TENSIONING THE RUNNING BELT**
- **CENTERING THE RUNNING BELT**
- **USING THE HEART RATE FUNCTION**



T81
Shown



T81 CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

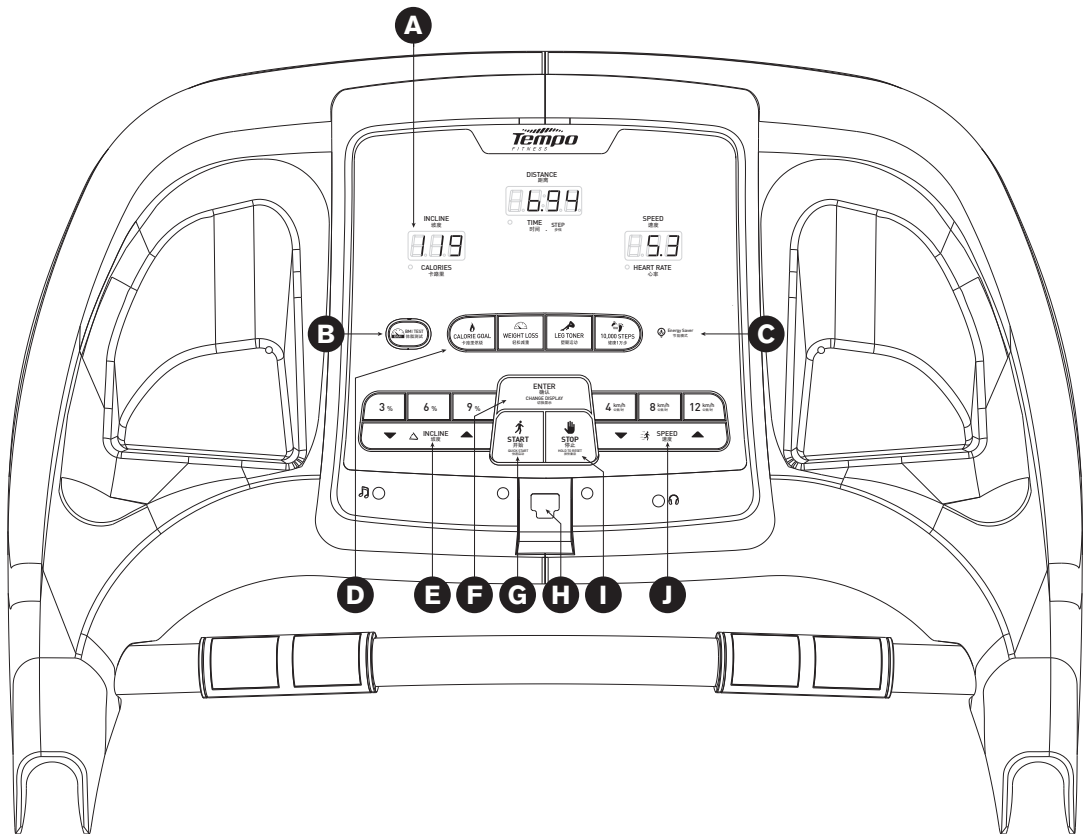
- A) LED DISPLAY WINDOWS:** Time, Distance, Speed, Calories, Heart Rate and Steps (with 10K Steps program only).
- B) BMI TEST:** BMI test direct key. Input your weight and height after pressing this key. Your machine will help you calculate your BMI index for future tracking.
- C) ENERGY SAVER :** To minimize energy consumption, your machine will enter energy saver mode automatically (after entering stand-by mode for 15 mins) and could be quickly waken up with a touch of a button.
- D) PROGRAM DIRECT KEYS:** Intuitive direct key help you set your program more easily. (Refer to program information for more details).
- E) SPEED KEYS:** used to adjust speed in small increments (0.1 KMH increments).
- F) ENTER BUTTON :** used to confirm setting of workout program or user profile.
- G) START:** press to begin exercising, start your workout, or resume exercising after pause.
- H) SAFETY KEY POSITION:** enables treadmill when safety key is inserted.
- I) STOP:** press to pause/end your workout. Hold for 3 seconds to reset the console.



T81
Shown



T82
Shown



T82 CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

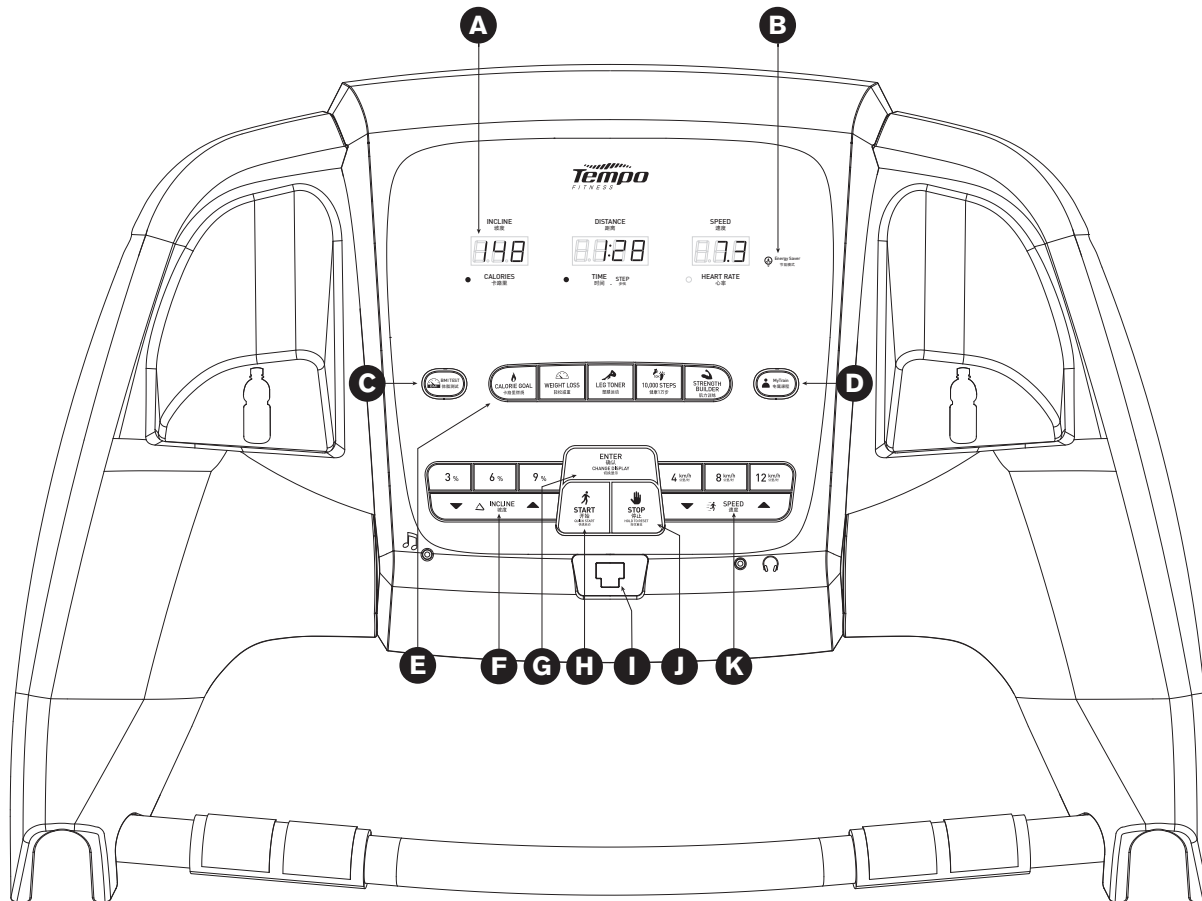
- A) LED DISPLAY WINDOWS:** Time, Distance, Speed, Incline, Calories, Heart Rate and Steps (with 10K Steps program only).
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- D) PROGRAM DIRECT KEYS:** Intuitive direct key help you set your program more easily. (Refer to program information for more details).
- E) INCLINE KEYS:** used to adjust incline in small increments (0.5% Increments).
- F) ENTER BUTTON :** used to confirm setting of workout program or user profile.
- G) START:** press to begin exercising, start your workout, or resume exercising after pause.
- H) SAFETY KEY POSITION:** enables treadmill when safety key is inserted.
- I) STOP:** press to pause/end your workout. Hold for 3 seconds to reset the console.
- J) SPEED KEYS:** used to adjust speed in small increments (0.1 KMH increments).



T82
Shown



T85
Shown



T85 CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

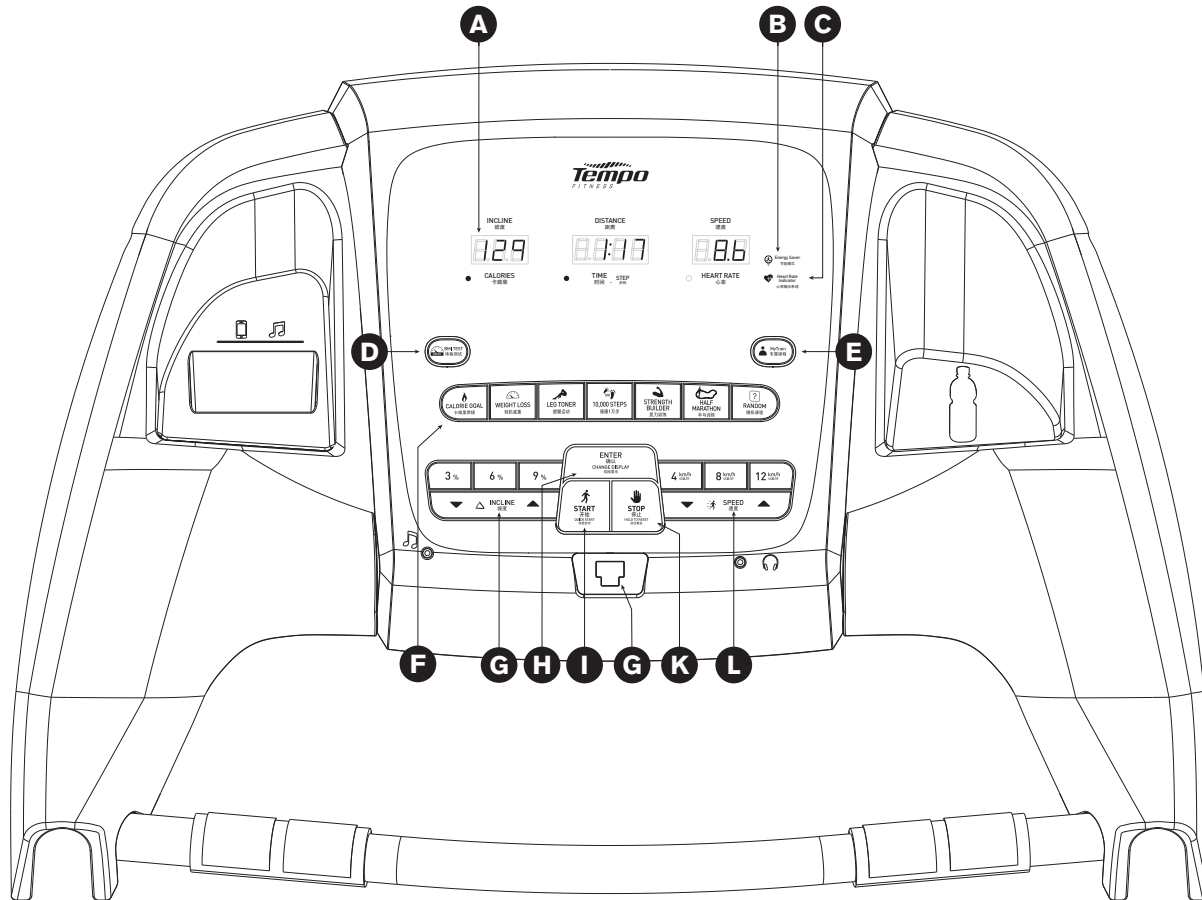
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- B) ENERGY SAVER :** To minimize energy consumption, your machine will enter energy saver mode automatically (after entering stand-by mode for 15 mins) and could be quickly waken up with a touch of a button.
- C) BMI TEST:** BMI test direct key. Input your weight and height after pressing this key. Your machine will help you calculate your BMI index for future tracking.
- D) MY TRAIN:** A quick program key to help you save your workout settings and ready for next exercise. After finish any workout press this key for 3 seconds to save all the changes you made and press this program key to re-experience your favorite workout.
- E) PROGRAM DIRECT KEYS:** Intuitive direct key help you set your program more easily. (Refer to program information for more details).
- F) INCLINE KEYS:** used to adjust incline in small increments (0.5% Increments).
- G) ENTER BUTTON :** used to confirm setting of workout program or user profile.
- H) START:** press to begin exercising, start your workout, or resume exercising after pause.
- I) SAFETY KEY POSITION:** enables treadmill when safety key is inserted.
- J) STOP:** press to pause/end your workout. Hold for 3 seconds to reset the console.
- K) SPEED KEYS:** used to adjust speed in small increments (0.1 KMH increments).



T85
Shown



T86
Shown



T86 CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

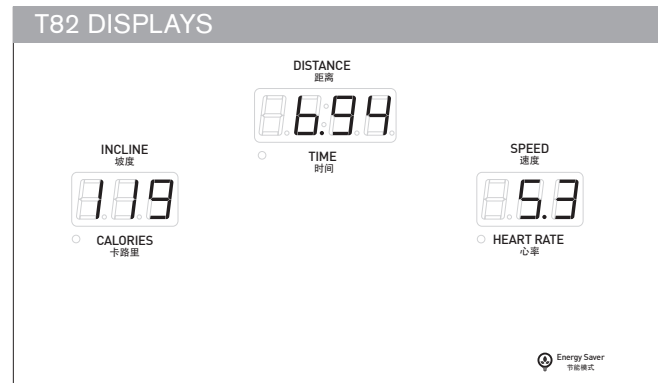
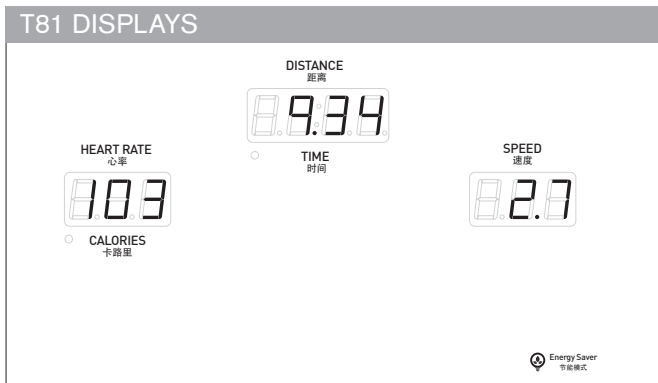
- A) LED DISPLAY WINDOWS:** Time, Distance, Speed, Incline, Calories, Heart Rate and Steps (with 10K Steps program only).
- B) ENERGY SAVER :** To minimize energy consumption, your machine will enter energy saver mode automatically (after entering stand-by mode for 15 mins) and could be quickly waken up with a touch of a button.
- C) HEART RATE INDICATOR (T86 ONLY):** A monitor system to help you stay in your best heart rate range and reach desired performance. (See page 26 for more information)
- D) BMI TEST:** BMI test direct key. Input your weight and height after pressing this key. Your machine will help you calculate your BMI index for future tracking.
- E) MY TRAIN:** A quick program key to help you save your workout settings and ready for next exercise. After finish any workout press this key for 3 seconds to save all the changes you made and press this program key to re-experience your favorite workout.
- F) PROGRAM DIRECT KEYS:** Intuitive direct key help you set your program more easily. (Refer to program information for more details).
- G) INCLINE KEYS:** used to adjust incline in small increments (0.5% Increments).
- H) ENTER BUTTON :** used to confirm setting of workout program or user profile.
- I) START:** press to begin exercising, start your workout, or resume exercising after pause.
- J) SAFETY KEY POSITION:** enables treadmill when safety key is inserted.
- K) STOP:** press to pause/end your workout. Hold for 3 seconds to reset the console.
- L) SPEED KEYS:** used to adjust speed in small increments (0.1 KMH increments).



T86
Shown

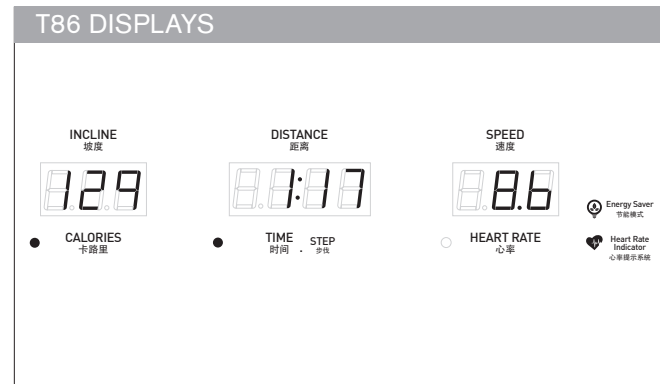
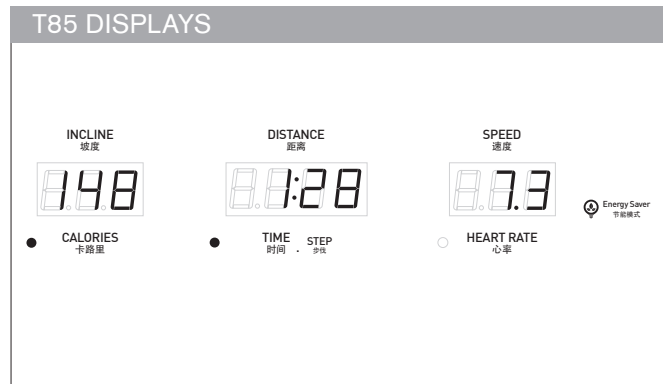


T81
T82
Shown



DISPLAY WINDOWS

- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **DISTANCE:** Shown as km or miles. Indicates distance traveled or distance remaining during your workout.
- **SPEED:** Shown as MPH or KMPH. Indicates how fast your walking or running surface is moving.
- **CALORIES:** Total calories burned or calories remaining left to burn during your workout.
- **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).
- **INCLINE (T82 ONLY):** Shown as percent. Indicates the incline of your walking or running surface.
- **STEPS:** (Use on 10K Steps program only). To display the steps remained in your workout.



T85
T86
Shown

DISPLAY WINDOWS

- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **DISTANCE:** Shown as km or miles. Indicates distance traveled or distance remaining during your workout.
- **SPEED:** Shown as MPH or KMPH. Indicates how fast your walking or running surface is moving.
- **CALORIES:** Total calories burned or calories remaining left to burn during your workout.
- **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).
- **INCLINE:** Shown as percent. Indicates the incline of your walking or running surface.
- **STEPS:** Use on 10K Steps program only. To display the steps remained in your workout.
- **HEART RATE INDICATOR (T86 ONLY):** To monitor your heart rate performance. See page 26 for more detail information.



ALL
MODELS

GETTING STARTED

- 1) Check to make sure no objects are placed on the belt that will hinder the movement of the treadmill.
- 2) Plug in the power cord and turn the treadmill ON.
- 3) Stand on the side rails of the treadmill.
- 4) Attach the safety key clip to part of your clothing making sure that it is secure and will not become detached during operation.
- 5) Insert the safety key into the safety keyhole in the console.
- 6) You have two options to start your workout:

A) QUICK START UP

Simply press the START key to begin working out. Time, distance, and calories will all count up from zero. OR...

B) SELECT A PROGRAM

- 1) Select program by pressing the DIRECT BUTTON or using ARROW key, press ENTER to confirm setting.
- 2) If needed, select level by pressing UP and DOWN ARROW KEY, press ENTER to confirm.
- 3) When setup is complete, press START to begin your workout.

TO CLEAR SELECTION/RESET THE CONSOLE

Hold STOP key for 3 seconds.

FINISHING YOUR WORKOUT

When your workout is complete, the treadmill will stop and beep. You can turn off the machine or it will enter Energy Saver Mode in 15 mins.

PROGRAM INFORMATION

NOTE:

- 1) If speed or incline are changed during your workout, the remaining segments will be affected accordingly.
- 2) T81 & T82 contain: calorie goal, weight loss, leg toner & 10K Steps (Note: T81 is without incline changes)
- 3) T85 contains: calorie goal, weight loss, leg toner, 10K Steps, Strength Builder & MyTrain
- 4) T86 contains: calorie goal, weight loss, leg toner, 10K Steps, Strength Builder, Half Marathon, Random & MyTrain

- 1) CALORIE GOAL:** Set your target calorie you want to burn today and then the speed desired. Your machine will lead you through a workout journey and help you complete your task. When you use this program you can adjust your speed and incline level during your workout. The console will automatically transfer to Calories burn and count down from your target calories.



ALL
MODELS



ALL
MODELS

2) WEIGHT LOSS: Promotes weight loss by increasing and decreasing the speed and incline, while keeping you in your fat burning zone. Speed and Incline changes, segments repeat every 30 seconds.times.

(Metric, km/h)

Segment		Warm Up		1	2	3	4	5	6	7	8	Cool Down	
Time		4:00 MIN		30 SEC	30 SEC	30 SEC	30 SEC	30 SEC	30 SEC	30 SEC	30 SEC	4:00 MIN	
Level 1	Incline	0.0	0.5	1.5	1.5	1.0	0.5	0.5	0.5	1.0	1.5	0.5	0.0
	Speed	1.6	2.4	3.2	4.0	4.8	5.6	6.4	5.6	4.8	4.0	3.6	2.4
Level 2	Incline	0.0	0.5	1.5	1.5	1.0	0.5	1.0	0.5	1.0	1.5	0.5	0.0
	Speed	2.0	3.0	4.0	4.8	5.6	6.4	7.2	6.4	5.6	4.8	4.1	2.8
Level 3	Incline	0.5	1.0	2.0	2.0	1.5	1.0	1.0	1.0	1.5	2.0	1.0	0.5
	Speed	2.4	3.6	4.8	5.6	6.4	7.2	8.0	7.2	6.4	5.6	4.8	3.2
Level 4	Incline	0.5	1.0	2.0	2.0	1.5	1.0	1.0	1.0	1.5	2.0	1.0	0.5
	Speed	2.8	4.1	5.6	6.4	7.2	8.0	8.8	8.0	7.2	6.4	5.4	3.6
Level 5	Incline	1.0	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.0	2.5	1.5	1.0
	Speed	3.2	4.8	6.4	7.2	8.0	8.8	9.6	8.8	8.0	7.2	6.0	4.0
Level 6	Incline	1.0	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.0	2.5	1.5	1.0
	Speed	3.6	5.4	7.2	8.0	8.8	9.6	10.4	9.6	8.8	8.0	6.5	4.4
Level 7	Incline	1.5	2.0	3.0	3.0	2.5	2.0	2.0	2.0	2.5	3.0	2.0	1.5
	Speed	4.0	6.0	8.0	8.8	9.6	10.4	11.2	10.4	9.6	8.8	7.2	4.8
Level 8	Incline	1.5	2.0	3.0	3.0	2.5	2.0	2.0	2.0	2.5	3.0	2.0	1.5
	Speed	4.4	6.5	8.8	9.6	10.4	11.2	12.0	11.2	10.4	9.6	7.8	5.2
Level 9	Incline	2.0	2.5	3.5	3.5	3.0	2.5	2.5	2.5	3.0	3.5	2.5	2.0
	Speed	4.8	7.2	9.6	10.4	11.2	12.0	12.8	12.0	11.2	10.4	8.4	5.6
Level 10	Incline	2.0	2.5	3.5	3.5	3.0	2.5	2.5	2.5	3.0	3.5	2.5	2.0
	Speed	5.2	7.8	10.4	11.2	12.0	12.8	13.6	12.8	12.0	11.2	8.9	6.0

(British, MPH)

Segment		Warm Up		1	2	3	4	5	6	7	8	Cool Down	
Time		4:00 MIN		30 SEC	30 SEC	30 SEC	30 SEC	30 SEC	30 SEC	30 SEC	30 SEC	4:00 MIN	
Level 1	Incline	0.0	0.5	1.5	1.5	1.0	0.5	0.5	0.5	1.0	1.5	0.5	0.0
	Speed	1.0	1.5	2.0	2.5	3.0	3.5	4.0	3.5	3.0	2.5	2.3	1.5
Level 2	Incline	0.0	0.5	1.5	1.5	1.0	0.5	1.0	0.5	1.0	1.5	0.5	0.0
	Speed	1.3	1.9	2.5	3.0	3.5	4.0	4.5	4.0	3.5	3.0	2.6	1.8
Level 3	Incline	0.5	1.0	2.0	2.0	1.5	1.0	1.0	1.0	1.5	2.0	1.0	0.5
	Speed	1.5	2.3	3.0	3.5	4.0	4.5	5.0	4.5	4.0	3.5	3.0	2.0
Level 4	Incline	0.5	1.0	2.0	2.0	1.5	1.0	1.0	1.0	1.5	2.0	1.0	0.5
	Speed	1.8	2.6	3.5	4.0	4.5	5.0	5.5	5.0	4.5	4.0	3.4	2.3
Level 5	Incline	1.0	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.0	2.5	1.5	1.0
	Speed	2.0	3.0	4.0	4.5	5.0	5.5	6.0	5.5	5.0	4.5	3.8	2.5
Level 6	Incline	1.0	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.0	2.5	1.5	1.0
	Speed	2.3	3.4	4.5	5.0	5.5	6.0	6.5	6.0	5.5	5.0	4.1	2.8
Level 7	Incline	1.5	2.0	3.0	3.0	2.5	2.0	2.0	2.0	2.5	3.0	2.0	1.5
	Speed	2.5	3.8	5.0	5.5	6.0	6.5	7.0	6.5	6.0	5.5	4.5	3.0
Level 8	Incline	1.5	2.0	3.0	3.0	2.5	2.0	2.0	2.0	2.5	3.0	2.0	1.5
	Speed	2.8	4.1	5.5	6.0	6.5	7.0	7.5	7.0	6.5	6.0	4.9	3.3
Level 9	Incline	2.0	2.5	3.5	3.5	3.0	2.5	2.5	2.5	3.0	3.5	2.5	2.0
	Speed	3.0	4.5	6.0	6.5	7.0	7.5	8.0	7.5	7.0	6.5	5.3	3.5
Level 10	Incline	2.0	2.5	3.5	3.5	3.0	2.5	2.5	2.5	3.0	3.5	2.5	2.0
	Speed	3.3	4.9	6.5	7.0	7.5	8.0	8.5	8.0	7.5	7.0	5.6	3.8

*Note: T81 is without incline changes.

3) LEG TONER: Promotes lower body workout and tone your leg by increasing and decreasing the speed and incline. Speed and Incline changes, segments repeat every 30 seconds. To tone your leg muscle you need to workout properly and following guidance below:

- 1) Stretching your leg properly.
- 2) Start with slow speed and always walk with your heel touching ground softly. (A pair of proper running shoes is recommended)
- 3) Finish all workout or at least for 30mins.
- 4) Drink 500-1000 ml. of water slowly after workout.
- 5) Massage your leg and feet after workout.
- 6) repeat workout 2-3 times/week and do not over exercise at all time.



ALL
MODELS

(Metric, km/h)

Segments	Warm-Up		1	2	3	4	5	6	7	8	Cool Down	
	4:00 MIN										4:00 MIN	
Level 1	0.8	1.6	2.4	3.2	4.0	4.8	5.6	4.8	4.0	3.2	1.6	0.8
Level 2	0.8	1.6	3.2	4.0	4.8	5.6	6.4	5.6	4.8	4.0	1.6	0.8
Level 3	0.8	2.4	4.0	4.8	5.6	6.4	7.2	6.4	5.6	4.8	2.4	1.6
Level 4	0.8	2.4	4.8	5.6	6.4	7.2	8.0	7.2	6.4	5.6	2.4	1.6
Level 5	0.8	3.2	5.6	6.4	7.2	8.0	8.8	8.0	7.2	6.4	3.2	1.6
Level 6	0.8	3.2	6.4	7.2	8.0	8.8	9.6	8.8	8.0	7.2	3.2	1.6
Level 7	0.8	4.0	7.2	8.0	8.8	9.6	10.4	9.6	8.8	8.0	4.0	2.4
Level 8	0.8	4.0	8.0	8.8	9.6	10.4	11.2	10.4	9.6	8.8	4.0	2.4
Level 9	0.8	4.8	8.8	9.6	10.4	11.2	12.0	11.2	10.4	9.6	4.8	3.2
Level 10	0.8	4.8	9.6	10.4	11.2	12.0	12.8	12.0	11.2	10.4	4.8	3.2

(British, MPH)

Segments	Warm-Up		1	2	3	4	5	6	7	8	Cool Down	
	4:00 MIN										4:00 MIN	
Level 1	0.5	1.0	1.5	2.0	2.5	3.0	3.5	3.0	2.5	2.0	1.0	0.5
Level 2	0.5	1.0	2.0	2.5	3.0	3.5	4.0	3.5	3.0	2.5	1.0	0.5
Level 3	0.5	1.5	2.5	3.0	3.5	4.0	4.5	4.0	3.5	3.0	1.5	1.0
Level 4	0.5	1.5	3.0	3.5	4.0	4.5	5.0	4.5	4.0	3.5	1.5	1.0
Level 5	0.5	2.0	3.5	4.0	4.5	5.0	5.5	5.0	4.5	4.0	2.0	1.0
Level 6	0.5	2.0	4.0	4.5	5.0	5.5	6.0	5.5	5.0	4.5	2.0	1.0
Level 7	0.5	2.5	4.5	5.0	5.5	6.0	6.5	6.0	5.5	5.0	2.5	1.5
Level 8	0.5	2.5	5.0	5.5	6.0	6.5	7.0	6.5	6.0	5.5	2.5	1.5
Level 9	0.5	3.0	5.5	6.0	6.5	7.0	7.5	7.0	6.5	6.0	3.0	2.0
Level 10	0.5	3.0	6.0	6.5	7.0	7.5	8.0	7.5	7.0	6.5	3.0	2.0



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MODELS

- 4) **10,000 STEPS:** Direct key for step-based program. The treadmill will automatically transfer your workout setting into steps taken and help you reach your daily step goal. (See note below for more details).
- 5) **STRENGTH BUILDER (T81 & T82 DOES NOT INCLUDE THIS PROGRAM):** Time segments vary from 30 to 90 segments long to challenge your stamina and strength. Time based goal with 10 difficulty levels of incline changes.

Segments	Warm-Up				1	2	3	4	5	6	7	8	9	10	11	12	Cool Down			
Time	4:00 MIN				30 SEC	60 SEC	90 SEC	60 SEC	90 SEC	45 SEC	60 SEC	45 SEC	90 SEC	90 SEC	30 SEC	30 SEC	4:00 MIN			
Level 1	1	1	1	2	2	2	2	1	2	2	1	2	1	2	2	2	2	1	1	1
Level 2	1	1	1	2	2	2	2	2	2	3	2	2	2	2	2	2	2	1	1	1
Level 3	1	1	1	2	2	2	2	2	3	4	2	3	2	2	2	2	2	1	1	1
Level 4	1	1	1	2	2	2	3	3	4	5	3	4	3	3	2	2	2	1	1	1
Level 5	1	2	2	2	2	3	4	4	5	5	4	5	4	4	3	2	2	2	2	1
Level 6	1	2	2	3	3	4	5	5	5	6	5	5	5	5	4	3	3	2	2	1
Level 7	1	2	2	3	4	5	6	5	6	7	5	6	5	6	5	4	3	2	2	1
Level 8	1	1	1	2	5	6	7	8	8	9	8	8	8	7	6	5	2	1	1	1
Level 9	2	2	2	3	6	7	8	9	10	10	9	9	9	8	7	6	2	1	1	1
Level 10	2	3	4	5	7	8	9	10	10	10	9	10	10	9	8	7	3	2	2	1

- 6) **HALF MARATHON (T86 ONLY):** Distance target program simulates a half marathon training. This program helps tone muscle and improve cardiovascular ability to be ready for a real race.
- 7) **RANDOM (T86 ONLY):** Your treadmill will randomly select a program for you. You may press enter to start workout setting or press Random key to select again.
- 8) **MYTRAIN (T85 & T86 ONLY):** Machine will automatically record your workout changes every 30 second and you can easily save your favorit setting by pressing MyTrain for 3 seconds and ready for next run. (New record will be replacing old one to keep you on track toward your excellence.

Note:

Steps formula: Calculation based of average stride length of 2.6 feet (0.8 meter / 31 inches)

Steps = distance/average stride length

eg: 1mile = 5280 feet (1609 meters) = 5,280/2.6 =2030 steps

BMI TEST: BMI test direct key to help you gain your BODY MASS INDEX. Input your weight and height after pressing this key. Your machine will help you calculate your BMI index for future tracking.

BMI formula:

Kilograms and meters (or centimeters) Formula: $\text{weight (kg)} / [\text{height (m)}]^2$

Pounds and inches Formula: $\text{weight (lb)} / [\text{height (in)}]^2 \times 703$

Category	BMI range – kg/m ²
Very severely underweight	less than 15
Severely underweight	from 15.0 to 16.0
Underweight	from 16.0 to 18.5
Normal (healthy weight)	from 18.5 to 25
Overweight	from 25 to 30
Obese Class I (Moderately obese)	from 30 to 35
Obese Class II (Severely obese)	from 35 to 40
Obese Class III (Very severely obese)	over 40

Note: BMI classification may vary in different area, above shows the general information from WHO. For more information feel free to refer to “BMI Classification” from World Health Organization.



ALL
MODELS



ALL
MODELS

ENERGY SAVER (STANDBY MODE)

This machine has an energy saver mode. The display will automatically enter standby mode (energy saver mode) after 15 minutes of inactivity and could be waken up with a touch of a button. Entering Energy Saver mode almost all power for the machine will be off except for some circuits that are needed to detect a key press, indicating the console should “wake up”. This feature can be turned off by entering the engineering menu.

To enter the engineering menu, press and hold the incline ▲ and speed ▼ buttons for 3-5 seconds. (* refer to Note below)
Use incline ▲ and speed ▼ to navigate through the menu to ENG3. Press ENTER to select. Use incline ▲ and speed ▼ to select ENERGY SAVER ON or OFF. Press and hold STOP for 3-5 seconds to exit ENG3. Press and hold STOP again for 3-5 seconds to exit the engineering menu.

* Note: T81 is without incline button. You may use Speed up and down to enter ENG mode.

HEART RATE ALERT SYSTEM(T86 ONLY): Indicator to help monitor your heart rate performance. With your workout start the light will change from warm up, moderate to Fast and Warning mode. Please see below note for more detail information.

Heart rate alert system formula:

LOW (70-90BPM) = blue light,

Moderate (90-120 BPM) = green light,

Mid-fast HR (120-140 BPM) = green light blicking faster,

Fast (140-155 BPM)= Red light blicking,

WARNING MODE (Heart rate lower than 70 or higher than 155 BPM) = red light blicking faster with warning sound.

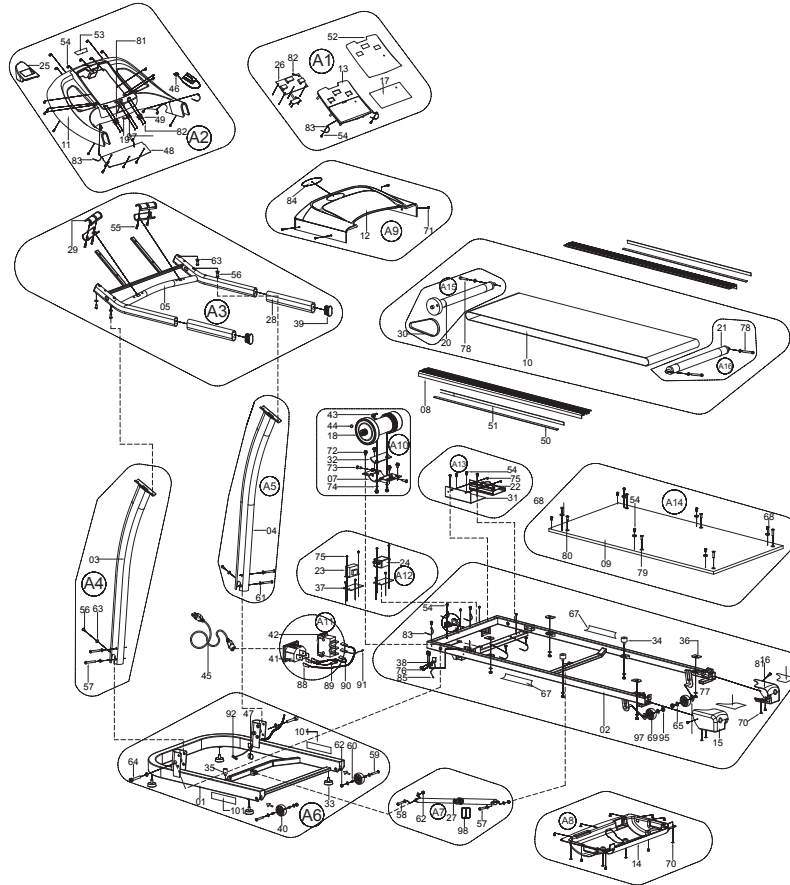


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MODELS

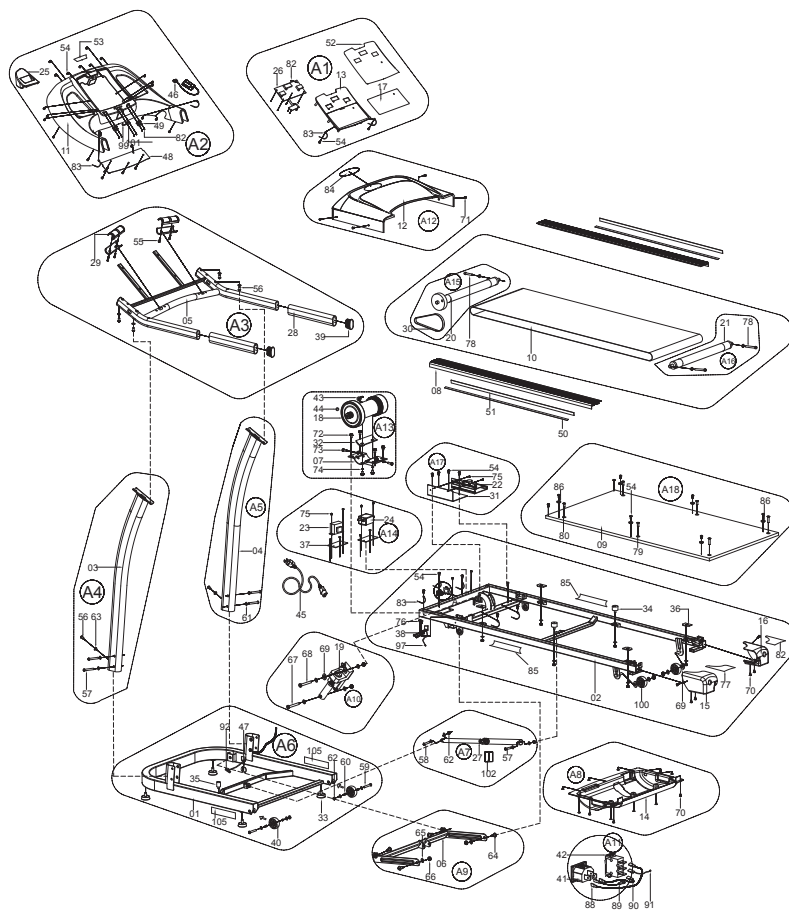
T81 EXPLODED VIEW



T81
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T82 EXPLODED VIEW

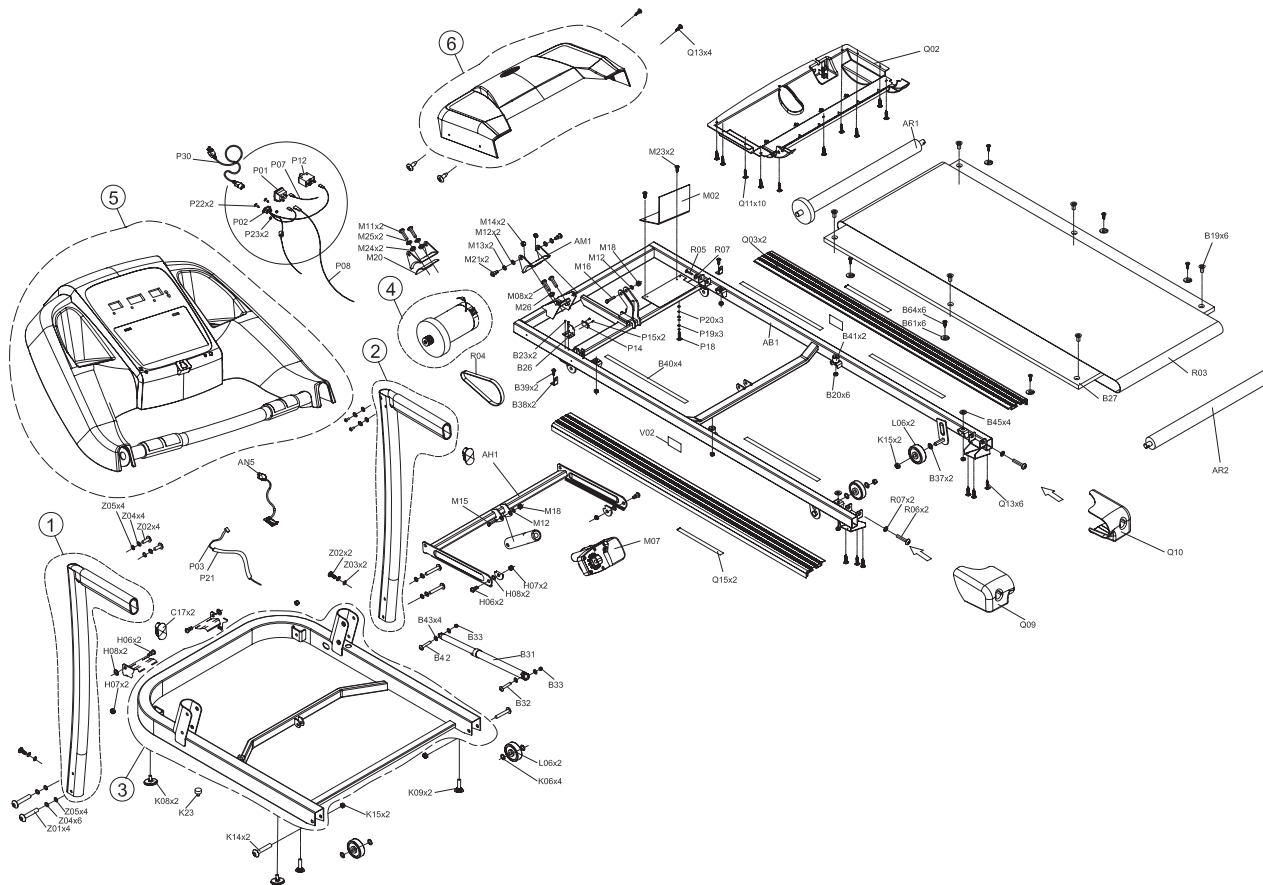


T82
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T85 EXPLODED VIEW



T85
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NO.	DESCRIPTION
1	CONSOLE MAST SET;SEMI-ASSY;LEFT;TM466;
2	CONSOLE MAST SET;SEMI-ASSY;RIGHT;TM466
3	BASE SET;SEMI-ASSY;TM466;
4	DRIVE MOTOR SET;SEMI-ASSY;TM327E;
5	CONSOLE SET;SEMI-ASSY;TM466;
6	COVER SET;SEMI-ASSY;UP;MOTOR;TM466;
AB1	MAIN BASE TUBE-EXTRAWORK;FRAME;SCREEN P
AH1	PAINTING;ELEVATION RACK SET;ROHS ;SL;A
AM1	MOTOR SUPPORT FRAME;PAINTING;ROHS;SL;AZ
AN5	SEMI-ASSY;SAFETY SWITCH SET;TM196-1US;
AR1	FRONT ROLLER SET-820,830T
AR2	ROLLER SET;REAR;TM196
B19	SCREW;FH;M8X1.25PX28L;HS;BP
B19	NUT;NLK;M8X1.25P;BAN;
B23	SCREW;BH;Φ4X12L;SM;PH;BAN;POT
B26	SPEED SENSOR FIX PLATE; AL
B27	FINISHED TREADMILL DECK;607X1133X15T;SI
B31	AIR STICK;SLOW-DROP;30KG;425.0-690.0;
B33	NUT;NYLON;M8X1.25P;CR;
B37	WASHER;FLT;Φ10.5XΦ25.0X1.5T;TFN;
B38	FIXING PLATE;-;F;PAINTING;TM327;SPHC
B39	SCREW;TRH;Φ4X12L;SM;PH;BAN;POT
B40	TAPE;FOAM;SINGLE-SIDE;20X300X1.0T;TM396
B41	FLAT;PVC;TM291-B17A
B42	SCREW;BH;M8X1.25PX30L;HS;BP
B43	WASHER;FLT;Φ8.1X20X1.0T;TFN;

NO.	DESCRIPTION
B45	SHIM;DECK;NR;YELLOW;10X20X2.0;TM466;ELE
B61	FIXPIECE;SIDE RAIL;TM187-141A-00
B64	SCREW;FH;Φ5X15L;SM;PH;BAN;POT
C17	CAP;PP;BL;ARM REST;Φ30XΦ60;TM420-2KM;
H06	SCREW;SPECIAL;M8X1.25PX9L-D10X9.5L;HEX
H07	NUT;NYLON;M8X1.25P;CR;
H08	WASHER;FLT;Φ10.5XΦ20.0X1.0T;TFN;
K06	WASHER;
K08	FRONT LEVELER
K09	FOOT;BASE;PVC;3/8-16UNC;BLACK;TM616
K14	SCREW;BH;M10X1.5PX50L-15L;HS;CHM;P-T
K15	NUT;NLK;M10X1.5P;CHM;
K23	FLAT;60C;TM196-K12B
L06	TRANSPORT WHEELS;-;TM196;
M02	MCB;MLH1102HGPG;1.5-2.0HP;220V
M07	LIFT MOTOR;AC;220V;500LBS;-;58MM;210MM;1
M08	SCREW;SH;M8X1.25PX45L-30L;HS;BZN;G12.9;
M11	SCREW;SH;5/16-18UNCX14L;HS;BP
M12	WASHER;FLT;Φ10.5XΦ18.0X2.0T;BAN;
M13	WASHER;SPL;Φ10.2XΦ18.4X2.5T;BOX;
M14	NUT;NLK;M8X1.25P;BZN;
M15	SCREW;HH;3/8-16UNCX55L-14L;HE;P-T
M16	SCREW;HH;3/8-16UNC-42L-14L;HE;P-T
M18	NUT;NLK;3/8-16UNC;BAN;
M20	ELASTOMER;TM196;TM196-M20A
M21	SCREW;M8X1.25PX9L-D10X9.5L;HE;45#;BOX;



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T85
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NO.	DESCRIPTION
M23	SCREW;BH;Φ4X12L;SM;PH;YZN;POT
M24	WASHER;FLT;Φ8.4XΦ15.5X1.6T;BZN;
M25	WASHER;SPL;Φ8.2XΦ15.4X2.0T;
M26	WASHER;FLT;Φ8.2XΦ20.0X3.0T;
P01	SWITCH;POWER;KCD3;TM196;TM196-P01A
P02	POWER SOCKET SET;-;CE(80,800,300);16AWG
P03	CONSOLE WIRE;D;1800L;CKM2.5-9P+SM-9A;TM4
P07	WIRE;SF CON;BLACK;250LOCK300L 16AWG;
P08	WIRE;BS CON;BLACK;250LOCK2 60L;
P12	BREAKER;THROUGH ELECTRIC CURRENT;7A 250V
P14	SENSOR;-;-;1000MM(CKM 25430101-03);TM394
P15	SCREW;BH;Φ3X8L;SM;PH;WZN;POT
P18	SCREW;BH;M5X0.8PX25L;CT;PS;NKL;
P19	NUT;HX;M5X0.8P;SS41;NKL;
P20	WASHER;TOOTH;Φ5.3XΦ10.0X0.6T;BAN;
P21	WAVE TUBE; CR-11SP;Φ14XΦ10.7;200M/COIL
P22	SCREW;FH;M3X0.5PX10L;PH;ZN;
P23	NUT;HX;M3X0.5PX3H;SS41;CHM;
P30	EXTERNAL PWR;IN;-;-;1.5MM;2M;-;-
P30	EXTERNAL PWR;NEW ZEALAND;-;-;1.5MM;2M;-;-
P30	EXTERNAL PWR;EUROPE;-;-;1.5MM;2M;-;-
P30	EXTERNAL PWR;CHINA;-;-;-;1.5MM;-;-;2M
P30	EXTERNAL PWR;HK/KW/GB;-;-;-;1.5MM;2M;-;-
P30	EXTERNAL PWR;US/CA/TH;16AWG;2M
P30	EXTERNAL PWR;ARGENTINA;-;-;-;1.5MM;2M;-;-
P30	EXTERNAL PWR;SOUTH AFRICA;-;-;-;1.5MM;-;-

NO.	DESCRIPTION
P30	EXTERNAL PWR;SWEDEN;2M;1.5MM
P30	EXTERNAL PWR;BR;LENGTH;2M;1.5MM2
P30	EXTERNAL PWR WIRE SET;ISRAEL;-;-;1.5MM;2
P30	WIRE;EXTERNAL PWR;SET;CHILE USED;JIS2 U
Q02	COVER;MOTOR;DOWN;PP;BLACK;TM196;
Q03	SIDERAIL;COVER;PAHS;TM396
Q09	END CAP;FRAME;LEFT-REAR;ABS(PA-756);7514
Q10	END CAP;FRAME;RIGHT-REAR;ABS(PA-756);751
Q11	SCREW;BH;Φ4X12L;SM;PH;BAN;POT
Q13	SCREW;TRH;Φ4X15L;SM;PH;BAN;POT
Q15	STICKER;ANTI-SKID □TM283
R03	R-BELT;PAHS;458X2552X1.4T;TM327
R04	BELT;POLY-V;170-J5;
R05	SCREW;SH;M8X1.25PX40L;HS;
R06	SCREW;BH;M8X1.25PX55L;HS;BAN;F-T
R07	WASHER;FLT;Φ8.4XΦ15.5X1.6T;BZN;
V02	DECORATED LABEL;FRAME;VCS LITE;TM466
Z01	SCREW;BUTTON HEAD;M8X1.25PX55L-20L;HEX
Z02	SCREW;BH;M8X1.25PX20L;HS;CHM;
Z03	WASHER;ARC;Φ8.4XΦ17.0X1.0T;CHM;
Z04	WASHER;SPL;Φ 8.2XΦ15.4X2.0T;CHM;
Z05	WASHER;FLT;Φ8.2XΦ15.0X1.2T;CHM;
	SILICON OIL BOTTLE;50ML;OIL CONTENT 40ML
	DOCUMENTATION;MANUAL;TM SAFETY DIRECTION
	DOCUMENTATION;MANUAL;USE MANIPULATE;T
	HARDWARE SET;TM466;

NO.	DESCRIPTION
	WRENCH;HEX;T-TYPE;#5X172L;
	WRENCH;HEX;L-TYPE;M5X110L;
M03	MOTOR;1.5HP/180V
M06	FLYWHEEL; MOTOR;TM196;TM196-M02E;
M22	FERRITE CORE
AC1	CONSOLE MAST SET;L;PAINTING;SILVER3;TM
Q12	FOAM;Φ30XΦ60X3.0TX360L;ARM REST;TM466
AC2	CONSOLE MAST SET;R;PAINTING;SILVER3;TM
Q12	FOAM;Φ30XΦ60X3.0TX360L;ARM REST;TM466
AK1	BASE FRAME SET;PAINTING;SILVER3;TM466
K10	RVN;ALS7-616-150(0.02-0.15);YZN;
AN1	BASE SET;CONSOLE;PAINTING;SILVER3;TM46
N01	CONSOLE BASE CASING;CONSOLE;HIPS;75140;
N02	OVERLAY;CONSOLE;PAINTING;877C;BRIGHT SI
N09	SCREW;BH;Φ4X12L;SM;PH;BAN;POT
N10	SAFETY KEY SENSOR WIRE;300L
N20	CONSOLE WIRE;U;450L;CKM2.5-9P+SM-9Y;TM40
N22	CONNECT WIRE;VIDEO-HEAD PHONE;2*(2.54-3P
N23	THREE-D EARPHONE WIRE;PJ-2030T(SOCKTE Φ3
N25	(UP)CONTROL PANEL;HDPD;S101-01;CITTAT
N26	AUDIO INPUT BOARD-T83,84
N33	SCREW;BH;Φ3X8L;SM;PH;BAN;POT
N35	SENSOR SET;PULSE;800MM(Φ31.8+2.5-2P JIND
N36	SCREW;BH;Φ4X8L;SM;PH;YZN;POT
N61	DOCUMENTATION;CTL OVERLAY;DISPLAY MANIPU
N62	KEYPAD;MEMBRANE;D;TM466-2KM;TM466-N62

NO.	DESCRIPTION
N79	WIRE;GRIP PULSE;250+Φ6 ;500;TM219;TM2
N90	ABSORPTION PLATE;15X15;TM616
V39	WARNING STICKER;OVERLAY;REMOVE PROTECTIV
	TIE STRAP ADHESIVE; NYLON66;HC-101;W
	FIX IMPLEMEN;HW-8AA
	CABLE TIE;NYLON;BLACK;160L
Q01	MOTOR COVER;UP;HIPS;75140;TM466;
V04	LOGO LABEL;MOTOR COVER;TEMPO;TM466

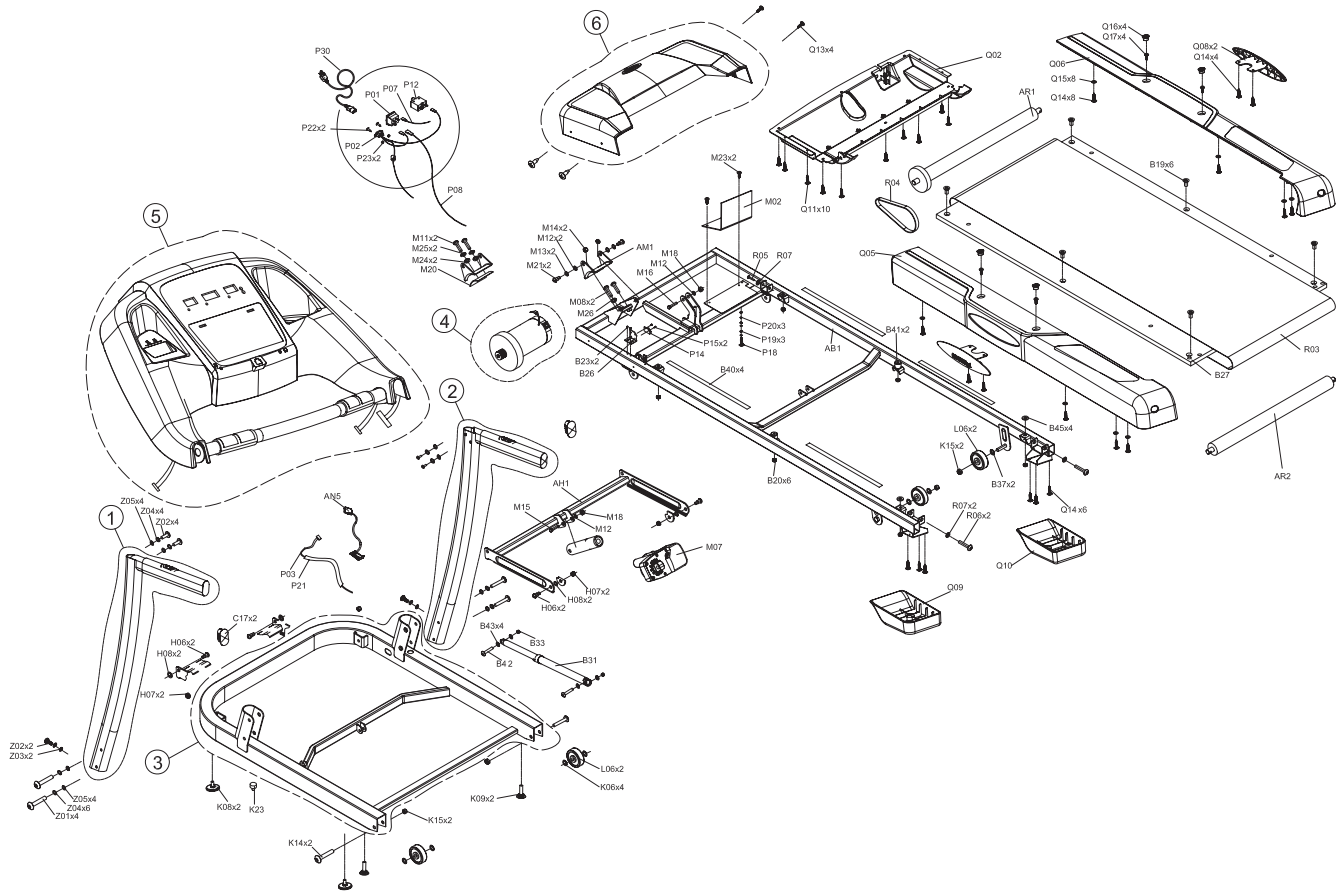


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T86 EXPLODED VIEW



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NO.	DESCRIPTION
1	CONSOLE MAST SET;SEMI-ASSY;LEFT;TM472;
2	CONSOLE MAST SET;SEMI-ASSY;RIGHT;TM472
4	DRIVE MOTOR SET;SEMI-ASSY;TM327E;
5	CONSOLE SET;SEMI-ASSY;TM472;
6	COVER SET;SEMI-ASSY;UP;MOTOR;TM466;
AB1	FRAME SET;PAINTING;SILVER3;TM466;
AH1	PAINTING;ELEVATION RACK SET;ROHS ;SL;A
AM1	MOTOR SUPPORT FRAME;PAINTING;ROHS;SL;AZ
AN5	SEMI-ASSY;SAFETY SWITCH SET;TM196-1US;
AR1	FRONT ROLLER SET-820,830T
AR2	ROLLER SET;REAR;TM196
B19	SCREW;FH;M8X1.25PX28L;HS;BP
B20	NUT;NLK;M8X1.25P;BAN;
B23	SCREW;BH;Φ4X12L;SM;PH;BAN;POT
B26	SPEED SENSOR FIX PLATE; AL
B27	FINISHED TREADMILL DECK;607X1137X15T;NA
B31	AIR STICK;SLOW-DROP;30KG;425.0-690.0;
B33	NUT;NYLON;M8X1.25P;CR;
B37	WASHER;FLT;Φ10.5XΦ25.0X1.5T;TFN;
B40	TAPE;FOAM;SINGLE-SIDE;20X300X1.0T;TM396
B41	FLAT;PVC;TM291-B17A
B42	SCREW;BH;M8X1.25PX30L;HS;BP
B43	WASHER;FLT;Φ8.1X20X1.0T;TFN;
B45	SHIM;DECK;NR;YELLOW;10X20X2.0;TM466;ELE
C17	CAP;PP;BL;ARM REST;Φ30XΦ60;TM420-2KM;
C17	POWER SOCKET SET;-;CE(80,800,300);16AWG

NO.	DESCRIPTION
H06	SCREW;SPECIAL;M8X1.25PX9L-D10X9.5L;HEX
H07	NUT;NYLON;M8X1.25P;CR;
H08	WASHER;FLT;Φ10.5XΦ20.0X1.0T;TFN;
K06	WASHER;
K08	FRONT LEVELER
K09	FOOT;BASE;PVC;3/8-16UNC;BLACK;TM616
K14	SCREW;BH;M10X1.5PX50L;HS;
K15	NUT;NLK;M10X1.5P;BAN;
K23	FLAT;60C;TM196-K12B
L06	TRANSPORT WHEELS;-;TM196;
M02	MCB;MLH1102HGPG;1.5-2.0HP;220V
M07	LIFT MOTOR;AC;220V;500LBS;-;58MM;210MM;1
M08	SCREW;SH;M8X1.25PX45L-30L;HS;BZN;G12.9;
M11	SCREW;SH;5/16-18UNCX14L;HS;BP
M12	WASHER;FLT;Φ10.5XΦ18.0X2.0T;BAN;
M13	WASHER;SPL;Φ10.2XΦ18.4X2.5T;BOX;
M14	NUT;NLK;M8X1.25P;BZN;
M15	SCREW;HH;3/8-16UNCX55L-14L;HE;P-T
M16	SCREW;HH;3/8-16UNC-42L-14L;HE;P-T
M18	NUT;NLK;3/8-16UNC;BAN;
M20	ELASTOMER;TM196;TM196-M20A
M21	SCREW;M8X1.25PX9L-D10X9.5L;HE;45#;BOX;
M23	SCREW;BH;Φ4X12L;SM;PH;YZN;POT
M24	WASHER;FLT;Φ8.4XΦ15.5X1.6T;BZN;
M25	WASHER;SPL;Φ8.2XΦ15.4X2.0T;
M26	WASHER;FLT;Φ8.2XΦ20.0X3.0T;



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NO.	DESCRIPTION
P01	SWITCH;POWER;KCD3;TM196;TM196-P01A
P03	CONSOLE WIRE;D;1800L;CKM2.5-9P+SM-9A;TM4
P07	WIRE;SF CON;BLACK;250LOCK300L 16AWG;
P08	WIRE;BS CON;BLACK;250LOCK2 60L;
P12	BREAKER;THROUGH ELECTRIC CURRENT;7A 250V
P14	SENSOR;-;-;1000MM(CKM 25430101-03);TM394
P15	SCREW;BH;Φ3X8L;SM;PH;WZN;POT
P18	SCREW;BH;M5X0.8PX25L;CT;PS;NKL;
P19	NUT;HX;M5X0.8P;SS41;NKL;
P20	WASHER;TOOTH;Φ5.3XΦ10.0X0.6T;BAN;
P21	WAVE TUBE; CR-11SP;Φ14XΦ10.7;200M/COIL
P22	SCREW;FH;M3X0.5PX10L;PH;ZN;
P23	NUT;HX;M3X0.5PX3H;SS41;CHM;
P30	EXTERNAL PWR;IN;-;-;1.5MM;2M;-;-
P30	EXTERNAL PWR;NEW ZEALAND;-;-;1.5MM;2M;-;-
P30	EXTERNAL PWR;EUROPE;-;-;1.5MM;2M;-;-
P30	EXTERNAL PWR;CHINA;-;-;-;1.5MM;-;2M
P30	EXTERNAL PWR;HK/KW/GB;-;-;-;1.5MM;2M;-;-
P30	EXTERNAL PWR;US/CA/TH;16AWG;2M
P30	EXTERNAL PWR;ARGENTINA;-;-;-;1.5MM;2M;-;-
P30	EXTERNAL PWR;SOUTH AFRICA;-;-;-;1.5MM;-;-
P30	EXTERNAL PWR;SWEDEN;2M;1.5MM
P30	EXTERNAL PWR;BR;LENGTH;2M;1.5MM2
P30	EXTERNAL PWR WIRE SET;ISRAEL;-;-;-;1.5MM;2
P30	WIRE;EXTERNAL PWR;SET;CHILE USED;JIS2 U
Q02	COVER;MOTOR;DOWN;PP;BLACK;TM196;

NO.	DESCRIPTION
Q05	SIDE RAIL-EXTRAWORK;LEFT;SCREEN PRINT;
Q06	SIDE RAIL-EXTRAWORK;RIGHT;SCREEN PRINT;
Q08	DECORATE PLATE;FRAME;NR;ORANGE;TM472;
Q09	COVER;SIDE RAIL;LEFT;PP;75140;TM472;
Q10	COVER;SIDE RAIL;RIGHT;PP;75140;TM472;
Q11	SCREW;BH;Φ4X12L;SM;PH;BAN;POT
Q13	SCREW;TRH;Φ4X15L;SM;PH;BAN;POT
Q14	SCREW;TRH;Φ4X12L;SM;PH;BAN;POT
Q15	WASHER;FLT;Φ6.5XΦ14.0X1.0T;BZN;
Q16	PLUG;SCREW;NR;BLACK;TM472;
Q17	SCREW;BH;Φ4X15L;TC;PH;BAN;POT
R03	R-BELT;PAHS;458X2552X1.4T;TM327
R04	BELT;POLY-V;170-J5;
R05	SCREW;SH;M8X1.25PX40L;HS;
R06	SCREW;BH;M8X1.25PX55L;HS;BAN;F-T
R07	WASHER;FLT;Φ8.4XΦ15.5X1.6T;BZN;
Z01	SCREW;BUTTON HEAD;M8X1.25PX55L-20L;HEX
Z02	SCREW;BH;M8X1.25PX20L;HS;CHM;
Z03	WASHER;ARC;Φ8.4XΦ17.0X1.0T;CHM;
Z04	WASHER;SPL;Φ 8.2XΦ15.4X2.0T;CHM;
Z05	WASHER;FLT;Φ8.2XΦ15.0X1.2T;CHM;
	SILICON OIL BOTTLE;50ML;OIL CONTENT 40ML
	DOCUMENTATION;MANUAL;TM SAFETY DIRECTION
	DOCUMENTATION;MANUAL;USE MANIPULATE;T
	HARDWARE SET;TM466;
	WRENCH;HEX;T-TYPE;#6X167L;

NO.	DESCRIPTION
	WRENCH;HEX;L-TYPE;M5X110L;
M03	MOTOR;1.5HP/180V
M06	FLYWHEEL; MOTOR;TM196;TM196-M02E;
M22	FERRITE CORE
AK1	BASE FRAME SET;PAINTING;SILVER3;TM466
K10	RVN;ALS7-616-150(0.02-0.15);YZN;
Q01	MOTOR COVER;UP;HIPS;75140;TM466;
V04	LOGO LABEL;MOTOR COVER;TEMPO;TM466
AC1	CONSOLE MAST SET;L;PAINTING;SL;TM472;
G03	COVER-EXREAWORK;QUICK KEY;LEFT;SCREEN PR
G05	RUBBER KEY;ARM REST;SILICA;ORANGE;TM47
G07	SCREW;TRH;Φ4X12L;SM;PH;BAN;POT
G08	SCREW;BH;Φ3X8L;TC;PH;BZN;FLT
G10	CONNECT BOARD;QUICK KEY;INCLINE;HA;PA;
Q12	FOAM;Φ30XΦ60X3.0TX360L;ARM REST;TM472
AC2	CONSOLE MAST SET;R;PAINTING;SL;TM472;
G04	COVER-EXREAWORK;QUICK KEY;RIGHT;SCREEN P
G05	RUBBER KEY;ARM REST;SILICA;ORANGE;TM47
G07	SCREW;TRH;Φ4X12L;SM;PH;BAN;POT
G08	SCREW;BH;Φ3X8L;TC;PH;BZN;FLT
G11	CONNECT BOARD;QUICK KEY;SPEED;HA;PA;SO
Q12	FOAM;Φ30XΦ60X3.0TX360L;ARM REST;TM472
AN1	BASE SET;CONSOLE;PAINTING;SILVER3;TM46
N01	CONSOLE BASE CASING;CONSOLE;HIPS;75140;
N02	OVERLAY;CONSOLE;PAINTING;877C;BRIGHT SI
N03	FIXING BOX;CONSOLE BASE COVER;NR;75140;

NO.	DESCRIPTION
N09	SCREW;BH;Φ4X12L;SM;PH;BAN;POT
N10	INDUCTION WIRE;SAFETY SWITCH;220(OKI MAG
N20	CONSOLE WIRE;U;450L;CKM2.5-9P+SM-9Y;TM40
N22	CONNECT WIRE;VIDEO-HEAD PHONE;2*(2.54-3P
N23	THREE-D EARPHONE WIRE;PJ-2030T(SOCKTE Φ3
N25	(UP)CONTROL PANEL;HDPD;S101-01;CITTAT
N26	AUDIO INPUT BOARD-T83,84
N30	ARM REST QUICK KEY CONNECTING WIRE; UPPE
N33	SCREW;BH;Φ3X8L;SM;PH;BAN;POT
N35	SENSOR SET;PULSE;800MM(Φ31.8+2.5-2P JIND
N36	SCREW;BH;Φ4X8L;SM;PH;YZN;POT
N61	DOCUMENTATION;CTL OVERLAY;DISPLAY MANIPU
N62	KEYPAD;MEMBRANE;D;NT941-03;TM472-N62;
N79	WIRE;GRIP PULSE;250+Φ6 ;500;TM219;TM2
N90	ABSORPTION PLATE;15X15;TM616
V39	WARNING STICKER;OVERLAY;REMOVE PROTECTIV
	TIE STRAP ADHESIVE; NYLON66;HC-101;W
	FIX IMPLEMEN;HW-8AA
	CABLE TIE;NYLON;BLACK;160L



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ALL
MODELS

D: Entsorgungshinweis

Horizon Fitness - Produkte sind recyclebar. Führen Sie das Gerät am Ende der Nutzungsdauer einer sachgerechten Entsorgung zu (örtliche Sammelstelle).

GB: Waste Disposal

Horizon Fitness products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

F: Remarque relative à la gestion des déchets

Horizon Fitness sont recyclables. A la fin sa durée d'utilisation, remettez l'appareil à un centre de gestion de déchets correct (collecte locale).

NL: Verwijderingsaanwijzing

Horizon Fitness producten zijn recycleerbaar. Breng het apparaat aan het einde van de gebruiksduur naar een op recycling gespecialiseerd bedrijf (plaatselijk verzamelpunt).

E: Informaciones para la evacuación

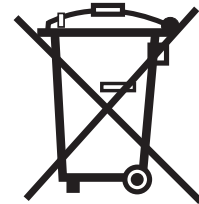
Los productos de Horizon Fitness son reciclables. Cuando se termina la vida útil de un aparato o una máquina, entréguelos a una empresa local de eliminación de residuos para su reciclaje.

I: Indicazione sullo smaltimento

I prodotti Horizon Fitness sono riciclabili. Quando l'apparecchio non servirà più, portatelo in un apposito punto di raccolta della Vostra città (Punti di raccolta comunali).

PL: Wskazówka dotycząca usuwania odpadów.

Produkty firmy Horizon Fitness podlegają recyklingowi. Pod koniec okresu użytkowania proszę oddać urządzenie do właściwego punktu usuwania odpadów (lokalny punkt zbiorczy).











TREADMILL OWNER'S MANUAL

T81 T82 T85 T86 Owner's Manual 070213' Rev. 1 ©2013 Tempo Fitness