

OWNER'S MANUAL

TREKKER®

TKR-4000



CHAPTER 1 : SAFETY INSTRUCTIONS

To maximize the benefit and safety of your treadmill training we strongly recommend all users maintain proper running form during all workouts. When servicing any piece of fitness equipment, basic precautions must be followed. Familiarize yourself with all warnings, instructions and procedures concerning proper care and maintenance of the treadmill.

CAUTION

There is no motor on the this machine, therefore there is **NO EMERGENCY STOP** lanyard. Please must adjust the **SPEED ZONE** gradually to ensure your paces are able to catch the speed of running belt.

WARNING - To reduce the risk of injury.

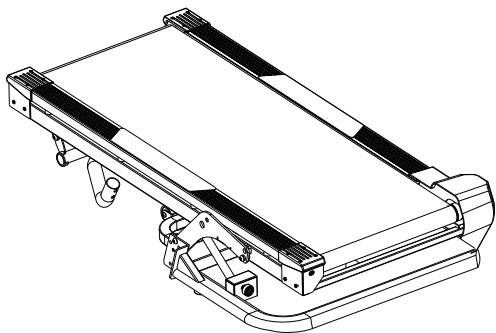
1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 8 feet (240CM) of free space behind it and 2 feet (60CM) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.

CHAPTER 1 : SAFETY INSTRUCTIONS

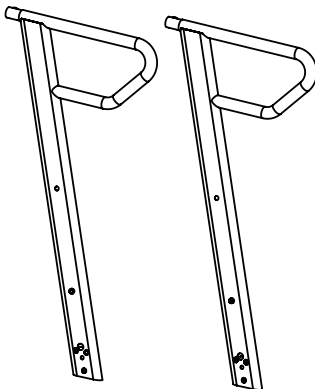
9. The maximum weight capacity of this unit is 265lbs (120 KG).
10. The equipment is not suitable for therapeutic use.
11. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
12. This equipment is designed for indoor and home use only; it is not intended for commercial use!

CHAPTER 2 : ASSEMBLY STEPS

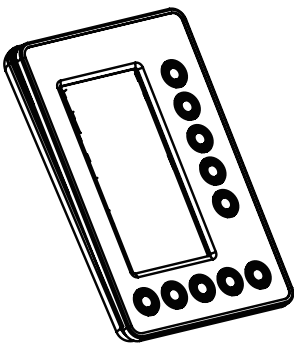
Supplied Components



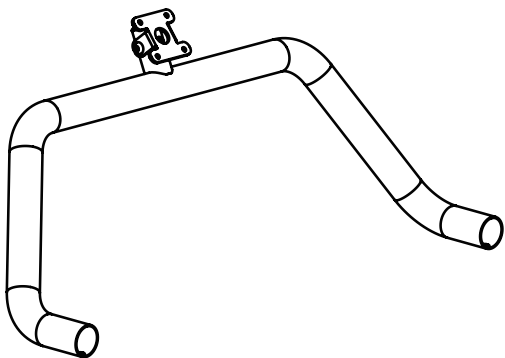
MAIN FRAME



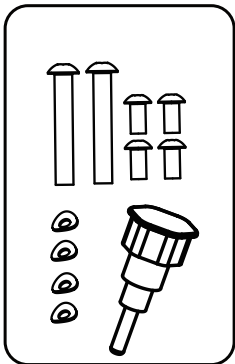
UPRIGHT SET



CONSOLE

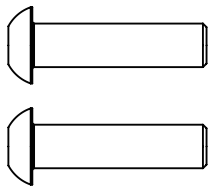


FIXED HANDLE



Hardware Kit

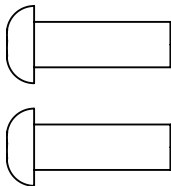
Hardware Kit



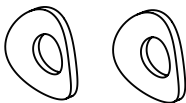
Hex Socket Button Head
M10 x 45L x 6 pcs



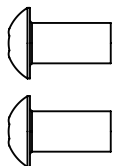
Hex Socket Button Head
M10 x 60L x 2 pcs



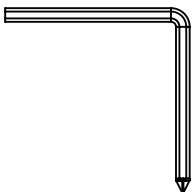
Hex Socket Button Head
M10 x 20L x 2 pcs



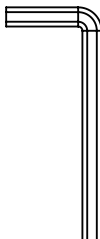
Curve Washer
x 4 pcs



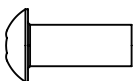
Hex Socket Button Head
M8 x 16L x 4 pcs



Allen Key
M5 70x70mm



Allen Key
M6 26x76mm

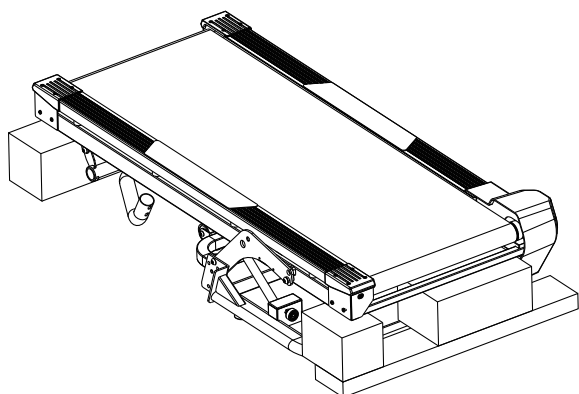


Hex Socket Button Head
M8 x 20L x 1pc

CHAPTER 2 : ASSEMBLY STEPS

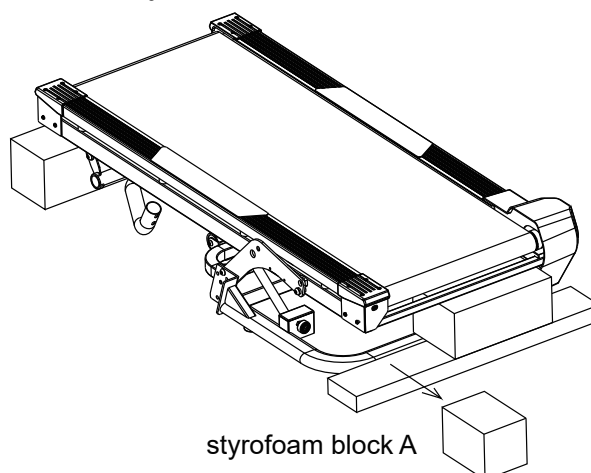
STEP 1

Disassemble the treadmill from carton



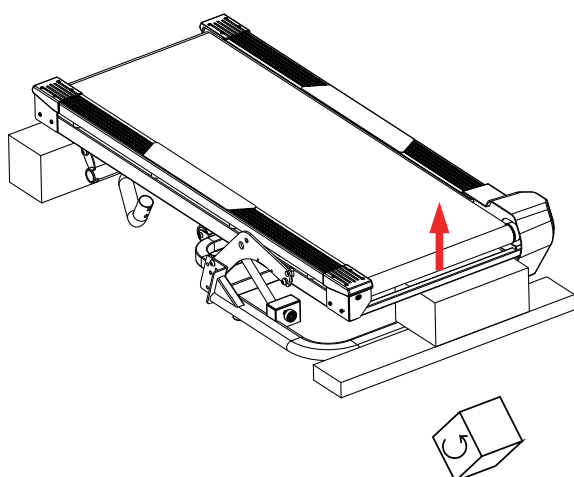
STEP 2

Pull out styrofoam block A forward



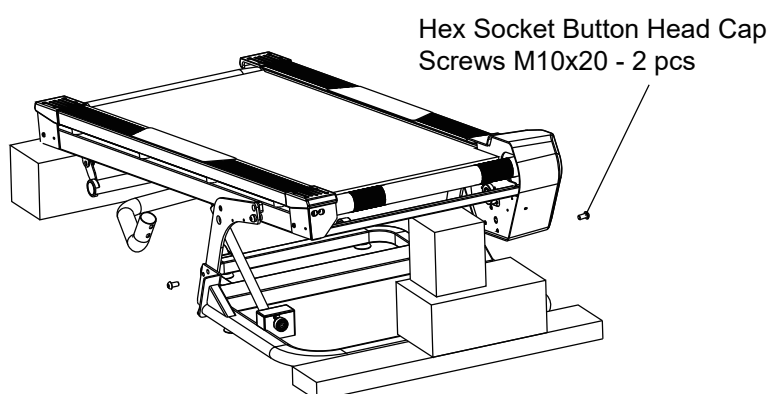
STEP 3

Hold the front end of the main frame and lift it up, and put styrofoam A under the main frame.



STEP 4

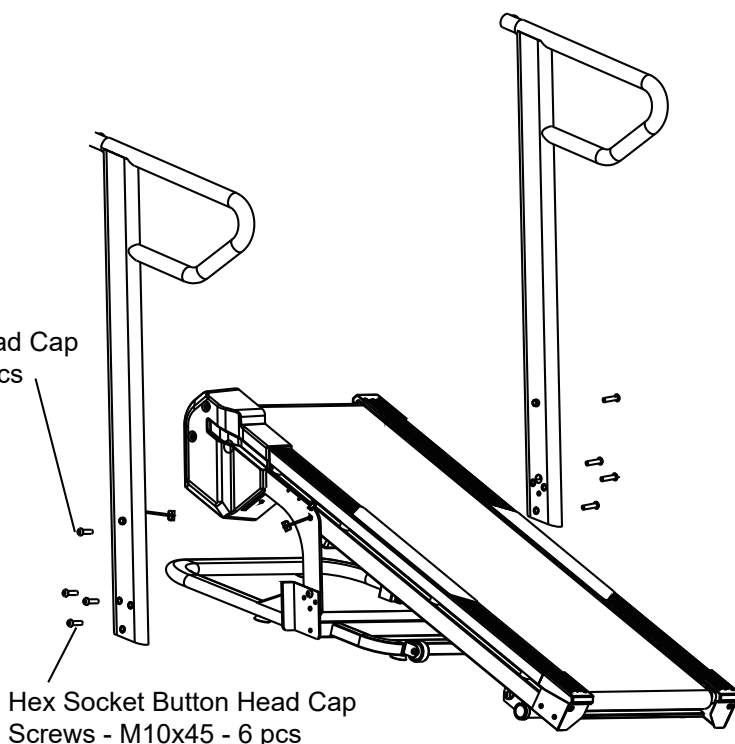
Fix the bracket on both sides of the main frame by screws.



STEP 5

Secure the right console mast to the right side of the main frame with the screws. Connect the cables between left console mast and main frame then put the connection into the hole as diagrams. Secure the right console mast to the right side of the main frame with the screws.

Hex Socket Button Head Cap Screws - M10x60 - 2 pcs



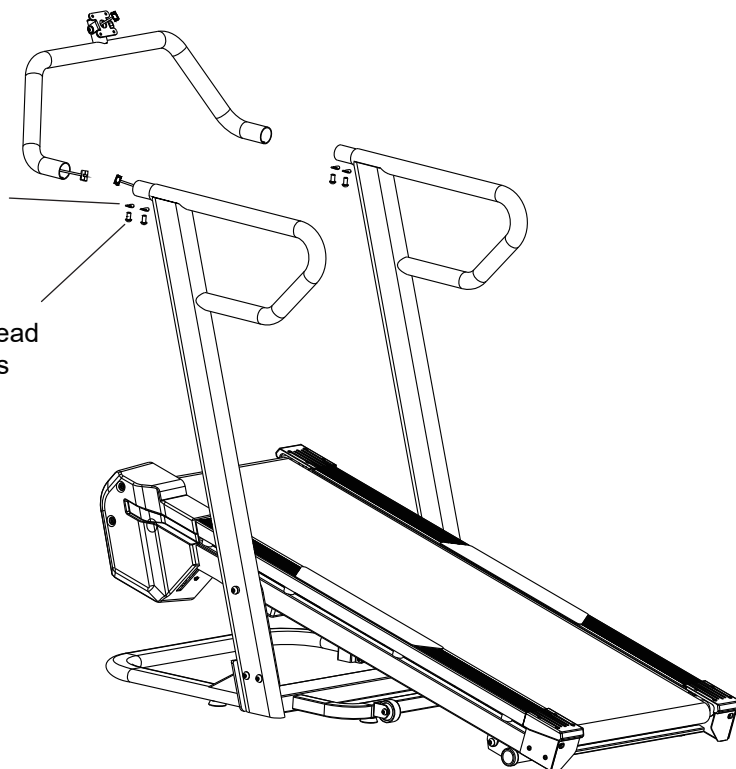
CHAPTER 2 : ASSEMBLY STEPS

STEP 6

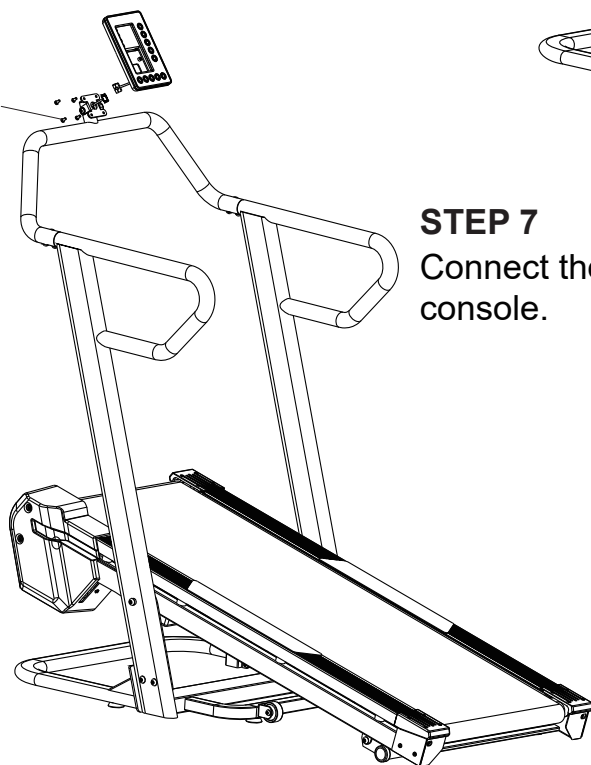
After connecting cables between console mast and handle, use the screws to fix the handle.

Curved washer
M8 x 4 pcs

Hex Socket Button Head
Screws M8x16 - 4 pcs



Thru Head Screws
M5x12 - 4 pcs

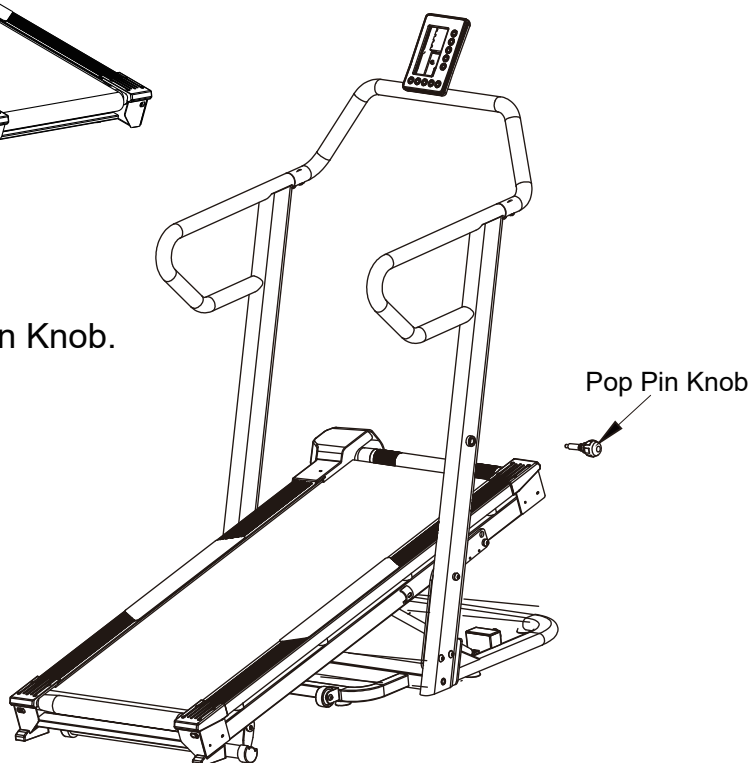


STEP 7

Connect the cables then use the screws to fix the console.

STEP 8

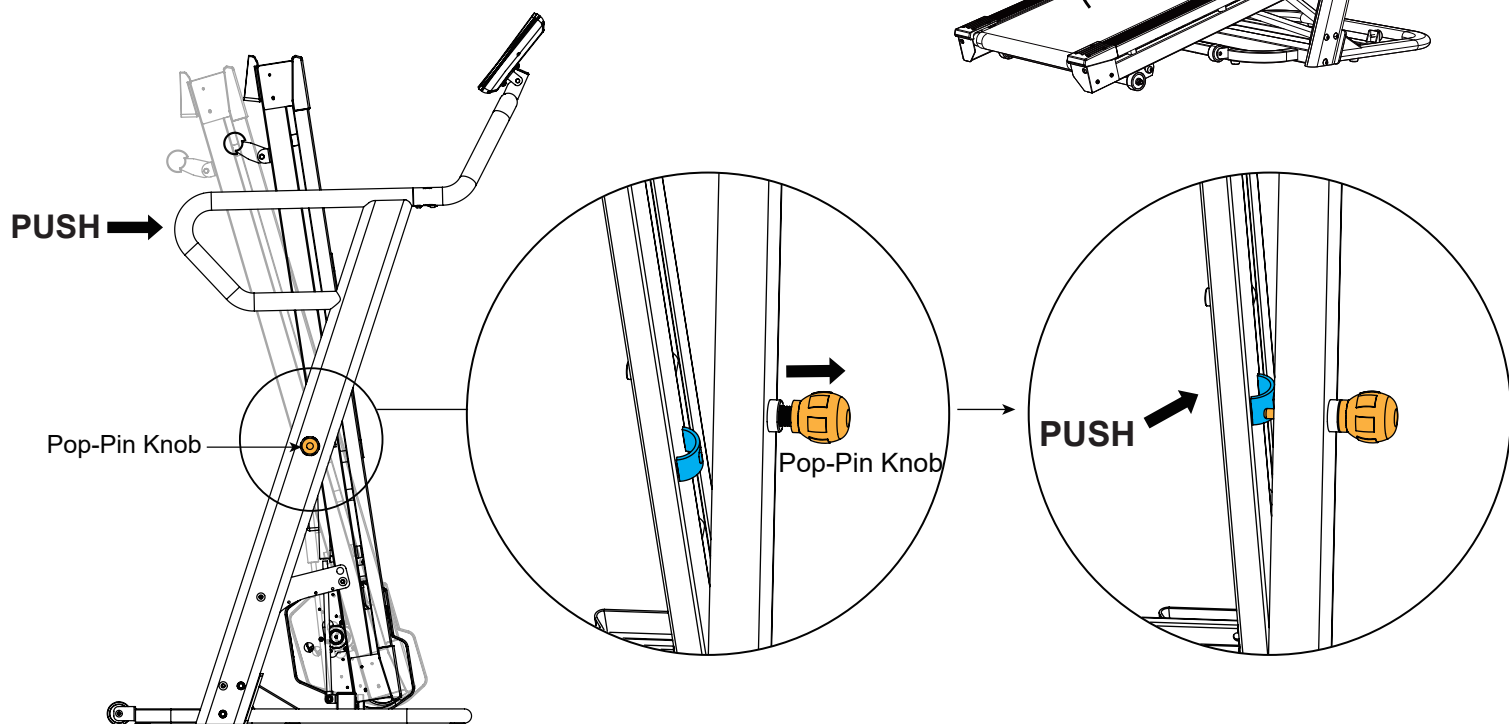
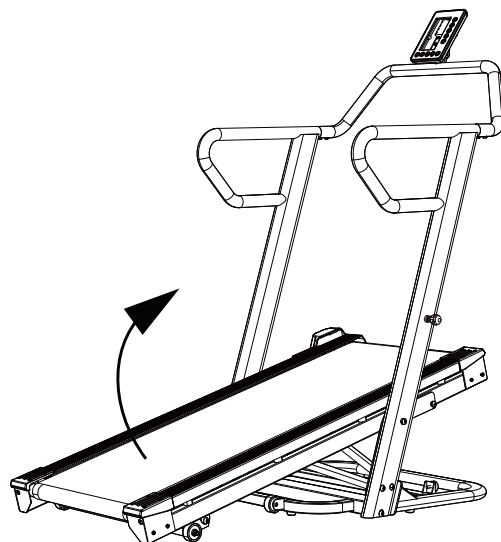
Secure the Pop Pin Knob.



CHAPTER 2 : ASSEMBLY STEPS

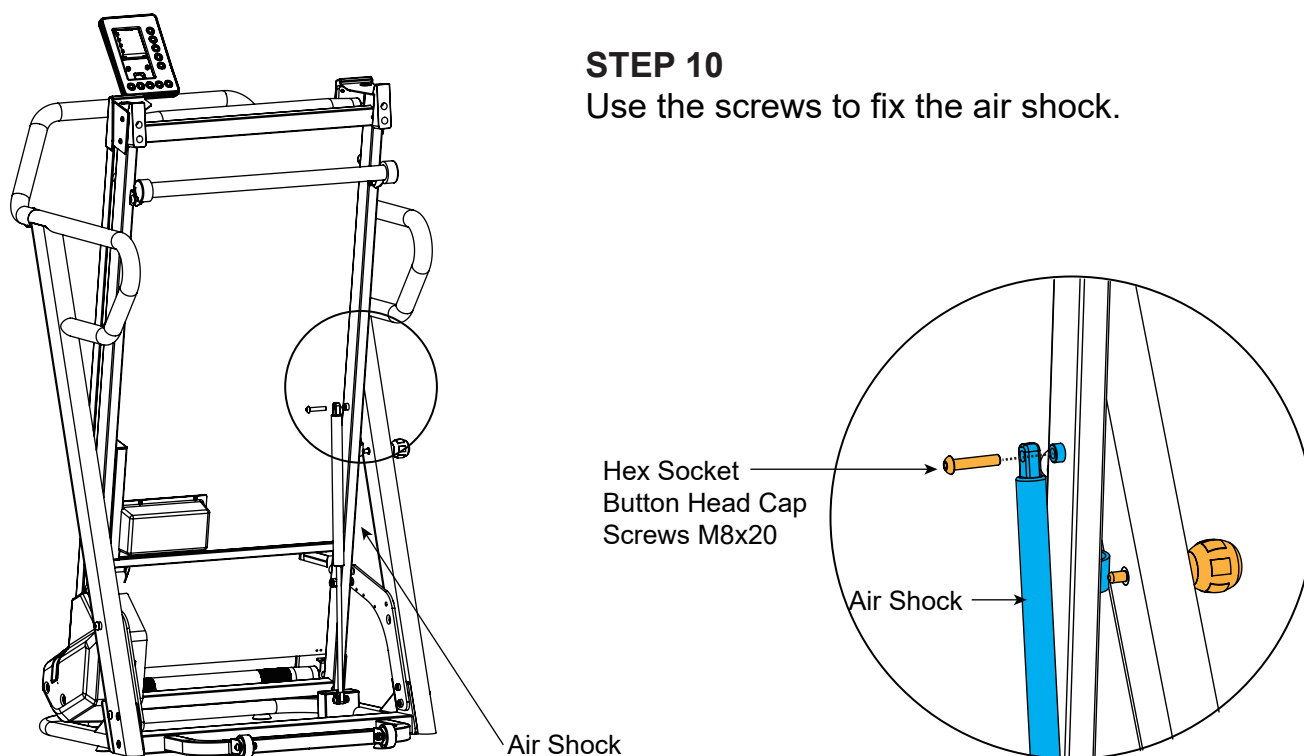
STEP 9

- 9-1 Hold the rear of main frame then flip it until it is locked by Pop-Pin knob.
- 9-2 Push the upper end of the gas spring upward until it is close to the upper mounting point on the frame.
- 9-3 Pull out the Pop-Pin knob and lift the frame upward at the same time.
- 9-4 Secure the upper end of the Air Shock to the frame according to the illustration.



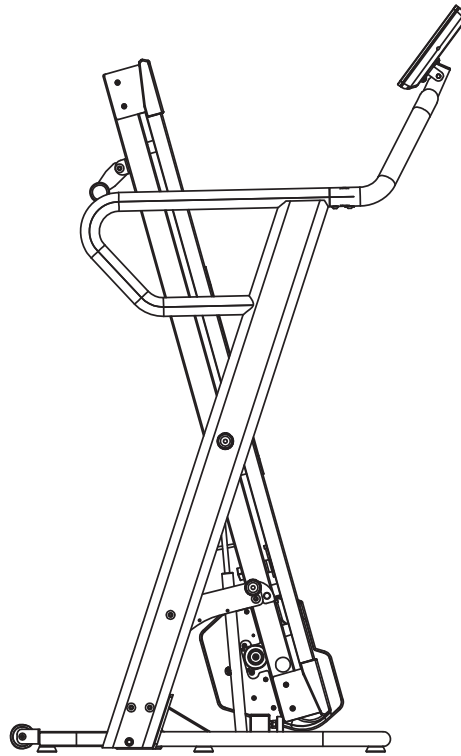
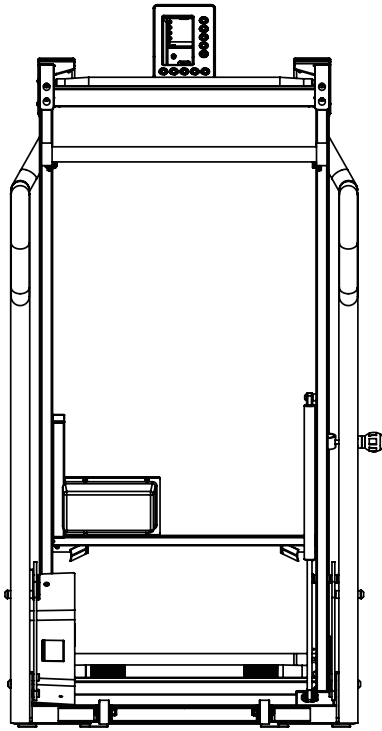
STEP 10

Use the screws to fix the air shock.



CHAPTER 2 : ASSEMBLY STEPS

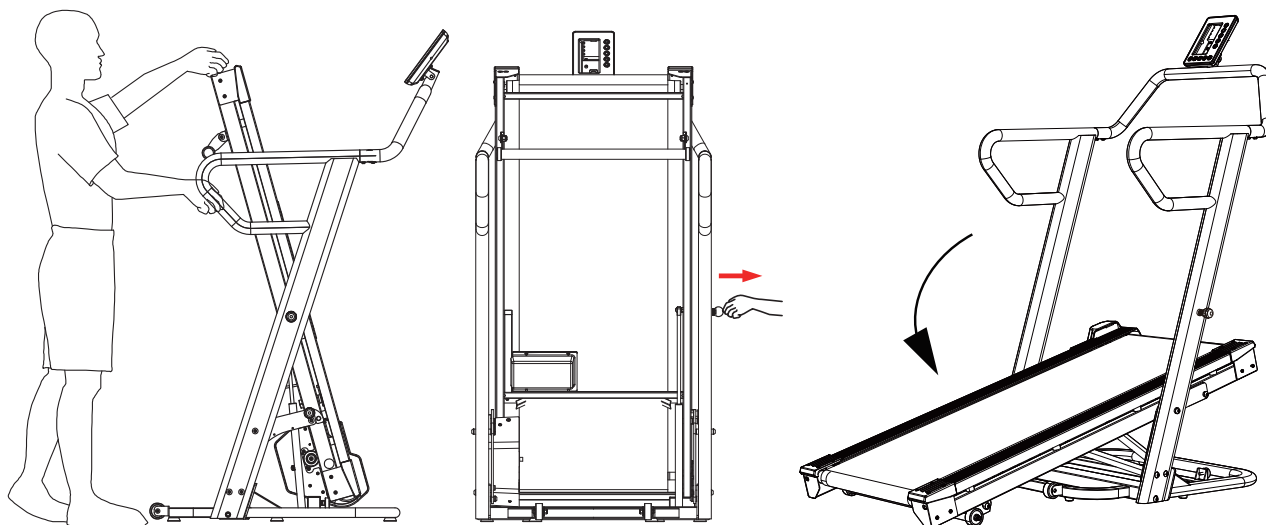
FINISH



CHAPTER 3 : FOLDING & PORTABLE

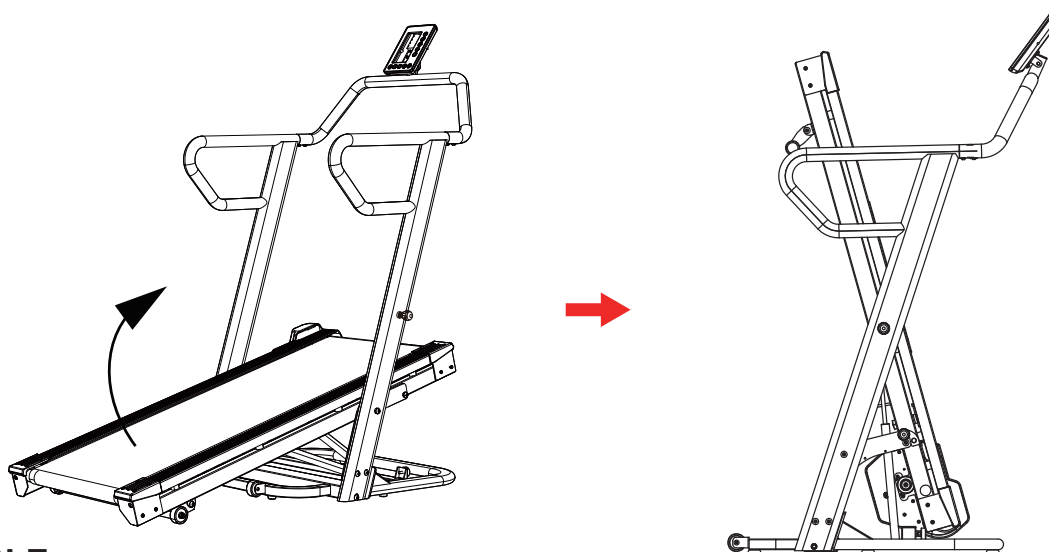
UNFOLDED

Hold the rear of main frame then pull the Pop Pin knob. The main frame will be dropped slowly.



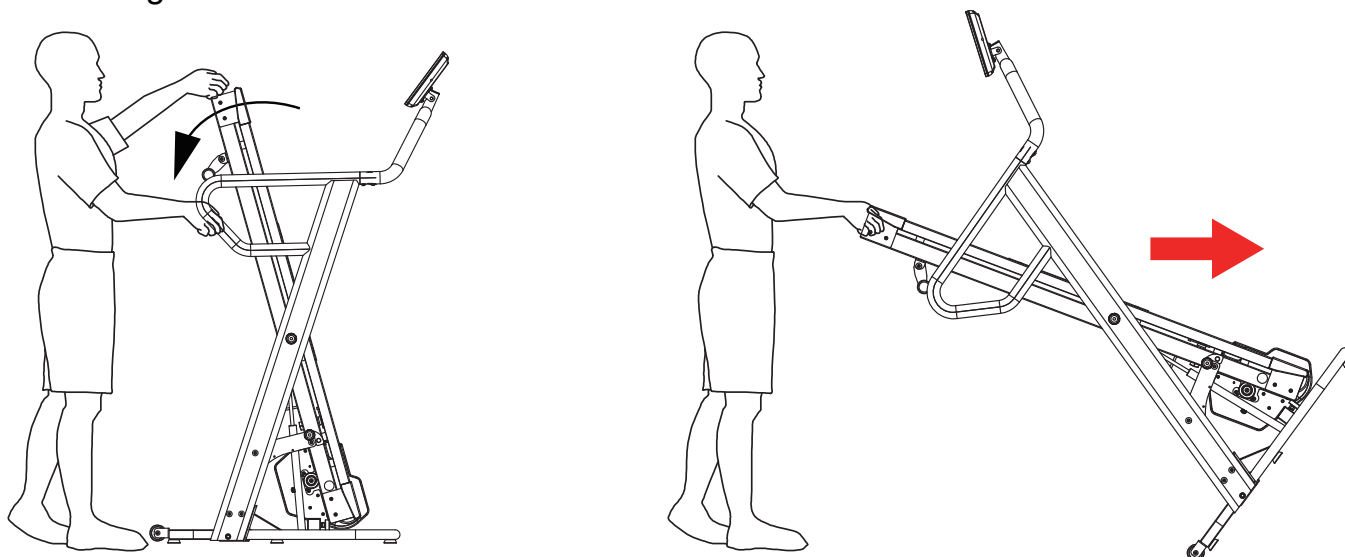
FOLDED

Hold the rear of main frame then flip it until it is locked by Pop Pin knob.

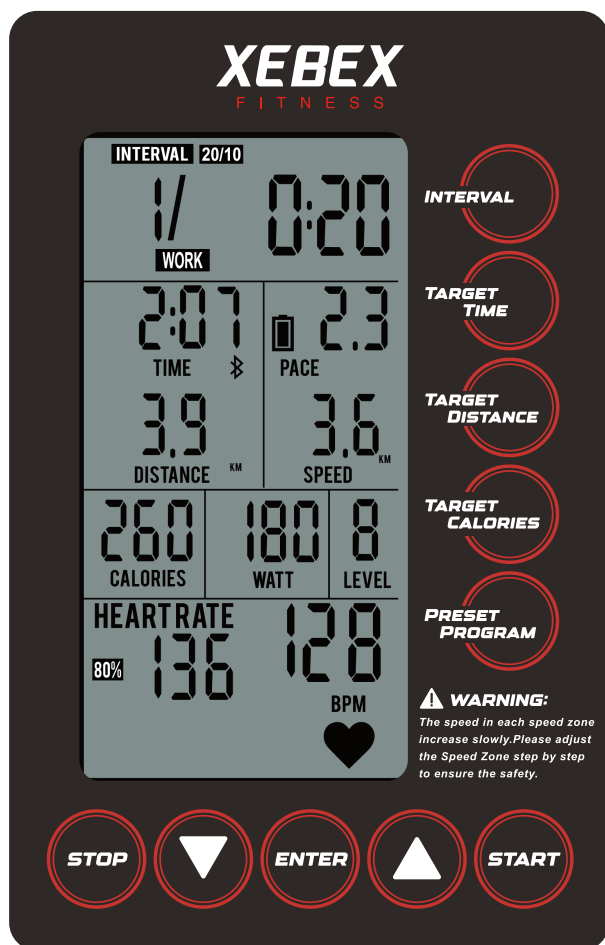


PORTABLE

Ensure the Pop Pin knob is firmly locked before movement. Hold the rear of main frame and tilt it for moving forward.



CHAPTER 4 : CONSOLE & FUNCTIONS



How to switch between metric and imperial units

OPERATION KEYS

-  **START** : Press START key in standby mode to start the workout directly.
-  **STOP** : Press STOP key once to pause the workout, press twice to be standby mode.
-  **ENTER** : Press ENTER key to save the settings and switch to next step in setting mode.
-  **UP** : Press UP key to decrease the resistance value during the workout, or decrease the value in setting mode.
-  **DOWN** : Press down key to increase the resistance value during the workout, or increase the value in setting mode.

QUICK START

Press START key to start the workout directly. Use UP or DOWN keys to adjust the speed during the workout.

CHAPTER 4 : CONSOLE & FUNCTIONS

FUNCTIONS

INTERVAL : There are 3 modes for interval workouts :

Press INTERVAL key to decide the interval workout:

1. **20/10 Interval workout** - 20 secs for working period, 10 secs for rest period.
Press interval key once, the symbol **20/10** lights on. Use UP or DOWN to adjust the workout time then press ENTER key. Use UP and DOWN keys to adjust the resistance level for working period then press ENTER key. Use UP and DOWN keys to adjust the resistance level for rest period then press Enter. Press START to start the workout.
2. **10/20 Interval workout** - 10 secs for working period, 20 secs for rest period.
Press interval key twice, the symbol **10/20** lights on. Use UP or DOWN to adjust the workout time then press ENTER key. Use UP and DOWN keys to adjust the resistance level for working period then press ENTER key. Use UP and DOWN keys to adjust the resistance level for rest period then press Enter. Press START to start the workout.
3. **Custom Interval workout** - User can customized their own interval workout.
Press interval key triple, the symbol **CUSTOM** lights on. Use UP or DOWN to adjust the workout time then press ENTER key. Use UP and DOWN keys to adjust the resistance level for working period then press ENTER key. Use UP and DOWN keys to adjust the resistance level for rest period then press Enter. Press START to start the workout.

TARGET TIME : User can set their target time of workout.

Press TARGET TIME, use UP or DOWN keys to adjust target time. Press START to start the workout. The system will count down until time up.

TARGET DISTANCE : User can set their target distance of workout.

Press TARGET DISTANCE, use UP or DOWN keys to adjust target distance. Press START to start the workout. The distance will count down until end.

TARGET CALORIES : User can set their target calories of workout.

Press TARGET CALORIES, use UP or DOWN keys to adjust target calories. Press START to start the workout. The calories will count down until end.

PRESET PROGRAM: Totally 5 preset programe (P1-P5) and 5 custom programs (C1-C5)

Press PRESET PROGRAM key, use UP or DOWN keys to choose one preset program from P1 to P6. Press START to execute the program.

Press PRESET PROGRAM key, use UP or DOWN keys to choose one custom program from C1 to C6. Press ENTER to customize your own program. Use Up or Down keys to adjust workout time then press ENTER key. Use UP or DOWN key to adjust the resistance level then press ENTER key. Repeat above steps till the number of segments what you need, maximum is 10 segments. Press START to start the program.

CHAPTER 5 : DISPLAY CONSOLE

Treadmill program

P1	Total Time : 5 Minutes										
Segment	TIME	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10
Time (sec)	05:00	30	30	30	30	30	30	30	30	30	30
Resistance		9	8	7	6	5	4	3	2	1	0

P2	Total Time : 5 Minutes										
Segment	TIME	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10
Time (sec)	05:00	30	30	30	30	30	30	30	30	30	30
Resistance		4	4	6	6	8	8	6	6	4	4

P3	Total Time : 5 Minutes										
Segment	TIME	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10
Time (sec)	05:00	30	30	30	30	30	30	30	30	30	30
Resistance		0	1	2	3	4	5	6	7	8	9

P4	Total Time : 5 Minutes										
Segment	TIME	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10
Time (sec)	05:00	30	30	30	30	30	30	30	30	30	30
Resistance		9	7	5	3	1	1	3	5	7	9

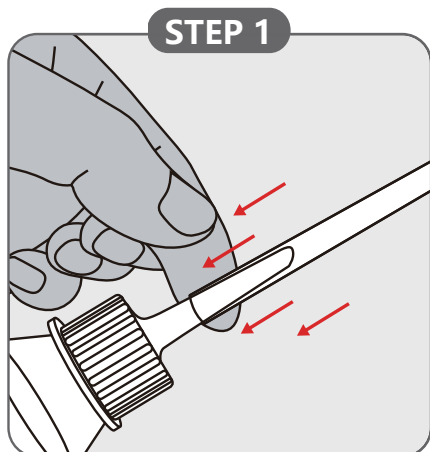
P5	Total Time : 5 Minutes										
Segment	TIME	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10
Time (sec)	05:00	30	30	30	30	30	30	30	30	30	30
Resistance		7	9	6	9	5	9	6	9	7	9

C1~C5	Total Time : 5 Minutes										
Segment	TIME	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10
Time (sec)	Customized by user										
Resistance	Customized by user										

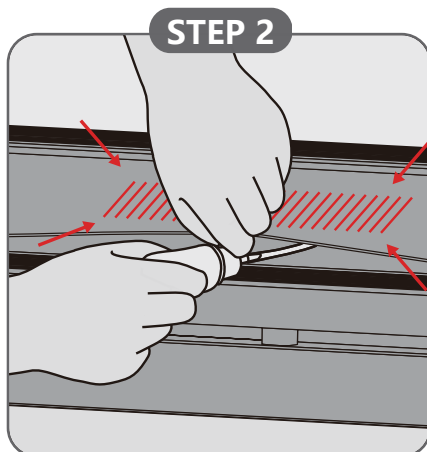
CHAPTER 6 : MAINTENANCE

Running Belt And The Treadmill Lubricate Oil

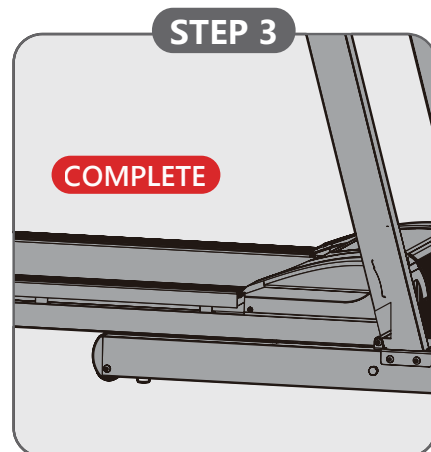
This treadmill had pre-smeared the lubricate oil between the running belt and deck. The friction has the directly effect to the life of the treadmill. Thus, please do the regular maintenance. Our treadmill has the lubrication remind function, please follow the instruction as below to do the maintenance.



Open and cut off the lubricate bottle. Fix the straw to connect with the nozzle tightly.



Lift the running belt, make the straw in and smear the lubricate oil on the designated area.



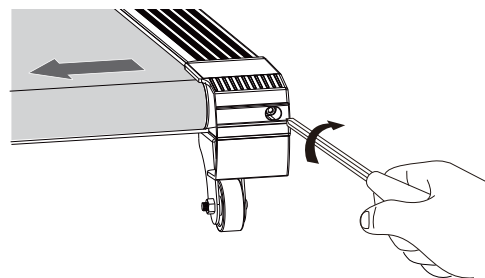
Complete the lubrication maintenance. Please keep enjoy your fitness.

Please check the time table as below as our suggestion to do the lubrication maintenance:

Light level user (under 3 hours using time per week)	Once per 6 months
Middle level user (3-5 hours using time per week)	Once per 3 months
High level user (over 5 hours using time per week)	Once per month

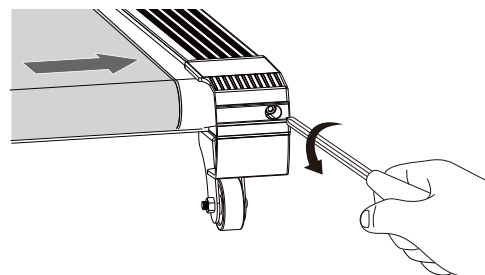
If the Running Belt is Too Far to the Right Side

With the treadmill running at 0.8 KPH/0.5 MPH, turn the right adjustment bolt clockwise 1/4 turn at a time (using the supplied Allen wrench). Check the belt alignment. Allow belt to run a full cycle to gauge if more adjustment is needed. Repeat if necessary, until the belt remains centered during use.



If the Running Belt is Too Far to the Left Side

With the treadmill running at 0.8 KPH/0.5 MPH, turn the right adjustment bolt counter-clockwise 1/4 turn at a time (using the supplied Allen wrench). Check the belt alignment. Allow belt to run a full cycle to gauge if more adjustment is needed. Repeat if necessary, until the belt remains centered during use.

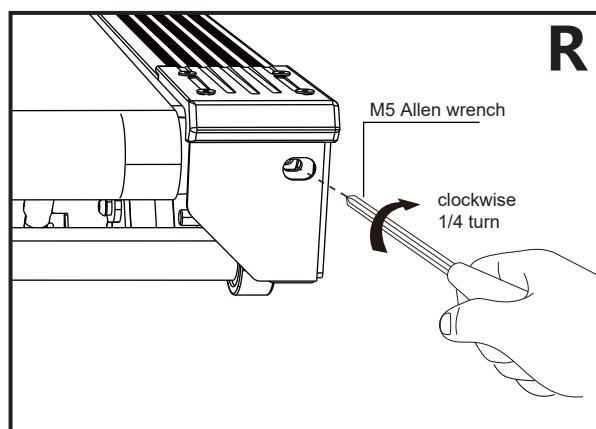
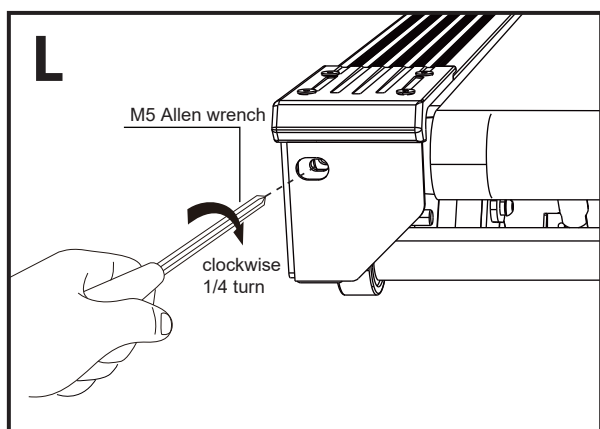
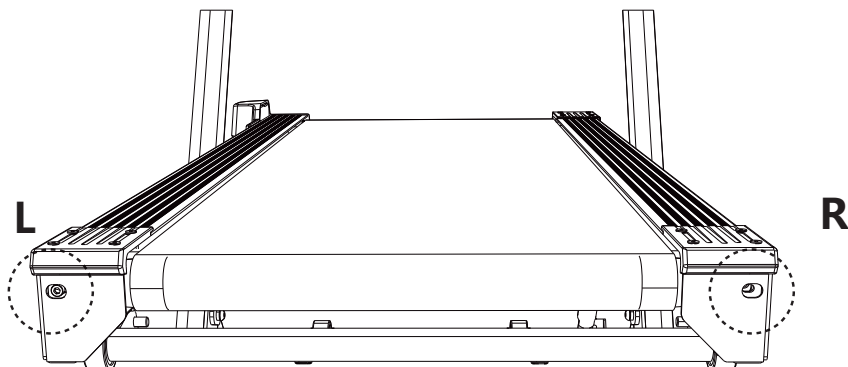


WARNING !!

Right and left tension bolts are located at the rear of the treadmill. Do not over tighten rollers! This will cause premature roller bearing failure!

How To Fix A Slipping Running Belt

Tighten The Running Belt



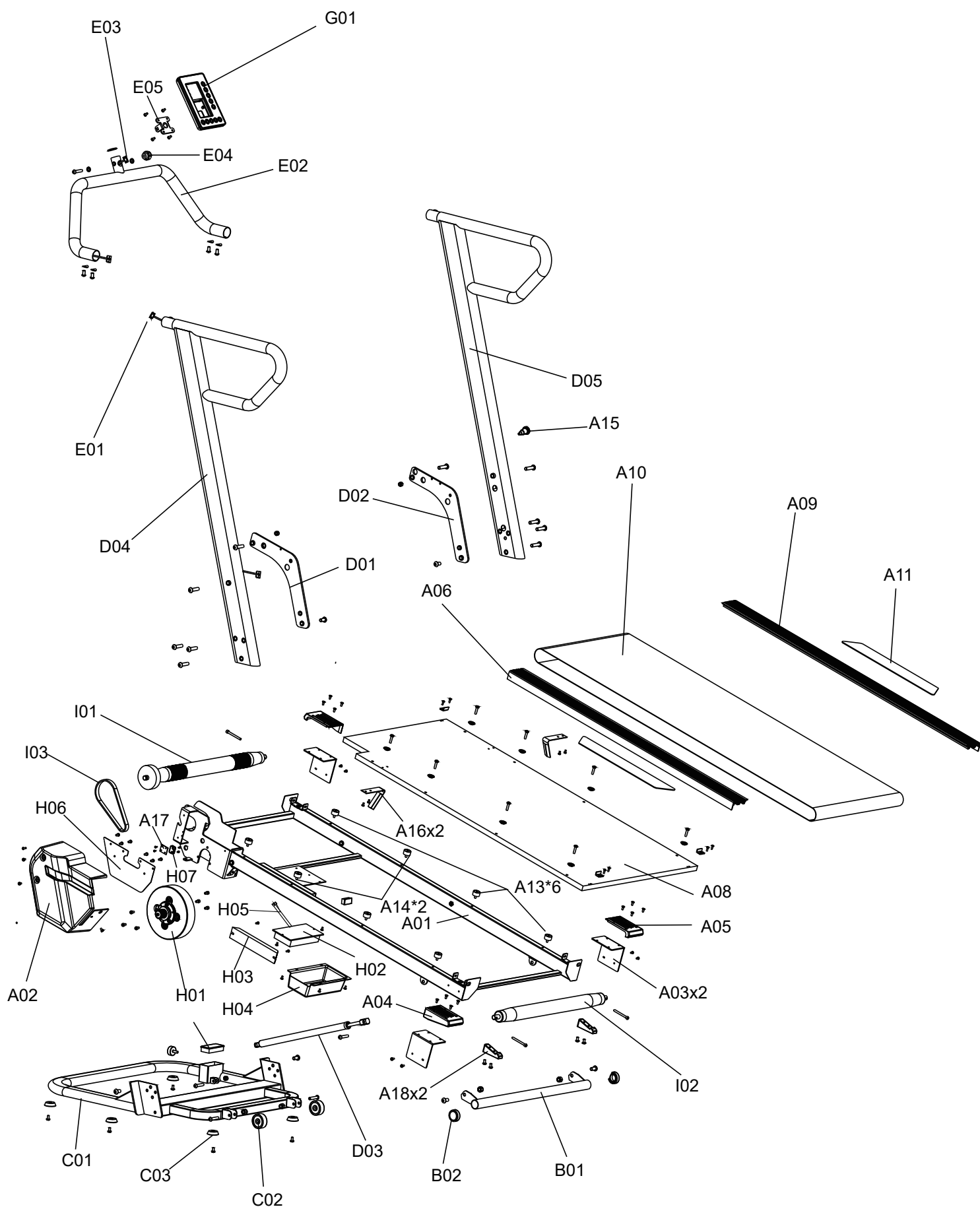
Step 1: Turn off the treadmill and disconnect it from the power source for your safety.

Step 2: Locate the adjustment bolts at the rear of the treadmill by the end cap.

Step 3: Tighten the running belt. Turn the left and the right bolt clockwise 1/4 turn at a time (using the supplied M5 Allen wrench). Alternate between the left and right bolts to make sure they are adjusted in sync.

Step 4: Allow belt to run a full cycle to gauge if more adjustment is needed. Repeat if necessary, until the belt remains centered during use. Repeat if necessary, until the belt reaches proper tension.

CHAPTER 7 : EXPLODED DRAWING



PART LIST

ITEM	PART CODE	DESCRIPTION	Q'TY
A01	SR0149A01AA	MAIN FRAME	1
A02	CV0149A02AA	FLYWHEEL COVER	1
A03	SR0449A03AA	REAR END CAP BASE	3
A04	MB0449A03A-01	REAR RUBBER PAD-LEFT	2
A05	MB0449A04A-01	REAR RUBBER PAD-RIGHT	1
A06	CV0549A06A	LEFT FOOTBOARD	1
A07	SR0449A07AA	FRONT BARRIER PLATE	1
A08	RD0149A08A	RUNNING DECK	1
A09	CV0549A11A	RIGHT FOOTBOARD	1
A10	RB0149A12AA	RUNNING BELT	1
A11	PB0149A13AA	NON-SLIP PAD	2
A12	SR0101A06AA	COVER FIXING PLATE	3
A13	MB0101A04A	RUBBER CUSHION A - (HARDNESS 75 DIGREE)	6
A14	MB0101A04AB	RUBBER CUSHION A - (HARDNESS 45 DIGREE)	2
A15	MB027	FIXING KNOB	1
A16	PN0143A11AA	RUNNING BELT GUIDE PLATE	2
A17	PN0149A01A-15	SENSOR WIRE BASE	1
A18	MB0149A14AA	REAR SHOCK PAD	2
B01	SR0149B01AA	INCLINE ADJUSTING FRAME	1
B02	MB006	END CAP FOR INCLINE ADJUSTMENT	2
C01	SR0149C01AA	BASE FRAME	1
C02	MB0101C03A	MOBILE WHEELS	2
C03	MB0105C04A	BASE RUBBER PAD	6
D01	SR0149C05AA	LEFT INCLINE SUSTAIN PLATE	1
D02	SR0149C06AA	RIGHT INCLINE SUSTAIN PLATE	1
D03	AX0149C07A	AIR SHOCK	1
D04	SR0149D01AA	LEFT CONSOLE MAST	1
D05	SR0149D02AA	RIGHT CONSOLE MAST	1
E01	EL0149E03AA	MIDDLE CONSOLE CABLE	1
E02	SR0149E01AA	FRONT HANDLEBAR	1
E03	EL0149E02AA	UPPER CONSOLE CABLE	1
E04	EL0134F08AA	CONSOLE FIXING KNOB	1
E05	SR0134F01AA-04	CONSOLE FIX PLATE	1
G01	CB0149G01HHA	CONSOLE	1
H01	GT0149H01AA	GENERATOR	1
H02	CB0249H02AA	CONTROLLER	1
H03	CB0249H03AA	ALUMINUM HOUSED RESISTOR	1
H04	CV0149H04AA	CONTROLLER COVER	1
H05	EL0149H05AA	LOW CONSOLE CABLE	1
H06	PB0149H06AA	GENERATOR SIDE COVER	1
H07	EL0149H07AA	SENSOR WIRE	1
I01	RL0149I01A	FRONT ROLLER	1
I02	RL0101A03A	REAR ROLLER	1
I03	RB03180JM8A	DRIVING BELT	1

