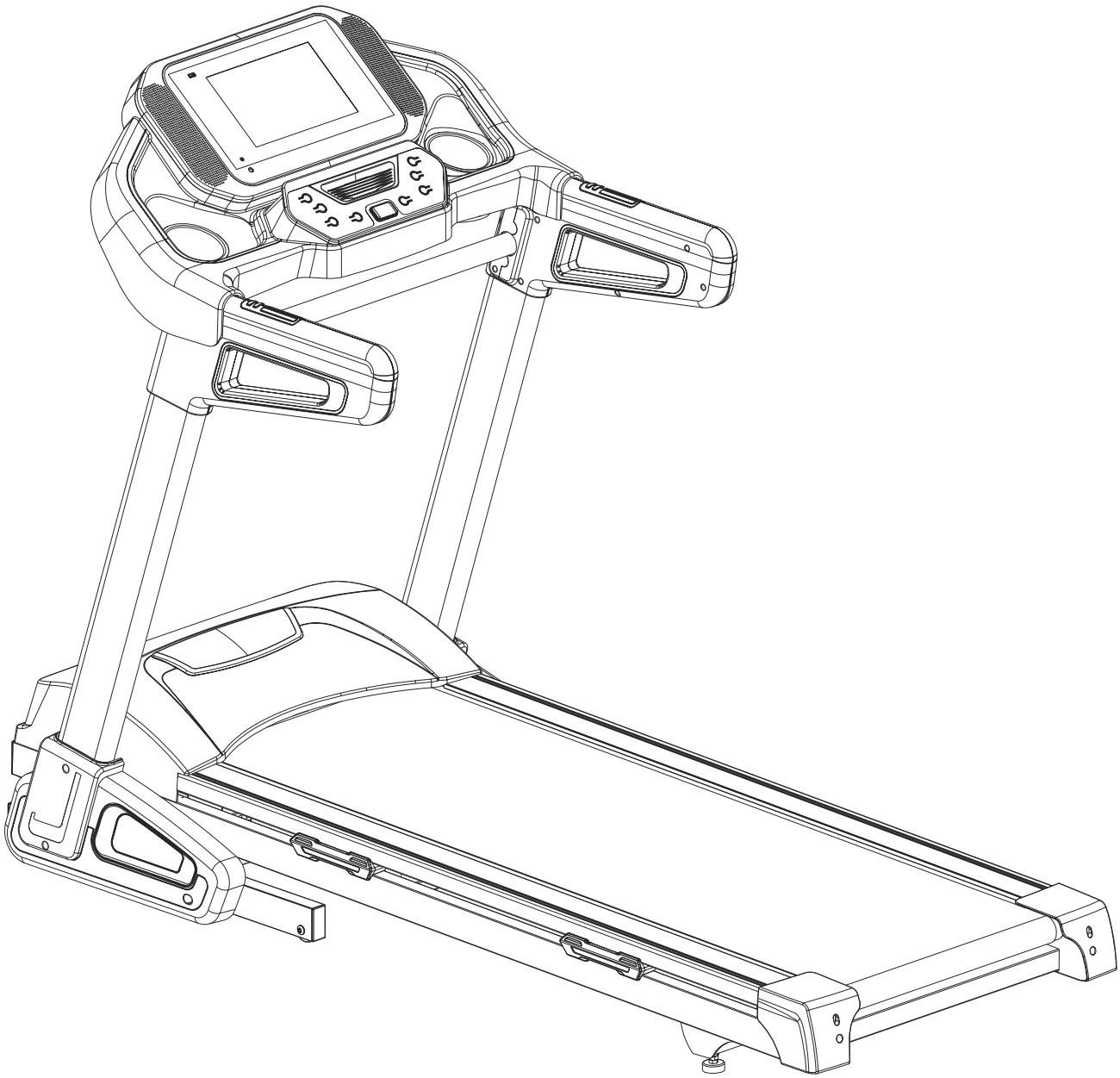
XTERRA FITNESS



TRX**5500** Treadmill
OWNER'S MANUAL

TRX5500_155810_OM_20240320

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW TREADMILL

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ATTENTION

THIS TREADMILL IS INTENDED FOR RESIDENTIAL USE ONLY AND IS WARRANTED FOR THIS APPLICATION. ANY OTHER APPLICATION VOIDS THIS WARRANTY IN ITS ENTIRETY.

Congratulations On Your New Treadmill and Welcome to the XTERRA Fitness Family!

Thank you for your purchase of this quality Treadmill from **XTERRA Fitness**. Your new Treadmill has been manufactured by one of the leading fitness manufacturers in the world. **XTERRA Fitness** will do all we can to make your ownership experience as pleasant as possible for many years to come. If you have questions, or if parts are missing or damaged, or you require customer service, call (870)336-4286. Please have your model number and serial number handy when you call.

Please take a moment to record where you purchased your machine, as well as the date of purchase for future reference. We appreciate your confidence in **XTERRA Fitness** and we will always remember that you are the reason that we are in business. Please complete and mail your registration card today and enjoy your new Treadmill.

Yours in Health,
XTERRA Fitness

Purchase Location _____

Purchase Date _____

Product Registration

Record Your Serial Number
Please record the Serial Number of this fitness product in the space provided below.

Serial Number _____

Register Your Purchase
The self-addressed product registration card must be completed in full and returned to **XTERRA Fitness**. You can also go to ***www.xterrafitness.com/warrantyreg.html*** to register online.

Power

This product uses an external power supply. The power supply must first be plugged into the power jack on the unit. Next, plug the power supply into the appropriate wall outlet. When not in use, it is recommended to unplug the power supply from the wall outlet.

IMPORTANT: If the product has been exposed to cold temperatures, allow the product sit in room temperature to warm up before plugging in the power supply. Failure to do so may result in damage to the display or electronic components.

IMPORTANT: Do not operate the product if the power supply, its plug, or its cord has been damaged.

Important Safety Instructions

When using an electrical appliance, basic precautions should always be followed, including the following:
Read all instructions before using this appliance.

DANGER - To reduce the risk of electric shock:
Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being use or where oxygen is being administered.
12. Connect this appliance to a properly grounded outlet only. See Grounding Instructions.
13. The appliance is intended for household use.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

WARNING: This product can expose you to chemicals including Toluene and Acrylamide which are known to the State of California to cause cancer and birth defects or other reproductive harm.
For more information go to www.P65Warnings.ca.gov

Fitness Equipment Safety Instructions

- To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- Do not operate equipment on deeply padded, plush or shag carpet. Damage to both carpet and equipment may result.
- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Keep hands away from all moving parts.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Do not attempt to use your equipment for any purpose other than for the purpose it is intended.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your equipment. Quality athletic shoes are recommended to avoid leg fatigue.
- User Weight Limit: 350 lbs.

Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

Important Electrical Instructions

WARNING!

Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

NEVER remove any cover without first disconnecting AC power. If voltage varies by ten percent (10%) or more, the performance of your treadmill may be affected. **Such conditions are not covered under your warranty.** If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

NEVER expose this treadmill to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment. The temperature specification is 40 degrees C, and humidity is 95%, non-condensing (no water drops forming on surfaces).

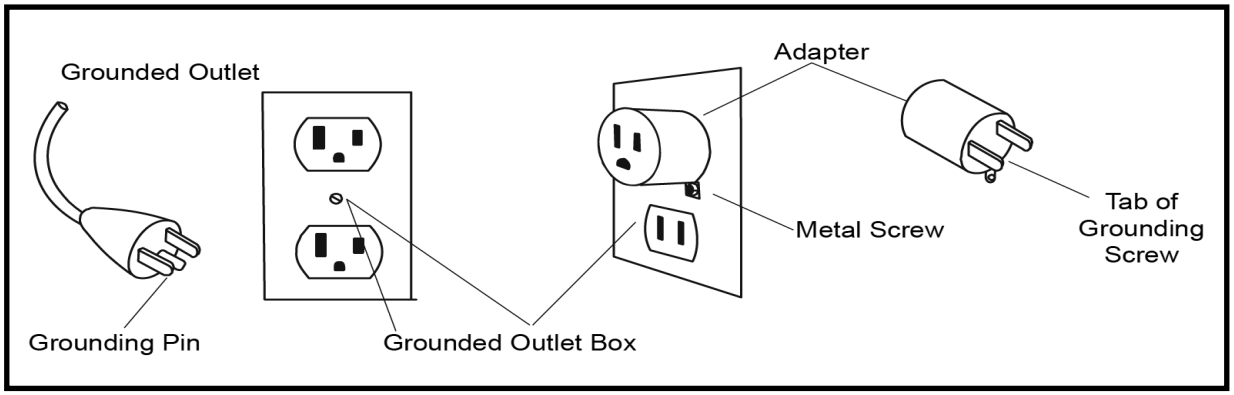
Circuit breakers: Avoid AFCI/GFCI circuit breakers if possible. These breakers may trip occasionally during exercise because of the high inrush currents of the treadmill drive electronics and motor. This is an issue that affects all treadmill brands. New laws in your area may require these breakers. If you do have these breakers and outlets in your home, and are experiencing nuisance tripping, you should check if there are any other devices plugged into the same circuit. Some examples of devices that may also cause tripping are fluorescent lights with electronic ballasts, coffee maker, space heater, hair drier. Optimally the treadmill should be the only device plugged into the circuit. Our treadmills have surge suppressors built in to help avoid nuisance tripping. We have tested several AFCI/GFCI breakers and outlets with our products. Brands we have tested are: Eaton (Cutler Hammer Series), Leviton (Smart lock pro) and Schneider Electric (Canadian home series). These breakers do not trip in our testing, when connected to our treadmills, as long as no other devices are plugged into the same circuit.

Grounding Instructions

This product must be grounded. If the treadmill should malfunction or breakdown, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 110-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green colored rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



- **NEVER** operate this treadmill without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and incline do not occur immediately. Set your desired work level on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your treadmill during an electrical storm. Surges may occur in your household power supply that could damage treadmill components. Unplug the treadmill during an electrical storm as a precaution.
- Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.

SAFETY TETHER CORD

- A safety tether cord is provided with this unit. It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the tread-belt. Pulling this safety tether cord will stop tread-belt movement. To Use:

  1. Place the magnet into position on the round metal portion of the console control head. Your treadmill will not start and operate without this. Removing the magnet also secures the treadmill from unauthorized use.
  2. Fasten the plastic clip onto your clothing securely to assure good holding power. Note: The magnet has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two step coast anytime the magnet is pulled off the console. Use the Stop / Pause switch in normal operation.

Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

Pre-Assembly

Please read before unpacking your folding treadmill. Serious injury could occur if this folding treadmill is not unpacked properly.

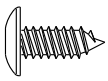
There is a Velcro strap installed around the treadmill base that prevents the treadmill from unfolding accidentally during shipping. If this strap is not removed properly the treadmill could spring open unexpectedly and cause injury if someone is standing near the treadmill when the strap is removed.

To ensure your personal safety during removal of the shipping strap please make sure the treadmill is positioned flat on the ground, in the orientation it would be in if you were using the treadmill. Do not turn the treadmill up on its side while removing the shipping strap. This could cause the treadmill's folding mechanism to spring open. If the end of the Velcro strap (that you need to grab to remove it) happens to be under the treadmill deck, reach under the deck to grab it, but do not tilt the treadmill up to gain access to the strap end.

Cut the banding straps with a short box cutter (razor knife); separate the carton from the one underneath it by prying up on the staples (if applicable). Pull the carton over the treadmill parts and locate the hardware pack. Remove only the hardware for the step you are currently assembling to avoid confusion and mix ups.

Pull the carton over the treadmill parts and lay it on a level surface.

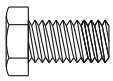
TRX**5500** Assembly Pack Checklist



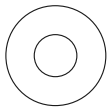
 # 74. 3.5 × 12m/m_
Sheet Metal Screw (4pcs)



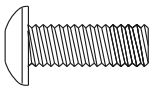
 # 80. Ø8 × 1.5T_
Split Washer (4pcs)



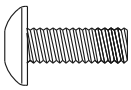
#99. 5/16" × 3/4"_
Hex Head Bolt (8pcs)



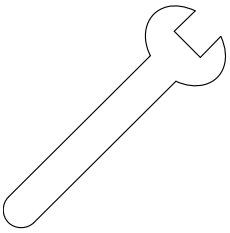
#100. Ø5/16" × Ø18 × 1.5T_
Flat Washer (8pcs)



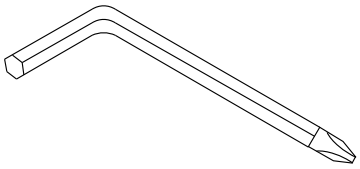
#125. 5/16" × 3/4"_
Button Head Socket Bolt (8pcs)



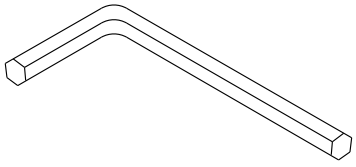
#126. M5 × 15m/m_
Phillips Head Screw (6pcs)



 # 90. 13L_Wrench (1pc)



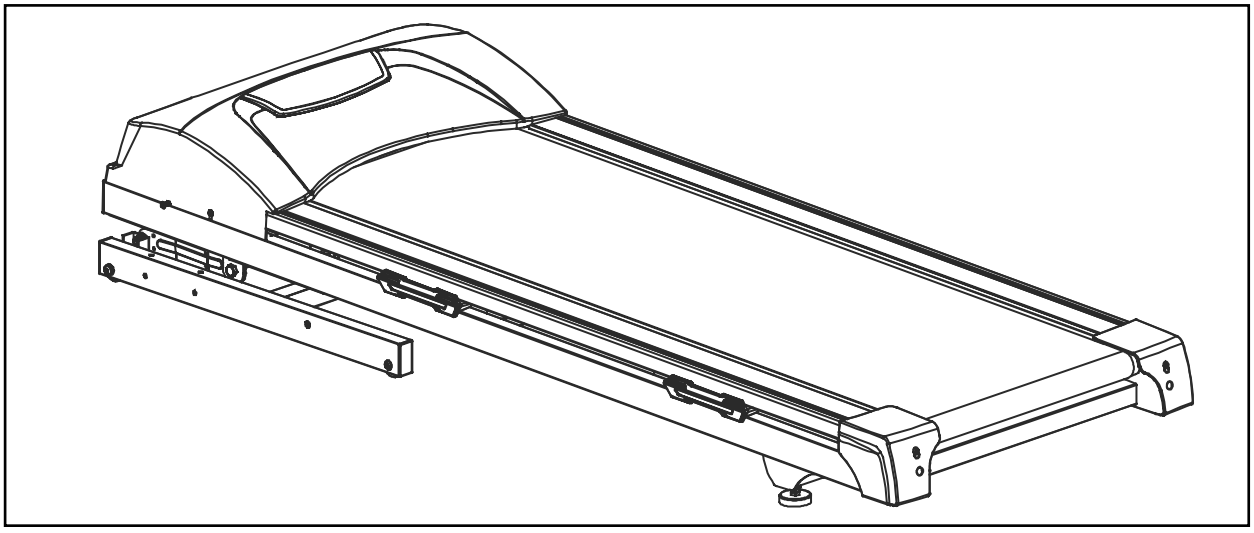
 # 102. Combination M5 Allen Wrench &
Phillips Head Screw Driver (1pc)



 # 103. M6_
L Allen Wrench (1pc)

TRX**5500** Assembly Instructions

1 Remove Deck From Box

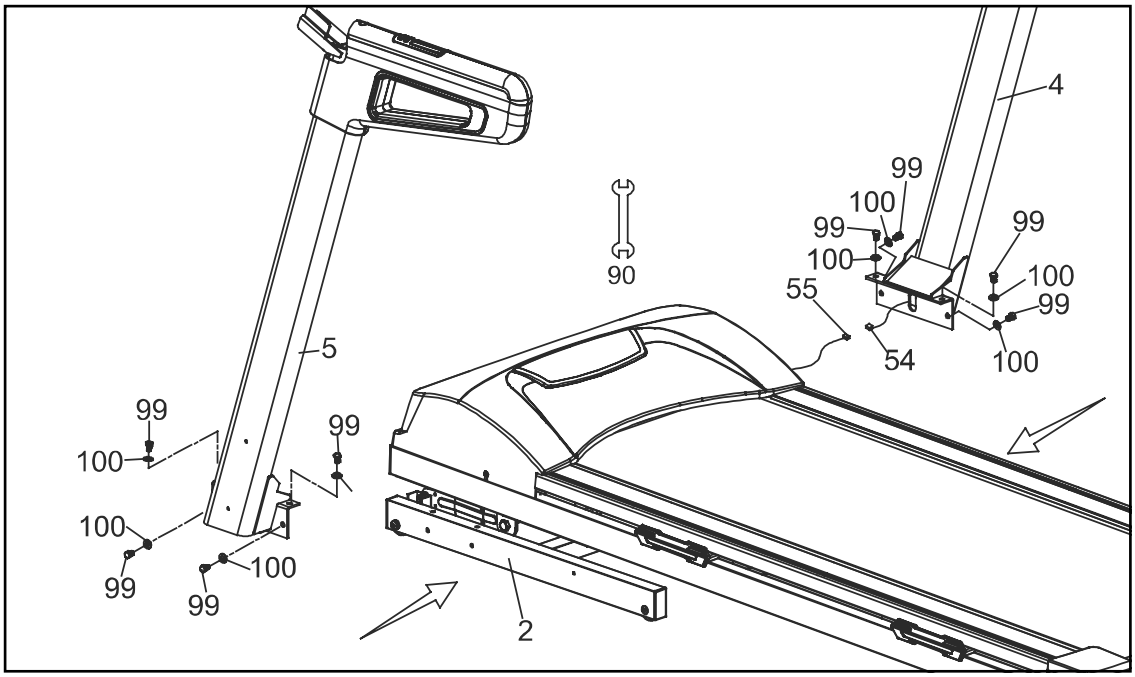


1. Take the treadmill deck out of the box and place it on level and clean ground.

Hardware Step 2

#90. 13mm Wrench
#99. 5/16"x3/4" Hex Head Bolts (8pcs)
#100. Ø 5/16" × Ø 18 × 1.5T Flat Washers (8pcs)

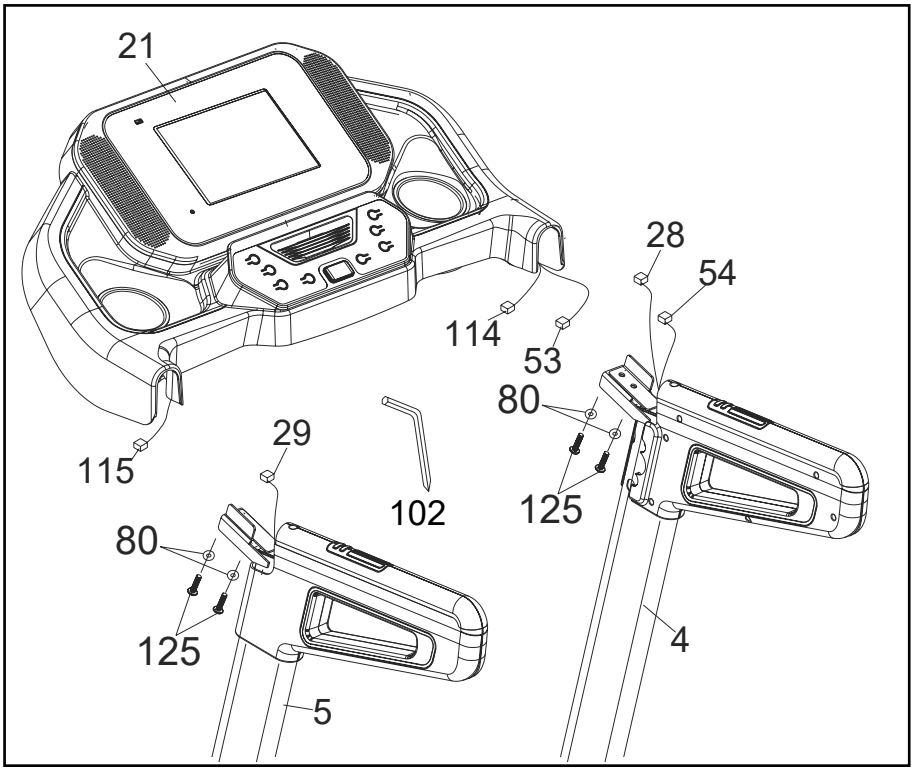
2 Left and Right Uprights



1. You may need assistance holding the **Uprights (No.4/5)** for this step.
2. Connect the **Computer Cable (Middle) (No.54)** to the **Computer Cable (Lower) (No.55)** then insert **Right and Left Uprights (No. 4/5)** into the **Frame Base (No.2)** and use the 13mm **Wrench (No.90)** to tighten 8 **Hex Head Bolts (No.99)** and 8 **Flat Washers (No.100)**. Be careful not to pinch the Computer Cables as this may cause damage to them.

TRX**5500** Assembly Instructions

3 Console Attachment

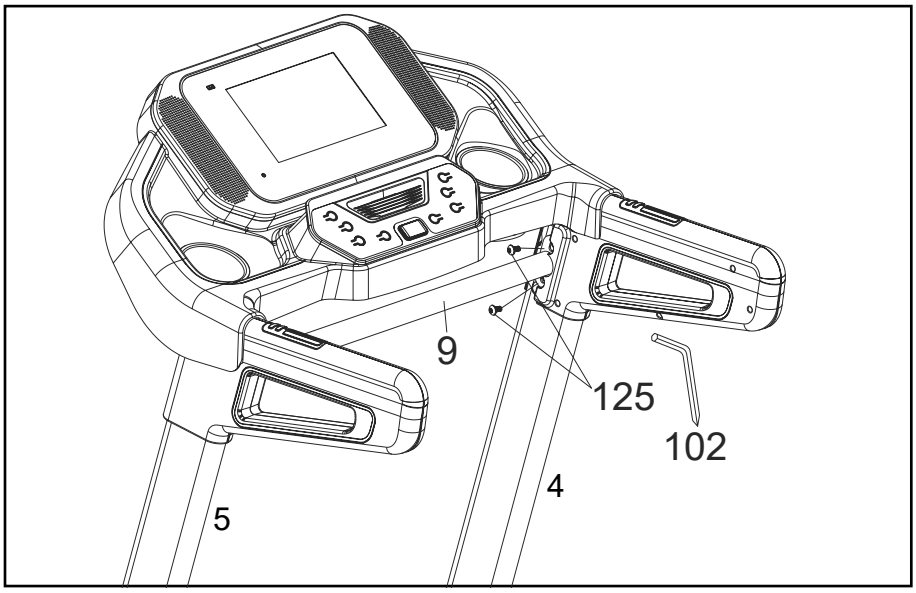


Hardware Step 3

#102. Combination M5 Allen Wrench & Phillips Head Screw Driver
#125. 5/16” × 3/4” Button Head Socket Bolts (4pcs)
#80. Ø 8 × 1.5T Split Washers (4pcs)

1. Connect the **Computer Cable (Middle) (No.54)** and **Computer Cable (Upper) (No.53)**.
2. Connect the **Speed Adjustment Switch W/Cable (Upper) (No.114)** and **Speed/Hand Pulse Complex (No.28)**.
3. Connect the **Incline Adjustment Switch W/Cable (Upper) (No.115)** and **Incline/Hand Pulse Complex (No.29)**.
4. Be careful not to pinch cables, as it may cause damage to them.
5. Insert the **Console (No.21)** onto the **Right and Left Uprights (No.4/5)** and secure with 4 **Button Head Socket Bolts (No.125)** with 4 **Split Washers (No.80)** by using **Combination M5 Allen Wrench & Phillips Head Screw Driver (No.102)**.

4 Crossbar Installation

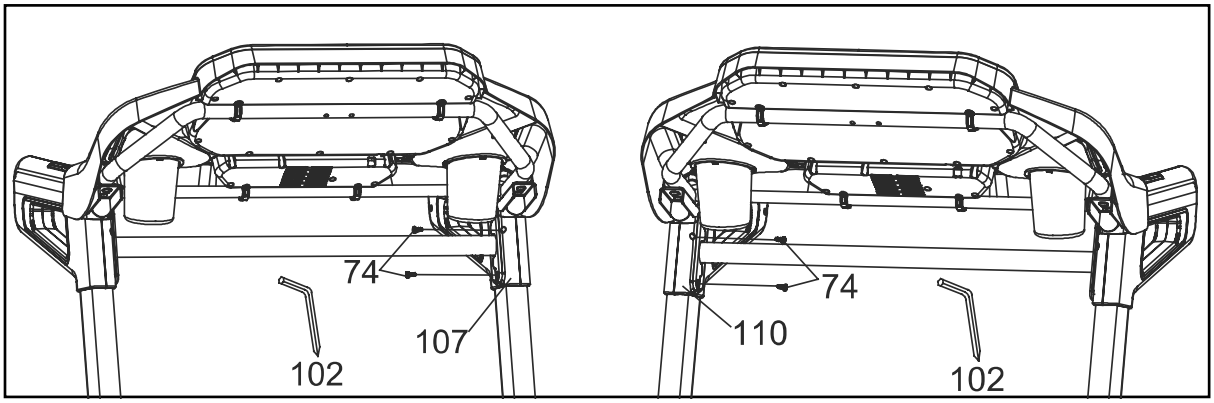


Hardware Step 4

#102. Combination M5 Allen Wrench & Phillips Head Screw Driver
#125. 5/16" × 3/4" Button Head Socket Bolts (4pcs)

1. Install **Handrail Support (No.9)** between **Left and Right Uprights (No.4/5)** and use **Combination M5 Allen Wrench & Phillips Head Screw Driver (No.102)** to tighten 4 **Button Head Socket Bolts (No.125)**.

5 Handlebar Covers

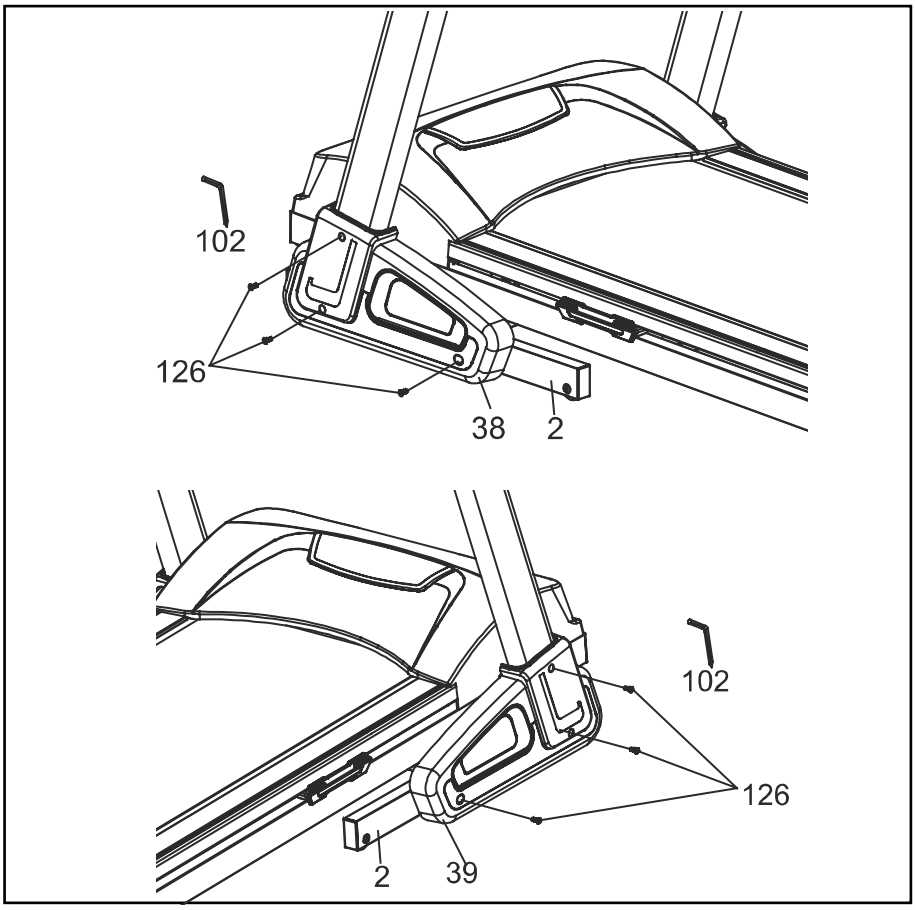


1. Install the **Front Inner Handlebar Cover (L,R) (No.107,110)** and **Right and Left Uprights** with the 4 **Sheet Metal Screws (No.74)** by using **Combination M5 Allen Wrench & Phillips Head Screw Driver (No.102)** and tighten them.

Hardware Step 5

#102. Combination M5 Allen Wrench & Phillips Head Screw Driver
#74. 3.5 × 12mm Sheet Metal Screws (4pcs)

6 Frame Base Covers



Hardware Step 6

#102. Combination M5 Allen Wrench & Phillips Head Screw Driver
#126. M5 × 15mm Phillips Head Screws (6pcs)

1. Use **Combination M5 Allen Wrench & Phillips Head Screw Driver (No.102)** to tighten 6 **Phillips Head Screws (No.126)** to secure right and left **Frame Base Covers (No.39, 38)** on the **Frame Base (No.2)**.

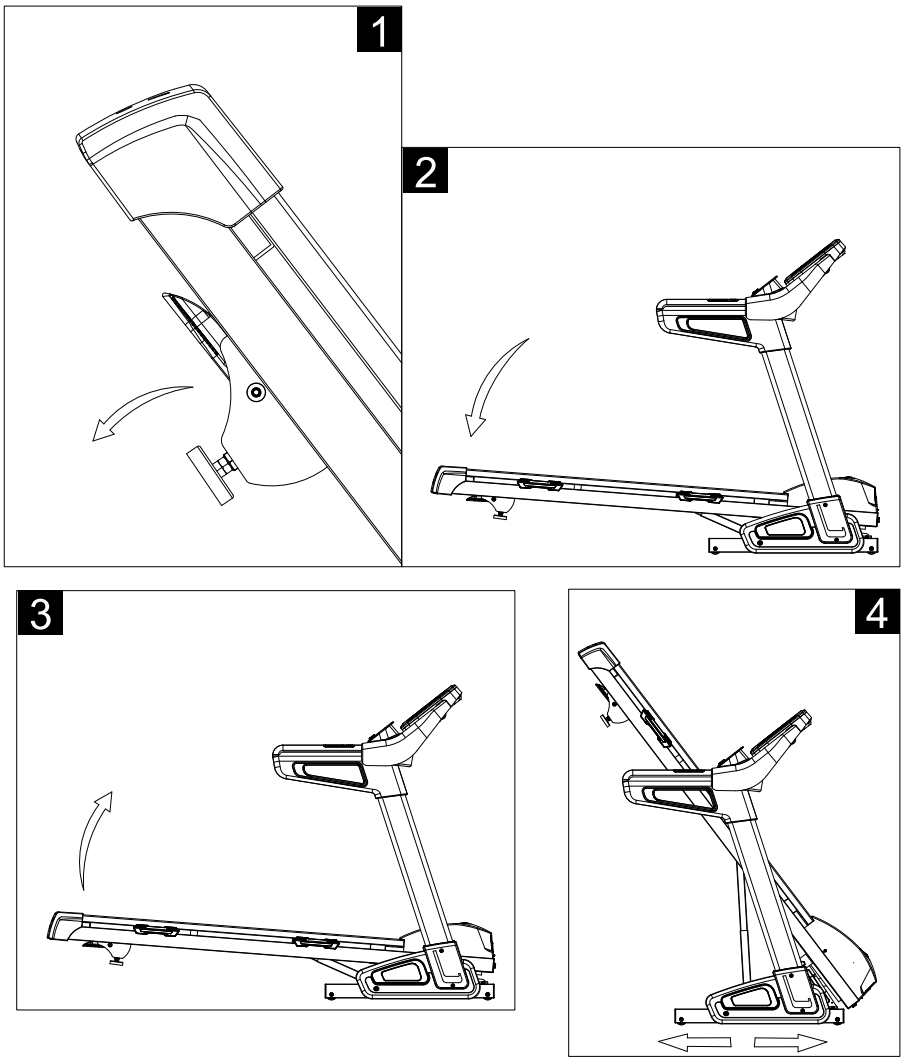
7 Finishing Assembly

Note: Once your treadmill is fully assembled, be sure to check the belt lubrication before initial use by completing the following steps:

1. Ensure that your machine is off, and that the power cord is unplugged to minimize risk of injury.
2. Use one hand to hold the treadmill belt up just enough so you can use your other hand reach between the belt and deck to verify that lubrication is present.

If lubrication is present, you may continual normal use. If lubrication is not present, please follow the steps on page 29 to lubricate your treadmill belt using approved treadmill belt lubricant.

Folding Instructions



Operation of Your Console

TRX**5500** Console



Power Up

Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor hood. Ensure that the Safety Key is installed, as the treadmill will not power on without it.

When the power is turned ON, the screen will show a brief loading screen and then display the WELCOME Screen which indicates that the machine is ready to operate.

Quick Start Operation

1. Attach the Safety Key to enable the display (if not already on).
2. Press any button to wake display up if not already on.
3. Press **Start Workout** on the Homescreen to begin belt movement at 0.5 mph, then adjust to the de- sired speed using the **Speed** + or - keys.
4. To slow the treadmill, press and hold the **Slow** - key (console or hand rail) to the desired speed.
5. To stop the tread-belt press and release **Stop** button.

Functions

The touchscreen allows you to control functions by directly touching the screen, or by using the physical buttons under the screen. The physical buttons are as follows:

- **Speed** + or - buttons to control the speed,
- **Incline** + or - buttons to control the incline of the treadmill,
- **Start** button to begin
- **Stop** button to end, or pause the workout
- **Fan** button to control the fan speed,
- **Program** button to select a desired workout program

Pause / Stop

1. Press **Stop** button once, the belt will slow down gradually till fully stop. After 5 minutes the display will reset and show the workout summary on the screen.
2. Press **Resume** button to continue the workout from the pause.
3. Press **Finish** button to end workout.

Incline Features

1. The incline is changeable any time during the workout.
2. Press and hold **Incline** ▲ or ▼ buttons on the handrail or **Incline** + or - buttons on the screen to change the incline to the desired level.

Heart Rate Features

Pulse (heart rate) on the screen shows the current value of the heart beats per minute. You must hold both left and right stainless steel sensors to measure the pulse. The pulse value will be shown on the screen continuously. You may use the hand pulse sensors while in Heart Rate Control. It will also pick up wireless heart rate transmitters that are Polar and Bluetooth compatible.

Touch Screen Operation

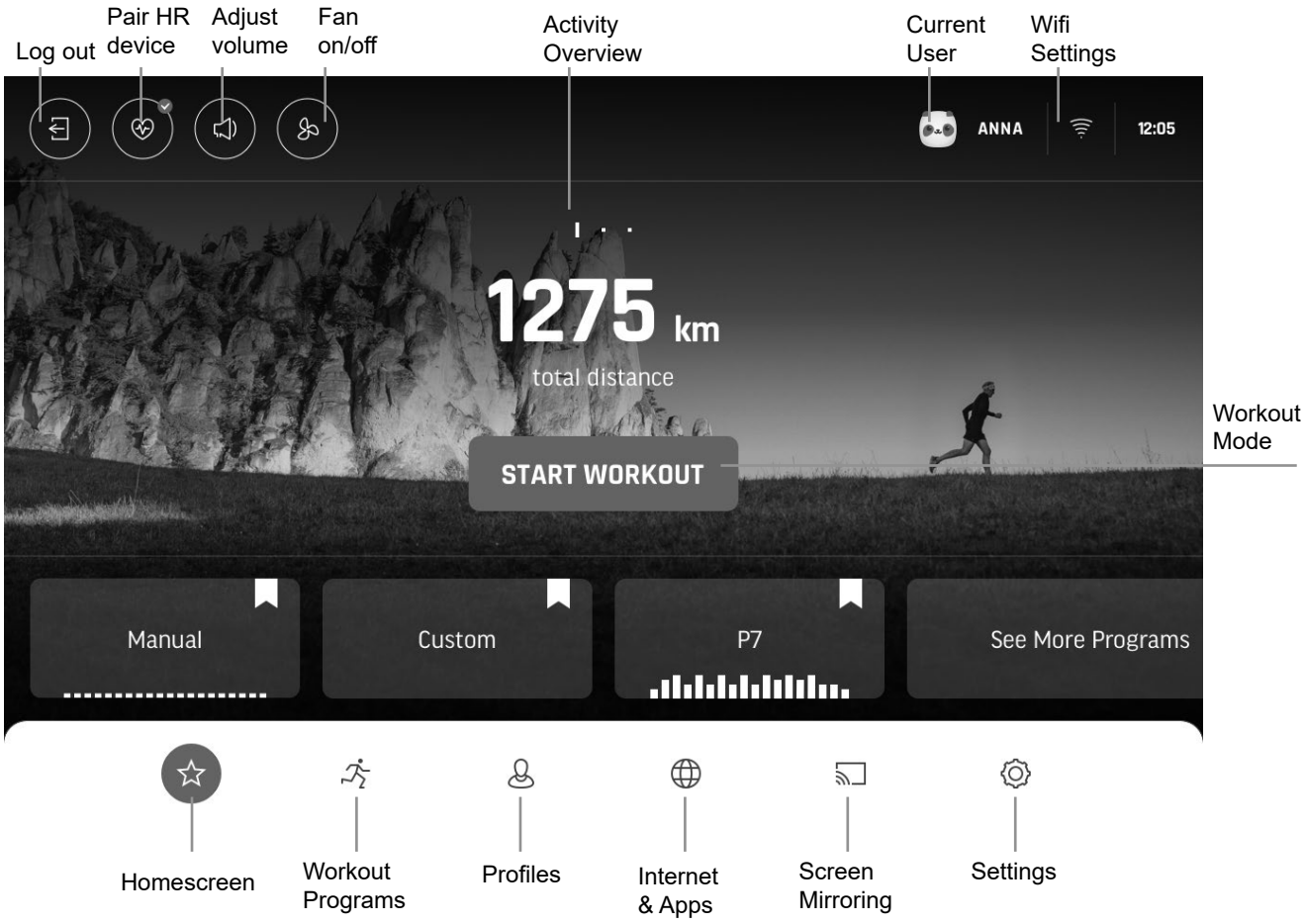
Set Up

Once the console is powered on, connect to the available WiFi network either pressing the Signal icon on the top right corner or from the **SETTINGS** menu on the bottom right corner. Without WiFi, saving workout data to the cloud, using apps and casting content will not be available. If WiFi connection is skipped, please set data and time manually. If you change your mind later, you can always find WiFi settings in the bottom right corner on the screen.

Choose “Guest” user or create yourself a profile to get more personalized experience. Maximum of 9 profiles can be created. Find more about profiles in “Profile”.

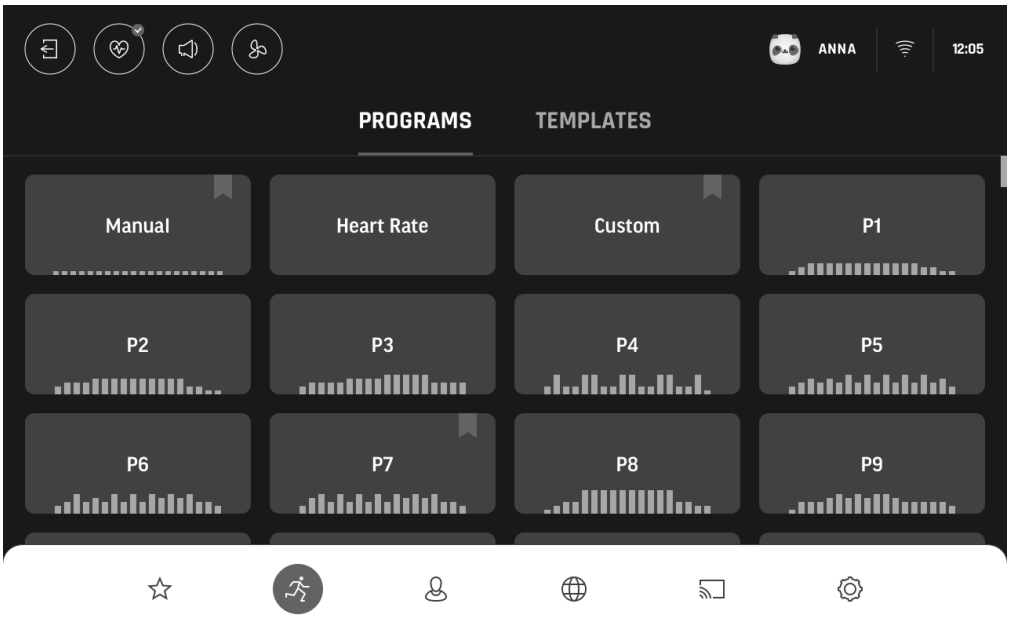
Homescreen

The Homescreen provides activity overview and suggests shortcuts to the training options. If in Guest mode, you can provide your physical data here, which will help the machine more accurately calculate your workout summary. Use scales or arrows to adjust your age and weight.
Start Workout button starts the workout immediately.

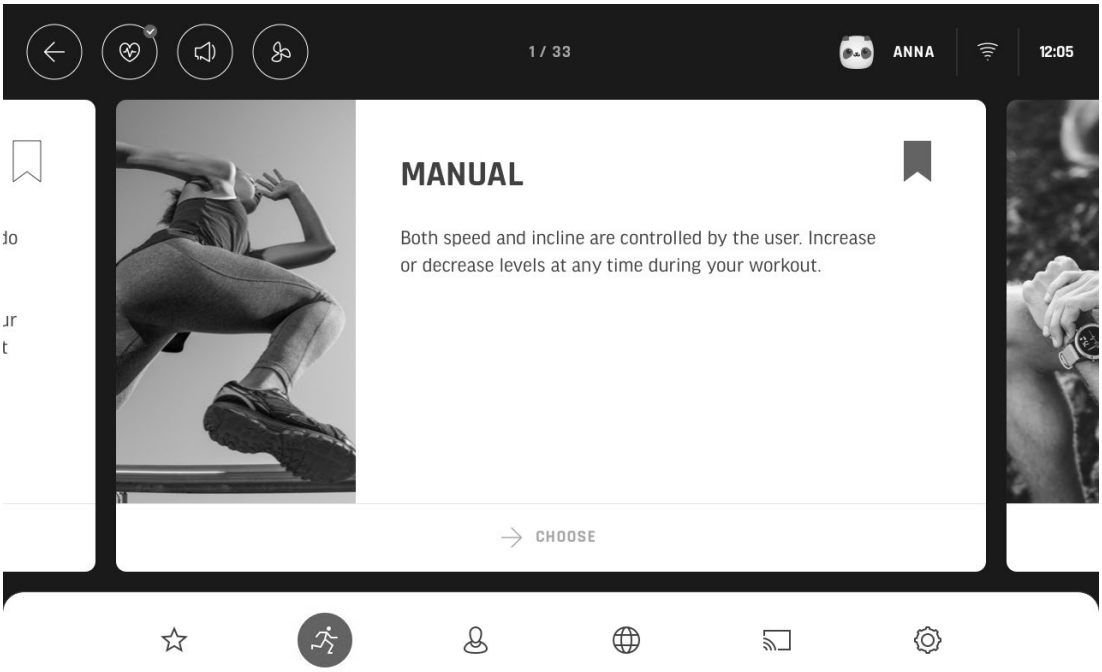


Workout Programs

In this section, there are 2 program categories available: **Programs** (programs with predefined speed and incline changing profiles) and **Templates** (regular programs, saved with your personal adjustments).Tap on the workout categories to switch between them. To get more info on each program, tap on the program preview. In this mode you can scroll to the side to see all the programs descriptions of the selected category. Press **CHOOSE** to select and adjust a program.



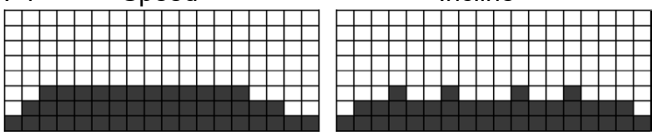
MANUAL program requires a time frame set before starting. Use the scale or arrows to adjust target time. Speed and incline are adjusted manually while running. Press **START** to begin workout.



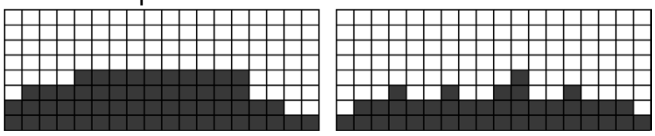
Preset Program Displays

P1 to P30 programs have speed and incline changing profiles, which you can find on the program preview. Time and maximum speed settings are required. Once you choose your maximum speed, the program intensity will adapt accordingly. Press **START** to begin workout.

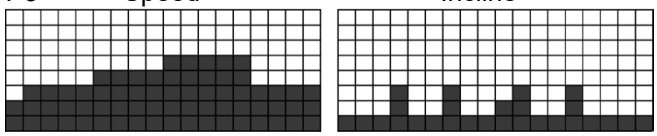
P1 Speed Incline



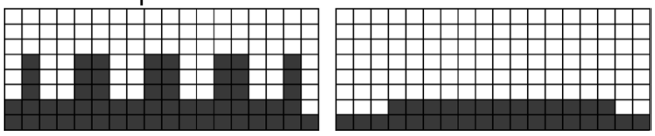
P2 Speed Incline



P3 Speed Incline



P4 Speed Incline



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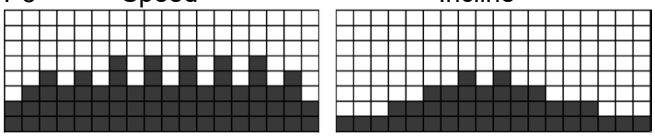

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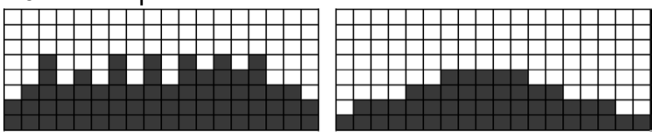

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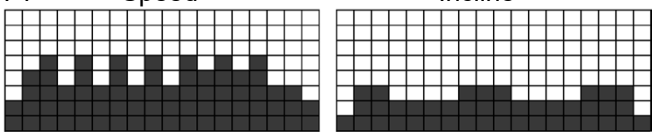

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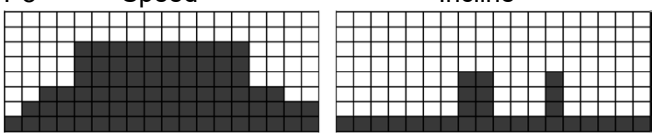

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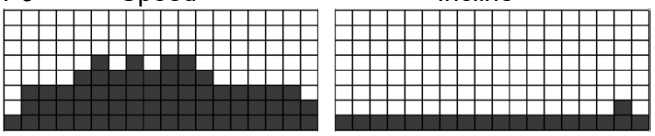

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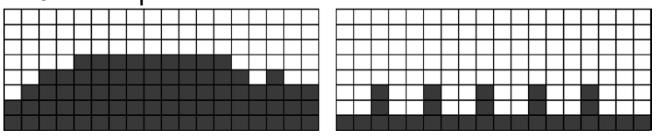

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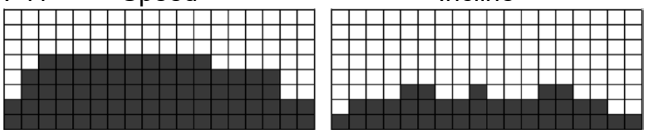

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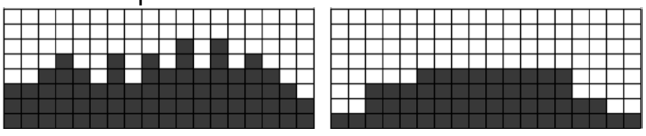

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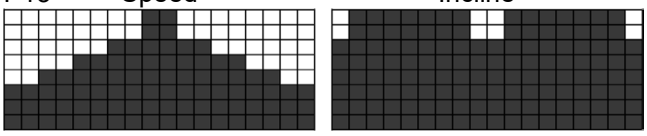

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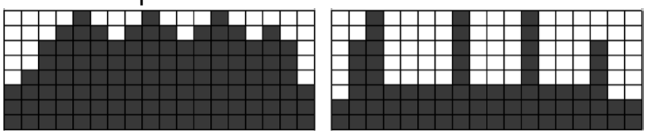

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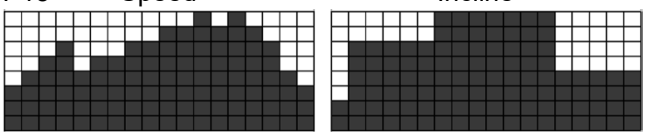

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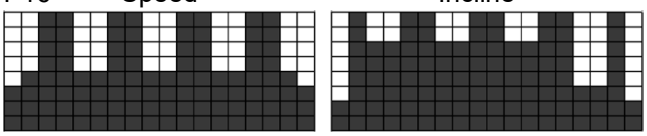

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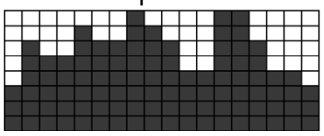

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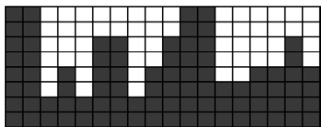

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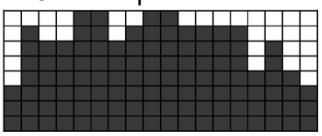

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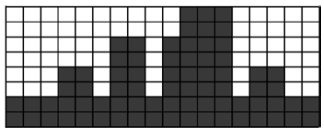

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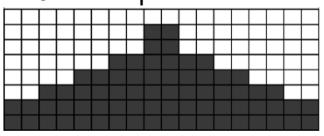

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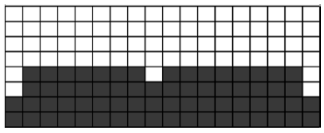

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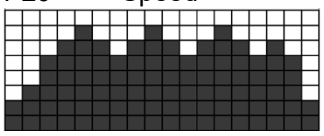

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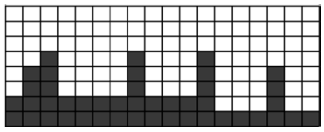

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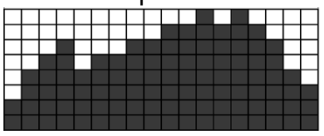

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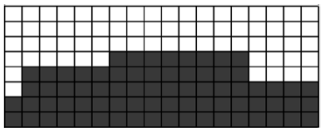

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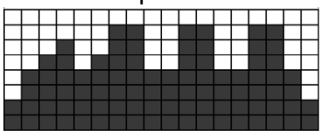

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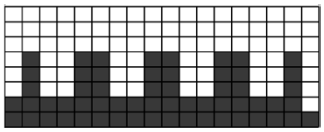

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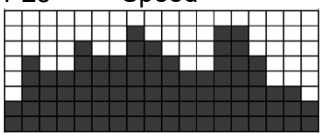

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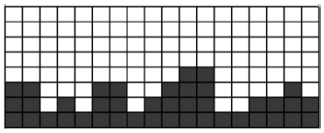

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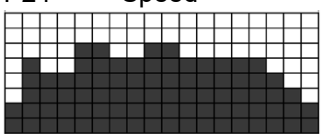

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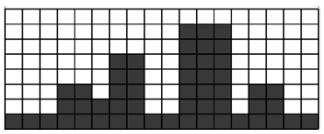

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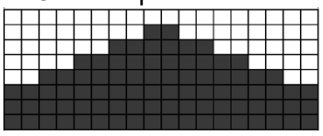

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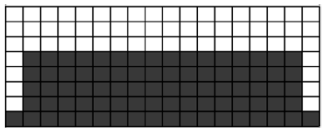

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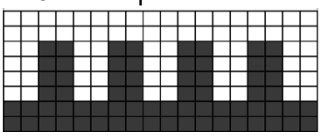

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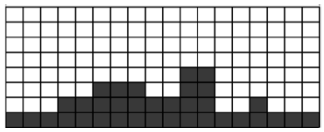

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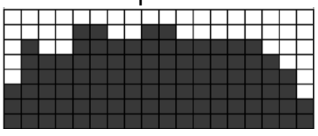

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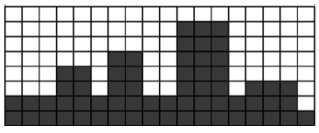
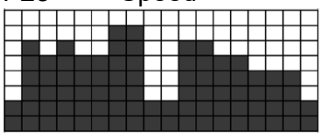


P28 Speed



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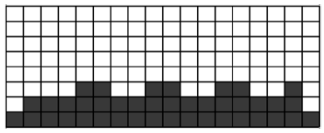

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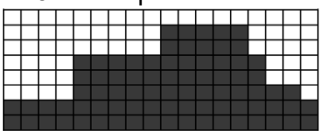

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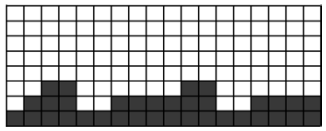

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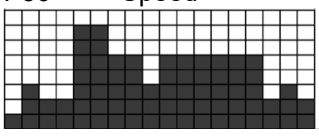
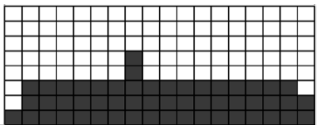
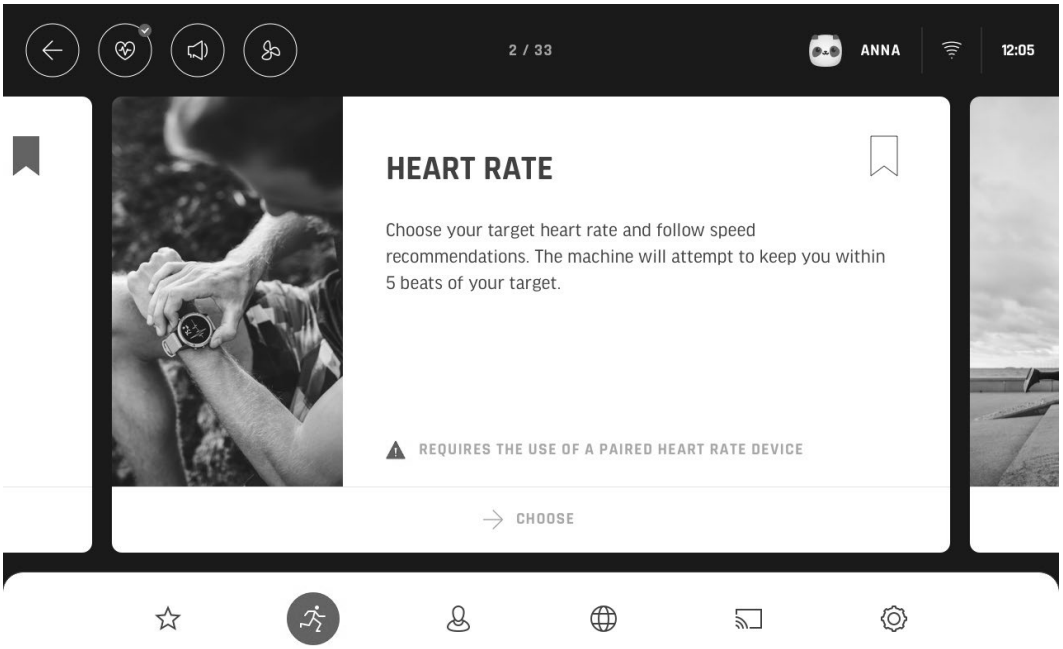


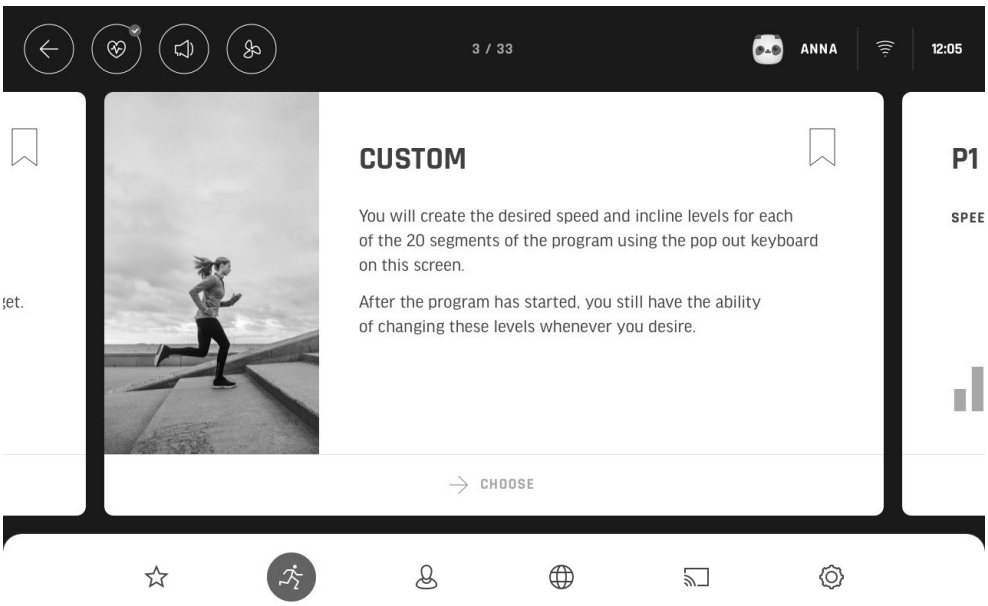
Incline



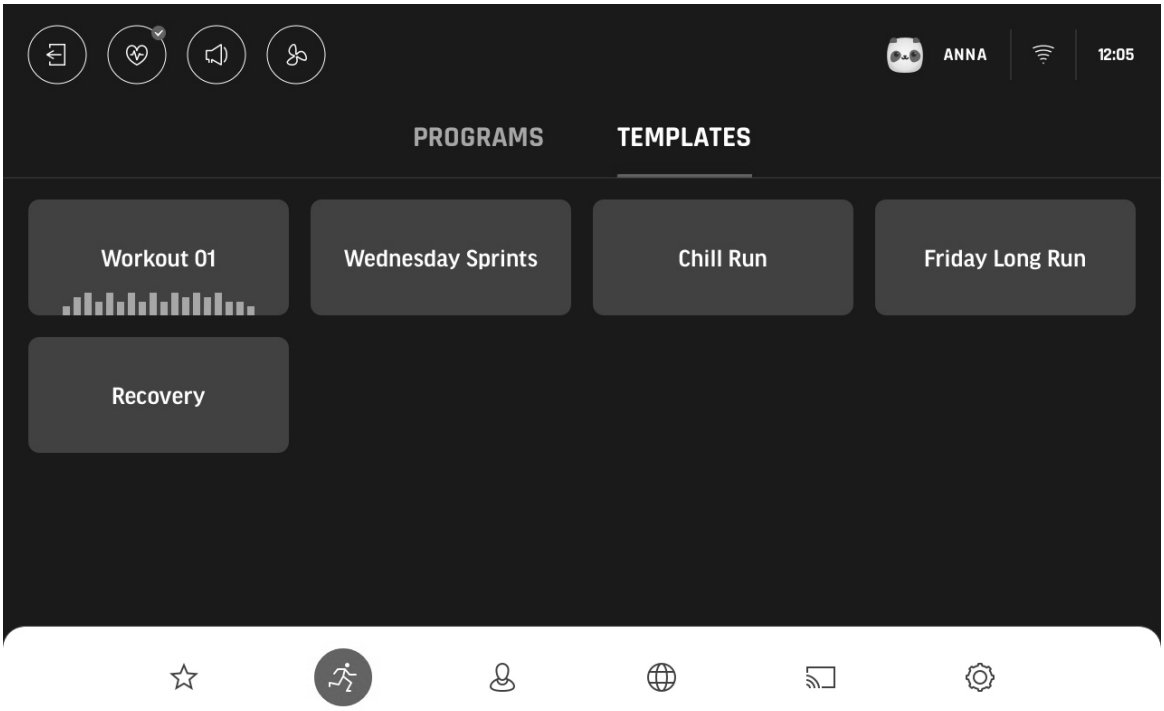
HEART RATE program will calculate your maximum heart rate based on your age. Set the target time for your workout, then adjust your speed manually while running in order to maintain the target heart rate. Incline will be controlled by the treadmill automatically. A HR monitoring device is required. The program is finished if the time is up, or if your HR is 20% higher than target.



CUSTOM program allows to create customized speed and incline changing profile by sliding up and down on the profile columns. Once the profile is defined, choose target time and maximum speed, so the intensity adapts accordingly. Every program can be saved as a template once adjusted or once completed. Press **Save as** to save the program with the current settings. You can manage saved programs in **TEMPLATES**. To delete a template, tap on it, then press **Delete** in the top right corner. A maximum of 12 template programs can be stored. A Template program is only available to a user who created it.

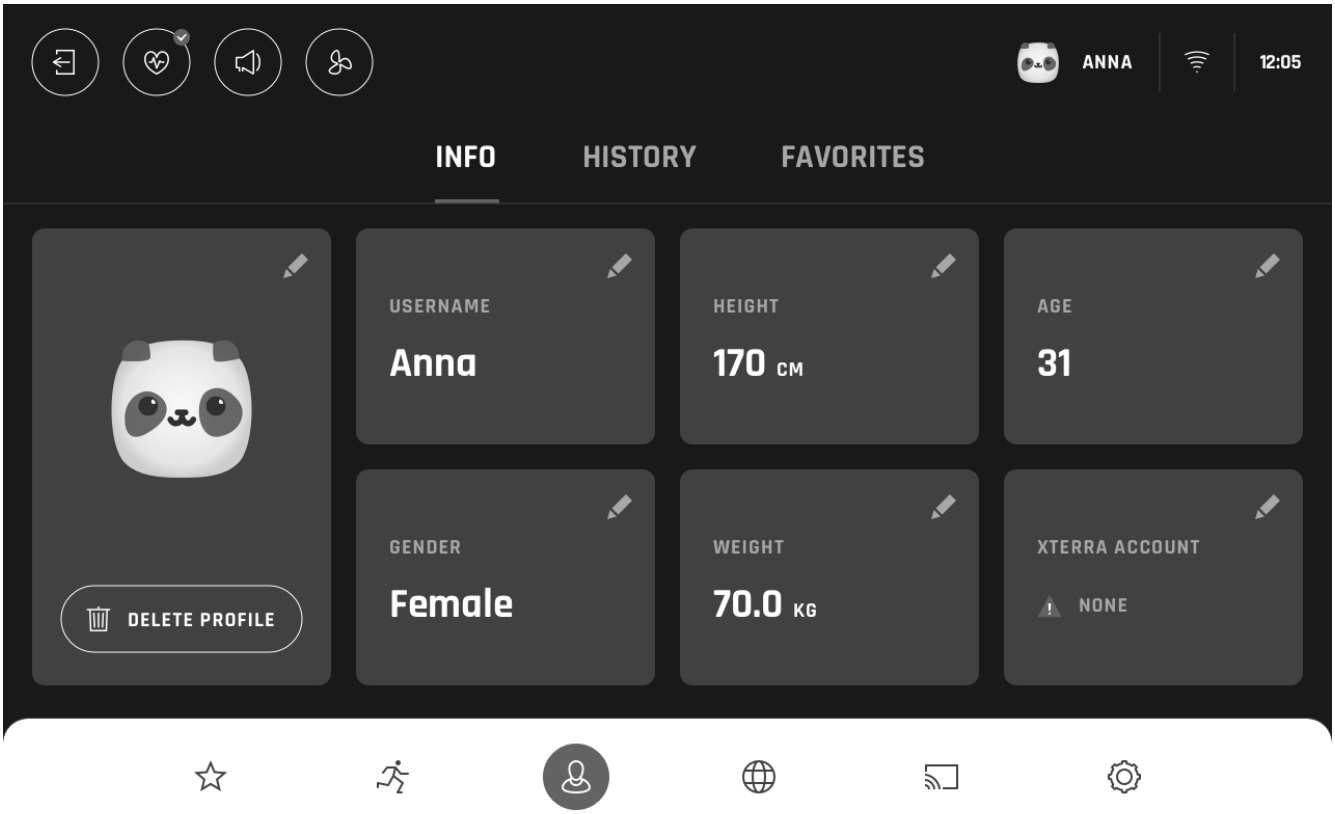


Any program can be labeled as **FAVORITE**. Favorite programs appear on the Homescreen, so you can access them anytime you want.



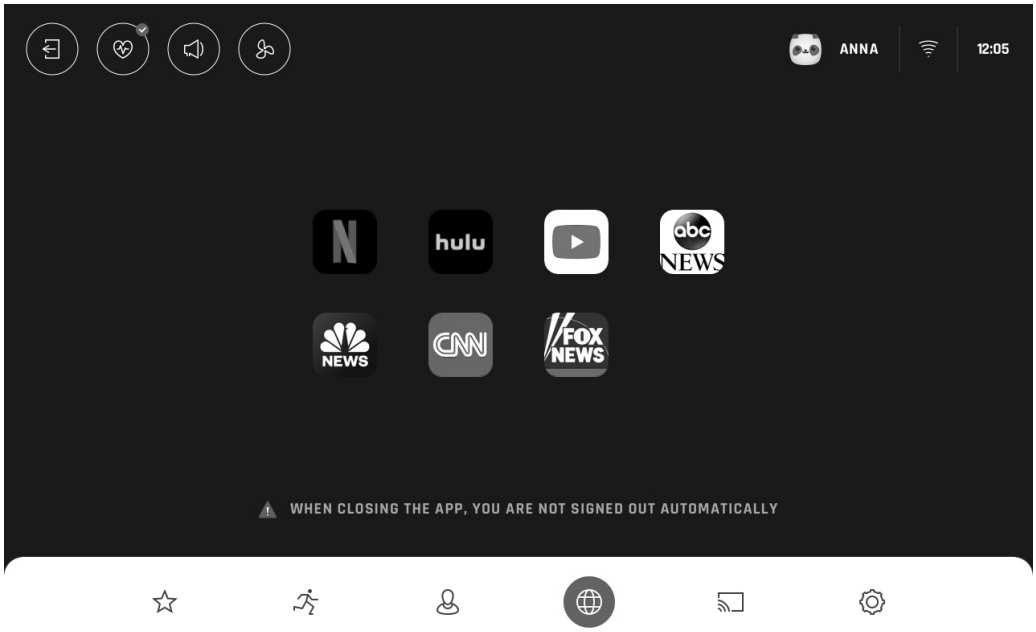
Profile

To create a new profile, press + button on the starting screen. If you already have a XTERRA APP ACCOUNT, you can scan the QR code appearing on the screen. This action will not only upload your already existing personal info to the machine, but also link two profiles together, so your workout history will be fully displayed in the XTERRA app. One XTERRA app account cannot be linked to multiple profiles on one machine.
If you do not have a XTERRA account, press the **I DON'T** button to continue and build one by filling in the form.
There are 3 tabs in the Profile section: Info, History, and Favorites. Creating a profile lets your machine remember your physical data, so you don't need to provide it every time you want to work out. Your personal data can be found in the **INFO** tab. To edit, tap on any information field and make changes, then press **Save**. If you haven't linked your XTERRA account to the local machine profile, you can also do it here by pressing "XTERRA Account" field.
Ten records of the latest activity can be found in **HISTORY** tab. Workout history only shows work- outs that were completed by the current user. Tap on the record preview for details.
All the records are available in the Xterra app account, if the profile is linked to the XTERRA app account. **FAVORITES** tab is where all the programs that were labeled as favorites by the current user can be seen and deleted.
Different users can choose different unit systems, select their personal favorite programs and save their own templates.



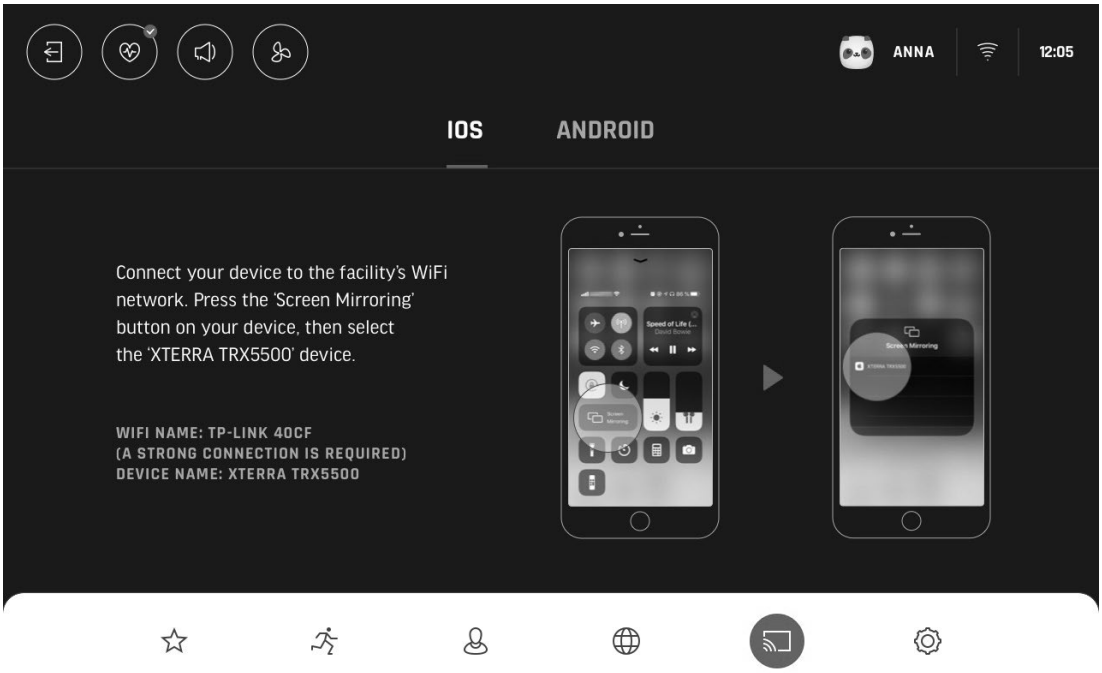
Internet & Apps

In this section there are a variety of third party apps to keep you entertained during your workout. To use them, connect to the WiFi and choose the app icon. Press ⤨ to enter full screen mode. Press ⤩ to exit full screen mode. Press ⌂ to choose another app.



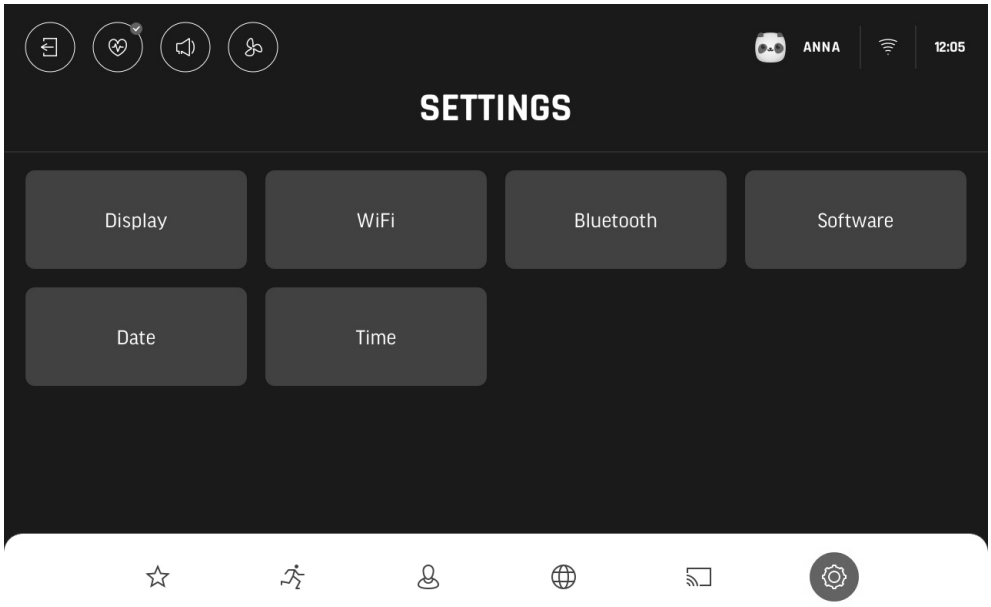
Screen Mirroring

To display various content from your smartphones or tablets on the machine console, open this section and follow the instructions provided, depending on whether you use an iOS or an Android device. Once the mirroring has started, press ⤨ to enter full screen mode. Press ⤩ to exit full screen mode.



Settings

- Tap on **WIFI** for internet connection settings.
- Tap on **DATE** or **TIME** to change the machine time settings. The time and date settings define the time information in the workout summary. Both 12 and 24 hours formats are available.
- Tap on **SOFTWARE** to check the current software version or to update, if a new one is available. Press **Update** to upload and install the latest version. Be sure to be connected to the Internet.
- Tap on **DISPLAY** to adjust the brightness of the screen.
- Tap on **BLUETOOTH** to pair with the Bluetooth devices including the Bluetooth type of chest straps, earphones, or speakers.

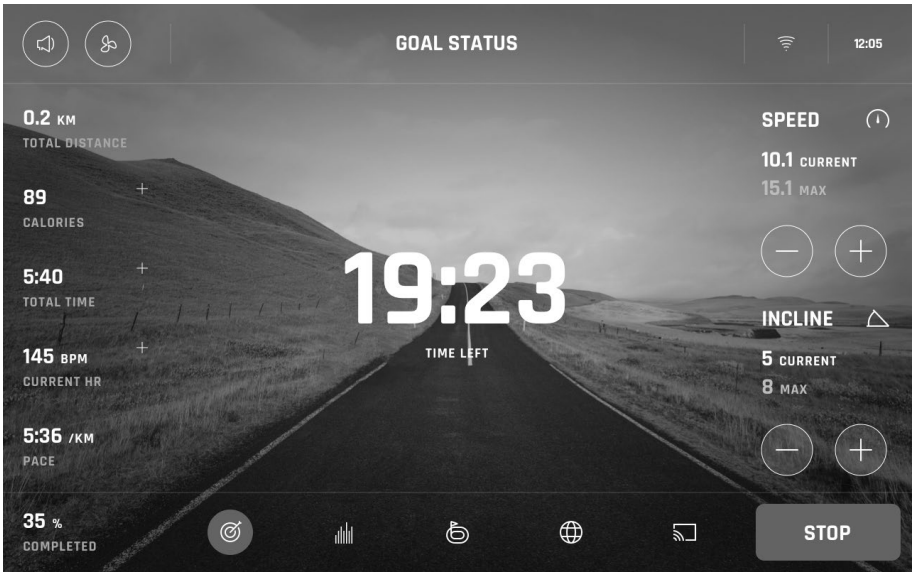


Workout Views

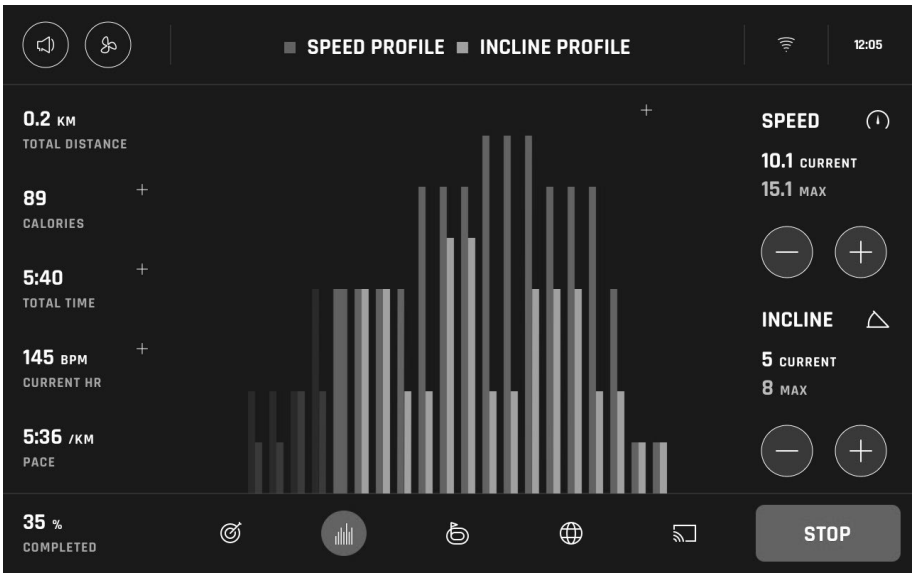
Once the workout has started, after the short countdown the console will appear in its workout mode. Warm-up and cool-down phases may be skipped by pressing **Skip**.
The panel on the left is fixed and shows your current **WORKOUT STATS**. More related stats can be revealed by pressing on the + icon. **SPEED AND INCLINE CONTROLS** can be adjusted by tapping on arrows in the right panel. The icons on the top panel are the tools available during your workout: volume, fan and WiFi. When the workout is paused, you can also access HR device pairing settings.
The bottom panel is with 3 views from the left to the right:

- **GOAL VIEW** displays the parameter that defines your workout finish (for example, for profile programs it is time counting down; for distance programs it is distance left).
- **PROFILE VIEW** shows your workout profiles and your current position in them.
- **TRACK VIEW** helps to imagine yourself making laps on a 1/4 mile track and shows your progress depending on distance covered.
- **INTERNET** and **SCREEN MIRRORING** work the same way as in non-workout mode. To pause or finish the workout, press **Stop** on the bottom right corner.

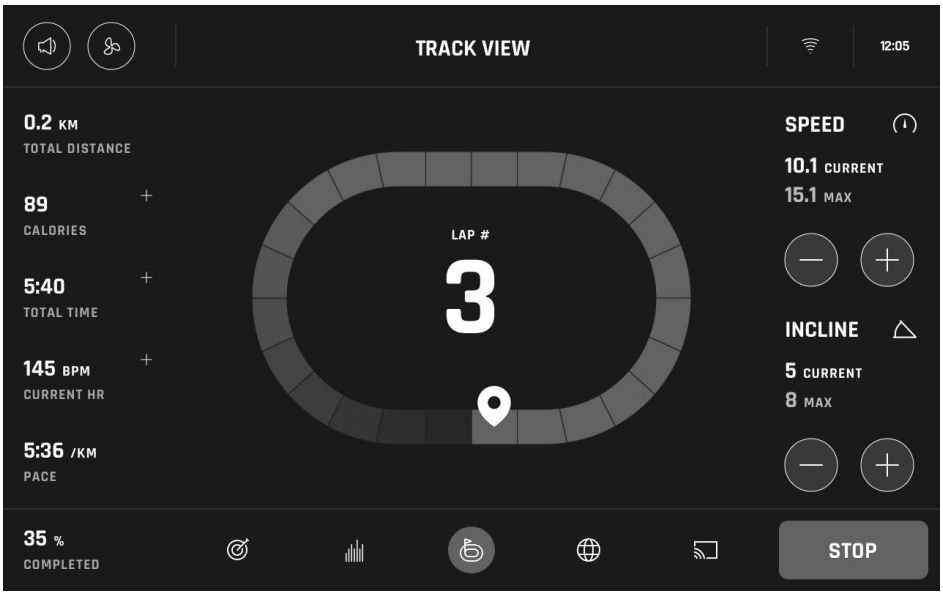
Goal View:



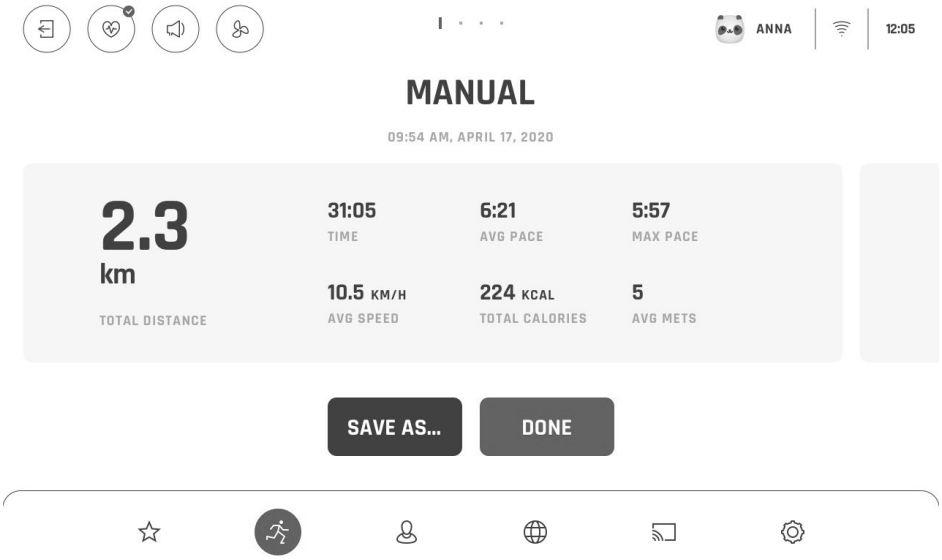
Profile View:



Track View:



After the workout is finished, the workout summary will appear. Slide to the left to get more details or press **Done** to go back to the Home screen. You can also save the completed program as a template from here, if you press **Save as** button. The workout record will appear in History tab of the Profile section.

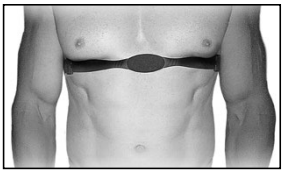


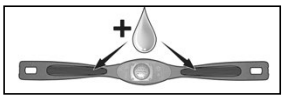
Charge Portable Devices with USB port

USB Port Charging function:
Charge your personal device during your workout using the fitness equipment's on-console USB port. To charge your mobile electronics make sure the fitness equipment power is on.

Step 1: Connect your USB charging cable (not included) to the USB Power Port and to your device.
Step 2: Check to make sure your device icon indicates it is charging.

NOTE:
* USB charging cable is not included, make sure compatible USB charging cable is being used.
**The USB port on the console is capable of powering USB devices. It provides up to 5Vdc/1.0 amp of power and meets USB 2.0 regulations. You will not be able to save your workout data to a USB via this port; it is used for charging purposes only.





Wearing the Chest Strap

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centered in the middle of your torso facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter directly below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter directly on bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, wet the areas of the shirt that the electrodes will rest upon.

Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours).

Erratic Operation

Caution! Do not use this treadmill for Heart Rate programs unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look for interference which may cause erratic heart rate:

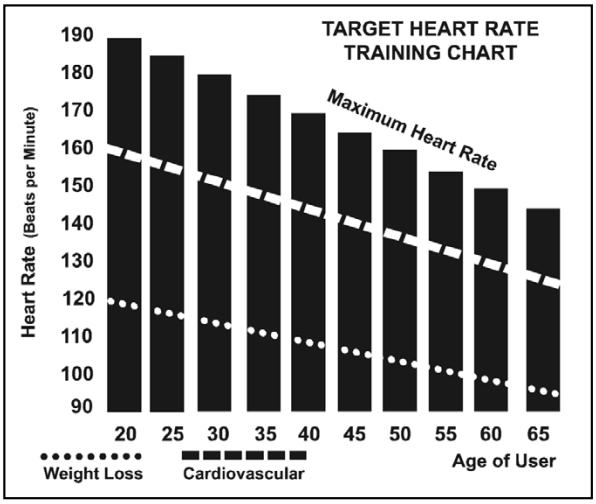
1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the XTERRA Fitness logo is right side up.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact XTERRA Fitness.

Heart Rate

The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR)for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage of your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 65% of your MHR is the recommended for burning fat while 85% is recommended for strengthening the cardio vascular system. This 65% to 85% is the zone to stay in for maximum benefit.



For someone who is 40 years old their target heart rate zone is calculated:
220 – 40 = 180 (maximum heart rate)
180 x .65 = 117 beats per minute (65% of maximum)
180 X .85 = 153 beats per minute (85% of maximum)
So for a 40 year old the training zone would be 117 to 153 beats per minute.

If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate programs. After calculating your MHR you can decide upon which goal you would like to pursue.

The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines’ goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 85% or 65%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With this XTERRA Fitness treadmill you may use the heart rate monitor feature without using the Heart Rate program. However, when using the heart rate monitor feature in conjunction with the Heart Rate programs, the machine will automatically adjust speed or incline to maintain the desired heart rate.

Rate of Perceived Exertion

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate all contribute to the intensity at which you should workout. If you listen to your body it will tell you all of these things.

The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

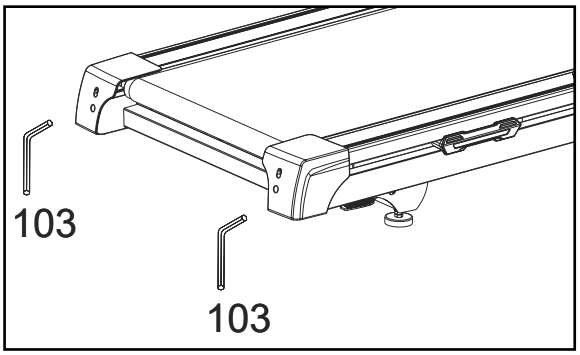
The scale is as follows:

Rating Perception of Effort

6 Minimal
7 Very,very light
8 Very,very light +
9 Very light
10 Very light +
11 Fairly light
12 Comfortable
13 Somewhat hard
14 Somewhat hard +
15 Hard
16 Hard +
17 Very hard
18 Very hard +
19 Very,very hard
20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending on the factors discussed earlier. If your body is strong and rested, you will feel strong and your pace will feel comfortable. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel difficult. Again, this will show up in your RPE and you will train at the proper level for that day.

Treadbelt Tracking Adjustment



The treadmill is designed so that the tread-belt remains reasonably centered while in use. It is normal for some belts to drift near one side while in use, depending on a user's gait and if they favor one leg. But if during use the belt continues to move toward one side, adjustments are necessary.

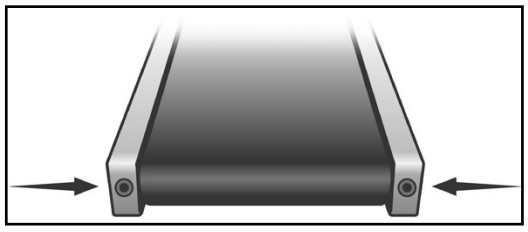
SETTING TREAD-BELT TRACKING
An 6mm Allen wrench is provided for this adjustment. Make tracking adjustments on the left side bolt. Set belt speed at 3 mph. Be aware that a small adjustment can make a dramatic difference which may not be apparent right away. If the belt is too close to the left side, then turn the bolt only a 1/4 turn to the right (clockwise) and wait a few minutes for the belt to adjust itself. Continue to make 1/4 turns until the belt stabilizes in the center of the running deck.

If the belt is too close to the right side, turn the bolt counter-clockwise. The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users may affect tracking differently. Expect to make adjustments as required to center the tread-belt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills.

ATTENTION
Damage to the running belt resulting from improper tracking / tension adjustments is not covered under the XTERRA Fitness warranty.

General Cleaning

Dirt, dust, and hair can block air inlets and accumulate on the running belt. Please vacuum underneath your treadmill on a monthly basis to prevent excess build-up of dirt that can get sucked up and get into the inner workings under the motor cover. Every other month, you should remove the motor cover and carefully vacuum out dirt and hair that may accumulate.
UNPLUG THE POWER CORD BEFORE THIS TASK.



Belt Adjustments

Tread-belt Tension Adjustment - Belt tension is not critical for most users. It is very important though for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the rear roller with the 6mm Allen wrench provided in the parts package. The adjustment bolts are located at the end of the step rails as shown in the diagram below.

Tighten the rear roller only enough to prevent slippage at the front roller. Turn the tread-belt tension adjusting bolts 1/4 turn each and inspect for proper tension by walking on the belt and making sure it is not slipping or hesitating with each step. When an adjustment is made to the belt tension, you must be sure to turn the bolts on both sides evenly or the belt could start tracking to one side instead of running in the middle of the deck.

DO NOT OVERTIGHTEN – Over tightening will cause belt damage and premature bearing failure. If you tighten the belt a lot and it still slips, the problem could actually be the drive belt - located under the motor cover - that connects the motor to the front roller. If that belt is loose it feels similar to the walking belt being loose. Tightening the motor belt should be done by a trained service person.

Belt/Deck Lubrication Procedure

To ensure the longevity and proper function of your treadmill, proper belt maintenance is required. You should regularly check between the treadmill belt and the top of the treadmill base for proper lubrication, and to ensure that no dirt or debris has become trapped. Keeping the deck clean and lubricated at the recommended intervals ensures the longest life possible for your treadmill. Should lubrication dry out, or dirt become trapped, the friction between the belt and deck increases. Increased friction places undue stress on the drive motor, drive belt, and electronic motor control board which could result in catastrophic failure of these essential, expensive components.

Failure to clean and lubricate the deck at regular intervals may void the warranty.

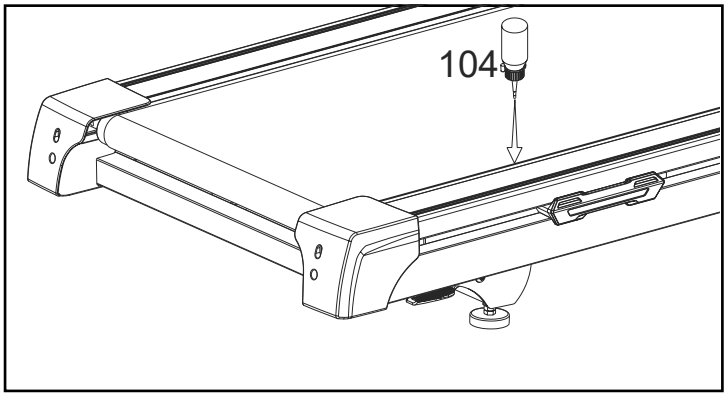
As a part of your routine maintenance schedule, belt lubrication and cleaning should be performed every 80 hours of use, or earlier if you notice that the deck is dry or dirty. Please also be sure to check belt lubrication before first use. Do not lubricate with anything other than XTERRA Fitness approved lubricant. Your treadmill comes with one tube of treadmill belt lubricant. Extra tubes can be ordered directly from: www.xterrafitness.com, or by calling our customer service department at (870)336-4286.

Regularly check belt lubrication by completing the following steps:

1. Ensure that your machine is off, and that the power cord is unplugged to minimize risk of injury.
2. Reach between the running belt and the top of the treadmill base to verify that lubrication is present.

To lubricate your treadmill belt:

1. Ensure that your machine is off, and unplugged to minimize risk of injury.
2. Reach between the belt and the top of the treadmill base to verify that lubrication is present.
3. While kneeling beside your treadmill deck, use one hand to hold the treadmill belt up and away from the treadmill base just enough so you can use your other hand to reach the lubrication underneath.
4. Starting about 1 foot from the motor cover, begin applying ½ of your lubricant bottle in a long “S” pattern about 4-6” from one edge.
5. Repeat steps 3 and 4 on the opposite side using the remaining ½ of the lubricant bottle.
6. Plug the treadmill power cord back in, and turn the power switch back on.



7. Walk on the belt at a moderate speed for 5 minutes to evenly distribute the lubricant along the treadmill belt and deck.
8. Your treadmill belt is now lubricated. Normal use can resume.

To clean your treadmill belt:

1. Ensure that your machine is off, and that the power cord is unplugged to minimize risk of injury.
2. Grab one edge of the treadmill belt, and lift slightly to expose the area between the top of the treadmill base and the running belt.
3. Do a visual check for any dirt or debris accumulation.
4. Should dirt and debris be present, slide a towel or cleaning cloth between the treadmill belt and top of the treadmill base until you can grasp one end on each side. (The cleaning cloth should be longer than the running belt is wide to achieve this.)
5. Using both hands, drag the cleaning cloth up and down the length of the treadmill base 1-2 times.
6. For excessive dirt accumulation, rotate the belt halfway, and repeat step 5. Continue until your cleaning cloth is no longer picking up any dirt.
7. Remove cleaning cloth from treadmill before plugging back in.

Using the XTERRA APP

In order to help you achieve your exercise goals, your new exercise machine comes equipped with a Bluetooth® transceiver that will allow it to interact with selected phones or tablet computers via the Xterra App. Just download the free Xterra App from the Apple Store or Google Play, and then follow the instructions in the App to sync with your exercise machine. Now you can view current workout data in three different Display screens on your device. You can also easily switch back and forth from the workout display view to internet/social media / email sites via icons on the display screen. When your workout is finished, the data is automatically saved to the built-in personal calendar for future reference.

The Xterra App also allows you to sync your workout data with one of many fitness cloud sites we support with more to come. Syncing the App with your exercise machine:

1. Download the App.
2. Open the App on your device (phone or tablet) and make sure Bluetooth® is enabled on your device(phone or tablet).
3. In the App click the icon in the top left corner to search for your Xterra equipment.
4. After the equipment is detected, click Connect. When the App and equipment are synced, the Bluetooth® icon on the equipment's console display will light up. You may now start using your new Xterra product.
5. When you workout is finished, the data is automatically saved and you will be prompted to sync your data with each available fitness cloud site. Please note you will have to download the applicable compatible fitness App in order for the icon to be active and available.

Note: Your device will need to be running on a minimum operating system of iOS 13.1 or Android 8.0 for the Xterra App to operate properly.

User Notes:

1110708AM0858

PARTS LIST

Part Number	Part Description	Qty per unit
1	Main Frame	1
2	Frame Base	1
3	Incline Bracket	1
4	Right Upright	1
5	Left Upright	1
6	Console Support	1
7	Outer Slide	1
8	Inner Slide	1
9	Handrail Support	1
10	Incline Motor	1
11	Drive Belt	1
12	Motor Bracket	1
13	Drive Motor	1
14	Running Belt	1
15	Running Deck	1
16	Front Roller W/Pulley	1
17	Rear Roller	1
18	Deck Cross Brace	2
21	Console Assembly	1
21-01	Console Top Cover	1
21-02	Console Outer Cover	1
21-03	Console Inner Cover	1
21-05	Square Magnet Stop Plate	2
21-06	Drink Bottle Holder	2
21-07	Wind Duct	1
21-08	USB charging module	1
21-12	Safety Switch Module W/ Cable	1
21-13	Console Display Board	1
21-14	Key Board (L)	1
21-15	Speaker Grill Anchor	6
21-16	250m/m_Speaker W/Cable	1
21-17	500m/m_Speaker W/Cable	1
21-19	Key Board (R)	1
21-20	1000m/m_Handpulse Wire (Upper)	1
21-21	1000m/m_Handpulse Wire (Upper)	1

Part Number	Part Description	Qty per unit
21-22	Sound Board	1
21-23	2.3 × 6m/m_Sheet Metal Screw	12
21-24	3 × 10m/m_Sheet Metal Screw	19
21-25/74	3.5 × 12m/m_Sheet Metal Screw	51
21-26	3.5 × 50m/m_Sheet Metal Screw	4
21-30	Ø22.2_Console Bracket Anchor	4
21-31	Ø32_Console Bracket Anchor	2
21-32	Fan Assembly	1
21-34	Receiver, HR	1
21-35	300m/m_Receiver Connecting Cable	1
21-36	Speaker Grill Anchor	2
21-37	400m/m_Console Ground Wire	1
23	End Cap	4
25	Motor Top Cover	1
26	Adjustment Base (L)	1
27	Adjustment Base (R)	1
28	Speed/Hand Pulse Complex	1
29	Incline/Hand Pulse Complex	1
30	Breaker	1
31	AC Electronic Module	1
32	Transportation Wheel	4
35	Cushion	6
37	1435m/m_Aluminum Foot Rail	2
38	Frame Base Cover (L)	1
39	Frame Base Cover (R)	1
40	Motor Cover Anchor(D)	5
43	Square End Cap	2
44	Square Safety Key	1
45	Power Socket	1
46	3/8" × 7T_Nut	3
47	Sensor Rack	1
48	Power Cord	1
49	300m/m_Connecting Wire (White)	1
50	300m/m_Connecting Wire (Black)	1
51	100m/m_Connecting Wire (Black)	1
52	Motor Controller	1
53	1200m/m_Computer Cable (Upper)	1
54	1250m/m_Computer Cable (Middle)	1

Part Number	Part Description	Qty per unit
55	1200m/m_Computer Cable (Lower)	1
56	1000m/m_Sensor W/Cable	1
58	1/2" × 1"_Hex Head Bolt	2
59	3/8" × UNC16 × 3-1/4"_Hex Head Bolt	1
60	Ø5/16" × 19 × 1.5T_Curved Washer	2
61	3/8" × 1-1/2"_Hex Head Bolt	1
62	3/8" × 3/4"_Hex Head Bolt	4
63	M8 × 60m/m_Hex Head Bolt	1
64	M8 × P1.25 × 12m/m_Hex Head Bolt	2
65	5/16" × 2-3/4"_Button Head Socket Bolt	2
66	3/8" × UNC16 × 1-3/4"_Hex Head Bolt	1
67	5/16" × 1-1/2"_Flat Head Socket Bolt	4
68	M10 × 25m/m_Socket Head Cap Bolt	2
69	M8 × 80m/m_Socket Head Cap Bolt	2
70	M8 × 25m/m_Flat Head Countersink Bolt	4
71	Motor Bottom Cover	1
72	5/16" × 1/2"_Button Head Socket Bolt	2
73	5 × 16m/m_Tapping Screw	5
75	1/2" × 8T_Nylon Nut	2
76	3/8" × 7T_Nylon Nut	2
77	5/16" × 7T_Nylon Nut	5
78	M8 × 7T_Nylon Nut	1
79	Ø10 × 2.0T_Split Washer	4
80	Ø8 × 1.5T_Split Washer	8
81	Ø5 × 1.5T_Split Washer	5
82	Ø3/8" × Ø19 × 1.5T_Flat Washer	6
83	Ø3/8" × Ø25 × 2.0T_Flat Washer	4
84/100	Ø5/16" × Ø18 × 1.5T_Flat Washer	13
85	Nylon Washer (B)	2
86	Nylon Washer (A)	2
87	Ø25 × Ø20 × Ø16 × Ø5 × 4.5H × 1.1T_Concave Washer	8
88	M5_Star Washer	5
89	Ø5 × 32m/m_Tapping Screw	2
90	13m/m_Wrench	1
91	4 × 12m/m_Sheet Metal Screw	12
92	Belt Guide	2
93	Ø5 × 16m/m_Tapping Screw	38
94	Ø10 × Ø25 × 0.8T_Nylon Washer	2

Part Number	Part Description	Qty per unit
95	Cylinder	1
96	M8 × 50m/m_Flat Head Countersink Bolt	4
97	Handlebar Cover (Top)	2
98	Handlebar Cover Outer (L)	1
99	5/16"× 3/4"_Hex Head Bolt	8
102	M5_Allen Wrench Head Screw Wrench	1
103	M6_L Allen Wrench	1
104	Lubricant	1
105	Adjustment Foot Pad	2
106	Handlebar Cover Inner (L)	1
107	Front Inner Handlebar Cover (L)	1
108	Handlebar Cover Outer(R)	1
109	Handlebar Cover Inner (R)	1
110	Front Inner Handlebar Cover (R)	1
111	3.5 × 16m/m_Tapping Screw	7
112	Wire Tie Mount	5
113	Top Motor Cover Plate	1
114	1000m/m_Speed Cable (Upper)	1
115	1000m/m_Incline Cable (Upper)	1
125	5/16" × 3/4"_Button Head Socket Bolt	8
126	M5 × 15m/m_Phillips Head Screw	6
127	M10 × 8T_Nylon Nut	2
128	M5 × 10m/m_Phillips Head Screw	5
130	Wire Clamp	1
140	4 × 25m/m_Sheet Metal Screw	2
141	Foot Rail Back Plate	2
143	Chest Strap	1
151	400m/m_Audio Cable	1
152	Controller Back Plate	1
153	3 × 8m/m_Sheet Metal Screw	6
155	Link	1
156	Link Shaft	1
157	Shaft Bushing	2
158	Fastening Bracket	2
159	Clevis Pin	1
160	Fastening Bushing	1
161	Dual Torsion-Spring	1
162	Release Lever	1

Part Number	Part Description	Qty per unit
163	Ø1.8_ChenChin Torsion-Spring	1
164	Ø2_Steel Cable Tension Spring	1
165	Steel Cable	1
166	M3 × 10m/m_Phillips Head Screw	1
167	M5 × 20m/m_Phillips Head Screw	1
168	5/16" × UNC18 × 42m/m_Button Head Socket Bolt	1
169	M5 × 5T_Nylon Nut	1
170	M3 × 2.5T_Nut	1
171	Ø5 × Ø10 × 1T_Flat Washer	2
172	Ø5 × Ø13 × 1.0T_Flat Washer	1
173	M3_Split Washer	1
175	Cushion Spacer	4
176	400m/m_Ground Wire	1
177	Filter	1
178	200m/m_Connecting Wire (White)	1
179	200m/m_Connecting Wire (Black)	1
186	Ø40 × 3T_Nylon Washer	2
187	Ø1/2" × 2.0T_Split Washer	2
188	Ø10 × 1.5T_Split Washer	2

Manufacturer's Limited Warranty

Effective March 20, 2024- Treadmill LIMITED WARRANTY

XTERRA Fitness Inc. warrants all its home use treadmill parts for a period of time listed below, from the date of retail sale, as determined by a sales receipt or in the absence of a sales receipt, eighteen (18) months from the original factory shipping date. XTERRA Fitness's responsibilities include providing new or remanufactured parts, at XTERRA Fitness's option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by XTERRA Fitness directly to a consumer. The warranty period applies to the following components:

Home Use Limited Warranty

Warranty	**Frame**	**Motor**	**Deck**	**Parts**	**Labor**
Residential	Lifetime	Lifetime	5 Years	2 Years	1 Year

NORMAL RESPONSIBILITIES OF THE CONSUMER

This warranty applies only to products in ordinary household use, and the consumer is responsible for the items listed below:

1. The warranty registration card must be completed and returned to the address listed on the card within 10 days of the original purchase to validate the manufacturer's limited warranty.
2. Proper use of the treadmill in accordance with the instructions provided in this manual
3. Proper installation in accordance with instructions provided with the treadmill and with all local electric codes.
4. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house wiring.
5. Expenses for making the treadmill accessible for servicing, including any item that was not part of the treadmill at the time it was shipped from the factory.
6. Damages to the treadmill finish during shipping, installation or following installation.
7. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.
   Note: Some states do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for treadmill not requiring component replacement, or treadmill not in ordinary household use.
3. Damages caused by services performed by persons other than authorized XTERRA Fitness service companies; use of parts other than original XTERRA Fitness parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Products that are used as floor models.
7. Products that do not have a warranty registration card on file at XTERRA Fitness. XTERRA Fitness reserves the right to request proof of
   purchase if no warranty record exists for the product.
8. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
9. Product use in any environment other than a residential setting.

SERVICE

Keep your bill of sale. Twelve (12) months from the date on the bill of sale or eighteen (18) months from the date of factory shipping as determined by the serial number establishes the labor warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. You may also have other rights that vary from state to state. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized XTERRA Fitness dealer. OR
2. Contact your local authorized XTERRA Fitness service organization.
3. If there is a question as to where to obtain service, contact our service department at (870) 336-4286.
4. XTERRA Fitness' obligation under this warranty is limited to repairing or replacing, at XTERRA Fitness' option, the product through one of our authorized service centers. All repairs must be preauthorized by XTERRA Fitness. If the product is shipped to a service center freight charges to and from the service
   center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for shipping and handling charges. For in-home service, the customer will be responsible for a trip charge. There will be an additional trip charge if the customer is located over 100 miles from the nearest service center.
5. The owner is responsible for adequate packaging upon return to XTERRA Fitness. XTERRA Fitness is not responsible for damages in shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
6. For any further information, or to contact our service department by mail, send your correspondence to:

   XTERRA Fitness, Inc.
   P.O. Box 2037
   Jonesboro, AR 72402-2037

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by XTERRA Fitness, Inc. This warranty applies only in the 48 contiguous United States. NOTE: This does not include Alaska or Hawaii.

3000 Nestle Road Jonesboro, AR 72401 - Phone:870-336-4286 - Fax:870-935-7611

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