

Athletic

HOME USE

SKU: 04690 | 04691

TREADMILL ADVANCED - 610T PLUS

USER MANUAL



Thank you for purchasing an Athletic product!

It is with great pleasure that we offer you the opportunity, guidance and encouragement to practice aerobic and muscular exercises, getting like this, the physical preparation needed to feel good.

Athletic guarantees a reliable and modern product, produced with high technology for people who care about their well-being.

This manual covers the main information, the basic structure and the main operation and preventive maintenance. It will help you familiarize yourself with all the equipment functions, for you enjoy it for a long time.

Gracias por comprar un producto Athletic!

Es con gran placer que le ofrecemos, orientación, estímulo y oportunidad de practicar ejercicio aeróbico y muscular, ganando la preparación física necesaria para sentirse bien.

Athletic garantiza un producto confiable y moderno, producido con alta tecnología por personas que se preocupan por su bienestar.

Este manual cubre los datos clave, la estructura básica y principales procedimientos de operación y mantenimiento preventivo. Te ayudará a familiarizarse con todas las funciones del equipo para asegurar que usted disfrute de su producto por mucho tiempo.



ATTENTION / ATENCIÓN

Carefully read the safety and usage guidelines contained herein. Follow the guidelines for correct assembly of the product.

Caution: Do not push any objects into the openings of the product. Stay clear of moving parts.

Safety and security: it is the owner's responsibility to ensure that all users are properly informed about safety precautions, use, maintenance and care of the product.

Lee cuidadosamente las instrucciones de seguridad y uso contenidas en el presente documento. Sigue las instrucciones para el correcto montaje del producto.

Precaución: No introduzca ningún objeto en las aberturas del producto. Manténgase alejado de las piezas móviles.

Protección y seguridad: es responsabilidad del propietario asegurarse de que todos los usuarios estén bien informados sobre las precauciones de seguridad, uso, mantenimiento y cuidado del producto.



Inappropriate use for children and animals.

El uso inapropiado para los niños y los animales.



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Safety information

Read this manual before using the product and retain for future reference, avoiding heating risks, fire, electric shock or injury. It is the owner's responsibility to ensure that all users of the equipment are adequately informed of the safety precautions. If the equipment is not in perfect condition, call a technical assistant.

General Considerations

- Children should be supervised to ensure they do not play with the appliance.
- Place the treadmill on a level surface at least 30 cm away from any wall, keeping the back free of any obstacle.
- Unplug the unit when not in use and whenever perform maintenance.
- The lack of maintenance, preventive cleaning and periodic cleaning, can cause an increase in energy consumption.
- Make sure that the electrical installation (wiring, socket and breaker) which will connect the treadmill is sized to at least 10A.
- Very old sockets, loose or oxidized contacts must be replaced.
- Do not use stabilizers or extensions, or make amendments on the power cord, and never run the treadmill along with other equipment into the same outlet.
- When connecting the treadmill into the outlet, wait about 10 seconds before operating the monitor.
- The equipment can trigger the protection system (reducing the speed of the treadmill or even stopping it) when the user's weight is higher than specified for the product.
- Never permit more than one person on the treadmill at the same time.
- Consult your doctor before starting and during any exercise program. Special attention should be given to children, pregnant women, elderly, people with heart problems and people with disabilities.
- The heartbeat sensor is not a medical instrument. Several factors, including the user's movement, may affect the accuracy of the reading of the beats. The heartbeat sensor is a feature that only shows the general

trend of the heartbeat of a person. The amounts presented on the monitor are references. They can not be considered with sufficient accuracy for clinical evaluation.

- Keep away from equipment, children and pets, especially during use and do not enter or leave objects in equipment openings.
- Use appropriate sports clothing which might get caught in use/during use. Do not walk barefoot or in sandals.
- This device is not destined for use by persons whose physical or mental capacities are impaired, or lack of experience, unless they are supervised by responsible person
- If the power cord is damaged, do not substitute. You should contact Authorized Technical Assistance.

Observations

- A. Customer's responsibility are those resulting from unfounded judged call answering.
- B. No dealer or Authorized Technical Assistance is authorized to change these Terms or to make commitments on behalf of Manufacturer / Supplier.
- C. The Manufacturer / Supplier is not responsible for any accidents and their consequences arising from the violation of the original features or assembly outside the factory default of its products.

NOTE: The figures and photos in this manual are merely illustrative. This manual can illustrate optional that are not part of the equipment purchased. The Manufacturer / Supplier reserves the right to make changes without notice this.

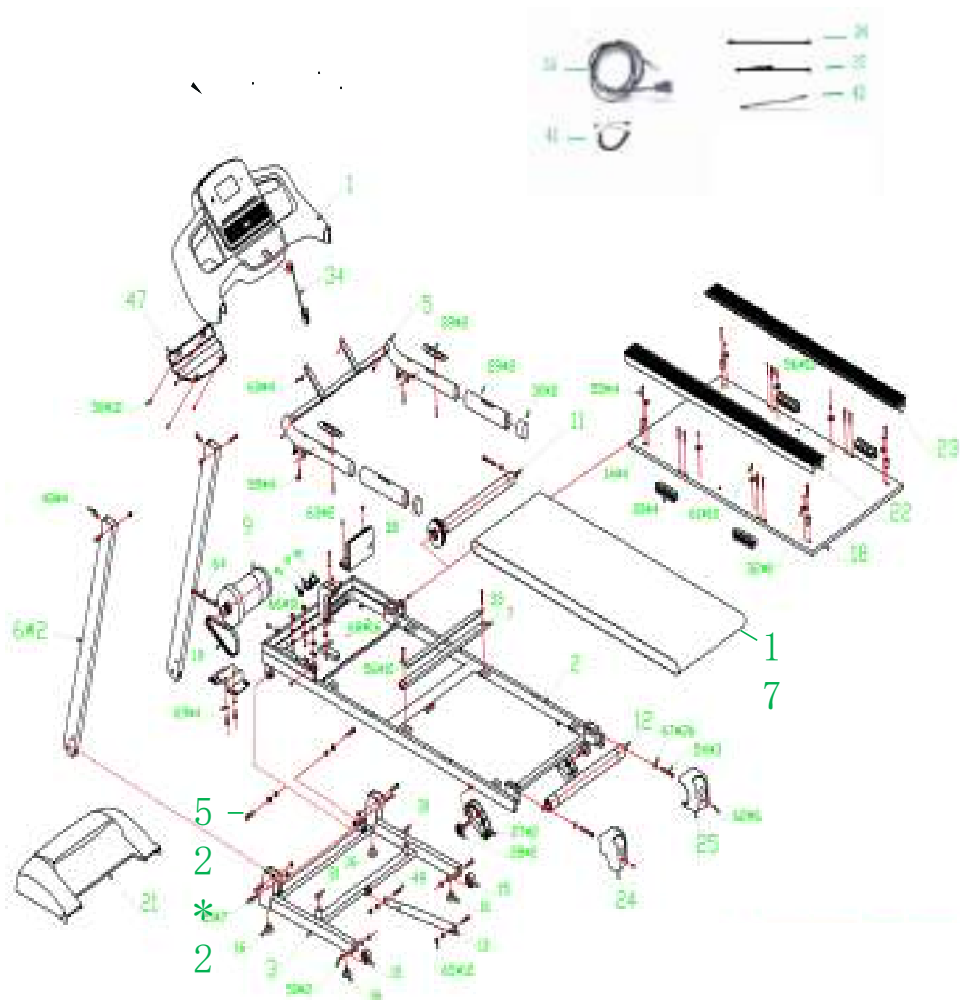
COMPONENTS

- 1. Display panel
- 2. Heart rate sensor
- 3. Turn On/Off button
- 4. Transportation Wheels
- 5. Running belt
- 6. Running belt Adjustment
- 7. Metallic Structure
- 8. Safety Key
- 9. Handles



Product		Packaged	
Net weight (approximate)	54,3Kg	Gross weight	59,3Kg
Maximum width	715mm	Width (carton box)	810mm
Maximum length	1550mm	Height (carton box)	310mm
Maximum height	1220mm	Lenght (carton box)	1618mm

EXPLODED VIEW



SPARE PART LIST

N	NAME	QTY
1	DISPLAY	1
7	MOTOR	1
12	CUSHION PAD	6
13	WHEEL	2
14	RUBBER FOOT	4
18	SIDE RUBBER	4
19	UPPER MOTOR COVER	1
20	RIGHT SIDE COVER	1
21	LEFT SIDE COVER	1
22	LEFT REAR COVER	1
23	RIGHT REAR COVER	1
27	ADJUST FOOT	1
32	SAFT KEY	1
33	CONNECTION LINE	1
37	PCB BOARD	1
	RUNNING BELT	1
	POWER SWITCH CABLE	1
	FRONT ROLLER	1
	REAR ROLLER	1
	SWITCH	1
	MDF	1
	SCREW SET	1

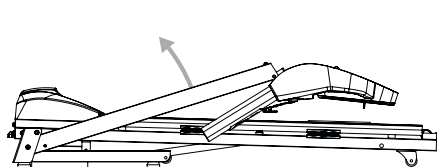
ASSEMBLY



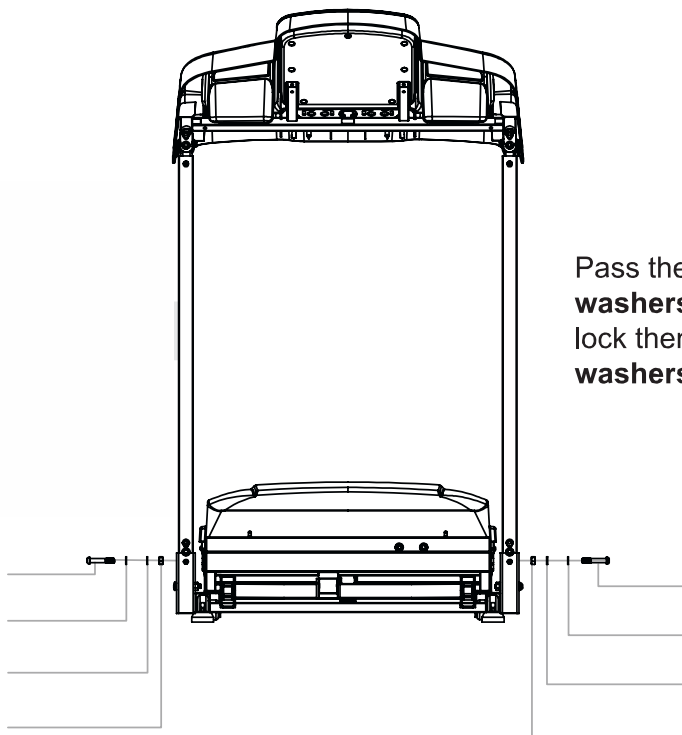
NOTE: Place the packaging with the equipment on a level surface. It is recommended that you place a protective cover for your floor. Be careful when you are loading and transporting equipment. Unpack and assemble the equipment where it will be used. If necessary, request the assistance of a person.

After unpacking, remove the treadmill from the box and lift up the main structure for the first assembly step.

The whole treadmill is connected together and cannot be disassembled.

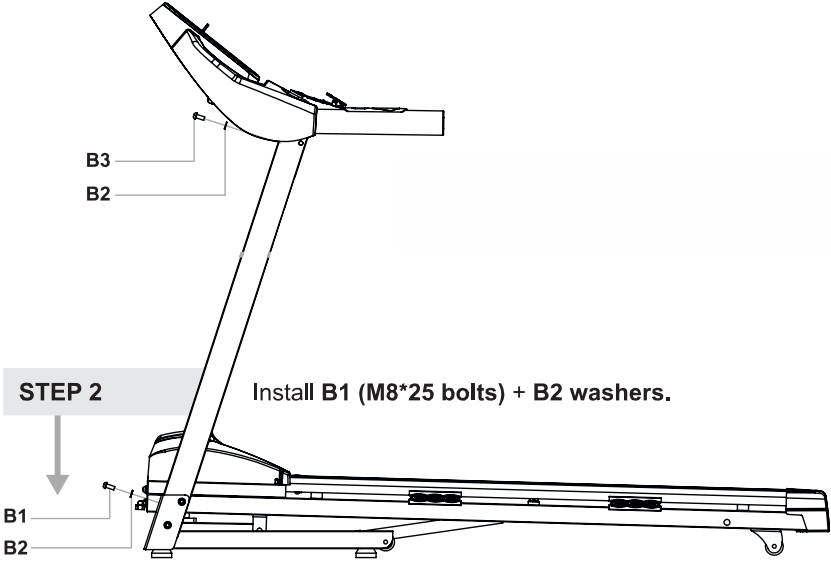


STEP 1

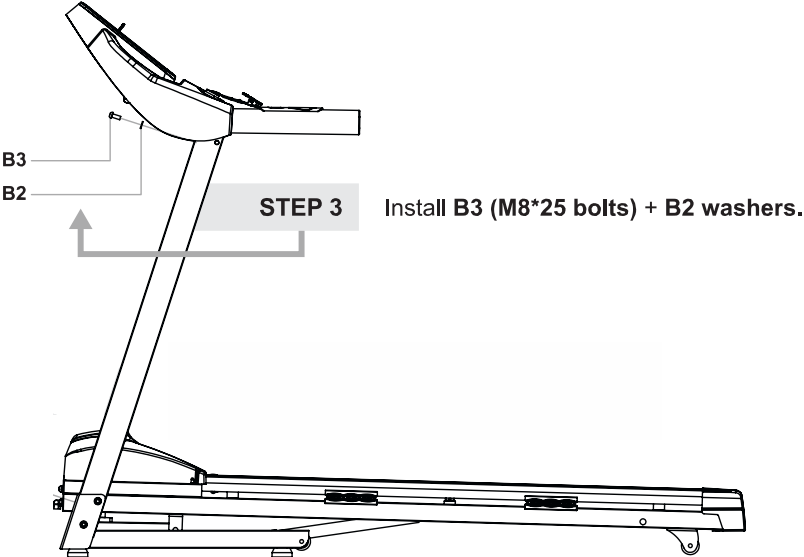


Pass the **A1 (M8*50 bolt)** + **A2 washers** through the columns and lock them with **A4 (M8 nuts)** + **A3 washers**.

STEP 2



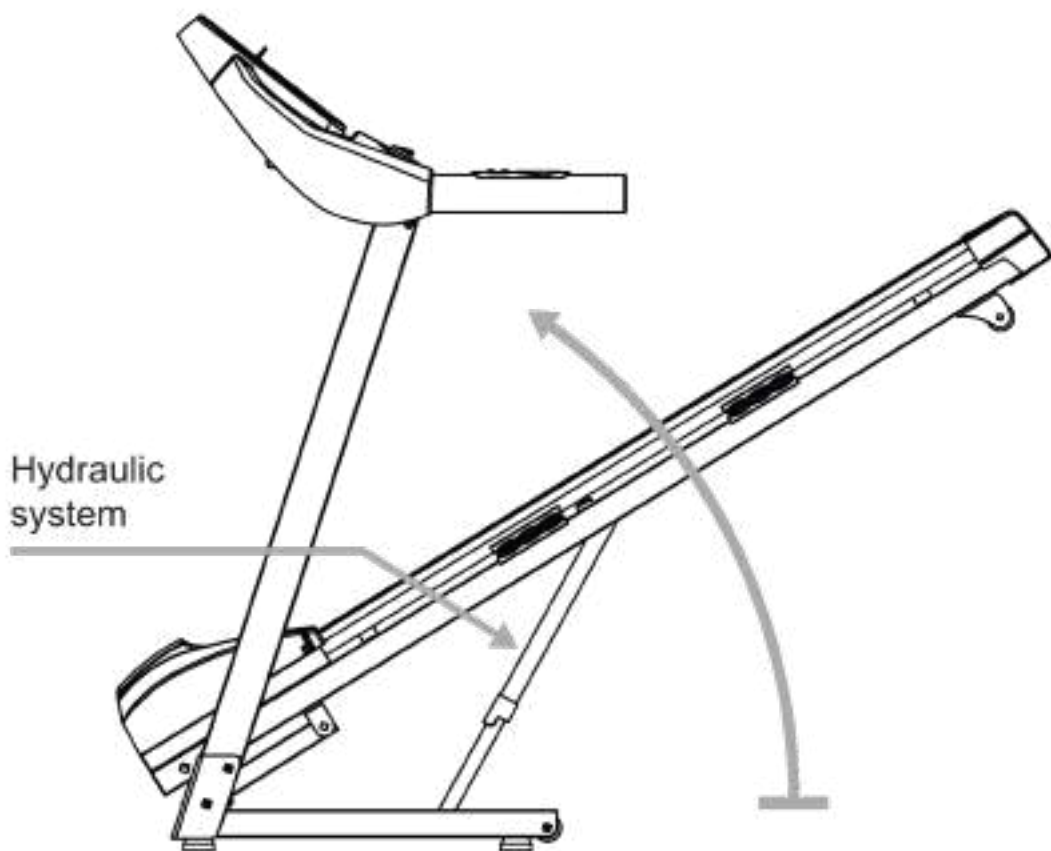
STEP 3



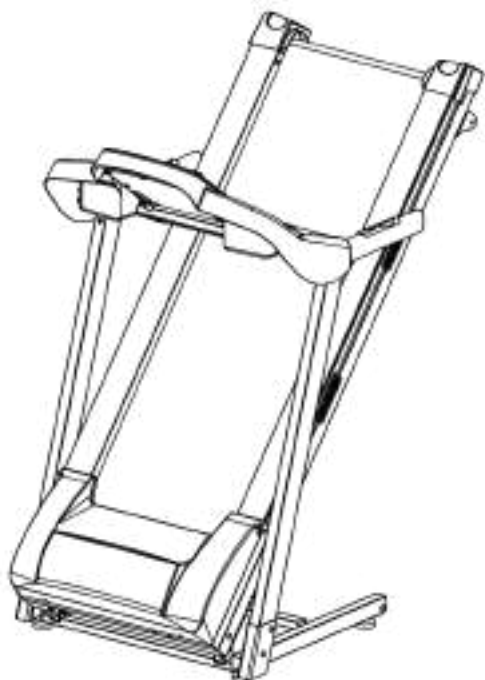
ATTENTION: Check whether the fixing bolts are tightened before using the treadmill.

STAND UP POSITION SETUP:

To lift up the treadmill, move the structure up until it stops in the vertical position. The hydraulic system will help the movement and keep the equipment standing up.



STAND UP POSITION :



Use the wheels to move
and store the treadmill.

POWER BUTTON :

Press the power button to turn on and turn off your treadmill.



SLEEP FUNCTION:

When the treadmill stops working, if there is no operation for more than 10 minutes, it will enter the sleep state, the LED screen and the corresponding light indicator will be turned off. Press any button to wake up the treadmill, and then re-enter the initial standby state after fully powered on.

ADDITIONAL INFORMATION:

GROUNDING:

This product must be on the ground. If there is a malfunction, grounding provides resistance to electric current, reducing the risk of electric shock. This product is equipped with a grounding conductor cable and a grounding plug. The plug must be plugged into an appropriate outlet (10A) that must be properly installed and grounded in accordance with all local laws.

DANGER

Improper connection of the equipment grounding conductor may result in a risk of electric shock. Talk to a qualified electrician or technician if you are in doubt about the position of the product on the ground. Do not modify the plug provided with the product. If it does not fit into the outlet, please provide a suitable outlet (10A) installed by a qualified electrician.

This product is for use on a 127 / 220V rated circuit and has a grounding plug that looks like the plug illustrated in the following figure. Verify if the place of use of the purchased product has the proper voltage for the equipment. No adapter should be used.

MONITOR

It is the owner's responsibility to ensure that all users of the equipment are adequately informed about the safety precautions.



START/ STOP: When the treadmill is in the standby or automatic program state, press the START button to start working. To stop working anytime, press the button STOP. The system will automatically decelerate to a speed of 0km/h.

PROGRAM: When the treadmill is in standby mode, press this button to select the pre-set programs. During the running program, you can switch the display and check your current speed, calories, time, distance and heart rate.

MODE: Press this button to switch the info on the displays: INCLINATION/ SPEED and CALORIES/ HEART BEATING.

+ (SPEED): Press the "+SPEED" button to increase the speed. Press and hold the same button continuously to speed up quickly. Top speed: 16km/h.

- **(SPEED):** Press the "- SPEED" button to slow down. Press and hold the same button continuously to slow down. Minimum speed: 1km/h.

+ **(INCLINATION):** Press the "+INCLINATION" button to increase the inclination. Press and hold the same button continuously to incline up quickly. Top inclination level: 12.

- **(INCLINATION):** Press the "-INCLINATION" button to reduce the inclination. Press and hold the same button continuously to down quickly. First inclination level: 1.

HEART RATE INSTRUCTIONS

Place your hands over the two heart rate sensors located on the handles of the treadmill, hold normally for 5 seconds. The display will show initial results and then gradually change, so keep your hands still. After 30 seconds the actual heart rate data will be displayed.

(ATTENTION: Data is for reference only and should not be used as a medical diagnosis.)

TIME COUNTDOWN MODE

When turning on the treadmill, press the program button to select the time countdown mode. At this time, the display will show 30:00 minutes and flash, time can be adjusted by pressing +/- SPEED buttons. The time setting range is from 8:00 to 99:00 minutes, press start button to start.

The initial speed will be 1 km/h, use the +/- SPEED button to adjust to the desired speed. The treadmill will gradually stop when the clock counts down to zero.

DISTANCE COUNTDOWN MODE

When turning on the treadmill, press the program button to select distance countdown mode. At this time, the display will show 1km and flash, the distance can be adjusted by pressing the +/- SPEED buttons. Distance setting range is from 1 to 99 kilometers, press start button to start.

The initial speed will be 1 km/h, use the +/- SPEED button to adjust to the desired speed. The treadmill will gradually stop when the distance counts down to zero.

CALORIES COUNTDOWN MODE

When turning on the treadmill, press the program button to select calories countdown mode. Use the +/- SPEED buttons to set the amount of calories. Calories setting range is from 20 to 990, press start button to start.

The initial speed will be 1 km/h, use the +/- SPEED button to adjust to the desired speed. The treadmill will gradually stop when the calories counts down to zero.

PROGRAM MODE

Press "program" button to enter automatic program selection. At this time, the display will show 30:00 minutes. Use the speed buttons to set the desired run time in the range of 8:00 to 99:00 minutes.

Then press the "start" button.

Each program is divided into 20 sections. The speed of each section are performed according to each program. The execution time of each section is 1/20 of the time defined for the execution of the complete program While the program is running, it is possible to adjust speed by pressing the respective button, if desired. At the end of the program,he treadmill will slowly stop and return to standby mode.

PERIOD PROGRAM		Set the time/ 20 periods = the execution time of the upper and lower periods																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	Speed	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P2	Speed	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	1
P3	Speed	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P4	Speed	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P5	Speed	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P6	Speed	2	4	3	4	5	4	8	7	6	7	8	3	6	4	4	2	5	4	3	2
P7	Speed	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P8	Speed	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P9	Speed	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	Speed	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	Speed	3	4	5	9	5	9	5	5	5	9	5	5	5	5	9	9	8	7	6	3
P12	Speed	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3

ELECTRONIC PANEL COMMOM PROBLEMS

ER01: Electronic panel and control communication abnormal phenomenon prompt

Question and Answer	The panel wire disconnect or bad connect.	Re-connect the communication wire.
	The panel no signal output.	Change the panel, maintenance.
	The control no signal output.	Change control, maintenance.

ER02: The voltage between the control and motor is abnormal

Question and Answer	The motor is not connected properly.	Check the motor wires are connected correctly.
	No voltage output or abnormal voltage output of the control to motor.	Change control, maintenance.
	Motor broken.	Change motor.

ER03: The control detects the indication of abnormal speed

Question and Answer	Control board PWM drive circuit failure.	Change control, maintenance.
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ER04: Control detection motor over voltage protection information tips

Question and Answer	The load of the treadmill exceed the rated working voltage of the motor.	Motor should used within the rated working voltage range.
	Treadmill motor abnormal.	Change motor.
	Control board motor overvoltage detection circuit failure.	Change control, maintenance.

ER05: Control detection motor overcurrent protection information prompt

Question and Answer	The treadmill load exceeds the rated working current of motor.	Recommended in the rated operating current range of motor.
	The assembly structure between treadmill and motor is out of order, resulting in motor resistance or blockage.	Check the assemble structure of treadmill is correct.
	Control current limiting system failure.	Change control, maintenance.

E06: The control detects the abnormal phenomenon of driving power voltage is too low

Question and Answer	Supply voltage is too low.	Please check the power supply wires is normal.
	Control board detects circuit failure.	Change control, maintenance.

-- : The safety key is not in place prompt

Question and Answer	Safety removal.	Place the safety key in right place.
	Electronic panel safety key system failure.	Change electronic panel, maintenance.

PREVENTIVE MAINTENANCE

CONSERVATION

Do not leave the equipment exposed to natural agents such as sunlight, rain, dew, dust, salt spray, etc; Do not place the equipment in dusty, humid environments, saunas or in unventilated places.

CLEANING

- Never use abrasives or solvents to clean the equipment;
- Simple cleaning of the unit will significantly extend the life of the treadmill. Keep the treadmill clean regularly. Be sure to clean the exposed part of the platform on both sides of the treadmill and also the handles. It reduces the amount of materials under the running belt.
- The top of the treadmill can be cleaned with a damp cloth and mild soap. Be careful not to let liquids get inside the frames or under the running belt.
- To clean the inside of the band, you must loosen the band's treadmill as shown in figure 5, once it is a little loose, put your hand under the band and a cloth wipe the surface to remove the accumulated dirt. Once finished cleaning, replace it as it was before.

WARNING: Always unplug the treadmill from the electrical outlet before removing the engine cover. At least once a year remove the engine cover and clean inside it.

MAINTENANCE

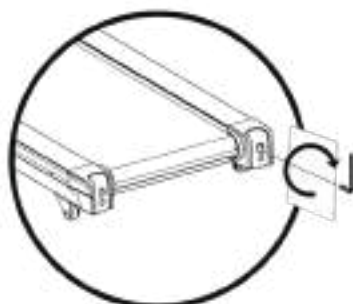
Do not leave the equipment exposed to natural agents such as sunlight, rain, dew, dust, salt spray, etc; Do not place the equipment in dusty, humid environments, saunas or in unventilated places.

1. Always unplug the power cable before removing the treadmill motor cover.
2. If you notice any damage to the power plug or any part of the cord, these parts should be replaced by a qualified service technician - do not replace or repair it by yourself.
3. For your safety, keep electrical components such as power cable and other parts away from water or other liquids.
4. Do not use this equipment for any purpose other than exercise as shown in the manual.

CENTRALIZATION

Place the treadmill on a flat surface.

1. Start the treadmill at an approximate speed of 5 or 6 km/h.
2. If the belt moves to the right, turn the right adjusting screw 1/2 and turn it anticlockwise (picture B) and turn the left screw 1/2 clockwise (picture A).

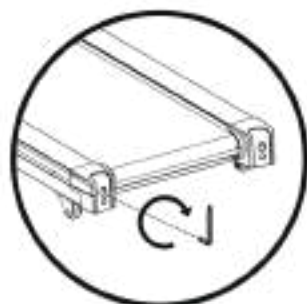


Picture A

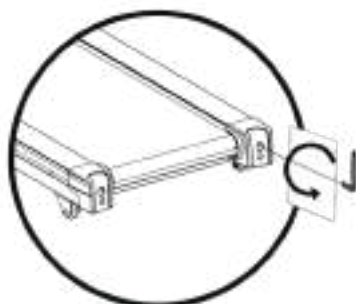


Picture B

3. If the belt moves left, turn left adjusting screw 1/2 and turn it clockwise (picture C) and the turn the right screw 1/2 anticlockwise (picture D).



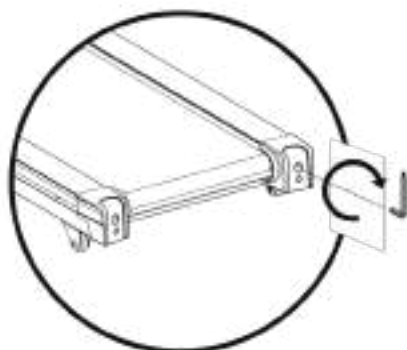
Picture C



Picture D

TENSION ADJUSTMENT

1. Place the treadmill on a flat surface.
2. Turn on the treadmill at an approximate speed of 3.0 km/h.
3. At this speed, stand on the treadmill and run holding the handles forcing the treadmill with the feet.
4. If you feel a slight pause of the treadmill during the exercise, it means the treadmill is out of alignment. If it occurs adjust them according to images A and B.
5. Turn the right screw 1/2 clockwise (picture A) and turn the left screw 1/2 clockwise (Figure B).
6. If after adjustment the treadmill continues to slip repeat the previous step.



Picture A



Picture B

PLATFORM RUNNING BELT AND LUBRICATION:

This track is equipped with a low-maintenance, pre-lubricated platform system. The platform friction has an important role in the function and service life of your running belt, requiring periodic lubrication (with liquid silicone). We recommend a periodical platform inspection.

We recommend lubricating the platform according to its frequency of use:

- Lightweight user (less than 3 hours/week) – Monthly
- Medium User (3-5 hours /week) – Biweekly
- Heavy user (over 5 hours/week) – Weekly

To lubricate, see the picture below:

LUBRICATION:

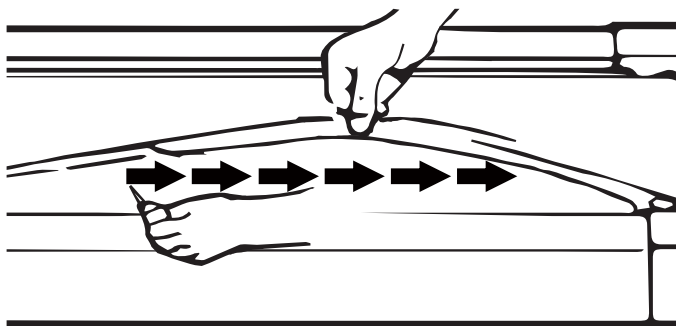
- Lubricate the platform every 3 months or 40h, use specific silicone for treadmills.
- If there is formation of sludge between belt and platform, call the Authorized Technical Assistant for proper cleaning.
- Periodically check the lubrication of the belt and platform, if it's dry do not use the treadmill, lubricate it immediately. See below how to check lubrication:

How to check running belt for proper lubrication

- Lift one side of the running belt and feel the top surface of the running deck; - If the surface is slick to the touch, the no further lubrication is required;
- If the surface is dry to the touch, apply proper treadmill lubricant.

How to apply lubricant

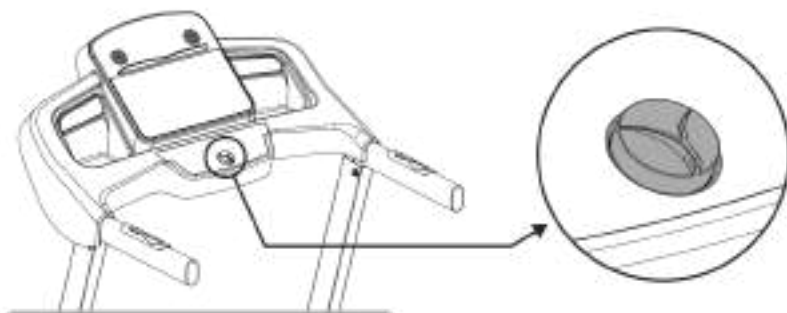
- 1- Lift one side of running belt;
- 2- Pour some lubricant under the **CENTRE** of the running belt on the top surface of the **running deck**.
- 3- Run on the treadmill at a 3km/h for 3 to 5 minutes to evenly distribute lubricant.



NOTE: DO NOT overly lubricate the platform. Any excess lubricant must be wiped off.

SAFETY KEY :

In regular use, you must to put the security lock into the designated position on the electronic watch. If you take out the security lock, the electronic panel displays "----". If you are during exercise and take out the security lock, the system will stop immediately and all running data will be cleared after put back the safety lock again.



WARRANTY

General Warranty Conditions

A. The warranty service will only be provided on presentation of the original invoice or receipt and within the limits set out in this term. The warranty will be provided by the Authorized Technical Assistance Network, which covers the main cities in the country. To activate the warranty, the customer must contact the authorized Athletic distributor in their country directly.

B. The conditions set out in this contract are guaranteed to the first purchaser and user of this product, in accordance with legal and contractual provisions. The customer should consult the Athletic distributor in the country of purchase for detailed information on warranty coverage and service.

C. The warranty will be valid from the date of issue of the invoice or sales receipt, as directed by the Athletic distributor in your country.

D. Parts repaired or exchanged under this warranty do not interrupt or extend the warranty period originally stipulated. The warranty period will continue to run from the date of issue of the invoice or sales receipt.

E. To benefit from this warranty, the equipment must have been installed by an authorized technical assistant, except for products for residential use only, which can be installed by the user themselves, according to the manufacturer's instructions.

F. The warranty does not cover installation services or preventive maintenance, such as cleaning, lubricating and adjusting the product. These services are the responsibility of the user and must be carried out in accordance with the manufacturer's recommendations.

G. No reseller is authorized to receive a product from the customer in order to send it to the Authorized Service Department, nor to remove the product from the service department for return to the customer. Furthermore, dealers may not provide information on the progress of the service on behalf of the Manufacturer/Distributor. The Manufacturer/Distributor shall not be liable for any damage or delay that occurs due to this breach of the established rules

H. The Manufacturer/Distributor undertakes to keep spare parts available for product maintenance as long as it continues to manufacture or import the equipment. In the event that production or importation of the equipment is discontinued, the Manufacturer/Distributor undertakes to maintain the supply of spare parts for 5 years, to ensure the continued maintenance of the product.

Extinction of Warranty:

This warranty shall be deemed void when:

A. Its normal validity period has expired.

B. The equipment has been delivered for repair by persons not authorized by the Manufacturer/Distributor, or if there are signs of violation of its original characteristics, or when there is improper assembly, outside the factory standards.

C. Damage resulting from misuse, use of unsuitable cleaning products, oxidation from external agents (such as humidity or prolonged exposure to the open air), negligence, unauthorized modifications, use of non-recommended accessories, falls, punctures, use and installation not in accordance with the instruction manual, electrical wiring with unsuitable voltages, lack of grounding in networks of unsuitable size and/or excessive fluctuations and overloads.

D. For the residential line, any type of maintenance carried out by the user or by unauthorized third parties, other than those from the authorized technical assistance network, is prohibited.

E. The product has been used in gyms, condominiums, clinics, clubs, saunas, submerged in water, or in any way other than the intended use of the product, or in conditions that go beyond the intended use of the equipment, as specified in the product manual.

Observations:

A. Cables, carabiners, pedals and other components that come with the product must be replaced annually to ensure the safety and proper functioning of the equipment.

B. The Manufacturer/Distributor shall not be held liable for any accidents and their consequences if the equipment is not in conformity with its original characteristics or if it is assembled outside the factory standard.

C. Liability for incorrect use of the equipment, and the costs of unfounded calls (when the service department is called improperly or without justified cause), will be the responsibility of the customer, and the corresponding costs will be charged.

Note: The Manufacturer/Distributor reserves the right to make changes to the product or warranty conditions without prior notice in order to improve product quality or meet new legal and market requirements.

Athletic