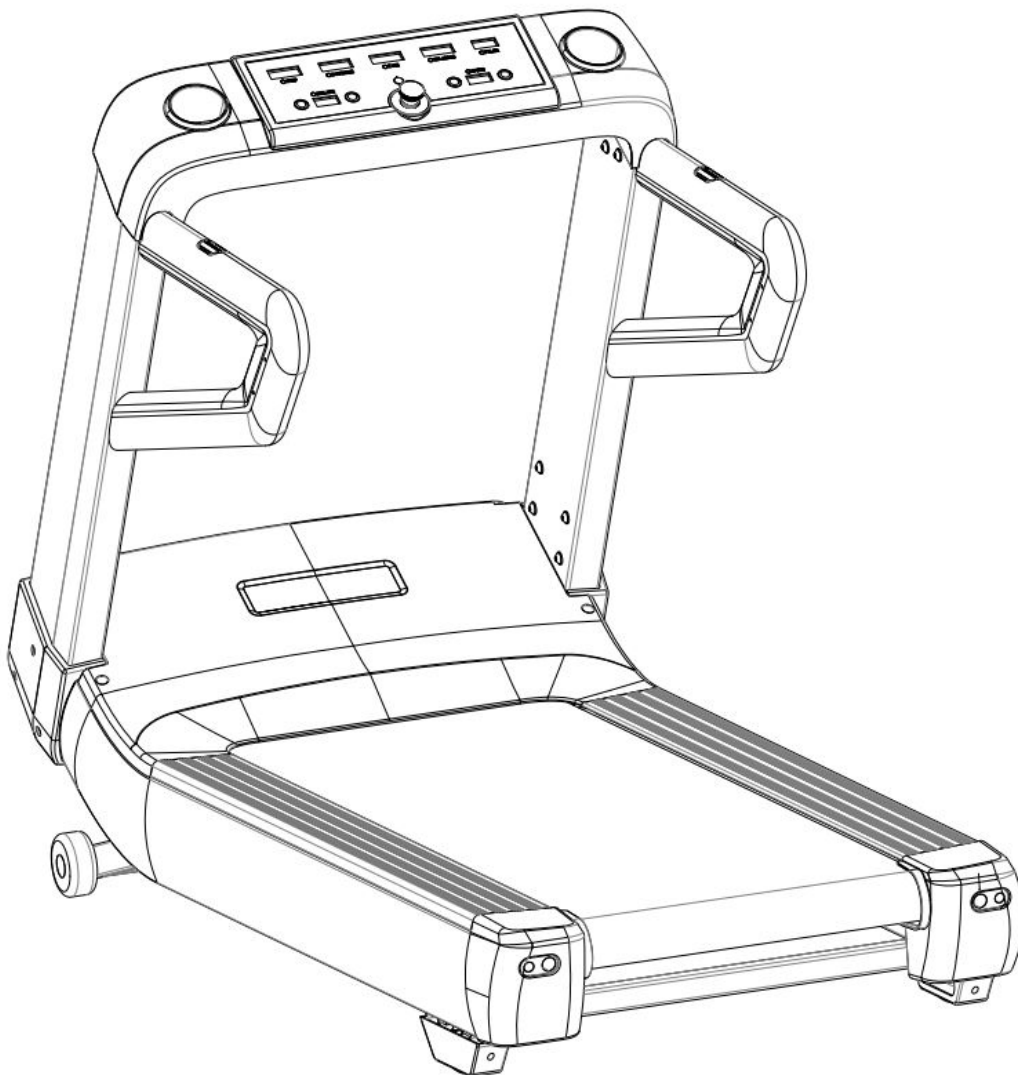**ARGO**
FITNESS

Commercial Treadmill

User Manual (Key Panel)

Model： Treadmill 5000 C | AF-SCTTZ5C

Read all precautions and instructions in this manual before using this equipment.

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Caution：

Safety Tips: This safety manual lists important safety information. Please read it carefully before use.

1. The machine is suitable for commercial fitness clubs, clubhouse fitness, bodybuilding training, sports training, physical education and so on.

2. The power cord of the machine must be connected to the socket with the grounding wire. It is strictly forbidden to use the treadmill without the grounding wire.

3. To avoid the risk of electric shock, cut off the power before cleaning or servicing the machine.

4. The treadmill should be placed indoors. Do not use it outdoors or in a place with high humidity. Do not allow water or other liquid to splash on the treadmill. Do not place or insert any foreign objects on the treadmill.

5. Use the treadmill to ensure that the four corners of the ground are placed, stable and reliable, and the safety space of 2000mm*1000mm should be kept behind the treadmill.

6. When using the treadmill, please wear appropriate sportswear and sports shoes. The first time you use it, you must have professional guidance. In the event of an emergency, you need to stop the machine immediately.

7. It is forbidden to start the treadmill directly when people standing on the running belt. Before running, it should stand on the side rails on both sides, and loose the handrail after starting exercise.

8. During the running process,it is not allowed to leave or get board on the treadmill, it is also forbidden to run and walk backwards on the treadmill.

9. It is not allowed to let two or more people on the treadmill at the same time. The maximum weight of the machine is 170 kg.

10. The heart rate sensor is not a medical device. Due to various factors (the sweat of the exerciser's palm, etc.), the measurement result is biased, and the measurement result is only for reference. (Hands hold the heart rhythm handrail to get an accurate heart rate value after a few seconds).

11. Action guidance:

  A. Running: It can consume energy, improve heart and lung function, speed up blood circulation, improve the overall quality of the human body, and achieve the purpose of

losing weight.

B. Before starting the exercise, both feet should stand on the side strips on both sides of the running platform. When the running belt starts to run, then step on the running belt. During the running, the hands are half-bumped, the arms swing naturally, look front and do not step on the edge of the running belt. If it is the first time to use this device, you need to hold the armrests with both hands to maintain your balance.

C. When adjusting the speed and slope, it must be adjusted slowly, and the adjustment range should be as small as possible.

D. The belt must be completely stopped before the user can walk down the treadmill.

12. Take the power cord and socket it with the corresponding socket terminal on the front of the fuselage and insert it firmly.

13. Any device above the fuselage cannot be in a slack state.

14. Please turn off the power in time when finish exercising. (The red power switch in the front of the fuselage, when the switch hits "O", the power is off; when the power switch is "-", the power is on)

15. Incorrect or overload training may cause damage to the motor and controller, accelerate the aging of the transmission system, and even cause personal injury.

16. Do not try to touch any part of the running treadmill with your hand.

17. Long-hair users should pay attention to the safety of hair during the use of the treadmill.

18. If you feel any uncomfortable or abnormal conditions during use, stop exercising immediately and consult a doctor.

19. The machine is equipped with an emergency stop device at the center of the front armrest. In the event of an emergency, the button will be quickly taken and the machine will stop quickly.

20. Before use, please check the transmission parts to make sure they are fasten. If it is loose, please tighten or replace it in time.

21. During the maintenance and repair of the treadmill, there should be obvious signs of suspension.

22. When the machine is stopped, professional personnel should remove the external main power cord and keep it in a safe place to prevent the machine from being used without permission.

23. If the treadmill has abnormal noise or other abnormal conditions, please stop running immediately and contact our after-sales department in time, or get professional help.

24. This machine complies with the SC type in EN 957-6.

Technical standard:

Input power supply voltage: AC 220V ± 10% (50Hz or 60Hz)

Motor rated power: 3.0HP (2.2KW)

Motor peak power: 7HP

Working environment temperature: 1 - 40 ° C

Speed display range: 1.0 - 20.0 (Km / h)

Time display range: 0:00 - 99.59

Distance display range: 0.00-99.99Km
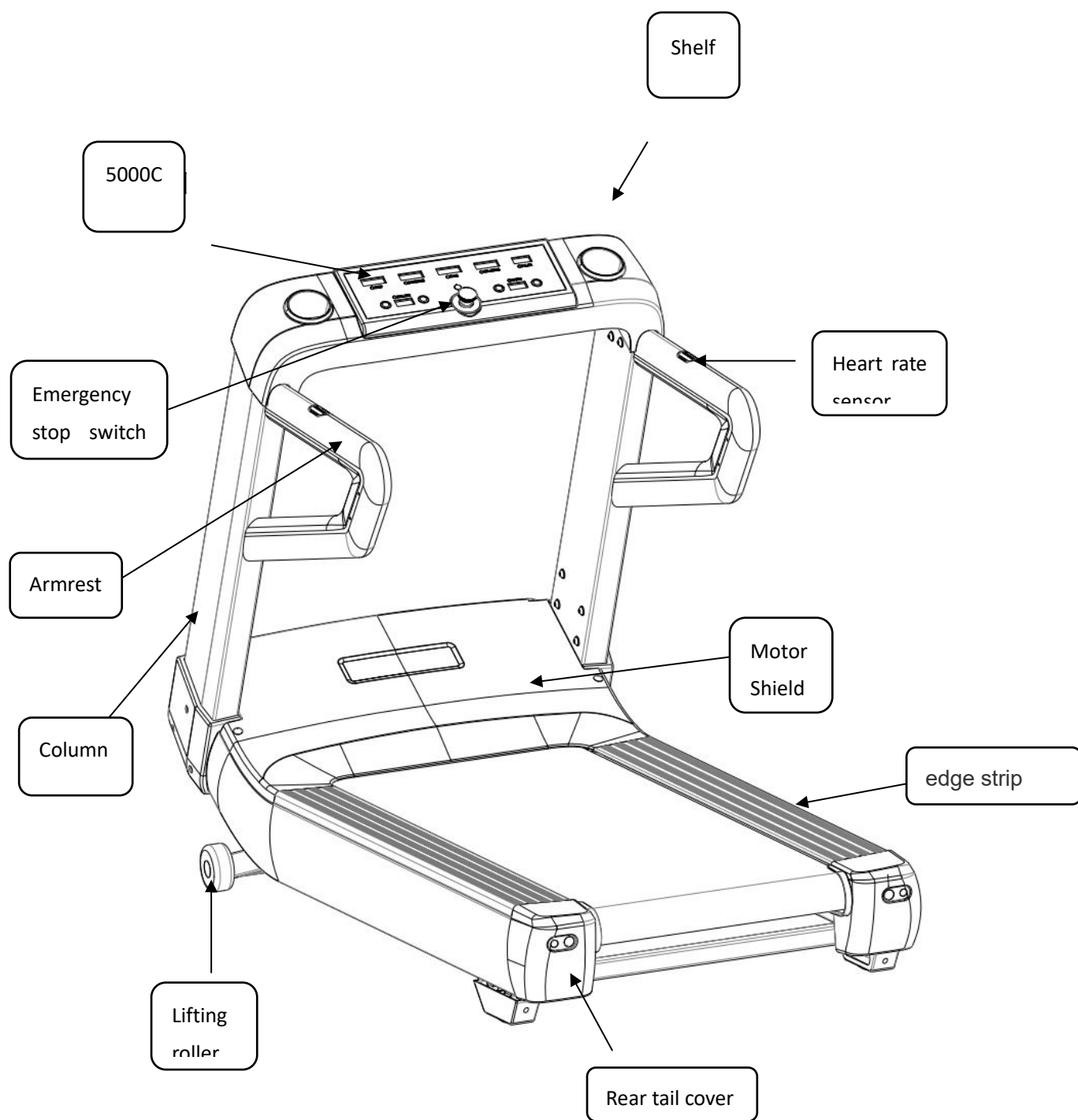
Heat display range: 0-999 (kcal)

Heart rate display range: 50 - 256 (times / minute)

Slope display range: (0-20)%

Overload protector specification: 13A

Power line specification: 10A AC250V

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Machine Diagram

Shelf

5000C

Heart rate sensor

Emergency stop switch

Armrest

Column

Motor Shield

edge strip

Lifting roller

Rear tail cover

Installation Process

User manual section is to ensure that the electric treadmill can be assembled correctly and easily. According to the user manual assembly procedure, the assembly work will be very smooth.

● Because of the big size of the electric treadmill, please select the assembly location where the treadmill will be placed and ensure there is enough space around it.

● Place all parts of the treadmill in the empty area and remove all packing materials. Do not discard the packing materials until the assembly work is completed.

● All bolts must be tightened during the assembly process unless otherwise stated, and all bolts must be tightened when the assembly work is completed.

● When assembling the electric treadmill, make sure that all parts are assembled according to the assembly drawing.
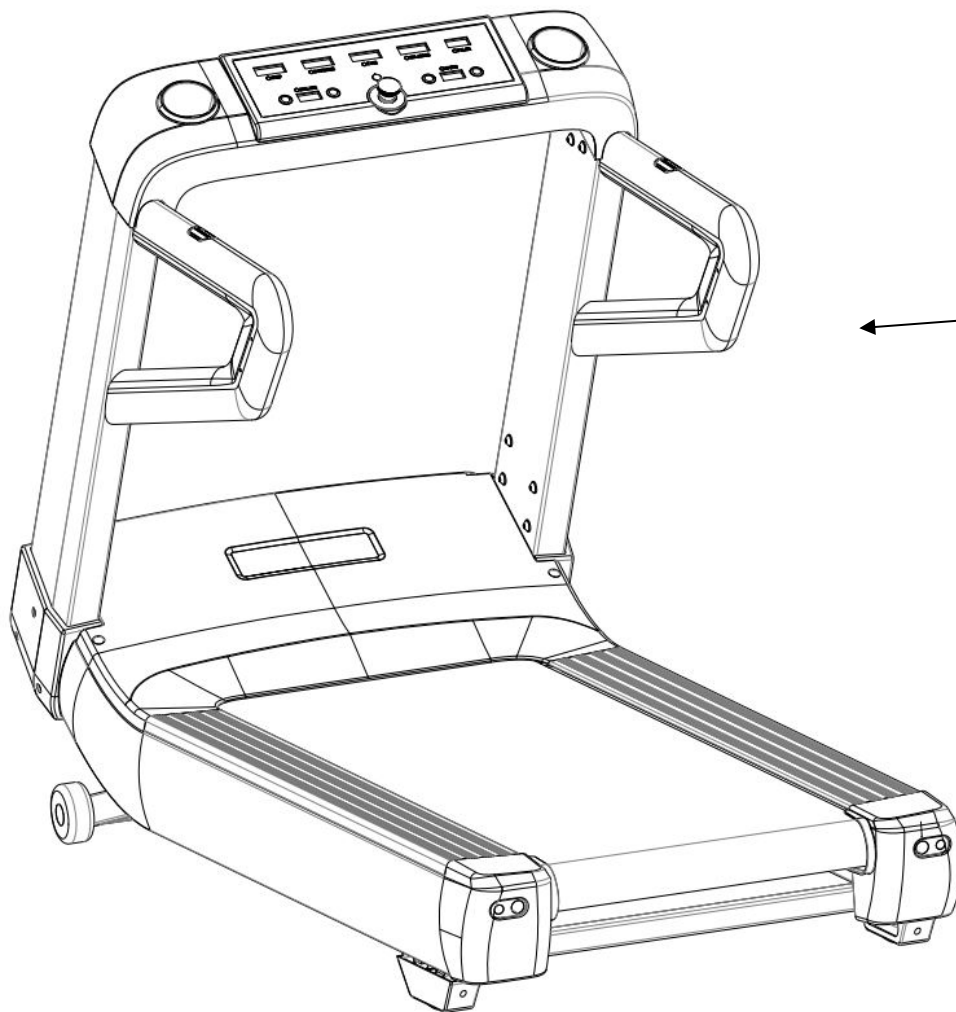
Treadmill machine diagram

Assembly step one:

Connect the communication line and assemble the column

Assembly instructions:

1) Remove the packing materials on both sides.

2) Fix the column to the corresponding position of the main frame as shown in the figure.

Note: Connect the following communication lines

Communication line connection (the only corresponding interface of the
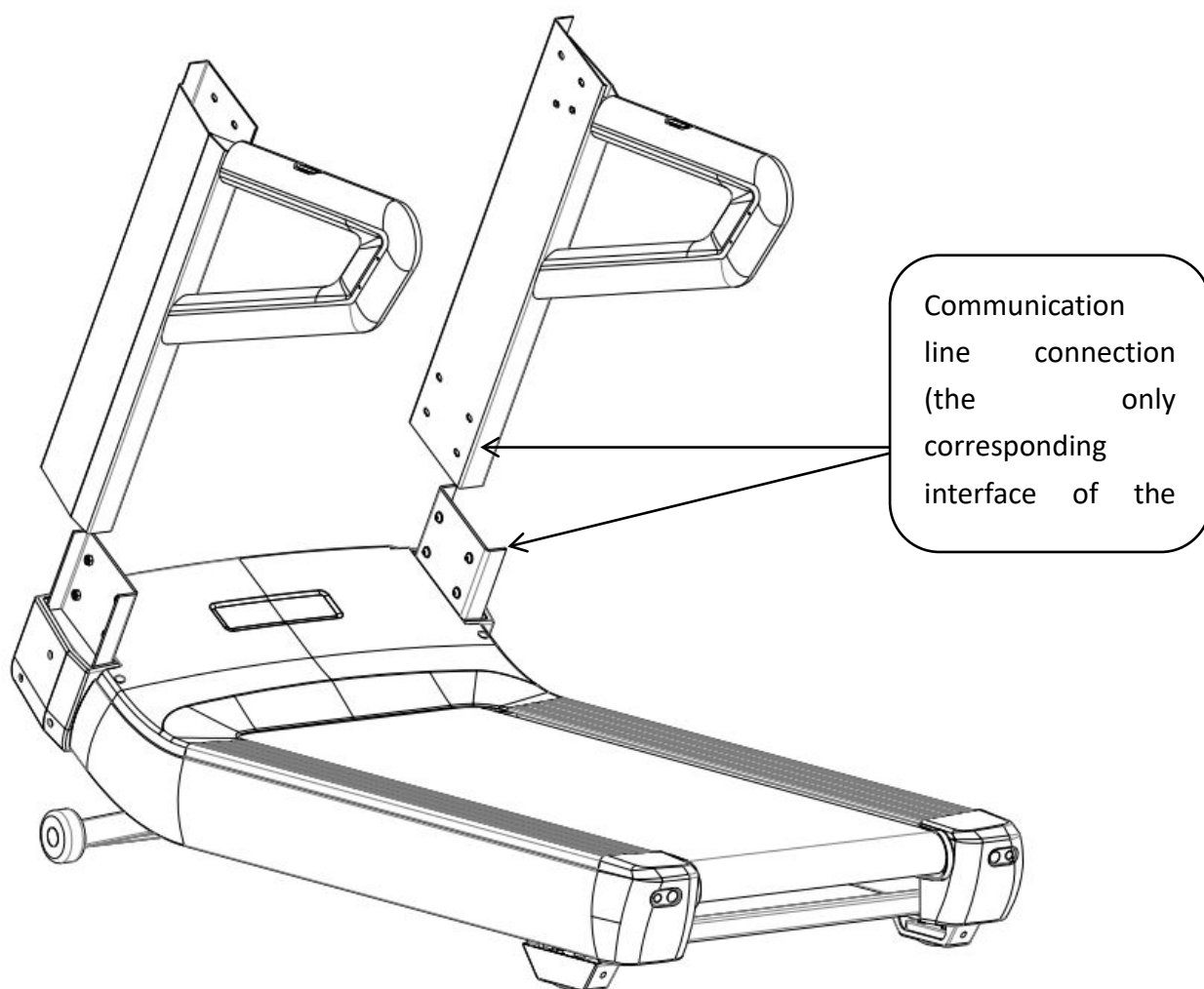
Assembly step two:

Connect the communication line to the heart rate line and assemble the table frame:

Assembly instructions:

1) Assembly the table frame communication line, heart rate line, column communication line.

2) Fix the case to the corresponding position of the column, and fasten the combination of the table frame and the column connection bolt.

3) Connect the power and turn on the power switch on the front of the machine to confirm whether the power is on.

4) Press the function button area ⏻ button to start the treadmill and observe whether the machine is running normally;

5) The machine runs normally, all bolts are tightened, and the treadmill is assembled;

The communication line is connected with the heart rate line (the communication line and the heart rate line have their own unique interfaces and the heart rate line does not distinguish between left and right)
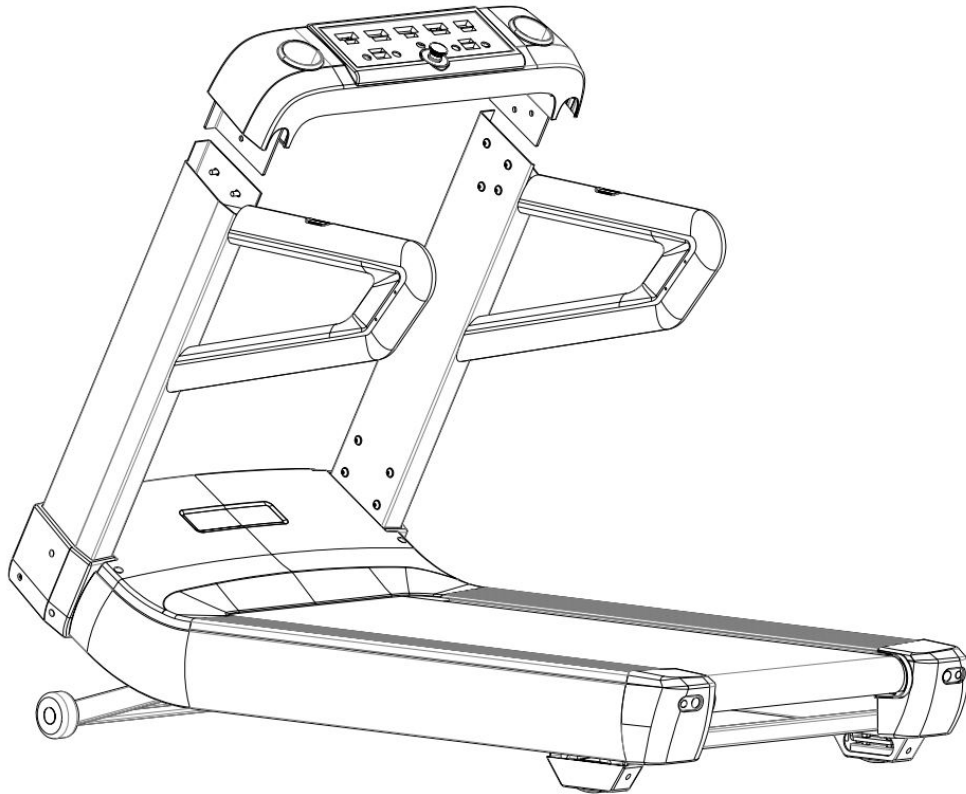
Treadmill operation instructions

The treadmill panel adopts the capacitive touch screen, and the user can just tip it. and the touch effect is comparable to that of the mobile phone screen. The surface of the panel is made of acrylic, which is wear-resistant and durable, and has a beautiful

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color and appearance. It fully guarantees that there will be no problems such as wear and tear on the paint after a long time of use.
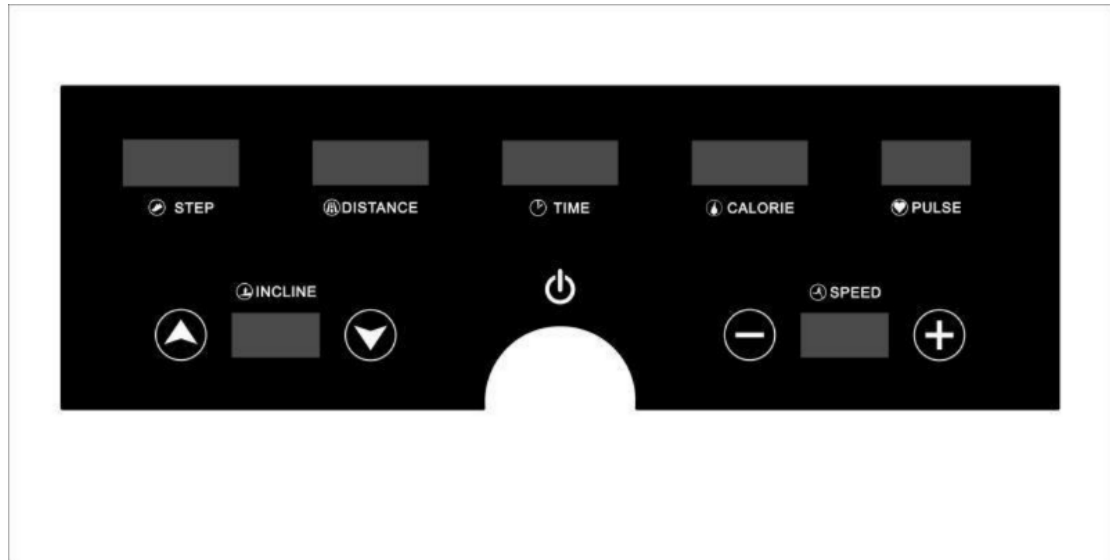
First, the window definition:

1. "TIME" window: Display the exercise time. The positive timing will be from 0:00-99:59. When it is timed to 99:59, it will be cleared and restarted.

2. "DISTANCE" shows the running distance. The positive count is from 0.00-99.9, it will restart when reach 99.9.

3. "CAL" window: display the calorie value of the athlete;

4, "PULSE" window: display the athlete's heart rate;

5, "SPEED" window: display the current speed value

6. "INCLINE" window: displays the current slope value.

7, "STEP" window: shows the number of running steps of the exerciser on the treadmill

Second, the button function:

1. "START/STOP" is the start and stop : When the power is turned on and the safety lock is closed, press this button at any time to start and pause the treadmill.

2. "SPEED+" and "SPEED-" are speed increase and decrease keys: standby status, used to adjust the set value. When it is in use, it can adjust the speed after starting, and its adjustment range is 0.1 km/time.

3. "INCLINE↑" and "INCLINE↓" are the slope increase and decrease keys: standby mode, used to adjust the set value.when it is in use, it can adjust the slope, the adjustment range is 1 segment/time.

Third, Quick start (Manual mode):

1. Turn on the power switch and attach the magnetic safety lock to the right position below the panel.

2. Press "START" to start the stop button, the system starts 3 second countdown, the buzzer sounds, and the "Central matrix display area window"displays the countdown number. the treadmill will be at 1 km/h. start after the 3 seconds ,

3. After starting, use the "SPEED+" and "SPEED -" keys to adjust the speed of the treadmill. Use the "INCLINE↑" and "INCLINE ↓" keys to adjust the gradient of the treadmill.

Fourth, the operation during the movement:

1. Press the deceleration button to decrease the running speed of the treadmill.

2. Press the accelerator button to increase the running speed of the treadmill.

3. Press the " ↑ " button to decrease the slope of the treadmill.

4. Press the " ↓ " button to increase the slope of the treadmill.

5. Press the "stop" button to slow down the running opportunity until it stops running.

6. When the athlete holds the heartbeat handle with both hands, the heartbeat data is displayed for about 5 seconds.

Five, manual mode:

In the standby mode, press the "START/STOP" button directly, the treadmill starts running at 1.0 km/h speed at 0 slope status; other windows start counting from 0, press "INCLINE↑", "INCLINE ↓", " The SPEED+", "SPEED -" keys change the slope and speed.

After using "SPEED+" and "SPEED-" to modify the speed, use the numeric keypad to set the corresponding speed shortcut; after using "INCLINE↑" and "INCLINE↓" exerciser can to modify the slope using the numeric keypad to set the corresponding gradient shortcut. . The Delete button is the undo button and ok is the confirmation button.

Sixth, the security lock function:

In any state, pulling off the safety lock can stop the treadmill from running urgently. When the treadmill is in an emergency stop, the bee

The sounder screams and the window displays "safe"; at this time, the treadmill cannot perform any other operations except shutdown.

After the full lock is reset correctly, the treadmill re-enters the standby state and waits for an input command.

Shutdown:

The treadmill can be turned off at any time by turning off the power switch.

Machine debugging process:

1. Before powering on, please confirm whether the power supply voltage is normal and the grounding wire is well grounded, the running belt is flexible by hand, also exerciser need to confirm whether there is abnormal noise and whether the resistance is abnormal.

2. Turn on the power, turn on the red power switch on the front of the machine, enter the standby state after the electronic watch is fully displayed for three seconds, press the "START/STOP" button, the treadmill starts running, and the running speed is 1km/h. Please observe the running at this time. Whether the various parts of the machine are working properly.

3. Press all the buttons on the electronic watch to see if each button corresponds to its marked function, and whether the button is valid and feels good.

4. Press the safety switch to see if the electronic watch screen displays the emergency stop action (SAFE) prompt character. Whether the running treadmill will stop.

5. Shake the handrail of the machine by hand to confirm that the machine is stable.

6. Check the tightness of the running belt of the machine during commissioning. For details, refer to "Maintenance of Treadmill".

Maintenance:

This commercial Treadmill is use of imported special running belt,which made of

Nylon Composite with special manufacturing technique.with the advantage of small coefficient of friction ,high tensilestrengthen and low noise,etc. The running belt is used of particular double damping system. It is high finished and high wear-resisting of the top urea-formaldehyde resin board, which makes more comfortable and smooth.

1. When it is dirty of the machine or less lube, it will increase the coefficient of friction of running board and running belt, it will increase of load output power and have big damage to running board and running belt, or even a big damage of the whole drive line system(Motor, converter, roller, motor belt). It is not under warranty.

2.Must check the lubrication conditions of the running board and running belt, at least once a week. Please add some moderate oil according the use of the treadmill.(If the machine is used 6 hours or more than 6 hours a day, please add oil every 10 days, 50ml for each machine every time. If the machine is used within 6 hours a day, please add the oil every 15days, 50ml for each machine every time)

Warning: Please do not put excessive oil, the most important part to extend the life of machine is to use the appropriate oil.

3.Lubricating oil increase method

● Use oilcan and oil tube to add lubricating oil from both sides of the running belt to the standing area of the user's feet;

● Start the treadmill, the treadmill runs slowly at a speed of 1KM/, and the user walks on the running belt so that the lubricating oil can be evenly spread on the running belt.

 Remember:

● Do not use lubricant excessively. Is not the more lubricant, the better. Reasonable lubrication is an important factor to improve the service life of the treadmill.

 ●Be sure to run at low speed after adding lubricating oil, avoid running the belt to break the lubricating oil into the motor during high-speed operation, causing the motor to short-circuit and damage the motor;

4. Estimate the friction

When it is dirty of the machine or less lube, it will increase the friction of running board and running belt, and will make a damage to motor and converter, following characteristics means friction is too big:

 (1)In the condition of power off,pedal the running belt, laborious,even no move.

 (2)It is normal of the machine when load nothing, but it is obvious of the speed slow or stop when load someone.

 (3)If the friction increased, it will lead to a abrasion of running board and running belt, and a damage of motor control panel, overload protector, frequency converter

protection.

5.Adjustment position of the running belt:

The running belt will be adjusted before it leaves the factory and after installed, maybe there will be some deviation of the running belt sometimes.

And there are some reasons will lead to this:

(1)The machine place is not smooth
(2) the user feet running is not in the central region.

6. Deviation phenomenon caused by human activity, no-load operation return to normal within two or three minutes. Deviation phenomenon can not automatic recovery ,please use the tools random with machine (M8L type wrench) with a quarter turn (at right) for the unit to adjust the back end adjustment screw holes.

7. Specific adjustment method: If the walking belt deflection left side, you can adjust the adjustment screw clockwise to the left or right side of the adjusting screw counterclockwise to adjust, if the running belt skewed to the right, you can adjust the right side of the adjustment screw clockwise or counterclockwise adjustment screw to adjust the left, each proposed to adjust the ninety (quarter circle).

8. Running with integral elastic adjustment method: If the running belt loose overall user a "slippage during running, or running belt is too tight (to increase the power output of the inverter and the motor to a large extent) this time need to adjust for the running belt.
   (1) Tighten: with the tools (M8L type wrench) to each quarter turn (at right) for adjusting the cap clockwise around the unit to adjust the adjustment screw hole. (Left and right sides agreed to adjust speed)
   (2) Loose: with the tools to each quarter of a turn (at right) after adjustment cap counterclockwise around the unit to adjust the adjustment screw holes (left and right to adjust the degree of consistency deputy).

9. Running belt adjustment diagram:
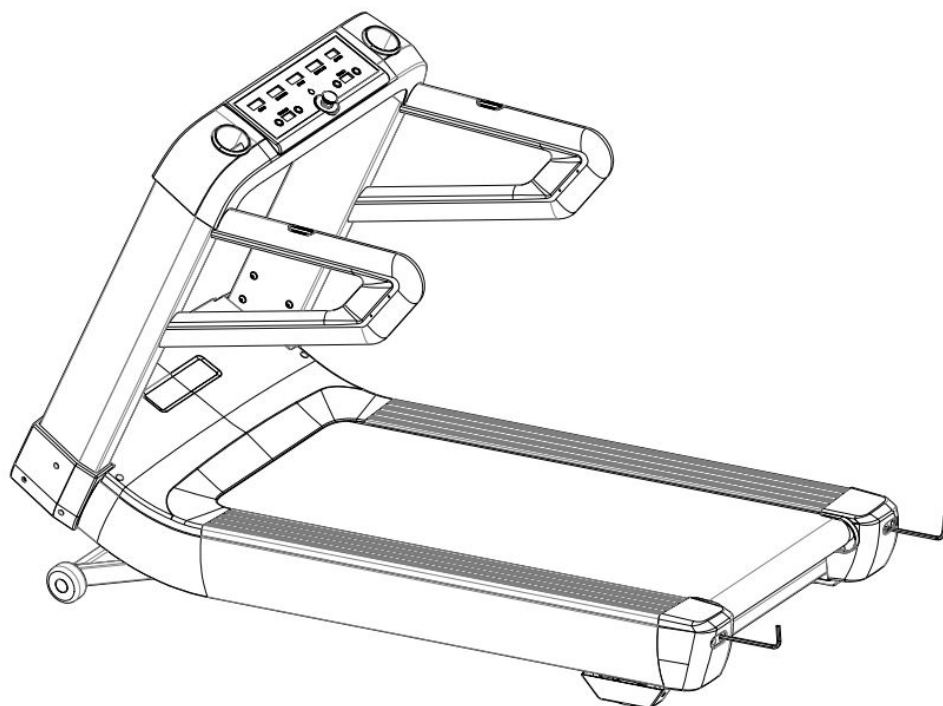
Item No.	Name of spare parts	Quanty
1	TZ-SP05-0500 Display cover	1
2	M3XBL SCREW	8
3	TZ06-SP05-0608	1
4	SP05-KEY-3D	1
5	M5X10L SCREW	16
6	20*10.5*1.5 WAHSER	12
7	TZ06-SP05-0106 LEFT COLUMN	1
8	M5X25L	2
9	TZ06-SP05-0611 HANDLE	2

10	TZ06-SP05-0220 HEART RATE	4
11	TZ06-SP05-0610 HEART RATE HANDLE	2
12	M10X20L-N2 SCREW	12
13	M5X10L SCREW	2
14	EMERGENCY	1
15	TZ06-SP05-0609 BOARD	1
16	TZ06-SP05-0607 BOARD	1
17	601D PLASTIC	4
18	TZ04-SP05-0600 HANDLE	2
19	TZ04-SP05-0107 RIGHT COLUMN	1
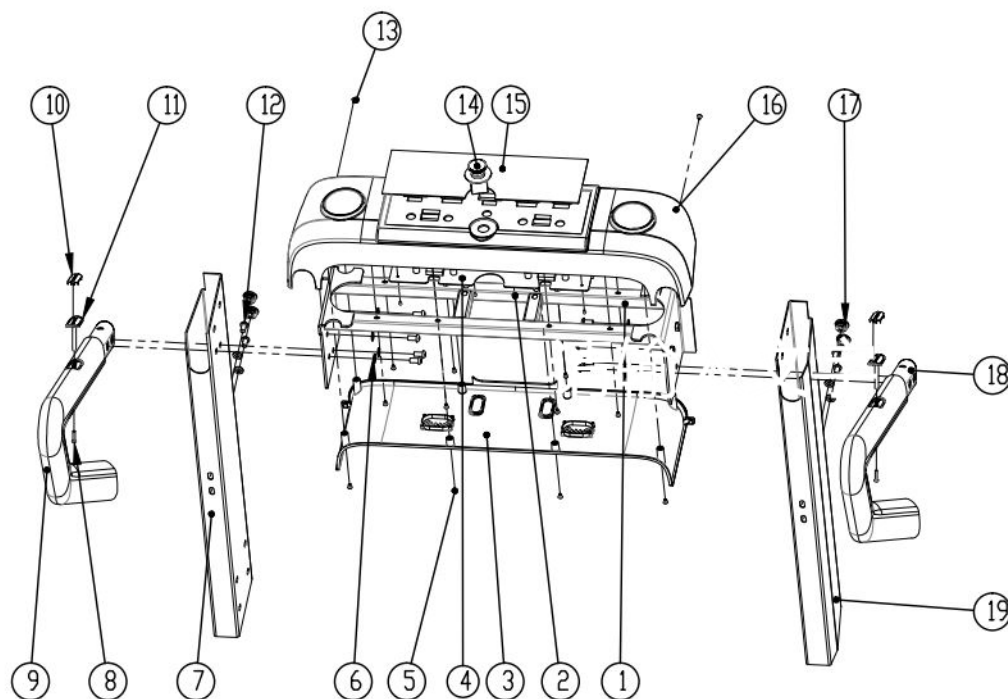
Item No.	Name of spare parts	Quanty
1	TZ-SP05 Display rack	1
2	TZ06-SP05-0603A Left cover	1
3	TZ06-SP05-0602 Display cover	1
4	plug	1
5	M3XBL SCREW	2
6	OVERLOAD PROTECOTER	1
7	SWIFT	1
8	M518L SCREW	3
9	TZ06-SP05-0601 MOTER COVER	1
10	M5X12L-N2 SCREW	15
11	TZ06-SP05-0603B RIGHT COVER	1
12	M4XBL-A1 SCREW	8
13	TZ06-SP04-0206 BOARD SLIDE	4
14	TZ06-SP05-0606 RIGHT COVER	1
15	TZ06-SP05-0606 LEFT COVER	1
16	TZ06-SP05-0604 UP SIDE	2
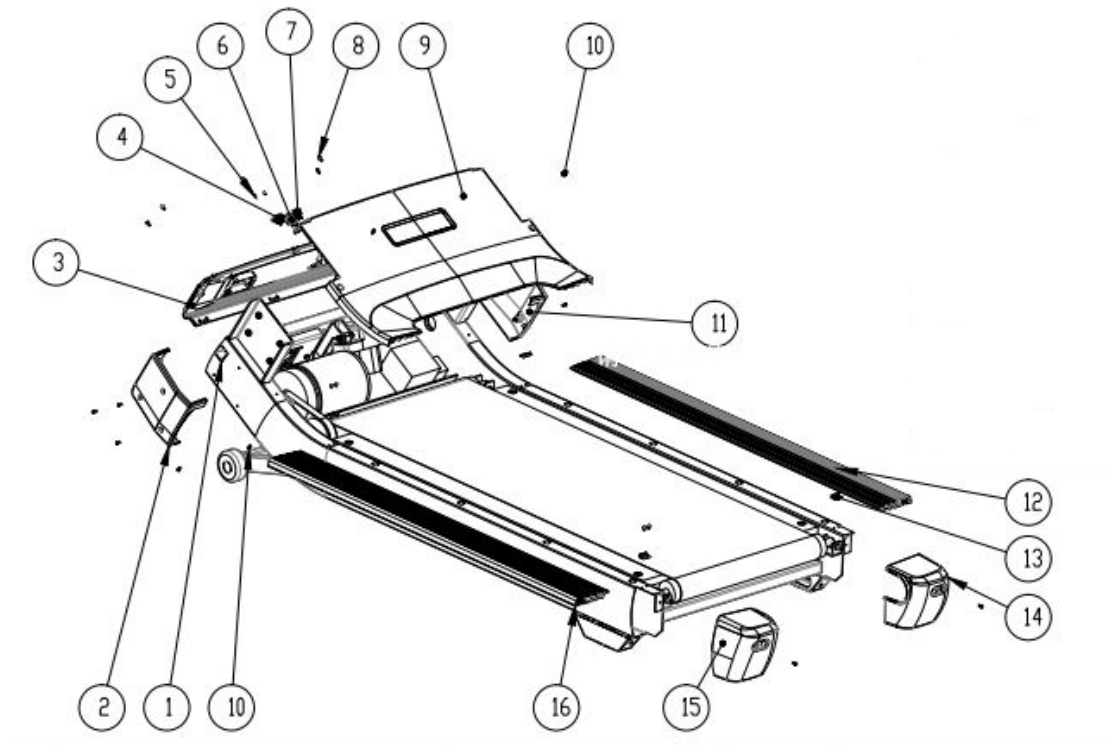
Item No.	Name of spare parts	Quanty
1	M10X20L-NW　SCREW	8
2	20*10.5*1.5 WAHSER	8
3	TZ-SP05	1
4	TZ-SP05-2	1