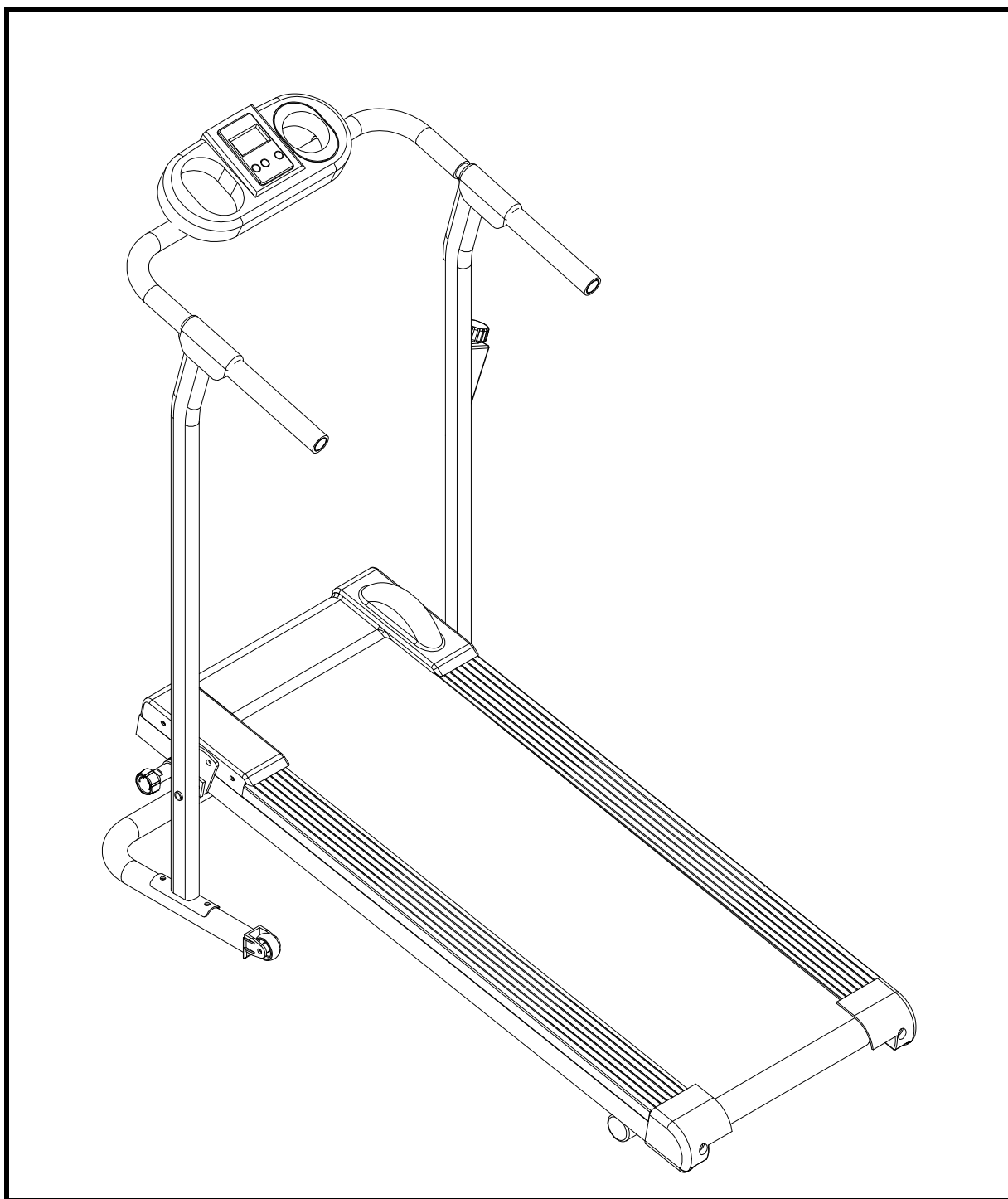


PRO STRIDER MAGNETIC TREADMILL



FN-10362

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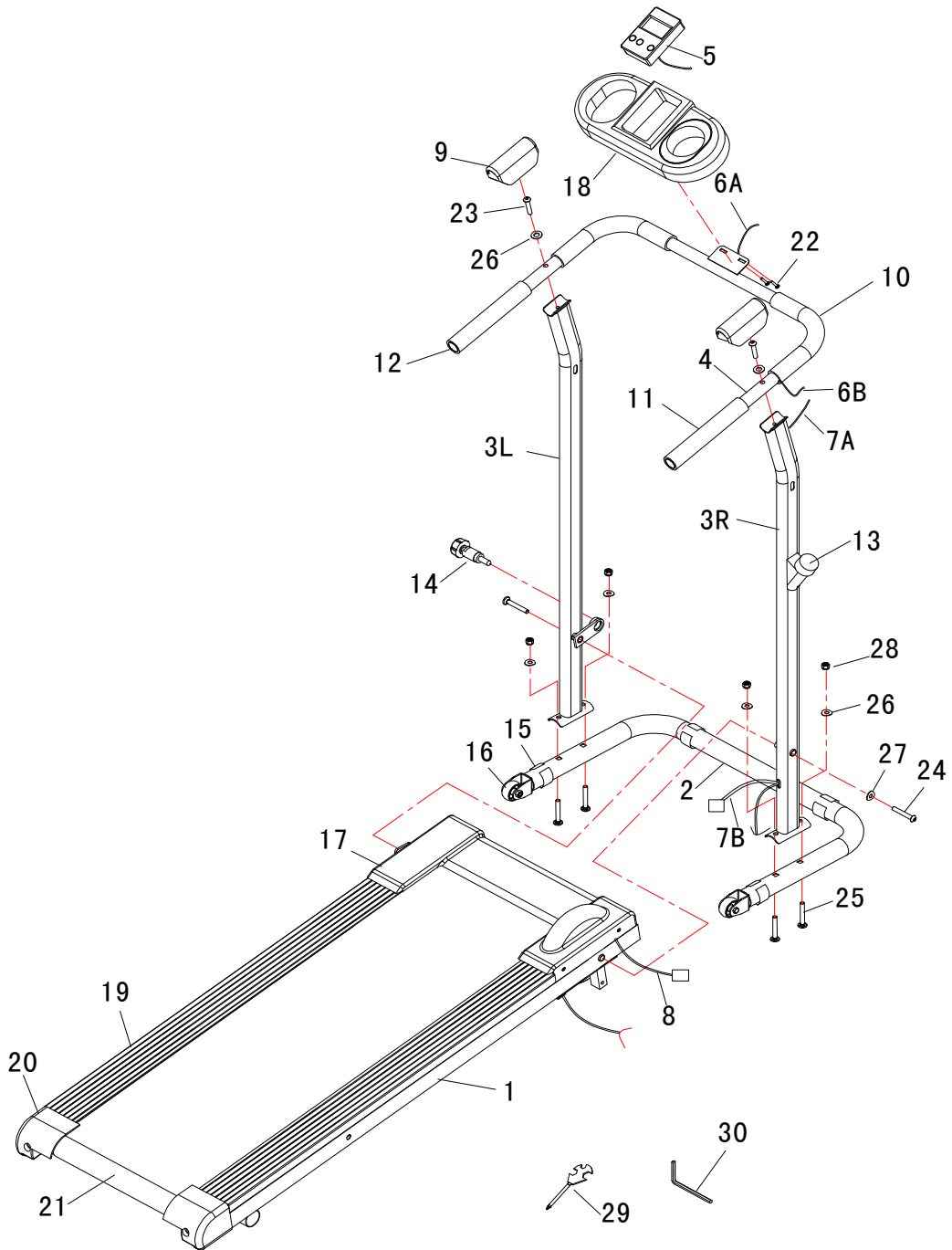
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Important Safety Information

Please keep this manual in a safe place for easy reference.

1. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Always be aware of your body's signals. Incorrect or excessive exercise can be detrimental to your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 1.65 feet of free space around it.
6. Before using the equipment, check that all nuts and bolts are securely fastened.
7. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
10. The equipment has been tested and certified to EN957 under class H.C. Suitable for home use only. Maximum weight of user: 220 lbs. Braking ability is independent of speed.
11. The equipment is not suitable for therapeutic use.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.

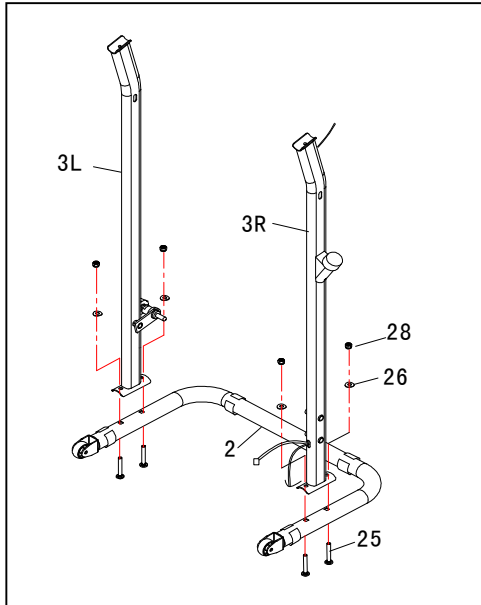
Exploded Drawing



PARTS LIST

NO.	SPECIFICATION	Q'TY
1	Main frame	1
2	Main Base	1
3L/R	Upright Frame (L/R)	2
4	Handlebar	1
5	Exercise Computer	1
6A/B	Sensor Wire-Lower and Upper	1
7A/B	Connection wire-Lower and Upper	1
8	Sensor line	1
9	Protective cover	2
10	Foam Cover-front	2
11	Foam Cover-rear	2
12	End cap	2
13	Tension Adjuster	1
14	Locking Pin	1
15	Main Base Glide	4
16	Castor	2
17	Front Cover	1
18	Exercise Computer Holder	1
19	Skid Plate	2
20	Rear Adjustor Cover	2
21	Running belt	1
22	Screw (Metric size5-12mm long)	2
23	Screw (Metric size8-40 mm long)	2
24	Screw (Metric size10-70 mm long)	2
25	Bolt (Metric size 8-45mm long)	4
26	Arc Washer (8mm dia.)	6
27	Flat Washer (10mm dia.)	2
28	Apron Nut (Metric size 8)	4
29	Tool	1
30	Allen wrench	1
31	Manual	1

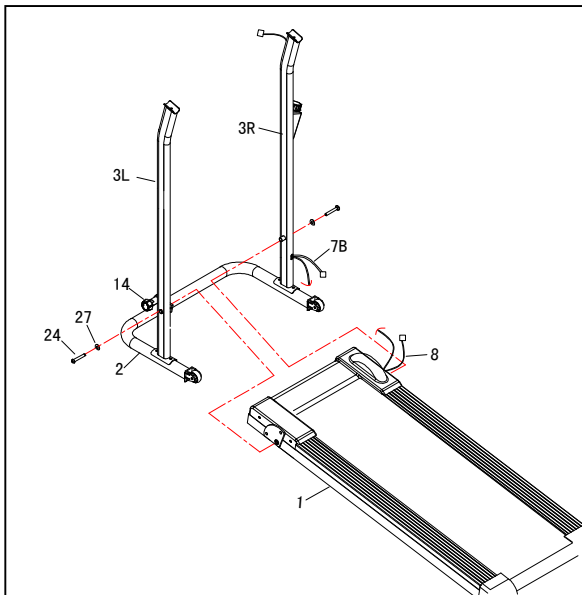
Assembly Instructions



Step 1:

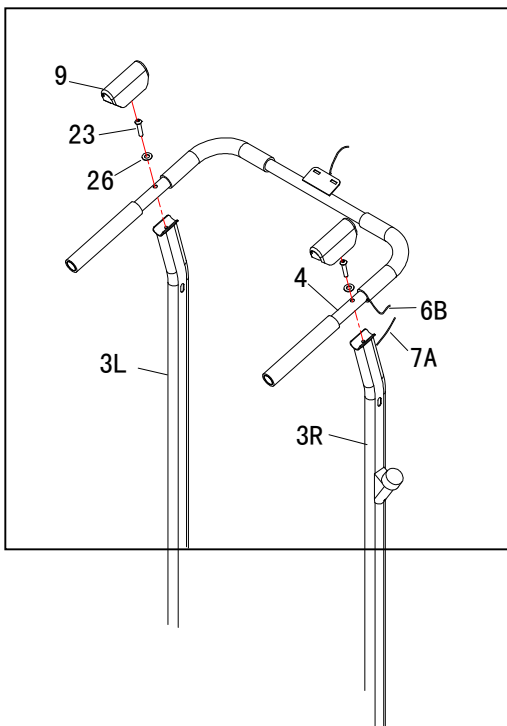
Assemble Left Upright Frame (3L) to the Main Base (2), using 2 sets of Bolts (25), Arc Washers (27) and Apron Nuts (28)

Repeat for Right Upright Frame.



Step 2:

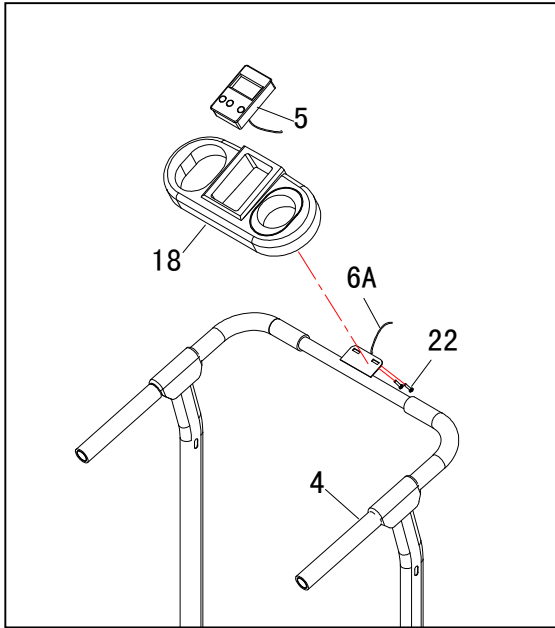
Remove Locking Pin (14) and attach Upright Frame (3LR) onto the Main Frame (1) using 2 sets of Screws (24) and Flat Washers (27). Replace Locking Pin (14) and tighten. Connect Lower Connection wire (7B) to Sensor line (8)



Step 3:

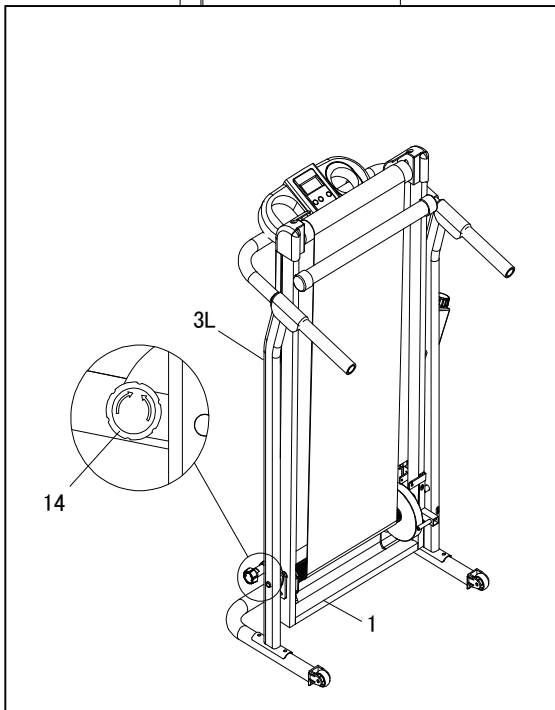
Assemble Front Handlebar (4) to the Upright Frame assembly using 2 sets of Screws (23), Arc Washers (26) and Protective Covers (9). Then connect Lower Sensor wire (6B) with Upper Connection wire (7A).

Assembly Instructions (continued)



Step 4:

Attach Exercise Computer Holder (18) to the Handlebar (4) using 2 sets of Screws (22). Insert Exercise Computer (5) into its holder ensuring the sensor wire is pulled through to the back of the holder. Connect the Upper connection wire (6A) with the sensor wire on Exercise Computer (5).



Step 5:

Folding Treadmill for Storage:

Loosen Locking Pin (14) and release. Lift the Main Frame (1) until vertical with the Upright Assembly. Tighten Locking Pin (14) into the hole in the Main Frame (1). The unit can be carefully tilted onto its casters for easy moving and storage.

Exercise Computer Instructions

Over view:

Your Magnetic Treadmill comes equipped with an Exercise Computer which includes the following parameters: Time, Speed, Distance, and Calories Burned,

Mode or function	Action
Select Button	Press and hold for 3 seconds to power on the Computer display. The default screen will be the last function performed. Running the Treadmill will also Power on the display.
Select function	Press once at a time to scroll through each function.
Scan	Push the Select button until the "Scan" signal shows on right side of the display. The unit will scan by through Time. Speed. Distance and Calories for 4 seconds each. Push the select button again to stop the scan.
Time	Push the select button until the arrow (▼) Points to "Time" below the display. This function will keep track of the time you are running. The time count will stop once the Treadmill is stopped
Speed	When the arrow (▼)points to "SPEED" below the display the your current speed will be shown in mph.
Distance	When the arrow (▼) points to "DISTANCE" below the display your current distance run will be shown in miles.
Calories	When the arrow (▼) points to "CAL" below the display your current calorie count will be shown in Kcal.
Reset	Press and hold the Reset button for 3 seconds to reset all counts back to zero.
Auto off	The Computer will auto power off when there is no activity for 4 minutes.

Important Notes:

1. Batteries Required – 2 AA size (Not included)
2. To set up the Monitor: Insert the Batteries first.
3. The Exercise Computer will automatically shut down when equipment is not in use for 2 minutes. To start again, press and hold the "Select" button for 3 seconds.
4. For best performance, do not operate your Treadmill under temperatures of over 104°F (40°C) or under 32°F (0°C).
5. Remove all the batteries before storage long term storage of your Treadmill. Do not store monitor over temperature of 122°F (50°C) or under -4F (-22°C).

Notice: If the display becomes dim you should replace the batteries. If for any reason the display becomes unreadable, remove the batteries, wait 5 seconds and then re-install the batteries.

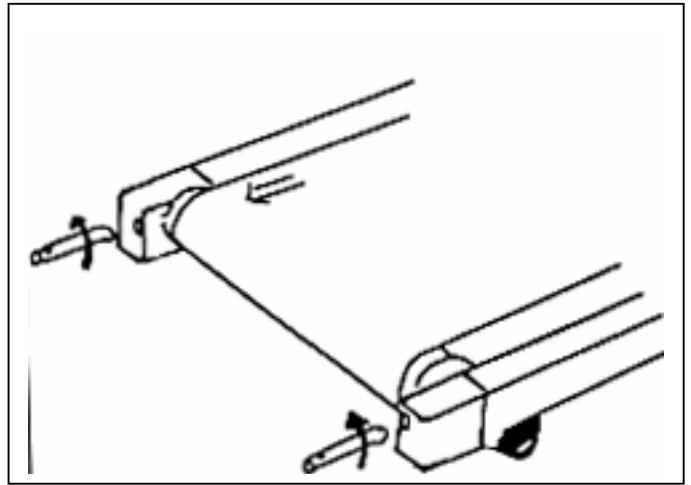
Fine Tuning Your Treadmill

BELT ALIGNMENT

During shipment, your Treadmill Running Belt may become out of alignment.

If the running belt slides to the **RIGHT**, make a **clockwise half-turn** (tightening) on the right Allen screw bolt (using the Allen Key supplied). Test the alignment again for approximately 30 seconds. If the running belt is still touching the right side rail guard make a further **clockwise half -turn**, and test again.

If Running Belt slides to the **LEFT**, do the reverse of the above process.

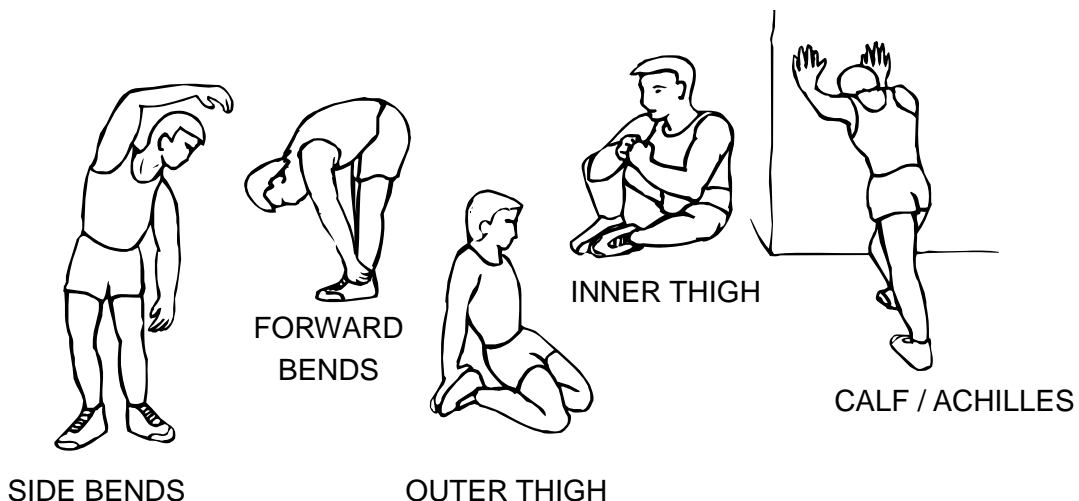


Exercise Instructions:

Using your **Magnetic Treadmill** will provide you with several benefits. It will improve your physical fitness, tone your muscles and, in conjunction with a calorie-controlled diet, help you lose weight.

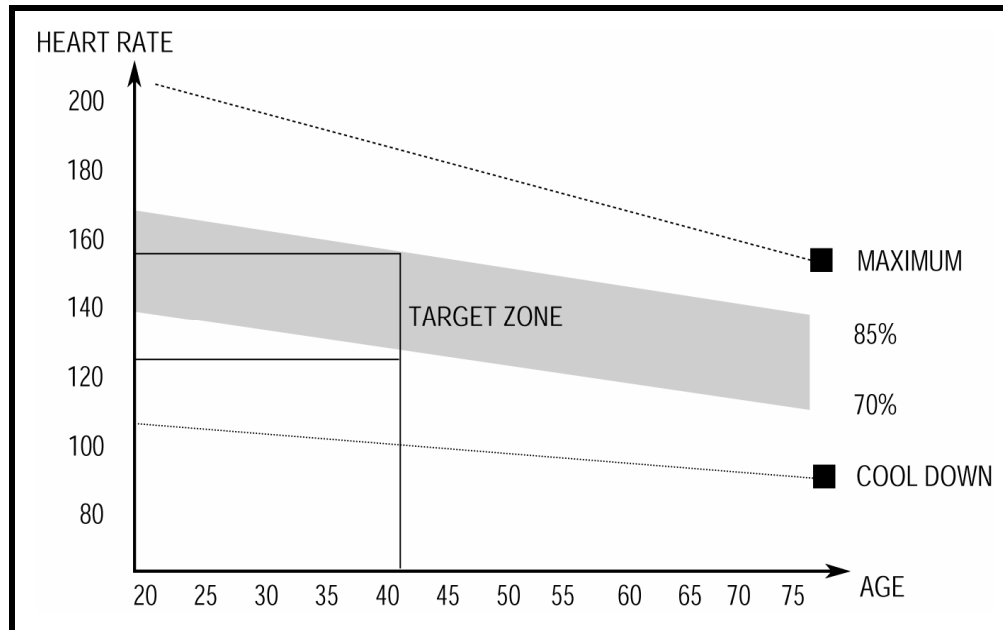
1.The Warm-Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds. Do not force or jerk your muscles into a stretch - if it hurts, **STOP**.



2. The Exercise Phase

After regular use, the muscles in your legs will become more flexible. Work at your own pace, but be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about

3. The Cool-Down Phase

This stage lets your cardio-vascular system and muscles wind down. This is a repeat of the warm-up phase. First, reduce your tempo, and continue for approximately 5 minutes at this slower pace before getting off. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles while stretching.

As your fitness level increases you may need to train longer and harder. It is advisable to train at least three times per week and if possible to space your workouts evenly throughout the week.

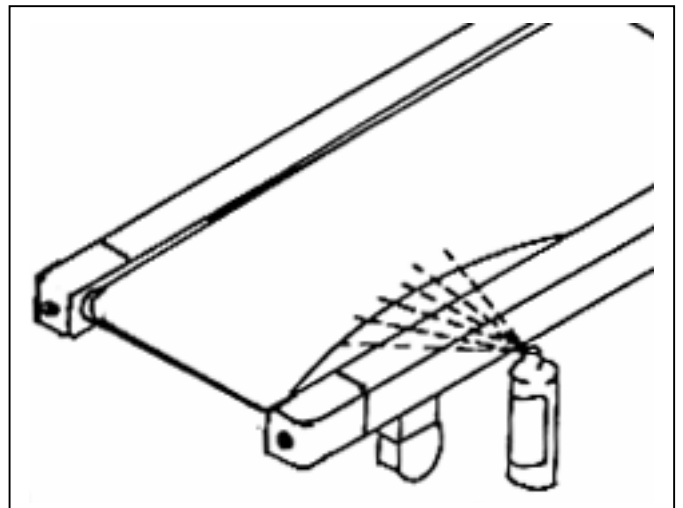
Care And Maintenance

1. Check before the Magnetic Treadmill is first used and again at regular intervals that all screws, bolts, nuts and other connections have been done up tightly to ensure that your training equipment is in safe operating condition.
2. Periodically check all moving parts, upholstery and grips for signs of wear or damage. If there is a problem or replacement parts are necessary, STOP USING THE EQUIPMENT and immediately contact your local retailer. DO NOT use the EQUIPMENT until repaired.
3. Lubrication of all moving parts is essential to the longevity and optimal performance of your Recreational Bike. We recommend the use of a clear aerosol, silicone or Teflon spray. Do not use oil based lubricants as they will attract dust, dirt and grime and will eventually gum up and erode bushings and sealed bearings.
4. As needed, upholstery may be cleaned with a mild solution of soap and water. Regular use of a vinyl treatment will add to the life and appearance of your upholstery.
5. All chrome plated surfaces should be cleaned regularly to prolong the life and luster of the finish. Wipe the machine down with a commercial grade or automotive type chrome polish.
6. Check welds for signs of cracks. Discontinue use immediately if cracks are found.
7. Failure to perform routine maintenance could result in personal injury and/or equipment damage.

Running Belt Maintenance

Your Treadmill has been designed for long, trouble-free operation. To keep your Treadmill running at its optimum performance, periodic maintenance is required:

- 1- Use a 'dry' silicone lubricant spray under the Running Belt periodically (as shown)
- 2- Apply one or two drops of light oil on the ends of each roller bearing on a regular basis .
- 3- Clean all exposed surfaces with a clean damp cloth.
4. Check for any loose nuts, bolts and screws. Tighten if necessary.



Safety Notice

Not recommended for use without competent adult supervision.

It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

If you experience any problems or require any further assistance, please contact our Customer Service line on 818-357-2339

Limited USA Warranty

NuQuest International Inc. Warrants iGym® Fitness Equipment to be free from defects in workmanship and material under normal use and service conditions. Parts are warranted for one hundred and eighty (180) days after the date of purchase.

This warranty extends only to the original purchaser. NuQuest Intl's obligation under this warranty is limited to replacement parts. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by NuQuest International.

NuQuest International is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature.

Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

Congratulations on your purchase of fitness equipment. You may register your product with the form below or simply go to our website at:

http://www.nuquestintl.com/Warranty_Page.html.

Registering your product makes it easier for us to help you obtain service for your product so don't delay and register today.

Registration form can be sent to:

Nuquest International Inc.
19360 Rinaldi St. Suite 332 Porter Ranch, CA 91326



Product Warranty and Registration Card

Your name:

Address:

City:

State: * Zip Code:

Email:

Product Name

Product Number

Purchased at?

Date of Purchase



Nuquest International Inc.

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www.nuquestintl.com

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