XTERRA TR200

XTERRA TR200 Treadmill
USER MANUAL

Introduction

This user manual provides essential information for the safe and effective operation, assembly, maintenance, and troubleshooting of your XTERRA TR200 Treadmill. Please read this manual thoroughly before using the treadmill to ensure proper function and to prevent injury.

Important Safety Instructions

When using an electrical appliance, basic precautions should always be followed, including the following:

- Read all instructions before using this treadmill.
- Keep children and pets away from the treadmill when in use.
- Place the treadmill on a solid, level surface with at least 6 feet of clear space behind it.
- Always wear appropriate athletic footwear.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Use the safety key at all times. Attach the clip to your clothing before starting.
- Consult a physician before beginning any exercise program.

Setup and Assembly

The XTERRA TR200 Treadmill requires assembly. Please follow the instructions carefully. It is recommended to have two people for assembly.

1. Unpack all components and verify against the parts list provided in the packaging.
2. Attach the uprights to the base frame using the provided hardware.
3. Mount the console to the top of the uprights, ensuring all cables are connected securely.
4. Connect the power cord to a grounded outlet.

Image: A woman running on the XTERRA TR200 Treadmill, demonstrating its operational state. The treadmill features a black frame with blue accents and a clear LCD console display.

Operating Instructions

Familiarize yourself with the control console before beginning your workout.

Console Overview (LCD Display)

The LCD display shows various workout metrics such as time, speed, distance, calories, and pulse. The treadmill offers 12 pre-set programs.

- **Start/Stop Button:** Press to begin or end your workout.
- **Speed Adjustment:** Use the '+' and '-' buttons to adjust speed from 0.5 to 10 MPH. Quick speed buttons are also available.
- **Program Selection:** Press the 'Program' button to cycle through the 12 pre-set programs.
- **Safety Key:** The treadmill will not operate without the safety key properly inserted into the console.

Starting a Workout

1. Ensure the safety key is inserted and the clip is attached to your clothing.
2. Step onto the side rails of the treadmill.
3. Press the 'Start' button. The belt will begin to move at a low speed.
4. Carefully step onto the moving belt and adjust speed as desired.

Stopping a Workout

- Press the 'Stop' button to gradually slow down and stop the belt.
- Alternatively, pull the safety key to immediately stop the treadmill in an emergency.

Maintenance

Regular maintenance ensures the longevity and optimal performance of your treadmill.

- **Cleaning:** Wipe down the console and exterior surfaces with a damp cloth after each use. Do not use abrasive cleaners.
- **Belt Lubrication:** The running belt requires periodic lubrication. Refer to the specific instructions in your full manual for the recommended frequency and type of lubricant.
- **Belt Tension and Alignment:** Check the running belt tension and alignment regularly. Adjust as needed to prevent slipping or rubbing.
- **Motor Cover Cleaning:** Periodically remove the motor cover and vacuum any dust or debris from the motor area. Ensure the treadmill is unplugged before doing so.

Troubleshooting

Problem	Possible Cause	Solution
Treadmill does not start.	Safety key not inserted; Power cord not plugged in; Circuit breaker tripped.	Insert safety key fully; Check power connection; Reset circuit breaker.
Belt slips during use.	Belt too loose; Belt worn out.	Adjust belt tension; Contact customer support for replacement.
Unusual noise from motor area.	Loose components; Debris in motor housing.	Tighten all visible bolts; Unplug and clean motor area.

Specifications

Feature	Detail
Brand	XTERRA
Model	TR200
Color	Black
Maximum Speed	10 Miles per Hour
Target Audience	Adult
Maximum Horsepower	1.5 Horsepower
Assembly Required	Yes
Display Type	LCD
Number of Programs	12
Maximum Weight Recommendation	250 Pounds
Deck Length	40 Inches
Input Power	800 Watts
UPC	795447120861

Warranty Information

The XTERRA TR200 Treadmill comes with a limited manufacturer's warranty. Please refer to the warranty card included with your product or visit the official XTERRA website for detailed terms and conditions regarding coverage and duration.

Customer Support

For technical assistance, parts inquiries, or any questions not covered in this manual, please contact XTERRA customer support. Contact information can typically be found on the XTERRA Fitness website or on the product packaging.