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Star Trac 4 SERIES TREADMILL WITH 10" LCD

Star Trac 4 Series 4TR Treadmill with 10" LCD User Manual

Model: 4 SERIES TREADMILL WITH 10" LCD

PRODUCT OVERVIEW

The Star Trac 4-Series cardio line, including the 4TR Treadmill, is designed for hospitality and multi-housing markets. It features premium full-color flat panel displays, quick select adjustment keys, and optional personal viewing screens, offering the look and performance of a full commercial product.



Figure 1: Front view of the Star Trac 4 Series 4TR Treadmill, showcasing its sleek design and integrated 10-inch LCD console.

SETUP AND INSTALLATION

Unpacking and Placement

Carefully remove all packaging materials. Ensure the treadmill is placed on a stable, level surface with adequate clearance around it for safe operation and maintenance. The product dimensions are 81 inches (206 cm) in length, 32 inches (81 cm) in width, and 60 inches (152 cm) in height. Allow sufficient space for user movement and emergency dismount.



Figure 2: Diagram illustrating the dimensions of the Star Trac 4 Series 4TR Treadmill, including its length, width, and height.

Electrical Requirements

The treadmill requires a dedicated electrical circuit. It operates on either 110V/15 Amp (standard outlet) or 220V/15 Amp with a NEMA 6-15 outlet. Consult a qualified electrician if you are unsure about your electrical setup.

Assembly

Assembly is required. Refer to the separate assembly guide included with your product for detailed, step-by-step instructions. Ensure all components are securely fastened before initial use.

OPERATING INSTRUCTIONS

Console Features and Navigation

The 4TR Treadmill features a 10-inch full-color LCD display for an intuitive user experience. The console provides various options for starting and customizing your workout.



Figure 3: Close-up view of the 10-inch LCD console, showing the Quick Start, Select a Workout, and Create a Workout options, along with quick select buttons for speed and incline.

Starting a Workout

- **Quick Start:** Press the "Quick Start" option on the display to begin a workout immediately with default settings.
- **Select a Workout:** Choose from pre-programmed workouts such as "Warm Up," "Burn Fat," "Improve Cardio," "Train," or "Evaluate Fitness." The display will guide you through setting parameters like age, weight, duration, and gender for personalized results.

- **Create a Workout:** Customize your workout by selecting either "Time" or "Distance" as your primary goal.

Adjusting Settings During Workout

- **Speed:** Use the quick select keys (e.g., 2, 4, 6, 8, 10, 12 mph) or the '+' and '-' buttons on the right side of the console to adjust the running speed. Speed range: 0.5-12 mph (0.8-19 km/h).
- **Incline:** Use the quick select keys (e.g., 1, 3, 6, 9, 12, 15%) or the '+' and '-' buttons on the left side of the console to adjust the incline. Incline range: 0-15%.
- **Heart Rate Monitoring:** The warm bar on the handlebars provides contact heart rate monitoring. Grip the metal sensors firmly to display your heart rate on the console. Telemetry heart rate monitoring is also supported.
- **Integrated Fan:** A personal fan is integrated into the console for user comfort.
- **USB Port:** An integrated USB port provides charging capability for user devices.
- **Emergency Stop:** The large red stop button on the console and the safety cord clip provide immediate stopping functionality. Always attach the safety clip to your clothing before starting a workout.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your treadmill. Always unplug the unit before performing any maintenance.

- **Cleaning:** Wipe down the console and exterior surfaces with a damp cloth after each use. Avoid abrasive cleaners or excessive moisture.
- **Deck Lubrication:** Periodically check the running deck for proper lubrication. Refer to the detailed maintenance schedule in the full user manual for specific intervals and procedures.
- **Belt Tension and Alignment:** Inspect the running belt for proper tension and alignment. Adjust as needed according to the full user manual to prevent premature wear.
- **Motor Compartment:** Keep the motor compartment clean and free of dust and debris. Professional servicing is recommended for internal components.

TROUBLESHOOTING

This section provides solutions to common issues. For problems not listed here, contact customer support.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not securely plugged in; circuit breaker tripped.	Ensure power cord is fully inserted. Check and reset the circuit breaker. Verify electrical requirements are met.
Running belt slips or hesitates.	Belt tension too loose; deck requires lubrication.	Adjust belt tension according to the full user manual. Lubricate the deck if necessary.
Console display is unresponsive or frozen.	Temporary software glitch.	Turn off the treadmill, wait 30 seconds, then turn it back on. If the issue persists, contact customer support.

SPECIFICATIONS

Feature	Detail
Brand	Star Trac
Model Name	4 SERIES TREADMILL WITH 10" LCD
Model Number	9-3613-4TR-110-15A-10IN-60BLK

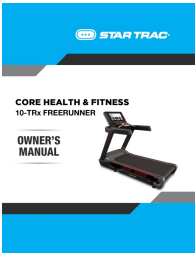
Feature	Detail
Product Grade	Light Commercial Quality
Product Dimensions (LxWxH)	81"D x 32"W x 60"H (206 x 81 x 152 cm)
Item Weight	366 Pounds (166 kg)
Maximum User Weight	450 Pounds (205 kg)
Material	Alloy Steel Frame
Maximum Speed	12.5 Miles per Hour (20 km/h)
Maximum Incline Percentage	15%
Motor Horsepower	3 Horsepower (DC motor)
Running Belt Width	22 Inches (55.5 cm)
Step-up Height	7 Inches (17.7 cm)
Display Type	10-inch LCD
Connectivity	USB (for charging devices)
Heart Rate Monitoring	Contact and Telemetry
UPC	785983722674

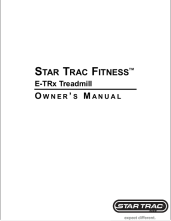
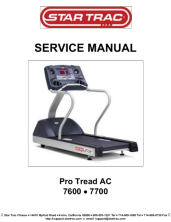



WARRANTY AND SUPPORT

For detailed warranty information, please refer to the warranty card included with your product or contact Star Trac customer service. Optional protection plans may be available for extended coverage.

The manufacturer of this product is CORE Health & Fitness. For technical support, parts, or service inquiries, please contact their official support channels. Always have your model number (9-3613-4TR-110-15A-10IN-60BLK) and serial number ready when contacting support.

Related Documents - 4 SERIES TREADMILL WITH 10" LCD

	<p>Core Health & Fitness 10-TRx Freerunner Treadmill Owner's Manual</p> <p>Owner's manual for the Core Health & Fitness 10-TRx Freerunner treadmill, detailing safety instructions, product specifications, operation procedures for OpenHub LCD and touchscreen consoles, workout programs, maintenance schedules, and support services.</p>
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 <p>STAR TRAC FITNESS™ E-TRx Treadmill OWNER'S MANUAL</p> <p>STAR TRAC Fitness Equipment</p>	<p>Star Trac E-TRx Treadmill Owner's Manual: Assembly, Operation, and Safety Guide</p> <p>Comprehensive owner's manual for the Star Trac E-TRx Treadmill, detailing assembly, operating instructions, safety precautions, maintenance, troubleshooting, and regulatory information. Includes guidance on exercise tips and training programs.</p>
 <p>STAR TRAC SERVICE MANUAL</p> <p>Pro Tread AC 7600 + 7700</p> <p><small>© Star Trac Fitness 1999. All Rights Reserved. This manual is the property of Star Trac Fitness and is not to be reproduced without written permission.</small></p>	<p>Star Trac Pro Tread AC 7600/7700 Service Manual</p> <p>Comprehensive service manual for Star Trac Pro Tread AC 7600 and 7700 treadmills, detailing maintenance, troubleshooting, and repair procedures for qualified technicians.</p>
 <p>Star Trac Fitness™ E-TR Treadmill OWNER'S MANUAL</p> <p>STAR TRAC Fitness Equipment</p>	<p>Star Trac E-TR Treadmill Owner's Manual - Assembly, Operation, and Maintenance Guide</p> <p>Comprehensive owner's manual for the Star Trac E-TR Treadmill, covering assembly, operation, safety instructions, maintenance, and troubleshooting. Learn to use your treadmill effectively and safely.</p>
 <p>Star Trac Fitness™ E-TR Treadmill OWNER'S MANUAL</p> <p>STAR TRAC Fitness Equipment</p>	<p>Star Trac E-TR Treadmill Owner's Manual</p> <p>Comprehensive owner's manual for the Star Trac E-TR Treadmill, covering safety instructions, assembly, operation, maintenance, troubleshooting, and regulatory information.</p>
 <p>STAR TRAC</p> <p>Page 10</p>	<p>Star Trac Virtual Bike Parts and Assembly Guide</p> <p>Detailed parts list and assembly diagrams for the Star Trac Virtual Bike, including component identification and part numbers. Features support and service information.</p>