

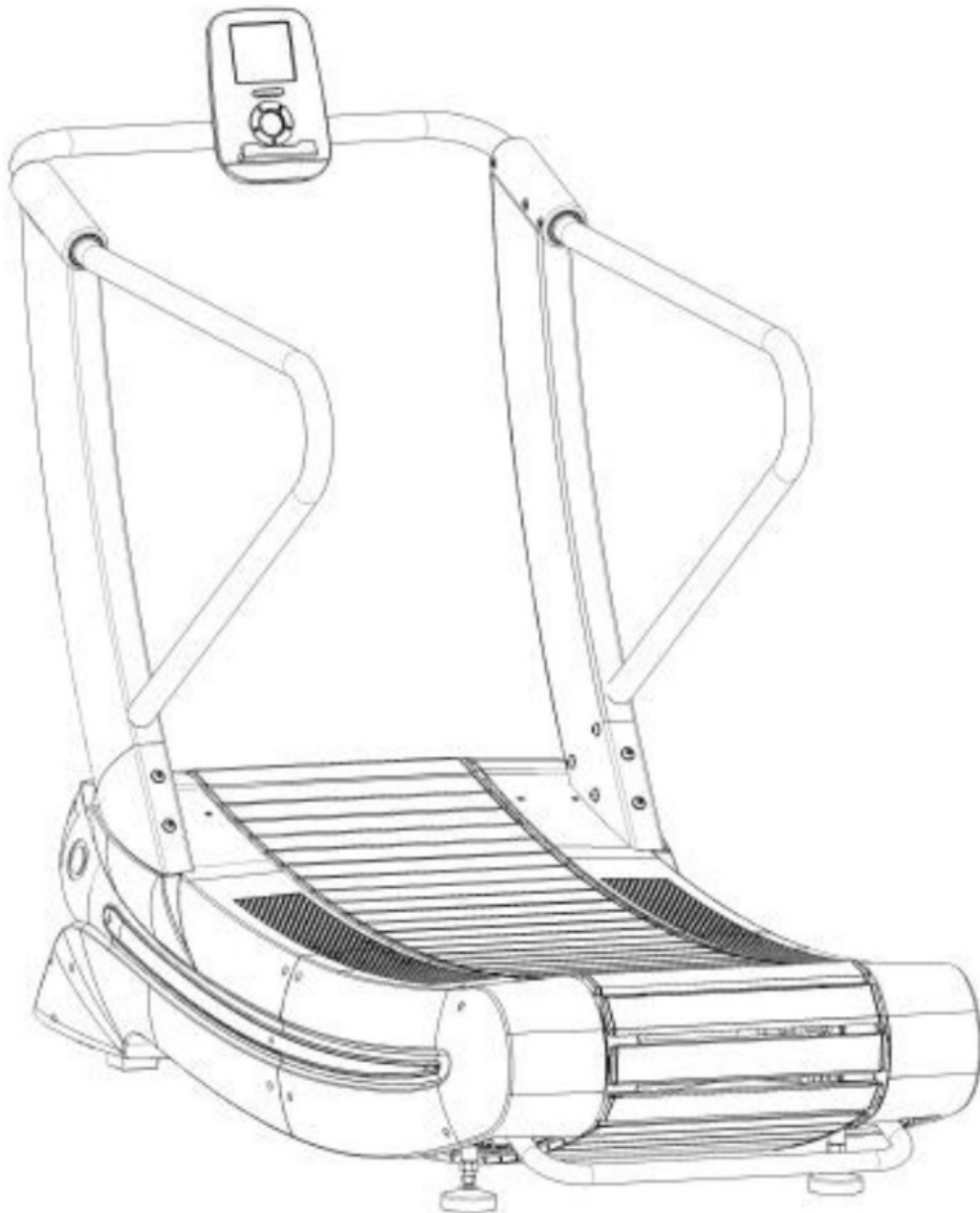


COSCO Crusade 3 Curve Treadmill User Manual

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Crusade 3 Curve Treadmill
User Manual
Cosco Curve Treadmill Manual
CRUSADE 3



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Safety Caution

Please read all precautions and instructions in this manual before using this equipment.

1. This Curve treadmill is suitable for commercial fitness clubs, clubhouse fitness, bodybuilding training, sports

training, physical education and so on.

2. This Curve treadmill is suitable for indoor use, do not use it outdoors or in high humidity situation. Do not splash water or any other liquid on the treadmill. Do not put or insert any abnormal things on the treadmill.
3. Please ensure its 4 feet on the ground when using it and placed it smoothly. There should retain 2000 mm * 1000 mm of safety space behind the treadmill.
4. When using the treadmill, please wear appropriate sportswear and sports shoes. For the exerciser who use the treadmill for the first time, professional guidance will be needed. In the event of an emergency, stop the machine immediately.
5. It is forbidden to let two or more people stand on the treadmill at the same time, the maximum load weight is 170 kg.
6. The heart rate sensor is not professional medical equipment, there are many reasons which can cause inaccurate detection, test results are for reference only.(Hold the heart of the handrail with both hands, several seconds later, to get a relatively accurate heart rate).
7. The action guidance:
 - A. Aerobic exercise : energy consumption, improve cardiopulmonary skills, accelerate the blood circulation, enhance physical fitness, loss weight.
 - B. When using this treadmill for the first time, exerciser needs to hold the handrail to keep the balance.
 - C. People can only walk on the treadmill after safety confirmation.
8. Any part of treadmill should not be in loose status.
9. Never touch any moving parts of running treadmill with your finger.
10. People with long hair should pay attention to the safety of hair when using this treadmill.
11. When you feel uncomfortable when using this treadmill, please stop immediately and consult the doctor.
12. Please check and make sure every bolt and screw is locked tight every time before you start to use the treadmill. If any of them is loose, please change or fixed it.
13. There must be the mark of "Stop" in maintenance.
14. If there is abnormal noise or other abnormal situation of the treadmill, please stop running immediately and contact our after-sales department immediately, or seek professional help.
15. This treadmill is coincident to the type of SC in EN 957-6.

Technical standard:

Input supply voltage: four-cell dry battery

Time: 0:00—99.59

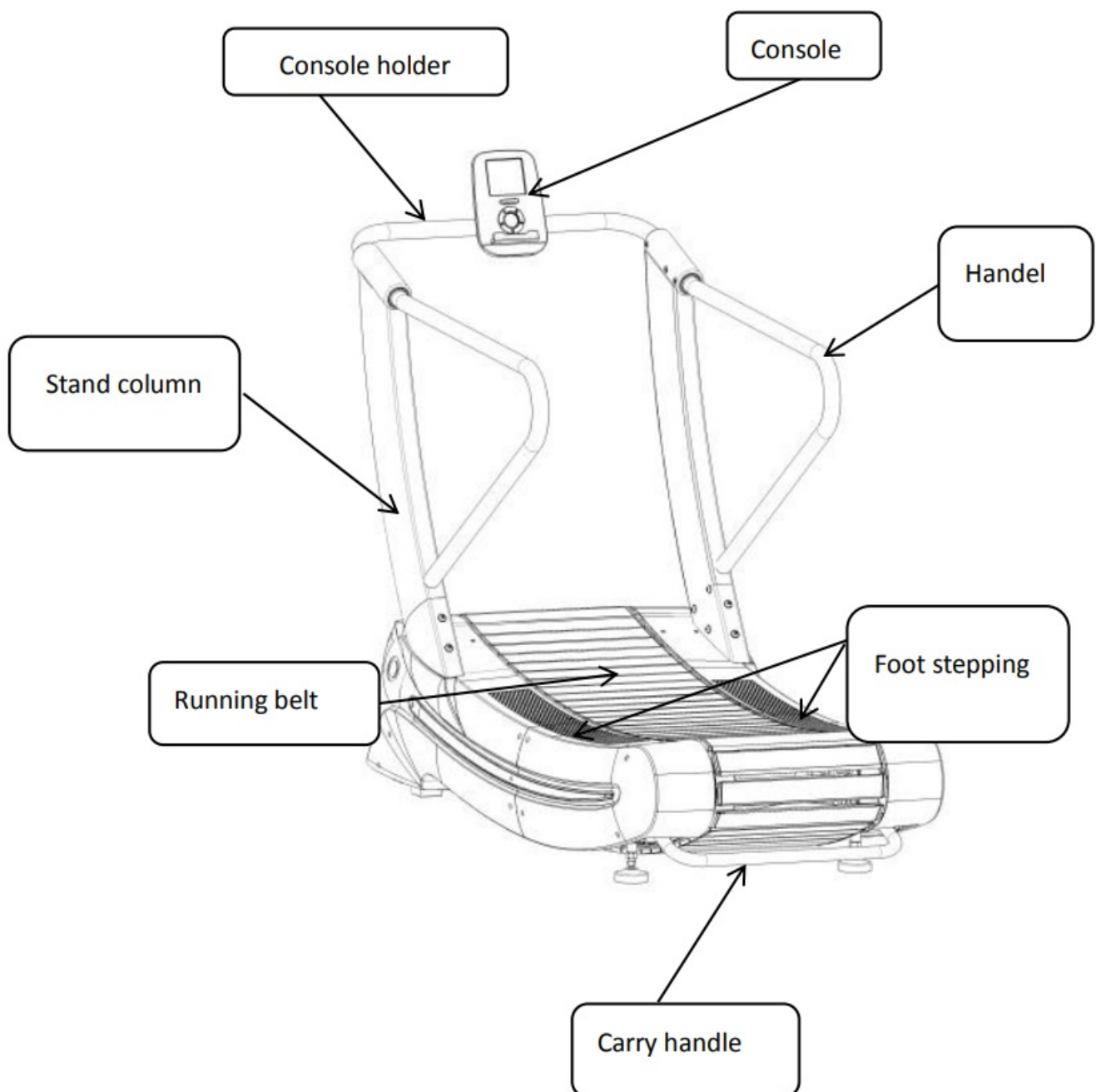
Distance: 0.00—99.99 (km)

Calories: 0—999 (kcal)

Heart rate: 60—300 (beats/min)

Revolving speed 0-900 (r/min)

Machine diagram



Installation procedures & Machine debug

Taking easy-assembly as the principle:

User Manual of this section is designed to ensure that the treadmills can be assembled correctly and easily.

- Considering the big size of the treadmill, please select the 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 treadmill, please make sure all parts are assembled according to the assembly drawing.

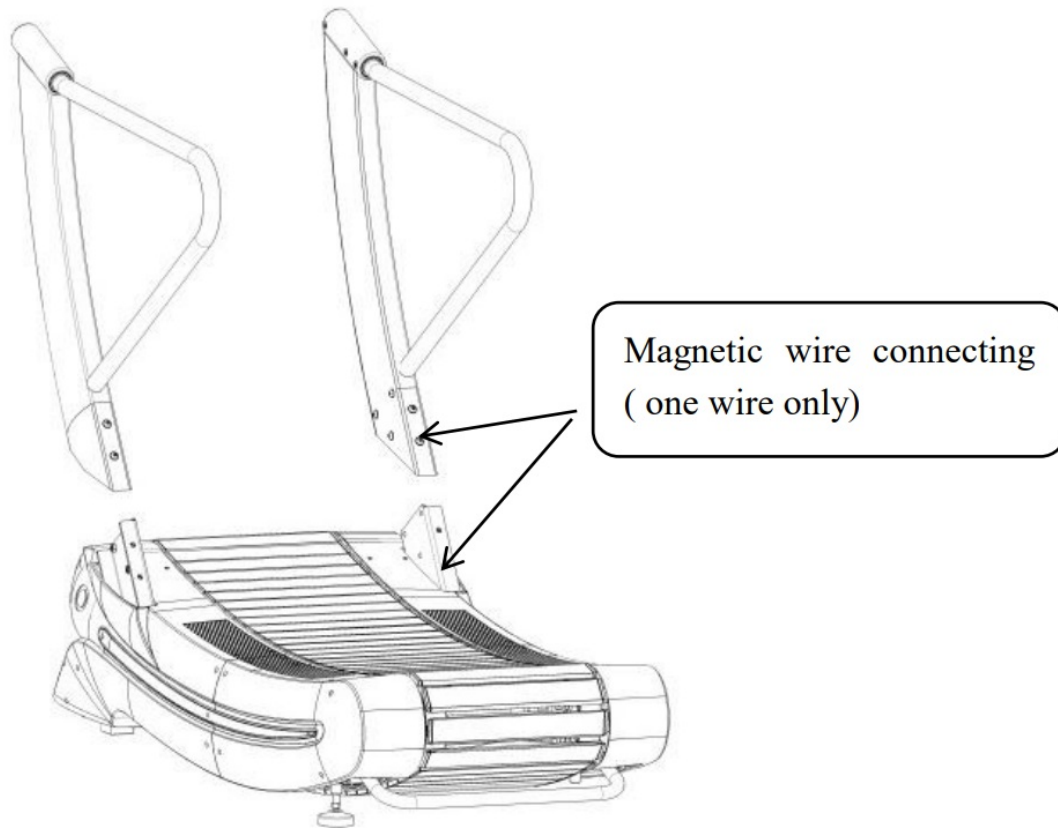
Assembly step one:

Connect the magnetic induction line and assemble the stand column.

Assembly instructions:

1. Remove the packing materials on both sides of the stand column.
2. Fix the stand column to the corresponding position of the main frame as shown in the picture below.

Note: Connect the magnetic line below.

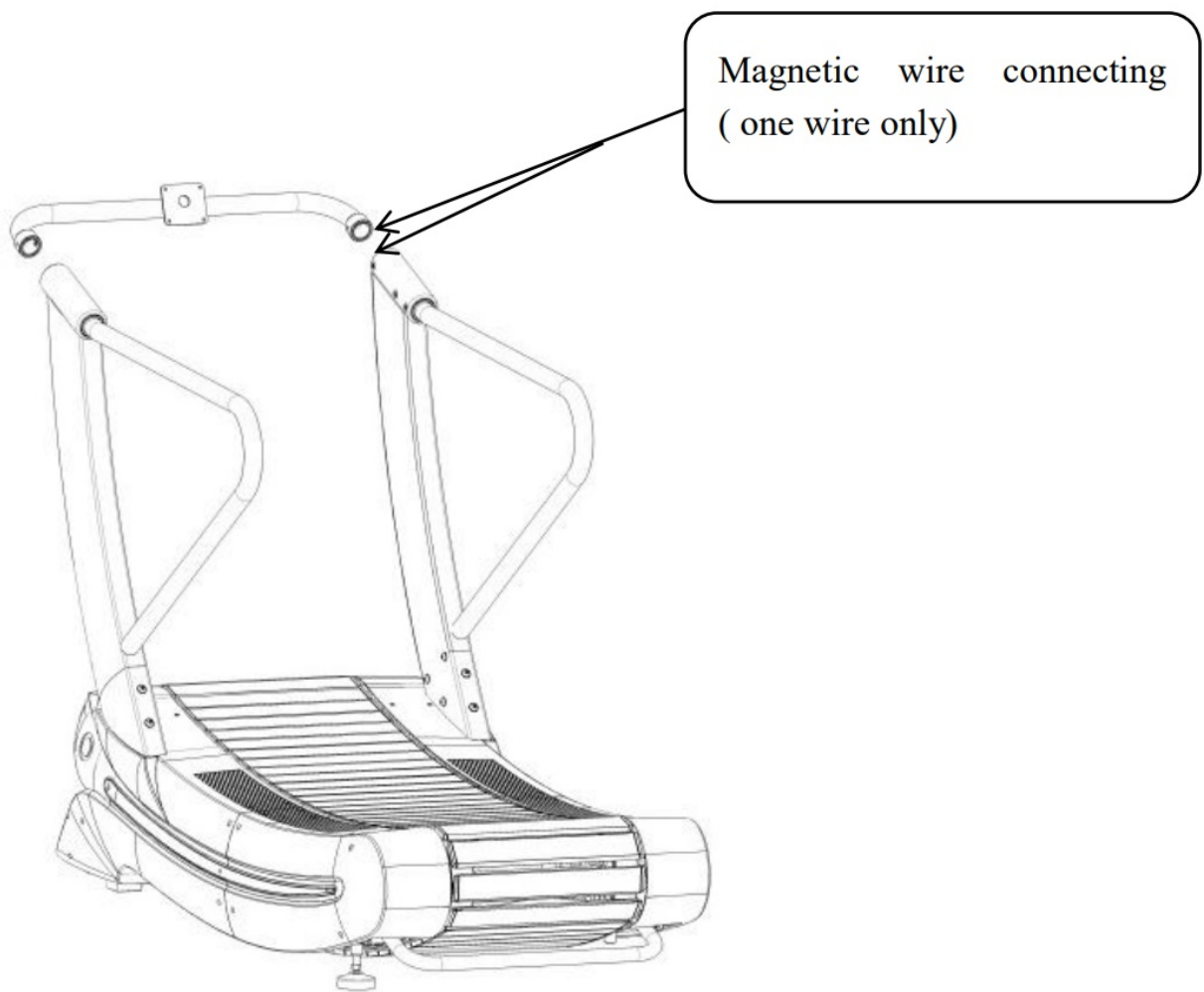


Assembly step two:

Connect the magnetic induction line and assemble the console holder:

Assembly instructions:


1. Connect the magnetic induction line of the console holder to those in the stand column.
2. Fix the console holder tightly with the stand column as shown in the picture below, using 2 pcs of (27).

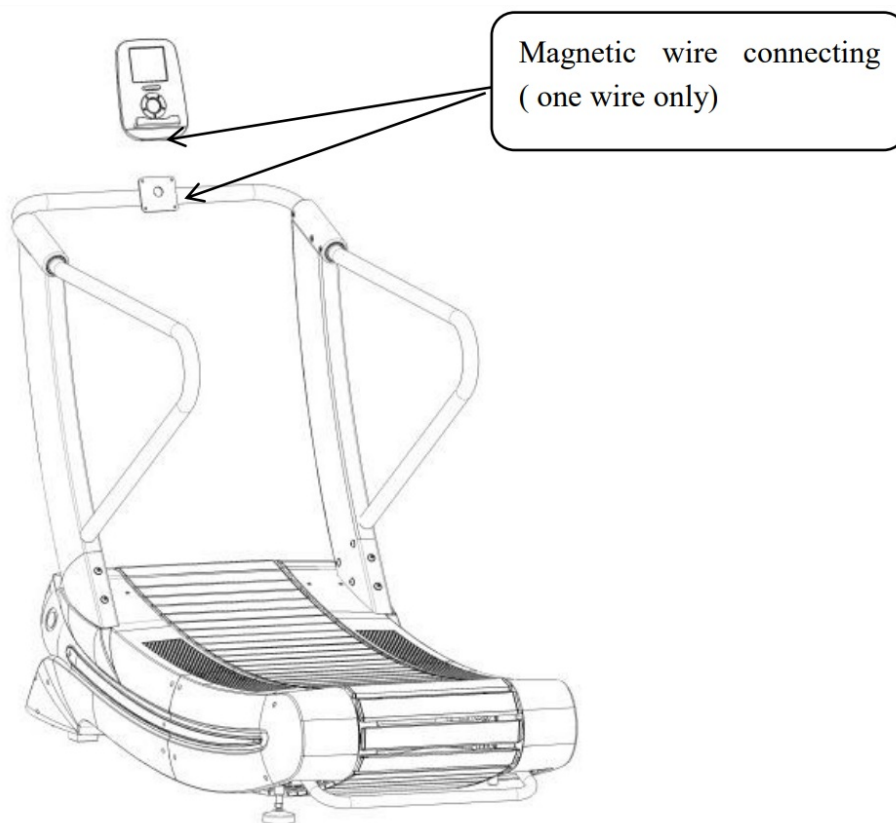


Assembly step three:

Assembling the console; connecting the magnetic line

1. Connecting the magnetic line of the console with the line in the holder console holder.
2. After connecting the magnetic line, place the console at the joint of console holder and fasten it (as shown), using 4pcs of (13) and 4pcs of (14).

3. Step on the running belt and run on it and press the button  to start the computer



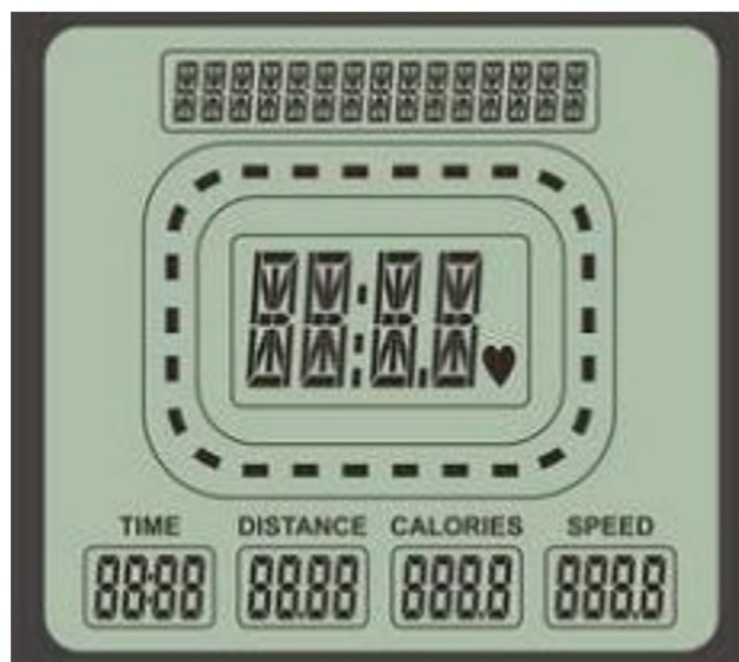
Operation guide

Console Introduction:

This treadmill adopts console model, four dry battery power supply, low power consumption, no external power supply required;

This treadmill interface has only one main interface, with six buttons to achieve the purpose of use, the specific operation methods of the treadmill are as follows:







1. Home page



The main interface is used to display device name, time, distance, calories, speed,

2. Six button

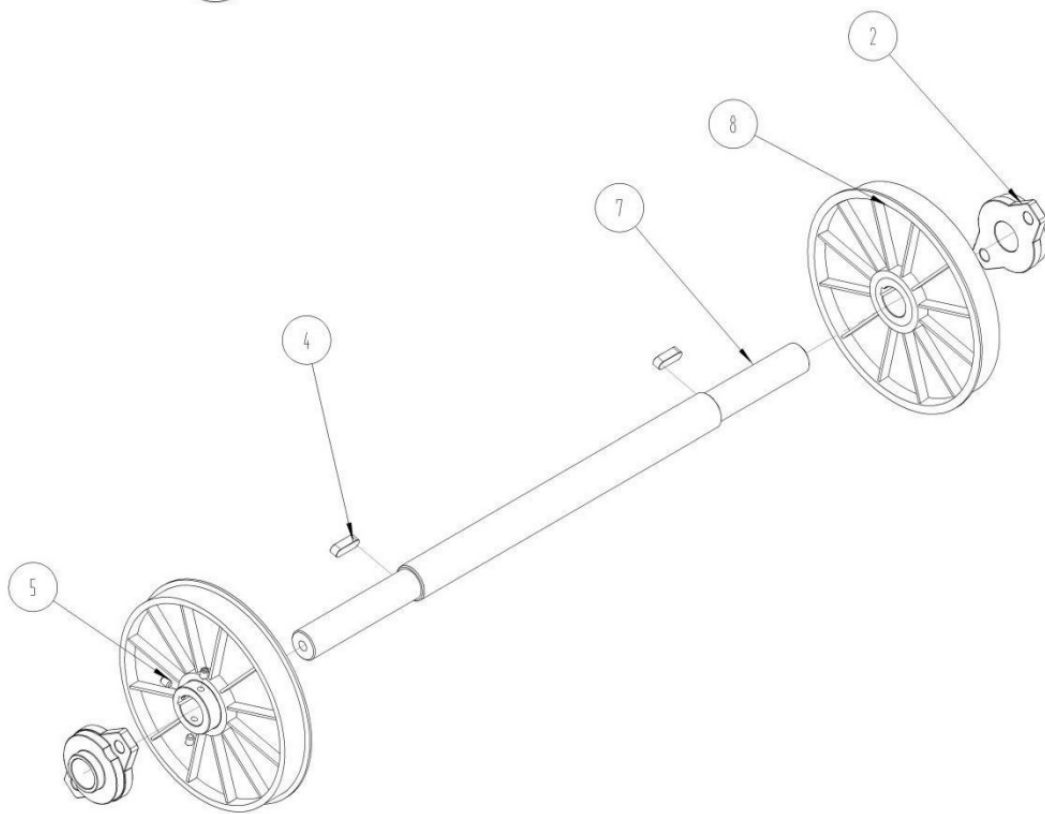
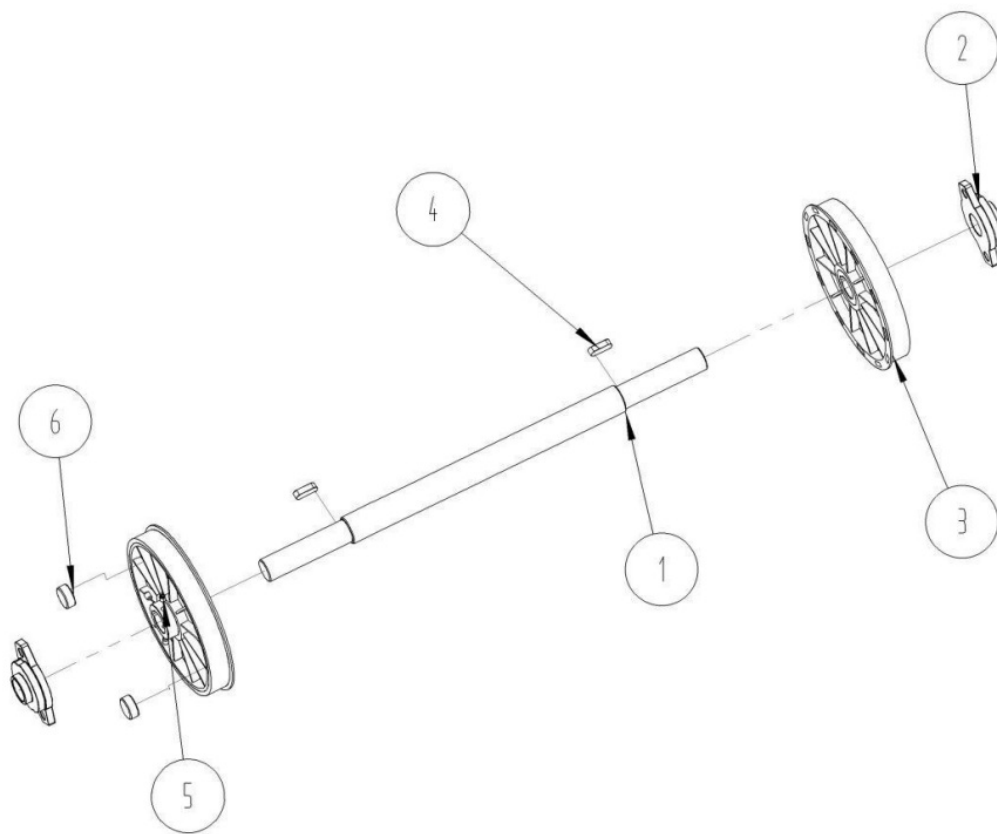


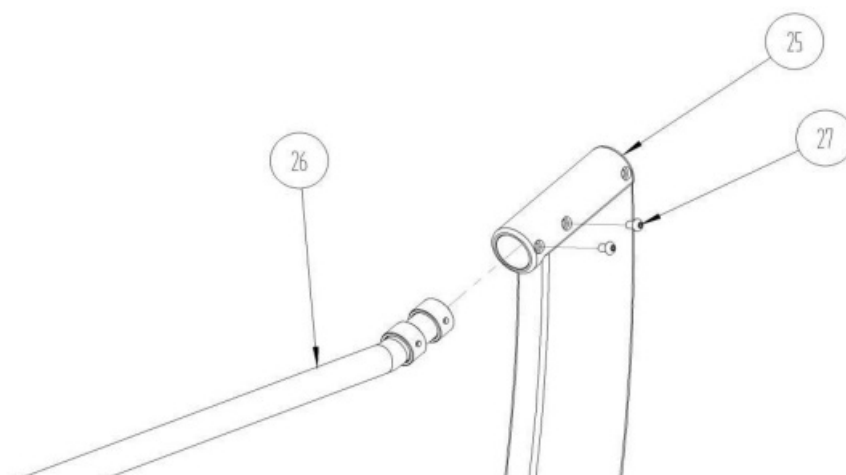
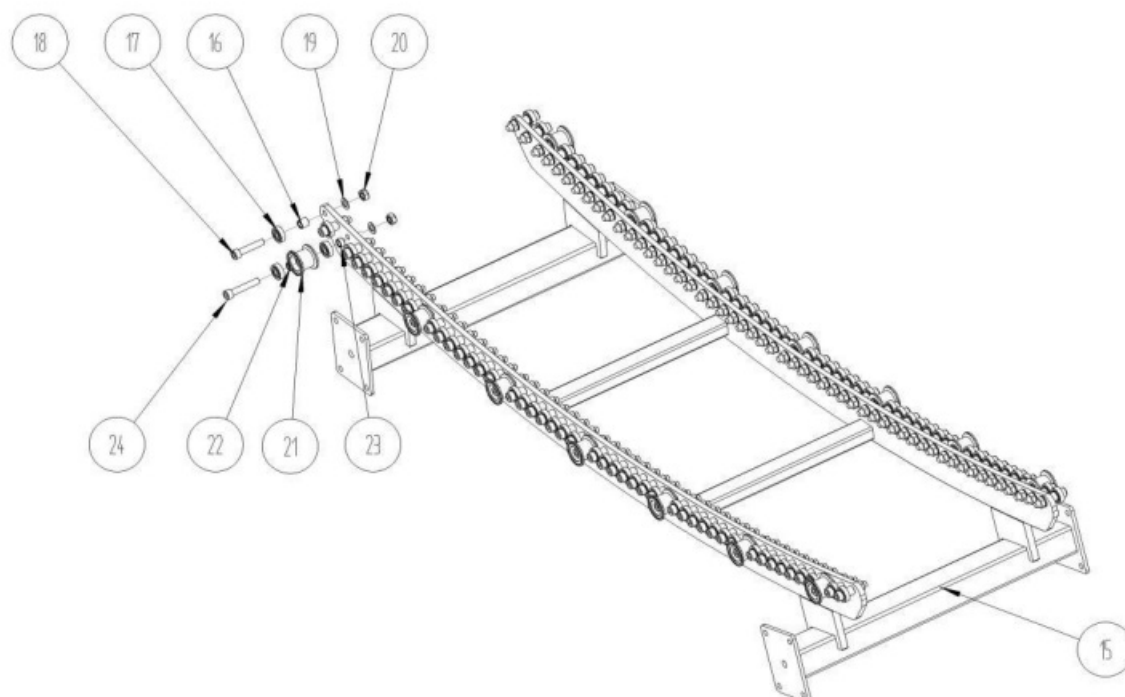
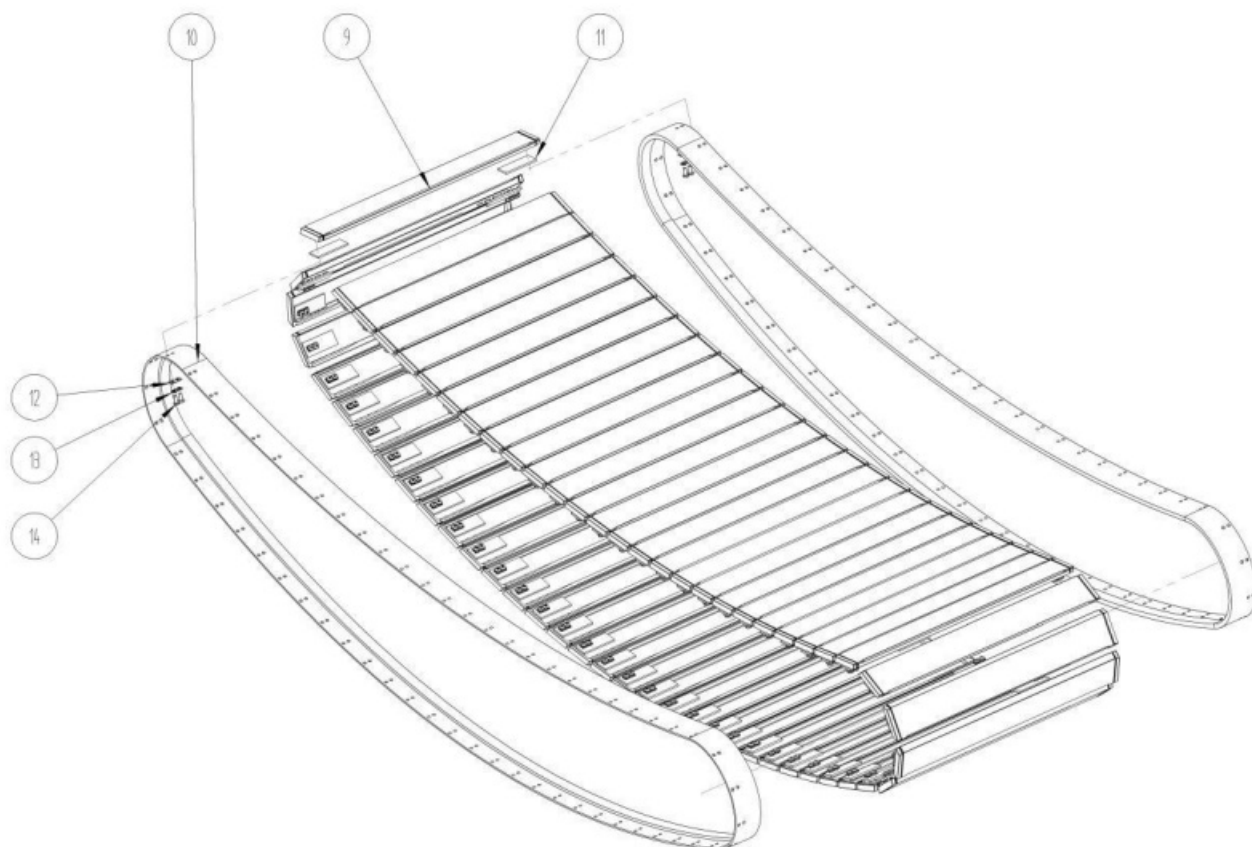
1.  Start/Stop button. In standby mode, all data will start counting only when you click this button. Click this key while running, and all data will stop counting.
2.  Numerical plus key: For numerical addition on numerical setting interface, growing rate: +1
3.  Numerical minus key: For numerical reduction on numerical setting interface, reduction rate: -1
4.  Program setting key: Click this key to start program setting, consist of body fat test; time reciprocal, distance reciprocal, calories reciprocal and heart rate monitoring five kinds of procedures;
5.  Reset key: Touch this button (no more than 3s) to back step.; Long press this key (more than or equal to 3s) to return to the initial interface, all data will be reset.
6.  Confirm key: Confirm key for data and program selection. numerical modification confirmation;

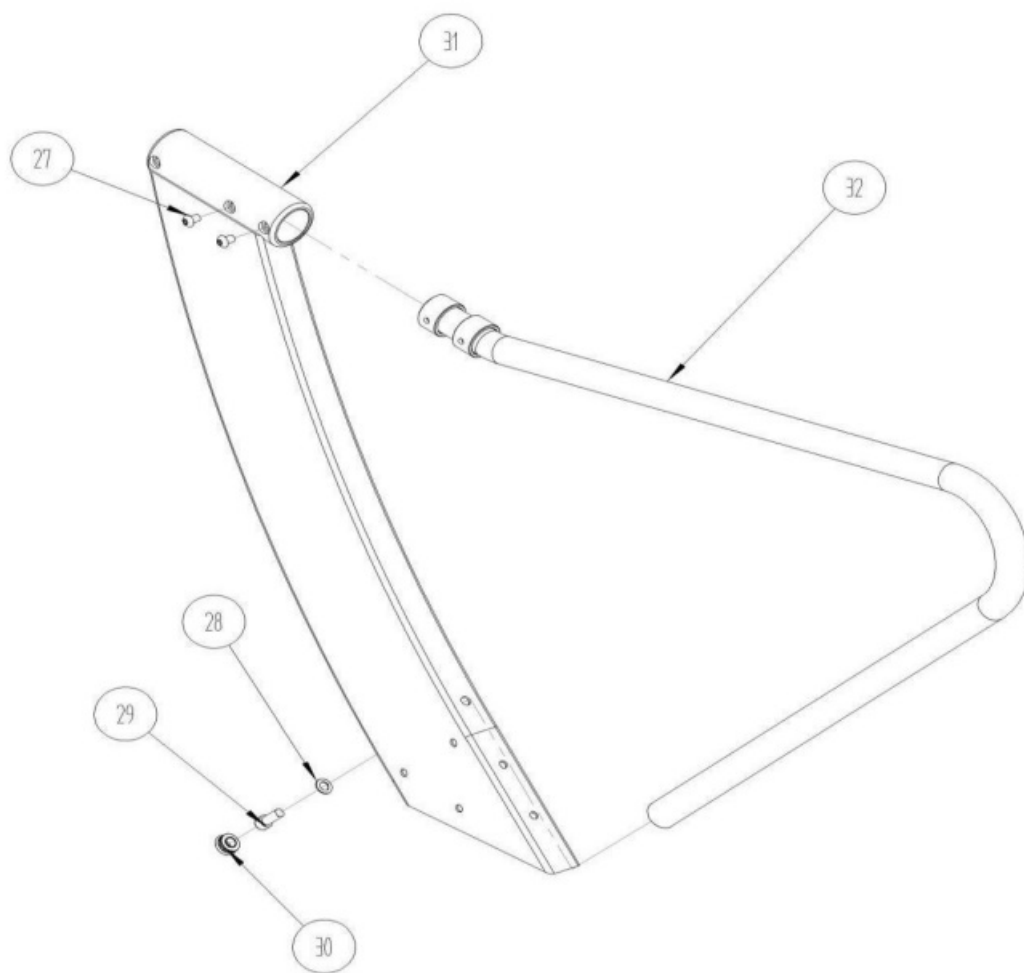
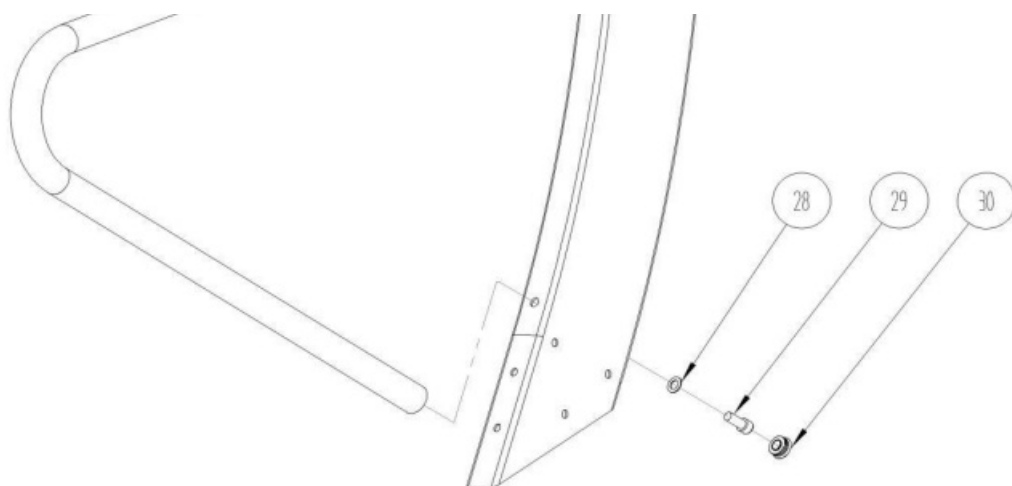
Packing list

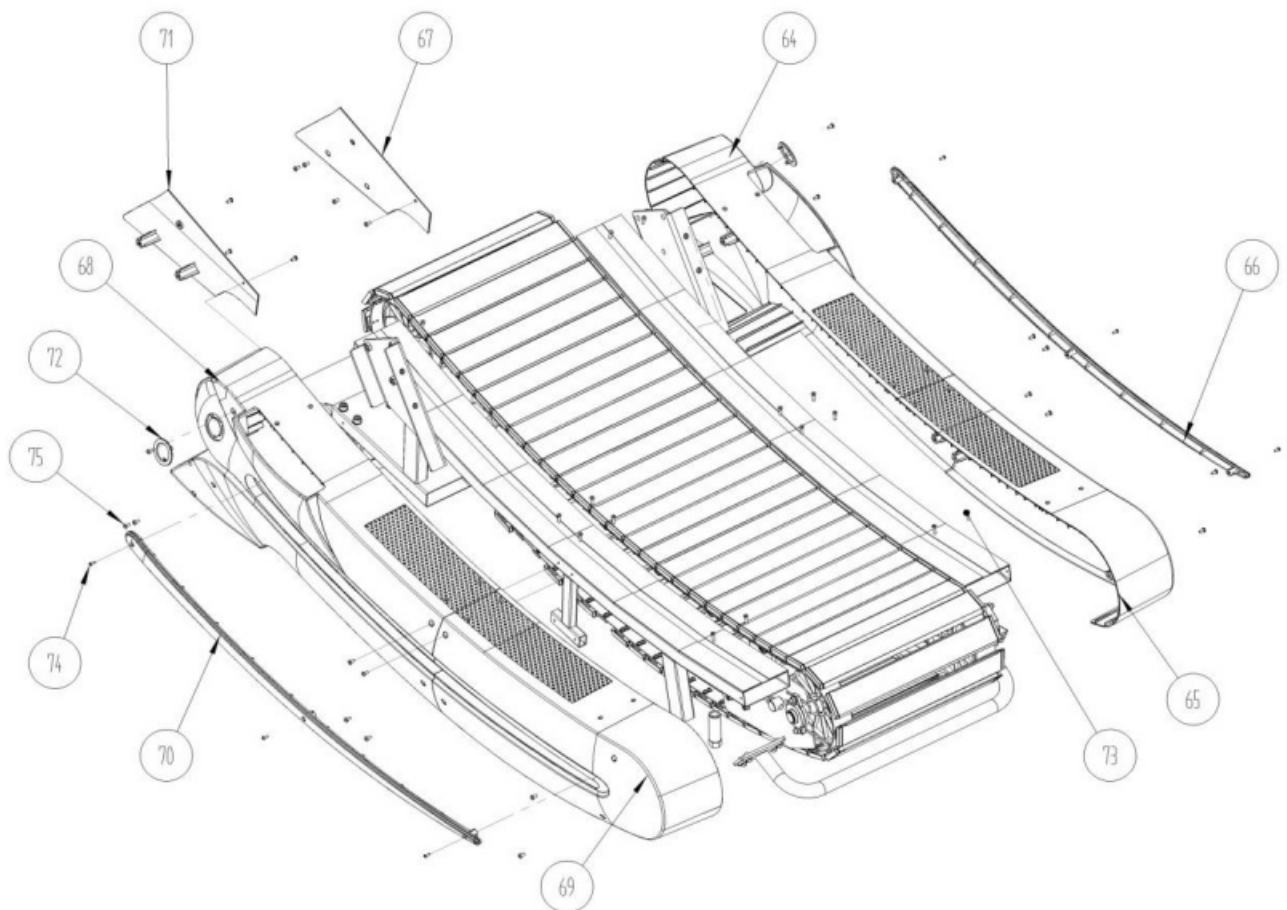
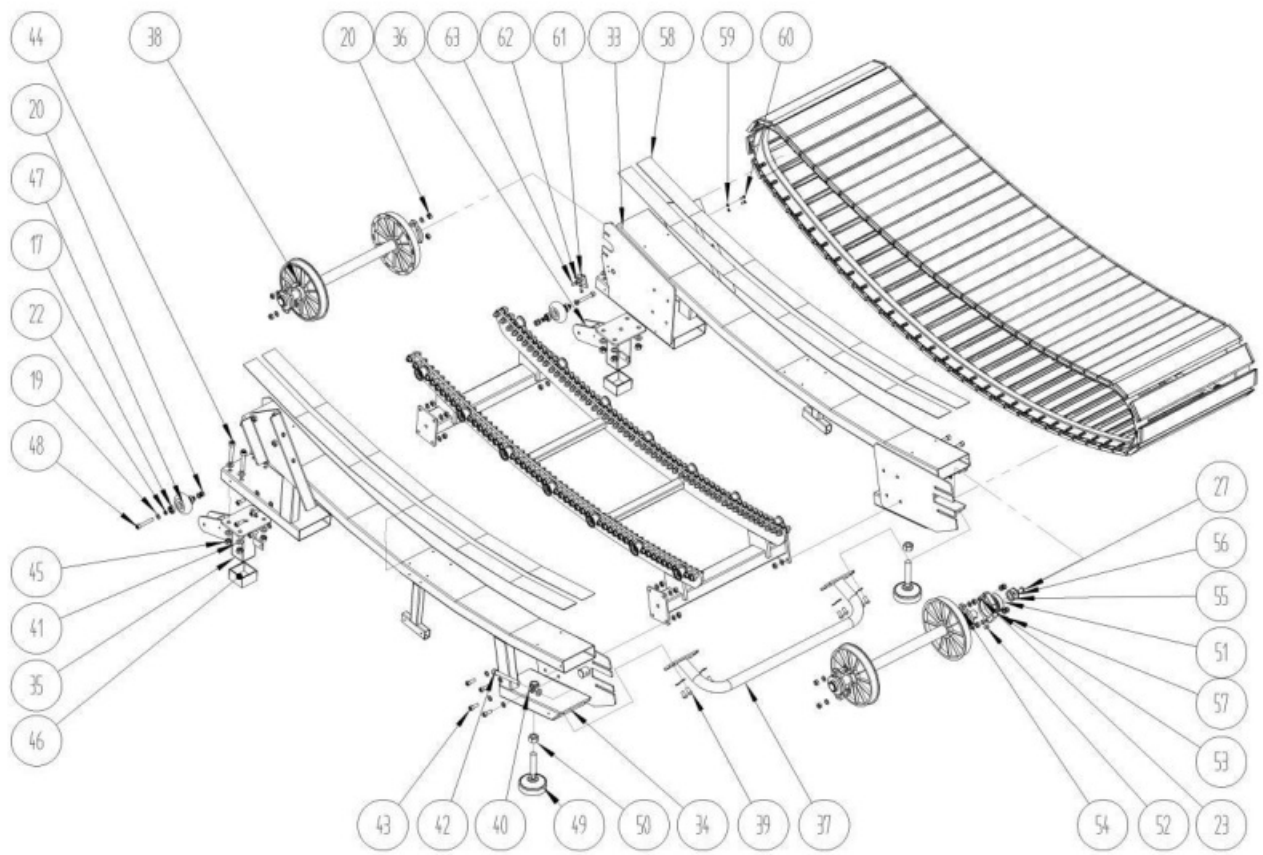
Main Frame 1pcs.
 Right side stand column handrail 1pcs
 Left side stand column handrail 1pcs
 Console welding assembly 1pcs
 Console 1pcs
 $\Phi 10 \times \Phi 5.5 \times 1.0$ t-C1 Washer 4pcs.
 M5X12L-A1 Cross plate circular bolt 4pcs
 $\Phi 20 \times \Phi 11 \times 1.0$ t-C1 Washer 10pcs.
 M10X20L-N2 Hexagon socket button screws 10pcs
 Screwdriver 1pcs.
 6mm Hexagon spanner 1pcs

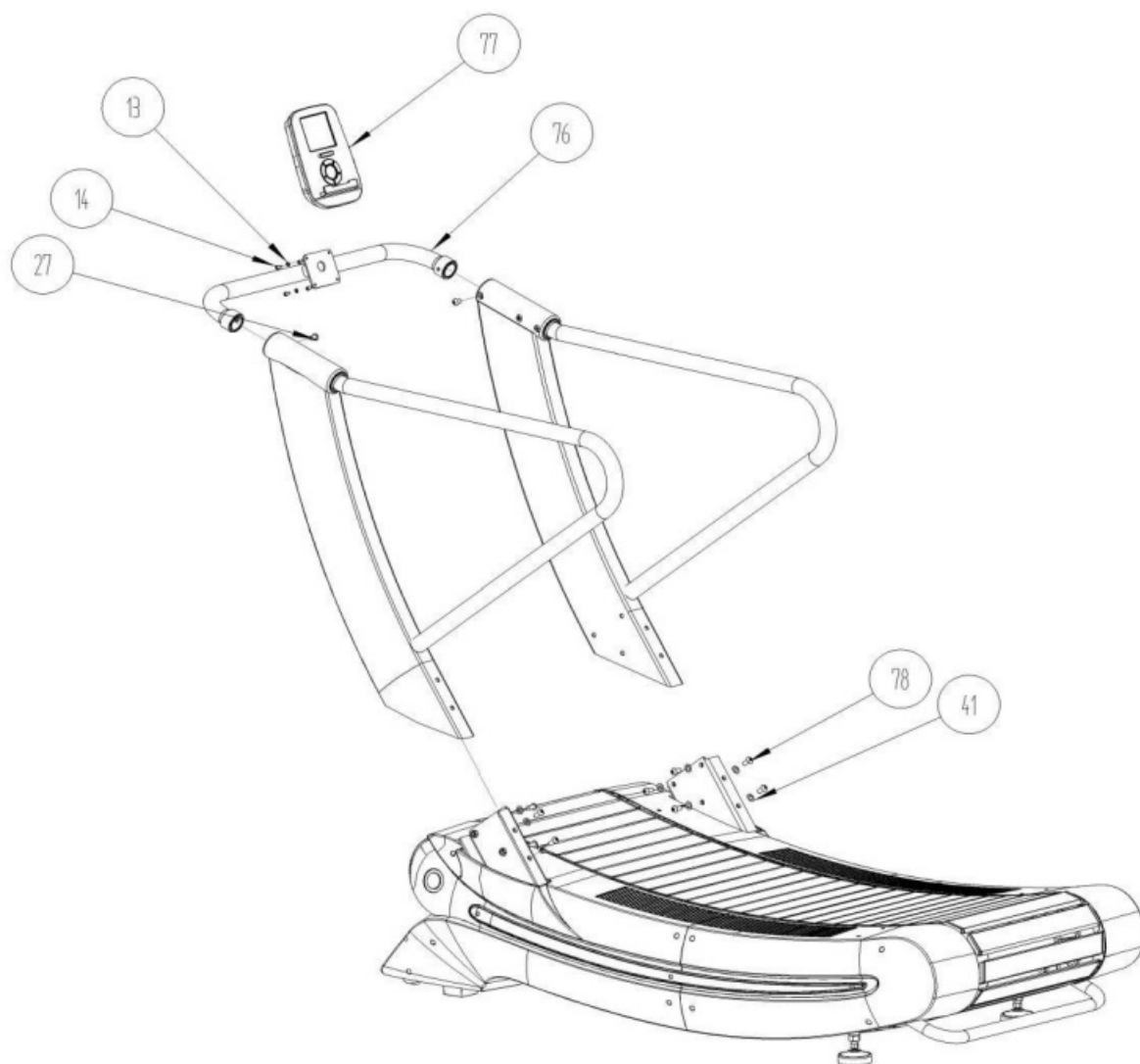
Explosive view











| Item | Description | QTY |
|------|--------------------------------|-----|
| 1 | TZ03-SP03-0302 Front axle | 1 |
| 2 | FL005 Bearing pedestal | 4 |
| 3 | TZ06-SP03-0612 Front wheel | 2 |
| 4 | 8X25 Flat key | 4 |
| 5 | M6X8L-J1 Set screw | 12 |
| 6 | Magnet | 2 |
| 7 | TZ03-SP03-0303 Back axle | 1 |
| 8 | TZ06-SP03-0613 Back wheel | 2 |
| 9 | Running belt unit | 60 |
| 10 | TZ17-SP03-1701 Running belt | 2 |
| 11 | TZ10-SP03-1001 Foam glues tape | 120 |

| | | |
|----|--|-----|
| 12 | TZ02-SP03-0235 Running belt fixing metal plate | 120 |
| 13 | Φ10Xφ5.5X1.0t-C1 washer | 244 |
| 14 | M5X12L-A1 Cross plate circular bolt | 244 |

| | | |
|----|--|-----|
| 15 | TZ04-SP03-0403 Running belt rack | 1 |
| 16 | TZ03-SP03-0308 Small bearing washer sleeve | 92 |
| 17 | 608 Bearing | 124 |
| 18 | M8X40L-N1 Hexagon socket cap screws | 92 |
| 19 | Φ16Xφ9X1.0t-C1 washer | 160 |
| 20 | M8X7t-S1 Lock nut | 134 |
| 21 | TZ03-SP03-0311 Belt aluminium wheel | 14 |
| 22 | TZ03-SP03-0309 inner bearing spacing | 18 |
| 23 | TZ03-SP03-0307 Big bearing washer sleeve | 16 |
| 24 | M8X45L-N1 Hexagon socket cap screws | 14 |
| 25 | TZ04-SP03-0414 Left side stand column welding part | 1 |
| 26 | TZ04-SP03-0414 Left side handle welding part | 1 |
| 27 | M10X15L-N2 Hexagon round screw | 7 |
| 28 | Φ22Xφ13X1.5t-C1 Washer | 2 |
| 29 | M12X30L-N1 Hexagon socket cap screws | 2 |
| 30 | 601 Plastic part | 2 |

| | | |
|----|---|---|
| 31 | TZ04-SP03-0410 Right side stand column welding part | 1 |
| 32 | TZ04-SP03-0411 Right side handle welding par | 1 |
| 33 | TZ04-SP03-0401 Right side wall | 1 |
| 34 | TZ04-SP03-0402 Left side wall | 1 |
| 35 | TZ04-SP03-0415 Left side support group | 1 |
| 36 | TZ04-SP03-0407 Right side support group | 1 |
| 37 | TZ04-SP03-0408 Carry handle | 1 |
| 38 | M8X25 Carriage bolts | 6 |

| | | |
|----|-------------------------------|----|
| 39 | M8X16L-N2 Hexagon round screw | 8 |
| 40 | M10X8t-S2 Nut | 2 |
| 41 | Φ20Xφ11X1.0t-C1 Washer | 28 |

| | | |
|----|---------------------------------------|----|
| 42 | M10X100L-N1 Hexagon socket cap screws | 2 |
| 43 | M8X20L-N1 Hexagon socket cap screws | 16 |
| 44 | M10X60L-N1 Hexagon socket cap screws | 8 |
| 45 | M10X9t-S1 Lock nut | 8 |

| | | |
|----|---|---|
| 46 | TZ06-SP03-0614 Footing | 2 |
| 47 | Front wheel | 2 |
| 48 | M8X50L-N1 Hexagon socket cap screws | 2 |
| 49 | M16 Footing | 2 |
| 50 | M16X14.8 Nut | 2 |
| 51 | 6205 One-way bearing | 1 |
| 52 | 8X14 Flat key | 1 |
| 53 | TZ02-SP03-0236 One-way bearing pedestal | 1 |
| 54 | M8X55 Carriage bolts | 2 |
| 55 | TZ-50-0609 Weight interval washer | 1 |
| 56 | TZ-5013-0211 Small round block | 1 |
| 57 | M6X14L-N2 Hexagon round screw | 1 |
| 58 | TZ10-SP03-1002 Foam glues tape | 4 |
| 59 | Φ9Xφ4.3X0.8t-C1 Washer | 3 |


| | | |
|----|-------------------------------------|---|
| 60 | M4X10L-A1 Cross plate circular bolt | 3 |
| 61 | TZ02-SP03-0239 Counter stator | 1 |
| 62 | Probe stator | 1 |
| 63 | Probe | 1 |

| | | |
|----|---|----|
| 64 | TZ06-SP03-0603 Right side front shell | 1 |
| 65 | TZ06-SP03-0604 Right side back shell | 1 |
| 66 | TZ06-SP03-0605 Right side trim strip | 1 |
| 67 | TZ06-SP03-0606 Right side protecting case | 1 |
| 68 | TZ06-SP03-0607 Left side front shell | 1 |
| 69 | TZ06-SP03-0608 Left side back shell | 1 |
| 70 | TZ06-SP03-0609 Left side trim strip | 1 |
| 71 | TZ06-SP03-0610 Left side protecting case | 1 |
| 72 | TZ06-SP03-0611 Decorative ring | 2 |
| 73 | M5X20L-N3 Hexagon countersunk head screw | 16 |

| | | |
|----|---|----|
| 74 | M4X12L-M1 Cruciform slotted screw | 6 |
| 75 | M5X10L-A1 Cross plate circular bolt | 26 |
| 76 | TZ04-SP03-0412 Console welding assemble | 1 |
| 77 | TZ06-SP03-0616 Console | 1 |
| 78 | M10X20L-N2 Hexagon socket screw | 10 |



Documents / Resources

| | |
|--|---|
|  <p>The image shows the cover of the COSCO Crusade 3 Curve Treadmill manual. It features a small illustration of the treadmill and the text 'COSCO Crusade 3 Curve Treadmill Manual' and 'CRUSADE 3'.</p> | <p>COSCO Crusade 3 Curve Treadmill [pdf] User Manual Crusade 3 Curve Treadmill, Curve Treadmill, Crusade 3, Treadmill, Crusade 3 Treadmill</p> |
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