



ITSU Aire Track Multi Functional Treadmill IS0500A User Manual

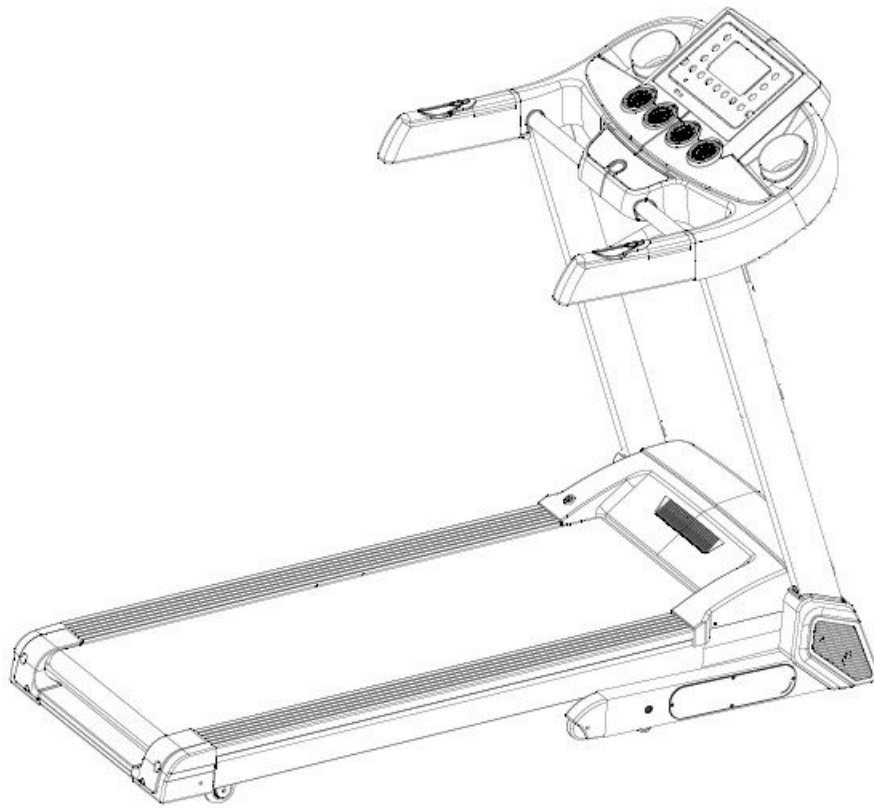
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ITSU

ITSU Aire Track Multi Functional Treadmill IS0500A



Thank you for purchasing the ITSU Treadmill

Before operating this unit, please read this manual carefully to ensure optimum performance and safety. This manual should be kept available for future reference.

REMARKS:

Our company reserves the right to change the design and the final product Explanation authority Product color is subjected to the actual product.

Warning:

To reduce the risk of electric shock and serious injury, please read all important safety instructions, precautions and warnings before using your treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed. Please save these instructions for future references.

1. Follow Instructions – All operational and usage instructions should be followed.
2. Do Not Remove Cover – No user-serviceable parts inside. Refer the servicing to qualified service personnel.
3. Connect This Treadmill to A Properly Grounded Outlet Only.
4. Do Not Share The Outlet With Other High-Power Household Appliance – Such as Microwave oven, air-conditioning, etc.
5. This product is for use on a nominal 240-volt and 10-amp circuit.
6. Indoor Use Only – Do not use this treadmill near moisture and dust area.
7. Never place objects of any kind on the treadmill. Never spill liquid of any kind on the treadmill.
8. Only one person on the treadmill at a time.
9. Wear appropriate exercise clothes and shoes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill.
10. Children under the age of 12 should not use the treadmill without adult supervision.
11. Keep the product away from hot surfaces.
12. Cleaning or Maintenance – Unplug the power cord before cleaning or maintenance.
13. Do Not Operate the Treadmill- if the power cord or plug is damaged, or if the treadmill is not working properly.

14. Place the treadmill on a flat surface only.
15. If you experience any kind of symptoms, including but not limited to chest pain, surfeit, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
16. Please consult your doctor before running, if you experience any one of the following diseases:
 - Cardiopathy, hypertension, sugar diabetes, respiratory disease, smoking, and other chronic diseases, complication disease .
 - If you are over 35 years old and overweight.
 - Women who are pregnant or in breast feeding period.
 - If you are using pacemaker or any kind of medical equipment.
17. Unplug the power cord after operating this treadmill.
 - Do not lift or move this treadmill unless it is in the upright folded position with the lock latch secure.
18. Do not lift or move this treadmill unless it is fully assembled.
19. Do not start the treadmill while you are standing on the running belt. Always hold the handrails while jogging and running until you feel comfortable without needing to hold the handrails.
20. Do not place your treadmill on the thick carpet. That could result damage to the motor from ventilation problem.
21. Please make sure one end of the safety key are placed in the appointed position on the display.
22. Please do not let your children play near your treadmill.
23. This treadmill is intended for-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
24. Read, understand and test the emergency stop procedure before using the treadmill.
25. The pulse sensor is not a medical device. It is intended only as an exercise aid in determining heart rate trends in general.
26. Never leave the treadmill unattended while it is running. Please store the safety key when the treadmill is unused.
27. Inspect and properly tighten all parts of the treadmill regularly.
28. Please unpack the treadmill carton on a flat surface. It is recommended that you place a protective covering on your floor.

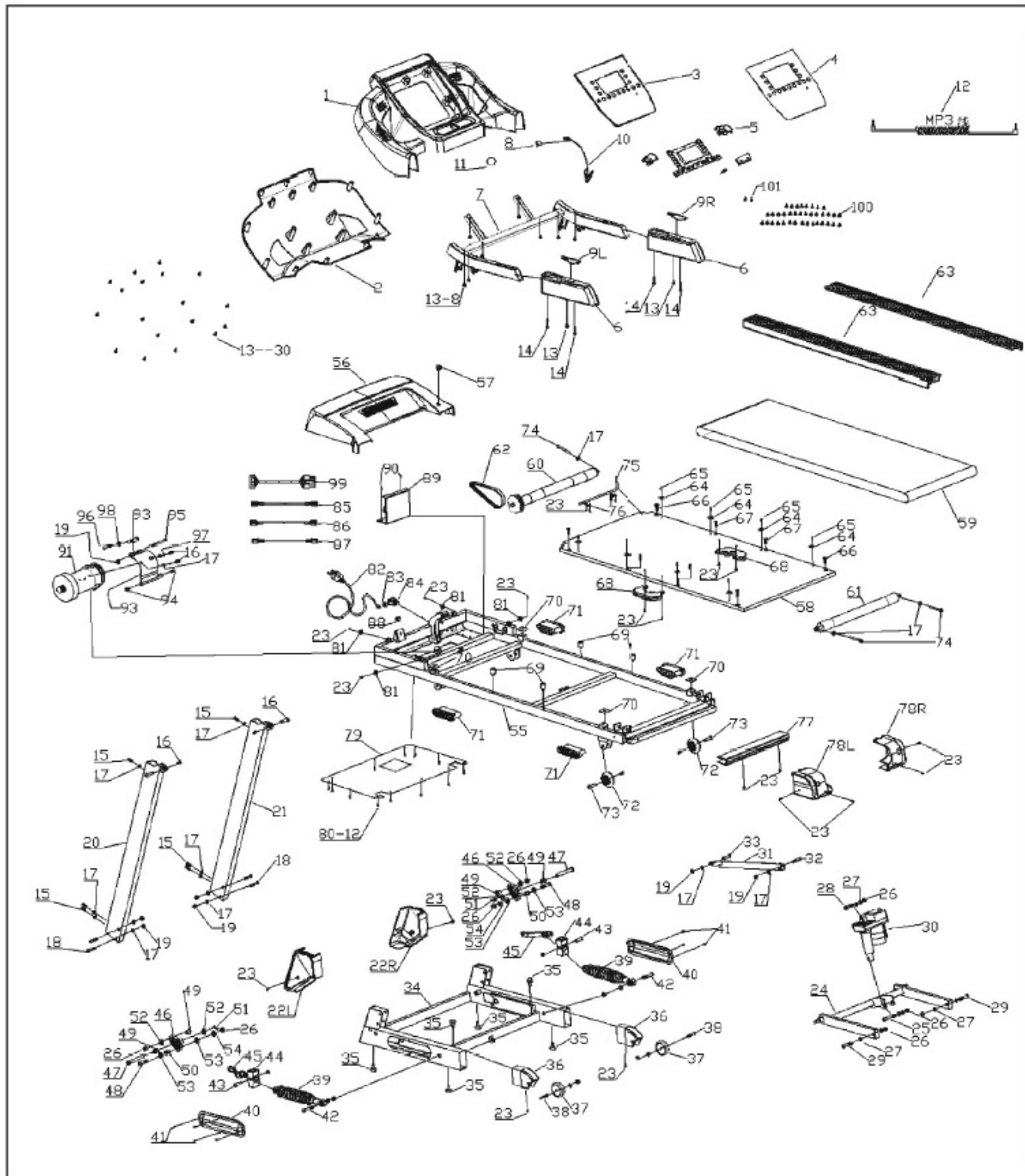
WARRANTY CLAIM

1. Warranty is not transferable.
2. This warranty is effective only if the product is purchased from ITSU or its authorized dealers.
3. Proof of purchase (original receipt) is required for all warranty repairs.
4. All implied warranties, including but not limited to these implied warranties of fitness and merchantability, are limited to one (1) year from the date of purchase.
5. Damage due to misuse, improper treatment and unauthorized modification and repairs are not covered by this warranty.
6. Warranty does not cover accessories and add-ons, which do not belong to this product.
7. Warranty is not effective to rental, business, commercial, institutional or other non residential user.
8. All services covered by this warranty must be approved by ITSU and repaired by authorized technicians only.
9. If replacement parts for defective materials are not available, ITSU reserves the right to make substitutions in lieu of repair or replacement.












Parts

No.	ITEM	DESCRIPTION	QTY	No.	ITEM	DESCRIPTION	QTY
1	computer main cover		1	35	flat pad	φ28*11*M8*18	6
2	computer bottom cover		1	36	base frame tube plug		2
3	computer top cover		1	37	transportation wheel		2
4	computer sticker		1	38	screw	M8*50	2
5	computer		1	39	anti-shock spring		2
6	handrail cover		1	40	plastic cover of anti-shock system		2
7	computer frame		1	41	screw	M4*8	8
8	safety key panel		1	42	screw	M10*55	2
9	hand pulse L/R		2	43	screw	φ10*M6*35	2
10	safety key		1	44	slider		2
11	safety key sticker		1	45	push rod		2
12	MP3 line		1	46	cam		2
13	screw	ST4*10	32	47	coupled axle	φ12	2
14	screw	ST4*20	4	48	screw	M10*45*S20	2
15	screw	M8*20	6	49	bearing 1	φ12	4
16	screw	φ8*M6*24.5	2	50	bearing 2	φ10	2
17	M8 washer		16	51	cotter pin		2
18	screw	M8*45	4	52	soft flat pad	φ23*φ12.3*T2.0	4
19	nut	M8	9	53	soft flat pad	φ23*φ10.3*T2.0	4
20	L upright		1	54	flat shim	φ23*φ10.3*T1.5	2
21	R upright		1	55	main frame		1
22	front cover L/R		2	56	motor cover		1
23	screw	ST4*15	12	57	cushion		1
24	incline frame		1	58	running board		1
25	screw	M10*65	1	59	running belt		1
26	nut	M10	4	60	front roller		1
27	M10 washer		8	61	rear roller		1
28	screw	M10*40	1	62	multi-groove belt		1
29	screw	M10*45	2	63	side stripe	pvc	2
30	incline motor		1	64	side stripe slider	φ42*φ15*T5.0	8
31	air cylinder	760*15KG	1	65	screw	ST5*16	8
32	screw	M8*45	1	66	screw	M8*25	4
33	screw	M8*30	1	67	screw	M6*20	4
34	base frame		1	68	air cushion		2

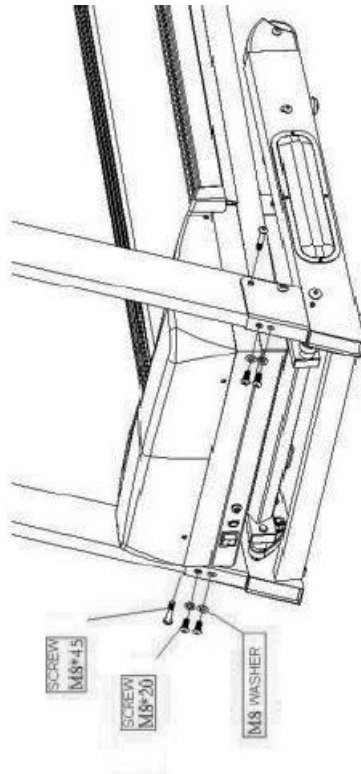
Products Parts



Product Installation

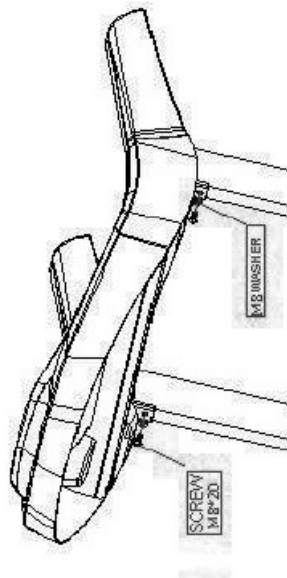
main part	Name		Q'ty	Fitting name		Q'ty	
	1, Main frame		1set	2.Plastic cover		2sets	
 Main frame			Plastic cover 				
No.	Fittings		Qnty	No.	Fittings		Qnty
(1)		M8*20	6	(7)		5,6mm Wrenccd	1
(2)		M8*45	2	(8)		Multi-wrenccd	1
(3)		Flat washer	8	(9)		Silicone oil	1
(4)		ST4X15	2	(10)	User's Manual		1
(5)		M8 Nut	2				
(6)		M4X10	8				

Step 1:



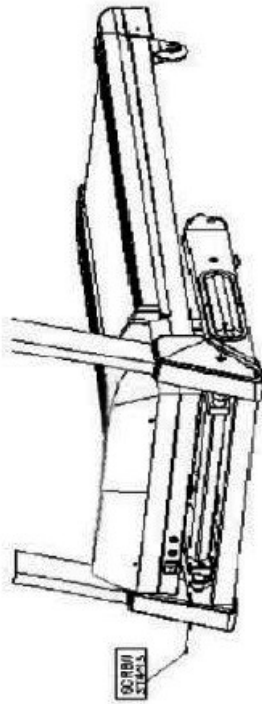
1. Take out the main frame out from the box and put it onto the floor, and clear the fittings.
2. use 4pcs M8*20 and 2pcs M8X45 screws and fix them onto the stand pipe with washers.

step 2: Raise the computer panel while check the signal connection, and insert 2pcs M8x1Q screws with washers to fasten it.



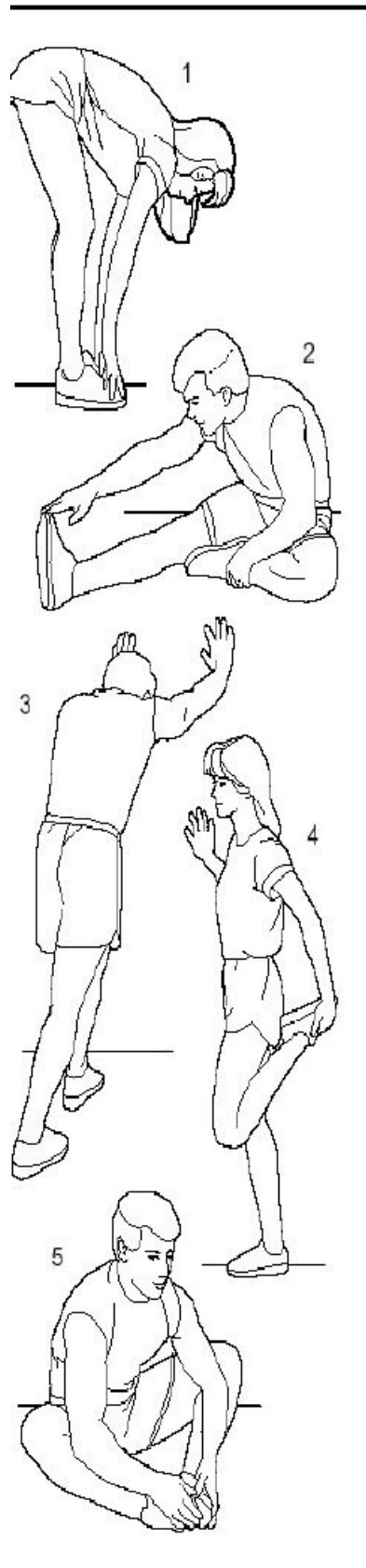
Step 3:

Use 2pcs ST4X15 screws to fasten the plastic cover at bottom of stand pipe.
Use 8pcs M4X10 screws to fasten the spring plastic cover at base frame.



PRODUCT OPERATION GUIDE

Before using your treadmill, it is best to take 5 -10 minutes doing warm up stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury.



1. **Downward stretch**

The body bends forward slowly so that the back and shoulders relaxed, hands to touch the toes as far as possible. Maintain 10 to 15 seconds, and then relax. Repeated 3 times (see Figure 1).

2. **Crus sinew stretch**

Put one leg straight, the other leg inward to keep straight the inside. A hand to touch the toes as far as possible. Maintain 10 to 15 seconds, and then relax. To do a leg each repeat 3 times (see Figure 2).

3. **Grus and heal sinew stretch**

Two hands extending wall or table stand, one foot in the post. Hind legs to keep upright and lean to the walls or trees direction. Maintain 10 to 15 seconds, and then relax. To do a leg each repeat 3 times (see Figure 3)

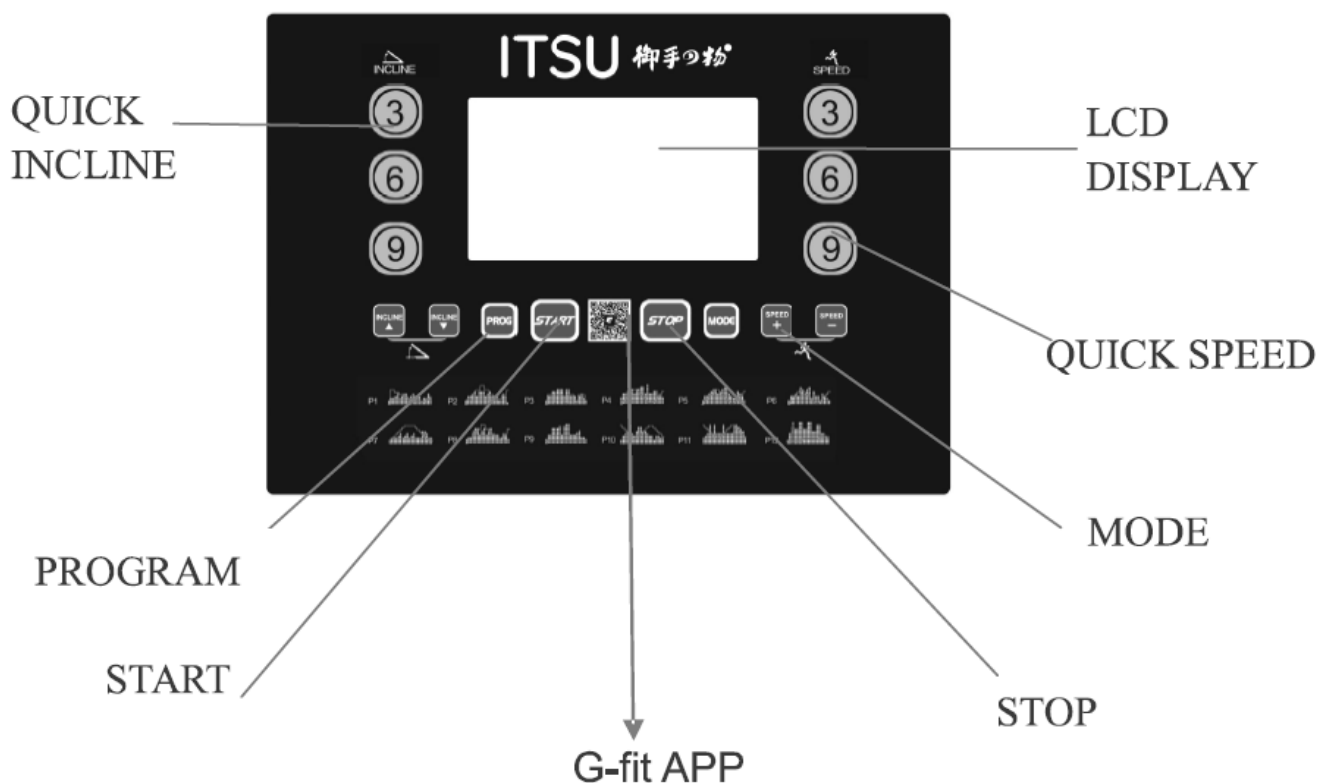
4. muscles stretch

Right hand extending the wall or cable, keep balance, then the left hand back stretch to seize the left ankle to the hips slowly pulls, until you feel the front thigh muscles tense. Pull about 10 – 15 seconds, then relax. To do a leg each repeat 3 times (see Figure 4).


5. Sartorius muscle (inner thigh muscles) stretch

The sole of the feet relative, seated knee outward. Hands grasp the feet to the groin direction pull slowly. Maintain 10 to 15 seconds, then relax. Repeated 3 times (see Figure 5).

TREADMILL OPERATION



Documents / Resources

	<p>ITSU ITSU Aire Track Multi Functional Treadmill IS0500A [pdf] User Manual ITSU, IS0500A, Aire Track, Multi Functional, Treadmill</p>
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