



X-FIT Apollo Treadmill User Manual

[Home](#) » [X-FIT](#) » X-FIT Apollo Treadmill User Manual 

Contents

- 1 X-FIT Apollo Treadmill
- 2 Product Information
- 3 Product Usage Instructions
- 4 SAFETY CAUTIONS
- 5 GROUNDING INSTRUCTIONS
- 6 ASSEMBLY INSTRUCTIONS
- 7 GETTING STARTED
- 8 MANUAL PROGRAMS
OPERATION
- 9 BODY FAT SCALE
- 10 PRESET PROGRAM CHART
- 11 HOW TO FOLD AND MOVE
- 12 SUGGESTED STRETCHES
- 13 MAINTENANCE
- 14 Running belt tension adjustment
- 15 EXPLODED DRAWING
- 16 PART LIST
- 17 TERMS OF WARRANTY
- 18 Documents / Resources
 - 18.1 References
- 19 Related Posts



X-FIT Apollo Treadmill



Product Information

The Treadmill is a fitness equipment designed for indoor use. It features a powerful 4 hp motor, allowing for a speed range of 1-22km/h. The incline can be adjusted from 0% to 15%. The treadmill has a spacious belt surface measuring 150 x 53 cm, providing ample space for running or walking. It offers various programs including Built-in, Manual, and Body Fat Measurement. The maximum user weight capacity is 150 kg, while the machine itself weighs 115 kg. The dimensions of the treadmill are approximately 200 cm in length, 160 cm in width, and 93 cm in height. The treadmill is equipped with grips for speed/incline adjustment buttons and heart rate measurement. It also features a USB and MP3 slot for entertainment purposes. Additionally, it has built-in Bluetooth technology, allowing for remote control via a mobile device.

Product Usage Instructions

Before using the treadmill, please read the instruction manual carefully and follow all safety precautions.

1. Ensure the treadmill is placed on a stable and level surface.
2. Plug the treadmill into a properly grounded outlet.
3. Wear appropriate exercise clothes and athletic shoes.
4. Do not wear loose clothes that could get caught in the treadmill.
5. Always start with a warm-up and stretching exercises. Refer to the "Suggested Stretches" section in the manual for guidance.
6. To turn on the treadmill, locate the power button and press it.
7. Use the speed/incline adjustment buttons on the grips to adjust the desired settings.
8. If using any of the pre-programmed workouts, select the program from the console.
9. During the workout, keep a safe distance of at least 2000mm x 1000mm around the treadmill.
10. Monitor your heart rate using the built-in heart rate measurement feature if desired.
11. Stop using the treadmill immediately if you feel faint, dizzy, or short of breath.
12. When finished using the treadmill, turn off the power and unplug it from the outlet.
13. If the treadmill is foldable, make sure to return the elevation to its original position before folding.
14. Do not attempt to fold the treadmill while it is in use.
15. Regularly clean and maintain the treadmill as instructed in the "Maintenance" section of the manual.

For any troubleshooting or technical issues, refer to the “TROUBLE SHOOTING” section of the manual or contact the service center of the seller for assistance.

SPECIFICATIONS	
MOTOR:	4 hp
SPEED RANGE:	1-22km/h
INCLINE:	0%-15%
BELT SURFACE:	150 x 53 cm
PROGRAMS:	64- Built-in, Manual, Body Fat Measurement
MAX USER WEIGHT:	150 kg
MACHINE WEIGHT:	115 kg
DIMENSIONS:	M: 200 cm, Y: 160 cm, П: 93 cm
GRIPS:	Speed/Incline Adjustment Buttons, Heart Rate Measurement
DIMENSIONS:	USB and MP3 slot. Built-in Bluetooth technology for remote use via mobile device.

SAFETY CAUTIONS

When using this product, basic precautions should always be followed, including the following: Please read the instruction carefully before starting to use this product.

Danger: To reduce the risk of electric shock

1. Always unplug this product from the electrical outlet immediately after using and before cleaning.

Warning: To reduce the risk of burns, fire, electric shock, or physical injury

1. The product should never be left unattended while plugged in. Unplug the product from the outlet when not in use.
2. Close supervision is necessary when this product is used by or near children, invalids, or disabled persons.
3. Be sure to use the product only for its intended use as described in this manual. Do not use any attachment not recommended by the manufacturer in order to avoid any danger or accidents.
4. Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or dropped into water. Please return the product to the service center of seller for examination and repair.
5. Do not carry this product by the supply cord or use the cord as a handle.
6. Keep the cord away from hot surfaces or ground.
7. Never operate the product with the air vents blocked. Keep the air vents free of lint, hair, etc.
8. Never drop or insert any objects into any openings.
9. Do not use or operate outdoors.
10. Do not operate where aerosol (spray) products are being used or where oxygen is thin.
11. Before turning the product power off, turn all controls to the off position then remove the plug from the outlet.
12. Connect the product to a properly grounded outlet only.
13. If the treadmill is foldable, when user finishes using the treadmill, the elevation needs to be back to original

position.

14. When user is using the treadmill, it cannot be folded at the same time.
15. Keep a safety zoom of 2000mm x 1000mm away from the treadmill.
16. This machine is only intended for household use.
17. For the treadmill with folding function and electric elevation, be sure that the elevation is 0 before folding (To avoid interference of the components).
18. Stop using the treadmill if you feel faint, dizzy, or short of breath.
19. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.

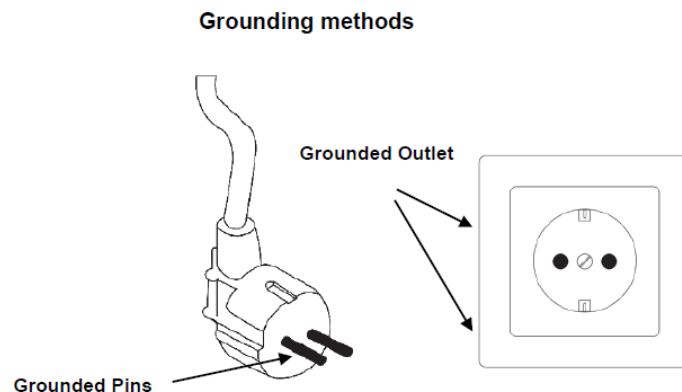
GROUNDING INSTRUCTIONS

The products must be grounded first. If malfunction or breakdown occurs, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock.

The product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Danger: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the products are properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet install by a qualified electrician.

The products is for use on nominal 220-240 volt and has a grounding plug that looks like the plug illustrated in the figure . Make sure that the product is connected to an outlet having the same configuration as the plug. There is no need to use any adapter for this product.



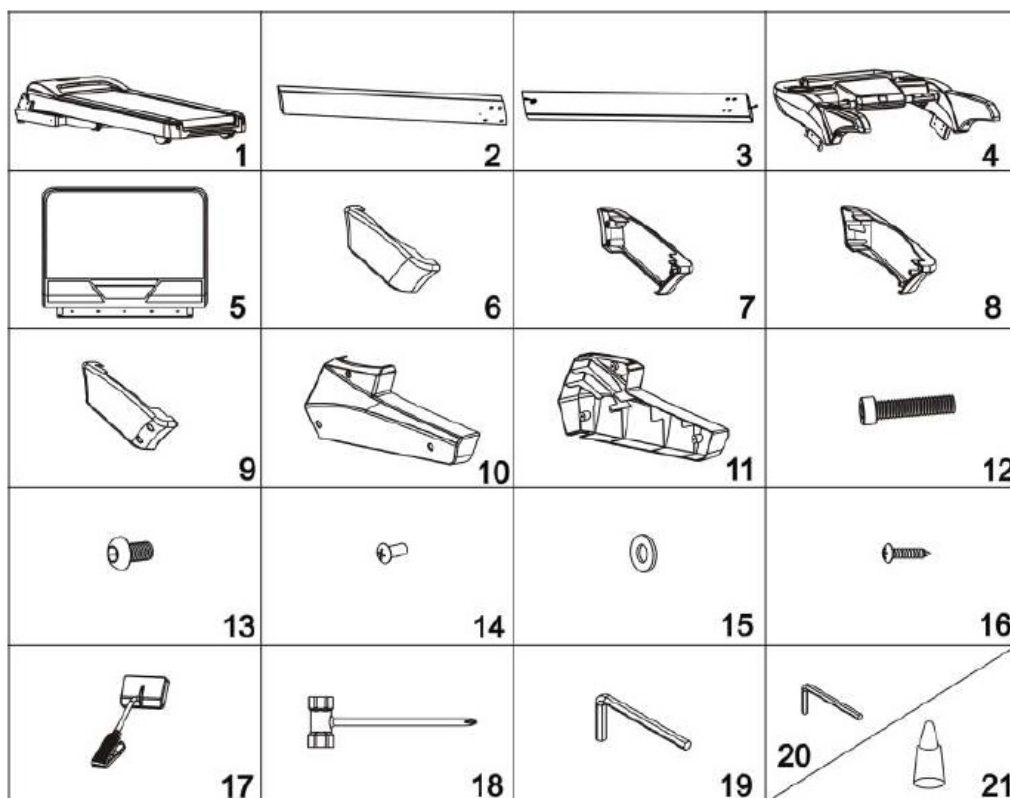
CAUTION: The company does not have no responsibility for causing damage due to misuse of the product and non-compliance with the instructions for use.

THE WARRANTY IS NOT VALID IF: The machine is placed outdoors or exposed to sun and dust. Dust and fluff enter the internal mechanical parts of the machine, causing serious damage. Keep the machine free of dust and fluff.

CAUTION: The use of a protective carpet (plastic carpet or thin carpet) under the fitness machine is considered essential for its proper use, avoidance of vibrations and protection of the floor. The company does not bear any responsibility for causing damage due to misuse of the product and non-compliance with the instructions for use.

ASSEMBLY INSTRUCTIONS

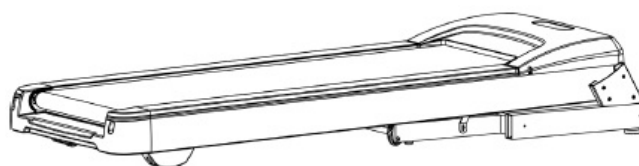
OPEN THE BOX YOU CAN FIND THE ALL PARTS AS BELOW



Part list					
No.	Description	Quantity	No.	Description	Quantity
1	Main frame	1 set	12	Bolt M8x35	3 pcs
2	Left upright	1 pc	13	Bolt M8x15	22 pcs
3	Right upright	1 pc	14	Screw M5x12	6 pcs
4	Console	1 pc	15	Washer M8	25 pcs
5	Display	1 pc	16	Screw M4x15	8 pcs
6	Upright cover 1	1 pc	17	Safety key	1 pc
7	Upright cover 2	1 pc	18	Screwdriver	1 pc
8	Upright cover 3	1 pc	19	Wrench 6#	1 pc
9	Upright cover 4	1 pc	20	Wrench 5#	1 pc
10	Upright cover left	1 pc	21	Lubricant oil	1 pc
11	Upright cover 2	1 pc			

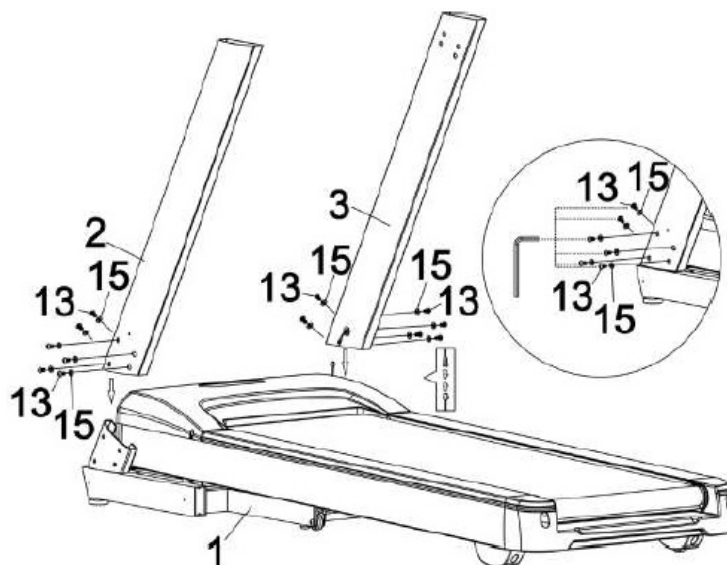
Note: Assembly requires 2 people.

STEP 1



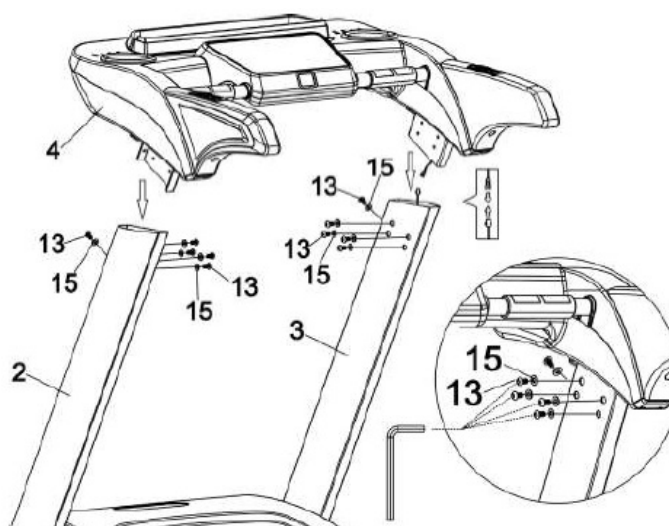
1. Please note that this treadmill need at least 2 people to finish assembly.
2. Open the carton box, and take out all the protection foam and assembly parts.

STEP 2



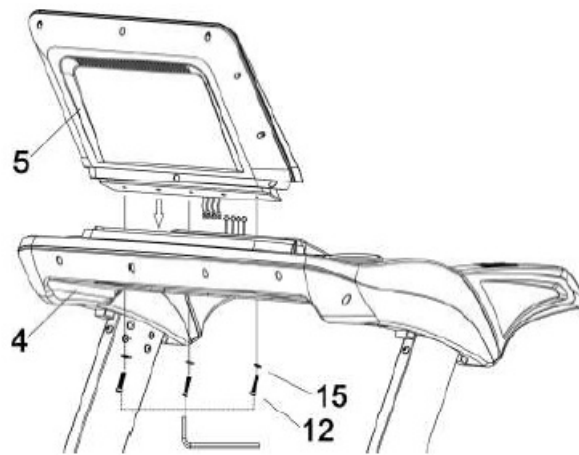
1. Connect the cable that come out from right base tube with the cable that come from lower part of right upright. Pay attention to the connection of the cable, a wrong connection would caused damage of the connector.
2. As the photo shows, install the left upright & right upright into the main frame, and use the wrench 5# to fasten the uprights with each 6 pcs M8x15 bolts and 6 pcs M8 washers. Be well noted that before fully assembly the treadmill, do not fasten all the bolts. Be noted that only right upright have cable connection.

STEP 3



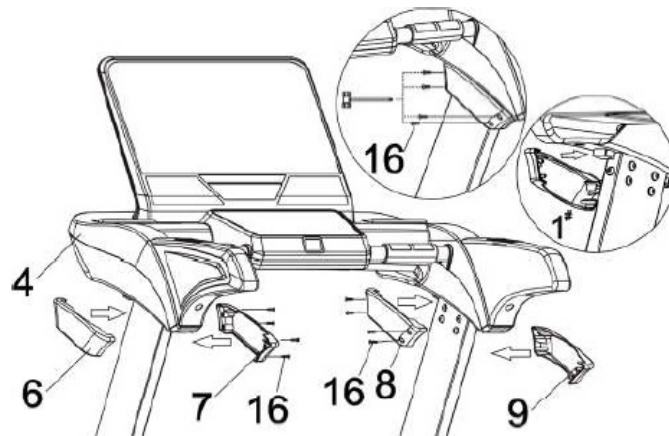
1. Connect the cable extent from console with the cable extent from left and right upright. Pay attention to the connection of the cable, a wrong connection would caused damage of the connector.
2. Install the console onto the left upright & right upright with each 5 pcs M8x15 bolt and 5 pcs M8 Washer.
3. Fasten all the bolts on STEP 2 and STEP 3.

STEP 4



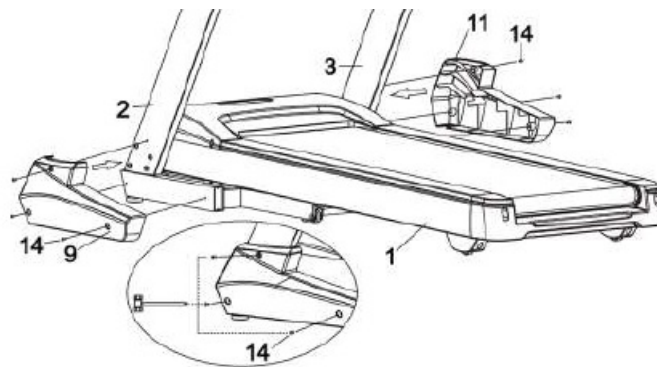
1. As the photo shows, connect the cable extent from display with the cable extent from console. Pay attention to the connection of the cable, a wrong connection would caused damage of the connector.
2. Install the display onto console by using 3 pcs M8x35 bolt and 3 pcs M8 washer, fasten it by wrench 5#.

STEP 5



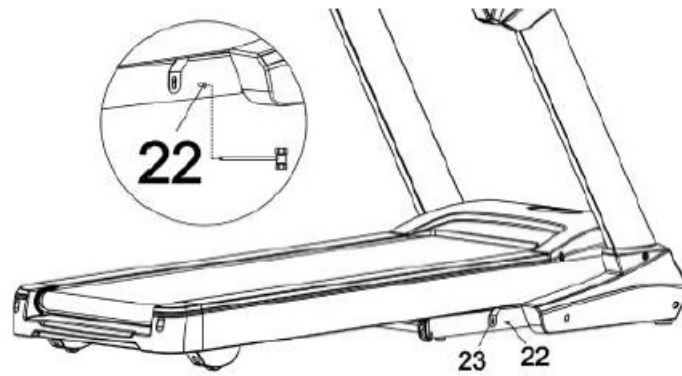
As the photo shows, install upright cover by use screwdriver and 4 pcs M4x15 screws on each upright.

STEP 6



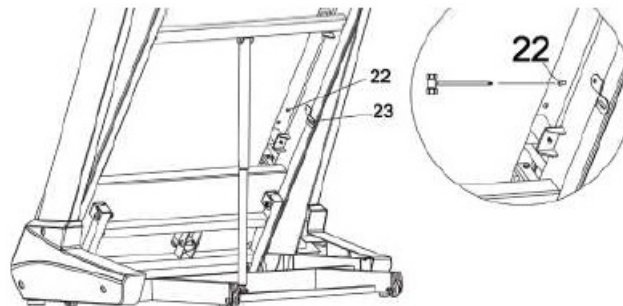
As the photo shows, install 2 base cover onto the base by using screw driver and 3 pcs M5x15 screws on each cover.

STEP 7



As the photo shows, take off the locking hook from base by using screwdriver.

STEP 8



As the photo shows, remove the locking hook from running deck by using screwdriver. Be noticed that keep the locking hook for further use.



Check and tighten the screws at regular intervals, as they may loosen due to vibrations. Damage that may be caused by a lack of maintenance is not covered by the warranty. Congratulation! A brand-new motorized treadmill has been successful assembled!

GENERAL SAFETY TIPS

- Practice mounting and dismounting your treadmill before beginning your workout.

- Attach the Safety Key to the Computer (the treadmill will not operate without the Safety Key). Clip the other end of the Safety Key to your clothing before exercising to ensure the treadmill will stop if the user accidentally walks off the Treadmill.
- If the user falls off the Treadmill, the Safety Key will come off the Computer and the treadmill will stop at once to avoid further injury.
- Do not stand on the Walking Belt while starting the Treadmill. Straddle the Belt and stand on the plastic Foot Rails.
- The Treadmill will start at 1.0KM/H after countdown. If you are a new user, stay at a slow speed and hold onto the Hand Grips until you become comfortable.

QUICK REFERENCE GUIDE



DISPLAY FUNCTION

TIME: Accumulates total workout time from 0:00 to 99:00 minutes.

PULSE: When pulse single is detected by grasping both stainless steel pick-ups on front handrails, it will display your current heart rate in beats per minute from 50 to 200. **INCLINE:** Displays the current deck incline from starting at level 1 to 15.

SPEED: Displays the current belt speed from starting at 1.0Km/h to 16.0Km/h. **CALORIE:** Accumulates calorie consumption during exercise. Max. Value is 990 KCAL. **DISTANCE:** Accumulates total workout distance from 0.0 to 99.0 kilometers by count-up.

GETTING STARTED

NOTES:

1. Check to make sure nothing is on or will hinder the movement of the treadmill.
2. Plug in the power cord and turn the treadmill ON.
3. Stand on the foot rails of the treadmill.
4. Attach the safety key clip to part of your clothing.
5. Put the safety key into the safety keyhole in the console, and then the treadmill will be on start/ready status.
6. There are 3 buttons on both handrails, right is SPEED+, SPEED- and STOP, left is INCLINE+, INCLINE- and START, and it will perform same functions as SPEED +/-, INCLINE +/- and START/STOP buttons on the console.
7. You have two options to start your workout:

QUICK START

Simply press the START button to begin working out.

SELECT A PROGRAM

Select manual program by pressing MODE button or pressing PROGRAM buttons to enter manual program, 3 user programs, 8 training goals.

QUICK-START OPERATION

- **STEP 1:** Attach the Safety key to wake display up; the treadmill then will be on start/ready status.
- **STEP 2:** Press the START button to begin belt movement after countdown. Use the SPEED +/- or QUICK SPEED buttons to adjust the desired speed at any time during training; use the INCLINE +/- or QUICK INCLINE buttons to adjust the incline at any time during training. The buttons on handrail can also adjust the speed and incline, the buttons on left handrail to adjust incline, the buttons on right handrail to adjust speed.
- **STEP 3:** To get a pulse reading, simply grasp stainless steel pick-ups on handrails. It may take a few seconds for the display to reach the actual number. The pulse rate will be displayed on PULSE window.
- **STEP 4:** During quick-start operation, TIME, CALORIE and DISTANCE will count up.

MANUAL PROGRAMS OPERATION

NOTES: Under this program, one of DISTANCE, CALORIE and TIME can be set count-down for your workout, the others will count up during your workout, after one count-down reach zero, program will be ended and stop the belt movement, if you need to continue, press the START button to begin belt movement after count-down.

- **STEP 1:** Attach the Safety key to wake display up; the treadmill then will be on start/ready status.
- **STEP 2:** Press MODE button, the TIME window will display 30:00, press SPEED +/- button to set count-down TIME from 5:00 minutes to 99:00 minutes.

If you do not like to set TIME for count-down and pass to others, press MODE again, the DIST window will display 1.0, you can set count-down DISTANCE from 1.0KM – 99.0KM. If you do not like to set DISTANCE for count-down and pass to others, press MODE again, the CAL. window will display 50, you can set count-down CALORIE from 20 KCAL to 990 KCAL.

- **STEP 3:** After finishing setting count-down for your workout, press START to begin belt movement after count-down.
- **STEP 4:** During the program you can adjust the speed and incline by pressing SPEED +/- and INCLINE +/- buttons, or QUICK SPEED and QUICK INCLINE buttons. The buttons on handrail can also adjust the speed and incline, the buttons on left handrail to adjust incline, the buttons on right handrail to adjust speed.
- **STEP 5:** Press STOP button to stop your workout or pull safety key away from its position to shut down the computer.

PRESET PROGRAMS OPERATION

NOTES:

All the preset programs are made up with 18 time-based segments; the speed and incline are preset on each segment. The elapse time of 18 segments on each program will be automatically arranged according to the time you set for your workout time. There are 64 preset programs for 8 different training goals, and 8 different intensity levels on each training goals.

- **STEP 1:** Attach the Safety key to wake display up; the treadmill then will be on start/ready status.
- **STEP 2:** Press PROGRAM button to scroll through the 8 training goals, A training goal will be selected once you press PROGRAM button. After selecting a training goal, press MODE button to select intensity from L1 to L8. After selecting intensity, then press SPEED +/- buttons to modify the elapsing time. The pre-set elapsing time of each program is 30:00 minutes, and it can be set from 8:00 to 99:00 minutes.
- **STEP 3:** After modifying the elapsing time, press START button to accept and begin your workout.
- **STEP 4:** During procession of program you can adjust the SPEED & INCLINE by pressing SPEED +/- and INCLINE +/- buttons, or uses QUICK SPEED and QUICK INCLINE buttons to jump directly to a setting. The buttons on handrails can also adjust the speed and incline, the buttons on left handrail to adjust incline, the buttons on right handrail to adjust speed. However, the SPEED and INCLINE you adjust will only be effective on the ongoing segment, after the segment finished, the SPEED and INCLINE will process with preset values.
- **STEP 5:** Press STOP button to stop your workout or pull safety key away from its position to shut down the computer.

USER PROGRAM

This program is for user to edit a personal program; the speed and incline of each segment can be edited according as personal's desire. There are 18 segments on this program for user to edit workout program. Once the program is set, it will be stored on the computer, the computer will proceed the program by pressing START/STOP button. There are totally 3 user program can be edited. If you want to re-edit the program, just follow the steps described as bellow.

- **STEP 1:** Attach the Safety key to wake display up; the treadmill then will be on start/ready status, press USER button, the speed window will display U-1, the TIME window display 30:00, press SPEED +/- to set the program time.
- **STEP 2:** Press MODE button, the Calorie window display 1 which means segment 1, press INCLINE +/- to set incline and press SPEED +/- to set speed on this segment. After finish setting segment 1, press MODE button to set all other 2-18 segments.

- **STEP 3:** After finish setting all 18 segments, the program will be stored, and then press START button to load this program.

USING THE PULSE FUNCTION

The PULSE Window on your Computer works in conjunction with the Pulse Sensors on both handrails.

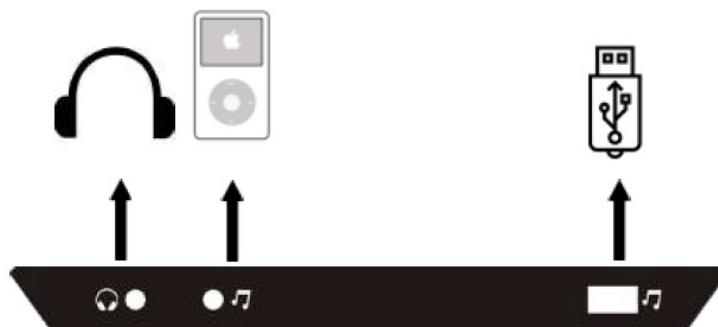
When you are ready to read your pulse:

1. Place both hands firmly on the Pulse Sensors. For the most accurate reading, it is important to use both hands.
2. Your estimated heart rate will display in the PULSE window approximately 5 seconds after you grasp the Pulse Sensors.
3. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.

CAUTION: The heart rate sensor and calorie counter are not medical devices. Several factors can affect the accuracy of the indications. The heart rate sensor is only intended as an aid during exercise to monitor your heart rate in general.

USING THE AUDIO FUNCTION

As the figure shows, plug one end of the audio cable to the audio jack on computer, and then plug the other end of the audio cable to MP3 player. The speaker on the computer will then play the music from MP3 player. The volume of speaker can only be adjusted by MP3 player.



BUILD-IN MP3 PLAYER

The computer have build-in MP3 player function, it can be operated with following instruction:

Turn on the power of treadmill, attach the Safety key to wake display up, and then plug-in USB flash, then the build-in MP3 player will play the music file in the flash.

BODY FAT SCALE

This function is to estimate your body fat according to the basic information of you body condition. This estimate is not exact and persons with medical conditions and/or a specific need for accurate body fat value should not rely on the estimations provided.

STEP 1: Press FAT button, then the SPEED window will display FAT. Press MODE button to set the relative parameters: AGE, GENDER, HEIGHT, and WEIGHT.

STEP 2: After pressing the MODE button, the LCD will display F 1 and 25, which represents age, press SPEED +/- button to set age from 10 – 99. Then press MODE button to go to next step.

STEP 3: After pressing MODE button, the LCD will display F 2 and 01, which represents GENDER, press SPEED +/- button to set gender from 01-02. 01 represents MALE, 02 represents FEMAL. Then press MODE button to go to next step.

STEP 4: After pressing MODE button, the LCD will display F 3 and 170, which represents HEIGHT, press SPEED +/- button to set height from 100CM-200CM. Then press MODE button to go to next step.

STEP 5: After pressing MODE button, the LCD will display F 4 and 70, which represents WEIGHT, press SPEED +/- button to set weight from 20KG-150KG. Then press MODE button to go to next step.

STEP 6: After finished setting all the necessary information of your body condition, press MODE button again, the LCD will display F 5 and “—”, it means the computer start to work for calculating, then hold the pulse sensor on handrail with both of your hands, around 8 seconds after, the body fat result will be displayed on LCD.

BODY FAT CHART

The result that given by body fat scale can be a reference of body condition, check your body condition according to the left chart with the result you get from the treadmill.

Body condition	Result
Fat	BMI > 30
Overweight	26 < BMI < 30
Fit	19 < BMI < 25
Thin	BMI < 19

PRESET PROGRAM CHART

WEIGHT LOST

SPEED CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	SPEED(KM/H)	1	2	2	3	3	3	4	5	6	6	7	6	5	4	4	3	2	2
Level 2	SPEED(KM/H)	1	2	2	3	4	4	5	6	8	8	10	8	8	5	5	3	2	2
Level 3	SPEED(KM/H)	1	2	3	4	5	5	6	8	9	10	12	10	8	7	6	4	3	2
Level 4	SPEED(KM/H)	1	2	3	4	6	7	8	10	11	12	13	11	10	8	7	5	4	2
Level 5	SPEED(KM/H)	2	3	4	5	7	7	8	10	12	14	14	13	12	10	9	6	4	2
Level 6	SPEED(KM/H)	2	3	4	5	7	9	10	12	13	14	14	13	12	10	9	6	5	3
Level 7	SPEED(KM/H)	2	3	5	6	8	9	10	12	13	14	15	13	12	10	9	6	6	3
Level 8	SPEED(KM/H)	2	3	5	6	8	10	12	14	14	15	15	14	13	11	9	7	6	3

CARDIO TRAIN

SPEED & INCLINE CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	ELEVATION	1	1	2	3	4	5	6	7	7	8	8	7	7	5	4	2	1	1
	SPEED(KM/H)	1	1	2	2	3	4	5	6	6	7	7	6	6	4	3	2	1	1
Level 2	ELEVATION	1	2	3	4	5	6	7	8	8	9	9	8	8	6	5	3	2	1
	SPEED(KM/H)	1	2	2	3	4	5	6	7	7	8	8	7	7	5	4	2	2	1
Level 3	ELEVATION	1	2	4	5	6	7	8	9	9	10	10	9	9	7	6	4	2	1
	SPEED(KM/H)	1	2	3	4	5	6	7	8	8	9	9	8	8	6	5	3	2	1
Level 4	ELEVATION	2	3	5	6	7	8	9	10	10	11	11	10	10	8	7	5	3	2
	SPEED(KM/H)	2	2	4	5	6	7	8	9	9	10	10	9	9	7	6	4	2	2
Level 5	ELEVATION	2	4	6	7	8	9	10	11	11	12	12	11	11	9	8	6	4	2
	SPEED(KM/H)	2	3	5	6	7	8	9	10	10	11	11	10	10	8	7	5	3	2
Level 6	ELEVATION	3	5	7	8	9	10	11	12	12	13	13	12	12	10	9	7	5	3
	SPEED(KM/H)	2	4	6	7	8	9	10	11	11	12	12	11	11	9	8	6	4	2
Level 7	ELEVATION	4	6	8	9	10	11	12	13	13	14	14	13	13	11	10	8	6	4
	SPEED(KM/H)	3	5	7	8	9	10	11	12	12	13	13	12	12	10	9	7	5	3
Level 8	ELEVATION	5	7	9	10	11	12	13	14	14	15	15	14	14	12	11	9	7	5
	SPEED(KM/H)	4	6	8	9	10	11	12	13	13	14	14	13	13	11	10	8	6	4

POWER WALK

SPEED	CHANGES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	SPEED(KM/H)	1	1	2	2	3	3	4	4	4	4	4	4	3	2	2	2	1	1
Level 2	SPEED(KM/H)	1	2	2	2	3	3	4	4	5	4	4	4	3	3	2	2	1	1
Level 3	SPEED(KM/H)	1	2	2	3	3	4	4	5	5	5	4	4	4	3	3	2	1	1
Level 4	SPEED(KM/H)	1	2	3	3	3	4	4	5	6	6	5	4	4	4	3	2	2	1
Level 5	SPEED(KM/H)	1	2	3	4	4	5	5	5	6	6	6	5	4	4	4	3	2	1
Level 6	SPEED(KM/H)	1	2	3	4	5	5	6	6	6	6	6	5	5	4	4	3	2	1
Level 7	SPEED(KM/H)	1	2	3	4	5	6	6	7	7	6	6	6	5	5	4	3	2	1
Level 8	SPEED(KM/H)	1	2	3	4	5	6	7	7	7	7	6	6	6	5	5	4	2	1

FAT BURN

SPEED & INCLINE CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	ELEVATION	1	1	2	2	3	3	4	5	5	5	5	4	4	3	2	2	1	1
	SPEED(KM/H)	1	2	3	3	5	6	7	8	8	8	8	7	7	5	4	3	2	1
Level 2	ELEVATION	1	1	2	2	3	4	5	6	6	6	6	5	5	4	3	2	1	1
	SPEED(KM/H)	1	2	3	4	6	7	8	9	9	9	9	8	8	6	5	3	2	1
Level 3	ELEVATION	1	1	2	3	4	5	6	7	7	7	7	6	6	4	3	2	1	1
	SPEED(KM/H)	1	2	4	5	7	8	9	10	10	10	10	9	9	7	6	4	2	1
Level 4	ELEVATION	1	2	3	4	5	6	7	8	8	8	8	7	7	5	4	3	2	1
	SPEED(KM/H)	2	3	5	6	8	9	10	11	11	11	11	10	10	8	7	5	3	2
Level 5	ELEVATION	1	2	3	4	6	7	8	9	9	9	9	8	8	6	5	3	2	1
	SPEED(KM/H)	2	4	6	7	9	10	11	12	12	12	12	11	11	9	8	6	4	2
Level 6	ELEVATION	2	3	4	5	7	8	9	10	10	10	10	9	9	7	6	4	3	2
	SPEED(KM/H)	3	5	7	8	10	11	12	13	13	13	13	12	12	10	9	7	5	3
Level 7	ELEVATION	2	3	5	6	8	9	10	11	11	11	11	10	10	8	7	5	3	2
	SPEED(KM/H)	4	6	8	9	11	12	13	14	14	14	14	13	13	11	10	8	6	4
Level 8	ELEVATION	2	4	6	7	9	10	11	12	12	12	12	11	11	9	8	6	4	2
	SPEED(KM/H)	4	7	9	10	12	13	14	15	15	15	15	14	14	12	11	9	7	4

INTERVAL

SPEED CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	SPEED(KM/H)	1	2	4	2	4	2	4	2	4	2	4	2	4	2	4	2	4	2
Level 2	SPEED(KM/H)	1	2	5	2	5	2	5	2	5	2	5	2	5	2	5	2	5	2
Level 3	SPEED(KM/H)	1	2	6	2	6	2	6	2	6	2	6	2	6	2	6	2	6	2
Level 4	SPEED(KM/H)	1	3	6	3	6	3	6	3	6	3	6	3	6	3	6	3	6	3
Level 5	SPEED(KM/H)	1	3	7	3	7	3	7	3	7	3	7	3	7	3	7	3	7	3
Level 6	SPEED(KM/H)	2	4	7	4	7	4	7	4	7	4	7	4	7	4	7	4	7	4
Level 7	SPEED(KM/H)	2	4	8	4	8	4	8	4	8	4	8	4	8	4	8	4	8	4
Level 8	SPEED(KM/H)	2	5	8	5	8	5	8	5	8	5	8	5	8	5	8	5	8	5

ROLLING

SPEED	CHANGES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	SPEED(KM/H)	1	2	3	2	1	2	3	2	1	2	3	2	1	2	3	2	1	1
Level 2	SPEED(KM/H)	2	3	4	3	2	3	4	3	2	3	4	3	2	3	4	3	2	2
Level 3	SPEED(KM/H)	2	3	4	5	4	3	4	5	4	3	4	5	4	3	4	5	4	3
Level 4	SPEED(KM/H)	2	4	5	6	5	4	5	6	5	4	5	6	5	4	5	6	5	3
Level 5	SPEED(KM/H)	2	5	6	7	6	5	6	7	6	5	6	7	5	6	7	6	5	3
Level 6	SPEED(KM/H)	3	6	7	8	7	6	7	8	7	6	7	8	7	6	7	8	7	4
Level 7	SPEED(KM/H)	3	7	8	9	8	7	8	9	8	7	8	9	8	7	8	9	8	4
Level 8	SPEED(KM/H)	3	8	9	10	9	8	9	10	9	8	9	10	9	8	9	10	8	4

MOUNTAIN CLIMB

SPEED & INCLINE CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	ELEVATION	0	1	1	2	2	3	3	4	4	5	6	7	8	7	6	4	2	0
	SPEED(KM/H)	1	1	2	2	3	3	3	4	4	4	3	3	3	2	2	2	1	1
Level 2	ELEVATION	0	1	2	2	3	3	4	4	5	6	7	8	9	8	6	4	2	0
	SPEED(KM/H)	1	1	2	2	3	3	3	4	4	4	3	3	3	2	2	2	1	1
Level 3	ELEVATION	1	1	2	3	3	4	4	5	6	7	8	9	10	9	8	6	4	2
	SPEED(KM/H)	1	1	2	2	3	3	3	4	4	4	3	3	3	2	2	2	1	1
Level 4	ELEVATION	1	2	2	3	3	4	5	6	7	8	9	10	11	10	8	7	5	3
	SPEED(KM/H)	2	2	3	3	4	4	4	5	5	4	4	4	3	3	3	2	2	2
Level 5	ELEVATION	1	2	3	4	5	6	7	8	9	9	10	11	12	11	10	8	6	4
	SPEED(KM/H)	2	2	3	3	4	4	4	5	5	4	4	4	3	3	3	2	2	2
Level 6	ELEVATION	2	2	3	4	5	6	7	8	9	10	11	12	13	12	10	8	6	4
	SPEED(KM/H)	2	2	3	3	4	4	4	5	5	4	4	4	3	3	3	2	2	2
Level 7	ELEVATION	2	3	4	5	6	7	8	9	10	11	12	13	14	13	10	8	6	4
	SPEED(KM/H)	2	2	4	4	5	5	5	6	6	6	5	5	4	4	4	2	2	2
Level 8	ELEVATION	3	4	5	6	7	8	9	10	11	12	13	14	15	13	10	8	6	4
	SPEED(KM/H)	2	2	4	4	5	5	5	6	6	6	5	5	4	4	4	2	2	2

HILL RUN

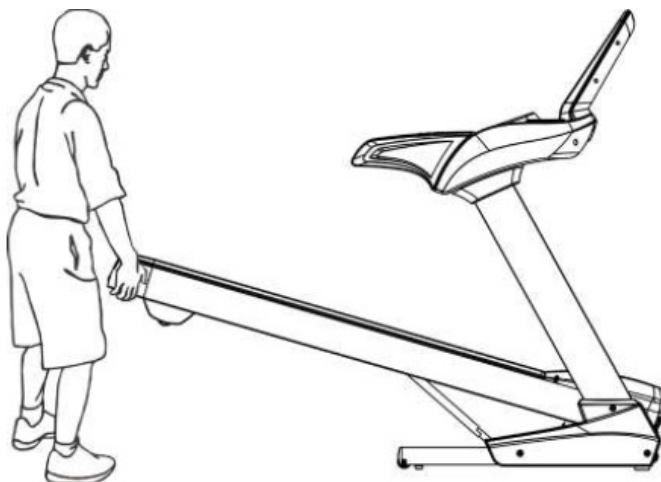
SPEED & INCLINE CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	ELEVATION	0	0	1	1	2	2	2	3	3	3	4	4	5	5	4	3	2	1
	SPEED(KM/H)	2	2	2	3	3	3	5	5	7	7	9	9	10	8	8	6	4	2
Level 2	ELEVATION	0	0	1	1	2	2	2	3	3	3	4	4	5	6	5	3	2	1
	SPEED(KM/H)	2	2	2	4	4	4	6	6	6	8	8	10	10	8	8	6	4	2
Level 3	ELEVATION	0	0	1	1	2	2	3	3	3	4	4	5	5	6	5	3	2	1
	SPEED(KM/H)	2	2	4	4	4	6	6	6	8	8	10	10	12	10	8	6	4	2
Level 4	ELEVATION	0	1	1	2	2	3	3	4	4	4	5	5	6	7	6	5	3	2
	SPEED(KM/H)	2	2	4	4	6	6	8	8	8	10	10	10	12	12	10	7	5	3
Level 5	ELEVATION	1	1	2	2	3	3	4	4	5	5	6	6	7	8	7	6	3	2
	SPEED(KM/H)	2	4	6	6	6	6	8	8	8	10	10	12	13	12	10	7	5	3
Level 6	ELEVATION	1	2	3	4	4	4	5	5	6	6	7	8	8	8	7	6	3	2
	SPEED(KM/H)	2	4	6	6	6	6	8	8	10	10	12	13	13	12	10	7	5	3
Level 7	ELEVATION	1	2	3	4	5	6	6	7	7	8	8	9	10	10	9	6	3	2
	SPEED(KM/H)	2	4	6	6	8	8	10	10	12	13	13	14	13	12	10	7	5	3
Level 8	ELEVATION	1	2	3	4	6	6	7	7	8	8	9	9	10	12	9	6	3	2
	SPEED(KM/H)	2	4	6	8	10	10	12	12	13	13	14	14	13	12	10	7	5	3

HOW TO FOLD AND MOVE

HOW TO FOLD THE TREADMILL Before folding the treadmill, unplug the power cord. **CAUTION:** You must be able to safely lift 45 pounds (20kg) in order to raise, lower, or move the treadmill.

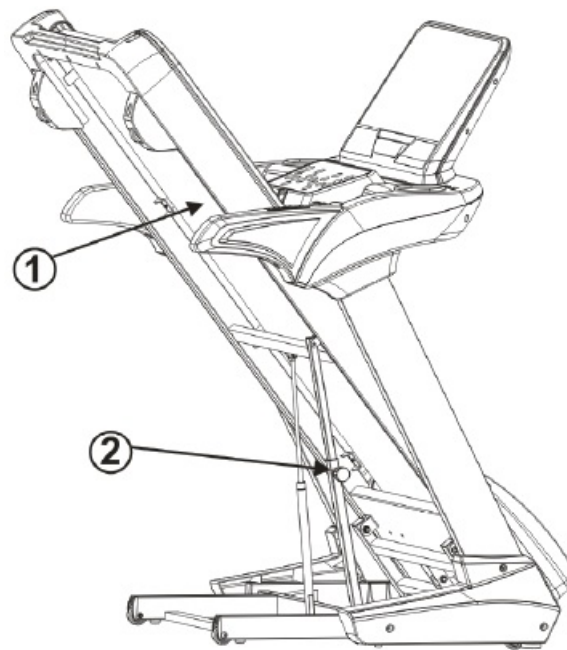
1. Hold the treadmill with your hands in the locations shown at the right.

CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back. Raise the treadmill until the running deck is firmly held by the folding pole as the right figure shows.



2. Loosen the adjusting knob(2), then push the running deck(1) from the bottom to the front and pull out the cap of

the adjusting knob(2) at the same time as figure shows. And then lay down the running deck light onto floor.



HOW TO MOVE THE TREADMILL

1. Hold the handrails as shown and place one foot against a wheel.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location.
Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.
3. Place one foot on a wheel, and carefully lower the treadmill until it is resting in the storage position.



SUGGESTED STRETCHES

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week. Warming up is an important part of your workout and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems.

We suggest the following warm-up and cool-down exercises:

Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



Shoulder Lift

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



Toe Touch

Slowly bend forward from your waist, letting your back and Shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



Calf-Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.



Side Stretch

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward. The ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

MAINTENANCE

WARNING: Before performing any maintenance to your treadmill, always unplug the power cord from the surge protector.

CLEANING: Routine cleaning of your TREADMILL will extend the life of your treadmill.

WARNING: To prevent electrical shock, be sure the power to the treadmill is OFF and the unit is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

AFTER EACH WORKOUT: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration. USE NO CHEMICALS.

WEEKLY: Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually ends up underneath the treadmill. Vacuum underneath the treadmill once a week.

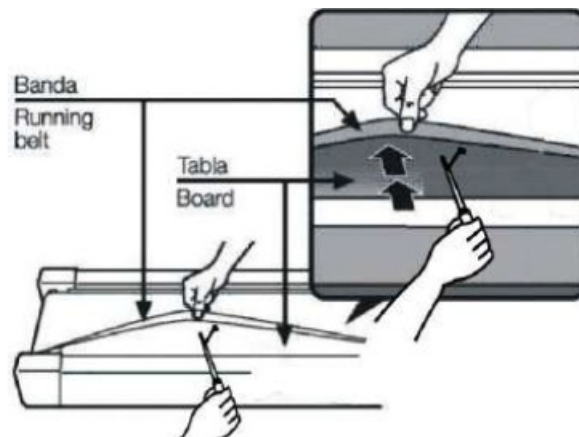
WOODEN PLATFORM LUBRICATION: Periodic lubrication control of the belt is recommended to ensure the optimal performance of the treadmill. Every 1 month, or 20 – 40 hours of operation, lift the ends of the drive belt and touch the top of the wooden platform as far as your hand can reach. If you feel traces of silicone, you do not need lubrication. If you feel the wooden surface is dry, you need lubrication. Ask your seller or call the technical department for the type of silicone.

HOW TO LUBRICATE PLATFORM

Caution: Get the right product for lubricating the drive belt. Do not use grease or anti-rust liquid or any other spray.

1. Put the spray nozzle on the lubrication spray head.
2. While lifting the drive belt on one side, place the spray nozzle between the drive belt and the wooden platform about 10cm from the front of the treadmill. Apply the silicone spray to the wooden platform, moving back and forth. Repeat for the other side of the drive belt. Spray for about 4 seconds on each side.
3. Run the treadmill for 2 minutes at a speed of 5 km / h so that the silicone is spread over the entire wooden surface and then you can use the treadmill normally.

WARNING: Do not over-lubricate the wooden platform. Excess lubricant should be wiped with a clean towel.



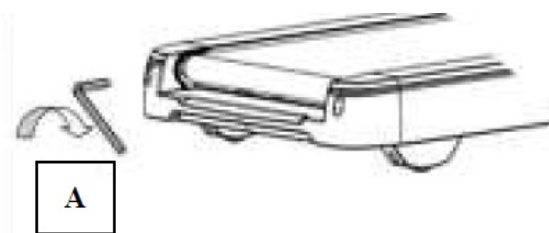
WARNING: The contact between the wooden surface of the treadmill and the treadmill plays an important role in the operation and life of the treadmill. We recommend that you keep the treadmill clean and lubricate it frequently, following the instructions. Incomplete lubrication causes damage to the belt and electrical parts of the treadmill.

Running belt tension adjustment

The treadmill has been adjusted and passed QC inspection before leaving the factory. If there is phenomenon of bias running of the belt, the possible reasons might be:

- The frame is not stably laid.
- The user is not running on the center of the running belt.
- The user's two feet are not using even strength.

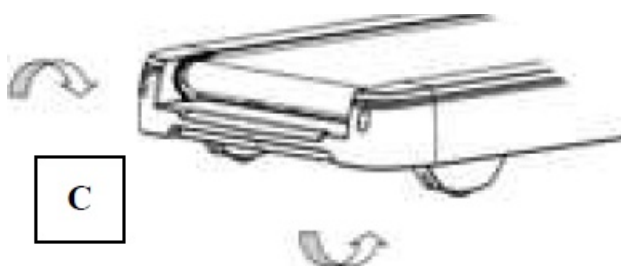
For bias which cannot be fixed automatically, try the following methods to fix the belt, as picture shown
If the belt tends to move to the right, you should turn the belt adjustment screw on the right in clockwise direction. We recommend you turn 1/4 turn each time and check how it works. If the belt remains slanting to the right, then turn the belt adjustment screw on the left in counterclockwise direction 1/4, as shown in the



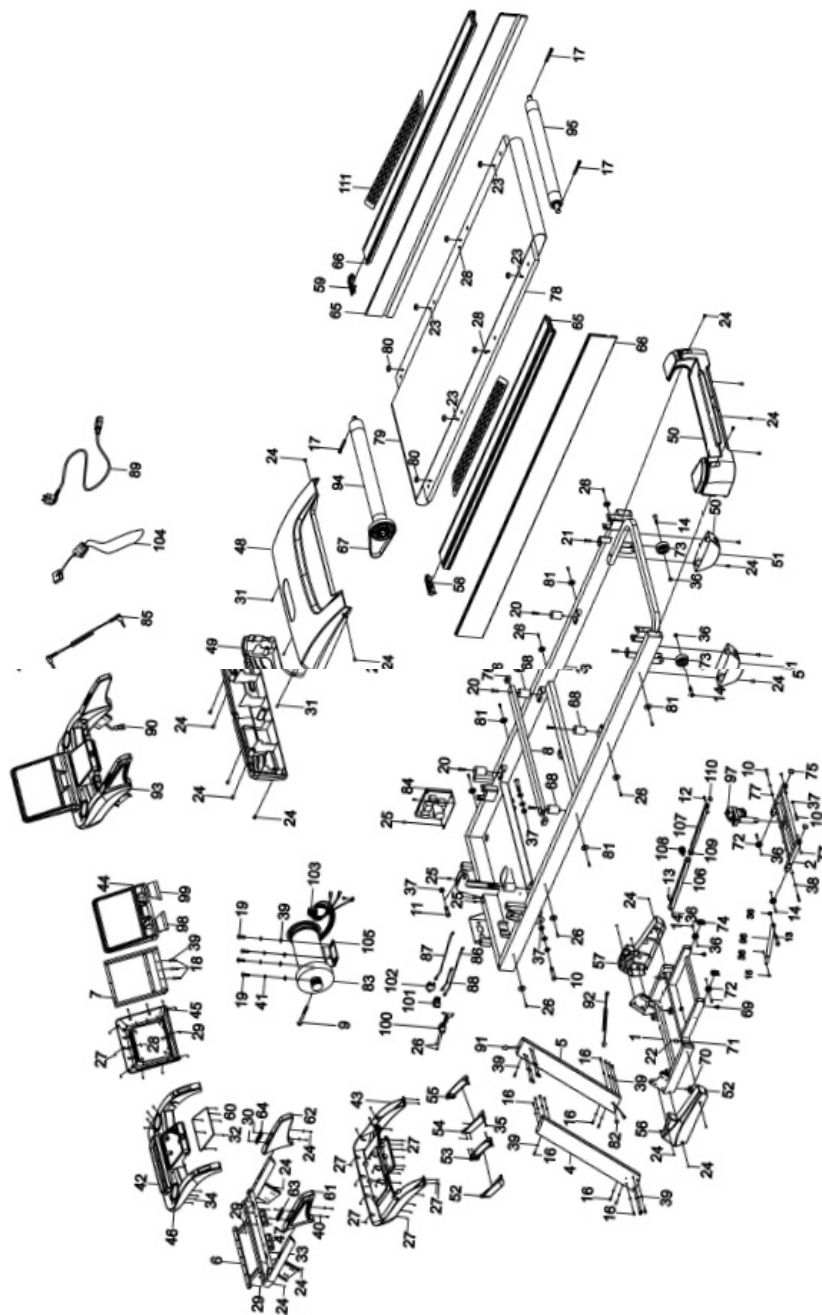
If the belt tends to move to the left, then turn the belt adjustment screw on the left in clockwise direction for 1/4 turn. If the belt remains slanting to the left, then turn the belt adjustment screw on the right in counterclockwise direction for 1/4 turn, as shown in the



After having been used for a period, the belt might be slightly elongated, and slipping and halting might appear when a person is running on it. When these phenomena appear, you should secure the screws on both sides for 1/4 turn. If the belt is too tight, just loosen the screw on both sides for 1/4 turn, as shown.



EXPLODED DRAWING



PART LIST

NO	DESCRIPTION	Qty	NO	DESCRIPTION	Qty	NO	DESCRIPTION	Qty
1	BASE	1	38	FLAT WASHER φ 20* φ 10.5*T1.0	8	75	SQUARE END CAP 30*30	2
2	INCLINE RACK	1	39	FLAT WASHER φ 17* φ 8.5*T1.0	29	76	SQUARE END CAP 15*30	2
3	MAIN RAME	1	40	FLAT WASHER φ 16* φ 6.5*T1.0	4	77	PLASTIC AXLE COVER	8
4	LEFT UPRIGHT	1	41	SPRING WASHER φ 14* φ 8.5*T 2.5	4	78	RUNNING DECK	1
5	RIGHT UPRIGHT	1	42	CONSOLE PLASTIC HOUSING (UPPER)	1	79	RUNNING BELT	1

6	CONSOLE RACK	1	43	CONSOLE PLASTIC HOUSING (BOTTOM)	1	80	FOOT RAIL FASTENER	8
7	METER RACK	1	44	COMPUTER	1	81	FOOT RAIL FASTENER	10
8	CROSS BAR	1	45	CONSOLE PLASTIC COVER(BACK)	1	82	Cable grommet	1
9	BOLT M8*70	1	46	BOTTLE COVER	2	83	DC MOTOR	1
10	BOLT M10*55	5	47	PULSE HANDLE BAR	2	84	CONTROLLER	1
11	BOLT M10*40	1	48	MOTOR COVER	1	85	MP3 CABLE	1
12	BOLT M8*35	1	49	FRONT MOTOR COVER	1	86	AC CABLE L:400,BLK	1
13	BOLT M8*45	2	50	REAR END CAP	1	87	AC CABLE L:400,RED	1
14	BOLT M8*40	6	51	FRAME WHEEL COVER	2	88	AC CABLE L:100,RED	1
15	BOLT M8*25	1	52	UPRIGHT COVER(L1)	1	89	POWER CABLE	1
16	BOLT M8*15	22	53	UPRIGHT COVER(L2)	1	90	SIGNAL WIRE(UP)	1
17	BOLT M8*65	3	54	UPRIGHT COVER(R1)	1	91	SIGNAL WIRE(MID)	1
18	BOLT M8*35	3	55	UPRIGHT COVER(R2)	1	92	SIGNAL WIRE(BELOW)	1
19	BOLT M8*15	4	56	BASE COVER(L)	1	93	CONSOLE SET	1
20	BOLT M6*25	6	57	BASE COVER(R)	1	94	FRONT ROLLER	1
	BOLT M6*40	2	58	FOOT RAIL COVER(L)	1	95	REAR ROLLER	1
	BOLT M6*20	2	59	FOOT RAIL COVER(R)	1	96	AIR CYLINDER	1
	BOLT M5*28	8	60	KEYBOARD	1	97	INCLINE MOTOR	1
24	BOLT M5*10	30	61	HANDRAIL FORM(L)	1	98	SPEAKER COVER(L)	1
	SCREWS M4*15	5	62	HANDRAIL FORM(R)	1	99	SPEAKER COVER(R)	1
	SCREWS M4*12	12	63	HANDRAIL BUTTON(L)	1	100	POWER SWITCH	1
	SCREWS M4*15	26	64	HANDRAIL BUTTON(R)	1	101	POWER CORD JACK	1
	SCREWS M4*25	5	65	FOOT RAIL	2	102	CIRCUIT BREAKER	1
29	SCREWS M4*30	10	66	SIDE RAIL	2	103	MAGNETIC RING	2
30	SCREWS M4*45	4	67	MOTOR BELT	1	104	SAFETY KEY	1
31	SCREWS M4*15	3	68	CUSHION 30*40*M6	6	105	MOTOR SEAT	1
32	SCREWS M4*10	8	69	BASE FOOT PAD 30*10*M8*18	2	106	FOLD SUPPORT TUBE	1

33	SCREWS M3.5*25	4	70	BASE FOOT PAD 52*18*M8*25	2	107	FOLD SUPPORT TUBE	1
34	SCREWS M3*10	8	71	BASE CUSHION	2	108	PULL PIN	1
35	SCREWS M3.5*12	8	72	BASE WHEEL	4	109	25*25MM PLUG	1
36	NUT M8	8	73	FRAME WHEEL	2	110	20*20MM PLUG	1
37	NUT M10	6	74	WHEEL COVER	2	111	ANTI-SLIP PAD	2

ERROR CODE	SYMPTOM
E01	Cable connection problem, check cable connection on every end.
E02	Check motor cable.
E03	Check motor and controller.
E04	Check incline motor.
E05	Overload protection.
E06	Check controller and voltage stability on power supply.
—	Safety key off, or safety key problem.

PROBLEM	POSSIBLE CAUSES	CORRECTION
Console has no display	<ol style="list-style-type: none"> 1. Not plugged in. 2. Defection on whole set cable or not plug well. 3. Overload protection. 4. Transformer burned. 	<ol style="list-style-type: none"> 1. Tighten into suitable outlet. 2. Plug every connector well. 3. Reset overload protector. 4. Replace transformer.
Treadmill belt slipping	<ol style="list-style-type: none"> 1. Running belt too loose. 2. Motor belt too loose.. 	<ol style="list-style-type: none"> 1. Tighten running belt. 2. Tighten motor belt.
Running belt not smooth	<ol style="list-style-type: none"> 1. Lack lubrication oil 2. Running belt too tight. 	<ol style="list-style-type: none"> 1. Add lubrication oil to belt and deck. 2. Loose running belt.
Motor does not work	<ol style="list-style-type: none"> 1. Safety key not attached correctly. 2. Power cord of motor does not connect well. 3. Whole set cable does not plug well. 4. Controller damaged. 5. Motor damaged. 	<ol style="list-style-type: none"> 1. Insert safety pull pin. 2. Plug power cord of motor again. 3. Plug whole set cable again. 4. Replace controller. 5. Replace motor.
Treadmill power off automatically after high-speed running for a period.	<ol style="list-style-type: none"> 1. Lack lubrication oil. 2. Protector damaged. 	<ol style="list-style-type: none"> 1. Add lubrication oil to belt and deck. 2. Replace protector.

TERMS OF WARRANTY

- Warranty period is 5 years for motor, 2 years for electrical / electronic parts and 5 years for the metal frame.
- X-TREME STORES S.A. undertakes to repair the machine free of charge in the event of damage due solely to a manufacturing fault. The warranty covers the cost of the spare parts. Replacement of spare parts or not is up to the company technicians. The customer is responsible for the control and adjustment of the machine.
- This warranty note is only valid if it is accompanied by legal proof of purchase (invoice or retail receipt). The warranty period is not extended for any reason and the transfer of it to a third party is excluded.
- Any damage is repaired as soon as possible and any claim for damages due to lack of spare parts and delay in repairing the damage is excluded. The costs of transporting the machine to or from the dealership will be borne by the customer after 6 months of purchase.
- The warranty conditions are set by the manufacturers of machinery and are governed by European regulations.
- Upon expiry of the warranty, any replacement part is covered by a 6-month warranty.

THE WARRANTY SHALL NOT APPLY:

- When the machine is used for any purpose other than home use (gyms, clubs, institutes, hotels, studios, etc.).
- When the lubrication of the walking belt is insufficient or is more than specified by the instructions for use.
- When the fault is the result of misuse, alterations, poor connection, poor maintenance, voltage fluctuations in the PPC network.
- Components damaged by user fault such as broken plastic parts, damaged belt with improper adjustment, incorrect or incomplete lubrication, damage when moving the machine.
- Components such as side pads and cushions are considered consumables and are covered by a 6-month warranty.
- When the machine is opened or repaired by third parties.
- When the damage is caused by the buyer's negligence & the instructions for use have not been followed.
- When the machine is outdoors or exposed to sun or dust. (Dust and lint on the inside of the machine (motor roller) cause serious damage. Keep the machine clean!).
- When electronic components (console) are damaged by intense sweating or other liquid that has come into contact with or penetrated inside them.

Tel: 210 66 20 921 -2

Fax: 210 66 20 923

e-mail: service@xtr.gr

Koupi Avenue 34, Koropi P.C. 19441 P.O.Box 6201

Tel.: 210 66 20 921 -2

FAX: 210 66 20 923

E-mail: info@xtr.gr

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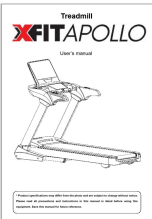
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801.11.15.100

www.xtr.gr

Documents / Resources

	<p>X-FIT Apollo Treadmill [pdf] User Manual Apollo Treadmill, Apollo, Treadmill</p>
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References

-  [X-Treme Stores - The Biggest Fitness Family](#)

