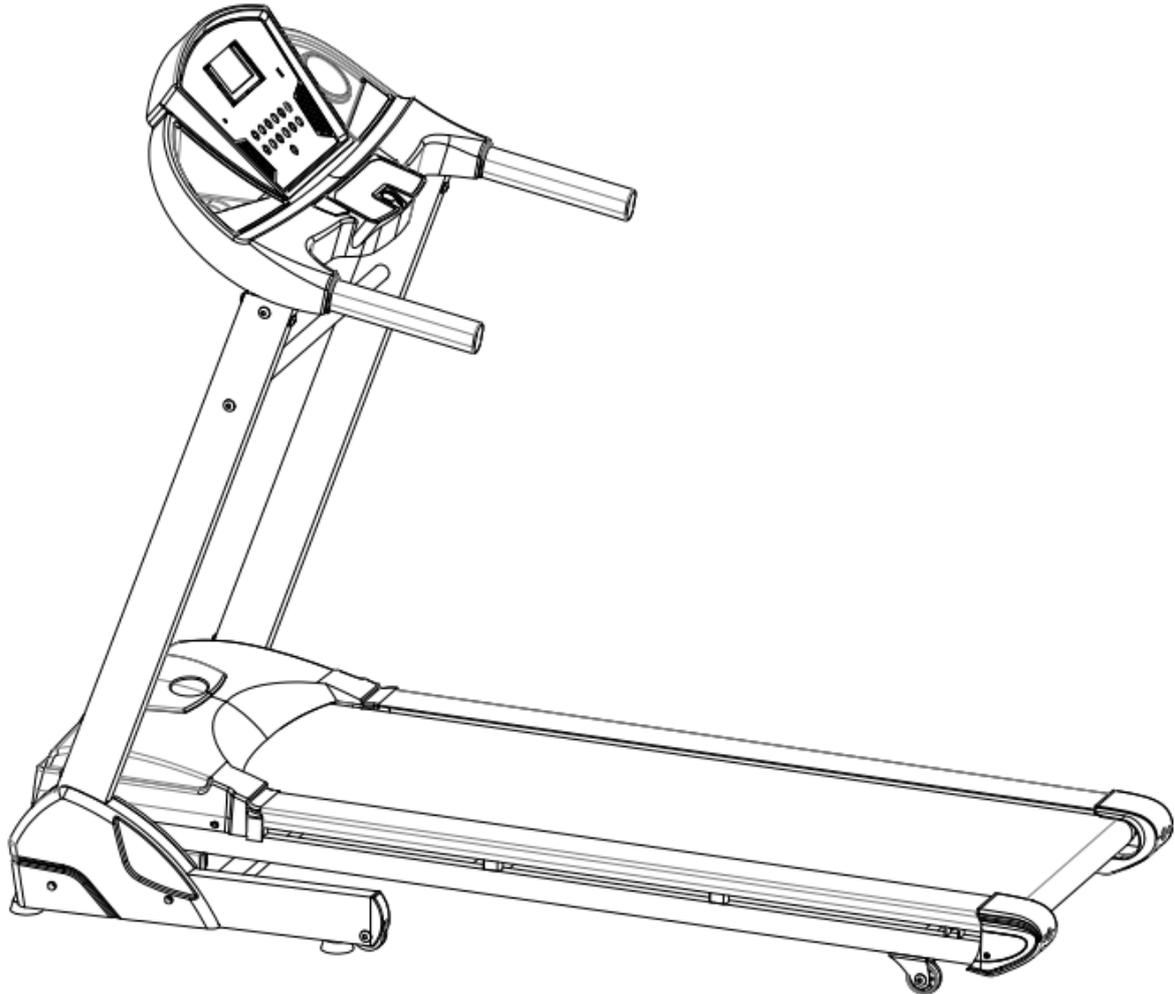




ASSEMBLY MANUAL >



FITLINE 300

RECORD SERIAL NUMBER

Elite Fitline 300 Treadmill

Thank you for purchasing the **Elite Fitline 300 Treadmill**.

For over 20 years, Elite Fitness™ has been New Zealand's largest supplier of fitness equipment. Our aim and vision is to provide you Elite™ branded products, tested to the highest standard for quality and biomechanics at the best possible price.

Please read through this manual to familiarise yourself with the operation of your new **Elite Fitline 300 Treadmill**. Doing so will help to insure that you get the most out of your machine, enjoying safe and effective workouts ahead.

Even though we go to great effort to ensure the quality of each product we produce, occasional errors and or omissions do occur. In any event should you find this product to have either a defective or a missing part, please contact us for a replacement.

SERVICE & WARRANTY

For service and warranty assistance please visit:

www.elitefitness.co.nz/service

Online forms are available for Service, Warranty and Parts requests.

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IMPORTANT SAFETY INSTRUCTIONS

The following definition applied to the word “WARNING” when used in this manual:

 **WARNING** Used to call attention to POTENTIAL hazards that could result in personal injury.

READ ALL INSTRUCTIONS BEFORE USING THE MACHINE

This product has been designed for *home use only*. Product liability and warranty conditions will not be applicable to products being subjected to professional use or products being used in a commercial environment. e.g Gym Centre, Retirement Centre, Home Based PT Studio and Physio.

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions.

- Read all instructions in this manual before using this equipment.
- Use the machine only for its intended use as described in this manual.
- Inspect and tighten all the loose parts before this equipment is used.
- Keeps hands away from moving parts.
- Keep children and pets away from the machine at all time. **DO NOT** leave children unattended in the same room with the machine.
- Before using the machine to exercise, always do stretching exercises to properly warm up.
- Inspect the machine before each use; make sure all of the connections are tightly secured.
- Only one person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
- Position the machine on a clear, levelled surface. **DO NOT** use the machine near water or outdoors.
- Always wear appropriate workout clothing when exercising. **DO NOT** wear robes or other clothing that could become caught in the machine. Sporting shoes are recommended when using the machine.
- Do not place any sharp object around the machine.
- Disabled persons should not use the machine without a qualified person or physician in attendance.
- Never operate the machine if the machine is not functioning properly.
- Only carry out training work on the equipment when it is in perfect working order. Only use original spare parts in the event of a repair.
- Do not use strong solvents for cleaning, and only use the tools supplied, or suitable ones of your own, for any repairs that may be required. Please dispose of the packaging and any parts that have to be replaced subsequently (all parts for the unit) at suitable collecting points or containers with a view to saving the environment.

— Not for therapeutic use.

WARNING: Before beginning any exercise programme, consult your physician. This is especially important for persons with pre-existing health problems. The seller assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SERVICE HINTS: The high quality standard of this product only will be kept if you, on a regular basis, check all screw connections and moving parts on proper fitting. Damaged parts need to be changed immediately. During the time of repair the product must not be used by anybody.

IMPORTANT HINTS:

- A) This product has been tested in accordance with the requirements of EN 957-1/A1, EN 957-5, standard, Class HA (HOME USE). The maximum load is limited to 110KG.
- B) Parents should be aware of the risk factor of young children playing on fitness equipment unattended. Make sure that children are instructed properly in the use of the product and in the controlled execution of the different exercises. Misuse of the product could result in serious injury.

PRODUCT SPECIFICATIONS

User Weight Capacity:	110kg
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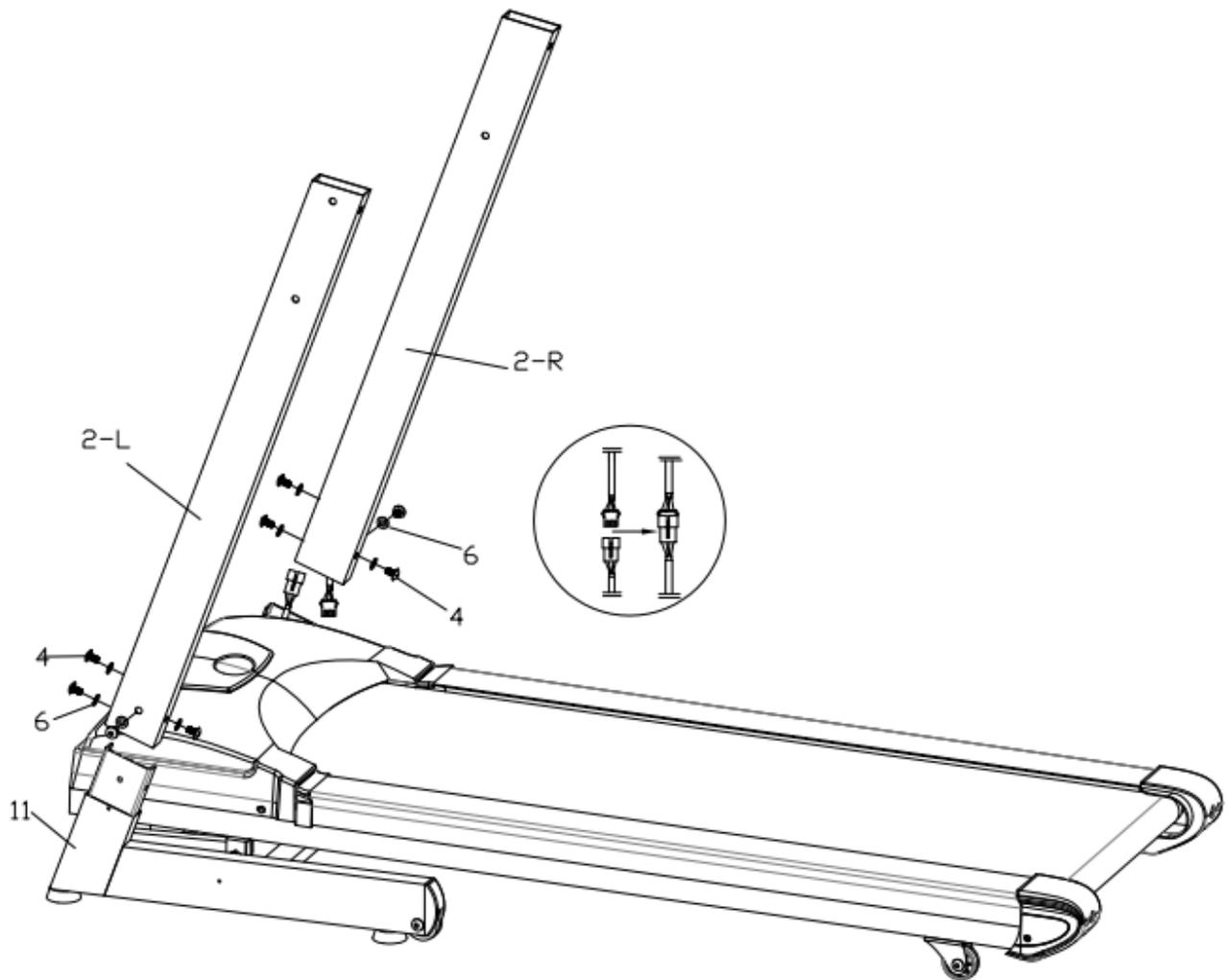
Dimensions:	1700 x 750 x 1450mm
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Shipping Weight:	67kg
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Net Weight:	61kg
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Power Requirements	220V
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ASSEMBLY INSTRUCTIONS

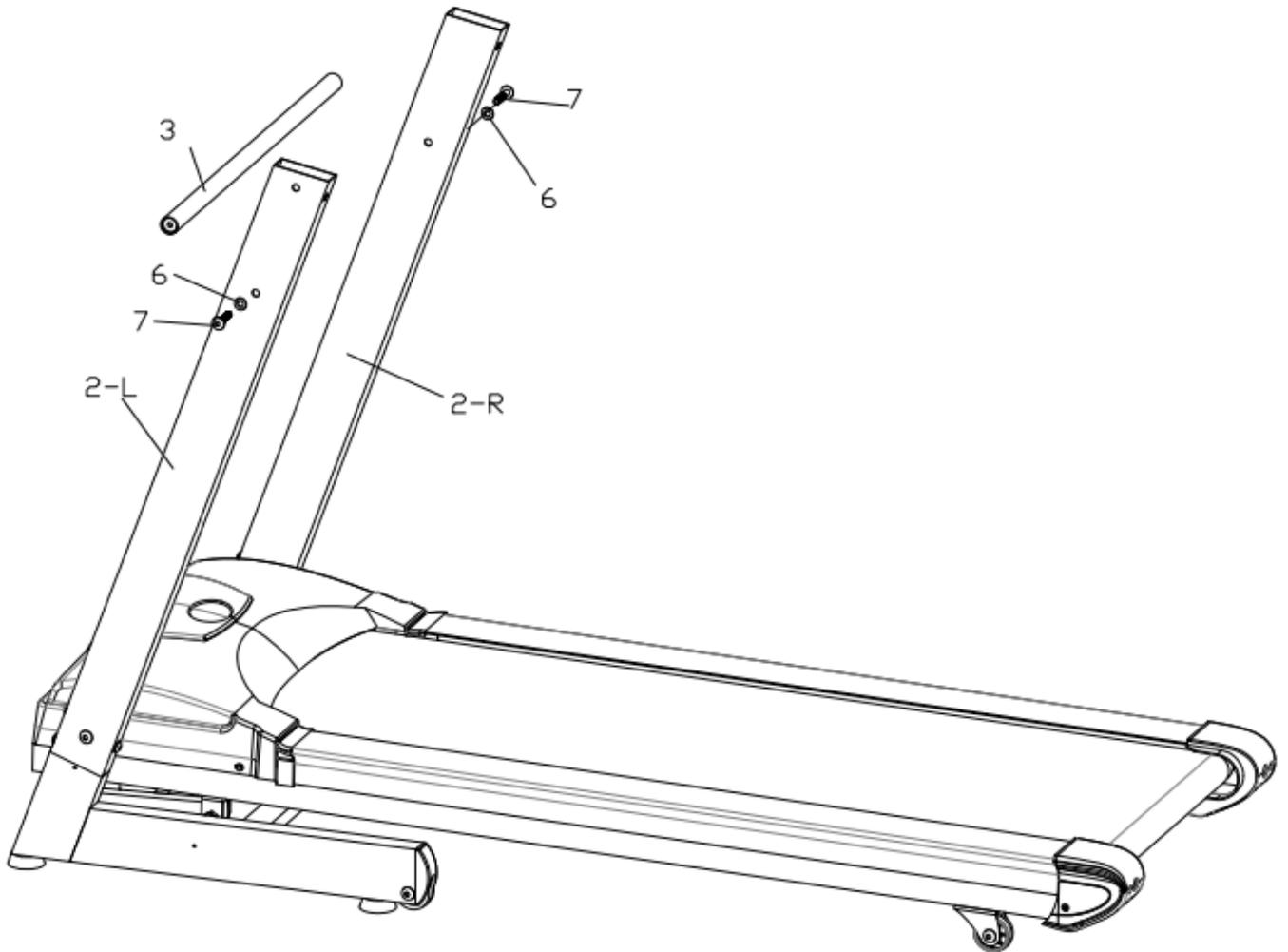


HARDWARE PACKING LIST		
PART #	DESCRIPTION	QUANTITY (PCS)
	M8X15 MM. BOLT	14
	M8X45 MM. BOLT	2
	M8 FLAT WASHER (Ø 15XØ 8.4XT0.8)	16
	SILICONE OIL	1
	4.2X16MM SCREW	4
	SAFETY KEY	1
	ALLEN WRENCH	1

STEP 1

- Remove the Main Frame (11) and Spare Parts from the packing. The treadmill must be placed on a level surface.
- Once upright connect the cable from the 2-R post and the cable from the main frame (11).
- Fix posts (2-L and 2-R) to the base frame (11) using the screws (4 M8x15) and washers (6).

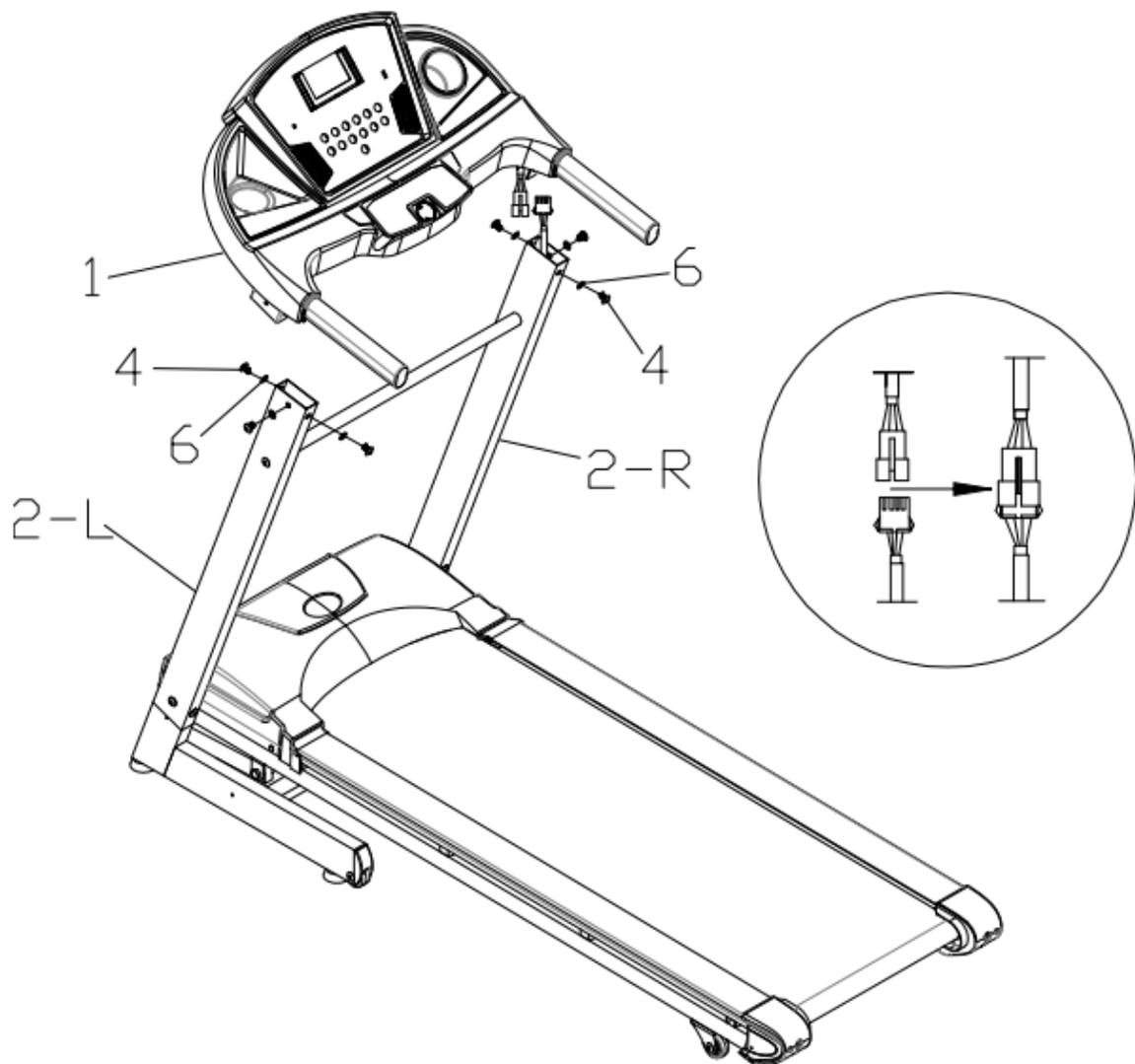
ASSEMBLY INSTRUCTIONS



STEP 2

- Use the screws (7 M8 x 45) and washers (6) to fix the cross bar (3) to the side posts (2L and 2R)

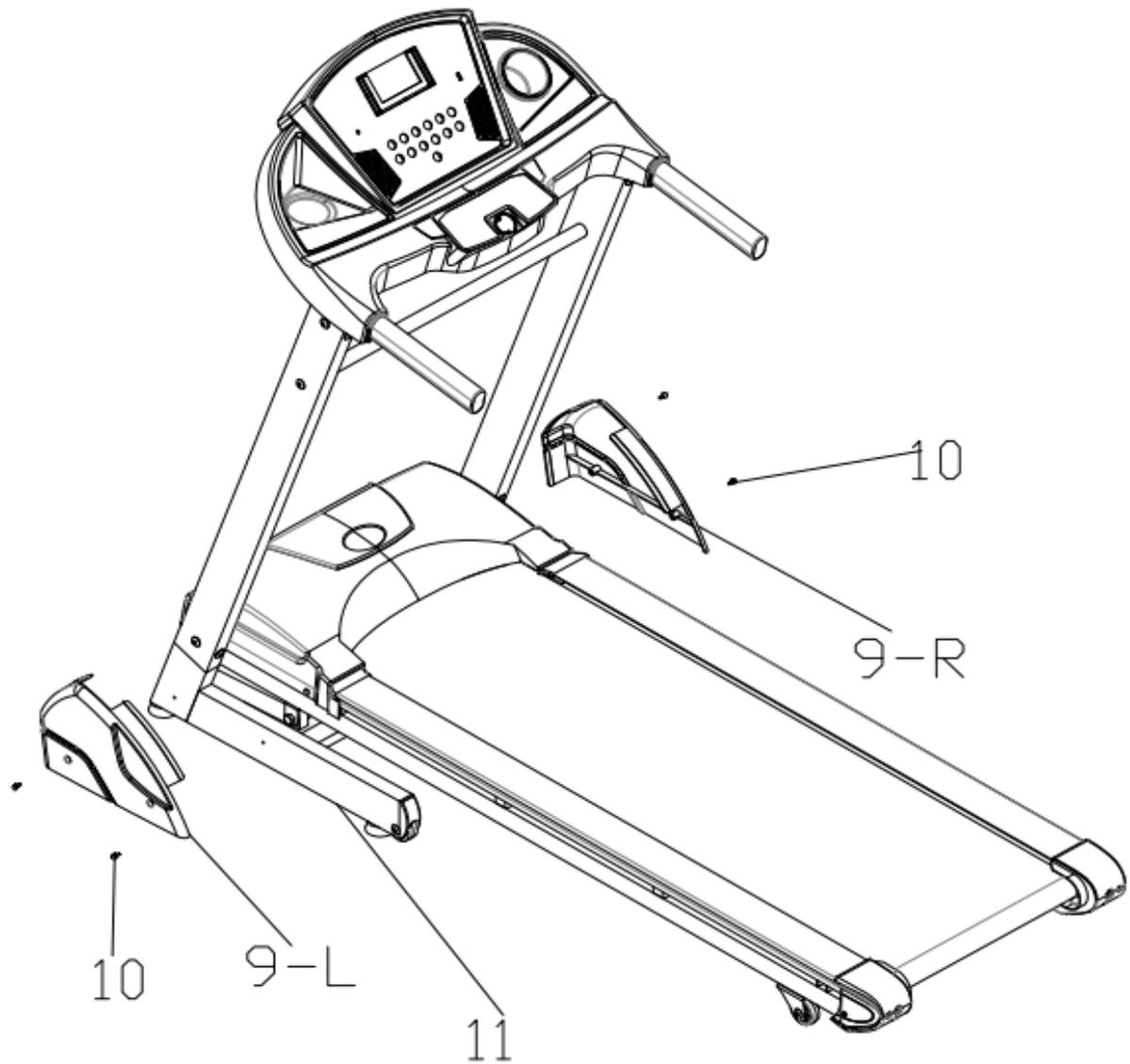
ASSEMBLY INSTRUCTIONS



STEP 3

- Connect the cable between the (2-R) post and the Console (1)
Caution: Do not pinch the wire between the upright frame and the console assembly.
- Using the supplied screws (4 M8 x 15) and washers(6) secure the console to posts (2-L and 2-R) in an upright position.

ASSEMBLY INSTRUCTIONS



STEP 4

- Fix plastic covers (9-L and 9-R) to posts (2-L and 2-R) using screws (4.2x16mm).
- *Caution: Ensure all bolts are tightened before operating treadmill.*

ASSEMBLY INSTRUCTIONS

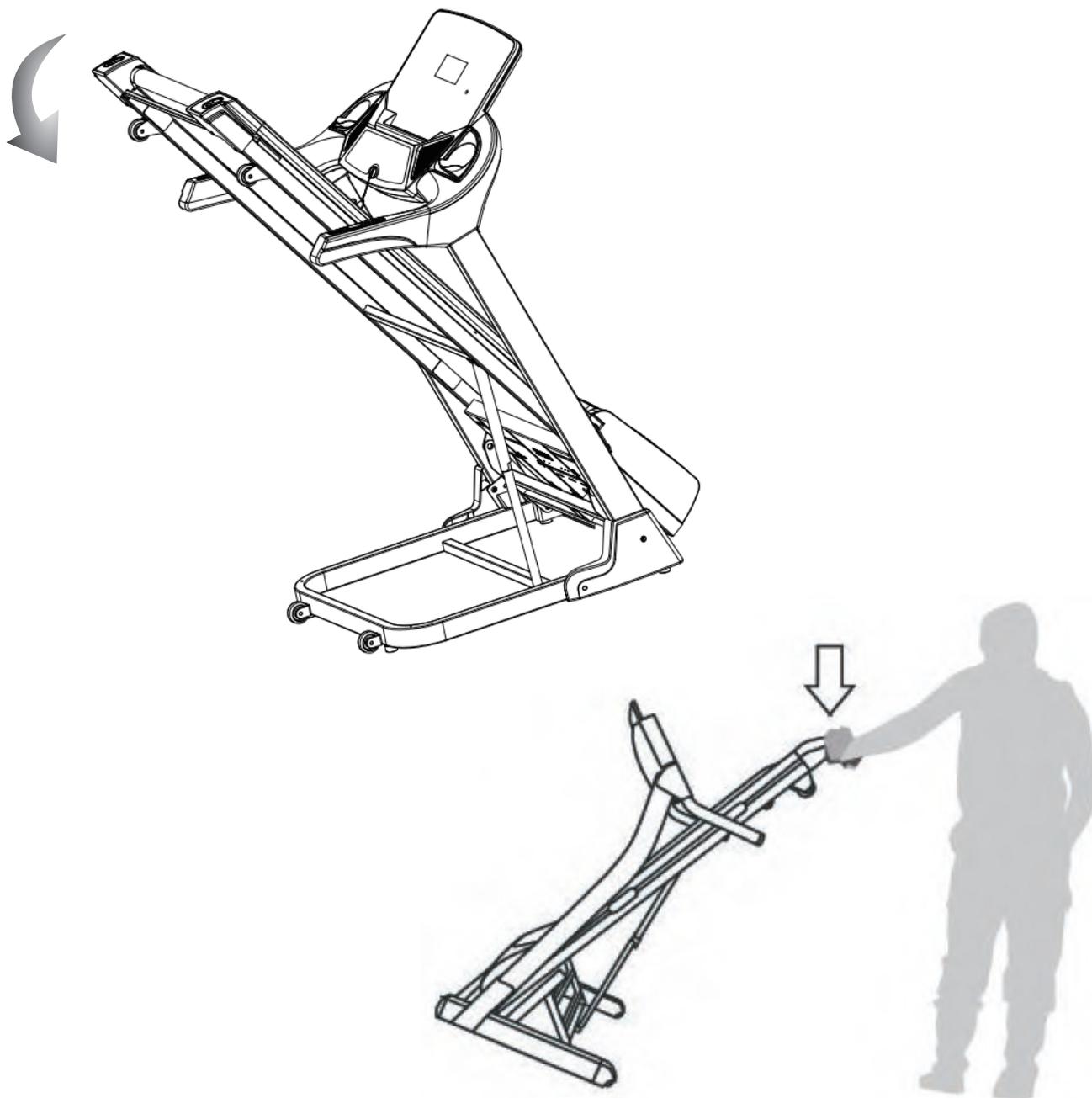
CONGRATULATIONS

Assembly of your **Elite Fitline 300 Treadmill** is now complete! Be sure to fully inspect your machine before using it for the first time.

WARNING

Failure to visually check and test and tech the assembly before use can cause damage to the **Elite Fitline 300 Treadmill** and serious injury to users and bystanders and can also compromise the effectiveness of your exercise program.

MOVING AND STORAGE INSTRUCTIONS



FOLDING

- Turn off the treadmill, switch off at the main power switch and pull out the plug.
- Lift the treadmill deck up towards the main console. You should feel the treadmill gas spring system engage.
- To lower the treadmill deck, press the gas spring system in with your foot to disengage the lock. The treadmill deck can now be lowered to the ground

MOVING

The treadmill can then be moved by tilting the treadmill deck towards you onto its transportation wheels.

Caution: please ensure the power cord cable has been disconnected from the treadmill before attempting to move it.

USER INSTRUCTIONS

1. CONSOLE DISPLAY



2. SCREEN DISPLAY

Start	Quick Start or Program Start
Stop	To stop the treadmill while exercising and reset the computer
Time Display	Displays exercise time, positive timing from 0:00-99:59.
DIS	Displays the running distance, count forward from 0.00-99.9.
PUL	Displays heart rate when using hand pulse system or wireless chest belt receiver.
Calories	Displays movement, burn calories consumed calorie value from 0-999
Incline	Display the auto incline levels from 1-15.

USER INSTRUCTIONS

KEY FUNCTION:

- **START** (Green triangle): Starts the treadmill. **STOP** (Red square): Stops the treadmill
- **“P”**: Program button, when stopped select a loop (P1,P2,P3, ...P12).
- **“M”**: Mode button, in settings select the countdown time, countdown distance and countdown calories circularly. When you choose the mode, you can use speed + and speed - to set the countdown data, when you have finished setting, press the “START” button.
- **SPEED**: Increase speed button (+). Press to increase speed by 0.1KM/H each time, press and hold to add speed constantly.
- **SPEED**: Reduce speed button (-), Press to decrease speed by 0.1KM/H each time, press and hold to decrease the speed constantly.
- **ONE STEP SPEED BUTTONS**: 3.6.9., Allows you to select a speed in one step.
- **INCLINE**: Increase the incline level.
- **INCLINE**: Decrease the incline level.

PROGRAM AND MODE “P” AND “M” BUTTONS

When use the “P” button in settings,it will show programmes p1-P12, at the running state, it will show speed rage; 0.8-16km/h.

Countdown time training mode:

At the stopping state, press “MODE” button ,enter setting state, the time window display flash, default display 30:00, press SPEED +/- button amend the setting value .

The setting range: 5—99 minutes. Press “Green triangle “ button and startup the treadmill. When the countdown time is 00:00 ,the treadmill will stop running automatically.

Countdown distance training mode:

At the stopping state, press “MODE” button, enter setting state, the distance window flash display (default display 5.0KM), press SPEED +/- button and amend setting value, setting range: 0.5—99.0KM. Press “Green triangle” button to startup treadmill, as the speed 0.8KM/H to start to run, press SPEED +/- to adjust the speed. When countdown distance is 0.0, treadmill stop running automatically.

Countdown calories training mode:

At the stopping state, press the “MODE” button 3 times, enter the setting state, the calories window display will flash (default display is 100CAL), press SPEED +/- button to amend setting value, setting range: 20—990CAL. Press “Green triangle” button to start treadmill, default speed is 0.8KM/H, press the SPEED +/- to adjust speed. When countdown calories is 0, treadmill will automatically stop.

“PUL”: Tests your heart rate when both hands hold the rate sensor. This will show on the display, heart rate range: 50-250 per minute. (data is for exercise reference only)

USER INSTRUCTIONS

Input program mode:

The program has 12 modes, P1-P12. Press program key separately to choose your desired program and the time window will flash. Enter setting state, the time window display flash, default display 30:00, press the setting range: 5—99 minutes, SPEED +/- button to amend the setting time. Press “Green triangle” button to start the treadmill. When the countdown time is 00:00, the treadmill will automatically stop. Press SPEED +/- to change the program data during running.

Heart Rate Display:

Please Note: - Contact Heart rate sensors are for reference only and may provide inaccurate readings as they are not medically certified devices. If you require accurate heart rate readings for the purpose of training or a medical condition, please consult your Elite Fitness Sales Professional for further advice

EXERCISE PROGRAM

10 PARTS TOTAL 30 MINUTES EACH PROGRAM

PROGRAM	TIME	1	2	3	4	5	6	7	8	9	10
P1	SPEED	2	4	3	4	3	5	4	2	5	3
	INCLINE	1	2	3	3	1	2	2	3	2	2
P2	SPEED	2	5	4	6	4	6	4	2	4	2
	INCLINE	1	2	3	3	2	2	3	4	2	2
P3	SPEED	2	5	4	5	4	5	4	2	3	2
	INCLINE	1	2	2	3	1	2	2	2	2	1
P4	SPEED	3	6	7	5	8	5	9	6	4	3
	INCLINE	2	2	3	3	2	2	4	6	2	2
P5	SPEED	3	6	7	5	8	6	7	6	4	3
	INCLINE	1	2	4	3	2	2	4	5	2	1
P6	SPEED	2	8	6	4	5	9	7	5	4	3
	INCLINE	2	2	6	2	3	4	2	2	2	1
P7	SPEED	2	6	7	4	4	7	4	2	4	2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P8	SPEED	2	4	6	8	7	8	6	2	3	2
	INCLINE	3	5	4	4	3	4	4	3	3	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	2	3	5	3	3	5	3	6	3	3
	INCLINE	4	4	3	6	7	8	8	6	3	3
P11	SPEED	2	6	7	4	4	7	4	2	4	2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P12	SPEED	2	5	5	4	4	6	4	2	3	4
	INCLINE	3	5	6	7	12	9	11	11	6	3

CARE AND MAINTENANCE

! WARNING

IMPORTANT INFORMATION

Before cleaning or carrying out any maintenance on your treadmill, ensure the power is turned off and the power cord removed from the plug socket.

At least once a year, the motor cover on your treadmill should be removed and any dust or debris vacuumed up to maintain the smooth operation of the motor and drive system. Contact the Elite Fitness Service Department for further information on servicing your treadmill.

CLEANING

General cleaning the unit will greatly prolong the treadmills working life.

Keep the treadmill clean by dusting regularly. Be sure to clean the exposed parts of the deck surface on both side of the walking belt and also the side rails. Make sure the soles of your shoes are clean, This reduces the build up of foreign material underneath the running belt. The top of the belt can be cleaned with a soapy, damp cloth. Be careful to keep liquid away from the electrical components and underneath the running belt.

Please ensure all sweat residue is wiped from any contact points or framework with a damp cloth using a suitable PH neutral detergent in water to avoid salt and corrosion deposits on your equipment. Failure or neglect to maintain and clean sweat residue from the treadmill frame may affect any frame warranty implied.

LUBRICATION

This treadmill's running belt and deck are equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.



We recommend lubrication of the deck according to the following timetable

- Light user (less than 3 hours/ week) annually
- Medium user (3-5 hours/ week) every six months
- Heavy user (more than 5 hours/ week) every three months

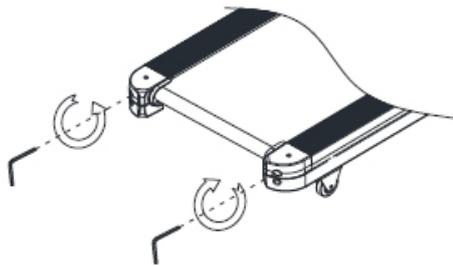
Treadmill lubricating oil can be purchased from your nearest Elite Fitness store or our Service Department.

- In order to maintain and prolong the working life of your treadmill, we suggest you power off the treadmill for 10 minutes after every 2 hours of running use.
- A loose running belt may slip when you are running and may require a small adjustment; if the running belt is over tightened it can affect the performance of the motor and add extra wear to the rollers. For ideal tension, the running belt can be lifted 50-75mm from the central part of the running deck.

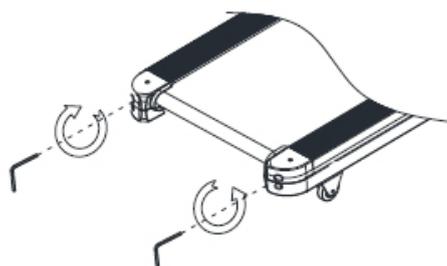
CARE AND MAINTENANCE

BELT ADJUSTMENT

- Place treadmill on a level surface.
- Run the treadmill at 6-8km/h.
- *If the belt has drifted to the right* . With the right adjusting bolt clockwise rotation 1/2 turn, then with the left adjusting bolt anticlockwise 1/2 turn AS PICTURE C
- *If the belt has drifted to the left*. With the left adjusting bolt clockwise rotation 1/2 turn, then with the right adjusting bolt anticlockwise 1/2 turn AS PICTURE D



PICTURE C



PICTURE D

LIMITED WARRANTY

WARRANTY RANGE

Damage in correct maintenance and normal operations (not factitious factors). Warranty card to the original purchaser, shall not be transferred.

WARRANTY TIME

HOME USE

- 10 Year Frame
- 5 Years Motor
- 1 Year Parts and Labour

The following conditions are not under warranty range:

- A) As a result of abuse, neglect, accident, or unauthorized modification;
- B) The damage due to incorrect adjustment of the running belt and motor belt;

The Treadmill should not be:

- A) Plugged into a multi-board plug device. The treadmill requires a dedicated power circuit and should be plugged directly into the wall socket.
- B) Used with an extension cord any longer than 1.5m.
- C) Lubricated only with manufacturers approved silicone oil, do NOT use: WD40, CRC or any other lubricant. Consult Elite Fitness Service Department for advice or supply of the correct product.

REPAIR AND MAINTENANCE SERVICE

Please contact our Elite Fitness Service Department at EliteService@elitefitness.co.nz or visit www.elitefitness.co.nz for any service related issues or advice on preventative maintenance servicing procedures.

WARM-UP EXERCISE

Warm up exercise is important in preparing the muscles for activity whilst minimising the risk of injury. You may choose to warm up with a light/brisk walking pace for 5-10 minutes before stopping and performing some simple stretches. (As shown in the pictures below)

— Hamstring Stretch (Standing)

Keep your knees slightly bent and slowly lean forward, back and shoulders relaxed, reaching towards your toes. You should feel the tension and slight discomfort in your hamstring muscles. Hold for 15-20 seconds. Repeat 2-3 times.

— Hamstrings Stretches (Seated)

Sitting on the floor preferably on a mat, put one leg straight, the other inward and close to the inside of the straight leg. Lean forward from the hips, reaching towards your toes. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 2).

— Crus and Feet Tendon Stretches

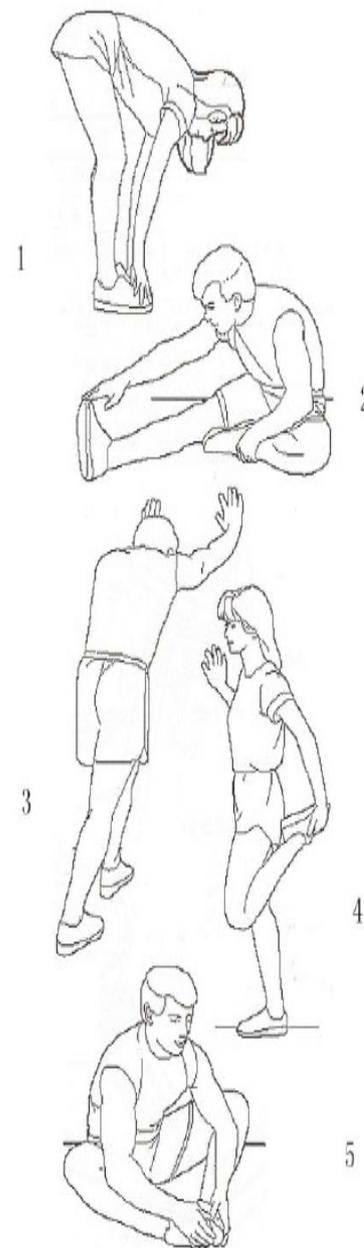
Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, lean forward towards the wall or tree. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 3).

— Quadriceps Stretches

Keeping your balance with your left hand holding onto a wall or stationery fixture, grasp your right foot with your right hand and stretch your right heel toward your buttocks slowly, until you feel the stretch in the front of your thigh. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 4).

— Sartorius (Inner Muscles of the Thigh) Muscle Stretches

Sitting down with the soles of your feet or shoes together and your knees positioned outward. Pull your feet towards your groin until you can feel the stretch. Hold for 10-15 seconds, and relax. Repeat 3 times (See picture 5).



TRAINING STAGES

		Exercise Zone									
		AGE									
Beats Per Minute	100%	200	195	190	185	180	175	170	165	155	150
	VO2 Max (Maximum Effort)										
	90%	180	176	171	167	162	158	153	149	140	135
	Anaerobic (Hardcore Training)										
	80%	160	156	152	148	144	140	136	132	124	120
	Aerobic (Cardio Training/Endurance)										
	70%	140	137	133	130	126	123	119	116	109	105
	Weight Control (Fitness/Fat Burn)										
	60%	120	117	114	111	108	105	102	99	93	90
	Moderate Activity (Maintenance/Warm up)										
50%	100	98	95	93	90	88	85	83	78	75	

Cardiovascular training plays an important part in maintaining a healthy heart and lung function, so it's no surprise we should be paying attention to how quickly our heart beats during exercise. The chart above outlines a range of heart rate training zones determined by the individual's age and workout goals to ensure you train safely and effectively.

Heart Rate can be measured by using the radial (wrist) or carotid (neck) pulse using your index and middle fingers, counting the beats for 10 seconds and multiplying by 6. Alternatively, the use of a Wireless Telemetry Heart Rate strap and watch will give you an accurate Beats Per Minute (BPM) reading.

$220 - \text{AGE} = \text{TMHR}$ (Theoretical Maximum Heart Rate)

$\text{TMHR} \times 85\% =$ (Upper Training Limit) BPM

$\text{TMHR} \times 65\% =$ (Lower Training Limit) BPM

Note: Contact heart rate may provide inaccurate readings and is designed only as a guide

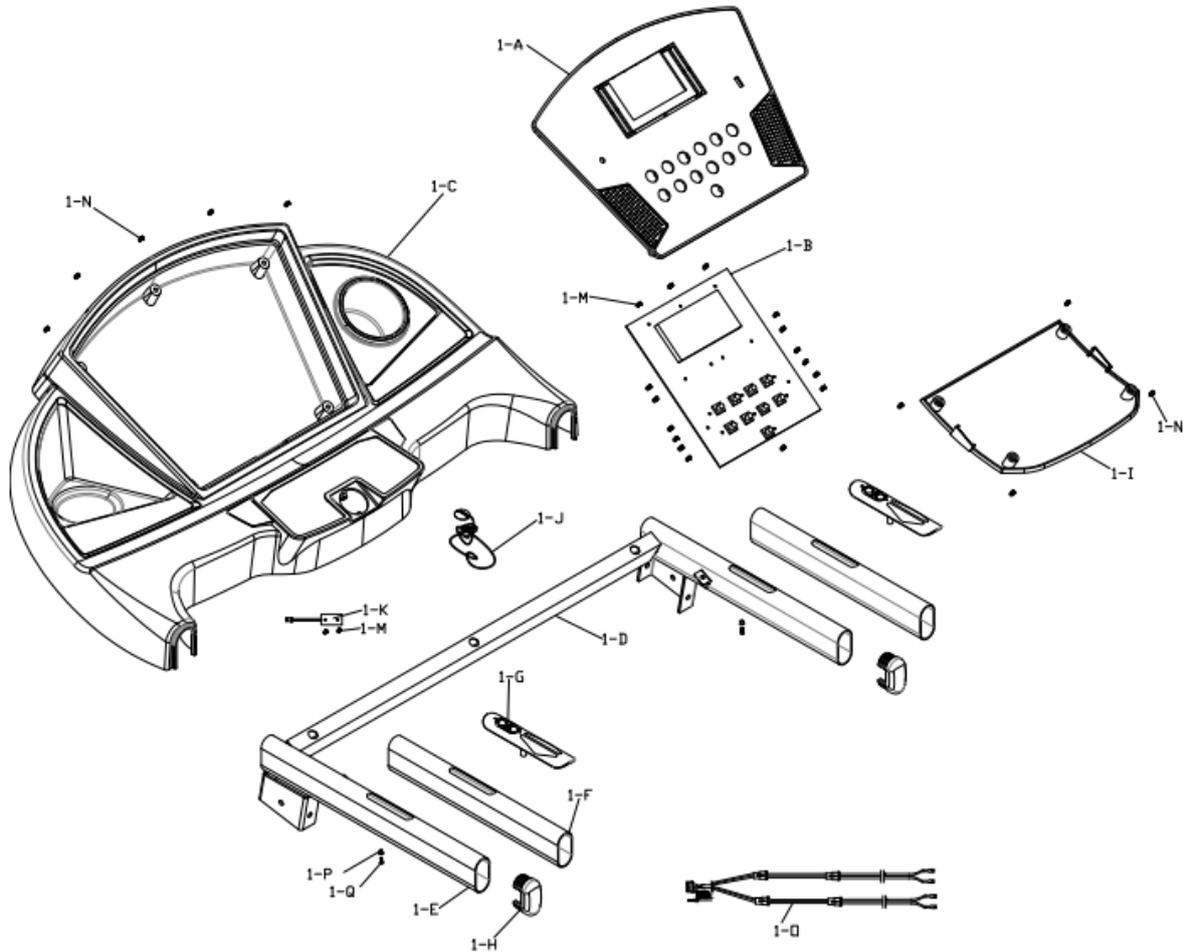
Example: $220 - 39 = 181$ BPM

$181 \times 85\% (0.85) = 154$ BPM (Upper Training Limit)

$181 \times 65\% (0.65) = 118$ BPM (Lower Training Limit)

PARTS

We recommend 2 people assist in assembling this unit. Place all parts of the treadmill in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Before you start installation, inspect and prepare all parts and screws featured in this manual. When you open the carton, you will find the following parts:

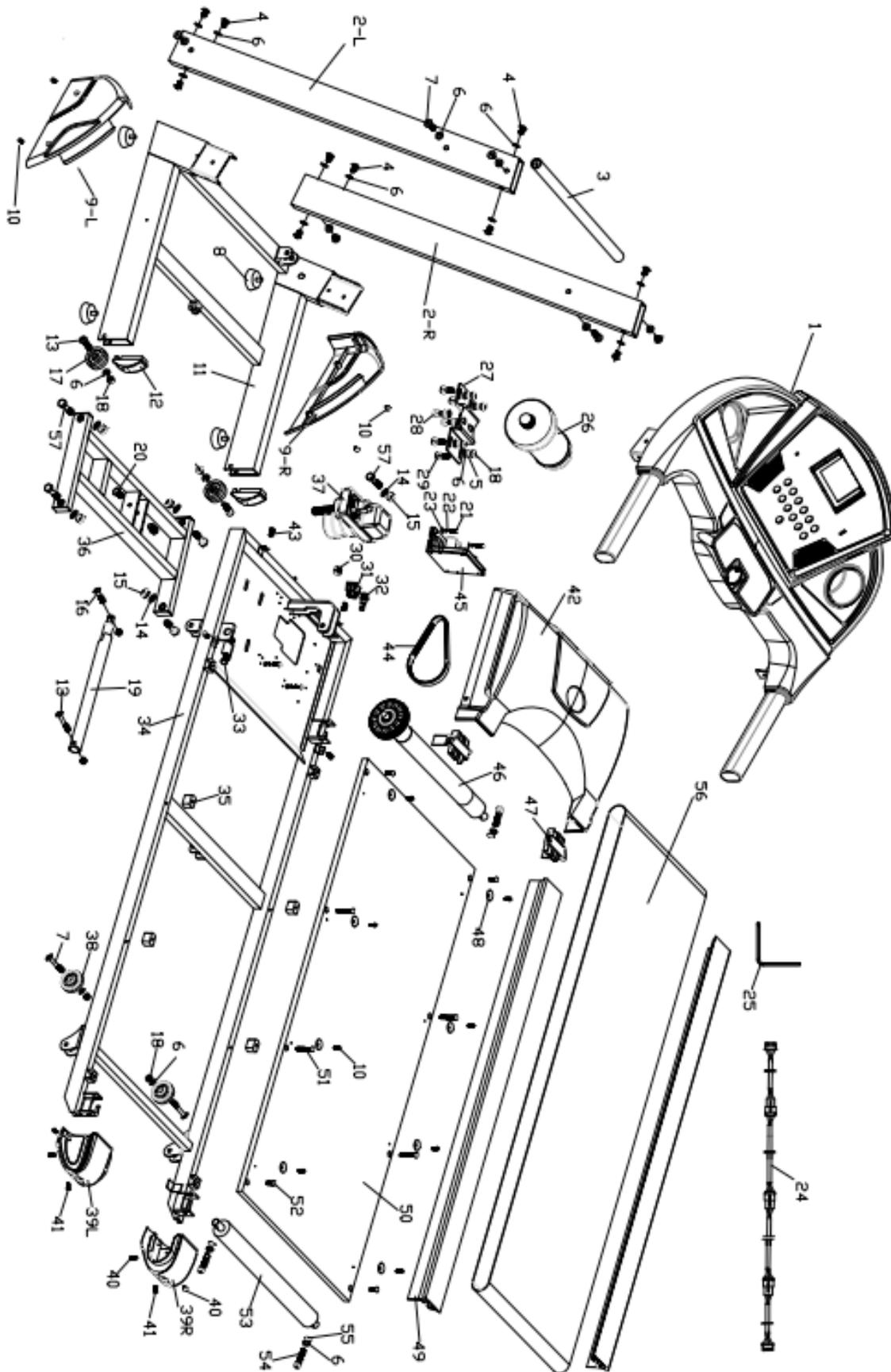


PART	DESCRIPTION	QUANTITY
1-A	computer plastic A	1
1-B	computer display part	1
1-C	computer plastic C	1
1-D	support tube D	1
1-E	Handle bar tube(L/R)	2w
1-F	handle bar foam	2
1-G	hand pulse	2
1-H	round handle bar cap	2
1-I	computer plastic I	1
1-J	safety key	1

PARTS LIST

PART NO.	DESCRIPTION	Q'TY	PART NO.	DESCRIPTION	Q'TY
1	Whole console	1	30	cable fixer	1
2	upright post(L.R)	1	31	switch	1
3	Middle barM8x 15	1	32	fuse set	1
4	bolt $\phi 8.5 * \phi 12 * T1.8$	14	33	bolt M8*25	1
5	spring washer $\phi 8.5 * \phi 17 * T1.5$	6	34	deck frame	1
6	flat washer M8*4515	25	35	cushion	4
7	bolt	4	36	incline frame	1
8	adjustable foot	4	37	incline motor	1
9	decorative cover(L/R) $\phi 4.2 * 16$	1	38	real wheel	2
10	screw	18	39	end cap	1
11	base frame	1	40	screw $\phi 4.2 * 13$	4
12	wheel cover M8*40 15	2	41	screw $\phi 4.8 * 19$	2
13	bolt M10	3	42	motor cover	1
14	washer M10	5	43	bolt M5*15	4
15	nut M8*30 15mm	5	44	motor belt	1
16	bolt	1	45	motor control unit(MCU)	1
17	moving wheel M8	2	46	front roller	1
18	nut	10	47	side rail decorative cover	1
19	gas spring M10*168.8	1	48	side rail fixer	8
20	bolt M4*16	2	49	side rail	2
21	bolt $\phi 5.5 * \phi 8 * T1.4$	4	50	running board	1
22	spring washer $\phi 4.2 * \phi 10 * T1$	4	51	bolt M6*45	4
23	flat washer	4	52	bolt M6*25	4
24	connect cable	1	53	rear roller	1
25	Allen key	1	54	bolt M8*55	3
26	Motor	1	55	spring washer	3
27	motor bracket M8*128.8	1	56	running belt	1
28	bolt M8*208.8	2	57	bolt M10*4515	5
29	bolt	4			

EXPLODED DRAWING





For more information about our Elite exercise equipment or other brands that we stock for your home, visit www.elitefitness.co.nz

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Elite Fitness, 11 George Bourke Drive, Mt Wellington, Auckland, New Zealand,
0800 243 834, www.elitefitness.co.nz

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