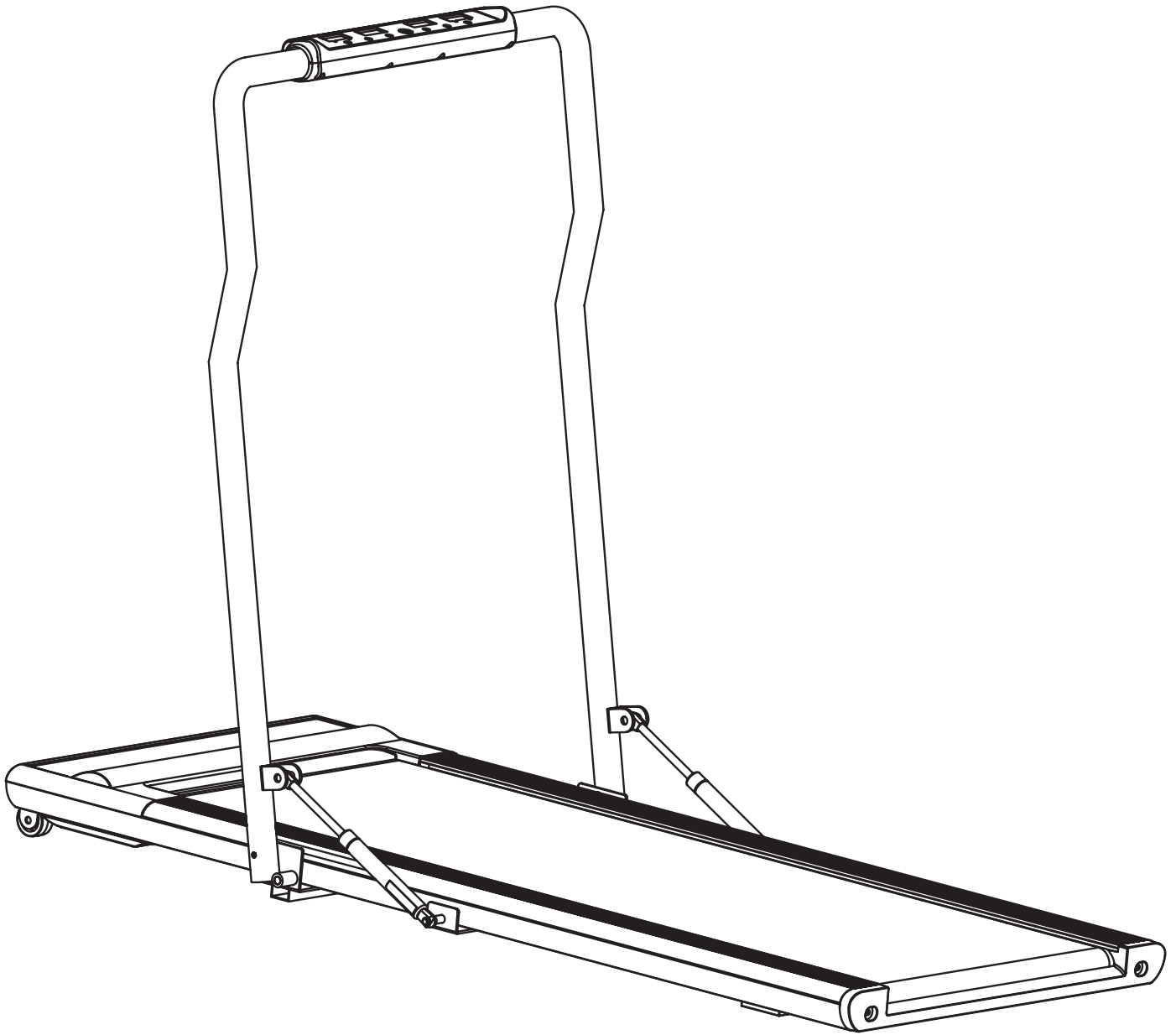




ASSEMBLY MANUAL >



TRIMLINE 1000

RECORD SERIAL NUMBER

Elite Fitness Trimline 1000

Thank you for purchasing the **Elite Fitness Trimline 1000 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 Fitness Trimline 1000 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.

(09) 258 9067

Elite Fitness HQ

28 Morrin Road,
St. Johns
Auckland, New Zealand

info@elitefitness.co.nz

0800 243 834


www.elitefitness.co.nz

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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.

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 90KG.
- 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: 90kgs

Dimensions Assamble: 143 x 71 x113cm | Foldable: 143 x 71 x 9cm

Shipping Weight: 36kg

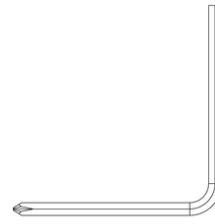
Net Weight: 31.5kg

Power Requirements: 220V-240V 50-60Hz

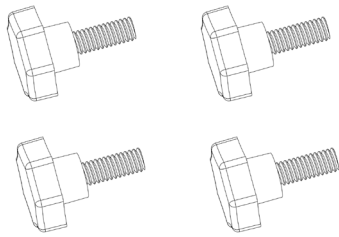
HARDWARE LIST



Safety Key



Allen Wrench



M8 Bolt



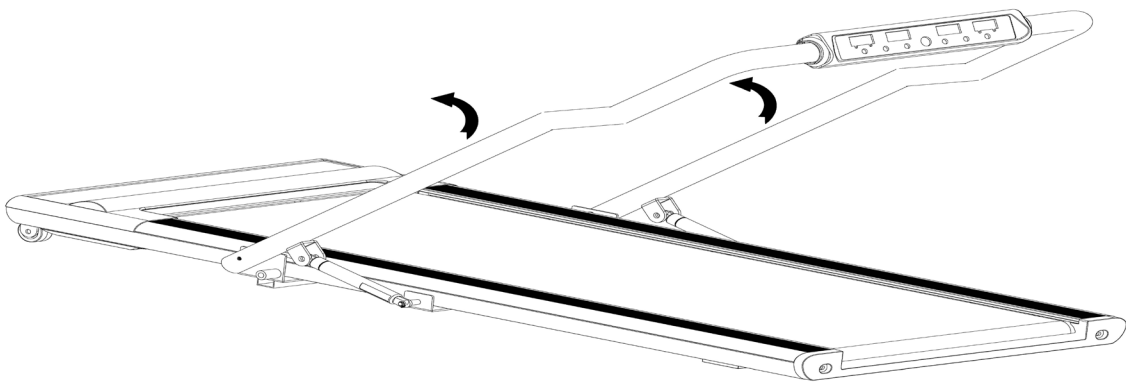
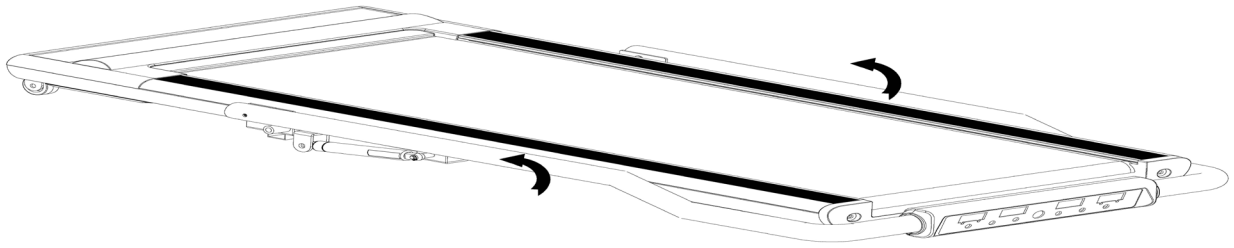
Silicone Oil

Description	Q'ty
M8 Bolt	4
Silicone Oil	1
Allen Wrench	1
Safety Key	1

NOTE:

1. Above described parts are all the parts you need to assemble this treadmill. Before you start to assemble, please check the hardware packing to make sure they are included.
2. Please find tools in the hardware pack to help you assemble this treadmill easier.

ASSEMBLY INSTRUCTIONS



STEP 1

— No Assembly Required! - Just fold the handlebar to the upright position, ensure the safety key is inserted and commence your workout.

ASSEMBLY INSTRUCTIONS

CONGRATULATIONS

Assembly of your **Elite Fitness Trimline 1000 Treadmill** is now complete! Be sure to fully inspect your machine before using it for the first time.

WARNING

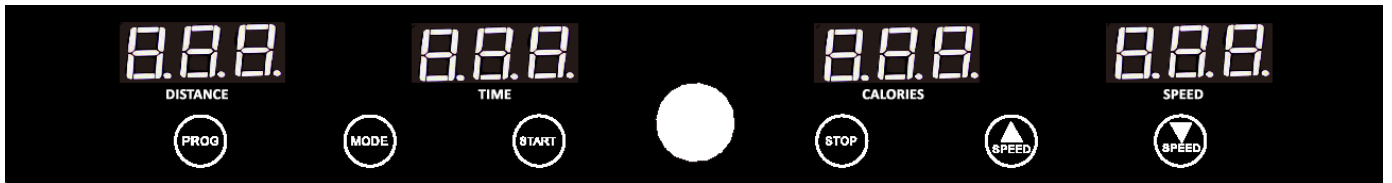
Failure to visually check and test and tech the assembly before use can cause damage to the **Elite Fitness Trimline 1000 Treadmill** and serious injury to users and bystanders and can also compromise the effectiveness of your exercise program.

USER INSTRUCTIONS



Start	Quick Start or Program Start
Stop	To stop the treadmill while exercising and reset the computer
Program	Displays Program selection
Mode	To select Programs and confirm values
Time	Displays Time remaining or total Time
Calories	Displays remaining Calorie burn or total Calories burned
Distance	Displays remaining Distance or total Distance (km)
Distance	Displays remaining Distance or total Distance (km)
Speed	Displays the running Speed (1-16km/h)
Incline ▲ / ▼	Adjusts the incline while in use
Speed + / -	Adjusts the speed while in use. Adjusts program values.

USER INSTRUCTIONS



Start/Stop

Normal startup after 3 seconds countdown with the lowest speed 1.0. Press Stop to stop gradually.

Program

12 pre-set programs, 3 users (U1 - U3), 3 mode, body fat (F1-F5)

Mode

Press Mode to select time, distance or calories as countdown mode. Press + / - to alter figure and Start to begin workout.

Speed "+"

Speed – button, at the running state, press it will decrease 0.1KM/H every time, press it for a long time, it will decrease the speed constantly.

Safety Key

The safety key function acts as an emergency stop device. In an emergency situation, remove safety key, alarm will sound and the running belt will stop immediately. A “-----” error sign will appear in the window display.

Hear Rate Indicator

Lightly hold the hand sensors on the handlebars. Heart rate will display within 5 seconds. Ensure that your hands are clean to avoid any interference of heart rate signal. Note: Incline and Heart Rate share the same window on the LCD screen. **The Heart Rate readings are indicative only and can be inaccurate due to individual conductivity through the contact sensors. For this reason the heart rate sensors are not a medically certified device.**

If you require more accurate heart rate readings for medical or training purposes, please contact an Elite Fitness Sales Representative for further information and advice.

USER INSTRUCTIONS

Exercise Program

The 16 programs are divided into 16 exercise sections in an equal time division.

Time Program		Time Set / 16 = Average Time for each exercise section															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	SPEED	2	5	5	5	10	10	5	5	5	3	3	2	5	5	3	2
	INCLINE	0	0	1	1	1	1	2	2	2	2	3	3	3	2	2	0
P2	SPEED	2	2	7	2	2	7	7	12	4	4	12	4	4	12	4	2
	INCLINE	0	1	2	2	3	3	2	2	3	3	2	2	3	2	2	0
P3	SPEED	2	4	9	9	4	4	8	8	10	10	12	4	4	8	4	2
	INCLINE	0	1	2	3	4	5	4	5	4	2	1	2	3	2	1	0
P4	SPEED	2	6	6	6	12	12	12	12	6	6	3	3	3	5	5	2
	INCLINE	0	1	2	3	4	5	6	7	6	6	5	4	3	2	1	0
P5	SPEED	2	4	6	12	12	12	3	3	3	3	12	12	12	6	4	2
	INCLINE	0	2	4	6	4	2	1	0	1	1	2	2	2	2	3	0
P6	SPEED	2	4	5	5	6	6	8	8	6	6	8	8	6	9	6	2
	INCLINE	0	1	3	4	4	3	3	1	2	1	2	1	2	1	2	0
P7	SPEED	2	7	7	9	9	4	4	12	12	4	4	8	8	4	4	2
	INCLINE	0	1	1	2	2	3	3	4	4	3	3	2	2	1	1	0
P8	SPEED	2	2	6	6	6	8	9	10	11	12	9	5	5	5	3	2
	INCLINE	0	1	2	4	2	1	2	4	2	1	2	4	2	1	2	0
P9	SPEED	2	4	8	10	2	4	8	10	2	4	10	2	4	10	4	2
	INCLINE	0	1	2	3	4	5	6	7	8	9	8	6	4	2	1	0
P10	SPEED	2	5	6	7	8	9	10	11	10	9	8	6	7	5	4	2
	INCLINE	0	1	2	4	6	6	6	4	4	4	2	2	2	1	1	0
P11	SPEED	2	5	6	7	9	9	6	9	6	9	6	10	6	10	7	2
	INCLINE	0	2	2	2	3	3	3	4	4	4	5	5	5	4	4	0
P12	SPEED	2	6	8	10	8	6	4	6	8	12	8	6	8	12	12	2
	INCLINE	0	1	1	3	3	5	5	7	7	5	5	3	3	1	1	0

USER INSTRUCTIONS

Program

- Speed Display - during the setting state the window will show P1 - P12 for programme selection. During use the Speed range will be shown - 0.8 - 12km/h.

- Countdown Time Training Mode: in standby mode, press "MODE" button, the time window display will flash, Default display is 30:00 minutes, press SPEED+,- button to adjust the setting value. The setting range is: 5-99 minutes. Press "START" button to start the treadmill, the treadmill will commence at 0.8 KM/H. Once the countdown timer reaches 00:00, the treadmill will automatically stop.

- Countdown Distance Training Mode: in standby mode, press "MODE" button, the distance window display will flash, Default display is 5.0KM, press SPEED+,- button to adjust the setting value. The setting range is: 0.5-99.0 KM. Press "START" button to start the treadmill, the treadmill will commence at 0.8 KM/H. Press SPEED +,- to adjust the speed. Once the countdown distance window reaches 0.0 the treadmill will automatically stop.

- Countdown Calories Training Mode: in standby mode, press "MODE" button 3 times , the Calorie window display will flash, Default display is 100 calories, press SPEED+,- button to adjust the setting value. The setting range is: 20-990 calories. Press "START" button to start the treadmill, the treadmill will commence at 0.8 KM/H. Once the countdown calorie window reaches 0, the treadmill will automatically stop.

There are 12 Preset programmes to choose from. To select a program, P1-P12 press the program key separately to choose the desired workout. The Time window will flash.

During the setting state the time window will flash, the default display 30:00 minutes. Use the SPEED +,- button to adjust the time setting. Press "START" button to start the treadmill. When the countdown timer is 00:00 the treadmill will stop automatically. Press SPEED +,- button to change the program data during use.

Countdown Function Parameter Data

	Initial Countdown Setting	Setting Range	Rectify Range
Time (MINS)	30:00	5:00 - 99:00	1:00
Calories (KC)	50	20 - 990	10
Distance (KM)	1.0	1.0 - 99.0	1.0

Cycle Order: Manual → Time → Distance → Calories

Body Fat Tester

1. Press PROG continually until you find Body Fat Test (F1).
2. Press MODE and + / - To set your personal details. F1 Sex (1=Male, 2=Female); F2 Age, F3 Height, F4 Weight.
3. Grasp the hand sensors when F5 is displayed. Wait for a few seconds and it will show your body quality index. The body quality index is to test the relation between height and weight, not the body scale. **The data is only for reference, it cannot be use as medical data.**

FAT ≤ 19 Under Weight	FAT= (25-29) Overweight
FAT= (20-25) Normal Weight	FAT ≥ 30 Obese

USER INSTRUCTIONS

Other

- The system will beep and enter into Manual mode once the countdown ends.
- The parameter function is in a Cycle mode. e.g.: The range of time is in between 5:00 – 99:00

When it is set in 99:00, it can directly revert to 5:00 by continuously pressing “+” buttons.

- You may only choose one type of countdown section (time, calorie, distance) for every cycle.
- Speed rectify range is 0.1km/h.

Troubleshooting

Problem	Reason	Problem Solving
-----	Safety Key removed	<ol style="list-style-type: none"> 1. Replace Safety Key. 2. Computer defective. Call an authorized service technician to renew the safety key on/off switch or magnet inductor.
E01	Communication failure for controller and computer	<ol style="list-style-type: none"> 1. Data cable or integrated circuit is loose or in improper order. Try to reconnect or reorder. 2. Call an authorized service technician: <ul style="list-style-type: none"> • Defective data cable • Defective controller • Defective transformer
E02	Speed control sensor or motor fault	<ol style="list-style-type: none"> 1. Check if the power voltage is 50% lower than the standard voltage. Please make sure the power and voltage is complying with standard. 2. Check if the motor wire is well connects. Reconnect the wire and restart. Call an authorized service technician if this problem persists. 3. Check if the controller has a smoky smell, the IGBT could be in short circuit. Contact an authorized service technician for maintenance.
E04	Incline sensor or motor fault	<ol style="list-style-type: none"> 1. Check if the incline motor signal cables and AC wires are firmly connected. 2. Call an authorized service technician: <ul style="list-style-type: none"> • Damage to incline motor or AC motor signal cables • Defective motor controller
E05	Overcurrent protection	<ol style="list-style-type: none"> 1. Overload current will stop the device from operating. Simply restart the machine to solve this problem. 2. Jammed or defective components will cause an overload in current. Apply lubricant to the specific area and restart the device. 3. Check if there is a smoky smell or sound that is caused by the motor or controller. Call an authorized service technician for maintenance.
No Display	Machine breakdown or power supply is disconnected	<ol style="list-style-type: none"> 1. Check if the overcurrent protection switch is on or off. 2. Check the power switch, overcurrent protection, display cables, transformer and motor are connected and in good condition. 3. Call an authorized service technician for maintenance

CARE AND MAINTENANCE

⚠ WARNING

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 wet, soapy cloth. Be careful to keep liquid away from the electrical components and underneath the running belt.

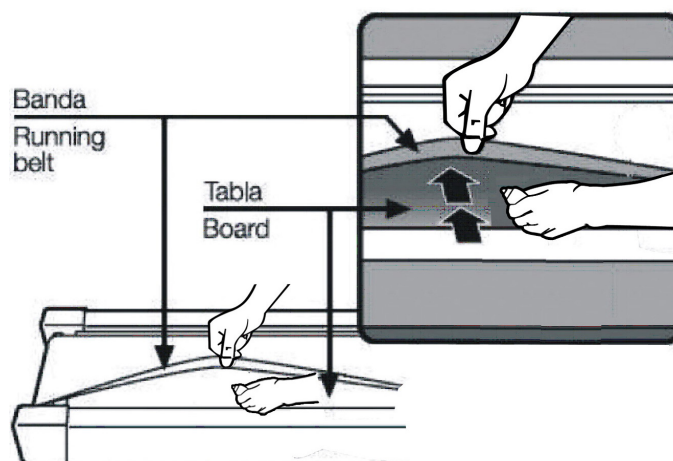
This treadmill's running belt and deck are equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

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.

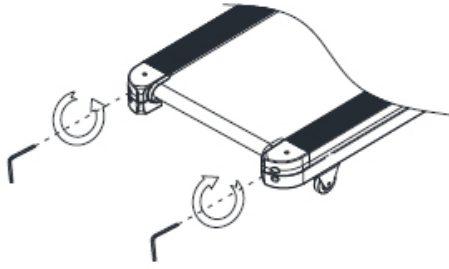
- In order to maintain and prolong the working life of your treadmill, we suggest you power off the treadmill for 10 minutes after every 2 hours of running use.
- A loose running belt may slip when you are running and may require a small adjustment; if the running belt is over tightened it can affect 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.



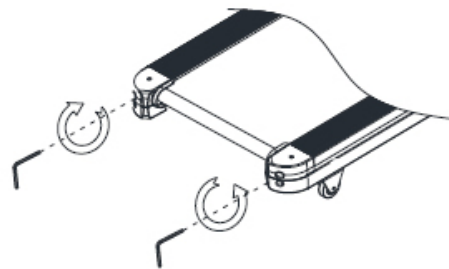
CARE AND MAINTENANCE

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

MAINTENANCE LOG

Prolong the life of your treadmill by performing periodic maintenance checks. Not only does this ensure your machine is in full working order, but it will save you service costs in the long run.

Every time you perform maintenance, record the date and if you can, the distance and hours operated.

eg:

DATE	HOURS	DISTANCE	BELT MAINTENANCE			DECK	SERVICE COMMENTS
			<i>Tension</i>	<i>Lubricated</i>	<i>Alignment</i>	<i>Cleaned</i>	
01/06	15	16.5km	✓	✓	✓	✓	Greased frame pivot bolts

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

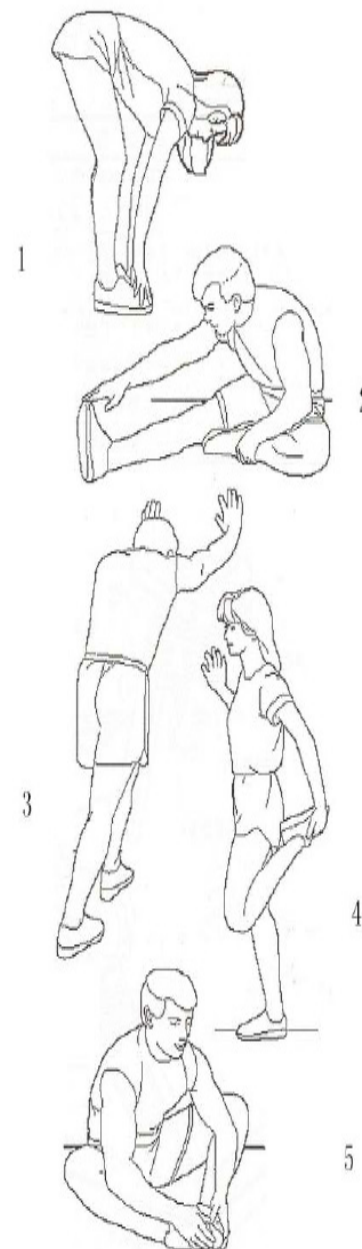
Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, lean forward towards the wall or tree. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 3).

— 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)

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

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

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

Example: $220 - 39 = 181 \text{ BPM}$

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

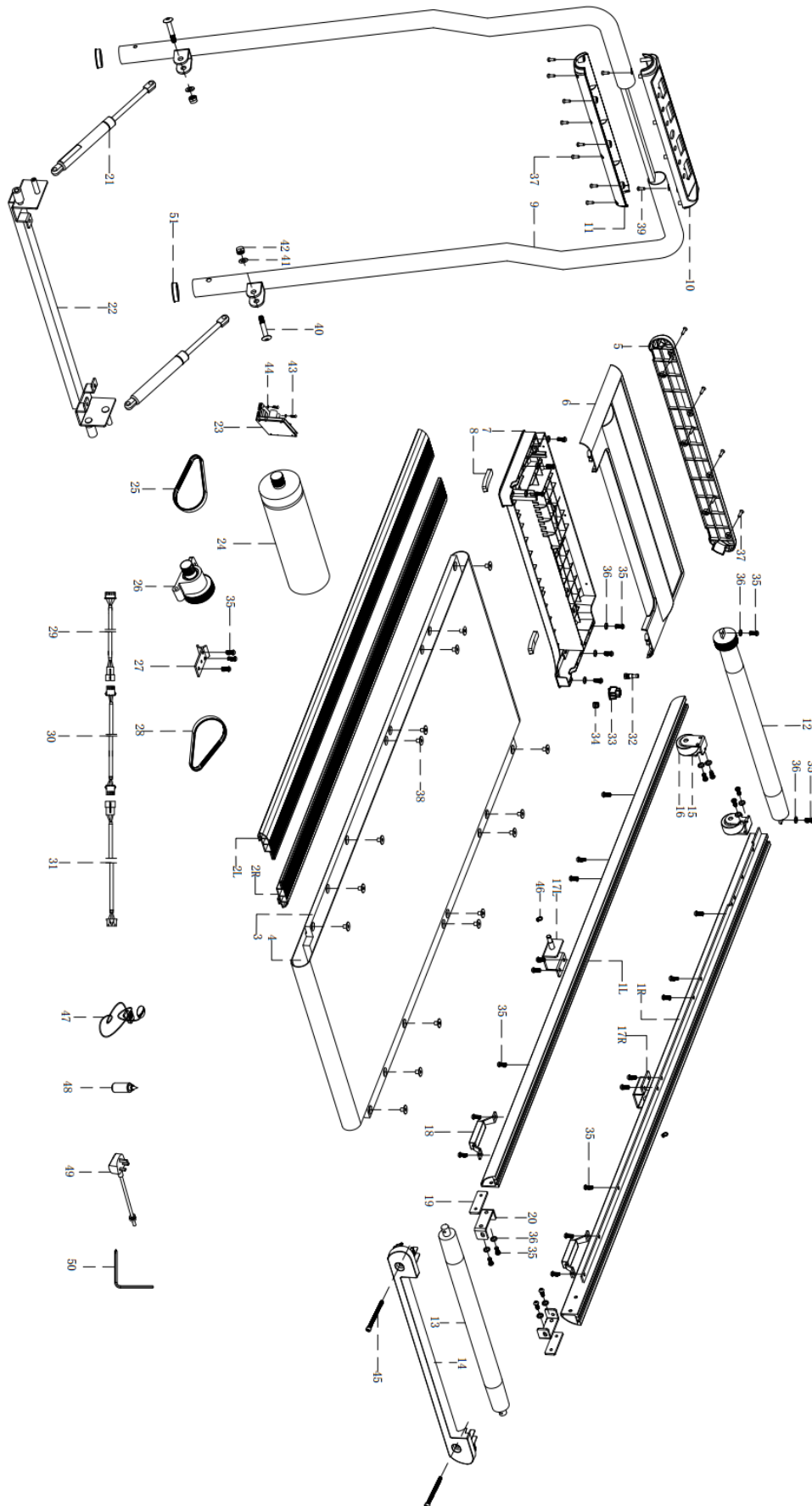
$181 \times 65\% (0.65) = 118 \text{ BPM}$ (Lower Training Limit)

PARTS

We recommend 2 people assist in assembling this unit. Place all parts of the exercycle 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 NO.	DESCRIPTION	Q'TY	PART NO.	DESCRIPTION	Q'TY
1	FRAME SIDE TUBE	2	27	FIX METAL	1
2	SIDE RAIL	2	28	MOTOR BELT 2	1
3	RUNNING DECK	1	29	UP CABLE	1
4	RUNNING BELT	1	30	MIDDLE CABLE	1
5	FRONT DECORATIVE LINE	1	31	DOWN CABLE	1
6	MOTOR UPPER COVER	1	32	FUSE SET	1
7	MOTOR LOWER COVER	2	33	SWITCH	1
8	RUBBER CUSHION	2	34	CABLE LOCK	1
9	HANDLE BAR STEEL FRAME	1	35	BOLT	31
10	CONSOLE UPPER COVER	1	36	CLOCK WASHER	10
11	CONSOLE LOWER COVER	1	37	BOLT	15
12	FRONT ROLLER	1	38	SCREW	16
13	REAR ROLLER	1	39	BOLT	2
14	END CAP	1	40	BOLT	2
15	WHEEL PLATE	2	41	FLAT WASHER	2
16	TRANSPORTABLE WHEEL	2	42	NUT	2
17	FIX PLATE	2	43	BOLT	2
18	FOOT	2	44	FLAT WASHER	2
19	REAL ROLLER PLATE 1	2	45	BOLT	2
20	REAL ROLLER PLATE 2	2	46	FIX METAL	2
21	CYLINDER	2	47	SAFETY KEY	1
22	BASE FRAME CONNECTION PIPE	1	48	LUBRICANT OIL	1
23	CONTROLLER BOARD	1	49	POWER CABLE	1
24	MOTOR	1	50	ALLEN WRENCH	1
25	MOTOR BELT 1	1	51	PLASTIC CAP	2
26	ROTATION SHAFT	1			

EXPLODED DRAWING





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

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0800 243 834, www.elitefitness.co.nz

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[@EliteFitnessTV](https://www.youtube.com/EliteFitnessTV)