

***AT-500***

## User Manual

**⚠ CAUTION**

Please thoroughly read all safety notices in this manual before using this product. Save this manual properly for future reference.



# Important Percautions

Please Save this manual properly for future reference.

When using any electrical products, basic precautions should always be followed. Thoroughly read instructions in this manual before using the treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions. If you have any questions after reading this manual, please contact your local dealer or the Warranty card for technical support.

This treadmill is for ordinary household use **ONLY**. The warranty does not cover applications in business place, rental service, school or organization or the condition when it is approved that the machine is used in a non-family location.

Do **NOT** try to modify, disassemble or repair the treadmill on your own. Please contact the dealer or the Warranty card for technical support if you find any malfunction. Arbitrary modification or disassemble may cause malfunction and lead to personnel injury. The warranty does **NOT** cover malfunction caused by any arbitrary modification, disassembly or improper repair by the user. Failure to comply will void the warranty.



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# Grounding Instruction



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## Grounding

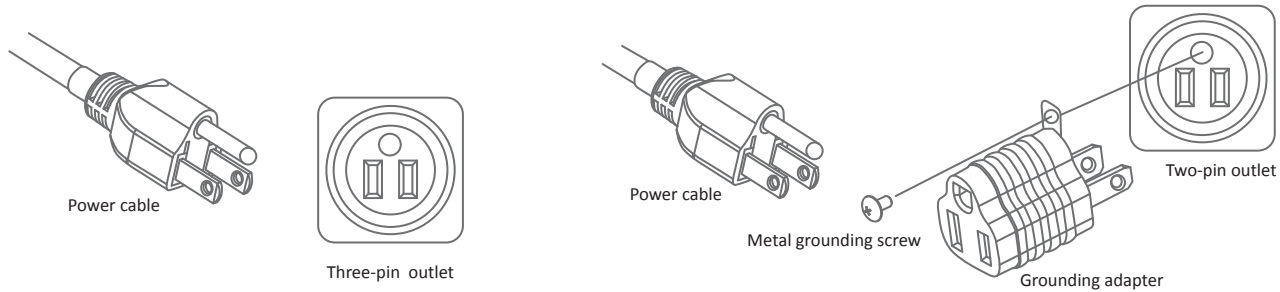
The power socket of this product contains a grounding conductor. This socket must be inserted into the outlet via the power cord with grounding latch. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

## Outlet

This product uses a rated voltage of 220V or 110V and comes with a three-pin power cord as shown in the following illustration.

If the grounding outlet is not available, please use grounding adapter to connect this plug to the two-pin outlet. Please have qualified electrician install the grounding outlet correctly before using the adapter. Please connect the grip or similar adapter extension to the ground and fix with the metal screw whenever the adapter is used. Refer to the following illustration.

Do determine the power cord is electrically related for 220V or 110V by checking the specification label or specification in the manual (P.31). Please make sure the cord is connected to the plug with correct voltage. DO not use the power cord via adapter or extension cord to avoid of any component damage or personnel injury caused by sudden voltage changes such as voltage surges and spikes.



### ⚠ CAUTION

- The above illustrations only show three-pin power code power cord and outlet or two-pin outlet and grounding adapter. The type of three-prong, two-prong and grounding adapter may vary in different countries. The enclosed power cord will be provided according to local regulations of each country..
- Make sure the power cord is connected to the outlet with correct voltage. DO NOT connect the power cord to the outlet via voltage adapter or extension cord to avoid accidental current that may damage component and lead to personnel injury.



## Treadmill Precautions

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Please abide by following instruction to avoid burn, fire, electric shock or injury to persons:

- Never use the treadmill before securing the safety key clip to your clothing.
- Stop exercising immediately and consult your physician before continuing, if you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath.
- Maintain a pace you feel comfortable during the workout. DO NOT run with extremely high speed.
- Do not wear clothes that might catch on any part of the treadmill.
- Always wear athletic shoes while using this equipment.
- At no time should more than one person be on treadmill while in operation.
- Do not jump on the treadmill or stand on plastic parts such as Motor safety guard , Upright safety covers or rear cover, to avoid any improper use or action.
- This treadmill should not be used by persons weighing more than Max. User Weight. Failure to comply instructions will void the warranty.
- Disconnect all power before maintenance, moving or folding the treadmill.
- Please use a wet cloth to clean the surface for machine maintenance. DO NOT use any detergent.
- The treadmill should never be left unattended when the power is plugged in. Always UNPLUG from outlet when NOT in use.
- DO NOT cover the machine with blanket or fabric. The blanket or fabric may cause overheat and lead to fire, electric shock or other personnel injuries.
- Make sure the machine is connected to the correct outlet. Failure to comply instruction will void the warranty.
- Please place the machine on a level ground. DO NOT place and use the machine on an uneven ground.

### CAUTION

- Please turn off the power and unplug the power cord immediately after finishing the workout.
- Always turn off the power and unplug the power cord before cleaning, performing maintenance, move or taking off parts.



## Please abide by following instruction to avoid burn, fire, electric shock or injury to persons:

- Keep children under 13 or pets always away from the treadmill at least 3M (10ft.) at all times. Children under 13 are not allowed to use this machine.
- The use by children between 13~18, seniors over 65 or disabled people must be under the surveillance of other adults to avoid any danger.
- Please follow instructions in this manual when using the machine.
- DO NOT use parts other than manufacturer or distributor recommendation to avoid personnel injury.
- Please stop using the machine immediately and contact maintenance staff if you encounter power cord or plug damage or irregular operation caused by accidental drop, impact or soaking in the water.
- Put the power cord away from the surface with high temperature. DO NOT lift the machine with the power cord or use the power cord as a handrail.
- Make sure the vent of the machine is clean before the workout. Remove substances like cotton wadding and hair.
- DO NOT put, drop or insert any object in openings as it may result in electric shock. Alatech is not responsible for any damage rising from failure to follow instructions.
- The motor controller generate heat. DO NOT use any spray near this area as it may result in combustion.
- Turn off all equipment and power and unplug the power cord when the workout is completed or the connection is removed.
- Only use this machine in a place with controlled temperature. DO NOT use in the garage, porch, bathroom, kitchen, carport or outdoors. We is not responsible for any damage rising from failure to follow instructions.
- This treadmill is for ordinary household use ONLY. The warranty does not cover applications in business place, rental service, school or organization.
- Specific sole materials of shoes may generate static electricity. To avoid electric shock, please wear sneakers with gum sole instead of plastic or insulated one.
- Before using the machine, please DO consult your physician and evaluate by physical exam, especially for users are over age 45, users with pre-existing health problems from family history such as high pressure or heart disease, users with high cholesterol or obesity, smokers, expectant mother, and users have not done a workout regularly over one year.

### CAUTION

This product is for indoor use only. Please pay attention to room temperature and humidity. If the machine is placed in the environment with unstable temperature and humidity, it is recommended to warm-up the machine to ambient temperature before the workout. Fail to follow this instruction may lead to early damage to electronic components.



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# Assembly Instruction

## ⚠ CAUTION

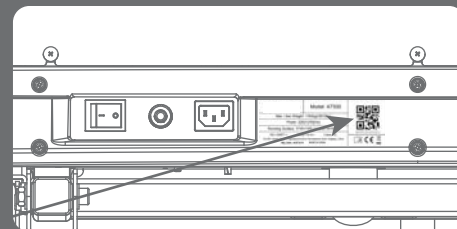
Please follow the assembly instructions and steps in this manual and make sure all parts are securely fastened. Fail to follow the instructions may lead to loose parts on the treadmill. Loose parts can result noise or may cause personnel injury. Please thoroughly read the assembly instruction to avoid any damage to the treadmill.

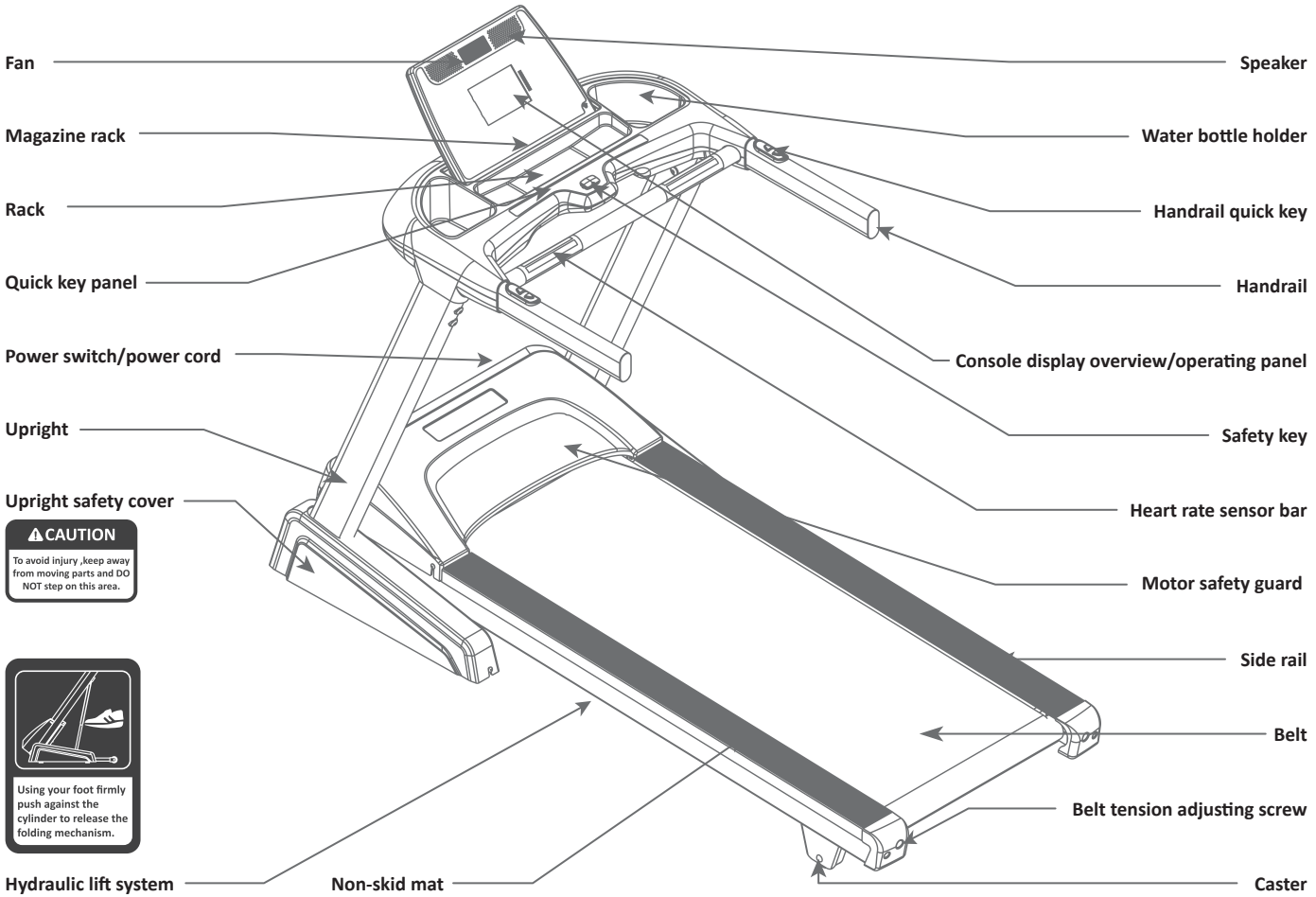
Please always make sure that serial number on treadmill is same as warranty card indicated. If not, please do not assemble machine and contact Alatech's service center or distributor for further assistance. If maintenance needed, the serial number on machine and warranty card must be the same, if inconsistent serial number is found, we will not provide warranty.

### Ensure your warranty by following notices:

- 1) The warranty will be invalid if there is no distributor stamp on warranty card or the content is incomplete. However, this warranty does not cover following conditions:
  - When customers can provide original invoice or proof of purchase
  - When the related proof of purchase can be provided by document
- 2) Please bring this warranty card when you need maintenance services.
- 3) Please contact approved distributors or service locations while your warranty is still valid.
- 4) Please keep this warranty card in a secure place.

Treadmill Serial Number





**CAUTION**  
 To avoid injury, keep away from moving parts and DO NOT step on this area.



Using your foot firmly push against the cylinder to release the folding mechanism.





# Before Assembly

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## Enclosed tools

- Hex wrench
- Phillips screwdriver

## Assembly parts

- Console x 1
- Display Console x 1
- Upright x 2(L & R)
- Upright safety cover x 2(L & R)

## Accessory pack

- Hardware parts box x 1
- Safety key x 1
- Power cable x 1
- Line-level audio adapter x 1
- Silicon oil x 1

### **⚠ CAUTION**

Please contact the distributor or the Warranty card for technical support if any part is missing or you have any question.

## Notices and safety tips

- 1) Please move and transport the treadmill carefully. Put the box on a level surface. Only open the box with its surface on top. It is recommended to put a protective mat on the floor.
- 2) Unpack and assemble the treadmill at the planned location to avoid unnecessary transportation. Pay great attention when unfastening cable tie that used for packing or fixing to avoid accidental bounce.
- 3) Please follow assembly procedure to assemble the treadmill after unfastening cable tie. Please fold the machine to upright and make sure the pin of hydraulic lift is securely locked if you need to lift or move it. **DO NOT** try to crane the machine.
- 4) **DO NOT** try to lift or move the machine with a single part or stand. (Refer to “Move/transport the treadmill” on P.14 for information related to moving the product.)

### **⚠ CAUTION**

- When assembling, make sure all nuts, screws and parts are positioned and lightly locked before proceeding to the next step. After the assembly is completed, make sure all screws are securely locked. **DO NOT** arbitrarily decrease the quantity of assembling screw.
- Several parts are lubricated before delivery to facilitate assembly. **DO NOT** arbitrarily wipe off the lubricant. You can use lubricant to assemble parts when facing any difficulty. It is recommended to use the lithium base grease for bike.
- Several parts are very heavy; **DO NOT** try to assemble the machine on your own. These heavy parts may fall and lead to personal injury. Strongly recommend to have more than 2 persons for assembly.

### **⚠ CAUTION**

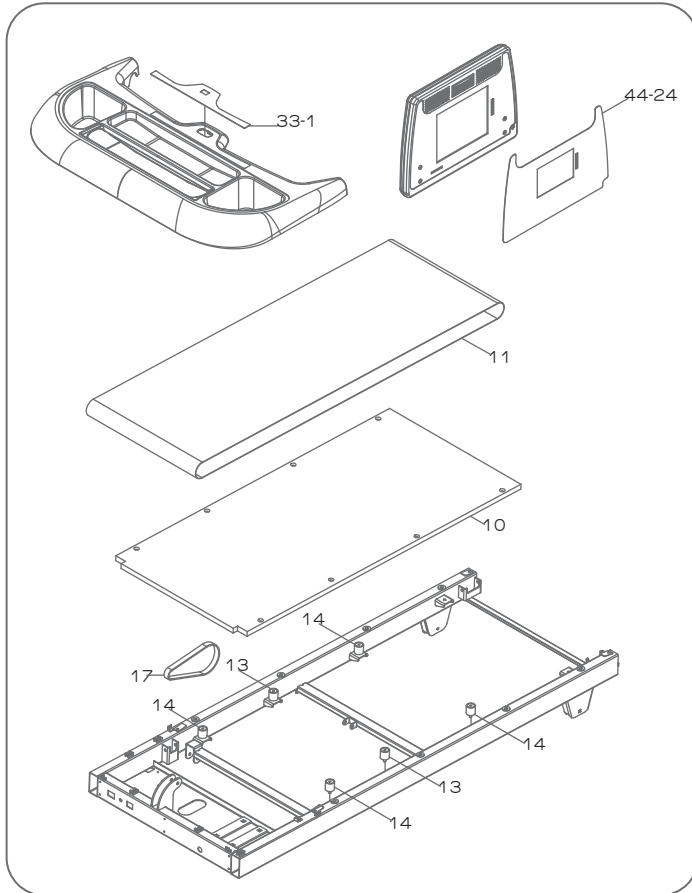
- Please follow assembly instructions to lift or move the treadmill. **DO NOT** arbitrarily lift or take out the product from the package.
- Fail to following above instructions may lead to personal injury and machine damage. Please pay great attention to these instructions.

## Replacement parts



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Wear condition of replacement parts will vary according to different use conditions such as weight, frequency of use, average speed and incline. Wear condition of operating panel depends on the frequency of press. Buttons that are frequently used will wear first. Under normal use conditions, the lifetime of replacement parts will be 1~2 years. Wear of supplies may cause irregular operation such as noise and slipping belt. Please contact the distributor or the technician and have them to determine the cause. DO NOT disassemble the machine by yourself as it may lead to the misjudgment of technician.



10	Deck
11	Belt
13	30x30 cushion pad 50A
14	30x30 cushion pad 70A
17	Drive belt
33-1	Film panel(small)
44-24	Film panel(main)

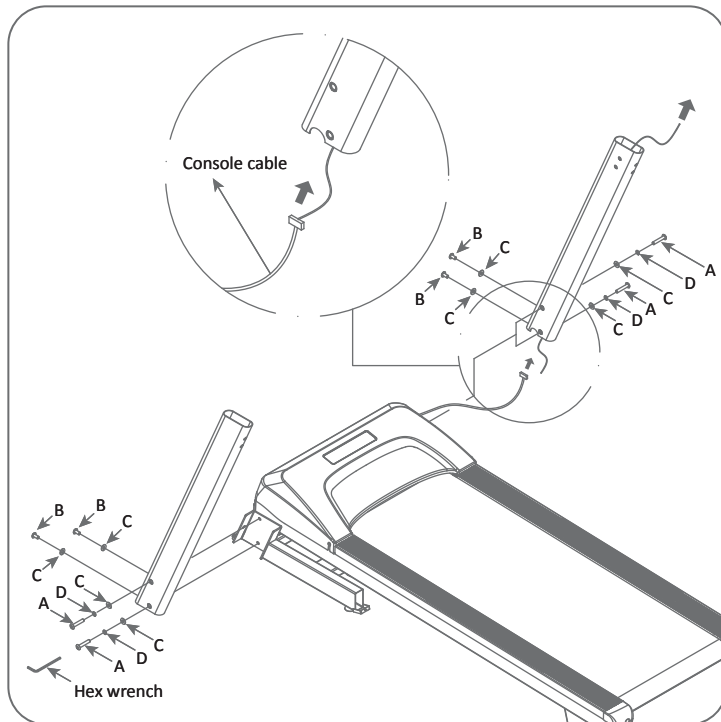
### **⚠ CAUTION**

Refer to the exploded parts diagram (P.32~35) if you notice any part is missing and inform the distributor or the technician the corresponding number. The technician will determine if the user can replace with another part and assemble on his/her own. Please contact technician if you don't know how to assemble the missing part. DO NOT disassemble the treadmill to conduct parts assembly or maintenance as the technician may misjudge the problem or the machine may not reach complete fixation and lead to personnel injury.



# Step 1 of Assembly Procedure

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Hardware pack for step 1

Parts	Illustration	Type	Description	Qty
A		Screw	Button Head Socket Bolt (55L)	4
B		Screw	Button Head Socket Bolt (20L)	6
C		Washer	Flat washer (Ø23)	8
D		Washer	Split washer (Ø18)	4

- 1) Open hardware pack 1.
- 2) Connect the lead wire to the console cable, pull them through the right upright of the console, pull out the lead wire from the right upright and then fix the console cable to the top of upright. Please remove the lead wire then.
- 3) Put the right upright on the frame.
- 4) Use part A, C & D (2 of each) and connect the upright to the frame. Make sure all screws and washers are well positioned and lock them lightly.
- 5) Use part B & C (2 of each) and connect the upright to the frame. Make sure part B & C are well positioned and lightly locked. Confirm all screws and washers on the right side are positioned.
- 6) Repeat step 3~5 to complete the assembly of the left upright.

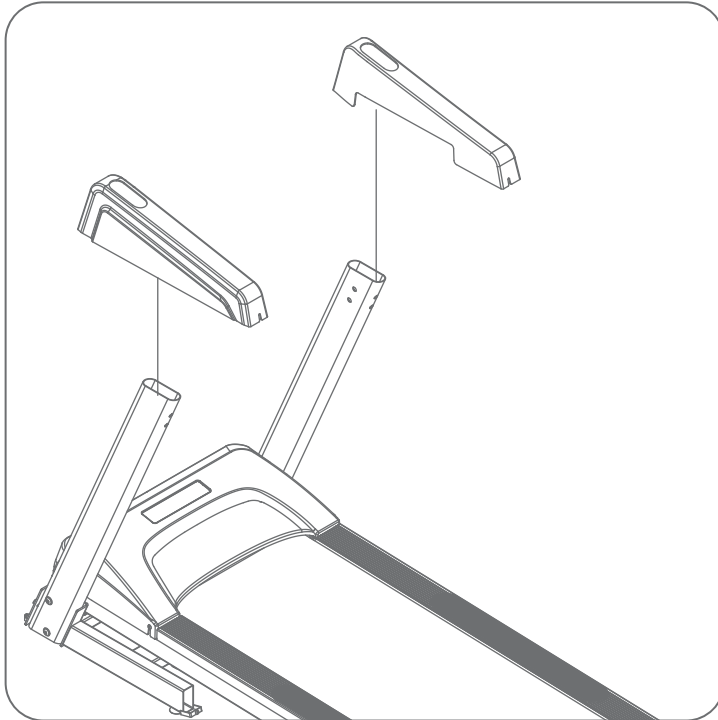
## ⚠ CAUTION

- Put the console strut on the frame with great care to avoid any damage to the console cable.
- DO NOT lock the screw tightly before you finish step 3.

## Step 2 of Assembly Procedure



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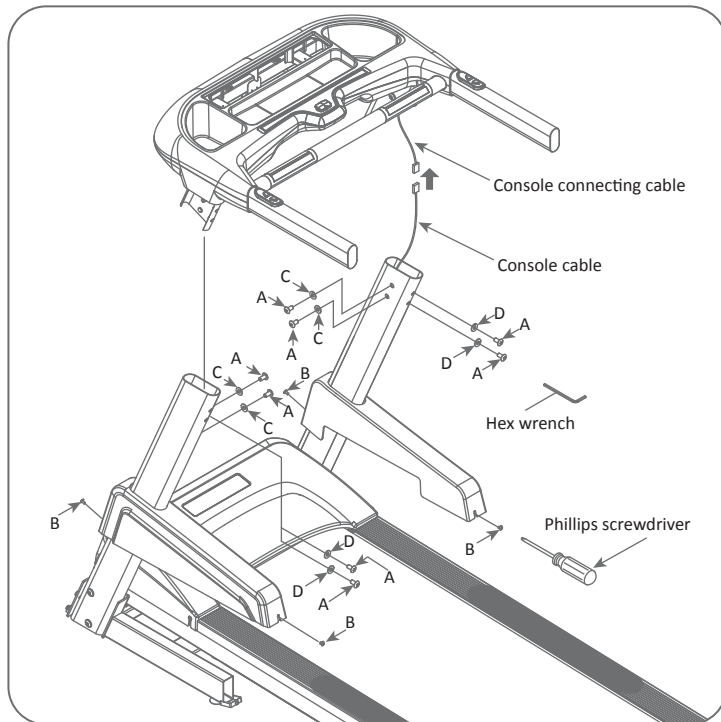


- 1) Take the left and right upright safety covers.
- 2) Put the protective cover through the right upright safety cover carefully.
- 3) Put the protective cover through the left upright safety cover carefully.



## Step 3 of Assembly Procedure

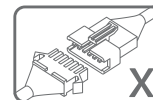
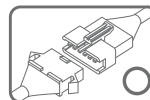
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### Hardware pack for step 3

Parts	Illustration	Type	Description	Qty
A		Screw	Button Head Socket Bolt (20L)	8
B		Screw	Truss head Phillips screw (10L)	4
C		Washer	Flat washer (Ø23)	4
D		Washer	Curved washer (Ø23)	4

- 1) Open hardware pack 3.
- 2) Connect the console cable to the connecting cable on the console.



- 3) Put the console on the uprights carefully.
- 4) Use part A & C (2 of each for left and right side), connect the upright to the frame. Make sure all screws and washers are well positioned and lock them lightly.
- 5) Use part A & D (2 of each for left and right side), connect the upright to the frame. Make sure all screws and washers are well positioned and lock them lightly.
- 6) Lift the uprights safety cover of the upright on both sides and lock all screws at the lower side of upright tightly.
- 7) Use part B (2pcs for left and right side) and lock the uprights safety cover of the upright safety cover on both sides tightly.
- 8) Lock all screws tightly.

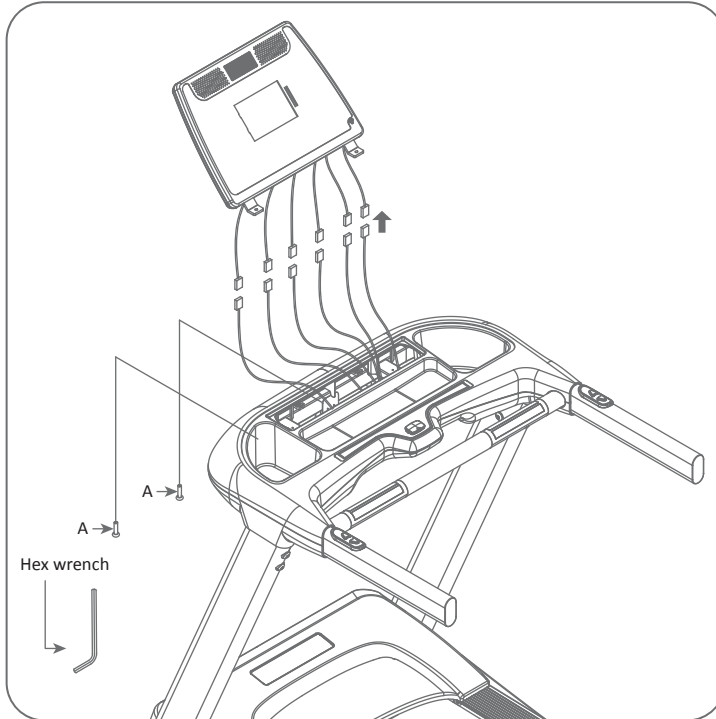
### ⚠ CAUTION

- Please assemble the console with great care. Make sure no wire is pressed or bent to avoid any damage.
- Make sure all screws are well positioned and lightly locked. DO NOT lock the screw tightly when positioning to ensure a smooth assembly.

## Step 4 of Assembly Procedure



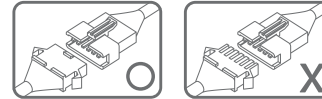
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### Hardware pack for step 4

Parts	Illustration	Type	Description	Qty
A		Screw	Socket Head Cap Bolt (30L)	2

- 1) Open hardware pack 4.
- 2) Attach the connectors on the display console to the connectors on the console bridge according to male and female docking terminal line.



- 3) Put the display console onto the console bridge carefully.
- 4) Securely tighten all the bolts and nuts of PART A under the display console.

Assembly completed

### ⚠ CAUTION

- Please assemble the display console with great care. Make sure no wire is pressed or bent to avoid any damage.
- Please wire according to male and female docking terminal line and follow the illustration for correct direction. DO NOT wire forcibly.



## Move / Transport the Treadmill

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### How to fold

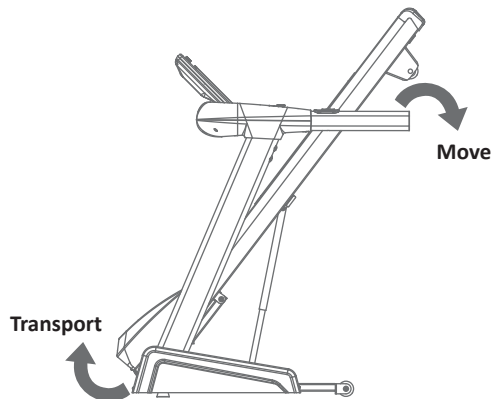
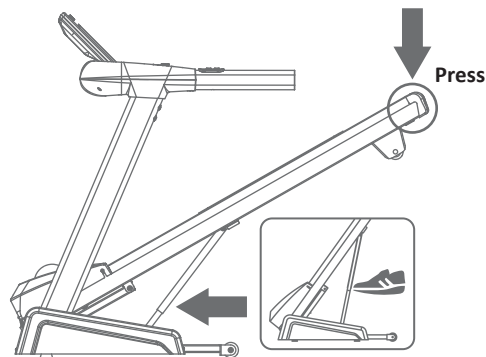
Please hold the frame at the rear side of machine or under back roller securely and upright the deck carefully until the pin of the hydraulic lift is locked. Please put down the deck carefully and make sure it does not fall. To unlock the fixation, please hold the frame at the rear side of machine or under back roller securely and lightly kick the orange pin of hydraulic lift and press deck slightly. Put the deck on the floor carefully.

### How to move

The treadmill comes with two sets of casters. Please fold the treadmill and make sure the deck is fixed before moving it. Hold the handrails tightly, make the machine lean backward and move it. Attempt to move or transport the treadmill without a folded and fixed deck can result in personnel injury or machine damage.

### How to transport

The treadmill comes with two sets of casters. Please fold the treadmill and make sure the deck is fixed before moving it. Hold the handrails tightly, make the machine lean backward and move it. The treadmill is very heavy. DO NOT arbitrarily move it unless it's necessary.



#### **⚠ CAUTION**

- There is a safety lock on the hydraulic lift under the machine. If you like to put down the deck, please gently kick the orange pin of hydraulic lift and press deck slightly, then lower the deck carefully on the ground.
- The treadmill is very heavy. Please ask another person to move or transport it with you. Before moving or transporting, make sure the deck is folded and the pin of hydraulic lift is fixed. DO NOT try to arbitrarily move or transport the treadmill on your own. Fail to follow above instructions may lead to personnel injury and machine damage. Please pay great attention to these instructions.

# Adjust / Maintain the Belt

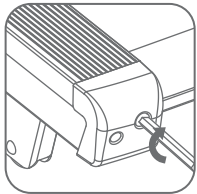


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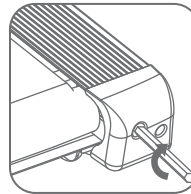
## Belt adjustment

The position of belt is adjusted before shipment. However, sometimes the belt may shift off center during transportation. To adjust a slipping belt, please use the enclosed hex wrench turn the screws at rear (both sides) of the deck to the right by 90 degrees until no slippage occurs. Make sure the belt is not moving while adjusting the screw.

## The belt stays at the center



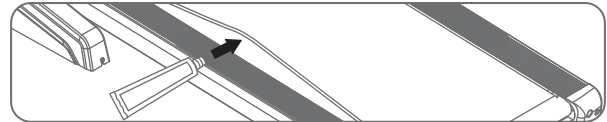
The belt slides to the left:  
When the belt slides to the left, please fine-tune the rear left screw in a clockwise direction to the right under high speed operation (10KM). Repeat above steps until the belt moves back to the center if the belt still shifts off after 30~60 seconds under high speed operation.



The belt slides to the right  
When the belt slides to the right, please fine-tune the rear right screw in a clockwise direction to the right under high speed operation (10KM). Repeat above steps until the belt moves back to the center if the belt still shifts off after 30~60 seconds under high speed operation.

## Belt maintenance

“LUBE” will be displayed on the digital screen when the accumulated hour reaches 100 hours or distance of 1000km as a reminder of belt maintenance. Please press “STOP” or remove the safety switch and maintain the belt under standby status. After finishing belt maintenance, please press “START”, “SPEED UP” and “SPEED DOWN” simultaneously to clear the accumulated hours or kilometers. For belt maintenance, apply the silicon oil (the whole bottle) to the inner side of belt. After the oil is fully applied to the belt, please operate with high speed (10KM) for 10 minutes to make the oil spread evenly on the belt.



### ⚠ CAUTION

- DO NOT adjust the belt when the machine is operating. A tight belt may bring extra load to the frame and electronic components and therefore should be avoided.
- When the belt is adjusted to the center, please test with the speed of 10KM for 30~60 seconds to check if the belt is appropriately tightened and if any deviation occurs. Keep your fingers, hair and clothing away from the belt when testing.





## Preparations before Use

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### The treadmill is a simple and efficient training equipment and your shortcut to pursue a healthy lifestyle.

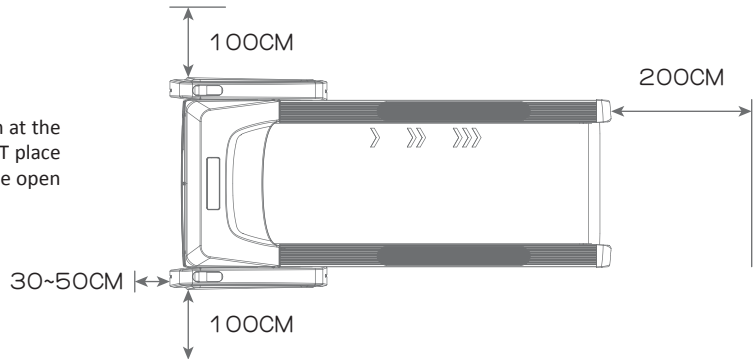
The treadmill is an equipment for aerobic exercise that can facilitate weight loss, cardiopulmonary function enhancement, and muscle tension and basic metabolic rate improvement. Good exercise habits are helpful for achieving these goals. This product can help you to build healthy exercise habit at home.

Please evaluate your physical condition before the exercise and pay attention to following advice:

- 1) Do warm-up before you start to run. Warm-up can help stretching your muscles and avoid sports injury.
- 2) Wear sneakers with a gum sole. This can effectively relieve the pressure to knees during the workout.
- 3) Please focus on your workout and please attach the safety clip to your clothing, please also pay highly attention to your safety to use smart device or any media player to watch TV/magazine during workout as this may lead to sport injury caused by poor posture.
- 4) Gradually increase your running speed. Release your grip on the handrails at a comfortable speed.
- 5) We recommend to limit your exercise to 30~60 minutes. Excessive exercise may result in knee injury or other potential injuries.
- 6) Decrease your speed from a fast walk to a slow walk for a gradual recovery when your workout is coming to the end. DO NOT leave the deck immediately after the workout to avoid dizziness.

### Treadmill location

Place the machine on a level ground. Clearance requirement: 200cm at the rear, 100cm at left and right sides and 30~50 cm at the front. DO NOT place the machine in front of the indoor/outdoor vent, in the garage, in the open yard, outdoors, or near the water supply.



**CAUTION**  
DO NOT start the machine with your feet on the belt. Please stand on foot rails when starting the machine. Start walking on the treadmill only when the belt starts moving. DO NOT start the machine with the fast run speed. DO NOT try to jump on the machine.

## Safety key

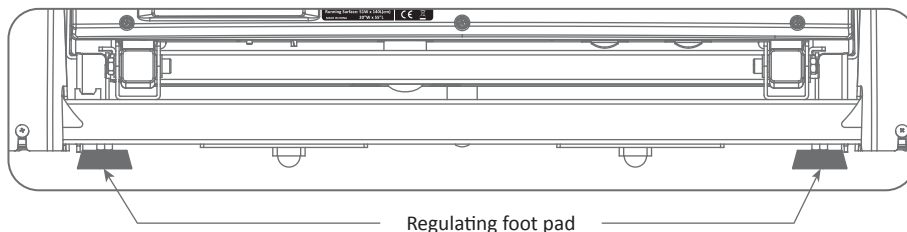
The machine will not start operating until the safety key is correctly inserted into the port. Always attach the safety key to your clothing during workout. The safety key is the device to ensure your safety, the emergency stop cutting off the power in case runner accidentally falls down on the treadmill. Please check every 2 weeks to ensure the safety key work functionally.

## Correct use

Start with slow speed and gradually increase the speed to a comfortable level. DO NOT let the machine run by itself. Please pull out the safety switch, turn the power off and unplug the power cord when not in use. Please start the machine with slow speed. Stand on foot rails first and try to turn your trunk or lean forward. Please stop using any sport equipments including the treadmill immediately once you feel any dizziness, pain, exhaustion or difficult breathing.

## Leveling

Level the machine before use. When the treadmill location is determined, please adjust the regulating foot pad and fix it after adjusting to the best position. Make sure the deck is adjusted to an appropriate height before use.



## Turn on the power

Make sure the power cord of treadmill is correctly plugged. The indicator should light up when the power is on. The digital screen will light up after the beep; 3 seconds after the machine enters standby status, you can press "**Quick Start**" twice to proceed to fast exercise or select "**PROGRAMS**" and the machine will start to operate at low speed.

### ⚠ CAUTION

- DO NOT use the machine without using the safety clip. Please attach the safety clip to your clothing before the workout. Try to pull out the safety switch and make sure the clip does not fall from clothing.
- Damaged power cord or outlet may lead to irregular machine operation and personnel injury. Please stop the operation or workout immediately if this occurs.



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# Operation Instruction

In this chapter, we'll introduce the basic operation including panel operation and training plan and personal parameter setting. Please make yourself familiar with the buttons and use the machine for workout according to your requirement. It is recommended to read this manual before starting the workout.

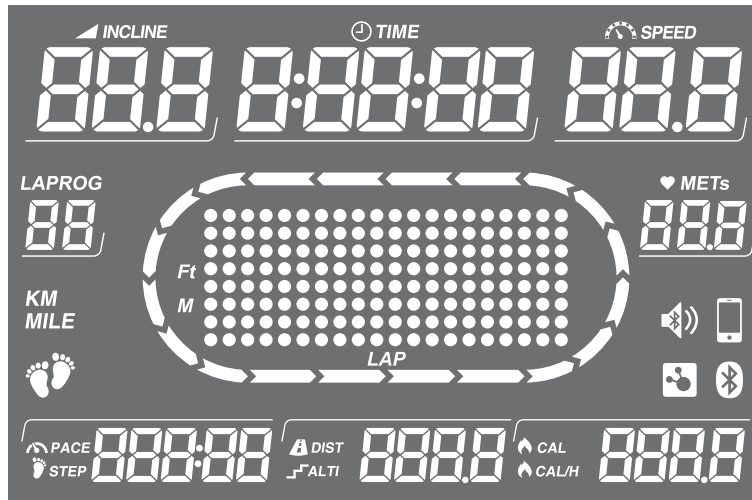
## CAUTION






When using the machine, we recommend you to pair and connect to smart and wearable devices first when the treadmill is in standby mode. Confirm if your exercise data has been transmitted to the personal device from the treadmill after workout immediately. Exercise data will not be saved when the machine is in sleep mode or the power is off. To ensure complete data, it is recommended to confirm right after you finish the workout. (Refer to "Connection of various devices on P.27 for detailed information)








Please download treadmill APP before use

- Recommended App: Ala Fitness
- System requirements of APP installation:
  - Support iOS 10.0 or later
  - Support Android 5.0 or later
  - Built-in Bluetooth 4.0 or later
- Scan QR Code or search for Ala Fitness on Apple Store or Google Play and download.

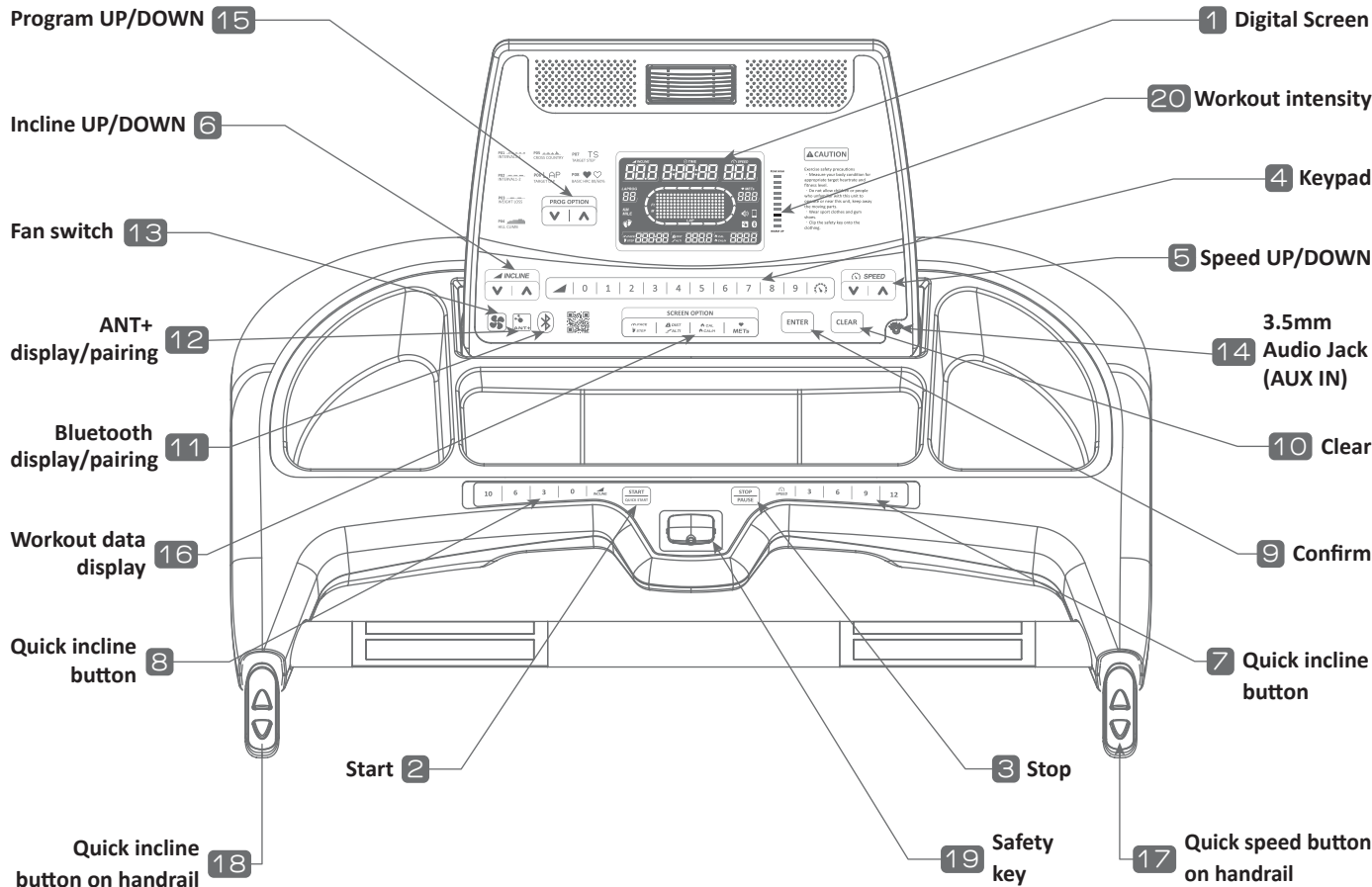




-  **TIME** 1) Time : display in the format of HH: MM: SS. Display your workout time or continuous workout time.
-  **INCLINE** 2) Slope : display in level. Display the slope when you are doing a fast walk or running on the treadmill.
-  **SPEED** 3) Speed : display in km or mile. Display the slope when you are doing a fast walk or running on the treadmill.
- LAPROG** 4) Lap & Program : display the lap or program selection.
- KM MILE** 5) KM & Mile : display the distance in digital clock in km or mile.
-  6) STEP : display the step detected when running in left and right feet.
-  **PACE STEP** 7) Pace & Step : can switch the display of your current Pace, steps(Step1), step frequency(Step2), and current length(Step3).

-  **DIST ALTI** 8) Distance & Slope : can switch the display of total distance or accumulated slope of your workout.
-  **CAL CAL/H** 9) Total calories & Calories per hour : can switch the display current total calories burned or calories burned per hour.
-  **METS** 10) Heart beat & Workout metabolic rate : can switch the display of current heartbeat or convert the heart rate into metabolic rate to show workout intensity.
-  11) Bluetooth connection : when this indicator is on, the heart beat is the value detected by Bluetooth on the connected wearable device.
-  12) ANT+ connection : when this indicator is on, the heart beat is the value detected by ANT+ on the connected wearable device.
-  13) Smart device connection : when this indicator is on, it means the smart device is connected to the treadmill via Bluetooth.
-  14) Bluetooth Speaker connection : when this indicator is on, it means the Speaker is connected to the treadmill via Bluetooth.







## Please remove the transparent protective film on the operating panel before use.

- 1) **Digital screen:** displays information such as the workout time, distance, calorie, heart rate, step, slope and speed (Refer to “Digital screen” on P.19).
- 2) **START:** press this button to start your workout, or start the exercise after selecting the program. Press to restart the exercise after the pause.
- 3) **STOP:** press this button to pause and press it again to stop the exercise and collect the data. Press this button to return to the previous program when setting program value.
- 4) **Keypad:** press the number and then the incline/speed button to change the value of incline/speed. It can also help you to enter quickly when setting program value.
- 5) **SPEED UP/DOWN:** adjust the speed (unit=0.1, ranged from 0.8~18KM). It can also help you to enter quickly when setting program value.
- 6) **INCLINE UP/DOWN:** gradually increase or decrease the slope (level unit=1, total=10%). It can also help you to enter quickly when setting program value.
- 7) **Quick speed button:** quickly switch different speed values including warm-up and fast run.
- 8) **Quick incline button:** quickly switch different slope angles including warm-up and workout.
- 9) **ENTER:** press this button to proceed to the input of next data when setting program value.
- 10) **CLEAR:** clear or correct the value entered when setting program value. When adjusting speed/incline level, user can press “Clear” to correct the value.
- 11) **Bluetooth display/pairing:** click this button can switch the heart rate of paired device. Long press this button to pair any wearable device.
- 12) **ANT+ display/pairing:** click this button can switch the heart rate of paired device. Long press this button to pair any wearable device.
- 13) **Fan switch:** turn on/off the fan.
- 14) **Audio Jack (AUX IN):** connect your media player to the treadmill via the enclosed 3.5mm Audio Jack (AUX IN).
- 15) **PROGRAMS UP/DOWN:** select the program ; there are 15 programs available.
- 16) **Exercise data display:** exercise data switch; there are 4 types of data available, including Pace/steps(Step1)/step frequency(Step2)/current length(Step3), distance/slope, total calorie/calorie per hour and heart rate/training intensity.
- 17) **Quick speed button on handrail:** located on the right handrail; increase or decrease the speed (unit=0.1KM, ranged from 0.8~18KM).
- 18) **Quick incline button on handrail:** located on the left handrail; gradually increase or decrease the slope (level unit=1, total=10%).
- 19) **Safety key:** you can turn on and operate the treadmill after the switch is inserted. The machine is in emergency mode when the safety key is not inserted and no operation will be allowed.
- 20) **Workout intensity display:** display training intensity; determine current intensity according to the heart rate detected.

### Gentle reminders

You can choose to display your workout data by pressing “PACE/STEP” button. “Pace” shows target speed in minutes per mile (or kilometer), “Step 1” shows steps, “Step 2” shows step frequency per minutes, or “Step 3” shows your current length, total 4 workout data.



# Basic Operation

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## Start to use

- 1) Check the belt and make sure there is no object that may interfere with machine operation on the belt.
- 2) Connect the power cord to plug and turn the treadmill on. Please stand on side rail first.
- 3) Attach the safety clip to your clothing; make sure the clip is securely attached and will not fall during the workout. Insert the safety switch into the slot on console.
- 4) Start workout: A) Press **“START”** and begin your training. B) Press arrow up and down buttons of **“PROS OPTION”** to select program (Refer to “Programs” on P.24~25).
- 5) Please pair and reconnect the wearable and smart device to the treadmill before use to ensure the heart rate or smart device APP can be correctly displayed.

## Setting

- 1) Use arrow up/down button on **“PROS OPTION”** to enter your PROGRAMS selected. Press **“ENTER”** to set mode.
- 2) Use the keypad or arrow up/down button to enter desired value. Press **“ENTER”** to set the next item, **“STOP”** to return to the previous item, or **“CLEAR”** to correct the value entered.
- 3) Personal parameter setting sequence of PROGRAMS: 1. Workout setting (Remark 1) 2. Age (10~99) 3. Weight (40~200KG / 88~440lb).

Remark 1:

P00	P01	P02	P03	P04	P05	P06	P07	P08
Workout time	Workout time	Workout time	None	Workout time	Workout time	Laps	Step	Intensity of heart rate

• Setting:

- Workout time setting are available in two patterns: 1. Count from 0:00:00 and display accumulated time 2. Countdown mode (max. 9:59:00; min. 10:00).

## Workout completed

When the workout is over, **“WORKOUT SUMMARY”** containing your exercise data will be displayed on the console display overview for 10 seconds. Please store the exercise data to your personal mobile device after the workout and before new workout and sleep mode (20minutes under standby mode)

### ⚠ CAUTION

- Please pair your wearable and smart device again before use and make sure all devices are paired and correctly connected.
- Please set in PROGRAMS when you want the machine to calculate the exercise data based on personal parameters. Or you can enable the App. Input your personal parameters in the APP and press **“START”**, and the treadmill will calculate the exercise data based on personal parameters in the APP. It is recommended to confirm if the exercise data has been stored in your personal device after you complete the workout.

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## Keypad

Press the number and then the meter/slope button to adjust speed/incline level. When adjusting speed/incline level, user can press “CLEAR” to correct the value.



Example: Speed 5KM. 1) Press “5”, 2) Press the meter button. Speed will be switched to 5KM then. (Refer to the operating sequence of **1** **2** in above graph)

Incline 3 levels. A) Press “3”, B) Press the slope button. Incline will be switched to the 3rd level then. (Refer to the operating sequence of **A** **B** in above graph)

## Warm-up/Recovery

Exercise programs are with high intensity. Before the workout, there is a 3-minute WARM-UP and a 3-minute COOL-DOWN after the workout. Complete warm-up and cool-down enable your muscles to accept the workout with a higher intensity as well as decrease sports injuries effectively.

## Intensity

Display training intensity; determine current intensity according to the heart rate detected.

Heart rate (%)	<50	51-55	56-60	61-65	66-70	71-75	76-80	81-85	86-90	>91
LED display	LED 1	LED 2	LED 3	LED 4	LED 5	LED 6	LED 7	LED 8	LED 9	LED 10
Intensity	WARM-UP		Fat burn			CARDIO			PEAK	HIGH
LED color	Green			Yellow				RED		

### ⚠ CAUTION

The keypad can only accept an integer number for speed adjustment. If you need to enter a decimal, please adjust the speed to the integer number at first and press the quick button on handrails or panel to adjust. During the workout, DO NOT adjust to high speed suddenly. Please speed up incrementally according to your physical condition to avoid personnel injury.



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# Exercise PROGRAMS

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## P00 MANUAL MODE



Within the set time, you can adjust speed and slope according to your physical condition at any time to train muscle tension, strength and endurance and exercise with different tensions.

## P01 / P02 INTERVAL

P01



P02



This program improves your muscle intensity, strength and endurance and trains your heart and other peripheral muscles through the increase and decrease of speed during the workout. You can change the speed according to personal workout intensity and the machine will calculate the corresponding speed change. The intensity workout with different speeds is available under the same program.

## P03 WEIGHT LOSS



This program burns your fat and leads to weight loss with the increase and decrease of speed during workout. The exercise time of this program is set to 28 minutes. Your heart rate should be between 55% and 70%, the maximum aerobic heart rate, for weight loss. Make yourself comfortable with the steps and meet the target heart rate range through adjusting the speed and slope. (Refer to P.23 & 26 for information related to aerobic heart rate)

## P04 HILL CLIMB



This program improves your muscle intensity, strength and endurance and trains your heart and other peripheral muscles through the increase and decrease of speed during the workout. You can change the speed according to personal workout intensity and the machine will calculate the corresponding speed change. Under the same program, the machine can simulate the path when climbing a hill by changing slope and increase workout difficulty.

## P05 CROSS COUNTRY



This program improves your muscle intensity, strength and endurance and train your heart and other peripheral muscles through the increase and decrease of speed during the workout. You can change the speed according to personal workout intensity and the machine will calculate the corresponding speed change. Under the same program, the machine can simulate the path when climbing a hill by changing slope and increase workout difficulty.

## P06 TARGET LAP



Users can set target lap (1 lap is 400M and the default is 12 laps) to convert into target distance. This program improves your muscle intensity, strength and endurance and trains your heart and other peripheral muscles through the increase and decrease of speed during the workout. You can change the speed according to personal workout intensity. The intensity workout with different speeds is available under the same program.  
Input range: 2~99 laps.

## P07 TARGET STEP



This program improves your muscle intensity, strength and endurance and train your heart and other peripheral muscles through the increase and decrease of speed during the workout. You can change the speed according to personal workout intensity. The intensity workout with different speeds is available under the same program.  
Input range: 500~99900 laps.

## P08 BASIC HRC 80/60%



You can set target heart rate. Workout intensity is determined by heart rate detection during the workout. You can change the speed according to personal workout intensity. Under the same program, the machine can simulate the path when climbing a hill by changing slope and increase workout difficulty.

## P09 ~ P15 Extended programs

P09~P15 are the extensions of each program. You can select more programs with different speeds and slopes. The machine can simulate different intensities through value change and increase workout difficulty.



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# Target Heart Rate Zone

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## Heart rate monitor

Before workout, please stand on the side rail and hold the heart rate bar lightly with both hands to test. Simply hold the bar lightly. A hold too tight can lead to detection of other values. Please hold the bar until your heart rate is displayed on the digital screen. If you are wearing the heart rate monitor, please adjust to strap to an appropriate tightness and make sure it will not get loose during workout. Please wet the sensing area with clean water before wearing the monitor. The monitor should be fixed under your chest (Refer to “Wearable connection on P.29 for wearing and pairing of the heart rate monitor).

### ⚠ CAUTION

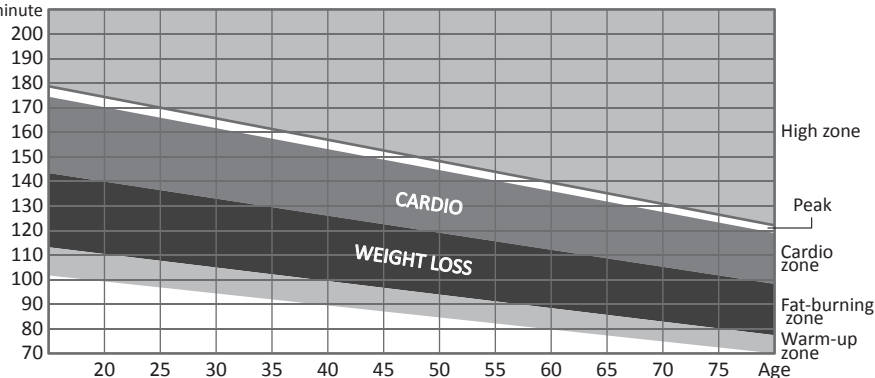
- Simply hold the heart rate bar lightly and it will detect your heart rate. A hold too tight can lead to incorrect detection. Simply hold the bar lightly for test.
- Make sure the heart rate monitor or wearable device is worn at the correct position and adjusted to the appropriate tension. If the monitor is worn at the wrong position, or too tightly or loosely, the detection accuracy or value stability will be affected.

## Target Heart Rate Zone

Target heart rate zone displays your maximum heart rate with percentage. The target heart zone should be determined by your age, physical condition and goal. American Heart Association suggests that the target heart rate zone should be determined as 50~85% of your maximum heart rate. It is recommended to calculate your target heart rate zone by deducting your age from maximum heart rate 220 and multiply by 50% and 85%. Or you may refer to the graph on the right.

For example, A is a user aged 40, then  $(220-40) \times 0.50 = 90$  and  $(220-40) \times 0.85 = 153$ . Target heart rate zone of A is between 90~153.

Heart beat/minute



### ⚠ CAUTION

Heart rate monitor on the handrails or any wearable connected via Bluetooth/ANT+ can only be used as an assistive device for workout, not as a medical equipment. Besides heart rate, please also consider your physical condition to do the workout with appropriate tension and avoid any personnel injury.

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## Bluetooth/ANT+

How to pair and connect your wearable through Bluetooth/ANT+ connection:

- 1) Press the button of Bluetooth/ANT+ on the operating panel for about three seconds until the beep is sounded.
- 2) The pairing takes 15~30 seconds. The indicator of Bluetooth/ANT+ will blink when pairing; you can see the heart rate on the console display overview after pairing is completed.
- 3) You may simultaneously pair Bluetooth & ANT+; simply select the available pairing method of Bluetooth or ANT+ from the operating panel.

### Gentle reminders

- The pairing process will be stopped if the Bluetooth or ANT+ button on operating panel is pressed. If you wish to use wearables again, simply pair through via long press.
- In general, device pairing takes 15~30 seconds. Please check if there is any noise interference in surroundings when the pairing takes too long. It is recommended to disable other Bluetooth/ANT+ devices and press the pairing button for another pairing.

## 5 kHz connection

If your wearable provides 5 kHz signal, you'll see your heart rate after standing near the treadmill after 5 to 10 seconds.

### Gentle reminders

To display the 5 kHz heart rate, you need to disable the display function of Bluetooth & ANT+. When the indicator of Bluetooth & ANT+ is off on the console display overview, the heart rate at this time is the detected value of 5 kHz heart rate.

## Mobile phone connection

- 1) The treadmill can only pair and connect to ONE smart device when operating. Please pair and connect to the treadmill via the APP on the smart device.
- 2) Once the APP or Bluetooth is disabled, the smart device will be disconnected from the treadmill.
- 3) You can set personal parameters on the APP and press “**START**” on the smart device screen; the treadmill will start calculating according to your personal parameters.

### Gentle reminders

Please set in PROGRAMS when you want the machine to calculate the exercise data based on personal parameters. Or you can enable the App. Input your personal parameters in the APP and press “**START**”, and the treadmill will calculate the exercise data based on personal parameters in the APP.



# Troubleshooting

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## Error detection code

E00	No signal in motor controller	E03	Motor current error	E09	Motor controller error
E01	Speed signal error	E04	Motor power cord falling out		
E02	Motor voltage error	E05	Motor acceleration error		

## Troubleshooting

**Treadmill is designed with high security and easy to use. Please refer to following information and solutions for any operational problem:**

**1)The console display overview is not ON:**

- Make sure the outlet has power, the power cord is connected to the outlet and the treadmill is turned on.
- Make sure the connect line in the display console is correctly connected and there is no potential damage caused by the pressure to display console during assembly.

**2)Current breaker activates when the machine is operating:**

Make sure the power cord is connected to the designated treadmill outlet with power.

**3)The power goes out when the treadmill is inclined or lifted:**

Make sure the power cord is not pulled to loose when the treadmill is inclined or lifted.

**4)The belt cannot stay at the center when operating:**

Make sure the belt is not loose. Please adjust the belt to the appropriate tightness if it's loose (refer to Adjust/maintenance belt on P.15).

- The treadmill is not placed on a level location and loses its balance.

**5)Noise occurs at the front side when the treadmill is operating:**

Please check if the machine is level (refer to "Leveling" in Preparations before use on P.27)

**6)Sound occurs when the treadmill is operating:**

- It is common that the sound will occur when the machine is operating; with the extension of operating time and belt, these sounds will lower but not disappear completely.
- It is normal if the sound of the machine is no louder than a general conversation.

**7)During operation, the treadmill makes no noise, but the sound is very loud:**

- Generally, the treadmill produces echo; if the machine is placed next to the wall, the echo will be louder. A thick rubber mat under the treadmill can effectively decrease echos from the ground.



## Wearable connection

Please correctly wear the heart rate monitor(optional accessories) according following steps. The position and tightness will influence the accuracy of detection:

- 1) Adjust the strap length to fit tightly but comfortably around your chest and avoid any slide during workout.
- 2) Make sure the fastener of heart rate monitor sensor is securely fastened.
- 3) Wet the electronic sensing area with clean water.
- 4) Wear your monitor under your chest.
- 5) Make sure the monitor is worn in right direction. The logo must be at exact center of your chest to ensure successful and accurate detection.

## Troubleshooting

Fluorescent lamps, computers or large motors may interfere the detection and lead to inaccurate heart rate reading:

**1)Your heart rate reading may be unstable under following conditions:**

- The holds to heart rate sensor bar are too tight. Please hold the heart rate sensor bar with appropriate stress.
- Motion and vibration caused by continuous hold to the heart rate sensor bar during the workout.
- Users with heavy breathing during the workout or thick skin on the palms.
- Wearing accessories like rings during the workout can lead to inaccurate detection.
- Dry, moist or cold hands can influence the accuracy of detection. It is recommended to keep moderate moisture on your hands and rub your hands for keeping warm.
- Users with serious asthma, or atherosclerosis or peripheral arterial occlusive disease.

**2)Unstable heart rate reading or the machine fails to display heart rate on the console display overview :**

- Please make sure your skin have contact with the heart rate monitor. We recommend to wet the sensing area with clean water and try pairing again after wearing.
- Make sure the fastener of heart rate monitor sensor is securely fastened.
- Make sure the distance between the device and the receiver (on the upper right of onsole display overview) is within 300cm (118 in).
- Make sure the battery of heart rate monitor sensor is fully charged.
- Dry sensing area or loose strap of the heart rate monitor can effect detection. It is necessary to maintain moderate moisture on the sensing area. Please also make sure the strap fits your chest tightly but comfortably.

### Gentle reminders

Please follow the above-mentioned steps to wear the heart rate monitor correctly and achieve the most accurate detection during workout. The heart rate monitor is an assistive devices instead of a medical equipment. Please select the appropriate exercise intensity according to your physical condition.



## Routine Maintenance

ALL

**Keep the treadmill and surroundings clean can effectively decrease maintenance issues. We recommend users to abide by following preventive maintenance procedure. Please make sure the power of treadmill is off and the power cord is unplugged for any maintenance.**

### Daily maintenance

- 1) Please wipe the treadmill, motor safety guard, console and display console set with clean cloth. DO NOT use any detergent.
- 2) Check if the power cord is damaged. Please contact the distributor or Alatech customer service for any damage.
- 3) Make sure the power cord is not pressed by the machine or jammed anywhere.
- 4) Check if there is any stain that can affect operation on the belt.
- 5) Check belt tension. Make sure the uncalibrated belt will not damage other components.

### Weekly maintenance

- 1) Upright the treadmill and check if the pin of hydraulic lift can be securely locked.
- 2) Move the machine and clean the dust and stain underneath the treadmill. Move the machine back after cleaning.

### Monthly maintenance

- 1) Make sure all screws are securely locked.
- 2) Upright the treadmill and check if there is any loose or missing component.

### Yearly maintenance

- 1) Please lubricate the pin of hydraulic lift, the shaft of iron pieces, deck and belt every year to ensure normal operation.

#### **⚠ CAUTION**

Please make sure the power of treadmill is off and the power cord is unplugged for any maintenance. Please contact the distributor or Alatech customer service for any maintenance issue.



## Basic specification

Unit dimensions:	Length: 188 CM (74.02 in) Width: 89 CM (35.04 in) Height: 135 CM (53.15 in)
Unit weight:	113.5 KG (250.2 lb)
Maximum weight carrying capacity:	130 KG (287 lb)
Belt size:	51 x 140 CM (20 x 55 in)
Motor:	1.75 HP
Voltage:	<input type="checkbox"/> 110V <input type="checkbox"/> 220V , 50/60Hz
Speed:	0.8~18 (KM/HR)
Incline:	10 %

## Basic equipment

Hand held heart rate monitor:	YES
Wireless receiving device:	5 kHz, Bluetooth and ANT+
Fan:	YES
Audio:	Bluetooth audio device/High quality audio

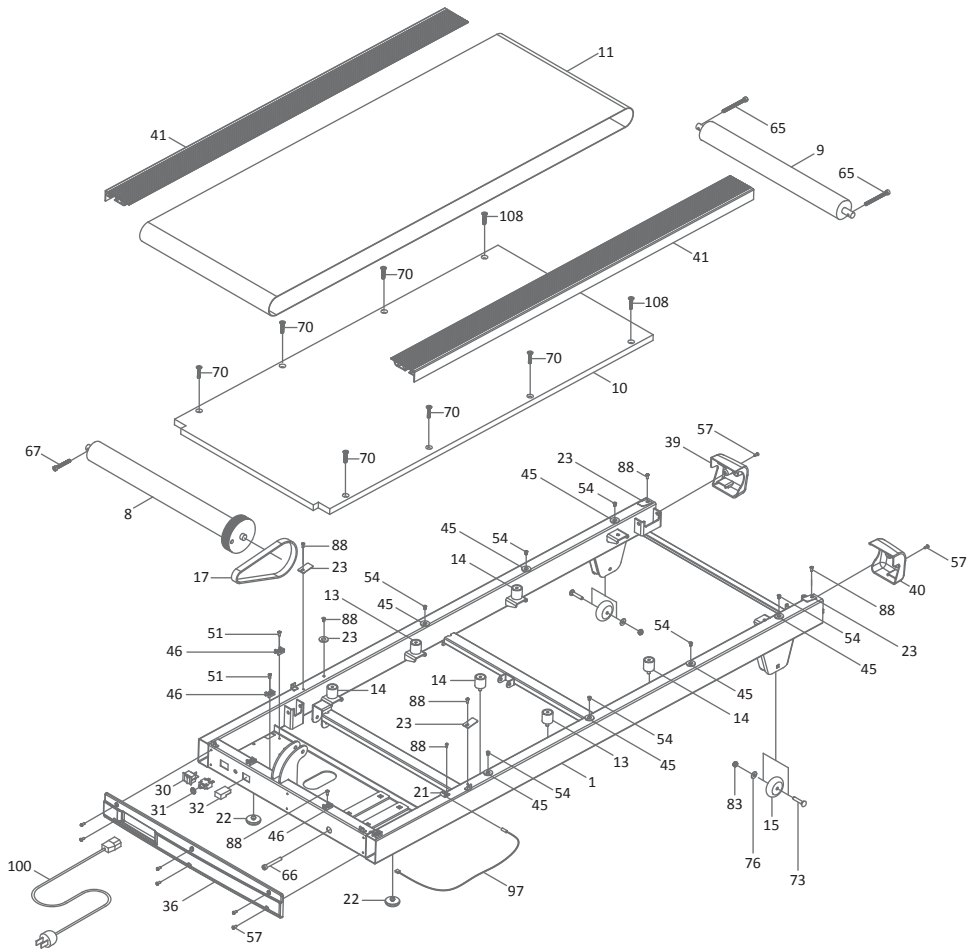
## Exercise programs

P00	MANUAL
P01	INTERVAL 1-1
P02	INTERVAL 1-2
P03	WEIGHT LOSS
P04	HILL CLIMB
P05	CROSS COUNTRY
P06	TARGET LAP
P07	TARGET STEP
P08	BASIC HRC 80/60%
P09	RUN/WALK 1-1
P10	RUN/WALK 1-2
P11	FATBURN
P12	MOUNTAIN RANGE
P13	HIKING TRAIL
P14	CLIMBING
P15	SPEED UP



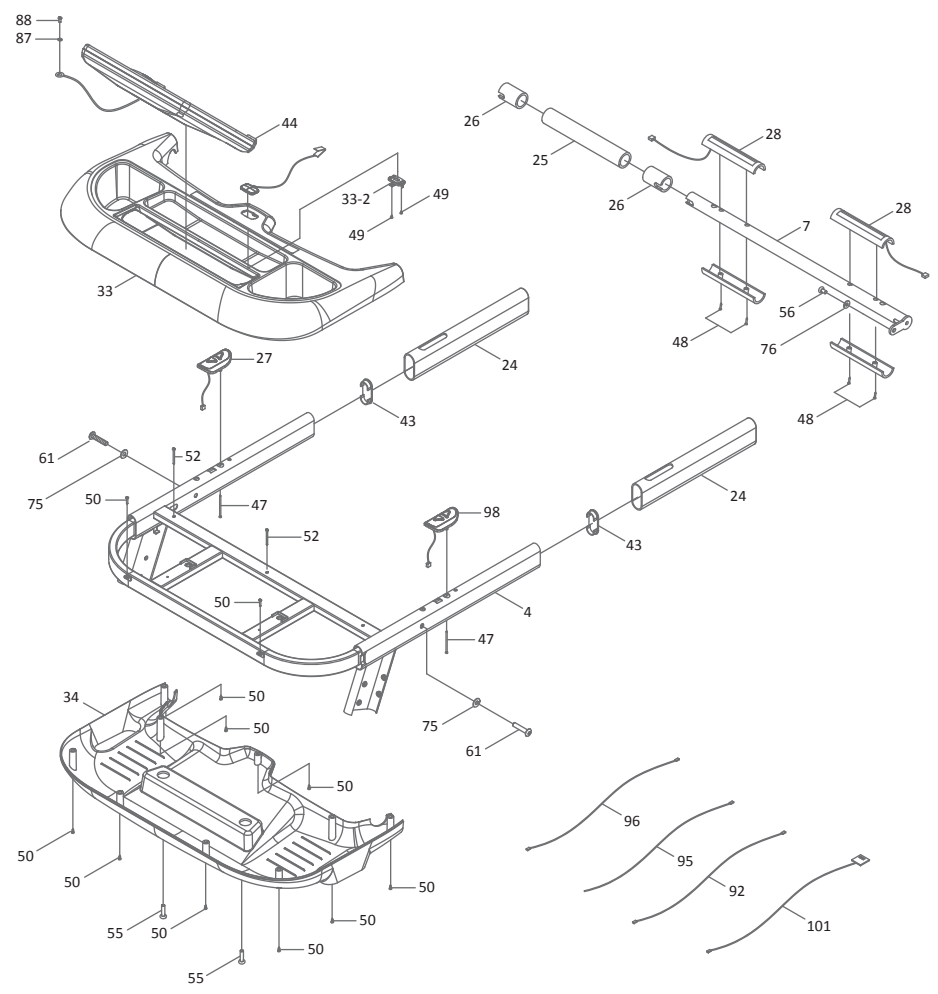


51		Truss head Phillips screw M4x6L
54		Socket Head Cap Bolt M8x90L
57		Round head Phillips screw M5x10L
65		Socket Head Cap Bolt M8x85L
66		Socket Head Cap Bolt M8x65L
67		Socket Head Cap Bolt M8x55L
70		Flat Head Countersink Bolt M8x30L
73		Carriage bolt M8x45L
76		Flat washer Ø20xØ8x1.5T
83		Nylon nut M8x1.25x7T
88		Round head Phillips self-tapping screw ST4.2x10L
108		Flat Head Countersink Bolt M8x35L



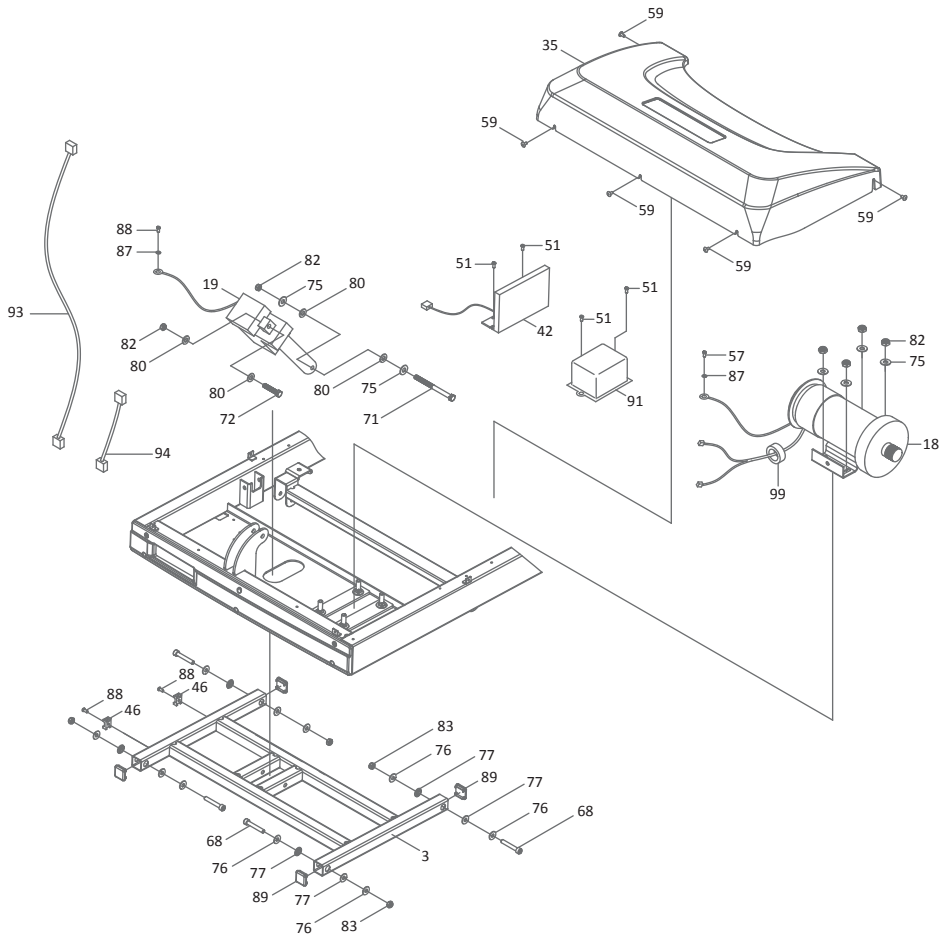


47		Round head Phillips self-tapping screw ST2.9x70L
48		Round head Phillips self-tapping screw ST2.9x16L
49		Round head Phillips self-tapping screw ST2.9x6L
50		Round head Phillips self-tapping screw ST3.5x16L
52		Round head Phillips self-tapping screw ST5x30L
55		Round head Phillips screw M8x30L
56		Round head Phillips screw M8x12L
61		Button Head Socket Bolt M10x45L
75		Flat washer Ø19xØ10x1.5T
76		Flat washer Ø20xØ8x1.5T
87		Star washer Ø5xØ6T
88		Round head Phillips self-tapping screw ST4.2x10L



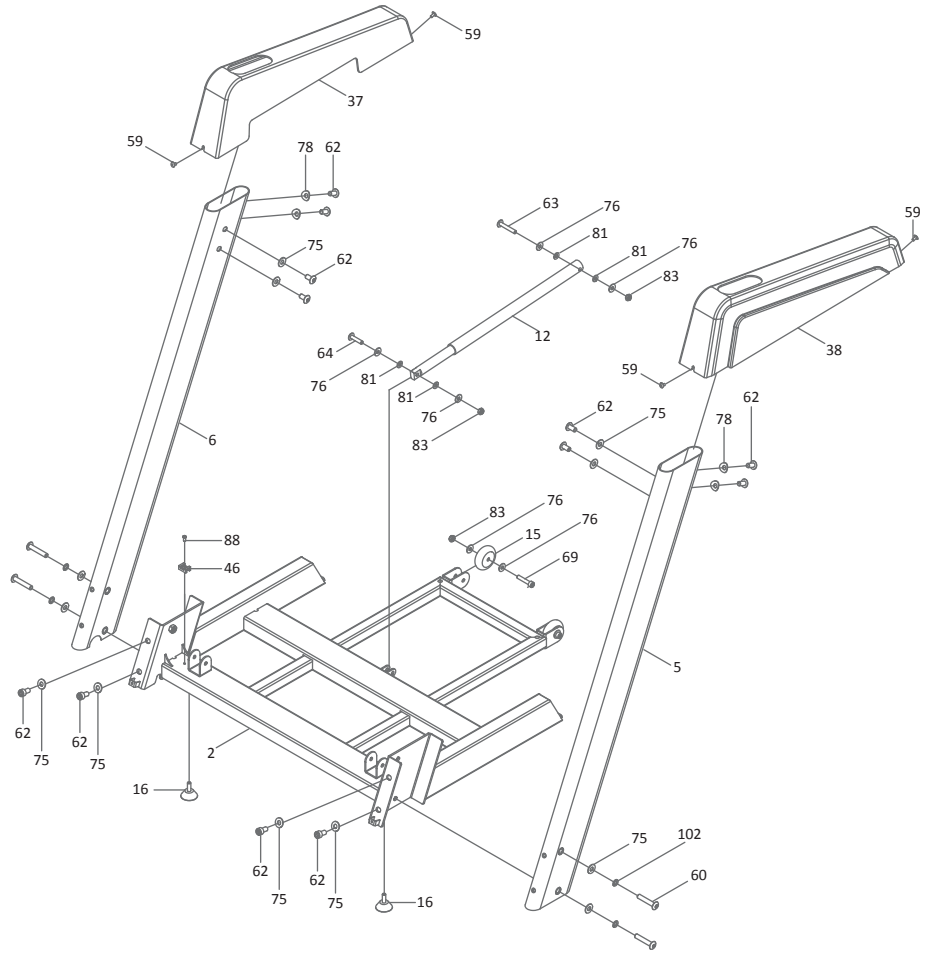


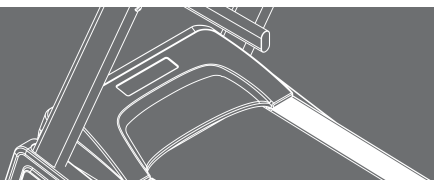
46		Cable tie mount
51		Truss head Phillips screw M4x6L
57		Round head Phillips screw M5x10L
59		Truss head Phillips screw M5x10L
68		Socket Head Cap Bolt M8x55L
71		Hex Head Bolt M10x115L
72		Hex Head Bolt M10x45L
75		Flat washer Ø19xØ10x1.5T
76		Flat washer Ø20xØ8x1.5T
77		Flat washer Ø30xØ8.5x1T
80		Plastic washer Ø20xØ10x2T
82		Nylon nut M10x8T
83		Nylon nut M8x1.25x7T
87		Star washer Ø5x0.61mm
88		Round head Phillips self-tapping screw M5x10L





46		Cable tie mount
59		Truss head Phillips screw M5x10L
60		Button Head Socket Bolt M10x55L
62		Button Head Socket Bolt M10x20L
63		Button Head Socket Bolt M8x50L
64		Button Head Socket Bolt M8x30L
69		Socket Head Cap Bolt M8x40L
75		Flat washer Ø19xØ10x1.5T
76		Flat washer Ø20xØ8x1.5T
78		Curved washer Ø23xØ20x1.5T
81		Plastic washer Ø16xØ8x1.5T
83		Nylon nut M8x7T
88		Round head Phillips self-tapping screw ST4.2x10L
102		Split washer Ø10x1.5T





***AT-500***