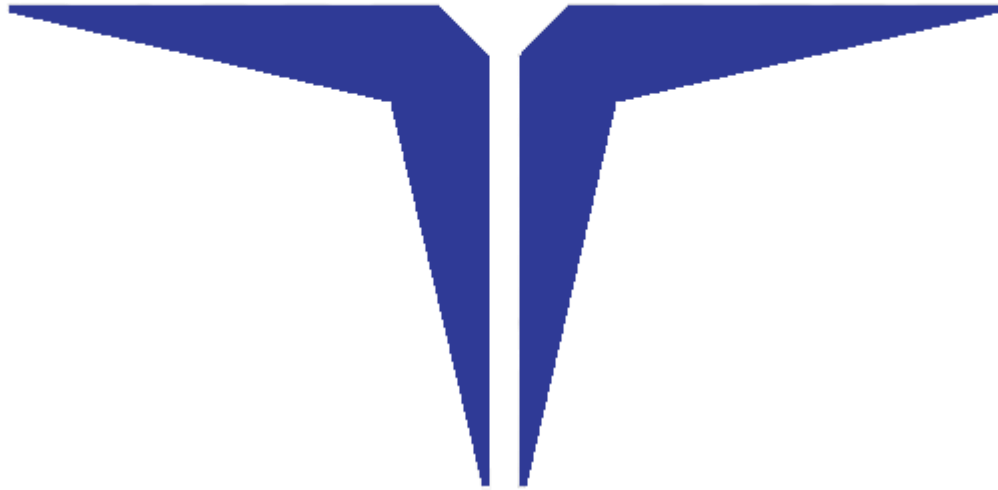


TUFF TREAD



Owner's Manual

4600 Series

502 W Montgomery STE 120 / Willis, TX 77378
(936) 463-8884 / Info@TuffTread.com

Table of Contents

| | |
|---|-----------|
| 1. Important Safety Instructions..... | 1 |
| 1.1 PERSONAL SAFETY..... | 1 |
| 1.2 GROUNDING INSTRUCTIONS..... | 2 |
| 2. Setup and Assembly..... | 2 |
| 2.1 CHOOSING AND PREPARING A SITE..... | 3 |
| 2.2 ELECTRICAL POWER REQUIREMENTS..... | 3 |
| 2.3 NECESSARY TOOLS..... | 3 |
| 2.4 UNPACKING..... | 3 |
| 2.5 ASSEMBLING THE TUFF TREAD TREADMILL..... | 6 |
| <i>Step 1 Remove the hood and install the upright:</i> | 6 |
| <i>Step 2 Connect the data cables and ground wire and replace hood:</i> | 8 |
| <i>Step 3 Level the back feet and center the walking belt.</i> | 11 |
| 3 Moving the Tuff Tread treadmill..... | 14 |
| 4. Working Out on the Tuff Tread treadmill..... | 15 |
| 4.1 DISPLAYS ON THE ELECTRONIC CONSOLE..... | 15 |
| 4.2 RAPID START WORKOUT ROUTINE..... | 15 |
| 4.3 MODEL-SPECIFIC WORKOUT INSTRUCTIONS..... | 16 |
| <i>Tuff Tread Models 4600 and 4616.....</i> | 16 |
| <i>Tuff Tread Models 4600HRT and 4616HRT.....</i> | 17 |
| 5. Maintaining the Tuff Tread treadmill..... | 19 |
| 5.1 CLEANING THE EQUIPMENT..... | 19 |
| 5.2 AFTER EACH USE..... | 19 |
| 5.3 EVERY MONTH..... | 20 |
| 5.4 WALKING BELT ADJUSTMENTS..... | 20 |
| 5.4.1 <i>Adjusting the Belt Tension</i> | 20 |
| 5.4.2 <i>Centering the Walking Belt</i> | 21 |
| 5.5 BELT AND DECK MAINTENANCE..... | 22 |

Please note the serial number of your treadmill here _____

The serial number is located on the front, or hood end of the treadmill, on the base.
When calling for warranty service or information, please provide the serial number of the treadmill you are calling about.

FOR SERVICE CALL 1-800-827-2017

For efficient, accurate service assistance:

- Have your serial number on hand, and
- Have the hood of the treadmill already removed

1. Important Safety Instructions

When using your new Tuff Tread treadmill, basic precautions should always be taken, including the following:

- Read all instructions before using the Tuff Tread treadmill. These instructions are written to ensure your safety and to protect the unit.
- Before beginning any fitness program, you should obtain a complete physical examination by your physician.

1.1 *Personal Safety*

- Assemble and operate the treadmill on a solid, level surface. Locate the back end of the treadmill at least 4 feet from walls or furniture. Keep the area behind the treadmill clear.
- Completely assemble the Tuff Tread treadmill before using it, and check it before each use. Never use a treadmill if the walking belt is torn or frayed.
- Turn OFF and unplug the treadmill when adjusting or working near the rear roller. Do not adjust the walking belt when someone is standing on the unit.
- Keep all electrical components, such as the motor, power cord and ON/OFF switch, away from water or other liquids to prevent shock. Do not set anything on the handrail, electronic console, or hood. Never place liquids on any part of the unit except capped liquids in the accessory tray.
- The emergency stop switch is covered by a magnet that is connected to the treadmill with a safety cord. If you encounter difficulties, you can stop the walking belt by pulling on the cord to disengage the magnet from the emergency stop switch. To resume operation, the safety magnet must be replaced.
- Wear proper exercise clothing and shoes for your workout - no loose clothing. Do not wear shoes with high heels or leather soles. Check the soles of your shoes and remove any dirt and embedded stones. Tie long hair back and remove any loose or dangling jewelry. Do not run barefoot.
- Keep all loose clothing and towels away from the running surface. The walking belt will not stop immediately if an object becomes caught in the belt or rollers.
- Use care when getting on or off the treadmill. Use the handrails whenever possible. Step onto the walking belt when the speed is at or below 1 mile per hour. Never step off the rear of the treadmill while the walking belt is moving.
- Before the walking belt begins moving (prior to your workout), and after it stops (at the end of your workout), straddle the belt by placing your feet on the foot rails.
- Never turn ON the treadmill when someone is standing on the machine.
- Keep your body and head facing forward. Never attempt to turn around on the treadmill when the walking belt is moving.
- Do not rock the unit. Do not stand on the handrails, electronic console, or hood.
- Do not attempt to service the treadmill yourself other than the assembly and maintenance instructions found in this manual.
- Do not overexert yourself or work to exhaustion.
- Stop your workout immediately and consult your physician if you feel any pain or abnormal symptoms.

DANGER

To reduce the risk of electrical shock, always unplug the treadmill from the electrical outlet before cleaning or servicing under the hood or around the motor area. Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the treadmill is properly grounded. Do not modify the plug provided with the treadmill - if it doesn't fit the outlet, get a proper outlet installed by a qualified technician.

WARNING

- To reduce the risk of burns, fire, electric shock, or injury to persons, take the following precautions:
- Do not allow children, invalids, or disabled persons on or near the Tuff Tread treadmill without adult supervision. Close supervision is necessary.
- Use the Tuff Tread treadmill only for its intended use as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer - such attachments might cause injuries.
- Never operate the unit if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped in water. Call an authorized Tuff Tread dealer or a service center for examination and repair.
- Keep the power cord and plug away from heated surfaces.
- Keep hands away from moving parts.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect the treadmill, remove the power plug from the wall outlet. This product is rated for use on a circuit having a nominal rating of 120 volts, 20 amps and is factory equipped with a specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as the plug. No 2-prong reduction adapter or extension cord should be used with this product. If the treadmill must be reconfigured for use on a different type of electric circuit, the alterations should be made only by qualified service personnel.

1.2 Grounding Instructions

The Tuff Tread treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current, which reduces the risk of electrical shock. The treadmill is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

2. Setup and Assembly

Setting up your Tuff Tread treadmill is simple and easy. Before you unpack the machine, however, be sure to select a suitable site and have the proper electrical power outlet and dedicated circuit available for optimum Tuff Tread treadmill operation and safety.

2.1 Choosing and Preparing a Site

The area you select for the Tuff Tread treadmill should be well lit and well ventilated. Locate the Tuff Tread treadmill on a structurally sound and level surface with the back of the treadmill at least 4 feet from walls or furniture. If the Tuff Tread treadmill is to be located above the first floor, place it near or above major support beams. If the area has a heavy, plush carpet, the airflow around the base of the machine may be restricted or the carpeting may interfere with the moving parts. To protect the carpeting and the machinery, you can place a 5/8-inch thick wood base or a rubber mat under the Tuff Tread treadmill.

Do not install the Tuff Tread treadmill in an area of high humidity, such as in the vicinity of a steam room, sauna, or indoor pool. Exposure to extensive water vapor and/or chlorine could adversely affect the electronics as well as other parts of the machine.

The treadmill is 37" wide and will not "wheel" through a standard doorway. In this case, move the treadmill before installing the control panel. Turn the treadmill on its side and carry it through the doorway.

2.2 Electrical Power Requirements

The Tuff Tread treadmill requires a standard 120 VAC, 60 Hz, 20 amp grounded outlet on a dedicated circuit. Contact your electrician if you have any doubts about your electrical service. Do not use a ground plug adapter to adapt the 3-prong power cord plug to a non-grounded electrical outlet. We do not recommend the use of an extension cord.

2.3 Necessary Tools

To uncrate and assemble a Tuff Tread treadmill you will need a helper and the following tools:

- Phillips head screwdriver or phillips head drill bit
- Claw hammer or pry bar
- Socket wrench with socket sizes 1/2", 7/16", 9/16", and 3/4"
- Socket extension 4" or longer
- Adjustable crescent wrench 8" or larger
- Flat head screwdriver
- Small carpenter's level

2.4 Unpacking

Unpack and remove the treadmill from its shipping container. Detailed instructions are below.

Check for the following parts:

- Base (chassis) assembly
- Upright display assembly
- Motor hood
- Parts bag containing wheels, leveling feet, and hardware
- Owner's Manual, Warranty, and Registration Card

Step 1

Remove the plastic wrapping from the crate.

Use a phillips head screwdriver or phillips head drill bit to remove the boards from the top and sides of the crate.

Staples can be pried out with a claw hammer or pry bar.

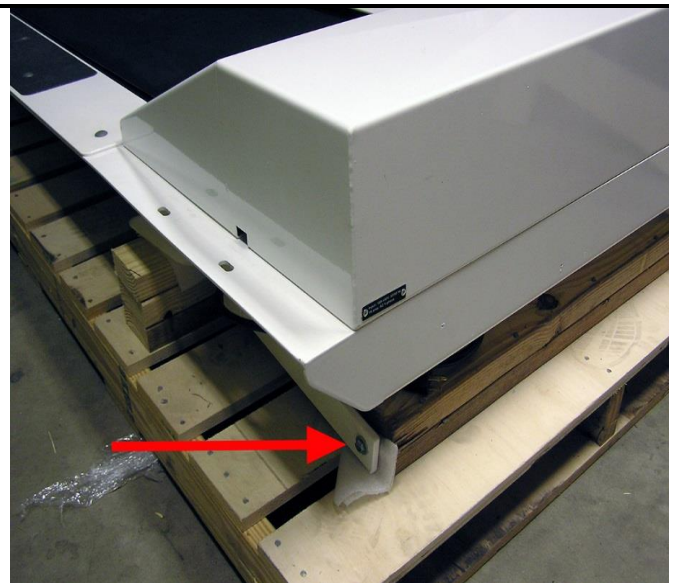
Cut the straps that hold the treadmill to the pallet.

Remove the control panel and parts bag from the treadmill base.



Step 2

Use a 7/16" socket with extension to remove the two bolts (one on each side of treadmill) that hold the front lift carriage to the crate.



Step 3

Locate the board circled in this picture. Use a power drill with a #2 Phillips Head bit to remove the screws that hold this board to the bottom pallet.

Using 3-4 people, lift the treadmill off the pallet.

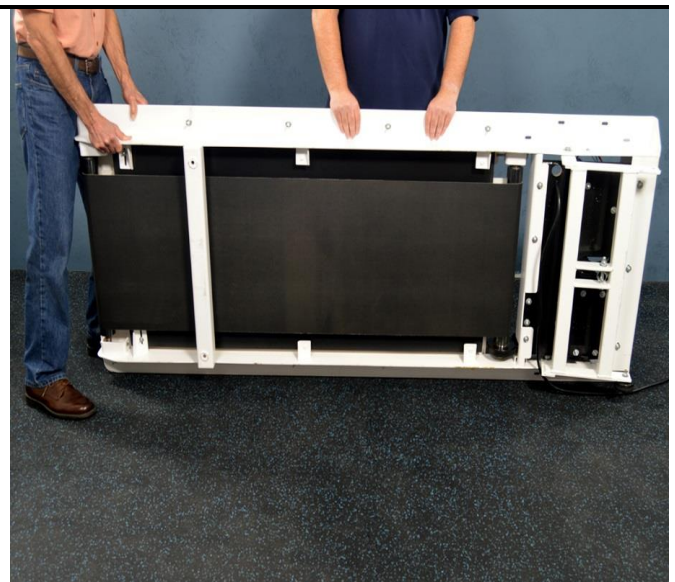


Step 4

Have at least two people lift the treadmill on its side and then have one person hold it in this position.

If the treadmill is on a tile or cement floor, to avoid scratching the treadmill side, place cardboard or rug pieces on the floor where the side of the treadmill will be resting.

Use a 3/4" socket to remove the wood board from the base of the treadmill (board not shown in picture, see Step 3).



2.5 Assembling the Tuff Tread treadmill

To ensure correct assembly of the Tuff Tread treadmill, carefully read and follow these steps: Make sure you have a helper to hold the upright in place until you bolt it securely. For orientation purposes, this manual will refer to the “front” and “back” of the treadmill from the user's perspective. So the “front” is the hood end, and the “back” is the rear roller end. Before setting up the treadmill, locate the serial number and make note of it for your records. The serial number plate is located on the bottom edge of the display, at the right-hand end next to the flip-up handle.

The Tuff Tread treadmill is shipped with the upright lying flat, and the hood in place over the motor compartment. There are three main steps in assembling the treadmill:

1. Remove the hood and install the upright.
2. Connect the data cables and ground wire and replace the hood.
3. Level the back feet and center the walking belt.

Step 1 Remove the hood and install the upright:

Step 1.1

Remove the two wheels from the treadmill parts bag.

Locate the lift carriage under the front of the treadmill.

Install the wheels on the outside of lift carriage.

Make sure one washer is between the wheel and treadmill frame and the other washer is between the nut and treadmill frame.

Verify the wheel spins. If wheel does not spin, loosen the nut slightly.



Step 1.2

Remove the two back feet from the treadmill parts bag.

Turn the nut so it is about 2 inches down the threaded shaft.

Place the washer on the threaded shaft so it will be between the nut and the treadmill frame.

Screw both feet into the treadmill frame, hand tight, until the nut reaches the treadmill frame.

Lower the treadmill so it is resting on its feet and wheels.



Step 1.3

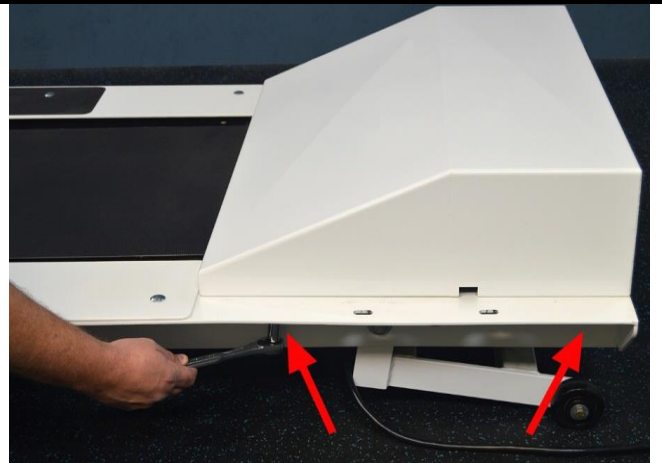
Use a 1/2" socket to remove the four bolts (two bolts on each side) that secure the motor cover to the treadmill.

Remove the motor cover.

Move the treadmill near to its final location.

If you have a small furniture dolly, place it under the back of the treadmill to make it easier to move.

You will need to carry the treadmill on its side to get it through a standard size doorway.



Step 1.4

Have one person hold the control panel in place while another person attaches it to the treadmill.

Insert the bolts from the top so the square head of the bolts fit into the square openings on the top of the control panel foot plates.

Put the washer and nut on the bottom of the bolt and partially tighten using a 9/16" socket.

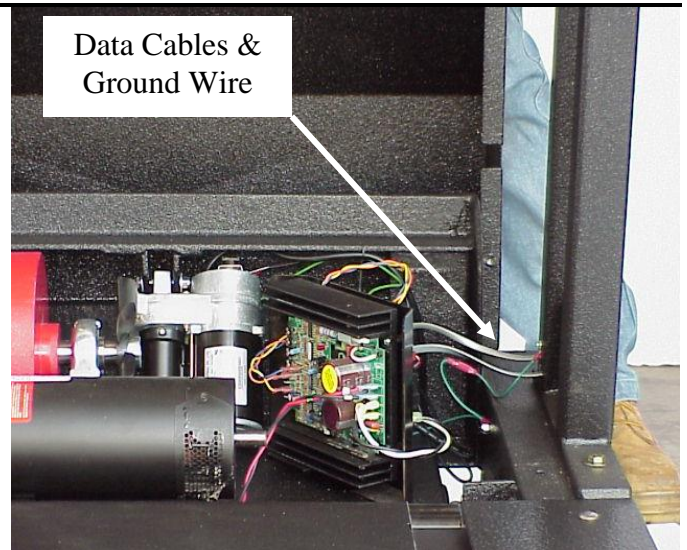
Once all four bolts are in place, tighten all four nuts to secure the control panel to the treadmill.



Step 2 Connect the data cables and ground wire and replace hood:

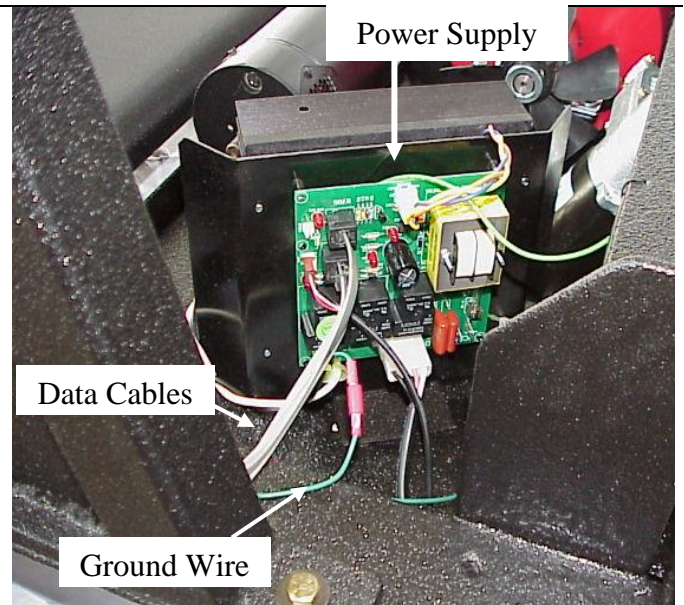
Step 2.1

Gently pull out 2 gray cables and 1 green wire from the hole in the base of the control panel leg at the right side of the upright.



Step 2.2

1. Attach the green wire to the green wire on the treadmill base.
2. Connect the gray cable with the **large** 8-pin connector to the main circuit board.
3. Connect the gray cable with the **medium** 6-pin connector to the main circuit board.

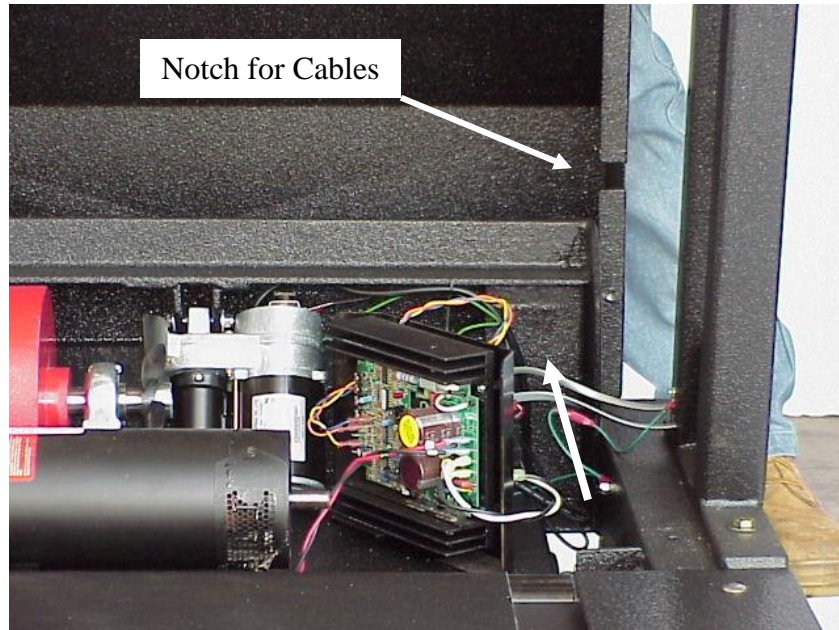


Step 2.3

1. Place the large end of the hood on the front edge of the treadmill
2. While lifting the edge of the motor cover, use a screwdriver to position the wires into the square opening on the side of the motor cover.
3. Lower the hood into place, and line up the holes on the lower edge of the hood with the holes in the base frame
4. Use a 1/2" socket and the 4 motor cover bolts (see Step 7) to secure the motor cover to the treadmill.



CAUTION: Make sure the data cables and the ground wire are not trapped or pinched under the edge of the hood. The cables **MUST** go through the cutout notch in the side of the hood to avoid damage. Replace the washers and bolts removed in the first step, and tighten securely.



Don't pinch the cables!

Step 3 Level the back feet and center the walking belt.

Step 3.1

Level the treadmill. If the treadmill is not level, it may be difficult to keep the walking belt centered.

Move the treadmill to its final position.

Place a carpenter's level on the treadmill at position #1.

Loosen the locking nuts on the treadmill feet (turn them so they are not against the treadmill frame).

Level the treadmill from front to back by raising or lowering both back feet. Use a crescent wrench and turn the black foot.

Turn the feet clockwise to raise the treadmill.

Turn the feet counter-clockwise to lower the treadmill.

Press down on the carpenter's level when testing level. The walking belt might be slightly lifted off the deck.

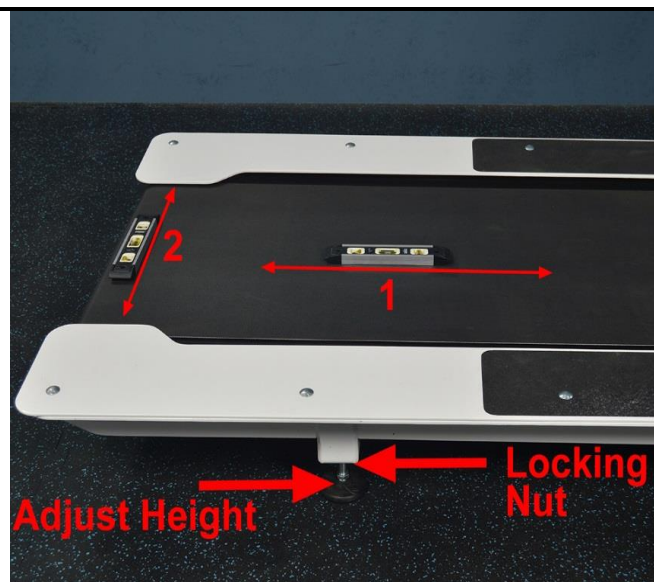
Place a carpenter's level on the treadmill at position #2.

Level the treadmill from side to side by raising or lowering one of the feet.

Verify level from front to back again (position #1). If it is not level, adjust both feet by the same amount.

Verify level from side to side again (position #2). If not level, adjust one of the feet.

Once the treadmill is level in both directions, use the crescent wrench to tighten the upper locking nut on both feet.



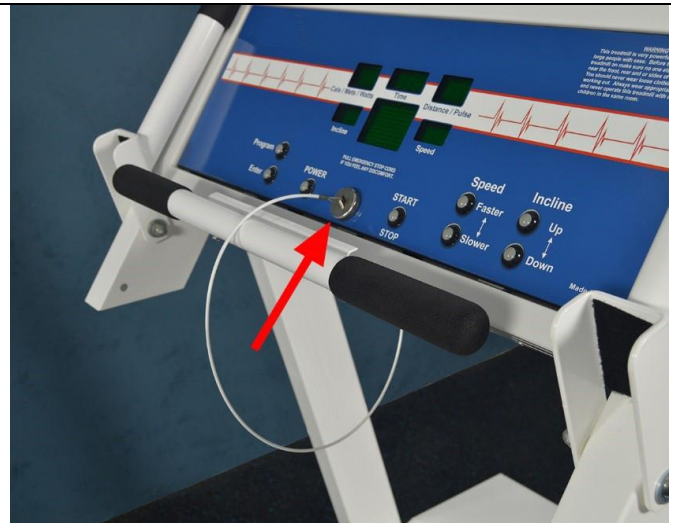
Step 3.2

Remove all objects from the treadmill belt.

Place the emergency stop magnet on the control panel (see picture).

Plug the treadmill power cord into a power outlet.

Do not use a power extension cord or any type of electrical adapter.



Step 3.3

Center the belt.

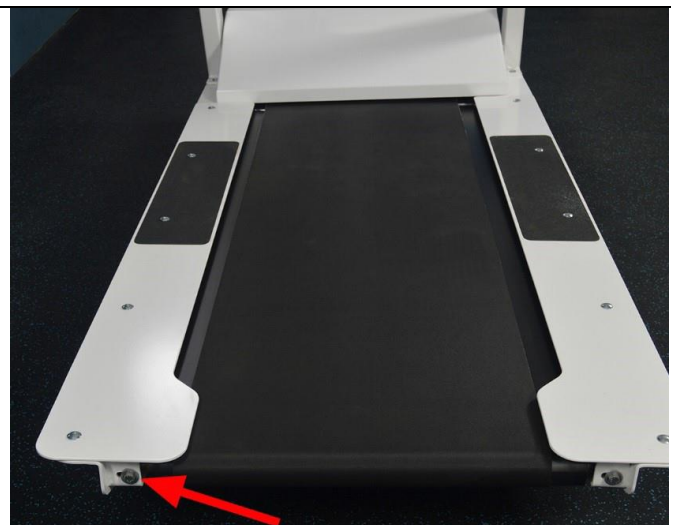
Press **Power** on the control panel.

Press **Start**.

Press **Faster** until you see 4.0 on the Speed display.

Locate the bolt on the left side at the rear of the treadmill (see picture).

If the belt is left of center, use a 9/16" socket and turn the bolt clockwise 1/4 turn. Wait one minute.



If the belt is still left of center, repeat the previous step until the belt is centered.

If the belt is to right of center, follow the previous steps but turn the bolt counter-clockwise 1/4 turn.

Repeat adjustments until the belt remains centered.

Press **Faster** until you see 10.0 on the Speed display. Verify that the belt is running smoothly.

If you cannot center the belt, go back to Step 1 and make sure the treadmill is level.

Step 3.4

Test speed and elevation range of the treadmill.

With the treadmill running at 4 mph from the previous step, press **Faster** until you see 12.0 on the Speed display. The belt should be running at maximum speed.

Press **Slower** until you see 0.5 on the Speed display. The belt should slow to minimum speed.

Press **Up** until you see 15 on the Incline display. The treadmill should be at maximum incline.

Press **Down** until you see 0 on the incline display. The treadmill should lower to 0 incline (level).

Press **Stop** then press **Power** to power off the treadmill.

Your treadmill is now ready for use. Follow the instructions in the *Working Out* section on page 15 to learn how to operate the treadmill. You should begin with walking speeds first to be sure everything is functioning properly.

3 Moving the Tuff Tread treadmill

If you need to move the treadmill to another location in the same room, it can be rolled on the two front wheels. However, the treadmill weighs over 500 lbs, so use caution in picking up the back end to roll the treadmill to the new location.

If you need to move the treadmill up or down stairs or through a narrow door, it may be helpful to partially dismantle the treadmill first, as follows:

- Remove the hood by removing the four edge bolts underneath the front end of the side runners and lifting the hood from the side closest to the running belt.
- Locate the gray data cables running from the hole at the base of the right-hand upright to the telephone-style sockets on the power supply circuit board on the motor pallet. Disconnect these cables as you would a telephone cord by pressing the small tab and gently pulling the connector straight out. Disconnect the green ground wire by gently pulling the quick connectors apart.
- With an assistant supporting the upright, remove the remaining four bolts underneath the front end of the side runners. Lift the display upright off of the base.
- The treadmill base is best moved by rolling it on the two front wheels wheelbarrow-style. If necessary, carefully tilt the base up on its side to move it through narrow doors or passageways, then return the base to the normal horizontal position as soon as possible. Use caution when lowering the base to the floor. Dropping the base or letting it fall from any height will damage the drive and lift motors.
- When the base is in place in the new location, reassemble the treadmill in reverse order from the disassembly. Attach the upright with the bolts on the underside of the runners. Carefully reconnect the data cables to the circuit board, plug in the ground wire, and then replace the hood and the hood bolts. Be careful not to pinch the data cables or the ground wire with the hood edge!

Any time the treadmill has been moved or repositioned, check the treadmill, especially the belt tracking, using the guidelines in the *Checking the Tuff Tread treadmill* section on page 13 of this manual. Also see the section on leveling the back feet and centering the walking belt on page 11 of this manual.

4. Working Out on the Tuff Tread treadmill

Before using your treadmill, we recommend that you follow these instructions and go through a preliminary demonstration of the treadmill.

4.1 Displays on the Electronic Console

There are six display windows on the Tuff Tread treadmill, and they are labeled as follows:

CALORIES/METS/WATTS: Displays calories burned, metabolic equivalents, or energy watts generated. This window cycles through all three values in turn.

TIME: Counts down from the time entered for the workout. When the timer reaches zero, it begins counting up from the time entered. For example, if the workout timer started at 30 minutes, then counted down to zero, the next minute would display as 31 minutes. If no workout time is entered, the timer counts up from zero from the start of the workout. If the STOP button is pressed during a workout, the treadmill will stop and the timer will pause for 30 seconds. Press the START/STOP button again within the 30-second pause to restart the timer. The speed will restart at 0.5 miles per hour for safety. The user may adjust the speed manually, and the belt will return to the programmed speed at the next program segment.

DISTANCE/PULSE: Alternates between displaying distance traveled and current pulse rate (when using the heart rate pick-ups). If no heart rate pick-ups are used, the pulse rate will display “---”. When using the handgrip heart rate pick-ups, the user must make contact with **all four** metal contact pads on the handle bar for at least 10 seconds.

INCLINE: Displays the percentage of grade from the minimum to the maximum. (0% to 15% on most models.)

SPEED: Displays the current speed in miles per hour from the minimum to the maximum. (0.5 mph to 12 mph on most models.)

Dot Matrix: The center window with no label below it is the dot matrix display. Instructions and help messages will appear here.

4.2 Rapid Start Workout Routine

- Before starting the treadmill, straddle the belt by standing on the foot rails.
- Make sure the emergency stop magnet is in place over the emergency kill switch.
- **RAPID START:** If you don't want to use any programs, simply press the Power button followed by the Start button. After a short pause, the walking belt will begin moving at 0.5 mph. The TIME display will begin counting up from zero. You may adjust the speed and incline using the Speed – Faster/Slower buttons and the Incline – Up/Down buttons.
- If the STOP button is pressed during the workout, the treadmill will stop and the timer will pause for 30 seconds. Press the START/STOP button again within the 30-second pause to restart the timer. The speed will restart at 0.5 miles per hour for safety.

- On units equipped with contact heart rate display, the user's pulse will display as long as the user makes contact with **all four** metal contact pads on the handle bar for at least 10 seconds.

4.3 Model-Specific Workout Instructions

Tuff Tread Models 4600 and 4616

- There are 9 program settings.
- The first program uses manual input of speed and incline, and will count down to zero from the time entered.
- The next five programs are preset profiles that are customized by entering the user's weight, maximum speed and total workout time.
- The last three programs are customized profiles that are designed segment-by-segment by the user and stored for repeated use.
- During the workout, the active program segment flashes in the dot matrix window.
- Prior to a segment change, the user is warned with an audible tone and the new speed and elevation values flash.
- Programs scroll right to left so that the active segment is always in the far left row of the dot matrix.
- Running pace is displayed in the TIME display window while the speed is being changed, and for 5 seconds afterward. The display then returns to the time.
- If the STOP button is pressed during a workout, the treadmill will stop and the timer will pause for 30 seconds. Press the START/STOP button again within the 30-second pause to restart the timer. The speed will restart at 0.5 miles per hour for safety. The user may adjust the speed manually, and the belt will return to the programmed speed at the next program segment.

To Start:

- Press the Power button – the default weight is displayed in the TIME window. Enter your weight by using the Faster/Slower OR Up/Down buttons to adjust the weight displayed in the window. Press the Enter button when the display is correct.
- Press the Program button – the message “Select Program” will scroll across the dot matrix display window. Use the Up/Down OR Faster/Slower buttons to scroll through the programs. The TIME display window will show the program number, and the dot matrix window will display the hill profile for the preset programs. Press the Enter button to select the desired program.

For programs 1-6:

- Enter the maximum speed using the Up/Down OR Faster/Slower buttons and the Enter button to select.
- Enter the total workout time using the Up/Down OR Faster/Slower buttons and the Enter button to select. The minimum program time is 10 minutes.
- Press the Start button. The display will count down 3 seconds and the belt will start moving to the percentage of maximum speed designated by the preset program.

For programs 7-9:

- There are 20 program segments that are factory-set at 0% incline and 0.5 mph. After each segment for a program is customized, that program will default to the customized hill profile for future workouts.
- When program number 7, 8 or 9 is selected, the dot matrix display will begin flashing at the first segment. Use the Faster/Slower buttons to choose the speed (as displayed in the SPEED window) and the Up/Down buttons to choose the incline (as displayed in the INCLINE window) for that segment. Press the Enter button to set that segment and move to the next one.
- When all 20 segments are adjusted, or to accept the defaults for the remaining segments, press the Start button.
- Enter the total workout time using the Up/Down OR Faster/Slower buttons and the Enter button to select. The minimum program time is 10 minutes.
- Press the Start button. The display will count down 3 seconds and the belt will start moving to the percentage of maximum speed designated by the customized profile.

Tuff Tread Models 4600HRT and 4616HRT

- There are 11 program settings.
- The first program uses manual input of speed and incline, and will count down to zero from the time entered.
- Programs 2 - 6 are preset profiles that are customized by entering the user's weight, maximum speed and total workout time.
- Programs 7 and 8 are heart rate controlled programs that will set the speed and incline to achieve a percentage of maximum heart rate based on the user's pulse as determined by the chest strap pick-ups.
- Programs 9 - 11 are customized profiles that are designed segment-by-segment by the user and stored for repeated use.
- During the workout, the active program segment flashes in the dot matrix window.
- Prior to a segment change, the user is warned with an audible tone and the new speed and elevation values flash.
- Programs scroll right to left so that the active segment is always in the far left row of the dot matrix.
- Running pace is displayed in the TIME display window while the speed is being changed, and for 5 seconds afterward. The display then returns to the time.
- If the STOP button is pressed during a workout, the treadmill will stop and the timer will pause for 30 seconds. Press the START/STOP button again within the 30-second pause to restart the timer. The speed will restart at 0.5 miles per hour for safety. The user may adjust the speed manually, and the belt will return to the programmed speed at the next program segment.

To Start:

- Press the Power button – the default weight is displayed in the dot matrix window. Enter your weight by using the Faster/Slower OR Up/Down buttons to adjust the weight displayed in the window. Press the Enter button when the display is correct.

- Press the Program button – the message “Select Program” will scroll across the dot matrix display window. Use the Up/Down OR Faster/Slower buttons to scroll through the programs. The TIME display window will show the program number, and the dot matrix window will display the hill profile for the preset programs. Press the Enter button to select the desired program.

For programs 1 - 6:

- Enter the maximum speed using the Up/Down OR Faster/Slower buttons and the Enter button to select.
- Enter the total workout time using the Up/Down OR Faster/Slower buttons and the Enter button to select. The minimum program time is 10 minutes.
- Press the Start button. The display will count down 3 seconds and the belt will start moving to the percentage of maximum speed designated by the preset program.

For programs 7 and 8:

- When program 7 (HRC Weight Loss) or program 8 (HRC Cardio) is selected, the dot matrix display will show “Enter Age”, and the default age of 45 will display in the TIME window.
- Adjust the age using the Up/Down OR Faster/Slower buttons, and press the Enter button to select.
- The message “Enter Target HR” will display in the dot matrix window, and the appropriate target heart rate (as calculated by the on-board computer using the age selected) will display in the PULSE window.
- Press the Start button to accept the calculated target heart rate, or change the target heart rate using the Up/Down OR Faster/Slower buttons.
- The message “Checking for Pickup” will display in the dot matrix window as the heart rate telemetry system is checked.
- The message in the dot matrix window will change to “Enter Warm-up Time”. The default warm-up time of 5 minutes will display in the TIME window. Adjust this time using the Up/Down OR Faster/Slower buttons. Press the Enter button to select.
- The message “Enter Workout Time” will display in the dot matrix window, and the default workout time of 20 minutes will display in the TIME window. Adjust this time using the Up/Down OR Faster/Slower buttons. Press the Enter button to select.
- The message “Enter Cool-down Time” will display in the dot matrix window, and the default cool-down time of 5 minutes will display in the TIME window. Adjust this time using the Up/Down OR Faster/Slower buttons. Press the Enter button to select, and the Start button to begin the workout.
- All three time-entries can be bypassed by pressing the Start button after the chest strap is detected. The default times will be used.

For programs 9 - 11:

- There are 20 program segments that are factory-set at 0% incline and 0.5 mph. After each segment for a program is customized, that program will default to the customized hill profile for future workouts.

- When program number 9, 10 or 11 is selected, the dot matrix display will begin flashing at the first segment. Use the Faster/Slower buttons to choose the speed (as displayed in the SPEED window) and the Up/Down buttons to choose the incline (as displayed in the INCLINE window) for that segment. Press the Enter button to set that segment and move to the next one.
- When all 20 segments are adjusted, or to accept the defaults for the remaining segments, press the Start button.
- Enter the total workout time using the Up/Down OR Faster/Slower buttons and the Enter button to select. The minimum program time is 10 minutes.
- Press the Start button. The display will count down 3 seconds and the belt will start moving to the percentage of maximum speed designated by the customized profile.

5. Maintaining the Tuff Tread treadmill

The Tuff Tread treadmill requires little maintenance to keep it running smoothly and efficiently. However, the customer is responsible for the typical maintenance tasks such as cleaning the treadmill and adjusting the walking belt. If you fail to maintain the treadmill as described below, it could affect or void the limited warranty.

5.1 *Cleaning the Equipment*

CAUTION: To prevent electrical shock, be sure that power is shut off and the treadmill is unplugged from the electrical outlet before performing any cleaning or maintenance procedures.

- Your Tuff Tread treadmill relies on low friction for efficient operation. To keep the friction low the treadmill must be as clean as possible.
- Before a workout, use a damp, soft, clean cloth to clean the side platforms and walking belt. This helps to remove any dirt or dust that might affect the smooth operation of the treadmill.
- Vacuum the floor underneath it every week to prevent the accumulation of dust and dirt on the walking belt.
- To periodically clean the treadmill's frame, electronic console and walking belt, use a solution of mild soap and water on a clean cloth. To clean the walking belt use a soft nylon scrub brush. Never pour water or spray liquids on the electronic console. Allow the treadmill to dry completely before using it.
- Manually advance the walking belt by pushing it toward the rear roller with your hand to clean the entire belt. Do not clean the belt while the treadmill is running.

Your Tuff Tread treadmill is a high quality machine that is built to last. Simple routine cleaning and a preventive maintenance program will go a long way toward extending the life of your fitness equipment.

5.2 *After Each Use*

Wipe up any liquid spills immediately. After each workout use a damp cloth to wipe up any remaining perspiration from the handrails and coated surfaces.

Be careful not to spill or get excessive moisture between the edge of the display panel and the console, as this might create an electrical hazard or cause premature failure of the electronics.

5.3 Every Month

Vacuum any dust or dirt that might accumulate around or under the Tuff Tread treadmill. Move the treadmill, and vacuum underneath to prevent dust and dirt buildup. When finished return the treadmill to its normal position.

5.4 Walking Belt Adjustments

You may need to adjust the walking belt after the first few weeks of use. All walking belts are properly set at the factory, but they may stretch or become off-center after use. Stretching is normal during the break-in period and before long your belt will reach its optimal length.

When you set up the Tuff Tread treadmill, you checked for the proper centering of the belt. The following section describes how to adjust the belt tension. If you adjust the tension during the first few weeks, you should do so on an “as needed” basis (i.e., if you experience belt slippage or hesitation).

The second section below describes how to center the belt. Because each person runs or walks differently, the natural weight shifts may cause some deflection of the walking belt to either the left or right of center during use. The directions in the second section tell you how to return the belt to center.

5.4.1 Adjusting the Belt Tension

Caution: Over-tightening the walking belt can damage the rollers. This damage is not covered under the warranty. If the belt feels as though it is "slipping" or hesitating when you plant your foot during the first 12 months of usage, the cause is most likely a loosened drive belt. Please contact Tuff Tread for advice. If the walking belt is hesitating **after** the drive belts have been tightened, then the tension on the walking belt may have to be increased.

To increase the walking belt tension:

1. Locate the two large, steel, 9/16 inch hex bolt-heads at the rear of the treadmill. These are called belt tension bolts.
2. Place a socket wrench on the left belt tension bolt. Turn the wrench clockwise ¼ turn to pull the rear roller toward you and increase the belt tension.
3. Repeat step 2 for the right belt tension bolt. You must be sure to turn both bolts the same number of turns so that the rear roller will stay square relative to the frame.
4. Start the walking belt and check to see if the "slipping" has been corrected.
5. Repeat steps 2 and 3 until the slipping is eliminated.
6. To decrease the tension on the walking belt, turn both bolts counterclockwise the same number of turns. Set the bolt tension so that your last 1/4 turn removes the apparent belt slippage and/or hesitation. **Do not tighten more than one full turn from the original factory setting.** If the belt seems to need more tightening than that, please contact Tuff Tread at (800) 827-2017 for advice.

5.4.2 Centering the Walking Belt

When you run, you may push off harder with one foot than the other. This deflection can cause the belt to move off-center. The severity of the deflection depends on the amount of force that one foot exerts in relation to the other. This deflection is normal and the walking belt will often return to the center of the deck if the weight distribution becomes more balanced or if the walking belt has a chance to re-seat itself with no one on it. If the belt remains consistently off-center, however, you will need to center the belt manually.

Note: Before centering the belt, make sure it has the proper tension. Refer to the previous section, *Adjusting the Belt Tension* for more information. Also, the machine should be run at the speeds indicated without anyone on the belt.

To move the belt back to center:

1. Start the treadmill and press Speed - Faster until the speed is approximately 4 mph as indicated on the display.
2. Locate the two large, steel 9/16" hex bolts at the rear of the treadmill. Observe whether the belt is running more towards the right or left side of the deck.
3. Determine which side the belt is moving toward.

If the belt appears to be moving to the left:

Using a 9/16-inch wrench, turn the left bolt clockwise ¼ turn (to your right). Wait for one minute for the results of this adjustment to take effect. This action moves the belt to the right and back to center.

If the belt appears to be moving to the right:

Using a 9/16-inch wrench, turn the left bolt counterclockwise 1/4 turn (to your left). Wait for one minute for this action to take effect. This action moves the belt to the left and back to center.

If the belt is still not centered, repeat step 3 until it is, but **do not turn either bolt more than a total of one full turn**. If more adjustment than that seems necessary, please contact Tuff Tread for advice.

4. After the belt is centered, increase the speed of the belt to 10 mph by pressing Speed - Faster and verify that the belt is running smoothly.
5. If the above procedure is unsuccessful in resolving belt wander, you may need to check to see if the machine is level. See the section on leveling the back feet on page 11 of this manual.

5.5 Belt and Deck Maintenance

Tuff Tread Treadmills require very little maintenance for the walking belt and the deck. Never use any kind of lubricant between the deck and the belt, as they have a polyethylene coating system that will get smoother over time. Any substance added to the deck surface will interfere with that system. Over time, the walking belt will start to wear out, just like the tires on your car. You will know that the belt needs to be replaced when the “fingers” of the zig-zag seam start to pull apart. This will be around 4 years after purchase, depending on the amount of usage of the treadmill. (Some customers report getting 6 years of use out of each belt.) When you replace the walking belt the first time, flip the deck over so that the new belt is running on the un-used side of the deck. When the new belt wears out – after 4 to 5 years of use – you will need to replace the deck at the same time that you replace the walking belt. Repeat this schedule for the life of the treadmill – flip the deck with the first walking belt replacement and replace the deck with the next walking belt replacement. For more details, or to purchase a new deck, call the Tuff Tread factory at 800.827.2017.

TUFF TREAD TREADMILL WARRANTY INFORMATION Full Commercial

M10PE5L1B2

Frame - Lifetime
Motor - 10 Years (Limited)
Parts and Electronics - 5 Years (Limited)
Labor - 1 Year (Domestic Sales Only)

Motor

| Treadmill Age | Amount of Coverage |
|---------------|----------------------|
| Years 1-3 | 100% warranty credit |
| Years 4-5 | 50% warranty credit |
| Years 6-7 | 25% warranty credit |
| Years 8-10 | 10% warranty credit |

Parts & Electronics

| Treadmill Age | Amount of Coverage |
|---------------|----------------------|
| Years 1-3 | 100% warranty credit |
| Year 4 | 30% warranty credit |
| Year 5 | 15% warranty credit |

Wear Items

| Treadmill Age | Amount of Coverage |
|---------------|----------------------|
| Year 1 | 100% warranty credit |
| Year 2 | 100% warranty credit |
| Year 3 | 35% warranty credit |
| Year 4 | 15% warranty credit |
| Year 5 | 10% warranty credit |

Motor brushes, drive belts, walking belts, and walking decks are all wear items.

Guarantee of Quality

Tuff Tread warrants that this treadmill is free of manufacturing defects in workmanship and materials. Tuff Tread will replace or repair defective parts during the warranty period, according to the charts above. The warranty time period begins on the original date of purchase or the delivery date, if different from purchase date.

THE FOREGOING WARRANTIES ARE IN LIEU OF AND EXCLUDE ALL OTHER WARRANTIES NOT EXPRESSLY SET FORTH HEREIN, WHETHER EXPRESS OR IMPLIED, INCLUDING BUT NOT LIMITED TO ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE. IN NO EVENT SHALL TUFF TREAD BE LIABLE FOR ANY INCIDENTAL, INDIRECT, CONSEQUENTIAL, SECONDARY, OR SPECIAL DAMAGE OF ANY KIND ARISING FROM THE USE OF, OR INABILITY TO USE, THIS PRODUCT.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. You bear sole responsibility for knowing and understanding the privileges set forth by your state laws.

TUFF TREAD TREADMILL WARRANTY INFORMATION

M10PE5L1B2

Conditions

This warranty is subject to, and is valid only in accordance with, the conditions set forth below:

1. This warranty does not cover service calls made to instruct owners on how to operate this equipment, perform diagnostics, or general maintenance.
2. This warranty applies only to the repair or replacement of parts that are defective in material or workmanship and does not include normal wear. Motor brushes, drive belts, walking belts, and walking decks are all considered wear items.
3. This warranty does not cover damage or equipment failure caused by, or resulting from, accidents, misuse, abuse, wiring not in compliance with electrical codes, low voltage, lightning, improper assembly or installation, unauthorized modification, or failure to provide reasonable and necessary care as outlined in the Owner's Manual.
4. This warranty does not apply if this product is used in a country other than where it was originally sold.
5. This warranty is extended to the original purchaser only, and proof of purchase must be demonstrated. Warranty remains in effect only if the product remains in the possession of the original purchaser.
6. Labor coverage is provided only if an authorized Tuff Tread dealer, or the Tuff Tread factory does the work and only if the work performed meets the guidelines set forth for warranty coverage.
7. During the Labor coverage period, Tuff Tread compensates authorized Factory Service Providers for warranty trips within their normal service area to make repairs on site. You may be charged a travel charge outside the normal service area.
8. The Labor Warranty does not apply to international sales. While parts may be covered under warranty and replaced at no charge, international customers are expected to pay all other costs associated with the repair of their treadmills, including freight of parts to and from the Tuff Tread factory and service fees associated with the repair.
9. This warranty will not be extended to any product whose serial number has been removed, altered, or defaced. Serial numbers must be provided when requesting warranty service and/or parts.
10. Parts replaced or repaired under this warranty will be warranted for the remainder of the original warranty period only.
11. This warranty does not apply to cosmetic items, wheels, grips, or labels.
12. Tuff Tread may, at their discretion, require the return of parts for inspection and evaluation in order to verify warranty status. Shipping costs associated with this are the responsibility of the end user.

This warranty protection can be obtained by contacting the authorized dealer from whom you purchased this product, or by calling the Tuff Tread factory at (936) 463-8884, or you may fax us at (888) 898-8974.