

USER'S MANUAL

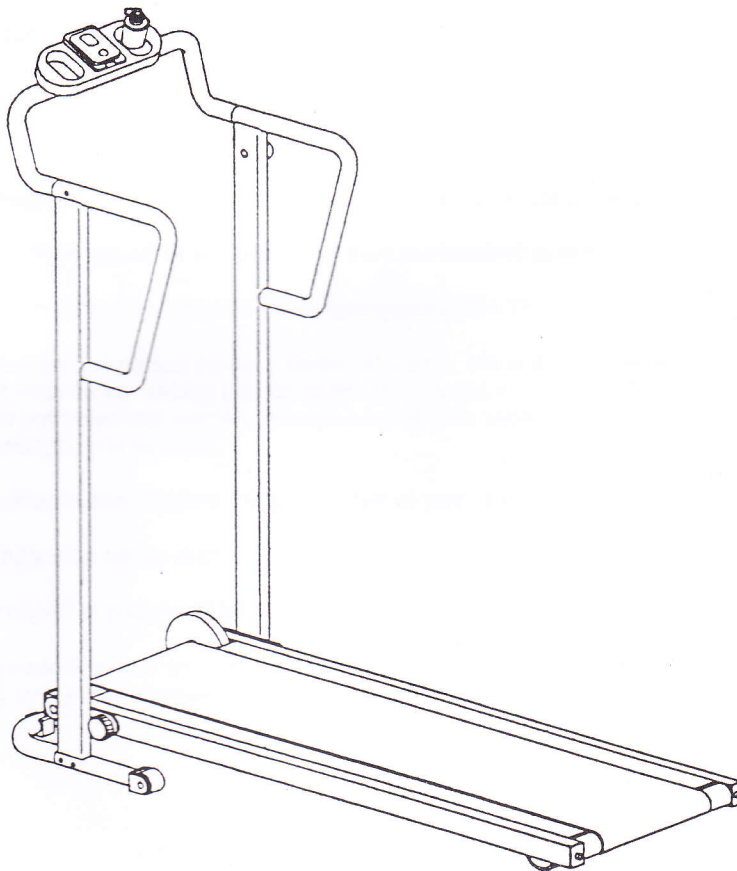
PHOENIX TR-10 MANUAL TREADMILL

MODEL NUMBER: 98510



DISTRIBUTED BY

PHOENIX
HEALTH & FITNESS INC™



USER WEIGHT LIMITATION: 250lbs.

TOLL FREE CUSTOMER SERVICE NUMBER: 1.888.535.8637

SERIAL NUMBER (found on frame):

APPLICATION STANDARD

PRECAUTIONS

For future service or related questions:

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your PHOENIX treadmill.

Name: _____ Phone Number: _____ Receipt

Precautions:

WARNING: Read the following important precautions and information before operating 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.

- Use the treadmill only as described in this manual.
- Place on a level surface, with 6 feet (2 m) of clearance behind it. To protect the floor or carpet from damage, place a mat under the treadmill.
- Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
- Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
- Keep children under the age of 12 and pets away from the treadmill at all times.
- The treadmill should not be used by persons weighing more than 250lbs.
- Never allow more than one person on the treadmill at a time. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
- Always examine your treadmill before using to ensure all parts are in working order.
- Allow the belt to fully stop before dismounting.
- Never insert any object or body parts into any opening.
- Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.

PREASSEMBLY

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Hardware Comparison Chart for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts, please **DO NOT TAKE THE UNIT BACK TO THE RETAIL STORE.** Instead, call our Customer Service Department Monday through Friday, 8:00am until 4:00pm, Pacific time (excluding holidays) at: 1888.535.8637

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

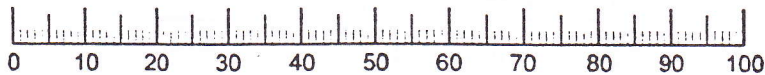
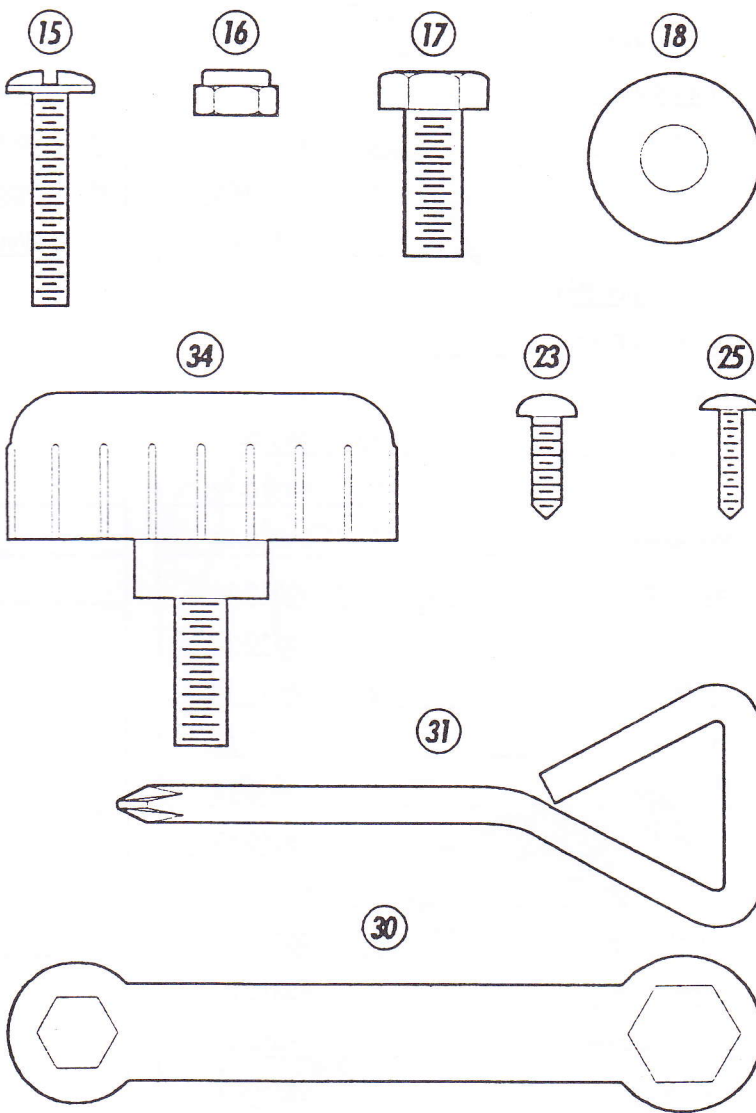
Please note that there is a weight limitation for this product. **If you weigh more than 250lbs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here.** This product is not intended to support users whose weight exceeds this limit.

HARDWARE COMPARISON CHART

Hardware chart:

For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you.

NO.	DESCRIPTION	QTY.
15	M6 Screw	2
16	M6 Nut	2
17	M8 Fixing Bolt	2
18	Washer	4
23	Handle Screw	2
25	Computer Fixing Screw	2
30	Wrench Tool	1
31	Phillips Head Tool	1
34	Locking Knob	2



MILLIMETERS

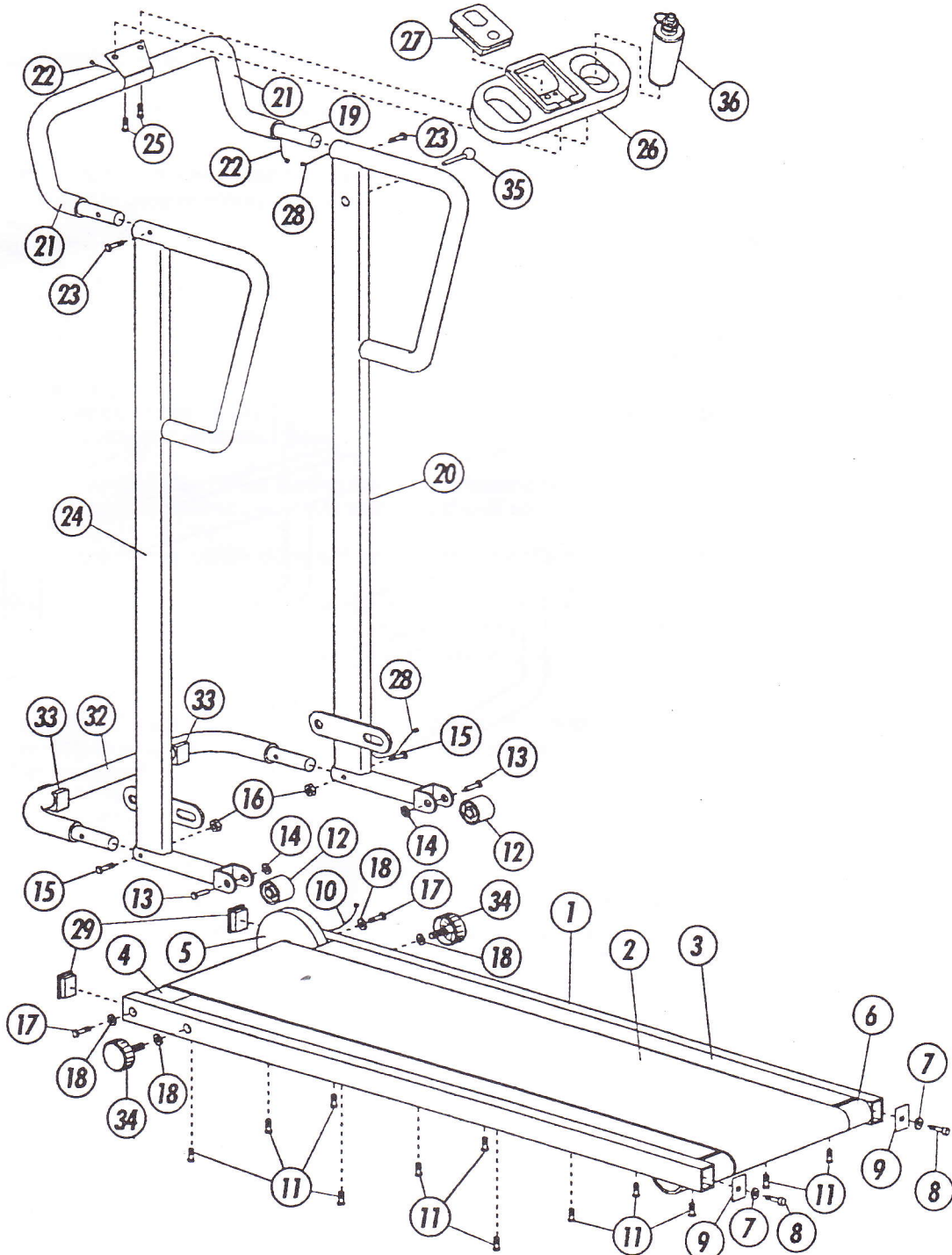
PHOENIX TR-10 MANUAL TREADMILL

PARTS LIST

No.	Description	Qty.	Order No.	No.	Description	Qty.	Order No.
1	Main Frame	1	98510-01	30	Wrench Tool	1	98510-30
2	Belt	1	98510-02	31	Phillips Head Tool	1	98510-31
3	Frame Board	1	98510-03	32	Front Support	1	98510-32
4	Front Roller	1	98510-04	33	Plastic Stop	2	98510-33
5	Flywheel	1	98510-05	34	Locking Knob	2	98510-34
6	Rear Roller	1	98510-06	35	Stop Knob	1	98510-35
7	Washer	2	98510-07	36	Water Bottle	1	98510-36
8	Belt Tension Bolt	2	98510-08				
9	Rear End Plate	2	98510-09				
10	Sensor Wire	1	98510-10				
11	Fixing Screw	12	98510-11				
12	Leg Wheel	2	98510-12				
13	Wheel Pin	2	98510-13				
14	Star Lock Washer	2	98510-14				
15	M6 Screw	2	98510-15				
16	M6 Nut	2	98510-16				
17	M8 Fixing Bolt	2	98510-17				
18	Washer	4	98510-18				
19	Front Handle	1	98510-19				
20	Right Upright	1	98510-20				
21	Handle Grip	2	98510-21				
22	Upper Wire	1	98510-22				
23	Handle Screw	2	98510-23				
24	Left Upright	1	98510-24				
25	Computer Fixing Screw	2	98510-25				
26	Console	1	98510-26				
27	Computer	1	98510-27				
28	Central Wire	1	98510-28				
29	Front End Cap	2	98510-29				

PARTS DIAGRAM

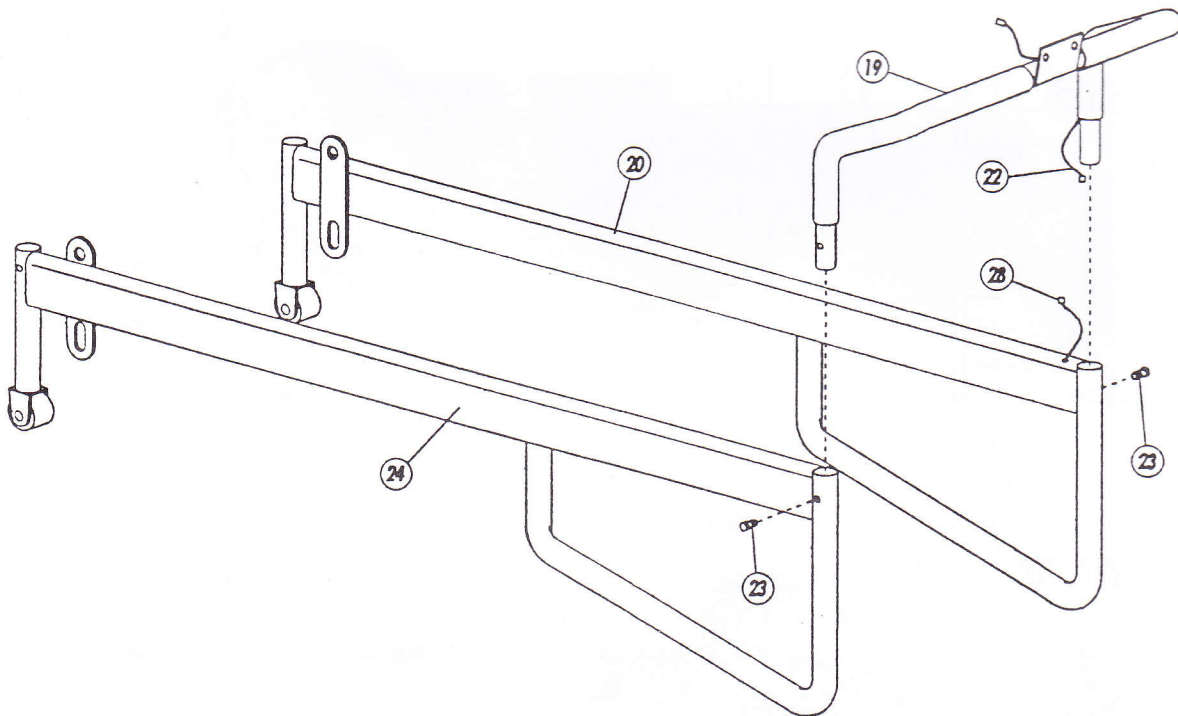
A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.



ASSEMBLY**STEP 1:**

Attach Right Upright (20) and Left Upright (24) to the Front Handle (19). Secure with Screws (23) but do not tighten fully until the entire unit has been assembled.

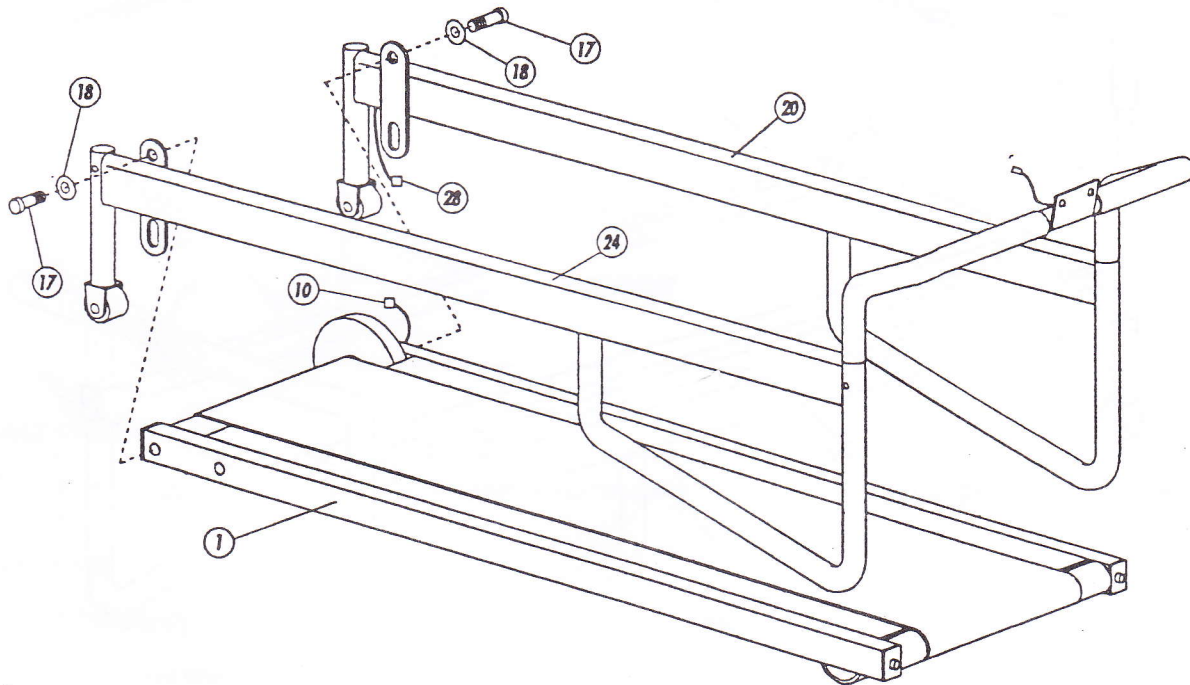
Connect the Upper Wire (22) with the Central Wire (28).



ASSEMBLY**STEP 2:**

Place the Main Frame (1) inside the assembly. Fit the front sides of the Main Frame (1) to the plates on the Handlebar Uprights (20 and 24). Secure with Fixing Bolts (17) and Washers (18). Do not fully tighten the bolts until the unit is fully assembled.

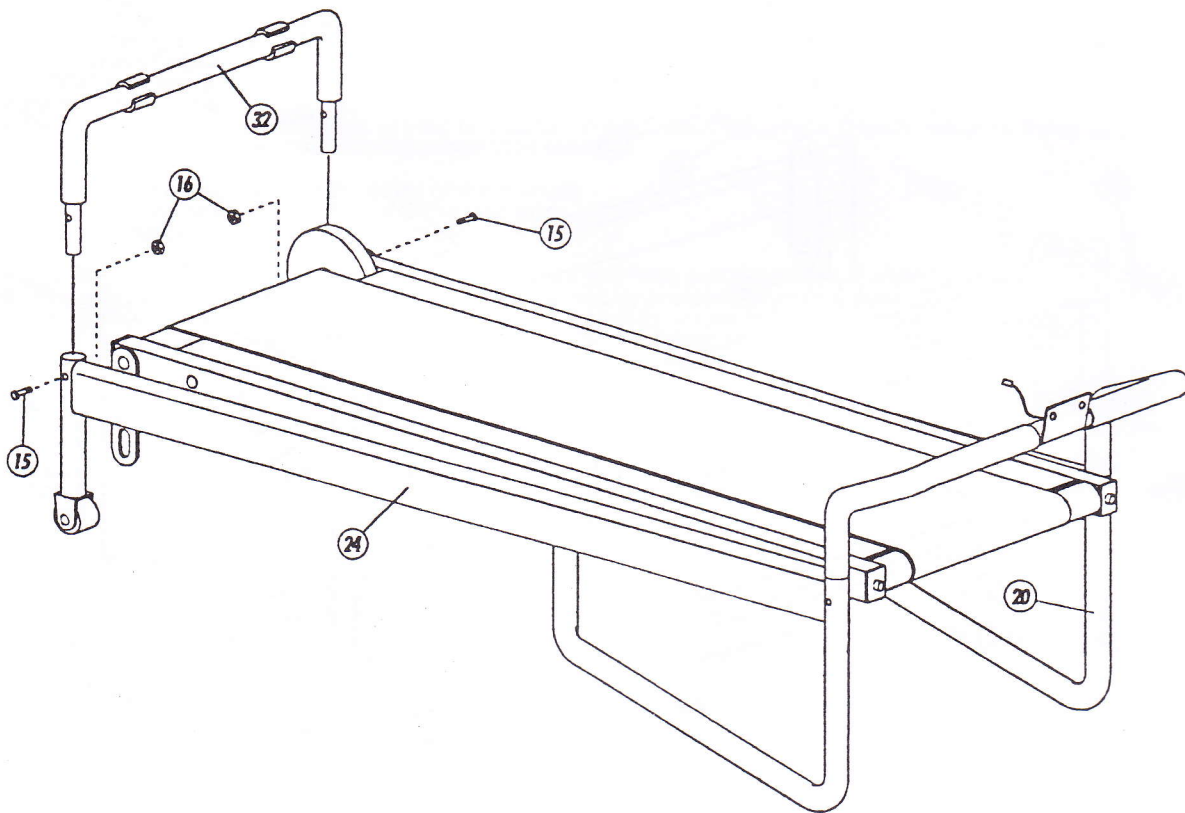
Connect the Central Wire (28) with the Sensor Wire (10).



ASSEMBLY

STEP 3:

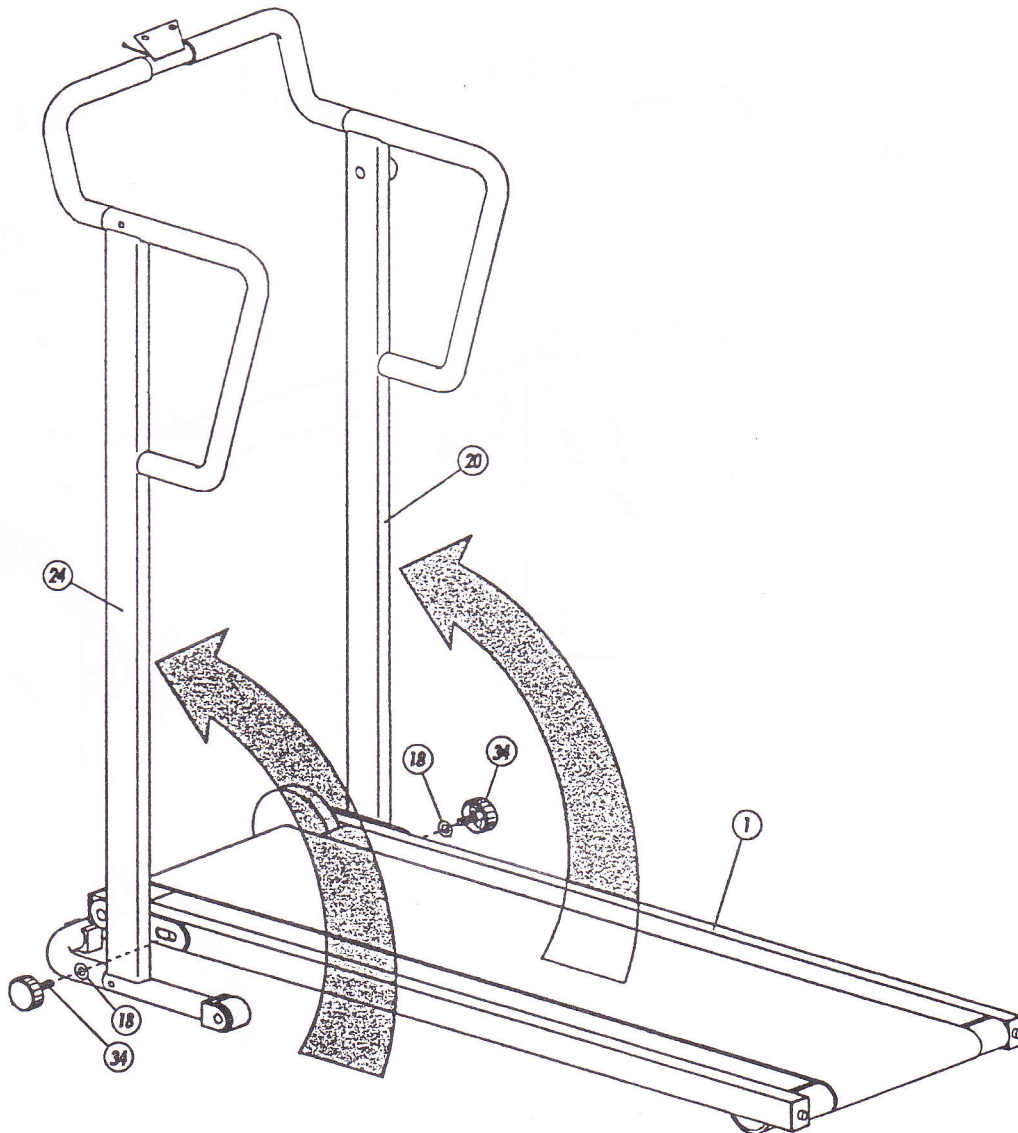
Attach the Front Support (32) to the ends of the Right and Left Handlebar Uprights (20 and 24). Secure with M6 Bolts (15) and M6 Nuts (16). Do not fully tighten until the entire unit has been assembled.



ASSEMBLY

STEP 4:

Rotate the frame assembly up as shown. Secure by inserting the Washers (18) and Locking Knobs (34) through the plates on the Right and Left Handlebar Uprights (20 and 24) into the Main Frame (1).



ASSEMBLY**STEP 5:**

Attach the Console (26) to the Front Handle (19). Secure with Fixing Screws (25) as shown.

Connect the Upper Wire (22) to the Computer (27).

Should you ever need to replace the batteries in the Computer (27) simply remove the battery door from the rear of the unit.

