



Scientific Solutions For Fitness™

AC7000 and DC4000 Program Treadmill Products

Fit-Key™ Compatible

Operations Manual

SALES: 800-278-3933 • 918-359-2000

CUSTOMER SERVICE: 800-745-1373

www.scifit.com

Log Your Model Number: _____

Log Your Serial Number: _____

Log Your Date of Purchase: _____

Important Safety Instructions

Read all instructions before using your SCIFIT exercise machine! Save these instructions!

Danger! To minimize risk of electric shock: Connect to a dedicated, properly grounded outlet only. See Power Requirements below. Also, always unplug this appliance from the electrical outlet immediately after using and before cleaning.

Warning! To reduce risk of burns, fire, electric shock, or injury to persons:

.....

1. Close supervision is necessary when exercise machine is used by, on or near children or disabled persons. Keep children away from treadmill deck, especially when in operation.
2. Use the exercise machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
3. To make any adjustment during your workout, STOP the machine and make the necessary adjustments.
4. Never operate the exercise machine if it has a damaged electrical/power cord or plug, if it is not working properly, or if it has been damaged. Call the dealer the exercise machine was purchased from for further information about repair options.
4. Keep the electrical/power cord away from heated surfaces, and from the elevation mechanism.
5. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair and other debris.
6. Never drop or insert any object into any opening.
7. Do not use outdoors.
8. Do not operate where aerosol (spray) products are being used or in an oxygen rich environment.
9. To disconnect, turn off the switch and unplug from the wall outlet.

**Lire toutes les directives avant d'utiliser l'appareil SCIFIT !
Conserver les présentes directives !**

Danger ! pour minimiser les risques
de chocs électriques :

Raccorder l'appareil uniquement à une prise adéquatement mise à la terre. Se reporter à la section Alimentation requise ci-dessous. Il faut également débrancher l'appareil de la prise électrique immédiatement après son utilisation et avant sa maintenance.

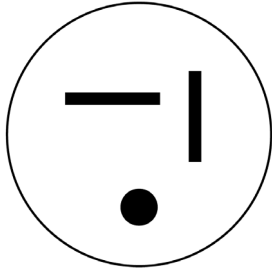
Avertissement ! afin de réduire les
risques de brûlures, d'incendies, de chocs
électriques ou de blessures :

-
1. S'assurer d'une supervision étroite lorsque l'appareil est utilisé par des enfants ou des personnes handicapées, en leur présence ou près d'eux. Les garder éloignés de la plate-forme de l'appareil, en particulier lorsqu'il est en marche.
 2. N'utiliser l'appareil qu'en conformité avec l'usage auquel il est destiné, tel que décrit dans le présent manuel. Ne pas utiliser de pièces accessoires non recommandées par le fabricant
 3. ARRÊTER l'appareil avant de procéder à tout réglage.
 4. Ne pas utiliser l'appareil si celui-ci, son cordon ou sa fiche sont endommagés ou s'ils ne fonctionnent pas correctement. Contacter le détaillant où l'appareil a été acheté pour connaître les options de réparation..
 5. Garder le cordon éloigné des surfaces chauffées et du mécanisme d'élévation.
 6. Ne jamais utiliser l'appareil lorsque les prises d'air sont colmatées ; les garder libres de charpie, cheveux ou autres matières ou objets pouvant les obstruer.
 7. Ne jamais déposer ou insérer d'objets dans les ouvertures.
 8. Ne pas utiliser l'appareil à l'extérieur.
 9. Ne pas faire fonctionner l'appareil là où des produits aérosols (spray) sont utilisés ou dans un environnement riche en oxygène.
 10. Pour déconnecter l'appareil, mettre l'interrupteur à l'arrêt et débrancher la fiche de la prise murale.

Important Safety Instructions

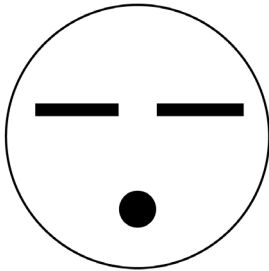
Power Requirements – AC7000 and DC4000 (220V)

Figure A: Receptical and Plug Diagram



NEMA 6-20R (Receptical)
NEMA 6-20P (Plug)

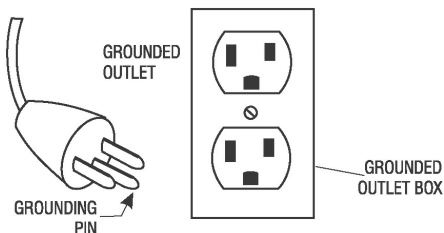
Figure B: Receptical and Plug Diagram



NEMA 6-ISR (Receptical)
NEMA ISP (Plug)

Power Requirements – DC4000 (110V)

Figure C: Grounded Outlet Diagram



1. SCIFIT's **AC7000** treadmill requires a **208-265 Volt/20 AMP dedicated circuit**. The **DC4000 (220V)** treadmill requires a **208-265 Volt/15 AMP dedicated circuit**. The circuit must have a **minimum of 12 gauge wire**. A dedicated circuit is a power outlet reserved for the exclusive use of your treadmill. This requires a power line to be routed from the main breaker box or subpanel to the power outlet for the treadmill. **The outlet should not be shared with any other piece of equipment**. Isolated grounds are highly recommended. If you have not previously arranged for such an outlet, contact a qualified electrician to have one installed. An insufficient power supply may cause your treadmill to function improperly and will void the warranty.
2. **DANGER:** Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. **Do not modify the plug** provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician

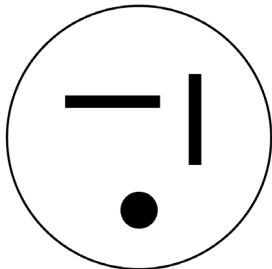
If you or your electrician have any questions, contact SCIFIT Product Support at 800-745-1373 or 918-359-2000.

1. SCIFIT's **DC4000 (110V)** treadmill requires a **120 Volt/20 AMP dedicated circuit**. The circuit must have a **minimum of 12 gauge wire**. A dedicated circuit is a power outlet reserved for the exclusive use of your treadmill. This requires a power line to be routed from the main breaker box or subpanel to the power outlet for the treadmill. **The outlet should not be shared with any other piece of equipment**. If you have not previously arranged for such an outlet, contact a qualified electrician to have one installed. An insufficient power supply may cause your treadmill to function improperly and will void the warranty.
2. **DANGER:** Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. **Do not modify the plug** provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician

If you or your electrician have any questions, contact SCIFIT Product Support at 800-745-1373 or 918-359-2000.

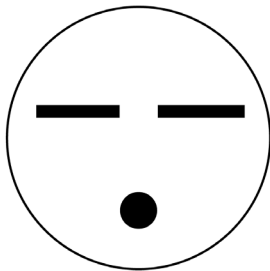
Alimentation requise – 7000 CA et 4000 CC (220 V)

Figure A : diagramme de l'obturateur et de la fiche



NEMA 6-20R (obturateur)
NEMA 6-20P (fiche)

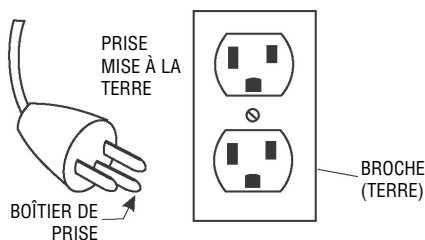
Figure B : diagramme de l'obturateur et de la fiche



NEMA 6-ISR (obturateur)
NEMA ISP (fiche)

Alimentation requise – 4000 CC (110 V)

Figure C : diagramme de la prise mise à la terre



1. Les tapis roulants **7000 CA et 4000 CC (220 V)** exigent un **circuit spécialisé de 208-265 volts, 20 A ayant un calibre minimal de 12**. Par circuit spécialisé, on entend une prise réservée pour l'usage exclusif du tapis. Il faut donc acheminer une ligne électrique du boîtier principal des disjoncteurs ou du panneau secondaire jusqu'à la prise du tapis. **Aucun autre dispositif ne doit être branché sur la prise.** On recommande par ailleurs fortement une mise à la terre isolée. Si une telle prise n'est pas déjà à sa disposition, on doit contacter un électricien qualifié pour faire procéder à son installation. Une alimentation déficiente peut en effet causer un mauvais fonctionnement du tapis et annuler la garantie.
2. **DANGER:** un raccordement inadéquat du conducteur de terre de l'appareil peut causer un choc électrique. En cas de doute concernant la mise à la terre correcte de l'appareil, consulter un électricien ou technicien. **Ne pas modifier la fiche** fournie avec l'appareil ; si elle ne convient pas à la prise, demander à un électricien qualifié d'en installer une qui soit adéquate.

L'acheteur ou l'électricien peut adresser toute question au service d'assistance de SCIFIT en appelant le (918) 359-2000 (aux Etats-Unis).

1. Les tapis roulants **4000 CC (110 V)** exigent un **circuit spécialisé de 120 volts, 20 A ayant un calibre minimal de 12**. Par circuit spécialisé, on entend une prise réservée pour l'usage exclusif du tapis. Il faut donc acheminer une ligne électrique du boîtier principal des disjoncteurs ou du panneau secondaire jusqu'à la prise du tapis. **Aucun autre dispositif ne doit être branché sur la prise.** Si une telle prise n'est pas déjà à sa disposition, on doit contacter un électricien qualifié pour faire procéder à son installation. Une alimentation déficiente peut en effet causer un mauvais fonctionnement du tapis et annuler la garantie.
2. **DANGER:** un raccordement inadéquat du conducteur de terre de l'appareil peut causer un choc électrique. En cas de doute concernant la mise à la terre correcte de l'appareil, consulter un électricien ou technicien. **Ne pas modifier la fiche** fournie avec l'appareil ; si elle ne convient pas à la prise, demander à un électricien qualifié d'en installer une qui soit adéquate.

L'acheteur ou l'électricien peut adresser toute question au service d'assistance de SCIFIT en appelant le (918) 359-2000 (aux Etats-Unis).

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Thank you for your purchase of the SCIFIT treadmill. We have incorporated the finest technology and ergonomic design into this machine to assist you in achieving your fitness goals. However, for your safety, please adhere to the following recommendations before you begin to exercise.

Fit-Key™

Your SCIFIT treadmill is equipped with a Fit-Key receptacle. Contact SCIFIT to learn more about the Fit-Key exercise protocol and documentation software.

Consult Your Physician

Consult your physician or medical specialist before participating in any exercise program, especially if you are pregnant, or if you are suffering from: heart disease, respiratory disease, diabetes, hypertension, high blood pressure, elevated cholesterol, arthritis, or any other diseases or physical complaints.

Warm Up and Cool Down

To prevent muscle injuries and soreness, you should always warm up (at least 5 minutes) and cool down (at least 5 minutes) by doing a series of stretches before and after each workout.

Exercise at Your Own Level

Increase your exercise level gradually, and avoid sudden, erratic, or careless exercise. The key to a successful exercise program is consistency.

Stay Within Your Target Heart Rate Zone

For healthy beginners, start exercising two to four days a week with your heart rate in the target zone for about twenty (20) minutes each day. See the **Target Heart Rate Graph** to find your approximate target heart rate zone. This generalized target zone represents the range of heart rate values between 60% and 85% of your maximum heart rate.

Your approximate maximum heart rate (**MHR**) is equal to 220 minus your age. The upper limit of your target zone is equal to 0.85 times your **MHR**. The lower limit of your target zone is equal to 0.60 times your **MHR**.

For example, if you are 40 years old, your approximate MHR is equal to 180 (220 minus 40). Therefore, your target zone is between 60% of 180 (0.60 x 180) = 108, and 85% of 180 (0.85 x 180) = 153. So for a 40 year old, the target heart rate zone is between 108 and 153.

Try to stay within the target heart rate zone to achieve optimal fitness training. Avoid exceeding your maximum target heart rate as this may cause stress, fatigue, and/or injuries to your body. At the same time, you need to sustain the intensity level of your exercise above the minimum target heart rate in order to achieve significant benefits in your fitness level.

CAUTION: When To Stop Exercising

Stop exercising immediately if you feel nausea, dizziness, sharp pain, or any other physical discomfort. Do not resume until you consult with a physician.

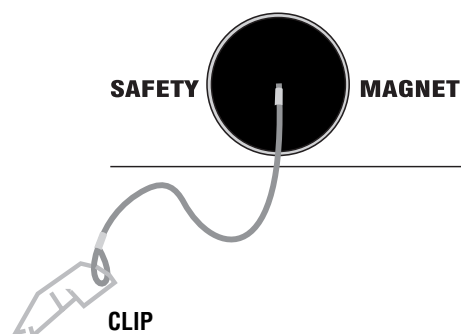
Train Intelligently

To ensure a future of good health, you should always eat well balanced meals, drink plenty of fluid/water during a workout, and stay fit by exercising intelligently.

Safe Use of Treadmill

- The safest position is with your feet on each top side frame, straddling the running belt. Step onto the running belt after you have started the treadmill to prevent injury.
- To balance yourself look straight ahead and hold on to the siderail or handlebars.
- It is common to feel slightly dizzy after getting off the treadmill after a workout. This is because the ground has been moving under you. To help avoid this, turn the treadmill down to a slow speed and cool down for several minutes before getting off.
- A treadmill is not for children to play on. Use common sense when operating this treadmill and observe all caution stickers.
- Keep hands and fingers away from all areas that could cause injury such as the front and back rollers.
- **Never place** rear of the treadmill near an obstruction.
- **Never put** any substance underneath the treadmill running belt.
- **Do not spill** any liquid on the treadmill running belt.

Emergency Stop Magnet



The Emergency Stop Magnet serves two purposes:

- **To stop the treadmill quickly in emergency situations** by pulling the magnet from the control panel.

Attach the Emergency Stop Clip to your clothing, in the front chest area, using the Grip Teeth (see Figure to left) before beginning your workout. If you should fall or slip backward during the workout, the magnet will pull away from the control panel and the running belt will come to a rest.

- **To prevent the unauthorized use of the treadmill.** At home, the magnet can be removed to insure that children cannot use the equipment. In a commercial setting, the magnet can be used as a check-out device.

Assembly

The treadmill comes pre-lubricated and ready to use. Some treadmills are shipped with the handlebars removed. To assemble, set the handle bars in place over the elevation racks and bolt together with the hardware provided. Plug the ribbon cable into the lower power supply circuit board. Install the motor cover with the bolts provided and connect static drain cable.

Caution: Do not run power cord under treadmill to avoid damage to the power cord by the belt or elevation racks.

Moving

The treadmill has wheels attached to the front of the motor end for easy handling. These built-in wheels are designed for short distance relocation of the treadmill, not for moving or delivery. To move a short distance, elevate to 10%, unplug from wall outlet, lift rear of treadmill, then move. Please use a platform dolly to move the treadmill longer distances.

SCIFIT Treadmill Settings Table

These settings enable the club owner/manager to customize certain features of the treadmill. To enter the "User Setup" Mode, press the ELEVATION UP and ELEVATION DOWN keys simultaneously for three (3) seconds (until "User Setup" is shown in the top display). Press ENTER to advance from one setting to the next.

| No | Top Window | Function | Time Window | Active Keys | Default | Range |
|----|---------------------------------------|--|--------------------------------------|--------------------|----------|---------------------------|
| 1 | Version | Displays Firmware Version | Installed Firmware Version Ex: 1.4.1 | NA | NA | NA |
| 2 | Language Setting | Displays Set Language | NA | Speed Elevation | English | English German/Spanish |
| 3 | Selected Unit of Measure US or Metric | Selects a System Of Measure | NA | Speed Elevation | US | US/Metric |
| 4 | Duration | Select Maximum Workout Time Available to User | Selected Max Time | Speed Elevation | 0:00 | 0-90 Minutes |
| 5 | U.SPD | Limits Maximum User Speed | N/A | Speed Elevation | 15.0 MPH | .3 MPH - 15 MPH |
| 6 | Mets | Select whether Mets are displayed | N/A | Speed Elevation | On | On/Off |
| 7 | Peizo Old or New | Selects Peizo Architecture | N/A | Speed Elevation | New | Old/New |
| 8 | Total Distance | Displays Total Distance | Distance in Miles or Kilometers | N/A | N/A | N/A |
| 9 | Total Hours | Displays Total Hours in a Program | Time in Hours | N/A | N/A | N/A |
| 10 | Flip In | Displays Distance Until Deck Needs to be Flipped | Distance in Miles or Kilometers | N/A | N/A | N/A |
| 11 | ECal | Elevation Calibration | N/A | Elevation | N/A | N/A |
| 12 | SCal | Speed Calibration | N/A | Elevation | N/A | N/A |

Placement

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 Avoid placing the treadmill in direct sunlight, in areas of extreme temperature or humidity, or where the equipment may be splashed with any fluid. This treadmill is intended for indoor use only. Position treadmill so the plug is easily accessible. Allow a minimum of 19" or 48cm between treadmill and wall or other treadmills. Position the equipment so the plug is easily accessible.

Deck Maintenance

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 The treadmill deck is prewaxed and needs minimal maintenance. See deck/belt friction procedure below. Check deck for excessive wear beginning at 6,000 miles or at least every 6 months.

Running Belt Tension

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 If running belt slips during normal operation (user within specified weight restrictions and running or walking with normal stride) follow procedure below to adjust belt tension.

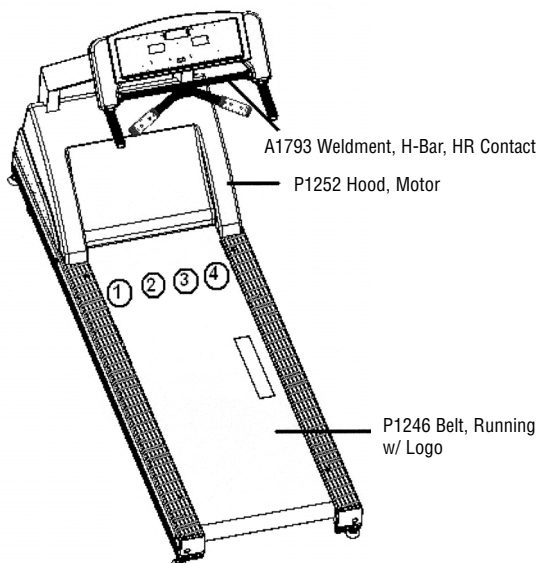
Adjusting Belt Tension:

1. Locate left and right belt tensioning screws in the endcaps at the rear of treadmill. With 5/16" or 8mm Allen wrench tighten (turn clockwise) each side equally in 1/4 turn increments until belt no longer slips.
2. If belt does not track in the center of the deck, tighten the tensioning screw 1/8 turn on the side on which the belt is too far toward and loosen the other screw 1/8 turn. Repeat until belt tracks in the center of deck. Allow treadmill to run for 2 minutes at 5 mph to insure belt is tracking correctly.



IMPORTANT NOTE: More belt tension than necessary to prevent slipping is "over-tensioning". Over-tensioning the running belt can cause shut down, premature belt, deck and roller failure. For this reason, running belts and decks are considered as "normal wear" items that are not covered by warranty. Over-tensioning can also reduce treadmill performance characteristics and "feel".

AC7000 Deck/Belt Friction Test



1. With the treadmill either turned off or in idle mode, stand on the running belt (P1246) with your feet in positions 1 and 4. Position your toes so they are approximately 12 inches (30cm) from the motor hood (P1252).
2. Place both hands on the handle bar (A1793).
3. Push on the handle bar to see if you can propel yourself backwards on the running belt. **Reminder: Your full weight needs to be on the running belt and your feet in positions 1 and 4.**
4. Repeat step 1-3 with your feet in positions 2 and 3 instead of positions 1 and 4.

Note: If you can propel yourself without the belt binding up in either foot position set, the belt and deck friction should not be a problem. If the friction is significantly higher in one foot position set than the other or the belt binds up or sticks in either, the belt needs to be replaced and the deck flipped or replaced.

After intense training, always clean your SCIFIT product. Perspiration that stays in contact with the frame, casings, and control panel may cause rust or other damage.

Clean surfaces with water and mild soap, such as diluted *Simple Green*[®]. Dry with a towel. Follow the Schedule below to maintain optimal performance of a SCIFIT treadmill.

Weekly

Clean exterior

- Wipe the control panel with the damp cloth – do not spray liquid directly on it.
- Clean the machine with water and mild soap, such as diluted *Simple Green*[®].
- Dry with a clean towel.

Monthly

Turn off the treadmill at the main power switch before removing the motor hood. Do not touch the electronics to prevent inducing static electricity damage.

• **Remove motor hood.**

- Vacuum the interior of the drive system using a non-conductive (plastic) wand. Do not touch electronics.
- Blow debris off the electronics with low-pressure compressed air.
- Inspect elevation racks for adequate lubrication and contaminated grease.
- DC 4000 treadmill only: Inspect the input wiring terminal block for discoloration from overheating.

• **Inspect drive belt.**

- Check for fraying and cracking.
- Verify the belt tension is adjusted correctly.
- Verify the belt does not contact the side flanges of the drive motor pulley.

• **Inspect running belt.**

- Check for excessively frayed edges.
- Check for splice (seam) separation.
- Verify the belt tension is adjusted correctly.
- Verify the belt-to-deck friction is not excessive.
- Verify the belt tracks straight down the center of the deck.

Quarterly

• **DC 4000 treadmill only:**

- Remove the drive motor inspection plate – check the condition of armature brushes.
- Replace the brushes if they are cracked, or measure less than 1/2 inch long.

As Needed

• **Grease elevation racks.** If grease is contaminated, wipe dry and reapply. Use *Permatex Super Lube*[®] synthetic grease.

• **See deck/belt friction procedure** on previous page.

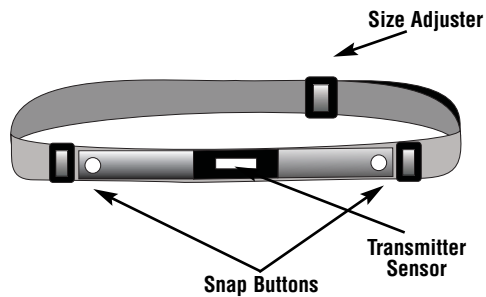
• **Flip deck, clean rollers, and change** (replace with new) **running belt.**

- At a minimum, this should be performed every 12 months or 6,000 miles / 9656 km, whichever comes first.
- If this interval is exceeded, the message “FLIP”, will be displayed as a reminder.

Damage resulting from insufficient maintenance will not be covered by warranty.

Any other servicing should be done by an authorized service representative.

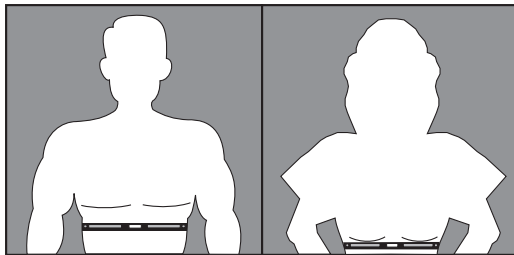
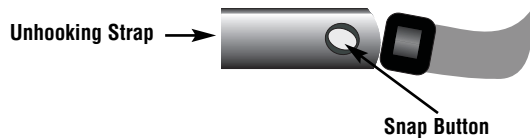
Uses of the Heart Rate Transmitter Strap



The wireless heart rate transmitter strap accessory is a useful device if you desire continuous feedback on your current heart rate during a workout.

The Heart Rate Control program enables the user to set-up a target heart rate. Through real-time monitoring of the user's heart rate, the computer maintains the user's heart rate at or below this established target rate by decreasing the elevation if the user's heart rate exceeds the target.

Activating The Transmitter



To activate the Heart Rate Transmitter Strap, follow the steps below:

1. Unhook the strap by slightly twisting the snap button on either side outward until you can pull the button through the hole.
2. Adjust the strap (with the size adjuster), so it fits snugly around your chest just below the pectoral muscle or breasts.
3. Position the strap so that the transmitter sensor is directly in the center of the chest as shown in the illustration.
4. To activate the transmitter, moisten the underside of the sensor. (The sensor may be worn either directly against the skin, or over a shirt, as long as the portion of your skin or shirt that is in direct contact with the sensor has been moistened.)

De-activating the Transmitter

The transmitter is automatically turned off when you take it off. Be sure to wipe the strap thoroughly with a dry cloth after each workout to ensure reliable operation.

Signal Interference

Inaccurate heart rate reading may occur if you use the transmitter within an area near other sources of electromagnetic radiation. Examples of such sources include: other fitness equipment, other heart rate transmitters, and televisions. To reduce erroneous readings, be sure to allow a minimum of 3-1/2 feet (1 meter) between each radiation source.

CAUTION: Pacemaker Wearers

Never use the Heart Rate Transmitter strap if you wear an electrical heart pacemaker or other electrical medical device. This could be extremely dangerous since the Heart Rate Transmitter can interfere and cause electrical disturbances to those devices.

Contact Heart Rate

For those models with contact heart rate, simply grip the contact pads lightly. After a short delay the pulse reading will appear on the display. If a heart strap transmitter is worn, it will override the contact pickup.

SCIFIT treadmills offers exercise programs: Manual, Heart Rate Control and several different Profile programs. A description of each exercise program is summarized in this section.



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The Quick Start **Manual** program allows the user to adjust the speed or elevation to a desired setting. This setting will not change unless the user manually increases or decreases the speed or elevation using the UP or DOWN arrow keys.



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The **Heart Rate Control Incline** program automatically adjusts the incline of the treadmill in response to changes in the exerciser's heart rate so as to put the exerciser as near as possible to the desired Target Heart Rate. In the Heart Rate control program, the user controls speed using the UP or DOWN arrow Keys.

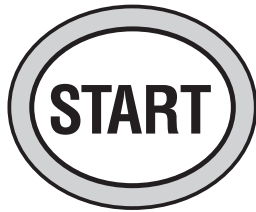
Note: Transmitter Strap Only – Contact Grips will not work in this program.



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SCIFIT offers several programs with speed and elevation profiles, or changes, during the program. Each push of the program button will call up a different profile, which will be shown in the large dot matrix window.

START Key



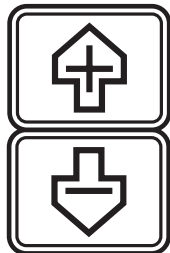
Starts the treadmill.

STOP/CLEAR Key



When pressed during a workout, this key stops the treadmill in a pause mode. Press **STOP** a second time to clear the program, or press **START** again to continue the program.

SPEED AND ELEVATION UP and DOWN ARROW Keys



Adjust speed and elevation as desired.

ENTER Key



Press **ENTER** after choosing the desired program, speed, time or target heart rate.

SELECT Key



Press **SELECT** to set the multifunction display in desired display mode.

PROGRAMS Key



Press the **PROGRAMS** button to select one of the profile programs. Continue to press the program button to scroll through all program options.

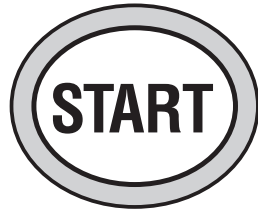
HEART RATE Key



Press the **HEART RATE** button to enter the Heart Rate Control program. (Transmitter Strap must be worn)

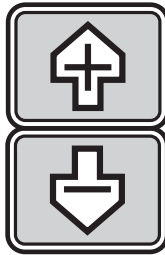
Step-by-Step Instructions for Operating the Manual Quick Start Program:

Press **START**



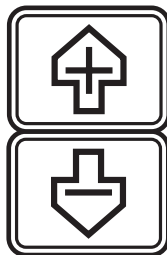
.....
Press **START**. The treadmill will start at the minimum speed and elevation. The time will begin counting up from zero.

Adjust Speed



.....
Adjust speed as desired with the **UP** or **DOWN ARROW** keys.

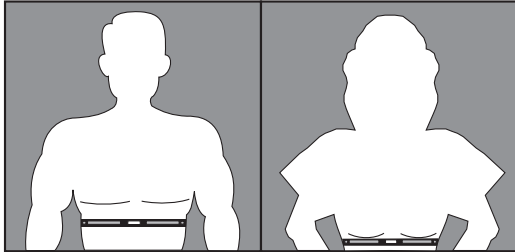
Adjust Elevation



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Adjust elevation as desired with the **ELEVATION UP** or **DOWN ARROW** keys.

Step-by-Step Instructions for Operating the Heart Rate Control Program

Put on the Heart Rate Transmitter Strap



The **Heart Rate Transmitter Strap** is required for this program. Refer to **Section 4-1**, Heart Rate Transmitter Strap, for a complete set of instructions on using the strap. Without transmitter strap, the Heart Rate Control Program will shut down. The Heart Rate Control Program will not operate with the contact pulse grip system.

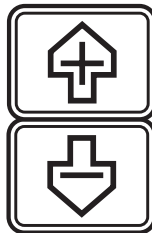
Select Heart Rate Control Program

Push **HEART RATE**, then **ENTER**.



Set Target Heart Rate

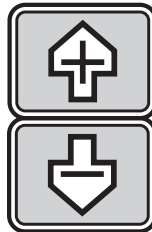
Use the **HEART RATE UP** or **DOWN ARROW** key to adjust the target **Heart Rate**. The default value is 100 beats per minute. Refer to the **Target Heart Rate Zone** in the **Introduction** section to determine your appropriate target heart rate value. Target Heart Rate may be adjusted during the workout.



Press **ENTER**.

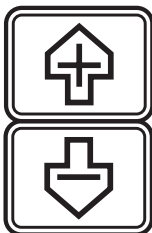
Set Speed

Use speed **UP OR DOWN KEYS** to set desired workout speed. Press **ENTER**.



Set Time

Use either **UP OR DOWN KEYS** to set desired workout time. Press **ENTER**.



Press Start

Press **START** to begin.



The treadmill belt will begin to move at the selected speed. The program will automatically adjust elevation to reach the desired heart rate. Speed may be adjusted manually at anytime during the workout.

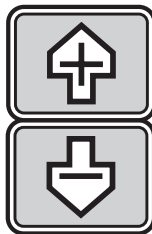
Step-by-Step Instructions for Operating a Hill/Speed Profile Program

Select Program



Push the **PROGRAM** key until the desired hill/speed profile is displayed. The respective profiles appear in the dot matrix window, speed on top, elevation on bottom. The selection includes elevation based programs and speed based programs. Once the desired program is displayed, press **ENTER**.

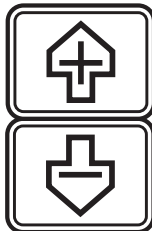
Set Maximum Speed



Set maximum Speed using the **SPEED UP/DOWN KEYS**. Be careful to select a maximum speed you are comfortable with.

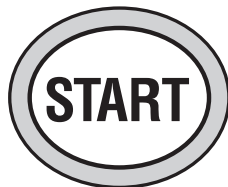
When using an elevation based program, each speed has a corresponding elevation. Therefore, changing speed will automatically change elevation to the preset level. In a speed based program, elevation may be adjusted at any time during the exercise, independent of speed. Press **ENTER**.

Select Time



Use either **UP OR DOWN ARROW KEYS** to set desired workout time. Press **ENTER**.

Press Start



Press **START** to begin. Maximum Speed may be adjusted any time during the workout.

SCIFIT Statement of Warranty

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SCIFIT warrants, to the original purchaser, new products against defective workmanship and/or materials under normal and proper use subject to the following limitations.

(a) SCIFIT's obligation shall apply to both parts and the cost of labor required to replace or repair a defective product for a period of one (1) year from *user purchase date as documented by warranty card and if warranty card has not been returned by user then date of shipment from the factory*. Thereafter, for a period of two (2) years, such obligation shall extend only to the supply of replacement parts or products with any labor costs associated with such replacement or repair to be at Buyer's expense.

With regard to the AC7000 "drive package" (vector drive control, filter and belt drive motor), the parts warranty extension shall be three (3) years beyond the original one year term.

(b) SCIFIT's obligation shall be limited to repairing or replacing defective parts. No allowance shall be granted for repairs made by Buyer without SCIFIT's prior written approval. The decision to replace or repair shall be solely at SCIFIT's election.

(c) SCIFIT's warranty does not apply to parts requiring replacement or repair due to abnormal wear and tear, improper use, corrosion (perspiration), improper maintenance, improper rated, grounded or dedicated electrical circuits or improper storage, nor does it apply where all or part of the product has been altered from its original state.

(d) THIS WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESSED OR IMPLIED, ARISING BY LAW OR OTHERWISE INCLUDING WARRANTY OR MERCHANTABILITY OF FITNESS FOR PARTICULAR PURPOSE, AND IS IN LIEU OF ALL OTHER LIABILITIES OF SCIFIT INCLUDING DIRECT, INDIRECT, SPECIAL AND CONSEQUENTIAL DAMAGES OR PENALTIES EXPRESSED OR IMPLIED WHETHER ARISING OUT OF CONTRACT, NEGLIGENCE OR OTHER TORT.

(e) Certain wear items are excluded from warranty coverage unless determined to be defective. These items include, but are not limited to:

- Deck, Running Belt, Rubber Grips, Rubber Feet, End Caps, Console Overlay

Freight and Shipping

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SCIFIT is NOT responsible for the repair or replacement of any unit or part damaged during transit or installation. Fire, flood and acts of God are NOT covered under this warranty. The customer is responsible for inspection of each unit and part for shipping damage at the time of delivery or installation. The customer is responsible for pursuing all freight damage claims with the appropriate transit company. ***If the customer signs an unqualified receipt for freight-damaged goods, customer is solely responsible for the cost of repair or replacement for such freight damage.***

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Maintenance

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After training, always wipe down your SCIFIT exercise product. Perspiration that continuously settles on frame, upholstery, casings and control panels may eventually cause rust or damage. Damage resulting from lack of maintenance will NOT be covered under warranty. To clean upholstery, use mild soap and warm water. Dry with a clean towel. Refer to the Treadmill maintenance schedule.

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Electrical Requirements

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AC7000 or DC4000 (220V): 208V-265V, 20 amp dedicated
DC4000 (110V): 120V, 15 amp dedicated

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Service Procedure

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For service on SCIFIT products, call 1-800-745-1373, 918-359-2000 or fax 1-918-359-2045. The service consultant will assess the problem and arrange a local service call if necessary and/or provide parts as described herein.

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Parts Supply

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During the first 30 days, warranty parts will be shipped via overnight delivery. Determination must be made before 2:00 p.m. Central Time on any given weekday for next day delivery. During the remainder of the first year warranty period, parts requirements will be filled second day air. Thereafter, parts will be supplied via ground shipment. The customer is welcome to request overnight or second day parts shipping at customer's expense. If requested, SCIFIT will charge the customer's UPS or Federal Express account, or COD the difference in freight cost between ground shipment and overnight or second day.
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Return Parts

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In order to research the problem and to help ensure it does not reoccur, the rapid return of defective parts is our biggest help! Thank you in advance for your assistance.
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All defective parts must be returned to the SCIFIT factory **within 20 days** of receipt of replacement part for invoice credit. Electronics core charge is \$100.00 on all electronics. Otherwise, SCIFIT will expect payment on the parts invoice net 30 days. It is important that all parts are returned, not only for warranty verification, but for factory assessment and to aid in SCIFIT's mission to improve quality.

Please follow these three easy steps for returning parts:

Step 1: Keep the box and packing material in which the new parts arrived.

Step 2: Wrap the defective part and place in the box for safe return. Please take a brief moment to fill in the corresponding return parts form.

Step 3: SCIFIT service will have a UPS prepaid return label in the parts box for only those parts that need to be returned. Call UPS at 1-800-742-5877 for pick-up. When ALL of the parts are received and inspected at the factory, a credit will be issued for the original parts invoice. **Attention service companies:** labor invoices will NOT be paid until defective parts are returned to the factory.

Installation

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SCIFIT is NOT responsible for the repair or replacement of any unit or part damaged during transit or installation. Fire, flood and acts of God are NOT covered under this warranty. The customer is responsible for inspection of each unit and part for damage at the time of installation. The customer is responsible for pursuing all damage claims with the installer.
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Service Labor

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Where applicable, the SCIFIT service consultant will arrange a local field service technician to provide field support. Every effort will be made to schedule service during the two working days following notification of a problem or as soon as repair parts are available to the field service technician. Where possible, parts will be supplied in advance of the field service technicians so that the product is repaired with one call.

Name of Service Company _____
Contact Person _____ Phone _____
Address _____
City, State and Zip Code _____



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