# ENDURANCE®

by *Body-Solid*

# T25

# Table of Contents

# Important Safety Instructions

**Before beginning any fitness program, you should obtain a complete physical examination from your physician.**

*Il est conseille de subir un examen medical complet avant d'entreprendre tout programme d'exercice. Si vous avez des etourdissements ou des faiblesses, arretez les exercices immediatement.*

### *When using exercise equipment, you should always take basic precautions, including the following:*

- Read all instructions before using the T25. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide.
  Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate the unit after it has been dropped or damaged.
  Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit before each use.
  Make sure that all fasteners are secure and in good working condition.
- Do not use the equipment outdoors or near water.

## PERSONAL SAFETY DURING ASSEMBLY

- It is strongly recommended that a qualified dealer assemble the equipment.
  *Assistance is required.*
- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence.
  Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the T25 on a solid, level surface.
  Locate the unit a few feet from the walls or furniture to provide easy access.

The T25 is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your Endurance T25.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine

# Safety Guidelines

Successful cardio training programs have one prominent feature in common...safety.
Cardio training has some inherent dangers, as do all physical activities.
The chance of injury can be greatly reduced or completely removed by using correct running techniques, proper breathing, maintaining equipment in good working condition, and by wearing the appropriate clothing.

- **It is highly recommended that you consult your physician before beginning any exercise program. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.**

- **Always warm up before starting a workout. Try to do a total body warm up before you start. It is especially important to warm up the specific muscle groups you are going to be using. This can be as simple as performing a warm up set of high repetitions and light weight for each exercise.**

- **Always wear appropriate clothing and shoes when exercising. Wearing comfortable athletic shoes with good support and loose fitting, breathable clothing will reduce the risk of injury.**

- **Maintaining equipment in proper operating condition is of utmost importance for a safe cardio training program.**

- **Read and study all warning labels on this machine. It is absolutely necessary that you familiarize yourself and all others with the proper operation of this machine prior to use.**

- **Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.**

- **Inspect the machine daily for loose or worn parts. If a problem is found do not allow the machine to be used until all parts are tightened or worn or defective parts are repaired or replaced.**

- **To reduce the risk of burns, fire, electric shock, or injury to persons, install the treadmill on a flat level surface with access to a <span style="color:red">110VAC, 20Amp,</span> grounded outlet.**

- **Do not use an extension cord unless it is <span style="color:red">12awg</span> or larger, with only one outlet on the end. the treadmill should be the only appliance in the electrical circuit. do not attempt to disable the grounded plug by using improper adapters, or in any way modify the cord set. a serious shock or fire hazard may result along with computer malfunctions.**

# Safety Guidelines

**ELECTRICAL SAFETY**

WARNING!

NEVER use a RCD - Residual Current Device (U.S. ver.= GFCI) - wall outlet with this treadmill. As with any appliance with a large motor, the RCD/GFCI will trip often. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

NEVER remove any cover without first disconnecting AC power. If voltage varies by ten percent (10%) or more, the performance of your treadmill may be affected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

NEVER expose this treadmill to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. The temperature specification is 40 degrees c, and humidity is 95%, non-condensing (no water drops forming on surfaces).

Circuit Breakers: Some circuit breakers used in homes are not rated for high inrush currents that can occur when a treadmill is first turned on or even during normal use. If your treadmill is tripping the circuit breaker (even though it is the proper current rating and the treadmill is the only appliance on the circuit) but the circuit breaker on the treadmill itself does not trip, you will need to replace the breaker with a high inrush type. This is not a warranty defect. This is a condition we as a manufacture have no ability to control. This part is available through most electrical supply stores

**GROUNDING INSTRUCTION**

This product must be grounded. If the treadmill's electrical system should malfunction or breakdown grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

**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.**

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green colored rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.
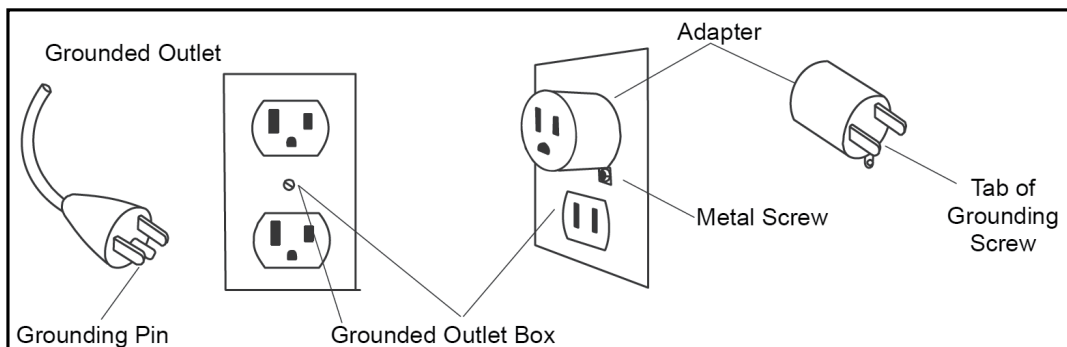
# Safety Guidelines

This exercise equipment is designed and built for optimum safety for home use. However, certain precautions always apply whenever you operate any exercise equipment.
Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions.

## MECHANICAL SAFETY

- Inspect the equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
- Replace any defective components immediately and/or keep the equipment out of use until repair.
- Do not use attachments not recommended by the manufacturer.
- Never drop or insert an object into any opening.
- Only one person may use the treadmill at a time.
- Never activate the treadmill when someone is standing on the belt.

## APPROPRIATE ATTIRE

- Always wear appropriate clothing.
  Do not wear loose clothing that might catch on any part of this treadmill.
- Always wear non-slippery shoes while working with the treadmill.
  Do not wear shoes with heels or leather soles.
  Check the soles of your shoes and remove any dirt and embedded stones.

## CHILDREN AND PETS

- Most exercise equipment is not recommended for small children.
  Children should not use the equipment unless they are under *strict* adult supervision.
  To ensure safety, keep young children off the treadmill at all times.
- Exercise equipment has many moving parts.
  In the interest of safety, keep others (especially children and pets) at a safe distance while you exercise.

# Safety Guidelines

**IMPORTANT OPERATION INSTRUCTIONS**
- **NEVER** operate this treadmill without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your treadmill during an electrical storm. Surges may occur in your household power supply that could damage treadmill components.
- Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the center of the belt; which may result in serious injury.
- **NEVER** mount or dismount the treadmill while the belt is moving. treadmills start with at a very low speed and it is unnecessary to straddle the belt during start up. Simply standing on the belt during slow acceleration is proper after you have learned to operate the unit. Always hold on to a handrail or hand bar while making control changes (incline, speed, etc.).
  Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure contact your dealer.

**SAFETY TETHER CORD**

A safety tether cord is provided with this unit. It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the tread-belt. Pulling this safety tether cord will stop tread-belt movement.

**To Use:**

1. Place the magnet into position on the console control head. Your treadmill will not start and operate without this.

2. Fasten the plastic clip onto your clothing securely to assure good holding power.
**Note:** The magnet has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two step coast anytime the magnet is pulled off the console. Use the red Stop / Pause switch in normal operation.

# Assembly Instructions

However, if you acquire the appropriate tools, obtain assistance, and follow the assembly steps sequentially, the process will take time, but is fairly easy.
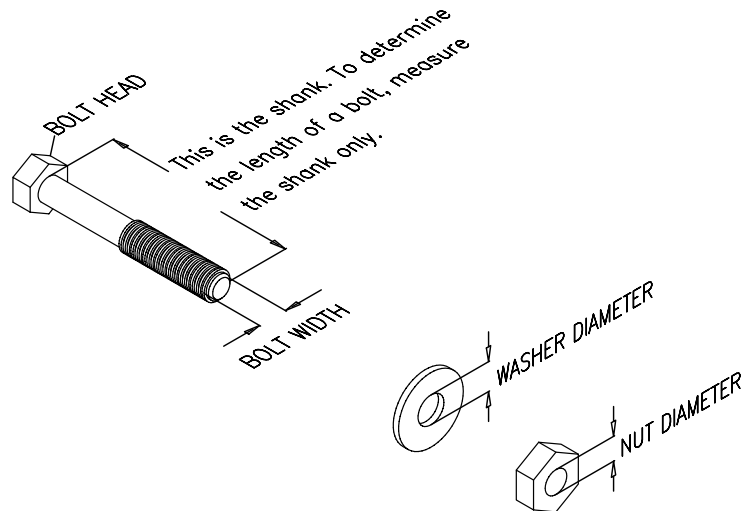
## ASSEMBLY TIPS

Read all "*NOTES*" on each page before beginning each step.

While you may be able to assemble the T25 using the illustrations only, important safety notes and other tips are included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

*NOTE: To find out the length of a particular bolt, measure its shank (the long, narrow part beneath the head).*

Refer to the following diagram:



**Do not fully tighten bolts until instructed to do so.**

*NOTE: After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.*
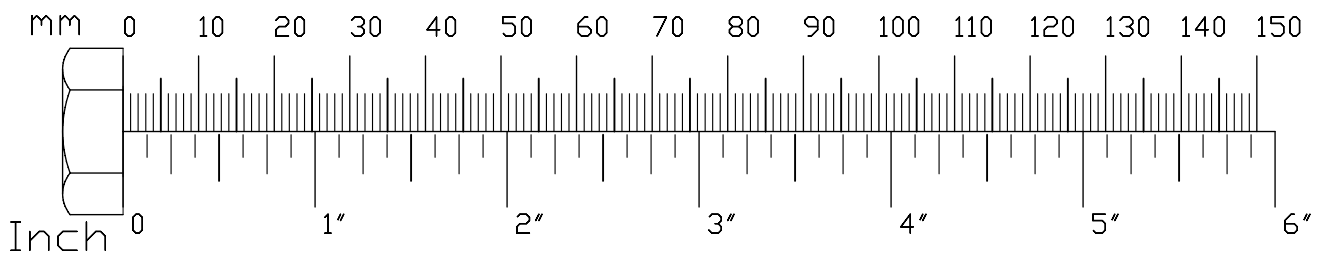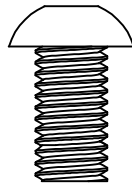
# Hardware Pack Check List

12. **M8x80mm Button Head Cap Screw, 8pcs**
13. **M8x15mm Button Head Cap Screw, 8pcs**
14. **ST4.2x15mm Phillips Screw, 10pcs**
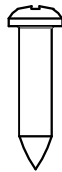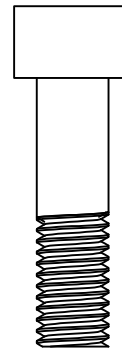15. **M8x30mm Socket Head Cap Screw, 4pcs**
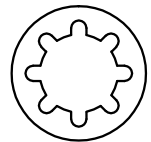16. **M8 Washer, 16pcs**
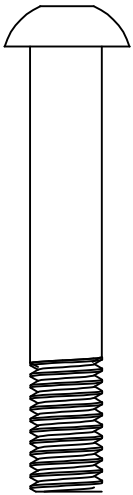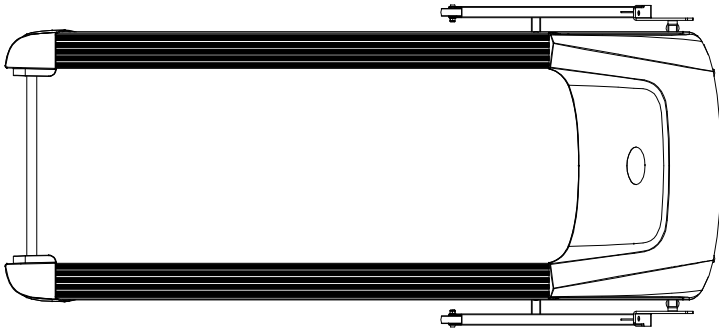
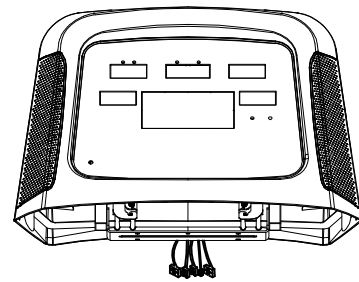12        13        14        15        16
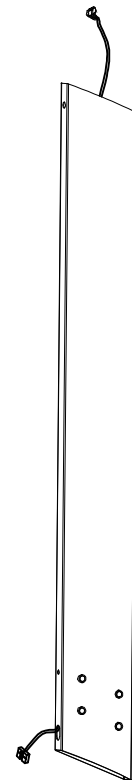
# Parts List

1. Main Frame, 1 pcs.
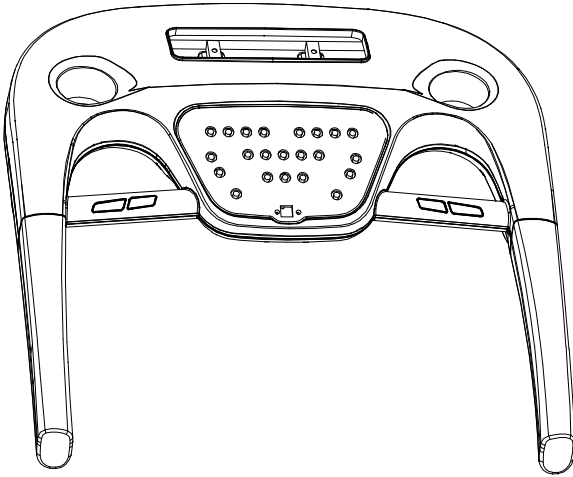
5. Upper Console, 1 pcs.

2. Left Upright, 1 pcs.

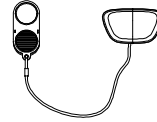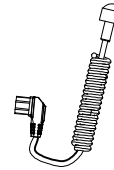3. Right Upright, 1 pcs.

# Parts List
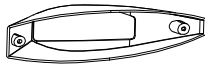
4. Lower Console, 1 pcs.



17. Safety Key, 1 pcs.



18. Power Cord, 1 pcs.



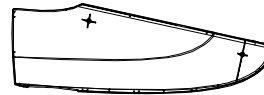6. Left Upright Cover, 1 pcs.



7. Right Upright Cover, 1 pcs.



8. Left Inner Cover, 1 pcs.



9. Left Outer Cover, 1 pcs.



10. Right Inner Cover, 1 pcs.



11. Left Outer Cover, 1 pcs.

# Step 1

**Be careful to assemble all components
in the sequence they are presented.**

**Note:** **Finger tighten all hardware in this step. DO NOT wrench tighten
unless instructed.**

**Look for Stickers to identify Left and Right Uprights.**

**1A.** Attach Left Upright **(#2)** to Main Frame **(#1)** using
**4 - (#12) M8x50mm Button Head Cap Screw
1 - (#13) M8x15mm Button Head Cap Screw
5 - (#16) M8 Washer**

**1B.** Connect Cable A from the Main Frame **(#1)** to Cable A from the Right
Upright **(#3)**.

**Note:** **Be careful not to damage the cables.**

**1C.** Attach Right Upright **(#3)** to Main Frame **(#1)** using
**4 - (#12) M8x50mm Button Head Cap Screw
1 - (#13) M8x15mm Button Head Cap Screw
5 - (#16) M8 Washer**

mm    0    10   20   30   40   50   60   70   80   90   100  110  120  130  140  150

Inch  0         1"        2"        3"        4"        5"        6"
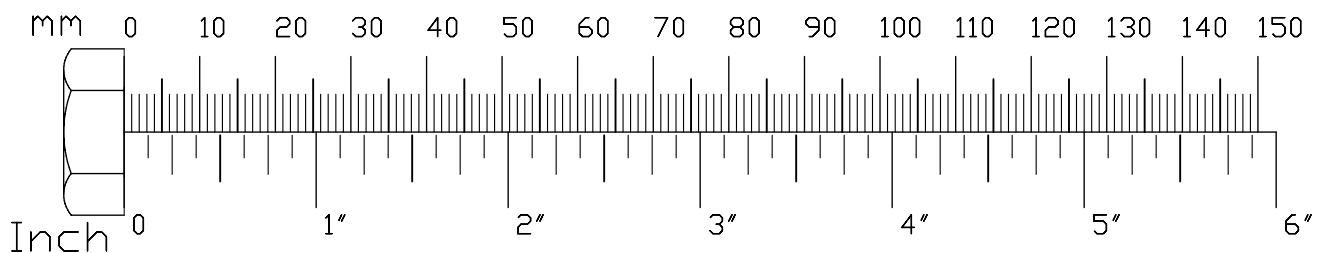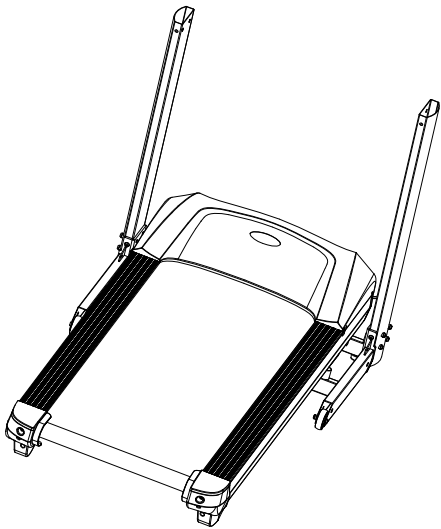
Above shows STEP 1 assembled and completed.

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A A
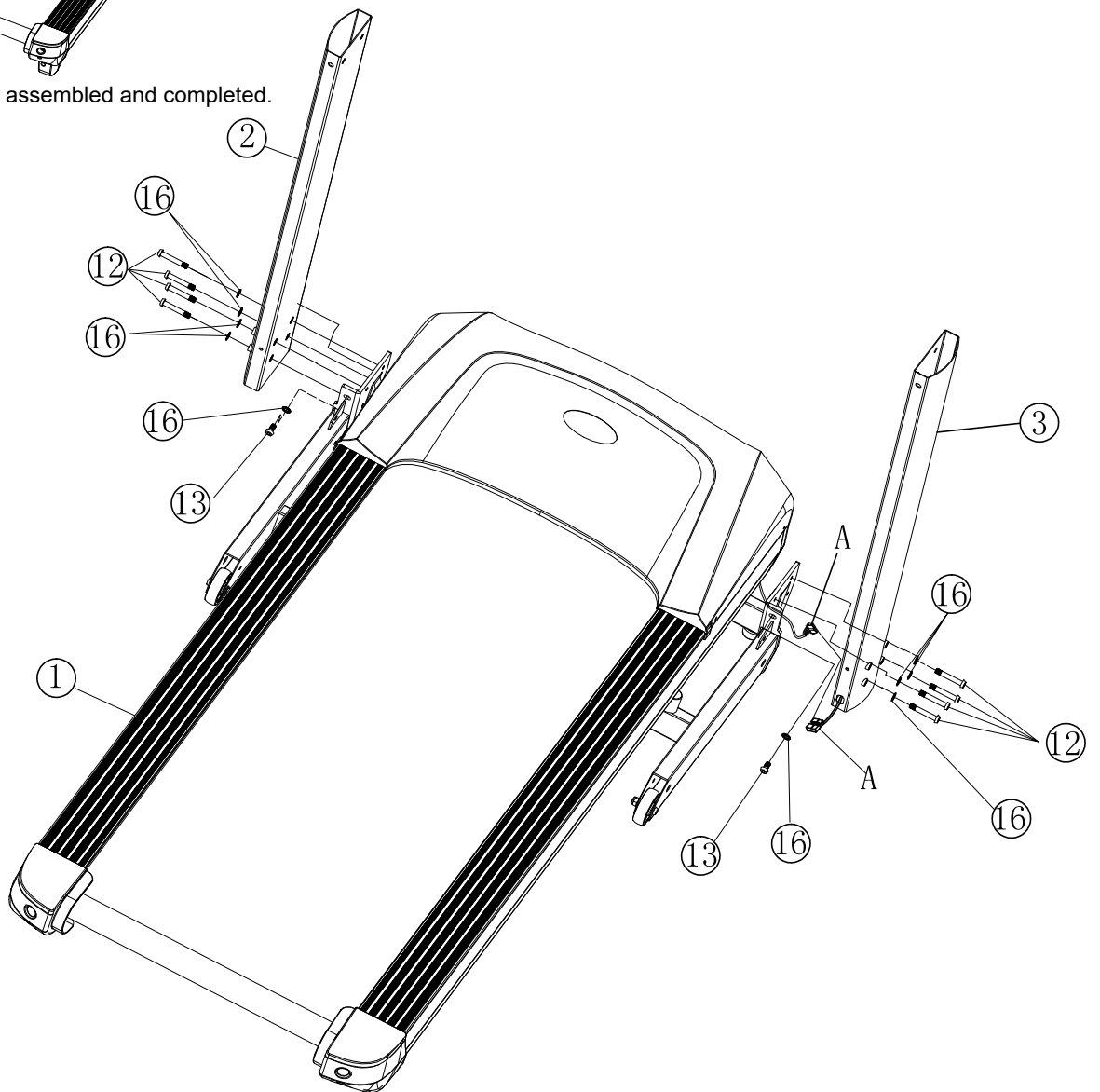
# Step 2

**Be careful to assemble all components in the sequence they are presented.**

**Note:  Finger tighten all hardware in this step.  DO NOT wrench tighten unless instructed**

**2A.**  Insert Left Upright Cover **(#6)** onto Left Upright **(#2)**.

**2B.**  Insert Right Upright Cover **(#7)** onto Right Upright **(#3)**.

mm  0   10   20   30   40   50   60   70   80   90   100   110   120   130   140   150

Inch  0          1″          2″          3″          4″          5″          6″
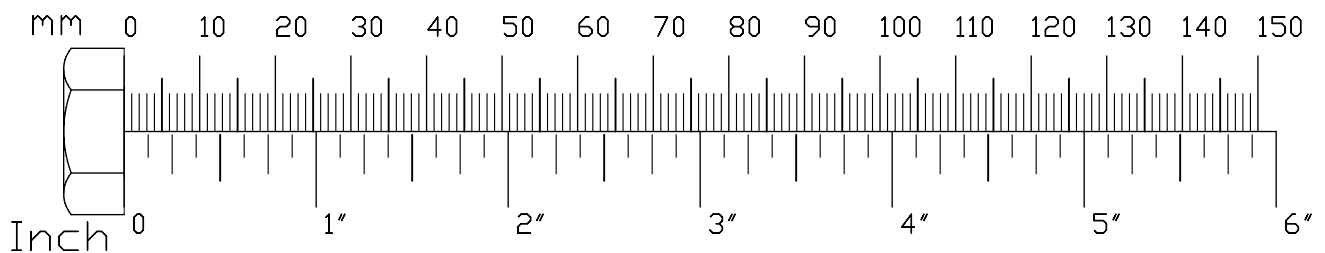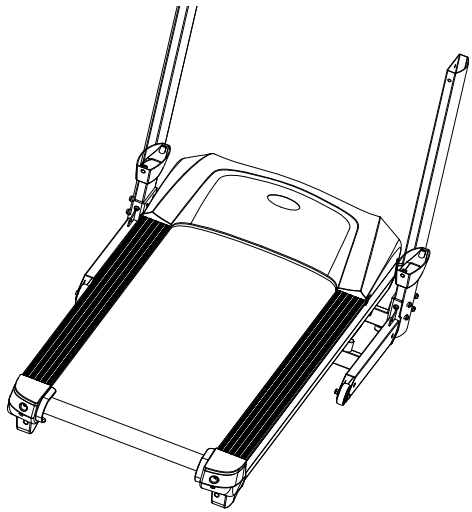
Above shows STEP 2 assembled and completed.

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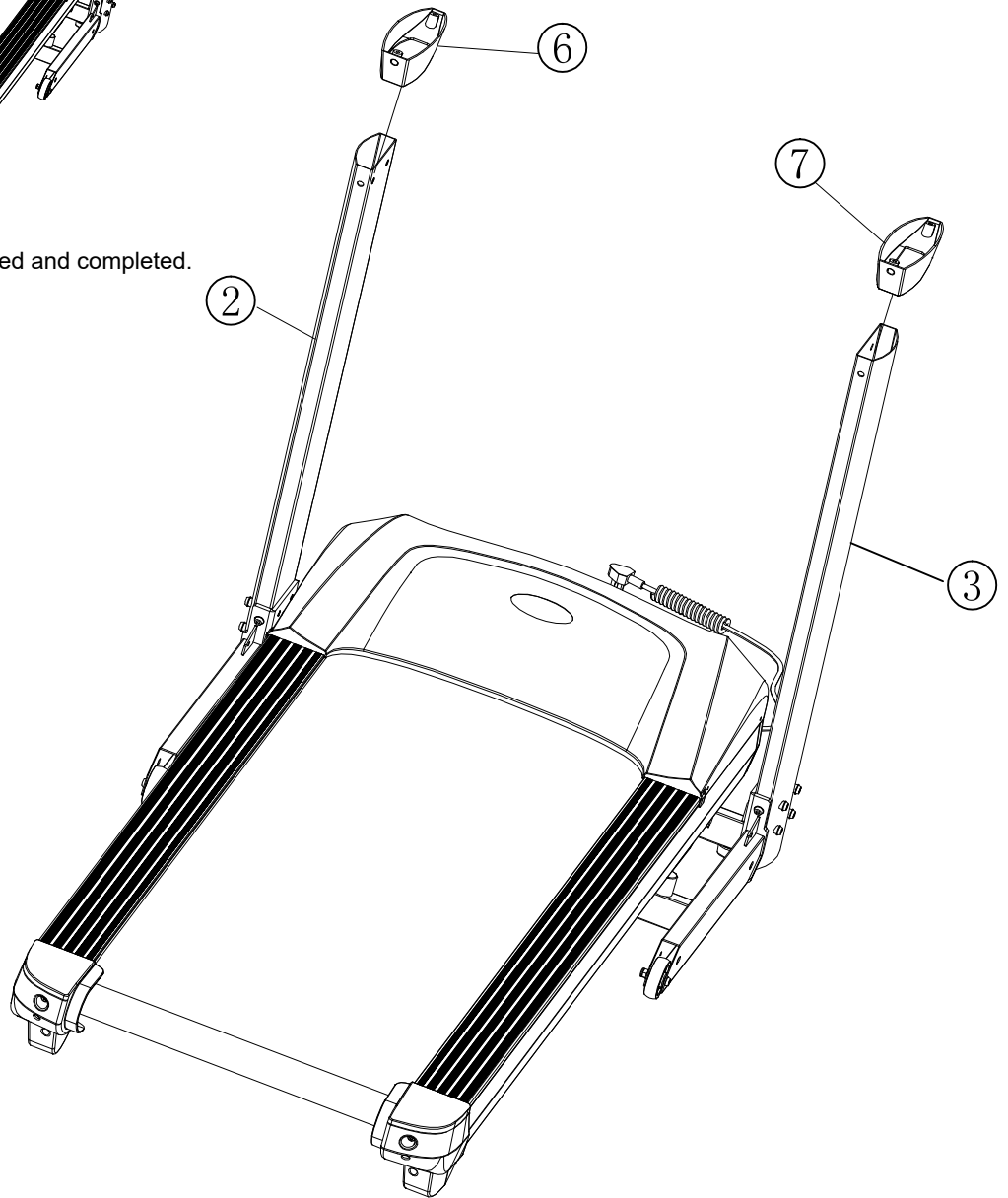
# Step 3

**Be careful to assemble all components
in the sequence they are presented.**

**Note: Wrench tighten all hardware at the end of Step 3B**

**3A.**  Connect Cable B from the Right Upright **(#3)** to Cable B from the Lower
Console **(#4)**.

**Note:  Be careful not to damage the cables.**

**3B.**  Attach Lower Console **(#4)** to Uprights **(#2 & #3)** using
**6 - (#13) M8x15mm Button Head Cap Screw
6 - (#16) M8 Washer**

mm  0    10    20    30    40    50    60    70    80    90    100   110   120   130   140   150

Inch  0         1″         2″         3″         4″         5″         6″
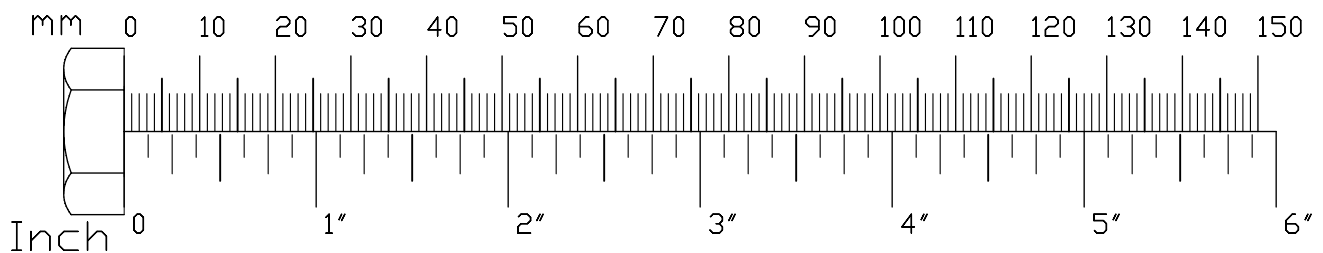
Above shows STEP 3 assembled and completed.

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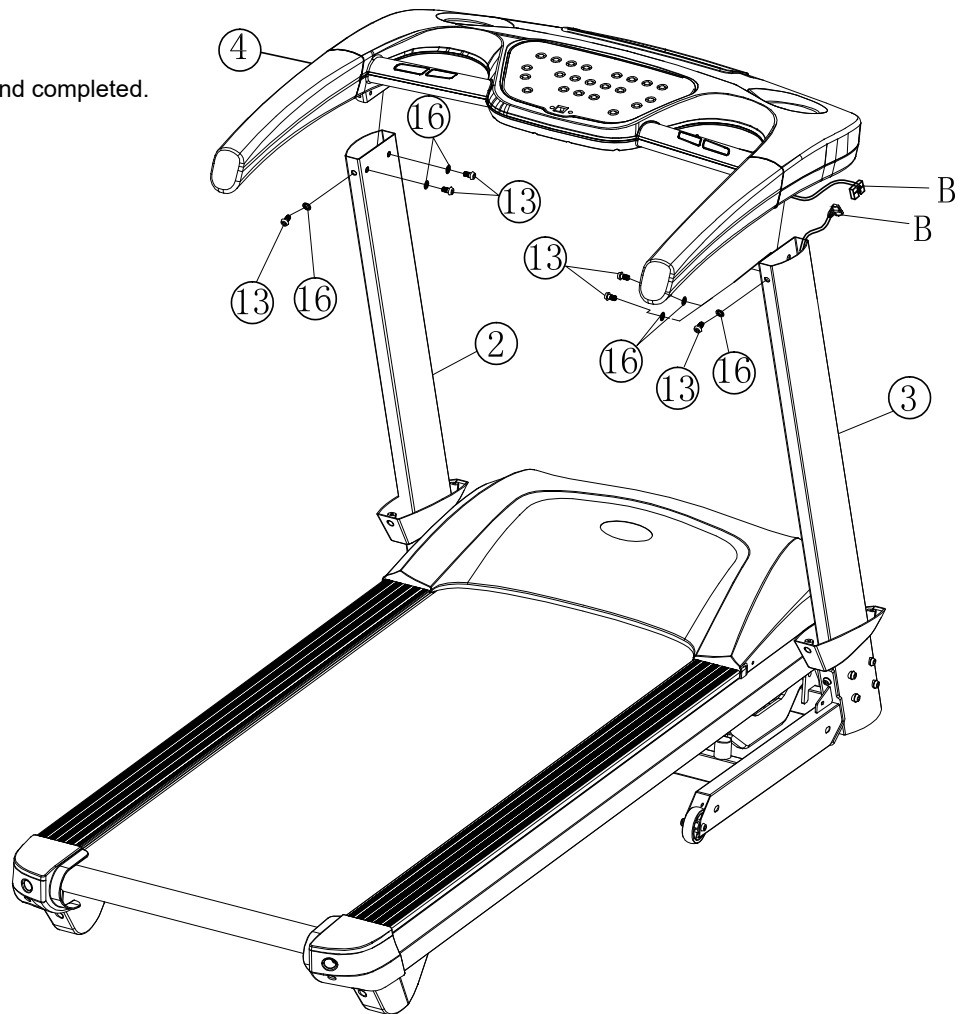
# Step 4

**Be careful to assemble all components
in the sequence they are presented.**

**Note:  Wrench tighten all hardware at the end of Step 4B**

**4A.** Connect Cables C from the Lower Console **(#4)** to Cables C from the Upper Console **(#5)**.

**Note:  Be careful not to damage the cables.**

**4B.** Attach Uppper Console **(#5)** to Lower Console **(#4)** using
**4 - (#15) M8x30mm Socket Head Cap Screw**

**4C.** Attach Upright Covers **(#6 & #7)** to Lower Console **(#4)** using
**4 - (#14) ST4.2x15mm Phillips Screws**

mm   0   10   20   30   40   50   60   70   80   90   100   110   120   130   140   150

Inch   0       1″       2″       3″       4″       5″       6″
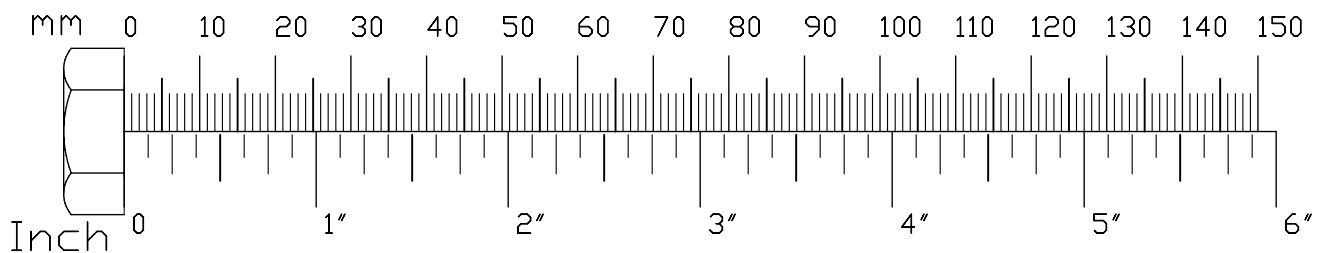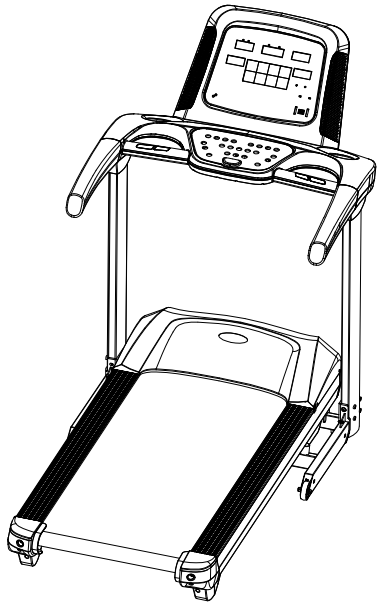
Above shows STEP 4 assembled and completed.

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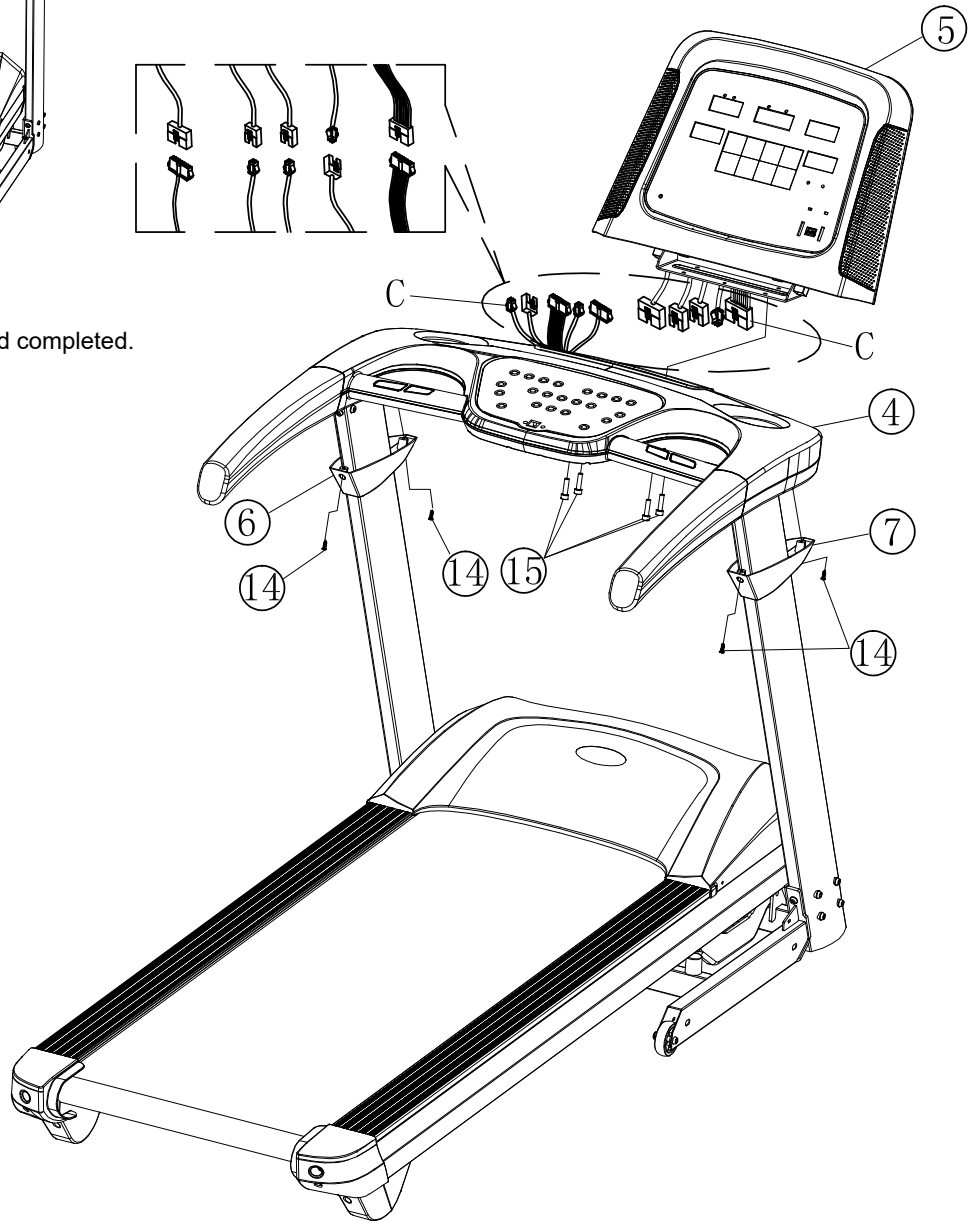
# Step 5

**Be careful to assemble all components
in the sequence they are presented.**

**Note:** Please make sure the Deck of the Main Frame is fully folded up
and locked.  See Folding Instruction on Page 27.

**5A.** Attach Left Inner Cover **(#8)** to Main Frame **(#1)** using
**1 - (#14) ST4.2x15mm Phillips Screws**

**5B.** Attach Right Inner Cover **(#10)** to Main Frame **(#1)** using
**1 - (#14) ST4.2x15mm Phillips Screws**

mm  0   10   20   30   40   50   60   70   80   90   100   110   120   130   140   150

Inch  0      1″      2″      3″      4″      5″      6″
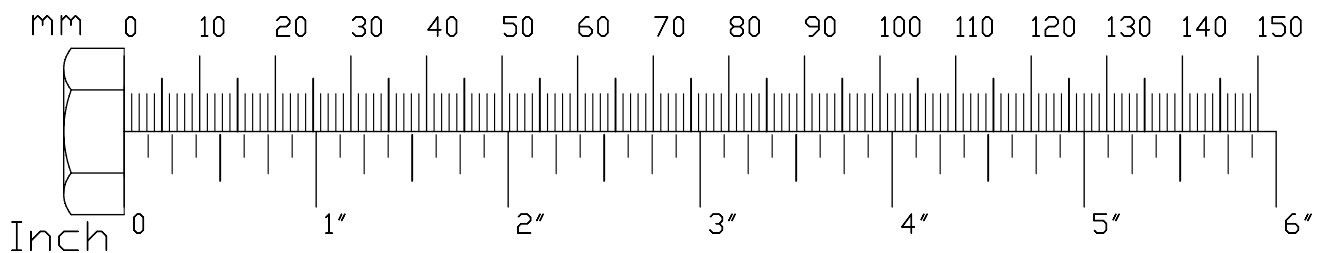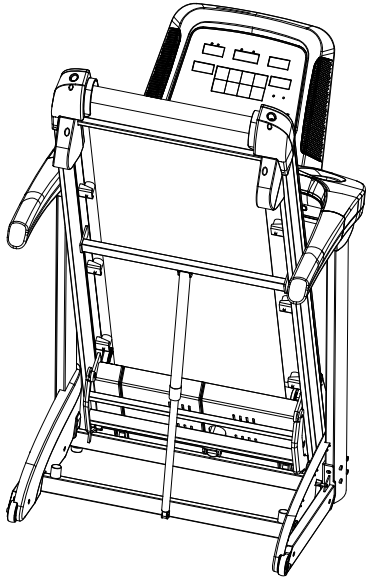
Above shows STEP 5 assembled and completed.
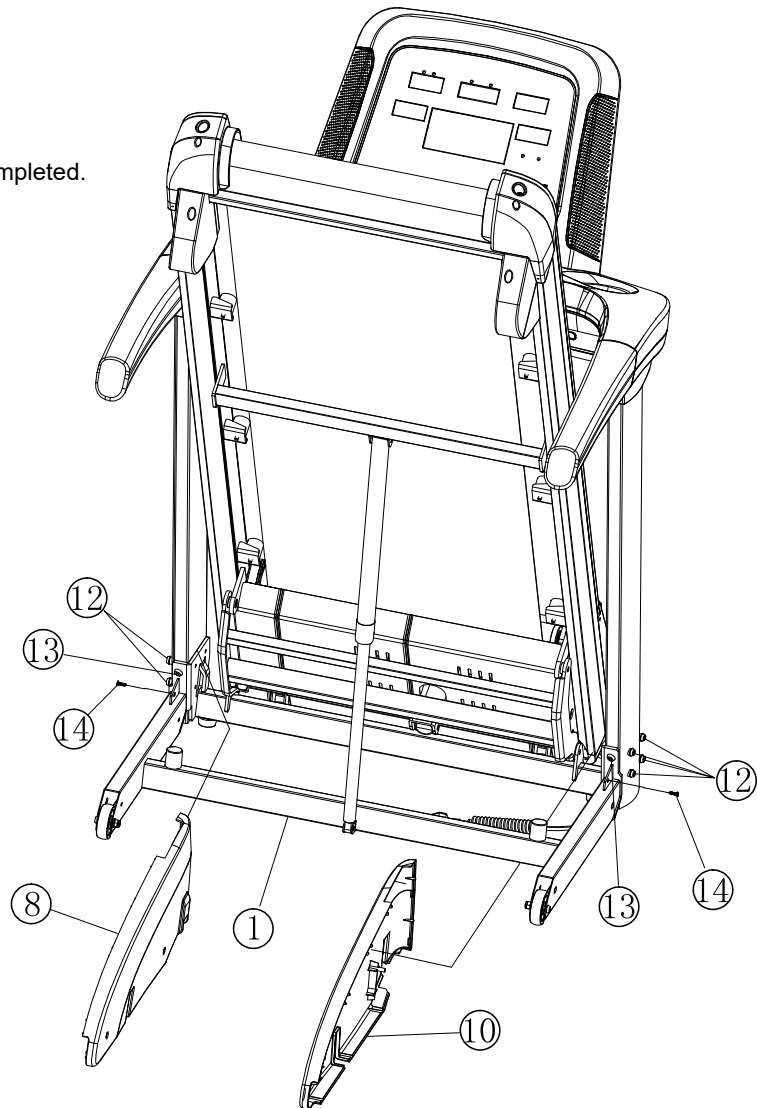
# Step 6

**Be careful to assemble all components
in the sequence they are presented.**

**6A.** Attach Left Outer Cover **(#9)** and Left Inner Cover **(#8)** together using:
**2 - (#14) ST4.2x15mm Phillips Screws**

**6B.** Attach Right Outer Cover **(#11)** and Left Inner Cover **(#10)** together using:
**2 - (#14) ST4.2x15mm Phillips Screws**

**Note: Please make sure the Deck of the Main Frame is fully folded up
and locked.**

mm  0   10   20   30   40   50   60   70   80   90   100   110   120   130   140   150
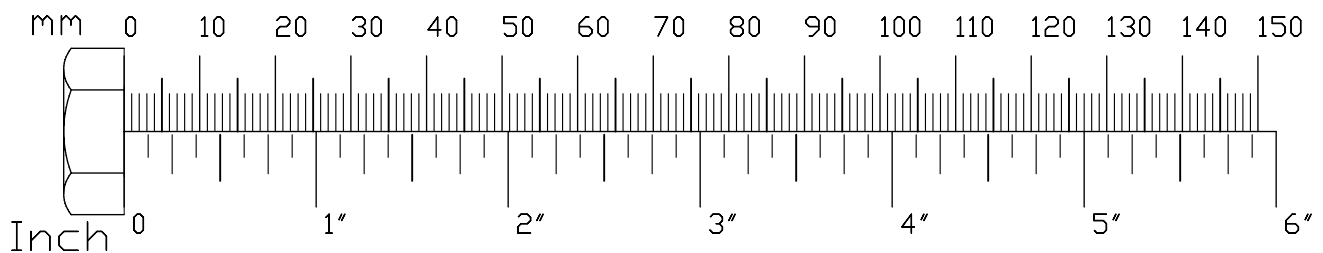
Inch  0        1″        2″        3″        4″        5″        6″
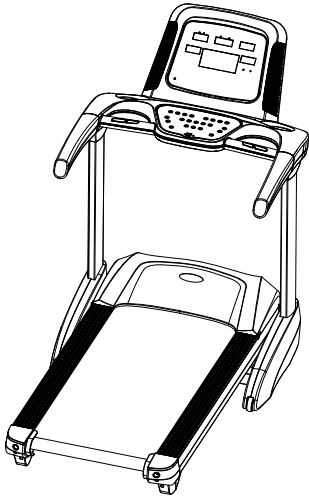
Above shows STEP 6 assembled and completed.

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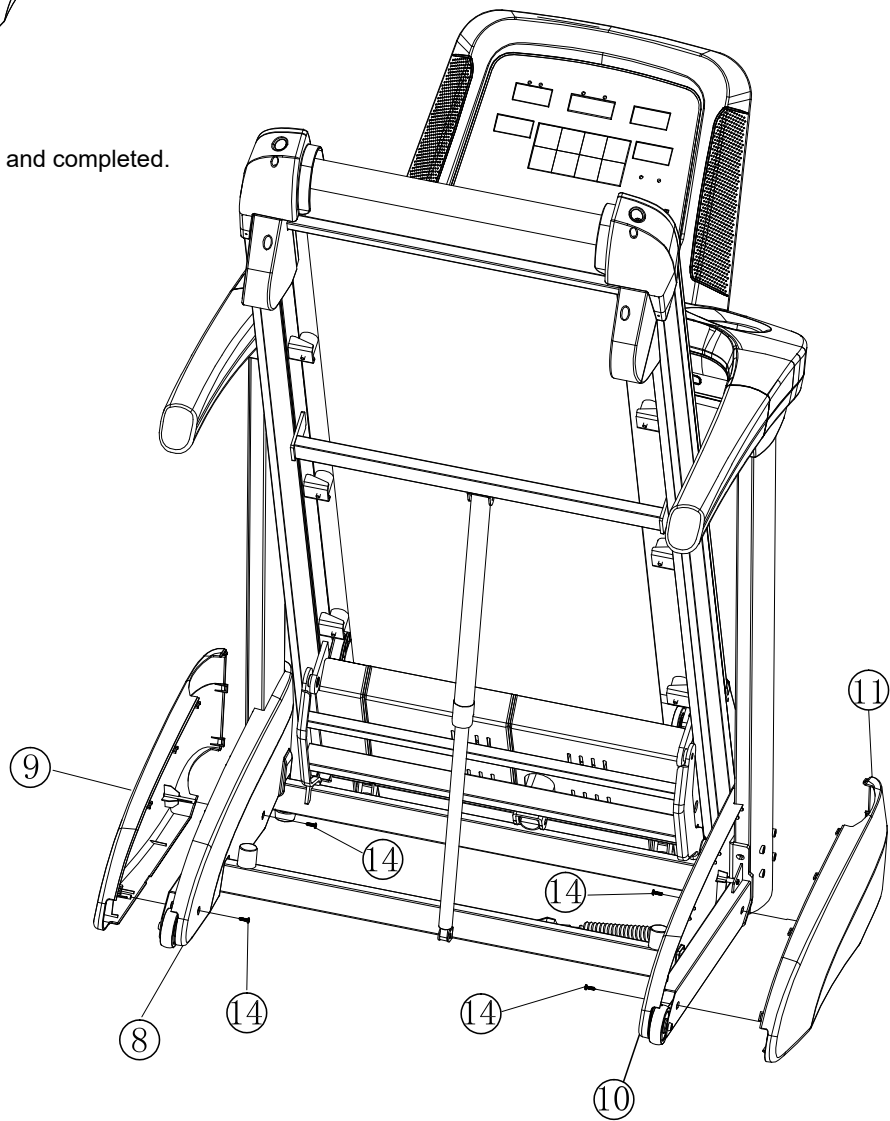
# Step 7

**Be careful to assemble all components in the sequence they are presented.**

**7A.** Connect Power Cord (#18) to the Main Frame (#1).

**7B.** Insert Safety Key (#17) onto the Lower Console (#4).
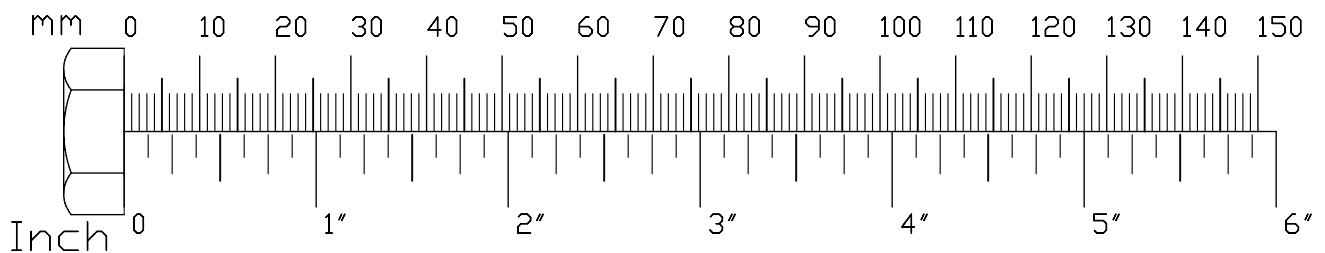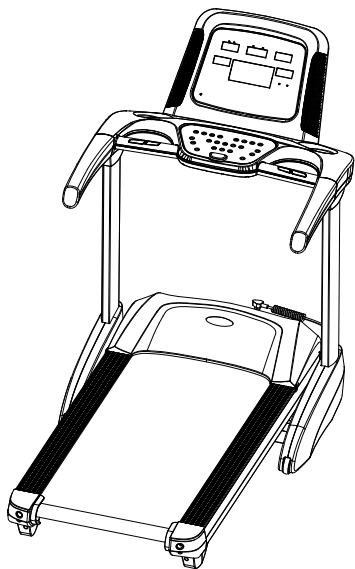
Above shows STEP 7 assembled and completed.
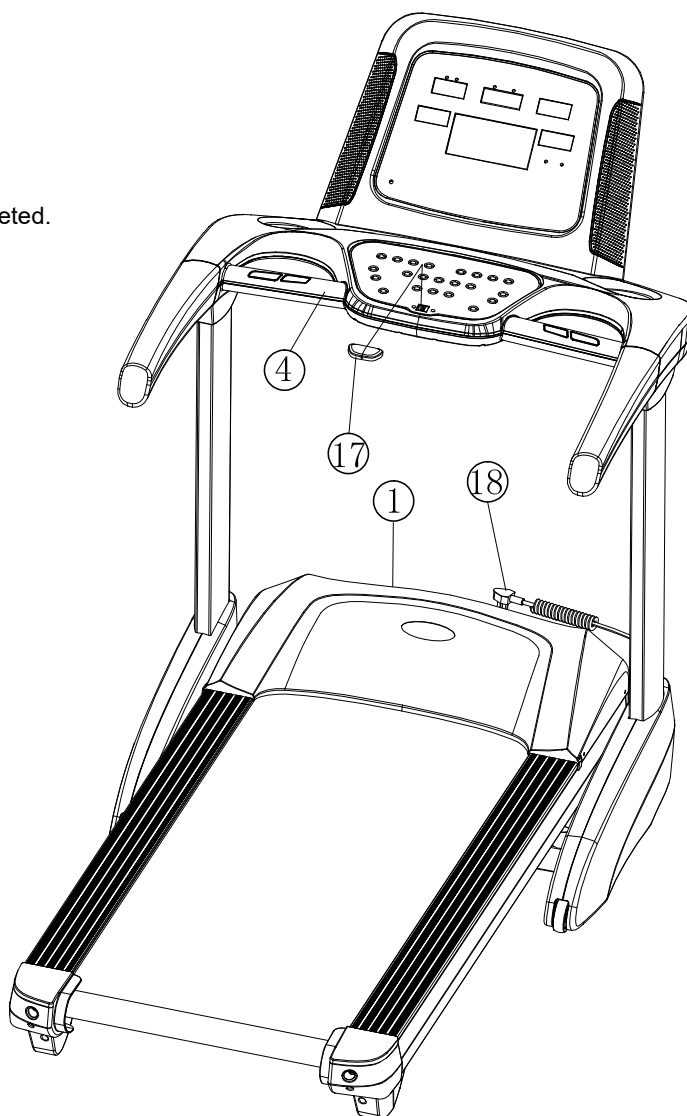
# Setting up your Treadmill

**FOLDING THE TREADMILL**
1. Lift the deck of the treadmill up as shown in the drawing until you head the gas spring gives a snap sound.
2. Make sure the deck is in upright and locked position.
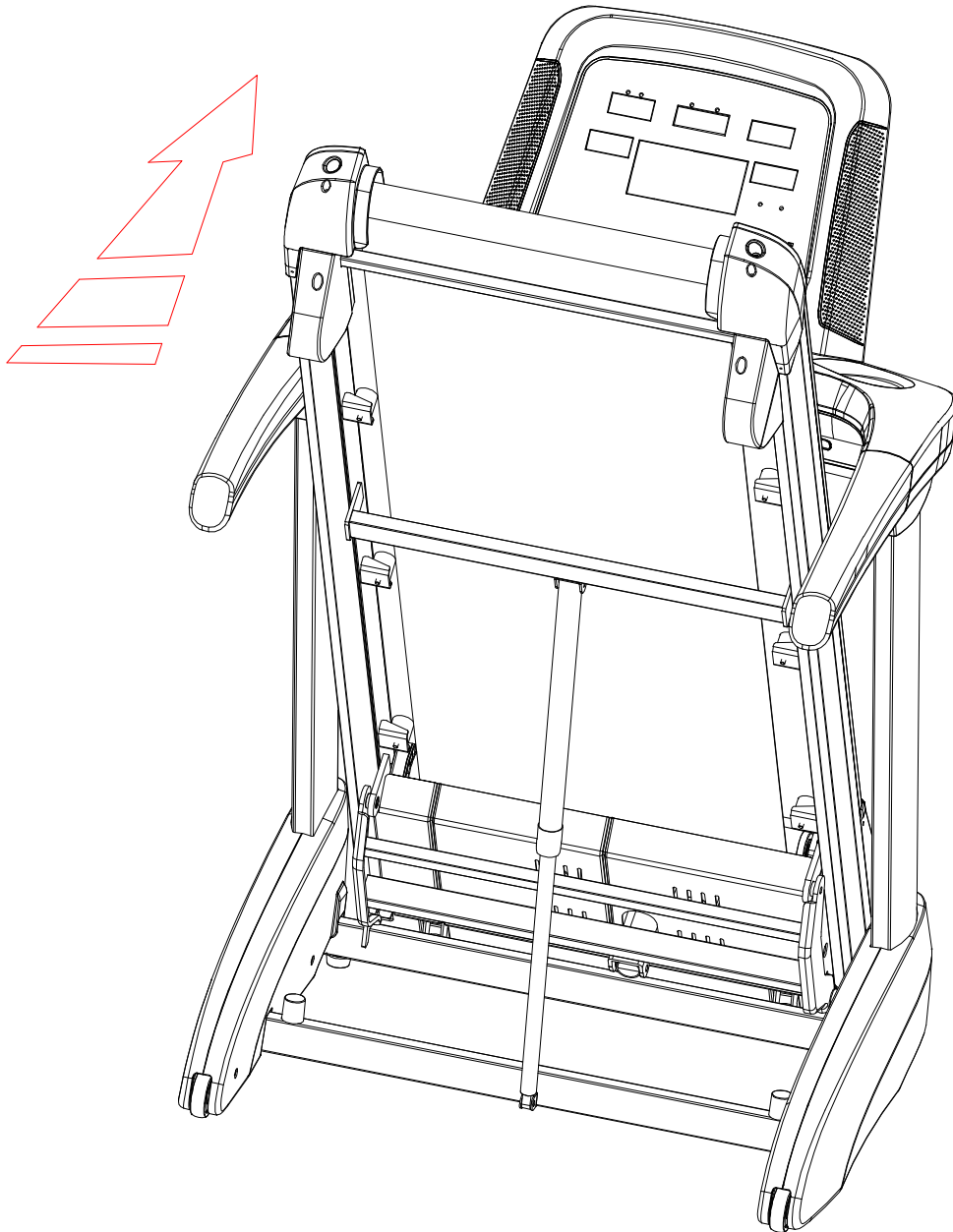
# Setting up your Treadmill

## UNFOLDING THE TREADMILL

1. Hold the rear end of the running deck with both hands.
2. Gently kick Gas Spring to release the Gas Spring.
3. Let the deck unfold slowly by itself.
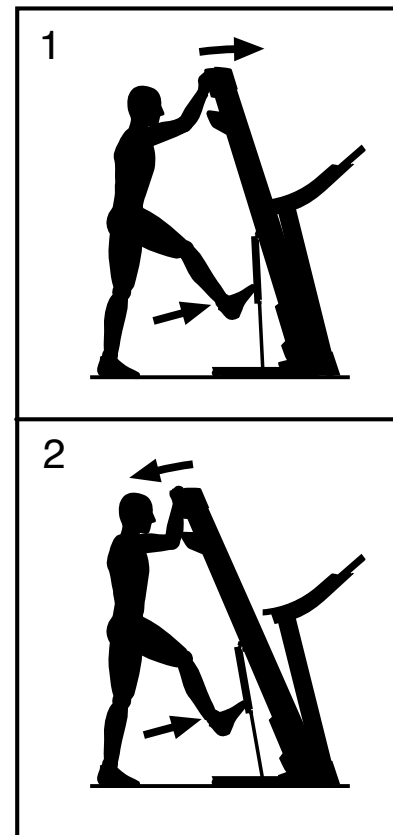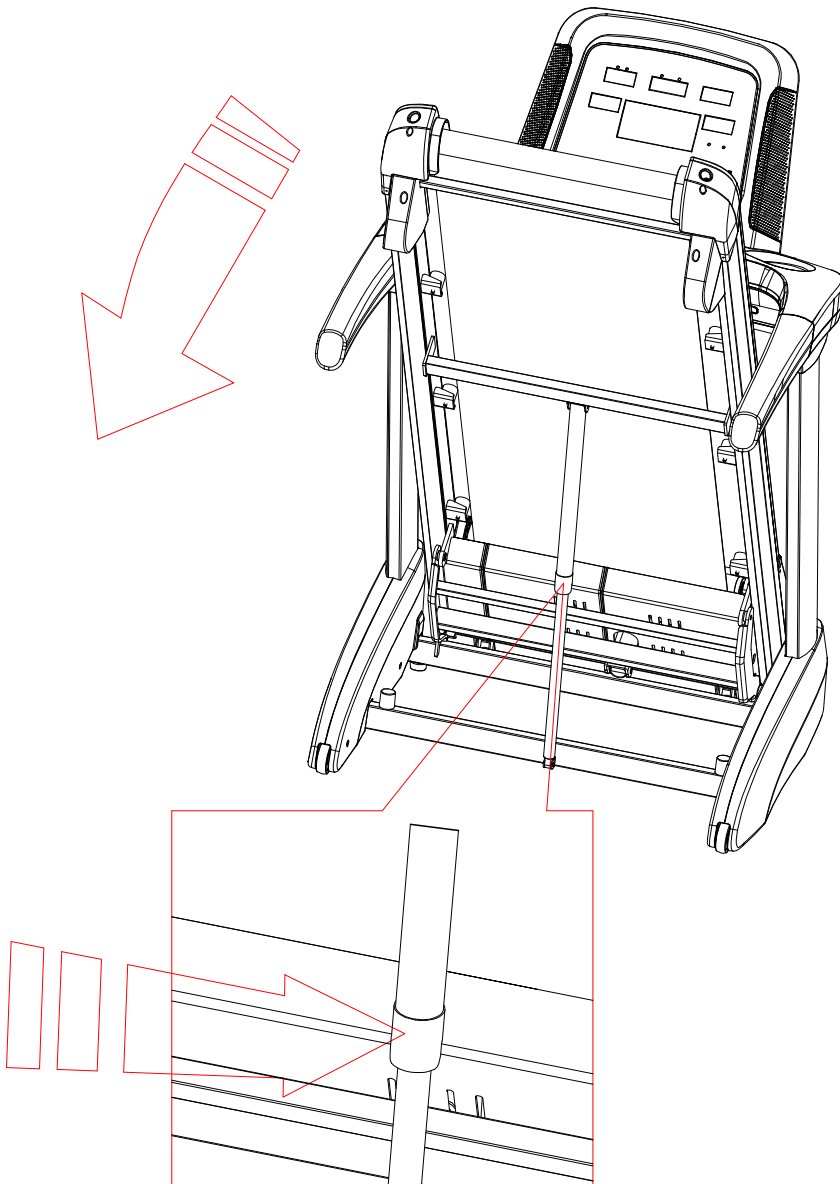
# Setting up your Treadmill

## PLACEMENT IN YOUR HOME

To make exercise a desirable daily activity for you, the treadmill should be placed in a

comfortable and attractive setting. This treadmill is designed to use minimal floor space and to fit nicely in your home.

- Do not place or operate the treadmill outdoors.
- Do not place the treadmill near water or in a high moisture content environment.
- Make sure the power cord is not in the path of heavy traffic.
- It is highly recommended to place a dedicated treadmill mat beneath your treadmill. A dedicated mat provides superior stability and firmness for a proper workout.
- Locate the treadmill at least 4 feet from walls or furniture.
- It is important that the treadmill is placed on a firm level surface.

Occasionally, after extended use, you will find a fine black dust below your treadmill. This is normal wear and DOES NOT mean there is anything wrong with your treadmill. This dust can be easily removed with a vacuum cleaner.  If you wish to prevent this dust from getting on your floor or carpet, place a dedicated treadmill mat beneath your treadmill.

## TURN POWER ON

The On/Off switch for the treadmill is located next to the power supply cord receptacle on the front of the treadmill. Insert the power supply cord into the receptacle and flip the switch to the "ON" position.
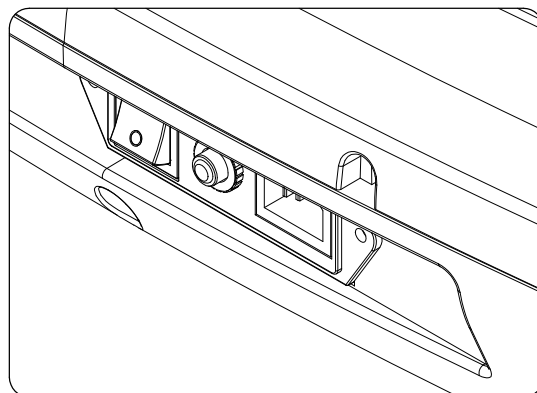
# Setting up your Treadmill

**MOVING THE TREADMILL**

This treadmill is easy to move around safely.

To move the treadmill:
1. Turn the power switch off.
2. Unplug the power cord.
3. Lift the deck of the treadmill up as shown in the drawing until you head the gas spring gives a snap sound.  The deck is in upright locked position.
4. Simply roll the treadmill on its front two wheels to the desired location.


**STORE YOUR TREADMILL**

*Please follow these safety precautions, especially if you have children at home.*

We suggest to take the following precautions when storing your treadmill.
1. When you finish your workout, turn the power switch to the off position.
2. Remove the plug from the outlet.
3. Remove the safety key.
   **It is imperative that the safety key is removed and kept away from children.**


**HOLD YOUR TABLET**

There is a tablet holder on the top of the console.  It can slide up and down to hold a tablet or other items that fit the holder.
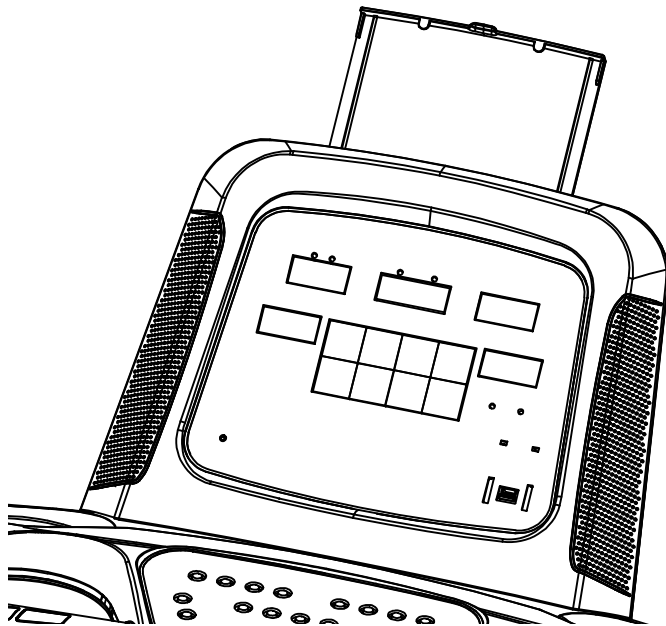
# Operating the Console

## CONSOLE LAYOUT OVERVIEW
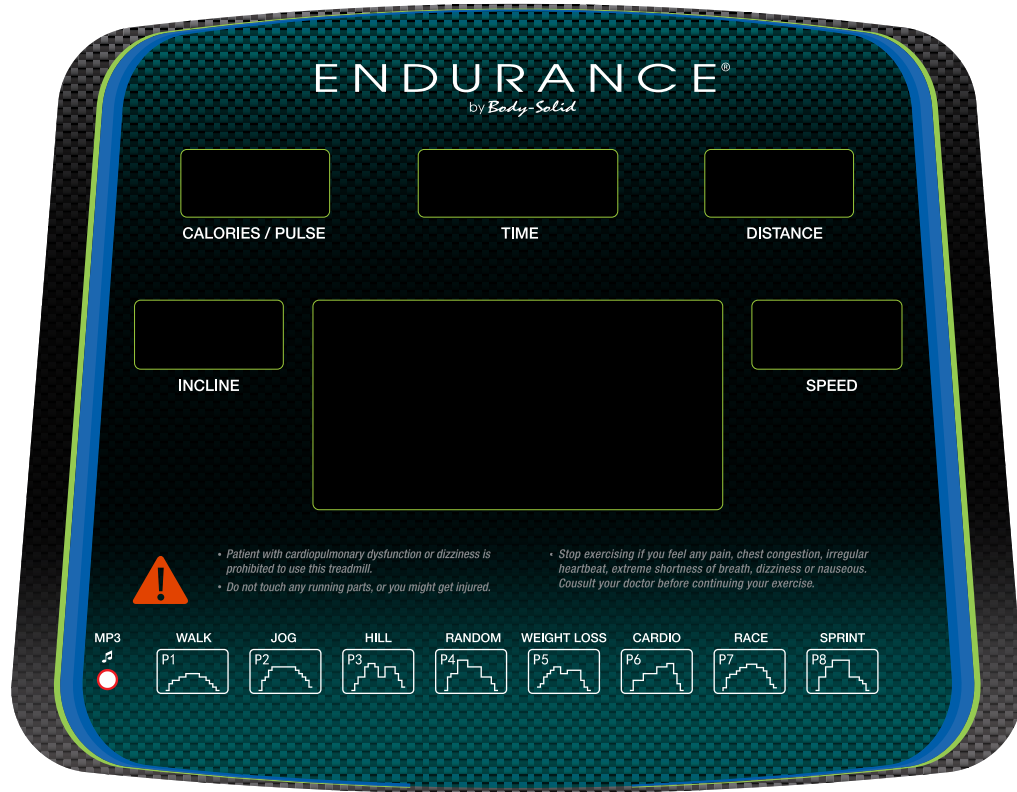
# Operating the Console

## DISPLAY OVERVIEW

**TIME:**  Displays duration of the workout in minutes and seconds.

**PULSE:**  Displays Heart Rate in beats per minute.

**DISTANCE:**  Displays traveled distance during workout in miles/kilometers

**COLORIES:**  Displays Calories burned during workout.

**SPEED:**  Displays current speed during workout in mph

**INCLINE:**  Displays current incline of your workout.

# Operating the Console

## BUTTON OVERVIEW

**START/PAUSE**  **:** To start or pause workout.

**STOP**  **:** To stop workout and back to the Standby Mode.

**INCREASE SPEED**  **:** To increase workout speed .

**DECREASE SPEED**  **:** To decrease workout speed.

**INCREASE INCLINE**  **:** To increase workout incline level.

**DECREASE INCLINE**  **:** To decrease workout incline level.

**WEIGHT LOSS**  **:** To select Weight Loss program.

**QUICK INCLINE**  **:** To quickly select different incline level.

# Operating the Console

**PROGRAM** : To select different programs (Manual, Time Countdown, Distance Countdown, Calories Countdown, P01-P08, HP1-HP3).

**MARATHON TRAINING** : To select Marathon training. Distance is 26.3 miles

**WARM UP** : To start a 3 minutes warm up. The speed is 1.0 MPH initially. The speed will increase gradually to 3.7 MPH.

**COOL DOWN** : To start cool down. If the speed is greater than 5 mph, It will take 3 minutes to slow down unitl it stops. If the speed is less than 5 mph, but greater than 1.5 mph, it will take 2 minutes to slow down until it stops. If the speed is less than 1.5 mph, it will stop in 18 seconds.

**MUTE SPEAKER** : There is a audio Jack on the console that can connect to the MP3 Player. This Button is to be used to mute the speaker.

**INCREASE VOLUME** : To increase the volume of the speaker.

**DECREASE VOLUME** : To decrease the volume of the speaker.

**QUICK SPEED** : To quickly select different speed.

# Program Features

## PROGRAMS

### METRIC & STANDARD UNIT:
The initial factory setting is in "Miles". To switch between Miles & Kilometers, press QUICK SPEED 2, 4, 6 at the same time.

### QUICK START:
1. In Standby mode, press the START button to enter QUICK START mode.
2. During workout, SPEED and INCLINE can be changed using INCLINE & SPEED buttons.

### WEIGHT LOSS:
1. In Standby mode, press the WEIGHT LOSS button to enter WEIGHT LOSS mode.
2. Workout time is 40 minutes. Speed cannot be change. Incline can be changed using the INCLINE buttons.

| TIME | 0-2 min. | 2-15 min. | 15-20 min. | 20-35 min. | 35-40 min. |
|------|----------|-----------|------------|------------|------------|
| SPEED | 1.0 to 3.7 MPH | 3.7-7.5 MPH | 7.5-3.7 MPH | 3.7-7.5 MPH | 7.5-1.0 MPH |

### MARATHON TRAINING:
1. In Standby mode, press the MARATHON TRAINING button to enter MARATHON TRAINING mode.
2. Press START button to start the workout
3. Distance is set to 26.3 miles. Speed and Incline can be changed using SPEED and INCLINE buttons.

### TIME COUNTDOWN:
1. In Standby mode, press the PROGRAM button to choose TIME COUNTDOWN mode.
2. Press INCLINE AND SPEED buttons to change the TIME setting.
3. Press START button to start the workout
4. During workout, SPEED and INCLINE can be changed using INCLINE & SPEED buttons.

# Program Features

**DISTANCE COUNTDOWN:**
1. In Standby mode, press the PROGRAM button to choose DISTANCE COUNTDOWN mode.
2. Press INCLINE AND SPEED buttons to change the DISTANCE setting.
3. Press START button to start the workout
4. During workout, SPEED and INCLINE can be changed using INCLINE & SPEED buttons.

**CALORIES COUNTDOWN:**
1. In Standby mode, press the PROGRAM button to choose CALORIES COUNTDOWN mode.
2. Press INCLINE AND SPEED buttons to change the CALORIES setting.
3. Press START button to start the workout
4. During workout, SPEED and INCLINE can be changed using INCLINE & SPEED buttons.

**P01 - P08**
1. In Standby mode, press the PROGRAM button to choose P01-P08 mode.
2. Press INCLINE AND SPEED buttons to change the TIME setting.
3. Press START button to start the workout.  Below table is the profile setting for P01-P08.

| INTERVAL | | SET TIME/16 = TIME PER EACH INTERVAL | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **PROGRAM** | | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** |
| P01 | SPEED | 1.2 | 2.5 | 3.1 | 3.1 | 3.7 | 3.7 | 4.3 | 4.3 | 4.3 | 4.3 | 3.7 | 3.7 | 3.1 | 2.5 | 1.8 | 1.2 |
| WALK | INCLINE | 1 | 1 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 1 | 1 |
| P02 | SPEED | 1.2 | 3.1 | 3.7 | 5 | 5.6 | 5.6 | 5.6 | 5.6 | 5.6 | 5.6 | 5.6 | 5 | 4.3 | 3.7 | 3.1 | 1.8 |
| JOG | INCLINE | 1 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 1 |
| P03 | SPEED | 1.2 | 2.5 | 3.7 | 3.7 | 5.6 | 6.2 | 6.2 | 5.6 | 3.7 | 3.7 | 5.6 | 5.6 | 5.6 | 4.3 | 3.1 | 1.8 |
| HILL | INCLINE | 1 | 2 | 3 | 4 | 5 | 5 | 4 | 4 | 5 | 5 | 3 | 3 | 6 | 6 | 3 | 2 |
| P04 | SPEED | 1.2 | 3.7 | 4.3 | 4.3 | 6.8 | 6.8 | 6.8 | 5.6 | 5.6 | 5.6 | 5.6 | 3.7 | 3.7 | 3.7 | 2.5 | 1.2 |
| RANDOM | INCLINE | 4 | 5 | 6 | 6 | 3 | 3 | 7 | 8 | 6 | 4 | 5 | 6 | 7 | 7 | 4 | 2 |
| P05 | SPEED | 2.5 | 3.1 | 4.3 | 5 | 5.6 | 6.2 | 6.2 | 5 | 5 | 5.6 | 5.6 | 5.6 | 5.6 | 3.7 | 2.5 | 1.8 |
| WEIGHT LOSS | INCLINE | 1 | 3 | 3 | 2 | 2 | 2 | 3 | 4 | 4 | 3 | 2 | 2 | 4 | 4 | 3 | 1 |
| P06 | SPEED | 1.8 | 3.7 | 3.7 | 3.7 | 5 | 5 | 5 | 5 | 6.2 | 6.2 | 6.2 | 6.8 | 6.8 | 5 | 3.1 | 1.8 |
| CARDIO | INCLINE | 0 | 2 | 2 | 4 | 4 | 4 | 2 | 2 | 2 | 3 | 3 | 4 | 4 | 3 | 2 | 1 |
| P07 | SPEED | 1.8 | 3.7 | 4.3 | 4.3 | 5 | 5.6 | 5.6 | 6.2 | 6.2 | 6.2 | 5.6 | 5.6 | 5 | 3.7 | 2.5 | 1.8 |
| RACE | INCLINE | 1 | 1 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 1 | 1 |
| P08 | SPEED | 1.2 | 3.7 | 3.7 | 5.6 | 5.6 | 6.8 | 6.8 | 6.8 | 6.8 | 6.8 | 3.7 | 3.7 | 3.7 | 3.1 | 2.5 | 1.2 |
| SPRINT | INCLINE | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 10 | 9 | 9 | 5 | 6 | 7 | 8 | 5 | 2 |

# Program Features

**HP01 - HP03 (HEART RATE SPEED CONTROL):**

1. In Standby mode, press the PROGRAM button to choose HP01 - HP03 mode.
2. Press and hold PROGRAM button to enter AGE.  AGE can be changed using INCLINE & SPEED buttons.
3. Press PROGRAM button to enter TARGET HEART RATE.  Please refer to below Heart Rate table.  TARGET HEART RATE can be changed using INCLINE & SPEED buttons.
4. Press PROGRAM button to enter TIME.  TIME can be changed using INCLINE & SPEED buttons.
4. Press START button to start the workout.
5. If user's heart rate is 5 bmp lower than the target heart rate, the speed will increase 0.3 MPH every 10 seconds until the maximum speed limit is reach.  Please refer to the below Heart Rate table for maxinum speed limit.
6. If user's heart rate is 5 bmp higher than the target heart rate, the speed will decrease 0.3 MPH every 10 seconds.
5. During workout, INCLINE & SPEED can be change manually using INCLINE & SPEED buttons. But the Speed cannot exceed the maximum speed limit.

| AGE | HP01 | | | HP02 | | | HP03 | | |
|-----|------|------|------|------|------|------|------|------|------|
| | MAX SPEED: 5.0 MPH | | | MAX SPEED: 5.6 MPH | | | MAX SPEED: 6.2 MPH | | |
| | BEATS PER MINUTE | | | BEATS PER MINUTE | | | BEATS PER MINUTE | | |
| | MIN | INITIAL | MAX | MIN | INITIAL | MAX | MIN | INITIAL | MAX |
| 15 | 128 | 133 | 138 | 149 | 154 | 159 | 169 | 174 | 179 |
| 16 | 128 | 133 | 138 | 148 | 153 | 158 | 168 | 173 | 178 |
| 17 | 127 | 132 | 137 | 147 | 152 | 157 | 168 | 173 | 178 |
| 18 | 126 | 131 | 136 | 147 | 152 | 157 | 167 | 172 | 177 |
| 19 | 126 | 131 | 136 | 146 | 151 | 156 | 166 | 171 | 176 |
| 20 | 125 | 130 | 135 | 145 | 150 | 155 | 165 | 170 | 175 |
| 21 | 124 | 129 | 134 | 144 | 149 | 154 | 164 | 169 | 174 |
| 22 | 124 | 129 | 134 | 144 | 149 | 154 | 163 | 168 | 173 |
| 23 | 123 | 128 | 133 | 143 | 148 | 153 | 162 | 167 | 172 |
| 24 | 122 | 127 | 132 | 142 | 147 | 152 | 162 | 167 | 172 |
| 25 | 122 | 127 | 132 | 141 | 146 | 151 | 161 | 166 | 171 |
| 26 | 121 | 126 | 131 | 141 | 146 | 151 | 160 | 165 | 170 |
| 27 | 120 | 125 | 130 | 140 | 145 | 150 | 159 | 164 | 169 |
| 28 | 120 | 125 | 130 | 139 | 144 | 149 | 158 | 163 | 168 |
| 29 | 119 | 124 | 129 | 138 | 143 | 148 | 157 | 162 | 167 |
| 30 | 119 | 124 | 129 | 138 | 143 | 148 | 157 | 162 | 167 |

# Program Features

| 31 | 118 | 123 | 128 | 137 | 142 | 147 | 156 | 161 | 166 |
|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 32 | 117 | 122 | 127 | 136 | 141 | 146 | 155 | 160 | 165 |
| 33 | 117 | 122 | 127 | 135 | 140 | 145 | 154 | 159 | 164 |
| 34 | 116 | 121 | 126 | 135 | 140 | 145 | 153 | 158 | 163 |
| 35 | 115 | 120 | 125 | 134 | 139 | 144 | 152 | 157 | 162 |
| 36 | 115 | 120 | 125 | 133 | 138 | 143 | 151 | 156 | 161 |
| 37 | 114 | 119 | 124 | 132 | 137 | 142 | 151 | 156 | 161 |
| 38 | 113 | 118 | 123 | 132 | 137 | 142 | 150 | 155 | 160 |
| 39 | 113 | 118 | 123 | 131 | 136 | 141 | 149 | 154 | 159 |
| 40 | 112 | 117 | 122 | 130 | 135 | 140 | 148 | 153 | 158 |
| 41 | 111 | 116 | 121 | 129 | 134 | 139 | 147 | 152 | 157 |
| 42 | 111 | 116 | 121 | 129 | 134 | 139 | 146 | 151 | 156 |
| 43 | 110 | 115 | 120 | 128 | 133 | 138 | 145 | 150 | 155 |
| 44 | 109 | 114 | 119 | 127 | 132 | 137 | 145 | 150 | 155 |
| 45 | 109 | 114 | 119 | 126 | 131 | 136 | 144 | 149 | 154 |
| 46 | 108 | 113 | 118 | 126 | 131 | 136 | 143 | 148 | 153 |
| 47 | 107 | 112 | 117 | 125 | 130 | 135 | 142 | 147 | 152 |
| 48 | 107 | 112 | 117 | 124 | 129 | 134 | 141 | 146 | 151 |
| 49 | 106 | 111 | 116 | 123 | 128 | 133 | 140 | 145 | 150 |
| 50 | 106 | 111 | 116 | 123 | 128 | 133 | 140 | 145 | 150 |
| 51 | 105 | 110 | 115 | 122 | 127 | 132 | 139 | 144 | 149 |
| 52 | 104 | 109 | 114 | 121 | 126 | 131 | 138 | 143 | 148 |
| 53 | 104 | 109 | 114 | 120 | 125 | 130 | 137 | 142 | 147 |
| 54 | 103 | 108 | 113 | 120 | 125 | 130 | 136 | 141 | 146 |
| 55 | 102 | 107 | 112 | 119 | 124 | 129 | 135 | 140 | 145 |
| 56 | 102 | 107 | 112 | 118 | 123 | 128 | 134 | 139 | 144 |
| 57 | 101 | 106 | 111 | 117 | 122 | 127 | 134 | 139 | 144 |
| 58 | 100 | 105 | 110 | 117 | 122 | 127 | 133 | 138 | 143 |
| 59 | 100 | 105 | 110 | 116 | 121 | 126 | 132 | 137 | 142 |
| 60 | 99 | 104 | 109 | 115 | 120 | 125 | 131 | 136 | 141 |
| 61 | 98 | 103 | 108 | 114 | 119 | 124 | 130 | 135 | 140 |
| 62 | 98 | 103 | 108 | 114 | 119 | 124 | 129 | 134 | 139 |
| 63 | 97 | 102 | 107 | 113 | 118 | 123 | 128 | 133 | 138 |
| 64 | 96 | 101 | 106 | 112 | 117 | 122 | 128 | 133 | 138 |
| 65 | 96 | 101 | 106 | 111 | 116 | 121 | 127 | 132 | 137 |
| 66 | 95 | 100 | 105 | 111 | 116 | 121 | 126 | 131 | 136 |
| 67 | 94 | 99 | 104 | 110 | 115 | 120 | 125 | 130 | 135 |
| 68 | 94 | 99 | 104 | 109 | 114 | 119 | 124 | 129 | 134 |
| 69 | 93 | 98 | 103 | 108 | 113 | 118 | 123 | 128 | 133 |
| 70 | 93 | 98 | 103 | 108 | 113 | 118 | 123 | 128 | 133 |
| 71 | 92 | 97 | 102 | 107 | 112 | 117 | 122 | 127 | 132 |
| 72 | 91 | 96 | 101 | 106 | 111 | 116 | 121 | 126 | 131 |
| 73 | 91 | 96 | 101 | 105 | 110 | 115 | 120 | 125 | 130 |
| 74 | 90 | 95 | 100 | 105 | 110 | 115 | 119 | 124 | 129 |
| 75 | 89 | 94 | 99 | 104 | 109 | 114 | 118 | 123 | 128 |
| 76 | 89 | 94 | 99 | 103 | 108 | 113 | 117 | 122 | 127 |
| 77 | 88 | 93 | 98 | 102 | 107 | 112 | 117 | 122 | 127 |
| 78 | 87 | 92 | 97 | 102 | 107 | 112 | 116 | 121 | 126 |
| 79 | 87 | 92 | 97 | 101 | 106 | 111 | 115 | 120 | 125 |
| 80 | 86 | 91 | 96 | 100 | 105 | 110 | 114 | 119 | 124 |

# General Maintenace

**Belt and Bed** - Your treadmill uses a very high-efficient low-friction bed. Performance is maximized when the bed is kept as clean as possible. Use a soft, damp cloth or paper towel to wipe the edge of the belt and the area between the belt edge and frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and bed life. Use water only - no cleaners or abrasives. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. Allow the belt to dry before using.

**Belt Dust** - This occurs during normal break-in or until the belt stabilizes. Wiping excess off with a damp cloth will minimize buildup.

**General Cleaning** - Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. On a monthly basis: vacuum underneath your treadmill to prevent buildup. Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate. UNPLUG POWER CORD BEFORE THIS TASK.

**BELT ADJUSTMENTS:**
Running Belt Tension Adjustment - Adjustment must be made from the rear roller. The adjustment bolts are located at the end of the step rails in the end caps, as noted in diagram below.



Tracking / Tension Adjustment                                                    Tracking / Tension Adjustment
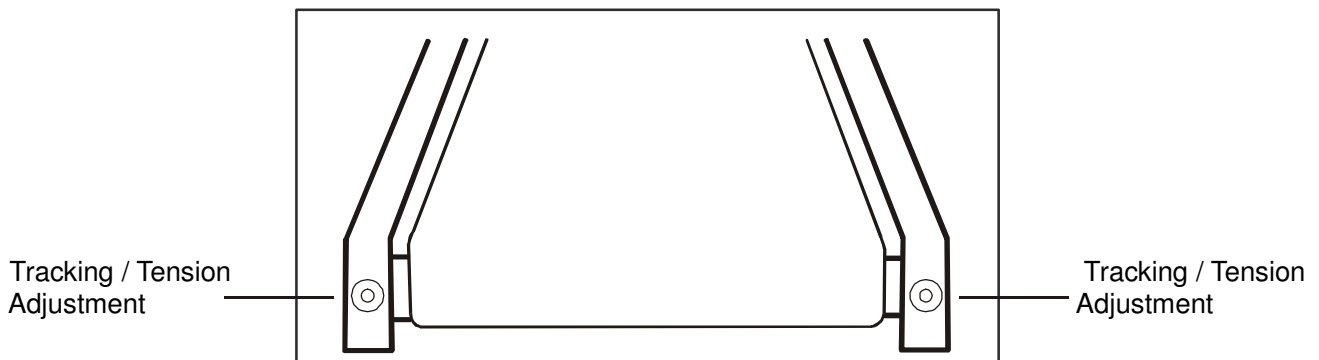
Tighten the rear roller bolts only enough to prevent slippage at the front roller. Turn both tread-belt tension adjustment bolts in increments of 1/4 turn each and inspect for proper tension by walking on the belt at a low speed, making sure the belt does not slip. Keep tensioning the bolts until the belt stops slipping.

- **If you feel the belt is tight enough, but it still slips, the problem may be a loose Motor drive belt under the front cover.**

DO NOT OVERTIGHTEN – Over tightening will cause belt damage and premature bearing failure.

# General Maintenance

**RUNNING BELT TRACKING ADJUSTMENT:**
The performance of your treadmill is dependent on the frame running on a reasonably level surface. If the frame is not level, the front and back roller cannot run parallel, and constant belt adjustment may be necessary.

The treadmill is designed to keep the tread-belt reasonably centered while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the tread-belt should have a tendency to center itself. If, during use, the belt continues to move toward one side, adjustments are necessary.

**TO SET RUNNING BELT TRACKING:**
7mm Allen wrench is needed to adjust the rear roller. Set belt speed at approximately 2 to 3 mph.

Remember, a small adjustment can make a dramatic difference!
To move the belt to the Right:
1) Turn the Left Roller Bolt 1/4 turn Clockwise (Tighten)
2) Turn the Righ Roller Bolt 1/4 turn Counterclockwise (Loosen)
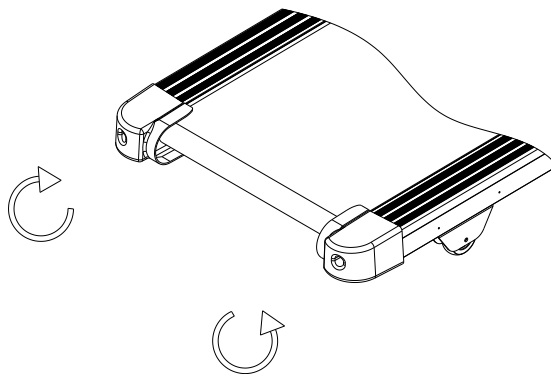
To move the belt to the Left:
1) Turn the Left Roller Bolt 1/4 turn Counterclockwise (Loosen)
2) Turn the Righ Roller Bolt 1/4 turn clockwise (Tighten)

**ATTENTION:**
**DAMAGE TO THE RUNNING BELT RESULTING FROM IMPROPER TRACKING / TENSION ADJUSTMENTS IS NOT COVERED UNDER THE WARRANTY.**

# General Maintenance

**Belt Lubrication Procedure**

1) Turn off the Power.
2) Lift the running belt and check if there is any lubricant on the back of the running belt. If running belt needs to be lubricated, take a wiper to clean the running deck and rollers.
3) Lift the running belt and spray lubricant as below photo shown.  While spraying,  pull the running belt and make it turn one revolution.

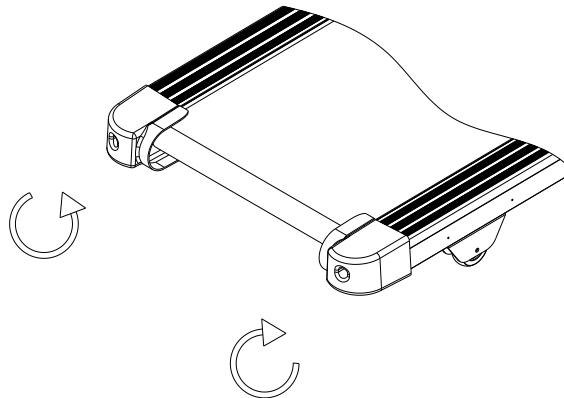Note:  Please only spray in the center area, do not spray on the side area.

4) Turn on the power.
5) Press START button and increase the speed to 1.0 MPH (1.6KPH).  Have a person to walk on the tradmill to help the running belt absorbs the lubricant.

Note:  DO NOT run the treadmill in high speed when lubricant is just sprayed on, lubricant may spread to drive motor and Control Board.
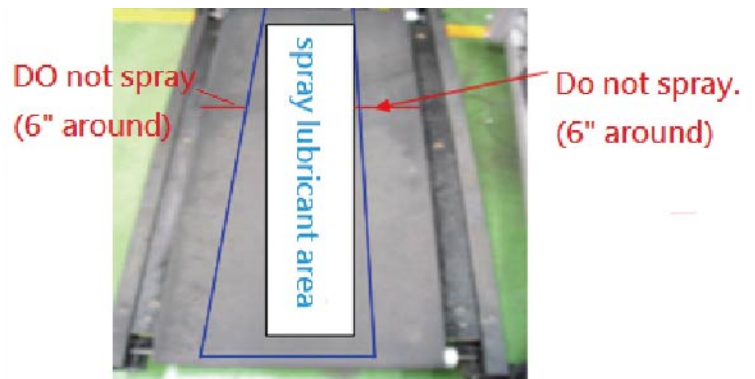
# Troubleshooting Guide

| Problem/ Fault Code | Possible Reason | Corrective action |
|---|---|---|
| Treadmill will not start | 1.Not plugged in | 1.Plug cord into outlet |
| | 2.Safety key not inserted | 2.Insert safety key |
| | 3.Switch on OFF | 3.Turn switch to ON |
| | 4.treadmill circuit breaker tripped | 4.Lubricate treadmill belt and rest |
| Running belt slips | Running belt not tight enough | Adjust running belt tension |
| Running belt hesitates when stepped on | 1. Insufficient lubrication | 1. Apply silicone lubricant |
| | 2. Running belt worn out | 2. Replace running belt |
| Running belt not centered | Running belt tension not adjusted on the left or right sides of the running board | Tighten the adjustment bolts on the left and right side of the rear roller |
| --/--- (Emergency Circuit Opened) | 1. Safety Key not engage | 1. Re-insert safety key |
| | 2. Loose Cable | 2. Check cable connections |
| | 3. Switch damaged | 3. Contact Body-Solid Customer Service |
| E1 (Inverter Over Heat) | 1. Dirt & dust buildup | 1. Clean inverter & surrounding |
| | 2. Inverter damaged | 2. Contact Body-Solid Customer Service |
| E2 (Over Current) | 1. Running belt is too tight | 1. Adjust running belt tension |
| | 2. Running belt is lack of lubrication. | 2. Add lubricate to the running belt. |
| | 3. Incoming voltage is too low | 3. Check incoming voltage |
| | 4. IPM Module damaged | 4. Change Inverter |
| E3 (Over Voltage) | Incoming voltage is too high. | Check incoming voltage |
| E5 (Inverter MCU Fault) | MCU module fault | Change Inverter |
| E6 (Comm Fault) | 1. Loose cable | 1. Check cable connections |
| | 2. Cable damaged | 2. Change Cables |
| E7 (Incline Fault) | 1. Inverter damaged | 1. Change Inverter |
| | 2. Incline Motor damaged | 2. Change Incline Motor |
| EE (Erprom Error) | Delete MCU data | Perform a factory reset: 1. Remove the Safety Key, Press STOP & DECREASE SPEED buttons. 2. Put the Safety Key back on. |

# Parts List

| # | DESCRIPTION | QTY |
|---|---|---|
| 1 | MAIN FRAME | 1 |
| 2 | ELEVATION FRAME | 1 |
| 3 | FRONT BASE FRAME | 1 |
| 4 | LEFT UPRIGHT | 1 |
| 5 | RIGHT UPRIGHT | 1 |
| 6 | LOWER CONSOLE FRAME | 1 |
| 7 | UPPER CONSOLE FRAME | 1 |
| 8 | LEFT BRACKET | 1 |
| 9 | RIGHT BRACKET | 1 |
| 10 | SPACER | 12 |
| 11 | RUNNING DECK | 1 |
| 12 | RUNNING BELT | 1 |
| 13 | AC MOTOR | 1 |
| 14 | INCLINE MOTOR | 1 |
| 15 | FRONT ROLLER | 1 |
| 16 | REAR ROLLER | 1 |
| 17 | POWER SWITCH | 1 |
| 18 | OVERLOAD PROTECTOR | 1 |
| 19 | POWER SOCKET | 1 |
| 20 | POWER CORD | 1 |
| 21 | MOTOR DRIVE BELT | 1 |
| 22 | CUSHION (BLACK) | 2 |
| 23 | CUSHION (BLUE) | 4 |
| 24 | MAIN FRAME SUPPORT CUSHION | 2 |
| 25 | FOOT PAD | 2 |
| 26 | TRANSPORT WHEEL, Ø51.5xØ8.1x20 | 2 |
| 27 | TRANSPORT WHEEL, Ø65xØ8.1x20 | 2 |
| 28 | GAS SPRING | 1 |
| 29 | MOTOR COVER | 1 |
| 30 | FRONT COVER | 1 |
| 31 | TOP RAIL | 2 |
| 32 | SIDE RAIL | 2 |
| 33 | LEFT REAR COVER | 1 |
| 34 | RIGHT REAR COVER | 1 |
| 35 | LEFT REAR SUPPORT | 1 |
| 36 | RIGHT REAR SUPPORT | 1 |
| 37 | LEFT OUTER COVER | 1 |

# Parts List

| # | DESCRIPTION | QTY |
|---|---|---|
| 38 | LEFT INNER COVER | 1 |
| 39 | RIGHT OUTER COVER | 1 |
| 40 | RIGHT INNER COVER | 1 |
| 41 | TABLET HOLDER | 1 |
| 42 | CONSOLE SUPPORT COVER | 1 |
| 43 | FRONT CONSOLE COVER | 1 |
| 44 | REAR CONSOLE COVER | 1 |
| 45 | DISPLAY | 1 |
| 46 | CONSOLE TOP COVER | 1 |
| 47 | CONSOLE BOTTOM COVER | 1 |
| 48 | KEY BOARD COVER | 1 |
| 49 | LEFT UPRIGHT COVER | 1 |
| 50 | RIGHT UPRIGHT COVER | 1 |
| 51 | LEFT HANDRAIL COVER | 1 |
| 52 | RIGHT HANDRAIL COVER | 1 |
| 53 | SPRING | 2 |
| 54 | PLASTIC WASHER | 2 |
| 55 | ADHESIVE TAPE, 28x38x1mm | 2 |
| 56 | ADHESIVE TAPE, 10x1340x1mm | 2 |
| 57 | ADHESIVE TAPE, 40x1340x2mm | 2 |
| 58 | CABLE STRAP, ST-100 | 4 |
| 59 | CABLE STRAP, ST-200 | 6 |
| 60 | WARNING LABEL, 45x145mm | 1 |
| 61 | DISPLAY DECAL | 1 |
| 62 | BUTTON DECAL | 1 |
| 63 | WARNING LABEL, 120x30mm | 1 |
| 64 | LOWER SECTION CABLE, 650mm | 1 |
| 65 | MIDDLE SECTION CABLE, 1350mm | 1 |
| 66 | UPPER SECTION CABLE, 650mm | 1 |
| 67 | T25 LOGO | 1 |
| 68 | WIRE, BLUE 150mm | 1 |
| 69 | WIRE, BROWN 100mm | 2 |
| 70 | WIRE, BLUE 200mm | 1 |
| 71 | WIRE, BROWN 200mm | 1 |
| 72 | GROUND WIRE, YELLOW/GREEN 150mm | 1 |
| 73 | SAFETY KEY | 1 |
| 74 | SAFETY KEY HOLDER | 1 |

# Parts List

| # | DESCRIPTION | QTY |
|---|---|---|
| 75 | SPEAKER | 2 |
| 76 | DISPLAY BOARD | 1 |
| 77 | KEY BOARD | 1 |
| 78 | INVERTER | 1 |
| 79 | HAND PULSE PLATE | 1 |
| 80 | HEX HEAD BOLT, M10x45mm | 1 |
| 81 | HEX HEAD BOLT, M10x60mm | 1 |
| 82 | BUTTON HEAD CAP SCREW, M8x40mm | 1 |
| 83 | BUTTON HEAD CAP SCREW, M8x50mm | 4 |
| 84 | CARRIAGE BOLT, M8x20mm | 9 |
| 85 | HEX HEAD BOLT, M8x70mm | 4 |
| 86 | HEX HEAD BOLT, M8x60mm | 1 |
| 87 | PAN HEAD PHILLIPS SCREW, M4x10mm | 1 |
| 88 | PAN HEAD PHILLIPS SCREW, M4x15mm | 10 |
| 89 | SOCKET HEAD CAP SCREW, M8x75mm | 1 |
| 90 | HEX HEAD BOLT, M10x25mm | 3 |
| 91 | HEX HEAD BOLT, M10x35mm | 2 |
| 92 | SOCKET HEAD CAP SCREW, M8x15mm | 2 |
| 93 | LARGE HEAD SELF-TAPPING SCREW, ST4.2x10mm | 2 |
| 94 | SOCKET HEAD CAP SCREW, M6x15mm | 88 |
| 95 | SELF-TAPPING SCREW, ST4.2x10mm, BLACK OXIDE | 8 |
| 96 | SELF-TAPPING SCREW, ST3.0x10mm | 8 |
| 97 | SELF-TAPPING SCREW, ST4.2x10mm, ZINC PLATED | 2 |
| 98 | WASHER, M10 | 2 |
| 99 | WASHER, M8 | 6 |
| 100 | TOOTH LOCK WASHER, M8 | 12 |
| 101 | LOCK WASHER, M8 | 19 |
| 102 | NYLON LOCK NUT, M10 | 4 |
| 103 | NYLON LOCK NUT, M8 | 6 |
| 104 | FLAT HEAD PHILLIPS SCREW, M6x25mm | 6 |
| 105 | SELF-TAPPING SCREW, ST4.2x25mm | 8 |
| 106 | BUTTON HEAD CAP SCREW, M8x15mm | 1 |
| 107 | SOCKET HEAD CAP SCREW, M8x30mm | 8 |
| 108 | BUTTON HEAD CAP SCREW, M8x40mm | 4 |
| 109 | EMI FILTER | 1 |

# Parts List

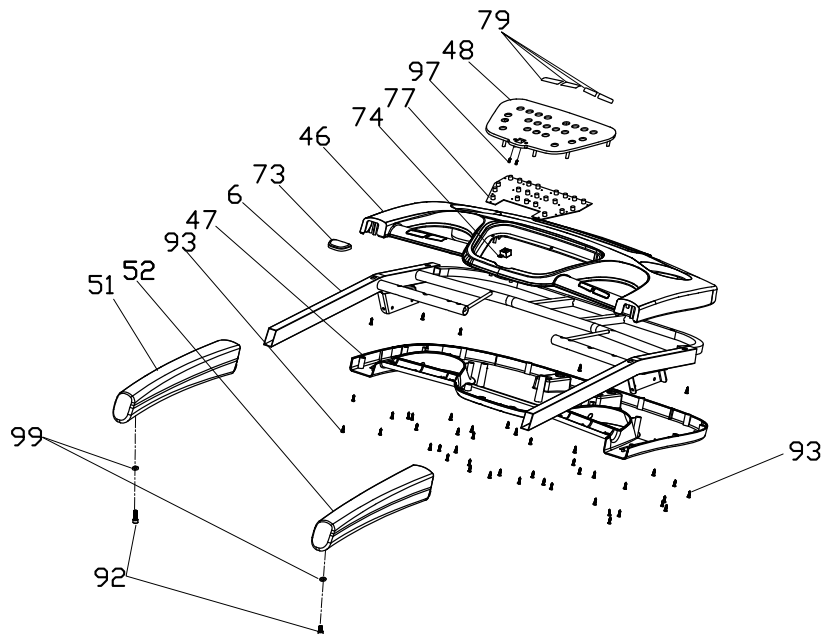| # | DESCRIPTION | QTY |
|---|---|---|
| 110 | CABLE, 800mm | 1 |
| 111 | GROUND CABLE, 600mm | 1 |
| 112 | MAGNETIC RING, Ø24.75xØ15.2x14.9mm | 1 |
| 113 | MAGNETIC RING, Ø39xØ13x31mm | 1 |
| 114 | MAGNET, Ø20xØ8.5x36mm | 2 |
| 115 | MAGNET, B5H | 1 |
| 116 | LOWER CONSOLE ASSEMBLY | 1 |
| 117 | UPPER CONSOLE ASSEMBLY | 1 |

# Exploded Drawing
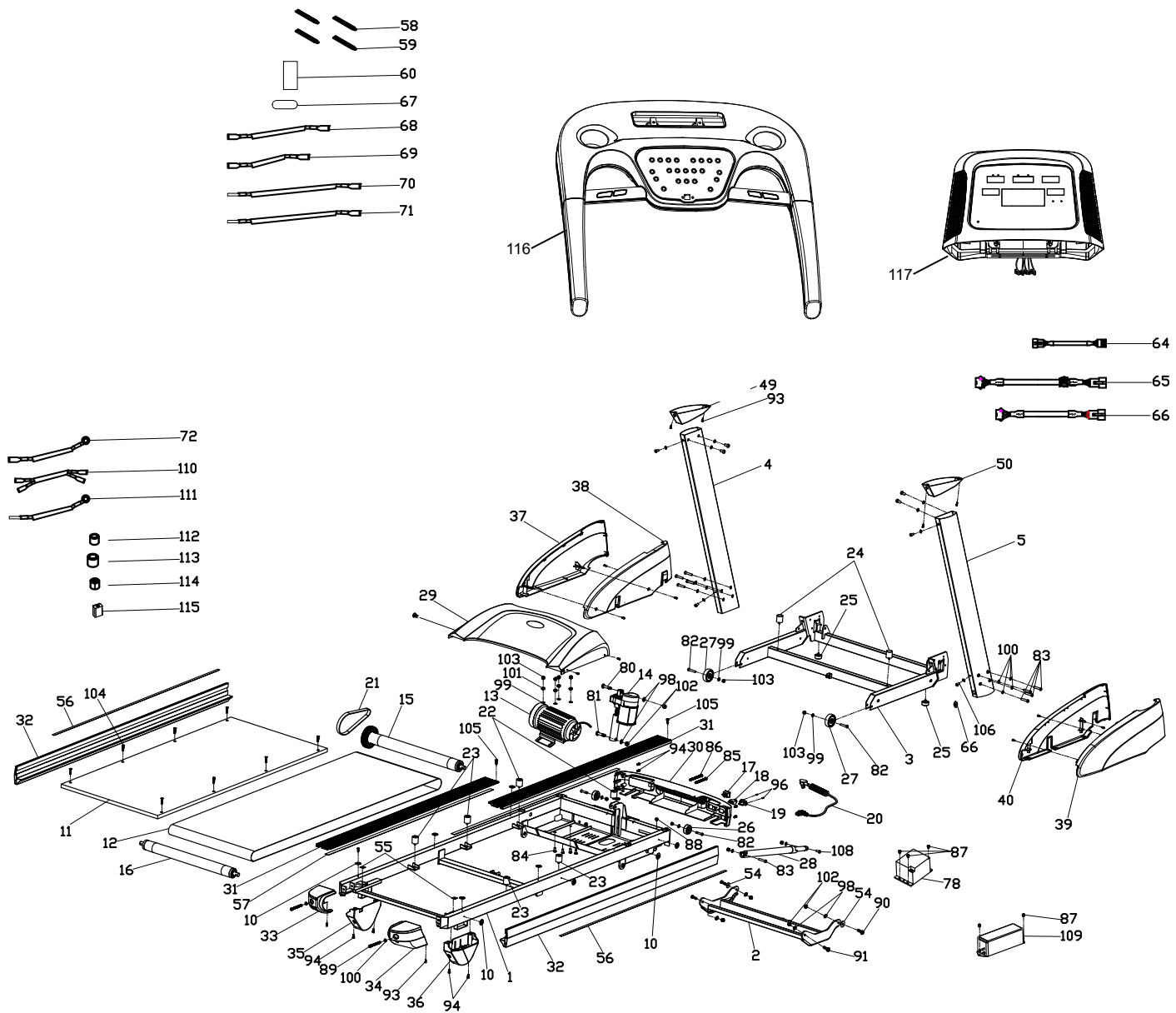
# Exploded Drawing

EXPLODED DRAWING OF UPPER CONSOLE ASSEMBLY
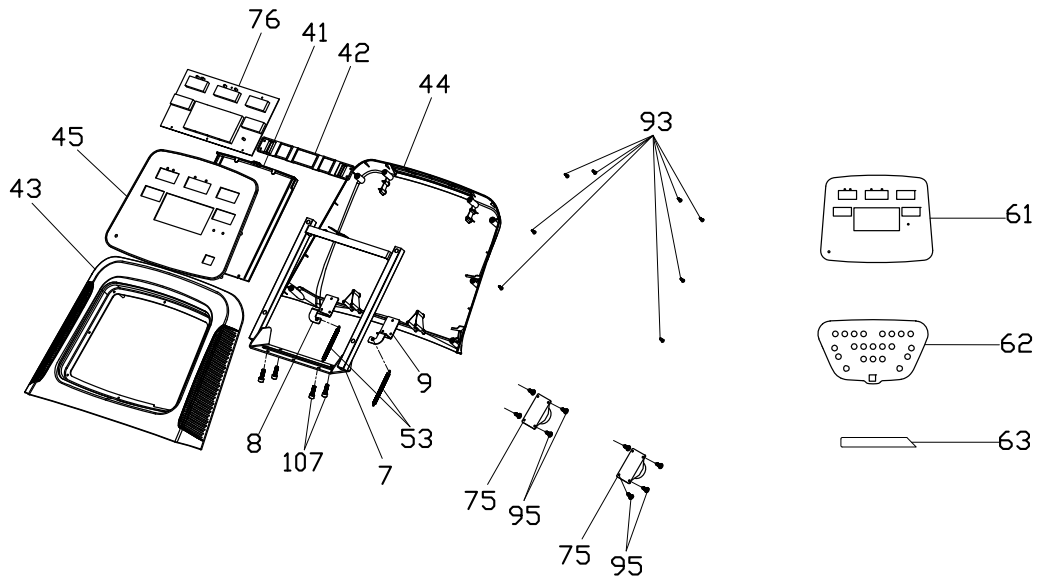


EXPLODED DRAWING OF LOWER CONSOLE ASSEMBLY

## Serial Number is Located on the Upright

Model Name: T25 _____

Purchase Date: _____

Serial Number: 016057-_____