

TEMPORA

ELECTRIC TREADMILL

OWNER'S MANUAL

ITEM NO.: HSM-T09B



***IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.
The specifications of this product may vary from this photo and are subject to change without prior notice.***

IMPORTANT SAFETY INSTRUCTIONS

Basic precautions, including the following important safety instructions should always be followed when using this treadmill. Read all instructions before using this treadmill.

DANGER: To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning, assembling, or servicing the treadmill.

Failure to follow these instructions may lead to personal injury and cause damage to the treadmill.

WARNING: To reduce the risk of burns, fire, electric shock or injury to any persons, please read the following:

- Never leave the treadmill unattended while plugged in. Disconnect by turning off the master power switch and unplugging from wall outlet when not in use and before putting on or taking off parts.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this treadmill if it has a damaged cord or plug, or if it is not working properly. If it has been dropped or damaged, or been exposed to water, return the appliance to a service center for examination and repair.
- Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorised Service Representative*.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and other obstructions.
- Do not use the treadmill outdoors.
- Do not pull the treadmill by its power cord or use the cord as a handle.
- Keep children and pets away from the equipment while in use.
- Elderly or disabled users should only use this treadmill in the presence of an adult who can provide assistance if required.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Keep dry - do not operate in a wet or moist condition.
- The motor cover can become hot while the treadmill is in use. Do not place the treadmill on a blanket or other flammable surface as this can create a fire hazard.
- Keep electrical cord away from heated surfaces.
- Keep the treadmill on a solid, level surface with a minimum safety area clearance of two meters around the treadmill. Be sure the area around the treadmill remains clear of any obstructions during use.
- This treadmill is for domestic household use only.
- Only **one** person should use the treadmill at a time.
- Wear comfortable and suitable clothing when using the treadmill. Do not use the treadmill barefoot or in socks. Always wear appropriate, enclosed athletic footwear. Never wear loose or baggy clothing as it can become caught on the treadmill and create an entrapment hazard.

- Always hold on to the handrails while using the treadmill.
- Always make sure the spring knob and round knob are in place when folding and moving the treadmill.
- Do not leave children who are under 12 years-old unsupervised near or on the treadmill.
- To disconnect, turn all controls to the off position, then remove plug from the wall outlet.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should not be allowed to play on or near the treadmill at any time.
- CAUTION - RISK OF INJURY TO PERSONS - To avoid injury, use extreme caution when stepping onto or off of a moving treadmill belt. Carefully read this instruction manual before use.
- **Maximum Weight Capacity is 100 kgs.**
- Pull out the Safety Tether Key for emergency stop.
- This unit must be plugged into a nominal 220-240 volt 50 Hz outlet which has been grounded.
- Keep hands clear of all moving parts. Never place hands or feet under the treadmill while in use.
- Do not use the treadmill on a carpet that is greater than 1.3 cm in height.
- Before using the treadmill, check that the belt is aligned and centered on the running deck and all visible fasteners on the treadmill are sufficiently tightened and secure.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- Never operate this treadmill if it is in the folded position.
- Allow the running belt to fully stop and unplug the power cord from the wall outlet before folding up the treadmill.
- Always face towards the computer console and do not run backwards on the running belt.

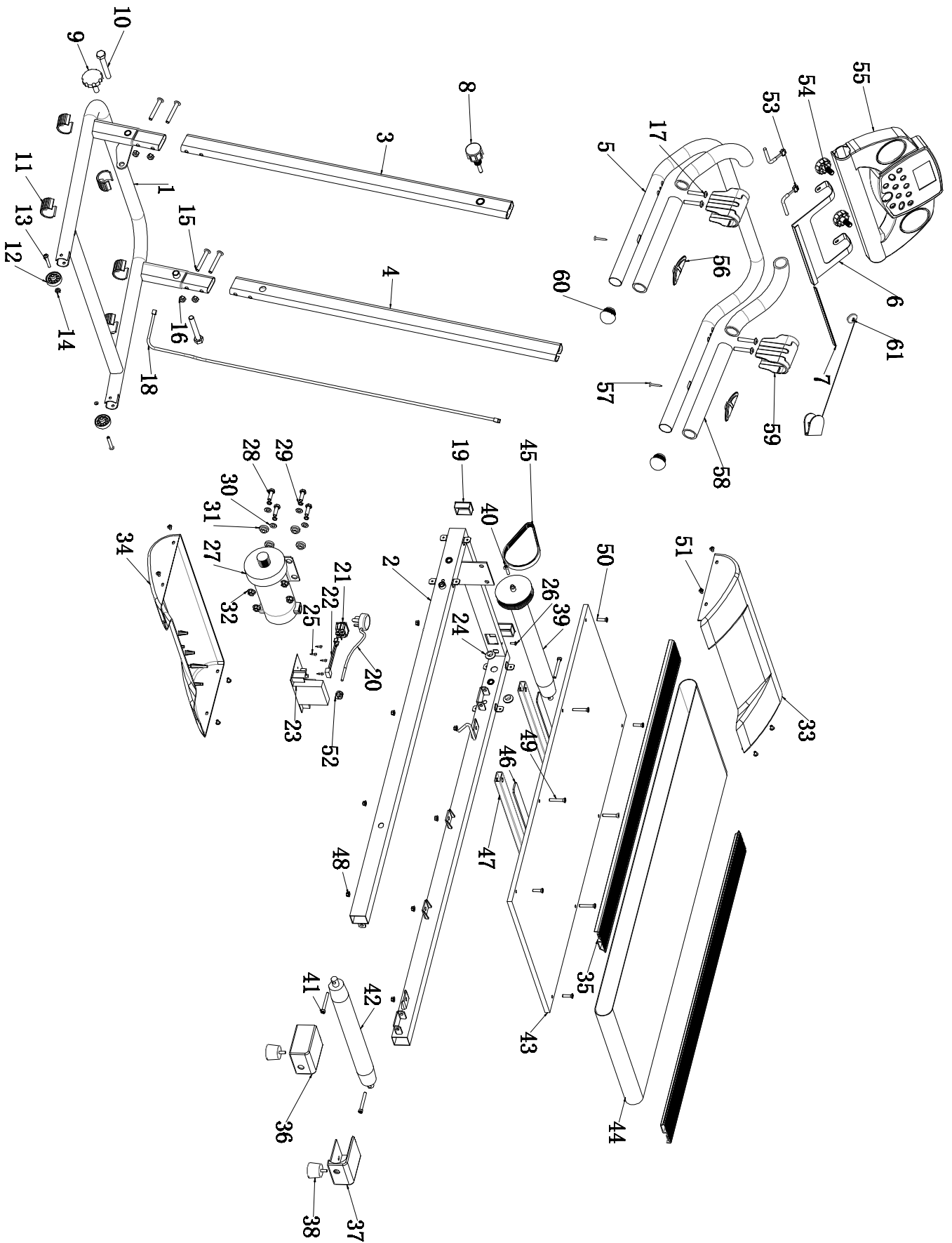
WARNING: Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

PARTS LIST

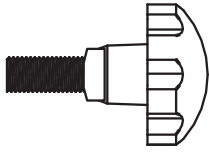
Part No.	Description	Qty	Part No.	Description	Qty
1	Base Frame	1	32	Flange Nut M8	4
2	Main Frame	1	33	Upper Motor Cover	1
3	Left Stand Tube	1	34	Lower Motor Cover	1
4	Right Stand Tube	1	35	Side Rail	2
5	Handlebar Tube	1	36	Left Rear Cover	1
6	Tablet Holder	1	37	Right Rear Cover	1
7	EVA Protection	1	38	Foot Pad	2
8	Spring Knob	1	39	Front Roller	1
9	Knob	1	40	Cross Screw M6X20	1
10	Hex Screw M12X70	2	41	Hex Socket Screws	3
11	Foot Pad	5	42	Back Roller	1
12	Transportation Wheel	2	43	Running Board	1
13	Head Hex Socket Screws	2	44	Running Belt	1
14	Locknut M6	2	45	Driving Belt	1
15	Head Hex Socket Screws	4	46	Reinforced Tube	2
16	Locknut M8	4	47	Reinforced Pad	2
17	Head Hex Socket Screws	4	48	Frangle Nut M6	8
18	Main Control Cable	1	49	Cross Screw M6X40	4
19	End Cap 30X40	2	50	Cross Screw M6X25	4
20	Power Cord	1	51	Cross Screw M5X10	8
21	Power Swtch	1	52	Power Cord Grommet	1
22	Wire for Power Switch	1	53	Pulse Senor Wire	2
23	Electric controller	1	54	Console Knob	2
24	Wire Grommet	2	55	Console	1
25	Head Self-drilling Screw	4	56	Pulse Senor	2
26	Head Cross Screws	1	57	Self-drilling Screw 4X30	2
27	Motor	1	58	Handlebar Foam Grip	1
28	Hex ScrewM8X25	4	59	Handlebar Cover	2
29	Spring Washer M8	4	60	Tube Cap for Handlebar	2
30	Washer M8	4	61	Safety Key	1
31	Foot Pad For Motor	4			

EXPLODED VIEW



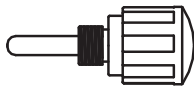
TOOL KIT

9



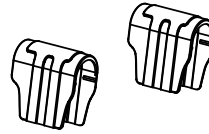
Knob
(to fold and unfold) x 1

8



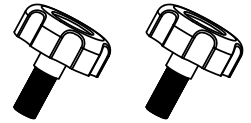
Spring Knob x 1

59



Handlebar Cover x 2

54



Console Knob x 2

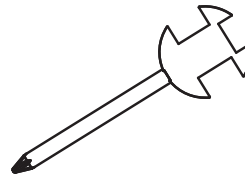
61



Safety Key
(emergency stop) x 1



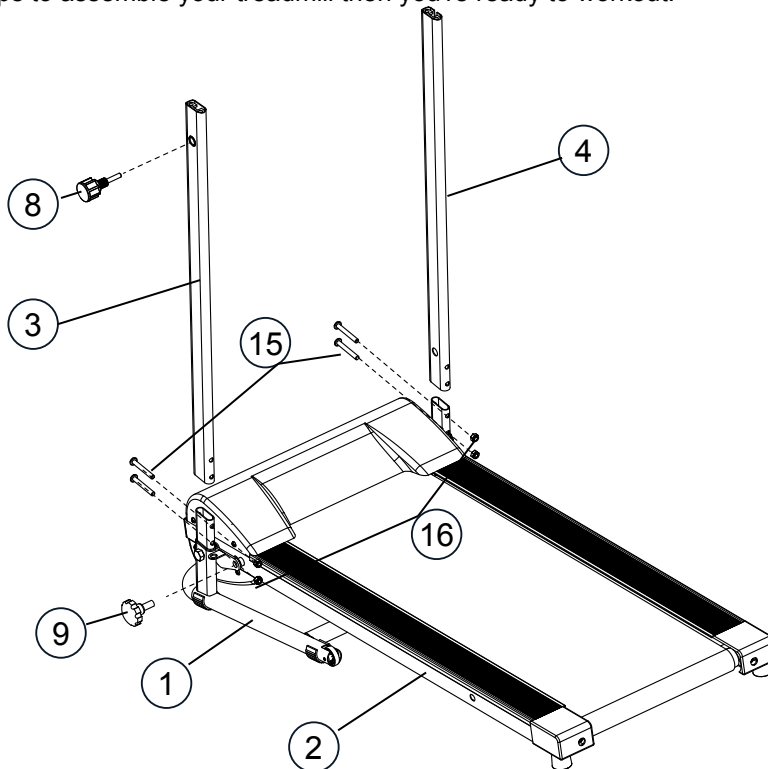
Allen Key x 1



Wrench x 1

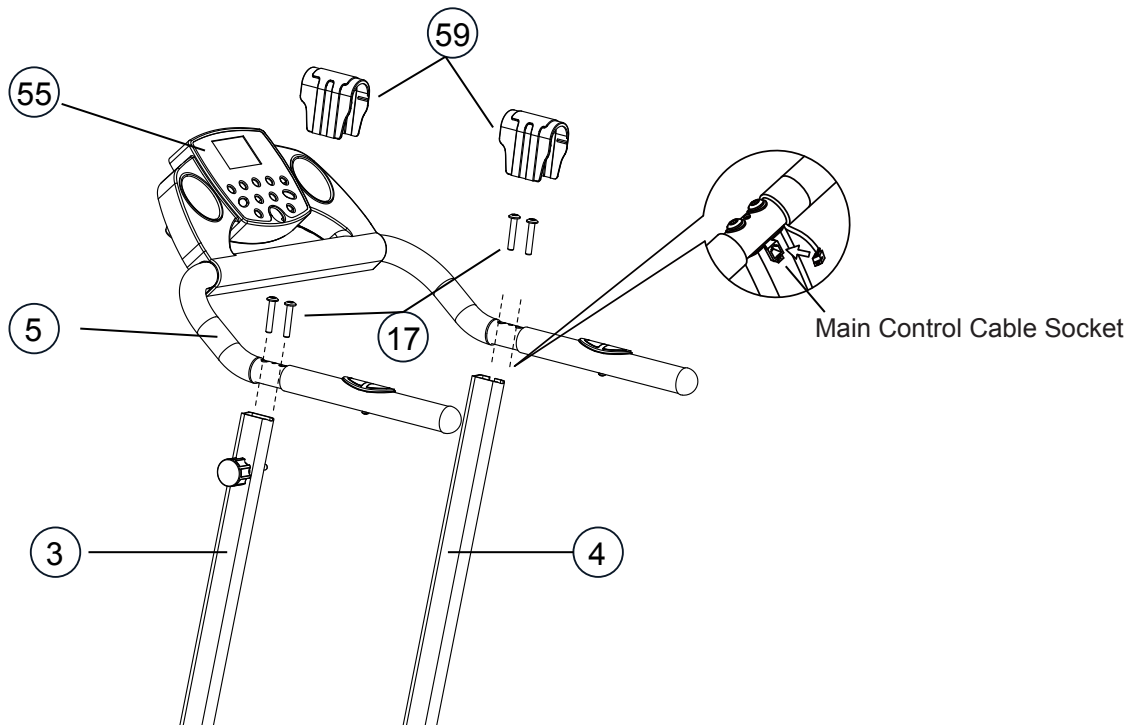
ASSEMBLY INSTRUCTIONS

5 easy steps to assemble your treadmill then you're ready to workout.



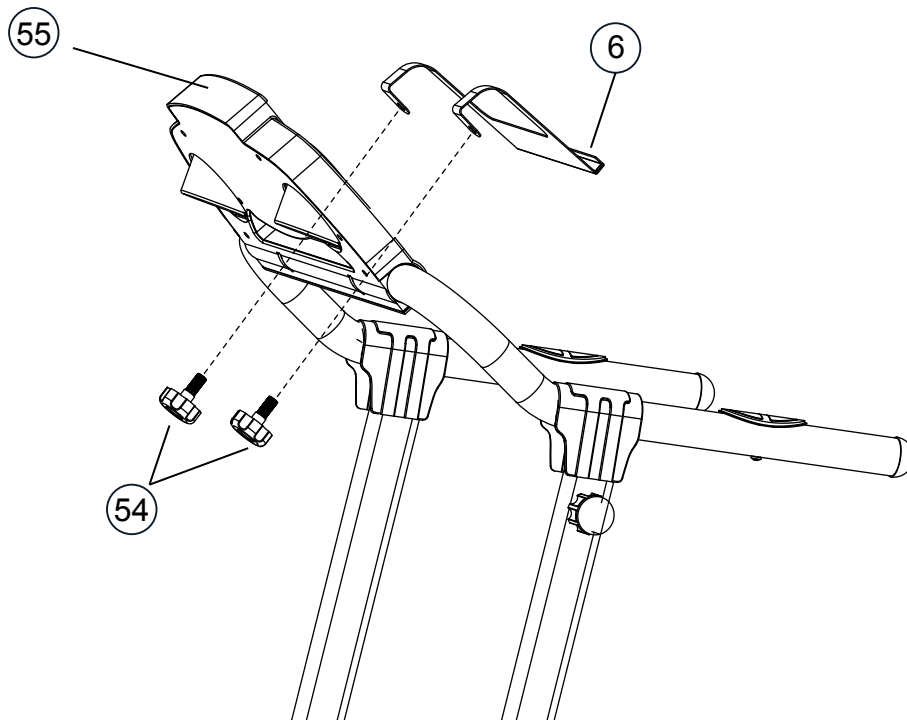
Step 1

- Place the treadmill in the upright position on a level flat surface.
- Semi-tighten the Knob (9) by turning it in a clockwise direction into the holes on the Base Frame (1) and Main Frame (2).
- Remove the screws/bolt in the Left Stand Tube (3) and Right Stand Tube (4), and then insert the stand tubes onto the Base Frame (1), tighten them by Allen Key and Wrench provided.
- Tighten the Spring Knob (8) by turning it in a clockwise direction into the hole on the Left Stand Tube (3).



Step 2

- A. Remove the four Head Hex Socket Screws (17) in the end of the Left Stand Tube (3) and Right Stand Tube (4).
- B. Attach the Handlebar (5) onto both ends of the Stand Tube (3 and 4), tighten the screws with the Allen Key provided.
- C. Connect the wire that comes from the Computer Console (55) to the Main Control Cable Socket from the right handlebar support of the Right Stand Tube (4).
- D. Install both Handlebar Covers (59) onto the Handlebar (5).



Step 3

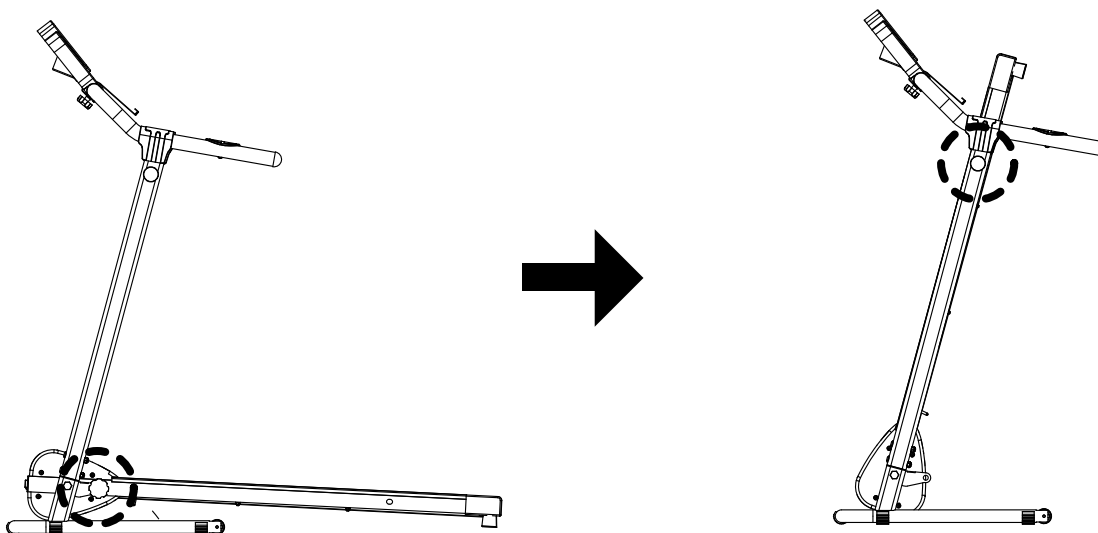
- A. Turn the Computer Console (55) up or down to align the computer knob hole, and then place the Tablet Holder (6) onto the Computer Console (55) to align the hole.
- B. Lock the Computer Console (55) in place by tightening the Computer Knob (54).

FOLDING INSTRUCTIONS

TO FOLD

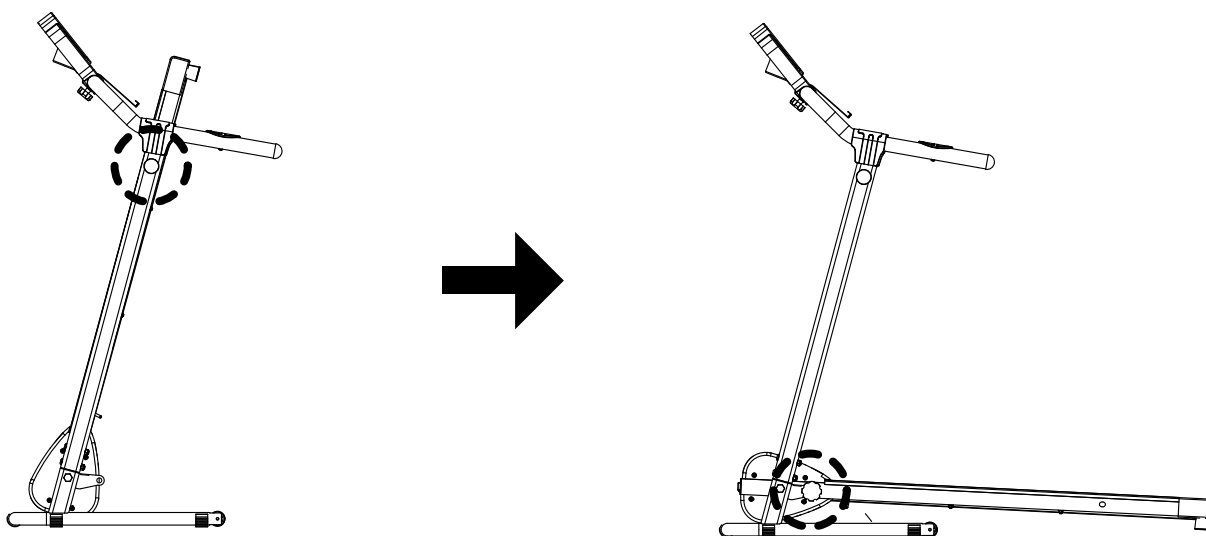
After use, unscrew the safety lock on the bottom frame, fold the treadmill and pull the expandable safety lock out from the left Upright and release to lock the treadmill in an upright position.

To avoid losing the safety lock, screw the safety lock to the bottom and upper frames whilst in an upright position.



TO UNFOLD

Unscrew the safety lock on the bottom frame, release the expandable safety lock and lower the bottom frame to the ground. Screw the safety lock to the bottom frame to lock the upper frame in an upright position.



OPERATING THE COMPUTER



Flip the Master Power Switch that is located at the front of the treadmill to the ON position. Before beginning a workout session ensure that the Safety Tether Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing.

NOTE: Always stand on the side rails when you start the treadmill, never start the treadmill while you are standing on the running belt.

QUICK START:

Press the START button on the computer to start exercise, the LCD window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. Always allow the treadmill to reach a speed of 1.0 KPH before stepping on to the running belt. You may press the SPEED \wedge or SPEED \vee button on the computer console or handlebar to increase or decrease the running speed during exercise. The split window of SPEED will display your current running speed. The speed range is from the minimum 1.0 KPH to the maximum 10.0 KPH. You may also press one of the INSTANT SPEED buttons (2 / 4 / 6 / 8) on the computer console and the split window of SPEED will display the speed that you have pressed and the running speed will change to 2 KPH, 4 KPH, 6 KPH, or 8 KPH respectively. The split window of TIME will display your elapsed workout time in minutes and seconds. The split window of DIST. (DISTANCE) will display the accumulative distance travelled during workout. The split window of CAL. (CALORIES) will display the total accumulated calories burned during workout. The split window of PULSE will display your current heart rate in beats per minute (BPM). To activate, grip the hand pulse sensors on both handlebars during exercise and the pulse will display after 4-5 seconds. For a more accurate reading, grip pulse sensors with both hands. During training, you may press the STOP button on the computer console to stop the treadmill running at any time, or pull out the safety tether key to stop the treadmill running.

FUNCTION BUTTONS:

START:

Press the START button to start training on different training mode.

STOP:

Press the STOP button to stop training on different training mode.

PROG (PROGRAM):

Press the PROG button to select the pre-set training program (P01-P12) mode before training.

MODE:

Press the MODE button to select different functions (time or distance) for setting exercise goals in manual program mode before training.

SPEED ^ (SPEED UP):

Press the SPEED ^ button to make upward adjustments for pre-setting target training time or distance in manual program mode before training.

Press the SPEED ^ button to make upward adjustments for pre-setting target training time in pre-set training program (P01-P12) mode before training.

Makes speed adjustments during all training periods on different training modes.

The speed range is from 1.0 KPH to 10.0 KPH.

SPEED v (SPEED DOWN):

Press the SPEED v button to make backward adjustments for pre-setting target training time or distance in manual program mode before training.

Press the SPEED v button to make backward adjustments for pre-setting target training time in pre-set training program (P01-P12) mode before training.

Makes speed adjustments during all training periods on different training modes.

The speed range is from 1.0 KPH to 10.0 KPH.

INSTANT SPEED (2 / 4 / 6 / 8):

Used to reach desired speed more quickly.

PULSE/cal:

During exercise mode, press the PULSE/cal button to switch display the pulse and calories values on the split window of PULSE/CAL..

DISPLAY FUNCTIONS:

TIME: Displays your elapsed workout time in minutes and seconds. Press the START button on the computer to begin exercising, the LCD window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED ^ or SPEED v button on the computer console or handlebar to increase or decrease the running speed during exercise. Time starts counting up from 0:00 to 99:00 per 1 second increment.

SPEED: Displays the current speed from the minimum 1.0 KPH to the maximum 10.0 KPH. You may increase or decrease the speed by pressing the SPEED ^ or SPEED v button on the computer console or handlebar.

DIST. (DISTANCE): Displays the accumulative distance travelled during workout. Press the START button on the computer to begin exercising, the LCD window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED ^ or SPEED v button on the computer console or handlebar to increase or decrease the running speed during exercise. Distance starts counting up.

PULSE: Displays your current heart rate in beats per minute (BPM). To activate, grip the hand pulse sensors during exercise and the pulse will display after 2-5 seconds. For a more accurate reading, grip pulse sensors with both hands.

CAL. (CALORIES): Displays the total calories burned during your workout. Press the START button on the computer to begin exercising, the LCD window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED \wedge or SPEED \vee button on the computer console or handlebar to increase or decrease the running speed during exercise. Calorie starts counting up. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

TRAINING IN MANUAL PROGRAM MODE:

You may pre-set target TIME or DISTANCE in STOP mode before training. **Only one of the functions can be pre-set.**

To set TIME press the MODE button on the computer console until you see the split window of TIME begin blinking. Press the SPEED \wedge or SPEED \vee button on the computer console or handlebar to change the setting. Each increment is 1 minute. The pre-set target time range is from 5:00 to 99:00 minutes. Once you pre-set target time, press the START button on the computer to begin exercising. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED \wedge or SPEED \vee button on the computer console or handlebar to increase or decrease the running speed during exercise. Time starts counting down from pre-set target time to 0:00 per 1 second backward. When the pre-set target time counts down to 0:00, the computer will beep to alert you and the treadmill will stop automatically.

To set DISTANCE press the MODE button on the computer console until you see the split window of DISTANCE begin blinking. Press the SPEED \wedge or SPEED \vee button on the computer console to change the setting. The pre-set target distance range is from 0.50 to 65.00 kilometers, the default distance is 1 kilometer. Once you pre-set target distance, press the START button on the computer to begin exercising. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED \wedge or SPEED \vee button on the computer console or handlebar to increase or decrease the running speed during exercise. Distance starts counting down from pre-set target distance to 0.00. When the pre-set target distance counts down to 0.00, the computer will beep to alert you and the treadmill will stop automatically.

TRAINING IN PRE-SET PROGRAM MODE (P01-P12):

The computer offers 12 pre-set programs (P01-P12). You may select one of the pre-set training programs in STOP mode before training. Press the PROG (PROGRAM) button on the computer console to select one of the training programs. The split window of TIME begin blinking. You may press the SPEED \wedge or SPEED \vee button on the computer console or handlebar to change the setting. Each increment is 1 minute. The pre-set target time range is from 5:00 to 99:00 minutes. Once you pre-set target time, press the START button on the computer to begin exercising. The running speed will change automatically during the workout (as shown below). The program is split evenly into 20 intervals. You may press the SPEED \wedge or SPEED \vee button on the computer console or handlebar to increase or decrease the running speed during exercise. When the pre-set training program time count down to 0:00, the computer will beep to alert you and the treadmill will stop automatically.

CARE, MAINTENANCE & TROUBLESHOOTING GUIDE

WARNING: To prevent electrical shock, please turn off and unplug the treadmill before cleaning or performing routine maintenance.

WARNING: Always check the wear and tear components like spring knob and running belt to prevent injury.

CLEANING

After each exercise, ensure that the unit is wiped down and any sweat is removed from the unit.

The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not to get excessive moisture on the display panel as this might damage the unit and create an electrical hazard.

Please keep the treadmill, especially the computer console, out of direct sunlight to prevent damage to the screen.

STORAGE

Store the treadmill in a clean and dry indoor environment. Never leave or use the unit outdoors. Ensure the master power switch is off and the power cord is un-plugged from wall outlet.

TROUBLESHOOTING GUIDE

Problem	Potential Causes	Corrections
Treadmill will not start.	<ol style="list-style-type: none">1. Treadmill not plugged in.2. Safety Tether Key is not correctly installed.3. Circuit breaker in the house has been tripped.4. Treadmill circuit breaker has been tripped.	<ol style="list-style-type: none">1. Plug the power cord into a wall outlet.2. Reinstall the Safety Tether Key.3. Reset the circuit breaker, or call an electrician to replace the circuit breaker.4. Wait 5 minutes and then try to restart the treadmill.
Belt slips.	Belt not tight enough.	Adjust belt tension.
Belt hesitates when stepped on.	<ol style="list-style-type: none">1. Not enough lubrication applied onto the running deck.2. Belt is too tight.	<ol style="list-style-type: none">1. Apply lubricant.2. Adjust belt tension.
Belt is not centred.	Running belt tension not even across the rear roller.	Centre the belt.

LUBRICATION

Lubricating under the running belt will ensure superior performance and extend its life expectancy. After the first 25 hours of use (or 2-3 months) apply some lubricant, and repeat for every following 50 hours of use (or 5-8 months).

How to check running belt for proper lubrication

Lift one side of the running belt and feel the top surface of the running deck. If the surface is slick to the touch, then no further lubrication is required. If the surface is dry to the touch, apply some lubricant.

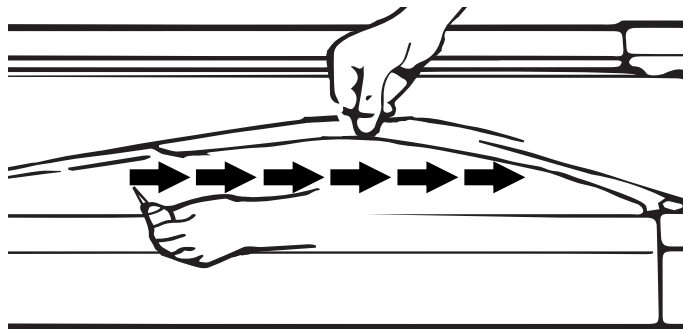
How to apply lubricant

Lift one side of running belt.

Pour some lubricant under the **centre** of the running belt on the top surface of the **running deck**.

Run on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

NOTE: DO NOT over lubricate running deck. Any excess lubricant that comes out should be wiped off.



EMERGENCY STOP

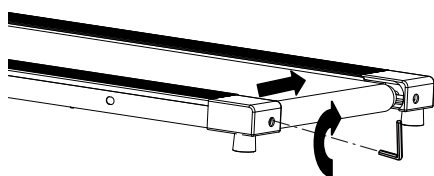


Before beginning a workout session ensure that the Safety Tether Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing. If you fall the clip will pull out the **SAFETY TETHER KEY** from the Computer Console and the running belt will stop immediately for emergency stop, helping to prevent injury.

Replaced the Safety Tether Key onto the Computer Console. Press the START button to begin exercise again.

BELT ADJUSTMENT

The running belt is pre-adjusted to the running deck at the factory, but after prolonged use it can stretch and require readjustment. To adjust the belt, turn on the main power switch of the treadmill and let the belt run at a speed of 8-10 KPH. Use the Allen Wrench provided to turn the rear roller adjustment bolts in order to centre the belt. If the running belt is shifting to the left, turn the left adjustment bolt 1/4 turn clockwise, and the running belt should start to correct itself.

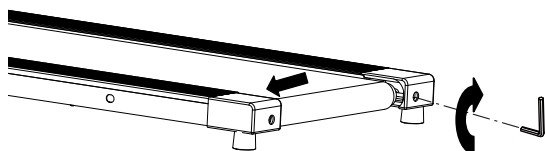


Tool:



Allen Wrench

If the running belt is shifting to the right, then turn the right adjustment bolt 1/4 turn clockwise, and the belt should start to correct itself. Keep turning the adjustment bolts until the running belt is properly centered.

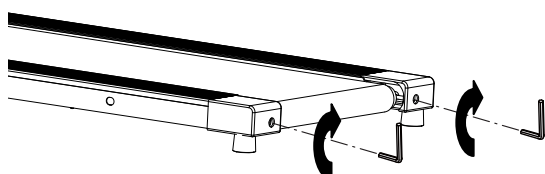


Tool:



Allen Wrench

If the running belt is slipping during use, turn off and unplug the treadmill. Using the Allen Wrench provided, turn both left and right rear roller adjustment bolts 1/4 turn clockwise, then turn the main power switch back on and run the treadmill at a speed of 8-10 KPH. Run on to the running belt to determine if the belt is still slipping. Repeat this procedure until the belt no longer slips.



Tool:



Allen Wrench

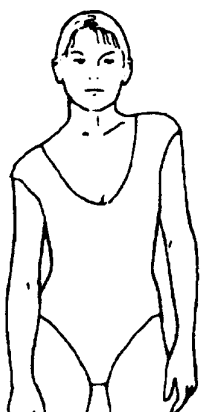
WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

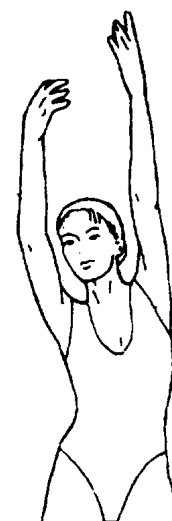
HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

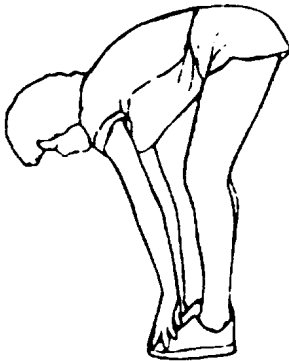


QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

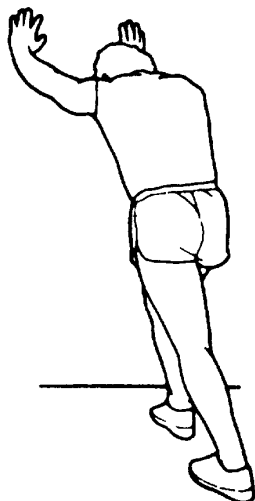
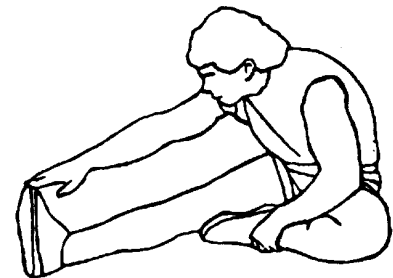


TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.