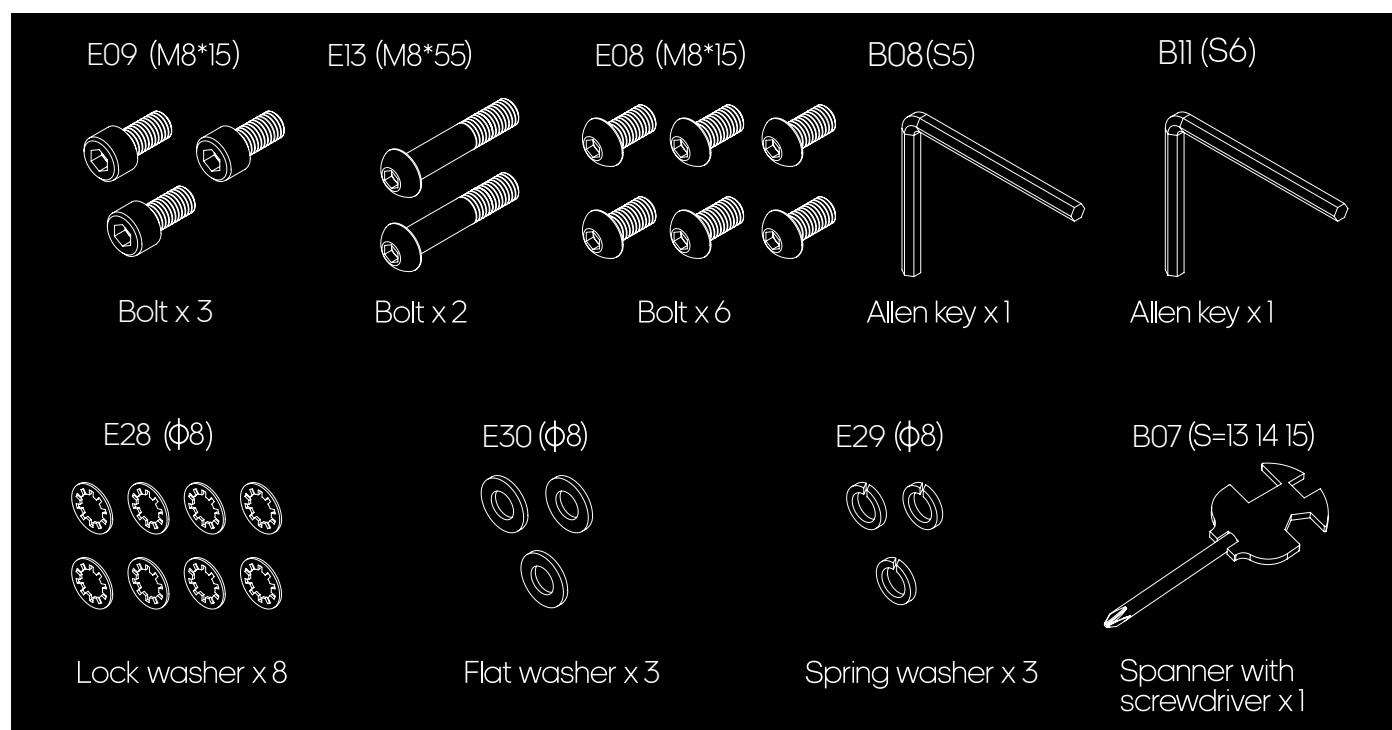
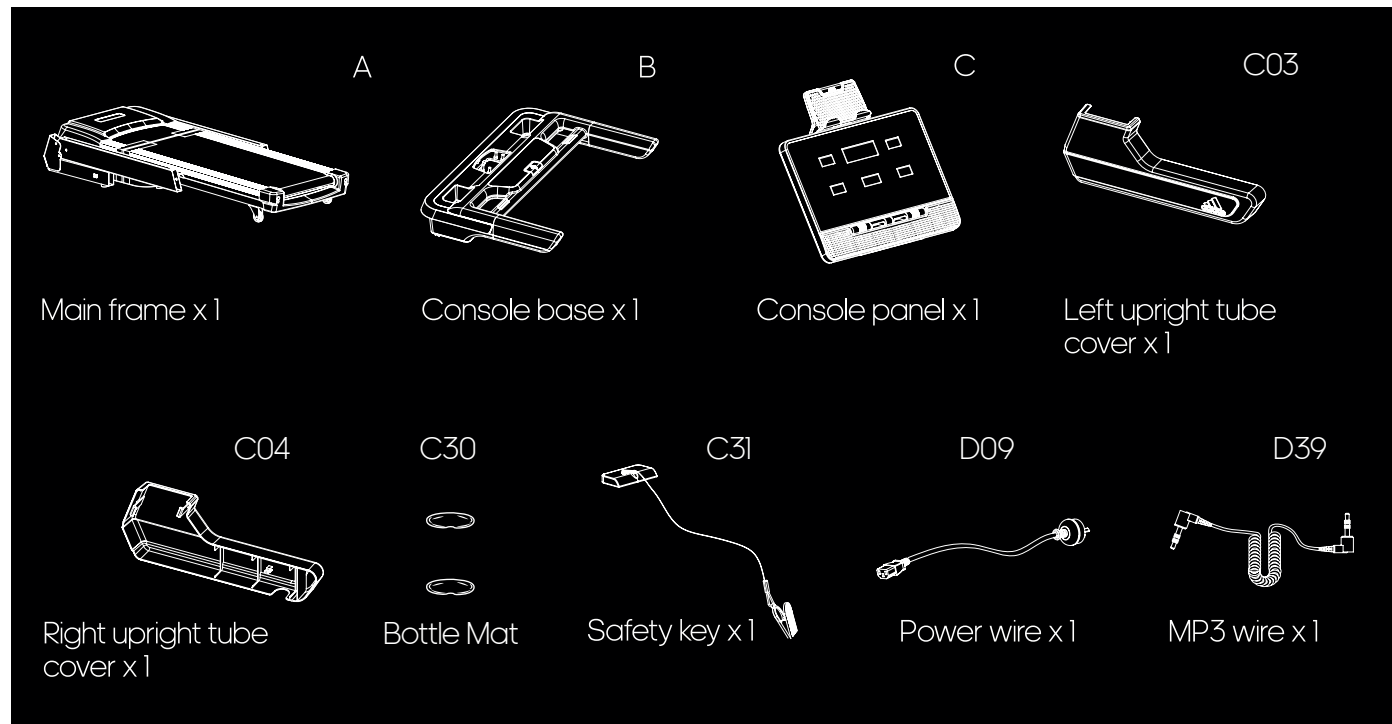




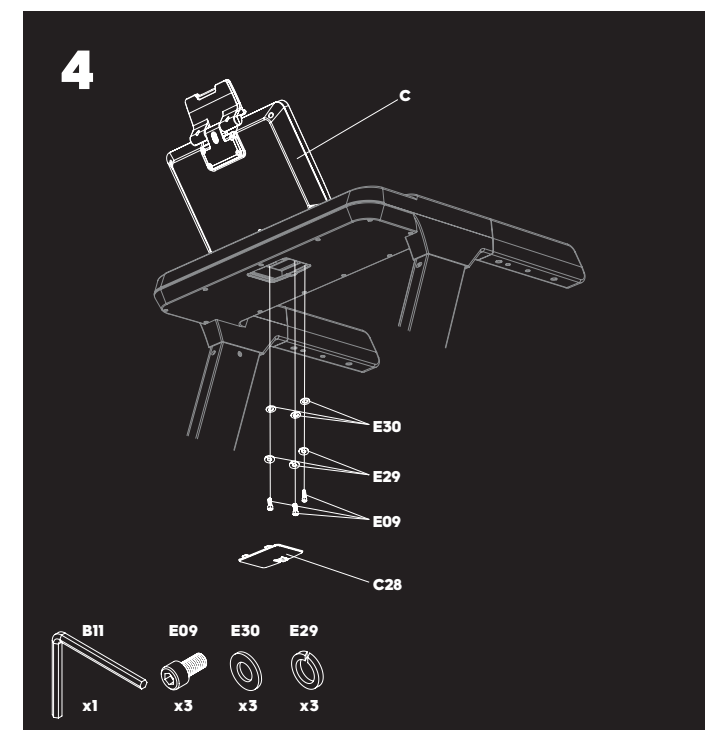
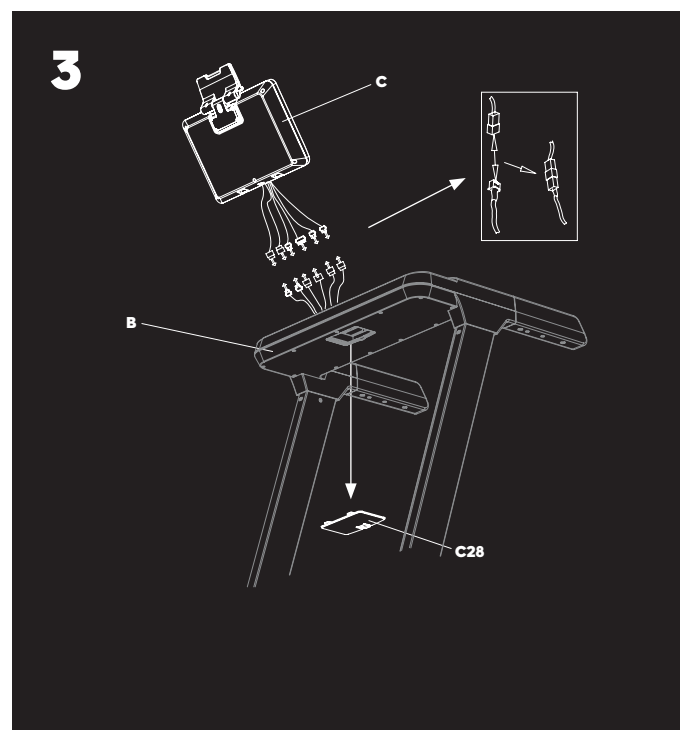
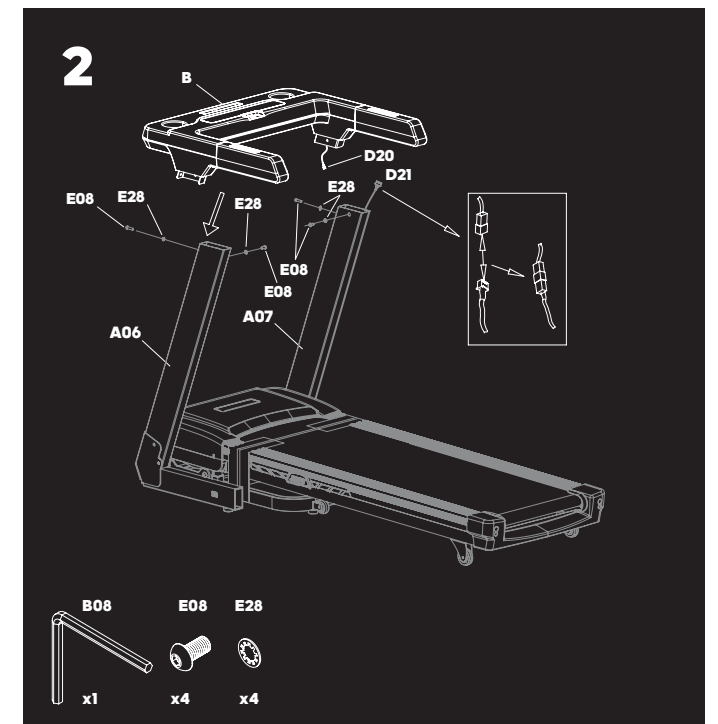
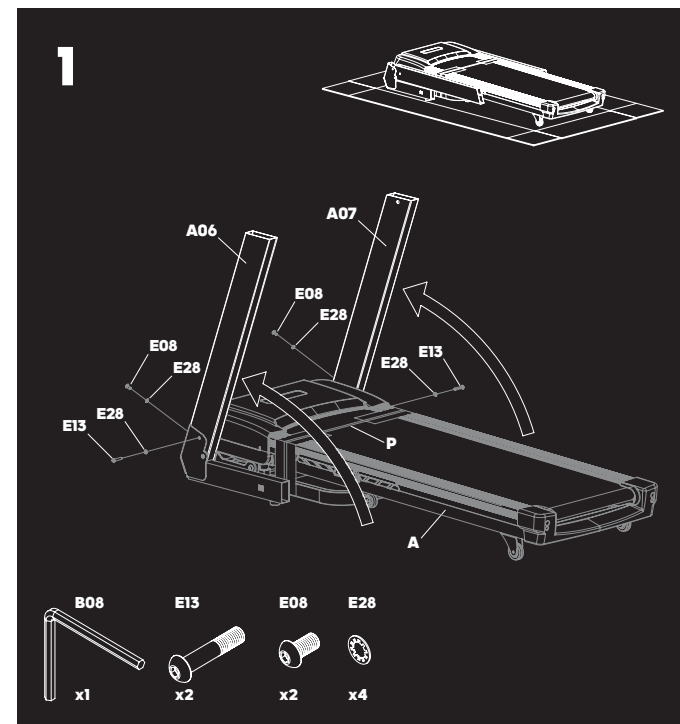
T-19i TREADMILL

USER MANUAL

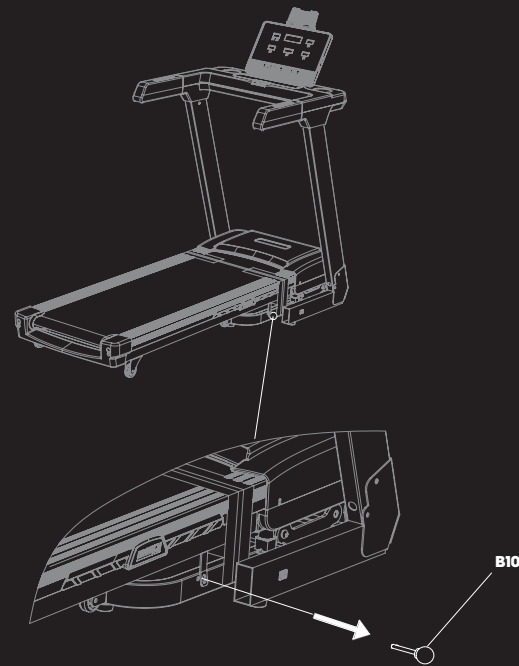
PARTS LIST



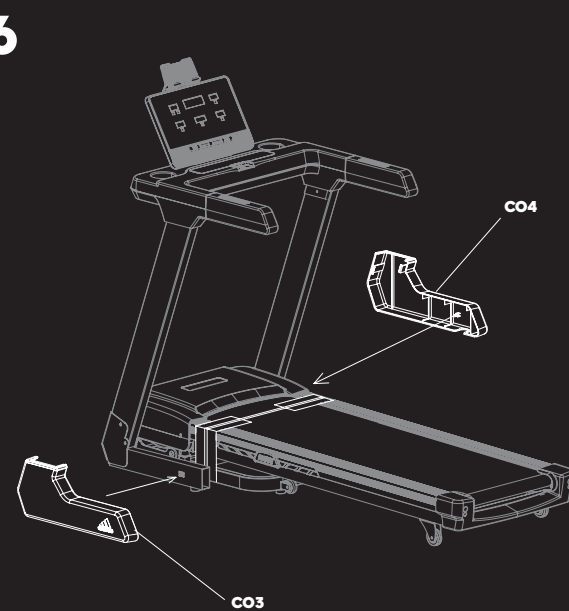
ASSEMBLY INSTRUCTIONS



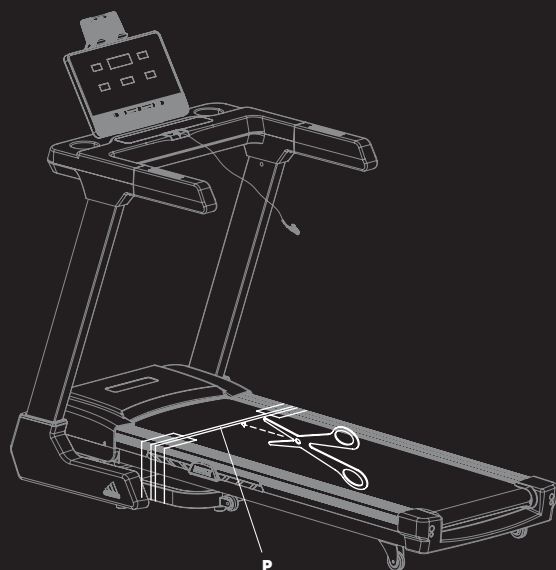
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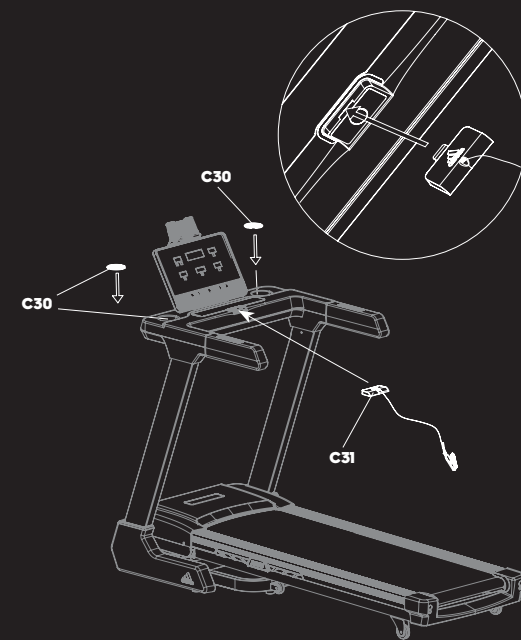
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7

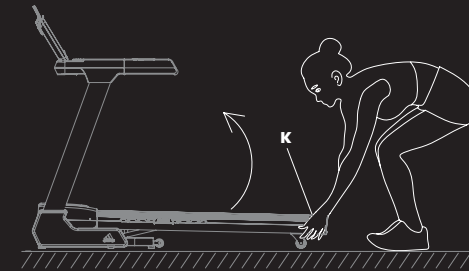


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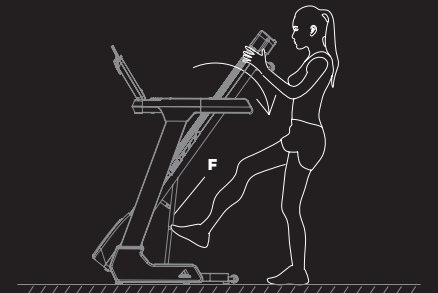


FOLDING INSTRUCTIONS

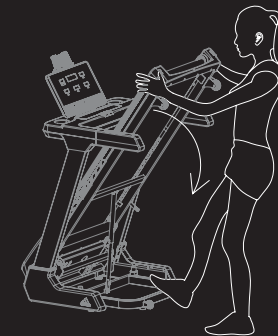
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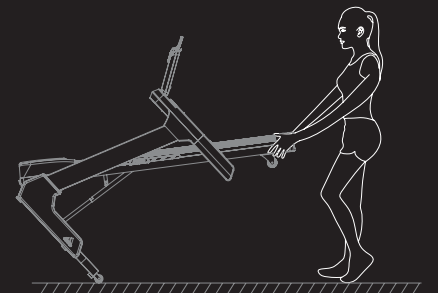
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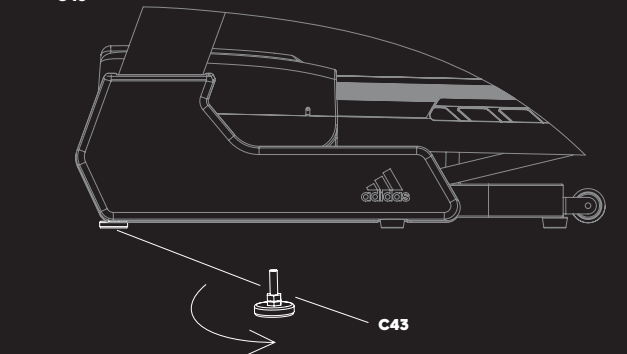
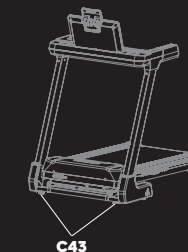
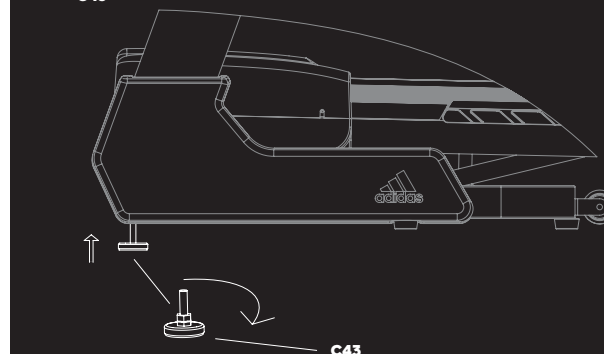
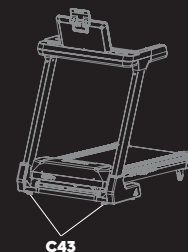
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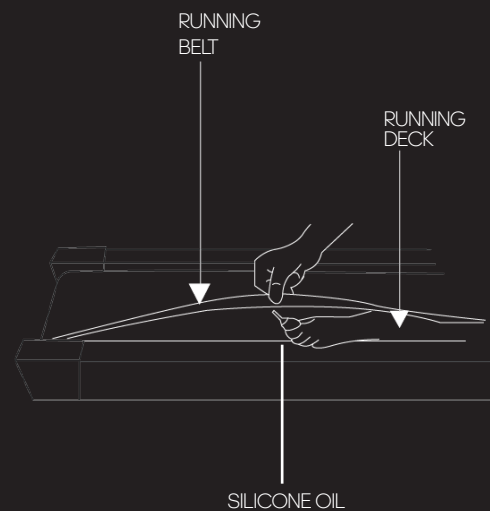
4



LEVEL ADJUSTMENT

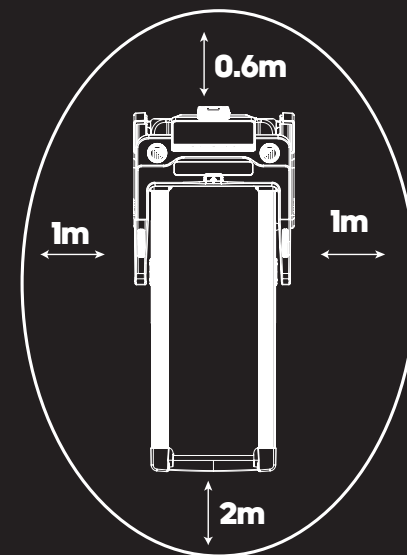


DECK LUBRICATION

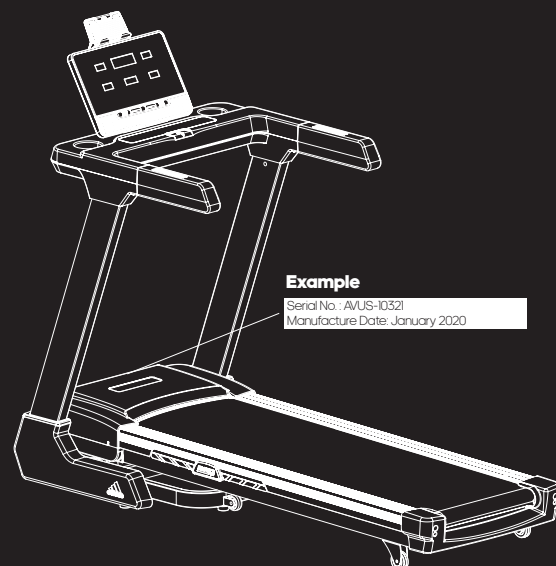


SAFETY PROCEDURES

ALLOW FOR A MINIMUM SPACE SHOWN BELOW AROUND THE TREADMILL WHEN IN OPERATION.



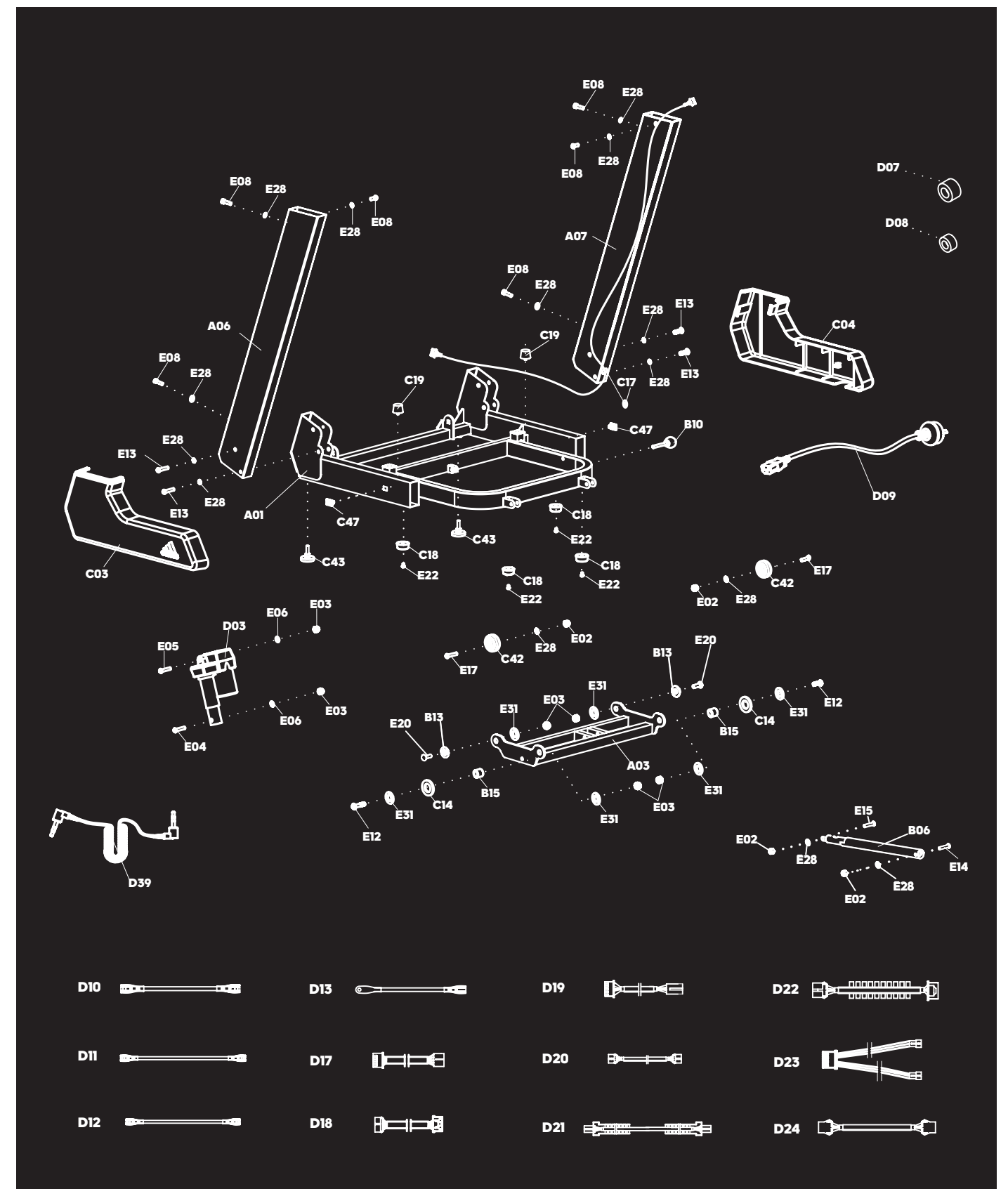
SERIAL NUMBER IS LOCATED ON THE FRONT BASE OF THE TREADMILL.

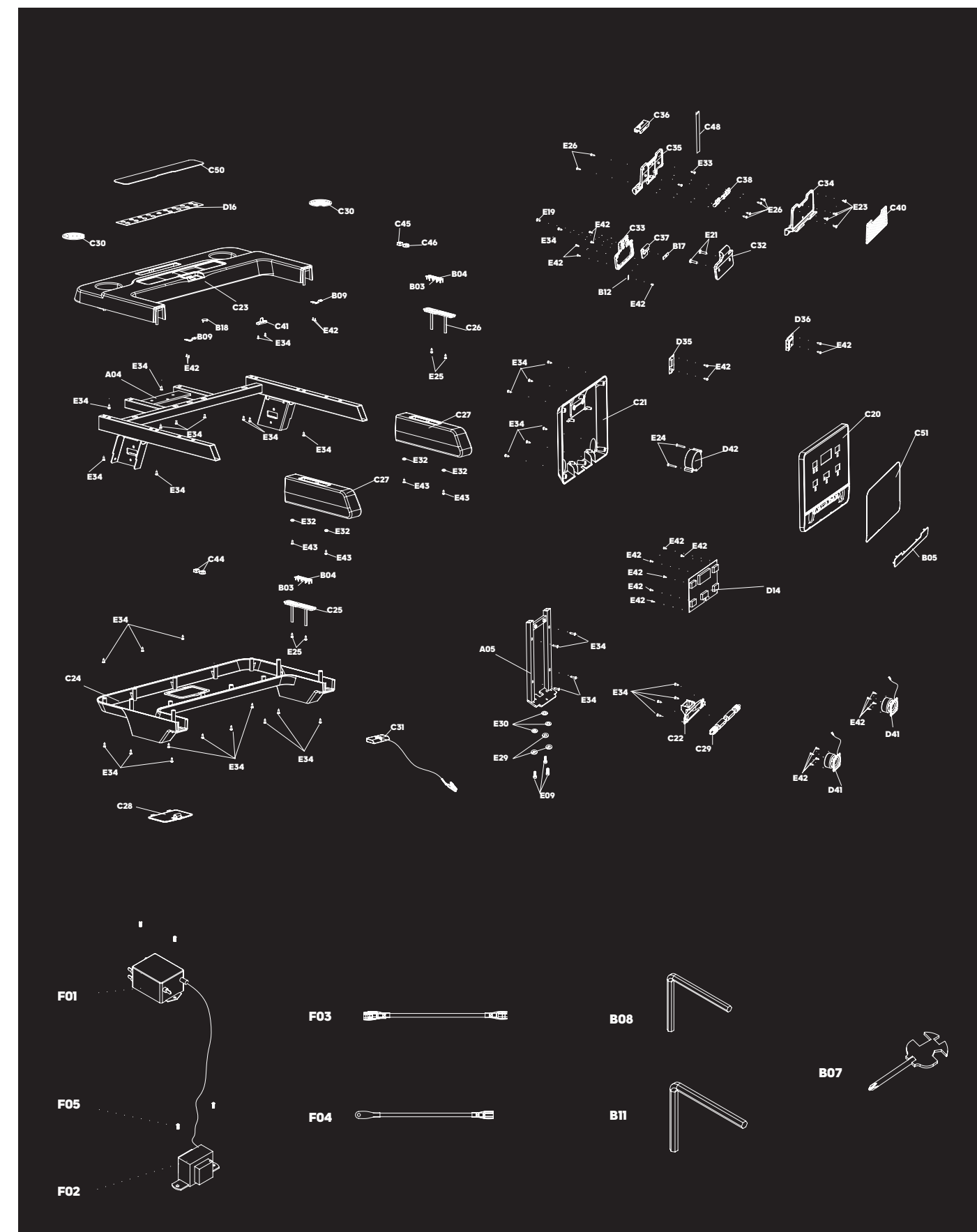
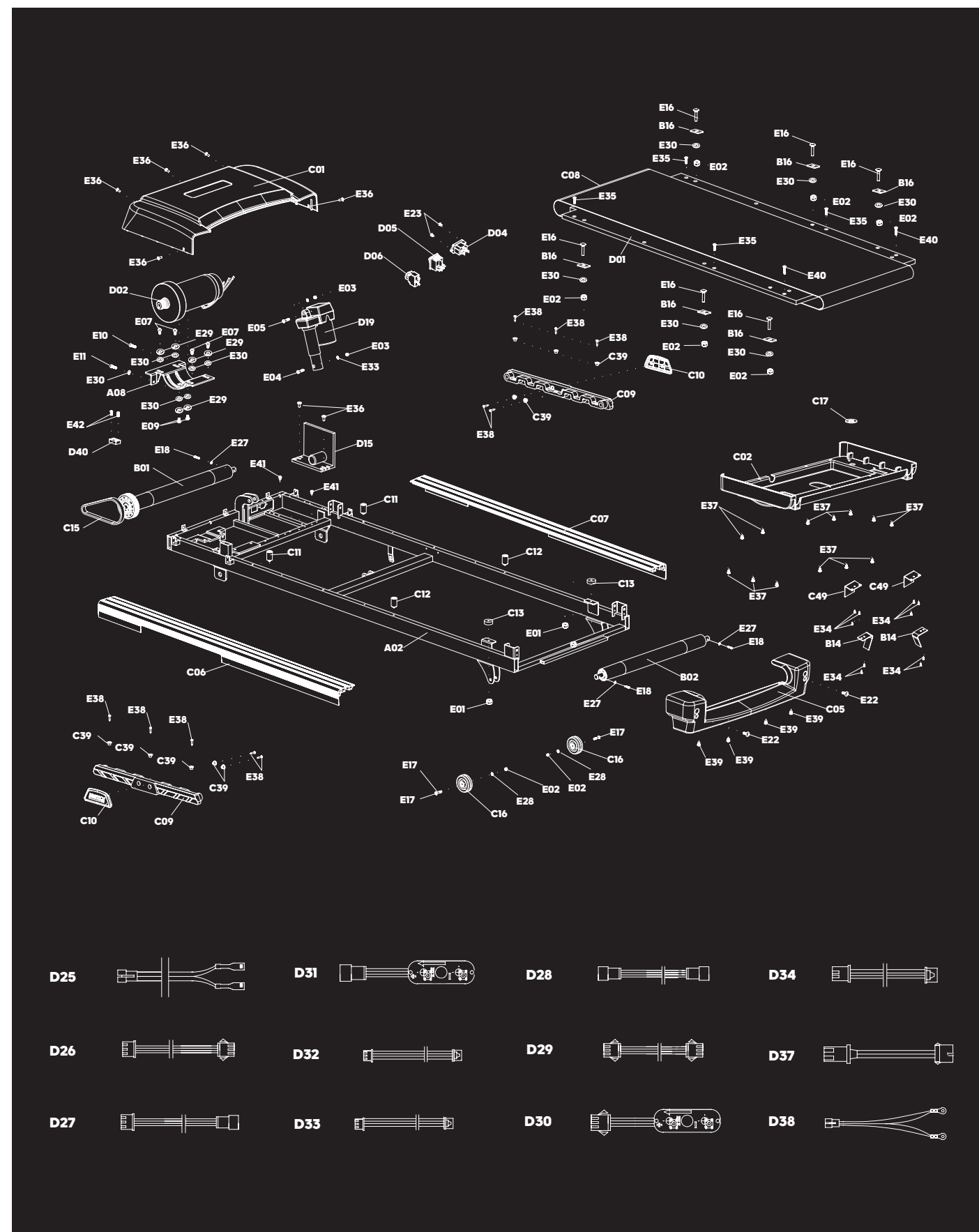


THIS PRODUCT IS SUITABLE FOR USER'S WEIGHT OF 120KG



WEEE logo this symbol on a product means that the product is covered by European Directive 2012/19/EU. Hereby, RFE international declares that this product is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU.





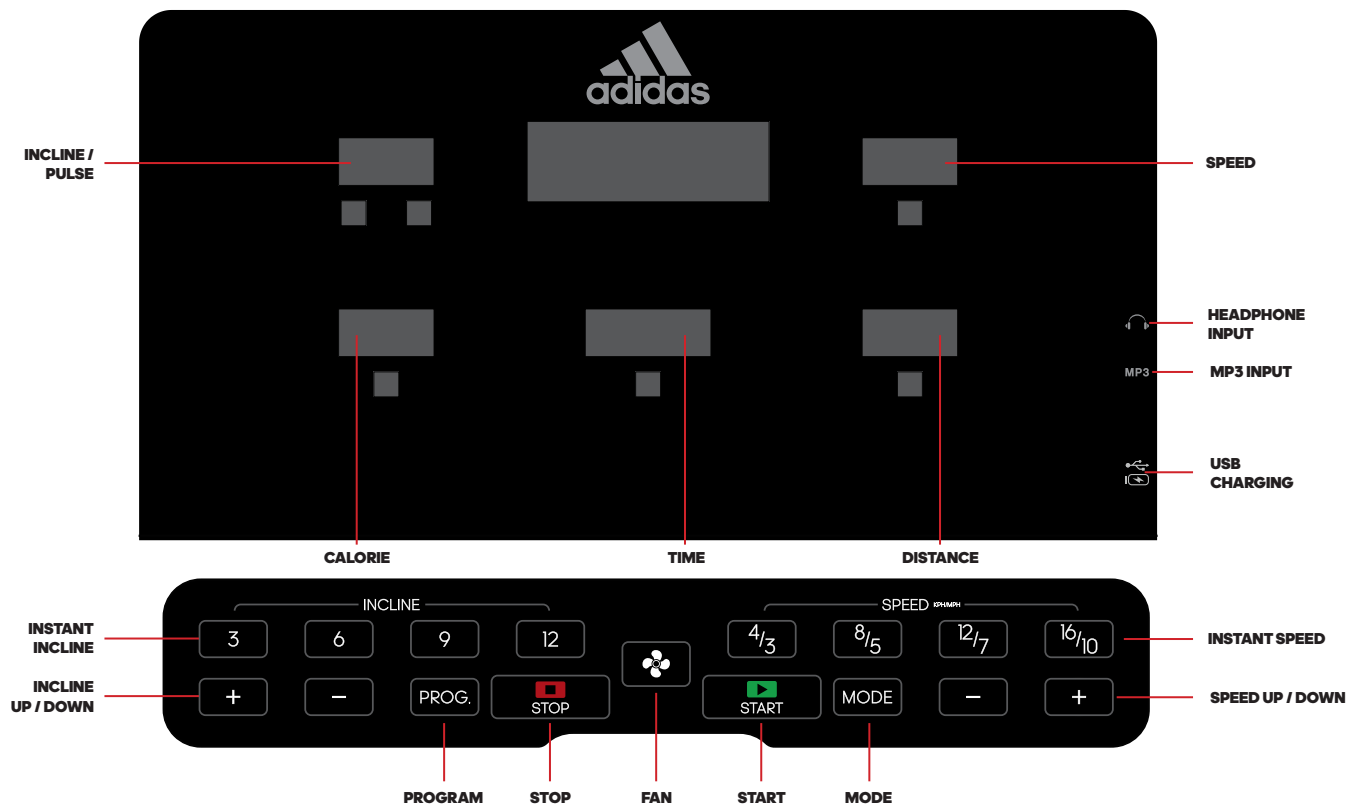
NO.	PART DESCRIPTION	QTY
A01	Base frame	1
A02	Main frame	1
A03	Incline bracket	1
A04	Console bracket	1
A05	Panel support bracket	1
A06	Left upright tube	1
A07	Right upright tube	1
A08	Motor bracket	1
B01	Front roller	1
B02	Rear roller	1
B03	Left pulse steel plate	2
B04	Right pulse steel plate	2
B05	Speaker net	1
B06	Cylinder	1
B07	Cross wrench with screw driver	1
B08	5# Allen wrench	1
B09	Spring plate	2
B10	Locking pin	1
B11	6# Allen wrench	1
B12	Metal sheet	1
B13	Step bush	2
B14	Belt hook	2
B15	Bushing	2
B16	Side rail pressing plate	6
B17	Tension plate	1
B18	Safety key plate	1
C01	Motor top cover	1
C02	Motor bottom cover	1
C03	Left upright tube cover	1
C04	Right upright tube cover	1
C05	Back end cover	1
C06	Left side rail	1
C07	Right side rail	1
C08	Running belt	1
C09	Cushion	2
C10	Cushion side cover	2
C11	Black cushion	2
C12	Black Cushion	2
C13	Black Cushion	2
C14	Plastic Pad	2
C15	Motor Belt	1
C16	Adjustable Wheel	2

NO.	PART DESCRIPTION	QTY
C17	Ring Protecting Wire Plug	2
C18	Flat Foot Pad	4
C19	Cone-Shape Cushion	2
C20	Console Panel Top Cover	1
C21	Console Panel Bottom Cover	1
C22	Fan Guider	1
C23	Console Top Cover	1
C24	Console Bottom Cover	1
C25	Base of Instant Incline Button	1
C26	Base of Instant Speed Button	1
C27	Handle Bar	2
C28	Console Back Cover	1
C29	Fan Rotation Bush	1
C30	Bottle Mat	2
C31	Safety Key	1
C32	Holder Fixed Support Top Cover	1
C33	Holder Fixed Support Bottom Cover	1
C34	Holder Top Cover	1
C35	Holder Bottom Cover	1
C36	Holder Splint	1
C37	Lock Button	1
C38	Pressing Plate	1
C39	Fixed Step Bushing	10
C40	Holder Anti-Slip Mat	1
C41	Safety Key Base	1
C42	Moving Wheel	2
C43	Adjustable Foot Pad	2
C44	Button	2
C45	Button +	1
C46	Button -	1
C47	Tube Buckle	2
C48	Elastic Rope	1
C49	Hide Board II	2
C50	Key Board Overlay	1
C51	Console Overlay	1
D01	Running Board	1
D02	DC Motor	1
D03	Incline Motor	1
D04	Power Socket	1
D05	Sqaure Switch Button	1
D06	Overload Protector	1
D07	Magnet Ring	1

NO.	PART DESCRIPTION	QTY
D08	Magnet Core	1
D09	Power Wire	1
D10	AC Single Wire (200)	1
D11	AC Single Wire (350)	2
D12	AC Single Wire (350)	2
D13	Grounding Wire	1
D14	Console Board	1
D15	Control Board	1
D16	Key Board	1
D17	Key Board Connecting Top Wire	1
D18	Key Board Connecting Bottom Wire	1
D19	Console Top Signal Wire	1
D20	Console Middle Signal Wire 1	1
D21	Console Middle Signal Wire 2	1
D22	Console Bottom Signal Wire	1
D23	Pulse Top Signal Wire	1
D24	Pulse Middle Signal Wire	2
D25	Pulse Bottom Signal Wire	2
D26	Instant Speed External Top Wire	1
D27	Instant Incline External Top Wire	1
D28	Instant Speed Top Wire	1
D29	Instant Incline Top Wire	1
D30	Instant Speed Bottom Wire	1
D31	Instant Incline Bottom Wire	1
D32	Amplifier Connecting Wire 1	1
D33	Amplifier Connecting Wire 2	1
D34	USB Power Cord	1
D35	Audio Input/Output Board	1
D36	USB Module	1
D37	Safety Switch Top Wire	1
D38	Safety Switch Bottom Wire	1
D39	MP3 Wire	1
D40	Speed Sensor	1
D41	Speaker	2
D42	Fan	1
E01	M6 Nut	2
E02	M8 Nut	12
E03	M10 Nut	6
E04	M10x90mm Bolt	1
E05	M10x45mm Bolt	1
E06	Lock Washer Ø10	2
E07	M8x20mm Bolt	4

NO.	PART DESCRIPTION	QTY
E08	M8x15mm Bolt	6
E09	M8x15mm Bolt	5
E10	M8x40mm Bolt	1
E11	M8x35mm Bolt	1
E12	M10x30mm Bolt	2
E13	M8x55mm Bolt	4
E14	M8x45mm Bolt	1
E15	M8x30mm Bolt	1
E16	M8x35mm Bolt	6
E17	M8x40mm Bolt	4
E18	M6x55mm Bolt	3
E19	M5x15mm Bolt	1
E20	M10x30mm Bolt	2
E21	M6x25mm Bolt	2
E22	M5x12mm Bolt	6
E23	Screw ST2.9x8mm	6
E24	Screw ST4.2x40mm	2
E25	Screw ST4.2x30mm	4
E26	Screw ST3.5x12mm	6
E27	Lock Washer Ø6	3
E28	Lock Washer Ø8	16
E29	Spring Washer Ø8	9
E30	Flat Washer Ø8	16
E31	Big Washer Ø10xØ26x2.0mm	6
E32	Big Flat Washer Ø6	4
E33	Screw ST3.5x5mm	2
E34	Screw ST4.2x12mm	50
E35	M6x25mm Bolt	4
E36	M5x8mm Bolt	7
E37	Screw ST4.2x12mm	13
E38	Screw ST4.2x19mm	10
E39	Screw ST4.2x20mm	4
E40	M6x40mm Bolt	2
E41	Screw ST4.2x12mm	2
E42	Screw ST2.9x8mm	29
E43	M5x25mm Bolt	4
F01	Filter	1
F02	Inductance	1
F03	AC Single Wire (500mm)	1
F04	Grounding Wire (350mm)	1

COMPUTER FUNCTION



BUTTON OPERATION

INSTANT INCLINE

Press 3-6-9-12 to choose incline quickly.

FAN

Press this button to turn on or turn off the fan.

INSTANT SPEED

Press 4/3-8/5-12/7-16/10 to choose speed quickly.

INCLINE+/INCLINE-

Press this button to adjust the incline.

PROGRAM

Press this button to choose 24 programs, 3 users and body fat.

STOP/PAUSE

Press this button to either pause or stop the machine.

START

Press this button at any time to start the machine.

MODE

Press this button to choose between time, distance, calories workout targets.

SPEED+/SPEED-

Press this button to adjust the speed.

MEDIA HUB

HEADPHONE INPUT

Insert headphone cable, voice will come to headphone.

MP3 INPUT

Insert MP3 cable to display the music from device. You can adjust the volume from your device.

USB CHARGING

Device charging.

COMPUTER FUNCTIONS

QUICK START

Press START, the system will count down for 3 seconds, and make a sound.

SPEED+/SPEED-

Press SPEED+/- to adjust the speed of the machine.

INCLINE+/INCLINE-

Press INCLINE+/- to adjust the incline of the machine.

MODE

- Press MODE to enter TIME, DISTANCE, CALORIES.
- Press SPEED+/- or INCLINE+/- to set the workout target value.
- Press START button, treadmill will run after 3 seconds.
- Press SPEED+/- and INCLINE+/- to adjust the speed and incline.

PROGRAM

Press PROG button, you can choose 24 programs, 3 users, body fat.

(1) Set of 24 build-in programs:

From standby mode, press PROG button, display will show 24 programs, select between 24 programs.

- Press SPEED+/- or INCLINE+/- to set the workout time.
- Each program can be divided into 10 sections; machine will beep 3 times when starting a new section.
- Press SPEED+/- or INCLINE+/- to change the speed or incline during each section.
- Machine will beep 3 times and stop when the program is finished.

(2) Set of 3 user programs:

From standby mode, press PROG button until you see U1,U2,U3;

- Press SPEED+/- or INCLINE+/- to set the time.
- Press MODE button to confirm and enter next section, repeat until you finish the setting of all 10 sections.
- Press SPEED+/- or INCLINE+/- to change the speed or incline.
- Set the running time and press START to begin.

(3) Set of body fat test:

From standby mode, press PROG button until you get to FAT.

- Press MODE to enter information.
- Set value with SPEED+/- or INCLINE+/- from F-1 to F-4(F-1 GENDER, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT)
- Press MODE to enter F-5(F-5 BODY FAT TEST), hold hands on the hand pulse sensors, the console will display your body fat value after 3 seconds.
- The body fat value is intended as a guide, and is not medical data:

F-1	Gender	01 Male	02 Female
F-2	Age	10-99	
F-3	Height	100-200CM(40-80INCH)	
F-4	Weight	20-150KG(44-330LB)	
F-5	FAT	≤19	Under weight
	FAT	=(20---25)	Normal weight
	FAT	=(26---29)	Overweight
	FAT	≥30	Obesity

HAND PULSE

Please hold on the pulse sensor on handle bar and hold on about 3 seconds, the display will show heart rate value. This value is intended as a guide, can not used as medical data.

HOW TO TRANSFER BETWEEN KPH TO MPH

Under standby mode, insert safety key, press SPEED + and INCLINE+ buttons together and hold on about 5 seconds until you hear one sound, and then you can finish the transfer between kph and mph.

LUBRICATION REMIND FUNCTION

This machine has lubrication remind function. After every total running distance of 300km (188miles), your treadmill needs to be maintained with oil. The system will remind with sound for every 10 seconds, and window will show "OIL". This means that your treadmill needs to be lubricated with oil. Please read the user's manual first, and add the oil to the middle part of running board. After you finishing lubrication, please hold on "STOP" button for 3 seconds, and the system warning sound will disappear.

SAFETY LOCK FUNCTION

Under any mode, if you pull away the safety key, the machine will stop. The window will show "---" with reminding sound. The machine cannot work until safety key is inserted back.

POWER SAVE FUNCTION

The machine is with energy saving function. Under standby mode, at the state of waiting for operation, if without any operation, the saving on power function will be available after 10 minutes, the display will be closed up. You can press any button to turn on the display.

POWER ON AND POWER OFF

Switch off the power: You can switch off the power to stop the treadmill, which won't be damaged at any time.

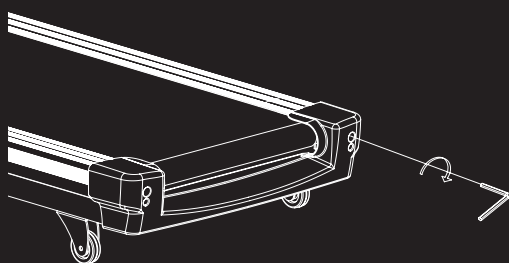
CAUTION

- We recommend that you maintain a slow speed at the beginning of a session and hold on to the handrails until you become comfortable and familiar with the treadmill.
- Attach the magnet end of the safety pulling rope to the computer and also attach the clip of the safety pulling rope to your clothing.
- To end your workout safely, press the STOP button or pull out the safety pulling rope, then the treadmill will stop immediately.

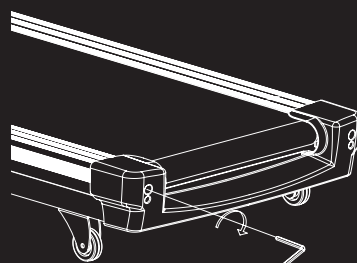
MAINTENANCE & CARE

Place the treadmill on level ground and set it at 5-8kph (3-5mph) to check if the Running Belt drifts.

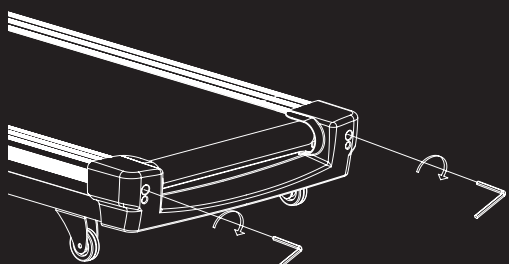
IF THE RUNNING BELT MOVES TO THE RIGHT, TURN THE BOLT ON THE RIGHT SIDE ¼ TURN CLOCKWISE, THEN TURN THE LEFT BOLT ¼ TURN COUNTER-CLOCKWISE. IF THE BELT DOES NOT MOVE, REPEAT UNTIL IT CENTRES.



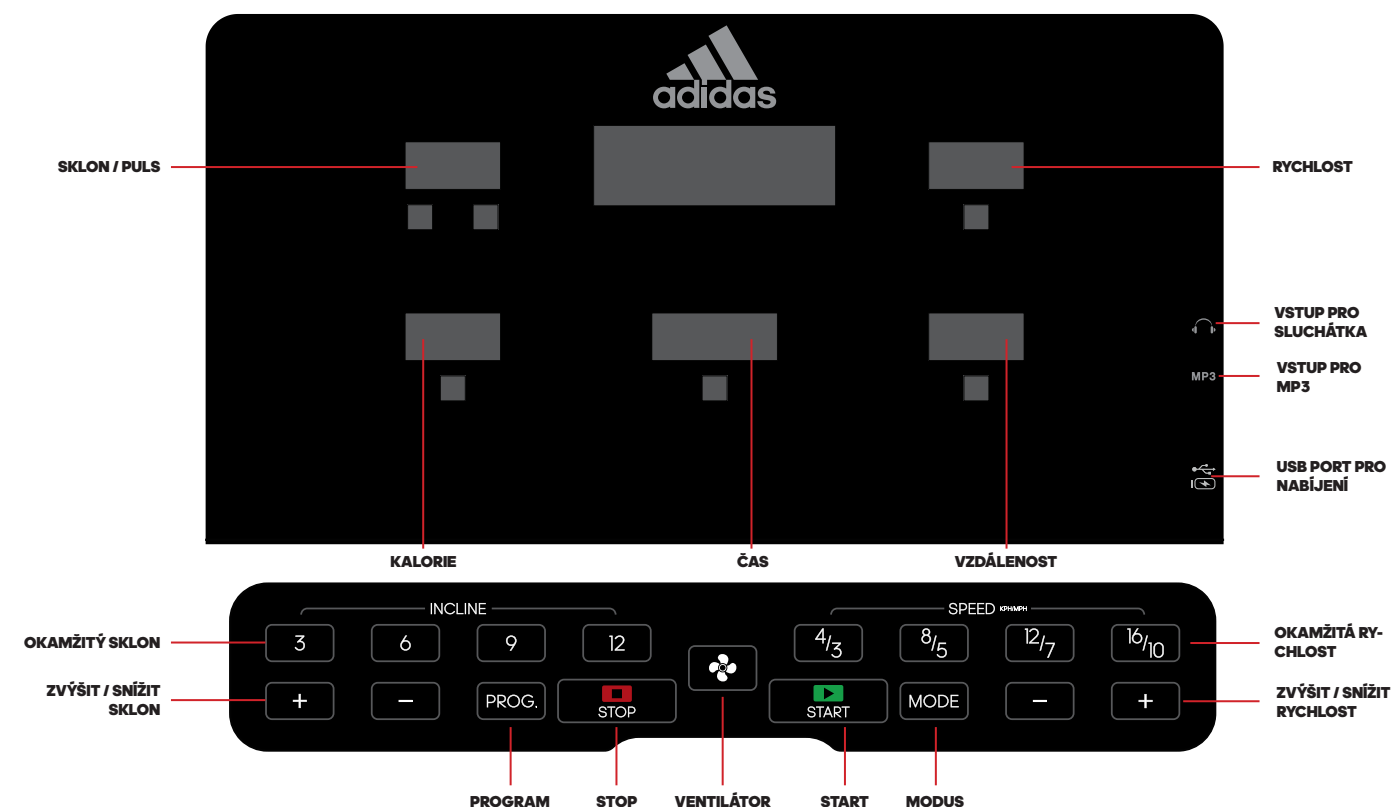
IF THE RUNNING BELT MOVES TO THE LEFT, TURN THE BOLTS ON THE LEFT SIDE ¼ OF A TURN CLOCKWISE, THEN TURN THE RIGHT BOLT ¼ TURN COUNTER-CLOCKWISE. IF THE BELT DOES NOT MOVE, REPEAT UNTIL IT CENTRES.



OVER TIME THE RUNNING BELT WILL LOOSEN. TO TIGHTEN THE BELT TURN THE LEFT & RIGHT SIDE BOLTS ONE FULL TURN CLOCKWISE. CHECK THE TENSION OF THE BELT. CONTINUE PROCESS UNTIL BELT IS THE CORRECT TENSION. ENSURE TO ADJUST BOTH SIDES EQUALLY TO CORRECT BELT ALIGNMENT



POČÍTAČOVÉ FUNKCE



TLAČÍTKOVÉ OPERACE

OKAMŽITÝ SKLON

Stisknutím 3-6-9-12 můžete rychle zvolit incline (sklon).

VENTILÁTOR

Stisknutím tohoto tlačítka zapnete či vypnete ventilátor.

OKAMŽITÁ RYCHLOST

Stisknutím 4/3/8/5/12/7/16/10 můžete rychle zvolit speed (rychlost).

SKLON+/SKLON-

Toto tlačítko slouží pro nastavení sklonu.

PROGRAM

Toto tlačítko slouží pro výběr z 24 programů, 3 uživatelů a hodnot tělesného tuku.

STOP/PAUZA

Stisknutím tohoto tlačítka stroj zastavíte nebo přerušíte jeho chod.

START

Tímto tlačítkem stroj kdykoliv zapnete.

MODUS

Toto tlačítko slouží pro výběr plánovaného cíle tréninku: času, vzdálenosti nebo kalorií.

SPEED+/SPEED - (RYCHLOST+/RYCHLOST-)

Toto tlačítko slouží pro nastavení rychlosti.

MEDIÁLNÍ ROZBOČOVAČ

VSTUP PRO SLUCHÁTKA

Připojte kabel sluchátek, audio signál přijde přes sluchátka.

VSTUP PRO MP3

Připojením kabelu MP3 se zobrazí hudba z tohoto zařízení. Je možné si nastavit požadovanou hlasitost.

USB PORT PRO NABÍJENÍ

Nabíjení.

POČÍTAČOVÉ FUNKCE

RYCHLÝ START

Stiskněte START; po uplynutí 3 sekund se ozve zvukový signál.

SPEED+/SPEED - (RYCHLOST+/RYCHLOST-)

Stiskněte SPEED+/- (RYCHLOST+/-) pro nastavení rychlosti stroje.

INCLINE+/INCLINE- (SKLON+/SKLON-)

Stiskněte INCLINE+/- (SKLON+/-) pro nastavení sklonu stroje.

 For additional content please visit: www.adidashardware.com

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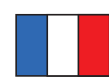
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[HTTPS://WWW.ADIDASHARDWARE.COM/PRODUCT-SUPPORT](https://www.adidashardware.com/product-support)





T-19i TREADMILL

For product information or service please contact:

UK: RFE Europa Ltd. 8 Clarendon Drive, Wymbush, Milton Keynes, MK8 8ED.

Email: techsupport@rfeinternational.com Customer Service: Tel: +44 (0)800 440 2459

Europe: serviceeuropa@rfeinternational.com Customer Service: Tel: +49 800 182 8532

Spain: serviciotecnico@rfeinternational.com Customer Service: Tel: +34 800 600 816

Germany: techsupporteu@rfeinternational.com Customer Service: Tel: +34 800 600 816

APAC (excluding Australia): RFE Asia Pacific, 2608-1609, 1 Hung To Road, Kwun Tong, Kowloon, Hong Kong.

Email: techsupportapac@rfeinternational.com Customer Service: Tel: +852 34685027

Australia: techsupportaustralia@rfeinternational.com Customer Service: Tel: +852 34685027

USA: RFE Sporting Goods Inc., 1300 Smith Road, STE 104, Austin, Texas, 78721, USA.

Email: techsupportusa@rfeinternational.com Customer Service: Tel: +1 (800) 215 6216

China: 上海市宝山区爱辉路201号 智航创新园 1座 1601 A室, 上海锐达健身科技发展有限公司

Email: techsupportchina@rfeinternational.com Customer Service: Tel: 4001027768