



Treadmill Owner's Manual

Bladez T2 Basic



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Revision Date: 11/14/06



INTRODUCTION:

Congratulations for selecting BLADEZ as your primary source of fitness. BLADEZ treadmills offer many exercise programs that benefit users of all levels and ages. Your new treadmill is designed to make your workouts more effective and enjoyable. **Please read this entire manual carefully before using your treadmill.** This will allow you to get a full understanding of all the features your BLADEZ' treadmill provides. If you have any questions or concerns, please contact the BLADEZ Corporation or any authorized BLADEZ FITNESS distributors in your area.

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BEFORE YOU BEGIN

It is very important to become familiar with the frequently used components of your Bladez treadmill.

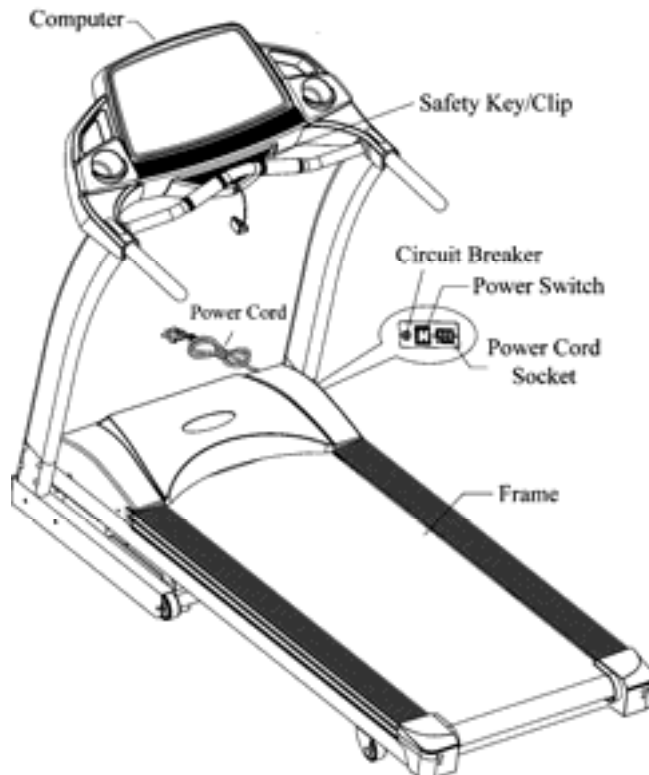




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SECTION 1

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the treadmill.

Notice: Before using this or any other exercise equipment **consult your family physician or health care professional** to develop a well planned exercise program to fit your health needs. If you encounter any pain or breathing discomfort while working out, **STOP!**, and consult a physician before continuing

WARNING!

1. It is wise to always unplug this appliance from the electrical outlet immediately after use.
2. Keep Children away from machine while in use.
3. Do not wear loose or dangling clothing while using the treadmill
4. Keep a minimum clearance of 18" on each side and 24" at the rear of the treadmill for safety.
5. It is mandatory that you unplug the treadmill prior to cleaning to reduce the risk of electric shock, serious burns, and the risk of injuries.
6. The treadmill should never be left unattended when in operation. Unplug the treadmill from the outlet when not in use or when servicing the treadmill.
7. Close supervision is necessary when this appliance is used by or near children, invalids, disabled persons, or those with diminished capacity.
8. Use this appliance only for its intended use as described in this manual. Do not use any attachment not recommended by the manufacturer.
9. Never operate this appliance if it has a damaged cord or plug, or if it is not working properly. Call your service center for any service concerns before taking your treadmill in for repair.
10. Keep the cord away from heated surfaces.
11. Never drop or insert any object into any opening.
12. Do not use outdoors.
13. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
14. To disconnect, turn all controls to the off position, then remove plug from outlet.
15. Connect this appliance to a properly grounded outlet only.
16. This appliance is intended for household use only.

SAVE THESE INSTRUCTIONS



IMPORTANT SAFETY INSTRUCTIONS CONTINUED

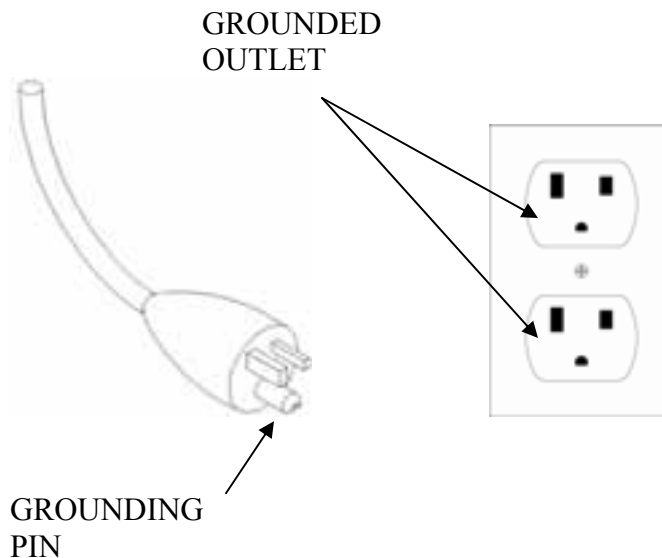
GROUNDING INSTRUCTIONS

This product must be grounded. If it malfunctions or breaks down, grounding provides a path of least resistance for electric currents, to reduce the risk of electric shock. This product is equipped with a cord which has an equipment-grounding conductor and a 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.

WARNING! – An improper connection of the equipment grounding conductor can result in a risk of an electrical shock. Check with a qualified electrician if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided to you. If it does not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 110-120-volt circuit and has a grounding plug that looks like the plug illustrated in the figure. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter or extension cord should be used with this product.

GROUNDING METHODS

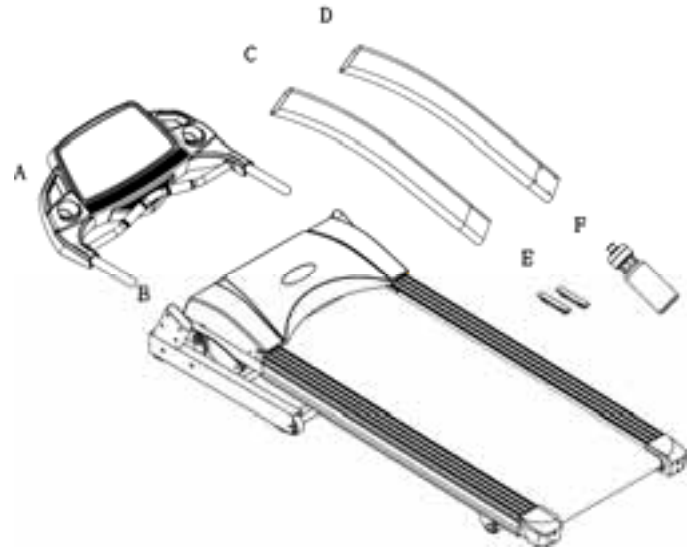




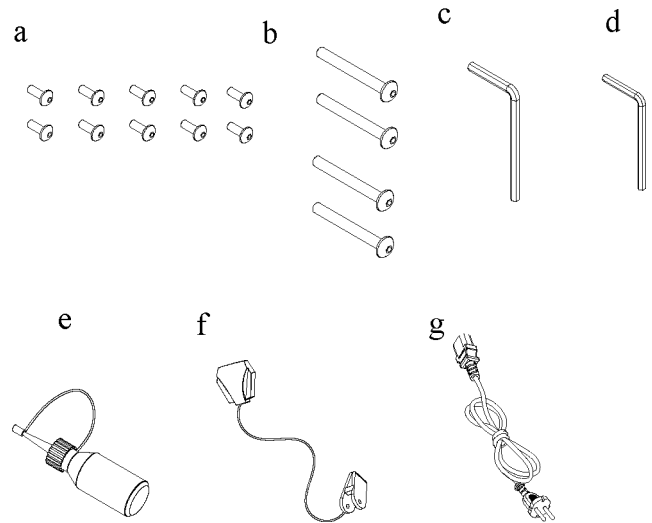
SECTION 2

ASSEMBLY INSTRUCTIONS

ITEM	Description	Qty
A	Computer	1
B	Frame	1
C	Left Upright	1
D	Right Upright	1
E	Bolt cover	1
F	Bottle	1



ITEM	Description	Qty
a	Bolt M8xP1.25x15	10
b	Bolt M8xP1.25x60	4
c	Allen Wrench 6mm	1
d	Allen Wrench 5mm	1
e	SILICON	1
f	Safety Key/Clip	1
g	Power Cord	1





ASSEMBLY INSTRUCTIONS CONTINUED

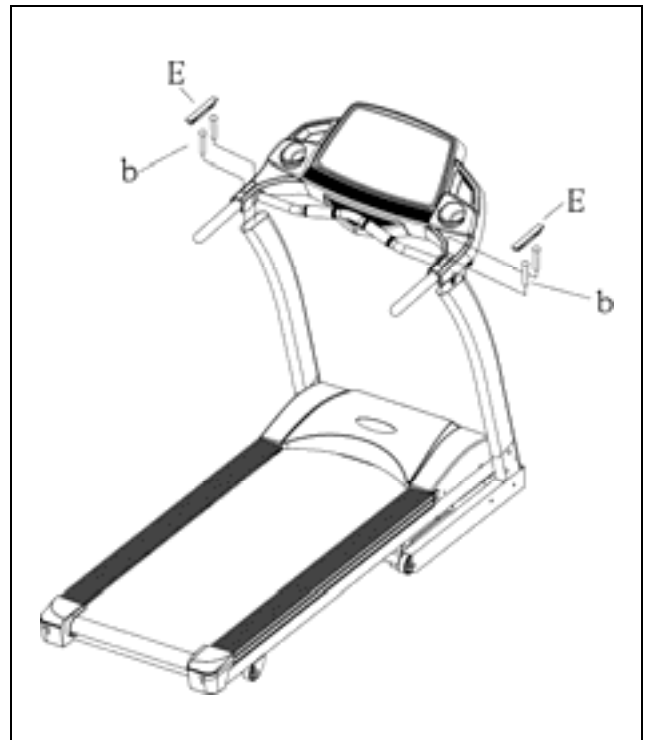
It is highly recommended that two persons assemble the product. Please do not assemble it alone.

1. Tighten the bottom control wire to the plastic wire protection sleeve by pulling the guide wire inside the right upright tube (C, D). Position it to the side round hole in the right upright tube, then insert the upright tubes (C, D) into the two locations on the frame. Secure them with bolts (a) and wrench provided.

Please be aware that one person should hold the upright tubes in place during the assembly process.



2. Place the computer (A) on the left (C) and right (D) upright, connect the cable from the upright and the computer control cable. After connecting the cables, place the computer on the upright and fasten it by bolt (b). Arrange the control cables and fit them into the computer rack. Cover the bolt with cover (E) as indicated in the drawing.





SECTION 3

GETTING STARTED

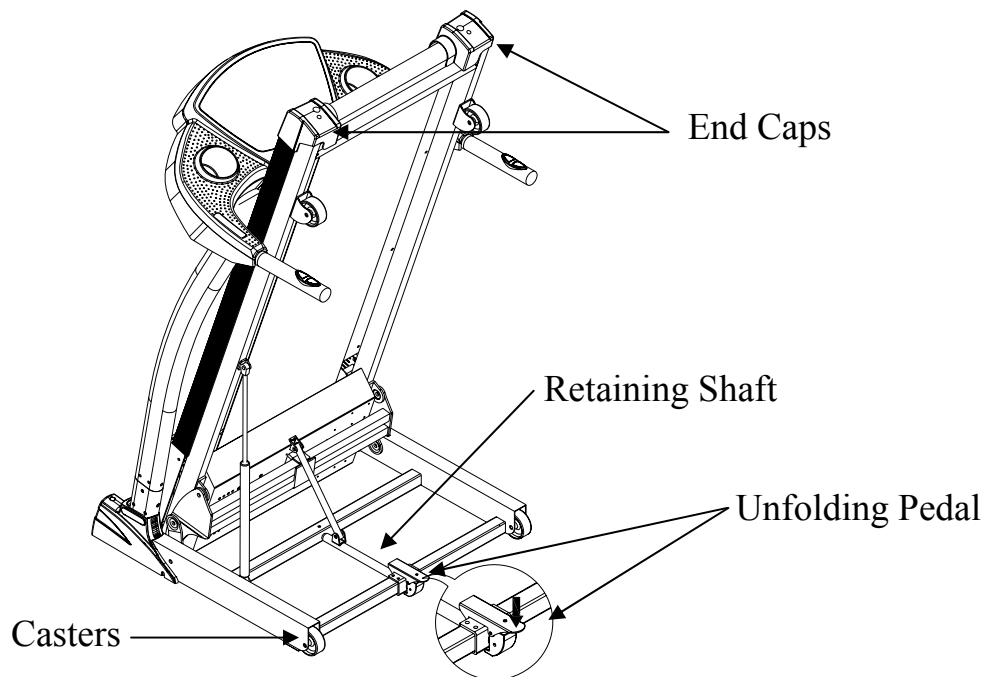
FOLDING:

To fold your treadmill into the upright position, first be sure to set the elevation to 0% elevation. The treadmill will not lock into the upright position if the treadmill is not at 0 % elevation.

Using both hands, lift the treadmill by the end caps and push it up until the retaining shaft locks the treadmill into place.

UNFOLDING:

To unfold the treadmill from the upright position simply depress the unfolding pedal with your right foot and guide the deck down with both hands. The unfolding pedal may be located as shown or near the side. Make sure that you do not let go until the deck is firmly on the floor.



MOVING THE TREADMILL

The treadmill will need to be locked in the upright position as illustrated above. Grab the end caps with two hands and slowly pull the deck down towards your body until the casters are able to roll freely. Keep the treadmill at that angle until you are done with your move. Always be sure to use correct lifting form / technique.



GETTING STARTED CONTINUED

SAFETY KEY & CLIP

Your BladeZ treadmill is equipped with a safety key that will disable the treadmill if it is not in place. You should attach the clip end to your clothing. The magnet end goes into the recess in the center of the console. If at any time you need to stop the treadmill simply pull the safety key quickly off the console. This will cut all power to the treadmill and it will come to a complete stop. To restart the treadmill, place the safety key back in place. You will then need to program your workout again.

BEFORE STARTING


Straddle the walking belt and stand on the side rails. Insert the safety key and attach the clip to your clothing. Do not stand on the walking belt while starting or stopping the treadmill.


KEY FUNCTIONS


START – This key is used to begin any treadmill program or quick start.

MODE – This key is used to enter into the program mode. It is also used to change the values on the display between incline and pulse.

STOP/RESET – This key is used to stop the treadmill at any time. Pressing and holding the STOP button 3 seconds will reset the treadmill.

ENTER – This key is used to confirm your selection. Press and hold for 10-15 seconds to switch between metric and English displays using the  keys.

 These keys are used to adjust the speed of the treadmill.

 These keys are used to adjust the elevation of the treadmill.

INSTANT SPEED KEYS – You can change the speed of the treadmill by pressing one of the Instant Key buttons. The keys represent Miles per Hour (MPH).

INSTANT INCLINE KEYS – You can change the elevation of the treadmill by pressing one of the Instant Key buttons.



GETTING STARTED CONTINUED



CONSOLE FEEDBACK

TIME – This will read the number of minutes left in the program that you have selected. In Quick Start, it will read the number of minutes that you have been exercising.

CALORIES – This reading is the amount of body heat in calories burned during your workout. As with all pieces of exercise equipment, this is an estimated value.

INCLINE – Incline will read as a percent of grade.

PULSE – Pulse will read in beats per minute. (BPM).

SPEED – This is how fast you are moving in terms of miles per hour (MPH).


DISTANCE – Total distance traveled during your workout displayed in miles.

SWITCHING BETWEEN ENGLISH AND METRIC SYSTEMS

1. Turn on POWER.
2. Weight will be flashing.
3. Press ENTER.



GETTING STARTED CONTINUED

4. Press ENTER again and **HOLD** for 10 seconds.
5. A 1 or 0 will appear in the CALORIES window. Zero = English and One = Metric.
6. Use the  keys to change the value.
7. Press ENTER to confirm change and return to program setup.

USING HEART RATE




GRIP PULSE – To periodically check your heart rate, grasp the sensors on the handrails and after about 9 seconds, your pulse will be shown in the pulse window.

QUICK START

1. Turn on POWER.



NOTE: For more accurate calorie count, adjust weight to match your own, otherwise skip to step 4.

2. Weight will be flashing. (Default 150lbs./70kg.)
3. Adjust weight with  keys.
4. Press START. The running belt will start to move at 0.5mph (0.8kmh).
5. Adjust Speed with the  keys or Speed Instant Keys.
6. Adjust Incline with the  keys or Incline Instant Keys.

TO STOP

1. Step off running belt onto the side rails.
2. Press STOP. The running belt will stop.

Note: For an immediate stop, pull out the safety key from the safety key recess and the treadmill will stop.



SECTION 4

WORKOUT PROGRAM DETAILS





Your BLADEZ treadmill will provide both manual controlled and factory installed preset workout programs.

In MANUAL, you control the speed and elevation at your discretion.



For QUICK START exercise with Time setting, refer to Manual Program.

In PRESET programs, the speed and/or elevation will change in accordance with the program's profile (as illustrated on the following pages).




MANUAL PROGRAM SETUP

1. Turn on POWER.
2. Weight will be flashing. (Default 150lbs./70kg.)
3. Adjust weight with  keys and press ENTER.
4. Press MODE key ~ P1 light will be flashing.
5. Press ENTER ~ Time will be flashing.
6. Adjust time with the  keys.
7. Press START.
8. Adjust Speed with the  keys or Speed Instant Keys.
9. Adjust Incline with the  keys or Incline Instant Keys.

PROGRAM SETUP

1. Turn on POWER.
2. Weight will be flashing. (Default 150lbs./70kg.)
3. Adjust weight with  keys and press ENTER.
4. Press MODE key ~ P1 light will be flashing.
5. Select the program (P2-P7) with the  keys.

Note: Program P2, skip steps 10 & 11.

6. Press ENTER ~ Speed will be flashing.
7. Adjust speed if you wish with the  keys.
8. Press ENTER ~ Incline will be flashing.
9. Adjust incline if you wish with the  keys.
10. Press ENTER ~ Time will be flashing.
11. Adjust time if you wish with the  keys.
12. Press START to begin your workout.







WORKOUT PROGRAM DETAILS CONTINUED

HRC PROGRAM SETUP

(Requires Wireless Chest Strap Available Separately)

The purpose of this program is self-training based on your heart rate. During the workout, when your target heart rate (Step 9) is reached, the speed and elevation will automatically adjust to keep it at this rate.






1. Turn on POWER.
2. Weight will be flashing. (Default 150lbs./70kg.)
3. Adjust weight with  keys and press ENTER.
4. Press MODE key ~ P1 light will be flashing.
5. Select the HRC program (P8) with the  keys.
6. Press ENTER ~ Age will be flashing
7. Adjust age with the  keys.
8. Press ENTER ~ Pulse will be flashing.
9. Enter your Target Heart Rate. See the chart below.
10. Press ENTER ~ Time will be flashing.
11. Adjust time if you wish with the  keys.
12. Press START to begin your workout.

Age	BPM			Age	BPM			Age	BPM			Age	BPM		
	H	Default Value	L		H	Default Value	L		H	Default Value	L		H	Default Value	L
13	197	124	124	31	180	113	113	49	162	103	103	67	145	92	92
14	196	124	124	32	179	113	113	50	162	102	102	68	144	91	91
15	195	123	123	33	178	112	112	51	161	101	101	69	143	91	91
16	194	122	122	34	177	112	112	52	160	101	101	70	143	90	90
17	193	122	122	35	176	111	111	53	159	100	100	71	142	90	89
18	192	121	121	36	175	110	110	54	158	100	100	72	141	90	89
19	191	121	121	37	174	110	110	55	157	99	99	73	140	90	88
20	190	120	120	38	173	109	109	56	156	98	98	74	139	90	88
21	189	119	119	39	172	109	109	57	155	98	98	75	138	90	87
22	188	119	119	40	171	108	108	58	154	97	97	76	137	90	86
23	187	118	118	41	170	107	107	59	153	97	97	77	136	90	86
24	186	118	118	42	169	107	107	60	152	96	96	78	135	90	85
25	185	117	117	43	168	106	106	61	151	95	95	79	134	90	85
26	184	116	116	44	167	106	106	62	150	95	95	80	133	90	84
27	183	116	116	45	166	105	105	63	149	94	94				
28	182	115	115	46	165	104	104	64	148	94	94				
29	181	115	115	47	164	104	104	65	147	93	93				
30	181	114	114	48	163	103	103	66	146	92	92				



WORKOUT PROGRAM DETAILS CONTINUED

CUSTOM PROGRAM SETUP




1. Turn on POWER.
2. Weight will be flashing. (Default 150lbs./kg.)
3. Adjust weight with  keys and press ENTER.
4. Press MODE key ~ P1 light will be flashing.
5. Select the program (P9-P10) with the  keys.
6. Press ENTER ~ Time will be flashing.
7. Adjust time if you wish with the  keys.
8. Press ENTER ~ Display will show = 1 (Segment #1).
9. Adjust the speed of this segment with the  keys.
10. Adjust the incline of this segment with the  keys.
11. Press ENTER ~ Display will show = 2 (Segment #2).
12. Repeat steps 9, 10 and 11 for up to = 30 (30 segments).
13. Press START to begin your workout.

Custom programs will be stored in the system for easy retrieval unless you reprogram the segments of the custom program.

Note: You can program up to 30 exercise level segments; however, you can stop at any segment you wish. The segment you end at to segment 30 will be run at the default incline and speed of 0% and 1.0mph (1.6kmh).



You can edit the program at the segment you are currently on and the built-in software will automatically adjust the rest of the segments to match.

BODY FAT

1. Turn on POWER.
2. Weight will be flashing. (Default 150lbs./kg.)
3. Adjust weight with the  keys.
4. Press ENTER key.
5. Press BODY FAT ~ Age will be flashing.
6. Adjust your age with the  keys.
7. Press ENTER ~ Gender will be flashing.
8. Adjust your gender with the  keys.
9. Press ENTER ~ Height will be flashing.



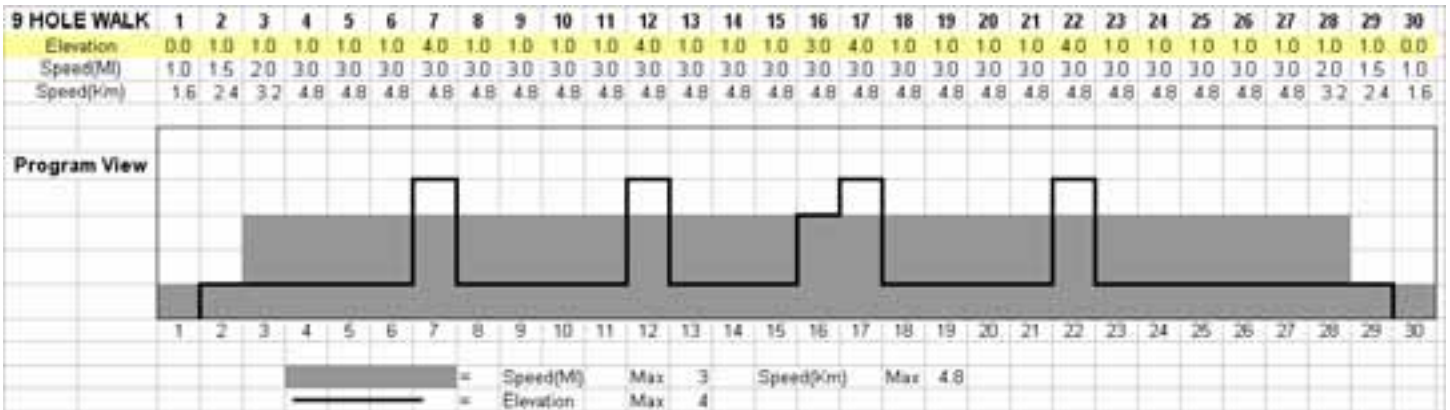
WORKOUT PROGRAM DETAILS CONTINUED

10. Adjust your height with the  keys.
11. Press ENTER ~ Weight will be flashing.
12. Confirm weight or change with the  keys.
13. Press ENTER within 10 seconds or the program will exit.
14. Hold the heart rate sensors firmly for 30 seconds for best results.
Your body fat will be displayed in terms of percent and body type.

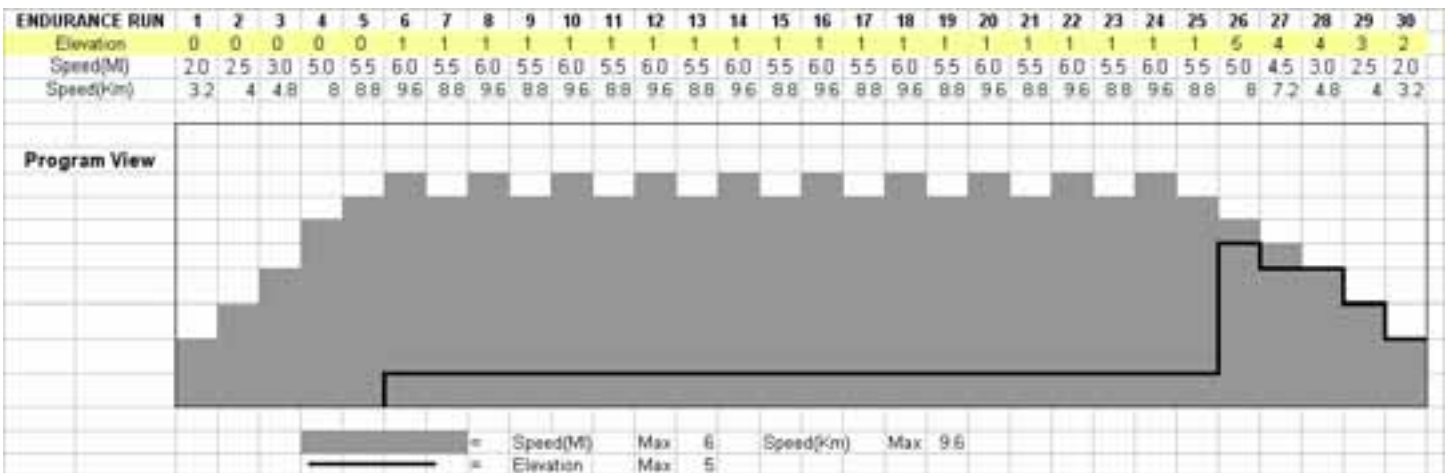
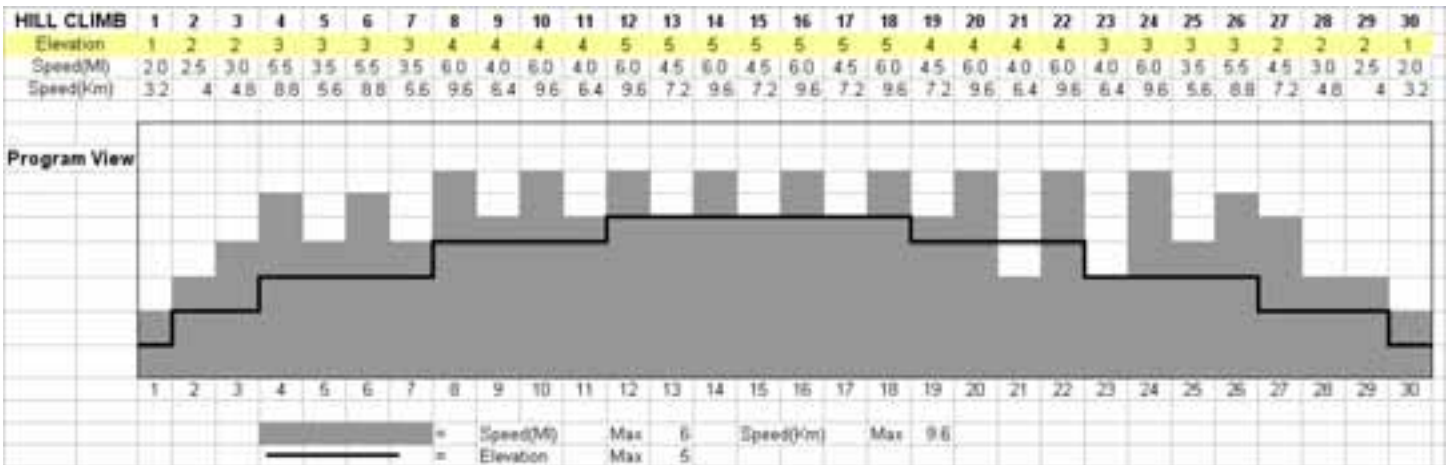


WORKOUT PROGRAM DETAILS CONTINUED

The Bladez T2 has 6 preset programs.

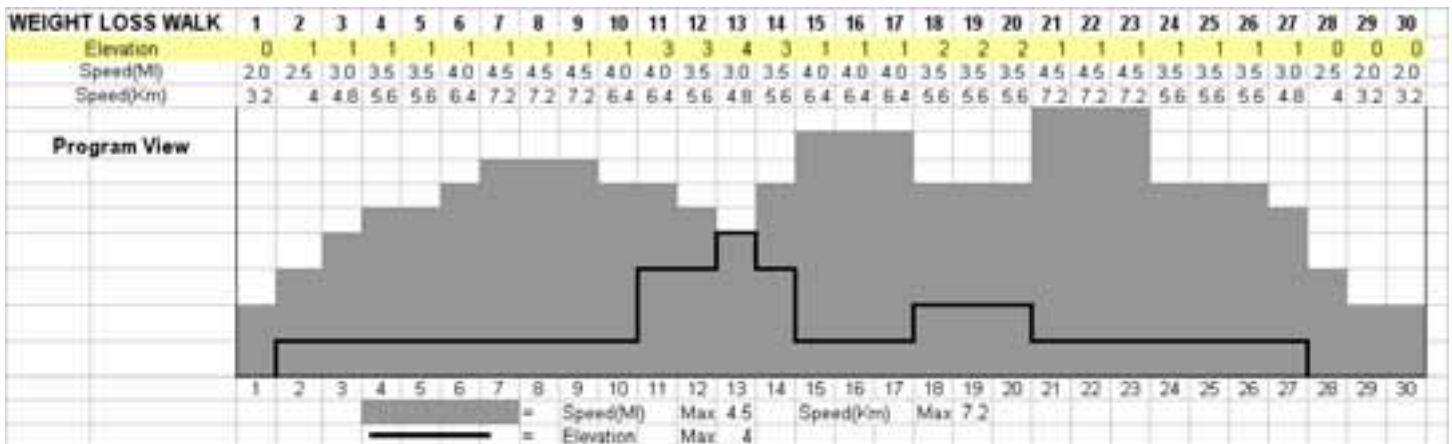
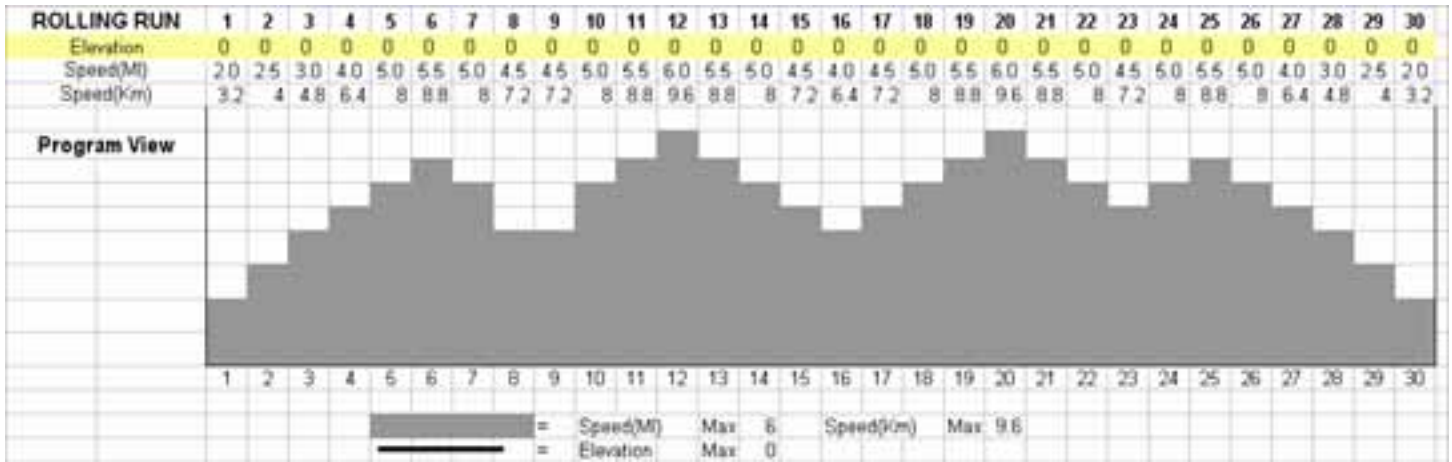
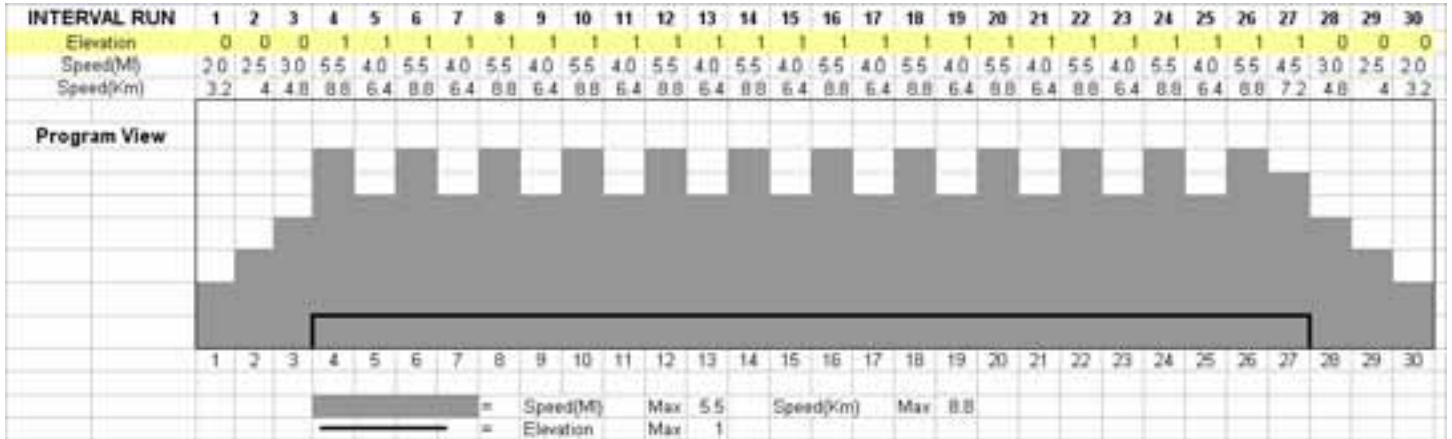


P2 9 HOLE: This program simulates the motion of golfers walking in a golf course and the resistance level is based on uphill and downhill movement. The entire program is approximately 3828 yards or 2.17 miles and will stop automatically once the distance is reached. No time setting is required.







WORKOUT PROGRAM DETAILS CONTINUED





WORKOUT PROGRAM DETAILS CONTINUED

NOTE: The user can manually adjust the speed of any of the preset programs (P1-P7) at any time during the workout by pressing  to accelerate or decelerate.

Press  to control the elevation. Once the change is made to the program (P1-P7), it will stay at that level until the user makes another change.

There are 30 stages in each PROGRAM. The first 3 stages are WARM UP and the last three stages are COOL DOWN.

The 9 HOLES PROGRAM has no WARM UP and COOL DOWN function. When the distance reaches 2.17 miles, the motor stops, elevation returns to 0 and the program ends.



SECTION 5

PREVENTIVE MAINTENANCE

The running belt can shift to one side or simply 'skid over' when running. To center the belt using the 6mm Allen wrench, run the machine at 3mph for a few minutes to determine which side the belt is drifting towards; left or right.

If the belt is drifting left

- i) Turn the treadmill off and unplug from the machine
- ii) Tighten the left bolt a $\frac{1}{4}$ turn (clockwise)
- iii) Loosen the right bolt a $\frac{1}{4}$ turn (counterclockwise)
- iv) Run the belt at 3 mph again for a few minutes

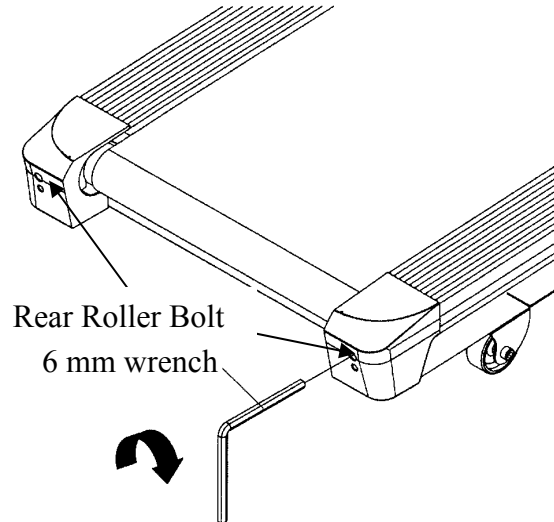
If the belt continues to drift to the left, repeat steps

If the belt is drifting right

- i) Turn the treadmill off and unplug from the machine
- ii) Tighten the right bolt a $\frac{1}{4}$ turn (clockwise)
- iii) Loosen the left bolt a $\frac{1}{4}$ turn (counterclockwise)
- iv) Run the belt at 3 mph again for a few minutes

If the belt continues to drift to the right, repeat steps

Once the running belt has been adjusted closer to the center, the treadmill can be powered on again.



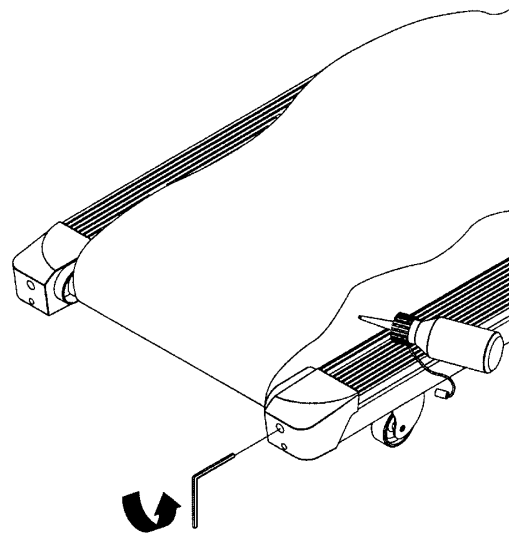
It is recommended that the deck be lubricated every 3~12 months according to the frequency of usage.

WARNING!

Do not use cleaner under the running belt.

- i) Use 6mm Allen wrench to loosen the bolts in the end caps. Remove excessive accumulations of dust, dirt, and other substances from running deck. ONLY use a clean soft cloth.
- ii) Gently pull up the side of the running belt, and dispense a thin layer of the lubricant on deck, and spread evenly. DO NOT over lubricate
- iii) Center the belt (top of this page), and tighten the end caps.

Check belt condition and adjust if necessary referring to the steps above.



4 Miles or less / hr = lube every 1 year
4~8 Miles / hr = lube every 6 months
8 Miles or more / hr = lube every 3 months



SECTION 6

TROUBLESHOOTING

ERROR MESSAGE	PROBABLE CAUSES	SOLUTION
E1		
- Loss of Feedback	Speed Sensor disconnected	Check Speed Sensor Connection
- Running Deck	Running Deck not lubricated	Check R-Deck oil
	Speed Sensor misaligned	Check Sensor position
	Speed Sensor Faulty	Replace S-Sensor
	Loose Display Cable	Check Display Cable connection
	Faulty MCB (D2 LED on)	Replace MCB
	Drive Motor disconnected	Check D-Motor connection
	Drive Motor Faulty	Replace D-Motor
E4		
- Body Fat Data Incomplete	Heart Rate not detected	Hold Heart Rate Grip Properly
- Loss of Data	Faulty Receiver in Display	Replace Heart Rate Receiver
	Faulty Control Board in Display	Replace Heart Rate Control Board
E6		
- Safety Key Off	Safety Key Faulty	Check Safety Key or Switch
- Elevation Motor	Elevation Motor not moving	Check Elevation Motor connection
- Stalled Elevation	Elevation Motor screw binding	Clean screw and lubricate



ERROR MESSAGE	PROBABLE CAUSES	SOLUTION
	Elevation Motor out of Range	Check Zero Position of E-Motor
	E-Motor Potentiometer	Replace Elevation Motor
E7		
- Elevation Motor	Elevation Motor out of Range	Replace Elevation Motor
- Display Doesn't Light Up	On/Off switch	Check if unit is turned on
	Insufficient Power Source	Plug unit in a dedicated 120V, 20Amp Outlet
	Line Cord Damaged	Replace Line Cord
	Fuse	Check Fuse on MCB



SECTION 7

WARRANTY

USA / CANADA Warranty

Warranties may vary in other countries. See your local Bladez Dealer.

BLADEZ FITNESS extends the following exclusive, limited warranty, which shall apply only to the use of the device in the home, for residential, non-commercial purposes only. Any other use of the device shall void this warranty.

FRAME – Lifetime

Bladez Fitness warrants the Frame against defects in workmanship and materials for Lifetime, so long as it remains in the possession of the original owner.

MOTOR – Lifetime

Bladez Fitness warrants the Motor against defects in workmanship and materials for Lifetime from the date of original purchase, so long as the device remains in the possession of the original owner.

ELECTRONICS & PARTS – 5 Years

Bladez Fitness warrants the Electronic components and all original parts (other than the Motor) against defects in workmanship and materials for a period of Five years from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR – 1 Year

Bladez Fitness shall cover the labor cost for the repair of the device for a period of One year from the date of original purchase, so long as the device remains in the possession of the original owner.

EXCLUSIVE REMEDY

The exclusive remedy for any of the above warranties shall be repair or replacement of defective parts, or the supply of labor to cure any defect, provided that labor shall be limited to one year. All labor shall be supplied by the local retailer and the product must be located within the retailer's service area. Products located outside the retailer's service area will not be covered by the labor warranty.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame, Electronic component, or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear

BLADEZ FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to BLADEZ FITNESS before a warranty claim can be processed.