

260G Assembly, Operation & (Reference) Parts Manual **EU/US**



Company Addresses

Global Corporate Headquarters

Address:

Pulse Fitness Ltd., Radnor Park, Greenfield Road, Congleton,
Cheshire, CW12 4TW, England, United Kingdom

Sales/Marketing:

Tel: +44 (0)1260 294600

Fax: +44 (0)1260 299282

Email: info@pulsefitness.com

Service:

Tel: +44 (0)1260 294600

Email: global.service@pulsefitness.com

Corporate Website:

www.pulsefitness.com

Regional (Distributor/Dealer) Address(es)

Current List of Distributors/Dealers:

<https://www.thepulsegroup.co.uk/pulse-global>

Americas

North America

Fitness Equipment Depot Worldwide

Address

45 Grand Blvd, Brentwood, NY, 11717

Sales/Marketing

Tel: +1-631-656-8826 ext 104

Toll Free - Tel: +1-866-965-4653

Fax: +1-631-656-8853

Service

Tel: +1-631-656-8826 ext 106

Distributor/Dealer Website:

www.fitnessplus.com

Overview



Before using this product, it is essential to read ALL of this manual and the documents it references prior to, choosing a location, assembling or operating this piece of equipment. This manual describes the equipment's setup its installation and instructs how to use it correctly and safely. It is of the utmost importance that any User of the PULSE FITNESS Run (Low Impact 'Elevation' Treadmill) is fully trained in its operation! Please ensure that the instructions given in General Safety Precautions section are understood by ALL Users. Keep this manual for future reference.



WARNING: Health-related injuries may result from incorrect or excessive use of exercise equipment. PULSE FITNESS STRONGLY recommends gaining professional medical advice before using fitness equipment, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year.

Always warm up by exercising gently before progressing to a full programme of strenuous exercise. Similarly, reduce the level of activity gradually towards the end of the exercise programme.



WARNING: Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, light-headed, dizzy or suffer from any kind of pain or exhaustion, STOP exercising immediately. NOT suitable for Medical/Therapeutic purposes.

Ensure equipment is checked regularly for signs of damage and wear. Do not use equipment if faulty or damaged, repair using only genuine PULSE FITNESS parts fitted by an authorised person.

SERIOUS INJURY MAY OCCUR IF THESE PROCEDURES ARE NOT FOLLOWED.

Overview (Continued)

Statement of Purpose:

The treadmill is an exercise machine that enables users to walk or run, in place, on a moving surface.

FCC Warning - Possible Radio / Television Interference.

NOTE: This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference, in which case the user will be required to correct the interference at his own expense.

Class SA (Studio): Professional and / or commercial use.



CAUTION: Any changes or modifications to this equipment could void the product warranty.

Any service, other than cleaning or user maintenance, must be performed by an authorised service representative. There are no user serviceable parts.



WARNING: Children shall not play with the training equipment. Unsupervised children must be kept away from the equipment.

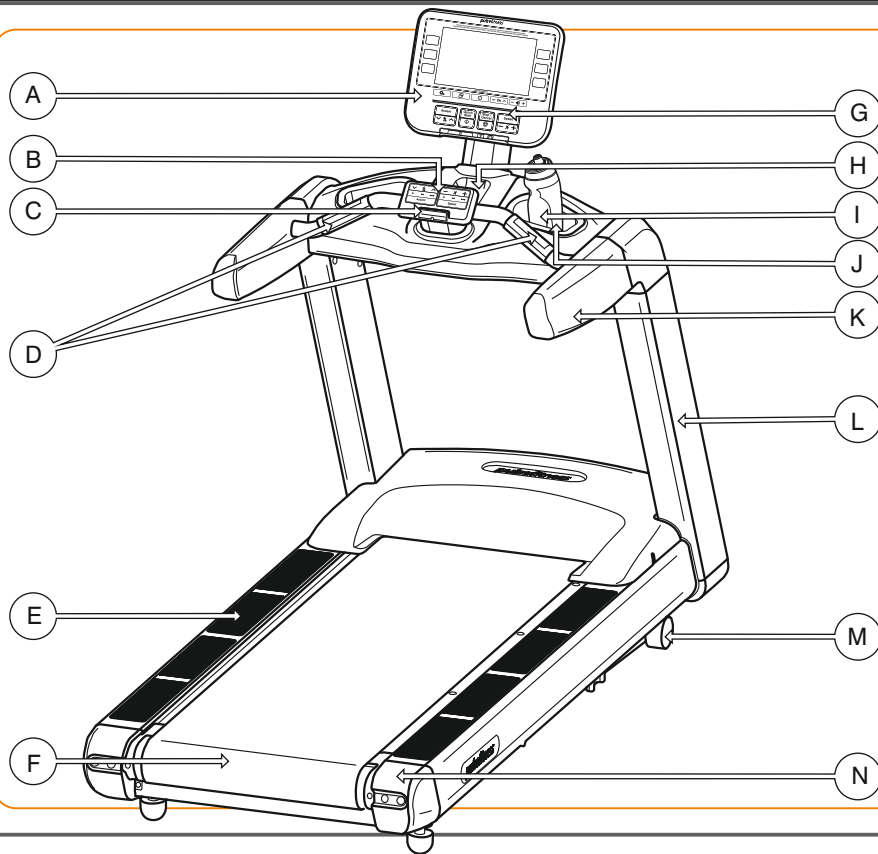
Table of Contents

1	260G Overview	07	7	Connections to Power Supply	21
				7.1 Wiring the Motor	21
2	Contents of 260G Flat Pack	08	8	Important Safety Instructions	22
3	Assembly	09		8.1 Introduction	22
	3.1 Connecting the Support Columns	09		8.2 Set-Up	25
	3.2 Attaching the Column End Caps	10		8.3 Operation	25
	3.3 Attaching the Top Assembly	11		8.4 Electrical Power Requirements	26
	3.4 Attaching the Neck	12		8.5 How to Position and Stabilise	26
	3.5 Attaching the Dashboard Valance	13		8.6 Safety Clearances	27
	3.6 Fitting the Storage Buckets	14		8.7 Power Switch	28
	3.7 Fixing the Motor Cover	15		8.8 Install Coaxial & Ethernet Cables	28
				8.9 Power Cord Routing	28
4	Installing Console	16	9	General Safety Precautions	29
	4.1 Attaching / Re-Attaching the Console	16		9.1 Grounding Instructions	29
	4.2 Wiring / Re-Wiring the Console	17		9.2 Emergency Stop	30
	4.3 Using the Console	18		9.3 Emergency Stop Safety Clip	31
	4.4 Securing the Book Holder	18		9.4 Using the Emergency Stop Safety Clip	32
5	Fully Assembled 260G Run	19		9.5 Speed Confirm. Quick Controls (C5.0)	33
6	Quick Control Panel	20		9.6 Speed Confirm. Quick Controls (C6.0)	34
	6.1 260G 'Quick' Control Panel	20	10	9.7 Emergency Dismount	35
			Installation		36
				10.1 Location	36
				10.2 Feet Adjustment	37
				10.3 On / Off Switch	38

Table of Contents (Continued)

11	Adjust and Tension the Running Belt	39
11.1	Running Belt Alignment	39
11.2	Tracking (Centring) a Running Belt	40
11.3	Tensioning an Existing Running Belt	41
12	Cleaning & Maintenance	42
12.1	Preventive Maintenance Tips	42
12.2	Cleaning the Equipment	42
12.3	Compatible Cleaners	43
12.4	Preventive Maintenance Schedule	43
12.5	How to Obtain Product service	44
13	Specifications	45
13.1	Specifications	45
13.2	Physical Dimensions (L x H x W)	47
13.3	Weight (kg/lbs)	47
13.4	Console	47
14	Parts Lists & Exploded Diagrams	50
14.1	Parts Lists & Exploded Diagrams	50
15	Biometric Positioning	51
16	User Notes	52

1 260G Overview

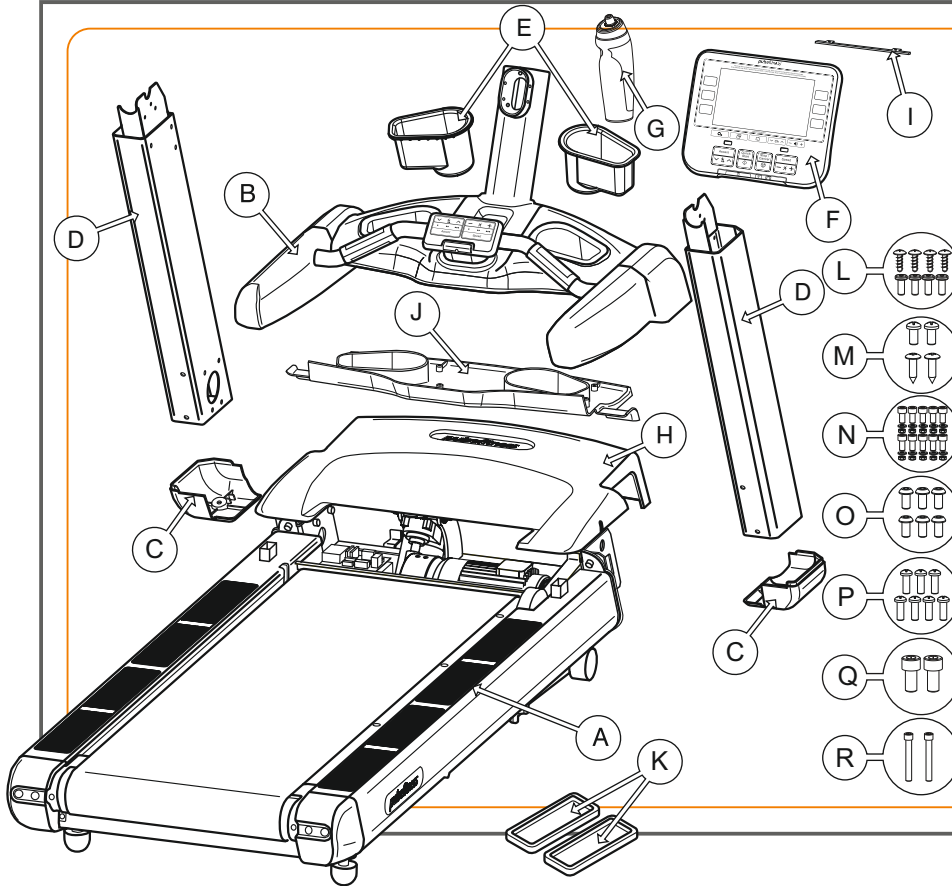


260G Run

- A** Console (Series 1, 2 or 3)
- B** 'Quick' Controls
- C** Emergency Stop
- D** Handpulse Resistors
- E** Treadplates
- F** Running Belt
- G** Book Rest
- H** iPod® / iPhone® Dock
- I** Drinks Bottle
- J** Storage Bucket
- K** Handrails
- L** Front Upright Supports
- M** Transportation Wheels
- N** Roller End Cap

2

Contents of the 260G Pack



The 260G Run will have to be assembled from the flat pack. The contents of the pack are as follows:

- A** Main Body
- B** Top Assembly
- C** Front Column Endcaps
- D** Upright Columns
- E** Storage Buckets
- F** Console (Series 1, 2 or 3)
- G** Drinks Bottle
- H** Motor Cover Moulding
- I** Book Holder
- J** Dashboard Valance
- K** Front Roller Guides
- L** Console Bolts
- M** Motor Cover Moulding Bolts
- N** Column Bolts [Bottom]
- O** Column Bolts [Top]
- P** Dashboard Valance Bolts
- Q** Front Endcap Bolts
- R** Console Column/Neck Bolts

If any parts are missing then please contact
PULSE FITNESS' Global Service Team
 +44(0)1260 294600.

3 Assembly of 260G

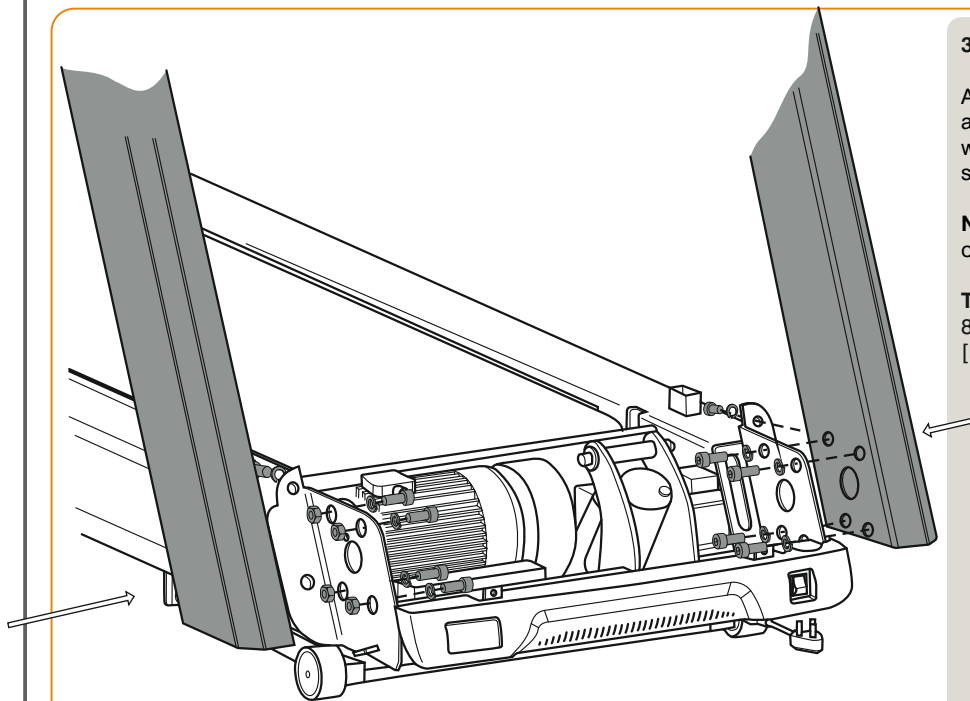


Figure A

Connecting the Support Columns

3.1 Connecting the Support Columns

Attach the support columns by placing the column against the front brackets and insert the bolts with washers into position whilst making sure you support the column. [See Figure A].

Note: Loosely tighten the bolts to, allowing 5mm of adjustment for connecting the top assembly.

Tools Required:

8mm Allen Key

[M10x25 Cap Head Bolt w/Spring Washer x12]

Assembly of the 260G (Continued)

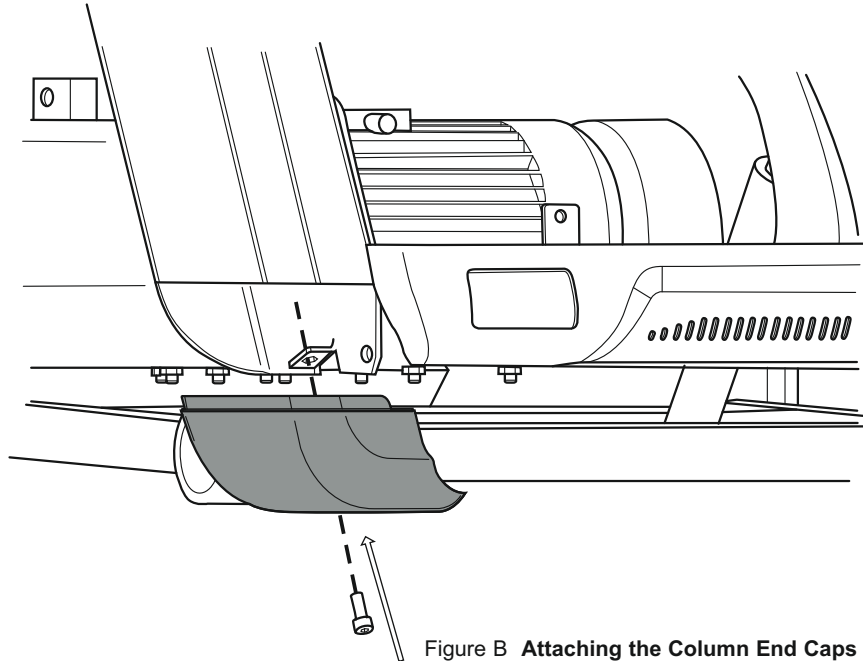


Figure B Attaching the Column End Caps

3.2 Attaching the Column End Caps

Push the end cap into the column and insert the bolt through the hole, tightening with your fingers and then finishing off with an allen key. [See Figure B]. This procedure can be left to the end of the assembly once the side columns have been tightened into position.

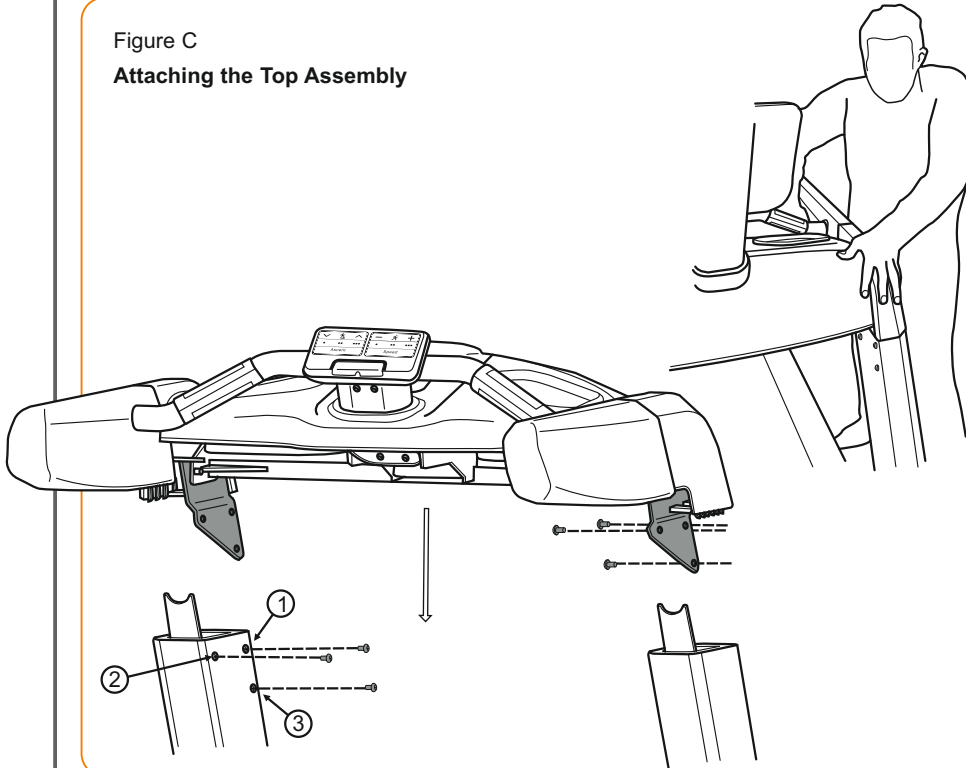
Tools Required:

6mm Allen Key
[M8x20 Cap Head Bolt x2]

Assembly of the 260G (Continued)

Figure C

Attaching the Top Assembly



3.3 Attaching the Top Assembly

Attach the top assembly by dropping it onto the front columns, lifting the handrails and tilting the front brackets down into the front columns. Make sure that the holes are lined up in order to get the bolts into position. Insert the bolts in the correct order 1-3 [See Figure C].

Note: Once this is in position tighten all bolts securely, including the front column bolts at the base of the treadmill.

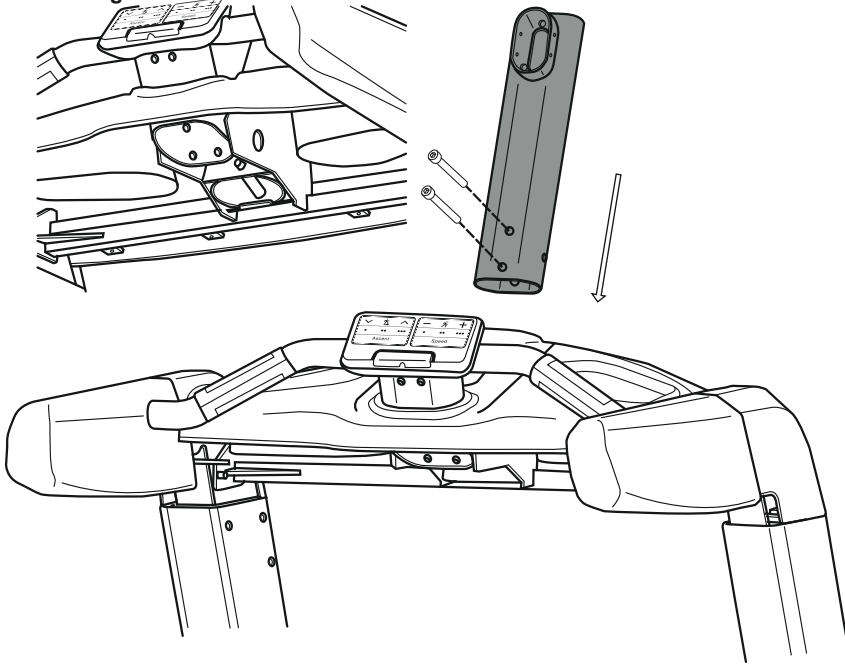
Tools Required:

6mm Allen Key
[M8x15 Button Head Bolt x6]

Assembly of the 260G (Continued)

Figure D

Attaching the Neck



3.4 Attaching the Neck

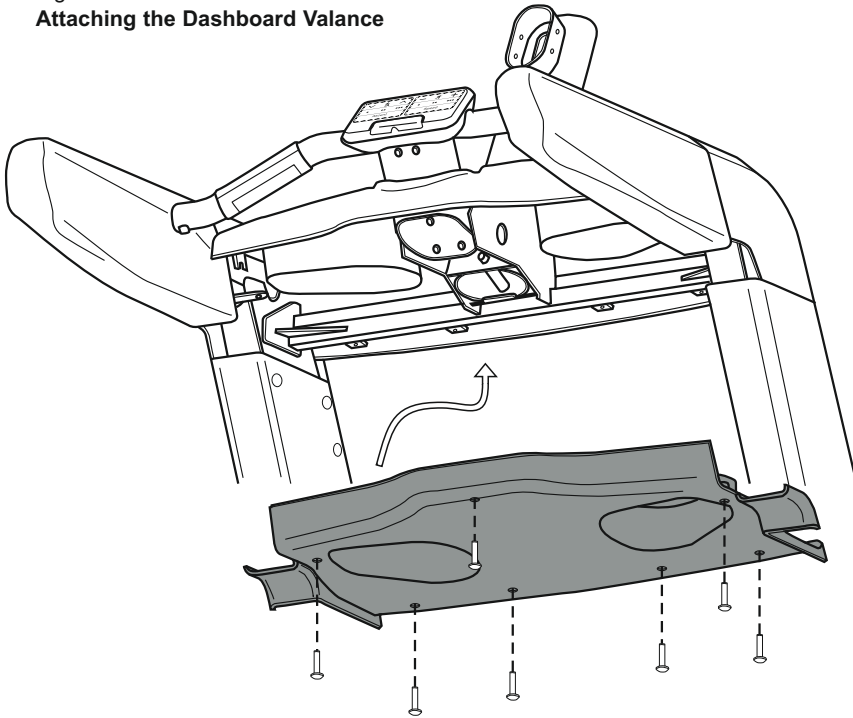
Drop the neck through the hole in the dashboard moulding and secure with bolts. [See Figure D].

Tools Required:

13mm Combination Spanner
[M8x75 Hexagon Head Bolt x2]

Assembly of the 260G (Continued)

Figure E
Attaching the Dashboard Valance



3.5 Attaching the Dashboard Valance

Slide the dashboard valance into position and securely fix [See Figure E].

Note:

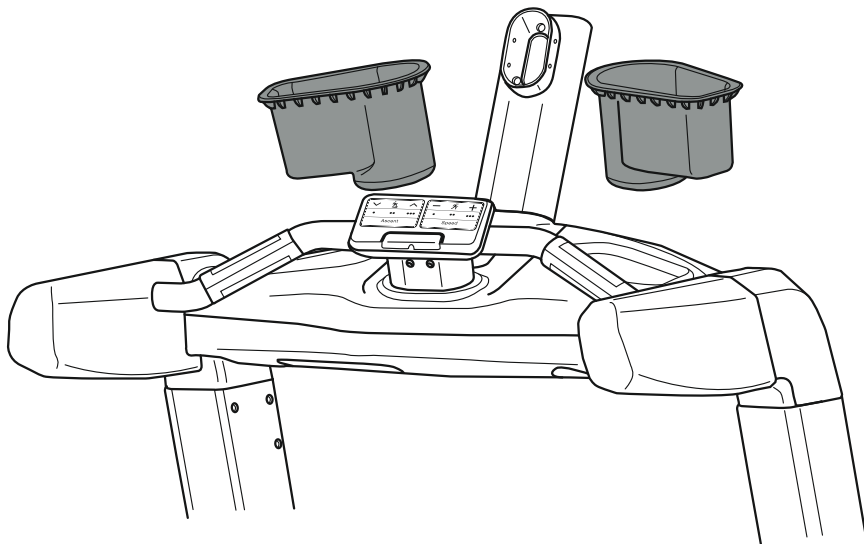
Be careful not to damage the foam handrails during this process.

Tools Required:

Phillips Screwdriver
[M5x20 Pozi Pan Screw x7]

Assembly of the 260G (Continued)

Figure F
Fixing the Storage Buckets

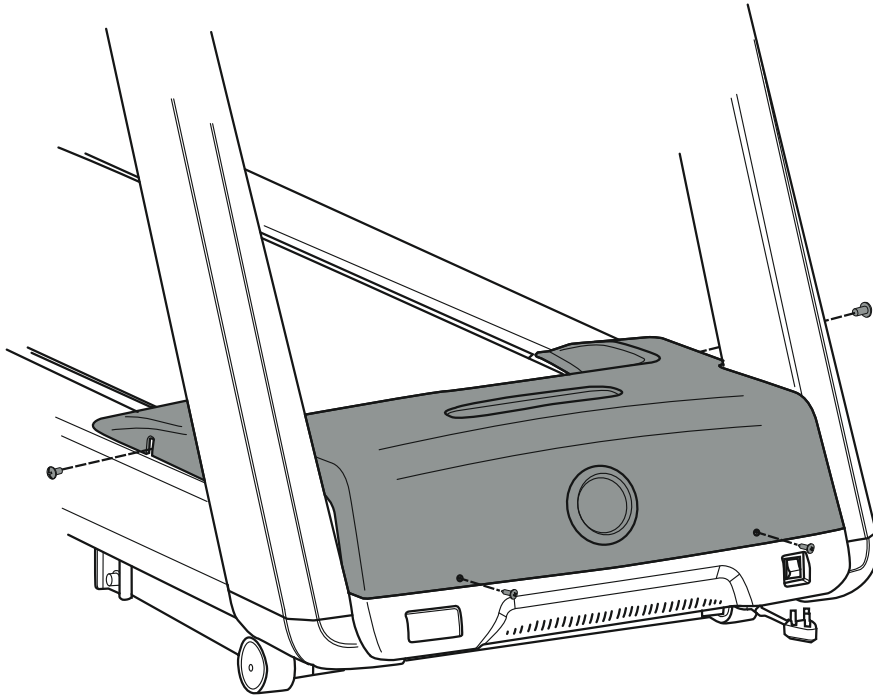


3.6 Fitting the Storage Buckets

Insert the Storage buckets into the appropriate holes in the dashboard and press down firmly. [See Figure F].

Assembly of the 260G (Continued)

Figure G
Fixing the Motor Cover



3.7 Fixing the Motor Cover

Carefully slide the motor cover between the two uprights and drop into position [See Figure G].

Note:

Make sure you do not scratch the front uprights during this process.

Tools Required:

Phillips Screwdriver

Front Screws:

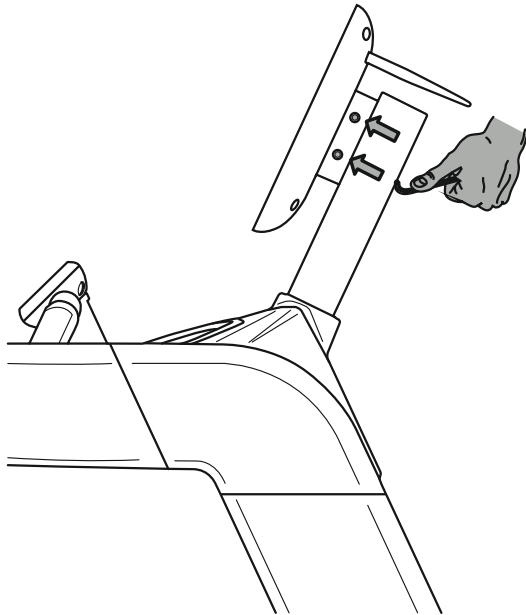
No.8x25 Pozi Pan Screw x2

Side Screws:

M6x25 Pozi Button Head Screw x2

4 Installing Consoles on the 260G

Figure H
Attaching / Re-Attaching the Console



NB: Image for illustration only

4.1 Attaching / Re-Attaching the Console

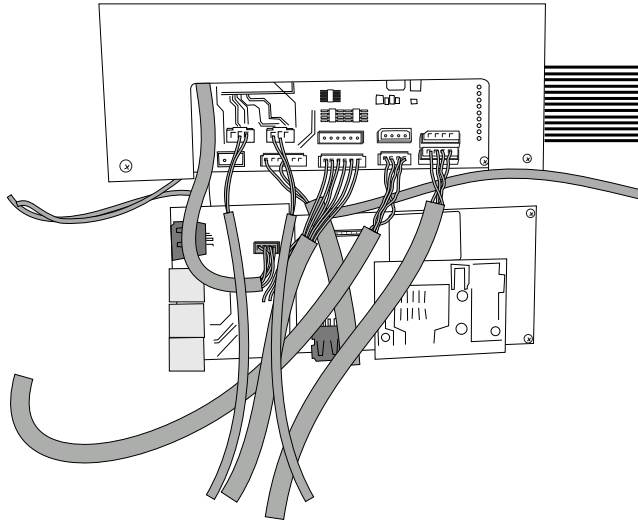
For details on how to attach Series 1, 2 & 3 Consoles, refer to document **135-771-***.

NOTE: Fasten Bolts securely.

Tools Required:
4mm Allen Key

Installing Consoles on the 260G (Continued)

Figure 1
Wiring / Re-Wiring the Console



NB: Image for illustration only

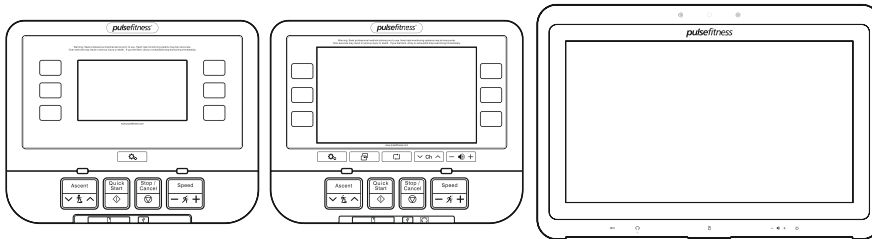
4.2 Wiring / Re-Wiring the Console

For details on how to connect the cables for Series 1, 2 & 3 Consoles, refer to document **135-799-***.

Carefully pull the Electrical Connectors up from the Column. Ensure that all Electrical Connectors are attached.

Installing Consoles on the 260G (Continued)

Figure J
Using the Console



NB: Image for illustration only

4.3 Using the Console

For details on how to use each of the Series 1, 2 & 3 Consoles, refer to documents:

135-1379-* Series 1 (Console 3.5 CV)

135-1299-* Series 2 (Console 5.0 CV)

135-1300-* Series 3 (Console 6.0 CV) Cirrus V1

135-1824-* Series 3 (Console 6.0 CV) Cirrus V2

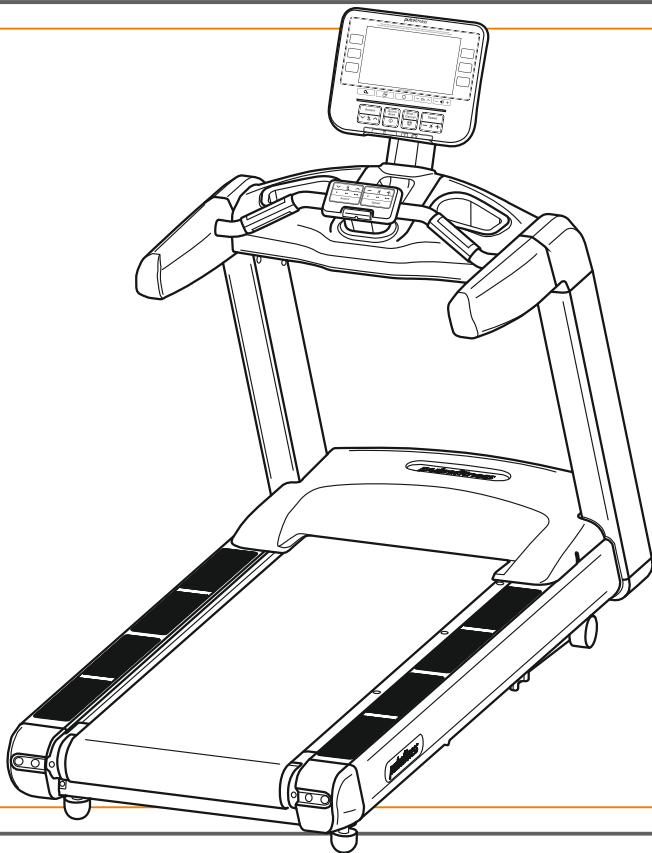
4.4 Securing the Book Holder

For Series 1 & 2, carefully line up and firmly push the Book Holder into the console's allocated slots until it is solidly fixed into position.

NOTE: This may take some force. Be careful not to damage the console in the process.

5

Fully Assembled 260G Run



Your 260G Treadmill is now ready to use, please read the Technical and Console booklets to become familiar with all operational and safety features before use.

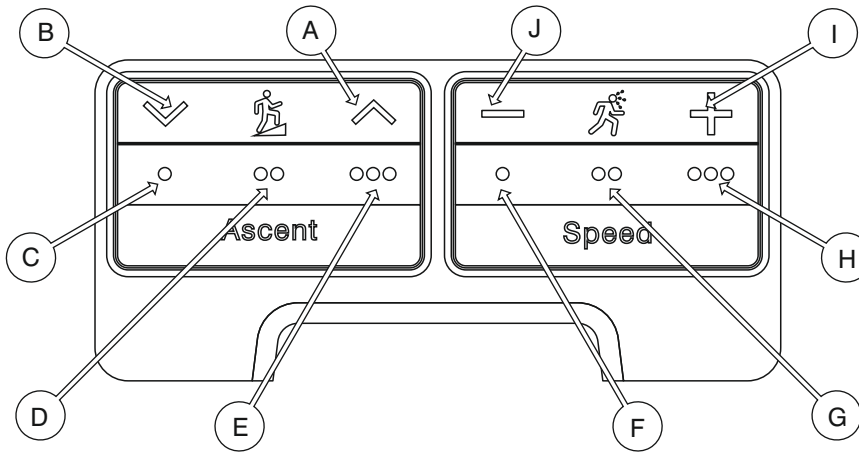


Caution: MAKE SURE ALL HARDWARE IS TIGHT!

6

Quick Control Panel

Figure K
260G Quick Control Panel



6.1 260G 'Quick' Control Panel

The Series 2 & 3 'Quick' Control panel allows the User to adjust the Speed and Elevation in larger increments. It is positioned closer to the User than the Console for easier access. [See Figure K].

The User needs to press the speed button, then confirm the on-screen message when increasing the speed (by pressing the button again). To make the speed decrease the button only needs to be pressed once.

- A Ascent increase
- B Ascent decrease
- C Low incline
- D Medium incline
- E Steep incline
- F Walk (2.0 mph*)
- G Jog (4.0 mph*)
- H Run (6.0 mph*)
- I Increase speed
- J Decrease speed

* Standard settings setup. These are the recommended settings by PULSE FITNESS. It is the responsibility of the instructor/site if these speed settings are changed.



CAUTION



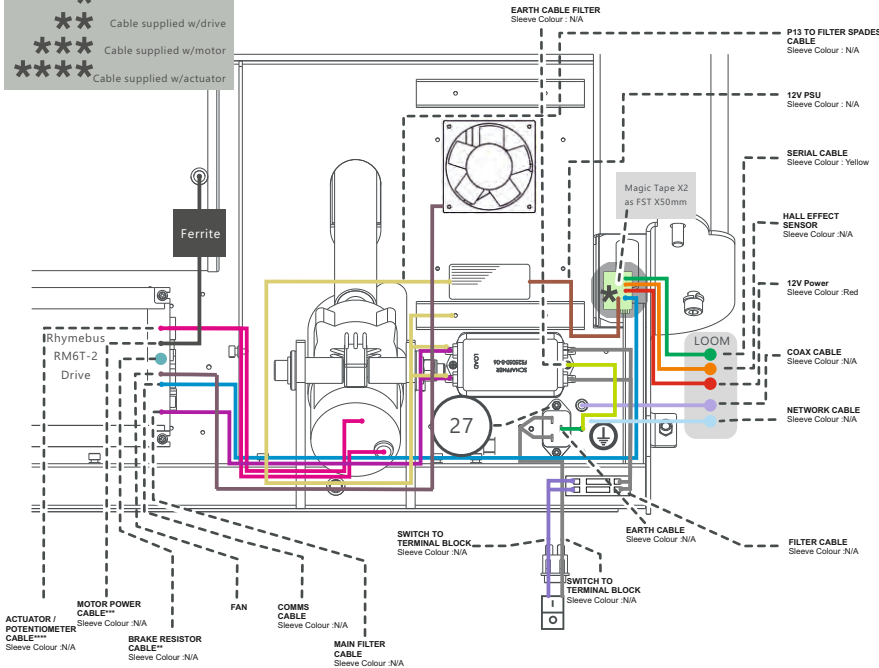
Clear instruction needs to be given in order to use these controls. It is the responsibility of the instructor/site to make sure that Users are aware of the function of these controls, and are trained in using the equipment **before** commencing exercise.

SERIOUS INJURY MAY OCCUR IF THESE PROCEDURES ARE NOT FOLLOWED.

7 Connections to Power Supply

Note: * 100-276** Interface P.C.B.

- ** Cable supplied w/drive
- *** Cable supplied w/motor
- **** Cable supplied w/actuator



7.1 Wiring the Motor



CAUTION MAINS POWER 120V

Ensure that the power is turned off and is unplugged at the mains connection point, **BEFORE** removing the motor cover and carrying out any work on the electrical components.

Carefully connect the cables as indicated on the drawing and check that all the wires are secure and in the correct ports.



Make sure that the loom is secured with a cable tie ensuring the wires have enough slack to reach the ports **without any tension**.

Refer to document 135-839 for further instructions.

8

Important Safety Instructions

8.1 Introduction

The successful and safe operation of PULSE FITNESS' Run (Low Impact 'Elevation' Treadmill) is dependent upon its proper handling, installation, operation and maintenance. The following safety precautions are for safety and guidance. Please read them carefully before proceeding to install and/or operate the Treadmill. Specific notices are included in the text where appropriate.

Read all instructions before using the PULSE FITNESS Run (Low Impact 'Elevation' Treadmill).



DANGER: To reduce the risk of electrical shock, always unplug PULSE FITNESS products from the electrical outlet immediately after using and before cleaning or attempting any maintenance activity. DO NOT remove any cover.



WARNING: To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.



WARNING: Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.



WARNING: Be sure the Emergency Stop Safety Clip is attached to the User and in proper position on the Treadmill before beginning any workout.



WARNING: The Running Belt centring adjustment must be performed if the Belt is not between the marks indicating the maximum allowed lateral positions.



CAUTION: Risk of injury to persons – to avoid injury, use extreme caution when stepping onto or off of a moving belt. Read instruction manual before using.

To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.

Never operate a PULSE FITNESS product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact PULSE FITNESS' Global Service Team.

Important Safety Instructions (Continued)

Position the product so that the power cord plug is accessible to the User.

If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorised Distributor/Dealer, or a similarly qualified person to avoid a hazard.

Always follow the Console instructions for proper operation.

This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or are being given instruction concerning the use of the appliance by a person responsible for their safety.

Do not use this product outdoors, near swimming pools or in areas of high humidity.

NEVER operate the PULSE FITNESS Run Treadmill with the Motor Panel removed.

Never operate a PULSE FITNESS product with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.

Never leave the Treadmill unattended when it is plugged in. Immobilise the treadmill by unplugging it from its power source when it is not in use, before cleaning it, putting on or taking off parts and for authorised service. Treadmill can also be immobilised via the console. Consult document 135-2272-* for further instructions.

Do not allow other people to interfere in any way with the user or equipment during a workout.

Allow LCD consoles to “normalise” with respect to temperature for one hour before plugging the unit in and using.

Exchange faulty parts IMMEDIATELY with ONLY genuine PULSE FITNESS parts. Do not use equipment until repaired.

Do not attempt to service this treadmill yourself, except to follow the maintenance instructions in this manual.

Important Safety Instructions (Continued)

Use this product for its intended use as described in this manual. Do not use attachments that have not been recommended by PULSE FITNESS, as such attachments may cause injury.

Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle. Do not route the power cord under or along the side of the treadmill.

Handrails may be held to enhance stability as required, but are not for continuous use.

Never walk or jog backwards on the treadmill.

Do not use this product in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.

Read all warnings on each product prior to starting a workout.

If warnings are missing or damaged, please contact PULSE FITNESS immediately for replacement warning labels.

Warning labels are shipped with every product and should be installed before product is used. PULSE FITNESS is not responsible for missing or damaged warning labels.

In conformity with the European Union Machinery Directive 2006/42/IEC, unloaded, this equipment runs at sound pressure levels below 70dB (A) and at the average operating speed of 12 km/hr / 7.5m/hr. Noise emission under load is higher than without load.

This product may contain chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm. For more information refer to the European Commission Regulation (EC) No. 1907/2006 (REACH) and the California Safe Drinking Water and Toxic Enforcement Act of 1986 (Proposition 65).

This treadmill is intended for commercial use ONLY.

Important Safety Instructions (Continued)

8.2 Set-Up

Read the entire manual before setting up the PULSE FITNESS Run (Low Impact 'Elevation' Treadmill). Place the Treadmill where it will be used before beginning the setup procedure.

8.3 Operation

Always follow the Console instructions for proper operation.

Never insert objects into any opening in this product. If an object should drop inside, turn off the power, unplug the power cord from the outlet, and carefully retrieve it. If the item cannot be reached, contact PULSE FITNESS Global Service Team.

Do not reach into, or underneath, the Treadmill or tip it on its side during operation.

Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended.

Make sure all users always wear proper exercise clothing and shoes for workouts and keep loose, dangling clothing, shoelaces and towels away from moving parts. Do not use this product in bare feet. Wear shoes with rubber or high-traction soles. Users should not wear shoes with heels or leather soles, cleats or spikes, and they should check the soles of their shoes to remove any dirt and embedded stones. Users should also tie back long hair.

Handrails may be held to enhance stability as needed, but are not for continuous use.

Never walk or jog backwards on the treadmill.

This Treadmill has a user weight restriction: Do not use the Treadmill if the person weighs more than 160kg / 350lbs.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

Important Safety Instructions (Continued)

8.4 Electrical Power Requirements

The PULSE FITNESS Run Treadmill requires a dedicated* electrical connection with an isolated neutral.

* Commercial Units Only: One individual branch circuit for each treadmill is required per NEC article 210-21 (b) (1) and 210-23 (or other appropriate, country specific electrical compliance guidelines). The live and neutral wires must each be routed independently (not looped or tied to other circuits).

Note: Do not modify the plug provided with this product. If the plug does not fit into an available electrical outlet, have a proper outlet installed by a qualified electrician.

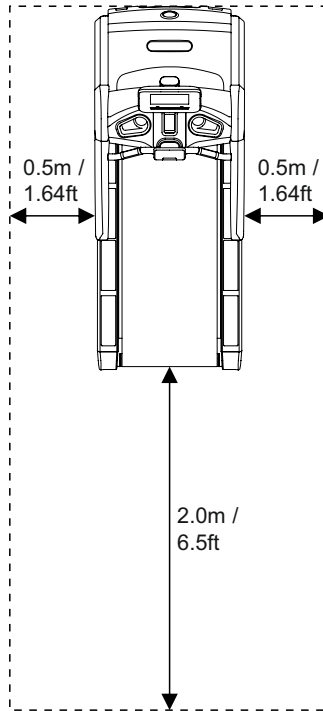
8.5 How to Position and Stabilise the PULSE FITNESS Run Treadmill

Follow all safety instructions. Move the Treadmill to the location in which it will be used.

Note: To centre the Running Belt see Section 9.4 Belt Alignment.

Important Safety Instructions (Continued)

Figure L
US Safety Clearances



8.6 Safety Clearances

The following information is supplied as regional reference data regarding safety clearances around the exterior of the Treadmill.

EU: The European EN957 Safety Standard requires a 2m (6.5ft) minimum from the rear of the treadmill to any object or surface and at least as wide as the Treadmill.

US: and other regions: The ASTM International (ASTM) F2115 - 05 Standard recommends the minimum dimensions to be 0.5m (1.64ft) on each side of the Treadmill and 1m (3.28ft) behind the rearward most portion of the usable moving surface or 2.0m (6.5ft) behind the furthest rearward obstruction to emergency egress from the Treadmill.

Important Safety Instructions (Continued)

8.7 Power Switch

Located on the front panel at the base of the Treadmill, the ON/OFF switch has two positions: "I" (one) for ON and "0" (zero) for OFF. To disconnect, turn all controls to the OFF position, then remove electrical plug from outlet.

8.8 Install Coaxial & Ethernet Cables (if necessary) - Series 2 & Series 3 Only

The following connection receptacles are located at the front of the 260G - Run (Low Impact 'Elevation' Treadmill): Coaxial Cable, and Ethernet Cable.



CAUTION: Connectors should easily fit into the receptacles. Forcing a connection may lead to damage to the barrel connector and/or receptacle and may void product warranty.

8.9 Power Cord Routing



WARNING: Make sure the power cord is unplugged before attempting to route it around or through the Treadmill.

The power cord can be run to the user-front left or right sides. Excess power cord can be bundled and tied under the front of the Treadmill. Route the power cord so that it is not walked on, pinched, or damaged by items placed upon or against it, including the Treadmill.

Note: To accommodate Treadmill incline, at least 61cm / 24" of power cord is required between the outlet and the front of the Treadmill.



WARNING: Make sure that there is a 2m / 6.5ft clearance behind the Treadmill. Contact PULSE FITNESS Global Service Team for a longer power cord (if necessary).



DANGER: Ensure that the power cord does not contact the Running Belt or get pinched between the Frame, Lift Arm or under the Wheels; failure to follow this warning may result in serious injury.

9

General Safety Precautions

9.1 Grounding Instructions

This PULSE FITNESS product must be properly grounded. If the unit malfunctions or breaks down, proper grounding provides a path of least resistance for the electric current, which reduces the risk of shock to anyone touching or using the equipment. Each unit is equipped with an electrical cord, which includes an equipment grounding conductor and a grounding plug. The plug must be inserted into an outlet that has been properly installed and grounded in accordance with all local codes and ordinances.

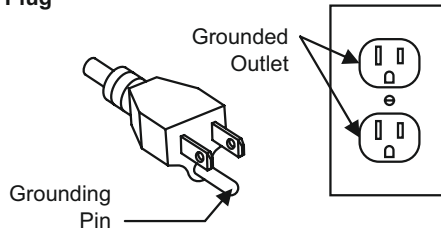


DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. DO NOT modify the plug provided with the product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician. Any modification to the electrical plug will result in a voided warranty.



WARNING: A temporary adapter **MUST NOT BE USED** to connect this plug to a two-pole receptacle in North America. If a properly grounded, 20-amp outlet is not available, one must be installed by a qualified electrician. Models drawing 16 amps or more must be installed on a dedicated line. (Commercial Units Only).

Figure M
120-Volt Grounded Plug



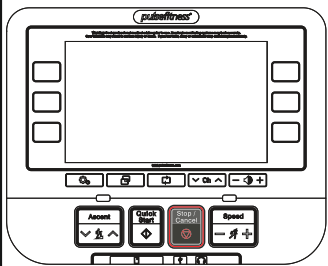

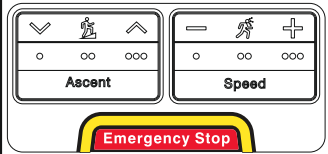

NB: Image for illustration only

This product is for use on a nominal 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 adaptor should be used with this product.

General Safety Precautions (Continued)

9.2 Emergency Stop

The Treadmill is equipped with two different stop functions, which work as follows:

Stop Function	What the User does	What the Treadmill Belt does	What the Console does
	<p>Press down the red Stop/Cancel button on the console.</p>	<p>Slows to a stop.</p>	<p>Shows that the exercise is paused.</p> <div style="background-color: #333; color: white; padding: 10px; text-align: center;"> <p>Workout Paused</p> <p>88:88</p>  <p>Press 'Quick Start' to resume Press 'Stop' to end exercise</p> </div>
	<p>Pulling on the Cord attached to the Emergency Stop Safety Clip activates the reset switch.</p>	<p>Slows to a stop.</p>	<p>Shows that the Treadmill is not ready to restart until the Emergency Stop is replaced.</p> <div style="background-color: #333; color: white; padding: 10px; text-align: center;"> <p>Emergency Stop Activated</p>  <p>Replace Emergency Stop to continue</p> </div>

General Safety Precautions (Continued)

Figure N

Incorrect Emergency Stop Safety Clip Procedure



Figure O

Correct Emergency Stop Safety Clip Procedure



9.3 Emergency Stop Safety Clip

When operating the Treadmill the User must ALWAYS wear the Emergency Stop Safety Clip. If for whatever reason the Cord is pulled; the Emergency Stop Magnet will disengage and the Running Belt will **QUICKLY** come to a halt!!!

Note:

The Treadmill will only operate again once the Emergency Stop Magnet has been reset.

The User **MUST** be made aware of this during their induction.



Warning:

Following these instructions incorrectly could result in serious injury.



CAUTION

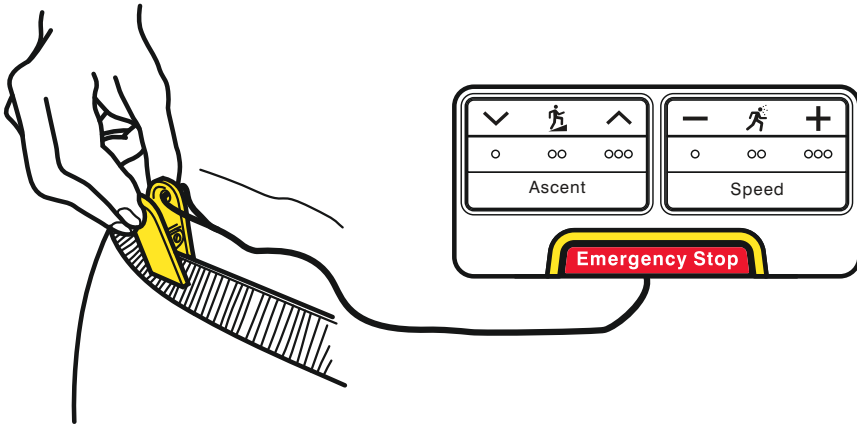


ALWAYS connect the Emergency Stop Safety Clip to an item of clothing which is tight against the body, such as a waist band or pocket [See Figure O]. Do not clip it to a T-Shirt [See Figure N] as it may come loose whilst running.

General Safety Precautions (Continued)

Figure P

Attaching the Emergency Stop Safety Clip



9.4 Using the Emergency Stop Safety Clip

Users must ALWAYS use the Emergency Stop Safety Clip while exercising on the Treadmill. The Emergency Stop Safety Clip must be correctly attached to the User [see Figure O](page 31).

If the Emergency Stop Safety Magnet has been removed during an exercise, the following procedure needs to be performed:

1. Re-attach the Emergency Stop Safety Clip, if required?
2. Re-attach the Emergency Stop Magnet to the Quick Control Panel.

Note:

If the Emergency Stop Magnet is removed from its holder, data could be lost whilst saving to the SmartCard.

3. Re-start the exercise from its beginning, reducing the time as needed to account for the amount of workout that has already been completed.

General Safety Precautions (Continued)

Figure Q
Three-Step
Confirmation



9.5 Speed Confirmation 'Quick' Controls (Console 5.0 CV)

When the 'Quick' Controls Panel Speed buttons are pressed [See Figure Q]; before the Running Belt will speed-up, an on-screen confirmation instruction is shown. The User must follow the on-screen instruction to allow the Running Belt to increase its speed.

In any event where the User feels unable to keep up with the pace of the Running Belt and considers themselves unable to reduce the Treadmill's speed quickly, the User has three safe methods available to stop the Treadmill:

1. Use (6.1) 260G 'Quick' Controls buttons (see page 20)
2. Use (9.3 & 9.4) Emergency Stop Magnet/Safety Clip (see pages 31 & 32)
3. Use (9.7) Emergency Dismount (see page 35)



Warning:

When leaving the Treadmill always ensure that the Stop button has been pressed, and that the Belt has come to a halt!!

General Safety Precautions (Continued)

Figure R
Three-Stage
Confirmation



9.6 Speed Confirmation 'Quick' Controls (Console 6.0 CV)

When the 'Quick' Controls Panel Speed buttons are pressed [See Figure R]; before the Running Belt will speed-up, an on-screen confirmation instruction is shown. The User must follow the on-screen instruction to allow the Running Belt to increase its speed.

In any event where the User feels unable to keep up with the pace of the Running Belt and considers themselves unable to reduce the Treadmill's speed quickly, the User has three safe methods available to stop the Treadmill:

1. Use (6.1) 260G 'Quick' Controls buttons (see page 20)
2. Use (9.3 & 9.4) Emergency Stop Magnet/Safety Clip (see pages 31 & 32)
3. Use (9.7) Emergency Dismount (see page 35)

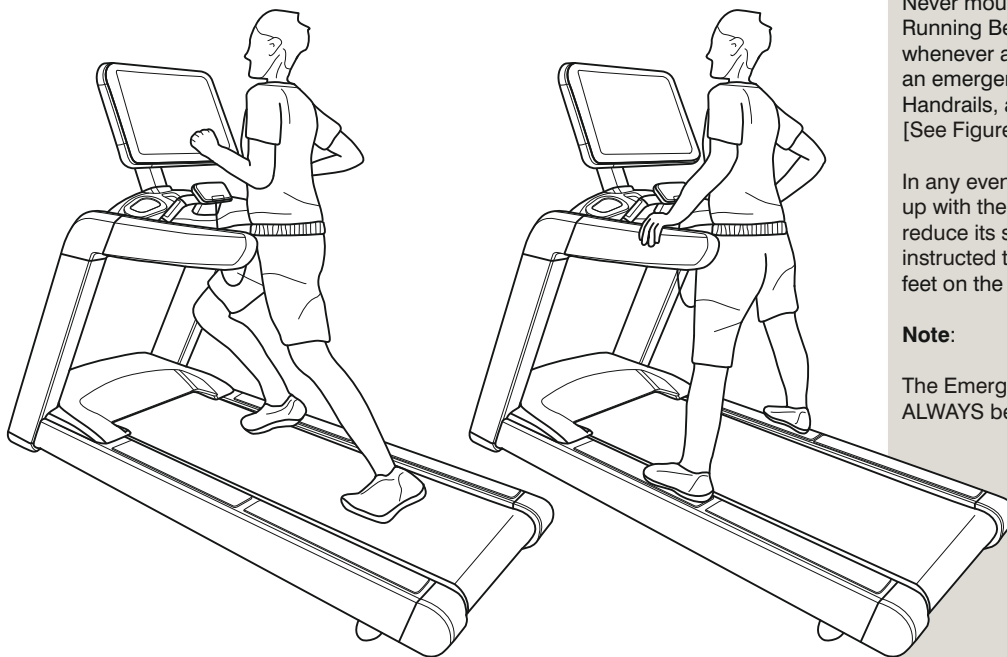


Warning:

When leaving the Treadmill always ensure that the Stop button has been pressed and that the Belt has come to a halt!!

General Safety Precautions (Continued)

Figure S
Emergency Dismount



9.7 Emergency Dismount

Never mount or dismount the Treadmill while the Running Belt is moving. Use the Handrails whenever additional stability is required. In case of an emergency, such as tripping, grasp the Handrails, and place the feet on the Treadplates [See Figure S].

In any event where the User feels unable to keep up with the pace of the Running Belt, and unable to reduce its speed quickly enough, the User is to be instructed to grasp the Handrails, and place their feet on the Treadplates.

Note:

The Emergency Stop Safety Clip (9.3) must ALWAYS be worn.

10 Installation

10.1 Location

Select a suitable location for the PULSE FITNESS Run Treadmill before moving it. The site you choose should meet the following requirements:

- A flat, level and clean surface.
- Close to a suitable power socket.
- Well away from sources of water (or other liquids) or away from areas that are subject to condensation.
- Away from direct sunlight (this can make it difficult to view the screen).
- Leave a free space of at least 2m / 6.5ft at the rear of the machine.

Note: The Treadmill is not suitable for outdoor use.

If the chosen surface is carpet then the Treadmill can be pushed to the desired position on its front wheels (this is a two person procedure). However, if the surface is more resistant, or the treadmill has to be lifted and lowered into place, then 6 people will be required.



CAUTION

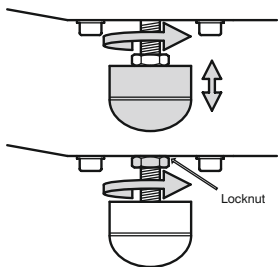


This equipment is heavy! We do not recommend attempting to lift it without assistance, at least 6 people should lift the Treadmill when necessary.

NEVER attempt to lift the Treadmill by the Console or the Handrails.

Installation (Continued)

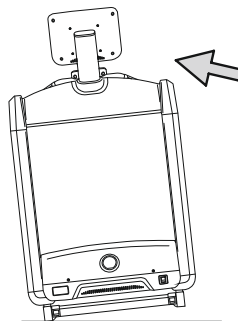
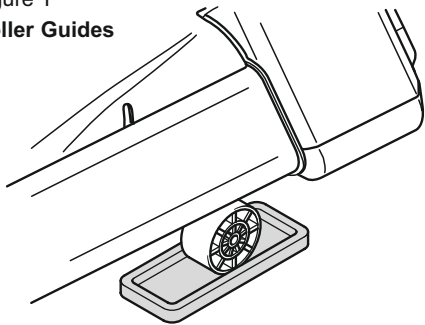
Figure U
Feet Adjustment



WARNING

When installing or adjusting any piece of PULSE FITNESS equipment, DO NOT leave any adjustment devices projecting which could cause injury to a third party.

Figure T
Roller Guides



10.2 Feet Adjustment

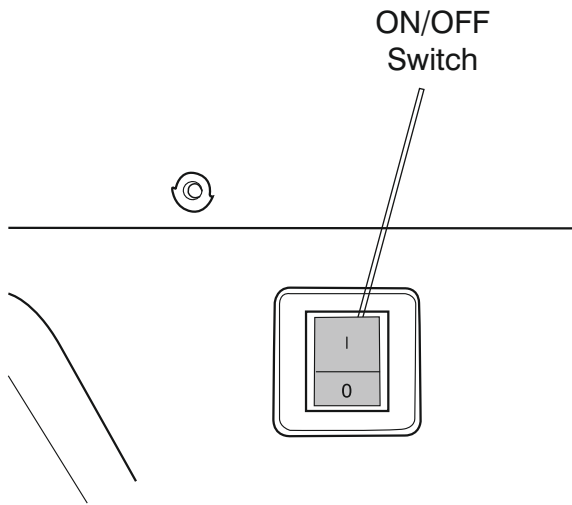
Once the Treadmill has been sited you must ensure that it is stable. If there is even a slight rocking motion or the unit is not stable, determine which foot is not resting on the floor. If necessary, adjust the height of the feet to compensate for any unevenness in the floor. Turn the feet to the left or right to increase or decrease the height as appropriate. [See Figure U]. When satisfied, securely fasten the locknut against the Feet Strut.

Place the front roller guides under front wheels. This is a 3 person procedure and great care should be taken when fitting. [See Figure T].

Note: It is extremely important that the feet are correctly adjusted for proper operation. An unbalanced unit may cause Running Belt misalignment. A spirit-level is recommended to ensure proper levelling.

Installation (Continued)

Figure V
On / Off Switch



10.3 On/Off Switch

The Treadmill is delivered with a power cable which has a moulded plug already fitted. Plug the Treadmill into a suitable mains socket and then switch on the power.

Switch on the Treadmill via the on/off (I / O) switch mounted at the front of the machine. [See Figure V]. The Console display should illuminate and display a regularly repeating start up message. This indicates that the Treadmill is now ready for use.

NOTE: If the Treadmill is not going to be used straight away, then switch off and remove the 13A plug from the socket.



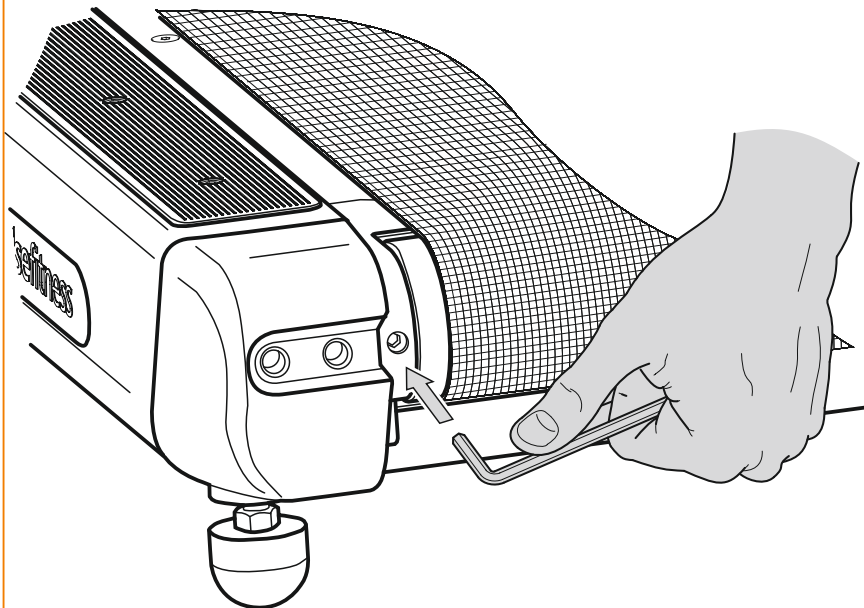
CAUTION



Ensure that the mains cable is routed in such a way that it does not create a potential hazard to users of the Treadmill or others persons in the vicinity.

11 How to Adjust and Tension the Running Belt

Figure W
Running Belt Alignment



Note:

There is a maximum of 22mm lateral movement for the belt.

11.1 Running Belt Alignment

Do not move the Treadmill, or place hands under the Treadmill while it is plugged into an electrical outlet!

Once the Running Belt is aligned, the overall tension can be checked to make sure that it does not slip on its Rollers, this is explained in section 11.2 and 11.3.

Note: It is extremely important that the Treadmill is correctly levelled prior to any tracking adjustments. An unstable unit may cause Running Belt misalignment.

Before proceeding, it is helpful to realise that each adjustment made to one side of the Roller must be met with an equal and opposite adjustment to the other side of the Roller to maintain an ideal belt tension at the pivot point.

If the Running Belt slips, use an 8mm / 5/16" Allen / Hex Key wrench to adjust both the right and left tension bolts.

How to Adjust and Tension the Running Belt (Continued)

11.2 Tracking (Centring) a Running Belt

Note: Two people are needed to perform this procedure.

- a. Locate the two access holes to the Running Belt tensioning bolts on each of the rear Roller End Caps [See Figure W].
- b. One person stands on the side rails of the Treadmill and straddles the Running Belt. This person presses GO and sets the Belt speed to 5Kph / 3.1Mph.
- c. If the Running Belt has moved to the right, the second person turns the right tension bolt a quarter-turn clockwise and then turns the left tension bolt a quarter-turn counter-clockwise to make the Running Belt track back to the centre of the roller.

If the Running Belt has moved to the left, turn the left tension bolt a quarter-turn clockwise and then turn the right tension bolt a quarter-turn counter-clockwise to make the Running Belt track back to the centre of the roller.

Note: If the Running Belt has moved as far as to the edge of the Roller (either right or left side), it must be re-centred per the above procedure.

- d. Repeat the adjustments until the Running Belt appears centred. Allow the machine to continue running for several minutes at 5Kph / 3.1Mph to observe if tracking remains stabilised.

Note: Do not exceed one full turn of the adjusting screws in either direction. If after one full turn the Running Belt does not track properly, contact Pulse Fitness Global Service Team. Do not over tighten the tensioning bolts while making belt adjustments. Over tightening of bolts may over stretch and damage the Running Belt or Roller.

How to Adjust and Tension the Running Belt (Continued)

11.3 Tensioning an Existing Running Belt

a. Press GO and operate the treadmill for five minutes at 5Kph / 3.1Mph.

Note: DO NOT RUN OR WALK ON THE RUNNING BELT.

b. Reduce the speed to 3.0Kph / 1.9Mph. Walk on the Treadmill. Tightly grip the Handrails and apply force with feet on the Running Belt near the Motor Cover against the moving Belt direction. If the Belt slips, continue to Step 3. If it does not slip, the tension is correct.

c. Using the STOP key, stop the Treadmill. Turn the Running Belt tensioning bolts a quarter-turn clockwise for each side.

d. Repeat STEPS 2 and 3 until the belt no longer slips. Do not exceed one full turn (four quarter turns) per side when adjusting the Belt tensioning bolts.

e. Press GO, operate the Treadmill at 3.0Kph / 1.9Mph and check to ensure proper tracking. If the Running Belt drifts to the left or right see Tracking (Centring) an Existing or New Running Belt on the previous page.

Re-check the tension of the Running Belt, do not over tighten the tensioning bolts while making belt adjustments. Over tightening of bolts may over stretch and damage the Running Belt or Roller bearings. Do not exceed one full turn of either bolt in either direction.

NOTE: Take care not to touch the Running Belt during this procedure.

12 Cleaning & Maintenance

12.1 Preventive Maintenance Tips

PULSE FITNESS products are backed by engineering excellence and the reliability of the Global Service Team. The Treadmill is one of the most rugged and trouble-free pieces of exercise equipment on the market today.

Note: Safety can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear, as outlined below.

The following preventive maintenance tips will keep the PULSE FITNESS product operating at peak performance:

Locate the product in a cool, dry place.

Long fingernails may damage or scratch the surface of the Console; use the pad of the finger to press the selection buttons on the Console.

12.2 Cleaning the Equipment

Pulse Fitness Approved Cleaners (United States Availability Only)

Two preferred cleaners have been approved by PULSE FITNESS reliability experts: PureGreen 24 (or equivalent) and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 (or equivalent) and the antibacterial formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1. PureGreen 24 (or equivalent) is available in a spray which is convenient to use. Apply the spray to a micro fibre cloth and wipe down the equipment. Use PureGreen 24 (or equivalent) on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control. Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

Contact PULSE FITNESS Global Service Team to order these cleaners +44 (0)1260 294600 or email: global.service@pulsefitness.com.

Cleaning & Maintenance (Continued)

12.3 Compatible Cleaners

DO NOT use water based solutions (on the following): Clean the display console, all exterior surfaces and the frame with a mild, non-abrasive silicon based household cleaner. Apply via a soft micro fibre cloth. Apply the cleaner to the cloth before cleaning. **DO NOT** use ammonia or acid based cleaners. **DO NOT** use abrasive cleaners. **DO NOT** use paper towels. **DO NOT** apply cleaners directly to the equipment surfaces.

DO use water based solutions (on the following): Clean the upholstery and handgrips with a mild soap and water solution.

Figure X

Preventive Maintenance Schedule

Item	Weekly	Monthly	6-Months
Console Overlays	Clean		
Bottle Holders / Accessory Trays	Clean	Inspect	
Console Mounting Bolts			Inspect
Hardware			Inspect
Frames	Clean		Inspect
Plastic Covers	Clean	Inspect	Inspect
Handpulse Sensors	Clean/Inspect		
Running Belt	Inspect		
Machine Level	Inspect*		
Emergency Stop	Clean/Inspect		
Motor Cover	Clean	Vacuum/Clean	
Motor Electronic Compartment			Inspect
Drive Belt			Inspect
Foot Adjusters		Inspect / Adjust	
Front & Rear Rollers			Inspect
Treadplates	Clean	Inspect	
Handrails	Clean		Inspect
Front Handlebar	Clean		Inspect

* Use spirit level

12.4 Preventive Maintenance Schedule

Check operation of the emergency stop system once a week.

Check the operation of the stop button once a week.

Inspect and vacuum the area directly surrounding and under the unit regularly.

Vacuum around the Belt regularly to keep debris from accumulating.

Inspect exterior parts regularly for wear, particularly the Belt, Deck and Power Cord.

Check to make sure the unit is properly levelled.

Check the position (centring) of the Belt.

Clean the Console and all exterior surfaces with an approved or compatible cleaner (see PULSE FITNESS Approved Cleaners) and a micro fibre cloth.

Cleaning & Maintenance (Continued)



WARNING: Failure to carry out maintenance on the equipment as per this manual could result in serious injury and void your warranty. Please ensure all publications supplied with PULSE FITNESS equipment are read and understood.

12.5 How to Obtain Product Service

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and write down the serial number of the unit which is located on the back of the unit near the foot rail.
3. Contact Pulse Fitness Global Services Team (refer to page 02).

13 Specifications

13.1 - PULSE FITNESS Run (Low Impact 'Elevation' Treadmill) specifications:

Designed use: Heavy/Commercial.

Motor power: 3.0HP (5.0HP Peak).

Drive: Rhymebus AC Motor.

Power requirements: **EU** - 220-240V, 50Hz, 13A, 1500W.
 US - 110-120V, 60Hz, 15A.

Mains powered: Series 1, 2 & 3.

Central 'Quick' control console featuring speed and elevation adjustments: Series 2 & 3.

Stop systems: Red and Yellow magnetic 'kill-cord' Emergency Stop System and Programme Stop Push Button raised and prominently positioned.

Speed range (kph/mpH): 0.5 - 24.1Kph / 0.3 - 15Mph.

Speed increments: 0.1kph / 0.1mph increments.

Elevation range: 0%-15%.

Elevation increments: 0.5%.

Deck type (cm/"): 2.4cm / 15/16" Reversible medium density fibreboard.

Shock Absorption System: Low impact sprung.

Specifications (Continued)

Waxing system: Self-lubricating Running Belt.

Running Belt (cm/"): 152cm / 59 -3/16" Length x 54cm / 21-1/4" Width (between belt centres).

Front Handrail: Ergonomically shaped, neoprene grips.

Side Handrails (cm/"): 65cm / 25-9/16" x 15.5cm / 6-1/16" Long, flared, cantilevered, over-moulded grips.

Workout pause with auto-reset: Series 2 & 3.

High contrast reflective belt guides: Optional.

Step-up box: Optional

Twin removable storage buckets/cup holders: Series 1, 2 & 3.

Integrated device storage tray: Series 1, 2 & 3.

Rollers (cm/"): 10.2cm / 4" diameter, precision-crowned, front and back.

Operating temperature: from 5°C to +30°C (from +41°F to +86°F).

Telemetry: Equipped for heart rate telemetry reading using a chest strap. 5kHz non-coded transmission Polar® Telemetry Handpulse Sensors: DSP Handpulse Sensors (Digital Signal Processing).

LAN (Ethernet or WiFi): Series 3 ONLY

Integrated Television Tuner: Series 2 & 3 ONLY

Specifications (Continued)

13.2 Physical Dimensions (L x H x W)

Length (cm/"): 214mm / 84-1/4"

Height (cm/") 0% elevation: Series 1 & 2 = 160cm / 63", Series 3 = 163cm / 64-3/16"

Height (cm/") 15% elevation: Series 1 & 2 = 196cm / 77-3/16", Series 3 = 199cm / 78-3/8"

Width (cm/"): 88cm / 34-5/8"

Step-Up Height: 27.5cm / 10-13/16"

13.3 Weight (kg/lbs)

Machine Weight (kg/lbs): Series 1 = 219.5kg / 484lbs. Series 2 = 220kg / 485lbs. Series 3 = 225kg / 496lbs.

Maximum User Weight / Training Mass (kg/lbs): 160kg / 353lbs.

13.4 Console

Screen: Series 1 - 17.8cm / 7" Integrated High Contrast Colour Display. 16:9 Aspect Ratio. 512x300 Resolution.

Series 2 - 25.7cm / 10-1/8" Integrated High Contrast Colour Display. 16:9 Aspect Ratio. 512x300 Resolution.

Series 3 - 47cm / 18-1/2" Integrated High Contrast Capacitive Multi-Touch Colour Display. 16:9 Aspect Ratio. 1366x768 Resolution.

Headphone Jack: Stereo 3.5mm, Series 2 & 3 ONLY

Integrated Television Tuner: Series 2 & 3 ONLY

EU - Analog - PAL. Digital - DVB-T (Freeview). IPTV: MPEG-2 Standard Definition; MPEG-4 pt10 AVC/H.264 Standard Definition. Radio: Digital - DVB-T.

US - PAL/SECAM and NTSC require separate tuners. NTSC tuner supports NTSC-Japan, NTSC-HRC, NTSC-M, NTSC-N. NTSC also supports PAL-M and PAL-N which are unique PAL encodings for Argentina, Brazil, Paraguay and Uruguay. PAL/SECAM tuner supports PAL, PAL-M, PAL-N, SECAM-B/G and SECAM-D/K.

Specifications (Continued)

Workout Programmes:

Series 1 - Quick Start, Goals (Time; Distance; Calories), Marathon mode, Pacer (Time and speed; Time and distance; Speed and distance), Profile: X-country (easy, moderate, advanced), Aerobic (easy, moderate, advanced), Hill climb (easy, moderate, advanced), Intervals (easy, moderate, advanced), Random (easy, moderate, advanced), Rockport fitness test with V02 result, Variable cool down with manual override.

Series 2 - Quick Start, Optional - E-Scape virtual workouts (road, lake, valley, beach), Goals (Time; Distance; Calories), Marathon mode, Pacer (Time and speed; Time and distance; Speed and distance), Profile: X-country (easy, moderate, advanced), Aerobic (easy, moderate, advanced), Hill climb (easy, moderate, advanced), Intervals (easy, moderate, advanced), Random (easy, moderate, advanced), Rockport fitness test with V02 result, Variable cool down with manual override.

Series 3 - Quick Start, E-Scape virtual workouts (road, lake, valley, beach), Goals (Time; Distance; Calories), Marathon mode, Pacer (Time and speed; Time and distance; Speed and distance), Profile: X-country (easy, moderate, advanced), Aerobic (easy, moderate, advanced), Hill climb (easy, moderate, advanced), Intervals (easy, moderate, advanced), Random (easy, moderate, advanced), Custom profile builder, Rockport fitness test with V02 result, Variable cool down with manual override.

Languages available:

Series 1 - English (UK).

Series 2 - Chinese, English (UK), French, German, Italian, Japanese, Russian, Spanish & Welsh.

Series 3 - Chinese, English (UK), German, Japanese, Russian & Welsh.

Workout Displays:

Series 1 - Profile display with level indicator, Track display with level indicator (pacer mode only), Time elapsed/remaining (depending on program), Distance elapsed/remaining (depending on program), Speed, Elevation, Calories used, Watts, Heart rate, METs, User selectable/management programmable units (imperial/metric), User selectable/management programmable language.

Series 2 - Profile display with level indicator, Track display with level indicator (pacer mode only), Time elapsed/remaining (depending on program), Distance elapsed/remaining (depending on program), Speed, Elevation, Calories used, Watts, Heart rate, METs, User weight entry (automatic when used with PulseMove Professional), User selectable/management

Specifications (Continued)

programmable units (imperial/metric), User selectable/management programmable language.

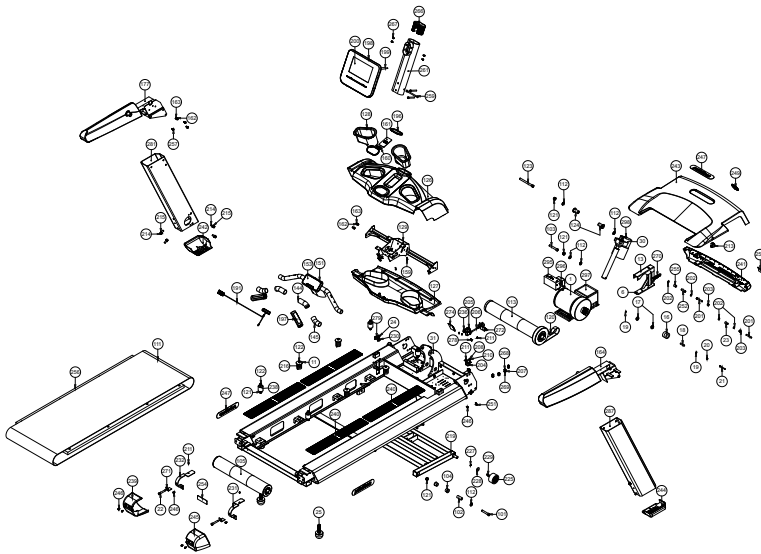
Series 3 - Profile display with level indicator, Track display with level indicator (pacer mode only), Time elapsed/remaining (depending on program), Distance elapsed/remaining (depending on program), Speed, Elevation, Calories used, Watts, Heart rate, METs, Extendable workout goal, User weight entry (automatic when used with PulseMove Professional), User selectable/management programmable units (imperial/metric), User selectable/management programmable language.

- USB:
- Series 1 - Service Port - For software updates & Smartphone device charging.
 - Series 2 - Service Port - For software updates & Smartphone device charging.
Optional - with supplied iPhone®/iPod®/iPad® 30-pin connector.
 - Series 3 - Service Port - For software updates & Smartphone device charging.
Optional - with supplied iPhone®/iPod®/iPad® 30-pin or Lightning connector.
Optional - with supplied Android™ Micro USB connector, just for charging.

Audio feedback: Series 2 & 3 - *Optional*

14 Parts Lists & Exploded Diagrams

Figure Y
Parts Lists & Exploded Diagrams



NB: Image for illustration only

14.1 Parts Lists & Exploded Diagrams

Details on both Parts Lists & Exploded Diagrams for Series 2 & 3 260G Treadmills, please refer to documents:

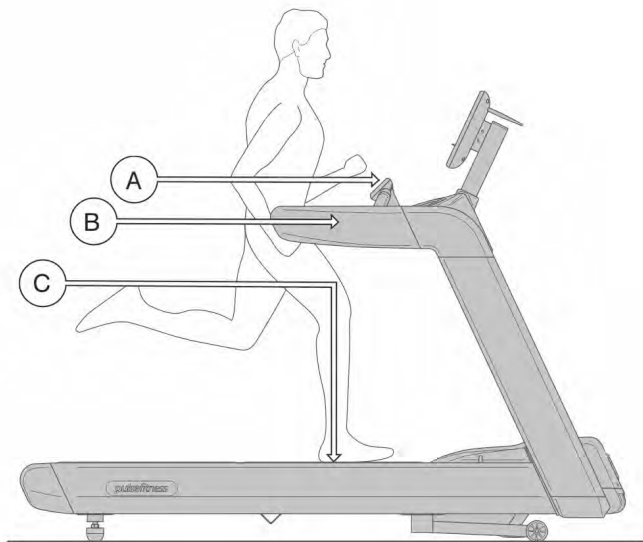
135-1094-03-* Exploded Dia. (Short Version)

135-1093-01-* Series 2 (Console 5.0 CV)

135-1093-02-* Series 3 (Console 6.0 CV)

15 Biometric Positioning

- A Handgrip
- B Support handrails
- C Running deck



15.0 Biometric Positioning

The user shall be positioned by stepping up onto the running deck using the support handrails, and positioning themselves straddling the belt with feet on the side rails. Stand straight with your head in a neutral position looking forwards. Enter a slow speed to start with and hold onto the Handlebars until you are comfortable with the speed. Exit the treadmill by holding the handrails and place one foot at a time on the side rails. Turn around and dismount. **DO NOT** get on or off the Treadmill when the Running Belt is moving.

This product features a sprung deck; the treadmill offers a low-impact running surface that's perfect for losing weight, toning muscle and improving your heart health.

Muscles Used:

The principal muscles involved are the thighs -both quadriceps and hamstrings - the calves and the glutes.

WARNING: injuries to health may result from incorrect or excessive training.

16 User Notes



A large rectangular area with a thin orange border, containing 20 horizontal white lines for writing notes.

User Notes (Continued)



A large rectangular area with a rounded orange border, containing 20 horizontal grey lines for writing user notes.

135-1572-5



Pulse Fitness,
Radnor Park, Greenfield Road,
Congleton, Cheshire, CW12 4TW.
England, United Kingdom
Tel: +44(0)1260 294600
Fax: +44(0)1260 299282
Email: global.service@pulsefitness.com