

# ***FUEL***

***TWELVE***



**OWNER'S MANUAL**  
PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE  
OPERATING YOUR TREADMILL!

## SAFETY HINTS

**IMPORTANT: THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY**

### SAFETY PRECAUTIONS

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product, occasional errors and/or omissions do occur. In any event should you find this product to be defective or missing a part please contact our Customer Service Department.

Your treadmill was designed and built for optimum safety. However, certain precautions apply whenever you use your treadmill. Be sure to read the manual before assembly and operation.

Also, please note the following safety precautions:

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

1. Read OWNER OPERATING MANUAL and all accompanying literature and follow it carefully before using your treadmill.
2. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. Never leave the treadmill unattended when plugged in. Unplug from the outlet when not in use and before removing or replacing parts.
4. Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped, damaged, or exposed to water.
5. Do not pull the treadmill by the power supply cord or use cord as a handle. Keep cord away from heated surfaces and open flames.
6. Fitness equipment must always be installed and used on a flat surface. Do not use outdoors or near water.
7. Do not insert any objects into any openings.
8. Keep children and pets away from this equipment at all times while exercising.
9. Handicapped individuals should have medical approval and close supervision when using this treadmill.
10. Do not place hands or feet under the treadmill. Always keep hands and legs off of the treadmill when others are using it.
11. Never turn on treadmill while standing on treadbelt. Always return the treadmill to slow speed to provide for safe dismount and low speed restart.
  - a-To disconnect, turn all controls to the off position, then remove plug from outlet.
  - b-Use the treadmill only for its intended use as described in this manual.
  - c-Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
  - d-Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
  - e-Start your program slowly and very gradually increase your speed and distance.
  - f-Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your treadmill.
  - g-Do not walk or jog barefoot, in stocking feet or loose fitting shoes or slippers.
  - h-Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques.

**WARNING:** Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility from personal injury or property damage sustained by or through the use of this product.

**CAUTION!! Please be careful when opening this unit.**

## **INTRODUCTION**

The treadmill has been designed and constructed to provide trouble free usage and enjoyable exercise. You can greatly improve your understanding and benefits of exercising by carefully reading the instructions given in this manual. Please familiarize yourself with the maintenance advice provided for you.

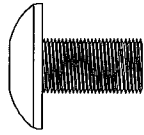
## **SPECIFICATIONS**

- Horsepower Continuous : 1.5 hp
- Recommended Speed Range: 1 – 12 Km/h
- Striding Surface: 400 X 1200 mm
- Incline Level: 6 Levels / Manual

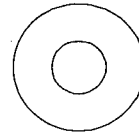


➤ **MAX.USER WEIGHT 110 KGS**

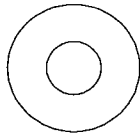
# ASSEMBLY PACK CHECK LIST



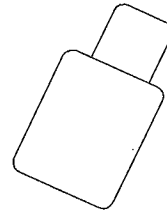
#94. 5/16" × UNC18 × 1/2"  
Button Head Socket Bolt (10pcs)



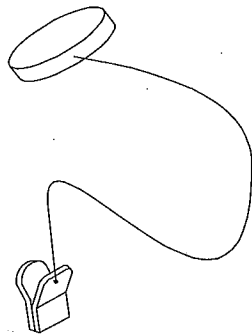
#79. Ø8 × Ø18 × 1.5T  
Flat Washer (8pcs)



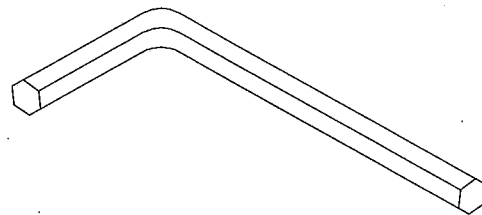
#95. Ø8 × 23 × 1.5T  
Curved Washer (2pcs)



#99. Lubricant (1pc)



#44. Safety Key (1pc)

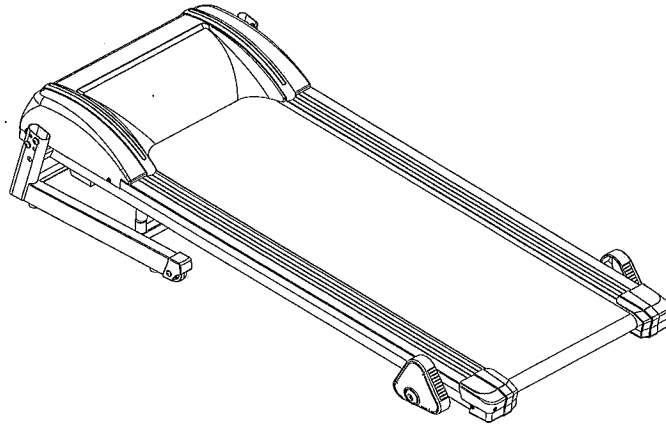


#97. Combination M5 Allen Wrench &  
Phillips Head Screw Driver (1pc)

# ASSEMBLY DRAWING

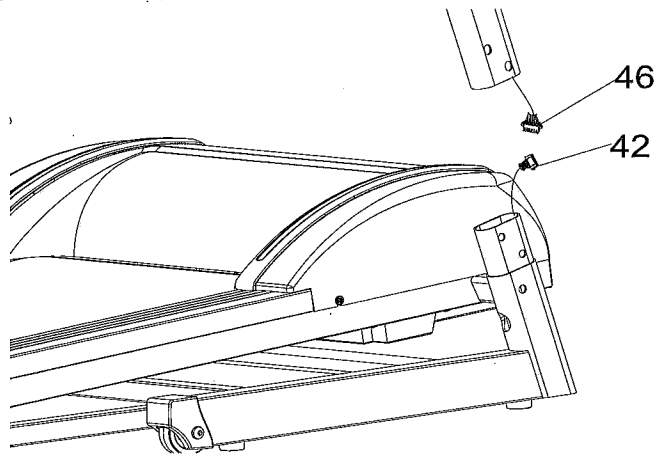
## Step 1.

Remove the unit from the box and put it on a flat and level floor.



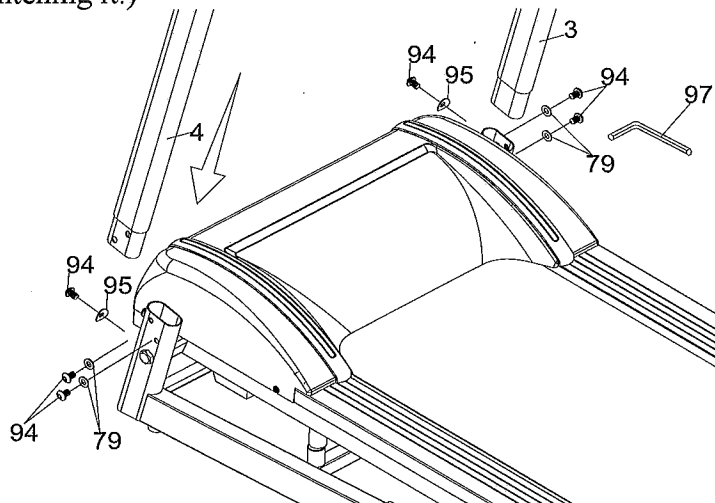
## Step 2.

Connect the Computer Cable (Lower)(42) with the Computer Cable (Middle)(46).



## Step 3.

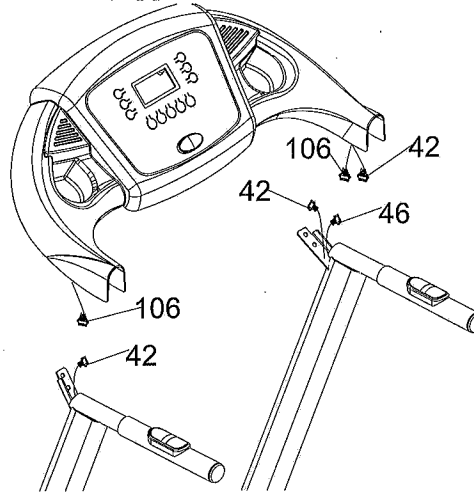
Insert the Uprights (L, R)(4,3) into the Frame Base (2) with the 6pcs of 5/16" × UNC18 × 1/2" Button Head Socket Bolts (94), 4pcs of Ø8 × Ø18 × 1.5T Flat Washers (79) and 2pcs of Ø8 × 23 × 1.5T Curved Washers (95) by using the M5\_L Allen Wrench (97). (Please fix the screw without tightening it.)



# ASSEMBLY DRAWING

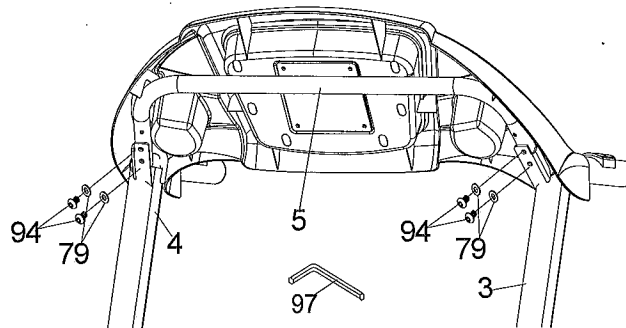
## Step 4.

Connecting the Computer Cable (Middle)(46) with the Computer Cable (Upper)(42).  
Connecting the Handpulse Wire (Upper) (106) with the Handpulse Wire (Lower) (42).



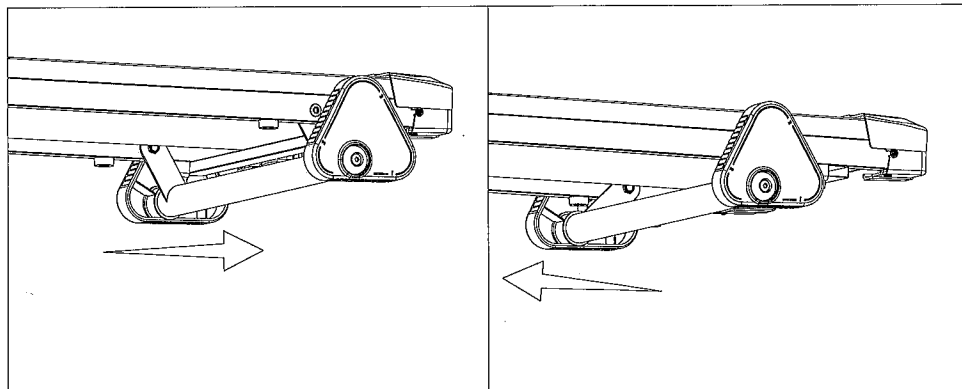
## Step 5.

Install the Console Support (5) into the Uprights (L,R)(4,3) with the 4pcs of 5/16" × UNC18 × 1/2" Button Head Socket Bolts (94) and 4pcs of Ø8 × Ø18 × 1.5T Flat Washers (79) by using the M5\_L Allen Wrench (97).



## Step 6.

There are 6 possibilities of incline level choices with combination of moving incline bracket forward or backward together with turning inclination adjustor.



**NOTE: Please Tighten All Screws After All Components Assembly Complete.**

## COMPUTER OPERATION INSTRUCTIONS



When there is no safety key on the console, the display shows E0 after turning on the power to demand to put on the safety key. When there is safety key after turning on the power, the display shows software version and enter ready mode.

### Button functions:

**Safety key:** it is a safety implement. Clip this safety key while you are using the unit and in case of emergency, the safety key will be pulled off to stop the machine. If the safety is not stayed on the machine properly, the unit is locked without any function but showing E0 to demand to put on the safety key.

**FAST:** To speed up. Pressing this button increases the speed by 0.5 km/h setting the parameters.

**SLOW:** To slow down. Pressing this button decreases the speed by 0.5 km/h setting the parameters.

**MODE:** Program selection button. Pressing this button to choose the training mode such as P0 for MANUAL mode or P1~P12 program modes. There are 12 build in speed variation modes with each mode 30 segments of speed pattern.

**CLEAR/SET:** Press this button to set parameters. Press to select the value and enter for next parameter setting. To discontinue the training mode, press this button to resume the ready mode and select a new training mode.

**START/ STOP:** To start. When all parameters are set and confirmed, press this button to start the training mode or the default quick start with default value in MANUAL mode. Pressing this button in a training mode to discontinue that training mode

## Operating Procedures

**Quick Start Mode:** Put on the safety after turning on the power and press START to start the unit in MANUAL mode with default value.

### Manual Mode:

Use MODE button to choose P0(MANUAL) mode and press Clear/set to set countdown parameter. Set parameters in sequence of TIME,DISTANCE,CALORIES. The display will show the parameter which is setting.. Use FAST (increase)/SLOW (decrease) for proper value and press MODE to confirm and enter the next parameter setting. When finish or during setting parameters, pressing START starts the unit. When any parameter which is counted down to zero, the unit automatically stops showing the reset parameter or pressing START to start counting up all parameters. Use FAST (increase)/SLOW (decrease) for proper speed and press MODE to switch the displaying parameter. Press STOP to end the training.

### Build-in Program Node :

There are 12 build-in speed pattern of training modes P1~P12 in the console with 30 segments of speed patterns, each segment lasts 1 minute, 30 minutes total training time for each mode.

### Error Message :

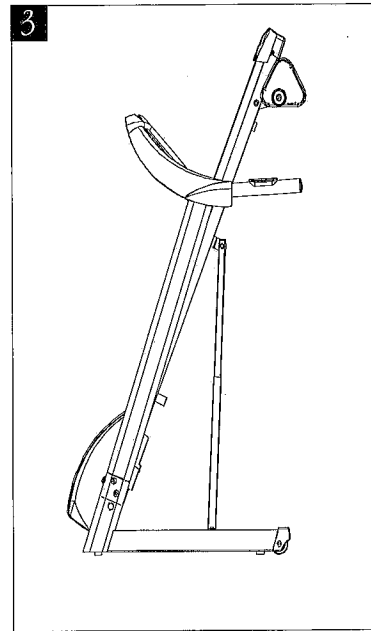
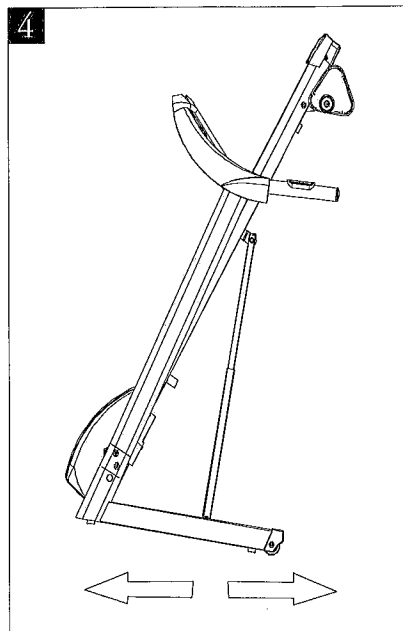
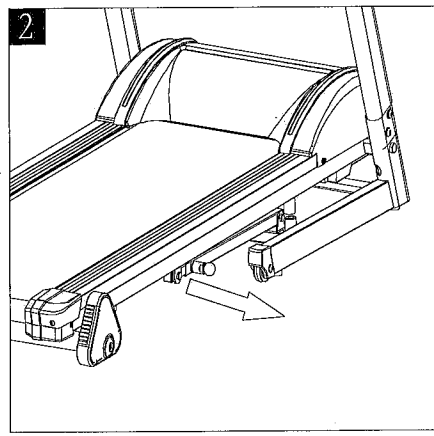
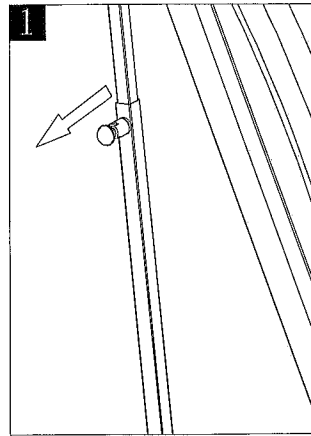
E0: Unit is without safety key and locked. Please replace the safety key.

E1: No speed signal is received. Please make sure the front roller pulley is with the magnet with the gap between the magnet and the sensor less than 3mm.

	TIME	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
P1	SPEED	1	2	2	2	3	3	3	4	4	4	4	5	5	5	5	5	6	6	6	6	7	7	7	7	8	8	8	9	9	9	
P2	SPEED	9	9	9	8	8	8	8	8	7	7	7	7	6	6	6	6	5	5	5	5	4	4	4	4	3	3	2	2	1	1	
P3	SPEED	4	4	4	5	5	5	6	6	6	6	7	7	7	8	8	8	8	9	9	8	8	8	7	7	7	6	5	4	4	4	
P4	SPEED	4	4	4	5	5	5	6	6	6	6	7	7	6	6	6	7	7	7	8	8	8	9	9	9	8	8	8	6	5	4	
P5	SPEED	4	5	5	5	6	6	6	8	8	8	5	5	5	6	6	6	9	9	9	5	5	5	5	9	9	9	6	6	5	5	
P6	SPEED	6	6	7	7	7	8	8	8	8	9	9	9	9	9	8	8	8	8	9	9	9	8	8	8	8	9	9	9	8	8	8
P7	SPEED	4	4	4	5	5	5	6	6	6	6	7	7	7	7	8	8	8	9	9	9	8	8	8	7	7	6	6	6	5	5	
P8	SPEED	3	3	3	4	4	5	5	6	6	7	7	9	9	9	8	8	7	7	6	6	8	8	9	9	9	9	8	8	7	7	
P9	SPEED	4	4	5	5	6	7	7	9	9	8	3	3	9	9	4	4	8	8	9	9	5	5	5	8	8	7	5	5	4	4	
P10	SPEED	3	4	5	6	5	6	6	5	4	2	1	2	3	6	7	6	6	5	4	2	6	5	3	6	4	3	6	5	4	2	
P11	SPEED	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	
P12	SPEED	5	5	3	3	3	9	9	9	9	7	7	7	6	6	9	9	9	9	5	5	5	7	7	7	7	6	6	6	6	6	

Remark: Speed in KPH, TIME represents segment.





### UNFOLDING

Hold the treadmill running board with left hand. Pull the locking knob with your right hand and slowly lower the treadmill running board. \*Remove your right hand as you slowly lower the running board to the floor.

(As shown Figure 1.)

### FOLDING

Ensure the incline angle of the treadmill is at its lowest position.

Pull the locking knob until the treadmill running board can be moved.

Lift the treadmill running board up until locking knob install into the hole.

(As shown in Figure 2 and 3)

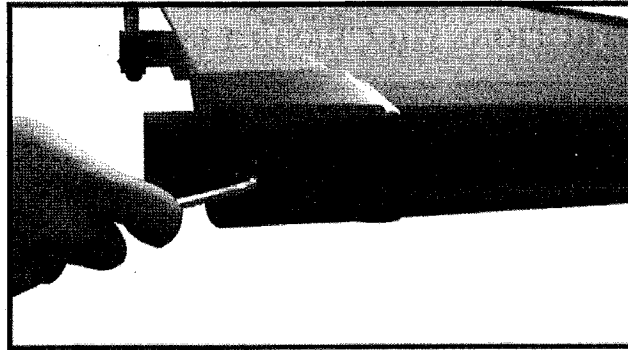
### TRANSPORT

First, right foot steps on right base foot tube. Then two hands hold left and right handgrip tubes and pull machine to ward user's side.

User can now easily transport machine to desired position.

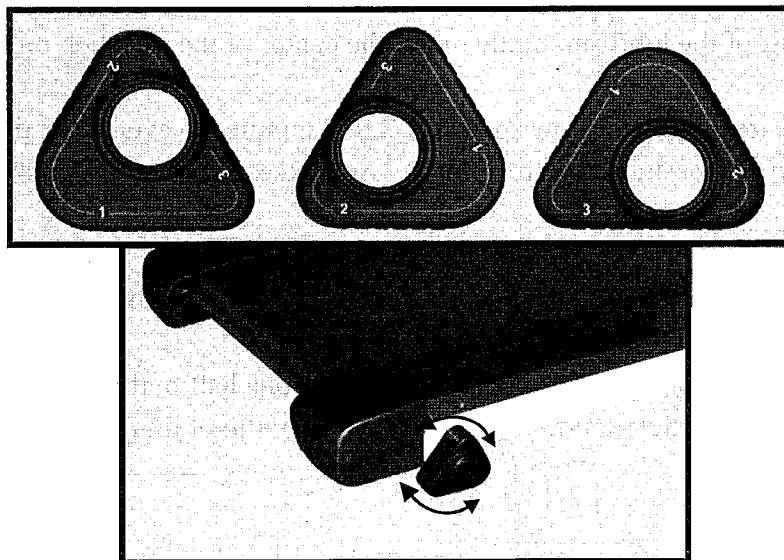
(As shown in Fig. 4.)

## ➤ BELT TRACKING ADJUSTMENT



If during use you notice that walking belt either shifts to the right or the left of center, first remove "Safety Key" and unplug equipment from AC power source. Using M5 Allen wrench provided, turn left rear roller adjustment as indicated below clockwise no more the 1/4" of a turn. Remove M5 Allen wrench, insert "Safety Key" and insert AC power cord into AC outlet. Turn on your treadmill and observe after running a few minutes to see if problem has been corrected. This may take several adjustments, so repeat the above procedure.

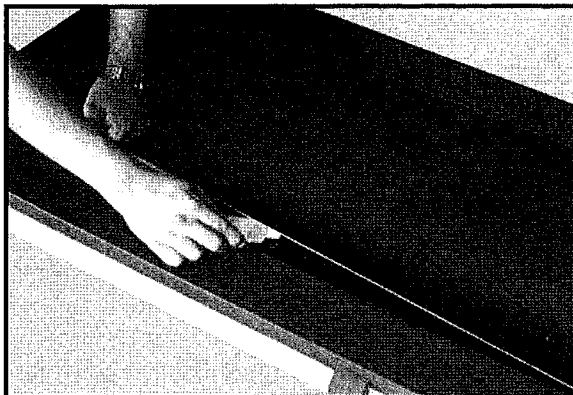
## ➤ INCLINE LEVEL ADJUSTMENT



- (1) Turn the Inclination Adjustor (L), (R) (36.37) to adjust the position of incline by hands and that need at same position with right, left side.
- (2) Inclination Adjustor (L), (R) have three levels, 1 level that distance is the highest, 3 level that distance is the lowest from floor.

## ➤ TREADMILL LUBRICATION

**LUBRICATION IS EXTREMELY IMPORTANT – FAILURE TO LUBRICATE AS PER INSTRUCTIONS WILL RESULT IN DAMAGE TO THIS MACHINE**



Your treadmill should require little maintenance other than periodically applying lubricant. Lubricating under the treadbelt will ensure superior performance and extend its life expectancy.

### **HOW TO CHECK TREADBELT FOR PROPER LUBRICATION?**

Lift one side of the treadbelt and feel the top surface of the treadboard.

If the surface is slick to the touch, then no further lubrication is required.

If the surface is dry to the touch, apply one packet of lubricant or half of the bottle of lubricant.

### **HOW TO APPLY LUBRICANT?**

1. Lift one side of treadbelt.
2. Pour one half of the lubricant bottle under the center of the treadbelt on the top surface of the treadboard.
3. Walk on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

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

### **IMPORTANT: ONLY USE HALF THE BOTTLE OF LUBRICANT PER APPLICATION LUBRICATION SCHEDULE.**

1. After the first 25 hours of use (2-3 months) apply one half bottle of lubricant.
2. Every 100 hours or 300 km of use apply one half bottle of lubricant per exact situation.

## AEROBIC EXERCISE

Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscle -arms, legs, or buttock, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

## WEIGHT TRAINING

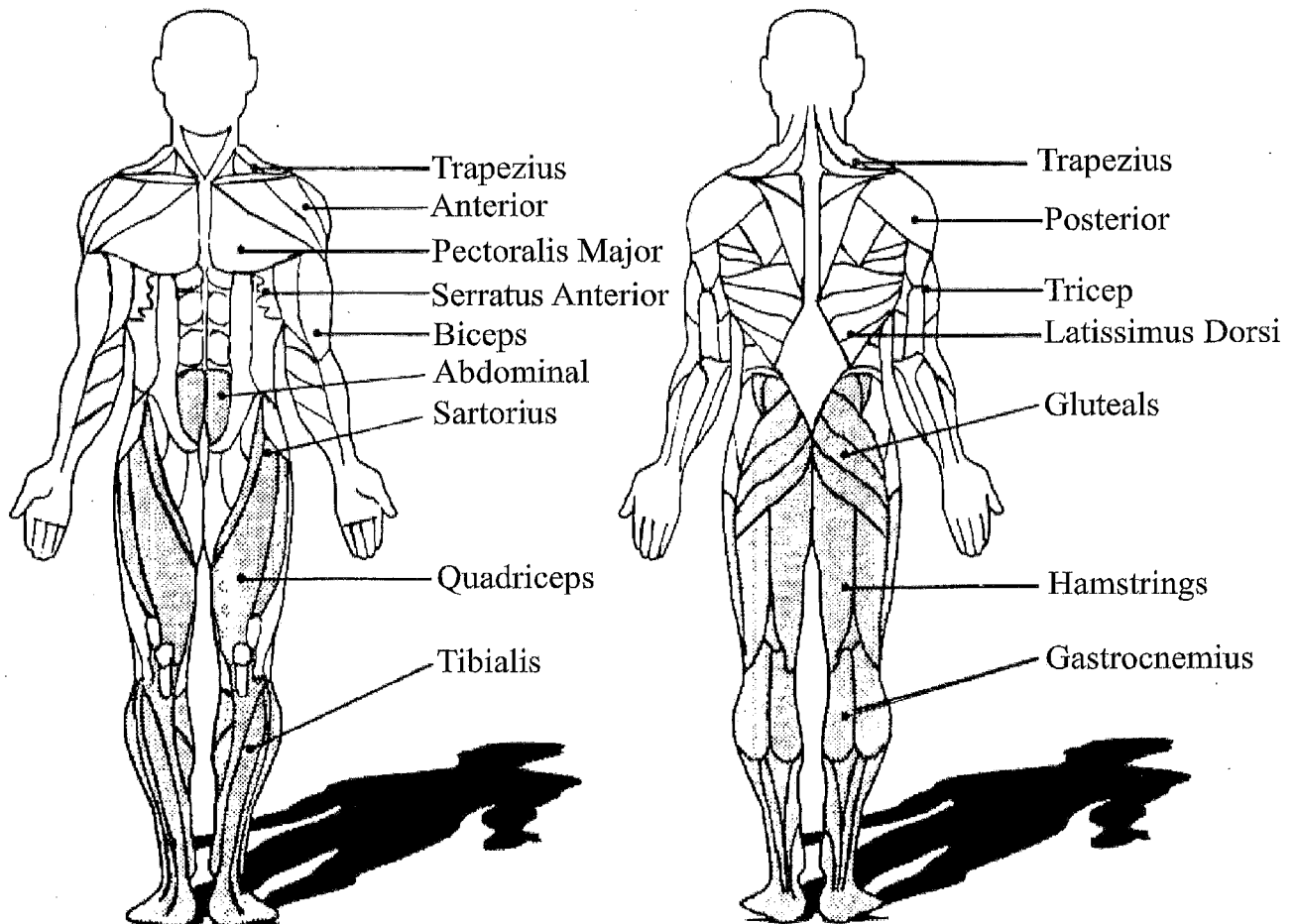
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a less amount of reps. And as always ,consult your physician before beginning any exercise program.

## MUSCLE CHART

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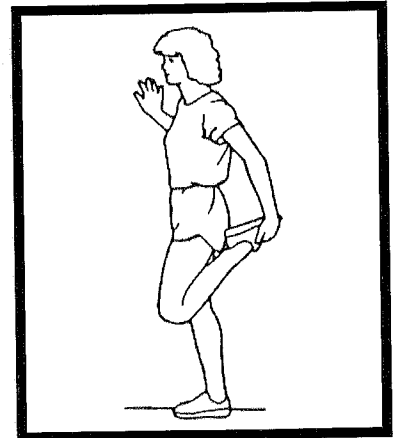
### CYCLE

The exercise routine that is performed on the cycle will develop the lower body muscle group as well as condition the circulatory system and provide a good aerobic workout . These muscle groups are highlighted on the muscle chart below.



### **Quadriceps Stretch**

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



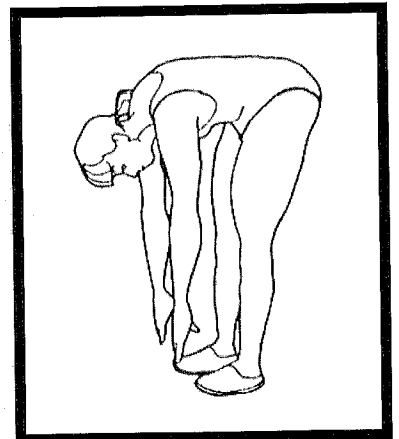
### **Inner Thigh Stretch**

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 10 counts



### **Toe Touches**

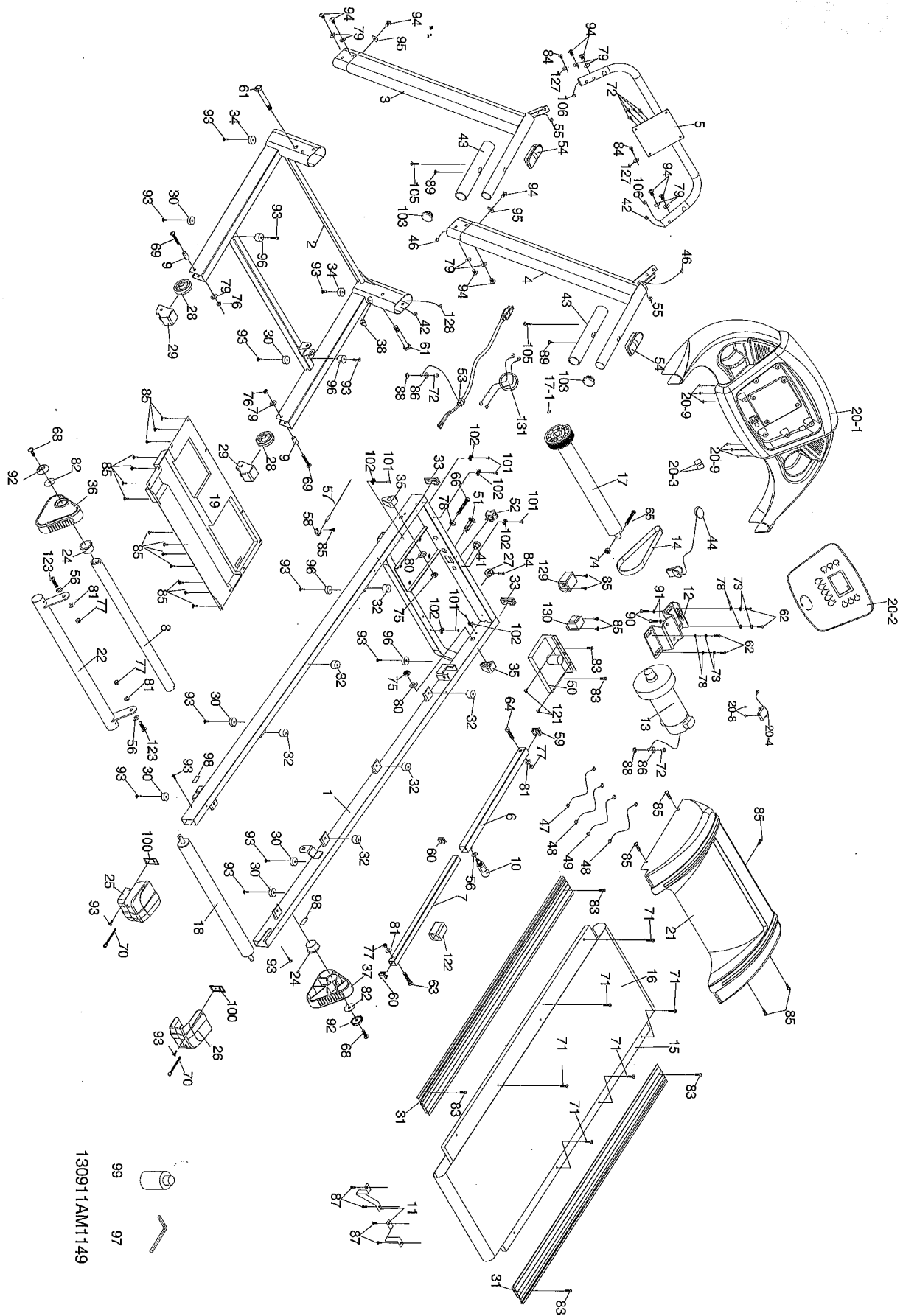
Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



### **Hamstring Stretches**

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





130911AM/1149

NO.	DESCRIPTION	Q'TY
1	Main Frame	1
2	Frame Base	1
3	Right Upright	1
4	Left Upright	1
5	Console Support	1
6	Outer Slide	1
7	Inner Slide	1
8	Inclination Adjustor Bushing Assembly	1
9	Wheel Sleeve	2
10	Locking Knob	1
11	Belt Guide	2
12	Motor Bracket	1
13	Drive Motor	1
14	Drive Belt	1
15	Running Deck	1
16	Running Belt	1
17	Front Roller W/Pulley	1
17~1	Magnet	1
18	Rear Roller	1
19	Frame Cover	1
20	Console Assembly	1
20~1	Console Outer Cover	1
20~2	Console Inner Cover	1
20~3	Square Magnet Stop Plate	2
20~4	300m/m_Safety Switch Module W/ Cable	1
20~8	Ø3 × 10L_Sheet Metal Screw	2
20~9	Ø3.5 × 12L_Sheet Metal Screw	6
21	Motor Top Cover	1
22	Incline Bracket	1
24	Inclination Adjustor Bushing	2
25	Rear Adjustment Base (L)	1
26	Rear Adjustment Base (R)	1
27	Motor Cover Anchor	1
28	Transportation Wheel	2
29	Wheel Cover	2
30	Ø26.5 × Ø6 × 10T_Rubber Foot Pad	6
31	Foot Rail	2
32	Rubber Foot	6
33	25 × 50m/m_Square End Cap	2
34	Ø25 × Ø25 × 15T_Rubber Foot Pad	2
35	Isolator	2
36	Adjustable Pedal (L)	1
37	Inclination Adjustor (R)	1
38	Wire Protective Rubber	1
41	Grommet	1
42	550m/m_Computer Cable (Upper/Lower)	2
43	Handgrip Foam	2
44	Ellipse Safety Key	1
46	1000m/m_Computer Cable (Middle)	1
47	100m/m_Connecting Wire (Black)	1
48	250m/m_Connecting Wire (White)	2
49	250m/m_Connecting Wire (Black)	1
50	Motor Controller	1
51	Breaker	1

NO.	DESCRIPTION	Q'TY
52	On/Off Switch	1
53	Power Cord	1
54	Handpulse Sensor (w/o wire)	2
55	300m/m_Handpulse Wire(Lower)	2
56	Ø24 × Ø10 × 3T_Nylon Washer (A)	3
57	Sensor W/Cable	1
58	Sensor Rack	1
59	25.4 × 25.4m/m_Square End Cap	1
60	21.8 × 21.8m/m_Square End Cap	2
61	1/2" × UNC12 × 4-1/4" _Hex Head Bolt	2
62	3/8" × UNC16 × 3/4" _Hex Head Bolt	4
63	3/8" × UNC16 × 1-3/4" _Hex Head Bolt	1
64	3/8" × UNC16 × 1-1/2" _Hex Head Bolt	1
65	M8 × P1.25 × 60L _Hex Head Bolt	1
66	3/8" × UNC16 × 2-1/2" _Hex Head Bolt	1
68	5/16" × UNC18 × 1-1/4" _Button Head Socket Bolt	2
69	5/16" × UNC18 × 1-3/4" _Button Head Socket Bolt	2
70	1/4" × UNC20 × 60L _Socket Head Cap Bolt	2
71	M6 × P1.0 × 20L _Flat Head Socket Screw	6
72	M5 × P0.8 × 10L _Phillips Head Screw	6
73	Ø10 × 2.0T _Split Washer	4
74	M8 × P1.25 × 7.0T _Nyloc Nut	1
75	1/2" × UNC12 × 8.0T _Nyloc Nut	2
76	5/16" × UNC18 × 7.0T _Nyloc Nut	2
77	3/8" × UNC16 × 7.0T _Nyloc Nut	4
78	Ø10 × 25 × 2.0T _Flat Washer	5
79	Ø8 × Ø18 × 1.5T _Flat Washer	10
80	Ø12.7 × Ø26 × 2.0T _Flat Washer	2
81	Ø10 × Ø19 × 1.5T _Flat Washer	4
82	Ø8 × Ø35 × 1.5T _Flat Washer	2
83	Ø5 × 25L _Tapping Screw	6
84	Ø5 × 16L _Tapping Screw	3
85	Ø5 × 16L _Tapping Screw	24
86	Ø5 × 1.5T _Split Washer	2
87	Ø4 × 12L _Sheet Metal Screw	4
88	Ø5 × 1.5T _Star Washer	2
89	Ø4 × 25L _Sheet Metal Screw	2
90	M8 × P1.25 × 12L _Hex Head Bolt	2
91	Ø8 × 1.5T _Split Washer	2
92	Bolt Cap	2
93	Ø5 × 19L _Tapping Screw	16
94	5/16" × UNC18 × 1/2" _Button Head Socket Bolt	10
95	Ø8 × Ø23 × 1.5T _Curved Washer	2
96	Ø25 × 32m/m _Rubber Foot Pad	4
97	M5 _L Allen Wrench	1
98	15 × 30m/m_Square End Cap	2
99	Lubricant	1
100	Rear Roller Cover	2
101	Ø3.5 × 16m/m _Tapping Screw	6
102	Wire Tie Mount	6
103	Button Head Plug	2
105	M6 × P1.0 × 25L _Flat Head Socket Screw	2
106	650m/m_Handpulse Wire (Upper)	2
122	21.4 × 25.4m/m_Square End Cap	1
123	3/8" × UNC16 × 1-3/4" _Flat Head Socket Bolt	2



PARTS  
LIST

NO.	DESCRIPTION	Q'TY
127	Ø5 × Ø13 × 1.0T_Flat Washer	2
128	550m/m_Computer Cable (Lower)	1
129	Filter	1
130	Choke	1
131	400m/m_Connecting Cable Of Motor	1

FOR PARTS AND SERVICE ON THIS PRODUCT CONTACT  
Bernsport Ltd  
19A Orbit Drive  
Albany  
Auckland

Phone: 09 477 6020  
Email: [orders@bernsport.co.nz](mailto:orders@bernsport.co.nz)  
Web: [www.bernsportfitnessequipment.co.nz](http://www.bernsportfitnessequipment.co.nz)