

circle

FITNESS

ALWAYS MOVING FORWARD

Owner's Manual

Console Operation

M7 Treadmill

LED Screen

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1 Engineering Mode

1.1 Engineering Mode 1 (Test Mode)

In idle mode, press and hold 「 PAUSE/STOP 」, then press and hold 「 START 」 for 3 seconds. The system will sequentially enter the following modes (press 「 START / ↵ (ENTER) 」 to proceed to the next mode):

- Full Brightness and Blinking Mode: The screen will alternate between full brightness and blackout.
- LED Scanning Mode: The screen will display letters and numbers for testing during production.
- Button LED Indicator Scanning Mode: Each button's LED indicator will light up sequentially for hardware and software testing during production.
- Button Test Mode: The dot-matrix screen will display "KEY". When a button is pressed, the corresponding code will appear on the dot-matrix screen.
- I/O Test Mode: This mode displays various readings, such as heart rate, across the windows.
- To repeat the test sequence, press 「 START / ↵ (ENTER) 」 again. To exit Engineering Mode 1, press and hold 「 PAUSE/STOP 」, then press and hold 「 START 」 for 3 seconds.

1.2 Engineering Mode 2 (Equipment Information)

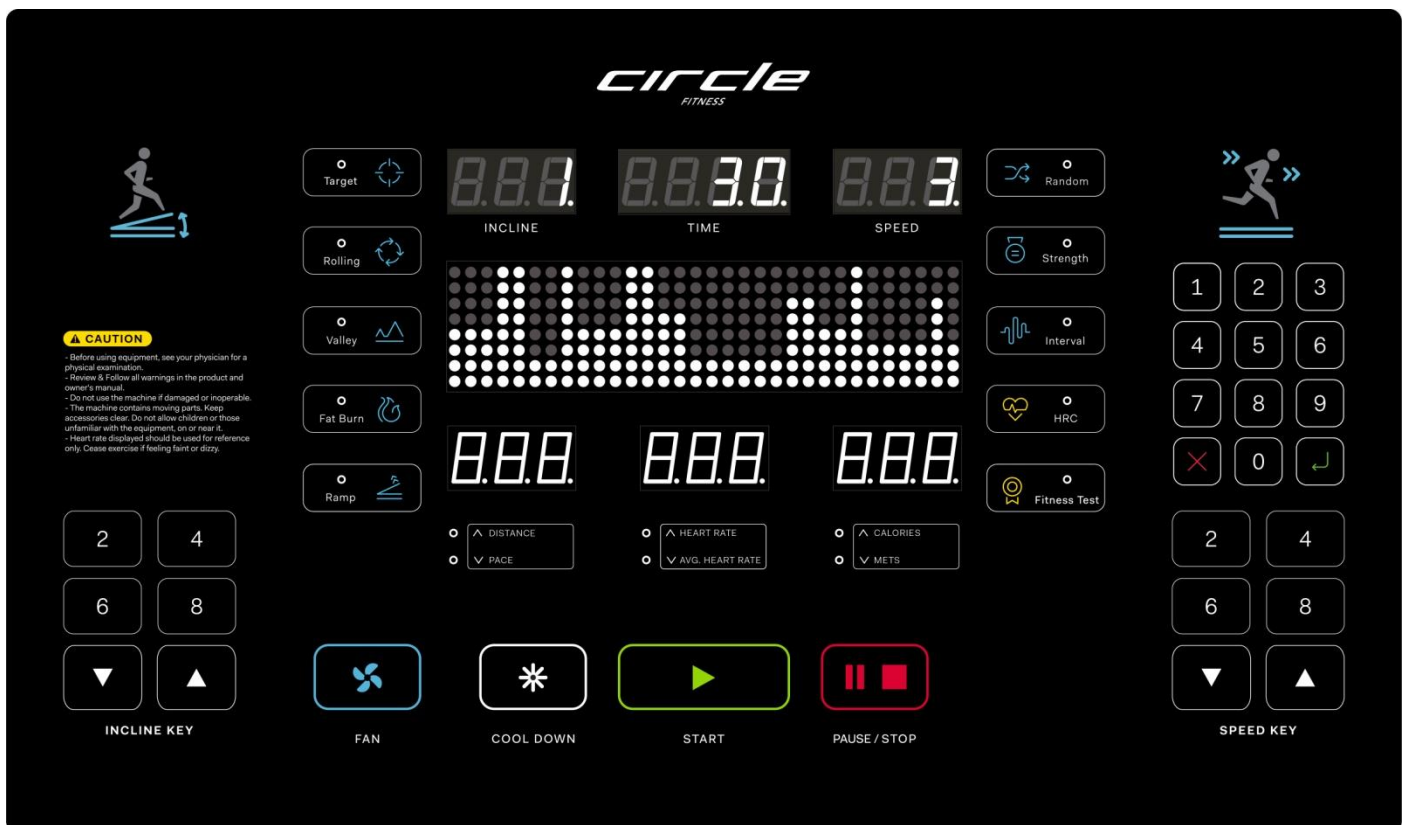
In idle mode, press and hold 「 PAUSE/STOP 」, then press and hold ▲ (SPEED) for 3 seconds. The following information will be displayed sequentially. (Press 「 START / ↵ (ENTER) 」 to proceed to the next):

- Software Version:
The dot-matrix screen will display a scrolling message [VER] and the TIME window will display software version. Pressing ▲ / ▼ will reveal additional details, such as the release date.
- Language:
The dot-matrix screen will display a scrolling message [SET LANGUAGE] and then the current language ENGLISH. Press ▲ / ▼ to switch between NEDERLANDS (Dutch), FRANÇAIS (French), DEUTSCH (German), ITALIANO (Italian), ESPAÑOL (Spanish), POLSKI (Polish), PORTUGUÊS (Portuguese), SVENSKA (Swedish), and РУССКИЙ (Russian) – totally ten languages.
- Model:
The dot-matrix screen will display a scrolling message [SET MODULE]. The INCLINE window will display the current model T7.
- Unit:
The dot-matrix screen will display a scrolling message [SET UNIT] and then the current unit METRIC. Press ▲ / ▼ to switch to ENGLISH (imperial).
- Auto Stop When Unattended:
The dot matrix will display a scrolling message [SET STEP THEN PRESS ENTER] and then the current setting ON. The TIME window will show the timeout value in seconds (0~120). Use ▲ / ▼ to adjust the value or toggle the setting to OFF.
- Fan:
The dot-matrix screen will display a scrolling message [FAN SETTING] and then the current setting ON. Press ▲ / ▼ to toggle the setting to OFF.

- **Minimum Speed:**
The dot-matrix screen will display a scrolling message [SET MIN SPEED THEN PRESS ENTER]. The SPEED window will display the current value. Press ▲ / ▼ to adjust the value.
- **Maximum Speed:**
The dot-matrix screen will display a scrolling message [SET MAX SPEED THEN PRESS ENTER]. The SPEED window will display the current value. Press ▲ / ▼ to adjust the value.
- **Maximum Incline:**
The dot-matrix screen will display a scrolling message [SET MAX ELEVATION THEN PRESS ENTER]. The INCLINE window will display the current value. Press ▲ / ▼ to adjust the value.
- **Total Operating Distance:**
The dot-matrix screen will display a scrolling message [ODO]. The total operating distance will be shown in the TIME window, ranging from 0 to 9999. If the distance exceeds four digits, the extra digits (up to three) will be displayed in the INCLINE window. To reset the total operating distance, press and hold both 「 PAUSE/STOP 」 and 「 ENTER 」 for 5 seconds.
- **Total Operating Hours:**
The dot-matrix screen will display a scrolling message [HRS]. The TIME window will show the total operating hours. To reset the total operating hours, press and hold both 「 PAUSE/STOP 」 and 「 ENTER 」 for 5 seconds.
- Press 「 START / ↵ (ENTER) 」 again to exit Engineering Mode 2.

2 Console Operation

LED Windows and Button Functions on Control Panel



LED Display Windows & Toggle Buttons	Description
INCLINE	Current incline level.
WATT	Current power output.
TIME	Workout time or functions as a countdown timer.
HEART RATE	Current heart rate reading.
AVG. HEART RATE	Average heart rate reading.
DISTANCE	Total accumulated distance traveled.
PACE	Displays estimated time to complete one kilometer (or mile).
CALORIES	Calories burned during the workout.
METS	MET stands for "metabolic equivalent of task". It measures energy expenditure based on resting metabolic rate, which is equivalent to 1 MET.
Buttons	Function
▲ / ▼(INCLINE KEY)	Adjust incline level during the workout.
▲ / ▼(SPEED KEY)	Adjust speed level during the workout.
PAUSE/STOP	Press once to pause the workout; press twice to finish pause and enter idle mode.
START	Starts the treadmill in idle, pause, or stop mode.
Numeric Keypad 0-9	Input speed or program settings.
X	Clears the value entered during setup.
↵ (ENTER)	Confirms the entered value.
2/4/6/8(QUICK INCLINE)	Quick selection of 4 incline levels.
2/4/6/8(QUICK SPEED)	Quick selection of 4 speed levels.
Target / Rolling / Valley / Fat Burn / Ramp / Random / Strength / Interval / HRC / Fitness Test	Select workout programs.
COOL DOWN	Gradually reduces speed to help cool down.
FAN	Turns the fan on or off / adjust the fan speed (optional).

2.1 Idle, Pause, Stop, and Start Workout Modes

- **Idle Mode:**

When the machine is turned on and the screen lights up, the indicator lights for the various workout program buttons on the console will flash in sequence. This indicates the machine is in idle mode and ready to accept user input.

- **Start Workout Mode:**

In Idle mode, press 「START」 to begin this workout mode. The dot matrix display will show the workout profile, and the machine will start at the lowest speed and incline level. The LED windows will display the corresponding values. Speed and incline can be adjusted at any time during the workout. To stop the workout, press 「PAUSE/STOP」, which will switch the treadmill to pause mode.

- **Stop Mode:**

At the end of a workout, the dot matrix screen will show the scrolling message [END OF WORKOUT]. Press 「PAUSE / STOP」 again to return to idle mode.

- **Pause Mode:**

When the user presses 「PAUSE / STOP」 once, the dot matrix display will show the scrolling message [PAUSE], indicating the machine is in pause mode. To resume the workout, press 「START」. To enter idle mode from pause mode, press 「PAUSE / STOP」 one more time.

2.2 Target

In idle mode, press 「Target」 to enter the setting of items as indicated in the following scrolling messages of the dot-matrix screen. Enter the item values using ▲ / ▼ (SPEED KEY/INCLINE KEY) or numeric keypad. Confirm the setting of each item by pressing 「↵ (ENTER)」. At any time during setup, pressing 「PAUSE/STOP」 will return to the previous item, or press 「START」 to immediately begin the workout.

- [SET BODYWEIGHT THEN PRESS ENTER]
- [SET TIME THEN PRESS ENTER]
- [SET DISTANCE THEN PRESS ENTER]
- [SET CALORIES THEN PRESS ENTER]
- [SET BEGIN SPEED THEN PRESS ENTER]
- [SET BEGIN INCLINE THEN PRESS ENTER]
- [PRESS START TO BEGIN WORKOUT]

Once you press 「START」, the LED windows will display countdown values for TIME, CALORIES, and DISTANCE. All other values will be the same as in the start workout mode.

2.3 Programmed Workout Profiles

In idle mode, users can directly select one of the seven programmed workout profiles by pressing the corresponding panel button: 「Rolling / Valley / Fat Burn / Ramp / Random / Strength / Interval」. Upon selection, the dot-matrix screen will display scrolling messages prompting the user to configure the following settings. Adjust values using ▲ / ▼ (SPEED KEY/INCLINE KEY) or numeric keypad. Confirm each setting by pressing 「↵ (ENTER)」. At any time during setup, pressing 「PAUSE/STOP」 or 「START」 will return to the previous setting or start the workout immediately.

- [SET BODYWEIGHT THEN PRESS ENTER]

- [SET TIME THEN PRESS ENTER]

After completing the bodyweight and time settings, the system will prompt for a third parameter depending on the selected programmed workout profile:

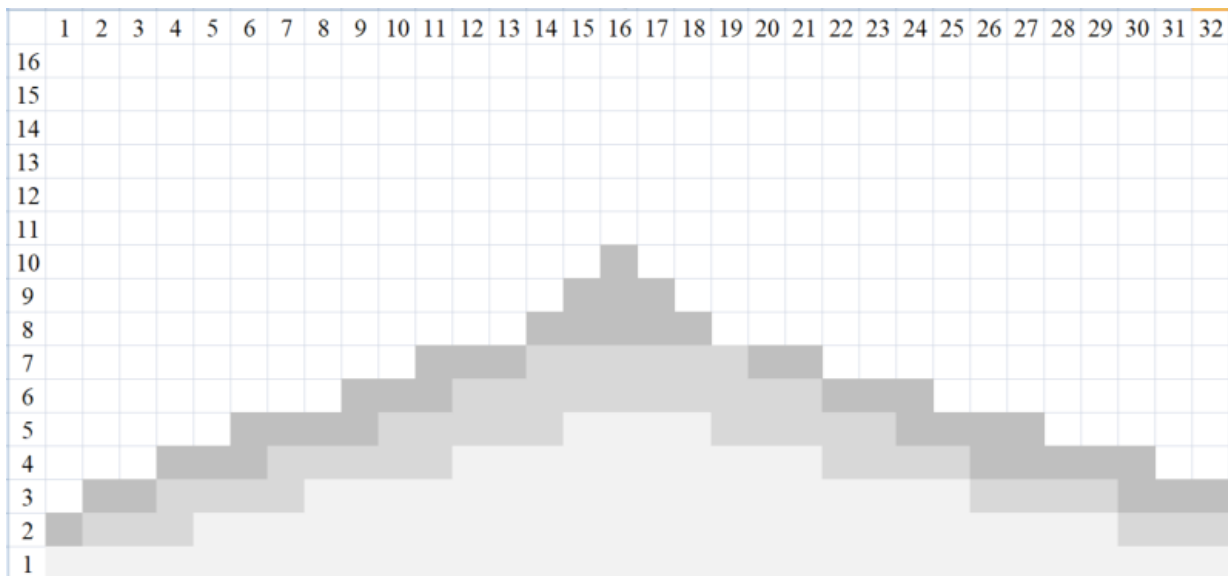
- If you selected 「Rolling / Valley / Fat Burn / Ramp / Strength / Interval」: [SET LEVEL]. Use ▲ / ▼ to select an incline level (L1 to L3).
- If you selected 「Random」: [CHANGE PROFILE BY PRESS ARROW KEY]. Use ▲ / ▼ to generate a randomly created incline profile.

After the third setting is complete, the screen will display a scrolling message [PRESS START TO BEGIN WORKOUT]. Once you press 「START」, the TIME window will begin a countdown based on the time you set, and other values will match those in the start workout mode.

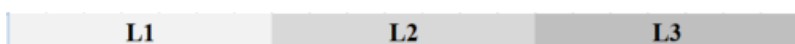
The Execution of Programmed Workout Profiles:

Once the workout begins, the machine will run according to the selected programmed workout profile. The current column of the workout profile will flash on the dot matrix screen at 1-second intervals, and a new column will be displayed every minute. If a workout time was set during configuration, the system will instead update the profile after each time segment. Each time segment is calculated as total set workout time ÷ 32. The incline level for each column of the workout profile will be automatically adjusted based on the selected program. Users can also manually adjust the incline and speed level at any time by pressing ▲ / ▼ (SPEED KEY/INCLINE KEY).

The following is an example as a programmed workout profile 「Ramp」. The horizontal axis represents time, while the vertical axis represents incline.



As below, the three different shades of color in the profile represent the three incline levels (L1~L3).



2.4 Heart Rate Control (HRC)

In idle mode, press 「HRC」 on the control panel. The dot matrix display will show the default THR mode (Target Heart Rate). You may also select one of the following three other modes: HRC65, HRC75, and HRC85 modes, which represent 65%, 75%, and 85% of maximum heart rate, respectively. Afterwards, you will be guided through a series of setup prompts displayed as following scrolling messages on the screen. Use ▲ / ▼ (SPEED KEY/INCLINE KEY) or numeric keypad to adjust the value for each setting or selecting modes. After completing each setting, press「ENTER」to confirm. You can press「PAUSE/STOP」 or 「START」 at any time during the setup process to return to the previous setting or start the workout immediately.

Setting of first item:

If THR mode is selected: [SET TARGET HR THEN PRESS ENTER]

If HRC65, HRC75, or HRC85 is selected: [SET AGE THEN PRESS ENTER]

Setting of remaining items:

- [SET BODYWEIGHT THEN PRESS ENTER]
- [SET TIME THEN PRESS ENTER]
- [SET BEGIN SPEED THEN PRESS START]
- [SET BEGIN INCLINE THEN PRESS START]
- [PRESS START TO BEGIN WORKOUT]

After pressing「START」, the TIME display will begin counting down. All other workout metrics will display the same as in start workout mode. 30 seconds after the program begins, the system will automatically start adjusting the incline level based on the following target heart rate and adjustment rules.

Target Heart Rates:

- THR Mode: Default is 130 bpm. The user may accept this or adjust it (adjustable range: 70~190 bpm).
- HRC 65 Mode: $(220 - \text{age}) \times 0.65$
- HRC 75 Mode: $(220 - \text{age}) \times 0.75$
- HRC 85 Mode: $(220 - \text{age}) \times 0.85$

Adjustment Rules:

- If the actual heart rate is more than 10 bpm below the target, the incline level will increase by 1 every 30 seconds, up to the maximum incline level.
- If the actual heart rate is more than 10 bpm above the target, the incline level will decrease by 1 every 30 seconds, down to the minimum incline level.
- If the heart rate reading is 0, no adjustments will be made.

If no heart rate is detected for 20 seconds during the workout, a warning icon will appear on the screen as the image in the right.



2.5 Fitness Test

In idle mode, tap 「Fitness Test」 to enter the setup screen, and follow the prompts shown as the following scrolling messages on the dot matrix display. Use the ▲ / ▼ (SPEED KEY/INCLINE KEY) or the numeric keypad to input values for each setting. After entering each value, press 「↵ (ENTER)」 to confirm. You can press 「PAUSE/STOP」 or 「START」 at any time during the setup process to return to the previous setting or start the workout immediately.

- [SET BODYWEIGHT THEN PRESS ENTER]
- [SET AGE THEN PRESS ENTER]
- [SET GENDER THEN PRESS ENTER]
- [SET BEGIN SPEED THEN PRESS ENTER]
- [PRESS START TO BEGIN WORKOUT]

After pressing the 「START」 button, the TIME window will begin a 12-minute countdown. The incline will be fixed at 0 and cannot be adjusted, but the user can change the speed during the test. Once the test is completed, the treadmill will enter a cool-down mode. After coming to a full stop, the system will display one of five fitness level results—VERY GOOD, GOOD, AVERAGE, BAD, or VERY BAD—based on your age and gender using a standardized evaluation chart.

