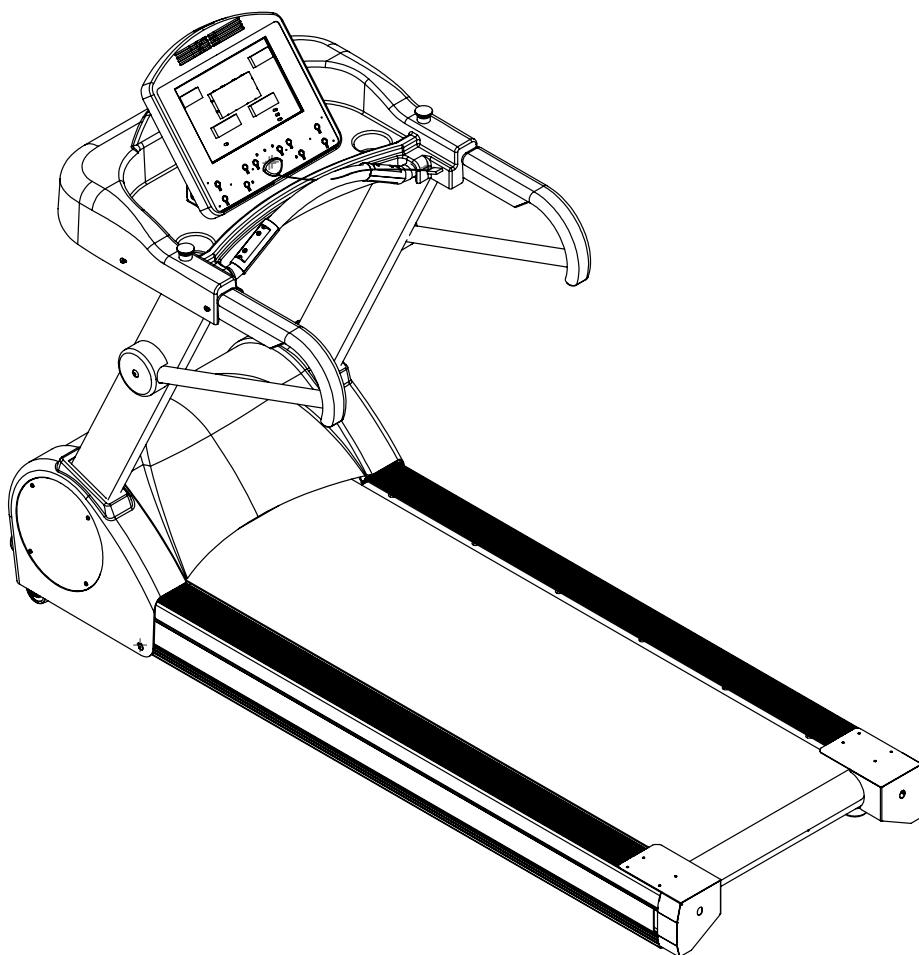




Owner's Manual V.2



HealthCare International, Inc.
PO Box 1509, Langley, WA 98260
www.HCIFitness.com – sales@hcifitness.com
P: (360) 321-7090 or (800) 398-9121

Table of Contents

- Safety Precautions 2
- Warranty Information..... 3
- Assembly Instructions 4
- PhysioMill Display Console 8
- Button Functions 9
- General Maintenance 9
- Exploded Diagram..... 10
- Parts List 11

Safety Precautions

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine.

Also, please note the following **safety precautions**:

1. Read all instructions carefully before using the machine.
2. Consult your physician or other health care professional before beginning this or any type of exercise program.
3. Always wear proper exercise apparel when using the machine.
4. If at any time you feel faint, light-headed or dizzy while operating the machine, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.
5. Keep children and pets away from the machine while in use.
6. Only one person can use the machine at a time.
7. Make sure your machine is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use and retighten periodically.
8. Do not operate this or any exercise equipment if it is damaged.
9. Keep hands and feet away from any moving parts. Do not insert any objects into any openings.
10. Keep clothes, jewelry and loose items away from moving parts.



**NOTE: MAXIMUM WEIGHT CAPACITY FOR THE
PHYSIOMILL IS 500 LBS. (227 KGS)**

WARNING:

BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PEOPLE WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THIS FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

Dear Valued Customer,

Thank you for your recent purchase of the **PhysioMill** from HCI Fitness. We believe that you have purchased one of the highest quality and affordable rehabilitation treadmills on the market today. Prior to using your new **PhysioMill** please review the owner’s manual and product tips to maximize your experience.

Wishing you the best of luck in reaching your health and fitness goals!

HealthCare International is a leading supplier and distributor of innovative products for Health, Wellness, Fitness & Active Aging. Visit our website – www.HCIFitness.com for information on all of our products.

Warranty Information

(Your Serial Number is found on a white sticker at the rear base of the unit, the front of the user manual, and on the box)

Serial #: _____ **Purchase Date:** _____

5 Year Parts Warranty, One Year Labor, Lifetime Main Frame

NOTE

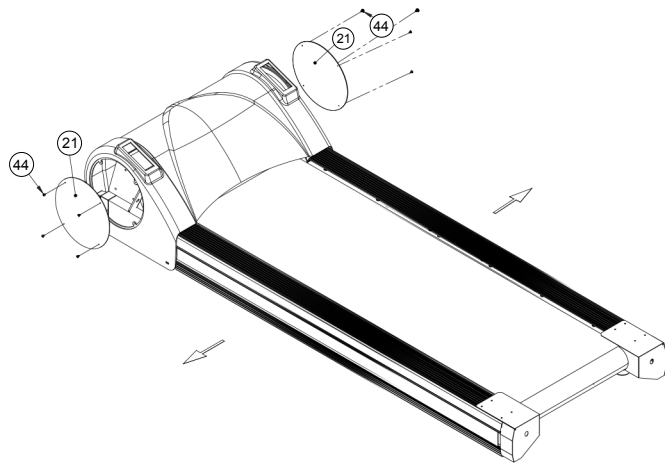
Before you start to assemble this unit, please note that some of the parts and screws needed for assembly are already in place on the unit.

TOOL SET:

| Tool | QTY |
|---|-----|
| (115) 5mm Allen Wrench Tool | 1 |
| (116) Extended 6mm Allen Wrench Tool | 1 |
| (117) 13*15 Screwdriver/Wrench Combo Tool | 1 |

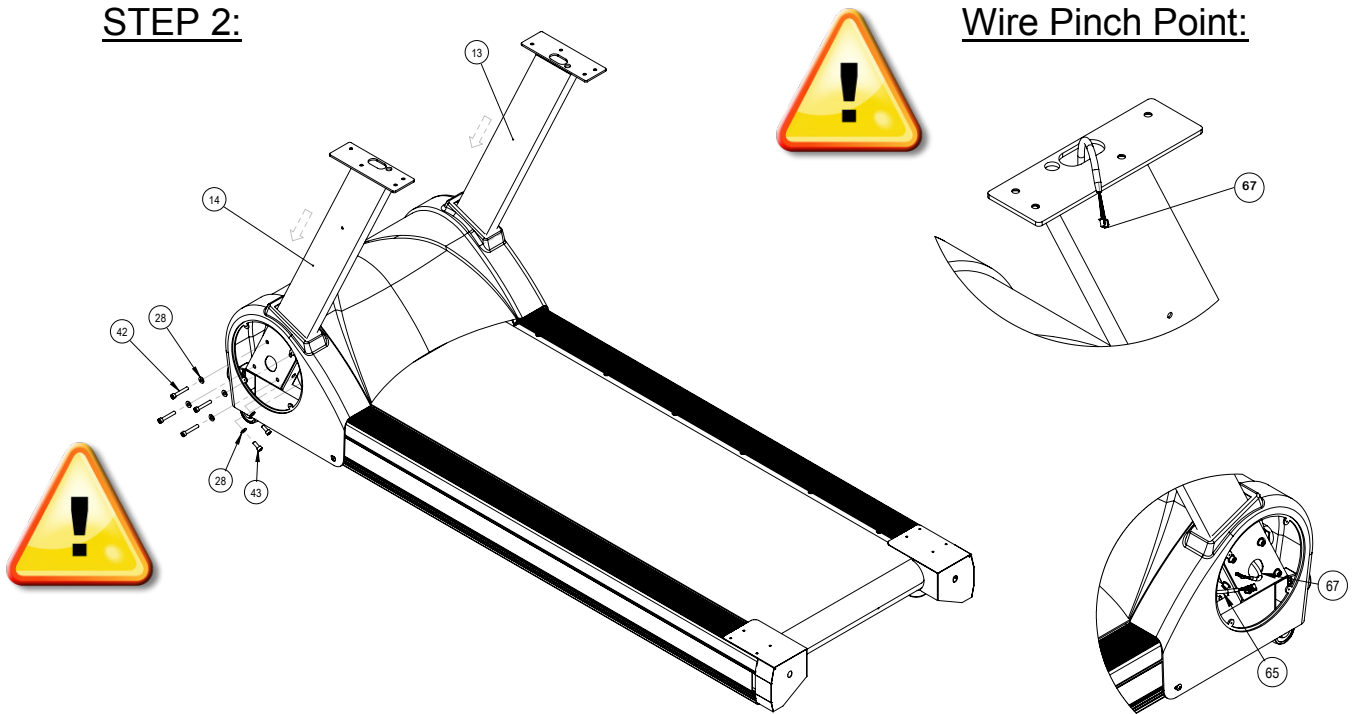
Assembly Instructions

STEP 1:



Take off the side motor covers as shown in drawing.

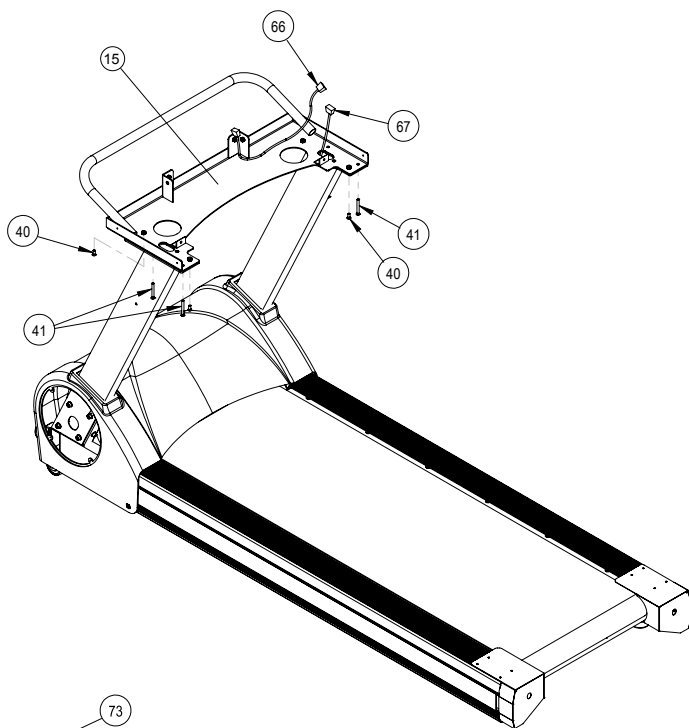
STEP 2:



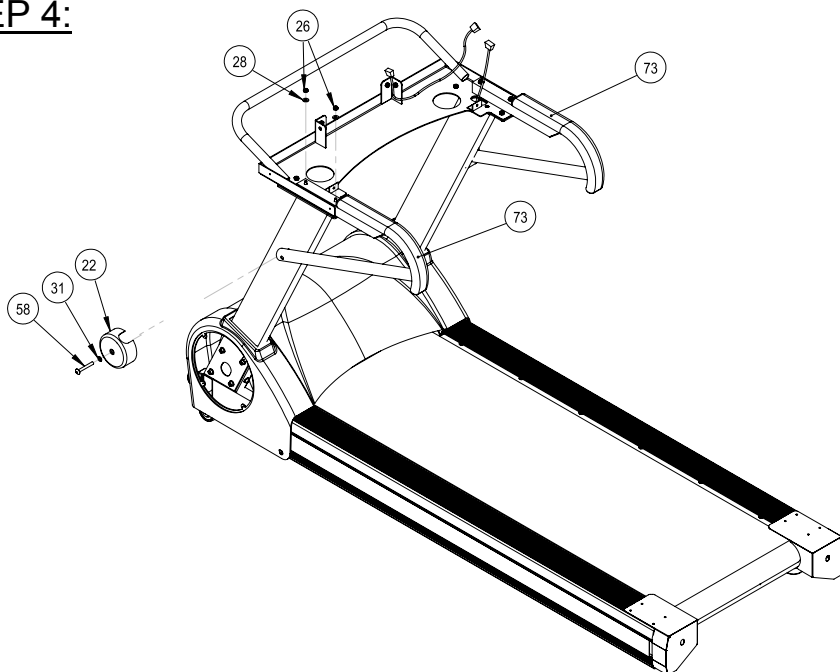
Inset the Upright Posts (13) (14) to the main base, tighten with the Hexagon Head Bolts (42)(43) and Flat Washer (28).

STEP 3:

1. Place Computer Rack (15) on top of Upright poles and screw it tightly with Cross Hexagonal Bolt (40)(41).
2. Take hold of Middle Sensor Cable Wire (67) connect with the Upper Sensor Cable Wire (66) firmly.



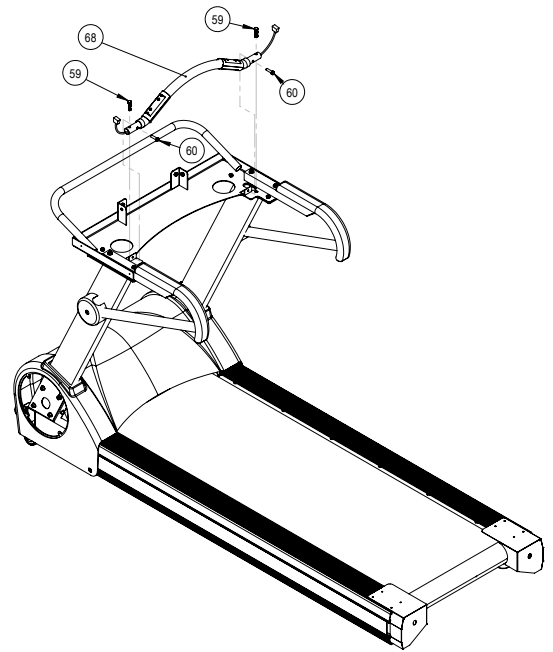
STEP 4:



Using Nut and Washer to connect the Hand Rail - short type (73) to the Frame and assemble with side caps (22) as drawing to use Hexagon Head Bolt (58) and Washer (31) and secure tightly.

STEP 5:

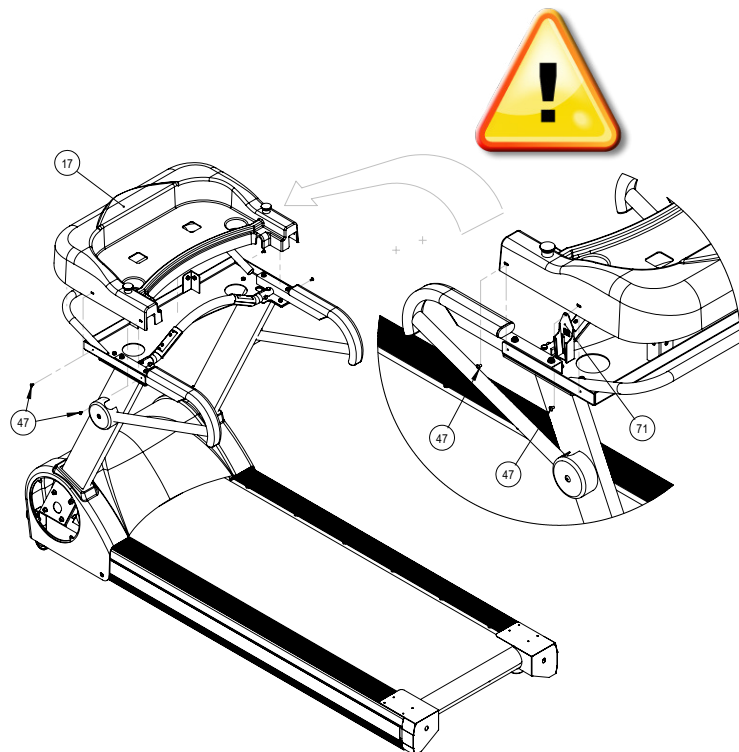
Attach the Curve Hand Pulse Set (68) to the computer rack and tighten using the Hexagonal Bolt (59) (60).



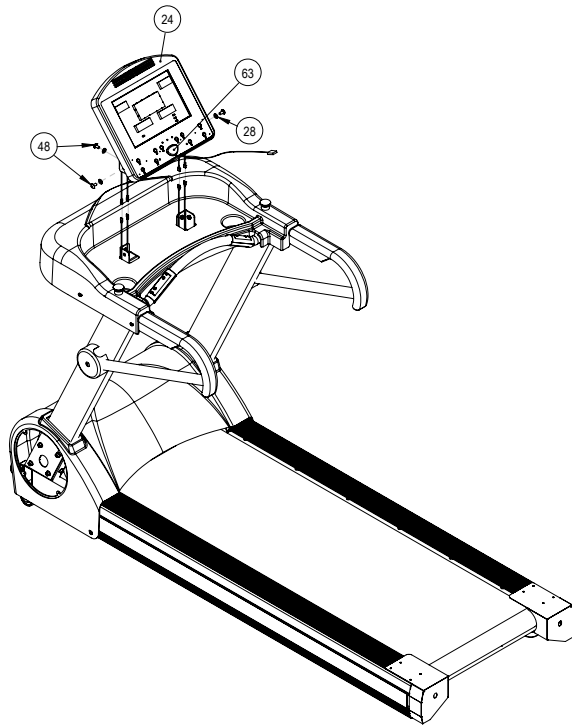
STEP 6:

Place the display rack cover (17) as per drawing. Use Cross Screw (47) to screw it firmly. Make sure not to pinch any electrical wires.

Wire Pinch Point:



STEP 7:

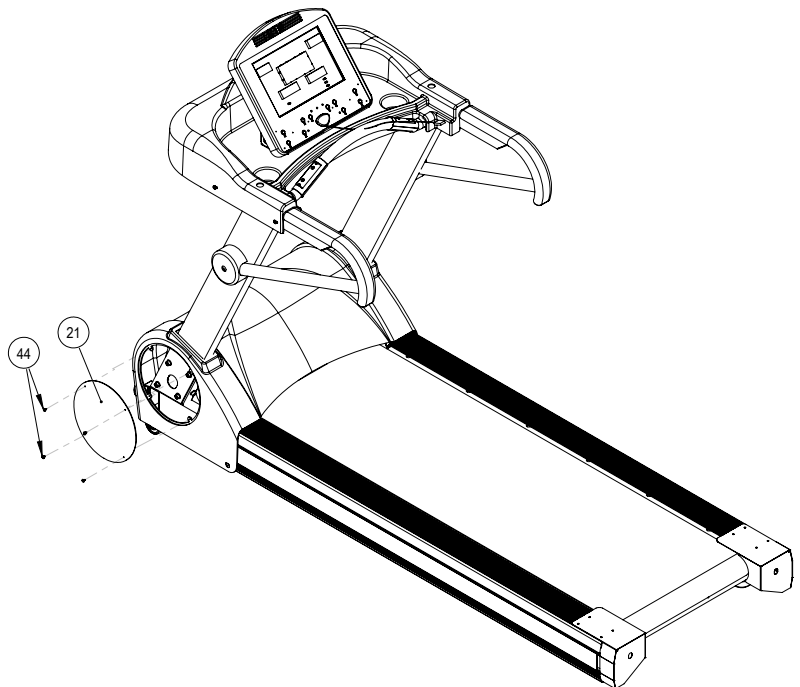


Hold the display (24) and connect the computer sensor wire with the upper pulse sensor wire in advance. Install the display on to the display brackets using the Mushroom Head Hexagonal Bolt (48) and Washer (28) screw tightly.

Step 8:

After the treadmill is assembled, put Motor Side Covers (21) back and screw (44) tightly.

The treadmill is now completed.

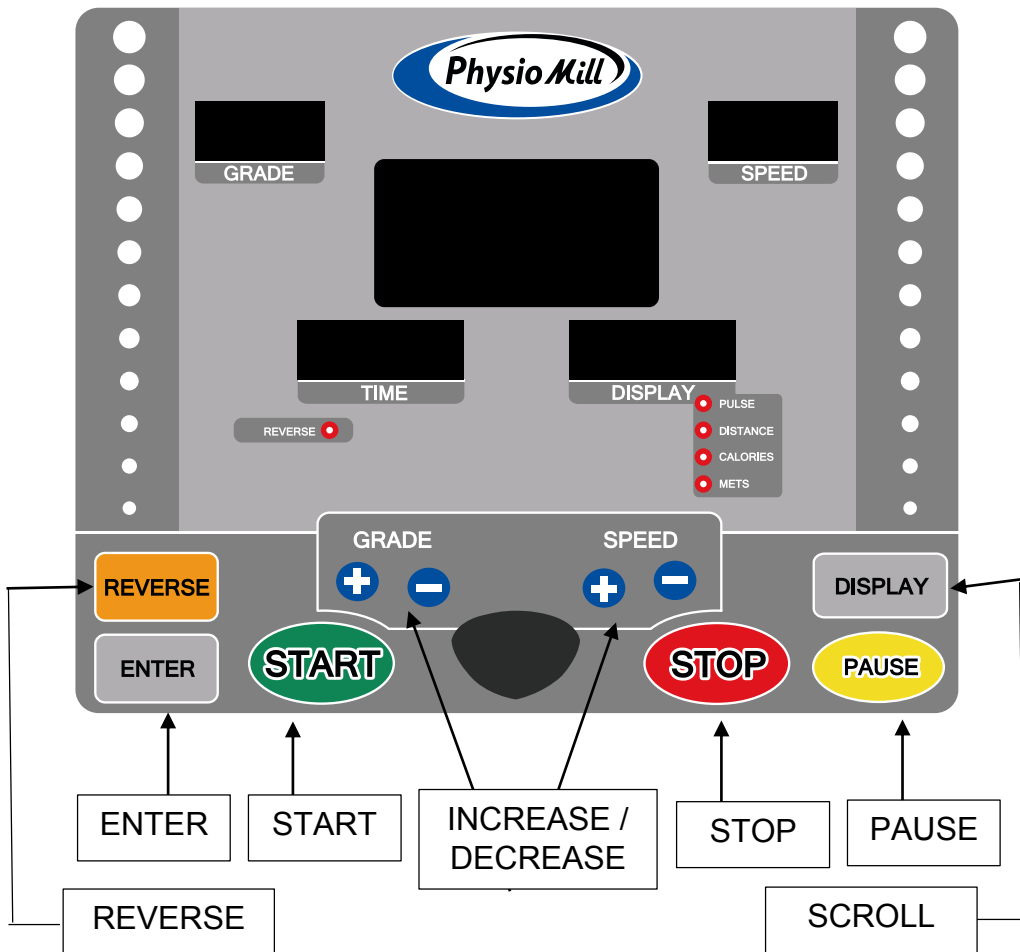


***Before use please read the safety precautions carefully.
Periodically retighten screws and bolts as needed.***

AC Adaptor

The **PhysioMill** does need to be plugged into a standard electrical outlet. The AC adaptor connects at the front of the unit. The power switch must be on for operation.

PhysioMill Display Console



Button Functions

1. START BUTTON

1.1. Pressing the **START** button starts the treadmill.

2. STOP BUTTON

2.1. Pressing the **STOP** button stops the treadmill.

3. PAUSE BUTTON

3.1. Pressing the **PAUSE** button pauses your session.

4. [+] BUTTON

4.1. Press the **[+]** button to increase values.

4.2. Holding the **[+]** button will rapidly increase values.

5. [-] DOWN BUTTON

5.1. Press the **[-]** button to decrease values.

5.2. Holding the **[-]** button will rapidly decrease values.

6. DISPLAY BUTTON

6.1. Scrolls through Pulse, Distance, Calories, & METs.

7. ENTER BUTTON

7.1. The **ENTER** button allows the use of reserve.

**See Reverse Operation*

8. REVERSE BUTTON

8.1. To switch the belt direction to reverse follow this sequence.

8.1.1. Press the **PAUSE** button.

8.1.2. Press the **REVERSE** button.

8.1.3. Press the **START** button.

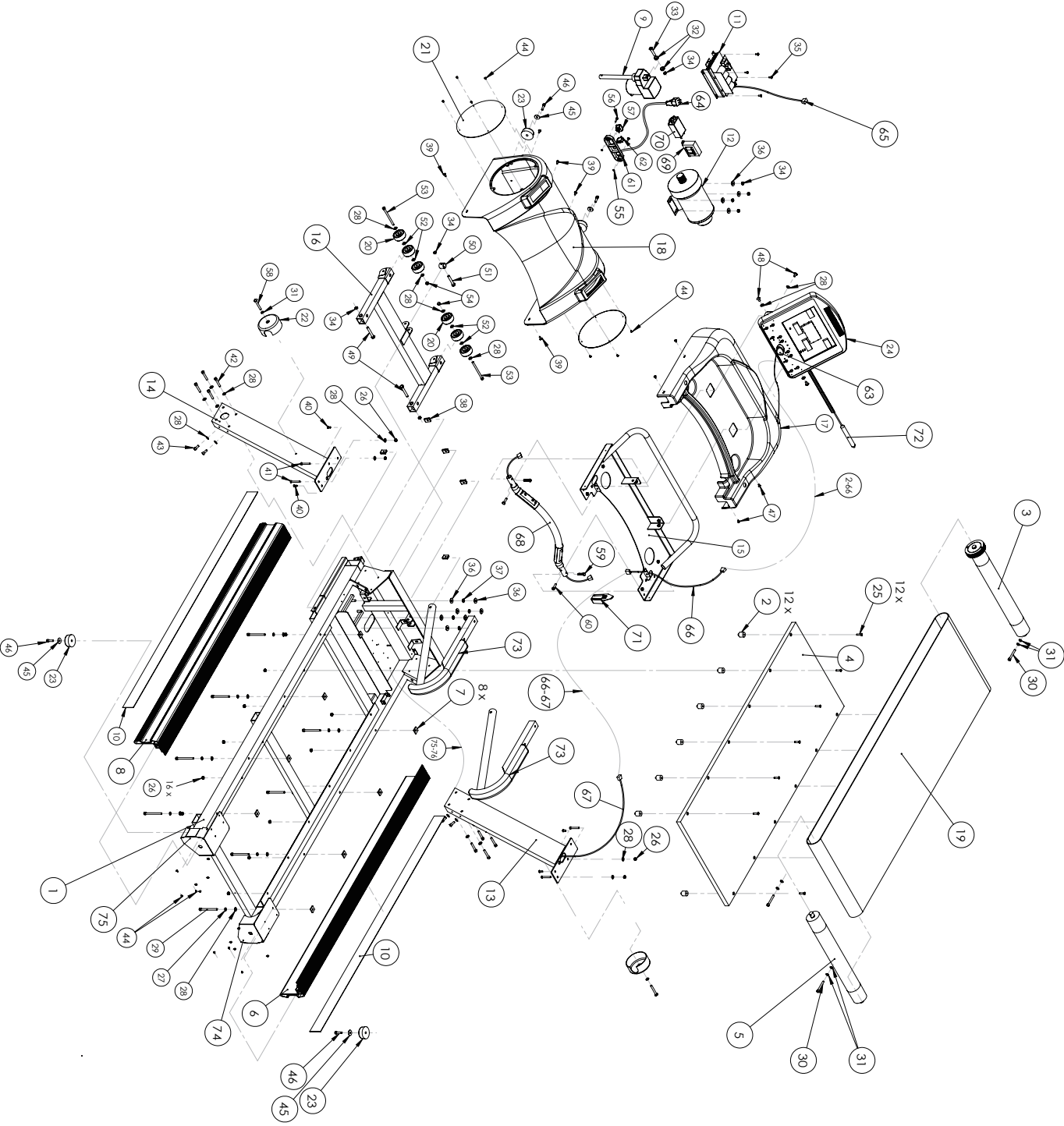
To Return to Forward Repeat 8.1.1 - 8.1.3

General Maintenance

1. Cleaning - Use soap and warm water or antibacterial wipes to clean your unit.

2. Tightening - Periodically inspect your unit to insure that all screws, nuts, and bolts are tightened and retighten if necessary. Do not over tighten.

Exploded Diagram



Parts List

| NO. | Description | Qty |
|------------|--------------------------------------|------------|
| 001 | Main Frame | 1 |
| 002 | Suspension | 12 |
| 003 | Front Roller | 1 |
| 004 | Running Deck | 1 |
| 005 | Rear Roller | 1 |
| 006 | Side Rail(R) | 1 |
| 007 | 25 tapping Iron plates | 8 |
| 008 | Side Rail(L) | 1 |
| 009 | Incline Motor | 1 |
| 010 | Acrylic Side Rails | 2 |
| 011 | Lower control board | 1 |
| 012 | AC Servo Motor | 1 |
| 013 | Upright Pole(R) | 1 |
| 014 | Upright Pole(L) | 1 |
| 015 | Computer Rack | 1 |
| 016 | Frame Tubing Set | 1 |
| 017 | Computer Rack Cover | 1 |
| 018 | Motor Cover | 1 |
| 019 | Running Belt with logo | 1 |
| 020 | PVC Roller | 6 |
| 021 | Acrylic adjust | 2 |
| 022 | Side Handle Bar Cover | 2 |
| 023 | Concave Buffer | 4 |
| 024 | Console | 1 |
| 025 | Cross Screw M8*30L | 12 |
| 026 | Nut M8 | 16 |
| 027 | Washer | 8 |
| 028 | Washer | 32 |
| 029 | Mushroom Head Hexagonal Bolt M8*100L | 8 |
| 030 | Mushroom Head Hexagonal Bolt M8*65L | 3 |
| 031 | Washer | 8 |
| 032 | Motor cushion plug | 2 |
| 033 | Hexagonal Bolt M10*50L | 1 |
| 034 | Nylon Nut | 8 |
| 035 | Cross Screw M5*15L | 4 |
| 036 | Washer | 12 |
| 037 | Washer | 4 |
| 038 | Clips | 5 |

| NO. | Description | Qty |
|------------|------------------------------------|------------|
| 039 | Cross Screw M6*15L | 5 |
| 040 | Concave Buffer M8*16L | 4 |
| 041 | Concave Buffer M8*55L | 4 |
| 042 | Mushroom Hexagonal Bolt M8*50L | 8 |
| 043 | Mushroom Hexagonal Bolt M8*20L | 4 |
| 044 | Metal screws | 22 |
| 045 | Washer | 4 |
| 046 | Mushroom Hexagonal Bolt M8*25L | 4 |
| 047 | Cross Screw M5*10L | 4 |
| 048 | Mushroom Hexagonal Bolt M8*16L | 4 |
| 049 | Hexagonal Bolt M10*67L | 2 |
| 050 | Rubber band | 1 |
| 051 | Hexagonal Bolt M10*60L | 1 |
| 052 | Plastic Washers | 4 |
| 053 | Mushroom Hexagonal Bolt M8*115L | 2 |
| 054 | Nylon Nut M8 | 2 |
| 055 | Nut M5 | 2 |
| 056 | Cross Screw M5*25L | 2 |
| 057 | ON/OFF Light Switch-large | 1 |
| 058 | Mushroom Hexagonal Bolt M8*65L | 2 |
| 059 | Hexagonal Bolt M10*35L | 2 |
| 060 | Hexagonal Bolt M10*25L | 2 |
| 061 | Power Set | 1 |
| 062 | 15A Circuit Breaker | 1 |
| 063 | Safety Key | 1 |
| 064 | Lower Control Wire | 1 |
| 065 | Middle Control Wire | 1 |
| 066 | Upper Control Wire | 1 |
| 067 | Middle Control Wire | 1 |
| 068 | Heart Rate Handle Bar | 1 |
| 069 | Inductor | 1 |
| 070 | Filter | 1 |
| 071 | Remote control holder | 1 |
| 072 | Remote controler | 1 |
| 073 | Side Handle Bars (Shorter Version) | 2 |
| 074 | Dipping Iron Cover(R) | 1 |
| 075 | Dipping Iron Cover(L) | 1 |

PhysioGait

Dynamic Unweighting Systems

Pair your PhysioMill with the PhysioGait
Dynamic Unweighting System!



All Accessories Shown are Included.

Over Ground or with a Treadmill!

www.PhysioGait.com