



Scientific Solutions For Fitness™

Operations Manual

AC5000/AC5000M Intelli-Fit Treadmills

SALES:

800-278-3933

CUSTOMER SERVICE:

800-745-1373 or 918-359-2040

www.SCIFIT.com

Order online 24/7 at www.SCIFIT.com

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Important Safety Instructions

Read all instructions before using your SCIFIT exercise machine!
Save these instructions!

DANGER!

To minimize risk of electric shock:

Connect to a dedicated, properly grounded outlet only. See Power Requirements below. Also, always unplug this machine from the electrical outlet immediately after using and before cleaning.

WARNING!

To reduce risk of burns, fire, electric shock, or injury to persons:

.....

1. Close supervision is necessary when exercise machine is used by or near children or disabled persons. Keep children away from treadmill deck, especially when in operation.
2. Use the exercise machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
3. To make any adjustment during your workout, STOP the machine and make the necessary adjustments.
4. Never operate the exercise machine if it has a damaged electrical power cord or plug, if it is not working properly, or if it has been damaged. Call the dealer the exercise machine was purchased from for further information about repair options.
4. Keep the electrical/power cord away from heated surfaces, and from the elevation mechanism.
5. Never operate the machine with the air openings blocked. Keep the air openings free of lint, hair and other debris.
6. Never drop or insert any object into any opening.
7. Do not use outdoors.
8. Do not operate where aerosol (spray) products are being used or in an oxygen rich environment.
9. To disconnect, turn off the switch and unplug from the wall outlet.

**Lire toutes les directives avant d'utiliser l'appareil SCIFIT !
Conserver les présentes directives !**

DANGER !

**pour minimiser les risques
de chocs électriques :**

Raccorder l'appareil uniquement à une prise adéquatement mise à la terre. Se reporter à la section Alimentation requise ci-dessous. Il faut également débrancher l'appareil de la prise électrique immédiatement après son utilisation et avant sa maintenance.

AVERTISSEMENT !

**afin de réduire les
risques de brûlures, d'incendies, de chocs
électriques ou de blessures :**

-
1. S'assurer d'une supervision étroite lorsque l'appareil est utilisé par des enfants ou des personnes handicapées, en leur présence ou près d'eux. Les garder éloignés de la plate-forme de l'appareil, en particulier lorsqu'il est en marche.
 2. N'utiliser l'appareil qu'en conformité avec l'usage auquel il est destiné, tel que décrit dans le présent manuel. Ne pas utiliser de pièces accessoires non recommandées par le fabricant
 3. ARRÊTER l'appareil avant de procéder à tout réglage.
 4. Ne pas utiliser l'appareil si celui-ci, son cordon ou sa fiche sont endommagés ou s'ils ne fonctionnent pas correctement. Contacter le détaillant où l'appareil a été acheté pour connaître les options de réparation..
 5. Garder le cordon éloigné des surfaces chauffées et du mécanisme d'élévation.
 6. Ne jamais utiliser l'appareil lorsque les prises d'air sont colmatées ; les garder libres de charpie, cheveux ou autres matières ou objets pouvant les obstruer.
 7. Ne jamais déposer ou insérer d'objets dans les ouvertures.
 8. Ne pas utiliser l'appareil à l'extérieur.
 9. Ne pas faire fonctionner l'appareil là où des produits aérosols (spray) sont utilisés ou dans un environnement riche en oxygène.
 10. Pour déconnecter l'appareil, mettre l'interrupteur à l'arrêt et débrancher la fiche de la prise murale.

Important Safety Instructions

Power Requirements – AC5000 and AC5000M (220V)

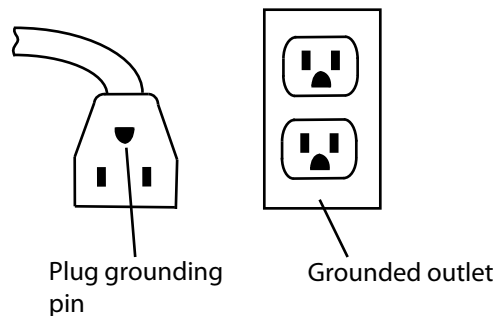
Plug Configuration Provided Separately.

1. SCIFIT's AC5000 and AC5000M treadmill requires a 208-265 Volt 10 AMP dedicated circuit. The circuit must have a minimum of 12 gauge wire. A dedicated circuit is a power outlet reserved for the exclusive use of your treadmill. This requires a power line to be routed from the main breaker box or subpanel to the power outlet for the treadmill. The outlet should not be shared with any other piece of equipment. Isolated grounds are highly recommended. If you have not previously arranged for such an outlet, contact a qualified electrician to have one installed. An insufficient power supply may cause your treadmill to function improperly and will void the warranty.
2. **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 the outlet, have a proper outlet installed by a qualified electrician

If you or your electrician have any questions, contact SCIFIT Product Support at 800-745-1373 or 918-359-2040.

Power Requirements – AC5000 and AC5000M (100-110V)

Figure A: Grounded Outlet Diagram



1. SCIFIT's AC5000 and AC5000M (100-110V) treadmill requires a 120 Volt/ 15 AMP dedicated circuit. The circuit must have a minimum of 12 gauge wire. A dedicated circuit is a power outlet reserved for the exclusive use of your treadmill. This requires a power line to be routed from the main breaker box or subpanel to the power outlet for the treadmill. The outlet should not be shared with any other piece of equipment. If you have not previously arranged for such an outlet, contact a qualified electrician to have one installed. An insufficient power supply may cause your treadmill to function improperly and will void the warranty.
2. **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 the outlet, have a proper outlet installed by a qualified electrician

If you or your electrician have any questions, contact SCIFIT Product Support at 800-745-1373 or 918-359-2040.

Directives de sécurité importantes

Alimentation requise – 5000 CA (220 V)
et 5000M (220V)

1. Les tapis roulants 5000 CA et (220 V) exigent un circuit spécialisé de 208-265 volts, 10A ayant un calibre minimal de 12 . Par circuit spécialisé, on entend une prise réservée pour l'usage exclusif du tapis. Il faut donc acheminer une ligne électrique du boîtier principal des disjoncteurs ou du panneau secondaire jusqu'à la prise du tapis. Aucun autre dispositif ne doit être branché sur la prise. On recommande par ailleurs fortement une mise à la terre isolée. Si une telle prise n'est pas déjà à sa disposition, on doit contacter un électricien qualifié pour faire procéder à son installation. Une alimentation déficiente peut en effet causer un mauvais fonctionnement du tapis et annuler la garantie.
2. **DANGER:** un raccordement inadéquat du conducteur de terre de l'appareil peut causer un choc électrique. En cas de doute concernant la mise à la terre correcte de l'appareil, consulter un électricien ou technicien. Ne pas modifier la fiche fournie avec l'appareil ; si elle ne convient pas à la prise, demander à un électricien qualifié d'en installer une qui soit adéquate.

L'acheteur ou l'électricien peut adresser toute question au service d'assistance de SCIFIT en appelant le (aux Etats-Unis) (918) 359-2040, (800) 745-1373 or 918-359-2040.

Alimentation requise – 5000 CA (110V)
et
5000M CA (100-110V)

1. Les tapis roulants 5000 CA (100-110 V) exigent un circuit spécialisé de 120 volts, 15A ayant un calibre minimal de 12 . Par circuit spécialisé, on entend une prise réservée pour l'usage exclusif du tapis. Il faut donc acheminer une ligne électrique du boîtier principal des disjoncteurs ou du panneau secondaire jusqu'à la prise du tapis. Aucun autre dispositif ne doit être branché sur la prise. Si une telle prise n'est pas déjà à sa disposition, on doit contacter un électricien qualifié pour faire procéder à son installation. Une alimentation déficiente peut en effet causer un mauvais fonctionnement du tapis et annuler la garantie.
2. **DANGER:** un raccordement inadéquat du conducteur de terre de l'appareil peut causer un choc électrique. En cas de doute concernant la mise à la terre correcte de l'appareil, consulter un électricien ou technicien. Ne pas modifier la fiche fournie avec l'appareil ; si elle ne convient pas à la prise, demander à un électricien qualifié d'en installer une qui soit adéquate.

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Figure A : diagramme de la prise mise à la terre

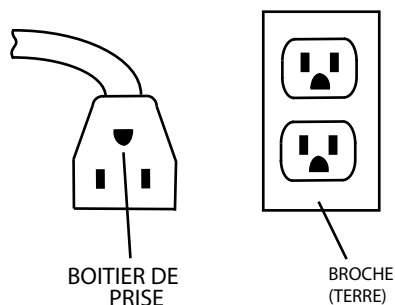


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Thank you for your purchase of the SCIFIT treadmill. We have incorporated the finest technology and ergonomic design into this machine to assist you in achieving your fitness goals. However, for your safety, please adhere to the following recommendations before you begin to exercise.

FITKEY™

Your SCIFIT treadmill may be equipped with a FITKEY receptacle. Contact SCIFIT to learn more about this exercise protocol and documentation software.

Consult Your Physician

Consult your physician or medical specialist before participating in any exercise program, especially if you are pregnant, or if you are suffering from: heart disease, respiratory disease, diabetes, hypertension, high blood pressure, elevated cholesterol, arthritis, or any other diseases or physical complaints.

Warm Up and Cool Down

To prevent muscle injuries and soreness, you should always warm up (at least 5 minutes) and cool down (at least 5 minutes) by doing a series of stretches before and after each workout.

Exercise at Your Own Level

Increase your exercise level gradually, and avoid sudden, erratic, or careless exercise. The key to a successful exercise program is consistency.

Stay Within Your Target Heart Rate Zone

For healthy beginners, start exercising two to four days a week with your heart rate in the target zone for about twenty (20) minutes each day.

Your approximate maximum heart rate (MHR) is equal to 220 minus your age. The upper limit of your target zone is equal to 0.85 times your MHR. The lower limit of your target zone is equal to 0.60 times your MHR.

For example, if you are 40 years old, your approximate MHR is equal to 180 (220 minus 40). Therefore, your target zone is between 60% of 180 (0.60 x 180) = 108, and 85% of 180 (0.85 x 180) = 153. So for a 40 year old, the target heart rate zone is between 108 and 153.

Try to stay within the target heart rate zone to achieve optimal fitness training. Avoid exceeding your maximum target heart rate as this may cause stress, fatigue, and/or injuries to your body. At the same time, you need to sustain the intensity level of your exercise above the minimum target heart rate in order to achieve significant benefits in your fitness level.

CAUTION: When To Stop Exercising

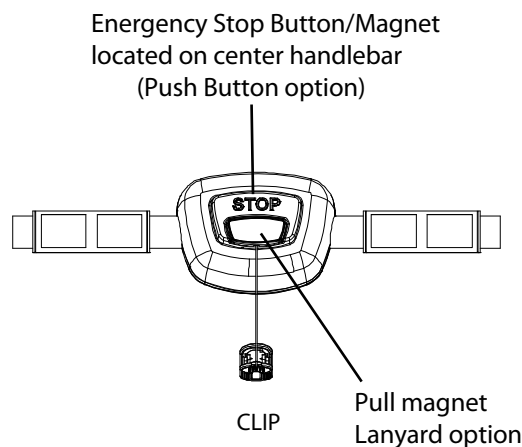
Stop exercising immediately if you feel nausea, dizziness, sharp pain, or any other physical discomfort. Do not resume until you consult with a physician.

Train Intelligently

To ensure a future of good health, you should always eat well balanced meals, drink plenty of fluid/water during a workout, and stay fit by exercising intelligently.

Safe Use of Treadmill

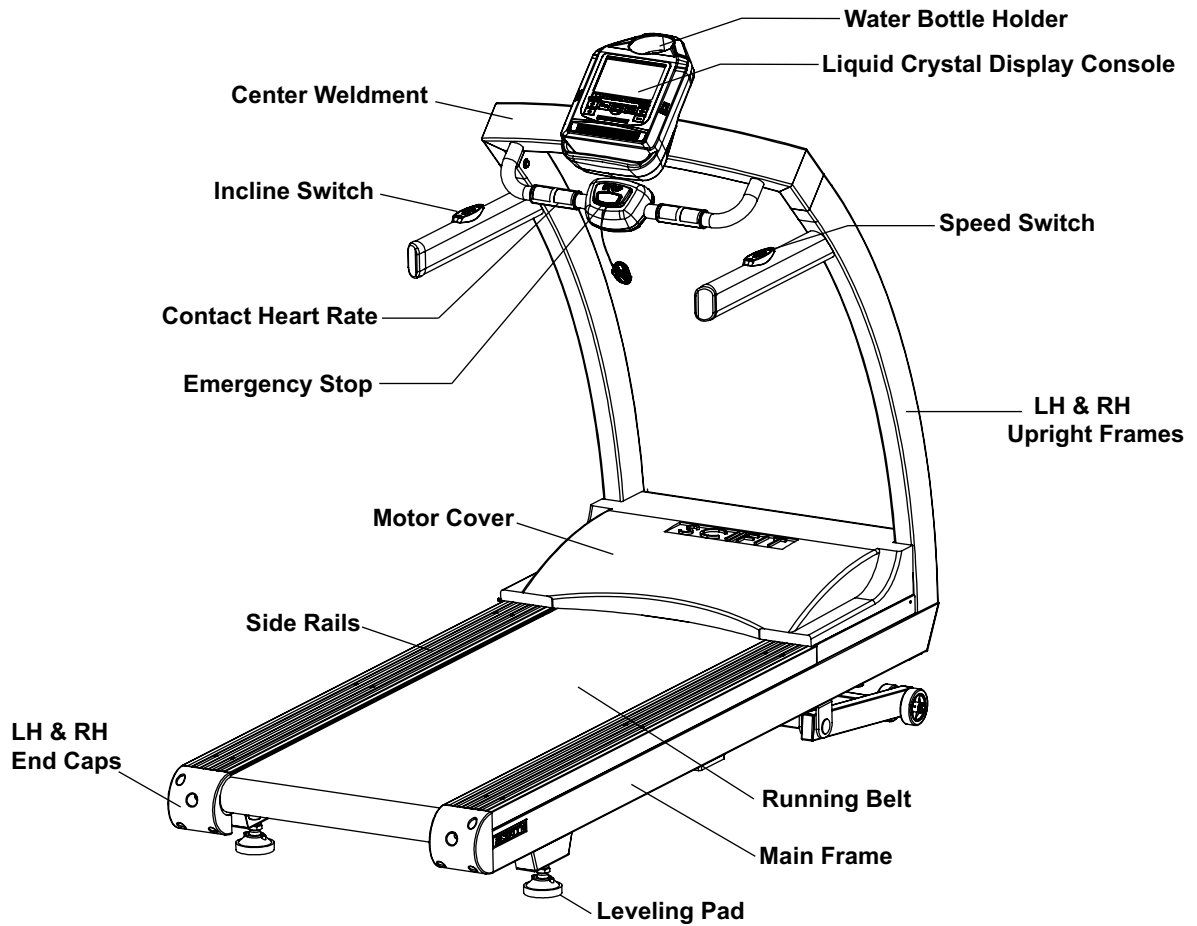
- The safest position is with your feet on each top side frame, straddling the running belt. Step onto the running belt after you have started the treadmill to prevent injury.
- To balance yourself look straight ahead and hold on to the side rails or handlebar.
- It is common to feel slightly dizzy after getting off the treadmill after a workout. This is because the ground has been moving under you. To help avoid this, turn the treadmill down to a slow speed and cool down for several minutes before getting off.
- A treadmill is not for children to play on. Use common sense when operating this treadmill and observe all caution stickers.
- Keep hands and fingers away from all areas that could cause injury such as the front and back rollers.
- Never place rear of the treadmill near an obstruction.
- Never put any substance underneath the treadmill running belt.
- Do not spill any liquid on the treadmill running belt.
- Maximum user weight is 550 pounds (250kg).



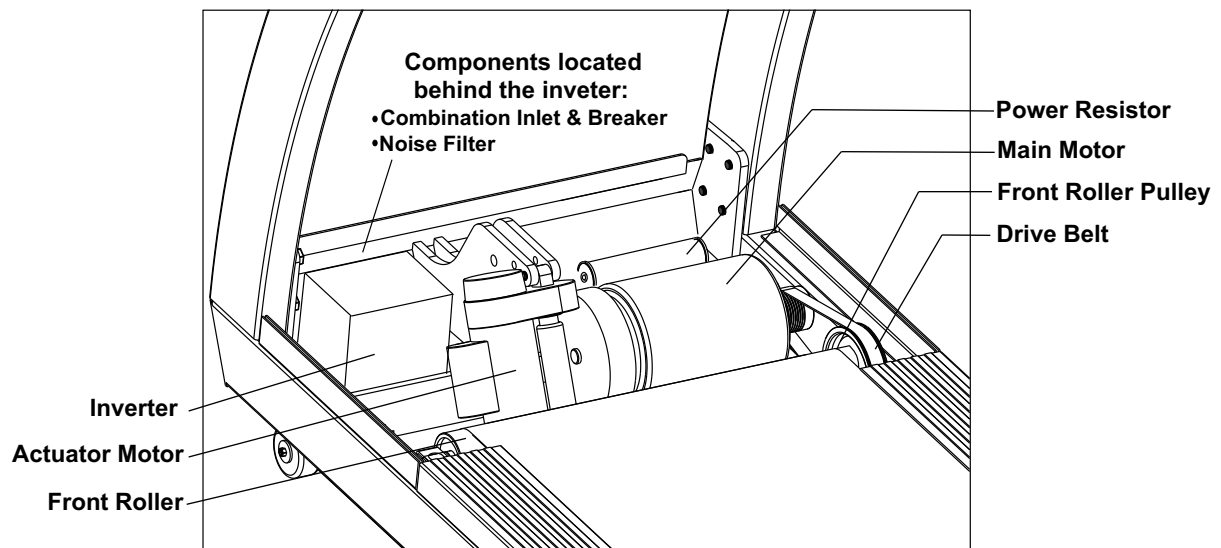
The unique Emergency Stop Push button/Pull magnet can be activated in one of two ways:

- The Pull Magnet option:
To stop the treadmill quickly in emergency situations by pulling the magnet from the control panel. Attach the Emergency Stop Clip to your clothing, in the front chest area, using the Grip Teeth (see Figure to left) before beginning your workout. If you should fall or slip backward during the workout, the magnet will pull away from the control panel and the running belt will come to a rest.
- The Push Button option
To stop the treadmill quickly in emergency situations you may also push the emergency button (see figure to the left) and the belt will come to a rest.

1. External components



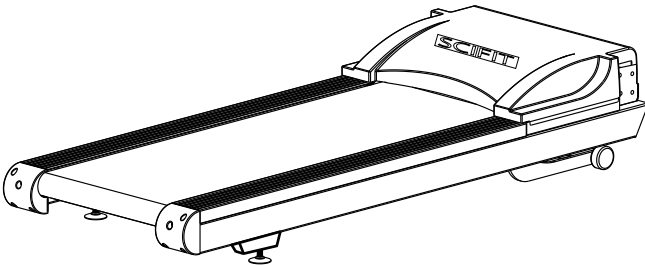
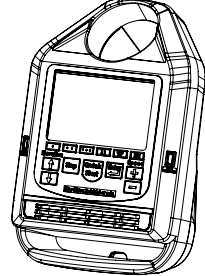
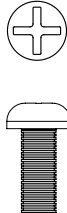
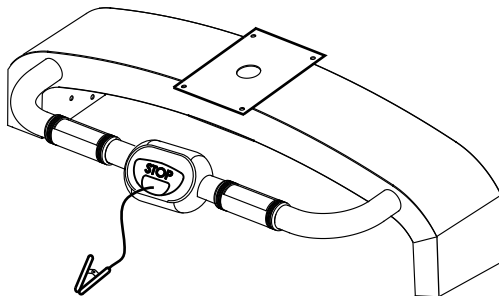
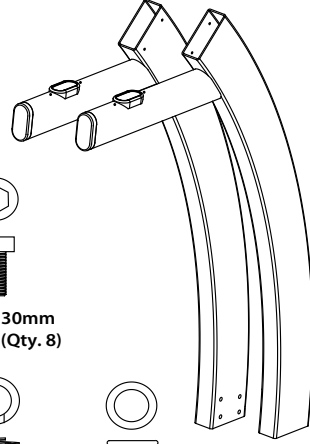




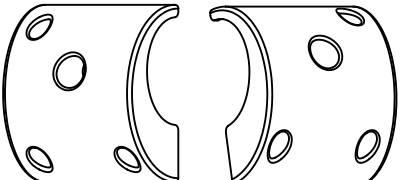
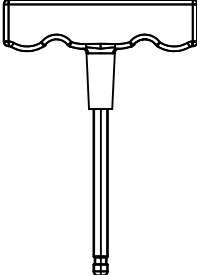
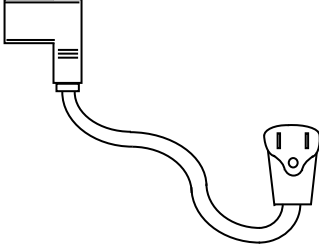
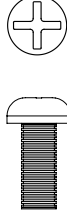
2. Internal components



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PARTS LIST

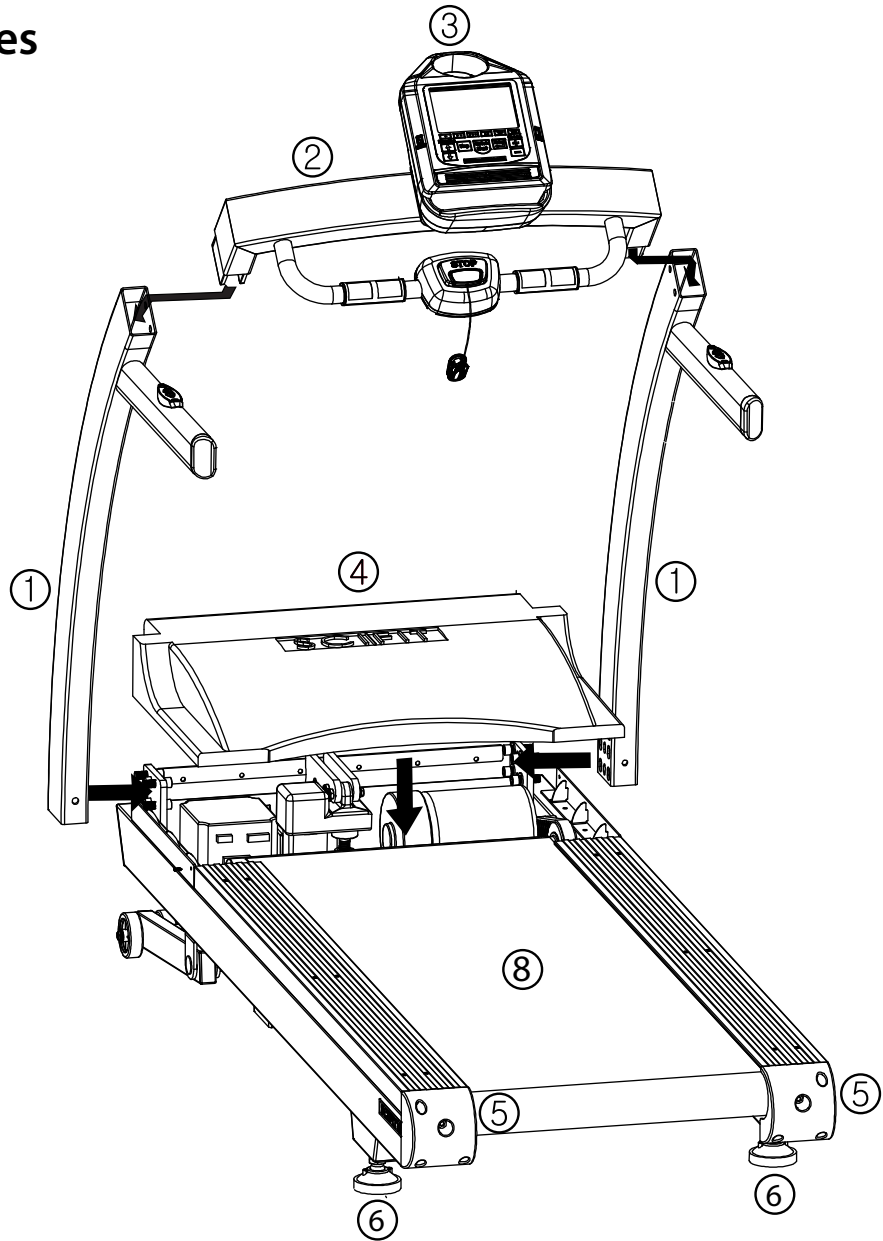
Please make sure all parts below are in the box before assembly.

MAIN UNIT WITH MOTOR COVER		CONSOLE			
					
		 <p>M5 x 12mm Screw (Qty. 4)</p>	<p>Console</p>		
CENTER FRAME		LH/RH UPRIGHTS			
					
		 <p>M10 x 20mm Screw (Qty. 4)</p>	 <p>M12 x 30mm Screw (Qty. 8)</p>		
		 <p>M12 Lock Washer (Qty. 8)</p>	 <p>M12 Flat Washer (Qty. 8)</p>		
LH/RH END CAPS		5/16 T-HANDLE		POWER CORD	
					
		 <p>M5 x 12mm Screw (Qty. 6)</p>			

Assembly Procedures

Unpack the carton, assemble as follows:

1. Install left and right Uprights
2. Install center weldment
3. Install console to center weldment
4. Install motor cover
5. End Caps
6. Level pads
7. Connect power cord (not shown)
8. Align running belt

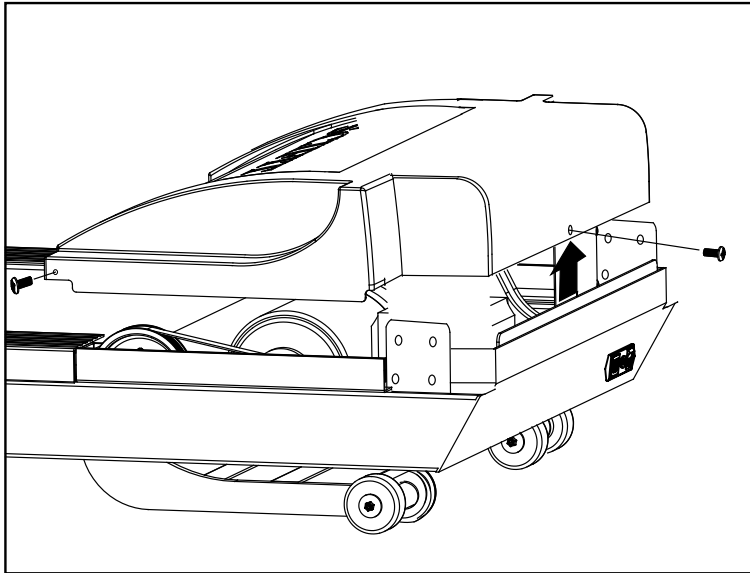


CAUTION

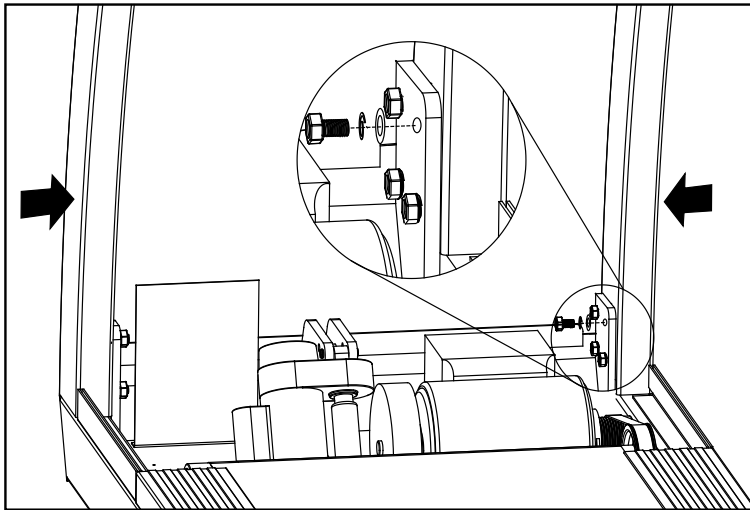
Assembly Note

- Place the Treadmill on a flat surface; avoid uneven surfaces.
- Allow sufficient space between the front of the machine and the wall outlet.
- All power cables should be grounded.
- Verify dust and debris are removed from the machine before using.

1. Install LH/RH Uprights



STEP 1 - Using a phillips screw driver remove the three screws (2 on the side, 1 in the front) securing the motor cover, then place the cover to the side.



STEP 2 - Align the holes of the right upright to the holes on the upright mounting plate of the frame, then with a **10mm** Hex bit loosely secure with the upright with (Qty. 4) M12 Flat washers, (Qty. 4) M12 Lock washers and (Qty. 4) M12 x 30mm Screws

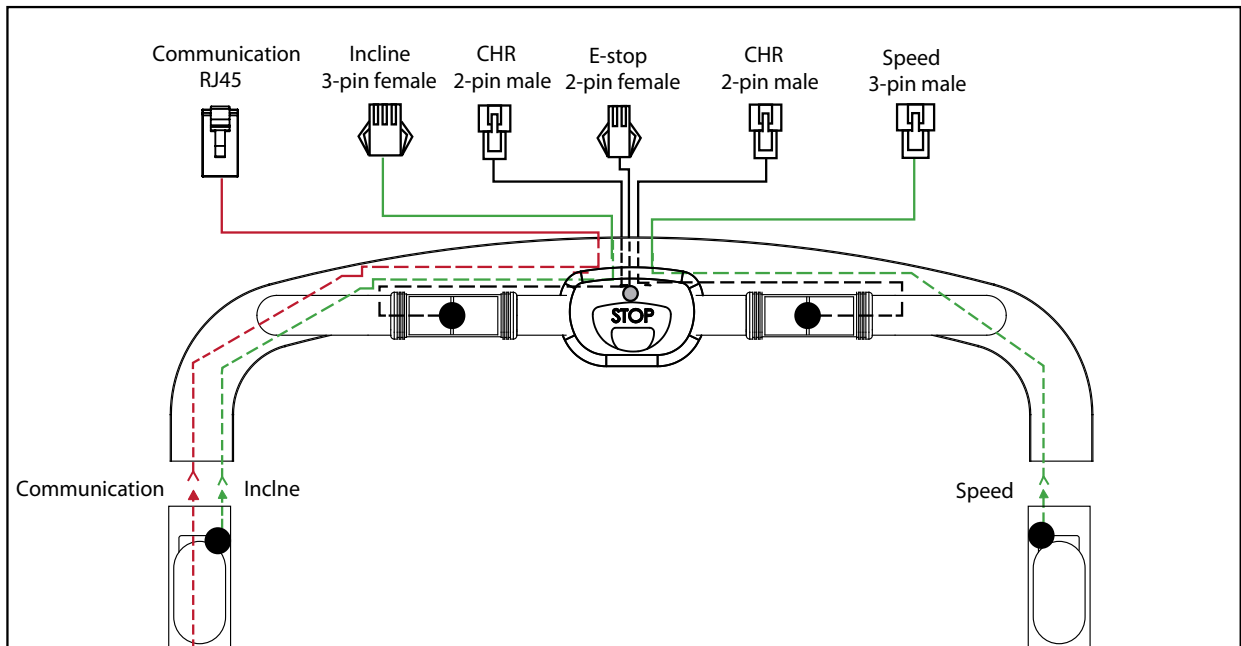
STEP 3 - Connect the internal communication RJ45 cable of the left upright to the communication cable coming from the main frame before repeating STEP 2 for the left side.



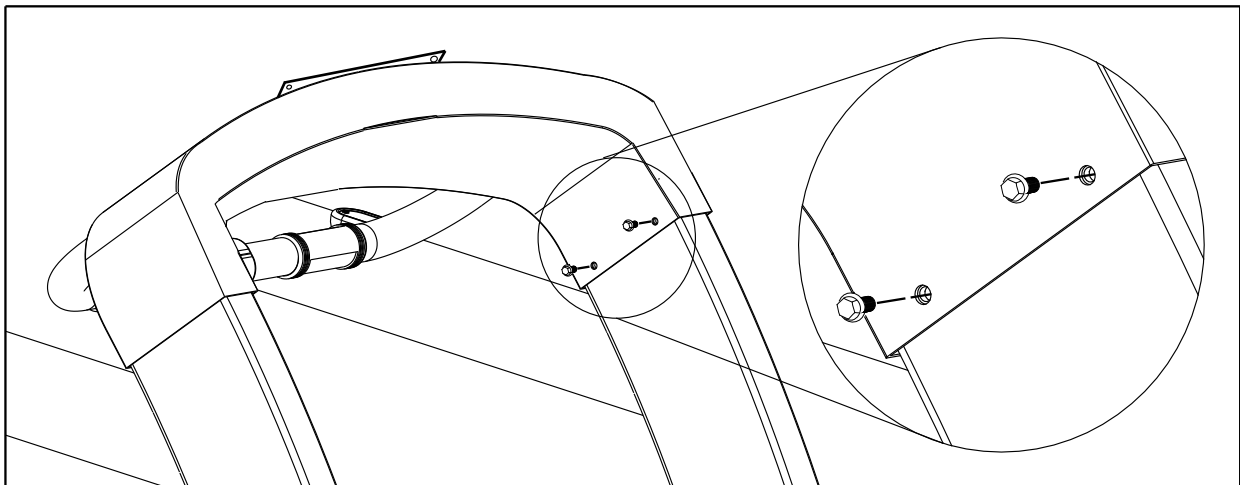
CAUTION

- Fasten hardware securely to eliminate noise due to looseness
- Left and right Upright are slightly different.
 - The left Upright has a small cut-out at the bottom to allow for cable routing.

2. Install Center Weldment



STEP 1 - Carefully lay the center weldment on the uprights and connect the **Speed** cable from the center weldment to the **Speed** cable coming from the right upright. Then connect the **Incline** and **Communication** cables of the weldment to the left upright cables.



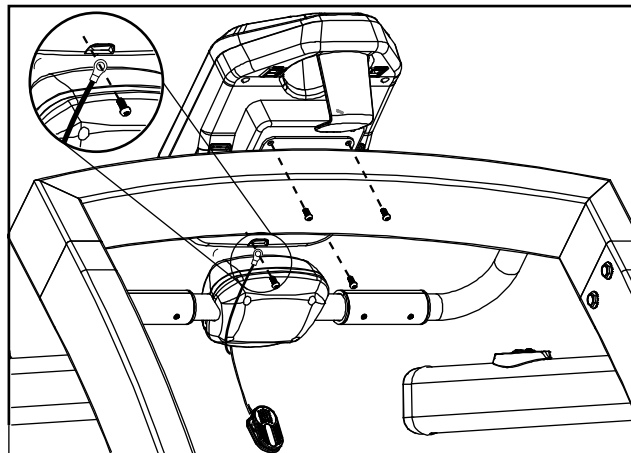
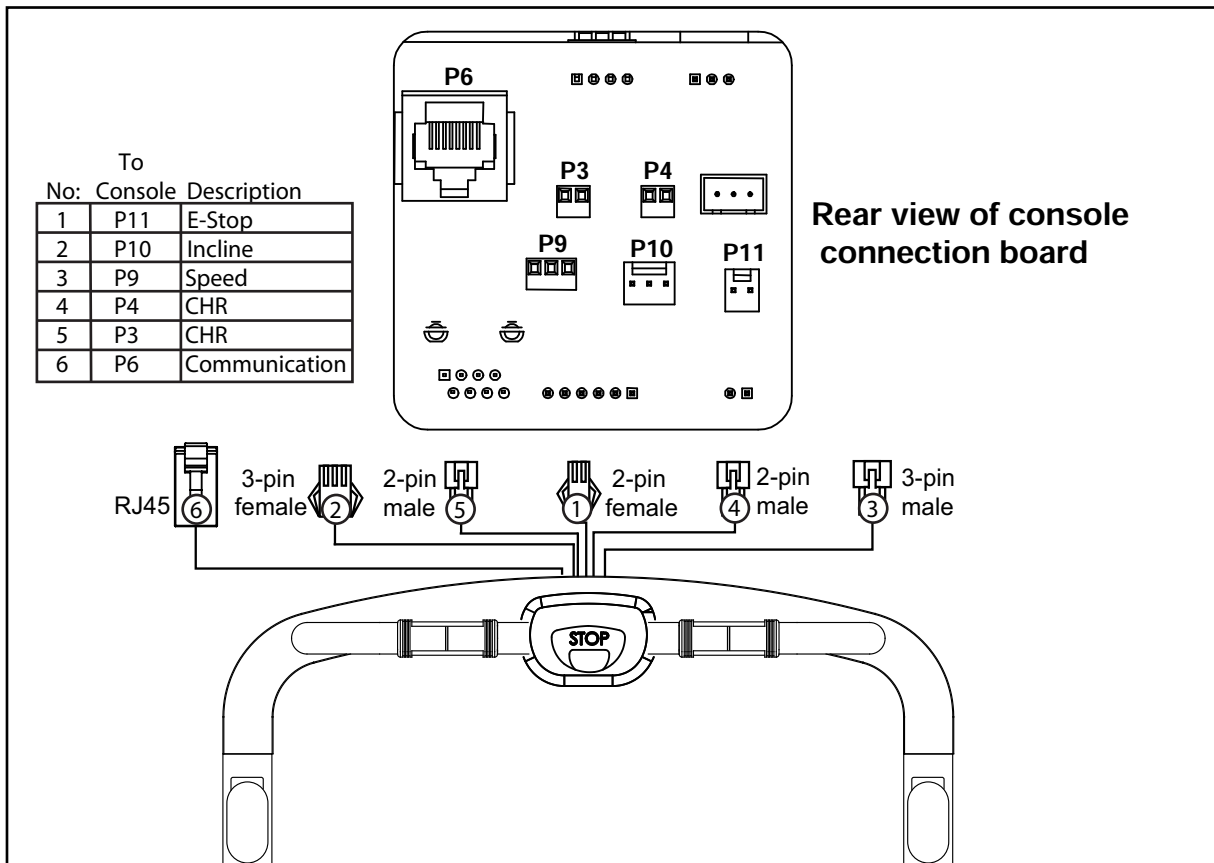
STEP 2 - Align the holes of the center weldment with the holes of the left and right uprights. Using a **9/16 socket** begin with the left side and loosely attach (Qty. 2) M10 x 20mm screws. Repeat the same process for the right upright.

NOTE: Be careful not to pinch the cables inside the uprights.

When all bolts are attached, then securely tighten.

At this time return to the bolts securing the LH/RH uprights and firmly tighten them.

3. Install Console To Center Weldment



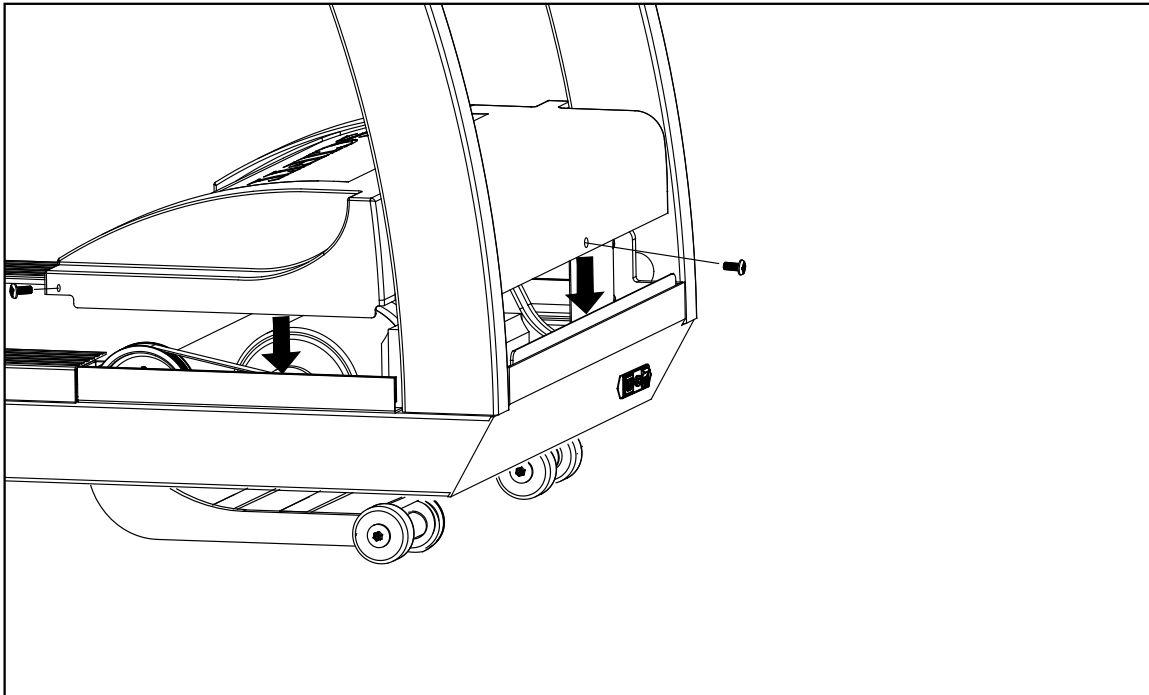
STEP 1 - Connect the cables from the center weldment to the back of the console.

NOTE: Use the above chart for cable connection designation.

STEP 2 - Carefully push the connected cables back into the opening of the center weldment and align the console mounting holes with the holes of the weldment mounting plate

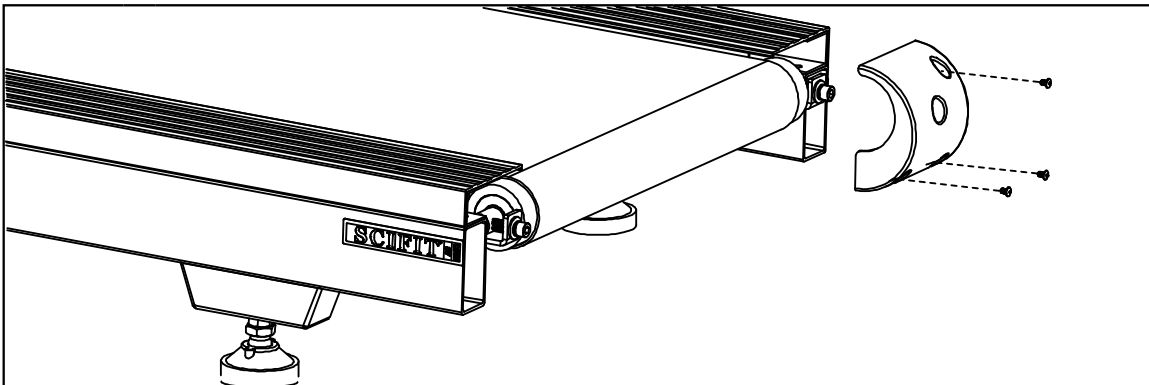
STEP 3 - Using a phillips screw driver secure the console the the center weldment with (Qty. 4) M5 x 12mm screws. NOTE: A ring lug extension from the emergency tether will need to be secured under one of the screws as shown above.

4. Install Motor Cover



STEP 1 - Place the motor cover onto the motor area and secure with the three supplied cover screws (one screw not shown).

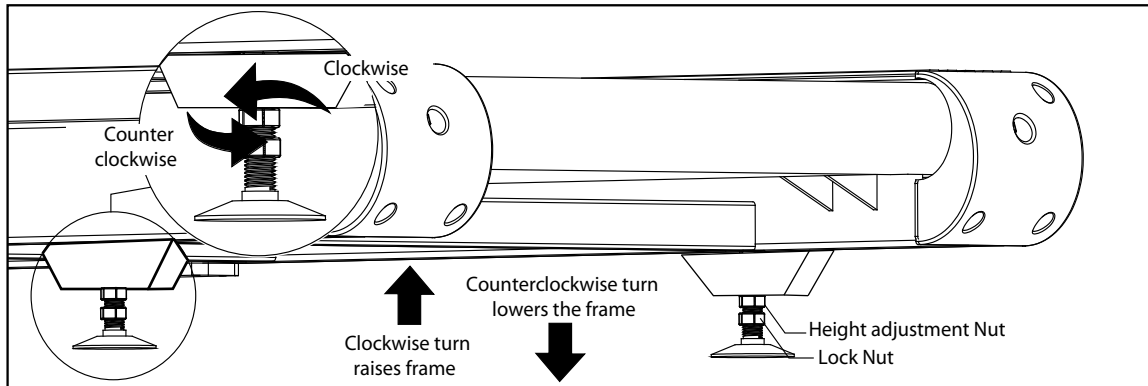
5. End Caps



STEP 1 - Beginning on the right side use a Phillips screw driver to attach the right end cap with three M5 x 12mm screws

STEP 2 - Repeat step 1 for the left end cap.

6. Adjust Level Pads



STEP 1 - Turn the level pad Height adjustment nut clockwise (raises frame) or counterclockwise (lowers frame) on both right and left side until the acceptable height is achieved .

REQUIRED TOOLS: *Leveler and Cresent wrench that will open up to 32mm.*

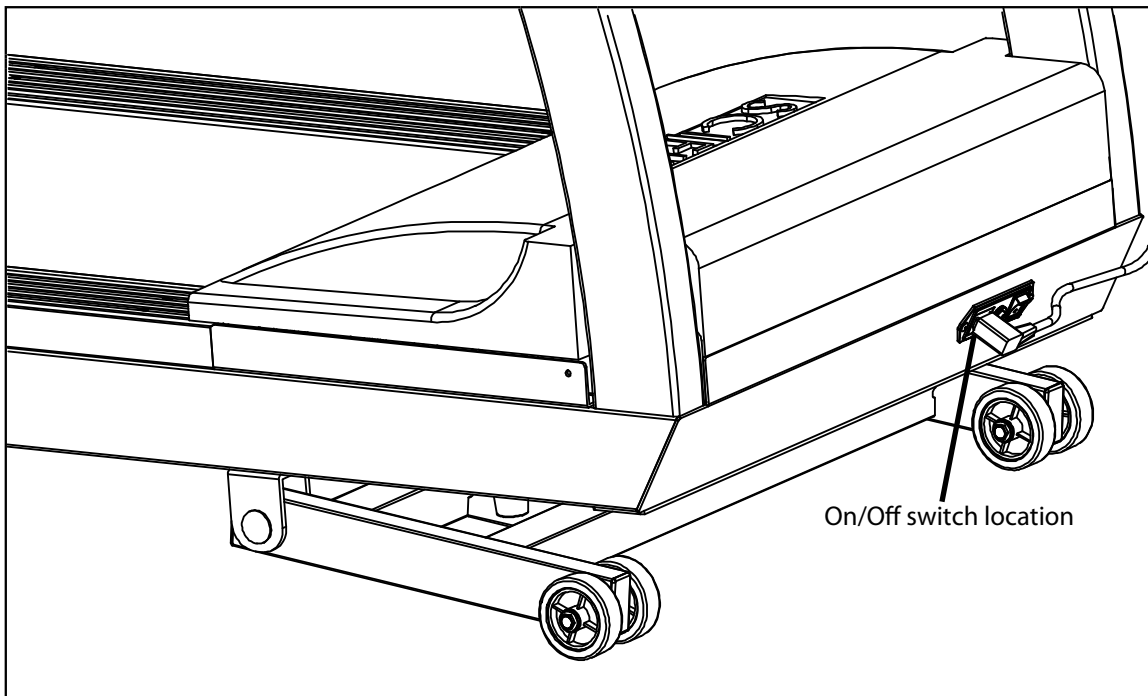
STEP 2 - When the machine is level, secure the Lock nut up against the Adjustment nut so it can't move.



Caution

An unlevel machine may cause the Walkbelt not to be properly centered.

7. Connect Power Cord



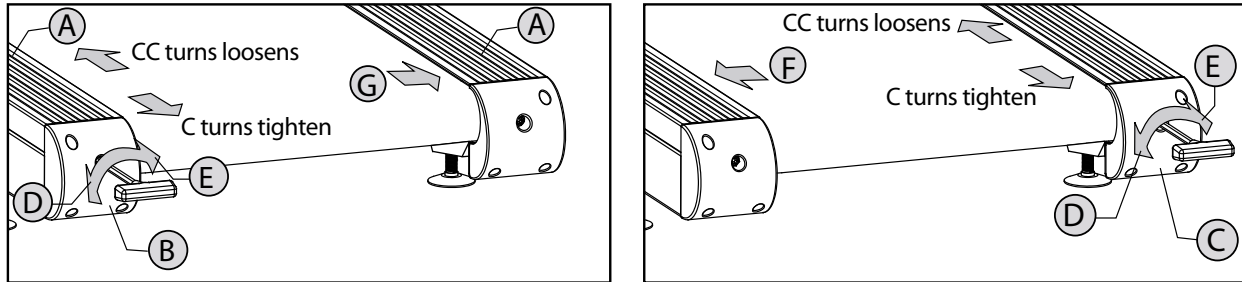
STEP 1 - Verify the On/Off switch is in the "OFF" position located at the front of the machine, then attach the supplied power cord and plug the other end into the wall socket.

8. Belt Alignment



Caution

An unlevel machine may cause the Walkbelt not to be properly centered.



STEP 1 - Remove the left and right siderails (A)

STEP 2 - Located in the left (B) and right (C) end caps, use the supplied 5/16 (8mm) T-handle wrench to turn the belt adjustment bolt (D) counter clockwise to loosen the belt.

STEP 3 - Center the walk belt manually within the walk deck.

STEP 4 - Turn the belt adjustment bolt clockwise (E) equally for both endcaps until the belt is taut.

STEP 5 - Press the "Quick Start" key and set the speed to 2 mph.

STEP 6 - Watch the tracking of the belt:

- * If the belt tracks to the right, place the wrench in the right end cap (C) and turn clockwise (E) a 1/4 turn at a time to make the belt move to the left (F).
- * If the belt tracks to the left, place the wrench in the left end cap (B) and turn clockwise (E) a 1/4 turn at a time to make the belt move right (G).

STEP 7 - When the belt is tracking in the center consistently, than increase the speed to 5 mph and adjust the belt according to the process in step 6.

STEP 8 - Stop the machine and proceed to the "Belt Tension Test"

Belt Tension Test

STEP 1 - With the machine in the idle mode, place you feet on the siderails of the frame to stradle the belt.

STEP 2 - Press the "Quick Start" key and increase the speed to 2 mph.

STEP 3 - Grab hold of both left and right handrails, then begin to walk on the belt.

STEP 4 - Stomp one foot in front of the other just in front of the motor cover to try to make the belt stop.

*If the belt slips, then more tension is needed and step 6 will need to be repeated.

*If the belt does not slip, then no further tensioning is required.

STEP 5 - Reattach the side rails previously removed.

Placement

Avoid placing the treadmill in direct sunlight, in areas of extreme temperature or humidity or where the equipment may be splashed with any fluid. This treadmill is intended for indoor use only. Position the treadmill so the plug is easily accessible.

Allow a minimum of 20" (508mm) between the wall and other treadmills when in use.

Allow a safety area of 79" (2000mm) x 36" (914mm) square behind the treadmill when in use.

Moving

The treadmill has wheels at the front of the machine attached to the incline weldment assembly for easy handling.

These built-in wheels are designed for short distance relocation of the treadmill, not for moving or delivery.

To move a short distance, incline the machine to 10%, then unplug from the wall outlet, lift the rear of the treadmill and move.

CAUTION:

*When moving the machine it is strongly recommended that two people be used.

*Please use furniture dollies to move the treadmill longer distances.

After intense training, always clean your SCIFIT product. Perspiration that stays in contact with the frame, casing, and console may cause rust or other damage. Clean surfaces with water and mild soap, then dry with a towel. Follow the schedule below to maintain optimal performance of a SCIFIT treadmill

Treadmill Maintenance Schedule

Any mechanical or electrical work conducted within the main body of a medical CE class IIa unit **MUST** be recalibrated. The generic maintenance schedule below should be applied to medical CE and non-medical CE products

COMPONENT	USE	WHEN	BY WHOM
Frame, Motor Cover, Console	Damp Cloth	Daily	Club Maintenance
LCD Screen	LCD TV Screen soft cleaning cloth	Weekly	Club Maintenance
Inside Motor Cover	Vacuum	Monthly	Club Maintenance
Inspect Drive Belt	Tension Gauge 80-90 ftlbs (119 - 134 Kg/m)	Monthly	Club Maintenance
Inspect Walkbelt	Belt Tension Test (Assembly, section 3.8) Replace if damaged	Monthly	Club Maintenance
Inspect Walk Deck	Flip once a year Replace if Damaged	Yearly As Needed	Club Maintenance
Front/Rear Rollers	Damp cloth Replace if Damaged	As Needed	Club Maintenance
Actuator Elevation Screw Shaft	General purpose grease	Annually	Club Maintenance

UNITED STATES CUSTOMER SERVICE

For assistance in the service of SCIFIT products;

phone : (800) 745-1373 or (918) 359-2040
fax : (918) 359-2045
e-mail: service@scifit.com

The Product Support department is staffed from 7:00 AM to 6:00 PM CST Monday through Friday. A voice mail service is available 24 hours a day for recording messages to request technical support and to order replacement parts. Our mailing address is:

SCIFIT Systems Inc.
5151 S. 110th E. Ave.
Tulsa, OK 74146
USA

UK & EUROPEAN CUSTOMER SERVICE

phone : +44 1344 300022
fax: +44 1344 868838
e-mail: info@scifit.uk.com

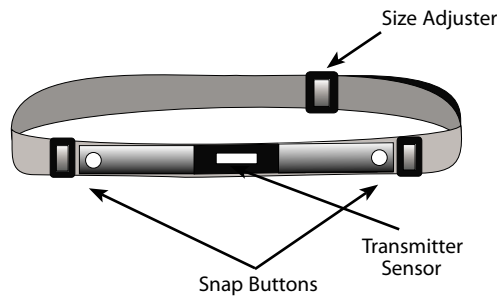
SCIFIT LTD (UK)
Lexham House
Forest Road
Binfield
Berkshire, RG42 4HP
UK

Company Number: 5970624 (UK)

*** COUNTRIES OUTSIDE OF UK & EUROPE
PLEASE USE USA CONTACT NUMBERS***

Order online 24/7 at www.SCIFIT.com

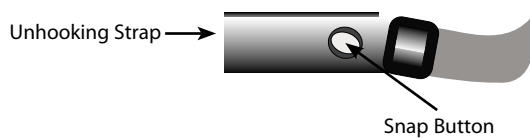
Uses of the Heart Rate Transmitter Strap



The wireless heart rate transmitter strap accessory is a useful device if you desire continuous feedback on your current heart rate during a workout.

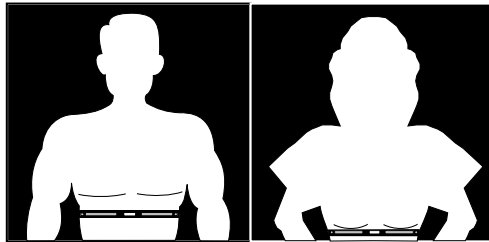
The Heart Rate Control program enables the user to set-up a target heart rate. Through real-time monitoring of the user's heart rate, the computer maintains the user's heart rate at or below this established target rate by decreasing the elevation if the user's heart rate exceeds the target.

Activating The Transmitter



To activate the HR Transmitter strap, follow the steps below:

1. Unhook the strap by slightly twisting the snap button on either side outward until you can pull the button through the hole.
2. Moisten the backside of the sensor, then adjust the strap (with the size adjuster), so it fits snugly around your chest just below the pectoral muscle or breasts.
3. Position the strap so that the transmitter sensor is directly in the center of the chest as shown in the illustration.
4. The sensor will begin to monitor and transmit your heart rate.



NOTE: For best results place the transmitter under your garment, so it may contact the skin.

De-activating the Transmitter

The transmitter is automatically turns off when it is removed. Be sure to wipe the strap thoroughly with a dry cloth after each workout to ensure reliable operation.

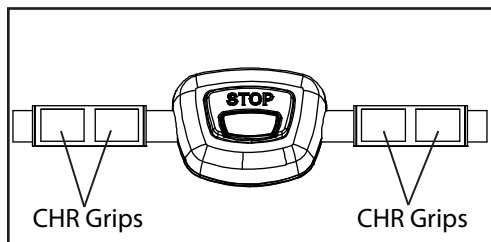
Signal Interference

Inaccurate heart rate readings may occur if you use the transmitter within an area near other sources of electromagnetic radiation. Examples of such sources include: other fitness equipment, other heart rate transmitters, and televisions. To reduce erroneous readings, be sure to allow a minimum of 3-1/2 feet (1 meter) between each radiation source.

CAUTION: Pacemaker Wearers

Never use the Heart Rate Transmitter strap if you wear an electrical heart pacemaker or other electrical medical device. This could be extremely dangerous since the Heart Rate Transmitter can interfere and cause electrical disturbances to those devices.

Contact Heart Rate

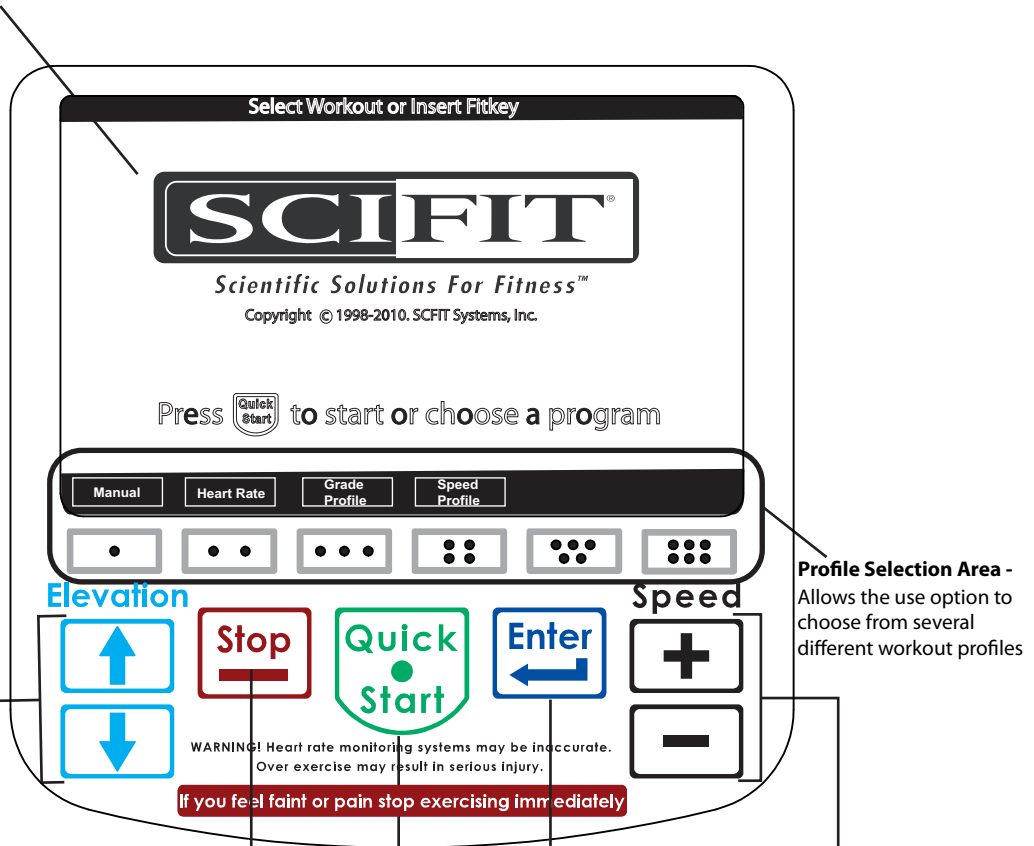


The Contact heart rate is located directly in front of the operator. Simply grip the contact grips lightly, after a short delay the pulse reading will appear on the display.

NOTE: If a transmitter heart strap is worn, this will over ride the reading of the contact heart rate.

Work Level Status LCD Screen -

The work level status LCD screen gives a progressive real-time indication of the current work level of any and all programs .



[Up] and [Down] Keys
Allows the user to increase or decrease the elevation during a workout.
Note: May not be able to use on all workout profiles.

STOP
Used to pause or exit a workout. Press once to pause the workout, Press again to exit the workout

ENTER
This key is used to validate selected values the operator has chosen for a workout profile.

[+] and [-] Keys
Allows the user to increase or decrease the speed during a workout.
Note: May not be able to use on all workout profiles.

QUICK START
This key provides a one-touch "Quick Start" pre-programmed workout profile or after logging into a program the "Quick Start" key will activate a selected program.

ADDITIONAL KEYPAD FUNCTIONS

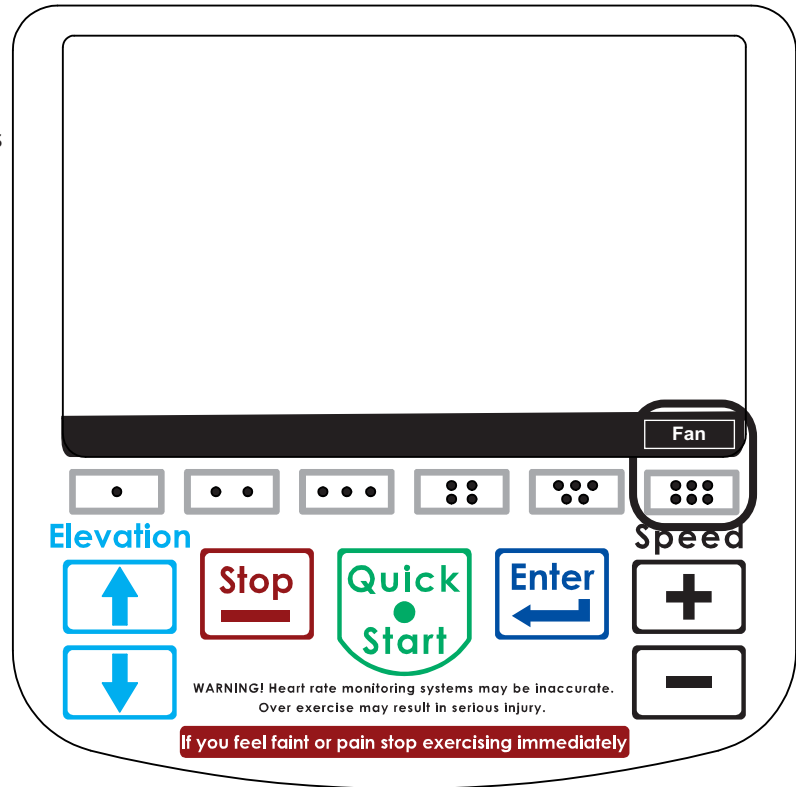
THE FAN OPTION

Anytime during a workout the screen gives the operator the option to activate the dual internal fans of the console.

The fans will have three speed settings available to the user.

To activate the fan option:
 Press the fan key once- Low
 Press the fan key twice - Medium
 Press the fan key three times - High

The fan will stay activated until:
 1. The user exits the workout
 2. The fan key is pressed a fourth time



PAUSING A WORKOUT

Anytime during a workout the user may "PAUSE" a workout.

PAUSING

1. Press the STOP key once

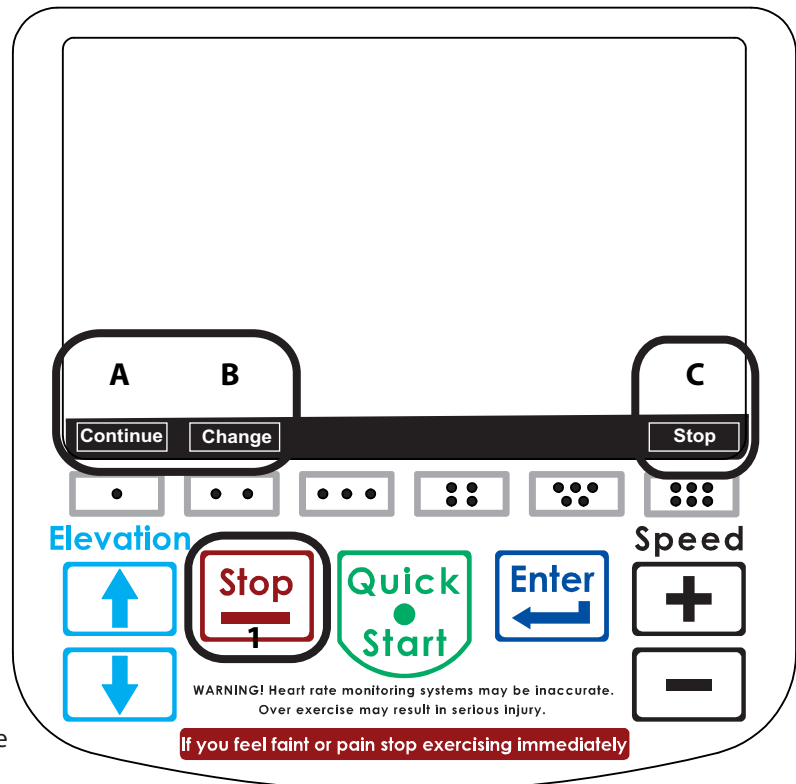
At this time the user will be given three options.

A. **Continue** - Pressing this key will restart the workout at the point it was paused.

NOTE: A slight delay will occur before the belt begins to move or just press the [+] key once.

B. **Change** - Pressing this key will take the user back to the parameter screen to make any additional adjustments.

C. **STOP** - Pressing this key will exit the workout and return to the main screen.



MANUAL (AC5000)

Allows the user to initially set the speed and incline grade. These settings do not change unless the user manually adjusts the speed by using the [+] or [-] keys or adjust the incline by using the [UP] or [DOWN] arrow keys during the workout.

Press **MANUAL** Then 

Time	15:00
Speed	.1
Pace	---

Select the speed
Manual/Forward: .1-12 mph (.17-19 km/h)
Reverse: .1-4 mph (.17-6 km/h)

with the   keys, then press 

FORWARD (AC5000M)

Similar to the MANUAL program. Allows the user to initially sets the speed and incline grade. These settings do not change unless the user manually adjusts the speed by using the [+] or [-] keys or adjust the incline by using the [UP] or [DOWN] arrow keys during the workout.

Press **FORWARD** Then 

Time	15:00
Speed	.1
Pace	---

After the SPEED has been selected, the PACE category will display the amount of time it will take to complete 1 mile. If you wish to decrease or increase the amount of time to complete a mile

use the   keys, then press 

REVERSE (AC5000M)

Again similar to the manual program, only the belt will be moving in reverse. The user initially sets the speed and incline grade. These settings do not change unless the user manually adjusts the speed by using the [+] or [-] keys or adjust the incline by using the [UP] or [DOWN] arrow keys during the workout.

Press **REVERSE** Then 

NOTE: when adjustments are made, the SPEED category will automatically adjust to the speed it will take to complete 1 mile for the PACE selected.




Speed	.1
Pace	---
Grade	0

Select the Incline grade
(0 to 15% Fitness, -3 to 12% Medical)

with the   keys , then press 

Time	15:00
Speed	.1
Pace	---

Select the workout time (2-99 min.) with the

  keys, then press 

Pace	---
Grade	0
Weight	150

Select your weight (Maximum 550 lbs/250 kg)

with the   keys, then press 

HEART RATE (AC5000/AC5000M)

NOTE: Heart Rate Transmitter Required

The Heart Rate program automatically adjusts the incline of the treadmill in response to changes in the operator's heart rate, so to put the operator as near as possible to the desired Target Heart Rate. In this program the operator controls the speed using the [+] or [-] keys.

NOTE: A transmitter strap is required for this program (Refer to section 5.1). Contact grips will not work on this program.

Press  Then 

Time	15:00
Heart Rate	120
Speed	.1

Select the workout time (2-99 min.) with the

with the   keys, then press 

Calculating Target Heart Rate Zone

Your approximate Maximum Heart Rate (MHR) is equal to 220 minus your age.
 The upper limit of your target zone is equal to .85 times your MHR.
 The lower limit of your target zone is equal to .60 times your MHR.




Example:

Your age is 40
 $220 - 40 = 180$
 $180 \times .85 = 153$ (Max MHR)
 $180 \times .65 = 108$ (Min MHR)

These values are based upon averages. Always consult your physician to establish the proper heart rate zone for your individual health condition.

Time	15:00
Heart Rate	120
Speed	.1

(see Calculating Heart Rate Zone) Select your Target Heart Rate with the

  keys, then press 

Time	15:00
Heart Rate	120
Speed	.1

Select the speed .1-12 mph (.17-19 km/h)

with the   then press 

Heart Rate	120
Speed	.1
Pace	-- --

After the SPEED has been selected, the PACE category will display the amount of time it will take to complete 1 mile. If you wish to decrease or increase the amount of time to complete a mile

use the   keys, then press 

NOTE: When adjustments are made, the SPEED category will also automatically adjust to the speed it will take to complete 1 mile for the PACE selected.

Speed	.1
Pace	-- --
Weight	150

Select your weight (Maximum 550 lbs/250 Kg)

with the   then press 

Grade Profile Programs (AC5000/AC5000M)

The grade profile provides seven different incline dependent workout contours that the operator may select.




The incline will automatically adjust up or down as workout progresses.

Speed can only be adjusted manually during these workouts.

Press  Then 

Time	15:00
Profile	
Minimum	0

Select the workout time (2-99 min.) with the

  keys, then press 




Time	15:00
Profile	
Minimum	0

Select from seven different workout contours (see section 7.4)

with the   keys, then press 

Time	15:00
Profile	
Minimum	0




Select the minimum incline height with

the   keys, then press 

Note: Do not exceed the Maximum incline height selected in the next step.




Profile	
Minimum	0
Maximum	6

Select the maximum incline height with

the   keys, then press 

Minimum	0
Maximum	6
Speed	.1

Select the speed .1-12 mph (.17-19 km/h) for the workout with the

  keys, then press 

NOTE: The speed may only be changed manually anytime during the workout.

Maximum	6
Speed	.1
Pace	-- --

After the SPEED has been selected, the PACE category will display the amount of time it will take to complete 1 mile. If you wish to decrease or increase the amount of time to complete a mile

use the   keys, then press 

NOTE: When adjustments are made, the SPEED category will automatically adjust to the speed it will take to complete 1 mile for the PACE selected.

Maximum	6
Speed	.1
Weight	150

Select your weight (Maximum 550 lbs/250 Kg) with

the   keys, then press 

The following are Grade and Speed workout profiles available for selection

COURSE



MULTI-PEAKS



SPRINT



RAMP



TWIN PEAKS



PEAK



PROGRESSIVE



Speed Profile Programs (AC5000/AC5000M)

The speed profile provides seven different speed dependent workout contours that the operator may select.




The speed will automatically adjust faster or slower as the workout progresses.

Incline can only be adjusted manually during these workouts.

press **SPEED PROFILE** Then 




Time	15:00
Profile	
Minimum	.1

Select the workout time (2-99 min.) with the

  keys, then press 




Time	15:00
Profile	
Minimum	.1

Select from seven different workout contours (see section 7.4) with the

  keys, then press 

Time	15:00
Profile	
Minimum	.1




Select the minimum workout speed .1-12 mph (.17-19 km/h) with

the   keys, then press 

Note: Do not exceed the Maximum speed selected in the next step.

Profile	
Minimum	.1
Maximum	12

Select the minimum workout speed .1-12 mph (.17-19 km/h) with

the   keys, then press 

Minimum	.1
Maximum	12
Grade	0.0

Select the incline height for the workout with

the   keys, then press 

NOTE: The incline height may only be changed manually during the workout.

Maximum	12
Grade	0.0
Weight	150

Select your weight (Maximum 550 lbs/250 Kg)

with the   keys, then press 

CONDITION	REASON	SOLUTION
Main power does not turn on	Power cord is not connected	Connect the power cord into plug
	Power switch is on “OFF” position	Turn the power switch to the “ON” position at the front of the treadmill
	Voltage supply is not available	Check the following: 1. Check if the wall voltage is present (consult a qualified electrician). 2. Check cables under the motor cover.
	Problem is between the wall outlet and inverter	Consult a qualified technician for the following: 1. Verify power is present at the input side of the line filter with the power switch in the “ON” position. 2. Verify power is present at the output side of the line filter with the power switch in the “ON” position. 3. Verify power is present at the connector that attaches to the inverter.
	Power present to inverter, but inverter not supplying power	Replace inverter
Roller noise	Roller bearings bad	Replace roller
Noise coming from belt each time seam passes over the roller.	Seam of new belt	Noise goes away after a day or two, if noise persists contact SCIFIT service
Motor making noise	Bearings of motor damaged	Replace motor
Noise at rear part of the frame	1. Level machine 2. Check bearings of rear roller 3. Check alignment of walk belt	Level machine Replace bearings in rear roller Align walk belt
Motor is not working	Bad motor	Replace motor
	Power from inverter not present	1. Verify motor cable is connected to the inverter 2. Verify power is coming from inverter when motor is activated
When the “Quick Start” key is pressed the display is normal, but the machine will not incline	Power from inverter not present	1. Verify actuator cable is connected to the inverter 2. Verify power is coming from inverter when motor is activated
The motor runs, but the walk belt does not move	Drive belt is too loose	Adjust the drive belt tension
	Drive belt broken	Replace the drive belt
Walk belt slips	Walk belt tension too loose	Tighten the tension of the walk belt

It is very important that your SCIFIT machine is registered. This can be done online at <http://www.SCIFIT.com/warrantyregistration.shtml> or fill out and mail the registration form at the back of this manual.

SCIFIT Statement of Warranty

SCIFIT warranties new products against defective workmanship and/or materials under normal and proper use subject to the following limitations:

(a) SCIFIT's obligation to the original purchaser shall apply to:
Within the United States and Canada both parts and the cost of labor required to replace or repair a defective product for a period of one (1) year from *user/dealer purchase date as documented by *warranty card and if warranty card has not been returned by user/dealer, then date of shipment from the factory*. Thereafter, for a period of two (2) years, such obligation shall extend only to the supply of replacement parts or products with any labor costs associated with such replacement or repair to be at Buyer's expense. Refer to clause (e) for components outside this policy clause.

Outside the United States and Canada replace defective product with no labor for a period of three (3) years from user purchase date as documented by *warranty card and if warranty card has not been returned by user then date of shipment from factory.

*Note: Original purchaser must register their purchased products either by warranty card return, web site registration or fax to activate warranty period or shipment date is extant for start of warranty period. A ninety (90) day period is to be given for warranty registration to allow stock rotation and showroom stock thereafter none registration will be shipment date for the start of the warranty period.

(b) SCIFIT's obligation shall be limited to repairing or replacing defective parts. No allowance shall be granted for repairs made by Buyer without SCIFIT's prior written approval. The decision to replace or repair shall be solely at SCIFIT's discretion.

(c) SCIFIT's warranty does not apply to parts requiring replacement or repair due to normal and abnormal wear and tear, improper use, corrosion (perspiration), improper maintenance, improper installation, improper rated, grounded or dedicated electrical circuits or improper storage, nor does it apply where all or part of the product has been altered from its original state by Buyer or a third party.

(d) THIS WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESSED OR IMPLIED, ARISING BY LAW OR OTHERWISE INCLUDING WARRANTY OR MERCHANTABILITY OF FITNESS FOR PARTICULAR PURPOSE, AND IS IN LIEU OF ALL OTHER LIABILITIES OF SCIFIT INCLUDING DIRECT, INDIRECT, SPECIAL AND CONSEQUENTIAL DAMAGES OR PENALTIES EXPRESSED OR IMPLIED WHETHER ARISING OUT OF CONTRACT, NEGLIGENCE OR OTHER SORT.

SCIFIT Statement of Warranty

(e) The below listed items have the following warranty coverage unless determined to be defective. These items include, but are not limited to:

Treadmills – AC5000 models only	Warranty Period
Treadmill belts	12 months
Treadmill belts decks	12 months
Treadmill structure & frame	5 years
Treadmill drive system inclusive of motor & inverter	5 years
Treadmill Handrails & Handles	3 years
Treadmill Heart rate grips	12 months
Treadmill water bottle holders	90 days
Treadmill trays	90 days

Rotary Products	Warranty Period
Upholstery	12 months
Saddles/Seats	12 months
Rotary Pedals	12 months
Rubber grips	12 months
Heart rate grips	12 months
Rotary structure & Frame	5 years
Rubber foot Pads (BioFlex)	12 months
Rotary water bottle holders	90 days
Rotary trays	90 days

Accessories Products	Warranty Period
Pedal straps	Normal wear & tear
Heart Rate Receiver/Transmitter	90 days
Low support boots	12 months
High support boots	12 months
Assist gloves	90 days
USB Keys and Lanyards	90 days

(f) Fires, floods and acts of God are not covered under this warranty.

Freight and Shipping

SCIFIT is not responsible for the repair or replacement of any unit or part damaged during transit or installation. The customer is responsible for inspection of each unit and part for shipping damage at time of delivery or installation, and prior to signing receiving paperwork. The customer is responsible for pursuing all freight damage claims with the appropriate transit company. **If the customer signs an unqualified receipt for freight damage goods, the customer is solely responsible for the cost of the repair or replacement for such freight damage.**

Maintenance

After training, always wipe down your SCIFIT exercise product. Perspiration that continuously settles on frame, upholstery, casings and control panels may eventually cause rust or damage. Damage resulting from lack of maintenance will NOT be covered under warranty. To clean upholstery, use mild soap and warm water. Dry with a clean towel. Refer to the Treadmill maintenance schedule.

Electrical Requirements

AC5000 or AC5000M (220V): 208V - 265V, 10 amp dedicated
AC5000 or AC5000M (100-110V): 120V, 15 amp dedicated

Product Support

Assistance for the service of SCIFIT products is available by calling **(800) 745-1373** or fax **(918) 359-2045**. The product support department is staffed from 7 AM to 5 PM Central Time Monday through Friday. A voicemail service is available 24 hours daily for recording messages to request technical support and to order replacement parts. Our goal is to return every voicemail call within 30 minutes of when it is placed during our normal business hours.

Please have the following information prior to calling technical support:

- Model number of equipment
- Serial number of equipment
- Point of contact name and phone number
- Detailed description of symptoms encountered.

Installation

SCIFIT is not responsible for the repair or replacement of any unit or part damaged during installation. The customer is responsible for inspection of each unit and part for damage at the time of installation. The customer is responsible for pursuing all damage claims with the installer.



Software, Trademarks, Copyrights, and Patents

If an order includes software, such computer software is transferred by SCIFIT to the customer pursuant to a single user license, the royalty, terms, and conditions of that are set forth on or in the package accompanying such software.

KeyMaster software will receive 1 year of call-in technical support and owners will be eligible for product upgrades for one year following purchase.

SCIFIT has trademarked several names to uniquely identify its business and products. These names must not be used by other entities in the fitness business.

SCIFIT decals, user’s manuals, and service manuals are copyrighted and may not be copied without prior approval from SCIFIT.

SCIFIT has obtained several patents on features and designs that are unique to its products. SCIFIT will defend these patents against those who attempt to utilize these features and designs in other products.



Parts Shipment

During the first 30 days warranty parts will be shipped via overnight delivery. Determination must be made before 2:00 PM Central Time on any given weekday for next day delivery. During the remainder of the first year warranty period, parts requirements will be filled via ground shipment. The customer is welcome to request overnight or 2nd day parts shipping, at customer’s expense. If requested, SCIFIT will charge the customer’s UPS account, or COD the difference in freight cost between ground shipment and overnight or 2nd day.



Return of Parts

SCIFIT is committed to continual improvement in the equipment we market. In order to meet this commitment, the rapid return of defective parts is essential. The examination of the parts by our engineering department leads to changes that insure the same problem does not re-occur. Thank you in advance for your assistance!

When requested by SCIFIT, defective parts must be returned to the SCIFIT factory within 20 days of receipt of replacement part. Otherwise SCIFIT will expect payment on the parts invoice net 30 days.

Please follow these three easy steps for returning parts.

Step 1

Keep the box and packing material in which the new parts arrived.

Step 2

Wrap the defective part and place in the box for safe return. Please take the brief moment needed to fill in the return parts form that is enclosed in the box with the new parts.

Step 3

A **UPS prepaid Return Label** will be in the part box for only those parts that need to be returned. When **ALL** of the parts are received and inspected at the factory, a credit will be issued for the original parts invoice. **Attention service companies** - labor invoices will **NOT** be paid until defective parts are returned to the factory.

.....
Service Labor

Where applicable, the SCIFIT product support personnel will arrange a local field service technician to provide field support. Every effort will be made to schedule service during 48 business hours (8 hours per business day) following notification of a problem or as soon as repair parts are available to the field service technician. Where possible, parts will be supplied in advance of the field service technicians so that the product is repaired with one call.

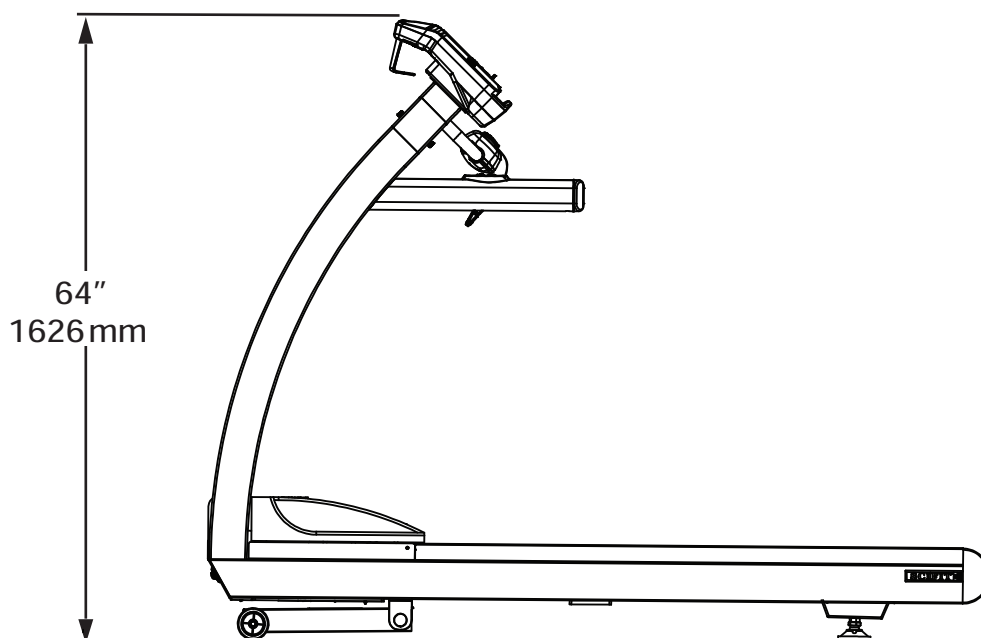
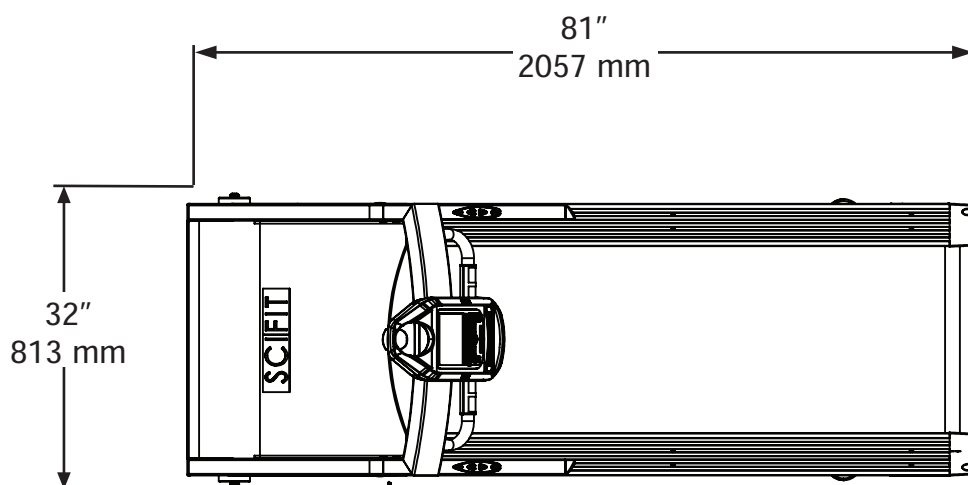
.....
Purchased Parts

All purchased parts will carry a 12 month warranty. Refer to Purchased parts shipments and installation for more details.

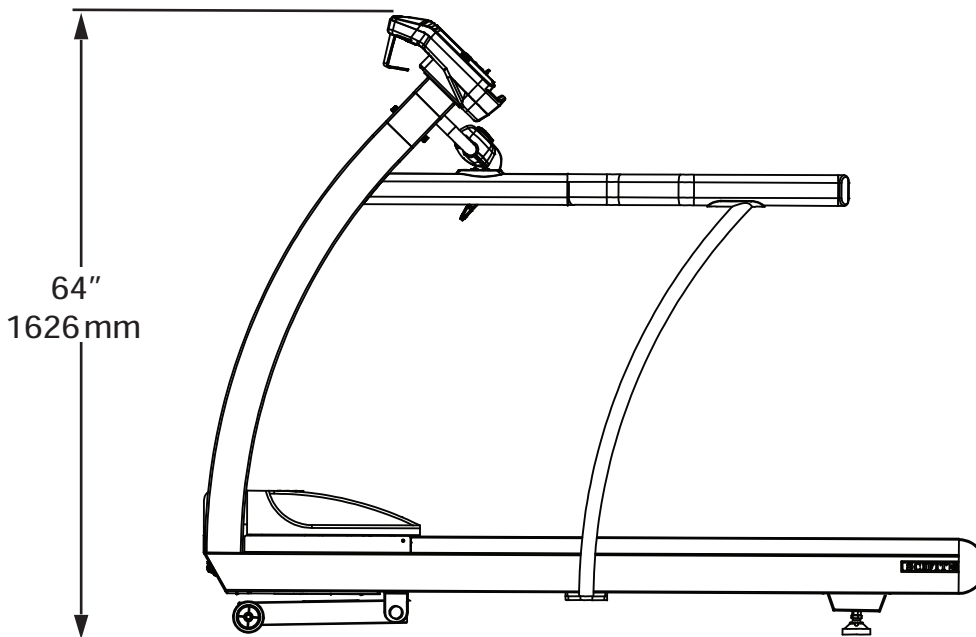
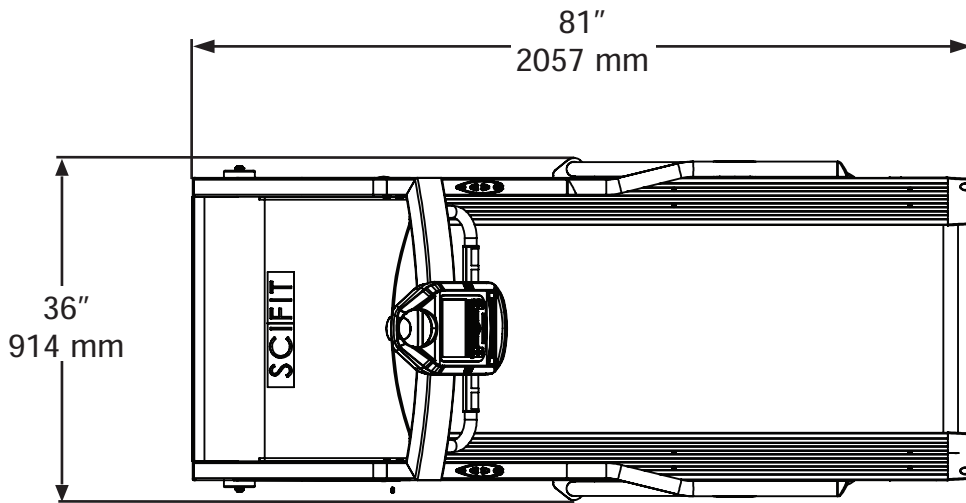
This Limited Commercial Warranty supercedes the limited commercial warranty printed in the "Users Operation Manual" for all SCIFIT Systems, Inc. products.

If you have questions or require additional information, please contact SCIFIT Systems, Inc. at 1-800-745-1373 or service@scifit.com

- Weight 458 lbs. (Assembled), 529 lbs. (Boxed)
- Max User Weight . . . 550 lbs. / 250 Kg.
- Power 110V/15 amp, 220V/10 amp dedicated circuit
- Power Cord 5-15P RA (110V), 6-20P RA (220V)
- Elevation Range 0 to 15% (AC5000), -3 to 12% (AC5000M)
.5 % increment changes per key stroke
- Speed Range1 to 12 mph/.2 to 19.3 km
.1 mph/km increment changes per key stroke
- Programs Quick Start, Manual, Heart Rate, 7 Pre-programmed Elevation profiles,
7 Pre-programmed Speed profiles.
- Warranty Within U.S. & Canada 3 years parts, 1 year labor
Outside U.S. 3 years parts, no labor



- Weight 458 lbs. (Assembled), 529 lbs. (Boxed)
- Max User Weight . . . 550 lbs. / 250 Kg.
- Power 110V/15 amp, 220V/10 amp dedicated circuit
- Power Cord 5-15P RA (110V), 6-20P RA (220V)
- Elevation Range 0 to 15% (AC5000), -3 to 12% (AC5000M)
.5 % increment changes per key stroke
- Speed Range1 to 12 mph/.2 to 19.3 km
.1 mph/km increment changes per key stroke
- Programs Quick Start, Manual, Heart Rate, 7 Pre-programmed Elevation profiles,
7 Pre-programmed Speed profiles
- Warranty Within U.S. & Canada 3 years parts, 1 year labor
Outside U.S. 3 years parts, no labor





SCIFIT® Warranty Card

Register online at <http://www.SCIFIT.com/warrantyregistration.shtml> or complete this form, fold it and return it to SCIFIT. We request you send this card within 2 weeks after your equipment has been delivered to insure proper warranty registration.

Company Name _____

Contact Name _____

Address _____

City/State/Zip _____

Email Address _____

Home Phone (____) _____ Business Phone (____) _____

Model Purchased _____

Date Received _____ Serial Number _____

Entity Purchased From _____

City/State _____

Please rank the following reasons (1 through 6) for selecting SCIFIT with 1 being most important:

___ Features ___ Quality ___ Price ___ Dealer ___ User Friendly ___ Appearance

Please Check the appropriate box(s) on how you were introduced to SCIFIT:

Saw in _____ Magazine Introduced by SCIFIT Dealer

Saw at _____ Tradeshow Referred by SCIFIT User

Other _____

Comment _____

Thank You For Choosing



Scientific Solutions For Fitness™

www.SCIFIT.com

SCIFT
5151 South 110th East Avenue
Tulsa, OK 74146

From

Important: Please keep this page for "Recalibration records"

Model Number: _____

Serial Number: _____

Date of Purchase: _____

**Calibration Date
(Medical units):** _____

Supplied By: SCIFIT Systems Inc.

User Manual: #P4770A (2/2011)

	DATE	CLUB OR CERTIFICATION LOCATION	CERTIFIED SERVICE COMPANY	TECH INITIALS
1st Recalibration				
2nd Recalibration				
3rd Recalibration				
4th Recalibration				
5th Recalibration				

Please make extra blank chart copies for future use





Scientific Solutions for Fitness.

5151 South 110th East Avenue
Tulsa, Oklahoma 74146
USA

Sales: 1-800-278-3933 • 1-918-359-2000
Customer Service: 1-800-745-1373

Order online 24/7 at www.SCIFIT.com