CORE HEALTH & FITNESS

4-TR TREADMILLS

OWNER'S MANUAL

TABLE OF CONTENTS

IMPORTANT SAFETY INSTRUCTIONS

WARNING!

Before using this product, it is essential to read the ENTIRE Owner's Manual and ALL installation instructions. The Owner's Manual describes equipment setup and instructs members on how to use correctly and safely.

Read all warnings posted on the machine.

Health related injuries may result from incorrect or excessive use of exercise equipment. Core Health & Fitness strongly recommends you to encourage your members to discuss their health program or fitness regimen with a health care professional, especially if you or they have not exercised for several years, are over 35, or have known health conditions.

⚠ DANGER - to reduce the risk of electrical shock:

1. Always unplug the machine from the electrical outlet before cleaning or servicing.

2. This machine is not intended to be serviced by the end user, refer servicing to qualified personnel only.

3. This Treadmill is designed for aerobic exercise in a gymnasium or heath club environment (FOR COMMERCIAL USE). It is wired for either 110 VAC 20A OR 230 VAC 15A nominal power input. It is factory-equipped with a specific electric cord and plug to permit connection to the proper electric circuit. Make sure that the treadmill is connected to a dedicated power line having an outlet with the same configuration as that of the plug:

    - 20A for 110V models
    - 15A for the 230V models

4. If the power supply cord is damaged, it must be replaced by the manufacturer, its service agent, or similarly qualified persons in order to avoid hazard.

5. Do not operate treadmill in damp or wet locations.

⚠ WARNING - to reduce the risk of injury to person:
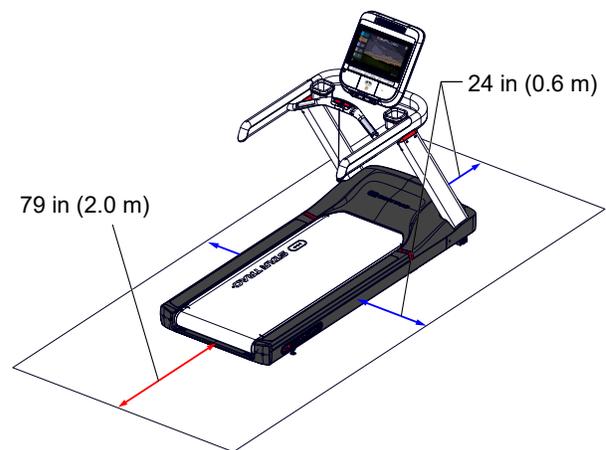

24 in (0.6 m)

79 in (2.0 m)

Fig. 1   Required Clearance

1. Assemble and operate the machine on a solid level surface. Position the machine with a minimum of 24 inches (0.6 meters) of clearance on each side to allow for ease of mounting and dismounting. Allow for 79 inches (2.0 meters) of clearance behind the machine. Leave a minimum of 19.7 inches (0.5 meters) between two adjacent units. These dimensions are the recommended minimum distances.

    The actual area for access and passage shall be the responsibility of the facility and should take into account this training envelope, Americans with Disabilities Act Accessibility Guidelines (ADAAG) requirements and any required local codes or regulations (www.access-board.gov/ada).

2. Do not exceed the maximum allowable weight limit of:

   • 4-TR   - 450 lbs. / 204 kg.

3. Familiarize yourself with the location of the STOP buttons on the console. If you experience difficulties during the workout, pushing the STOP button will bring the machine to a stop.

4. Lock your treadmill when not in use. Use the Lockout EN option in MAINTENANCE MODE to enable or disable treadmill lockout. When the treadmill is locked, the display shows the message "TREADMILL LOCKED, PRESS 0 TO ENTER ID". The user must press "0", enter the 3-digit ID number (default=999), then press ENTER to unlock the treadmill. The treadmill will then operate as normal (NOTE: The treadmill will lock back up if it is idle for 30 seconds).

5. Use care when getting on or off the treadmill. Always use the handrails. Do not step off of the treadmill while it is moving. Press the STOP button and wait for the treadmill to come to a complete stop before dismounting.

6. Inspect the treadmill for incorrect, worn, or loose components and then correct, replace, or tighten prior to use.

7. Obtain a medical exam before beginning any exercise program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.

8. Keep children away.

9. Do not wear loose or dangling clothing while using the treadmill.

10. Do not operate the machine if the motor shroud is removed or if the power cord is damaged in any manner. Keep all air openings free from dirt or any material that would block the flow of air to the motor.

11. Keep the top side of the moving surface clean and dry.

12. The safety and integrity of this machine can only be maintained when the equipment is regularly examined for damage and wear and repaired. It is the sole responsibility of the owner of this equipment to ensure that regular maintenance is performed. Worn or damaged parts must be replaced immediately or the equipment removed from service until the repair is made.

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

14. Noise emission under load is higher than without load.

SAVE THESE INSTRUCTIONS

This page shows examples of the warning labels and communication stickers placed on the equipment as part of the manufacturing process. It is critical that owners maintain the integrity and placement of these stickers. If you find any stickers missing or damaged the replacement numbers are shown on the support site. See Support and Service to order replacements. For console warnings, refer to console documentation for part replacement.   NOTE: STICKERS AND LABELS ARE NOT SHOWN TO SCALE

Console Warning

050-5587

050-2159

Serial Label
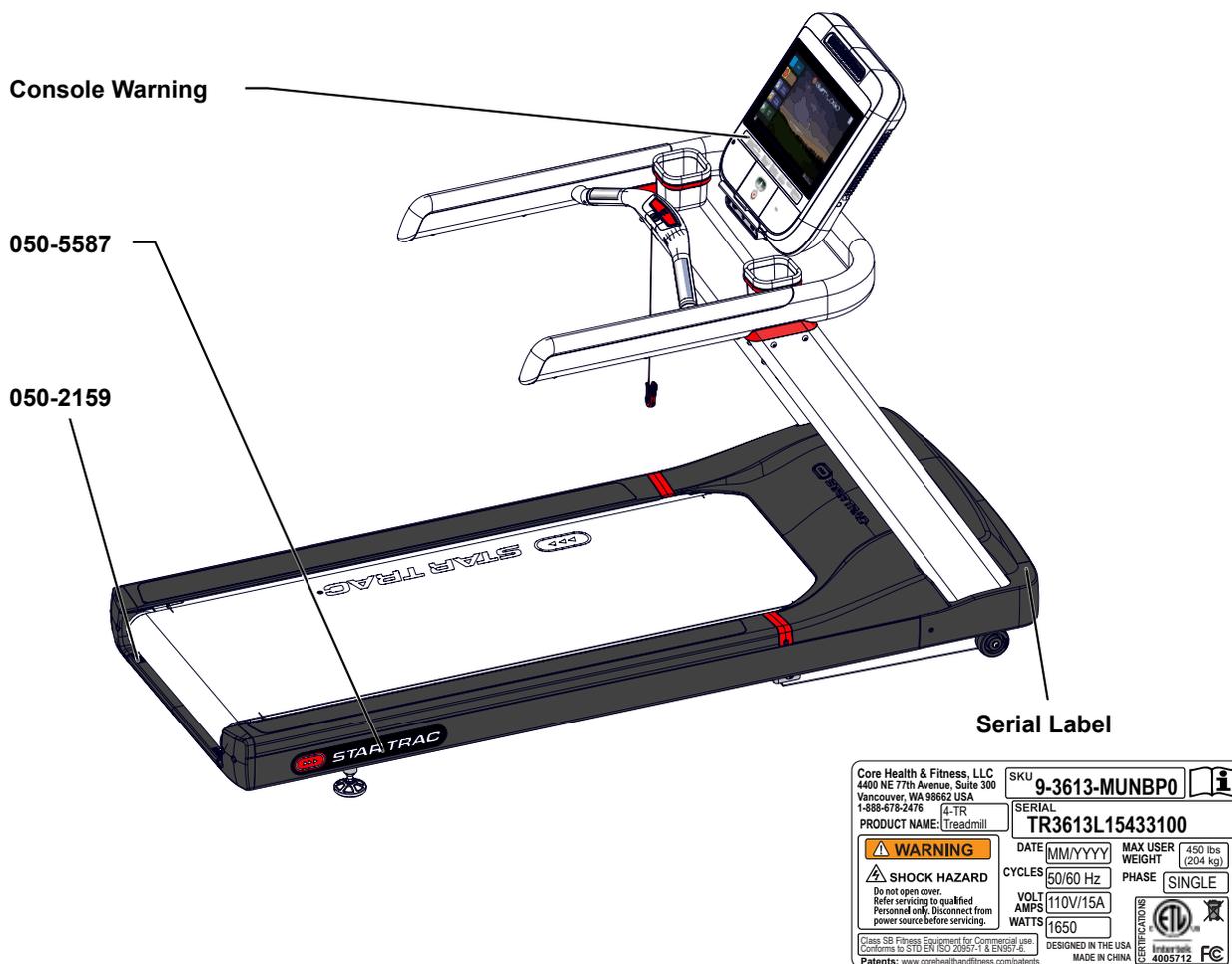
Core Health & Fitness, LLC		
4400 NE 77th Avenue, Suite 300	SKU	9-3613-MUNBP0
Vancouver, WA 98662 USA	SERIAL	TR3613L15433100
1-888-678-2476 4-TR		

PRODUCT NAME: Treadmill

⚠ **WARNING**

⚠ **SHOCK HAZARD**
Do not open cover.
Refer servicing to qualified
Personnel only. Disconnect from
power source before servicing.

Class SB Fitness Equipment for Commercial use.
Conforms to STD EN ISO 20957-1 & EN957-6.
Patents: www.corehealthandfitness.com/patents

DATE MM/YYYY   MAX USER WEIGHT 450 lbs (204 kg)
CYCLES 50/60 Hz   PHASE SINGLE
VOLT AMPS 110V/15A
WATTS 1650

DESIGNED IN THE USA
MADE IN CHINA

ETL   Intertek 4005712   FC

Fig. 2   15" OpenHub Console Shown

050-2159
LABEL, CAUTION, PINCH POINTS, TR

⚠ **CAUTION**
Pinch Points.
Keep hands away
from moving parts.

050-5587
LABEL, STAR TRAC, 398.6 X 58.8

Fig. 3   15" OpenHub Console shown

SKU: 9-3613   110V, 15AMP, UL/CSA   **Desc:** **4-TR Treadmill**
        9-3614   220V, UL/CSA/CE

Unit Weight		Width		Length		Height		Belt Width		Max User Weight	
873	lbs	**32**	in	**82**	in	**60.5**	in	**21.5**	in	**0-450**	lbs
396	kg	**81**	cm	**208**	cm	**154**	cm	**55**	cm	**0-204**	kg

Other Consoles
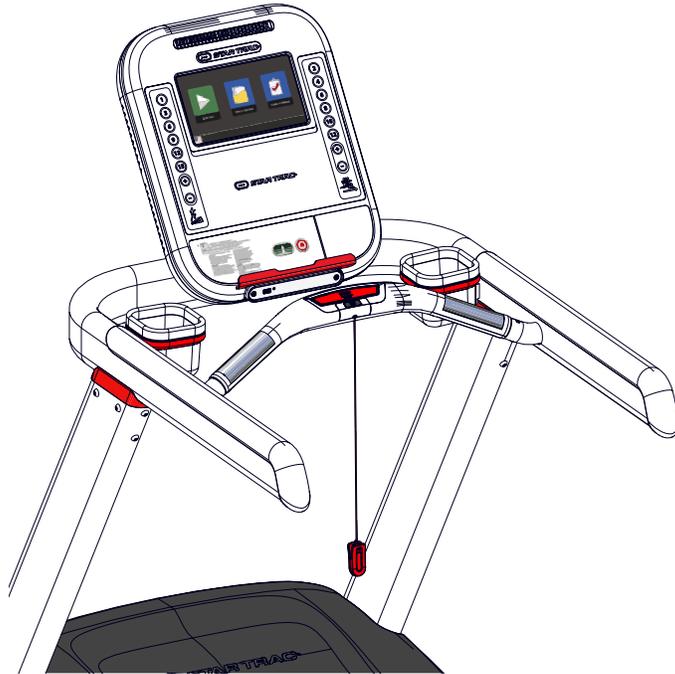
Fig. 4   10" Touchscreen Console
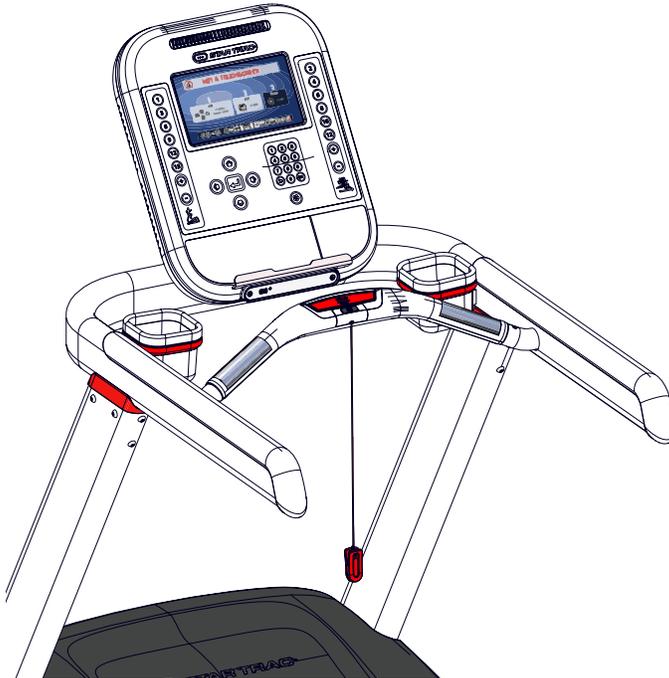
Fig. 5   LCD Console

Fig. 6   4-TR Features, 15" OpenHub Console Shown

#	Part	#	Part	#	Part
A	Console	**F**	Safety Stop (Cord)	**K**	Foot
B	Front Handlebar	**G**	Moving Surface	**L**	Elevation Frame
C	Heart Rate Grips	**H**	Deck	**M**	Motor Shroud
D	Safety Stop (Button)	**I**	Rear Roller Shroud		
E	Handrail	**J**	Rear Roller		

SAFETY FIRST

Your treadmill is equipped with an easy to reach HOT BAR® that provides you with an additional PAUSE/STOP button and a Stop Switch.

The Stop Lanyard Clip attached to the HOT BAR® is provided for your protection to stop the machine.

Always attach the Stop Lanyard Clip to your clothing before each workout. Attach it to your clothes near the waistline. If the cord is pulled the Stop Switch will be activated and the treadmill will stop operating.

If the Stop Switch has been activated, press the smaller yellow RESET button to reset the treadmill and resume normal operation.

Stop Button

Reset Button

Stop Lanyard Clip

Fig. 7   10" Non-Touchscreen Shown

During use, press the red STOP button to PAUSE your workout. Press the STOP button a second time while in Pause mode to stop and cancel the workout program.

Important: Facility owners, managers, personal trainers and personnel. Remind users of the importance of using the Stop Lanyard Clip. It is the facility's responsibility to train and instruct the proper use of this treadmill, including the safety features.

Note: A clipping feature is provided in the display housing to store the Stop Lanyard Clip when the treadmill is not in use.

SAVE THESE INSTRUCTIONS

NOT A TOUCHSCREEN

1 USE to highlight selection options

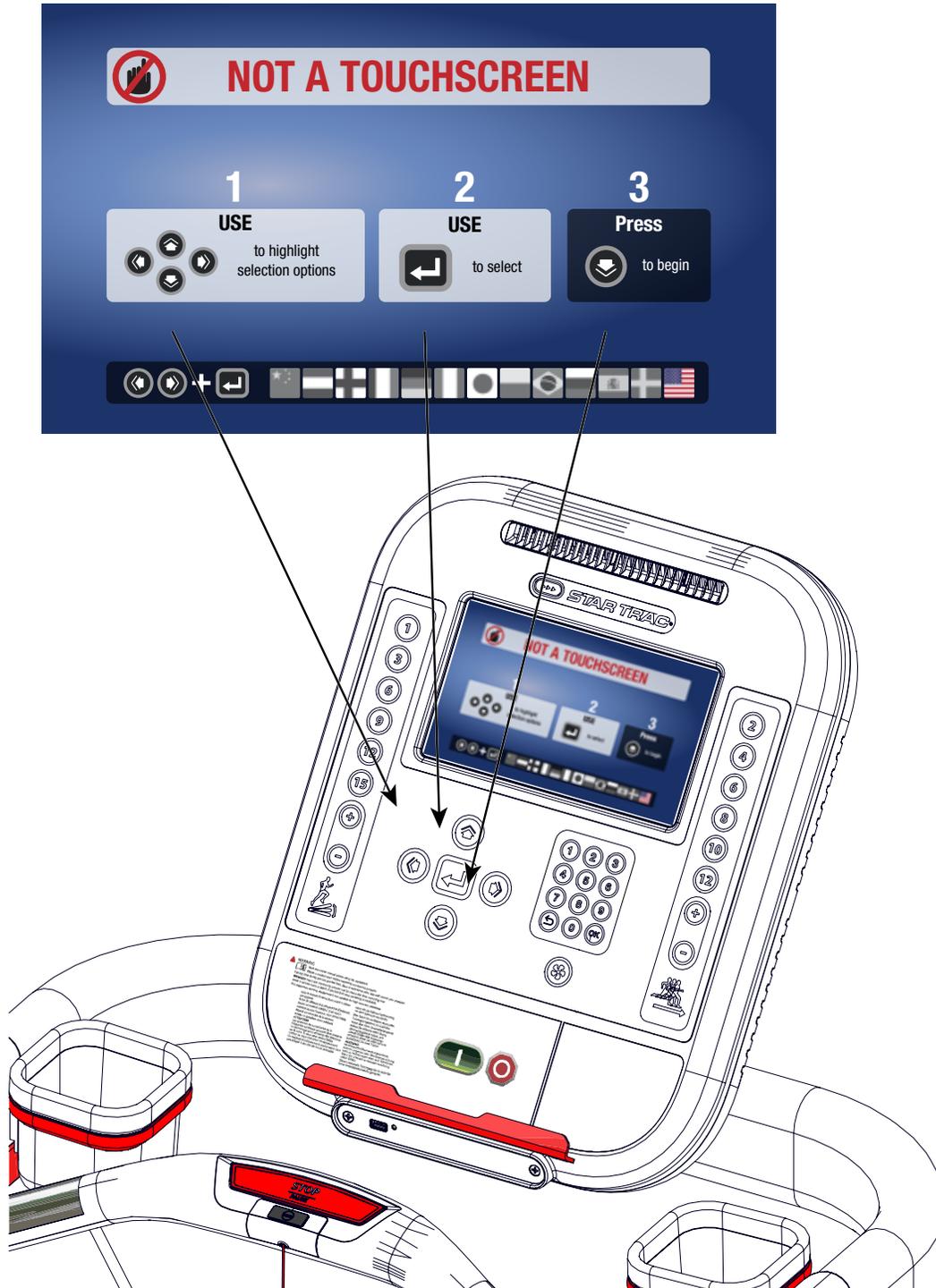**2** USE to select

3 Press to begin
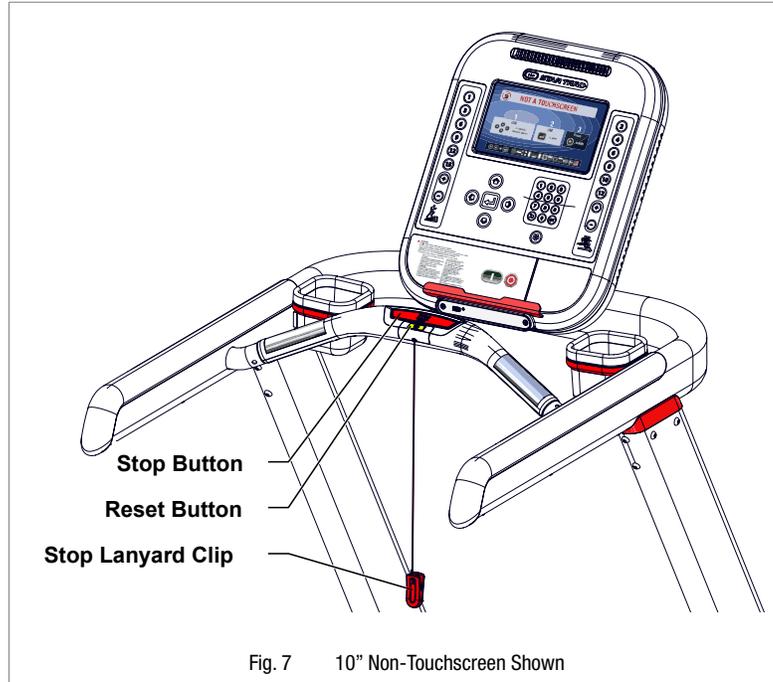
Fig. 8   10" Non-Touchscreen Shown

Use the keypad controls on the console to select through the screens. After selecting options or immediately after selecting quick start, the active screen will display. Use the ◀ ▶ buttons to switch between active views.

CONSOLE KEY FUNCTIONS

DISPLAY MEASUREMENTS

Time	Current total workout time
Speed	Current speed
Pace	Current pace
Distance	Distance Run
Incline	Current degree incline
Calories	Accumulated calories burned
Cal/Hour	Current rate of calorie burn
WATTS	Current user Watts
METS	Current User METS
Heart Rate	Current HR in beats per minute, if available

Quick Keys

Fig. 9   10" Non-Touchscreen Shown

	Quick Keys - Speed	Allows user to select one of 6 different speeds with a single button push
	Quick Keys - Incline	Allows user to select one of 6 different inclines with a single button push
	QUICK START Key	Enables manual operation using a default weight, SPEED and a default time limit. **NOTE:** Default time and weight are adjustable through Maintenance Mode.
	Fan Button	Cycles the fan between three settings: High, Low and Off
	Numeric Keypad	Use to enter specific values for program parameters during program setup. During a program, these keys may be used to change level.
	Up/Down Buttons	Cycle between options during setup mode, adjust incline & speed up and down during workout mode

Fig. 10

CONSOLE & WARMBAR FUNCTIONS

	B	**QUICK START Key**	Enables manual operation using a default weight, SPEED and a default time limit. **NOTE:** Default time and weight are adjustable through Maintenance Mode.
	C	**STOP Button**	Press the STOP button to enter pause mode. Workout will be suspended and a countdown timer will begin counting down from 2 minutes. To re-start workout press the ⬛ Key. To end the workout push the STOP button again
	D	**Flag Button**	Displays language options, appears only on home screen
	A	**Main Menu**	Touchscreen workout controls. See WORKOUT SELECTION KEYS AND PROGRAM DEFINITIONS on page 16.

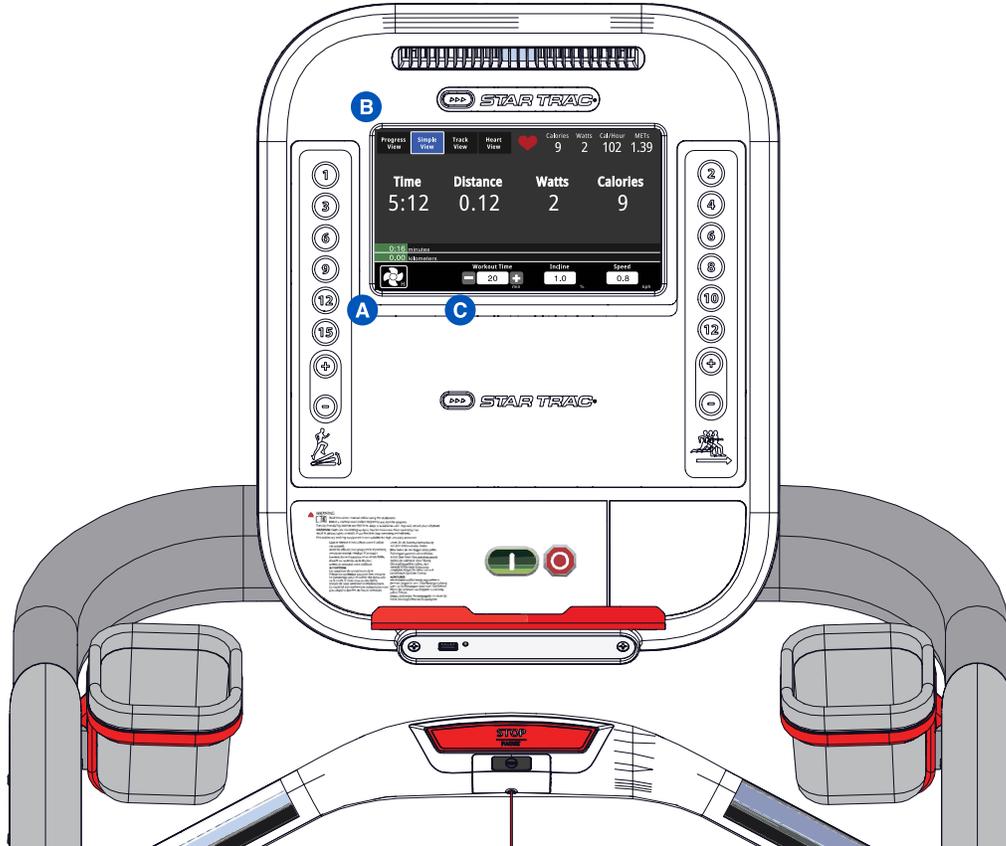| | E | Quick Keys - Speed | Allows user to select one of 6 different speeds with a single button push |
| | F | Quick Keys - Incline | Allows user to select one of 6 different inclines with a single button push |
| | G | Up/Down Buttons | Cycle between options during setup mode, adjust incline & speed up and down during workout mode |

Fig. 11   Screen Elements

During workouts, users can select from multiple screen view options by tapping the icons **B** at the top of screen.

- Simple   Key workout stats in a large and easily readable format
- Progress   Workout stats plus graphical representation of segments
- Track   Workout stats plus graphical representation of laps
- Heart   Workout stats plus graphical representation of heart rate over time. Requires constant contact with the heart rate grips or connection to a Bluetooth device.

	A	**Fan Button**	Cycles the fan between three settings: **High**, **Low** and **Off**
	C	**Adjustment Button**	Allows user to increase/decrease workout time.
		Exit/Back	This button has the same function as pressing stop button on hot bar, puts display into the pause screen.

Display Measurements Ⓑ

Measurements are displayed at top of screen during workout. The Progress View includes the following measurements:

Calories	Active/Total calories burned Note: When connected to Apple Watch only
Time	Current total workout time
Incline	Current degree incline
Cal/Hour	Current rate of calorie burn
METS	Current user METS
Speed	Current speed
Distance	Distance traveled
Calories	Accumulated calories burned
Watts	Current user Watts
Heart Rate	Current HR in beats per minute, if available
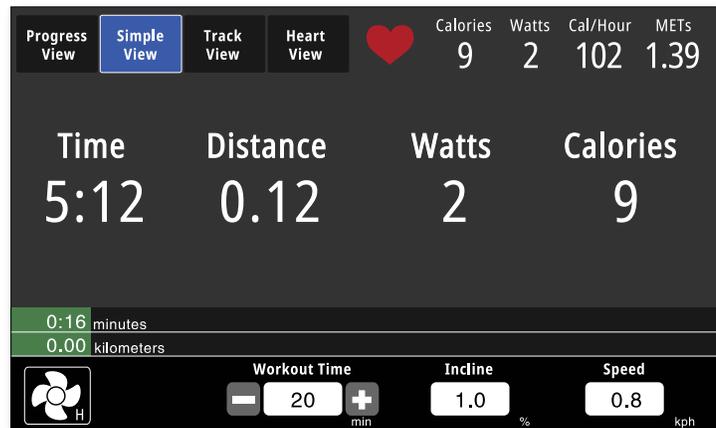
Fig. 12 Display Measurements (Simple View)

On the main screen are several choices:

Quick Start   Program will request user information to create more accurate calorie burn and heart rate zone calculations, then begin a fixed time (default length can be adjusted in maintenance mode) manual workout

Fig. 13   Select a Workout

Select a Workout

    Warm Up
    Burn Fat
    Improve Cardio
    Train
    Evaluate Fitness
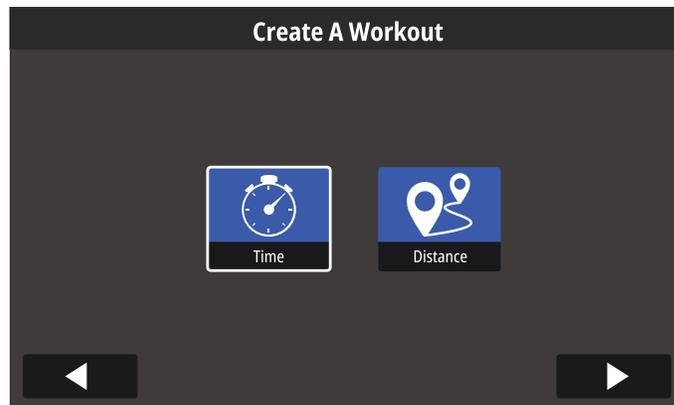
Fig. 14   Create a Workout

Create a Workout

    Time Goal
    Distance Goal

Fig. 15   4TR Treadmill

CONSOLE & WARMBAR FUNCTIONS

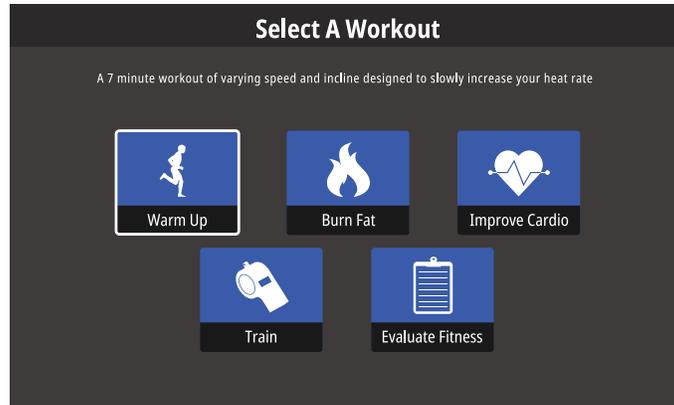|		
F	**QUICK START Key**	Enables manual operation using a default weight, SPEED and a default time limit. **NOTE:** Default time and weight are adjustable through Maintenance Mode.
G	**STOP Button**	Press the STOP button to enter pause mode. Workout will be suspended and a countdown timer will begin counting down from 2 minutes. To re-start workout press the ▮ Key. To end the workout push the STOP button again
C	**Flag Button**	Displays language options, appears only on home screen

mi km	**D**	Unit Button	Unit toggle, appears only on home screen
RunTV / ST20 H.I.I.T. / Build A Workout / Existing Workouts / Quick Start	**A**	Main Menu	Workout controls, varies by unit. See the Menu Map for complete details.

BLUETOOTH DEVICE PAIRING (B)

Pushing the button opens the bluetooth menu. After selecting the device type, the console will show all available local devices. The display will show the unique console code. Once a device is paired with the console, the light will stop flashing and remain on to indicate the connection. Visit openhubconnect.com for a list of compatible apps and demonstration video.

Fig. 16

Pairing with Apple Watch (E): OpenHub consoles marked with this icon ((•)) have the capability to connect using Near Field Communication (NFC) with Apple Watch (must be running WatchOS 4.2 or later and have option **Detect Gym Equipment** set to **On** in Watch settings for Workout App.)

Pairing with Samsung Galaxy Watch: OpenHub consoles marked with the Samsung icon also have the capability to connect with Samsung Galaxy Watch (must be running software 4.8 or later and have **NFC** set to **On**)[1].

To connect: Hold the watch near the ((•)) icon on the console (this is where the NFC reader is located). When the display and watch detect each other, the Bluetooth button on the display will flash and then turn solid blue, and watch will ask user to confirm connection with the display. Once connection is confirmed by user, it will finalize and data will begin to pass between console and watch. It is possible to make this connection either before the workout begins (recommended), or at any time during an active workout. At the end of workout, the connection will be terminated.

Note: when Apple Watch is connected to display, the Calories display window will show both Active and Total Calories per Apple Watch calculations.

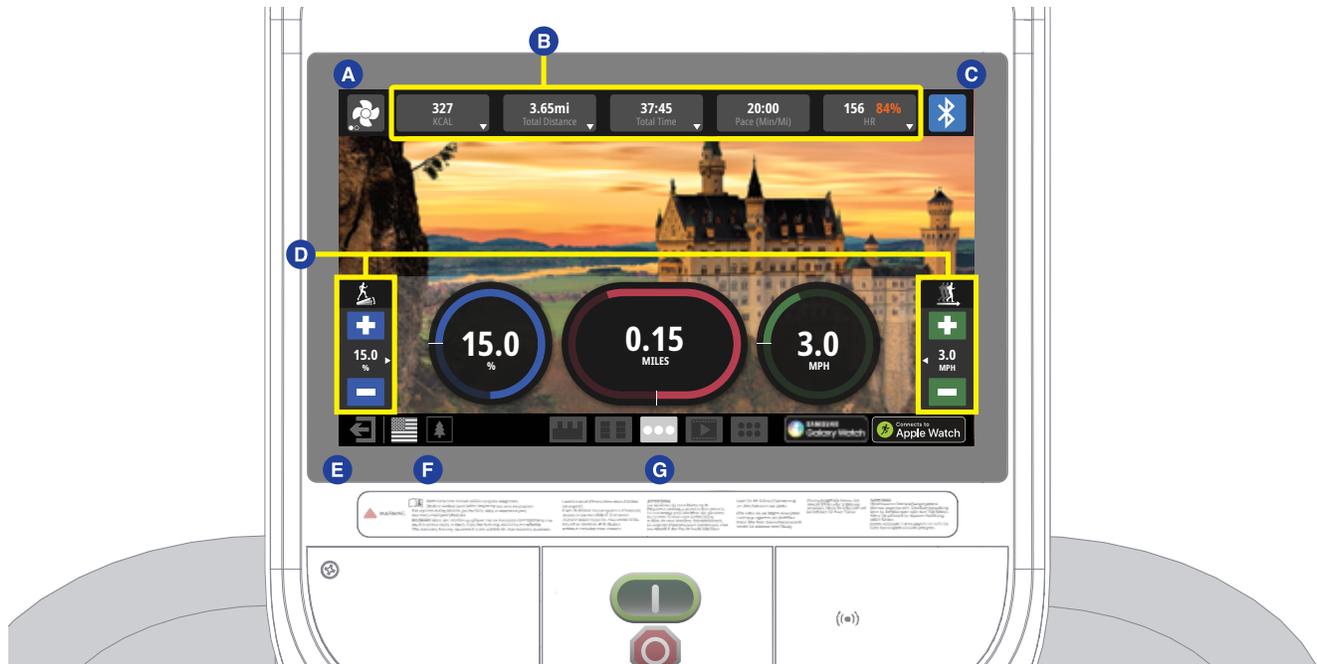1 See **support.corehandf.com/Software** for version numbers and update instructions

Fig. 17   Screen Elements

During most workouts, users can select from multiple screen view options by tapping the icons Ⓖ at the bottom of screen. Screens vary by unit, all screens are shown in the Service Manual.

- Simple   Key workout stats in a large and easily readable format
- Progress   Workout stats plus graphical representation of segments
- Quick   Workout stats plus customizable buttons to select incline/speed with single button press
- Entertainment   View video from connected TV feed, or HDMI streaming from personal device
- Apps View   (networked product only) Select from a preset list of on-board Apps, including:
            YouTube, Facebook, Instagram, Twitter, Reddit,
            Pinterest, BBC, NPR (list subject to change at any time)
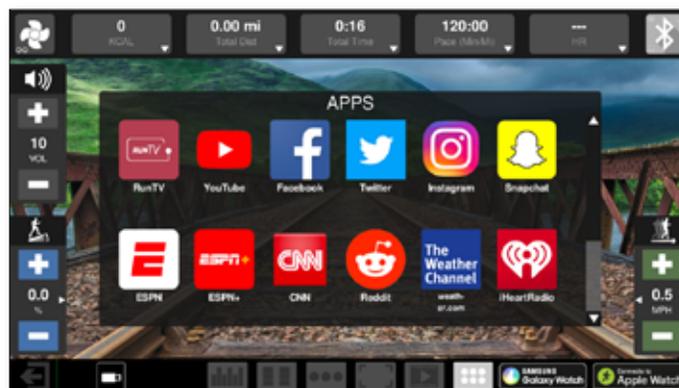

Fig. 18   Apps View

Other controls vary by unit:

	A	Fan Button	Cycles the fan between three settings: **High**, **Low** and **Off**
	C	Bluetooth	Button is grayed out if no device is connected to the console.
	D	Adjustment Buttons	Allows user to increase/decrease speed, level or incline depending on unit.
	E	Exit/Back	This button has the same function as pressing stop button on hot bar, puts display into the pause screen.
	F	Wallpaper	Select to set the screen background.

Display Measurements B

Measurements are displayed at top of screen during workout, tapping any of the measurement boxes allows user to select alternative measures to display and may include the following measurements:

Calories	Active/Total calories burned Note: When connected to Apple Watch only
Time	Current total workout time
Pace	Current pace
Incline	Current degree incline
Cal/Hour	Current rate of calorie burn
METS	Current user METS
Speed	Current speed
Vehicle Distance	Height traveled/climbed
Calories	Accumulated calories burned
Watts	Current user Watts
Heart Rate	Current HR in beats per minute, if available

Fig. 19   Display Measurement Dropdown (Treadmill)

On the main screen are several choices:

Quick Start   Program will request user information to create more accurate calorie burn and heart rate zone calculations, then begin a fixed time (default length can be adjusted in maintenance mode) manual workout

Existing Workouts

> 5K Time Trial
> Manual
> Random Hill
> Alpine Pass
> Evaluate Fitness (Fitness Test, Firefighter Test, Military Tests – see Service Manual for details)

Build a Workout

> Custom Interval Training
> Heart Rate Training
> Time Goal
> Distance Goal
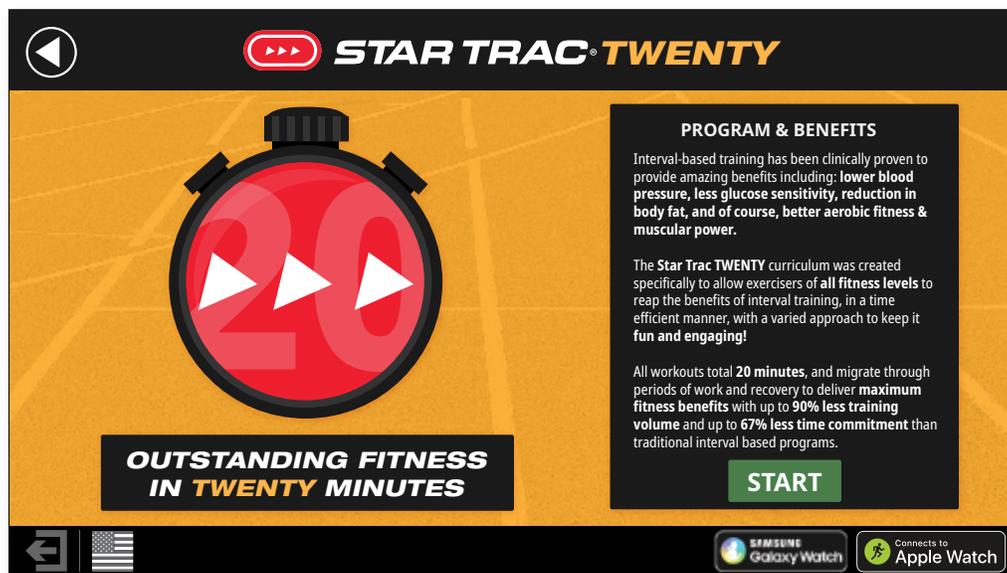> Calorie Goal

Fig. 20   StarTrac Twenty

Star Trac 20   A set of 5 different 20 minute High Intensity Interval Training (HIIT) program options, allowing users of all fitness levels to create a workout that allows them to experience the benefit of adding HIIT to their workout routine

RunTV   A set of first person videos, allows users to choose from a variety of running paths to visually enhance their workout

Prior to starting a workout, a BlueTooth connected device can be used to upload a program to display on the console from a compatible app. The upload may contain user info such as age and weight.

1. In an App interface, select the option to Upload Program to Display and then select the program from the app to upload. Console will switch to shown page when responding to the app.

   NOTE: if done while a workout is in progress, the display will not respond to the app command.
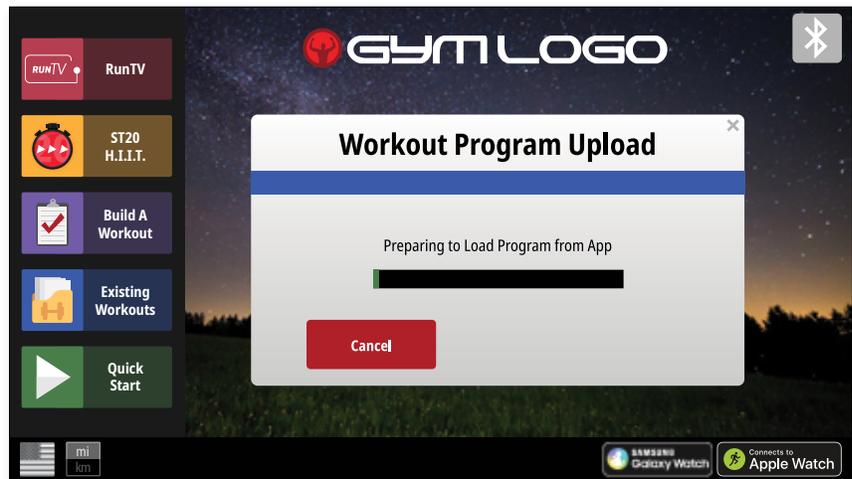

Fig. 21

2. The app will upload to the console. Pressing the cancel during this time will return to the home screen and remove any uploaded information from the console.
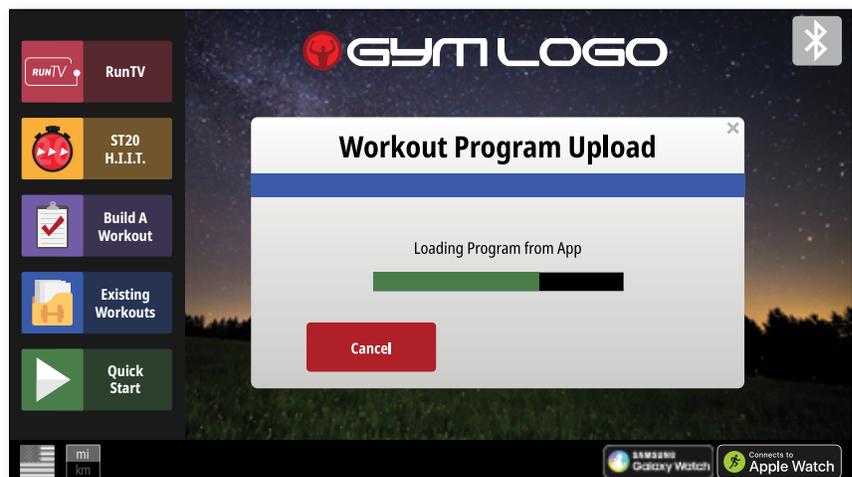
Fig. 22

3. Once the program has loaded, press the green start button to progress to the setup screen.

NOTE: Console will return to home screen after 30 seconds or if cancel is pressed.

4. If program fails to load, an error screen is displayed for 5 seconds before retuning to the home screen. Any error reporting is handled by the app, please check the app for additional details.
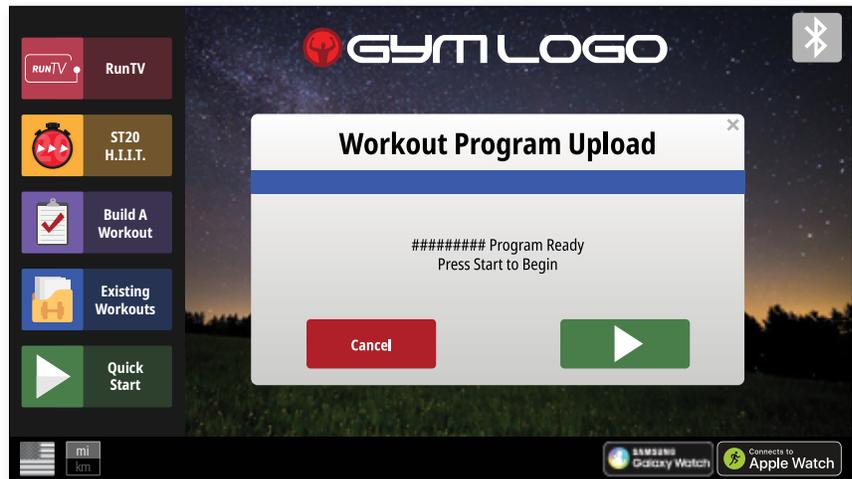
Fig. 23

5. Information from the app may be adjusted on the setup screen, or press the GO button to begin the program.

Fig. 24

RunTV

ST20 H.I.I.T.

Build A Workout

Build A Workout

| Custom Interval | Time Goal | Distance Goal | Calorie Goal | Improve Cardio |

HR Training

| Constant HR Control | Dynamic HR Control |

Existing Workouts

Existing Workouts

| Manual | Random Hill | Alpine Pass | 5K time trial | Evaluate Fitness |

Quick Start

Evaluate Fitness

| Fitness Test | Firefighter Test | Military Test |

Military Test

| Army Test | Navy Test | Air Force Test | Marines Test |

Fig. 25   Treadmill Menu Map

MAINTENANCE MODE

LCD CONSOLE

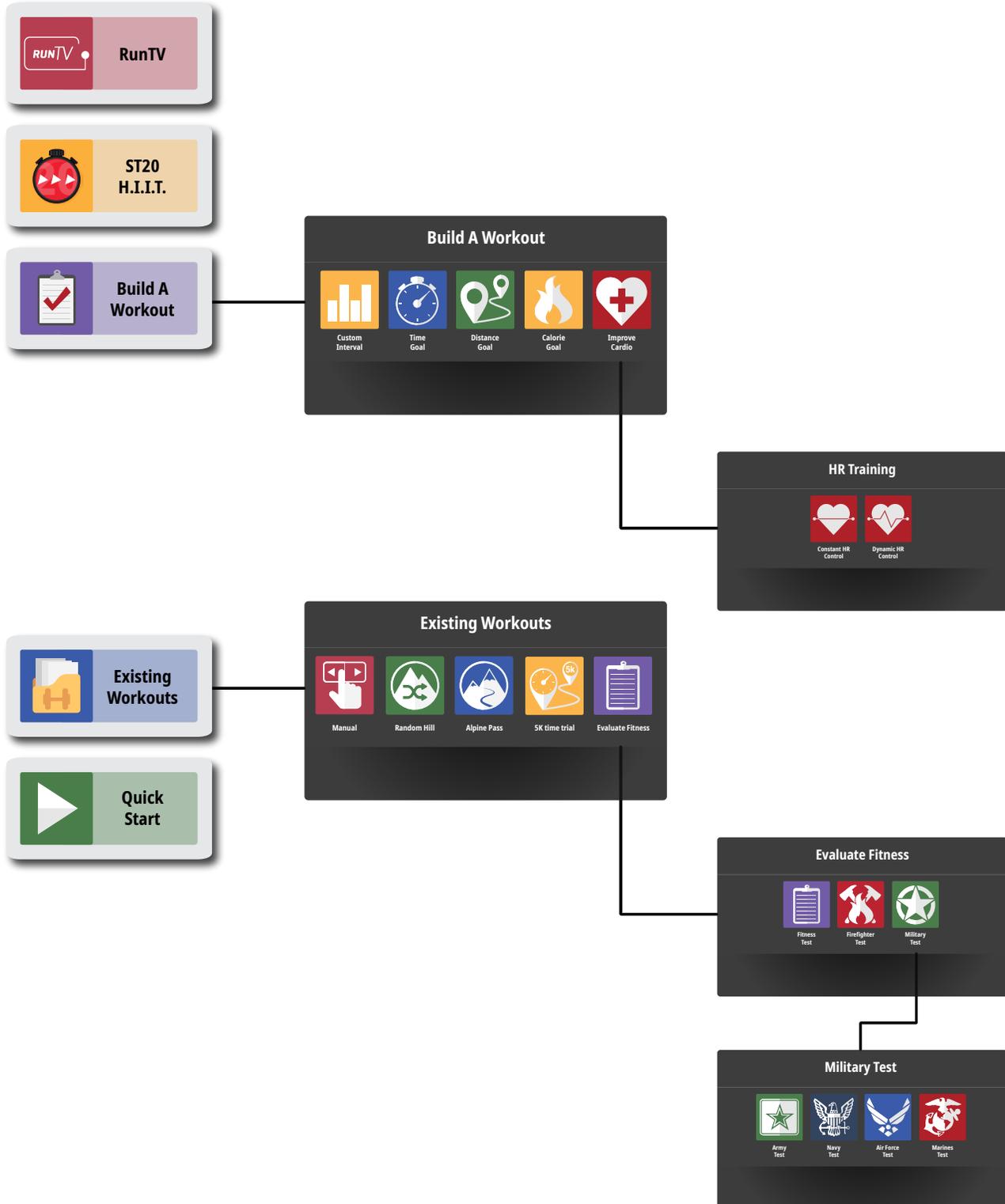Maintenance Mode allows access to service and diagnostic information, as well as provides the ability to adjust certain program default parameters. To enter Maintenance Mode[1]:

1. On the numeric keypad, press and hold the ⓪, ② and ⓞⓚ keys together. Service Menu will display.

2. Use direction buttons to navigate. Press the ⏎ button to enter maintenance mode

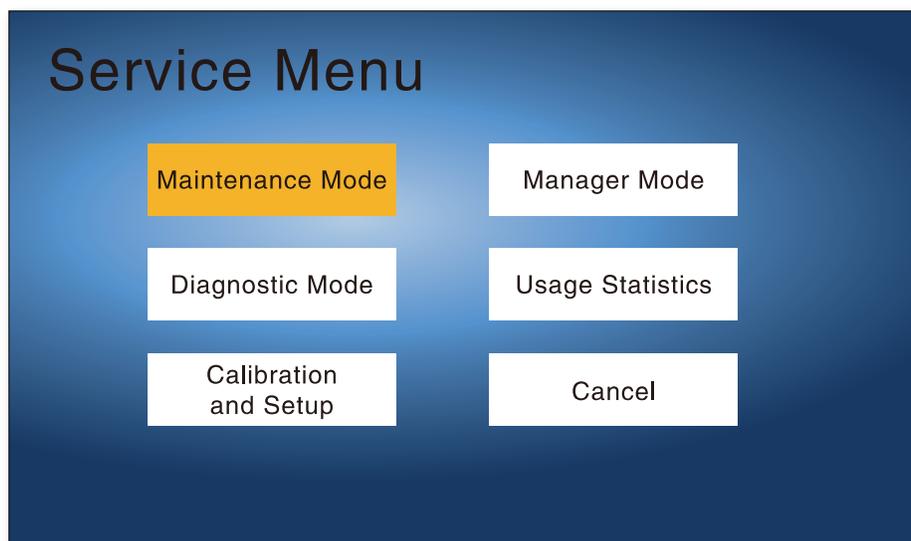**Service Menu**

Maintenance Mode	Manager Mode
Diagnostic Mode	Usage Statistics
Calibration and Setup	Cancel

Fig. 26   Service Menu

The following keys are available in MAINTENANCE MODE:

	Numeric Keypad	Allows you to enter specific values for numeric parameters. These keys do not save the new value. **NOTE:** To exit Maintenance Mode without saving any values or settings, press the ▬ key.
	Save Changes	Use the keypad directional arrows to navigate to the "Save and Exit" box then use the ⏎ key to save.
	UNDO/BACK Key	On the Numeric Keypad. Exits Maintenance Mode.

---

1   10" Touchscreen: Touch the top left corner, then the center and then the top left corner again. Service Menu will display. Tap Maintenance Mode
15" Embedded: On the top of the touchscreen, tap the upper left corner, then upper right, then upper left again. Password Screen will display.
Enter password 214 then tap OK. Service Menu will display. Tap Maintenance Mode.
The maintenance menus for the embedded displays contain many of the same options as for the LCD displays, as well as a few extra options related directly to embedded touchscreens, such as touchscreen calibration and an option to upload background images. Refer to the embedded manual for more information.

While in Maintenance Mode, the following information can be accessed and/or modified:

Maintenance Mode

SW Version:EW_T101_2019   MCU SW Version:C12A4V26   MCB SW Version:10

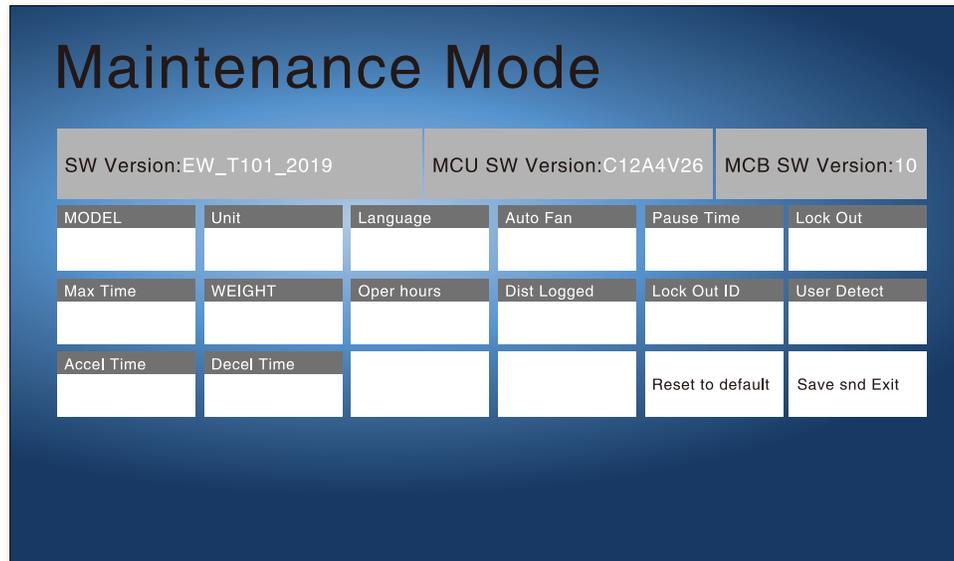| MODEL | Unit | Language | Auto Fan | Pause Time | Lock Out |
| Max Time | WEIGHT | Oper hours | Dist Logged | Lock Out ID | User Detect |
| Accel Time | Decel Time | | | Reset to default | Save snd Exit |

Fig. 27

- **SW version**   The latest software version loaded in the system.
- **MCU SW version**   Software version for the MCU
- **MCB SW version**   Software version for the MCB

- **Model**   The product type (treadmill, bike, etc.).
- **Units**   The units of measurement (English or Metric).
- **Language**   The language that the messages are displayed in.
- **Auto Fan**   Allows the manager/owner to select the Auto Fans Functionality (ON or OFF).
- **Pause Time**   Allows the manager/owner to select the length of the pause (30, 45, 60, 90, or 120 seconds).
- **Lock Out**   Allows the manager/owner to select the Lock Out Function (ON or OFF).

- **Max Time**   The maximum time allowed for a single workout.
- **Weight**   The default user weight used for Quick Start programs.
- **Oper Hours**   The cumulative amount of usage hours.
- **Dist Logged**   The cumulative distance logged.
- **Lock Out ID**   Allows manager/owner to set a password for the Lock Out feature.
- **User Detect**   Allows the manager/owner to select the User Detect Functionality (ON or OFF).

- **Accel Time**   Allows the manager/owner to set the Acceleration Time of treadmill (From 25 to 60 seconds).
- **Decel Time**   Allows the manager/owner to set the Deceleration Time of treadmill (From 20 to 60 seconds).

While in Manager Mode, the following information can be accessed and/or modified:

Manager Mode

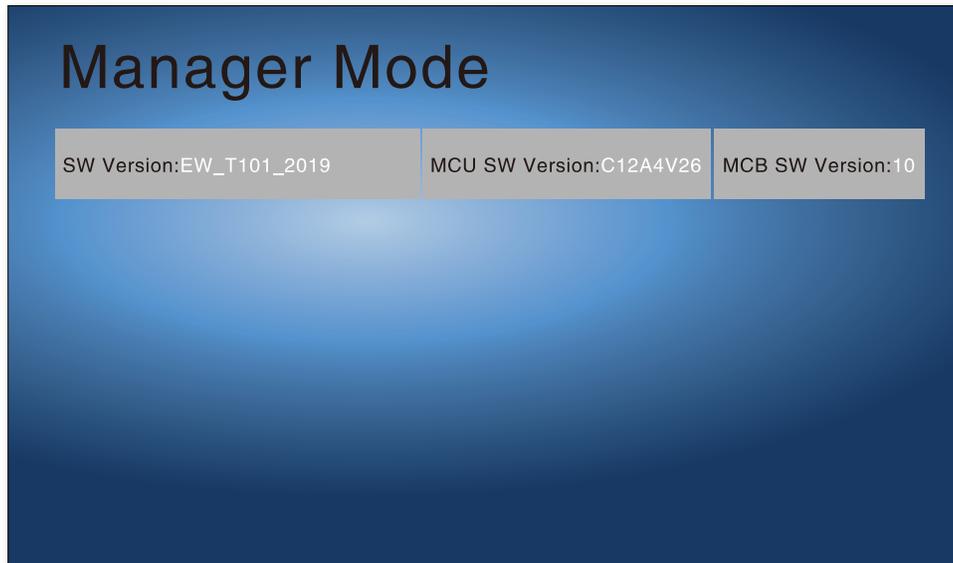| SW Version:EW_T101_2019 | MCU SW Version:C12A4V26 | MCB SW Version:10 |

Fig. 28

- **SW version**   The latest software version loaded in the system.
- **MCU SW version**   Software version for the MCU
- **MCB SW version**   Software version for the MCB

Speed & Elevation Calibration Procedure

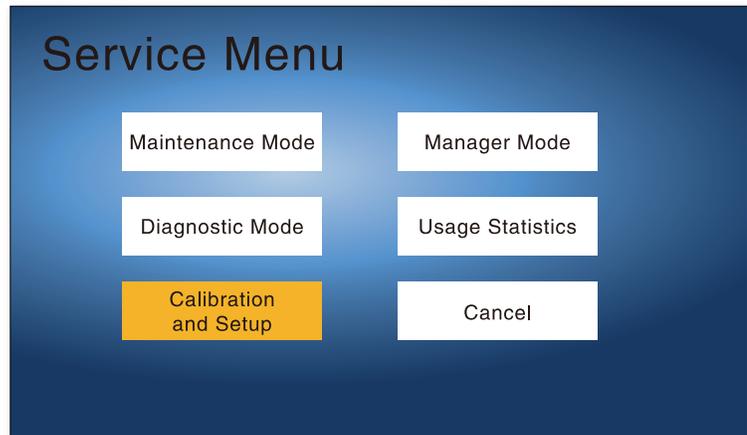**1.** On the numeric keypad, press and hold the ⓪ , ② and OK keys together. The Service Menu will display.

2. Use direction buttons to navigate.

3. Press the ⏎ button to enter Calibration & Setup mode.

Service Menu

Maintenance Mode	Manager Mode
Diagnostic Mode	Usage Statistics
Calibration and Setup	Cancel

Fig. 29

4. Use the arrow keys to select "Calibration", then press the ⏎ button.

Calibration and Setup

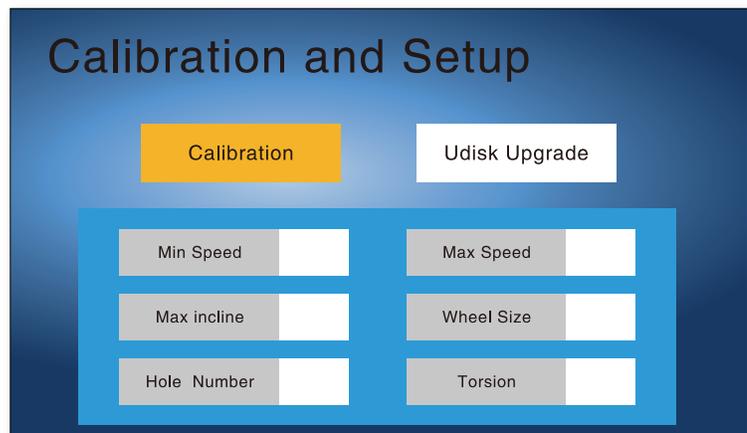| Calibration | Udisk Upgrade |

Fig. 30

5. Press the ⏎ button again and the treadmill will run both the elevation and speed calibrations.

⚠ **WARNING:** Do not stand on moving surface during calibration.

Calibration and Setup

| Calibration | Udisk Upgrade |

Min Speed		Max Speed	
Max incline		Wheel Size	
Hole Number		Torsion	

Fig. 31

Speed & Elevation Calibration Procedure

Service Menu

Maintenance Mode	Manager Mode
Diagnostic Mode	Usage Statistics
Calibration and Setup	Cancel

Fig. 32

1. Touch the top left corner, then the center and then the top left corner again. The Service Menu will display.
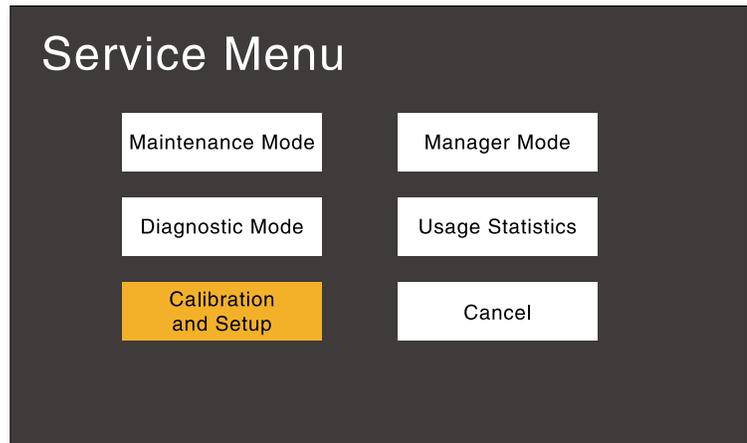
2. Tap Calibration & Setup.

Calibration and Setup

| Calibration | Udisk Upgrade |

Fig. 33

3. Tap Calibration

Calibration and Setup

| Calibration | Udisk Upgrade |

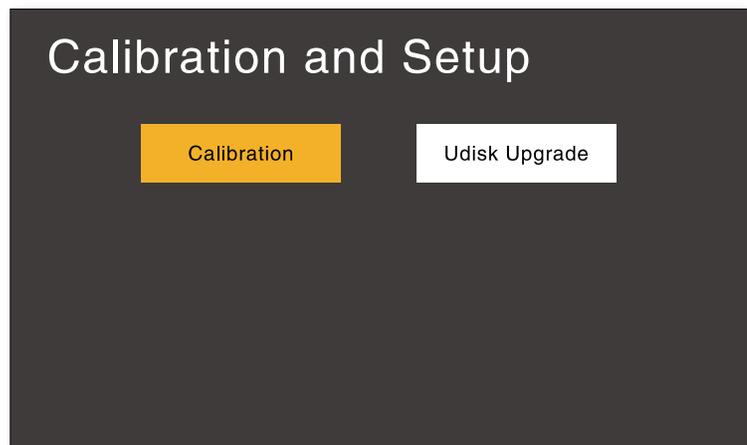| Min Speed | | Max Speed | |
| Max incline | | Wheel Size | |
| Hole Number | | Torsion | |

Fig. 34

4. Tap Calibration and the treadmill will run both the elevation and speed calibrations.

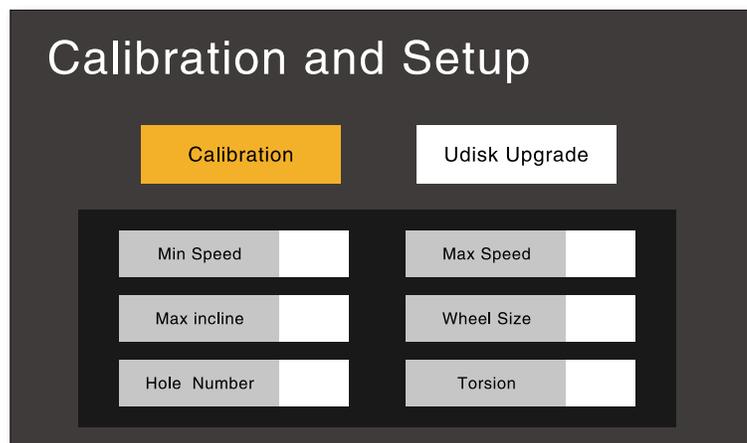⚠️ **WARNING:** Do not stand on moving surface during calibration.

Speed Calibration Procedure

1. On the top of the touchscreen, tap the upper left corner, then upper right, then upper left again. Password Screen will display.

2. Enter password **214** then tap [OK] . Service Menu will display.
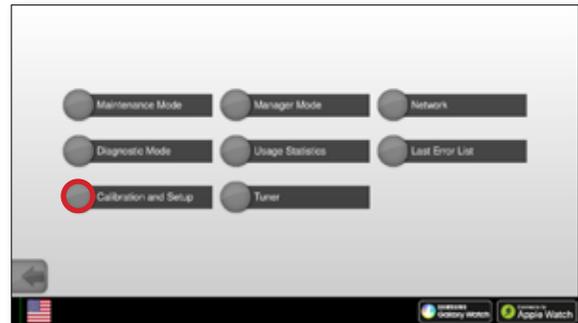

Fig. 35

3. Tap Calibration and Setup

Fig. 36

4. Tap Speed Calibration on the Calibration and Setup screen.

Fig. 37

5. Press START to begin the calibration.

   ⚠ **WARNING:** Do not stand on moving surface during calibration.

6. After the Speed Calibration is completed, press EXIT; The Calibration And Setup screen appears.

7. Press [←] to exit and go back to the Home Screen.

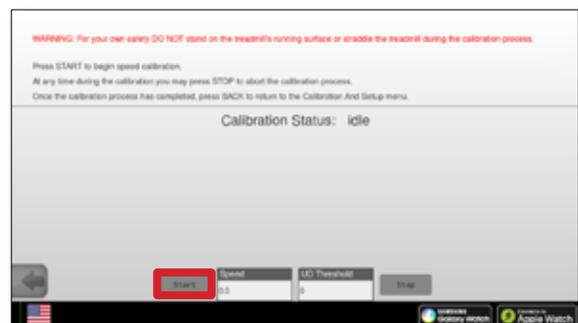8. The Speed Calibration has been completed.

Fig. 38

Incline Calibration Procedure

1. On the top of the touchscreen, tap the upper left corner, then upper right, then upper left again. Password Screen will display.

2. Enter password **214** then tap OK . Service Menu will display.
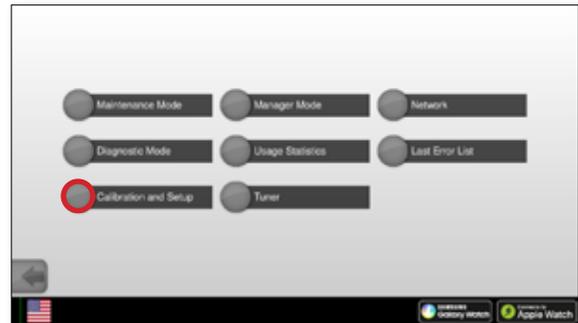

Fig. 39

3. Tap Calibration and Setup

Fig. 40

4. Tap Speed Calibration on the Calibration and Setup screen.

Fig. 41

5. Press START to begin the calibration.

   ⚠ **WARNING:** Do not stand on moving surface during calibration.

6. After the Incline Calibration is completed, press EXIT; The Calibration And Setup screen appears.

7. Press ← to exit and go back to the Home Screen.

8. The Incline Calibration has been completed.

Fig. 42

1. Turn off and unplug the treadmill.

2. Align the tension adjustment lines on the moving surface to the tops of stops (Fig. 43).

3. Use the two roller bolts to tighten the roller, keeping the two tension adjustment lines on the moving surface parallel to each other.

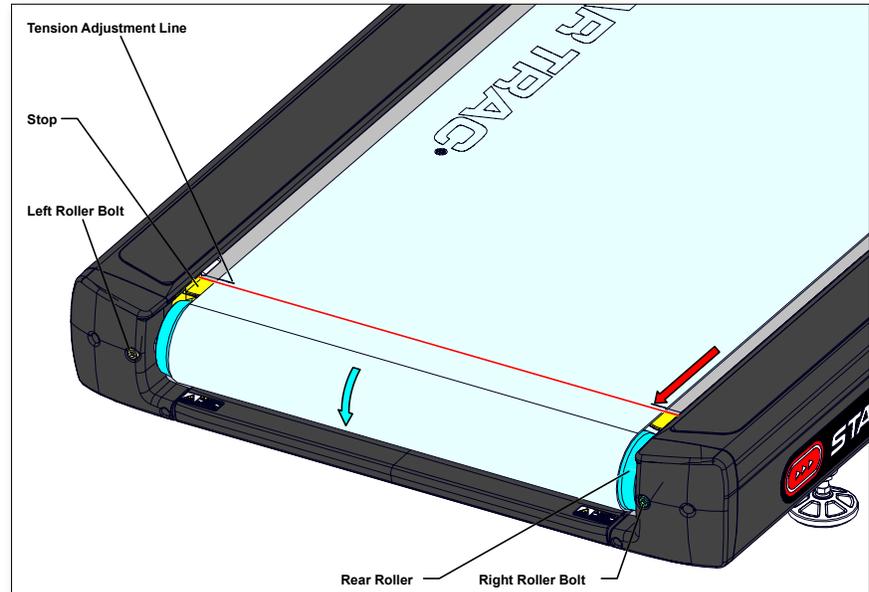   **Caution:** Do not over-tighten the moving surface. If the moving surface curls up at the edges, loosen.

4. Plug in power cord.

Tension Adjustment Line
Stop
Left Roller Bolt
Rear Roller
Right Roller Bolt

Fig. 43

5. Start the treadmill and set the speed to 3.0 mph (5.0 kph). Make sure the moving surface tracks to the center of both rollers.

   ⚠ **Warning:** Do not stand on moving surface.
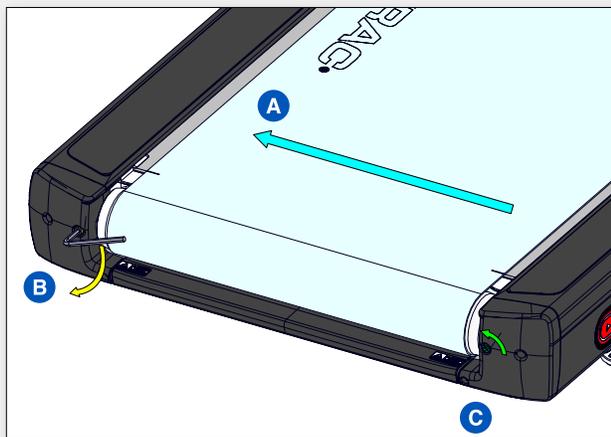
Fig. 44
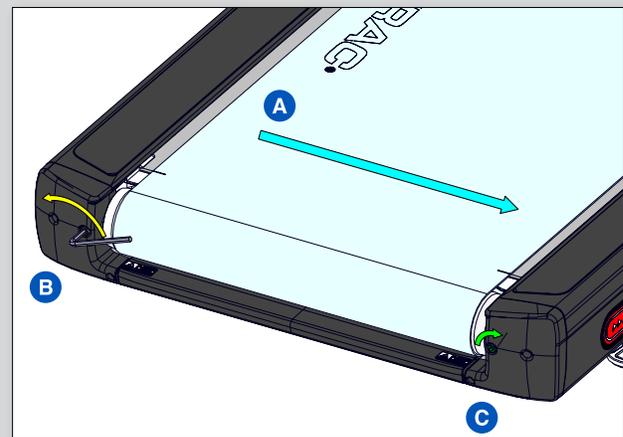
Fig. 45

6. If the moving surface (A) tracks to the **LEFT** side:
   a. Turn the left bolt (B)
      ¼ turn clockwise
   b. Turn the right bolt (C)
      ¼ turn counter-clockwise

7. If the moving surface (A) tracks to the **RIGHT** side:
   a. Turn the left bolt (B)
      ¼ turn counter-clockwise
   b. Turn the right bolt (C)
      ¼ turn clockwise

8. Repeat steps 6 & 7 until moving surface tracks to the center.

TOOLS

Working on this product will require basic and/or sometimes specialty tools based on the type of service that will be performed at any time. To assist, we recommend having the tools listed available when performing maintenance.

Tool	
Multi-meter	Screwdriver Set, Phillips
Socket Set, SAE	Screwdriver Set, Flat
Socket Set, Metric	Tape Measure
Socket driver	Ball-Peen Hammer
Open end wrenches, SAE	Rubber Mallet
Open end wrenches, Metric	USB - Flash Drive
Hex Bit Socket Set, SAE	Motorcycle straps, adjustable
Hex Bit Socket Set, Metric	Loctite 680
Adjustable Wrench	1' Jumper wire w/ alligator clips
Snap Ring Pliers	zip ties – various sizes
Torque Wrench	Silicone Lubricant[1]

IMPORTANT NOTE: Do not use power tools on fasteners, it will damage the plastic shrouds.

SCAN TO WATCH A BRIEF MAINTENANCE VIDEO ON STARTRAC TREADMILLS

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[1] We recommend the Lube-N-Walk treadmill lubrication kit for ease of use and performance.

The safety and integrity of this machine can only be maintained when the equipment is regularly examined for damage and wear and repaired. It is the sole responsibility of the owner of this equipment to ensure that regular maintenance is performed. Worn or damaged parts must be replaced immediately or the equipment removed from service until the repair is made.

Some types of PM need to be performed more often than others. The frequency of PM depends a great deal on the use and environment of the unit. Basic scheduling is shown below, but timeline and PM schedules should be adapted to the environment and usage that the unit receives. Refer to the OpenHub Manual for further maintenance information on the console.

Maintenance Schedule	Daily	Weekly	Monthly	Every 6 Months	Yearly
Cleaning					
Wipe down all surfaces	X				
Wipe Moving Surface[2] with dry cloth	X				
Clean Console[3]	X				
Elevate unit and vacuum underneath		X			
Clean underside of Moving Surface and lubricate with silicone			X		
Unplug unit and vacuum underneath motor shroud				X	
General Maintenance					
Check tracking to assure moving surface stays centered		X			
Check Condition of Power Cord[4]			X		
Check drive belt tension			X		
Check moving surface tension, adjusting if needed			X		
Check all settings and Keypad Performance			X		
Calibrate Elevation & Speed				X	
Check Moving Surface and Deck Condition and replace if wear found				X	

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2   Earlier documentation may refer to the moving surface as the 'running belt'.

3   Wipe console with a soft, non-abrasive cloth to remove all sweat after each use. Use a soft, non-abrasive cloth and mild spray cleanser to clean the console. Never use abrasive cleaning liquids, cleaning liquids with an oil base, ammonia, or alcohol.

4   Ensure the power cord is not under the treadmill and is positioned away from the elevation screws. This will prevent the power cord from being pinched or from binding up the elevation screws.

Maintenance Schedule	Daily	Weekly	Monthly	Every 6 Months	Yearly
Unplug unit and check all power connections including speed sensor				X	

Preventive Maintenance Cautions

- While maintaining equipment you will want to avoid spraying any liquids directly onto any surface of the unit. Always spray cleaning solutions onto a clean towel first then wipe the unit.
- Do not use glass cleaners or any other household cleaners on the console. The console should be cleaned with a damp cloth and dried on a daily basis. Cleaning solutions can be made of a 5:1 dilution ratio, where 5 parts water are mixed with 1 part of Simple Green®, Fantastik®, or 409®. Do not spray water, or cleaner directly onto console USB Port. Do not use liquid cleaner under the moving surface.
- ⚠ **WARNING:** Do not clean the moving surface by activating the treadmill.

INSPECTION

Inspect the frame for any rust, bubbling, or paint chips during the daily cleaning. The salt in perspiration can damage the unpainted surfaces. Repair the damaged area with a touch-up paint kit purchased from Core Health & Fitness (call Customer Service for order information).

NOTE: To prevent potential damage to the IEC connector when moving the machine, we recommend that you elevate the treadmill to 5%+ grade before moving.

For Technical Support, Service, Parts Orders or any Customer Service needs, please contact us direct by phone, email, or through our 24 hour support site:

GLOBAL SUPPORT CENTER
4400 NE 77th Avenue, Suite 300 Vancouver, WA 98662
Tel: (360) 326-4090 • (888) 678-2476 • support@corehandf.com

Warranty information: https://corehandf.com/warranty

To help us support you, please provide the following information when requesting assistance with your equipment:

- Facility Name & Address
- Product Serial Number
- Description of Issue

Our goal is to provide fast, reliable support to all your product support requests. We strive to answer all support requests under an average hold time of 3 minutes, all support emails within 1 business day and all field service requests within 48 hours.

PREVENTATIVE MAINTENANCE

Protect your product & assure it always runs like new with a Core Advantage Preventative Maintenance or Extended Warranty Package. Contact your service manager for more information: servicecontracts@corehandf.com

CORE CONNECT

Core Connect is your portal to all things service! Whether you need to order parts or register your warranty, Core Connect is the most effective way to get what you need fast and keep your facility operating smoothly.

OFFERS 24-HOUR SELF SERVICE ACCESS TO:

- General Inquiries
- Warranty Registration
- Preventative Maintenance
- Service Requests
- Parts Orders

- Automated partner payment
- Product technical library
- Transparency on service performance
- Real time communication
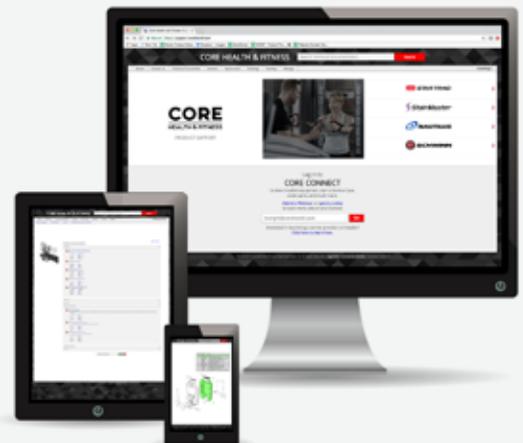
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