

# Owners Manual

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# THE WOODWAY FORCE



© WOODWAY USA  
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**WOODWAY SERVICE PROVIDER INFORMATION SHEET**

NAME OF COMPANY \_\_\_\_\_

CONTACT PERSON \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

FAX NUMBER \_\_\_\_\_

MAJOR CITIES AND AREAS YOUR COMPANY SERVICES \_\_\_\_\_

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MY WOODWAY \_\_\_\_\_ ARRIVED \_\_\_\_\_  
Model Name Date

## WOODWAY History

WOODWAY's history began in Germany in 1974. Willi Schoenberger, a technical director in charge of planning a fitness center, noticed that the most important piece of equipment, the treadmill, did not meet the most important requirements: a mechanically sound machine that is designed to meet human needs.

He envisioned a comfortable surface that did not interfere with the natural biomechanics of running or walking. Also, he wanted to design a transportation system which eliminated the friction associated with the conventional (conveyor belt) treadmills. After intensive research, and trial and error (and in cooperation with the Deutsche Sporthochschule in Koln, Germany), Willi developed and patented a very unique and revolutionary treadmill design.

In 1975, WOODWAY GMBH was founded in Weil am Rhein, Germany. The name "WOODWAY" is derived from the German "*wald weg*" or "way of the woods" – the feel of running on a soft pine needle covered path in the forest.

In 1983, a manufacturing license was awarded to Sakai Medical, for the use of WOODWAY technology in the Japanese marketplace.

In 1988, a U.S. license was granted to a small, but well-established manufacturing company in Waukesha, Wisconsin. WOODWAY USA was formed when the U.S. incarnation of the WOODWAY was developed and completed in 1990. WOODWAY USA is very proud to be the primary manufacturer of WOODWAY Treadmills worldwide, exporting treadmills each month to Germany and Japan for international distribution, in addition to serving our domestic customers and clients.

Today, WOODWAY's design and manufacturing facilities in the United States, Germany and Japan make WOODWAY the largest specialized treadmill manufacturer in the world. Constant enhancements in quality, design and function are shared and implemented by all three WOODWAY manufacturers.

# GETTING STARTED

IMPORTANT SAFETY INSTRUCTIONS  
ITEMS AND SERVICES AVAILABLE FROM WOODWAY  
THINGS TO CONSIDER  
THEORY OF WOODWAY FITNESS  
SPECIFICATIONS

# Important Safety Instructions

All basic pertinent precautionary measures must always be taken into account when using a treadmill. Please therefore read this manual carefully and familiarize yourself with the operation of the unit and with all warning signs fitted to the machine.

**DANGER:** The treadmill must be disconnected before cleaning to protect from electric shocks.

The surfaces of the treadmill should not be soaked with liquid; the best way to clean the running mat is with a spray or a damp cloth.

**CAUTION:** Fuses may only be replaced by fuses of the same time and rated output to provide permanent protection from fire.

**WARNING:** The following points must always be observed to protect from burns, electric shocks and injuries:

1. Never leave the treadmill connected and running without supervision. Before leaving the machine, stop it and disconnect it from the mains. To do so, switch all control elements to STOP or OFF and then pull the plug out of the socket. This procedure is always necessary when the treadmill is at a standstill and before dismantling any parts.
2. The treadmill must be continuously monitored when used in the vicinity of children or physically and mentally disabled persons.
3. The treadmill may only be used for the purposes described in this manual.
4. Never operate a treadmill with defective plug or cable or a running mat which is damaged or not functioning correctly.
5. The cable should not come in contact with heating surfaces or sharp edges.
6. No objects of any kind may fall through the openings or onto moving machine components. Also keep hands, hair, loose clothing, towels etc. away from the moving treadmill.
7. Only qualified maintenance staff can carry out electrical and mechanical repair work. Please contact your dealer, the Service Center, or the WOODWAY factory directly. Only original spares may be used.

# Important Directions

The following instructions are to be observed when operating the treadmill:

1. Loose clothing and towels may not be placed on the running mat of the treadmill.
2. The area behind the treadmill must be clear and at least 200 cm away from walls or furniture.
3. Always keep hands well away from moving parts.
4. Never allow children near the treadmill without supervision. The Force treadmill is designed for up to 500 pounds running, 800 pounds walking. If any objects should become lodged in the belt or rollers, there is no guarantee that the treadmill will stop immediately.
5. Never get on or off the treadmill while the running mat is moving. Always use handles or a railing whenever possible.
6. Always wear suitable shoes, e.g. shoes with a rubber sole or other non-slip shoes. High-heeled shoes or shoes with leather soles are not suitable. Also check that there are no stones lodged in the soles.
7. Training sessions must be interrupted immediately in the case of abnormal stress symptoms or pain. If there is any doubt, please consult your doctor.
8. Containers with liquids may never be placed on the treadmill.
9. To rule out the risk of electric shocks, avoid all contact between water and the electric components (i.e. motor, mains cable and mains plug). Never service your treadmill yourself. Please always contact your WOODWAY dealer or the authorized Service Center.
10. For safety reasons, the treadmill must always be switched off when adjusting the settings or when any other work is being carried out in the vicinity of the treadmill.

## Items & Services Available From WOODWAY

**Replacement Safety Magnet** **\$16.50**

**Service & Maintenance Manual** **\$74.90**  
A comprehensive guide to maintenance procedures for WOODWAY brand treadmills.

**Protective Treadmill Floor Mat** **\$79.00**  
Designed to protect the flooring or carpeting below your WOODWAY and to keep your treadmill clear of obstructions such as thick carpeting.

**Preventative Maintenance Kit:** **\$40.00**

### **MKIT**

This kit includes:

1) Dry Graphite Lubricant; 2) Tube of black grease; 3) Canned Air; 4) Extension tool with TORX -20 bit

**WOODWAY Renewal Program:** **call for quotation**

This entails having your treadmill shipped back to WOODWAY via Van Line (WOODWAY can coordinate these details; cost is additional). Your treadmill will then be thoroughly renovated by a WOODWAY Service Technician. Any worn or outdated features will be replaced, such as: the running belt and slats, side covers and trim plates, drive motor and encoder, IPC drive, drive belt, latest display board comparable to the board currently on the treadmill, HTD drive shaft, elevation potentiometer, fuse holder, interface board, tracking rollers, any worn bearings, re-powder coating of handrails and exterior hardware. The treadmill will then carry a 1 year parts and labor warranty. It is like getting a brand new WOODWAY at a fraction of the cost.

\*Prices above may not include shipping & handling.

\*Contact the WOODWAY Service Department or your Sales Representative to order at 1-800-966-3929.



# **Things to Consider Before Starting Exercise Program**

## **CONSULT A PROFESSIONAL FITNESS TRAINER**

It is advisable for all exercise beginners to consult a professional fitness instructor or personal trainer to develop an overall fitness evaluation/wellness program before starting an exercise routine.

## **CONSULT A PHYSICIAN**

If you are over 40, have a history of heart disease, are overweight, or have not been involved in any kind of exercise program for several years, it is recommended that you see your physician as a precaution before engaging in a vigorous exercise program.

## **UNDERSTAND THE IMPORTANCE OF WARMING UP AND COOLING DOWN**

It is important to warm up and cool down prior to and at the end of each work out, respectively. Always try to incorporate a series of basic leg stretches before and after each workout. Stretching provides the necessary flexibility to prevent sore muscles and injury during daily activities.

## **LEARN HOW TO TAKE YOUR PULSE PROPERLY**

To select the Fitness Level that is most suitable to exercise, it is important to correctly determine your heart rate or pulse. To do this, it is recommended that you use a good quality heart rate monitor. If you do not have a heart rate monitor, you can find your pulse by placing your fingers on the underside of your wrist or either side of your throat. While looking at the second hand on your watch, count how many heartbeats you feel within fifteen (15) seconds. Multiply this number by four to get your Beats Per Minute (BPM). Your heart rate will be needed when you take the Self-Fitness Test.

## **KNOW YOUR MAXIMUM HEART RATE**

To determine your maximum heart rate, subtract your age from 220 (general formula). The difference is the approximation of your maximum heart rate, as used by the American Heart Association and The American College of Sports Medicine. The only way to determine your true maximum heart rate is to have a stress test administered by your physician. The American Heart Association recommends that you have a stress test done if you have any history of heart disease or if you are over the age of 40 and beginning an exercise program.

During exercise, it is recommended that you not exceed 85% of your maximum heart rate. Our programs are designed to keep your heart rate within your Target Zone. Your Target Zone is an area between 60 and 75% of your maximum heart rate. Should you find your heart rate above the 75% level, you have probably selected a Fitness Level that is too high in that particular Fitness Program. You should either drop to a lower intensity level in the same Fitness Program, or use a less stressful Fitness Program.

# Heart Rate Chart

<b>AGE</b>	<b>MAXIMUM HEARTRATE</b>	<b>60% OF MAXIMUM HEART RATE</b>	<b>75% OF MAXIMUM HEART RATE</b>	<b>85% OF MAXIMUM HEART RATE</b>
20	200 BPM	120 BPM	150 BPM	170 BPM
25	195	120	150	160
30	190	110	140	160
35	185	110	130	150
40	180	100	130	150
45	175	100	130	140
50	170	100	120	140
55	165	90	120	130
60	160	90	120	130
65	155	90	110	130
70	150	90	110	120
75	145	80	100	120

## HOW OFTEN SHOULD YOU EXERCISE?

The biggest mistake made by people when starting an exercise program is that they try to do too much too fast. Give yourself time to get into shape. Becoming reconditioned also takes time. Either way, it will not happen overnight. Remember: the key is consistency and duration of exercise, not intensity. Fitness experts recommend that you start by exercising three to four days a week within your target heart rate for at least 20 minutes per session. Your ultimate goal should be to get yourself gradually to a level of fitness where you can comfortably keep your heart rate in the Target Zone for 50 to 60 minutes four to five times a week.

## WEAR PROPER WALKING/JOGGING SHOES

To help avoid getting sore feet and muscles, it is suggested that you invest in a good pair of walking/jogging shoes. It is important to purchase a comfortable pair of shoes with good heel and arch support. Also, remember to regularly replace old or worn out shoes with new shoes.

## STAY ACTIVE

Between workouts it is suggested that you simply stay active, eat well-balanced meals, and drink plenty of water. The combination of these activities should enhance your chances for a future of good health.

# Theory of WOODWAY's Fitness Programs

Today's research shows that we have underestimated the value of walking as an effective method of achieving good cardiovascular and aerobic conditioning.

Jogging was thought to be the best way to achieve these goals. Research now tells us that brisk walking actually can burn more calories than jogging and provide the fitness level needed to live a healthy life. Even well known authorities in the field of aerobics are reversing their ideas on the benefits of running over walking. In the January 1990 issue of Prevention magazine, Charlotte A. Tate, a board of trustee member of the American College of Sports Medicine stated, "The fact is, running a marathon does not make you any healthier than walking three miles three times a week at a fairly fast pace".

The key to a successful exercise program is consistency. It is the small advances over a long period of time that will give you the big benefits of fitness. Just as you can not wake up one morning and be a professional baseball player, you can not achieve fitness overnight. Any professional must learn his/her trade to become successful; so you must give yourself time to achieve fitness.

WOODWAY has looked hard at today's research to form the philosophy behind our Fitness Programs. Consistency is the key. It is the *time* you dedicate to your exercise program, not the intensity level that is important.

Because walking is something that can easily be done by the unconditioned person as well as by the highly conditioned person, WOODWAY has dedicated many of our programs to walking and slow jogging. These programs are designed to *gradually* take you to a well-conditioned state and keep you there. Achieving fitness can be fun and not nearly as strenuous as you thought.

Most of our programs are dedicated to the general public, although we do meet the need of the fitness enthusiasts by including high intensity workouts for joggers and runners and elite athletes alike.

Technically, our programs spread a workload over as many muscle groups as possible at a low intensity (i.e. walking or jogging) for long periods of time. These programs gradually increase the workloads by using speed and incline to keep the activity as aerobic (vs. anaerobic) as possible. This will enable you to achieve the best kind of cardiovascular conditioning exercise. Because our programs are designed to do all of this for you, you do not need to worry about how to get into shape. Simply use your WOODWAY treadmill on a regular basis and let us worry about the technicalities. Just have fun!

The WOODWAY Force is the ultimate training tool developing human performance

### Speed and Power Training Platform

- Variable load braking system
- Easy to use tether
- Accurate performance testing and measurement
- Polar monitor circuitry – integrated heart rate monitoring
- Advanced SlatFlex® shock absorption

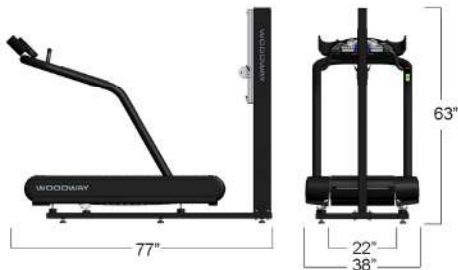
### Convenient User Console

- User friendly side handrail control of load, timing clock and stop
- Multiple LED readouts monitoring speed, load, distance, time, and heart rate
- 6 Custom user programs
- CSAFE fitness communications compatible
- Preprogrammed controls including speed over distance, distance over time, etc.



\* Force 3.0 model shown above

### Dimensions



### Physical Specifications

Belt Type	60 individual slats
Drive System	114 precision ball bearings with 12 guide rollers (4 mm lateral tolerance)
Running Surface	Vulcanized rubber (38-43 shore hardness)
Load/Resistance System	Electromagnetic braking system provides 15-150 lb. of resistance
Unit Weight	560 lb. (shipping weight 639 lb.)
Power Supply	110 V power supply (dedicated circuit and NEMA 5-20R outlet receptacle required)

### Performance Specifications

User Weight Capacity	800 lb.
Running Surface Area	22" X 66"
Performance Indicators	Speed, Load and Distance
Standard Fitness Warranty	5 year drive, motor and belt 3 year all components 1 year labor

### Additional Options:

- Polar monitor chest strap
- 220 V or 208 V – 50/60 Hz power supply (NEMA 6-20R)
- Single handrail

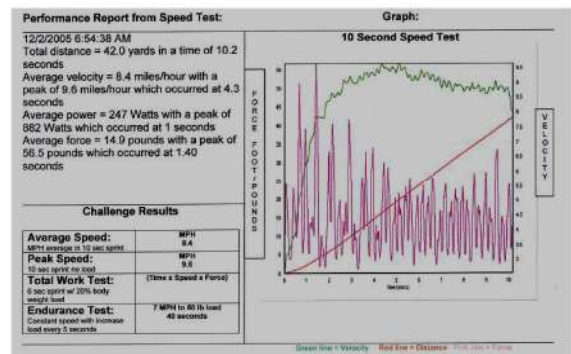
### Upgrade to Force 2.0 or Force 3.0 models for improved programability and functionality

#### Force 2.0

- 1 horizontal load cell attached to the vertical strut
- Desktop computer and software includes: multiple readout displaying time, velocity, work, power, and distance
- Ability to save and compare data to previous activity or participants
- Ability to graph each parameter against time
- Pacer function

#### Force 3.0

- 4 individual vertical load cells under the running surface
- 1 horizontal load cell attached to the vertical strut
- XPV7 PCB treadmill tachometer function
- Desktop computer and software includes: multiple readout displaying time, velocity, work, power and distance
- Ability to save and compare data to previous activity or participants
- Ability to graph each parameter against time
- Gait analysis for sport specific research for University level human performance research and professional sports teams
- Pacer function



Pictured above: Performance reporting function example produced using Force Software. Software is standard with Force 2.0 and 3.0 and an upgrade option for 1.0 model.

# Electrical Specifications

**Electrical Requirements** – Below are the standard electrical requirements, if you have a different electrical configuration please contact your sales representative.

**Power Requirements:** 120 V ac: 20 Amp, 60 Hertz  
208/220 V ac: 10 Amp, 60 Hertz

\*20 Amp Dedicated line required (cannot share neutral line)  
Reason: if you have 120 volts out of the wall outlet and more than one major appliance on the hot or neutral line, the voltage will drop below 10% minimum of 120 volts and the treadmill will shut off and reset.

**Break Specifications:** 175 lbs, Magnetic Particle Break

**Power Cord and Type:** 10 feet, 3 prong. 120: 5-20P, 208/220: 6-20P

**Wall Outlet Requirements:**

120 V ac: NEMA 5-20 R Receptacle (*Dedicated circuit required*)  
208/220: NEMA 6-20 R Receptacle (*Dedicated circuit required*)

**Main Fuse:**

120 V ac: 15 A slo-blo, 3AG  
208/220: 10 A slo-blo, 3AG

**Heart Rate Pickup Assembly:**

Pickup Range: Up to 30 inches  
Heart Rate Range: Up to 200 beats per minute, uni-directional

**Outlet Compatibility:**

The 120 V ac input WOODWAY treadmill comes standard with a 3-prong plug (NEMA 520 P). The only outlet that the plug can be installed is a NEMA 5-20 R – which does not share the neutral.

The 208 V or 220 V ac input WOODWAY treadmill has a 3-prong plug (NEMA 6-20 P). It will only fit in a NEMA 6-20 outlet. **DO NOT BEND OR REMOVE PRONGS.** If other power cord plugs are required, please consult the factory.

## Running Belt Specifications

<b>General</b>	Slats, overlapping, replaceable
<b>Slat type</b>	Rubber over aluminum support
<b>Running Belt Hardness</b>	Approximately 40 Shore D
<b>Running Area</b>	See detailed specifications/model (Ch.1)
<b>Standard Color</b>	Black
<b>Support</b>	102 roller bearings, 10 roller guides standard; The Path = 64 roller bearings, 8 roller guides.
<b>Lateral movement</b>	+/- 8 mm

## Environmental Specifications

<b>Degree of Protection</b>	IP42
<b><u>Operating Conditions</u></b>	
<b>Ambient Temperature</b>	+10 °C to +40 °C (0 °F to +104 °F)
<b>Relative Humidity</b>	20 to 95%
<b><u>Transportation &amp; Storage Conditions</u></b>	
<b>Temperature Range</b>	-18 °C to +49 °C (0 °F to +120 °F)
<b>Relative Humidity</b>	20 to 95%
<b>Atmospheric Pressure Range</b>	700hPa to 1060 hPa (20.67 to 31.3 inches of Mercury)

## **TREADMILL INSTALLATION**

GROUNDING INSTRUCTIONS

LOCATION REQUIREMENTS

TRANSPORTING YOUR TREADMILL

ELECTRICAL REQUIREMENTS

OUTLET COMPATIBILITY

## Grounding Requirements

This treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord with a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

## Location Requirements

Install your treadmill on a structurally sound surface. If it is to be used above ground level set it up near the corner of the room to ensure maximum support during high-speed use. The surface should be reasonably level to ensure minimum frame flexing. Do not place the treadmill directly on shag or plush carpeting because of the moving parts underneath. If the operating area is thickly carpeted, set the unit on a mat (WOODWAY has a selection of mats available for purchase if needed; call 1-800-WOODWAY for details). This will reduce the lint that can get into the treadmill and also reduce carpet wear.

## Transporting Your Treadmill

**CAUTION: THIS TREADMILL IS HEAVY AND COULD CAUSE INJURY IF PROPER LIFTING TECHNIQUES ARE NOT UTILIZED. LIFTING BARS ARE SUPPLIED WITH THE TREADMILL TO MOVE THE TREADMILL.**

Lifting bars are inserted into each bottom corner of the treadmill. Do not pull or lift on the cosmetic covers. If a flat dolly is available, place the dolly underneath the treadmill and push it to the desired location. If the treadmill must be disassembled, the cosmetic covers and the handrail assembly could be removed for easier transportation. Always unplug your treadmill before disassembly.

## Electrical Requirements

The maximum electrical power requirements of your treadmill at top operating speed is 20 A at 120 V ac. Therefore, the operating area must be equipped with an approved, dedicated 120 V ac, 60 Hz NEMA 5-20R grounded outlet and properly fused – **CANNOT SHARE THE NEUTRAL!** If an extension cable is needed, it must be at least 12 AWG with ground and no more than 10 feet long. For the 208 or 220 V ac input power options, the outlet must provide the appropriate ac voltage, 60 Hz at 15 A.



## **Outlet Compatibility**

The 120 V ac input WOODWAY treadmill comes standard with a 3-prong plug (NEMA 5-20P). The only outlet that the plug can be installed is a NEMA 5-20R – which does not share the neutral.

The 208 V or 220 V ac input WOODWAY treadmill has a 3-prong plug (NEMA 6-20P). It will only fit in a NEMA 6-20R outlet. **DO NOT BEND OR REMOVE PRONGS.** If other power cord plugs are required, please consult factory.

**CAUTION - Any alterations to the plug configuration could void your warranty.**

## **TREADMILL FUNDAMENTALS**

BELT SURFACE  
TRANSPORTATION SYSTEM  
SERIAL NUMBER PLACEMENT  
POLAR HEART RATE

## **Belt Surface**

The patented running belt is made of individual slats mounted on a continuous set of tooth belts. The tooth belts mesh with the front pulley assembly, which meshes with the drive motor. This results in no belt slippage. The individual slats are comprised of two materials: a rubber based surface and an aluminum T-shaped frame. The rubber material, approximately 3/8 inch thick, and the aluminum T-slat makes a WOODWAY the "softest treadmill running surface in the world". The rubber running surface greatly reduces shock of impact and helps reduce the local extremity pain associated with long-term running. The positive belt engagement eliminates friction and heat, and therefore increases the longevity of the running surface and treadmill itself.

The WOODWAY rubber belt surface is unlike other treadmills (which normally utilize a cotton and nylon belt) and takes some getting used to. You may find, at first, that the surface has a "grip" to it you have not experienced before. The more often you utilize your treadmill the more you will become accustomed to the feel of it. With continuous prolonged usage, the running surface will eventually "smooth" itself in the areas that receive the most wear.

## **Transportation System**

The transportation system is comprised of two bearing rail assemblies, an endless steel wire reinforced lateral belt, and 7-inch diameter toothed roller drums. The bearing rails support the running surface and are integral to reducing belt wear and friction.

The two endless lateral belts have many key functions: they hold the individual slats together, transfer power to and from the motor and runner, and help keep the running belt from tracking to the left or right. The two bearing rails consist of three main parts: the bearing rail, individual bearings, and the bearing-supported roller guides. A smooth section of the lateral belts roll over the bearings and roller guides.

The bearing rail supports all the bearings and roller guides and helps to distribute the local loads throughout the treadmill. The roller guides on each side assist to reduce tracking error and help support the running belt. The individual bearings on each side also evenly distribute the load across the treadmill.

The toothed drums are used to transfer the load to and from the motor and to eliminate any slippage. The front drum assembly has an extra tooth pulley that is used by the motor. The drum assemblies have heavy-duty pillow blocks (bearings) which also reduce friction.

This unique transportation system results in very little friction and can even be used without power - you can simply push the running belt under your own power!

## Serial Number Placement

Each WOODWAY treadmill is assigned a serial number when built. The 7 or 8 alphanumeric code can be found in two different locations on the treadmill. The serial number is on the main label located on the back of the display board housing. It is also on the front left section of the treadmill frame.

**Sequential Number** \_\_\_\_\_ **Date Code of**  
**Assigned at Assembly** \_\_\_\_\_ {XXXXX}{XY} \_\_\_\_\_ **Manufacture**

The main label also includes information about your particular treadmill. It lists input voltage and current, and the options and/or features of your treadmill. Please refer to your packing slip or invoice or contact WOODWAY USA (**1-800-WOODWAY**) to determine the features you may have ordered, if you are in doubt, with your treadmill.

## Polar<sup>®</sup> Heart Rate Monitor

Both display boards are also equipped to project a user's heart rate in conjunction with the use of a Polar<sup>®</sup> Monitor. In order for the board to correctly display a user's heart rate, the receiver within the display board must obtain a stable heart rate signal from the Polar<sup>®</sup> transmitter.

The Polar<sup>®</sup> Heart Rate System consists of three main elements: 1) the Sensor/Transmitter, 2) the Chest Band/Strap and 3) the Monitor/Console. The receiver of the wireless ECG system is built into the monitor/console unit of the board. While operating under heart rate control modes, the computer monitors the exact measurement of and control over the activity of the heart.

## How to Wear the Chest Strap

The Sensor/Transmitter is worn just below the chest and at the top of the abdomen, preferably directly on bare skin (not over clothing). The transmitter should be centered below the pectoral muscles (breasts). Once the strap is secured, pull it away from the chest by stretching the band, and moisten the conductive electrode strips located underneath the snaps. If you wish to wear the band over a shirt, moisten the shirt under the area of the electrode strip. The transmitter operates automatically while you are wearing it. It does not operate while it is disconnected from your body. However, as moisture may activate the transmitter, please wipe it dry after use. The chest band is washable. After you have detached the transmitter, wash the band in warm water, using mild soap, and rinse thoroughly in clean water. Never scrub the transmitter surfaces.

## The Transmitter

You must be within three and a half feet of the receiver in order for the signal to transmit. Please take note that your transmitter may fluctuate erratically if you are too close to other Polar<sup>®</sup> equipment. Maintain **at least a three-foot** distance between other Polar<sup>®</sup> units.

*Note: Erratic heart rate reception may occur if the Polar<sup>®</sup> Monitor is too close in proximity to strong sources of electromagnetic radiation, such as television sets, personal computers, electric motors and some other types of fitness equipment. Only one transmitter should be used inside the range of any one receiver as the receiver may pick up several signals simultaneously causing an inaccurate readout.*

## **PERSONAL TRAINER DISPLAY**

DISPLAY OVERVIEW

DESCRIPTION OF STATISTICS

QUICK START

QUICK START DISPLAY PARAMETERS

STARTING A PROGRAMMED WORKOUT

RUNNING A HEART RATE CONTROL PROGRAM

CHANGING A PROGRAM DURING A WORKOUT

PROGRAMMING USER PROGRAMS

## Display Overview



There are twenty-eight buttons on this display panel, which allow the user to input program parameters to control treadmill operation and allows the user to monitor the progress of their workout. The five seven-segment displays show program statistics. The four-digit displays are programmed to display time in an 88:88 format. The 128 X 256 pixel LCD display shows the user's choice of program profiles and also shows the user's progress during their workout. The program profiles indicate the Load contours in printed graphics.

Heart rate is monitored by a Polar receiver for pickup RF from Polar chest belt heart rate units.

The control panel allows the user to control or view:

- Manual Control of load
- Statistics display of Speed, Load, Time, Watts, METs, Accumulated Watts, Distance & Heart Rate
- 8 user-modifiable programs
- Automatic load adjustment during programs
- User prompts and warnings
- 1 time based program/ 1 distance based program

In order for the user to monitor the progress of their workout, the personal trainer board displays:

- Load Profile
- Time
- Watts/Distance
- Speed
- Accumulated Watts
- Heart Rate

## **Description of Statistics**

### **TIME:**

Time is displayed in the format 00:00. Time counts up from zero in the user-defined mode. The time counts down in Programmed Run mode.

### **SPEED:**

Speed is displayed in the format 00.0. Speed represents the user's current speed in miles per hour (or kilometers per hour) or can be used to set the desired user speed. Valid speed values are: 0.0 – top speed (which varies depending on model and options ordered).

### **DISTANCE:**

Distance is displayed in the format 00.00. Distance represents the accumulated user distance in miles. Distance continues to accumulate until the program ends or until the user presses the PAUSE button.

### **WATTS:**

Watts are displayed in the format 0000. Watts represent the watts generated and are calculated using the user's weight (entered at the start up of a program), or if not entered by the user, a default weight of 155 lbs.

### **ACCUMULATED WATTS:**

Accumulated watts are displayed in the format 00:00. Accumulated watts represent total watts accumulated during the entire workout.

### **METs (metabolic equivalency):**

METs is displayed in the format 00.0 and represents the equivalent amount of work in lifestyle or formal exercise activities as defined by a MET equivalence chart. The method for calculating MET's is 3.5 milliliters of oxygen per kilogram of body weight per minute.

### **HEART RATE:**

Heart Rate is displayed in the format 000 and represents the user's actual heart rate (pulse).

### **LOAD:**

The load display is used to display the current user load to set the user load. Valid load values are 0 – 150 lbs.



## **Quick Start (User Defined Operation)**

1. First, make sure to check that the treadmill is plugged in and that the power switch (within lower right-hand cut-out) has been turned on.
2. To power-up the display, press the “**ON**” Button.
3. To “power-up” the display, press the “**ON**” Button until the LED and LCD displays are illuminated – this process can take up to 3 seconds! The LCD display in the center of the panel will read “Press **INCREASE** for Quick Start or select a program”.

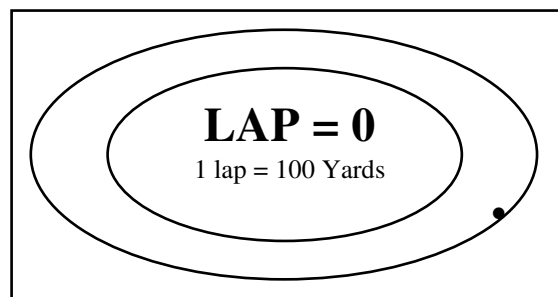
The user can choose to follow the directions or simply enter the load value desired. If the **INCREASE** button is pressed, the display will be in a User-directed Mode. The text “Press **START TIME & PAUSE** to begin workout” will then appear in the LCD display. Once the user presses the **START TIME & PAUSE** button, the workout will begin.

## Quick Start Display Parameters

Time will begin counting up from zero, speed will be set to 0.1 mph and the distance and calories will begin accumulating. The LCD display will illustrate a 100 yard oval track. A flashing dot will move around the track (in a counter clock-wise direction) representing the user's distance. The center of the track will read "Laps = 0." Each lap around the track represents 100 yards. The lap counter will increase by one with every completed lap.

The user may Pause the program at any time by pressing the PAUSE button.

The user-defined track is laid out as shown in the figure below:



### Pausing Workout

If the user presses the PAUSE button, the LCD display will read "Treadmill Paused. Press PAUSE to resume." Statistics will freeze with the current session values at the time the PAUSE button was pressed. Once the user presses the PAUSE button again, the workout will resume. While paused, the CLEAR button will be enabled. Pressing the CLEAR button will reset all of the treadmill statistics.

# **Starting a Programmed Workout**

## **Starting a Workout**

Time will begin counting down; load will be set to the first segment load. Distance and watts will begin accumulating. The LCD display will show the program profile. The numeric keys, the CLEAR button and the ENTER button will not be displayed.

## **Workout Variables**

While running the program, the user may change load using the INCREASE and DECREASE load buttons. The user may pause the program at any time by pressing the START TIME & PAUSE button. The state of the program you are in will be flashing to show your progress. The beeper will sound 3 seconds prior to load changes.

## **Pausing a Workout**

If the START TIME & PAUSE button is pressed the LCD display will read "Treadmill Paused". Press START TIME & PAUSE to resume. Statistics will freeze with the current session values at the time the PAUSE button was pressed. Once the user presses the PAUSE button again, the workout will resume. While paused, the CLEAR button will be enabled.

## **At the end of a Program**

When the program time expires, the LCD will read "Program Complete" for 3 seconds. The load will then return to zero.

## Running a Heart Rate Control Program

*Note: These programs will only operate effectively if you are wearing a heart monitor chest strap.*

1. If the Heart Rate Control Program was chosen, the user will be prompted to enter their age and target heart rate. The display will read “Enter Age” and a default age of 40 will be displayed. The user may use the numeric keys to enter their age. (Valid age values are 15 – 100). The CLEAR button may be used to erase the currently displayed age. When the user finishes entering his age, he may press the ENTER button to accept it.
2. Once the user’s age has been entered, they will be prompted to enter their target heart rate. The LCD display will read “Enter Target Heart Rate” and a target heart rate based on the user’s age will be displayed. (The formula  $220 - \text{age}$  will be used to compute the user’s max hear rate. The user’s target heart rate will be equal to sixty-five percent of his/her max heart rate). The user may use the numeric keys to modify the estimated target heart rate value. (Valid target heart rate values are 70 – 200). The CLEAR button may be used to erase the currently displayed target heart rate. When the user finishes entering target heart rate, they may press the ENTER button to accept it.
3. Once the user has chosen their desired control type, they may press the ENTER button to accept it.
4. Once the user has chosen their desired target HR, they will enter weight, max load, and workout time. Next, the user will be prompted to press the START TIME button to begin their workout. The text “Press START TIME to begin workout” will appear on the LCD display. Once the user presses the START TIME button, their workout will begin.
5. Once the workout begins, the Heart Rate Control profile will appear on the LCD display. While running the program, the user may override load setting. Target heart rate may be modified at any time while running the Heart Rate Control program. The user may enter a new target heart rate using the numeric keys. Press the CLEAR button to erase the newly entered target heart rate. Press the ENTER button to accept it.

## Changing a Program During a Workout

If a user is running any program (user-defined, predefined, heart rate control or programmable) and wishes to choose a different program, they have several options:

- Do not wish to retain current program statistics? Simply press the Off button followed by the On button to reset the treadmill. Choose another workout.
- Enter Pause Mode and then press a program button (example: Interval). The profile associated with that program button will appear on the LCD display. The user may then setup the program and begin his workout. Because statistics were not cleared, the statistics from the previous workout will be retained. Upon completion of this workout, the final program statistics will include statistics from this workout and the previous workout.

# Programming User Programs

There are 8 user program profiles. Each profile consists of 40 segments, each with a programmable time, speed and incline setting. If a program key is pressed on power-up while the user is prompted to “Press ‘FAST’ for Quick Start or select a program”, program setup will begin. The user program associated with that numeric key will appear on the LCD display. The user may then setup the program and begin their workout. The user will not enter a workout duration for user programs. Workout durations are calculated by adding each of the segment time values (for that profile) stored.

## Editing User Programs

To edit one of the 8 user programs, press “Enter” after selecting a user program. The Edit User Program screen will appear.

The user program number will appear next to the “Edit User Program:” heading. Segment number one will be displayed and highlighted. The INCREASE and DECREASE load buttons may be used to increment or decrement the segment number. Press ENTER to begin editing that segment. The load value for segment one will be highlighted. The numeric keys or the speed arrow keys may be used to enter a load value. Press ENTER to store that value and highlight the time value. The numeric keys may be used to enter a segment time length. Press ENTER to store that value and advance to the data for the next segment. Repeat this process for all segments desired. When programming is complete, press the off button to exit the Edit User Programs screen.

# TREADMILL OPTIONS

## **208 or 220 V Input Power**

The 208 or 220 V ac input voltage requirements are options for all WOODWAY treadmills. A power transformer is installed and wired for either 208 V ac or 220 V ac. The remaining parts of the treadmill are unaffected.

## **Single Handrail**

The single side handrail can be ordered to ease getting on and off the treadmill.

## **Handrail Controls**

One of the many unique features of the Desmo series treadmills is the option of side handrail controls. The handrail controls allow the user to adjust the speed and/or incline without needing to lean over the display to do so. This means the user does not have to "break stride," therefore reducing the possibility of losing balance and/or falling.

The handrail controls consist of 5 push buttons. These are: STOP, SPEED INC., SPEED DEC., ELEV. UP and ELEV. DOWN buttons.



# TREADMILL MAINTENANCE

CLEANING AND INSPECTION

LUBRICATION

ADJUSTMENTS AND CALIBRATION

# Cleaning and Inspection

Periodic cleaning and inspection of your WOODWAY treadmill will help to lengthen the life while helping keep it looking like new. With this preventative maintenance it will be easier to spot problems that might not otherwise be found.

Below is a guideline of our recommended cleaning and maintenance intervals. If your treadmill is located in a dirty environment or under heavy-duty use, cleaning and inspection should be implemented more often.

Do not use abrasive brushes or cleaners, as they may scratch the paint and plastic surfaces. Do not soak any surface; the sensitive electronics may be harmed.

**CAUTION:** Turn off treadmill and disconnect power cord before cleaning.

## Weekly:

- Clean handrail, front display panel & cosmetic covers.
- Inspect power cord.
- Check overall condition of the treadmill.
- Move, and vacuum underneath the treadmill.

## Every Six (6) Months:

- Vacuum inside the treadmill (unplug and remove cosmetic covers.)
- Inspect all nuts and bolts. Tighten any that are loose.
- Clean running surface.
- Spray running surface with anti-static spray. ( grey belts only )
- Check drive belt – replace if shredding or teeth are missing.

## Yearly:

- Grease front and rear roller bearings.

# Lubrication

## Bearings

Almost all of the bearings used in the treadmill are pre-lubricated and do not need to be greased initially. On a yearly basis, the four (4) bearings located at the front and rear shaft will need to be lubricated.

## Running Belt

The teeth on the bottom of the running belt are pre-lubricated to aid in reducing noise. There is no need to lubricate the teeth. If running belt is rubbing against the side of the drive pulleys, then a small amount of grease (i.e. Molykote or equal) on the edges of the belt slats will help reduce noise.

## Drive Belt

As in the case of the running belt, the application of grease on the edge of the drive belt is only needed to reduce belt squeak and should be used sparingly.

*Note: Use a minimal amount of lubrication to prevent excess dirt and debris from sticking to the machine after cleaning.*

# Adjustments and Calibration

## Running Belt

The running belt should not require adjustment. However, if the running belt or associated parts have been changed, then belt tension should be checked and set at 8 ½”.

## Treadmill Mounting Feet – TOOLS NEEDED: 2 FT LEVEL, ¾ INCH WRENCH

If treadmill wobbles or seems unstable, mounting feet must be checked. Using the level, check both ends of the treadmill. Loosen the tensioning nut and turn the foot until it is at the correct level. Tighten the tensioning nut.

*Note: When moving the treadmill the frame may flex. If treadmill seems wobbly, push handrail to one side or the other, this may straighten frame without mounting feet adjustment needed.*

# WARRANTY INFORMATION

## Warranty Information

	Frame	Track/Belt and Motor	Parts	Labor
<b>Home Use</b>	15 years	10 years	5 years	3 years
<b>Medical Use</b>	10 years	5 years	4 years	1 year
<b>Commercial Fitness Use</b>	10 years	5 years	3 years	1 year

WOODWAY warrants that all products and accessories will be free from manufacturing defects according to the applications/terms listed above. The warranty period commences on the original date of purchase (with the exception of the running belt component, which is warranted for a period of four years from the original date of purchase). This warranty is given only to the original purchaser. This warranty does not cover damage or equipment failure resulting from misuse, abuse, or failure to comply with electrical codes. Further, this warranty shall not apply if there is any modification to the products or accessories or if there is a failure to provide maintenance as outlined in the Owner's Manual.

**WOODWAY GIVES NO OTHER WARRANTIES, EITHER EXPRESSED OR IMPLIED. THE WARRANTY OF FITNESS FOR A PARTICULAR USE IS HEREBY DISCLAIMED.**

The buyer's remedy for breach of the expressed warranties contained herein shall be limited to the return of the product and accessories and repayment of the original purchase price. Provided, however, at WOODWAY selection, it may repair and replace the non-conforming goods or parts. WOODWAY shall not be liable for any incidental or consequential damages.

## Our Guarantee

WOODWAY guarantees the repurchase of WOODWAY treadmill products for a period of up to four (4) years after original installation. A direct payment, or credit toward the purchase of a new WOODWAY, of 20% of the purchase price of the treadmill will be made to the owner of a WOODWAY treadmill. This guarantee is limited to the original owner. Contact WOODWAY for further details.

## **WRAP UP**

TROUBLESHOOTING  
PREVENTATIVE MAINTENANCE LOG  
NUMBERS TO KNOW

# Troubleshooting

If you are having problems with your treadmill, please be prepared with answers to the following questions **before** calling our service center.

## QUESTIONS:

- What is the make, model and serial number of your treadmill?
- What happened prior to the problem?
- Did the problem happen unexpectedly or did it progressively worsen over time?
- Was someone using the treadmill at the time the problem occurred?
- Explain any other symptoms that you feel are relevant.

## PROBLEMS:

**1. No Display:** If the treadmill's display does not light up when powered up, check the following items:

- Input power fuse – replace if blown
- Power coming out of wall outlet
- Check power with another piece of equipment (radio, fan, etc.). Check main fuse or circuit breaker, move to another outlet.
- Is the treadmill plugged in?
- Is the safety magnet installed or positioned correctly? Try to reposition. Check all connectors at circuit boards.

## 2. Belt Movement

- Is the display working properly?
- If the display works, and/or the incline works, unplug the treadmill and wait at least 60 seconds before plugging it back in.

## BELT TIGHT/HARD TO PUSH

- First, determine if display board is illuminated and/or if the incline system is working. This information will help our service technician in advising you where the source of the problem may be.

## BELT BINDING

- Check for obstructions and remove if possible.

## 3. Erratic or Blinking Display

- Probable causes: Low line voltage; too much load on the same line.
- Make sure treadmill is on a dedicated electrical circuit.
- Possible static problem / spray with staticide.
- Display power supply on Interface board is defective.

#### **4. Squeaking Sounds:** Possible causes:

- Noisy bearing(s). Try greasing or replacing the bearing.
- Drive belt rubbing against the drive pulley, try greasing the edge of the drive belt with a little all purpose grease.
- Running belt rubbing against drive pulleys, try lightly greasing the teeth on the drive shaft, and let the treadmill run at a slow speed for a couple of minutes to spread grease evenly. (NOTE: Too much grease will make a mess and will accumulate dust.)
- Check for a defective guide roller or Z roller bearing on the bearing rail, replace if defective



# Preventative Maintenance Log

DATE	MAINTENANCE PERFORMED?	BY	RESULT

# Numbers to Know

Your Treadmill Serial #(s): Model/# \_\_\_\_\_

Model/# \_\_\_\_\_

Model/# \_\_\_\_\_

Model/# \_\_\_\_\_

Model/# \_\_\_\_\_

Model/# \_\_\_\_\_

Model/# \_\_\_\_\_

Model/# \_\_\_\_\_

Model/# \_\_\_\_\_

Model/# \_\_\_\_\_

(The serial number can be found on the back of the treadmill's display board housing & also on the front/left section of treadmill frame – side cover must be removed to locate on the frame).

12.0  
10.0

# WOODWAY®

*For The Long Run®*

**800-WOODWAY (966-3929)**