

Owner's Manual

WOODWAY®

For The Long Run®

DESK-MILL

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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 Köln, 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 "Waldweg" (Wald = Wood and Weg = Way) – 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

SAFETY

ITEMS AND SERVICES AVAILABLE

THINGS TO CONSIDER

FITNESS PROGRAMS

Important Safety Instructions

WOODWAY Training Technique Advisory:

To maximize the benefit and safety of your treadmill training WOODWAY recommends all users maintain proper running form and not shuffle their feet.

When servicing any piece of fitness equipment, basic precautions must be followed. Familiarize yourself with all warnings, instructions and procedures concerning proper care and maintenance of a WOODWAY treadmill. Instructions are found in this service training manual and some also appear on labels and instructions on the treadmill itself.

DANGER – *To Reduce the Risk of Electrical Shock*

- Do not modify the plug provided with the treadmill. It is equipped with a power cord with a grounding plug. If it will not fit in the outlet, have a proper outlet installed by a qualified electrician.
- Do not use any adapters, especially ones without grounding provisions. To do so could result in electrical shock.
- Do not operate electrically powered treadmills in damp or wet locations.
- Do not operate the heart rate monitor transmitter in conjunction with an electrical heart pacemaker. The transmitter may cause electrical disturbances.
- Always unplug the treadmill before cleaning or servicing.
- Do not soak the treadmill surfaces with any liquid; use a sprayer or damp cloth. Keep all electric components, such as the motor, power cord, and power switch away from water.
- Do not attempt to service your treadmill yourself if you feel at risk.
- Always keep the running surface clean.

CAUTION

- Consult with your physician before beginning any exercise program, especially if any of the following pertain to you: history of heart disease, high blood pressure, diabetes, chronic respiratory disease, elevated cholesterol, smoke cigarettes, or experience any other chronic disease or physical impairments.
- Pregnant women should consult their physician before beginning an exercise program.
- If you experience dizziness, chest pains, nausea or any other abnormal symptoms while utilizing the treadmill, stop immediately. Consult a physician before continuing.
- A qualified mechanic should perform service or repair work. *It is preferable that mechanics have successfully completed our factory-authorized service school or equivalent.*

WARNING – To reduce the risk of injury to you and to others:

- Set up and operate treadmills on a solid, level surface.
- Keep all loose clothing and towels away from the treadmill running surface.
- Keep the area behind the treadmill clear and at least **FOUR FEET** from walls or furniture.
- Keep hands away from all moving parts.
- Never leave children unsupervised around a treadmill.
- Inspect the treadmill for worn or loose components prior to use. Tighten/replace any worn or loose components prior to use.
- Read, understand and test the emergency stop procedures.
- **ALWAYS USE THE EMERGENCY SAFETY LANYARD SUPPLIED WITH THE TREADMILL!** It can be clipped to an article of clothing while exercising. This is for your safety in case an emergency arises.
- WOODWAY desk treadmill is built to handle athletes up to 400 lbs.
- Care should be taken when mounting and dismounting the treadmill. Never mount or dismount the treadmill while the running belt is moving. Use the handlebar or handrails whenever practical.

- Wear proper athletic shoes, such as those with rubber or high-traction soles. Do not use shoes with heels or leather soles. Make sure no stones are embedded in the soles.
- Allow several minutes to bring your heart rate into the training zone shown elsewhere in this manual. Walk slowly after your workout to allow your body time to cool down and your pulse rate to decrease.
- The safety and integrity designed into the machine can only be maintained when the treadmill is regularly examined for damage and repaired. It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed. Worn or damaged components should be replaced immediately or the treadmill removed from service until the repair is made. Only manufacturer supplied or approved components should be used to maintain and repair 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

AGE	MAXIMUM HEARTRATE	60% OF MAXIMUM HEART RATE	75% OF MAXIMUM HEART RATE	85% OF MAXIMUM HEART RATE
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 re-conditioned 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 cannot wake up one morning and be a professional baseball player, you cannot 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!

SPECIFICATIONS

TREADMILL SPECIFICATIONS

ELECTRICAL SPECIFICATIONS

RUNNING BELT SPECIFICATIONS

ENVIRONMENTAL SPECIFICATIONS

Treadmill Specifications

NOTE: The following pages contain detailed specifications of a single product. These “spec sheets” are meant to be used as a guide during the sales process. They will help potential clients understand the particulars of the product they are interested in and give exact options and prices.

Most Comfortable Walking Surface Available

WOODWAY's Patented rubberized walking surface has been medically proven to absorb footstrike and be easier on joints and connective tissues. Users can walk with dress shoes longer and more comfortably.

Near Silent Operation

WOODWAY's Patented near frictionless precision ball bearing system allows the surface to gently glide without the noise of foot impact or the sound of the belt disturbing the user or coworkers.

Safety and Reliability

Emergency stop magnet and safety lanyard attaches to user and stops the treadmill if they are too close to the rear edge of the treadmill. Users can be confident their Desk-Mill will give them years of hassle free usage with a life expectancy of the running surface up to 200,000 miles

Convenient User PC Control

- Works on your PC desktop in the background
- Multiple readouts monitoring speed, distance, time and calories.
- Pocket PC With Bluetooth (optional)



PC Software



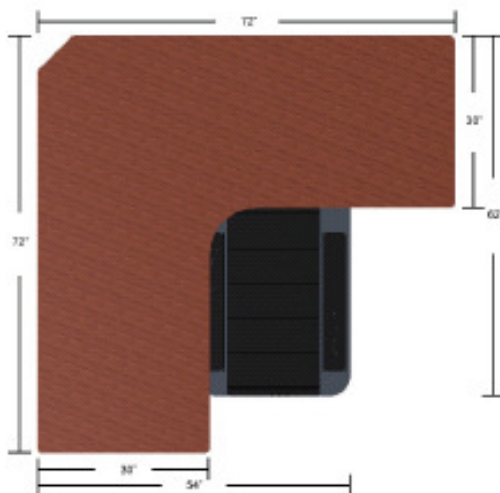
Pocket PC Software (optional)



Treadmill Dimensions



Desk and Treadmill Combination Dimensions



Physical Specifications (Treadmill)

Belt Type	68 individual slats
Drive System	146 precision ball bearings with 6 roller guides (4 mm lateral tolerance)
Running Surface	Vulcanized rubber (38-43 shore hardness)
Drive Motor	2 hp continuous (5 hp peak) brushless servo
Unit Weight	445 lb. (shipping weight 533lb.)
Power Supply	110 V power supply

Performance Specifications

User Weight Capacity	Walking 500 lb. (3.5 mph max)
Walking Surface Area	15.75" X 39"
Speed Range	0 - 3.5 mph zero start 0.1 mph Increments
Standard Fitness Warranty, Treadmill	7 year wear warranty 5 year drive and motor 3 year all components 1 year labor

Desk Features

- Height of desk power adjustable from 27" to 50"
- 3 user programmed desk heights
- Woodgrain laminated desk surface (Maple or Cherry color)
- 1 Year Parts/ Labor

Additional Options:

Custom desk configurations

Pocket PC/PDA with bluetooth connectivity for treadmill control (Not available for MAC applications)

Slide rail mechanism that allows the treadmill to slide under desk when not in use. (Please note: WOODWAY must review desk specifications to determine if size and shape of desk are sufficient)

Bluetooth connection to computer or PDA in lieu of hard wire

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: 15 Amp, 60 Hertz

Wall Outlet Requirements: 120 V ac

Outlet Compatibility:

The 120 V ac input WOODWAY treadmill comes standard with a 3-prong plug

DO NOT BEND OR REMOVE PRONGS. If other power cord plugs are required, please consult the factory.

Note: For grounding reliability, only connect to the proper receptacle marked “Hospital Grade”.

Running Belt Specifications

General	Slats, overlapping, replaceable
Slat type	Rubber over aluminum support
Running Belt Hardness	Approximately 40 Shore D
Running Area	See detailed specifications/model (Ch.1)
Standard Color	Black
Support	146 roller bearings, 6 roller guides standard
Lateral movement	+/- 8 mm

Environmental Specifications

Degree of Protection	IP42
<u>Operating Conditions</u>	
Ambient Temperature	+10°C to +40°C (0°F to +104°F)
Relative Humidity	20 to 95%
<u>Transportation & Storage Conditions</u>	
Temperature Range	-18°C to +49°C (0°F to +120°F)
Relative Humidity	20 to 95%
Atmospheric Pressure Range	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.

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 15 A at 120 V ac. If an extension cable is needed, it must be at least 12 AWG with ground and no more than 10 feet long.

Outlet Compatibility

The 120 V ac input WOODWAY treadmill comes standard with a 3-prong plug.
CAUTION - Any alterations to the plug configuration could void your warranty.

TREADMILL FUNDAMENTALS

BELT SURFACE
TRANSPORTATION SYSTEM
SERIAL NUMBER PLACEMENT

Belt Surface

The patented running belt is made of individual slats mounted on a continuous set of toothed belts. The toothed 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 3-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 on the front of the treadmill base near where the power source comes out of the machine

Sequential Number _____ **Date Code of**
Assigned at Assembly _____ {XXXXXX}{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.

SAFETY FEATURES

Emergency Stop Switch and Safety Lanyard

The emergency stop switch, with safety lanyard, is used to enable the belt. If the stop switch magnet is not placed on the front panel, or positioned properly, the belt will be disabled and will therefore not speed up. This is similar to an unplugged treadmill.

CAUTION: ALWAYS USE THE EMERGENCY STOP SWITCH WITH THE LANYARD!

This safety feature is to protect the user in case of an emergency or loss of balance. The plastic clip is intended to clip on an article of clothing while the treadmill is in use. When the activator (magnet) is pulled off, the belt will automatically and immediately be disabled and will coast to a stop.

Belt Drive Current Limit

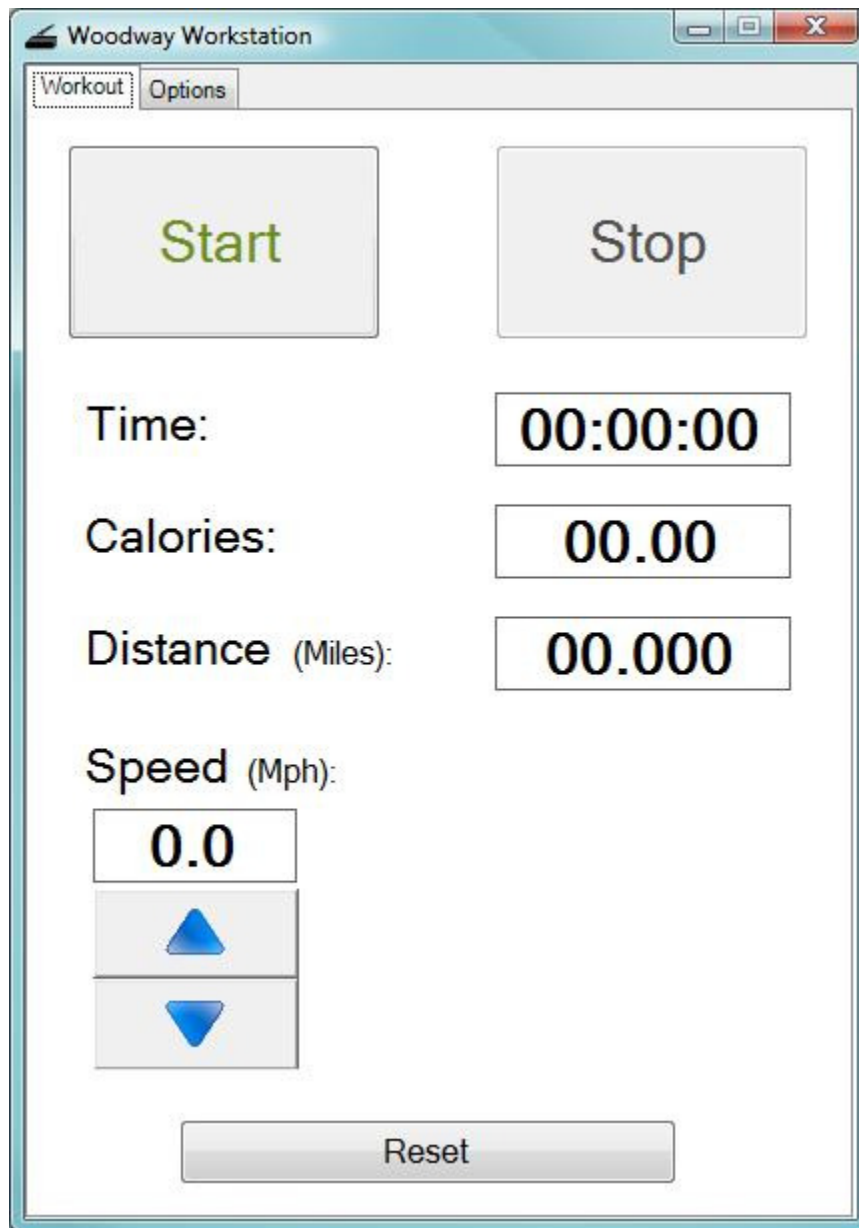
The treadmills have current limit features to reduce the power consumption and increase safety. The main feature is a current limit timeout. If the belt is stalled (stays in current limit) for more than 6 seconds, the motor drive will shut off and the belt will be able to be moved manually, or "freewheel". This feature becomes very useful if something should become caught in the belt, stopping it.

When the belt goes into this current limit mode, the treadmill must be turned off for at least 60 seconds to reset before it can be turned back on.

DISPLAY BOARD

SOFTWARE OVERVIEW
DISPLAY PARAMETERS
TO START THE TREADMILL
WORKOUT PARAMETERS
DESCRIPTION OF STATISTICS

Software Overview



Display Parameters

- Manual control of SPEED and INCLINE
- Statistics display of TIME, CALORIES and DISTANCE
- Display of treadmill SPEED
- Controlled ramping, safety checks and automatic shutdown in the event of errors

To Start the Treadmill

First make sure the emergency stop magnet is positioned correctly. To start using the treadmill, open the “WOODWAY Workstation” software. The speed display will show a value of 0.

Workout Parameters

To Begin Workout

Press the START button to begin workout. Speed counts up from 0. Time will be displayed in the TIME display in the format 00:00 and will begin counting up. The DISTANCE and CALORIES values will also be displayed.

Active Controls

During a workout, the user may change speed using the UP and DOWN speed buttons. The user may pause their workout at any time by pressing the STOP button.

Pausing the Workout

If the user presses the STOP button, the belt will come to a stop. The TIME, DISTANCE, and CALORIES display will freeze with their current values of the session at the time the STOP button was pressed. To resume the workout session, the user may press the START button, adjust to the desired speed and the displays will begin counting again where they left off.

Statistics Displayed During Workout

Time, Speed Calories, and Distance Are displayed during the workout.

Ending a Workout

The user may press the STOP button and then the RESET button at any time to end the workout session. Speed, Distance, Calories and Time will return to zero. The program can then be closed.

Description of Statistics

TIME:

Time is displayed in the format 00:00. Time always counts up.

SPEED:

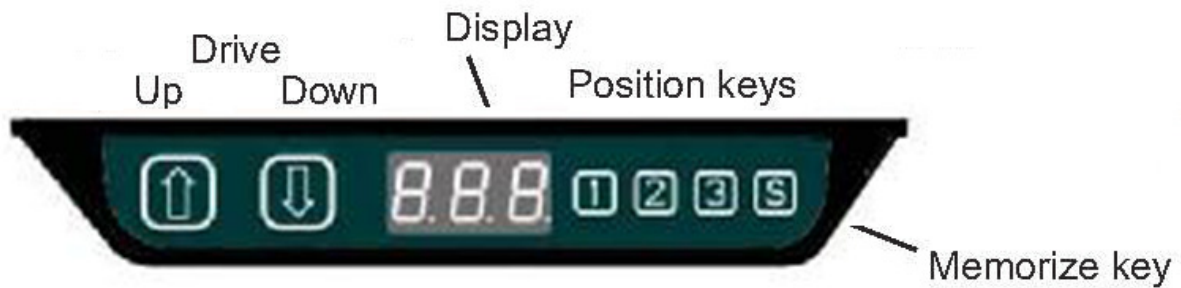
Speed is displayed in the format 0.0. Speed represents the user's current speed in miles per hour (or kilometers per hour). Valid speed values are: 0.0 – top speed (which varies depending on model and options ordered).

DISTANCE:

Distance is displayed in the format 00.00. Distance represents the accumulated user distance in miles or kilometers.

DESK OPERATION

Controls







Operation

Press  To raise the desk.

Press  to lower desk.

Keep key pressed until desired height is reached. The height of the desk top in inches will be displayed.

To memorize the current position of the desk top press . An S will appear in the display

With S still displayed press one of the position keys.  ,  or  .
The number pressed will be displayed next to the S and two clicks will be heard. After two seconds the height will again be displayed.

To go to a previously memorized position, hold down the corresponding position key until the desk stops. It will then be at the memorized height. The button must be held to reach the memory position.

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.
- Change motor brushes every 20,000 miles.
- With high-use applications change every 1 year.

Seasonally:

- In autumn & winter remember that the dry climate in many regions of the country will cause a greater static discharge to occur when the treadmill is used. Be sure to spray the running surface with a staticide spray regularly to prevent static shock to the treadmill users and to prevent interference with the treadmill's electronic systems.

Lubrication

Bearings

Almost all of the bearings used in the treadmill are pre-lubricated and do not need to be greased. 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 Desk-Mill belt is not adjustable.

Treadmill Mounting Feet – TOOLS NEEDED: 2 FT LEVEL, 3/4 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.

WARRANTY INFORMATION

Warranty Information

Standard Fitness Warranty, Treadmill

7 year wear
5 year drive and motor
3 year all components
1 year labor

Desk Warranty

1 year parts
1 year labor

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. 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.

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?
- 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?
- Was the treadmill in LOCKED or FREEWHEEL mode?
- Explain any other symptoms that you feel are relevant.

PROBLEMS:

1. No Display: If the treadmill's display does not light up when powered on, 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 safety magnet on?
- 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'. (GREY BELT ONLY)
- 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

Numbers to Know

Your Treadmill Serial #(s):

Model/# _____

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