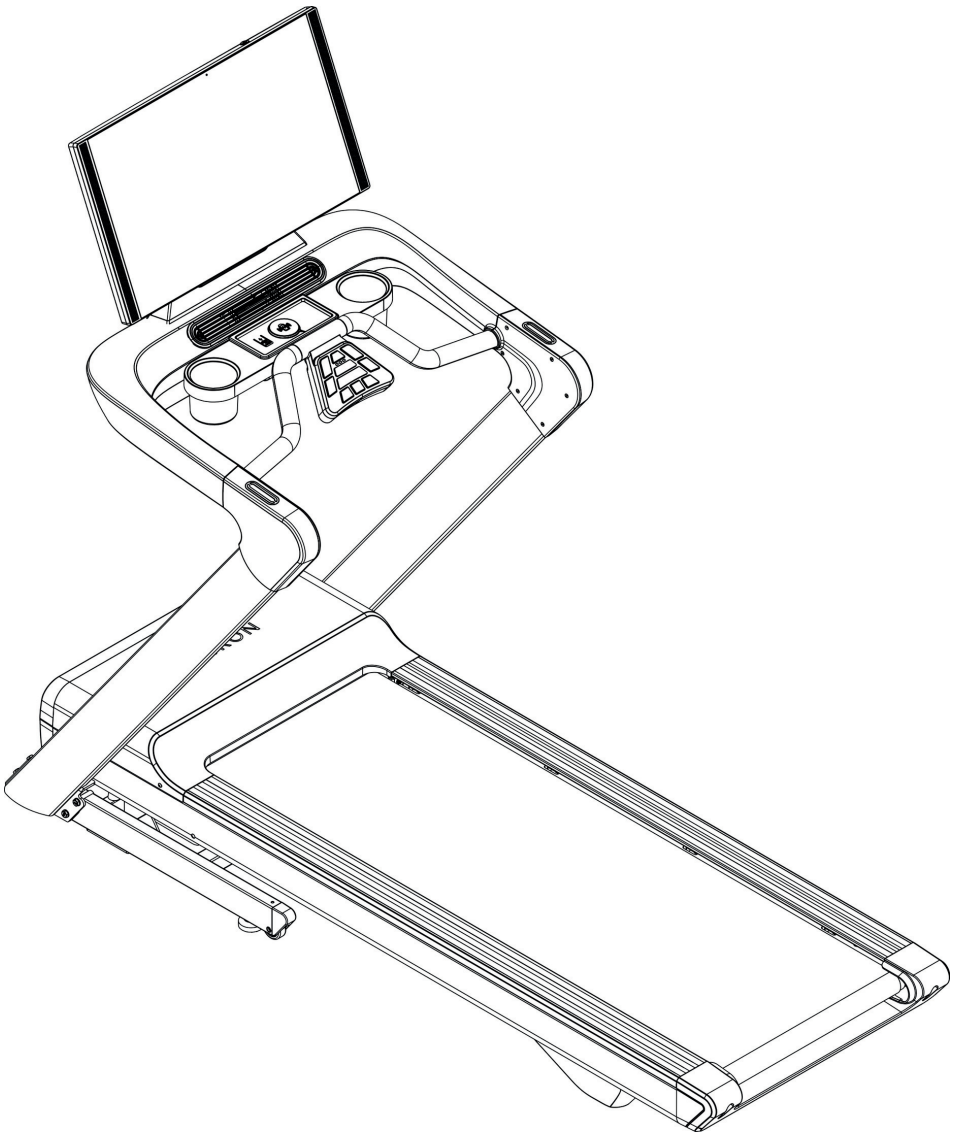
AVIRON



AVIRON PODIUM

USER MANUAL

AVIRON ACTIVE

END BORING WORKOUTS

We're thrilled you've chosen the Aviron Podium Treadmill. For the best experience, please review the instruction manual before use.

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BEFORE STARTING

IMPORTANT SAFETY INSTRUCTIONS

⚠ **WARNING: Please read all instructions before assembling or using the equipment to ensure safety and protection. The owner is responsible for ensuring all users are informed of the warnings and precautions. Use the equipment only as instructed. Improper use may lead to serious injury or death. Aviron is not liable for any damage or injury resulting from misuse.**

⚠ **Product Assembly:** At least two people are recommended for safe assembly. Do not plug in the treadmill until assembly is fully complete.

Consult Your Physician: Consult your physician before using the equipment. If you feel faint, dizzy, or experience pain, stop and seek medical attention immediately. It's recommended to consult with a fitness professional for proper use of equipment.

Usability and Supervision: Individuals under 13 years of age and those with reduced physical, sensory, or cognitive abilities, that may affect safe usage, should not use the equipment. Users over 13 years old or with limited experience or knowledge must receive proper supervision or instruction before use. Children of any age must not perform maintenance or play with the treadmill.

Stepping On and Off: Exercise caution when stepping on and off the deck. Always keep the deck surface clean and dry. Always ensure the treadmill belt is completely stopped before stepping on or off the equipment. Use the handrails for stability as needed and avoid sudden movements. Step on the footrails before stepping onto the belt and start the treadmill at a slow speed. When stepping off, stop the belt completely and carefully step off onto a stable surface. Never jump off the treadmill while it is in motion.

BEFORE STARTING

IMPORTANT SAFETY INSTRUCTIONS

Avoid Hazards: Avoid wearing loose or dangling clothing while using the treadmill. Keep towels and other loose items away from the belt or any other moving part. Ensure your shoelaces are securely tied and do not extend beyond the soles of your shoes. Do not insert objects or body parts into any of the openings on the equipment or beneath the belt. Do not attempt to service the treadmill beyond the basic maintenance outlined in this manual. All other servicing should be handled by authorized personnel. Never use the treadmill if it is malfunctioning or if the power cord is damaged. Do not attach accessories not recommended or certified by the manufacturer. Do not carry the treadmill by its power cord. Do not use the treadmill in areas where aerosol (spray) products are in use or where oxygen is being administered.

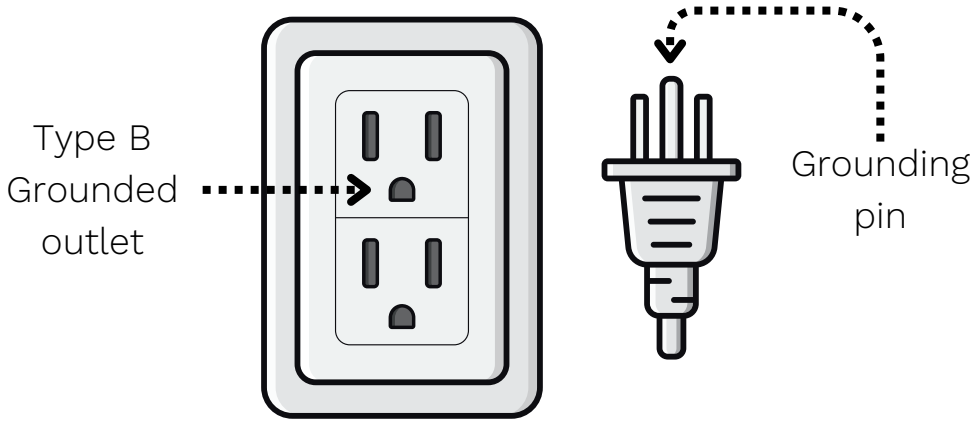
Weight Capacity: The maximum recommended weight capacity for the equipment is 350 lb (159 kg).

Safety Key: Always use the safety key when using the equipment. Before using the product, see pages 34 to 37 for full Treadmill Usage and Best Practices.

BEFORE STARTING

Electrical safety

⚠**Grounded Outlet:** To reduce the risk of burns, fire, electric shock, or injury, only plug the equipment into a properly grounded outlet. If the supplied power cord does not fit, contact a qualified electrician to install the correct outlet type, as shown below. Use only a 110V non-GFCI outlet - motor inrush can nuisance-trip GFCI outlets. Never use an adapter or extension cord.



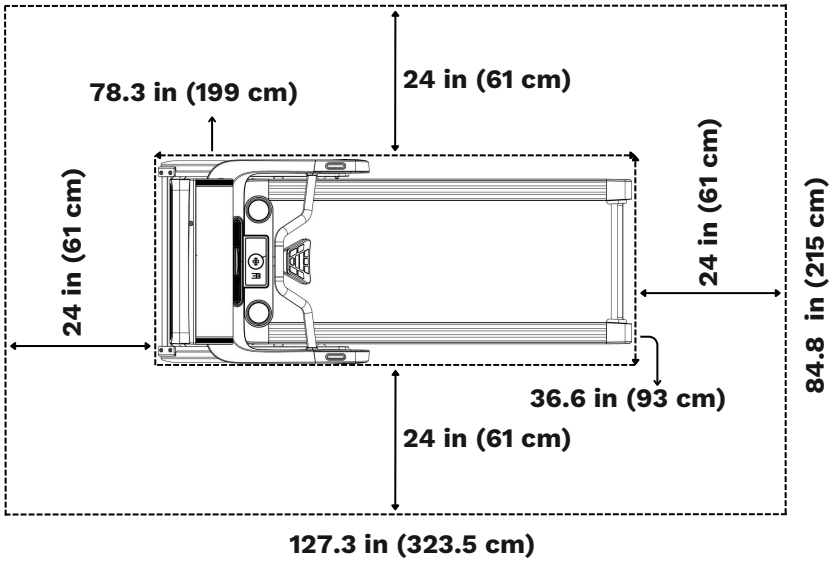
Disconnecting: Always turn off the power and unplug the treadmill before cleaning or when not in use. Avoid soaking or spraying liquids directly on the treadmill. Use a damp cloth for cleaning.

Power Cord: Use only the Aviron-supplied power cord to ensure safe and reliable operation. Do not modify the plug. Unauthorized cords can damage the equipment, create safety hazards, and void the warranty. The power cord must never pass under the equipment and must stay away from heat, sharp edges, and water. Ensure the power cord is in good condition before use and contact our technical support for replacements or questions.
To prevent damages, always disconnect the power cord from the treadmill before lifting the deck into the folded position.

BEFORE STARTING

Location

The treadmill is designed for indoor use only. Do not operate or store it outdoors, in high humidity, or in damp or wet conditions. Place and use the treadmill on a stable, level surface in a secure area away from children, pets, and unauthorized users. Ensure there is at least 24 inches (61 cm) of clearance on all four sides. Keep the surrounding area free of furniture, equipment, and other objects.



Warm-up

Warm-up Routine: Warm up for 5 to 10 minutes before exercising to gradually increase heart rate, blood flow, and loosen joints and muscles.

Appropriate Attire: Remove jewelry, including rings, chains, and pins, and always wear suitable clothing and footwear.

PRODUCT OVERVIEW AND SPECIFICATIONS

Treadmill Dimensions and Specifications

Product (L x W x H): 78.3 x 36.6 x 57.5 in / 199 x 93 x 146 cm
Running Area (L x W): 59.85 x 21.65 in / 152 x 55 cm
Running Deck Height: 8.15 in / 20.7 cm
Total Weight: 284.4 lb / 129 kg
Operating Temperature Range: 32°F to 104°F / 0°C to 40°C
Storage Temperature Range: 14°F to 140°F / -10°C to 60°C
Power Requirements: 110V, 15 A, non-GFCI power outlet**
Motor Details: Brushless DC 4.5 CHP
Speed Range: 0 to 14 MPH / 0 to 22 KPH
Speed Increments: 0.1 MPH or KPH (set by user via Admin Settings)
Incline Range: 0 to 18%
Incline Increments: 0.5%
Console Tilt Range: 48° total range
User Height Range: 4 ft 10 in to 6 ft 4 in / 147 to 193 cm
User Maximum Weight: 350 lb / 159 kg

**** Power Requirements:**

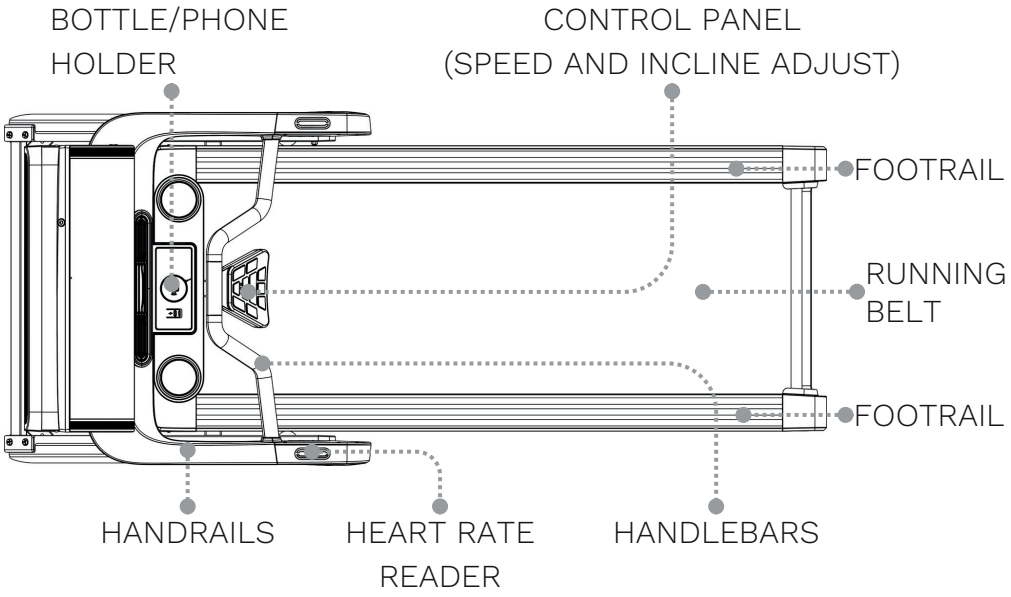
- The treadmill must be plugged directly into a standard power outlet. Avoid using extension cords or power strips.
- For optimal performance and safety, it should be the only device connected to the circuit breaker.
- Do not use GFCI outlets, as they may cause operational issues.

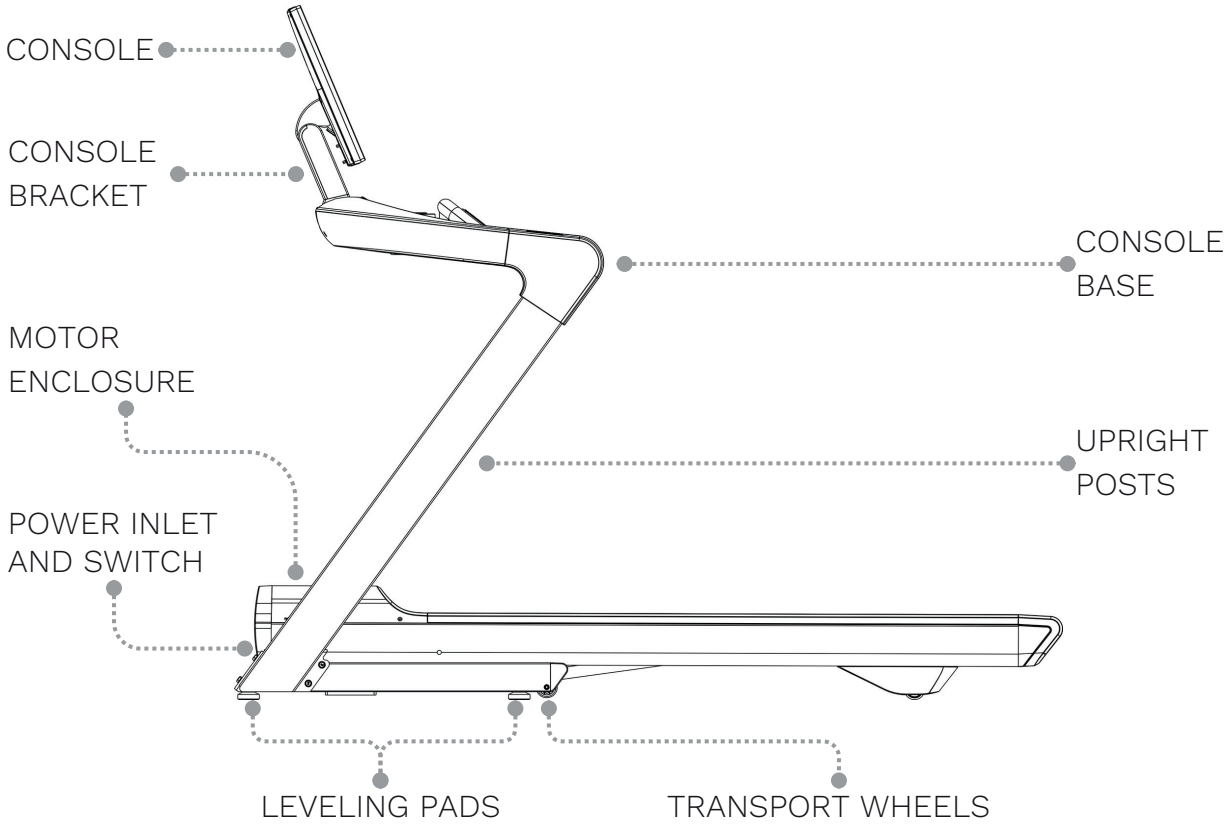
Recommended Space Requirement

Dimensions (L x W): 127.3 x 84.8 in / 323.5 x 215 cm

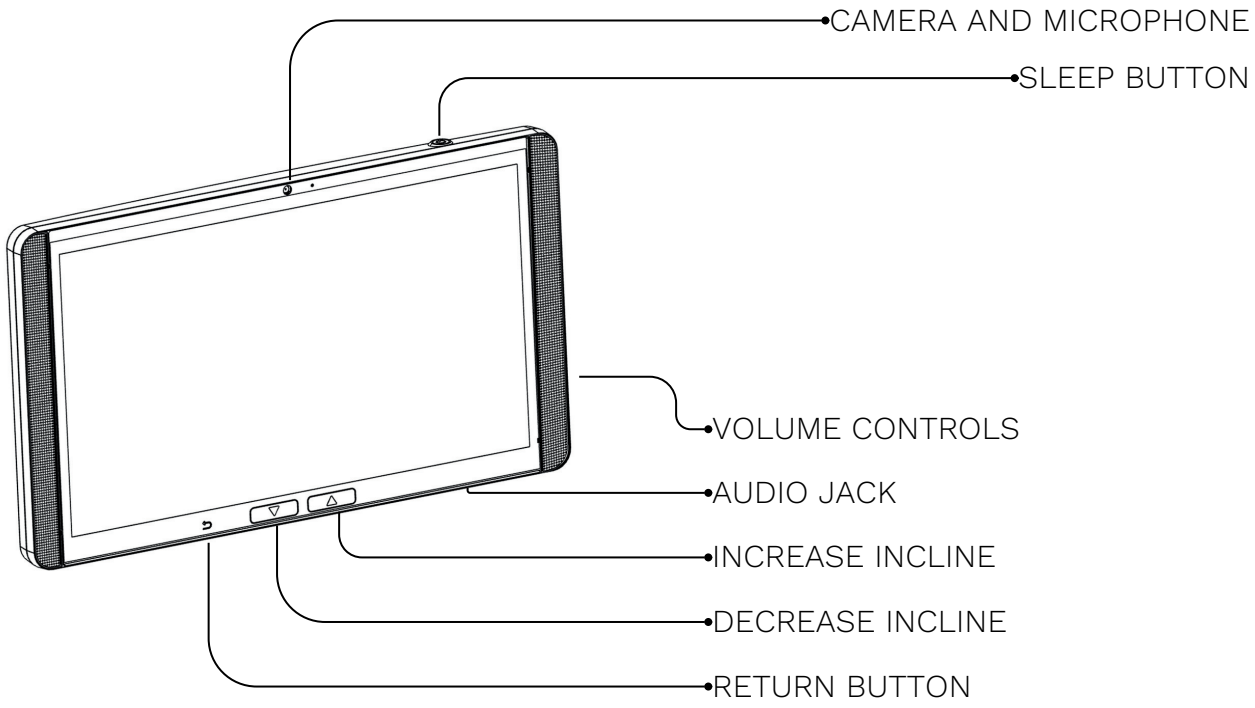
PRODUCT OVERVIEW AND SPECIFICATIONS

Treadmill Parts Details





Console Module Details (ATS)



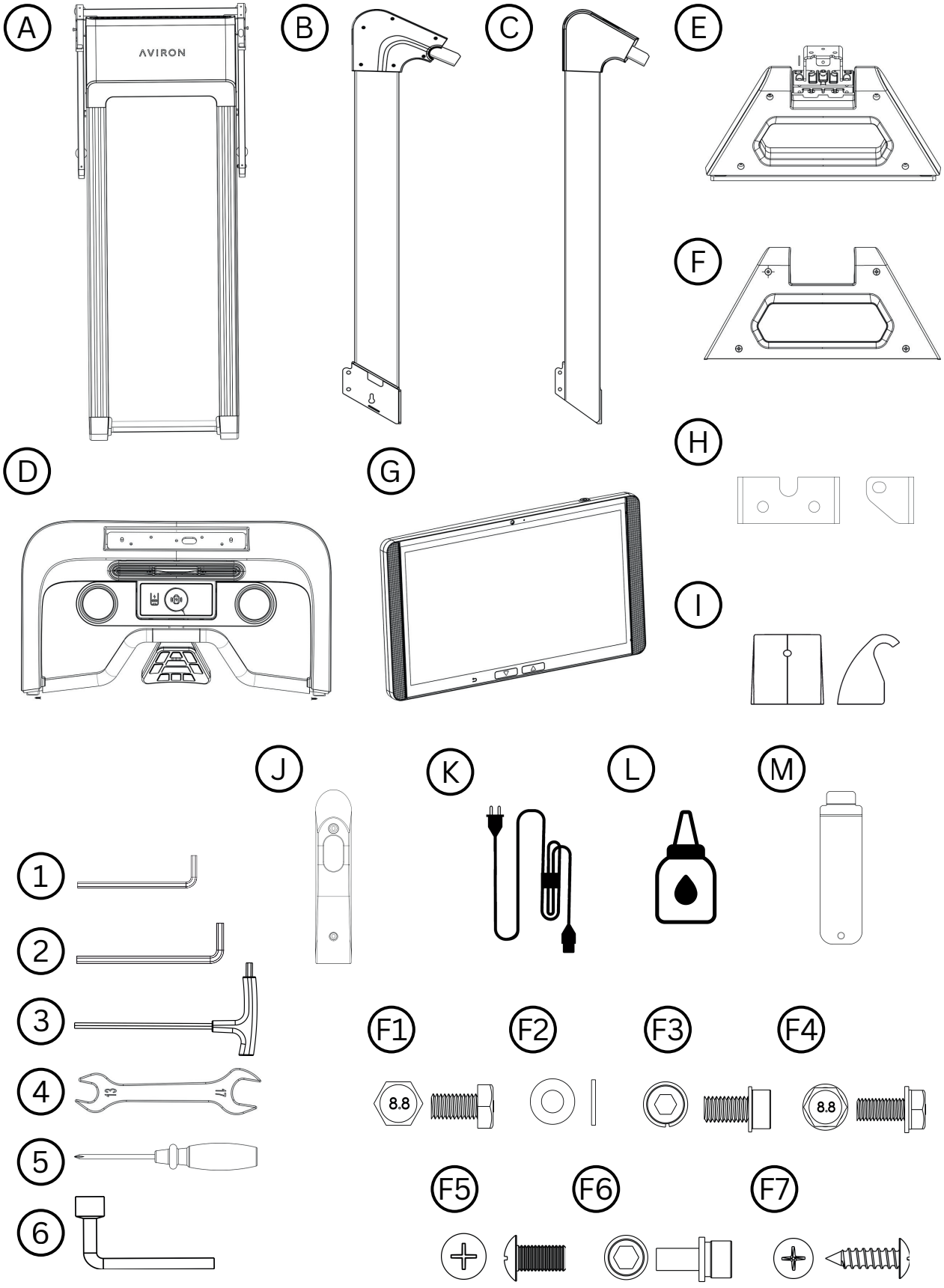
ETHERNET PORT LOCATED AT REAR

NOTE: The image shown is a simplified representation of the Aviron touchscreen. Actual design and appearance may vary depending on the model or production batch.

PARTS AND TOOLS

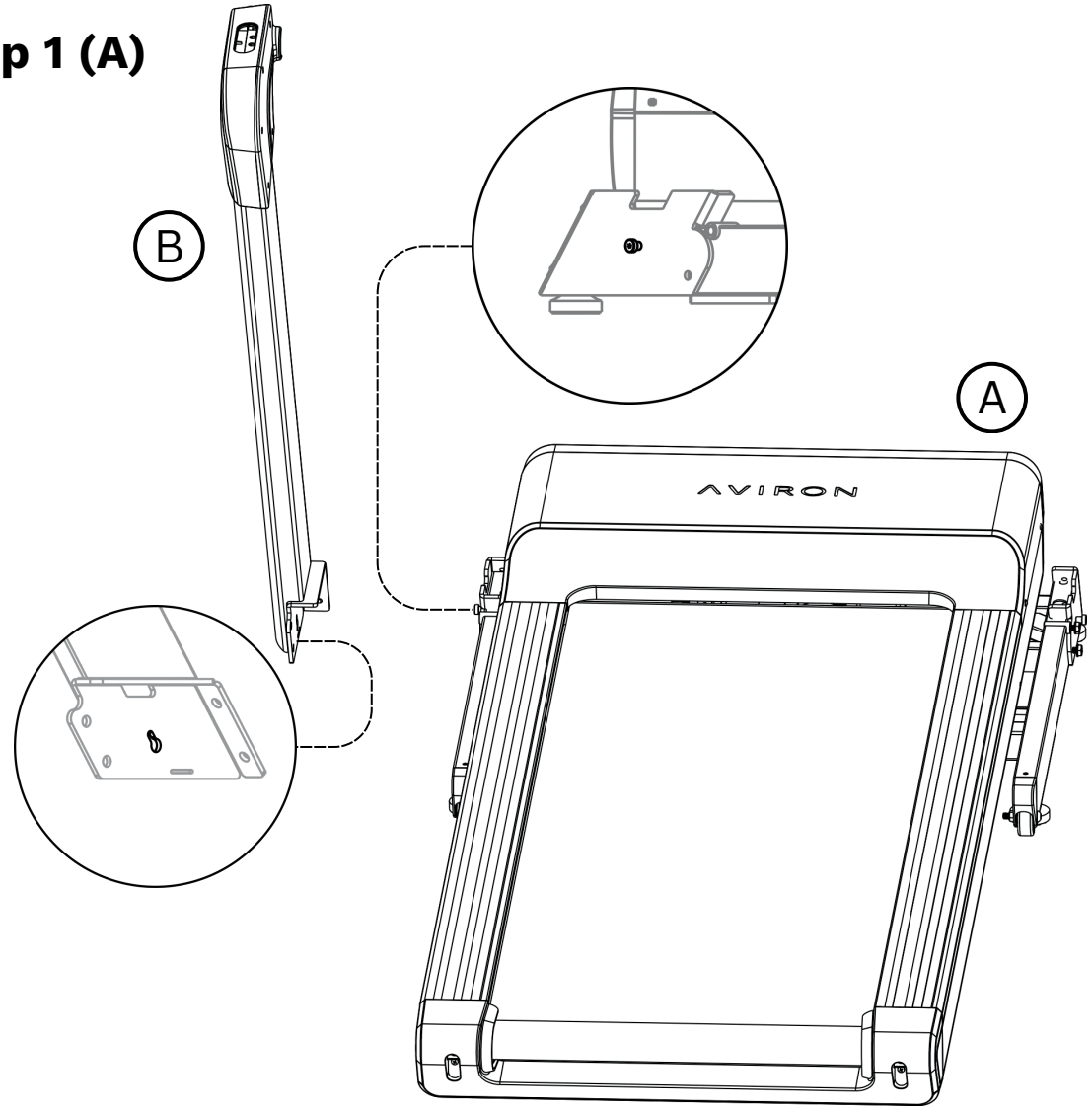
PARTS	A	MAIN FRAME	1
	B	LEFT UPRIGHT POST	1
	C	RIGHT UPRIGHT POST (W/ CABLE)	1
	D	CONSOLE BASE	1
	E	CONSOLE BRACKET	1
	F	CONSOLE BRACKET BACK COVER	1
	G	CONSOLE	1
	H	CONSOLE FIXING BRACKET	1
	I	CONSOLE BRACKET TOP COVER	1
	J	REAR WHEEL COVERS	2
	K	POWER CABLE	1
	L	SILICONE OIL LUBRICANT	1
	M	CONSOLE BASE CONNECTOR COVER	2
TOOLS	1	ALLEN KEY M5	1
	2	ALLEN KEY M6 L-SHAPE	1
	3	ALLEN KEY M6 T-SHAPE	1
	4	M13/M17 OPEN-END WRENCH	1
	5	PHILLIPS PH2 SCREWDRIVER	1
	6	HEX SOCKET WRENCH M17	1
FASTENERS	F1	HEX HEAD BOLT M10 X 15MM	8
	F2	FLAT WASHER Ø10.5*Ø20*T1.5MM	8
	F3	SOCKET HEAD CAP BOLT M8 X 16MM	8
	F4	HEX HEAD BOLT M8 X 20MM	5
	F5	PAN HEAD BOLT M5 X 10MM	9
	F6	SOCKET HEAD CAP BOLT M6 X 15MM	1
	F7	PAN HEAD SELF TAPPING SCREW M4 X 12MM	2

PARTS AND TOOLS



ASSEMBLY INSTRUCTIONS

Step 1 (A)



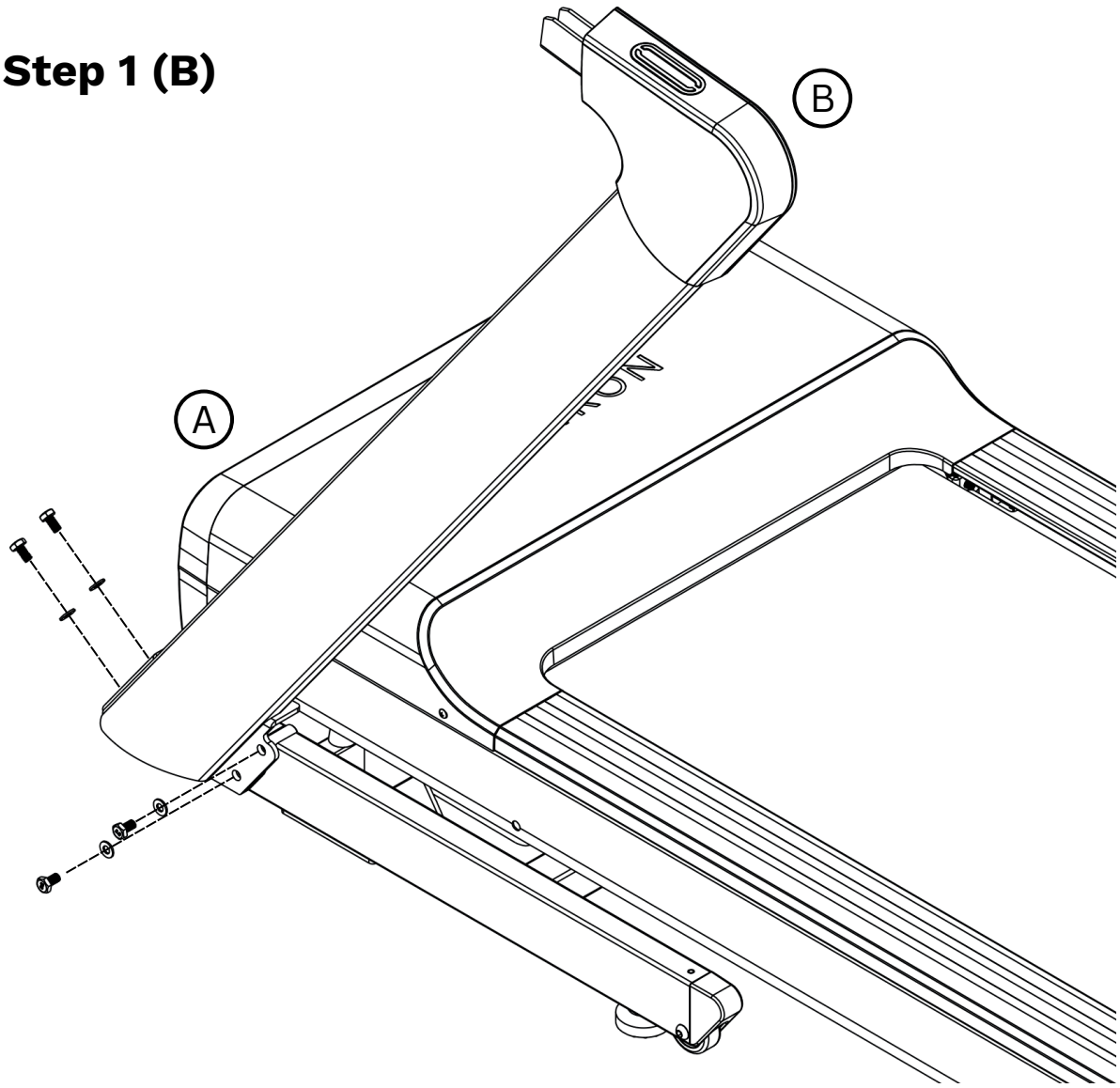
Parts: **Tools:** **Fasteners:**

A B

Place the Main Frame (A) on a flat and stable ground surface. Bring the Left Upright Post (B) close to the frame, align the screw holes, and hook the Upright Post onto the protruding support bolt located at the Main Frame.

ASSEMBLY INSTRUCTIONS

Step 1 (B)



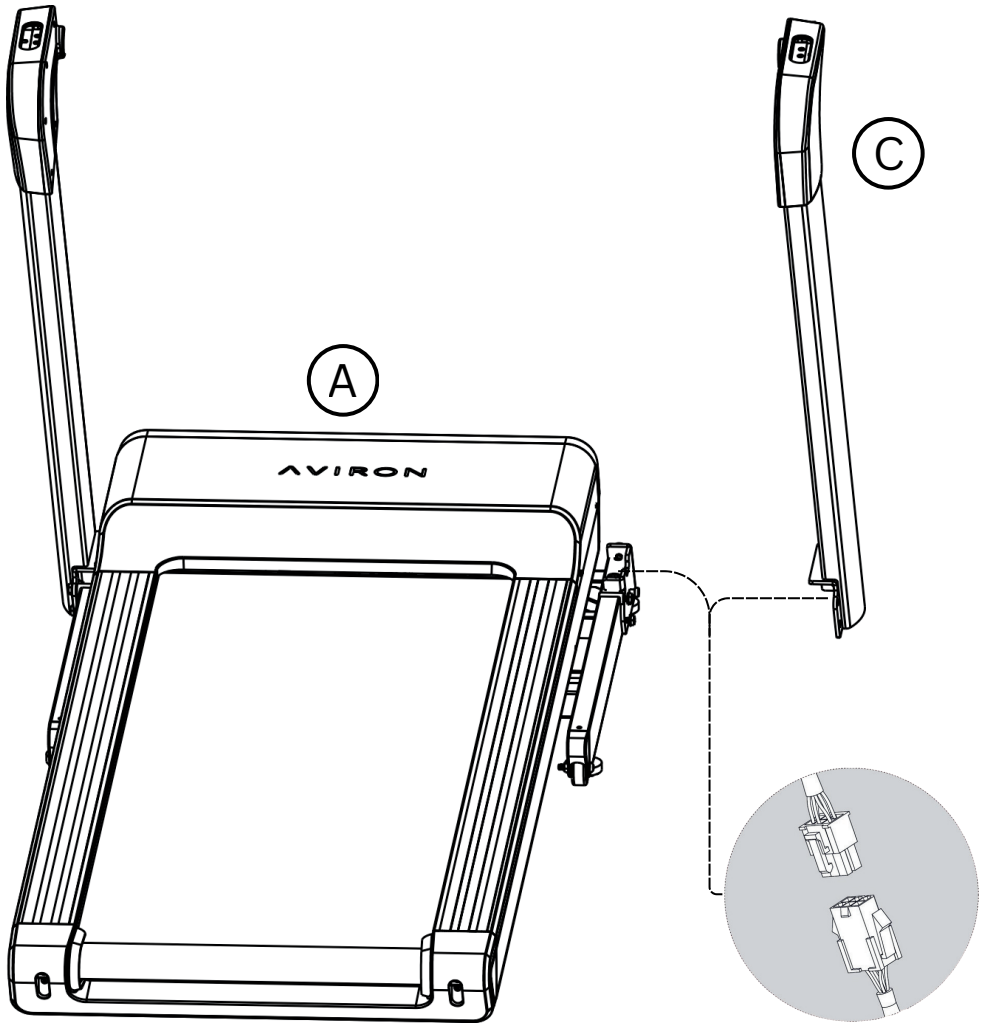
Parts:	Tools:	Fasteners:
A B	6	F1 F2

Secure the assembly with 4x washers (F2) and 4x M10 bolts (F1) using the M17 Socket Wrench.

NOTE: Loosely fasten the bolts at first to allow for easier alignment during Console Base installation. Once the Console Base is fully seated, tighten the bolts evenly in an X-pattern to distribute strain across the base and prevent warping.

ASSEMBLY INSTRUCTIONS

Step 2 (A)



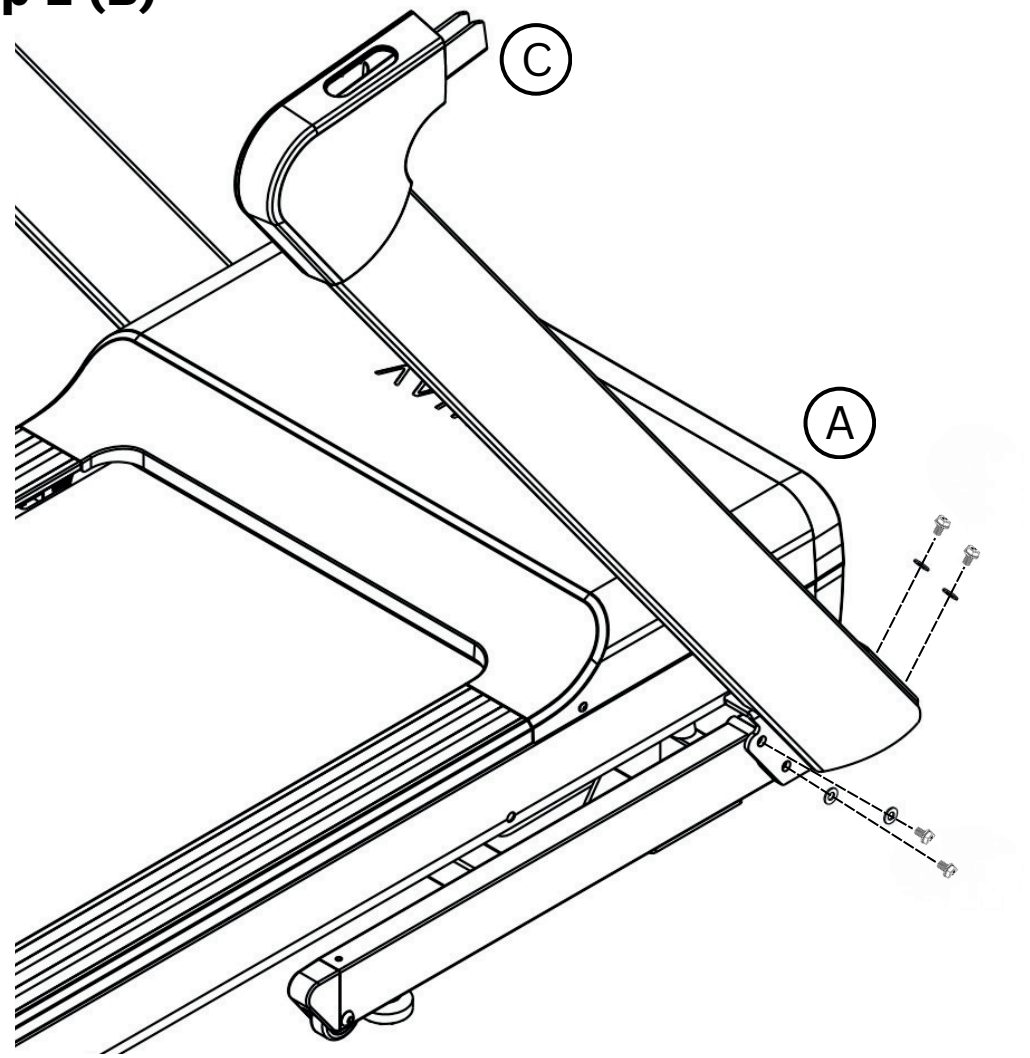
Parts: **Tools:** **Fasteners:**

A C

Bring the Right Upright Post (C) close to the Main Frame (A) and connect the internal wires. Ensure the wires are properly adjusted inside the post groove to prevent pinching. Similarly to the left side, align the screw holes, and hook the Upright Post onto the protruding support bolt located at the Main Frame.

ASSEMBLY INSTRUCTIONS

Step 2 (B)



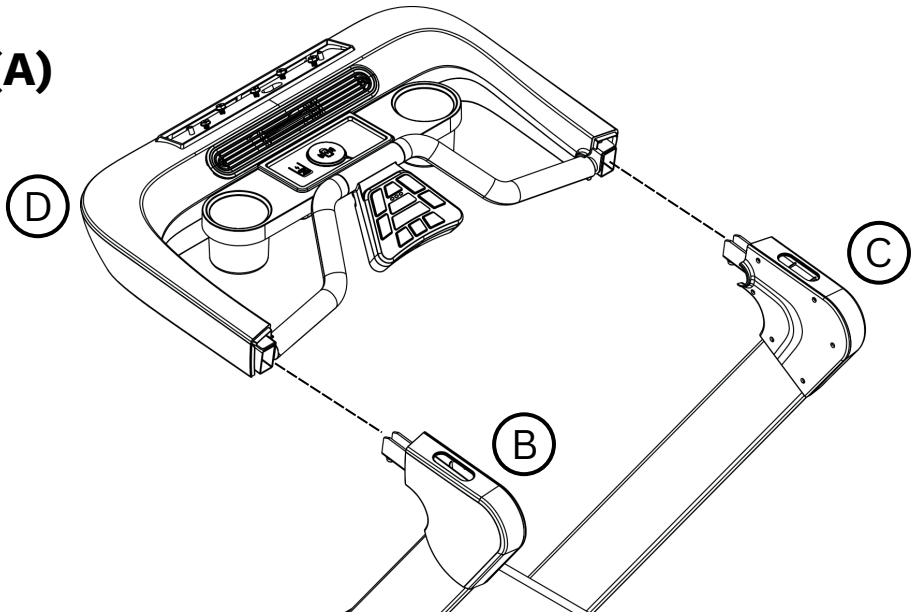
Parts:	Tools:	Fasteners:
A C	6	F1 F2

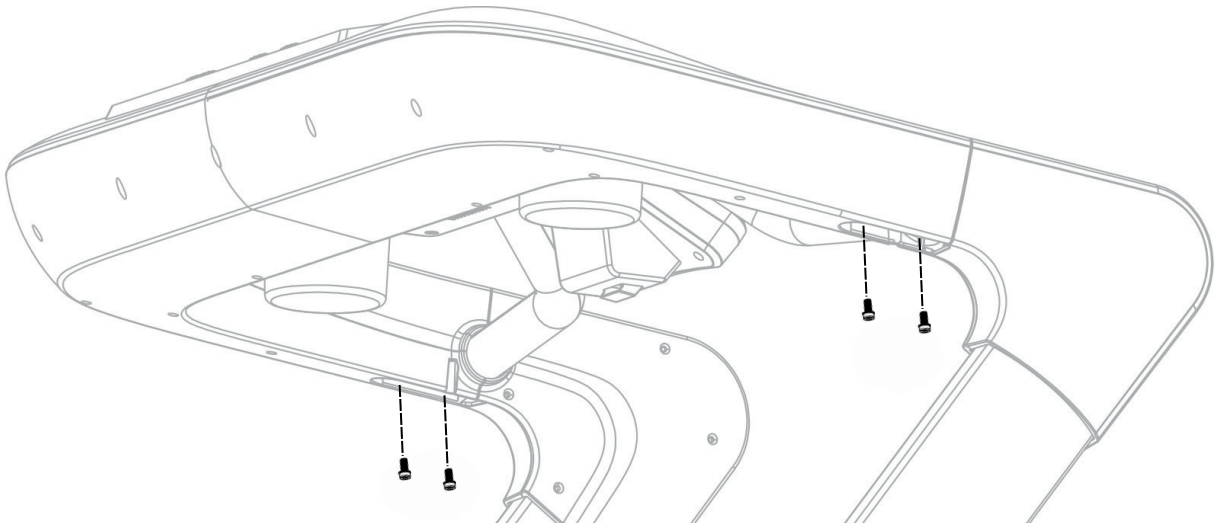
Secure the assembly with 4x washers (F2) and 4x M10 bolts (F1) using the M17 Socket Wrench.

NOTE: Loosely fasten the bolts at first to allow for easier alignment during Console Base installation. Once the Console Base is fully seated, tighten the bolts evenly in an X-pattern to distribute strain across the base and prevent warping.

ASSEMBLY INSTRUCTIONS

Step 3 (A)





Parts:

B C D

Tools:

2

Fasteners:

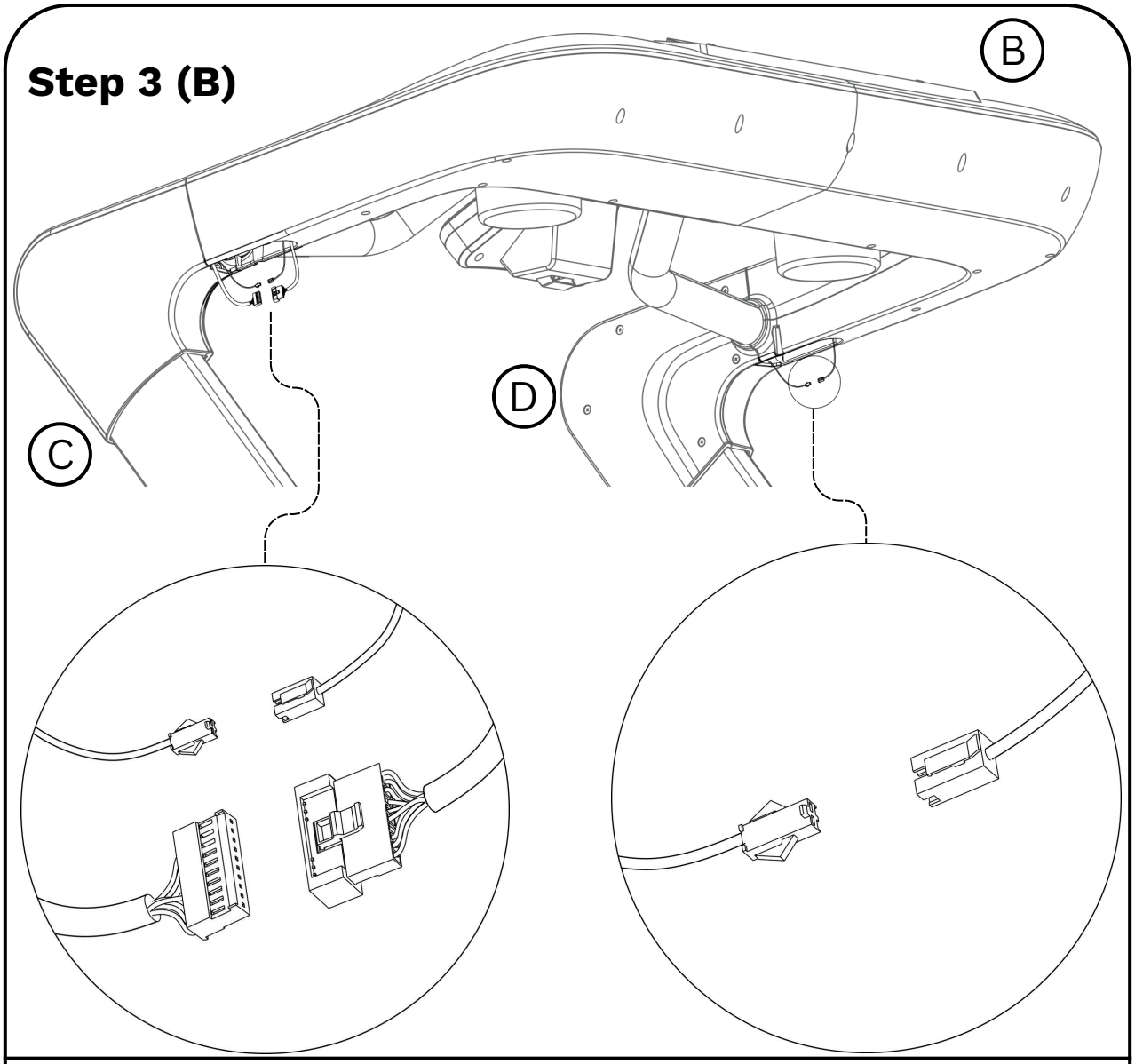
F3

Bring the Console Base (D) close to the Upright Posts (B) and (C). Slide the Console Base onto the posts until it seats firmly. Once in place, adjust as needed to align the screw holes. Secure the assembly with 4x M8 bolts (F3) using the L-shape M6 Allen Key.

NOTE: The Upright Posts may lean slightly inward when standing alone. For easier assembly, gently pull the posts outward to align them correctly with the console base. Loosely fasten the bolts at first, then tighten them evenly in an X-pattern to distribute strain properly. At this point, also fully tighten the bolts referenced in Steps 1B and 2B.

ASSEMBLY INSTRUCTIONS

Step 3 (B)



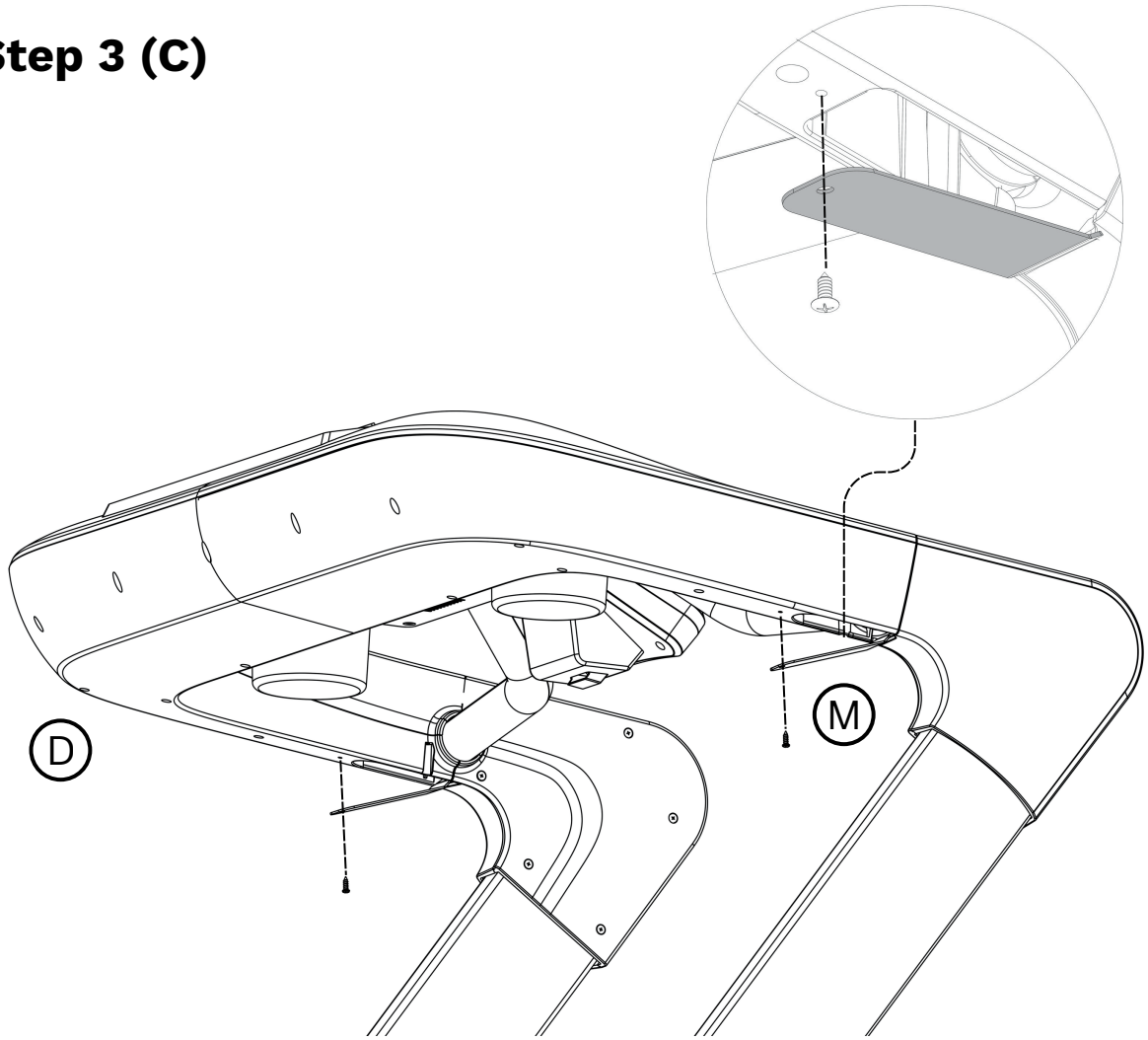
Parts: **Tools:** **Fasteners:**

B C D

Connect the two sets of internal wires on the right side and the single connection on the left side. Route the excess into the slots of the Console Base to prevent pinching or cable damage.

ASSEMBLY INSTRUCTIONS

Step 3 (C)

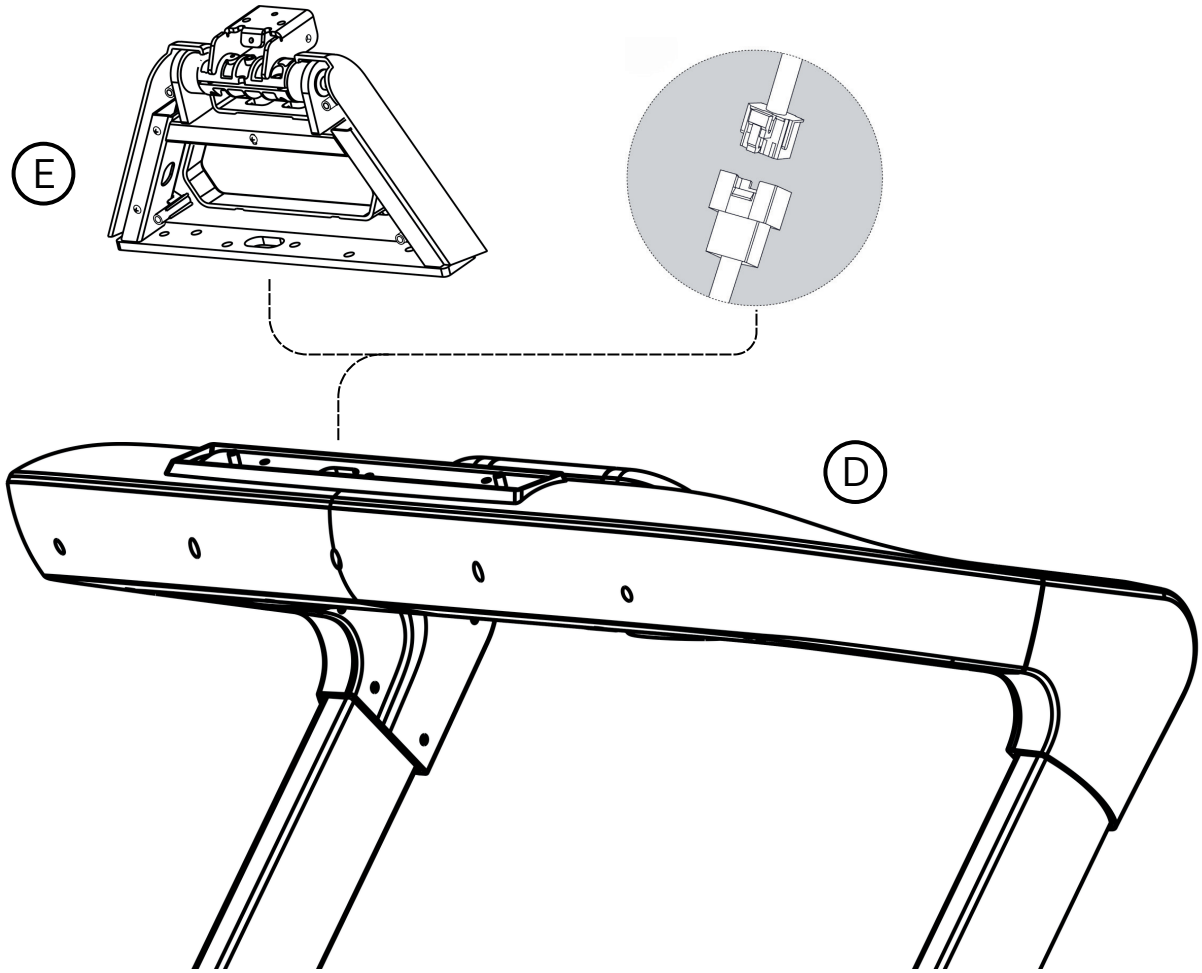


Parts:	Tools:	Fasteners:
D M	5	F7

Position the Console Base Connector Covers (M) beneath the Console Base (D). Align the curved edge of the cover with the rear lip of the Console Base and hook it into place. Confirm the cover sits flush against the base, then secure it with 2x M4 screws (F7) using the Phillips screwdriver.

ASSEMBLY INSTRUCTIONS

Step 4 (A)



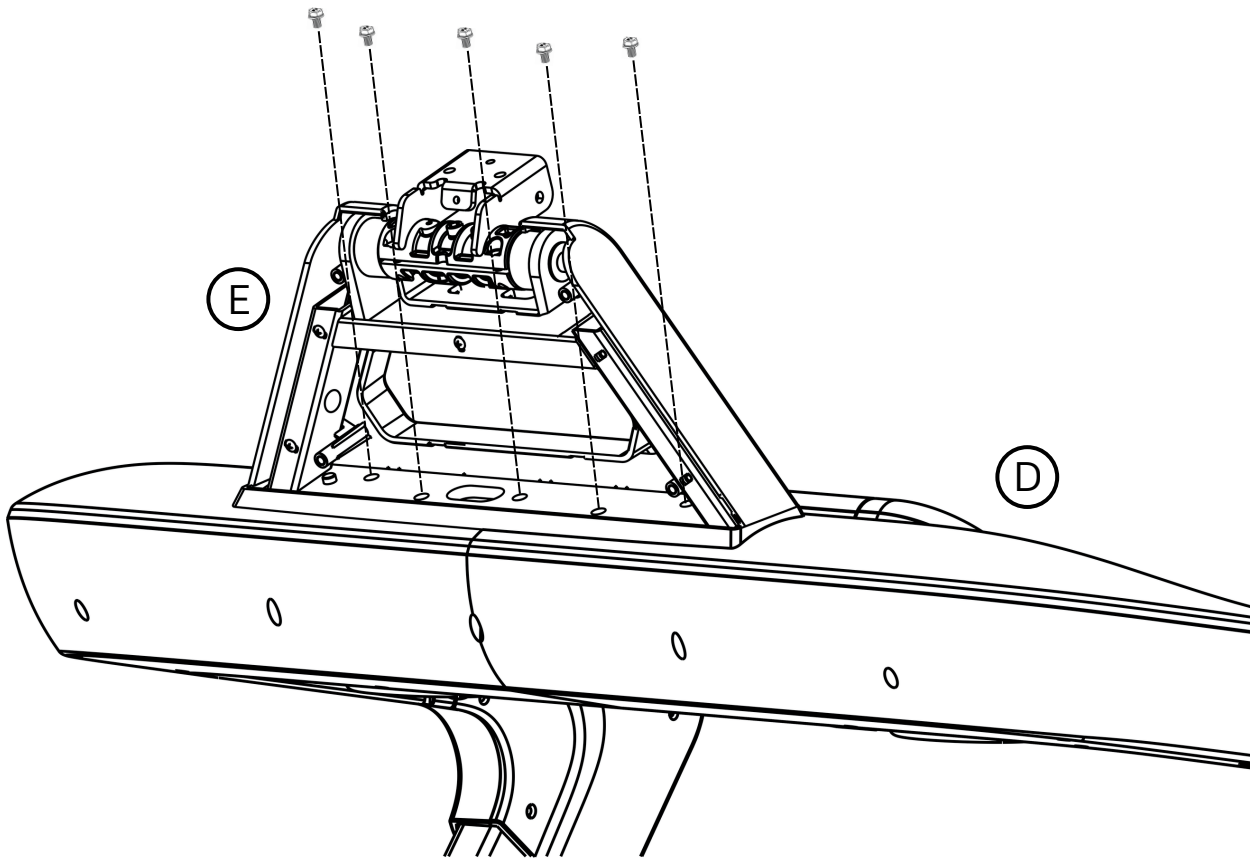
Parts: **Tools:** **Fasteners:**

D E

Position the Console Bracket (E) on top of the Console Base (D). Route the internal wire through the hole in the Console Bracket (E), then connect the wire ends. Adjust the excess wire and connection inside the Console Base groove to prevent pinching.

ASSEMBLY INSTRUCTIONS

Step 4 (B)

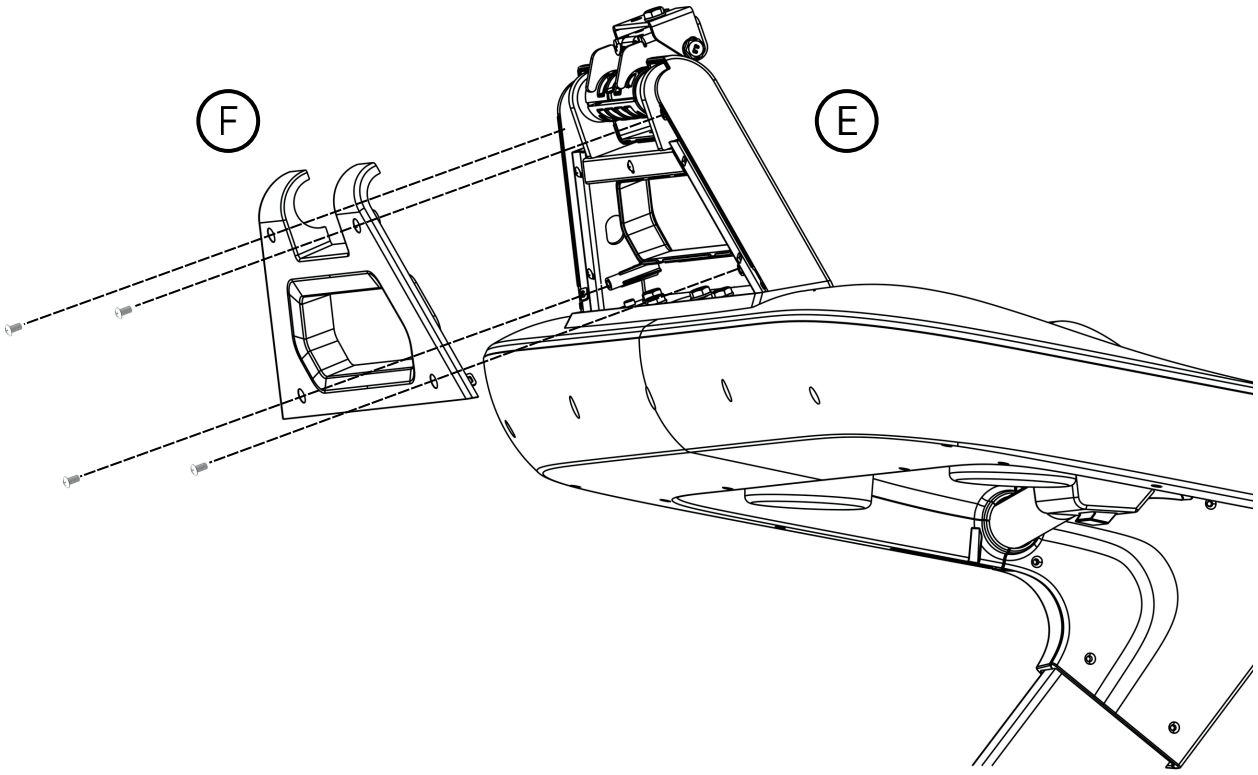


Parts:	Tools:	Fasteners:
D E	4	F4

Align the Console Bracket (E) bolt holes to the Console Base (D) and secure it with 5x M8 bolts (F4) using the M13 Open-end wrench.
NOTE: Start by loosely fastening the bolts, then tighten them evenly in an alternating pattern to ensure the strain is properly distributed.

ASSEMBLY INSTRUCTIONS

Step 5



Parts: E F

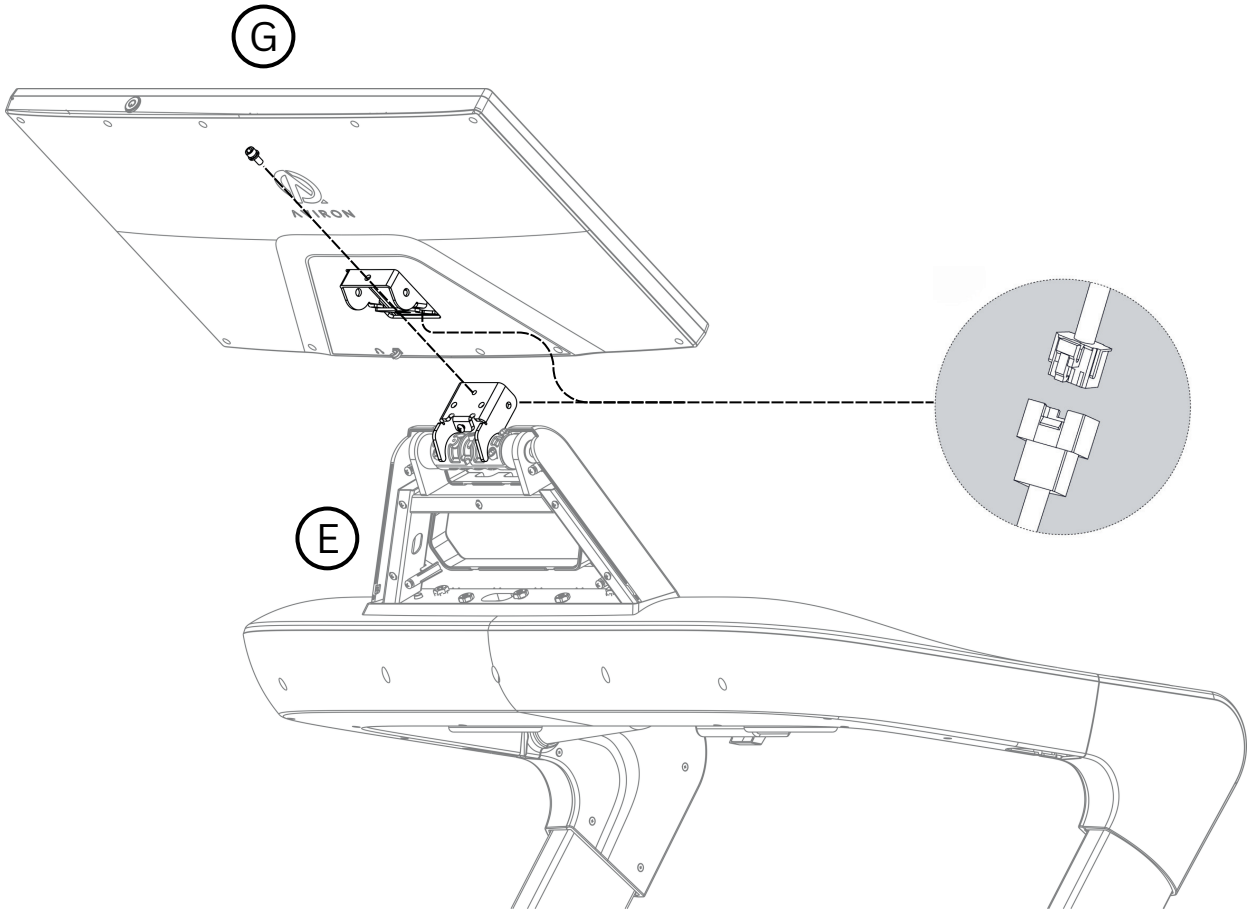
Tools: 5

Fasteners: F5

Position the Console Bracket Back Cover (F) at the back of the Console Bracket (E) and secure it with 4x M5 bolts (F5) using the Phillips screwdriver.

ASSEMBLY INSTRUCTIONS

Step 6 (A)

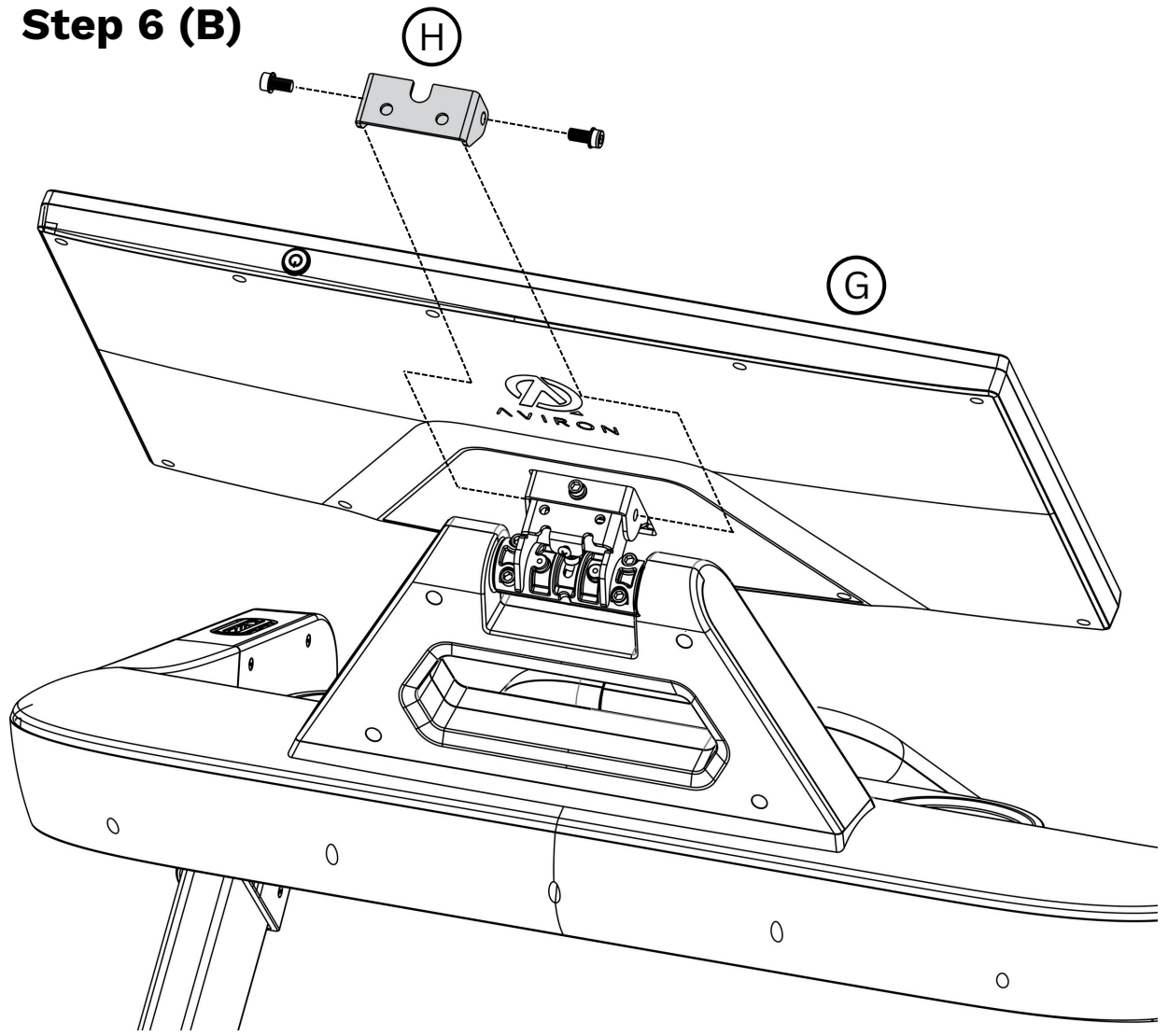


Parts:	Tools:	Fasteners:
E G	1	F6

Set the Console (G) onto the Console Bracket (E), then install the M6 bolt (F6) to the top of the assembly using the M5 Allen Key. Connect the internal wires ensuring the wires are properly adjusted inside the bracket groove to prevent pinching.

ASSEMBLY INSTRUCTIONS

Step 6 (B)



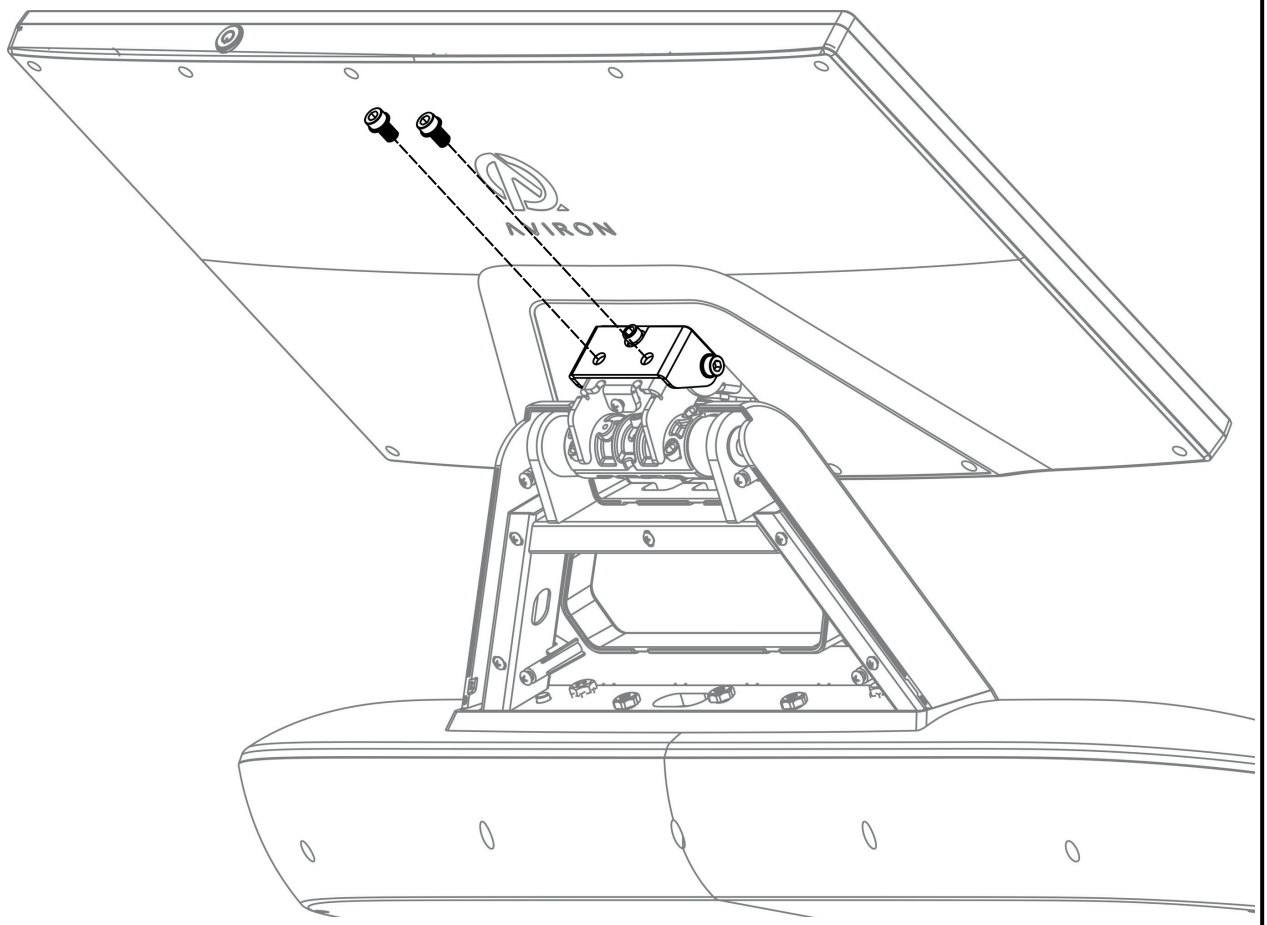
Parts:	Tools:	Fasteners:
G H	2	F3

Position the Console Fixing Bracket (H) over the Console Bracket, align all the holes, and install 2x M8 bolts (F3) to the sides using the L-shape M6 Allen Key.

NOTE: For easier assembly, start by tightening all bolts halfway, beginning with the side bolts before moving on to the top ones. Once all bolts are in place, tighten them fully.

ASSEMBLY INSTRUCTIONS

Step 6 (C)



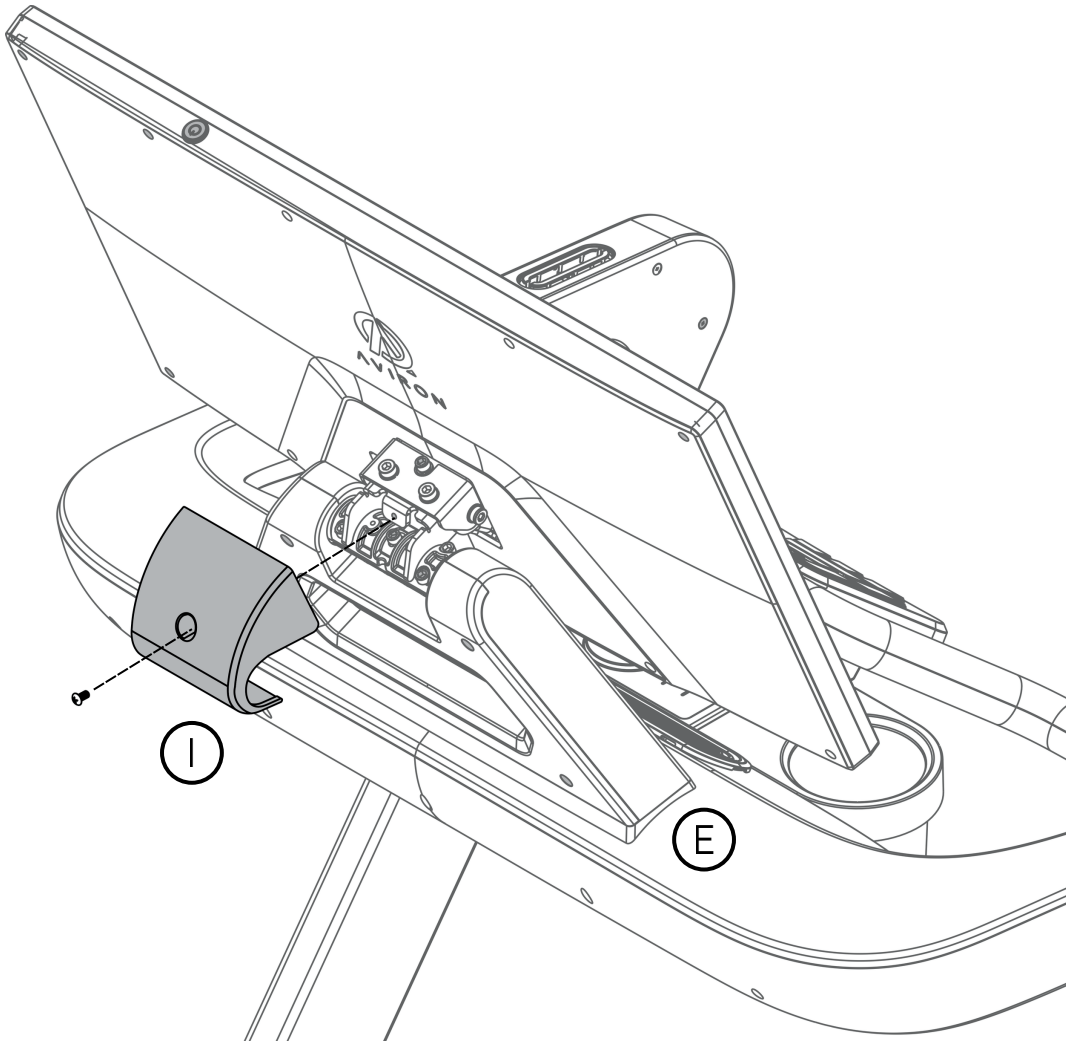
Parts:	Tools:	Fasteners:
H	2	F3

Finish the assembly by installing 2x M8 bolts (F3) to the top using the L-shape M6 Allen Key.

NOTE: For easier assembly, start by tightening all bolts halfway, beginning with the side bolts before moving on to the top ones. Once all bolts are in place, tighten them fully.

ASSEMBLY INSTRUCTIONS

Step 7

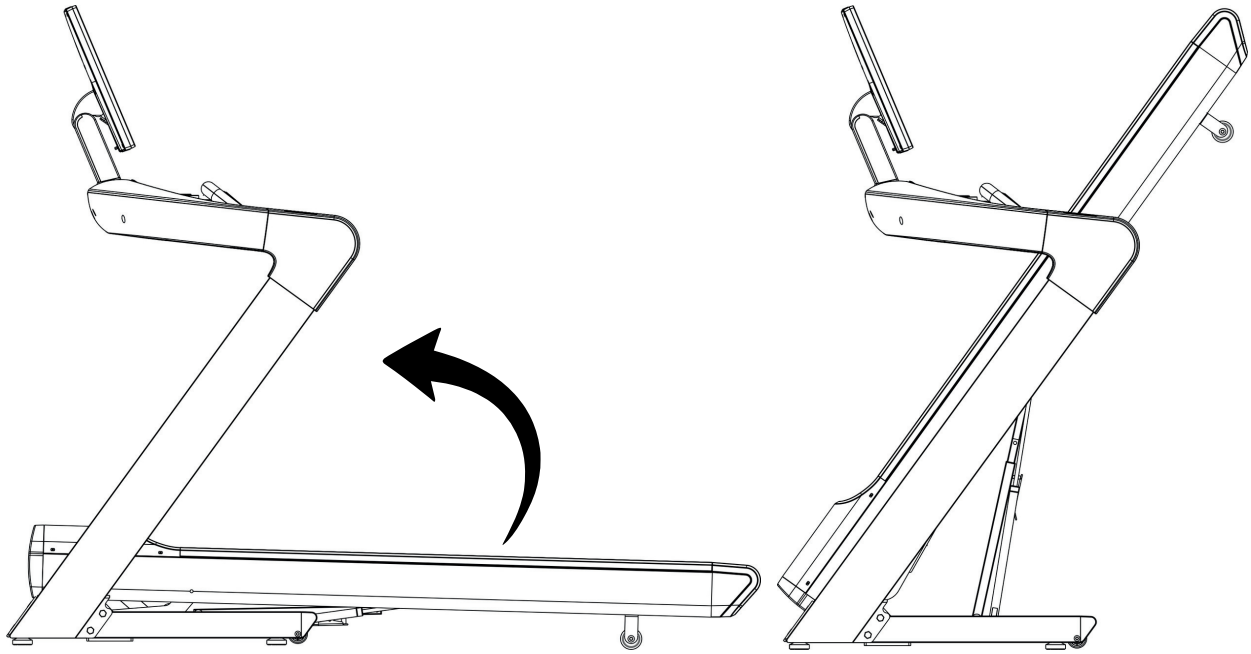


Parts:	Tools:	Fasteners:
E I	5	F5

Position the Console Bracket Top Cover (I) over the Console Bracket (E) and secure it with 1x M5 bolt (F5) using the Phillips Screwdriver.

ASSEMBLY INSTRUCTIONS

Step 8 (A)

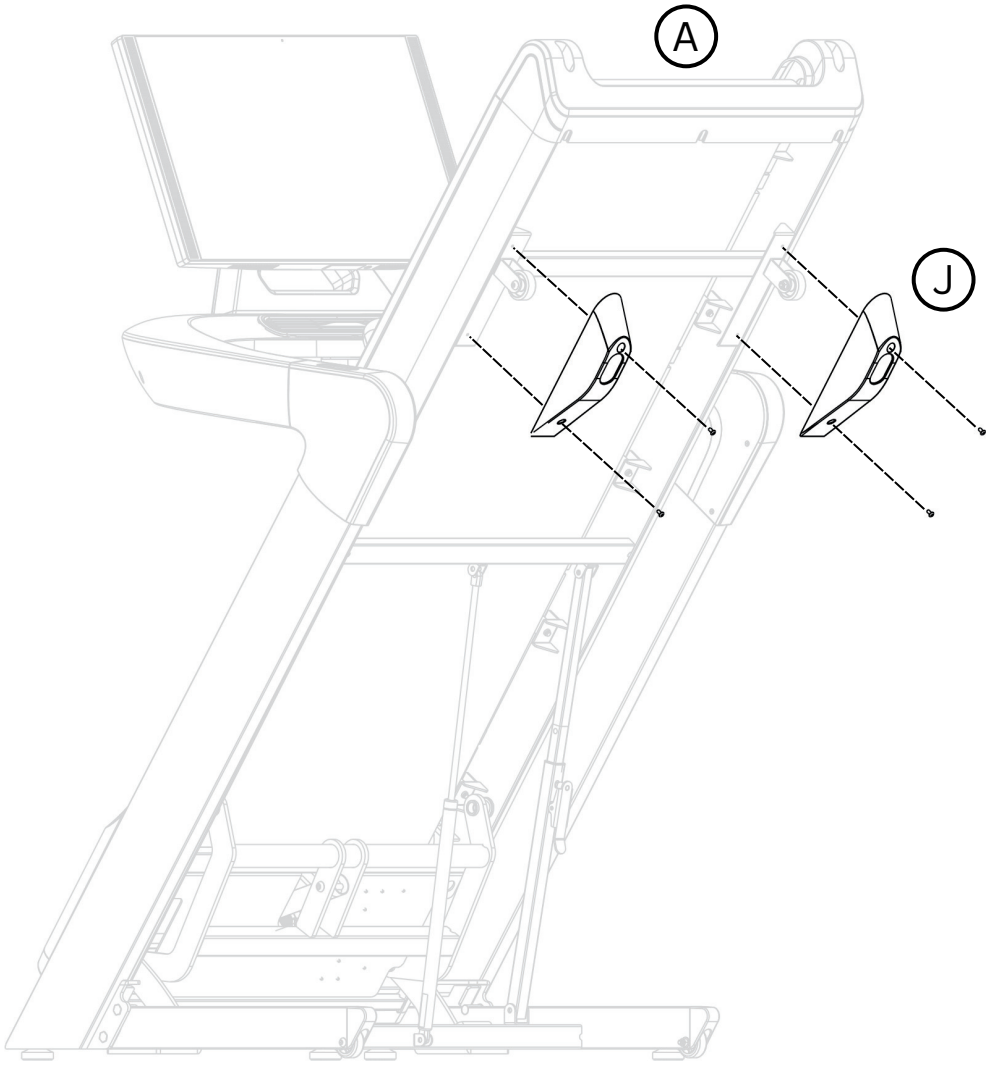


Parts: **Tools:** **Fasteners:**

Lift the rear end of the deck with both hands to the folded position. The deck is fully folded when the lock pin engages and locks in place.

ASSEMBLY INSTRUCTIONS

Step 8 (B)

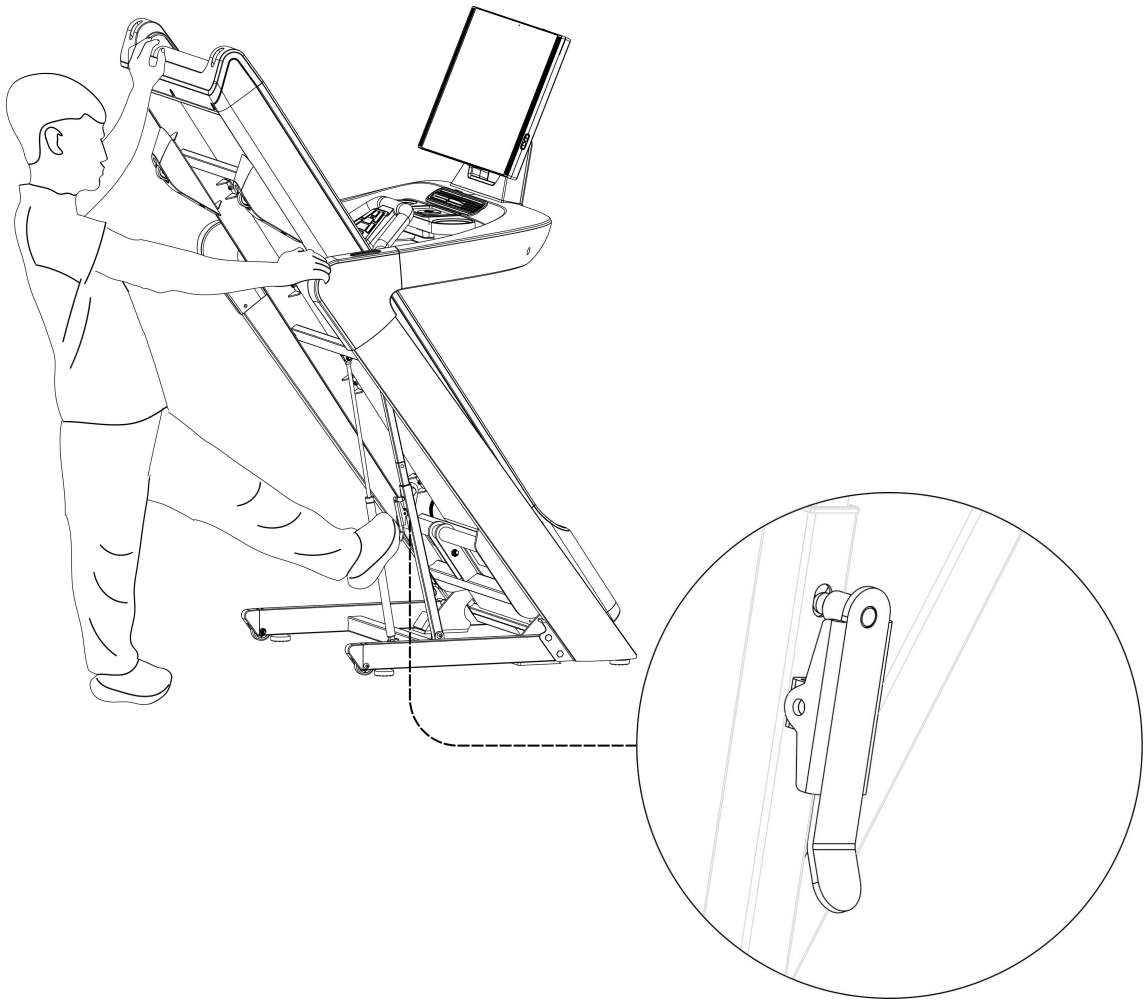


Parts:	Tools:	Fasteners:
A J	5	F5

Position the Rear Wheel Covers (J) over the wheels at the rear of the Main Frame (A), then secure with 4x M5 bolts (F5) using the Phillips screwdriver.

ASSEMBLY INSTRUCTIONS

Step 8 (C)



Parts: **Tools:** **Fasteners:**

To release the deck from the folded position, hold it firmly with one hand and gently press the release mechanism shown in the callout to disengage the locking pin. Once disengaged, the piston will lower the deck to the ground automatically. Release your hand once the deck begins moving down.

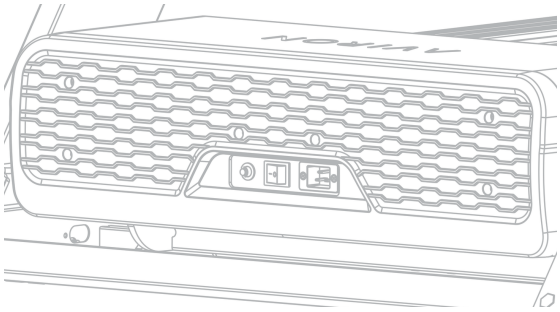
⚠ **WARNING**: Keep hands, feet, children, and pets clear of the descending deck; control the descent; do not place anything under the deck while it lowers.

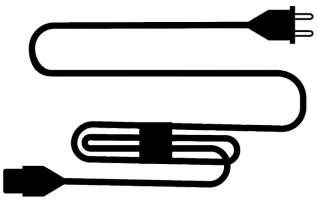
CONNECTING TO A NETWORK

Once the treadmill is assembled, you can connect to your network by plugging an Ethernet cable into the port located at the rear of the console, or you can follow the instructions below for Wi-Fi connection.

Note: For commercial memberships, follow the instructions on "Accessing Admin and System Settings" to log in as an admin and access the system settings.

1. Plug the power cable into the treadmill and into the outlet, then set the switch to I. The console will power on automatically.







2. Select the gear icon located at the bottom left of the screen.

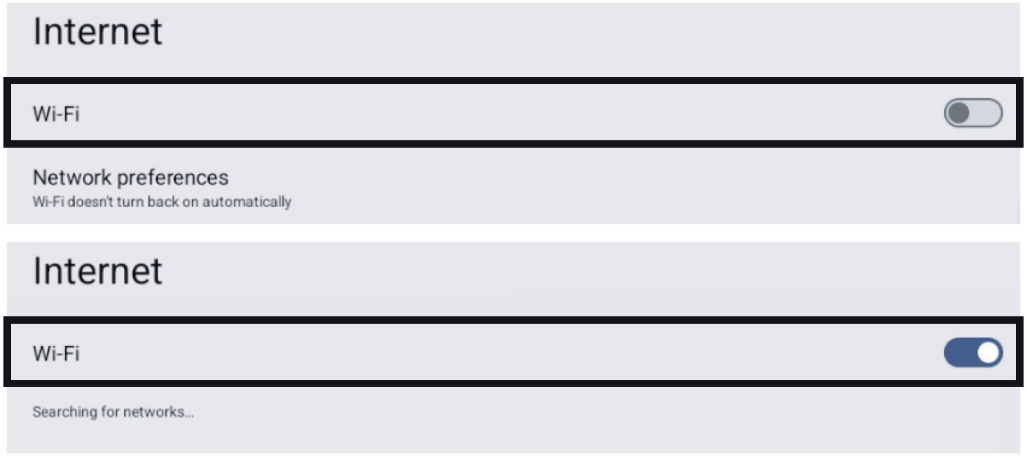


3. Select “WIFI SETTINGS”.



CONNECTING TO A NETWORK

4. Enable Wi-Fi by switching the toggle icon at the right to the “ON” position.



5. Select your preferred network and enter the password.

NOTE: To connect to a hidden network, click "Add network," enter the network name and password, then select "Advanced options." Scroll to the bottom and under "Hidden network", select "Yes".



ACCESSING ADMIN AND SYSTEM SETTINGS

> ⚠ **NOTE:**
> Only applicable with the Commercial membership (for commercial use).

1. Select “Add Profile” on the login screen.
2. Select the “Sign In” option.



3. Enter “admin” as the Email address.
4. Enter the Machine ID as the password.

NOTE: The Machine ID information can be found in three places:

a. On a white sticker found underneath the console.
b. On a white sticker found on the console original box.
c. At the “Account Information” page.
   - Login with *Guest*.
   - Tap the gear icon at the bottom left corner.



   - Tap “Account Information” on the menu.

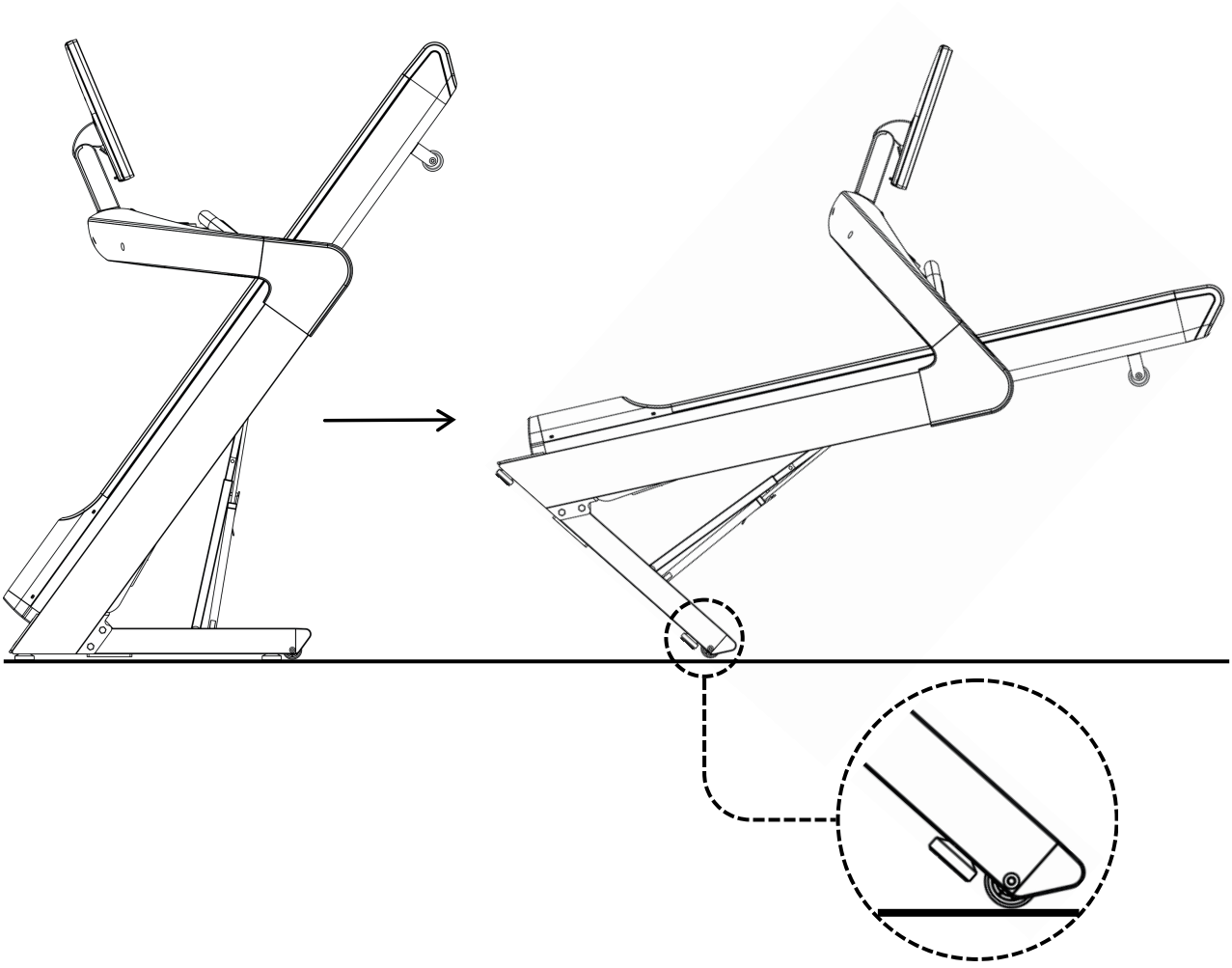


5. Tap the “Sign In” button.
6. Once logged in, tap the gear icon at the bottom left of the screen to view the *Settings* and *Admin Settings* menu options.

SETTING UP YOUR TREADMILL

Moving

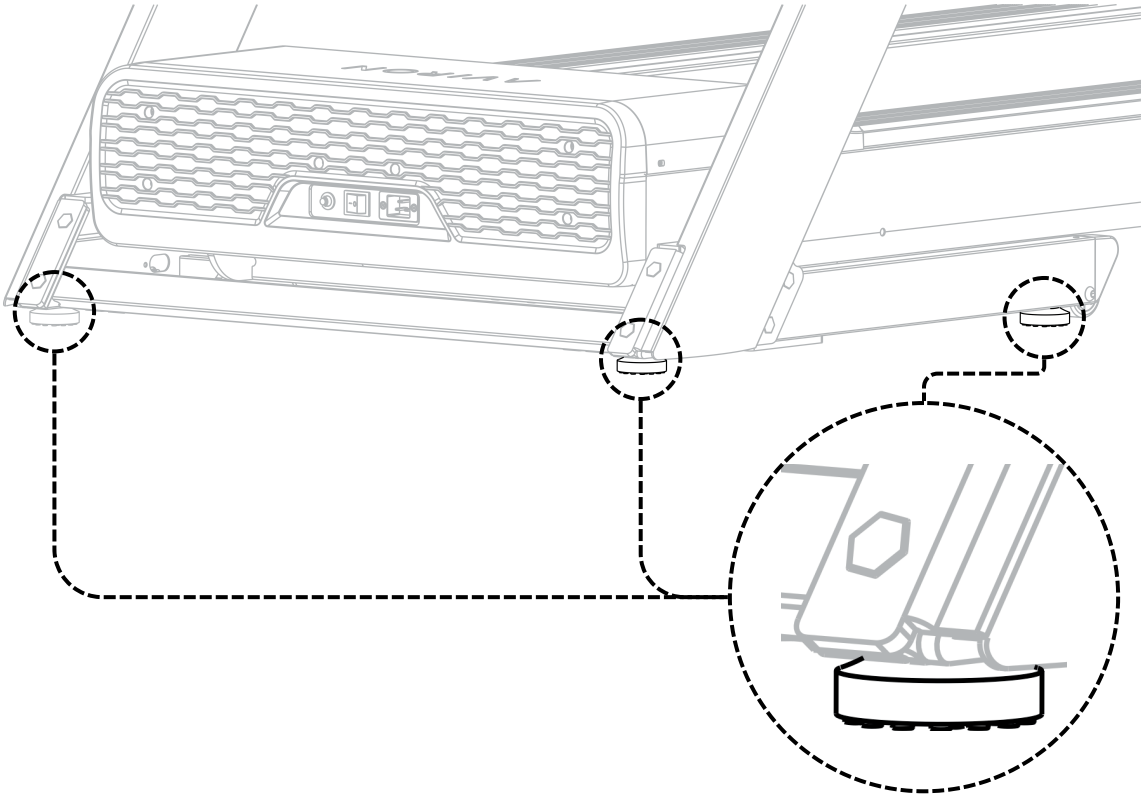
1. Turn off the treadmill, then unplug the power cable from the outlet, then disconnect it from the treadmill.
2. Lift the deck and lock it onto the folded position.
    a. NOTE: Confirm the deck is locked in the folded position before proceeding.
3. Holding by the side metal portion of the deck, carefully tilt the treadmill toward you, using the transport wheels as the pivot point, until the unit reaches the balanced rolling position shown in the diagram.
4. Slowly and carefully roll the equipment to the desired location.
5. Once in position, ensure the machine is leveled based on the new location.

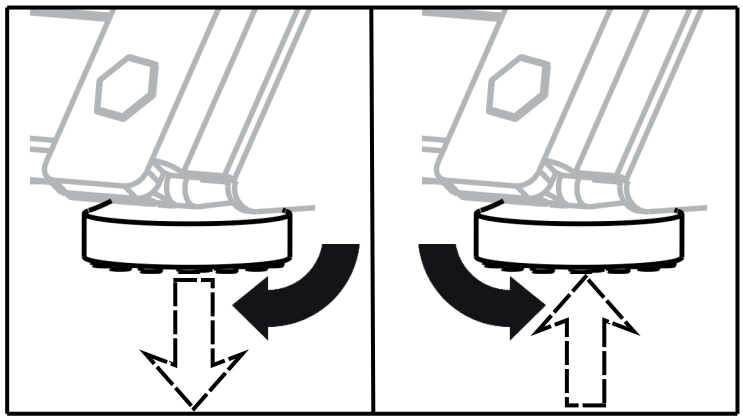


SETTING UP YOUR TREADMILL

Leveling

Only operate the Aviron Podium Treadmill on a level surface. If the equipment rocks or wobbles after being moved, adjust the four rubber pads beneath the stabilizers to level the unit. Turn a pad clockwise to lower it or counter-clockwise to raise it. Adjust each pad only as needed to eliminate the wobble, and avoid over-extending the pads beyond their threaded range.





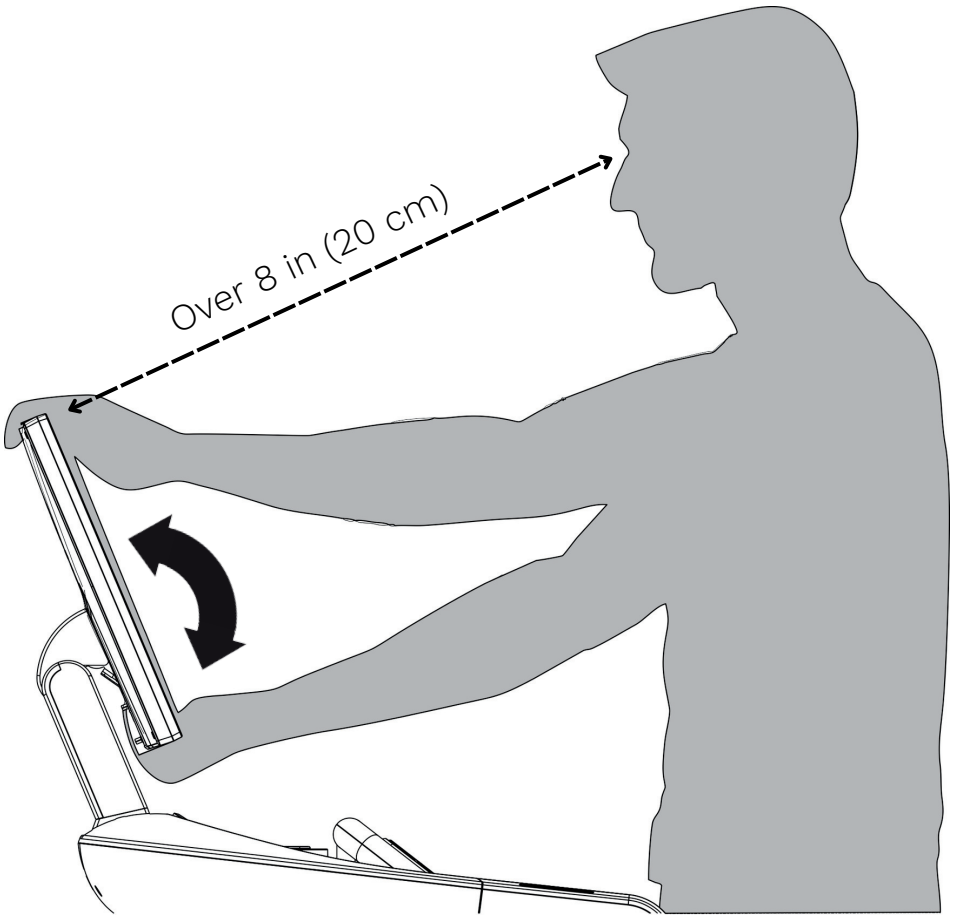
SETTING UP YOUR TREADMILL

Adjusting the Console Angle

Holding the top and bottom of the console, tilt it back or forward to find your most comfortable view angle. You should be able to look at the console comfortably from the center of the running deck.

NOTE: To comply with electromagnetic safety requirements, the console is fixed and non-removable. Users must maintain a minimum separation distance of 8 inches (20 cm) from it during operation.

⚠ **CAUTION**: To avoid damages to the console or support bracket, do not attempt any horizontal (side-to-side) movements with the console.



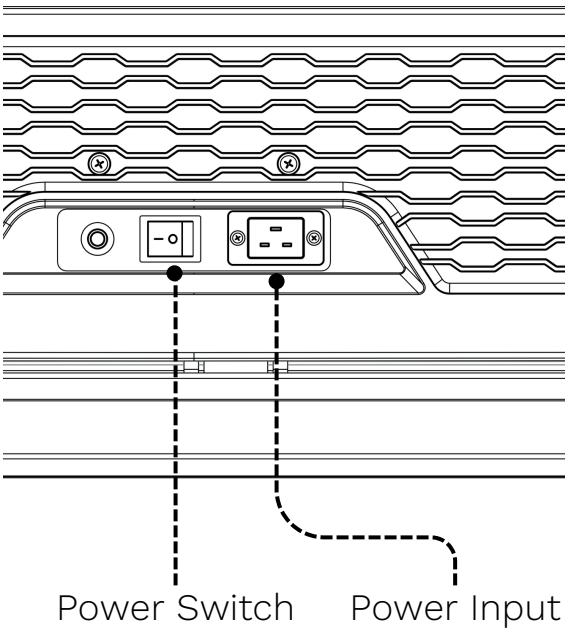
TREADMILL USAGE AND BEST PRACTICES

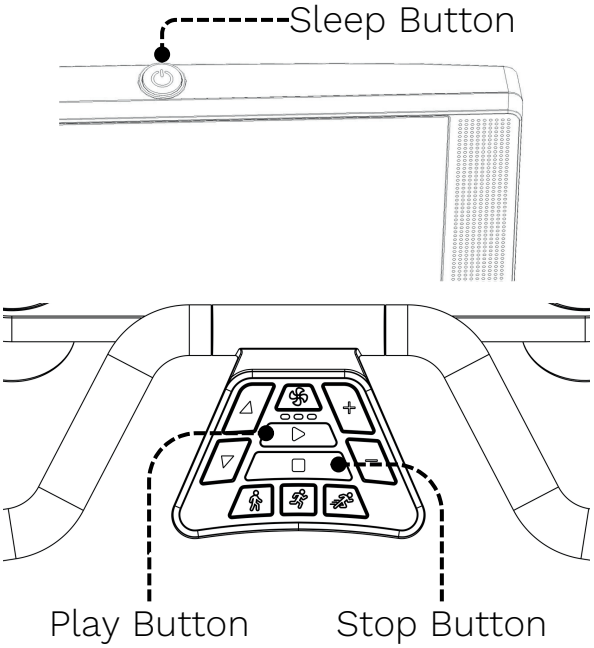
Plugging In and Powering On

1. Connect the power cord to the treadmill's Power Input and a nearby power outlet. Do not use extension cords.
2. Set the Power Switch to the (I) position to turn it on; the console will activate automatically.
    a. If the treadmill has been idle for several hours, press the Sleep Button located at the top of the console to wake it up.

Powering Off

1. To stop the running surface while in motion, press the Stop Button (the red button on the Control Panel).
    a. Ensure proper workout exit by hitting the Return button on the console and continue until you reach the Main Screen.
2. Once you are back at the Main Screen, press the Sleep Button located at the top of the console to turn it off.
    a. NOTE: Do not press and hold the Sleep Button.
3. Finally, switch off the treadmill completely using the main power switch.



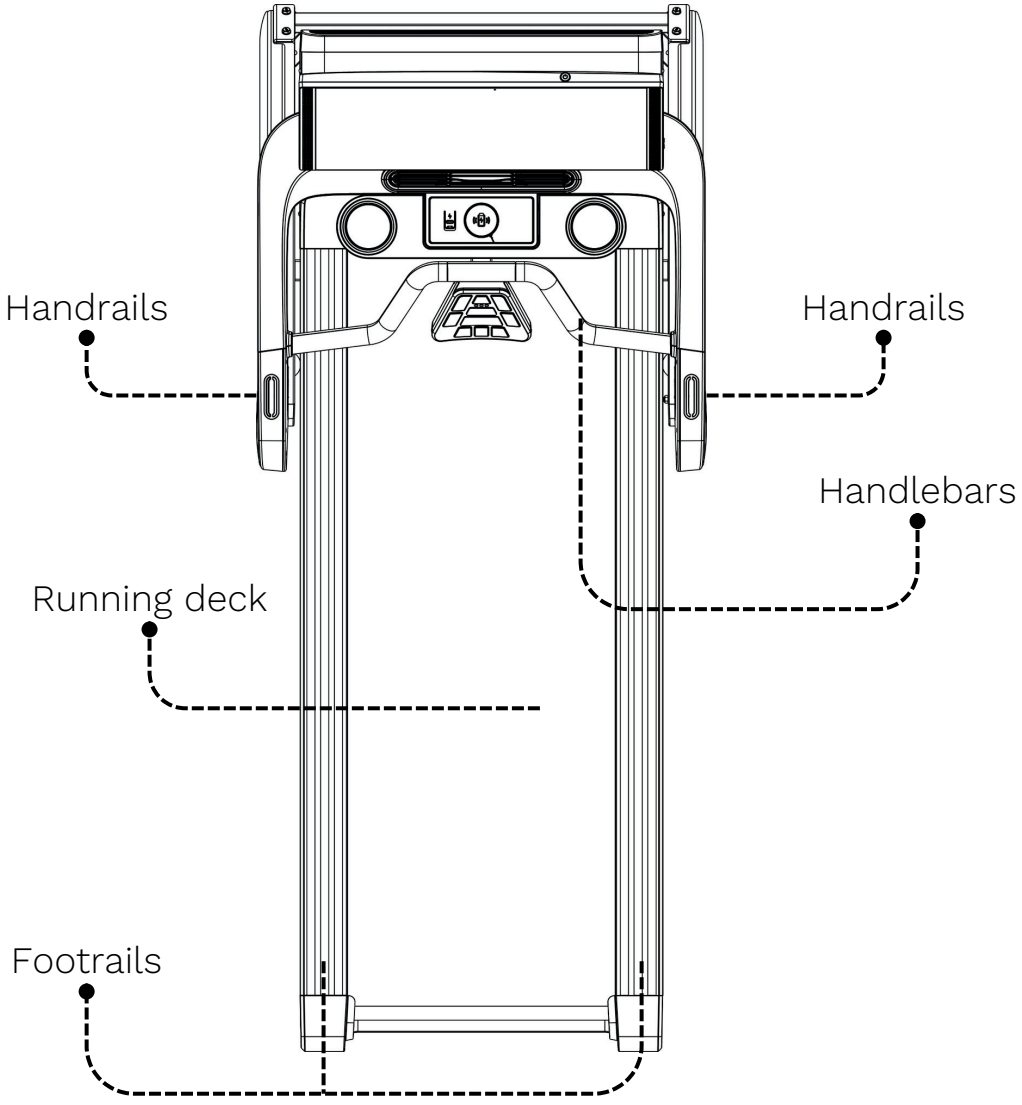


TREADMILL USAGE AND BEST PRACTICES

Stepping On

- Do not start the treadmill before stepping onto the running deck.
- Approach from the rear and use the handrails for support as you step on.
- If you need to rest, stepping onto the footrails lets you pause while the belt keeps moving; use the Stop button or safety key to stop the belt.

⚠**CAUTION:** Avoid placing your full weight on the handrails.



TREADMILL USAGE AND BEST PRACTICES

Safety Key

NOTE: The treadmill is designed to operate only when the safety key is fully engaged. The safety key disengages the electronic connection but cannot be detached from the Control Panel.

⚠**CAUTION:** Do not attempt to detach the safety key from the Control Panel or to tamper this safety device.

- The safety key is located beneath the Control Panel.
- Always ensure it is engaged before using the treadmill.
- Before starting your workout, securely clip the safety key to tight-fitting clothing to ensure it remains attached during exercise.
- In the event of a fall, the safety key will immediately stop the running belt, halting the treadmill and locking it for your safety.
- The treadmill will remain disabled until the safety key is re-engaged.
- To resume your workout, re-engage the safety key and press the Play button to restart the treadmill.



TREADMILL USAGE AND BEST PRACTICES

Control Panel Controllers

Incline Buttons: The Incline Buttons, located on the left side of the Control Panel, allow you to adjust the treadmill's incline angle. Push the ▲ button to increase incline, or push ▼ to decrease the incline. Each click changes the incline by 0.5%.

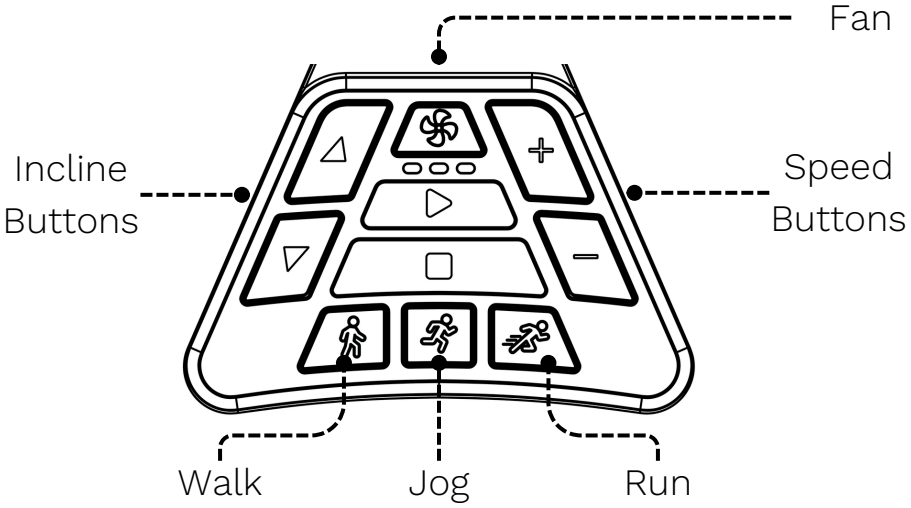
Speed Buttons: The Speed Buttons, located on the right side of the Control Panel, allow you to adjust the treadmill's belt speed. Push the **+** button to increase or **-** button to decrease the speed.

- Short press: Changes the speed by increments of 0.1 MPH or KPH
- Long press: Changes the speed by increments of 0.5 MPH or KPH

Preset Speeds: The Podium treadmill is equipped with three preset speed options, designed to help you quickly adjust your workout intensity. ⚠**CAUTION**: Pressing a preset takes effect immediately.

- Walk: Sets the speed to 2 MPH (3 KPH)
- Jog: Sets the speed to 4 MPH (6 KPH)
- Run: Sets the speed to 6 MPH (9 KPH)

Fan: The Podium treadmill is equipped with a cooling fan. Press the fan button to change between three intensity levels.



CARE AND MAINTENANCE

⚠ CAUTION:

- To ensure safe operation and optimal treadmill performance, regularly check for wear or any damage, and perform minor maintenance procedures (see list below).
- Replace any damaged or defective parts immediately, and do not use the treadmill until repairs are completed.
- Use only original manufacturer parts. Unauthorized changes or modifications will void the warranty.
- Always power off and unplug the treadmill before cleaning or performing maintenance.
- Any service beyond the described procedures must be performed by an authorized technician.

Cleaning

Regular cleaning is essential to maintain the treadmill's performance and extend its lifespan. Follow these guidelines for safe and effective cleaning:

- Wipe down all surfaces using a damp cloth and mild, soapy water.
- Clean and disinfect the handrails and handlebars with alcohol-free and ammonia-free solutions.

⚠ CAUTION:

1. DO NOT use abrasive cleaners, as they can damage the treadmill.
2. DO NOT spray or pour liquids directly onto the treadmill surfaces.
3. DO NOT allow any liquids to drip into the treadmill's openings or components.

CARE AND MAINTENANCE

Maintenance Schedule - Daily

Cat.	Description	Before Workout	After Workout
INSPECT	Signs of wear or damage	●	
	All bolts are tightened	●	
	Firmware and software updates	●	
	Treadmill's stability and leveling	●	
	Obstructions around and underneath the treadmill	●	
CLEAN	Console		●
	Running belt		●
	Handrails and handlebars		●

Maintenance Schedule - Weekly/Monthly

Cat.	Description	Weekly	Monthly
INSPECT	Signs of wear or damage		●
	Power cord	●	
	Running belt position		●
CLEAN	Treadmill surface	●	
	Area underneath the treadmill	●	
TEST	Running belt tension		●
	STOP button and Safety Key functionality	●	

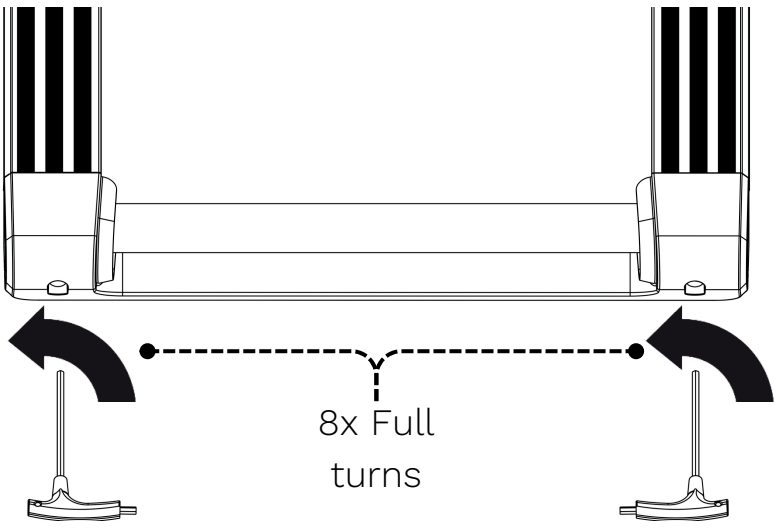
CARE AND MAINTENANCE

Running Belt Lubrication Schedule

Usage Frequency	**Lubrication Frequency**
Light usage - Less than 3 hours/week	Every 6 months
Moderate usage - Between 3 and 7 hours/week	Every 3 months
Heavy usage - More than 7 hours/week	Every 2 months

Running Belt Lubrication Instructions

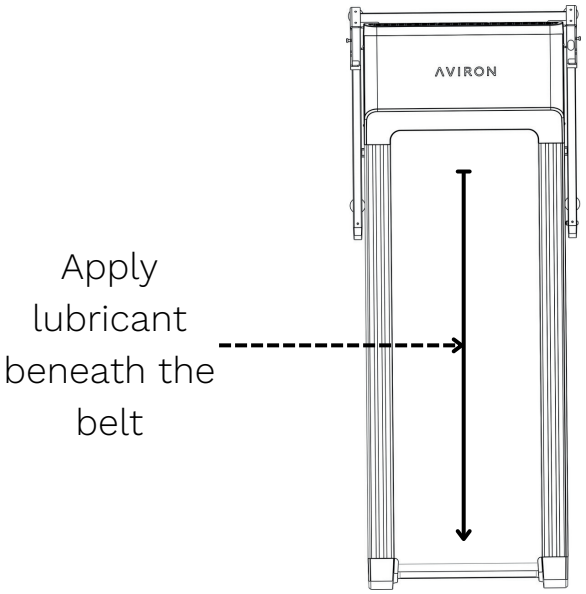
- Turn off the treadmill using the 0/I switch and unplug the power cord from the wall outlet. If the machine was in use, wait at least 2 minutes before proceeding to ensure the belt has stopped completely.
- Loosen the rear roller adjustment bolts on both the left and right sides by turning each bolt counterclockwise approximately 8 full turns using the T-Shaped M6 Allen Key. Record the exact number of turns, as you must tighten each bolt by the same number of turns to maintain proper belt tension.



CARE AND MAINTENANCE

Running Belt Lubrication Instructions (Cont'd)

- Vacuum around and underneath the running belt to remove all debris.
- Apply 20 ml of Aviron-approved silicone lubricant along the length of the deck. Start from the front end and work toward the rear, keeping the lubricant in the middle area of the deck. Do not apply lubricant to the top of the belt or the rollers.



- Tighten the rear roller adjustment bolts on both sides by turning each bolt clockwise the same number of turns as recorded in the previous step.
    - Verify that the running belt is centered on the deck by ensuring the gap on both sides is equal.
- Plug the power cord back into the wall outlet and turn the treadmill on using the 0/I switch.
- Load the system, access the *Quick Start* workout then allow the treadmill to run at the lowest speed setting for 1 to 2 minutes to distribute lubricant evenly.

NOTE: Follow the instructions in "Centering / Tensioning the Running Belt" on page 43, to fully verify proper belt alignment and tension best practices and guidelines.

CARE AND MAINTENANCE

Safety Key Functionality Test

1. Power on the treadmill and log in to any profile.
2. Launch the Metrics Monitor (Quick Start).
3. Set the treadmill to any speed other than the default starting speed.
4. Disengage the safety key.

The belt will stop immediately and a warning will pop up on the screen. Re-engage the Safety Key and press the Play button to start the motor again.

Running Belt - Tension Test

1. Power on the treadmill and log in to any profile.
2. Launch the Metrics Monitor (Quick Start).
3. Set to the jog or run speed.
4. Perform the belt slippage test by jogging or running on the treadmill and checking if the belt shifts forward or backward during use.

If any slippage is noticed, proceed with the belt tension process.

Running Belt - Centering Inspection

1. Power on the treadmill and log in to any profile.
2. Launch the Metrics Monitor (Quick Start).
3. Set to any speed.
4. Check that the belt is centered by aligning the center lines on the belt and rear roller covers. As an additional guide, compare the gaps between the belt and the foot rails on each side. These gaps should be equal on both the left and right.

If the belt requires repositioning, proceed with the belt centering process.

CARE AND MAINTENANCE

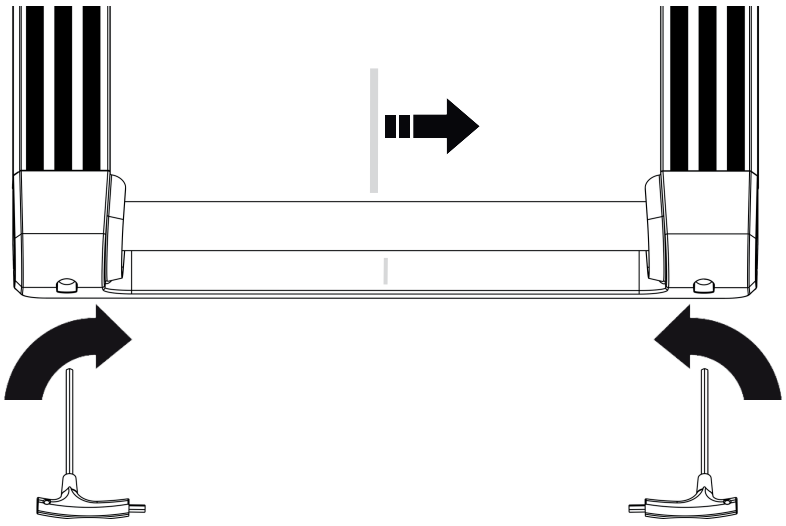
Centering / Tensioning the Running Belt

⚠**CAUTION:** Always power off and unplug the treadmill before adjusting the belt.

- Use the M6 Allen Key to adjust the rear roller bolts located at the rear of the treadmill.
  - **IMPORTANT:** Never turn the screws more than 1/4 turn at a time.
- When centering the running belt, tighten one side and loosen the other to prevent over-tightening.
  - **IMPORTANT:** Over-tightening the running belt can significantly reduce its lifespan.

If the running belt is too far to the left:

1. Turn the left bolt 1/4 turn clockwise (to tighten).
2. Turn the right bolt 1/4 turn counterclockwise (to loosen).
3. Power on the treadmill and let the belt run for 30 seconds to allow it to adjust. Do not step on the belt during this process.
4. Repeat steps 1 to 3 as needed until the running belt is centered.

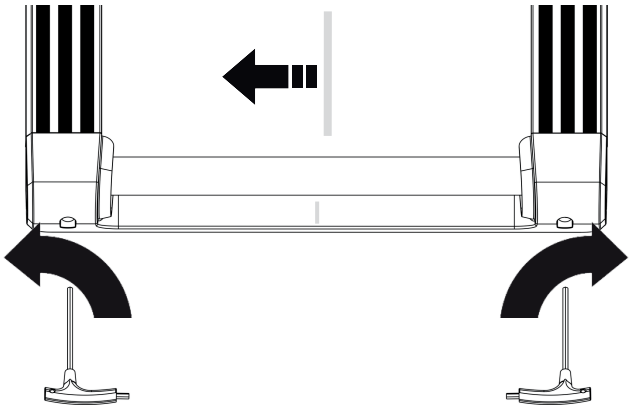


CARE AND MAINTENANCE

Centering / Tensioning the Running Belt

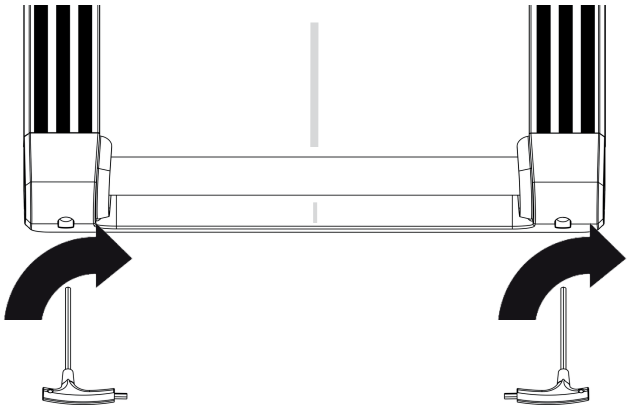
If the running belt is too far to the right:

1. Turn the right bolt 1/4 turn clockwise (to tighten).
2. Turn the left bolt 1/4 turn counterclockwise (to loosen).
3. Power on the treadmill and let the belt run for 30 seconds to allow it to adjust. Do not step on the belt during this process.
4. Repeat steps 1 to 3 as needed until the running belt is centered.



If the running belt is too loose (slippage feeling):

1. Turn each bolt 1/4 turn clockwise (to tighten).
2. Power on the treadmill and let the belt run for 30 seconds to allow it to adjust. Do not step on the belt during this process.
3. Step on the running deck and lightly jog to validate whether slippage still exists.
4. Repeat steps 1 to 3 as needed until the running belt is tensioned.



TERMS AND CONDITIONS

General Policies

Aviron Interactive Inc. (“Aviron”) aims to satisfy you (the “customer”) completely. Plans and specifications are interpreted as required, but Aviron takes no responsibility that the information provided is suitable for the intended purpose. Aviron reserves the right to accept or refuse any order as part of its policy of continuous equipment improvement. All information supplied by Aviron is believed to be accurate, but Aviron is not liable for errors or misinterpretations.

Exclusion of Incidental, Consequential, and Certain Other Damages

To the maximum extent permitted by applicable law, in no event shall Aviron or its suppliers nor anyone else involved in the production or delivery of this equipment be liable for any indirect, special, consequential, punitive, or incidental damages whatsoever (including, but not limited to, damages for loss of profits or loss of data or confidential or other information, for business interruption, loss of business information, and the like) arising out of or related to this agreement or the use or inability to use such equipment, the provision of or failure to provide support or other services, information, software, and related content through the Aviron equipment or otherwise arising out of the use of the Aviron equipment, or otherwise under or in connection with any provision of this license, even in the event of the fault, tort (including negligence), misrepresentation, strict liability, breach of contract or breach of warranty of Aviron or any supplier, and even if Aviron has been advised of the possibility of such damages. In no event shall Aviron's liability hereunder, if any, exceed the purchase price paid by the customer for the Aviron equipment.

WARRANTY

Warranty is applicable to factory and certified dealer repairs unless approved by Aviron. All equipment and parts in need of servicing must be repaired by a certified dealer or be shipped back to Aviron at the customer's expense to comply with the Aviron Limited Warranty unless approved by Aviron. Aviron is not required to provide the customer with a substitute during the warranty period or at any time. The equipment is automatically registered after activating it on the Aviron network. Aviron will not be responsible for dismantling, reassembly or reinstallation charges.

To obtain service you must:

- Contact our support department if you are having trouble with your equipment. Aviron equipment or parts may not be returned without written permission from Aviron.
- Arrange for delivery of your Aviron equipment or parts to Aviron's premises.
- All shipments must be shipped prepaid, insured, and properly packaged, preferably in the original packaging and accompanied by a letter outlining the defect.

For further information, please visit our website:

www.avironactive.com/support/general/warranty/

Conformity Certifications

FC IC

FCC Warning Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference.
2. This device must accept any interference received, including interference that may cause undesired operation.

This device has been evaluated and found to comply with applicable RF exposure requirements. It meets the FCC radiation exposure limits established for an uncontrolled environment. The device must be installed and operated with a minimum separation distance of 20 cm between the device and the user.

UL 4200a-23 Notice

This product contains non-replaceable batteries. The battery type is MS621 Lithium with a nominal voltage of 3V. Please follow the local regulations for properly disposing of used batteries, ensuring recycling or disposal. Keep away from children. Do not dispose of batteries in household trash or incinerate them. Used batteries have the potential to cause severe injury or even death. If needed, please contact your local poison control center for information on treatment. Avoid forcing discharge, recharge, disassembly, or exposure to heat exceeding the manufacturer's specified temperature rating. Doing so could lead to injury from venting, leakage, or explosion, resulting in chemical burns. Non-rechargeable batteries are not to be recharged.

⚠ WARNING

- INGESTION HAZARD :
  This product contains a button cell or coin battery.
- DEATH or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause Internal Chemical Burns in as little as 2 hours.
- KEEP new and used batteries OUT OF REACH of CHILDREN.
- Seek immediate medical attention if a battery is suspected to be swallowed or inserted inside any part of the body.
- The product contains non-replaceable batteries.
- Battery type : MS621FE FL11E Nominal voltage : 3.0V



IC Warning:

This device contains license-exempt transmitter(s)/receiver(s) that comply with Innovation, Science, and Economic Development Canada's license-exempt RSS(s). Operation is subject to the following two conditions:

- This device may not cause interference and
- This device must accept any interference, including interference that may cause undesired operation of the device.

Radiation Exposure: This equipment complies with Canadian radiation exposure limits set forth for an uncontrolled environment, IC RSS-102. To maintain compliance with Industry Canada RF exposure guidelines, the device must be installed and operated with a minimum separation distance of 20 cm between the device and the user. This device and its antenna(s) must not be co-located or operated in conjunction with any other antenna or transmitter.

Déclaration de l'ISED Canada:

Cet appareil contient des émetteurs/récepteurs exempts de licence conformes aux RSS exempts de licence d'Innovation, Sciences et Développement économique Canada. L'opération est soumise aux deux conditions suivantes:

- Cet appareil ne doit pas causer d'interférences et
- Cet appareil doit accepter toute interférence, y compris les interférences pouvant provoquer un fonctionnement indésirable de l'appareil.

Exposition Aux Radiations: Cet équipement est conforme aux limites d'exposition aux radiations établies par le Canada pour un environnement non contrôlé, IC RSS-102. Afin de maintenir la conformité avec les lignes directrices d'Industrie Canada en matière d'exposition aux radiofréquences, l'appareil doit être installé et utilisé avec une distance minimale de séparation de 20 cm entre l'appareil et l'utilisateur. Cet appareil et son ou ses antennes ne doivent pas être co-localisés ni fonctionner en conjonction avec une autre antenne ou un autre émetteur.

EU Compliance Information and RF Exposure Notice:

The following table provides information on the frequency bands used and the maximum RF transmit power of the product for sale in the EU:

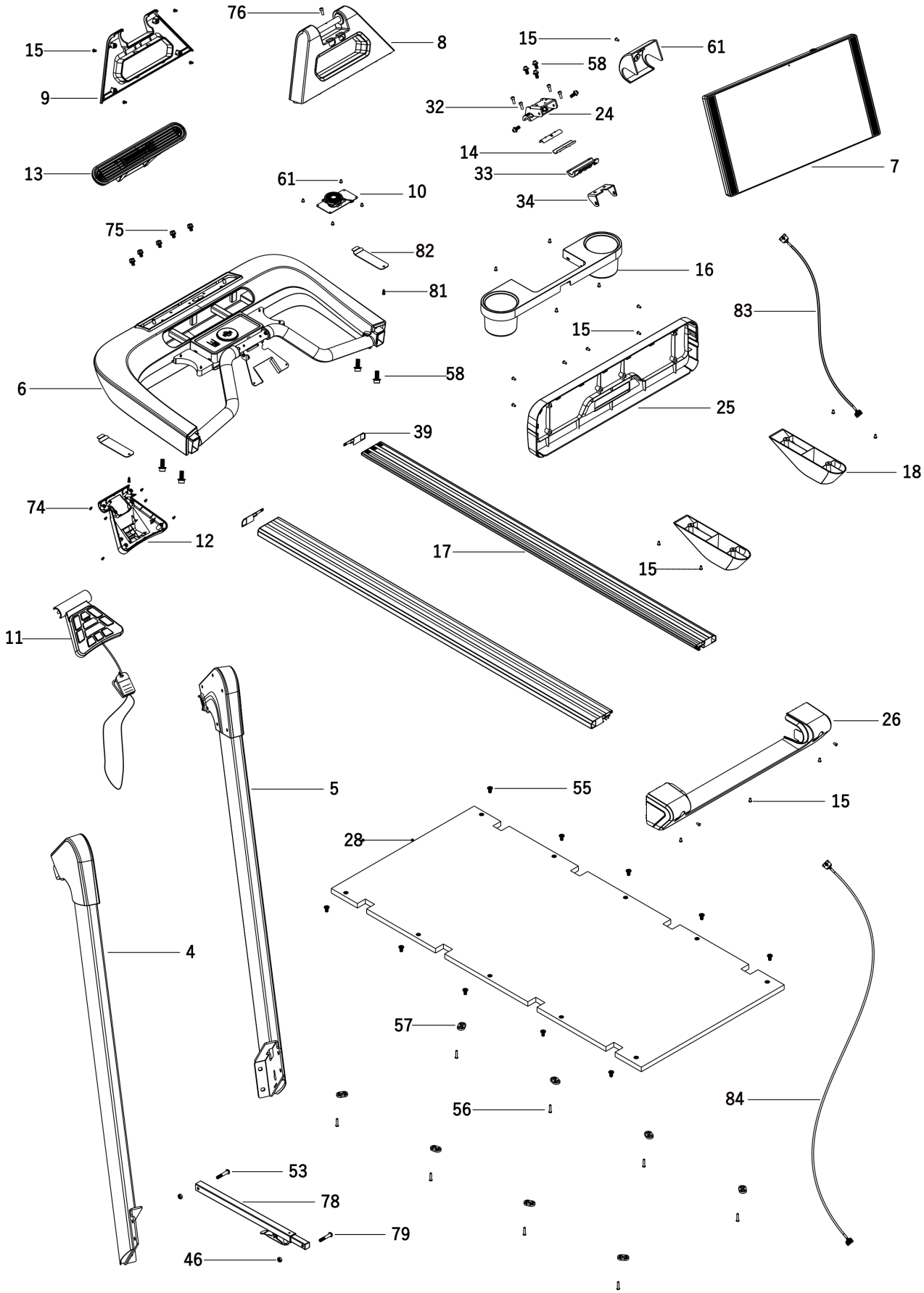
FREQUENCY RANGE (MHz)	MAX. TRANSMIT POWER (dBm)
2400 - 2472	19.87 dBm
2400 - 2480 (BLE)	9.21 dBm
2400 - 2480 (BR/EDR)	8.43 dBm
5150 - 5250	20.97 dBm
5725 - 5875	13.94 dBm

This equipment must be installed and operated with a minimum separation distance of 20 cm between the radiator and the user's body. Aviron Interactive hereby declares that the radio equipment type Console Module (ATS) is in compliance with Directive 2014/53/EU.

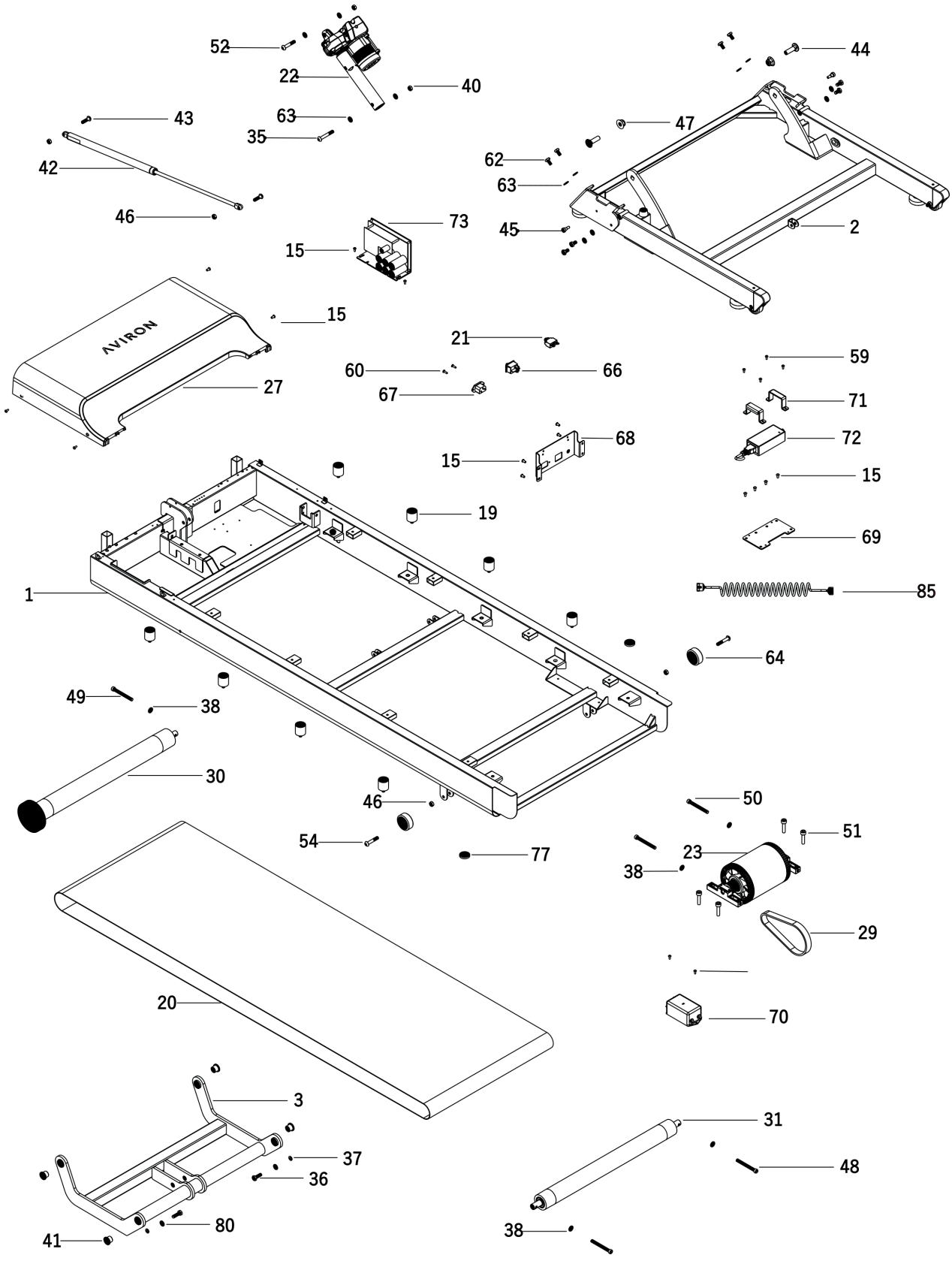
When operating in the 5150–5250 MHz frequency range, this device is restricted to indoor use only.

Lorsqu'il fonctionne dans la plage de fréquences 5150–5250 MHz, cet appareil est réservé à un usage intérieur uniquement

EXPLODED DIAGRAM & PARTS LIST



EXPLODED DIAGRAM & PARTS LIST



EXPLODED DIAGRAM & PARTS LIST

#	PART NAME	#	PART NAME
1	DECK FRAME	27	TOP MOTOR COVER
2	STABILIZERS FRAME	28	RUNNING DECK
3	INCLINE FRAME	29	DRIVE BELT
4	LEFT UPRIGHT POST	30	FRONT ROLLER
5	RIGHT UPRIGHT POST	31	REAR ROLLER
6	CONSOLE BASE	32	SOCKET HEAD CAP BOLT M6 X 20MM
7	CONSOLE	33	LOWER PIVOT BRACKET
8	CONSOLE BRACKET	34	CONSOLE FIXING BRACKET
9	CONSOLE BRACKET BACK COVER	35	BUTTON HEAD HEX BOLT M10 X 75MM
10	UPPER CONTROL BOARD	36	HEX HEAD BOLT M12 X 25MM
11	CONTROLLER FRONT COVER	37	SPRING WASHER Ø12.5 X Ø18.7 X 3.1T
12	CONTROLLER REAR COVER	38	FLAT WASHER Ø10.5 X Ø17 X 1.5T
13	FAN GRILLE	39	FOOTRAIL RUBBER PAD
14	CONSOLE BRACKET SPACER	40	NYLON LOCK NUT M10
15	PAN HEAD BOLT M5 X 10MM	41	INCLINE FRAME BEARING
16	BOTTLE HOLDER	42	FOLDING PISTON
17	FOOTRAIL	43	BUTTON HEAD HEX BOLT M8 X 28MM
18	REAR WHEEL COVER	44	STABILIZER FRAME BOLT M12 X 45MM
19	SHOCK ABSORBER	45	SOCKET HEAD SHOULDER BOLT M6 X 10MM
20	RUNNING BELT	46	NYLON LOCK NUT M8
21	CIRCUIT BREAKER	47	FLANGE LOCK NUT M12
22	INCLINE MOTOR	48	SOCKET HEAD CAP BOLT M8 X 75MM
23	DRIVE MOTOR 4.5 CHP BRUSHLESS	49	SOCKET HEAD CAP BOLT M8 X 70MM
24	UPPER PIVOT BRACKET	50	SOCKET HEAD CAP BOLT M8 X 40MM
25	FRONT MOTOR COVER	51	SOCKET HEAD CAP BOLT M8 X 35MM (W/ SPRING & FLAT WASHER)
26	REAR END COVER	52	BUTTON HEAD HEX BOLT M10 X 45MM

EXPLODED DIAGRAM & PARTS LIST

#	PART NAME	#	PART NAME
53	BUTTON HEAD HEX BOLT M8 X 35MM	**69**	POWER ADAPTER FIXING PLATE
54	BUTTON HEAD HEX BOLT M8 X 40MM	**70**	POWER FILTER
55	COUNTERSUNK SOCKET HEAD SCREW M8 X 25MM	**71**	POWER ADAPTER CLAMP PLATE
56	PAN HEAD BOLT M5 X 25MM	**72**	POWER ADAPTER
57	FOOTRAIL CLIP	**73**	MAIN CONTROL BOARD
58	SOCKET HEAD CAP BOLT M8 X 16MM (W/ SPRING & FLAT WASHER)	**74**	PHILLIPS PAN HEAD SELF-TAPPING SCREW M4 X 12MM
59	PAN HEAD BOLT M4 X 10MM	**75**	HEX HEAD BOLT M8 X 15MM (W/ SPRING & FLAT WASHER)
60	COUNTERSUNK BOLT M4 X 14MM	**76**	SOCKET HEAD CAP BOLT M6 X 15MM
61	CONSOLE BRACKET TOP COVER	**77**	RUNNING DECK RUBBER PAD
62	HEX HEAD BOLT M10 X 15MM	**78**	FOLDING BAR ASSEMBLY
63	FLAT WASHER Ø10.5 X Ø20 X 1.5T	**79**	BUTTON HEAD HEX BOLT M8 X 45MM
64	REAR WHEEL	**80**	FLAT WASHER Ø12.5 X Ø24 X 1.5T
65	PHILLIPS BOLT M3 X 6MM	**81**	CONSOLE BASE CONNECTOR COVER
66	POWER SWITCH	**82**	COMMUNICATION WIRE (UPPER)
67	POWER CORD INLET SOCKE	**83**	COMMUNICATION WIRE (MIDDLE)
68	POWER PANEL PLATE	**84**	COMMUNICATION WIRE (BOTTOM)

ENDING BORING WORKOUTS

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