

# OWNER'S INSTRUCTION MANUAL

## TA-780 COMMERCIAL TREADMILL



To ensure your safe use and complete satisfaction,  
please read this owner's manual before using your fitness machine.

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# WE LOVE YOU MAN

WELCOME TO THE SRS FAMILY

## **Congratulations on your new treadmill and welcome to the SRS family!**

Now that you have your treadmill, and it's ready to go, the first place for you to get started is right here, with this Owner's Manual. We know, it's not exactly exciting reading, but go ahead and take the time to get completely familiar with your new treadmill before you start exercising.

As you know, our treadmills have easy-to-read buttons that are ergonomically placed to minimize undue stress and strain. Please familiarize yourself with all the buttons, their functions, and their locations to ensure your complete exercise enjoyment.

Additionally, conveniences are designed right into the treadmill's dashboard and console, such as the water bottle holders, personal storage area, tablet viewing shelf, and MP3 charge and audio speaker ports. These convenient features help you enjoy your exercise time and maybe even motivate you to exercise when you don't feel like it (which happens to all of us).

Safety measures are in place as well like the Safety Stop Clip and tethered Safety Key. The machine will not start unless the key is in place, and we really want you to clip the other end of the key to a tight fitting piece of clothing, like the waistband of your shorts, before you get started. It's always safety first!!

Let's face it, general maintenance is often neglected on treadmills, and frankly, on most things we buy. But moving parts can wear out, and wearable parts are not warranted. However, when properly performed, the simple maintenance measures outlined in this manual will help keep your machines running at peak performance, and greatly extend its useful life. We promise it's not hard to do, and we are always a phone call away to help you get it done.

Those are just a few things we wanted to say in this personal letter to you, but there is much more in this manual for you to review. So go ahead and read on through this manual, get to know your treadmill, and begin your quest for better health in a safe and enjoyable way!

Sincerely,

**The Team at SRS Fitness**

## IMPORTANT STUFF

YOUR SAFETY FIRST (AND LAST)

When using the TA-780 treadmill, always follow basic precautions, including the following:

- To ensure your safety and to protect the unit, read all the instructions before assembling and using the treadmill.
- To ensure the proper use and safety of the treadmill, make sure that all users read this manual. Please make this manual a part of your training program.

**DANGER** -To reduce the risk of electric shock, always unplug the unit from its power source before cleaning or performing any maintenance tasks.

**WARNING-** To reduce the risk of burns, fire, electric shock, or injury to persons, take the following precautions:

- Before starting exercise on this machine, please consult your physician or doctor to understand your physical situation.
- Do not allow children or those unfamiliar with its operation on or near the treadmill. Do not leave children unsupervised around the treadmill.
- Never leave the treadmill unattended. Unplug the unit from the power outlet when it is not in use, before cleaning it, and before putting on or taking off parts. Do not adjust the running belt when someone is standing on the unit.
- Assemble and operate the treadmill on a solid, level surface. Locate the treadmill a few feet from walls or furniture. Check the unit before each use and verify that all fasteners are secure. Maintain the treadmill in good working condition.
- Use the treadmill only for its intended use as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer; such attachments might cause injuries.
- Never operate the unit if it is damaged, if it is not working properly, if it has been dropped, or if it has been dropped in water. Call your agent for assistance.
- Keep all electrical components such as the motor, power cord, and I/O switch, away from liquids to prevent shock. Do not set anything on the handrail, display console, or hood. Place liquids, magazines and books in the appropriate receptacles.
- Keep the power cord away from heated surfaces.
- Do not use it outdoors.
- Attach the Safety Stop Clip to a piece of your clothing that is tight, not loose (for example: the waist band on your shorts, or sweatpants, a pocket, or tight fitting shirt-tail). The Safety Stop Clip is tethered to the Safety Key.  
Make sure the clip is secure and will not fall off during your exercise.

# IMPORTANT STUFF

## YOUR SAFETY FIRST (AND LAST)

- Use care when getting on or off the treadmill. Use the stationary handrail whenever possible. Place your feet firmly on the right and left side platforms before the running belt begins moving (prior to a workout). Step onto the running belt when the speed is at or below 1 mph (1.6 kph).
- Never block the air openings on the hood while operating the treadmill. Keep the air openings clean and free of lint, hair, or anything that might impeded the free flow of air. Never drop or insert objects into any opening.
- Wear proper exercise clothing and shoes during a workout—no loose clothing. Tie long hair back. Keep all loose towels away from the running surface. The running belt will not stop immediately if an object becomes caught in the belt or rollers.
- Do not rock the unit. Do not stand on the display console or hood.
- Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never overload the equipment – the maximum user weight for this treadmill is 180kg.
- The safety level of the equipment can be maintained only if it is examined regularly for damage and wear.
- Injuries to health may result from incorrect or excessive training.
- **WARNING!** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
- Keep pets off the treadmill at all times and clearly away from the treadmill while it is in use.
- Allow only one person standing on the machine while it is in use.
- Do not overload the electric circuit with other household equipment.
- Do not modify or disassemble the treadmill in any way. If any question, call your agent for assistance.
- Always use the handrails and side deck rails to help stabilize yourself during exercise.
- Make sure the running belt is stop before leaving the machine.
- Noise emission under load is higher than without load.
- Noise emission measured: 59.5 dB(A). This test data is according to the EN957-6 standard.

# IMPORTANT STUFF

YOUR SAFETY FIRST (AND LAST)

## **GROUNDING INSTRUCTIONS**

The TA-780 treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current which reduces the risk of electric shock. The TA-780 treadmill is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

## **WARNING!**

1. This appliance can be used by children aged from 15 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children.
2. Make sure a Clear Safety Area of at least 220cm in length and 100cm wide for the treadmill when it is in use.

## **DANGER**

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the treadmill is properly grounded. Do not modify the plug provided with the treadmill. If it doesn't fit the outlet, get a proper outlet installed by a qualified technician.

## WARM UP & COOL DOWN

The warming up is an important part of your workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching out your muscles. Cool down at the end of your workout, repeat these exercises to reduce soreness in tired muscles. We suggest the following warm-up and cool-down exercises:

### HEAD ROLLS



Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.

### SHOULDER LIFTS



Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

### SIDE STRETCHES



Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

### QUADRICEPS STRETCH



With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

### INNER THIGH STRETCH



Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

### TOE TOUCHES



Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

### AMSTRING STRETCHES



Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.

### CALF/ACHILLES STRETCH



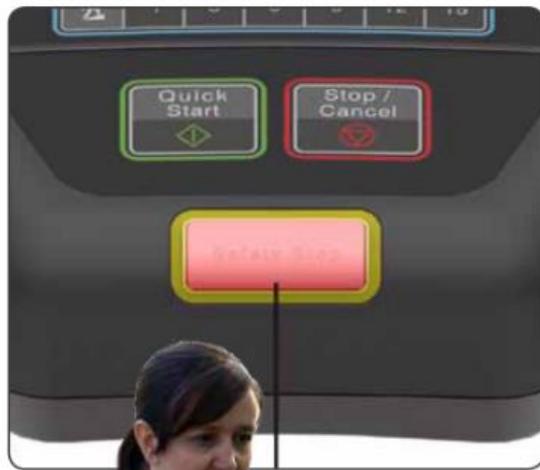
Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

# IMPORTANT STUFF

## YOUR SAFETY FIRST (AND LAST)

### SAFETY STOP CLIP AND SAFETY KEY

Remember, the tethered Safety Stop Clip is your “Emergency Rip Cord” so to speak. When the clip pulls the tether, the tether pulls out the Safety Key, which in turn stops the treadmill belt. Essentially, if you lose your footing and start to fall, the belt will stop (via your “Rip Cord”), and drastically reduce your chance of a serious injury.



Step 1: With the Safety Stop Clip in hand, step onto your treadmill belt and attach the Safety Stop Clip to a tight area of your clothing (for example: the waist band on your shorts or sweatpants).

NOTE: Make sure the Safety Stop Clip is secure and will not fall off during exercise.

Step 2: Install the Safety Key into the console (small, yellow, rectangular feature, with key slot, located on the front of the console).

Step 3: With the Safety Stop Clip and Safety key properly located and secured, you are ready to safely begin your exercise routine.

NOTE: Remember, after you have complete your workout, store the safety Stop Clip and Safety Key away from the treadmill, thus protecting those who are unauthorized to use the treadmill (young family members, house guests, pets and so on.)

### Warning:

It's required to test the Safety Stop Clip before using the treadmill every time. Pull off the Safety Stop Clip from the machine and exanimate if the treadmill can fully stop.

# WHAT IS THIS, AND THAT, AND THOSE?

AN OVERVIEW OF YOUR TREADMILL



# WHAT IS THIS, AND THAT, AND THOSE?

## AN OVERVIEW OF YOUR TREADMILL

### THE DASHBOARD AND CONSOLE



# WHAT IS THIS, AND THAT, AND THOSE?

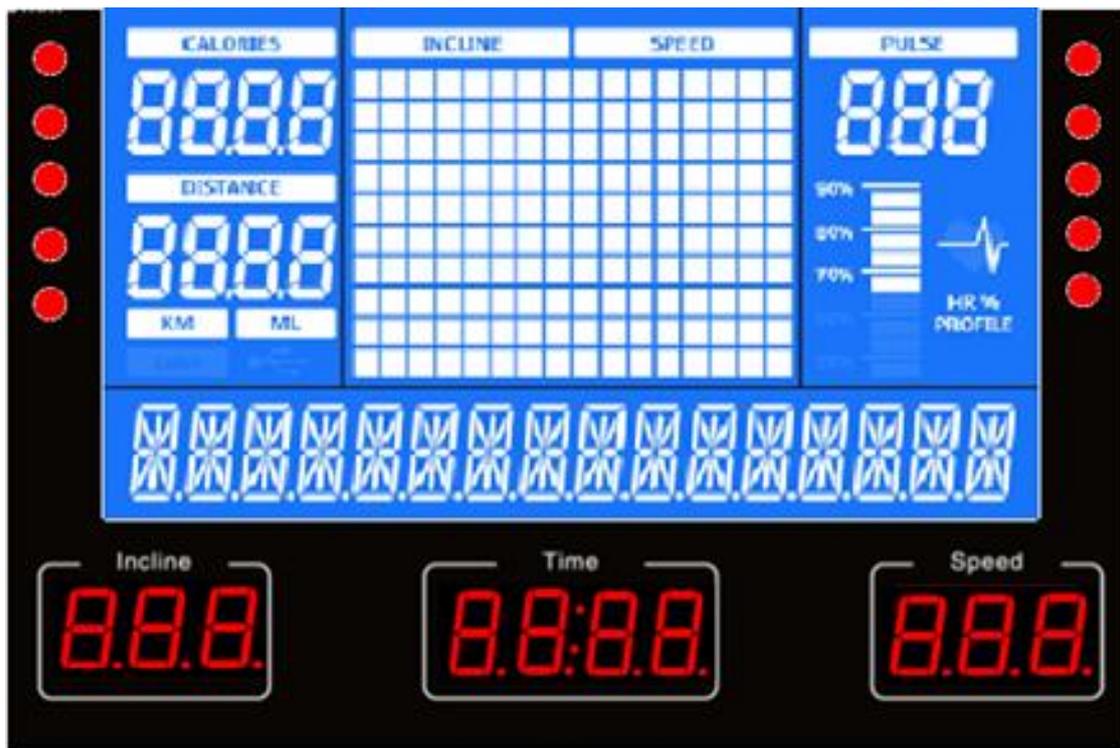
## AN OVERVIEW OF YOUR TREADMILL

### THE LCD/LED DISPLAY

This is simply your data display center of your treadmill. All the icons and features are there to give you current workout and summary workout information. It is made up of various LED dot and LCD segment matrices.

The Center Column Matrix indicates the levels of either Speed or Incline you are currently exercising (called the Profile). The column and level you are currently exercising at will be flashing, and will then stop flashing once you move onto the next segment (controlled by the time increments of your exercise). For example, there are twenty columns, so each column would be one minute for a 20-minute exercise routine.

You can toggle between the Speed and Incline level by pressing the DISPLAY button. The word Speed or Incline will be illuminated for the Profile level that is currently displayed on the screen, so you know which category or data point you are viewing.



# WHAT IS THIS, AND THAT, AND THOSE?

## AN OVERVIEW OF YOUR TREADMILL

### THE LED DISPLAY

#### CAL

Total calories burned at any time during your workout (estimate only).

#### TIME

Total workout time in minutes and seconds.

#### SPEED

Current pace in miles or kilometers per hour.

#### DIST

Length of travel in miles or kilometers.

#### PULSE

Your heart rate (estimate only). Requires either chest band or grasping of the Grip Pulse handrails.

#### INCLINE

Current deck inclination, or slope level. Max is 15% Slope (8.53°).

#### USB

Indicates insertion of a memory stick for workout data recording.

#### KM and MILE

Indicates Metric or English units. You can adjust the setting prior to your workout.

#### LCD Column Segments

Indicate the level of either speed or incline (use Display button to toggle between the two). This area will also preview and monitor progress for any of the preloaded programs you have selected (e.g. hill).

#### HR/TR (Heart Rate/Target Rate)

Illuminated if user has selected either the HRC1 or HRC2 program.

#### Lube Indicator

The lube Indicator located on the left side of the LCD Screen. We factory-set the Lube Indicator at 125 miles (or 200 kilometers).



#### PROFILE

Indicates that your workout is one of the programs and will follow the profile for speed and incline as shown in the LCD column segments in the middle of your Dashboard.

#### Heart-Shaped Icon

Indicates the Grip Pulse handrail is measuring your heart rate. The icon will flash when it is sensing your heart pulse from the handrails or your Wireless Chest Band.

# WHAT IS THIS, AND THAT, AND THOSE?

## AN OVERVIEW OF YOUR TREADMILL



### DEVICE PORTS

TA-780 Treadmills feature two Device Ports on the Console in the Personal Use Tray below the Dashboard.

#### Audio Input Jack

For the sole purpose of listening to an audio feed from your device (MP3 player, iPod, iPad, etc., not included) through the built-in speakers mounted in the Dashboard of your treadmill.

A Two-way Audio Cable is included with your treadmill to facilitate this connection.

#### USB Port

Charge your device: Use this port to charge your USB-compatible device (not included).

**NOTE:** Your device “charging” icon may or may not be indicated, depending on the amount of current your particular device requires for charging. If it is not indicated, your device is still charging, but possibly at a lower charge rate.

Download workout data: Insert a USB-compatible memory device (not included) to record your workout data for personal tracking.

**NOTE:** Your media device compatibility with the SRS Machine’s Audio Tether and USB Charging/Data Port will depend on the brand and model. Most media devices are compatible. When listening to audio through the dashboard speakers, it may be advised to limit the charging function and thus avoid unintended interference or feedback which may result in a diminished listening experience.

# WHAT IS THIS, AND THAT, AND THOSE?

## AN OVERVIEW OF YOUR TREADMILL

### HOW TO USE YOUR GRIP PULSE HANDRAILS

This is a very simple operation to measure your heart rate while you are exercising.

Simply grasp both handrails firmly and hold. Your pulse reading will be displayed in the Pulse segment of the Dashboard (top row, far right) in beats per minute. Remember, this is only a guideline and not exact, as your movement and grip integrity can slightly alter the Dashboard reading from your actual rate. The pulse rate you see will be a good approximation of your heart rate at that moment of your exercise.



# WHAT IS THIS, AND THAT, AND THOSE?

## AN OVERVIEW OF YOUR TREADMILL



### HOW TO USE YOUR WIRELESS CHEST BAND (HEART RATE TRANSMITTER)

Use the Wireless Chest Band (heart Rate Transmitter) to transmit your heart rate directly to the Dashboard. As soon as the Transmitter senses activity from your heart, it will be activated.

**Step 1:** Adjust the band to fit as tight as comfortable, around your chest, just below your pectoral muscles. Adjust the band so that it is positioned securely and will not fall or move during your workout.

**Step 2:** Position the Transmitter (the middle section of the band) with the flat side against your body, and the logo and rounded, silver surface facing outward away from your body (centered).

**Step 3:** Begin your workout and check for a pulse reading on the Dashboard. The heart-Shaped Icon will flash when it is sensing your heart pulse.

**NOTE:** Perspiration will help to conduct your heart rate pulses to the Transmitter. If the Transmitter is not sending a signal, or it seems erratic, consider adding some water to the back side of the Transmitter, or wait for your own perspiration to help improve the signal.

It is always recommended to use your wireless chest band when using HRC1 or HRC2 workout programs. See page 25.

**NOTE:**

The information of heart rate might be not precise and can only for your reference.

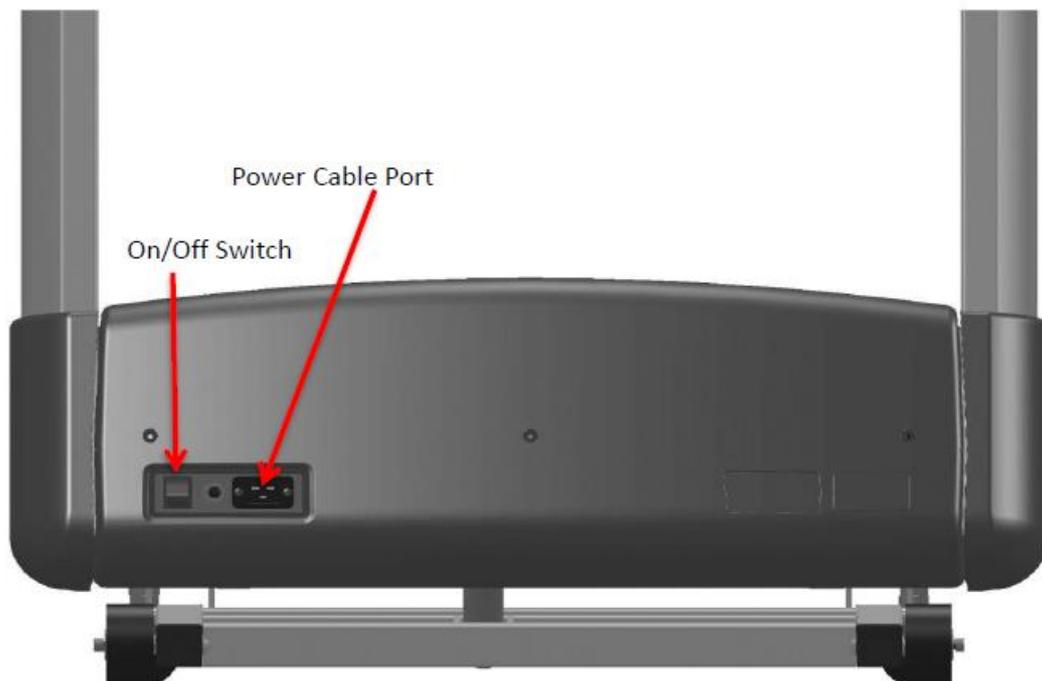
# LET'S GET YOU STARTED

## WHAT YOU NEED TO KNOW

### POWERING UP YOUR TREADMILL

Locate the Power Cable attached to the front of your treadmill (just below plastic motor housing), and plug it into a 220V, grounded wall outlet. Turn on the Power Switch located right next to the power cable port.

**NOTE:** For your treadmill to “Wake Up” and allow you to exercise, you must insert the Safety Key (tethered to the Safety Stop Clip) into the front of the Console. See page 8.



**WARNING:** This product is for use on a nominal 220-V circuit and has a grounding plug that looks like the plug illustrated in sketch A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

# LET'S GET YOU STARTED

## WHAT YOU NEED TO KNOW

### QUICK START

Before starting the treadmill, make sure your treadmill is awake and that the Safety Key Magnet is in place. Attach the Safety Stop Clip to yourself as described on page 8.

**NOTE:** To select Metric or English units (kilometers or miles) before selecting program, press and hold "Enter". You will be prompted to select unit. Use Speed +/- buttons to select units. Press Enter to save selection.



**Step 1:** While standing on the treadmill belt or on the deck side rails, press the QUICK START button, which will begin slow belt movement.



**Step 2:** You may increase or decrease both the incline and the speed with either the Dashboard buttons, the handrail buttons or the Quick Speed buttons (Levels 2-12) and Quick Incline buttons (Levels 1-15) on the Console.



**Step 3:** To stop the treadmill motor and belt movement, simply press the STOP/CANCEL button or pull the Safety Key Magnet out of the Console.

# LET'S GET YOU STARTED

## WHAT YOU NEED TO KNOW

### **PAUSE/STOP/RESET FEATURE**

When the treadmill is running and you are working out, you may put it in Pause Mode by pressing the red **STOP/CANCEL** button once. This will slowly decelerate the running belt to a stop. The incline will go to zero percent (lowest level). The TIME, DISTANCE, and CALORIE displays will hold while the treadmill is paused. After 3 minutes, the display will revert back to the Idle Mode (start-up screen) and zero out all the values.

To resume your workout press the **QUICK START** button, once, prior to the 3 minute time limit. The Speed and Incline will return to the previous settings.

If, instead, you press the **STOP/CANCEL** button for a second time, your program and workout will be terminated, and your workout summary data will be displayed.

If you press the **STOP/CANCEL** button for a third time, the console will revert back to the Idle Mode (start-up screen).

If you ever press AND hold the **STOP/CANCEL** button for more than 3 seconds, the console will reset to Idle Mode.

**NOTE:** Your SRS treadmill has a Power Save mode. This means after 5 minutes of inactivity the machine will automatically power off.

# LET'S GET YOU STARTED

## WHAT YOU NEED TO KNOW



### INCLINE AND SPEED FEATURES

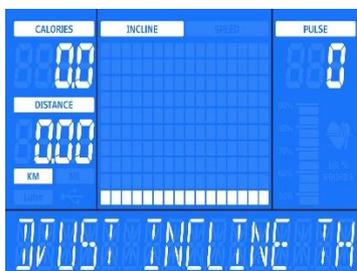
Incline and Speed may be adjusted any time after the running belt begins to move. Press and hold the **INCLINE** or **SPEED** buttons (on the Dashboard or handrails) for a steady rise or decline in effort.



You also can choose a more rapid increase or decrease by using the **QUICK KEYS**, located on the Console. Incline has Levels 1-15, while Speed has Levels 2-12.



Note: Incline level keys indicate 100% of the max incline available on the treadmill, which happens to be, approximately 15%, or 8.53°. Speed level quick keys correspond to actual speed levels. Level 12 of the **SPEED QUICK KEYS** will vary depending on which model you own. Higher speeds may be attainable by using the **SPEED** buttons, again depending on which model you own.



The message window will indicate the change you have made and the Incline and Speed level will display on the top of your LCD displays

# LET'S GET YOU STARTED

## WHAT YOU NEED TO KNOW

### TURNING OFF THE TREADMILL

The LCD Display will automatically switch to Power Save mode after 5 minutes in the Pause/Stop/Cancel mode (inactivity). Removing the Safety Key and puts it into Power Save mode after 5 minutes.

Turning off the main power switch in the front of the treadmill will completely remove all power.

If you know the treadmill will be idle for an extended period of time (days or weeks), it is always

#### Warning:

A minimum free area of 2200mm height, 2400mm width, and 4000mm length is required.

The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared. There is also a training area of 2200mm height, 1800mm width, and 2000mm length is required.

The free area and training area shall be illustrated with a dedicated figure, see below.

Free area:



Training area



# WHAT'S YOUR FITNESS GOAL?

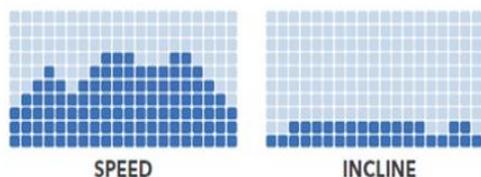
## PRE-PROGRAMMED WORKOUTS

### BUILT-IN PROGRAMS

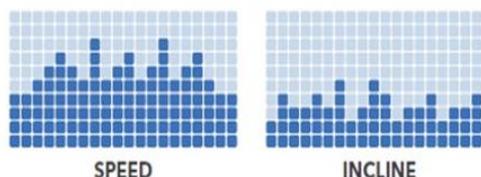
Your TA-780 Treadmill has ten built-in programs to choose from, including a Manual Program, five predetermined workout routines, two User-Defined Programs (USER1 and USER2), and two Heart Rate Programs (HRC1-60% and HRC2-80%).

With all of the predetermined fitness programs, the Speed and Incline and adjusted throughout the workout, creating the workout profile of the particular workout's goal.

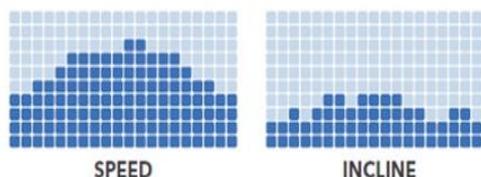
**Climb:** Just like it sounds, you are moving up and down a hill terrain throughout your workout. This is an overall strength and endurance exercise.



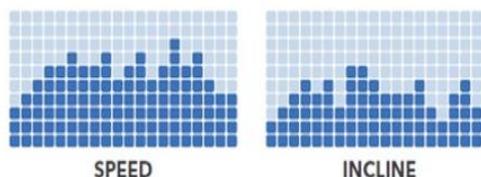
**Aerobic:** This one is for your heart. It will build your heart muscle and increase blood flow and lung capacity. It combines higher levels of exertion with slight changes with levels of work (effort over time).



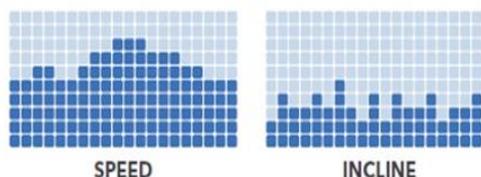
**Slim:** As the name might suggest, this workout is designed to maximize your burn rate. Steady Eddie is the course on this one. Try to maintain a moderate to higher heart rate (60-70%), even though this is not a heart rate program, thus simulating a steady exertion level.



**Train:** The back and forth between high and low levels of exertion in this exercise helps produce greater endurance by an all-at-once depletion of your oxygen level followed by a recovery period. This is a great exercise to make your heart and lungs become more efficient.



**Build:** This is a lower body strengthening routine. Resistance will steadily increase and force you to maintain that high level of exertion. Done properly, you should feel it in your legs and gluteous maximum (that's your buttocks).



# WHAT'S YOUR FITNESS GOAL?

## PRE-PROGRAMMED WORKOUTS

### SELECTING AND USING THE MANUAL AND 5 PRESET PROGRAMS

We always recommend entering your age and weight to ensure a more accurate approximation of calories burned during your exercise. The indicated calories burned is only an approximation.



**Step 1:** Select the program you'd like to run by pressing one of the labeled PROGRAM buttons on your Dashboard on either side of the LCD Display. Remember, Manual Mode can operate in two ways.

- 1) without targets (traditional manual mode)
- 2) with targets (by following screen prompts you can select either Time, Distance, or Calories as your workout target.)



**Step 2:** Press ENTER and follow the prompts for your personal data. Use the SPEED UP/DOWN buttons to adjust your Age, Weight and Workout Time. Press ENTER after each data point, once you have entered your desired value.



**Step 3:** Once all data is entered, press the QUICK START button to begin. You will have a 3 minute warm-up, but you can press QUICK START again to bypass the warm up and immediately begin the program.

**NOTE:** During your workout you can always adjust your Speed and Incline with any of the UP/DOWN buttons or with the QUICK KEYS.

# WHAT'S YOUR FITNESS GOAL?

## PRE-PROGRAMMED WORKOUTS

### SELECTING THE CUSTOM USER PROFILE PROGRAMS (USER1 AND USER2)

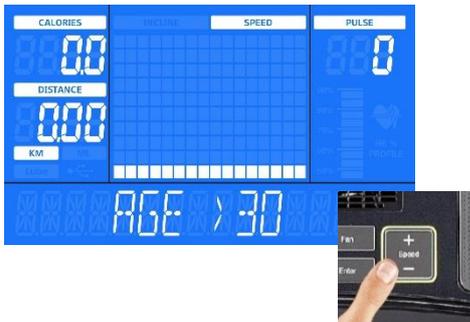
These programs allow you to record your personal data and create your own workout profile.



**Step 1:** Press the Program button to select USER 1 or USER 2 programs.



**Step 2:** Press the Enter button to start the selected program.



**Step 3:** Press the Speed + / - buttons to adjust the Age, then press Enter button when finished.



**Step 4:** Press the Speed + / - buttons to adjust the Weight, then press Enter button when finished.

# WHAT'S YOUR FITNESS GOAL?

## PRE-PROGRAMMED WORKOUTS



**Step 5:** Press the Speed + / - buttons to adjust the Time, then press Enter button when finished.



**Step 6:** Press the Speed + / - buttons to adjust the Speed, then press Enter button when finished.



**Step 7:** Press the Speed + / - buttons to adjust the Incline, then press Enter button when finished.



**Step 8:** The scrolling text will show the notice "PRESS QUICK START TO BEGIN WORKOUT OR ENTER TO MODIFY". Please press the Quick Start button to start workout.

# WHAT'S YOUR FITNESS GOAL?

## PRE-PROGRAMMED WORKOUTS

### SELECTING THE HEART RATE PROGRAMS (HRC1 AND HRC2)

The Heart Rate Programs are intended to be used with the Wireless Chest Band (Heart Rate Transmitter). Do not use the Grip Pulse Handrails for these programs. You must receive a strong and steady signal for the pulse rate for this program to be effective. Please see wireless chest band on page 15.

The HRC1 program has a default heart rate value of 60% of your maximum heart rate, and the HRC2 program is 80%. This is calculated by the program based on the age you input in the program steps. You may select a higher or lower value if you choose, but this is the basic calculation:

$$220 - \text{Your Age (which is your MHR)} \times 0.60 \text{ (or } 0.80)$$

For example, if you are 45 and choosing HRC1, then the calculation is:

$$(220-45) \times 0.6 = 105 \text{ beats per minute}$$

NOTE: When you enter an age in the HRC programs, the program will calculate the 60% and 80% target heart rates (HRC1 and HRC2, resp.). However, we always recommend consulting your physician for the proper heart rate targets for your exercise regimen, and prior to participating in any exercise program.

### Which one is right for you?

HRC1 (60% of MHR) is a moderate heart rate workout that targets Fat Loss.

HRC2 (80% of MHR) is a higher heart rate workout that targets Improved Cardiovascular Function.

 Heart rate (Beats per Minute)	170																						
	160	166																			Performance		
	120	156	162																			Aerobic	
		117	152	157																			Weight Loss
			114	148	153																		
				111	144	149																	
					108	140	145																
						105	136	140															
							102	132	136														
								99	128	132													
									96	124													
									93														
Age	20	25	30	35	40	45	50	55	60	65													

※This heart rate formula recommended by American Heart Association.

# WHAT'S YOUR FITNESS GOAL?

## PRE-PROGRAMMED WORKOUTS



**Step 1:** After choosing the HRC1 (60%) or HRC2 (80%) programs, press Enter and follow the prompts for your personal data.

Use the Speed +/- buttons to adjust your Age, Weight, and Time. Press ENTER after each data point.

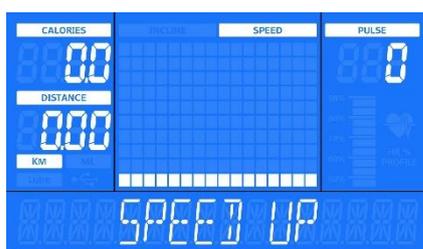


**Step 2:** The last prompt allows you to set your target heart rate (default is either 60% or 80% of your maximum heart rate), and is based on the personal information you inputted.

Besides, you may decide to adjust the target heart rate to another value. You can do so by pressing Speed +/- buttons, followed by Enter.



**Step 3:** After setting information, the scrolling text will show the notice "PRESS QUICK START TO BEGIN WORKOUT OT ENTER TO MODIFY". Please press the Quick Start button to start workout.



**Step 4:** Users can switch the display for Speed or Incline by pressing Display button and adjust the value of speed or incline.

NOTE: In these two HRC programs, the treadmill will steadily adjust the Speed feature of your treadmill, increasing your heart rate until you are at your target. This may take some time, depending on your fitness level. For example, those who are quite fit, may take longer to reach the target heart rate. You can make manual adjustments to the Speed and Incline based on your level of fitness, at any time during the workout. Obviously, if you feel overwhelmed by the exercise routine, simply press STOP/CANCEL button and re-evaluate your program before starting again.



**We always recommend consulting your physician prior to participating in any exercise regimen.**

# WHAT'S YOUR FITNESS GOAL?

## PRE-PROGRAMMED WORKOUTS

### RECORDING/SAVING YOUR WORKOUT DATA (USB)

On SRS Fitness Machines you can record your workout data on a USB compatible flash drive (for example, a memory stick). When you record your data, it will be stored on your device in a universally accepted format (CSV – Comma Separated Value) which is easily visualized in an Excel Spreadsheet. This data may also be shared on some on-line training sites, enabling you to do more with your data.



**Step 1:** Insert your flash drive (memory stick) prior to your workout, into the USB port. You will find the USB port in the console, on the right side of the Personal Storage Tray (it is identified with a USB Icon).

Once it is inserted, the USB Icon will flash (located on LCD Monitor).



**Step 2:** Press ENTER, then press SPEED UP/DOWN buttons to adjust and enter the year, month, date, hour, and minutes.

**Step 3:** Press QUICK START to begin your workout. Your data will be recorded with the start of your workout.



**Step 4:** After you have completed your workout and before you power down your treadmill retrieve your flash drive from the USB port. Your workout data is now saved, including the current date, workout time, distance, calories burned, maximum and average pulse (heart rate).

**NOTE:** If you power down the treadmill before retrieving your flash drive from the USB port, your data will be lost.

**NOTE:** USB is an optional product.

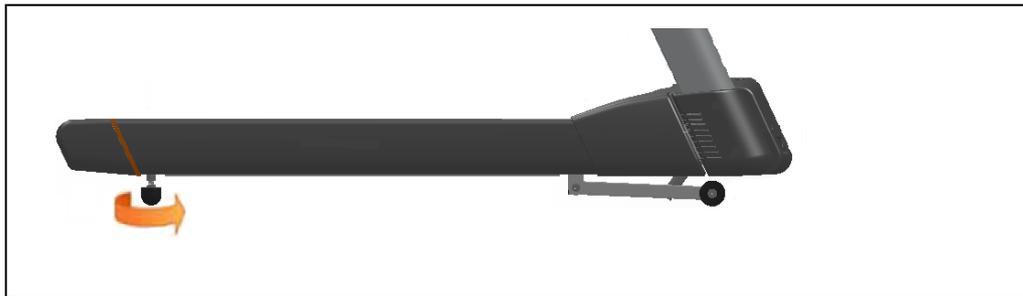
## GENERAL MAINTENANCE FOR YOUR TREADMILL

Now that your treadmill is installed and ready for use, we would like to share a few maintenance items that, when performed, will help optimize your treadmill's performance.

### TREADMILL FEET ADJUSTMENT (LEVELING)

Sometimes floor surfaces are not level or even. So once your treadmill has been positioned in your floor, take the time to ensure that it is stable. If necessary, adjust the height of the stabilizer located underneath the treadmill (4 adjustable stabilizer) by turning it clockwise or counterclockwise to either lower or raise the machine.

The goal here is that the treadmill is not rocking on your floor. Rather, you want it level and stable to eliminate any undue wear and tear on the treadmill or your floor. Think of it as a wobbly restaurant table that you have to stick a folded-up napkin under one of the legs to keep it from tipping back and forth. Same concept here.



# GENERAL MAINTENANCE FOR YOUR TREADMILL

## BELT TENSION AND ALIGNMENT

Although your treadmill is factory set for belt tension and alignment, over time, due to normal wear, The belt may lose tension or become slightly misaligned (i.e. the edge of belt is close to the left or right side rail). Use the following procedure to make adjustments, as required.

### Tension

Belt tensioning is only required if the belt is **hesitating or slipping** with your steps. If the belt need additional tension to eliminate slipping, the tension adjustment is made at the rear roller (the roller nearest the end of the treadmill). There is one Tension Adjustment Screw on each side of the treadmill, at the side rail end cap. The adjustment is made through **the small hole close to running belt** by turning the **screw**.

Turn the Tension Adjustment Screw 1/4 turn, clockwise, on both side (left and right). And re-check for slippage. Be sure to adjust both ends the same amount, evenly, so that the belt does not become misaligned (off-center). It will not take much adjustment to reach the proper tension. **Do not over-tighten the belt.**



Rear Roller Adjustment Screw (Close to running belt Screw)

## GENERAL MAINTENANCE FOR YOUR TREADMILL

### Alignment

Although the treadmill belt and its mating components are designed to maintain a generally centered alignment while in use, it is normal for a belt to move slightly to one side or the other due to the different running styles and a person's gait. However, if the belt is so far misaligned that it is rubbing on the side rail and wearing prematurely, you need to make an adjustment.

You should make tracking alignment adjustments with the **left side Tension Adjustment Screw** which in **the left side hole close to running belt** at the back of your treadmill on the end of the side rail. Set belt speed at 3mph and prepare to make a small adjustment to the screw. Remember that a small adjustment can make a dramatic change to the tracking.

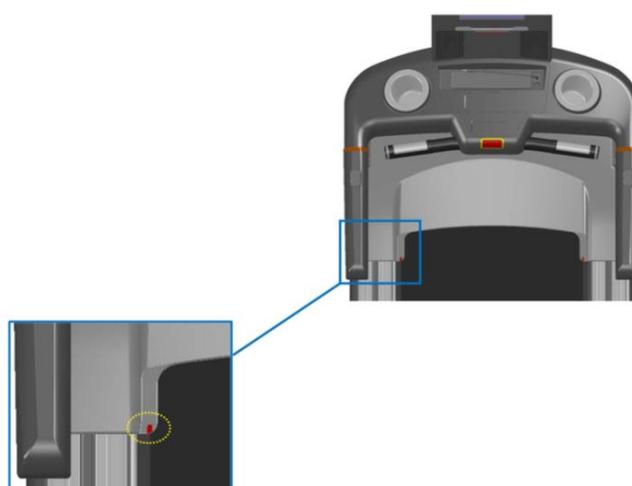
**If the belt is tracking too close to the left side rail**, turn the left side (close to running belt screw) Tension Adjustment Screw 1/4 turn to the right (clockwise). Allow the belt to make several full rotations and monitor its tracking. If future adjustment is required, proceed with another small turn of the screw, until the belt is tracking as close to center as possible.

**If the belt is tracking too close to the right side**, turn the right side (close to running belt screw) Tension Adjustment Screw 1/4 turn to the right (clockwise). Allow the belt to make several full rotations and monitor its tracking. If future adjustment is required, proceed with another small turn of the screw, until the belt is tracking as close to center as possible.

**Test machine, set belt slow speed progressing to 8km/h to see the belt if on the middle.**

**If belt is not on the middle, please do same as steps again.**

**Adjust the belt to allow the edge of the belt fit within the both red lines on the motor cover. If the edge of the belt is over the red line, you need to adjust the belt again until it gets the middle of the running surface. See below:**



## GENERAL MAINTENANCE FOR YOUR TREADMILL

### **Notes Regarding the SRS Running Belts:**

You have a high quality, thick running belt on your treadmill. The belts have been on the treadmill, in a box, in a static position for a while, and will need to stretch a bit (a new belt needs a wear-in period). You may hear initial noise or thumping due to a “set” the belts may have taken around the rollers, due to lack of use for an extended period of time. Go ahead and put the belts through a few hours of rotation and exercise as usual. Any belt noise should subside. Check for alignment and tension in the early few hours of use for any initial adjustment requirements.

### **BELT DUST, LINT, CARPET FIBERS, AND OTHER TASTY MORSELS**

Belt dust from a brand new belt is normal. If you see black belt dust appear on the floor behind the treadmill simply wipe it up as it appears.

Dirt, dust, lint, hair, and other small particles can partially block air flow in and around the treadmill. You should vacuum underneath and around your treadmill on a regular basis to minimize the negative impact on your treadmill.

The deck on your treadmill has a low-coefficient of friction and provides a very smooth running experience. However, those same particles you vacuumed from around and underneath your treadmill can accumulate in between the running belt and the deck. Keep this area clean with a soft rag, or cloth. Wipe the edges of the belt, as well as the area under the belt (between the deck and the belt). Stretch a soft cloth or rag all the way across the treadmill, between the belt and deck, and walk it up and down the treadmill a couple times to remove the debris from the deck. **Always unplug your treadmill before performing this maintenance task.**

By maintaining this low friction deck and belt interface, you will extend the life of your drive motor, belt, and electronic components. Failure to do so could void your warranty.

# GENERAL MAINTENANCE FOR YOUR TREADMILL

## LUBE THE BELT

Your treadmill is equipped with a low-friction, reversible deck, that reduces the frictional forces working against the treadmill's drive motor. Over time, belt and deck wear due to regular use can increase friction forces and make your treadmill's motor work harder. This is true for any motor-driven mechanical device. Keeping friction to a minimum helps extend component life. Additionally, non-use of the treadmill for an extended period can lead to a dry deck. If the treadmill belt slows down very quickly after you have completed your workout, it may lack adequate silicone.



SRS also provides a Lube Indicator LCD on your Dashboard indicating that belt lubrication is required. This is set at 125 miles/200km intervals. If you see this indicator appear, please follow the lubrication instructions and lube that belt!

The following are instructions to properly lube the belt and deck. **Please be sure your treadmill is powered off before performing this maintenance.**

## LUBING THE BELT AND DECK

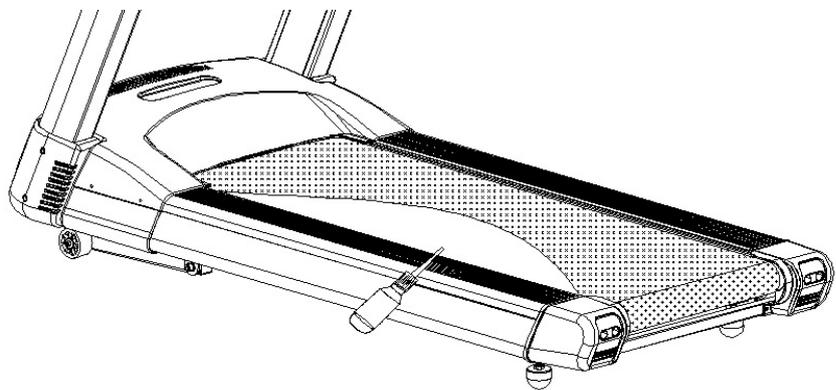
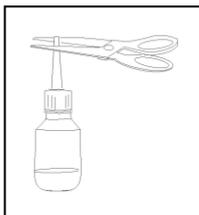
**STEP 1:** Clean the area between the deck and the belt as described on [previous page](#).

**STEP 2:** Locate the Silicone Oil Bottle you received with your treadmill (included with tools). Lift the belt up and away from the deck as far as you can on the left side of the treadmill. Point the silicone bottle nozzle under the belt and lay a small bead of silicone on the deck, while moving down the deck continue holding the belt up as you go.

Repeat the process on the right side of the belt. [See below drawing](#)

**STEP 3:** Turn the power to your treadmill on and walk on your treadmill at a low to moderate speed for 5 minutes to evenly distribute the silicone lubricant.

**STEP 4:** Reset the lube indicator as described on [next page](#).



# GENERAL MAINTENANCE FOR YOUR TREADMILL

## RESETTING THE LUBE INDICATOR

Your treadmill includes a Lube Indicator, located on the left side of your LCD Screen. We factory-set the Lube Indicator at 125 miles (or 200 kilometers). This means, once you have reached that distance in workout activity, the Lube Indicator will illuminate on the screen. When this occurs, follow the steps for Belt Lubrication on page 32.



Once the physical cleaning and lubing of the belt is complete, you can reset the Lube Indicator.



**Step 1:** Press ENTER while the Treadmill is in Idle Mode. The word LUBE will show up in the LCD Segments (the message line on the bottom of the screen).



**Step 2:** Press INCLINE UP button to reset to 125 miles (200 kilometers).



**Step 3:** Press ENTER, the Lube Indicator will disappear and the treadmill will return to Idle Mode.

**NOTE:** The 125 mile interval is a factory setting, but you can always lube the belt sooner if you are sensing dry conditions and high friction and resistance (for example, if the belt stops very quickly after your workout is completed).

## GENERAL MAINTENANCE FOR YOUR TREADMILL

Always unplug your treadmill before performing this maintenance task.

Ensure that you check the product regularly-at least once a week is recommended.

Recommend time and parts to maintenance						
	PARTS	DAY	WEEK	MONTH	SEASON	HALF YEAR
1	Dashboard Bolt					Check
2	Frame	Clean				Check
3	Running Belt Surface		Clean(Vacuum)			Check
4	Power Cord			Check		
5	Console Surface	Clean		Check		
6	Handrail	Clean				Check
7	Handrail Bolt				Check	
8	Front roller and Groove				Clean	Check
9	Rear Roller					Check
10	Safe Key	Clean				
11	Pulley Ribbed Belt				Clean	Check
12	Running Belt Tension					Check
13	Control Board					Clean(Vacuum)
14	Motor belt Groove					Check

**Clean:** After exercise, use damp cloth to keep the product clean and use a dry cloth to clean it again to keep machine in dry condition.

**Noted:** Keep dashboard and console in dry condition to avoid short circuit.

**Storage:** Place the equipment in a dry and clean environment and unplug when not in use.

**Moving:** Before moving the treadmill, make sure to unplug the power cord.

**Consumables:** The surface of running belt and deck will be abraded and scratched after long-term exercise. Call your agent for assistance or replace a new running belt and deck.

**Damage:** Always call your agent for assistance if any damage on the treadmill.

# TROUBLE... WHAT TROUBLE?

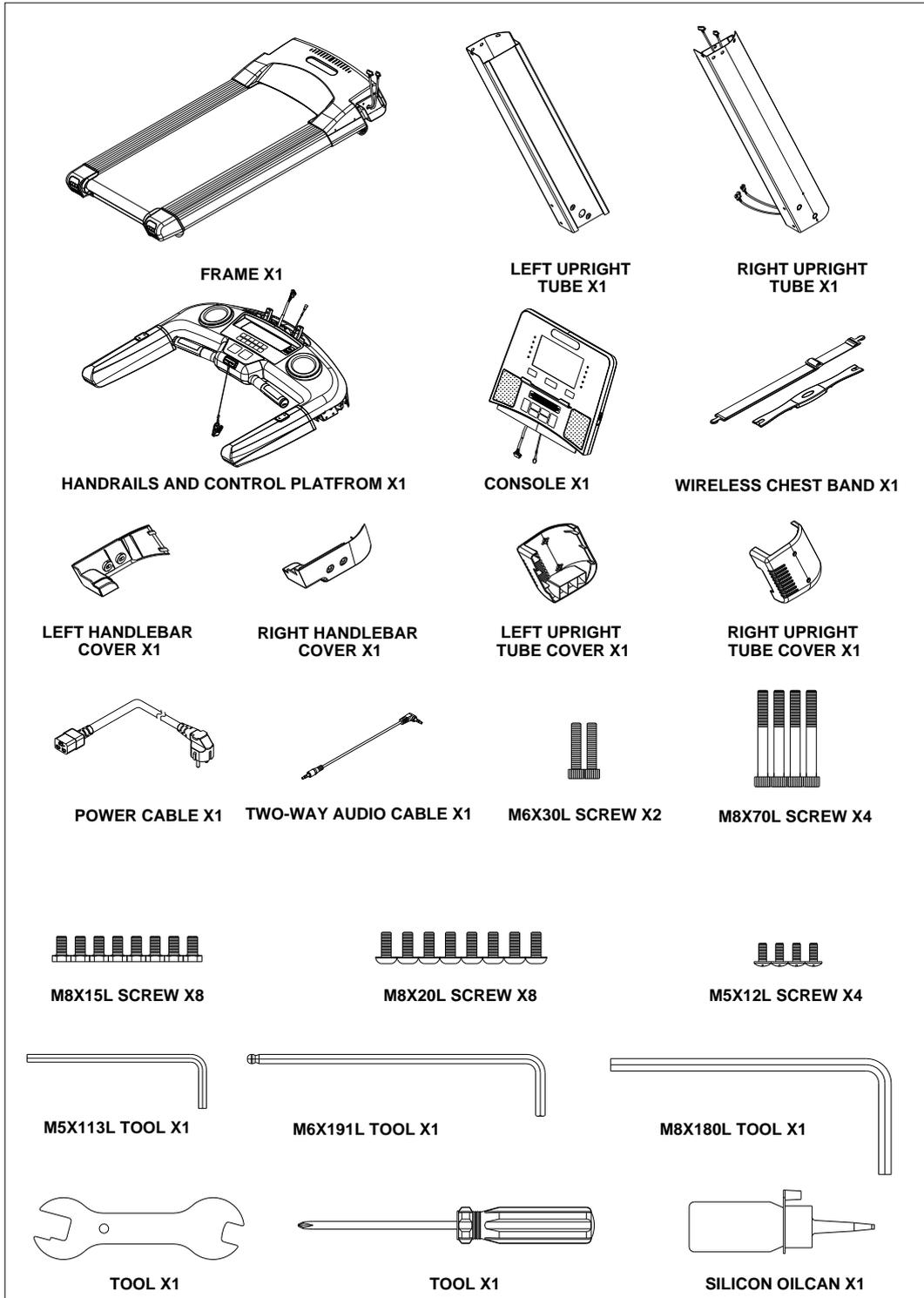
## DIAGNOSING AND RESOLVING COMMON PROBLEMS

So you're trying to exercise on your treadmill and you realize that something isn't quite right. We want to help you resolve any issues you have, so please check out these fairly common (but not frequent!) problems that you may be able to resolve yourself quickly and easily.

Problem	Cause and Solution
The treadmill's Running Belt stops quickly or suddenly when the Stop Safety Key is pulled.	Indicates high Belt/Deck Friction. Please see the Lube Instructions in the General Maintenance section of this manual. Failure to lube the belt will cause undue stress and strain on the motor and may void your warranty.
The motor does not seem to be driving the belt (the belt does not move).	If you press QUICK START and the motor does not respond (no sound, no belt movement), contact Customer Service.
The motor is running, but the belt is not moving.	<ol style="list-style-type: none"> <li>1. Check the belt tension by following the instructions in the General Maintenance section of this manual.</li> <li>2. If the belt is still not moving, contact Customer Service for a Drive Belt check.</li> </ol>
The Running Belt does not stay centered, or hesitates/slips when walking or running.	Please check the belt tension and alignment adjustment procedure in the General Maintenance section of this manual. Be sure the treadmill is level and the belt is lubed.
The Display (LCD Screen/Monitor) does not light up or is not onstant.	<ol style="list-style-type: none"> <li>1. Your Stop Safety Key may not be completely inserted.</li> <li>2. The circuit breaker on the front of your treadmill located next to the power switch may be tripped. Push the circuit breaker in until it locks.</li> <li>3. The power cord may not be inserted completely.</li> <li>4. The household circuit may be tripped. If so, the household fuse may need to be replaced with a higher-rated (amperage) breaker.</li> </ol>
The treadmill trips the 15 Amp circuit located on the front of the machine next to the power switch.	This means high Belt/Deck Friction, please follow Lube instructions in General Maintenance Section.

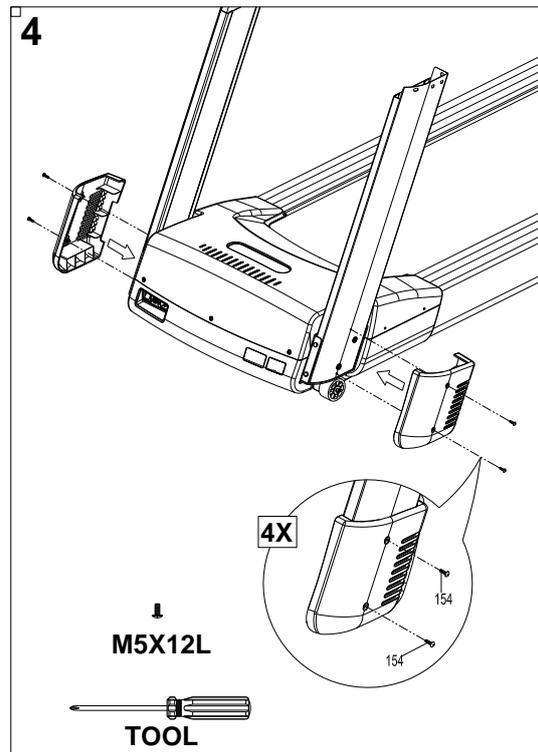
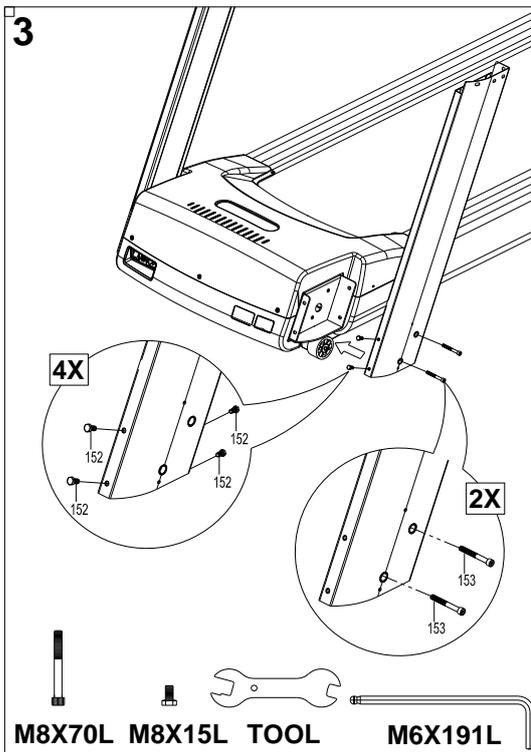
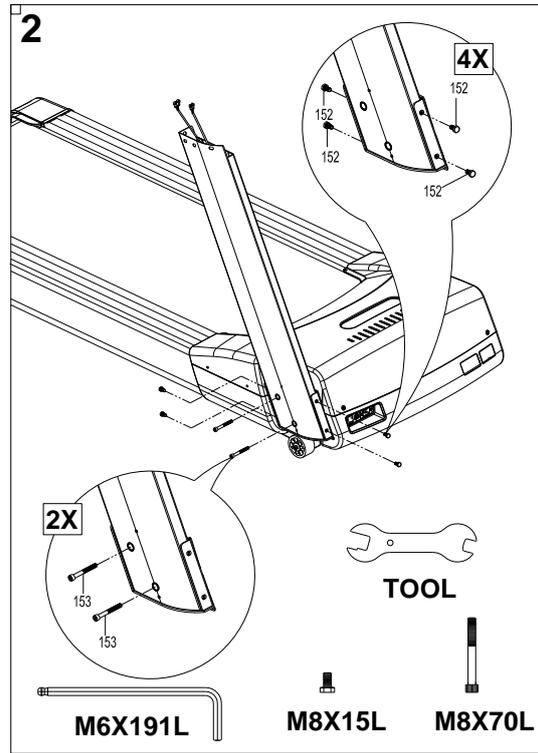
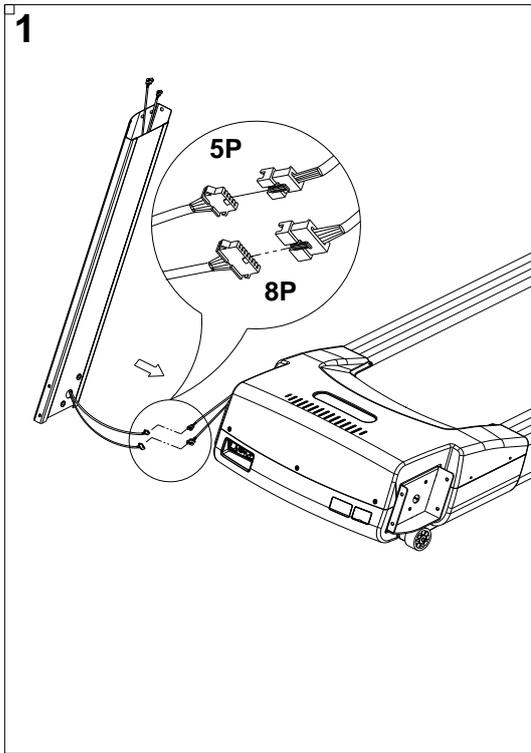
# PARTS AND ASSEMBLY INSTRUCTIONS

PUTTIN' THIS BAD BOY TOGETHER



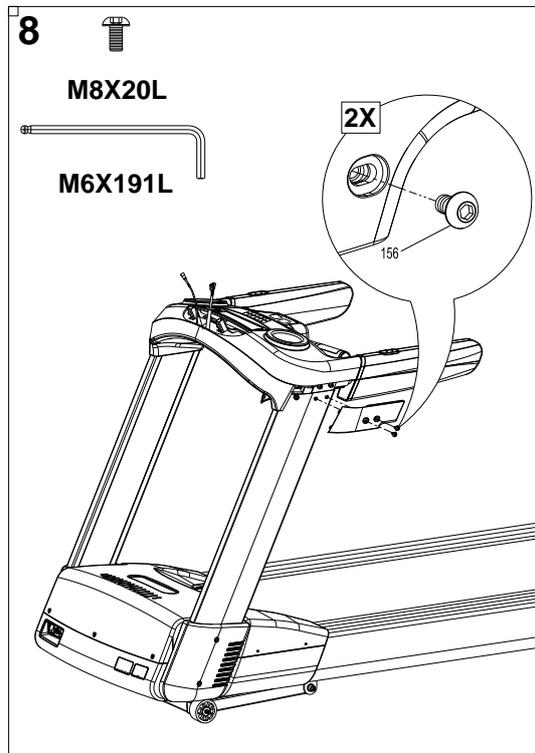
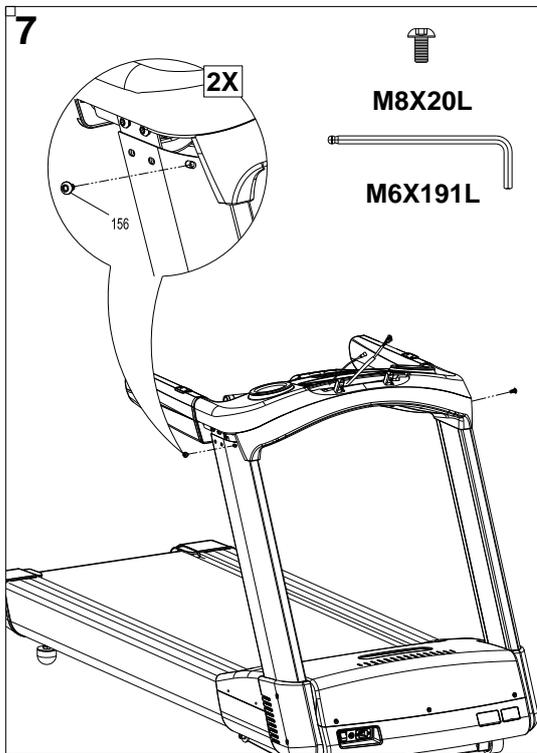
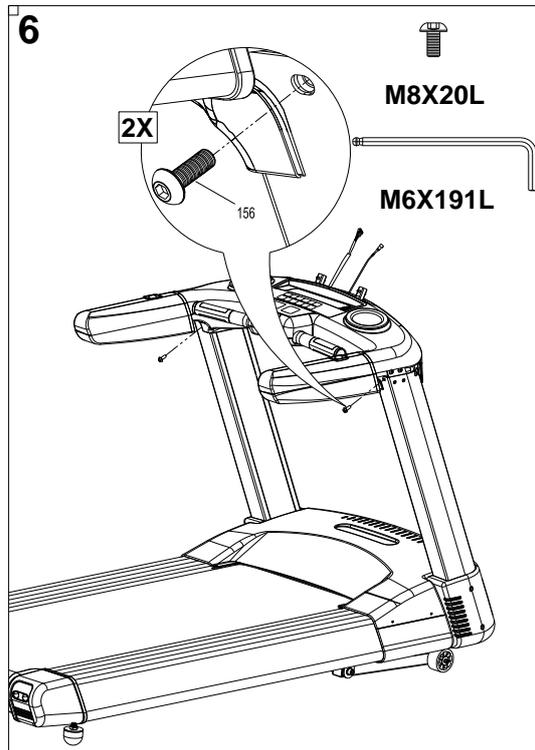
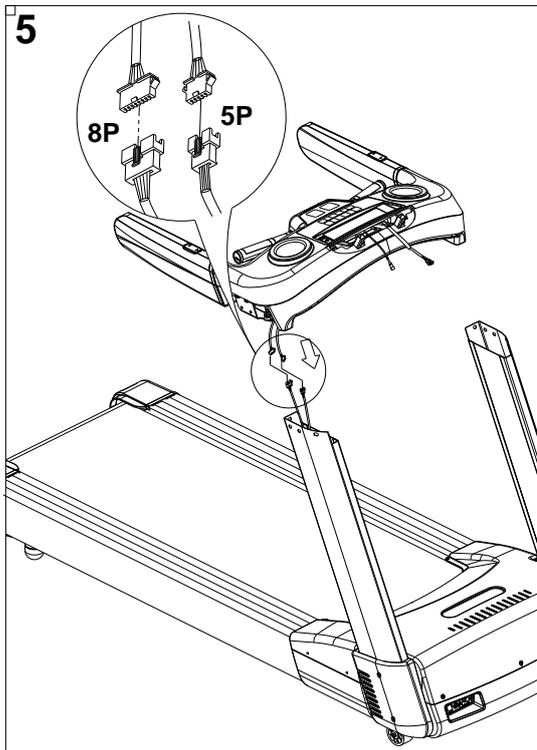
# PARTS AND ASSEMBLY INSTRUCTIONS

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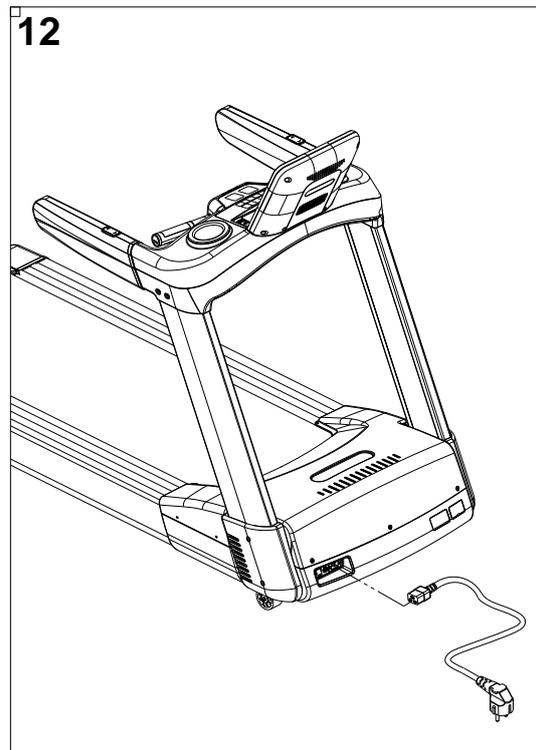
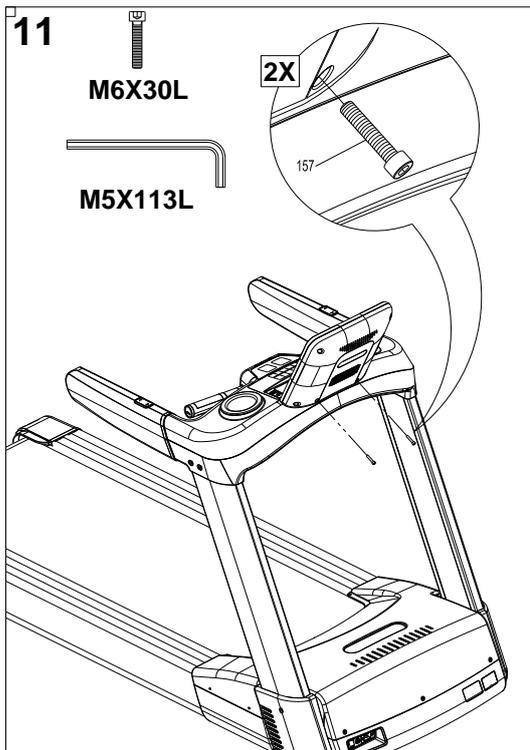
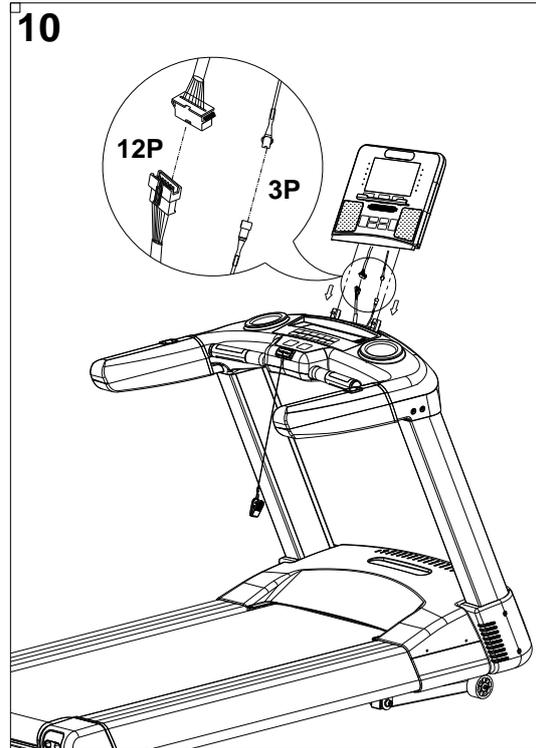
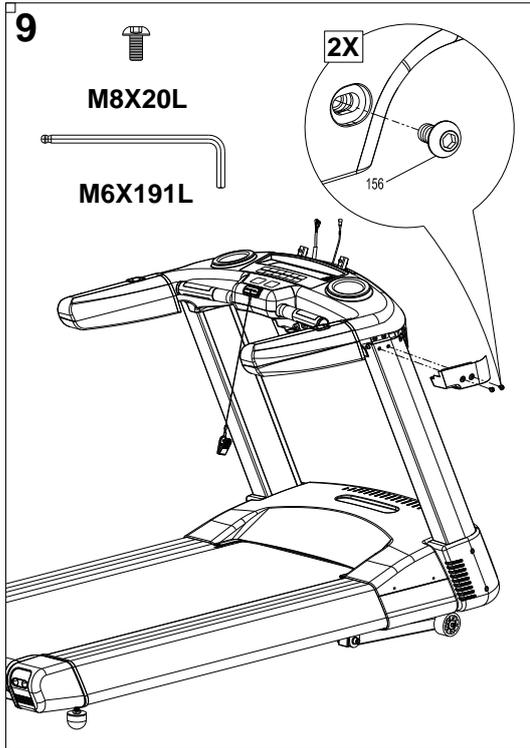
# PARTS AND ASSEMBLY INSTRUCTIONS

PUTTIN' THIS BAD BOY TOGETHER



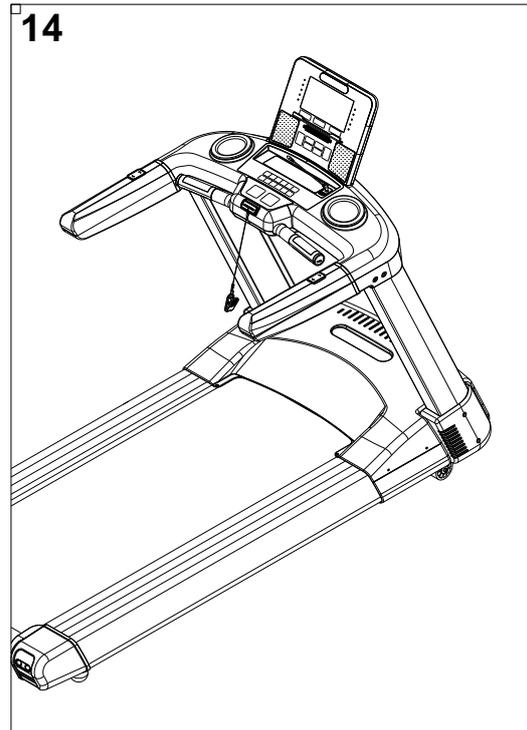
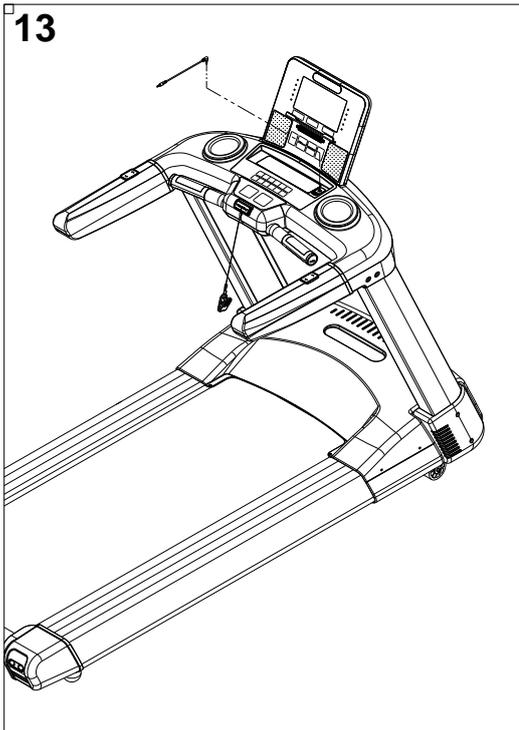
# PARTS AND ASSEMBLY INSTRUCTIONS

PUTTIN' THIS BAD BOY TOGETHER



# PARTS AND ASSEMBLY INSTRUCTIONS

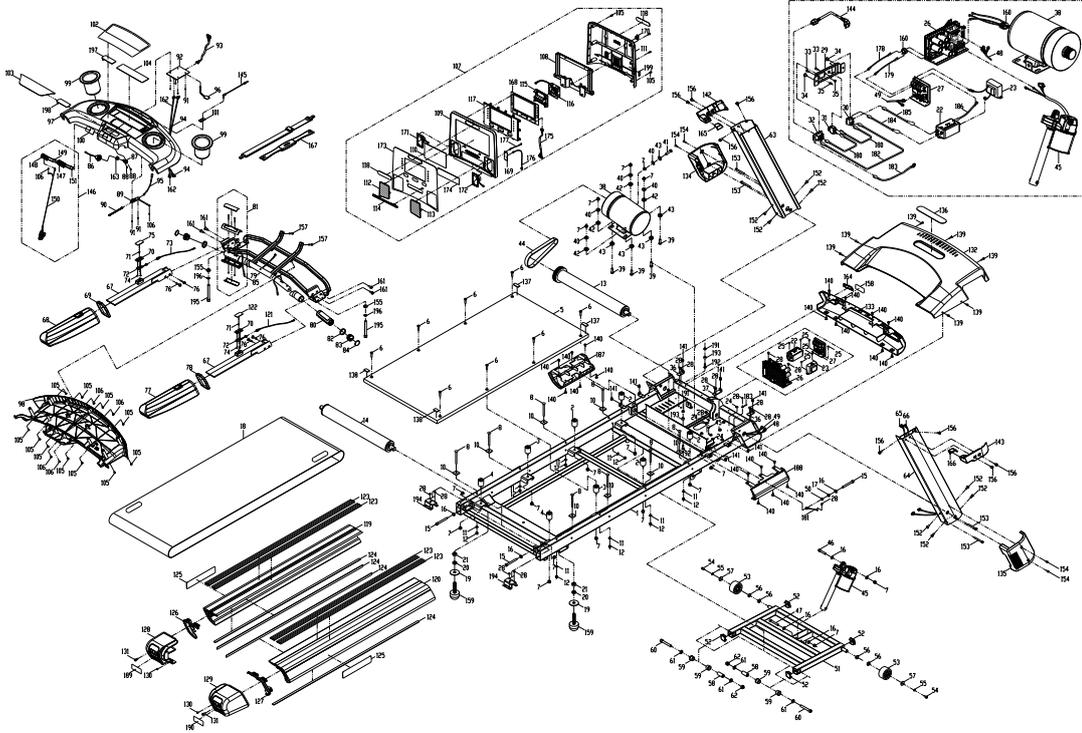
PUTTIN' THIS BAD BOY TOGETHER



# PARTS AND ASSEMBLY INSTRUCTIONS

PUTTIN' THIS BAD BOY TOGETHER

## TA-780 EXPLODED VIEW



# PARTS AND ASSEMBLY INSTRUCTIONS

PUTTIN' THIS BAD BOY TOGETHER

TA-780 PARTS LIST					
Part #	Name	Qty	Part #	Name	Qty
1	Main Frame ( T )	1	101	USB symbol	1
2	Rubber washer	4	102	Computer surface button guide	1
3	Rubber washer	2	103	Computer start&stop button guide	1
4	Rubber washer	2	104	Anti slip rubber sticker	1
5	Running Deck	1	105	Screw M4*15L	17
6	Screw M8*1.25*35L	8	106	Screw M5*12	6
7	Nylon Locknut (M10)	18	107	Console	1
8	Screw M8*100L	8	108	Console Frame	1
9	Screw M4*12L	4	109	Console front cover	1
10	Side foot rail fixing	8	110	Console board	1
11	Flat Washer M8*16*1.2	8	111	Console rear cover	1
12	Nylon Locknut (M8)	8	112	Speaker Top Cover - Left	1
13	Front Running Belt Roller	1	113	Speaker Top Cover - Right	1
14	Rear Running Belt Roller	1	114	Magazine Reading Rack	1
15	Screw M10*90L	3	115	Fan rack	1
16	Flat Washer M10*21*2.0t	7	116	Fan Assembly	1
17	Nut (M10)	1	117	9" LCD frame	1
18	Running Belt	1	118	sticker	2
19	Flat Washer M16*60*3.0T	2	119	Left side rail	1
20	Nut (M16)	2	120	Right side rail	1
21	Nut (M16)	2	121	Arm button connect cable (Right)	1
22	Filter	1	122	Arm button guide / Speed	1
23	Choke	1	123	Aluminum rail	4
24	Grounding sticker	3	124	Foam	4
25	Screw M4*8L	6	125	Both side rail sticker	2
26	Inverter	1	126	Left side rail ring (rear)	1
27	ERP PCB	1	127	Right side rail ring(rear)	1
28	Screw M5*10L	15	128	Left rail cover (rear)	1
29	Plate for Switch	1	129	Right rail cover(rear)	1
30	On/Off Rocker Switch	1	130	Screw M4*16L	2
31	Circuit Breaker Module	1	131	Screw M8*16L	2
32	Power ( Kettle ) Socket	1	132	Motor cover - top	1
33	Screw M4 * 12	2	133	Motor cover - front	1

# PARTS AND ASSEMBLY INSTRUCTIONS

PUTTIN' THIS BAD BOY TOGETHER

TA-780 PARTS LIST					
Part #	Name	Qty	Part #	Name	Qty
34	Nylon Locknut (M4)	2	134	Left upright post cover - upper	1
35	Screw M6*1.0*10L	2	135	Right upright post cover - upper	1
36	Plate for motor cover	2	136	Sticker	1
37	Plate for motor cover	1	137	Foam	2
38	AC. Driver Motor	1	138	Foam	2
39	Screw M10*30L	4	139	Screw M6*1.0*12L	20
40	Flat Washer M10*25*2.5	5	140	Screw M5*25L	7
41	Screw M10*45L	1	141	U shape clip	7
42	Insulation spacer(Upper)	4	142	Computer left cover	1
43	Insulation spacer(Down)	5	143	Computer right cover	1
44	Pulley Ribbed Belt	1	144	Power Cable	1
45	Power Incline Motor	1	145	Earphone plug	1
46	Screw M10*50L	1	146	Safe key assembly	1
47	Screw M10*70L	1	147	Safe key-upper (Yellow)	1
48	Computer Cable - Lower	1	148	Safe key - top (Red)	1
49	ERP cable- lower	1	149	Safe key board	1
50	Flat Washer $\varnothing 10.2 \times \varnothing 17 \times T1.0$	1	150	Safe key clip + cotton string	1
51	Front Incline Frame ( T )	1	151	Screw M2*5L	4
52	End Cover	4	152	Screw M8*15L	8
53	Moving Wheel	2	153	Screw M8*70L	4
54	Screw M8*15L	2	154	Screw M5*0.8*12L	4
55	Flat Washer M8	2	155	Flat Washer M8*16*1.2	2
56	Flat Washer 18.6*24*0.3T	4	156	Screw M8*20L	8
57	Flat Washer M8*28*1.5T	2	157	Screw M6*30L	2
58	Incline frame bushing	2	158	Electric warning label	1
59	Bushing	4	159	Adjust foot glide	2
60	Screw M12*80L	2	160	Ferrite Core	2
61	Flat Washer M12*24*2.5	4	161	Screw $\varnothing 8 \times M6 \times 18.5L$	4
62	Nylon Locknut (M12)	2	162	ERP cable - upper	1
63	Left Upright Post ( T )	1	163	Foam	2
64	Right Upright Post ( T )	1	164	Cover	1
65	Computer Cable - Mid	1	165	Computer left inside cover	1
66	ERP cable-middle	1	166	Computer right inside cover	1

# PARTS AND ASSEMBLY INSTRUCTIONS

PUTTIN' THIS BAD BOY TOGETHER

TA-780 PARTS LIST					
Part #	Name	Qty	Part #	Name	Qty
67	Arm (Left and Right)	2	167	WIRELESS CHEST BAND	1
68	Left foam arm	1	168	9" LCD Screen	1
69	Left arm decoration ring	1	169	Speaker sound board	1
70	Arm button board	2	170	Cover	1
71	Screw M4*10	2	171	Speaker Assembly	1
72	Arm button PC board	2	172	Speaker Assembly	1
73	Arm button connect cable (Left)	1	173	Console surface button guide	1
74	Screw M2.3*6L	4	174	Membrane Switch	1
75	Arm button guide / Incline	1	175	Console cable - upper	1
76	Screw M6*35L	4	176	Earphone plug- female	2
77	Right foam arm	1	177	PCB connect cable	1
78	Right arm decoration ring	1	178	Connect Cable	1
79	Top Console Support & Handlebar ( T )	1	179	Connect Cable	1
80	Hand grip	2	180	Connect Cable	2
81	Hand Pulse Sensor	2	181	Connect Cable	1
82	Aluminum cover	2	182	Connect Cable	1
83	Hand pulse cover	2	183	Connect Cable	1
84	Sticker	2	184	Connect Cable	1
85	Hand Pulse Sensor Wire	1	185	Connect Cable	1
86	Mechanical safe key	1	186	Connect Cable	1
87	Safe Key rack	1	187	Motor cover - Left	1
88	Screw M3*8L	2	188	Motor cover - Right	1
89	USB PC Board	1	189	Sticker	1
90	USB connect cable	1	190	Sticker	1
91	Screw M2.6*8L	6	191	Nylon Locknut (M8)	2
92	Break-out board	1	192	Screw M8*25L	2
93	Console cable- lower	1	193	Bushing	2
94	Computer Cable - Upper	1	194	Rear cover bracket	2
95	Earphone plug - male	1	195	Screw M8*100L	2
96	Receiver build in	1	196	Flat Washer M8	2
97	Computer cover - Top	1	197	Computer Surface button guide	1
98	Computer cover - Upper	1	198	Computer Start&Stop button guide	1
99	Water Bottle Holder	2	199	Sticker	1
100	Safe Key Sticker	1			



## Great Fitness(SRS)

Artikelnummer/Article **TA-780**

Anwendung/Classes : SA

Produkt/Product : Laufband / treadmill

Belastbarkeit/Load Max. : 180 kg

Baujahr/Year of construction : 2014

Nennspannung/Nominal Voltage : 220-240 Vac

Nennfrequenz/Nominal frequency : 50 Hz

Nennaufnahme/Nominal power consumption : 2000W

Klasse/Standard of Electrical : EN 60335-1 \ EN ISO20957-1 \ EN 957-6

Seriennummer/Serial Number :

**Great Fitness Industrial Co., Ltd.**

**No. 46, Sha Lun, Chung Sha Village, An Ding Dist, Tainan City, Taiwan. R.O.C.**

# SRS

FITNESS



No. 46, Sha Lun, Chung Sha Village,  
An Ding Dist, Tainan City, Taiwan. R.O.C.

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Original Version