



TMC PRO - 20706

Decline Treadmill Features and Functions:

The treadmill offers a range of features for effective workouts. The display shows various parameters:

TIME: 0:00 – 99.59 (MIN)

DISTANCE: 0.00 – 99.9 (KM)

CALORIES: 0.0 – 999 (KC)

SPEED: 1.0 – 20.0 (KM/H)

PULSE: 50 – 200 (BPM)

INCLINE: -5 – 40%

Operations:

Start and Stop: Press "START" for 3 seconds to begin and "STOP" to halt the treadmill.

Programs: Choose from 18 preset programs, 3 user settings, 4 exercise modes, and a body fat test program.

Safe Lock: Removing the safety lock stops the treadmill; inserting it clears data and puts the treadmill in standby.

Key Functions: Controls include START, STOP, PROG, MODE, SPEED+/-, INCLINE+/-.

Shortcuts: Speed and incline shortcuts can be set.

Heart Rate Display: Holding the heart rate holder for 5 seconds shows heart rate (50-200 BPM).

Special Functions:

Kilometer to Mile Conversion: Press PROGRAM and MODE for 3 seconds.

Software Version Query: Press SPEED+ and SPEED- for 1 second.

Incline Studying: Press INCLINE+ and INCLINE- for 3 seconds without the safety key.

Body Fat Test:

The treadmill includes a body fat test program accessible by pressing MODE continuously in standby state. Set parameters for gender, age, height, and weight:

Gender (F1): 01 for male, 02 for female.

Age (F2): Set within 10 to 99.

Height (F3): Set within 100 to 200 cm.

Weight (F4): Set within 20 to 150 kg.

After setting parameters, the display shows "F5." Hold the handle pulse board for 5-6 seconds to calculate body fat (FAT). This test measures the relevance between height and weight, aiding weight adjustment based on health indicators.

Interpretation of FAT:

FAT ≤ 19: Underweight

FAT between 20 and 25: Normal weight

FAT between 25 and 29: Overweight

FAT ≥ 30: Obesity

INCLINE: -5 – 40%

