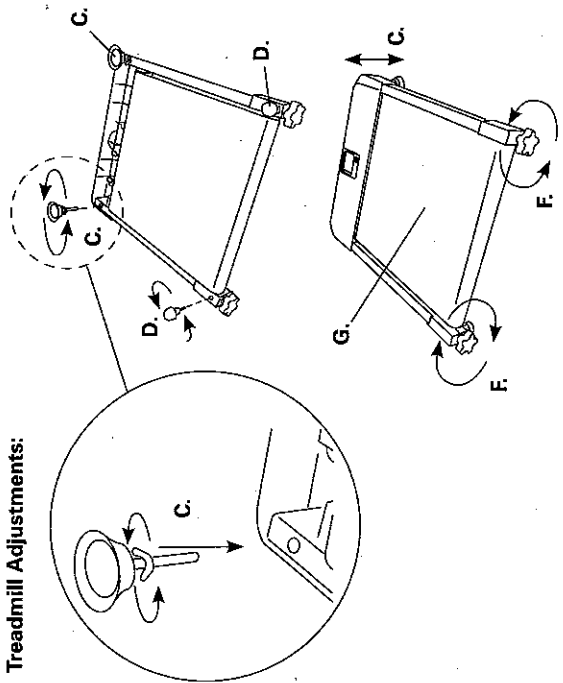
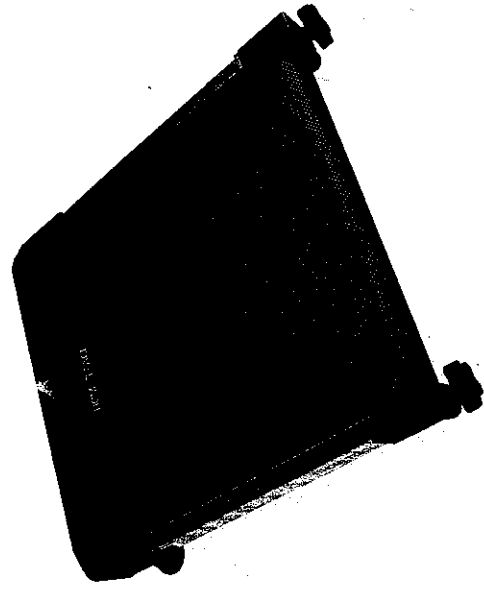


# HOMETRACK SITTING TREADMILL

Instructions



Treadmill Adjustments:

- Adjust angle and height by turning each feet (C) and (D) as desired.  
Note: use the winged nut to tighten feet to desired height.
- Add or release tension from walking belt (G) by turning tension knobs (F) as desired. Note: the tighter the knobs the harder the tension. Note: adjust tension knobs to align walking belt (G) when needed.

#### Battery Precautions:

- Remove dead, or leaking batteries, or if not in use.
- Properly dispose dead batteries in accordance with state and local laws.

#### Battery Installation:

1. On the underside of display (B) press the two clips on the sides of battery compartment (A).
2. On the backside of display (B), insert 1 AAA type battery according to the polarity (+/-) marks inside battery compartment. Replace display (B).

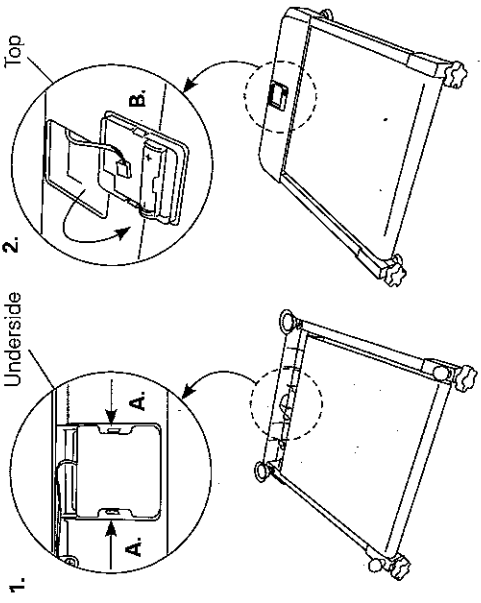
#### Display Modes:

Note: default mode display will "SCAN" through each mode. To manually select mode, press the red button (E).

- TMR: (Timer) shows time count.
- SPD: (Speed) shows steps velocity.
- DIS: (Distance) shows how far you've walk.
- ODO: (Odometer) shows total distance walked over time.
- CAL: (Calories) shows the amount of calories burned.

Note: to reset display data, long press the red button (E). To reset ODO, remove and re-install battery.

#### Battery Installation:



#### Display Modes:

