

*AT-200.300.400*

## User Manual

**⚠ CAUTION**

Please thoroughly read all safety notices in this manual before using this product. Save this manual properly for future reference.





ALL

# Important Percautions

Please Save this manual properly for future reference.

When using any electrical products, basic precautions should always be followed. Thoroughly read instructions in this manual before using the treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions. If you have any questions after reading this manual, please contact your local dealer or the Warranty card for technical support.

This treadmill is for ordinary household use ONLY. The warranty does not cover applications in business place, rental service, school or organization or the condition when it is approved that the machine is used in a non-family location.

Do NOT try to modify, disassemble or repair the treadmill on your own. Please contact the dealer or the Warranty card for technical support if you find any malfunction. Arbitrary modification or disassemble may cause malfunction and lead to personnel injury. The warranty does NOT cover malfunction caused by any arbitrary modification, disassembly or improper repair by the user. Failure to comply will void the warranty.

Manufacturer address:

No.405 Tongxin Road, Tongxiang Economic Development Zone, Zhejiang, China



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# Grounding Instruction



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## Grounding

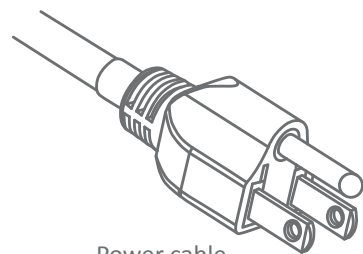
The power socket of this product contains a grounding conductor. This socket must be inserted into the outlet via the power cord with grounding latch. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

## Outlet

This product uses a rated voltage of 220V or 110V and comes with a three-pin power cord as shown in the following illustration.

If the grounding outlet is not available, please use grounding adapter to connect this plug to the two-pin outlet. Please have qualified electrician install the grounding outlet correctly before using the adapter. Please connect the grip or similar adapter extension to the ground and fix with the metal screw whenever the adapter is used. Refer to the following illustration.

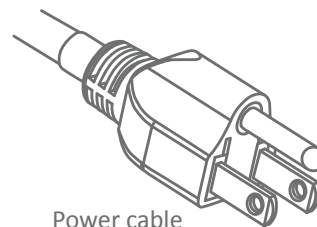
Do determine the power cord is electrically related for 220V or 110V by checking the specification label or specification in the manual (P.41~43). Please make sure the cord is connected to the plug with correct voltage. DO not use the power cord via adapter or extension cord to avoid of any component damage or personnel injury caused by sudden voltage changes such as voltage surges and spikes.



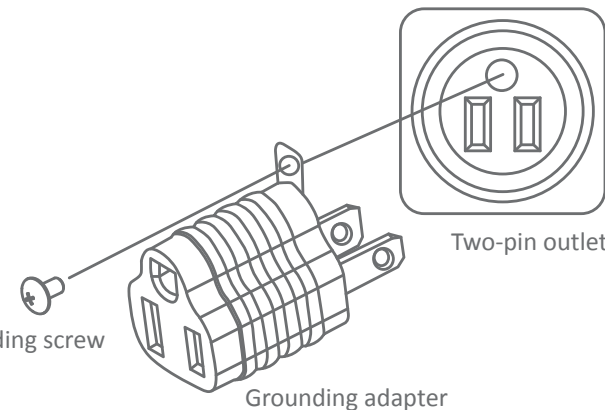
Power cable



Three-pin outlet



Power cable



Two-pin outlet

Grounding adapter

### ⚠ CAUTION

- The above illustrations only show three-pin power cord and outlet or two-pin outlet and grounding adapter. The type of three-prong, two-prong and grounding adapter may vary in different countries. The enclosed power cord will be provided according to local regulations of each country.
- Make sure the power cord is connected to the outlet with correct voltage. DO NOT connect the power cord to the outlet via voltage adapter or extension cord to avoid accidental current that may damage component and lead to personnel injury.



## Treadmill Precautions

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Please abide by following instruction to avoid burn, fire, electric shock or injury to persons:

- Never use the treadmill before securing the safety key clip to your clothing.
- Stop exercising immediately and consult your physician before continuing, if you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath.
- Maintain a pace you feel comfortable during the workout. DO NOT run with extremely high speed.
- Do not wear clothes that might catch on any part of the treadmill.
- Always wear athletic shoes while using this equipment.
- At no time should more than one person be on treadmill while in operation.
- Do not jump on the treadmill or stand on plastic parts such as Motor safety guard , Upright safety covers or rear cover, to avoid any improper use or action.
- This treadmill should not be used by persons weighing more than Max. User Weight. Failure to comply instructions will void the warranty.
- Disconnect all power before maintenance, moving or folding the treadmill.
- Please use a wet cloth to clean the surface for machine maintenance. DO NOT use any detergent.
- The treadmill should never be left unattended when the power is plugged in. Always UNPLUG from outlet when NOT in use.
- DO NOT cover the machine with blanket or fabric. The blanket or fabric may cause overheat and lead to fire, electric shock or other personnel injuries.
- Make sure the machine is connected to the correct outlet. Failure to comply instruction will void the warranty.
- Please place the machine on a level ground. DO NOT place and use the machine on an uneven ground.

### CAUTION

- Please turn off the power and unplug the power cord immediately after finishing the workout.
- Always turn off the power and unplug the power cord before cleaning, performing maintenance, folding, movement or taking off parts.

## To Ensure Your Safety



ALL

Please abide by following instruction to avoid burn, fire, electric shock or injury to persons:

- Keep children under 13 or pets always away from the treadmill at least 3M (10ft.) at all times. Children under 13 are not allowed to use this machine.
- The use by children between 13~18, seniors over 65 or disabled people must be under the surveillance of other adults to avoid any danger.
- Please follow instructions in this manual when using the machine.
- DO NOT use parts other than manufacturer or distributor recommendation to avoid personnel injury.
- Please stop using the machine immediately and contact maintenance staff if you encounter power cord or plug damage or irregular operation caused by accidental drop, impact or soaking in the water.
- Put the power cord away from the surface with high temperature. DO NOT lift the machine with the power cord or use the power cord as a handrail.
- Make sure the vent of the machine is clean before the workout. Remove substances like cotton wadding and hair.
- DO NOT put, drop or insert any object in openings as it may result in electric shock. Alatech is not responsible for any damage rising from failure to follow instructions.
- The motor controller generate heat. DO NOT use any spray near this area as it may result in combustion.
- Turn off all equipment and power and unplug the power cord when the workout is completed or the connection is removed.
- Only use this machine in a place with controlled temperature. DO NOT use in the garage, porch, bathroom, kitchen, carport or outdoors. We is not responsible for any damage rising from failure to follow instructions.
- This treadmill is for ordinary household use ONLY. The warranty does not cover applications in business place, rental service, school or organization.
- Specific sole materials of shoes may generate static electricity. To avoid electric shock, please wear sneakers with gum sole instead of plastic or insulated one.
- Before using the machine, please DO consult your physician and evaluate by physical exam, especially for users are over age 45, users with pre-existing health problems from family history such as high pressure or heart disease, users with high cholesterol or obesity, smokers, expectant mother, and users have not done a workout regularly over one year.

### CAUTION

This product is for indoor use only. Please pay attention to room temperature and humidity. If the machine is placed in the environment with unstable temperature and humidity, it is recommended to warm-up the machine to ambient temperature before the workout. Fail to follow this instruction may lead to early damage to electronic components.



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# Assembly Instruction

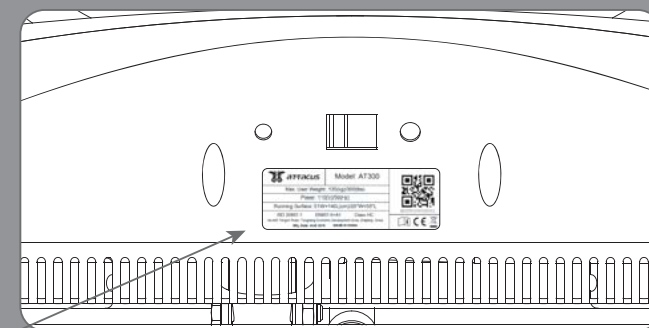
## ⚠ CAUTION

Please follow the assembly instructions and steps in this manual and make sure all parts are securely fastened. Fail to follow the instructions may lead to loose parts on the treadmill. Loose parts can result noise or may cause personnel injury. Please thoroughly read the assembly instruction to avoid any damage to the treadmill.

Please always make sure that serial number on treadmill is same as warranty card indicated. If not, please do not assemble machine and contact Alatech's service center or distributor for further assistance. If maintenance needed, the serial number on machine and warranty card must be the same, if inconsistent serial number is found, we will not provide warranty.

### Ensure your warranty by following notices:

- 1) The warranty will be invalid if there is no distributor stamp on warranty card or the content is incomplete. However, this warranty does not cover following conditions:
  - When customers can provide original invoice or proof of purchase
  - When the related proof of purchase can be provided by document
- 2) Please bring this warranty card when you need maintenance services.
- 3) Please contact approved distributors or service locations while your warranty is still valid.
- 4) Please keep this warranty card in a secure place.

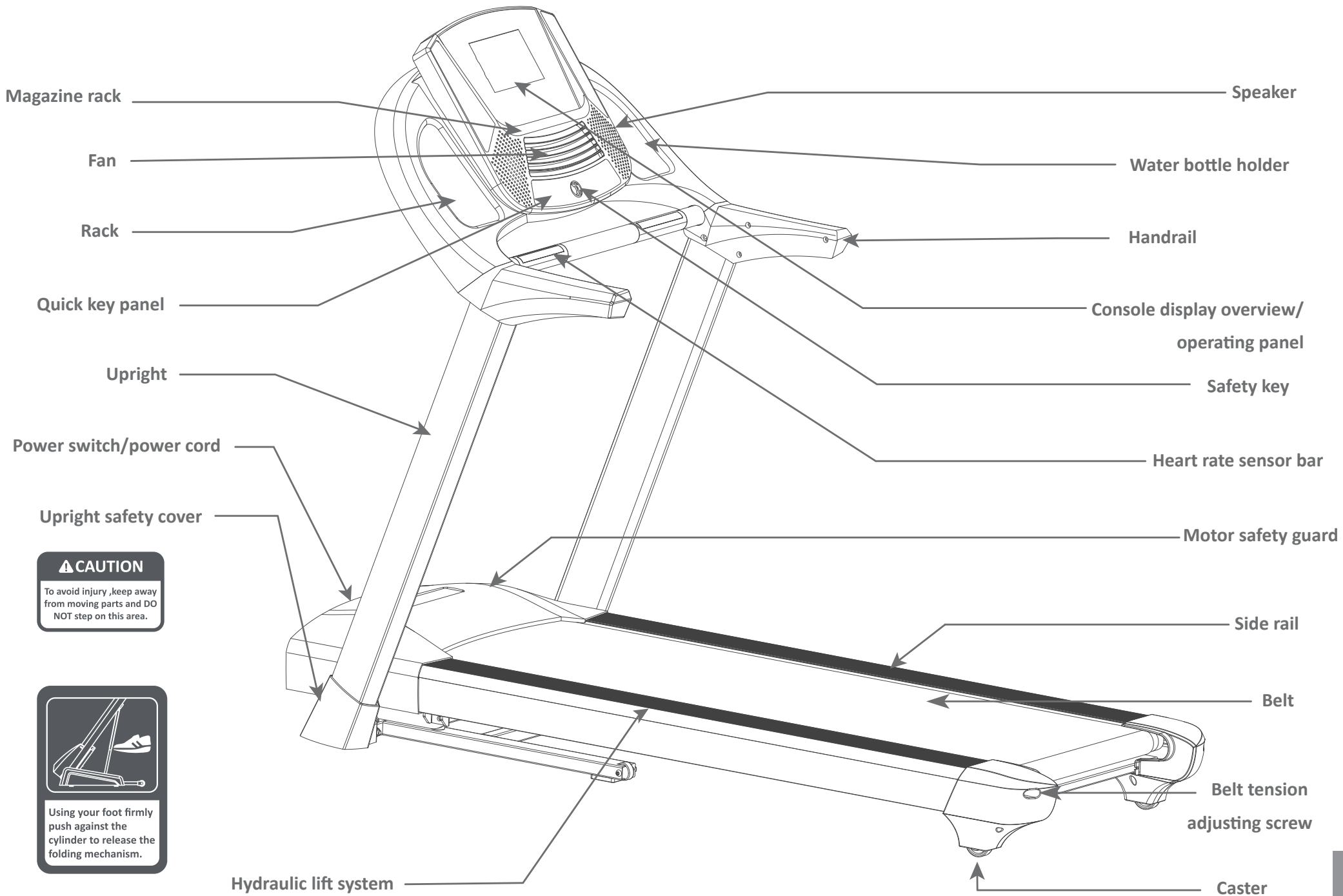


Treadmill Serial Number





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**CAUTION**  
To avoid injury, keep away from moving parts and DO NOT step on this area.

Using your foot firmly push against the cylinder to release the folding mechanism.



# Before Assembly

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## Enclosed tools

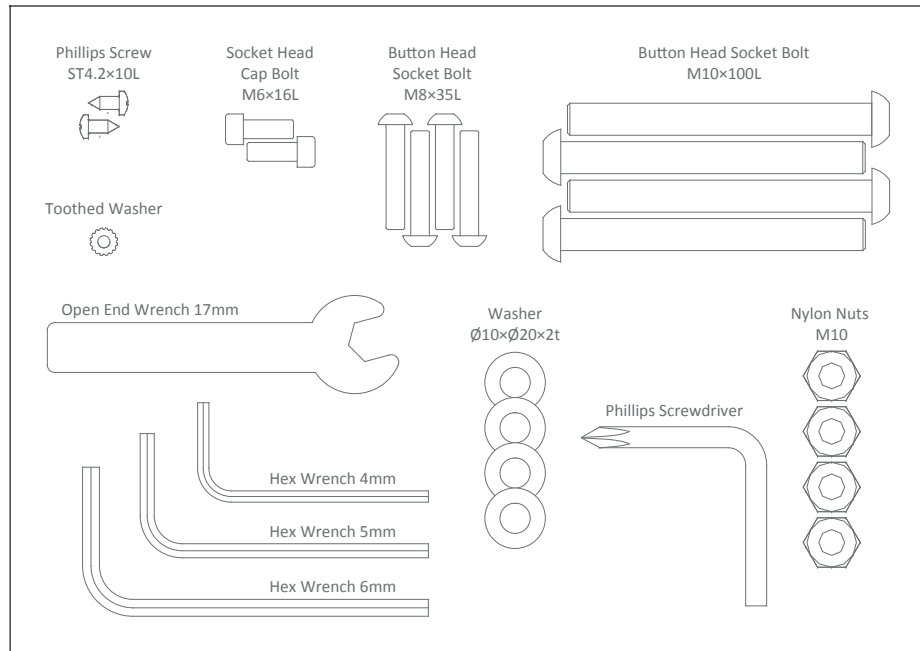
- Hex wrench
- Phillips screwdriver
- Open end wrench

## Assembly parts

- Console x 1
- Display console x 1
- Heart rate sensor bar x 1
- Upright safety cover x 2(L & R)

## Accessory pack

- Hardware parts x 1
- Safety key x 1
- Power cable x 1
- Line-level audio adapter x 1
- Silicon oil x 1



### ⚠ CAUTION

Please contact the distributor or the Warranty card for technical support if any part is missing or you have any question.



## Notices and safety tips

- 1) Please move and transport the treadmill carefully. Put the box on a level surface. Only open the box with its surface on top. It is recommended to put a protective mat on the floor.
- 2) Unpack and assemble the treadmill at the planned location to avoid unnecessary transportation. Pay great attention when unfastening cable tie that used for packing or fixing to avoid accidental bounce.
- 3) Please follow assembly procedure to assemble the treadmill after unfastening cable tie. Please fold the machine to upright and make sure the pin of hydraulic lift is securely locked if you need to lift or move it. DO NOT try to crane the machine.
- 4) DO NOT try to lift or move the machine with a single part or stand. (Refer to “Move/transport the treadmill” on P.16 for information related to moving the product.)

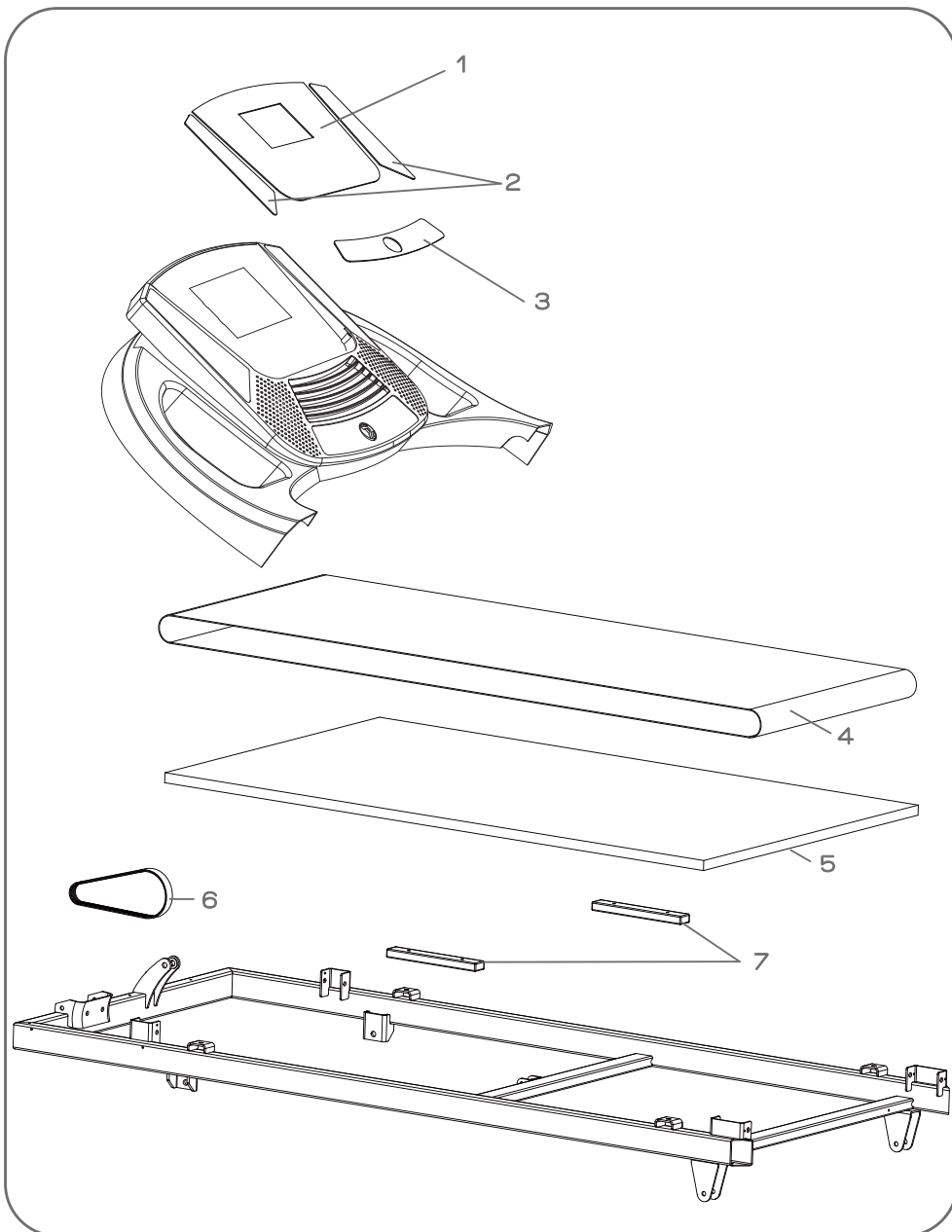
### **⚠ CAUTION**

- Unauthorized maintenance personnel are prohibited from removing the screw of the motor protection cover.
- When assembling, make sure all nuts, screws and parts are positioned and lightly locked before proceeding to the next step. After the assembly is completed, make sure all screws are securely locked. DO NOT arbitrarily decrease the quantity of assembling screw. Several parts are lubricated before delivery to facilitate assembly. DO NOT arbitrarily wipe off the lubricant. You can use lubricant to assemble parts when facing any difficulty. It is recommended to use the lithium base grease for bike.
- Several parts are very heavy; DO NOT try to assemble the machine on your own. These heavy parts may fall and lead to personal injury. Strongly recommend to have more than 2 persons for assembly.
- Please follow assembly instructions to lift or move the treadmill. DO NOT arbitrarily lift or take out the product from the package.
- Fail to following above instructions may lead to personal injury and machine damage. Please pay great attention to these instructions.



# Replacement parts

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Wear condition of replacement parts will vary according to different use conditions such as weight, frequency of use, average speed and incline. Wear condition of operating panel depends on the frequency of press. Buttons that are frequently used will wear first. Under normal use conditions, the lifetime of replacement parts will be 1~2 years. Wear of supplies may cause irregular operation such as noise and slipping belt. Please contact the distributor or the technician and have them to determine the cause. DO NOT disassemble the machine by yourself as it may lead to the misjudgment of technician.

1	Film panel(main)
2	Film panel(side)
3	Film panel(small)
4	Belt
5	Deck
6	Drive belt
7	Cushion

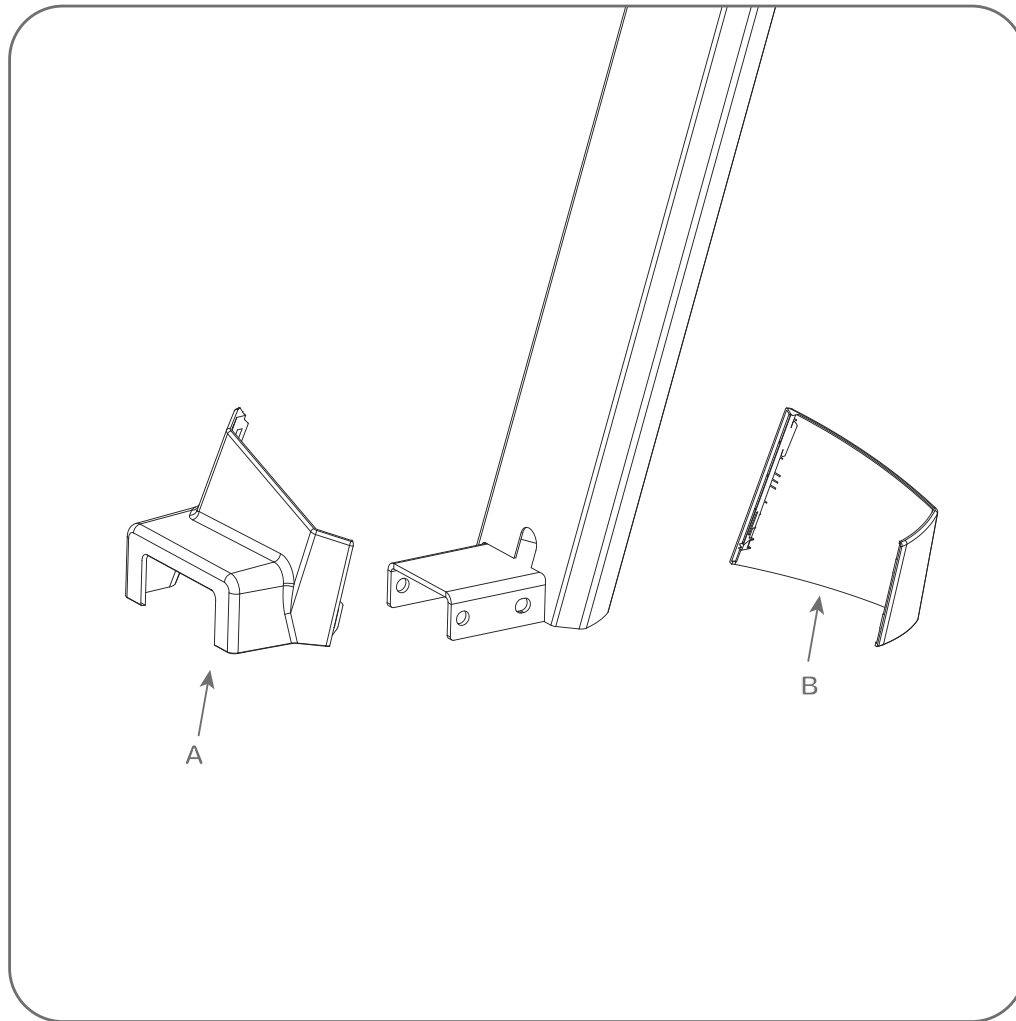
## ⚠ CAUTION

Refer to the exploded parts diagram (P.10~15) if you notice any part is missing and inform the distributor or the technician the corresponding number. The technician will determine if the user can replace with another part and assemble on his/her own. Please contact technician if you don't know how to assemble the missing part. DO NOT disassemble the treadmill to conduct parts assembly or maintenance as the technician may misjudge the problem or the machine may not reach complete fixation and lead to personnel injury.

# Step 1 of Assembly Procedure



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Hardware pack for step 1

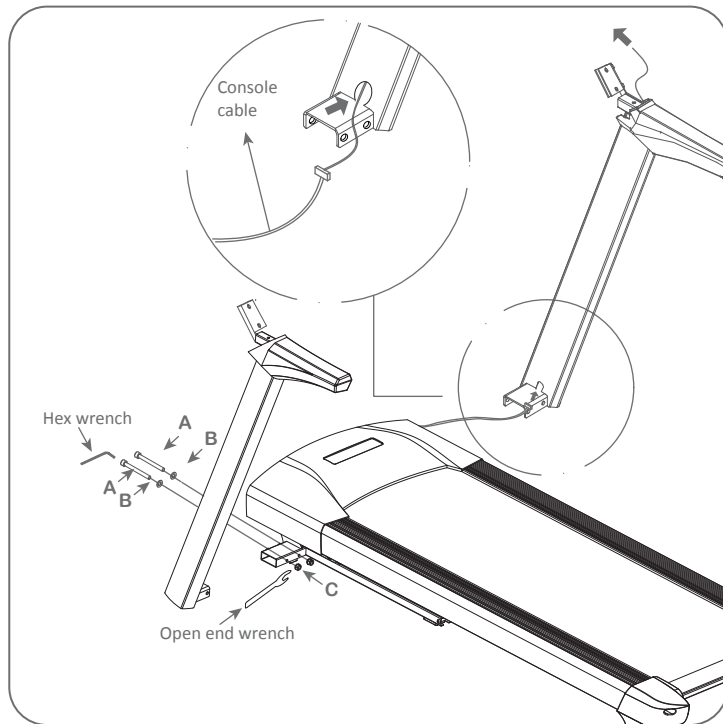
Parts	Illustration	Type	Description	Qty
A		Cover	Left and right inner cover	2
B		Cover	Left and right outer cover	2

- 1) Get the uprights from the box.
- 2) Take outer and inner cover from upright apart.



## Step 2 of Assembly Procedure

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Hardware pack for step 2

Parts	Illustration	Type	Description	Qty
A		Screw	Button head socket bolt (M10×100L)	4
B		Washer	Washer (∅10×∅20×2t)	4
C		Nut	Nylon nuts (M10)	4

- 1) Open hardware pack 1.
- 2) Connect the lead wire to the console cable, pull them through the right upright of the console, pull out the lead wire from the right upright and then fix the console cable to the top of upright. Please remove the lead wire then.
- 3) Put the right upright on the frame.
- 4) Use part A, B & C (2 of each) and connect the upright to the frame. Make sure all screws and washers are well position and lock them lightly.
- 5) Repeat step 3~4 to complete the assembly of the left upright.

### Note:

Put the screws into the screws hole between upright and frame connection without locking. To lock the screws after front Heart rate sensor bar assembling.

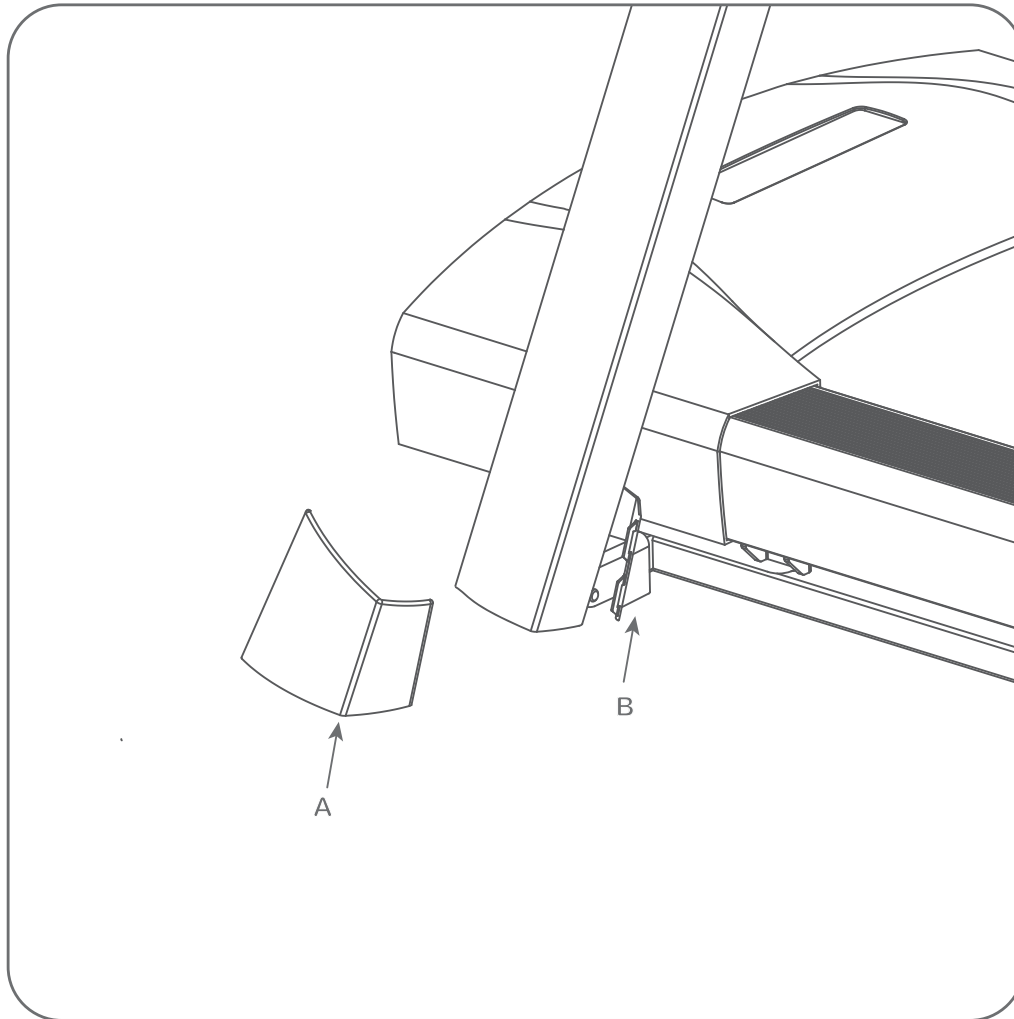
### ⚠ CAUTION

- Put the console upright on the frame with great care to avoid any damage to the console cable.

## Step 3 of Assembly Procedure



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Hardware pack for step 3

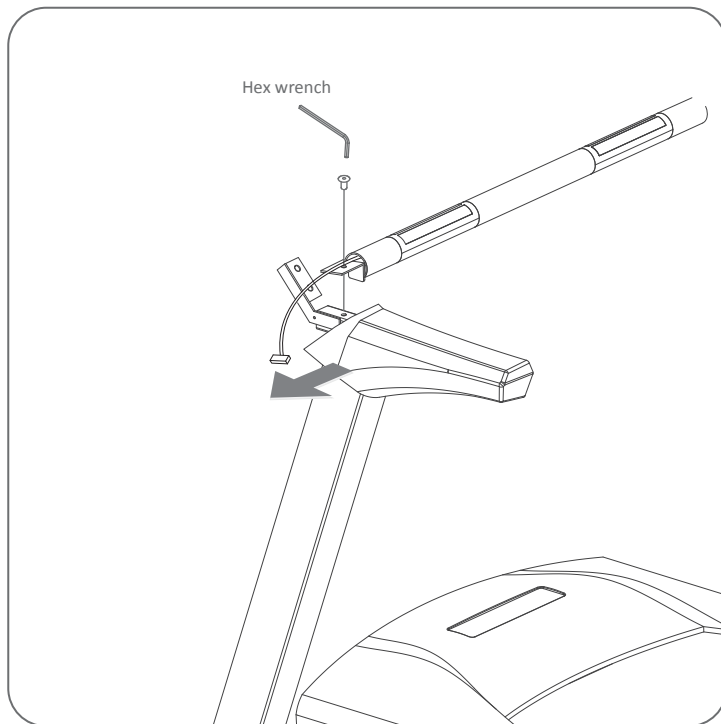
Parts	Illustration	Type	Description	Qty
A		Cover	Left and right outer cover	2
B		Cover	Left and right inner cover	2

- 1) Insert left inner cover in upright.
- 2) Get and align the left outer cover.
- 3) Secure the left inner and outer covers firmly.
- 4) Repeat steps 1-3 to complete the right inner and outer cover.



## Step 4 of Assembly Procedure

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Hardware pack for step 4

Parts	Illustration	Type	Description	Qty
A		Screw	Socket head cap bolt (M6×16L)	2

- 1) Get the Heart Rate sensor bar.
- 2) Insert screw through the Heart Rate sensor bar retainer and upright unit bracket carefully, make sure screws are well positioned and partially tightened.
- 3) Repeat step 2 to secure right Heart Rate sensor bar unit bracket fixation.

Note:

Both upright open outward before heart rate sensor bar assembling.

### ⚠ CAUTION

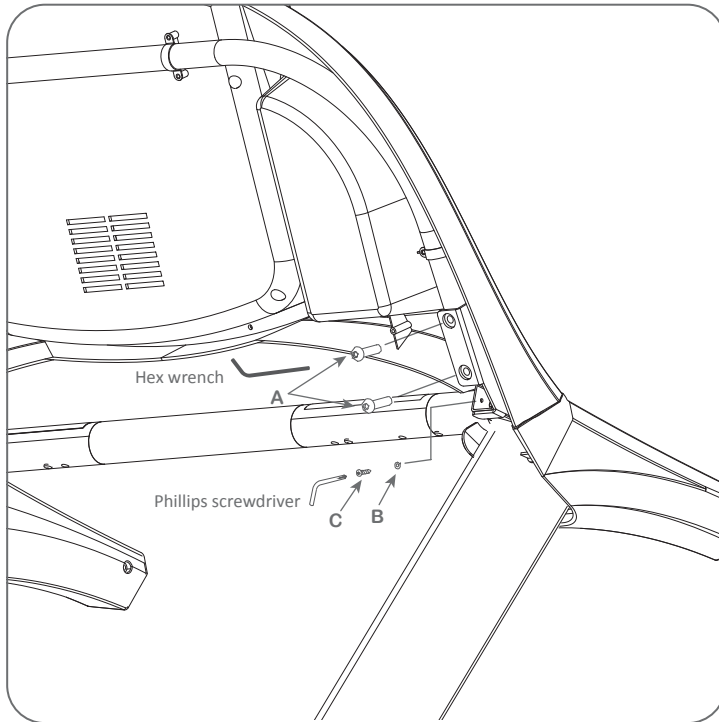
- Please assemble the console with great care. Make sure no wire is pressed or bent to avoid any damage.



## Step 5 of Assembly Procedure



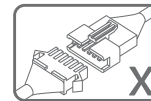
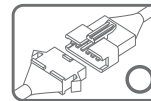
AT



Hardware pack for step 5

Parts	Illustration	Type	Description	Qty
A		Screw	Button head socket bolt (M8x35L)	4
B		Washer	Toothed washer	1
C		Screw	Phillips screw (ST4.2x10L)	1

- 1) Get the display console.
- 2) Insert the screw through the left Heart Rate sensor bar retainer and the display console bracket carefully, make sure screws and washers are well positioned and partially tightened.
- 3) Repeat step 2 to secure the right display console bracket fixation.
- 4) Remove display console's left grounding wire, use the included combo tool to secure component B, C, and grounding wire to the uncoated square holes of the Heart Rate sensor bar square tube.  
Note: Place component B in the inner side and direct contact with the square tube as shown in figure on the left.
- 5) Connect the sensing wire at both sides of the front Heart Rate sensor bar to the left and right hand of display console.
- 6) Connect the console cable to the connecting cable on the console.



### ⚠ CAUTION

- Please assemble the display console with great care. Make sure no wire is pressed or bent to avoid any damage.



## Move / Transport the Treadmill

ALL

### How to fold

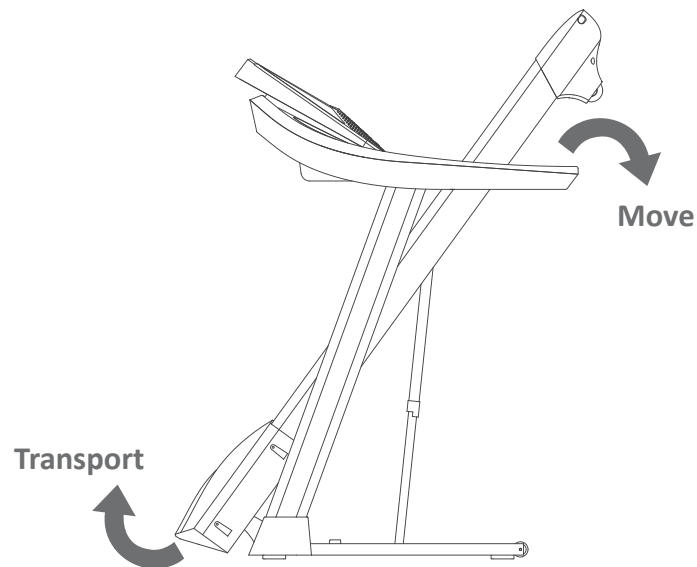
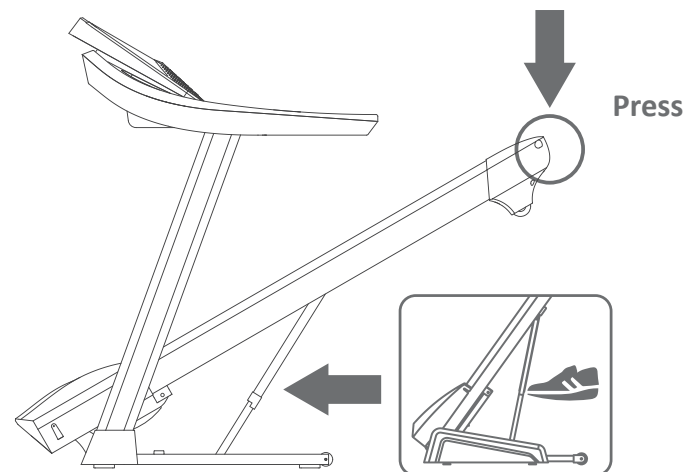
Please hold the frame at the rear side of machine or under back roller securely and upright the deck carefully until the pin of the hydraulic lift is locked. Please put down the deck carefully and make sure it does not fall. To unlock the fixation, please hold the frame at the rear side of machine or under back roller securely and lightly kick the orange pin of hydraulic lift and press deck slightly. Put the deck on the floor carefully.

### How to move

The treadmill comes with two sets of casters. Please fold the treadmill and make sure the deck is fixed before moving it. Hold the handrails tightly, make the machine lean backward and move it. Attempt to move or transport the treadmill without a folded and fixed deck can result in personnel injury or machine damage.

### How to transport

The treadmill comes with two sets of casters. Please fold the treadmill and make sure the deck is fixed before moving it. Hold the handrails tightly, make the machine lean backward and move it. The treadmill is very heavy. DO NOT arbitrarily move it unless it's necessary.



#### **⚠ CAUTION**

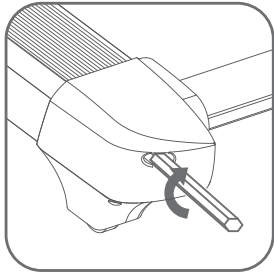
- There is a safety lock on the hydraulic lift under the machine. If you like to put down the deck, please gently kick the orange pin of hydraulic lift and press deck slightly, then lower the deck carefully on the ground.
- The treadmill is very heavy. Please ask another person to move or transport it with you. Before moving or transporting, make sure the deck is folded and the pin of hydraulic lift is fixed. DO NOT try to arbitrarily move or transport the treadmill on your own. Fail to follow above instructions may lead to personnel injury and machine damage. Please pay great attention to these instructions.



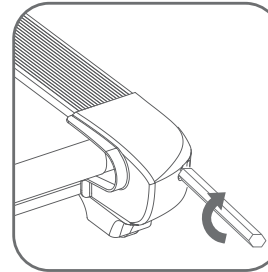
## Belt adjustment

The position of belt is adjusted before shipment. However, sometimes the belt may shift off center during transportation. To adjust a slipping belt, please use the enclosed hex wrench turn the screws at rear (both sides) of the deck to the right by 90 degrees until no slippage occurs. Make sure the belt is not moving while adjusting the screw.

## The belt stays at the center



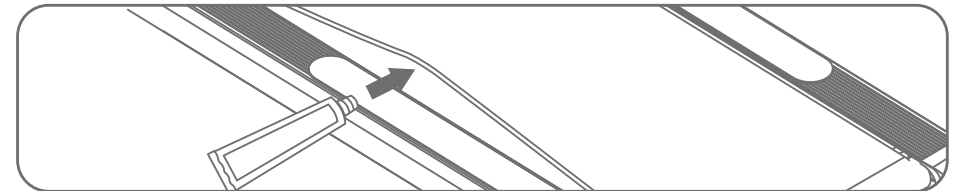
The belt slides to the left:  
When the belt slides to the left, please fine-tune the rear left screw in a clockwise direction to the right under high speed operation (10KM). Repeat above steps until the belt moves back to the center if the belt still shifts off after 30~60 seconds under high speed operation.



The belt slides to the right  
When the belt slides to the right, please fine-tune the rear right screw in a clockwise direction to the right under high speed operation (10KM). Repeat above steps until the belt moves back to the center if the belt still shifts off after 30~60 seconds under high speed operation.

## Belt maintenance

“LUBE” will be displayed on the digital screen when the accumulated hour reaches 100 hours or distance of 1000km as a reminder of belt maintenance. Please press “STOP” or remove the safety switch and maintain the belt under standby status. After finishing belt maintenance, please press “START”, “SPEED UP” and “SPEED DOWN” simultaneously to clear the accumulated hours or kilometers. For belt maintenance, apply the silicon oil (the whole bottle) to the inner side of belt. After the oil is fully applied to the belt, please operate with high speed (10KM) for 10 minutes to make the oil spread evenly on the belt.



### ⚠ CAUTION

- DO NOT adjust the belt when the machine is operating. A tight belt may bring extra load to the frame and electronic components and therefore should be avoided.
- When the belt is adjusted to the center, please test with the speed of 10KM for 30~60 seconds to check if the belt is appropriately tightened and if any deviation occurs. Keep your fingers, hair and clothing away from the belt when testing.



## Preparations before Use

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### The treadmill is a simple and efficient training equipment and your shortcut to pursue a healthy lifestyle.

The treadmill is an equipment for aerobic exercise that can facilitate weight loss, cardiopulmonary function enhancement, and muscle tension and basic metabolic rate improvement. Good exercise habits are helpful for achieving these goals. This product can help you to build healthy exercise habit at home.

Please evaluate your physical condition before the exercise and pay attention to following advice:

- 1) Do warm-up before you start to run. Warm-up can help stretching your muscles and avoid sports injury.
- 2) Wear sneakers with a gum sole. This can effectively relieve the pressure to knees during the workout.
- 3) Please focus on your workout and please attach the safety clip to your clothing, please also pay highly attention to your safety to use smart device or any media player to watch TV/magazine during workout as this may lead to sport injury caused by poor posture.
- 4) Gradually increase your running speed. Release your grip on the handrails at a comfortable speed.
- 5) We recommend to limit your exercise to 30~60 minutes. Excessive exercise may result in knee injury or other potential injuries.
- 6) Decrease your speed from a fast walk to a slow walk for a gradual recovery when your workout is coming to the end. DO NOT leave the deck immediately after the workout to avoid dizziness.
- 7) Under emergency, if you can't stop the treadmill immediately, please step on siderails.

### Treadmill location

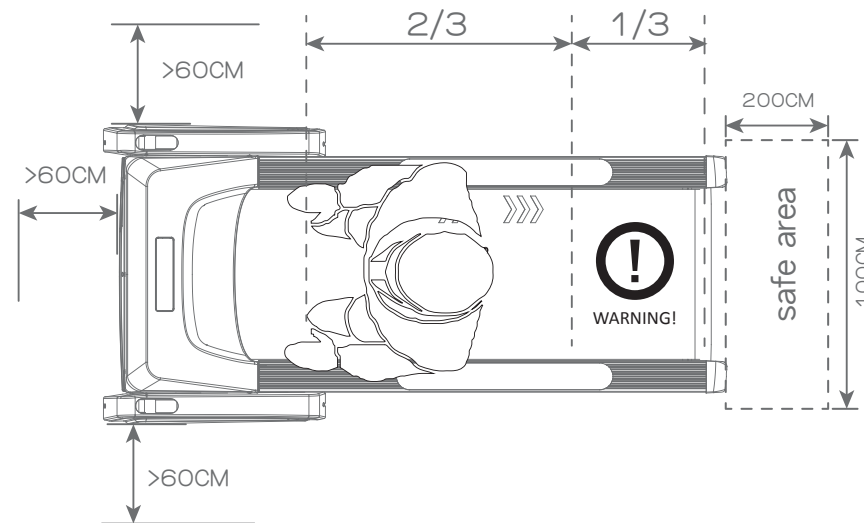
Place the treadmill on a level ground. Clearance requirement : 200cm at the rear , 60cm at left and right sides and 60cm at the front. DOT NOT place the treadmill in front of the indoor/outdoor vent, in the garage, in the open yard, outdoors, or near the water supply.

#### ⚠ CAUTION

- The equipment should be placed on a hard and flat surface.
- To run on the treadmill at front 2/3 of running belt, DOT NOT run at the rear 1/3 of running belt.

#### ⚠ CAUTION

DO NOT start the machine with your feet on the belt. Please stand on foot rails when starting the machine. Start walking on the treadmill only when the belt starts moving. DO NOT start the machine with the fast run speed. DO NOT try to jump on the machine.



## Safety key

The machine will not start operating until the safety key is correctly inserted into the port. Always attach the safety key to your clothing during workout. The safety key is the device to ensure your safety, the emergency stop cutting off the power in case runner accidentally falls down on the treadmill. Please check every 2 weeks to ensure the safety key work functionally.

## Correct use

Start with slow speed and gradually increase the speed to a comfortable level. DO NOT let the machine run by itself. Please pull out the safety switch, turn the power off and unplug the power cord when not in use. Please start the machine with slow speed. Stand on foot rails first and try to turn your trunk or lean forward. Please stop using any sport equipments including the treadmill immediately once you feel any dizziness, pain, exhaustion or difficult breathing.

## Turn on the power

Make sure the power cord of the treadmill is correctly plugged in. The indicator should light up when the power is on. The digital screen will light up after the beep; 3 seconds after the machine enters standby status, you can press **“Start”** twice to proceed to fast exercise or select exercise mode and set up your treadmill to operate at low speed.

### **⚠ WARNING**

- Heart rate monitorings systems may be inaccurate.
- Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

### **⚠ CAUTION**

- DO NOT use the machine without using the safety clip. Please attach the safety clip to your clothing before the workout. Try to pull out the safety switch and make sure the clip does not fall from clothing.
- Damaged power cord or outlet may lead to irregular machine operation and personnel injury. Please stop the operation or workout immediately if this occurs.



ALL



ALL

# Operation Instruction

In this chapter, we'll introduce the basic operation including panel operation and training plan and personal parameter setting. Please make yourself familiar with the buttons and use the machine for workout according to your requirement. It is recommended to read this manual before starting the workout.

## ⚠ CAUTION

When using the machine, we recommend you to pair and connect to smart and wearable devices first when the treadmill is in standby mode. Confirm if your exercise data has been transmitted to the personal device from the treadmill after workout immediately. Exercise data will not be saved when the machine is in sleep mode or the power is off. To ensure complete data, it is recommended to confirm right after you finish the workout. (Refer to "Connection of various devices on P.34 for detailed information)

Please download treadmill APP before use



ALA CLOUDRUN



## Please remove the transparent protective film on the operating panel before use.

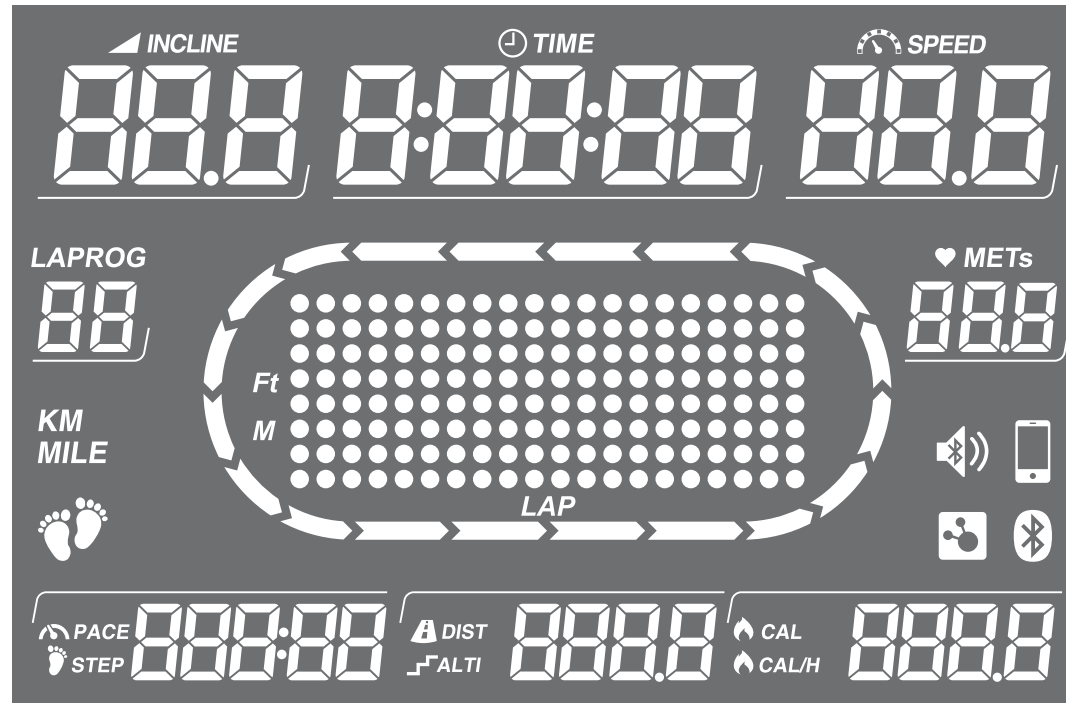
- 1) **Digital screen:** displays information such as the workout time, distance, calorie, heart rate, step, slope and speed (Refer to “Digital screen” on P.22~25).
- 2) **START:** press this button to start your workout, or start the exercise after selecting the program. Press to restart the exercise after the pause.
- 3) **STOP:** press this button to pause and press it again to stop the exercise and collect the data. Press this button to return to the previous program when setting program value.
- 4) **Quick speed button:** quickly switch different speed values including warm-up and fast run.
- 5) **Quick incline button:** quickly switch different slope angles including warm-up and workout.
- 6) **SPEED UP/DOWN:** adjust the speed (unit=0.1). It can also help you to enter quickly when setting program value.
- 7) **INCLINE UP/DOWN:** gradually increase or decrease the slope (level unit=0.5, AT200-10%,20Level,AT300.400-12%,24Level). It can also help you to enter quickly when setting program value.
- 8) **ENTER:** press this button to proceed to the input of next data when setting program value.
- 9) **Bluetooth display/pairing:** short press to switch the heart rate value of the paired device and pair with smart device APP. Press this button long to pair any wearable device.
- 10) **ANT+ display/pairing:** click this button can switch the heart rate of paired device. Long press this button to pair any wearable device.
- 11) **Fan switch:** turn on/off the fan.
- 12) **Audio Jack (AUX IN):** connect your media player to the treadmill via the enclosed 3.5mm Audio Jack (AUX IN).
- 13) **Basic/Advanced/Interval/HRC/Goal/Custom:** sports mode selection keys, direct switching, (item AT200-20, AT300-25, AT400-27) for exercise mode selection and setup.
- 14) **Exercise data display:** exercise data switch; there are 4 types of data available, including Pace/steps(Step1)/step frequency(Step2)/current length(Step3), distance/slope, total calorie/calorie per hour and heart rate.
- 15) **Safety key:** you can turn on and operate the treadmill after the switch is inserted. The machine is in emergency mode when the safety key is not inserted and no operation will be allowed.












### Gentle reminders

You can choose to display your workout data by pressing “PACE/STEP” button. “Pace” shows target speed in minutes per mile (or kilometer), “Step 1” shows steps, “Step 2” shows step frequency per minutes, or “Step 3” shows your current length, total 4 workout data.



200  
300



-  **TIME** 1) Time : display in the format of HH: MM: SS. Display your workout time or continuous workout time.
-  **INCLINE** 2) Slope : display in level. Display the slope when you are doing a fast walk or running on the treadmill.
-  **SPEED** 3) Speed : display in km or mile. Display the slope when you are doing a fast walk or running on the treadmill.
- LAPROG** 4) Lap & Program : display the lap or program selection.
- KM MILE** 5) KM & Mile : display the distance in digital clock in km or mile.
-  6) STEP : display the step detected when running in left and right feet.
-  **PACE STEP** 7) Pace & Step : can switch the display of your current Pace, steps(Step1), step frequency(Step2), and current length(Step3).
-  **DIST ALTI** 8) Distance & Slope : can switch the display of total distance or accumulated slope of your workout.
-  **CAL CAL/H** 9) Total calories & Calories per hour : can switch the display current total calories burned or calories burned per hour.
-  **METS** 10) Heart rate & Workout metabolic rate : can switch the display of current heartbeat or convert the heart rate into metabolic rate to show workout intensity.
-  11) Bluetooth connection : when this indicator is on, the heart rate is the value detected by Bluetooth on the connected wearable device.
-  12) ANT+ connection : when this indicator is on, the heart rate is the value detected by ANT+ on the connected wearable device.
-  13) Smart device connection : when this indicator is on, it means the smart device is connected to the treadmill via Bluetooth.





200  
300

Quick incline button 5

Enter 8

Workout data display 14

3.5mm Audio Jack (AUX IN) 12

Bluetooth display/pairing 9

ANT+ display/pairing 10

Incline UP/DOWN 7

Start 2

Quick speed button 4

Digital Screen 1

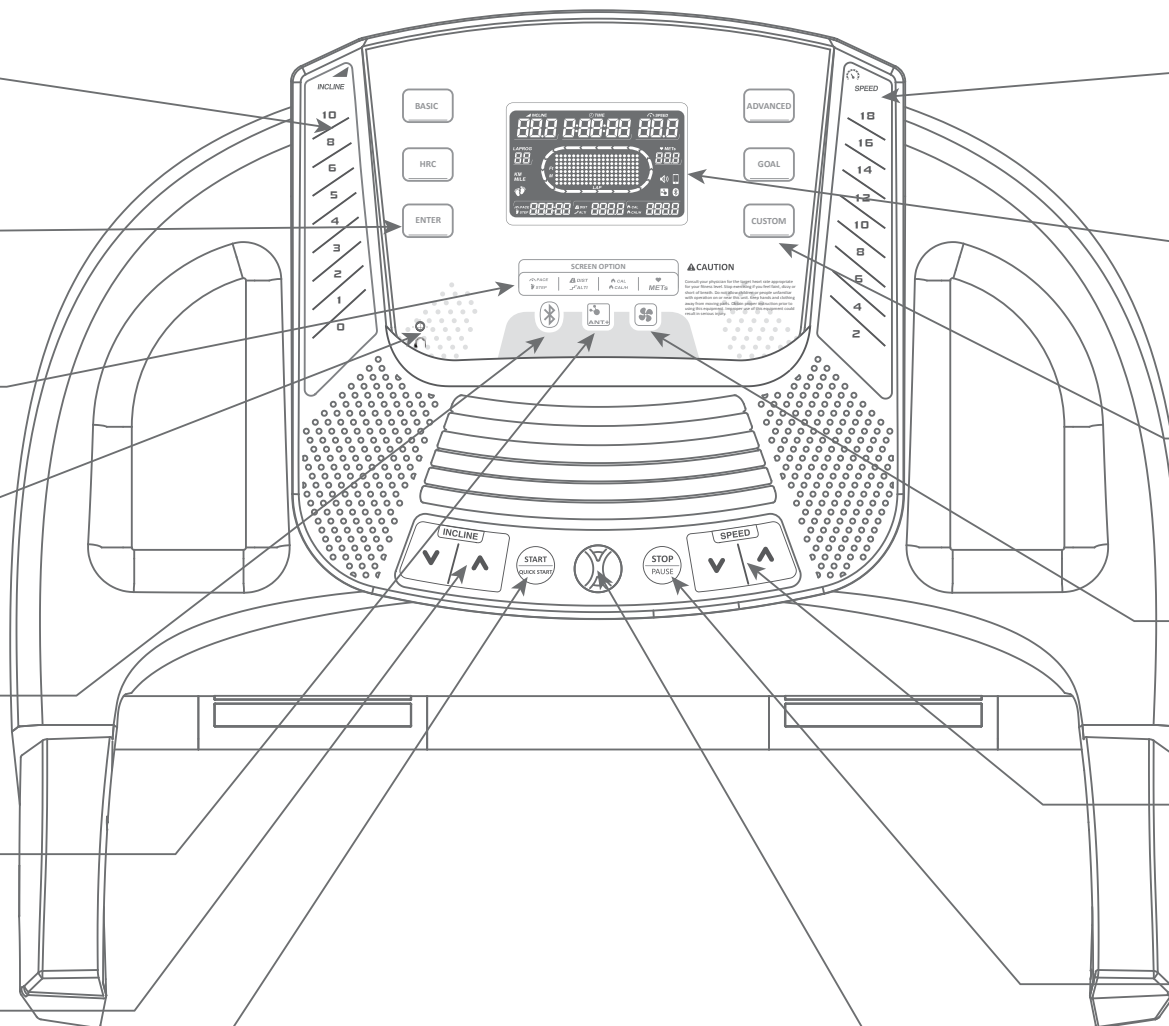
Workout programs 13  
(Basic/HRC/Advanced/Goal/Custom)

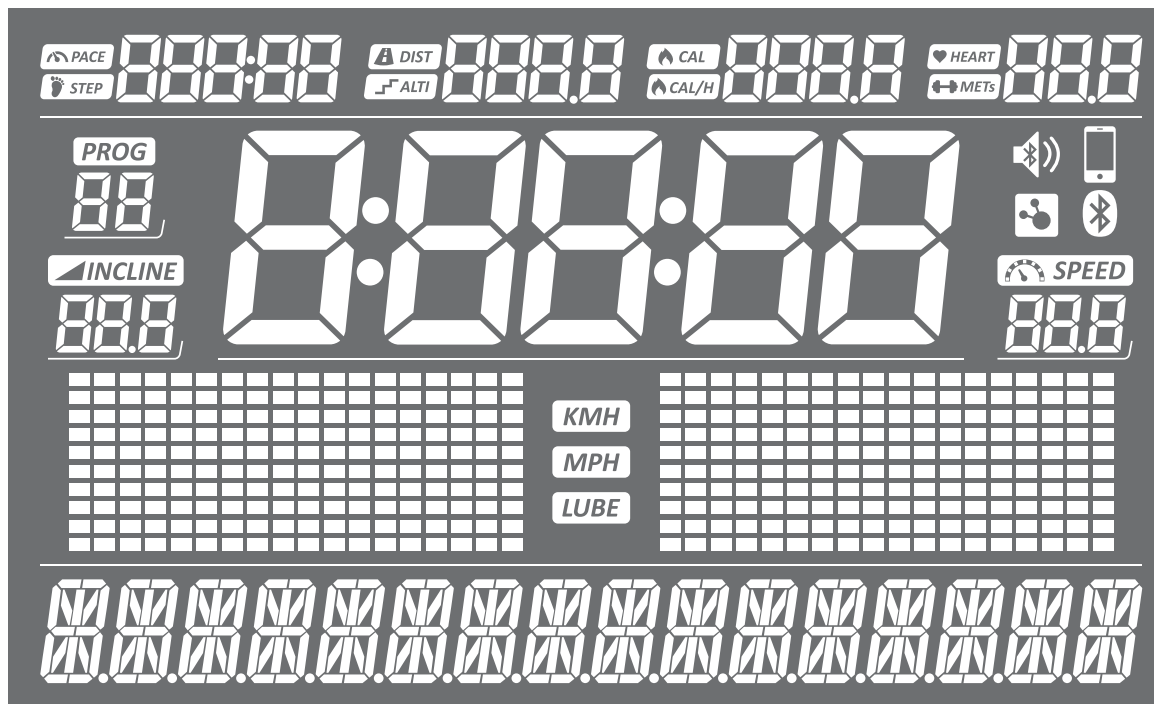
Fan switch 11

Speed UP/DOWN 6

Stop 3

Safety key 15





1) Time : display in the format of HH: MM: SS. Display your workout time or continuous workout time.



2) Slope : display in level. Display the slope when you are doing a fast walk or running on the treadmill.



3) Speed : display in km or mile. Display the slope when you are doing a fast walk or running on the treadmill.



4) Lap & Program : display the lap or program selection.



5) KM & Mile : display the distance in digital clock in km or mile.



6) STEP : display the step detected when running in left and right feet.



7) Pace & Step : can switch the display of your current Pace, steps(Step1), step frequency(Step2), and current length(Step3).



8) Distance & Slope : can switch the display of total distance or accumulated slope of your workout.



9) Total calories & Calories per hour : can switch the display current total calories burned or calories burned per hour.



10) Heart rate & Workout metabolic rate : can switch the display of current heart rate or convert the heart rate into metabolic rate to show workout intensity.



11) Bluetooth connection : when this indicator is on, the heart rate is the value detected by Bluetooth on the connected wearable device.



12) ANT+ connection : when this indicator is on, the heart rate is the value detected by ANT+ on the connected wearable device.



13) Smart device connection : when this indicator is on, it means the smart device is connected to the treadmill via Bluetooth.



Quick incline button 5

Enter 8

Workout data display 14

3.5mm Audio Jack (AUX IN) 12

Bluetooth display/pairing 9

ANT+ display/pairing 10

Incline UP/DOWN 7

Start 2

Quick speed button 4

Digital Screen 1

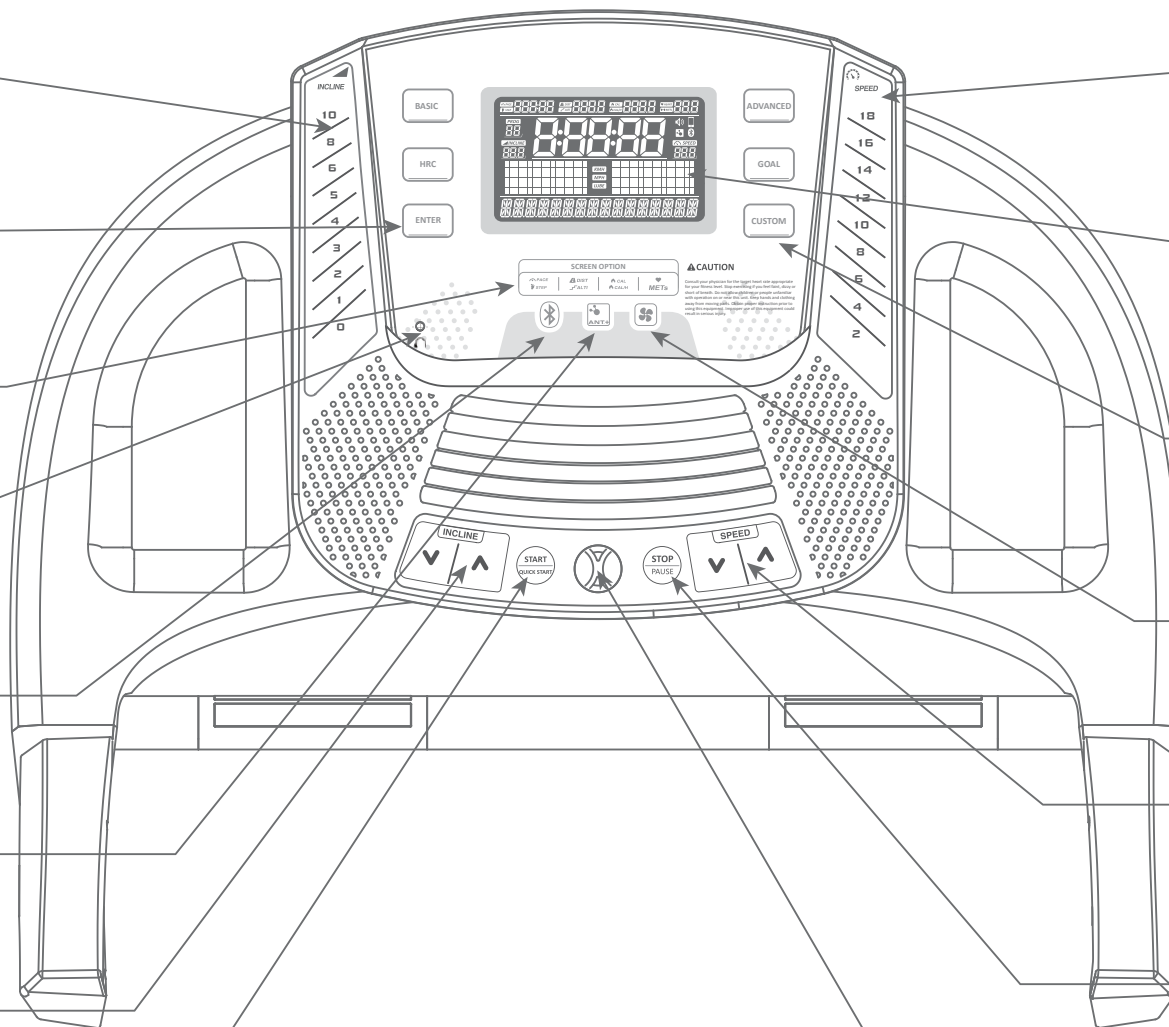
Workout programs 13  
(Basic/HRC/Advanced/Goal/Custom)

Fan switch 11

Speed UP/DOWN 6

Stop 3

Safety key 15





# Basic Operation

ALL

## Start to use

- 1) Check the belt and make sure there is no object that may interfere with machine operation on the belt.
- 2) Connect the power cord to plug and turn the treadmill on. Please stand on side rail first.
- 3) Attach the safety clip to your clothing; make sure the clip is securely attached and will not fall during the workout. Insert the safety switch into the slot on console.
- 4) Start workout: A) Press **"START"** and begin your training. B) Basic/Advanced/Interval/HRC/Goal/Custom: sports mode selection keys, direct switching for exercise mode selection and setup.
- 5) Please pair and reconnect the wearable and smart device to the treadmill before use to ensure the heart rate or smart device APP can be correctly displayed.

## Setting

- 1) Press **"Basic/Advanced/Interval/HRC/Goal/Custom"** key to select exercise mode, press **"ENTER"** key to display the setup page.
- 2) Use the keypad or arrow up/down button to enter desired value. Press **"ENTER"** to set the next item, **"STOP"** to return to the previous item, or **"CLEAR"** to correct the value entered.
- 3) Personal parameter setting sequence of PROGRAMS: 1. Workout setting (Remark 1) 2. Age (10~99) 3. Weight (40~200KG / 88~440lb).

### Remark 1:

- **Setting:**

Basic	Advanced	Interval	HRC	Goal	Custom
-------	----------	----------	-----	------	--------
- **Workout time setting are available in two patterns: 1. Count from 0:00:00 and display accumulated time 2. Countdown mode (max. 9:59:00; min. 10:00).**

## Workout completed

When the workout is over, "WORKOUT SUMMARY" containing your exercise data will be displayed on the console display overview for 10 seconds. Please store the exercise data to your personal mobile device after the workout and before new workout and sleep mode (20minutes under standby mode)

### ⚠ CAUTION

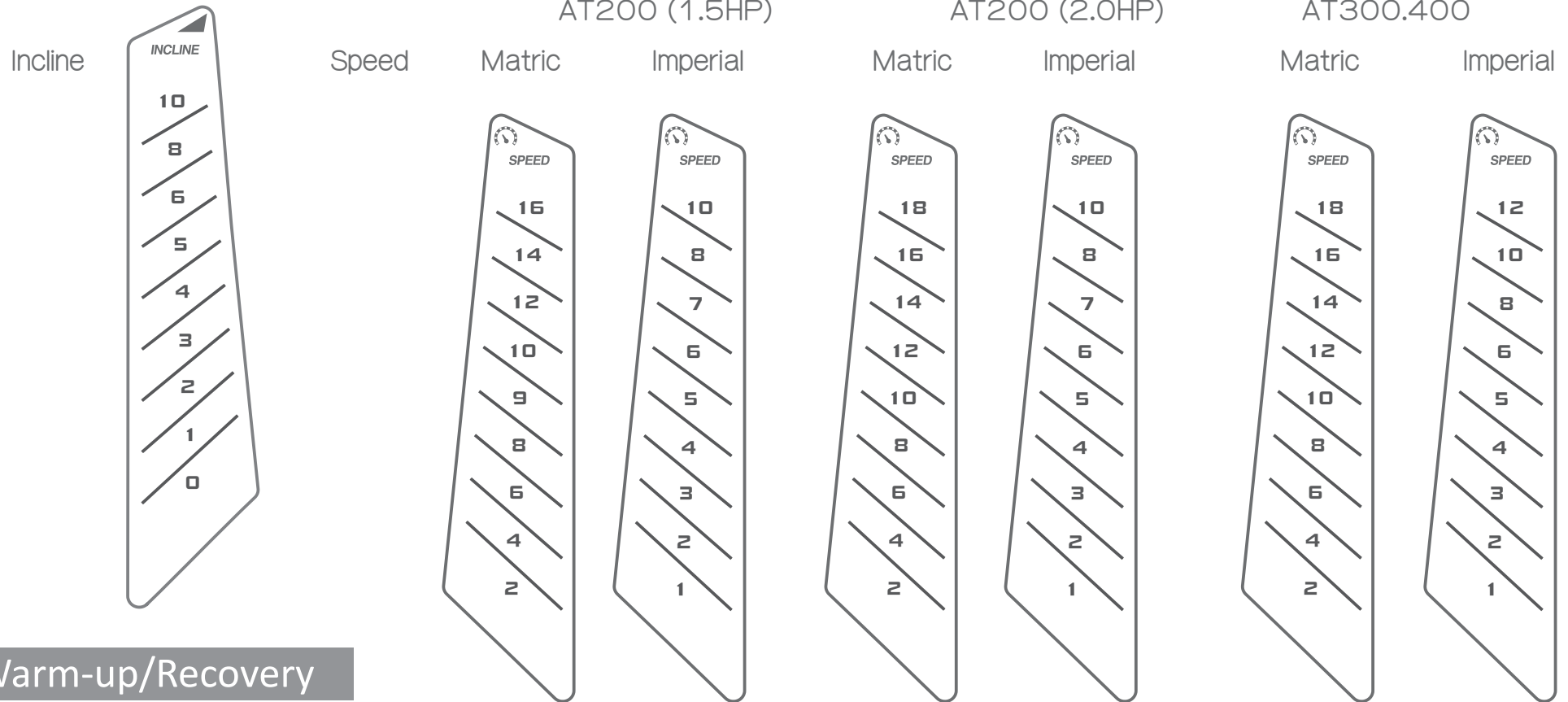
- Please pair your wearable and smart device again before use and make sure all devices are paired and correctly connected.
- Please set in PROGRAMS when you want the machine to calculate the exercise data based on personal parameters. Or you can enable the App. Input your personal parameters in the APP and press **"START"**, and the treadmill will calculate the exercise data based on personal parameters in the APP. It is recommended to confirm if the exercise data has been stored in your personal device after you complete the workout.

# Keypad



ALL

Exercise programs are with high intensity. Before the workout, there is a 3-minute WARM-UP and a 3-minute COOL-DOWN after the workout. Complete warm-up and cool-down enable your muscles to accept the workout with a higher intensity as well as decrease sports injuries effectively.



## Warm-up/Recovery

Exercise programs are with high intensity. Before the workout, there is a 3-minute WARM-UP and a 3-minute COOL-DOWN after the workout. Complete warm-up and cool-down enable your muscles to accept the workout with a higher intensity as well as decrease sports injuries effectively.

### ⚠ CAUTION

The speed regulation button can accept integer only. To adjust with decimal numbers: set the integral part first then the decimal part with the speed key on control panel. During the workout, DO NOT adjust to high speed suddenly. Please speed up incrementally according to your physical condition to avoid personnel injury.



# Exercise PROGRAMS

BASIC

## P01 MANUAL MODE



AT200/300



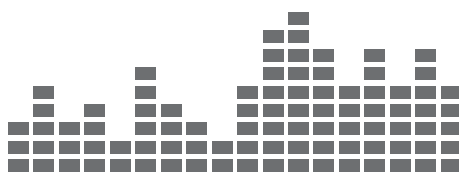
AT400

Within the set time, you can adjust speed and slope according to your physical condition at any time to train muscle tension, strength and endurance and exercise with different tensions.

## P02 RANDOM



AT200/300



AT400

During the random workout period, your treadmill will randomly change slope. This may keep your attention while exercising the "muscle disorder" training rules. The premise behind muscle disorders is that if you continue to make unexpected changes to your workout, your body tends to burn off more calories.

## P03 CROSS COUNTRY



AT200/300



AT400

This program improves your muscle intensity, strength and endurance and train your heart and other peripheral muscles through the increase and decrease of speed during the workout. You can change the speed according to personal workout intensity and the machine will calculate the corresponding speed change. Under the same program, the machine can simulate the path when climbing a hill by changing slope and increase workout difficulty.

## P04 WEIGHT LOSS



AT200/300



AT400

This program burns your fat and leads to weight loss with the increase and decrease of speed during workout. The exercise time of this program is set to 28 minutes. Your heart rate should be between 55% and 70%, the maximum aerobic heart rate, for weight loss. Make yourself comfortable with the steps and meet the target heart rate range through adjusting the speed and slope. (Refer to P36 for information related to aerobic heart rate)



## P05 INTERVAL 1-1



AT200/300



AT400

This program improves your muscle intensity, strength and endurance and trains your heart and other peripheral muscles through the increase and decrease of speed during the workout. You can change the speed according to personal workout intensity and the machine will calculate the corresponding speed change. The intensity workout with different speeds is available under the same program.

## P06 INTERVAL 2-1



AT200/300



AT400

This program improves your muscle intensity, strength and endurance and trains your heart and other peripheral muscles through the increase and decrease of speed during the workout. You can change the speed according to personal workout intensity and the machine will calculate the corresponding speed change. The intensity workout with different speeds is available under the same program.

## P07 HILL



AT200/300



AT400

Mountain climbing mode would be ideal for treadmill exercise aimed at losing weight and leg sculpturing. The mountain climbing mode strengthens the workout and leg muscles with the tilt function of your treadmill. Jog at a constant speed to finish mountain climbing training. Increasingly tilt your treadmill until it reached the desired level after warm up. At end of the exercise reduce the slope to ease off.



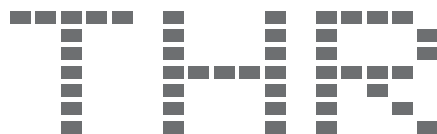
# Exercise PROGRAMS

HRC

## P08 TARGET HEART RATE GOAL



AT200/300



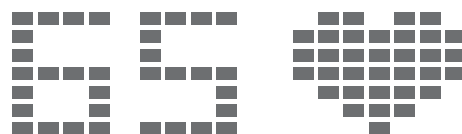
AT400

You can set target heart rate. Workout intensity is determined by heart rate detection during the workout. You can change the speed according to personal workout intensity. Under the same program, the machine can simulate the path when climbing a hill by changing slope and increase workout difficulty.

## P09 FAT BURN



AT200/300



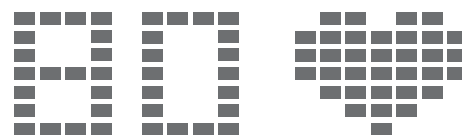
AT400

Calculate target heart rate based on your age and weight. Determine exercise strength by keeping heart rate in range of 60-72% over the target value. You may change speed and slope based on your heart rate. Raise training and challenge level under the same exercise mode by changing speeds and slope to meet target heart rate value.

## P10 CARDIO



AT200/300



AT400

Calculate target heart rate based on your age and weight. Determine exercise strength by keeping heart rate in range of 72-85% over the target value. You may change speed and slope based on your heart rate. Raise training and challenge level under the same exercise mode by changing speed and slope to meet target heart rate value.

## P11 HEART RATE HILL



AT200/300



AT400

You may set up target heart rate and have the system determine exercise strength by detecting heart rate at 65%/75%/80% of target one. You may change speed and slope based on your target heart rate. Raise training and challenge level under the same exercise mode by changing speed and slope to meet target heart rate value.





## P12 HEART RATE INTERVAL



AT200/300



AT400

You may set up target heart rate and have the system determine exercise strength by detecting heart rate at 80%/65% of the target one. You may change speed and slope based on your target heart rate rate. Raise the training and challenge level under the same exercise mode by changing speed and slope to meet target heart rate value.

## P13 EXTREME HEART RATE (except for model AT200)



AT200/300



AT400

You may set up target heart rate and have the system determine exercise strength by detecting heart rate at 85% of target one. You may change speed and slope based on your target heart rate. Raise training and challenge level under the same exercise mode by changing speed and slope to meet target heart value.



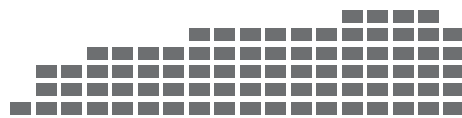
# Exercise PROGRAMS

ADVANCED

## P14 HILL CLIMB



AT200/300



AT400

This program improves your muscle intensity, strength and endurance and trains your heart and other peripheral muscles through the increase and decrease of slope during the workout. You can change the speed according to personal workout intensity and the machine will calculate the corresponding speed change. Under the same program, the machine can simulate the path when climbing a hill by changing slope and increase workout difficulty.

## P15 AEROBIC (except for model AT200)



AT200/300



AT400

This program improves your muscle intensity, strength and endurance and train your heart and other peripheral muscles through the increase and decrease of slope during the workout. You can change the speed according to personal workout intensity and the machine will calculate the corresponding speed change. Raise challenge levels under the same exercise mode by simulating oxygen rich mountain routes with different slopes.

## P16 INTERVAL 1-4 (except for model AT200)



AT200/300



AT400

This program improves your muscle intensity, strength and endurance and trains your heart and other peripheral muscles through the increase and decrease of slope during the workout. You can change the speed according to personal workout intensity and the machine will calculate the corresponding speed change. The intensity workout with different speeds is available under the same program.

## P17 INTERVAL 1-2 (except for model AT200)



AT200/300

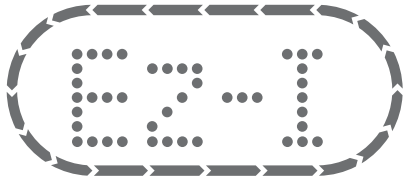


AT400

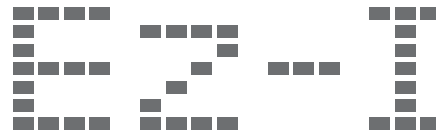
This program improves your muscle intensity, strength and endurance and trains your heart and other peripheral muscles through the increase and decrease of slope during the workout. You can change the speed according to personal workout intensity and the machine will calculate the corresponding speed change. The intensity workout with different speeds is available under the same program.



## P18 EZ INCLINE



AT200/300



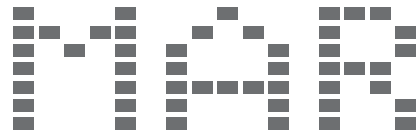
AT400

You may set up the target slope and have the slope to raise from 0% to a given target in 70% of the training time. You may change the slope based on your settings. Raise the training and challenge level under the same exercise mode to meet target exercise strength.

## P19 MARATHON MODE (except for model AT200)



AT200/300



AT400

During exercise, you can adjust speed and slope according to your physical condition at any time to train muscle tension, strength and endurance and exercise with different tensions.



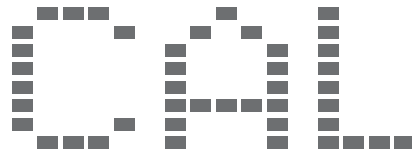
# Exercise PROGRAMS

GOAL

## P20 CALORIE GOAL



AT200/300



AT400

You may set up target calorie based on your habits or aligned with your training program and have the system calculate exercise calorie throughout the training session. Calculate by your age and Heart rate.

## P21 DISTSNCE GOAL 1.6K/1M



AT200/300



AT400

You may set up a target strength based on your habits or aligned with your training program and have the system set up a range of slopes throughout the training session. Run on different slope (for variable exercise strength) in given target distance.

## P22 DISTSNCE GOAL 5K/3M



AT200/300



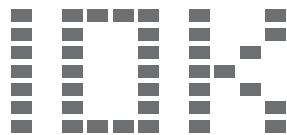
AT400

You may set up a target strength based on your habits or aligned with your training program and have the system set up a range of slopes throughout the training session. Run on different slope (for variable exercise strength) in given target distance.

## P23 DISTSNCE GOAL 10K/6M



AT200/300



AT400

You may set up a target strength based on your habits or aligned with your training program and have the system set up a range of slopes throughout the training session. Run on different slope (for variable exercise strength) in given target distance.



CUSTOM

## P24 CUSTOM 1

You may customize exercise and relaxation zone before training session and have the system simulate it before saving the settings in the system. Select custom exercise mode according to your workout preference.

## P25 CUSTOM 2

You may customize exercise and relaxation zone before training session and have the system simulate it before saving the settings in the system. Select custom exercise mode according to your workout preference.

## P26 USER 1 (except for model AT200 & AT300)

You can quickly select your favorite sport mode before exercise and record it in the system. The next time you use it, you can reduce the operating time to more easily enter your favorite sports mode.

## P27 USER 2 (except for model AT200 & AT300)

You can quickly select your favorite sport mode before exercise and record it in the system. The next time you use it, you can reduce the operating time to more easily enter your favorite sports mode.



# Target Heart Rate Zone

ALL

## Heart rate monitor

Before workout, please stand on the side rail and hold the heart rate bar lightly with both hands to test. Simply hold the bar lightly. A hold too tight can lead to detection of other values. Please hold the bar until your heart rate is displayed on the digital screen. If you are wearing the heart rate monitor, please adjust to strap to an appropriate tightness and make sure it will not get loose during workout. Please wet the sensing area with clean water before wearing the monitor. The monitor should be fixed under your chest (Refer to “Wearable connection on P.39 for wearing and pairing of the heart rate monitor).

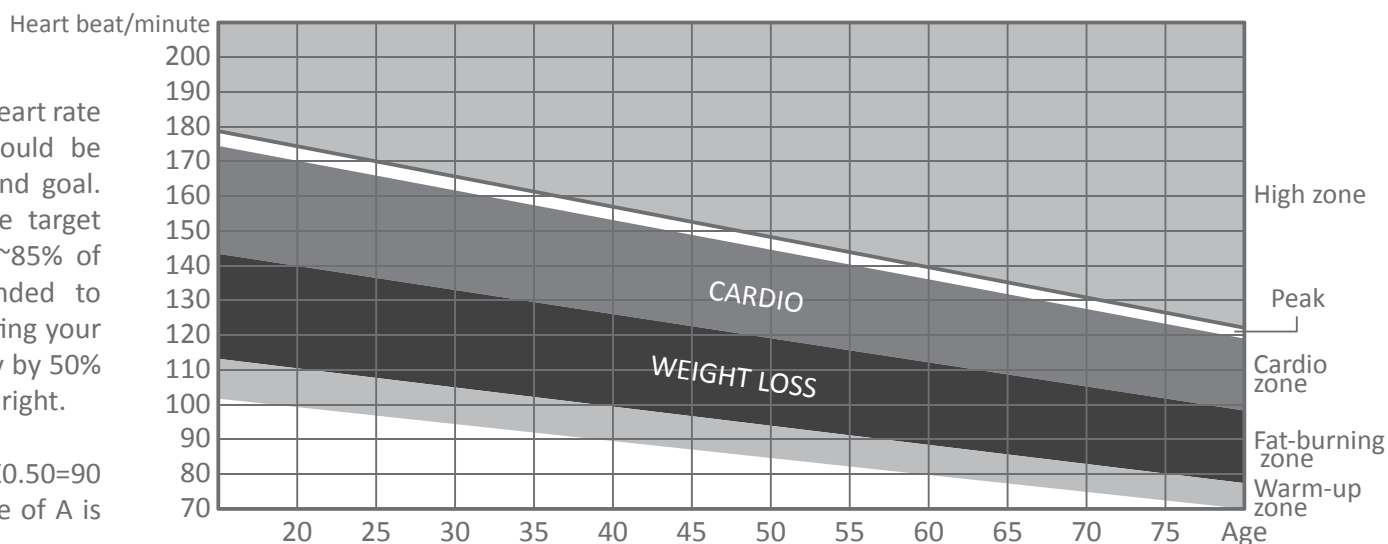
### ⚠ CAUTION

- Simply hold the heart rate bar lightly and it will detect your heart rate. A hold too tight can lead to incorrect detection. Simply hold the bar lightly for test.
- Make sure the heart rate monitor or wearable device is worn at the correct position and adjusted to the appropriate tension. If the monitor is worn at the wrong position, or too tightly or loosely, the detection accuracy or value stability will be affected.

## Target Heart Rate Zone

Target heart rate zone displays your maximum heart rate with percentage. The target heart zone should be determined by your age, physical condition and goal. American Heart Association suggests that the target heart rate zone should be determined as 50~85% of your maximum heart rate. It is recommended to calculate your target heart rate zone by deducting your age from maximum heart rate 220 and multiply by 50% and 85%. Or you may refer to the graph on the right.

For example, A is a user aged 40, then  $(220-40) \times 0.50 = 90$  and  $(220-40) \times 0.85 = 153$ . Target heart rate zone of A is between 90~153.



### ⚠ CAUTION

Heart rate monitor on the handrails or any wearable connected via Bluetooth/ANT+ can only be used as an assistive device for workout, not as a medical equipment. Besides heart rate, please also consider your physical condition to do the workout with appropriate tension and avoid any personnel injury.



## Bluetooth/ANT+

How to pair and connect your wearable through Bluetooth/ANT+ connection:

- 1) Press the button of Bluetooth/ANT+ on the operating panel for about three seconds until the beep is sounded.
- 2) The pairing takes 40~60 seconds. The indicator of Bluetooth/ANT+ will blink when pairing; you can see the heart rate on the console display overview after pairing is completed.
- 3) You may simultaneously pair Bluetooth & ANT+; simply select the available pairing method of Bluetooth or ANT+ from the operating panel.

### Gentle reminders

- The pairing process will be stopped if the Bluetooth or ANT+ button on operating panel is pressed. If you wish to use wearables again, simply pair through via long press.
- In general, device pairing takes 40~60 seconds. Please check if there is any noise interference in surroundings when the pairing takes too long. It is recommended to disable other Bluetooth/ANT+ devices and press the pairing button for another pairing.

## 5 kHz connection

If your wearable provides 5 kHz signal, you'll see your heart rate after standing near the treadmill after 5 to 10 seconds.

### Gentle reminders

To display the 5 kHz heart rate, you need to disable the display function of Bluetooth & ANT+. When the indicator of Bluetooth & ANT+ is off on the console display overview, the heart rate at this time is the detected value of 5 kHz heart rate.

## Mobile phone connection

- 1) The treadmill can only pair and connect to ONE smart device when operating. Please pair and connect to the treadmill via the APP on the smart device.
- 2) Once the APP or Bluetooth is disabled, the smart device will be disconnected from the treadmill.
- 3) You can set personal parameters on the APP and press "START" on the smart device screen; the treadmill will start calculating according to your personal parameters.

### Gentle reminders

Please set in PROGRAMS when you want the machine to calculate the exercise data based on personal parameters. Or you can enable the App. Input your personal parameters in the APP and press "START", and the treadmill will calculate the exercise data based on personal parameters in the APP.



# Troubleshooting

ALL

## Error detection code

E00	No signal in motor controller
E01	Speed signal error
E02	Motor voltage error

E03	Motor current error
E04	Motor power cord falling out
E05	Motor acceleration error

E09	Motor controller error
-----	------------------------

## Troubleshooting

Treadmill is designed with high security and easy to use. Please refer to following information and solutions for any operational problem:

**1)The console display overview is not ON:**

- Make sure the outlet has power, the power cord is connected to the outlet and the treadmill is turned on.
- Make sure the connect line in the display console is correctly connected and there is no potential damage caused by the pressure to display console during assembly.

**2)Current breaker activates when the machine is operating:**

Make sure the power cord is connected to the designated treadmill outlet with power.

**3)The power goes out when the treadmill is inclined or lifted:**

Make sure the power cord is not pulled to loose when the treadmill is inclined or lifted.

**4)The belt cannot stay at the center when operating:**

Make sure the belt is not loose. Please adjust the belt to the appropriate tightness if it's loose (refer to Adjust/maintenance belt on P.17).

- The treadmill is not placed on a level location and loses its balance.

**5)Noise occurs at the front side when the treadmill is operating:**

Please check if the machine is level.

**6)Sound occurs when the treadmill is operating:**

- It is common that the sound will occur when the machine is operating; with the extension of operating time and belt, these sounds will lower but not disappear completely.
- It is normal if the sound of the machine is no louder than a general conversation.

**7)During operation, the treadmill makes no noise, but the sound is very loud:**

- Generally, the treadmill produces echo; if the machine is placed next to the wall, the echo will be louder. A thick rubber mat under the treadmill can effectively decrease echos from the ground.





## Wearable connection

Please correctly wear the heart rate monitor(optional accessories) according following steps. The position and tightness will influence the accuracy of detection:

- 1) Adjust the strap length to fit tightly but comfortably around your chest and avoid any slide during workout.
- 2) Make sure the fastener of heart rate monitor sensor is securely fastened.
- 3) Wet the electronic sensing area with clean water.
- 4) Wear your monitor under your chest.
- 5) Make sure the monitor is worn in right direction. The logo must be at exact center of your chest to ensure successful and accurate detection.

## Troubleshooting

Fluorescent lamps, computers or large motors may interfere the detection and lead to inaccurate heart rate reading:

1)Your heart rate reading may be unstable under following conditions:

- The holds to heart rate sensor bar are too tight. Please hold the heart rate sensor bar with appropriate stress.
- Motion and vibration caused by continuous hold to the heart rate sensor bar during the workout.
- Users with heavy breathing during the workout or thick skin on the palms.
- Wearing accessories like rings during the workout can lead to inaccurate detection.
- Dry, moist or cold hands can influence the accuracy of detection. It is recommended to keep moderate moisture on your hands and rub your hands for keeping warm.
- Users with serious asthma, or atherosclerosis or peripheral arterial occlusive disease.

2)Unstable heart rate reading or the machine fails to display heart rate on the console display overview :

- Please make sure your skin have contact with the heart rate monitor. We recommend to wet the sensing area with clean water and try pairing again after wearing.
- Make sure the fastener of heart rate monitor sensor is securely fastened.
- Make sure the distance between the device and the receiver (on the upper right of onsole display overview) is within 300cm (118 in).
- Make sure the battery of heart rate monitor sensor is fully charged.
- Dry sensing area or loose strap of the heart rate monitor can effect detection. It is necessary to maintain moderate moisture on the sensing area. Please also make sure the strap fits your chest tightly but comfortably.

### Gentle reminders

Please follow the above-mentioned steps to wear the heart rate monitor correctly and achieve the most accurate detection during workout. The heart rate monitor is an assistive devices instead of a medical equipment. Please select the appropriate exercise intensity according to your physical condition.



## Routine Maintenance

ALL

Keep the treadmill and surroundings clean can effectively decrease maintenance issues. We recommend users to abide by following preventive maintenance procedure. Please make sure the power of treadmill is off and the power cord is unplugged for any maintenance.

### Daily maintenance

- 1) Please wipe the treadmill, motor safety guard, console and display console set with clean cloth. DO NOT use any detergent.
- 2) Check if the power cord is damaged. Please contact the distributor or Alatech customer service for any damage.
- 3) Make sure the power cord is not pressed by the machine or jammed anywhere.
- 4) Check if there is any stain that can affect operation on the belt.
- 5) Check belt tension. Make sure the uncalibrated belt will not damage other components.

### Weekly maintenance

- 1) Upright the treadmill and check if the pin of hydraulic lift can be securely locked.
- 2) Move the machine and clean the dust and stain underneath the treadmill. Move the machine back after cleaning.

### Monthly maintenance

- 1) Make sure all screws are securely locked.
- 2) Upright the treadmill and check if there is any loose or missing component.

### Yearly maintenance

- 1) Please lubricate the pin of hydraulic lift, the shaft of iron pieces, deck and belt every year to ensure normal operation.

#### **⚠ CAUTION**

- Please make sure the power of treadmill is off and the power cord is unplugged for any maintenance. Please contact the distributor or Alatech customer service for any maintenance issue.
- Regular maintenance of hazardous and abrasion parts, usch as running board, running belt and gas springs to ensures equipment safety.
- Remove damaged parts as soon as possible and/or to use it until repairs.
- Pay attention to the easily abrasion parts.



## AT200 Basic specification

Unit dimensions: Length: 175 CM (68.9 in)  
 Width: 93 CM (36.61 in)  
 Height: 155 CM (61.02 in)

Unit weight: 81.2 KG (179 lb)

Maximum weight carrying capacity: 135 KG (300 lb)

Belt size: 51 x 130 CM (20 x 51 in)

Motor: 1.5 HP/2.0HP

Voltage:  110V  220V , 50/60Hz

Speed: 0.8~16 (KM/H)/0.8~18 (KM/H)

Incline: 10%,20LEVEL

## Basic equipment

Hand held heart rate monitor: YES

Wireless receiving device: 5 kHz, Bluetooth and ANT+

Fan: YES

Audio: Bluetooth audio device/High quality audio

## Exercise programs

BASIC	MANUAL
	RANDOM
	CROSS COUNTRY
	WEIGHT LOSS
	INTERVAL 1-1
	INTERVAL 2-1
	HILL
HRC	TARGET HR GOAL
	FAT BURN
	CARDIO
	HR HILL
	HR INTERVAL
ADVANCED	HILL CLIMB
	EZ INCLINE
GOAL	CALORIE
	DISTANCE 1.6K
	DISTANCE 5K
	DISTANCE 10K
CUSTOM	CUSTOM*2



## Specification

### AT300 Basic specification

Unit dimensions: Length: 185 CM (72.8 in)  
 Width: 93 CM (36.61 in)  
 Height: 155 CM (61.02 in)

Unit weight: 87.2 KG (192.24 lb)

Maximum weight carrying capacity: 135 KG (300 lb)

Belt size: 51 x 140 CM (20 x 55 in)

Motor: 2.0HP/2.5 HP

Voltage:  110V  220V , 50/60Hz

Speed: 0.8~18 (KM/H)/0.8~20 (KM/H)

Incline: 12%,24LEVEL

### Basic equipment

Hand held heart rate monitor: YES

Wireless receiving device: 5 kHz, Bluetooth and ANT+

Fan: YES

Audio: Bluetooth audio device/High quality audio

### Exercise programs

BASIC	MANUAL
	RANDOM
	CROSS COUNTRY
	WEIGHT LOSS
	INTERVAL 1-1
	INTERVAL 2-1
	HILL
HRC	TARGET HR GOAL
	FAT BURN
	CARDIO
	HR HILL
	HR INTERVAL
	EXTREME HR
ADVANCED	HILL CLIMB
	AEROBIC
	NTERVAL 1-4
	NTERVAL 1-2
	EZ INCLINE
	MARATHON MODE
GOAL	CALORIE
	DISTANCE 1.6K
	DISTANCE 5K
	DISTANCE 10K
CUSTOM	CUSTOM*2



## AT400 Basic specification

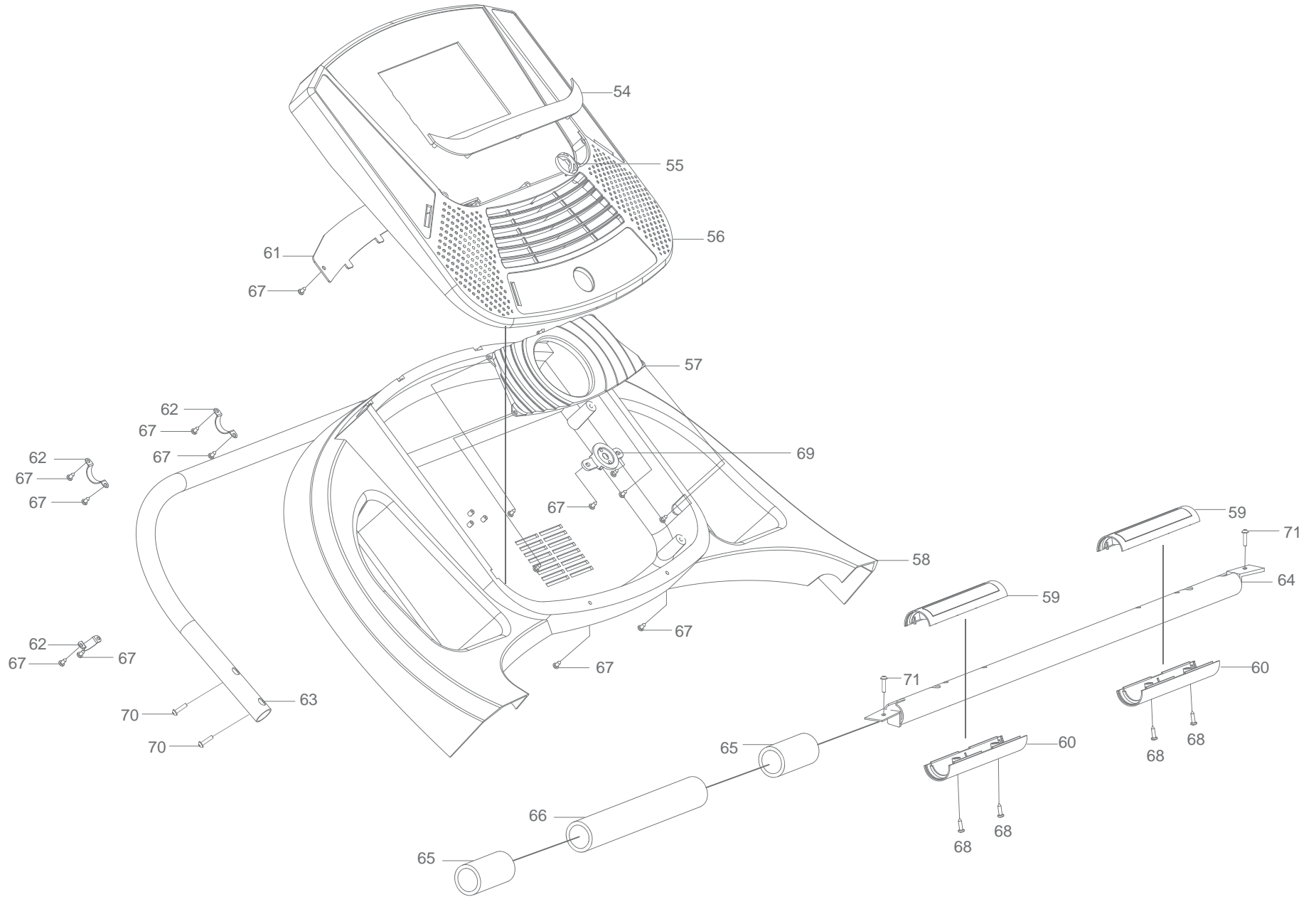
Unit dimensions:	Length: 197 CM (77.6 in) Width: 93 CM (36.61 in) Height: 155 CM (61.02 in)
Unit weight:	93.2 KG (205.47 lb)
Maximum weight carrying capacity:	135 KG (300 lb)
Belt size:	51 x 153 CM (20 x 60 in)
Motor:	2.5HP/3.0 HP
Voltage:	<input type="checkbox"/> 110V <input type="checkbox"/> 220V , 50/60Hz
Speed:	0.8~20 (KM/H)/0.8~22 (KM/H)
Incline:	12%,24LEVEL

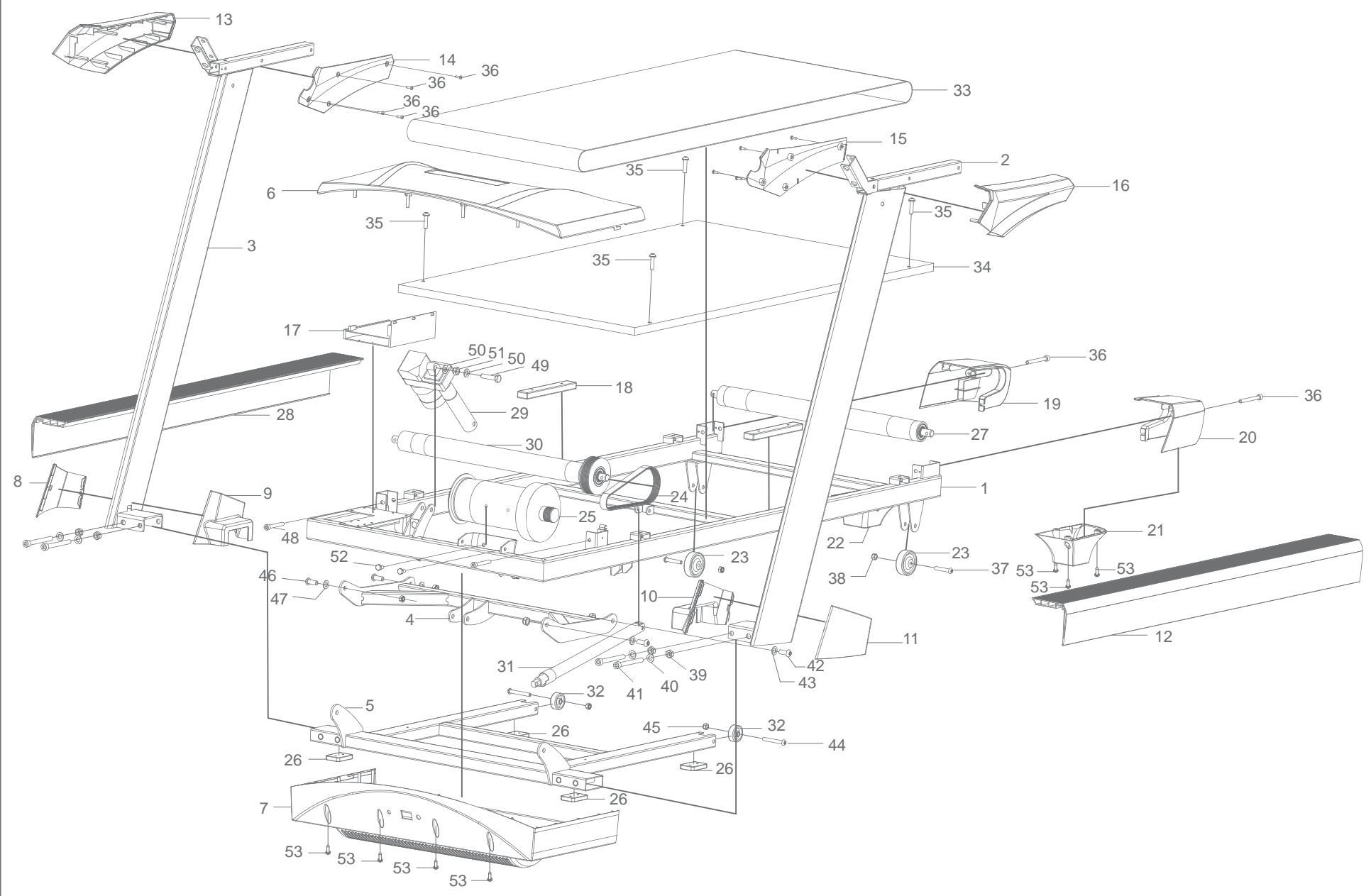
## Basic equipment

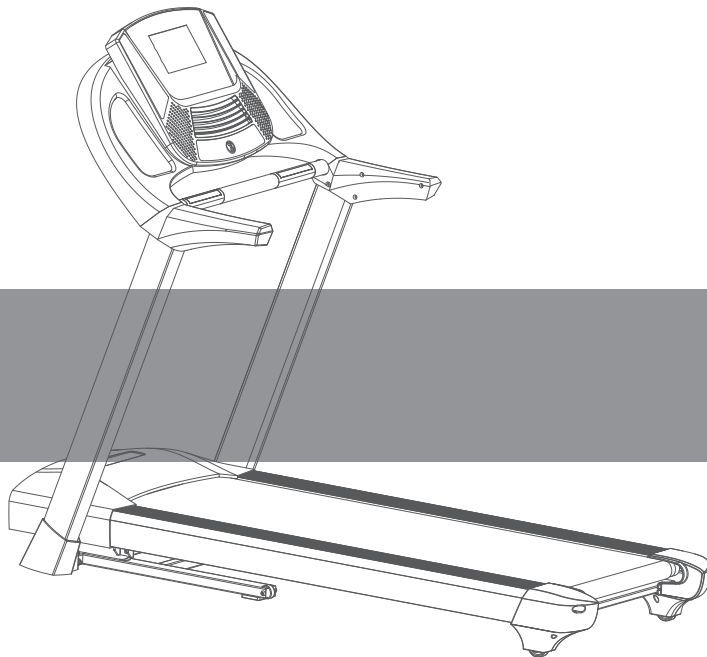
Hand held heart rate monitor:	YES
Wireless receiving device:	5 kHz, Bluetooth and ANT+
Fan:	YES
Audio:	Bluetooth audio device/High quality audio

## Exercise programs

BASIC	MANUAL
	RANDOM
	CROSS COUNTRY
	WEIGHT LOSS
	INTERVAL 1-1
	INTERVAL 2-1
	HILL
HRC	TARGET HR GOAL
	FAT BURN
	CARDIO
	HR HILL
	HR INTERVAL
	EXTREME HR
ADVANCED	HILL CLIMB
	AEROBIC
	NTERVAL 1-4
	NTERVAL 1-2
	EZ INCLINE
	MARATHON MODE
GOAL	CALORIE
	DISTANCE 1.6K
	DISTANCE 5K
	DISTANCE 10K
CUSTOM	CUSTOM*2
	USER*2







*AT-200.300.400*