



KIDS EQUIPMENT X5/XT5/XE5/XB5/XST5

User Manual KENA:01

Fitne*x* **TABLE OF CONTENTS**

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When using an electrical product, basic precautions should always be followed, including the following:

Read all instructions before using this exercise product. The use of this product in any way not described in this manual is not recommended and may cause serious or fatal injury or void your warranty.

WARNING!

To reduce the risk of burns, fire, electrical shock or injury to persons:

- Use this exercise product for its intended use as described in this Manual . Do not use attachments not recommended by the manufacturer.
- Do not insert any object, hands or feet into any openings, or expose hands, arms or feet to the drive mechanism or other potentially moving part of the product.
- Do not remove the covers. Service should be performed only by an authorized FITNEX retailer.
- Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Have equipment examined by an authorized Fitnex service provide.
- Keep the cord away from heated surfaces.
- Do not use outdoors.
To disconnect, turn the switch to the OFF position, then remove plug form outlet.
- Never place the power cord under carpeting or place any object on top of the power cord, which may pinch and damage it.
- Unplug your Treadmill before moving it.
- When the FITNEX equipment is in use, children under the age of 7 and pets could be kept at least 10 feet away.



- This equipment can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities if they have been given supervision or instruction concerning use of the equipment in a safe way and understand the hazards involved.
- Cleaning and user maintenance shall not be made by children.
- Inspect the exercise product for worn or loose components prior to use. Tighten/replace any loose or worn components prior to using.
- Prior to operation of exercise product, please remove all jewelries, such as rings, ear rings, and necklaces..., etc.

CAUTION

- If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not wear clothing that might catch on any part of the FitnEX product.
- Read this User Manual before operating the product.

PROPER USE

- DO NOT use this product unless proper attire is worn. Rubber-soled training, running, or tennis shoes must be worn to provide proper traction and protection while using this product.
- DO NOT use cleats, spikes or any other non-athletic style shoes.
- DO NOT use this product while barefoot or wearing only socks.
- DO NOT wear loose or dangling clothing while using this exercise product.
- Max. user weight for X5 is 250 pounds.
Max. user weight for XT5 is 220 pounds.
Max. user weight for XE5 is 250 pounds.
Max. user weight for XB5 is 220 pounds.
Max. user weight for XST5 is 400 pounds.
- Stay hydrated. Drink water throughout your workout as needed.

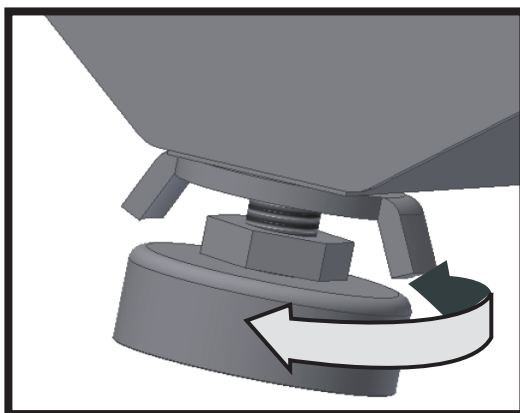
LEVELING

Please ensure to set up and operate this exercise product on a level surface. After finding a location that is suitable for the equipment, the legs must be adjusted to provide stable support. Located on the side of each leg is a thumb-wheel that will allow you to lower or raise the leg until it is properly seated on the floor.

For XT5, please DO NOT adjust legs while the treadmill is on. Turn the power switch to the OFF position before adjustment.



Unlock the washer by hand.



Adjust the leg to fit the ground.

SAFETY GUIDELINE

- Warm up 5-10 minutes before exercise, and cool-down 5~10 minutes after using the bike in order to avoid any injury.
- User should take a break between each exercise cycle.
- The training requires a professional assistance. Inappropriate length of training time and position may cause injury.
- Turn the Push Brake System knob to increase resistance after pedaling, so the pedals will not rotate freely and potentially injure someone.
- Never turn the pedal crank arms by hands.
- Focus on form, posture and making smooth transitions between movements.
- Never remove your feet from the pedals while still in motion.

· Safety operation space:

50cm fore and back of the bike

30cm left and right side of the bike

· Change the brake pad for X5:

1). Loosen resistance knob by turning counterclockwise to the end.

2). Use the hex wrench to loosen the hex screw which is circled.

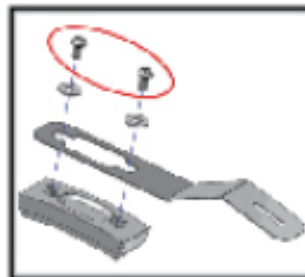
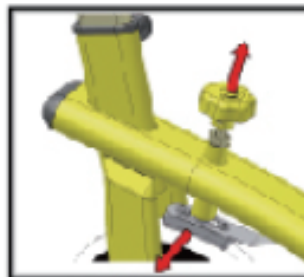
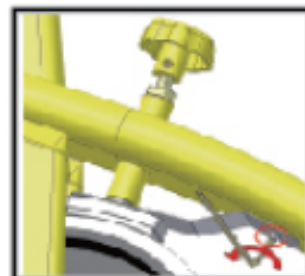
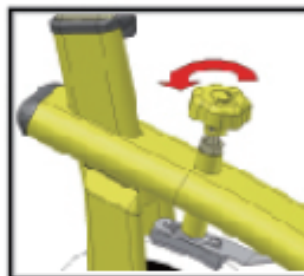
3a). Pull the resistance knob up.

3b). Take off the resistance pad from side.

4). Loosen two screws of the brake by screwdriver, and remove the brake pad.

5). Install the brake pad on the brake, and then tighten two screws to fix the pad.

6). Install the brake back and secure by tightening the hex screw.



Note:

Please check the brake pad regular and replace if needed to ensure safety.

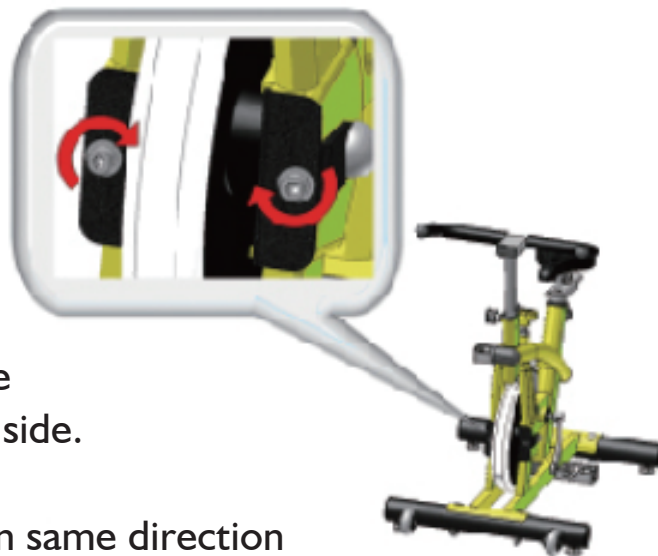
· How to adjust drive belt for X5.

1). Adjust two hex screws by hex wrench. Turn clockwise for tightening the belt. Turn counterclockwise for loosening the belt.

2). When adjusting, you may adjust one side first, and then adjust the other side.

Note:

Both hex screws need to be adjusted in same direction and same range. Only adjust one side might cause the belt un-balance.



· Resistance control:

Pedaling resistance is controlled by the resistance brake system knob located below the handlebar. Resistance adjustments can be made while riding to vary the intensity of your workout.

To increase resistance, turn the brake knob clockwise (+).

To decrease resistance, turn the brake knob counterclockwise (-).

To stop flywheel abruptly, push down the brake knob directly.



· Warning:

The flywheel momentum of the cycle will keep the pedals turning even after the user stops pedaling, or in the event the user's feet slip off the pedals.

DO NOT DISMOUNT THE CYCLE OR REMOVE YOUR FEET FROM THE PEDALS UNTIL BOTH THE PEDALS AND THE FLYWHEEL HAVE STOPPED COMPLETELY. Failure to comply may lead to loss of control and serious personal injury.

You may stop the cycle by using any of the following methods:

- **Pedal** more slowly until the pedals come to a complete stop.
- **Increase** the resistance by turning the push brake system knob clockwise (+) until the pedals come to a complete stop.
- **Push down** on the push brake system knob until the pedals come to a complete stop.

• **Assembly of Bike:**

Please refer to the separately enclosed manual for the assembly of the bike.

• **Seat Height and Handlebar height Adjustment:**

Turn the knob counterclockwise to loose. Raising or lowering the seat post or handlebar post until the best position. Turn the knob clockwise direction to tighten the seat post or the handlebar post until the post is secured. The post can not pull over the “STOP” mark or the lowest hole of the post. It means the least contact area between the frame and the post.



• **Seat Adjustment:**

Turn the L shape knob counterclockwise, and then move the seat fore or back to your most comfortable position. Turn L shape knob clockwise to tighten the seat.



Note:

No handlebar adjustment for X5.

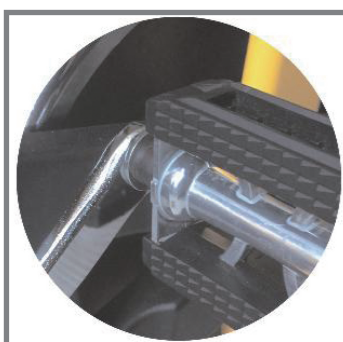
• **Clean the bike:**

Wipe up sweat after exercising in order to maintain the best condition of the bike.

PEDAL TIGHTENING

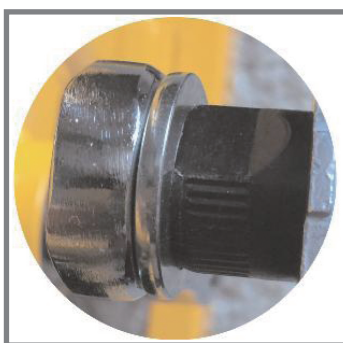
Users must take care when assembling their bike to ensure that the pedals are securely tightened. Failure to properly tighten the pedals may lead to loosening of the pedal during use, damage to the pedal crank arm, and possible injury. Damage to crank arms from improperly fastened pedals is not a warrantable item.

There is a left and right pedal. The right pedal is marked with an “R” on the pedal shaft. The right pedal will thread clockwise and the left pedal will thread counterclockwise (towards the front the bike each side)



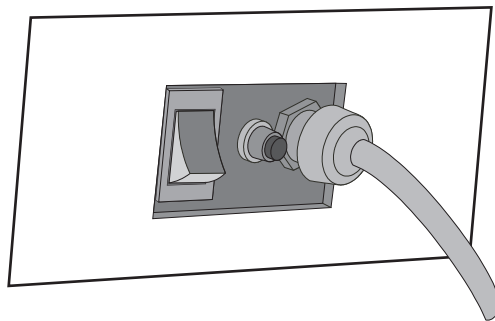
into the crank arm. Take care to ensure the pedal is threaded properly and not cross-threaded. Cross-threading will damage the crank arm.

Ensure the pedal is as tight as possible to the crank. A 15mm wrench is included with each bike that fits over the flat part of the pedal shaft. Regularly check the tightness of your pedals. Crank arm damage due to pedals loosening and stripping the threads is not a warrantable item.



POWER SWITCH

The power switch is located on the side of the treadmill near the power cord. The power switch has two positions - ON and OFF. The display console will beep when the treadmill is plugged in and the power switch is pressed ON.



CIRCUIT BREAKER RESET

The circuit breaker is located next to the power switch. Should an electrical overload occur due to a surge in electricity or other situation, the circuit breaker will disconnect to prevent any damage from occurring to the treadmill.

If the treadmill suddenly stops with no lights visible nor beep heard, reset the circuit breaker. To reset the circuit breaker press the button firmly. The display console should restart and a beep should be heard.

CAUTION

If the power cord is warm to the touch a problem may exist with the electrical outlet in which the treadmill is plugged. It may be necessary to plug the treadmill into a different outlet.

POWER CORD

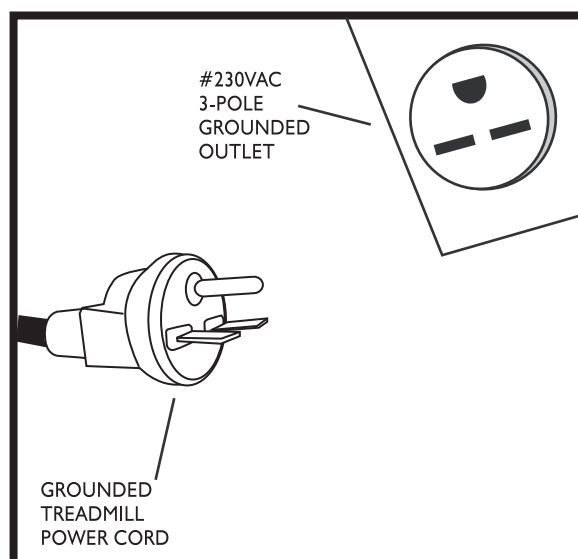
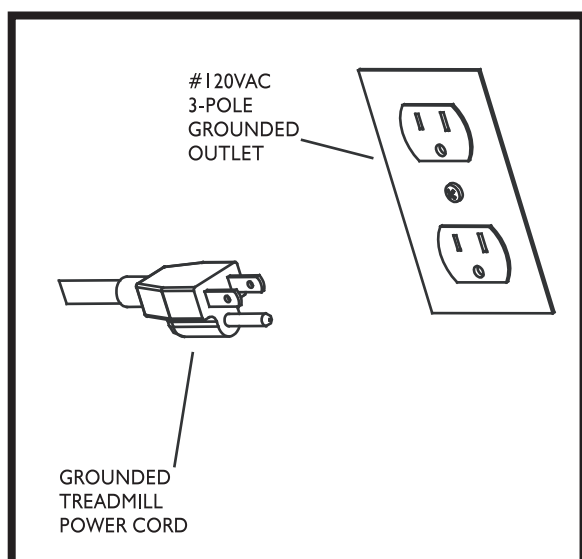
Plug the power cord into a properly grounded electrical outlet, keep power cord clean of treadmill wheels during operation. Replace the power cord if it is damaged or pinched. Damage to the power cord could result in a fire hazard or cause personal injury through electrical shock.

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER-Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit (230 optional) and has a grounding plug that looks like the plug illustrated in the figure. 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.

- The appliance must be positioned so that the plug is accessible.
- If the power cord is damaged, it must be replaced by the manufacture or its service agent or a similarly qualified person. In order to avoid an electrical hazard.



P.S. Different countries may use different voltage and shape of power cord outlet.



FCC WARNING-POSSIBLE RADIO XT5

/TELEVISION INTERFERENCE

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

- Reorient or relocate the receiving antenna
- Increase space between the equipment
- Plug the equipment into two electrical outlet located on separate circuits
- Consult an exercise equipment dealer or an experienced radio/TV technician for help

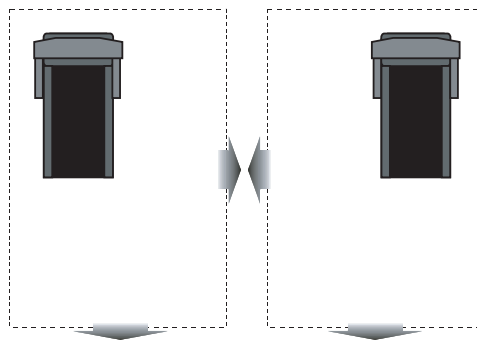
Class R (Residential): Private or non-commercial use

ELECTRICAL REQUIREMENT

Your FITNEX treadmill is intended for use in the country to which it was shipped. Electrical supplies outside of this country may differ and may not be compatible with the product. Please consult Customer Support or your dealer before using the treadmill in a different country.

LOCATION

When choosing a location for the treadmill, pick a location that is unobstructed. The treadmill must have the following clearance.



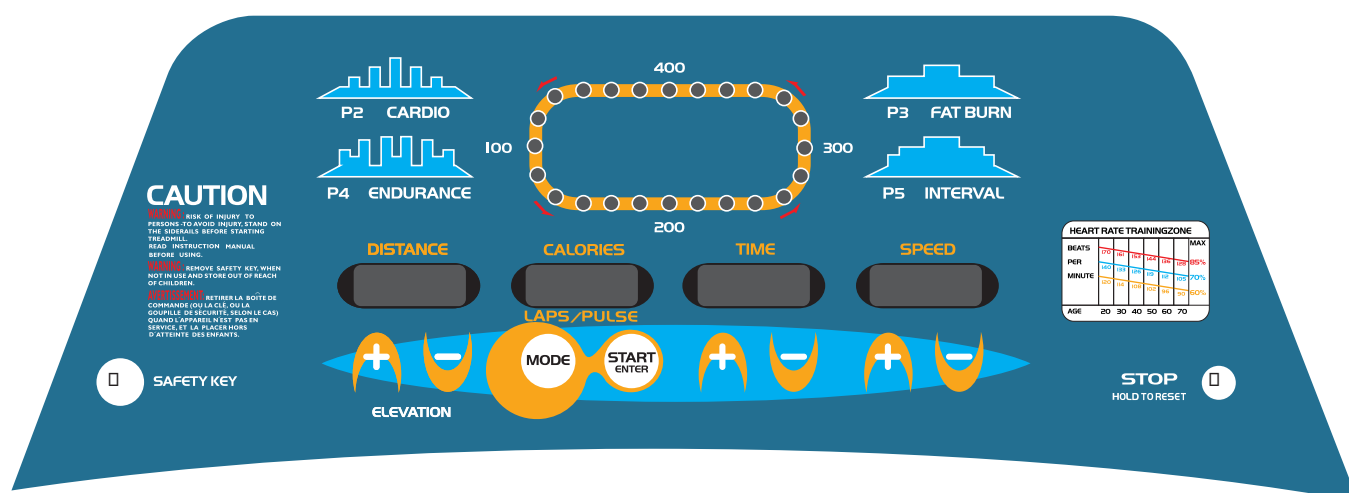
- Non-entry side of treadmill - Minimum of 8 inches (20cm)
- Entry side of treadmill - Minimum of 36 inches (90cm)
- Front of the treadmill - Minimum of 12 inches (30cm)
- Behind treadmill - Minimum of 6 feet (180cm)

These spacing requirements are mandatory for the safe use of the treadmill. If an accident should occur, you must have sufficient space to move away from the treadmill.

GROUNDING INSTRUCTIONS

The treadmill must be properly grounded prior to use. Proper grounding reduces the risk of shock or damage to the treadmill. The powercord's plug is equipped with a grounding conductor that must be used with an electrical outlet installed in accordance to all local codes and ordinances. **DO NOT** use a temporary adapter that bypasses this function. This will stop the safety equipment from functioning properly and may void your warranty.

DO NOT MODIFY the plug provided with this product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician.



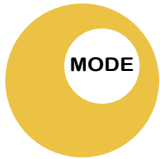
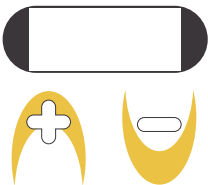
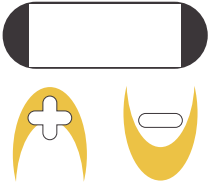
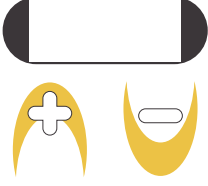



INFORMATION WINDOW


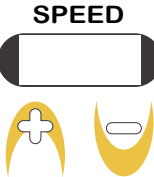


TIME	Indicates time in minute and seconds(mm:ss).
DISTANCE	Indicates exercising distance of user's workout.
SPEED	Indicates speed of user's workout. (Either miles or kilometers)
CALORIES	Indicates accumulated calories burned during user's workout.
LAPS	Indicates how many runs of the playground on the console user runs.
PULSE	Indicates heart rate, beats per minute during user's workout.
PROGRAM	Indicates program of user's workout.

Fitn~~e~~x/Fitness Master Inc., cannot guarantee that the heart rate measurement system on any Fitn~~e~~x product will work for all users in all instances. The accuracy of heart rate measurement will vary based on a number of factors, for example the user's physiology and age. Plus external interference and other factors may influence heart rate acquisition and processing.

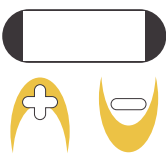

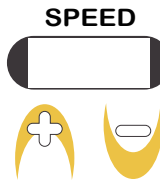

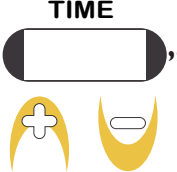

BUTTON INTRODUCTION

	<p>Pulling the safety key stops the treadmill immediately.</p>
	<p>Start workout/Enter data.</p>
	<p>Display switch/select program and confirm.</p>
<p>TIME</p> 	<p>Increase/Decrease workout time.</p>
<p>DISTANCE</p> 	<p>Increase/Decrease workout distance.</p>
<p>SPEED</p> 	<p>Increase/Decrease workout speed.</p>
	<p>Stop workout. User can reset the treadmill by pressing and holding for 3 seconds.</p>



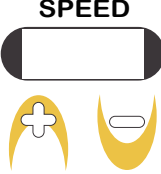

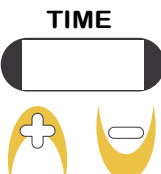

PI: MANUAL

Step 1	Turn on the power and press “  ”. The treadmill counts down 3 seconds, then start workout.
or	
Step 1	Turn on the power and press any button to enter mode/time settings.
Step 2	Press “  ” to choose P1.
Step 3	Press “  ” to set time.
Step 4	Press “  ”. The treadmill counts down 3 seconds, then start workout.

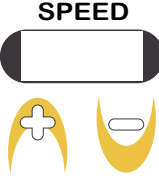

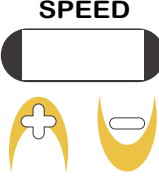

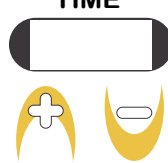

P2: CARDIO

Step 1	Turn on the power and press any button to enter mode/time settings.
Step 2	Press “  ” to choose P2.
Step 3	Press “  ” to set level. L1 ~ L3 can be set by pressing “  ”.
Step 4	Press “  ” to set time. Time can be adjusted by pressing “  ”. Default value is 24:00.
Step 5	Press “  ”. The treadmill counts down 3 seconds, then start workout.

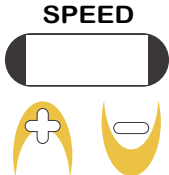

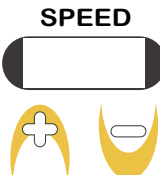

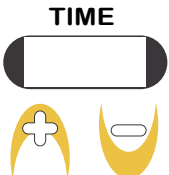

P3: FAT BURN

Step 1	Turn on the power and press any button to enter mode/time settings.
Step 2	Press “  ” to choose P3.
Step 3	Press “  ” to set level. L1 ~ L3 can be set by pressing “  ”.
Step 4	Press “  ” to set time. Time can be adjusted by pressing “  ”. Default value is 48:00.
Step 5	Press “  ”. The treadmill counts down 3 seconds, then start workout.

P4: ENDURANCE

Step 1	Turn on the power and press any button to enter mode/time settings.
Step 2	Press “  ” to choose P4.
Step 3	Press “  ” to set level. L1 ~ L3 can be set by pressing “  ”.
Step 4	Press “  ” to set time. Time can be adjusted by pressing “  ”. Default value is 40:00.
Step 5	Press “  ”. The treadmill counts down 3 seconds, then start workout.



P5: INTERVAL


Step 1	Turn on the power and press any button to enter mode/time settings.
Step 2	Press “  ” to choose P5.
Step 3	Press “  ” to set level. L1 ~ L3 can be set by pressing “  ”.
Step 4	Press “  ” to set time. Time can be adjusted by pressing “  ”. Default value is 32:00.
Step 5	Press “  ”. The treadmill counts down 3 seconds, then start workout.

NOTE:

1. During workout, user can adjust workout speed and elevation by

pressing “ ” of speed and elevation.

2. During workout, if user presses “”, speed will decrease to 0 and elevation will be stayed at the level which user workouts. If user re-start exercising, workout program will keep moving, but speed will decrease to 0.5MPH/0.8KPH. After pressing “”, no button is pressed in 5 minutes, the treadmill will back to standby mode.

3. During workout, user can press and hold “” for 3 seconds, the treadmill will back to standby mode.











ERROR CODE

E1: No speed signal.

E6: Incline operation error.

E7: Decrease or Increase of incline motor beyond mechanism safety range.

TEST MODE

Step 1	Press “  ” and “  ” together and hold for 3 seconds until the console flashes.
Step 2	Press “  ” to test all LED.
Step 3	Press “  ” to test LED.
Step 4	Press “  ” to test LED.
Step 5	Press “  ” to test all buttons. (If button function is good, when press, user will hear a beep voice and see a number on the window.)
Step 6	Press “  ” to test I/O mode.
Step 7	Press “  ” to test again or press “  ” and “  ” and hold for 3 seconds to back to standby mode.

Steps for spraying lubricant on the run belt.

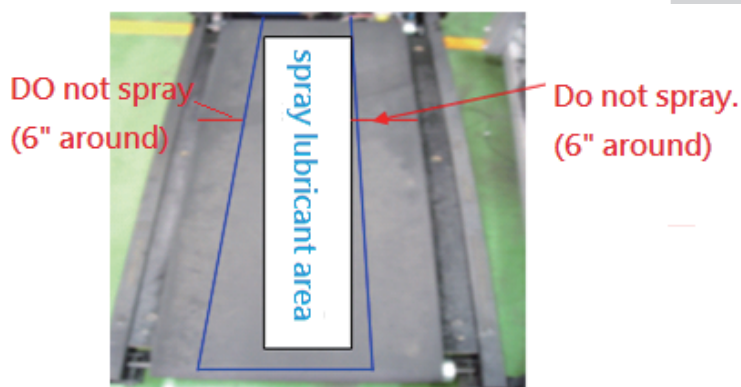
Step 1: Power off.



Step 2: Inspect run belt. Lift run belt as left picture shows. Touch running area's back of run belt by hand to feel if lubricant enough on the back of run belt. If run belt needs to be lubricated, please take a wiper to clean run deck and roller.



Step 3:
Lift right side of belt and spray lubricant as left picture showed. When spraying, your hand should pull the run belt to make it turn as you spray the belt.



Notice:

When spray lubricant, please spray in center area. Please don't spray in side area.

Steps for spray lubricant on the run belt.

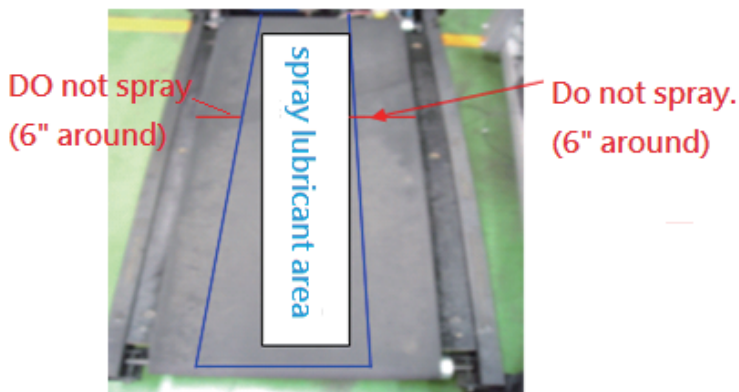


Step 4:

Lift left side of belt and spray lubricant as left picture showed. When spraying, your hand should pull the run belt to make it turn as you spray the belt.

Notice:

When spray lubricant, please spray in center area. Please don't spray in side area.



Step 5: Power on.

Press "START", and increase speed to 1MPH(1.6 KPH). Have a person walk on the treadmill to help run belt absorption.

Please notice:

DO NOT make the treadmill run at a high speed just spraying lubricant. If lubricant is not absorbed, lubricant will spray out onto the drive motor and MCB.

Remark:

1. For each time maintenance, spray 30-50 cc. lubricant is suggested.

2. Suggested time to spray lubricant:

Accumulated distance is 1250 mile (2000km).





Function choice.
For RESET to clean the value to be zero.

DISPLAY INFORMATION

Information	Description	XB5	XE5	XST5
SCAN	Scans through each function values every 6 seconds.	V	V	V
TIME	View elapsed time in your workout. Displayed as Minutes:Seconds (00:00~99:59)	V	V	V
SPEED	Displayed as miles per hour or kilometers per hour.	V	V	
DISTANCE	Displayed as miles or kilometers. View distance traveled during a workout.	V	V	
CALORIES	Displayed as estimates accumulated calories burned during workout.	V	V	V
PULSE	Displayed as user's pulse. Pulse can only be detected when user grasps contact heart rate bars.	V		V
COUNT	Displayed as steps user exercises during workout.			V
TOTAL COUNT	Displayed as accumulated steps. (It will be back to 0 when the console runs out of power.)			V

OPERATIONS

Functions	Description	XB5	XE5	XST5
SCAN	Press the button until SCAN appears on the screen. The console automatically scans through each value every 6 seconds on the display.	V	V	V
TIME	Press the button until TMR appears on the LCD. The display will show your actually workout time.	V	V	V
SPEED	Press the button until SPD appears on the LCD. The display shows current workout speed.	V	V	
DISTANCE	Press the button until DST appears on the LCD. The display shows distance traveled during workout.	V	V	
CALORIES	Press the button until CAL appears on the LCD. The display shows calories burned during workout.	V	V	V
PULSE	Press the button until PULSE appears on the LCD. The display shows detected pulse during workout.	V		V
COUNT	Press the button until CNT appears on the LCD. The display shows steps during workout.			V
TOTAL COUNT	Press the button until TOTAL CNT appears on the LCD. The display shows accumulated steps during workout			V
STOP	If no RPM signal is detected, STOP shows on the LCD. All functions will stop counting.	V	V	V
RESET	Press and hold the button for 2 seconds to get the function value to be 0.	V	V	V
AUTO ON/OFF	When you start to exercise or press the button on the console, it turns on. If you don't have any action or signal input to the console in 4 minutes, the power will turn off automatically.	V	V	V

NOTE

Two batteries(SUM3 size AA 1.5V) are used for the console.

METRIC/IMPERIAL UNIT

Metric/Imperial unit can be chosen for XB5/XE5. If D7 of PCB in the console is open, it is imperial. "K" is showed on the display. If D7 of PCB in the console is short, it is metric. "M" is showed on the display.

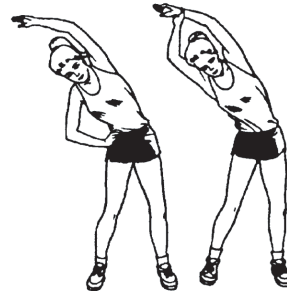


Lower Back, Hips, Groin, and Hamstrings

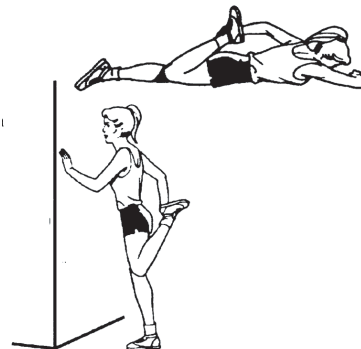
1. Stand with the feet about shoulder- width apart and pointed straight ahead. If you are pretty flexible and need more of a stretch, cross one leg in front of the other for a few stretches, then switch legs.
2. Slowly bend forward from the hips, always keeping your knees slightly bent.
3. Stretch only to the point where you feel a tugging in the back of your legs.

Side Bends

1. Stand with your feet about shoulder - width apart and toes pointed straight ahead. Keep your knees slightly bent, one hand on your hip; extend your other arm up and over your head. Slowly bend at your waist to one side, toward the hand on your hip.
2. Extend both arms overhead. Hold your right hand with your left hand and bend slowly to the left, using your left arm to pull the right arm gently over the head and down toward the ground.
3. Repeat with other side.

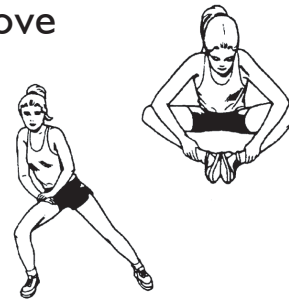
**Quadriceps (front of thigh)**

1. Lying on our stomach, pull the heel toward your buttocks with the opposite hand. Keep the thigh of the leg being stretched close to the leg on the floor.
2. The same stretch can be done standing. Do not allow the thigh to come in front of you and so not bend forward at the waist.
3. Do this exercise twice - once on each leg.



Groin (inside of thigh)

1. Sit on the floor with the soles of your feet together. Gently push knees down toward the floor with your elbows.
2. Stand with your feet three to four feet apart and turned out slightly.
3. Keep the knee of the leg to be stretched straight, and bend the opposite knee as you move your body toward the bent leg. Keep your toes pointed forward.
4. Repeat using the other leg



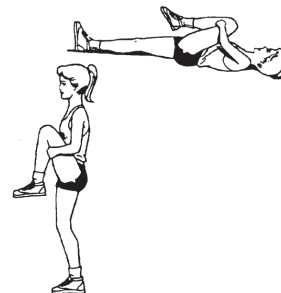
Hamstrings (back side of upper leg)

1. Sit with one knee bent and the leg to be stretched out straight. Reach for the toes of the straight leg with the right hand and then the left hand.
2. Repeat with the other leg.



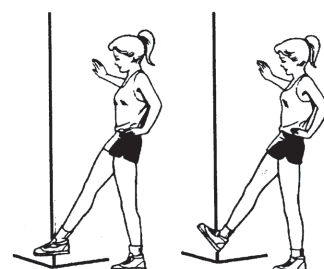
Gluteus (back of hip)

1. Lie on your back. Pull one knee up to your chest while keeping the opposite leg down on the floor with the knee straight.
2. The same may be done standing.
3. Repeat with the other leg.



Anterior Tibials (front of shin)

1. Stand with all of your weight on one leg. Extend the opposite leg forward and flex and point at the ankle.
2. Repeat with the other leg.



For XT5

Item	Daily	Weekly	Monthly	Quarterly	Bi-annual
Console Mounting Bolts					Inspect
Frame	Clean				Inspect
Console	Clean		Inspect		
Safety Stop	Test				
Power Cord			Inspect		
Running Belt Top		Clean (Vacuum)			
Running Belt Tension			Inspect		
Running Belt				Inspect	
Rear Adjustable foot				Adjust	
V Belt				Adjust	Inspect
Motor Pulley				Clean	
Running Belt Lubricant	Suggested time to spray lubricant: Accumulated distance is 1250 miles (2000km).				

For XE5/XST5

Item	After Use	Weekly	Monthly	Quarterly	Bi-annual
Console	Clean				Inspect
Console Mounting Bolts					Inspect and tighten
Out covers		Clean			
Fasteners			Inspect and tighten		
Bearings				Inspect and lubricate	
Footpads			Inspect and tighten		

For XB5

Item	After Use	Weekly	Monthly	Quarterly	Bi-annual
Console	Clean				Inspect
Console Mounting Bolts					Inspect and tighten
Handlebar connection				Inspect tighten as required	
Out covers		Clean			
Foot straps	Inspect				
Seat fasteners			Inspect tighten as required		
Seat post					Apply light coat of lubricant
Crank arms	Inspect tighten as required				

1. The Warranty applies to the original owner and is extended to cover the cost of part(s) repair and/or replacement and does not include associated freight charges. Proof of purchase must be demonstrated.
2. Warranty is non transferable. If you are in USA, the warranty card must be completed and sent back to Fitness Master Inc. to complete registration. If you are out of USA, please contact your local dealer about the warranty.
3. Labor coverage is provided only if an authorized Fitnex dealer or the Fitnex factory representative does the work.
4. Any reimbursement for travel outside of the dealers' normal service or coverage area will be the responsibility of the customer.
5. Warranty does not cover failure due to improper assembly, installation or use.
6. This warranty does not cover customer instruction, installation, set up or adjustment. Note that tread belt tensioning and tracking are the responsibility of the user and are not covered by this warranty. User is also responsible for reasonable and necessary maintenance. Failure to maintain proper tread belt tracking and tensioning will void this warranty.
7. This warranty will not be extended to any product whose serial number has been removed, altered, or defaced.
8. This warranty does not cover damage or equipment failure caused by, or resulting from accident, misuse, abuse, improper assembly or installation, un-authorized modification, or failure to provide reasonable and necessary care as outlined in the owner's manual.

