

T240 – T240P – T240C

TREADMILLS

OWNER'S MANUAL



T240 illustrated

Part no: 691018

BODYGUARD[®]**FITNESS**,
division of Procycle CANADA
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Thank You for Purchasing a Bodyguard® Fitness T240 – T240P – T240C Treadmills

BODYGUARD® Fitness is dedicated to designing and manufacturing the best performing fitness equipment on the market.

This manual outlines the use, safety and basic maintenance of T240–T240P–T240C BODYGUARD® Fitness treadmills.

Whenever your T240–T240P–T240C product requires maintenance, be prepared to provide your BODYGUARD® Fitness dealer with the machine's model number, serial number, and date of purchase. The model number and serial number are located at the front of the unit. Enter the model number, the serial number, and all other important information in the space below

Product name	
Model number	
Serial number	
Date of purchase	
Dealer's name	
Dealer's telephone number	

Please fill out the warranty registration form and return it to Bodyguard® Fitness within 30 days of the date of purchase for registration of your T240–T240P–T240C treadmill.

Your returned warranty registration card is important in helping us keep you up to date on all the latest upgrades for your T240–T240P–T240C.

NOTE - The warranty card is also used to establish your actual purchase date. If you omit to send your warranty card to BODYGUARD®, we will use the Dealer purchase date to honour the warranty time.

You can also register online at: www.bodyguardfitness.com

Important Safety Notice

READ THIS MANUAL THOROUGHLY BEFORE ATTEMPTING TO ASSEMBLE OR USE THIS EXERCISE EQUIPMENT

To ensure that you get the maximum benefit from the engineering that has gone into your machine, we recommend that you read this manual carefully before assembling and using your T240–T240P–T240C treadmills. We recommend that you keep these instructions and Owner's Manual for future reference on operating your T240–T240P–T240C treadmills.

WARNING – Before using any equipment, read this instruction manual carefully. Use of this machine by persons with heart or other medical problems may result in serious injury. Consult your physician before using this equipment and periodically as you continue to use it. Cease exercising immediately if you feel dizzy, faint, or short of breath. Using this equipment improperly or in a manner other than that prescribed in this instruction manual may result in serious injury.

AVERTISSEMENT– Une lecture attentive de ce manuel d'instructions est recommandée avant de commencer à utiliser cet appareil. Son utilisation peut provoquer des blessures sérieuses chez les personnes souffrant de troubles cardiaques ou autres problèmes médicaux. Il est recommandé à ces personnes de consulter leur médecin avant d'utiliser cet appareil. Il est aussi recommandé de consulter régulièrement le médecin au cours de la période d'entraînement. Si vous êtes pris de vertiges ou d'étourdissements, si vous vous sentez défaillir ou avez le souffle court, cessez immédiatement l'exercice. L'utilisation de cet appareil d'une manière inadéquate ou autre à celle décrite dans ce manuel d'instructions peut entraîner des blessures sérieuses.

For Your Personal Safety

Do not place towels or clothing on any part of the treadmill.

Do not place liquids near the computer console, the electric power plug, ON/OFF switch or any other part of the treadmill.

Before disconnecting the power, exit the program screen, then turn the power OFF. To reduce the risk of electrical shock, do not pull on the power cord to unplug the machine. Gently remove the plug from the wall outlet.

Do not operate the treadmill if the power cord is damaged or if the treadmill is not working correctly. If the power cord is damaged, please contact your Bodyguard dealer or manufacturer to get it replaced. The rating of the new power cord must be 15 amps (125 volts AC).

For the international version of the T240–T240P–T240C, note that the power cord used for replacement must be rated 10 amps (250 volts AC) and must be at least 2.5 meters (or 8 feet) long.

Keep the power cord away from all moving parts of the treadmill, such as the incline arm assembly and front transport wheels.

Keep all extension cords clear of all moving parts of the treadmill.

Place the equipment in a way that the power can easily be disconnected.

Do not let children near the treadmill when it is in operation or if they are unsupervised. Keep the safety key out of reach of children.

Wear proper exercise footwear when using the treadmill. Never use the treadmill bare feet or in socks. It is normal for the treadmill belt to discharge soil or pebbles lodged in the soles of your shoes. It is always wise to clean the soles of your shoes before using the treadmill.

Never use the treadmill with more than one person on the belt.

Never try to accelerate or decelerate the speed of the running belt by pushing on it or attempting to stop it, with or without power.

Always face towards the computer display and never run backwards on the belt.

The treadmill should not be boxed in by furniture or other obstacles. Keep the sides and rear of the machine clear of all obstructions.

Electrical Information

CAUTION – This equipment is intended to be plugged into a properly grounded and polarized 3-pronged AC outlet. The third grounding prong must never be removed. Do not use an extension cord or an adaptor plug. Contact a licensed electrician to replace the outlet with a properly grounded outlet.

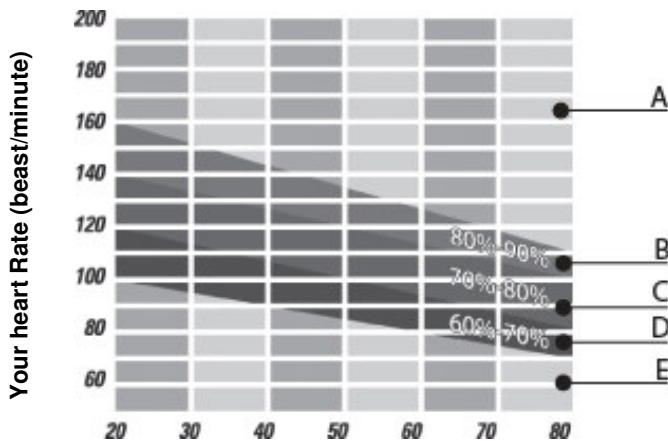
WARNING – To prevent the risk of fire or electrical shock, do not expose your treadmill to rain or moisture, Refer servicing to qualified Bodyguard® personnel only.

IMPORTANT NOTICE – This equipment is designed to be plugged into a dedicated 15 amps circuit.

For more information, please contact our Customer Service Department at: **1-418-228-8934 / 1-888-407-3784**

Heart Rate Zone

To determine your recommended heart rate level, select the type of exercise program you wish to follow. Your **MAXIMUM HEART RATE (MHR)** is calculated as follows: **220 - AGE = MHR**



A) It is not recommended to exercise above 90% of your MHR.

B) Exercise within the 80-90% MHR range for an aerobic exercise.

C) Exercise within the 70-80% MHR range for a moderate, healthy heart zone.

D) Exercise within the 60-70% MHR range if you wish to train in a fat burning zone.

E) Difficult to achieve exercise benefit below 60% MHR.

Your Age

1. Operating Your T240–T240P–T240C Treadmills

Each T240–T240P–T240C treadmill contains a LED (light emitting diode) computer display monitor. The control functions, unique programs and features have been designed with you in mind, to offer the best possible exercise options by displaying important and clear information on your progress. For the best exercise results, please familiarize yourself with the functions of the computer display monitor and each program.

The T240–T240P–T240C comes with a magnetic safety key. The key's magnet must be inserted into the appropriate slot in the console for the treadmill to be functional. For security purposes, make sure you attach the key's clip to your clothes before starting a program.

1.1 Getting to Know the T240T- 240P-T240C Computer Display Monitor

The computer features a main screen comprising a 20 x 13 point central matrix to display exercise profiles, information windows showing the parameters of the exercise under way and a message centre at the bottom of the screen.

T240–T240P–T240C COMPUTER DISPLAY MONITOR

The vertical axis shows the speed and incline values



A : Speed and incline profile

B : A flashing point shows your progress in the program. Every exercise program begins on the left-hand side of the screen and ends when it has reached the right-hand side of the screen.

C: Message center

D: **INCREASE/DECREASE SPEED** key

E: **JustGo™** key

F: **STOP** key

G: **SAFETY** key

H : **PAUSE** key

I : **COOL DOWN** key

J: **INCREASE/DECREASE INCLINE** key

A matrix of 20 horizontal segments and 12 vertical levels is displayed in the center of the screen. Horizontally, each segment (point) represents one twentieth of the length of the exercise. Vertically, each point represents either 1.6 km/h (1.0 mph), or a 1.5% change in incline.

A graduated bar on the right of the central matrix shows that the vertical points indicates SPEED.
If the graduated bar is on the left of the matrix, the points indicates INCLINE.

Every exercise program begins on the left-hand side of the screen and ends when it has reached the right-hand side of the screen. A flashing point shows your progress in the program.

As the speed and incline increases, the profile moves towards the top of the screen. At the bottom of the screen, a scrolling message center indicates various exercise parameters not shown in the dedicated windows.

The information window displays the following parameters:

INCLINE displays the slope of the running belt in terms of percentage. For example, a one percent (1%) slope is equal to one foot (or one meter) climbed for every 100 feet (or 100 meters) covered.

ELAPSED TIME indicates the amount of time elapsed since the start of any program. The time will range from 0 to a maximum of 99 minutes.

SPEED indicates the treadmills belt speed in miles per hour or kilometers per hour, ranging from 0.5 to 11.0 mph or 0.8 to 17.7 km/h.

CALORIES indicates your total caloric expenditure from the start of the program.

CALORIES/HOUR indicates hourly caloric expenditure.

GOAL % indicates the percentage of your goals achieved.

HEART RATE % displays your current BPM (beats per minute) percentage in relation to your maximum BPM.

TARGET BPM shows your target in beats per minute if you are using the **Heart Rate Control** program.

HEART RATE displays your current heart rate as read by the chest strap or your hands if you are not using a chest strap.

NOTE – A CALORIES-like parameter displays an evaluation of the real values of your exercise parameters. Evaluations are based on formal information and tests approved by specialists and physicians.

Keys

During an exercise, you can change the type of profile displayed by pressing the **JustGo™** key once. To alternate the speed and incline profiles displayed on-screen, simply hold the **JustGo™** key down for 3 seconds before releasing it. To exit this mode, press the **JustGo™** key once again.

The **INCREASE/DECREASE SPEED** keys allow you to modify the speed of the running belt during an exercise. These keys also allow you to select the programs and parameters before each exercise. During an exercise program, you can modify the speed of the belt by pressing either the **INCREASE** or **DECREASE SPEED** key. If you continuously hold down a Speed key, the speed display will change by a tenth of a mile (or kilometer) per hour (0.1 mph or 0.1 km/h). Release the Speed key when you have selected your desired exercise speed.

The treadmill will slowly change to your selected speed. The desired speed digits will be flashing in the display window on the right, while the belt speed slowly ramps up to your target speed. Once the speed has been attained the speed digits will stop flashing.

STOP key : Allows you to cancel your selected program.

NOTE – Use the **STOP** key to stop the running belt should you wish or need to stop quickly during an exercise.

JustGo™ Key: Press this key to accept entries of workout setup values.

COOL DOWN Key: Press this key to begin a cool-down period.

PAUSE Key: Press this key to stop the belt while maintaining the current workout.

Scan Function

As you exercise, the scan function scrolls three exercise parameters at the bottom of the screen. These parameters are PACE, TIME REMAINING and TIME SEGMENT.

- PACE displays the number of minutes required to cover a mile or a kilometer at the current speed.
- TIME REMAINING indicates the amount of time remaining since the start of the program.

If you selected the DISTANCE GOAL, the parameter displayed will be REMAINING DIST. If you selected the CALORIES GOAL program, the parameter displayed will be REMAINING CAL., i.e. the calories you still have to burn before reaching your goal.

- TIME SEGMENT shows the time remaining during the current segment. If you selected the DISTANCE GOAL program, the parameter will be DIST. SEGMENT, i.e. the distance remaining in the current segment. If you selected CALORIES GOAL, the parameter displayed will be CAL. SEGMENT, i.e. the remaining calories to be burned during the current segment.

These parameters will scroll across the bottom of the screen.

1.2 Pause During an Exercise

You can pause during any exercise by pressing the **PAUSE** key. When this key is pressed, the motor will stop and, within seconds, the running belt will slow down to 0 mph (0 km/h). The stop is gradual, allowing the user to safely come to a complete stop. The incline will remain at the same level as it was prior to the pause

To pause during an exercise:

1. Press the **STOP** key whenever you feel the need to stop the T240–T240P–T240C exercise or pause during the program. A message indicating the pause time remaining is displayed on the screen. The pause countdown will only start once the running belt has come to a complete stop.
2. If you wish to resume the exercise, simply press the **JustGo™** key to start the running belt.
3. If you wish to cancel the exercise during the pause, simply press the **STOP** key. The exercise will be terminated and a summary of your exercise parameters, as well as the Save option, will be displayed. If your pause exceeds the duration of the pause time, the exercise will terminate automatically.

1.3 Saving an Exercise (custom programs)

Once a program has ended or has been stopped prematurely, the user can save up to 20 speed and incline levels, and resume them later. This function is very useful when an exercise is particularly interesting and motivating. With the T240-T240P-T240C, you can create a program or modify an existing one and then save it for future use, including the Heart Rate Control Program. The T240-T240-T240C offers a unique option to save and resume a Heart Rate Control Program without the use of a chest strap.

Saving a program enables the computer to save 20 speed and incline levels done during the exercise. The speed and incline parameters are saved at the end of each on-screen Segment. The T240–T240P–T240C allows you to create a program or modify an existing one to your specifications, save it and restore it from the memory at a later time.

When an exercise program is over or prematurely stopped, the exercise parameters are displayed and the menu offers you the opportunity to save your exercise. This option is displayed in abbreviated form: **SAVE. APP. JUST GO** followed by **IF NOT APP. STOP**. If you wish to save the exercise, simply press the **JustGo™** key and, if you don't wish to save it, simply press the **STOP** key. A message will indicate under what name your exercise was saved.

If you wish to save your exercise at the end of the program, T240 treadmills have two (2) spaces and T240P-T240C treadmills have four (4) spaces available for saving custom exercise programs.

1. Press the **JustGo™** key when the parameters travel across the screen.
2. The T240–T240P–T240C will indicate where the program was saved.

NOTE – If all the available spaces are taken, press the **INCREASE** or **DECREASE SPEED** key to select the space you wish to overwrite. Press the **JustGo™** key to accept.

1.4 Viewing Exercise Parameters

At the end of each exercise, the computer displays FOUR (4) EXERCISE PARAMETERS. These parameters are TOTAL DISTANCE, CALORIES BURNED, TOTAL EXERCISE TIME and AVERAGE SPEED.

- TOTAL DISTANCE displays the distance travelled during the entire exercise.
- CALORIES BURNED displays the approximate caloric expenditure for the entire exercise.
- TOTAL EXERCISE TIME displays the length of the exercise in minutes and seconds.
- AVERAGE SPEED displays the average speed for the entire exercise.

The total exercise parameters of the T240–T240P–T240C will loop for two (2) minutes until you press the **STOP** key to exit back to the welcome screen. If you do not wish to view the exercise parameters, press the **STOP** key to return to the welcome screen.

2. Setting Up the Computer to Your Environment

T240–T240P–T240C treadmills offer a unique function allowing the user to adapt the treadmill to their own environment.

T240–T240P–T240C treadmills allow you to select and modify the following settings:

- Language Selection(English or French)
- Weight Unit (pounds or kilograms)
- User Identification
- Distance Unit (miles or kilometers)
- Warm Up (Activate or Deactivate)
- Cool Down (Activate or Deactivate)
- Heart Rate Control
- Sound (Activate or Deactivate)
- Speed Limit Option
- Learn Program
- Pause Time
- Big Number Option
- Auto Power Off Option
- Save Option

2.1 Access to Settings Menu

To view the above settings, enter the Settings Menu as follows:

1. Power up the treadmill.
2. When the welcome screen appears, press the **INCREASE** and **DECREASE INCLINE** keys at the same time.
3. Once in the Settings Menu, release both keys.
4. Press the **JustGo™** key when “SETTINGS MENU” appears on-screen.

2.2 Language Selection

All the information and instructions can be displayed on-screen in two languages (**English or French**).

To select a language, enter the Settings Menu (see Section 2.1).

1. Select the LANGUAGE option and press the **JustGo™** key to accept.
2. Select the language you wish to appear on-screen by pressing the **INCREASE/DECREASE SPEED** key.
3. Press the **JustGo™** key to accept.

Messages will now appear in the selected language

2.3 Weight Unit Selection

Weight units can be displayed in pounds or kilograms.

To select a weight unit, enter the Settings Menu (see Section 2.1).

1. Select the WEIGHT UNIT option and press the **JustGo™** key to accept.
2. Select the weight unit you want to appear on the screen. Choose from MILES or KILOMETERS by pressing the **INCREASE/DECREASE SPEED** keys.
3. Press the **JustGo™** key to accept.

Weight units will now appear in the selected unit.

2.4 User Identification

The User ID feature lets the treadmill recognize individuals and automatically enters their weight and all other information that is required. T240P–T240C treadmills will recognize four (4) users, while the T240 recognizes two (2) users. Users may consult or reset their statistics to zero.

Using this feature means not having to enter your weight because the program automatically does it for you. Your age is also automatically entered into the Heart Rate Control program in order to calculate your Maximum Heart Rate (MHR).

User ID lets you access the following options:

- Activate user
- Create user
- Edit user
- Reset statistics
- Delete user

Activate User

To activate a user, enter the Settings Menu (see Section 2.1).

1. Select the User ID option and press the **JustGo™** key to accept.
2. Select the ACTIVATE USER ID option and press the **JustGo™** key to accept.
3. Press the Speed **INCREASE/DECREASE** key, select Activate or Deactivate and press the **JustGo™** key to accept.

Now that the User ID feature has been activated, you will be prompted to select a user at the start of each program.

Create User

To create a user, enter the Settings Menu (see Section 2.1).

Select the USER ID option and press the **JustGo™** key to accept.

Select CREATE USER and press the **JustGo™** key to accept.

3. The cursor will go to the last available space in the memory. If the memory is full, go to the Delete User option.
4. A total of six (6) alphanumeric characters can be used to create a User ID name. Use the **INCREASE/DECREASE SPEED** keys to select any character from A to Z or any number from 0 to 9 to fill in spaces 1 to 6. If you wish to leave a space between

characters, simply use the blank character between 9 and A. Once a space is filled, press the **INCREASE/DECREASE INCLINE** key to move to the next.

Now select the second character. Repeat the same procedure to create a User ID name. When you have finished, press the **JustGo™** key.

5. Enter your weight using the **INCREASE/DECREASE SPEED** key and press the **JustGo™** key to accept.

6. Enter your age using the **INCREASE/DECREASE SPEED** key and press the **JustGo™** key to accept.

7. Press the **STOP** key to return to User Menu.

Edit User

To edit a user, select the USER ID option and press the **JustGo™** key to accept.

1. Select EDIT USER and press the **JustGo™** key to accept.
2. Select the user you want to edit using the **INCREASE/DECREASE SPEED** key and press the **JustGo™** key to accept.
3. Enter your weight using the **INCREASE/DECREASE SPEED** key and press the **JustGo™** key to accept.
3. Now enter your age using the **INCREASE/DECREASE SPEED** key and press the **JustGo™** key to accept.
4. Press the **STOP** key to return to the main USER ID Menu.

View Statistics

To view the statistics of a user, select STATISTICS and press the **JustGo™** key to accept.

Select the User ID for which you wish to view the statistics. The following parameters are accumulated for all the user's exercises when the User ID feature is activated.

- TOTAL DISTANCE displays the distance travelled in miles or kilometers (according to your settings)
- TOTAL CALORIES displays the total number of calories burned
- TOTAL TIME displays total exercise time

Reset Statistics

To reset the statistics of a user, select the RESET STATISTICS option and then press the **JustGo™** key to accept.

Select the user whose statistics you wish to reset and press the **JustGo™** key to validate.

If you do not wish to reset the statistics of this user, press the **STOP** key.

The Reset Statistics feature can help you keep track of your progress from week to week or from season to season.

Delete User

To delete a user, select DELETE USER and press the **JustGo™** key to accept.

Select the user you wish to delete. Press the **JustGo™** key to delete this user. If you do not wish to delete this user, press the **STOP** key.

NOTE – If you delete a user, all parameters saved under that User ID name will be lost.

2.5 Distance Unit Option

Distance unit can be displayed in miles or kilometers.

To select a distance unit, enter the Settings Menu, (see Section 2.1).

1. Select the DISTANCE UNIT option and press the **JustGo™** key to accept.
2. Select the distance unit you wish to appear on-screen. You can choose between MILES or KILOMETERS. Press the **INCREASE/DECREASE SPEED** keys to select the desired distance unit.
3. Press the **JustGo™** key to accept. Distance units will now appear in the selected unit.

2.6 Warm Up Option

Warming up before you exercise is strongly recommended for your safety. T240–T240P–T40C treadmills have a feature that allows you to warm up before you start your exercise program.

If the Warm Up option is activated, a warm up screen will be displayed prior to each exercise. Note that the warm up screen is not available for the **JustGo™** program, which requires you to establish your own warm up period.

The duration of the warm up is four (4) minutes and is divided into three (3) parts.

- Part 1: 40% of the intensity of the first segment of the exercise.
- Part 2: 60% of the intensity of the second segment of the exercise.
- Part 3: 80% of the intensity of the third segment of the exercise.

NOTE – You can skip the warm up period by pressing the **STOP** key and going directly into your selected exercise program.

2.7 Cool Down Option

Cooling down after exercising is strongly recommended for your safety. T240–T240P–T240C treadmills have a feature that allows you to cool down on the treadmill. You can also perform a cool down period at any time by pressing the **COOL DOWN** key.

If the Cool Down option is activated, a cool down screen will be displayed prior to each exercise. Note that the cool down screen is not available for the **JustGo™** program, which requires you to establish your own cool down period.

The duration of the cool down is three (3) minutes and has only one part at 50% of the intensity of the last segment of the exercise, with a maximum speed of 3.5 mph or 5.6 km/h.

To activate or deactivate the Cool Down function, enter the Settings Menu (see Section 2.1).

1. Select the COOL DOWN option and press the **JustGo™** key to accept.
2. Select ACTIVATE or DEACTIVATE. Press the **INCREASE/DECREASE SPEED** key to select your choice. Press the **JustGo™** key to accept.

The Cool Down option is now either ON or OFF, depending on your selection.

2.8 Heart Rate Control Option

The Heart Rate Control feature allows you to choose between three (3) different operating modes. The first is the INCLINE AND SPEED MODE, in which the equipment allows you to attain your target heart rate by changing your speed and incline, while making manual changes at any time. The second is the SPEED MODE, which allows you to reach your target heart rate by changing your speed, while making manual changes at any time. The computer adjusts the speed so that you maintain your target heart rate. The third operation mode is the INCLINE MODE, which allows you to attain your target heart rate by changing your incline, while making manual changes at any time. The computer adjusts the incline so that you maintain your target heart rate. Note that the default mode is SPEED AND INCLINE.

To select the desired operating mode, enter the Settings Menu (see Section 2.1.)

1. Select the HEART RATE CONTROL OPTION (or, abbreviated: HRT.RT.CTRL.OPT.) and press the **JustGo™** key to accept.
2. Press the **INCREASE/DECREASE SPEED** key to select your choice and press the **JustGo™** key to accept. The computer will then display the selected operating mode, which is immediately activated.

2.9 Sound Option

The sound can be turned Activated or deactivated.

To turn the sound ON or OFF, enter the Settings Menu (see Section 2.1).

1. Select the SOUND option and press the **JustGo™** key to accept.
2. Select Activate or Deactivate using the **INCREASE/DECREASE SPEED** key. Press the **JustGo™** key to validate your choice.

The beeper function is now ON or OFF, depending on your selection.

2.10 Speed Limit Option

You can set MINIMUM AND MAXIMUM speed limits for your treadmill.

To select this option, enter the Settings Menu (see Section 2.1).

1. Select the SPEED LIMIT option and press the **JustGo™** key to accept.
2. Select MINIMUM or MAXIMUM using the **INCREASE/DECREASE SPEED** key. Press the **JustGo™** key to accept.
3. To modify the value of your choice, press the **INCREASE/DECREASE SPEED** key. Press the **JustGo™** key to validate these values (these values will not be considered if you do not press the **JustGo™** key).

2.11 Learn Program

Bodyguard® machines allow you to create your own preprogrammed files. This is particularly useful if you want to define a workout profile in advance. You can now develop a program without having to actually do it. This means you can, for example customize one for a client.

To use Learn Program, enter the Settings Menu (see Section 2.1).

1. When the screen opens, the prompt word "NEW" invites you to create a new program. Press the **JustGo™** key to accept.
2. You will then be prompted to enter a speed level for Segment No. 1. You can vary the speed for this segment using the **INCREASE/DECREASE SPEED** keys. Speed variations will appear in the upper right-hand side of the screen, as well as graphically at the center of the screen. Once the speed has been adjusted, press the **JustGo™** key to accept.
3. You will then be prompted to enter an incline level for Segment No. 1. Vary the incline level using the **INCREASE/DECREASE INCLINE** keys. Incline variations will appear in the upper left-hand side of the screen as well as graphically at the center of the screen. Once the incline has been adjusted, press the **JustGo™** key to accept. You will then automatically go to the next SEGMENT.
4. Repeat this procedure until the entire profile (20 segments) is completed. Your program will be saved under the name "CUST. X", X being the next available box. If all the boxes have been used, you will have to modify an existing program to your specific needs, following the above procedure.
5. After all 20 segments have been completed, you will be shown under what name the program has been saved in memory. To use the published programs in the **Learn Program** option, select LEARN PROGRAM from the programs available, and then select the desired custom programs.

NOTE – You can learn two (2) programs with the T240 treadmill and four (4) programs with the T240P–T240C treadmills

2.12 Pause Duration

To modify the pause duration, enter the Settings Menu (see Section 2.1).

1. Select the PAUSE DURATION IN MINUTES option and press the **JustGo™** key to access it.
 2. You can choose a pause time between 1 and 30 minute(s) using the **INCREASE/DECREASE INCLINE** keys
 3. Press the **JustGo™** key to accept the change.

2.13 Big Numbers Option

You can select the BIG NUMBERS option to display five (5) parameters in "BIG NUMBER" for the main screen during your exercise instead of the speed or incline profiles that are normally displayed.

To choose the BIG NUMBERS option, enter the Settings Menu (see Section 2.1).

1. Select the BIG NUMBERS option and then press the **JustGo™** key to accept.
2. Select the option you wish to appear on-screen (DEACTIVATE, ALL, TIME, DISTANCE, CALORIES, SPEED, HEART RATE) by pressing the **INCREASE/DECREASE SPEED** key.
3. Press the **JustGo™** key to accept. The information will now be displayed according to your selection.

NOTE–To return to the speed and incline profiles, select the "DEACTIVATE" and press the **JustGo™** key to accept.

2.14 Auto Power off Option

This feature extinguishes the display to save energy. When the keyboard has been idle for the selected period of time, the display will turn off. Never allowing the display to go into Auto power off mode will not affect the life cycle of your screen.

To modify the period of time before the Auto power off feature extinguishes the display, enter the SETTINGS Menu (see Section 2.1).

1. Select the AUTO POWER OFF option and press the **JustGo™** key to access it.
2. You can choose a pause time of 0 to 30 minute(s) using the **INCREASE/DECREASE SPEED** keys.
Selecting 0 means the display will always stay ON.
3. Press the **JustGo™** key to validate your choice.

2.15 Memory Option

You can save an exercise that you have just completed.

To activate or deactivate this option, enter the Settings Menu (see Section 2.1).

Select the MEMORY option and press the **JustGo™** key to accept.

Activate or deactivate the saving option at the end of a program by choosing **ACTIVATE** or **DEACTIVATE** using the **INCREASE/DECREASE SPEED** key. Press the **JustGo™** key to accept.

The Memory function is now ON or OFF, depending on your selection.

3. T240-T240P-T240C Exercise Programs

- Five (5) Program Levels
- JustGo™ Program
- Manual Program
- Hill Climb Program
- Calories Goal Program
- Weight Loss Program
- Distance Goal Program
- Cardiovascular Program
- Walk Program
- Speed Run Program
- Track Program
- Heart rate control program
- Intervals Program (T240P-T240C treadmills only)
- Runner Intervals Program (T240P-T240C treadmills only)
- Random Program (T240P-T240C treadmills only)
- Two (2) Memory spaces for the T240 and four (4) Memory spaces for the T240P and T240C treadmills
- Two (2) Learn My Race spaces for the T240 and four (4) Learn My Race spaces for the T240P and T240C treadmills

A program is a series of preset speed and incline levels (hills and valleys). Some programs have five (5) individual levels of intensity. By increasing the levels, you can change the speed and incline profiles.

Each time segment is equal to the chosen exercise time divided into 20 segments. A 20-minute exercise program will consist of 20 one-minute time segments.

WARNING

BEFORE SELECTING ANY EXERCISE PROGRAM, FIRST STRADDLE THE RUNNING BELT, WITH YOUR FEET FIRMLY PLANTED ON THE FOOT RESTS. NEVER START ANY EXERCISE PROGRAM WITH ONE OR BOTH FEET ON THE RUNNING BELT.

3.1 Program Levels

The Hill, Weight Loss, City Race, Random, Interval and Cardiovascular Programs have five (5) individual exercise levels. Level 1 is the easiest and Level 5 is the most difficult. This feature allows you to modify the intensity of your workout.

3.2 JustGo™ Program

The **JustGo™** Program allows you to start a manual exercise by pressing one key. Since the JustGo™ Program is the initial program, it will always be displayed first for easy selection. You have total control of the speed and incline of the running belt at all times during the program. Use the JustGo™ Program if you like to walk or run at a fairly constant speed with little or no changes during the exercise.

Throughout the program, the speed and incline selected will remain the same unless you change them. Your progress will be indicated by a flashing arrowhead under your program profile.

In this program, the running belt will slowly start at 0.5 mph or 0.8 km/h and at an incline of 0% with the exercise time automatically set to the maximum, i.e. 99 minutes. The JustGo™ Program does not allow the user to predetermine the exercise time or enter a weight unit. As a result, the caloric expenditure and calories per hour values will be based on a user of 150 pounds or 68 kilograms.

In the JustGo™ Program, calorie values should therefore only be used as a reference.

You can change the speed and incline at any time by pressing the **INCREASE/DECREASE SPEED** or **INCLINE** keys.

You can pause, end or save the program at any time. It is not necessary to complete the entire program to save it.

To select the JustGo™ Program:

1. Press the **JustGo™** key once or the **INCREASE/DECREASE SPEED** keys to select this program. When you have made your selection, press the **JustGo™** key to accept.
2. Begin exercising.

3.3 Manual Program

The **Manual** Program allows you to create your own exercises as you progress in the program. Speed and incline are completely controlled by the user at all times. At first glance, the JustGo™ and Manual programs seem very similar due to the fact that the user controls both the speed and incline at all times. The difference is that, in the Manual Program, you can select your exercise time and enter your weight for a more accurate calories display.

As you exercise, the speed and incline will remain the same throughout the program unless you change them. Your progress will be indicated by a flashing arrowhead under your program profile.

You can change the speed and incline at any time by pressing the Speed and Incline **INCREASE** or **DECREASE** keys.

To select the Manual Program :

1. Press the **INCREASE/DECREASE SPEED** keys until you can select the **Manual** Program. Press the **JustGo™** key to accept.
2. Enter your workout **Time** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
3. Enter your **Weight** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
4. Begin exercising.

3.4 Hill Program

The **Hill** Program provides preprogrammed hill and speed profiles. The preprogrammed hill profile provides incline changes at various times as you exercise. The programmed speed profile changes your speed. You can change the speed and incline during the exercise if you find it too easy or too hard.



Speed and incline change as you progress in the program. Manually modifying the speed changes will change the speed for the chosen segment. Changing the incline manually changes the program’s entire incline profile.

The following table shows the different and inclines for each level

Level	Incline %
1	0 to 3
2	1 to 4
3	2 to 6
4	3 to 7.5
5	4 to 10

To select the Hill Program:

1. Press the **INCREASE/DECREASE SPEED** keys until you can select the **Hill Program**. Press the **JustGo™** key to accept.
2. Choose your **Level** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
3. Enter your workout **Time** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
4. Enter your **Weight** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
3. Begin exercising.

3.5 Calories Goal Program

The **Calories Goal** Program provides preprogrammed hill and speed profiles. The preprogrammed hill profile raises or lowers the treadmill at various times as you exercise. The programmed speed profile changes your speed. You can change the speed and incline during the exercise if you find it too easy or too hard.

Speed and incline change as you progress in the program. Manually modifying the speed or incline will change the entire profile of the exercise as well as the time required to meet your goal. The program ends when you have achieved your goal.

To select the Calories Goal Program:

1. Press the **INCREASE/DECREASE SPEED** keys until you can select the **Calories Goal** Program. Press the **JustGo™** key to accept.
2. Enter the **number of calories** you wish to burn using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
3. Enter your **Weight** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
4. Begin exercising.

3.6 Weight Loss Program

The **Weight Loss** Program is designed to provide a beneficial workout maximizing weight loss. The programmed speed profile changes your speed according to the chosen exercise level. The user controls the incline manually.

If you find the program too easy or too hard, you can **change your speed and incline at any time by using the INCREASE/DECREASE SPEED and INCREASE/DECREASE INCLINE keys.**

The following table shows the different speeds for each level.

Level	Speed(mph)	Speed (km/h)	Incline (%)
1	1.0 to 3.0	1.6 to 4.8	1.5 to 3.0
2	1.0 to 4.0	1.6 to 6.6	1.5 to 3.0
3	1.0 to 5.0	1.6 to 8.0	1.5 to 3.0
4	1.0 to 6.0	3.2 to 9.6	1.5 to 3.0
5	1.0 to 7.0	4.8 to 8.0	3.0 to 4.5

To select the Weight Loss Program:

1. Press the **INCREASE/DECREASE SPEED** keys until you can select the **Weight Loss** Program. Press the **JustGo™** key to accept.
2. Choose your **Level** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
3. Enter your workout **Time** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
4. Enter your **Weight** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
5. Begin exercising.

3.7 Distance Goal Program

The **Distance Goal** Program provides a hill profile with preprogrammed speeds. The hill profile raises or lowers the treadmill as you exercise. You can also change the speed and incline during the exercise if you find it too easy or too hard.

Speed and incline change as you progress in the program. Manually modifying the speed or incline will change the entire profile of the exercise as well as the time required to meet your goal. The program ends when you have achieved your goal.

To select the Distance Goal Program:

1. Press the **INCREASE/DECREASE SPEED** keys until you can select the **Distance Goal** Program, Press the **JustGo™** key to accept.
2. Enter the **number of calories** you want to burn using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
3. Enter your **Weight** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
4. Begin exercising



3.8 Cardiovascular Program

The **Cardiovascular** Program has been designed to allow you to train at moderate intensity levels of short duration and high-intensity periods followed by a quick recovery period. The **Cardiovascular** Program has predetermined speed and incline profiles according to the selected exercise levels. You can change the speed and incline during the exercise if you find it too easy or too hard by pressing the **INCREASE/DECREASE SPEED** and **INCREASE/DECREASE INCLINE** keys.

The speed profile has a set of high-intensity segments to make your heart muscles work harder.

Manually modifying the speed changes it solely for the chosen segment. Changing the incline manually will change the entire incline profile.

The following table shows the different speeds and inclines for each level.

Level	Speed (mph)	Speed (km/h)	Incline (%)
1	1.0 to 4	1.6 to 6.4	0.0 to 2.0
2	3.0 to 6	4.0 to 9.6	0.0 to 3.0
3	4.0 to 7	8.0 to 11.2	0.0 to 4.0
4	5.0 to 8	8.0 to 12.9	0.0 to 5.0
5	6.0 to 9	9.7 to 14.5	0.0 to 6.0

To select the Cardiovascular Program:

1. Press the **INCREASE/DECREASE SPEED** keys until you can select the **Cardiovascular** Program. Press the **JustGo™** key to accept.
2. Choose your **Level** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
3. Enter your workout **Time** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
4. Enter your **Weight** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
5. Begin exercising.

3.9 Walk Program

The **Walk** Program allows you to create your own exercises as you progress in the program. Speed and incline are completely controlled by the user at all times. The Walking and Manual programs are very similar due to the fact that the user has complete control over the speed and incline. The only difference is that, in the Walking Program, you cannot exceed a speed of 4.0 mph (6.4 km/h) or an incline of 6%.

As you exercise, the speed and incline will remain the same throughout the program unless you change them. Your progress will be indicated by a flashing arrowhead under your program profile.

To select the Walk Program:

1. Press the **INCREASE/DECREASE SPEED** keys until you can select the **Walk** Program. Press the **JustGo™** key to accept.
2. Enter your workout **Time** using the **INCREASE/DECREASE SPEED**. Press the **JustGo™** key to accept.
3. Enter your **Weight** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
4. Begin exercising.

3.10 Speed Run Program

Like the Hill Climb Program, the **Speed Run** Program controls a certain parameter. It only changes the speed. By selecting a higher level, you ramp up the default speed. The user controls incline changes.

The speed varies as you progress in the program. Changing the speed and incline manually will change the speed profile for the remainder of the program.

The following table shows the different speeds for each level.

Level	Speed (km/h)	Speed (mph)
1	1 to 4	1.6 to 6.4
2	1 to 5	1.6 to 8.1
3	2 to 6	3.2 to 9.7
4	3 to 7	4.8 to 11.3
5	4 to 8	6.4 to 12.9

To select the Speed Run Program:

1. Press the **INCREASE/DECREASE SPEED** keys until you can select the **Speed Run** Program. Press the **JustGo™** key to accept.
2. Choose your **Level** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
3. Enter your workout **Time** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
4. Enter your **Weight** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
5. Begin exercising.

3.11 Track Program

The **Track** program offers the user the choice of running between one (1) and 99 laps around an approximately ¼ mile-long (400 meters) Olympic track. Each Track program allows you to control your speed from beginning to end. The Track program does not have a predetermined profile.

The Track program appears on-screen as an oval track showing your progress on the track. The central information window shows how many laps you have covered during your workout. Inclines are seldom found on sports tracks, but you can use them on treadmills. Feel free to change the incline during your program.

To select the Track Program:

1. Press the **INCREASE/DECREASE SPEED** keys until you can select the **Track** Program. Press the **JustGo™** key to accept.
2. Choose the **Number of laps** you wish to run using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
3. Enter your **Weight** using the **INCREASE/DECREASE SPEED**. Press the **JustGo™** key to accept.
4. Begin exercising.



3.12 Intervals Program (T240P-T240C treadmills only)

The **Intervals Program** allows you to alternate your workout between high-intensity work and preset low-intensity rest periods. This program has predetermined speeds and incline percentages, depending on the selected level of intensity.

You can change the level of difficulty of your profile at any time, using the **INCREASE/DECREASE SPEED** and **INCREASE/DECREASE INCLINE** keys.

Whether you are in a low-intensity or high-intensity segment, if you manually change the speed, it will affect all the subsequent segments.

Similarly, if you manually change the incline, it will affect the entire incline profile.

The following table shows the different speeds and inclines for each level.

Level	Speed (mph)	Speed (km/h)	Incline (%)
1	0.5 to 2.0	1.8 to 3.2	0.0 to 1.0
2	1.0 to 3.0	1.6 to 4.8	0.0 to 2.0
3	1.0 to 4.0	1.6 to 6.0	0.0 to 2.0
4	1.0 to 1.5	1.6 to 8.0	1.0 to 2.0
5	2.0 to 5.0	3.2 to 8.0	0.0 to 3.0

To select the Intervals Program:

1. Press the **INCREASE/DECREASE SPEED** key until you can select the **Intervals Program**. Press the **JustGo™** key to accept.
2. Choose your **Level** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
3. Enter your workout **Time** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
4. Enter your **Weight** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
5. Begin exercising.

3.13 Runner Intervals Program (T240P-T240C treadmills only)

The **Runner Intervals Program** has been designed for serious runners who want to simulate a track and create exercises. The program allows users to choose their own distance, numbers of laps, running pace, recovery time and the desired recovery heart rate.

WARNING – This program is designed for the more serious runner, and includes sudden, high-speed accelerations.

The parameters you can adjust are:

- Track length: 200, 400, 600, 800, 1000, 1200, 1400 or 1600 meters
- Pace (speed): number of minute(s) allocated to cover 1 mile or 1 kilometer
- Cool down time: from 20 seconds to 20 minutes
- Cool down pace (speed): number of minute(s) for 1 mile or 1 kilometer

The treadmill screen will display a 400-meter oval track showing your progress on the track.

Example: Eight (8) 400-meter laps at a rate of 5 minutes 15 seconds per lap and a cool down period of 1 minute 30 seconds every 5 minutes.

To select the Runner Intervals Program:

1. Press the **INCREASE/DECREASE SPEED** keys until you can select the **Runner Intervals Program**. Press the **JustGo™** key to accept.
2. Enter your **Weight** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
3. Choose the **Repeat Number** by selecting the track length to be covered (from 1 for 200m to 8 pour 1600m) using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
4. Enter the **Interval Speed (minimum is 5 mph or 8 km/h)** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
5. Enter the **Cool down Time** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
6. Enter the **Cool down Speed** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
7. Begin exercising.

NOTE – The program starts with a cool down period segment so that you do not begin at a “dead point”. At the end of the cool down period, the three (3) last seconds of the cool down period will be displayed on-screen in countdown form, and a beeper will sound to indicate that the next lap will soon be starting (3, 2, 1 GO!).

3.14 Random Program (T240P-T240C treadmills only)

Every time you select this **Random** Program, you are offered a new exercise. This one-of-a-kind program allows you to access a virtually infinite number of new workouts by pressing one key. Each new workout in the Random Program gives you access to a preprogrammed speed and incline profile that will vary throughout the workout.

If you wish, you can manually change the incline and/or the speed at any time during the exercise by using the **INCREASE/DECREASE SPEED** and **INCREASE/DECREASE INCLINE** keys.

The computer alone can generate more than four billion different programs.

The following table shows the different speeds and inclines for each level

Level	Speed (mph)	Speed (km/h)	Incline (%)
1	0.5 to 2.0	0.8 to 3.2	0.0 to 1.0
2	1.0 to 3.0	1.6 to 4.8	0.0 to 2.0
3	2.0 to 4.0	3.2 to 6.4	0.0 to 2.0
4	2.0 to 5.0	3.2 to 8.0	0.0 to 3.0
5	3.0 to 5.0	4.8 to 8.0	0.0 to 4.0

To select the Random Programme:

1. Press the **INCREASE/DECREASE SPEED** keys until you can select the **Random** Program. Press the **JustGo™** key to accept.



2. Choose your **Level** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
3. Enter the workout **Time** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
4. Enter your **Weight** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
4. Begin exercising.

3.15 Heart Rate Control Program

The **Heart Rate Control Program** allows you to perform an exercise program at a predetermined heart rate level. By selecting a target heart rate, the speed and/or incline of the treadmill automatically adjusts to provide the necessary intensity to reach and maintain the target heart rate.

By entering your age and the desired percentage of your maximum possible heart rate (0-100%), the computer will calculate your target heart rate value. This value is displayed in the lower left-hand side of your screen [target BMP (beats per minute)]. (See "Heart Rate Zone" table at the beginning of this manual to learn more about level of effort in percentages.)

You can change the speed and incline at any time during the program by pressing the **INCREASE/DECREASE SPEED** and **INCREASE/DECREASE INCLINE** keys. Remember, the computer will automatically gradually adjust the speed or incline to compensate for speed or incline change you have just made in order to bring your ACTUAL heart rate close to your TARGET heart rate.

As with all the workout programs, the main computer screen shows the speed and/or incline profiles. Here, however, it will show your ACTUAL heart rate (under the profile in the middle) and your TARGET heart rate (under the profile on the left). Once you have begun exercising, if your ACTUAL heart rate is lower than the TARGET heart rate, the computer will simultaneously adjust the speed and incline to gradually increase the level of intensity of the workout in order to bring your ACTUAL heart rate in line with your TARGET heart rate.

NOTE – This program requires wearing the heart beating frequency chest strap which enables the treadmill running belt to change speed and incline so as to adjust to your TARGET frequency. This strap is available at your authorized BODYGUARD® Fitness dealer.

The strap should fit snugly across the chest since any impact when running fast might show an incorrect reading of your heart beating frequency. For an optimum reading, you should be within arm's length of the console.

If, for a few seconds, the heart rate receiver does not detect a signal from the heart beating frequency chest strap, the following message will appear: "UNSTABLE HR, PLEASE CHECK CHEST STRAP". Please note that if the heart frequency receiver does not detect a signal for two (2) minutes, the program will stop.

CAUTION – If the pace is too fast for your fitness level and you are unable to keep up, press STOP to stop the program. You may resume the exercise but at a lower level of intensity (e.g., 60%). If this is still too hard for you, do not use the Heart Rate Control Program until your level of fitness allows you to do your workout at the desired TARGET heart rate.

To select the Heart Rate Control Program:

1. Press the **INCREASE/DECREASE SPEED** keys until you can select the **Heart Rate Control** Program (HR CTRL). Press the **JustGo™** key to accept.
2. Enter the workout **Time** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.

3. Enter your **Weight** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
4. Enter your **Age** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
5. Choose your **Percentage** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
6. If desired, modify the **Beats Per Minute (BPM)** calculated by the computer following the percentage chosen at point 5, using the **INCREASE/DECREASE SPEED**. Press the **JustGo™** key to accept.
7. Begin exercising.

NOTE – You can modify the TARGET value calculated following the percentage chosen after you have entered all the parameters

3.16 Memory Program and Learn Race Program

The **Memory and Learn Race** programs allow you to retrieve previously completed or edited programs. At the end of each exercise, the computer asks you whether you wish to save the completed exercise or not. All the programs, with the exception of the Laps Program, can be saved. Learn Race programs are programs previously edited in the SETTINGS Menu under Learn Race.

To choose a Program:

1. Press the **INCREASE/DECREASE SPEED** keys until you can select the **Memory or Learn Race** Program. Press the **JustGo™** key to validate your choice.
2. The saved or edited programs then appear on-screen. You can choose **saved or edited program** by pressing the **INCREASE/DECREASE SPEED** keys until the name of the desired program is displayed on-screen. Press the **JustGo™** key to validate your choice.
3. Enter the workout **Time** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
4. Enter your **Weight** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
5. Begin exercising.

NOTE – When you choose an exercise saved in Memory or Learn Race, you cannot enter an exercise level.

Using the Contact Heart Rate System

This machine has a built-in handle contact heart rate system that allows you to check your heart rate without wearing a heart rate chest strap. By holding the hand grips, you will see your current pulse on-screen. (To get a reading, your hands must not too moist (sweaty) or too dry).



4. HEART RATE MONITORING

The BODYGUARD® Fitness Heart Rate Control System inside every T240–T240P–T240C treadmill has been specifically designed for use with the heart rate chest strap. The chest strap enables the computer to monitor your heart rate or beats per minute (BPM). This value is displayed on the computer screen and should only be used as a guide in helping you achieve your personal fitness goals.

If the chest strap is not used, no heart rate reading will be displayed on-screen. It is important to consult a physician before starting an exercise program or using a heart rate chest strap.

CAUTION – We recommend that you read this instruction manual carefully before you begin using this machine. Use of this equipment by persons with heart or other medical problems may result in serious injury. It is recommended that you consult a physician before using this machine. Consult your physician before using this equipment and periodically as you continue to use it. Cease exercising immediately if you feel dizzy, faint, or short of breath. Use of this equipment in a manner other than that prescribed in this instruction manual may result on serious injury.

In order to help you choose an effective exercise program and determine your recommended heart rate zone, see the table “Heart Rate Zone” at the beginning of this manual to identify the heart rate zone based on different levels of intensity according to your age. These levels include Fat Burning, Healthy Heart and Aerobic.

TIP– You should moisten the back of the heart rate chest strap from time to time to make sure it transmits a signal. Use a few drops of water to moisten the strap and place it directly on your skin. The strap will not work properly if worn over your clothes.



4.1 Chest Strap Heart Rate Reading Problems

All BODYGUARD® Fitness machines are compatible with Polar wireless heart rate monitor systems. Each system comprises a chest strap and a receiver. The receiver is built into the machine. Chest straps are available at all BODYGUARD® Fitness retailers. If you are having problems with signal reception, consult the troubleshooting checklist below.

Troubleshooting Checklist - Table 1

PROBLEMS	LIKELY CAUSES	SOLUTIONS
<ul style="list-style-type: none"> • No signal 	<ul style="list-style-type: none"> • Dead battery in strap • Dry electrodes • Wrong strap 	<ul style="list-style-type: none"> • Change battery • Moisten electrodes with water • Use a Polar compatible strap

<ul style="list-style-type: none"> • Weak signal 	<ul style="list-style-type: none"> • Weak battery • Electrodes not wet enough • Strap not tight enough • Too much body fat • Chest size too small or too big • Receiver problem 	<ul style="list-style-type: none"> • Change battery • Moisten electrodes with water • Tighten strap • No solution • Adjust chest strap accordingly • Use Diagnostics Menu to check signal (See Heart Rate Test section)
<ul style="list-style-type: none"> • Erratic signal 	<ul style="list-style-type: none"> • Wrong strap • Interference from other signals • Electrodes not wet enough 	<ul style="list-style-type: none"> • Use a Polar compatible strap • Move machine away from potentials sources of interference • Moisten electrodes with water

The above table should help you properly diagnose the problem. Note that the signal is not necessarily transmitted immediately. The chest strap electrodes need to be moistened in order to send a strong signal. Interference from radios and neon lights can also reduce the strength of the signal.

4.2 Possible Contact Heart Rate System Problems

Please refer to the following table for troubleshooting tips for the Contact Heart Rate Reading System. This machine uses an ECG (electrocardiogram) circuit board with metal plates connected by conductor wires. The circuit board is built into the machine.

Troubleshooting Checklist - Table 2

PROBLEMS	LIKELY CAUSES	SOLUTIONS
<ul style="list-style-type: none"> • No reading 	<ul style="list-style-type: none"> • Hands not in contact with metal plates long enough • Defective ECG circuit board • Conductors wires not properly connected 	<ul style="list-style-type: none"> • Wait five (5) to 10 seconds for a good reading • Change ECG circuit board • Check connections
<ul style="list-style-type: none"> • Erratic reading 	<ul style="list-style-type: none"> • Hands unstable on metal plates • Defective ECG circuit board • Fluorescent (neon) lights too close to console • Interference from other signals 	<ul style="list-style-type: none"> • Do not move hands • Change ECG circuit board • Move machine • Only use this equipment to perform checks

5. COMPUTER DIAGNOSTICS

Accessing the Diagnostics Menu

To determine the condition of the various electrical and mechanical components, access the DIAGNOSTICS Menu as follows:

1. Turn power OFF.
2. Simultaneously hold down the **INCREASE/DECREASE SPEED** keys and turn power ON.
3. Release the **INCREASE/DECREASE SPEED** keys once you are in the DIAGNOSTICS Menu. You should see the software version installed in your treadmill.
4. Press the **JustGo™** key to access the detailed items.

When you access the DIAGNOSTICS Menu, the following message will appear as follows: "T240 version X.XX".

The above message indicates the version of the software installed in your computer. This information is helpful in diagnosing certain computer-related problems. Keep in mind that the version number can change depending on the model of your T240–T240P–T240C treadmill.

T240–T240P–T240C treadmills allow you to perform the following tests:

- **NVRAM TEST**
- **KEYPAD TEST**
- **DISPLAY TEST**
- **SOUND TEST**
- **HEART RATE TEST**
- **SAFETY KEY TEST**
- **BELT ALIGNMENT TEST**
- **MOTOR TEST**
- **CURRENT TEST**
- **SPEED SENSOR TEST**
- **ERROR LOG**
- **MAINTENANCE**
- **STATISTICS**
- **INCLINE CALIBRATION**

To perform any of the above tests, except the incline calibration test, press the Speed INCREASE/DECREASE keys to select the one you want and press the JustGo™ key to accept.

NVRAM TEST

The **NVRAM** is a memory chip that saves information even when the computer is OFF. This test lets you know whether everything is working formally. Note that the NVRAM (non-volatile memory) test will not erase any stored information, such as saved program profiles and various user IDs.

1. Enter the DIAGNOSTICS Menu, select NVRAM TEST and press the **JustGo™** key to accept.
2. The computer will display the following message: "SUCCESSFUL"
3. Press the **STOP** key to terminate this test.

KEYPAD TEST

The keypad test allows you to verify that each key is responding accurately when pressed.

1. Enter the DIAGNOSTICS Men, select KEYPAD TEST and press the **JustGo™** key to accept.
2. Press each key, one at a time, and check the confirmed response on the screen. For example, if you press the **INCREASE INCLINE** key, the screen will display **INCLINE INC**, indicating that the key press was recognized.
3. To interrupt this test, press the **STOP** and **JustGo™** keys simultaneously.

DISPLAY TEST

The display test allows you to verify that each display light is working properly. If you notice that one or more areas on the screen do not light up while you exercise, you should perform this test.

1. In the DIAGNOSTICS Menu, select DISPLAY TEST and press the **JustGo™** key to accept.
2. The screen will light up in a certain way. To proceed to the next display pattern, press any key.
3. Press the **STOP** key to terminate the test.

SOUND TEST

The sound test will cause the beeper to sound.

1. Enter the DIAGNOSTICS Menu, select SOUND TEST and press the **JustGo™** key to accept.
2. Listen for a series of beeps. Press any key to terminate the test.

HEART RATE TEST

The heart rate test allows you to determine if the heart rate systems (chest strap and hand grips) are working properly and that the computer is displaying your heart rate signal during a program.

1. Enter the DIAGNOSTICS Menu, select HEART RATE TEST and press the **JustGo™** to validate.
2. Attach your heart rate chest strap. Your current heart rate signal will be displayed on the bottom left-hand side of the screen and the value of the chest strap signal will be displayed on the bottom and in the center of the screen. You do not have to be walking on the belt to do this test; simply stand near the computer. In a few seconds, your actual heart rate will be displayed on-screen. Do the same for the hand grip system; put your hands on the metal plates and wait for five (5) to eight (8) seconds.
3. Press the STOP key to terminate this test.

SAFETY KEY TEST

The safety key test allows you to see if the key is working properly.

1. Enter the DIAGNOSTICS Menu, select SAFETY KEY TEST and press the **JustGo™** key to accept.
2. Insert the key and check the screen. If the key is inserted correctly, a closed contact will appear on the DEL screen. If the safety key is not inserted, an open contact is displayed.

BELT ALIGNMENT

Should you need to adjust the tracking of the running belt, you must make all adjustments during the belt alignment procedure. To determine if the belt is aligned along the center of the running deck, measure the visible deck surface on either side of the belt. If these values are about equal, do not adjust the belt. If, however, one side of the belt is closer to the foot rests than the other side, then you will need to adjust the belt to track to the opposite side.

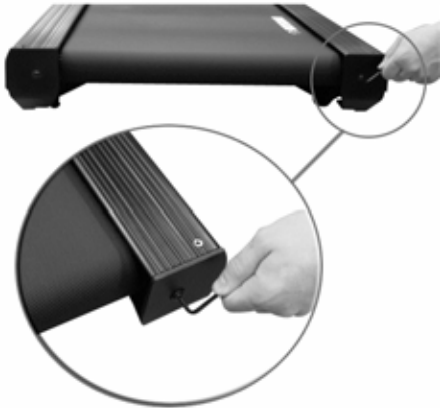
WARNING – Do not stand on the belt during this procedure. Keep loose clothing and long hair away from the belt and rollers when performing belt alignment.

To adjust running belt alignment

Enter the Diagnostics Menu, select BELT ALIGNMENT and press the **JustGo™** key to accept.

You will need a 5/32" Allen key to turn the bolts located inside the roller end caps.

Allow the belt to reach 2.0 mph or 3.2 km/h (speed will be displayed on the computer screen). Looking from the rear of the treadmill, note the gap between the right and left sides of the belt and the foot rests.



To check belt alignment, visually check gap (A) between belt ends and foot rests (B) on either side. Belt adjustment bolts (D) are visible through hole in rear roller caps.

If the running belt is tracking (moving) to the left of the deck surface:

- turn the left bolt clockwise to allow the belt to track to the right and, ultimately, in the center, or;
- turn the right bolt counter-clockwise to allow the belt to track to the right and, ultimately, in the center.

If the running belt is tracking to the right of the deck surface:

- turn the left bolt counter-clockwise to allow the belt to track to the left and, ultimately, in the center, or;
- turn the right bolt clockwise to allow the belt to track to the left and, ultimately, in the center.

NOTE – During any belt alignment procedure, never turn a bolt by more than 1 to 1-1/2 revolutions (clockwise). Exceeding this may cause a high amount of tension on the running belt and result in premature wear of the belt and roller. To prevent this problem, it is best to adjust only one alignment bolt.

In order to verify that the running belt is properly aligned, slowly increase the speed to a maximum of 6.0 mph or 9.6 km/h, and let the belt turn for a least one (1) minute. Carefully observe that the belt does not track to the left or right side. If the belt continues to track to one side, or you hear a friction noise, immediately press the **STOP** key to stop the belt. You will need to check the alignment again.

MOTOR TEST

The motor should not be checked if the computer needs to be changed or repaired or if you feel the speed is not working properly. The motor verification procedure is automatic and requires no tools.

CAUTION – Do not stand on the belt during this procedure.

Enter the DIAGNOSTICS Menu, select MOTOR TEST and press the **JustGo™** key to accept

Wait while the treadmill checks the motor. The procedure will take about 30 seconds and the message MOTOR OK will be displayed.

WARNING – If the motor test is interrupted prematurely, do not use the treadmill. It is important to fully complete the motor test before using the treadmill.

STATISTICS

The statistics allow you to view different parameters related to the use of your treadmill, such as time and distance.

1. Enter the DIAGNOSTICS Menu, select STATISTICS and press the **JustGo™** key to accept.

- TOTAL TIME indicates the amount of time the treadmill has been used during all exercise programs.

- TOTAL DISTANCE indicates the total distance travelled on the treadmill during all exercise programs.
- 2. Press the **STOP** key to terminate this test.

CURRENT TEST

The current test allows you to see motor voltage and current.

1. In the DIAGNOSTICS Menu, select CURRENT Test. The belt will reach a speed of 2.0 mph or 3.2 km/h.
2. Walk on the belt for a few minutes and the value of the current and voltage in the motor will appear in the central information window.
3. Vary the speed to ensure that you get good readings at different speeds.
4. Press the **STOP** key to terminate this test.

NOTE – During the test, the amperage and voltage will be shown in the central information window in the following format: 3.1A . Here, 3.1A stands for 3.1 an average of Amps DC.

The value of the amperage must never exceed 15 amps (10 amps for the international version).

SPEED SENSOR TEST

The speed sensor test allows you to see whether your speed sensor circuit is functional or not.

1. In the DIAGNOSTICS Menu, select the SPEED SENSOR TEST and press the **JustGo™** key to accept.
2. Let the belt reach a speed of 2.0 mph or 3.2 km/h.
3. The message will be displayed in the central information window indicating whether the sensor is good or bad. If the message indicates BAD, check the following items:
 - Check of your speed sensor is connected to the electronic card.
 - Check the optical disk to make sure the sensor is not dirty.
4. Press the **STOP** key to terminate this test.

ERROR LOG

The error log allows you to see the number of times an error has occurred.

1. In the DIAGNOSTICS Menu, select the ERROR LOG function and press the **JustGo™** key to accept.
2. You will be able to see all the errors and the number of times each one occurred.
3. Press the **STOP** key to exit this section or press the **JustGo™** key to reset the error codes.

NOTE – The table of error codes can be viewed at the end of this document.

MAINTENANCE

The maintenance feature allows you to see the average value of the current drawn by the motor. It also allows you to reset this counter.

A first threshold has been set to make sure that the normal high limit of current drawn by the motor will not be exceeded.

When that first level is reached, the user will get the message DECK SURFACE MAINTENANCE REQUIRED and the symbol "!" will be displayed on the main screen (See table on next page). The message and symbol will be displayed between each new exercise. After the maintenance has been done and the maintenance counter reset in the **DIAGNOSTICS** Menu, the notice will go away until there is another rise in current.

If maintenance is not done of the deck surface as required, a second threshold slightly above the first one will be triggered. A new notice, accompanied by an "X" will come up on the main display. At that point, the machine will not start again until the deck maintenance is done and the maintenance counter reset in the **DIAGNOSTICS** Menu.

1. To access the MAINTENANCE Menu, enter the DIAGNOSTICS Menu, select MAINTENANCE and press the **JustGo™** key to accept. There are two (2) submenus : AVERAGE and RESET.

2. If you want to see the average current drawn by the motor, simply go into the AVERAGE option. The value displayed is that of the last reset. Press **STOP** to exit this option.

3. Once you have done the maintenance, you need to reset the maintenance counter by accessing RESET in the Maintenance Menu, and confirm the function by pressing the **JustGo™** key. The following message will appear on-screen: "MAINTENANCE COUNTER IS RESET". You can now restart the treadmill.

4. Press the **STOP** key to terminate this test

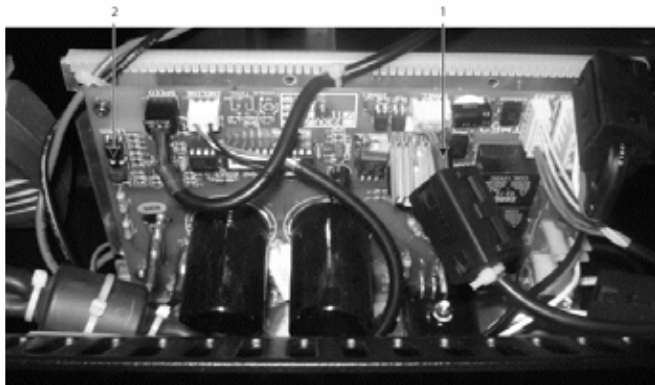
Alert Levels	North America	International
! on-screen symbol	12.0 Amps	12. Amps
X on-screen symbol	12. Amps	12.5 Amps

INCLINE CALIBRATION

Incliner calibration should only be performed if your motor drive or your incline motor needs to be changed or repaired or if you feel that the incline is not working properly. The incline calibration procedure is automatic and requires no tools other than a Philips screwdriver to remove the motor cover.

1. Remove the motor cover to gain access to the motor drive board.
2. Unplug the computer cable from its on-board connector (location called PANEL). It is at the right-hand side of the center and on top. This procedure cannot be performed if the computer cable is connected.

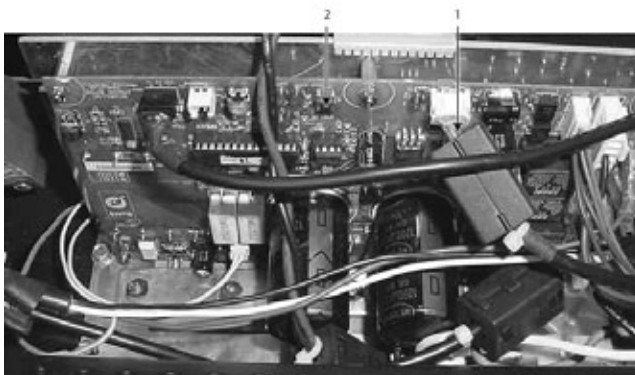
T240



1) Cable to disconnect

2) Button to push

T240P-T240C



3. Locate “LEARN” button on the motor drive (on the left-hand side near the top of the board on the T240 and above the center of the board on the T240P –T240C models) and hold it down for three (3) seconds. The incline calibration should start. The treadmill should rise by up to 15% and go back to 0% and stop.
4. Plug the computer cable back in the motor drive.

WARNING – Do not stand on the belt during this procedure. The treadmill will elevate to a maximum incline of 15%. The procedure will take approximately one (1) minute to complete. If for any reason you must stop the test, turn the power OFF, either with the ON/OFF switch or by unplugging the power cord. If this procedure interrupted prematurely, do not use the treadmill. It is important to fully complete incline calibration procedure before using the treadmill.

6. Maintenance Information

6.1 General Care

Your T240-T240P-T240C has been designed and built to give you trouble-free use. For maximum safety, however, you should periodically check your unit for signs of wear. Here's a short checklist followed by reference Table 3.

- After each workout, you should wipe down your T240–T240P–T240C using a mild, non-abrasive liquid cleanser applied with a soft, cotton cloth Do not spray cleansers directly on the unit or use an excessively wet cloth. Do not clean the unit with the power ON—be sure that it is OFF.
- Make sure that the treadmill is on a level surface and that the it is not rocking. Excessive rocking may cause the running belt to track to one side of the deck resulting in accelerated wear of the running belt.
- Keep liquids, including excessive perspiration, away from the computer console.
- The running belt and deck surface should be kept clean. Dirt and other debris can cause slipping and falling when exercising.
- Make sure that each handle bar is secure on the frame.
- Do not use any lubricating product other than the Bodyguard® product.
- Place a carpet or rubber mat under the treadmill to avoid any build up of debris from your exercise shoes. Under extreme

conditions, some debris may collect on the floor or just behind the rear roller. It is also recommended to periodically remove any built-up dust under the treadmill. Excessive amounts of dust may enter into the motor assembly and cause the motor to overheat.

- It is very important to periodically remove any dust that may have accumulated under the motor cover. Use compressed air to blow out the accumulated dust in the motor and board area.

CAUTION – To prevent electrical shock or risk of fire, always turn the power OFF and disconnect the power cord whenever you are cleaning, inspecting or repairing your T240–T240P–T240C unit.

6.2 Running Deck and Belt

Running Belt

The running belt supplied with each Bodyguard® treadmill is of the highest quality, offering superior traction and low noise under extreme conditions. It is therefore important to maintain each running belt by periodically checking that no cuts have appeared over time, and that the running belt has not shifted to one side of the deck surface. If the running belt constantly tracks (or moves) to one side of the deck, you must adjust an alignment bolt located at the rear of the running belt (see Belt Alignment for complete procedure).

Running Deck

The running deck needs to remain free of any loose items that may become trapped between the running belt and the rollers. Avoid spilling liquids on the deck surface as this may cause gum up problems on the rollers.

Under extreme conditions resulting in heavy wear and tear on the deck surface, it may be necessary to remove the deck and turn it over, or turn it back-to-front to expose a fresh surface. The deck is especially designed to offer four (4) reversible sides for a longer life of the deck.

Please contact your BODYGUARD® Fitness distributor for servicing your running deck.

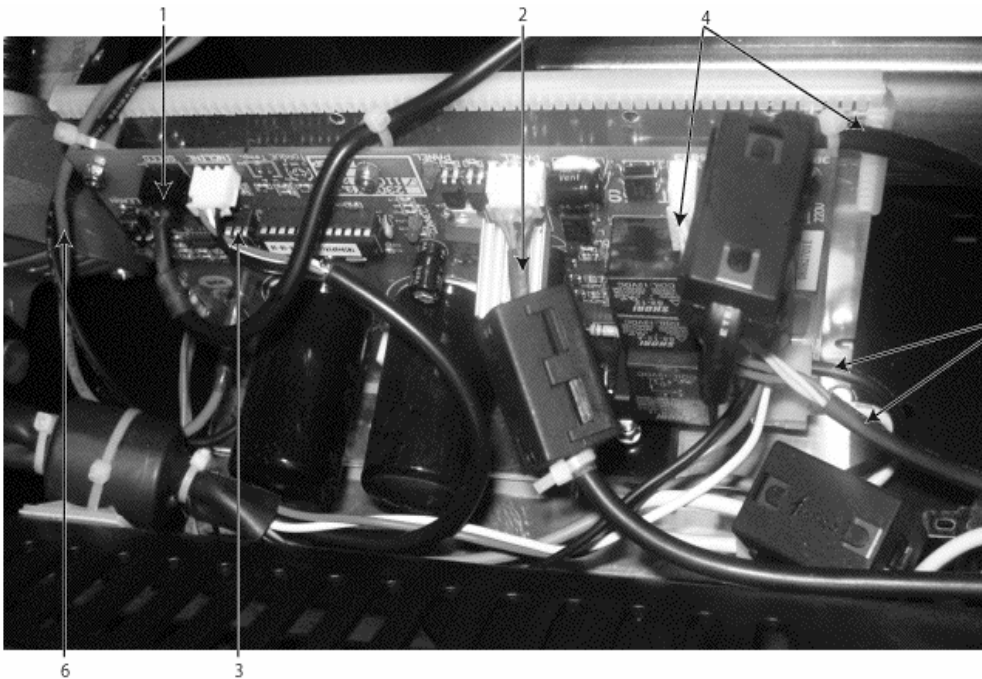
Make sure the power is OFF before doing any maintenance.

Motor in American treadmill models (T240-T240P-T240C)



- 1. Breaker
- 2. ON/OFF switch

Wires and cables in North American T240-T240P-T240C treadmill models.



- 1 – Speed sensor cable
- 2 – Computer cable
- 3 – Incline motor position cable
- 4 – Transformer cables
- 5 – AC power wires
- 6 – Main motor wires
- 7- Incline motor power wire

6.3 Lubricant Application

1. Clean the deck surface and the inside part of the running belt with a dry piece of fabric. Clean the belt first with a cloth that covers the width of the belt and start the belt so it makes two (2) complete turns at low speed. Then, release the tension on the rear roller by loosening the bolts so as to gain easy access to the platform.

2. Open the tube of lubricant supplied by your dealer. Place the tube under and in the middle of the belt at about 15 inches from the hood cover. Step on the treadmill and step down with your feet where the lubricant tube is located under the belt to make sure that most of the lubricant is spread evenly on the deck surface. **DO NOT START THE TREADMILL YET!**

3. Remove the LUBE TUBE from under the belt and put the tension back again on the rear roller. Stand where you applied the lubricant and press **JustGo™** twice to start the belt turning at 0.5 mph (or 0.8 km/h). Let the belt bring you to the back of the treadmill and then return to where you were standing. Do this three (3) times to spread the lubricant over the total surface of the deck. Start the treadmill and get the speed up to 2 mph or 3.2 km/h to make sure the belt alignment is correct. If problems occur, please refer to Table 3 of this document.



6.4 Quick Troubleshooting Checklist

If you experience a problem during the normal operation of your T240–T240P–T240C treadmill, refer to the following Troubleshooting Guide. If you are unfamiliar with or uncertain about basic Diagnostic maintenance procedures, contact your authorized BODYGUARD Fitness distributor.

Troubleshooting Checklist - Table 3

PROBLEMS	LIKELY CAUSES / SOLUTIONS
<ul style="list-style-type: none"> • Computer will not light up when computer is turned ON 	<ul style="list-style-type: none"> • Unit is not plugged in / Plug unit in • Power cord / Check that power cord is functional; replace it if necessary • Circuit breaker / Reset the breaker • Damaged motor drive board / Contact your Bodyguard® distributor • The wires are not connected / Remove the hood and connect the wires properly
<ul style="list-style-type: none"> • Belt does not turn 	<ul style="list-style-type: none"> • Magnetic key is not in place / Insert the magnetic key
<ul style="list-style-type: none"> • Incline does not respond properly 	<ul style="list-style-type: none"> • It is not calibrated / Perform Incline Calibration • The wires are not connected to the motor circuit board / Connect the incline motor to the motor board
<ul style="list-style-type: none"> • Motor drive does not respond properly 	<ul style="list-style-type: none"> • Perform a motor test • The wires are not connected to the motor circuit board / Motor wiring harness needs to be connected to the lower board
<ul style="list-style-type: none"> • Motor turns backwards 	<ul style="list-style-type: none"> • The wires are reversed on the circuit drive / Contact your Bodyguard® distributor

<ul style="list-style-type: none"> • Computer keys are not responding to touch, or sticking 	<ul style="list-style-type: none"> • Keypad may be damaged by liquid seeping through the seal / Contact your Bodyguard® distributor • Excessive amount of cleansing solution used / When cleaning console, use mild cleanser on damp cloth only
<ul style="list-style-type: none"> • Squeaking noise from motor 	<ul style="list-style-type: none"> • Poly-V belt slipping / Contact your Bodyguard® distributor • Motor brush noise excessive / Contact your Bodyguard® distributor
<ul style="list-style-type: none"> • Belt tracks left or right 	<ul style="list-style-type: none"> • Uneven floor / Move the treadmill to an even floor • Rear roller not adjusted for sloped floor / The rear rollers needs to be adjusted. Perform Belt Alignment
<ul style="list-style-type: none"> • Speed is not constant or seems to fast or too slow 	<ul style="list-style-type: none"> • Perform a motor test (see DIAGNOSTICS section) • The tension on the motor drive is too high / Reduce tension on running belt. Perform Belt Alignment
<ul style="list-style-type: none"> • Unable to exit at the end of a program 	<ul style="list-style-type: none"> • Incline is not calibrated / Perform Incline Calibration
<ul style="list-style-type: none"> • An error code appeared on-screen. 	<ul style="list-style-type: none"> • See Error Log Table below

6.5 Error codes

Troubleshooting Checklist - Table 4

ERROR CODES / SYMBOLS	LIKELY CAUSES / SOLUTIONS
<ul style="list-style-type: none"> • Error 51 	<ul style="list-style-type: none"> • There is a communication problem between the display console and the motor drive board • Possible causes: Bad connection of the cable between the display console and the motor drive board, or potential problem with the motor drive board or the computer
<ul style="list-style-type: none"> • Error 52 	<ul style="list-style-type: none"> • Problem with the motor drive board • Possible cause: defective motor drive board. / Contact your Bodyguard® Dealer
<ul style="list-style-type: none"> • Error 53 	<ul style="list-style-type: none"> • “No speed signal” error. No speed reading from speed sensor for five (5) seconds continuously, or speed sensor reading is far below set speed • Possible cause: Belt somehow stuck, or sensor defective or not connected
<ul style="list-style-type: none"> • Error 54 	<ul style="list-style-type: none"> • Main relay problem on motor drive • Possible cause: Defective motor drive board. Contact your Bodyguard® Dealer
<ul style="list-style-type: none"> • Error 55 	<ul style="list-style-type: none"> • Hardware maximum current limit exceeded on motor drive board • Possible cause: Defective motor drive board, or too much friction between the deck and running belt
<ul style="list-style-type: none"> • Error 56 	<ul style="list-style-type: none"> • Speed error: speed reading is too low or too high.

	<ul style="list-style-type: none"> • Possible cause: Defective motor drive board, or speed sensor or speed sensor cable problem
<ul style="list-style-type: none"> • ! on-screen symbol 	<ul style="list-style-type: none"> • First threshold of maintenance has been reached or exceeded • Possible cause: The friction between the deck surface and the running belt is too high. You need to service the deck either by applying Bodyguard lubricant or by flipping the deck if the surface is worn out. The treadmill will allow you to restart even if the maintenance has not been done and the maintenance counter has not been reset. However, it is good practice to service the treadmill when the first threshold is reached and not wait for the second threshold.
<ul style="list-style-type: none"> • X on-screen symbol 	<ul style="list-style-type: none"> • Second threshold of maintenance has been reached or exceeded • Possible cause: The friction between the deck surface and the running belt is too high. You need to service the deck either by applying Bodyguard lubricant or by flipping the deck if the surface is worn out. The treadmill will not allow you to restart if the maintenance has not been done and the maintenance counter has not been reset.

6.6 Safety Requirements

North America

T240–T240P–T240C treadmills have been tested and approved to meet all ETL requirements for electrical and mechanical safety. In addition, T240–T240P–T240C treadmills are compliant with UL 1647 and CAN/CSA-E335-1/2E standards.

International

T240–T240P–T240C treadmills have been tested to meet the Low Voltage Directive 73/23/EEC concerning electrical and mechanical safety.

6.7 Interference Limits Requirements

United States

This equipment has been tested and found to comply with the limits of a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. 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 interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by:

- Reorienting or relocating the receiving antenna.
- Increasing the distance between the equipment and the receiver.
- Plugging the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consulting the distributor or an experienced radio/TV technician for help.

Canada

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to the NMB-003 standard.

International

This equipment has been tested to comply with the Electromagnetic Interference Compatibility Directive 89/336/EEC required by the International Electrotechnical Commission (CEI).