

STAR TRAC TR1800 SERIES

TREADMILL OWNER'S MANUAL

P/N: 620-1045
Revision: A
Date: July 1999



STAR BY UNISEN, INC.
TRAC[®]

STAR TRAC TR1800 SERIES TREADMILL OWNER'S MANUAL

IMPORTANT SAFETY INSTRUCTIONS

WARNING:

This product is for use on a circuit having a nominal rating of more than 120 volts and is factory-equipped with a specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as that of the plug. NO adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.

SAVE THESE INSTRUCTIONS

THESE ARE CAUTION SYMBOLS & MESSAGES



CAUTION: Read the Owner's Manual completely before operating this treadmill.



CAUTION: Before cleaning or servicing, disconnect power supply.



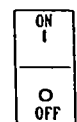
CAUTION: Moving parts, keep hands and feet from under the treadmill when operating.



Stop (of action).



Alternating current.



On

Off

(800)-503-1221

Star Trac's Service Hotline, 6 a.m. to 6 p.m. P.S.T.

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INTRODUCTION

Welcome to the world of **STAR TRAC**. In your hands is the owner's manual that will acquaint you with your **STAR TRAC TR1800 SERIES TREADMILL** assembly, operation and maintenance so that you may begin reaching your fitness goals.

We highly recommend that you read this owner's manual prior to setting up and using your treadmill. The information on the following pages will enable you to begin easily, quickly and safely.

SAFETY INSTRUCTIONS

CHAPTER

1

DO

Do read all instructions in this manual before using your treadmill.

Do use your treadmill only for its intended use, as described in this manual. Do not use attachments not recommended by the manufacturer.

Do stop operating your treadmill if you feel dizzy or faint.

Do exercise slowly until you reach a level of comfort and security.

Do warm up and cool down before and after each workout.

Do set your goals (see *Getting Started* in Chapter 5).

Do complement your walking, jogging, and running with a nutritious diet.

Do try charting your progress using the feedback from your treadmill (see Training Logs starting on P. 32).

Do try using the incline feature to burn more calories and strengthen your lower-body muscles.

Do perform regular preventive maintenance.

Do keep the electrical cord away from sources of excessive heat.

Do keep the treadmill air openings free of lint, hair, etc.

Do unplug your treadmill before doing any maintenance or cleaning.

DO NOT

Do not let unsupervised children operate your treadmill. Supervise invalids or disabled persons who use your treadmill.

Do not leave your treadmill unattended when it is plugged in. Unplug it from the outlet when it is not in use, and before you remove or replace any parts or accessories.

Do not use your treadmill without athletic shoes.

Do not jump on or off your treadmill if the belt is moving.

Do not use or store your treadmill outdoors or in an enclosed pool environment.

Do not ever drop or insert any object, hands, or feet into any opening, or underneath this equipment.

Do not place water bottles or cups on your treadmill unless you are using an accessory attachment designed for the treadmill. Do not use your treadmill where aerosol (spray) products are being used or where oxygen is being administered.

Do not run the equipment with the motor shroud removed, or modify the equipment in any way.

Do not overtighten the running belt.

Do not operate this treadmill if it has a damaged cord or plug, if it is not working properly, or if it has been dropped or damaged. Contact your authorized **STAR TRAC** retailer or the **STAR TRAC** service department at 800-503-1221 or access our web site at <http://www.startrac.com>, for immediate examination or repair.

MESURES DE PRECAUTION (CSA REQUIREMENT)

Ces instructions sont destinées au propriétaire du **TAPIS STAR TRAC 1800**. Assurez-vous que votre personnel et vos adhérents les suivent toujours.

Encouragez vos adhérents à parler de leur programme d'entraînement à un médecin ou un entraîneur, en particulier s'ils n'ont pas eu d'activité sportive pendant plusieurs années, s'ils ont plus de 35 ans ou s'ils ont des kilos superflus.

Lisez le manuel avant de faire fonctionner le tapis.

Utilisez le tapis exclusivement aux fins pour lesquelles il est destiné. N'utilisez pas d'accessoires qui n'ont pas été recommandés par le fabricant.

Attachez toujours vos lacets et vêtements quand vous courez sur le tapis.

Arrêtez si vous êtes pris de vertiges ou épuisé.

Commencez toujours à une vitesse lente.

Respectez les périodes d'échauffement et de récupération.

Entrez vos objectifs (voir chapitre 5).

Complétez votre entraînement par un régime alimentaire.

Suivez votre progrès grâce aux informations du tableau de bord.

Essayez d'utiliser l'inclinaison afin de brûler plus de calories et de renforcer les muscles de membres inférieurs.

Effectuez régulièrement l'entretien préventif du tapis.

Mettez les fils électriques à l'abri de la chaleur.

Enlevez la poussière, les cheveux, etc. de l'aération.

Ne laissez pas d'enfants non accompagnés sur le tapis. Une surveillance très stricte est nécessaire si des personnes invalides ou handicapées utilisent le tapis.

Ne laissez jamais le tapis sans surveillance s'il est branché. Débranchez le tapis si vous ne l'utilisez pas ou avant de monter ou démonter des pièces.

Utilisez le tapis uniquement avec des chaussures appropriées.

Ne descendez pas ou ne montez pas sur un tapis qui est en fonction.

N'utilisez ou ne stockez jamais le tapis à l'extérieur ou près d'une piscine.

Ne laissez rien rentrer dans les ouvertures. Ne posez pas vos pieds sous l'appareil.

Ne posez pas de bouteilles ou verres d'eau sur l'appareil sans être équipé avec le () en option.

N'utilisez pas le tapis dans les endroits où des aérosols ou de l'oxygène ont été utilisés.

Débranchez le tapis avant le nettoyage ou le changement de fusibles.

N'enlevez pas de vis, ne modifiez pas l'appareil.

Ne serrez pas trop fort la surface caoutchoutée.

N'utilisez pas cet appareil si les fils ou la fiche sont endommagés, s'il est tombé ou cassé. Appelez votre distributeur pour une révision ou réparation.

(Continued on P. 4)



ATTENTION: LISEZ SOIGNEUSEMENT LE MANUEL
D'UTILISATION AVANT D'UTILISER CE TAPIS ROULANT



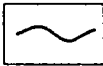
ATTENTION: DÉBRANCHEZ A LA SOURCE AVANT D'EFFECIUER
UN ENTRETIEN DU UNE RÉPARATION



ATTENTION: NE PAS GLISSER LAS MAÍNS OU LES PIAOS SOUS
LE TAPIS ROULANT EN ACTION



ARRÊT (MISE HORS SERVICE)



COURANT ALTERNATIF



OUVRE

FERME

ASSEMBLY AND SETUP

CHAPTER 2

This chapter details how to assemble and set up your **STAR TRAC TR1800 SERIES TREADMILL**. Please begin by verifying that the following parts were included in your shipment:

Description	Qty.
Frame Assembly	1
Motor Shroud	1
Front Handrail with Display Control Panel Attached	1
Side Handrails	2
Bolt, 3/8-16 × 4.0" SHCS	2
Nut, 3/8-16, Nylok, Hex	2
Screw, Button Head Socket Cap, 1/4"-28 UNF × 3/8" *	12
Hex (Allen) key, 5/64" ‡	1
Hex (Allen) key, 1/8" ‡	1
Hex (Allen) key, 5/32" ‡	1
Hex (Allen) key, 1/4" ‡	1
Hex (Allen) key, 5/16" ‡	1
Hex (Allen) key, 3/16" ‡	1
Bungee cord 28" ‡	1
Screwdriver, Phillips, #2 ‡	1
Screwdriver, 3/32" ‡	1
Wrench, Combo, 9/16" & 7/8" ‡	1
Relubrication wax packet ‡	1
Rewax procedure ‡	1
Teaspoon, plastic ‡	1
Owner's Manual with Warranty Registration Card	1

Should any component not be present or if you have any operational questions, please call Star Trac's Service department at (800) 503-1221. Specifically refer to your treadmill serial number and model number listed below:

Serial No. _____

Model No. _____

*Pre-inserted into handrails and connecting tubes (stubs)

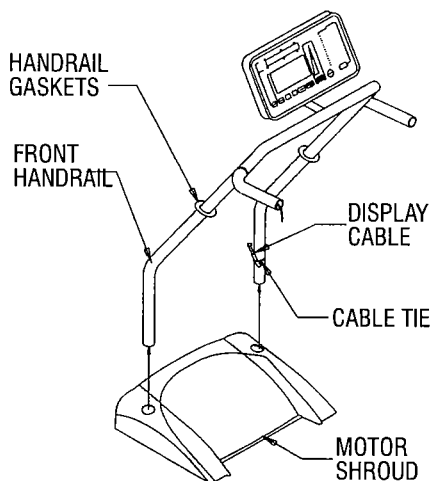
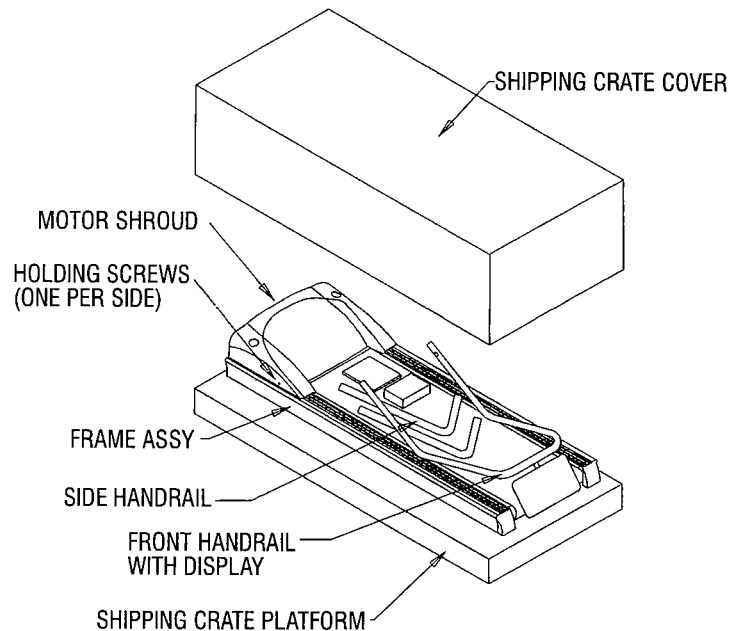
‡Part of included **STAR TRAC TR1800 SERIES TREADMILL** tool kit.

To assemble your **STAR TRAC TR1800 SERIES TREADMILL**, just follow these steps. Note: Tighten the bolts and screws after all the parts are fitted together.

1

Remove all the packaging material so that the treadmill is sitting, ready for assembly, on the shipping crate platform. With a helper, lift the treadmill frame from the shipping crate platform and place it in the location where it will be used. Make sure that it is near a power outlet. *Caution:* The motor shroud end of the treadmill is the heavy end, and may need two people to lift it.

Remove the holding screws on the sides of the motor shroud. Detach the velcro along the inside of the lower back side of the shroud. Lift the shroud from the treadmill and place it to the side of the unit.



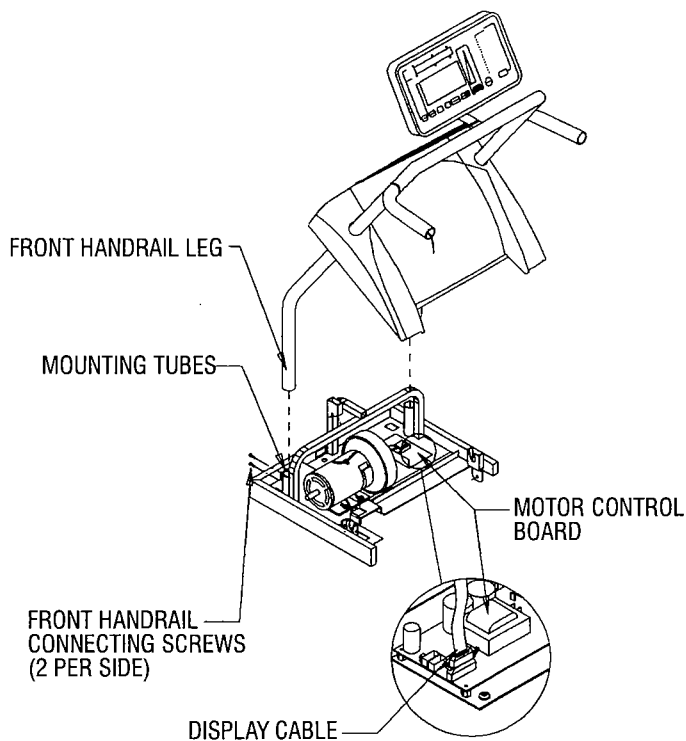
2

Locate the front handrail (the one with the display control panel attached). Do not remove the cable tie that secures the ribbon cable.

Lower the front handrail legs through the holes in the top of the motor shroud.

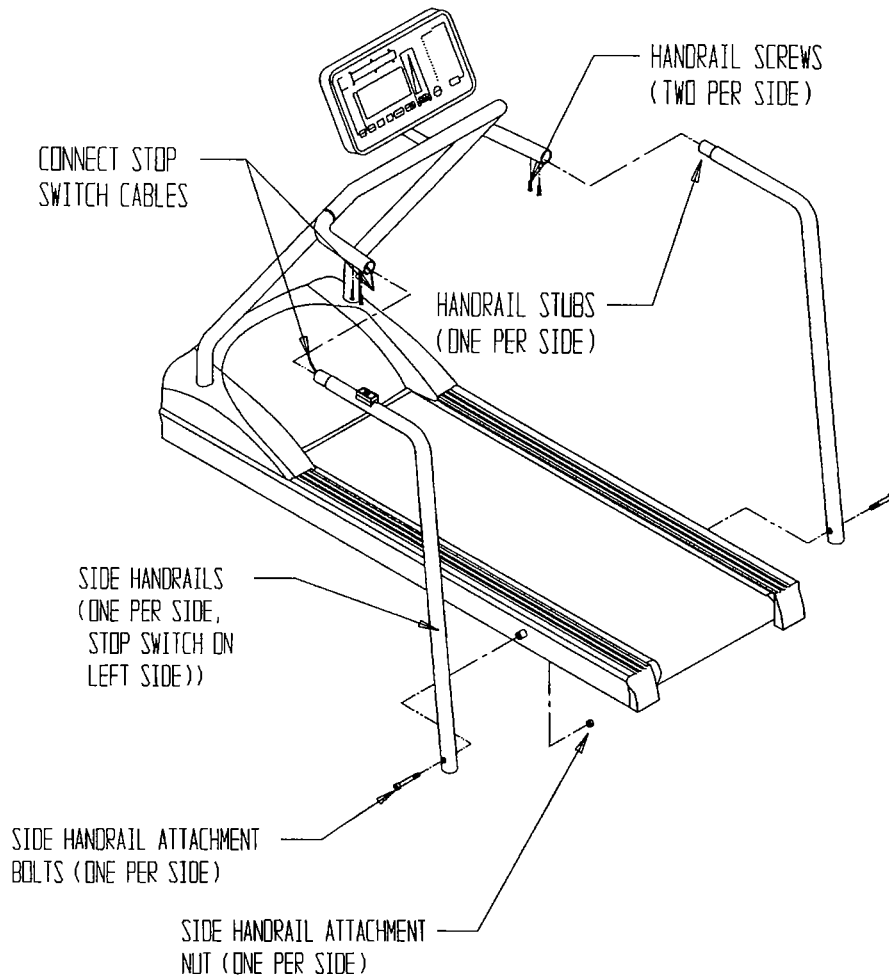
3

Lift the shroud and secure it to the display control panel support tube, placing the bungee cord around the tube and hooking it under the rim of the shroud as shown. The bungee cord should lift and hold the shroud halfway up the front handrail legs.



4

Remove and place aside four screws (Button Head Socket Cap, 1/4"-28 UNF \times 3/8") from the legs of the front handrail. Lift the front handrail and shroud, and lower the front handrail legs into the mounting tubes sticking up from the frame. The legs will come to the stop on the motor plate. Connect the front handrail to the mounting tubes with the four Button Head Socket Cap Screws. Remove the cable tie that secures the ribbon cable to the front handrail leg. *Caution:* Take care not to put any undue strain on the ribbon cable and connector. Insert the plug end of the ribbon cable in the connector at location J1 on the motor control board. Make sure the two locking arms latch over the plug. Lower shroud into place.



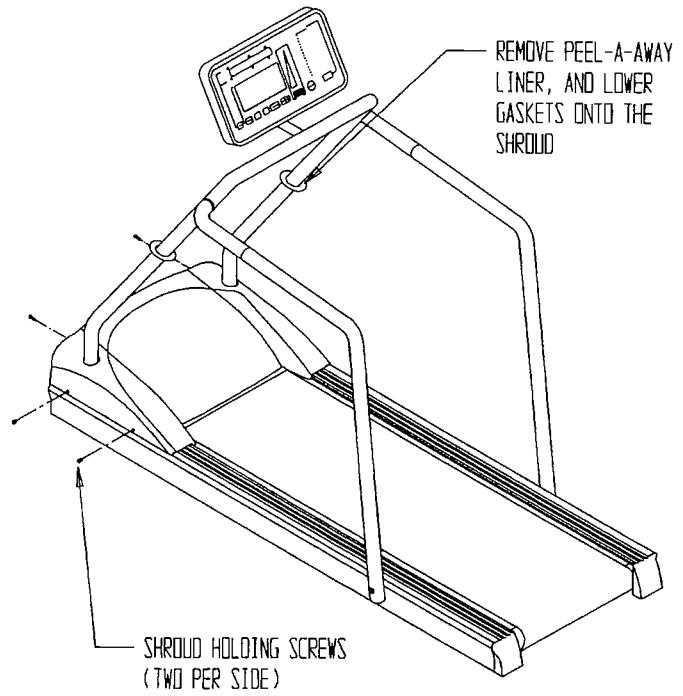
5

Remove and place aside the four screws (two per side) that are on the stub sticking out the upper end of the side handrails. Connect the stop switch cables located inside the left handrail. Slide the side handrails stub into the front handrail, replace the four screws (two per side) and tighten loosely. *Note: If the holes do not line up, loosen the low pair of screws and rotate the stub in the side handrail until they do line up.*

Attach the side rails to the side of the frame inserting two bolts (3/8-16 × 4.0", SHCS) one per side through the side handrails and the frame. Connect the bolts to two nuts (3/8-16, Nylok Hex) one per side. Tighten all bolts and screws.

6

Secure the shroud into place with six holding screws (two left side, two right side, two front). Peel and lower gaskets.



GROUNDING INSTRUCTIONS

CHAPTER

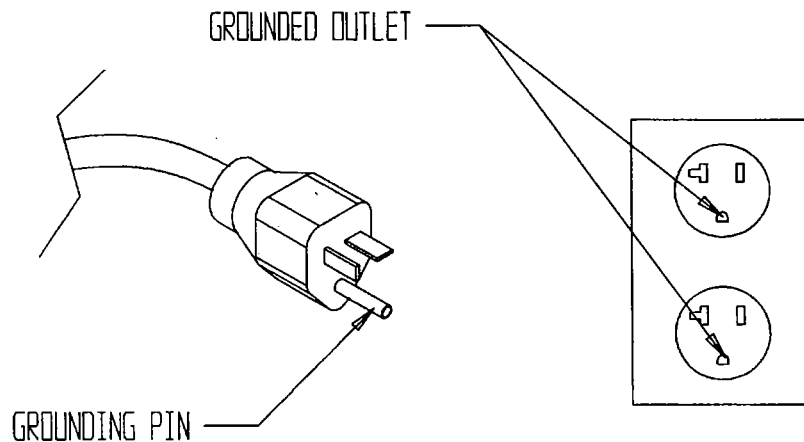
3

Your **STAR TRAC TR1800 SERIES TREADMILL** must be properly grounded. If the unit should malfunction, 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 a 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: Electrical shock may result from improper connection of the equipment-grounding conductor. Check with a 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 treadmill—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

For a grounded, cord-connected product rated less than 20 amperes and intended for use on a nominal 120-volt supply circuit:

This product is for use on a circuit having a nominal rating of 120 volts and is factory equipped with specific electric cord and plug to permit connection to a proper electric circuit. 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.** If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.



TR1800 LEVELING AND RUNNING BELT ALIGNMENT

CHAPTER 4

To ensure proper tracking of the **TR1800 SERIES TREADMILL** running belt, the treadmill leveling feet must be adjusted to conform to the floor surface. After the treadmill has been leveled, tracking of the belt must be tested and necessary adjustments made. This three step procedure is extremely important for treadmills installed in residences, where floors are commonly uneven. When a treadmill is installed on carpet, a repeat adjustment may be required after the carpet and padding have been compressed by the treadmill feet.

Leveling Procedure

Step One: Place the treadmill in the exact location where it is to be used.

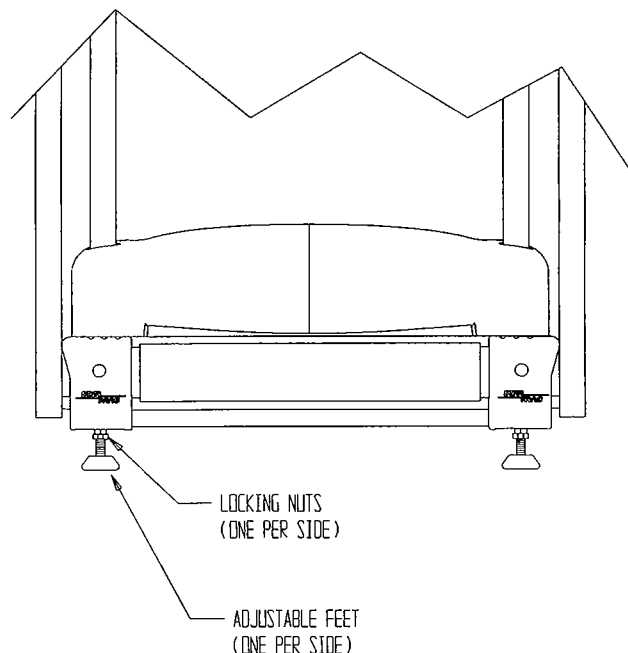
Step Two: Check the leveling feet at each corner of the treadmill to ensure that they are in contact with the floor surface. It may be helpful to have one person bear his/her weight at one corner of the running belt, then move to another corner, etc., while another person notes whether one or more corners lift from the floor as weight is applied.

Step Three: If a leveling foot does not contact the floor, or if it lifts upward as weight is applied to one corner of the belt, it must be adjusted.

Using a 5/16" open end wrench, loosen the lock nut.

Adjust leveler height by turning the leveler base. The wrench may be used on the lower nut for this purpose.

Tighten the lock nut.

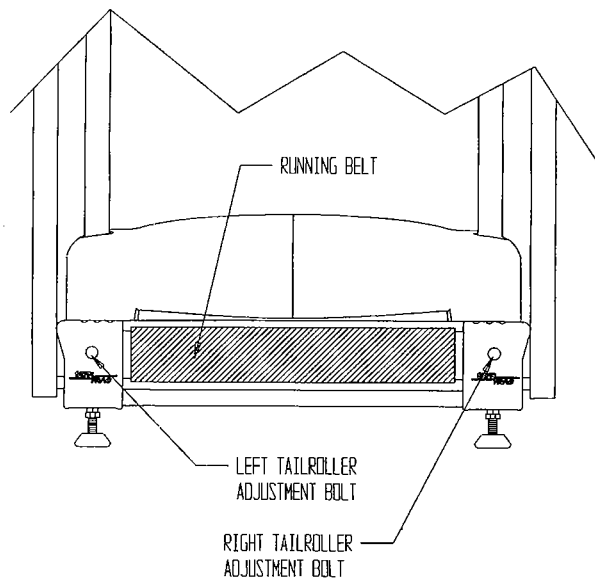


BELT ALIGNMENT PROCEDURE

NOTE: Before performing the following adjustments insure that you do not have any loose or hanging clothing or hair which might get caught in the moving parts of the treadmill.

The running belt and its headroller, drive belt, tailroller, and running deck are designed to be self-centering, slip-free, and smooth-operating without need for frequent and critical adjustments. Running belt sideward movement, slipping or grinding after extended use or thumping during initial use may be corrected by the following procedures:

Sideward Movement: Run the running belt slowly at 2 to 3 mph (3 to 5 km/hr). If the belt has moved to the right of center, turn the right tailroller adjustment bolt clockwise one-quarter turn with the 1/4" hex key; then turn the left tailroller adjustment bolt counterclockwise one quarter turn. Run the belt faster for at least 30 seconds to check its tracking. Repeat this adjustment until the belt is centered. If the belt moves to the left of center, reverse the above process.



GETTING STARTED

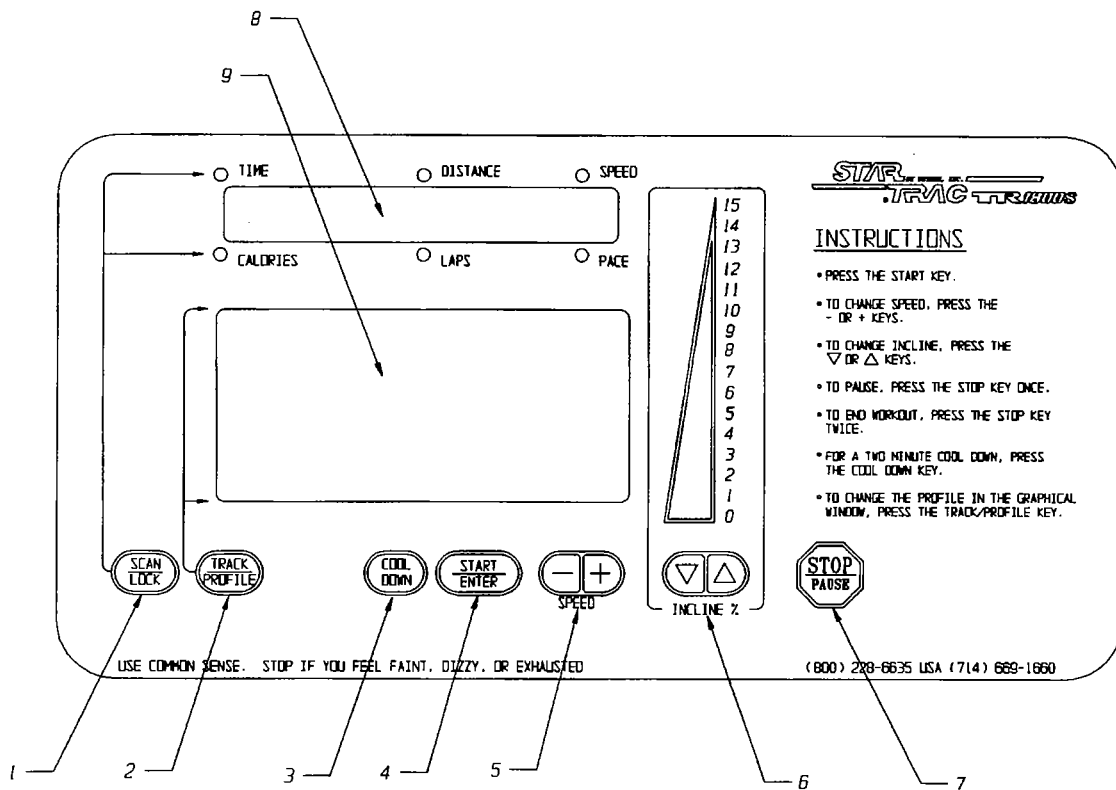
CHAPTER

5

Now that you've assembled your **TR1800 SERIES TREADMILL** it's time to become acquainted with the various programs and features that will help you set up and monitor your workout. This chapter will familiarize you with the Control Console features, how to enter and adjust the different workout programs, and how to use the Polar Heart Rate feature.

TR1800S "SIMPLE" CONTROL CONSOLE FEATURES

Operating the **STAR TRAC TR1800S** "Simple" treadmill is very easy. Simply step onto the running belt, press START/ENTER and begin walking or running naturally.



1. **SCAN/LOCK:** Time, Distance, Speed, Calories, Laps and Pace are displayed in the Information Center. By pressing the SCAN/LOCK key once, you are able to lock on to specific information being displayed. Pressing the SCAN/LOCK key a second time will resume the scanning action.

2. **TRACK/PROFILE:** The TRACK/PROFILE key allows you to toggle between viewing the 1/4 mile track and the program profile. The program profile shows your position in your workout.

By pressing the **TRACK/PROFILE** key, the oval shaped LED display indicates your progress around the track. By pressing the key a second time, you will return to the program profile.

3. **COOL DOWN:** By pressing the **COOL DOWN** key, your workout program will be ended and you will enter into a 2 minute cool down session. The incline will return to 0% and your speed will gradually be reduced.

4. **START/ENTER:** To begin a QUICK START program, simply press the **START/ENTER** key. The running belt begins slowly, increasing in .1 mph increments to reach .5 mph.

5. **SPEED:** The **SPEED** is adjusted in .1 mph increments by pressing the +/- (plus/minus) keys. The **SPEED** can be adjusted at any time during your program.

6. **INCLINE %:** **INCLINE** can be adjusted from 0% to 15% in 1% increments by pressing the up or down arrows. The LED indicates the incline percent.

Here's a tip: Using elevation will burn more calories and strengthen your lower body muscles!

7. **STOP/PAUSE:** By pressing the **STOP/PAUSE** key once, the treadmill pauses operation for a maximum of 30 seconds. Press the **START/ENTER** key to resume your workout. Press the **STOP/PAUSE** key twice to end operation. The running belt will gradually stop. **DO NOT** attempt to dismount the treadmill while the running belt is moving. Instead, slow your pace to match the running belt until it comes to a complete stop.

8. **INFORMATION CENTER:** The **INFORMATION CENTER** provides user friendly prompts to begin your workout. It also displays constant motivational feedback – time, distance, speed, calories, laps and pace.

9. **TRACK/PROFILE DISPLAY WINDOW:** Depending on the desired profile, this window displays either the 1/4 mile track or your workout profile. By pressing the **TRACK/PROFILE** key, you are able to toggle between the track or program profile.

* **AUTOMATIC CALIBRATION FEATURE:** By pressing the **COOL DOWN** and – (minus) speed keys simultaneously, you will activate the Automatic Calibration feature. “**CALIBRATION**” will appear in Information Center, followed by “**Press START**”. Press **START** to begin the calibration process.

TR1800S OPERATING INSTRUCTIONS

QUICK START allows you to begin your workout by simply pressing one key. YOU control the speed, incline and distance for a maximum of 99 minutes.

To operate **QUICK START**:

- Step One:* Stand on the running belt and press the START/ENTER key. The running belt slowly accelerates to its minimum speed of 0.5 mph.
- Step Two:* Increase the speed by pressing the + (plus) key. By pressing the – (minus) key, the speed will be decreased. Speed changes will be in 0.1 mph increments.
- Step Three:* Adjust the elevation by pressing the UP arrow key to raise the elevation and the DOWN arrow key to lower the elevation.

The treadmill automatically scans and displays the time, distance, speed, calories, laps, and pace.

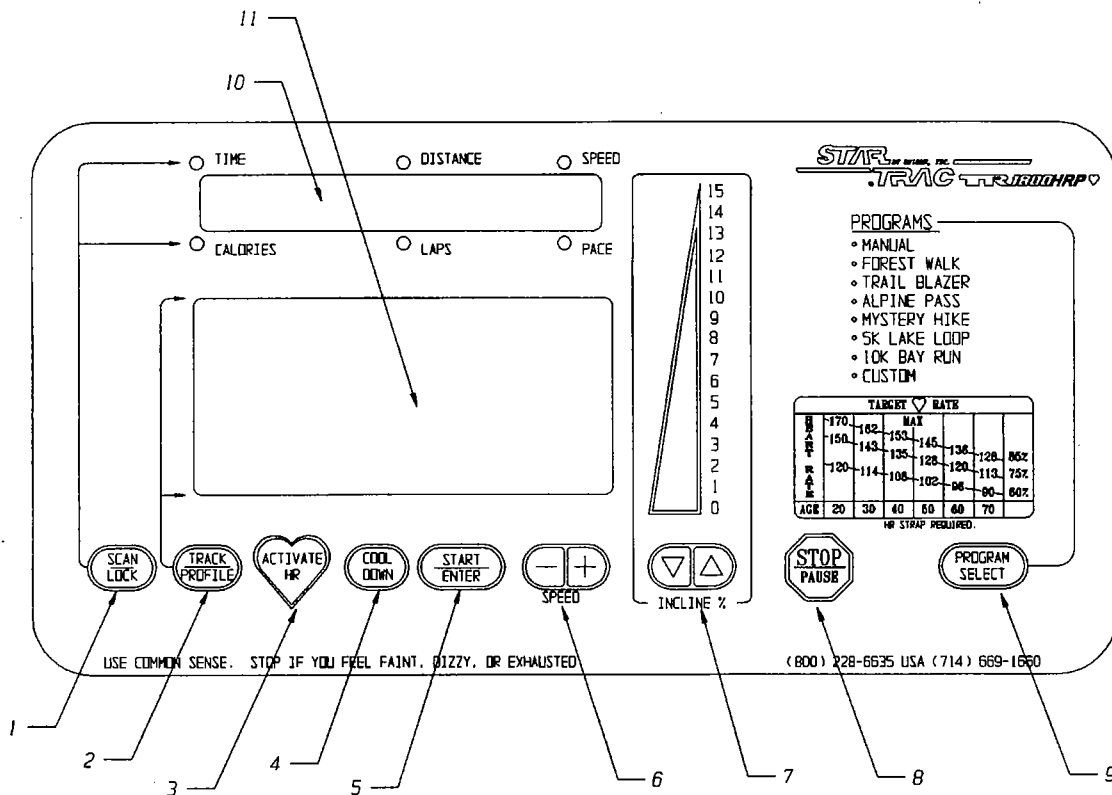
- To stop the scanning and lock on to specific feedback press the SCAN/LOCK key once.
- To resume the scanning process again, press SCAN/LOCK a second time.

You can pause the program by pressing the STOP/PAUSE key once. Your program will be paused for a maximum of 30 seconds. You can resume the program by pressing the START/ENTER key.

Step Four: To stop the treadmill, press the STOP/PAUSE key twice. The treadmill slows to a stop.

TR1800HRP "PROGRAMMABLE" CONTROL CONSOLE FEATURES

The **STAR TRAC TR1800HRP** "Programmable" Control Console is designed for quick and easy access to a variety of programming options and to provide you valuable feedback during your workout. This section will familiarize you with these Control Console features.



1. **SCAN/LOCK:** Time, Distance, Speed, Calories, Laps, Pace and Heart Rate are displayed in the Information Center. By pressing the **SCAN/LOCK** key once, you are able to lock on to specific information being displayed. Pressing the **SCAN/LOCK** key a second time will resume the scanning action.

2. **TRACK/PROFILE:** The **TRACK/PROFILE** key allows you to toggle between viewing the 1/4 mile track and the program profile. The program profile shows your position in the program and the upcoming terrain. By pressing the **TRACK/PROFILE** key, the oval shaped LED display indicates your progress around the track. By pressing the key a second time, you will return to the program profile.

3. **ACTIVATE HR:** To activate the heart rate monitor, press this key once. If a heart rate signal is available, your heart rate will be displayed in the information center. To de-activate the heart rate monitor, press this key again.
4. **COOL DOWN:** By pressing the **COOL DOWN** key, your workout program will be ended and you will enter into a 2 minute cool down session. The incline will return to 0% and your speed will gradually be reduced.
5. **START/ENTER:** To begin a QUICK START program, simply press the **START/ENTER** key. The running belt begins slowly, increasing in .1 mph increments to reach .5 mph. This key also functions as a selection key to enter specific user/program information.
6. **SPEED:** The **SPEED** is adjusted in .1 mph increments by pressing +/- (plus/minus) keys. The **SPEED** can be adjusted at any time during your program. These keys also function as selection keys to enter specific user/program information.
7. **INCLINE %:** **INCLINE** can be adjusted from 0% to 15% in 1% increments by pressing the up or down arrows. The LED indicates the incline percent.

Here's a tip: Using elevation will burn more calories and strengthen your lower body muscles!

8. **STOP/PAUSE:** By pressing the **STOP/PAUSE** key once, the treadmill pauses operation for a maximum of 30 seconds. Press the **START/ENTER** key to resume your workout. Press the **STOP/PAUSE** key twice to end operation. The running belt will gradually stop. **DO NOT** attempt to dismount the treadmill while the running belt is moving, Instead, slow your pace to match the running belt until it comes to a complete stop.
9. **PROGRAM SELECT:** The **PROGRAM SELECT** key allows you to scan and choose the desired workout program. As the programs are scanned, the program name will appear in the Information Center and the program profile will appear in the display window. When you have selected the desired program, press the **START/ENTER** key. You will be asked a series of questions, beginning with weight. Respond by pressing the +/- (plus/minus) keys, then the **START/ENTER** key to enter your answers.
10. **INFORMATION CENTER:** The **INFORMATION CENTER** provides user friendly prompts to begin your workout. When in your desired program, it also displays constant motivational feedback - time, distance, speed, calories, laps, pace and heart rate.
11. **TRACK/PROFILE DISPLAY WINDOW:** Depending on the desired profile, this window displays either the 1/4 mile track or the selected program profile. By pressing the **TRACK/PROFILE** key, you are able to toggle between the track or program profile.

* **AUTOMATIC CALIBRATION FEATURE:** See page 15.

TR1800HRP OPERATING INSTRUCTIONS

By pressing the START/ENTER key you will enter the QUICK START Program (See QUICK START section in this chapter).

By pressing the PROGRAM SELECT key, you will be able to choose any of the preset programs. Each time you press the PROGRAM SELECT key, the program name appears in the Information Center and its profile appears in the TRACK/PROFILE display window.

The following pages provide step by step instructions on how to use each program.

QUICK START

QUICK START allows you to begin your workout by simply pressing one key. YOU control the speed, incline and distance for a maximum of 99 minutes.

To operate the **QUICK START** program:

- Step One:* Stand on the running belt and press the START/ENTER key. The running belt slowly accelerates to its minimum speed of 0.5 mph.
- Step Two:* Increase the speed by pressing the + (plus) key. By pressing the – (minus) key, the speed will be decreased. Speed changes will be in 0.1 mph increments.
- Step Three:* Adjust the elevation by pressing the UP arrow key to raise the elevation and the DOWN arrow key to lower the elevation.

The treadmill automatically scans and displays the time, distance, speed, calories, laps, pace and heart rate (if a signal is detected).

- To stop the scanning and lock on to specific feedback, press the SCAN/LOCK key once.
- To resume the scanning process again, press SCAN/LOCK a second time.

You can pause the program by pressing the STOP/PAUSE key once. Your program will be paused for a maximum of 30 seconds. You can resume the program by pressing the START/ENTER key.

- Step Four:* To stop the treadmill, press the STOP/PAUSE key twice. The treadmill slows to a stop.

MANUAL PROGRAM

In the **MANUAL** program, you establish and maintain the minimum and maximum speed, elevation, and elapsed time for up to 99 minutes.

To begin the **MANUAL** program:

Step One: Stand on the running belt and press **PROGRAM SELECT**. The Information Center will display **MANUAL**. Press the **START/ENTER** key.

Step Two: You will be asked a series of questions. Answer the questions by pressing the +/- (plus/minus) keys until the correct answer is displayed. Press the **START/ENTER** key to enter your selection. The treadmill accepts the answer and continues to the next question.

The following questions are displayed:

- Weight
- Time
- Speed (Max)

After answering the questions, the treadmill begins operation at 0.5 mph. To increase or decrease the speed, press the +/- (plus/minus) keys.

The treadmill automatically scans and displays the time, distance, speed, total calories, laps, pace and heart rate (if a signal is detected).

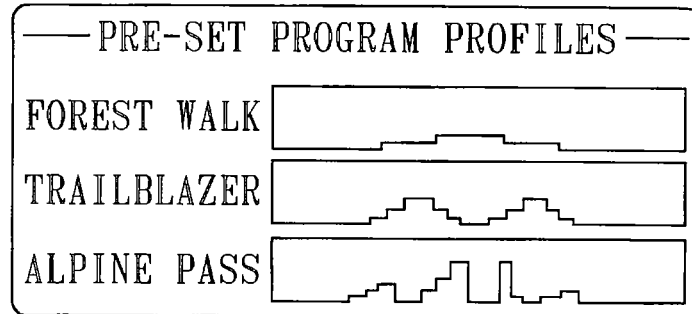
- To stop the scanning and lock on to specific feedback, press the **SCAN/LOCK** key once.
- To resume the scanning process again, press **SCAN/LOCK** a second time.

You can pause the program by pressing the **STOP/PAUSE** key once. Your program will be paused for a maximum of 30 seconds. You can resume the program by pressing the **START/ENTER** key.

Step Three: To stop the treadmill, press the **STOP/PAUSE** key twice. The running belt slows to a stop.

PRE-SET PROGRAMS

The PRE-SET programs were designed for optimal interval training. By taking you through various levels of hills and valleys, your caloric expenditure is maximized and your cardiovascular capacity is improved. Each of the PRE-SET programs offers a higher level of intensity.



To begin any of the PRE-SET programs:

Step One: Step on the treadmill and press the PROGRAM SELECT key until the desired program is displayed in the Information Center. Press the START/ENTER key.

Step Two: The treadmill displays a series of questions. Answer the questions by pressing the +/- (plus/minus) keys until the correct answer is displayed. Press the START/ENTER key. The treadmill accepts the answer and continues to the next questions.

The following questions are displayed:

- Weight
- Time
- Speed (Max)
- Incline (Max)

Your program profile will be displayed in the TRACK/PROFILE display window and your progress through the program is tracked. Each program begins with a two minute warm-up and a two minute cool-down.

You can pause the program by pressing the STOP/PAUSE key once. Your program will be paused for a maximum of 30 seconds. You can resume the program by pressing the START/ENTER key.

Step Three: To stop the treadmill, press the STOP/PAUSE key twice. The running belt slows to a stop.

MYSTERY HIKE

The **MYSTERY HIKE** offers over 250 different hill and valley configurations to add variety to your workout.

To begin the **MYSTERY HIKE**:

Step One: Step on the treadmill and press the PROGRAM SELECT key until **MYSTERY HIKE** is displayed in the Information Center. Press the START/ENTER key.

Step Two: The treadmill displays a series of questions. Answer the questions by pressing the +/- (plus/minus) keys until the correct answer is displayed. Press the START/ENTER key. The treadmill accepts the answer and continues to the next question.

The following questions are displayed:

- Weight
- Time
- Speed (Max)
- Incline (Max)

Step Three: Your program profile will not be displayed in the TRACK/PROFILE display window. Instead your progress through the program will be tracked. The **MYSTERY HIKE** begins with a two minute warm-up and ends with a two minute cool-down.

You can pause the program by pressing the STOP key once. Your program will be paused for a maximum of 30 seconds. You can resume the program by pressing the START/ENTER key.

Step Four: To stop the treadmill, press the STOP/PAUSE key twice. The running belt slows to a stop.

5K LAKE LOOP AND 10K BAY RUN RACE PROGRAMS

The **5K LAKE LOOP** and **10K BAY RUN** race programs were designed for the serious, as well as the recreational runner. You control the speed and incline to add variety and challenge to your workout. The patented Impact Absorption System (IAS) protects ankles, knees, joints and back while providing a comfortable run. When wearing the chest strap transmitter, your heart rate will be constantly monitored and displayed in the Information Center to assist you in getting the most efficient workout possible.

To begin the **5K LAKE LOOP** or **10K BAY RUN** race programs:

Step One: Step on the treadmill and press the PROGRAM SELECT key until **5K LAKE LOOP** or **10K BAY RUN** is displayed in the Information Center. Press the START/ENTER key to select the race program you desire.

Step Two: The treadmill displays a series of questions. Answer the questions by pressing the +/- (plus/minus) keys until the correct answer appears, then the START/ENTER key. The treadmill accepts the answer and continues to the next question.

The following questions are displayed:

- Weight
- Hi-Speed
- Time

As you begin your workout, the TRACK/PROFILE window displays your progress through your race program. Each race program begins with a 2 minute warm-up and ends with a 2 minute cool-down.

NOTE: The warm up and cool down times are not included in your actual race time.

You can pause the program by pressing the STOP/PAUSE key once. Your program will be paused for a maximum of 30 seconds. You can resume the program by pressing the START/ENTER key.

Step Three: To stop the treadmill, press the STOP/PAUSE key twice. The running belt slows to a stop.

CUSTOM PROGRAM

The **CUSTOM** program allows you to design a custom workout with as many as 15 intervals.

To **CUSTOM** design a program:

Step One: Step on the treadmill and press the PROGRAM SELECT key until **CUSTOM** is displayed in the Information Center. Press the START/ENTER key.

Step Two: The treadmill displays a series of questions. Answer the questions by pressing the +/- (plus/minus) keys until the correct answer is displayed. Press the START/ENTER key to enter your selection. The treadmill accepts the answer and continues to the next question.

The following questions are displayed:

- Weight
- Intervals (1–15 = Number of Custom Programmable Segments)

You will notice the display reads: TIME 1, SPEED 1, and INCLINE 1. Enter your desired time, speed and incline % by pressing the +/- (plus/minus) keys until your answer is displayed. Press the START/ENTER key to enter your selection. The treadmill's computer accepts your answer and moves on to the next interval as TIME 2, SPEED 2, INCLINE 2. This continues until all the chosen number of intervals are entered.

You can pause the program by pressing the STOP/PAUSE key once. Your program will be paused for a maximum of 30 seconds. You can resume the program by pressing the START/ENTER key.


Step Three: To stop the treadmill, press the STOP/PAUSE key twice. The running belt slows to a stop.

TR1800HRP HEART RATE MONITORING SYSTEM

The STAR TRAC TR1800HRP is equipped with a telemetry heart rate monitoring system. The Chest Strap must be worn to activate the system. The strap should be snug around your chest with the transmitter directly over your sternum. For best results, the strap should be worn against the skin. Moisture is necessary for the transmitter to function properly. Usually perspiration is sufficient, but you may need to moisten the grooved sensors on the reverse side of the strap before you begin to exercise.

If you are wearing the chest strap, your heart rate will be constantly monitored and displayed in the Information Center.

Use the following chart to find your ideal training range. The fat loss training range is 60 to 75 percent. Cardiorespiratory training range is 75 to 85 percent.

		TARGET  RATE						
H E A R T R A T E		170	162	153	145	136	128	85%
		150	143	135	128	120	113	75%
		120	114	108	102	96	90	60%
	AGE	20	30	40	50	60	70	

This chapter provides you with motivational tips, programs to assist you in maintaining or improving your fitness level, and week long training registers to chart your progress.

“Regular physical activity is essential to the performance, safety, and health issues faced by every American. It is never too late to be physically active, to exercise, and enjoy the benefits of being physically fit.”

Arnold Schwarzenegger, Chairman
President’s Council on Physical Fitness and Sports Clothing

BEFORE YOU BEGIN...

Clothing:

STAR TRAC recommends that you wear loose fitting, comfortable clothing during your workout. Also, always wear soft-soled athletic shoes when using your treadmill — never hard soled shoes — they may damage the running surface or the deck. Lastly, never exercise bare-footed on your treadmill.

Stretching:

STAR TRAC recommends you perform a few simple stretches before you work out. There are many stretching books and videos available. Stretching before your workout will increase your flexibility and reduce the risk of injury.

Plan Your Exercise

Especially if you are just beginning an exercise program, view your treadmill exercises as a long term commitment. Many beginning exercisers make the mistake of training too intensely from the start, and then “burning out” after a few months. Where exercise is concerned, keeping to a regular schedule is far more important than pushing yourself, especially in the beginning. In the next two pages you’ll find a sample workout program, based on your target heart rate, that will take you through 36 weeks.

Tips for Staying With It

1. **Plan your exercise.** Schedule it into your day as you would any other important activity. Don't try to just fit it in when you can. Many people find exercising the same time each day easier.
2. **Set goals for yourself.** Decide how you want to measure your progress. For example, weight loss is a goal for many people. Others may want to work out specific amount of time — from 15 to 20 minutes or more each session.
3. **Place your treadmill in a pleasant environment.** Having a TV to watch, or music to listen to, during your workout may increase your workout enjoyment.
4. **Make a commitment.** Write out the reasons your are exercising, and your goals. Post them where you can see them. It helps to remind yourself of your commitment to exercise.
5. **Vary your routine.** Try using the different programs built into your model TR1800 instead of exercising in the same program each time.
6. **Monitor your progress.** If your goal is fat loss, keep a chart of how well you are doing week to week. Or take a picture of yourself at the start of your exercise program for comparison. Many find this enormously motivating as they see themselves becoming slimmer. Keep track of your workouts — there's an exercise log in this manual. You'll be surprised at how, over time, what was once difficult for you becomes more and more attainable.
7. **Enlist the support of your loved ones.** Make sure that those closest to you understand your commitment to exercise, and ask them for their support. Recent studies show that a main component of being able to stick with an exercise is having friends and family who also exercise.
8. **Don't Push It.** Many beginning exercisers make the mistake of over-training in the beginning. This can lead to burn-out. A good way to gauge yourself is by using the heart rate feature to exercise within your target heart rate zone (see chapter 3). As you improve your aerobic fitness, the amount of work (either incline or speed) will need to be increased to keep you at your heart rate target. You'll probably be surprised how easy it is to reach and maintain your target heart rate during aerobic exercise. So far as aerobic fitness is concerned, the "no pain, no gain" credo just is not true. Individuals can make dramatic improvement to their cardiovascular health with regular, moderate exercise. Building up the frequency, intensity or duration of your workouts over time is much wiser than overdoing it when you are just beginning.

CLIMBING UP THE CONDITIONING LADDER

The programs outlined on the following pages were designed by the director of fitness services at the Lutheran General Hospital in Illinois. They were developed to help maintain or improve your level of fitness, depending upon your current level. For optimal results, you should follow the programs closely.

Green Program

<i>Week</i>	<i>1-2</i>	<i>3-4</i>	<i>5-6</i>
Heart Rate	60-65%	60-65%	60-65%
Duration	15 minutes	15 minutes	15 minutes
Frequency	3 days	3 days	3 days

At the end of the sixth week, test yourself to establish your new program. If you can easily maintain the above parameters, go on to the blue program.

Blue Program

<i>Week</i>	<i>1-2</i>	<i>3-4</i>	<i>5-6</i>
Heart Rate	65-70%	65-70%	65-70%
Duration	20 minutes	20 minutes	20 minutes
Frequency	3 days	3 days	3 days

At the end of the sixth week, test yourself to establish your new program. If you can easily maintain the above parameters, go on to the yellow program.

Yellow Program

<i>Week</i>	<i>1-2</i>	<i>3-4</i>	<i>5-6</i>
Heart Rate	70-75%	70-75%	70-75%
Duration	20 minutes	25 minutes	25 minutes
Frequency	4 days	4 days	4 days

At the end of the sixth week, test yourself to establish your new program. If you can easily maintain the above parameters, go on to the orange program.

Orange Program

<i>Week</i>	<i>1-2</i>	<i>3-4</i>	<i>5-6</i>
Heart Rate	75-80%	75-80%	75-80%
Duration	25 minutes	25 minutes	30 minutes
Frequency	4 days	4 days	4 days

At the end of the sixth week, test yourself to establish your new program. If you can easily maintain the above parameters, go on to the red program.


Red Program

<i>Week</i>	<i>1-2</i>	<i>3-4</i>	<i>5-6</i>
Heart Rate	80-85%	80-85%	80-85%
Duration	30 minutes	35 minutes	35 minutes
Frequency	4 days	4 days	4 days

At the end of the sixth week, test yourself to establish your new program. If you can easily maintain the above parameters, congratulations on your success.

TARGET HEART RATE CHART

To find your ideal range, use the Target Heart Rate Chart, based on the standards set by the American Heart Association and American College of Sports Medicine. The fat loss training range is 60 to 75 percent. Cardiorespiratory training range is 75 to 85 percent.

TARGET  RATE							
H E A R T R A T E	170	162	153	145	136	128	85%
	150	143	135	128	120	113	75%
	120	114	108	102	96	90	60%
AGE	20	30	40	50	60	70	

TRAINING LOG FOR ONE WEEK

To find your ideal training range, use the Target Heart Rate Chart, based on the standards set by the American Heart Association and American College of Sports Medicine. The fat loss training range is 60 to 75 percent. Cardiorespiratory training range is 75 to 85 percent.

Body Weight: _____ Week Of: _____

Day / Time	Speed	Distance	Elapsed Time	Total Calories Burned	Other Observations (e.g. energy level before workout)

NOTE: Consult your physician before beginning any new exercise program.

Motivation Tip: Set fitness goals and write them down. These goals should be realistic but challenging, specific in nature, and achievable within a short period of time.

TRAINING LOG FOR ONE WEEK

Body Weight _____ Week of: _____

Day / Time	Speed	Distance	Elapsed Time	Total Calories Burned	Other Observations (e.g. energy level before workout)

NOTE: Consult your physician before beginning any new exercise program.

Motivation Tip: Self-test yourself after each workout. Ask yourself: Do I feel less tired? Am I in a better mood? Don't compare your progress with others. Compare yourself this week to how you felt last week.

TRAINING LOG FOR ONE WEEK

Body Weight _____ Week of: _____

Day / Time	Speed	Distance	Elapsed Time	Total Calories Burned	Other Observations (e.g. energy level before workout)

NOTE: Consult your physician before beginning any new exercise program.

Motivation Tip: Use motivation feedback. Get involved with your **STAR TRAC TR1800's** computerized feedback to motivate you through a workout session.

TRAINING LOG FOR ONE WEEK

Body Weight _____ Week of: _____

Day / Time	Speed	Distance	Elapsed Time	Total Calories Burned	Other Observations (e.g. energy level before workout)

NOTE: Consult your physician before beginning any new exercise program.

Motivation Tip: Gradually increase your workout. A good guideline is to increase your workout level by two percent per week (according to the American Health Fitness Institute).

TRAINING LOG FOR ONE WEEK

Body Weight _____ Week of: _____

Day / Time	Speed	Distance	Elapsed Time	Total Calories Burned	Other Observations (e.g. energy level before workout)

NOTE: Consult your physician before beginning any new exercise program.

Motivation Tip: Set your pace with melody. The healthy running pace can be determined by the talk-sing test. If you are running slowly enough to be able to talk, but too fast to sing, your pace is just about right. For the average person who's running for health and fun, that general rule can keep your aerobic demand in a safe but efficient range. It can also spare other runners from your operatic debut (source: Amazing Health Facts for Men.)

TRAINING LOG FOR ONE WEEK

Body Weight _____ Week of: _____

Day / Time	Speed	Distance	Elapsed Time	Total Calories Burned	Other Observations (e.g. energy level before workout)

NOTE: Consult your physician before beginning any new exercise program.

Motivation Tip: Remember: Not only does exercise use up calories immediately, but your body burns extra calories for up to 15 hours afterward.

PREVENTIVE MAINTENANCE

CHAPTER

7

Star Trac strongly recommends that you perform regular preventive maintenance on your **STAR TRAC TR1800 SERIES TREADMILL**. Without regularly scheduled maintenance, normal wear and tear may cause cumulative effects, such as misalignment or premature wear. Severe breakdown may result. Therefore, consistently follow the maintenance schedule below. Also, report unusual symptoms, such as error readings and blown circuit breakers, to your authorized Star Trac retailer or Star Trac's Service Department at (800) 503-1221.

NOTE: Turn power "off," and unplug your **STAR TRAC TR1800 SERIES TREADMILL** from the wall outlet before performing any of the following maintenance routines.

DAILY MAINTENANCE

- Remove excessive accumulations of dust, dirt, and other substances from the Control Console, handrails, running belt, and motor shroud with a soft, clean cloth and diluted all-purpose cleaner. Avoid using cleaner under the running belt.
- Inspect the running belt for alignment and tension. Do not tighten it every day if it is running straight and smoothly. If you see the belt slipping, adjust its tension using the instructions in *Adjustments—Slipping—Running Belt*, which follow.
- Check that the power cord is not damaged and does not run underneath the treadmill.

WEEKLY MAINTENANCE

- Vacuum the floor under and around the treadmill. Do so with the treadmill at its maximum elevation or moved to another spot.
- Inspect the inside surface of the running belt and the top of the running deck for unusual wear. Check whether the belt looks glazed and melted underneath. If you see these signs, flip or replace the deck, and/or replace the belt, using the instructions in *Adjustments—Grinding*, which follow.
- Check handrail screws for looseness and retighten if necessary.

TWICE-WEEKLY MAINTENANCE

- Raise the motor shroud and vacuum around the motor and its ventilation holes. Avoid bumping or damaging parts normally covered by the shroud.

MONTHLY MAINTENANCE

- Wipe the elevation screw with a dry cloth and coat them with silicon lubricant.
- Loosen the running belt as in *Adjustments—Thumping* below and check the inner surface of the belt and the top of the running deck.

TREADMILL RUNNING BELT/DECK RE-WAXING PROCEDURE:

TOOLS & MATERIALS

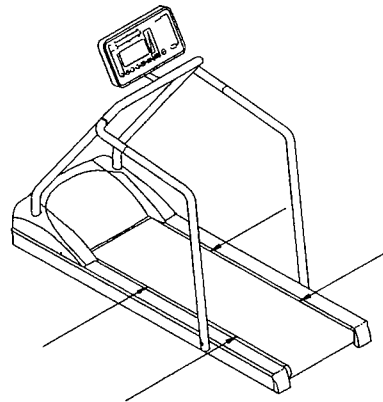
- *1 Bag Wax Powder, & Teaspoon
- 1 Clean Towel, & a Paint Stick or Ruler
- Diluted All-purpose Cleaner (409), or Bristle Brush
- *5/64 Hex Wrench

**Included with treadmill*

PROCEDURE

Apply wax powder while belt & deck are still warm (from 5 to 15 minutes of use) for optimum benefit.

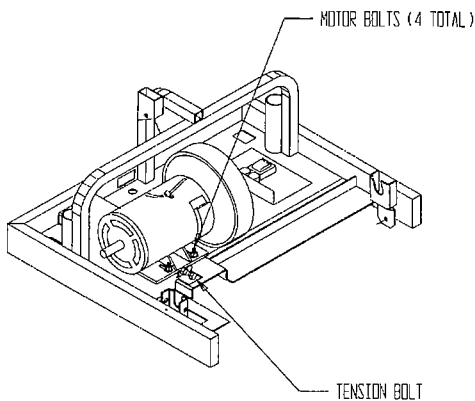
- CLEAN DECK & BELT:**
 - A. Turn treadmill off.
 - B. Using the stick or ruler, slide a towel under the middle of the belt from one side of the frame to the other.
 - C. Hold the edges of the towel (treadmill off), pull to the tailroller, pull to the head-roller, then pull the belt down to wipe the remaining belt = fast & easy.
- LIFT BELT:** (See Figure.) Lift the left side (facing display) of the belt, about 12 inches down from the cover. Hold the belt up to elevate half of the belt from the deck.
- SPREAD WAX:** (See Figure.) Gently place one level teaspoon of wax powder on the black slick-deck about two inches from the edge, and blow the wax steadily under the belt, such that the wax powder is evenly distributed across the deck. Extra wax will not harm the treadmill, but is unnecessary.
- Repeat steps 2 & 3, about 18 inches from the end of the deck.



5. Repeat steps 2 through 4, on the right side of the belt/deck.
6. **WALK:** Start the treadmill at 1 mph and walk on all sections of the belt and deck for 1 minute to ensure the wax has been evenly distributed and worked-in properly.
7. **CLEANUP:** Remove any excess wax with diluted cleaner (409) and towel, or bristle brush.
8. **UPDATE THE DISPLAY** after service:
 - A. Enter Engineering Mode.
 - B. Press Incline up or down key multiple times until **LST DCK** is displayed.
 - C. Press **COOL DOWN** key to show present distance.
 - D. Press Start to enter and update display.
 - E. Press Stop to exit.
9. **CALL:** Your authorized Star Trac Distributor, or Star Trac at 1-800-503-1221 if you need additional information or assistance.

ADJUSTMENTS

Slipping—Running Belt: Lift the motor shroud and run the running belt slowly at 1 to 2 mph (2 to 3 km/hr). Watching the headroller, walk on the belt and try to slow it down by gently applying pressure with your feet while holding the handrails. If only the running belt, and not the headroller, slows down, tighten the running belt by turning both the right and left tailroller adjustment bolts clockwise one-quarter turn. Repeat this adjustment until the running belt no longer slips, ensuring that you turn the bolts an equal number of turns. If the headroller and the running belt both slow down, tighten the drive belt by the following procedure:



Slipping—Drive Belt: Elevate the treadmill to 5% to provide clearance underneath. Move the **ON/OFF** switch to **OFF**, unplug the treadmill, and lift the motor shroud, holding it raised with the bungee cord that you used during assembly, if that is convenient. With a 1/2" socket wrench, loosen the four motor bolts. Turn the tension bolt in the middle of the motor bracket 1/4 turn clockwise with the same wrench, stretching the drive belt. Tighten the motor bolts, replace the shroud, plug the treadmill in, turn it on, push **START/ENTER** and test for slipping as before. Repeat this step if necessary.

Thumping: Turn the treadmill off. Turn the right and left tailroller adjustment bolts counter-clockwise with the 1/4" hex key until the running belt is loose. Note the number of times each bolt turned. Check the under surface of the running belt and the top of the running deck. If the belt looks glazed and melted, replace it. If the deck shows underlying fibers, flip it (or replace it if it has been already flipped). Obtain instructions for replacing the belt and flipping or replacing the deck from Star Trac's Service Hotline at (800) 535-4634.

Grinding: Turn the treadmill off. Turn the right and left tailroller adjustment bolts counterclockwise with the 1/4" hex key until the running belt is loose. Note the number of times each bolt turned. Check the under surface of the running belt and the top of the running deck. If the belt looks glazed and melted, replace it. If the deck shows underlying fibers, flip it (or replace it if it has been already flipped). Obtain instructions for replacing the belt and flipping or replacing the deck from Star Trac's Service Hotline at (800) 535-4634.

TROUBLESHOOTING GUIDE

CHAPTER 8

If an error code is displayed, contact the authorized **STAR TRAC** retail dealer where you purchased your treadmill or the **STAR TRAC** service department at 800-503-1221 or access our website at <http://www.startrac.com>. Please have the serial number and the error code available.

ERROR CODE:	CAUSE
NO STOP KEY	Verify that Safety Key is engaged. Turn machine off for 5 seconds to reset. If problem persists, call for service.
KEY DN	(Key Down) This error occurs when one of the buttons on the display board is stuck. Turn machine off for 5 seconds to reset. If problem persists, call for service.
NO RPM	This error occurs when RPM sensor is not sensing a signal. Turn machine off for 5 seconds to reset. If problem persists, call for service.
SP CNG	(Speed Change) This error is caused by a sudden change of speed. Turn machine off for 5 seconds to reset. If problem persists, call for service.
EL STL	(Elevation Stall) Elevation motor has stalled. Turn machine off for 5 seconds to reset. If problem persists, call for service.
EL RNG	(Elevation Range) The incline % number is out of the specified range. Turn machine off for 5 seconds to reset. If problem persists, call for service.
ELLOST	(Elevation Lost) Motor control board is not receiving a signal from the elevation motor. Turn machine off for 5 seconds to reset. If problem persists, call for service.
EL NOZ	(Elevation No Zero) Incline sensor cannot find 0% incline. Turn machine off for 5 seconds to reset. If problem persists, call for service.

PRODUCT SUPPORT INFORMATION

CHAPTER

9

If, after reviewing the *Troubleshooting Guide in Chapter 8*, the problem still exists, contact your authorized **STAR TRAC** retailer, dealer where you purchased your treadmill, or **STAR TRAC** service department. **STAR TRAC** product support can be reached at 800-503-1221 or through our web site at <http://www.startrac.com>.

You will be asked for the serial number. You can locate the serial number on the frame next to the power module.

Please be prepared to explain the problem and the symptoms to the **STAR TRAC** certified service technician. This information will enable the technician to assist in solving the problem.

TR1800 SERIES TREADMILL SPECIFICATIONS

CHAPTER 10

Overall Dimensions	33" x 81" x 58"
Overall Weight	290 lbs.
Running Surface Dimensions	20" x 61"
Frame	12 gauge welded spring steel uniframe
Motor	2.5 HP Continuous Duty with angled brushes
Motor Control System	PWM (Pulse Width Modulation)
Power Requirements	120 volt, dedicated NEMA 5-20 outlet
Roller Size	3" carbon steel crowned
Running Deck	Reversible 1" composite fiberboard with low friction wax. Phenolic laminant surface.
Shock Absorption System	Soft deck system utilizing patented, single cavity neoprene extrusions
User Weight Capacity	350 lbs.
Incline Range	0% to 15%
Speed Range	.5 mph to 10 mph
Programs TR1800S	Quick Start
Programs TR1800HRP	Quick Start, manual, 3 pre-set hill programs, Mystery Hike, 5K and 10K Race programs, and a Custom program with up to 15 intervals.
Readouts	Time, distance, speed, calories, laps, pace (Heart rate on TR1800HRP)
Warranty	Light institutional: 2 years parts, 1 year labor, lifetime frame. Home: 3 years parts, 1 year labor, lifetime frame.

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