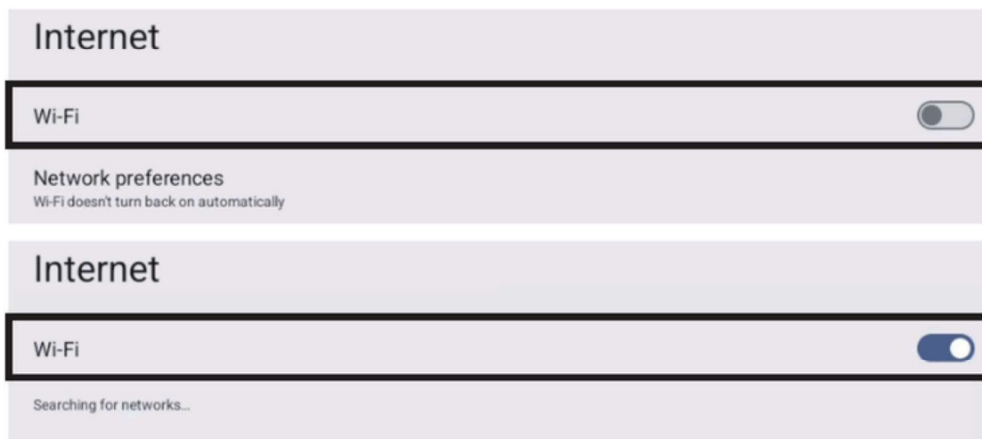


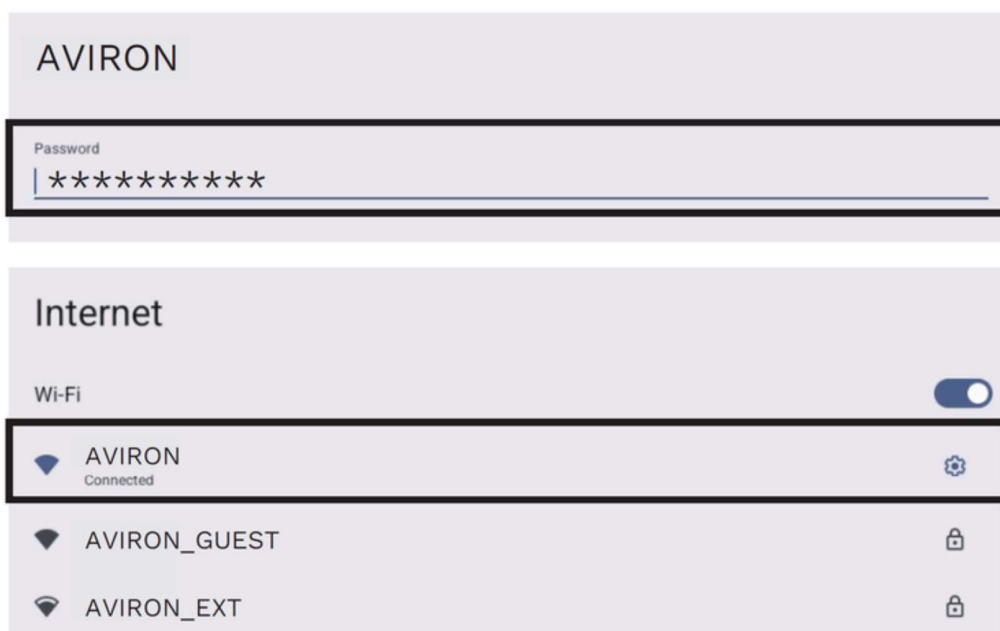
CONNECTING TO A NETWORK

4. Enable Wi-Fi by switching the toggle icon at the right to the “ON” position.



5. Select your preferred network and enter the password.

NOTE: To connect to a hidden network, click "Add network," enter the network name and password, then select "Advanced options." Scroll to the bottom and under "Hidden network," select "Yes."



ACCESSING ADMIN AND SYSTEM SETTINGS



NOTE:

Only applicable with the Commercial membership (for commercial use).

1. Select “Add Profile” on the login screen.
2. Select the “Sign In” option.



3. Enter “admin” as the Email address.
4. Enter the Machine ID as the password.

NOTE: The Machine ID information can be found in three places:

- a. On a white sticker found underneath the console.
- b. On a white sticker found on the console original box.
- c. At the “Account Information” page.

- Login with ‘Guest’.
- Tap the gear icon at the bottom left corner.



- Tap “Account Information” on the menu.

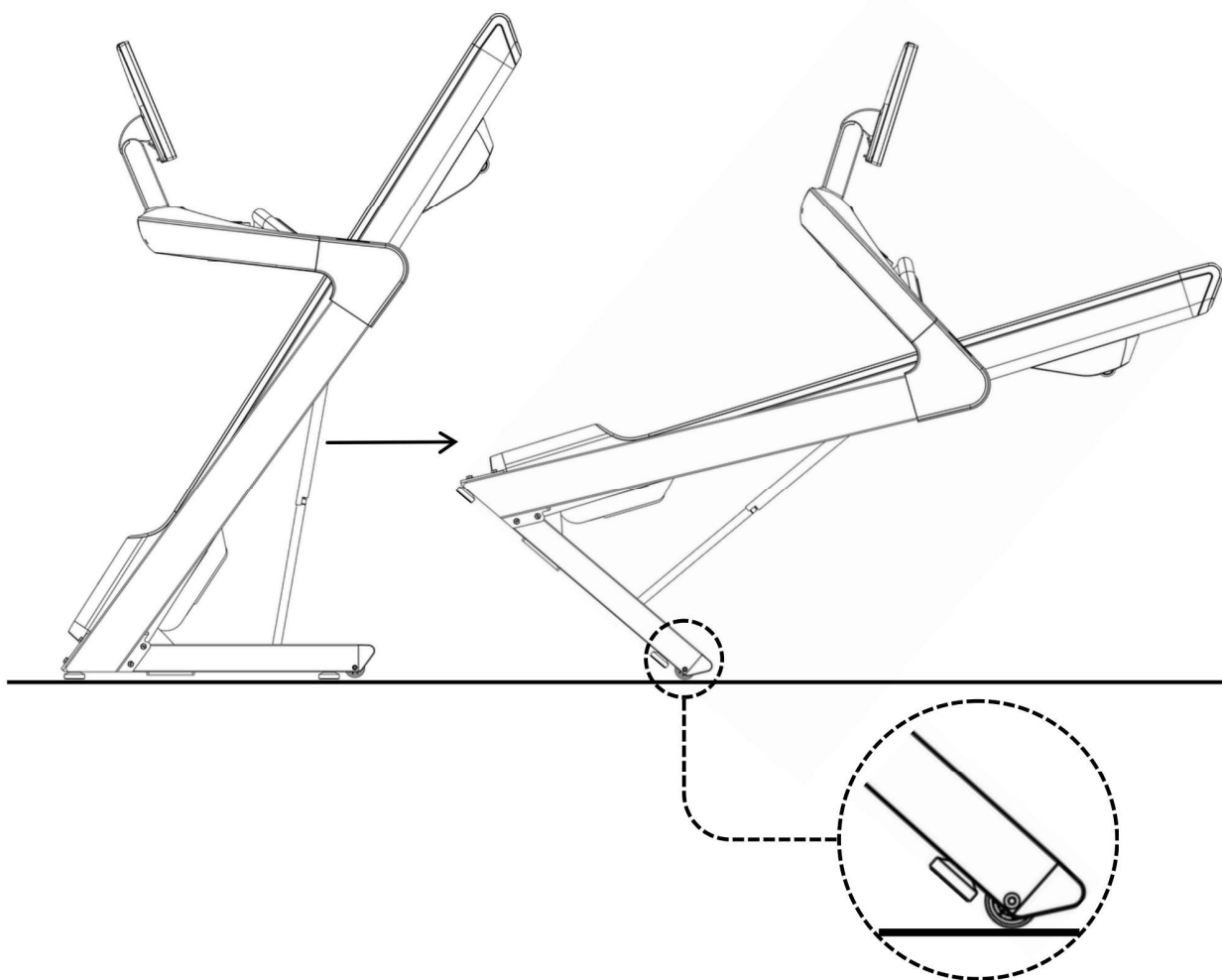


5. Tap the “Sign In” button
6. Once logged in, tap the gear icon at the bottom left of the screen.

SETTING UP YOUR TREADMILL

Moving the Treadmill

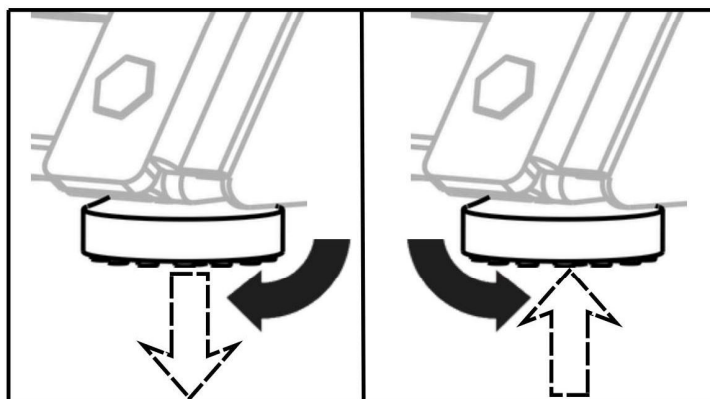
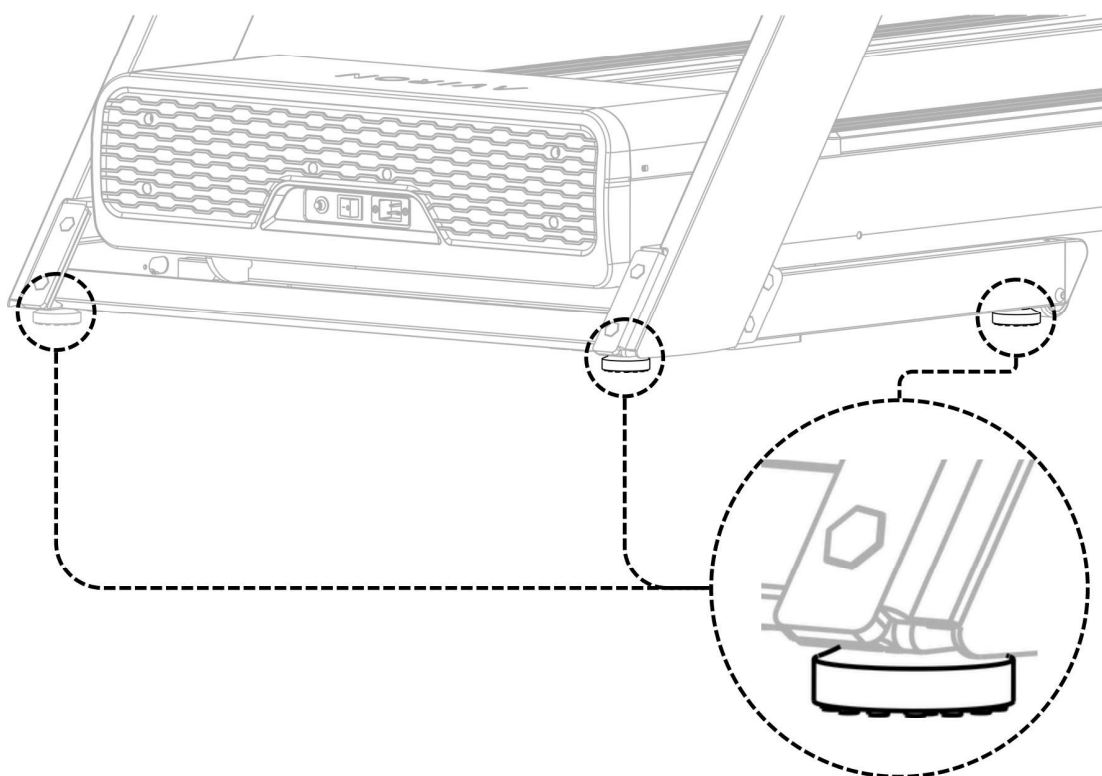
1. Turn off the treadmill, then unplug the power cable from the outlet, then disconnect it from the treadmill.
2. Lift the deck and lock it onto the folded position.
 - a. NOTE: Confirm the deck is locked in the folded position before proceeding.
3. Holding by the side metal portion of the deck, carefully tilt the treadmill toward you, using the stabilizer wheels as the pivot point, until the unit reaches the balanced rolling position shown in the diagram.
4. Slowly and carefully roll the equipment to the desired location.
5. Once in position, ensure the machine is leveled based on the new location.



SETTING UP YOUR TREADMILL

Leveling

Only operate the Aviron Justice Treadmill on a level surface. If the equipment rocks or wobbles after being moved, adjust the four rubber pads beneath the stabilizers to level the unit. Turn a pad clockwise to lower it or counter-clockwise to raise it. Adjust each pad only as needed to eliminate the wobble, and avoid over-extending the pads beyond their threaded range.



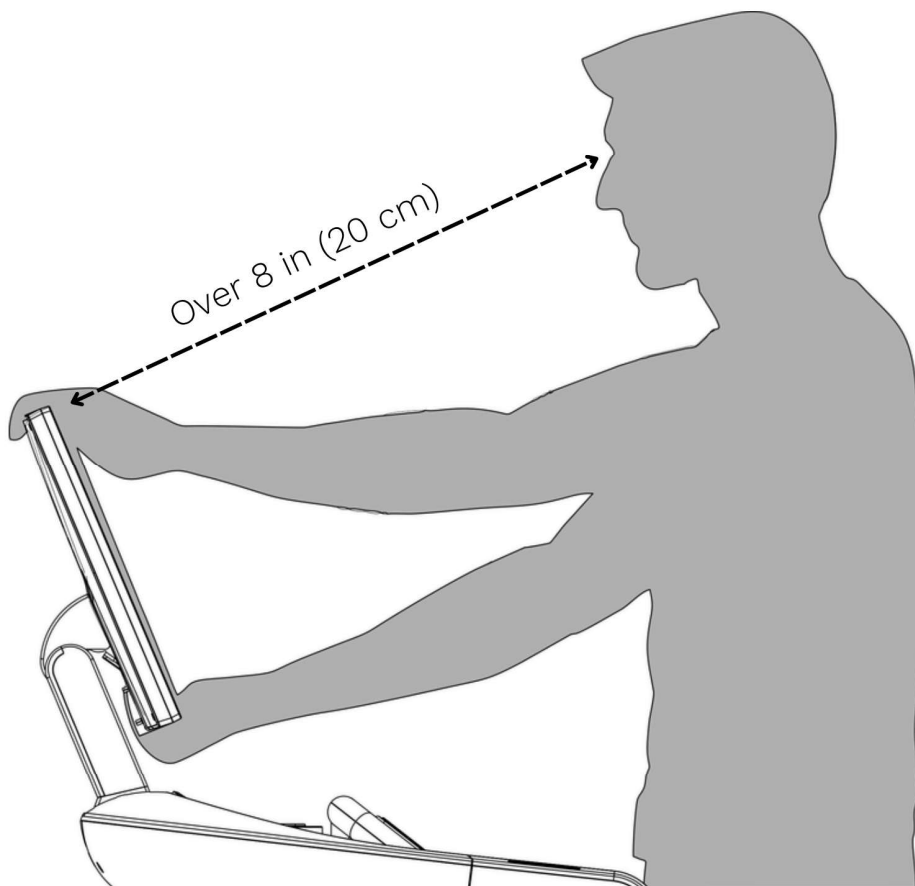
SETTING UP YOUR TREADMILL

Adjusting the Console Angle

Holding the top and bottom of the console, tilt it back or forward to find your most comfortable view angle. You should be able to look at the console comfortably from the center of the running deck.

NOTE: To comply with electromagnetic safety requirements, the console is fixed and non-removable. Users must maintain a minimum separation distance of 8 inches (20 cm) from it during operation.

⚠ CAUTION: To avoid damages to the console or support bracket, do not attempt any horizontal (side-to-side) movements with the console.



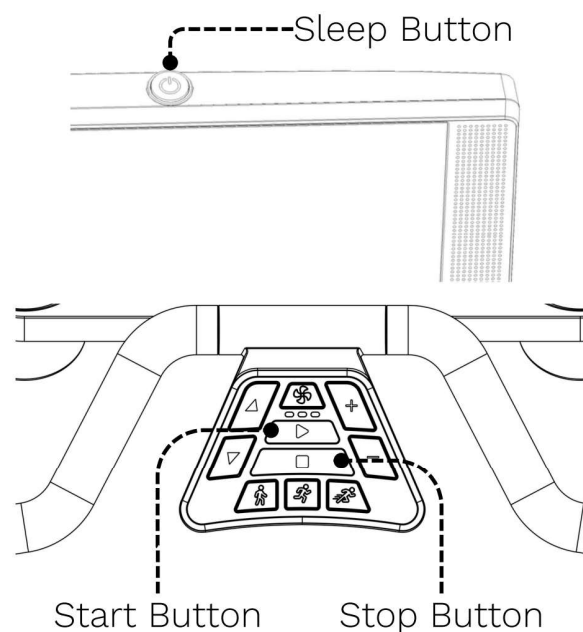
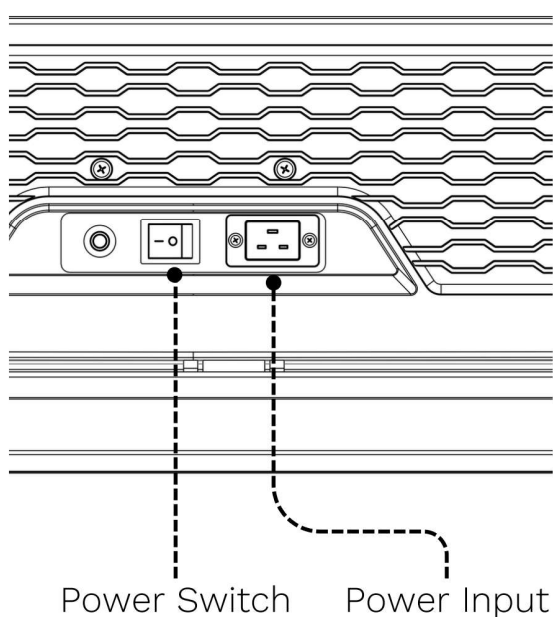
TREADMILL USAGE AND BEST PRACTICES

Plugging In and Powering On

1. Connect the power cord to the treadmill's Power Input and a nearby power outlet. Do not use extension cords.
2. Set the Power Switch to the (I) position to turn it on; the console will activate automatically.
 - a. If the treadmill has been idle for several hours, press the Sleep Button located at the top of the console to wake it up.

Powering Off

1. To stop the running surface while in motion, press the Stop Button (the red button on the Control Panel).
 - a. Ensure proper workout exit by hitting the Return button on the console and continue until you reach the Main Screen.
2. Once you are back at the Main Screen, press the Sleep Button located at the top of the console to turn it off.
 - a. NOTE: Do not press and hold the Sleep Button.
3. Finally, switch off the treadmill completely using the main power switch.

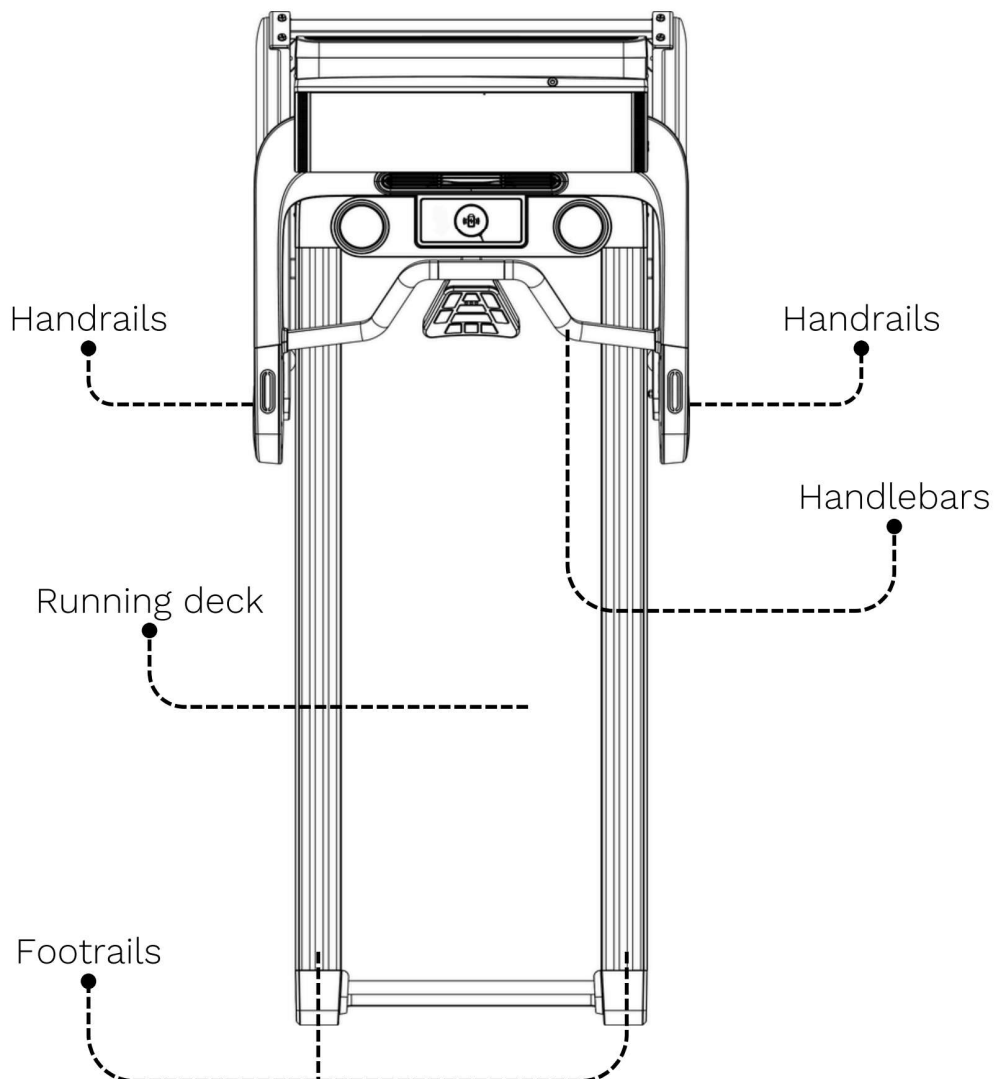


TREADMILL USAGE AND BEST PRACTICES

Stepping On

- Do not start the treadmill before stepping onto the running deck.
- Approach from the rear and use the handrails for support as you step on.
- If you need to rest, place your feet on the footrails. They provide a quick and safe way to stop running.

⚠ CAUTION: Avoid placing your full weight on the handrails.



TREADMILL USAGE AND BEST PRACTICES

Safety Key

NOTE: The treadmill is designed to operate only when the safety key is fully engaged. The safety key disengages the electronic connection but cannot be detached from the Control Panel.

⚠ CAUTION: Do not attempt detaching the safety key from the Control Panel or tampering this safety device.

- The safety key is located beneath the Control Panel.
- Always ensure it is engaged before using the treadmill.
- Before starting your workout, securely clip the safety key to tight-fitting clothing to ensure it remains attached during exercise.
- In the event of a fall, the safety key will immediately stop the running belt, halting the treadmill and locking it for your safety.
- The treadmill will remain disabled until the safety key is re-engaged.
- To resume your workout, re-engage the safety key and press the Start button to restart the treadmill.



TREADMILL USAGE AND BEST PRACTICES

Console Controllers

Incline Buttons: The Incline Buttons, located on the left side of the Control Panel, allows you to adjust the treadmill's incline angle. Push the ▲ button to increase incline, or push ▼ to decrease the incline. Each click changes the incline by 0.5%.

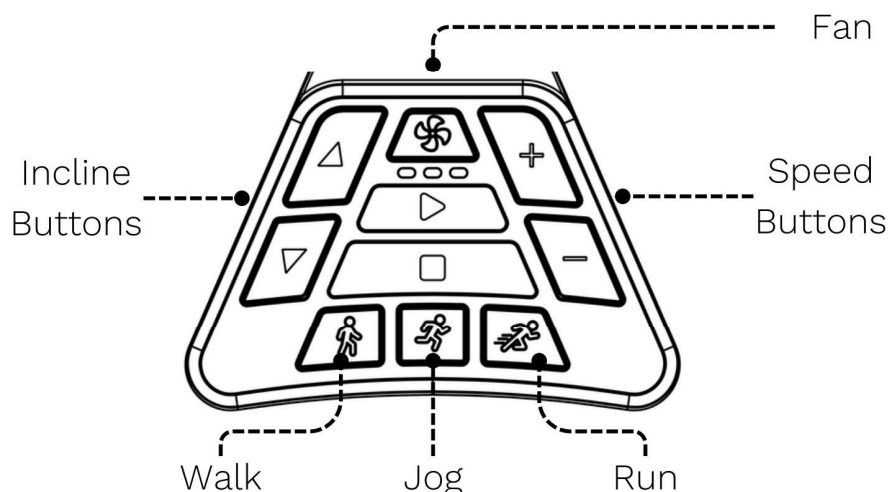
Speed Buttons: The Speed Buttons, located on the right side of the Control Panel, allows you to adjust the treadmill's belt speed. Push the + button to increase or - button to decrease the speed.

- Short press: Changes the speed by increments of 0.1 MPH or KPH
- Long press: Changes the speed by increments of 0.5 MPH or KPH

Preset Speeds: The Podium treadmill is equipped with three preset speed options, designed to help you quickly adjust your workout intensity.

- Walk: Sets the speed to 2 MPH (3 KPH)
- Jog: Sets the speed to 4 MPH (6 KPH)
- Run: Sets the speed to 6 MPH (9 KPH)

Fan: The Podium treadmill is equipped with a cooling fan. Press the fan button to change between three intensity levels.



CARE AND MAINTENANCE

CAUTION:

- To ensure safe operation and optimal treadmill performance, regularly check for wear or any damage, and perform minor maintenance procedures (see list below).
- Replace any damaged or defective parts immediately, and do not use the treadmill until repairs are completed.
- Use only original manufacturer parts. Unauthorized changes or modifications will void the warranty.
- Always power off and unplug the treadmill before cleaning or performing maintenance.
- Any service beyond the described procedures must be performed by an authorized technician.

Cleaning the Treadmill

Regular cleaning is essential to maintain the treadmill's performance and extend its lifespan. Follow these guidelines for safe and effective cleaning:

1. Wipe down all surfaces using a damp cloth and mild, soapy water.
 - a. Clean and disinfect the handrails and handlebars with alcohol-free and ammonia-free solutions.
2. DO NOT use abrasive cleaners, as they can damage the treadmill.
3. DO NOT spray or pour liquids directly onto the treadmill surfaces.
4. DO NOT allow any liquids to drip into the treadmill's openings or components.