

# TRIUMPH



## 400T

### TREADMILL OWNER'S MANUAL MANUEL DU PROPRIÉTAIRE DU TAPIS ROULANT MANUAL DEL PROPIETARIO DE LA CAMINADORA



Read the TREADMILL GUIDE before using this OWNER'S MANUAL.

Lire le GUIDE DU TAPIS ROULANT avant de se servir du présent MANUEL DU PROPRIÉTAIRE.

Lea la GUÍA DE LA CAMINADORA antes de usar este MANUAL DEL PROPIETARIO.

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# IMPORTANT PRECAUTIONS



## SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions. If you have any questions after reading this guide, contact Customer Tech Support at the number listed on the back panel of the OWNER'S MANUAL.

This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.



## **DANGER**

### **TO REDUCE THE RISK OF ELECTRICAL SHOCK:**

Always unplug the treadmill from the electrical outlet immediately after using, before cleaning, performing maintenance and putting on or taking off parts.

## **WARNING**

### **TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:**

- Never use the treadmill before securing the safety tether clip to your clothing.
- If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- When exercising, always maintain a comfortable pace.
- Do not wear clothes that might catch on any part of the treadmill.
- Always wear athletic shoes while using this equipment.
- Do not jump on the treadmill.
- At no time should more than one person be on treadmill while in operation.
- This treadmill should not be used by persons weighing more than specified in the OWNER'S MANUAL WARRANTY SECTION. Failure to comply will void the warranty.
- When lowering the treadmill deck, wait until rear feet are firmly on the floor before stepping on the deck.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- The treadmill should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Connect this exercise product to a properly grounded outlet only.

## **WARNING**

### **TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:**

- At NO time should pets or children under the age of 13 be closer to the treadmill than 10 feet.
- At NO time should children under the age of 13 use the treadmill.
- Children over the age of 13 or disabled persons should not use the treadmill without adult supervision.
- Use the treadmill only for its intended use as described in the treadmill guide and owner's manual.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or immersed in water. Return the treadmill to a service center for examination and repair.
- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Never operate the treadmill with the air opening blocked. Keep the air opening clean, free of lint, hair, and the like.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not use treadmill in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.
- This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not remove the console covers unless instructed by Customer Tech Support. Service should only be done by an authorized service technician

It is essential that your treadmill is used only indoors, in a climate controlled room. If your treadmill has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the treadmill is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.



## GROUNDING INSTRUCTIONS

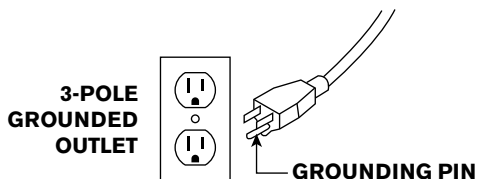
This product must be grounded. If a treadmill should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must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

### DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. 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 product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 110-120 Volt circuit and has a grounding plug that looks like the plug in the illustration. 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.

This product must be used on a dedicated circuit. To determine if you are on a dedicated circuit, shut off the power to that circuit and observe if any other devices lose power. If so, move devices to a different circuit. Note: There are usually multiple outlets on one circuit. This treadmill should be used with a minimum 15-amp circuit. Note: There are usually multiple outlets on one circuit. This treadmill should be used with a minimum 15-amp circuit.



### WARNING

Connect this exercise product to a properly grounded outlet only.

Never operate product with a damaged cord or plug even if it is working properly. Never operate any product if it appears damaged, or has been immersed in water. Contact Customer Tech Support for replacement or repair.

## ASSEMBLY

### WARNING

There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the treadmill could have parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the treadmill, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your treadmill's serial number located on a white barcode sticker near the on/off power switch and power cord and enter it in the space provided below.

ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

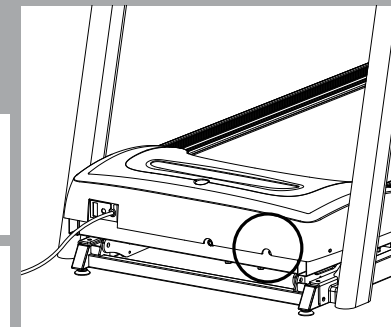
SERIAL NUMBER:

TM

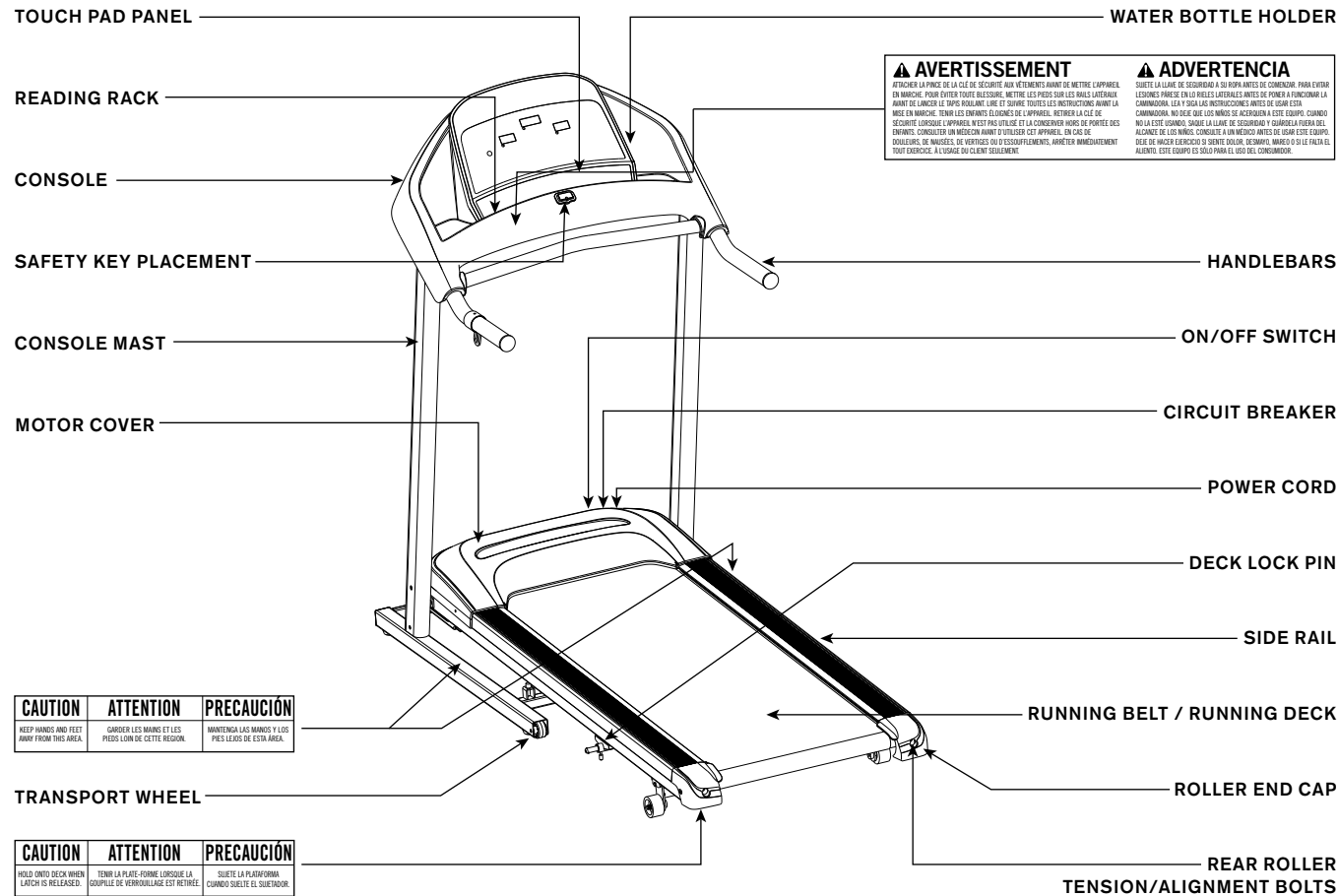
MODEL NAME: **TRIUMPH**

**TREADMILL**

### SERIAL NUMBER LOCATION



» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.



## TOOLS INCLUDED:

- ☐ 4 mm Allen Wrench
- ☐ 5 mm L-Wrench/Screwdriver
- ☐ 6 mm T-Wrench

## PARTS INCLUDED:

- ☐ 1 Safety Key
- ☐ 1 Console Assembly
- ☐ 2 Console Masts
- ☐ 2 Handlebars
- ☐ 2 End Caps
- ☐ 4 Hardware Bags
- ☐ 1 Bottle of Silicone Lubricant (for 2 applications)



## NEED HELP?

If you have questions or if there are any missing parts, contact Customer Tech Support. Contact information is located on the back panel of this manual.

## PRE ASSEMBLY

### UNPACKING

Place the treadmill carton on a level flat surface. It is recommended that you place a protective covering on your floor. Take CAUTION when handling and transporting this unit. Never open box when it is on its side. Once the banding straps have been removed, do not lift or transport this unit unless it is fully assembled and in the upright folded position, with the lock latch secure. Unpack the unit where it will be used. Never grab hold of any portion of the incline frame and attempt to lift or move the treadmill.



### WARNING

DO NOT ATTEMPT TO LIFT THE TREADMILL! Do not move or lift treadmill from packaging until specified to do so in the assembly instructions. You may remove the plastic wrap from console masts.



### WARNING

FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!

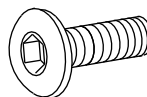
NOTE: During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

NOTE: A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.



## ASSEMBLY STEP 1

### HARDWARE BAG 1 CONTENTS :



**BOLT (A)**  
20 mm  
Qty: 4



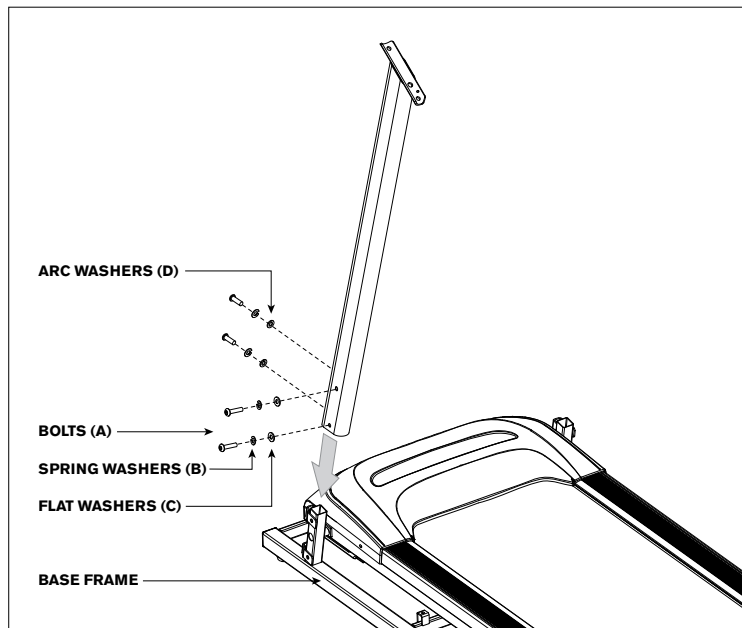
**SPRING WASHER (B)**  
8 mm  
Qty: 4



**FLAT WASHER (C)**  
8 mm  
Qty: 2



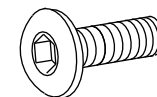
**ARC WASHER (D)**  
8 mm  
Qty: 2



- A Cut the yellow banding straps and lift the **RUNNING DECK** upward and remove all contents from underneath the running deck.
- B Open **HARDWARE BAG 1**.
- C With the **RUNNING DECK** lowered, attach the **LEFT CONSOLE MAST** to the **BASE FRAME** using 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **FLAT WASHERS (C)** from the side and 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (D)** from the rear.

## ASSEMBLY STEP 2

### HARDWARE BAG 2 CONTENTS :



**BOLT (A)**  
20 mm  
Qty: 4



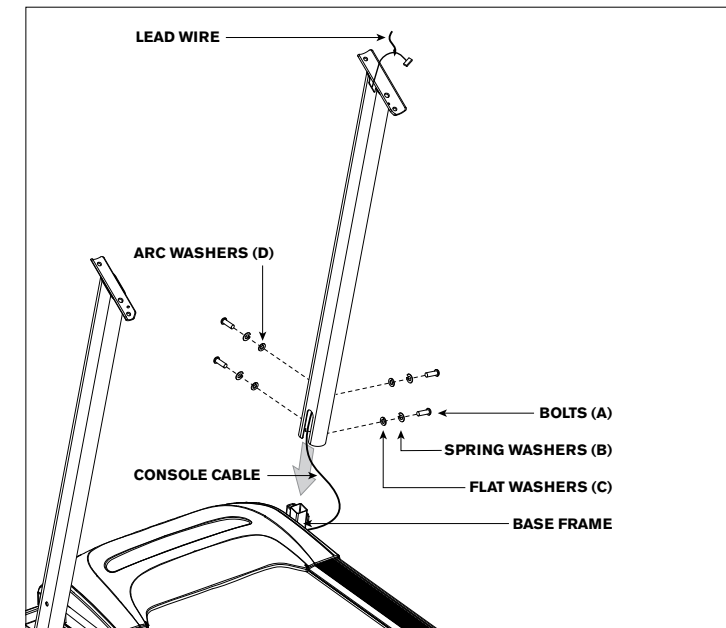
**SPRING WASHER (B)**  
8 mm  
Qty: 4



**FLAT WASHER (C)**  
8 mm  
Qty: 2



**ARC WASHER (D)**  
8 mm  
Qty: 2

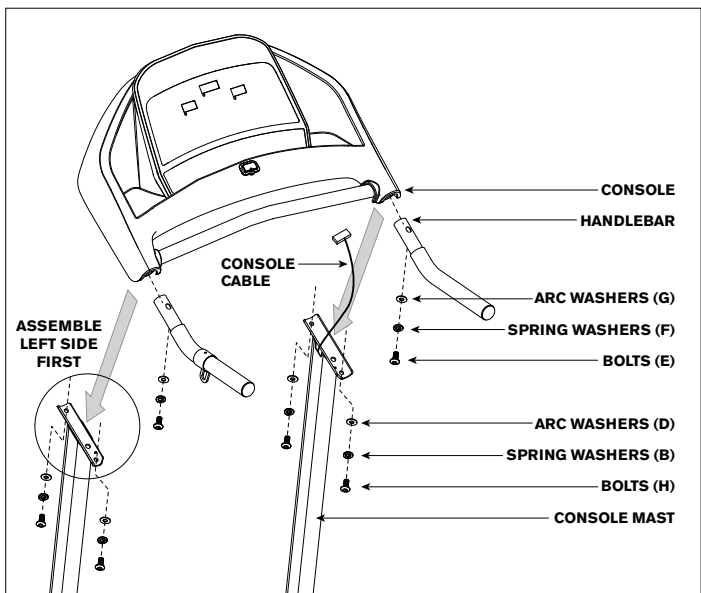


- A Open **HARDWARE BAG 2**.
- B Pull **LEAD WIRE** through **RIGHT CONSOLE MAST**. After pulling the lead wire through the mast, the top of the **CONSOLE CABLE** should be located at the top of the mast. Detach and discard the lead wire.
- C With the **RUNNING DECK** lowered, attach the **RIGHT CONSOLE MAST** to the **BASE FRAME** using 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **FLAT WASHERS (C)** from the side and 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (D)** from the rear.

**NOTE:** Be careful not to pinch any wires while assembling the right console mast.

## ASSEMBLY STEP 3

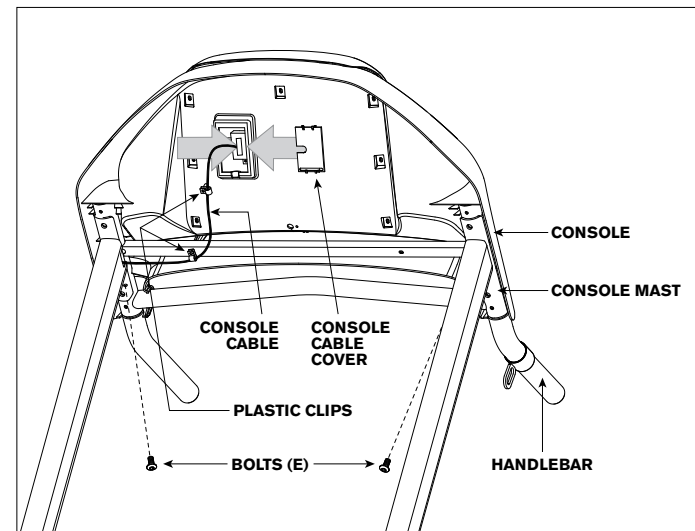
### HARDWARE BAG 3 CONTENTS :



- Open **HARDWARE BAG 3**.
- Slide each **HANDLEBAR** into the **CONSOLE** and attach using 2 **BOLTS (E)**, 2 **SPRING WASHERS (F)** and 2 **ARC WASHERS (G)**. Do not completely tighten bolts until step D.
- Gently place the **CONSOLE** on top of the **CONSOLE MASTS**. Attach the **LEFT SIDE** first using 2 **BOLTS (H)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (D)**.
- Attach the **RIGHT SIDE** of the **CONSOLE** using 2 **BOLTS (H)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (D)**. Completely tighten all bolts from steps B–D.

**NOTE:** be careful not to pinch any wires while attaching the console.

## ASSEMBLY STEP 3 CONTINUED

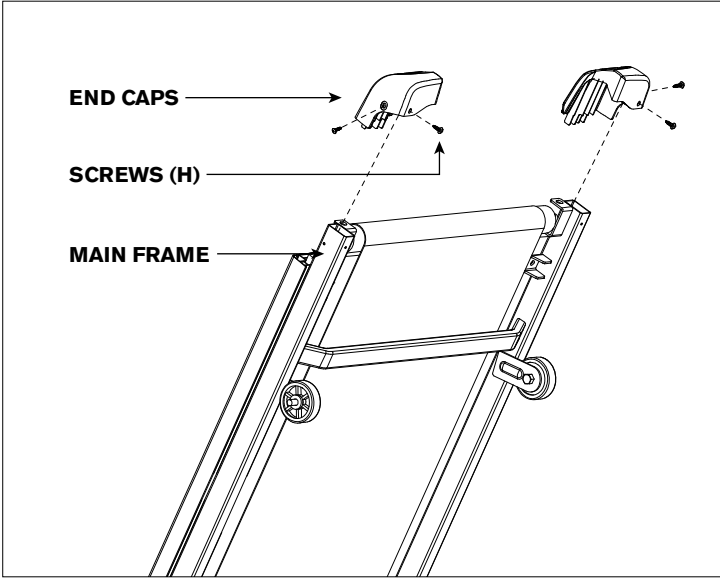
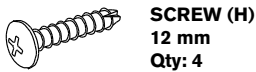


- Remove the console cable cover.
- Connect the **CONSOLE CABLE** and secure the cable in the 2 **PLASTIC CLIPS**. Carefully tuck excess cable in the **CONSOLE MAST** to avoid damage.
- Attach the **CONSOLE CABLE COVER** to secure the **CONSOLE CABLE**.
- Secure the **HANDLEBARS** to the **CONSOLE MASTS** by inserting 2 **BOLTS (E)** from below the **CONSOLE**.



# ASSEMBLY STEP 4

## HARDWARE BAG 4 CONTENTS :



- A Open **HARDWARE BAG 4**.
- NOTE: lock latch must be securely engaged before proceeding with assembly. (See folding instructions in TREADMILL GUIDE.)
- B Attach the right **END CAP** using 2 **SCREWS (H)**. Repeat on the other side.
- C Connect power cord to a power outlet. The ON/OFF switch is located next to the power cord. Flip this switch to the 'ON' position. You will hear a beep and the console will turn on.
- D Before the first use, lubricate the treadmill deck by following the instructions in the MAINTENANCE section in the TREADMILL GUIDE.

YOU ARE FINISHED!

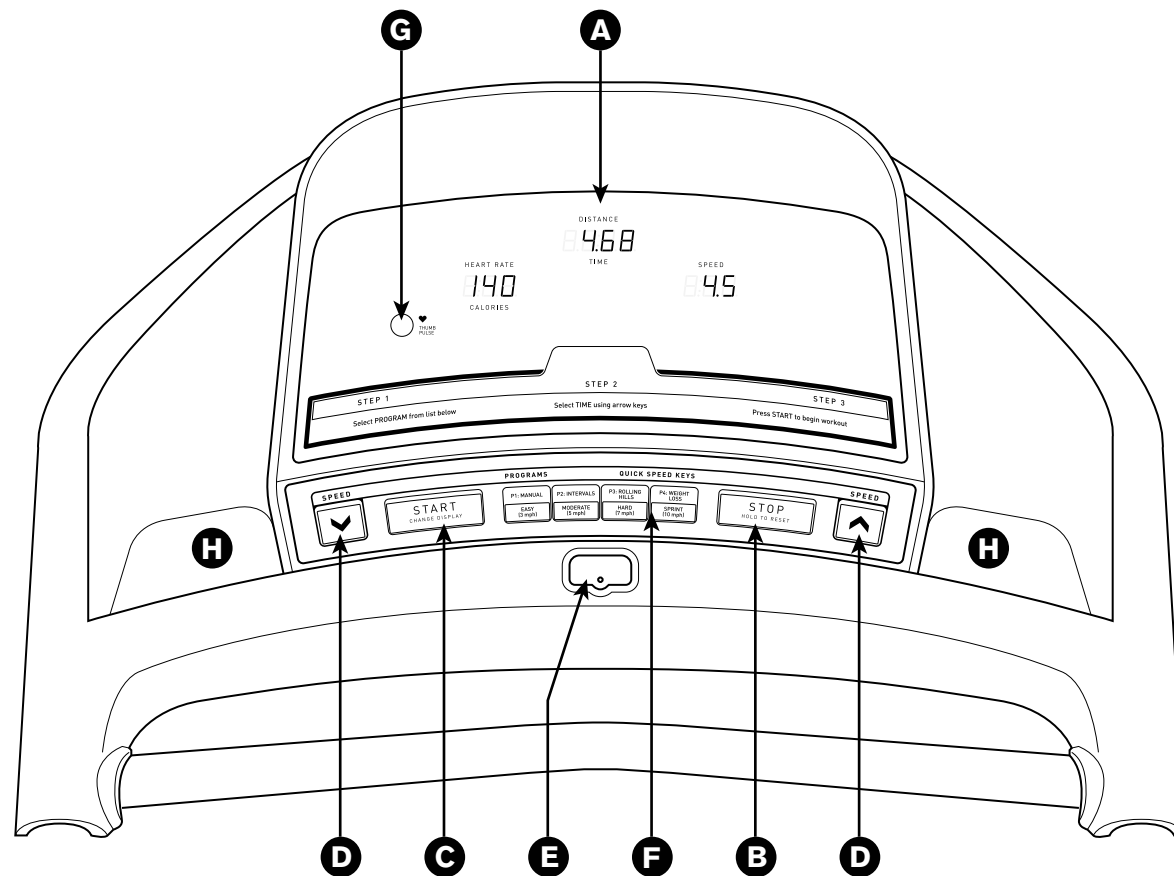
# TREADMILL OPERATION



This section explains how to use your treadmill's console and programming. The BASIC OPERATION section in the TREADMILL GUIDE has instructions for the following:

- LOCATION OF THE TREADMILL
- USING THE SAFETY KEY
- FOLDING THE TREADMILL
- MOVING THE TREADMILL
- LEVELING THE TREADMILL
- TENSIONING THE RUNNING BELT
- CENTERING THE RUNNING BELT
- USING THE HEART RATE FUNCTION





## CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) MONITOR DISPLAY:** Speed, Time, Heart Rate, Distance, and Calories.
- B) STOP:** Press to pause/end your workout. Hold for 3 seconds to reset the treadmill.
- C) START:** Simply press to begin exercising, starts your program and also changes the display.
- D) SPEED ARROW KEYS:** Used to adjust speed in small increments (0.5 mph increments).
- E) SAFETY KEY POSITION:** Enables treadmill when safety key is engaged.
- F) QUICK PROGRAM & SPEED KEYS:** Press key to select program. Once in a program, press key to select speed.
- G) THUMB SENSOR:** Monitors heart rate.
- H) WATER BOTTLE / CD / MP3 HOLDERS:** Holds personal workout equipment.

Note: Thumb pulse may be inaccurate when used in low-light environments.





MONITOR DISPLAY

- **SPEED:** Shown as MPH. Indicates how fast your walking or running surface is moving.
- **TIME:** Shown as minutes:seconds. View the time remaining or the time elapsed in your workout.
- **PULSE:** Shown as beats per minute. Used to monitor your heart rate (displayed when contact is made with the pulse grips or thumb pulse sensor).
- **DISTANCE:** Shown as miles. Indicates distance traveled during your workout.
- **CALORIES:** Total calories burned during your workout.

QUICK KEY OPERATION

Once you have started your program you can quickly change your speed.

To change your speed, press one of the four quick speed keys: EASY (3 mph), MODERATE (5 mph), HARD (7 mph) or SPRINT (10 mph). The treadmill will adjust accordingly.

CLEAR CURRENT SELECTION

To clear the current program selection or screen, hold the STOP button for 5 seconds.

CHANGE VIEWING SCREENS

Press the START button during your workout to change the display between time/distance and heart rate/ calories.

TO RESET CONSOLE

Hold STOP key for 3 seconds.

FINISHING YOUR WORKOUT

When your workout is complete, the monitor display will flash and beep. Your workout information will stay displayed on the console for 30 seconds and then reset.

GETTING STARTED

- 1) Check to make sure no objects are placed on the belt that will hinder the movement of the treadmill.
- 2) Plug in the power cord and turn the treadmill ON.
- 3) Stand on the side rails of the treadmill.
- 4) Attach the safety key clip to part of your clothing.
- 5) Insert the safety key into the safety keyhole in the console.
- 6) You have two options to start your workout:

A) QUICK START UP

Simply press the START key to begin working out. Or...

B) SELECT A PROGRAM

1. Press a PROGRAM key to select a program.
2. Use the ARROW KEYS to select time.
3. Press START to begin.

PROGRAMS

P1 **MANUAL:** Adjust your speed manually during your workout. Time-based goal.

P2 **INTERVALS:** Walk or run a series of alternating paced speed levels. Time-based goal.

	WARM-UP				WORKOUT SEGMENTS – REPEAT												COOL-DOWN			
TIME	4 minutes				Each segment is 60 seconds												4 minutes			
SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
SPEED	2	2	2	3	2	5	2	5	3	5	3	5	2	4	2	4	2	2	2	2

P3 **ROLLING HILLS:** Creates the feel of walking or running over hills. Time-based goal.

	WARM-UP				WORKOUT SEGMENTS – REPEAT												COOL-DOWN			
TIME	4 minutes				Each segment is 60 seconds												4 minutes			
SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
SPEED	2	2	2	2	2	3	4	5	4	3	2	3	4	5	4	3	3	2	2	2





PROGRAMS CONTINUED

**P4 WEIGHT LOSS:** Keeps user in their optimal fat burning zone.

	WARM-UP				WORKOUT SEGMENTS - REPEAT												COOL-DOWN			
TIME	4 minutes				Each segment is 60 seconds												4 minutes			
SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
SPEED	2	2	2	3	2	3	3	4	4	3	3	4	4	3	3	4	3	3	2	2

NOTE: While program is running the program keys become QUICK SPEED KEYS: easy (3 mph), moderate (5 mph), hard (7 mph), and sprint (10 mph).

LIMITED HOME-USE WARRANTY





**WEIGHT CAPACITY = 250 lbs (113 kilograms)**

**FRAME • LIFETIME**

The Manufacturer warrants the frame against defects in workmanship and materials for the lifetime of the original owner, so long as the device remains in the possession of the original owner. (The frame is defined as the welded metal base of the unit and does not include any parts that can be removed.)

**DRIVE MOTOR/ELEVATION • 1 YEAR**

The Manufacturer warrants the drive/elevation motors against defects in workmanship and materials for the period of one year from the date of original purchase, so long as the device remains in the possession of the original owner. Labor or installation of motor is not covered under the motor warranty.

**ELECTRONICS & PARTS • 90 DAYS**

The Manufacturer warrants the electronic components, finish and all original parts for a period of 90 days from the date of original purchase, so long as the device remains in the possession of the original owner.

**LABOR • 90 DAYS**

The Manufacturer shall cover the labor cost for the repair of the device for a period of 90 days from the date of the original purchase, so long as the device remains in the possession of the original owner.

**EXCLUSIONS AND LIMITATIONS**

Who IS covered:

- The original owner and is not transferable.

What IS covered:

- Repair or replacement of a defective motor, electronic component, or defective part and is the sole remedy of the warranty.

What IS NOT covered:

- Normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the equipment as sold.
- Damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, neglect, theft, vandalism, fire, flood, wind, lightning, freezing, or other natural disasters of any kind, power reduction, fluctuation or failure from whatever cause, unusual atmospheric conditions, collision, introduction of foreign objects into the covered unit, or modifications that are unauthorized or not recommended by the Manufacturer.
- Incidental or consequential damages. The Manufacturer is not responsible or liable for indirect, special or consequential damages, economic loss, loss of property, or profits, loss of enjoyment or use, or other consequential damages of whatsoever nature in connection with the purchase, use, repair or maintenance of the equipment. The Manufacturer does not provide monetary or other compensation for any such repairs or replacement parts

costs, including but not limited to gym membership fees, work time lost, diagnostic visits, maintenance visits or transportation.

- Equipment used for commercial purposes or any use other than a single family or household, unless endorsed by the Manufacturer for coverage.
- Equipment owned or operated outside the US and Canada.
- Delivery, assembly, installation, setup for original or replacement units or labor or other costs associated with removal or replacement of the covered unit.
- Any attempt to repair this equipment creates a risk of injury. The Manufacturer is not responsible or liable for any damage, loss or liability arising from any personal injury incurred during the course of, or as a result of any repair or attempted repair of your fitness equipment by other than an authorized service technician. All repairs attempted by you on your fitness equipment are undertaken AT YOUR OWN RISK and the Manufacturer shall have no liability for any injury to the person or property arising from such repairs.
- If you are out of the manufacturer's warranty but have an extended warranty, refer to your extended warranty contract for contact information regarding requests for extended warranty service or repair.

**SERVICE/RETURNS**

- In-home service is available within 150 miles of the nearest authorized Service Provider (Mileage beyond 150 miles from an authorized service center is the responsibility of the consumer).
- All returns must be pre-authorized by the Manufacturer.
- The Manufacturer's obligation under this warranty is limited to replacing or repairing, at the Manufacturer's option, the same or comparable model.
- The Manufacturer may request defective components be returned to the Manufacturer upon completion of warranty service using a prepaid return shipping label. If you have been advised to return parts and did not receive a label, please contact Customer Tech Support.
- Replacement units, parts and electronic components reconditioned to as-new condition by the Manufacturer or its vendors may sometimes be supplied as warranty replacement and constitute fulfillment of warranty terms.
- This warranty gives you specific legal rights, and your rights may vary from state to state.





## CUSTOMER TECH SUPPORT

### **DO NOT RETURN TO THE RETAILER**

if you have any problems during assembly or if parts are missing.

For fast and friendly service, please contact one of our trained customer technicians via phone.

We want to know if you have a problem and we want to have an opportunity to correct it for you.

NOTE: Please read the TROUBLESHOOTING section in the TREADMILL GUIDE before contacting Customer Tech Support.



## SERVICE DE SOUTIEN TECHNIQUE À LA CLIENTÈLE

En cas de difficulté lors de l'assemblage ou si des pièces manquent, **NE PAS RENVoyer L'APPAREIL AU DÉTAILLANT.**

Pour un service rapide et amical, communiquer avec un de nos techniciens qualifiés par téléphone.

Le fabricant tient à ce qu'on lui signale tout problème d'utilisation, afin de pouvoir y remédier.

REMARQUE : Lire la section DÉPANNAGE du GUIDE DU TAPIS ROULANT avant de contacter le service de soutien technique à la clientèle.



## SERVICIO DE ASISTENCIA TÉCNICA A CLIENTES

Si tiene problemas durante el ensamble o si le faltan piezas **NO DEVUELVA ESTE APARATO AL VENDEDOR MINORISTA.**

Para obtener servicio rápido y amable, comuníquese por teléfono con alguno de nuestros técnicos capacitados en ayuda a clientes.

Nos interesa saber si usted tiene algún problema y queremos tener la oportunidad de corregir la situación.

NOTA: Antes de comunicarse con el servicio de asistencia técnica a clientes, lea la sección de RESOLUCIÓN DE PROBLEMAS en la GUÍA DE LA CAMINADORA.



**1-866-864-3840**  
**service@johnsonfit.com**

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