



Lite Runner Treadmill

Owner's Manual



RETAIN OWNER'S MANUAL
FOR FUTURE REFERENCE

IMPORTANT! PLEASE READ:

If you purchased your 3G Cardio product from an online retailer (3GCardio.com, Amazon, Costco etc..) and need help or have questions, comments or concerns, please call or email us (3G Cardio) directly. We are not operators, we are experienced fitness professionals and can help you with anything and everything!

If you purchased your 3G Cardio product from a “brick and mortar” retail store, feel free to contact the store directly with any questions or concerns. You are still more than welcome to contact us too!



3G Cardio Fitness Equipment
14647 So. 50th Street Suite 110
Phoenix, AZ 85044

1-888-888-7985
www.3GCardio.com
support@3gcardio.com

© Copyright 3G Cardio LLC
All Rights Reserved



TABLE OF CONTENTS

SAFETY	1 – 2
WARM UP & COOL DOWN	3
UNPACKING & ASSEMBLY	4 – 6
COMPUTER OPERATIONS	7 – 8
BELT ADJUSTMENT	9 – 10
LUBRICATION MAINTENANCE	11 – 12
TROUBLESHOOTING	13
PARTS LIST	14
PARTS LIST - BOLTS	15
EXPLODED DRAWING	16
WARRANTY	17

SAFETY

IMPORTANT: Read all instructions and warnings before using treadmill.

IMPORTANT VOLTAGE INFORMATION!

Before plugging the power cord into an electrical outlet, verify that the voltage requirements for your area match the voltage of the treadmill that you have received. The power requirements for this treadmill include a grounded circuit, rated for one of the following: 115VAC +/- 5%, 60Hz and 20amps; 208/220 VAC, 60Hz, 15amps or 230 VAC +/- 5%, 50Hz and 10amps. Use of wrong voltage will damage the treadmill.

GROUNDING INSTRUCTIONS:

This treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This treadmill has a power cord which has a grounding conductor and grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER!

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service provider if you are in doubt as to whether the treadmill is properly grounded.

CONSULT A PHYSICIAN IMMEDIATELY!

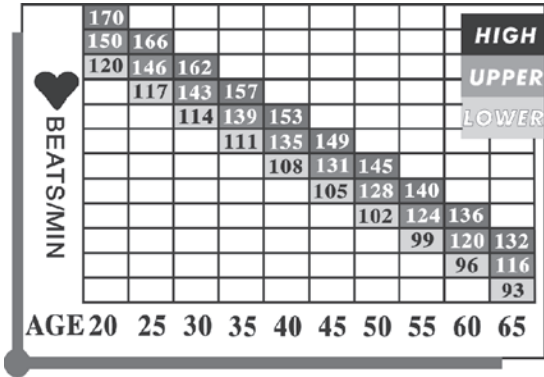
Warning: Before starting any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. 3G Cardio LLC assumes no responsibility for personal injury or damage sustained by or through the use of this treadmill.

IMPORTANT SAFETY INSTRUCTIONS:

- Obtain a medical exam before beginning any exercise program.
- Keep children and pets away from the treadmill. Teenagers and disabled persons must be supervised while using the treadmill.
- Stop exercising if you feel faint, dizzy, or experience pain at any time while exercising and consult your physician.
- Clip the SAFETY KEY onto your clothing and carefully test it prior to using the treadmill.
- Disconnect all power before servicing the treadmill.
- Connect the treadmill to a properly grounded outlet only.
- Do not operate treadmill in damp or wet locations.
- Disengage the SAFETY KEY when not in use.
- Inspect the treadmill for worn or loose components before each use.
- Do not operate the treadmill if:
 - 1) The power cord is damaged.
 - 2) The treadmill is not working properly.
 - 3) The treadmill has been dropped or damaged.
- Do not use the treadmill outdoors.
- Read and understand this owner's manual completely before using the treadmill.
- Read and understand all warnings posted on the treadmill and in this owner's manual.
- Do not wear loose or dangling clothing while using the treadmill.
- Always wear proper footwear on or around exercise equipment.
- Set up and operate the treadmill on a solid, level surface.
- Provide the following clearances: 1 foot clearance on right and left side, 5 feet of clearance behind the running belt and enough room for safe access at the front of the treadmill.
- Modifying this treadmill in any way will void all warranties.

SAFETY

TARGET HEART RATE ZONE



Target Heart Rate Zone
 $220 - \text{Your Age} = \text{Maximum Heart Zone}$

You do not want to workout at your maximum heart rate. The recommended Heart Rate Zone is a percentage of your maximum heart rate. Between 60% and 75% of your maximum heart rate.

Lower limit of Target Heart Rate Zone = Maximum heart rate X 0.6
 Upper limit of Target Heart Rate Zone = Maximum heart rate X 0.75

HOW OFTEN SHOULD YOU EXERCISE?

You should exercise three to four times a week, 30 minutes per workout, or as instructed by your doctor.

HOW HARD SHOULD YOU EXERCISE?

Intensity of exercise is reflected in your heart rate. Exercise must be sufficiently rigorous to strengthen your heart muscle and condition your cardiovascular system. Before starting any exercise program consult your physician.

HOW LONG SHOULD YOU EXERCISE?

Sustained exercise conditions your heart, lungs and muscles. The longer you are able to sustain exercise within your target heart range, the greater the aerobic benefits. You should always begin a workout with at least a 5 minute warm up at low intensity.

BEGINNER TREADMILL PROGRAM

	EXERTION LEVEL	DURATION
WEEK 1	Easy	6 – 12 Minutes
WEEK 2	Easy	10 – 16 Minutes
WEEK 3	Moderate	14 – 20 Minutes
WEEK 4	Moderate	18 – 24 Minutes
WEEK 5	Moderate	22 – 28 Minutes
WEEK 6	Slightly higher or slightly lower	20 Minutes
WEEK 7	Add interval training	3 minutes at moderate, then 3 minutes at higher exertion, then 3 minutes at easy. Continue this pattern for 24 minutes.

WARM UP & COOL DOWN

WARM UP & COOL DOWN

A successful exercise program consists of a warm up, aerobic exercise, and a cool down. Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles. At the end of your workout, repeat these exercises to properly cool down. We suggest the following warm up and cool down exercises:

1

Head Rolls

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



2

Shoulder Lifts

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



3

Side Stretches

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



4

Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



5

Toe Touches

Slowly bend forward from your waist, letting your back and shoulder relax as you stretch toward your toes. Reach down as far as you can and hold for 15 seconds.



6

Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



7

Hamstring Stretches

Sit with your right leg straight in front of you. Straighten your leg out while trying to hold on to your outstretched leg with your hand. Starting up with your back straight. Slowly exhale and try to bring your chest to the knee of your outstretched leg. Hold, then repeat on the other side for 15 seconds.



8

Calf / Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 seconds.



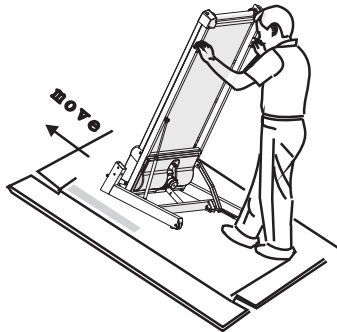
UNPACKING & ASSEMBLY

WARNING!: Use extreme caution when assembling the treadmill. Failure to do so could result in injury.

NOTE: Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.

1. Unpack the carton and separate all parts.
2. With the carton open and parts unpacked, fold up the treadmill.
3. At the rear of the treadmill and with it in a folded position you may now move the treadmill off the packaging. There are wheels attached to the frame. Be very careful to not tip the treadmill as it may fall and cause property or bodily harm. Please have two adults available whenever moving the treadmill.
4. Be careful to not place your hands in a pinch point area as shown in the picture.
5. Please exercise common sense whenever moving this treadmill.

○ CORRECT

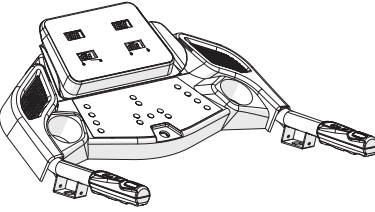
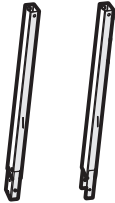
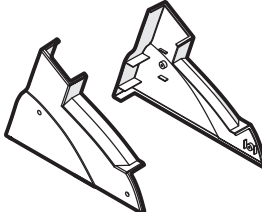

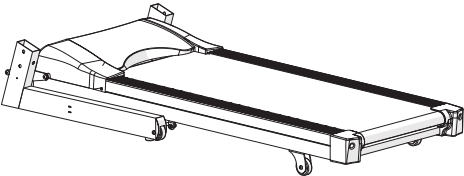
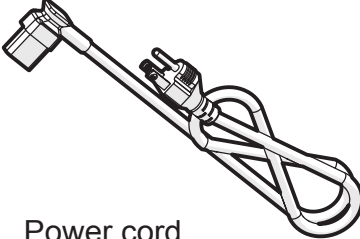
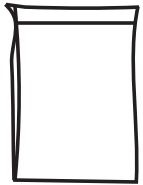


✗ WRONG








PINCH POINT!

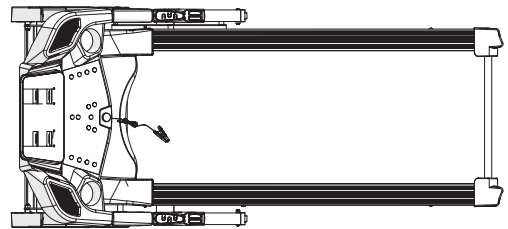
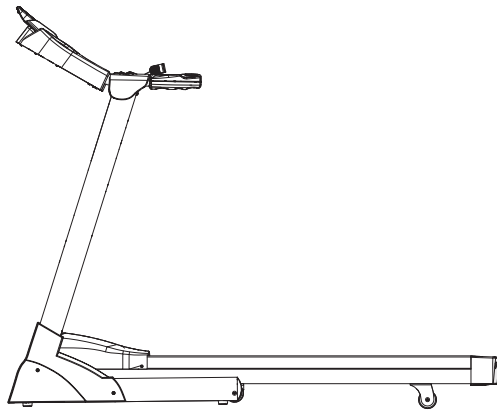
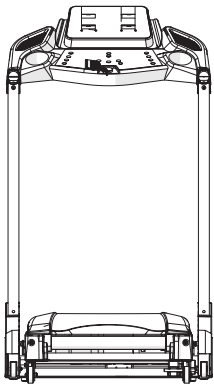
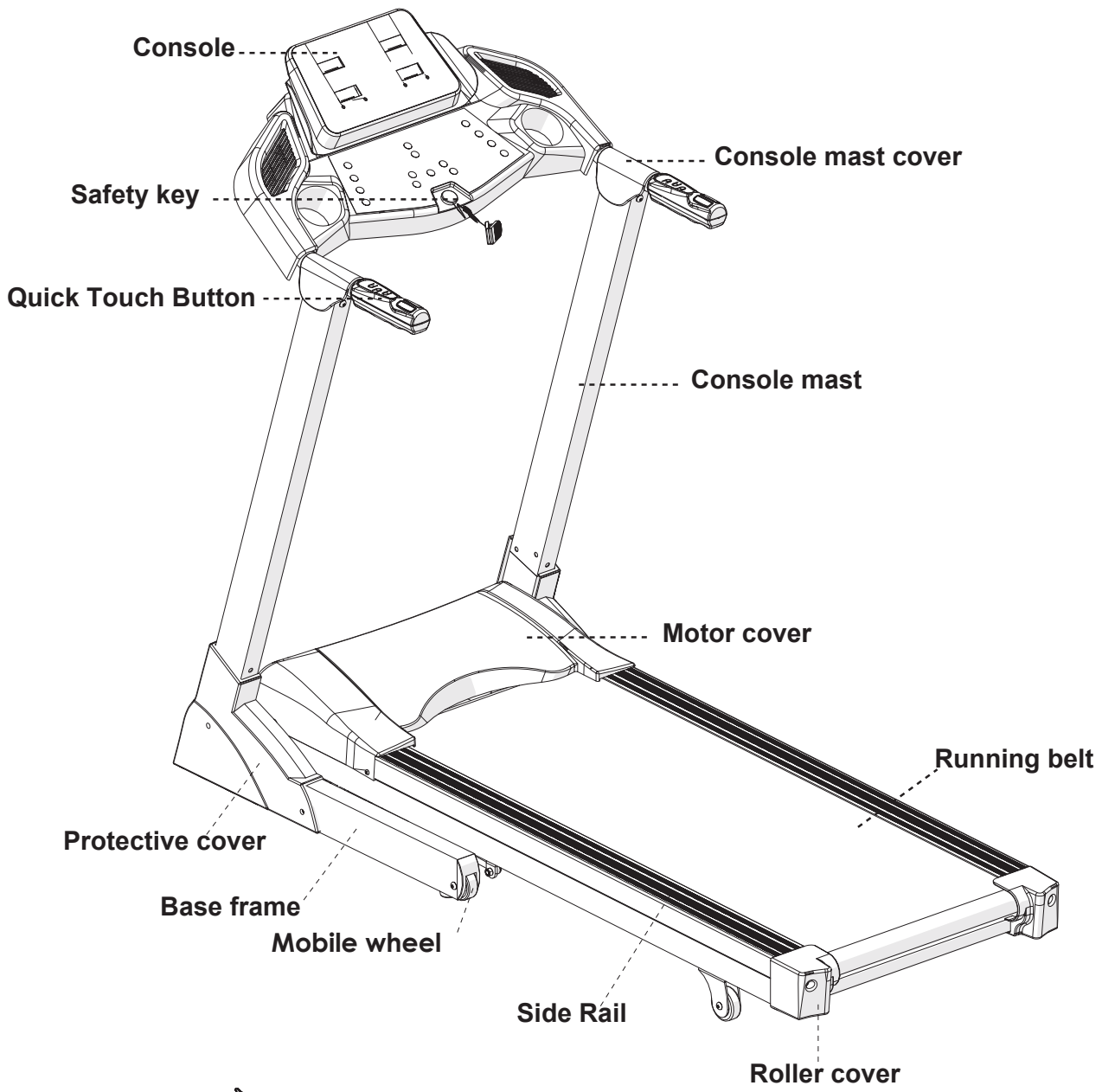
Ensure that the following items are present. If any of the parts are missing, contact your dealer or 3G Cardio directly.

 <p>Console</p>	 <p>Console mast</p>	 <p>Protective cover</p>	 <p>Console mast cover</p>
 <p>Main body</p>	 <p>Power cord</p>	 <p>Hardware kit</p>	

HARDWARE KIT

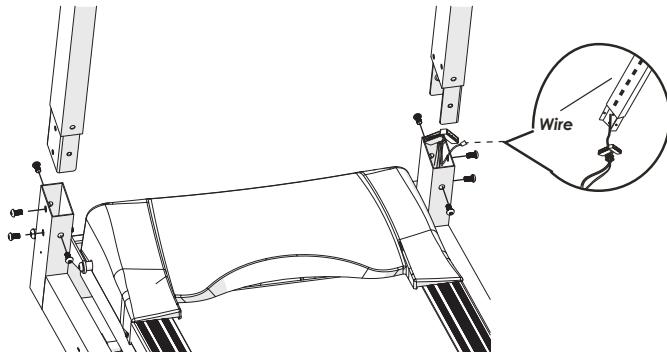
 <p>M8X15mm hex socket head bolt 12pcs (base frame and console)</p>	 <p>Safety key</p>	
 <p>M4X10mm hex socket head bolt 4pcs (base frame and protective cover)</p>	 <p>Allen wrench</p>	 <p>Lubricant for running deck</p>

ASSEMBLY INSTRUCTIONS



ASSEMBLY INSTRUCTIONS

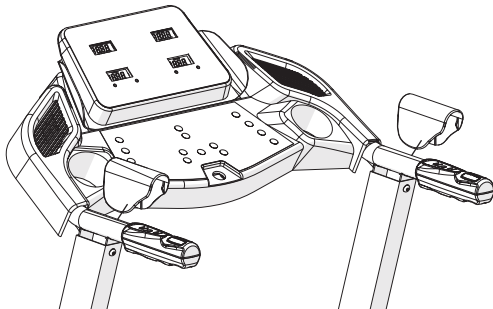
STEP 1- Attach the console masts to the base frame



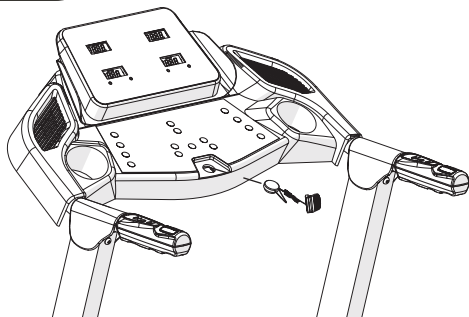
- A). Insert the left console mast (the side without a data cable attached inside) into the base frame. Attach the left console mast with four M8X15mm bolts using an Allen wrench. **(Do not fully tighten the bolts yet)**
- B). Put the lower data cable and grounded wire inside and through the right console mast using the wire attached inside the right console mast. Insert the right console mast into the base frame and secure it with four M8X15mm bolts using an Allen wrench. **(Do not fully tighten the bolts yet)**

STEP 3- Secure the bolts

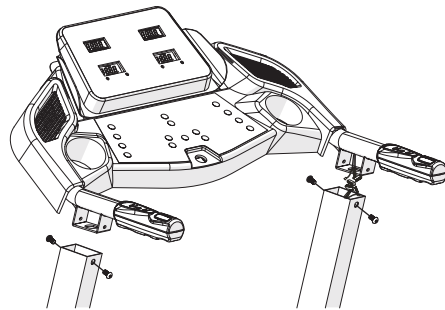
STEP 4- Attach the console mast covers



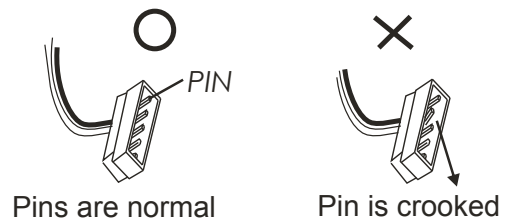
STEP 5- Put the safety key on



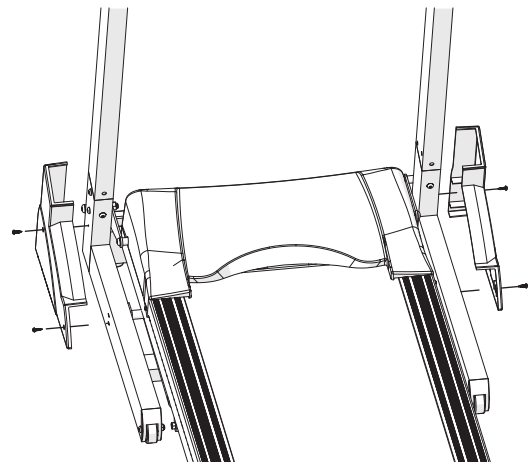
STEP 2- Attach the console to the console masts



- A). Connect the upper console data cable to the lower console data cable and plug into lower control board (next to incline motor). Attach with two M8X15 bolts on each side using an Allen wrench. **(Do not fully tighten the bolts yet)**
(Caution: Be very careful when connecting the two data cables together! There are pins inside the connector and they must be lined up and straight. If they are not lined up, the pins can bend and break resulting in an E1 Error Message or loss of power).



STEP 6- Assemble the protective cover to the main body



- A). Assemble protective cover to the main body, secure with M4X10mm bolts.

COMPUTER OPERATIONS

CONTROL PANEL FUNCTION

INCLINE: Indicates incline in percent of grade in 1% increments.

DISTANCE: Indicates MPH travelled in 0.1 increment.

TIME: Indicates Workout TIME, either "elapsed time" or "remaining time."

CALORIES: Indicates calories burned.

PULSE: Estimated heart rate.

START: Start the treadmill belt.

SPEED: Indicates MPH in 0.1 increments.

UP/DOWN: Adjust incline.

STOP: Stop the treadmill belt.

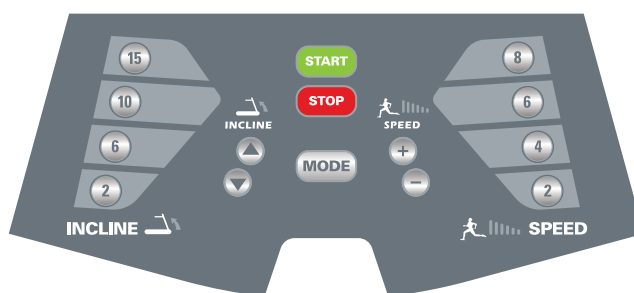
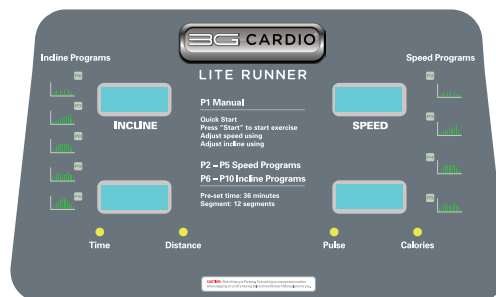
MODE: Enter programs selection, enter time setting, toggle between TIME or DISTANCE, PULSE or CALORIES.

SPEED PLUS/MINUS:

- Used to adjust speed in 0.1 MPH increments.
- To set programs(P1~P10).
- Set time to countdown.

ONE-TOUCH SPEED 2, 4, 6, 8: Used to reach ideal speed.

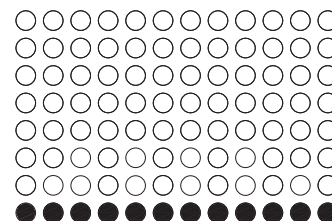
ONE-TOUCH INCLINE 0, 2, 6, 10: Used to reach ideal incline.



CONTROL PANEL OPERATION

QUICK START (P1 MANUAL):

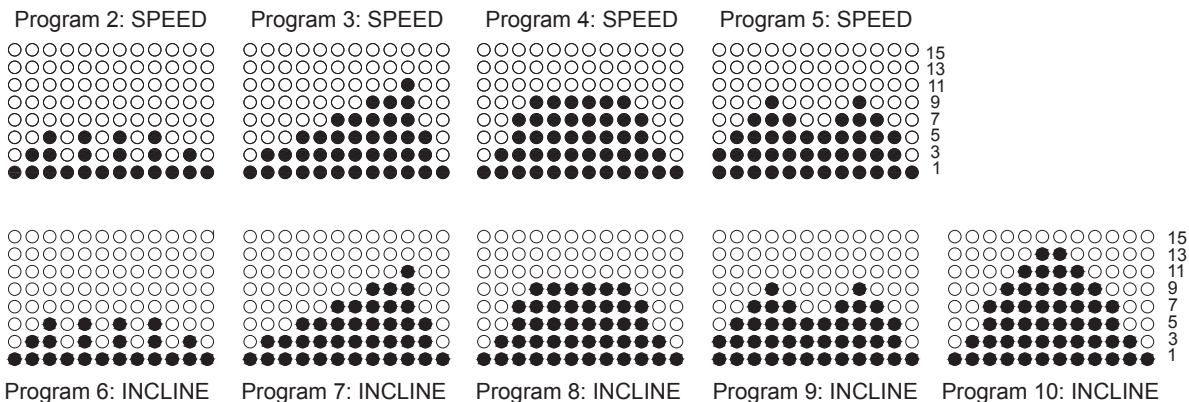
- 1). Power on, attach SAFETY KEY.
- 2). Press **START** to begin treadmill belt movement.
- 3). Adjust speed using SPEED **+** **-**.
- 4). Adjust incline using INCLINE **▲** **▼**.



PROGRAMS (P2~P10):

- 1). Power on, put SAFETY KEY on.
- 2). Press **+** **-** to select programs.
- 3). Press **MODE** to enter time setting.
- 4). Press **+** **-** to set exercise time.
- 5). Press **START** to start treadmill belt.
- 6). Adjust speed using **+** **-** adjust incline using **▲** **▼**.
- 7). Press **STOP** to stop treadmill belt.

COMPUTER OPERATIONS



INCLINE: INCLINE PROGRAM, incline change

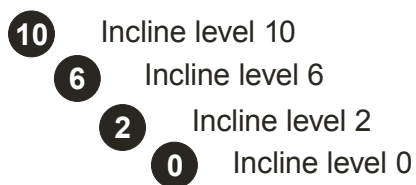
SPEED: SPEED PROGRAM, speed change

ONE-TOUCH SPEED/ONE-TOUCH INCLINE:

ONE-TOUCH SPEED / INCLINE is meant to provide an easy and convenient way to quickly set your desired speed and or incline. Always consult your doctor prior to beginning an exercise program and to determine a safe and appropriate heart rate and walking pace.

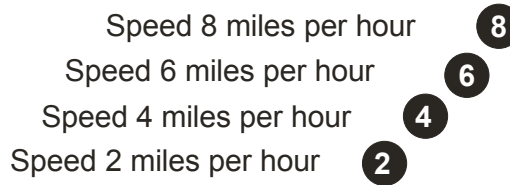
ONE-TOUCH INCLINE

Use your One-Touch Incline buttons to quickly set your ideal Incline.



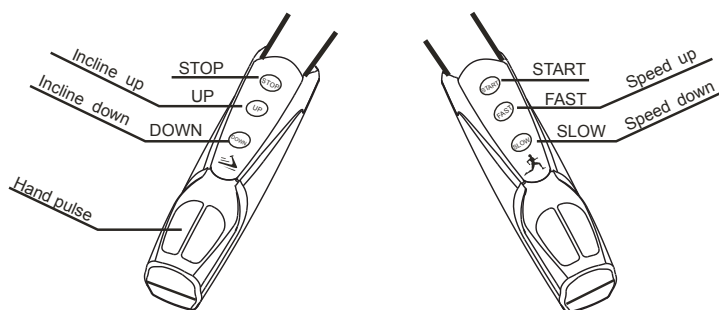
ONE-TOUCH SPEED

Use your One-Touch Speed buttons to quickly set your ideal Speed.



QUICK TOUCH HANDLEBAR BUTTONS

These buttons allow you to perform multiple functions during your workout while you are holding onto the handlebars. With these buttons, you can change speed and incline and start and stop the treadmill.



BELT ADJUSTMENT

BELT ADJUSTMENT:

IMPORTANT: DO NOT OVER TIGHTEN THE TREADMILL BELT! THIS WILL VOID YOUR BELT WARRANTY!

You may need to adjust the running belt during the first few weeks of use. Over time, you will need to adjust it less frequently as the running belt will adjust to your walking or running style. The treadmill belt may stretch or become off-center within the first few weeks or months and this is perfectly normal during the break-in period.

ADJUSTING THE TREADMILL BELT TENSION:

If the running belt feels as though it is “slipping” or hesitating when you plant your foot during a run, the tension on the treadmill belt may have to be increased. Again, this is normal and easy to rectify.

- Place a hex wrench on the LEFT side tension bolt. Turn the wrench clockwise 1/4 turn to draw the rear roller and increase the belt tension.
- Repeat STEP A on the RIGHT belt tension bolt. You must be sure to turn both bolts the same number of turns, so the rear roller will stay square relative to the frame.
- After completing STEP A and STEP B, walk on the treadmill to determine if the “slip” is gone.
- Repeat STEP A and STEP B until the slipping is eliminated.
- Be careful not to over tighten the treadmill belt as you can create excessive pressure on the front and rear roller bearings and or tear the running belt seam. An excessively tightened running belt will damage the roller bearings and treadmill belt.
- If your belt is no longer “slipping” but off center, STOP and read below for how to center the treadmill belt.

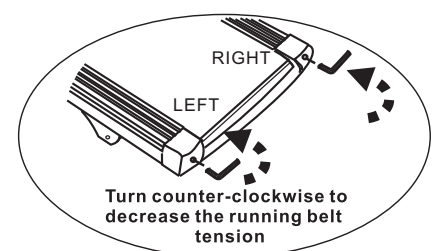
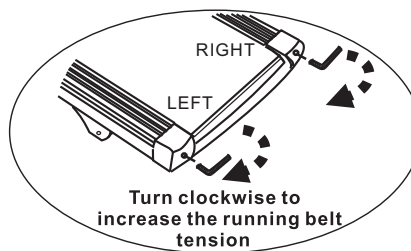
TO DECREASE THE TENSION ON THE TREADMILL BELT, TURN BOTH BOLTS COUNTER- CLOCKWISE THE SAME NUMBER OF TURNS.

IMPORTANT: If your treadmill belt is rubbing on the side frame or is very close to touching the side frame you will need to center the treadmill belt with the treadmill off. Once you adjust the rear tension bolts properly, then turn the treadmill on to 2.0mph (no faster) and with your foot, manually “push” the treadmill belt away from the side rail. This will safely remove the belt from the side rail and speed up the “centering” process. **Use extreme caution while the treadmill belt is moving.**

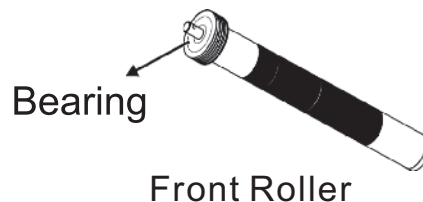
CENTERING THE TREADMILL BELT

When you walk or run, you may push off harder with one foot than the other. The severity of the deflection depends on the amount of force that one foot exerts in the relation to the other. This deflection can cause the treadmill belt to move off center. This deflection is normal and the treadmill belt should center on its own when the treadmill is unoccupied. If the treadmill belt remains consistently off-center, you will need to center the treadmill belt manually (see below).

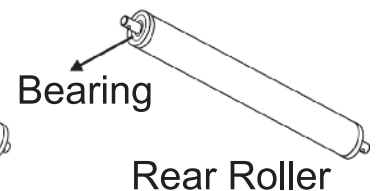
- Observe the treadmill belt and see if it is touching either the right or left side of the frame. If it is, read the IMPORTANT instructions above!
- Start the treadmill without anyone on the treadmill belt. Press the Speed Up button until the speed reaches 2.5 mph, or a safe walking speed for you. **Use extreme caution while the treadmill belt is moving.**
- Observe whether the treadmill belt is closer to the right or left side of the deck.



If you need to align the treadmill belt from the left side to right side, always adjust the left side bolt only. The simple rule of thumb for aligning the belt is this: working from the (user) left side bolt, if you need to move the belt to the right, “tighten” the left side bolt (turn clockwise in 1/4 turns only). This will move the belt slightly to the right.



Front Roller



Rear Roller

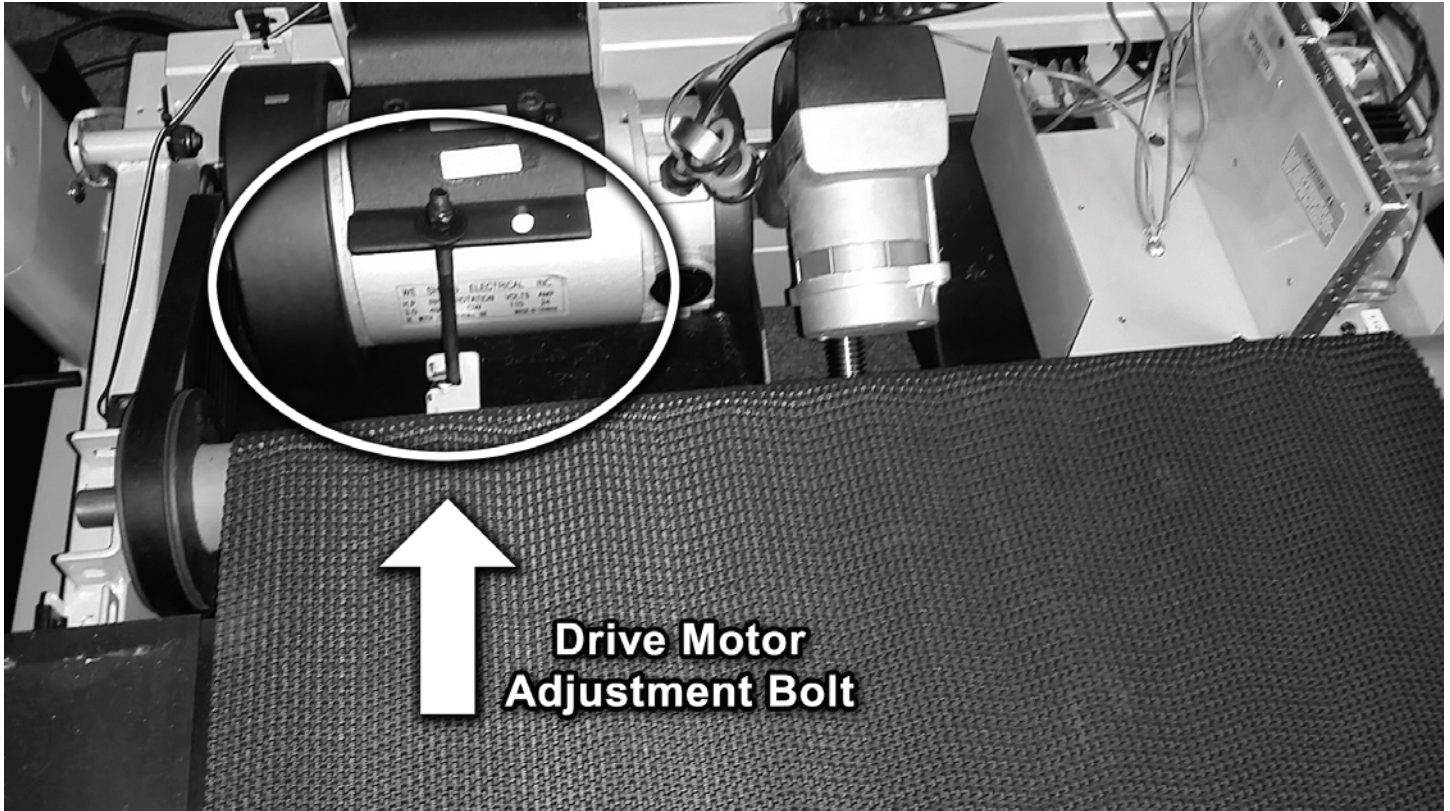
If you need to align the belt to the left, “loosen” the left side bolt (turn the bolt counter clockwise in 1/4 turns only). This will move the treadmill belt to the left.

Anytime you need to either tighten the belt or align the belt, you should have the treadmill running at around 2.5 mph. Also, these adjustments can take up to 30 seconds to alter the position of the belt so be patient.

NEVER OVER TIGHTEN THE TREADMILL BELT AS IT WILL RUIN YOUR TREADMILL!

Use extreme caution while the treadmill belt is moving.

ONE TIME BELT ADJUSTMENT



Treadmill Belt Slipping?

IMPORTANT: DO NOT OVER TIGHTEN THE TREADMILL BELT! THIS WILL VOID YOUR BELT WARRANTY!
To perform this adjustment, turn off the treadmill and unplug the power cord.

The circled image above is the drive motor adjustment bolt. **If you have tried to adjust the rear rollers and the belt is still slipping then this bolt will need to be tightened.** This is a one-time adjustment and will never need to be adjusted again. Here are the instructions on how to tighten this bolt:

IMPORTANT: Failure to follow these instructions will result in injury.

Elevate your treadmill to the highest possible elevation. **Turn off the treadmill and unplug the power cord.** Remove the (4) Phillip screws located in the motor cover. You will now be able to see and adjust the drive motor adjustment bolt.

This is very important: If you have already tried to adjust the rear roller bolts (which most likely you have) then it is very important to loosen the rear roller bolts by the same amount of turns you previously tightened them. If you are not sure, call us at 888-888-7985 (Ext 1) and we will walk you through this step. Or, you should be able to see about a 1/2" gap in-between the rear roller and the plastic end cap covering the roller. Again, at any point you can call us directly at 888-888-7985 (Ext 1).

The next step is to tighten the drive motor adjustment bolt. If it feels really loose then you can tighten it to the point where you can no longer wiggle it with your hand. From here, you will tighten the bolt 1/4 turn clockwise and then walk on the treadmill to see if the slippage is gone. If it is not then tighten the bolt another 1/4 turn clockwise. Keep repeating this to the point that the belt is no longer slipping. You do not want to over tighten the belt. Once the belt is no longer slipping you can put the motor cover back on and lower the treadmill incline back down to 0%. Walk on the treadmill again. There is a slight chance that the belt will slip and that is ok. Now you can proceed with the normal belt adjustment rules listed on the previous page. Again, you will never have to adjust the motor drive adjustment bolt again.

CARE & MAINTENANCE

WARNING! To prevent electrical shock, be certain the treadmill is turned off and unplugged before cleaning and routine maintenance.

FLOOR MATS – EXERCISE MATS:

If you plan to place this treadmill on a stone, tile, concrete, wood, vinyl, laminate or any other hard surface, it is highly recommended to place a treadmill mat underneath. This will prevent excess dust from building up underneath the treadmill and the motor compartment and it will help to cut down on vibrations and noise. Use a treadmill mat with a minimum size of 29 1/2" x 68".

CLEANING

Perspiration should be wiped from the console and treadmill surface after your workout. You should wipe down your treadmill once a week with a water dampened, soft cloth. Be careful not get excessive moisture on the display panel as this might cause an electrical shock or failure. Every 6 months, open up the motor cover and vacuum inside to remove any type of dust, lint or pet hair that has accumulated. Vacuum around your treadmill as often as needed. These preventative maintenance steps can add significant life to your treadmill!

STORAGE

Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is unplugged from the electrical wall outlet when not in use.

MOVING

This treadmill has been designed and equipped with wheels for moving. Before moving, ensure the master power switch is in the off position and the power cord is unplugged from the electrical outlet. Elevate your treadmill to 6% as this will make it easier to move. **CAUTION:** This treadmill is very heavy so please practice common sense while attempting to move your machine!

RUNNING BELT AND RUNNING DECK LUBRICATION

For maximum treadmill life, this treadmill needs routine lubrication as part of a general maintenance for the machine. The routine maintenance procedure will prevent premature wear of the running belt, running deck and drive motor system.

The recommended lubrication schedule as:

<i>USAGE</i>	<i>LUBRICATION</i>
Walking	Every 8 - 10 months
Jogging	Every 6 Months
Running	Every 4 months
Commercial	N/A



Lubricant for running deck

The above lubrication schedule is the recommended application for a single user, 30 - 45 minutes per workout, 3-4 times per week. For lubrication, you can contact your dealer. Use only 100% pure liquid silicone.

LUBRICATION MAINTENANCE

LUBRICATION MAINTENANCE:

It is important to take good care of your treadmill deck (the walking surface underneath the belt). Using a 100% pure silicone lubrication will also improve the performance of your treadmill by reducing the heat and friction that occur during workouts.

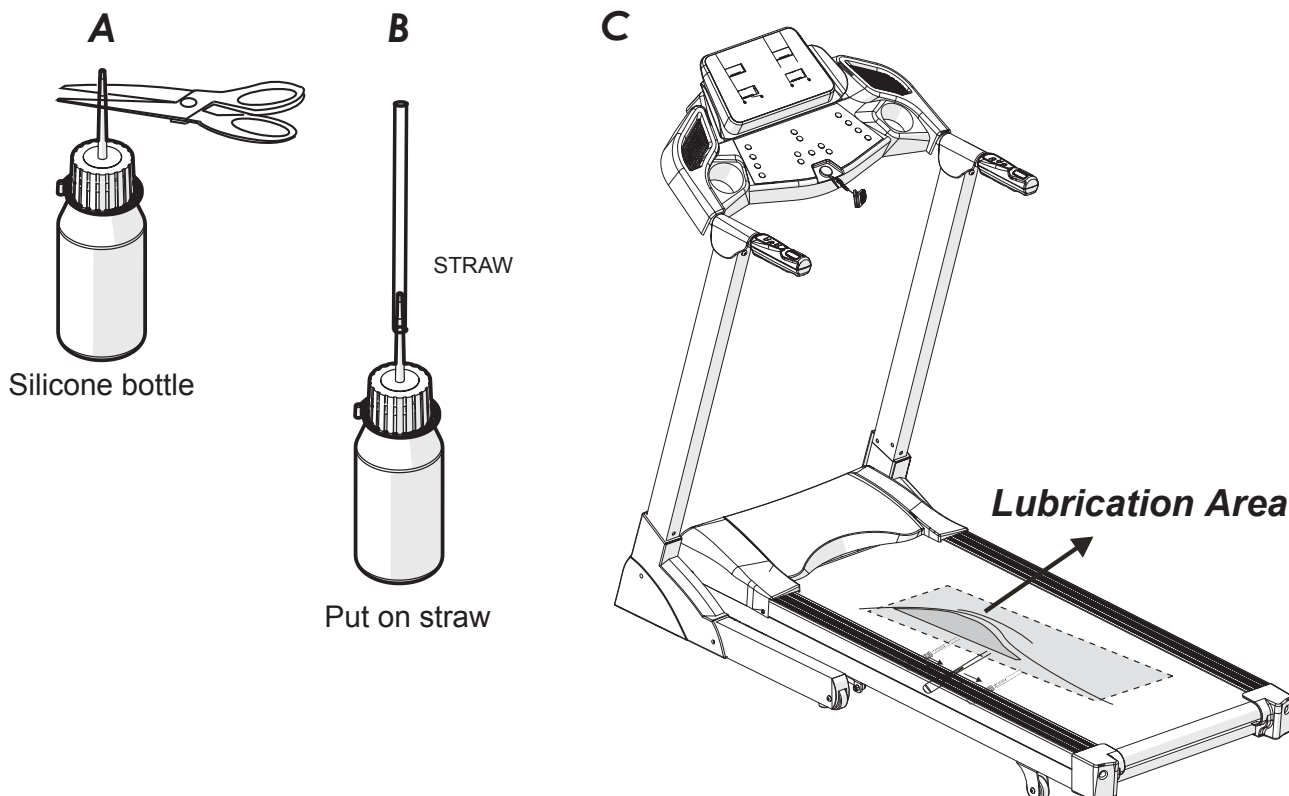
NOTE: Use the silicone that is supplied with the treadmill. Additional silicone lubricant can be purchased from your retail store.

WARNING: STOP the treadmill and remove the safety key before lubricating the running deck.

HOW TO APPLY SILICONE ONTO THE TREADMILL DECK:

1. Locate the silicone bottle. It is located in the hardware kit package included with this treadmill.
2. Cut the very tip of the applicator shaft with a pair of scissors.
3. Apply the silicone evenly on the treadmill deck as the drawing shows. The application area is only in the area where your feet make contact with the deck. This typically is the middle 2/3rds of the deck area. Do not put too much silicone on the deck. To apply the silicone, lift the belt up with your fingers and reach the silicone bottle as far underneath the belt as you can and squeeze a small amount onto the deck. Repeat the same procedure from the opposite side of the belt to reach the other portion of the deck. Slowly work your way down the treadmill deck. You only need to apply a little lubrication in each spot. After completing the lubrication, it is recommended to now do a workout as the heat and friction from the belt will help spread the lubrication around to the rest of the deck area and absorb into the underside of the belt.

CAUTION: Excessive lubricant may cause the silicone to leak onto the floor and may make the treadmill belt slippery.



TROUBLE SHOOTING GUIDE

SYMPTOM	CAUSE	SOLUTION
Console display LED's do not illuminate	a. No power to treadmill b. Console wire connector not connected or incompletely connected c. Overload protection is activated	Check the on-off switch Turn off, then turn on power. Push START, Check all of connected wires, if still not illuminated, a service is required
Scrambled lights on console LED	Damaged console	Service required
Show E1	a. RPM sensor problem b. Sensor wire not connect to controller or improper connection c. Motor wire not connected d. Console wires not connect properly e. Controller damaged f. Overload protection is activated	Service required Check the lubrication, running belt tension, turn off, then turn on power

OVERLOAD PROTECTION:

E1 (error 1) displayed on monitor. E1 is to inform the user that there is some type of current overload to the treadmill and the problem needs to be addressed.

- 1). E1 could be result of a power surge. Please turn the treadmill off, unplug the unit, wait one minute and then plug back in and turn on the treadmill. If Error 1 is still present, then there may be an issue of too much friction between the walking belt and the walking deck. Please do lubrication according to LUBRICATION MAINTENANCE instructions.
- 2). Please perform lubrication according to LUBRICATION MAINTENANCE instructions. Enough lubrication will improve the performance and maximize the treadmill life.
- 3). Keep clean under running belt.
- 4). Check the tension between the roller and running belt. (Please see BELT ADJUSTMENT)
- 5). A damaged walking belt will increase the current and can cause and E1 Overload Error Message. Wear proper footwear while using this treadmill to avoid damage to the running belt. If the problem is still present, please contact us for service solutions.

If your problem persists, please contact your dealer or 3G Cardio.

PARTS LIST

ITEM		DESCRIPTION	QTY	ITEM		DESCRIPTION	QTY
AB1	ST17-AB1	Main fame	1	H01	ST78-H01	Upper console case	1
B21	ST08-B21	Rubber cushion	6	H02	ST78-H02	Lower console case	1
B21B	ST06-B21	Rubber cushion	2	H03	ST78-H03	Upper console box	1
B22	ST06-B22	Running belt	1	H04	ST78-H04	Overlay, console	1
B23	ST53-B23	Side rail	2	H08	ST36-H08	Monitor	1
B24	ST08-B24	Upper motor cover	1	H09	ST03-H09	Sensor wire, monitor	1
B25	ST03-B25	Lower motor cover	1	H10	ST06-H10	Heart rate PCB	1
B26	ST08-B26	Roller cover, left	1	H11	ST01-H11	Upper console wire	1
B27	ST01-B27	Rear stabilizer wheel	2	Z02	ST01-Z02	Safety key set	1
B28	ST08-B28	End cap, main frame	2	H18	ST78-H18	Membrane key	1
B33	ST08-B33	Roller cover, right	1	H22	ST78-H22	Upper console shroud	1
B34	ST03-B34	Sleeve, wire	1	H24	ST78-H24	Overlay, key	1
B39	ST12-B39	Running deck	1	J01	ST25-J01	Motor	1
AC1	ST18-AC1	Base frame	1	J02	ST04-J02	Incline motor	1
C11	ST03-C1 1	Foot step	1	J03	ST1 1-J03	Controller	1
C13	ST08-C13	Rear wheel housing	2	J08	ST01-J08	Motor sensor wire	1
C14	ST01-C14	Main frame wheel	2	J09	ST01-J18	Power cord	1
C16	ST01-C16	Pad, base frame	4	J15	ST03-J15	Lower console wire	1
C18	ST01-C18	Spring, foot step	1	J16	ST06-J16	Socket	1
C35	ST18-C35	Protective cover-left	1	J17	ST06-J17	On/off switch	1
C37	ST18-C37	Protective cover-right	1	J18	ST06-J18	Breaker	1
AD1	ST08-AD1	Lift arm, incline	1	J22	ST08-J22	Fixing bracket, controller	1
D03	ST14-D03	Bushing, base frame	2	K01	ST28-K01	Front roller	1
AE1	ST03-AE1	Fixing arm, folding	1	K02	ST28-K02	Rear roller	1
E04	ST12-E04	Air shock	1	K03	ST08-K03	Drive belt	1
E07	ST03-E07	Bushing	1				
AF1	ST78-AF2	Console frame	1				
AF2	ST07-AF2	Quick Touch Buttons, incline	1				
AF3	ST07-AF3	Quick Touch Buttons, speed	1				
F08	ST03-F08	Wire, hand pulse	1				
F12	ST01-F12	Lower Quick Touch Button case	2				
AG1	ST70-AG1	Console mast, lift	1				
AG2	ST70-AG2	Console mast, right	1				
G30	ST70-G30	Console mast cover	2				

PARTS LIST - BOLTS

ITEM	DESCRIPTION	QTY	ITEM	DESCRIPTION	QTY
AB	Bolt M10x40mm Incline motor	1	AS	Bolt M8X15mm Pad, base frame	4
AC	Nylon nut M10 Incline motor Lift arm, incline	2 4	ATE	Bolt M8X50mm Foot step Mobile wheel housing	1 2
AD	Blot M8X140mm Motor	1	AX	Screw Ø3x10mm Motor sensor wire Monitor sensor wire	2 2
AG	Nylon nut M8 Motor	2	AX	Screw Ø 3×6mm Monitor Quick Touch Button	6 4
AGE	Nut M8 Air shock Fixing arm, folding Mobile wheel Foot step Mobile wheel housing	1 1 2 1 2	AY	Washer M6 Front & rear roller	3
AH	Washer M8 Motor	1	BB	Screw Ø4X15mm Ground wire	2
AI	Nut M4 Upper motor cover	4	BC	Screw Ø4X10mm Upper console case Upper console case - box	2 2
AJ	Self tapping screw Ø4X15mm Quick Touch Button Upper motor cover Console frame Fixing bracket, controller Upper & lower console case Upper console case - box	6 4 4 2 12 4	BN	Bolt M10X60mm Incline motor Lift arm, incline	1 2
ALE	Bolt M8X40mm Fixing arm, folding Rear wheel	1 2	CJ	Bolt M8x135MM Motor	1
AN	Bolt M5X10mm Controller	2	CO	Bolt M6X65mm Front & rear roller	3
AO	Screw Ø3X10mm Power cord	2	CP	Bolt M6X25mm Running deck	8
AR	Self tapping screw Ø4X10mm Roller cover Lower motor cover	2 4	CQ	Bolt M10X70mm Lift arm, Incline	2
			EL	Bolt M8X30mm Air shock	2
				HARDWARE KIT	
			ASE	Bolt M8X15mm	12
			DE	Screw Ø4X10mm	4

WARRANTY INFORMATION

3G Cardio Lite Runner Treadmill Warranty

What does this warranty cover? This warranty covers your 3G Cardio Lite Runner Treadmill against defects in material and workmanship when used for the purpose intended, under normal conditions, and provided it receives proper care and maintenance.

How long does the coverage last? Warranty starts from the date of purchase and is as follows:

Residential Warranty: Lifetime motor, lifetime frame, 3 years parts, 1 year in-home labor.

Model	Labor	Parts	Max User Weight	Daily Usage	Voltage
Lite Runner	1 Year	3 Years	300lbs	Up to 3 hours	15 amp 110v Outlet

***Light Commercial Warranty: 3G Cardio Lite Runner Treadmill is NOT WARRANTIED for any type of commercial use.**

Model	Labor	Parts	Max User Weight	Daily Usage	Voltage Required
Lite Runner	N/A	N/A	N/A	N/A	15 amp 110v Outlet

*A 3G Cardio product is placed into a location with a business address and therefore not a residential setting.

What will 3G Cardio do? 3G Cardio's manufacturer warranty will provide a replacement part and/or service at no charge for any part found defective in workmanship or materials during the warranty period.

How do you get service? In order to obtain replacement parts or service as provided by this warranty, please call the location where you purchased the treadmill. You may also call 3G Cardio (1-888-888-7985) Monday through Friday 9:00 a.m. to 5:00 p.m. Arizona time. Ask to speak to the service department and please have your serial number, date of purchase, original bill of sale and location of purchase available.

This warranty shall not apply to a 3G Cardio Lite Runner Treadmill which is subject to misuse, neglect, accident, or unauthorized repairs and alterations. This warranty is only valid to the original owner and is non transferable if sold, traded, bartered or for any other reason of change of ownership. An original bill of sale must be made available stating the purchase date, owner's name, model and place of sale in order to validate warranty. No exceptions will be made otherwise. All other obligations or liabilities, including liability for consequential damages, are hereby excluded. All of the parts for the 3G Cardio Lite Runner Treadmill can be ordered from 3G Cardio, 14647 So. 50th Street #110, Phoenix, Arizona 85044. Parts will be shipped and billed at the current prices, which are subject to change without notice.

Labor is covered under the manufacturer's warranty period where there is a local 3G Cardio service provider available. For inquiries on service providers and their locations please call toll free 1-888-888-7985.

Register your product at www.3gcardio.com/register



3G Cardio Fitness Equipment
14647 So. 50th Street Suite 110
Phoenix, AZ 85044

1-888-888-7985
www.3GCardio.com