



# 80i Fold Flat Treadmill Owner's Manual

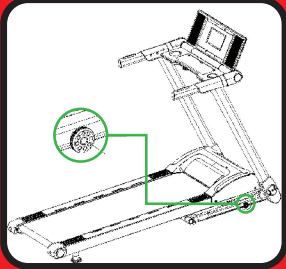
3G Cardio LLC  
Phone: 1-888-888-7985  
Online: [www.3GCardio.com](http://www.3GCardio.com)

**! WARNING**  
**MUST REMOVE LOCK DIAL BEFORE USE!!**

LOCK DIAL must be removed prior to using treadmill.

Failure to remove LOCK DIAL will result in damage to treadmill and incline motor!

Any damage caused by failing to remove the LOCK DIAL will not be covered under warranty!





## 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!



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# Table of Contents

Safety Instructions	1
Getting Started	3
Features	4
Exercise Guidelines	5
Warm Up & Cool Down	7
Assembly Parts List	9
Assembly Steps	10
Folding & Moving Instructions	12
Maintenance	13
Console Operation	15
Troubleshooting	18
Exploded Drawing / Circuit Diagram	19
Parts List	23
Warranty	25

# IMPORTANT SAFETY INSTRUCTIONS

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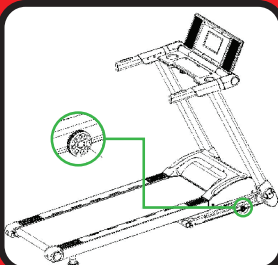
## WARNING

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Thank you for purchasing the 3G Cardio 80i Fold Flat Treadmill. Even though we do all we can to ensure the quality of each product, occasional errors and/or omissions do occur. In the event you should find this product to be defective or missing a part, please contact the store you purchased it from or call 3G Cardio direct at 1-888-888-7985. When using an electrical appliance, basic precautions should always be followed. Please read and save the following safety instructions before using:

**DANGER – To reduce the risk of electric shock always unplug this treadmill after using and before cleaning.**

**WARNING – To reduce the risk of burns, fire, electric shock, or injury, please read and follow the safety instructions below:**

1. Never leave treadmill unattended when plugged in. Unplug from outlet when not in use and before adding or removing parts.
2. Close supervision is necessary when this machine is used by or near children, pets, or people with disabilities and/or inexperience.
3. Use this machine only for its intended purpose or as described in this manual. Never use after-market or unauthorized parts.
4. Never operate this machine if it has a damaged cord or plug, if it is not working properly, or if it has been dropped or damaged. Return the machine to a service center for examination and repair.
5. Always protect the power cord and secure it safely when attempting to move, roll, transport, or carry this treadmill.
6. Keep the cord away from heated surfaces. Do not loop power cord around handles or upright frame as this may result in injury or death to children.
7. Never operate the machine with the motor air vent openings blocked. Keep the air openings free of lint, hair, and the like.
8. Never drop or insert any objects into any opening. Keep small toys and misc. objects away from treadmill as they may cause damage.
9. Do not use outdoors.
10. Disconnect when not in use. Turn all controls to the off position, then remove plug from outlet.
11. Connect this treadmill to a properly grounded outlet only. See Grounding Instructions.
12. Remove the safety key when not in use, and store out of reach of children.

13. To avoid injury, use extreme caution when stepping onto or off of a moving belt.
14. Before beginning any new exercise program, always consult your physician for exercise guidance and approval.
15. Pregnant women, individuals over the age of 35, or persons with pre-existing health problems should consult with their physician before beginning any exercise program.
16. Keep children and pets away from this equipment at all times. This is not a toy.
17. Only one person at a time should use this equipment.
18. The treadmill should not be used by persons weighing more than 350 lbs.
19. Inspect your machine prior to exercise to ensure that all nuts, bolts, and the treadmill belt are fully tightened.
20. Keep hands and feet away from all moving parts.
21. Always assemble and operate this treadmill on a clean, solid, and level surface. Do not use it outdoors or near water.
22. Before starting a workout routine, always do stretching exercises and properly warm up.
23. Always wear proper clothing and walking or jogging shoes when exercising. Do not wear loose fitting clothing that may snag.
24. Drink hydrating fluids (water) before, during, and after any exercise.
25. Please make sure that there is a safety area of at least 5 feet behind and 1 foot in front and to the sides of the treadmill while exercising.
26. Lubricate every 60 hours of usage or once per 3-6 months to prolong the lifetime of this machine.
27. Regularly check your treadmill for damage and abrasions. Please pay special attention to the rear roller cover, anti-skid pad, handlebars, side rail and running belt.
28. Damaged parts need to be replaced immediately. Resume use only after the treadmill has been properly repaired.
29. Please make sure that levers or other adjusting mechanisms do not interfere with the moving area during exercise.
30. Incorrect and excessive exercise can harm your health.
31. This treadmill is intended for a maximum of 4 hours of use per day. Over-use can cause excessive heating which may result in fire, electric shock, or injury.
32. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this treadmill, stop the workout at once and consult a physician immediately.
33. Please read all instructions carefully.

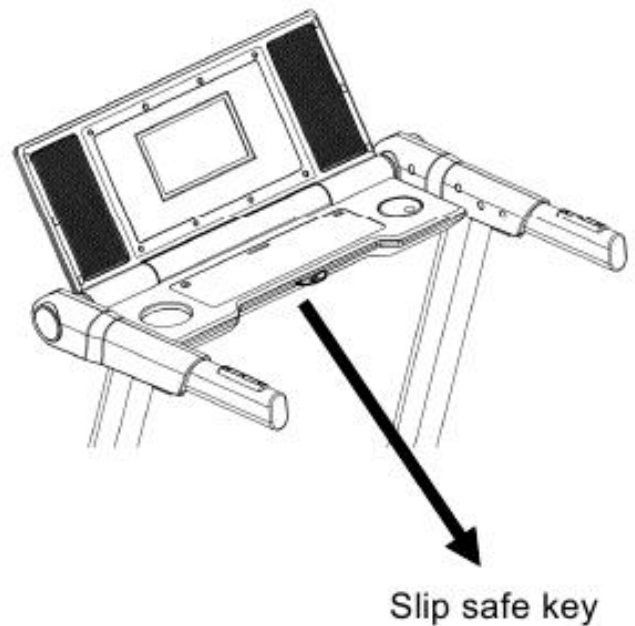
Attention: The treadmill should only be assembled by the manufacturer, its service agent, or similarly qualified persons.

This treadmill is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

# Getting Started

## Before beginning:

1. Remove treadmill from box and place on a clean, level surface. It is recommended that you place a protective mat under the treadmill.
2. Place in an area that will meet these minimum clearance requirements: Front & side: 1ft clearance. Back: 5 ft clearance.
3. Whenever moving or setting up the treadmill, the deck must be in the upright position with the deck safety lock securely engaged.
4. To place the treadmill in operating position, release the deck safety lock. Then lower the deck with the end caps until it rests completely on the floor.
5. Make sure safety cord is plugged into the treadmill.
6. Plug unit into outlet following the Grounding Guidelines below.



## GROUNDING:

This unit must be properly grounded to ensure safe operation. Should this equipment fail to perform properly, grounding reduces the chance of electrical shock. Grounding occurs when the provided 3 prong plug is inserted into a standard 3 prong 110v outlet of at least 15 amps, preferably a dedicated 20 amp circuit.

## IMPORTANT TREADMILL WARNINGS AND CAUTIONS

**WARNING:** To reduce the risk of excessive heating which may result in burns, fire, electric shock, or injury, an appliance should NEVER be left unattended when plugged in. Unplug from outlet when not in use, before cleaning, and before adding or removing parts.

## CAUTION:

Before operating the treadmill, connect the end of the safety key (Slip Safe Key) to the belt line of your workout pants or shorts. Should you lose your balance, the line will become taut and the safety key will pull out of the console, stopping the treadmill at any point in your workout. In case of emergency, seize the handlebar and lift your body, then stand on the floor.

## Helpful Instructions

1. Straddle the tread belt and allow it to start moving at a slow, safe speed before stepping onto it.
2. Hold the handlebar while adjusting the controls.
3. Focus your eyes straight ahead to help maintain your balance.
4. Wear comfortable, good-quality walking or running shoes.
5. Warm up and cool down before and after your workout period.



# Features



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# Exercise Guidelines

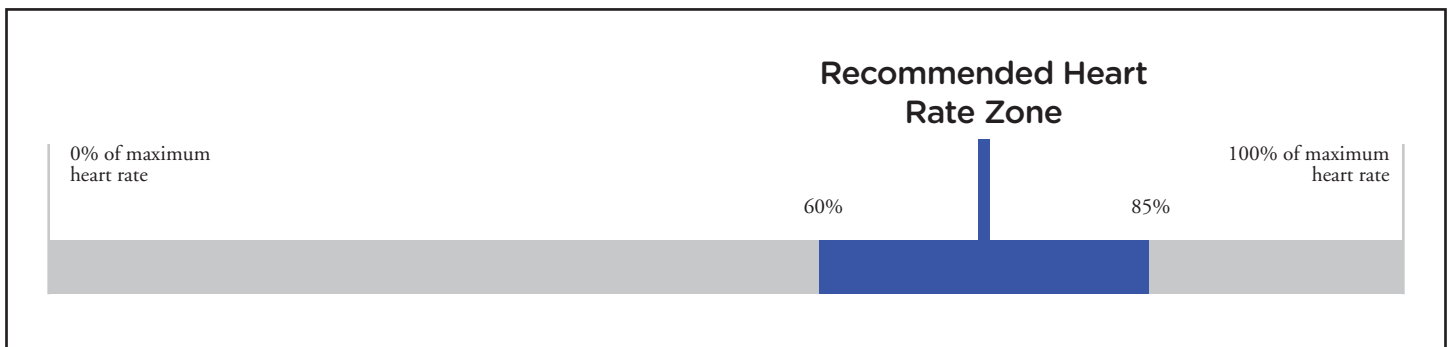
Check with your physician before beginning any type of exercise program. People who have diabetes or high blood pressure, a family history of heart disease, high cholesterol, any other special medical condition, are over age 35, or have led a sedentary lifestyle should get a medical check-up and a stress test before initiating an exercise program or routine. Medical research has shown that the optimal amount of exercise to condition the cardio respiratory system and the muscles of the body is between 60% and 85% of your maximum heart rate, as measured during a training session.

If at any time during exercise you experience dizziness or chest pain, stop immediately and seek medical advice.

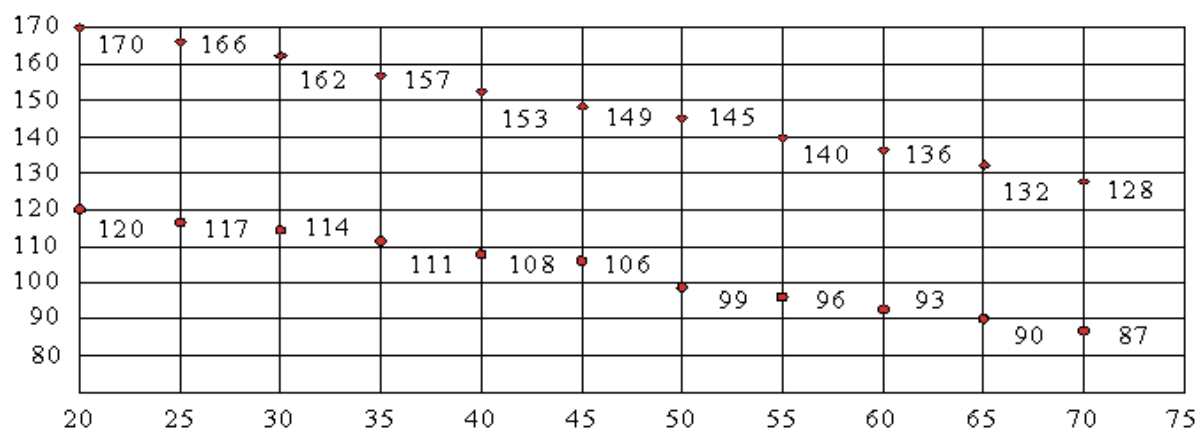
## Target Heart Rate Zone Formula:

220 minus your age multiplied by your desired Heart Rate Zone Goal (suggested by your doctor) = your target heart rate BPM.

Do not workout at your maximum heart rate. The recommended heart rate zone is between 60% and 85% of your maximum heart rate.



## Exercise in your target heart rate zone



## Beginner Treadmill Program

	Exertion Level	Duration		Exertion Level	Duration
Week 1	Easy	6 - 12 minutes	Week 5	Moderate	22 - 28 minutes
Week 2	Easy	10 - 16 minutes	Week 6	Slightly Higher	30 minutes
Week 3	Moderate	14 - 20 minutes	Week 7	Add Interval Training	3 minutes at moderate exertion with 3 minutes at higher exertion for 24 minutes
Week 4	Moderate	18 - 24 minutes			

# Warm Up and 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 reduce sore muscles. We suggest the following warm-up and cool-down exercises:

## HEAD ROLLS

Rotate your head to the right for ten seconds, feeling the stretch up the left side of your neck. Next, rotate your head to the left for ten seconds. Finally, drop your head to your chest for ten seconds.



## SHOULDER LIFTS

Lift your left shoulder up toward your ear for ten seconds. Then lift your right shoulder up for ten seconds as you lower your right shoulder.



## SIDE STRETCHES

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



### **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 ten seconds and repeat with left foot up.



### **INNER THIGH STRETCH**

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 10 seconds.



### **HAMSTRING STRETCH**

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for ten seconds, then relax. Repeat 3 times for each leg. Stretches: hamstrings, lower back, and groin.

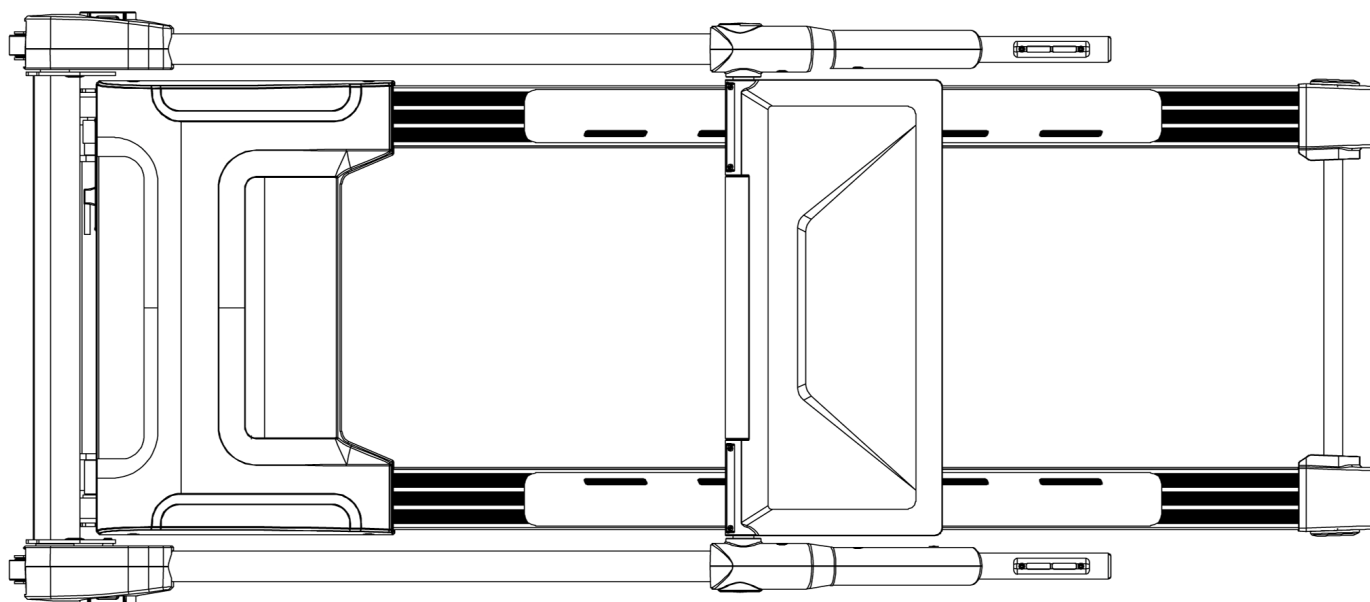


### **CALF STRETCHES**

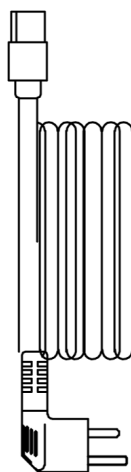
Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 seconds.



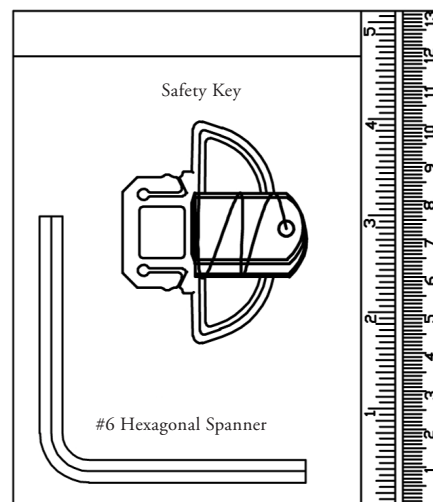
# Assembly Parts List



Owner's Manual



Power Cord



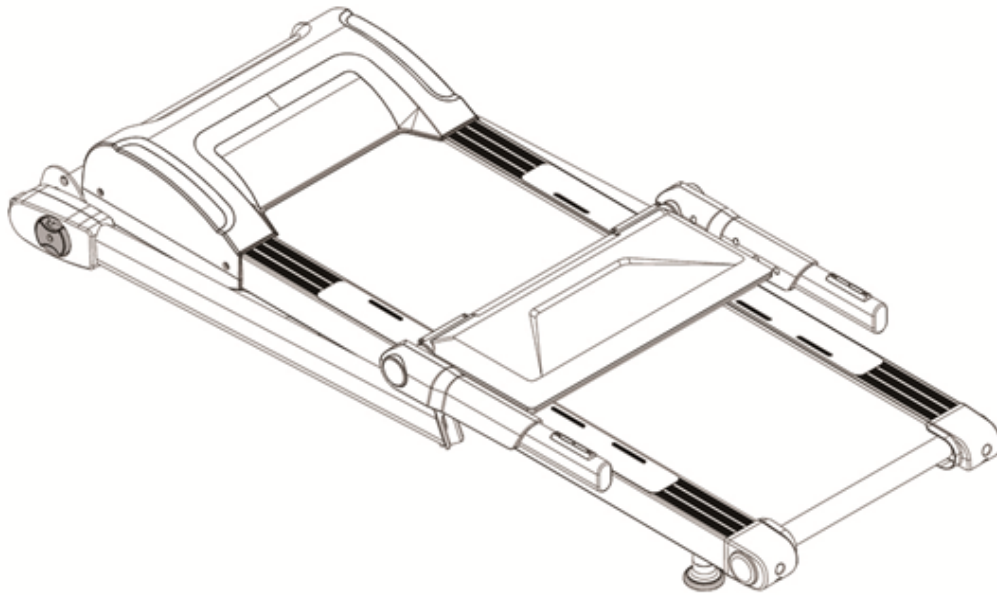
Hardware Pack

Note: Specifications are subject to change without notice.

# Assembly Steps

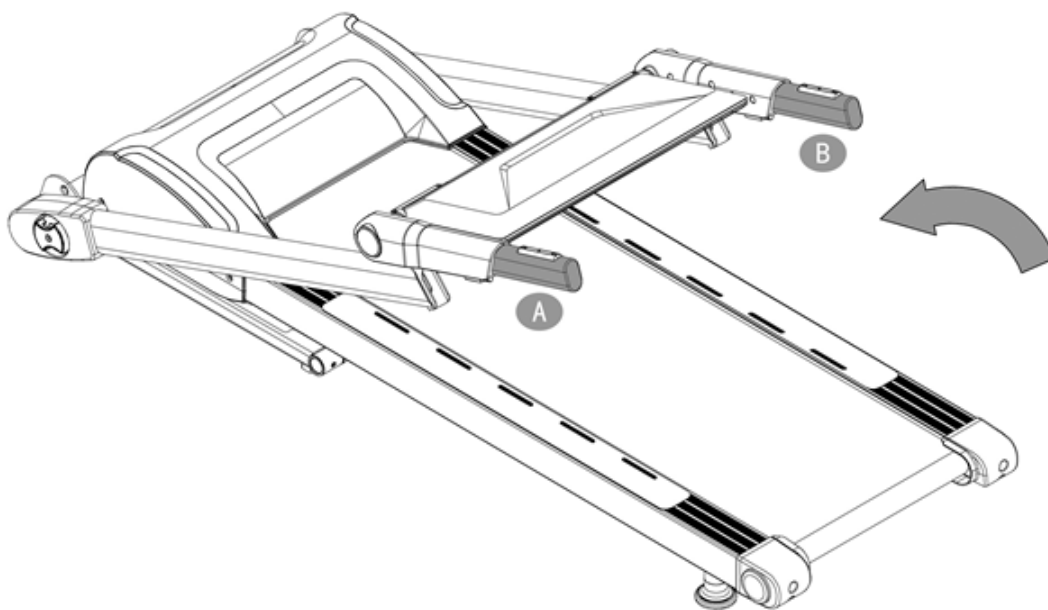
## STEP 1:

Remove the treadmill from the box and place on a level ground.



## STEP 2:

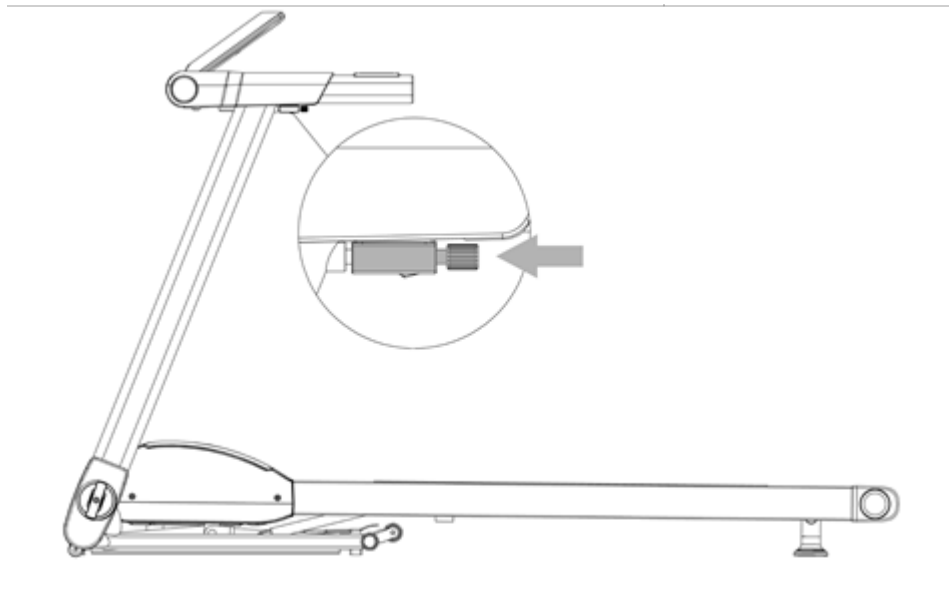
With both hands, take hold of the A/B handlebar and then lift at the same time until unit opens completely. Important: You will hear a “click” sound when it has been opened completely.



# Assembly Steps – Continued

## STEP 3:

Rotate the upper console according to direction of arrow below. After folding down the upper console move to Step 4 and securely lock both left and right side locking pins into place.

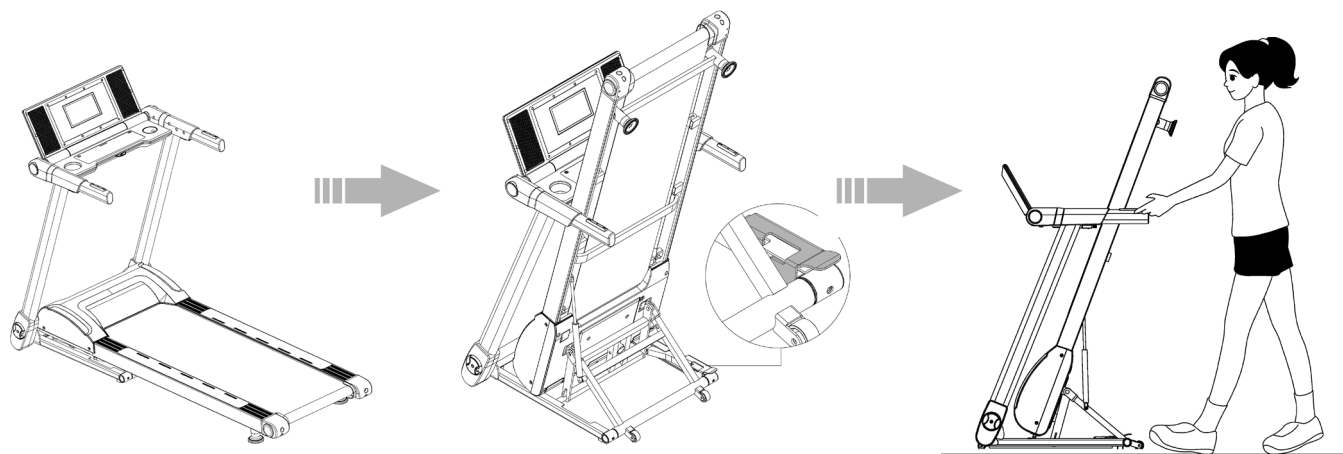




# Moving and Folding Instructions

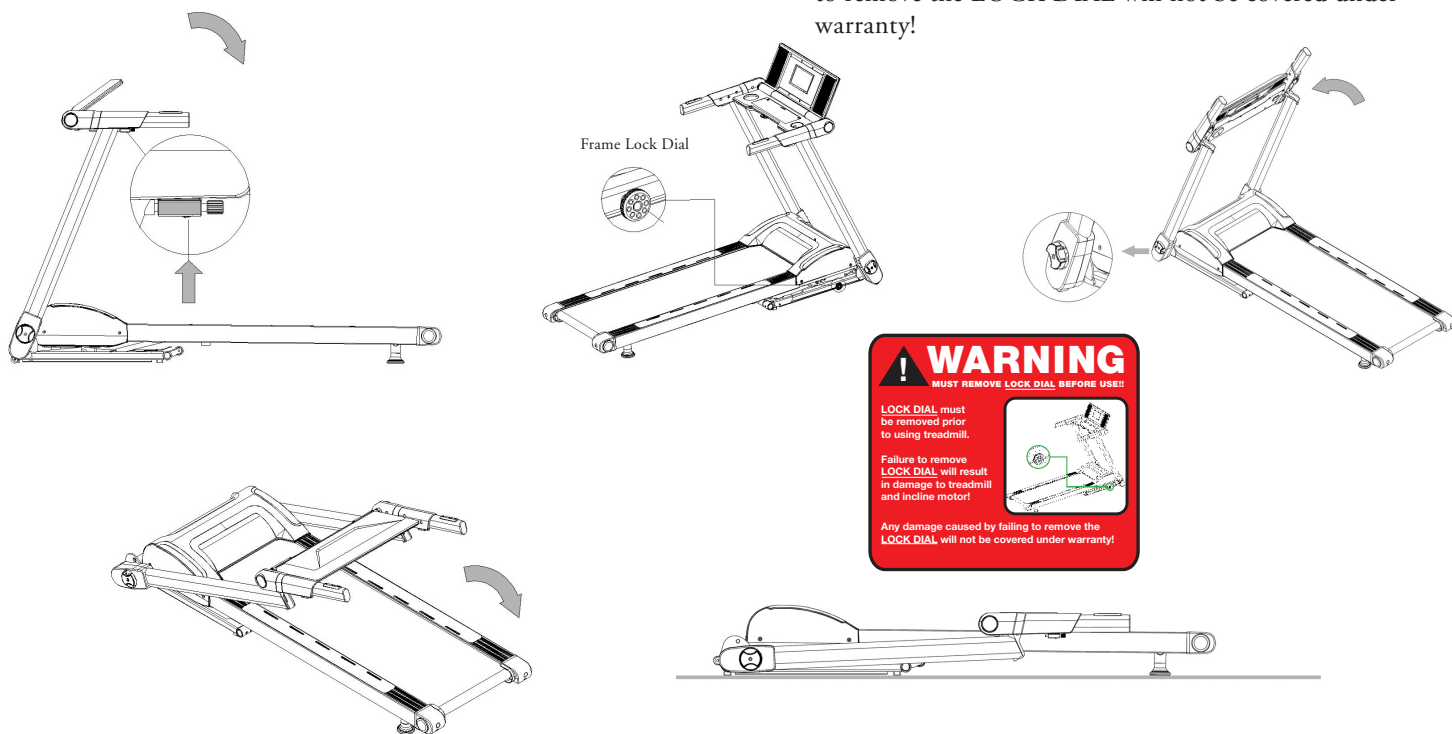
## A: Moving the 3G Cardio 80i Fold Flat Treadmill and/or storing in an upright position:

Fold the running deck up by lifting the end of the running deck. Make sure the pedal is locked as shown in the picture. Once in a locked upright position, you may roll or push the treadmill. Note: the weight of the treadmill may cause damage to softer wood floors unless you lay down protective mats.



## B: To fold the treadmill down for storage:

1. Unlock the locking pins under the right and left arms.
2. Unlock the column lock device.
3. Lower the upright column in the direction of arrow.
4. The 80i Fold Flat Treadmill is now folded flat.
5. Frame Lock Dial must be tightened to roll the treadmill in the fold flat position.
6. LOCK DIAL must be removed prior to using treadmill. Failure to remove LOCK DIAL will result in damage to treadmill and incline motor! Any damage caused by failing to remove the LOCK DIAL will not be covered under warranty!



# Treadmill Maintenance

Use of a PVC Treadmill Mat is highly recommended. Please make sure that your walking or running shoes are clean from outside dirt and debris.

- **Warning:** To prevent electrical shock, be certain the treadmill is turned off and unplugged for cleaning or routine maintenance.
- **Important:** Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight and excessive heat.
- **After each workout:** Wipe off the console and other treadmill surfaces with a damp cloth.
- **Weekly:** Vacuum underneath and around the treadmill once per week.

## MAINTENANCE OF RUNNING DECK AND RUNNING BELT

If you should have any questions, please do not hesitate to call 3G Cardio direct at 888-888-7985. It is very important that proper procedures are followed specifically as written in this manual. Failure to do so may result in damage to the treadmill and possible injury to users. Read and understand this owner's manual before proceeding.

### **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.

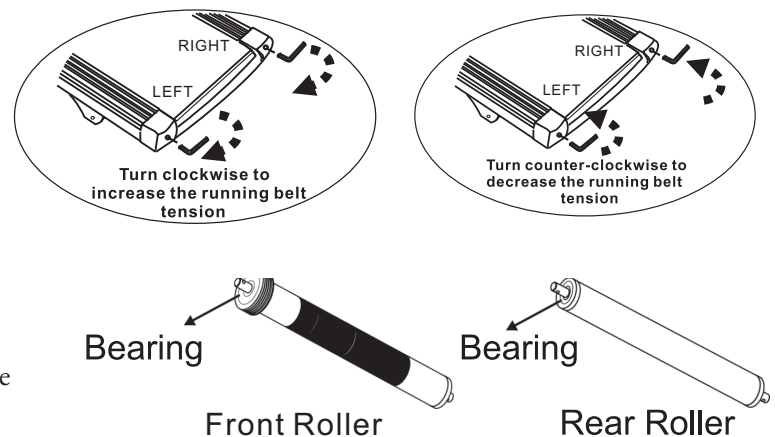
### **TO DECREASE THE TENSION ON THE TREADMILL BELT, TURN BOTH BOLTS COUNTER- CLOCKWISE THE SAME NUMBER OF TURNS.**

**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.

### **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!



B. Start the treadmill without anyone on the treadmill belt, press (SPEED UP) button until speed reached 3 mph.

C. 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.

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 3.0 mph. Also, these adjustments can take up to 30 seconds to alter the position of the belt so be patient.

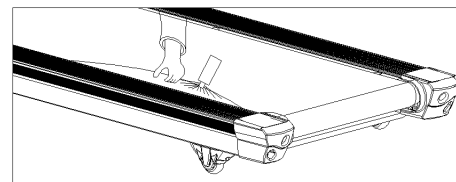
**NEVER OVER TIGHTEN THE TREADMILL BELT AS IT WILL RUIN YOUR TREADMILL!**

### ADJUST THE MOTOR DRIVE BELT TENSION

The 3G Cardio 80i Fold Flat Treadmill is equipped with an auto tensioner for the motor drive belt.

### TREADMILL LUBRICATION:

Lubricating under the tread belt will ensure superior performance and extend its life expectancy. Lubrication is available from your local dealer or online. Any type of liquid high grade pure silicone is acceptable. Wipe the entire deck surface with a clean, lint-free cloth to remove all dust and dirt.



**NOTE: DO NOT** over lubricate tread deck. Any excess lubricant that comes out should be wiped off. Lubricant is available from your place of purchase.  
**IMPORTANT: USE ONLY 30 - 40 ml OF LUBRICANT PER APPLICATION**

### LUBRICATION SCHEDULE

After the first 25 hours of use (1-2 months) apply 30 - 40 ml of lubricant

Every 60 hours of use (3-6 months) apply 30 - 40 ml of lubricant

### HOW TO CHECK RUNNING BELT FOR PROPER LUBRICATION

Lift one side of the tread belt and feel the top surface of the running board. If the surface is slick/smooth to the touch, then no further lubrication is required. If the surface is dry to the touch, apply one packet of lubricant or 30 -40ml of lubricant.

### GROUNDING INSTRUCTION

This product must be grounded. Should this treadmill malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The cord on this product is equipped with 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.

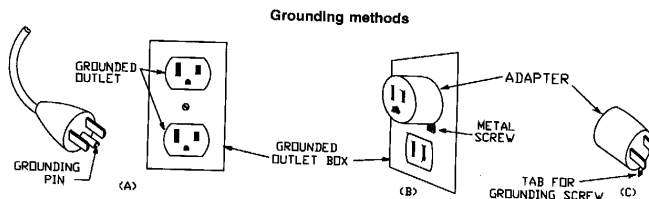
**DANGER** – An improperly grounded outlet can result in a risk of electric shock.

Check with a qualified electrician or serviceman if you are in doubt as to whether the outlet you plan to use 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 15 amp 110-volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. 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 nor should a means for grounding be added to the product.

### GROUNDING METHOD

Servicing a double-insulated product requires extreme care and knowledge of the system, and should be done only by qualified service personnel. Replacement parts for a double-insulated product must be identical to the parts they replace.



# Console Operation and Programming 80i FFT

## GENERAL OPERATION

**Display type: LCD Display Feedback as follows:**

**[TIME]** Displays exercise time or target time, display range 0 00—99 59

**[SPEED]** Displays exercise speed, display range 1—11.0 mph

**[INCLINE]** Displays exercise incline, display range 0%—15%

**[DISTANCE]** Displays exercised distance or target distance, display range 0.0—99.9 miles

**[CALORIES]** Displays consumed calories or target consumed calories, display range 0—999 calories

**[PULSE]** Displays the heart rate or target heart rate, display range 40—199BPM

**[PROG]** Displays 8 pre-programmed workouts: Warm-Up, Fat Burn, Heart Exercise, Summit Climb, Long Distance Run, Rolling Hills, Speed Interval, Speed Burst, and 2 user programs

## FUNCTION

**SAFETY KEY:** When you pull out the safety key, the treadmill will stop immediately. To restart, reinsert the safety key.

**[START]** Press this button to start operation.

**[STOP]** Press this button to stop treadmill belt/motor.

**[PAUSE]** Press this button to make motor pause in the current program.

**[PROG]** This button has 8 pre-programmed workouts that will display when the belt is in a stopped position.

**QUICK DIAL** Turn Quick Dial clockwise to increase speed up to 11 mph. Turn Quick Dial counter-clockwise to decrease speed as low as 1 mph.

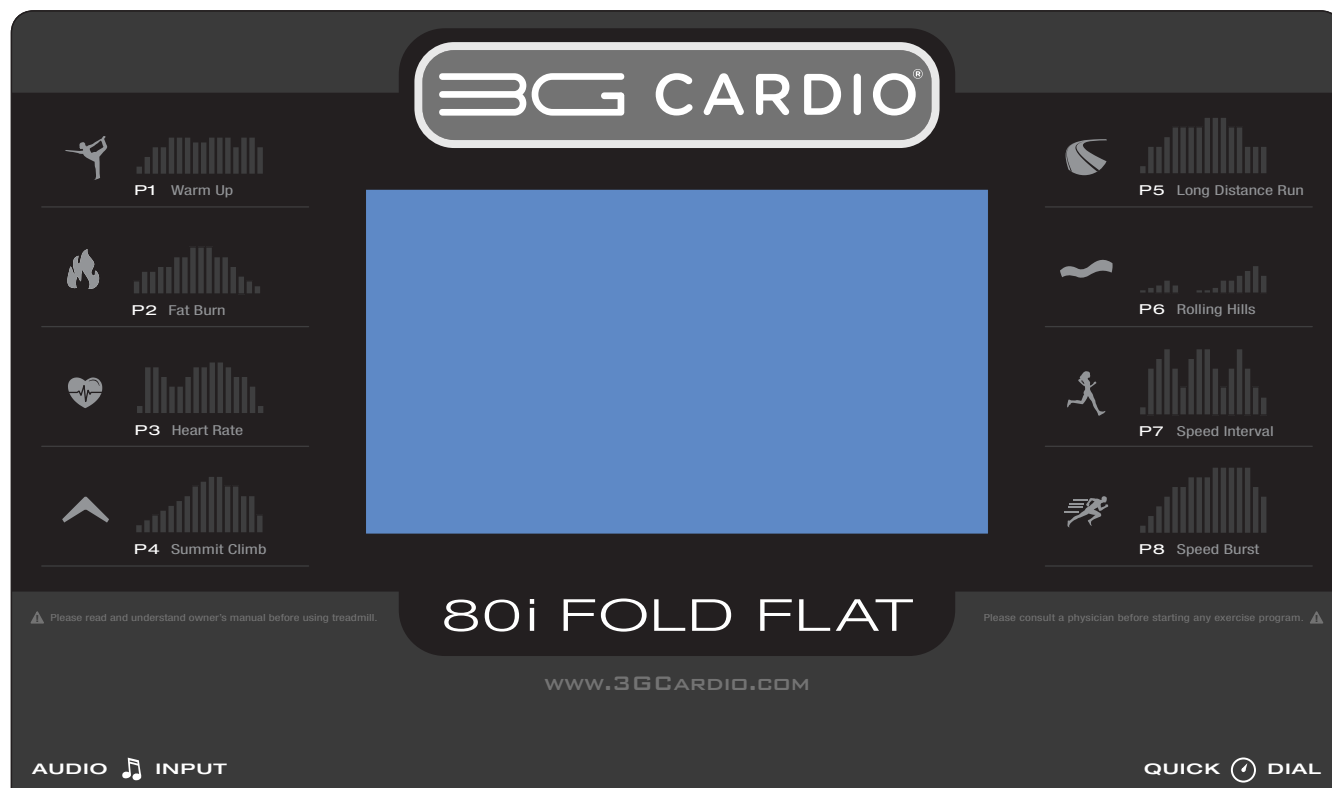
**SPEED SHORTCUT** [2, 4, 6, 8, 9, 10]: These buttons will take you to the labeled speed with one push of the button.

**INCLINE SHORTCUT** [0/3/6/9/12/15]: These buttons will take you to the labeled incline with one push of the button.

**SPEED SHORTCUT TOGGLE SWITCH:** Quick adjust speed buttons on side of handle bars: (0.1mph per press).

**INCLINE SHORTCUT TOGGLE SWITCH:** Quick adjust incline buttons on side of handle bars: (1% per press )

## Main Console



# Console Operation and Programming 80i FFT

## MP3 AUDIO FEATURES

To play music through the speakers, plug the MP3 connecting cord into the console.

## QUICK START

Turn on the power switch and insert the safety key into the safety key slot. The LCD will display for 2 seconds, then a beep will sound and the console will enter into a manual mode. Press “START,” the motor will start immediately and treadmill will begin to run.

## MANUAL MODE

Insert the safety key to the safety key slot on the console, press “MODE” to enter into a manual mode. There are three kinds of functions in the manual mode: time mode, distance mode, and calories mode (see below).

## TIME MODE

Press “MODE” to enter into a time countdown mode. The LCD window will flash the TIME; the start time is 30 minutes. Turn the Quick Dial to change the time setting. Setting range is 10:00-99:59. Turn the Quick Dial clock-wise to increase time by 1 minute intervals up to 99:59 minutes. Turn the Quick Dial counter clock-wise and the time will decrease by 1 minute intervals until it reaches 10 minutes.

## DISTANCE MODE

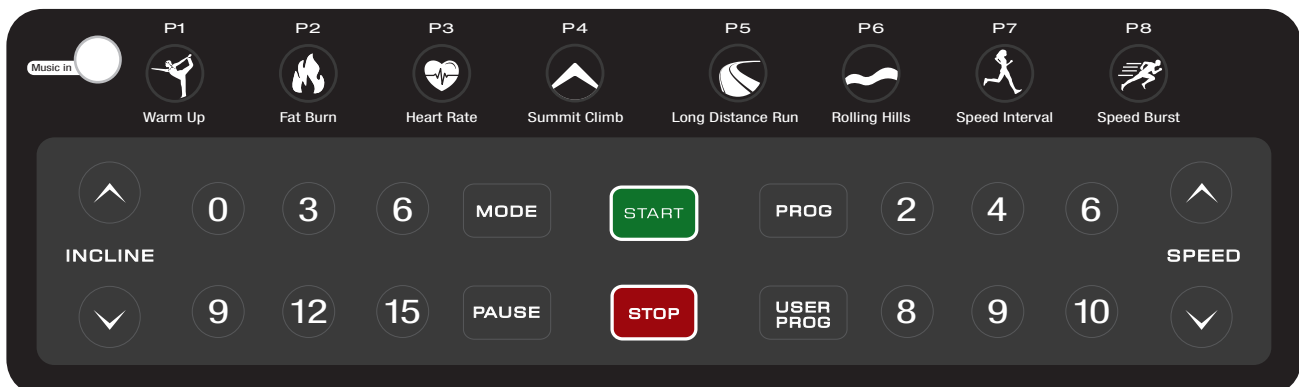
Press the “MODE” button twice (one time after the time setting) and it will enter into DISTANCE countdown mode. The LCD window will flash DISTANCE. The start distance is 1.0 mile. Turn the Quick Dial to change the distance setting. Setting range is 1.0-99.9 miles. Turn the Quick Dial clock-wise and the distance will increase by 0.1 mile intervals. Turn the Quick Dial continuously and the distance will increase rapidly up to 99.9 miles.

## CALORIES MODE

Press the “MODE” button three times at the start to enter into a CALORIE countdown mode. The LCD window will display the CALORIE zone with the starting calories at 50cal. Turn the Quick Dial to change the calorie settings. The setting range is 50-999cal. Turn the Quick Dial clock-wise and the calories will increase by 1 calorie. Turn the Quick Dial continuously and the calories will increase rapidly up to 999 calories. Turn the Quick Dial counter clock-wise and the calories will count down by 1 calorie.

*Continued*

## Lower Console



# Console Operation and Programming 80i FFT

## PROGRAM MODE

Press the “PROGRAM” button or program shortcut to select between 8 programs, P1- P8. Each program is set at 30 minutes as a default time. To change turn the Quick Dial to increase or decrease the time. Press [START] to start treadmill, program will start automatically; the time will start to countdown. The Quick Dial can change the speed during your workout.

Program 1 Warm Up																
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Speed	1.2	2.5	3.8	3.8	5	5	5	3.8	3.8	5	5	5	3.8	5	5	3.8
Incline	2	2	2	3	3	3	3	3	3	2	3	3	3	2	2	2

Program 2 Fat Burn																
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Speed	1.2	2.5	2.5	3.8	3.8	5	5	6.2	6.2	6.2	5	5	3.8	2.5	1.9	1.2
Incline	1	2	3	3	4	4	4	4	3	3	3	4	4	3	2	2

Program 3 Heart Rate																
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Speed	1.2	6.2	6.2	5	3.8	3.8	5	6.2	6.2	6.9	6.9	6.2	5	5	3.8	1.2
Incline	1	3	3	4	5	5	4	3	5	5	2	5	5	2	3	2

Program 4 Summit Climb																
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Speed	1.2	6.2	6.2	5	5	6.2	6.2	5	5	6.9	6.9	6.2	6.2	5	3.8	2.5
Incline	2	3	4	5	6	7	8	10	11	12	12	10	10	8	8	4

Program 5 Long Distance Run																
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Speed	1.2	3.8	3.8	5	6.2	6.2	6.2	6.2	7.5	7.5	7.5	6.2	6.2	3.8	3.8	3.8
Incline	0	1	1	0	3	2	1	2	3	2	1	0	1	1	2	4

Program 6 Rolling Hills																
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Speed	1.2	3.8	3.8	5	7.5	7.5	7.5	7.5	7.5	7.5	6.2	5	5	3.8	3.8	3.8
Incline	1	1	1	2	1	0	0	1	1	1	3	3	4	5	6	4

Program 7 Speed Interval																
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Speed	1.2	6.2	7.5	8.8	6.2	3.8	7.5	8.8	8.8	6.2	3.8	6.2	8.8	6.2	3.8	2.5
Incline	0	2	1	1	2	3	1	1	2	2	1	1	3	1	3	1

Program 8 Speed Burst																
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Speed	1.2	2.5	3.8	5	6.2	6.2	7.5	7.5	7.5	8.8	8.8	8.8	8.8	8.8	6.2	5
Incline	5	4	4	1	4	4	3	3	2	2	2	2	3	3	3	3

# Console Operation and Programming 80i FFT

## CUSTOM PROGRAMS

- When the treadmill is stopped, press [USER PROG] to enter into a Custom Program, set speed and incline first and then adjust the time.
- A Custom Program is divided into 16 sections. Confirm SPEED and INCLINE for each individual segment by pressing down on the center of the QUICK DIAL button.
- After you finish setting the desired speed and incline for all 16 sections, then use the Quick Dial to adjust the time. Turn the Quick Dial to adjust your desired total workout time then press the Quick Dial to finish.
- Press [START] to begin your workout.
- The Treadmill will save your program in its memory. The treadmill will begin with the most recently set program unless it has been reset.
- When the time countdown reaches zero the workout is over and the treadmill will stop running.

## HEART RATE

Hold the hand-pulse grips which are located on the left and right handlebars at the same time, it will take 5-10 seconds to register. Your heart rate will be displayed on the [PULSE] part of the console.

## STOP

Press [STOP] to stop the treadmill. Press [PAUSE] to temporarily stop the belt movement but maintain your current workout stats. The treadmill will stay paused for 10 minutes. The treadmill will stop if you remove the safety key. Turning off the power will cause the treadmill and belt to shut off.

# Troubleshooting

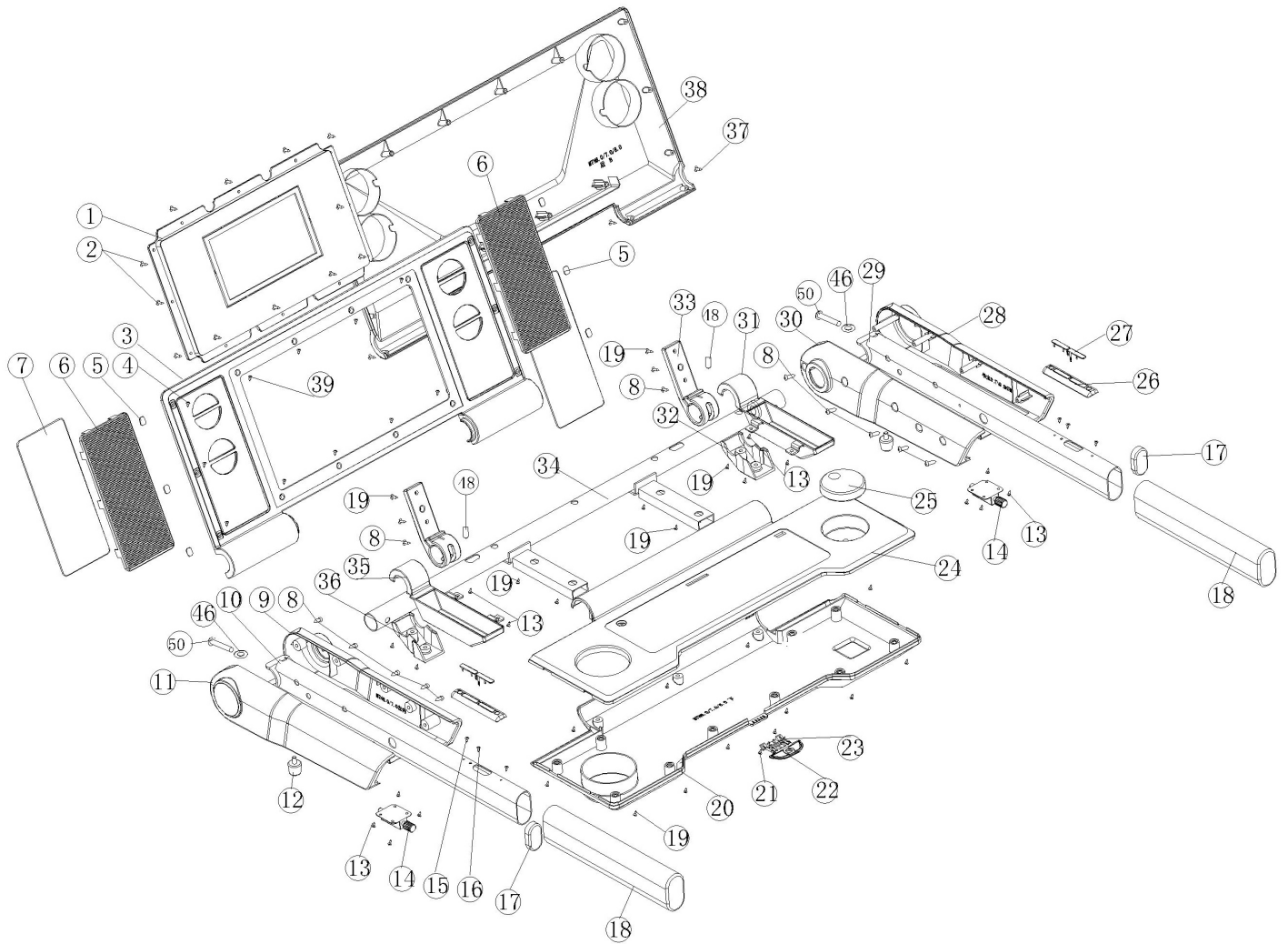
## 1. Self-Diagnostic Error Messages and Solutions

- **Display E01** — E01 Console is sending command to controller but controller feedback information to console is obstructed. Solution: Check if the console is connected to the control unit or if the 4-wire connector is loose or damaged.
- **Display E02** — E02 The motor line voltage has not been tested by controller. Solution: Check whether motor positive/negative wire connection to controller terminal is tight.
- **Display E03** — E03 The speed feedback information has not been tested by controller while motor is running. Solution: Check the hole on the disc to make sure it's lined up with the light and electronic sensor.
- **Display E05** — E05 The electrical current or running belt friction is too high and the motor has exceeded rated current. Solution: Check running belt lubrication or check motor for damage. You may have to change the motor.
- **Display ER07** — No safety key detected - Insert red safety key into the upper display slot to remove error and begin using treadmill.

## 2. Other Problems and Solutions

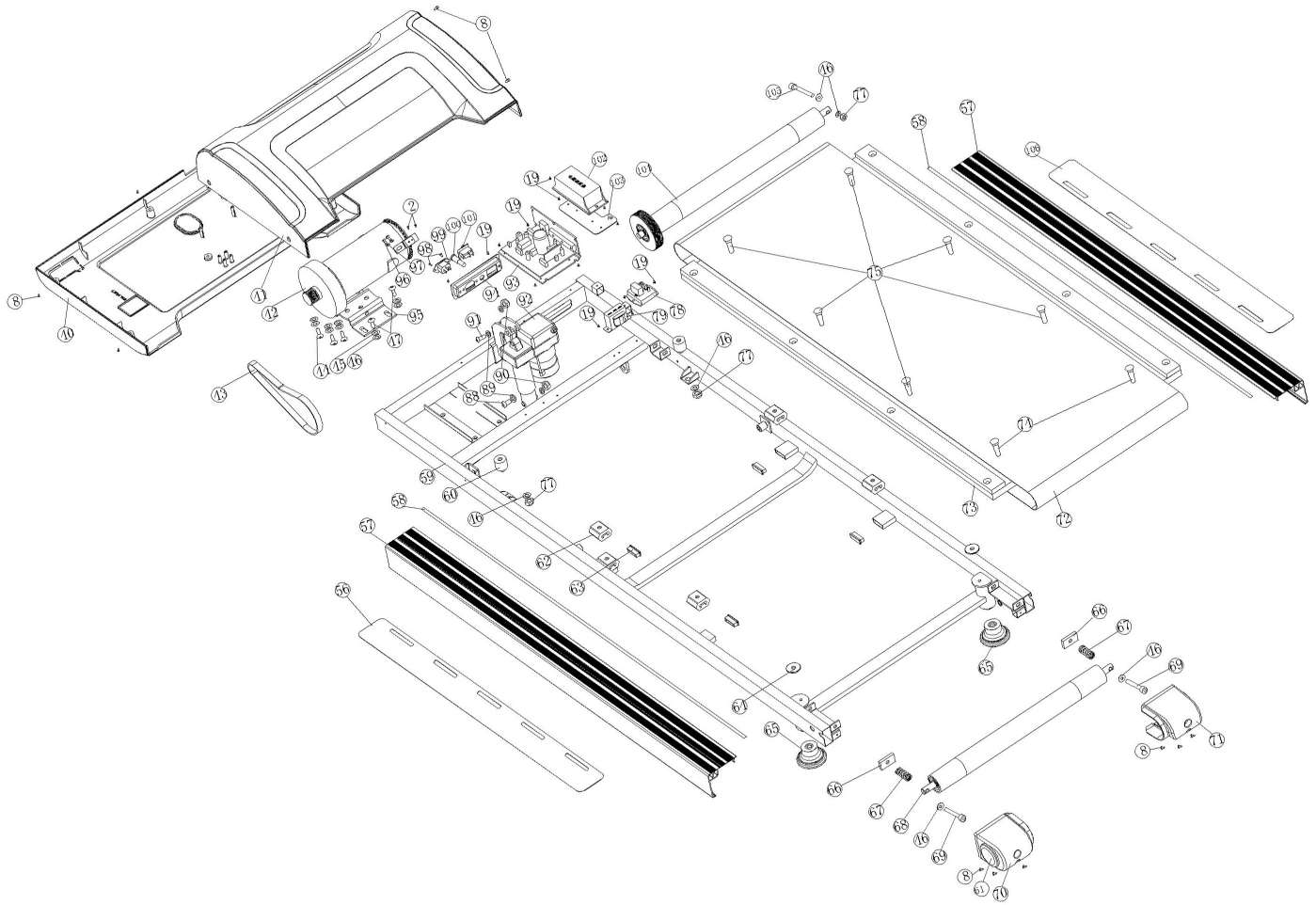
- **Data not visible on the console** — Check whether power cord is connected, power switch is opened, SMD fuse has blown out. Check connection from the console to the control unit's 4-wire connector. Check if controllers and transformers are connected.
- **Hand pulse not visible or 'error' is in the display.** — Check hand pulse wire and make sure it is tight. Make sure both hands are on the left and right sensors at the same time. Use water to wash hands, keep humid.
- **Motor won't start.** — Make sure all wires are connected. Observe the fault information on the console.
- **Display color/contrast and text** — LCD: Check if LCD's press frame is tight, or remove press frame and clean the copper part on the PCB. LED: Check if LED pin weld is intact.

# Exploded Diagrams

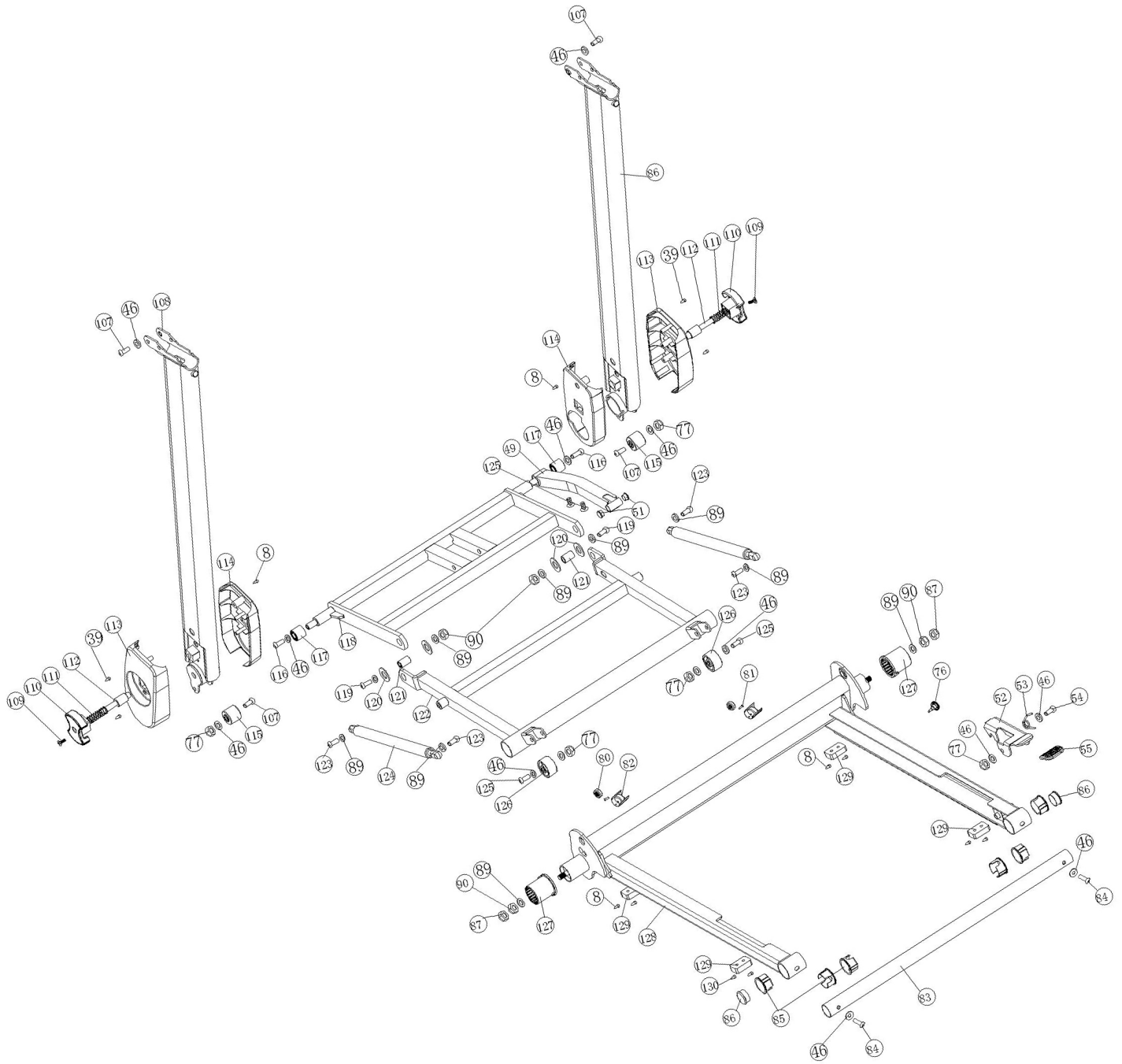




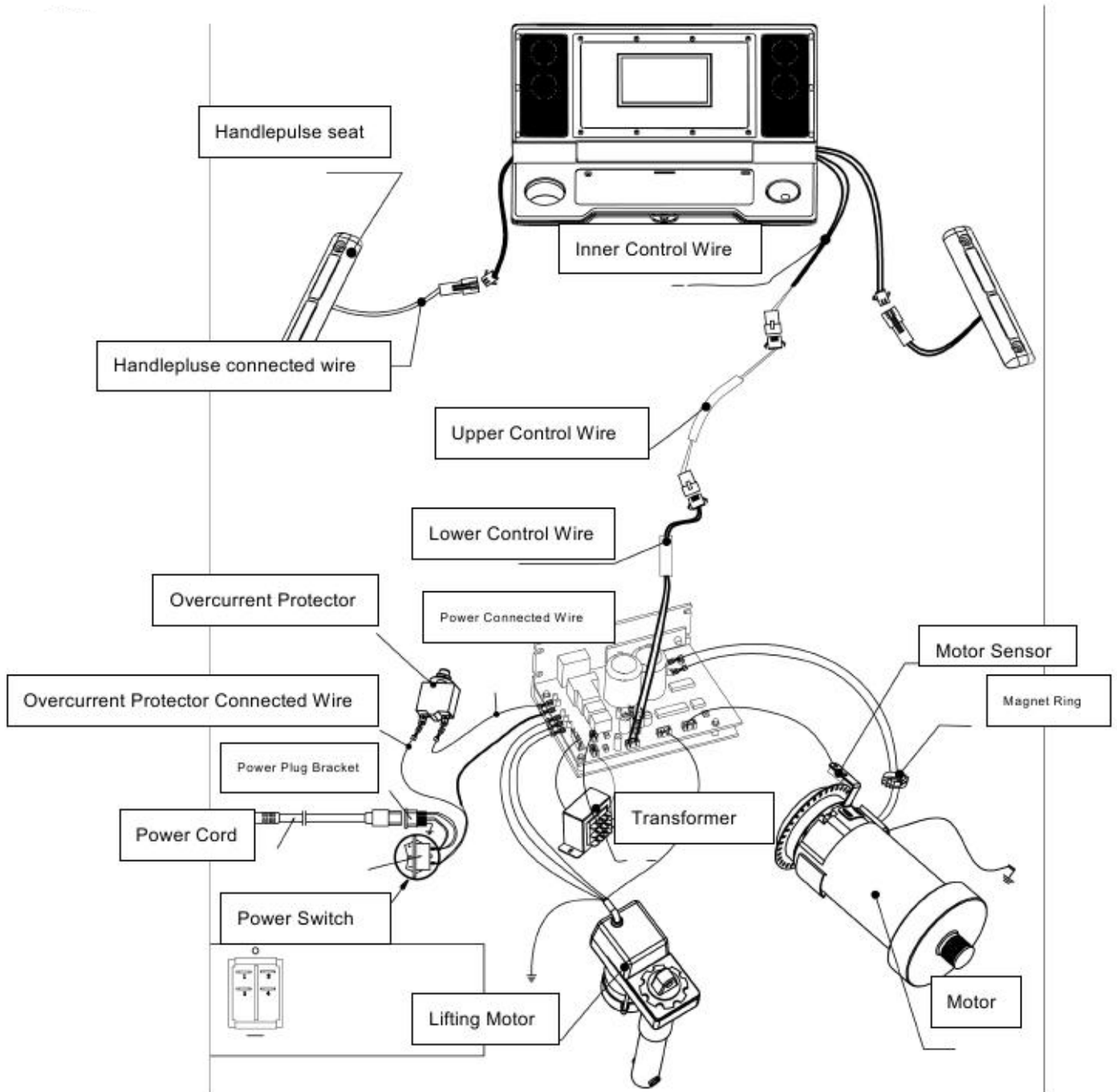
# Exploded Diagrams



# Exploded Diagrams



# Circuit Diagram



# Parts List

No	ITEM	QTY	No	ITEM	QTY
1	LCD window	1	30	Right handlebar inner cover	1
2	ST3X8 cross recess head self-taping screw	14	31	Right stowage box upper	1
3	Display front cover	1	32	Right stowage box lower	1
4	ST3X12 cross recess head self-taping screw	6	33	Display cover fix seat	2
5	Prevent grind pad	6	34	Table frame	1
6	Speaker cover	2	35	Left stowage box upper	1
7	Sponge cover	2	36	Left stowage box lower	1
8	ST4X15 cross recess head self-taping screw	36	37	ST3X25 cross recess head self-taping screw	4
9	Left handlebar inner cover	1	38	Back display cover	1
10	Left handlebar bracket	1	39	ST4X15 cross recess head self-taping screw	12
11	Left handlebar outer cover	1	40	Motor low cover	1
12	Handlebar limit washer	2	41	Motor cover	1
13	ST3X10 cross recess head self-taping screw	12	42	Motor	1
14	Automatic bolt	2	43	Motor belt	1
15	ST3X12 cross recess head self-taping screw	4	44	M8X12 Hexagon head bolt	3
16	ST4X12 cross recess head self-taping screw	2	45	Φ8 spring washer	7
17	28X54 tube cover	2	46	Φ8 washer	28
18	Foam	2	47	M8X15 inner hexagonal socket head cap bolt	4
19	ST4X12 cross recess head self-taping screw	42	48	M8X30 inner hexagonal set screw	2
20	Button low cover	1	49	Foot pad lock frame	1
21	ST2.5X8 cross recess head self-taping screw	2	50	M8X40 inner hexagonal pan head bolt	4
22	Safety switch	1	51	Φ16 tube cover	2
23	Safety switch fix seat	1	52	Foot pad	1
24	Button upper cover	1	53	Foot pad spring	1
25	Adjustment knob	1	54	M8X60 inner hexagonal pan head bolt	1
26	Hand pulse seat	2	55	Foot pad decorative sleeve	1
27	Hand pulse	4	56	Left anti-slide grip	1
28	Right handlebar outer cover	1	57	Side rail	2
29	Right handlebar bracket	1	58	Double side coating tap	4
No	ITEM	QTY	No	ITEM	QTY
59	Base frame	1	88	M10X105 hexagonal pan head bolt	1
60	Running deck cushion pad	2	89	Φ10 washer	14
61	Roller cover decoration	2	90	M10 nut	4
62	Running deck buffer seat	4	91	M10X45 inner hexagonal pan head bolt	1
63	J12.7X38.1 tube cover	4	92	Incline motor	1
64	Running deck washer	2	93	Low controller	1
65	Rubber cushion pad	2	94	Power cover	1
66	Taut spring bearer plate	2	95	Motor cabinet	1
67	Taut roller spring	2	96	M8X5 recess head self-taping screw	2
68	Back roller	1	97	Φ5 washer	2
69	M8X105 inner hexagonal socket head cap bolt	2	98	ST3X12 cross recess head self-taping screw	2
70	Left roller cover	1	99	Power plug	1
71	Right roller cover	1	100	Fuse bracket	1
72	Running belt	1	101	Shaped switch	1
73	Running deck	1	102	Filter	1
74	M8X40 cross recess head screw	2	103	Electrical installation board	1
75	M8X35 cross recess head screw	4	104	Front roller	1
76	Round bolt	1	105	M8X50 inner hexagonal socket head cap bolts	1
77	M8 nut	8	106	Right anti-slide grip	1
78	Electric relay	1	107	M8X45 inner hexagonal pan head bolt	4
79	Transformer	1	108	Left console mast	1
80	Roller	2	109	M6X15 Pan head screws with cross recess	2

No	ITEM	QTY	No	ITEM	QTY
81	Rivet $\Phi$ 6x25	2	110	Fixed knob	2
82	Moving wheels cover	2	111	Plug spring	2
83	Ground connecting tube	1	112	Fixed bolt	2
84	M8X15 hexagonal pan head bolt	2	113	Inner console mast cover	2
85	Plastic cover	6	114	Outer console mast cover	2
86	Right console mast	1	115	Front wheels	2
87	Retaining nut	2	116	M8X10 inner hexagonal pan head bolt	2
117	Incline wheels	2	125	Plastic screw	2
118	Incline frame	1	126	Base frame wheels	2
119	M10X40 inner hexagonal pan head bolt	2	127	Rotating cover of console mast	2
120	Washer	4	128	Ground frame	1
121	Incline connecting sleeve	2	129	High ground cushion	4
122	Connecting frame	1	130	ST4.8X15 cross recess head self-taping screw	4
123	M10X25 inner hexagonal pan head bolt	4	131	$\Phi$ 32 tube cover	2
124	Pneumatic cylinder	2			

# 3G Cardio Warranty

**What does this warranty cover?** This warranty covers your 3G Cardio 80i Fold Flat Treadmill against defects in material and workmanship when used for the purpose intended, under normal conditions, and provided it receives proper care.

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

**Residential Warranty:** Lifetime motor, lifetime frame, 5 years parts, 1 year in home labor\*.

**Commercial Warranty:** The 3G Cardio 80i Fold Flat Treadmill does not carry a manufacturer warranty when used in a commercial 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 thru Friday 9:00 a.m. to 5:00 p.m. Pacific time. Ask to speak to the service department and please have your serial number, date of purchase, and location of purchase available.

This warranty shall not apply to treadmills which are (1) used for commercial or other income-producing purposes, or (2) subject to misuse, neglect, accident, or unauthorized repairs and alterations. All other obligations or liabilities, including liability for consequential damages, are hereby excluded. All of the parts for the 3G Cardio 80i Fold Flat 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.

# 3G Cardio Warranty

Register warranty online at [www.3GCardio.com](http://www.3GCardio.com) or mail in the warranty card below to the address provided.



## 3G Cardio Warranty Registration

First & Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Purchased From \_\_\_\_\_

Serial Number \_\_\_\_\_

Model Number \_\_\_\_\_ Date of Purchase \_\_\_\_\_

3G Cardio • Attn: Registration Dept. • 14647 So. 50th Street, Suite 110 • Phoenix, AZ 85044





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

1-888-888-7985  
[www.3GCardio.com](http://www.3GCardio.com)