



CORE HEALTH & FITNESS 4-TR TREADMILLS

ASSEMBLY MANUAL



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10” LCD CONSOLE **14**

10” TOUCHSCREEN CONSOLE **16**

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WARNING!



Before using this product, it is essential to read the ENTIRE Owner's Manual and ALL installation instructions. The Owner's Manual describes equipment setup and instructs members on how to use correctly and safely.

Read all warnings posted on the machine.



Health related injuries may result from incorrect or excessive use of exercise equipment. Core Health & Fitness strongly recommends you to encourage your members to discuss their health program or fitness regimen with a health care professional, especially if you or they have not exercised for several years, are over 35, or have known health conditions.

DANGER - to reduce the risk of electrical shock:

1. Always unplug the machine from the electrical outlet before cleaning or servicing.
2. This machine is not intended to be serviced by the end user, refer servicing to qualified personnel only.
3. This Treadmill is designed for aerobic exercise in a gymnasium or health club environment (FOR COMMERCIAL USE). It is wired for either 110 VAC 20A OR 230 VAC 15A nominal power input. It is factory-equipped with a specific electric cord and plug to permit connection to the proper electric circuit. Make sure that the treadmill is connected to a dedicated power line having an outlet with the same configuration as that of the plug:
 - 20A for 110V models
 - 15A for the 230V models
4. If the power supply cord is damaged, it must be replaced by the manufacturer, its service agent, or similarly qualified persons in order to avoid hazard.
5. Do not operate treadmill in damp or wet locations.

WARNING - to reduce the risk of injury to person:

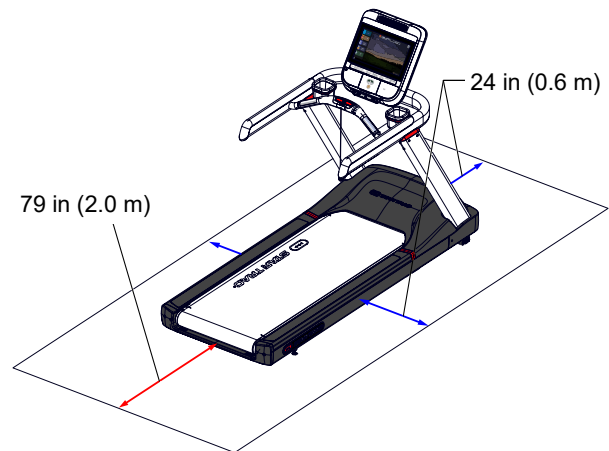


Fig. 1 Required Clearance

1. Assemble and operate the machine on a solid level surface. Position the machine with a minimum of 24 inches (0.6 meters) of clearance on each side to allow for ease of mounting and dismounting. Allow for 79 inches (2.0 meters) of clearance behind the machine. Leave a minimum of 19.7 inches (0.5 meters) between two adjacent units. These dimensions are the recommended minimum distances.

The actual area for access and passage shall be the responsibility of the facility and should take into account this training envelope, Americans with Disabilities Act Accessibility Guidelines (ADAAG) requirements and any required local codes or regulations (www.access-board.gov/ada).

2. Do not exceed the maximum allowable weight limit of:
 - 4-TR - 450 lbs. / 204 kg.
3. Familiarize yourself with the location of the STOP buttons on the console. If you experience difficulties during the workout, pushing the STOP button will bring the machine to a stop.
4. Lock your treadmill when not in use. Use the Lockout EN option in MAINTENANCE MODE to enable or disable treadmill lockout. When the treadmill is locked, the display shows the message "TREADMILL LOCKED, PRESS 0 TO ENTER ID". The user must press "0", enter the 3-digit ID number (default=999), then press ENTER to unlock the treadmill. The treadmill will then operate as normal (NOTE: The treadmill will lock back up if it is idle for 30 seconds).
5. Do not operate the machine if the motor shroud is removed or if the power cord is damaged in any manner. Keep all air openings free from dirt or any material that would block the flow of air to the motor.
6. The safety and integrity of this machine can only be maintained when the equipment is regularly examined for damage and wear and repaired. It is the sole responsibility of the owner of this equipment to ensure that regular maintenance is performed. Worn or damaged parts must be replaced immediately or the equipment removed from service until the repair is made.
7.  Caution: unit is heavy and requires two people for assembly.
8. After assembly, a complete visual inspection, and test of the features and functions of the assembled treadmill must be made prior to use.
9. For complete instructions refer to the Owner's Manual.

SAVE THESE INSTRUCTIONS



Fig. 2 15" OpenHub Console shown

SKU: 9-3613 110V, 15AMP, UL/CSA **Desc:** 4-TR Treadmill
 9-3614 220V, UL/CSA/CE

Unit Weight		Width		Length		Height		Belt Width		Max User Weight
873	lbs	32	in	82	in	60.5	in	21.5	in	0-450 lbs
396	kg	81	cm	208	cm	154	cm	55	cm	0-204 kg

Other Consoles

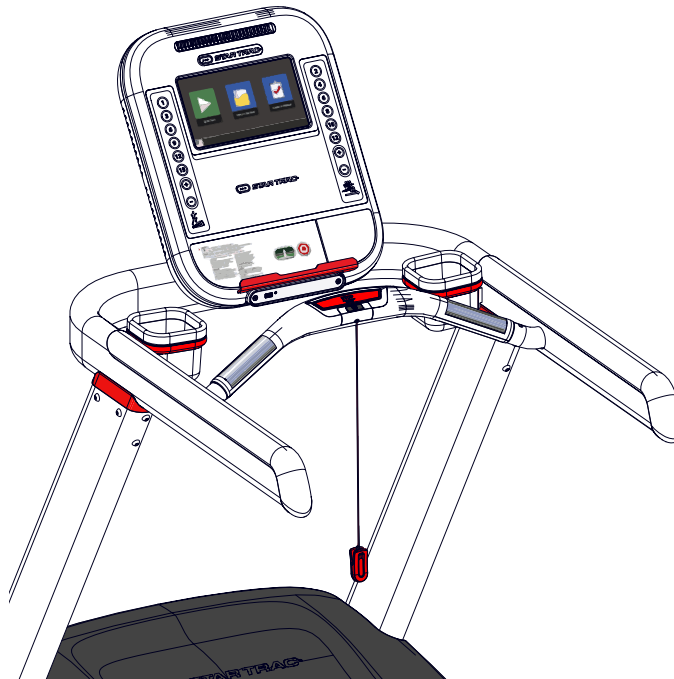


Fig. 3 10" Touchscreen Console

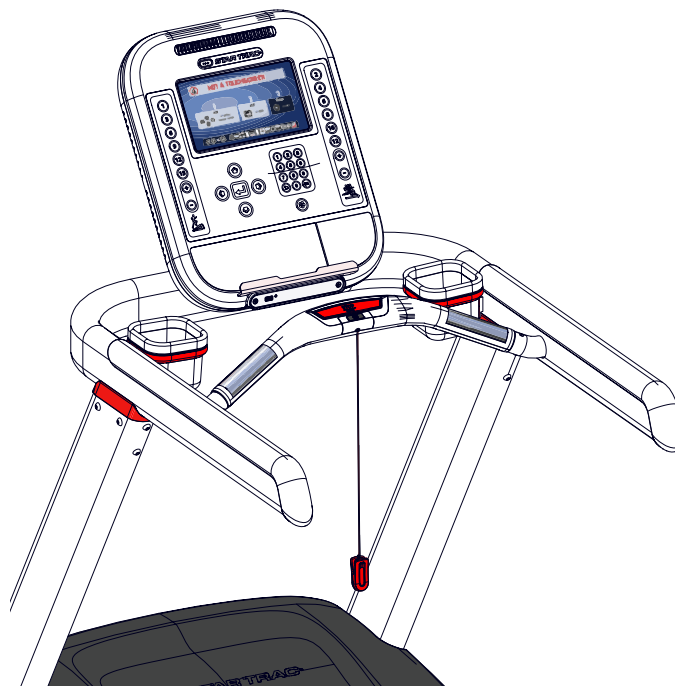


Fig. 4 LCD Console



Fig. 5 4-TR Features, 15" OpenHub Console Shown

#	Part	#	Part	#	Part
A	Console	F	Safety Stop (Cord)	K	Foot
B	Front Handlebar	G	Moving Surface	L	Elevation Frame
C	Heart Rate Grips	H	Deck	M	Motor Shroud
D	Safety Stop (Button)	I	Rear Roller Shroud		
E	Handrail	J	Rear Roller		

Assembly instructions cover either 10" touchscreen or LCD console. For 15" Embedded, please see the console manual 620-8816 for additional wiring and configuration information.

Required Tools:

- 13mm Socket
- Torque Wrench
- 5mm Allen Key
- #2 Phillips Screwdriver
- 3/4" Open-ended Wrench
- 9/16" Open-ended Wrench

IF INSTALLING PVS - PLEASE REFER TO PVS INSTALL INSTRUCTIONS FOR ROUTING THE COAX CABLE BEFORE CONTINUING WITH UNIT BASE ASSEMBLY.



**SCAN TO WATCH A VIDEO
SHOWING THE ASSEMBLY
OF THIS TREADMILL**

PROCEDURE

1. Unpack all parts and inspect for damage.
2. Install left upright handrail (740-9452-XX) onto frame using a 13mm socket to secure two pieces each of the M8 x 70mm (110-4075) and M8 x 20mm (110-4076) hex head screws. **DO NOT FULLY TIGHTEN**



If installing the 4TR 15" Embedded Touchscreen Console, use the install instructions in the console manual 620-8816 instead.

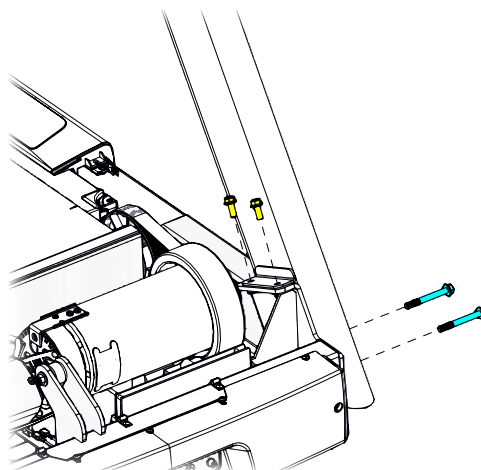


Fig. 6

3. Route the wires up through the right-side upright handrail (740-9453-XX) using chaser wire.

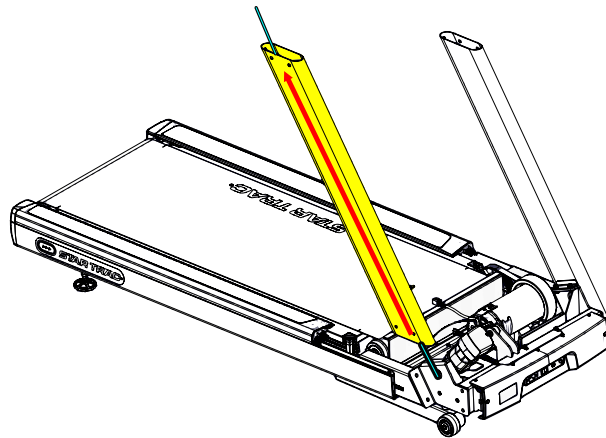


Fig. 7

4. Install right upright handrail onto frame using a 13mm socket to secure two pieces each of the M8 x 70mm (110-4075) and M8 x 20mm (110-4076) hex head screws. **DO NOT FULLY TIGHTEN**

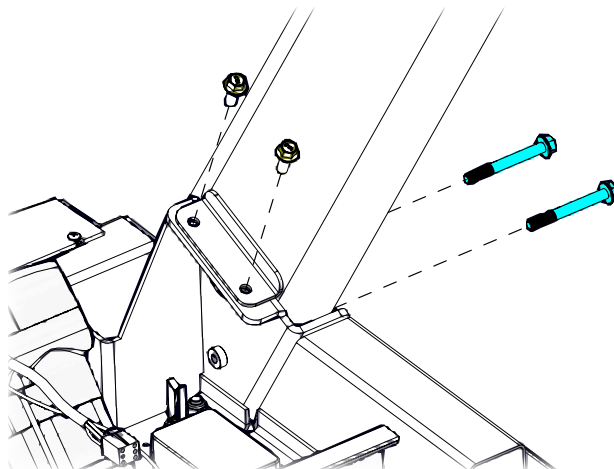


Fig. 8

5. Route the data and coax cable bundle through the right-side beauty ring (020-7911-XX) (**BE CAREFUL OF RING ORIENTATION**), up into the right-side and through the handrail weldment (740-9458-XX), and finally out of the weldment neck.

⚠ Note: The handrail may need to be lifted to have enough slack to pull the wire bundle out of the neck of the weldment.

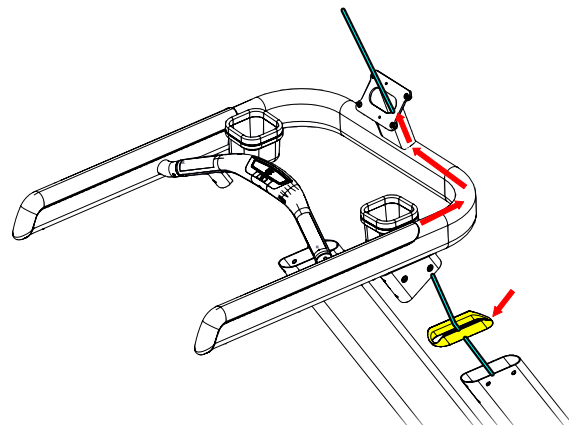


Fig. 9

6. Place the left-side beauty ring onto the left upright handrail (**BE CAREFUL OF RING ORIENTATION**), set the right-side beauty ring in place on the right-side upright handrail, then put the handrail weldment onto the top of the upright handrails (**BE CAREFUL NOT TO PINCH WIRE BUNDLE**).

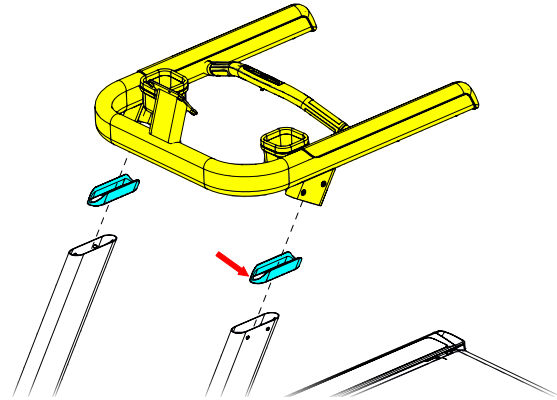


Fig. 10

7. Secure the handrail weldment to the upright handrails using a 5mm allen key and eight (8) of the M8 x 12mm screws (740-8168)

TORQUE TO 12-15 lb-ft /16-20 Nm

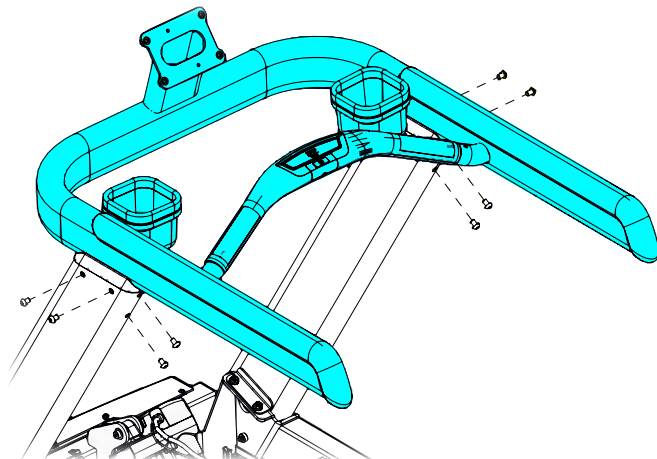


Fig. 11

8. Fully tighten all screws securing upright handrails to frame

TORQUE TO 15-20 lb-ft /20-27 Nm

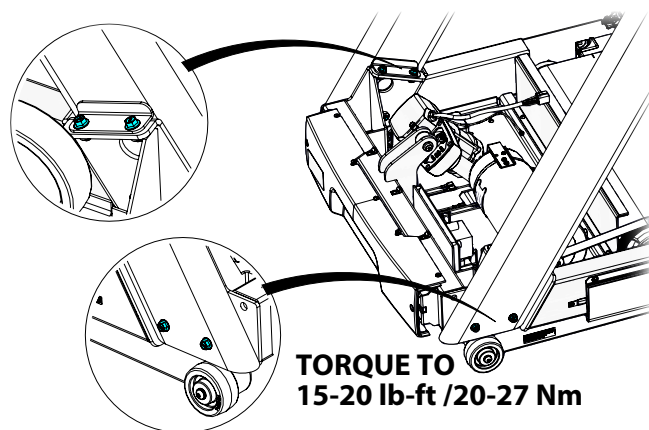


Fig. 12

9. Using a 13mm socket, secure the console mount (020-7924) to the handrail weldment using four (4) pieces of the M8 x 20mm hex head screws (110-4076)

TORQUE TO 15-20 lb-ft /20-27 Nm.

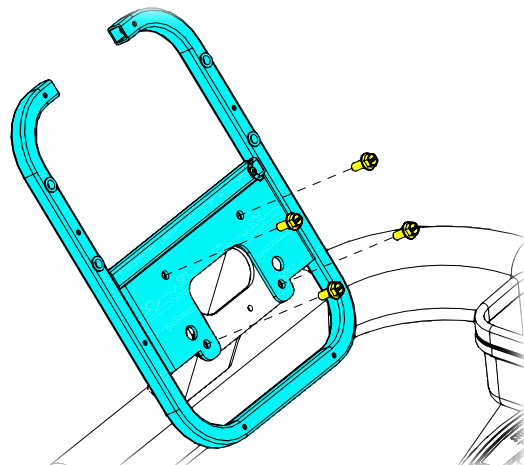


Fig. 13

10. Use a #2 phillips screwdriver to loosen the left-side screw on the front shroud cover then secure the left-side corner shroud (740-9405-XX) to the frame using one (1) piece of the M5 x 18mm screw (110-4077). Once the shroud is secure, re-tighten the front shroud screw. Repeat this step for the right-side corner shroud (740-9406-XX).

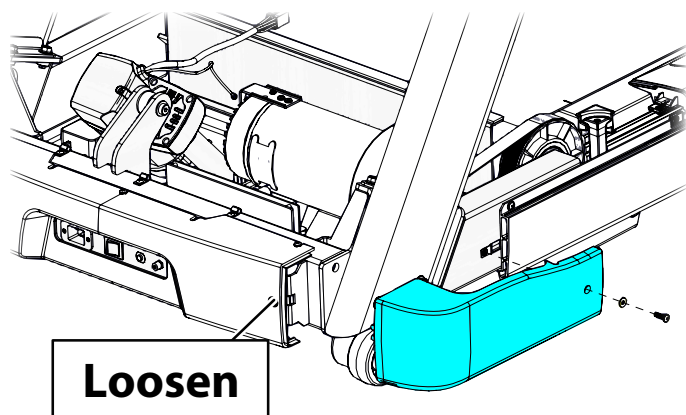


Fig. 14

11. Use a #2 phillips screwdriver to secure the motor shroud (740-9404-XX) to the frame using four (4) pieces of the M5 x 18mm screws.

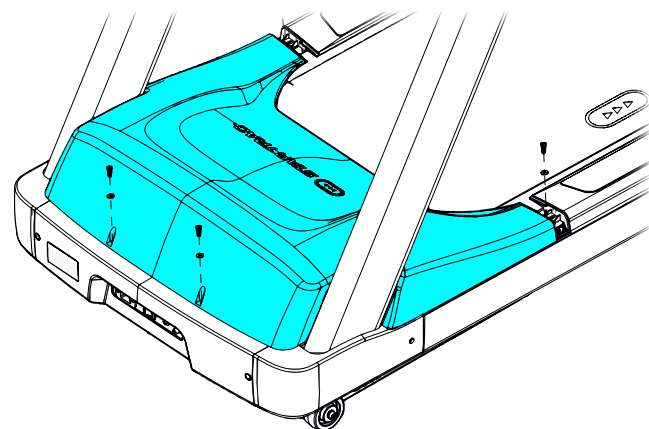


Fig. 15

12. Secure the side bed shroud to the frame using one (1) piece of the M5 x 18mm screw then slide the left side bed bridge cap (740-9451-XX) into the gap between the left side bed cover and top shroud.
13. Use a #2 phillips screwdriver to secure the cap to the frame using one (1) piece of the M5 x 18MM screw. Repeat Steps 11+12 for the right side bed cover and bridge cap.

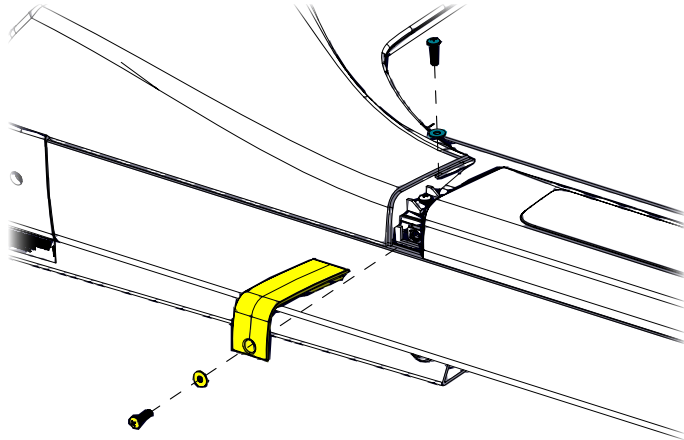


Fig. 16

14. Check to ensure that both left and right rear feet are attached to the unit. If a foot is missing, be sure to check the packaging.

⚠ Caution: Two persons may be needed to perform this step safely.

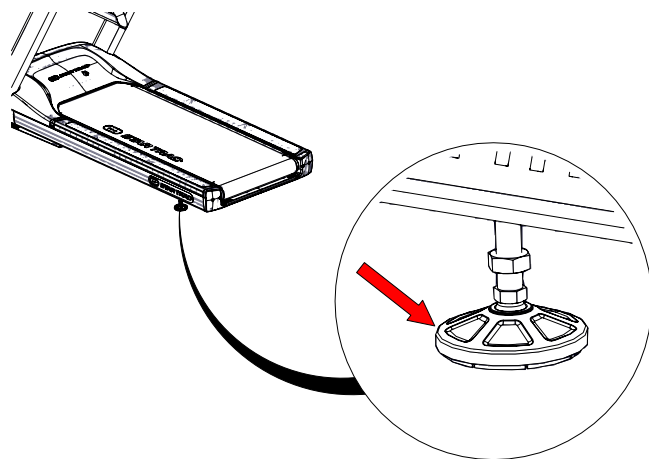


Fig. 17

15. Use a 9/16" open-ended wrench to adjust both leveling feet until the treadmill is stable and level. Then use a 3/4" open ended wrench to tighten the lock nuts to secure the feet.

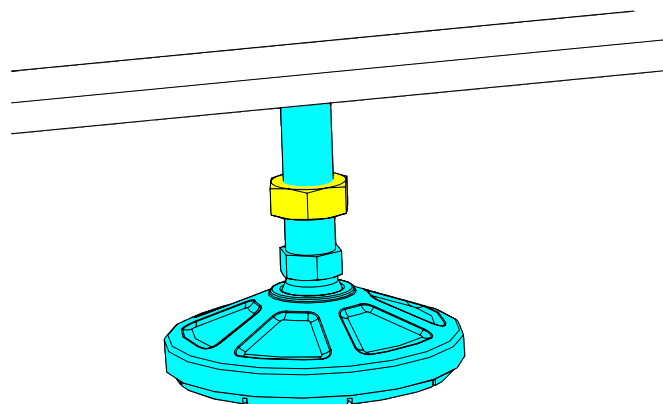


Fig. 18

- 16.** Use a #2 phillips screwdriver to remove the small back panel (020-7927-XX) from the back console shroud (701-0326-XX)

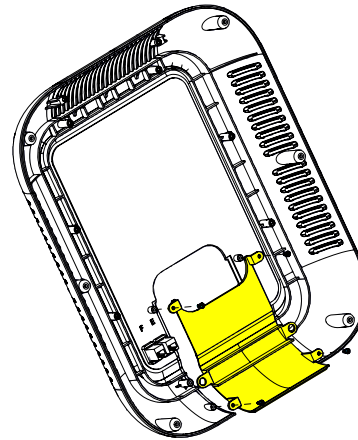


Fig. 19

- 17.** Set the back console shroud into position on the console mount then reattach the back panel removed in Step 16.

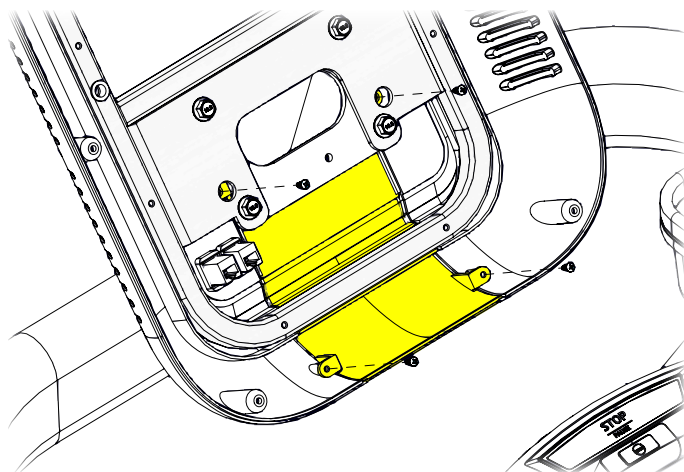


Fig. 20

- 18.** Use a #2 phillips screwdriver and attach the back shroud of the console to the console mount using eight (8) of the #8-18 x 3/4" screws (110-3402).

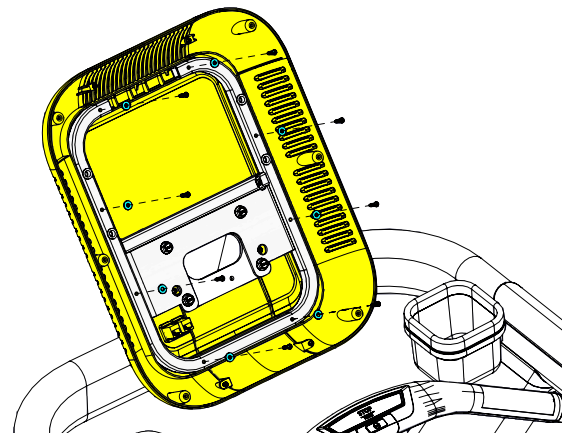


Fig. 21

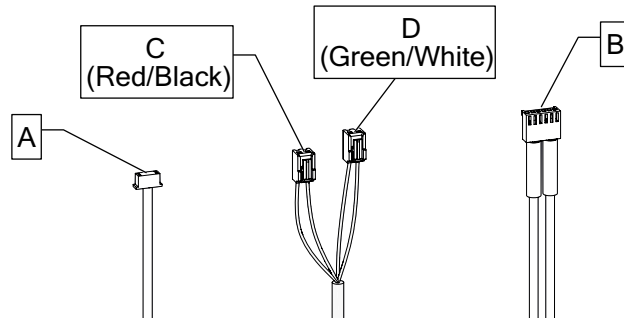


Fig. 22 Wiring from Neck of Unit

19. Plug the three cables from Fig. 22 into the console as indicated in Fig. 23.

Note: Lines E & F indicate the wiring path from the board to the rear console jacks.

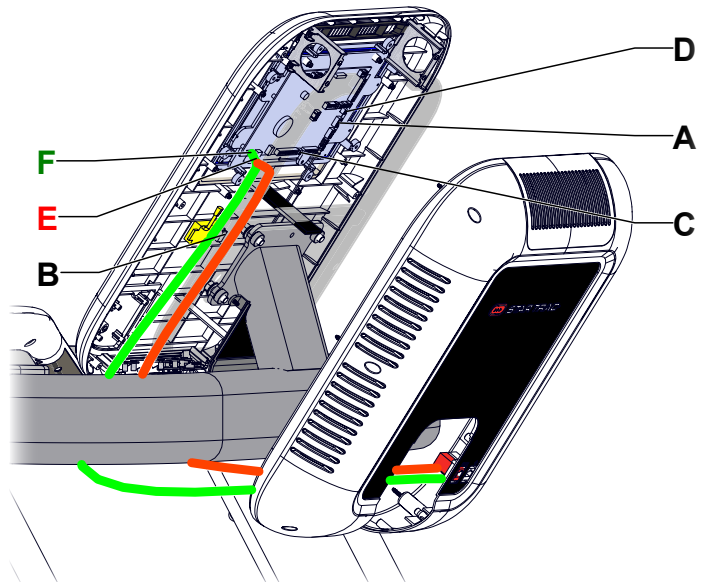


Fig. 23 Console Connections

20. Use a #2 phillips screwdriver to attach the console front to the back shroud (701-0325-XX).

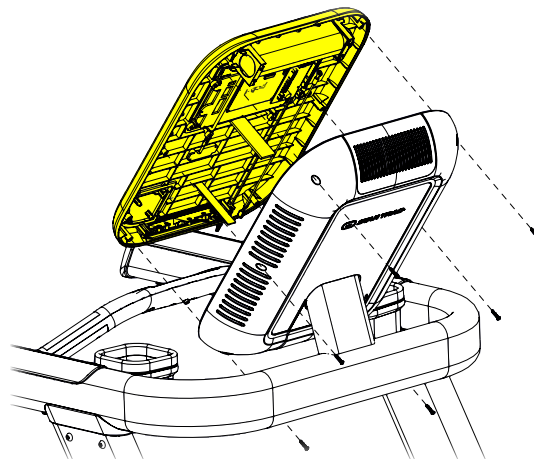


Fig. 24

- 21.** Plug the power cord (220-0276 **OR** 220-0279) into the power inlet.

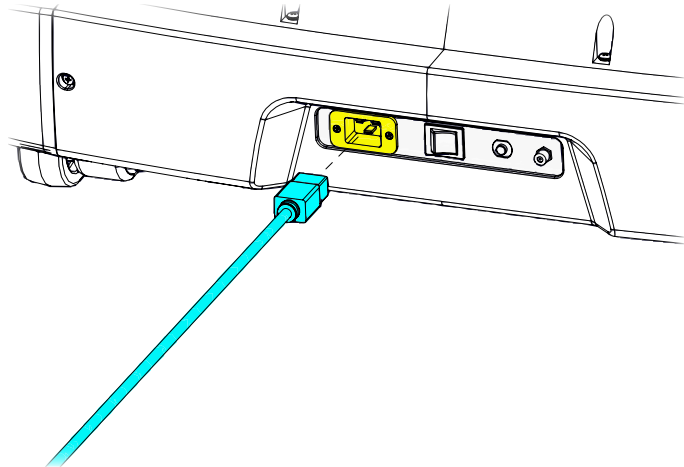


Fig. 25

- 22.** Ensure no one is standing on the treadmill.
- 23.** Install Console. For 10" touchscreen, skip ahead to page 16.

10" LCD CONSOLE

- a. On the numeric keypad, press and hold the **0**, **2** and **OK** keys together. The Service Menu will display.

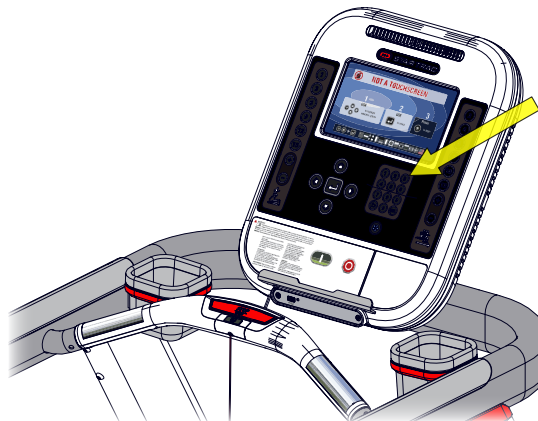


Fig. 26

- b. Use direction buttons to navigate.
- c. Press the **←** button to enter Calibration & Setup mode.

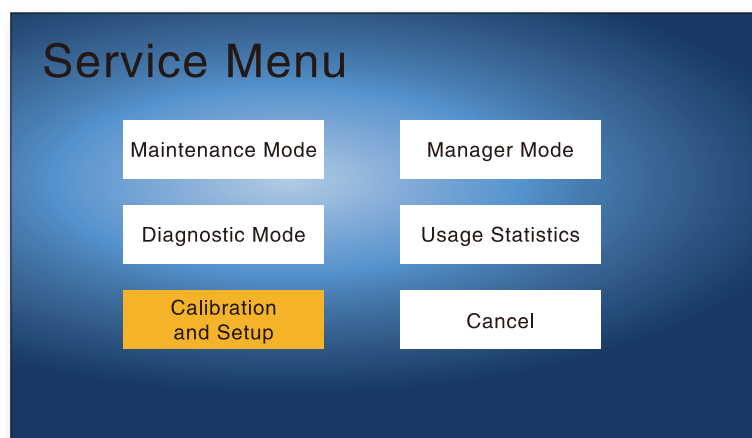


Fig. 27

- d. Use the arrow keys to select “Calibration”, then press the .

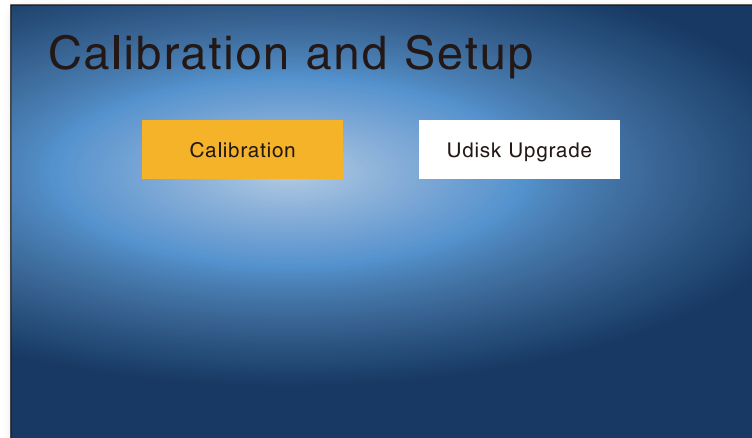


Fig. 28

- e. Press the  button again and the treadmill will run both the elevation and speed calibrations.
-  **WARNING:** Do not stand on moving surface during calibration.

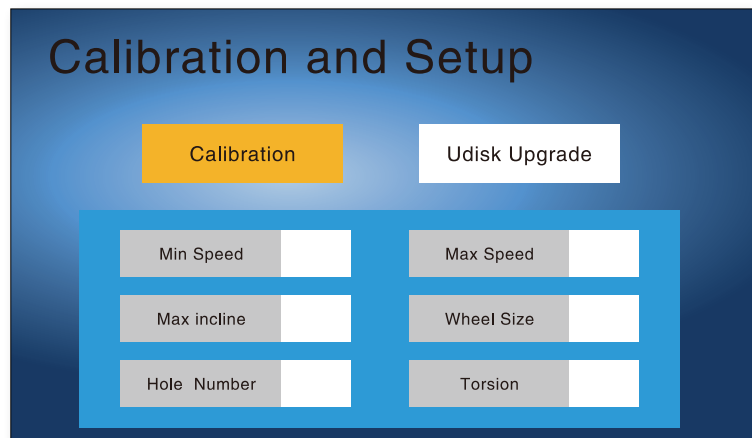


Fig. 29

10" TOUCHSCREEN CONSOLE

- a. Touch the top left corner, then the center and then the top left corner again. The Service Menu will display.
- b. Tap Calibration & Setup.

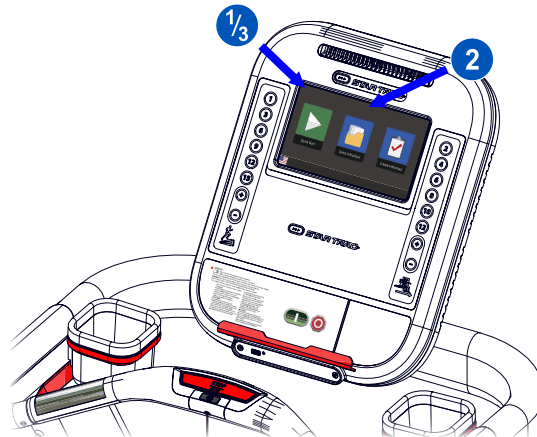


Fig. 30

- c. Tap Calibration

Calibration and Setup

Calibration

Udisk Upgrade

Fig. 31

- d. Tap Calibration and the treadmill will run both the elevation and speed calibrations.

⚠ WARNING: Do not stand on moving surface during calibration.

Calibration and Setup

Calibration

Udisk Upgrade

Min Speed

Max Speed

Max incline

Wheel Size

Hole Number

Torsion

Fig. 32

24. Installation is Complete.

For Technical Support, Service, Parts Orders or any Customer Service needs, please contact us direct by phone, email, or through our 24 hour support site:

GLOBAL SUPPORT CENTER
4400 NE 77th Avenue, Suite 300 Vancouver, WA 98662
Tel: (360) 326-4090 • (888) 678-2476 • support@corehandf.com

Warranty information: <https://corehandf.com/warranty>

To help us support you, please provide the following information when requesting assistance with your equipment:

■ Facility Name & Address ■ Product Serial Number ■ Description of Issue

Our goal is to provide fast, reliable support to all your product support requests. We strive to answer all support requests under an average hold time of 3 minutes, all support emails within 1 business day and all field service requests within 48 hours.

PREVENTATIVE MAINTENANCE

Protect your product & assure it always runs like new with a Core Advantage Preventative Maintenance or Extended Warranty Package. Contact your service manager for more information: servicecontracts@corehandf.com

CORE CONNECT

Core Connect is your portal to all things service! Whether you need to order parts or register your warranty, Core Connect is the most effective way to get what you need fast and keep your facility operating smoothly.

OFFERS 24-HOUR SELF SERVICE ACCESS TO:

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- Warranty Registration
- Preventative Maintenance
- Service Requests
- Parts Orders
- Automated partner payment
- Product technical library
- Transparency on service performance
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