circle
FITNESS

Owner's Manual

Console Operation

M8 Treadmill

LED Screen

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1 Engineering Mode

1.1　Engineering Mode 1 (Equipment Information)

In idle mode, enter「X0020↵」using the numeric keypad. The dot matrix display will show a scrolling message with the following device information. Press ▲(SPEED/INCLINE) to scroll to the next item, or press「STOP」to return to idle mode.

- Software Version: [VERSION]. Version is displayed in the TIME window.
- Language Setting: [ENGLISH]. To change the language, press「↵ (ENTER)」, then use ▲ / ▼ to cycle through: [TURKISH], [РУССКИЙ] (Russian), [DEUTSCH] (German), [ESPAÑOL] (Spanish), [ITALIANO] (Italian), [FRANÇAIS] (French), and [NEDERLANDS] (Dutch). After selecting your preferred language, press「↵ (ENTER)」again to save and return to idle mode.
- Error Code History: [ERR HISTORY].
- Average Speed: [AVERAGE SPEED]. Value is shown in the SPEED window.
- Total Distance: [ODO]. Value is shown in the TIME window.
- Total Operating Hours: [TOTAL HOURS]. Value is shown in the TIME window.

1.2　Engineering Mode 2 (Custom Settings)

In idle mode, enter「X0001↵」using the numeric keypad. The dot matrix display will show the scrolling message [FACTORY SETTINGS], followed by the following customizable settings. Use ▲/▼ (SPEED/INCLINE) or the numeric keypad to adjust values or toggle settings. Press「↵ (ENTER)」to confirm each selection. After all changes, the system will return to idle mode.

- Unit Setting: [METRIC] (metric). It can be changed to [ENGLISH] (imperial).
- Retain Incline After Stop: [GS INCLINE OFF] (does not retain incline). It can be changed to [GS INCLINE ON] (retains incline).
- Minimum Speed (Frequency): [MIN SPEED HZ]. Value is shown in the TIME window.
- Maximum Speed (Frequency): [MAX SPEED HZ]. Value is shown in the TIME window.
- Minimum Speed: [MIN SPEED]. Value is shown in the SPEED window.
- Maximum Speed: [MAX SPEED]. Value is shown in the SPEED window.
- Maximum Incline: [MAX INCLINE]. Value is shown in the INCLINE window.
- Heart Rate Mode Load Control: [DUAL] (controls both incline and speed). It can be changed to [INCLINE] or [SPEED].
- Auto Stop When Unoccupied: [STEP OFF] (disabled). It can be changed to [STEP ON] (enabled).
- Bluetooth Setting (if applicable): [BT OFF]. It can be changed to [BT ON].

2 Console Operation

LED Windows and Button Functions on Control Panel

LED Display Windows	Description
INCLINE	Current incline level.
SPEED	Current speed level.
TIME	Workout time or functions as a countdown timer.
HEART RATE	Current heart rate reading.
DISTANCE	Total accumulated distance traveled.
CALORIES	Calories burned during the workout.
Buttons	**Function**
▲ / ▼(INCLINE)	Adjust incline level during the workout.
▲ / ▼(SPEED)	Adjust speed level during the workout.
STOP	Press to enter stop mode
PAUSE	Press to pause the workout
START	Starts the treadmill in idle, pause, or stop mode.
Numeric Keypad 0-9	Input speed or values.
X	Clears the value entered during setup.
↵	Confirms the entered value.
2/4/6/8/10(QUICK INCLINE)	Quick selection of 5 incline levels.
4/6/8/10/12(QUICK SPEED)	Quick selection of 4 speed levels.
Workout Mode Buttons: MANUAL, COURSE, CUSTOM, GOAL, TEST, H.R.C.	Select workout modes.
COOL DOWN	Gradually reduces speed to help cool down.

2.1   Idle, Pause, Stop, and Start Workout Modes

- Idle Mode:

When the machine is turned on and the screen lights up, the indicator lights for six workout mode buttons on the console will flash. This indicates the machine is in idle mode and ready to accept user input.

- Start Workout Mode:

In Idle mode, press「START」to begin this workout mode and the indicator light for start workout mode will turn on. The dot matrix display will show the incline workout profile, and the machine will start at the lowest speed and incline level. The LED windows will display the corresponding values. Speed and incline can be adjusted at any time during the workout. Press「PAUSE」or「STOP」will switch the treadmill to pause or stop mode.

- Stop Mode:

At the end of a workout or when pressing「STOP」, the dot matrix screen will show the scrolling message [END OF WORKOUT]. Press「STOP」again to return to idle mode.

- Pause Mode:

When the user presses「PAUSE」once, the dot matrix display will show the scrolling message [PAUSE], indicating the machine is in pause mode. To resume the workout, press「START」.

2.2   Manual Mode

In idle mode, tap「MANUAL」to enter Manual Mode. Once selected, the Manual Mode indicator light will turn on. The user must follow the prompts displayed on the dot matrix screen (scrolling message as shown below) to input required settings. Use the ▲ / ▼ (SPEED/INCLINE) keys or the numeric keypad to enter values. After each input, press「↵ (ENTER)」to confirm. At any time during setup, press「STOP」to return to the previous step or press「START」to begin the workout immediately.

- [SET TIME 16:00 - 99:00 THEN PRESS ENTER]
- [SET WEIGHT THEN PRESS ENTER]
- [PRESS GO TO BEGIN OR ENTER TO RESET]

After pressing「START」, the dot matrix screen will display an incline profile over time as explained below. The TIME window on the LED display will show a countdown (if a time was set).The GOAL BAR will not be shown. All other values and operations will function as they do in the start workout mode. If time is set to 0, the TIME window will instead display elapsed time.

Incline Profile Explanation:

The incline profile shows how incline changes over time. Each column on the profile represents the incline level, and the profile can display up to 32 columns on the dot matrix screen. The current column flashes

once per second. A new column appears every minute during the workout. If a workout time is set, the profile updates after each time segment: Segment Duration = Total Set Time ÷ 32

Example: The horizontal axis represents time, and the vertical axis represents incline.
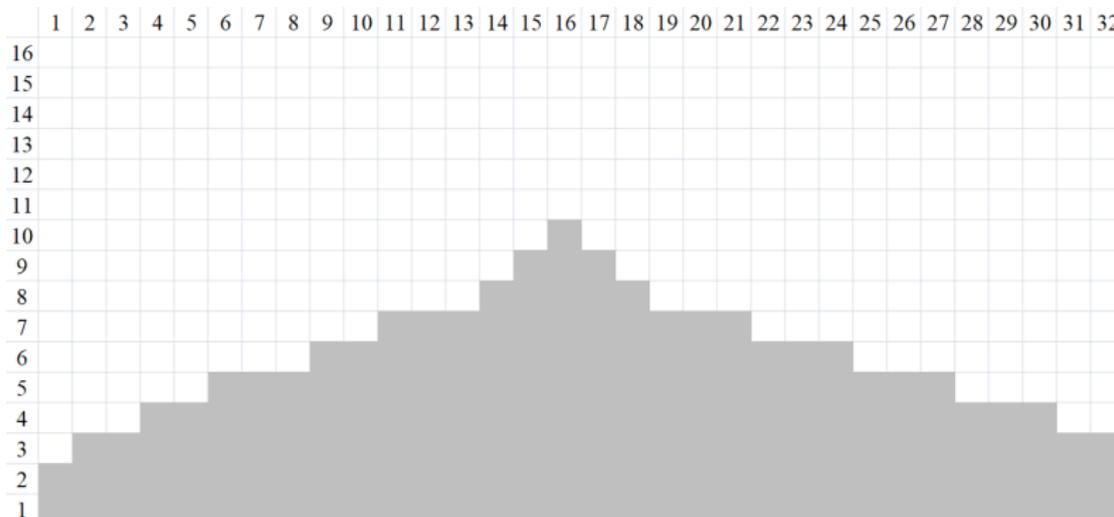
2.3   Course Mode

While in idle mode, tap「COURSE」to enter Course Mode. The Course Mode indicator light will turn on. Follow the prompts shown on the dot matrix scrolling message as below to complete the required setup steps. Use the ▲ / ▼ (SPEED/INCLINE) keys or the numeric keypad to input values. After each input, press「↵ (ENTER)」to confirm. At any time during setup, press「STOP」to return to the previous item or press「START」 to begin the workout immediately.

- [1.HILL 2. FATBURN 3. CARDIO 4. STRENGTH 5. INTERVAL]
- [SET LEVEL 1 TO 7 THEN PRESS ENTER]
- [SET TIME 16:00 - 99:00 THEN PRESS ENTER]
- [SET WEIGHT THEN PRESS ENTER]
- [PRESS GO TO BEGIN OR ENTER TO RESET]

After pressing「START」, the dot matrix screen will display a course-specific incline profile. The TIME LED window will show a countdown (if time was set). The GOAL BAR will not be displayed. All other values and operations will function as in start workout mode. If the workout time is set to zero, the TIME window will instead show elapsed time.

2.4   Custom Mode

While in idle mode, tap「CUSTOM」to enter Custom Mode. The Custom Mode indicator light will turn on. The dot matrix screen will display a workout profile where all segments initially show zero incline. The first column of the profile will flash, indicating that the user is customizing the duration, incline, and speed for that segment. To customize the first segment, set Duration using the ▲ / ▼ (SPEED/INCLINE) keys or

numeric keypad, then press 「↵ (ENTER)」 to confirm. Set Speed using ▲ / ▼ (SPEED), then press 「↵ (ENTER)」. Set Incline using ▲ / ▼ (INCLINE), then press 「↵ (ENTER)」. After confirming all three values, the next column on the workout profile will begin flashing, prompting you to customize the next segment. To skip customizing additional segments, press 「↵ (ENTER)」 again. A scrolling message will appear on the dot matrix display: At any time during the setup, press「STOP」to return to the previous setting or press 「START」 to immediately begin the workout.

- [PRESS GO TO BEGIN OR ENTER TO RESET]

After pressing 「START」, the dot matrix screen will display the custom incline profile. The TIME LED window will show the total accumulated duration of the custom segments. The GOAL BAR will not be displayed. All other metrics and functions operate the same as in the start workout mode.

2.5   Goal Mode

While in idle mode, tap「GOAL」to enter Goal Mode. The Goal Mode indicator light will turn on. Follow the prompts shown on the dot matrix scrolling message as below to set your desired workout target. Use the ▲ / ▼ (SPEED/INCLINE) keys or numeric keypad to input values. After each input, press 「↵ (ENTER)」 to confirm. At any time during the setup, press「STOP」to return to the previous step or press「START」to begin the workout immediately.

- [1.TIME 2. DISTANCE 3. CALORIES]

Depending on your selection, one of the following prompts will appear:

- [SET TIME THEN PRESS ENTER]
- [SET DISTANCE THEN PRESS ENTER]
- [SET CALORIES THEN PRESS ENTER]

After setting your target, the following prompts will appear:

- [SET WEIGHT THEN PRESS ENTER]
- [PRESS GO TO BEGIN OR ENTER TO RESET]

After pressing 「START」, the dot matrix screen will display a corresponding incline profile. The LED window for TIME, DISTANCE, or CALORIES will show a countdown based on the selected goal. The GOAL BAR will display the percentage of the goal completed in real time. All other display values and operational functions are the same as in the start workout mode.

2.6   Test Mode

While in idle mode, tap「TEST」to enter Test Mode. The Test Mode indicator light will turn on. Follow the prompts shown on the dot matrix scrolling message as below to set up the test parameters. Use the ▲ / ▼ (SPEED/INCLINE) keys or the numeric keypad to input values. Press「↵ (ENTER)」after each entry to confirm. You may press「STOP」at any time to return to the previous step, or「START」to begin the test immediately.

- [1.GERKIN 2. COOPER 3.USMC PFT 4.ARMY PRT 5.NAVY PRT 6.USAF PFT 7.FEDERAL LAW 8.FITNESS]
- [GENDER: 1 MALE 0 FEMALE]
- [SET AGE THEN PRESS ENTER]
- [SET WEIGHT THEN PRESS ENTER]
- [PRESS GO TO BEGIN OR ENTER TO RESET]

After pressing「START」, a test-specific incline profile will appear on the dot matrix display. The TIME window will show a countdown timer. The GOAL BAR will not be displayed. All other values and operations are the same as start workout mode. Upon completion of Tests 1~7, the console will enter Test Results Mode. After completing Test 8 (Fitness Test), the system will return directly to idle mode.

Test Descriptions:

1. GERKIN: Originally designed for firefighters, this test monitors heart rate and estimates VO_2 MAX. Speed and incline cannot be adjusted during the test. The test automatically ends when the user reaches 85% of their maximum heart rate. A chest belt heart rate monitor is required for this test.
2. COOPER: A U.S. military endurance test where the goal is to run as far as possible in 12 minutes. Speed can be adjusted during the test.
3. USMC PFT (U.S. Marine Corps Physical Fitness Test): A 3-mile (approx. 4.8 km) run based on completion time. Speed is adjustable; the faster the time, the better the score.
4. ARMY PFT (U.S. Army Physical Fitness Test): A 2-mile (approx. 3.2 km) timed run. Speed is adjustable; shorter completion time equals a higher score.
5. NAVY PFT (U.S. Navy Physical Fitness Test): A 1.5-mile (approx. 2.4 km) timed run. Speed is adjustable; shorter completion time equals a higher score.
6. USAF PFT (U.S. Air Force Physical Fitness Test): A 1.5-mile (approx. 2.4 km) timed run. Speed is adjustable; shorter completion time equals a higher score.
7. FEDERAL LAW: A 1.5-mile (approx. 2.4 km) timed run for federal law enforcement physical fitness testing. Speed is adjustable.
8. FITNESS: A fixed 17-minute test with preset speed and incline that cannot be changed during the session.

2.7　　HRC Mode

While in idle mode, tap「HRC」to enter Heart Rate Control Mode. The HRC mode indicator light will turn on. Follow the prompts shown on the dot matrix scrolling message as below to configure settings. Use the ▲ / ▼ (SPEED/INCLINE) buttons or the numeric keypad to input values. Press「↵ (ENTER)」after each input to confirm. At any time, press「STOP」to go back to the previous screen, or「START」to begin the workout immediately.

- [1. FAT BURN 2. AEROBIC 3. PERFORMANCE 4. CUSTOMIZE]

  If you choose 1, 2, or 3, you'll see:
  - [SET AGE THEN PRESS ENTER]

  If you choose 4, the following prompts will appear:
  - [SET HEART RATE THEN PRESS ENTER]
- [SET TIME 16:00–99:00 THEN PRESS ENTER]
- [SET WEIGHT THEN PRESS ENTER]
- [PRESS GO TO BEGIN OR ENTER TO RESET]

After pressing「START」, a corresponding incline profile will display on the dot matrix screen. The TIME window shows a countdown. The GOAL BAR will not appear. All other values and operations are the same as the start workout mode. The system will automatically adjust speed and incline based on the following target heart rates and adjustment rules:

Target Heart Rate Calculations
1. FAT BURN: 65% of max HR $\rightarrow$ (220 - age) $\times$ 0.65
2. AEROBIC: 75% of max HR $\rightarrow$ (220 - age) $\times$ 0.75
3. PERFORMANCE: 85% of max HR $\rightarrow$ (220 - age) $\times$ 0.85
4. CUSTOMIZE: Default is 150 bpm (user can change this)

Automatic Adjustment Rules:

- If actual heart rate is lower than target by more than 10 bpm / 3 bpm, speed increases by 0.2 km/h / 0.1 km/h in 30 seconds. Then incline increases by 1 level in another 30 seconds. This alternates until reaching max speed or incline.

- If actual heart rate is higher than target by more than 10 bpm / 3 bpm, speed decreases by 0.2 km/h / 0.1 km/h in 30 seconds. Then incline decreases by 1 level in another 30 seconds. This alternates until reaching minimum speed or incline.

- If heart rate reading is 0, no adjustments will be made.

If heart rate pulse is detected during the workout, a scrolling message [NO PULSE INPUT] will display.