

Owner's Manual & Assembly

600 SERIES

650T | 660T



Purchaser's Reference Information

IT IS IMPERATIVE THAT YOU FILL IN THE FOLLOWING INFORMATION AND REFER TO IT SHOULD THE NEED FOR SERVICE ARISE.

Product Name: Diamondback 650T/660T

Serial Number: **H** _ _ _ _ _

To Activate Warranty:

COMPLETELY FILL OUT THE ATTACHED WARRANTY CARD (SEE BACK COVER) AND RETURN TO DIAMONDBACK WITHIN 15 DAYS OF THE DATE OF PURCHASE. FAILURE TO COMPLY WITH THE WARRANTY ACTIVATION PROCEDURE MAY VOID THE MANUFACTURER'S WARRANTY.



Serial Number Location

**SERIAL NUMBER
H 0 1 0 0 0 0 0 0 0**

2

Dealer Name: _____

Dealer Address: _____

Dealer Phone Number: _____

Dealer Contact Name: _____
()

Date Purchased: _____

Shipping Materials

Diamondback recommends that you retain the original packing materials (box and packing items) for future shipping needs.

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DIAMONDBACK
Fitness

... **600** series
Treadmill

Introduction

Good health is an exercise in common sense.

The basics of good health are really common sense. Eat right, drink lots of water, get enough sleep, and exercise at least 3-4 times a week. It may sound simple, but to achieve the look and vitality most health-conscious men and women want, takes more discipline than most people are willing to endure. Having fitness equipment in your home makes it easier to achieve your goals. And having Diamond-back equipment gives you even more of an edge. Because when your equipment is comfortable, simple and effective, you exercise more. And that means better results.

A workout that works for you. To maintain cardiovascular fitness, the American Heart Association recommends that you exercise 3 to 4 days a week at 60%-75% of your maximum heart rate. By monitoring your heart rate while you exercise, you can get the most effective workout in the least amount of time. It's the easiest way of determining if you're exercising at a safe and effective level. Of course, if you want to lose weight or reach a higher level of athletic conditioning, working out 5 to 6 times a week will help you achieve that goal faster.

Get a smart start on exercising.

1. Always stretch before your workout to loosen muscles, and afterwards to cool down.
2. The first few minutes of your workout should be devoted to warming up muscles before a vigorous workout, and building your heart rate slowly.
3. After your aerobic workout of about 24-32 minutes, spend 10 minutes gradually reducing your heart rate with a lower resistance level.

Remember, start slow, with intensity low, until you build endurance and strength. And always consult your physician before beginning any exercise program.



Features



Instructions and Warnings

The 650T/660T treadmills are built for optimum safety and are designed to meet or exceed all domestic and international standards. However, certain precautions need to be followed when operating any exercise equipment. **BE SURE TO READ THE ENTIRE OWNER'S MANUAL BEFORE OPERATING YOUR 650T/660T UNIT.**

ATTENTION - DO NOT OPERATE THE HEART RATE MONITOR TRANSMITTER TOGETHER WITH AN ELECTRICAL HEART PACEMAKER. THE TRANSMITTER MAY CAUSE ELECTRICAL DISTURBANCES.

C A U T I O N - FOR SAFE OPERATION

1. Wear the safety cord and clip at all times while using the 650T/660T.
2. Before beginning any exercise program on the 650T/660T treadmill, it is important to consult with your physician if you have any of the following: History of heart disease, high blood pressure, diabetes, chronic respiratory diseases, elevated cholesterol, or if you smoke cigarettes or experience any other chronic diseases or physical complaints.
3. If over the age of 35 or overweight, consult with your physician before beginning an exercise program.
4. Pregnant women should consult with their physician before beginning an exercise program.
5. If you experience dizziness, nausea, chest pains or other abnormal symptoms during exercise, stop the exercise session immediately. Consult a physician before continuing.
6. Drink fluids if you exercise for twenty or more minutes on the 650T/660T unit.

W A R N I N G - TO REDUCE RISK OF INJURY TO YOURSELF OR OTHERS

1. Fold the treadmill up before removing from the package box.
2. Unplug this treadmill when it is not being used.
3. Do not use this treadmill if it has a damaged/frayed cord or plug, if it is not working properly, if it has been damaged/broken, or immersed in water. Contact your local authorized Diamondback fitness dealer for service.
4. Never insert any objects into opening.
5. Inspect this treadmill prior to exercising to ensure it is working properly. Always make sure all components are fastened securely.
6. This treadmill is intended for indoor use. Do not place this equipment outdoors.
7. Place your 650T/660T on a solid level surface when it is in use.
8. Do not dismount the treadmill until it has come to a complete stop.
9. Do not operate if oxygen equipment is being utilized or if aerosol (spray) products are being used in the area.
10. Keep the 650T/660T away from walls to allow proper ventilation. Air should be able to circulate freely around the unit. Keep all air openings free of dirt and dust.
11. To ensure proper functioning of your 650T/660T equipment, do not install attachments or accessories not provided or recommended by Diamondback.
12. Place the 650T/660T unit in an area that will meet minimum clearance requirements.: Front & Sides: 1 ft./30 cm, Back 6 ft./180 cm.
13. Keep your hands and feet away from all moving parts.
14. Always wear proper clothing and shoes when exercising on any 600 series unit.
15. User weight is not to exceed 300 pounds/ 136 kilograms.
16. Keep children away from 650T/660T treadmills. Hands and feet may get caught in the moving parts which could result in serious injury.
17. Use the handlebars or handrails when getting on and off your 650T/660T treadmill.
18. Set elevation level to 0% before closing treadmill.
19. Unplug the 650T/660T from the outlet before moving it.
20. Do not remove the treadmill covers or other components. Only an authorized Diamondback fitness dealer should perform service.
21. SAVE THIS OPERATING INSTRUCTIONS MANUAL.

660T Assembly Instructions

WARNING:
FOLD THE TREADMILL UP BEFORE REMOVING FROM THE BOX.

Upright Posts Assembly

1. Connect the wire harness connectors before assembling Left upright post into the upright post receptor of the base frame.
2. Slide the Left upright post into the receptor. Locate the L shaped upright brace. Insert 4 bolts with washers into the post, making sure the rear 2 bolts go through the upright brace. Insert 1 bolt with washer through the remaining hole in the upright brace. Do not fully tighten these bolts yet. Be careful not to pinch the wire harness when installing. (See figure A.)
3. Assemble the Right upright post with the same procedure as Left upright post. Do not tighten these bolts until the console assembly has been installed.

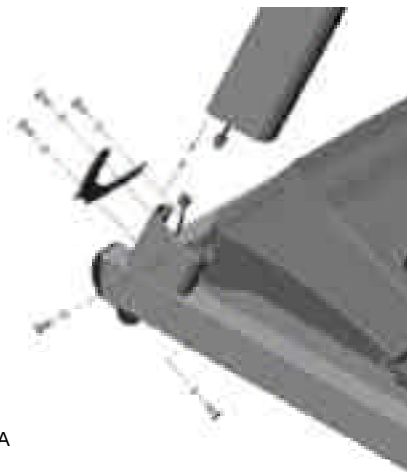


Figure A

The Horizontal Handlebar

1. Insert the Horizontal handlebar into Left and Right upright posts. (See Figure B.)
2. Secure handlebar with long bolt and washer on the left side and short bolt and washer on the right side. Be sure not to pinch the wire harness inside the left upright post.
3. Slightly tighten these two bolts with an Allen wrench. Do not tighten these bolts until the console assembly has been installed.



Figure B

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Console Assembly

1. Connect the wire harness from the console with the wire harness from Left upright post before sliding the console assembly into the upright posts. Any excess wiring must be carefully inserted (store) back into the handlebar before installing the console onto the upright posts. Be careful not to pinch the harness when assembling.
2. Fasten the console assembly by inserting 2 bolts and washers on the back of the console on each side. Tighten these bolts with an Allen wrench. (See Figure C.)
3. Now tighten the 5 bolts on each side of upright posts and upright brace and one bolt on each side of horizontal handlebar.
4. Make sure all hardware on the treadmill is securely tightened.



Figure C

650T Assembly Instructions

Upright Posts Assembly

1. Connect the wire harness connectors before assembling Left upright post into the upright post receptor of the base frame.
2. Slide the Left upright post into the receptor, insert 4 bolts with washers, and slightly tighten with an Allen wrench. Be careful not to pinch the wire harness when installing. (See figure A.)
3. Assemble the Right upright post with the same procedure as Left upright post. Do not tighten these bolts until the console assembly has been installed.

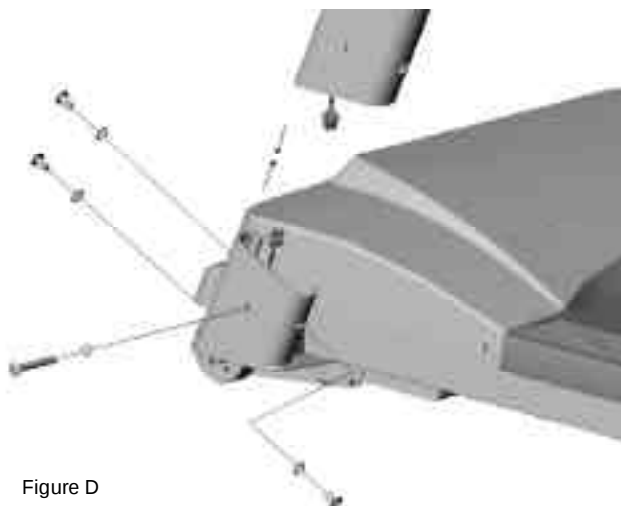


Figure D

The Horizontal Handlebar

1. Insert the Horizontal handlebar into Left and Right upright posts. (See Figure E.)
2. Secure handlebar with long bolt and washer on the left side and short bolt and washer on the right side. Be sure not to pinch the wire harness inside the left upright post.
3. Slightly tighten these two bolts with an Allen wrench. Do not tighten these bolts until the console assembly has been installed.



Figure E

Console Assembly

1. Connect the wire harness from the console with the wire harness from Left upright post before sliding the console assembly into the upright posts. Any excess wiring must be carefully inserted (store) back into the handlebar before installing the console onto the upright posts. Be careful not to pinch the harness when assembling.
2. Fasten the console assembly by inserting 2 bolts and washers on the back of the console on each side. Tighten these bolts with an Allen wrench. (See Figure F.)
3. Now tighten the 5 bolts on each side of upright posts and upright brace and one bolt on each side of horizontal handlebar.
4. Make sure all hardware on the treadmill is securely tightened.



Figure F

Exercise Guidelines

Anyone over the age of 35, as well as younger persons whom are overweight, should check with his/her physician before beginning any type of exercise program. People who have diabetes or high blood pressure, a family history of heart disease, high cholesterol or have lead a sedentary lifestyle should protect themselves with a medical check-up and a stress test, preferably administered during exercise by a healthcare professional.

In 1996, the office of the Surgeon General of the United States released a report on physical activity and health. This report definitively stated that exercise and fitness are beneficial for a person's health and redefined that exercise is a key component of disease prevention and healthier living.

Medical research has shown us that there is an amount of exercise which is enough to condition the cardiorespiratory system and the muscles of the body. This amount of exercise is between 60% and 85% of your maximum heart rate measured during a training session. This range allows enough exercise to achieve fitness, but not an excessive amount to cause injury. Your heart rate is an excellent indicator of the amount of stress placed on the cardiovascular system. Taking full advantage of this information, the 650T/660T are designed to include heart rate monitoring features.

If exercise intensity is too low or too high, no gains will be made in fitness. If the intensity is too low, the stress levels are ineffective. If the intensity is too high, injury or fatigue may set your exercise program back as you try to recover.

The best way to monitor exercise intensity is to accurately count your pulse during exercise. Your heart rate can easily be determined by counting your pulse at the chest, wrist or at the carotid artery on your neck. It is difficult to count your own pulse during exercise, mainly because you cannot count fast enough to get an accurate number. The 600 series is equipped with a wireless telemetry receiving system. What it does is automatically count your heart rate while you are exercising. Heart rate is monitored and electronically displayed as a digital readout. Your target heart rate, the intensity needed to improve cardiovascular fitness, depends primarily on your age and not your state of fitness. It is calculated as a percentage of your maximum heart rate, estimated as 220 minus your age. It is most effective to train at your target heart rate which is between 60% and 85% of your maximum heart rate.

Maximum Heart Rate & Training Zone

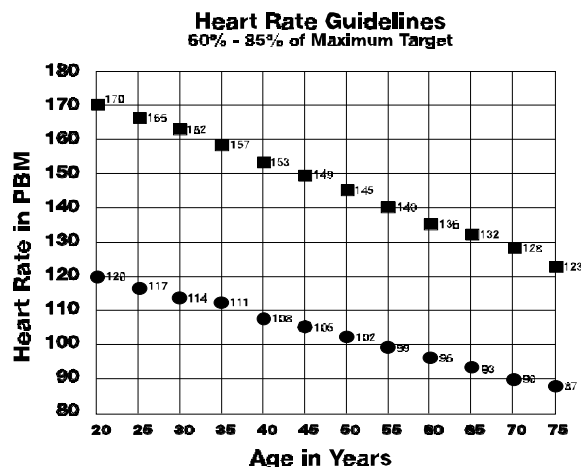
To calculate your maximum heart rate and find your training zone use the following formula. An example has been provided below based on a 35-year-old person

$$220 - \text{Age} = \text{Maximum Heart Rate} \\ (220 - 35 = 185)$$

$$60\% \text{ of Maximum Heart Rate} \\ (60\% \times 185 = 111 \text{ bpm})$$

$$85\% \text{ of Maximum Heart Rate} \\ (85\% \times 185 = 157 \text{ bpm})$$

Training Zone: 111 bpm - 157 bpm

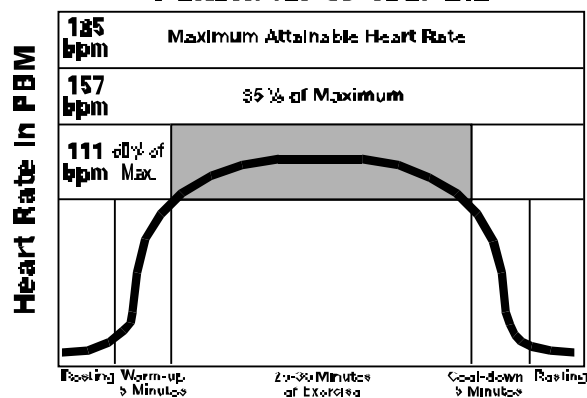


Quantity & Quality

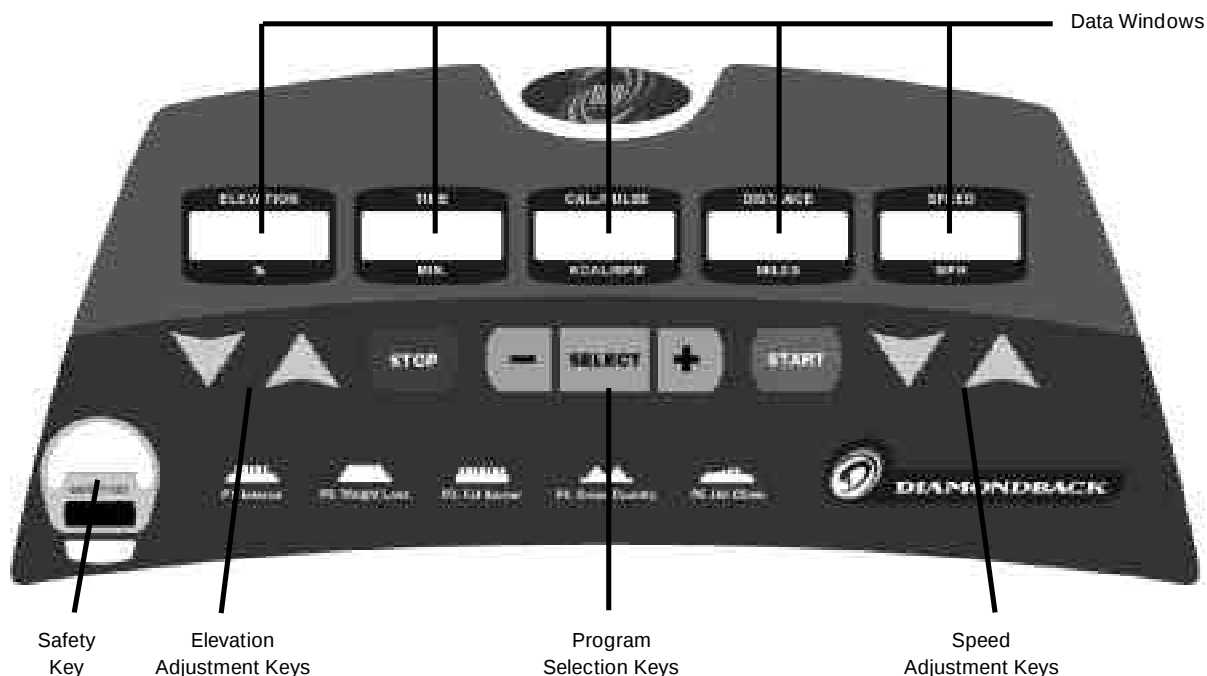
The American College of Sports Medicine makes the following recommendations for the quantity and quality of training for developing and maintaining cardiorespiratory fitness in healthy adults:

- An activity that uses large muscle groups, maintained continuously, and is rhythmical and aerobic in nature.
- Duration: 20 to 60 minutes of continuous aerobic activity, including a warm-up and cool-down period for each exercise session.
- Frequency: 3 to 5 times per week
- Intensity: 60% to 85% of maximum heart rate
- In addition to aerobic exercise, it is recommended that you add strength training of moderate intensity twice a week to your program.

Typical Target Zone Exercise Pattern for 35 Year Old



Console Layout



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Safety Key and Clip

The safety key is designed for safety use only. When you pull the safety key, it will cut the power to the treadmill and bring the treadmill to an immediate stop. Press the "Stop" button if you need to stop the treadmill. Do not pull the safety key unless it is for an emergency stop. The treadmill will not restart until safety key is re-engaged on the console properly.

Wear the safety key and clip all times while using the 650T/660T.

Heart Rate Monitoring

Wireless Heart Rate Receiver

The 650T/660T units come standard with a built-in receiver for heart rate monitoring. To get an accurate reading using this device, you will need to wear a Heart Rate chest strap transmitter and stand within 3 feet of the console, and a minimum of four feet from others using a heart rate monitoring device. While exercising with a chest strap on, the console will display the measurement of the heart rate when the "SELECT" key is pressed.

Do not operate the Heart Rate monitor transmitter together with an electrical Heart Rate Pacemaker. The transmitter may cause electrical disturbances.

Getting Started

The 650T/660T are designed and manufactured for home use with a maximum utilization time of 1 hour per day / 7 days per week. User weight capacity is 300 lbs. / 135 kgs.

- Place this treadmill on a firm level surface.
- Make sure every part on this treadmill is secure and tightened.
- Plug power cord into the wall outlet, 110V
- Ensure the safety cord and clip are in engaged.
- Initialize the 650T/660T by turning the power switch to the "ON" position.
- Do not start the treadmill while standing on the running belt. Place your feet soundly on the left and right step rails straddling the treadmill's running belt and steadying yourself with the hand-rails. Once the treadmill begins moving, you may carefully step onto the belt and begin your workout.

Program Recommendations:

Do not set the speed or elevation range so high that you have a hard time to keep up. Be sure to include a warm-up and cool-down period for each exercise session.

Programs

This treadmill is equipped with following programs:

- Manual programs: Quick Start and Manual program
- Speed programs: Speed Interval Program (P1) & Weight Loss Program (P2)
- Elevation programs: Fat Burner Program (P3), Cross Country Program (P4) & Hill Climb Program (P5)
- User Target programs: ... Distance, Calories & Time



Operation Tips:

STOP

- To Stop this program, press "STOP" key once. The console will Stop the program. At this time, all the data window will show the end of workout information, the Speed will return to 0 MPH and Elevation will return to 0%.

RESET

- To Reset this program, press "STOP" key after the program stops. The console will reset to "idle mode" and be ready for entering any new program.

Default Settings

- Elevation: 0% (except Elevation Programs)
- Time: 30 minutes (except User Target Programs)
- Speed: 0.5 MPH (except Speed Programs)

Heart Rate Monitoring

- While wearing a chest strap transmitter, press "SELECT" key to see your pulse in the Data window.

Programs

PROGRAMS - QUICK START

Beginning the Program

- Press "START" key to begin the program
- The console will start a 3 second count down
- Begin workout

Program Time

- The Time window will display the workout time
- The default time of this program is 30 minutes

During Workout, user may

Adjust Speed

- The Speed window is displaying the default speed: 0.5 MPH.
- Press UP/DOWN Arrow (▲▼) key, under the speed window, to adjust the speed, up to 10MPH.

Adjust Elevation

- The Elevation window is displaying the default elevation: 0%.
- Press UP/DOWN Arrow (▲▼) key, under the elevation window, to adjust elevation, up to 10%.

Stop or Reset the Program

- To Stop this program, press "STOP" key once. The console will Stop the program. At this time, all the data window will show the end of workout information, the Speed will return to 0 MPH and Elevation will return to 0%.
- To Reset this program, press "STOP" key after the program stops. The console will reset to "idle mode" and be ready for entering any new program.

Program Notes

- This program will Stop after 30 minutes. The console will reset to "idle mode". The Speed will return to 0 MPH and Elevation will return to 0%. User may select any program at this time.
- Program may be interrupted by disengaging the safety cord from the console. At this time, the TIME window will display "ERR" and the CAL/PULSE window will display "03". The Speed will return to 0 MPH and Elevation will remain at the previous setting. To re-start this treadmill, simply place the safety cord back on the console.

MANUAL PROGRAM

Beginning the Program

- Press UP/DOWN Arrow (▲▼) key, under the speed window, to select the desired speed, up to 10MPH
- Press UP/DOWN Arrow (▲▼) key, under the elevation window, to select the desired elevation, up to 10%
- Press "START" key to accept the setting and begin the program
- The console will start a 3 second count down
- Begin workout

Program Time

- The Time window will display the workout time
- The default time of this program is 30 minutes and is divided into 15 stages, 2 minutes for each stage.

During Workout, user may

Adjust Elevation

- The Elevation window is displaying the default elevation: 0%.
- Press UP/DOWN Arrow (▲▼) key, under the elevation window, to adjust elevation, up to 10%.

Stop or Reset the Program

- To Stop this program, press "STOP" key once. The console will Stop the program. At this time, all the data window will show the end of workout information, the Speed will return to 0 MPH and Elevation will return to 0%.
- To Reset this program, press "STOP" key after the program stops. The console will reset to "idle mode" and be ready for entering any new program.

Program Notes

- This program will Stop after 30 minutes. The console will reset to "idle mode". The Speed will return to 0 MPH and Elevation will return to 0%. User may select any program at this time.
- Program may be interrupted by disengaging the safety cord from the console. At this time, the TIME window will display "ERR" and the CAL/PULSE window will display "03". The Speed will return to 0 MPH and Elevation will remain at the previous setting. To re-start this treadmill, simply place the safety cord back on the console.

SPEED PROGRAMS

- Speed Interval Program (P1); Weight Loss Program (P2))

Beginning the Program

- Press "SELECT" key **once** to enter the program mode. At this time, the CAL./PULSE window will show "P1" and the speed window will show top speed of "6.0".
- Press + - key to select the desired program, P1 for Speed Interval Program and P2 for Weight Loss Program. Please see attached speed charts for program details.
- User may adjust the program's top speed setting, the default top speed is 6.0 MPH. Press UP/DOWN Arrow (▲▼) key under the speed window, to adjust the program's top speed, up to 10 MPH.
- Press "START" key to accept the setting and begin the program.
- The console will start a 3 second count down.
- Begin workout.

Program Time

- The Time window will display the workout time
- The default time of this program is 30 minutes and is divided into 15 stages, 2 minutes for each stage.

During Workout, user may Adjust Elevation

- The Elevation window is displaying the default elevation: 0%.
- Press UP/DOWN Arrow (▲▼) key, under the elevation window, to adjust elevation, up to 10%.

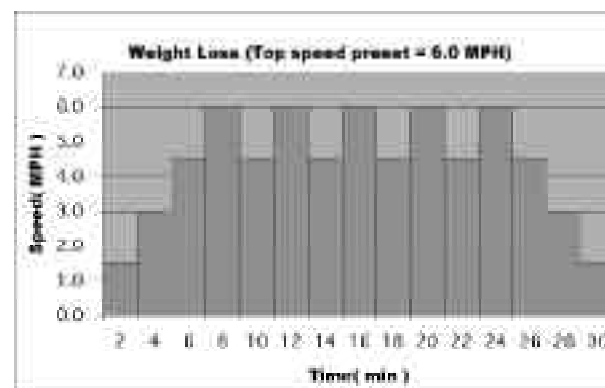
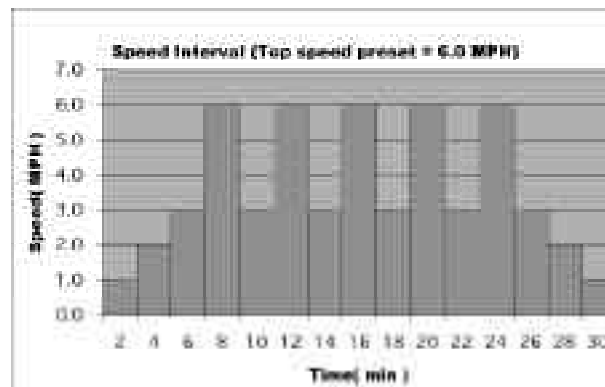
Stop or Reset the Program

- To Stop this program, press "STOP" key once. The console will Stop the program. At this time, all the data window will show the end of workout information, the Speed will return to 0 MPH and Elevation will return to 0%.
- To Reset this program, press "STOP" key after the program stops. The console will reset to "idle mode" and be ready for entering any new program.

Program Notes

- This program will Stop after 30 minutes. The console will reset to "idle mode". The Speed will return to 0 MPH and Elevation will return to 0%. User may select any program at this time.

- Program may be interrupted by disengaging the safety cord from the console. At this time, the TIME window will display "ERR" and the CAL/PULSE window will display "03". The Speed will return to 0 MPH and Elevation will remain at the previous setting. To re-start this treadmill, simply place the safety cord back on the console.



Programs

ELEVATION PROGRAMS

- Fat Burner Program (P3) ; Cross Country Program (P4) ; Hill Climb Program (P5)

Beginning the Program

- Press "SELECT" key **once** to enter the program mode. At this time, the CAL./PULSE window will show "P1".
- Press **+ -** key to select the desired program, P3 for Fat Burner Program, P4 for Cross Country Program and P5 for Hill Climb Program. At this time, elevation window will display "8%". Please see attached elevation charts for program details.
- User may adjust the program's top elevation setting, the default top elevation is 8%. Press UP/DOWN Arrow (**▲▼**) key, under the elevation window, to adjust the program's top elevation, up to 10%.
- Press "START" key to accept the setting and begin the program
- The console will start a 3 second count down
- Begin workout

Program Time

- The Time window will display the workout time
- The default time of this program is 30 minutes and is divided to 15 stages, 2 minutes for each stage.

During Workout, user may Adjust Speed

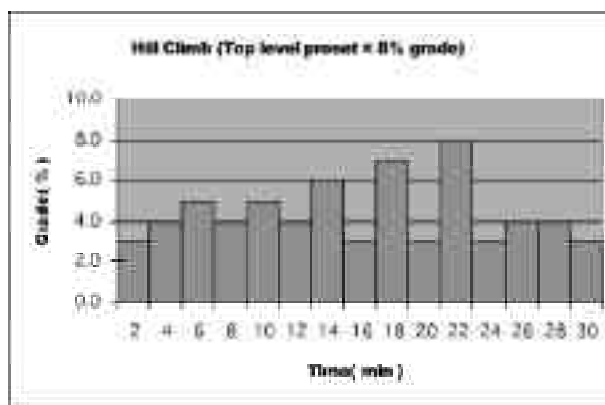
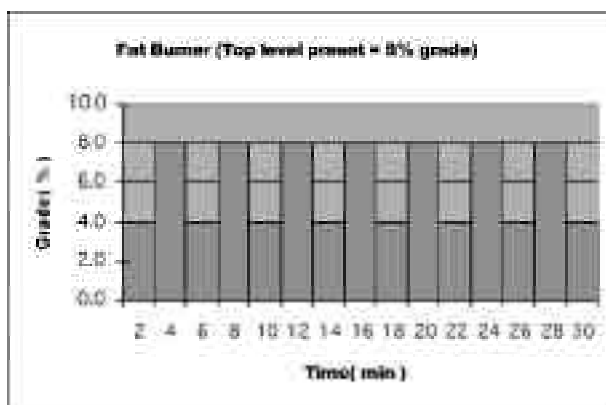
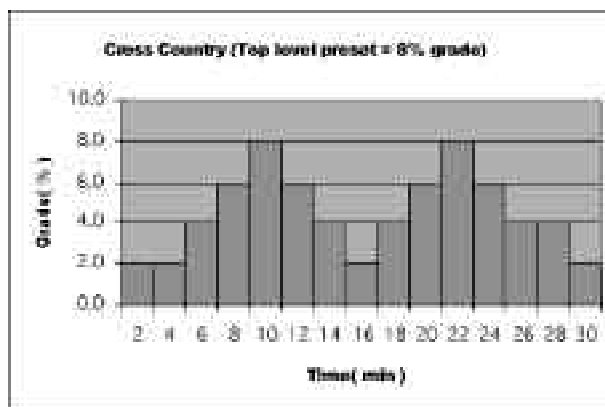
- The Speed window is displaying the default speed: 2.0 MPH.
- Press UP/DOWN Arrow (**▲▼**) key, under the speed window, to adjust speed, up to 10 MPH.

Stop or Reset the Program

- To Stop this program, press "STOP" key once. The console will Stop the program. At this time, all the data window will show the end of workout information, the Speed will return to 0 MPH and Elevation will return to 0%.
- To Reset this program, press "STOP" key after the program stops. The console will reset to "idle mode" and be ready for entering any new program.

Program Notes

- This program will Stop after 30 minutes. The console will reset to "idle mode". The Speed will return to 0 MPH and Elevation will return to 0%. User may select any program at this time.
- Program may be interrupted by disengaging the safety cord from the console. At this time, the TIME window will display "ERR" and the CAL/PULSE window will display "03". The Speed will return to 0 MPH and Elevation will remain at the previous setting. To re-start this treadmill, simply place the safety cord back on the console.



USER TARGET PROGRAMS

- Distance Target Program ; Calories Target Program ; Time Target Program

Distance Target Program

Beginning the Program

- Press "SELECT" key **Twice** to enter the Distance Target program. At this time, the Distance window will show "2.0".
- Press **+ -** key to set the Target Distance.
- Press "START" key to accept the setting and begin the program
- The console will start a 3 second count down
- Begin workout

During Workout, user may Adjust Speed

- The Speed window is displaying the default speed: 0.5MPH.
- Press UP/DOWN Arrow (**▲▼**) key, under the speed window, to adjust the speed, up to 10MPH

Adjust Elevation

- The Elevation window is displaying the default elevation: 0%.
- Press UP/DOWN Arrow (**▲▼**) key, under the elevation window, to adjust elevation, up to 10%

Stop or Reset the Program

- To Stop this program, press "STOP" key once. The console will Stop the program. At this time, all the data window will show the end of workout information, the Speed will return to 0 MPH and Elevation will return to 0%.
- To Reset this program, press "STOP" key after the program stops. The console will reset to "idle mode" and be ready for entering any new program.

Program Notes

- This program will Stop after it reaches the Distance Target. The console will reset to "idle mode". The Speed will return to 0 MPH and Elevation will return to 0%. User may select any program at this time.
- Program may be interrupted by disengaging the safety cord from the console. At this time, the TIME window will display "ERR" and the CAL/PULSE window will display "03". The Speed will return to 0 MPH and Elevation will remain at the previous setting. To re-start this treadmill, simply place the safety cord back on the console.

Calories Target Program

Beginning the Program

- Press "SELECT" key **Three times** to enter the Calories Target program. At this time, the Calories window will show "150".
- Press **+ -** key to set the Target Calories.
- Press "START" key to accept the setting and begin the program
- The console will start a 3 second count down
- Begin workout

During Workout, user may Adjust Speed

- The Speed window is displaying the default speed: 0.5MPH.
- Press UP/DOWN Arrow (**▲▼**) key, under the speed window, to adjust the speed, up to 10MPH

Adjust Elevation

- The Elevation window is displaying the default elevation: 0%.
- Press UP/DOWN Arrow (**▲▼**) key, under the elevation window, to adjust elevation, up to 10%

Stop or Reset the Program

- To Stop this program, press "STOP" key once. The console will Stop the program. At this time, all the data window will show the end of workout information, the Speed will return to 0 MPH and Elevation will return to 0%.
- To Reset this program, press "STOP" key after the program stops. The console will reset to "idle mode" and be ready for entering any new program.

Program Notes

- This program will Stop after it reaches the Calories Target. The console will reset to "idle mode". The Speed will return to 0 MPH and Elevation will return to 0%. User may select any program at this time.
- Program may be interrupted by disengaging the safety cord from the console. At this time, the TIME window will display "ERR" and the CAL/PULSE window will display "03". The Speed will return to 0 MPH and Elevation will remain at the previous setting. To re-start this treadmill, simply place the safety cord back on the console.

Programs

Time Target Program

- Press "SELECT" key **Four times** to enter the Time Target program. At this time, the Time window will show "20:00".
- Press **+ -** key to set the Target Distance.
- Press "START" key to accept the setting and begin the program
- The console will start a 3 second count down
- Begin workout

During Workout, user may Adjust Speed

- The Speed window is displaying the default speed: 0.5MPH.
- Press UP/DOWN Arrow (**▲▼**) key to adjust the speed, up to 10MPH

Adjust Elevation

- The Elevation window is displaying the default elevation: 0%.
- Press UP/DOWN Arrow (**▲▼**) key to adjust elevation, up to 10%

Stop or Reset the Program

- To Stop this program, press "STOP" key once. The console will Stop the program. At this time, all the data window will show the end of workout information, the Speed will return to 0 MPH and Elevation will return to 0%.
- To Reset this program, press "STOP" key after the program stops. The console will reset to "idle mode" and be ready for entering any new program.

Program Notes

- This program will Stop after it reaches the Time Target. The console will reset to "idle mode". The Speed will return to 0 MPH and Elevation will return to 0%. User may select any program at this time.
- Program may be interrupted by disengaging the safety cord from the console. At this time, the TIME window will display "ERR" and the CAL/PULSE window will display "03". The Speed will return to 0 MPH and Elevation will remain at the previous setting. To re-start this treadmill, simply place the safety cord back on the console.

Domestic Warranty Information

(Applies to all product sold and placed within the continental US only)

Effective: August 2001

Diamondback warrants its 650T/660T to be free from defects in material and workmanship under normal use in the home. Diamondback's obligation under this warranty is limited to repair or replacement of any defective part without charge for the part to the original purchaser with the following parameters:

Who is Covered

The warranty is extended to the individual or legal entity whose name appears on the warranty registration card filed with Diamondback and may not be transferred to any other individual or legal entity. The warranty is valid on home use only, approximately 1 hour a day, 7 days a week. Warranty is void if this 650T/660T is placed in a commercial or light commercial environment. (I.e. hotel, motel, apartment/condo complex or business center, rehab facility, health club, school or correctional facility.)

Warranty Registration

WARRANTY COMMITMENTS ARE VALID ONLY WITH A COMPLETED WARRANTY CARD THAT IS RETURNED WITHIN 15 DAYS FROM THE DATE OF PURCHASE AND INCLUDES THE PRODUCT SERIAL NUMBER.

Proof of purchase from Diamondback's authorized dealer or distributor will be required if the warranty card is not registered prior to any consideration of warranty claim.

What is covered

Frame: Lifetime limited warranty, covers defects in welds, materials and workmanship.

Drive Motor: 5 Years

Parts &
Electronics: 2 Years

Normal
Wear Items: 90-day limited on foam grips, etc.

Labor: 1 Year

Items Not Covered

The warranty does not apply to any failure of the product, or any parts of the product, due to not been assembled correctly or alterations, modifications, misuse, abuse, accident, improper maintenance, or if the serial number on the product has been removed, altered or defaced. Adequate packaging must be used for returned goods to prevent freight damage.

Parts & Service

Contact the authorized Diamondback dealer where unit was originally purchased. If that retailer is unavailable, contact Diamondback Warranty at (800) 776-7642.

Diamondback is not responsible for arranging warranty service and/or honoring extended warranties provided by dealers.

Additional Rights

This warranty gives the purchaser specific legal rights, and the purchaser may also have other rights depending on state law.

Maintenance

Always inspect hardware prior to any exercise session. Turn power switch to the "OFF" position and unplug electrical cord from the outlet before attempting maintenance. Inspect unit for loose parts and frayed wires. Repair or replace any damaged or worn parts, tighten all loose hardware as necessary.

After training, always wipe down your 650T/660T unit. Perspiration that continuously settles on frame, pads or casing may eventually cause rust or damage to the unit. Damage resulting from lack of proper maintenance will not be covered under warranty.

A proper maintenance will extend the life and ensure a better performance of the treadmill. Below you will find our recommendations for the maintenance of your 650T/660T:

Overall Cleaning

Use a damp cloth to clean outer surface and console of the treadmill. **DO NOT USE PETROLEUM BASED PRODUCTS TO CLEAN ANY PART OF THE TREADMILL**. Use a clean, lint free, cloth to occasionally clean the deck surface.

Belt/Deck Maintenance

Lubrication to the deck is very important to your 650T/660T. It will reduce the wear of the deck and maintain the smooth running surface. Although this treadmill has been pre-lubed at the factory but periodic lubrication is still necessary. It is difficult to predict exactly when the belt will need lubrication, one of the most common symptoms is a hesitation or pause of the belt when you set your foot. Here are some of the tips for deck lubrication:

- Wipe entire deck surface with a clean, lint free cloth.
- Lubricate deck with the Diamondback Lubrication Kit (which can be purchased through your Diamondback Dealer under Diamondback Part No. 84-19-000)
- Follow the instructions as specified in the Lubrication Kit.
- **Lubricate your 650T/660T treadmill approximately every 6 months of normal use**.

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Belt Adjustment

Proper belt adjustment is important for smooth and safe operation of the treadmill. If the belt is too loose, you will feel a slight hesitation each time you take a step. (If this symptom occurs, first turn the treadmill off and try lubricating the deck/belt – see Belt/Deck Maintenance.)

The adjustment screws must be tightened evenly in order to adjust the belt properly. The adjustment screws are located at the rear of the treadmill in the end caps.

Both adjustment screws should be tightened 1/4 turn in a clockwise direction with a wrench and the belt checked for slipping after each adjustment. If the belt continues to slip, repeat this process until the belt stops slipping. Make sure to only turn the adjustment screws 1/4 turn each time until the slipping stops. This will insure that you do not over-tighten the rollers. Over-tighten the rollers may cause serious damage to the treadmill.

If the belt tracks too close to one side, loosen the adjustment screw on the opposite side, turning it counterclockwise 1/4 turn. Restart the treadmill and run it at 5 mph / 8 kph for 1 to 2 minutes to insure the belt will stay in the center. Repeat the procedure if necessary.

Trouble Shooting Guide

Error Code

This console has a self-detected program. It will detect an error and report on the console screen. If any of such error occurs, contact your authorized Diamondback fitness dealer.

Error 1	-	Speed sensor error
Error 2	-	Over speed error
Error 3	-	Safety key · Re-ensure the safety key is engaged.
Error 5	-	Elevation motor error
Error 11	-	Communication error

Noise

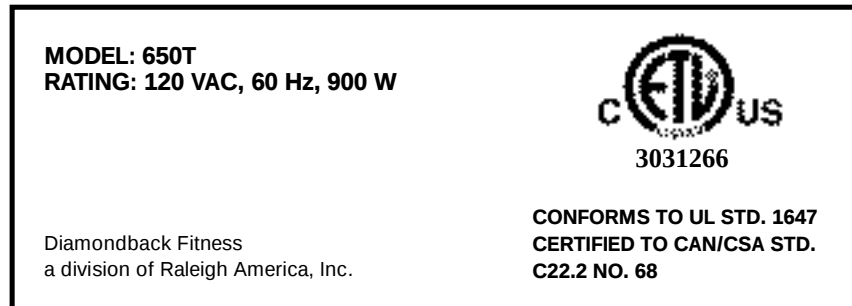
If noises develop or malfunctions occur, contact your authorized Diamondback fitness dealer.

Treadmill will not start

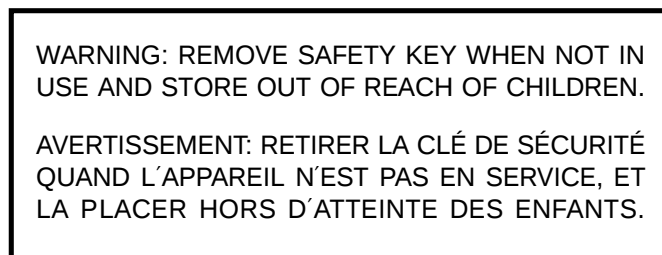
1. Not plugged in ➡ Re-plug the power cord of this treadmill
2. Safety key not engaged ➡ Ensure the safety key is engaged
3. Power switch at "OFF" position ➡ Make sure the treadmill power switch is at "ON" position
4. Treadmill circuit breaker tripped ➡ Reset or replace fuse

If there is power going into the treadmill and the treadmill is still not starting, contact your authorized Diamondback fitness dealer.

Marking Label

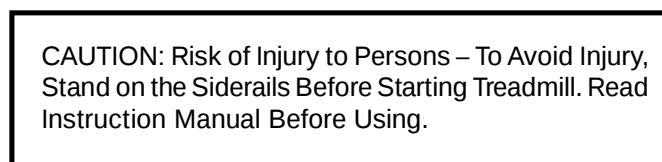


* THE FOLLOWING WARNINGS SHOULD BE MARKED PERMANENTLY ON THE CONSOLE OR SAFETY KEY OF THE TREADMILL:



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* THE FOLLOWING WARNINGS SHOULD BE MARKED PERMANENTLY ON THE TOP OF THE HANDRAIL:



IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using the treadmill.

DANGER - To reduce the risk of electric shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
3. Use this appliance only for its intended use as described in this manual. Do not use attachment not recommended by the manufacture.
4. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
5. Do not carry this appliance by supply cord or use cord as a handle.
6. Keep the cord away from heated surfaces.
7. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
8. Never drop or insert any object into any opening.
9. Do not use outdoors.
10. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
11. To disconnect, turn all controls to the off position, than remove plug from outlet.
12. Connect this appliance to a properly grounded outlet only. See Grounding Instructions.
13. The appliance is intended for commercial use.

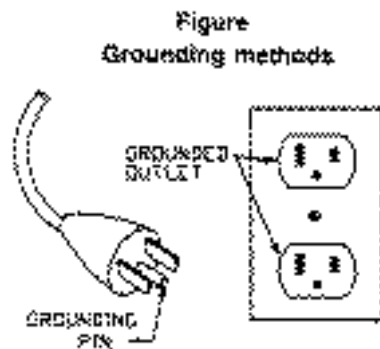
SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with 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 serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

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



IMPORTANT!

IMPORTANT!

IMPORTANT!

IMPORTANT!

Warranty Card must be completed and returned to Diamondback within 15 days of purchase. Failure to comply may void manufacturer's warranty.

Your Name: _____

Address: _____

City: _____ State: _____ Zip _____

Daytime Phone No.: _____ Evening Phone No.: _____

Dealer Store Name: _____

Address: _____

City: _____ State: _____ Zip _____

Model : _____ **Serial No. :** _____

Environment Unit Placed:

☐ Home ☐ Light Commercial

Purchase Date : _____

Mail Completed form to:

Diamondback Fitness - Warranty Card

300 Camarillo Ranch Road

Camarillo, California 93012





Sales & Distribution
300 Camarillo Ranch Road
Camarillo, CA 93012
T 800-776-7642 • F 805-388-5890

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Part Number:
22-19-131

08-21-02