

DRAX
Designed by Science

V1.2U

USER'S MANUAL

MM5050SE

US

MY MOUNTAIN



Be sure to read the manual before using the product in order to use safely and correctly. Please keep user manual at a place to be available easily.

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1 SAFETY & COMFORT GUIDE

Warning

To reduce the risk of burns, fire, electric shock, or injury to persons, read the following safety and comfort guide before operating the hiker.

- **It** is the responsibility of the owner to ensure that all users of the treadmill are adequately informed of all warnings and precautions.
- **position** the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Also, do not place the treadmill near water or outdoors.
- **Do not** operate the treadmill until it is properly assembled.
- **Keep** children under the age of 12 and pets away from the treadmill all the times.
- **The** treadmill should not be used by persons weighing more than 120kg.(300 lbs)
- **Never** allow more than one person on the treadmill at a time.
- **Wear** appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use treadmill with bare feet, wearing only stockings, or in sandals.
- **Keep** the power cord away from heated surfaces.
- **Never** move the walking belt while the power cord is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly.
- **Never** start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
- **The** treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
- **Never** leave treadmill unattended while it is running. Remove the key, unplug the power cord, and move the on/off switch to the off position when the treadmill is not in use.
- **Do not** change the grade of the treadmill by placing objects, or children under the treadmill.
- **Never** insert or drop any object into any opening.
- **Inspect** and tighten all parts of the treadmill regularly.
- **Danger**

Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor cover unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

Warning

Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35, expectant and nursing mothers, or persons with pre-existing health problems. Read all instructions before using. DRAX assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

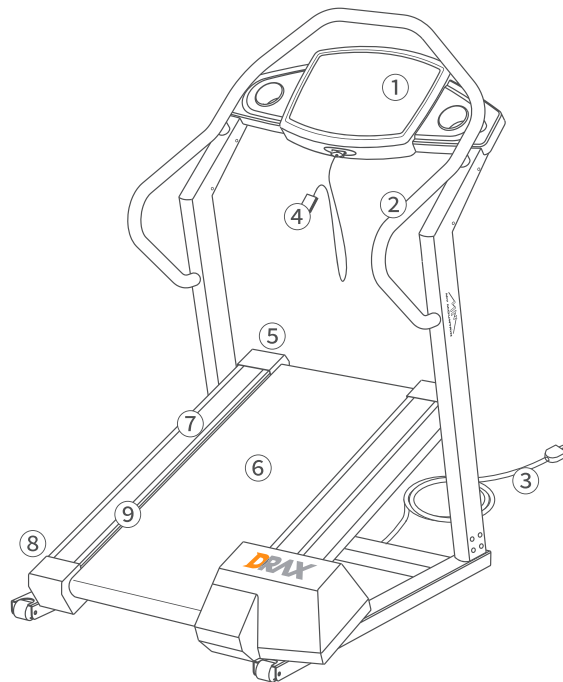
SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

2 BEFORE YOU BEGIN

Read this Manual carefully before using this product.

If you have questions after reading this manual, please call our Customer Service Department at 82-31-459-8530. The serial number can be found on a decal next to On/Off switch.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



- | | | |
|-------------|---------------------------|------------------------------|
| ① Console | ② Handrail | ③ Power Cord |
| ④ Key/Clip | ⑤ Roller Adjustment Bolts | ⑥ Walking Belt |
| ⑦ Foot Rail | ⑧ On/Off Switch | ⑨ Cushioned Walking platform |

ASSEMBLY _

Assembly requires two people. Set the hiker in a cleared area remove all packing materials. Do not dispose of the packing materials until assembly is completed. Assembly requires the included allen wrench and your own Phillips screwdriver.

1. Identify the right Upright [1], Insert Upright harness [2] into Upright and pull the excess upright wire harness out of the top of the right upright. Slide the right Upright onto the Base. Be careful not to pinch the Wire Harnesses.

Tighten six bolts [3] with washer and star washer into the Upright [1].

Note : It may be necessary to move the Upright slightly to align the holes.

Attach the left Upright(not shown) in the same way.

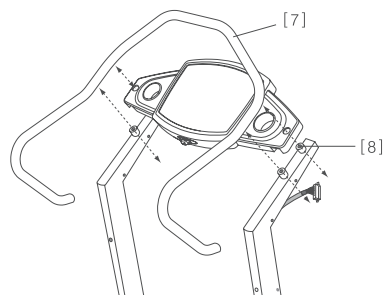
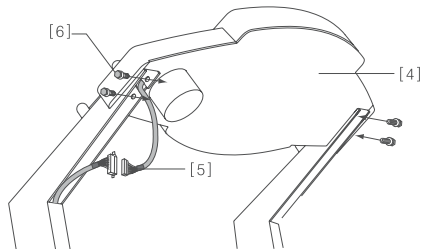
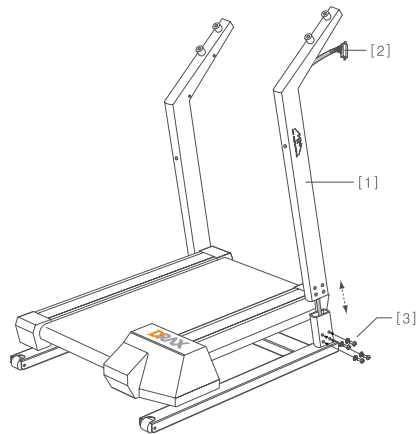
(Note : There is no wire harness in the left Upright)

Do not tighten the Upright Bolts [3] yet.

2. Place a Console [4] on each upright [1]. Make sure that the console is turned as shown in the drawing.

Connect the console wire Harness [5] to the upright wire harness [2] and insert both wire harnesses into the right upright [1].

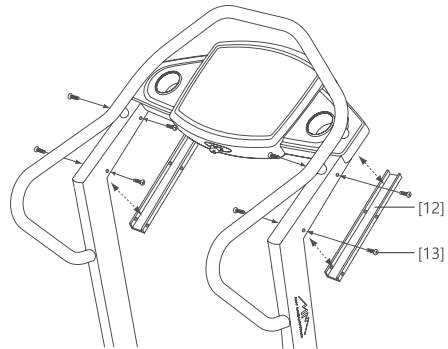
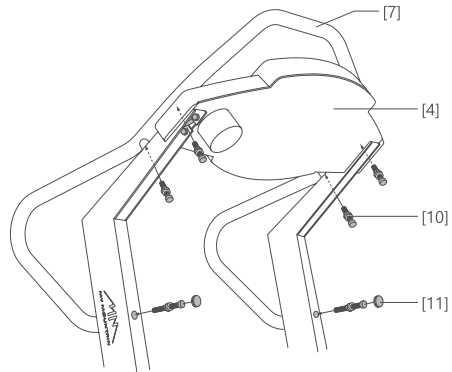
Four console side bolts [6] into top of upright and console. Repeat this procedure on the other side.



3. Place a Handrail [7] on each pipe [8] of console [4]. Have a second person hold the Handrail [7] in the position shown. Insert two Long Handrail Bolt [9] into Handrail through the upright. Next, Four Short Handrail bolts [10] down the Handrail [7] as shown.

Tighten all of the bolts used in steps 1, 2 and 3. Insert the Large Rubber caps [11] into the uprights [1].

4. Place the Channel [12] in top of the upright [1] and tighten up the screw [13]. Make sure that all parts are tighten before you use the treadmill. Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking blet, the other is used to assemble the upright.



Packing list

1. Long Handle bolts	2EA
2. Short Handle bolts	4EA
3. Console bolts	4EA
4. Upright bolts(with star washer and plate washer)	12EA
5. Upright Channel screw	8EA
6. Large Rubber Cap	2EA
7. Allen wrench	2EA
8. Safety Key	1EA

OPERATION AND ADJUSTMENT _

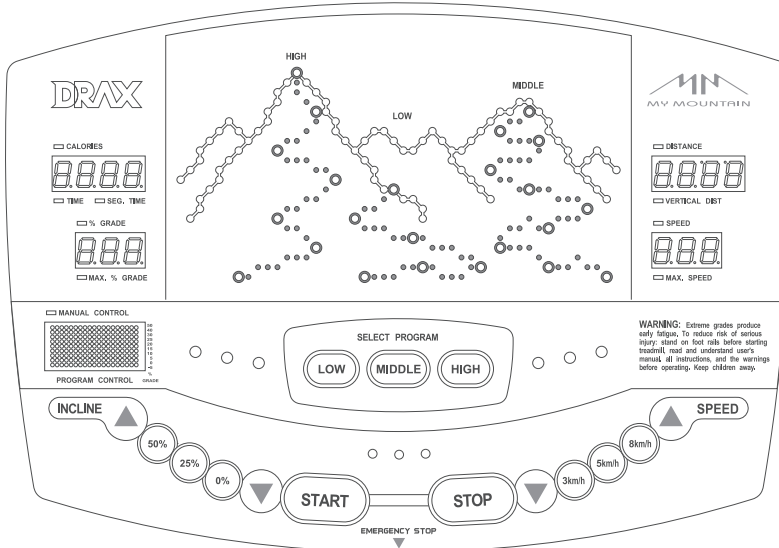
How To Plug In The Power Cord

Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Do not modify the power cord provided with the product. Use a transformer when the voltages between the hiker and your home do not match.

Features Of The Console

When the manual mode of the console is selected, the grade and speed of the hiker can be changed with a touch of a button. As you exercise, the console will display continuous exercise feedback.

The console also offers twelve preset programs. Each preset program automatically controls the grade and speed of the hiker to simulate a hiking trail as it guides you through an effective workout. Choose from 4 low course, 4 middle course, and 3 high course.



Before operating the console, read the following precautions

- Do not stand on the walking belt when turning on the power.
- Always wear the clip while operating the treadmill.
- Adjust the speed in small increments to avoid sudden jumps in speed.
- To reduce the possibility of electric shock, keep the console dry.
Avoid spilling liquids on the console.

Getting Startd

1. Attach the clip to the waistband of your clothing

Stand on the foot rails of the hiker. Find the clip attached to the key and slide the clip onto the waistband of your clothing. Next, insert the key into the console. Test the clip by carefully taking a few steps backward until the key is pulled from the console, adjust the position of the clip as needed. Then, remove the key from the console.

2. Plug in the power cord

3. Move the on/off switch to the on position

4. Insert the key fully into the console

Stand on the foot rails of the treadmill. Attach the clip securely to the waistband of your clothing. Next, insert the key into the console.

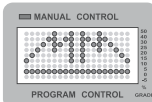
OPERATION

How To Use The Manual Mode

You can adjust the speed and grade as desired in the manual mode.

1. Select the manual mode

When the key is inserted, the manual mode will automatically be selected, as shown by the manual indicator. If a preset program has been selected, press the Select Program button repeatedly until the Manual indicator lights.



2. Press the Start button

A moment after the button is pressed, the walking belt will begin to move at 1.5km per hour. Hold the handrails and begin walking.

3. To stop the walking belt

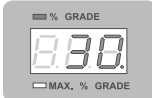
Press the Stop button. To restart the walking belt, press the Start button.

Note : It will take a moment for the walking belt to reach the selected speed setting.

4. Change the grade of the treadmill as desired

To change the grade of the treadmill, press ▲ and ▼ buttons. Each time a button is pressed, the grade will change by 1%. The grade range is -5% to 50%.

Note : It will take a moment for the treadmill to reach the selected grade setting.



5. Change the speed of the treadmill as desired

As you exercise, change the speed of the walking belt as desired by pressing the Speed ▲ and ▼ buttons. Each time a button is pressed, the speed setting will change by 0.1km/h.

If a button is held down, the speed setting will change quickly. To change the speed setting quickly, press the 3km/h or 5km/h button.

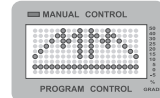


Note : After the buttons are pressed, it will take a moment for the walking belt to reach the selected speed setting.

6. Follow your progress with the console displays

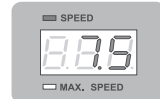
- The matrix

When the manual mode is selected, the matrix will display a logo in the manual mode.



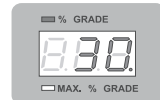
- The Speed display

This display shows the speed of the walking belt. This display also shows the maximum speed in the automatic mode.



- The Grade display

This display shows the grade of the treadmill. This display also shows the maximum grade in the automatic mode.



- The Distance/Vertical Distance Display

This display shows the distance you have hiked and the vertical distance automatically. The automatic mode is identical.

- The Calories/Time display

This display shows the approximate number of calories you burned and the elapsed time automatically. This display shows preset segment time of the program in the automatic mode.

7. Finishing Exercise

Step onto the foot rails and press the Stop button. Next, remove the key from the console and put it in a secure place.

Note : If you press the Stop button in the manual mode, the grade will be changed to the lowest level.

Note : If the key is removed, the display and indicators on the console remain lit when the power is on.



Caution

When you are finished using the treadmill, move the on/off switch to the off position and unplug the power cord.

How To Use Preset Programs

The console offers eleven preset programs. Each preset program automatically controls the grade and speed of the treadmill to simulate a hiking trail as it guides you through an effective workout. You can choose from 4 low courses, 4 middle courses, and 3 high courses.

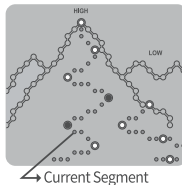
Follow the steps below to use a preset program.

1. Getting into the present program

After inserting the key and the LED is lit, you can select the program desired.

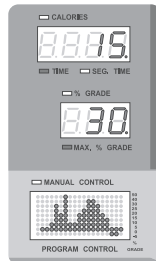
2. Select the desired preset program

The eleven trails shown in the trail display represent the eleven preset programs. As you press the Select Program button repeatedly, indicators will light in the trail display to show which trail you have selected.



When a preset program is selected, the matrix will show the grade settings for the program. In addition, the Speed display will show the maximum speed setting for the program and the time.

Grade display will show the maximum grade setting for the program. The numbers shown at first are maximum numbers, the numbers will be changed automatically during your hike.

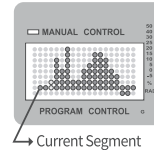


3. Starting Exercise Press the Start button

Amomenet after the button is pressed, the treadmill will automatically adjust to the first grade and speed settings for the program. Hold the hand-rails and begin walking. Each program is divided into several time segmets of different lengths.

The Calories/Time display shows both the last time in the program and the time remaining in the current segment of the program. One grade setting and ont speed setting are programmed for each segment. The grade setting for the first segment is shown in the flashing Current Segment column of the matrix.

This grade settings for upcoming segments are shown in the columns to the right.



When only three seconds remain in the first segment of the program a series of tones will sound. In addition, the Speed display will flash three times if the speed is about to change. And the vertical Distance/Cals./Grade display will flash if the grade is about to change. When the segment is completed, all grade settings in the matrix will move one column to the left. The grade setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the grade and speed settings for the second segment.

The program will continue until the grade setting for the last segment is show in the Current Segment column and no time remains in the program. The walking belt will then slow to a stop.

4. Adjusting Exercise

If the grade or speed for the current segment is too high or too low, you can manually override the setting by pressing the Incline or Speed button on the console. Every few times one of the Incline buttons is pressed, an additional indicator will light or darken in the Current Segment column of the matrix.

Note : If you manually override the grade or speed setting for the current segment, when the segment ends the treadmill will automatically adjust to the grade and speed settings for the next segment.

5. To stop the program temporarily, press the Stop button

The Walking belt will be stopped, but the grade will be maintained (In case less than 10% grade). The grade will be gone down to 0% grade when the grade of treadmill is more than 10% grade. If you press the Start button, you can get back to the program when you have paused. If you press the Stop button, the preset program will end and switch to the manual mode.

6. Continuing Exercise

If you complete a course, the next course will flash. Press the Start button to start the next program.

7. Switching to the manual mode

Press the Stop button twice if you want to switch to the manual mode. The preset program will be finished if you press the Stop button twice.

8. Completing Exercise

When the program is completed, remove the key Step onto the foot rails and remove the key from the console. Make sure to keep the key in a secure place.

Note : The displays and indicators on the console will remain lit when the power is on even if the key is removed.



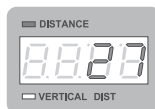
Caution

When you are finished using the treadmill, move the on/off switch near the power cord to the off position and unplug the power cord.

How To Use Administrator Mode

1. Display the Cumulative Distance

Following below step, you can check the cumulative distance of your machine.

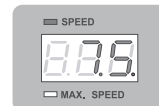
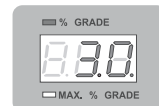


- 1) Stop the machine.
- 2) Take off the key from console.
- 3) Press the high button pressing the stop button at the same time.
- 4) You can see the cumulative distance on distance window. The display unit is 10km.

To finish this mode press stop button.

2. Setting the limit of incline and speed

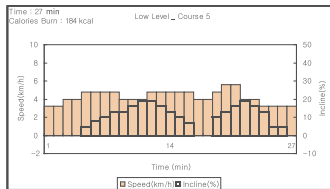
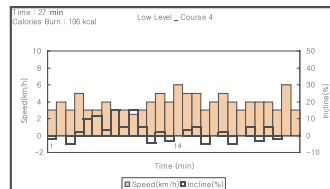
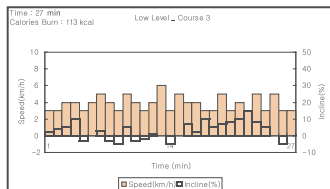
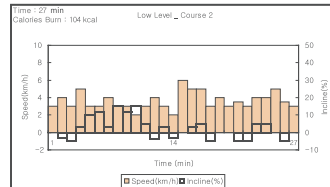
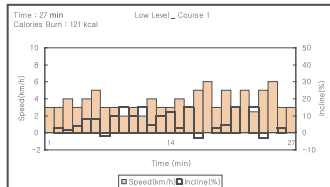
- 1) Stop the machine.
- 2) Take off the key from console.
- 3) Press the high button pressing the stop button at the same time (Entering the setting mode, max. incline and max. speed will display.)
- 4) Using the buttons related to the incline and speed, you can set the limit of incline and speed.
- 5) Press the start button. The set value is saved at the machine.
- 6) If you want cancel this operation turn press the stop button or insert the safety key.



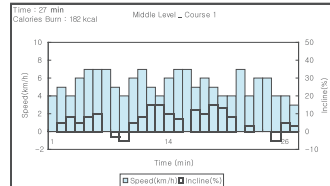
To finish this mode press stop button.

PROGRAM _

LOW LEVEL

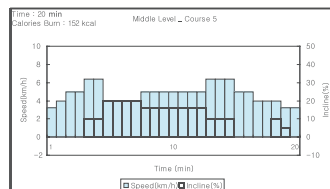
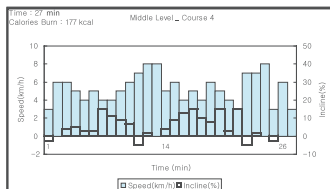
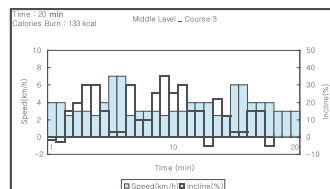
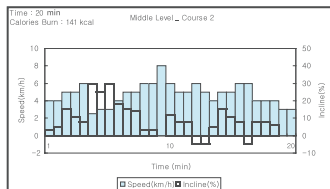


MY MOUNTAIN

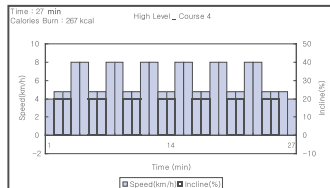
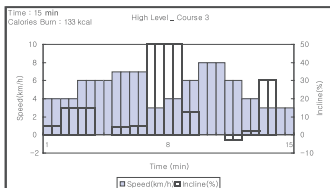
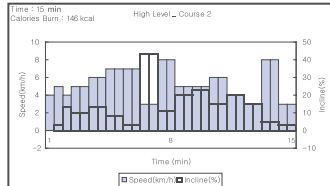
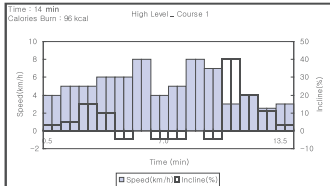
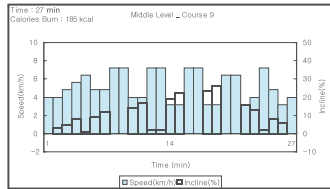
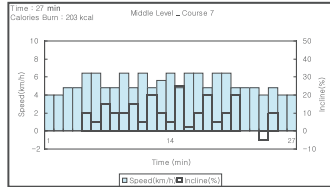
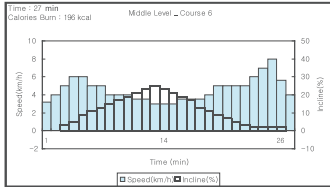


MY MOUNTAIN

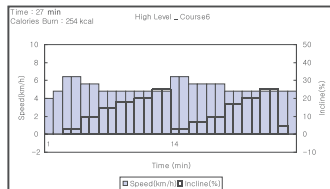
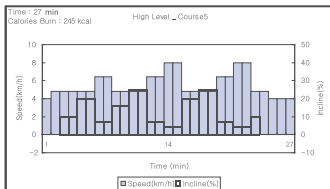
MIDDLE LEVEL



MIDDLE LEVEL



HIGH LEVEL



3 SPECIFICATION

Specification	MY MOUNTAIN(MM5050SE)
Speed Range	0.3 ~ 8km/h [0.1km/h inc.] (0.2 ~ 5 mph)
Inclination	-5 ~ 50% [1% increment]
Motor Specification	2HP (treadmill duty)
Motor Control	Magnetic Vector Control
Roller Diameter	Ø75mm (3")
Track Size	1070 x 510 mm (42.1" x 20") L x W
Product Dimensions	1245 x 1049 x 1629 mm (49" x 41.3" x 64.1") L x W x H
Max. allowable W.T	130kg (290 lbs)
Weight	135kg (300 lbs)
Display	Dot matrix
Display Information	Speed Range, Time, Distance, Incline, Altitude, Calorie
Exercise Program	Exercise program(course) Supported
Deck	The application of double sided coating deck for stable exercise
Power	AC 100-120V, 50/60Hz, 1.5kW
Safety Function	Safety stop(magnetic holder type) KC Certification(Safety)
remark	Shock absorption system(damping)
Options	24" LED HDTV

5 MAINTENANCE

When you use this product as a commercial use, please lubricate the inside of walking belt with the silicon oil periodically. Most problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please let us know.

HOW TO MODE THE MYMOUNTAIN _

Before moving the treadmill, change the grade of the treadmill to the lowest level and unplug the power cord.

Tilt the treadmill back until it rolls freely on the wheels. The help of a second person may be helpful when tipping the treadmill. Carefully move the treadmill to the desired location. Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface. Place one foot on the walking belt, and carefully lower the treadmill until it is resting on the floor.

TROUBLE SHOOTING _

The power does not turn on

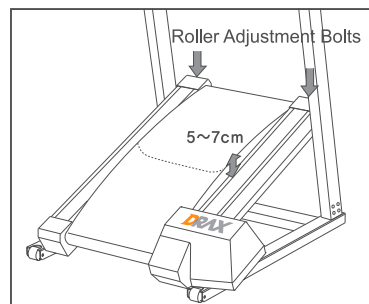
1. Make sure that the power cord is plugged.
2. Make sure that the power supply is AC220V.(or AC120V in USA)
3. Make sure that the on/off switch is in the “on” position.

The power turns off during use

1. Check the circuit breaker located on the treadmill near the power cord. If the circuit breaker has tripped, wait for five minutes and then press the switch back in.
2. Make sure that the power cord is plugged in.
3. Remove the key from the console. Re-insert the key fully into the console.
4. Make sure that the on/off switch in the “on” position.

The Walking belt slows when walked on

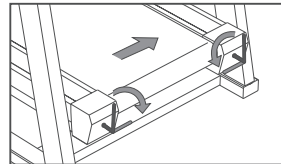
If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and UNPLUG THE POWER CORD. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. when the walking belt is correctly tightened, you should be able to lift each side of the walking belt 5~7cm off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, inset the key and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



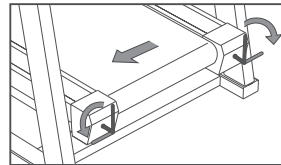
Note : There is no need to adjust when you get delivered this product.

The walking belt is off-centered

1. If the walking belt has shifted to the right, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left front roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.

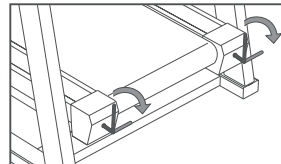


2. If the walking belt has shifted to the left, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left front roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a minutes. Repeat until the walking belt is centered.



The walking belt sips when walked on

If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 5-7cm off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



- **When the speed control of product has a problem**
 - Check if the power ground is connected properly.
 - If there is nothing wrong with grounding, contact the customer center.
- **When you cannot turn on the power**
 - On/Off switch control again.
 - If the cord is defective, replace the cord. If the problem persists, contact the customer center.

**Notice**

Connect the proper outlet with the product's power for assured and safe grounding of outlet.

- **When the running belt is slip**
 - Check if the running belt is horizontal and the product itself is horizontal.
 - Adjust the running belt by referring to the cross section and manual.
- **When a friction sound is heard underside the machine**
 - Check if any foreign substances or objects are stuck underneath the machine.
- **When the speed decreases without any reason**
 - Check if the user is using the machine in the proper way suggested by the manual.
 - Never exercise backwards or do anything opposite to the normal movement of the running belt.
 - Check if the running belt is damaged, and replace it if it has a problem.
 - Check the status of the running deck. If is worn out, replace it.
- **When the machine stops suddenly**
 - Check if Emergency-stop is activated.
 - Check if the power is turned off.
- **If a cord is damaged**
 - Replace the power cord.
 - If there is nothing wrong with power cord, contact the customer center.

MAINTENANCE _

• Management and Prevention

- Clean the exterior of product by using a dry, soft cloth. Do not clean by using liquids such as ammonia or acid liquids.
- Check the function of emergency stop and stop button at least once a week.
- Clean away objects and dust that can harm the underside of the product by using a vacuum cleaner.
- Clean away objects such as foreign substances on the running belt of treadmill by using a vacuum cleaner.
- Before using the treadmill, check if any foreign substances are stuck on the running belt or deck.
- Check if the running belt of treadmill is twisted.
- To adjust the running belt, refer to this manual or contact the customer center.

• Prevention for defect of heart rate (pulse) detector

If the heart rate (pulse) is irregular or abnormal, then do the following.

- Use the sensor so that it can be touched by the hand.
- Clean the exterior of the sensor by using a moist cloth.
- If necessary, dry your hands so that your hands do not slip.
- Apply a constant pressure to the sensor.



Notice

The product and safety of user are assured if the user maintains the product regularly. In case of defective components, do not use the product until they are fixed or replaced. As summarized below, if there are any objects that interfere with the operation, remove or change them safely.

 **Notice**

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• **Product Management Schedule**

Please follow the following schedule for maintenance of product and prevention of defects.

Component	Weekly	Monthly	Quarterly	Twice a Year	Yearly
Display	Clean			Inspect	
Switch	Clean	Inspect			
Cup holder	Clean				Inspect
E-Stop Switch	Clean/Inspect				
Front Handle	Clean			Inspect	
Side Handrail	Clean			Inspect	
Moto Cover	Clean				
Motor Room		Vacuum Clean		Inspect	
Motor Belt				Inspect	
Level Foot		Inspect / Adjust			
Running Belt			Inspect		
Front Roller				Inspect	
Rear Roller				Inspect	
Running Deck	Clean		Inspect		
Common					
Machine horizontal	*Inspect				
Belt Alignment	Inspect				
Frame, Rear Cover		Inspect			
Bolts / Nuts				Inspect	

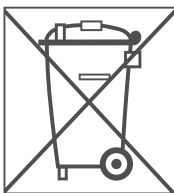
* Use horizontal indicator to check.

6 LIMITED WARRANTY

Product Name	MY MOUNTAIN
Model Name	
Serial No.	
Warranty Period	
Purchase Date	

1. DRAX warrants this product to be free from defects in workmanship and material, under normal use and service for a period of one year from the date of purchase (Running Belt and Motor Belt for six months from the date of purchase). This warranty extends only to the original purchaser. DRAX obligation under this warranty is limited to replacing or repairing, at DRAX option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by DRAX at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by DRAX. This warranty does not extend to any product or damage to a product caused by or attributable to DRAX authorized service center, to products used for specifically set forth above is authorized by DRAX.
2. DRAX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature.
3. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein.

WEEE DIRECTIVE



This marking shown on the product or its literature, indicates that it should not be disposed with other household wastes at the end of its working life. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate this from other types of wastes and recycle it responsibly to promote the sustainable reuse of material resources. Household users should contact either the retailer where they purchased this product, or their local government office, for details of where and how they can take this item for environmentally safe recycling. Business users should contact their supplier and check the terms and conditions of purchase contract. This product should not be mixed with other commercial wastes for disposal.

MY MOUNTAIN

MEMO



Designed For Your Health & Happiness

We design for your healthy living and happiness

MY MOUNTAIN

DRAX

V1.2U

MY MOUNTAIN



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