

# PRO MAXIMA

800-231-6652

[www.promaxima.com](http://www.promaxima.com)

713-667-9606

## OPERATION MANUAL



### *Centurion S4TXIA* Commercial treadmill



Read all precautions and instructions in this manual before using this product. Save this manual for future reference.

# Contents

---



03 06

1. IMPORTANT SAFETY INSTRUCTIONS

07 07

2. NEW FEATURES OF 23TX3 TREADMILLS

08 08

3. SPECIFICATIONS

09 12

4. KEY PARTS AND COMPONENTS

13 32

5. HOW TO USE

33 35

6. MAINTENANCE TIPS AND TROUBLE SHOOTING

36 36

7. EXERCISE TIPS

37 37

8. WARRANTY

38 44

9. APPENDIX-FIT TEST

---



▪ **09** 09

KEY PARTS AND COMPONENTS

10 11

23T DISPLAY CONSOLE & DESCRIPTIONS

12 12

23TX DISPLAY CONSOLE & DESCRIPTIONS

▪ **13** 14

BASIC OPERATION

15 20

HOW TO USE 23T

21 32

HOW TO USE 23TX



# 1. IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important safety instructions before using the treadmill.

**⚠ DANGER**

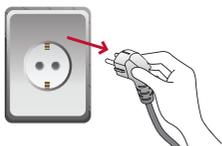
**⊘ FORBIDDANCE**      **⚠ NOTICE**

**⚠** Always unplug the power cord immediately after use the treadmill, before cleaning the treadmill, and before performing the adjustment procedures described in this manual.



**⚠ WARNING**

**⊘** Your treadmill requires a dedicated 220V AC (50/60Hz) 10A grounded outlet circuit. We recommend the use of a surge protector.



**⊘** Use the treadmill only as described in this manual.



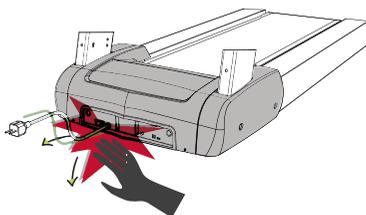
**⊘** Position the treadmill on a clear, leveled surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation.



**⊘** Keep it indoors, away from moisture and dust.



**⊘** Do not carry this appliance by power supply cord or use cord as a handle.



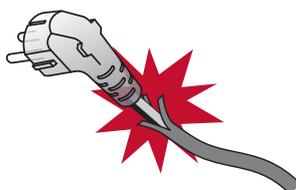
**⊘** Do not use an extension cord of multiple connection or an ungrounded outlet. -The ground helps to prevent electrical damage to your treadmill and enhances your safety by preventing shock.



**⊘** Connect this appliance to a properly grounded outlet only. See Grounding Instructions. (page 6)



**⊘** If the power cord is damaged or the treadmill does not operate properly, do not use the treadmill.



**⊘** Do not operate the treadmill where flammable sprays or inflammable substances are used. Such substances create the danger of combustion and explosion.



# 1. IMPORTANT SAFETY INSTRUCTIONS

This appliance is not intended to use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they should be given supervision or instruction concerning use of the appliance by person responsible for their safety.  
Children should be supervised to ensure that they do not play with the appliance.

 Servicing other than the procedures in this manual should be performed by an authorised service representative only.



 Never operate the treadmill if it has been dropped, damaged, or even partially immersed in water. If any of these occur, contact stex customer support services.



 Keep the power cord away from heated surfaces.



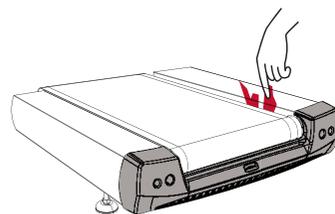
 Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries or damages the unit.



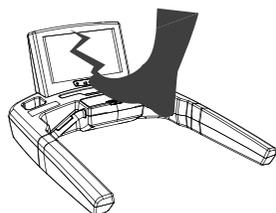
 Make sure that all parts are tightened before using the treadmill



 Never drop or insert any object into any opening.

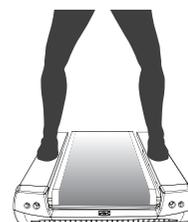


 Do not stand or climb on the motor cover, handrails or the electronic console.



 **CAUTION**

 Risk of injury to persons-To Avoid Injury, stand on these rails before starting treadmill.



 When the walking belt is worn away, replace with a new walking belt immediately. The worn walking belt is subject to cause static electricity.



 Clean the treadmill with a dry and soft cloth. Do not use an abrasive cleaner on the electronic console or plastic cover since it can scratch the surface or change colour.



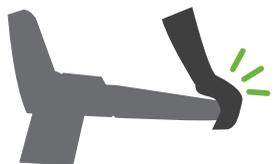
 The heart rate sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings.  
-The heart rate sensors are intended only as exercise aids in determining heart rate trends in general.



# 1. IMPORTANT SAFETY INSTRUCTIONS

## USER'S EXERCISE GUIDES

### WARNING

<p> Before starting any exercise program, consult with your physician or health professional. -This is important especially for persons over the age of 35 or persons with pre-existing health problems.</p> 	<p> Keep children under the age of 12 and pets away from the equipment at all times.</p> 	<p> Never allow more than one person on the equipment at a time.</p> 
<p> If you feel pain or dizziness at any time while exercising, stop immediately and begin taking a rest.</p> 	<p> Keeping your eyes focused straight ahead will help you maintaining your balance.</p> 	<p> Wear appropriate exercise clothing and athletic shoes when using the equipment.</p> 
<p> Adjust your own speed and grade. -Never make adjustments for another person or allow someone else to make adjustments for you.</p> 	<p> Always hold the handrails in reverse walking to avoid any possibility of being falling down and use at under 4km/h (2.5mph).</p> 	<p> Never let your bare hands or a part of your body touch the walking belt directly at any point when the treadmill is in operation.</p> 
<p> Do not overexert yourself or work to exhaustion.</p> 	<p> Step off the treadmill after coming to a complete standstill.</p> 	<p> When the treadmill is not in use, always move the on/off switch to the off position then unplug the power cord.</p> 

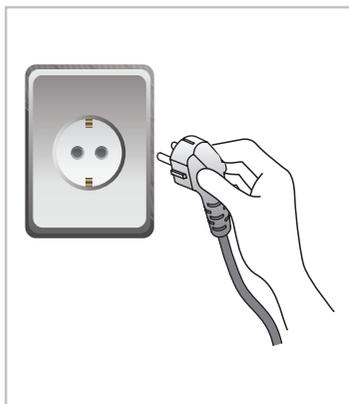
## GROUNDING INSTRUCTIONS

This product must be properly grounded. In case of malfunction or breakdown, proper grounding provides 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 code and ordinances.

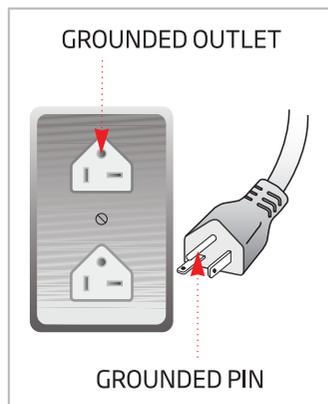
**DANGER-** Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet, have a proper outlet installed by qualified electrician.

This product is for use on a nominal 220-volt (110-volt /USA) circuit and has a grounding plug that looks like the plug illustrated in Figure 1-1(Figure 1-2). 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.

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.



< Figure 1-1 >



[ Figure 1-2 / USA ]

Supply Voltage(VAC)	Frequency(Hz)	Rated Current(Amps)
100	50/60	20
110	50/60	20
120	50/60	20
200	50/60	10
220	50/60	10
230	50/60	10

## 2. NEW FEATURES OF 23TX3 TREADMILLS

PRO MAXIMA  
Centurion 23TX3

The 23TX3 treadmills are the new name for the premium treadmills of "Pro Maxima." Advanced, durable 23TX3 Treadmill will make your mind and body not only stronger but also balanced physically.



- Entertainment enhancements



- Efficient fast track zone



- Intelligent suspension  
Advanced elastomer to cushion shock.



- Back cover  
Safety-oriented design

- 23TX3 Treadmill  
Frame Color



SPECIFICATIONS		
	23T	23TX
Speed	0.8 ~ 20 km/h / 0.5 ~ 12.4mph	
Elevation	0 ~ 16 %	
Driving Motor	5.0HP AC Treadmill Duty	
Driving Controller	Hybrid Control	
Running Surface	W550 X L1560 (mm) / W21.6 x L 61.4(inch)	
Product Size	W 960 X L 2143 X H1607 (mm) / W37.7 x L 84.3 x H63.2(inch)	
Product Weight	235kg - 518lb	245kg - 540lb
Roller Diameter	100mm / 3.9(inch)	
Display	Dot(24x8),6FND, 9LED Indicator	15" LCD HDTV
Display Readouts	Speed, Grade, Time(Elapsed/Remaining), Distance(Elapsed/Remaining), Calorie, Heart Rate, PACE, METS, Workout Profile, VO2max with Score(Fit Test Only)	
Program	26 Programs + Fit test Programs (6Programs)	
Heart Rate System	Enhanced Intelligent Touch Heart Rate System	
Polar Telemetry Receiver	Standard	
Maximum User Weight	180kg (400lb)	
USB	Charge	Charge + Memory
Fast Track	Speed, Grade, Start, Stop, Emergency Clip	
Belt & Deck	Pre-lubricated Belt and Double Sided Deck	
Absorbing System	Stress Neutralization System	
iPod	Sound + Charge	Sound + Video + Charge
Power Source	220V(50/60Hz), 110V (50/60Hz)	
Frame Color	Black / Silver	
Warranty	3 years (Frame 7 years / LCD Panel 2 years)	
Options	RS-232, CSAFE(Power Only) and HDMI(23TX Only)	

■ Product appearance and specifications may be changed without notice to improve quality of the product.

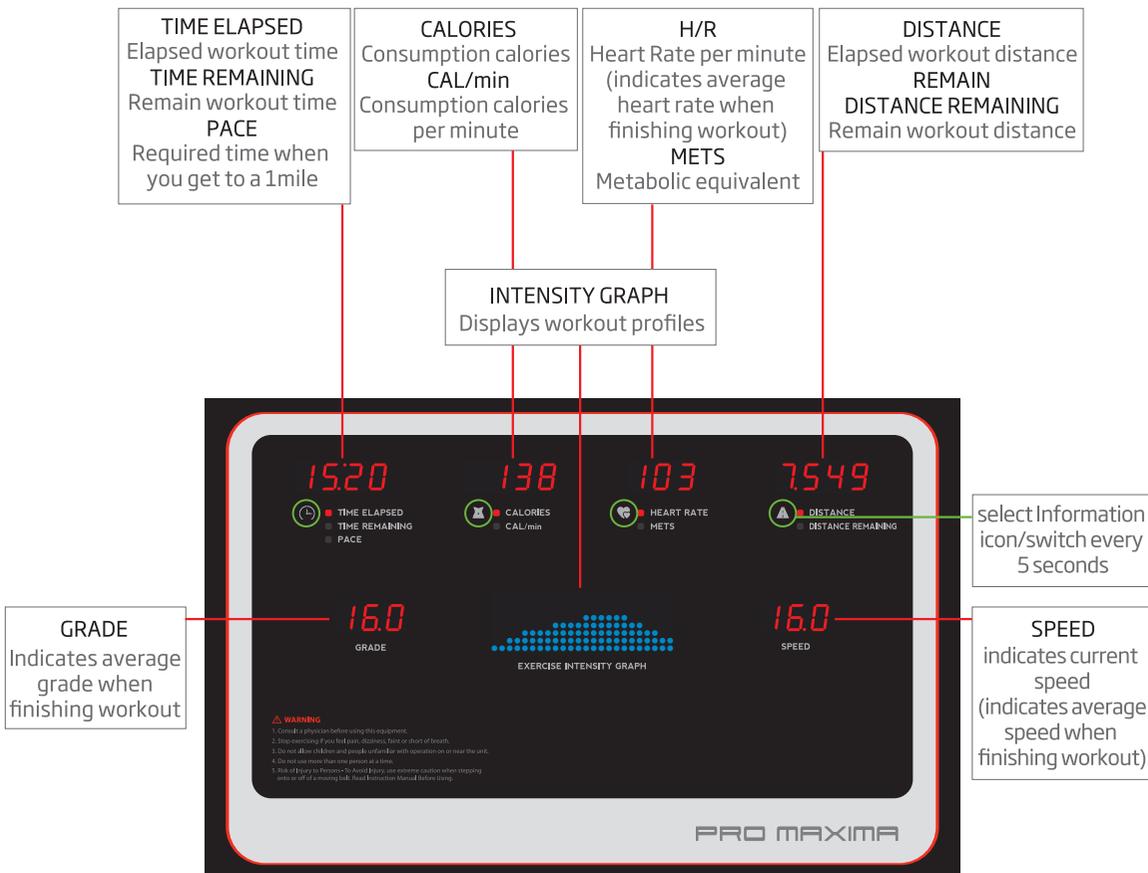
# 4. KEY PARTS AND COMPONENTS

**PARTS NAME OF 23T**



## 4. KEY PARTS AND COMPONENTS

### 23T DISPLAY CONSOLE & DESCRIPTIONS



### 23T SERIES MULTIMEDIA CONNECTIVITY



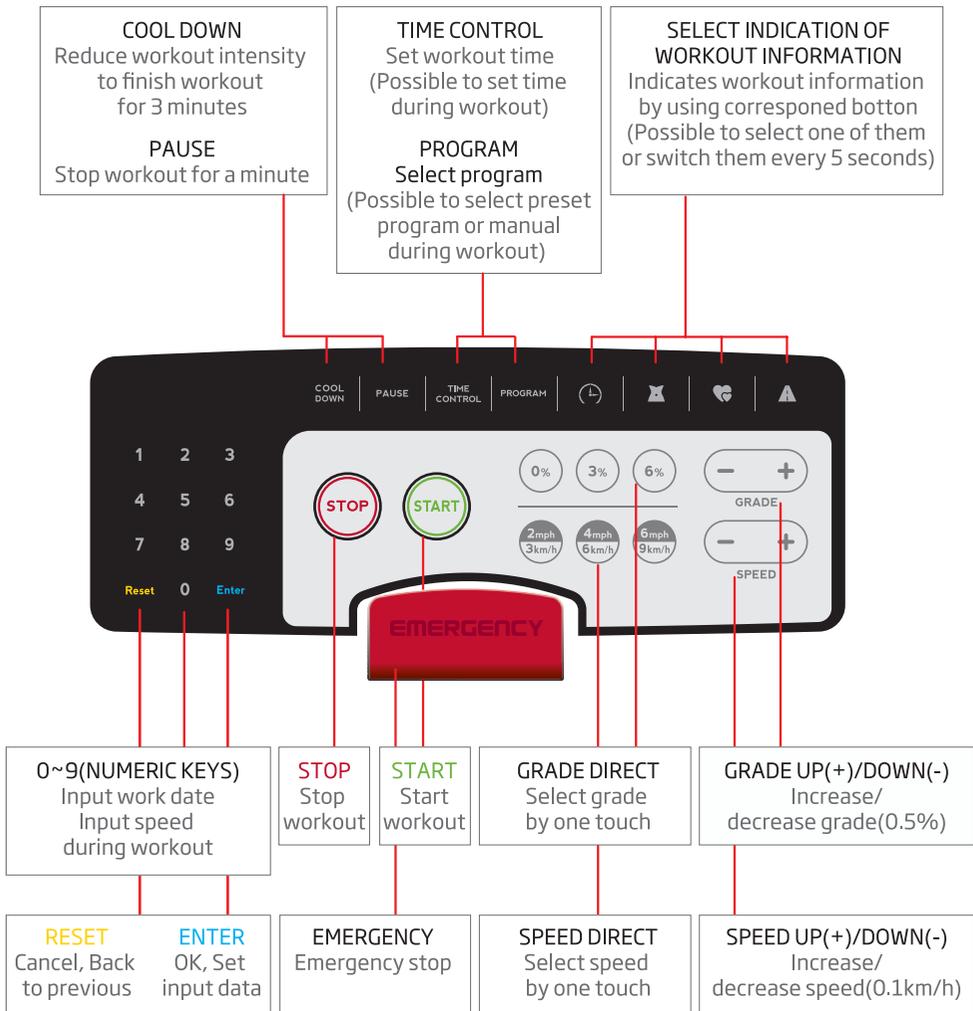
USB HEADPHONE iPod



If you don't hear any sounds after connecting iPod cable to the iPod, disconnect earphone from the iPod, then connect earphone to the iPod again.



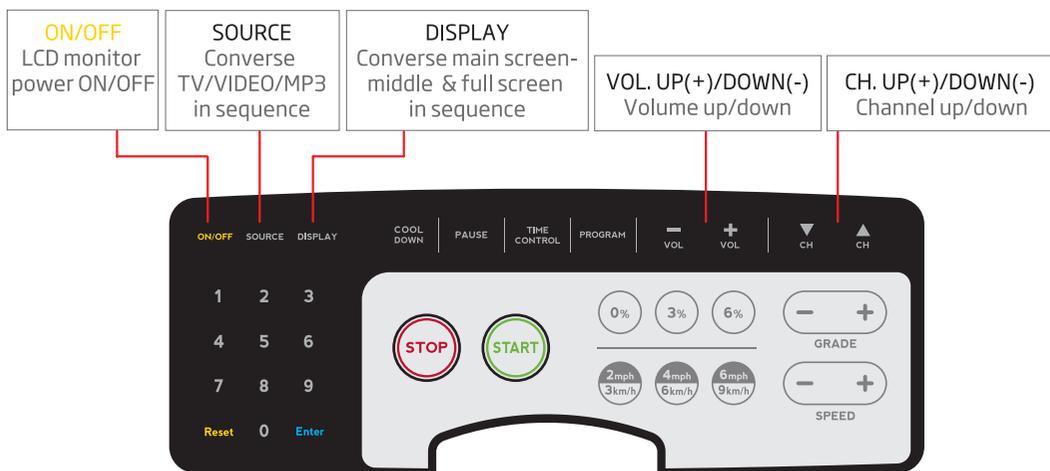
## 23T FAST TRACK KEYS



## 23TX DISPLAY(Touch Optional)



## 23TX FAST TRACK KEYS



**WARNING, PLEASE READ BEFORE EXERCISING:**  
We strongly recommend that you consult with your physician before using this or any other exercise equipment. If you experience pain, shortness of breath, dizziness, or any type of unusual discomfort, contact a physician immediately.

## BASIC OPERATION

## POWER SOURCE

1. Turn the power switch on.
2. After initializing ("wait" will be shown on the screen), workout can be started.

## START WORKOUT

Press "START" button to start workout

## INPUT USER WEIGHT

1. Input user weights between [30kg and 180kg(66 to 550lb)] by using UP(+), DOWN(-) or numeric keys.
2. User weights shows on the SPEED window.
3. After input user weights, press "START" or "ENTER" button to start workout.

## CHANGE SPEED

Change the speed by using UP(+), DOWN(-) or numeric keys. Also, you can change the speed by SPEED DIRECT KEYS [3km/h(2mph), 6km/h(4mph), 9km/h(6mph)]

## CHANGE GRADE

Change the grade by using UP(+), DOWN(-) or numeric keys. Also, you can change the grade by GRADE DIRECT KEY(0%, 3%, 6%)

## HEART RATE MEASURING

Measure heart rate by holding touch H/R sensor.(or using chest bar)  
On measuring, "\*" shows on the display. If you do not grip the touch heart rate sensor, it does not be measured.

**WARNING, PLEASE READ BEFORE EXERCISING:**

We strongly recommend that you consult with your physician before using this or any other exercise equipment. If you experience pain, shortness of breath, dizziness, or any type of unusual discomfort, contact a physician immediately.

## BASIC OPERATION

## COOL DOWN

Press "COOL DOWN" button, then cool down mode is activated during (3minutes).

- OVER 10km/h : 6.2mph  
: 5.5 km/h:3.4mph/h(1min) → 3.5 km/h:2.1mph/h(1min) →  
2.7 km/h:1.6mph(1min)
- BETWEEN 3.5km/h : 2.1mph ~ 9.9 km/h : 1.6mph  
: 3.5 km/h:2.1mph(1min) → 2.7 km/h:1.6mph(2min)
- BELOW 3.5km/h : 2.1mph  
: 2.7 km/h:1.6mph (3min)
- Current speed is going steady. (3min)

## PAUSE

Press "PAUSE" button.

This state is held during 1 minute. To resume workout, press "START" button. After 1minute paused, the treadmill will be stopped automatically.

## STOP WORKOUT

Press "STOP" button to quit workout

Workout summary(Workout time, calorie consumption, Average Heart rate, Distance) shows on the display. On the "SPEED" and "GRADE" window, average speed and grade values will be displayed.

## EMERGENCY STOP

Press "EMERGENCY STOP" button, then "EMERGENCY STOP" will be displayed and the treadmill will be stopped. Press "STOP" button to release EMERGENCY state.

**WARNING, PLEASE READ BEFORE EXERCISING:**

We strongly recommend that you consult with your physician before using this or any other exercise equipment. If you experience pain, shortness of breath, dizziness, or any type of unusual discomfort, contact a physician immediately.

## OPERATION PRESET PROGRAM

1. Select program by using "PROGRAM" button.
2. Select among PRESET, HRC(Heart-rate control), MANUAL, FITTEST by using "PROGRAM" or UP(+), DOWN(-)button.
3. After select program, start workout using "START" or "ENTER" button.

## PRESET PROGRAM

**1** SELECT PRESET PROGRAM

Select PRESET program among 10 programs by using "PROGRAM" or UP(+), DOWN(-)button.

(BEGINNER : 1~4, INTERMEDIATE: 1~3, ADVANCED: 1~3)

PROG1. BEGINNER1	PROG6. INTERMEDIATE2
PROG2. BEGINNER2	PROG7. INTERMEDIATE3
PROG3. BEGINNER3	PROG8. ADVANCED1
PROG4. BEGINNER4	PROG9. ADVANCED2
PROG5. INTERMEDIATE1	PROG10. ADVANCED3

**2** INPUT EXERCISE TIME

Input value 10 to 90 min by using UP(+), DOWN(-) button or numeric keys.  
Workout time shows on the "TIME" window.

**3** INPUT MAX. SPEED

You can input min. 6km/h(3mph).  
You can set the speed within the programmed max. speed.  
Max speed shows on the "SPEED" window.

**4** INPUT MAX. GRADE

You can input min. 0%.  
You can set the speed within the programmed max. grade.  
Max grade shows on the "GRADE" window.

**5** INPUT USER WEIGHTS

Input value[30kg to 180kg(=66 to 400 lb)] by using UP(+), DOWN(-) or numeric keys.  
User weight shows on the "SPEED" window.  
After that, press "START" or "ENTER" for beginning workout.

## HRC PROGRAM (1-10)

**1** SELECT HRC PROGRAM (1-10)

Select HRC program among 12 programs by using "PROGRAM" or UP(+), DOWN(-) button.

H/R FATBURN and H/R CARDIO have different input stage.  
(refer to next page)

1. Keep Health	5. Fat Burn II	9. Silver Aging
2. Fitness	6. Marathon	10. Body Shaping
3. Cardio	7. Mountain	11. H/R Fat Burn
4. Fat Burn I	8. Crosscountry	12. H/R Cardio

**2** INPUT TARGET CALORIES

Input value(100~9999 kcal) by using UP(+), DOWN(-) or numeric keys  
Target calorie shows on the "CALORIES" window.

**3** INPUT MAX. SPEED

You can input min. 6km/h(3mph).  
You can set the speed within the programmed max. speed.  
Max speed shows on the "SPEED" window.

**4** INPUT MAX. GRADE

You can input min. 0%.  
You can set the speed within the programmed max. grade.  
Max grade shows on the "GRADE" window.

**5** INPUT USER AGES

Input value(10~99) by using UP(+), DOWN(-) or numeric keys.  
User age shows on the "SPEED" window.

**6** INPUT USER WEIGHTS

Input value[30kg to 180kg(=66 to 400 lb)] by using UP(+), DOWN(-) or numeric keys.  
After that, press "START" or "ENTER" for beginning workout.  
User weights shows on the "SPEED" window.

## HRC PROGRAM (1-10)

**1** INPUT EXERCISE TIME

Input value 10 to 90 min by using UP(+), DOWN(-) button or numeric keys.  
Workout time shows on the "TIME" window.

**2** INPUT USER AGES

Input value(10~99)by using UP(+), DOWN(-) or numeric keys.  
User ages shows on the "SPEED" window.

**3** INPUT MAX. SPEED

You can input min. 6km/h(3mph).  
You can set the speed within the programmed max. speed.  
Max speed shows on the "SPEED" window.

**4** INPUT MAX. GRADE

You can input min. 0%.  
You can set the speed within the programmed max. grade.  
Max grade shows on the "GRADE" window.

**5** INPUT TARGET HEART RATE

Default BPM will change depending on the age.

The default target heart rate (When ages 30)

H/R FATBURN - 136, H/R CARDIO - 154

Input value(60 ~200 bmp) by using UP(+), DOWN(-) or numeric keys.

Target heart rate shows on the "HEART RATE" window.

**6** INPUT USER WEIGHTS

Input value[30kg to 180kg(=66 to 400 lb)] by using UP(+), DOWN(-) or numeric keys.

After that, press "START" or "ENTER" for beginning workout.

User weights shows on the "SPEED" window.

**7** MESSAGE

When you are on HRC workout, if you do not grip H/R sensor, "NEED HR" shows on the display console.

## MANUAL PROGRAM

**1** SELECT MANUAL PROGRAM

Select among TIME BASED, DISTANCE BASED and CALORIE BASED by using "PROGRAM" or UP(+), DOWN(-) button.

PROG1. TIME BASED    PROG2. DISTANCE BASED    PROG3. CALORIE BASED

**2** INPUT EXERCISE TIME

Input value 10 to 90 min by using UP(+), DOWN(-) button or numeric keys. Workout time shows on the "TIME" window.

**3** INPUT TARGET DISTANCE

Input value(1~65km/h, 1~40mph) by using UP(+), DOWN(-) or numeric keys. Distance shows on the "DISTANCE" window.

**4** INPUT TARGET CALORIES

Input value(100~9999kcal)by using UP(+), DOWN(-) or numeric keys. Target calories shows on the "CALORIES" window.

**5** INPUT USER WEIGHTS

Input value[30kg to 180kg(=66 to 400 lb)] by using UP(+), DOWN(-) or numeric keys. User weights shows on the "SPEED" window.  
After that, press "START" or "ENTER" for beginning workout.

**WARNING, PLEASE READ BEFORE EXERCISING:**

We strongly recommend that you consult with your physician before using this or any other exercise equipment.  
If you experience pain, shortness of breath, dizziness, or any type of unusual discomfort, contact a physician immediately.

## FIT TEST PROGRAM

**1** SELECT FIT TEST PROGRAM

Select FIT TEST Program among 6 Programs by using "PROGRAM" or UP(+), DOWN(-) button.

PROG1. PHYSICAL FITTEST	PROG4. AIRFORCE
PROG2. FIRE FIGHTER	PROG5. NAVY
PROG3. ARMY	PROG6. MARINE

**2** INPUT START SPEED

Input valu [1.6~7.2km/h(or 1.0~4.5mph)] by using UP(+), DOWN(-) or numeric keys. START SPEED is activated after warming up process. [Except FIREFIGHTER (GERKIN)].  
Start speed shows on "SPEED" window.

**3** INPUT USER GENDER

Input MALE or FEMALE by using UP(+), DOWN(-) button.  
User gender shows on "SPEED" window.  
1-MALE, 2 -FEMALE

**4** INPUT USER AGES

Input value(10~99) by using UP(+), DOWN(-) or numeric keys.  
User ages shows on the "SPEED" window.

**5** INPUT USER WEIGHTS

Input value[30kg to 180kg(=66 to 400 lb)] by using UP(+), DOWN(-) or numeric keys.  
User weights shows on the "SPEED" window.  
After that, press "START" or "ENTER" for beginning workout.

**6** MESSAGE

When you are on doing FITTEST workout, if you do not grip H/R sensor, "NEED HR" shows on the display console.  
If your H/R exceeds 85% of max H/R, "OVER" shows on the display console.

## USER DEFINE PROGRAM

**1** SELECT USER DEFINE PROGRAM

Select USER DEFINE program among 6 programs by using "PROGRAM" or UP(+), DOWN(-) button.

PROG1, PROG2, PROG3, PROG4, PROG5, PROG6,

Saved workout intensity shows on the display console.

**2** INPUT USER WEIGHTS

Input value[30kg to 180kg(=66 to 400 LB)] by using UP(+), DOWN(-) or numeric keys.

User weights shows on the "SPEED" window.

After that, press "START" or "ENTER" for beginning workout.

**3** MODIFY USER DEFINE PROGRAM

Press "ENTER" button to edit selected user define program.

Time editing shows on the "SPEED" window.

Input speed by using SPEED UP(+), DOWN(-) or SPEED DIRECT keys.

Input grade by using GRADE UP(+), DOWN(-) or GRADE DIRECT keys.

Your input speed shows on the "SPEED" window.

Your input grade shows on the "GRADE" window.

Exercise Intensity shows on the "INTENSITY" window.

Press "START" to next time programming

Press "STOP" button to previous time programming.

Press "ENTER" to save your define program.

Then input your weights, your workout begins.

Press "RESET" button to move to previous step without saving.

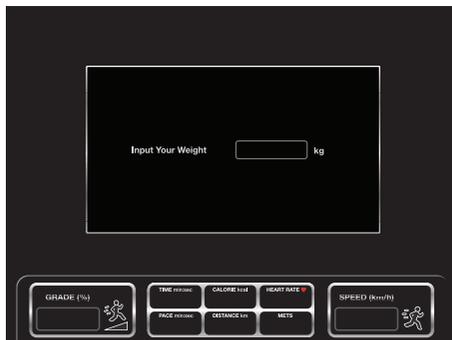
**WARNING, PLEASE READ BEFORE EXERCISING:**

We strongly recommend that you consult with your physician before using this or any other exercise equipment. If you experience pain, shortness of breath, dizziness, or any type of unusual discomfort, contact a physician immediately.

## QUICK START



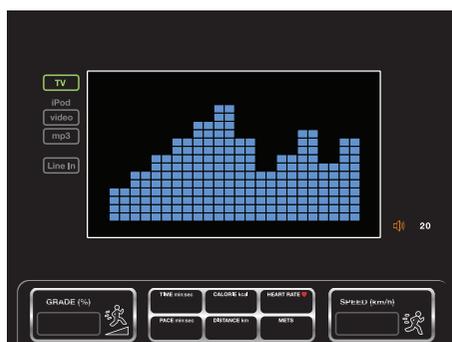
1 Press "START" button.



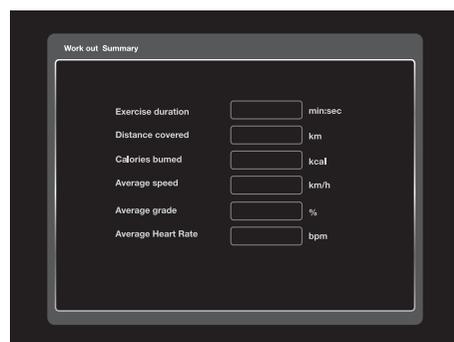
2 Input your weights by using numeric keys, then press "START" button.



3 TV shows on the window and the exercise data will be on display the below of the screen. If you want to stop exercise, press "STOP" button.



4 Workout summary shows on the screen. Press "START" button again, exercise screen will be displayed.

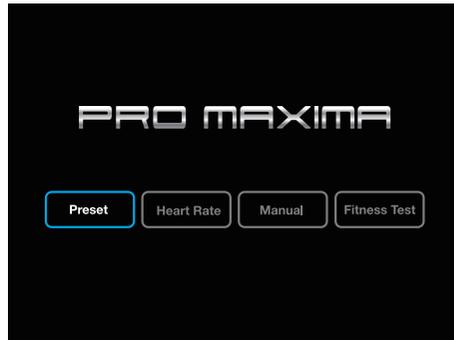


5 Workout results  
Workout summary shows on the screen.

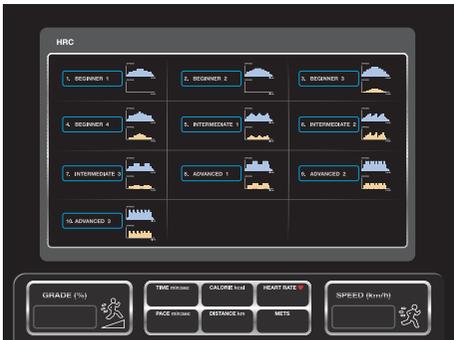
## PRESET PROGRAM



**1** Press "PROGRAM" Button.



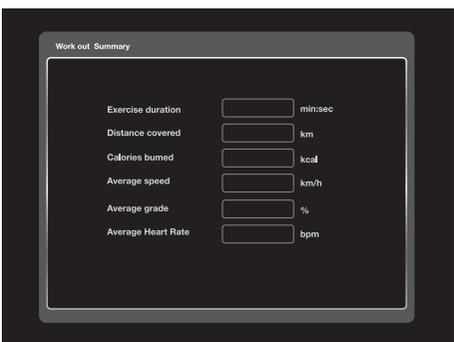
**2** Select the "Preset" by using "PROGRAM" button, then press "ENTER" button.



**3** Select Program by using numeric keys, then press "ENTER" button.



**4** Input your personal data by using numeric keys, then press "ENTER" button. To go back to the previous state, press "RESET" button.



**5** Workout results  
 Workout summary shows on the screen.

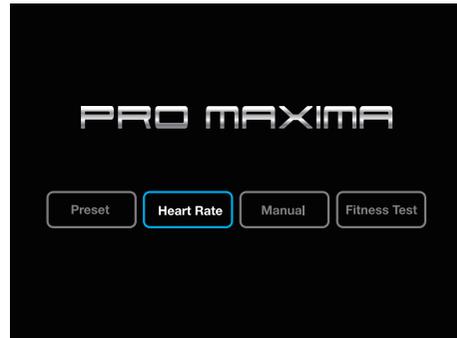
- USA VERSION KG → LBS
- KM/H → MILE/H
- KM → MILE

**WARNING, PLEASE READ BEFORE EXERCISING:**  
 We strongly recommend that you consult with your physician before using this or any other exercise equipment. If you experience pain, shortness of breath, dizziness, or any type of unusual discomfort, contact a physician immediately.

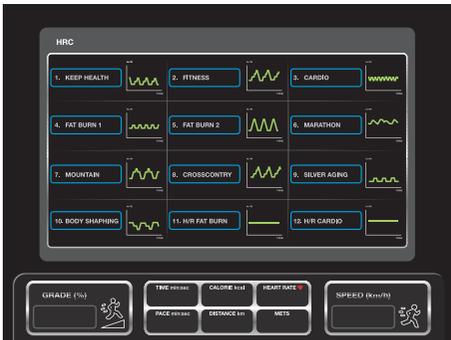
## HEART RATE PROGRAM



1 Press "PROGRAM" button.



2 Select the "Heart Rate" by using "PROGRAM" button, then press "ENTER" button.



3 Select Program by using numeric keys, then press "ENTER" button.

HRC  
1~10

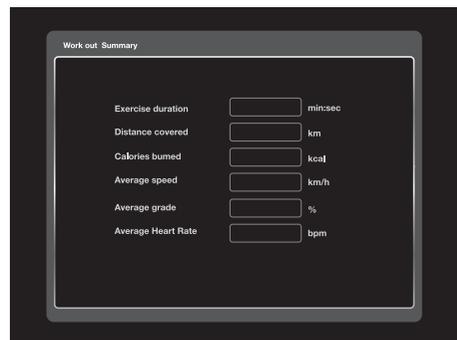


4 Input your personal data by using numeric keys, then press "ENTER" button. Repeat above step until fill out the exercise data. To go back to the previous state, press "RESET" button.

HRC  
11~12



5 Input your personal data by using numeric keys, then press "ENTER" button. Repeat above step until fill out the exercise data. To go back to the previous state, press "RESET" button.

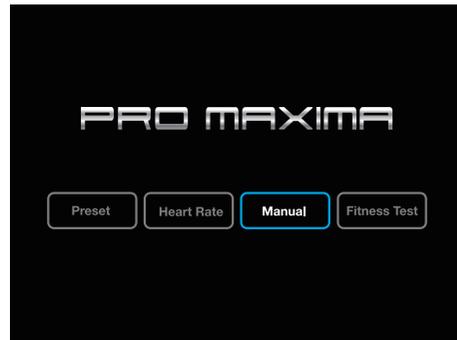


6 Workout results  
Workout summary shows on the screen.

## MANUAL PROGRAM



1 Press "PROGRAM" Button.



2 Select the "Manual" by using "PROGRAM" button, then press "ENTER" button.



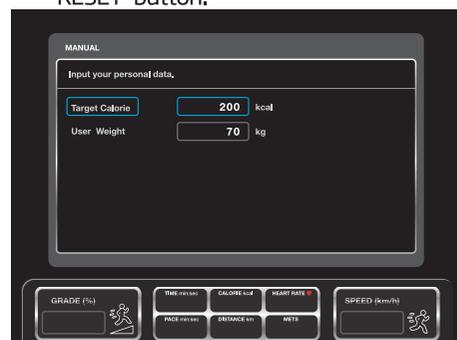
3-1 Select "TIME" mode by using numeric keys, then press "ENTER" button.



4-1 Input your target time and weights by using numeric keys, then press "ENTER" button. Repeat above step until fill out the exercise data. To go back to the previous state, press "RESET" button.



3-2 Select "CALORIE" mode by using numeric keys, then press "ENTER" button.

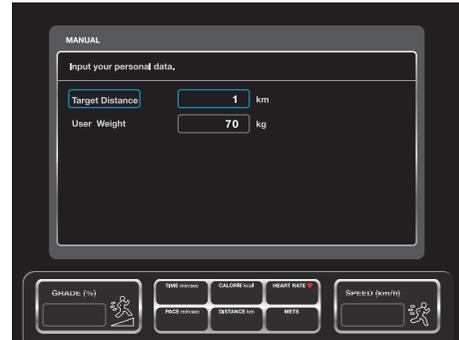


4-2 Input your target consumption calories and your weights by using numeric keys, then press "ENTER" button. Repeat above step until fill out the exercise data. To go back to the previous state, press "RESET" button.

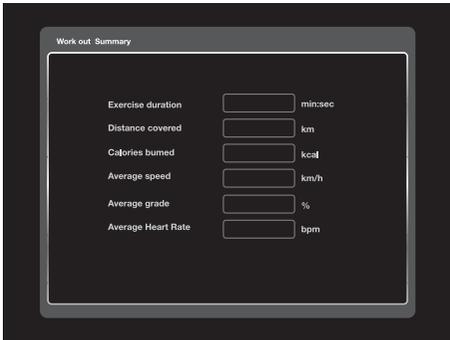
## MANUAL PROGRAM



**3-3** Select "DISTANCE" mode by using numeric keys, then press "ENTER" button.



**4-3** Input your target distance and your weights by using numeric keys, then press "ENTER" button. To go back to the previous state, press "RESET" button.



**5** Workout results  
Workout summary shows on the display.

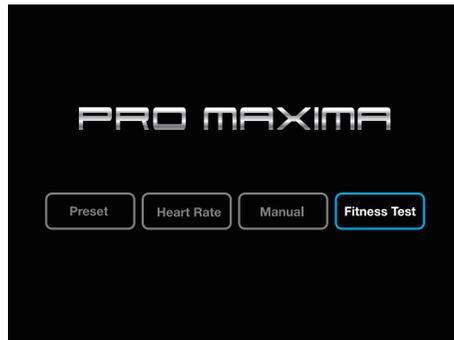
**WARNING, PLEASE READ BEFORE EXERCISING:**

We strongly recommend that you consult with your physician before using this or any other exercise equipment. If you experience pain, shortness of breath, dizziness, or any type of unusual discomfort, contact a physician immediately.

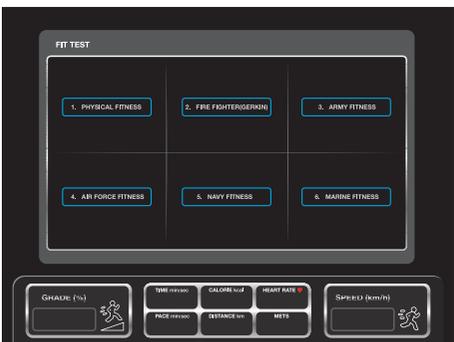
## FITNESS TEST PROGRAM



**1** Press "PROGRAM" Button.



**2** Select the "Fitness Test" by using "PROGRAM" button, then press "ENTER" button.



**3** Select program by using numeric keys, then press "ENTER" button.

FIT TEST  
NO1,

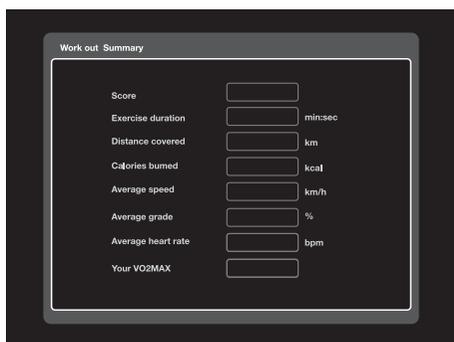


**4** Input your personal data by using numeric keys, then press "ENTER" button. To go back to the previous state, press "RESET" button.

FIT TEST  
NO2



**5** Input your personal data by using numeric keys, then press "ENTER" button. To go back to the previous state, press "RESET" button.



**6** Workout results  
Workout summary shows on the screen.

**ENTERTAINMENT**



**TV Zoom Mode**

→  
DISPLAY KEY



**TV Full Mode**

Change the view sizes by using "DISPLAY" button



**TV Normal Mode**



**iPod Video Mode**

→  
SOURCE KEY



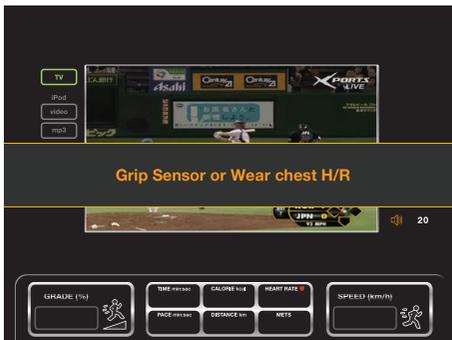
**iPod MP3 Mode**

Change the input A/V source by using "SOURCE" button

**WARNING, PLEASE READ BEFORE EXERCISING:**

We strongly recommend that you consult with your physician before using this or any other exercise equipment. If you experience pain, shortness of breath, dizziness, or any type of unusual discomfort, contact a physician immediately.

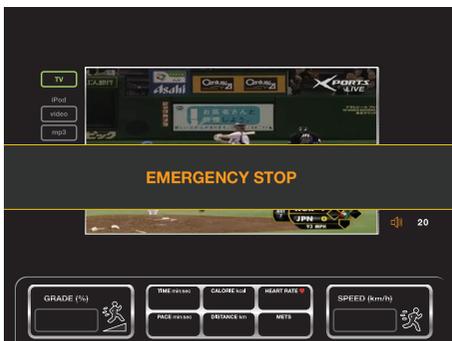
## 23TX POP - UP(MESSAGE)



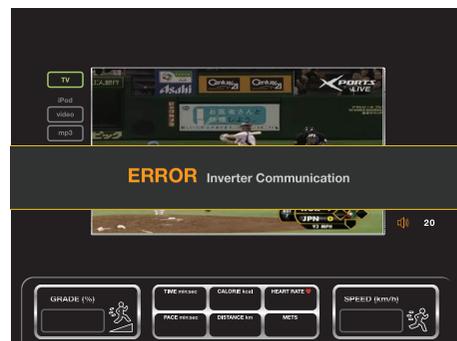
- 1 If you are in Heart Rate control Program, Heart rate signal is needed.



- 2 Heart rate exceeds 85% of maximum user H/R



- 3 EMERGENCY STOP  
To release emergency state, press "STOP" button.



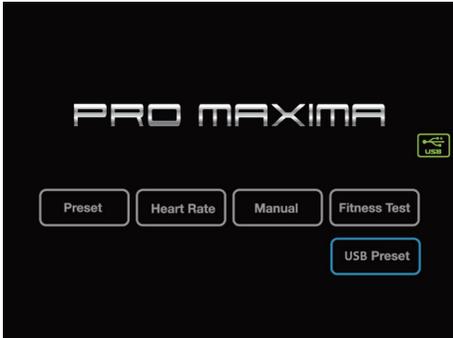
- 4 ERROR Message  
To release Error Message, press "STOP" button.

### WARNING, PLEASE READ BEFORE EXERCISING:

We strongly recommend that you consult with your physician before using this or any other exercise equipment. If you experience pain, shortness of breath, dizziness, or any type of unusual discomfort, contact a physician immediately.

## USB PRESET

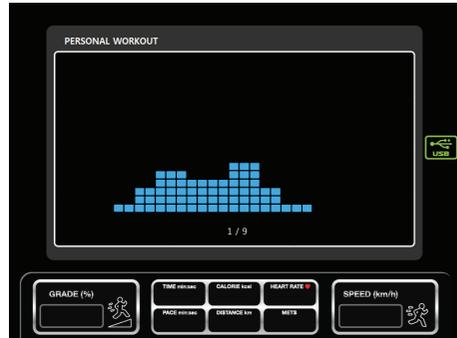
This function is running the stored program in the USB and store the personal workout data after exercise for individual training.



### 1 Menu Screen

Insert USB memory stick to the USB slot of equipment, then "USB Preset" window is activated.

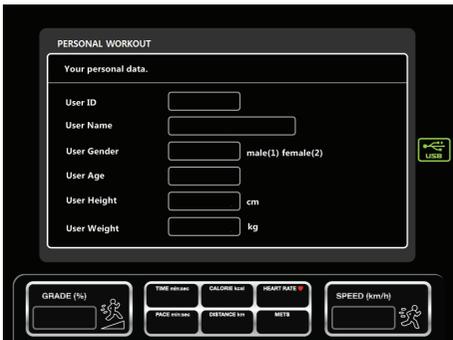
Select "USB Preset" icon by using "PROGRAM" button, then press "ENTER".



### 2-1 Select Workout

Program list of USB memory will be shown on the screen. Select program by using UP(+),DOWN(-) button, then press "START" button.

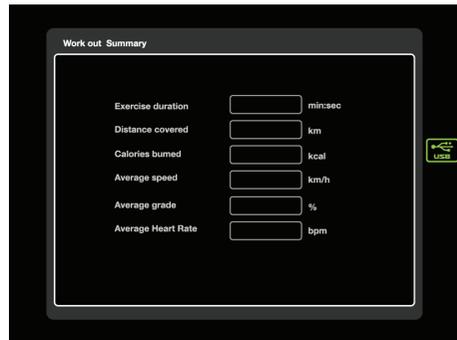
In this stage, you can check user information by pressing display button.



### 2-2 Check User Information

Program list of USB memory will be shown on the screen. Select program by using UP(+),DOWN(-) button, then press "START" button.

In this stage, you can check user information by pressing display button.



### 3 Workout summary

Save your workout to your USB memory stick by pressing "ENTER" button.

\* At any exercise program, workout summary can be saved to USB memory .

### WARNING, PLEASE READ BEFORE EXERCISING:

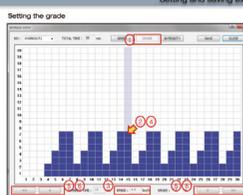
We strongly recommend that you consult with your physician before using this or any other exercise equipment. If you experience pain, shortness of breath, dizziness, or any type of unusual discomfort, contact a physician immediately.

## USB PRESET INFORMATION

If you want to get more information of USB preset, visit our website.  
And download the program manual, read and use with your concern.



- ① "TOTAL TIME" window displays whole exercise time.
  - ② "CURRENT TIME" window displays the selected time.
  - ③ "GRADE" window displays the selected speed.
  - "GRADE" window displays the selected grade.
- \* Exercise time can be set up to 90minutes



- ① The grade can be set in "GRADE" window.
- ② Set the grade with left button of mouse on the graph.
- ③ Input the grade per 0.5km/h in "GRADE" and then press the "Enter". Pressing the "Tab" button of keyboard, next time can be selected.
- ④ The speed can be removed with right button of mouse on the graph.
- ⑤ Pressing "c", ">", the cursor will be moved to previous or next 1 minute.
- ⑥ Pressing "c", ">>", the cursor will be moved to previous or next 30 minute.



- ① The exercise intensity based on the speed and grade you input earlier can be checked in "INTENSITY" window.
  - ② Pressing the "SAVE", the setting of the speed and grade will be completed.
  - ③ Press the "CLOSE" after finishing the setting.
- \* This graph is the same as the screen shown when you exercise.

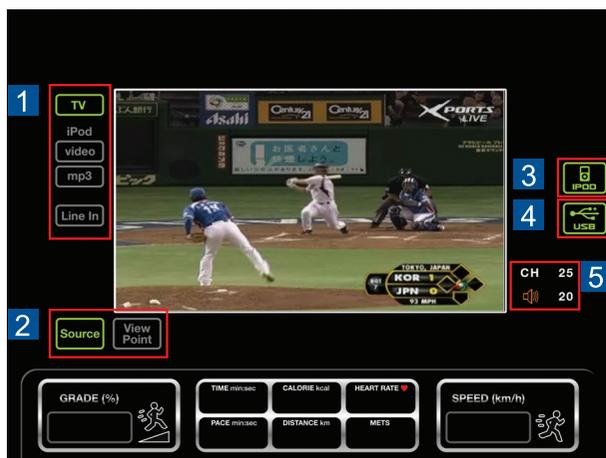


- ① Pressing "c", ">", result of other exercise are displayed.
- ② Pressing the icons such as DISTANCE, CALORIE, AVG.SPEED, AVG. GRADE, AVG HR in "GRAPH" window, results of other exercise are displayed as graph.
- ③ Pressing the "BAR" or "CURVE", exercise result displays as bar or line graph.

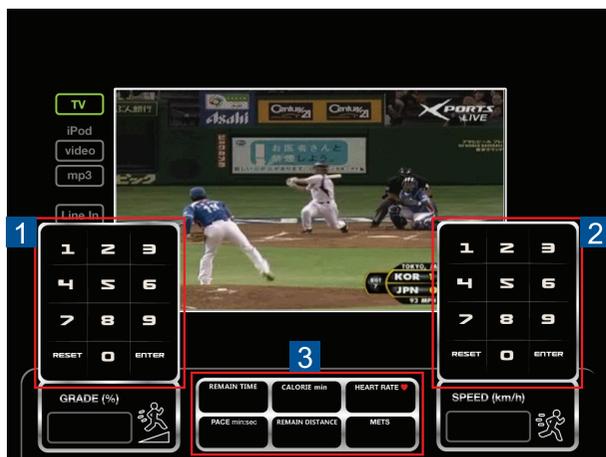
## 5. HOW TO USE (23TX)

### 23TX (Touch Optional)

#### TV Screen



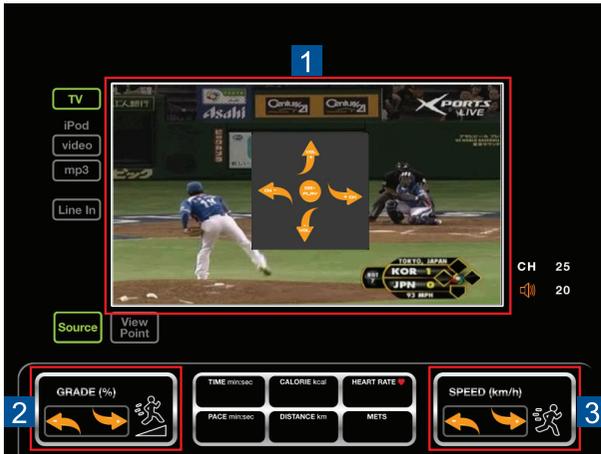
- 1** Select source directly : You can change the source by pressing each icons.
- 2** Change Source and View Point directly : Source signal and View Point graphics will be switching.
- 3** iPod icon : This icon is activated by Connecting iPod. Press iPod icon, then playlist will be shown on the screen.
- 4** USB icon : This icon is activated by connecting USB.
- 5** Display TV Channel/ Volume



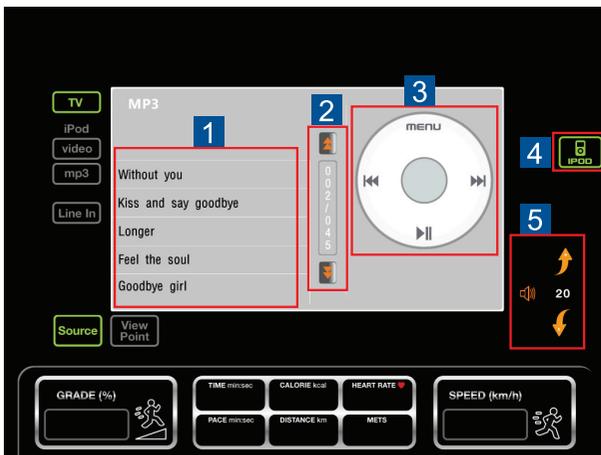
- 1** Input window for GRADE :  
Input grade values by using numeric keys on the screen.
- 2** Input window for SPEED :  
Input grade values by using numeric keys on the screen.
- 3** Exercise Readouts:  
TIME/REMAIN TIME, CALORIE/CAL/MIN, and DISTANCE/REMAIN DISTANCE are displayed.

## 23TX (Touch Optional)

### Main TV Screen Drag



- 1** Up/Down Drag : Volume Control  
Left/Right Drag : Channel Control  
Touch the center of Screen :  
Change the Screen Size
- 2** Grade Window :  
Left/Right Drag : Grade Control
- 3** Speed Window :  
Left/Right Drag : Speed Control



- 1** Playlist :  
Show the list of iPod music file.  
When you select file by finger touch, the file will be played.
- 2** Page scroll :  
Show the playlist and vertical scrolling.
- 3** iPod control :  
Press menu for previous stage.  
Previous/Next file play by pressing FF/REW.  
by pressing PLAY/PAUSE.
- 4** iPod icon :  
This icon is activated by connecting iPod.  
Press iPod icon, then playlist will be shown on the screen.
- 5** MP3 volume control :  
Up/Down Drag around volume icon.

Safety of the treadmill can be maintained only if the treadmill is examined regularly for damage or wear. Keep the treadmill out of use until defective parts are repaired or replaced.

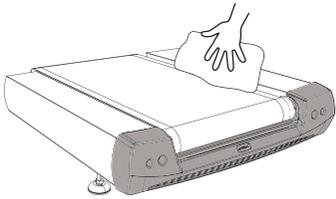
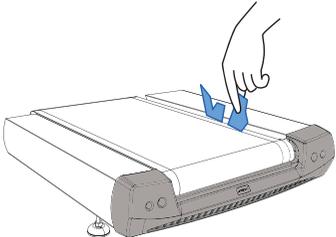
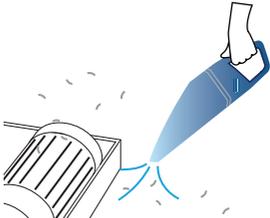
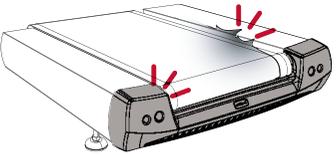
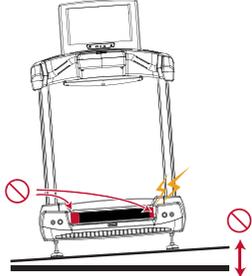
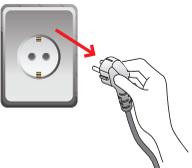
Clean

Check

Forbiddance

Notice

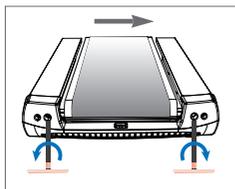
## 1. MAINTENANCE TIPS

<p> After finishing workout, clean the contaminated exterior, display and belt of the treadmill with a dry cloth.</p> 	<p> Vacuum around the walking belt regularly to keep away debris from accumulating.</p> 	<p> Inspect and vacuum the area directly surrounding and under the unit regularly.</p> 
<p> Check the operation of the STOP key and EMERGENCY button once a week.</p> 	<p> Inspect exterior parts regularly for wear, particularly the walking belt, deck and power cord.</p> 	<p> Make sure that the unit is properly levelled.</p> 
<p> <b>WARNING</b></p>	<p> Always unplug the treadmill from the electrical outlet before cleaning or servicing the unit to prevent the damage caused by electric shock.</p> 	<p> The procedure in this manual should be performed by an authorised service representative only.</p> 

- Proper environment for human life : temperature 18°C ~ 22°C, Humidity 40~60%  
Possible environmental range for installation of equipment :  
temperature 10°C ~ 25°C, Humidity 40~70%
- Regarding the emergency dismounting : when the user could not catch up the moving speed you should use the side handrail and the foot platform to dismount.  
Safety area of 2000mm(W) x 1000mm(D) behind the equipment.

### TO CENTER WALKING BELT (TRACKING)

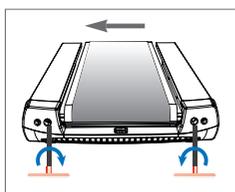
The walking belt of the treadmill has been properly aligned at the factory. However, if the walking belt is off-centered, please follow this procedure.



- 1 Turn on the treadmill, press "START" button and set the speed to 4km/h. (2.5mph)

- 2 If the walking belt has moved to the right, turn the right tension bolt on the rear roller guard a 1/4 clockwise using 10mm T-wrench and then turn the left tension bolt 1/4 counter-clockwise to take the walking belt back to the center of the roller.

If the walking belt has moved to the left, turn the left tension bolt a 1/4 clockwise and then turn the right tension bolt 1/4 counter-clockwise.



- 3 Repeat the adjustments until the walking belt appears centered. Allow the unit to continue running for several minutes to observe if tracking remains stabilized.



**WARNING**

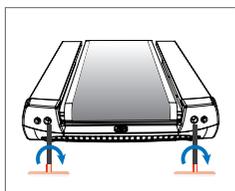
DO NOT exceed one full turn the tension bolts in either direction.

### TO ADJUST WALKING BELT TENSION

The walking belt of the treadmill has been properly tensioned at the factory. However, if the walking belt is loose tensioned, please follow this procedure.

- 1 One person stands on the walking belt. This person press "START" button and operates the treadmill for several minutes at 4km/h(2.5mph)

- 2 Walk on the treadmill. Tightly grip the handrails and apply force with feet on the walking belt near the motor cover against the moving belt direction. If the belt slips, continue to Step 3. If it does not slip, the tension is correct.



- 3 Using the "STOP" button, stop the treadmill. Turn the tension bolts 1/4 turn clockwise for each side.

- 4 Repeat Step 2 and 3 until the belt no longer slips. DO NOT exceed one full turn per side when adjusting the tension bolts.

- 5 Repeat the adjustments until the walking belt appears centered. Allow the unit to continue running for several minutes to observe if tracking remains stabilised.

- 6 Operate the treadmill at 4km/h(2.5mph), check to make sure proper tracking.(Refer to "TO CENTER WALKING BELT" on the previous page.)

## HOW TO OBTAIN PRODUCT SERVICE

Verify the symptom and review the trouble shooting the treadmill or the operation manual. The problem may be unfamiliarity with the product and its features and workouts.

For product service, please contact your seller or the manufacturer.  
(Call 713-667-9606, E-mail to [service@promaxima.com](mailto:service@promaxima.com))

## SYSTEM ERROR

When the treadmill has an error, the message windows of the control panel indicates as the follows.

- |                                |                      |                        |
|--------------------------------|----------------------|------------------------|
| ▪ Inverter Communication error | ▪ Low Voltage error  | ▪ Boost Over error     |
| ▪ Speed Motor error            | ▪ Over Voltage error | ▪ Thermal Heat error   |
| ▪ Over Current error           | ▪ Overheat error     | ▪ Other Inverter error |

## TROUBLE-SHOOTING THE TREADMILL

Malfunction	Probable Cause	Corrective Action
Treadmill will not start	<ul style="list-style-type: none"> <li>▪ ON/OFF switch</li> <li>▪ Not connected cables between display board and power circuit</li> <li>▪ Insufficient power source</li> <li>▪ Power circuit malfunction</li> </ul>	<ul style="list-style-type: none"> <li>➔ Turn the switch to the ON position</li> <li>➔ Check all electrical connections for proper attachment</li> <li>➔ Using a voltmeter, verify power at outlet</li> <li>➔ Replace power circuit</li> </ul>
Walking belt slips	<ul style="list-style-type: none"> <li>▪ Loose walking belt</li> </ul>	<ul style="list-style-type: none"> <li>➔ Adjust belt tension</li> </ul>
Walking belt is off-centered	<ul style="list-style-type: none"> <li>▪ The front and rear roller are not parallel</li> <li>▪ Uneven floor surface</li> </ul>	<ul style="list-style-type: none"> <li>➔ Center walking belt</li> <li>➔ Check level of treadmill</li> </ul>
Display will not operate when powered on	<ul style="list-style-type: none"> <li>▪ Not connected cables</li> <li>▪ Display board or keypad malfunction</li> </ul>	<ul style="list-style-type: none"> <li>➔ Check all electrical connections for proper attachment</li> <li>➔ Replace</li> </ul>
Loud noise	<ul style="list-style-type: none"> <li>▪ Worn motor driving belt or bearing damages in rollers</li> </ul>	<ul style="list-style-type: none"> <li>➔ Replace</li> </ul>
Speed is reduced	<ul style="list-style-type: none"> <li>▪ User's wight is too heavy</li> <li>▪ Friction between walking belt and deck</li> </ul>	<ul style="list-style-type: none"> <li>➔ Not allow user's weight over 200kg</li> <li>➔ Lubricate inside walking belt and deck</li> </ul>
Incline does not operate	<ul style="list-style-type: none"> <li>▪ Limit sensor error</li> <li>▪ Worn incline motor</li> </ul>	<ul style="list-style-type: none"> <li>➔ Replace</li> </ul>
Heart rate reading is abnormal	<ul style="list-style-type: none"> <li>▪ Have not gripped proper position on the metal contacts or too tightly</li> <li>▪ Metal contacts are not clean</li> </ul>	<ul style="list-style-type: none"> <li>➔ Grip the metal contacts properly and avoid moving your hands while using the heart rate sensor</li> <li>➔ Keep the metal contacts clean</li> </ul>

The following tips will help you to plan your workouts. For more detailed exercise informations, obtain a reputable book or consult your physician.

## HOW HARD YOU EXERCISE

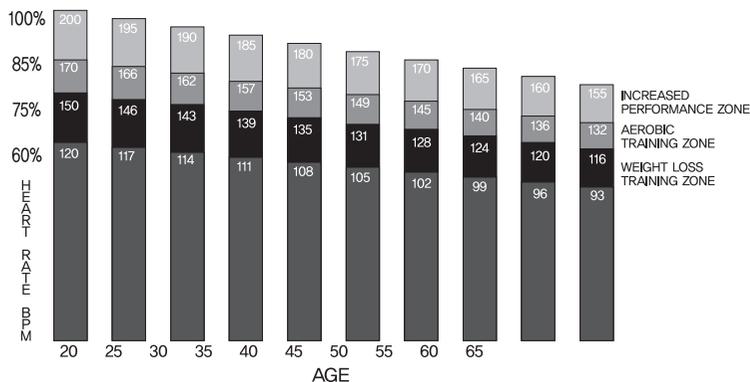
When you maintain your heart rate between 70~80% of your maximum aerobic heart rate, you are improving your overall cardio-vascular/cardiorespiratory fitness level. Maintaining your heart rate either zone (weight loss or cardiovascular) for 30 minutes or more on a regular basis (minimum 30 times a week) provides the great benefits.

Weight Loss = 60~70% of Max H/R

Strengthen Cardiovascular = 70~80% of Max H/R

### Heart Rate Training Zone

This chart illustrates the ideal target zones for your ages. Use the chart as a guideline. Always check with your physician and verify what your appropriate heart rate target zone should be for you age, height, weight, and physical fitness.



**WARNING, PLEASE READ BEFORE EXERCISING:**

We strongly recommend that you consult with your physician before using this or any other exercise equipment. If you experience pain, shortness of breath, dizziness, or any type of unusual discomfort, contact a physician immediately.

### WHAT DOES THIS WARRANTY COVER?

This warranty covers your fitness product against all defects in material and workmanship when used for the purpose intended, under normal conditions provided it receives proper care. The warranty is extended only to the original owner and is not transferable.

### HOW LONG DOES THE COVERAGE LAST?

7 years steel frame. 3 years on all mechanical parts and electronics from the date of purchase. (LCD panel, 2 years)

### WHAT DOES THIS WARRANTY NOT COVER?

Any failures or damage caused by unauthorised service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorisation or by failure on your part to use, operate and maintain as set out in your owner's manual. This warranty does not extend to products used for home use or rental purposes or to products used as store display modules.

### OPERATION MANUAL

It is very important that you read the manual before operating the product. Remember to conduct the periodic maintenance requirements specified in the manual to assure proper operation and your continued satisfaction.

Pro Maxima is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

#### **WARNING, PLEASE READ BEFORE EXERCISING:**

We strongly recommend that you consult with your physician before using this or any other exercise equipment. If you experience pain, shortness of breath, dizziness, or any type of unusual discomfort, contact a physician immediately.

## 1. PHYSICAL FITNESS TEST

## Reference chart for Recovery time (Cool down)

Warming up time + Testing time	0 - 5 min	5 - 15 min	15 min -
Recovery time	1 min	3 min	5 min

## Relative Fitness Classification for Men

Men	Estimated VO2 Max (ml/kg/min) Per Age Category				
	20 - 29	30 - 39	40 - 49	50 - 59	60+
Rating					
Elite	52+	51+	48+	45+	42+
Excellent	50 - 51	48 - 50	46 - 47	42 - 44	39 - 41
Very Good	47 - 49	45 - 47	43 - 45	40 - 41	36 - 38
Above Average	44 - 46	42 - 44	40 - 42	37 - 39	33 - 35
Average	41 - 43	39 - 41	37 - 39	34 - 36	30 - 32
Below Average	38 - 40	36 - 38	34 - 36	31 - 33	27 - 29
Low	35 - 37	33 - 35	31 - 33	28 - 30	24 - 26
Very Low	<35	<33	<31	<28	<24

## Relative Fitness Classification for Women

Women	Estimated VO2 Max (ml/kg/min) Per Age Category				
	20 - 29	30 - 39	40 - 49	50 - 59	60+
Rating					
Elite	44+	42+	39+	35+	34+
Excellent	42 - 43	40 - 41	37 - 38	33 - 34	32 - 33
Very Good	39 - 41	37 - 39	35 - 36	31 - 32	30 - 31
Above Average	37 - 38	35 - 36	32 - 34	29 - 30	28 - 29
Average	34 - 36	32 - 34	30 - 31	27 - 28	25 - 27
Below Average	31 - 33	29 - 31	27 - 29	25 - 26	23 - 24
Low	28 - 30	27 - 28	25 - 26	22 - 24	20 - 22
Very Low	<28	<27	<25	<22	<20

Pro Maxima developed this rating scale based on VO2 max percentile distributions referenced in American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" (6th Ed. 2000). It is designed to provide a qualitative description of a user's VO2 max estimation, and a means of assessing initial fitness level and tracking improvement.

**2. FIRE FIGHTER(GERKIN)**

Stage	Total Time (min)	Speed (mph)	% Grade	HR	BP	Notes	Firefighter Fitness Category
0	1:00	3.0	0				Inadequate: Insufficient aerobic capacity to sustain arduous firefighting tasks such as stair climbing for more than 3 minutes  <11 minutes  Marginal  Recommended  Desirable: Capable of sustaining the most arduous firefighting tasks indefinitely with an ample margin of reserve
	2:00	3.0	0				
	3:00	3.0	0				
1	4:00	4.5	0				
2	5:00	4.5	2				
3	6:00	5.0	2				
4	7:00	5.0	4				
5	8:00	5.5	4				
6	9:00	5.5	6				
7	10:00	6.0	6				
8	11:00	6.0	8				
9	12:00	6.5	8				
10	13:00	6.5	10				
11	14:00	7.0	10				
12	15:00	7.0	12				
13	16:00	7.5	12				
14	17:00	7.5	14				
15	18:00	8.0	14				
16	19:00	8.0	16				
Recovery	0:00	3.0	0				
	1:00	3.0	0				
	2:00	3.0	0				
	3:00	Sitting or Supine					
	4:00						
	5:00						

**WARNING, PLEASE READ BEFORE EXERCISING:**  
 We strongly recommend that you consult with your physician before using this or any other exercise equipment.  
 If you experience pain, shortness of breath, dizziness, or any type of unusual discomfort, contact a physician immediately.

## 3. ARMY PHYSICAL FITNESS TEST

### Relative Fitness Classification for Men

Age	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+
Time	Score									
13:00	100	100	100	100	100	100	100	100	100	100
13:06	99	99	100	100	100	100	100	100	100	100
13:12	97	98	100	100	100	100	100	100	100	100
13:18	96	97	100	100	100	100	100	100	100	100
13:24	94	96	99	99	100	100	100	100	100	100
13:30	93	94	98	98	100	100	100	100	100	100
13:36	92	93	97	97	100	100	100	100	100	100
13:42	90	92	96	96	99	100	100	100	100	100
25:42:00	0	0	0	0	0	0	11	14	10	7
25:48:00	0	0	0	0	0	0	11	13	9	6
25:54:00	0	0	0	0	0	0	10	12	8	5
26:00:00	0	0	0	0	0	0	9	11	7	4
26:06:00	0	0	0	0	0	0	8	11	6	3
26:12:00	0	0	0	0	0	0	7	10	5	2
26:18:00	0	0	0	0	0	0	7	9	4	1
26:24:00	0	0	0	0	0	0	6	8	3	0
26:30:00	0	0	0	0	0	0	5	7	3	0

### Relative Fitness Classification for Women

Age	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+
Time	Score									
15:36	100	100	100	100	100	100	100	100	100	100
15:42	99	99	100	100	100	100	100	100	100	100
15:48	98	98	100	100	100	100	100	100	100	100
15:54	96	97	99	100	100	100	100	100	100	100
16:00	95	96	98	99	100	100	100	100	100	100
16:06	94	95	97	99	100	100	100	100	100	100
26:00:00	0	0	13	30	37	45	47	48	51	52
26:06:00	0	0	12	30	36	45	47	47	50	51
26:12:00	0	0	11	29	35	44	46	47	49	50
26:18:00	0	0	11	28	35	43	46	46	48	50
26:24:00	0	0	10	28	34	43	45	45	47	49
26:30:00	0	0	9	27	33	42	44	44	47	48

4. AIR FORCE FITNESS TEST(MEN)

Relative Fitness Classification for Men

Under Age 25	Ages 25 - 29	Ages 30 - 34	Ages 35 - 39	Ages 40 - 44	Ages 45 - 49	Ages 50 - 54	Ages 55 plus
1.5 Mile Run Time (min)							
Component point							
50 <=11:06	50 <=11:06	50 <=11:54	50 <=11:54	50 <=12:30	50 <=12:30	50 <=14:24	50 <=14:24
47.5 11:07-11:36	47.5 11:07-11:36	47.5 11:55-12:30	47.5 11:55-12:30	47.5 12:31-12:54	47.5 12:31-12:54	47.5 14:25-14:54	47.5 14:25-14:54
45 11:37-11:54	45 11:37-11:54	45 12:31-12:54	45 12:31-12:54	45 12:55-13:12	45 12:55-13:12	45 14:55-15:18	45 14:55-15:18
43.5 11:55-12:30	43.5 11:55-12:30	43.5 12:55-13:12	43.5 12:55-13:12	43.5 13:13-14:00	43.5 13:13-14:00	43.5 15:19-16:24	43.5 15:19-16:24
42 12:31-13:12	42 12:31-13:12	42 13:13-13:36	42 13:13-13:36	42 14:01-14:54	42 14:01-14:54	42 16:25-16:54	42 16:25-16:54
40.5 13:13-14:00	40.5 13:13-14:00	40.5 13:37-14:24	40.5 13:37-14:24	40.5 14:55-15:48	40.5 14:55-15:48	40.5 16:55-17:36	40.5 16:55-17:36
39 14:01-14:54	39 14:01-14:54	39 14:25-14:54	39 14:25-14:54	39 15:49-16:24	39 15:49-16:24	39 17:37-18:12	39 17:37-18:12
37.5 14:55-15:18	37.5 14:55-15:18	37.5 15:18-15:48	37.5 15:18-15:48	37.5 16:25-16:54	37.5 16:25-16:54	37.5 18:13-18:54	37.5 18:13-18:54
36 15:19-15:48	36 15:19-15:48	36 15:49-16:24	36 15:49-16:24	36 16:55-17:36	36 16:55-17:36	36 18:55-19:42	36 18:55-19:42
34 15:49-16:24	34 15:49-16:24	34 16:25-16:54	34 16:25-16:54	34 17:37-18:12	34 17:37-18:12	34 19:43-20:36	34 19:43-20:36
32 16:25-16:54	32 16:25-16:54	32 16:55-17:36	32 16:55-17:36	32 18:13-18:54	32 18:13-18:54	32 20:37-21:30	32 20:37-21:30
30 16:55-17:36	30 16:55-17:36	30 17:37-18:12	30 17:37-18:12	30 18:55-19:42	30 18:55-19:42	30 21:31-22:30	30 21:31-22:30
27 17:37-18:12	27 17:37-18:12	27 18:13-18:54	27 18:13-18:54	27 19:43-20:36	27 19:43-20:36	27 22:31-23:36	27 22:31-23:36
24 18:13-18:54	24 18:13-18:54	24 18:55-19:42	24 18:55-19:42	24 20:37-21:30	24 20:37-21:30	24 23:37-24:48	24 23:37-24:48
21 18:55-19:42	21 18:55-19:42	21 19:43-20:36	21 19:43-20:36	21 21:31-22:30	21 21:31-22:30	21 24:49-26:06	21 24:49-26:06
18 19:43-20:36	18 19:43-20:36	18 20:37-21:30	18 20:37-21:30	18 22:31-23:36	18 22:31-23:36	18 26:07-27:36	18 26:07-27:36
15 20:37-21:30	15 20:37-21:30	15 21:31-22:30	15 21:31-22:30	15 23:37-24:48	15 23:37-24:48	15 27:37-29:18	15 27:37-29:18
12 21:31-22:30	12 21:31-22:30	12 22:31-23:36	12 22:31-23:36	12 24:49-26:06	12 24:49-26:06	12 29:19-31:12	12 29:19-31:12
9 22:31-23:36	9 22:31-23:36	9 23:37-24:48	9 23:37-24:48	9 26:07-27:36	9 26:07-27:36	9 31:13-33:18	9 31:13-33:18
6 23:37-24:48	6 23:37-24:48	6 24:49-26:06	6 24:49-26:06	6 27:37-29:18	6 27:37-29:18	6 33:19-35:48	6 33:19-35:48
3 24:49-26:06	3 24:49-26:06	3 26:07-27:36	3 26:07-27:36	3 29:19-31:12	3 29:19-31:12	3 35:49-38:36	3 35:49-38:36
0 >26:06	0 >26:06	0 >26:06	0 >26:06	0 >31:12	0 >31:12	0 >38:36	0 >38:36

4. AIR FORCE FITNESS TEST(WOMEN)

Relative Fitness Classification for Women

	Under Age 25	Ages 25 - 29	Ages 30 - 34	Ages 35 - 39	Ages 40 - 44	Ages 45 - 49	Ages 50 - 54	Ages 55 plus
1.5 Mile Run Time (min)	<=9:36	<=9:36	<=9:48	<=9:48	<=10:24	<=10:24	<=11:06	<=11:06
Component point	50	50	50	50	50	50	50	50
1.5 Mile Run Time (min)	9:37-9:48	9:49-10:12	9:49-10:12	9:49-10:12	10:25-10:36	10:25-10:36	11:07-11:24	11:07-11:24
Component point	47.5	47.5	47.5	47.5	47.5	47.5	47.5	47.5
1.5 Mile Run Time (min)	9:49-10:12	9:49-10:12	10:13-10:24	10:13-10:24	10:37-10:54	10:37-10:54	11:25-11:36	11:25-11:36
Component point	45	45	45	45	45	45	45	45
1.5 Mile Run Time (min)	10:13-10:36	10:13-10:36	10:25-10:54	10:25-10:54	10:55-11:24	10:55-11:24	11:37-12:12	11:37-12:12
Component point	43.5	43.5	43.5	43.5	43.5	43.5	43.5	43.5
1.5 Mile Run Time (min)	10:37-11:06	10:37-11:06	10:55-11:24	10:55-11:24	11:25-11:54	11:25-11:54	12:13-12:54	12:13-12:54
Component point	42	42	42	42	42	42	42	42
1.5 Mile Run Time (min)	11:07-11:36	11:07-11:36	11:25-11:54	11:25-11:54	11:55-12:30	11:55-12:30	12:55-13:36	12:55-13:36
Component point	40.5	40.5	40.5	40.5	40.5	40.5	40.5	40.5
1.5 Mile Run Time (min)	11:37-12:12	11:37-12:12	11:55-12:30	11:55-12:30	12:31-13:12	12:31-13:12	13:37-14:24	13:37-14:24
Component point	39	39	39	39	39	39	39	39
1.5 Mile Run Time (min)	12:13-12:54	12:13-12:54	12:31-13:36	12:31-13:36	13:13-13:36	13:13-13:36	14:25-15:18	14:25-15:18
Component point	37.5	37.5	37.5	37.5	37.5	37.5	37.5	37.5
1.5 Mile Run Time (min)	12:55-13:36	12:55-13:36	13:37-14:24	13:37-14:24	14:25-15:18	14:25-15:18	15:19-15:48	15:19-15:48
Component point	36	36	36	36	36	36	36	36
1.5 Mile Run Time (min)	13:37-14:24	13:37-14:24	14:25-14:54	14:25-14:54	15:19-15:48	15:19-15:48	16:54-17:36	16:54-17:36
Component point	34	34	34	34	34	34	34	34
1.5 Mile Run Time (min)	14:25-14:54	14:25-14:54	14:54-15:18	14:54-15:18	15:48-16:24	15:48-16:24	17:37-18:12	17:37-18:12
Component point	32	32	32	32	32	32	32	32
1.5 Mile Run Time (min)	14:54-15:18	14:54-15:18	15:19-15:48	15:19-15:48	16:24-16:54	16:24-16:54	18:13-18:54	18:13-18:54
Component point	30	30	30	30	30	30	30	30
1.5 Mile Run Time (min)	15:19-15:48	15:19-15:48	15:48-16:24	15:48-16:24	16:54-17:36	16:54-17:36	19:42-20:36	19:42-20:36
Component point	27	27	27	27	27	27	27	27
1.5 Mile Run Time (min)	15:49-16:24	15:49-16:24	16:24-16:54	16:24-16:54	17:36-18:12	17:36-18:12	20:37-21:30	20:37-21:30
Component point	24	24	24	24	24	24	24	24
1.5 Mile Run Time (min)	16:25-16:54	16:25-16:54	16:54-17:36	16:54-17:36	18:13-18:54	18:13-18:54	21:31-22:30	21:31-22:30
Component point	21	21	21	21	21	21	21	21
1.5 Mile Run Time (min)	16:54-17:36	16:54-17:36	17:36-18:12	17:36-18:12	18:54-19:42	18:54-19:42	22:31-23:36	22:31-23:36
Component point	18	18	18	18	18	18	18	18
1.5 Mile Run Time (min)	17:37-18:12	17:37-18:12	18:12-18:54	18:12-18:54	19:42-20:36	19:42-20:36	23:37-24:48	23:37-24:48
Component point	15	15	15	15	15	15	15	15
1.5 Mile Run Time (min)	18:13-18:54	18:13-18:54	18:54-19:42	18:54-19:42	20:36-21:30	20:36-21:30	24:49-26:06	24:49-26:06
Component point	12	12	12	12	12	12	12	12
1.5 Mile Run Time (min)	18:54-19:42	18:54-19:42	19:42-20:36	19:42-20:36	21:30-22:30	21:30-22:30	26:07-27:36	26:07-27:36
Component point	9	9	9	9	9	9	9	9
1.5 Mile Run Time (min)	19:43-20:36	19:43-20:36	20:36-21:30	20:36-21:30	22:31-23:36	22:31-23:36	>27:36	>27:36
Component point	6	6	6	6	6	6	0	0
1.5 Mile Run Time (min)	20:37-21:30	20:37-21:30	21:30-22:30	21:30-22:30	>23:36	>23:36		
Component point	3	3	3	3	0	0		
1.5 Mile Run Time (min)	>21:30	>21:30	>21:30	>21:30				
Component point	0	0	0	0				

5. MARINE CORPS PHYSICAL FITNESS TEST

Marine Corps physical Fitness Test Points - Men / Women

Points	3-Mile Run min/(Men)	3-Mile Run min/(Women)	Points	3-Mile Run min/(Men)	3-Mile Run min/(Women)	Points	3-Mile Run min/(Men)	3-Mile Run min/(Women)
100	18:00	21:00	90	19:40	22:40	80	21:20	24:20
99	18:10	21:10	89	19:50	22:50	79	21:30	24:30
98	18:20	21:20	88	20:00	23:00	78	21:40	24:40
97	18:30	21:30	87	20:10	23:10	77	21:50	24:50
96	18:40	21:40	86	20:20	23:20	76	22:00	25:00
95	18:50	21:50	85	20:30	23:30	75	22:10	25:10
94	19:00	22:00	84	20:40	23:40	74	22:20	25:20
93	19:10	22:10	83	20:50	23:50	73	22:30	25:30
92	19:20	22:20	82	21:00	24:00	72	22:40	25:40
91	19:30	22:30	81	21:10	24:10	71	22:50	25:50

Points	3-Mile Run min/(Men)	3-Mile Run min/(Women)	Points	3-Mile Run min/(Men)	3-Mile Run min/(Women)	Points	3-Mile Run min/(Men)	3-Mile Run min/(Women)
70	23:00	26:00	60	24:40	27:40	50	26:20	29:20
69	23:10	26:10	59	24:50	27:50	49	26:30	29:30
68	23:20	26:20	58	25:00	28:00	48	26:40	29:40
67	23:30	26:30	57	25:10	28:10	47	26:50	29:50
66	23:40	26:40	56	25:20	28:20	46	27:00	30:00
65	23:50	26:50	55	25:30	28:30	45	27:10	30:10
64	24:00	27:00	54	25:40	28:40	44	27:20	30:20
63	24:10	27:10	53	25:50	28:50	43	27:30	30:30
62	24:20	27:20	52	26:00	29:00	42	27:40	30:40
61	24:30	27:30	51	26:10	29:10	41	27:50	30:50

Points	3-Mile Run min/(Men)	3-Mile Run min/(Women)	Points	3-Mile Run min/(Men)	3-Mile Run min/(Women)	Points	3-Mile Run min/(Men)	3-Mile Run min/(Women)
40	28:00	31:00	30	29:40	32:40	20	31:20	34:20
39	28:10	31:10	29	29:50	32:50	19	31:30	34:30
38	28:20	31:20	28	30:00	33:00	18	31:40	34:40
37	28:30	31:30	27	30:10	33:10	17	31:50	34:50
36	28:40	31:40	26	30:20	33:20	16	32:00	35:00
35	28:50	31:50	25	30:30	33:30	15	32:10	35:10
34	29:00	32:00	24	30:40	33:40	14	32:20	35:20
33	29:10	32:10	23	30:50	33:50	13	32:30	35:30
32	29:20	32:20	22	31:00	34:00	12	32:40	35:40
31	29:30	32:30	21	31:10	34:10	11	32:50	35:50
						10	33:00	36:00

## 6. NAVY PHYSICAL TRAINING

### Navy PRT Standards

Category	Level	Points	1.5 - Mile / Run (Men)						
			Age 17-19	Age 20-24	Age 25-29	Age 30-34	Age 35-39	Age 40-44	Age 45-49
Outstanding	High	100	8:15	8:30	8:55	9:20	9:25	9:30	9:33
Outstanding	Medium	95	8:45	9:00	9:23	9:45	9:53	10:00	10:08
Outstanding	Low	90	9:00	9:15	9:38	10:00	10:08	10:15	10:30
Excellent	High	85	9:15	9:45	10:15	10:30	10:38	10:45	11:08
Excellent	Medium	80	9:30	10:00	10:30	11:00	11:08	11:15	11:38
Excellent	Low	75	9:45	10:30	10:52	11:15	11:23	11:45	12:08
Good	High	70	10:00	10:45	11:23	12:00	12:23	12:45	13:00
Good	Medium	65	10:30	11:30	12:15	13:00	13:23	13:45	14:08
Good	Low	60	11:00	12:00	12:53	13:45	14:08	14:30	14:53
Satisfactory	High	55	12:00	12:45	13:23	14:00	14:23	14:45	15:15
Satisfactory	Medium	50	12:15	13:15	13:45	14:15	14:45	15:15	15:45
Probationary		45	12:30	13:30	14:00	14:30	15:00	15:30	16:08

Category	Level	Points	1.5-Mile / Run (Women)						
			Age 17-19	Age 20-24	Age 25-29	Age 30-34	Age 35-39	Age 40-44	Age 45-49
Outstanding	High	100	9:29	9:47	10:17	10:46	10:51	10:56	10:58
Outstanding	Medium	95	11:15	11:15	11:30	11:45	11:53	12:00	12:08
Outstanding	Low	90	11:30	11:30	11:45	12:00	12:08	12:15	12:30
Excellent	High	85	11:45	12:15	12:30	12:45	12:53	13:00	13:15
Excellent	Medium	80	12:00	12:45	13:00	13:15	13:23	13:30	13:45
Excellent	Low	75	12:30	13:15	13:23	13:30	13:45	14:00	14:08
Good	High	70	12:45	13:30	14:00	14:30	14:38	14:45	15:00
Good	Medium	65	13:00	13:45	14:30	15:15	15:30	15:45	15:53
Good	Low	60	13:30	14:15	14:53	15:30	15:53	16:15	16:30
Satisfactory	High	55	14:15	15:00	15:23	15:45	16:15	16:45	16:53
Satisfactory	Medium	50	14:45	15:15	15:45	16:15	16:38	17:00	17:08
Probationary		45	15:00	15:30	16:08	16:45	17:00	17:15	17:23

**WARNING, PLEASE READ BEFORE EXERCISING:**

We strongly recommend that you consult with your physician before using this or any other exercise equipment. If you experience pain, shortness of breath, dizziness, or any type of unusual discomfort, contact a physician immediately.

**WARNING, PLEASE READ BEFORE EXERCISING:**

We strongly recommend that you consult with your physician before using this or any other exercise equipment. If you experience pain, shortness of breath, dizziness, or any type of unusual discomfort, contact a physician immediately.

**WARNING, PLEASE READ BEFORE EXERCISING:**

We strongly recommend that you consult with your physician before using this or any other exercise equipment. If you experience pain, shortness of breath, dizziness, or any type of unusual discomfort, contact a physician immediately.

# PRO MAXIMA

**For any questions you can contact  
Pro Maxima using the information below  
Phone : 713-667-9606  
<http://www.promaxima.com>  
E-mail : [service@promaxima.com](mailto:service@promaxima.com)**