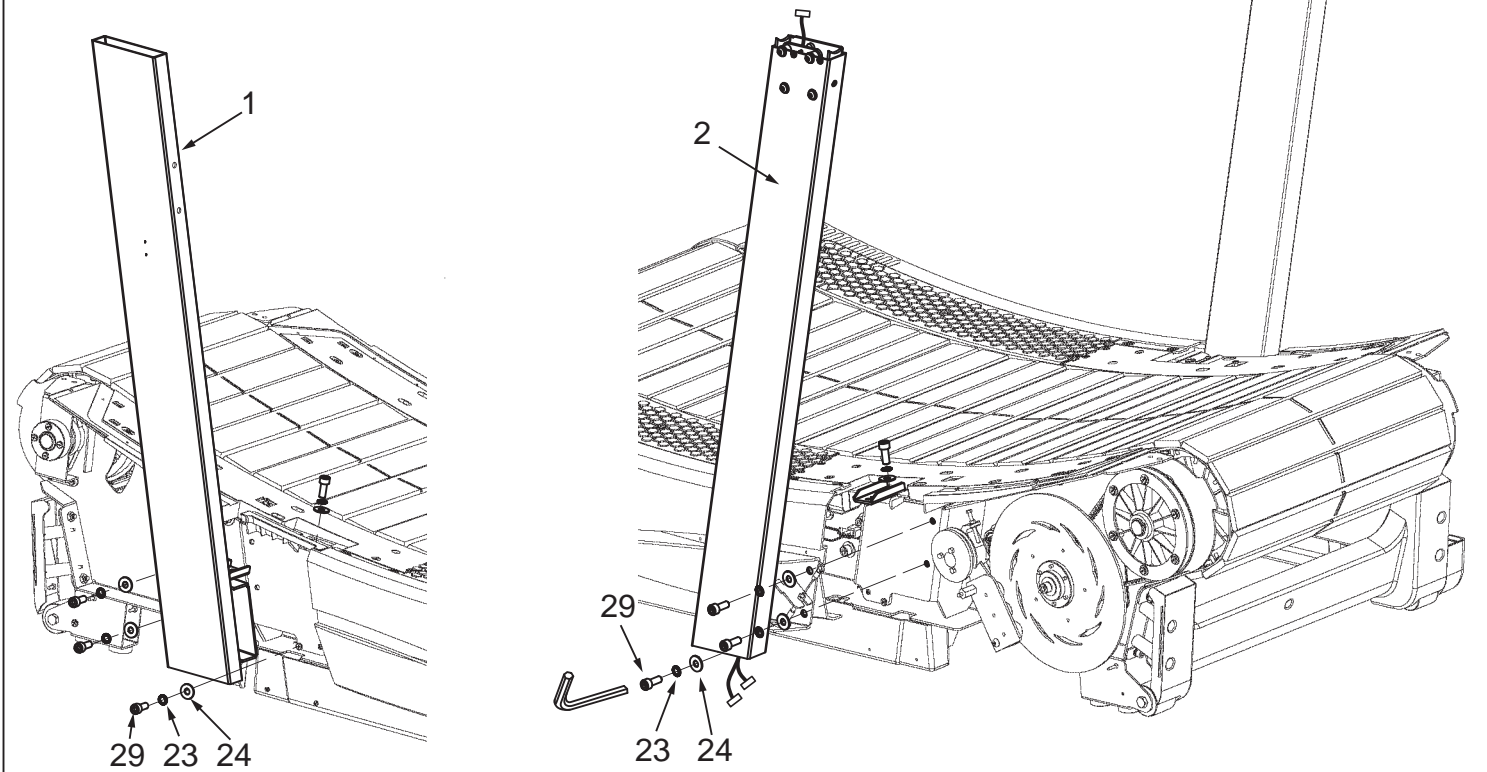




# Assembly

- The treadmill is heavy, **DO NOT** attempt to move or assemble alone with single hand.
- Please unpack and assemble the product at the designated location to reduce unnecessary moving.
- Please follow the proper instructions. When performing each step, please be sure all the screws and bolts are in place and partially tighten. Please tighten all the screws and bolts once all are in place.

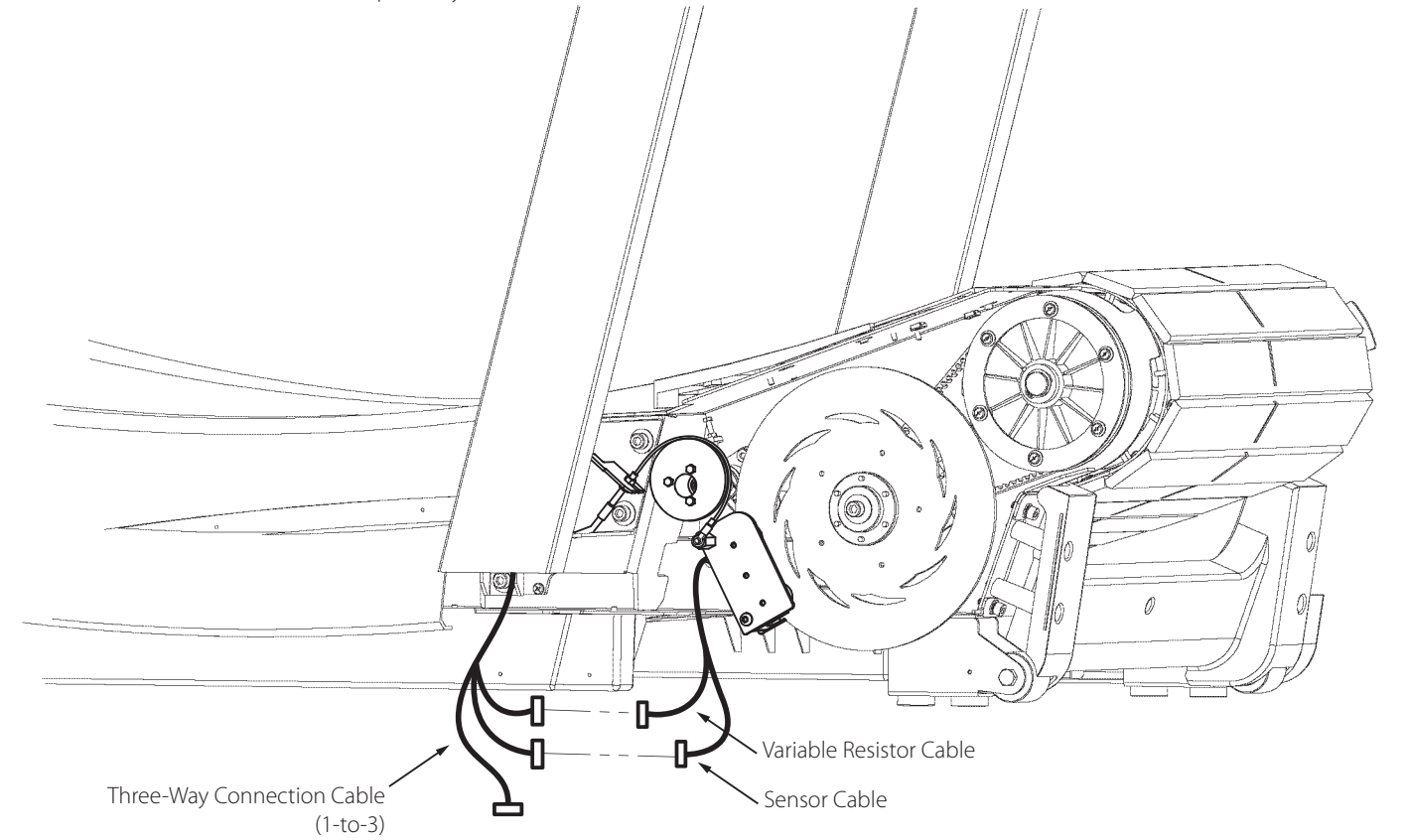
## Step 1 Assembling Left and Right Uprights



ASSEMBLY PARTS			SCREWS			TOOLS		
Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty
1	Left Upright	1	29	Hex Socket Set Screw M10x1.5x25L	8	T1	8mm Hex Key (Allen Key)	1
2	Right Upright	1	23	Serrated Safety Washer M10	8			
			24	Flat Washer Ø10xØ25x2T	8			

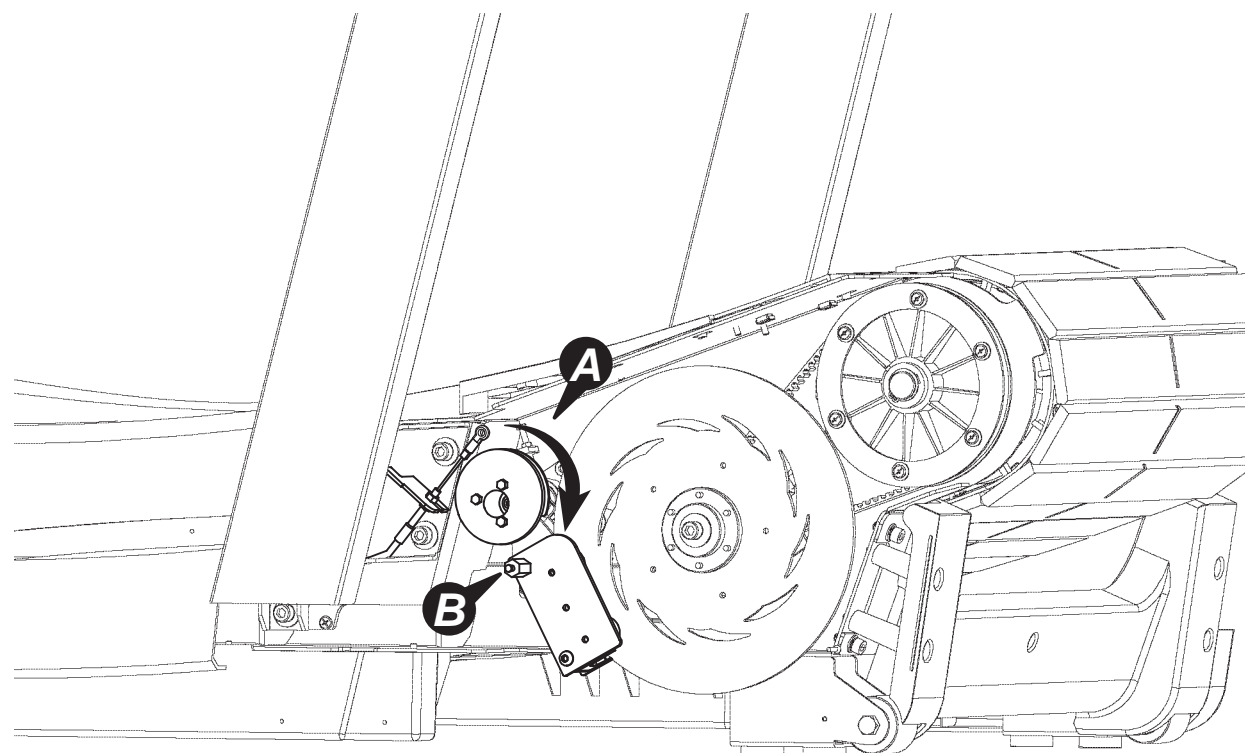
## Step 3 Connecting the Wires of Right Mast

Pull out the three-way connection cable (1-to-3) located at the bottom of the right upright. Connect two of the connectors to the variable resistor cable and the sensor cable respectively.



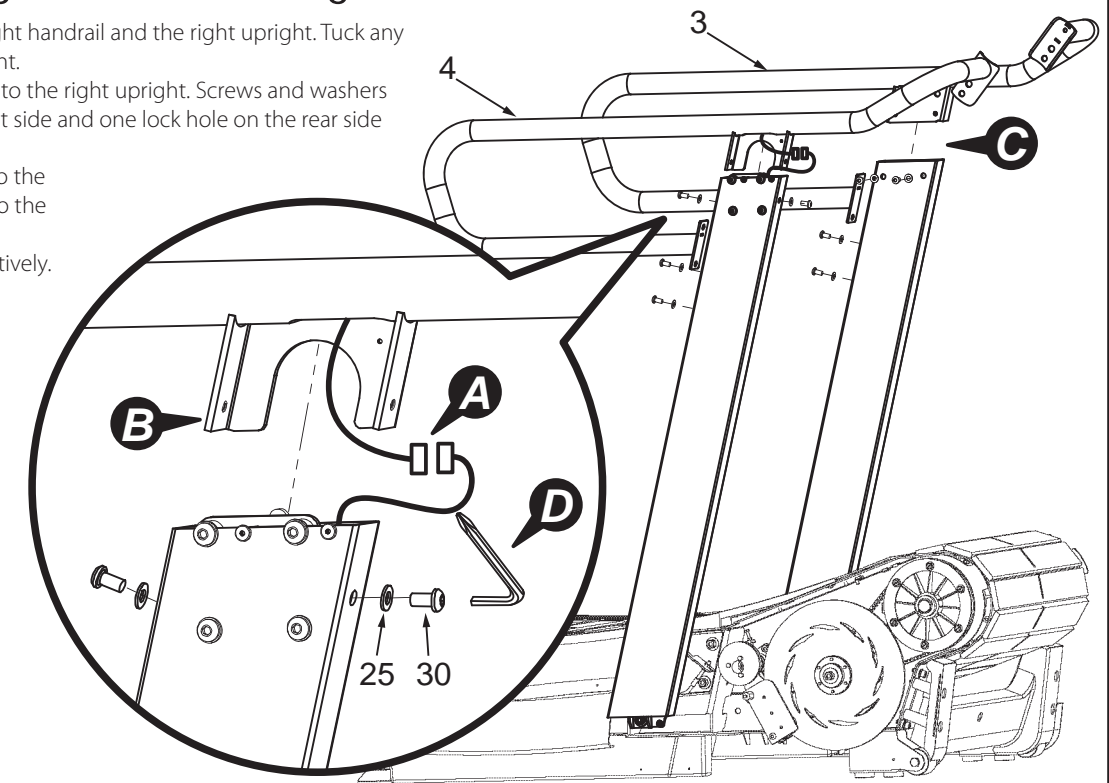
## Step 2 Attach the Steel Cable

- Pull out the steel cable from the front right side of the base. Route the cable into the recess of the magnetic assembly, following the direction of the arrow.
- Hook the end fitting of the steel cable onto the connector on the magnetic assembly plate. Make sure both parts are securely and firmly connected.



## Step 4 Assembling the Left and Right Handrails

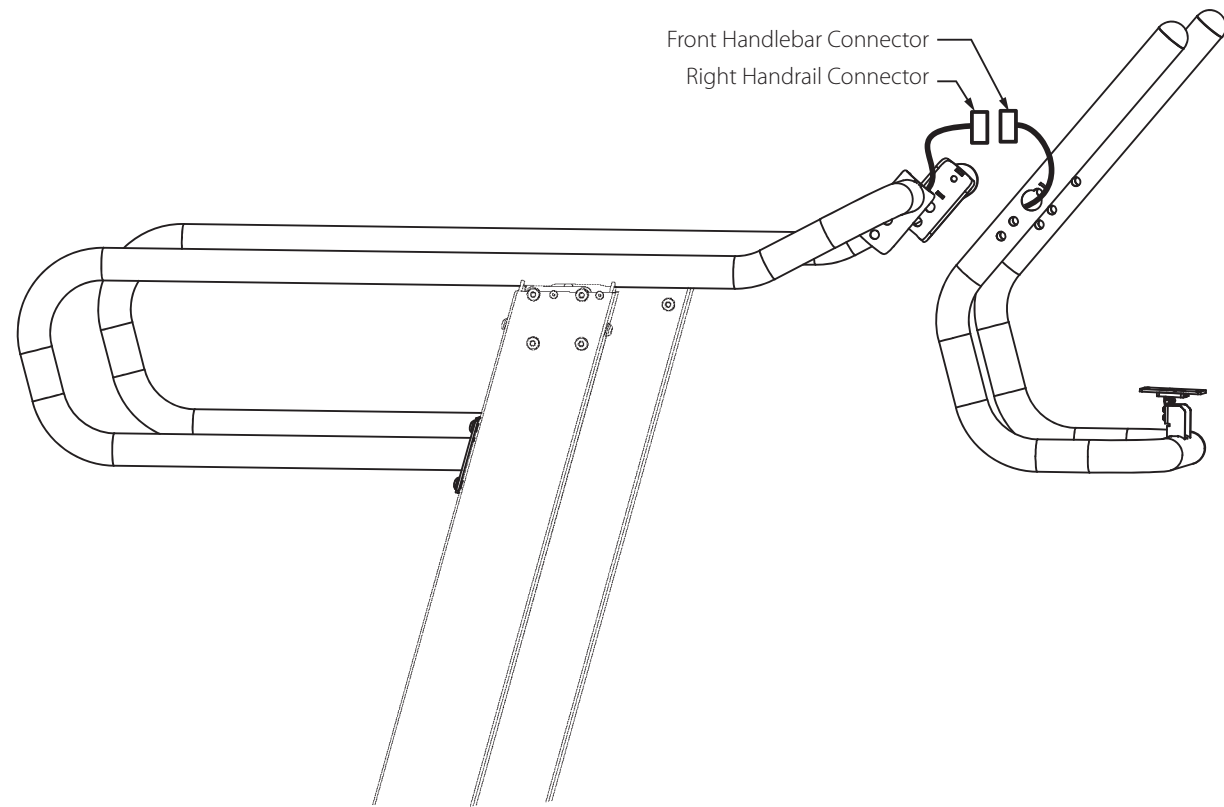
- Connect the cables between the right handrail and the right upright. Tuck any excess cable neatly inside the upright.
- Align and insert the right handrail into the right upright. Screws and washers into the three lock holes on the front side and one lock hole on the rear side of the right upright.
- Align and insert the left handrail into the left upright. Screws and washers into the two lock holes on the front side and inner side of the left upright, respectively.
- Do not fully tighten the screws and washers at this stage. Fully tighten them together with the front handlebar assembly in **Step 6**.



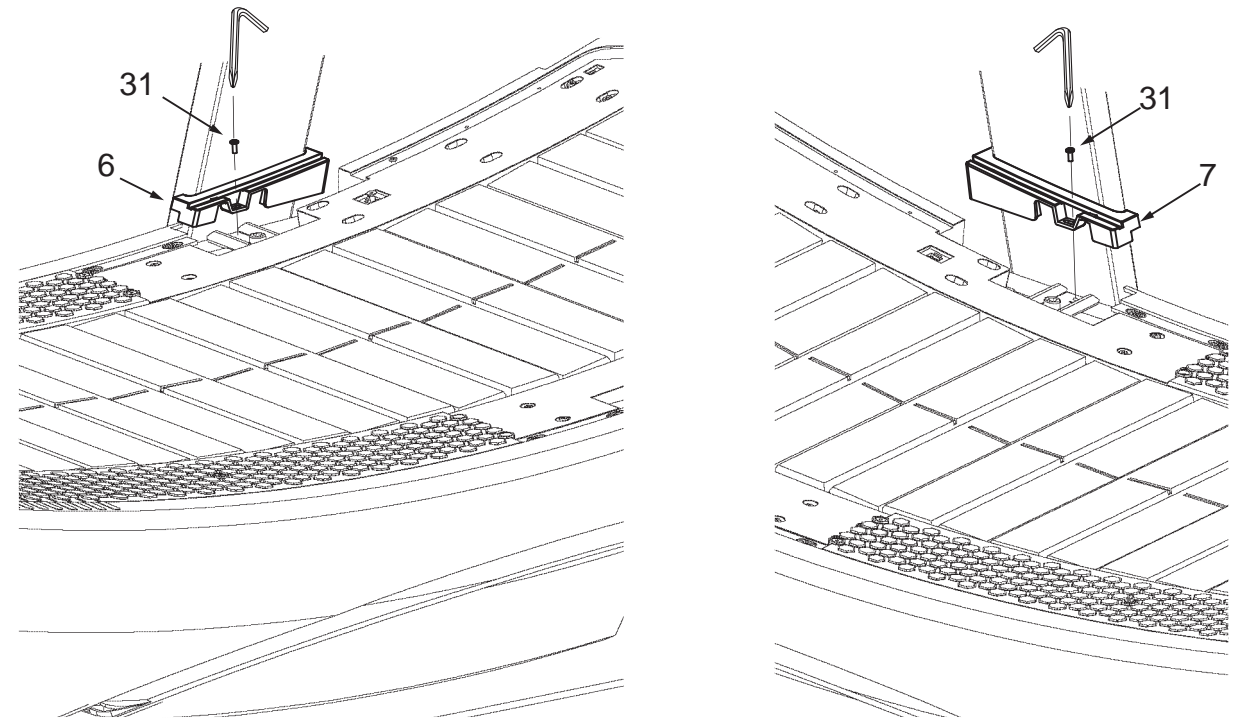
ASSEMBLY PARTS			SCREWS			TOOLS		
Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty
3	Left Handrail	1	25	Flat Washer Ø8xØ16x1.5T	4	T2	5mm Phillips Hex Key (Phillips Allen Key)	1
4	Right Handrail	1	30	Button Head Hex Socket Screw M8x1.25x15L	4			

## Step 5 Connecting the Wires of Right Handrail

Connect the cables between the right handrail and the front handlebar assembly.  
Tuck any excess cable neatly inside the handlebar tubes.



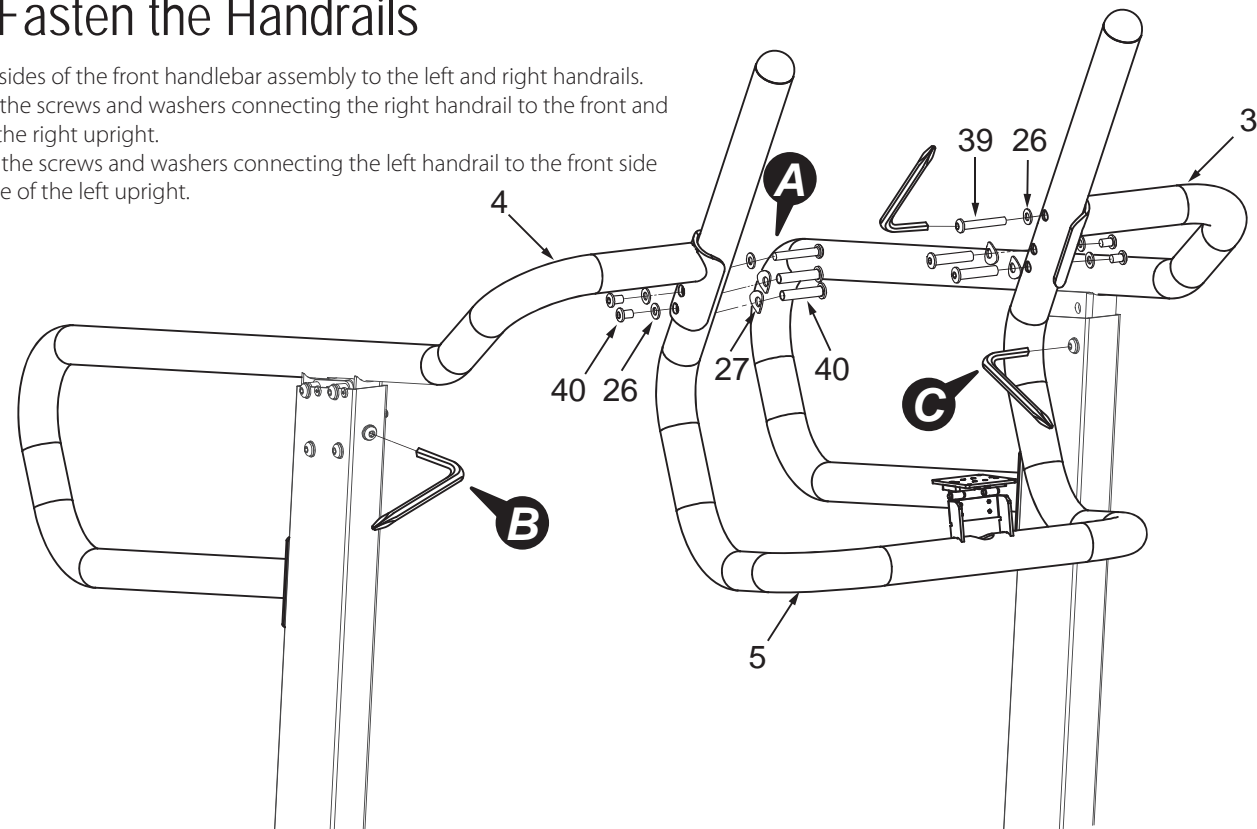
## Step 7 Fasten Mid-Left and Right Covers



ASSEMBLY PARTS			SCREWS			TOOLS		
Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty
6	Mid-Left Cover	1	31	Round Head Phillips Screws M4x0.7x10L	2	T2	5mm Phillips Hex Key (Phillips Allen Key)	1
7	Mid-Right Cover	1						

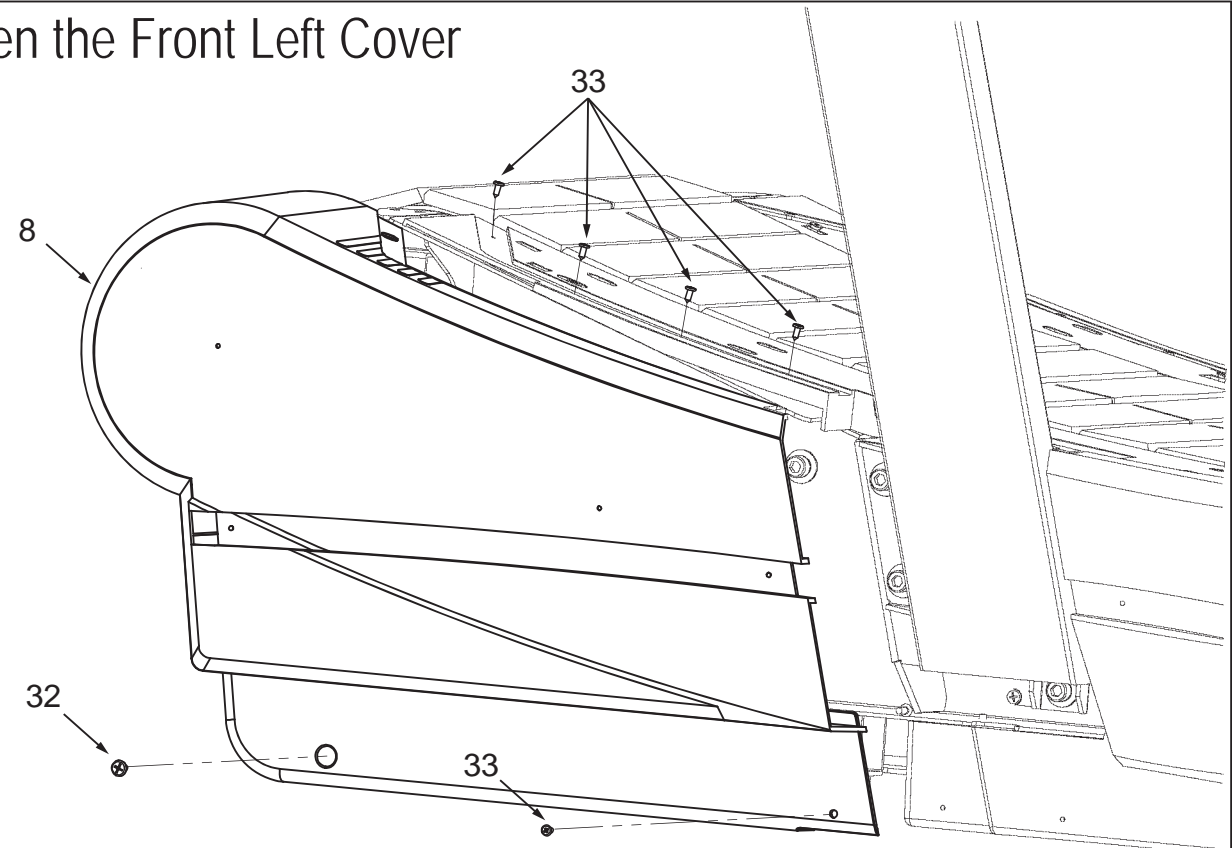
## Step 6 Fasten the Handrails

- A) Secure both sides of the front handlebar assembly to the left and right handrails.
- B) Fully tighten the screws and washers connecting the right handrail to the front and rear sides of the right upright.
- C) Fully tighten the screws and washers connecting the left handrail to the front side and inner side of the left upright.



ASSEMBLY PARTS			SCREWS			TOOLS		
Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty
3	Left Handrail	1	39	Button Head Hex Socket Screw M8x1.25x50L	2	T2	5mm Phillips Hex Key (Phillips Allen Key)	1
4	Right Handrail	1	26	Flat Washer Ø8xØ20x1.5T	6			
5	Front Handlebar	1	27	Curved Gasket Ø10xØ23x1.5T×19R	4			
			40	Screw Post Screw M8x1.25x45L	4			

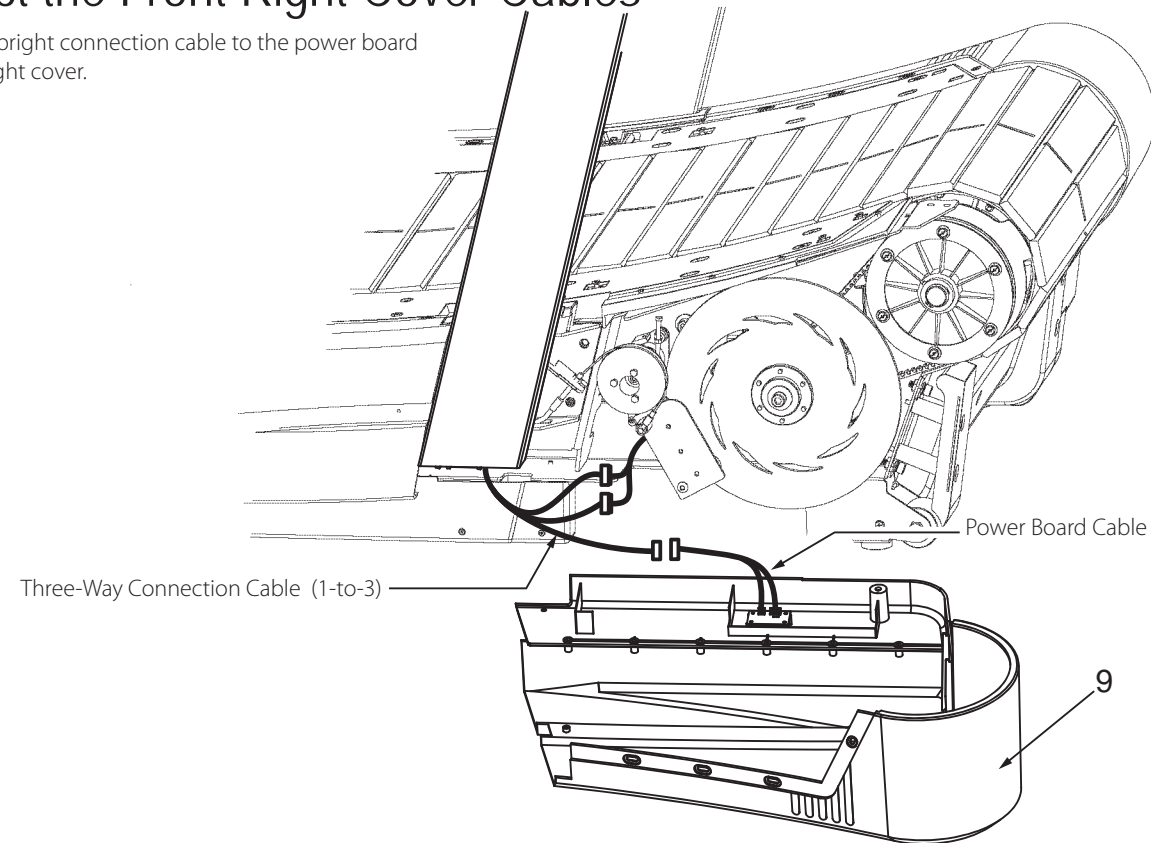
## Step 8 Fasten the Front Left Cover



ASSEMBLY PARTS			SCREWS			TOOLS		
Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty
8	Front Left Cover	1	32	Large Phillips Flat Head Screws M5x0.8x10L	1	T2	5mm Phillips Hex Key (Phillips Allen Key)	1
			33	Truss Self Tapping Screw M4x10L	5			

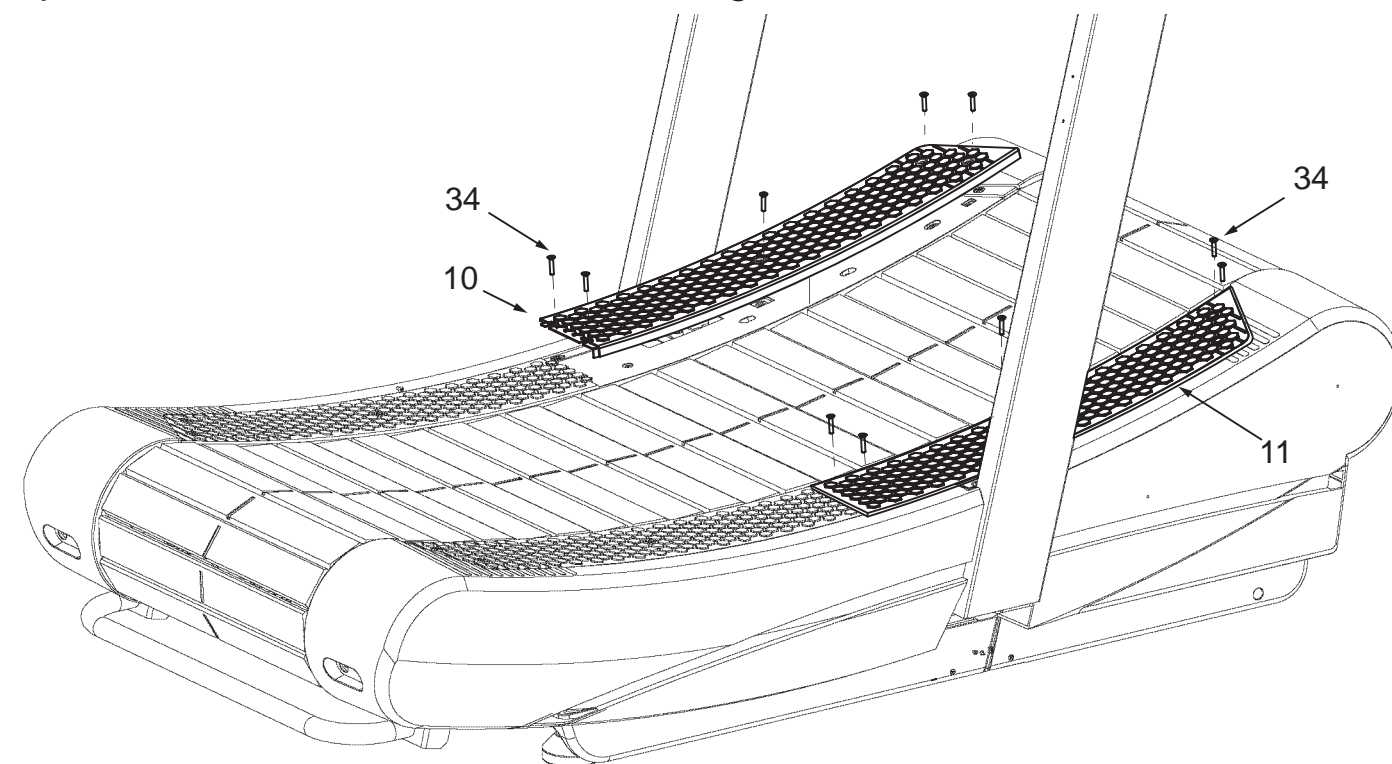
## Step 9 Connect the Front Right Cover Cables

Connect the remaining right upright connection cable to the power board cable coming from the front right cover.



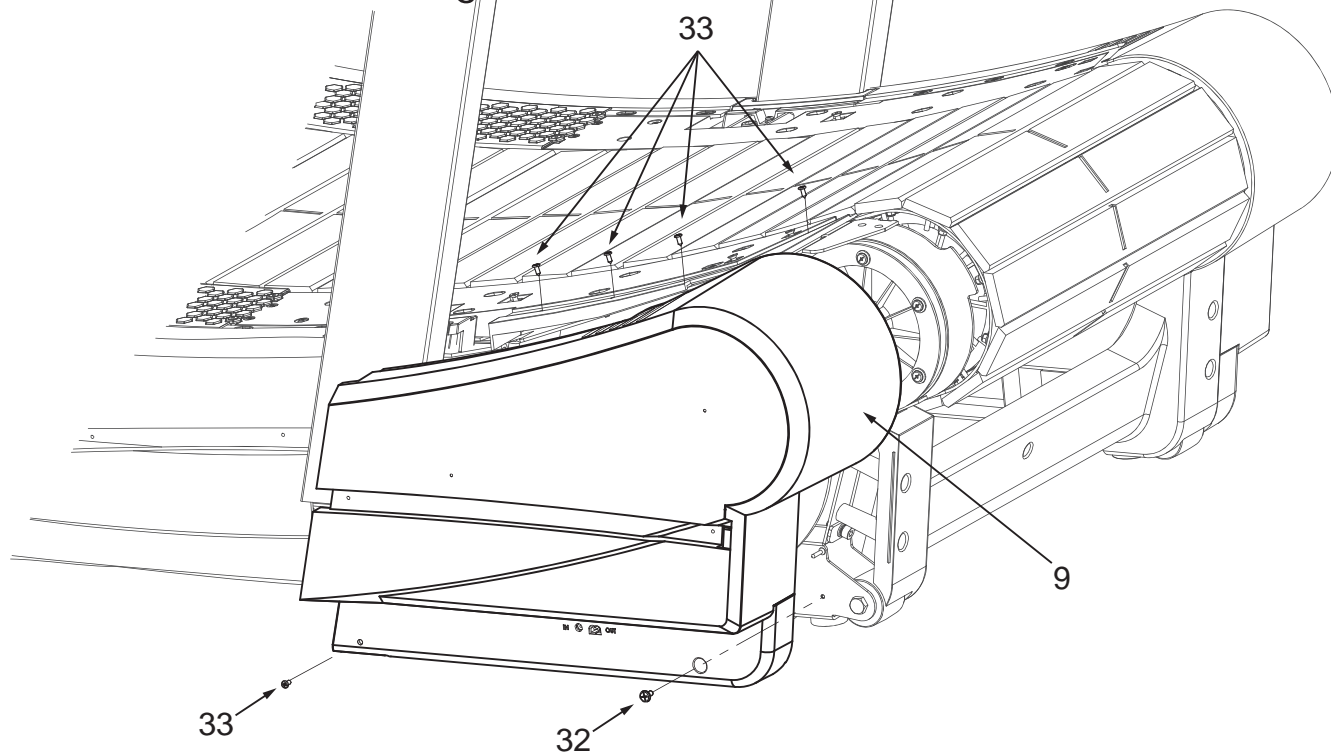
ASSEMBLY PARTS			SCREWS			TOOLS		
Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty
9	Front Right Cover	1	-	-	-	-	-	-

## Step 11 Fasten the Front Left and Right Footrests



ASSEMBLY PARTS			SCREWS			TOOLS		
Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty
10	Front Left Footrest B	1	34	Flat head Self Tapping Screw M5x0.8x25L	10	T3	3mm Hex Key (Allen Key)	1
11	Front Right Footrest B	1						

## Step 10 Fasten the Front Right Cover

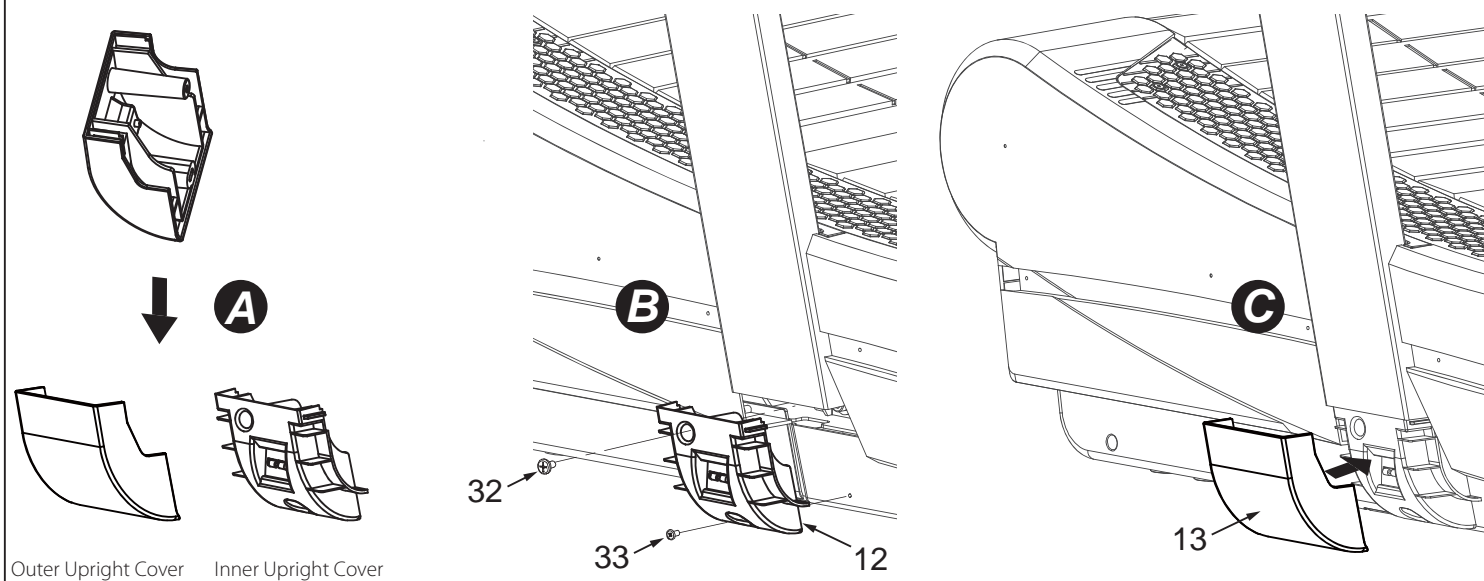


ASSEMBLY PARTS			SCREWS			TOOLS		
Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty
9	Front Right Cover	1	32	Large Phillips Flat Head Screws M5x0.8x10L	1	T2	5mm Phillips Hex Key (Phillips Allen Key)	1
			33	Truss Self Tapping Screw M4x10L	5			

## Step 12 Install the Inner and Outer Upright Covers

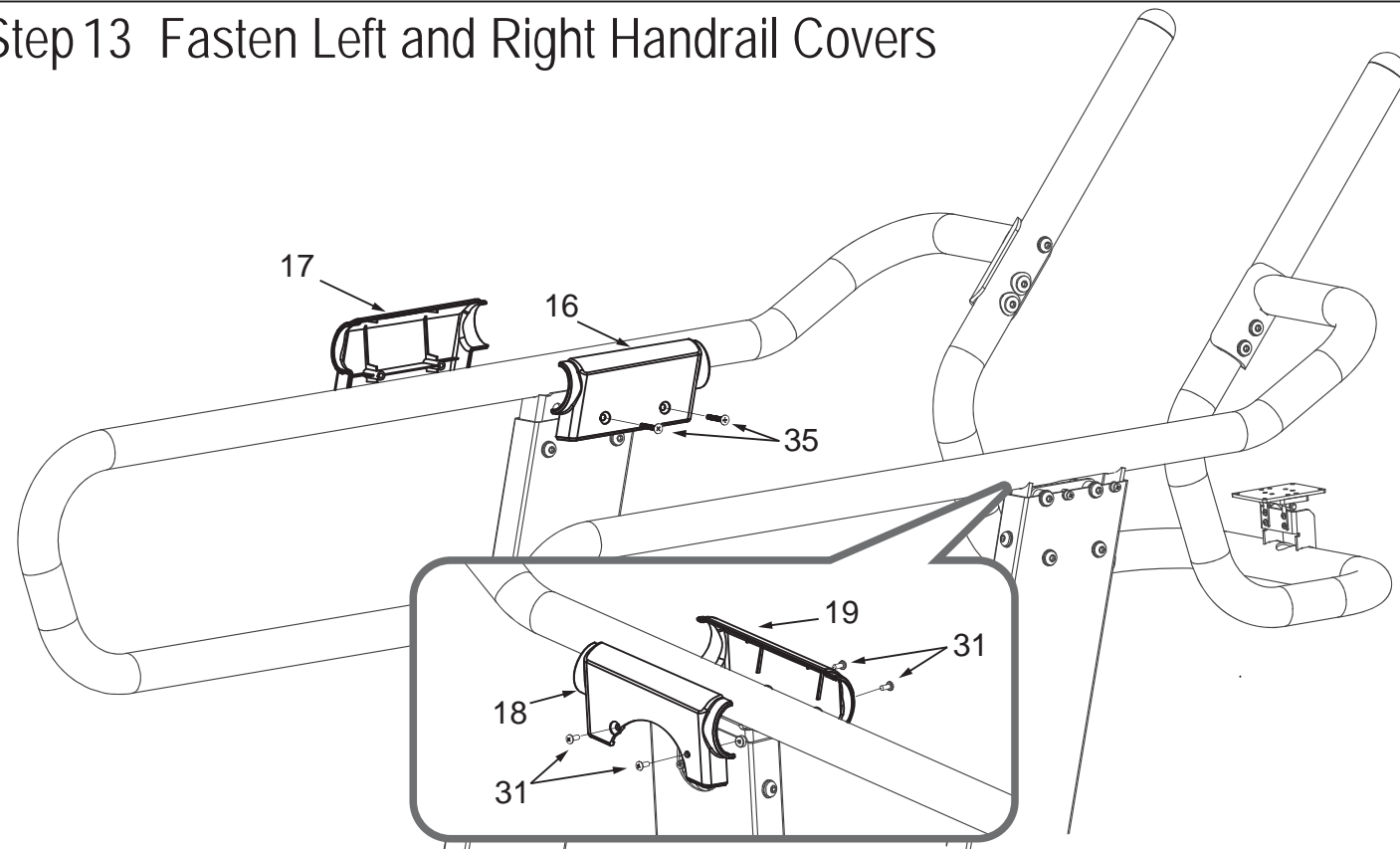
Please follow the steps below to install inner and out upright covers

- Separate the inner and out upright covers, which were put together for transportation purposes.
- Screw the inner upright cover on the treadmill's main frame.
- Latch on the outer upright cover to the inner upright cover.



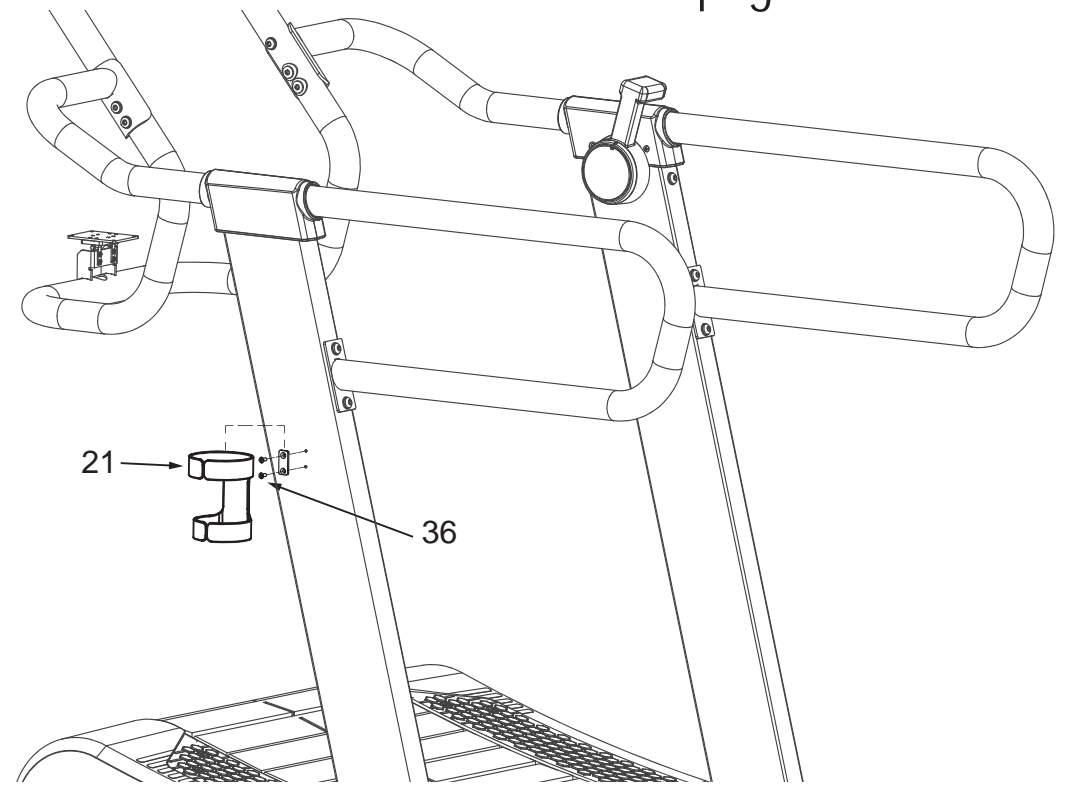
ASSEMBLY PARTS			SCREWS			TOOLS		
Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty
12	Inner Left Upright Cover	1	32	Large Phillips Flat Head Screws M5x0.8x10L	2	T2	5mm Phillips Hex Key (Phillips Allen Key)	1
13	Outer Left Upright Cover	1	33	Truss Self Tapping Screw M4x10L	2			
14	Inner Right Upright Cover	1						
15	Outer Right Upright Cover	1						

## Step 13 Fasten Left and Right Handrail Covers



ASSEMBLY PARTS			SCREWS			TOOLS		
Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty
16	Left Handrail Cover A	1	31	Round Head Phillips Screws M4x0.7x10L	4	T2	5mm Phillips Hex Key (Phillips Allen Key)	1
17	Left Handrail Cover B	1	35	Flat Head Phillips Self Tapping Screw M5x0.8x30L	2			
18	Right Handrail Cover A	1						
19	Right Handrail Cover B	1						

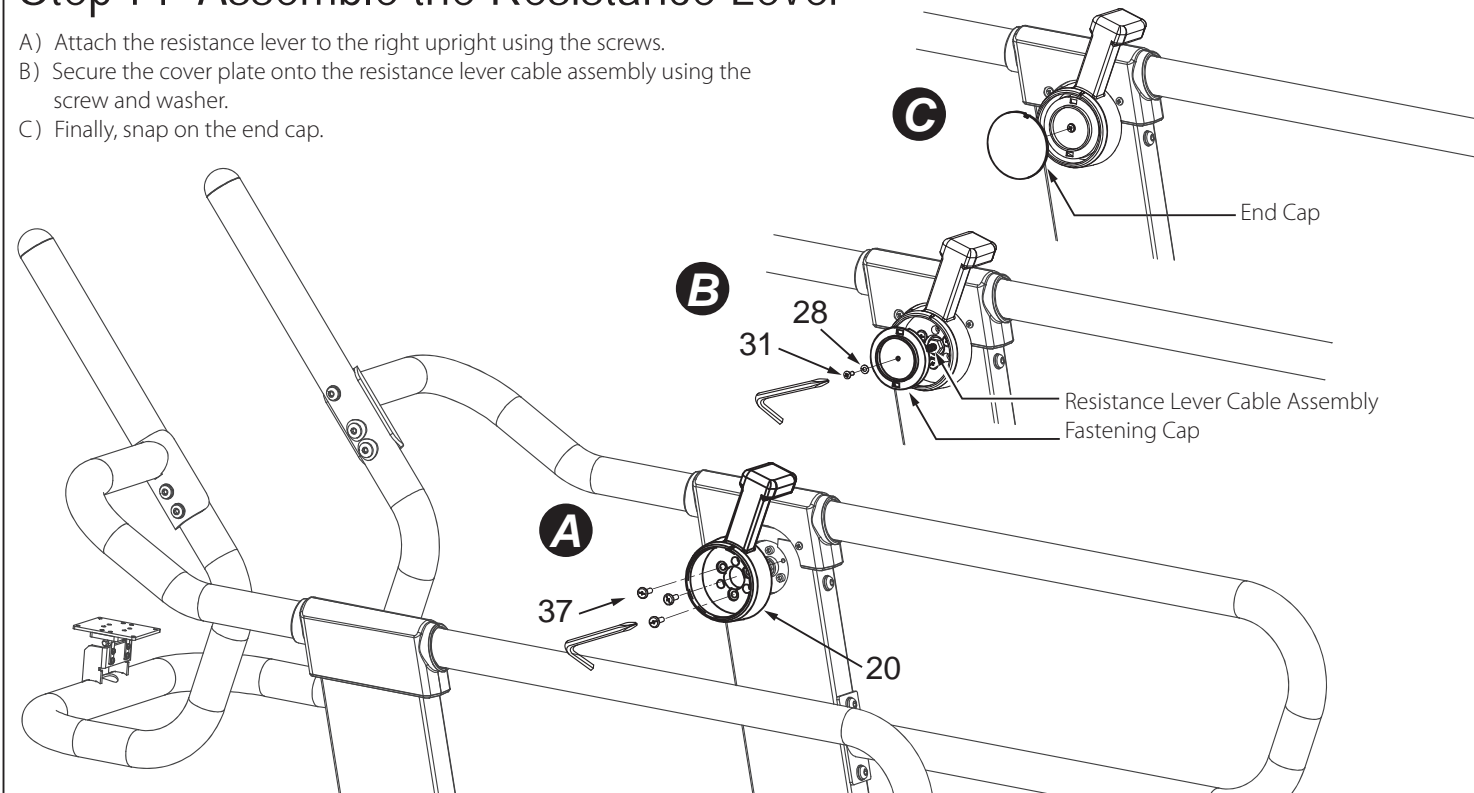
## Step 15 Fasten the Bottle Holder on the Left Upright



ASSEMBLY PARTS			SCREWS			TOOLS		
Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty
21	Bottle Holder	1	36	Flat Head Phillips Screw M4x10L	2	T2	5mm Phillips Hex Key (Phillips Allen Key)	1

## Step 14 Assemble the Resistance Lever

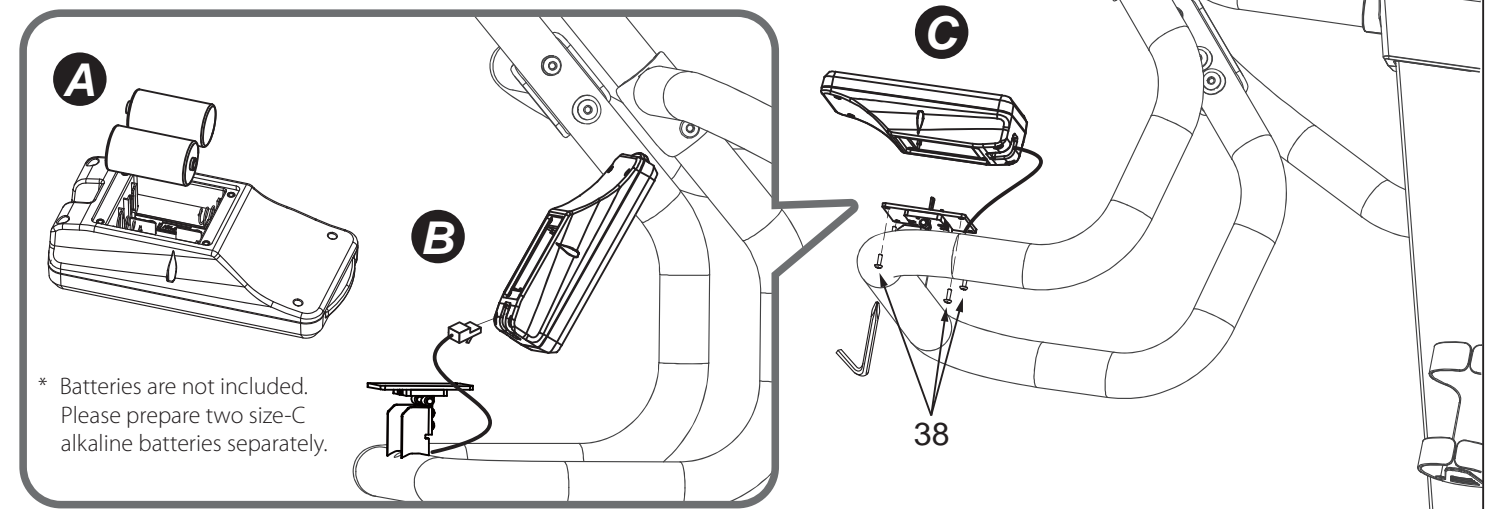
- A) Attach the resistance lever to the right upright using the screws.
- B) Secure the cover plate onto the resistance lever cable assembly using the screw and washer.
- C) Finally, snap on the end cap.



ASSEMBLY PARTS			SCREWS			TOOLS		
Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty
20	Resistance Lever	1	37	Large Phillips Fat Head Screws M5x0.8x16L	3	T2	5mm Phillips Hex Key (Phillips Allen Key)	1
			28	Flat Washer Ø4.5xØ9x0.5T	1			
			31	Round Head Phillips Screws M4x0.7x10L	1			

## Step 16 Install the Console

- A) Insert two **size C** alkaline batteries\* into the battery compartment on the back of the console. Be sure to follow the (+) positive and (-) negative polarity markings inside the compartment and ensure that both batteries are new and of the same type to prevent leakage and damage to the console.
- B) Connect the cable inside the front handlebar assembly to the RJ45 port located at the bottom rear of the console.
- C) Secure the console onto the screen bracket of the front handlebar assembly.



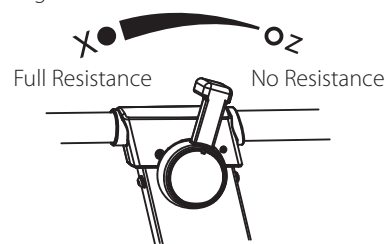
\* Batteries are not included. Please prepare two size-C alkaline batteries separately.

ASSEMBLY PARTS			SCREWS			TOOLS		
Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty
22	Console	1	38	Round Head Phillips Screws M3x0.5x10L	4	T2	5mm Phillips Hex Key (Phillips Allen Key)	1

# Resistance Lever

Use the resistance lever to adjust exercise intensity:

- Push forward: Increases resistance for short sprint training.
- Pull backward: Reduces resistance, making walking or running easier.
- To slow down or stop, push the lever forward.



- When not in use, push the lever forward to the full-resistance position (X) to prevent the treadmill belt from moving unintentionally and causing injury.
- Pushing the lever forward gradually can reduce speed but will not completely stop the belt; even at the full-resistance position (X), the belt may still move.

# On-Screen Icon Buttons

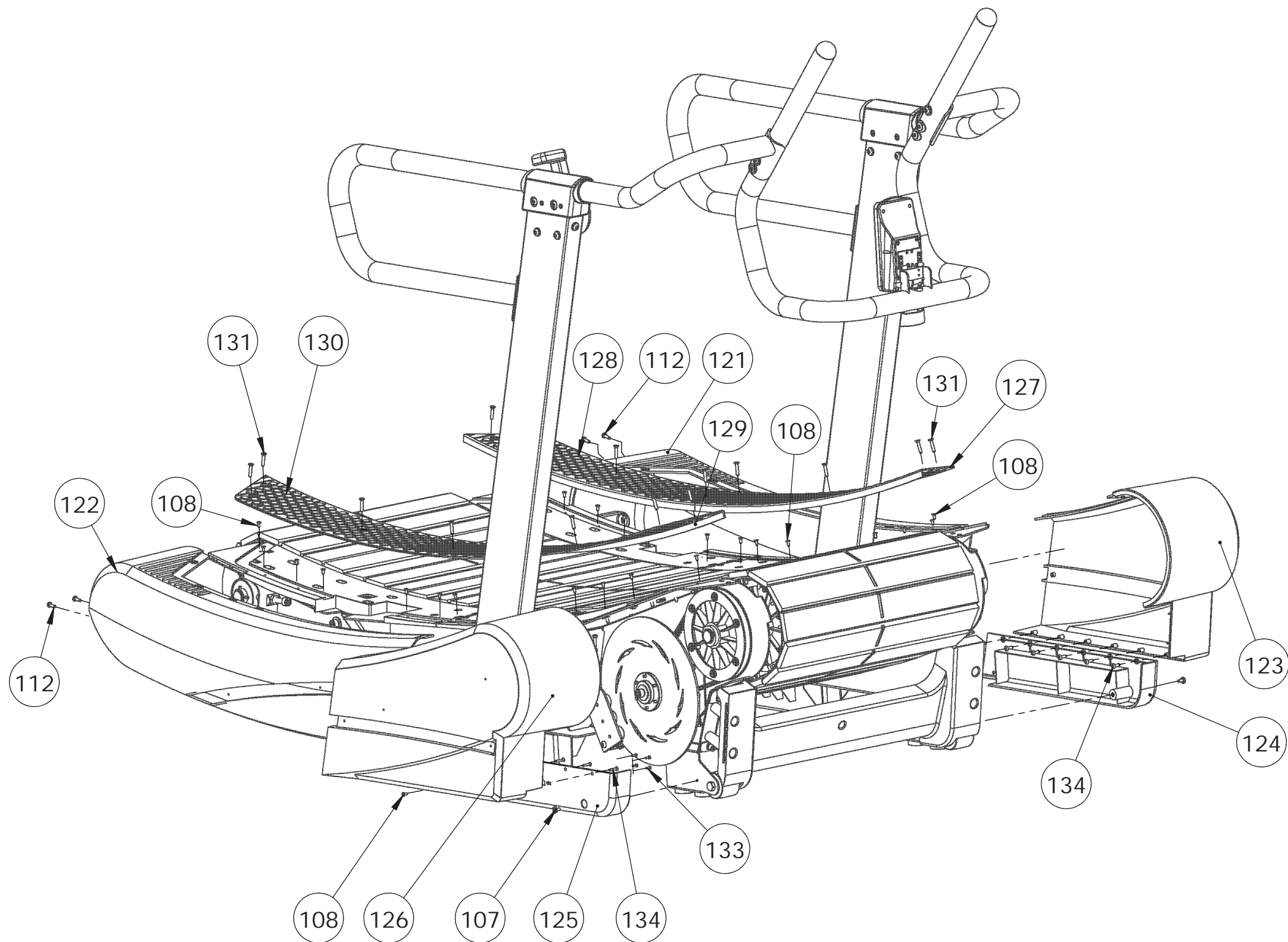
	Press and hold for the Setting Menu. Press for the Display Preference.
	Press and hold to reset. <sup>2</sup> Press to confirm.
	Previous Page. Scrolling through the options.
	Next page. Scrolling through the options.

<b>Status</b>	
	Battery Status
	Connectivity to the ANT+ Heart Rate Sensor
	Connectivity to the Bluetooth Heart Rate Sensor
	Connectivity to mobile device (appears when using the app) <sup>3</sup>
	HR Zone On
	Watt Zone On
	FTP ON (Watt)
	Connect to Optical HR Watch <sup>4</sup>
<b>During Sports Mode</b>	
	Page indicator
	Time
	Distance
	Calories
	Resistance Level
	Pace
	Speed
	Power
	Heart Rate <sup>5</sup>
	Target Rate
	Maximum rate
	Average rate
	mi/h
	km/h
	Heart Rate Percentage

### Notes

- NFC Tag (Passive).**  
NFC function is limited to using ATTACUS Obeat3 or Obeat1 NFC heart rate armband (Not included in the packaging).
- Press and hold at anytime can reset the console display into default settings. Once reset, data in your User's Profile, such as units, gender, age, height, weight, etc. remains unchanged. Other settings will all turn back to default.
- The icon indicates the console is connecting with the APP or compatible Bluetooth device.  
The console does not store workout summaries. To save your data, pair and connect your console to the Ala Fitness app before each workout.
- When the console is connected with ATTACUS Optical Heart Rate Sports Watch or armbands, you will see this icon followed by the last four digits of the wearable's serial number. Ex. 00001.
- Heart rate reading will only appear when the console is connected to an external heart rate device.

# Exploded View



# Specification

- Model: GT2000
- Size: L 73" x W 35.4" x H 58.3" / 185.5 x 90.5 x 148 cm
- Product Weight: 323 lb / 146.5 kg
- Max. User's Weight: 397 lb / 180 kg
- Running Area: 18.9" x 66.1" / 48 x 168 cm
- Screen: 5" LCD Backlight LCD
- Brake System: Magnetic Resistance
- No. of Levels: 6 Levels
- Heart Rate Monitor: Bluetooth® / NFC™<sup>1</sup>
- Wireless Technology: Bluetooth Low Energy FTMS Profile, ANT+®



At the end of its useful life please dispose of this article correctly and safely (local refuse sites).