

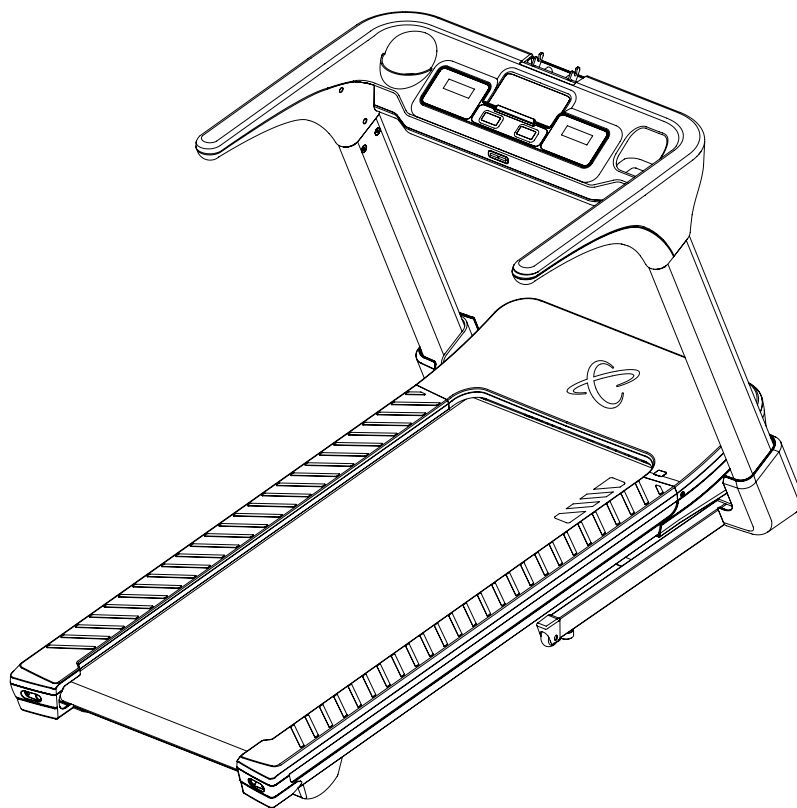


Model: T4B-110.1
T4B-220.1

USER MANUAL

CENTR INSPIRE SERIES T4 & T4S

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY



Record Serial Number Here

MADE IN CHINA
80331-EN-V2024-12-12

WELCOME

Welcome to Centr and thanks for your purchase. We're happy to have you. Please inspect your product and contact us right away if anything is missing or damaged.

Your equipment also comes with access to Centr's digital membership, unlocking tools that will fuel your active lifestyle and well-being. The Centr wellness system aligns your movement, meals and mind with expert-led programs and advice made to work together to deliver you the best results and lifelong healthy habits. Get moving with limitless ways to fuel your routine and reach your goals!

NEED HELP? WE'RE HERE FOR YOU.

US CUSTOMERS

If you have questions or issues with your equipment, please contact our US Customer Service team. Support is provided in English and Spanish.



EMAIL

hello@centr.com



PHONE

877-738-1729 (US Only)

+1 714-738-1729 (Global)

Mon-Fri 8am-5pm PT - UTC-7h/8

Support is provided in English and Spanish

GLOBAL CUSTOMERS (OUTSIDE OF US)

If you have any questions or issues with your equipment, please contact the store where your purchase was made.

PRODUCT WARRANTY

To view full warranty details, or to register your product for warranty, visit **centr.com/support**

AUSTRALIA

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Our goods and services come with guarantees that cannot be excluded under the Australian Consumer Law. For major failures with the service, you are entitled:

- to cancel your service contract with us; and
- to a refund for the unused portion, or to compensation for its reduced value.

You are also entitled to choose a refund or replacement for major failures with goods. If a failure with the goods or a service does not amount to a major failure, you are entitled to have the failure rectified in a reasonable time. If this is not done you are entitled to a refund for the goods and to cancel the contract for the service and obtain a refund of any unused portion. You are also entitled to be compensated for any other reasonably foreseeable loss or damage from a failure in the goods or service.

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IMPORTANT SAFETY INSTRUCTIONS



This icon is to alert of a potential hazard. Obey all safety messages that follow this icon to avoid possible harm.

SAVE THESE INSTRUCTIONS

This treadmill is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. Please note the following safety precautions:

WARNING

Before using this treadmill, all users must read, understand, and carefully follow all warnings, instructions, and procedures on the treadmill and in this User Manual.

DANGER

To reduce the risk of electric shock and the injury from moving parts, always unplug this treadmill from the electrical outlet immediately after using and before cleaning or attempting any maintenance activity.

WARNING

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

1. Consult your physician before beginning any exercise program.
2. The treadmill should never be left unattended when plugged in. Unplug from outlet when not in use, and before service or maintenance.
3. DO NOT operate the treadmill while being covered with a blanket, plastic or anything that insulates or stops airflow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
4. Always keep children under the age of 14 and pets away from the treadmill. DO NOT leave children unattended in the same room with the treadmill.
5. Only one person at a time should use the treadmill.
6. Use the treadmill only for its intended use as described in this manual. DO NOT use attachments not recommended by Centr.
7. Never operate the treadmill if it has a damaged power cord or electrical plug, if it is not working properly, if it has been dropped or damaged, or partially immersed in water. Contact Centr customer service.
8. Keep the power cord away from heated surfaces. Do not pull the treadmill by the power cord or use the cord as a handle. Do not run the power cord under or along the side of the treadmill.
9. Never operate the treadmill with the air openings blocked. Keep air openings free of lint, hair or any obstructing material.
10. Never insert objects into any openings in this treadmill. If an object should drop inside, turn off the power, unplug the power cord from the outlet and carefully retrieve it. If the item cannot be reached, contact Centr customer service.
11. Do not use this treadmill outdoors, near water, while wet, or in areas of high humidity.
12. Do not use this treadmill in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
13. To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.
14. Connect this treadmill to a properly grounded outlet only. See Grounding Instructions, page 11.
15. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.

IMPORTANT SAFETY INSTRUCTIONS

16. This treadmill is intended for consumer home use only. Do not exceed maximum user weight of 300 lbs (136 kg).
17. Inspect the treadmill for incorrect, worn, or loose components and then correct, replace, or tighten prior to use.
18. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other loose clothing that could become caught in the treadmill. Running or training shoes are also required when using the treadmill.
19. Care should be used when mounting or dismounting the treadmill.
20. Read, understand, and test the emergency stop procedures before use.
21. Keep hands away from all moving parts.
22. Keep the top side of the moving surface clean and dry.
23. Disabled persons should not use the machine without a qualified person or physician in attendance.
24. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 14 away from this machine.
25. Before using the machine to exercise, always do stretching exercises to properly warm up.
26. Position the treadmill on a solid level surface, and do not block any openings or vents in the floor.
27. DO NOT place any sharp objects around the machine.
28. Remove the Safety Key from the treadmill when not in use, and safely store out of reach of children.

WARNING

BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. Centr, LLC. DOES NOT ASSUME ANY RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

WARNING AND SERIAL NUMBER LABELS

▲ WARNING / AVERTISSEMENT / ADVERTENCIA / WARNUNG

HEART RATE MONITOR MAY BE INACCURATE. STOP IMMEDIATELY IF YOU FEEL FAINT.
LE MONITEUR DE FRÉQUENCE CARDIAQUE PEUT ÊTRE IMPRÉCIS. EN CAS DE MALAISE, ARRÊTER IMMÉDIATEMENT.
SE PUEDE QUE LOS DATOS DEL MONITOR DE FRECUENCIA CARDÍACA SEAN INCORRECTOS. DE SENTIRSE MAREADO, DETÉNGASE DE INMEDIATO.
DAS HERZFREQUENZ-ÜBERWACHUNGSSYSTEM KANN UNGENAU SEIN. BEI SCHWINDEL- ODER SCHWÄCHEGEBÜHL DAS TRAINING SOFORT ABBRECHEN.

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▲ WARNING / AVERTISSEMENT / ADVERTENCIA / WARNUNG

ATTACH THE SAFETY CLIP TO YOUR CLOTHING DURING USE.
ATTACHER LA PINCE DE SURETÉ À SES VÊTEMENTS PENDANT L'UTILISATION.
FIJE EL CLIP DEL INTERRUPTOR A SU PRENDA DURANTE EL USO.
BEFESTIGEN SIE DEN SICHERHEITSClip AN IHRER KLEIDUNG BEVOR SIE MIT DEM TRAINING BEGINNEN.

MAXIMUM USER WEIGHT
POIDS UTILISATEUR MAXIMAL
PESO MÁXIMO DE USUARIO
MAXIMALES BENUTZERGEWICHT

**136 kg /
300 lb**

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▲ WARNING / AVERTISSEMENT / ADVERTENCIA / WARNUNG

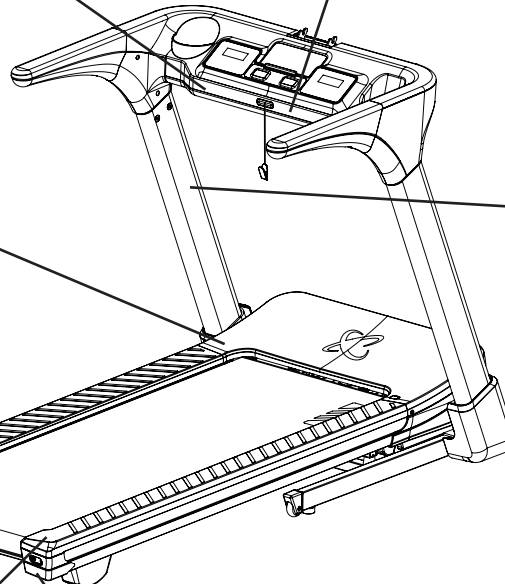
KEEP YOUNG CHILDREN AWAY FROM THIS MACHINE AT ALL TIMES. CONTACT WITH THE MOVING SURFACE MAY RESULT IN SEVERE FRICTION BURNS.

GARDEZ LES JEUNES ENFANTS ÉLOIGNÉS DE CETTE MACHINE À TOUT MOMENT. LE CONTACT AVEC LA SURFACE EN MOUVEMENT PEUT PROVOQUER DE GRAVES BRÛLURES PAR FRICTION.

MANTENGA A LOS NIÑOS PEQUEÑOS ALEJADOS DE ESTA MÁQUINA EN TODO MOMENTO. EL CONTACTO CON LA SUPERFICIE EN MOVIL PUEDE RESULTAR EN QUEMADURAS GRAVES POR FRICCIÓN.

HALTEN SIE KLEINE KINDER STETS VON DIESER MASCHINE FERN. DER KONTAKT MIT DER BEWEGLICHEN OBERFLÄCHE KANN ZU SCHWEREN REIBUNGSVERBRÄNNUNGEN FÜHREN.

80429-V2024-12-10



▲ WARNING / AVERTISSEMENT / ADVERTENCIA / WARNUNG

RISK OF PERSONAL INJURY. CHILDREN UNDER 14 SHOULD NOT USE THIS MACHINE.

RISQUE DE BLESSURE. LES ENFANTS DE MOINS DE 14 ANS NE DEVRAIENT PAS UTILISER L'APPAREIL.

RIESGO DE LESIONES PERSONALES. LOS NIÑOS NO DEBEN USAR LA MÁQUINA.

VERLETZUNGSGEFAHR. KINDER UNTER 14 JAHREN DÜRFEN DIESES GERÄT NICHT BENÜTZEN.

80339-V2024-11-27

KEEP HANDS AWAY FROM THE REAR END CAP AND ROLLER.
/ TENIR LES MAINS ÉLOIGNÉES DE L'EMBOÛT ARRIÈRE ET DU ROULEAU. / MANTENGA LAS MANOS LEJOS DE LA PARTE TRASERA Y LA CINTA. / BITTE HALTEN SIE DIE HÄNDE VON DEN ENDKAPPEN UND DEN LAUFROLLEN FERN.

DO NOT STAND ON REAR END CAPS. ALWAYS WEAR SHOES WHILE USING THE TREADMILL. / NE PAS MONTER SUR LES EMBOÛTS ARRIÈRE. TOUJOURS PORTER DES CHAUSSURES LORS DE L'UTILISATION DU TAPIS ROULANT. / NO SE PARE SOBRE LOS EXTREMOS. SIEMPRE USE ZAPATOS AL CORRER SOBRE LA CINTA. / DIE ENDKAPPEN NICHT BETRETEN. BEI BENÜTZUNG DES LAUFBANDS SIND IMMER SCHUHE ZU TRAGEN.

80304-V2024-12-02

TO ADJUST RUNNING BELT USE ALLEN WRENCH. /
POUR AJUSTER LA BANDE DE COURSE, UTILISER UNE
CLÉ HEXAGONALE. / USE LA LLAVE HEXAGONAL PARA
AJUSTAR LA CINTA DE CORRER. / FÜR DAS EINSTELLEN
DES LAUFGURTES DEN INBUSSCHLÜSSEL VERWENDEN.

LOOSEN / DESERRER /
AFLOJAR / LOCKERN

TIGHTEN / SERRER /
APRETAR / SPANNEN

80357-V2024-11-27

▲ WARNING / AVERTISSEMENT / ADVERTENCIA / WARNUNG

THE POSSIBILITY OF SERIOUS INJURIES OR DEATH MAY OCCUR IF CAUTION IS NOT USED. ENSURE SAFETY BY FOLLOWING THESE GUIDELINES.

LA PRUDENCE EST DE MISE, SANS QUOI DES BLESSURES GRAVES OU DE DÉCES PEUVENT SURVENIR. POUR ASSURER LA SÉCURITÉ, SI VOUS NE TENEZ PAS COMPTÉ, IL Y A LA POSSIBILITÉ DE QUE DES LÉSIONES GRAVES O LA MORT. POUR VOTRE SÉCURITÉ, SUIVRE CES INSTRUCTIONS.

BITTE SICHERN SIE DEN PACKQUIRT, BEVOR SIE DAS NICHT MONITORTRE LAUFBAND BEWESEN. DAS LAUFBAND NICHT ANHÄNGEN, OHNE DAS LAUFBAND UND DEN TAPIS MIT DEM PACKQUIRT ZU SICHERN. NICHTBEACHTUNG KANN ZU VERLETZUNGEN FÜHREN.

CONSULT A PHYSICIAN BEFORE USING ANY EXERCISE EQUIPMENT.
CONSULTER UN MÉDECIN AVANT D'UTILISER UN APPAREIL D'EXERCICE.

CONSULTE CON UN MÉDICO ANTES DE USAR CUALQUIER EQUIPO DE EJERCICIO.
SPRECHEN SIE MIT EINEM ARZT, BEVOR SIE TRAININGSGERÄTE BENÜTZEN.

PRIOR TO USE, READ AND UNDERSTAND THE OWNER'S MANUAL, INCLUDING ALL WARNINGS. AVANT D'UTILISER L'APPAREIL, LIRE ET COMPRENDRE LE MODE D'EMPLOI, Y COMPRIS TOUS LES AVERTISSEMENTS.

LEA ATENTAMENTE EL MANUAL DEL PROPIETARIO, INCLUIDO LAS ADVERTENCIAS, ANTES DEL USO. VOR DER ERSTEN ANWENDUNG LESEN SIE DIE SICHERHEITSHINWEISE UND DIE BETRIEBUNGSANLEITUNG SORGFÄLTIG DURCH.

KEEP CHILDREN AND PETS AWAY FROM THIS EQUIPMENT AT ALL TIMES. IT IS NOT INTENDED FOR USE BY ANYONE UNDER 14 YEARS OF AGE.

TENIR LES ENFANTS ET LES ANIMAUX À L'ÉCART DE L'APPAREIL EN TOUT TEMPS. CE DÉVIER N'EST PAS DESTINÉ À DES PERSONNES DE MOINS DE 14 ANS.

SIEMPRE MANTENGA ALEJADOS A LOS NIÑOS Y LAS MASCOTAS. EL EQUIPO NO DEBE SER USADO POR PERSONAS MENORES DE 14 AÑOS.

NICHT ZULASSEN, DASS KINDER ODER HAUSTIERE DAS GERÄT UNBEAUFICHTET NUTZEN. ES IST NICHT FÜR PERSONEN UNTER 14 JAHREN BESTIMMT.

DISCONNECT THE EMERGENCY KEY AND STORE THE POWER CORD SEPARATELY WHEN NOT IN USE. DÉBRANCHEZ LA CLÉ DE SECOURS ET RANGÉZ LE CORDON D'ALIMENTATION SÉPARÉMENT LORSQU'IL N'EST PAS UTILISÉ.

DESCONECTE LA LLAVE DE EMERGENCIA Y GUARDE EL CABLE DE ALIMENTACIÓN POR SEPARADO CUANDO NO ESTE EN USO.

ZIEHEN SIE DEN NOTSCHLÜSSEL AB UND BEWAHREN SIE DAS NETZKABEL BEI NICHTGEBRAUCH SEPARAT AUF.

STAND ONLY ON SIDE RAILS WHEN STARTING OR STOPPING.

SE TENIR SUR LES RAILS LATÉRAUX SEULEMENT AU DÉMARRAGE OU À L'ARRÊT.

SIEMPRE PONGA LOS PIES EN LOS CARRILES LATERALES ANTES DE ENCENDER O PARAR LA CINTA DE CORRER.

BEIM STARTEN UND STOPPEN BITTE NUR AUF DEN BEIDEN SEITLICHEN TRITTFÄCHEN STEHEN.

REPLACE ANY "CAUTION," "WARNING," OR "DANGER" LABEL THAT IS ILLEGIBLE, DAMAGED, OR MISSING.

REEMPLACE TOUTE ÉTIQUETTE « ATTENTION », « AVERTISSEMENT » OU « DANGER » ILLISIBLE, ENDOMMAGÉE OU MANQUANTE.

REEMPLACE CUALQUIER ETIQUETA DE ADVERTENCIA (« CAUTION », « WARNING » O « DANGER ») QUE ESTE DAÑADA, FALTANDO O QUE SEA ILEGIBLE.

BITTE ERSETZEN SIE ALLE UNLESERLICHEN, BESCHÄDIGTEN ODER FALTENDEN WARNHINWEISE MIT DEN AUFSCHRIFTEN „ACHTUNG“, „WARNUNG“ UND „GEFAHR“.

HOLD HANDRAILS TO PREVENT FALLS AND ALWAYS WEAR THE SAFETY CLIP.

TENIR LES MAINS COURANTES POUR ÉVITER LES CHUTES ET PORTER LA PINCE DE SURETÉ EN TOUT TEMPS.

AGARRE EL PASAMANOS PARA EVITAR UNA CAÍDA Y SIEMPRE SUJETE EL CLIP DEL INTERRUPTOR DE SEGURIDAD EN SU ROPA.

HALTEN SIE DAS GELÄNDER FEST, UM STÜRZE ZU VERMEIDEN UND TRAGEN SIE IMMER DEN SICHERHEITSClip.

STOP IF FEELING FAINT, DIZZY, OR SHORT OF BREATH.

S'ARRÊTER EN CAS DE FAIBLESSE, D'ÉTOURDISSEMENT OU D'ESSOUFFLEMENT.

DEJE DE CORRER SI SIENTE DESMAYO, MAREO O FALTA DE AIRE.

BEI SCHWINDEL, SCHWÄCHE ODER KURZATMIGKEIT DAS TRAINING SOFORT ABBRECHEN.

AVOID OVEREXERCISE TO PREVENT INJURY OR DEATH.

POUR PRÉVENIR LES BLESSURES OU LA MORT, ÉVITER LES EFFORTS EXCESSIFS.

PARA EVITAR LESIONES Y HASTA LA MUERTE, NO HAGA UN ESFUERZO EXCESIVO.


ÜBERMÄßIGE ANSTRENGUNG KANN ZU SCHWEREN VERLETZUNGEN ODER Sogar ZUM TOD FÜHREN.

FOR CONSUMER USE ONLY.

RESERVE AU CONSOMMATEUR UNIQUEMENT.

PARA USO DEL CONSUMIDOR ÚNICAMENTE. NUR FÜR DEN PRIVATGEBRAUCH.

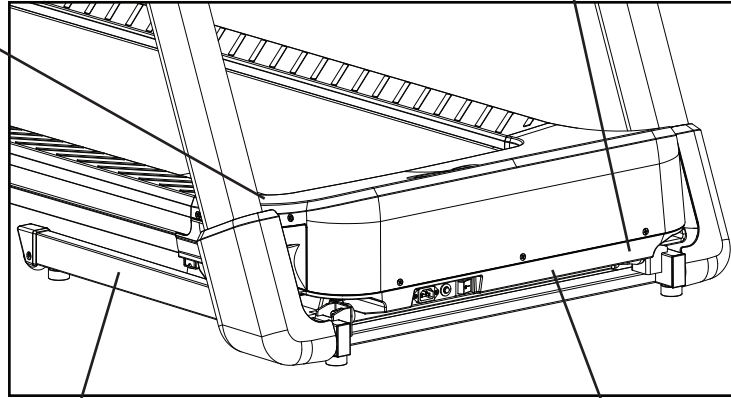
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LUBRICATION - SEE MANUAL FOR RECOMMENDED SCHEDULE.
LUBRIFICATION - VOIR LE MANUEL POUR LE PROGRAMME RECOMMANDÉ.
LUBRICACIÓN - CONSULTE EL MANUAL PARA CONOCER EL PROGRAMA RECOMENDADO.
SCHMIERUNG - DEN EMPFOHLENE ZEITPLAN FINDEN SIE IM HANDBUCH.

80356-V2024-11-27

HOME USE TREADMILL For Consumer Use Only TAPIS ROULANT A USAGE DOMESTIQUE Pour usage grand public uniquement. CINTA DE CORRER PARA USO DOMESTICO Solo para uso del consumidor. LAUFBAND FÜR DEN HEIMGEBRAUCH Nur für den privaten Gebrauch.		Manufacturer / Fabricator / Fabricante / Hersteller HEALTH IN MOTION LLC Address / Adresse / Dirección / Adresse 3300 Horseshoe Carriage Drive, Norco, CA 92860 +1 714-738-1729	
FCC ID: J4006-WLT8016 IC ID: 26141-WLT8016 NO MEDICAL TREATMENT PURPOSE: Made in China. AUCUN BUT DE TRAITEMENT MÉDICAL: Fabriqué en Chine. SIN PROPÓSITO DE TRATAMIENTO MÉDICO: Hecho en China. KEIN MEDIZINISCHER BEHANDLUNGSZWECK: Hergestellt in China.		Model / Modèle / Modèle / Model T4B-XXX.1 Voltage / Tension / Voltage / Tension XX0 V Load / Charge / Carga / Lasten 136KG Frequency / Frecuencia / Frecuencia / Frequent X0Hz Power / Pouvoir / Fuerza / Leistung 1200W	
S.E. 2024-11-27		Serial No. NO DE SÉRIE S. DE SÉRIE SERIENNR XXXX.X-XXX-X-XX-XXXXXX	




⚠ CAUTION / ATTENTION / CUIDADO / VORSICHT
 KEEP HANDS AND FEET AWAY WHILE TREADMILL IS RUNNING.
 TENIR LES PIEDS ET LES MAINS ÉLOIGNÉS LORSQUE LE TAPIS ROULANT EST EN MARCHÉ.
 MANTENGA LAS MANOS Y LOS PIES ALEJADOS AL USAR LA CINTA DE CORRER.
 HALTEN SIE IHRE HÄNDE UND FÜßE FERN, WENN SICH DER LAUFGURT BEWEGT.

80310-V2024-11-27

⚠ WARNING / AVERTISSEMENT / ADVERTENCIA / WARNUNG
 TO REDUCE THE RISK OF ELECTRIC SHOCK, UNPLUG THE MACHINE BEFORE CLEANING OR SERVICING.
 POUR RÉDUIRE LE RISQUE DE DÉCHARGE ÉLECTRIQUE, DÉBRANCHEZ LA MACHINE AVANT LE NETTOYAGE OU L'ENTRETIEN.
 PARA REDUCIR EL RIESGO DE DESCARGA ELÉCTRICA, DESENCHUFE LA MÁQUINA ANTES DE LIMPIARLA O REALIZARLE MANTENIMIENTO.
 UM DAS RISIKO EINES STROMSCHLAGS ZU VERRINGERN, ZIEHEN SIE VOR DER REINIGUNG ODER WARTUNG DEN STECKER AUS DER MASCHINE.

80419-V2024-11-22



**⚠ WARNING
AVERTISSEMENT
ADVERTENCIA
WARNUNG**

STORE THE STRAP FOR FUTURE REPACKAGING.
 KEEP THE STRAP ON WHEN MOVING THE TREADMILL IN A NON-ASSEMBLED STATE. DO NOT LIFT THE TREADMILL WITHOUT SECURING THE RUNNING DECK AND BOTTOM FRAME WITH THE STRAP. FAILURE TO DO SO MAY RESULT IN INJURY.

CONSERVER LA SANGLE POUR LE FUTUR REEMBALLAGE.
 UTILISER LA SANGLE POUR DÉPLACER LE TAPIS ROULANT NON MONTÉ. POUR ÉVITER LES BLESSURES, FIXER LE PLATEAU ROULANT ET LE CADRE INFÉRIEUR AVEC LA SANGLE AVANT DE SOULEVER LE TAPIS ROULANT.

CONSERVE LA CORREA PARA UN EMBALAJE FUTURO.
 NO quite la correa cuando desplace la cinta de correr si no está montada. Para evitar lesiones, asegure la plataforma y el marco inferior con la correa antes de levantar la cinta de correr.

BEWAHREN SIE DEN RIEMEN FÜR EINE SPÄTERE WIEDERVERPACKUNG AUF.
 LASSEN SIE DEN GURT ANGELEGT, WENN SIE DAS LAUFBAND IM NICHT ZUSAMMENGEBAUTEN ZUSTAND BEWEGEN. HEBEN SIE DAS LAUFBAND NICHT AN, OHNE DIE LAUFFLÄCHE UND DEN UNTERRAHMEN MIT DEM GURT ZU SICHERN. ANDERNFALLS KANN ES ZU VERLETZUNGEN KOMMEN.


80353-V2024-11-27

-Attached to Packing Strap

**⚠ WARNING
AVERTISSEMENT
ADVERTENCIA
WARNUNG**

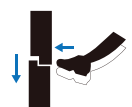
CONTACT MAY CAUSE ELECTRICAL SHOCK OR BURNS. TURN OFF POWER AND UNPLUG BEFORE SERVICING.
 LE CONTACT PRÉSENTE UN RISQUE D'ÉLECTROCUTION OU DE BRÛLURE. ÉTEINDRE ET DÉBRANCHER L'APPAREIL AVANT L'ENTRETIEN.
 EL CONTACTO PUEDE CAUSAR DESCARGAS ELÉCTRICAS O QUEMADURAS. APAGUE Y DESENCHUFE ANTES DEL MANTENIMIENTO.
 BEI BERÜHRUNG BESTEHT EINE STROMSCHLAG- ODER VERBRENNUNGSGEFAHR. VOR WARTUNGSARBEITEN DAS LAUFBAND AUSSCHALTEN UND DAS NETZKABEL AUS DER STECKDOSE ZIEHEN.

80309-V2024-11-27



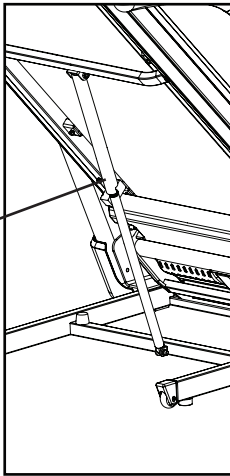
-Attached to Power Cord

**NOTICE
AVIS
AVISO
BEACHTEN**



GENTLY PRESS WITH YOUR FOOT TO RELEASE THE LOCK AND LOWER THE DECK.
 APPUYER DOUCEMENT AVEC LE PIED POUR OUVRIR LE VERROU ET ABAISSER LE PLATEAU.
 PRESIONE SUAVEMENTE CON EL PIE PARA DESBLOQUEAR Y BAJAR LA PLATAFORMA.
 DRÜCKEN SIE LEICHT MIT DEM FUß, UM DIE SPERRE ZU LÖSEN UND DAS DECK ABZUSENKEN.

80855-V2024-11-26



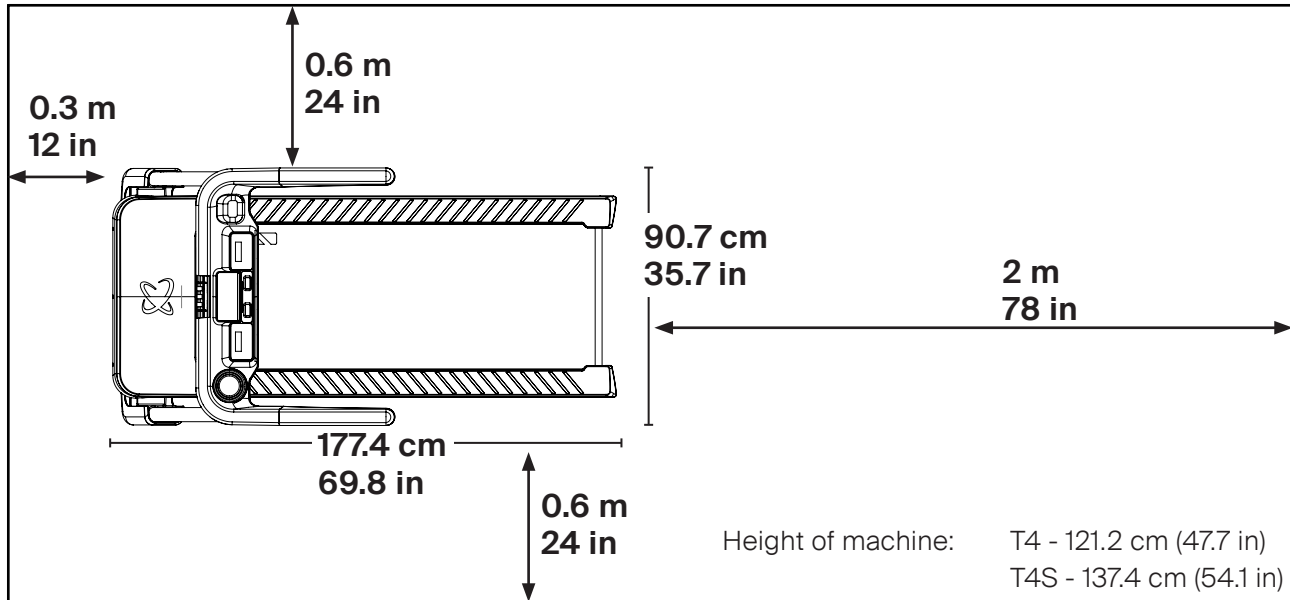
SPACE REQUIREMENTS

This treadmill requires a minimum amount of floor space to safely operate. Keep a minimum open area of 2 m (78 in) behind the treadmill, and 0.6 m (24 in) on both sides. A space of 0.3 m (12 in) in the front is recommended for access to the power cord and switch.

Stowed (folded) dimensions of machine: 122 cm (48 in) L x 91 cm (35.8 in) W x 146.5 cm (57.7 in) H

Total Surface Area (footprint) of machine: 16,090 cm²

Weight of machine: T4 - 91.5 kg (201.7 lbs)
T4S - 93.7 kg (206.6 lbs)

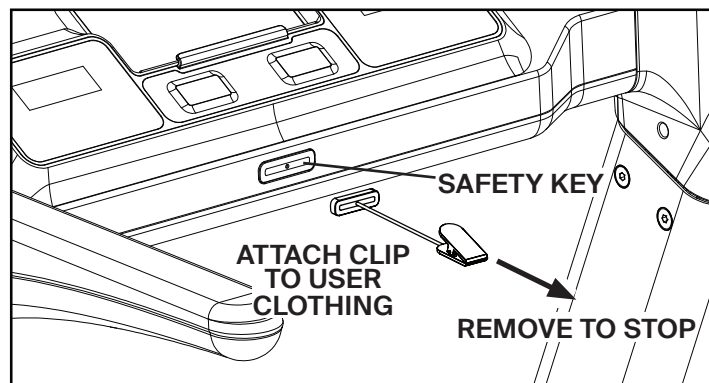


USE OF SAFETY KEY

This treadmill is designed with a removable Safety Key. If the Safety Key is removed, the treadmill will not operate and will display "Please Reinsert the Safety Key" or "E40". The console display will reset once the Safety Key is pushed back in place.

WARNING

The Safety Key red clip should be attached to the user's clothing directly in front of the Safety Key. In case of emergency, remove the Safety Key to immediately stop the belt and shut off the treadmill.

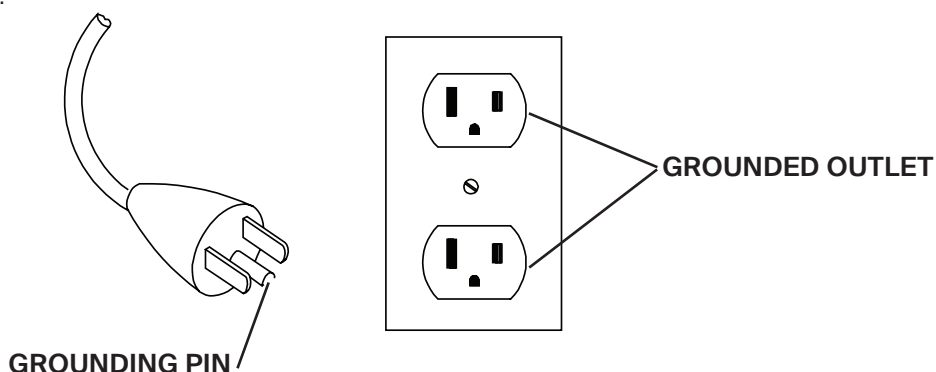


GROUNDING INSTRUCTIONS (FOR 110V MACHINES)

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This treadmill is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER

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

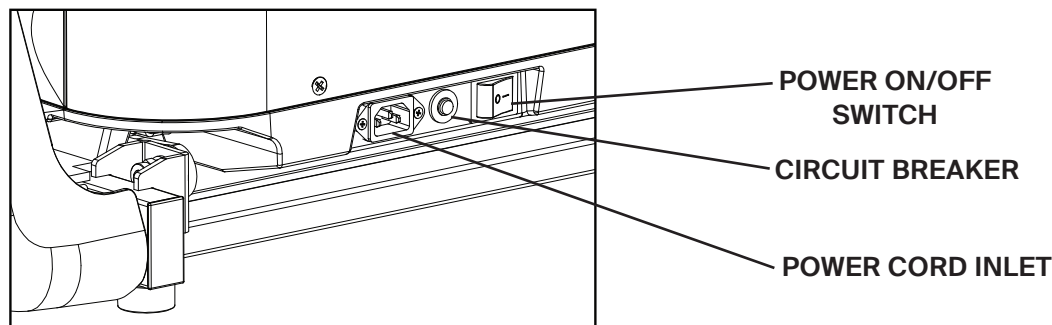


This treadmill is intended for use on a nominal 120V circuit and has a grounding plug that looks like the plug illustrated above. Make sure the treadmill is connected to an outlet that has the same configuration as the plug. **No extension cord or adapter should be used for this treadmill.**

POWER REQUIREMENTS (FOR 110V MACHINES)

WARNING

1. This treadmill requires a power source of 15 Amps (120V) in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging in the treadmill. Any power source above or below this grade could cause significant damage to the treadmill and or user.
2. Never use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill, including the elevation mechanism and transport wheels.
3. Never operate the treadmill using a generator or UPS power supply.
4. Never remove any cover without first disconnecting AC power.

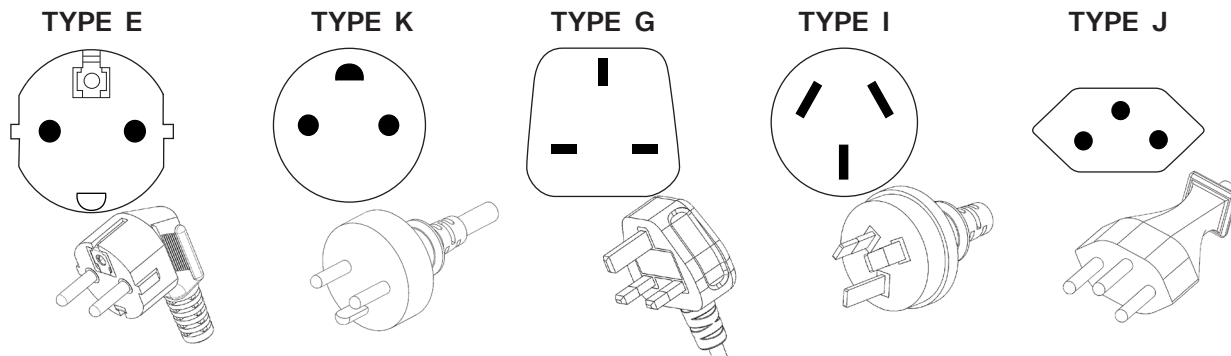


GROUNDING INSTRUCTIONS (FOR 220V MACHINES)

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This treadmill is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER

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

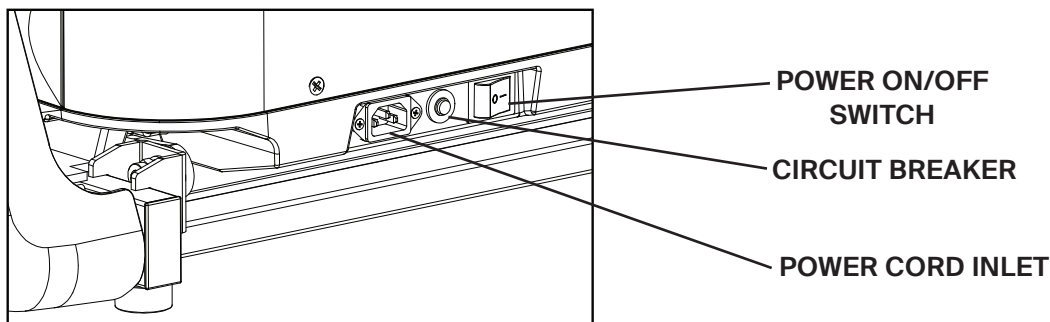


This treadmill is intended for use on a nominal 220V circuit and has a plug that looks like one of the plugs illustrated above (depending on your region). Make sure the treadmill is connected to an outlet have the same configuration as the plug. No extension cord or adapter should be used for this treadmill.

POWER REQUIREMENTS (FOR 220V MACHINES)

WARNING

1. This treadmill requires a power source of 10 Amps (220V) in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging in the treadmill. Any power source above or below this grade could cause significant damage to the treadmill and or user.
2. Never use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill, including the elevation mechanism and transport wheels.
3. Never operate the treadmill using a generator or UPS power supply.
4. Never remove any cover without first disconnecting AC power.



HARDWARE PACK (NOT TO SCALE)

HARDWARE	
<div>STEP 2</div> <div>A diagram showing six bolts of size M8X25 arranged in two rows of three. Each bolt is shown with a hexagonal head and a threaded shaft.</div> <div>6X Bolt, M8X25 (1)</div>	<div>STEP 3</div> <div>A diagram showing two bolts of size M8X25 arranged in a single row. Each bolt is shown with a hexagonal head and a threaded shaft.</div> <div>2X Bolt, M8X25 (1)</div>
<div>STEP A</div> <div>A diagram showing three bolts of size M6X10 arranged in a row. Each bolt is shown with a hexagonal head and a threaded shaft.</div> <div>3X Bolt, M6X10 (8)</div>	<div>A diagram showing a single #5 Allen wrench, which is an L-shaped tool with a hexagonal end and a long handle.</div> <div>1X #5 Allen Wrench</div> <div>80334-EN-V2024-09-09</div>

ASSEMBLY

WARNING

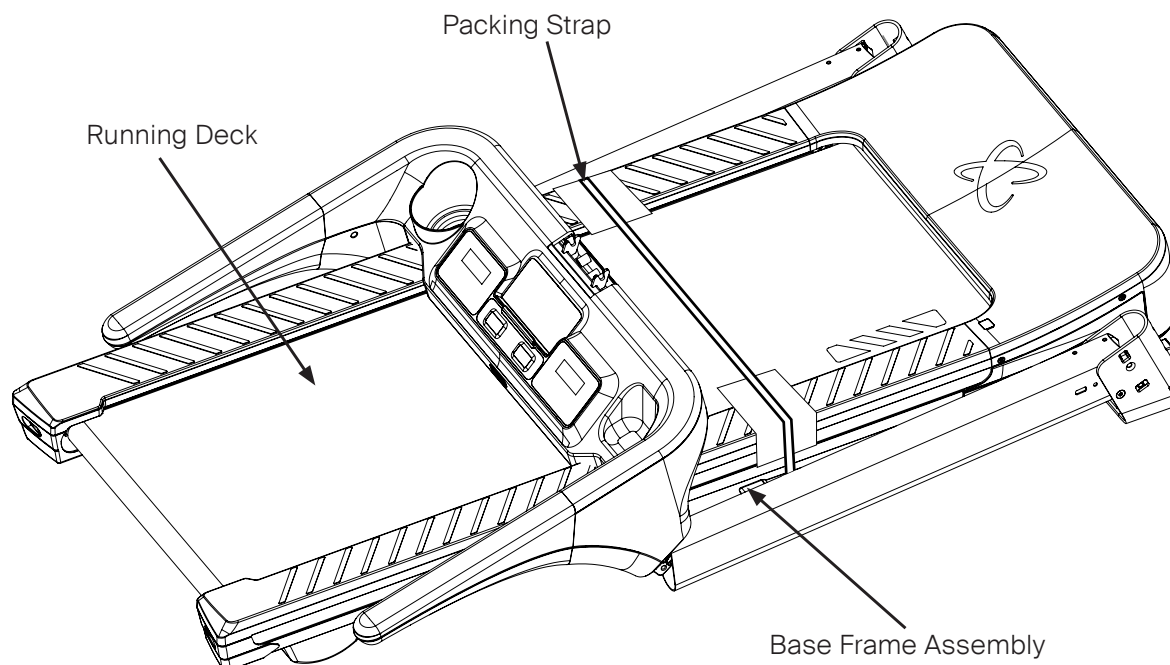
Do not remove the **Packing Strap** until instructed. Do not lift the treadmill without the **Packing Strap** securing the **Running Deck** to the **Base Frame Assembly**. Failure to do so may result in injury or damage to property.

NOTE: It is recommended to have at least 2 people for unboxing and assembling the treadmill.

STEP 1 - Remove the treadmill from the carton and place it on flat ground in the intended workout area. Remove the Packing Strap that secures the **Running Deck** to the **Base Frame Assembly**. Save the **Packing Strap** for future use.

WARNING

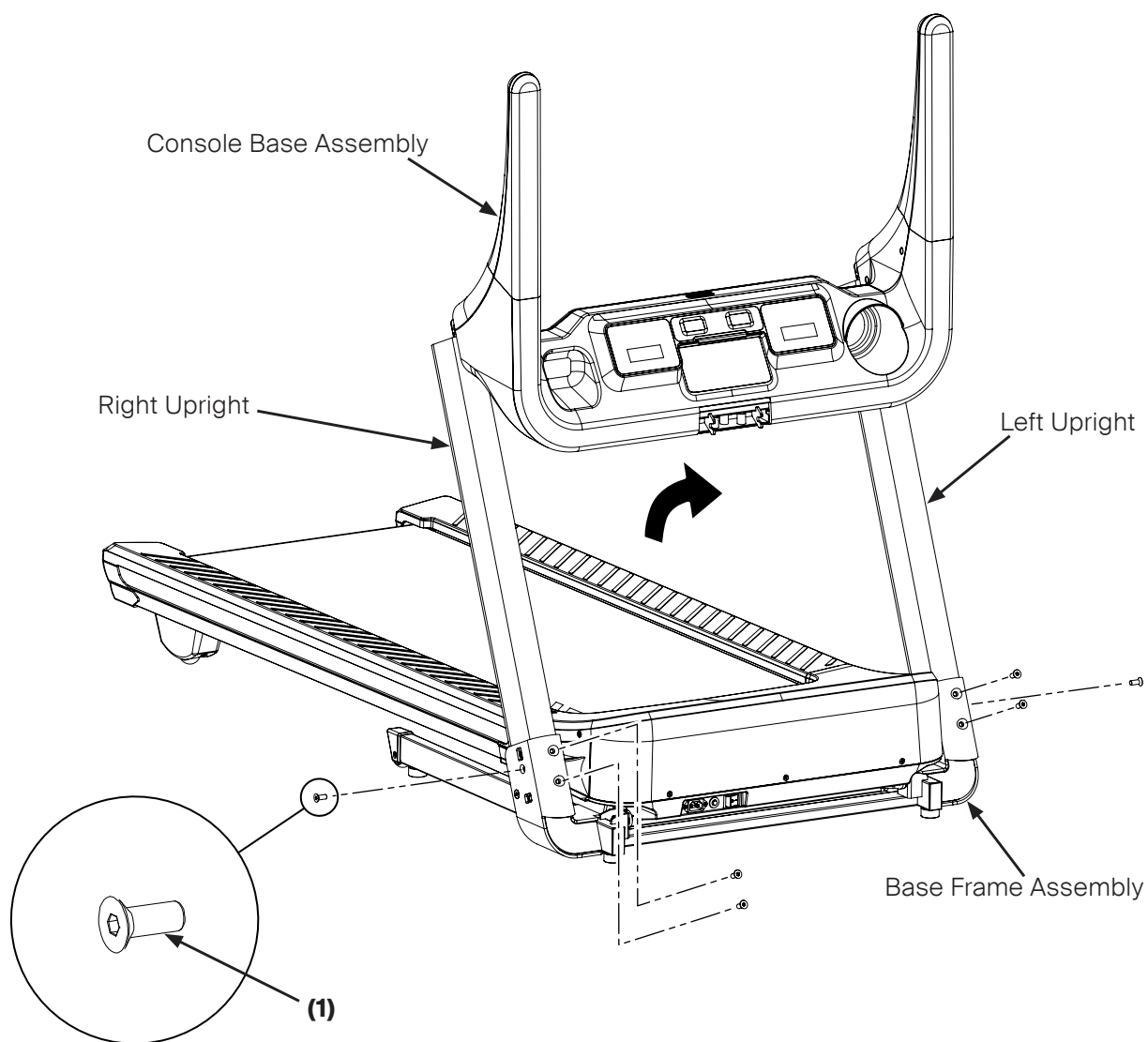
The treadmill may be moved by two or more people depending on their physical abilities and capacities. Make sure that you and the others are all physically fit and able to move the treadmill safely.



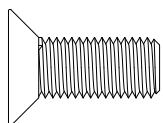
STEP 2 - Lift the **Left and Right Uprights** until the holes at the bottom are aligned on the **Base Frame Assembly**, and install the hardware. DO NOT FULLY TIGHTEN THE HARDWARE UNTIL INSTRUCTED.

WARNING

The **Console Base Assembly** is loose and can pivot down onto the **Uprights**. Keep fingers away from both ends of the Upright tubes. A second person to safely hold the **Uprights** during this step is recommended.



HARDWARE REQUIRED:

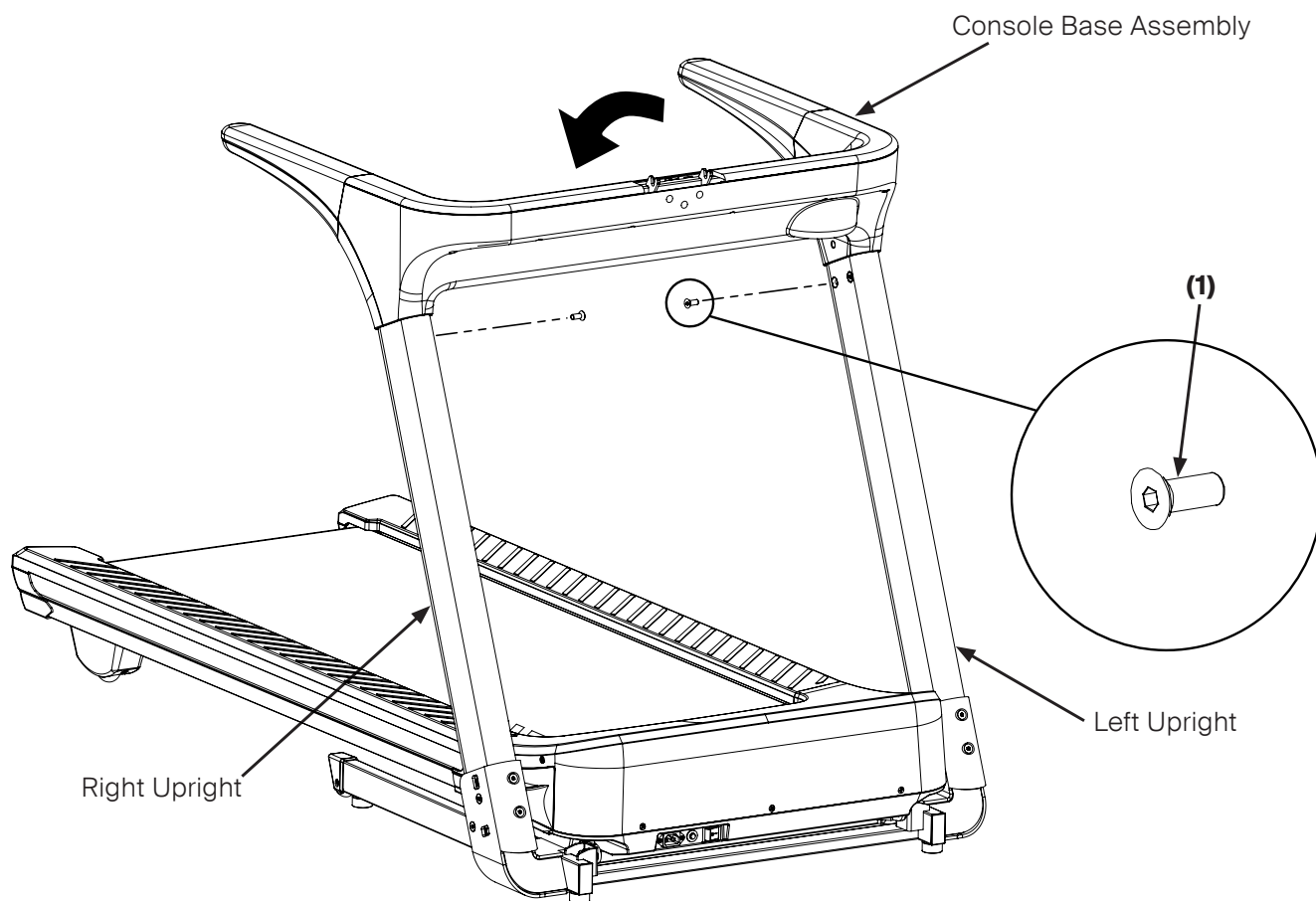


6X BOLT, M8X25 (1)

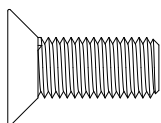
STEP 3 - Pivot the **Console Base** until the holes align, and install the hardware to secure it.

WARNING

Keep fingers away from the ends of the **Upright** tubes when pivoting the **Console Base Assembly**. A second person to safely hold the **Console Base Assembly** during this step is recommended.

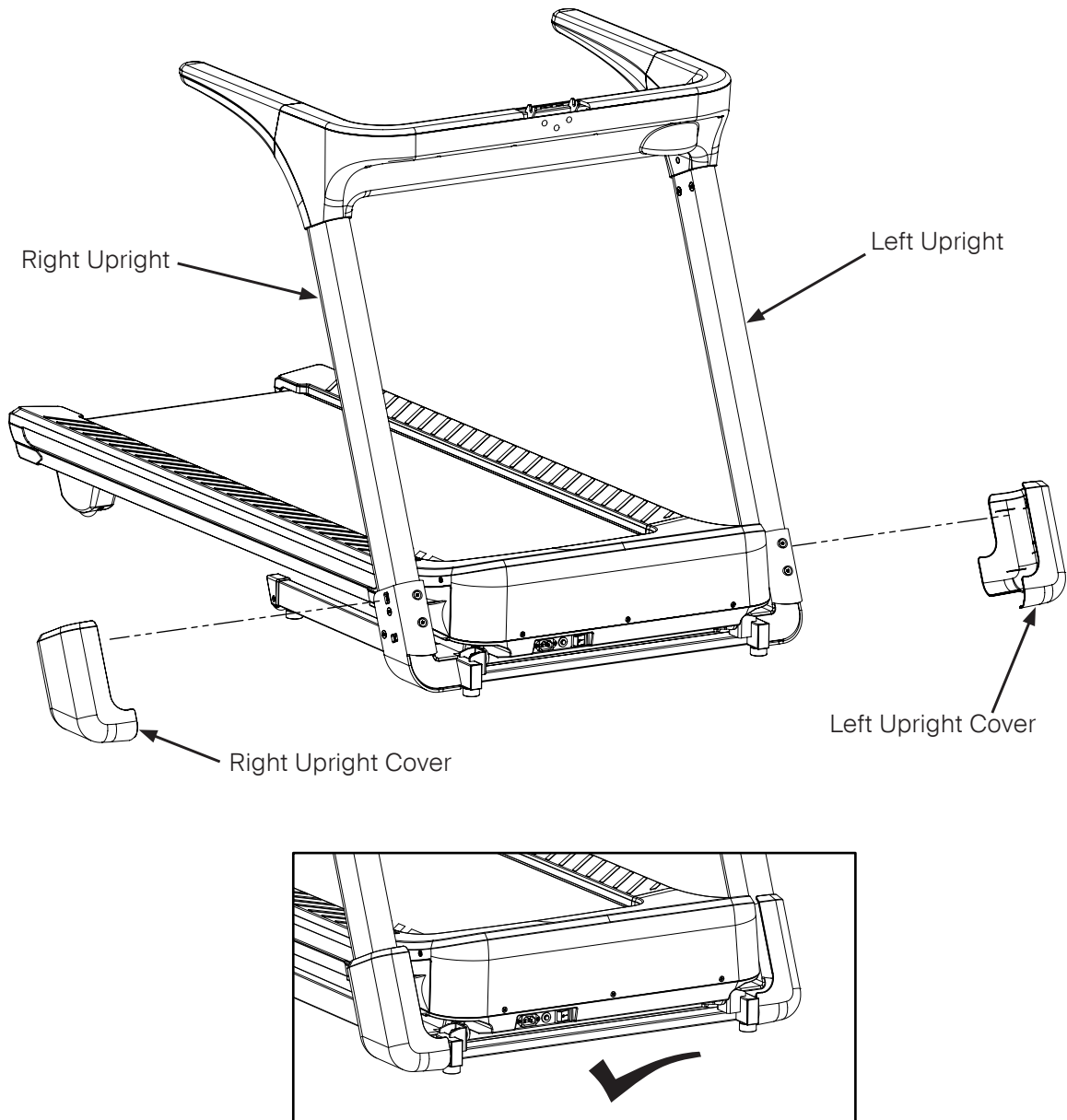


HARDWARE REQUIRED:



2X BOLT, M8X25 (1)

STEP 4 - TIGHTEN ALL HARDWARE FROM PREVIOUS STEPS. The **Left and Right Upright Covers** have two tabs that secure them to the **Uprights**. Slide the tabs of the appropriate **Upright Cover** onto the **Upright**, and then push into place.



STEP 5 - This treadmill has the option for a 10" Touchscreen (T4S) or a Tablet Holder (T4). The assembly steps to attach them are in the Console or Tablet Holder User Manual, supplied along with the **Touchscreen** or **Tablet Holder**. If needed, the User Manuals can be found by scanning the appropriate QR Code.



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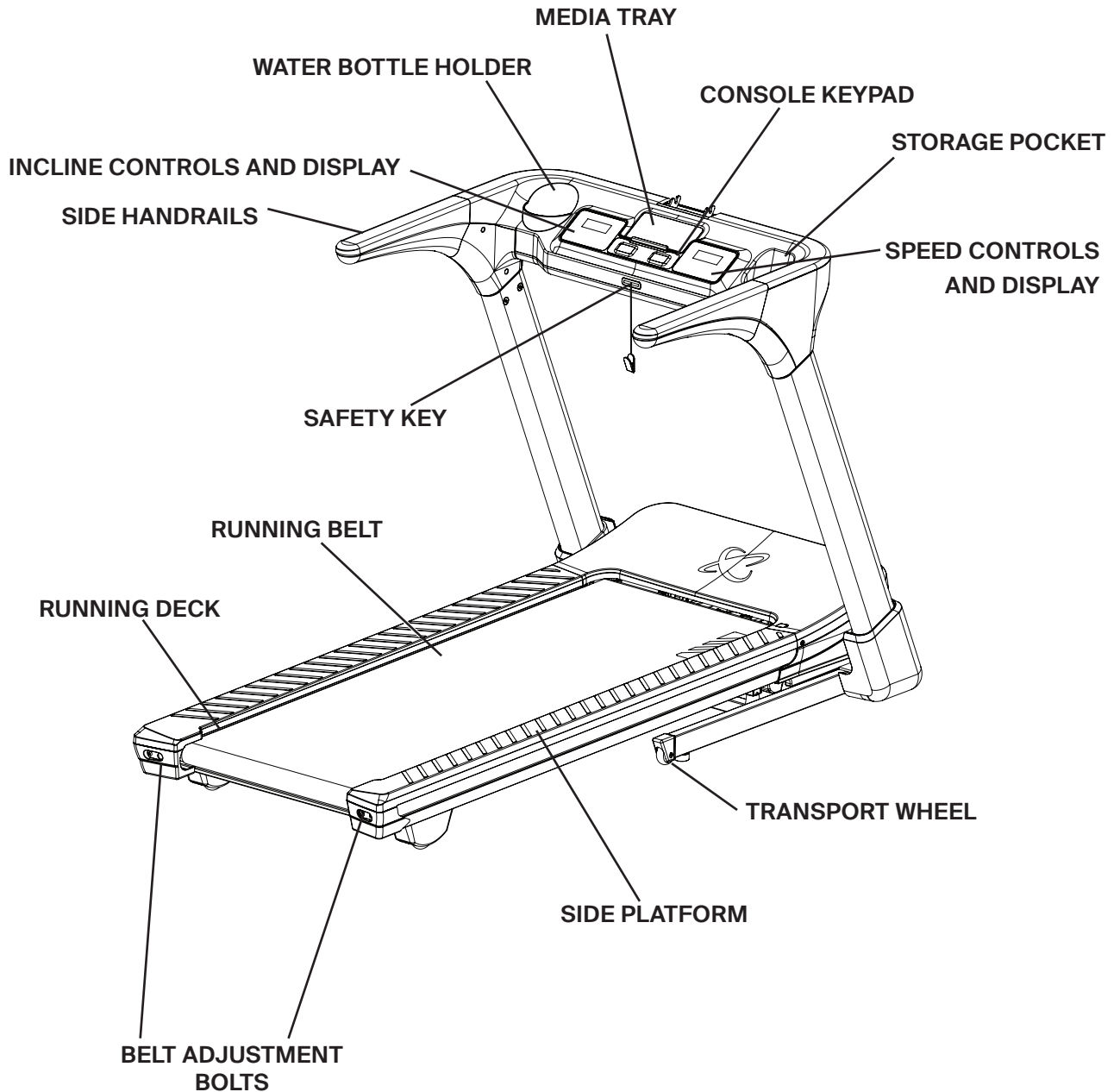
FOR
CENTR INSPIRE SERIES
T4S 10" TOUCHSCREEN



80336-EN

FOR
CENTR INSPIRE SERIES
T4 TABLET HOLDER

FEATURE OVERVIEW



BEFORE YOU BEGIN

This treadmill is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment.

WARNING

Before using this treadmill, all users must read, understand, and carefully follow all warnings, instructions, and procedures on the treadmill and in this User Manual. The user is required to perform a complete visual inspection, and test of the features and functions of the assembled treadmill prior to use. Inspect all hardware and securing devices to be sure that they are fully tightened, and tighten as necessary.

CAUTION

1. To avoid injury, use extreme caution when stepping onto or off of a moving belt.
2. Changes in speed do not occur immediately. Set your desired speed using the adjustment keys on the console. The speed will increase gradually.
3. While on the treadmill, move with caution as distractions may cause you to lose balance and stray from walking in the center of the belt, which may result in serious injury.
4. The treadmill starts at very low speed. To begin use, hold onto the handrails and stand on the side platforms while it starts up, then step onto the belt once it's in motion.
5. Always hold the handrail when changing settings on the console.
6. When ready to workout, attach the Safety Key and the Power Cord to the machine.

CONSOLE OPERATION

This treadmill has the option for a 10" Touchscreen (T4S) or a Tablet Holder (T4). Console operations and details are provided in the User Manual supplied with each option. The User Manuals can be found by scanning the appropriate QR Code.



FOR
CENTR INSPIRE SERIES
T4S 10" TOUCHSCREEN



FOR
CENTR INSPIRE SERIES
T4 TABLET HOLDER

BLUETOOTH® AUDIO FROM DEVICE TO TREADMILL SPEAKERS (T4S ONLY)

Your machine is able to play audio across a Bluetooth® connection from your phone or other Bluetooth audio device through the treadmill speakers. The name of the Bluetooth® audio device is "BT-Speaker".


1. From your device, scan for available Bluetooth devices from the Bluetooth or Connected devices setting.
2. Tap on "BT-Speaker" to connect to it.
3. Once the device is found, tap on Pair.
4. The "BT-Speaker" is added to the Paired Devices list, and is currently active.
5. Play the desired audio on the device and adjust the volume with the console.

Note: To remove a previously connected or paired device from the list, tap on the icon to the right of the undesired device and select Unpair. The device is removed from the list.

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Centr, LLC, is under license. Other trademarks and trade names are those of their respective owners.

BLUETOOTH® AUDIO FROM THE TREADMILL TO HEADPHONES (T4S ONLY)

Your machine is able to play audio across a Bluetooth® connection to your Bluetooth headphones.

1. With the console active, tap on the Bluetooth  icon.
2. Activate your Bluetooth headphones and put them into pairing mode. Follow the instructions provided by the manufacturer to pair or connect it.
3. Once the Bluetooth headphones are found, the console will list it as an available device.
4. Tap on Connect. The headphones will be connected, muting the speakers on the treadmill.

Note: To disconnect your device, tap on Disconnect from the list of connected devices.

WORKING OUT WITH A FITNESS APP

Your machine is able to connect across a Bluetooth® connection to a fitness app (such as Zwift) running on your device. The app will reflect the current workout, but the speed and incline of the workout will be controlled by the treadmill.

1. Confirm that Bluetooth is active on your device.
2. Open the desired fitness app on your device, and log in to your account.
3. Next, connect the treadmill to the app. On the Zwift app, select the Run tab and tap on “Run Speed” from the Paired Devices screen.
4. The app will search for available devices, and will provide an available list.
5. Tap on “Centr-T4-XXXXXX” to select it.
6. The app will show that it is connected to the treadmill.
7. Tap OK.
8. Then select a workout and tap Start when ready to workout.
9. Once the workout on the app begins, push Start on the treadmill to begin a Quick Start workout. The app will capture your workout from the treadmill.

Note: If the app does not follow along with the workout, the connection to the treadmill may need to be reconnected. For the Zwift app, tap the lower left side of the screen on your device. Then tap on Menu, and the available options are displayed. Tap on Pair found on the right side of the display. The Paired Devices screen of the app is displayed. Repeat Steps 3-7 to reconnect the treadmill to the app.

BLUETOOTH® HEART RATE

This console will connect to an activated chest strap or any other similar device that uses BLE protocol. With the Bluetooth Heart Rate device providing a heart rate, the console will detect it after approximately 15 seconds. Follow the instructions provided by the manufacturer to connect it to the treadmill.

Note: The console will connect to the first active Bluetooth Heart Rate device that it finds. Be sure to deactivate or remove other Bluetooth Heart Rate devices near the treadmill.

FOLDING AND MOVING INSTRUCTIONS

FOLDING

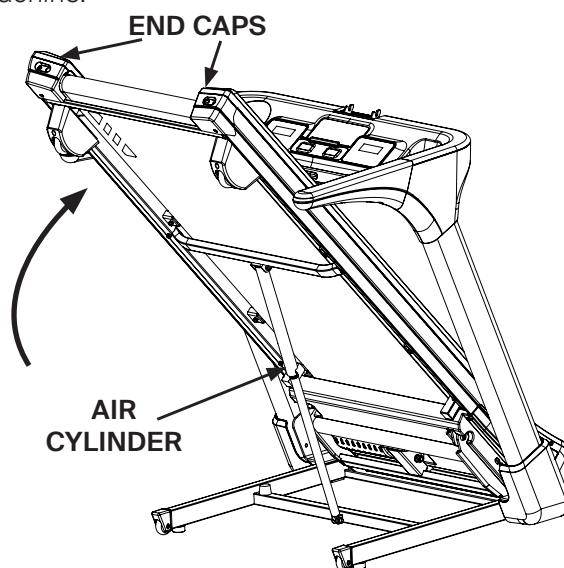
This treadmill is designed to be folded when not in use, to save floor space and allow for easy transport.

Before folding the treadmill, be sure that the Incline is set to 0, the Power switch is in Off position, and the power cord is removed from the outlet and machine.

WARNING

The treadmill may be folded by one or more people depending on their physical abilities. Be sure that you and others are all physically fit and able to safely move the machine.

1. Following proper lifting techniques (crouch with your legs and keep your back straight), grasp under the End Caps with your hands.
2. Lifting with your legs, raise the Deck upward until the air cylinder locks. An audible click will be heard.
3. Gently pull back on the End Caps to confirm that the Deck is securely folded.

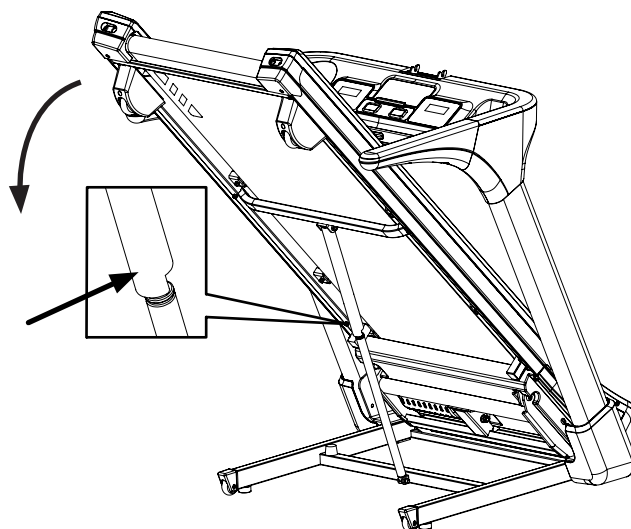


UNFOLDING

WARNING

Before lowering the treadmill, be sure that the floor space under the treadmill is clear of any objects.

1. Lightly press the air cylinder with your foot to release the Deck.
2. Safely back away from the Deck. The Deck will slowly lower to the floor.



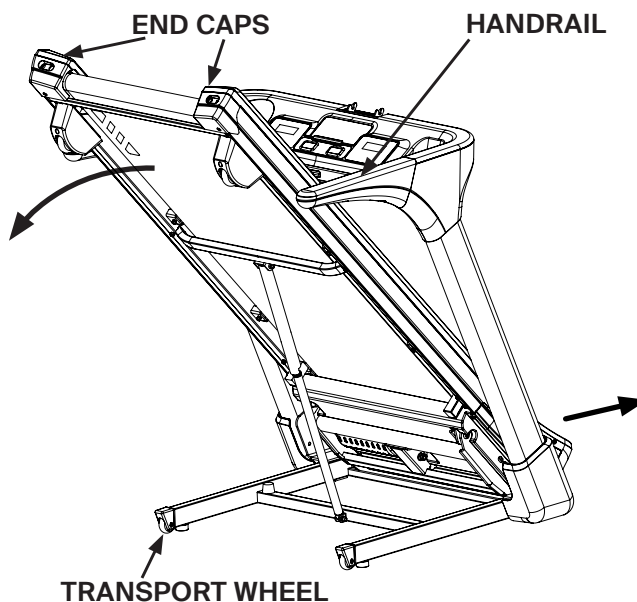
MOVING

Before moving the treadmill, be sure that the deck is securely folded, and the power cord is removed from the outlet and machine.

WARNING

The treadmill may be moved by one or more people depending on their physical abilities. Be sure that you and others are all physically fit and able to safely move the machine.

1. Place one of your feet to block the Transport Wheel from rolling.
2. Pull back on the Handrails to lift the front of the machine until it is balanced on the Transport Wheels.
3. Grasping the balanced treadmill by the End Caps, push the treadmill forward into the new position.
4. Gently lower the treadmill into place.



WARNING

Before lowering the treadmill, be sure that the floor space under the treadmill is clear of any objects.

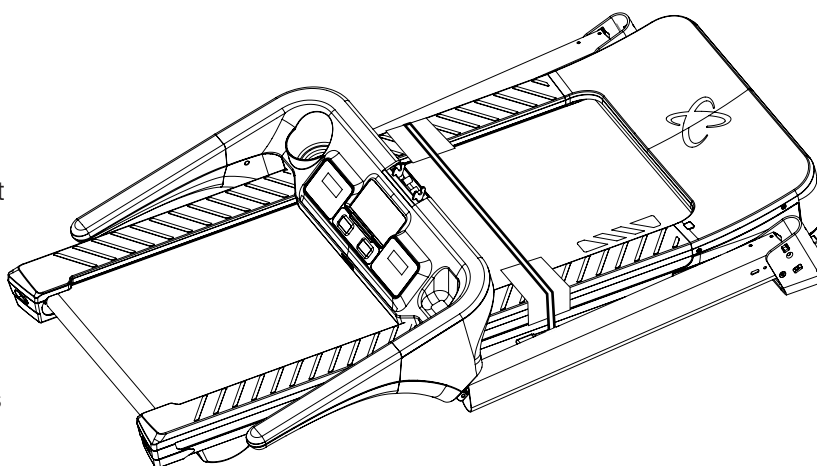
TRANSPORTING

When needing to transport the treadmill into a different room or location, it may need to be tilted onto a side. The treadmill must be broken down to the originally shipped configuration by reversing the assembly process, and the Packing Strap that shipped with the treadmill **MUST** be installed before it can be tilted onto a side and transported.

WARNING

Do not tilt the treadmill onto a side without the Packing Strap securing the Running Deck to the Base Frame Assembly. Failure to do so may result in injury or damage to property.

During disassembly, be aware that the Console Base Assembly and the Uprights will freely pivot once the hardware is removed. Be prepared to support the weight of the Console Base Assembly and Uprights, and safely pivot them down to the Deck. Keep fingers away from the ends of the Upright tubes and the Deck. Do not grasp the Mast, Touchscreen Console, or Tablet Holder to lower the Uprights. A second person is encouraged to assist with this process. Once safely lowered, be sure to securely install the Packing Strap.



MAINTENANCE AND CARE

WARNING

The safe operation of the machine can only be maintained when the equipment is regularly examined for damage and wear. It is the sole responsibility of the user/owner to ensure that regular maintenance and inspections for damage and wear are performed. Special attention should be given to components which are most susceptible to wear. Components which are most susceptible to wear are the Running Belt, Running Deck, Rollers, and Side Platforms. Worn or damaged components should be replaced immediately, or the equipment removed from use until the repair is made. Inspect all bolts, nuts and any other securing devices to be sure that they are fully tightened and that the machine is properly assembled and in a safe condition. All warnings and instructions must be read and followed prior to use.

General cleaning will help prolong the life and performance of the treadmill.

- Keep the treadmill clean and maintained by dusting the components on a regular basis.
- Clean the side platforms and the visible portion of the running deck to prevent debris from accumulating underneath the running belt. Debris under the running belt will degrade the performance and prematurely wear out the running belt and deck.
- Keep your running shoes clean so that debris does not accumulate underneath the running belt.
- Clean the surface of the running belt with a clean damp cloth.
- Regularly inspect the product for loose hardware.
- The moving parts should turn freely and quietly. Abnormal moving parts will affect the safety of the equipment.
- To prolong the treadmill life, it is suggested that the product be powered off for at least 10 minutes for every 2 hours of use.
- Power off the treadmill when not in use.
- It is recommended to place the treadmill on a qualified treadmill mat that is slightly larger than the treadmill base. This will help protect your product from accumulating dust, debris and carpet fibers which can affect the performance and longevity of your treadmill.

SCAN THE QR CODE TO DOWNLOAD THE SERVICE MANUAL:



80339-EN

ADJUSTING THE RUNNING BELT

The running belt is properly adjusted at the factory but may loosen or change over time. It is important to properly adjust the running belt so it has the right tension and is centered on the deck, without drifting to one side.

RUNNING BELT TENSION

To check the running belt tension, pull up on the running belt in the middle of the running surface, and the running belt should lift off the running deck between 2-3 inches. If the running belt is too tight, this will negatively affect the motor's performance and also create more friction between the roller and running belt. When the running belt is too loose, it may not move smoothly with the motor.

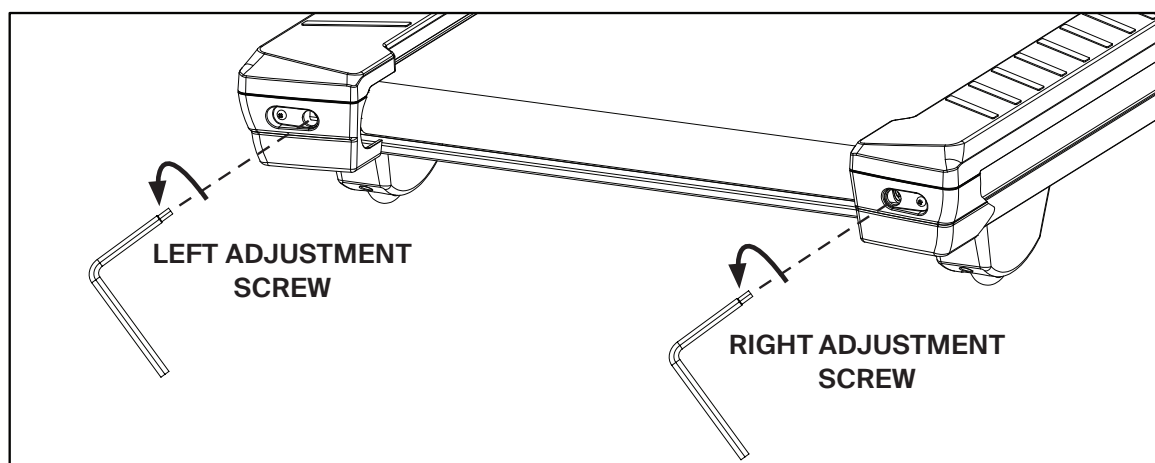
RUNNING BELT CENTERING

To check the centering of the running belt, set the Incline to 0 and set the Speed to 3.0 mph. Watch the belt to see if it moves all the way to the left or right on the running deck. If properly centered, the belt should be centered on the running deck and the side platforms. If the running belt is not properly centered, this will cause premature running belt failure.

To adjust the running belt tension or centering, use the included Allen wrench and use this table to know which adjustment screw to turn. Repeat the steps given in the table until it is properly adjusted.

BELT ADJUSTMENT	LEFT ADJUSTMENT SCREW	RIGHT ADJUSTMENT SCREW
TOO TIGHT	1 TURN CCW	1 TURN CCW
TOO LOOSE	1 TURN CW	1 TURN CW
SHIFTED TO THE LEFT	1/4 TURN CW	1/4 TURN CCW
SHIFTED TO THE RIGHT	1/4 TURN CCW	1/4 TURN CW

CW =CLOCK-WISE CCW = COUNTER CLOCK-WISE



LUBRICATING THE RUNNING BELT

IMPORTANT NOTE: This treadmill comes pre-lubricated from the factory, but it is recommended to check your running belt and deck before first use as the silicone oil can dry over time. If the running belt and deck appear dry, then follow the steps below.

Lubricating the running deck and belt is essential as the friction between the two affects the life span and function of the treadmill. Therefore, it is suggested the running belt and deck be inspected regularly.

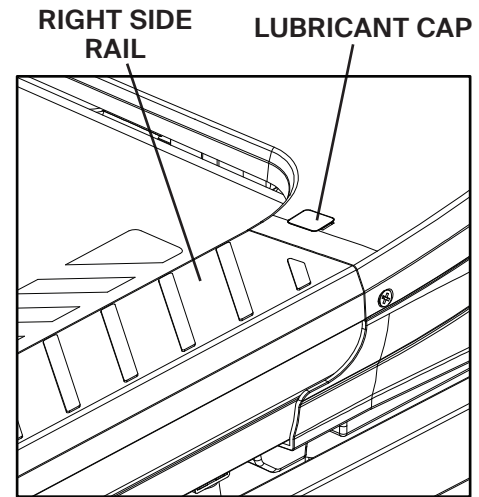
Follow these instructions to lubricate the running belt and deck:

1. Remove the lubricant cap found near the front of the Right Side Rail.
2. With power supplied to the treadmill, get the running belt moving by starting a workout. Adjust the belt speed to 3mph/ 4.8kph.

WARNING

Be sure that the area around the treadmill is clear before starting it. Do not touch the moving belt.

3. Open the supplied bottle of lubricant. Be sure to have paper towels or cloth rags to clean up any lubricant that spills. Do not get any onto your clothing.
4. Fully squeeze the bottle of lubricant once into the lube opening, and wait for 15 seconds before the next squeeze. Repeat until the bottle is empty (typically 4 to 6 squeezes).
5. Cap the bottle of lubricant and replace the lubricant cap on the Right Side Rail.
6. To properly distribute the lubricant across the deck and running belt, the belt needs to run for 20 minutes. This can be done by either doing a 20 minute workout, or by keeping the running belt moving. A safety feature of the treadmill is that it will stop the belt after a minute if no one is detected using it. So the running belt will need to be restarted several times to complete the 20 minutes of running.
7. After running the belt for 20 minutes, stop the belt and turn off the treadmill. Fully clean up any drips or excess lubricant with paper towels or cloth rags.



RECOMMENDED LUBRICATION SCHEDULE	
LIGHT USE (LESS THAN 3 HOURS / WEEK)	EVERY 6 MONTHS
MEDIUM USE (3 - 5 HOURS / WEEK)	EVERY 3 MONTHS
HEAVY USE (MORE THAN 5 HOURS / WEEK)	EVERY 2 MONTHS

TROUBLESHOOTING

When the treadmill electronics detect a problem or a potential problem, the HR window in the center of the console keypad will display one of the Error Codes in the following table.

WARNING

Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

ERROR CODE	POSSIBLE SOLUTION(S)
E00 - No Error	Reset the power using the On/Off switch
E01 - Motor Overload	<ol style="list-style-type: none"> 1. Motor current exceeds load rating. To prevent damaging the motor, the system will restart. 2. A part of the treadmill is stuck, causing a the motor to shut off. Check for parts that are not moving normally and also trying adding running belt lubrication. 3. If you smell burning when the motor runs, or an unusual motor sound, the motor may need replacement. 4. The motor control board may need replacement.
E02 - Motor Hall Sensor Error	<ol style="list-style-type: none"> 1. Check that the motor cable is properly connected. 2. Replace the motor or motor control board.
E03 - Motor Control Board Overcurrent	<ol style="list-style-type: none"> 1. Motor current exceeds load rating. To prevent damaging the motor, the system will restart. 2. Check that the power cord and motor connection are properly connected. 3. Replace the motor control board.
E04 - Phase Loss	<ol style="list-style-type: none"> 1. Check that the motor cable is properly connected. 2. Replace the motor. 3. Replace the motor control board.
E05 - Undervoltage	<ol style="list-style-type: none"> 1. Check that the input power supply voltage is normal. 2. Check if the power cord is loose.
E06 - Overvoltage	<ol style="list-style-type: none"> 1. Check that the input power supply voltage is normal.
E7 - Incline Adjustment Error	<ol style="list-style-type: none"> 1. Check that the incline adjustment motor cable is properly connected. 2. Reset the power using the On/Off switch. 3. Re-calibrate the incline motor.
E08 - Motor Control Board Error	<ol style="list-style-type: none"> 1. Check that the power cord and motor connection are properly connected. 2. Replace the motor control board.
E16 - Incline Adjustment Error	<ol style="list-style-type: none"> 1. Check that the incline adjustment motor cable is properly connected. 2. Reset the power using the On/Off switch. 3. Re-calibrate the incline motor.

TROUBLESHOOTING

WARNING

Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

ERROR CODE	POSSIBLE SOLUTION(S)
E17 - Lift Motor Calibration Error	<ol style="list-style-type: none"> 1. Check that the incline adjustment motor cable is properly connected. 2. Re-calibrate the incline motor.
E21 - Motor Control Board Save Data Exception	<ol style="list-style-type: none"> 1. Turn off the power using the On/Off switch. 2. After 3 minutes, turn the power ON. If the motor control board fails to start, replace the motor control board.
E22 - Communication Error Between Console and Motor Control Board	<ol style="list-style-type: none"> 1. Check that the cable between the console board and motor control board is properly connected. 2. Check if the console or motor control board is damaged. 3. Turn off the power using the On/Off switch. 4. After 2 minutes, turn the power ON.
E30 - Motor calibration error	<ol style="list-style-type: none"> 1. Replace the motor control board.
E31 - Overtemperature	Wait until the machine temperature is normal before continuing to use.
E32 - Motor Reversal	Check that the motor cable UVW is properly connected.
E33 - Issue with Motor or Motor Control Board	<ol style="list-style-type: none"> 1. Replace the motor. 2. Replace the motor control board.
E40 - The Safety Key Not In Place	<ol style="list-style-type: none"> 1. Check if the Safety Key is loose or removed. 2. Check that the Safety Key moves free into place. 3. Check if the Safety Key is damaged. 4. Check if the console is damaged.
E50 - Other Error	Please contact customer service.
Connection Error - Communication error between the Console and Console Board	<ol style="list-style-type: none"> 1. Check if the console board wire is loose or detached from the console board. 2. Check the connectors of the console board and the console board wire. 3. Check if the console is damaged. 4. Turn off the power using the On/Off switch. After 2 minutes, turn the power ON.

CENTR