

NORAMCO FITNESS

13901 Highway 105 West
Conroe, TX 77304

www.NoramcoFitness.com

Switching from MPH to KPH or KPH to MPH

Your treadmill has the ability to display speed in either:

MPH - Miles per Hour

-or-

KPH - Kilometers per Hour

To determine whether your treadmill is set for MPH or KPH, start the treadmill.

The startup speed will either be 0.5 MPH or 0.7 KPH.

On some machines, the user has the ability to switch between MPH and KPH. Sometimes, the user will become distracted or not realize that they have accidentally made this change.

To Switch:

- 1) Pull the stop magnet and replace it to reset the board.
- 2) Hold down the POWER button until the board beeps and flashes. (3-5 seconds)

If the above procedure does not work, your treadmill may not have this feature. In order to switch between MPH and KPH, you will need to call the service department at 800-827-2017.