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## Keys Milestone 1200 Treadmill Manual

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Attach RED Safety Key to treadmill console. Stand on the treadmill and straddle belt. Attach safety key clip to your clothes. Press POWER button. There will be an eight (8) second delay after pressing the POWER button before data can be entered. Page 11 Press POWER button. There will be an eight (8) second delay before data can be entered.

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1) Turn power OFF on the console. (Do not unplug treadmill.) Attach the magnet safety key to the console. 2) Activate the calibration mode switch by inserting the eraser end of a pencil into the opening in the backside of the console (see diagram below).

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road to show distances. a significant event in your life (or in a project) A stone set up beside a road to mark the distance in miles to a particular place. An action or event marking a significant change or stage in development.

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Keys Fitness Milestone MS 1200 Folding Treadmill ...

Page 1 MILESTONE 4200/4400HR TREADMILL OWNER ' S MANUAL Keys Fitness Treadmills Manufactured in the USA by: KEYS Fitness Products, LP P.O. Box 551239 Dallas, Texas 75239 PART# 15-0113...; Page 2: Table Of Contents Table of Contents Information Table of Contents Specification Sheet Important Safety Information Before You Start Warm Up Exercises Assembly, Moving Instructions Power Requirements ...

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