

TECHNICAL PARAMETER

Built up size(mm)	1450*710*1236mm	Power	As the rating label showing
Foldable size(mm)	800*710*1299mm	Maximum output power	As the rating label showing
Running surface size(mm)	450*1300	1 LCD WINDOW	Speed, Time, Distance, Calories, Pulse
Net weight	105.6LB		
Speed range	0.6-10MPH		

GROUNDING METHODS

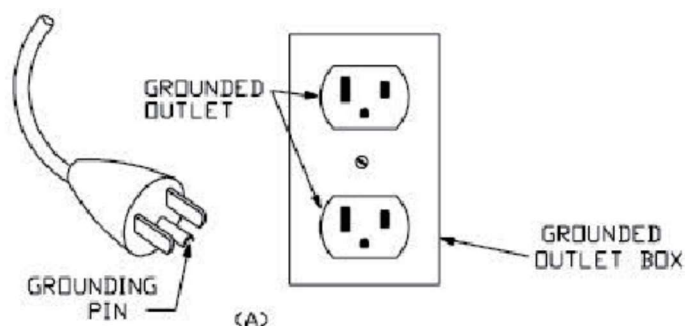
This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local 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 product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

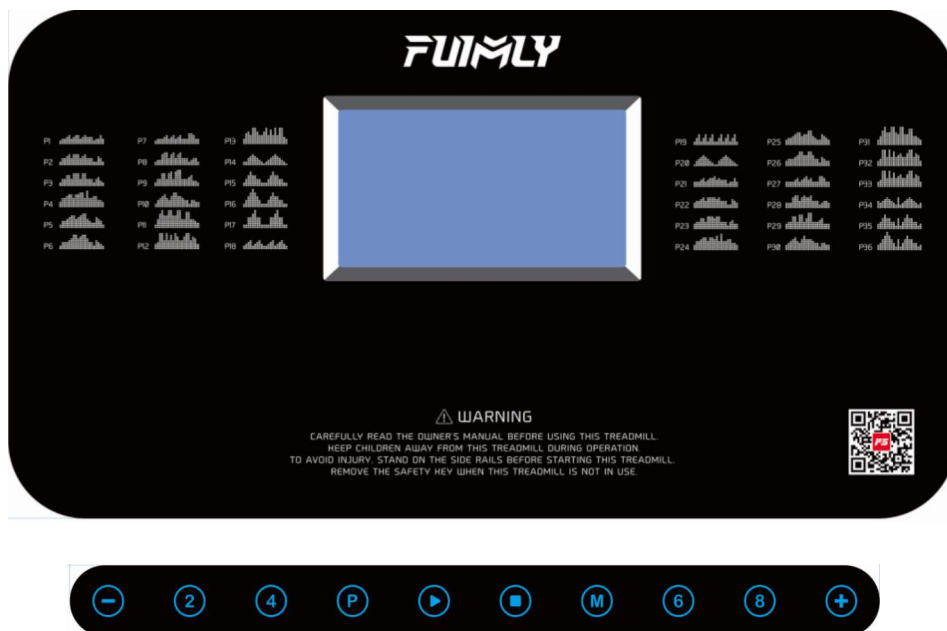
This product is for use on a nominal 220-240/100-120 volt(please choose the correct voltage) circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.(The below picture is just for reference , the actual plug and jack is depends on import country)

Grounding methods



OPERATION GUIDE

1. DISPLAY WINDOW



2. WINDOW DISPLAY DETAILS

PROG:	Show program number. In manual mode, it show "--"
TIME:	Show running time;
SPEED:	Show speed;
PULSE:	Show heart beat data
CAL/DIST:	Show Calories and distance. When the corresponding icon is lit, the corresponding element is displayed; Alternate between heat and mileage every 5 seconds.

3. BUTTON FUNCTION

"START" button:

Press this button to start the machine, the machine will run at the lowest speed or at the speed of default program after 3 seconds time count down;

"STOP" button (Pause/Stop key) :

Press this button for the first time, the treadmill will slow down to stop and enter temporary In the STOP state, all data remain unchanged; in the pause state, if the "STOP" key is pressed again, all data will be cleared and returned to the standby state; in the pause state, if the "START" is pressed, the treadmill will be restarted, and all data will be counted from the state before the pause.

“PROG” button:

Press this button to choose program from manual mode—P1---P36---FAT;

“MODE” button:

- a. When machine in standby state, press this button to choose the mode: manual mode-time count down mode-distance count down mode-calories count down;
- b. In the state of the lipid measurement model, the key for lipid measurement parameters is: the selection order is "family name", "age", "height", and "body weight".

SPEED ▲、▼:

Adjust the speed. Press the button to adjust the speed when running, and adjust the data when stop;

SPEED (2,4,6,8) : Adjust the speed quickly.

Any button that is held valid is accompanied by a beep, or a long beep when the button is used to adjust parameters and exceeds the limit. There will be no beep when the key is not pressed.

4.MAJOR FUNCTION

Turn on the power and light all Windows for 2 seconds, after which it goes into standby state.

4.1 Quick Start (manual mode) :

Put the safety lock and press the start button. After a 3-second countdown, the treadmill will start and run from the lowest SPEED. Press the SPEED plus or minus key to adjust the SPEED. To stop running, press the stop button.

4.2 Reverse metering MODE:

Press the "MODE" button, and you can select successively: time reverse metering, Distance reverse metering, Heat reverse metering. The corresponding window displays the default values and flashes. At this point, press the "SPEED ▲, ▼" key to adjust to the required value. Press the START key. After a 3-second countdown, the treadmill will START and run from the lowest SPEED. Press the SPEED plus or minus adjustment key to adjust the SPEED. When the window value back counts to 0, the treadmill slows down slowly to stop. Of course, you can also directly press the "STOP" key to STOP running.

4.3 PROGRAM mode:

Press the "PROGRAM" button and select any P36 node as the built-in PROGRAM. The "TIME" window displays the default value and flashes, and the "SPEED ▲, ▼" key is used to adjust the required movement TIME. The built-in program is divided into 20 segments, and the running time of each segment is set time /20. Press the START key, and the treadmill will START running according to the speed of the first section after counting back for 3 seconds. When the last section of running ends, the treadmill will automatically enter the next section of running, and the speed will be automatically adjusted to the value of this section. All segments run. At the end of the program, the treadmill slows slowly to a stop. During operation, you can press "SPEED ▲, ▼" or the handrail button to adjust the SPEED. However, it will automatically adjust to the program default value when entering the next paragraph. You can also directly press the STOP key to STOP running during the movement.

A window that corresponds to the end of a program movement flashes and has 15 beeps, after which all data clears into standby mode.

5.SAFETY KEY FUNCTION

Pull out the safety key, the treadmill will stop quickly, All normal operation must be in the state of safety key locked.

6. HEART BEAT TEST

When holding the hand pulse by two hands, the pulse window will show your heart beat after 5 seconds. In order to get the heart beat more correct, please test when the machine stop, and holding the hand pulse more than 30 seconds. The heart beat data is just for reference, can not be as the medical data.

7.RUNNING DATA DISPLAY AND SETTING RANGE

	SHOW RANGE	DEFAULT MODE	DEFAULT PROGRAM	SET RANGE
SPEED(MPH)	0.6-10MPH	-----	-----	0.6-10MPH
TIME	0:00—99:59	30:00	30:00	5:00---99:00
DISTANCE	0.00KM—99.9KM	1.00KM	-----	0.5KM—99.9KM
CALORIES	0Kcl—999Kcl	50Kcl	-----	10Kcl—999Kcl

8.DATE TABLE

PROGRAM	TIME	Setting time/20= interval running time																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P03	SPEED	2	4	4	6	6	4	5	6	5	4	3	3	4	4	4	2	4	5	3	2
P04	SPEED	3	5	5	6	5	4	5	3	3	2	4	5	6	5	5	6	6	4	4	3
P05	SPEED	2	4	4	5	6	5	6	5	6	4	3	2	5	4	3	3	6	5	4	2
P06	SPEED	2	4	4	4	5	6	3	4	6	3	2	3	6	4	4	2	5	4	3	2
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P08	SPEED	2	3	3	6	5	4	4	6	2	4	6	5	4	4	4	2	3	4	4	2
P09	SPEED	2	4	4	3	5	4	3	2	4	5	6	6	4	4	4	5	6	3	3	2
P10	SPEED	2	4	5	6	3	5	4	6	3	3	6	6	5	4	4	2	4	4	3	3
P11	SPEED	2	5	4	3	4	5	6	6	4	5	6	6	5	5	6	3	5	5	4	3
P12	SPEED	3	4	5	6	5	4	5	2	5	6	4	5	5	3	6	5	5	2	6	3
P13	SPEED	3	6	2	5	5	6	6	5	5	3	3	5	2	5	6	5	6	5	4	3
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P15	SPEED	2	4	6	3	6	6	4	4	2	2	2	4	6	5	6	6	4	4	2	2

P16	SPEED	2	4	6	4	4	5	6	4	2	2	2	4	6	1	6	6	4	4	2	2
P17	SPEED	2	2	6	6	4	4	6	6	2	2	2	2	6	6	3	2	6	6	2	2
P18	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
P19	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
P20	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
P21	SPEED	3	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P22	SPEED	2	5	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P23	SPEED	2	4	5	6	6	4	6	5	6	4	4	5	4	4	4	2	4	5	3	2
P24	SPEED	3	5	5	6	6	6	5	5	5	4	5	5	6	5	5	6	6	4	4	3
P25	SPEED	2	4	4	5	5	5	6	5	6	3	5	6	5	4	3	3	6	5	4	2
P26	SPEED	2	4	4	4	5	6	5	5	6	4	3	3	6	4	4	2	5	4	3	2
P27	SPEED	2	3	3	3	4	5	4	4	5	3	4	5	3	3	3	6	6	5	3	3
P28	SPEED	2	3	3	6	5	6	4	5	6	4	6	5	4	4	4	2	3	4	4	2
P29	SPEED	2	4	4	5	5	4	6	6	5	5	6	6	4	4	4	5	6	3	3	2
P30	SPEED	2	4	5	6	5	5	4	6	5	3	6	6	5	4	4	2	4	4	3	1
P31	SPEED	2	5	5	6	6	6	5	5	6	6	5	3	6	6	5	5	5	5	4	3
P32	SPEED	3	4	6	6	5	5	5	5	5	5	6	6	5	5	4	4	5	4	6	3
P33	SPEED	3	4	6	6	5	6	5	6	5	6	6	5	6	6	6	6	5	6	6	3
P34	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	6	6	5	4	3	2	1
P35	SPEED	2	4	6	5	6	6	4	4	2	2	2	4	6	5	6	6	4	4	2	2
P36	SPEED	2	4	6	6	5	6	4	4	2	2	2	4	6	5	6	5	4	4	2	2

9. BODY FAT TEST

Press 'PROGRAM' button under ready condition, till 'FAT' show in the window. 'FAT' is body fat test mode. Press 'MODE' to choose parameter 'SEX / AGE / HEIGHT / WEIGHT', and the window will show "-1-", "-2-", "-3-", "-4-". When set each parameter, press SPEED ▲/▼ to adjust the data, and the window will show the data and press 'MODE' button to finish, and the window will show "-5-" and "---" enter into ready condition. Hold the handle pulse with two hands, it will show your BMI data after 5 seconds.

9.1 Data display and set range

Parameter Type	default	Setting range	mark
SEX (-1-)	0 (MALE)	0—1	0=MALE 1=FEMALE
AGE (-2-)	25	10—99	
HEIGHT (-3-)	170 CM	100—240 CM	
WEIGHT (-4-)	70KG	20—160KG	

9.2 BMI reference

(BMI)	
FAT≤19	Under weight
19<FAT ≤26	Normal weight
26<FAT ≤30	Over weigh
FAT≥31	Obesity

TROUBLE SHOOTING GUIDE

CODE	REASON	SOLUTION
E01	Overload protecting	1.The possible cause is that the current exceeds the rated load. Restart the system for self-protection. 2.A part of the treadmill is stuck, resulting in the motor can not turn, the load is too heavy, the current is too large, the system self-protection, adjust the treadmill to restart the operation or increase the lubricating oil. 3.Check whether there is flow sound or burning smell when the motor is running, replace the motor; 4.Change control board
E02	Hall Error	1.Check whether the motor wire is connected, reconnect the motor wire. 2.Change motor 3.Change control board
E03	Hardware overload	1.The current exceeds the rated load. Restart the system for self-protection. 2.Check whether the plug of the power outlet and the connection of the motor are loose 3.Change control board
E04	Default Phase	1.Check whether the motor wire is connected, reconnect the motor wire. 2.Change motor 3.Change control board
E05	Voltage Shortage	1.Check whether the input voltage is normal 2.Check whether the connector of the power outlet is loose.
E06	Over voltage	1.Check whether the input voltage is normal
E08	Hardware Error	1.Check whether the plug of the power outlet and the connection of the motor are loose 2.Change control board
E21	Data Saving Abnormal	1.Outage 2.Power on the controller again. If the controller fails to start, replace the controller.
E30	Motor calibration error	Check if wires connected well.
E31	Over-temperature	Wait until the temperature of the motor is normal before running
E32	Motor reverses	Check if motor wires UVW connected well.
E33	Motor parameter error	Need to provide correct motor parameters
E50	Other Error	
E91	Communication Failure	1.Check the communications cable 2.Change console 3.Change control board

EXERCISE INSTRUCTIONS

WARM UP STAGE :

- If you are over 35 years old, or not very healthy, also it's your first time exercise, please consult with your doctor or professional person.
- Before you use the motorized treadmill, please learn how to control the machine, know well how to start, stop, adjust the speed and so on, don't stand on the machine at this time. After that, you can use the machine. Stand on anti-slip pad both sides and handle the handle bar with your both hands. Keep the machine at the low speed about 1-2MPH , then test the running machine by one foot, after get used to the speed, then you can run on the machine and you can add the speed between 1.9 and 3.1MPH. Keep the speed about 10 minutes, then stop the machine.

EXERCISE STAGE :

- Learn how to adjust the speed and incline before using. Walk about 1 km at stable velocity and write down the time, it will take you about 15-25 minutes. If walk at 4.8 km/h, it will take you about 12 minutes in 1 km. If you feel comfortable at the stable velocity, you can add the speed and incline, after 30 minutes, you can have good exercise. At this stage, you can not add the speed or incline too much at one time, it can keep you feel comfortable.

EXERCISE INTENSITY :

- Warm up at the speed 3 MPH in 2 minutes, then add the speed to 3.3 MPH and keep walking in 2 minutes, then add to 3.6MPH and walk in 2 minutes. After that, add up 0.2MPH in each 2 minutes, until rapid breath but not feel comfortable
- Calorie burning---the best effective way
- Warm-up for 5mints by the velocity:2.5-3 MPH, then slowly increase the speed by 0.2MPH /2Mints ,until up to the stable speed which you feel is comfortable for 45Mints.For improving the intensity of movement, you can maintain the speed during 1H of TV program, then increase the speed by 0.2MPH each Advertisement interval time, after that return to the original speed . You can acquaint the best efficiency of workout for calorie burning during the advertisement time and subsequent heart frequency increasing time. Finally , you should slow down the speed step by step for 4Mints.

EXERCISE FREQUENCY :

- The cycle time: 3-5times/Week, 15-60mints/Times.Make up the schedule of work-out scientific, not only for your hobby.
- You can control the running intensity through adjusting the velocity and incline of treadmill. We suggest that you don't set the incline at first; improve the incline is the effective way to strengthen the exercise's intensity.
- Consult with your physician or health professional before starting your workout. The professional people can help you make up the suitable exercise time-chart according to your age and health condition, determine the velocity of movement, the intensity of exercise. Please stop at once, If you feel chest tightness, chest pain, irregular heart beat, breath difficulty, dizziness or other discomfort during exercise.
- You should consult with your physician or health professional as keep going.
- You can choose the normal walking speed or the jogging speed ,if you always take workout with treadmill.
- If you don't have enough experiences or confirm the testing velocity ,you can follow the instruction :

Speed 0.6 - 1.9 MPH not well physical
 Speed 1.9 - 2.8 MPH less movement and workout
 Speed 2.8 - 3.7 MPH normal walking
 Speed 3.7 - 4.7 MPH Fast walking
 Speed 4.7 - 5.6 MPH Jogging
 Speed 5.6 - 7.5 MPH intermediate speed walking

Attention: The velocity of movement ≤ 3.7 MPH, the normal walking; The velocity of movement ≥ 5 MPH, the good runner.

WARM UP INSTRUCTION

Before exercise, it is better to do stretching exercises. Warm muscles stretch more easily, so the first of 5 ~ 10 minutes to warm up. Then in accordance with the following methods to stop and do stretching exercises - do five times, each leg every time 10 seconds or more time to do it again after the end of the exercise.

1. Down the stretch: knees slightly curved, the body bent forward slowly, so that the back and shoulders relaxed, hands try to touch your toes. Maintain 10 to 15 seconds, then relax. Repeat three times to do (see Figure 1).

2. Hamstring stretch: sitting on the clean seat, put one leg straight. Inward close to the other leg to make it close to the inside leg straight. hand try to touch the toes. Maintain 10 to 15 seconds, then relax. Repeat for each leg do three times (see Figure 2).

3. Legs and feet tendon stretch: two on the Rotary wall or tree stand, one foot in the post. Keep legs straight and heel to tilt the direction of the wall or tree. Maintain 10 to 15 seconds, then relax. Repeat for each leg do three times (see Figure 3).

4. Quadriceps stretch: the left hand wall or table to master balance, and then stretched his right hand back to seize the right foot to the buttocks with slowly pull until you feel the front thigh muscles tense. Maintain 10 to 15 seconds, then relax. Repeat for each leg to do three times (see Figure 4).

5. Sartorius muscle (inner thigh muscles) stretch: Foot In contrast, the knee outward to sit down. The hands grasp the feet to the groin pull. Maintain 10 to 15 seconds, then relax. Repeat three times (see Figure 5).

