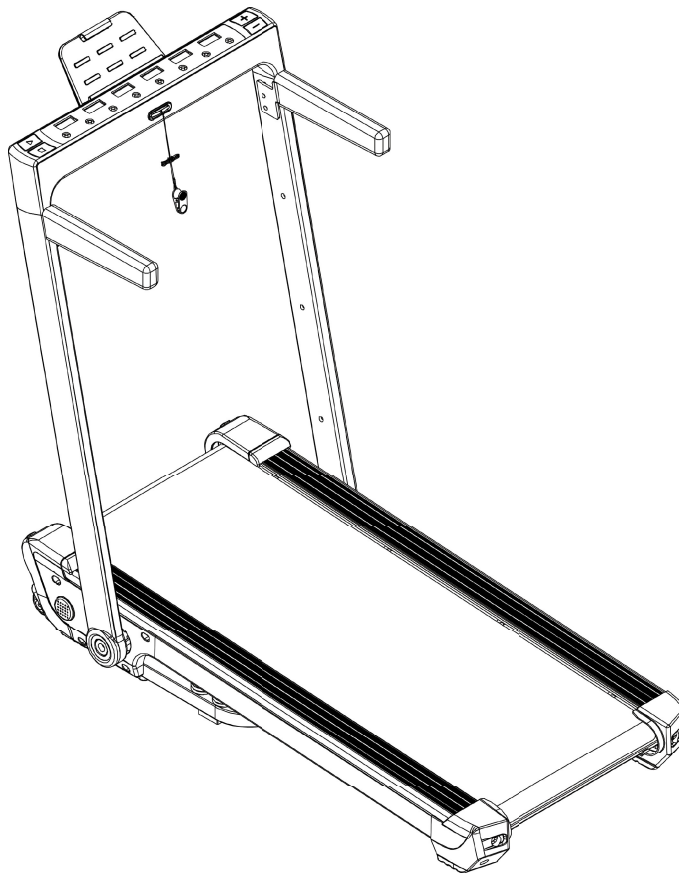# SYTIRY

AMA005817

MOTORIZED TREADMILL

Thank you very much for purchasing our product.
Please read this manual carefully before use it and keep the manual at proper place.
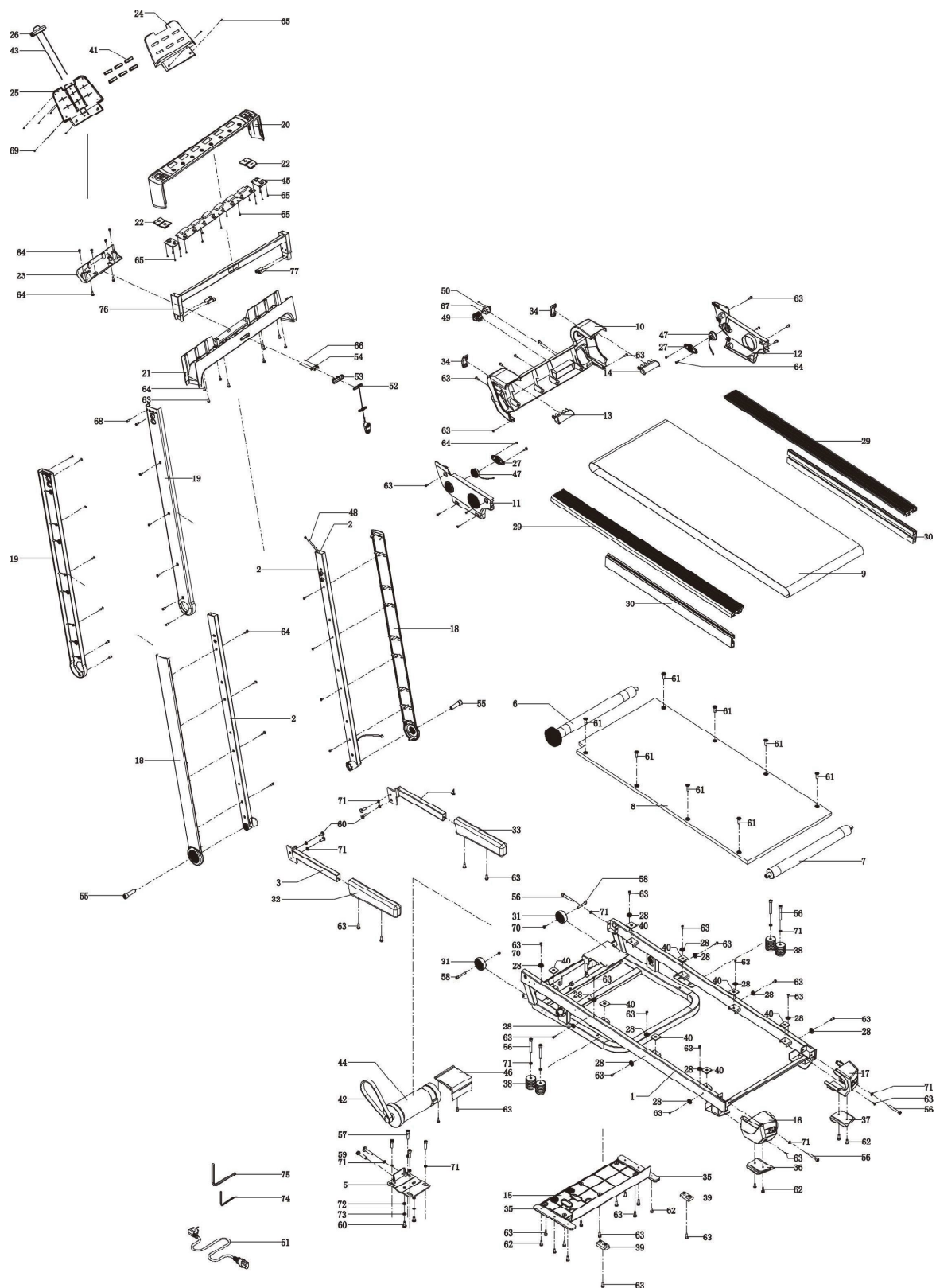
⚠️ **CAUTION**

• **To avoid injury, stand on the side rails before starting the unit.**
·**Read the manual carefully before using the product.**
·**Keep children away from the treadmill during operation.**
·**Remove the safety key when the unit is not in use.**

Contents

II. PARTS LIST

Serial No.	Part Name	qty	Serial No.	Part Name	qty	Serial No.	Part Name	qty	
1	Frame	1	27	Speaker Cover	2	53	Base of Safety Key	1	
2	Left and Right Support Frame	2	28	Side Buckle ∮20	14	54	Safety Key Plate	1	
3	Left Handrail Bar	1	29	Upper Rail 23*70*1022	2	55	Hexagon Screw Inside Cylinder Head M10*35	2	
4	Right Handrail Bar	1	30	Side Rail 19.4*62.5*758	2	56	Hexagon Screw Inside Cylinder Head M8*55	7	
5	Motor Base	1	31	Wheel ∮50*25	2	57	Hexagon Screw Inside Cylinder Head M8*20	4	
6	Front Roller φ42	1	32	Left Foaming Handrails	1	58	Hexagon Screw Inside Cylinder Head M6*40	2	
7	Rear Roller φ42	1	33	Right Foaming Handrails	1	59	Hexagon Screw Line In Semicircle Head M8*40	2	
8	Running Board 475*1000*15	1	34	Front Support Foot Pad	2	60	Hexagon Screw Line In Semicircle Head M8*16	6	
9	Running Belt 2310*420*T1.4	1	35	Front Rubber Foot Pad	2	61	Hexagon Screws In Countersunk Head M8*25	8	
10	Front Motor Cover	1	36	Back Left Rubber Foot	1	62	Cross Flat Head Screw M5*16	10	
11	Left Side Motor Cover	1	37	Back Right Rubber Foot	1	63	Cross Belt Self-Drilling Screws ST4.2*16	44	
12	Right Side Motor Cover	1	38	Rubber Cushioning Pad	4	64	Cross Large Flat Head Tapping Screws ST4*12	22	
13	Side Rail Left Block	1	39	Square Foot Pad 26*50*10	2	65	Cross Head Tapping ScrewST3*8	19	
14	Side Rail Left Block	1	40	Shock Absorber Gasket 30*30*T3	8	66	Cross Head Tapping ScrewST2*6	2	
15	Bottom Motor Cover	1	41	Ipad Decorative Block	6	67	Cross Countersunk Screws M3*12	2	
16	Left End Cap	1	42	Four Belts	1	68	Cross Countersunk Self-tapping Screws ST4*16	14	
17	Right End Cap	1	43	Elastic String	1	69	Cross Countersunk Self-tapping Screws ST3*8	6	
18	Cover of Support	2	44	Motor	1	70	Locknut M6	2	

	Frame								
19	Inner Cover of Support Frame	2	45	Computer Board	1	71	Plane Gasket 8*16*1.5	16	
20	Upper Cover of Computer	1	46	PCB board	1	72	Arc Gasket 8*16*1.5	2	
21	Bottom Cover of Computer	1	47	Spekaer	2	73	spring Shim M8	2	
22	Press Key	4	48	Connection Line	1	74	L Spanner 5#	1	
23	IPAD Holder	1	49	Light Switch	1	75	L Spanner 8#	1	
24	IPAD Upper Cover	1	50	End AC Socket	1	76	Console Support Frame	1	
25	IPAD Bottom Cover	1	51	Power Cord	1	77	Hexagon screw inside cylinder head M6*12	4	
26	Fixed Buckle	1	52	Safety Key	1				

III. CAUTION

To avoid injury please read this manual carefully before operating this machine.

■ **NEVER attempt to mount the treadmill while the running belt is moving.**

■ **NEVER step off the treadmill while the running belt is moving.**

■ **NEVER operate the treadmill if it is damaged or is not working as it should be.**

■ **DO NOT overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your doctor.**

■ **DO NOT start the treadmill when it is in its folded position.**

■ **DO NOT operate the treadmill in or around water / sources of heat & avoid placing the treadmill on thick carpet.**

- **DO NOT use outdoors. This product is to be used inside ONLY.**

- **DO NOT place any objects on the running belt or the treadmill itself.**

- **NEVER connect a live power cable to the treadmill. Please turn off the power supply and the On/Off switch on the back of this machine before connecting the power cable to the machine. Once safely connected you can switch on the power supply followed by the on/off switch on the back of the machine. Connecting a live cable directly into the back of the machine can damage the electrical components.**

- **Storing the treadmill in a cold damp room i.e. garage (with non consistent temperature) will increase the risk of damage to electrical components. We recommend that you store the machine in a dry room with constant temperature.**

IV. SAFETY NOTICE

- **This machine is not suitable for children under 14 years of age.**

- **Use the treadmill only for its intended use as described in this manual.**

- **Children, elderly users and pregnant women are advised NOT to use the treadmill.**

- **Assemble and operate the treadmill on a solid, level surface. Locate the treadmill a few feet from walls or furniture. Check the unit before each use and verify that all fasteners are secure. Always maintain the treadmill in good working condition.**

- An error may occur due to unstable power. DO NOT share a power socket with other high-powered items such as computers or air conditioning units.

- It is suggested to wear suitable sports trainers and sensible gym clothing when using the treadmill.

- Take care when folding and unfolding the treadmill before and after use.

- DO NOT attempt to service the treadmill yourself except for the maintenance tasks which are described in this manual. The treadmill does not contain any user-serviceable parts so disassembling it yourself will not only void your warranty but could result in serious injury.

V. CAUTION DURING USE

Keep both the machine and power cord away from heated surfaces.

- Make sure you are wearing proper exercise clothing and shoes during a workout—no loose clothing. Tie back long hair. Keep all loose towels away from the running surface. The running belt will not stop immediately if an object becomes caught in the belt or rollers.

- If you begin to feel unwell during use, stop immediately and consult your doctor or personal trainer before continuing.

- Take care when adjusting the speed setting and increase or decrease steadily.

- The safety tether cord clip must be attached at waist level prior to starting a workout. The safety cord connects the security clip to the yellow button on the console. If you encounter any type of difficulty while using the treadmill, a

strong tug on the safety key cord or a quick tap on the red ON/OFF button will stop the running belt.

- **Please make sure the running belt is fastened before using.**
- **DO NOT adjust the belt while machine is turned on or being used.**
- **Please switch off all functions and disconnect from mains power supply after use.**

VI. TECHNICAL SPECIFICATION

Product name	Treadmill
Voltage	110V
Frequency	50-60Hz
Power	2.5 HP
Speed	0.5-9mph/h
Max Loading Weight	265LBS

VII. PRODUCT SPARE PARTS
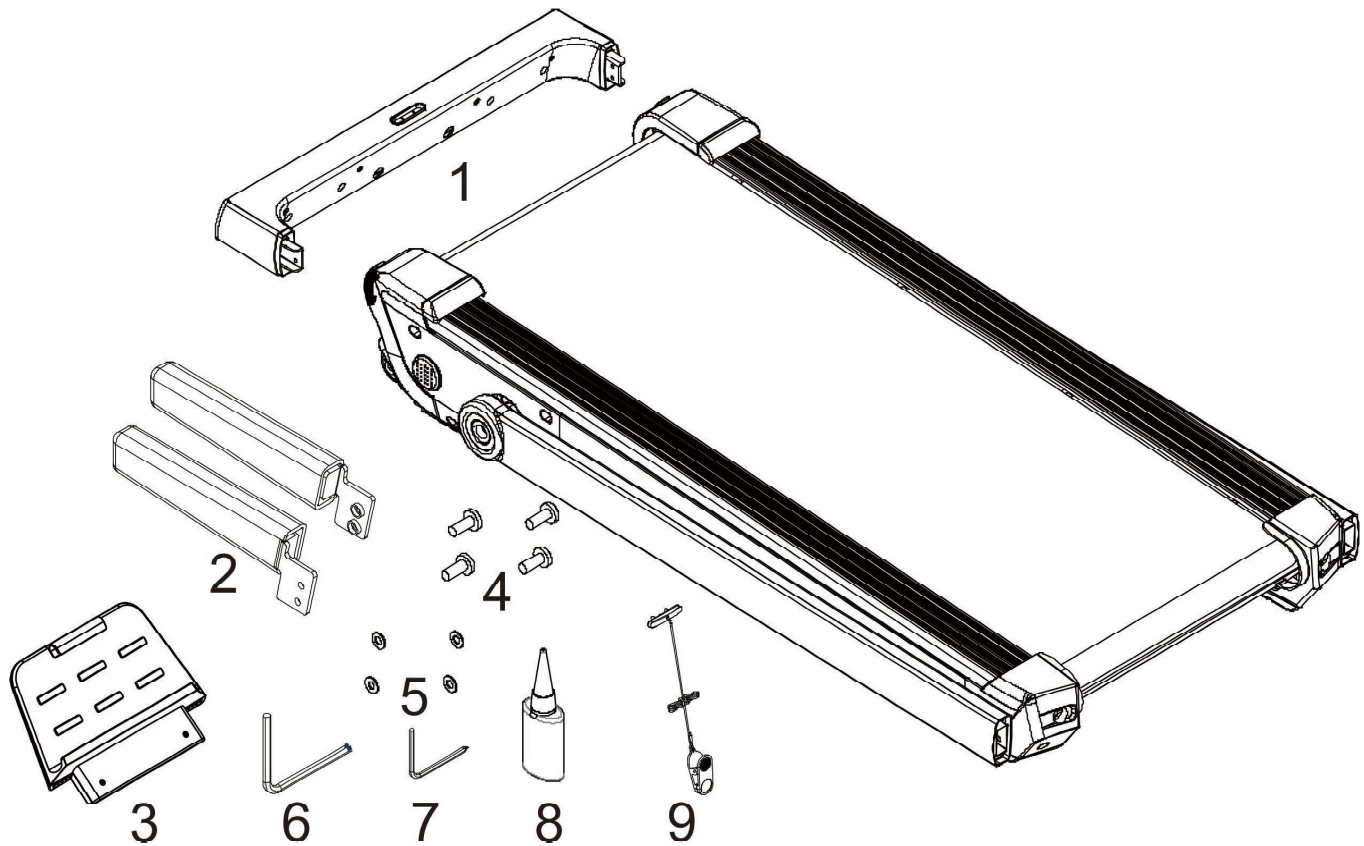
Serial NO.	Part Name	Spec	qty
1	Computer Shelf		1
2	Handrail		2
3	IPAD shelf		1
4	Hexagon Screw In Semicircle Head	M8*16	4
5	Plane Gasket	8*16*1.5	4
6	L Spanner	8#	1
7	Wrench	5#	1
8	Silicone Oil		1
9	Safety Key		1

VIII. PRODUCTS MAIN PARTS

Console

Safety Key

Upright Tube

Side Rail

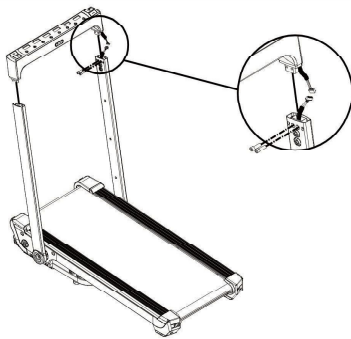Running Belt

Damping pad

End Cap
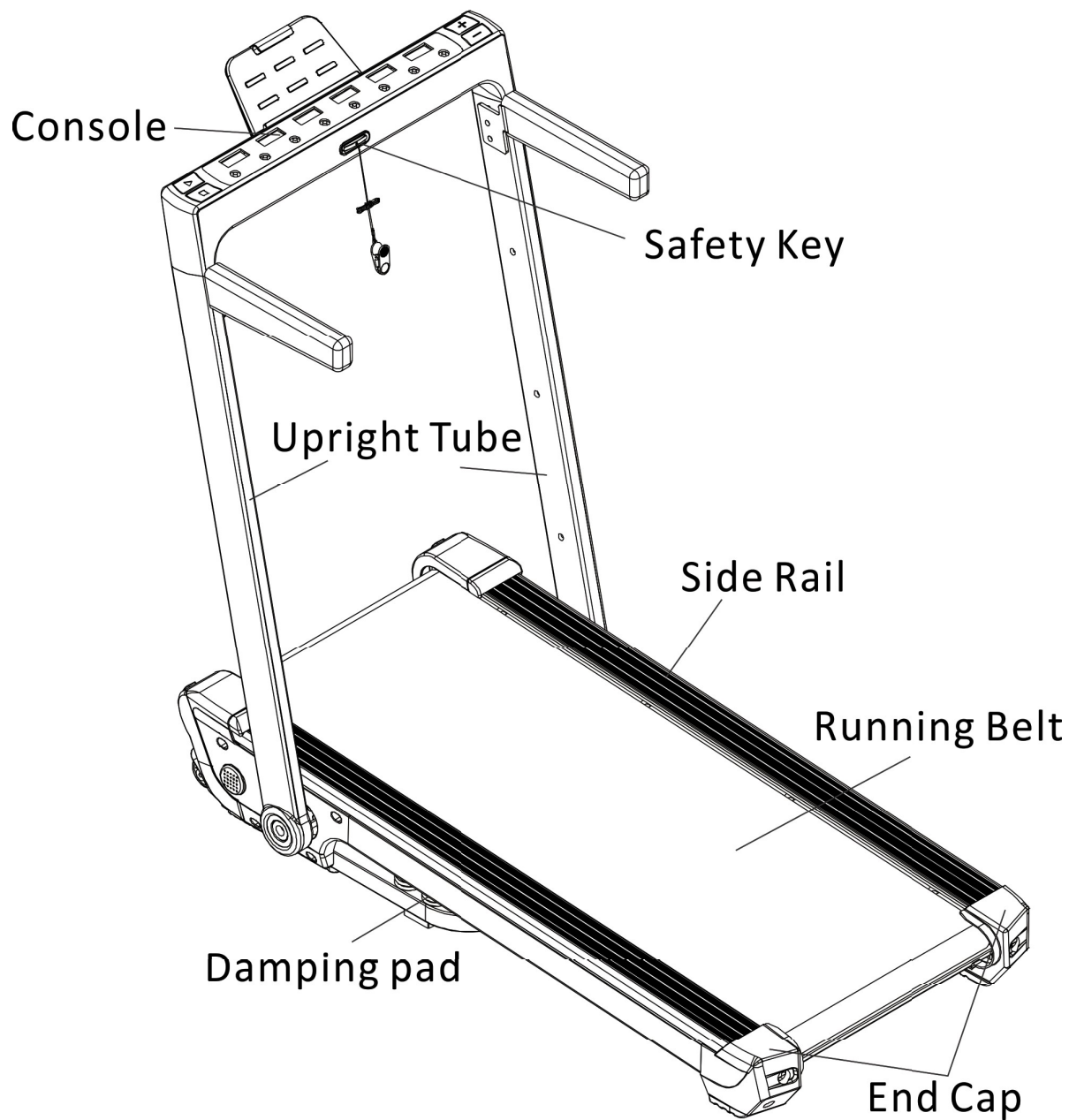
IX. ASSEMBLY

1
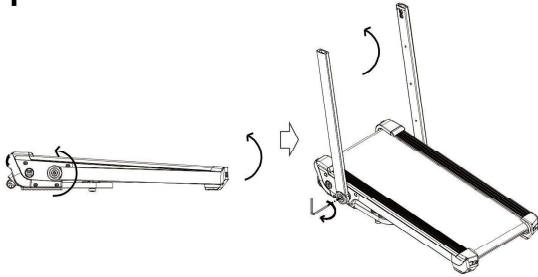
1.Open carton,take out the frame and spare parts on floor.Use M8 L spanner turn-on the screws at the base of the support frame(Don't take off the screws) .

2

2.Take off   the pre-assembled screws,and connect the connection line then put the lines into the tube.Insert the computer into the support frame,and use M6*12 screws to fix the computer.
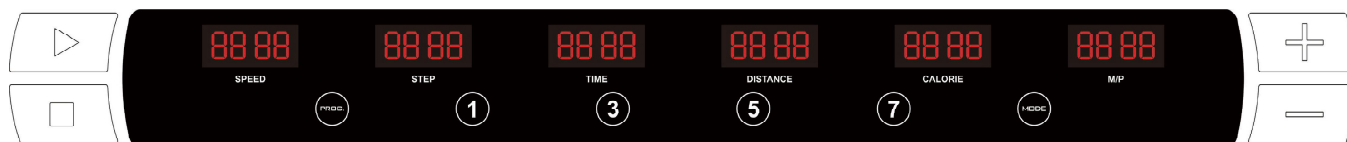
3
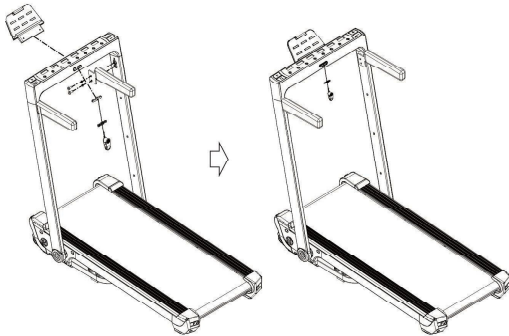
3.Use Hexagon screw in semicircle head M8*16 and flat gasket M8*16 fo fix the handrail with the support frame,put IPAD shelf insert the backside of the fillister,put on the safety key,finished assemble.

Please note:If you will not use the machine for long time please take off the power cord and fold the machine to stand it.
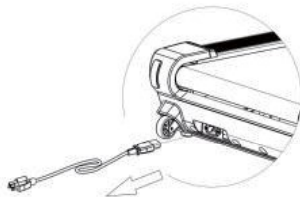
X. CONSOLE INSTRUCTION

1. Plug the power line and turn on the red power switch at the back of the machine.

2. Place the emergency stop safety key on the front of the console. Clip the other end of the safety key onto your clothes and stand on the running belt facing the console.

3. Press " ▷ " to start the machine,press" □ "to stop the machine.

4. Press" + " key for speed up and " — " key for low down. The fastest speed is 9mph/h and lowest is 0.5mph/h.

5. Speed   direct select key. There has 1-3-5-7 speed key for direct select. Press these key to reach to selected speed.

6. Press "MODE" key, can switch from Time to Distance and Calorie .

7. 12 programs range from P1-P12. When in stand by PROG, press "PROG" key to set the programs then press " ▷ " to start the machine. PRE-SET PROGRAMS x 12 The speed and time of the pre-set programs are fixed and cannot be changed. The default time for the pre-set programs is 30 minutes.

8. Open Bluetooth setting to find BT-MUSIC,match it,and enjoy the music.

PROGRAMA \ TIME		SET TIME/1.2=RUNNING TIME FOR EACH SECTION																			
P01	SPEED	2	2	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	5	3	2
P02	SPEED	2	3	4	5	6	4	6	6	6	4	5	6	4	4	4	2	4	5	3	2
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	5	3	3	2
P04	SPEED	2	5	5	6	6	6	6	4	4	2	2	4	7	6	6	6	6	6	4	2
P05	SPEED	3	3	5	7	6	6	7.5	5	5	7.5	7.5	5	6	5	7.5	5	7	5	4	3
P06	SPEED	3	7.5	7.5	7	7.5	6	7.5	6	4	2	5	4	7	6	6	6	7.5	6	4	3
P07	SPEED	3	4	6	6	7.5	6	7.5	7	5	6	6	6	6	7	7.5	7	6	6	5	3
P08	SPEED	3	5	6	7	7.5	7.5	7	7.5	4	7	7	4	7	7	7.5	7	7.5	7	5	3
P09	SPEED	4	7	3	7	7	7	7.5	7.5	5	7.5	6	7	6	7	7.5	7.5	7	7	5	3
P10	SPEED	4	5	3	7.5	7.5	7.5	7.5	7.5	4	7.5	5	4	7	7.5	7	7	7.5	7	6	4
P11	SPEED	4	7.5	6	7.5	7	6	6	7.5	5	7.5	7.5	6	6	6	6	6	7	7.5	7.5	2
P12	SPEED	4	4	7	7.5	2	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7	7.5	7.5	2	7.5	7.5	7.5	2

If any error codes appear on the screen, then please check below:

 Err Without safety key - Please make sure the safety key is put on.

If the safety key is already on, but there ERR still shows or there is no function,

then change the computer screen/display monitor.

E2   Error for the motherboard, please change it.

E4   Error for the motherboard, please change it.

E5   Over current protection,please change motherboard.

E6   Motor error-Please make sure the motor line have connected, if all the line

connected, please change the motherboard if necessary.

E7   Communication interruption,please make sure all of

 the connection lines have been connected correctly.

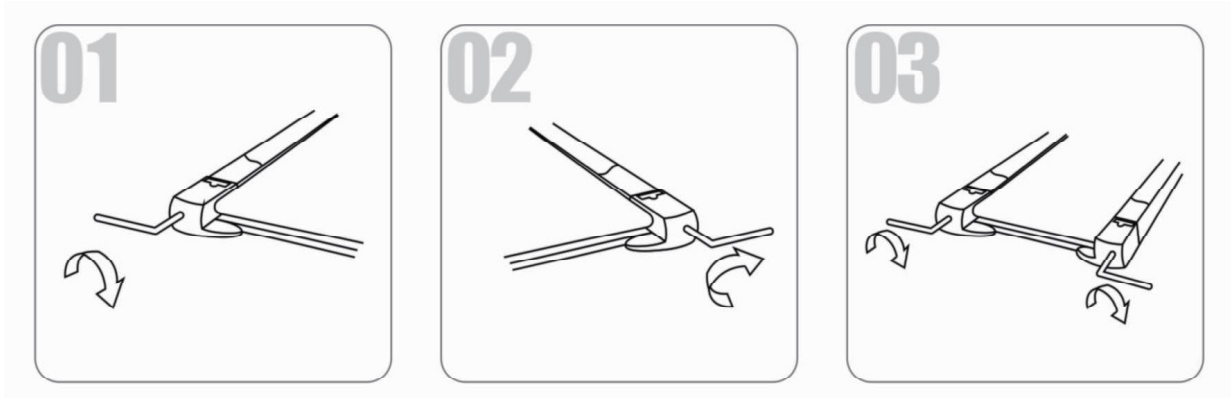**E8   Over load error- User may have exceeded max weight.**

XI.USAGE OF SILICONE OIL

Pull up tightly of the running belt. Then put the silicone oil to running board. Then start the machine to running 3 minutes without loading. It is better to maintain like this every 30 hours working of the machine. This can save lifetime of parts properly.

XII. RUNNING BELT ADJUSTMENT

(1) Running belt deviates to left

   Start the machine at speed 1-1.5 mi/h (don't stand on machine). Use the allen wrench to turn the screw clockwise until desired fit (see fig1). Then let the machine run without loading for 1-2 minutes. Please adjust like this until the belt is in the middle.

(2) Running belt deviates to right

Start the machine at speed 1-1.5 mi/h (don't stand on machine). Use the allen wrench to turn the screw counterclockwise until desired fit (see fig2). Then let the machine run without loading for 1-2 minutes. Please adjust like this until the belt is in the middle.

(3) Running belt stuck

If the running belt is not moving, use the allen wrench to turn the screws 180 degrees on both left and right sides until this is solved.

XIII. WARRANTY

We have one year quality warranty to the products.Within the warranty period,we provide the FREE replacements parts.If caused by incorrect assembly,incorrect use or change of parts failures,our company takes no responsibility. You should show our products series no. and relative pictures or videos or concern information before getting the warranty.

This machine is only for home use,if the problems occurred by commercial used, our company takes no responsibility.

XIV. EXERCISE GUIDE

PLEASE NOTE: Before beginning any exercise program, consult you physician.

This is important especially if you are over the age of 45 or individuals with

pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's

movement, may affect the accuracy of heart rate readings. The pulse sensors are

intended only as an exercise aid in determining heart rate trends in general.

Exercising is great way to control your weight, improving your fitness and reduce

the effect of aging and stress. The key to success is to make exercise a regular

and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering

oxygen via your blood to your muscles is an important factor to your fitness.

Your muscles use this oxygen to provide enough energy for daily activity. This is

called aerobic activity. When you are fit, your heart will not have to work so hard.

**It will pump a lot fewer times per minute, reducing the wear and tear of your**

heart.

So as you can see, the fitter you are, the healthier and greater you will feel.

Warm-up

Start each workout with 5 to 10 minutes of stretching and some light exercises. A

proper warm-up

Increases your body temperature, heart rate and circulation in preparation for

exercise. Ease into your exercise.
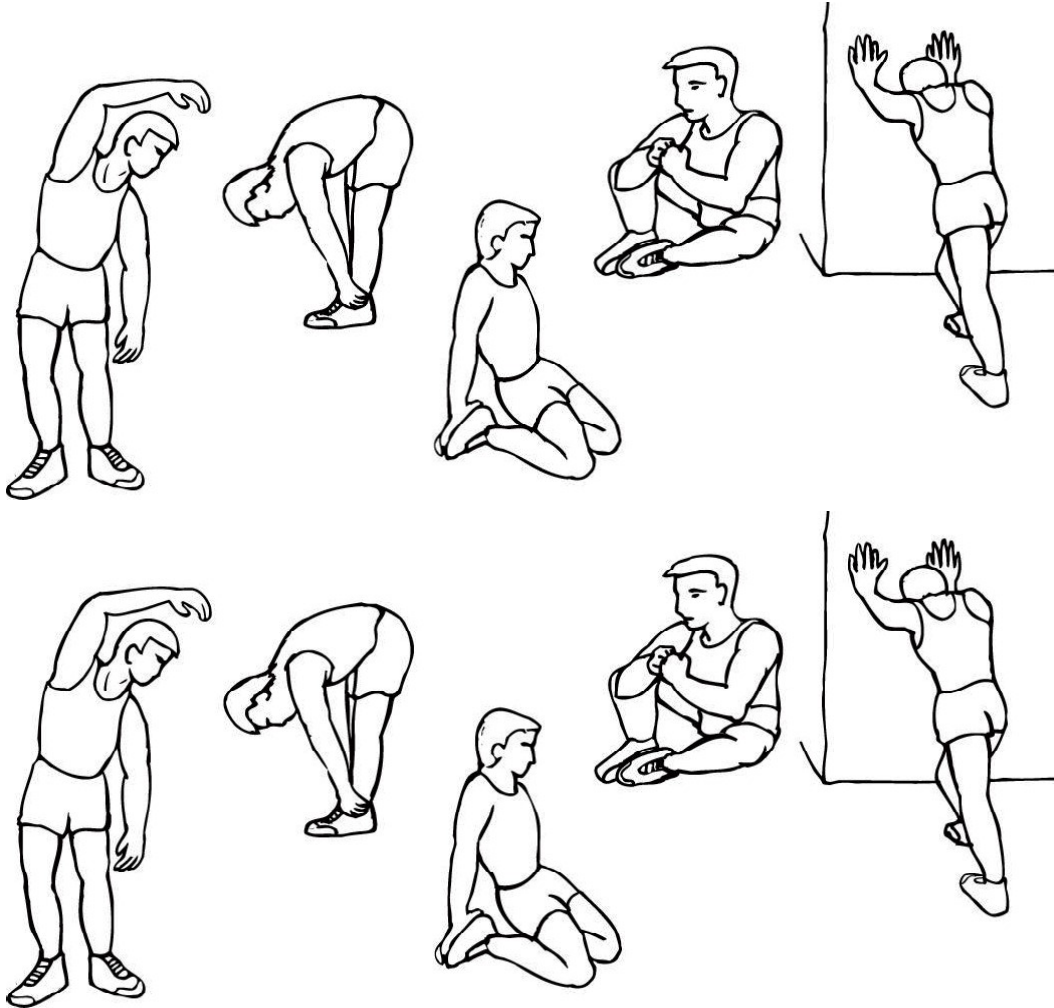
Training zone Exercise

After warming up, increase the intensity to your desired exercise program. Be

sure to maintain your

Intensity for maximum performance. Breathe regularly and deeply as you

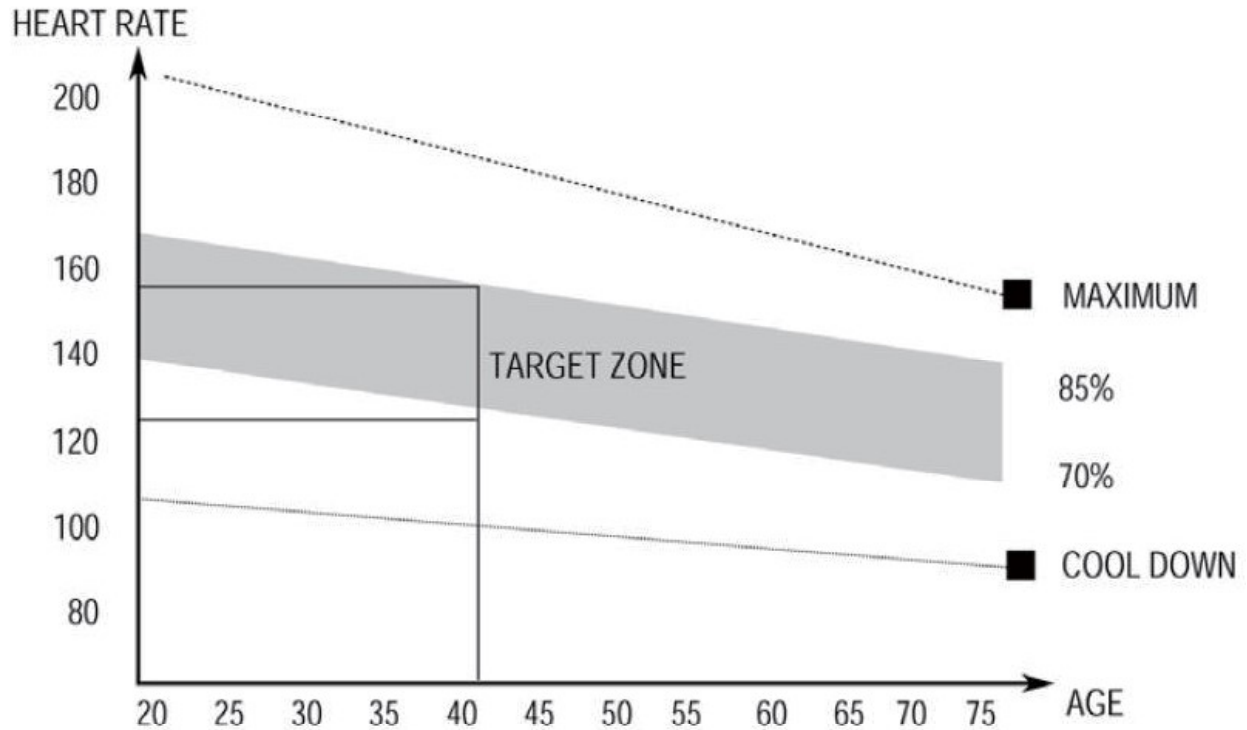**exercise-never hold your breathe.**

Cool Down

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5

to 10 minutes of

stretching to cool down. This will increase the flexibility of your muscles and will

help prevent post-exercise problems.

Workout Guidelines

TARGET ZONE

THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE. REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES. The most important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

XV. FCC STATEMENT

NOTE:

1. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

2. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

— Reorient or relocate the receiving antenna.

— Increase the separation between the equipment and receiver.

— Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

— Consult the dealer or an experienced radio/ TV technician for help.

FCC Radiation Exposure Statement :

FCC Radiation Exposure Statement: This equipment complies with FCC radiation exposure requirement. The device can be used in portable exposure condition without RF striction.

MADE IN CHINA