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Warranty card							
Dear customers, thank you for your purchase. In order to provide better service, please carefully read, fill in and properly keep the warranty card after purchasing.							
Customer name	Contact person						
Customer address		Contact No.					
Product name		Product model					
Date of purchasing		Manufacturing No.					

After-sales service

- ① Warranty period: The free maintenance is one year.
- ② Within the stipulated warranty period, the warranty will cover all faults that may affect the normal function of the product under the normal use.
- ③ The warranty will not cover any one of the following conditions: artificial damage, the damage caused by force majeure (such as earthquake), mis-operation (failure to operate according to the operation instruction) or improper safekeeping or expiration of the product warranty period.

Warranty declaration

Under the normal operation within the warranty period, free maintenance and free components and parts will be provided for our product except for artificial damage. The components and parts can be provided at a discount price after the expiration of warranty period. Please check warranty card for detailed description.

• Important information:

Warranty card shall be accompanied with each product and should be filled in by the retailer. The components and parts will be replaced freely during warranty period. However, our company will not be held accountable for any fault caused by improper installation, use or replacement of any parts. In addition, the warranty policy will not be applicable to unauthorized personnel. The resultant maintenance cost should be covered by the customers. The customer must present the warranty card for maintenance, otherwise, the warranty policy will be invalid.

The product is only limited for household operation. The company shall not be held accountable for problems caused by commercial application. Please contact local retailer in case of maintenance.



Packing List

Serial No.	Name	Quantity	Remark
1	Complete appliance (treadmill, column, electric watch)	One each	
2	Assembly (ipad holder)		
3	Accessory package	one pack	As per list enclosed
4	Instruction manual, warranty card	one copy	

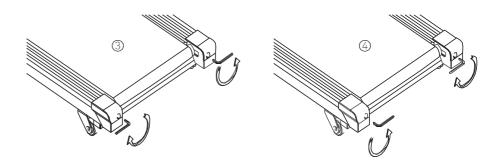
Attached list

Serial No.	Name	Quantity	Remark
1	Hex wrench	One each	
2	magnetic safety switch	One each	
3	Multi-blade screwdriver	One each	
4	Silicone oil	One each	30ml
5	Column decorative sheet	Two each	

2

• Running belt centering :

- ① Lay the motorized treadmill on the flat ground.
- ② Make the motorized treadmill operate at a speed of 3.5km/h.
- ③ If the running belt leans to the left, rotate the adjustable bolt on the left by 1/2 turn in the clockwise direction and then, rotate the adjustable bolt on the right by 1/2 turn in the anticlockwise direction.
- ④ If the running belt leans to the right, rotate the adjustable bolt on the right by 1/2 turn in the clockwise direction and then, rotate the adjustable bolt on the left by 1/2 turn in the anticlockwise direction.



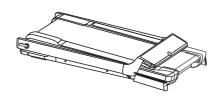
• Lubrication of the running board:

- ① We have mentioned to lubricate the running board in time. Excessive lubrication is undesirable. Remember: the proper lubricating is the vital factor to improve the service life of treadmill
- ② Grasp the running belt and make your hands touch the center of the running belt in the back, if there is silicone oil on your hands (may be a little damp), then, it means that there is no need to add lubricant; however, if the running board is dry and there is no silicone oil on your hands, please add silicone oil lubrication.
- 3 Steps to apply silicone oil lubrication:
 - Adjust the treadmill to operate at a low speed of 1km/h;
 - Open the cover under the refueling sign at the right of the front end of the treadmill and insert the oil spout into the pipe to gently squeeze the oiler so that the silicone oil can apply to the running belt evenly. With the speed of 1km/h, the silicone oil can be applied to the belt evenly. Gently tramp the running belt from left to right and maintain about 8~10 minutes to make sure that the silicone oil can be completely absorbed by the running belt.

• The adjustment of running belt:

The running belt for all treadmills should be adjusted before delivery and after installation. However, it may become loosen after a while. For instance, the runner may experience pause or slip during running. When such condition occurs, the bolt on both right and left sides should be adjusted at the same time by unfastening half-turn in clockwise direction. (To fasten the running belt should be operated in anticlockwise direction). If the running belt is too loose, the running belt and roller may slip, if too tight, the loading on the motor will be added, which may damage the motor, running belt and roller.

How to install GXA treadmill?



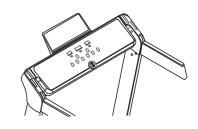
① Unpack and take out the assembly components, then, lay the main appliance flat on the ground;



② Lift up the column and adjust the electric watch to the angle shown in the figure, then, lay flat the armrest;



3 Fasten the ipad holder, which is as shown in below figure;



4 Put the safety switch on the position corresponding to the electric watch, connect the power supply to start the treadmill

Technical parameters

Product model	F6-2	Valid running area	1320*430(mm)
Working voltage	120V	Weight	51kg
Maximum load	100kg	Peak power for the motor	1.0-3.0HP Peak
1000 may 1000 mg	Folded state:1417*735*232(mm)	Speed	1.0-14.0km/h
Overall dimension	Unfolded state:1417*735*1235(mm)	Function	Running
	The equipment contains a radio trans	mitting module with	

a type approval code of CMIT ID:2021DP6840.

Main functions and features

- ① It can be used to run and walk.
- ② With industrial F grade motor, the noise is low and the power is large, providing powerful driving motor and the speed can be up to 14.0km/h.
- 3 The high-strength, tensile and antistatic running belt has been adopted.
- The high-strength, high-density and high-elasticity dual-layer running board has been adopted. The magnetic suspension has been adopted for shock absorbing.
- ⑤ The precision tube with a wall thickness of 3.0 has been adopted for front and rear roller. 1.5 taper has been set up on both ends to make the running belt reset automatically.
- 6 LED display screen.

The silicone oil lubricant has been applied to the running board and running belt. The force of friction between the running belt and running board will significantly affect the service life and performance of the electric treadmill, therefore, the silicone oil lubricant must be regularly applied. We recommend to conduct regular check to the running board, in case of any damage, please contact our customer service center.

We recommend to apply silicon oil lubricant to the running belt and running board of electric treadmill according to the following time table:

- Once every 6 months for small-frequency user (with a weekly use less than 3 hours)
- Once every 3 months for medium-frequency user (with a weekly use less than 3-5 hours)
- Once every 1.5 months for heavy-frequency user (with a weekly use more than 5 hours)

We advise you to contact local retailer to purchase silicon oil lubricant or contact our company directly.

Maintenance descriptions

In order to better maintain the electric treadmill and extend the service life, it is recommended to turn off the power after 2-hour application and use again after 10-minute break.

If the running belt is too loose, you may experience slip, otherwise, the motor performance may be compromised and the abrasion of roller and running belt may exacerbate. The tightness of running belt should be proper. The running belt can be lifted up the running board about 50-75mm with hands.

Exercise safety measures

Before exercising, please consult with professionals. He can help you recommend the exercising frequency, intensity and time that fit your age and physical condition. During exercising, please immediately stop if you feel chest tightness or pain, irregular heartbeat, shortness of breath, dizziness or other discomfort. Do consult with professionals before further exercising.

Maintenance guide

Warning: Before cleaning or maintenance, the power of the electric treadmill must be unplugged.

Cleaning: Thorough cleaning will significantly extend the service life of the electric treadmill.

The dust should be regularly cleaned to maintain the cleanness of the components. The exposed parts on both sides of running belt must be cleaned, which will alleviate the stacking of impurities under the running belt. The sports shoes should be clean so that the foreign matters will be carried on the running belt to wear the running board and running belt.

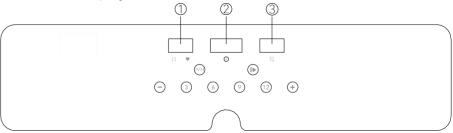
The surface of running belt should be wiped with wet cloth with soap. Do not spatter water on the electrical components under the running belt.

Warning: Before removing the protective cover of motor, the power line of the electric treadmill must be unplugged. The motor protective cover should be opened and the running belt should be vacuumed once a year and the silicone oil lubricant should be added once a year.

The treadmill can be assembled in an easy manner. The installation can be completed by fastening the iPadrack The entire set of wiring has been well linked before delivery and can be put in use by electrifying it after unpacking. In this way, the adverse effect to the treadmill caused by mis-assembly can be avoided.

Operation instruction

Window display:



① "DIS" and "heart rate" window:

The heat beat will be displayed on the window when holding it, otherwise, the distance will be displayed.

It displays exercising distance from $0.0\sim999$ and will start counting again once exceeds such range. The reversed count will gradually decline from the set value to zero. When it is 0, the speed of treadmill will steadily decrease and then stop operating. It will go into sleeping mode within 10 minutes after stop.

2 "TIME" window:

It displays the exercising time. The forward timing is from 0:00—99:59 and will start counting again once reaches 99:59. The reversed timing will gradually decline from the set value to zero. When it is 0:00, the speed of treadmill will steadily decrease and then stop operating. It will go into sleeping mode within 10 minutes after stop.

It will display "3", "2" and "1" when initiating countdown.

③ "SPEED" and "CAL" window:

It will cyclically display the data of "SPEED" and "CAL".

Under operation state, it will display the current speed within the range of 1.0—

14. 0KM/H. It will display the burnt calories. When the burnt calories are displayed, it will show the forward count from 0.0~999 will start counting again once exceeds such range. The reversed count will gradually decline from the set value to zero. When it is 0, the speed of treadmill will steadily decrease and then stop operating. It will go into sleeping mode within 10 minutes after stop.

① Downward stretching

Slightly bend your knees and slowly bend forward so as to relax your back and shoulder. Touch your toes with both hands. Maintain 10-15s. Then, relax, repeat 3 times for each leg.

2 Hamstring stretch

Sit on the clean cushion and stretch one leg straight. Retract the other leg and make it closely contact the internal side of the straight leg, try to touch the toes

Hold onto wall or a tree with both hands, with one foot in the back. Keep the rear leg straight and make the heel land on the ground, lean towards wall or tree. Maintain 10-15s, then, relax. Repeat 3 times for each leg.

4 Stretch of quadriceps

Hold onto wall or table with left hand and extend your right hand to the back to hold your right ankle to pull towards your hip, until you feel the tension of the muscles on the front of thigh. Maintain 10-15s, then, relax. Repeat 3 times for each lea.

⑤ Stretch of sartorius (muscles on the internal side of thigh)

Make your sole of the foot face each other and sit with your knees out. Grasp your feet with both hands to pull towards the groin. Maintain 10-15s, then, relax. Repeat 3 times for each leg.

Exercise frequency:

The target is 3~5 per week and 15~60 minutes per exercise. Instead of your preference, it is better to make exercise plan according to your health condition. You can understand the exercise intensity be adjusting speed and exercise time.

• Amount of exercise:

Tips- Exercising 15-20 minutes is the good method to save time. Warm up 5 minutes at the speed of 4-4.8km/h and then speed up at an increment of 0.3km/h until you feel challenging to continuously exercise at a certain speed.

The above contents are for reference only, for specific conditions, please consult with professionals.

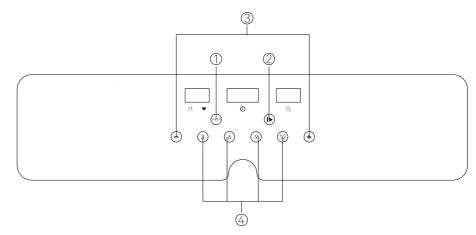
Wearing:

What you need is a pair of nice shoes. It is recommended to wear sports shoes or fitness shoes. Keep the shoe bottom free from foreign matters, otherwise, they may enter into the running belt to wear the running board and running belt. The clothes should be comfortable to do exercise. It is advised to wear sports clothes made in cotton.

Stretch:

It is better do stretch out whatever speed you may walk at. The warm muscle is easier to stretch, therefore, you can walk about 5–10 minutes for warm up. Then, stop and stretch out according to the following method- do 5 times, each leg stretches about 10s or more and then do it again after exercise.

• Button functions:



- ① **P/M button:** Under standby state, press this button to cyclically select from "H—1", "H—2", "H—3" and "P01-P12" ("H-1" refers to time countdown mode, "H-2" signifies distance countdown mode, "H—3" means the countdown of calories.)
- ② "Start/stop" is the button to start and stop: when the power is on and the safety lock is latched, under any condition, press this button to start the treadmill. During exercising, press this button to stop and reset.
- (3) "+,-" button: Under the standby state, this button can adjust the set value. The speed can be adjusted at a amplitude of 0.1km each time. The speed can continuously increase or decrease by holding more than 1s.
- ④ "3", "6", "9" and "12" refer to the shortcut button of speed: during the operation, press this button to adjust the speed of treadmill.

• Rapid start (manual mode):

- ① Turn on the power, attach the magnetic safety switch to the corresponding position under the panel.
- ② Press "Start/stop" button and the system will enter into 3s countdown. The buzzer will make sound while the speed window displaying the countdown, after 3s, the treadmill will initiate a speed of 1KM/H.
- ③ Press "+,-" or "3", "6", "9" and "12" to adjust the speed according to your demand.

Operation during exercising:

- 1 Press "-" to make the speed of treadmill decrease.
- 2) Press "+" to make the speed of treadmill increase.
- 3 Press "Start/stop" to make the treadmill decelerate till stop.
- 4 Press "3", "6", "9" and "12" to rapidly adjust the speed of treadmill.
- ⑤ Press P/M to clear the current running data (time, distance, calories) .
- ⑤ During operation, hold the program button for 6s for automatic refueling and the function will resume after 30s. Refuel once every two months for weekly exercise ≤4 hours (operate 3 times of refuel button once) and refuel once every month for exercise ≤7 hours. (Such function is not available for some models of treadmill).

• Manual mode:

- ① Under the standby state, directly press "Start/stop" button and the treadmill will start at a speed of 1KM/H, other windows will start the forward direction count from 0, press "+,- " button to alter the speed.
- ② Under the standby state, press "P/M" button to enter the time countdown mode, "H-1" window displays "10:00" and flickers, press "+,-" button to set the exercising time at a range of 5: 00-99: 00.

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Exercise suggestions and guidelines

The following contents should be carefully read in the event that this is the first time for you to run on the treadmill:

Preparation:

Before exercising, it is necessary for you to understand your health condition so as to make proper exercising plan. It is recommended to consult doctors or professionals, by doing so, you may get twofold results with half the effort.

Before using the electric treadmill for the first time, please stand aside to understand how to control it: when you are familiar with the start, stop and speed regulation, you can use it. Then, stand on the plastic slide plates on both sides of treadmill and grasp the armrests with both hands. Start the treadmill at a lower speed of 1.6~3.2Km/h. Stand straight and look ahead. "Climb" several times with one foot and try to relax, then, stand on the running belt to move along with it. The speed can be increased to 3–5km/h after you are familiar with it. Maintain the speed for about 10 minutes and make the treadmill stop slowly. Do not operate at a high speed for the first time so as to avoid tumbling.

Exercise:

Walk about 1km with a fixed rhythm and record the time used. It may take 15-25 minutes. It takes about 20 minutes to walk 1km at a speed of 4.8km/h. When you can

achieve such goal for several times, you can gradually speed up, then, you can work out well within about 30 minutes. When you exercise at a slow speed, you should understand that do not rush. Such exercising is not magic but for your life-long health

- The treadmill is indoor device, please do not use it in outdoor environment. The place should be clean, flat and free from damp. Please be noted that do not place the treadmill on thick carpet so as to compromise the air circulation underneath the treadmill. The electric treadmill is special device, which should not be altered for other purpose.
- ⑤ Do not wear oversized or loose clothes during exercising so as to avoid incidents caused by being hung on the electric treadmill. It is recommended to wear running shoes or exercise shoes with rubber bottom.
- Please do not take down the protective cover and please do unplug in case of maintenance.
- During exercising on the electric treadmill, keep the children away from it to avoid any risk.
- ® Please do grasp the armrests with hands in case that it is your first time to run on the treadmill and release the armrest whenever you are adaptable to it.
- ① In the event that there is problem for the electronic watch system, the electric treadmill may suddenly accelerate or the speed may automatically increase, under such conditions, please immediately unplug the safety lock on the electronic watch, then, the electric treadmill will stop at once.
- Please hold the armrests on both sides in case of electronic system failure, then, jump away from the walking area and have your feet tramped on the edgings of both sides, the power should be turned off in time and the after-sales personnel should be notified.
- ① Unplug the cable line of electric treadmill when it is not under use.
- 1 The minor should be supervised by adults to use the electric treadmill.

- ③ Under the time countdown mode, press "P/M" button to enter the distance countdown mode, "H-2" window displays "1.0", set the exercising distance at a range of 0.5—99.9.
- ④ Under the distance countdown mode, press "P/M" button to enter the calories countdown mode, "H-3" window displays "50.0" and flickers, press "+,- "button to set the calories at a range of 20.0-990.
- ⑤ Under the calorie countdown mode, press "P/M" button to enter the built-in program mode of "P01–P12", the window displays "30:00" and flickers, press "+,- "button to set the exercising time at a range of 5:00—99:00.
- ⑥ There are three kinds of countdown modes and 12 built-in programs. One of them can be selected to press the "Start/stop" button, the treadmill will start within 3s, press "+,- " to adjust the speed. The treadmill will stop by press "Start/stop" button during operation.

• Built-in program:

There are 12 built-in programs, which are P01–P12. Under the standby state and calorie countdown mode, press "P/M" button, the window will display "P01" and "TIME" window will flicker. The preset time 30:00 will be displayed, press "+,- "button to set the desired exercising time and then, press "Start/stop" button to initiate the built-in programs. There are 10 sections of built-in programs, each exercising time=set time/10. The system will prompt "Bi—Bi— Bi—" for the next section. The system speed will alter along with the change of program section, the speed can be altered by pressing "+,- "button, when the program enters into next section, the speed of the current section will resume. After completing one program, the system will sound "Bi—Bi—Bi" for prompt, the treadmill will stop and it takes about 10minutes to enter into sleeping mode after stop.

Program description:

Each program will divide the exercising time into 10 parts. Each section has a corresponding speed.

Program	List 1	List 2	List 3	List 4	List 5	List 6	List 7	List 8	List 9	List 10
P1	3	3	6	5	5	4	4	4	4	3
P2	3	3	4	4	5	5	5	6	6	4
P3	2	4	6	8	7	8	6	2	3	2
P4	3	3	5	6	7	6	5	4	3	3
P5	3	6	6	6	8	7	7	5	5	4
P6	2	6	5	4	8	7	5	3	3	2
P7	2	8	8	7	7	6	5	3	3	2
P8	2	4	4	4	5	6	8	8	6	3
P9	2	4	5	5	6	5	6	3	3	2
P10	2	5	7	5	8	6	5	2	4	3
P11	2	5	6	7	8	8	8	5	3	2
P12	2	3	5	6	8	6	8	6	5	3)

• Display range:

Setting parameters	Initial	Set the initial value	Setting range	Display range
Time (M:S)	0:00	10:00	5:00-99:00	0:00-99:59
Speed (KM/H)	1.0	1.0	1.0-12.0	1.0-12.0
Distance (Km)	0:00	1.0	0.5-99.9	0.0-99.9
Heart rate (times/min)	-	-	=	20-250
Calorie (kilocalorie)	0.0	50.0	20.0-990	0.0-999

Points for attention:

- ① Please make sure that the treadmill has been well grounded before use the product;
- ② Before exercise, please make sure that the power supply has been loaded and the safety lock is valid;
- ② Pull off the safety lock in case of any abnormal conditions occur during exercising and the treadmill will rapidly decelerate till stop.
- In case of any problems, please contact retailer. Please do not try to dismantle or maintain the products for the non-professionals so as to avoid any damage.

Safety instruction

Thank you for your purchase. To use the treadmill in a correct manner is the guarantee for your safety and convenience, therefore, please carefully read the following contents before using the treadmill:

- ① Do not connect to the power supply unless you have confirmed that the treadmill has been installed according to the installation instruction. Please do not block the socket on the wall while placing the treadmill and reserve a space of 0.8m in front so as to insert the power socket conveniently.
- ② A safe space of 0.8m at both sides of treadmill should be reserved. A safe space with a dimension of 2m (L) *1m(W) should be reserved in the rear of treadmill.
- ③ Insert the power line into the power socket that has been safely grounded. The power supply for the electric treadmill is special, in case of any damage, please purchase from retailer and have it replaced by professionals. Or please contact with our company directly and we will dispatch professionals to have it replaced.

• Function description of audio Bluetooth:

Click search and when searched the Bluetooth (RZ_Media), click it to make it pair with mobile phone, then, the songs in the mobile phone can be played.

• Function of Smart Treadmill Bluetooth APP:

Electrify the electric watch and turn on the Bluetooth, then, open the "Smart Treadmill" (download address of "Smart Treadmill": for android system, please download from Tencent MyApp or Huawei App market and for iphone, download from Appstore). Firstly, click "opened" on the top right corner and APP will search the Bluetooth required by the electronic water (RZ_TreadMill), then, click the corresponding Bluetooth name for pairing. Then, enter into the treadmill interface where to operate the start, stop, acceleration, deceleration, slope increase and decrease.

Formula to calculate calories:

 $70.3 \times V(KM/H) \times t(h) \times (1+?\%)$

When the ascension is 0, the burnt calories per one km is 70.3 kcal.

Declaration:

The product will not provide other downloads and installation other than the automatic update resources. The product may alter without prior notice due to the product improvement.

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Function of safety lock :

Under any condition, the treadmill can stop once pulling off the safety lock. The treadmill will stop immediately. The speed window will display "E07". At this moment, no operation can be done except for turning off. Once re-install the safety lock, the treadmill will re-enter the standby state. Wait to input the instruction.

• Turn off:

Under any time, the power can be turned off the shut down the treadmill, in this way, the treadmill will not be damaged.

Dual mode Bluetooth:

Once the power is on, the Bluetooth can be applied to play the music in your mobile phone via audio. Smart Treadmill and **SPAX APP**.

• Error message:

E02		Overvoltage protection		
E03		Overcurrent		
E04		Motor open circuit		
E06		Commu	unication error	
E07		Safety lock falling off		
E09		Critical impact protection		
E02: It mean	s that the low	ver control detects the overvolt	tage protection of motor	
E02 Common problems and	_	e of power grid for the user is nd the peak voltage is too high	The external filter voltage regulator will be needed	
troubleshooting		Controller damage	Replace the controller	

E03: It means that t	he lower control detects the overcu	rrent protection of motor
	The treadmill load exceeds the pre-set working current of the motor	It is advised to limit the motor within the rated working curren
E03 Common problems and troubleshooting	The motor resistance or blockage caused by the assembly structure of treadmill and motor	Check whether the treadmill is normal
	Failure of lower control current limiting system	Replace the lower control and wait for maintenance
E05 Common problems	The connection line of motor was not well connected or fractured or there is poor contact in between	Please re-connect the motor connection line
E05 Common problems and troubleshooting	Failure of the detection line	Replace the lower control
'	Failure of the detection line of the lower controller board	Replace the lower contro and wait for maintenance
E05: It means that	the lower control detects the overloaded The treadmill is overloaded	It is advised to limit the motor within the rated load

	6: It means that there is abnormal con nication between the electric watch a				
	The communication line of electric watch was not well connected or fractured or there is poor contact in between	Please re-connect the communication line			
E06 Common problems and troubleshooting	No signal output of the electric watch	Replace the electric watch and wait for maintenance			
	The signal output for the lower controller	Replace the lower control and wait for maintenance			
E07: It means that the safety switch has been disconnected					
	The safety switch was not assembled	Install the safety switch			
E07 Common problems and troubleshooting	The line of induction for the safety switch breaks	Replace the line of induction for the safety switch			
	Interface damage for the safety switch of electric watch	Replace the electric watch			
E09: It means th	at the power tube breaks down the e	xplosion protection			
E09 Common problems and troubleshooting	The power transistor has been broken down and the controller has been damaged	Replace the controller			

FCC Statement:

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.

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.

Caution: Any changes or modifications not expressly approved by the party responsible

for compliance could void the user's authority to operate the equipment.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

This equipment should be installed and operated with minimum distance 20cm between the radiator&your body.

RF exposure warning:

This equipment complies with radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with Minimum distance 20cm between the radiator and your body.