6、Method for replacing fuse

straight screwdriver
insert position
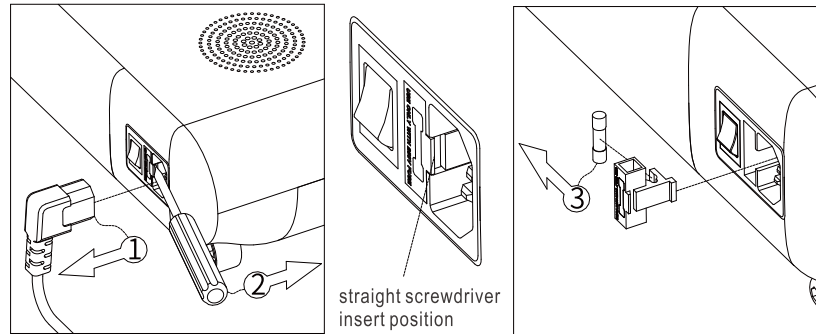
Pull out the power plug from power socket as shown in the step1 of left picture.Remove the safety

socket from the power socket with a straight screwdriver as shown in the step2 of left picture.Take out

the fuse according to the direction shown in the picture, and insert it after replacing it.

Note: the machine fuse insurance tube specifications for 125 V/15 A Φ5*20mm

7、Folding handle strength adjustment
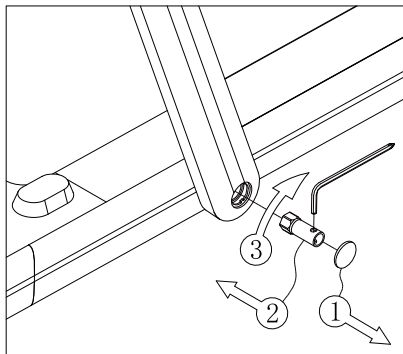
The machine was set to a slightly more suitable level of

tension when finishing production, but due to the

different personal wrist strength, users can adjust the

folding handle properly to their own taste. Do not put it

too loose. a loose play leads to a large distance

between the riser and the host of the folding position,

producing a jarring phenomenon, cut out the round

rubber stopper at the bottom of the riser, as shown in

box 1 above. Combine the Allen key and the socket

wrench to a labor-saving one levers, as shown in the

oblique branches. insert the Allen key into the lower

end hole of the left riser and secure the hex nut.

Rotation in the clock means fast. otherwise it is a bit too

loose.

8、Sports advice and guidelines

warm-up exercise

warm up for 5-10mins before each operation

Breathe

Do not hold your breath during operation. Normally prepare to release action and inhale through the nose,exhale through the mouth. The breathing should be coordinated with movement. If the breathing is too rapid, the movement should be stopped immediately.

Frequency

The exercise of the same muscle should keep 48hours of rest. That is , only train the same area every other day.

Load

Determine the amount of training according to the individual physical condition, and then practice according to asymptotic load.It is normal phenomenon for muscle soreness at the beginning of training. As long as continue to practice the soreness can be eliminated.

Relax

The reductive action should be done for 5mins after practicing every time. Especially extend flabby for ministry muscle.avoid muscle long-term condensation, and keep muscle flexibility.

Diet

Do not eat at least 1 hour before training and half an hour after training to protect your digest system. Avoid drinking plenty of water to avoid increasing burden of heart andkidney.

Stretching exercise

It is important to stretch before training, no matter how intense the training will be. It is easier to stretch the muscles when they are warm. warm up by running for 5 to 10 minutes and then stop and stretch as follows 5 times for 10 seconds or more on each leg. continue to stretch even after training. Do it again after you work out.

1. Stretch down

Bent your knees slightly and slowly bend your body to relax your back and shoulders. And try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat three times (see figure1)

2. Hamstring stretch

Sit on a clean seat cushion and straighten one leg. Bring the other leg in close to the inside of the leg. Try to touch your toes with your hands.Hold for 10-15 seconds, then relax. Repeat with each leg three times (see figure 2)

3. Stretch the calf and hamstring

Stand with two hands on a wall or tree. One foot is behind. Keep your hind legs straight and on your heels, leaning against a wall or tree. Hold for 10-15 seconds. And then relax. Repeat 3 times for each leg.(see figure 3)

4. Quadriceps stretch

Keep balance with left hand to hold the wall or table. Then extend your right hand backward. Hold your right ankle and slowly pulling toward your hips until you feel tension in front of your thighs muscles. Hold for 10-15 seconds, then relax. Repeat 3 times with each leg (see figure4)

5. Sartorius muscle (muscle of the inner thigh) stretch

Sit with your feet facing each other and knees facing out. Grab both feet with both hands and put toward the groin. Hold for 10-15 seconds. Then relax, repeat 3 times (see figure 5)

9、Operating Instructions

The remote control and treadmill pairing instructions

1、 Turn on the power and check if the machine work normally.

2、 Hold the remote control and aim it at the display window of the treadmill (as shown in FIG. 2) within 10 seconds after unplug the treadmill security lock (as shown in FIG. 1). Meanwhile, press the start/pause button on the remote control for about 3 seconds, and the system will sounds "didi… ", indicating that the remote control and treadmill have been successfully paired, and the remote control can be used to control the treadmill normally.
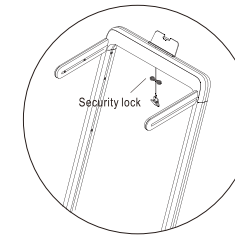

Security lock

figure 1

Display window

figure 2

Start/pause

speed
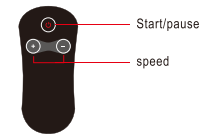
How to use the treadmill

1. Power on, check and confirm if the machine work.

2. This machine is set with walking mode and running mode.

When the riser is folded (the riser is parallel to the running platform) it is the walking mode. In the walking mode, the speed of the running belt is 1-4KM/h. Remove the left and right handlebar and plug the square rubber stopper when using the walking mode.It is in the running model when the riser is in the expansion state. In the running mode, the speed of running belt is 1-12km/h.

3. The safety lock should be clipped on the athlete's cloth.

4. It is necessary to check the stability and function of the treadmill before exercise. It is strictly prohibited to start the treadmill by standing on the running belt. You should stand on the side strip before it normally works. One hand grab handlebar, the other hand press the "start/stop" keys. When power on, treadmill starts up in a delay of 3 seconds and runs at a speed of 1.0km/h. Press"Speed +"and motor speed will rise to reach a speed of 2.5-3.5km/h(This is the most comfortable speed for learning running). Hold the handlebar with both hands and step on the running belt with both feet successively which will reach the same speed with the running belt soon.

5. You can increase the speed of running after a few minutes. Press the "speed +"button on the upper display to increase the speed slowly. You can also press the "speed -"key to slow it down.

6. In the process of movement,you can press the key "Start/Stop"of the upper display to make the motor stop running any time.

7. You can hold the phone in the phone holder and then play the phone music after connecting via Bluetooth.

Note: When the safety key is pulled off, the treadmill will immediately stop during exercise.

The display will stop all functions and shows E07.

Display window and button description

8888

TIME SPEED DIST CAL

Display window

1、LED window displays the following functions：

Time/speed/distance/calorie window：5 seconds switch display time, speed, distance and calorie data,
time display range:0:00-99:59,   distance display range:0.00-99.99.
speed display range 1-12,   Calorie display range:0.00-999.9

Current Speed

START/STOP   1-12KM/H Display Speed   SPEED＋、SPEED－
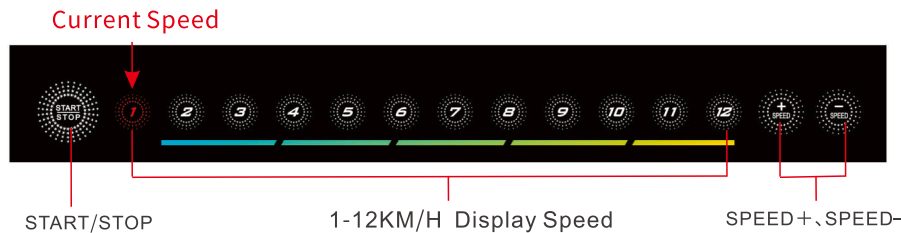
2、Display Functions Buttons: Start/Stop, Speed increasement/Speed decreasement

A: "START/STOP": START the treadmill in stopping state, STOP the treadmill in running state.
Press the STOP key to slowly stop in the running state.

B: "SPEED +":Speed Increment Key, in the state of running is the key of speed increment;

C: "SPEED -"Speed Decrement Key, In the state of running is the key of speed decrement;

Start instructions

1、Fix the safety key in the position provided under the display. Turn the power switch on and the
buzzer will sound then the manual mode will be activated.

2、Press the start button, the time window displays a countdown of 3 seconds.
Every second a beep sounds, which signals the countdown. The motor then start.

3、Starting speed：1km/h press speed + and - to adjust the speed.

4、The time is timed operation in normal mode state, speed is fixed and can be adjusted manually.

Safety lock function

Pull off the safety lock in any state,window display "E07" And the buzzer bi-bi-bi three times.
The motor is stopped immediately if the motor is working.
You can't start again when the safety lock falls off.

Power saving mode

This system has the function of power saving.The system will enter the mode of power saving
if there is no keystroke command within 10mins in the standby state,display automatically turn
off,It can be woken up when any key is pressed.

10、Common failures and processing method

please call our dealer or our after-sales service if you
have any other questions

questions	Possible causes	maintenance methods
treadmill don't work	not connected	put plug to insert socket
	Power is not turned on	Put the power switch in position"ON"
	safety lock drop	put the safety lock in correct position
	circuit signal system break	check the controller input terminal and signal circuit
	the fuse blew out	replace fuse
the running belt doesn't run smoothly	insufficient lubrication	add silicone oil lubricant
	Belt is too tight	adjust belt tightness
running belt slipped	running belt too loose	adjust running belt tightness
	running belt too tight	adjust running belt tightness

Error messages on electronic meter and elimination methods

questions	possible cause	maintenance methods
E01	poor communication	The signal line is not plugged it. Plug it again
E02	power assault	power tube breakdown,replacement of electronic control
E03	Non-sensing signal	sensing wire is not plugged in properly. Plug it again correctly
E04	controller or motor abnormal	overload, replace controller or motor
E05	overload protect	overload,replace controller
E06	system self-check failed	system failure, replace controller
E07	safety lock drop	put the safety lock in correct position
abnormal display	external disturbance	turn off power switch,turn on it after one minute

11、Product maintenance

1、lubrication

The running is used for a period of time, it must be lubricated with special methy silicone oil.

Advice：

★ 1 hour or less per week   lubricate once every 6 months

★ Less than 3 hours per week   lubricate once every 3 months

★ 3-6 hours per week   lubricate once every 2 months

More than 6 hours per week lubricate once a month

Do not lubricate too much. It is not the more lubricants the better.

Remember: Proper lubrication is an important factor in improving the life of the treadmill.

2、As for the way to check if you need to add lubricant.
Just grab the running belt and touch the middle of the running belt back
with your hands as much as possible.You don't need to add lubricant if you have
silicone on your hand (a little damp) You have to add lubricant if the pad is dry
and there is no silicone on your hand.

★ the step of lubricate on the running plate (as shown right picture)

★ Stop running for and fold the machine.

★ Lift the running belt of the underside of the main
body,Put the oil pot as far as possible into the
middle of the running belt. And spray methyl
silicone oil inside of the running and both sides.

★ You can make use of the treadmill speed of 1km/h
to evenly lubricate and step on the running belt fro
m left to right. After a few minutes, the methyl
silicone oil can be completely absorbed by the running belt.
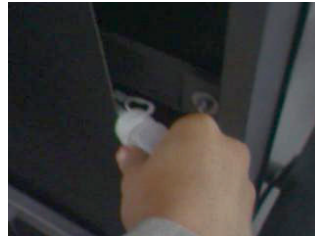
3、Adjust tightness of running belt, All treadmills shall be adjusted for tightness before
delivery and after installation. However, the running belt may be loosened after a period of use.
For example,The treadmill had stopping and slipping question during exercise.Adjust bolts of
running belt with the left and right synchronous as per clockwise direction to half a circle as the
unit when this phenomenon occurs.The feet will slip if the running belt is too loose.
But it is not good to be too tight. It is easy to increase the load of the motor and damage the
**motor,running belt and roller etc.**

4、Running belt deviation adjustment

All treadmills need to be adjusted the running belt before delivery and after installation.But the

running belt may be deviated after a period of use which may be caused by the following reasons.

① The main body is not placed smoothly.

② The feet of users are not in the center of the running belt.

③ The feet of users are uneven force

It will be returned to normal after a few minutes of no-load rotation if deviation is caused
by man-made.It should be adjusted with 6mm wrench at a half circle as the unit for deviation
of non-recover automatically.
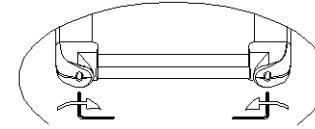
Please adjust left bolt with clockwise or right bolt with
counterclockwise if running belt is left deviation.
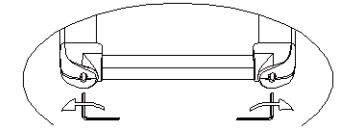
Please adjust right bolt with clockwise or left bolt with
counterclockwise if running belt is right deviation.

The running belt deviation is not within the scope of warranty. And it is mainly maintained by
the user according to the manual. Running belt deviation will seriously damage the running belt.
The mistake must be found in time and corrected.

**5、Adjustment of motor belt (as shown in the right picture)**

All treadmills have been adjusted for the motor belt before and after installation,
but they may still be out after a period of use. Now the phenomenon of loose slip,
mainly by the user to adjust.

Adjustment steps：
① Adjust the parallelism of the motor with a wrench
Turn the bolt half a turn counterclockwise.

● Turn the belt tightening bolts clockwiseHalf a circle.

NOTE: clean belt and pulley grooves regularly.

NOTE: clean belt and pulley grooves regularly.

Belt tightness bolts   Motor balance adjustment bolts

motor

belt

front roller
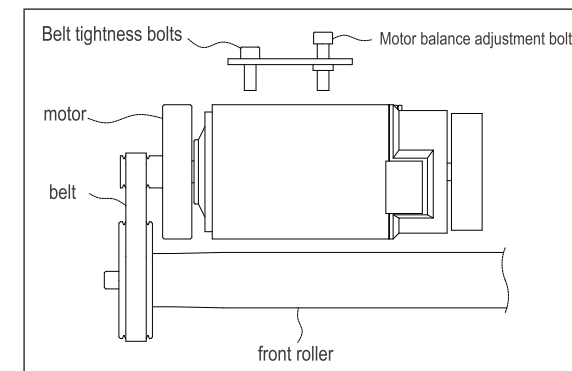
FCC STATEMENT:

This device 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 device 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
device does cause harmful interference to radio or television reception, which can be determined
by turning the device 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 device and receiver.
--Connect the device 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

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

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