

Product Instruction Manual

Model NO:T4014



Please read the instructions carefully before using

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1. Safety Precautions & Warning Instructions

1. Please consider your physical condition and properly and regularly train to ensure that you have enough physical strength for training when starting training with this product. Mistakes or excessive training will not benefit our health.
2. This product is not suitable for children. Do not use if you feel unwell physically or mentally unless they are under the supervision or direction of a person responsible for their safety regarding the use of the product. Children should be monitored to make sure they do not play with equipment.
3. This product is suitable for family use, is not suitable for professional training and testing, and cannot be used for medical purposes.
4. The heart rate display site of this product provides clinical date.
5. If the power cord is damaged, it must be replaced by the manufacturer or professional maintenance personnel to avoid danger.
6. Please check all parts before use to ensure that screws and nuts are locked.
7. Please wear comfortable tight clothes to avoid the clothes being hung by the machine. Don't let children or pets play around in case of accidents.
8. Please put the product on a smooth, clean and flat ground. Make sure there is no sharp objects nearby. Keep away from water and heat sources.
9. Keep your hands away from all moving parts. Do not put your hands and feet in the gap under the running belt.
10. This product is only for one person at run time.
11. Make sure screws and bolts are tightened after assembly
12. Please use the accessories provided by the original factory, Rigorous private replacement.
13. This product is HC grade, with a maximum weight of 100kg.
14. WARNING: That the folded treadmill should not be operated.
15. WARNING: Allow the runing surface come to a complete stop before folding.

Warning: Please read and observe the following precautions in order to reduce accidents or injuries.

Please wear suitable clothing before using the treadmill.

1. Don't wear clothes that can get caught on the treadmill.
2. Do not place the power cord near a hot object.
3. Keep children away from the treadmill.
4. Don't use the treadmill outdoors.
5. The power must be cut off before moving treadmill.
6. Non-professional personnel shall not open the upper guard cover and the left and right rear housing without authorization.
7. This treadmill can only be used in a properly grounded outlet of 20A.
8. Only one person can exercise on the treadmill when the machine starts.
9. Please stop exercising immediately and consult a fitness instructor when you feel dizziness, chest pain, nausea or shortness of breath during exercise.

WARNING! ENFORCEMENT!

Please be sure to discuss with a professional doctor before using if you are receiving medical treatment from a doctor or having the following conditions.

- (1) Having back pain now or injury to leg, waist, and neck in the past. Having problems with the leg. (Chronic diseases such as disc herniation, spondylolisthesis, cervical herniation, etc.)
- (2) Having deformed arthritis, rheumatism, gout.
- (3) Suffering from osteoporosis.
- (4) Having circulatory system obstacles (disease of heart, blood-vessel, hypertension).
- (5) Having difficulty in breathing.
- (6) Using artificial pacemakers or implantable medical electronic devices.
- (7) Having malignant tumors.
- (8) Having thrombosis or serious dynamic environment tumor, acute environment tumor, and other blood circulation disorders or a variety of skin infections and other symptoms.
- (9) Having perceptual disabilities caused by diabetes and high peripheral circulation disorders.
- (10) Having skin injuries.
- (11) Having a high fever (38°C or above) due to illness and so on.
- (12) Having abnormal dorsal bones or crooked dorsal bones.
- (13) Having pregnancy or possible pregnancy or menstruation.
- (14) Feeling abnormal and having to rest.
- (15) Poor physical condition.
- (16) Users for rehabilitation purposes.
- (17) Feeling uncomfortable in a certain region of the body except under the above circumstances.

— It's likely to cause accidents or poor health.

◆ Please stop using immediately and consult your doctor when you feel pain in your back, numbness in your legs, dizziness, abnormal heartbeats, and other body aches that are different from normal or poor coordination or other abnormal feelings during exercise.

◆ Do not allow children to use or play around the product.

— If instructions are not followed, there may be a risk of injury.

◆ Do not allow children to use or play with the product.

— If instructions are not followed, there may be a risk of injury.

◆ Please make sure no person or pet is around (rear, lower, front) during using or taking out the product.

Forbidden

◆ Do not use in the state of shell cracked, detached (internal structure exposed) or weld detached.

— Otherwise, it's prone to cause accidents or injuries.

◆ Do not jump up or down during exercise.

— Users are prone to fall and get injured.

◆ Do not use or keep in damp places such as outdoors or near the bathroom, or in places where water drops are caught.

◆ Do not use or keep in places with direct sunlight such as high-temperature places around the stove and heating appliances of electric heating carpets.

— Otherwise, it's easy to cause electricity leakage and fire.

◆ Do not use it when the power cord or plug is damaged or the socket is loose.

— Otherwise, it's easy to cause electric shock, short circuit, and fire.

◆ Do not damage or forcibly bend or twist the power cord. At the same time, do not place heavy objects on it, nor let the line be clamped.

— Otherwise, it's easy to cause fire or electric shock.

◆ Do not use it with two or more people on it at the same time. Do not let people around get close when using.

— Otherwise, it's easy to cause accidents and injuries from falls.

◆ Do not use it if you can't express consciousness by yourself or operation.

— It's likely to incur an accident or injury.

Do not disassemble the treadmill.

◆ Disassembly and repair are strictly prohibited.

— There is a risk of injury due to mechanical failure.

Avoid contacting with water.

◆ Do not spray water or other conductive liquid on the main body or operation parts.

— It may cause electric shock and fire.

Prohibition

◆ People who don't usually exercise shouldn't suddenly do strenuous exercise.

◆ Do not use after eating or when you are tired, especially after exercising or when you are in an abnormal physical state.

— It may cause damage to health.

◆ This product is suitable for home use, do not use in the school, the gymnasium, and so on, or for non-specific users.

— There would be an injury risk.

◆ Do not use it when eating, drinking, or doing other activities.

◆ Do not use it after drinking until you feel sluggish.

— it's easy to cause an accident or injury.

◆ Do not use it with hard or sharp objects in your pants pocket.

— it's easy to cause an accident or injury

◆ Do not use the power plug with needles, garbage, or water nearby.

— It may cause electric shock, short circuit, and fire.

◆ Do not pull out the power plug or switch the power switch to "off" during use.

— It may cause injury.

Never use it with wet hands.

- ◆ Do not pull out or insert the power plug with wet hands.
- It's likely to cause electric shock or injury.

Pull out the power plug.

- ◆ Please pull out the power plug from the socket when you don't use it.
- Dust and moisture make it into insulation deterioration, therefore, leading to electricity leakage and fire.
- ◆ Please be sure to pull the power plug from the socket during maintenance.
- Failure to comply may result in electric shock or injury.
- ◆ Please stop using it if the device does not start or run normally. Immediately pull out the power plug and entrust it into inspection and repair.
- Failure to comply may result in electric shock or injury.
- ◆ Pull out the power plug immediately in case of power failure.
- Otherwise, it's likely to incur accidents or injuries when power is restored.
- ◆ Do not hold the cable tight when pulling out the plug, hold the power plug.
- Otherwise, it may cause a short circuit, electric shock, and fire.

Grounding Instructions

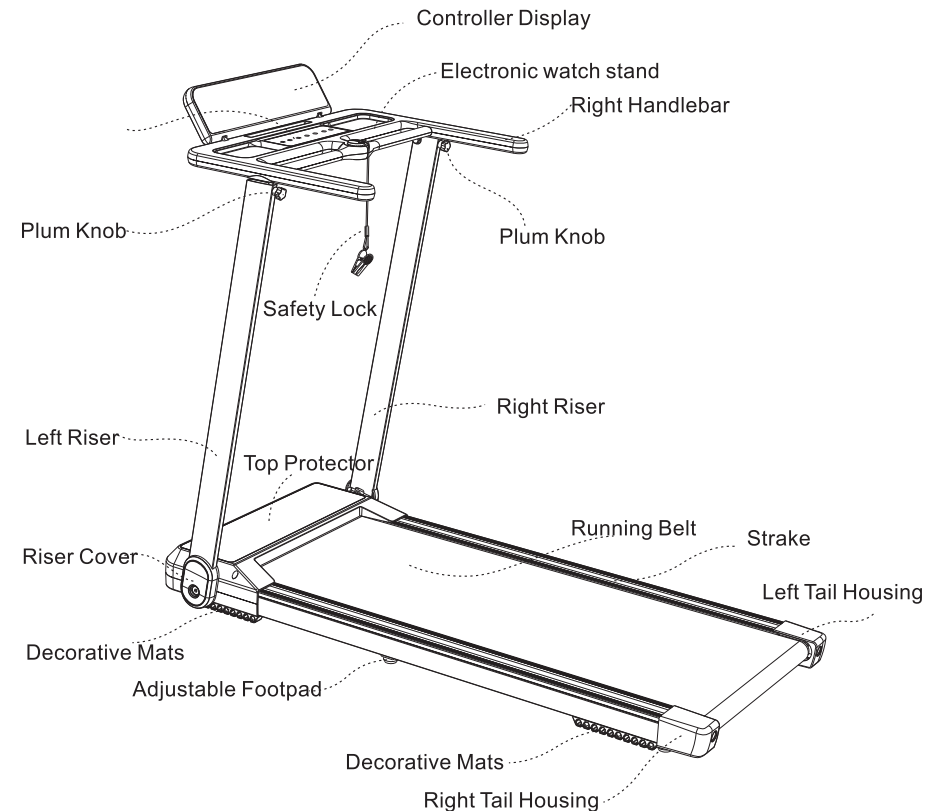
- ◆ The product must be grounded. Grounding provides the channel with the least resistance to current to minimize the risk of electric shock if the function of this machine does not work normally.
- ◆ This product is equipped with a grounded conductor and a plug for the device. The plug must be properly installed, grounded, and plugged into an appropriate electrical outlet in accordance with local codes or regulations.

Dangerous

- ◆ There is a risk of electric shock if the device is not properly grounded. Please contact an electrician to check if the grounding of the product is correct. If the plug does not fit into the socket, please inform a qualified electrician about the installation of a suitable socket.
- ◆ This product has a grounding plug. Make sure that the product is connected to an outlet of the same shape. This product can not be used with an adapter socket.

The noise of this product is less than or equal to LpA (75) dB

2. Product Introductions



Packing list:

No.	Name	Qty.	Remark
1	Main body	1	
2	Spare parts package	1	See table

Technical Parameters:

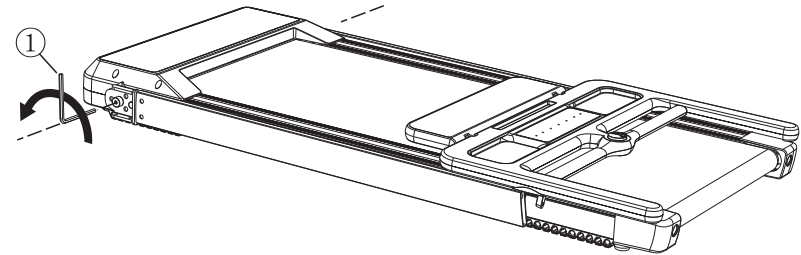
Working voltage	AC 110V 60Hz
Max load	90Kg
Folding Size	1232*587*102 mm
Unfolding Size	1238*587*1030 mm
Running area	400*1020 mm
Motor power	0.75HP
Speed	1.0-12.0 km/h
Control method	Electronic Watch
Weight	26.5 kg

Spare parts list:

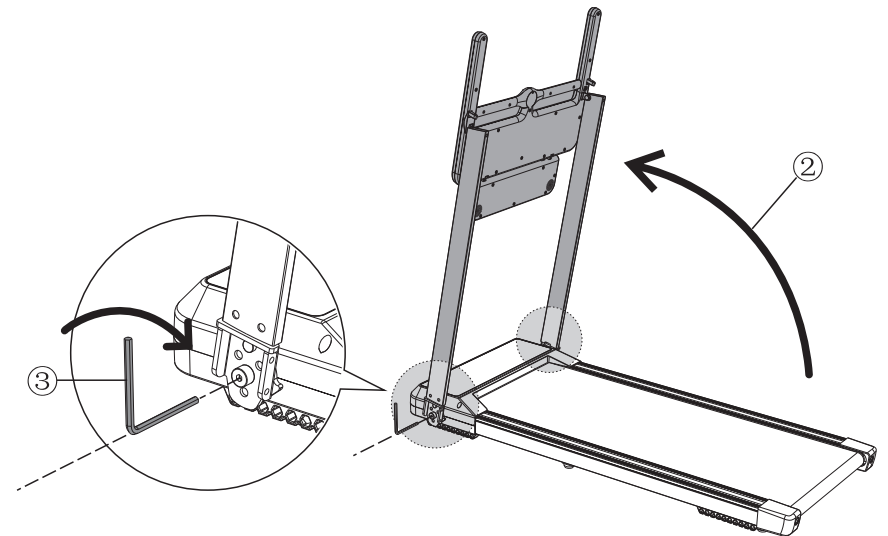
NO.	Name	Qty.	Remark
1	M6* Screw	2	Fixed to the back of risers
2	5mm Inner Hexagon Wrench	1	Others
3	6mm Inner Hexagon Wrench	1	Adjust the Running Belt
4	Wrench	1	
5	Foot Pad	2	
6	Riser Cover	2	
7	Power Line	1	
8	Safety Lock	1	
9	Methyl Silicon Oil	2	
10	Instructions and Qualification	1	

3. Installation Procedure

1. Take the mainframe out of the packing box and place it flat on the carpet or cushion,

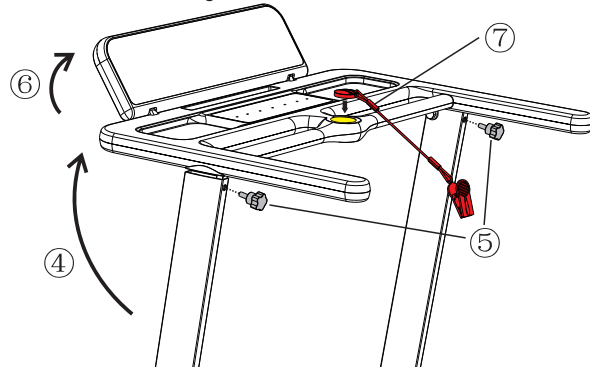


2. As shown in step ② of the following figure, lift the column up to the limit point, hold the riser with one hand, as shown in step ③ of the following figure: The screw below the right column shall be locked clockwise with a 6mm Allen wrench.

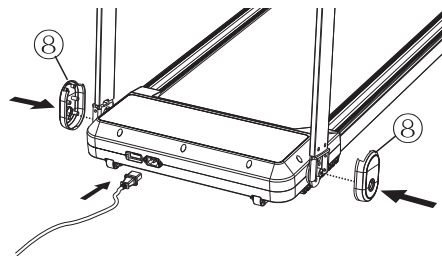


Installation Procedure 09

3. As shown in step ④ below, rotate the electronic meter stand to the horizontal position (pay attention to the communication line in the right riser to prevent squeezing Press), as shown in step ⑤, lock the electronic meter stand on the left and right risers with two "M6 Torx Knobs". As in step ⑥ As shown in, adjust the electronic watch to its proper position. As shown in step ⑦, place the red safety lock on the electrical. In the yellow position of the watch stand, please clip the end with the clip onto your clothes when running.



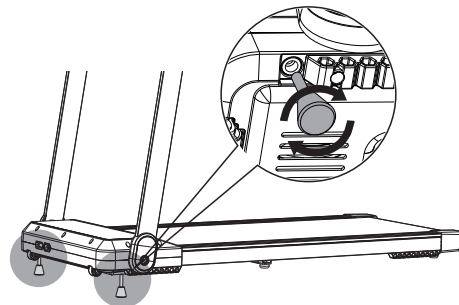
4. As shown in step ⑧ below, after the riser is locked, fasten the riser cover on the left and right risers respectively. Plug in the power cord, Step into the front socket, turn on the power, turn on the power switch below the front of the machine, and enter the standby state.



Note: After the machine is assembled, please check again whether all bolts are locked.

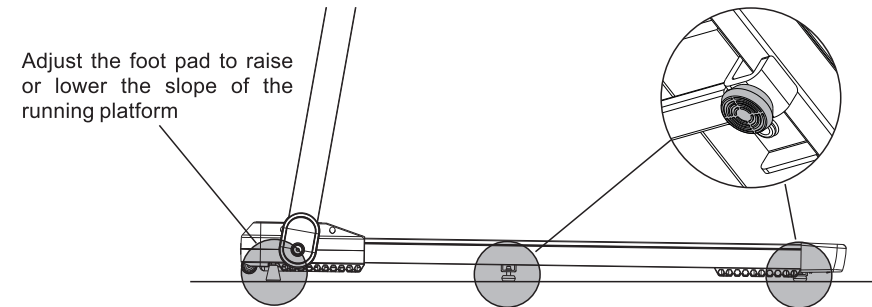
Foot rest Installation and Adjustment

1. Use a packaging material to pad the front end of the treadmill, as shown in the right figure. As shown in, screw the two foot pads into the screw holes and tighten them clockwise and anticlockwise. Turn the clock loose.



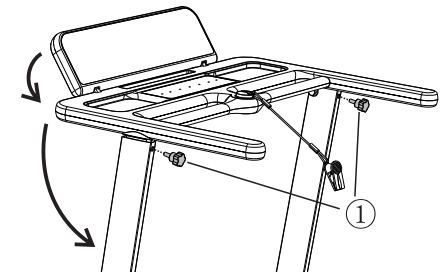
10 Installation Procedure

2. Foot pad adjustment: If the ground is uneven or the treadmill shakes, please adjust the six adjustable foot pads at the bottom of the treadmill. To the proper position, the foot pad must fit the ground. (As shown in the figure below)



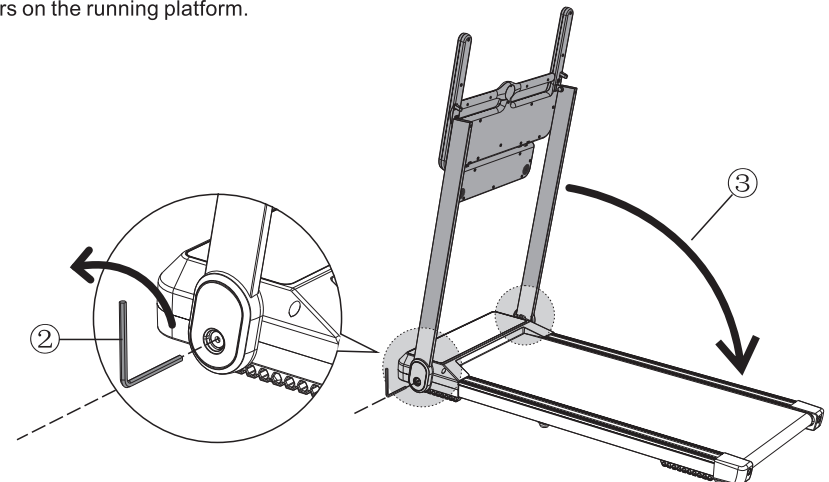
Collapse Descriptio

1. As shown in step ① of the right figure: Unscrew the "M6 quincunx knob" and slowly put down the electronic watch holder.

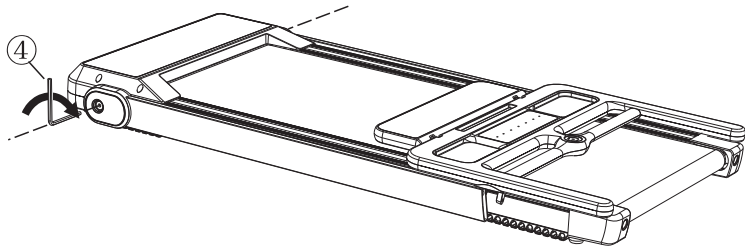


2. As shown in step ② of the figure: Loosen the bolts under the left and right upright columns by using an Allen wrench counterclockwise for 3 to 4 turns.

3. As shown in step ③ of the figure: slowly place the electronic meter stand and left and right risers on the running platform.



4. As shown in step ④: Lock the bolts under the left and right upright columns clockwise with an Allen wrench and fold them.



4. Sports Advice and Guidelines

Warm-up exercise

Warm up for 5-10mins before each exercise.

Breathe

Do not hold your breath during exercise. Keep inhaling through the nose and exhaling through the mouth. The breathing should be coordinated with movement. If the breathing is too rapid, the exercise should be stopped immediately.

Frequency

Each exercise of one muscle area should rest for 48 hours in between. That is to say, we suggest you train the same muscle area every other day.

Load

Determine the amount of training according to the user's own physical condition, and then practice according to asymptotic load. It is a common phenomenon for muscle soreness at the beginning of training. As long as continuing practicing, the soreness can be eliminated.

Relax

The relaxation should be done for 5mins after practicing every time. Users should especially stretch certain muscle to avoid long-term contraction and keep muscle flexibility.

Diet

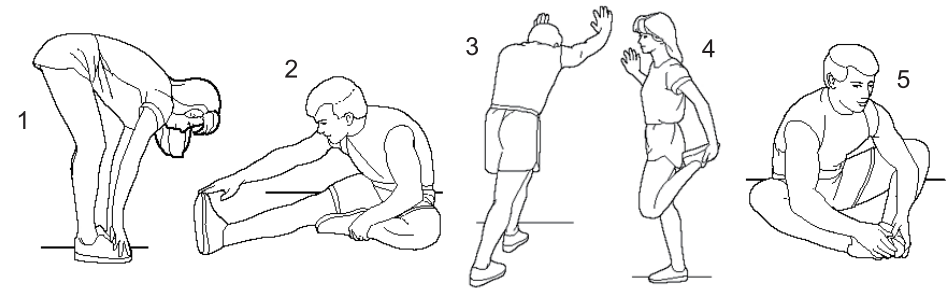
Do not eat at least 1 hour before training and half an hour after training to protect your digestive system. Do not drink too much water to avoid increasing the burden of the heart and kidney.

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 5 times each for 10 seconds or more on each leg. Continue to stretch even after training. Do it again after your workout.

Stretching Exercise

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1. Stretch Down

Bend 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 Figure 1)

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 for 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 pull toward your hips until you feel tension in front of your thigh muscles. Hold for 10-15 seconds, then relax. Repeat 3 times with each leg. (See Figure 4)

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 pull toward the groin. Hold for 10-15 seconds. Then relax, repeat 3 times. (See Figure 5)

5. Operating Instructions

Treadmill Operation

1. Turn on the power and check whether the machine is normal.
2. The running speed of this machine is set as 1~12km.
3. Clip the safety lock on the front of the sportsman's chest.
4. Before exercise, check the stability and function of the treadmill. It is strictly forbidden to start the treadmill standing on the running belt. Before running, you should stand on the left and right bars, hold the handrail, and then step into the running belt to exercise after starting normally. At startup, Grasp the armrest with one hand and press the "START/STOP" key of the electronic watch with the other hand. The treadmill starts after 3 seconds. Running at 1.0Km/h speed. Press "+" to increase the motor speed to 2.5 ~ 3.5Km/h (this is the most comfortable speed for learning to run), hold the handrail with both hands, and step onto the running belt with both feet one after the other belt at the same speed.
5. After a few minutes, you can run at a high speed. Press the "+" button on the electronic watch to increase the speed slowly; You can also press the "-" key to speed decreases.
6. During the movement, press the "START/STOP" key of the electronic watch at any time to stop the motor.
7. Under the running state, directly press the "3, 6, 9, 12" speed direct selection key at any speed, then the running speed of the running belt. Is the relative key speed value.

Note: During the exercise, the safety lock is pulled off, the running opportunity stops running, the electric meter refuses any operation, and the window display "E07"

1. Display and key distribution:



1. The LED Window Displays the following Functions:

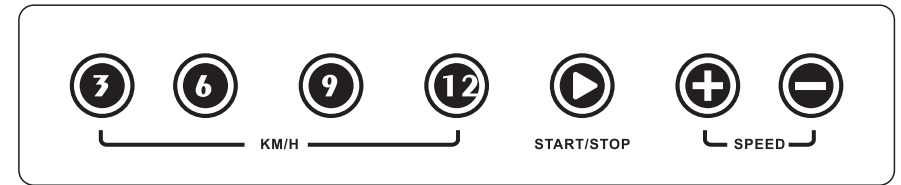
Time/speed/distance/calorie window: 5 seconds to switch and display time, speed, distance and calorie data,

Time Display Range: 0:00-99:59

Speed Display Range: 1.00-12.00

Distance Display Range: 0.00-99.99

Calories Display Range: 0.00-9999



2. Electronic watch function keys: 3, 6, 9, 12, speed+, speed -, stop/stop.

A.3: In the running state, press the speed direct selection key at any speed, and the running speed of the running belt will be adjusted to 3Km/h.

B. 6: In the running state, press the speed direct selection key at any speed, and the running speed of the running belt will be adjusted to 6Km/h.

C. 9: In the running state, press the speed direct selection key at any speed, and the running speed of the running belt will be adjusted to 9Km/h.

D. 12: In the running state, at any speed, press the speed direct selection key to adjust the running speed of the running belt to 12Km/h.

E. SPEED+: During movement, pressing the key will increase the speed.

F. SPEED -: During movement, pressing the key will reduce the SPEED.

G. START/STOP: Press the "START/STOP" key in the stopped state to start the treadmill; Press in the running state "START/STOP" key, the treadmill will slow down and stop.

Start Instructions:

1. Stick the safety lock to the safety lock position on the panel, turn on the power switch, the buzzer will beep, and the system will enter standby Status.
2. Press the START button, the window will display a 3-second countdown, and the buzzer will beep once every time it decreases, then the motor will start.
3. The starting speed is 1KM/H. At this time, press the speed+, - keys to adjust the speed.

Bluetooth Connection:

Bluetooth audio connection mode; When the treadmill is powered on and the system enters the standby mode, press and hold the "-" button for 3 seconds, and the system will prompt "tick" in the dental language, indicating that you can use the Bluetooth function of your mobile phone to search for Bluetooth, and click Bluetooth pairing (note: if Bluetooth pairing is not performed within two minutes, Bluetooth will automatically hide, and if you need to perform secondary pairing, you need to repeat the above process).

"Connected" indicates successful Bluetooth audio connection. Bluetooth audio forced disconnection mode; When other Bluetooth devices in the treadmill system are connected to the machine, the user needs to connect the treadmill Bluetooth audio. You can first use the forced disconnection of Bluetooth function to operate. In the treadmill standby mode, long press the "-" button for 3 seconds, and the system will prompt a "beep" sound, indicating that the treadmill system is forcibly disconnected from the front connected Bluetooth device. At this time, the user can operate and pair according to the above bluetooth audio connection method.

Safety Lock Function:

In any state, pull off the safety lock, and the window will display "E07" fault code. When the treadmill is running, pull the safety lock to stop it. When the safety lock falls off, it cannot be started.