

USER'S MANUAL

Please read the instruction carefully before
operating your new treadmill

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01. NOTICE FOR USE

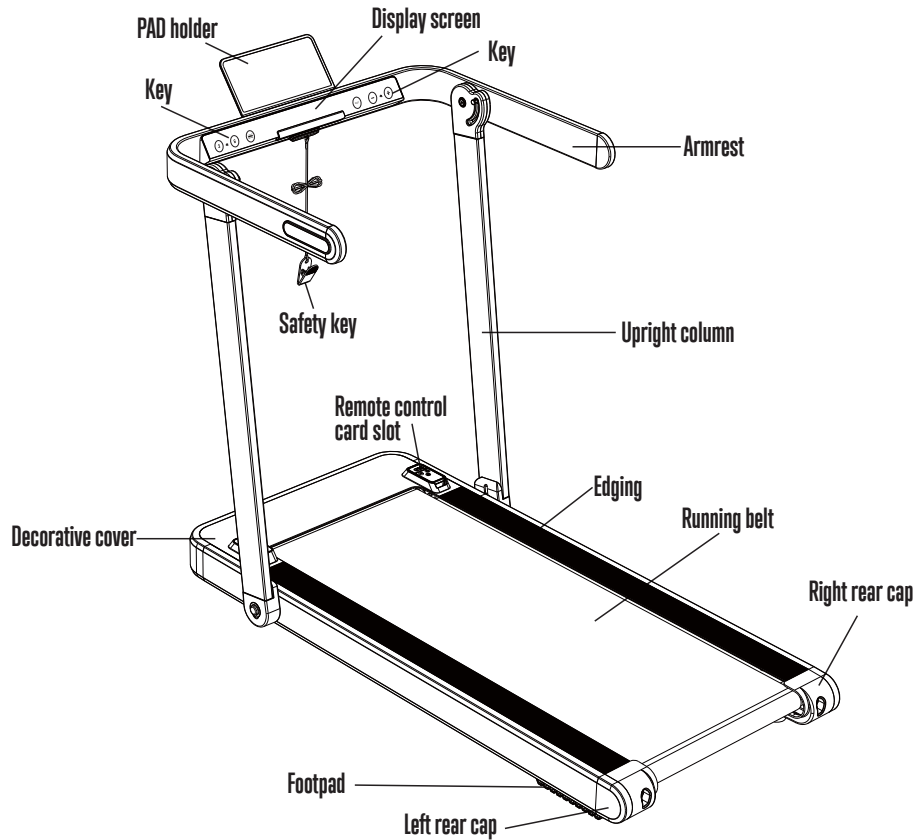
Note: Please read the instructions carefully before use, and pay attention to the following safety precautions:

- The treadmill is designed for indoor use only to prevent moisture from damaging the machine. Do not splash water on the treadmill or place any foreign objects on it.
- Before exercising, please wear suitable sportswear and sports shoes. Exercising barefoot on the treadmill and stretching the whole body is strictly forbidden.
- Ensure the power plug is properly grounded and the socket is dedicated to the treadmill to avoid sharing it with other electrical appliances.
- Keep children away from the machine to avoid accidents.
- Avoid overloading the treadmill for long periods, as this can damage the motor and controller and accelerate the wear of bearings, running belts, and running boards. Regular maintenance is recommended to prevent this.
- Reduce indoor dust, maintain a certain humidity level in the room, and avoid strong static electricity, which can interfere with the electronic watches and controllers' normal operation.
- Always turn off the power of the treadmill after use.
- Ensure that there is adequate indoor air circulation during use
- Use the safety lock cable clip by clipping it onto your clothes when exercising to prevent the machine from shutting down in an emergency.
- Stop exercising immediately and seek medical advice if you experience discomfort or abnormal symptoms during use.
- After using silicone oil on the machine, store it out of the reach of children to avoid any accidental ingestion.
- The safety area behind the treadmill should be at least 1000x2000mm.
- Use the emergency jump-off procedure by holding the handrails to support your body, stepping on the sidebars with both feet, and jumping off the treadmill from one side.

WARNING: To reduce accidents or injury to others, please observe the following:

- Please check that your clothing is fastened or zipped before using the treadmill.
- Avoid wearing clothes that can get caught in the machine.
- Keep the power cord away from hot objects.
- Keep children away from the treadmill.
- Do not use the treadmill outdoors.
- Always cut off the power supply before moving the treadmill.
- Non-professionals are not authorized to open the upper shield and the left and right rear tailstock.
- Only one person is allowed to exercise on the treadmill when it is in use.
- If you feel dizzy or experience chest pain, nausea, or shortness of breath during exercise, stop immediately and consult a fitness instructor

02. PRODUCT INTRODUCTION



PACKING LIST

NO.	ITEM	QUANTITY	REMARK
1	The whole machine(treadmill)	1	
2	Accessories box	1	Schedule

TECHNICAL SPECIFICATIONS

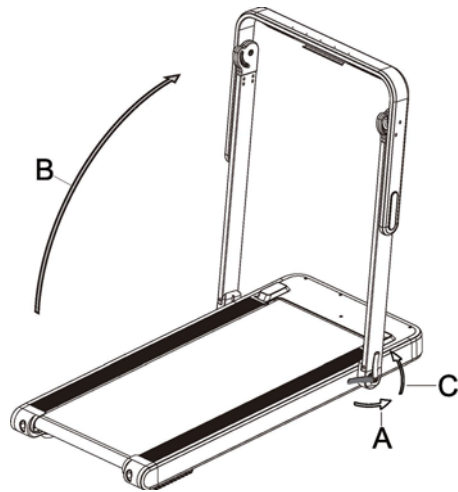
WORKING VOLTAGE	AC 110V 60Hz
MAXIMUM LOAD	264.55 lbs
PRODUCT SIZE	52.80*28.31*41.54 inch
FOLDING SIZE	52.48*28.31*4.92 inch
RUNNING AREA	16.54*41.34 inch
MOTOR SPEC(HP)	1.0 HP
SPEED RANGE	0.6-8.7 mph
CONTROL METHOD	Electronic meter , Remote control
WEIGHT	41 kg

SCHEDULE (ACCESSORIES BOX)

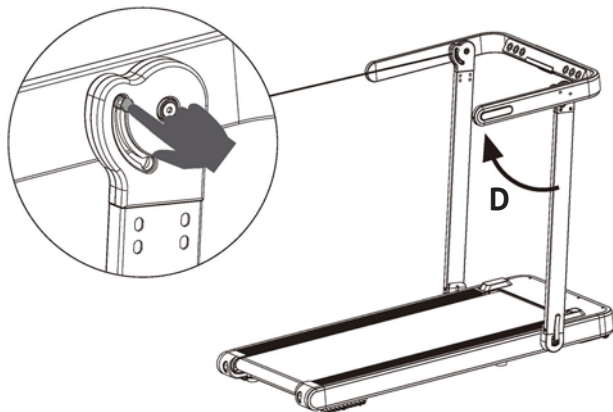
NO.	ITEM	QUANTITY	REMARK
1	5mm Inner Allen key	1	Other
2	6mm Inner Allen key	1	Adjust the running belt
3	ST4_2X19 Cross Recessed Pan Head Tapping Screws	5	
4	PAD holder Fixing seat	1	
5	Wrench	1	
6	Socket wrench	1	
7	PAD holder	1	
8	Power cable	1	
9	Remote control	1	
10	Safety key	1	
11	Silicone oil	2	
12	Manual	1	

03. INSTALLATION PROCEDURE

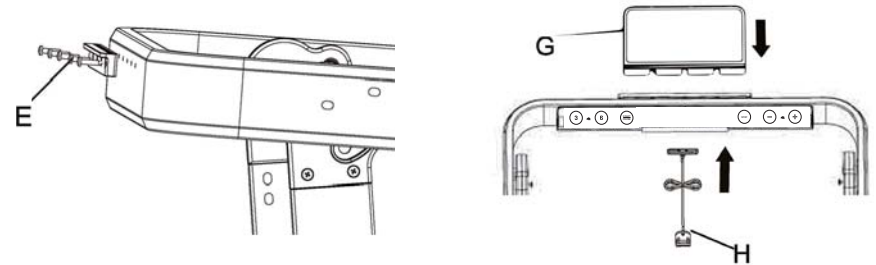
1. To begin the treadmill installation, carefully remove the main unit from its packing box and place it on a flat surface such as a carpet or cushion. Then, as shown in step (A) in the figure below, open the "folding handle" in the direction indicated, and the lower end of the standpipe will naturally spread to both sides. After that, as demonstrated in step (B) in the figure, lift the standpipe upwards to its upper limit point. Finally, as shown in step (C), press down on the "folding handle" to lock the upright column in place.



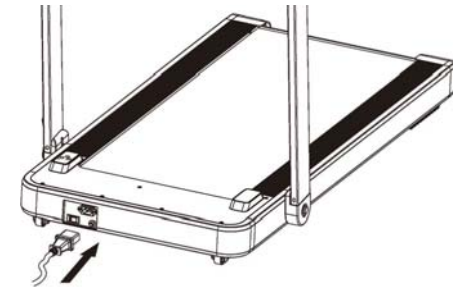
2. Next, as shown in step (D) in the figure, press the buttons on both sides of the armrest to lift the armrest frame to the level and fix it in place.



3. As the figure demonstrates in step (E), install the tablet bracket fixing seat with cross-recessed pan head self-tapping screws. Then, as shown in step (G), insert the tablet bracket into the groove of the tablet bracket fixing seat. After that, in step (H), lock the bracket in place using the red safety lock and ensure it is secured in the yellow position under the console. When using the treadmill, make sure to clip the end of the safety lock belt clip to the edge of your clothes.

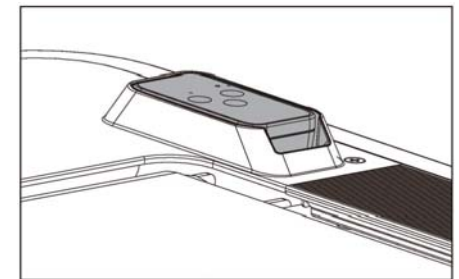


4. As shown in the figure below, insert the power cord into the socket at the treadmill's front end. Then, connect the power and turn on the power switch at the bottom of the front of the machine. The treadmill will then enter the standby state.



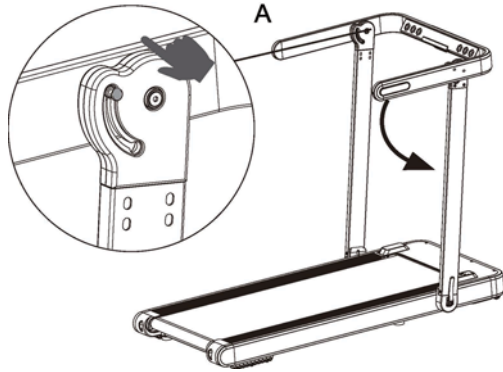
Note that after the machine is assembled, it is important to double-check whether all the bolts are securely tightened.

5. Finally, as demonstrated in the picture on the right, place the remote control in the card slot under the console.

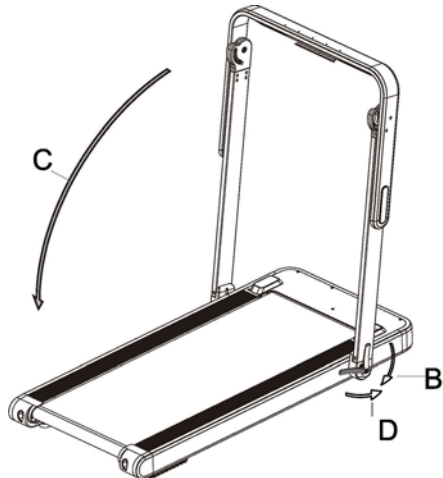


FOLDING PROCEDURE

1. After removing the main unit from the tablet support, press the buttons on both sides of the armrest as shown in step (A) in the figure below to release the armrest frame down to be parallel to the standpipe.



2. As shown in step (B) in the figure below, open the "folding handle" in the direction shown in the figure, and the lower end of the riser will naturally open to both sides. Then lower the riser until it is parallel to the sidebars, as shown in step (C) in the figure below. And press down the "folding handle" to lock the upright column, as shown in step (D) in the figure below.

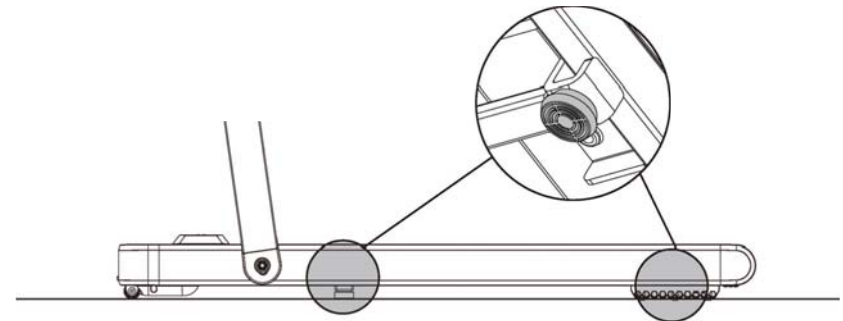


3. As shown in the picture below, the folding is complete.



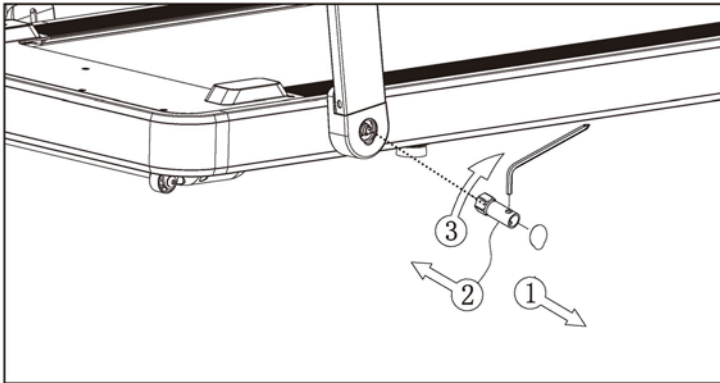
FOOTPAD ADJUSTMENT

If the ground is uneven or the treadmill shakes, please adjust the four adjustable foot pads at the bottom of the treadmill to a suitable position, and the foot pads must fit the ground. (As shown below)



ADJUSTMENT OF FOLDING HANDLE FORCE

When the machine leaves the factory, this part has been adjusted to a slightly appropriate tension. However, due to the strength of the individual wrist, users can adjust the folding handle appropriately according to their preferences. Don't be too loose; too loose will cause the gap between the standpipe and the main unit to be too large to shake. As shown in step 1 in the figure below, turn out the pipe plug at the lower end of the left standpipe. Combine the equipped hex wrench and socket wrench into a labor-saving lever, as shown in step 2 in the figure below. Insert the end of the hex head of the socket wrench into the lower hole of the left standpipe and match it with the hex nut, rotate clockwise to clamp, and vice versa to loosen slightly.



04. SPORTS RECOMMENDATIONS AND GUIDELINES

WARM-UP

Before using the treadmill, it's important to warm up your body with 5-10 minutes of exercise.

BREATHE

While using the treadmill, avoid holding your breath. Coordinate your breathing with your movements by inhaling through your nose and exhaling forcefully through your mouth before starting the exercise. If you find yourself breathing too rapidly, stop exercising immediately.

FREQUENCY

Resting the same muscle group for at least 48 hours before exercising again is important. This means you can train the same muscle group every other day.

BURDEN

Determine the appropriate level of training based on your physical condition, and gradually increase the intensity according to the principle of "asymptotic load." It's normal to experience muscle soreness during initial training, but it will disappear as you continue practicing.

RELAX

Do 5 minutes of recovery after each exercise, especially the stretching and relaxation of the foot muscles, to avoid long-term muscle condensation and maintain muscle elasticity.

DIET

Exercise one hour after meals to protect the digestive system, and eat at least half an hour after training. Drink less water during exercise, especially avoiding drinking much water, not to increase the burden on the heart and kidneys.

STRETCHING EXERCISES

It's important to do stretching exercises before using the treadmill, regardless of your walking speed. Warm muscles are easier to stretch, so we recommend walking on the treadmill for 5-10 minutes to warm up your body before doing the stretching exercises. Follow the pictures provided to do the stretching exercises, and do each exercise 5 times per leg for at least 10 seconds each time. You can also hold the stretches for longer if you prefer. After finishing your workout, do the same stretching exercises again to help cool down your body.



1. STRETCH DOWN

Bend your knees slightly, slowly bend your body forward, relax your back and shoulders, and touch your toes with your hands as warm as possible. Hold for 10-15 seconds, then relax. Repeat 3 times (see picture 1)

2. HAMSTRING STRETCH

Sit on a clean cushion, straighten one leg, and draw the other leg inward, so it fits against the inside of the straightened leg. Try to touch your toes with your hands. Hold this position for 10-15 seconds, then relax. Repeat this exercise 3 times for each leg (see picture 2).

3. CALF AND HEEL STRETCH

Stand with two hands against a wall or tree, one foot behind. Keeping the back leg straight and the heel on the ground, lean toward the wall or tree. Hold this position for 10-15 seconds, then relax. Repeat this exercise 3 times for each leg (see picture 3).

4. QUADRICEPS STRETCH

Balance on a wall or table with your left hand, then reach back with your right hand, grab your right ankle and slowly pull it toward your hip until you feel the tension in the muscles in the front of your thigh. Hold this position for 10-15 seconds, then relax. Repeat this exercise 3 times for each leg (see Figure 4).

5. SARTORIUS (INNER THIGH MUSCLE) STRETCH

Sit with the soles of your feet facing each other and your knees facing outward. Grab your feet with both hands and pull toward your groin. Hold this position for 10-15 seconds, then relax. Repeat this exercise 3 times (see 5).

05. WARNING MANDATORY!

Please consult with a medical professional before using this treadmill if you are under medical treatment or if any of the following conditions apply to you:

- (1) You have or have previously suffered from injuries to your legs, waist, neck, or low back pain, numbness in your legs, waist, neck, or hands, or chronic diseases such as intervertebral disc herniation, spondylolisthesis, or cervical spondylosis.
 - (2) You have osteoarthritis, rheumatism, or gout.
 - (3) You have abnormalities such as osteoporosis.
 - (4) You have circulatory system disorders such as heart disease, vascular disorders, hypertension, etc.
 - (5) You have impaired respiratory organs.
 - (6) You have an implanted medical electronic device like an artificial pacemaker.
 - (7) You have malignant tumors.
 - (8) You have thrombosis, serious arterial tumors, acute static tumors, other blood circulation disorders, or skin infections.
 - (9) You have sensory disturbances caused by high-grade peripheral circulatory disorders caused by diabetes, etc.
 - (10) You have skin trauma.
 - (11) You have a high fever (38°C or higher) due to illness, etc.
 - (12) You have abnormal or curved backbones.
 - (13) You are pregnant or may be pregnant or are menstruating.
 - (14) You feel abnormal in your body and need rest.
 - (15) You are obviously in poor physical condition.
 - (16) You are using the treadmill for rehabilitation purposes.
 - (17) You feel particularly abnormal in your body for reasons not mentioned above.
- Using the treadmill under these circumstances may cause an accident or poor physical condition. Please prioritize your safety and consult with a medical professional before use.

- If you experience lower back pain, numb legs and feet, dizziness, abnormal heartbeat, or other unusual pain or coordination sensations during exercise, stop using the product immediately and consult a doctor.
- Please do not allow children to use or play around with the product, as it may pose a risk of injury.
- Children's protectors should be careful not to let children play with this product as it may result in injury.
- Ensure that no people or pets are around (behind, lower, and in front of the product) during use, when loading and unloading the product, or when sliding it.

PROHIBIT ACTIONS!

- Do not use the treadmill if the case is cracked, damaged, or detached; this may expose the internal structure and cause an accident or injury.

WARNING 13

- Do not jump up and down while exercising, which may lead to falls and injuries.
- Do not store or use the treadmill in humid places such as outdoors or near bathrooms, or places exposed to water droplets. Also, avoid using or storing the equipment in places exposed to direct sunlight, around stoves, or on top of heating appliances like electric carpets, as this may cause electric leakage and fire.
- Do not use it when the power cord or plug is damaged or the receptacle is loose; this may cause electric shock, short circuit, or fire.
- Do not damage, forcibly bend or twist the power cord, and avoid placing heavy objects on it to prevent the line from being caught. Otherwise, it may cause fire or electric shock.
- Do not use the treadmill with two or more people simultaneously, and ensure that people around you do not come too close during use, as this may cause accidents or injuries due to falls.
- Do not use the treadmill if you cannot express your consciousness or operate it yourself, as an accident or injury may occur.
- People who do not usually exercise should not engage in vigorous exercise suddenly. Also, avoid using the equipment after eating, when tired, just after exercising, or when your physical condition is abnormal, as this may cause damage to your health.
- This product is designed for home use only and is not intended for use by many unspecified users, such as schools and gymnasiums, as there is a risk of injury.
- Do not use the treadmill while eating, drinking, or engaging in other activities or after drinking alcohol and feeling dull, as an accident or injury may occur.
- Do not use the treadmill with hard objects in trouser pockets, as this may cause an accident or injury.
- Ensure the power plug does not have pins, garbage, or water adhering, as this may cause electric shock, short circuit, or fire.
- Finally, during use, do not pull out the power plug or switch off the power switch, as this may cause injury.

DO NOT DISASSEMBLE!

- Disassembly, repair, and alteration are prohibited.
—There is a risk of injury from mechanical failure.

AVOID WATER!

- Do not spray water or other conductive liquids on the main body or operation part.
—This may cause an electric shock or fire accident.
- Do not unplug or insert the power plug with wet hands.
—This may cause an electric shock and injury.

14 WARNING

PULL OUT THE POWER PLUG!

- Unplug the power plug from the outlet when the machine is not in use.
—Dust and moisture will degrade the insulation and may result in a leakage fire.
- When maintaining, pull out the power plug from the outlet.
—Failure to do so may result in electric shock or injury.
- If it does not start or feels abnormal, stop using it, pull out the power plug immediately, and seek inspection and repair.
—Failure to do so may lead to electric shock or injury.
- In case of a power outage, pull out the power plug immediately.
—Otherwise, when the power is restored, accidents or injuries may occur.
- Don't hold the wire part when pulling out the power plug; you must pull it out with the power plug.
—Otherwise, it may cause a short circuit, electric shock, or fire.

GROUNDING INSTRUCTIONS!

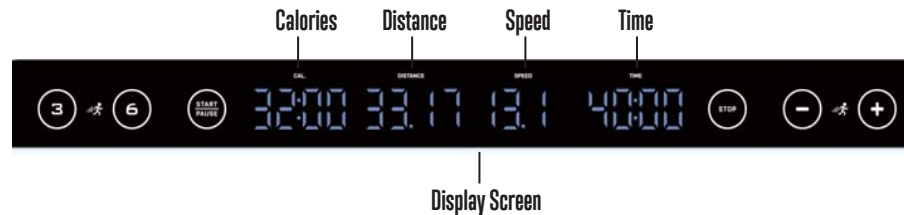
- This product must be grounded. In the event of a unit malfunction, grounding will provide the path of least resistance for current flow to reduce the risk of an electric shock.
- This product has a cord with an equipment grounding conductor and a grounding plug. The plug must be inserted into a suitable outlet that is properly installed and grounded per local codes or ordinances.

DANGER!

- Improperly connecting the equipment grounding conductor can result in a shock hazard. If you are unsure about the proper grounding of this product, please have a professional electrician check it. Do not attempt to modify the plug provided with this product, even if it does not fit into the outlet. Instead, have a professional electrician install the appropriate outlet.
- Please note that this product is equipped with a grounded plug, and it is crucial to connect it to an outlet with the same shape. Using adapter sockets with this product is not recommended and may result in an electrical hazard.

06. OPERATING INSTRUCTION

DISPLAY SCREEN AND KEY DESCRIPTION



1.START

After turning on the switch, the treadmill will be in standby mode, and the display will be turned on.

KEY FUNCTION

KEY	FUNCTION
	Speed shortcut key: Press this key during operation to directly adjust the speed to 3mph
	Speed shortcut key: Press this key during operation to directly adjust the speed to 6mph
	In stop state, pressing the key will start the treadmill. In running state, pressing the key will pause the running of the treadmill.
	Press this key in the running state, and the treadmill will stop running
	In the running state, press this key to reduce the speed by 0.1mph
	In the running state, press this key to increase the speed by 0.1mph

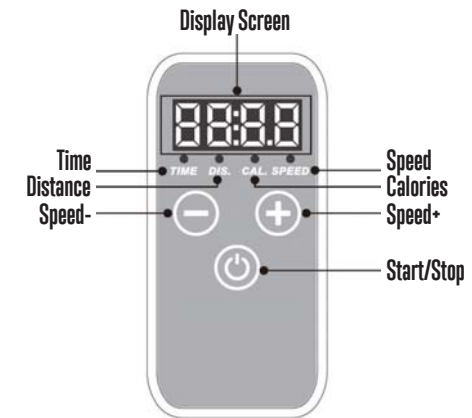


Please note that if the safety key becomes dislodged at any time, the treadmill will immediately stop running, and the electronic display will show an "E07" error message. To resume normal operation and allow the treadmill to run, ensure the safety lock is engaged correctly in its corresponding position.

ELECTRONIC METER DISPLAY SCREEN

ITEM	FUNCTION
SPEED	1.Display "0.0" in standby mode. 2.When the treadmill is just started, the countdown of "3-2-1" will be displayed in sequence. 3.Display the speed of the movement when it is in motion. 4.When the safety key falls off, the "E07" error code message is displayed.
TIME	Display exercise time when exercising.
DISTANCE	Display exercise distance when exercising.
CALORIES	Displays burnt calories when exercising.

REMOTE CONTROL PAIRING METHOD



Treadmill: In standby mode, press and hold keys 3 and 6 simultaneously; the electronic watch will display P, the buzzer will ring for 0.5 seconds, and then the treadmill is paired successfully.

Remote control: Long press the start/stop key to start the treadmill. Press and hold "+" and "-" for two seconds as the display of the remote controller displays , the pairing is successful, and the exercise data will be displayed.

FUNCTIONS OF REMOTE CONTROL KEYS

- 1. Press this button in standby mode, and the treadmill will start running at the lowest speed of 1mph after a 3-second countdown.
- 2.Press this button in the running state, and the treadmill will stop running.
- +** Acceleration: Press the "+" button to increase the speed by 0.1 mph with each press. If you want to increase the speed more quickly, press and hold the "+" button for continuous acceleration in increments of 0.1 mph.
- Deceleration: Press the "-" button to decrease the speed by 0.1 mph with each press. If you want to reduce the speed more quickly, press and hold the "-" button for continuous deceleration in steps of 0.1 mph.

Function display: When adjusting the speed, the display will show the speed data. When not adjusting the speed, the display will switch the function menu every 5 seconds and then display time, speed, and calories in a cycle.

PARAMETER DISPLAY AND SETTING RANGE

Time display range: 0:00-99:59 Distance display range: 0.00-99.9
Speed display range: 0.60-8.70 Calories display range: 0.00-999

MODEL

Note: The 2-in-1 treadmill has two modes: treadmill mode (with the column unfolded) and walking mode (with the column folded)
Treadmill mode: When the column is in the unfolded state, the treadmill is in the treadmill mode, and the speed is 0.6-8.7 mph
Walking mode: When the column is in the folded state, the treadmill is in walking mode, and the speed of the running belt in this mode is 0.6-3.8 mph.

07. COMMON FAULTS AND SOLUTIONS

If you have any other questions, please get in touch with the store after-sales service.

QUESTION	POSSIBLE CAUSE	MAINTENANCE METHOD
TREADMILL NOT WORKING	Not connected to power	Connect the power supply
	The power is not turned on	Put the power switch in the ON position
	The safety key is not sucked in the correct position	Snap the safety key sucked in the proper position
	Circuit signal system open circuit	Check controller input and signal lines
	Blown fuses	Replace fuse
THE RUNNING BELT DOES NOT RUN SMOOTHLY	Insufficient lubrication	Add methicone lubricant
	Running belt too tight	Adjust the tightness of the running belt
RUNNING BELT SLIPPING	Running belt too loose	Adjust the tightness of the running belt
	Belt too loose	Adjust the tightness of the belt

The Electronic meter displays error messages and troubleshooting methods

QUESTION	POSSIBLE CAUSE	MAINTENANCE METHOD
E01	Poor communication	The signal line is not plugged in correctly, plug it in again
E02	The motor wire is loose or falls off, whether the carbon brush is worn out.	Check whether the motor wire is loose or falling off. If it is not falling off, check whether the carbon brush of the motor is worn out. If it is worn out, replace the motor. If it is not worn out, the electric control is damaged. Replace the electric control.
E03	No sensor signal	The induction line is not plugged in; plug it in again
E04	Abnormal controller or motor	If the load is too large, replace the controller and motor
E05	Overload protection	The load is too large, replace the electric control
E06	System self-test failed	System failure, replace the electric control
E07	The safety key is not sucked in the correct position	Snap the safety key sucked in the correct position
DISPLAY ABNORMAL	External interference	Turn off the power switch, and then turn on the power for 1 minute

08. MAINTENANCE INSTRUCTION

Maintaining your treadmill is crucial to ensure it remains in good condition and lasts as long as possible. Incorrect maintenance, on the other hand, can damage or shorten the lifespan of the treadmill. Here are some tips for proper maintenance:

- Inspect your treadmill frequently for wear or damage, particularly to important components such as the motor, electric controls, power cord, and running belt. If any parts become worn or damaged, have them repaired by a professional to ensure they are safe to use.
- If any parts are defective, replace them immediately or avoid using the equipment until they can be repaired. For example, if the power cord is damaged, it should be replaced by the manufacturer or a professional to avoid potential hazards.
- Pay special attention to components prone to wear, such as the running belt. Regular maintenance of these parts can help extend the lifespan of your treadmill.
- If you need to replace the power supply cord, have it done by the manufacturer, maintenance department, or a similar professional to ensure safety.

1. Lubricating

After the running belt has been used for some time, it must be lubricated with specially formulated methyl silicone oil.

SUGGESTION:

- If the usage time is less than 3 hours per week Lubricate once every 5 months
- If the usage time is between 4-7 hours per week Lubricate once every 2 months
- If the usage time is more than 7 hours per week Lubricate once every months

It's important to lubricate your treadmill to ensure it lasts as long as possible. However, it's important not to over-lubricate. More lubricant does not necessarily mean better results. Remember to use the proper amount of lubricant as recommended in the user manual to avoid any issues with your treadmill.

2. To check whether your treadmill needs to be re-lubricated, follow these steps: grab the running belt and touch your hand as close as possible to the center of the back of the belt. Check whether there is any silicone oil on your hand. If your hand feels slightly damp, the treadmill does not need to be re-lubricated. If there is no silicone oil on your hand and the running board is dry, then it's time to add lubricant to your treadmill. Remember to refer to the user manual for instructions on adequately lubricating your treadmill.

- Steps to apply lubricant to the running board (as shown on the right):
- Stop the operation of the running belt and fold the machine;
- To lubricate your treadmill, lift the running belt on the bottom of the main unit. Then, extend the oil pot as much as possible into the middle of the running belt and spray methyl silicone oil on the inner side of the running belt. Make sure to coat both sides of the running belt with the oil. Use about 10ml of methyl silicone oil each time you lubricate your treadmill.



- Run the treadmill at a speed of 1 mph to evenly apply the methyl silicone oil, lightly step on the running belt from left to right, and keep the methyl silicone oil completely absorbed by the running belt for about a few minutes.

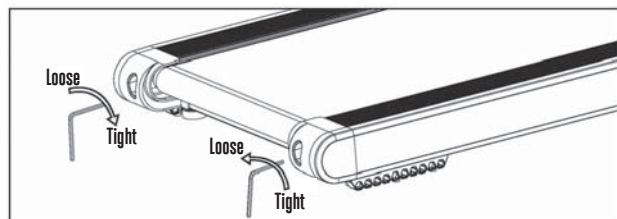
3. Adjusting the tightness of the running belt. It's important to adjust the tightness of the running belt on your treadmill, as it may become loose after a period of use, causing the belt to slip or stop while running. To adjust the running belt, turn the running belt adjustment bolts synchronously from left and right in the clockwise direction with half a turn as the unit. Be careful not to make the belt too tight, as it may increase the load on the motor and damage the motor, running belt, and rollers. Finding the right balance between tightness and looseness is important for optimal performance.

4. Running belt deviation adjustment

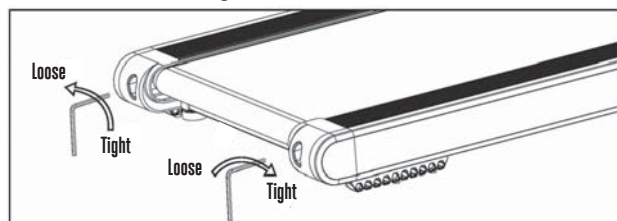
It's important to adjust the running belt deviation on your treadmill, as it may appear after a period of use and affect your exercise experience. Running belt deviation can be caused by several factors, such as:

- The host may not be stable
- the user's feet not being in the center of the running belt when exercising
- Uneven exertion on the user's both feet

Artificial deviations can be restored to normal after a few minutes of no-load rotation. For deviations that cannot be recovered automatically, use the 6mm hexagonal wrench that comes with the machine to adjust gradually in units of half a circle.



If the walking belt is skewed to the left: Adjust the left bolt clockwise or the right bolt counterclockwise.



Adjust the right bolt clockwise or the left bolt counterclockwise if the walking belt is skewed to the right.

Please note that the warranty does not cover any deviation of the running belt. To prevent severe damage to the belt, it's important to follow the maintenance instructions in the manual and detect and correct any deviation on time. Remember that the deviation can be caused by an unstable treadmill, uneven exertion on both feet, or not exercising in the center of the belt.

09. WARRANTY DESCRIPTION

If the electric treadmill is used normally within one year and not damaged by human error, the user is eligible to receive free accessories. After the warranty expires, the cost of accessories will be discounted.

Please note that this product is intended for household use only. The company is not responsible for any issues that arise from commercial use. If you experience any problems with your product, please get in touch with our customer service team for assistance.

When ordering replacement parts, please provide the following information:

- Order Number
- Description of Parts (Adding photos or videos would be helpful)
- Part Number
- Batch Number
- Date of Purchase

This manual is for reference only, and the actual product shall prevail.

APPENDIX

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.

Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user authority to operate the equipment.

Notes: 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.

Note: If shielded cables or special accessories are required for compliance, a statement must be included which instructs the user to employ them, for example, shielded cables must be used with this unit to ensure compliance with the Class B FCC limit

FCC Radiation Exposure Statement:

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&you body.