



Product Instruction manual

TREADMILL

Model: T5009

Content

Safety precautions and warning instructions	02
Product introductions	06
Installation procedure	08
How to replace a fuse fuse	09
Oil filler instructions	09
Exercise proposals and guidelines	10
Operation instructions	12
Common failures and processing method	15
Product maintenance	16
Service commitment	17

1、Safety precautions Warning instructions

NOTE: Please read the instruction carefully before using and pay attention to the following safety precautions.

- ★ The treadmill is suitable to be placed indoors. To avoid moisture, don't splash water on the treadmill and place any foreign matter.
- ★ Please wear appropriate sportswear and sports shoes before exercise. Don't run barefoot on the treadmill, and keep stretching body.
- ★ The power plug must be connected reliably grounded, and the socket must have a dedicated circuit to avoid sharing with other electrical equipment.
- ★ Children should keep away from the machine to avoid accidents.
- ★ It is necessary to avoid overload operation for a long time, otherwise the motor and controller will be damaged. The bearing, running belt and running plate will be worn and aged, please keep regular maintenance.
- ★ Reduce indoor dust, maintain a certain indoor humidity, avoid strong static electricity, otherwise it may interfere with the electronic meter. Keep controller normally working.
- ★ Please turn off the treadmill power after the use of sports.
- ★ Keep the clean and fresh air in the room when you use the treadmill
- ★ Please fasten the safety lock cable clip on the clothes when exercising in case of emergency.
- ★ Please stop exercising and consult your doctor if you feel uncomfortable and abnormal during using.
- ★ Please put silicone oil in a place out of the reach of children to avoid serious consequences caused by accidental ingestion after using the silicone oil.

Warning: Please observe the following regulations in order to reduce accidents or injuries to others.

- ★ Please check your clothing or zipped before using the treadmill.
- ★ Don't wear clothes that can get caught on the treadmill.
- ★ Do not place the power cord near a hot object.
- ★ Keep children away from the treadmill.
- ★ Don't use the treadmill out of the door.
- ★ The power must be cut off before moving treadmill.
- ★ Non-professional personnel shall not open the upper guard cover and the left and right rear housing without authorization.
- ★ This treadmill can only be used in circuit of 15A.
- ★ Only one person can exercise on the treadmill when the machine starts.
- ★ 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 the following patient.

- (1) Having back pain now or injury for leg, waist and neck in the past and the people who have problem with Leg (those with chronic diseases such as disc herniation, spondylolisthesis, cervical herniation)
 - (2) Having deformed sex arthritis, rheumatism, gout.
 - (3) Abnormal people with osteoporosis.
 - (4) Having circulatory system obstacle (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 have to rest
 - (15) Poor physical condition obviously
 - (16) Users for rehabilitation purposes.
 - (17) Feeling uncomfortable in a certain region of the body except the above circumstances.
—It's likely to cause accident 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 not followed, there may be a risk of injury.
 - ◆ Do not allow children to play with this product.
—If not followed, there may be a risk of injury.
 - ◆ Please make sure if there is person or pet around (rear, lower, front) during using or taking out product.

Prohibition

- ◆ Do not use in the state of shell cracked, detached (internal structure exposed) or weld detached.
—Otherwise, it's easy to cause accident or injuries.

- ◆ Do not jump up or down during exercise.
—It's likely to fall or cause injury.
- ◆ 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 of around the stove and heating appliances or electric heating carpets.
—Otherwise, it's easy to cause electricity leakage, fire.
- ◆ Do not use 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 or not let the line be clamped.
—Otherwise, it's easy to cause fire or electric shock
- ◆ Do not use it with two or more people at the same time. Do not let the people around get close when using.
—Otherwise, it's easy to cause accident and injuries from falls.
- ◆ Do not use it if you can't express consciousness by yourself or operation.
—It's likely to occur accident or injury.

Do not disassemble the treadmill.

- ◆ Disassembly, repair or re-election are strictly prohibited
—There is a risk of injury due to mechanical failure

Avoid touching with water

- ◆ Do not spray water or other conductive liquid on main body or operation part.
—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 the home use, do not use in the school, the gymnasium and so on or for non-specific users.
—There would be injury risk.
- ◆ Do not use when eating, drinking, or other activities.
- ◆ Do not use it after drinking until you feel sluggish.
—It's easy to cause accident or injury.
- ◆ Do not use it with something hard in your pants pocket.
—It's easy to cause accident or injury.

- ◆ Do not use the power plug with needles, garbage or water.
——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 socket when you don't use it.
——Dust and moisture make it insulation deterioration and lead 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 runs abnormally. Immediately pull out the power plug and entrust 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 occur accidents or injuries when the power restored.
- ◆ Do not hold the cable tight. Hold the power plug to pull out the plug.
——Otherwise, it may cause short circuit, electric shock and fire.

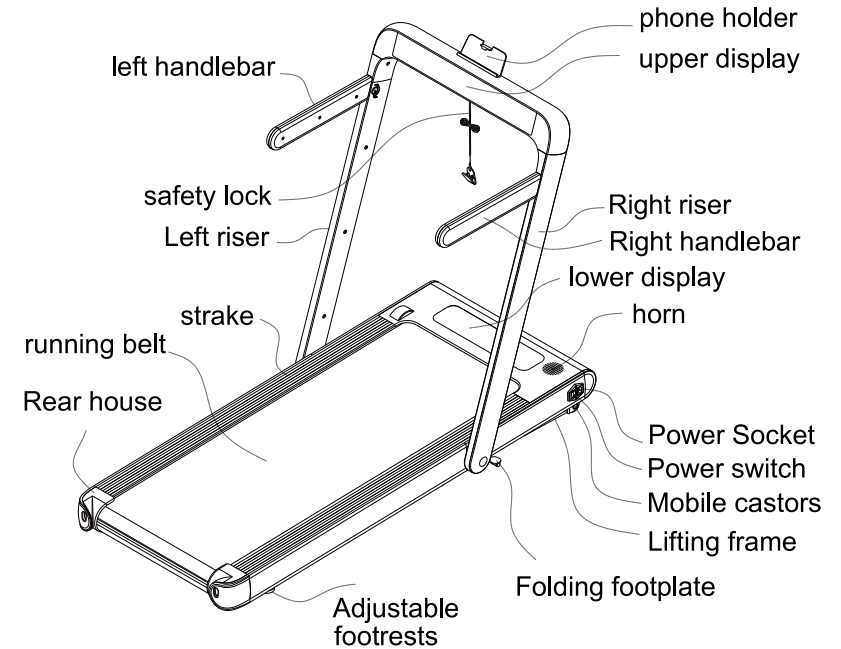
Grounding instructions

- ◆ 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 it can not be changed. Please inform a qualified electrician with 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.

2. Product introductions



Packing list:

Number	Name	QTY	Note
1	main body	1	
2	left handlebar	1	Below the mainframe
3	right handlebar	1	Below the mainframe
4	Remote control	1	
5	Accessory box	1	See attached table

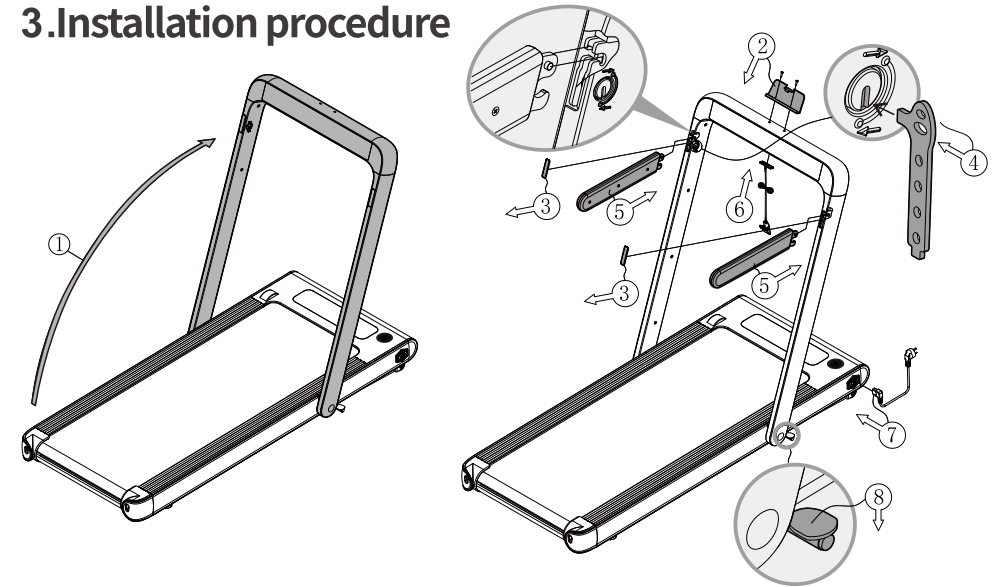
Technical Parameters:

Working voltage	AC-110V 60Hz
The Max. load	120Kg
Overall dimensions	folded: 1756*768*183mm
	unfolded: 1579*768*1252mm
Running area	500*1305mm
Motor Peak Power	3.5 HP
Speed	1-18 Km/h
Incline	0-15%
Way to control	controlled by electronic display and hand held remote control
Weight	64 kg

Attached table(List of accessories boxes):

Number	Name	QTY	Note
1	ST4.2*22 Cross recessed countersunk tapping screws	2	For fixing mobile phone holders
2	5mm internal hexagonal wrench	1	For fixing mobile phone holders
3	6mm internal hexagonal wrench	1	For adjusting running belts
4	13-15 open wrench	1	other
5	17-19 open wrench	1	For footrestadjustment
6	phone holder	1	
7	safety lock	1	
8	Methyl silicone oil	5	
9	Power cable	1	
10	Key of handlebar for removal and installation	1	
11	Manual, Qualification certification	1	

3.Installation procedure



- 1、 Remove the main unit from the box and place it flat on a carpet or cushion as shown, lift the riser upwards as shown in step ① above left until you hear a "click", then it is fully extended.
- 2、 As shown in step ② above, fix the "mobile phone holder" to the riser beam with 2 "ST4.2*22 cross recessed countersunk tapping screws"; as shown in step ③ above, key out 2 "square plugs" respectively; as shown in step ④ above, insert the handgrip mounting and dismounting "keys" into the lock cylinders of the left and right risers respectively and rotate them to the lower limit point. As shown in step ④ above, insert the "key" of the handle into the lock cylinder of the left and right riser respectively and rotate it to the lower limit point, i.e., the opening of the lock cylinder faces downwards; as shown in step ⑤ above, insert the "left and right handrail" into the riser respectively in the direction shown. (insert the "left and right handrails" into the corresponding positions of the risers in the direction shown, and then rotate the lock cylinder counterclockwise to the upper limit point, i.e., with the opening of the lock cylinder facing upwards), in this state the handrails are completely locked; as shown in step ⑥ above, draw the "safety lock" into the corresponding position under the crossbeam of the risers; as shown in step ⑦ above. Plug the power cable into the power switch socket and the installation is complete.
- 3、 To fold the machine, first remove the left and right handrails, as shown in step ⑧ in the diagram above right, and fold the risers down to the lower limit point while stepping on the "folding footrest" with your top toes. To remove the armrests, use the key to turn the locking hole upwards and gently pull the armrests upwards and then backwards.