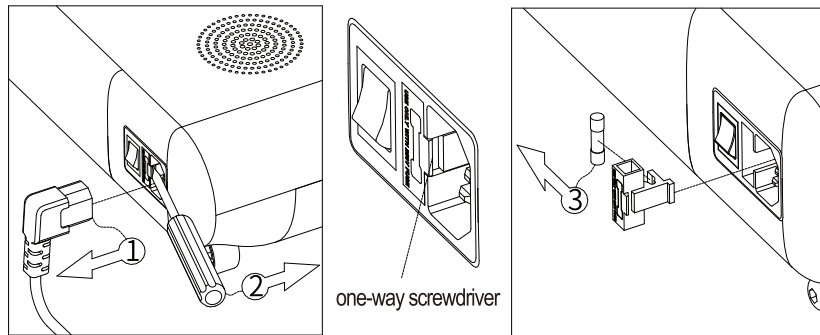


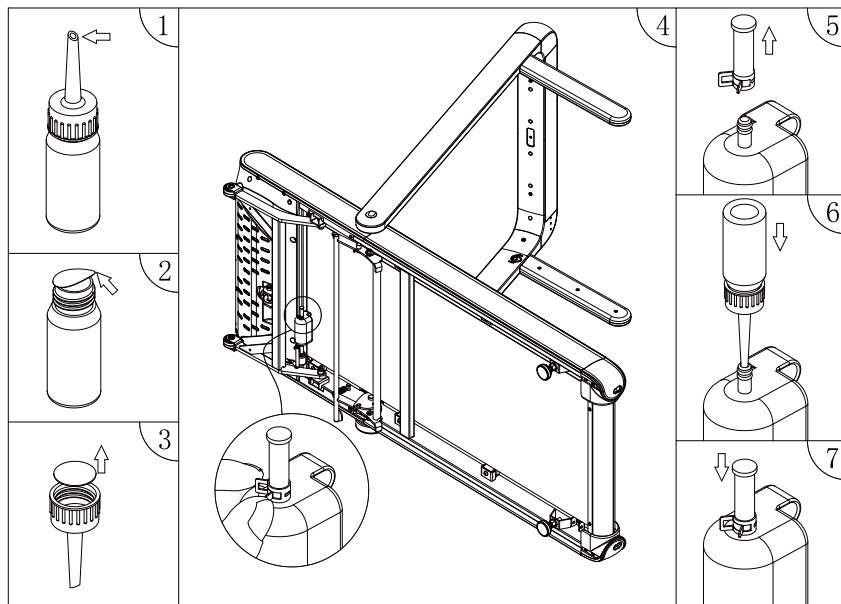
4. How to replace a fuse



- ◆ as shown in step ① above left: remove the mains plug from the mains socket.
- ◆ As shown in step 2 of the diagram on the left above: Use a small, household-owned, one-way screwdriver to pick the fuse out of the power socket.
- ◆ As shown in step 3 of the diagram on the right above: remove the fuse tube in the direction shown, replace it and then insert it in.

P.S. This machine has a fuse fuse size of 125V/15A, $\Phi 5 \times 20\text{mm}$

5. Oil filler instructions



The machine is equipped with a periodic automatic refilling "methicone oil" program, the first time the treadmill is used, you need to fill up the oil bottle. Theoretically, it can be used for 1800km without refilling, but due to the frequency of use and the environment, users are advised to check the oil tank at least once a year to see if there is any oil left. If the oil level is less than 30%, you will need to fill the tank yourself in order to use the product properly. Cut off the tip of the silicone oil bottle inside the accessory box by approximately 3 mm with scissors as shown in ① above. ② Unscrew the cap of the oil bottle and tear off the laminate film attached to the mouth of the bottle; ③ Remove the paper gasket from the inside of the cap and screw the cap into the bottle; ④ Turn the dispenser 90 degrees to the right (do not turn it to the left); ⑤ Pinch the spring at the oil nozzle at the top end of the tank before removing the cap; ⑥ Insert the previously treated oil bottle nozzle into the part of the tank shown for refilling; ⑦ Put the cap back on the oil nozzle and snap the spring to avoid leakage of silicone oil.

6. Exercise proposals and guidelines

Warm-up

A 5-10 minute warm-up is required before each operation.

Breathing

You should not hold your breath during the exercise, but usually inhale through your nose and exhale forcefully through your mouth in preparation for the movement.

Breathing should be coordinated with the movement, if breathing is too rapid, the movement should be stopped immediately

Frequency

The exercise of the same muscle should keep 48hours of rest. You can only exercise the same are aexery 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

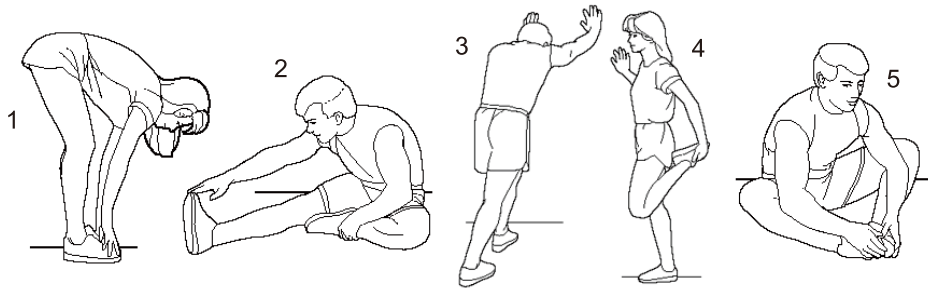
The reductive action should be done for 5mins after practicing every time. Especially extend flabby for ministry muscle. avoid muscle long-term condensation, and keep muscle flexibility.

Diet

To protect digestive system, take exercise one hour after a meal, at least half an hour after training can be eaten. Drink less water during exercise. Especially avoid drinking a lot of water in order to avoid increasing burden of 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 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 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 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 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 put toward the groin. Hold for 10-15 seconds. Then relax, repeat 3 times (see figure 5)

7. Operation instructions

System functions

1. Standby without operation (no fault), after 10 minutes into the hibernation state, Bluetooth link, button or remote control operation can be a key to wake up the device
2. Immediate stop when safety lock is disengaged

The upper display



	Pressing this key in the stop state will start the motor, pressing this key in the run state the treadmill decelerates to a stop	
	Valid for pausing while running, valid for continuing while paused	
	Short press to switch between time, speed, distance, calories and heart rate; long press to enter heart rate mode	heart rate mode: holding the remote control and place your finger on the light sensitive area.
	Short press to reduce 0.1km/h, long press to reduce 0.1km/h continuously	
	Short press to increase 0.1km/h, long press to increase 0.1km/h continuously	
6	Running mode 6km/h shortcut key, press and hold this key for 1-3 seconds while in running mode. The speed can be adjusted directly to the corresponding speed value. Not valid in pause mode	
12	Running mode 12km/h shortcut key, press and hold this key for 1-3 seconds while in running mode. The speed can be adjusted directly to the corresponding speed value. Not valid in pause mode	
	Short press to increase volume, long press to increase volume continuously	
	Short press to reduce the volume, long press to reduce the volume continuously.	
	Slope decreasing button	Sound the horn when the minimum degree is reached
	Slope increasing button	Sound the horn when the maximum degree is reached

display: time, distance, gradient, speed, calories, heart rate

Time range : 0:00 ~ 99.59

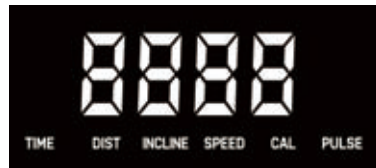
Speed range : 1.0 ~ 18.0 km/h

Distance range : 0 ~ 999.9 km

Calorie range : 0 ~ 9999

Incline range : 0 ~ 15

Heart rate range : 45-200



lower display



Display 1

"3333" "2222" "1111" Displayed when the start button is pressed to count down 3 seconds Time, distance, speed and calories are displayed in turn while the treadmill is running

Display 2

a. Standby: display fully lit



b. Walking mode: 1-4km/h, display speed: only one frame is lit to indicate the current speed is 1km/h



c. Running mode: flashing from bottom to top with each running step, the faster the speed the faster the flashing speed

d. Hibernate: turn off the display

Display 3

Real-time heart rate value displayed when heart rate signal is received Display goes off when hibernating

Display 4

Power indicator, always on when not sleeping

Display 5

AI Mode(Optional)

Display 6

Bluetooth mode, the light is always on when the treadmill is successfully connected to the app

Display 7

Heart rate control, heart rate mode light is always on

Start-up instructions

1. Place the safety lock on the panel in the safety lock position, turn on the power switch, the buzzer will sound, then enter the manual normal mode.
2. Press the start button, the time window shows a 3 second countdown and the buzzer beeps every second before the motor starts.
3. The start speed is: 1KM/H, at this time you can press the speed + or - to adjust the speed.
4. Running in normal mode, the time is running in positive time and the speed is fixed and can be adjusted manually.

Safety lock function

If the safety lock is pulled off in any state, the window displays "E07" and the buzzer sounds BI-BI-BI three times. If the motor is running, the motor will stop in an emergency. If the safety lock is disengaged, the motor cannot be started, etc.

Power saving mode

The system has a power saving function, in standby mode, if there is no keypad command input within 10 minutes, the system enters power saving mode, the display will be turned off manually, press any key to wake up the system again

App instruction manual

Download EQiSports App



8.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

9.Product maintenance

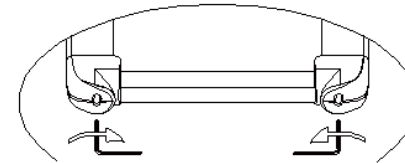
Adjust tightness of running belt, All treadmills shall be adjusted for tightness before delivery and after installation. However, the running belt may be loosened after a period of use. For example,The treadmill had stopping and slipping question during exercise.Adjust bolts of running belt with the 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.

Running belt deviation adjustment

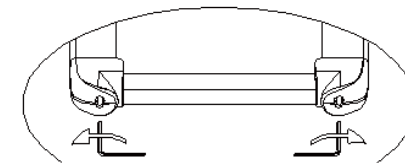
All treadmills need to be adjusted the running belt before delivery and after installation.But the running belt may be deviated after a period of use which may be caused by the following reasons.

- 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.

• Service commitment 17

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.

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

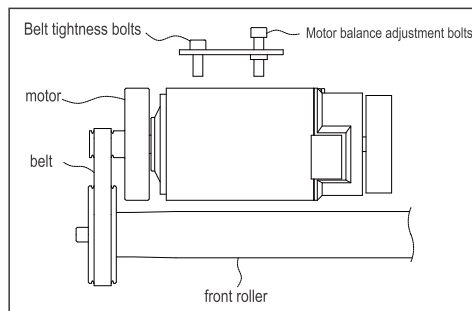
All treadmills have been adjusted for the motor belt before and after installation, but they may still be out after a period of use. Now the phenomenon of loose slip, mainly by the user to adjust.

Adjustment steps:

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

② Turn the belt tightening bolts clockwise Half a circle.

NOTE: clean belt and pulley grooves regularly.



10. Service commitment

YQ series electric treadmill, If it is not damaged by human, can be free for users to come to repair or provide accessories in one year use normal circumstances. After the warranty period can be appropriate to provide free labor maintenance cost. Spare parts prices from preferential. Please refer to the warranty card for details.

Important information

The warranty card of this machine comes with each product. Which is filled by the dealer. Free replacement parts within the warranty period. Such as incorrect installation, incorrect use or replace facilities caused by the fault, our company will not be responsible for them. In addition, this warranty card is not applicable to people who do not have the authorization of the company for maintenance. The customer afford this cost by themselves if resulting maintenance costs like this. The user must issue the invoice when maintaining. The guarantee is invalid if there are not any bill or guarantee card. This product is only for home use. We are not responsible for any problems caused by commercial use. Please call our dealers or our after sales service if your products need maintenance service.

FCC STATEMENT:

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 correct the interference by one or more of the following measures:

- Reorient 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.

Changes or modifications not expressly approved by the party responsible for compliance could void your 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.