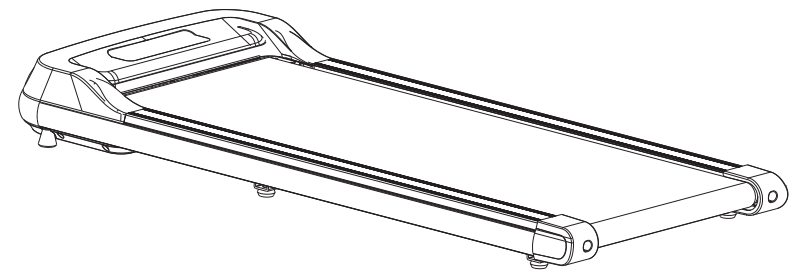


Instruction manual

Model: N4022



Please read this instruction manual carefully before using the product.
Keep it in a good condition to be able to consult regularly.

CONTENT

1. Safety precautions and warnings	02
2. Product Brief	06
3. Installation Steps	08
4. Exercise Suggestions and Tips	09
5. Operation Statement	11
6. Common Faults and Solutions	13
7. Product Maintenance	14
8. Service Commitment	17

1. Safety precautions and warnings

Note: Please read the following instructions carefully before attempting to use product. Pay particular attention to the following safety items:

- The treadmill should be placed indoors to avoid moisture. In accordance, do not splash water on the treadmill.
 - Do not place any foreign objects on the treadmill.
 - Please wear appropriate sportswear, especially sneakers, when making use of the treadmill. It is strictly forbidden to exercise barefoot on the treadmill.
 - The power plug must be reliably grounded and the socket must have a dedicated circuit to avoid sharing with other electrical equipment.
 - Children should stay away from the machine to avoid accidents.
 - Operating overloaded for long periods of time must be avoided. Otherwise, the motor and controller will damage, and the wearing down of bearings, running belts, and running boards will be accelerated. Regular maintenance should be carried out.
 - Reduce indoor dust. This requires maintaining a certain level of humidity in the room and avoiding generating strong static electricity. Otherwise, it may interfere with the normal operation of electronic watches and controllers.
 - Please turn off the treadmill after you have finished exercising.
 - Please keep the room well ventilated when using the walker.
 - If you feel any discomfort or abnormalities during use, stop exercising and consult your doctor.
 - After using silicone oil, store it out of reach of children to avoid serious consequences borne out of accidental ingestion.
- Safe distance behind the walker is, 1000x2000mm.

Warning! To reduce the occurrence of accidents or injuries to any persons, please abide by the following rules:

- Please check that all garments are fastened/zipped before using the walker.
- Don't wear clothes that can be easily hooked on a walker.
- Do not place the power cable close to hot objects.
- Keep children away from the walker.
- Do not use the walker outdoors.
- The power must be cut off before moving the walker.
- Non-professionals are not allowed to open the upper shield or left and right rear tail seats without a professional's permission.
- When the machine is running, only one person can exercise on the treadmill at a time. If you feel dizzy, chest pain, nausea, or shortness of breath during exercise, please stop

Take note!

Please be sure to consult a specialist before use if you are receiving treatment from a doctor or are one of the following patients:

- (1) A person with current back pain or a person who has had leg, waist, or neck injuries in the past. Or, a person with numbness in the legs, lower back, neck, and hands (caused by chronic diseases such as herniated discs, spondylolisthesis, and cervical spine protrusion).
- (2) People with osteoarthritis, rheumatism, or gout.
- (3) Those with abnormalities such as osteoporosis.
- (4) Those with circulatory disorders (heart disease, vascular disorder, high blood pressure, etc.).
- (5) People with respiratory disorders.
- (6) Persons using an artificial pacemaker or with an implanted medical electronic device.
- (7) Persons with malignant tumours.
- (8) Persons with symptoms such as thrombosis or severe hematologic tumours, acute static tumours, etc., or blood circulation disorders, or various skin infections.
- (9) Those with sensory impairment due to a high degree peripheral circulation disorder due to diabetes, etc.
- (10) People with skin trauma.
- (11) Those with a high fever due to illness etc. (38°C or above).
- (12) Those with abnormalities in the spine, including a curved spine.
- (13) Those who are or may be pregnant or are menstruating.
- (14) Someone who feels unwell and needs recuperating.
- (15) Those who are clearly not in good physical condition.
- (16) Users for the purpose of rehabilitation.
- (17) Those who feel that they have physical abnormalities other than those mentioned above.

— Whether it be the cause of an accident or poor health.

- ◆ Discontinue use immediately and consult your doctor if you experience pain or unusual sensations or abnormalities in your body such as lower back pain, numbness in legs and feet, dizziness, or increased heartbeat during exercise.
- ◆ Do not let children use this product or play around it. Not complying could result in injury. The onus is on parents.
- ◆ Be sure to check that there are no people or pets around (back, bottom, front of the product) during use, when loading and taking out the product, or when sliding it.

Prohibited actions!

- ◆ Do not use product with the case cracked, with exterior pieces having fallen off (internal structure exposed), or with the welds falling off.
- ◆ exercising immediately and consult your fitness instructor.
To not do so may result in accidents or injuries.
- ◆ Don't jump up or down during exercise. Injury may occur as a result of losing balance.
- ◆ Do not use or store in places with moisture, such as outdoors, near bathrooms, or any places exposed to water droplets.

- ◆ Do not use or store in direct sunlight, in hot places such as around stoves, or on heating appliances such as electric carpets. It may cause electricity to leak or start a fire.
- ◆ Do not use when the power cable or power plug is damaged or the socket of the outlet is loose. It may cause electric shock, short circuiting, and/or fire.
- ◆ Do not damage or forcibly bend or twist the power cable. In accordance, don't place heavy objects on cord or let the cord get caught. Failure to protect cord will cause fire or electric shock.
- ◆ Do not let machine be used by 2 or more people at the same time. Be careful not to let people in close vicinity get too close during use. An accident or injury may occur due to a fall. Do not use it if you are not fully lucid or are unable to operate it yourself. Accidents or injuries may occur.

Don't disassemble!

Disassembly, repair, and re-election are absolutely prohibited. There is a risk of injury due to mechanical failure.

Avoid contact with water!

Do not pour water or other conductive liquids on the main body or operation unit. It may cause electric shock or fire.

Prohibited!

- ◆ People who don't usually exercise should not do strenuous exercise all of a sudden.
 - ◆ Do not use after eating or when you are tired, have just exercised, or are not in a normal state of physical fitness. Doing so may cause damage to health.
 - ◆ This product is suitable for home use. It should not be used by unspecified users in schools, gyms, etc. There is a risk of injury.
 - ◆ Do not use while eating, drinking, or doing other activities.
 - ◆ Do not use after drinking alcohol. Accidents or injuries may occur.
 - ◆ Never use with hard objects on your body such as in your pockets. It may cause an accident or injury.
 - ◆ Do not get needles, garbage, or moisture on the power plug. It may cause electric shock, short circuiting, or fire.
- Do not unplug the power plug or switch the power switch to "off" during use. Injury may occur.

Never use with wet hands!

Do not use product with wet hands, especially when plugging in or out the power plug. Doing so may cause electric shock and/or injury.

Unplug the power plug!

- ◆ Unplug the power head from the outlet when not in use. Due to the deterioration of the insulation of the cord due to dust and moisture, electric leakage fires are a possibility.
 - ◆ Always unplug the power plug from the outlet during maintenance. Failure to comply may result in electric shock or injury.
 - ◆ If machine does not work or feels abnormal, discontinue use, unplug the power plug immediately, and request inspection and repair. Failure to comply may result in electric shock or injury.
 - ◆ In the event of a power outage, unplug the power plug immediately. Accidents or injuries may occur when electricity is restored.
- When unplugging the power plug, do not clutch onto the cable part, always hold the power plug and pull it out. Not doing so may cause a short circuiting, electric shocks, or fire.

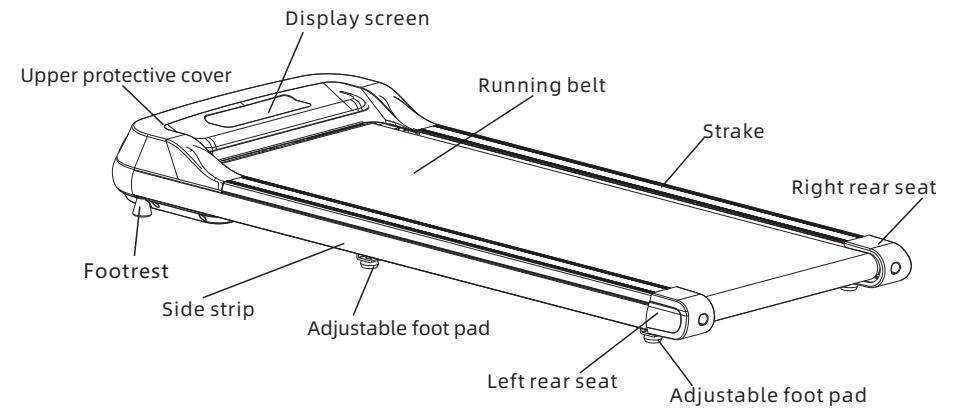
Grounding instructions!

- ◆ This product must be grounded. If the unit malfunctions, grounding will provide the least resistant channel for current, and by doing so reduce the risk of electric shock.
- ◆ This product is equipped with a wire with a grounding conductor and a grounding plug for the device. The plug must be inserted into a suitable outlet that has been properly installed and grounded in full accordance with local regulations or laws.

Dangerous!

- ◆ If the grounding conductor of the device is improperly connected, there is a risk of electric shock. If you have any questions about whether the product is properly grounded, please have a professional electrician check it. Even if the plug that comes with this product doesn't match the socket, it cannot be modified.
- Please have a professional electrician install the appropriate socket.
- ◆ This product has a grounding plug. Please make sure the product is connected to a socket with the same shape. This product cannot use an adapter socket.

2.Product Brief



Packing list:

Serial Number	Name	Quantity	Remark
1	Main body	1	
2	Accessories box	1	See attached table

Technical parameters:

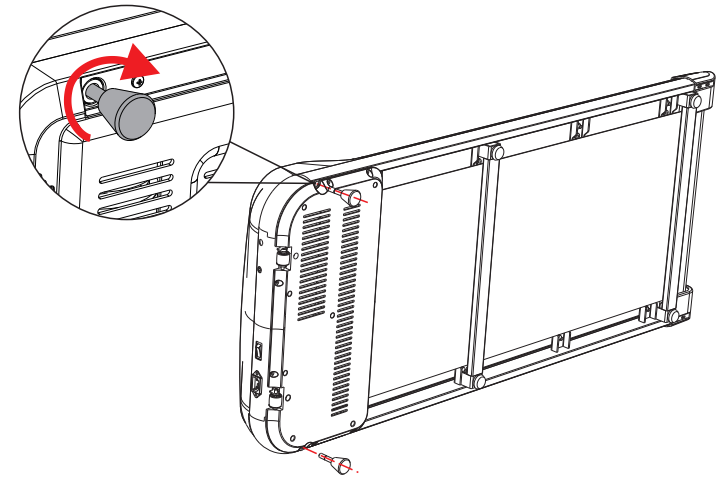
Operating voltage	AC 120V 60Hz
Maximum load	220.46 lbs
Product size	47.75*20.79*4.88 inch
Running area	15.75*40.16 inch
Motor power	2.5 HP
Display speed	0.6-3.8 mph
Control mode	Remote control
Net Weight	45.2 lbs

Attached table (list of accessories boxes) :

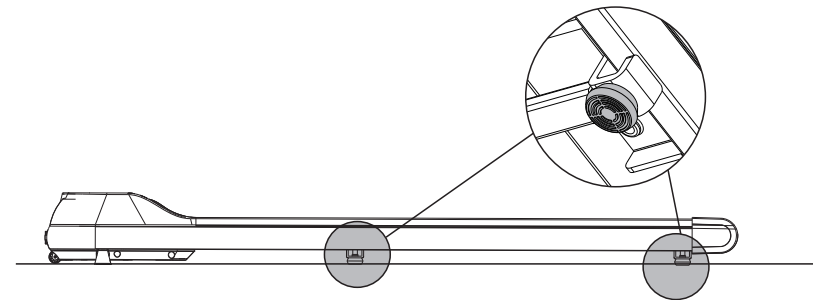
Serial Number	Name	Quantity	Remark
1	5mm hex wrench	1	otherl
2	6mm hex wrench	1	Adjust the running belt
3	Dumb wrench	1	
4	Foot mat	2	
5	Power cable	1	
6	Remote control	1	
7	Methyl silicone oil	2	
8	Instruction manual, certificate	1	

3. Installation and Adjustment of Floor**Foot mat installation**

1.To install foot mat start by turning the walker sideways and screwing the foot pad into the screw hole as shown in the picture below. As shown on the right, screw the two foot pads into the screw holes. Tighten them clockwise and loosen them counter clockwise.



2.Foot cushion adjustment: If the floor is uneven or the walker shakes, please adjust the 4 adjustable foot pads on the bottom of the walker to the proper position. The foot pads must fit the ground. (As shown below)



4. Exercise Suggestions and Tips

Warm-up

Warm up for 5-10 minutes before doing your exercise routine on the machine.

Respiration

Do not hold your breath whilst using a treadmill. Normally, when preparing to restore movement, inhale through your nose and exhale hard out your mouth. Breathing and movement should be coordinated. If your breathing is too short, stop exercising immediately.

Frequency

There should be a 48-hour break when training muscles in the same area, that is, every other day before you can train the same part again.

Load

The amount of training you ought to do is determined according to the individual's physical state. Once this has been determined, practice according to the principle of gradual load. Muscle soreness is a normal phenomenon during initial training. As long as you continue to practice, the soreness will diminish.

Relaxing

After each exercise, do 5 minutes of restoration exercises. Especially focus on stretching and relaxing foot muscles. This is so as not to condense the muscles for a long time and maintain muscle elasticity.

Diets

In order to protect the digestive system, you should only exercise at least one hour after a meal. You should eat at least half an hour after training. Drink less water during exercise. Especially avoid drinking a lot of water. This is so as not to increase the burden on the heart and kidneys.

Stretch and movement

No matter what speed you walk at, it's best to do stretching exercises first. Warm muscles stretch more easily. Start by walking for 5 to 10 minutes to warm up. Then stop and do the stretches as follows: do 5 times for 10 seconds or more on each leg. Repeat after the workout is over.



1. Stretch downwards

Bend your knees slightly, slowly bending your body forward. Relax your back and shoulders and touch your toes as much as possible with your hands. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see Figure 1).

2. Foot muscle stretching

Sit on a clean seat cushion and straighten one leg. Pull the other leg inward so that it is close to the inside of the straightened leg. Try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 2).

3. Calf and Achilles tendon stretches

Stand with two hands against a wall or tree, with one foot behind you. Keep your back leg straight and your heels on the ground. Lean in the direction of the wall or tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).

4. Quadriceps stretch

Balance with your left hand against a wall or table, then stretch your right hand back and grab your right ankle and slowly pull it toward your hips until you feel the muscles in your front thigh are tense. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).

5. Stitch muscle (the muscle on the inside of the thigh) stretches

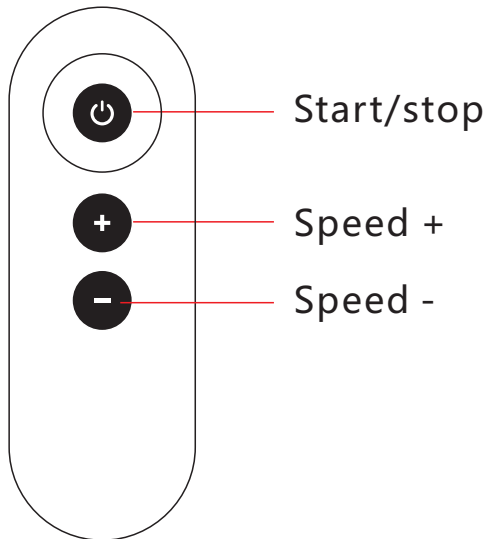
Sit with your feet opposite each other and your knees facing out. Pull your hands and your feet in the direction of your groin. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see Figure 5).

5. Operation Statement

How to use the walking machine

1. power on, check whether the machine is normal.
2. Before exercise, check whether the stability and function of the walking machine are normal. It is strictly prohibited to start the walking machine while standing on the running belt. When starting up, press the "⏻" button of the remote control with one hand, and the walking machine will start with a delay of 3 seconds and run at a speed of 0.6mph. Press "+" and the motor speeds up to a speed of 1.5-2.1mph (which is the most comfortable speed for learning to run). Step on the belt one by one and you'll soon be running at the same speed as the belt.
3. after a few minutes can speed up running, press the "+" button, slow speed up; You can also press the - key to slow it down
4. In the process of movement, you can press the "⏻" button of the remote control at any time to stop the motor.

Tip: This remote control does not need pairing, just open the walking machine, and then unplug the paper inserted in the remote control battery.



Display window description

1.LED window displays the following functions:

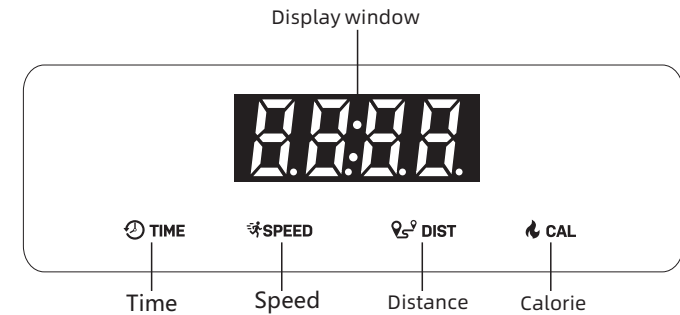
Three Windows display time, speed, distance and calorie data, time and speed switch display

Time display range: 0:00-99:59

Speed display range: 0.6-3.8

Distance display range: 0.00-99.9

Calorie display range: 0.00-999



Starting instruction

1. Turn on the power switch and the system enters the standby state.
2. The window displays the 3-second rewind meter, and the buzzer sounds once every minus one before starting the motor.
3. Starting speed is 0.6mph. At this time, you can press the speed + and - keys of the remote control to adjust the speed.

6. Common Faults and Treatment Methods

If you have any other questions, please call your local dealer or our after-sales service

Questionnaire	Possible Causes of Occurrence	Action
Walking machine does not work	Not plugged into the power source	Plug into socket
	The power is not on	Set the power switch to the ON position
	Safety lock suction cup	Pull the safety lock into the lock position
	The circuit signal system is broken	Check the controller input end and signal line
	Fuse burnt out	Replace the safety wire
Running belt is not going smoothly	Not enough lubrication	Add methyl silicone oil lubricant
	Running belt too tight	Adjust the tightness of the running belt
Running belt skates	Running through too loosely	Adjust the tightness of the running belt
	The strap is too loose	Adjust the tightness of the strap

Electronic meter displays error information and troubleshooting method

Questionnaire	Possible Causes of Occurrence	Action
E01	Poor communication	The signal cable is not plugged in, plug it back in.
E02	The motor cable is loose or falling off. The carbon brush is worn out.	Check if the motor cable is loose or falling off. If it does not fall off, check whether the motor carbon brush is worn out. If it is worn out, replace the motor. If it is not worn out, then the electronic control is broken. Replace the electronic control.
E03	Sensor number	The signal cable is not plugged in, plug it back in.
E04	The controller or motor is operating abnormally	The load is over, replace the controller and motor
E05	Overload protection	The load is over, replace the electronic controller
E06	The system self-checks for failure	System malfunction, replace electronic control
The display is abnormal	Interference from outside	Turn off the power switch. Turn it on again after 1 minute.

7. Product Maintenance

Proper maintenance is the best way to keep your treadmill always in the best condition. Incorrect maintenance can damage or shorten the life of the stepper.

- a. Due to wear and tear, these machines need to be inspected frequently. Worn or damaged accessories, such as motors, electronic controls, power cords, and running belts, can only be used after maintenance or professional maintenance.
- b. If there is damage, immediately replace the defective parts or reduce the device from being idle until it is repaired; (e.g. power cable).
- c. Pay special attention to the components most prone to wear; , such as running belts.
- d. If the power cord is damaged, it must be replaced by the manufacturer, its service department, or a similar department or professional to avoid danger.

1. Lubrication:

after using the belt for a period of time, it must be lubricated with specially configured methyl silicone oil.

Suggestions:

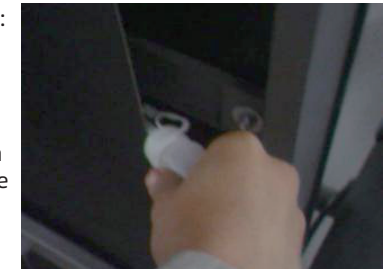
- ★ If used for less than 3 hours per week - Lubricate 1 time every 5 months
- ★ If used for 4 to 7 hours per week - Lubricate 1 time in 2 months
- ★ If used more than 7 hours per week - Lubricate once a month

Do not over lubricate, more lubricant is not better. Remember, proper lubrication is an important factor in extending the life span of a treadmill.

2.To check if you need to apply lubricant again, just grab the running belt and touch your hand to the centre of the back of the running belt. If your hands are stained with silicon fat (slight moist feeling), the display does not require adding additional lubricant. If the running board is dry and the methyl silicone oil does not stick to your hands, you need to add lubricant.

The steps for applying lubricant to the running board: (as shown on the right).

1. Stop the running belt and fold the machine.
2. Lift the running belt on the bottom of the console.
3. Stretch the oil bottle as far as possible and place it in the middle of the running belt. Spray methicone on the inside of the running belt, and apply meth silicone oil to both sides of the running belt.
4. Use a speed of 0.6mph to run the treadmill to evenly apply methyl silicone oil. Gently step on the running belt from left to right. It takes about a minute for the methyl silicone oil to be completely absorbed by the running belt.



3. Tightening and adjusting the running belt:

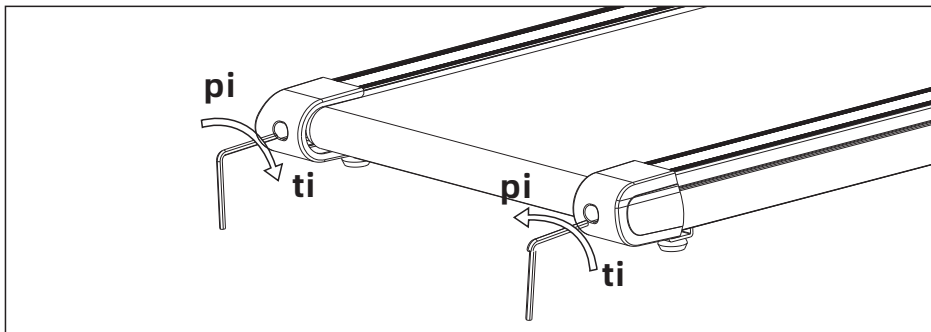
All treadmills need to adjust the running belt before and after installation. Further, loosening may occur after a period of use. This may be the cause of users to falter and skate while running. When this phenomenon occurs, adjust the belt adjustment bolt simultaneously left and right in half a circle in a clockwise direction. If the running belt is too loose, the running belt and roller will slip when you step on the running belt. It is also not good if it is too tight. It is easy to increase the load on the motor and damage the motor, running belt, roller, etc.

4. Adjusting the running belt bias:

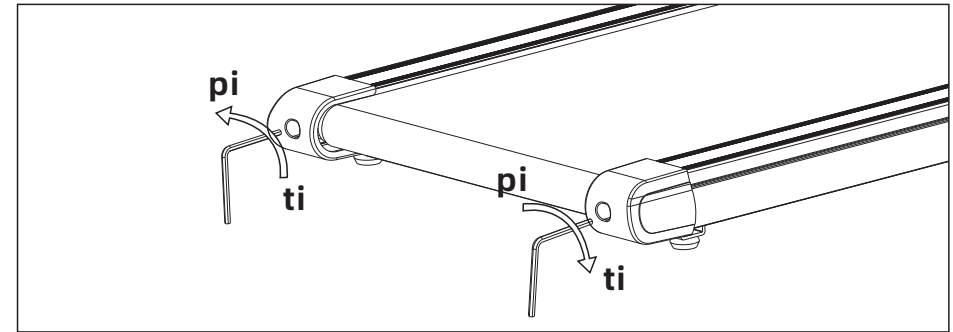
All treadmills need to be adjusted before and after installation, but they may also deviate after a period of use. The reasons for this phenomenon are as follows:

- ① The console is not placed smoothly.
- ② Failure to keep the user's feet out of the running belt when exercising.
- ③ It causes the user to use both feet unevenly

By artificially causing the deviation phenomenon, the no-load rotation can return to normal for a few minutes. For the deviation phenomenon method a random six-stroke wrench within 6 mm should be used to gradually adjust it in half turns.



If the running belt is turned to the left: adjust the left bolt clockwise or the right bolt counter clockwise.



If the running belt is turned to the right: , adjust the right bolt clockwise or the left bolt counter clockwise.

Note: Running belt deviation is not covered by warranty. Mainly maintenance is carried out by the user according to the instructions. Runningbelt deviation will seriously damage the running belt, so be sure to detect and correct it promptly.

8. Service Commitment

Electric treadmill, within a year of normal use, such as non-human damage, can provide free on-site maintenance or accessories for users. After the expiration of the warranty can be appropriate to provide free manual maintenance costs, the price of spare parts, please refer to the product warranty card for details.

Important information

The warranty card comes with each product and is filled out by the dealer. Free replacement parts within the warranty period, such as incorrect installation, incorrect use or change of facilities caused by the fault, our company will not be responsible for. In addition, this warranty card is not applicable to the person who has not been authorized by the company to repair, if the repair costs caused by this, the customer himself shall be responsible for. At the time of repair, the user must issue an invoice. Without any bill or warranty card, the warranty is invalid. This product is only for household use, such as the use of dry commercial problems, the company will not be responsible for. If your products need maintenance service, please call dealers or the company's after-sales service!

FCC Warning Statement

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

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.
- (2) this device must accept any interference received, including interference that may cause undesired operation.

The device has been evaluated to meet general RF exposure requirement.

For Canada, please refer to IC-ID (ISED) related regulations.