User's manual

READ AND SAVE THIS INSTRUCTION FOR FUTURE USE



Model NO: YQ-T4500

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 and maintain a certain indoor humidity can avoid strong static electricity.
 Otherwise it may interfere with the normal working of electronic meter and the controller.
- Please turn off the treadmill power after the use of sports.
- Keep clean and fresh air in the room when you use the treadmill.
- Please fasten the safety lock cable clip on the clothes to avoid emergency when exercising.
- Please stop exercising and consult your doctor if you feel uncomfortable and abnormal during using.
- ♦ Please put silicone oil in a place which children cannot reach after using to avoid serious consequences caused by accidental ingestion.

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

- Warning: Please observe the following regulations in order to reduce accidents or injuries to others
- Don't wear clothes that may get caught easily on the treadmill.
- Don't place the power cable near a hot object.
- Keep children away from the treadmill.
- Don't use the treadmill outdoor.
- ◆ The power must be cut off before moving the treadmill.
- Non-professionals shall not open the upper guard cover and the left and right rear housing without authorization.
- This treadmill can only be used in a 20-amp circuit.
- Only one person can exercise on the treadmill when the treadmill start using.
- 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 consult with a professional doctor before using if you are the following patient or receiving medical treatment.
- (1) Having back pain now or injury for leg, waist and neck in the past. And the people with leg, waist, neck and hand (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.
- 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 are 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) Feel abnormal body in particular except above mentioned circumstances.
- (18) 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, heartbeats and other body aches that are different from normal or the feeling of coordination or abnormally in the process of exercise.
- ◆Do not allow children to use or play around the product.
- -It's may cause risk of injury if failure to comply on this point.
- ◆Do not allow children to play with this product for child protectors.
- -It's may have risk of injury if failure to comply on this point.
- ◆Please make sure if there is no 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 may happen accident or injuries.
- ◆Don't jump up or down while exercising.

- It may be fall down and 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 of electric heating carpets.
- Otherwise, it may lead to electricity leakage or fire.
- ◆Do not use when the power cord or plug is damaged or the socket is loose.
- it may lead to 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. Do not let the cable be clamped.
- Otherwise, it may lead to 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, there may cause fall down and accident with injuries.
- ◆ If you can't express your consciousness or you can't operate by yourself, don't use it.
- Otherwise, it may lead to accident and injuries from falls.

Prohibition of decomposition

- ◆ Disassembly, repair or re-election are strictly prohibited.
- It would be have risk for injury from mechanical failure.

Avoid contact 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, just 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, does not use in the school, the gymnasium and so on or for non-specific users.
- Having the risk of injury
- ◆Do not use when eating, drinking, or other activities.
- ◆Do not use it after drinking until you feel sluggish.
- It may happen accident or injury.
- ◆Do not use it with something hard in your pants pocket.
- It may happen 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 may cause injury.

Pull out the power plug.

- ◆ Please be sure to pull out the power plug from the socket when not using the machine.
- -Dust and moisture make it insulation deterioration and lead to electricity leakage and fire.
- ◆Please be sure to pull off the power plug from the socket during maintenance.
- Failure to comply may result in electric shock or injury.
- ♦ If the machine is not working or any abnormal happen, please stop using and pull out the power plug immediately, then call for maintenance.
- 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.
- ◆When pulling out the power plug, do not hold the wire part, you must pull it out with the power plug.
- Otherwise, it may cause short circuit, electric shock and fire.

Grounded explanation

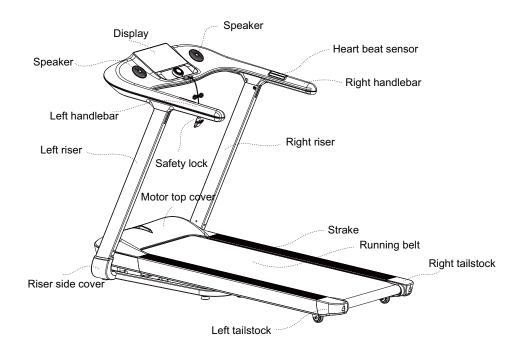
- ◆The product must be grounded. Grounding will provide the channel of least resistance to the current to minimize the risk of electric shock if this machine take place function abnormal.
- ◆This product is equipped the electric wire with a grounded conductor and plug for the equipment. The plug must be inserted into properly installment, grounded and a suitable socket in full compliance with local regulations or ordinances.

Dangerous

- ♦ It will result in electric shock risk if this device is not properly connected grounded conductor. Please entrust a professional electrician to check if you have questions about whether the grounding of the product is correct. Even if the plug doesn't match socket, it can't be modified. Please entrust a professional electrician to install a suitable socket.
- ◆The product has an earthing plug. To make sure the product is connected to a socket with the same shape. The product does not work with adaptor sockets.

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Product introductions



Packing list

Numbe	Name	Quanti	Remarks
1	main body	1	
2	Accessory box	1	See Schedule
3	Control knob	1	
4	Stand pipe left and right protective	Each 1	
	cover		

Technical parameters

Working voltage	AC-220V 50Hz
Maximum load	120Kg
Product size	1630*1137*764 mm
Running area	450*1300 mm
Motor Power	1.5HP
speed	1.0-18.0KM/H
Slope	0-15%
Control method	digital watch
Machine weight	69Kg

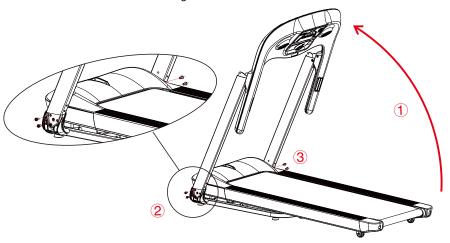
Attached table (list of accessories box)

Numbe	Name	Quanti	Remarks
1	M8*16 hexagon socket (opposite side 6) cylindrical head full thread screw	6	Left and right standpipe*4, electronic watch*2
2	5mm internal hexagonal wrench	1	Others
3	6mm internal hexagonal wrench	1	Adjust the running belt
4	13-17 open wrench	1	Others
5	safety lock	1	
6	Methyl silicone oil	1	
7	Power cable	1	
8	manual, Qualification certification	1	

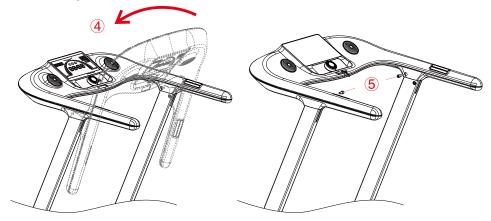
Installation procedure

1)Open the package, take the host out of the packing box and put it flat on the carpet or cushion.

2) As shown in step ① in the following figure, lift the riser up to the limit point. As shown in step ②③ in the figure, use the "6MM hexagon wrench" to move the four "M8*16" hexagon socket head full-thread screws to the left and The right riser is locked.

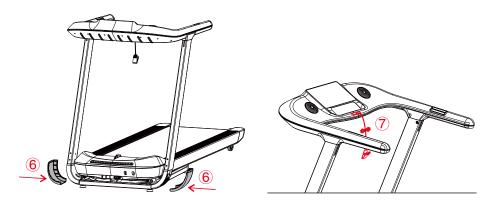


3)As shown in step ④ in the figure, press down the electronic watch in the direction as shown in the figure, (do not press the communication line when the electronic watch assembly is put down to prevent damage to the line when installing the screw), as shown in the step ⑤ in the figure, use "6MM "Inner hexagon wrench" lock the electronic watch with the left and right risers with two "M8*16" hexagon socket head screws.



- 4) As shown in step ⑥, after confirming that the riser is locked, fasten the lower cover of the riser on the left and right risers respectively.
- 5) As shown in step ⑦, the safety lock" is drawn into the yellow box of the electronic meter, the installation is complete; turn on the power,

Turn on the power switch under the front of the machine to enter the standby state.



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

Treadmill folding and moving instructions

- 1.Folding treadmill: The treadmill can be folded to save space. Before folding, turn off the power switch, unplug the power plug, and lift the treadmill by hand until the treadmill is caught by the gas spring casing so far. (Figure 1)
- 2.Lower the treadmill: lightly step on the gas spring sleeve with your foot as shown in Figure 2, and the treadmill will slowly drop to the ground.

Note: Please don't let children around during this step to avoid being crushed or hit.

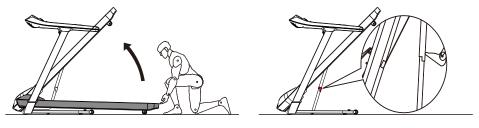
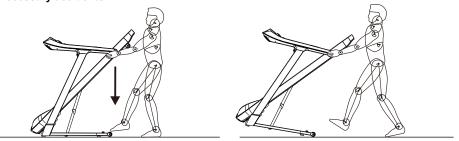


Figure 1 Figure 2

After you folded the treadmill. Fix one side of the base with your feet, and pull the armrest back with both hands to tilt the whole machine backward.

4. The whole machine moves.

Note: After folding, please move to a place that is not easy for children to play, to prevent children from touching the gas spring casing, causing the treadmill to fall and cause unnecessary accidents.



Sports recommendations and guidelines

warm-up exercise

Warm up for 5-10mins before each operation

Breathe

Do not hold your breath during operation. Normally prepare to release action and inhale through the nose, exhale through the mouth. The breathing should be coordinated with movement. If the breathing is too rapid, the movement should be stopped immediately.

Frequency

The exercise of the same muscle should keep 48hours of rest. That is, only train the same area every 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 best to stretch first no matter how fast you walk. It's easy to stretch for warm muscles. So warm up through walking for 5-10mins. Then stop and stretch as follows five times for 10 seconds or more one each leg. Do it again after your workout.



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 figure1)

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 e 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 figure4)

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)

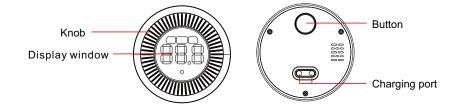
Instructions

Display and key distribution:

1. On the electronic watch: main window (time, calories, distance) + heart rate window (heart rate, number of steps) + 5 buttons (target, pause/resume, add, start/stop, subtract)



Knob (1 display window + 1 button + 1 knob), When the knob is not in use, please put it back on the charging base of instrument panel to charge.



Start and stop the treadmill

Electronic surface board: short press the start button to start and stop the treadmill Knob: Long press the button to start and stop the treadmill

Pause and resume running

Electronic surface board: short press the pause/resume button (press it in the exercise state to pause, and press it in the pause state to resume the exercise)

Adjust the speed

Electronic surface board: Short press the target key to switch the function to speed adjustment (the main window or the knob shows the speed), then short press + (-) for slow adjustment, long press + (-) for fast adjustment

Knob: Short press the start key to switch the function to speed control (the main window or the knob shows the speed), then turn the knob to adjust the speed, and voice commands to adjust the speed

Adjust the slope (if the machine has a lifting function)

Electronic surface board: Short press the target key to switch the function to slope adjustment (the main window or the knob shows the slope), then short press + (-) for slow adjustment, long press + (-) for fast adjustment

Knob: Short press the start key to switch the function to slope adjustment (the main window or the knob shows the slope), then turn the knob to adjust the slope, and the voice command to adjust the slope

Exercise mode selection

In the stopped state, short press the target button to enter the countdown->countdown distance->countdown calories->P1->P2->P3...->P20->free run->countdown. The countdown mode can be set to countdown value, Pxx mode is a fixed preset duration

Plus and minus key (knob) function switch

Short press the target key to switch, if the machine has a lift function, switch the plus and minus key (knob) functions (speed adjustment, slope adjustment). When the main window or the knob shows speed, it is the speed function, and when the slope is displayed, it is the slope function

Knob voice recognition function

- 1、Wake-up word: Hey Coco
- 2. Start the treadmill: start the treadmill, start running, I want to run, run for 5 ($10\15\20\25\30$) minutes, run 1 ($2\3\4\5$) kilometers, goal 1 ($2\3\4\5$) one hundred kcal
- 3. Accelerate: speed up, faster, accelerate
- 4. Deceleration: slow down, slow down, decelerate
- 5. Speed adjustment: speed 1 (2\3\4\5\6\...\18)

Parameter adjustment

1. Enter the user parameter setting interface:

Unplug the safety lock and long press the start key (knob and electronic surface panel, the same below) to enter the parameter setting interface. After entering the user parameter setting interface, the knob displays Uxx, the heart rate window of the electronic surface board displays Uxx, and the main window of the electronic surface board displays the parameter value

2 Parameter switch:

After entering the parameter setting interface, short press the start key to switch parameter items

3. User parameter description:

Parameter 2: Display brightness, 1 is the darkest -> 5 is the brightest

Parameter 3: Buzzer volume. 1 minimum sound -> 5 maximum sound

Parameter 6: switch between metric and imperial systems, 0 is metric system, 1 is imperial system

Parameter 7: Accumulated mileage

Safety lock function

In any state, pull off the safety lock, the window displays show "Er07", and the buzzer bi-bi-bi rings three times. If motor is in operation, then motor emergency stop. When the safety lock falls off, start and other operations cannot be performed.

Language recognition instruction

(instructions beyond the holding range of the treadmill are effective)

Motion	Eng
Awakening command	Hey Coco
Start treadmill	Start treadmill,Start running
	, Startworkout
Stop treadmill	Stop treadmill,Stop running
	, Stopworkout
Speed up,Faster	Speed up,Faster
Slow,Speed down	Slow,Speed down
Setting speed	Set speed to one
Setting speed	Set speed to two
Setting speed	Set speed to three
Setting speed	Set speed to four
Setting speed	Set speed to five
Setting speed	Set speed to six
Setting speed	Set speed to seven
Setting speed	Set speed to eight
Setting speed	Set speed to nine
Setting speed	Set speed to ten
Setting speed	Set speed to eleven
Setting speed	Set speed to twelve

Setting speed	Set speed to thirteen
Setting speed	Set speed to fourteen
Setting speed	Set speed to fifteen
Setting speed	Set speed to sixteen
Setting speed	Set speed to seventeen
Setting speed	Set speed to eighteen
Setting speed	Set speed to nineteen
Setting speed	Set speed to twenty
Increase incline	Incline
Decrease incline	Inclinedown,Lowerincline
Setting incline	Set inclineto zero
Setting incline	Set inclineto one
Setting incline	Set inclineto two
Setting incline	Set inclineto three
Setting incline	Set inclineto four
Setting incline	Set inclineto five
Setting incline	Set inclineto six
Setting incline	Set inclineto seven
Setting incline	Set inclineto eight
Setting incline	Set inclineto nine
Setting incline	Set inclineto ten
Setting incline	Set inclineto eleven
Setting incline	Set inclineto twelve
Setting incline	Set inclineto thirteen
Setting incline	Set inclineto fourteen
Setting incline	Set inclineto fifteen
Setting incline	Set inclineto sixteen

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Setting incline	Set inclineto seventeen
Setting incline	Set inclineto eighteen
Setting incline	Set inclineto nineteen
Setting incline	Set inclineto twenty
Reduce volume	Volume down
Minimum volume	Minimumvolume
Maximum volume	Maximumvolume
Increase volume	Volume up
Time target running	Run five minutes
Time target running	Run ten minutes
Time target running	Run fifteenminutes
Time target running	Run twentyminutes
Time target running	Run twenty five minutes
Time target running	Run thirtyminutes
Distance target running	Run one mile,Runone kilometre
Distance target running	Run two miles, Runtwo kilometres
Distance target running	Run three miles, Runthree kilometres
Distance target running	Run four miles, Runfour kilometres
Distance target running	Run five miles, Runfive kilometres
Burn Calorie target running	Burn hundred kilocalories
Burn Calorie target running	Burn two hundred kilocalories
Burn Calorie target running	Burn three hundred kilocalories
Burn Calorie target running	Burn four hundred kilocalories
Burn Calorie target running	Burn five hundred kilocalories
Mute	Mutemode
Conversation	Dialoguemode
'	

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Common faults and solutions

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	The motor wire is loose or falling off, whether the carbon brush is worn out,	Check whether the motor cable is loose or falling off. If it does not fall 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	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

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Product maintenance

1.lubrication

The running is used for a period of time, it must be lubricated with special methy silicone oil. Advice

Use time less than 3 hours per weeks
Use time 4-7 hours per week
Use time over 7hours per week

Do not lubricate too much. It is not the more lubricants the better. Remember: Proper lubrication is an important factor in improving the life of the treadmill.

As for the way to check if you need to add lubricant. Just grab the running belt and touch the middle of the running belt back with your hands as much as possible. You don't need to add lubricant if you have silicone on your hand (a little damp) You have to add lubricant if the pad is dry and there is no silicone on your hand.

the step of lubricate on the running plate (as shown right picture) Stop running for running belt and fold the machine.

Lift the running belt of the underside of the main body, Put the oil pot as far as possible into the middle of the running belt. And spray methyl silicone oil inside of the running and both sides.

You can make use of the treadmill speed of 1km/h to evenly lubricate and step on the running belt from left to right. After a few minutes, the methyl silicone oil can be completely absorbed by the running belt.

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 is on the running belt which will slip if it 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

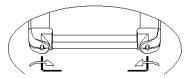
Running belt deviation adjustment

and roller etc.

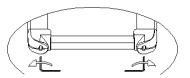
All treadmills need to be adjusted the running belt before delivery and after installation.But the running belt may be deviated after a period of use which may be caused by the following reasons.

- 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 manmade. It should be adjusted with 6mm wrench at a half circle as the unit for deviation of nonrecover 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.

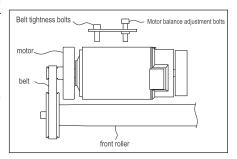
The running belt deviation is not within the scope of warranty. And it is mainly maintained by the user according to the manual. Running belt deviation will seriously damage the running belt. The users must be found and corrected in time.

Adjustment of the motor belt (as shown on the right)

All treadmills have been adjusted before leaving the factory and after installation. However, after a period of use, there may be slack and slipping, which is mainly adjusted by the user.

Adjustment steps:

- ① Use a wrench to turn the motor parallelism adjustment bolt counterclockwise by half a turn
- ② Turn the belt tension bolt half a turn clockwise Note: Clean the belt and pulley groove regularly



Service commitment

G series electric treadmill, If no-human damage, 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 themself if resulting maintenance costs like this. The user must issue the invoice when maintaining. The guarantee is invalid if there are no 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 and 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.