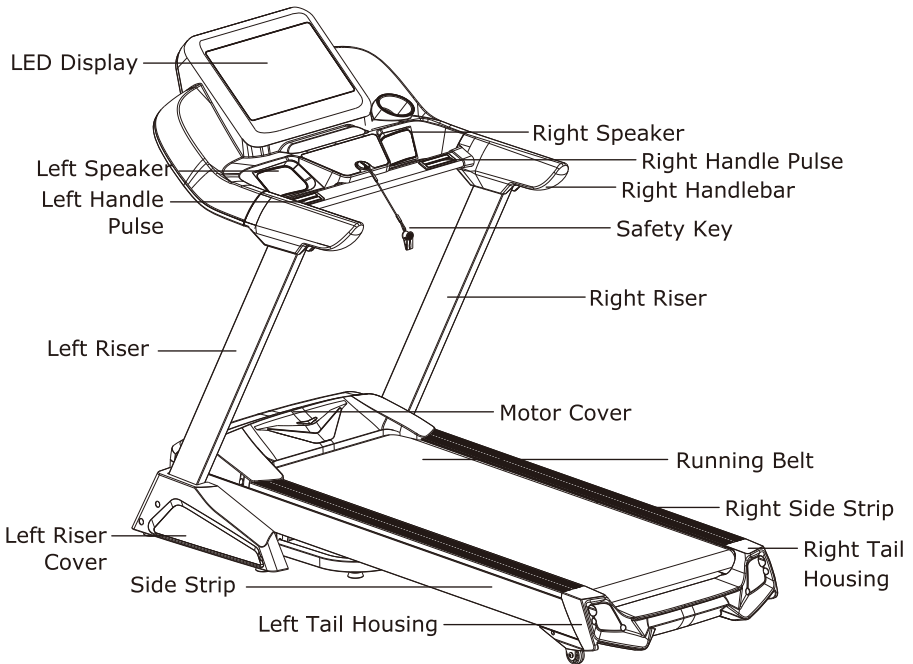


Product Diagram



No.	Item Name	Qty.	Notes
1	Machine Body	1	
2	Cover for Left & Right Riser	1	
3	Accessory Kit	1	See the attached table for details

Product Specification

Operating Voltage	110V 60Hz
Maximum Load	120KG
Outline Dimension	188 x 82.5 x 134cm(L x W x H)
Running Area	50 x 131cm
Motor Power	4.75HP
Speed Range	1-20km/h
Slope Range	1-15%
Product Weight	80KG

Accessories

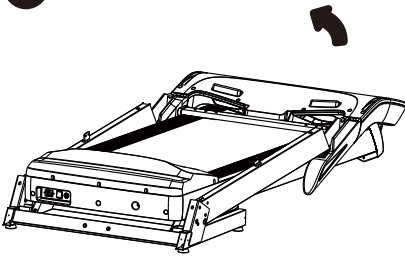
Number	Name	Quantity	Remarks
1	ST4.2*16 Screw	6	For left & right riser cover
2	5mm Allen Wrench	1	/
3	6mm Allen Wrench	1	To adjust the running belt
4	13-14 Open-end Wrench	1	/
5	M8*45 Screw	6	To fix the risers
6	M8*16 Screw	4	For digital display & risers
7	Φ8 Gasket	10	For digital display & risers
8	Safety Lock	1	/
9	Methyl Silicone Oil	1	/
10	Power Cord	1	/
11	Manual, Certificate of Conformity	1	/

Installation Procedure

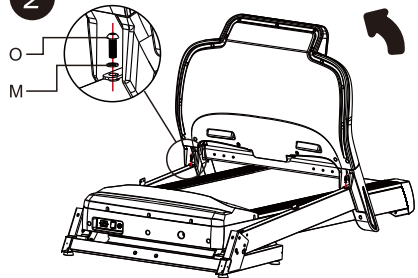
Step 1 Main Body Assembly

- 1) Hold the handrail of the digital display frame and slowly pull it up to align with the hole of fixing bolt. Note: When pulling up the display frame, be careful not to let the component press to the communication line, to prevent the line from being damaged).
- 2) Fix the display frame using "O"(M8*16)Screw, "M" Φ 8 Gasket, and then tighten all screws.
- 3) Hold the digital display frame and risers to upward position. Fix the left and right risers using "O"(M8*16)Screw, "U"(M*45)Screw, and "M" Φ 8 Gasket, and then tighten all screws.

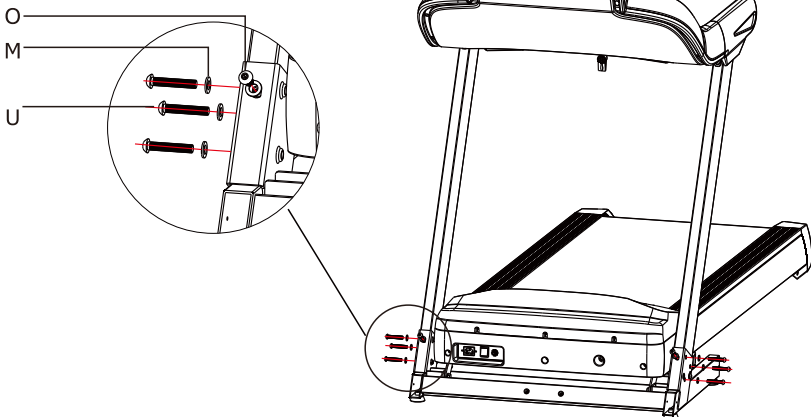
1



2



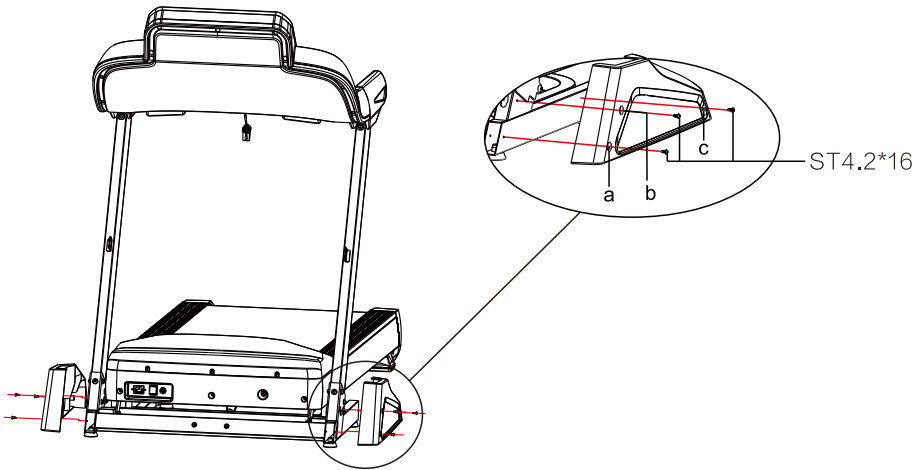
3



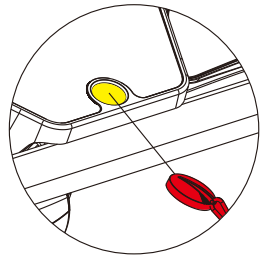
Step 2 Riser Cover Assembly

1) Fix the left and right riser covers to both side of risers with screws and tighten them.

Note: When assembling the cover, please lock the "a" hole in the figure with screws (ST4.2*16) first, and then lock the "b" and "c" holes with screws (ST4.2*16). Both sides are the same.



2) Put the "Safety Lock" into the yellow square box of the digital display, and installation is completed. Plug in power and turn on the power switch to enter the standby state.



Folding & Moving Instruction

1. Fold the treadmill: Folding the treadmill to save space. Before folding, turn off the power switch, unplug the power plug, and lift the treadmill by hand until the treadmill is stuck into place. (Figure 1)

2. Put down the treadmill: As shown in Figure 2, lightly step on the air spring tube, and the treadmill will slowly drop to the ground.

Note: Do not let children to be around during this step to avoid being crushed or hit.

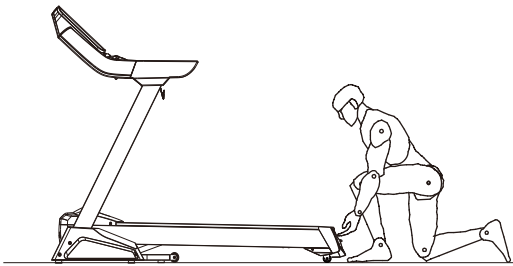


Figure 1

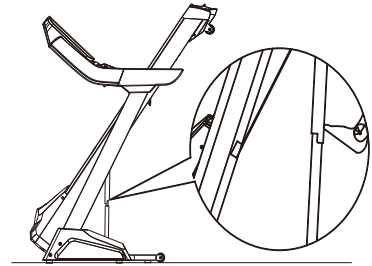
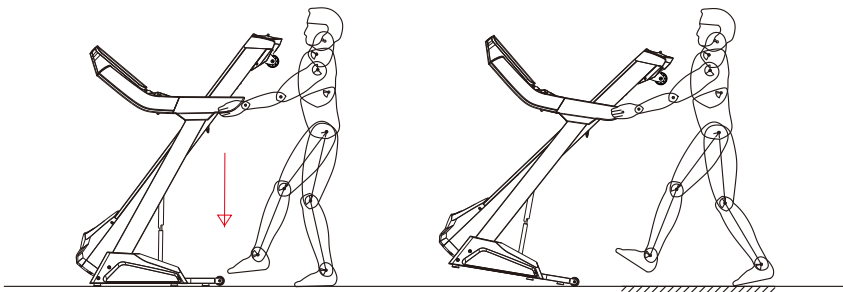


Figure 2

3. After folding the treadmill, fix one side of the base with your feet, and pull the handrail backwards with your hands to tilt the whole machine backwards.

4. Move the whole machine.

Note: After folding, please move it to a place that is not easy for children to play, to prevent children from touching the air spring tube, to avoid the treadmill falling or causing unnecessary accidents.



Sports Advice and Guidelines

Warm-up Exercise

Warm up for 5-10mins before each operation.

Breathe

Do not hold your breath during operation. When preparing to release action, inhale through the nose and exhale forcefully through the mouth. Breathing and movement should be coordinated. If the breathing is too rapid, stop the exercise 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

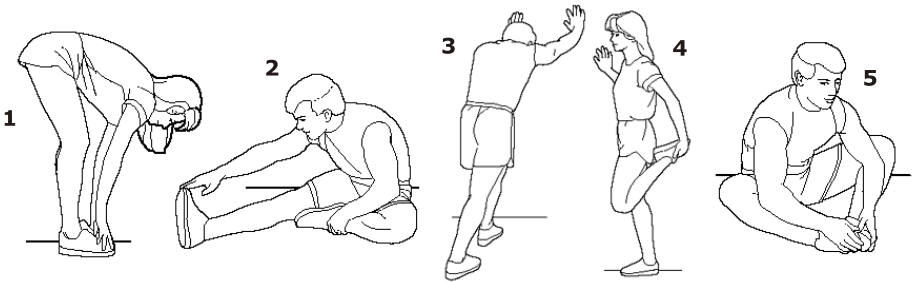
The reductive action should be done for 5mins after practicing every time. Especially extend flabby for ministry muscle. avoid muscle long-term condensation, and keep muscle flexibility.

Diet

Do not eat at least 1 hour before training and half an hour after training to protect your digest system. Avoid drinking plenty of water 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 3 times. (see figure 1)

2.Hamstring Stretch

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

LED Display Operation Instruction

Display and Function Keys

Diagram

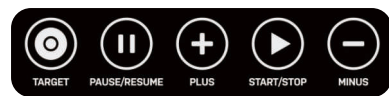
Display: Main window (time, calories, distance) + Heart rate window (heart rate, steps) + 5 Keys (target, pause/resume, plus, start/stop, minus).



Display Window

Start and Stop the Treadmill

Digital display panel: Short press the start key to start and stop the treadmill.



Digital Display Panel

Pause and Resume Running

Digital display panel: Short press the pause/resume key (Press in motion state to pause; press in pause state to resume motion).

Speed Adjustment

Digital display panel: Short press the target key to switch the function to speed adjustment (the main window or the knob shows the speed), then short press +,- to adjust slowly, long press +,- to adjust quickly.