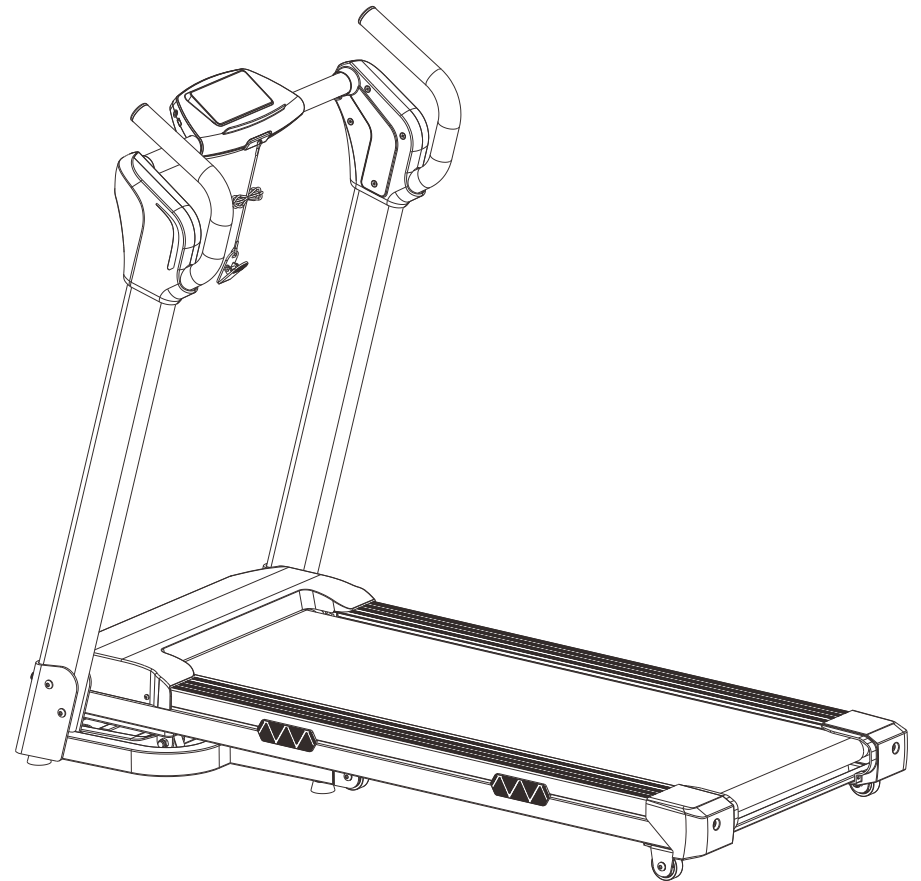


Product Instruction Manual

Model NO:YQ-T4011



Please read the instructions carefully before using

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1. Safety Precautions & Warning Instructions

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

1. The treadmill is suitable to be placed indoors to avoid moisture, splash water on the treadmill and any foreign matter.
2. Please wear appropriate sportswear and sports shoes before exercise. Don't run barefoot on the treadmill.
3. The power plug must be connected reliably grounded, and the socket must have a dedicated circuit to avoid sharing with other electrical equipment.
4. Children should be kept away from the machine to avoid accidents.
5. 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.
6. Reduce indoor dust, maintain a certain indoor humidity and avoid strong static electricity in case it may interfere with the electronic meter. Keep controller normally working.
7. Please switch off the treadmill after use.
8. Keep good ventilation in the room when using the treadmill.
9. Please fasten the safety lock cable to the clothes when exercising in case of emergency.
10. Please stop exercising and consult your doctor if you feel uncomfortable during using.
11. Please keep silicone oil away from children to avoid serious consequences caused by accidental ingestion.
12. The safety area behind the treadmill is: 1000x2000mm.
13. Emergency jump away: While holding the riser with both hands to prop up the body, both feet are on the sidebar and jump away from the treadmill from one side.

Warning: Please read and observe the following precautions in order to reduce accidents or injuries.

Please wear suitable clothing before using the treadmill.

1. Don't wear clothes that can get caught on the treadmill.
2. Do not place the power cord near a hot object.
3. Keep children away from the treadmill.
4. Don't use the treadmill outdoors.
5. The power must be cut off before moving treadmill.
6. Non-professional personnel shall not open the upper guard cover and the left and right rear housing without authorization.
7. This treadmill can only be used in a properly grounded outlet of 15A.
8. Only one person can exercise on the treadmill when the machine starts.
9. 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 having the following conditions.

- (1) Having back pain now or injury to leg, waist, and neck in the past. Having problems with the leg. (Chronic diseases such as disc herniation, spondylolisthesis, cervical herniation, etc.)
- (2) Having deformed arthritis, rheumatism, gout.
- (3) Suffering from osteoporosis.
- (4) Having circulatory system obstacles (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 having to rest.
- (15) Poor physical condition.
- (16) Users for rehabilitation purposes.
- (17) Feeling uncomfortable in a certain region of the body except under the above circumstances.

— It's likely to cause accidents 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 instructions are not followed, there may be a risk of injury.

◆ Do not allow children to use or play with the product.

— If instructions are not followed, there may be a risk of injury.

◆ Please make sure no person or pet is around (rear, lower, front) during using or taking out the product.

Forbidden

◆ Do not use in the state of shell cracked, detached (internal structure exposed) or weld detached.

— Otherwise, it's prone to cause accidents or injuries.

◆ Do not jump up or down during exercise.

— Users are prone to fall and get injured.

◆ 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 around the stove and heating appliances of electric heating carpets.

— Otherwise, it's easy to cause electricity leakage and fire.

◆ Do not use it 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, nor let the line be clamped.

— Otherwise, it's easy to cause fire or electric shock.

◆ Do not use it with two or more people on it at the same time. Do not let people around get close when using.

— Otherwise, it's easy to cause accidents and injuries from falls.

◆ Do not use it if you can't express consciousness by yourself or operation.

— It's likely to incur an accident or injury.

Do not disassemble the treadmill.

◆ Disassembly and repair are strictly prohibited.

— There is a risk of injury due to mechanical failure.

Avoid contacting with water.

◆ Do not spray water or other conductive liquid on the main body or operation parts.

— 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 home use, do not use in the school, the gymnasium, and so on, or for non-specific users.

— There would be an injury risk.

◆ Do not use it when eating, drinking, or doing other activities.

◆ Do not use it after drinking until you feel sluggish.

— it's easy to cause an accident or injury.

◆ Do not use it with hard or sharp objects in your pants pocket.

— it's easy to cause an accident or injury

◆ Do not use the power plug with needles, garbage, or water nearby.

— 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 the socket when you don't use it.
- Dust and moisture make it into insulation deterioration, therefore, leading 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 run normally. Immediately pull out the power plug and entrust it into 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 incur accidents or injuries when power is restored.
- ◆ Do not hold the cable tight when pulling out the plug, hold the power plug.
- Otherwise, it may cause a short circuit, electric shock, and fire.

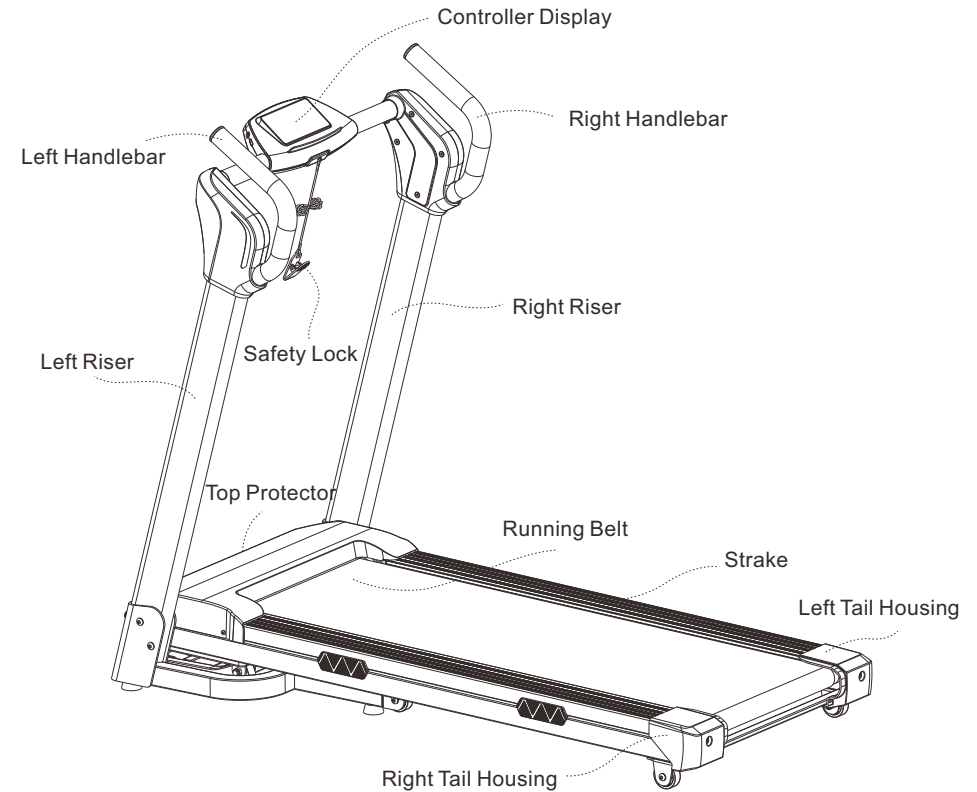
Grounding Instructions

- ◆ 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, please inform a qualified electrician about 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:

No.	Name	Qty.	Remark
1	Main body	1	
2	Spare parts package	1	See table

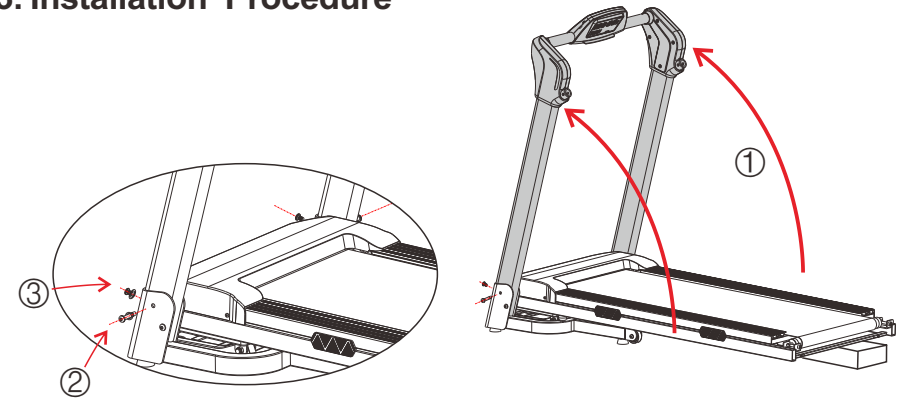
Technical Parameters:

Working voltage	AC 110V 60Hz
Max load	100Kg
Outsize	L1319*W666*H1133MM
Running area	400*1100 mm
Motor power	1.0 HP
Speed	1.0-14.0km/h
Incline	0-15%
Control method	Console
Weight	45kg

Spare parts list:

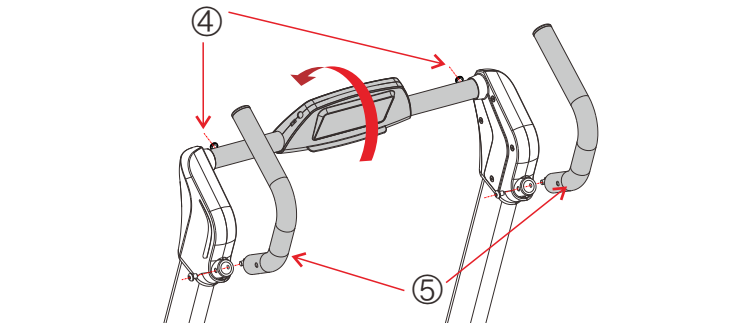
NO.	Name	Qty.	Remark
1	M8*16 Screw	2	Fixed to the back of risers
2	M8*45 Screw	2	Fixed to the sides of risers
3	M8*10 Screw	4	Fix left and right handlebars
4	Φ8.5 Flat washer	2	
5	Φ9 Curved spacer	2	
6	M6*12 Screw	4	
7	ST4.2*16 Bolts	2	Fix tail housings
8	5mm Hex wrench	1	Other
9	6mm Hex wrench	1	Adjust belt
10	Open-ended wrench	1	
11	Handlebar	2	
12	Moving trundle	2	
13	Left tail housing, right tail housing	1 for each	
14	Safety lock	1	
15	Methyl silicon oil	2	
16	Manual, Qualification	1	

3. Installation Procedure



1) First, open the package, take the main body out of the box, and lay it flat on the carpet or cushions. And the tail of the treadmill should be slightly padded with packaging material.

2) As shown in step ① of the figure, raise the left riser and right riser up to the limit position. As shown in step ② of the figure, pass an "M8*45 Screw" through the Φ8.5 Flat washer to lock the riser by using a "5MM Hex wrench". As shown in step ③ of the figure, pass an "M8*16 Screw" through the Φ9 Spacer to lock the riser by using a "5MM Hex wrench". (The riser installation on the other side is the same as in step ② and step ③ above).

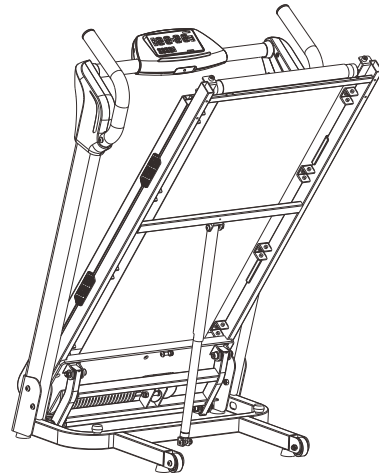


3) As shown in step ④ of the figure above, use a "5MM Hex wrench" to rotate two "M8*10 Screws" counterclockwise 1-2 times and adjust the angle of the console to the proper position according to the arrow as shown above. Lock the console clockwise with the "M8*10 Screw" by using a "5MM Hex wrench".

Insert the left and right handlebars into the left and right risers respectively and fix them with four "M8*10 Screws" as shown in step ⑤ above. (Note: The handlebars should be parallel to risers).

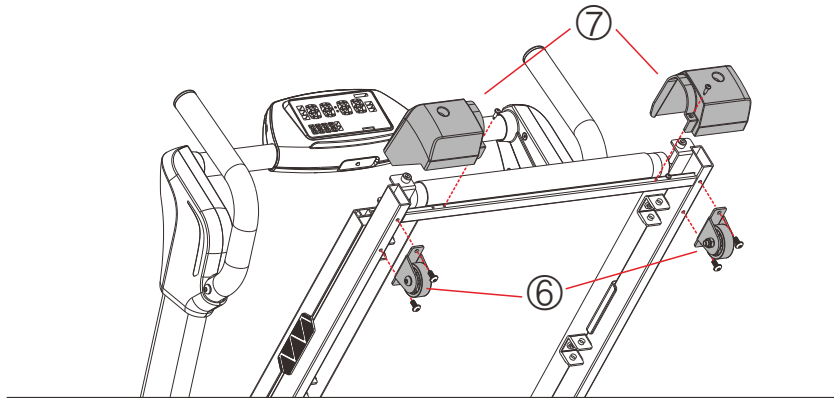
Installation Procedure 09

4) As shown in the right figure, lift the running platform until it is stuck in the air spring sleeve.



5) As shown in step ⑥ of the figure below, fix two moving trundles on the main frame with two "M6*12 Screws". (Note: The one side of the moving trundle with nut must face the direction of the running belt).

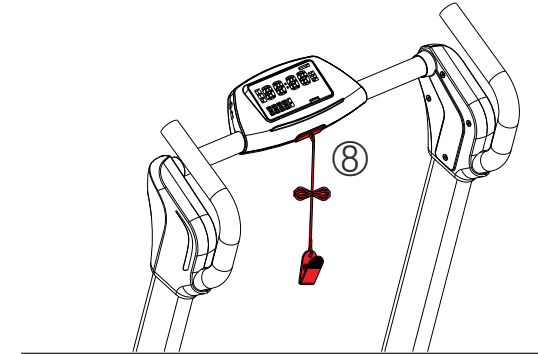
6) As shown in step ⑦ of the figure below, install the left and right tail housings on the main frame with two "ST4.2*16 Bolts". (As for how to put down the running platform, please refer to page 10: Treadmill Folding and Moving Instructions).



10 Installation Procedure

7) As shown in step ⑧ of the figure below, draw the red "Safety lock" into the yellow box on the console and the installation is completed. Plug in, turn on the power switch below the front end of the treadmill, and enter standby mode.

Note: Please check again whether all bolts are locked after the assembly of this treadmill.



Treadmill Folding and Moving Instructions

1. Folding treadmill: Folding up the treadmill can save space. Before folding, turn off the power switch, pull the plug, and lift the running platform with your hands until the running platform is stuck by the air spring sleeve. (As shown in figure 1).

2. Putting down the treadmill: Lightly step on the air spring sleeve with your foot as shown in figure 2 below and the running platform will descend slowly to the ground.

Note: When performing this step, please do not let children be around to avoid being crushed or hit.

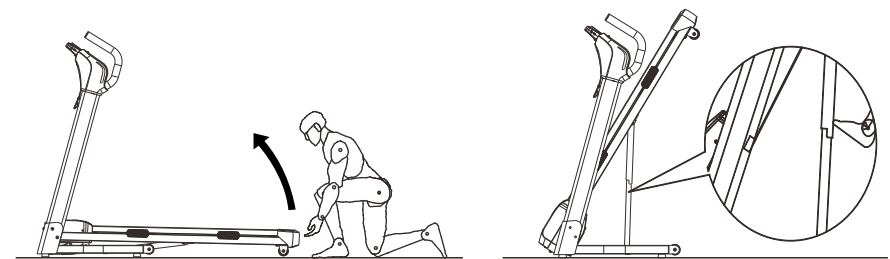


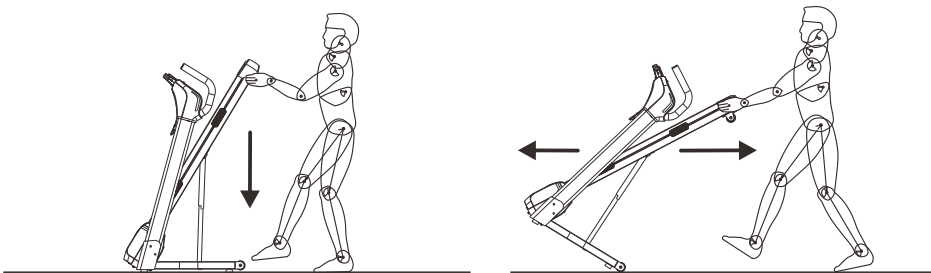
Figure 1

Figure 2

3. After finishing the folding treadmill, fix one side of the base frame with your feet, and pull the handlebar back with both hands to tilt the machine backward.

4. When the moving wheel touches the ground, the whole machine moves. (When the moving wheel is not on the ground, do not drag the treadmill directly, so as not to damage the four foot pads under the treadmill).

Note: Please move the treadmill to a place where it is not easy for children to play to avoid touching the air spring sleeve, causing the running platform to fall and hit, causing unnecessary accidents.



6. Sports Advice and Guidelines

Warm-up exercise

Warm up for 5-10mins before each exercise.

Breathe

Do not hold your breath during exercise. Keep inhaling through the nose and exhaling through the mouth. The breathing should be coordinated with movement. If the breathing is too rapid, the exercise should be stopped immediately.

Frequency

Each exercise of one muscle area should rest for 48 hours in between. That is to say, we suggest you train the same muscle area every other day.

Load

Determine the amount of training according to the user's own physical condition, and then practice according to asymptotic load. It is common phenomenon for muscle soreness at the beginning of training. As long as continuing practicing, the soreness can be eliminated.

Relax

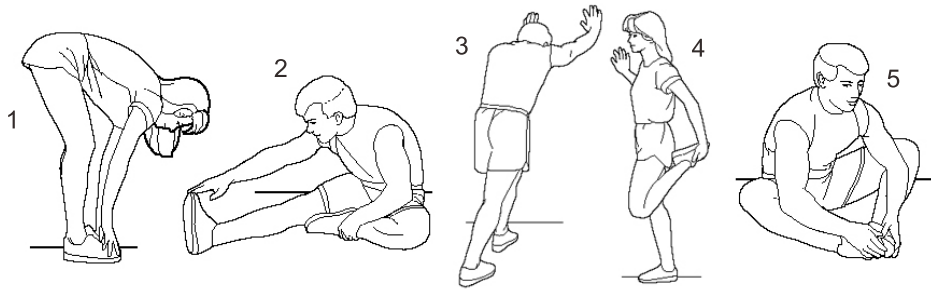
The relaxation should be done for 5mins after practicing every time. Users should especially stretch certain ministry muscle to avoid long-term condensation and keep muscle flexibility.

Diet

Do not eat at least 1 hour before training and half an hour after training to protect your digest system. Do not drink too much 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 5 times with each for 10 seconds or more on each leg. Continue to stretch even after training. Do it again after your workout.



1. Stretch Down

Bend 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 for 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 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)

7. Operating Instructions

Display

Upper window of the console: Main window (Time, Calorie, Distance) + Step counting Window.



Keys

TARGET · PLUS · START/STOP · MINUS

Start and stop the treadmill

Short press the "START/STOP" key to start or stop the treadmill.

Speed adjustment

Press the "TARGET" key shortly in motion can switch the function to speed adjustment, short press +(-) to adjust speed slowly, and long press +(-) to adjust it fast.

Slope adjustment

Press the "TARGET" key shortly in motion can switch the function to incline adjustment, short press +(-) to adjust incline slowly, and long press +(-) to adjust it fast.

Exercise mode selection

Press the target key in the stop state to enter countdown -> countdown distance - countdown to calories > -> P1->P2-> P3 -> P2-> free run -> countdown. The countdown value can be set in the countdown mode and the fixed preset when the Pxx mode is fixed.

Plus and Minus button function switch

Short press the target key to switch between speed and slope adjustment functions. Short press the target key and when the main window displays the incline figure, press plus or minus key to adjust the slope. Short press the target key and when the main window displays the speed, press plus or minus key to adjust the speed.

Safety lock function

In any state, pull off the security lock, the window displays "E07", and the buzzer rings "BI-BI-BI" three times. If the motor is running, it'll reach an emergency stop. When the safety lock is off, it cannot be started or operated.

8. Common Failures and Troubleshooting

Please call our dealer or our after-sales service team if you have any other questions.

Questions	Possible Causes	Maintenance Methods
Treadmill does not work.	Not connected.	Insert plug into socket.
	Power is not turned on.	Put the power switch in position "ON".
	Safety lock dropped.	Put the safety lock in the correct position.
	Circuit signal system broken.	Check the controller input terminal and signal circuit.
	Fuse blew out.	Replace the 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 Causes	Maintenance Methods
E01	Poor connection.	The signal line is not plugged it. Plug it in again.
E02	The motor wire is loose or falling off, or 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 controller is damaged. Replace the electric controller.
E03	Not detecting signal.	Sensing wire is not plugged in properly. Plug it in again correctly.
E04	Controller or motor not working.	Probeable overload. Replace controller or motor.
E05	Overload protect activated.	Overload. Replace controller.
E06	System self-check failed.	System failure. Replace controller.
E07	Safety lock dropped.	Put the safety lock in the correct position.
Abnormal display	External disturbance.	Turn off power switch,turn on it after one minute.

9. Product Maintenance

1.Lubrication

When the running belt is used for a period of time, it must be lubricated with special methy silicone oil.

Advice:

- ★ 1 hour or less per week lubricate once every 6 months
- ★ Less than 3 hours per week lubricate once every 3 months
- ★ 3-6 hours per week lubricate once every 2 months
- ★ More than 6 hours per week lubricate once a month

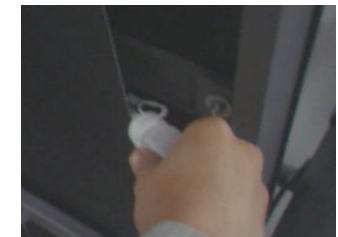
Do not lubricate too much. It is not the more lubricants, the better.

Remember: Proper lubrication is an important factor in improving the life of the treadmill.

2. The method to check if you need to add lubricant.

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 lubricating on the running plate (as shown in the right picture).
- ★ Stop running and fold the machine.
- ★ Lift the running belt of the underside of the main body, and put the oil pot as far as possible into the middle of the running belt. And spray methyl silicone oil inside the running belt and all the contacting area.
- ★ You can keep the treadmill running in speed of 1km/h to evenly lubricate then 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.



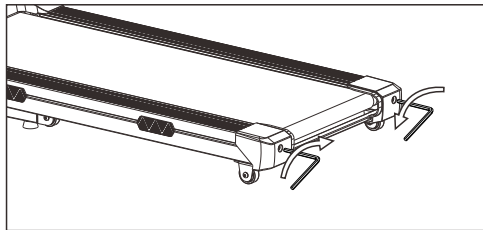
3. Adjust tightness of running belt. All treadmills shall be adjusted for tightness before delivery and after installation. However, the running belt may be loosened after a period of use. For example, the treadmill would have stopping and slipping problem during exercise. Adjust bolts of running belt with the left and right synchronous as per clockwise direction to half a circle as the unit when this phenomenon occurs. The user might 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 therefore damage the motor, running belt and roller, etc.

4. Running Belt Deviation Adjustment

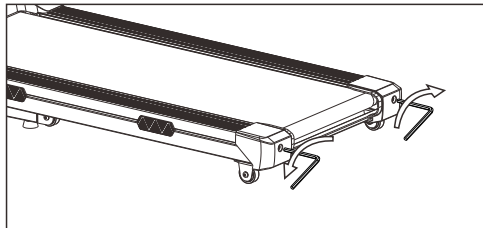
All treadmills need to be adjusted with the running belt before delivery and after installation. But the running belt may be deviated after a period of use which may be caused by the following reasons.

- ①The main body is not placed smoothly.
- ②The feet of users are not in the center of the running belt.
- ③The user runs with uneven force between the feet.

It will return to normal after a few minutes of no-load rotation if the deviation is caused due to the wrong usage. It should be adjusted with a 6mm wrench at a half circle as the unit for deviation of non recover automatically.



Please adjust the left bolt clockwise or right bolt counterclockwise if the running belt is left deviation.



Please adjust the right bolt clockwise or left bolt counterclockwise if the running belt is right deviation.

Note: The running belt deviation is not within the scope of the 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 detected in time and corrected.

10. Service Commitment

T4011 electric treadmill, within one year of normal use, such as non-human damage, can provide users with free accessories, after the expiration of the warranty period, the price of spare parts to preferential prices.

This product is for domestic use only and we are not responsible for any problems arising from commercial use. If your product has after-sales problems, please call the local dealers after-sales service!

This manual is for reference only, please in kind prevail

This device 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 device 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 device does cause harmful interference to radio or television reception, which can be determined by turning the device 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 device and receiver.
- Connect the device 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 the user's authority to operate the equipment

