

# Household electric treadmill

Model NO: T4021



**IMPORTANT:**Read all instructions carefully before using this product.Retain this owner's manual for future reference.

The specifications of this product may vary from this photo,subject to change without notice.

Manufacturer: Jiangxi EOI Industrial Co., Ltde  
Address: Luliang Road, Yining Town, Xiushui  
County, Jiujiang City, Jiangxi Provincee

MADE IN CHINA



## User Manual

Please read this manual carefully before using the product and keep it properly for future reference.

## Content

I. Safety Precautions, Warning Notes	-----2
II. Product Description	-----6
III. Installation Procedure	-----8
IV. Sports Suggestions and Policies	-----11
V. Operating Instructions	-----13
VI. FAQ	-----15
VII. Maintenance	-----16
VIII . Service Commitment Warranty	-----18

# Safety Precautions, Warning Notes

**Note: Please read the instructions carefully before using the machine and pay attention to the following safety precautions:**

- ★ It is recommended to place the treadmill indoors to avoid moisture. Do not splash the treadmill or place any foreign matters on it.
- ★ Please wear appropriate sportswear and sports shoes before exercise. It is strictly prohibited to exercise barefoot on the treadmill and ensure full stretch.
- ★ The power plug must be reliably grounded, and the socket must have a special loop to avoid sharing with other electrical equipment.
- ★ Please keep children away from the machine to avoid accidents.
- ★ Please avoid overloading the product to avoid damage to the motor and controller, accelerating the wear and tear of bearing, running belt and running plate, and regular maintenance.
- ★ Please reduce the indoor dust, keep the humidity, and avoid generating strong static electricity disturbing the normal operation of the meter and controller.
- ★ Please turn off the treadmill power after the exercise.
- ★ Please keep indoor air circulation when using the treadmill.
- ★ Please stop exercising when you feel uncomfortable or abnormal, and consult a doctor.
- ★ Please store the silicone oil in a place out of the reach of children after use to avoid accidents due to ingestion.
- ★ The safety area behind the treadmill is 1000x2000mm.
- ★ Emergency jump off: please hold the handrail with both hands to support your body, while stepping on the sidebar, jump off from the side of the treadmill.

**WARNING: Please observe the following regulations to reduce accidents or injuries:**

- ★ Please check whether the clothes are fastened or zipped up before using the treadmill.
- ★ Please do not wear clothes that are easily caught by the treadmill.
- ★ Please do not place the power cord near hot objects. Keep children away from the treadmill.
- ★ Please do not use the treadmill outdoors.
- ★ Please cut off the power before moving the treadmill.  
The upper shield and left and right rear tailstock can only be opened by professional staff  
Only one person can exercise on the treadmill when the machine starts.
- ★ When you feel dizzy, chest pain, nausea or shortness of breath during exercise, please stop exercising immediately and consult your fitness instructor.

# Safety Precautions, Warning Notes

## WARNING! MANDATORY!

**Please be sure to use it only after discussing with a specialist when receiving medical treatment or for the following patients.**

1. Patients who are currently suffering from back pain or who have had injuries to their legs, back or neck in the past, or who have numbness in their legs, back, neck or hands (those with herniated discs, spondylolisthesis, cervical spondylosis, etc.).
  2. People with deformed arthritis, rheumatism and gout.
  3. People with osteoporosis and other abnormalities
  4. People with circulatory system disorders (heart disease, vascular disorders, hypertension, etc.).
  5. People with respiratory disorders.
  6. Those who are using artificial rhythm regulators or implantable medical electronic instruments.
  7. People with malignant tumors.
  8. People with blood circulation disorders such as thromboembolism or serious lipoma, acute lipoma, or various skin infections.
  9. People with perceptual impairment caused by high peripheral circulation disorder caused by diabetes, etc.
  10. People with skin injuries.
  11. People with high fever due to illness (38 ° C or above).
  12. People with abnormal or bent back bones.
  13. People who are pregnant or may be pregnant or are in menstruation.
  14. People who feel abnormal and need to rest.
  15. People with obvious poor physical condition.
  16. Users for rehabilitation purposes.
  17. People who feel particularly abnormal except for the above.
    - May cause accidents or poor physical conditions.
- ◆ When you feel low back pain, numbness of legs and feet, dizziness, heartbeat and other abnormalities during exercise, please stop using and consult the doctor.
  - ◆ Don't let children use this product or play around it.
    - To avoid injury
  - ◆ The protector of children should be careful not to let children play with this product.
    - To avoid injury
  - ◆ Please make sure that there are no people or pets around (at the back, bottom and front of the product) during use or when loading, unloading and sliding the product.
- ## FORBIDDEN!
- ◆ Please do not use this product when the shell is cracked or fallen off (the internal structure is exposed) or when the welding part falls off.
    - To avoid accidents or injuries.

- ◆ Do not jump up or down during exercise.
  - To avoid injury due to falls.
- ◆ Please do not use it or keep it in damp places such as outdoors and near bathrooms, or in places where you may be exposed to water.
- ◆ Please do not use or keep it in direct sunlight, high-temperature places such as around the stove, or on heating appliances such as electric heating carpets.
  - To avoid electric leakage or fire
- ◆ Do not use it when the power cord or power plug is damaged or the plug of the socket is loose.
  - To avoid electric shock, short circuit and fire.
- ◆ Do not damage or forcibly bend or twist the power cord, or place heavy objects on it to prevent the cord from being clamped.
  - To avoid fire or electric shock.
- ◆ Do not use it by two or more people at the same time, and do not let people around get close to it during use.
  - To avoid accidents or injuries due to falls.
- ◆ Do not allow operators who cannot express their awareness to use this product.
  - To avoid accidents or injuries.

### DO NOT DISASSEMBLE!

- ◆ Absolutely no disassembly, repair, modification
  - To avoid injury due to mechanical failure.

### NO CONTACT WITH WATER!

- ◆ The main body or operating part shall not be exposed to water or other conductive liquids.
  - To avoid electric shock and fire.

### FORBIDDEN!

- ◆ It is recommended that people who lack exercise at ordinary times should not suddenly take strenuous exercise.
- ◆ Do not use it after eating, when you are tired, just finished exercising, or when you are not physically strong.
  - To avoid damage to health.
- ◆ This product is only suitable for families and should not be used by a large number of unspecified users such as schools and gyms.
  - To avoid injury.
- ◆ Do not use it while eating or doing other activities.
- ◆ Do not use it when you are feeling dull after drinking.
  - To avoid accidents or injuries.
- ◆ Do not use it when the pants are filled with hard objects.
  - To avoid accidents or injuries.

- 
- ◆ Do not attach pins, garbage or impurities to the power plug.
    - To avoid electric shock, short circuits and fire.
  - ◆ Do not unplug the power plug or switch the power switch to "OFF" during use.
    - To avoid injury.

### DO NOT DO NOT USE WITH WET HANDS!

- ◆ Do not pull out or insert the power plug with wet hands.
  - To avoid electric shock and injury.

### UNPLUG THE POWER PLUG!

- ◆ Please unplug the power plug from the socket when it is not in use.
  - Dust and moisture will degrade the insulation, causing electric leakage or fire.
- ◆ Please unplug the power plug from the socket during maintenance.
  - To avoid electric shock or injury.
- ◆ Please stop using the product when it is not started or abnormal, and immediately pull out the power plug and entrust a professional for maintenance.
  - To avoid electric shock or injury.
- ◆ Please pull out the power plug when the power is cut off.
  - To avoid accidents or injuries when power is restored.
- ◆ Please do not pull the wire to pull out the power plug.
  - To avoid short circuit, electric shock and fire.

### GROUNDING INSTRUCTIONS!

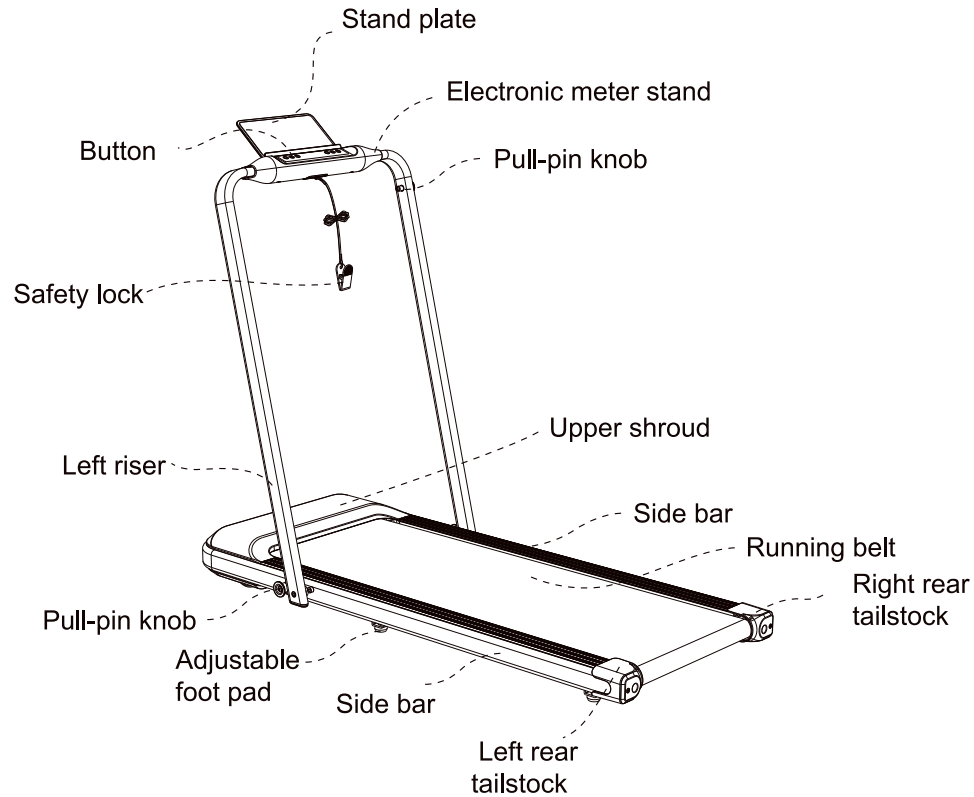
- ◆ The product must be grounded. When the machine functions abnormally, grounding will provide the current with the most resistant channel to reduce the risk of electric shock.
- ◆ The product is equipped with wires with equipment grounding conductors and grounding plugs. The plug must be plugged into a properly installed and grounded socket in full accordance with local laws and regulations.

### DANGER!

- ◆ Improper connection of equipment grounding conductor may cause electric shock. When you have doubts about whether the grounding of the product is correct, please entrust a professional electrician to check. Even if the plug attached to the product does not match the socket, it cannot be modified. Please entrust a professional electrician to install the appropriate socket.
- ◆ The product is equipped with a grounding plug. Please confirm that the product is connected to the appropriate socket. The product can not use the conversion socket.

# Product Description

## II. Product Description



NO	Name		Remarks
1	Treadmill	1	
2	Accessory box	1	See attached table

## Technical parameters:

Working voltage	AC 110V
Maximum load	265lbs
Folding size	57.2*23.3*6.1 inch
Unfolding size	50.7*23.3*41.4 inch
Running area	15.7*41.3 inch
Motor peak power	2.5 HP
Display speed	0.6-7.6 mph
Control mode	Electricity meter

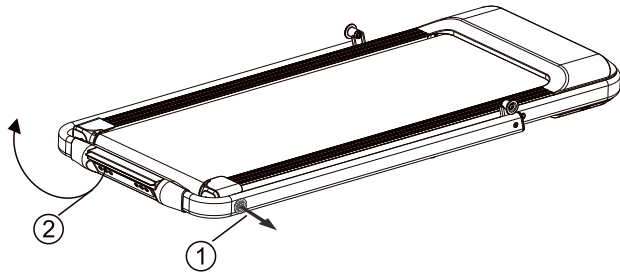
## Attached table (list of accessory boxes):

No.	Name	Qty.	Remarks
1	5mm inner hexagonal wrench	1	Twist the cross-head screw/hex screw
2	6mm inner hexagonal wrench	1	Running belt adjustment
3	Dull wrench	1	Internal disassembly of treadmill
4	Power cord	1	Methyl silicone oil
5	Safety lock	1	
6	Methyl silicone oil	2	
7	Manual and certificates	1	

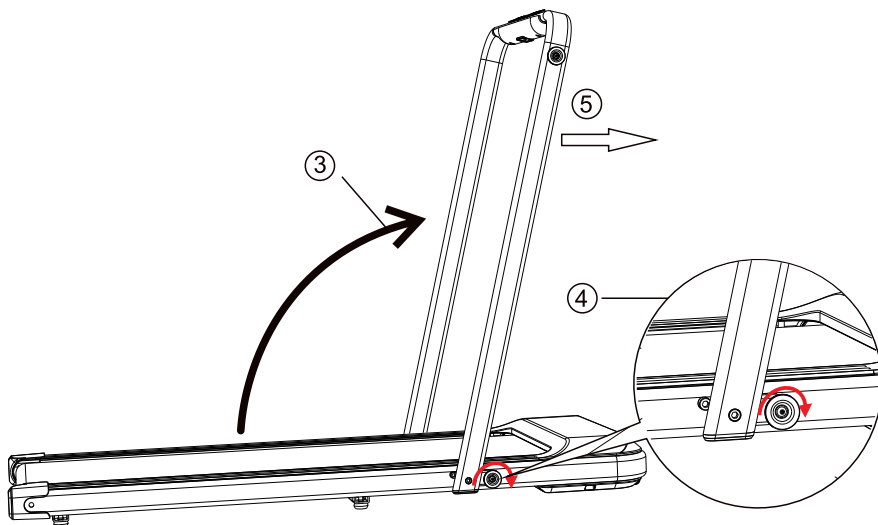
# Installation Procedure

## III. Installation Procedure

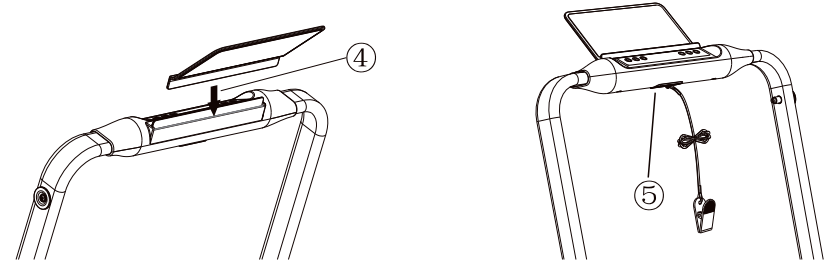
1. Take the treadmill out of the packing box and place it flat on the carpet or cushion, as shown in step ① below, pull the pin out of the slotted hole, do not release the knob at this time, and slowly lift up the riser as in step ②, and do not release the pin until it is higher than the side bar.



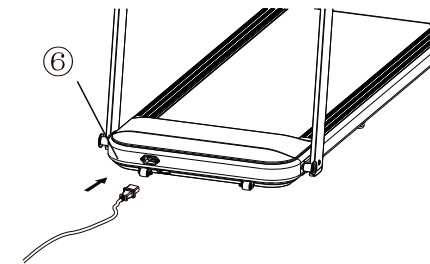
2. As shown in step ③ of the following figure, when the column is lifted up close to the limit point, hold the riser with your hand, as shown in step ④ of the following figure, rotate the pull-pin knob under the left and right columns to the right, and then push the column to the front of the treadmill as shown in step ⑤ until the pull pin is stuck in the hole.



3. As shown in step ④ below, insert the bracket plate into the bracket groove, as shown in step ⑤, place the red safety lock in the yellow position of the electronic meter stand, and clip the end with the clip to your clothes when running.

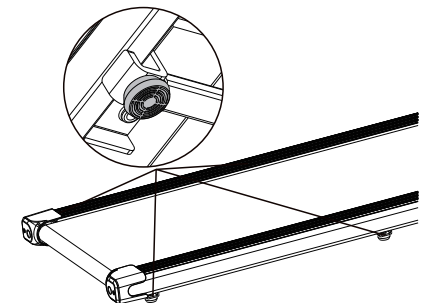


4. As shown in step ⑥ below, plug the power cord into the socket at the front of the treadmill, turn on the power, and turn on the power switch at the bottom of the front of the machine ④ to enter standby mode.



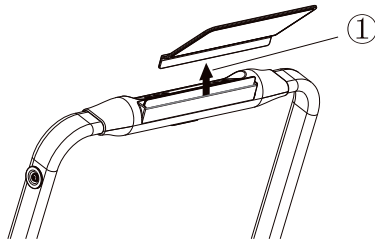
5. If the ground is uneven or the treadmill is shaking, please adjust the four adjustable foot pads at the bottom of the treadmill to appropriate positions. (as shown on the right)

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

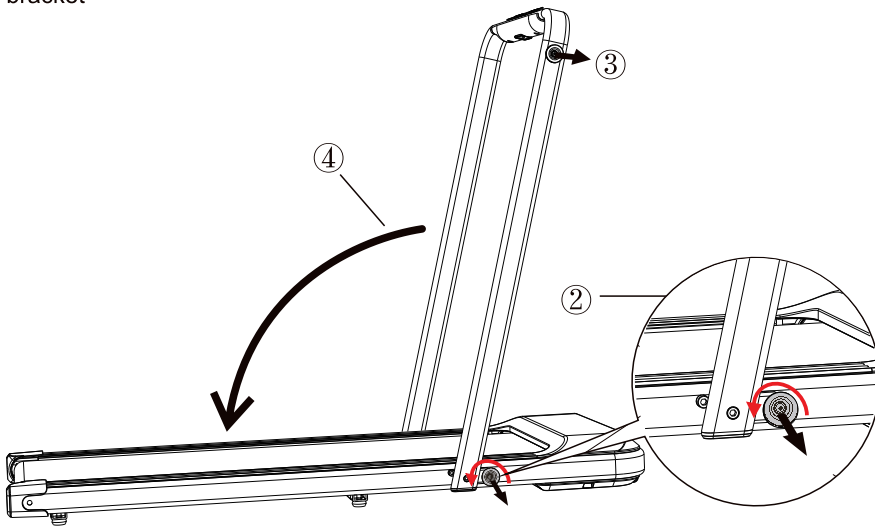


## Folding instructions

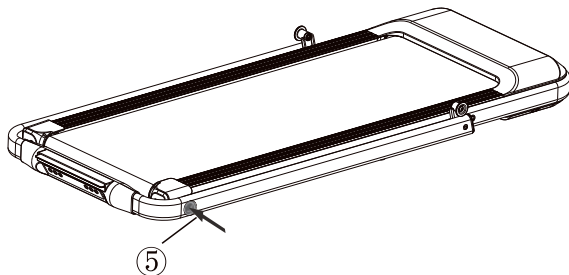
1. Take out the bracket plate upward as shown in step ① of the right figure



2. As shown in step ② of the figure below, hold the riser in one hand and pull the pull pin on the bottom side of the riser outward to the limit point, then turn the pull-pin knob to the left as shown in step ③ of the figure below and pull the pull-pin knob on the top side of the right riser outward (to prevent scratching the treadmill), as shown in figure ④, and then slowly lower the whole pipe meter bracket



3. As shown in step ⑤, when aligning the limit point, loosen the pin and rotate the main limit point.



## Sports Suggestions and Policies

### Sports Suggestions and Policies

#### Warm up

Please warm up for 5-10 minutes before each exercise.

#### Breathing

Do not hold your breath during exercise. It is recommended that you inhale with your nose and exhale with your mouth when you are ready to restore. Breathing and movement should be coordinated. If you breathe too fast, you should stop exercising immediately.

#### Frequency

The training of muscles in the same part should have a 48-hour rest, that is the same part can be trained every other day.

#### Load

Please determine the amount of training according to your physical condition, and then practice according to the principle of gradual progress. Muscle soreness is a normal phenomenon at the beginning of training, and can be eliminated as long as you continue to practice.

#### Relax

Please do 5 minutes of release action after each exercise, especially the stretching and relaxation of the foot muscles, so as to prevent the muscle from clotting and maintain the muscle elasticity.

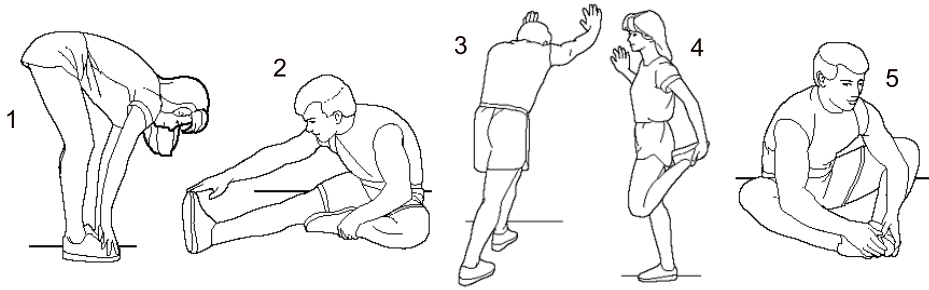
#### Diet

Please take exercise one hour after meals to protect your digestive system; Do not eat until half an hour after exercise. Drink less water during exercise. Do not drink too much water to avoid increasing the burden on the heart and kidneys.

# Operating Instructions

## Stretching Exercise

No matter how fast you exercise, please do stretching exercises first. Warm muscles are easier to stretch, so please walk for 5-10 minutes to warm up. Then stop and stretch for 5 times as follows, 10 seconds or more for each leg; Do it again after the exercise.



### 1. Stretch down

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

### 2. Hamstring stretch

Sit on a clean cushion, straighten one leg and pull the other leg inward to make it close to the inner side of the straight leg. Try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Fig. 2)

### 3. Calf and heel tendon stretch

Stand on the wall or tree with both hands, one foot behind, keep the back leg upright and the foot following the ground, and lean towards the wall or tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Fig. 3).

### 4. Quadriceps stretch

Hold the wall or table with your left hand to maintain balance, then extend your right hand backward to grasp your right ankle and slowly pull it towards your hip until you feel the muscles in front of your thigh are tense. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Fig. 4).

### 5. Sartorius muscle (muscle inside leg) stretch

Keep the soles of your feet facing each other and sit with your knees out. Grasp your feet and pull them toward your groin. Hold for 10-15 seconds, then relax. Repeat 3 times (see Fig. 5).

## Safety Lock Function

When the safety lock is pulled off in any state, "E07" is displayed in the window, and the buzzer BI-BI-BI is displayed continuously. If the motor is running, it will stop in an emergency. When the safety lock is disengaged, operations such as starting cannot be performed.

## How to use the treadmill

1. Turn on the power and check whether the machine is normal.
2. The machine is set up in running mode and walking mode: When the riser is locked, the treadmill is turned on in running mode and the speed is 0.6-7.6mph, when the riser is locked down, the treadmill is turned on in walking mode with speed of 0.6-3.8mph.
3. Clip the safety lock on the chest of the exerciser.
4. Please check the stability and function of the treadmill before exercise. It is strictly forbidden to start the treadmill while standing on the running belt. Before running, you should stand on the left and right bars and hold the treadmill. After starting normally, you can step on the treadmill. When turning on the machine, hold the handrail in one hand and press the "Start/Stop" button on the electronic meter. The treadmill will start with a 3-second delay and run at a speed of 0.6mph. Press "+" to increase the motor speed to 1.5 to 2.0mph (this is the most comfortable speed for learning to run), hold the handrail in both hands and step onto the running belt with both feet one after another, and you will soon be able to reach the same speed as the running belt.
5. After several minutes, you can increase the running speed by pressing the "+" button of the electronic meter to slowly increase the speed; you can also press the "-" button to decrease the speed.
6. When you need to pause during the exercise, you can press the "Pause" button of the electronic meter at any time to stop the motor, and press the "Pause" button of the electronic meter when you need to continue the exercise.
6. The motor can be stopped at any time during the exercise by pressing the Start/Stop button of the electronic meter.
7. Press the "3, 6" speed button directly at any speed during operation, and the running speed will be the relative speed value of the button.

**Note: If the safety lock is pulled off during exercise, the treadmill will stop running immediately, the electronic meter will refuse any operation, and "E07" will be displayed in the window.**

## Display and Button Distribution:

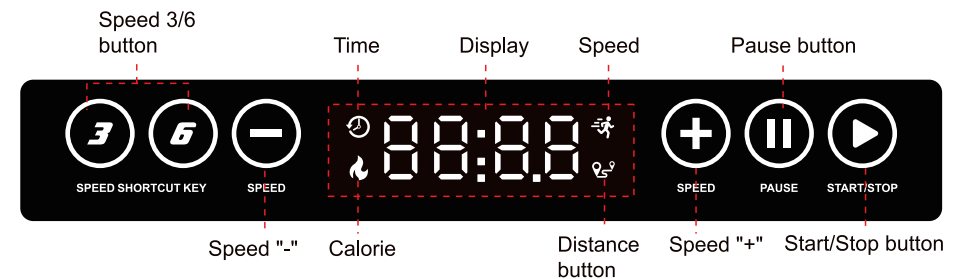
1. The following functions are displayed in the LED window:

Window display: time/speed/distance/calorie window: 5-second switch to display time, speed, distance

and calorie data, time display range: 0:00-99:59 Speed display range: 0.6~7.6

Distance display range: 0.00-99.99

Calorie display range: 0-9999





2. Electricity meter function buttons: 3, 6, Speed +, Speed -, Start/Stop, Pause
- A.3: Press this speed selection button at any speed during operation to adjust the running belt speed to 3 mph
- B.6: Press this speed selection key at any speed during operation to adjust the running belt speed to 6 mph.
- C.+ : Press this button to increase the speed during exercise.
- D.- : Press this button to reduce the speed during exercise.
- E. Pause: During exercise, the button will slow down and stop, and the exercise data will be paused. Pressing Pause in the stopped state will start the treadmill; the exercise data will be superimposed on the previous framedata.
- F. Start/Stop: Pressing the Start/Stop button while in a stopped state starts the treadmill; pressing the Start/Stop button while in the running state to slow down and stop the treadmill.

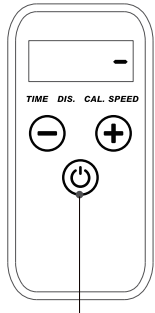
### Safety Lock Function

1. Stick the safety lock to the safety lock position on the panel, turn on the power switch, the buzzer will beep, and the system will enter the standby mode.
2. Press the Start/Stop button, the window will display a 3-second countdown, and the buzzer will sound once for each deceleration before the system starts.
3. The start speed is 0.6mph, and the speed can be adjusted by pressing the Speed + or - button.

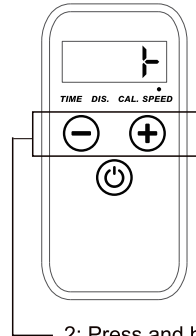
### Remote control pairing method

Treadmill: Press key 3 and key 6 at the same time in standby mode, and the meter will display P, indicating that the treadmill is searching for pairing.

Remote Control: When the remote control is off, press the Start/Stop button long time to turn on the machine, and then press and hold + and - at the same time for two seconds. the motion data will be displayed when the remote control display shows " \_ "



1: Press the "Start/Stop" button until "-" is displayed on the screen



2: Press and hold the "+" and "-" buttons simultaneously for two seconds until the "+" is displayed to indicate successful pairing

Remote control pairing method:

1. When the remote control is turned off, press and hold the "Start/Stop" button to turn it on, the screen will display "-", then press and hold the "+" and "-" buttons at the same time for 3 seconds, and then the remote control shows " + " symbol and start to search for treadmill.

2. When the treadmill is in standby status. The screen displays "00:00" while the remote control screen displays the " + " symbol. Press and hold the "3" and "6" shortcut buttons at the same time until you will hear the buzzer beeping, this means treadmill is seeking to be paired. Treadmill pairs successfully once we have heard the long beep.

### APP download:

Download EQiSports App



Instructions on how to download the iOS version of Apple mobile phone:  
Search EQiSports in the App Store to install and download;



Android version download instructions: Google Play Store search for EQiSports to install and download;



Method 2: Please scan the following QR code to download the app.

Please contact the dealers or our after-sales service for any questions.

Failure	Causes	Maintenance method
The treadmill doesn't work	No power supply	Insert the plug into the socket
	Power is not turned on	Set the power switch to the ON position
	The safety lock is not inserted	Insert the safety lock into the lock position
	Circuit signal system short circuit	Check the controller output terminal and signal line
	Burn fuse	Replace fuse
Running belt doesn't run smoothly	Insufficient lubrication	Add methyl silicone oil lubricant
	Tight running belt	Adjust the running belt
Running belt slipping	Loose running belt	Adjust the running belt
	Loose belt	Adjust the belt

## Error message display and troubleshooting

Failure	Causes	Maintenance method
E01	Poor communication	Reconnect the signal cable
E02	Check whether the motor wire is loose or falling off, and whether the carbon brush is worn out	Check whether the motor wire 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, replace the electric control.
E03	No sensing signal	Reconnect the induction wire
E04	Abnormal controller or motor	Abnormal controller or motor Replace the controller and motor when the load is too large
E05	Overload protection	Replace the electric control when the load is too large
E06	System self-test failed	Replace the electric control in case of system failure
E07	The safety lock is not inserted	Insert the safety lock into the lock position
Abnormal display	External interference	Turn off the power switch, and then turn on the power for operation after 1 minute

## VII. Maintenance

Proper maintenance will help keep your treadmill in the best condition.

Improper maintenance will damage or shorten the service life of the treadmill.

a. Regular inspection is required due to wear and damage; Worn or damaged accessories, such as motor, electric control, power cord, and running belt, are safe to use after professional maintenance.

b. Please replace the defective parts immediately or reduce the idle of the equipment until it is repaired; (such as power cord)

c. Pay special attention to the most easily worn components; (such as running belt)

d. Please have the power cord replaced by the manufacturer, its maintenance department or similar department when it is damaged to avoid danger.

### 1. Lubrication

The running belt must be lubricated with methyl silicone oil specially configured after a period of use.

### Suggestion:

- ◆ When the treadmill is used for less than 3 hours a week, it is recommended to lubricate it once every 5 months.

- ◆ When the treadmill is used for 4~7 hours every week, it is recommended to lubricate it once every 2 months.

- ◆ When the treadmill is used for more than 7 hours every week, it is recommended to lubricate it once a month.

Please lubricate the product with proper lubricant.

Remember: reasonable lubrication is an important factor to improve the life of the treadmill.

2. When checking whether lubricant is needed, please grab the running belt and touch the center of the back of the running belt with your hand as far as possible. If your hand is stained with silicone (a little damp), it means that you do not need to add lubricant. If the running board is dry and there is no methyl silicone oil in it, you need to add lubricant.

- ◆ Steps of applying lubricant to the running board: (as shown in the right figure)

- ◆ Stop the running belt and fold the machine;

- ◆ Lift the running belt at the bottom of the host; Extend the oil pot as far as possible to the middle of the running belt, spray methyl silicone oil on the inner side of the running belt, and apply both sides of the running belt with methyl silicone oil;

## Service Commitment Warranty

- ◆ Run the treadmill at the speed of 0.6mph to evenly apply methyl silicone oil, and gently step on the running belt from left to right, which can make methyl silicone oil completely absorbed by the running belt for about minutes.



### 3. Running belt adjustment:

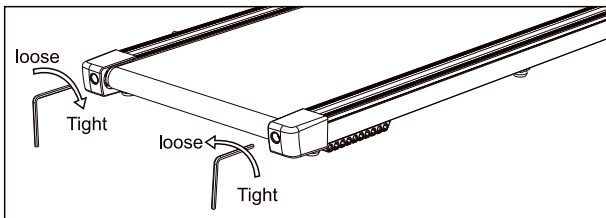
All treadmills shall be adjusted in the running belt before and after installation, but they may still loose after a period of use. If the user stops and slips during running, adjust the adjusting bolts of the running belt clockwise in half a circle. If the running belt is too loose, the running belt and the roller will slip, but if it is too tight, it will easily increase the load of the motor and damage the motor, running belt and roller.

### 4. Running belt deviation adjustment:

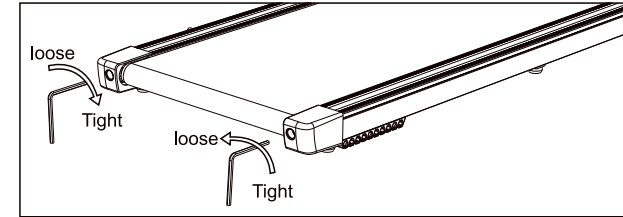
All treadmills shall be adjusted in the running belt before and after installation. However, deviation may still occur after the running period. The causes are as follows:

- ① The treadmill is placed unevenly.
- ② The user's feet are not in the center of during exercise.
- ③ Uneven strength of the legs.

**The deviation phenomenon caused by human can be restored to normal after idling for a minute. For the deviation phenomenon that cannot be restored to normal, a 6mm hex wrench can be used to adjust it in half a circle.**



When the running belt deviates to the left, adjust the left bolt clockwise or adjust the right bolt counter-clockwise.



When the running belt deviates to the right, adjust the right bolt clockwise or adjust the left bolt counter-clockwise.

Prompt: The running belt deviation is not within the scope of warranty, and can be maintained by the user according to the manual. The running belt deviation will seriously damage the running belt, and it must be found and corrected in time.

## VIII 、 Service Commitment Warranty

Proof of original purchase is required.

When ordering replacement parts please have the following information ready:

1. Order Number
2. Description of Parts(Add photos or videos would be helpful)
3. Part Number
4. Date of purchase

## FCC STATEMENT

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.

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

NOTE: 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.

To maintain compliance with FCC's RF Exposure guidelines, This equipment should be installed and operated with minimum distance between 20cm the radiator your body: Use only the supplied antenna.