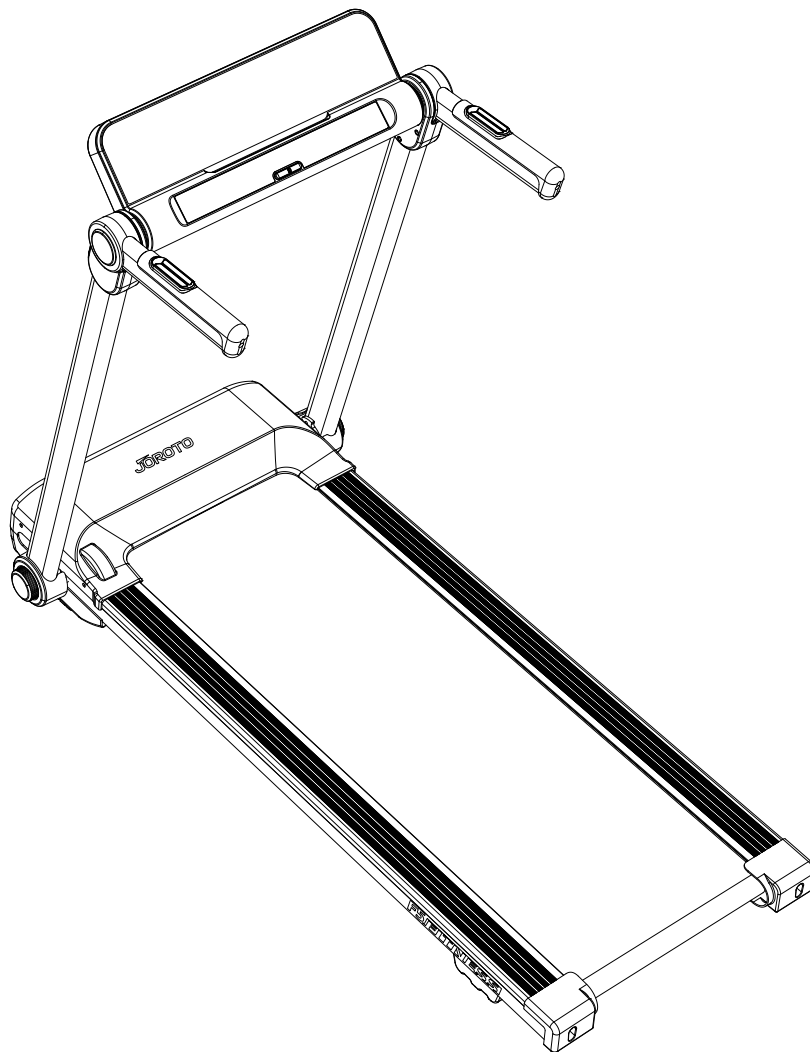


JOROTO[®]

User Manual



JOROTO-F5

TREADMILL

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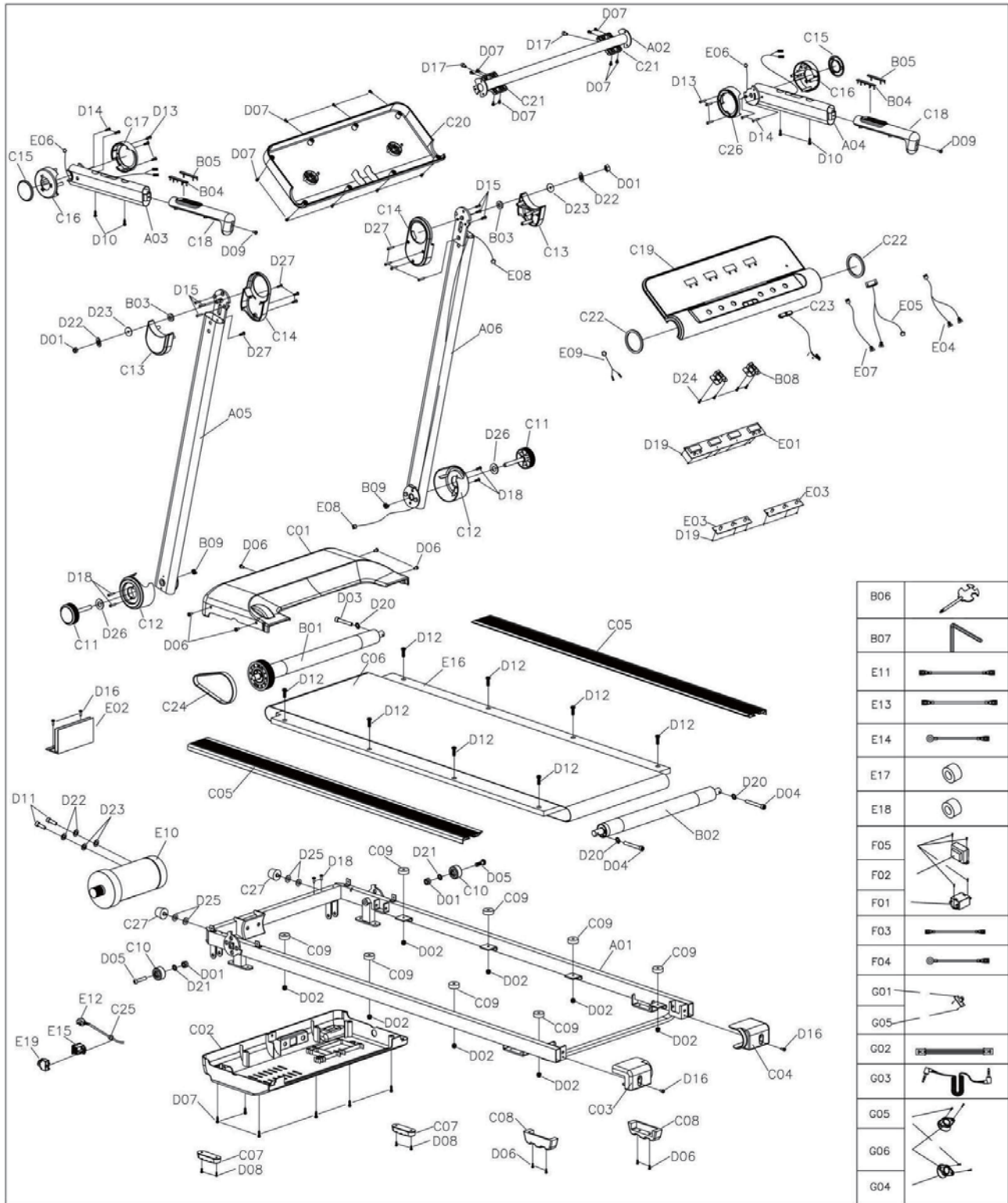


Read all instructions carefully before using this product. Retain this owner's manual for future reference. If you have any inquiries or require further assistance, please contact JOROTO Customer Support.

Scan the Instagram QR Code to reach us online!

Email: support@jorotofitness.com

EXPLODED-VIEW & PARTS LIST



B06	
B07	
E11	
E13	
E14	
E17	
E18	
F05	
F02	
F01	
F03	
F04	
G01	
G05	
G02	
G03	
G05	
G06	
G04	

NO.	NAME	SIZE	QTY	NO.	NAME	SIZE	QTY
A01	Treadmill welding	-	1	D03	Hexagon socket cap screw	M6*4	1
A02	Display support	-	1	D04	Hexagon socket cap screw	M6*55	2
A03	Left armrest assembly	-	1	D05	Hexagon socket button head screw	M8*40	2
A04	Right armrest assembly	-	1	D06	Cross-recessed pan head screw	M5*12	9
A05	Left column assembly	-	1	D07	Cross-recessed pan head tapping screw	ST4.2*12	22
A06	Right column assembly	-	1	D08	Cross-recessed pan head screw	M5*20	4
B01	Front roll set	-	1	D09	Cross-recessed pan head screw	M5*10	2
B02	Rear roll set	-	1	D10	Cross-recessed countersunk head tapping screw	ST4.2*40	4
B03	D washer	-	2	D11	Hexagon socket button head screws	M8*15	2
B04	Left pulse plate	-	2	D12	Hexagon socket countersunk head screw	M6*35	8
B05	Right pulse plate	-	2	D13	Cross-recessed countersunk head tapping screws	ST2.9*8	6
B06	Cross wrench	-	1	D14	Cross-recessed countersunk head tapping screws	ST4.2*12	4
B07	Equal length 5# hex wrench	-	1	D15	Hexagon socket countersunk head screw	M6*10	6
B08	Safety lock spring	-	2	D16	Cross-recessed pan head tapping screw	ST4.2*15	4
B09	compressed spring	-	2	D17	Hexagon socket cap screw	M6*15	2
C01	Motor upside cover	-	1	D18	Cross-recessed pan head self-drilling tapping screw	ST4.2*12	6
C02	Motor downside cover	-	1	D19	Cross-recessed pan head tapping screw	ST2.9*8	13
C03	Left rear cover	-	1	D20	Serrated Lock Washers Internal Teeth	6	3
C04	Right rear cover	-	1	D21	Serrated Lock Washers Internal Teeth	8	2
C05	Side rail	-	2	D22	Single coil spring lock washers--Normal type	8	4
C06	Running belt	-	1	D23	Flat C washer	8	4
C07	Front foot pad	-	2	D24	Cross-recessed pan head tapping screws	ST2.5*6	4
C08	Rear foot pad	-	2	D25	Big C washer	φ10*φ26*2.0	4
C09	Black cushion	-	8	D26	Flat C washer	10	2
C10	Adjustable caster	-	2	D27	Cross-recessed countersunk head tapping screws	ST4.2*16	8
C11	Knob assembly	-	2	E01	Display	-	1
C12	Downside column cover	-	2	E02	Control board	-	1
C13	Upside column outer cover	-	2	E03	Panel	-	2
C14	Upside column inner cover	-	2	E04	Panel with FFC	-	1
C15	Armrest outer cover	-	2	E05	Pulse upper wire	-	1
C16	Armrest middle cover	-	2	E06	Pulse lower wire	-	2
C17	Armrest inner cover	-	1	E07	Display upper segment	-	1
C18	Armrest cover	-	2	E08	Display lower segment	-	1
C19	Display upside cover	-	1	E09	Safety lock wire	-	1
C20	Display downside cover	-	1	E10	DC motor	-	1
C21	Display rotating fixed cover	-	2	E11	AC power cord	200 brown	2
C22	EVA pad	-	2	E12	Standard power cord	-	1
C23	Security lock	-	1	E13	AC power cord	200 blue	1
C24	Ribbed belt	-	1	E14	Earth line	350 yellow-green	1
C25	Power cord buckle	-	1	E15	Square toggle switch	-	1
C26	Right armrest inner cover	-	1	E16	Running board	-	1
C27	Conical cushion	-	2	E17	Magnetic ring	-	1
D01	Hexagon nuts	M8	4	E18	Magnetic core	-	1
D02	Hexagon nuts	M6	8	E19	Overload protector	10A	1

SAFETY INSTRUCTION

Warning: Consult your GP before starting to exercise on this device. Should you want to exercise regularly and intensively, the approval of your GP would be advisable. This is especially crucial for users with health problems.

1. To avoid possible injury, read all instructions and warning labels before using this machine.
2. Use the treadmill solely as described, and subject to all limitation and restrictions.
3. It is the full responsibility of the owner to assure that anyone using the machine is aware of all precautions and is physically and medically capable of using the treadmill without injury.

Cautions

1. We recommend that handicapped people should only use the device when qualified care is present.
2. When using the fitness device, wear comfortable clothing and preferably sports or aerobic shoes.
3. Avoid wearing loose clothing which could get caught in the moving parts of the device.
4. Stop exercising immediately should you feel unwell or if you feel pain in your joints or muscles. In particular, keep an eye on how your body is responding to the exercise program. Dizziness is a sign that you are exercising too intensively with the device. At the first signs of dizziness, lay down on the ground until you feel better.
5. Ensure there are no children nearby when you are exercising on the device. In addition, the device should be stowed in a place that children or house pets cannot reach.
6. Ensure that only one person at a time uses the fitness device.
7. After the sports device has been set up according to operating instructions, make sure all screws, bolts, and nuts are correctly fitted and tightened. Use only attachments recommended and/or supplied by the importer.
8. Do not use a device that is damaged or unserviceable.
9. Always place the device on a smooth, clean, and sturdy surface. Never use near water and make sure there are no pointed objects in the direct vicinity of the fitness device. If necessary, place a protective mat (not included in the scope of delivery) to protect your floor underneath the device and keep a free space of at least 0.5 m around the device for safety reasons.

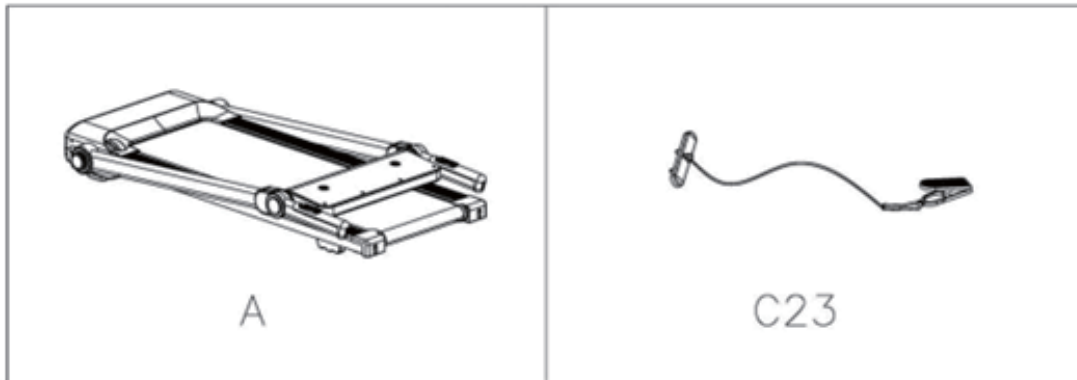
10. Take care not to put your arms and legs near moving parts. Do not place any material in openings in the device.
11. Use the device only for the purposes described in these operating instructions. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent, or similarly persons in order to avoid a hazard.
12. This type of treadmill is H class C grade household treadmill.
13. Always connect the appliance to a socket with a grounded circuit and no other appliances connected to it. It is recommended not to use any extension cords.
14. When the treadmill is running, there should be no objects within half a meter around the treadmill and two meters directly behind it.
15. If you run too fast, feel too weak, or can't keep up with the rhythm of the treadmill, and suddenly don't want to run and are caught off guard, pull the safety lock, hold the handrail of the treadmill with both hands, and quickly jump to the safety pedal, the safety lock will be released and play the role of emergency stop, convenient and quick to protect the personal safety of the runners.

Prohibition

1. Do not use this product if room temperature is above 104 F/40C.
2. Keep all conductive devices away from any liquids.
3. Do not place any items on the treadmill's running belt.
4. Do not allow the ventilation port on the motor cover to be blocked by debris while the machines operating.
5. Regularly check the handrail locks, and do not put your hands on rotatable joints.
6. To avoid damaging the machine, do not put your fingers or any foreign objects into the belt gap.
7. Do not touch the power cord or power switch with wet hands.
8. Do not place the treadmill outdoors or near a water source.
9. Do not place treadmill near electric heaters, stoves, or areas with direct sunlight.

ASSEMBLY INTRODUCTION

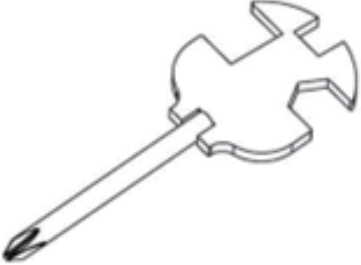
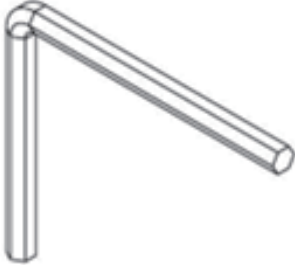
The following figure is a loose picture of the components installed on the whole machine. Open the packing box, and you can take out the following parts:



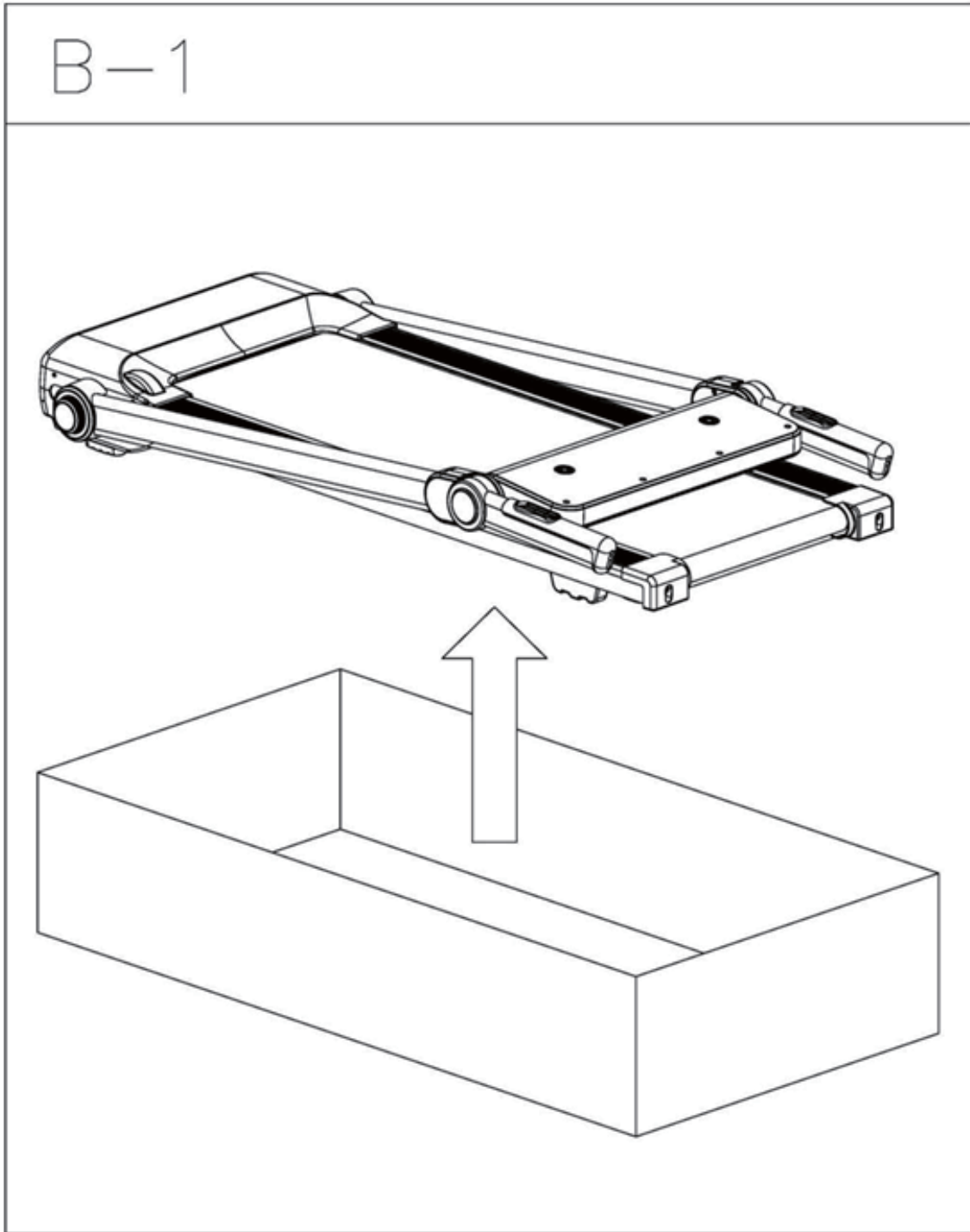
Parts list:

NO.	Specification	QTY
A	Main frame	1
C23	Safety lock	1

Hardware pack:

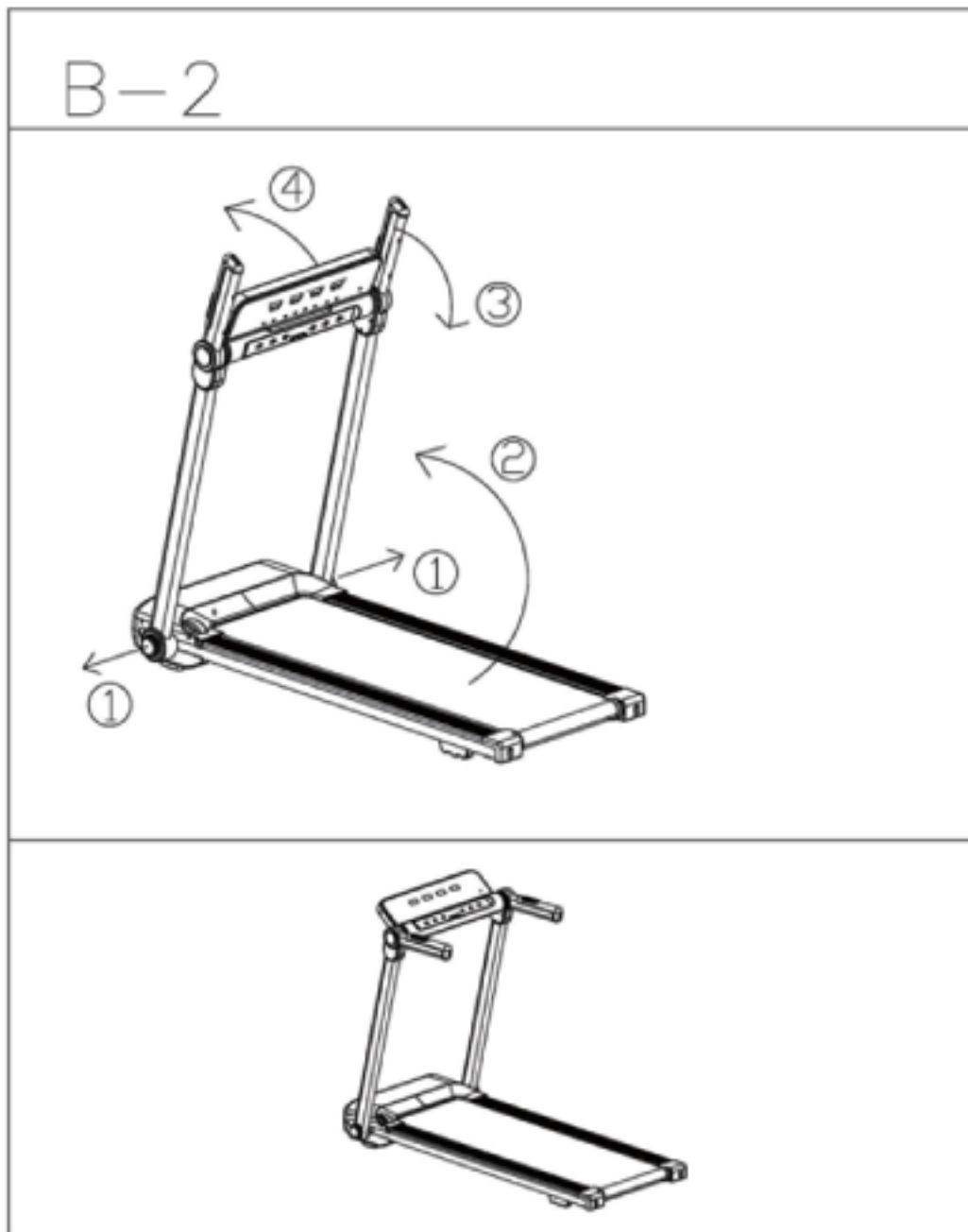
B06 S=13、14、15(1X)	B07 S5(1X)
	

Step 1:
Take out the Treadmill from the box.



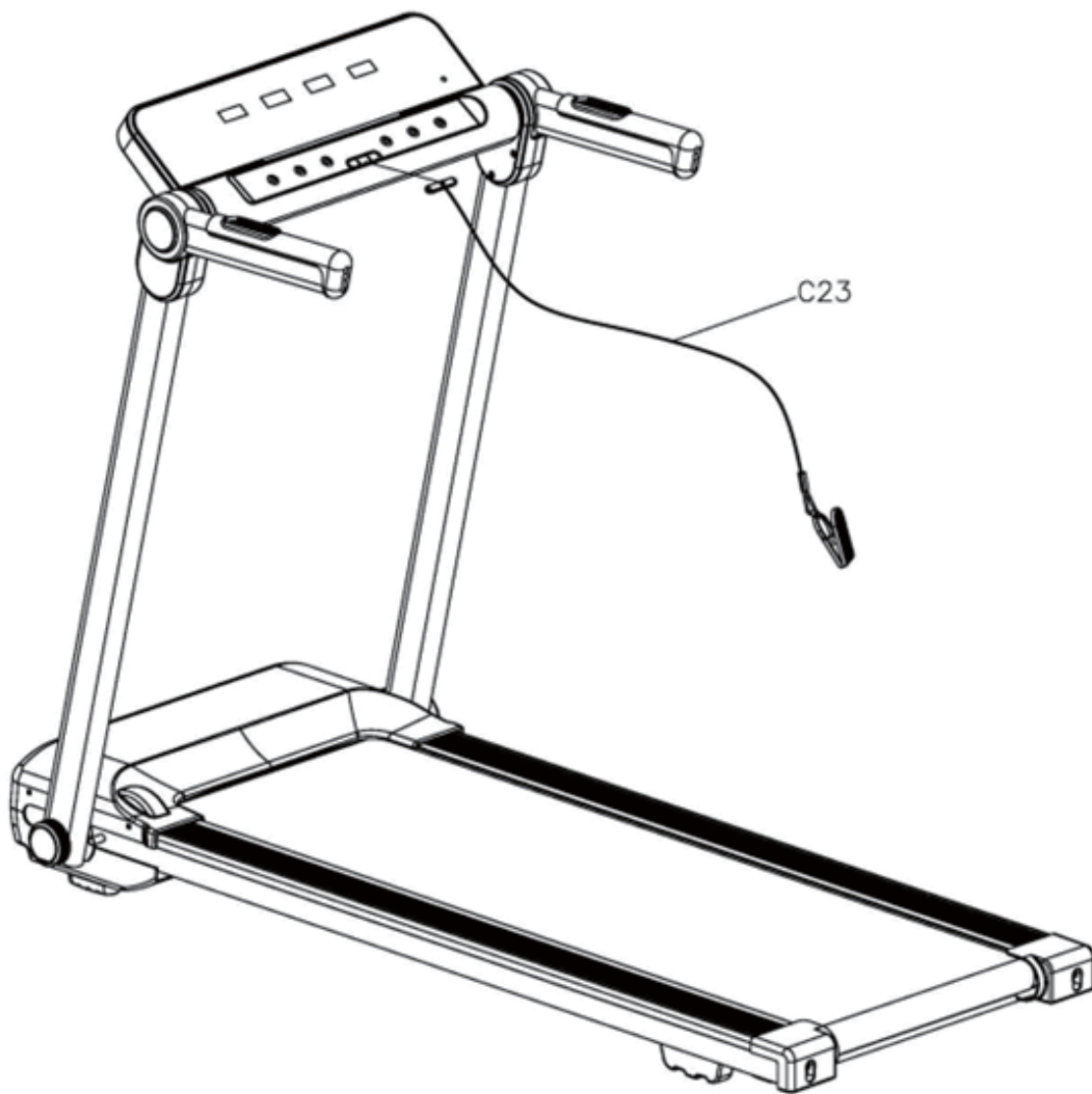
Step 2:

1. Turn the knob on the left and right columns to loosen the inner and outer gears on both sides.
2. Rotate the column upward till the column baffle is fixed, tighten the knob to tight and fix the gear.
3. Rotate the armrest till the armrest is fixed.
4. Rotate and adjust the display to the appropriate position.



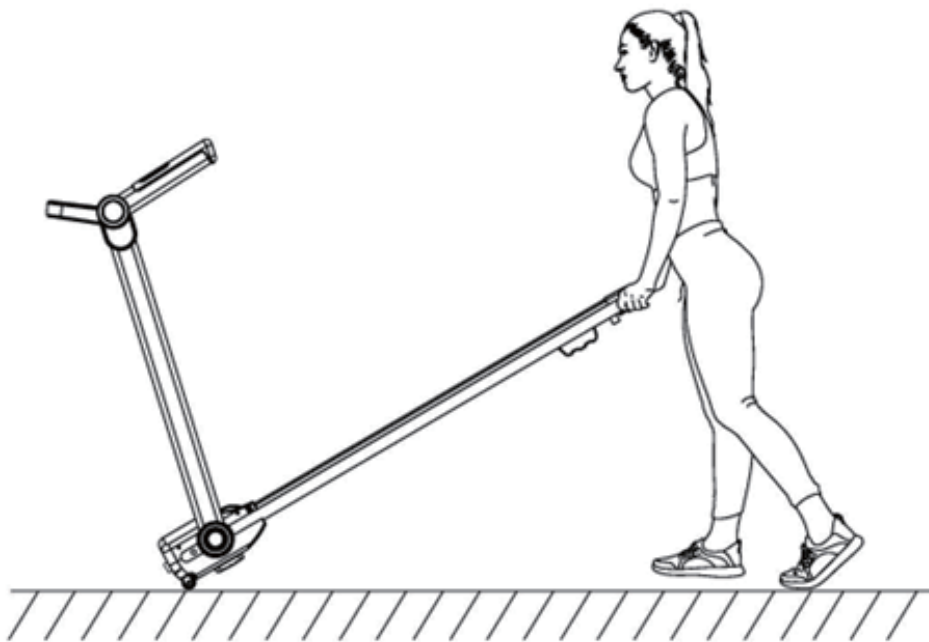
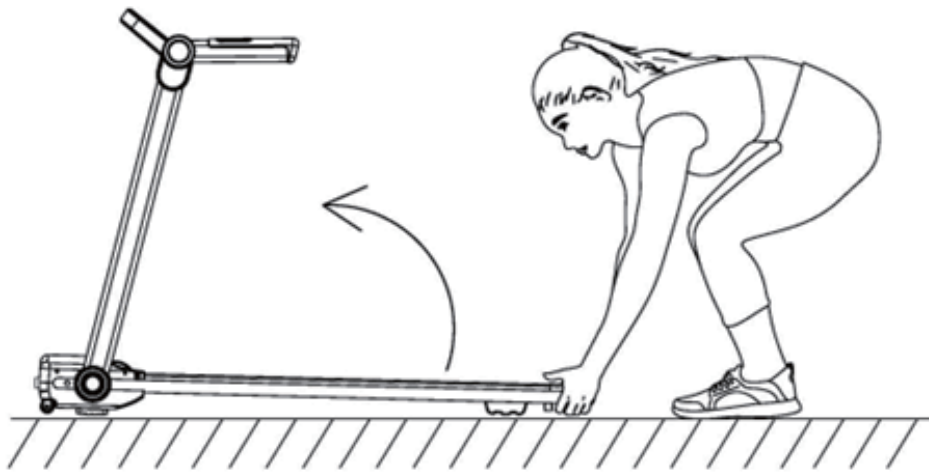
Step 3:
Plug the safety lock into the treadmill.

B-3



MOVING THE TREADMILL

C-1

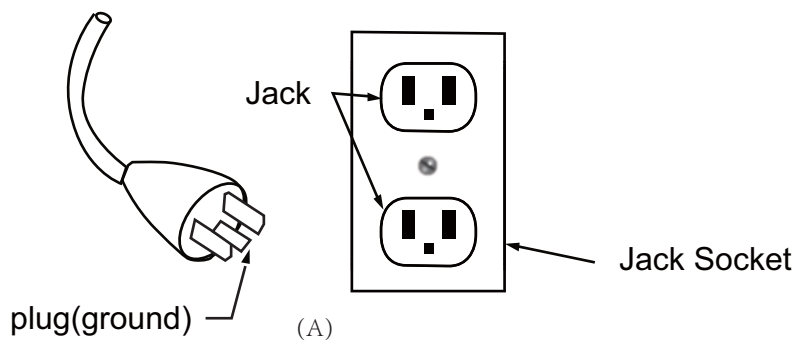


TECHNICAL SPECIFICATION

Column Open Dimensions	57.8x28x44.2in	Nominal voltage	110V
Column Folded Dimensions	57.8*28*8.2in	Rated frequency	60Hz
Belt Size	16.1*47.2in	Continuous	1.0Hp
Net Weight	83.7lbs	Speed Range	0.6---8.5mph
Lifting Slope	None	Max Load	265lbs
LED Display	Speed Time Dis CAL Pulse Steps		

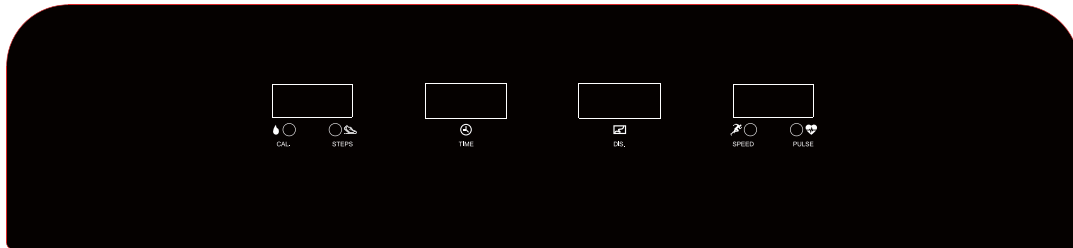
POWER GROUNDING INSTRUCTION

Please refer the following picture.



This product must be grounded. In the event of a fault, grounding provides the path of least resistance to the current to reduce the risk of electric shock. This product is equipped with a power line equipment grounding conductor and grounding plug. This plug needs to be inserted into a socket that meets the specifications. If you have related concerns, please first find a professional electrician for inspection or modification. The normal service voltage of this product is 110 V.

DISPLAY OPERATION



1. OPERATION OF DISPLAY:

1. "SPEED/PULSE" : Display speed data, the speed range is 0.6-8.5MPH (British system) / 1.0-14.0 KM/H(Metric system); When the trainer holds the heartbeat sensor handle with both hands for about 5 seconds, the product can automatically detect the pulse data of trainer and display it. Pulse: 50-200 Times/ Min (This data is for reference only and should not be used as medical information.)
2. "TIME" : Display time data. Forward timing range is 0:00-18:00 hours, when counting reaches the maximum time, counting will reset while the treadmill will keep running. The count down decreases from the set time to 0 (The maximum is 99 minutes, and the display mode is consist of minutes and seconds, for example, "99:00"). When the countdown reaches 0:00, the treadmill slows down smoothly until stop and displays "End". The treadmill enters standby state 5 seconds after the treadmill stops completely.
3. "CALORIES/STEPS" : This screen switches between displaying calories and steps every 5 seconds. It displays the calories burned by the trainer. The range of calorie is 0-999, it counts down from the set value to 0. When it reaches 0, the treadmill slows down till stops and displays "End". The treadmill enters standby mode 5 seconds after coming to a complete stop. In programming mode, it displays "P1-P2-P3...P9-FAT". When displaying the number of steps, the counter counts up to 9999 before resetting to 0.
4. "DISTANCE" : This screen displays distance, forward count from 0.00-99.9, when it reaches peak and start from 0.00 again. The count down decreases from the set value to 0. When the count down reaches 0, the treadmill slows down smoothly till stop and displays "End". The treadmill enters standby mode 5 seconds after coming to a complete stop.

2.KEY FUNCTION :

1. “START”: When the power is on and the safety lock is put on, press this to start the treadmill at 0.6MPH (British system) or 1.0KM/H (Metric system) after 3 seconds count down.
2. “STOP”: When treadmill is running, press this button to stop treadmill, all data remains still and display “PAU”. In the pause state, press “ START ” to continue running, and press “ STOP ” again to stop and reset.
3. “MODE”: Press this key to select 0.0, 15:00, 1.00, 50.0, and 5000. (“0.0” indicates the default operating mode, “15:00” indicates the time count down mode, “1.00” indicates the distance count down mode, and “50.0” indicates the calorie count down mode. “5000” indicates the step count down mode.)The “+” or “-” can be used to set the relevant count down mode. After setting, press “ START ” to start the treadmill.
4. “PROG”: In standby mode, press the button to repeat manual mode P01-P02-P03...-P9-FAT. You can press “START ” to start treadmill after selecting program. You can also press “ SPEED+ ” and “ SPEED- ” to adjust the running time of the program before starting the treadmill.
5. “SPEED+” “SPEED- ”: “SPEED+ ” : Press this to decrease the speed by 0.1MPH (British system)/ 0.1KMH (Metric system). “SPEED- ” : Press this to increase the speed by 0.1MPH (British system)/ 0.1 KMH (Metric system).
6. “Safety lock”: If you encounter an emergency while using the treadmill, disconnect the safety lock and the treadmill will come to a halt.
7. Switch Kilometer/ Mile: Press and hold the “SPEED-” and “SPEED+” keys while unplugging the safety lock in standby state. After 5 seconds, the system will switch British/ Metric system. The loudspeaker will emit a "Bi" sound and the corresponding speed will be displayed in the speed screen, such as "1.0" for kilometers and "0.6" for miles.

Note: Pressing any other keys in any other modes has no effect.

3.ENTERTAINMENT FUNCTION (OPTIONAL):

When the product is connected to the power supply and MP3 or other audio equipment, the display can play music. The sound can be adjusted in the audio equipment, please be careful to control the sound so as not to affect the quality of the sound and the built-in audio circuit.

4.MANUAL MODE:

1. In the standby state , press the start/stop key, the treadmill starts to run, and the initial speed is 0.6MPH (British system)/ 1.0KM/H (Metric system). In other screens, counting starts from 0. Press “ SPEED+” and “ SPEED-” to change the speed.
2. In the standby state , press “ MODE ” to enter the time countdown mode. The TIME displays 15:00 and blinks. Press “ SPEED+ ” and “ SPEED- ” to set the time. Range : 5: 00—99: 00.

3. In the time countdown mode, press MODE to enter the distance countdown mode. The DIS displays “1.00” and blinks. Press “ SPEED+ ” and “ SPEED- ” to set the distance. Range: 0.50—99.9.
4. In the distance countdown mode, press “MODE” to enter calorie countdown mode. “CAL” displays “50.0”and blinks. Press“SPEED+” ,“SPEED-” to set calorie. Range: 10.0—999.0.
5. In the cal countdown mode, press “MODE” to enter step countdown mode, “STEPS ” displays “5000” and blinks. Press “SPEED+”, “SPEED-” to set steps. Range: 100—9900.
6. Select one of four countdown modes and press “START”, the treadmill starts running after 3 seconds of counts down. Press “SPEED+” and “SPEED- to change the speed. Press “STOP” to stop the treadmill.

5.PROGRAM:

This system has 9 inset programs P1-P9. In the standby state, press “PROG” button , “Calorie” section displays “P1-P9”. Select your favorite program and enter the training time setting. At this time, the “Time” section blinks. The preset time is 10:00. Press “SPEED+” and “SPEED-” to set the required time, and press “START” to start the program.The program is divided into 10 sections, the training time of each section = set time/ 10. When entering the next section, the system will emit a “Bi” sound, and the speed of the system will change with the program section. Meanwhile, the SPEED can be adjusted by pressing “SPEED +” and “SPEED-” , but when the program enters the next section, the speed will be reset. After finishing a program, the system will emit “Bi” sound for 6 times, the treadmill smoothly slows down till stop and displays “End”, it enters standby state 5 seconds later.

6.PROGRAM SPECIFICATION :

Each program divides the training time into 10 equal parts, each time period has a corresponding speed. Attached table: (P1—P9 program picture).

PROGRAM TABLE (BRITISH SYSTEM)

Time Program		Set time / 10 = Each section time									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.2	2.5	1.8	2.5	1.8	3.1	2.5	1.2	3.1	1.8
P2	SPEED	1.2	3.1	2.5	3.7	2.5	3.7	2.5	1.2	2.5	1.2
P3	SPEED	1.2	3.1	2.5	3.1	2.5	3.1	2.5	1.2	1.8	1.2
P4	SPEED	1.8	3.7	4.3	3.1	5	3.1	5.6	3.7	2.5	1.8
P5	SPEED	1.8	3.7	4.3	3.1	5	3.7	4.3	3.7	2.5	1.8
P6	SPEED	1.2	5	3.7	2.5	3.1	5.6	4.3	3.1	2.5	1.8
P7	SPEED	1.2	3.7	4.3	2.5	2.5	4.3	2.5	1.2	2.5	1.2
P8	SPEED	1.2	2.5	3.7	5	4.3	5	3.7	1.2	1.8	1.2
P9	SPEED	1.2	2.5	3.1	3.1	3.7	3.1	3.7	1.8	1.8	1.2

PROGRAM TABLE (METRIC SYSTEM)

Time Program		Set time / 10 = Each section time									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	2	4	3	4	3	5	4	2	5	3
P2	SPEED	2	5	4	6	4	6	4	2	4	2
P3	SPEED	2	5	4	5	4	5	4	2	3	2
P4	SPEED	3	6	7	5	8	5	9	6	4	3
P5	SPEED	3	6	7	5	8	6	7	6	4	3
P6	SPEED	2	8	6	4	5	9	7	5	4	3
P7	SPEED	2	6	7	4	4	7	4	2	4	2
P8	SPEED	2	4	6	8	7	8	6	2	3	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2

7. BODY DETECTION FUNCTION

In the standby state, continuously press “PROGRAM” to enter the body detection function (FAT), and press “MODE” to enter the F-1, F-2, F-3, F-4, F-5 section (F-1-- gender, F-2 -- age, F-3 -- height, F-4 -- weight, F-5 -- body detection). Press “SPEED+” and “SPEED-” to set parameters from 01 to 04 (parameters in the following table). After setting the parameters, press “MODE” to enter the F-5 body detection section. After holding the heart rate board with both hands for 2-3 seconds, your Body Detection Data (FAT) is used to measure the connection of your height and weight, but doesn’t mean your body ratio. FAT can be used for male and female, it can offer reference of weight adjusting combining with other health data. (This data is for reference only and should not be used as medical information.)

F-1	Sex	01 Male	02 Female
F-2	Age	10-----99	
F-3	Height	100----200(cm)/ 40---80(inch)	
F-4	Weight	20-----150(kg)/ 44-----330(lb)	
F-5	FAT	≤19	Underweight
	FAT	=(20---25)	Normal weight
	FAT	=(26---29)	Overweight
	FAT	≥30	Obesity

8. LUBRICATION

1. When the treadmill runs 188 miles or 300 kilometers, the display beeps every 10 seconds and the screen shows “OIL”. Which means the treadmill needs lubrication. Refer to the Maintenance of the manual for lubrication methods. Grease must be added to the middle part of the running board.
2. After filling the lubricating oil, press the “STOP” button for 3 seconds in the standby state, and the lubrication reminder will be gone.

9. RANGE OF EACH VALUE :

Setting parameters	Initial setting	Initial value	Setting range	Display range
Time (minutes:seconds)	0	15: 00	5: 00--99: 00	0: 00--59: 59 (Minutes:Seconds) 1: 00--18: 00 (Hour:Minutes)
Speed (MPH) / (KM/H)	0.0	0.6MPH/ 1.0KM/H	0.6--8.5MPH/ 1.0--14.0KM/H	0.6--8.5MPH/ 1.0--14.0KM/H
Distance(mile)	0	1.0	0.5--99.9	0.0--99.9
Pulse (times/minutes)	/	/	/	50-200
Calories(kcal)	0	50	10--999	0--999

1.0 Power saving mode:

This system has the power saving function. If there is no button pressed within 10 minutes in the standby state, the system will enter the power saving mode and automatically close the display. Press any button to reawaken the system.

1.1 USB Charge(Optional):

Charge your mobile device through a USB jack.

1.2 Shutdown:

At any time, you can turn off the treadmill by turning off the power switch, it will not damage the treadmill.

1.3 Cautions:

1. Check whether the power supply is loaded before movement. Check whether the emergency stop switch works.
2. Please clip the safety key to the appropriate position of your clothes when training. Prevent accidents during training. If an accident occurs, pull the safety key in time and the treadmill will stop immediately.
3. Please contact the seller if you have any problems with the treadmill.

1.4 Error code and troubleshooting:

1. No display
 - A. Check overload protector, replace driver.
 - B. Turn the power switch to the ON position.
 - C. Replace the signal cable and plug it in again.

D. Check whether the power cable between the display and the motor is properly inserted. Remove the column to check each section of the connection cable between the display and the motor, and ensure that each wire core is fully inserted. If the communication power cable is bad (damaged or broken), reconnect or replace the cable.

2. "E01"-----Communication failure

A. Reconnect the cable .

B. Change the cable .

C. Change the driver .

3. "E02"-----Burst production or motor failure

A. Power off the treadmill, restart it after 4-5 minutes .

B. Check the motor wire connection or replace the controller .

4. "E05"-----Over-current production

A. Power off the treadmill, restart it after 4-5 minutes .

B. The running belt needs lubrication, or the controller is damaged .

C. Check whether there is a flowing sound or burning smell when the motor is running, and replace the motor .

STATING GUIDANCE

Preparation:

Before using the treadmill, stand next to it and familiarize it with the controls of starting, stopping and speed adjustment before you use it. While you are preparing to use the treadmill, do not stand on the running belt. Straddle the running belt by placing your feet on both side rails of the treadmill deck. Place your foot on the belt only after the belt has begun to move at a consistent slow speed. During exercise , keep your body and head facing forward at all times. Never attempt to turn around on the treadmill when the running belt is still moving.

Exercise frequency:

Aim to exercise 3-5 times a week for 15-60 minutes each time. It's better to set a schedule first, rather than doing it according to your own preferences. You can control the intensity of the exercise by adjusting the speed and slope yourself. We recommend that you don't set a slope at the beginning. But when you want to increase the intensity of your exercise, increasing the slope of a treadmill is a great way to reach it.

SAFETY TRAINING INSTRUCTION

Consult a medical provider or fitness specialist before starting any exercise. This is especially important for individuals over the age of 35 or for those with health conditions. If you are a regular user of treadmill, when selecting a pace, you can choose a normal walking pace or a jogging pace. If you are inexperienced or unsure of the most appropriate test speed, follow these guidelines:

Speed: 0.6--1.9 MPH People have poor physique
Speed: 1.9--2.8 MPH People who are sedentary or inactive
Speed: 2.8--3.7 MPH Regular walker
Speed: 3.7--4.7 MPH Fast walker
Speed: 4.7--5.6 MPH Jogger
Speed: 5.6--7.5 MPH Medium runner
Speed: 7.5--8.5 MPH Professional runner
Cautions: walker \leq 3.7 MPH, runner \geq 5.0 MPH

EXERCISE GUIDANCE

WARM-UP EXERCISE

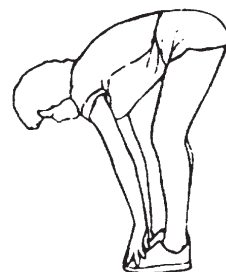
A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down or relaxation period after the exercise session ensures that you do not experience any muscular problems. In the following you will find stretching exercise instructions for warming up and cooling down. Please pay attention to the following points:

1. NECK EXERCISES

Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again. You can repeat this exercise alternately several times.

2. EXERCISES FOR THE SHOULDER AREA

Lift the left and right shoulders alternately, or lift both shoulders simultaneously.

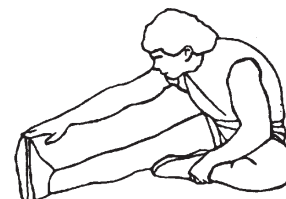


3. ARM STRETCHING EXERCISES

Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side. Repeat this exercise several times.

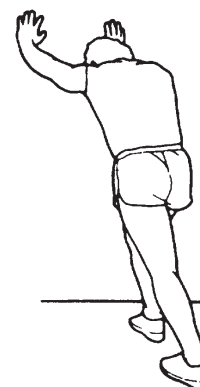
4. TOUCH TOES

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20-30 seconds if possible.



5. EXERCISES FOR THE KNEES

Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30-40 seconds if possible.



6. EXERCISES FOR THE CALVES/ACHILLES TENDON

Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30-40 seconds if possible.



7. EXERCISES FOR THE UPPER THIGH

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.



8. INSIDE UPPER THIGH

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30-40 seconds if possible.

MAINTENANCE

Warning: Unplug the power cord before cleaning or maintaining the treadmill

Cleaning: Regular cleaning of the striding belt ensures a long product life.

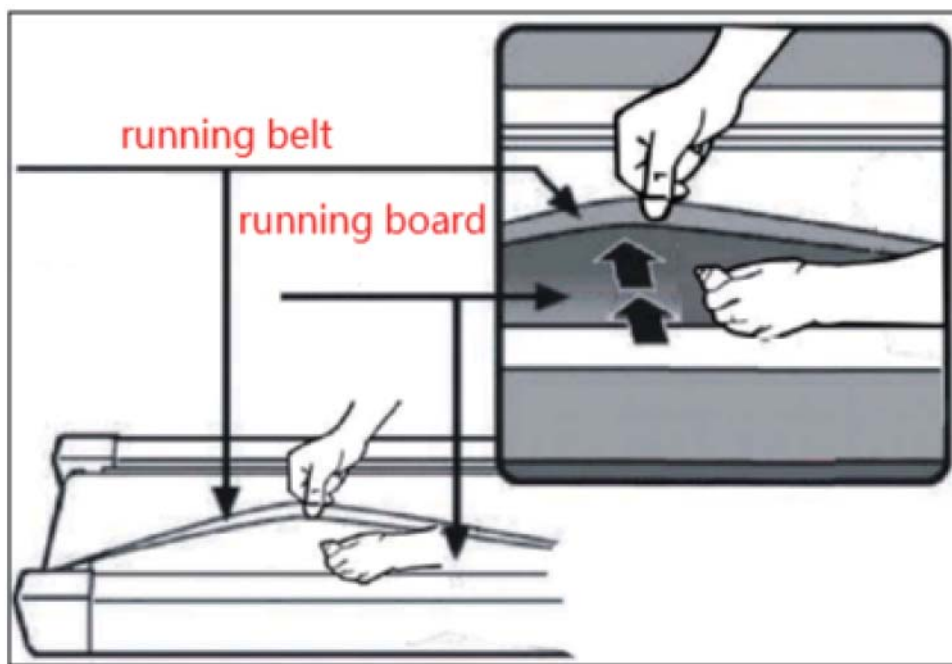
Wipe the console and other surfaces with a clean soft and damp cloth to remove sweat residues. Caution: Do not use any abrasives or solvents. To avoid damage to the computer, keep any liquids away. Do not expose the computer to direct sunlight.

Warning: Unplug the power cord before remove the front motor cover. Open the motor cover at least once a year to vacuum and clean the motor.

Lubrication

The treadmill is factory-lubricated. However, it is recommended to check the lubrication of the treadmill regularly, to ensure an optimal operation of the treadmill. It is usually not necessary to lubricate the treadmill in the first year or the first 500 hours of operation.

After every 3 months of operation, lift the sides of the treadmill and feel the surface of the belt, as far as possible. If traces of silicon spray are found, lubrication is not necessary.



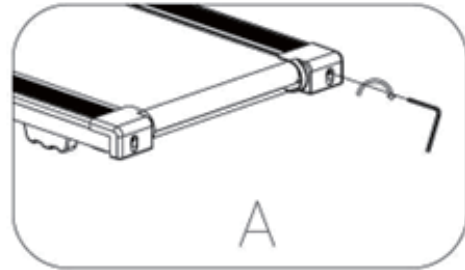
RUNNING BELT ADJUSTMENT

You may need to adjust the running belt during the first few weeks of use. All running belts are properly set at the factory. It may stretch or off the center after use. Stretching is normal during the break-in period.

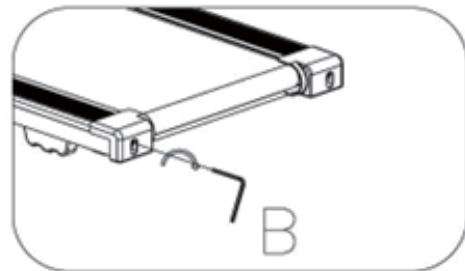
CENTERING THE BELT:

Start the treadmill without anyone on the running belt, running the treadmill at about 3.8-4.9MPH. Then, observing whether the running belt is toward the right or left side of the deck.

If toward the right side of the deck, turn the right adjustment bolt clockwise 1/4 turn and the left adjustment bolt counter clockwise 1/4. Pic.A

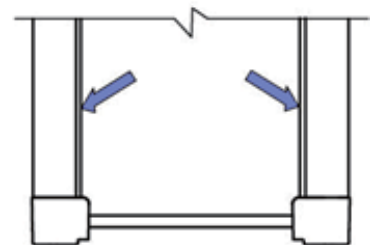
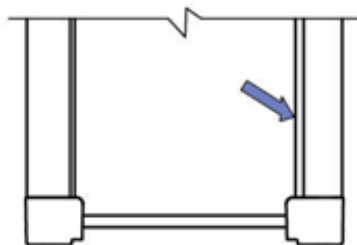
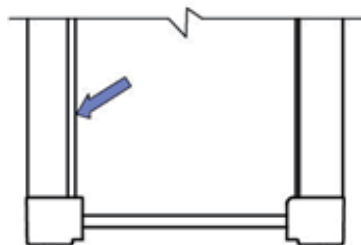
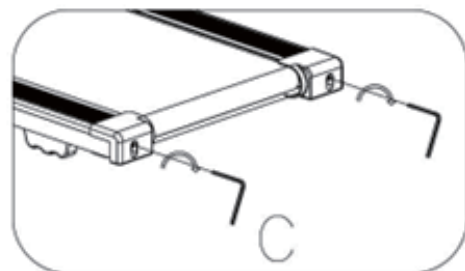


If toward the left side of the deck, using wrench, turn the left adjustment bolt clockwise 1/4 turn and the left adjustment bolt counter clockwise 1/4. Pic.B



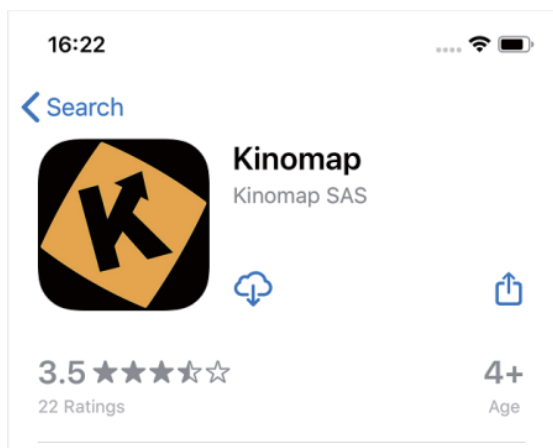
If the belt is still not centre, repeat the above step until the running belt is on centre.

Running belt in the above adjustment or after a period of time will gradually get loose, need to be adjusted. Remove the safety lock, turn the adjusting bolts on both sides clockwise 1/4 turn, insert the safety lock, make the treadmill run, then stand on the running belt to confirm the tightness. Pic.C



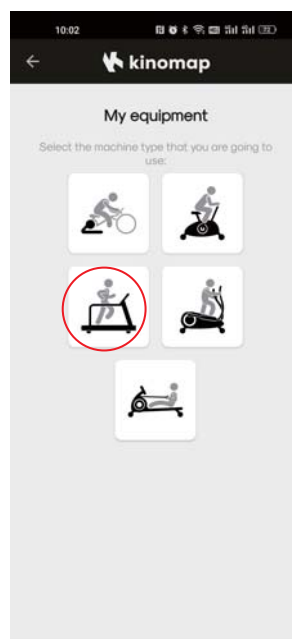
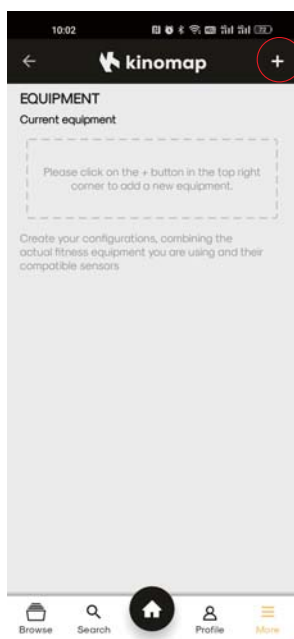
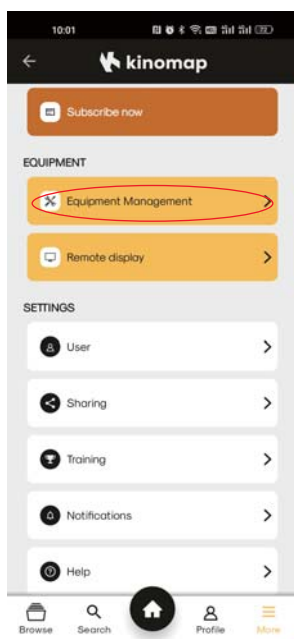
APP OPERATION

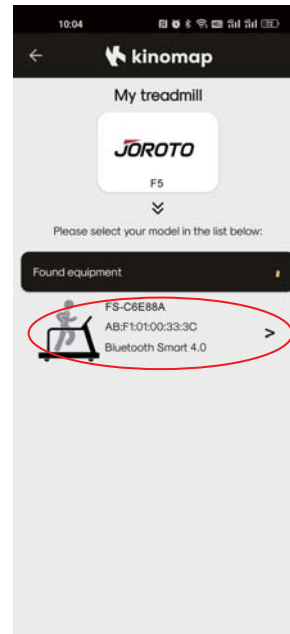
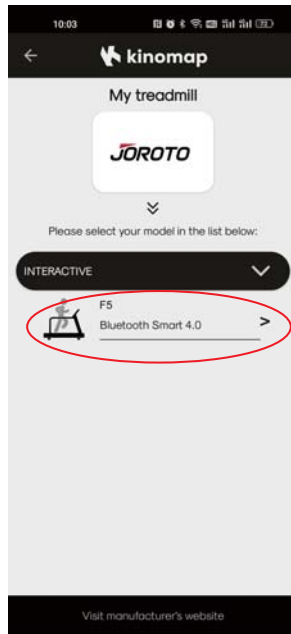
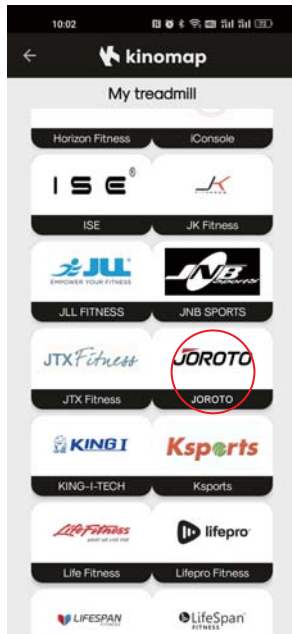
1) Search "KINOMAP" in the mobile app store to download the app.



2) After the download is complete, open the APP and register your personal information, turn on the Bluetooth of your mobile phone, and make sure that the monitor is powered on and awake.

3) Add sports equipment, the specific operations are as follows:





4) After the equipment is connected, choose the scene you like and start your workout!

FCC Warning Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- - Reorient or relocate the receiving antenna.
- - Increase the separation between the equipment and receiver.
- - Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- - Consult the dealer or an experienced radio/TV technician for help.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

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

IC warning

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- 1) this device may not cause interference and
- 2) this device must accept any interference, including interference that may cause undesired operation of the device.

Radiation Exposure: This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment; To maintain compliance with IC's RF Exposure guidelines, This equipment should be installed and operated with minimum distance of 5mm the radiator your body. This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

Déclaration de l'ISED Canada :

Cet appareil contient des tasmitre (s) / récepteur (s) sans licence / conformes à l'innovationRSS exemptes de licence de Sciences et Développement économique Canada. L'opération est sous réserve des deux conditions suivantes :

- 1) cet appareil ne peut pas causer d'interférences et
- 2) cet dispositif doit accepter toute interférence, y compris peut provoquer le fonctionnement indésirable de l'appareil.

Exposition aux rayonnements : Cet équipement est conforme aux radiations du Canada limites d'exposition pour un environnement incontrôlé noncé d'exposition RF Pour maintenir le respect des guides d'exposition RF d'IC, cquipment doit être installé et actionné avec une distance minimale de 5mm le radiateur de votre corps. Cet appareil et ses antennes ne doivent pas être co-localisé ou en opération en conjonction avec toute autre antenne ou émetteur.



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