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# Instruction Manual

## I Electronic watch display window

### 1、 Time window

Display running time, display range (0-99:59) (minutes: seconds).

1.1 When a fault occurs, the fault code will be displayed.

### 2、 Distance window

Display the distance of movement, unit: km, precision: 0.001km;

### 3、 Thermal window

Display the calories consumed by exercise, unit: kcal, precision: 0.01kcal;

### 4、 Speed window

Display the running speed of the running belt, unit: km/h(km/H), precision: 0.1;

### 5、 WIFI and Bluetooth indicators

The Bluetooth connection is successful and the indicator light is always on. Bluetooth is disconnected and the indicator light is off. After running, the window switches every 5s.

## II Buttons and their functions

1、 Start/Pause button: touch the button in the standby state of the treadmill, the treadmill will start; touch the button in the running state of the treadmill, the treadmill will pause, keep the exercise data and touch it again to continue exercising.

2、 Stop button: touch the button when the treadmill is running, the treadmill stops and the exercise data is cleared.

3、 Speed plus/minus button: during the running process of the treadmill, short press the speed plus(minus) key, the speed will increase(decrease) 0.1km/h; long press the speed plus(minus) key, the speed will increase (decrease) rapidly; and it will be displayed in speed window.

4、 Speed shortcut key: touch the speed shortcut key 6, the speed will be set to 6.0km/h; touch the speed shortcut key 9, the speed will be set to 9.0km/h; and it will be displayed in speed window.

5、 In any state, as long as the safety lock is removed, regardless of the speed of the machine, the motor must be stopped in the shortest time and the time window on the electronic watch displays "SAFE".

6、 In the running state of the treadmill, if the unmanned state is detected for more than 10s, the treadmill will automatically stop. In the standby of the treadmill, press and hold the shortcut key 6 and key 9 for more than 5s, you will hear a beeping sound from buzzer, the treadmill temporarily cancels the unattended stop function and automatically recovers after power failure.

## III Bluetooth function

Open the APP, use Bluetooth to connect the corresponding treadmill and use APP to control the running of the treadmill.

## IV Mode function

When there is no Bluetooth or WiFi connection, the treadmill has no countdown mode function. After connecting to Bluetooth, you can set the countdown mode through the APP.

1、 Time countdown: the minimum countdown target value is 5minutes, when the exercise time reaches the target value, it will automatically stop.

2、 Distance countdown: the minimum target value is 0.5kilometers, when the movement distance reaches the target value, it will automatically stop.

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3、 Calorie countdown: the minimum target value is 20Kcal, when the exercise heat reaches the target value, it will automatically stop.

#### V The normal operation function:

- 1、 In the standby state, press start button to start the treadmill;
- 2、 In the running state, press the speed plus/minus keys to adjust the required speed value;
- 3、 In the running state, press stop button and the power switch of the treadmill or pull off the safety lock both can stop the machine.

#### VI Fault display

Error code

SAFE: safety switch falls off

Er 1: communication failure, the display board does not receive a signal

Er 2: lifting motor failure (rarely used)

Er 3: overvoltage

Er 4: overcurrent

Er 5: overload

Er 6: motor not connected (DC only)

Er 7: communication failure, the controller does not receive signals

Er 8: Anti-fall switch action

Er 9: reserved

Er10: overheating (AC only)

Er 11: reserved

Er12: reserved (the inverter has no receiving signal)

Er13: IGBT short circuit

Er14: load short circuit (DC only)

Er15: received a power-on command, but did not receive a shutdown command before (AC only)

Er16: phase loss (AC only)

Er17: current sensor U fault (AC only)

Er18: current sensor W fault (AC only)

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## FCC Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try 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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

### RF Exposure Information

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator and your body.