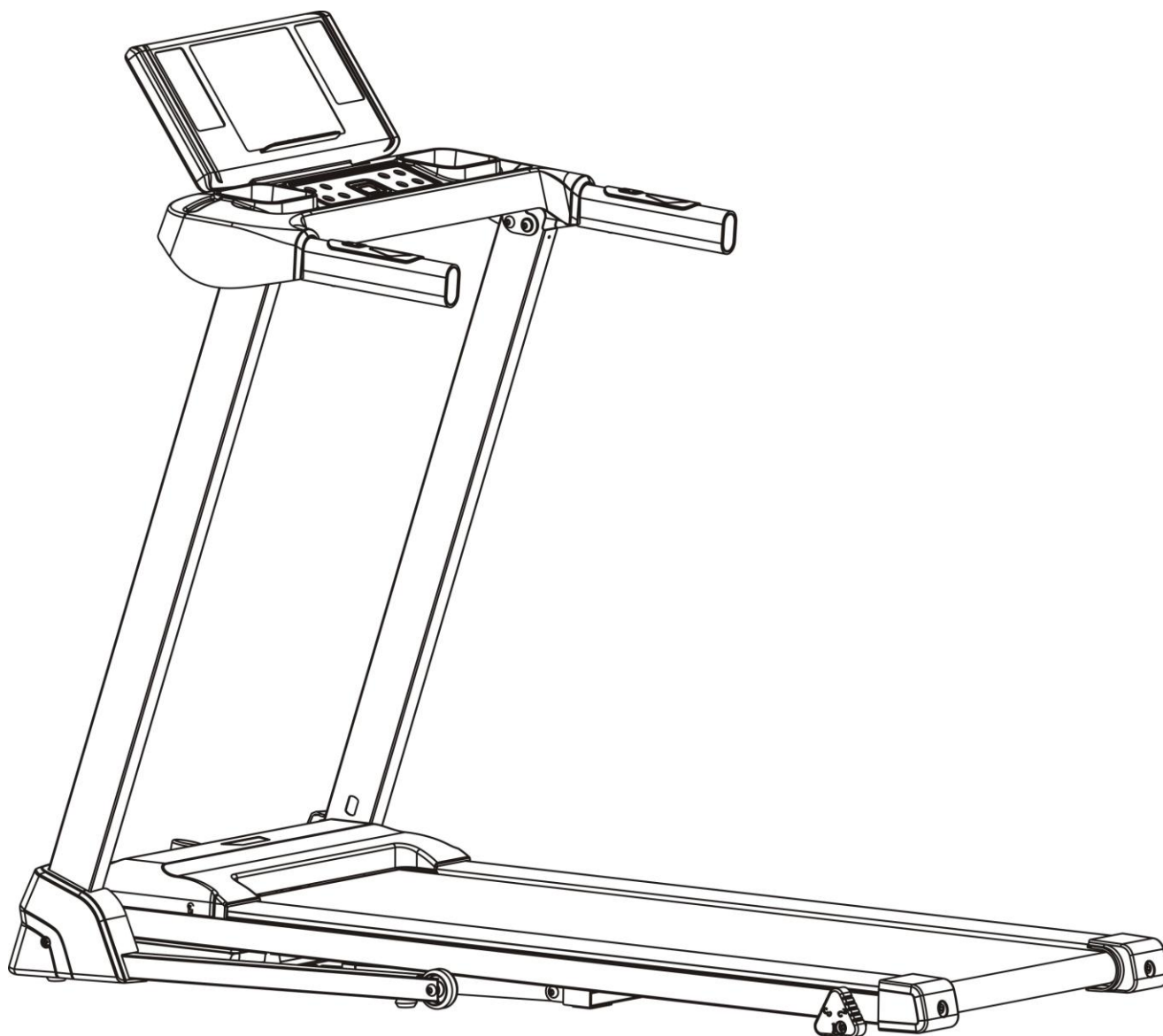


Sportneer Motorized Treadmill

User Manual



Please read all precautions and instructions in the manual carefully before using this equipment and save it for future reference.

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IMPORTANT SAFETY INSTRUCTIONS

Warning –To ensure users can get the best performance from the treadmill, please read the user manual carefully before assembly and use, and keep it for future reference.

- * Users with heart or other health problems may catch serious physical injuries when using the device. Please consult a doctor before using the treadmill. If you feel dizziness or breathing difficulties, please stop exercising immediately.
- * Please read, understand and carefully follow all warnings, instructions, and procedures on the treadmill and in this user manual before use. Otherwise, damages or injuries may occur.
- * The treadmill is not suitable for people with physical, sensory or mental disabilities (including children) and those who lack of experience and knowledge, unless he/she use it under safe conditions and the supervision/guidance of a special personnel.
- * Place the treadmill on a flat and solid ground. Do not plug the power cord when the device is in no use. Before turning off the treadmill, switch all controls to OFF position and then unplug the power cord from the connected outlet.
- * Keep the power cord away from hot surfaces or hot ground.
- * Keep the top surface of its moving parts clean and dry, especially keep the power cord away from moving parts, e.g. the incline bracket and front wheels.
- * Do not place the power cord under or around the treadmill. Do not use the device if its power cord is damaged or not long enough or soaked by water. Please contact our customer service team or the distributor to replace the cord.
- * Place the safety key in a safe place away from children.
- * Do not use parts that are not recommended by the manufacturer.
- * Do not use this device in confined spaces. Ensure that the event is unblocked by cotton fibers or hair.
- * Do not drop anything in the cracks and openings of the treadmill. If it occurs, please turn off the device and unplug the power cord. Remove the matters carefully to make sure there are no foreign objects any more. If you're unable to remove it, please contact the after-sale team.
- * Treadmill is intended for use in cool, dry conditions only. Please avoid to store the device in extremely cold, hot or damp areas as this may lead to corrosion and other related problems. Its allowed working temperature is 5 ~ 40 Celsius degrees.
- * Do not use the treadmill in paint or drugs spraying environments to avoid explosion.
- * Do not place any liquid near the equipment unless it is placed on bottle rack with airtight lid.
- * Do not exceed the maximum bearing weight. Only one person is allowed to operate the equipment at a time.
- * This treadmill is only intended for consumer use only. Do not place animals on or near the machine.
- * This machine is only intended for household use.
- * Wear appropriate sports wear when using the treadmill. Do not wear loose clothes that may get caught in the treadmill. Do not operate the equipment with bare feet or socks. Athletic clothes are recommended. Always wear athletic shoes & never run on the treadmill with bare feet, only stockings or in slippers or sandals.
- * Keep loose clothing, shoelaces, towels, and other items away from the moving parts.
- * Hold the hand rails when getting on and off the treadmill or exercising on the treadmill for your safety. In case of an emergency such as tripping, grab the handrails and stand on the plastic side rail on either side of the running board. The handrail with pulse sensor plate is used to test your heart rate once resting your hand on it, or to stabilize your body when you turn off the treadmill.
- * Put the clamp of the safety key on your clothes and make sure that the safety key is connected to the console.
- * Start the treadmill by standing on the plastic side rail instead of running belt.
- * Start exercising after making sure running belt is located in the middle. If the running belt is tilted to one side, it should be adjusted according to the equipment maintenance section before exercise.

SAFETY CAUTIONS

- * Don't walk, jog, or run in opposite direction when the treadmill is turned on, and please pay high attention when placing it on inclined conditions.
- * Do not accelerate or decelerate without connecting to power and do not stop the machine abnormally.
- * Keep your hands away from the bottom or sides of the machine while it is running.
- * Don't let people interfere with the user or device while exercising.
- * Wait until the running belt stops completely before stepping off the treadmill.
- * Unplug the power cord after use and before cleaning.
- * To turn off the treadmill, first turn off the power switch and then pull out the power plug gently. Do not pull the power cord to remove the power plug rudely.
- * Only professional maintenance personnel is allowed to maintain the device.
- * Move the treadmill from its back side by holding the two handrails, rather than from the front of console.
- * Note: Noise under load is higher than without load.

Danger - To avoid electric shock, turn off the device before cleaning and repairing.

Note - To avoid functional problems, the treadmill should be plugged into a dedicated 15A circuit system with appropriate grounding measures and a 3-pin AC power socket. For more details, please read the grounding instructions section.

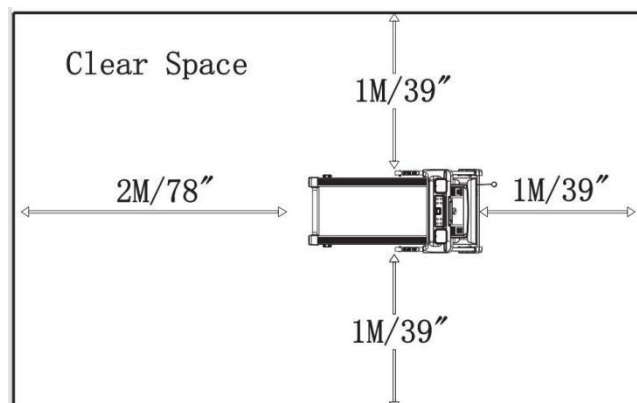
Warning - Inspect the treadmill for incorrect, worn, or loose components before use, and tighten them prior to use. If there is any worn or damaged component, contact the after-sales staff for replacements. Worn or damaged components shall be replaced immediately and only manufacturer-supplied or approved components shall be used to maintain or repair the treadmill.

Warning - To avoid fire and electric shock, do not expose the device to rain and humidity, and do not assemble the treadmill outdoors or near a pool, sauna, or high humidity area. Only use the equipment in a room temperature at 15 °C ~ 35 °C and humidity at 30% RH ~ 70% RH. Beyond this scope, the functions of the equipment may be affected.

If you have any question like renting, using, or maintaining the treadmill, please contact customer service staff for help.

Warning - To reduce the risk of fire, electric shock, and physical injuries:

Keep a space at the back of the treadmill: at least 2M/78" away from the front, and at least 1M/39" on either side of the treadmill. Do not place the treadmill in a box or against a wall, furniture, or other objects. Ensure that bystanders cannot touch the treadmill directly and can easily turn off the power of this machine.



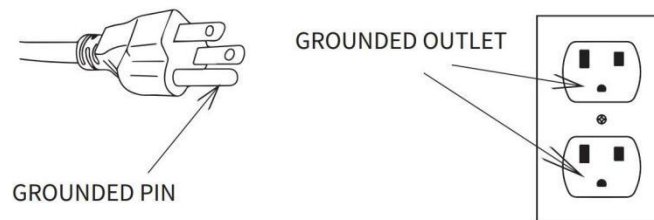
GROUNDING INSTRUCTIONS

The grounding operations must be accurate. In the event of failure or damage, grounding protection will reduce the risk of electric shock. This product is equipped with a grounding conductor and a grounding plug. The plug must be inserted into a suitable power socket, and its user should install grounding in accordance with local laws and regulations.

Danger - Improperly connected grounding conductor may cause electric shock. If you have any question about the grounding, please contact a qualified electrician or after-sales personnel. Do not use a plug that doesn't match the product. If the plug does not match the power socket, please ask an electrician to install a suitable socket.

The 120V device is designed for users in the North American area.

Grounding methods



RADIO FREQUENCY INTERFERENCE (RFI)

Under the FCC Regulation 15, fitness devices must be tested to meet the limitations of class B digital devices. These requirements are used to provide reasonable protection from radiated energy generated during residential use or installation of the equipment. If the equipment is not installed in accordance to the user manual, it may cause harmful interference to electrical frequency communications.

If the treadmill affects the radio or TV reception or they cause turning off/on of the treadmill, you can solve the issue by:

Redirecting or laying the TV, radio, VCR, DVR, etc.

Isolating the treadmill from the receiver (TV, radio, VCR, DVR, etc).

Plugging the treadmill to a different dedicated power socket away from the receivers. Consult an experienced radio/Television technician.

Warning--Any modification to the product without approval by FCC regulations may make you unable to use it again.

SAFETY CAUTIONS

Canadian Department of Communications

This digital device cannot exceed the type B radio noise set by the Communications Commission of Canada for radio interference.

STATIC ELECTRICITY

As a large energy machine that may generate static electricity, the treadmill may cause some users to suffer from static shock. Excessive static electricity can damage electronic components too. The following steps are to prevent static electricity. If you still can't solve the problem, please turn the treadmill over to a professional.

Environmental reasons

Static electricity may relate to some environmental factors. It is very common for a treadmill to generate static electricity when it repeats some actions and comes into friction when it is directly placed on a rough carpet. Dry and dusty environment can increase the intensity of static electricity. Cleaning your treadmill regularly can decrease the risk or intensity of static electricity generated.

Mechanical reason

The treadmill motor clogged with dust and other debris will increase the risk of static electricity. Excessive friction on the motor belt will generate static electricity. Check whether the power cord and plug is damaged. Failure to plug the treadmill into a grounding socket equipped with a voltage protector may cause static electricity.

Several simple ways to reduce static electricity

In dry environment, place a humidifier in the running room to help reduce static electricity. The recommended humidification level is 45%. Place a rubber pad under the treadmill or use a fiber softener and electrostatic spray on the carpet where the treadmill is located. Wear clothes made from natural materials such as cotton. Synthetic fibers, polyesters, and nylon material cloth tend to adhere to static electricity. Choose shoes made of non-conductive materials and clean them before using the treadmill.

Treadmill maintenance suggestions

Keep your treadmill clean and lubricate it to reduce the risk of static electricity. For more maintenance information, read the treadmill maintenance section of the user manual. If all above limiting static electricity ways don't reduce the incidence of static electricity, stop using the treadmill and submit it to a professional for repair.

USING THE EMERGENCY STOP SYSTEM

This product is equipped with an emergency stop system that is consisted of a safety clip and a safety switch. The clip is connected to the switch through a wire, and you can pull the wire to open the switch and stop the running treadmill in emergency.

Before starting an exercise program, follow the steps below to test if the system works properly.

Insert the safety key into the position on the console and clip the safety clip to your clothing.

Note: If the safety switch is not inserted into the correct position, all display windows will display "---".

To start the treadmill, put your feet on the treadmill side rails and press the Start button. The running belt starts running slowly at a speed of 0.6 MPH (1.0 km/h).

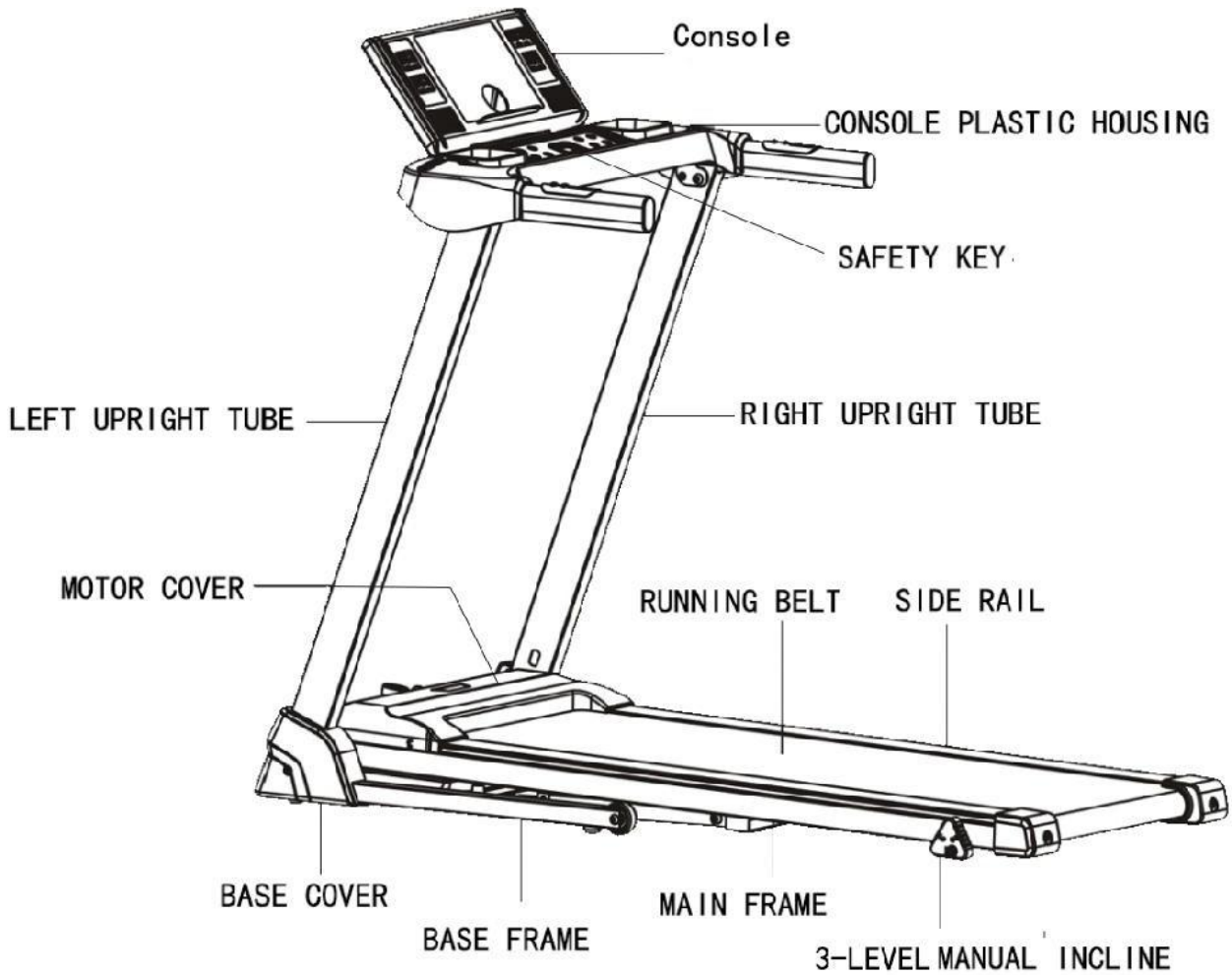
Note: Do not increase speed while testing.

Step on the running belt to start running, and make sure you're running in the middle of the running area. Stop running and let the running belt take you to the rear part of the running area. As you approach the rear of the running belt, the safety switch wire will be pulled backward and the safety switch will be pulled off from the console and treadmill will be stopped.

If you feel the distance is too far before the safety switch is pulled off, you can reduce the length of the safety clip wire.

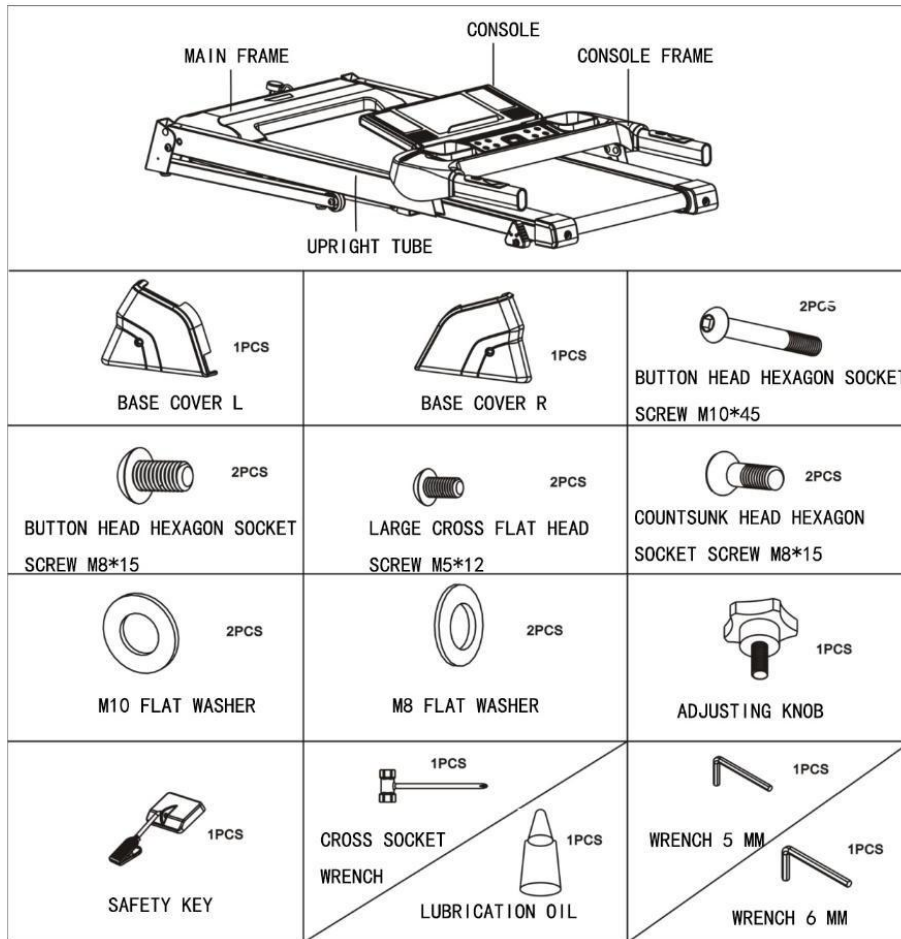
Note: For your safety, NEVER lengthen the safety clip wire.

Always use a safety clip when running on a treadmill. If the safety switch is pulled out, the running belt will stop suddenly and the treadmill will go into pause mode. You need to properly insert the safety switch again and press the Start button to restart the treadmill.

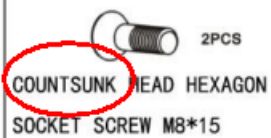
Product Illustration

ASSEMBLY INSTRUCTIONS

OPEN THE BOX AND YOU CAN FIND ALL PARTS BELOW.



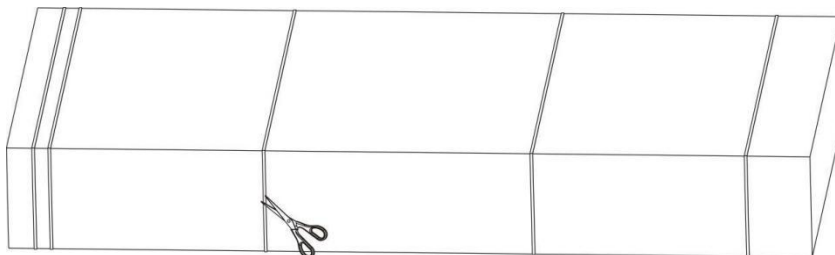
上图中所有的1PCS 去掉末尾的S



改成 COUNTERSUNK

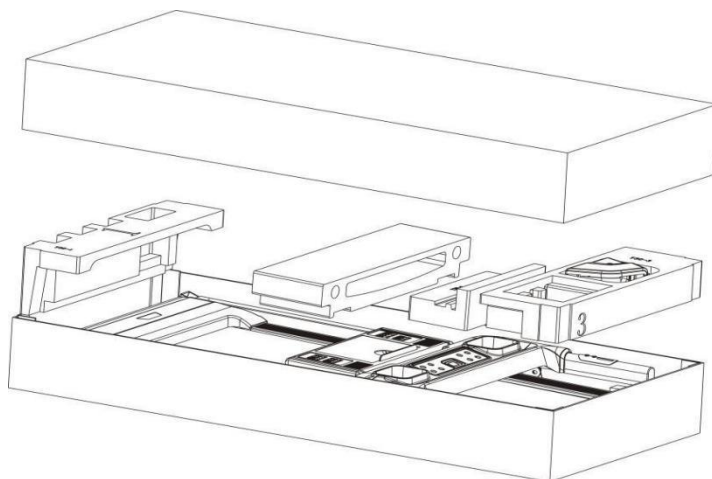
STEP 1

Lay the master carton on a flat floor and cut off all straps as shown in the picture below:



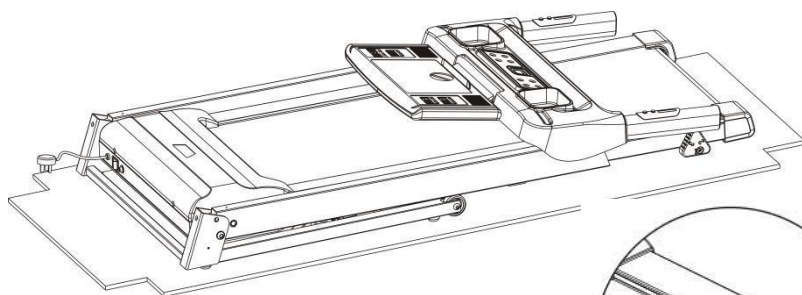
ASSEMBLY INSTRUCTIONS**STEP 2**

Lift the master carton cover as shown in the picture and remove all the protective foams inside.

**STEP 3**

Take out the treadmill from the box, and lay it on a flat floor.

WARNING! : Do not cut the straps before taking the product out of box. **NOTICE:** Be aware of the risk of hand pinching when taking out the treadmill.

**⚠ DANGER!**

Do not cut the zip ties before moving the treadmill out from the carton!
Do not cut the zip ties until put the treadmill base on the flat floor!
Failure to do so could result in body injury!

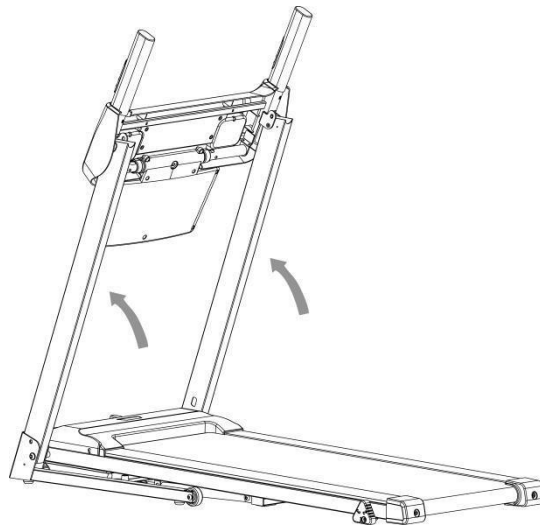
Danger (右上角小标)

- Do not cut the zip ties before removing the treadmill out of the carton!
- Do not cut the zip ties after you put the treadmill base on the flat floor!
- Failure to do so could result in body injuries!

STEP 4.1

Lift the left and right upright tubes upward with both hands. Note: Do not place your hands in the bottom rotation position to avoid being clamped.

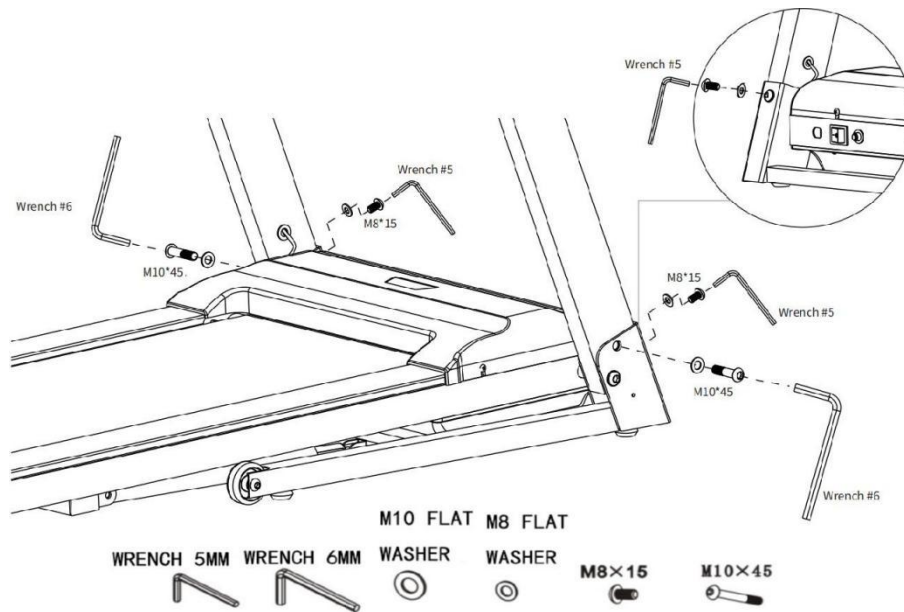
ASSEMBLY INSTRUCTIONS



STEP 4.2

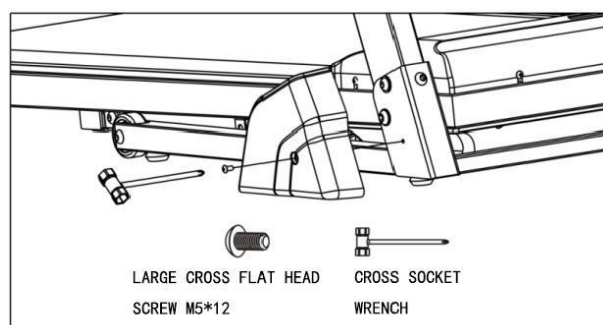
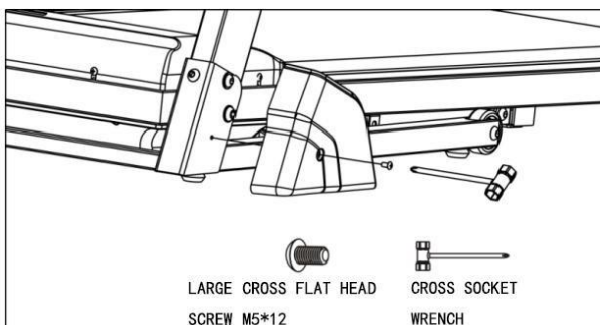
Use the 6mm wrench to fasten the L and R upright tubes onto both sides of the base frame with 2 M10*45 bolts and 2 M10 flat washers.

Use the 5mm wrench to fasten the L and R upright tubes onto both sides of the base frame with 2 M8*15 bolts and 2 M8 flat washers.



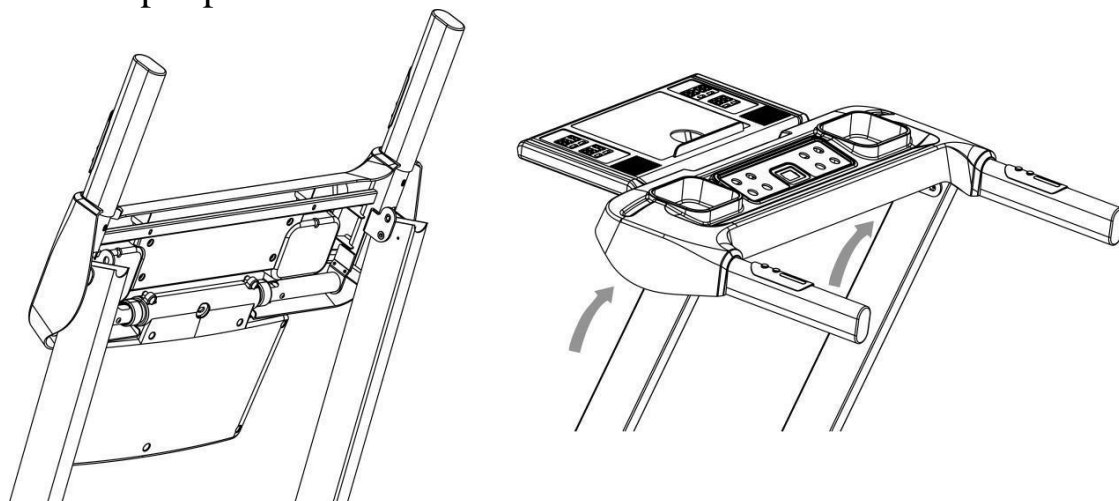
STEP 5

Use the cross socket wrench to fasten the base cover-L and base cover-R with 2 M5*12 large cross flat head screws onto both sides of the base frame.

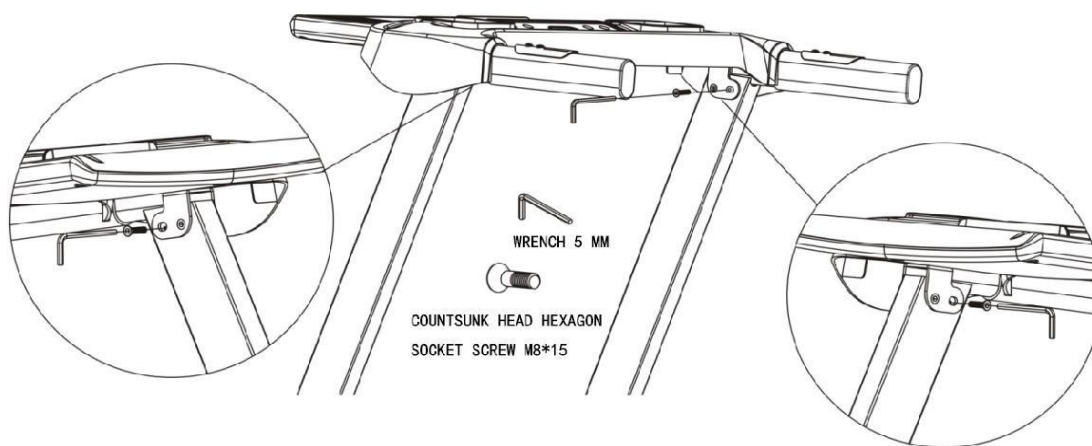


STEP 5.1

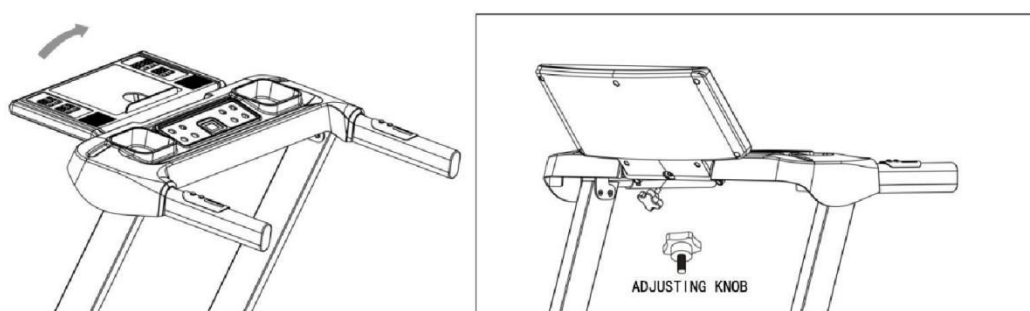
Lift the console up as pictures below:

**STEP 5.2**

Use the 5mm wrench to install the console rack onto left upright tube and right upright tube with 2 M8*15 countersunk head screws.

**STEP 5.3**

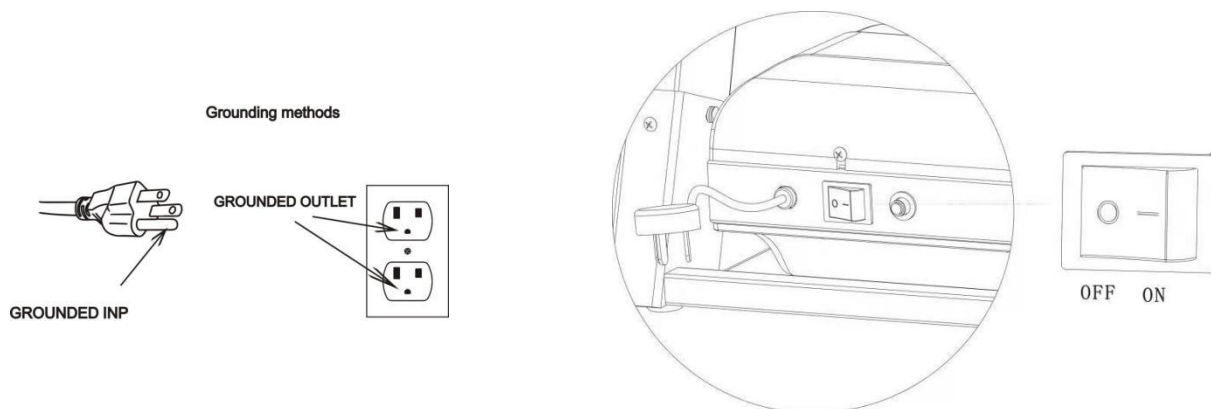
Turn the console upwards slightly to expose the mounting hole, then use the adjusting knob bolt to fix the console onto the console rack.





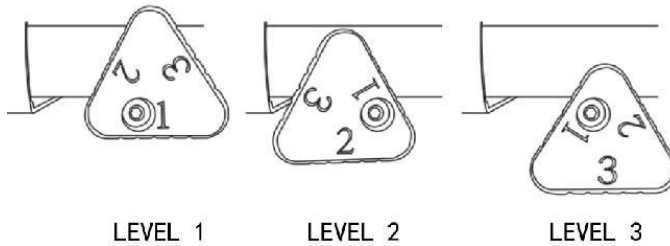
NOTE: For your safety and comfort, please check whether all screws are tightened. Congratulations! A brand new motorized treadmill has been successfully assembled!

STEP 1. Before to start the treadmill, please check whether all screws are tightened, all cables are reconnected correctly, and nothing blocks the movement of the running belt. As shown in the picture, plug in the power cord and toggle the power switch to ON position.

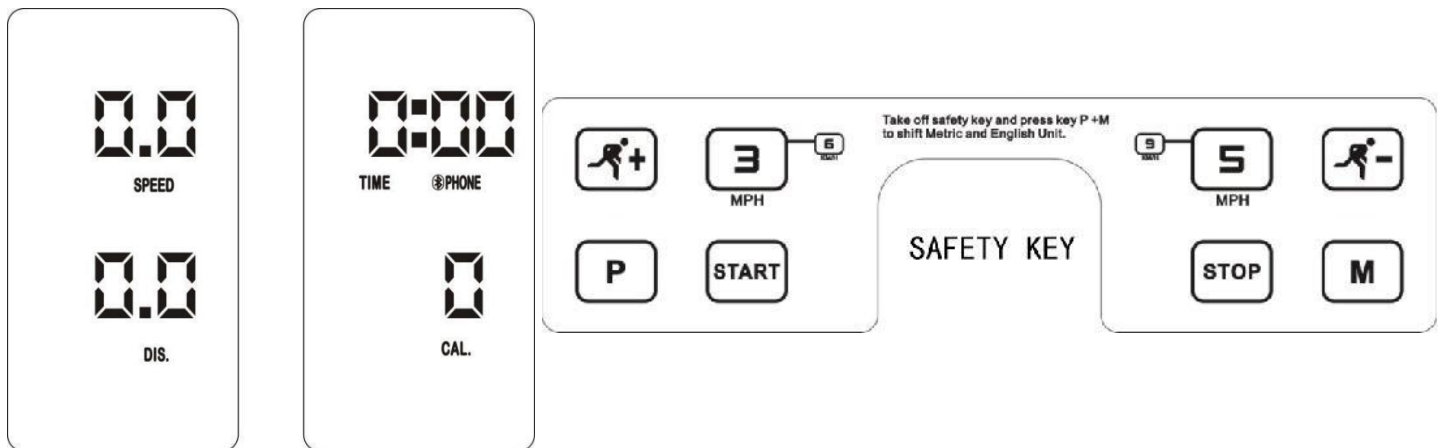


STEP2. Manual Inclining Adjustment

There are 3 manual inclining levels available. You can adjust to the desired level number against the ground as following pictures. (Note: You should adjust to the same level on both sides).

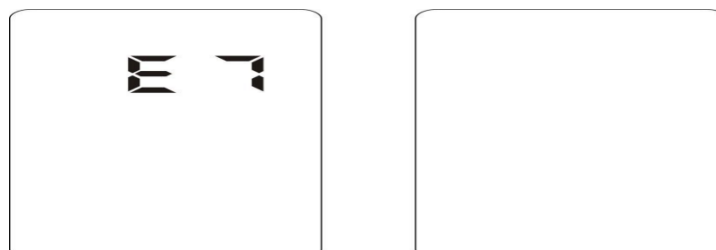


STEP 3. Once clip the clamp of the safety key onto your clothes and put the other end of safety key to the fixed position on the console, the treadmill will enter “STANDBY” state.



NOTE: Without the safety key, the treadmill won't work and the display screen will display

“E7”.

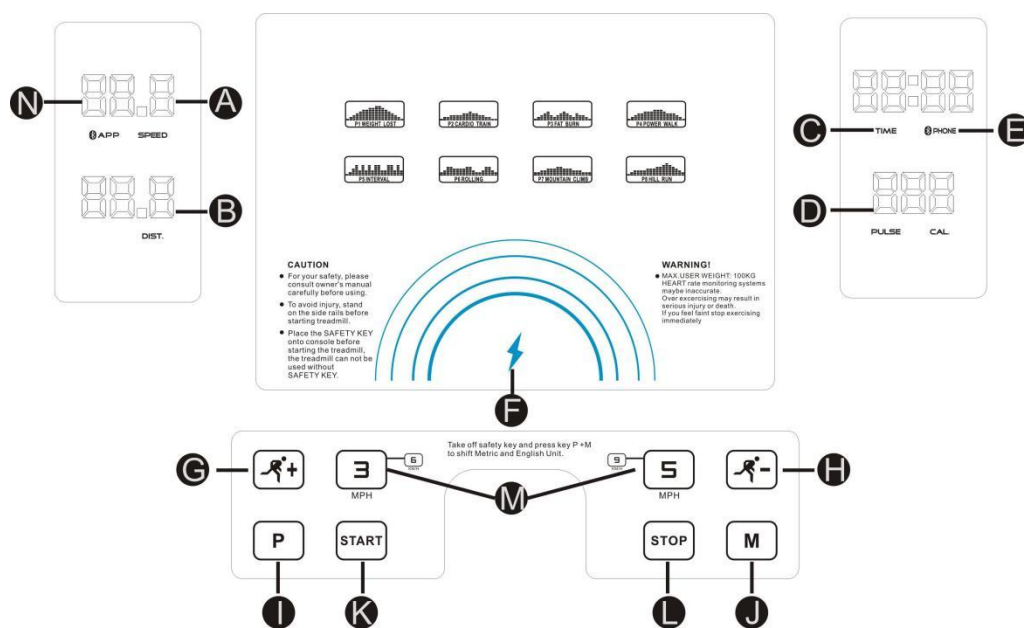


OPERATIONGUIDE

GENERSAFETYTIPS

- A. Practice assembling and disassembling your treadmill before starting your workout.
- B. Attach one end of the safety key to the console (the treadmill will not run without the safety key) and clip its other end onto your clothing before exercising to ensure the treadmill will stop if the user accidentally walks off the treadmill.
- C. If the user falls off the treadmill, the safety key will come off the console and the treadmill will stop at once to prevent further injuries.
- D. Do not stand on the walking belt while starting the treadmill. Straddle the belt and stand on the plastic foot rails.
- E. The treadmill will start at 1.0KM/H after countdown. If you are a green hand, stay at a slow speed and hold onto the hand grips until you feel comfortable.

QUICKREFERENCEGUIDE



A	SPEEDWINDOW	F	WIRELESSPHONE	K	STARTBUTTON
B	DISTANCEWINDOW	G	SPEED+BUTTON	L	STOPBUTTON
C	TIMEWINDOW	H	SPEED-BUTTON	M	QUICKSPEEDBUTTON
D	PULSE/CALORIEWINDOW	I	PROGRAMBUTTON	N	APPBLUETOOTH
E	PHONEBLUETOOTH	J	MODEBUTTON		

DISPLAYFUNCTION

SPEED: Displays the current belt speed from starting ranging at 0.6 ~7.5MPH.

DISTANCE: Accumulates total workout distance from 1.0 to 99.9 kilometers by count-up.

TIME: Accumulates total workout time from 0:00 to 99:00 minutes.

OPERATION GUIDE

CALORIE: Accumulates calorie consumption (Max. 990kcal) during exercise.


PULSE: When pulse signal is detected by grasping both stainless steel pick-up on front handrails, it will display your current heart rate in beats per minute from 50 to 200 (The data is for reference only and it should not be regarded as medical data.).


PHONE: When the treadmill is connected to your phone through Bluetooth, the "PHONE" will be lighted and the treadmill can start to play music on your phone.



Wireless Phone Charger: Put your wireless charging supportive device onto the console with charging icon, then the device will be charged.



APP: Activate the Bluetooth function and run the APP in your phone, the "APP" will be lighted and you can control the treadmill through the app on your phone.

BUTTON FUNCTIONS

 **SPEED+:** Each time you press this button, the speed will increase 0.1 MPH. If you hold the button for more than 2s, the speed will increase continuously. During Time/Distance/Calorie setting mode, press this button to increase setting value.

 **SPEED--:** Each time you press this button, the speed will decrease 0.1 MPH. If you hold the button for more than 2s, the speed will decrease continuously. During Time/Distance/Calorie setting mode, press this button to decrease setting value.



 **PROG:** In standby mode, press this button to select programs from manual program to P01-P08, U1/U2/U3/ BODY FAT. Manual mode is the default operating mode, with default lowest speed 0.6 MPH and the highest speed 7.5 MPH. Under any of P01~P08 program, press  key to select its sub-program L01~L08. The default running time for each sub-program is 30s. You can press speed +/- button to adjust the running time, and then press "START" to start exercise.

 **MODE:** Press the  button to select between 3 countdown training modes. Time countdown → Calorie countdown → Distance countdown → Normal Mode

 **START:** Press this button to start the treadmill, and treadmill will countdown 3s before running.

 **STOP:** Short press this button to enable the treadmill to enter PAUSE status, then all data will be kept.

Press this button one more time, then the treadmill will stop and all data will be cleared.

 Press the  button to switch the speed to 3 MPH.

 Press the but  to switch the speed to 5 MPH.

NOTE:

1. To shift between Metric and English Unit: remove the safety key, and you can press

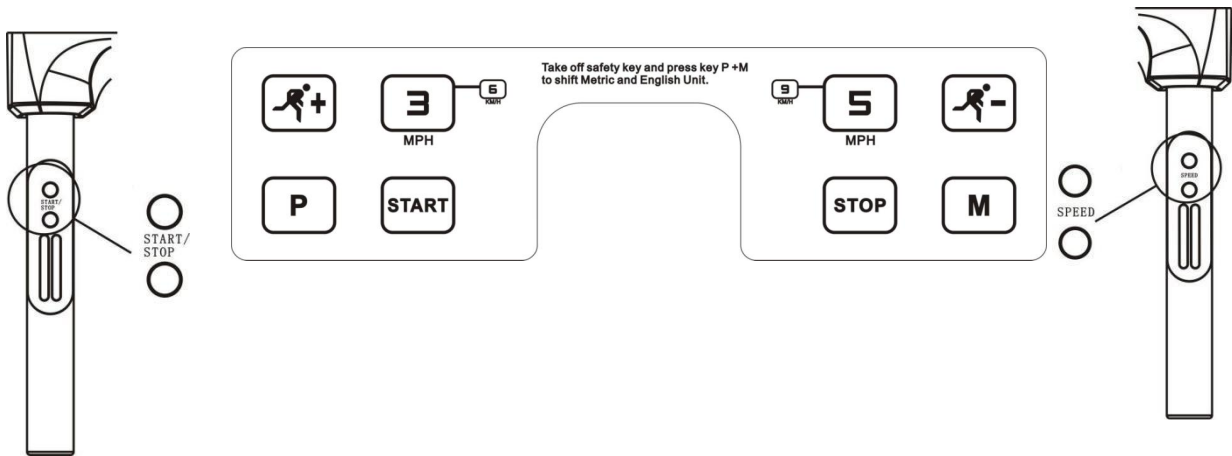
 +  button to shift between them.

2. Press and hold the "STOP" button for more than 5s under manual mode to turn on or off the NO-LOAD STOP function.

OPERATION GUIDE

GETTING STARTED

Simply press the **START** button on the console to begin belt movement after count-down from 3 to 1. Press **+** / **-** buttons on the console to adjust the speed. Certainly, you may press and hold any of the two buttons to continuously adjust the speed or **3** or **5** button on the console to quickly set the specified speed.

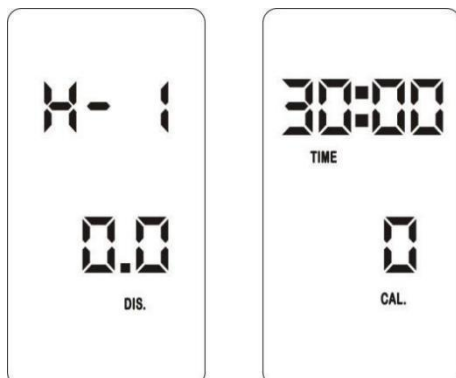


Count-down Modes

When you press the **M** button, one of TIME, DIS (Distance), and CAL (Calorie) can be set to count down to reach the particular fitness goal,

at the same time, the other two will count up during the workout. You can also adjust the speed by pressing **+** / **-** button on the console.

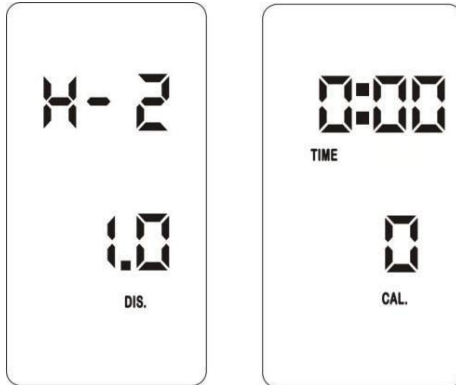
Press the **M** button, the TIME window will display the default workout time as 30:00. Press the **+** / **-** button on the console to set count-down time from 5:00 to 99:00 minutes. Simply press the **M** button on the console to begin belt movement. Once the count-down reaches zero, the belt will stop moving.



OPERATION GUIDE

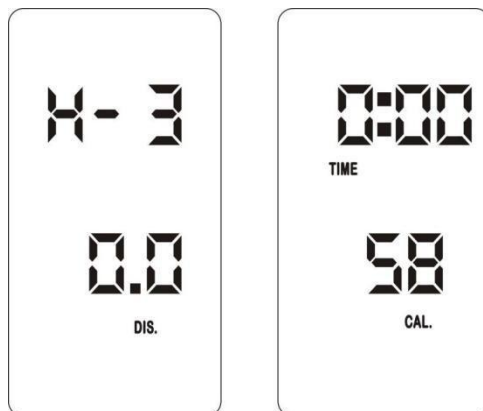
To switch the mode to DIS (Distance) count-down when the belt is moving, please double press the **M** button on the console until the data is cleared and then double press the **STOP**

button until the DIS (Distance) icon is blinking. The default distance was set as 1.0 Mile. Press **+** / **-** button on the console to set count-down distance from 1.0-99 Miles. Press the **START** button on the console to begin belt movement. Once the DIS (Distance) count-down reaches zero, the belt will stop moving.





To switch the mode to CAL (Calorie) count-down when the belt is moving, double press the **STOP** button until the data is cleared and then press the **M** button for

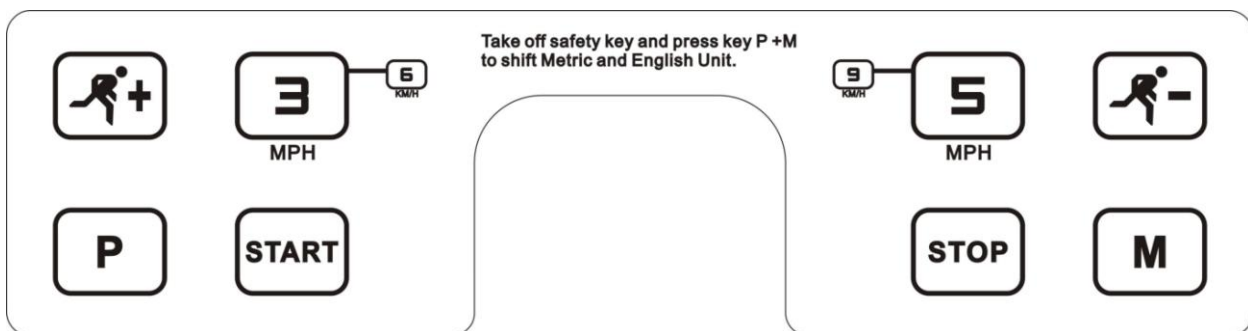
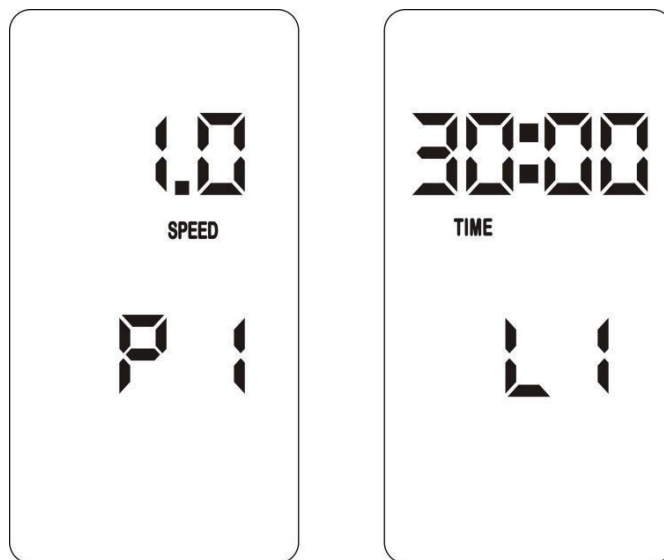
three times until the CAL (Calorie) icon is blinking. The default calorie was set as 50 KCAL. Press **+** / **-** button to set count-down distance from 20 KCAL to 990 KCAL. Press the **START** button on the console to begin belt movement. Once the CAL (Calorie) count-down reaches zero, the belt will stop moving.



OPERATIONGUIDE

64PresetPrograms

Tip: Please kindly note that there are 64 preset programs to reach 8 different training goals, each goal with 8 different intensity levels. All the preset programs are made up of 18 time-based segments, with preset speed on each segment. The default workout time of each program is 30 minutes, but it can be adjusted from 5:00 to 99:00 minutes by pressing  /  button on the console. The workout time of 18 segments on each program will be automatically arranged according to the workout time you set. The speed you set will only be effective on the ongoing segment. After this segment completes, the speed on the next segment will still process at preset value.



上图文字改成 Remove the safety key, and press P+M buttons to shift between Metric and English Unit.

P1 WEIGHT-LOSS

P5 INTERVAL

P2 CARDIOTRAINING

P6 ROLLING

P3 FAT BURNING

P7 MOUNTAIN CLIMBING



P4 POWER WALK

P8 HILL RUN

OPERATIONGUIDE

Step1: Press the **P** button to select a specific program among 8 preset options (from P1 to P8).

Step2: Press the **M** button to select the intensity level from Level 1 to Level 8.

Step3: Press the  /  button on the console to adjust the workout time. It can be adjusted from 5:00 to 99:00 minutes.

Step4: Press the **START** button on the console to begin belt movement.

Tip: To change the program, please double press the **STOP** button on the console until the data is cleared and then repeat the above-mentioned steps.

User-Defined Programs (U01-U02-U03)

There are 3 user-

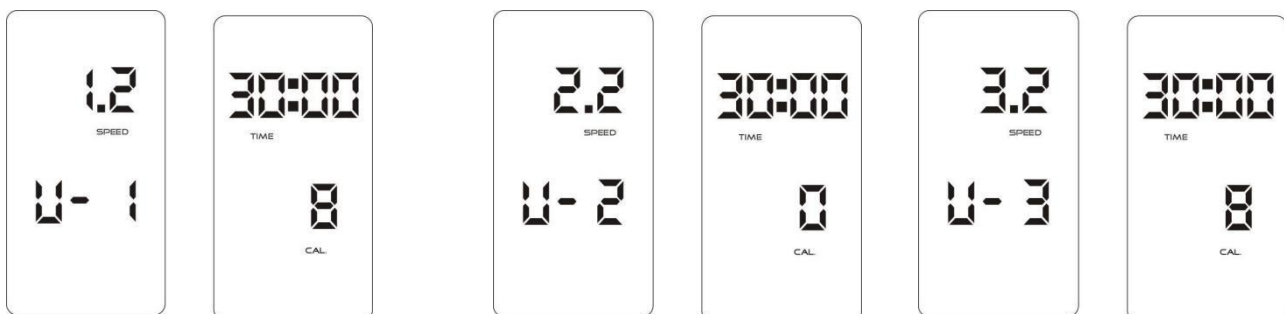
defined programs according to user's training goals. The default workout time of each program is 30 minutes, but it can be adjusted from 5:00 to 99:00 minutes by pressing  /  button on the console. All the user-defined

programs are composed of 18 time-based segments. The workout time of 18 segments on each program will be automatically arranged according to the workout time you set. The default speed of each segment is 0.6 MPH and it could also be adjusted from 0.6 MPH to 7.5 MPH by

pressing  /  button

on the console. The speed you set will be saved automatically on the ongoing segment. After

finishing settings, the data of all the 18 segments in each user-defined program will be saved and recorded automatically until you reset all the data again.






OPERATIONGUIDE

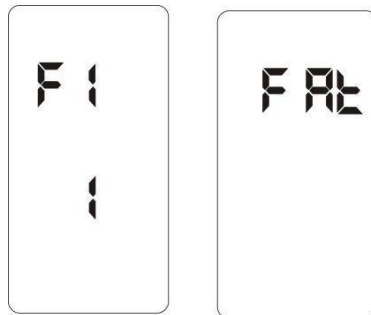
BodyFatMeasurementFunction


This function is to estimate your body fat according to your physical information. Please kindly note this estimated data should not be used for medical diagnosis.




STEP1: Keep the  button pressed until the console displays FAT.

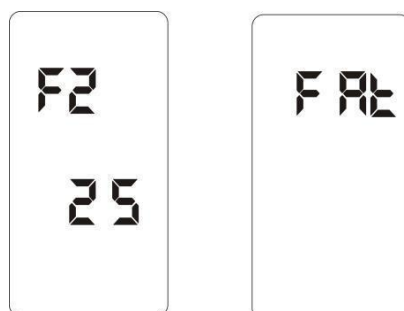
STEP2: The left window will display F1 (representing GENDER) and the default data on the right window will display 1 (representing MALE).


Press  /  button on the console to set gender from 1 to 2 (representing FEMALE) if necessary. Then press  button to go to next step.



STEP3: Press the  button again, then the left window will

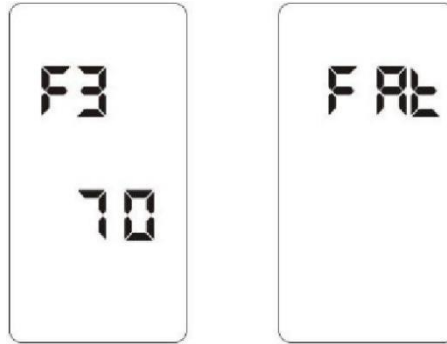
display F2 (representing AGE), and the default data on the right window will display 25. You can press  /  button on the console to set the age from 10-99. Then press  button to go to the next step.







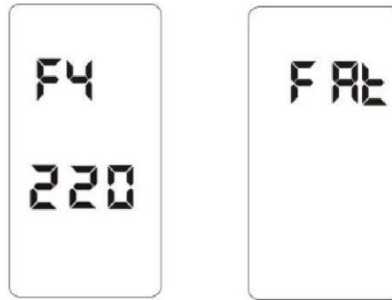
STEP4: Press the  button one more time, then the left window will display F3


(representing HEIGHT) and the default data on the right window will show 67. You can press  /  button to set the height from 39-87 inches. Then press  button to go to the next step.

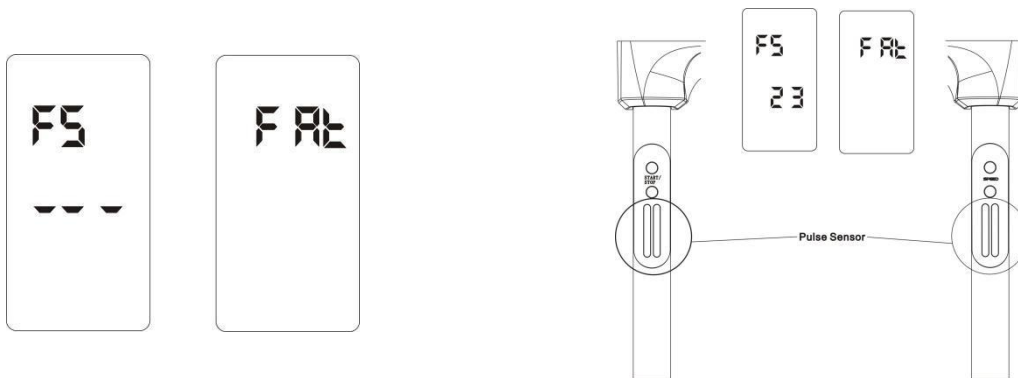
OPERATIONGUIDE



STEP5: Press the  button once again, then the left window will display F4 (representing WEIGHT) and the default data on the right window will show 154. You can press  /  button on the console to set the weight from 44-330lbs. Then press  button to go to next step.



STEP6: After finishing all the settings for the necessary physical information, please press  button again. Then the left window will display F5 while the right window will display “---”, which means the monitor is calculating. Please hold the pulse sensor on both handrails with your hands. A few seconds later, the body fat result (BMI) will be displayed on the right window.



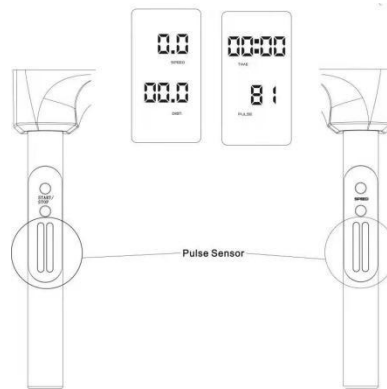
BMI: The result given by the body fat calculator can be a reference for your physical condition (see the chart below).

OPERATIONGUIDE

BodyCondition	Result
Fat	BMI>30
Overweight	26<BMI<30
Fit	19<BMI<25
Thin	BMI<19

USINGTHEPULSEFUNCTION

The PULSE/SPEED window on your console works in conjunction with the Pulse Sensors on both handrails. When you are ready to read your pulse, place both hands firmly on the Pulse Sensors. For the most accurate readings, please hold the handrails with both hands.



2. Your estimated heart rate will display in the PULSE window approximately 10 seconds after you touch the Pulse Sensors.

3. This estimated data won't be very accurate. Persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimated data provided.

Warning-The heart rate monitoring system may be inaccurate. Excessive exercise may cause serious physical injuries or sudden death. If you feel dizzy or hard to breathe, stop exercising immediately.

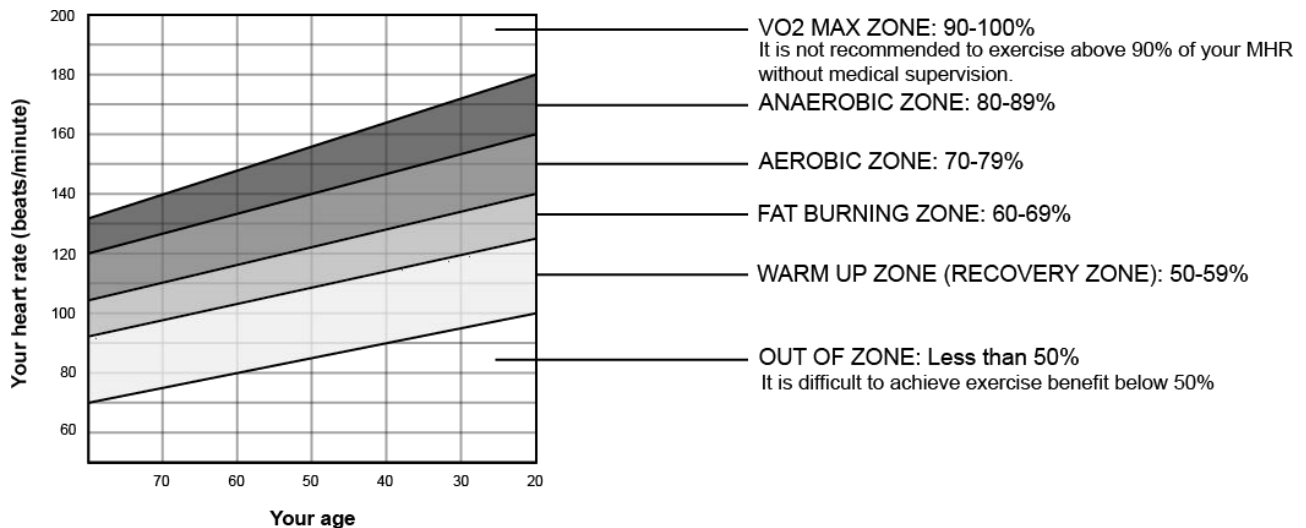
Before starting an exercise program, you must know your maximum heart rate.

The approximate maximum heart rate of a user is calculated as $MHR = 220 - \text{Age}$.

OPERATIONGUIDE

To check the heart rate range and select the exercise program the user wishes to perform, look at the following diagram.

Warning: The user's heart rate must not exceed 90% of the maximum heart rate.



CONNECT TO YOUR SMARTPHONE

If the treadmill is Bluetooth-enabled, connect it to your smartphone as following steps:

STEP1: Activate the Bluetooth function of your smartphone, search for other Bluetooth-enabled devices until the name "RUN MUSIC" appears, and click to connect this device.

STEP2: After being successfully connected, the voice of smartphone will be delivered by the speaker on the console.

PROGRAMCHART

P1.WEIGHT-LOSS

SPEEDCHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level1	(Mile/H)	1	2	2	3	3	3	4	5	6	6	7	6	5	4	4	3	2	2
Level2	(Mile/H)	1	2	2	3	4	4	5	6	8	8	10	8	8	5	5	3	2	2
Level3	(Mile/H)	1	2	3	4	5	5	6	8	9	10	12	10	8	7	6	4	3	2
Level4	(Mile/H)	1	2	3	4	6	7	8	10	11	12	12	11	10	8	7	5	4	2
Level5	(Mile/H)	2	3	4	5	7	7	8	9	10	12	12	10	12	9	8	6	4	2
Level6	(Mile/H)	2	3	4	5	7	8	9	10	11	12	12	11	10	9	7	6	5	3
Level7	(Mile/H)	2	3	5	6	8	9	9	10	11	12	12	11	10	9	8	6	6	3
Level8	(Mile/H)	2	3	5	6	8	10	12	12	12	12	12	12	11	11	9	7	6	3

P2.CARDIOTRAINING

SPEEDCHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level1	(Mile/H)	1	1	2	2	3	4	5	6	6	7	7	6	6	4	3	2	1	1
Level2	(Mile/H)	1	2	2	3	4	5	6	7	7	8	8	7	7	5	4	2	2	1
Level3	(Mile/H)	1	2	3	4	5	6	7	8	8	9	9	8	8	6	5	3	2	1
Level4	(Mile/H)	2	2	4	5	6	7	8	9	9	10	10	9	9	7	6	4	2	2
Level5	(Mile/H)	2	3	5	6	7	8	9	10	10	11	11	10	10	8	7	5	3	2
Level6	(Mile/H)	2	4	6	7	8	9	10	11	11	12	12	11	11	9	8	6	4	2
Level7	(Mile/H)	3	5	7	8	9	10	10	11	11	12	12	11	10	10	9	7	5	3
Level8	(Mile/H)	4	6	8	9	9	10	10	11	11	12	12	11	11	10	10	8	6	4

P3.FATBURNING

SPEEDCHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level1	(Mile/H)	1	1	2	2	3	4	5	6	6	7	7	6	6	4	3	2	1	1
Level2	(Mile/H)	1	2	2	3	4	5	6	7	7	8	8	7	7	5	4	2	2	1
Level3	(Mile/H)	1	2	3	4	5	6	7	8	8	9	9	8	8	6	5	3	2	1
Level4	(Mile/H)	2	2	4	5	6	7	8	9	9	10	10	9	9	7	6	4	2	2
Level5	(Mile/H)	2	3	5	6	7	8	9	10	10	11	11	10	10	8	7	5	3	2
Level6	(Mile/H)	2	4	6	7	8	9	10	11	11	12	12	11	11	9	8	6	4	2
Level7	(Mile/H)	3	5	7	8	9	10	10	11	11	12	12	11	10	10	9	7	5	3
Level8	(Mile/H)	4	6	8	9	9	10	10	11	11	12	12	11	11	10	10	8	6	4

P4.POWERWALK

SPEEDCHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level1	(Mile/H)	1	1	2	2	3	3	4	4	4	4	4	4	3	2	2	2	1	1
Level2	(Mile/H)	1	2	2	2	3	3	4	4	5	4	4	4	3	3	2	2	1	1
Level3	(Mile/H)	1	2	2	3	3	4	4	5	5	5	4	4	4	3	3	2	1	1
Level4	(Mile/H)	1	2	3	3	3	4	4	5	6	6	5	4	4	4	3	2	2	1
Level5	(Mile/H)	1	2	3	4	4	5	5	5	6	6	6	5	4	4	4	3	2	1
Level6	(Mile/H)	1	2	3	4	5	5	6	6	6	6	6	5	5	4	4	3	2	1
Level7	(Mile/H)	1	2	3	4	5	6	6	7	7	6	6	6	5	5	4	3	2	1
Level8	(Mile/H)	1	2	3	4	5	6	7	7	7	7	6	6	6	5	5	4	2	1

P5. INTERVAL

SPEEDCHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level1	(Mile/H)	1	2	4	2	4	2	4	2	4	2	4	2	4	2	4	2	4	2
Level2	(Mile/H)	1	2	5	2	5	2	5	2	5	2	5	2	5	2	5	2	5	2
Level3	(Mile/H)	1	2	6	2	6	2	6	2	6	2	6	2	6	2	6	2	6	2
Level4	(Mile/H)	1	3	6	3	6	3	6	3	6	3	6	3	6	3	6	3	6	3
Level5	(Mile/H)	1	3	7	3	7	3	7	3	7	3	7	3	7	3	7	3	7	3
Level6	(Mile/H)	2	4	7	4	7	4	7	4	7	4	7	4	7	4	7	4	7	4
Level7	(Mile/H)	2	4	8	4	8	4	8	4	8	4	8	4	8	4	8	4	8	4
Level8	(Mile/H)	2	5	8	5	8	5	8	5	8	5	8	5	8	5	8	5	8	5

P6.ROLLING

SPEEDCHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level1	(Mile/H)	1	2	3	2	1	2	3	2	1	2	3	2	1	2	3	2	1	1
Level2	(Mile/H)	2	3	4	3	2	3	4	3	2	3	4	3	2	3	4	3	2	2
Level3	(Mile/H)	2	3	4	5	4	3	4	5	4	3	4	5	4	3	4	5	4	3
Level4	(Mile/H)	2	4	5	6	5	4	5	6	5	4	5	6	5	4	5	6	5	3
Level5	(Mile/H)	2	5	6	7	6	5	6	7	6	5	6	7	5	6	7	6	5	3
Level6	(Mile/H)	3	6	7	8	7	6	7	8	7	6	7	8	7	6	7	8	7	4
Level7	(Mile/H)	3	7	8	9	8	7	8	9	8	7	8	9	8	7	8	9	8	4
Level8	(Mile/H)	3	8	9	10	9	8	9	10	9	8	9	10	9	8	9	10	8	4

P7.MOUNTAINCLIMBING

SPEEDCHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level1	(Mile/H)	1	1	2	2	3	3	3	4	4	4	3	3	3	2	2	2	1	1
Level2	(Mile/H)	1	1	2	2	3	3	3	4	4	4	3	3	3	2	2	2	1	1
Level3	(Mile/H)	1	1	2	2	3	3	3	4	4	4	3	3	3	2	2	2	1	1
Level4	(Mile/H)	2	2	3	3	4	4	4	5	5	4	4	4	3	3	3	2	2	2
Level5	(Mile/H)	2	2	3	3	4	4	4	5	5	4	4	4	3	3	3	2	2	2
Level6	(Mile/H)	2	2	3	3	4	4	4	5	5	4	4	4	3	3	3	2	2	2
Level7	(Mile/H)	2	2	4	4	5	5	5	6	6	6	5	5	4	4	4	2	2	2
Level8	(Mile/H)	2	2	4	4	5	5	5	6	6	6	5	5	4	4	4	2	2	2

P8.HILLRUN

SPEEDCHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level1	(Mile/H)	2	2	2	3	3	3	5	5	7	7	9	9	10	8	8	6	4	2
Level2	(Mile/H)	2	2	2	4	4	4	6	6	6	8	8	10	10	8	8	6	4	2
Level3	(Mile/H)	2	2	4	4	4	6	6	6	8	8	10	10	12	10	8	6	4	2
Level4	(Mile/H)	2	2	4	4	6	6	8	8	8	10	10	10	12	12	10	7	5	3
Level5	(Mile/H)	2	4	6	6	6	6	8	8	8	10	10	11	12	11	10	7	5	3
Level6	(Mile/H)	2	4	6	6	6	6	8	8	10	10	11	12	12	11	10	7	5	3
Level7	(Mile/H)	2	4	6	6	8	8	9	9	10	11	11	12	11	10	9	7	5	3
Level8	(Mile/H)	2	4	6	8	9	9	10	10	11	11	12	12	11	10	9	7	5	3

HOW TO FOLD AND MOVE

HOW TO FOLD THE TREADMILL

Warning: Only fold the treadmill when it completely stops running. Never operate a folded treadmill.

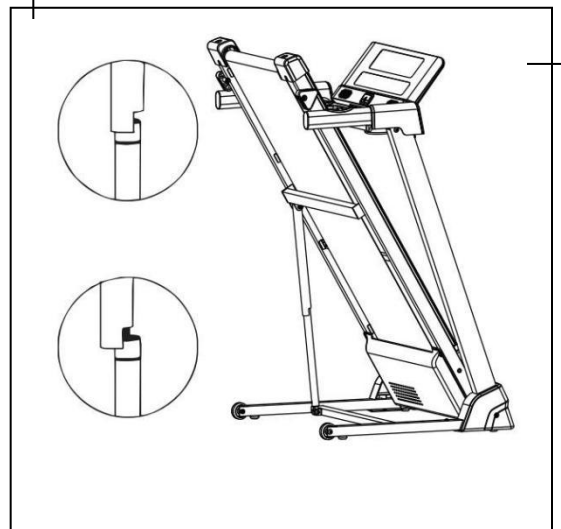
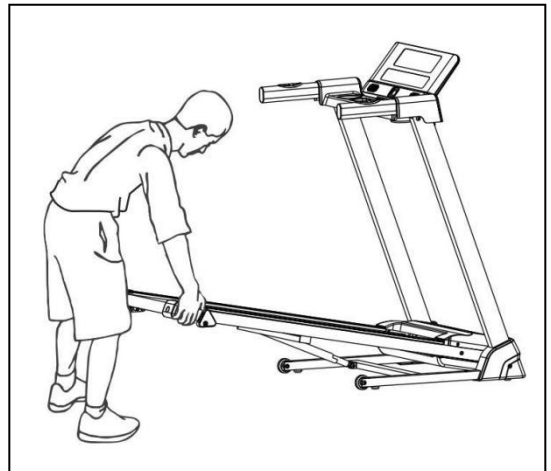
Before folding the treadmill, unplug the power cord.

CAUTION: Only a person can safely lift 45 pounds (20kg) can he/she raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the positions shown at the right figure.

CAUTION: To decrease the possibility of injuries, bend your legs and keep your back straight. As you raise the treadmill, make sure to use the strength coming from with your legs rather than your back. Raise the treadmill until the running deck is firmly held by the folding poles as the right figure shows.

2. If you want to put the treadmill to the work position, first pull the folding knobs outward as figure shows, and then lay the running deck down onto floor gently.

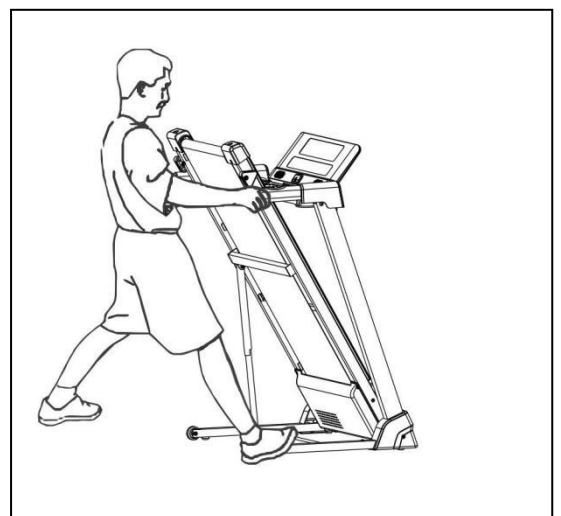


HOW TO MOVE THE TREADMILL

1. Hold the handrails as shown and place one foot against a wheel.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired position.

Never move the treadmill without tipping it back. To reduce the risk of injuries, be extremely careful when moving the treadmill. Do not attempt to move the treadmill on an uneven surface.

3. Place one foot on a wheel, and carefully lower the treadmill until it is resting on the desired position.



A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two to preferably three times a week, and rest for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part for your workout, and should begin during every session. It makes your body prepared for more strenuous exercise by heating up and stretching out your muscles, increasing your blood circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

1. Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



2. Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with your left leg extended.



3. Head Rolls

Rotate your head to the right for one count until you feel the stretching of the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



SUGGESTED STRETCHES

4. Shoulder Lift

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



5. Toe Touch

Slowly bend forward from your waist, and let your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



6. Calf and Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hip toward the wall. Hold, and then repeat on the other side for 15 counts.



7. Side Stretch

Open your arms to the side and continue lifting them over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretching of your right side. Repeat the actions with your left arm.



WARNING! Before performing any maintenance to your treadmill, always unplug the power cord from the power outlet.

CLEANING: Routine cleaning of your treadmill will extend its lifespan.

WARNING! To prevent electrical shock, ensure to turn off the treadmill and unplug its power plug from the wall electrical outlet before attempting any cleaning or maintenance.

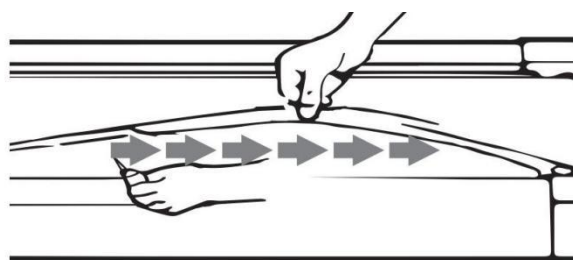
AFTER EACH WORKOUT: Wipe off the console and other treadmill surfaces with a clean, soft damp cloth to remove excessive perspiration. **DO NOT USE CHEMICALS.**

WEEKLY CLEANING: A treadmill mat is recommended to put on the walking belt for ease of cleaning. Because dirt from your shoes contacts the belt and eventually ends up underneath the treadmill, vacuum underneath the treadmill once a week.

DECK LUBRICATION: The walking belt has been pre-lubricated at the factory. However, it is recommended to check the walking board periodically for lubrication (lubricate every 10 days or 10 hours of operation) to ensure optimal treadmill performance. Lift the sides of the walking belt and feel the top surface of the walking board as far as you can reach underneath. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, lubrication is needed. Ask your retailer or contact our customer service team for the type of silicone.

TO APPLY LUBRICANT TO THE WALKING BOARD

- 1) Position the walking belt so that it is located on the center of the walking board.
- 2) Insert the spray nozzle into the head of the lubricant can.
- 3) While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 10cm from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side. Spray for approximately 4 seconds on each side.
- 4) Allow the silicone to 'set' for one minute before using the treadmill. **WARNING:** Do not over-lubricate the walking board. Excess lubricant should be wiped off with a clean towel.



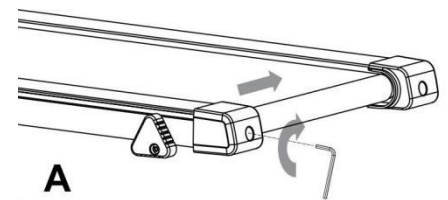
Running Belt Tension Adjustment

The treadmill has been adjusted and passed QC inspection before delivery. If there is a phenomenon of bias running belt, the possible reasons might be:

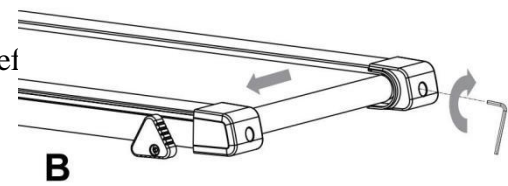
- A. The frame is not stably laid.
- B. The user is not running on the center of the running belt.
- C. The user's two feet use uneven strength when running.

For bias which cannot be fixed automatically, try the following methods to fix the belt (shown as the pictures):

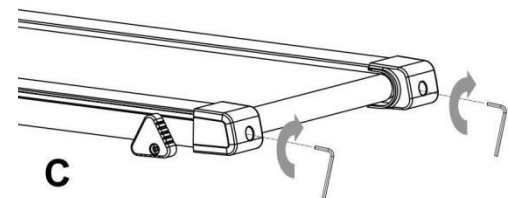
If the belt tends to move to the right, you should turn the belt adjustment screw on the right in clockwise direction. We recommend you turning 1/4 turn each time and check how it works. If the belt remains slanting to the right, turn the belt adjustment screw 1/4 on the left in counterclockwise direction (shown as the picture A).

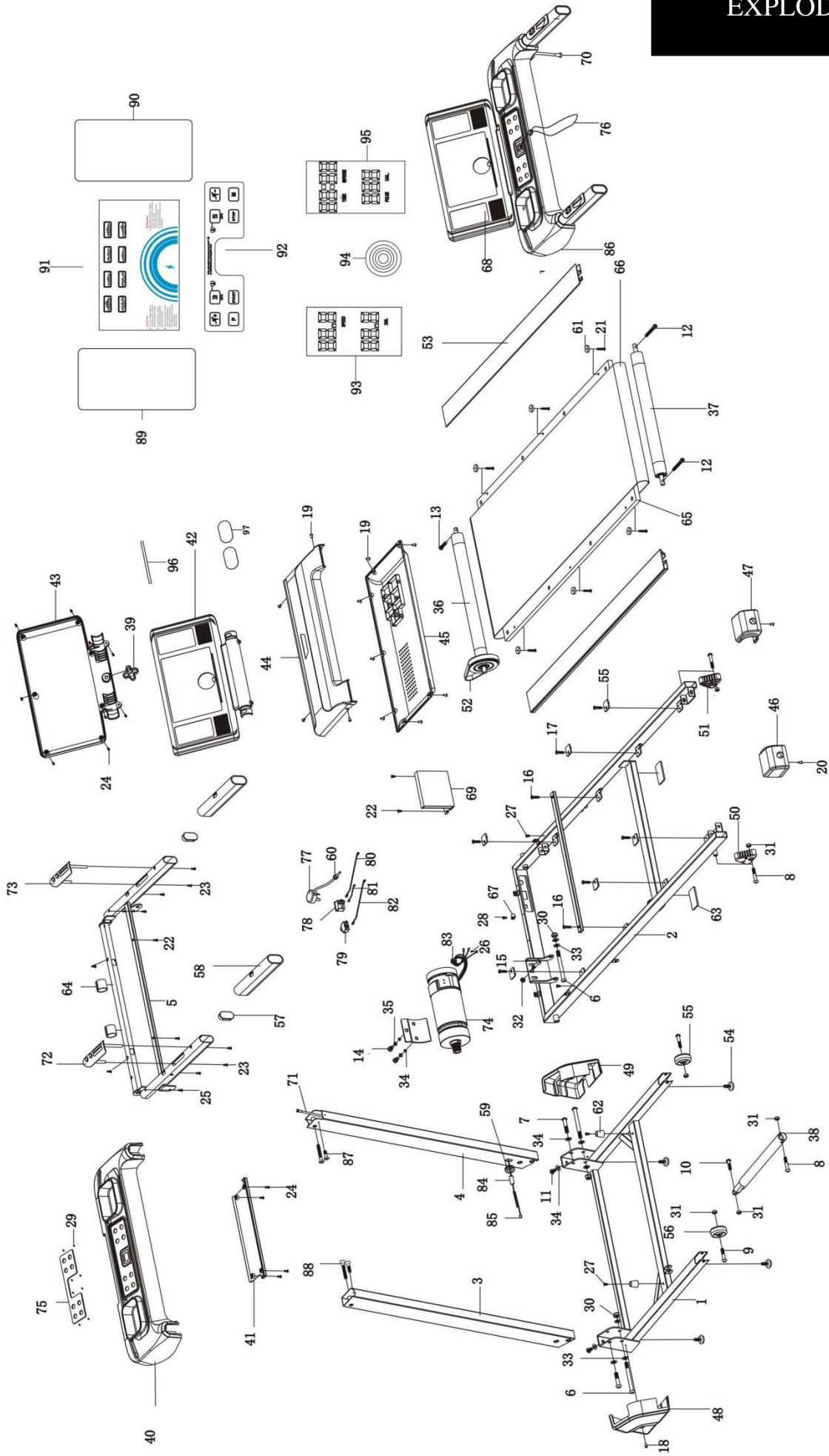


If the belt tends to move to the left, turn the belt adjustment screw on the left in clockwise direction for 1/4 turn. If the belt remains slanting to the left, turn the belt adjustment screw on the right in counterclockwise direction for 1/4 turn (shown as the picture B).



After having been used for a period, the belt might be slightly elongated, and slippery and halt might occur when a person is running on it. When these phenomena appear, you should secure the screws on both sides for 1/4 turn. If the belt is too tight, just loosen the screw on both sides for 1/4 turn (shown as the picture C).





PARTSLIST

NO.	PART NAME	QTY
1	BASE	1
2	MAINFRAME	1
3	LEFTUPRIGHT	1
4	RIGHTUPRIGHT	1
5	CONSOLERACK	1
6	HEXAGONSOCKETSCREWM10*100MM	2
7	HEXAGONSOCKETSCREWM10*45MM	2
8	HEXAGONSOCKETSCREWM8*45MM	3
9	HEXAGONSOCKETSCREWM8*40MM	2
10	HEXAGONSOCKETSCREWM8*28MM	1
11	HEXAGONSOCKETSCREWM8*15MM	4
12	HEXAGONSOCKETSCREWM8*65MM	2
13	HEXAGONSOCKETSCREWM8*35MM	1
14	HEXAGONSOCKETSCREWM8*12MM	2
15	BOLTM8*50mm	1
16	HEXAGONSOCKETSCREWM6*35MM	2
17	HEXAGONSOCKETSCREWM6*25MM	6
18	FLATHEADSCREWM5*12MM	2
19	FLATHEADSCREWM5*10MM	11
20	FLATHEADSCREWM5*8MM	2
21	FLATHEADSCREWM5*25MM	6
22	CROSSHEADTAPPINGSCREWM4*15MM	4
23	CROSSCOUNTERSUNKSCREWM4*15MM	4
24	FLATHEADTAPPINGSCREWM4*12MM	13
25	FLATHEADTAPPINGSCREWM4*10MM	6
26	ROUNDHEADSCREWM4*8MM	2
27	ROUNDHEADTAPPINGSCREWM4*15MM	4
28	ROUNDHEADTAPPINGSCREWM4*12MM	1
29	ROUNDHEADTAPPINGSCREWM3*6MM	8
30	M10HEXAGONNYLONNUT	3
31	M8HEXAGONNYLONNUT	7
32	M8HEXAGONNUT	1
33	FLATWASHER	8
34	FLATWASHER	5
35	SPRINGWASHER	2
36	FRONTROLLER	1
37	REARROLLER	1
38	AIRCYLINDER	1
39	ADJUSTINGKNOB	1
40	CONSOLEUPPERPLASTICHOUSING	1
41	CONSOLEDOWNPLASTICHOUSING	1
42	CONSOLEFRONTCOVER	1
43	CONSOLEREARCOVER	1
44	MOTORCOVER	1
45	BOTTOMCOVER(MOTOR)	1
46	REARENDCAP-L	1
47	REAREND CAP-R	1
48	BASECOVER-L	1
49	BASECOVER-R	1

NO.	PART NAME	QTY
50	MANUALINCLINE-L	1
51	MANUALINCLINE-R	1
52	MOTORBELT	1
53	SIDERAIL	2
54	BASEFOOTPAD	4
55	BLACKRUBBERCUSHION	6
56	INCLINEMOVINGWHEEL	2
57	HANDRAILENDCAP	2
58	HANDRAILFOAM	2
59	CABLEGROMMET	1
60	POWERCORD FASTENER	1
61	SIDERAILFASTENER	6
62	BASECUSHION	2
63	RUBBERPAD	2
64	EVAPAD	4
65	RUNNINGDECK	1
66	RUNNINGBELT	1
67	CABLECLIP	1
68	CONSOLEPCB	1
69	CONTROLLER	1
70	CABLEL=650mm	1
71	CABLEL=1200mm	1
72	HANDRAILPULSEL	1
73	HANDRAILPULSER	1
74	DCMOTOR	1
75	PRESSBUTTONPCB	1
76	SAFETYKEY	1
77	POWERCORD	1
78	POWERSWITCH	1
79	CIRCUITBREAKER	1
80	BROWNCABLEL=200MM	1
81	BLUECABLEL=200MM	1
82	BROWNCABLEL=100MM	1
83	MAGNETICRING	1
84	MAGNETICRING	1
85	SIGNALWIRE	1
86	CONSOLE	1
87	CountersunkheadscrewM8*15	2
88	CountersunkheadscrewM8*45	2
89	CONSOLEDECAL	
90	CONSOLEDECALR	
91	CONSOLEDECALM	
92	PRESSBUTTONDECAL	
93	LEDPCBBOARD L	
94	WIRELESSCHARGER	
95	LEDPCBBOARDR	
96	3MRUBBERMAT	
97	SPEAKERFILM	

ERRORCODE	POSSIBLEREASONS	SOLUTION
E01 Signalmalfunction	<ol style="list-style-type: none"> 1. Communicationdefectsbetween the console andthe controller. 2. Defectiveconsole. 3. Defectivecontroller. 	<ol style="list-style-type: none"> 1. Ask for a professional technician to connectthecableagainorreplace thecable. 2. Ask for a professional technician to replace theconsole. 3. Ask for a professional technician to replacethecontroller.
E02 Motor connectionmalfunction	<ol style="list-style-type: none"> 1. Motorwireormotorerror. 2. The connection wirebetweenthe motorandthe controller is defective or the controller is defective. 	<ol style="list-style-type: none"> 1. Ask for a professional technician to replacethemotor. 2. Ask for a professional technician to reconnectthewirebetweenmotor and controller or to replace the controller.
E03 Speed sensormalfunction	<ol style="list-style-type: none"> 1. The sensoris installedimproperly. 2. Defectivesensor. 3. The poor connection wirebetweenthe sensorandcontroller is defective. 4. Defectivecontroller. 	<ol style="list-style-type: none"> 1. Ask for a professional technician to checkandre-installthe sensor. 2. Ask for a professional technician to replacethe sensor. 3. Ask for a professional technician to checkandreconnectthewires. 4. Ask for a professional technician to replacethecontroller.
E05 Over-current motor	<ol style="list-style-type: none"> 1. Controllermalfunction 2. Motormalfunction 	<ol style="list-style-type: none"> 1. Ask for a professional technician to replacethecontroller. 2. Ask for a professional technician to replacethemotor.
E07 Safety key signalmalfunction	The safetykeyfalls off.	Attachthesafetykeycorrectly.

PROBLEM	POSSIBLEREASONS	SOLUTION
There is no display on the console.	<ol style="list-style-type: none"> 1. The powercordis notpluggedin. 2. Defects on whole setcableorit is notconnectedproperly. 3. Overloadprotection. 	<ol style="list-style-type: none"> 1. Re-plugthe powercord. 2. Plugin everyconnectorwell. 3. Ask for a professional technician to resetthe overloadprotector.
The treadmill belt is slipping.	<ol style="list-style-type: none"> 1. Runningbeltis tooloose. 2. Motorbeltis tooloose. 	<ol style="list-style-type: none"> 1. Tightenthe runningbelt. 2. Tightenthe motorbelt.
The runningbelt is not smooth.	<ol style="list-style-type: none"> 1. It lackslubricationoil. 2. The runningbeltis tootight. 	<ol style="list-style-type: none"> 1. Applylubricationoiltothe beltanddeck. 2. Loosen therunningbelt.

<p>The motor does not work.</p>	<ol style="list-style-type: none"> 1. The safety key is not attached correctly. 2. The connecting cable of the motor is not being well connected. 3. The power cord is not well connected. 4. The inverter is damaged. 5. The motor is damaged. 	<ol style="list-style-type: none"> 1. Re-attach the safety key. 2. Ask for a professional technician to well connect the connecting cable of motor again. 3. Well plug the power cord into a proper power outlet. 4. Ask for a professional technician to replace the inverter. 5. Ask for a professional technician to replace the motor.
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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.

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.

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