Treadmill Instruction Manual

Product brief:

Left and right rear foot　　running belt

strake

speed
time
distance
calories

motor cover

power cord and switch

strake

Attention :

.It's common home use machine,please avoid commercial use.

.Please avoid using machine at fire source commercial use.

.please exercise in wide space without any danger.

.when use in the floor,please be sure cover the carpet to avoid damage to the surface.

.Please dont't use this machine on the uneven places.

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Packing list :

number	name	unit	Q'TY	
1	treadmill	pcs	1	
2	screw package	pcs	1	
Screwpackage				
number	name	Q'TY	number	name	Q'TY
01	5# wrench	1	03	oil	1
02	remote control	1	04	manual	1

Parameters:

Model	P100
Voltage	AC220V/50HZ
Max use's weight	100KG
Packing Size	1370*530*115mm
Running Area	1100*400mm
Speed	1--6km/h

Thank you very much for purchasing this product ,to be able to use the product,be sure to read this manual.

Safety precautions

.Please don't use machine with illness,fatigue and drunk.
.Children should use this machine under adults accompany.
.Please wear confortable clothes,avoid flip flop or skirt when using this machine.
.Please start from suitable sport as excessive exercise may affect health.
.Loading capacity 100KG,overload may cause damage.

Sports suggestins and guidelines

5 to 10 minutes of warm-up before each use of the machine.It is not allowed to shield during exercise,usually ,when preparing to restore,inhale by nose and exhale by mouth.The breath and action should be cordinated.If the breath is short,stop the exercise immediately.

Muscle exercise in the same parts should be rest for 48 hours,that is ,we can train the same parts erery other day.determine the weight of the training accord to the physical training status of the individual,and then gradually increase theload to to practice .The initial training of muscle soreness is a normal phenomenon,as long as continue to practice.

Diet in order to product the digestive system,exercise can only be carried out hour after .During exercise,dink less water,not a lot of water,so as not to increase the burden of heart and lung .

Streching exercise

No matter how fast you walk,first you should do streching exercise.Warm muscles are easier to strench.Therefore,walk for 5 to 10 minutes to warm up,then stop and do srenching exercise for 5 times as follows.Each leg should be done for 10 seconds or more each time,and then do it again after the exercise.

Stretch down

Slightly bend your knees,slowly bend your body downward,relax your back and shoulders,touch your feet with both hands as much as possible for 10-15 seconds,then relax and repeat 3 times.(picture 1)

Leg stretch

Sit on the clean ground,straighten one leg,put the other leg in ,make the leg cose to the inside of the straightened leg,touch the foot with your hand as much as possible,keep it for 10-15 seconds,and then relax.Repeat for 3 times for each leg.(picture 2)
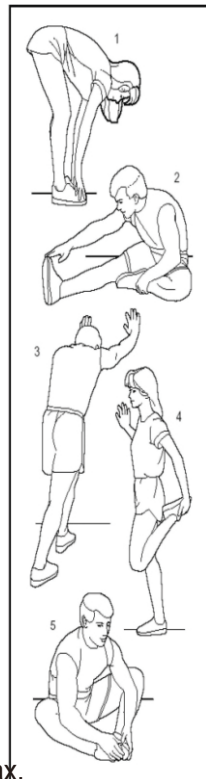
Calf and foot exrension

Stand with two hands on the wall ,one foot in the back, keep the back foot upright,heel on the ground ,tilt towards the wall,hold for 10-15 seconds,then relax, and make three times of figure 3for each leg.

Stretch the head chicken

Hold the wall with your right hand to grasp the balance, then sretch back with your left hand ,grasp your left foot and slowly pull it up to your hip until your feel the muscle in front of your thigh is very tense,about 10-15 seconds.Then telax,do each leg three times.(picture 4)

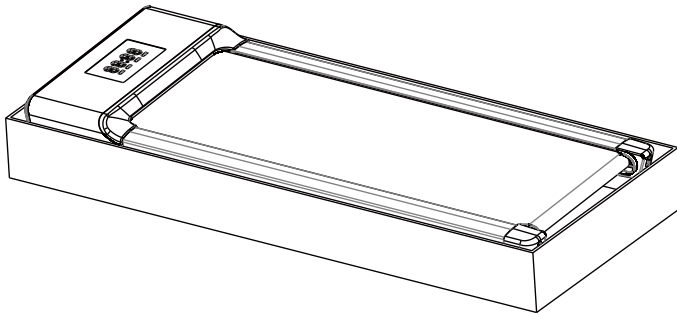Sretch the inner thigh muscles

With feet facing each other,and pull the feet to the abdmen with both hands,hold for 10-15 deconds,then relax, repeat 3 times.(picture 5)
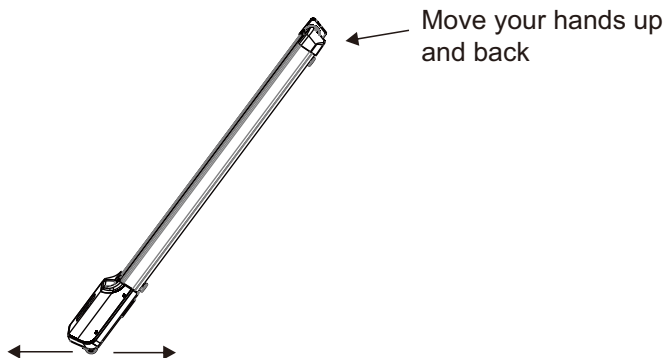
Assembly instrucions
The machine ha been installed in the manufactuir and can be used after
power on.Take the machine out of the box and put it on the floor.Make
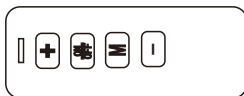sure there is a space of 50cm in front and back.

The machine moves
As shown in the picture,you can move back and front by lifting the
tail of the machine properlywith both hands.It is only suitable for
short-distance movement in the room.

Move your hands up
and back

Operation guide

1、 Window display

it will display "3"and"1".
When the machine is running ,the display window "speed window"and "time window"
will be automatically switched every 5 seconds.The indicator light under the calorie window
changes with the window display.The information displayed in different windows is as follows.
（1）."speed"window"
The current speed value is displayed in the running state,and the speed light is on.The
display range is 1.0--6.0km/h.
（2)."time"window"
Diasplay the movement time.The timeis on. The forward timing is from 0:00-60:00,60
minutes,and the machine is flat stable deceleration stops operation,countdown decreases
from the set time to zero,when the countdown reaches 0:00.The machine will enter the
standy state 10 minutes after it stops running smoothly and stably.
(3)."distance"window
Display the movement distance ,distance equal bright forward count overflows from
0.00-99.00 and then counts again,reverse count decrease from the set value to zero,when
the counter is turned to 0,the machine will drop steadily until it stops running 10ninutes
to standy.
(4）."calories window"
The caloric consumption value is displayed,When the caloric consumption value is displayed
on the caloric lamp,it overflows from 0.0-99:00 in the positive counting then count again.
when counting in reverse direction ,count back from the set value to 0.When counting back
 to 0,the machine is stable drop stop running quickly,and enter standby mode 10 minutes
after complete stop.
2.Remote control funtion
（1）."Start stop "is the start/stop key:when the power is on, press this key at any time to
start the line.During the movement ,you can stop the operation of the machine by pressing
 this key.
（2）open "+"is the speed increase key,after machine is started,increase the speed,
and its adjusrment range is km/time.
speed "-"is the speed decrease key,after the machine is started,increase reduce the speed,
and the state's adjustmengt range is 1 km/time.
（3）"switching calculation"is to check the speed time distance and calorie display.
According to the operation of another machine,the second white switch is used to switch
 the display port once,and then move (manual mode)to turn on the power switch.
3.Quick start
(1）.Open the power switch.
(2).Press"start/stop"button,the machine enters the 3seconds countdown,the buzzer makes a
sound and the window is built at the same time.display the countdown number.After the
 countdown of 3 seconds,the machine starts to run at 1.0km.
(3)After the start-up,you can use the "speed +"and "speed -"keys to adjust the speed of
 machineas required.

4.Operation in the process of movement :

(1).Press the "speed -"key to reduce the running speed of the machine.

(2).Press the "speed +"key to inctrase the running speed of the machine.

(3).Press the "start stop"key and the machine will slow sown to stop.

M key: In backward mode, open the machine power switch and press M key to select the time. Distance. In press - you can select backtrace

5.Each numerical display range :

set parameters	initial	Setting value	setting grange	Display range
Time (min:sec)	0:00	10:00	5:00-60:00	0:00 - 60:00
	-	-	-	-
speed(km/h)	1.0	1.0	1.0-6.0	1.0-6.0
Distance(km)	0.00	1.0	1.0-99.00	0.00 - 99.00
Pulse(sec/min)	-	N/A	N/A	-
Calories(kcal)	0.0	50.0	20.0-990.0	0.0 - 990.0

6.   Turn off machine :

The machine can be shut down by turning off the power switch ,so as not to damage the machine.

TreadmillCommonErrorMessagesPromptDescription

01:communicationblockedbetweenElectronicandcontroller. ₒlution

	When communication line is blocked between Electronic and under controller	Please connect again or change communicationline
S	WhenElectronicwithoutsignal	ChangeElectronictorepair
	Whenundercontrollerwithoutsignal	Changeundercontrollertorepair

E02:Thecontrollerdoesnotdetectthevoltageofthemotorline. olution

	Motorcableisnotconnected	Checkconnection
S	No voltage output or abnormal by undercontroller	Changeundercontrollertorepair
	Motorisbad	Changemotor

E03:Whenthemotorisrunning,thecontrollercan'ttestthespeedsignal. olution

	Motorcableisnotconnected	Checkconnection
S	Undercontrollerwithabnormalsignal	Changeundercontrollertorepair

E05:Whenthemotorisrunning,currentexceedstheratedcurrent.

	Treadmill motor load exceedstheratedcurrent	Recommend within the ratedcurrentofthemotor
Solution	Treadmill motor assembly structure problems, causingthemotorblocked orresistance	Check the structure of treadmill
	By limiting control system failure	Changeundercontrollerto repair

E07:Monitorcan'ttestthesignalofsecuritylock. olution

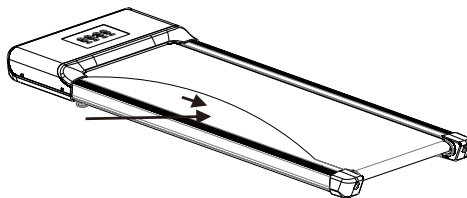|	SafetyMagnetoff	Please set magnet safety lockcorrectly
S	ElectronicSafetylocksystem	Changeelectronictorepair

Runningbeltadjustmentmethod .

1   Whenrunningbeltleantotheleft,adjustingscrewontheleft1-2turnsalongthe clockwise.Then,testrunning;Ifstillleantotheleft,repeattheabovestepsuntil backtothecenter.

2. Whenrunningbeltleantotheright,adjustingscrewontheright1-2turnsalong theclockwise.Then,testrunning;Ifstillleantotheright,repeattheabovesteps untilbacktothecenter.

3. Whentherunningbelttootight,itwillcausestrongerresist   ance.Pleaseadjust both sides screws 1-2 turns along the counterclockwise, loosen the belt until stoppingskiddingorpausing;Whentherunningbelttooloose,pleaseadjustboth sidesscrews1-2turnsalongtheclockwise.

Usethetreadmilllubricant

LOCATION is in the middle of the lower surface of the running belt. When add lubricant, please inject to the center of running board, then put down the belt,pressingtheholebyhands,rotatingthebelttoapplyevenly.