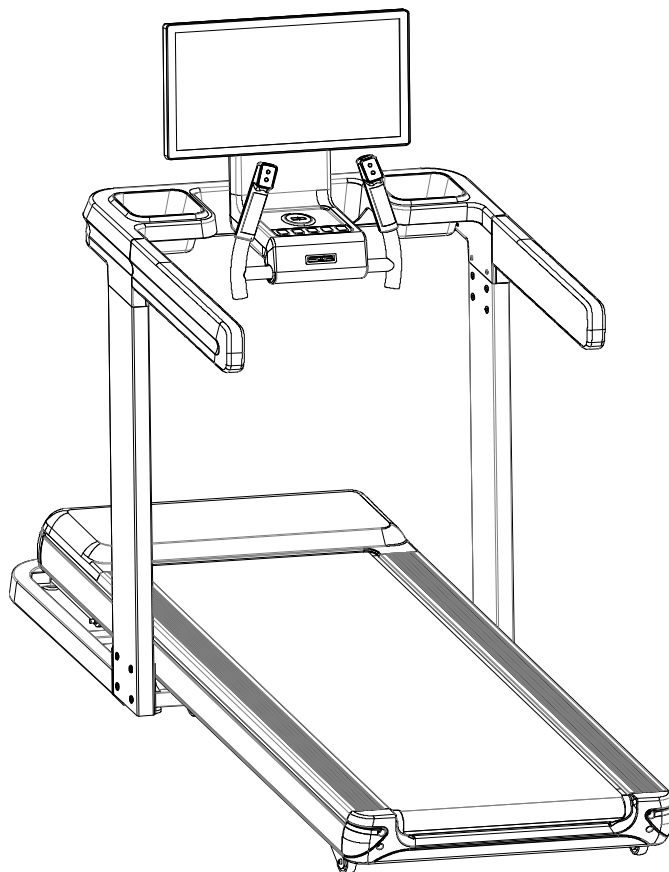


# Manual Instruction

## Treadmill



## **IMPORTANT SAFETY INSTRUCTIONS**

Thanks for purchasing this product .The product will help you keep fitter, healthier and better in a very easy way.

### **User Guide**

1. Always connect the power plug to a socket with a grounded circuit and the socket must have a special circuit to avoid sharing with other electrical equipment.
2. Ensure the treadmill stable on the ground before use.
3. Check if its function normal or not before running.
4. Stand on two side rails when the treadmill starts
5. Clipped the safety key to your clothes when upcoming to control any emergency.
6. Press the “start” button to get the treadmill started.
7. Follow the running belt with left leg to do preparation before trial run. Only when you feel you can run, you can stand on the treadmill and do it with the right posture. And only one person is allowed to exercise on the treadmill, and overload exercise is strictly prohibited.
8. You can adjust speed if necessary.
9. After running, you can stop the treadmill by pulling out the safety key or pressing the “stop” button.
10. Remember to turn off the power and pull out the plug when you finish exercising.

### **Safety precaution:**

- ◆ Place the treadmill indoors to avoid any water and no heavy stuff.
- ◆ When using the fitness device, wear comfortable clothing and preferably sports or aerobic shoes.
- ◆ Keep children away from the treadmill to avoid any accident.
- ◆ No overload to give damages to motor, controller, roller and running belt. Make routine maintenance to the treadmill.
- ◆ Keep less indoor dust and a certain extent of humidity to avoid interference of console and controller.
- ◆ Keep the household treadmill continuously running no more than 2 hours.
- ◆ Keep good air circulation when running.
- ◆ There should be 2000x1000mm safe space at the end of treadmill when running.
- ◆ Stop running if any discomfort and consult the doctor.
- ◆ Reserve the silicon bottle to some place that children cannot reach, to avoid serious mistake.

- ◆ Prohibit the user jumping off the treadmill directly after use.
- ◆ Pull out the power plug gently from the socket.
- ◆ Stop the machine if anything wrong and cut the power immediately.
- ◆ Ask local distributor to handle any issue or provide service. Dismantle the components personally is not allowed.

## **DANGER!**

To reduce accidents or harm, please check following rules.

- ◆ Ensure your clothes zipped up before running.
- ◆ Do not wear clothes that easily hooked.
- ◆ Keep power cord away from hot objects.
- ◆ Keep children away from the treadmill.
- ◆ If something wrong , support the handle bar to push up and leave running belt.
- ◆ Do not use the treadmill outdoor.
- ◆ Cut off the power before move of the treadmill .
- ◆ Do not open motor and roller cover unless professionals .
- ◆ This machine can be used under 10A circuit .
- ◆ Ensure that only one person at a time uses the fitness device.
- ◆ The HRC testing may be not as exact as medical devices so its results for reference only .
- ◆ 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.

## **Warning and Prohibit!**

- ◆ Following patients under treatment need to get use of the treadmill after approval of professional doctor.
  - (1) The person with backache or used to get hurt in the leg ,waist ,neck . Those with numbness of legs, waist, neck and hands ( those with chronic diseases such as intervertebral disc protrusion, spinal slip, cervical vertebra protrusion, etc. )
  - (2) The patient with deformational arthritis , rheumatism or gout .
  - (3) The patient with osteroporosis .
  - (4) The patient with a bad circulatory system like heart disease ,vascular disorders and vascular hypertension .

- (5) The patient with respiratory disturbance.
- (6) The patient with Artificial heart rhythm problem.
- (7) The patient with malignant tumors.
- (8) The patient with thrombosis .
- (9) The patient with diabete-caused perceptual disturbance.
- (10) The person with skin injury .
- (11) The patient with a high fever above 38℃.
- (12) The person with bent back bone.
- (13) The person with pregnancy or in (menstrual) period.
- (14) The person feels uncomfortable .
- (15) The person is obviously in a bad condition.
- (16) The person for the purpose of rehabilitation.
- (17) The person having abnormal physical features.

- Above cases may cause accident or poor health

- ◆ Stop exercising immediately should you feel unwell like pain in your joints or muscles, dizziness, numb, and abnormal heart beat, and consult the doctor as soon as possible.
- ◆ Keep children away from this product.
  - Children may get hurt if you ignore this.
- ◆ Told the children that this is not a toy.
  - Children may get hurt if you ignore this.
- ◆ when using, taking out, putting back or moving this product, please make sure there is nobody or pets around.
- ◆ stop use this product when the cover cracked (inner parts come out) or welded parts drop off.
  - may cause danger or injury.
- ◆ Do not jump up or down from the treadmill when running.
  - may fall down and get injury.
- ◆ Do not use or reserve the treadmill outdoor or near bathroom to avoid water.
- ◆ Do not use or reserve the treadmill in the area exposed to direct sunlight, and avoid high temperature places like electric blanket and warmer.
  - may cause electric leakage or fire.
- ◆ Do not use when the power line or plug damaged, or the socket is loose.
  - may cause electric shock, short circuit or fire.
- ◆ Do not damage or twist the power cord, also do not put heavy things on it.
  - may cause fire or electric shock.

- ◆ Only for one person at a time, tell people around not too close.
  - may fall down and cause injury.
- ◆ people who is not conscious or can't operate by himself can not use the treadmill.
  - may cause accident or get injury.
- ◆ disassemble, repair, change by customer themselves are forbid absolutely.
  - may cause mechanical breakdown and injury.

To avoid water !

- ◆ the main body and operating components can not meet with water or drink.
  - may cause electric shock and fire.
- ◆ Do not exercise too much if you are not a regular sportspeople.
- ◆ Do not use the treadmill after meals or when feel tired.
  - may cause damage to your health.
- ◆ This product is for home use. It cannot be used in school or gymnasium where are lots of unspecific users.
  - may cause injury.
- ◆ Do not use the product while you are having meals or doing other activities.
- ◆ Do not use the product when you feel the body become slow after drink.
  - may cause accident or injury.
- ◆ Do not use the product when you have hard object in your pocket.
  - may cause accident or injury.
- ◆ the power plug cannot be attached with needle, waste or water.
  - may cause electric shock, short circuit and fire.
- ◆ Do not pull out the plug or switch the power to "off" while operating.
  - may cause injury.

### **Do not operate with wet hands !**

- ◆ Do not pull out or insert the plug with wet hands.
  - may cause electric shock or injury.

### **Remember to pull out the plug !**

- ◆ Remember to pull out the plug when not using.
  - Dust and dampness can damage insulation and then cause electric leakage and fire.
- ◆ Pull out the plug when maintenance.
  - may cause electric shock and injury.
- ◆ stop using immediately when the product can not start or have something abnormal, pull out the plug and make a trouble call.

- may cause electric shock and injury.
- ◆ pull out the plug when meet with power failure suddenly.
- may cause accident and injury when power resumption.
- ◆ You should hold the plug not the wire when pulling out the plug.
- may cause short circuit, electric shock and fire.

Ground connection instruction !

- ◆ the product must have grounded connection. The grounded connection can provide a channel with least resistance for the current when the product is malfunction, thus can reduce the danger of electric shock.
- ◆ The product is equipped with electric wire for grounding conductor and grounding plug. The plug must insert into the socket that conformed to the local regulations.

## **Danger !**

- ◆ incorrect connection of grounding conductor may cause electric shock.If you are not sure about the grounding connection, please ask a professional electrician to check.if the plug of the product is not match your socket, you should ask for a n electrician to install a correct socket.
- ◆the product have grounding plug. Please confirm that you have the matched socket first. Socket adapter is not allowed.

## **FCC Radiation Exposure Statement:**

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 & your body.

## **FCC Warning**

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.

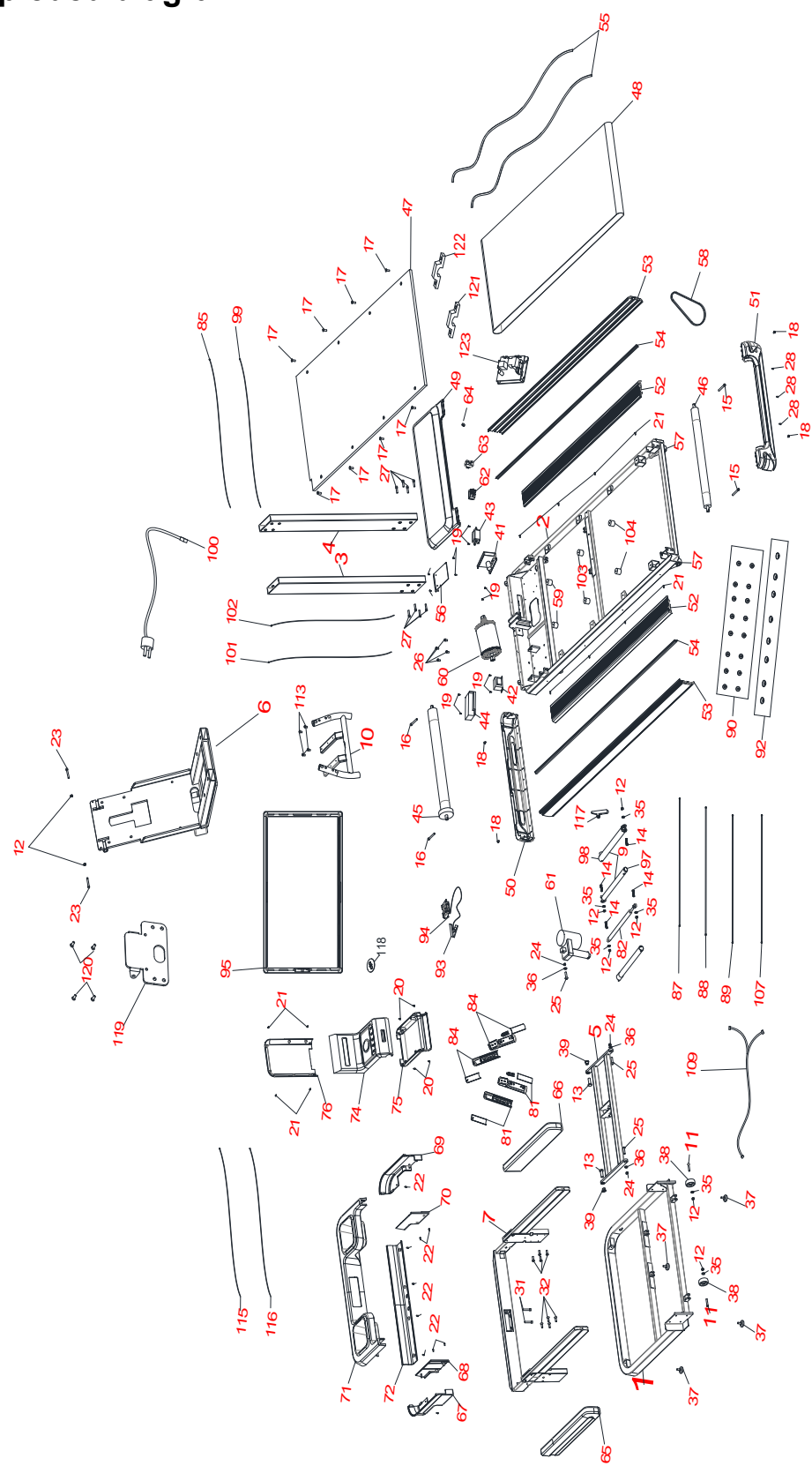
Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This

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

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

NOTE 2: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

# Exploded diagram





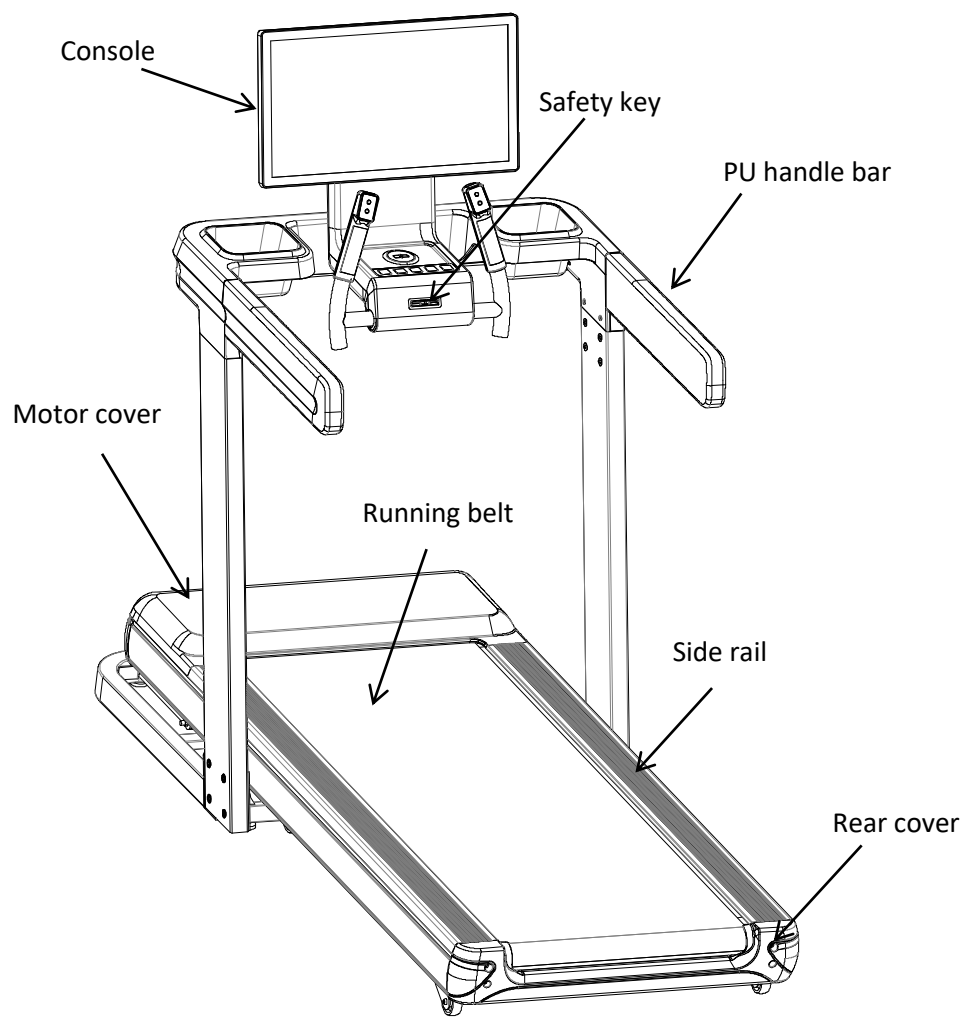
## Parts list

No.	Part description	QTY
1	Base frame	1
2	Main frame	1
3	Left upright post	1
4	Right upright post	1
5	Incline frame	1
6	Monitor frame	1
7	Monitor tray frame	1
10	Pulse handle bar	1
11	Hexagon large flat head half-thread bolt M8×50×20	2
12	hexagon lock nut M8	12
13	Hexagon head half-thread bolt M12×Φ14×35×19	2
14	Hexagon large flat head half thread bolt M8×35×20	4
15	Hexagon cylindrical head full tread bolt M8×75	2
16	Hexagon cylindrical head full tread bolt M8×60	1
17	Hexagon countersunk head full thread bolt M6×25	10
18	Cross recessed large flat head full thread bolt M5×10	4
19	Cross recessed large flat head full thread bolt M4×10	10
20	Cross recessed countersunk head tapping screw ST4×15	18
21	Cross recessed large flat head tapping screw ST4×16	10
22	Cross recessed countersunk head tapping screw ST3×10	2
23	Hexagon large flat head half-thread bolt M8×40×20	2
24	hexagon lock nut M10	3
25	Hexagon large flat head half-thread bolt M10×65×20	1
26	Hexagon large flat head full-thread bolt M8×25	4
27	Hexagon cylindrical head full thread bolt M8×35	8
28	Cross recessed large flat head tapping screw ST4×10	14
29	Cross recessed large flat head tapping screw ST4×12	24
30	Hexagon pan head full thread bolt M6×25	4
31	Hexagon cylindrical head full thread bolt M8×45	2
32	Hexagon countersunk head full thread bolt M8×25	8
34	Hexagon large flat head half-thread bolt M10×35×20	3
35	Flat washer Φ8	14
36	Flat washer Φ10	4
37	Feet pad	4
38	Front wheel	2

39	Powder metallurgy sleeve	2
41	Controller	1
42	Inductance	1
43	Filter	1
44	Power adaptor	1
45	Front roller	1
46	Rear roller	1
47	Running board	1
48	Running belt	1
49	Motor cover	1
50	Front motor cover	1
51	Rear cover	1
52	Side rail	2
53	Lateral side rail	2
54	Cover of light line	2
55	LED light line	2
56	Fix plate for filter and inductance	1
57	Rear wheel	2
58	Motor belt	1
59	Cylindrical cushion	6
60	Motor	1
61	Incline motor	1
62	Switch	1
63	Fuse	1
64	Power cable buckle	1
65	Left PU handle bar	1
66	Right PU handle bar	1
67	Left outside lateral cover of handle bar	1
68	Left inside lateral cover of handle bar	1
69	Right outside lateral cover of handle bar	1
70	Right inside lateral cover of handle bar	1
71	Upper monitor tray	1
72	Bottom monitor tray	1
74	Central part upper cover of monitor tray	1
75	Central part bottom cover of monitor tray	1
76	Rear cover of monitor connection neck	1
81	Incline handle pulse	1

82	Cylinder	1
84	Speed handle pulse	1
85	Main communication wire	2
87	Power communication wire	1
88	Power communication wire	1
89	Power communication wire	1
90	Round guide block for side rail	16
91	Power cable buckle	3
92	Plastic flat washer	8
93	Safety key	1
94	Safety key base	1
95	Monitor	1
97	Internal expansion tube	1
98	External expansion tube	1
99	Bottom communication wire for LED light line	1
100	Power cable	1
101	Communication wire for monitor	1
102	Upper communication wire for LED light line	1
103	Cylindrical cushion 2	2
104	Cylindrical cushion 3	2
107	Power communication wire	1
109	Handle pulse wire	1
111	Monitor bracket	1
112	Hexagon large flat head bolt M8×40	2
113	Hexagon large flat head full thread bolt M8×15	4
115	Main communication wire for button	1
116	LED light line communication wire for button	1
117	foot pedal for cylinder	1
118	Rubber washer for wireless charger	1
119	Inner bracket of monitor	1
120	Hexagon large flat head bolt M8×15	4
121	Motor bracket plate A	1
122	Motor bracket plate B	1
123	ERP energy saving panel	1

# Product Introduction

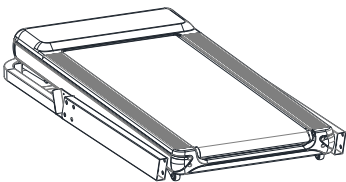


## Technical information

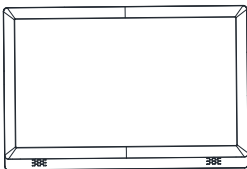
Dimension	Unfold: 1823*886*1582mm
Runningboard	1450*550mm
Speed	1.0—22.0km/h
Motor Incline	0-15%

REMARK: WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

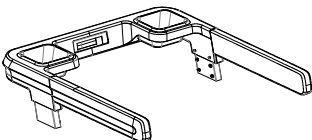
Packing List



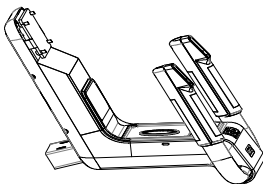
Main body



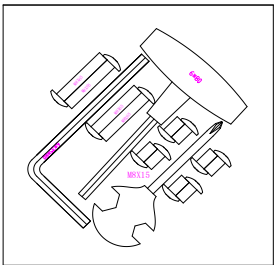
TFT Console



Console tray



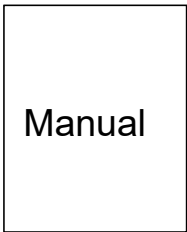
Central handle bar



Screw Bag

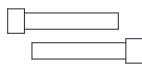


Silicon Bottle

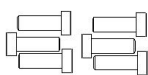


Manual

# Hardware list



Hexagon cylindrical head full thread bolts  
M8×45 x2 pcs



Hexagon cylindrical head full thread bolts M8×35 x6 pcs



Hexagon countersunk head full tooth bolt M8×25 x8pcs



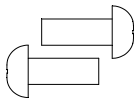
Hexagon cylindrical head half thread bolts  
M8×40 x20 \*2 pcs  
Nuts M8\*2pcs



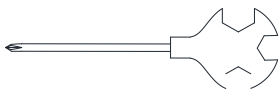
Cross slot large flat head self-tapping screws ST4×14\*  
4pcs



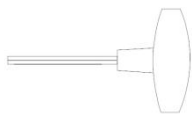
Flat washer M8  
\*2pcs



Cross slot large flat head full tread screws M4x10\*  
2pcs



Cross wrench  
14\*17\*75\*1pc



T shape wrench  
6\*80\*1pc

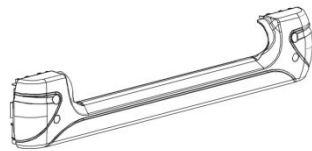


L shape wrench  
5\*30\*80s\*1pc

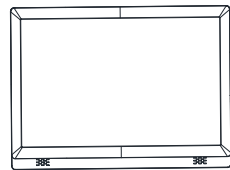
**Main Parts**



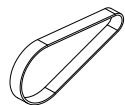
Motor Cover



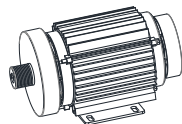
Rear Cover



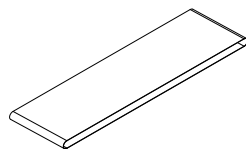
Monitor



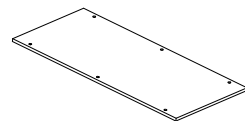
Motor belt



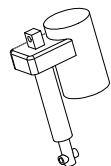
Motor



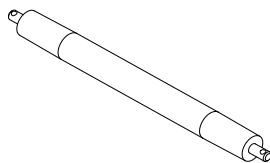
Running Belt



Running Board



Incline Motor



Rear Roller



Front Roller

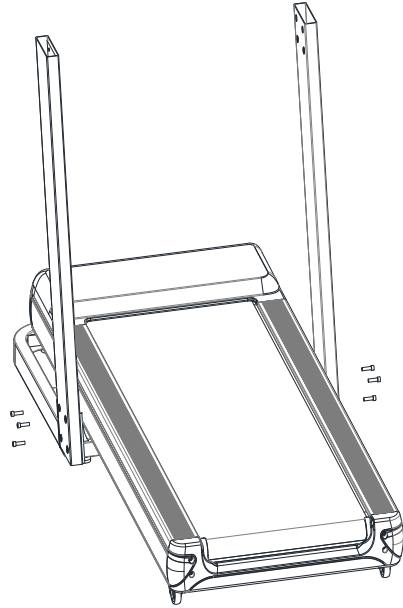
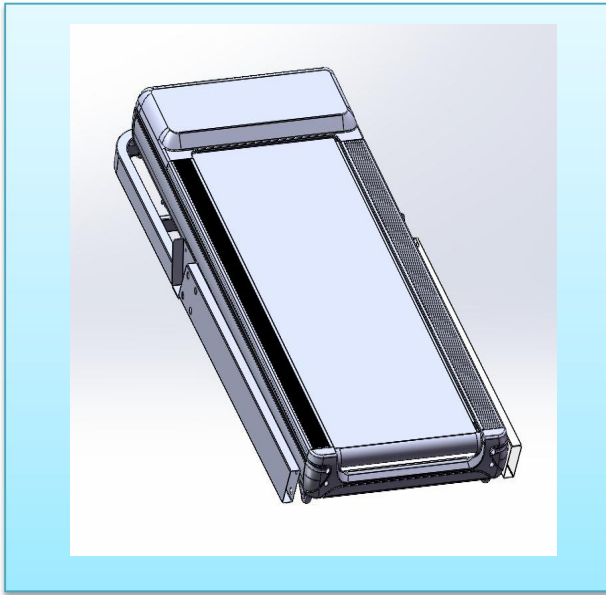


Side rial

## ASSEMBLY INSTRUCTIONS

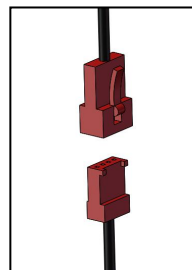
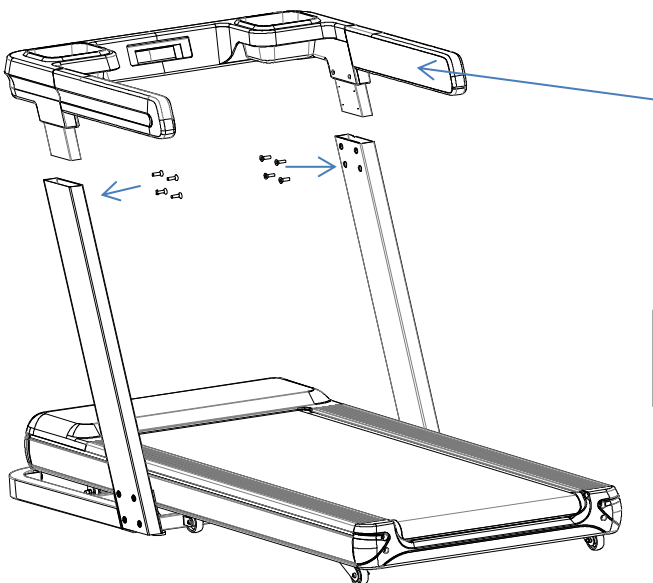
### Step 1

Take out the machine from box and put it on the flat floor. Lift up the stand post and fix them well with 6pcs of M8X35 screws, do not fasten the screws.

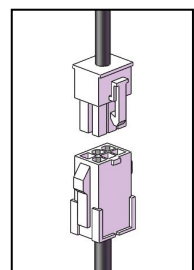


### Step 2

Connect the signal wire in the right upright post and monitor tray as below picture. Assemble the monitor tray onto upright post and fix them with 8pcs of screw M8x25. Do not fasten the screws.



Wire of LED  
light line

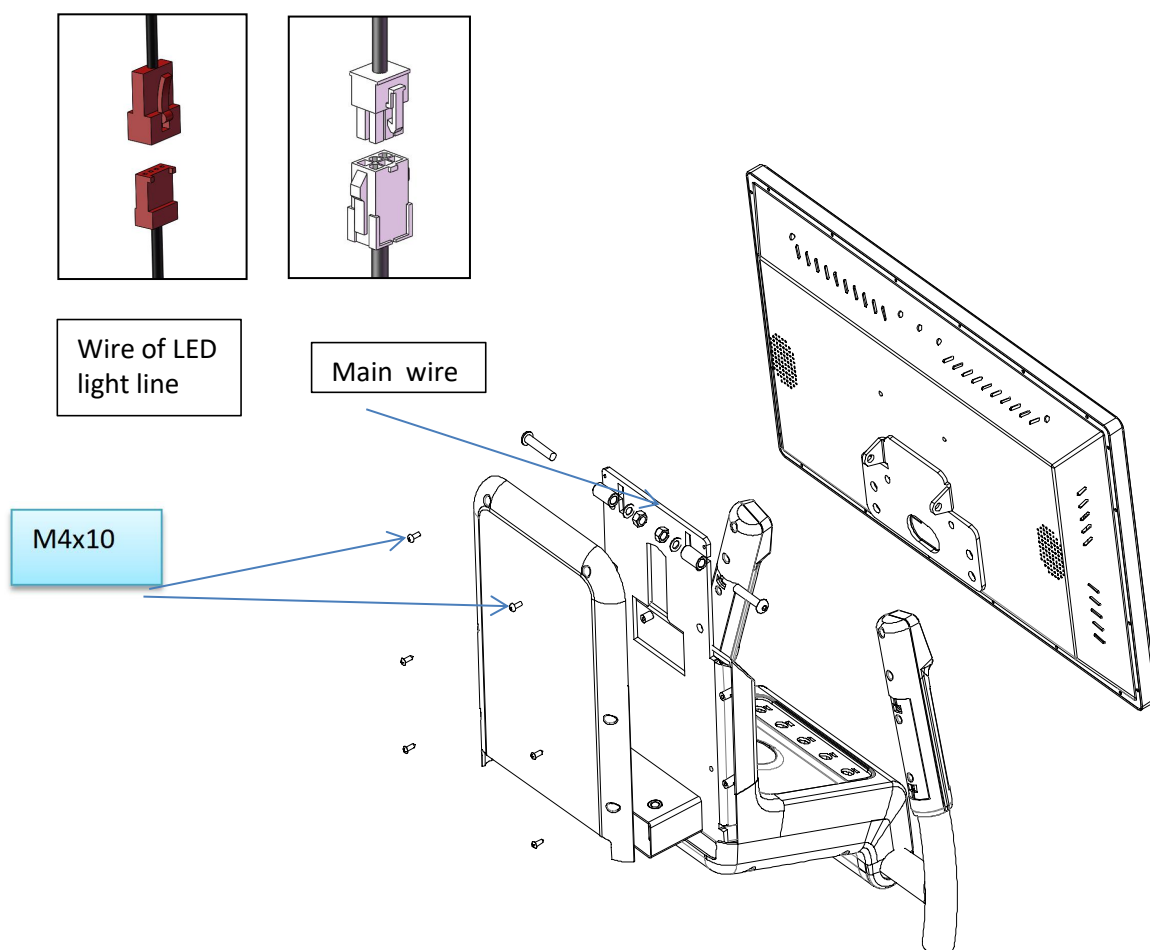


Main wire

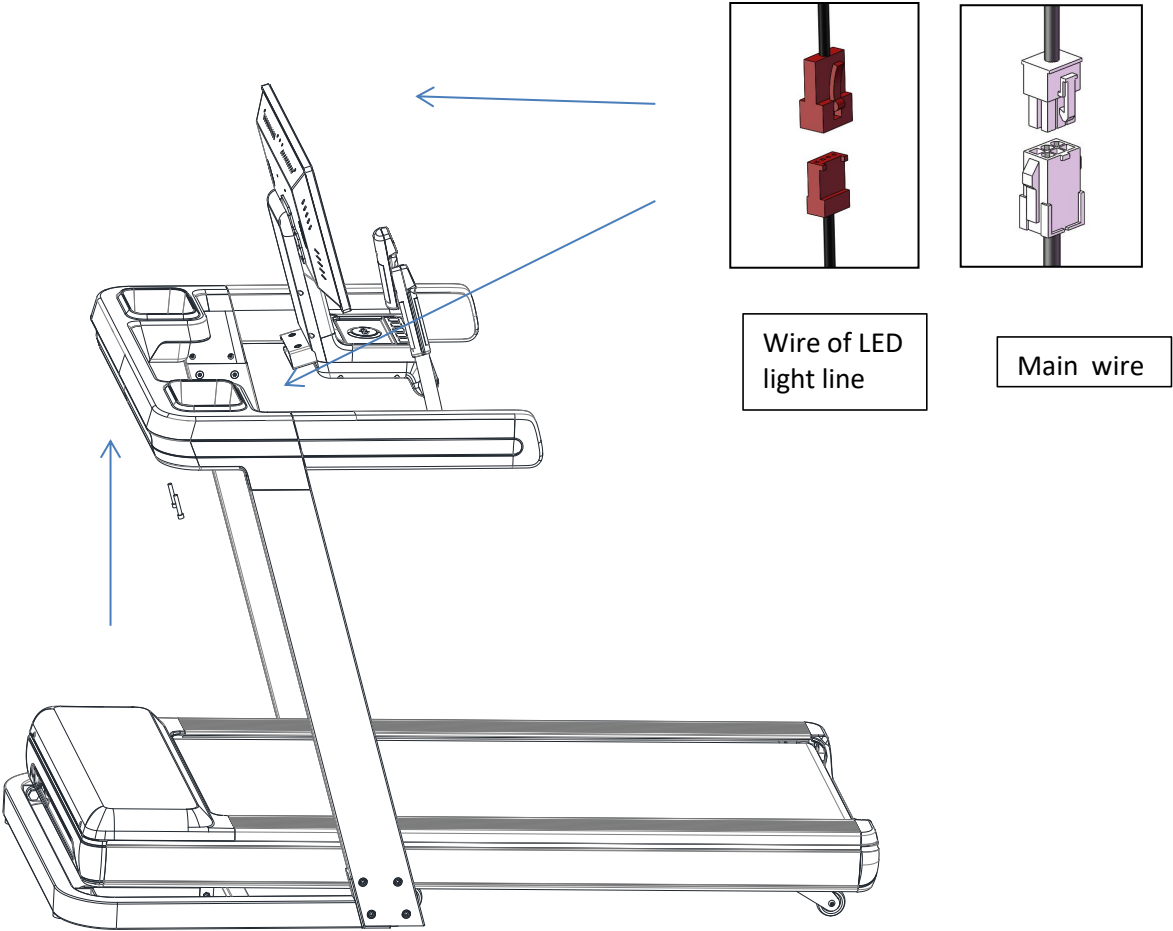


### Step 3

Connect the two communication wires, wireless charger, safety lock, and handle pulse wires, then fix the monitor on monitor bracket, lock them with two  $M8 \times 40 \times 20$  bolts and nuts (the nuts need to be flattened with washers), and then use four  $ST4 \times 14$  screws and two  $M4 \times 10$  screws to lock the back cover of the central control on the monitor bracket.



Step 4: Connect the two communication wires, insert the entire center console and monitor into the middle cross pipe, lock it with two M8×45 bolts, and finally fasten the previously assembled bolts together to complete the installation of the entire machine.



## **General Fitness Tips**

### **1. Warm-up**

Do not hold your breath before warming up for 5-10 minutes before each warm-up.

### **2. Breathe**

Usually when you are preparing to restore your breath, inhale with your nose and spit out your breath with your mouth. The breathing and movement should be coordinated, such as breathing too fast. The movement should be stopped immediately

### **3. Frequency**

The same part of the muscle should have a rest of 48 hours, that is, the same part can only be trained every other day.

### **4. Load**

According to the individual physical condition determine the amount of training, then according to the principle of asymptotic load to practice, the initial training of muscle soreness is a normal phenomenon, as long as continue to practice, soreness can be eliminated.

### **5. Relax**

Do 5 minutes of exercise after each exercise, especially the stretching and relaxation of the muscles of the foot, to avoid long-term muscle condensation, maintain a muscle flexible diet

### **6. Diet**

In order to protect the digestive system, one hour after meals before exercise, training should be at least half an hour before eating, exercise less water, especially drinking water, so as not to increase the heart, kidney burden

### **Stretching exercises**

No matter how fast you walk, it's best to do stretching exercises first. Warm muscles are easier to stretch, so take a 5-10 minute warm-up. Then stop and do the stretching as follows: 5 times, each step for 10 seconds or more; do it again after the workout.

#### **1.Stretch down**

The knees are slightly curved, the body slowly bends forward, let the back and shoulders relax, and the hands try to touch the toes. Keep it for 10~15 seconds, then relax. Repeat 3 times (As picture 1 shown).

#### **2. Tendon stretching**

Sit on a clean seat cushion and straighten one leg. Put the other leg inward so that it fits snugly against the inside of the straight leg. Try to touch the toes with your hands. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 2 shown).

#### **3. Calf and heel stretch**

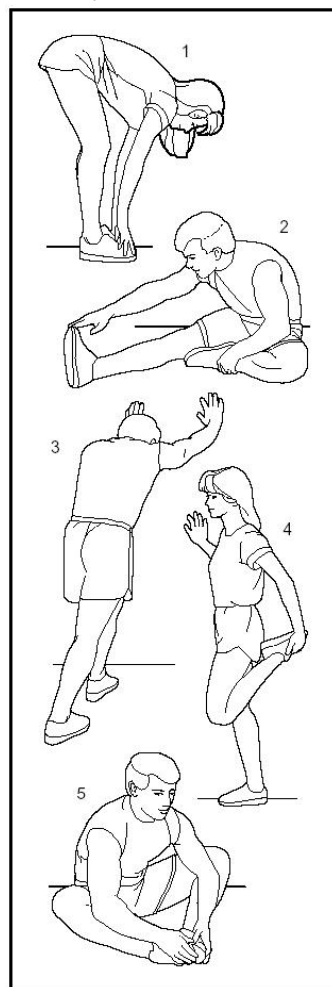
Hold the wall or tree with both hands and one foot behind. Keep your hind legs upright and your heels on the ground, leaning in the direction of the wall or tree. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 3 shown).

#### **4. Quadriceps stretching**

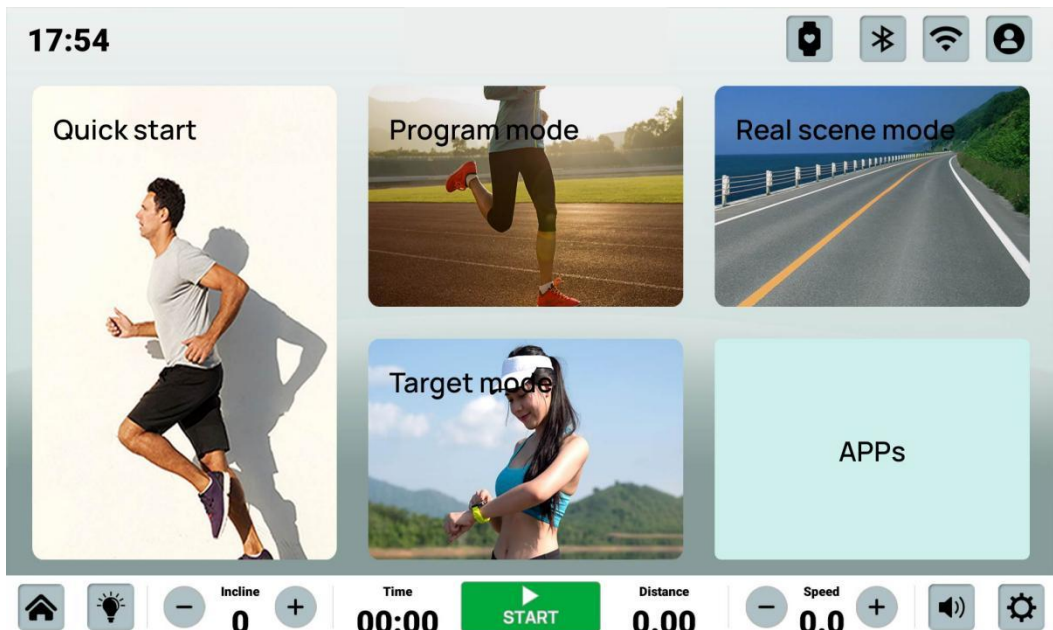
Grasp the balance with your left hand or the table, then extend your right hand backwards and grab your right ankle and slowly pull it toward your hips until you feel the muscles in front of your thighs are tense. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 4 shown).

#### **5. The sartorius muscle (muscle inside the thigh) stretches**









The soles of the feet are opposite and the knees sit down. Grasp your feet with both hands and pull them in the direction of the groin. Keep it for 10~15 seconds, then relax. Repeat 3 times. (As picture 5 shown).



# Console Function Intruction

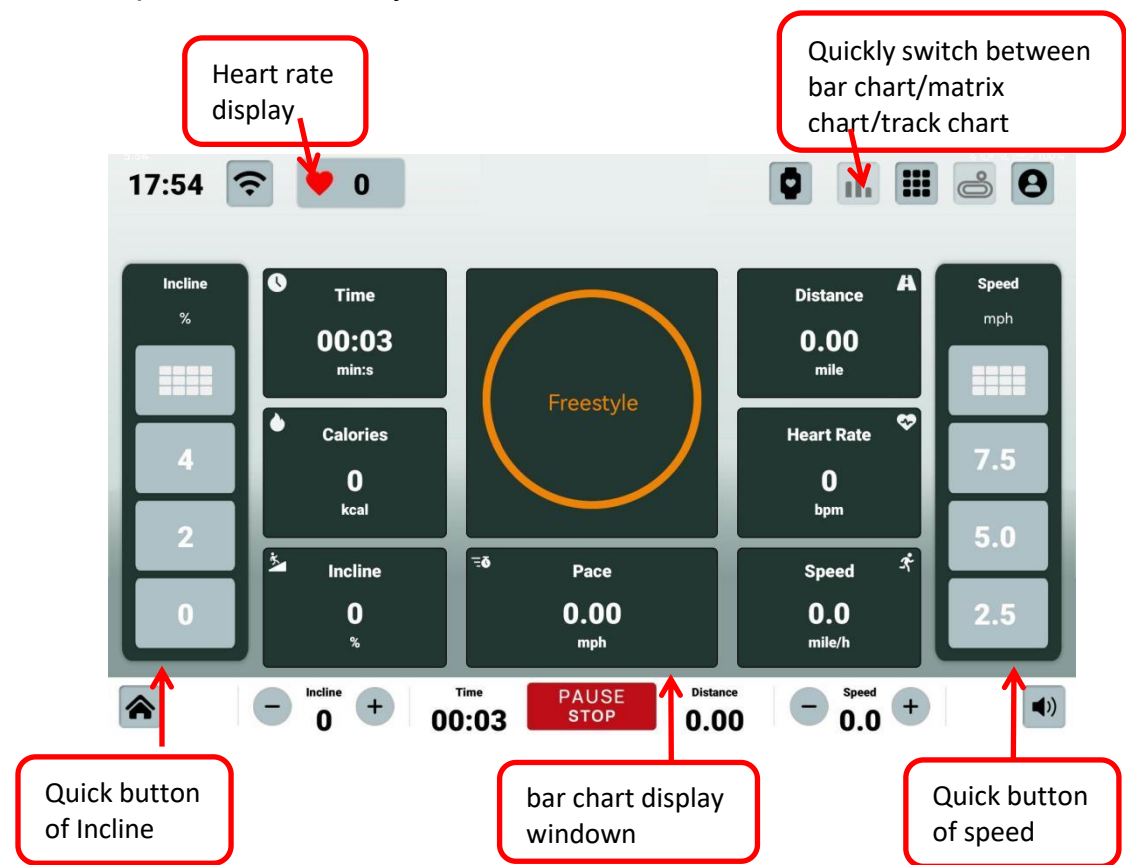


## 1. Home page

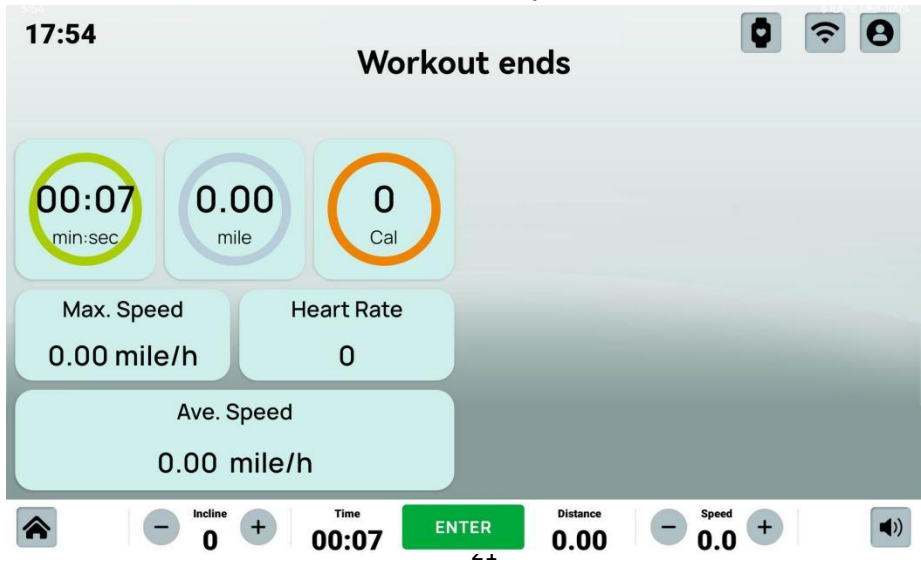
- 1.1) **"Time"window:** display time value;
- 1.2) **"Distance" window:** display distance value;
- 1.3) **"Speed"window:** display speed value;
- 1.4) **"Incline"window:** display the value of inclination;
- 1.5)  **window:** Key for returning to home page;
- 1.6)  **window:** Key for brightness adjustment;
- 1.7)  **window:** Key for volume adjustment;
- 1.8)  **window** : Ket for setting;
- 1.9)  **window:** Key for bluetooth heart rate device connection;
- 1.10)  **window:** Key for Bluetooth device connection;
- 1.11)  **window:** Key for WIFI network connection;
- 1.12)  **window:** Key for user account login;

2. Quick start

In the home page, click “ START” or “Quick start” to enter quick start mode. You can freely adjust the speed and incline value by clicking Speed +/- and incline +/-, or click the quick button directly.

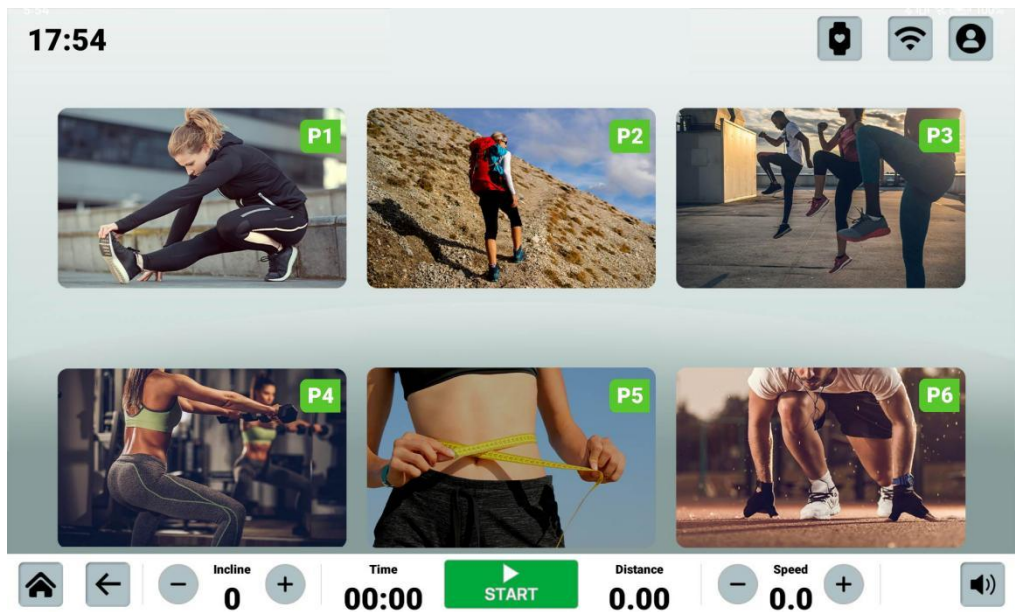


Click “PAUSE STOP” to end the exercise, enter the end of the exercise interface, it will show the exercise time, distance, max. Speed and calories and so on.

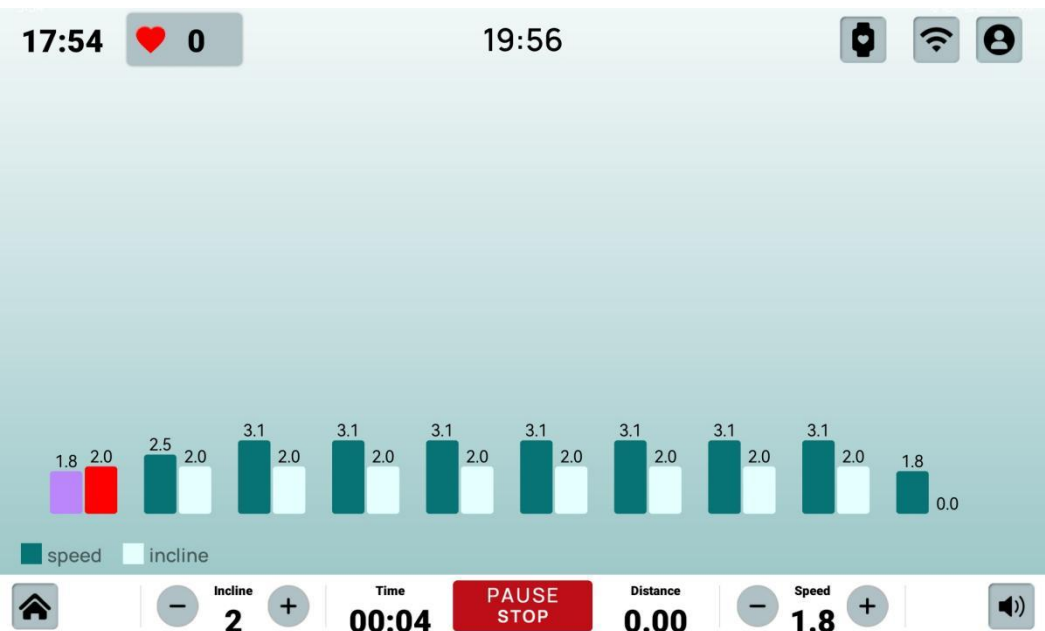


3. Program mode

In the home page, click “ Progame mode” to enter Program mode. This mode include P1-P36 system setting programs under time-countdown mode.

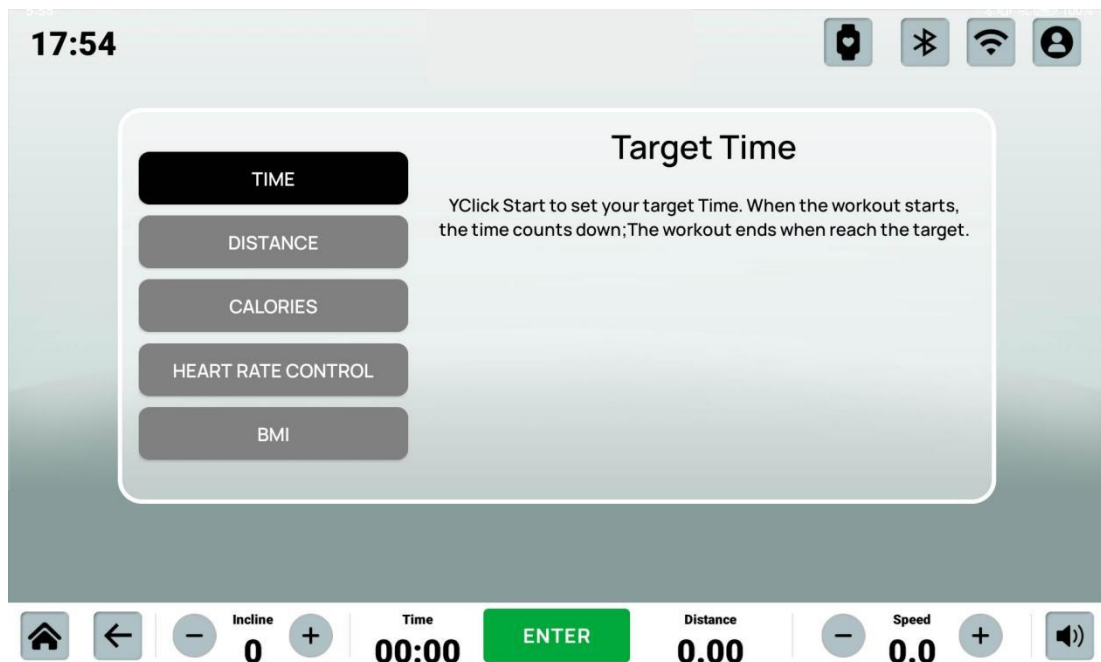


Each segment of training time is fixed as below picture shown, during exercise, you can adjust the speed and incline value by click key “ speed +/-” and “Incline +/-”.



## 4. Target mode

On the home page, click “ target mode” to enter target mode. “Target mode” has four training modes plus one BMI mode. Respectively, they are target time, target distance, target calories, target heart rate and BMI mode. The speed and incline of the training can be set by the user. Under all target modes, the default speed value : speed is 1.0KM/H and default incline is 0%.

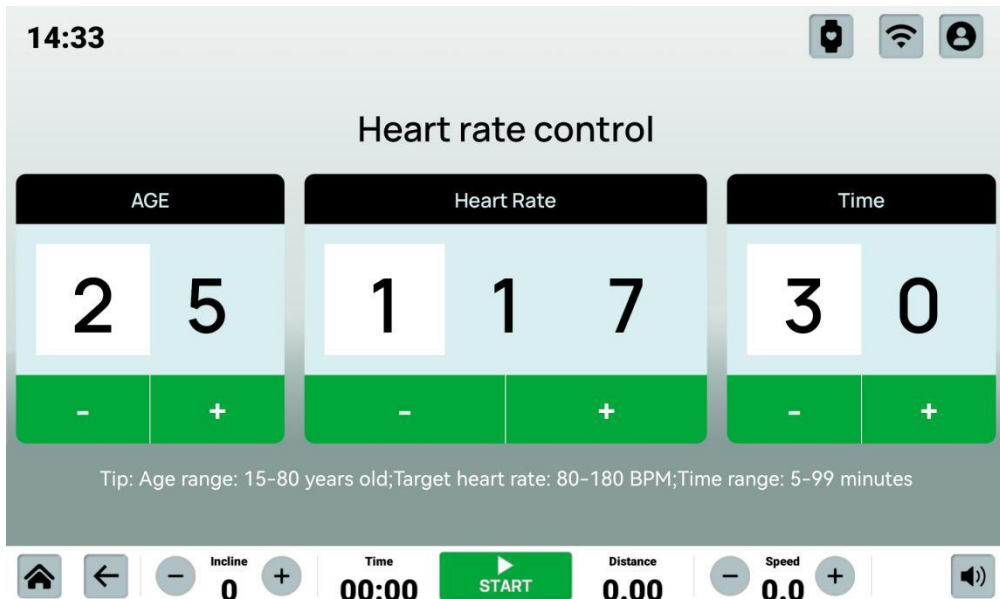


**4.1) Target time range: 5-99minutes, the default time is 00:05.**

**4.2) Target distance range: 1.0-99.0km, the default distance is 1.0km.**

**4.3) Target calories range: 20-9990CAL, the default calories is 20CAL.**

#### 4.4) Heart rate control



##### Parameter setting:

- A) Age setting range: 15~80 years old, default 25 years old.
- B) Default THR (target heart rate):  $(220 - \text{age}) \times 0.6$ , THR can be modified from range: 80~180
- C) The default time is 30 minutes, the modify range: 5~99 minutes

##### Relation of speed change.

- A) Change frequency. HRC detects heart rate every 30 seconds (Heart rate displays in the screen all the time)
- B) Speed increases by 2km/h when user's heart rate is 30 beats/min below the target heart rate.
- C) Speed increases by 1km/h when user's heart rate is 6~29 beats/min below the target heart rate.
- D) Speed decreases by 2km/h when user's heart rate is 30 beats/min above the target heart rate.
- E) Speed decreases by 1km/h when user's heart rate is 0~5 beats/min above the target heart rate.
- G) Speed remains the same When the user's heart rate is 0~5 beats/min below or above the target heart rate.

**In the following situations, the speed of treadmill will slow down to the**



**lowest within 20 seconds and stop after running at the lowest speed for 15 seconds with alarm sound every second.**

A) Every 30 seconds to detect a heart rate, when the two consecutive heart rate can not be detected.

B) 1 km / h (0.6 mph), heart rate leads to deceleration.

C) When the heart rate exceeds 220 - the setting age.

D)

Deceleration should not be lower than 1 km/h (0.6 mph) when its speed is above 1km/h (0.6 mph). Such as: Treadmill with minimum speed of 1 km/h (0.6 mph), when it runs at 1.6 km/h (1.0 mph) and it'll slow down to 1 km/h (0.6 mph) when the heart rate causes a 1.0 (2.0) km/h deceleration.

Incline isn't controlled by the heart rate but by manual. The treadmill is not controlled by heartbeat for 1 minute before starting running, and only starts running according to the built-in formula after 1 minute of running.

#### 4.5) BMI mode

Age: set parameter range: 1-99 year old, default value: 25 years old

Height-cm: set parameter range: 100-220cm, default value: 170cm

Weight-kg: set parameter range: 20-150kg, default value: 70kg;

14:29

BMI

AGE	Height - cm	Weight - kg
25	170	070
- +	- +	- +

Tip: Body fat less than 18 is underweight, between 18 and 24 is ideal weight, between 25 and 28 is overweight, and greater than 29 is obese.

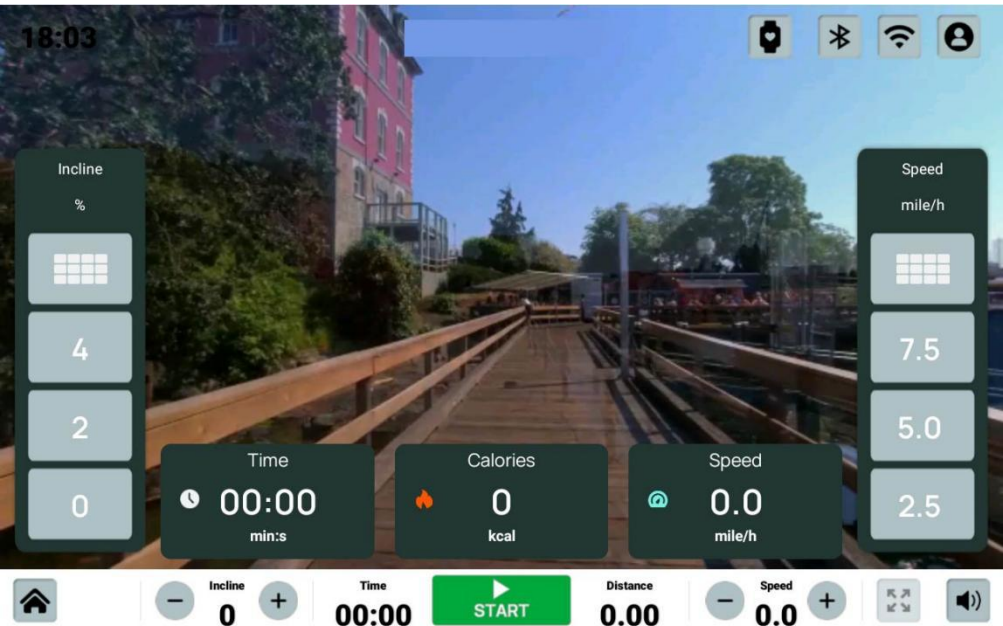
Home Back Incline 0 Time 00:00 START Distance 0.00 Speed 0.0 Speaker

## 5. Real scene mode

In the home page, click “Real scene”to enter Real scene run mode. select your favorite scene, click the picture to enter the exercise.

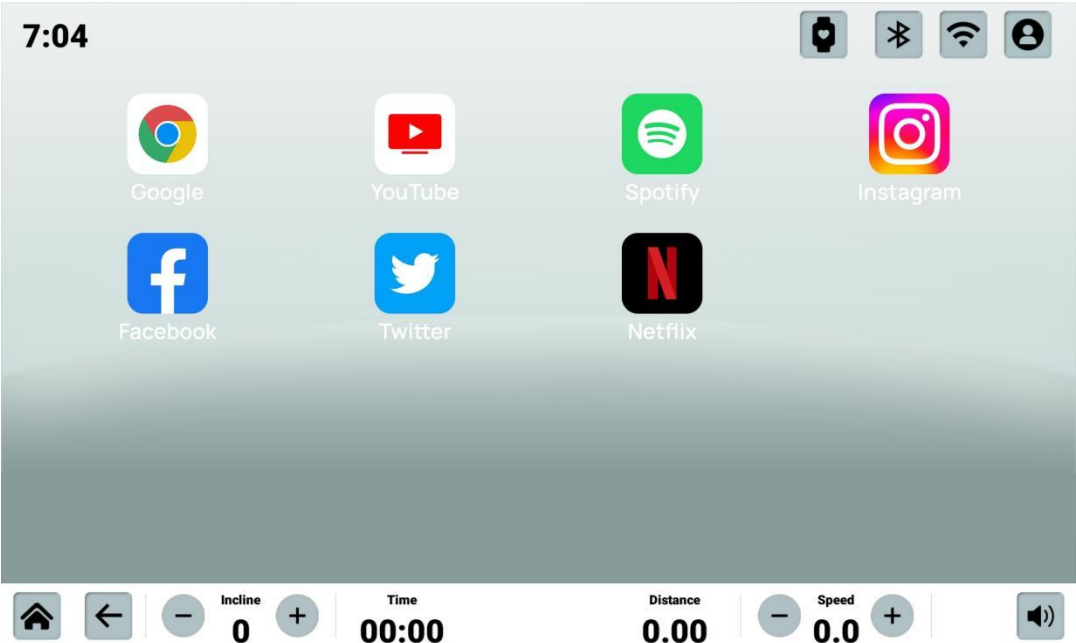


After choose favorite scene and start exercise, you can adjust the speed and incline value by click key “ speed +/-” and “Incline +/-”.




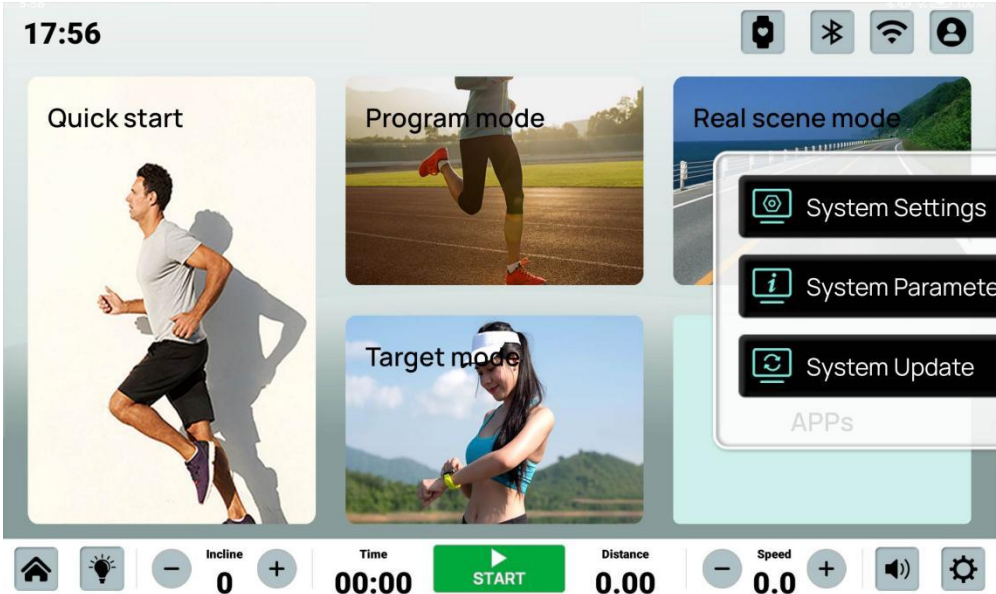
6. APPs

In the home page, click “Apps”to enter Apps page. select your favorite App to loge in.

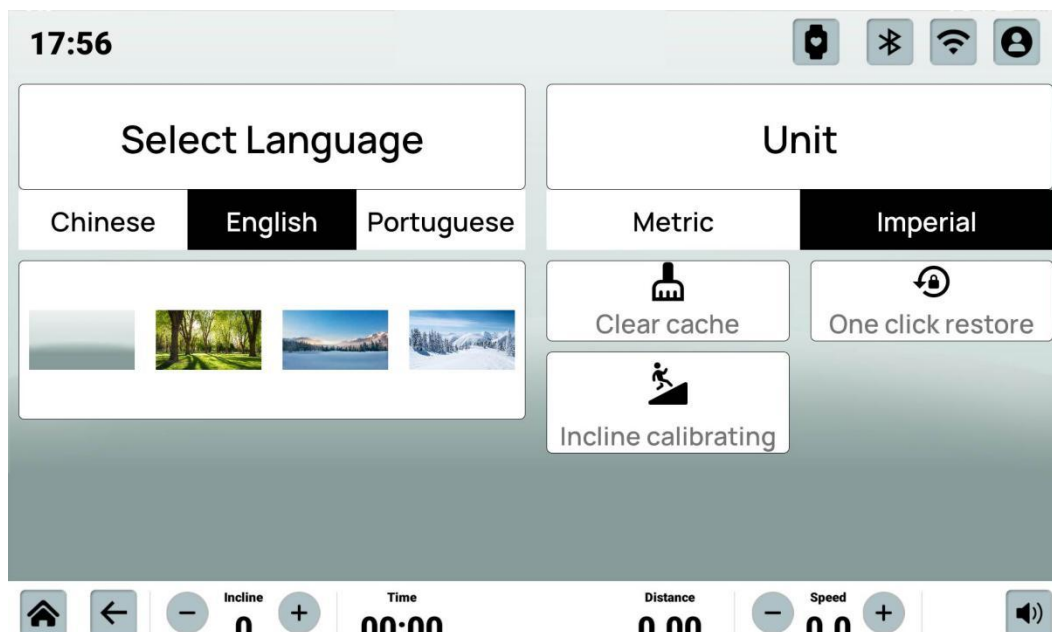


7. Setting menu

In the home page, click  icon, you can set up system function



## System Settings



1. Select Language: select language

2. Skins: select background picture;

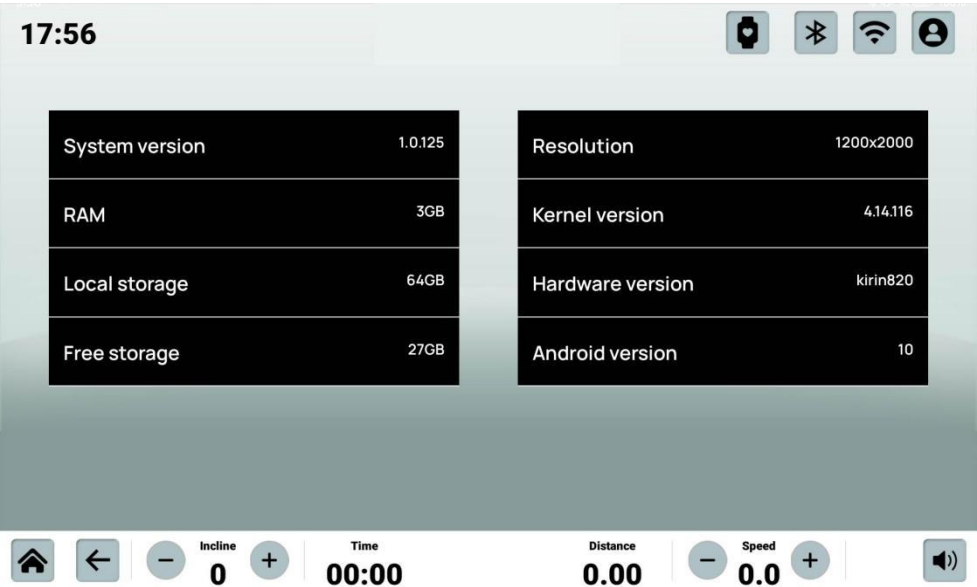
3. Incline calibrating: After replacing the electric controller or the incline program is not suitable, select this interface to calibrate incline motor. It needs to be in the standby state, the calibration process is expected to be about 20 seconds, and it is forbidden to carry out any other operations

4. Clear cache: system memory is too much, click this function to clear background system memory;

5. One click restore: the system shows irreparable or other special defects, you can use this option to restore factory default system.

# System Parameters

You could check the system version in this interface.



Update system here when connect with wifi.

**Automatic program P1-P36 metric speed/incline table:**

CL\SEG		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3.0	4.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	3.0
	INCLINE	2	2	2	2	2	2	2	2	2	0
P2	SPEED	3.5	4.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	3.5
	INCLINE	2	2	2	2	2	2	2	2	2	0
P3	SPEED	4.0	5.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	4.0
	INCLINE	2	2	2	2	2	2	2	2	2	0
P4	SPEED	4.5	5.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	4.5
	INCLINE	2	2	2	2	2	2	2	2	2	0
P5	SPEED	5.0	6.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	5.0
	INCLINE	2	2	2	2	2	2	2	2	2	0
P6	SPEED	5.5	6.0	6.5	7.5	7.5	7.5	7.5	7.5	7.5	5.5
	INCLINE	2	2	2	2	2	2	2	2	2	0
P7	SPEED	5.0	7.0	6.0	7.0	6.0	7.0	6.0	7.0	6.0	4.0
	INCLINE	3	4	5	4	5	4	5	4	5	2
P8	SPEED	5.0	7.0	6.0	7.0	6.0	7.0	6.0	7.0	6.0	4.0
	INCLINE	4	5	6	5	6	5	6	5	6	3
P9	SPEED	5.0	7.0	6.0	7.0	6.0	7.0	6.0	7.0	6.0	4.0
	INCLINE	5	6	7	6	7	6	7	6	7	4
P10	SPEED	5.0	7.0	6.0	7.0	6.0	7.0	6.0	7.0	6.0	4.0
	INCLINE	6	7	8	7	8	7	8	7	8	5
P11	SPEED	5.0	7.0	6.0	7.0	6.0	7.0	6.0	7.0	6.0	4.0
	INCLINE	7	8	9	8	9	8	9	8	9	6
P12	SPEED	5.0	7.0	6.0	7.0	6.0	7.0	6.0	7.0	6.0	4.0
	INCLINE	8	9	10	9	10	9	10	9	10	7
P13	SPEED	6.0	8.0	9.0	8.0	9.0	8.0	9.0	8.0	9.0	3.0
	INCLINE	2	4	4	4	4	4	4	4	4	0
P14	SPEED	7.0	9.0	10.0	9.0	10.0	9.0	10.0	9.0	10.0	4.0
	INCLINE	2	4	4	4	4	4	4	4	4	0
P15	SPEED	8.0	10.0	11.0	10.0	11.0	10.0	11.0	10.0	11.0	5.0
	INCLINE	2	4	4	4	4	4	4	4	4	0
P16	SPEED	9.0	11.0	12.0	11.0	12.0	11.0	12.0	11.0	12.0	6.0
	INCLINE	2	4	4	4	4	4	4	4	4	0
P17	SPEED	10.0	12.0	13.0	12.0	13.0	12.0	13.0	12.0	13.0	7.0
	INCLINE	2	4	4	4	4	4	4	4	4	0
P18	SPEED	11.0	13.0	14.0	13.0	14.0	13.0	14.0	13.0	14.0	8.0
	INCLINE	2	4	4	4	4	4	4	4	4	0

P19	SPEED	3.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	6.0	3.0
	INCLINE	2	2	2	2	2	2	2	2	2	2
P20	SPEED	4.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	7.0	4.0
	INCLINE	2	2	2	2	2	2	2	2	2	2
P21	SPEED	5.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0	8.0	5.0
	INCLINE	2	2	2	2	2	2	2	2	2	2
P22	SPEED	6.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0	9.0	6.0
	INCLINE	2	2	2	2	2	2	2	2	2	2
P23	SPEED	7.0	11.0	11.0	11.0	11.0	11.0	11.0	11.0	10.0	7.0
	INCLINE	2	2	2	2	2	2	2	2	2	2
P24	SPEED	8.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	11.0	8.0
	INCLINE	2	2	2	2	2	2	2	2	2	2
P25	SPEED	4.0	7.0	5.0	7.0	5.0	7.0	5.0	7.0	5.0	3.0
	INCLINE	4	6	6	6	6	6	6	6	6	0
P26	SPEED	4.5	7.5	5.5	7.5	5.5	7.5	5.5	7.5	5.5	3.5
	INCLINE	4	6	6	6	6	6	6	6	6	0
P27	SPEED	5.0	8.0	6.0	8.0	6.0	8.0	6.0	8.0	6.0	4.0
	INCLINE	4	6	6	6	6	6	6	6	6	0
P28	SPEED	5.5	8.5	6.5	8.5	6.5	8.5	6.5	8.5	6.5	4.5
	INCLINE	4	6	6	6	6	6	6	6	6	0
P29	SPEED	6.0	9.0	7.0	9.0	7.0	9.0	7.0	9.0	7.0	5.0
	INCLINE	4	6	6	6	6	6	6	6	6	0
P30	SPEED	6.5	9.5	7.5	9.5	7.5	9.5	7.5	9.5	7.5	5.5
	INCLINE	4	6	6	6	6	6	6	6	6	0
P31	SPEED	8.0	12.0	10.0	12.0	10.0	12.0	10.0	12.0	10.0	5.0
	INCLINE	3	6	3	6	3	6	3	6	3	0
P32	SPEED	9.0	13.0	11.0	13.0	11.0	13.0	11.0	13.0	11.0	6.0
	INCLINE	4	7	4	7	4	7	4	7	4	1
P33	SPEED	10.0	14.0	12.0	14.0	12.0	14.0	12.0	14.0	12.0	7.0
	INCLINE	5	8	5	8	5	8	5	8	5	2
P34	SPEED	11.0	15.0	13.0	15.0	13.0	15.0	13.0	15.0	13.0	8.0
	INCLINE	6	9	6	9	6	9	6	9	6	3
P35	SPEED	12.0	17.0	14.0	17.0	14.0	17.0	14.0	17.0	14.0	9.0
	INCLINE	7	10	7	10	7	10	7	10	7	4
P36	SPEED	13.0	16.0	14.0	16.0	14.0	16.0	14.0	16.0	14.0	9.0
	INCLINE	8	11	8	11	8	11	8	11	8	5

## Common faultsof electronic system and troubleshooting methods:

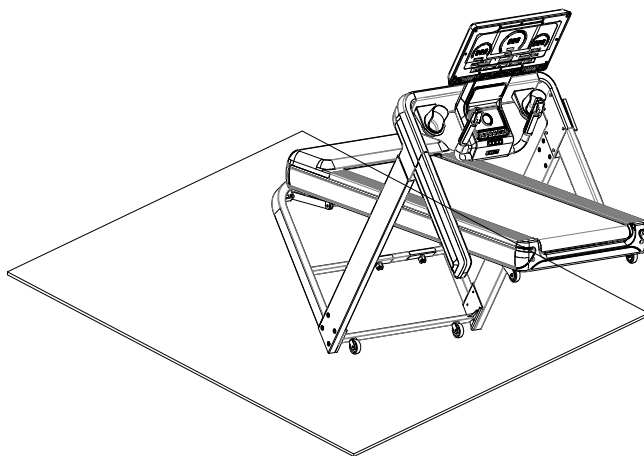
Item	Reason	Maintenance
System not working	A、 Not plugged in or not turned on	Connect the power, or turn the power switch to the "NO" position
	B、 Security key not in place	Put the safety key in the correct position
	C 、 No power to the controller or monitor	Replace the controller or monitor
	D、 Poor cable connection	Check system input and output cable terminals and communication cables inside stand post
Sudden stop in normal state	A、 Safety key off	Replace the safety key
	B、 System abnormal	Please call after-sales service
Button failure	Button invalid	1.Replace the key board and the keyboard cable; 2.Replace the PCB board 3.Replace the console.
E-01	A、 defective communication line	Reconnect the communication cable and check if the terminal is connected well or replace the communication cable
	B、 defective console	Replace the console
	C、 defective controller	Replace the controller
E-02	A、 Defective motor cable and motor	Checking the motor cable or replace the motor
	B 、 undervoltage protection, error before or after relay starts	Check and connect cables well or replace the controller
	C、 Hardware overcurrent protection, electrical control abnormality	replace the controller
E-05	A、 Blocking operation protection	Replace the controller
	B、 HALL missing protection	Replace the motor
	C、 mechanical failure	Check whether the silicon oil backside of running belt is dry or rollers was blocked
E-07	Console does not detect safety lock signal	1. Check whether the safety key is in correct position; 2. Reinstall the safety key sock; 3. Replace the console
No heart rate display	A、 The handle pulse cables are not inserted properly or defective	Check and connect or replace the handle pulse cables
	B、 Console cables are defective	Replace the console
The console shows incomplete or missing strokes	A、 LED digital tube is defective	Replace the PCB board or monitor
	B、 system error	Replace the monitor
Incline failure	A、 Defective incline motor	Replace the incline motor
	B、 defective controller	Replace the controller
	C、 Controller signal is abnormal	Press the calibrate key on the controller to calibrate the incline value.



## MOVING THE TREADMILL

Make sure all following points when moving the treadmill:

1. Restore the incline to flat (0) position.
2. Unplug from power point.
3. Remove the power cord from the power plug



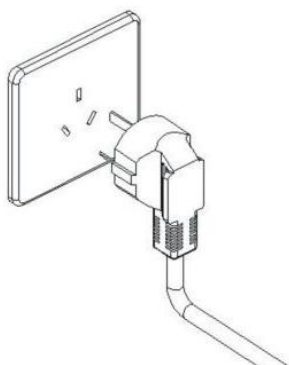
After lifting up the treadmill by grabbing the end of both handrails and stand up straight, user can move the treadmill forward or backforward slowly to the right place and lay the treadmill flat gently.

## Grounding Guide

This product must be grounded. If the treadmill fails or is damaged, the grounding wire forms a circuit with the lowest resistance, and current is led underground, reducing the risk of electrocution. This product comes with a cable, which has a conductor and a ground plug to ground the device. This plug must be plugged into a socket that meets the installation and grounding requirements of local standard and regulations.

**Danger!** It may cause a risk of electrocution if there's improper connection of the ground conductor of the equipment. Please consult with the qualified electrician or repairman if you do not know whether the equipment is properly grounded. Please do not change the plug that comes with this product. Please let a qualified electrician to install a suitable socket if the plug does not fit the socket.

This product operates on 220-240 volt lines and is equipped with a ground socket as shown in the following illustration.



## **How to use treadmill**

1. Expanding the treadmill to the lowest position after power on and to check whether it's normal.
2. Clip the safety key to the front of the user's shirt.
3. Please check the stability and function of the treadmill before exercising. It's strictly prohibited to start treadmill when standing on the running belt. Please stand on the side rails and hold the handlebar before running the treadmill. Till the treadmill runs normally after its start, user can start running .  
Hold the handrail with one hand and press the START button with the other hand to start the treadmill. The treadmill starts after 5second and runs at a speed of 1.0km/h. Press the "+" key of speed, the motor speeds up to 2.5 ~ 3.5km / h which's the most suitable running speed. Running speed of user will soon be the same as the running belt after stepping on it by grabbing the handlebars with both hands.
4. After a few minutes, you can speed up the running, the growth rate of the requirements is holding hands with the handlebars, press the "speed" - "" key to run slowly.
5. Press speed shortcut keys during the running time can enter into the needed running speed.
6. Press STOP key to stop the motor at any time during running.
7. Heartrate test: Turn on the switch of treadmill, the heartrate value will be showed in the display window after user grab the metal sensor chips of HRC for few seconds. (Note: The value is only for exercise reference but not for medical data.)

## Treadmill Maintenance

### 1. Lubrication

After the running belt has been used for a period of time, it must be lubricated with the configured methyl silicone oil. Suggestion :

Using time less than 3 hours every week	lubrication once every 5 months
Using time equal to 4-7 hours every week	lubrication once every 2 months
Using time more than 7 hours every week	lubrication once every month

No excessive lubrication. Note: the important factor of increase the lifetime for treadmill is proper lubrication.

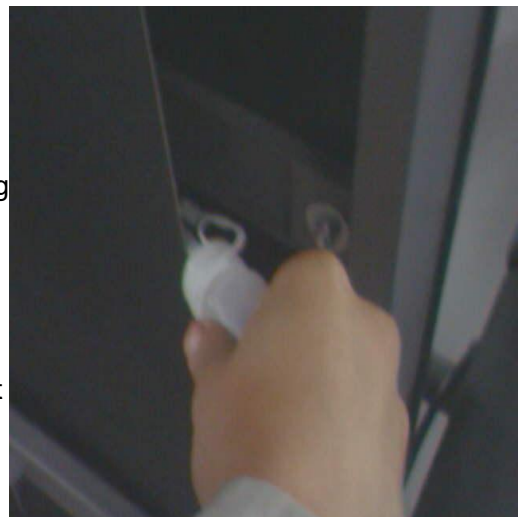
2. The way of checking whether the running belt need lubrication is, lift the side of the treadmill and feel the central back of the belt, as far as possible. If traces of silicon spray are found, lubrication is not necessary. If the surface is dry, the belt needs lubrication.

Application of lubricant on the belt: (as shown)

- Stop the running belt, and fold the treadmill. Put up the belt of back main frame so that the oil can reach the middle position.
- Spraying silicone oil on the inner side of the running belt and coating silicone oil on both sides of the running belt.
- Run the treadmill at a speed of 1km/h to apply silicone evenly. And tread lightly on the running belt from left to right.

Wait several minutes to let the silicon spray spread,

- before starting the machine



### 3. Belt Adjustment

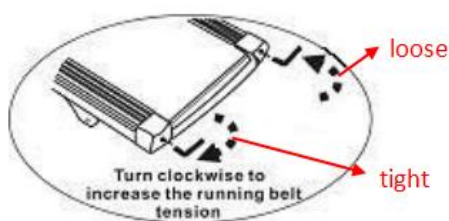
All running belts are properly set at the factory and after assembly. However, slack may occur after a period of use. Such as : pause and slip may occur when running. When this phenomenon occurs, adjust the running belt and screw in half a turn left and right. If the running belt is loose, the running belt and the roller will slip in turn. But too tight is also not good, which is easy to increase the load of the motor and damage the motor, running belt and roller, etc.

#### 4. Adjustment of belt deviation:

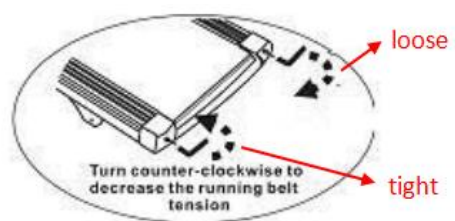
All running belts are properly set at the factory and after assembly. But after a period, the belt have the possibility for deviation. The reasons can be listed as follows.

- ① The treadmill is unstable.
- ② Feet didn't in the central of the running belt when running.
- ③ Feet exert uneven force.

If deviation caused by manual, No - load rotation for a few minutes can return to normal. Adjusting step by step in half a turn with a 6mm Allen wrench that is equipped randomly for unable to restore automatically.



Such as left deviation of running belt. Adjust the left screw clockwise or the right screw anti-clockwise.



Such as right deviation of running belt. Adjust the right screw clockwise or the left screw anti-clockwise.

#### KEY POINT:

- Clockwise means tighten.
- Anti-clockwise means loosen.
- Running belt will shift to the loose side.

① If the running belt shifts to the left, that means the left side is too loose.

Adjust the left bolt clockwise to make the left tighter.

Or adjust the right screw anti-clockwise to make the right looser.

② If the running belt shifts to the right, that means the right side is too loose.

Adjust the right bolt clockwise to make the right tighter

Or adjust the left screw anti-clockwise to make the left looser.

#### Attention:

- You need to start the treadmill (let the belt run) at a low speed before you adjust the running belt.
- When you adjust the bolt, don't rotate it too much.
- After each adjustment you need to look for the changes in the running belt.

Running belt deviation is not covered by the warranty, and is mainly maintained by users according to the instructions. Running deviation can seriously damage the running belt. It must be found and corrected in time.

Running belt deviation is not covered by the warranty, and is mainly maintained by users according to the instructions. Running deviation can seriously damage the running belt. It must be found and corrected in time.

## **Cleaning**

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

Warning: The treadmill must be turned off to avoid electrical shocks. The power cord must be pulled out of the socket, before starting the cleaning or maintenance.

- After training: 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.
- Weekly: To make the cleaning easier it is recommended to use a mat for the treadmill. Shoes can leave dirt on the striding belt that can fall beneath the treadmill. Clean the mat under the treadmill once a week.  
**Storage:** Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is unplugged from the electrical wall outlet.