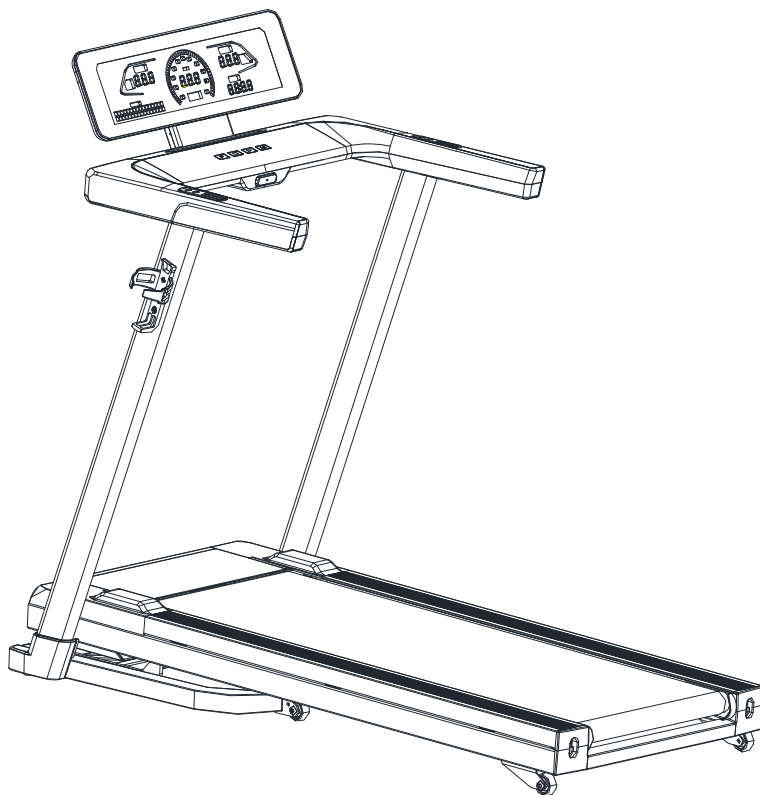# MOTORIZED TREADMILL
OWNER'S MANUAL

Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual

Version A

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 respirtory 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 pregnance or in (menstrual) period.

（14）The person feels discomfortable .

（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 warning

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.

*RF warning for Mobile device:

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.
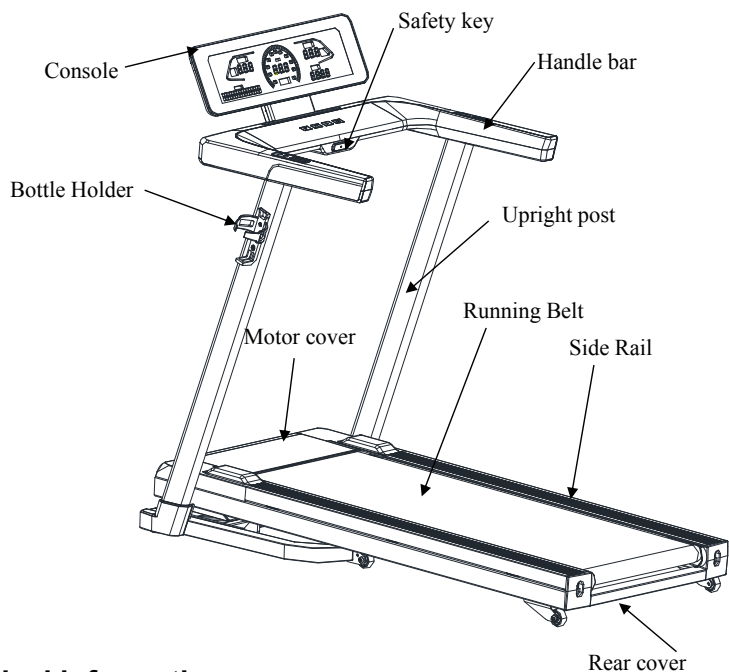
FCC ID：2BDTT-OMA-7200EA

Exploded diagram

Exploded chart list

NO.	NAME	QTY	NO.	NAME	QTY
1	Base frame	1	50	SPRING WASHER Φ5	3
2	Hex self-locking nut	6	51	flat washer Φ6	1
3	flat washerΦ8	8	52	flat washer Φ10	5
4	Wheel	4	53	Serrated lock washers external teeth Φ5	3
5	Round side rail guider	10	54	Hexagon cylindrical head full tooth bolt M8×15(black)	4
6	Philips countersunk head self-tapping screw ST4×15	20	55	Upright post left	1
7	Cone foot pad	2	56	Upright post right	1
8	Base bar cover (L)	1	57	Communication wire L=1200mm	1
9	Base bar cover (R)	1	58	kettle holder	1
10	Main frame	1	59	Cross recessed bolt with large flat head and pointed mouth M4×16(6.8 grade / black)	2
11	Incline shaft sleeve	8	60	Computer frame	1
12	AllenC.K.S half thread screw M10×25×15	4	61	Console head fixing plate	1
13	External rotation brushless motor	1	62	7200EB Console	1
14	Earth wire of controller L=200mm	1	63	Communication wireL=800mm	1
15	Elastic Motor belt	1	64	Communication wire	1
16	7201EB Controller	1	65	Keyboard Cable	1
17	Communication wire L=500mm	1	66	Handle pulse(speed)	1
18	POWER CORD L=200mm(red)	1	67	Handle pules(star/stop)	1
19	POWER CORD L=200mm (black)	1	68	Handle pulse connection wire L-650mm/Black	1
20	Switch	1	69	Lifting frame spray parts	1
21	Self-reset switch	1	70	Upper shell accessory tray	1
22	POWER CORD L=100mm (red)	1	71	Down shell accessory tray	1
23	3300EB Front roller	1	72	Console panel	1
24	3300EB Rear roller	1	73	Rear cover of console	1
25	7200EB running deck	1	74	Safety key	1
26	3300 motor cover	1	75	safety lock socket	1
27	Rear cover	1	76	Philip self-tapping screw ST4×15 (black)	13
29	Pipe strap	2	77	Philips C.K.S self-tapping screw ST4×16 (black)	19
30	Wheel clamp ring	2	78	Console front cover	1
31	Magnetic ring	1	79	Console back cover	1

NO.	NAME	QTY	NO.	NAME	QTY
32	double sided tape	8	80	Ezfit linking parts	1
33	EVA rubber pad	1	81	Allen C.K.S half thread screw M8×50×20 (black)	1
34	power cord buckle	1	82	Allen C.K.S half thread screw M8×30×20 (black)	1
35	Square cushion	6	83	Tube plug	1
36	Allen socket full thread screw M8×15	4	84	Spring-1	1
37	Spring washer	4	85	Hydraulic	1
38	Philips C.K.S full thread screw M5×10	2	86	Allen socket full thread screw M8×25　(6.8 grade)	6
39	Plastic flat mat (PVC)	6	87	Allen C.K.S full thread screw M8×15	2
40	Motor Left platen	1	88	Cross wretch 14×17×75	1
41	Motor right platen	1	89	L shape wretch6×35×80	1
42	Cover fixed tube painting part	2	90	Allen C.K.S full thread screw M8×10 (6.8 grade /black)	2
43	Allen socket full thread screw M8×75 (8.8 Grade)	2	91	Power cord	1
44	Allen socket full thread screw M6×50	1	92	Running belt	1
45	Allen C.K.S half thread screw M8×35×20 (Black)	2	93	incline motor	1
46	Allen countersunk head full thread screw M6×55×Φ16	6	94	Hexagon large flat head half-tooth bolt M10×35×20(black)	1
47	Philips C.K.S full thread screw M4×10 (6.8 Grade / steel nail)	7	95	Hexagon large flat head half-tooth bolt M10×25×15(black)	1
48	Philips C.K.S.self-tapping screw ST4×12	2	96	Plastic flat pad Φ18×Φ10.5×t2.0(black)	1
49	Philips C.K.S.self-tapping screw ST4×16	5	97	Hexagon lock nut M10	1
			98	Desktop group (optional)	1

Product Introduction

Console — Safety key — Handle bar — Bottle Holder — Upright post — Motor cover — Running Belt — Side Rail — Rear cover

Technical information

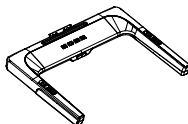| Dimension	Fold: 850*770*1240
	Unfold: 1400*770*1230
Running surface	1150*420
Speed	1.0－16.0km/h（0.6--10mph）
Incline	0－12%
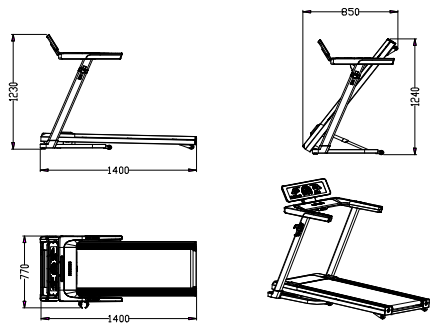
REMARK：WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.
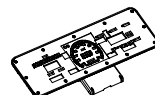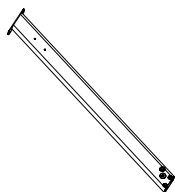
ASSEMBLY   INSTRUCTIONS

Packing List
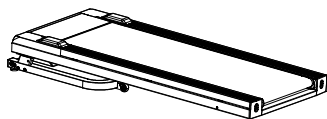
Machine

Console Rack

Console set

Upright Post Left

Upright Post Right

Rear cover
of console
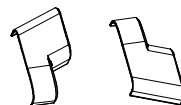
Base cover
(left/right)
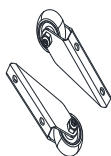
Trolley set   (2PCS)
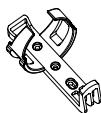
Bottle Holder

Screw Bag

Safety key
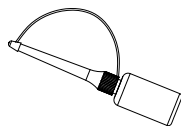
Silicon Bottle
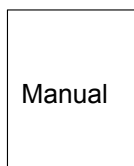
Manual

Manual
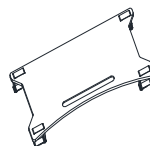
Laptop table

Hardware list
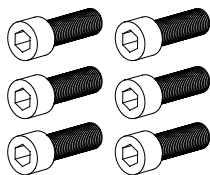
Full thread screw
M8×25 * 6PCS
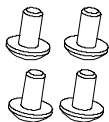
Allen C.K.S. full thread screw
M8×15 * 4 PCS
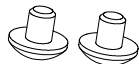
Allen C.K.S. full thread screw
M8×10 * 2 PCS

Hexagon cylindrical full tooth
bolt   M8×15 * 4 PCS

Φ8 Flat washer 4 PCS

Cross recessed bolt with large
flat head and pointed mouth
M4×16 * 2 PCS
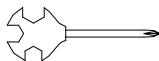
Cross wretch
14×17×75 * 1 PC

L shape wretch
6×35×80 1 PCS

ASSEMBLY INSTRUCTIONS
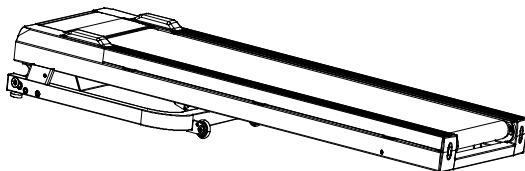
Step 1: Take the machine out of carton box, and put it on the flat floor (as shown here), remove all PE bags and packing belts wrapping on the machine!
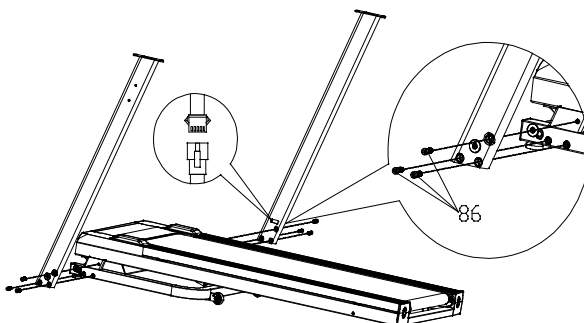
Step 2: Please connect communication wire of right upright post (57) with communication wire of base frame (17), and then assemble the left and right upright post on the both side of base side by using M8×25 Allen socket full thread screw (86) 6 pcs to locking.(Note: When installing screws, please do not lock them until all screws are installed.)
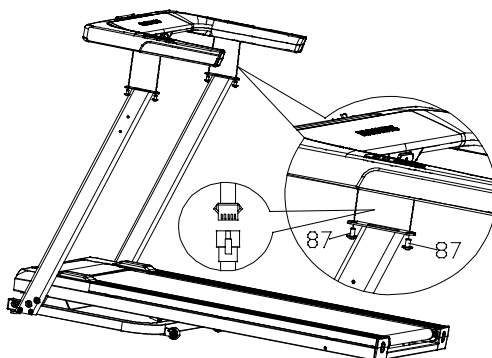
Step 3:As shown here, please connect right side communication wire of console rack handle bar (63) with the communication wire of upright post (57) and then lock the console rack with right and left upright post by using 4 pcs M8×15 Allen C.K.S. full thread screw (87) .
(Note: When installing screws, please do not lock them until all screws are installed.)
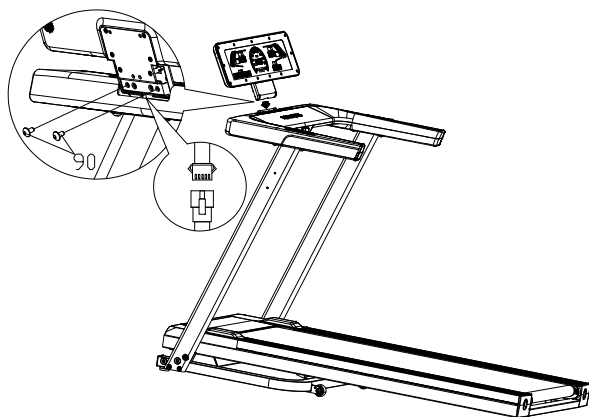
Step 4: Please assembly the console into the console rack as above picture shown ,use 2 pcs M8×10 Allen C.K.S full-thread screw (90) penetrate through the mounting holes on the back of the control frame to connect with the console fixing plate and lock them tightly.(Note: When installing screws, please do not lock them until all screws are installed.)
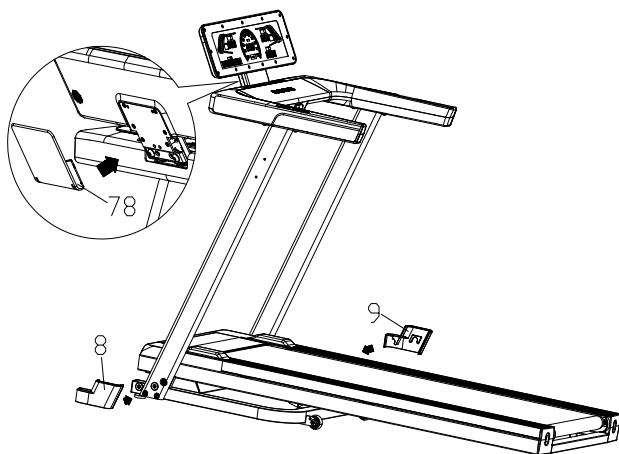
Step 5: As shown in the figure, first fasten the front cover of console (78) then turn the left base bar cover (8) and right base bar cover (9) fit into the sides of the base and fasten.
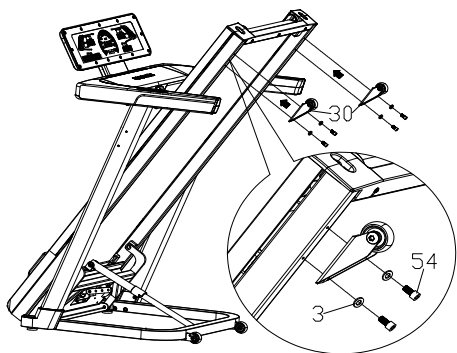
Step 6 :Fold up the treadmill according to the diagram, firstly, install the trolley set (30) into the square tube on both sides, use 2pcs of M8×15 hexagon socket cylindrical head full-tooth bolts (54) through the mounting holes and then install a flat washer (3) to lock the bottom of the square tube on both sides. (Note: When installing the screws, please do not lock first, until all the screws are installed.)
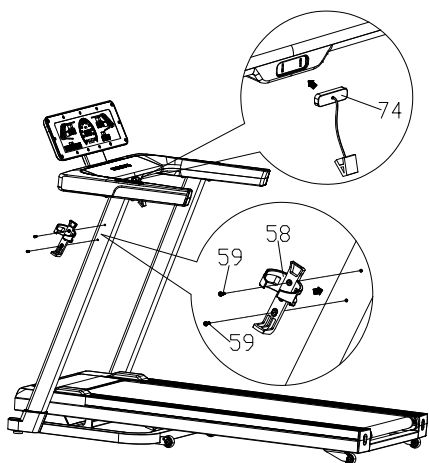
Step 7: As shown here,fix the bottle holder (58) to the side of the left upright post with 2 pcs M4×16 Cross recessed bolt with large flat head and pointed mouth(59).Finally, check whether all the mounting bolts are locked.Then install the safety key (74). The treadmill is installed.   (Note: When installing screws, please do not lock them until all screws are installed.)
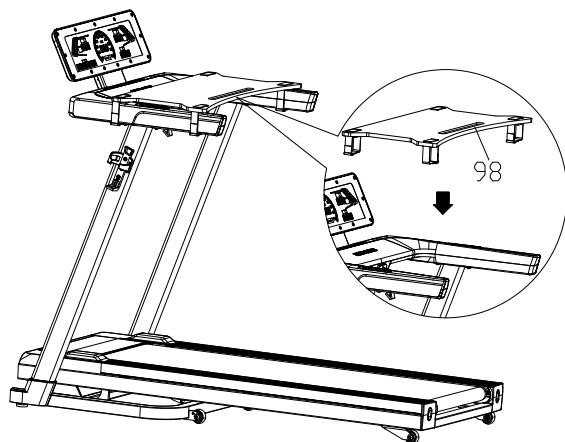
Step 8: (Optional) Place the laptop table (98) on the armrest of the console frame , then tighten it with the magic webbing. (Note: When installing the laptop table,pay attention to not cover the quick buttons on armrest .)

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).
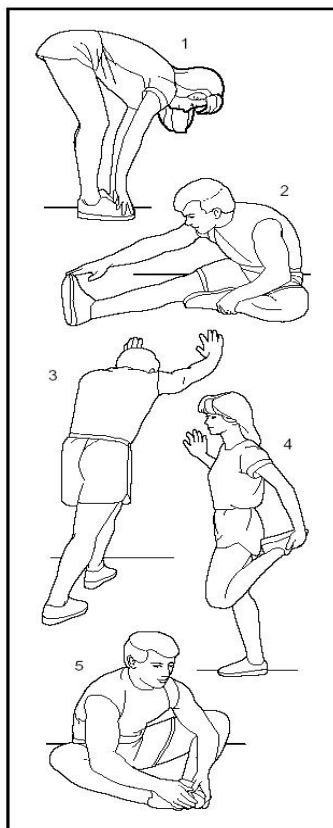
PRODUCT USING INSTRUCTIONS

Using instruction of treadmill

1. Turn the power on, keep the treadmill spread out at its lowest position and check if its function is normal.

2. Clip the safety key cord with your clothes.

3. Ensure and check its function and stability before using.Standing on the Running belt to get it started is not allowed.The correct way to start is standing on side rails with hands on the handle bar. After normal working, you can exercise with the treadmill.Hold the handle bar when press the "START" key, the treadmill running at the speed of 1.0km/h after 5 seconds. Then press "+ "Key to 2.5-3.5 km/h which is the comfort speed for running. Both of hands are supposed to catch handle bar at the same time and feet step to the running belt successively to start running. Run at the same pace as your running belt.

4. After several minutes, you can speed up by pressing "+"key or slow down by "-"key meanwhile holding the hand bar.

5. When running, press speed value, you can enter into the fixed speed you want.

6. Pressing "stop" key at any time to stop the motor.

7. Pre-setting Use

Connect the power .Turn the power on.

Press "choose" key to select what mode you want.

Press "starts" key to get started in your selected mode.

You can press "+" or "-"to change the speed or "stop" key to make it stop.

8. HRC testing

After the treadmill is powered on, hold your hands on the metal pulse sensors, then you can see HRC value on the display window.

> Note: When the safety key pull out ,the treadmill will stop immediately,
> And the computer can not work ,the window shows "----".

Folding and Moving of Treadmill

1 Folding Treadmill

  1) When folding, the power must be disconnected.

  2) Check the incline of the treadmill for the lowest position.

  3) Lift the treadmill to the upright position, the Ezfit linking parts
    will automatically get stuck on the hydraulic;

  4) Check whether the check Ezfit linking parts is stuck on the
    hydraulic, as shown in the figure.

Ezfit linking

Hydraulic

Wheel
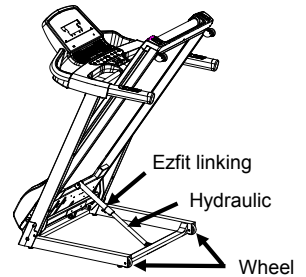
2 Treadmill unfolds

  1) To unfold the treadmill, you need to choose a place about 1
    meter away from the power outlet and the ground is flat
    without other obstacles.

  2) When unfolding the treadmill, firstly, you need to hold the
    treadmill with both hands, step on the Ezfit linking with your
    feet, and the treadmill will automatically drop to the ground
    slowly; at this time, the user must leave the treadmill about 1
    meter away until the treadmill is completely Expand. as the
    picture shows:

3 Moving Treadmill

  When moving, must ensure that:

  1) The power switch of the treadmill is turned off;

  2) The power plug has been pulled out from the socket;

  3) The large frame has been folded;

  After clarifying the above points, hold the end of the treadmill
  with one hand and the armrest on the same side with the
  other hand, and move the machine slowly when it is tilted
  40~50° to the chest. as the picture shows.
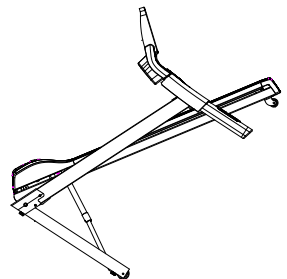
Instructions of Console Panel

LED display

Program   Stop   Start   Mode
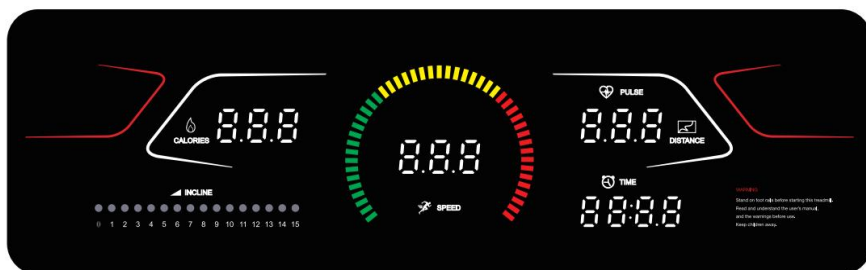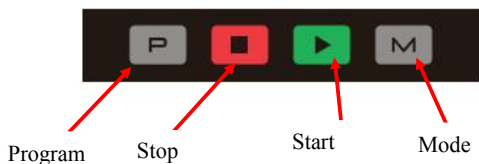
Console Function Description

1. P0 is User-defined training program, P1-P36 are Built-in automatic training program, 3 USER,BMI

2. LED display, 4 touch buttons.

3. Operating speed range: 1.0~16.0KM/H(0.6-10MPH). INCLINE 0-12

4. System self-check, abnormal information prompt function.

5. Speed, distance system conversion function;

DIGITAL WINDOW DISPLAY :

1) "SPEED" window: display the value of speed;

2) "TIME" window: display the value of time;

3) CALORIES window: display the value of calories;

4) "DISTANCE" and "PULSE INCLINE" window: display distance and heart rate;

KEY FUNCTION

1) "PROG" : program selection key, in the stopped state, cycle to select the program P01~P36, U01, U02, U03, BMI;

2) "MODE" : When the manual MODE is selected, the initial state is normal mode. Press the mode key to select the countdown mode -> Backward distance mode -> Backward calorie mode -> positive timing mode in the manual mode; Reset key for the default value (30 minutes) in the countdown interval in P1-P36;

3) "START/STOP" : start/stop button, in the stop state, start the treadmill; When running, stop the treadmill;

4) "+" : speed increment key, in the stop or BMI state, for setting parameters increment , in the running state, for speed increment ;

5) "-" : speed decline key, in the stop or BMI state, for the set parameter decline , in the running state, for the speed decline ;

6) Incline "+" : incline increment key, in the running state,for the incline increment ;

7) Incline "-" : incline decline key, in the running state,for the incline decline.

Metric/English conversion instructions:

1) Press the "PROGRAM" and "MODE" keys at the same time after removing the safety lock, the display will show 0.6 which means converting from kilometers to miles;

2) Press the "PROGRAM" and "MODE" keys at the same time after removing the safety lock, the display will show 1.0 for converting from miles to kilometers;

Safety lock function description:

The safety lock is composed of copper, clothespins and nylon rope, which has the safety prevention function of emergency shutdown. In any state, as long as the safety lock is out of position, the treadmill stops running, the keyboard is prohibited to operate, and the screen displays "E-07" with a prompt tone. Each time after the security lock is placed, the screen will be fully displayed for 2 seconds, then enter the default working state of the system.

Safety Guide

✧　Insert the power cord plug into the 10A power socket with safety ground, turn on the power switch, the console screen is fully displayed with a prompt sound, then identify the safety key.

✧　Place the safety key in the position on the console and clip the clothespin to the clothes on the chest. The screen is fully displayed for 2 seconds then enters the default working state: all counters are cleared to zero, the set value is reset, the treadmill is in the positive timing mode of manual program P0;

✧　Press "PROG" key to select a program: P01~P36, U1,U2,U3, BMI;

✧　"P0" is a user-defined program, press "MODE" key to select four training modes, the training speed and slope are set by the user. Default: Speed 1.0KM/H, slope 0 section.

✧　Training mode 1: positive counting time, time, distance, calories are positive counting, close the

setting function;

◇ Training mode 2: countdown time, setup state, time window flashing, press "+", "-" key to modify the set value, set range: 5-99 minutes, default value: 30:00;

◇ Training mode 3: reverse calorie, set state, calorie window flashes, press "＋", "-" key to modify the set value, set range: 20-9990CAL, default value: 50CAL;

◇ Training mode 4: countdown distance, set the state, the distance window flashes, press "＋", "-" key to modify the set value, set the range: 1.0-99.0 KM, the default value: 1KM;

◇ "P01-P36" for the system setup program, only trained in the countdown mode, under the setting state, the time window flashes, press "＋", "-" key to modify the set value, press "＋", "-" key to modify the set value. Press "+", "-" key to modify the set value, press the "MODE" key to reset to the default value, set the range: 5-99MIN, the default value: 30:00;

◇ After setting the training mode, press "START" key, the screen starts to display 5 seconds countdown with 5 beeps, after the countdown is 1, the treadmill starts gently, accelerates slowly to the displayed speed, and then runs smoothly at constant speed.

◇ In the running state, press "＋", "-" key or "QUICK SPEED" key to adjust the speed of the treadmill;

◇ In P01-P36, the speed of each program is divided into 10 segments, and each period is equally divided according to the set time. The speed adjusted by key is only valid in the current segment, and three beeps will be sent three seconds in advance when the segment is converted to the other segment. The motor stops automatically when the program runs full of 10 segments, with a "beep";

◇ In standby mode, press "START" key, the motor will start running;

◇ In the motor running, press "STOP" key, the motor will slow down until it stops smoothly, all the settings will be restored to the default state;

◇ In any state, pull off the safety lock, the screen displays "E-07", and accompanied by a tone, the treadmill stops running;

◇ electronic control system at any time in the safety monitoring, as long as the discovery of anomalies, running the treadmill will be emergency stop, the screen displays abnormal information prompts, accompanied by beeps;

◇ body fat test method: press the "PROG" key to select the program BMI, "DISTANCE" window displays the setup project serial number, press the "MODE" key to select the project serial number. The "DISTANCE" window displays the serial number of the setting item, press the "MODE" key to select the serial number of the item; the "SPEED" window displays the parameters of the setting item, press the "+" and "-" keys to set the parameters.

◇ Item No. F1 (Sexo): indicates the gender; set the parameter range: 1-2, "1" indicates male, "2" indicates female, default value: 1;

◇ Item No. F2 (Age): indicates age; set parameter range: 1-99 years old, default value: 25 years old.

◇ Item No. F3 (Height): indicates height; set parameter range: 100-220CM, default value: 170CM;

- ✧ Item serial number F4 (Weight): indicates weight; set parameter range: 20-150KG, default value: 70KG;
- ✧ Item serial number F5 (BMI): indicates the completion of parameter settings, enter the body fat test state, please hold both hands to the left and right handles of the heart rate sensing piece, wait for 8 seconds, the parameter display window will show the test person's body fat rate (BMI); to the standard of the Asian people, the body fat is less than 18 for thin, between 18 and 24 for the ideal body weight, between 25 and 28 for overweight, greater than 29 for obese, and the body fat of the person under test will be shown in the window. Default value: 24 (this data is only for exercise reference).

Engineering mode (refueling reminder) function setting:

In standby mode, press and hold the P+M key for 5 seconds at the same time to enter the engineering mode S-01.... S-06 for the lower control parameter settings (here does not allow the user to set, the specific operation is not described,) and then press the P key, at this time the heart rate window displays '-1-' Time window displays 'OIL' Speed window displays ON' or 'OFF' (ON is to turn on the refueling reminder function, OFF is to turn off the refueling reminder function), then press the P key again, at this time the heart rate window displays '-2-', and the time window displays data for the cumulative total exercise. The time window shows the data for the total accumulated exercise distance, long press M key for 5 seconds can clear the zero, when set up, press and hold the P+M key again at the same time for 5 seconds, the set up data can only be saved.

The default of the machine is to remind the refueling every 300KM, when the refueling is prompted, the time window will show 'OIL' and the buzzer will sound every 10 seconds, you can long press any key to turn off the prompting.

Speed and slope table for the automatic program P01-P36: metric

Prog	Seg / Class	1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.0	3.0	5.0	5.0	5.0	7.0	7.0	5.0	3.0	2.0
	INCLINE	2	2	8	6	6	4	4	6	2	2
P2	SPEED	2.0	3.0	5.0	8.0	5.0	5.0	6.0	8.0	4.0	3.0
	INCLINE	3	3	2	2	8	8	4	4	4	4
P3	SPEED	2.0	3.0	7.0	8.0	5.0	5.0	5.0	8.0	4.0	3.0
	INCLINE	1	2	5	7	7	4	4	6	2	2
P4	SPEED	2.0	2.0	5.0	8.0	8.0	8.0	8.0	5.0	3.0	2.0
	INCLINE	3	3	9	9	9	9	9	6	2	2
P5	SPEED	3.0	4.0	8.0	9.0	10.0	10.0	10.0	7.0	4.0	3.0
	INCLINE	2	2	8	6	6	6	6	6	1	1
P6	SPEED	3.0	4.0	6.0	7.0	7.0	7.0	9.0	10.0	5.0	3.0
	INCLINE	1	8	8	7	7	7	7	5	3	1
P7	SPEED	3.0	4.0	4.0	10.0	4.0	9.0	4.0	11.0	3.0	2.0
	INCLINE	1	1	6	6	6	8	8	10	6	2
P8	SPEED	3.0	5.0	7.0	9.0	3.0	5.0	7.0	5.0	11.0	5.0
	INCLINE	3	3	3	7	7	3	3	3	5	5
P9	SPEED	3.0	7.0	10.0	4.0	7.0	11.0	5.0	4.0	12.0	6.0
	INCLINE	3	6	7	3	8	8	3	8	4	4
P10	SPEED	3.0	5.0	9.0	10.0	6.0	6.0	9.0	6.0	11.0	3.0
	INCLINE	2	7	5	5	8	8	8	8	4	4
P11	SPEED	4.0	5.0	11.0	9.0	6.0	8.0	9.0	11.0	6.0	5.0
	INCLINE	1	6	3	3	7	7	4	4	6	6
P12	SPEED	4.0	6.0	10.0	10.0	10.0	7.0	7.0	10.0	6.0	5.0
	INCLINE	3	8	9	5	5	8	8	4	4	4
P13	SPEED	2.0	4.0	6.0	6.0	6.0	8.0	8.0	6.0	4.0	3.0
	INCLINE	3	3	9	7	7	5	5	7	3	3
P14	SPEED	3.0	4.0	6.0	9.0	6.0	6.0	7.0	9.0	5.0	4.0
	INCLINE	4	4	3	3	9	9	5	5	5	5
P15	SPEED	3.0	4.0	8.0	9.0	6.0	6.0	6.0	9.0	5.0	4.0
	INCLINE	2	3	6	8	8	5	5	7	3	3
P16	SPEED	3.0	3.0	6.0	9.0	9.0	9.0	9.0	6.0	4.0	3.0
	INCLINE	4	4	10	10	10	10	10	7	3	3
P17	SPEED	4.0	5.0	9.0	10.0	11.0	11.0	11.0	8.0	5.0	4.0
	INCLINE	3	3	9	7	7	7	7	7	2	2
P18	SPEED	4.0	5.0	7.0	8.0	8.0	8.0	10.0	11.0	6.0	4.0
	INCLINE	2	9	9	8	8	8	8	6	4	2
P19	SPEED	4.0	5.0	5.0	11.0	5.0	10.0	5.0	12.0	4.0	3.0

	INCLINE	2.0	2	7	7	7	9	9	11	7	3
P20	SPEED	4.0	6.0	8.0	10.0	4.0	6.0	8.0	6.0	12.0	6.0
	INCLINE	4	4	4	8	8	4	4	4	6	6
P21	SPEED	4.0	8.0	11.0	5.0	8.0	12.0	6.0	5.0	12.0	7.0
	INCLINE	4	7	8	4	9	9	4	9	5	5
P22	SPEED	4.0	6.0	10.0	11.0	7.0	7.0	10.0	7.0	12.0	4.0
	INCLINE	3	8	6	6	9	9	9	9	5	5
P23	SPEED	5.0	6.0	12.0	10.0	7.0	9.0	10.0	12.0	7.0	6.0
	INCLINE	2	7	4	4	8	8	5	5	7	7
P24	SPEED	5.0	7.0	11.0	11.0	11.0	8.0	8.0	11.0	7.0	6.0
	INCLINE	4	9	10	6	6	9	9	5	5	5
P25	SPEED	3.0	5.0	7.0	7.0	7.0	9.0	9.0	7.0	5.0	4.0
	INCLINE	4	4	10	8	8	6	6	8	4	4
P26	SPEED	4.0	5.0	7.0	10.0	7.0	7.0	8.0	10.0	6.0	5.0
	INCLINE	5	5	4	4	10	10	6	6	6	6
P27	SPEED	4.0	5.0	9.0	10.0	7.0	7.0	7.0	10.0	6.0	5.0
	INCLINE	3	4	7	9	9	6	6	8	4	4
P28	SPEED	4.0	4.0	7.0	10.0	10.0	10.0	10.0	7.0	5.0	4.0
	INCLINE	5	5	11	11	11	11	11	8	4	4
P29	SPEED	5.0	6.0	10.0	11.0	12.0	12.0	12.0	9.0	6.0	5.0
	INCLINE	4	4	10	8	8	8	8	8	3	3
P30	SPEED	5.0	6.0	8.0	9.0	9.0	9.0	11.0	12.0	7.0	5.0
	INCLINE	3	10	10	9	9	9	9	7	5	3
P31	SPEED	5.0	6.0	6.0	12.0	6.0	11.0	6.0	12.0	5.0	4.0
	INCLINE	3	3	8	8	8	10	10	12	8	4
P32	SPEED	5.0	7.0	9.0	11.0	5.0	7.0	9.0	7.0	12.0	7.0
	INCLINE	5	5	5	9	9	5	5	5	7	7
P33	SPEED	5.0	9.0	12.0	6.0	9.0	12.0	7.0	6.0	12.0	8.0
	INCLINE	5	8	9	5	10	10	5	10	6	6
P34	SPEED	5.0	7.0	11.0	12.0	8.0	8.0	11.0	8.0	12.0	5.0
	INCLINE	4	9	7	7	10	10	10	10	6	6
P35	SPEED	6.0	7.0	12.0	11.0	8.0	10.0	11.0	12.0	8.0	7.0
	INCLINE	3	8	5	5	9	9	6	6	8	8
P36	SPEED	6.0	8.0	12.0	12.0	12.0	9.0	9.0	12.0	8.0	7.0
	INCLINE	5	10	11	7	7	10	10	6	6	6

Automatic program Speed and slope table for P01-P36: Imperial

Prog	Seg Class	1	2	3	4	5	6	7	8	9	10
P1	SPEED	0.6	1.8	3.1	3.1	3.1	4.3	4.3	3.1	1.8	1.2
	INCLINE	2	2	8	6	6	4	4	6	2	2
P2	SPEED	1.2	1.8	3.1	5	3.1	3.1	3.7	5	2.5	1.8
	INCLINE	3	3	2	2	8	8	4	4	4	4
P3	SPEED	1.2	1.8	4.3	5	3.1	3.1	3.1	5	2.5	1.8
	INCLINE	1	2	5	7	7	4	4	6	2	2
P4	SPEED	1.2	1.2	3.1	5	5	5	5.0	3.1	1.8	1.2
	INCLINE	3	3	9	9	9	9	9	6	2	2
P5	SPEED	1.8	2.5	5	5.6	6.2	6.2	6.2	4.3	2.5	1.8
	INCLINE	2	2	8	6	6	6	6	6	1	1
P6	SPEED	1.8	2.5	3.7	4.3	4.3	4.3	5.6	6.2	3.1	1.8
	INCLINE	1	8	8	7	7	7	7	5	3	1
P7	SPEED	1.8	2.5	2.5	6.2	2.5	5.6	2.5	6.8	1.8	1.2
	INCLINE	1	1	6	6	6	8	8	10	6	2
P8	SPEED	1.8	3.1	4.3	5.6	1.8	3.1	4.3	3.1	6.8	3.1
	INCLINE	3	3	3	7	7	3	3	3	5	5
P9	SPEED	1.8	4.3	6.2	2.5	4.3	6.8	3.1	2.5	7.5	3.7
	INCLINE	3	6	7	3	8	8	3	8	4	4
P10	SPEED	1.8	3.1	5.6	6.2	3.7	3.7	5.6	3.7	6.8	1.8
	INCLINE	2	7	5	5	8	8	8	8	4	4
P11	SPEED	2.5	3.1	6.8	5.6	3.7	5	5.6	6.8	3.7	3.1
	INCLINE	1	6	3	3	7	7	4	4	6	6
P12	SPEED	2.5	3.7	6.2	6.2	6.2	4.3	4.3	6.2	3.7	3.1
	INCLINE	3	8	9	5	5	8	8	4	4	4
P13	SPEED	1.2	2.5	3.7	3.7	3.7	5	5	3.7	2.5	1.8
	INCLINE	3	3	9	7	7	5	5	7	3	3
P14	SPEED	1.8	2.5	3.7	5.6	3.7	3.7	4.3	5.6	3.1	2.5
	INCLINE	4	4	3	3	9	9	5	5	5	5
P15	SPEED	1.8	2.5	5	5.6	3.7	3.7	3.7	5.6	3.1	2.5
	INCLINE	2	3	6	8	8	5	5	7	3	3
P16	SPEED	1.8	1.8	3.7	5.6	5.6	5.6	5.6	3.7	2.5	1.8
	INCLINE	4	4	10	10	10	10	10	7	3	3
P17	SPEED	2.5	3.1	5.6	6.2	6.8	6.8	6.8	5	3.1	2.5
	INCLINE	3	3	9	7	7	7	7	7	2	2
P18	SPEED	2.5	3.1	4.3	5	5	5	6.2	6.8	3.7	2.5
	INCLINE	2	9	9	8	8	8	8	6	4	2
P19	SPEED	2.5	3.1	3.1	6.8	3.1	6.2	3.1	7.5	2.5	1.8
	INCLINE	2	2	7	7	7	9	9	11	7	3
P20	SPEED	2.5	3.7	5	6.2	2.5	3.7	5	3.7	7.5	3.7

		1	2	3	4	5	6	7	8	9	10
	INCLINE	4	4	4	8	8	4	4	4	6	6
P21	SPEED	2.5	5	6.8	3.1	5	7.5	3.7	3.1	7.5	4.3
	INCLINE	4	7	8	4	9	9	4	9	5	5
P22	SPEED	2.5	3.7	6.2	6.8	4.3	4.3	6.2	4.3	7.5	2.5
	INCLINE	3	8	6	6	9	9	9	9	5	5
P23	SPEED	3.1	3.7	7.5	6.2	4.3	5.6	6.2	7.5	4.3	3.7
	INCLINE	2	7	4	4	8	8	5	5	7	7
P24	SPEED	3.1	4.3	6.8	6.8	6.8	5	5	6.8	4.3	3.7
	INCLINE	4	9	10	6	6	9	9	5	5	5
P25	SPEED	1.8	3.1	4.3	4.3	4.3	5.6	5.6	4.3	3.1	2.5
	INCLINE	4	4	10	8	8	6	6	8	4	4
P26	SPEED	2.5	3.1	4.3	6.2	4.3	4.3	5	6.2	3.7	3.1
	INCLINE	5	5	4	4	10	10	6	6	6	6
P27	SPEED	2.5	3.1	5.6	6.2	4.3	4.3	4.3	6.2	3.7	3.1
	INCLINE	3	4	7	9	9	6	6	8	4	4
P28	SPEED	2.5	2.5	4.3	6.2	6.2	6.2	6.2	4.3	3.1	2.5
	INCLINE	5	5	11	11	11	11	11	8	4	4
P29	SPEED	3.1	3.7	6.2	6.8	7.5	7.5	7.5	5.6	3.7	3.1
	INCLINE	4	4	10	8	8	8	8	8	3	3
P30	SPEED	3.1	3.7	5	5.6	5.6	5.6	6.8	7.5	4.3	3.1
	INCLINE	3	10	10	9	9	9	9	7	5	3
P31	SPEED	3.1	3.7	3.7	7.5	3.7	6.8	3.7	7.5	3.1	2.5
	INCLINE	3	3	8	8	8	10	10	12	8	4
P32	SPEED	3.1	4.3	5.6	6.8	3.1	4.3	5.6	4.3	7.5	4.3
	INCLINE	5	5	5	9	9	5	5	5	7	7
P33	SPEED	3.1	5.6	7.5	3.7	5.6	7.5	4.3	3.7	7.5	5
	INCLINE	5	8	9	5	10	10	5	10	6	6
P34	SPEED	3.1	4.3	6.8	7.5	5	5	6.8	5	7.5	3.1
	INCLINE	4	9	7	7	10	10	10	10	6	6
P35	SPEED	3.7	4.3	7.5	6.8	5	6.2	6.8	7.5	5	4.3
	INCLINE	3	8	5	5	9	9	6	6	8	8
P36	SPEED	3.7	5	7.5	7.5	7.5	5.6	5.6	7.5	5	4.3
	INCLINE	5	10	11	7	7	10	10	6	6	6

Common faults and troubleshooting methods

Exception code	Exception Description	Solution
No working	A、The power is not connected or the power is not turned on	Connect the power supply, or turn on it
	B、Safety locks are not in place	Put the safety lock in the correct position
	C、The controller or electronic watch is not powered on	Replace the controller or electronic watch head
	D、wire with poor connected	Check system input and output and communication lines
Suddenly stop in normal condition	A、Safety lock drop	Replace the safety key
	B、system error	Consulting repairman
Keys failure	KEY INVALID	1、Replace the keypad board and press the keypad wiring 2、Replace the main board 3、Replace the electronic meter
E-01	A、The communication cable is in poor contact	Reconnect the communication cable and check whether the port is properly inserted or replace the communication cable
	B、Defective electronic watch	Change the console
	C、Defective controller	Change the controller
E-02	A、Defective motor cable and motor	Change the motor
	B、Failure connection between motor cable and controller or bad controller	Check and connecting the controller or change the controller
E-03	A、The photoelectric sensor is not installed correctly	Check and reconnect it
	B、Defective photoelectric sensor	Change the photoelectric sensor
	C、Photoelectric sensor dirty or poor contact	Check and reconnect/clean photoelectric sensor
	D、Defective controller	Change controller
E-05	A、Controller damaged	Change controller
	B、Damaged motor	Change the motor
	C、mechanical breakdown	Check the running oil or drum for blockage
E-07	The console is not detecting the safety lock signal	1、Check whether the safety lock is put into position; 2、Reinstall the safety lock mechanism; 3、Replace the electronic meter
no heart rate	A、cable not inserted in place or bad handgrip cable	Check and connect or replace the handgrip cable.
	B、Electronic system wiring failure	Change the console
Console display incomplete or missing	A、LED or LCD defect	Change PCB or LCD
	B、System malfunctions	Change the console

Grounding guide

This product must have grounding. If error and damage occurred to the treadmill , grounding wire can form one circuit with lowest resistance, the current can be guided into the ground to reduce the danger of electric shock. This product is equipped with one cable, which has one grounding conductor and grounding plug. The treadmill must be grounded with correct socket that is compatible with local rules.
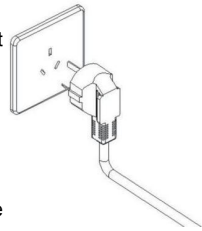
Danger! If you do not know whether the equipment is properly grounded, please consult a qualified electrician or maintenance personnel. Please do not change the plug attached to this product without authorization. If the plug is inconsistent with the socket, let a qualified electrician install a suitable socket.

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 soft 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
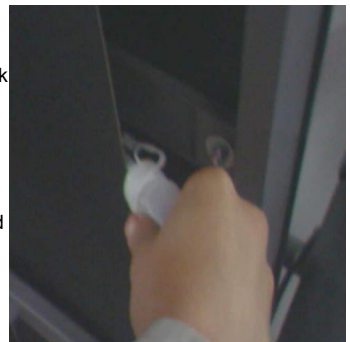
Cleaning

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 you treadmill in a clean and dry environment. Ensure the master powers witch is off and is unplugged from the electrical wall outlet.

1. 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.

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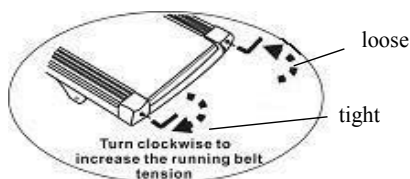
Such as left deviation of running belt.
Adjust the left screw clockwise or the right
screw anti-clockwise.
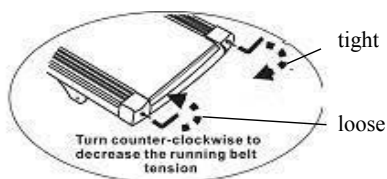
Such as right deviation of running belt.
Adjust the right screw clockwise or the left
screw anti-clockwise.

KEY POINT:

-Clockwise means tighten.

-Anti-clockwise means loosen.

-Running belt will shift to the loose side.

①If 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.

②If 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.

3. Adjustment of the motor's belt

All the motor belt of treadmill must be adjust in the factory and after assembly. However, after a period of use, there may be slack or slip phenomenon.

Adjustment Steps：① Turn the adjusting screw counterclockwise with wrench

② The adjustment range shall be subject to the belt load not slipping.

NOTE: Regular cleaning of belts and pulley grooves
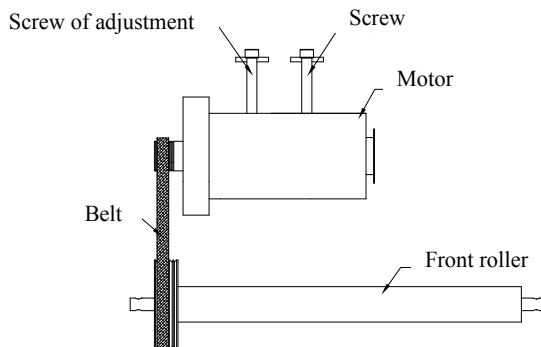
Common Faults and Solutions

Treadmill Part

Item	Reason	Maintenance
Treadmill didn't work	a. No power	Plug into socket
	b.safety key isn't in the right position	Replace the safety key
	c.broken circuit signal system	Check the controller input and signal wire
	d.switch off	Place the power switch in the "NO"position.
	e.fuse burnt out	Change the fuse
The running belt does not run smoothly.	a.no enough lubrication	Use the Silicone oil
	b.running belt too tight	Adjust the tightness of running belt
Running belt slips	a.running belt too loose	Adjust the tightness of running belt
	b.motor belt too loose	Adjust the tightness of motor belt

Console Part

Meaning of error message codes：

Error code	Description	Fault Handling
E1	Abnormal communication: After power-on, the communication between the controller and the console is abnormal.	The controller stops and enters the fault state. Can't be started to run. The console shows the fault code and the buzzer sounds 3 times. Cause: The communication between the controller and the console device is blocked. Check each connection of the communication wire from the console to the controller to ensure that each core is completely inserted.Check whether the connecting wire is damaged and replace it.
E3	Motor cable not connected	When the machine stops and enters the fault state, the console buzzer will sound 9 times, the fault code will be displayed at the same time.The rest of the area does not display content. After shutdown, if it returns to normal, it can enter the standby state and start normally. Cause : Check whether the motor cable is connected well and reconnect it.Check the controller for peculiar smell and replace the controller.
	No speed sensor signal: The controller has a voltage output to the DC motor, and can not receive the motor speed response continuously for more than 3 seconds	When the machine stops and enters the fault state, the console buzzer will sound 9 times, and the fault code will be displayed at the same time.The rest of the area does not display content. After maintaining the fault state for about 10 seconds, enter the standby state to restart. Cause : The speed sensor signal is not detected for 3 seconds, check whether the sensor plug is not plugged in or damaged, plug it well or replace the sensor.

E4	Ascension Self-Learning	Check whether the lift motor induction line is plugged in properly, and re-plug the connector to make it reliable; Check whether the AC line of the lift motor is plugged in correctly, and the AC line of the lift motor and the logo on the controller are correctly plugged; Check whether the connecting wire of the motor is damaged and open, and replace the connecting wire or lift the motor; After checking all, press the learning button on the controller to re-learn
E5	Over current protection: In the running state, the controller continuously detects that the DC motor current is greater than the rated current +6A for more than 3 seconds	Shut down and enter the fault state, the buzzer of the console will sound 9 times, and the fault code will be displayed at the same time. The rest of the area does not display content.After about 10 seconds, it will enter the standby state to restart. Cause : Exceeding the rated load leads to excessive current, the system self-protection, or a certain part of the treadmill is stuck, causing the motor to fail to rotate, the load is too heavy, the current is too large, and the system self-protection is triggered;After adjusting the treadmill and restarting the machine, check whether there is over-flow noise or burning smell when the motor is running, and replace the motor; or whether the controller smells burning, replace the controller; or whether the power supply voltage specification is inconsistent or low,use Correct voltage specification retest
E6	Anti-explosion protection: The drive motor circuit is damaged due to abnormal power supply voltage or abnormal motor.	When the machine stops and enters the fault state, the console buzzer will sound 9 times, and the fault code will be displayed at the same time.The rest of the area does not display content. If it returns to normal after shutdown, it can enter the standby state and start normally. Cause : Check whether the power supply voltage is lower than 50% of the normal voltage, please re-test with the correct voltage specification;Check if the controller has any peculiar smell, replace the controller; check if the motor wire is connected properly, and reconnect the motor wire。