

TREADMILL

User manual

ZF-0301

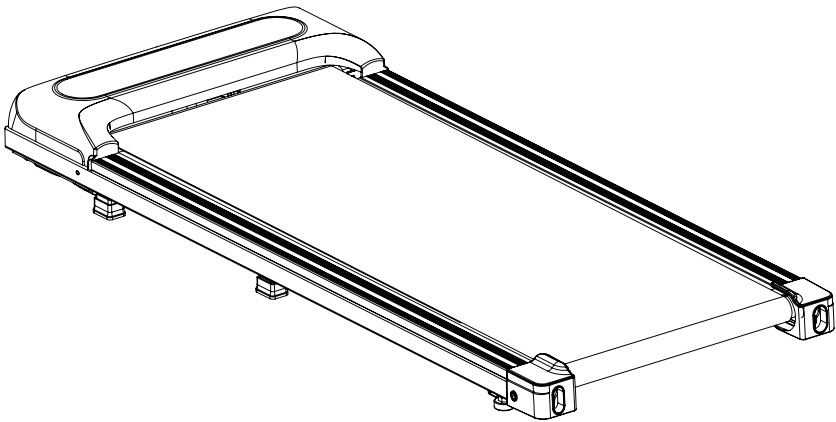


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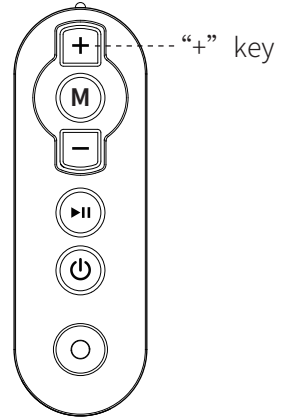
ATTENTION

When you receive or use this product, the following malfunctions may occur. You can troubleshoot the problem by following the steps below.

Malfunction of Remote Control

If the machine do not respond to the remote control when you recieve it , you may need to rematch them by following steps:

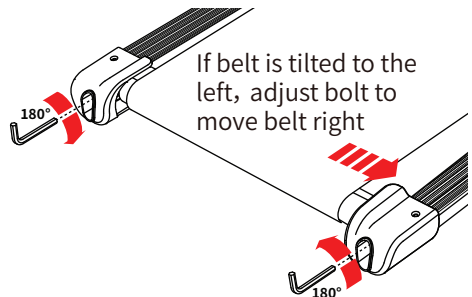
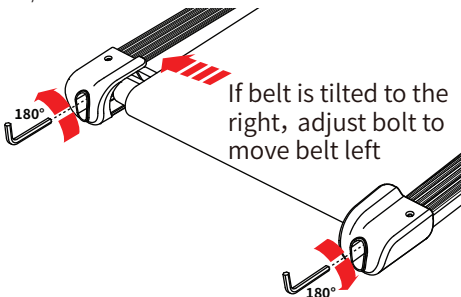
- 1.Before the treadmill is powered on, hold down the “+” key of the remote control and keep holding it (within 10cm of the treadmill display screen).
- 2.Turn on the power switch, the machine will make beep sound and enter the standby state, which indicates successful pairing.
- 3.After this you can release the button.
- 4.If the machine does not make beep sound before enter the standby state, the pairing fails. Please repeat step 1 to step 3, till successful pairing.



Running Belt Mistracking

The running belt can be adjusted by following steps:

1. Put the walking pad on the flat ground.
2. Run the walking pad at speed about 2.0mph.
3. If the running belt is tilted to the left, rotate the left adjusting bolt 1/2 turn clockwise and the right adjusting bolt 1/2 turn counterclockwise.
4. If the running belt is biased to the right, rotate the right adjusting bolt in a clockwise direction for 1/2 turn, and then rotate the left adjusting bolt in a counterclockwise direction for 1/2 turn.



If you need any further support, please feel free to contact our after-sales service online.

Instructions for Safe Use

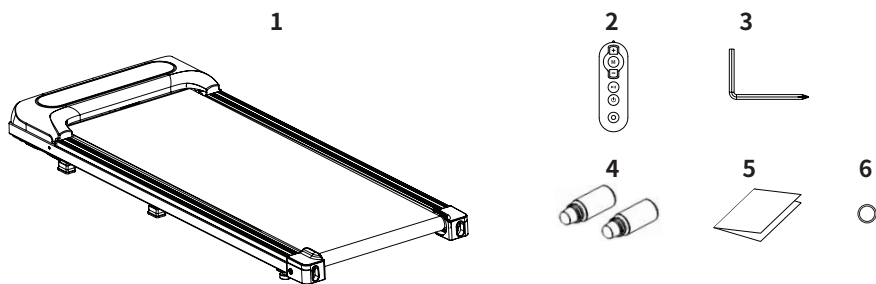
Thank you for choosing our products. The correct use of the walking machine is your guarantee of safety and convenience. Please read the following carefully before using the walking machine:

1. Power on only after confirming that the electric walking machine has been installed in accordance with the installation instructions. Be careful not to make it block the plug on the wall when placed, and leave 0.8m space in front for easy insertion.
2. Reserve 0.8m safety space on both sides of the walking machine, and 2 m (length) * 1 m (width) safety space behind the walking machine.
3. Insert the power cord into the power socket with safe grounding. The power supply of the electric walking machine is dedicated. If the power cord is damaged, please consult the after-sales staff of the platform, or contact the company directly, and send it to you by mail. Plug in the corresponding place.
4. walking machine is indoor equipment, do not use outside. The place is clean and smooth, pay attention to moisture-proof, and pay attention not to put the walking machine on the thick carpet, so as not to affect the flow of air under the walking machine. Electric walking machine is a special instrument, please do not modify it.
5. exercise can not wear too big, too loose clothes, can not wear slippers type shoes, in order to prevent hanging on the electric walking machine to cause safety accidents. Running shoes or exercise shoes with rubber soles are recommended.
6. Please do not remove the protective cover. If it needs to be opened for maintenance, please remove the power cord first.
7. electric walking machine in use, do not let children, pets close to prevent danger.
8. If you use the electric walking machine for the first time, the speed can not be too fast. Adjust the speed of the electric walking machine according to your own physical ability.
9. If the electric walking machine suddenly accelerates or the speed of the walking machine automatically increases due to the problem of the electronic watch system, please press the stop button of the remote control immediately, and the electric walking machine will stop immediately.
10. If the electronic system fails and cannot be stopped, please jump away from the walking area quickly and turn off the power in time.
11. electric walking machine when not in use, should unplug the power cord.
12. Minors should be accompanied by adults when using electric walking machines.

Technical parameter

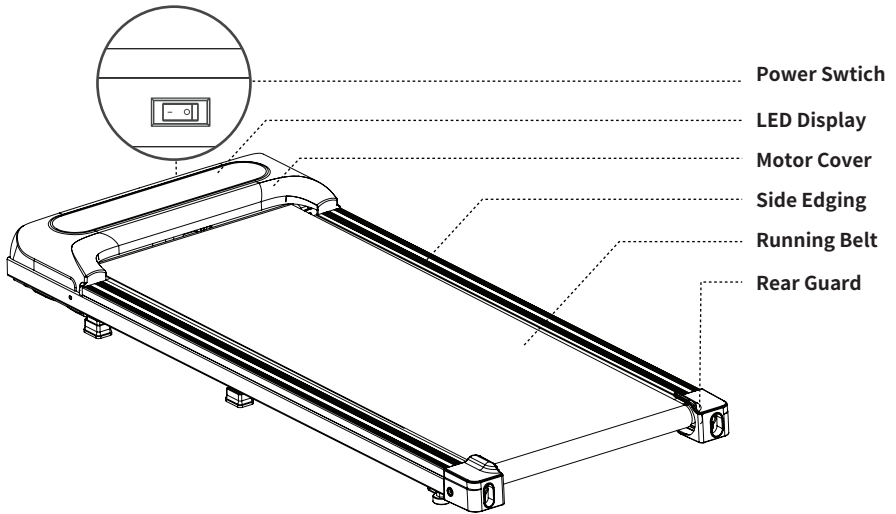
| | |
|---------------|----------------|
| Product No. | ZF-0301 |
| Input Voltage | 110 V |
| Frequency | 60 hz |
| Running Area | 38.6×15.0 inch |
| Speed Range | 0.6-3.8 mph |
| Peak power | 2.5 hp |
| Function | Walk |

Packling List



| No. | Item | Qty |
|-----|-------------------------------------|-----|
| 1 | Complete machine (Running platform) | 1 |
| 2 | Remote Controller | 1 |
| 3 | Dual-purpose screw driver | 1 |
| 4 | Silicone Oil | 2 |
| 5 | User Manual/Warranty Card | 1 |
| 6 | Back up Button Battery | 1 |

Product Description



Screen Description



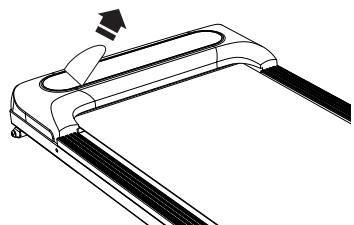
When machine is powered on, the LED screen shows “Eng” , then enter standby state and shows “00” .

LED screen displays the following functions: speed, time, distance, calories.

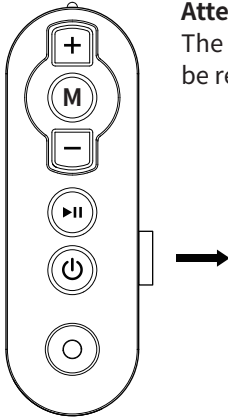
- Speed window: Display speed data. Range: 0.6-3.8 Mph in walking mode.
- Time window: Display time data. Range: 0:00-99:59.
- Distance window: Display distance data. Range: 0.00-99.
- Calorie window: Displays calorie data. Range: 0 to 999.

NOTE:

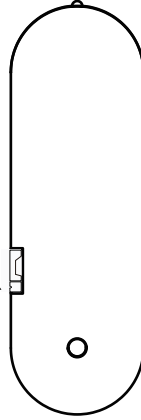
Please peel the layer on screen before use.



Remote Control Description



Attention:
The plastic sheet must be removed before use



Attention:
Open the battery rear cover

- 1、 First place one hand in this groove and apply force in this direction
- 2、 At the same time, place the other hand on the raised pattern and apply force in this direction

Remote Control Key Description

a. Start/Pause:

Press this key in the stop state, after the display count 3,2,1, the motor will start running.

In the running state, press the pause button once to stop the running, and all data parameters will be retained before the pause.

b. Home:

Press the Home key to go back to start menu.

c. Speed increase:

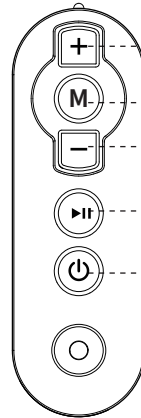
in the setting state, the button will increase the setting value; When the motor is running, the button increases speed and automatically increases when held for more than 2 seconds.

d. Speed reduction:

in the setting state, the key will reduce the set value. When the motor is running, the button will decrease the speed and automatically decrease when held for more than 2 seconds.

e. Mode key:

When you select manual mode, the initial state is manual mode. At this time, the initial value "0:00" is displayed in the speed window, and the mode key can be used to select: Speed mode "0:00" -> countdown mode 30:00 -> Rewind distance mode "1.0" -> Rewind calorie mode "50" -> manual mode. When selecting various modes, you can use the speed plus or minus key to set the related rewind value. After setting, press the "Start" key to start the running machine.



The principle of remote control communication

The remote control is based on RF communication and uses a communication frequency of 433MHz with an antenna gain of 3dBi.

Treadmill Operation

Turn on the switch to start the treadmill.

After display shows “Eng” , entered standby state and shows “00” .

Stand on the treadmill.

Mode 1: Speed mode

- Press the start button, machine will countdown 3 seconds and start running.

Mode 2: Time countdown mode

- Press Mode button to switch to indicator of **Time**.
- Wait until the screen blinks at 30:00 and press the +/- key. The adjustable range is from 8:00 to 99:00.
- Press the Start button, machine will countdown 3 seconds and start running.

Mode 3: Distance countdown mode

- Press Mode button to switch to indicator of **Distance**.
- Wait until the screen shows 1.00, then press +/- to adjust distance limit. Adjustable range is from 1.00 to 99.00 miles.
- Press the Start button, machine will countdown 3 seconds and start running.

Mode 4: Calorie countdown mode

- Press Mode button to switch to indicator of **Calorie**.
- Wait until the screen shows 50.00 and press +/- to adjust calorie setting. Adjustable range is from 20 to 990 cal.
- Press the Start button, machine will countdown 3 seconds and start running.

The initial speed is 0.6MPH. Press +/- button to adjust the speed.

Screen will display Time, Speed, Distance, Calorie four interfaces in turn.

The machine will stop automatically if the time exceeds 99:59.

Press stop to exit the mode and return to the initial screen.

Note

Hibernation function: When the treadmill stops running, if there is no operation for more than 10 minutes, it will enter hibernation state. The electronic watch will automatically close the display and pressing any key will wake it up.

Plate Lubrication

The treadmill has been lubricated with silicone oil when leaving factory. After running for a period of time, the treadmill must be configured with special silicone oil for lubrication.

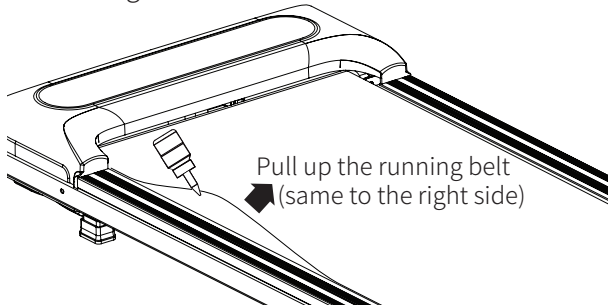
Correct lubrication of the treadmill with silicon oil is important. Lubrication must be taken regularly depending on its usage even before the first time.

We suggest:

| Use Intensity | Lubrication Interval |
|------------------|----------------------|
| < 3 hours/week | 2 months |
| 4 – 7 hours/week | 1 month |
| > 8 hours/week | 15 day |

Lubrication steps:

1. Cut a small slit at the mouth of the oil bottle, not too large, to be able to inject.
2. Lift one side of the belt so that the oil bottle reaches the bottom of the belt and the oil is injected into the hole of the plate. Put down the running belt, **repeat these steps to the other side.**
3. Flatten the running belt, so that the oil is evenly spread on the running belt.
4. After starting the machine, wait one minute to let the oil automatically smear evenly, and then use the walking machine.



Exercise Advice

Consult a professional before exercising. He can help you recommend the frequency, intensity and duration of exercise appropriate for your age and physical condition. If you feel chest tightness or pain, irregular heartbeat, shortness of breath, dizziness or other discomfort while exercising, please stop immediately! Consult a professional before continuing to exercise.

Prepare

Before exercise, it is necessary for you to understand your own health status, in order to make their own exercise plan, it is recommended to consult a doctor or professional, maybe you can get twice the result with half the effort.

Before using the electric walking machine for the first time, please stand next to it and familiarize yourself with how to control it: start, stop and speed adjustment, etc.,

Before use it, stand on the plastic anti-skateboard on both sides of the walking machine, open the machine to a low speed of 0.6-3.8MPH, stand up straight, look forward, use one foot in the running belt "climb" a few times, as relaxed as possible: then stand on the running belt with its movement. After feeling comfortable, slowly increase the speed to 1.8-3.2MPH. Keep going at this speed for about 10 minutes, then slowly bring the machine to a stop. Do not run at high speed in start to avoid falling.

Warm Up(DO IT AGAIN AT THE END OF YOUR WORKOUT)

1. Stretch down

Bend your knees slightly and slowly bend forward, letting your back and shoulders relax and touching your toes with your hands. Hold for 10-15 seconds. Then relax.

Repeat 3 times on each leg.

2. Stretching of hamstrings

Sit on a clean cushion and stretch one leg straight. Pull the other leg in so that it fits snugly against the inside of the extended leg. Try to touch your toes with your hands.

Hold for 10-15 seconds, then relax. Repeat 3 times on each leg.

3. Stretch the little foot and heel tendon

Stand with two hands against a wall or tree, one foot behind. Keep your hind legs upright and your heels on the ground, leaning toward a wall or tree.

Hold for 10-15 seconds, then relax. Repeat 3 times on each leg.

4. Quadriceps stretch

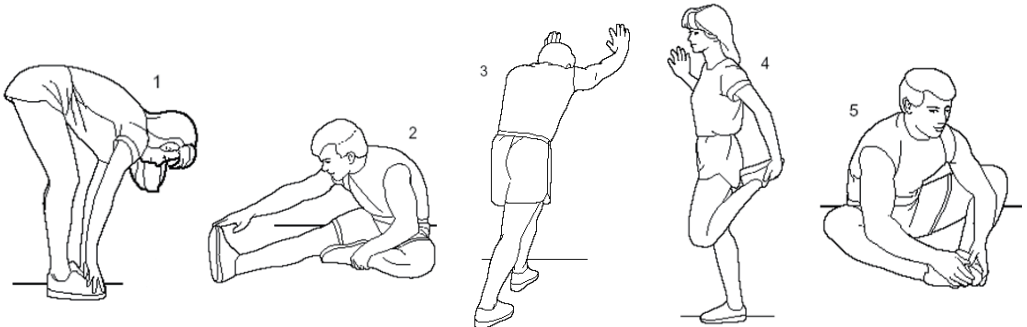
Balance on a wall or table with your left hand, then reach back with your right hand, grab your right ankle and slowly pull toward your hip until you feel tension in the front of your thigh.

Hold for 10-15 seconds, then relax. Repeat 3 times on each leg.

5. Sartorius (inner thigh muscles) stretch

Sit with your feet facing each other and your knees facing out. Grab your feet with both hands and pull toward your groin.

Hold for 10-15 seconds, then relax. Repeat 3 times.



Failure and Maintenance

Power Cord

This product must be earthed. If the power cord is damaged, it must be replaced with a manufacturer recommended power cord.

DO NOT TANGLE THE POWER CORD.

Regular Maintenance

Storage: Keep your equipment in an enclosed place, away from dust or humidity.

Don't store the machine neither in a garage or indoor backyard, or near water.

Humidity, dust and water could damage it and have an effect on its functioning

Electric Cable: Make sure that the cable and plug are in good conditions. Electric cables must be away from hot surfaces.

Failure & Check

If you encounter the machine prompt an error code which needs to be repaired, please contact our online customer service.

The following chart shows the possible causes and solutions of the error code:

| Error Code | Causes | Possible Reasons | Solutions |
|------------|--|---|--|
| Er 1 | LED digital screen failed to receive Motor driver signal | Upper and lower controller cables are in poor contact | Reconnect the upper and lower controller cables |
| | | Upper and lower controller cables are broken | Replace the cables |
| | | LED digital screen is damaged | Replace LED digital screen |
| | | Motor driver is damaged | Replace motor driver |
| Er 3 | Over voltage protection | Input voltage is too high | Check if the AC voltage is higher than 135V |
| | | Motor driver is damaged | Replace motor driver |
| Er 4 | Overcurrent protection | Motor pulley is too tight | Re-fasten the pulley belt |
| Er 5 | Overload protection | Too much friction between running board and belt | Add lubricating oil between the running board and belt |
| | | Motor driver is damaged | Replace motor driver |
| Er 6 | Open circuit protection | Motor is not connected | Connect the motor |
| | | Motor is open-circuited | Replace motor |
| | | Motor driver is damaged | Replace motor driver |

| Error Code | Causes | Possible Reasons | Solutions |
|-------------------|--|---|---|
| Er 7 | Motor driver failed to receive LED digital screen signal | Upper and lower controller cables are in poor contact | Reconnect the upper and lower controller cables |
| | | Upper and lower controller cables are broken | Replace the cables |
| | | LED digital screen is damaged | Replace LED digital screen |
| | | Motor driver is damaged | Replace motor driver |
| Er 13 | IGBT short circuit | Motor driver is damaged | Replace motor driver |
| Er 14 | Short circuit of the load | Motor is short-circuited | Replace motor |
| | | Motor driver is damaged | Replace motor driver |

Warranty Description

Important information:

We are not responsible for any failure caused by incorrect installation, use or replacement of parts by customers themselves. In addition, the warranty does not apply to the person who has not been authorized by the Company to repair, if the resulting repair costs, the customer himself shall be responsible.

This product is for home use only. The company will not be responsible for any problems caused by commercial use.

The warranty lasts for 1 year.

FCC Statement:

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.

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

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

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

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.