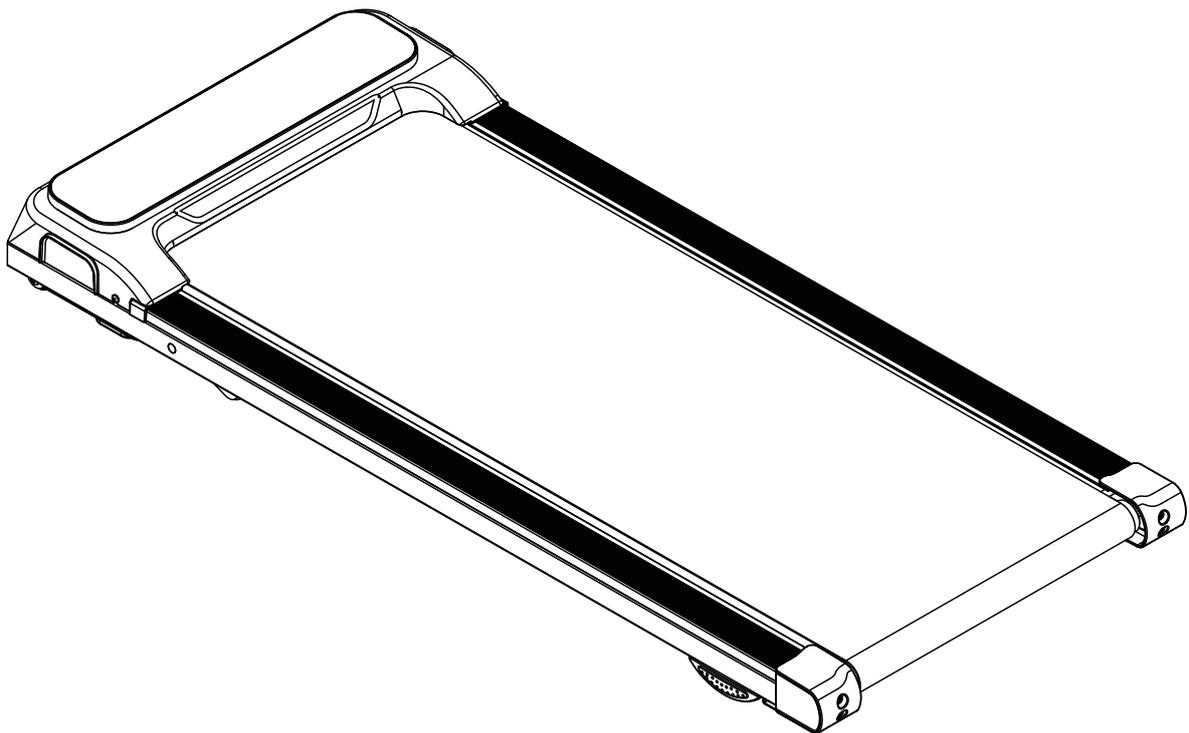




TREADMILL WALK



Read all instructions before using and keep this manual for future consultation.

Instruction Manual

TREADMILL WALK

Congratulations!

You have just purchased a product designed with quality, safety and functionality. This equipment allows a safe and comfortable exercise in the privacy of your residence. Regular exercise is one of the best ways to preserve your health. Please read this manual carefully before using the product, in order to use this product properly so that you can enjoy the unique experiences that only this equipment can give you.

Please keep the manual for reference when necessary.



**Scan For A Better
Product Experience**

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1. IMPORTANT INFORMATION AND WARNING

FOR YOUR SAFETY, READ CAREFULLY ALL THE INFORMATION IN THIS MANUAL.

- Before beginning any exercise program, consult your doctor or fitness coach. It will help you establish the exercise frequency, intensity and timing appropriate to your age and fitness. If you experience chest pain or tightness, irregular heartbeat, shortness of breath, faintness or any discomfort while you exercise, **STOP IMMEDIATELY!** Consult your doctor before continuing. This is important for people of all ages or who have any pre-existing health problem.
- Only one person at a time should use this equipment.
- Keep children and pets away from the equipment.
- Caution: Excessive and/or improper exercise may cause injury.
- It is recommended not to exercise immediately after meals. Wait at least 1 hour before starting your practice.
- It is recommended that people with little physical/sensory abilities, mental disorders, people with little experience or knowledge, be accompanied by a coach during the practice of the physical exercise.

2. GENERAL SAFETY INSTRUCTIONS

- It is the owner's responsibility to ensure that all users are properly informed about the precautions for their safety.
- This appliance is designed for home and office use alone. It has no therapeutic purposes.
- For your safety, make sure all parts are properly attached and the appliance is on a solid surface and that the area around it is free of obstructions and make sure the appliance is in perfect condition before each use.
- Wear appropriate exercise clothing and avoid accessories that may get caught by the equipment.
- To ensure the safety of children and/or pets, do not allow them to play on or near the device.

GENERAL CONSIDERATIONS

- Never use abrasives or solvents to clean the equipment.
- Do not leave the equipment exposed to natural agents such as sunlight, rain, dew, dust, salt spray, etc.
- Do not place the equipment in dusty and humid places, saunas or anyplace not ventilated.

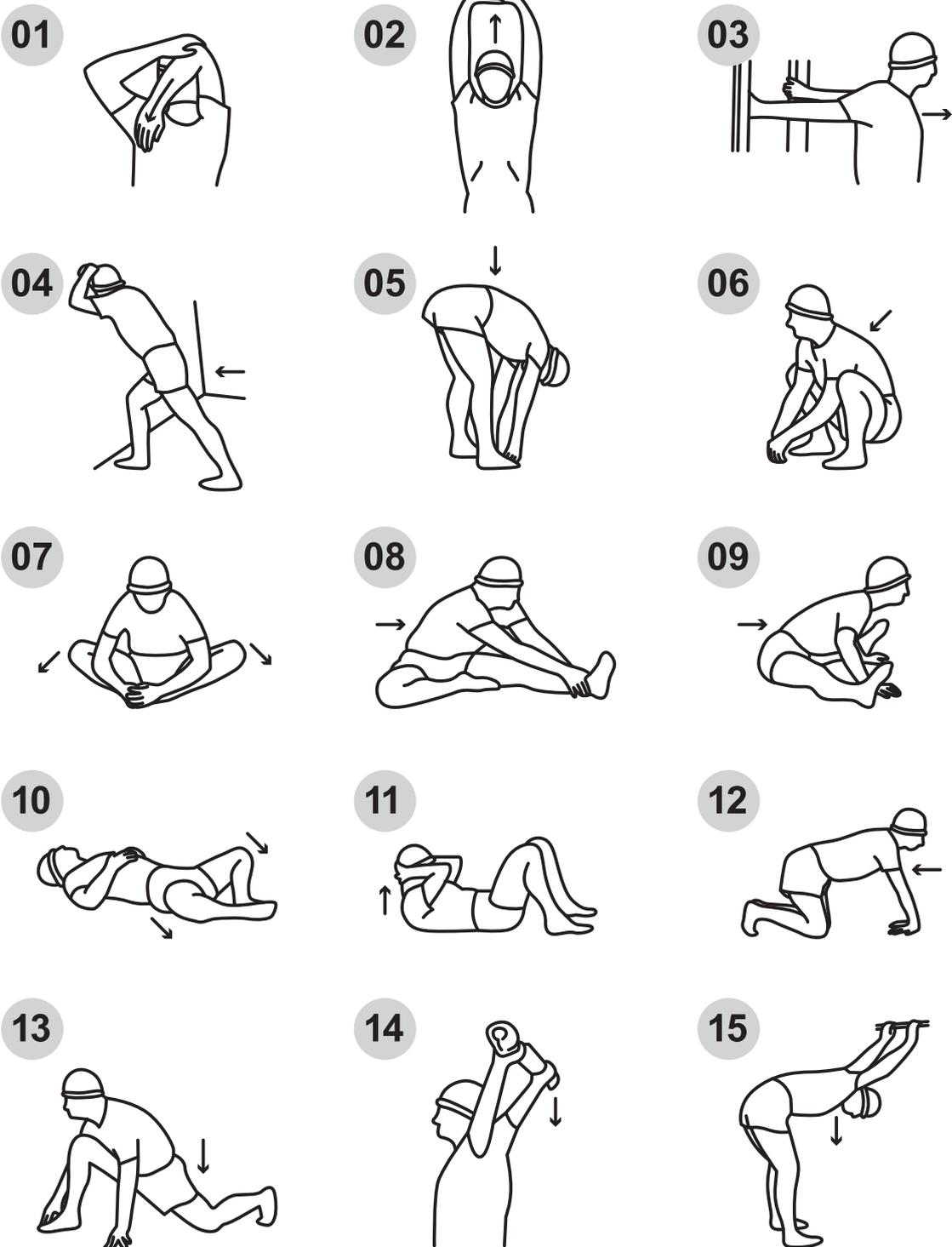
3. HEALTH

Using this equipment will provide you with several benefits. It will improve your shape, tone your muscles and, combined with a controlled diet, help you lose weight.

This exercise will improve your circulation and make your muscles function properly. It is recommended to do some stretching exercises before using it as it's shown below.

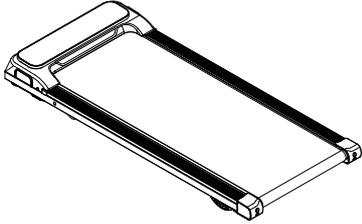
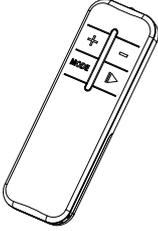
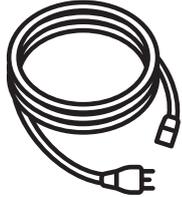
Each stretch should be done for approximately 30 seconds.

Do not strain your muscles and if you feel pain while stretching, STOP.



4. BOX CONTENTS

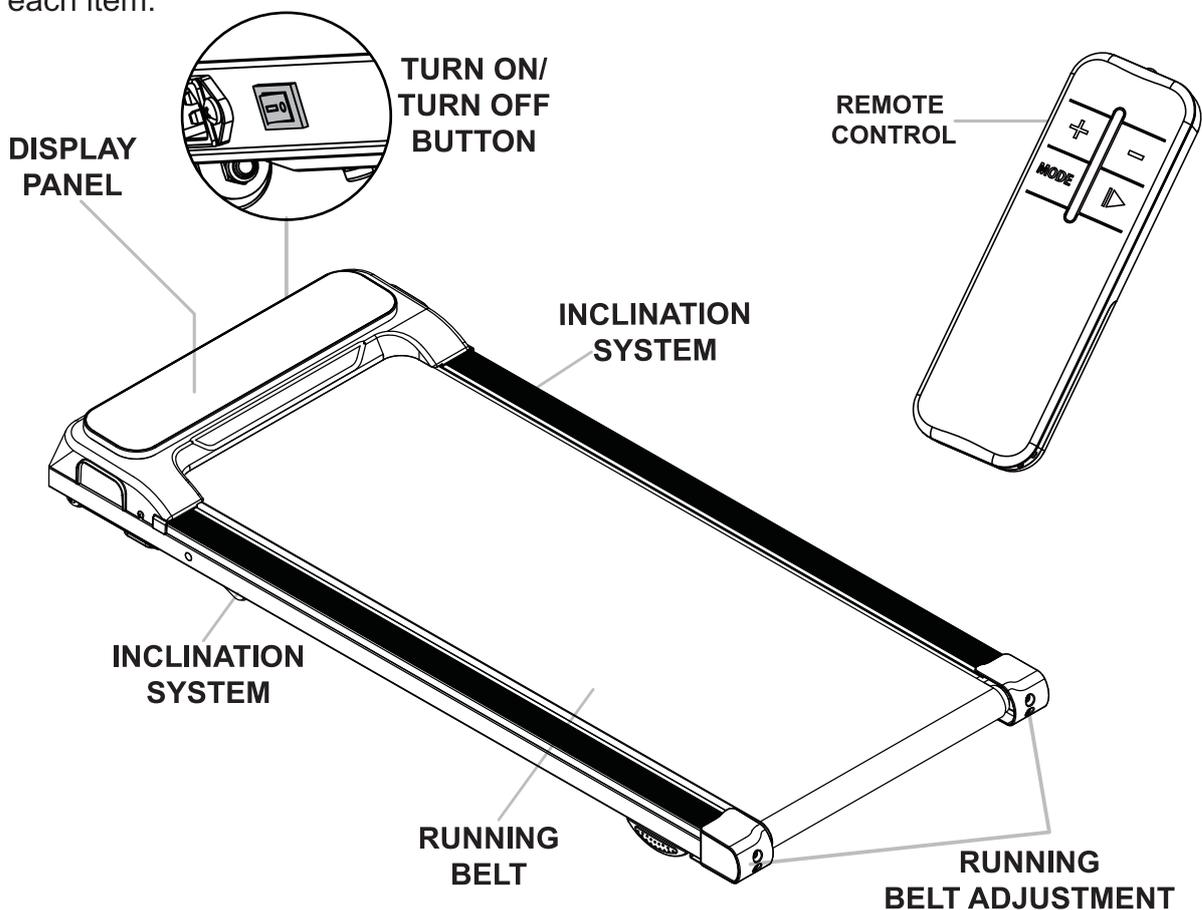
When you open the box you will find the following parts:

 <p>Treadmill (QTY: 1)</p>	 <p>Remote control (QTY: 1)</p>	 <p>Allen Combination Spanner With Phillips 5mm (QTY: 1)</p>
 <p>Treadmill lubrication oil (QTY: 1)</p>	 <p>Instruction manual (QTY: 1)</p>	 <p>Power cable (QTY: 1)</p>

5. KNOWING THE TREADMILL

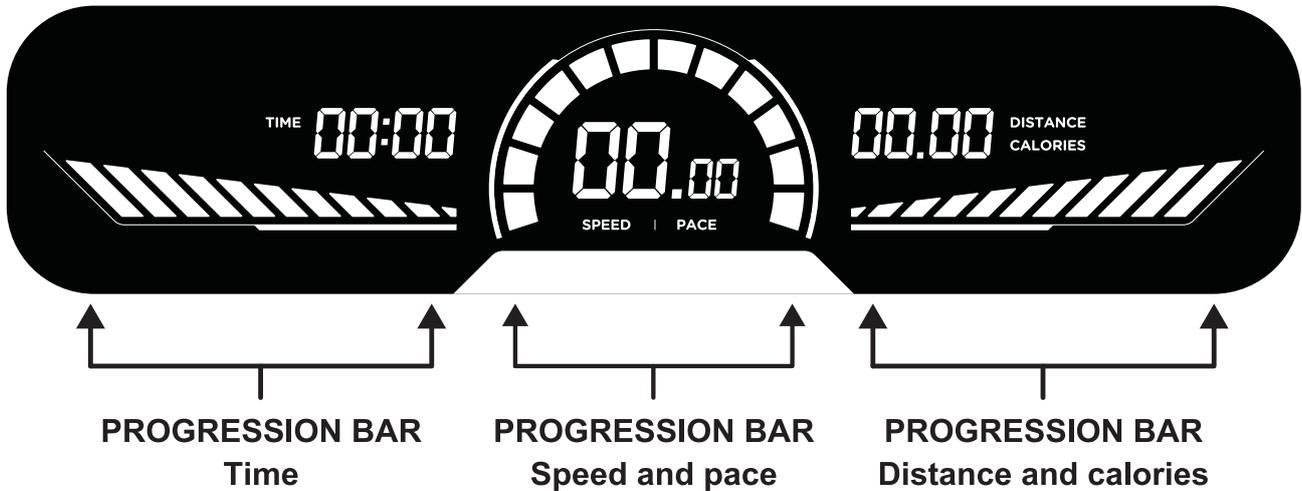
This treadmill offers a selection of features that have been specially designed to provide an exercise at home more effective and fun.

Before continuing with this reading please review the following image and become familiar with each item:



6. ELECTRONIC MODULE

It is the owner's responsibility to ensure that all users of the equipment are adequately informed about the safety precautions.



Display Metrics Ranges

Setting Parameters	Initial Setting	Initial Value	Setting Range	Display Range
Time (min:sec)	0:00	30:00	5:00-99:00	0:00-99:59
Speed (mph)	0.0	0.6	0.6-3.8	0.6-3.8
Distance (miles)	0.00	1.0	0.5-99.9	0.00-99.9
Calories (kcal)	0.0	50.0	10.0-999	0.0-9999
Pace (min)	0.00	0.00	-----	0.00-60.00

START / STOP BUTTON: The treadmill is in the stand-by state, press this button to start and stop the motor running.

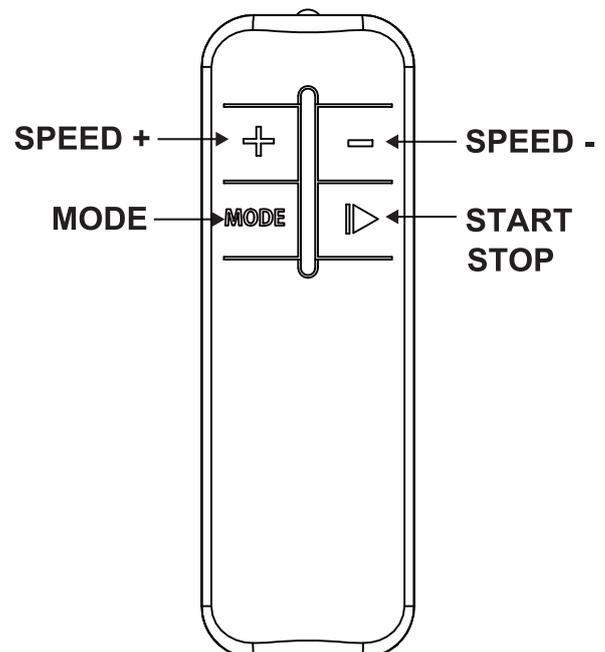
SPEED + and SPEED - BUTTONS: The user can control and set the desired speed during the exercise. **The progression is: 0.1mph.**

MODE BUTTON: Press this button enter mode setting.setting Time/Distance/Calories

***Minimum speed: 0.6 mph**

***Maximum speed: 3.8 mph**

Remote control functions description:



Remote Control Pairing Guide

1. Pairing: Press the "+" button, turn on the treadmill power switch, and the beeping sound appears until the window shows 0: 00, indicating that the pairing is successful;
2. To unpair: press "-" key to turn on the treadmill power switch; A beep appears until the window displays "0" to unpair.

NOTE:

- In the paired state, the treadmill can only be controlled by this remote control.
- In the unpaired state, the treadmill can be controlled by other remote controls.
- After the first pairing is successful, there is no need to pair again when the treadmill is turned on again.
- The pairing and unpairing operations must be performed within 10 seconds of the treadmill being powered on.

TIME COUNTDOWN MODE

When turning on the treadmill, press the mode button to select the time countdown mode. At this time, the display will show 30:00 minutes and flash, time can be adjusted by pressing +/- SPEED buttons. The time setting range is from 5:00 to 99:00 minutes, press start button to start.

The initial speed will be 0.6 mph, use the +/- SPEED button to adjust to the desired speed. The treadmill will gradually stop when the clock counts down to zero.

DISTANCE COUNTDOWN MODE

When turning on the treadmill, press the program button to select distance countdown mode. At this time, the display will show 0.6 mph and flash, the distance can be adjusted by pressing the +/- SPEED buttons. Distance setting range is from 0.5 to 99 kilometers, press start button to start.

The initial speed will be 0.6 mph, use the +/- SPEED button to adjust to the desired speed. The treadmill will gradually stop when the distance counts down to zero.

CALORIES COUNTDOWN MODE

When turning on the treadmill, press the program button to select calories countdown mode. Use the +/- SPEED buttons to set the amount of calories. Calories setting range is from 10 to 999, press start button to start.

The initial speed will be 0.6 mph, use the +/- SPEED button to adjust to the desired speed. The treadmill will gradually stop when the calories counts down to zero.

HOW TO USE *STEP-BY-STEP*:

After turning on the treadmill, the screen will be fully on, and just after that, it will enter the initial stand-by state. Press the **START BUTTON** at this moment to enter the manual mode.

- The initial running speed is **0.6mph**.
- The time and distance count starting from **0**.

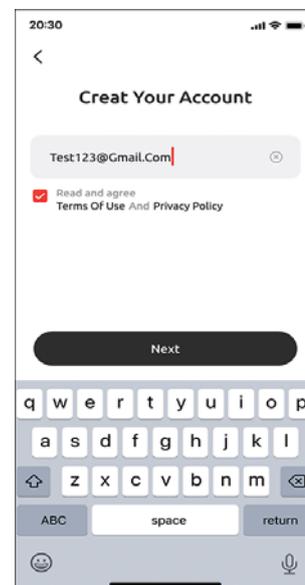
7. APP INSTALLATION AND REGISTRATION

APP Installation and Registration

You can scan the QR code below to download the APP and register an APP account.

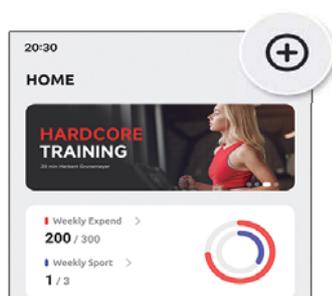


Scan the QR code
Below to download the APP

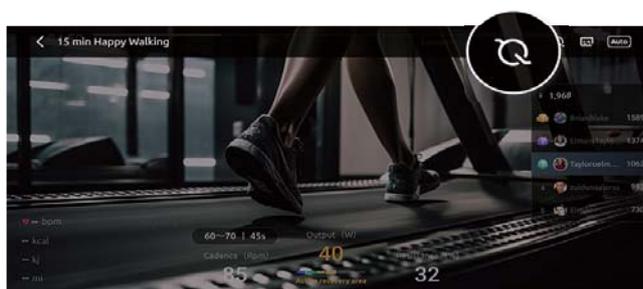


Connect the Device

- Please make sure that the Bluetooth of the mobile phone/tablet is turned on.
- When using for the first time, click the 「+」 in the upper right corner of the 「Home」 or enter the course and connect the device according to the interface prompts.



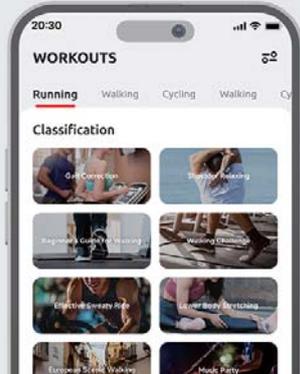
OR



- When using for the second time, just step on the device and then open the sports mode or course of the APP to automatically connect.
- The device does not support multiple mobile phones connected at the same time. Please confirm that no other users are connected to the device before use.
- The device will be disconnected after 5-10 minutes of inactivity.

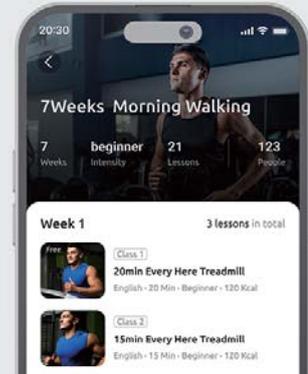
Multi-Courses

Whether it is self-weight training, yoga courses or endurance sports, find the most suitable project for you in our extensive course library.



Personalized Training Plan

Based on the training purpose and physical data, tailor-made training plan only belongs to you.



Simulated Outdoor Sports

Capturing the magnificent scenery of road walking on site. Experience the great outdoors without leaving home.

Intelligent Internet of Things

Support APP to control devices and synchronize data to corresponding Apple Watch and health centers.



Deep Exercise Data

Accurately track each exercise data, and deeply record exercise calorie consumption, power, mileage, speed, etc.



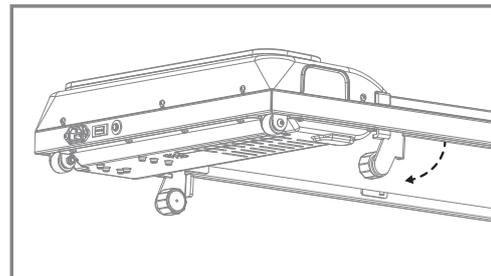
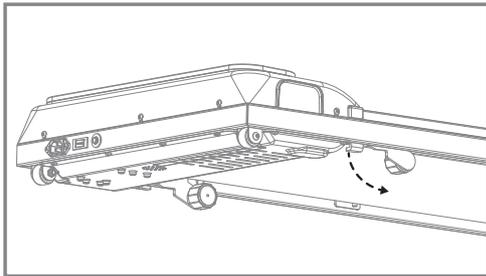
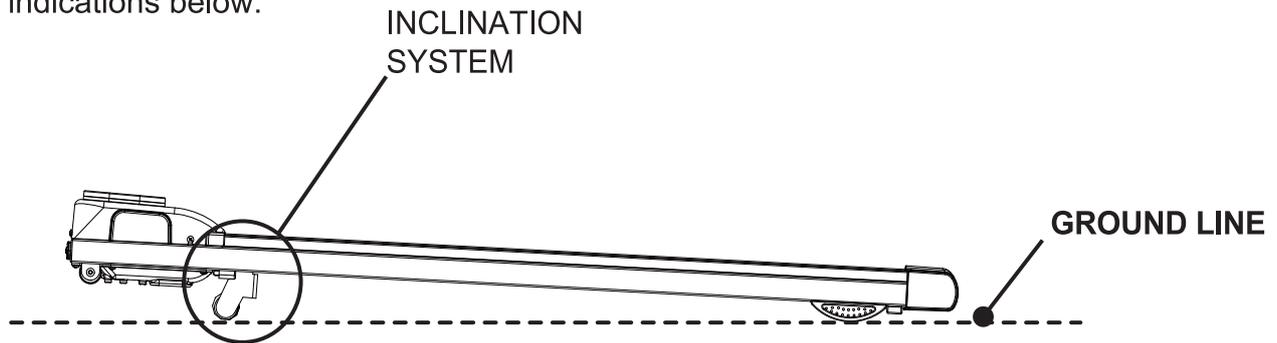
Challenge Events

Join the exciting challenge and compete with the vibrant community on the same stage, so as to turn solo sports into exciting competitions.



8. INCLINATION ADJUSTMENTS

You can adjust the running board angle in 2 different levels. Follow the indications below:



DO THIS ADJUSTMENT IN THE BOTH SIDES OF YOUR TREADMILL (LEFT AND RIGHT).

LEVEL 1

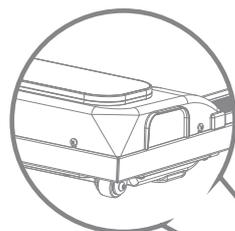


LEVEL 2



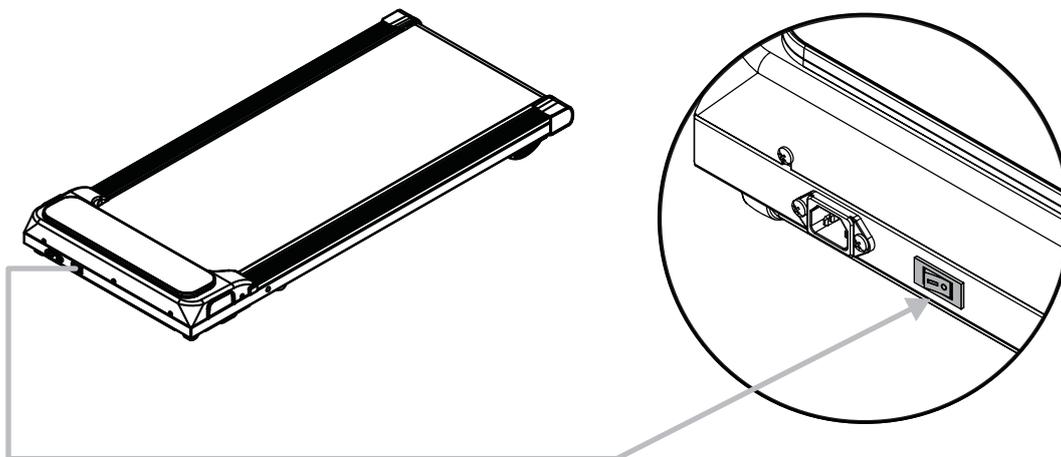
9. MOVE THE TREADMILL

Moving walking machine; Before moving, you must first unplug the power cord of the treadmill, and then pick up the tail of the treadmill with your hand to move it. Move the wheel to the ground, can move back and forth walking machine.



10. POWER BUTTON

Press the power button to turn on and turn off your treadmill.



11. SLEEP FUNCTION

When the treadmill stops working, if there is no operation for more than 10 minutes, it will enter the sleep state, the panel screen and the corresponding light indicator will be turned off. Press any button of the remote control to wake up the treadmill, then re-enter the initial stand-by state after fully powered on.

12. ADDITIONAL INFORMATION

GROUNDING:

This product must be on the ground. If there is a malfunction, grounding provides resistance to electric current, reducing the risk of electric shock. This product is equipped with a grounding conductor cable and a grounding plug. The plug must be plugged into an appropriate outlet (10A) that must be properly installed and grounded in accordance with all local laws.

DANGER

Improper connection of the equipment grounding conductor may result in a risk of electric shock. Talk to a qualified electrician or technician if you are in doubt about the position of the product on the ground. Do not modify the plug provided with the product. If it does not fit into the outlet, please provide a suitable outlet (10A) installed by a qualified electrician. This product is for use on a **110 / 120V** rated circuit and has a grounding plug that looks like the plug illustrated in the following figure. Verify if the place of use of the purchased product has the proper voltage for the equipment. No adapter should be used.

13. MAINTENANCE

CONSERVATION

Do not leave the equipment exposed to natural agents such as sunlight, rain, dew, dust, salt spray, etc; Do not place the equipment in dusty, humid environments, saunas or in unventilated places.

CLEANING

- Never use abrasives or solvents to clean the equipment;
- Simple cleaning of the unit will significantly extend the life of the treadmill. Keep the treadmill clean regularly. Be sure to clean the exposed part of the platform on both sides of the treadmill. It reduces the amount of materials under the running belt.
- The top of the treadmill can be cleaned with a damp cloth and mild soap. Be careful not to let liquids get inside the frames or under the running belt.
- To clean the inside of the band, you must loosen the band's treadmill as shown in figure 5, once it is a little loose, put your hand under the band and a cloth wipe the surface to remove the accumulated dirt. Once finished cleaning, replace it as it was before.

WARNING: Always unplug the treadmill from the electrical outlet before removing the engine cover. At least once a year remove the engine cover and clean inside it.

MAINTENANCE

Do not leave the equipment exposed to natural agents such as sunlight, rain, dew, dust, salt spray, etc; Do not place the equipment in dusty, humid environments, saunas or in unventilated places.

1. Always unplug the power cable before removing the treadmill motor cover.
2. If you notice any damage to the power plug or any part of the cord, these parts should be replaced by a qualified service technician - do not replace or repair it by yourself.
3. For your safety, keep electrical components such as power cable and other parts away from water or other liquids.
4. Do not use this equipment for any purpose other than exercise as shown in the manual.

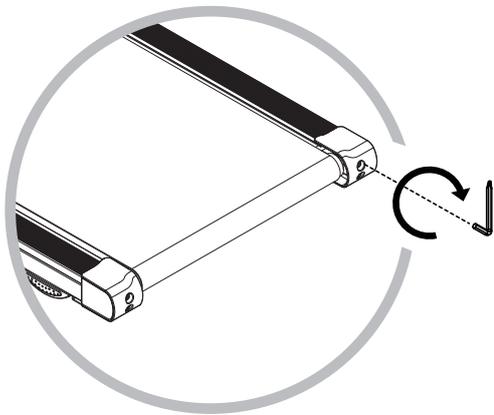
CENTERING THE TREADMILL AND ITS TENSION ADJUSTMENT

DO NOT TIGHTEN the running belt too much. This may reduce engine performance, causing roller noise and damage of the belt.

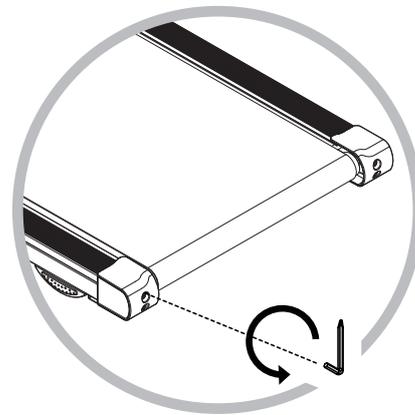
CENTRALIZATION

Place the treadmill on a flat surface.

1. Start the treadmill at an approximate speed of 5 or 6 km/h.
2. If the belt moves to the right, turn the right adjusting screw 1/2 and turn it anticlockwise (picture B) and turn the left screw 1/2 clockwise (picture A).

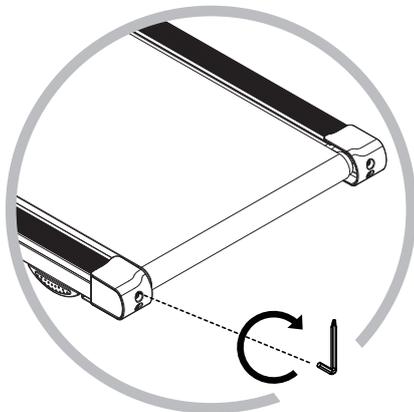


Picture A

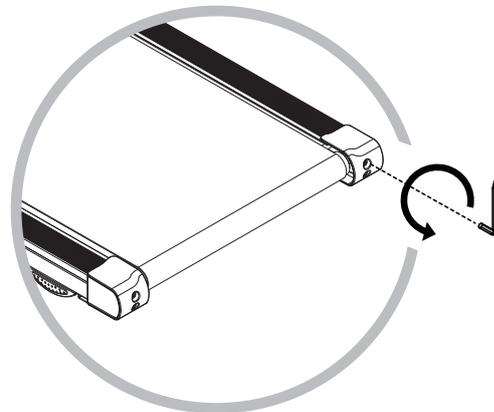


Picture B

3. If the belt moves left, turn left adjusting screw 1/2 and turn it clockwise (picture C) and the turn the right screw 1/2 anticlockwise (picture D).



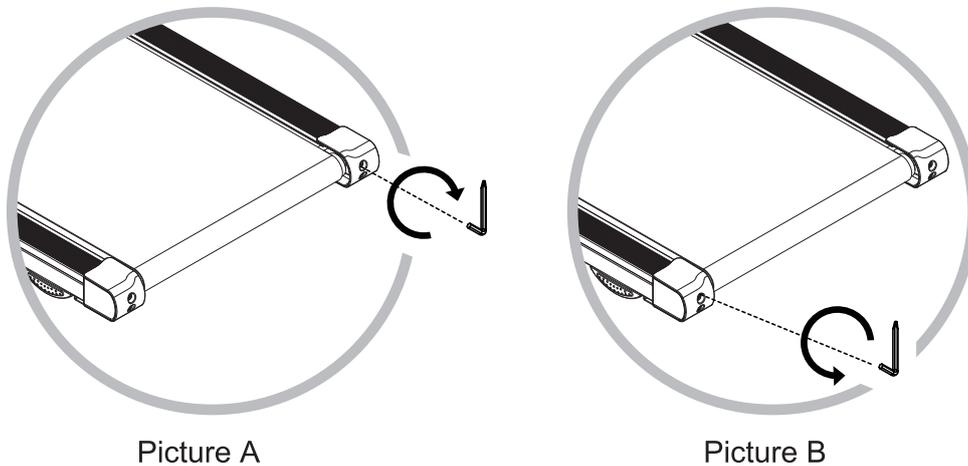
Picture C



Picture D

TENSION ADJUSTMENT

1. Place the treadmill on a flat surface.
2. Turn on the treadmill at an approximate speed of 3.0 km/h.
3. At this speed, stand on the treadmill and walk forcing the treadmill with the feet.
4. If you feel a slight pause of the treadmill during the exercise, it means the treadmill is out of alignment. If it occurs adjust them according to images A and B.
5. Turn the right screw 1/2 clockwise (picture A) and turn the left screw 1/2 clockwise (Figure B).
6. If after adjustment the treadmill continues to slip repeat the previous step.



PLATFORM RUNNING BELT AND LUBRICATION:

This track is equipped with a low-maintenance, pre-lubricated platform system. The platform friction has an important role in the function and service life of your running belt, requiring periodic lubrication (with liquid silicone). We recommend a periodical platform inspection.

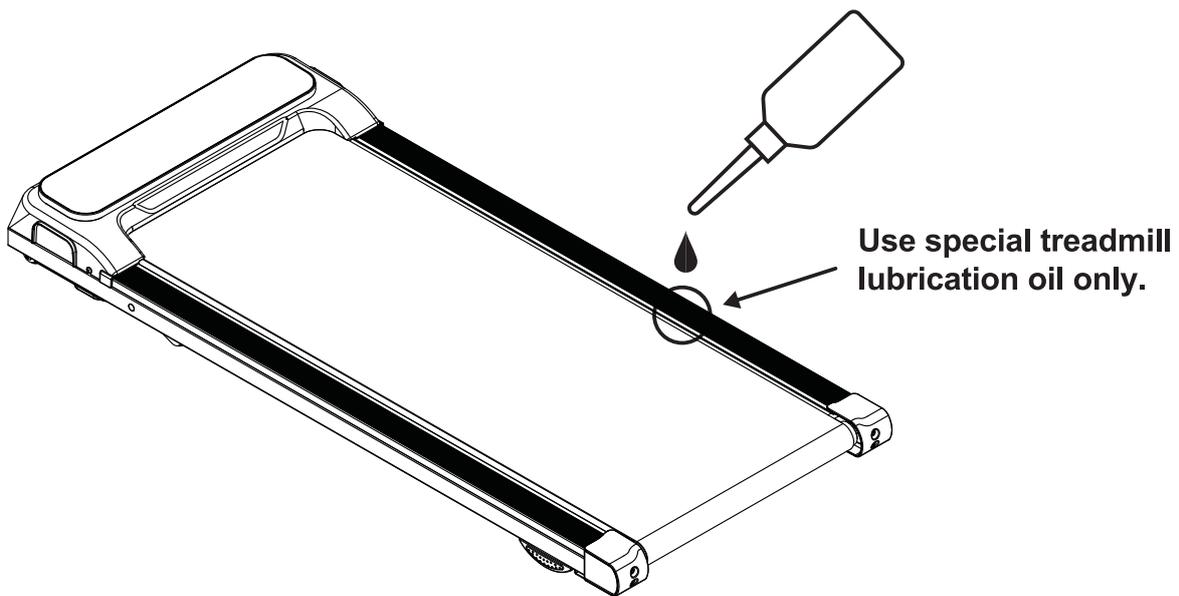
We recommend lubricating the platform according to its frequency of use:

- Lightweight user (less than 3 hours/week) – Monthly
- Medium User (3-5 hours /week) – Biweekly
- Heavy user (over 5 hours/week) – Weekly

To lubricate, see the picture below:

FOLLOW THE STEPS BELOW:

1. Turn off the treadmill.
2. Pull up the middle position of the running belt to drop the oil in the middle position of the running platform.
3. After application, use the treadmill normally. The oil gets absorbed and properly spread on the running belt.



ATTENTION: ONLY LIFT THE TREADMILL AFTER 10 MINUTES AFTER LUBRICATION PROCESS IN ORDER TO PREVENT THE OIL FROM SPILLING INTERNALLY.

14. ELECTRONIC PANEL COMMON PROBLEMS

E02: Control detection motor over voltage protection information tips

Question and Answer	The user's power grid voltage is unstable, with high peak voltage	It is necessary to add an external filtering regulator
	The controller is damaged.	Replace the controller

E03: Control detection motor overcurrent protection information prompt

Question and Answer	Overload	Reduce the load and try not to exceed the rated load
	The motor or roller is stuck due to foreign objects	Eliminate stuck foreign objects
	The roller is not lubricated enough, resulting in increased resistance	Add lubricant
	The controller is damaged	Replace the controller
	Motor damage increases resistance rated working current of motor	Replace the motor

E04: The voltage between the control and motor is abnormal

Question and Answer	The main motor wire is not connected or loose	Reinforce the main motor connection line
	The main motor is open circuit or damaged	Replace the motor
	The controller is open circuit or damaged	Replace the controller

E06: Electronic panel and control communication abnormal phenomenon prompt

Question and Answer	The interface between the upper and lower control main cables is loose	Reinforce the connection line interface
	The upper and lower control main connection lines are damaged	Replace the upper and lower control main connection cables
	The electronic watch is faulty	Replace the electronic watch
	The controller is damaged	Replace the controller

E0C: Power transistor breakdown Explosion proof impulse protection

Question and Answer	Power transistor breakdown, controller damage	Replace the controller
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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.



TREADMILL WALK

Treadmill

Model: L400

Electrical Specifications:

110-120V / 60Hz / 6.0A / 550W

Included Items:

- 1 Treadmill
- 1 Allen Combination Spanner With Phillips 5mm
- 1 Treadmill lubricant oil
- 1 Instruction manual
- 1 Remote control
- 1 Power cable

For home use only.