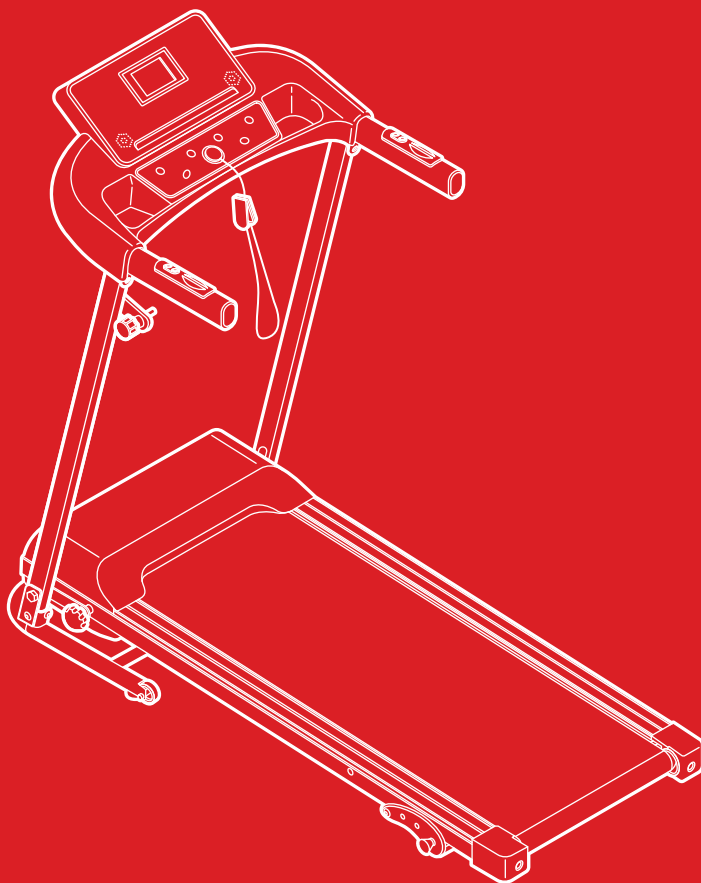




bestchoiceproducts



# INSTRUCTION MANUAL

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Treadmill



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As shoppers, we're always trying to find the perfect balance between quality & value. At BCP, we believe we've achieved that. Our diverse catalog of everyday essentials is tailored especially to our customers & guaranteed to hit that sweet spot of high quality & low price.

— Always. —

## NOTICE

Please retain these instructions for future reference.

- Keep children and pets away from this machine at all times.
- Reconfirm that all bolts, screws, and knobs are secure every 90 days. May vary depending on how often you use this item.
- Position this machine on a clear, level surface.
- Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
- Use the provided tools or suitable tools of your own to assemble the machine or repair any parts of the machine.
- Use only original spare parts for any necessary repairs.
- Read all instructions before use.
- This machine is intended for home use only, not suitable for therapeutic purposes.
- This machine has an adjustable running belt, do not use unless the belt is secure.
- If any parts are missing, broken, damaged, or worn, stop using this product until repairs are made and/or factory replacement parts are installed.
- Do not use this item in a way that is inconsistent with the manufacturer's instructions as this could void the product warranty.
- This product contains small parts for assembly. Keep small children and pets away during assembly.
- This product has a weight capacity of 220lbs. Please do not exceed that weight limit, as this could result in personal injury and property damage.

## WARNING

- Do not leave unattended children in the same room with the machine.
- Do not use near water, outdoors, or in direct sunlight.
- Consult with your physician or healthcare professional before starting any workout program.
- Do not stand on the running belt before it starts moving.
- Do not start the machine while it is folded.
- Do not wear loose clothing that might catch on any part of the treadmill while in use.
- Do not place the treadmill in area that will block any vents or air openings.
- Do not put any objects on the machine.
- Do not set treadmill or plug near heated places or open fire. Leave a 6-foot clearance of all heat vents, fireplaces, and other sources of heat.
- Please switch off all functions and pull out plug after each use.
- Increase the running speed in slow increments, failure to do so may result in personal injury.
- When ending a workout, decrease speed slowly.
- Do not adjust the conveyor belt while in motion.
- Clip the safety key onto your clothing during use.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout, and consult a physician immediately.
- Do not place any sharp objects around this machine.
- This product contains moving parts, avoid obstructing. Do not touch parts while they are in motion as this may result in personal injury.
- To avoid physical injury, it is highly recommended that you stretch before and after every exercise session.
- Handicapped or disabled persons should not use this machine without the presence of a qualified health professional or physician.

## CALIFORNIA PROPOSITION 65

**⚠ WARNING:** This product can expose you to chemicals including Di(2-ethylhexyl) phthalate (DEHP), which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

### TOOLS REQUIRED



ALLEN WRENCH  
(PROVIDED)



WRENCH  
(PROVIDED)



SILICONE OIL  
(PROVIDED)



220 LBS  
CAPACITY



1 PERSON  
ASSEMBLY



UP TO 30 MIN.  
ASSEMBLY

### HARDWARE

#### 1 D-WASHER



4 PCS

#### 2 M8 WASHER



2 PCS

#### 3 M8 x 16mm SCREW



6 PCS

#### 4 M16 x 55mm TENSION KNOB



1 PC

#### 5 M12 x 20mm FIXED KNOB



1 PC

#### 6 SAFETY KEY



1 PC

#### 7 M6 x 25mm SCREW



2 PCS

#### 8 M6 NUT



2 PCS

### SPARE HARDWARE

#### 1 D-WASHER



2 PCS

#### 3 M8 x 16mm SCREW



2 PCS

#### 8 M6 NUT



2 PCS

#### 7 M6 x 25mm SCREW



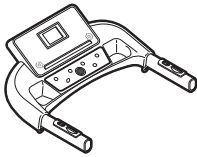
2 PCS

**NOTE:** These hardware are already attached to the parts for safety and ease transport. Please consider them spare hardware.

## PARTS

**A**

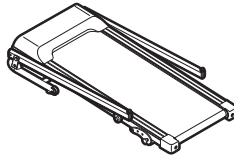
CONSOLE



1 PC

**B**

RUNNING DECK



1 PC

## PRODUCT ASSEMBLY

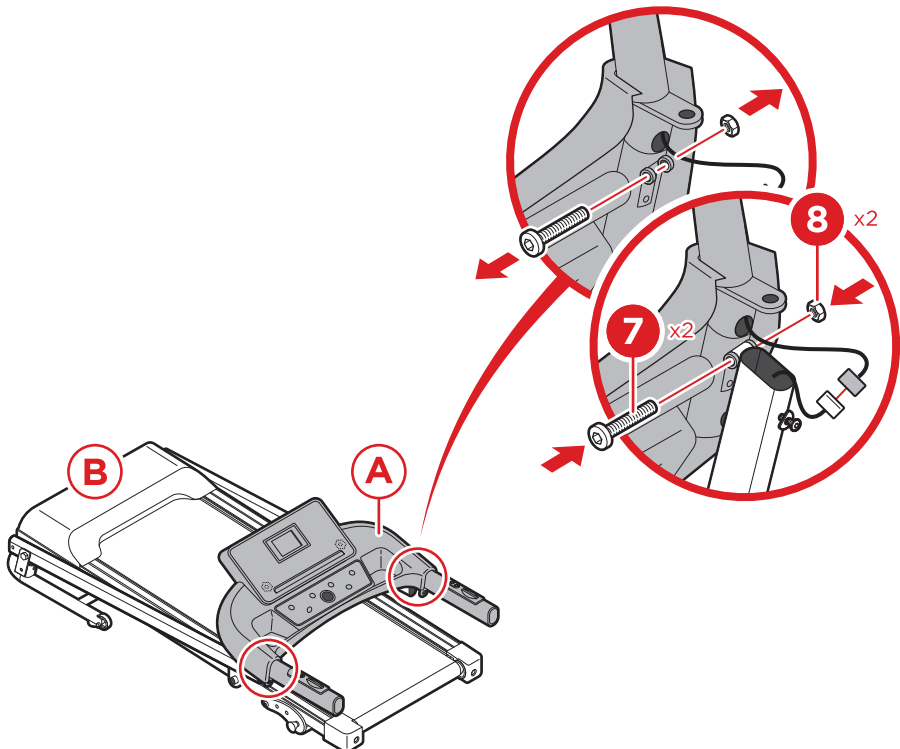
**1**

Locate and unscrew the pre-assembled hardware on the part A console.

Interlock the part A console to the part B running deck by connecting the power wires in the side support bars and the console bottom.

Slightly raise the side support bars on the part B running deck, then secure part A console with the pre-assembled hardware.

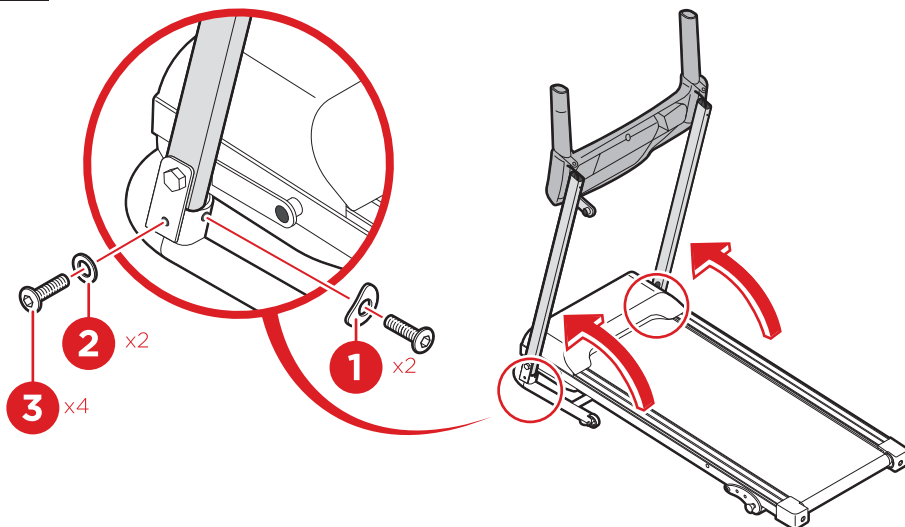
**NOTE:** These fastenings are already attached to the frame for safety and ease transport. Please consider them spare parts in the count of parts 7 & 8 respectively.



## PRODUCT ASSEMBLY

2

Raise the side support bars on the part B running deck into the upright position, then secure with four part 3 screws, two part 1 d-washers, and two part 2 washers.

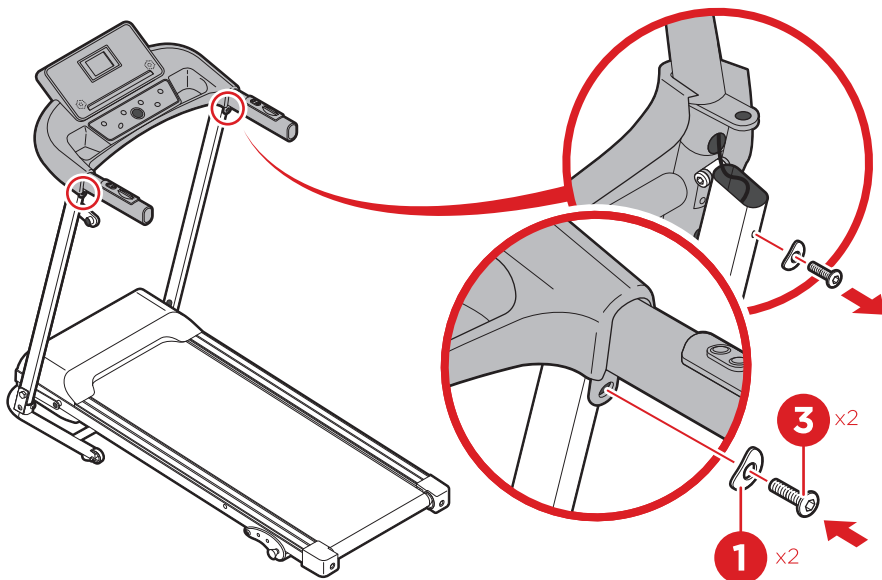


3

Locate and unscrew the pre-assembled hardware on the part B running deck.

Pull the part A console into the upright position and secure it to the support bars with pre-assembled hardware.

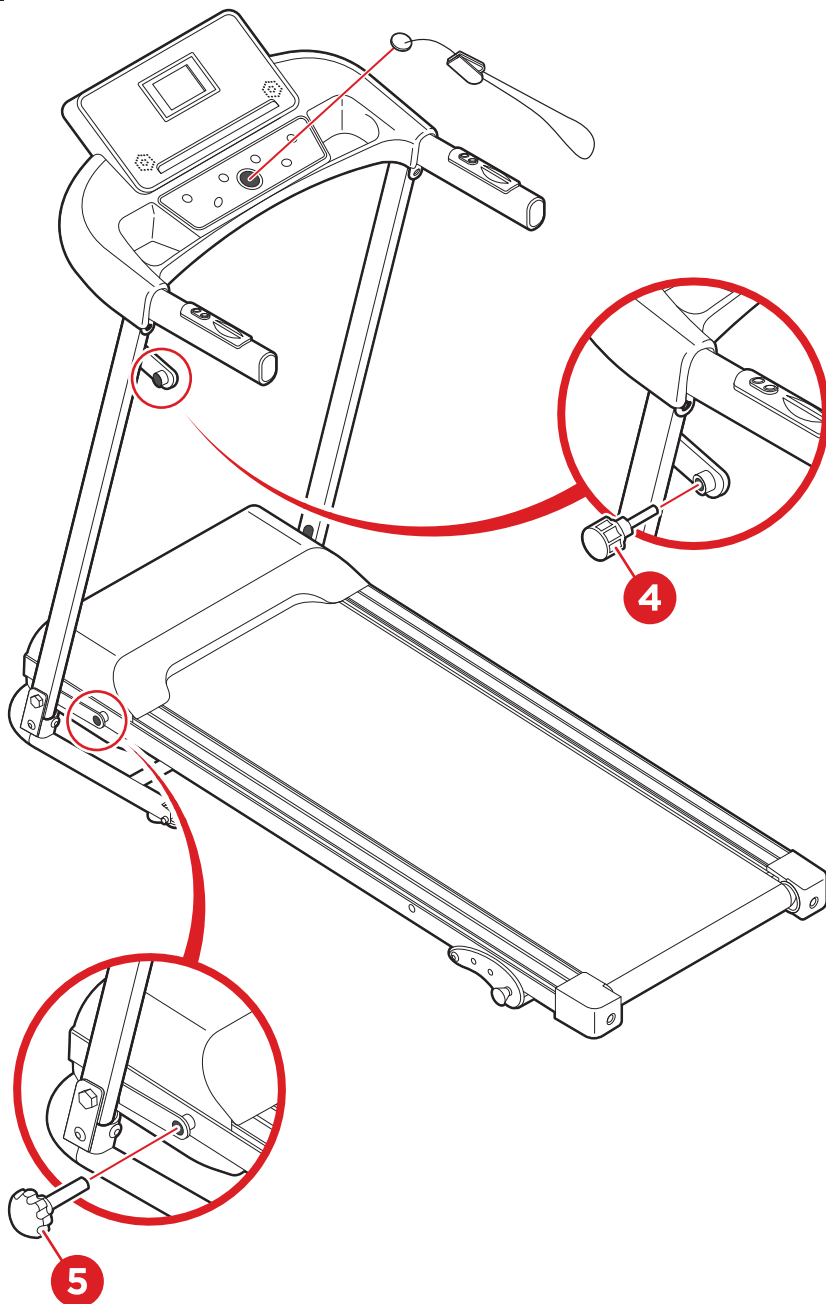
**NOTE:** These fastenings are already attached to the frame for safety and ease transport. Please consider them spare parts in the count of parts 1 & 3 respectively.



## PRODUCT ASSEMBLY

**4**

Insert the part 4 tension knob into the tab on the support bar, insert the part 5 fixed knob into the part B running deck, then insert the safety key into the indicated slot on the part A console.



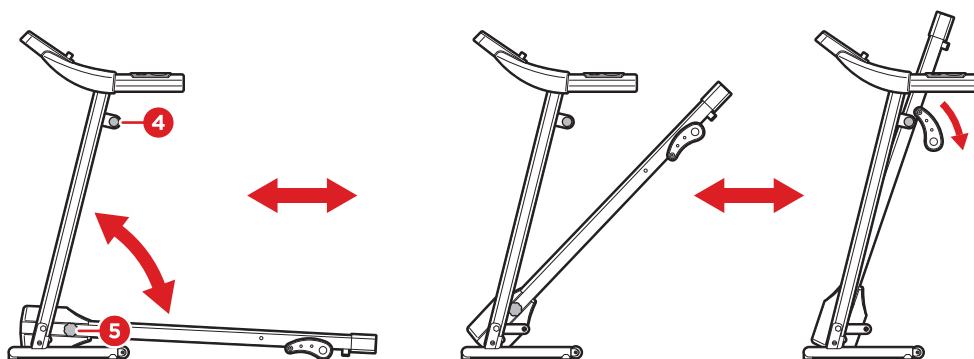
## FOLDING & UNFOLDING THE TREADMILL

### FOLD:

1. Turn off the machine completely.
2. Loosen the part 5 fixed knob on the running deck and lift the running deck into the upright position.
3. Tighten the part 4 tension knob on the side support bar to secure the running board in place.

### UNFOLD:

1. Make sure the machine is turned off.
2. Unscrew the part 4 tension knob and gently lower the running board.
3. Tighten the part 5 fixed knob to secure the running deck.



## TECHNICAL SPECIFICATIONS

Voltage	120V
Frequency	60Hz
Power	1100W
Speed	0.5 - 7.5MPH
Net Weight	65LBS

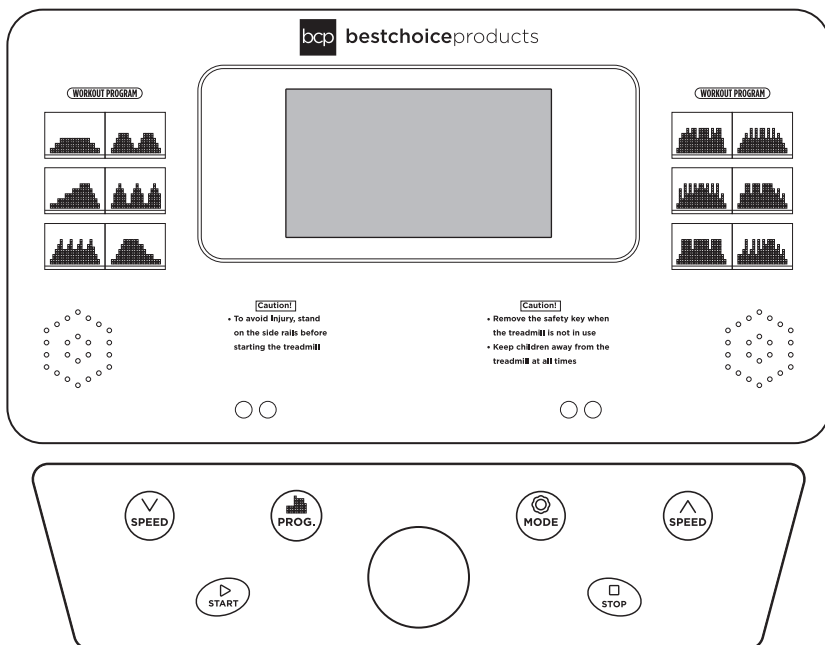
## BLUETOOTH SETUP

- Turn the treadmill on to make the speakers discoverable to your device under the name: **BT-MUSIC**
- On the device you want to pair with the speakers, open Bluetooth Setting (reference device manual to locate), find and select **BT-MUSIC**





## CONSOLE INSTRUCTION



Before use, connect the machine to power then turn the switch at the front of the base frame.

- **START:** Press **START** key and the machine will start at 0.5MPH after 3 seconds.

**NOTE:** Make sure the safety key is on the panel before use.

- **STOP:** When in use, press the **STOP** key to put the machine into the **PAUSE** status.
- **(+)/(-):** Press the **+** key to increase the running belt speed, and the **-** key to decrease the belt speed. The lowest speed is 0.5 MPH and the highest 7.5 MPH.
- **MODE:** Press the key to set the Time, Distance, and Calories. The scan light will cycle between the three displays every 5 seconds.
- **PROG:** Press the key during the standby phase to open the preset workout programs (P1-P12). Press the key until you select your desired program.

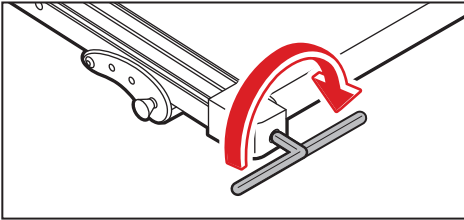
## DURING USE

- During the automatic programs, the (+) & (-) keys are not active. To exit the program mode, press the **STOP** key or remove the safety key. Restart the machine and select your desired speed.
- For an emergency stop, remove the safety key. The screen will display **Err**, insert the key again to turn the machine off.
- Place both hands on the heartrate monitors and grip firmly during your workout to receive a heartrate reading.

## SILICON OIL APPLICATION

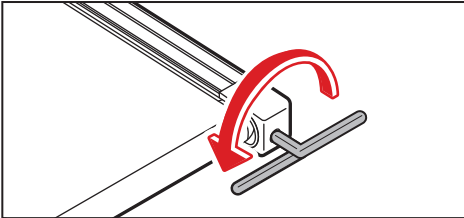
1. Slightly lift the running belt at the back and apply silicon oil to the surface underneath and on top of the running deck.
  2. Start the machine and let it run for 3 minutes to spread the oil evenly.
- NOTE:** It is recommended to perform this maintenance every 30 working hours of the machine.

## RUNNING BELT ADJUSTMENT



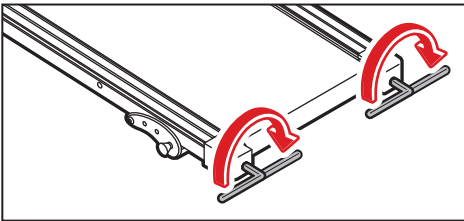
### RUNNING BELT DEVIATE TO THE LEFT

1. Start the machine at 1-1.5 miles/hour, use Allen wrench to screw the bolt 1/4 turn clockwise. Keep the machine running for 1-2 minutes to until satisfactory.
2. Repeat the previous step if more adjustment is needed, until the belt moves to the center.



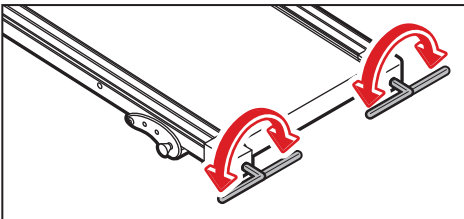
### RUNNING BELT DEVIATE TO THE RIGHT

1. Start the machine at 1-1.5 miles/hour, use Allen wrench to screw the bolt 1/4 turn clockwise. Keep the machine running for 1-2 minutes to until satisfactory. Keep the machine running for 1-2 minutes to gauge.
2. Repeat the previous step if more adjustment is needed, until the belt moves to the center.



### RUNNING BELT SLIPPING

1. If the running surface is slipping, tighten bolts on both ends 1/2 turn clockwise with the allen wrench. Repeat if until the belt is properly adjusted.



### RUNNING BELT LOGJAM

1. If the running belt is not turning, loosen bolts allen wrench to turn the screws 1/2 circle both left and right until the issue is resolved.

## TROUBLESHOOTING

ERROR CODE	MEANING	PROBLEM	SOLUTION
Err (or E00)	No Safety Key on Panel	Safety key is not on the panel or it is not properly put on	1. Put safety key in the yellow area of panel 2. Err (or E00) still shows or there is no function, change the computer screen/display monitor.
E2	Control Board Error	Control board is broken or pseudo soldering on control board	Replace control board
E4	Control Board Error	Control board is broken	Replace control board
E5	Overcurrent Protection	Control board short circuit or motor blocked	1. Open the motor cover and check whether the motor is blocked. Remove the block if yes. 2. Replace the control board if it's not blocked, or the error still shows.
E6	Motor Error	Motor broken or motor line fall off	1. Open the motor cover and check whether the motor is broken or whether the motor wire is connected to control board properly. Reconnect the wire is recommended. 2. Replace the control board if the error still shows.
E7	Communication Failures	Wires from the control board to panel board are broken or not properly connected	1. Make sure the wires from the control board and panel board are connected securely and not damaged. 2. Replace the control board if the error still shows.
E8	Overload Protection	Excess of electricity or user exceeded max load weight	1. Make sure the user does not exceed max weight capacity. 2. Reconnect power and re-start the machine. 3. Replace the control board if the error code till shows.



# HELP CENTER



Question about your product? We're here to help. Visit us at:

[help.bestchoiceproducts.com](https://help.bestchoiceproducts.com)



Chat Support



Product Inquiry



Orders FAQ



Product Assembly



Returns & Refunds

## PRODUCT WARRANTY INFORMATION

All items can be returned for any reason within 60 days of the receipt and will receive a full refund as long as the item is returned in its original product packaging and all accessories from its original shipment are included. All returned items will receive a full refund back to the original payment method. All returned items will not be charged a re-stocking fee.

All returned items require an RA (Return Authorization) number, which can only be provided by a Best Choice Products Customer Service Representative when the return request is submitted. Items received without an RA may not be accepted or may increase your return processing time. Once an item has been received by Best Choice Products, refunds or replacements will be processed within 5 business days.

All returns must be shipped back to the Best Choice Products Return Center at the customer's expense. If the reason for return is a result of an error by Best Choice Products then Best Choice Products will provide a pre-paid shipping label via email. Boxes for return shipping will not be provided by Best Choice Products, and is the customer's responsibility to either use the original shipping boxes or purchase new boxes.

Pictures may be required for some returns to ensure an item is not damaged prior to its return. Items returned are not considered undamaged until they are received by Best Choice Products and verified as such. All damages to items are the customer's responsibility until the item has been received by and acknowledge by Best Choice Products as undamaged.

## WARNING

Manufacturer and seller expressly disclaim any and all liability for personal injury, property damage or loss, whether direct, indirect, or incidental, resulting from the incorrect attachment, improper use, inadequate maintenance, unapproved modification, or neglect of this product.

**FCC COMPLIANCE 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.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.

- Increase the separation between the equipment and receiver.

- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

- Consult the dealer or an experienced radio/TV technician for help.

Warning: Changes or modifications to this unit not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

**FCC Radiation Exposure Statement**

The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without restriction.