

封面及内页均为105g铜版纸
封面白底，不覆膜



Operation Manual of Electric Treadmill for Walking

Phagatt



Warm Tips: Please read this Manual carefully before use and keep it properly.

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Warranty commitment

Thank you for purchasing our products. Please read the following carefully before using the products:

Our Company ensures that the Product is made of high quality materials.

Under normal usage conditions, if there is any problem, our Company will be responsible for the warranty.

The warranty period is 1 year (counting from the date of purchase). If the product you purchased has quality problems, please contact our customer service within 12 months. Please do not deal with it without permission.

The following conditions are not covered by the warranty:

- Damage caused by external causes.
- Use of non-original factory parts.
- Improper handling by oneself.
- Do not follow instructions.

Wearable parts subject to normal wear and tear are not warranted and replaced, such as running belt, etc.

The warranty commitment is only valid for private use at home and is not applicable to professional training such as gyms.

If you need to purchase non-warranty parts, please contact customer service and provide the following information when ordering parts:

- Instructions.
- Treadmill model.
- Accessory serial number.
- Proof of date of purchase.

Safety precautions instructions

This Product has undergone a lot of design and production for safe use. Correct use of the product is the guarantee of your safety and convenience. We are not responsible for the consequences caused by abnormal operation.



To ensure your safety, and avoid accidents, please read the operation manual carefully before use.

△ Please place the product on a clean, flat and solid ground, and ensure that there are no sharp objects nearby, and do not use it near the water sources or heat sources. The space on both sides shall not be less than 100 cm, and the space at the rear end shall not be less than 200 cm.

△ Please equip the product with a separate power socket. The power supply voltage is required to be within $\pm 10\%$ of the national standard voltage. If the voltage exceeds this range, the product may not work properly. The power plug must be reliably grounded. Try to avoid using other electrical appliances on the same power supply line. The supply line must be able to provide a current greater than three times the rated current of the product.

△ This product is not suitable for children. Patients and persons with disabilities must use it under the guidance of a guardian or doctor. Patients with heart disease should not use electric treadmills alone.

△ Young children, persons with disabilities, and pets must be kept away from running treadmills to avoid accidents.

△ If the power cord is damaged, it must be replaced by the manufacturer or professional maintenance personnel to avoid danger.

△ When using the treadmill, you should wear sports clothes, choose clean and appropriate sports shoes. It is strictly prohibited to exercise on the treadmill barefoot.

△ When exercising, please hold the remote controller in your hand in case of needing to press the switch key in an emergency for a safe stop.

△ It is strictly prohibited to stand on the running belt to start! Stand on the plastic edge strip before exercising, start at the lowest speed, and then get on the machine for exercising after it is normal.

△ Two or more people are not allowed to be on the treadmill at the same time.

△ Avoid long-term load operation for more than 2 hours. Overload operation may cause damage to the motor and controller, and accelerate the aging of the bearing, running belts and running board.

△ In winter, a certain degree of humidity should be maintained indoors to avoid generating strong static electricity.

△ Do not use it when the shell is cracked, broken, detached (the internal structure is exposed) or the welded part is detached.

△ The duration of running exercise and the adopted running speed should be determined according to the individual's physical fitness.

△ Pregnant women, the elderly of advanced age and patients with other diseases should use it with caution. After drinking alcohol, the use of electric treadmills is prohibited. Do not use it within one hour after a meal.

△ If the treadmill suddenly speeds up or other emergencies occur, please jump out of the running belt of the treadmill at the first time.

△ After the treadmill is used, please turn it off and unplug it when you leave.

△ Please regularly check whether the roller, running belt and motor cover of the treadmill are loose or damaged. If they are loose or damaged, please stop using them immediately and contact the maintenance personnel.

△ Please do not use this Product outdoors, in high humidity or in sunlight.

△ This Product is suitable for home use, not suitable for professional training and testing, and cannot be used for medical purposes. Please consider your physical condition and arrange your training reasonably. Incorrect or

excessive training will damage your health.

△ Keep your hands away from all moving parts. Do not put your hands and feet in the gap under the running belt.

△ After the product is assembled, make sure that the screws and bolts are tightened. Please use the accessories provided by the original factory. It is strictly prohibited to replace them without permission.

△ The product is of HC grade, and the maximum user's weight should not exceed the rated load capacity.

Special safety instructions

- Power supply
- Place the treadmill where it can be plugged into an outlet. No looseness is allowed.
- Please use the qualified socket. If the plug and socket are not compatible, please do not touch the plug and ask the electrician to deal with it.
- Please do not let the power cord contact the roller, do not put the power cord on the running belt, and do not use the damaged plug.
- Remove the plug from the socket before cleaning, moving and maintaining.

Warning: Personal injury and equipment damage may result if the plug is not removed.

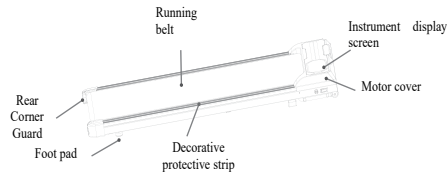
Tips:

1. Before beginners use the treadmill, please familiarize yourself with the function buttons on the panel.
2. When starting, please do not stand on the belt, but stand on the plastic anti-skid plates on both sides of the treadmill from the side to prevent falling.
3. Before running, it's better to change into sportswear instead of wearing jeans, leather shoes, etc.
4. Please do not play and fight with others while using the treadmill to prevent danger. It is strictly prohibited to jump off the treadmill while running.

Packing List Finished Product Structure

Warning: Install the product carefully and do not damage it.

- Read the assembly procedure instructions carefully before assembly.
- Take out all the packaging materials and put them on the clean ground separately, so that you can check them all and make your installation more convenient.
- Check carefully whether all parts are complete according to the packing list.
- Please pay attention to safety when you are using tools or handling. When assembling, please do not force the installation according to personal preference.
- Confirm whether the tools and packaging materials left behind pose a hazard. Plastics and foams are hazardous to small children.
- Assemble the product according to the instructions. Please read the assembly steps and instructions carefully.
- The product must be carefully installed by an adult and, if necessary, by a professional.
- Remove all cartons and foam used for fixation.
- Check whether the following accessories are complete. If you have any questions, please contact the dealer.



Manual



Remote controller



Multi-purpose wrench 1pcs

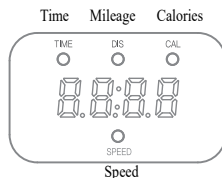
Technical parameters

| Product name | Electric treadmill for walking |
|-------------------------------|--|
| Product model | F1/F2/F3 |
| Expanding dimensions | 1100*480*106mm |
| Effective running area | 380*930mm |
| Speed | 1-6KM/h |
| Maximum load bearing capacity | 100Kg |
| Rated voltage | 100~120V |
| Rated frequency | 60Hz |
| Rated power | 500W |
| Drive mode | Remote control |
| Remote controller battery | 1 Piece of CR2032 Ni-MH Button Battery |
| Category and grade | HB |

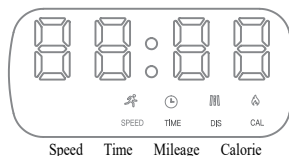
| Product name | Electric treadmill for walking |
|-------------------------------|--|
| Product model | F5 |
| Expanding dimensions | 1030*480*106mm |
| Effective running area | 380*880mm |
| Speed | 1-6KM/h |
| Maximum load bearing capacity | 100Kg |
| Rated voltage | 100-120V |
| Rated frequency | 60Hz |
| Rated power | 500W |
| Drive mode | Remote control |
| Remote controller battery | 1 Piece of CR2032 Ni-MH Button Battery |
| Category and grade | HB |

Instructions for use

1. LED Display instructions



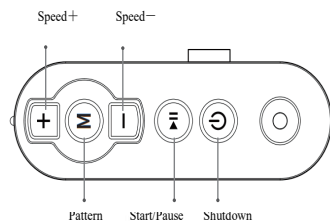
Window one



Window two

- 1.1. Mileage mode: Mileage range displays 0-99 MPH.
- 1.2. Speed mode: Speed range displays 1.0-6.0 MPH/H.
- 1.3. Time mode: Time range displays 0: 00-99: 00 minutes.
- 1.4. Calorie mode: Calories display 00-999 kcal.

2. Instruction for the remote controller function



- 2.1. Acceleration key:-Adjust the speed acceleration during the movement; the mode selection can be matched with the setting of the time, distance, calorie, program number;
- 2.2. Start/pause key: start/pause motor operation;
- 2.3. Deceleration key: adjust the speed reduction in the movement; the mode selection can be matched with the setting of the time, distance, calorie, program number;
- 2.4. Mode selection button: Treadmill preset exercise modes, program selection;
- 2.5. Power off key: Stop the motor.

Tip: ① Before using the remote controller, please pull out the battery protective film; when the key is pressed normally, the top Led indicator will light up.

Instructions for use

3. Operating instructions

I. Window display

The Controller has only one digital tube display window, which displays “3”, “2” and “1” when the countdown is started. When the treadmill is running, the display window is automatically switched every 5 seconds (“TIME” window, “DIS” window, “CAL” window and “SPEED” window in turn).

The information for different window sizes is as follows:

1. SPEED window:

The current speed value is displayed in the running state, and the speed display range is 1.0-6.0 KM/H.

2. TIME window:

Display the exercise time. The forward timing ranges from 0:00 to 99:59. When the timing reaches 99:59, the treadmill slows down steadily and stops running. The countdown decreases from the set time to zero. When the countdown reaches 0:00, the treadmill slows down steadily and stops running. After it stops completely, it enters the standby state.

3. “DIST” window:

Display the exercise distance, forward count ranges from 0.00-99.90, and restarts counting after the overflow. The reverse count decreases from the set value to zero. When the countdown reaches zero, the treadmill slows down steadily and stops running. After it stops completely, it enters the standby state.

4. “CAL” window:

Display the caloric consumption value. When displaying the caloric consumption value, the forward counting ranges from 0.0-999.0, and restarts counting after the overflow. When counting in the reverse direction, count down from the set value to 0. When counting down to 0, the treadmill slows down steadily and stops running. After it stops completely, it enters the standby state.

II. Remote control button function

1. “Start/Stop” is the start/stop key: When the power is turned on, press this key at any time to start the operation of the treadmill. In the process of exercise, this key can be used to stop the operation of the treadmill and reset.
2. “Speed +” is the speed acceleration key: After the treadmill is started, the speed is increased, and the adjustment range value is 0.1 km/time. When it is continuously pressed for more than 1 second, it keeps increasing continuously.
3. “Speed-” is the speed reduction key: After the treadmill is started, the speed is reduced, and the adjustment range value is 0.1 km/time. When it is continuously pressed for more than 1 second, it keeps decreasing continuously.
4. “Mode” is the mode selection key: Press this key to cyclically select “0:00”, “30:00”, “1.0” and “50.0” (“0:00” is the manual mode, “30:00” is the time countdown mode, “1.0” is the distance countdown mode, and “50.0” is a calorie countdown mode.) When selecting various modes, you can use the speed acceleration or reduction key to set the relevant countdown value. After setting, press the “Start Stop” key to start the treadmill.

When the treadmill is running, the display window is automatically switched every 5 seconds.

III. Quick start (manual mode)

1. Turn on the power switch.
2. Press the “Mode” key to select and set the preset parameters.
3. Press the “Start Stop” key, the system enters the 3-second countdown, the buzzer sounds, and the speed window displays the countdown numbers at the same time. After the 3-second countdown is completed, the treadmill starts running at a speed of 1.0 KM/H.
4. After startup, you can use the “Speed +” and “Speed-” keys to adjust the speed of the treadmill as needed.

IV. Operation during exercise

1. Press the "Speed-" key will slow down the treadmill.
2. Press the Speed + key will increase the speed of the treadmill.
3. Press the Start/Stop button will cause the treadmill to slow down until it stops running.

Instructions for use

IV. Display range of each value:

| Set parameters | Initial | Set initial value | Set range | Display range |
|-----------------------|---------|-------------------|------------|---------------|
| Time (min: sec) | 0:00 | 30:00 | 5:00-50:00 | 0:00-99:59 |
| Slope (section) | - | - | - | - |
| Speed (KM/H) | 0.0 | 1.0 | 1.0-6.0 | 1.0-6.0 |
| Distance (km) | 0:00 | 1.0 | 0.50-99.90 | 0.00-99.90 |
| Heart rate (time/min) | - | N/A | N/A | - |
| Calorie (kcal) | 0.0 | 50.0 | 10.0-999.0 | 0.0-999.0 |

VI Sleep mode:

If no operation is carried out for 5 consecutive minutes in standby mode, it will enter sleep mood. Press any key to wake it up after sleep.

VII. Shutdown:

The treadmill can be turned off at any time by turning off the power switch without damaging the treadmill.

Instructions for use

VIII. Error message

| Fault code | Fault | Fault judgment | The solution |
|------------|--|--|--|
| E02 | Motor over-voltage protection | 1. The user's power grid voltage is unstable and the peak voltage is very high; 2. The controller is damaged | 1. It is necessary to add an external filter voltage stabilizer; 2. Replace the controller; |
| E03 | Over-current protection | 1. Overload; 2. The motor or roller is stuck by objects; 3. The roller is not lubricated enough, and the resistance increases; 4. The controller is damaged; 5. The motor is damaged and the resistance increases; | 1. Reduce the load and try not to exceed the rated load; 2. Remove the stuck objects; 3. Adding lubricant; 4. Replace the controller; 5. Replace the motor; |
| E04 | Open circuit of main motor | 1. The main motor wire is not connected or loose; 2. The main motor is open-circuited and damaged; 3. The controller is open-circuited and damaged; | 1. Re-reinforce the main motor connecting wire; 2. Replace the motor; 3. Replace the controller; |
| E06 | Communication error | 1. The main motor wire is not connected or loosened; 2. The main motor is open circuit and damaged; 3. The controller is open circuit and damaged; | 1. Re-reinforce the connecting line interface; 2. Replace the upper and lower control main connecting line; 3. Replace the electronic watch; 4. Replace the controller; |
| E0C | Power tube breakdown anti-explosion protection | 1. The power transistor breaks down and the controller is damaged; | 1. Replace the controller; |

Daily maintenance

Electric treadmill maintenance:

Proper maintenance is the only way to keep your treadmill in the best condition forever. Wrong maintenance will damage or shorten the life of the treadmill.

Important reminder:

- Do not use sandpaper or solvent to clean the treadmill. The controller of the treadmill should not be directly exposed to sunlight or get damp to avoid damage.
- Regularly check and tighten all parts of the treadmill, and replace the damaged parts immediately.

Adjust the running belt

There are two functions for adjusting the running belt: The tension adjustment and the center position adjustment of the running belt. The running belt has been adjusted when leaving the factory, but after use, the running belt will be stretched, which will deviate from the center position and cause the running belt to rub against the decorative strip and the rear cover and be damaged. It is normal for the running belt to be stretched during use.

Adjust the running belt

If your running belt is slippery or not smooth when you use the treadmill, you can adjust the tightness of the running belt to improve it.

How to adjust the running belt

1. Insert a 6mm hex wrench into the adjusting screw on the left side of the running belt and rotate the wrench 1/4 turn clockwise to adjust the rear roller to tighten the running belt.
2. Repeat step 1 and adjust the right screw. It must be ensured that the adjustment screw is turned the same distance so that the rear roller is adjusted parallel to the frame.
3. Repeat steps 1 and 2 until the belt does not slip.
4. Note that the running belt should not be too tight. This will damage the running belt, increase the pressure of the front/rear roller, cause damage to the roller bearing, and cause abnormal sound or other problems.

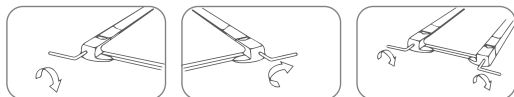
If you want to reduce the tension of the running belt, please rotate the wrench counter clockwise. Note that both sides should be rotated the same distance.

Turn the running belt to the center.

When you use the treadmill, because the two feet use different forces when running, the pressure on the running belt is unbalanced, causing the running belt to deviate from the center. This deviation is normal, and when no one is running on the running belt, it will return to the center. If it doesn't get back to the center, you need to adjust the running belt back to the center.

1. Run the treadmill with no load and adjust the speed to 3MPH/H.
 2. Observe the distance from the running belt to the left and right side strips.
 - If it is to the left, use a hex wrench to rotate the left screw 1/4 turn clockwise
 - If it is to the right, use a hex wrench to rotate the right screw 1/4 turn clockwise
 - If the running belt is still not in the center, repeat the above action until it is adjusted to the center
 3. After adjusting the running belt to the center, adjust the speed to 4MPH/H, and observe the deviation of the running belt and the smoothness of running. If there is any deviation, repeat the adjustment steps.
 4. Warning! Do not over tighten the roller! This will result in permanent bearing damage to the bearings!
- If the above steps don't achieve the effect, you need to tighten the running belt again.

Daily maintenance



Lubricating oil

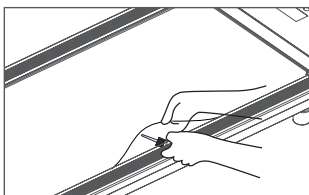
The treadmill is lubricated when it leaves the factory. However, the lubricity of the treadmill should be checked frequently to help keep the treadmill in optimal condition. Treadmill must be lubricated after one year of use or 100 hours of operation.

After every 30 hours or 30 days of use, pull the running belt from the side and reach out to touch the surface of the treadmill as far as possible. If you feel silicone oil when touching, you do not need to lubricate it. If you feel a strong sense of dryness when touching the surface, please follow the instructions below to refuel.

Please use non-petroleum based silicone oil

How to inject oil on the treadmill:

- Cut a small opening in the mouth of the oil bottle, which should not be too large and can be injected. Uncover the oil filling hole cover, aim at the oil pipe and inject the running belt oil. The oil will flow into the middle of the running belt along the oil pipe. Turn on the machine at low speed, and wait for one minute to let the oil spread evenly, and then use the treadmill.



Clean

Clean frequently to ensure the service life of the treadmill.

- Warning: When cleaning the treadmill, the power supply must be cut off and the power cord must be unplugged from the socket.
- After each use: Use a clean towel and damp cloth to wipe the instrument panel and other parts to clean the sweat and debris.
- Note: Do not use corrosive items or liquid materials so as not to damage electronic components. Do not expose electronic components to sunlight.
- Clean the floor once a week to remove dirt from shoes and other debris on the floor.

Preservation

Please put your treadmill in a clean and dry environment, make sure that the power switch is turned off and the plug is not in the power socket.

Move and folding:

Wheels are installed for the convenience of moving the treadmill. Make sure to unplug the power plug before moving.

Exercise recommendations and guidelines

If this is your first time using an electric treadmill, it is necessary for you to read the following contents:

Preparation

It is necessary for you to know your health condition before exercise, so as to make an exercise plan suitable for you. It is recommended to consult a doctor or a professional, perhaps you can get twice the result with half the effort.

Before using the electric treadmill for the first time, please stand aside to familiarize yourself with how to control its start, stop and speed adjustment, etc. before you can use it. Then stand on the plastic anti-skipping skateboard on both sides of the treadmill, grasp the armrest with both hands, drive the machine to a low speed of 1-2MPH, stand straight, look forward, follow the tentative running belt, try to relax, and finally follow the speed of the running belt. After feeling accustomed to it, slowly increase the speed to 2-2.5MPH. Keep this pace for about 10 minutes, then slowly bring the machine to a stop. Do not run at high speed for the first time to avoid falling down.

Exercise

Walk at a fixed pace for about 1 km and record the time taken. It might take 15 to 25 minutes. To walk at a speed of 3MPH, the 1km journey takes about 20 minutes. After you can easily do this a few times, you can gradually increase the speed and get a good workout for 30 minutes. Before you start your walk, make sure you don't rush. This exercise is for your health for a lifetime, not an overnight magic trick.

Frequency of exercise

The goal is to take 15 to 60 minutes of exercise three to five times a week. It is better to make a good exercise schedule according to your physical condition, rather than according to your own preferences to exercise. You can adjust the speed and exercise time to control the intensity of exercise.

Amount of exercise

Shortcuts - 15-20 minutes of exercise is a great way to save time. At the speed of 2.5-3MPH, warm up for 5 minutes, then increase by 0.2MPH per min until you feel comfortable enough to keep your exercise time at about 45 minutes. It's going to be a great workout.

The above content is for reference only. For specific conditions, please ask to consult the professional personages.

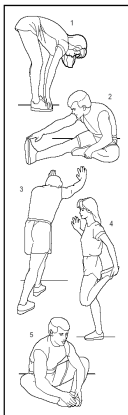
Dress

All you need is a good pair of shoes. Running shoes or fitness shoes are recommended. At the same time, do not stick impurities in the sole, so as to avoid bringing impurities into the running belt to wear running board and running belt. Clothes should be comfortable to wear and suitable for exercise. It is recommended to use cotton breathable sportswear.

Exercise recommendations and guidelines

Stretching

No matter how fast you walk, it's best to stretch first. Warm muscles are easier to stretch, so walk for 5-10 minutes to warm up. Then stop and stretch as follows --- for five times, each leg shall do it for 10 seconds or more and do it again at the end of the exercise.



1. Stretch down

Slightly bend your knees, bend forward slowly, relax your back and shoulders, touch your toes as much as you can (keep this posture for 10 to 15 seconds), and then relax. Repeat this three times for each leg.

2. Hamstring extension

Sit on the clean cushion, straighten one leg, put the other leg inward so that it clings to the inside of the straightened leg, and try to touch your toes with your hands (keep this posture for 10 to 15 seconds), and then relax. Repeat this three times for each leg.

3. Extension of small feet and Achilles tendons

Stand with two hands against the wall or tree, and with one foot in the rear position. Keep your hind legs upright and your heel on the ground, tilting in the direction of wall or tree. Keep it for 10 to 15 seconds, and then relax. Repeat this three times for each leg.

4. Quadriceps extension

Hold the balance with your left hand against the wall or table, then extend your right hand backward, grab your right ankle and pull slowly towards your buttocks until you feel that the muscles in front of your thighs are tense. Keep it for 10 to 15 seconds, and then relax. Repeat this three times for each leg.

5. Sartorius (the muscle at the inner thigh) extension

The soles of the feet are opposite, and sit down with the knees facing out. Hold your feet with both hands and pull in the direction of the groin. Keep it for 10 to 15 seconds, and then relax. Repeat it for three times.

Safety measures for exercise

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

FCC WARNING

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

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

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

Note: The Grantee is not responsible for any changes or modifications not expressly approved by the party responsible for compliance. Such modifications could void the user's authority to operate the equipment.

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

This equipment complies with FCC's RF radiation exposure limits set forth for an uncontrolled environment. This device and its antenna(s) must not be co-located or conjunction with any other antenna or transmitter.