Owner's Manual

Retain this owner's manual for future reference

Read and follow all instructions in this owner's manual

THANK YOU

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 it right, then to run with two legs on the treadmill with proper running posture.

8. The treadmill is FOR ONE PERSON ONLY. Overload is not allowed.

9. You can adjust speed if necessary.

10. After running, you can stop the treadmill by pulling out the safety key or pressing   the "stop" button.

11. 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 continuous 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 can not 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 do harm to any others ,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.
- ◆ 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 20A circuit .
- ◆ Ensure that only one person at a time uses the fitness device.
- ◆ 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.

- ◆ The HRC testing may be not as exact as medical devices so its results for reference only .

Warning!

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.

（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.

Prohibit！

◆ Stop using 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.

Prohibit！

◆ 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 can not use 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 can not 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.

Exploded drawing
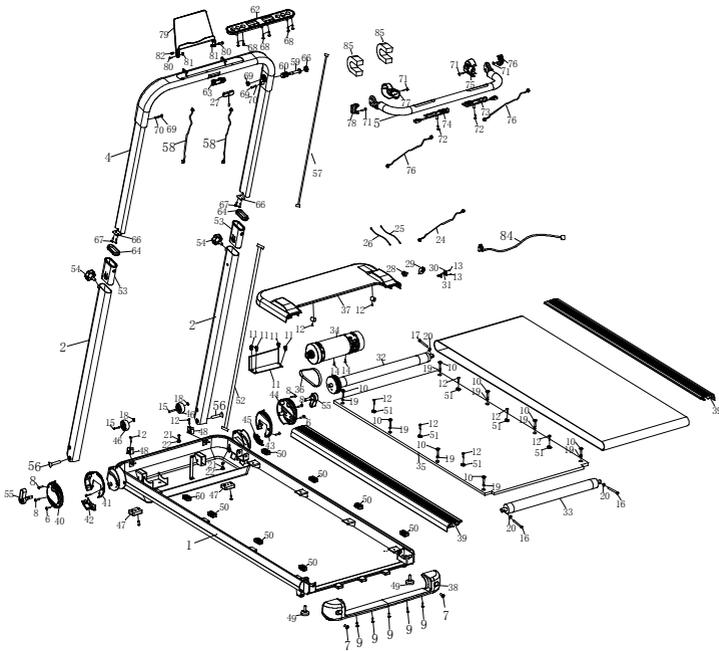
Spare part list

No.	Description	Qty
1	Main frame	1
2	Upright post group(L)	1
3	Upright post group(R)	1
4	Computer frame	1
5	Handle pulse tube group	1
6	Philips flat head full thread bolt M4×6	4
7	Philips flat head full thread bolt M5×15	2
8	Philips flat head self-taping screw ST4×16	6
9	Philips flat head self-taping screw ST4×12	5
10	Allen countersunk full thread bolts M6×30×Φ16	8
11	Philips Pan head full thread bolt M5×5	4
12	Philips countersunk self-taping screw ST4×15	14
13	Philips countersunk self-taping screw ST3×10	2
14	Allen flat head half thread bolt M8×30×20	2
15	Allen thread bolt M8×35×20	2

16	Hexagon round head full thread bolt M8×75	2
17	Hexagon round head full thread bolt M8×55	1
18	Hex self-locking nut M8	2
19	Plastic flat pad	8
20	Flat washer	3
21	Spring washer	2
22	Lock washer	2
23	Controller	1
24	Communication wire	1
25	Power cord	1
26	Power cord	1
27	Safety key	1
28	Switch	1
29	Self-reset switch	1
30	Computer tail socket	1
31	Power cord	1
32	Front roller	1
33	Rear roller	1
34	Motor	1
35	Running board	1
36	Motor belt	1
37	Motor cover	1
38	Rear cover	1
39	Side rail	2
40	Right Upright post cover(L)	1
41	Right Upright post cover(R)	1
42	Right Upright post cover insert(L)	1
43	Left Upright post cover(L)	1
44	Left Upright post cover(R)	1
45	Left Upright post cover insert(R)	1
46	Wheels	2
47	Square feet pad	2
48	Pipe clamp	2
49	Feet pad	2
50	Square cushion	8
51	Circular strip guide	6
52	Communication wire	1
53	Reduction sleeve	2
54	Club hand-screw	2
55	L-shaped hand-screw	2
56	Hexagon countersunk half thread bolt M10×55×25	2
57	Communication wire	1

58	Handle pulse communication wire	2
59	Flat head screw	1
60	General cylindrical helical compression spring	1
61	Screw sleeve	1
62	Console	1
63	Safety key	1
64	Reduction sleeve-1	2
65	Round sleeve	1
66	Limit plate	2
67	Philips flat head full thread bolt M4×16	4
68	Philips flat head full thread bolt ST4X16	6
69	Allen flat head half thread bolt M8×15	2
70	Flat washer Φ8	2
71	Philips flat head self taping screw ST4×16	4
72	Philips countersunk self taping screw ST4×15	2
73	Handle pulse set	1
74	Start and pause handle pulse set	1
75	Handle pulse wire -1	2
76	Handle pulse tube cover(R)	1
77	Handle pulse tube cover(R)-1	1
78	Handle pulse tube cover(L)	1
79	Handle pulse tube cover(L)-1	1
80	Ipad holder	1
81	Philips flat head full thread bolt M5X20	2
82	Hex nut M5	1
83	Elastic pattern bolt	1
84	Power cord	1
85	U shape foam	2

Treadmill brief instruction
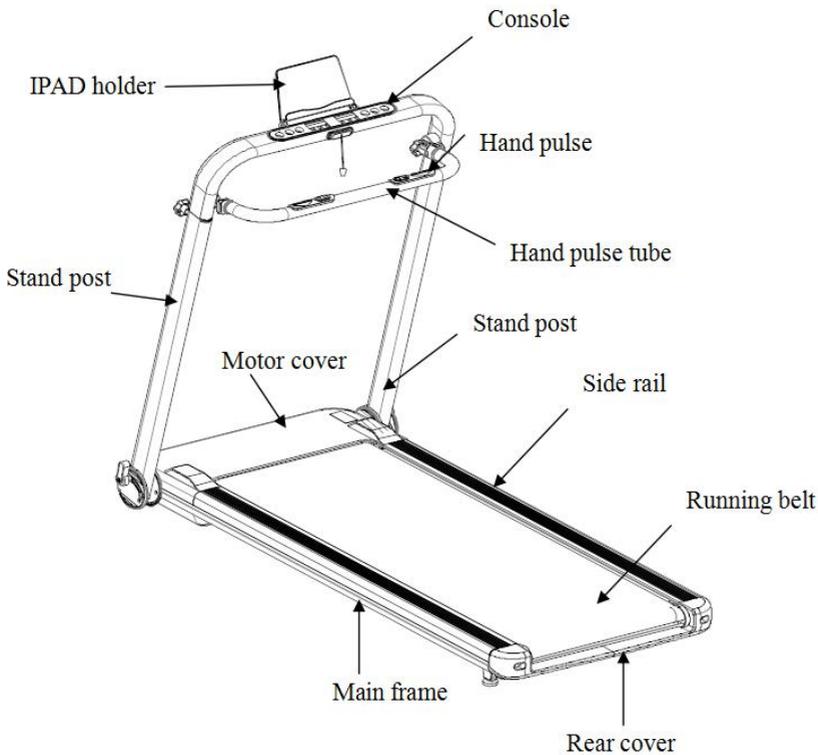
Technical parameter

Voltage	AC-220V 50Hz
Dimension	Unfold: 1467*761*1300mm
	Fold: 1670*761*140mm
Running surface	1220*450mm
Speed	1.0-14km/h

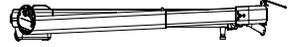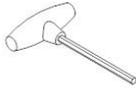Remark：WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

Packing list

Silicone oil bottle	Power cord	Machine body

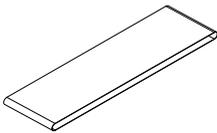|			
Safety key	T-shaped wrench	Manual	U shape foam

Main parts
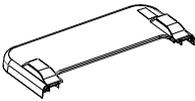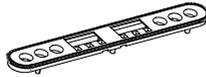
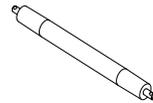|			
Motor cover	Console	Motor	Belt
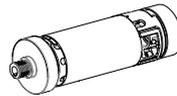
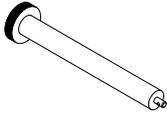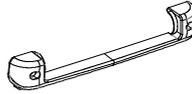|			
Running belt	Running deck	Side rail	Rear roller

Front roller
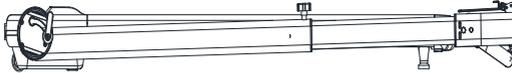

Rear cover
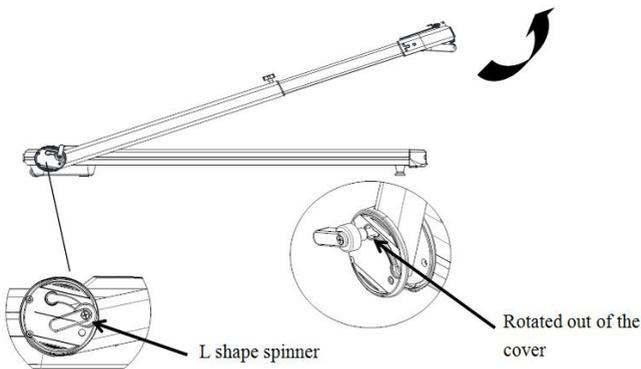
Installation steps

Unfolding the machine

Step 1：Take out the machine from box and put it on the flat floor (as shown).

Step 2：After the machine is placed, unscrew the L-shaped hand-screw on both sides. Note: screw the L-shaped hand-screw to the outside of the large rod beyond the cover, and then lift the vertical rod.

L shape spinner

Rotated out of the cover

Step 3: Lift the vertical rod to the highest position and lock the L-shaped hand-screw on both sides.
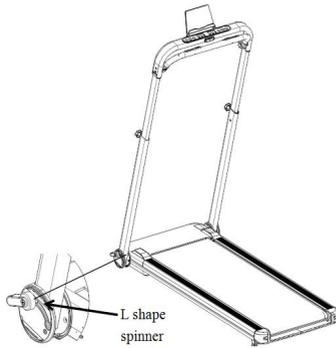
Step 4: Loosen the two sides of the club hand-screw, adjust the console tube group to a suitable height, and lock the knob of the club hand-screw.
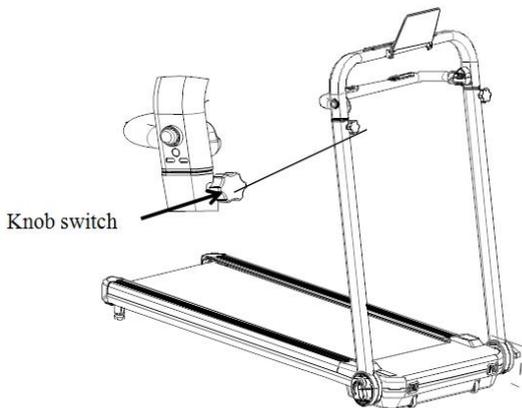
Step 5: Press the red button on the right side of the console tube, press it all the way down, turn down the handle pulse tube group, when you hear a sound, it means that the handle pulse tube has been in correct position.

Hand pulse
fixed button
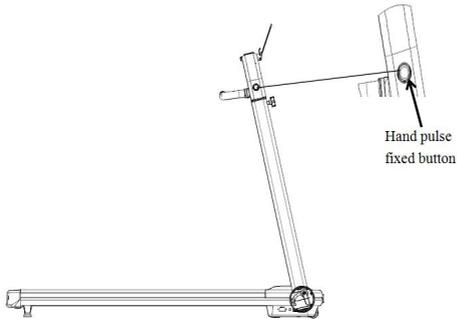
Step 6: Pull out the pin of the IPAD holder and rotate the IPAD holder until the pin springs back into the hole to fix the holder.

IPAD holder
fixed pin
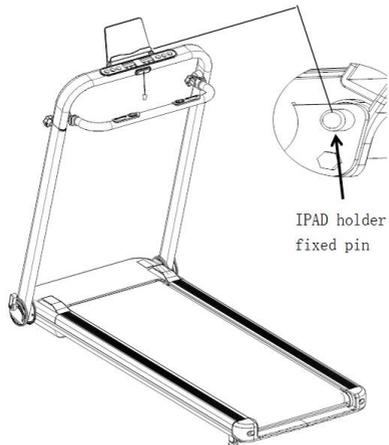
Folding machine

Step 1: Pull out the fixed spring pin of the iPad holder, and rotate the iPad holder to be flush with the vertical bar.

IPAD holder
fixed pin
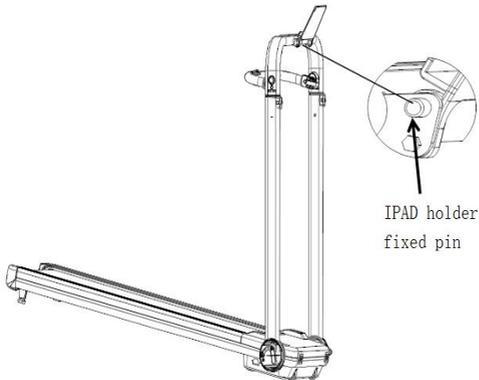
Step 2: Press the red button on the right side of the console tube, press it to the end, and turn up the handle pulse tube group. When you hear a sound, it means that the handle pulse tube is in place.

Hand pulse
fixed button
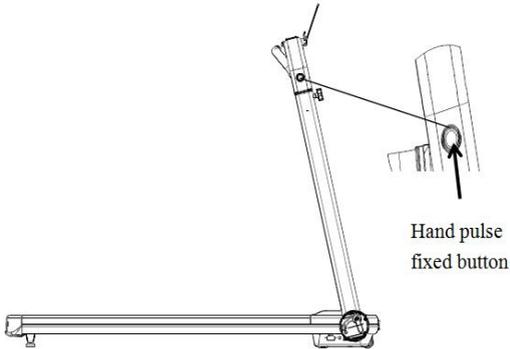
Step 3: Loosen the Club hand-screw on the riser and then loosen the L-shaped hand-screw.

Knob switch
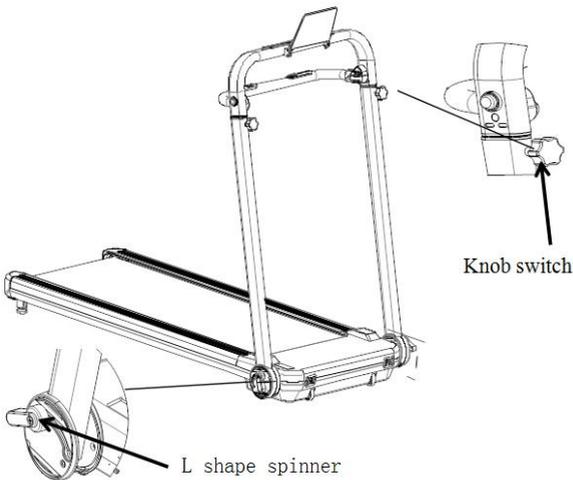
L shape spinner

Step 4: After loosening the L-shaped hand-screw and the Club hand-screw on the left and right sides of the riser, note: to screw the large rod of the spinner beyond the outside of the cover (as shown in the above figure), lay the riser down flat, and at the same time pull the console tube backward until the console tube can not be pulled, then lay the riser flat, and lock the L-shaped hand-screw and the Club hand-screw of the riser.

Rotate out of cover
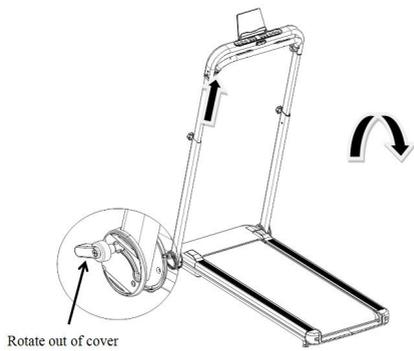
Step 5: After disassembling, it's movable and folding.
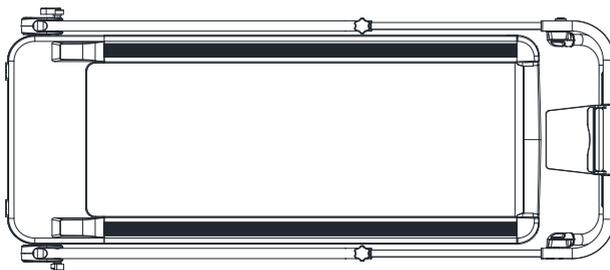
General fitness tips

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

Warm-up / 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).
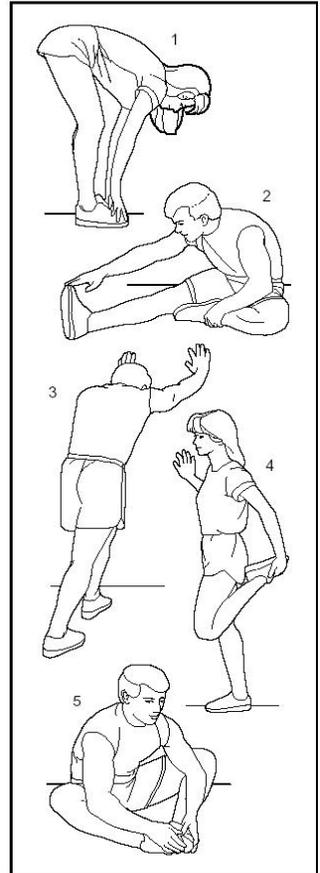
Display section
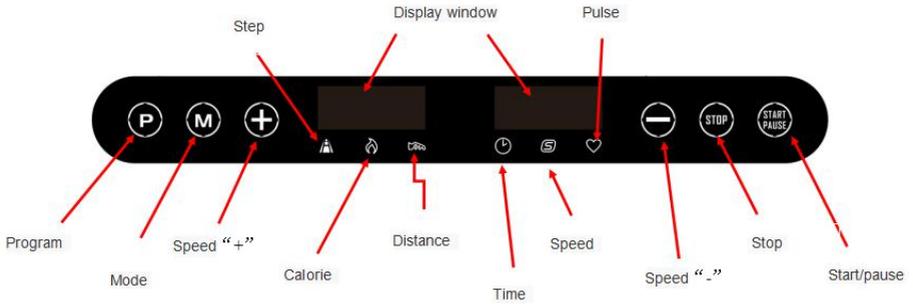
Console Function Instruction

1) Built-in 3 countdown training programs

2) 2 LED digital tube displays

3) Speed range: 1 ~ 14.0km/h

4) System self-test, with abnormal information prompt function

5) HRC function (optional)

6) Stepping function (optional)

7) Bluetooth (optional)

Key Definition & Console Function Instruction

"DIS" window: Display the distance value.

"CAL" window: Display the calories value

"TIME" window: Display the time value.

"STEP" window: Display the step value.

"SPEED" window: Display the speed value.

"PULSE" window: Display the pulse value

Keyboard instruction

(1) "START/PAUSE" key: When the treadmill stop, press this key to start, when the treadmill is running, press this key to pause.

(2) "STOP" key: When the treadmill is running or pause, press this key, the treadmill stop, all data clear to 0.

(3) "M" key: Mod, when power on, press key M to cycle select the Time countdown →calories countdown → distance countdown → normal mode.In p01-p36, it is the reset key of the default value of the countdown time (30 minutes); in the running state, press the "mode" key to manually select the display window, and the initial state is the automatic cycle switching display

(4) "P" key: program key, in stop state, cycle to select program p01-p36, u01, u02, u03, BMI.

(5) "+" key: to increase the speed; in the stop or fat measurement state, press this button can increase the set parameter; in the running state, it can increase the speed.

(6) "-" key: to decrease the speed; in the stop or fat measurement state, press this button can decrease the set parameter; in the running state, it can decrease the speed.

Safety key function description

The safety key is composed of tact switch, clothespin and nylon rope. In any cases, as long as the safety key is out of position, the treadmill will automatically stop, the console will be disabled, the screen will show "E-07", accompanied by a prompt sound. After the safety key is placed correctly, the screen will be fully

displayed for 2 seconds, and then enter the default working state.

Safety guidelines

(1) Insert the power plug into the 10A power socket with safety grounding, turn on the power switch, the console screen will be fully displayed with prompt sound, and then the safety key will be identified;

2) Put the safety key on the console, and then clip the clip on the clothes in front of the chest. After the screen is fully displayed for 2 seconds, it will enter the default working state: all counters will be cleared, the set value will be reset, and the treadmill will be in the positive timing mode of the manual program P0;

3) In standby mode, press the "start" key to start the motor;

4) During the operation of the motor, press the "stop" key, the motor will slow down until it stops smoothly, and all settings will return to the default state;

5) Press the "P" button to cyclically select the automatic programs from P0 to P36; U01,U02,U03,BMI (B-I);

6) Press the "M" key to cycle to select the countdown training mode. The training speed is set by the user. The default speed value is 1.0km/h.

Training mode 1: count the time, distance and calories, the setting will be disabled;

Training mode 2: time countdown, the time window flashes while setting. Press "+" or "-" button to modify the set value. The setting range is 5-99 minutes, and the default value is 30 minutes;

Training mode 3: set a target distance, the distance window flashes while setting. Press "+" or "-" button to modify the set value, the setting range is 1.0-99.0km, the default value is 0.1km;

Training mode 4: set a target calorie consumption, the calories window flashes while setting. Press "+" or "-" button to modify the set value, the setting range is 20-990 CAL, the default value is 50CAL.

7) "P1-P36" are the system setting programs, which only apply countdown mode. In the setting state, the time window flashes. Press "+" or "-" to modify the setting value, and press "MODE" to reset to the default value. The setting range is 5-99 minutes and the default value is 30 minutes;

8) After setting up the training mode, press the "START" button, and the screen will start to display a five-second countdown with 5 prompt sounds. After the countdown shows 1, the treadmill will start slowly and accelerate to the displayed speed, and then run smoothly at a constant speed;

9) In the running state, press "+" and "-" buttons to adjust the speed of the treadmill;

10) In p1-p36, the speed of each program is divided into 10 segments, and the set time is divided into each segment. Increasing speed will only valid in the current segment, and 3 prompt sounds will be made 3 seconds in advance when the program is converted from one segment to another segment. When user finishes 10 segments, the motor will automatically stop, accompanied by a long prompt sound;

11) In any case, pull off the safety key and the screen will display "E-07" with a prompt sound and the treadmill will stop.

12) The control system is under security monitoring at any time. If any abnormality is found, the treadmill will stop in an emergency. The screen will display abnormal information with a prompt sound.

13) Metric system BMI (b-i) test method: press "PROG" to select the program BMI (b-i), press "MODE" to select the project number, then press "+" or "-" to set parameters.
1.Program number F1 (Sex) : represents gender; setting range: 1-2, "1" means male, "2" means female, default value is 1;

2.Program number F2 (Age) : represents age; setting range: 1-99, default value is 25.

3.Program number F3 (Height) :represents height; setting range: 100-220cm, default value is 170cm;

4.Program number F4 (Weight) : represents body weight; setting range: 20-150kg, default value is 70kg;

5.Program number F5 (BMI (b-i)) : represents completion of parameter setting and entering into the body fat test state, put both hands on the heart rate control chip of handle bars and wait for 8 seconds. After 4 seconds, the display window will display the body fat rate (BMI (b-i)) of the user. By Asian standards, body fat less than 18 is thin, 18 to 24 is ideal weight, 25 to 28 is overweight, and more than 29 is obese (this data is only for exercise reference). Default value is 24.

HRC program (optional)

1) HRC is a group by default, and HRC 1 limits the speed to 9 km / h.

2) HRC setting method, sequence and parameter range. Press the program key to display HRC, press the mode to confirm and enter the next set of settings, press the speed key to adjust, and start when the final parameters are set:

3) Age setting range: 15-80 years old, default 25 years old

4) Default target heart rate (THR): (220 years old) * 0.6

5) Target heart rate can be modified, modification range: 80-180

6) Set time, default 30 minutes, modification range: 5-99 minutes

Speed variation relationship;

7) The heart rate is detected every 30 seconds by HRC.

8) If the user's heart rate is 30 beats / min lower than the target heart rate, the speed will increase by 2.0 km / h.

9) If the user's heart rate is 6-29 times / min lower than the target heart rate, the speed will increase by 1.0 km / h.

10) If the user's heart rate is 30 times / min higher than the target heart rate, the speed will be reduced by 2.0 km / h.

11) If the user's heart rate is 6-29 times / min higher than the target heart rate, the speed will be reduced by 1.0 km / h.

12) The user's heart rate is 0-5 times / min higher or lower than the target heart rate, and the speed remains unchanged.

13) In case of the following conditions, slow down to the lowest speed within 20 seconds, run at the lowest speed for 15 seconds, and then shut down, and ring once per second;

14) Heart rate is detected once every 30 seconds, when heart rate is not detected twice in a row.

15) 1 km / h (0.6 mph), heart rate causes deceleration.

16) When the heart rate exceeds (220 - set age).

17) The speed above 1km / h (0.6mph) shall not be lower than 1km / h (0.6mph) when decelerating. For example, the lowest speed of the treadmill is 1km / h (0.6mph). When running at 1.6km / h (1.0mph), the heart rate causes the deceleration of 1.0 (2.0KM / h), the speed shall be reduced to 1km / h (0.6mph).

18) The slope is not controlled by heart rate and can be adjusted manually. The treadmill is not controlled by the heartbeat one minute before it starts running. It starts running according to the built-in formula one minute after running.

Bluetooth function

Please refer to the corresponding app operation instructions.

Step counting function

When using the treadmill, the electronic watch will automatically record the steps taken by the user in the process of using the treadmill.

Note: the following factors may affect the accuracy of step count: walking style, weight and use characteristics. For example, the step counting system is difficult to measure the number of user steps with lower weight. (weight less than 110 lbs or 50kg, or speed less than 1mph or 1.6km/h).

Tip: the number of steps is generally 1-9999. If the number exceeds 9999, the display format will change. The user needs to add a bit of 0 after the number of steps to be the correct number of steps. For example, the display shows 1001 = 10010 steps 1505 = 15050 steps 2005 = 20050 steps. After accumulating to 99999 steps, the data is cleared and the step counting starts again.

Program P1-P36 metric speed table

Speed Program		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
P2	SPEED	2.0	3.0	5.0	8.0	5.0	5.0	6.0	8.0	4.0	3.0
P3	SPEED	2.0	3.0	7.0	8.0	5.0	5.0	5.0	8.0	4.0	3.0
P4	SPEED	2.0	2.0	5.0	8.0	8.0	8.0	8.0	5.0	3.0	2.0

P5	SPEED	3.0	4.0	8.0	9.0	10.0	10.0	10.0	7.0	4.0	3.0
P6	SPEED	3.0	4.0	6.0	7.0	7.0	7.0	9.0	10.0	5.0	3.0
P7	SPEED	3.0	4.0	4.0	10.0	4.0	9.0	4.0	11.0	3.0	2.0
P8	SPEED	3.0	5.0	7.0	9.0	3.0	5.0	7.0	5.0	11.0	5.0
P9	SPEED	3.0	7.0	10.0	4.0	7.0	11.0	5.0	4.0	12.0	6.0
P10	SPEED	3.0	5.0	9.0	10.0	6.0	6.0	9.0	6.0	11.0	3.0
P11	SPEED	4.0	5.0	11.0	9.0	6.0	8.0	9.0	11.0	6.0	5.0
P12	SPEED	4.0	6.0	10.0	10.0	10.0	7.0	7.0	10.0	6.0	5.0
P13	SPEED	2.0	4.0	6.0	6.0	6.0	8.0	8.0	6.0	4.0	3.0
P14	SPEED	3.0	4.0	6.0	9.0	6.0	6.0	7.0	9.0	5.0	4.0
P15	SPEED	3.0	4.0	8.0	9.0	6.0	6.0	6.0	9.0	5.0	4.0
P16	SPEED	3.0	3.0	6.0	9.0	9.0	9.0	9.0	6.0	4.0	3.0
P17	SPEED	4.0	5.0	9.0	10.0	11.0	11.0	11.0	8.0	5.0	4.0
P18	SPEED	4.0	5.0	7.0	8.0	8.0	8.0	10.0	11.0	6.0	4.0
P19	SPEED	4.0	5.0	5.0	11.0	5.0	10.0	5.0	12.0	4.0	3.0
P20	SPEED	4.0	6.0	8.0	10.0	4.0	6.0	8.0	6.0	12.0	6.0
P21	SPEED	4.0	8.0	11.0	5.0	8.0	12.0	6.0	5.0	12.0	7.0
P22	SPEED	4.0	6.0	10.0	11.0	7.0	7.0	10.0	7.0	12.0	4.0
P23	SPEED	5.0	6.0	12.0	10.0	7.0	9.0	10.0	12.0	7.0	6.0
P24	SPEED	5.0	7.0	11.0	11.0	11.0	8.0	8.0	11.0	7.0	6.0
P25	SPEED	3.0	5.0	7.0	7.0	7.0	9.0	9.0	7.0	5.0	4.0
P26	SPEED	4.0	5.0	7.0	10.0	7.0	7.0	8.0	10.0	6.0	5.0
P27	SPEED	4.0	5.0	9.0	10.0	7.0	7.0	7.0	10.0	6.0	5.0
P28	SPEED	4.0	4.0	7.0	10.0	10.0	10.0	10.0	7.0	5.0	4.0
P29	SPEED	5.0	6.0	10.0	11.0	12.0	12.0	12.0	9.0	6.0	5.0
P30	SPEED	5.0	6.0	8.0	9.0	9.0	9.0	11.0	12.0	7.0	5.0
P31	SPEED	5.0	6.0	6.0	12.0	6.0	11.0	6.0	12.0	5.0	4.0
P32	SPEED	5.0	7.0	9.0	11.0	5.0	7.0	9.0	7.0	12.0	7.0
P33	SPEED	5.0	9.0	12.0	6.0	9.0	12.0	7.0	6.0	12.0	8.0
P34	SPEED	5.0	7.0	11.0	12.0	8.0	8.0	11.0	8.0	12.0	5.0
P35	SPEED	6.0	7.0	12.0	11.0	8.0	10.0	11.0	12.0	8.0	7.0
P36	SPEED	6.0	8.0	12.0	12.0	12.0	9.0	9.0	12.0	8.0	7.0

Common faults and solutions

Problem and code	Reason	Solution
System not working	The power is not connected or turned on	Plug in or switch the power to the "ON" position
	safety key is not placed in the right position	Replace the safety key
	The inverter is not plugged in the right position or the inverter inferior	Check and connect the inverter correctly or replace the it
	Open circuit	Check system input and output and communication wires
Stop suddenly under normal conditions	Safety key fall off	Put the safety key back to the correct place
	System abnormal	Ask technician to repair it
Keyboard not functioning	broken keys	1. Change the keyboard and wire; 2. Change the panel; 3. Change the console
E-01	The communication wire is bad contact	1. Check whether the wire connects correctly; 2. Change the wire
	Console defective	Change the console
	Inverter defective	Change the inverter
	Controller defective	Change controller
E-02	Motor wire and motor defective	Change the motor
	1. Bad connection between motor connection wire and controller; 1. Controller defective	Check and connect the wire again or change the controller.
E-03	Incorrect installation of photoelectric inductor	Check and install again
	Photoelectric inductor defective	Change photoelectric inductor

	Bad connection between photoelectric inductor and controller	Check and reconnect
	Controller defective	Change the controller
E-05	Controller is damaged	Change the controller
	Motor is damaged	Change the motor
Pulse cannot be detected	The induction wire is not connected correctly or broken	Check and reconnect the wire correctly or change it
	Console line fault	Change the console
Console display incomplete	Screw too loose	Tighten the screw
	System defective	Change the console

Treadmill folding and moving

1. **Movement of treadmill**

When moving the machine, you must determine:

A: The power switch of the machine has been turned off;

B: The power plug has been pulled out of the power socket;

C: The running platform has been folded;

After confirming the above points, hold the end of the running platform with one hand and the handrail on the same side with the other hand, and move the machine slowly when tilting 30 ° ~ 40 ° to the chest.

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 use.

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 pressing 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. You will run at the same speed as the belt soon.

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 to make the motor stop.

7. **Pre-setting Use**

Connect the power .Turn the power on.

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

Press "start "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 safety key pull out ,the treadmill will stop immediately .
> And the computer cannot work ,the window shows "_ –––_ "

Treadmill maintenance

Proper maintenance is very important to ensure a faultless and
operational condition of the treadmill. Improper maintenance can cause
damage to the treadmill or shorten the life of the product.
All parts of the treadmill must be checked and tightened regularly. Worn out
parts must be replaced immediately.

Lubrication

The treadmill is factory-lubricated. However, it is recommended to check the lubrication of the treadmill regularly, to ensure an optimal operation of the treadmill. Suggestions:

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.

The way of checking whether the running belt need lubrication is, lift the sides of 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 need 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 oilcan 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 each 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 power switch is off and is un-plugged from the electrical wall outlet.
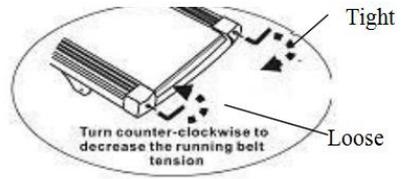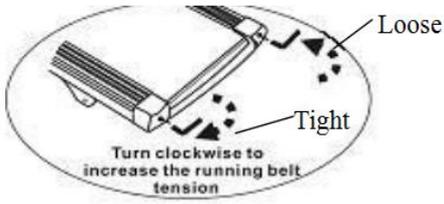
Belt adjustment

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.

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.

Loose

Tight

Turn clockwise to increase the running belt tension

Tight

Loose

Turn counter-clockwise to decrease the running belt tension

Note: regularly clean the impurities in the belt and pulley groove.

Common failures and processing method

Problem	Possible cause	Maintenance
Treadmill didn't work	A. no power	Plug into socket
	B. broken circuit signal system	Check the controller input and signal wire
	C. switch off	Place the power switch in the "NO"position.
	D. 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

System error and solution

Problem or Error code	Possible cause	Solution
Suddenly stop	A. safety key pull off	Put the safety key on correct position
	B. console problem	Ask for technican to repair
E1 Communication error	A. connect wire loose or defect	Well connect the wire or change the wire between console and controller
	B. console defect	Change console
	C. motor defect	Change motor
	D. controller defect	Change controller
E2 Motor defect	A. motor connect wire or motor defect	Change motor connect wire or motor
	B. circuit failure of electronic system	Change console
E5 Over current protection	A. too much friction of running belt	Add silicone oil
	B. controller defect	Change controller
	C. motor defect	Change motor
E6 Explosion-proof rushed	Controller defect	Change controller
E9 Fold protection	A. when treadmill folds	Turn off power, lay flat the running deck, turn on the power.
	B. controller defect	Change controller
	C. sensor or magnet defect	Change sensor or magnet defect
Incompleted information show on console	A、The screw of console loose	Fasten screw
	B、Console defect	Change console