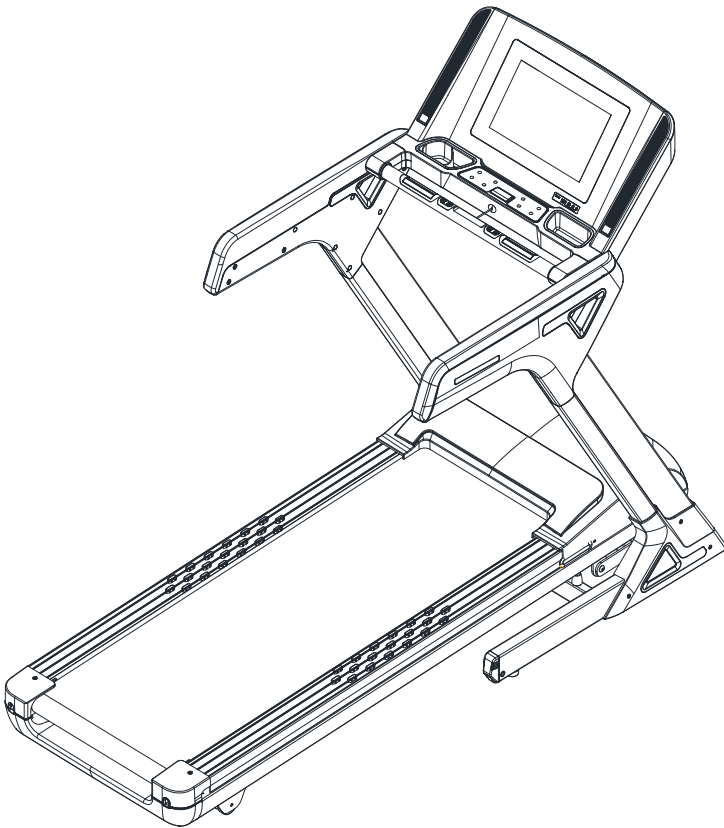

Owner's Manual Of The Motorized Treadmill



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SAFETY PRECAUTIONS

Warning:

In order to avoid the accident, you have to pay attention to the following operation :When using the treadmill ,keep attaching the safety key clip to your clothes or belt; When you are exercising, PLS swing your arms naturally, straight ahead. Don't look at your feet; Pls accelerate the speed gradually, adapt to the current speed before the acceleration ;When run into emergency , press the emergency stop button or pull away the safety key; When the treadmill was completely stopped leave is allowed.

Notice: Strictly according to the assembly instruction to install this product.

Attention:

1. Before starting any exercise program, consult your physician.
2. Make sure all the bolts locked tightly.
3. Do not place the treadmill at the moist places, it may cause trouble.
(We take no responsibility for any troubles or hurts due to above reasons)
4. Wearing sports suits and shoes before you start exercise.
5. Do not exercise in 40 minutes after meal.
6. Do warm-up exercise to avoid injury.
7. People who suffering from hypertension should consult doctor before start the exercise.
8. Children to stay away from the machine, avoid cause damage.
9. This treadmill is only for adults.
10. Do not plug anything into any parts of this fitness equipment, or it may damage.

WARRANTY DESCRIPTION

Warranty range

Damage in correct maintenance and normal operations (not factitious factors).
Warranty card to the original purchaser, shall not be transferred.

Warranty Time

HOME USE

- Steel frame lifetime warranty
- Motor warranty for 5 years
- 12months warranty for other parts
- Free manual repair within one year

The following conditions are not under warranty range:

- (1) As a result of abuse, neglect, accident, or unauthorized modification;
- (2) The damage due to incorrect adjustment of the running belt and motor belt;
- (3) As a result of abnormal maintenance;
- (4) Other illegal operations and resulting damage.

Repair and Maintenance Service

All the accessories are available in the local distributor; you can get kinds of services from our distributors.

SAFETY USE ATTENTION







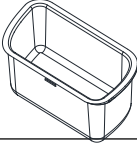

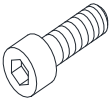

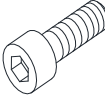
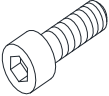
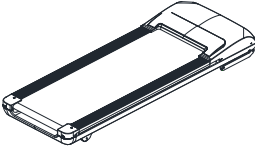
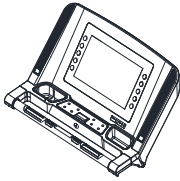
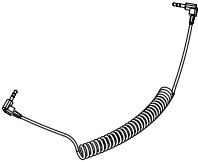
Only the treadmill had finished the installation and the motor protect cover is put on, you can connect power line. Plug in the power line into the power socket which is with the 16A safety grounding, we suggest you to use over current protector to ensure the safety of the user and the treadmill.

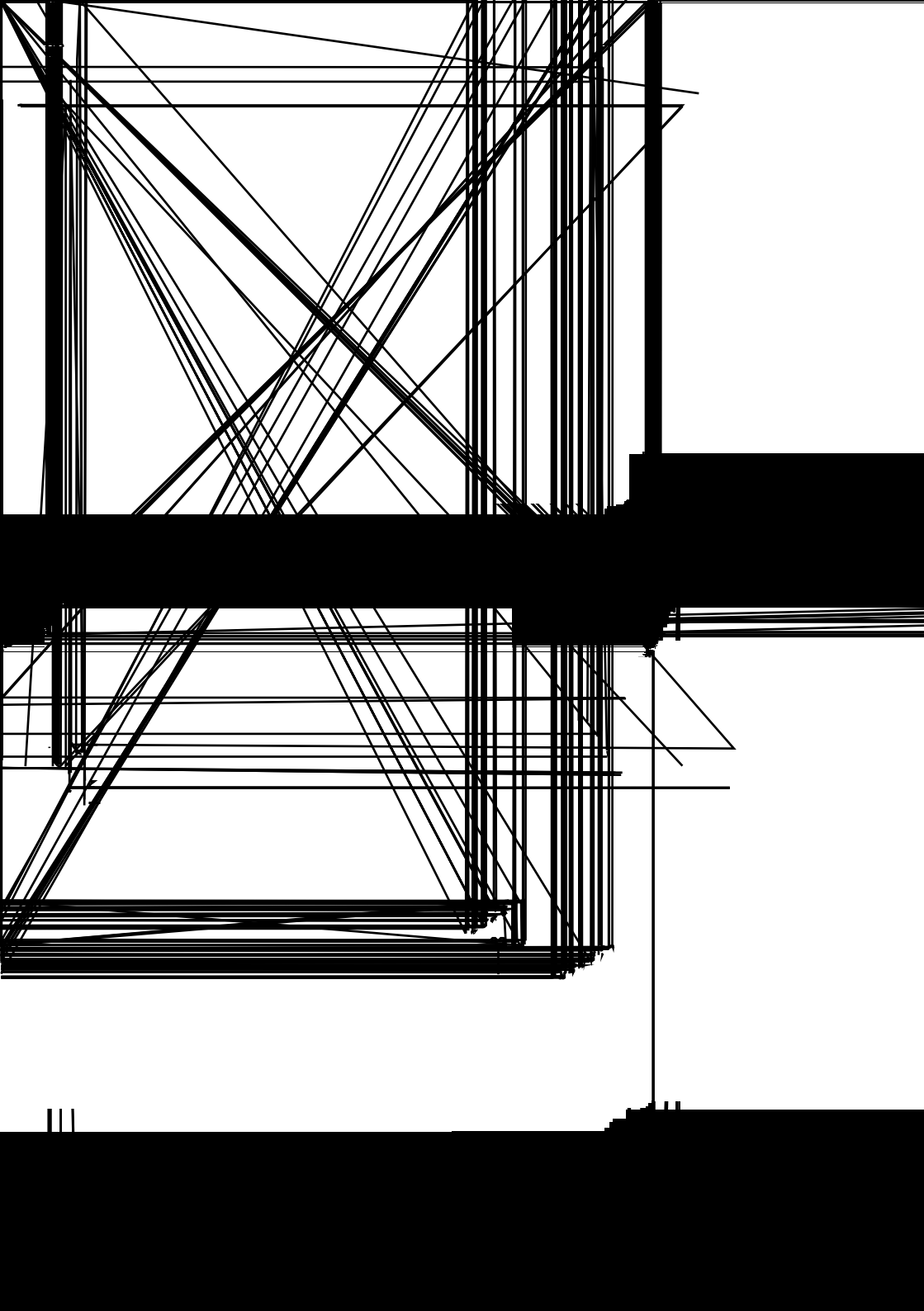
1. PLS place the treadmill on a clear, level ground. Do not place the treadmill on thick carpet ,as not to effect with ventilation under the treadmill. Also do not use the treadmill placing it by water or outdoor, notice to avoid moisture. The treadmill power line is specific, if the power line is damaged, please purchase from the dealer, or contact to the company directly.
2. When you place the treadmill, do not let the treadmill cover the socket on the wall, which is convenient to plug in the power line.
3. Never start the treadmill while you are standing on the running belt. After connecting the power, there maybe a pause after the running belt begins to move, you should always stand on the treadmill side plastic non-slip rails until the belt is moving.
4. Do not wear long, loose fitting clothing when you exercise, in case it may get caught in the treadmill. Usually you need to wear running shoes or sports shoes with rubber soles.
5. Never remove the protective cover casually, if need to open for maintenance, PLS make sure to unplug the power line firstly.
6. Keep the kids away from the treadmill during using.
7. When you use the treadmill the first time, hold the handrails until you adapt.
8. The treadmill equipment is made for special use, Please do not remodel or refit for other use. If the treadmill suddenly increase in speed or speed up continually, due to an electronic system problem, please pull out the safety switch, the treadmill will immediately stop.

ASSEMBLY INSTRUCTION

The followings are the parts pictures of a whole treadmill. When you open the carton, you will find the below spare parts.

Installation tools:

			
3L/R.Upright	20.4#Wrench	21.6#Wrench	22.8#Wrench
			
23.Wrench	45L/R Left right Upright cover	59R Storage box	91. Silicon oil
			
134.screw M5*20	127.Flat washer φ 9* φ 16*t1.6	135.screw M10*45	144.screw M8*15
			
93. main frame assembly	94.Computer assembly	81.spring line	



V6 Wire connecting specification

1.Take off the computer wire cover board(right)(picture1.2).Then take out the upper wire from the computer(picture 3) .



(Picture1)



(Picture2)



(Picture3)

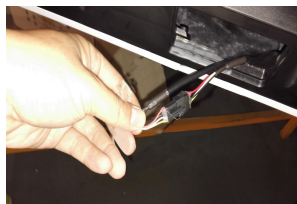
2.Put the middle wire into the right hole of the computer(picture 4.5).Then connect them.(picture 6)



(Picture4)



(Picture5)



(Picture6)

3.then fix the meter on the frame. use toolkit M6 wrench. Lock tight four each bolts M8*15 with flat washers $\phi 9^* \phi 16^*t1.6$.(as picture 7.8)



(Picture7)



(Picture8)

Then put the tidy wire in the meter.Assemble the removed computer wire cover board(right) back with screwdriver(Picture 9) .At last assemble the storage box which is in the accessory box to the meter(as picture 10)



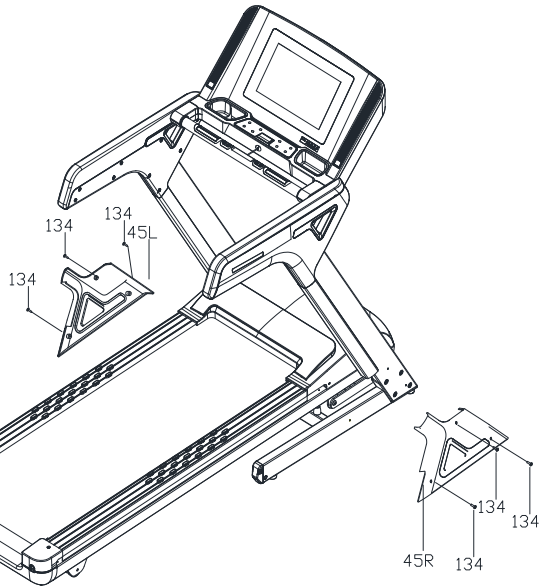
(Picture 9)



(Picture 10)

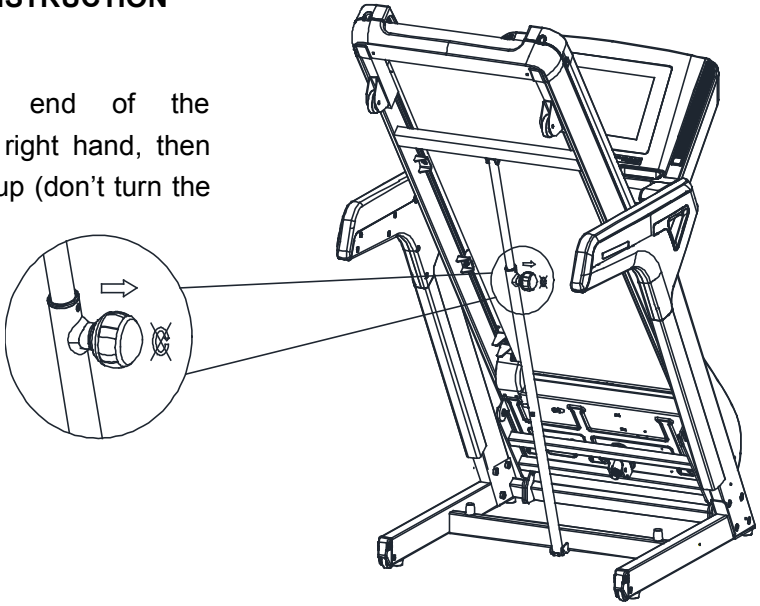
Third Step:

First lock tight the M10*45 screw(135),then lock the L/R upright cover (45L/R) on the frame assembly with M5*20 screw(134).



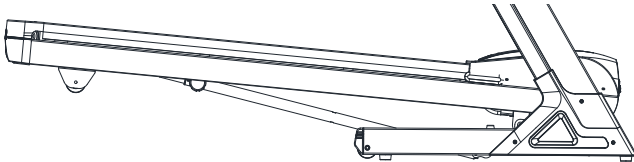
UNFOLDING INSTRUCTION

Support the end of the treadmill with right hand, then pull the knob up (don't turn the knob).



FOLDING INSTRUCTION

Support the end of treadmill with hand ,
until hearing the sound "ka" that the
cylinder is locked into the round tube.
The treadmill is folded successfully.



TECHNICAL PARAMETERS

Assembly size(mm)	2025*888*1395 mm	Speed Range	1—18Km/h
Incline	0-18 level	Motor Spec(HP)	4.0HP (PEAK)
Running size(mm)	520*1500mm	Input Volt(V)	220-240V
N.W.(kg)	128Kg	Rating	1500W
Max user weight	140Kg	Operating Temperature	0-28℃
Blue Single display	Speed, Time, Distance, Calories, Pulse		
Safety Protection and Advantage	<p>A. Magnetic safety lock(red);</p> <p>B. Overcurrent and overload function set in the microcomputer ;</p> <p>C. LED display window in the middle .it's clear with no limited view-angle coverage . 1.0—18km/h speed range;</p> <p>D. Frequency control method, adjust the speed is very smoothly and conveniently ;</p> <p>E. Buffer system make the exercise natural smooth, and lowest impact for the user foot, ankle, joint and so on part.</p> <p>F. The over current protector can only continue to function, when manually reset, which can protect the motor from damage;</p> <p>G. Intelligent explosion-proof circuit can finish the function in 0.3 seconds, give the user maximal protection;</p>		

GETTING START

PREPARE:

If you are around 45 years old, or have health problem, or this is your first time to do exercise, please consult doctor or professional before use it.

Before use the motorized treadmill, please stand on the side to learn the operation, such as start, stop and speed adjustment, you can use it after you are familiar with it. Then stand on the plastic checkered plate of the treadmill both sides, catch the handrail with both hands, turn on the treadmill by 1.6—3.2km/h low speed, stand straight, look forward, try to run on the running belt few times with one foot, then stand on the running belt to do exercise. After adapting, you can adjust the speed to 3—5km/h and keep doing about 10 minutes, then stop slowly.

EXERCISE:

PLS stand on the side to learn how to operate, such as adjust speed or incline, start do the exercise until you are familiar with it.

Walk 1 km by constant step need about 15-25 minutes, please record the time. Walk 1km by 4.8km/h need about 12minutes, if you can do it easily by few times, then can adjust to the high speed and incline, and go on to do it 30 minutes, you can take a good exercise. Before do walk exercise, please remember it is for your health of a life time ,and can not irritable.

EXERCISE FREQUENCY

Target is 3--5 times per week, do 15-60mins each time. It is better to make a time schedule first, do not do the exercise accord to your favor. You can control the movement acuteness degree through adjust speed and incline. We suggest you do not set incline when start do exercise. You can increase the incline when you want to add the movement acuteness degree

WARM-UP EXERCISE

AMOUNT OF EXERCISE:

SHORTCUT----The best way to save time is do 15-20 minutes exercise.

Warm up 2 minutes by 4.8 km/h, and adjust the speed to 5.3 km/h and 5.8 km/h, continue do exercise by this two speeds for 2 minutes. Then add 0.3 km/h per 2mins speed increase, until you feel breathing quickened but not difficulty breathing. Keep this speed to do exercise, if feels difficult to breathe, please reduce 0.3 km/h. Leave 4 minutes to reduce speed at last. If you feel it is hard to strengthen the movement intensity by increase speed, then you can choose the way of increase incline slowly, it also can strengthen the movement intensity. **CONSUMPTION OF HEAT**----This way can really consumption the heat. Warm up 5 minutes by 4--4.8 km/h speed, then add 0.3 km/h per 2 minutes increasing speed, you can do 45mins on this speed that you will feel it is challenge. In order to strengthen do exercise. You can do 1 hour by this speed in a TV program and add 0.3 km/h speed when you heard some business advertisements, and return the speed back when go to next program, so during the advertisements time and the pulse increasing time , the heat will be consumed enough. At last keep 4 minutes to reduce the speed.

CLOTHING:

All you need is a pair of fully stretch shoes, at the same time sole don't stick foreign matters avoid damage running deck and belt. Please wear comfortable suitable for sports clothes.

Warm prompt:

It is better to do some warm-up exercise. Warm the muscle easy stretch, so use 5-10 minutes to warm-up. Then stop and according below method to do stretch exercise for five times, and each foot do 10 seconds or more every time. After running, do those stretch exercises one more time.



picture 1

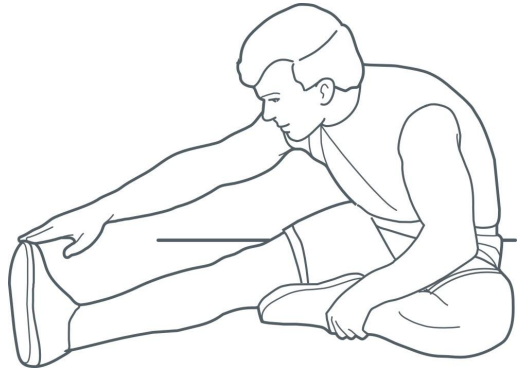
1.Reach Down

Knees slightly bent and body slowly bent forward, back and shoulders relax, trying to touch toes. Keep 10-15 seconds, and relax. Repeat 3 times

(See picture 1).

2.Hamstrings Stretches

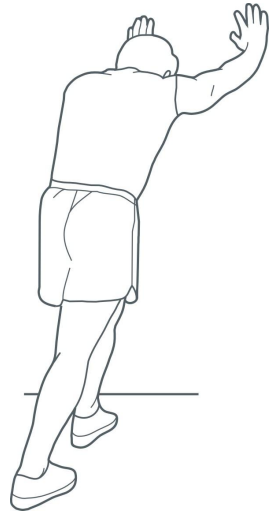
Sitting on a clean cushion, put one leg straight, the other inward and close to the inside of the straight leg. Try to touch your toes by hand. Keeping 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 2).



Picture 2

3. Crus and Feet Tendon Stretches

Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, tilt to the wall or tree. Keep 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 3)



Picture 3

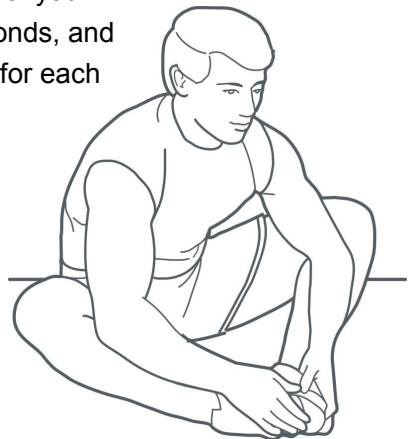
4. Quadriceps Stretches

Keeping your balance with your left hand holding on the wall or table, then stretch your right hand backwardly, then stretch your right heel toward your buttocks slowly, until you feel very tense in the front of your thigh. Keep 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 4).



Picture4

5. Sartorius (Inner Muscles of the Thigh) Muscle Stretches Sitting down with your soles opposite and knees outward. Pull feet toward groin Keep 10-15 seconds, and relax. Repeat 3 times (See picture 5).



Picture 5

OPERATION INSTRUCTION

(1) LED DISPLAY



- 1. Time window:** Display the running time, count from 0:00-99:59 in forwarding direction, when it overflows, it recovers to 0:00, and restart again from 0:00 to count; Count down, from the set time decrease to zero, when it count down to 0:00, the treadmill slow down steadily and stop moving, when the treadmill stop completely, the treadmill enters into standby state.
- 2. Distance window:** Display running distance, in forwarding direction, count from 0.00-99.90. when it overflows, clear to 0, and count from 0 in forwarding direction, when in opposite direction, count down from set value to zero. when it count to 0, treadmill slow down to stop steadily, when the treadmill stop completely, it enter into standby state.

3.Pulse window: Display the the pulse of user. when the exerciser hold the pulse handrail with both hands, the system can detect the pulse rate of the exerciser, and display on the screen, the range of pulse rate display:22-250 times/minute.(this data is only for reference, can not be used as medical data.

4.Calories window: Display the calories consumed by the exerciser. count in forwarding direction from 0-9999,when overflow it clear to 0,and count in forwarding direction from 0,when count in opposite direction, count down from set value to 0,when it counts down to 0,the treadmill slow down steadily and stop, when the treadmill stop completely, enter into standby state.

5.Speed window: Display the current speed in the operating state, speed display range:1.0-18km/h,0.6--11.3MPH

6.Incline window: Display current incline value, incline display range:0-18 levels.

7.Matrix window: At the manual mode, display racetrack, it display incline and speed in the middle; At the preset programs, it display speeds and incline changing image.

(2) Buttons and their functions:

1.“Start”press this button once, to start the treadmill.

2.“Stop” in the operation, press the button to stop the treadmill.

3.“Mode”function choosing button, Press the button can select :time countdown, distance countdown, calories countdown.

4.“Programs”:Circular selection the 24 preset programs:

P1,P2,P3,P4,P5,P6,P7,P8-----P24 and 2 user programs.

5.”Speed+” : in the operation, press this button treadmill speed add 0.1;

When set time, distance, calorie and etc, press this button add the value.

‘Speed-’: in the operation, press this button treadmill speed reduce 0.1;When set time, distance, calorie and etc, press this button reduce the value.Screen has:speed shortcut keys 3.6.9

7.”Incline+”: under the operating state, press the button can add the incline.

8.”Incline-“: under the operating state, press the button can decrease the incline.Screen has:incline shortcut keys 3.6.9

9.”Volume start and stop” : press this button to start to play or pause playing MP3.

-
- 10."Sound +": press this button the volume increases
 - 11."Sound -": press this button the volume decreases
 - 12."Former music ":press this button play the former music.
 - 13."Next music ": press this button play the next music.

(3) operation instruction

1. Manual Mode

Connect the power, at the same time, the meter beep a long sound, after 2seconds, enter into standby mode, plug on the safety key, press start button to start the treadmill, move at the lowest speed, time, calorie and distance count in forwarding direction,can change speed through speed+ and speed-,change incline through incline+ and incline-.

2.Countdown mode :

2.1Time countdown mode

- 1)At the standby mode, press mode button once, time window flashes, default time is 30,press speed+ and speed- to choose time value, each time press speed+ and speed-,time value would increase or decrease by 1 minute, the time range can be adjusted is 5:00-99:00
- 2)Press start button to operate, when time is countdown to zero, the treadmill stop operating, in the operation, speed and incline can be adjusted.

2.2Distance countdown mode:

- 1)at the standby mode, press mode button twice, distance window flashes, default distance is 5.00.press speed+ and speed- to choose distance value. each time press speed+ or speed-,distance value increase or decrease by 0.1,the distance value range that can be adjusted is 0.50-99.00
- 2)Press start button to operate,when distance countdown to zero, treadmill stop operating, in the operation, speed and incline can be adjusted.

2.3Calorie countdown mode:

- 1)At the standby mode, press mode button three times, calorie window flashes, default calorie is 100.press speed+ and speed - to choose calorie value, each time press speed+ or speed-,calorie value increase or decrease by 10 calories, the calorie range that can be adjusted is 20-990 calories.

2) Press start button to operate, when the calories countdown to zero, treadmill stop operating, in the operation speed and incline can be adjusted.

3. Preset programs

1) At the standby mode, press program button, can choose preset programs P1, P2, P3-----P24 program default time is 30:00, press speed+ and speed- to choose operation time, press start to operate.

2) When the time countdown to zero, treadmill stop operation.

Program chart is as below:

Times Program		SETTING TIME 30 Minutes/ 10 = EVERY GARDE TIME									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1	1	4	3	4	3	5	4	2	5
	INCLINE	1	1	2	3	3	1	2	2	3	2
P2	SPEED	2	5	4	6	4	6	4	2	5	2
	INCLINE	1	2	3	3	2	2	3	5	2	2
P3	SPEED	2	5	4	5	4	5	4	4	3	2
	INCLINE	1	2	2	3	1	2	2	2	2	1
P4	SPEED	3	6	7	5	8	5	9	6	4	3
	INCLINE	2	2	3	3	2	2	4	6	2	2
P5	SPEED	3	6	7	5	8	6	7	6	4	3
	INCLINE	1	2	4	3	2	2	4	5	2	1
P6	SPEED	2	8	6	4	5	9	7	5	4	3
	INCLINE	2	2	6	2	3	4	2	2	2	1
P7	SPEED	2	6	7	4	4	7	4	2	6	2
	INCLINE	4	5	6	6	9	9	10	10	6	3
P8	SPEED	2	4	6	8	7	8	6	2	3	2
	INCLINE	3	5	4	4	3	4	4	3	3	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	2	3	5	3	3	5	3	6	3	3

	INCLINE	4	4	3	5	6	7	7	5	3	3
P11	SPEED	3	5	8	8	9	5	7	6	3	2
	INCLINE	4	5	6	6	9	9	10	10	6	3
P12	SPEED	3	5	5	4	4	6	4	2	3	4
	INCLINE	3	5	6	7	10	10	10	10	6	3
P13	SPEED	3	5	7	8	9	10	8	5	4	4
	INCLINE	1	2	3	4	5	5	4	3	2	1
P14	SPEED	2	4	6	8	10	10	8	6	4	2
	INCLINE	4	5	6	7	8	8	7	6	5	4
P15	SPEED	3	4	7	8	10	9	8	6	5	4
	INCLINE	3	4	5	6	7	8	8	5	3	2
P16	SPEED	2	3	5	4	5	5	7	5	4	2
	INCLINE	0	2	2	4	4	6	6	1	1	0
P17	SPEED	2	6	8	3	9	4	10	4	3	2
	INCLINE	6	6	10	10	3	3	3	7	1	0
P18	SPEED	1	5	4	5	9	5	4	5	3	2
	INCLINE	5	5	8	8	10	10	10	7	1	0
P19	SPEED	3	4	8	4	3	8	6	4	4	1
	INCLINE	2	4	4	4	4	2	3	3	1	0
P20	SPEED	3	2	3	6	6	6	6	5	2	2
	INCLINE	3	3	5	5	5	5	2	2	1	0
P21	SPEED	2	6	5	6	8	6	7	4	3	2
	INCLINE	2	3	3	3	4	4	1	1	2	0

P22	SPEED	2	4	6	8	10	8	6	4	6	6
	INCLINE	2	3	6	6	3	5	9	3	5	3
P23	SPEED	2	4	6	8	4	2	7	8	10	1
	INCLINE	3	6	5	3	5	3	5	5	4	2
P24	SPEED	2	4	6	4	6	8	10	8	6	4
	INCLINE	2	5	5	3	5	5	3	3	4	2

4. User program

At the standby mode, press program button, can choose user program U1,U2,program default time is 30:00,press speed+ and speed- ,choose operation time, press mode button, confirm and enter into each program speed and incline setting, press speed+ and speed- to choose speed, press incline+ and incline- to choose incline, press mode button to confirm, and enter into next programming setting, after finishing setting, press start to operate. when time countdown to zero, treadmill stop operation.

(4) Pulse test

When the controller detect hand pulse,heart rate screen will display corresponding pulse value.

- 1.Test before exercise,stand on the side rails of the treadmill with both feet,hold pulse rate sensor with both hands,wait for 20 seconds,pulse screen will display an accurate pulse value on the pulse screen.
- 2.Test after exercise,stand on the side rails of the treadmill with both feet,hold pulse rate sensor with both hands,wait for 20 seconds,pulse screen will display an accurate pulse value on the pulse screen.
- 3.Pulse rate setting(matching function)

At the standby mode, press program button, can choose HRC program HRC1,HRC2,HRC3 program . press mode button enter into HRC setting ,press speed+ and speed- to adjust the age .then press the mode to confirm the setting.After than , you can use the chest belt dirtectly .

Pulse rate program HRC1 target pulse rate=(220-age inputted)*0.65

Pulse rate program HRC2 target pulse rate= $(220-\text{age inputted}) \times 0.75$

Pulse rate program HRC3 target pulse rate= $(220-\text{age inputted}) \times 0.85$



Pulse transmission belt is used on the chest

it can detect pulse in real time, detecting in real time is most dependable way in the pulse detect in work out process.

It is totally waterproof, pulse rate is highly precise. Study shows ,if you stop in the workout and detect pulse, the pulse will drop 10-20 times/minute. So to understand pulse rate is better than estimating pulse rate.

The design of comfortable pulse transmission belt take full consideration of degree of comfort.

We apply human Engineering, dexterous and light, so you can not even feel its existence, and its not effected by wind rain and wet. the quality is dependable, durable and enduring, the length of use of pulse transmission belt is 2500 hours, if you exercise 10 hours per week, you can use it for 5 years.

Notice: To make the test accurate, don't test while exercising.

(5) Power saving mode:

This system has power saving function, at the standby state, if there is not any button pressing instruction input in 4 minutes, system enter into power saving mode, shut down display automatically, press any key can wake up system.

(6) MP3

When the power is connected, connect MP3 or other audio devices, meter can play music.

1. When plug SD card and U disk, the volume is controlled on the meter, song

choosing and pausing is also controlled on the meter.

2. When only connect external MP3, volume is controlled on the audio devices, songs choosing and pausing is also on the audio devices.

(7) Metric Inch system change and incline adjustment

1. Press start button, take off safety key, then connect the safety key, can enter into metric and Inch system switching, speed window display, press speed up or speed down, choose metric and Inch system ("SI" signify metric system, "Eng" signify Inch system), after choosing, press start button to confirm and drop out to standby state.

2. At the standby state, press speed+, speed-, incline+, incline- buttons at the same time for 3 seconds, enter into incline automatically adjustment, after finishing adjustment, enter into standby state.

(8) Errors display and Simple troubleshooting methods:

8.1 Fault description: Er-1, no reaction signal in the computer

Fault processing:

8.1.1 check whether the line in the computer is loose or fall off

8.1.2 check whether the connection line between the computer and the controller is loose or fall off

8.2 fault description: Er-2 incline system failure

Fault processing:

8.2.1 check whether the signal line of the incline motor is loose or fall off

8.2.2 check the incline motor if it is damaged

8.2.3 check the controller if it is damaged

8.3 fault description: Er-3 over-voltage protection

Fault processing:

Check the whether the power voltage is on normal range: AC220-240V

8.4 fault description: Er-4 over-current protection

Fault processing:

8.4.1 check whether treadmill moving parts stuck

8.4.2 check whether lack of lubricating oil, if lack of the lubricating oil, can increase the running friction between the running belt and the running board.;

8.4.3 check whether the running belt or running board is worn

8.4.4 check whether controller or motor damage.

8.5 fault description: Er-5 over-load protection

Fault processing:

8.5.1 check whether treadmill moving parts stuck

8.5.2 check whether lack of requests,if the lack of the requests,can make the running friction between the running belt and the running board;

8.5.3 check whether the running belt or running board is worn

8.5.4 check whether controller or motor damage.

8.6 fault description:Er-6 motor didn't connect well

Fault processing:

8.6.1 check the connection of the motor to see if it is loose or come off.

8.6.2 check whether controller or motor damage

8.7 fault description:Er-7 the controller failure detect signal

Fault processing:

8.7.1check whether the line in the computer is loose or come off.

8.7.2check whether the connection line between the computer and the controller is loose or come off

8.8 fault description:SAFE ,Safe lock fault

Fault processing:

8.8.1check whether the safe lock on the right place

8.8.2 check whether the plug of magnetic reed switch is loose or fall off

8.9 fault description: No display in the computer

Fault processing:

8.9.1 check whether there is power outlet

8.9.2 check whether the power switch on the treadmill open

8.9.3 check whether the power socket inside the fuse fusing,if ,already fuse,please spare fuse replacement.

A. Safety lock function:

In any case, pull down the safety lock, LED window will display "SAFE", the buzzer sounding. If the motor is working, it will stop urgently. Safety lock is in off

state, any key is invalid.

B. Power saving mode:

This system has power save function, in the standby mode, if there is no button command input within 10minutes, system will enter into power save mode, and close display automatically, press any button can wake the system.

C. MP3 Player Function(customized):

When turn on the power, connect the MP3 player or other audio equipment, the computer will play the music. you can adjust the sound size by the button on the audio equipment. PLS not too loud that will affect the quality of the sound and the inside audio.

D.USB function(customized)

USB interface is on the Panel, through USB interface, you can connect an external device, such as U disk, mobile phone. Connect U disk, treadmill can play Mp3 songs. Connect the phone, with charging function

E.Shutdown

You can turn off the power to shutdown the treadmill at any state. That this will not damage the treadmill.

F. Attention:

- 1.Check the power and safety lock is sure a valid state before start do exercise.
- 2.When run into emergency, pull off the safety lock to stop the treadmill quickly; and put on the safety lock, the system back to default, waiting for input the instruction.
- 3.If there is any problem, PLS contact the distributor .Amateurs, do not attempt to disassemble or maintain so as to avoid the damage of equipment

SAFETY EXERCISE

Please consult professional staff before do exercise. He(She) can help recommendation exercise rate/intension and time according to your age and health condition. When running, if you feel chest tightness or chest pain, irregular heartbeats, short of breath, dizziness or other unwell, please stop immediately! And consult professional before you want continually to do exercise.

If you often use treadmill, you can choose normal walk speed or jog speed.

If you have no experience or can't make sure the best testing speed, you can reference below standard:

Speed 1-3.0 km/h	weak constitution people.
Speed 3.0-4.5 km/h	sedentary or not often exercise people.
Speed 4.5-6.0 km/h	normal speed walking people.
Speed 6.0-7.5 km/h	fast walk people.
Speed 7.5-9.0 km /h	jogger.
Speed 9.0-12.0 km/h	intermediate speed runner.
Speed 12.0-14.5 km/h	experienced runner
Speed more than14.5 km/h	excellent runner.

ATTENTION

It is suitable for walker to choose less than or equal to 6.0 km/h speed.

It is suitable for runner to choose more than or equal to 8.0 km/h speed.

MAINTENANCE INSTRUCTION

Warning

Please make sure the treadmill's power plug is pulled out before cleaning or maintaining the product.

CLEANING: fully cleaning will lengthen the usage of the treadmill.

Keep treadmill clean by dusting regularly. Be sure to clean the exposed part on both sides of the walking belt, which can reduce the piling of dust under the running belt. Make sure the shoes are clean, avoid to take foreign material to under the running belt to wear off the running belt and running board. The top of the belt need to be cleaned with a wet, soapy cloth. Be careful to keep liquid away from the electrical components and underneath the running belt.

WARNING

Remember to unplug the treadmill from the electrical outlet before removing the motor cover. Remove the motor cover and vacuum under the motor cover at least once a year.

Running belt and the special lubricating oil of the motorized treadmill

This treadmill's running belt and deck are already pre-lubricated. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. If the deck is worn, please contact our client service center.

We recommend lubrication of the deck and running belt according to the following timetable

Light user (less than 3 hours/ week)	annually
Medium user (3-5 hours/ week)	every six months
Heavy user (more than 5 hours/ week)	every three months

We suggest you buy lubricating oil from local distributors or contact our company directly.

MAINTENANCE GUIDELINE

1. In order to maintain and prolong the working life of your treadmill, we suggest you power off for 10 minutes after every 2 hours' running.
2. The loose running belt will lead slip when you are running; the tighten running belt will affect the performance of the motor, also can increase the wearing of the rollers and running belt. The perfect state is that the belt can be lift from the running deck about 50-75mm

Belt Middle Placement and Tightness Adjustment

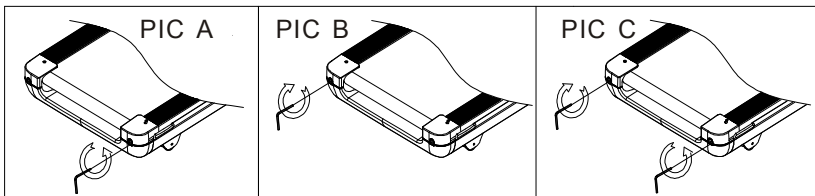
It is very necessary to adjust the belt to the best condition for the better use of the treadmill and the treadmill can work better.

Put the treadmill running belt at the center:

Put the motorized treadmill on the level ground .let the treadmill run at the speed of 6-8 miles per hour, observe the running belt deviating condition.if the running belt deviate to the right,pull off the safety key and unplug the power,turn the right side adjusting bolt clockwise by 1/4 circle,plug the power ,safety key,make the treadmill run,watch the running belt deviating condition.Repeat the above steps,until the running belt is in the middle.Picture A

If the running belt deviate to the left,pull off the safety key,unplug the power,turn the left adjusting bolt clockwise by 1/4 circle,plug the power,safety key,make the treadmill run,watch the deviating condition of the running belt.Repeat the above steps,until the running belt goes to the middle.Picture B.

After the above adjustment or a period of time's use,running belt would become loosen,need adjustment.Pull off the safety key,power switch,and turn the left and right adjusting bolt clockwise by 1/4 circle,plug power,safety key,make the treadmill run,then stand on the treadmill to confirm the tightness.Repeat above steps,until the running belt is moderate in tightness. picture C.



Ploy V-Belt looseness and tightness Adjustment

The ploy V-Belt will gradually loose and change the shape after a long time use and you need to adjust it for the safe use. How to judge: when you are running as usual, when you feet stamp on the running belt, if you feel the pause sometimes, it indicates the V-Belt or running belt is loose somehow, you need to make a further confirmation. Which part is loose: unscrew the four screws on the motor cover, then let the treadmill work at the speed of 1km/h. Stand on the running belt, hang on to the foam handrails and try to press the running belt harder with your feet.

(We suggest the user to stamp with your own body weight)

A .If the running belt doesn't stop when you press it, the running belt and motor belt is not flabby or not tight. They are just right;

B .If the running belt stops when you press it, but the motor belt and the front roller don't stop, the running is a little loose, then you need to adjust the running belt (to adjust running belt loose and tightness see the maintenance guideline in the before page);

C. If the running belt and motor belt stop when press the running belt, the motor still run, the motor belt is flabby, you need to adjust it.

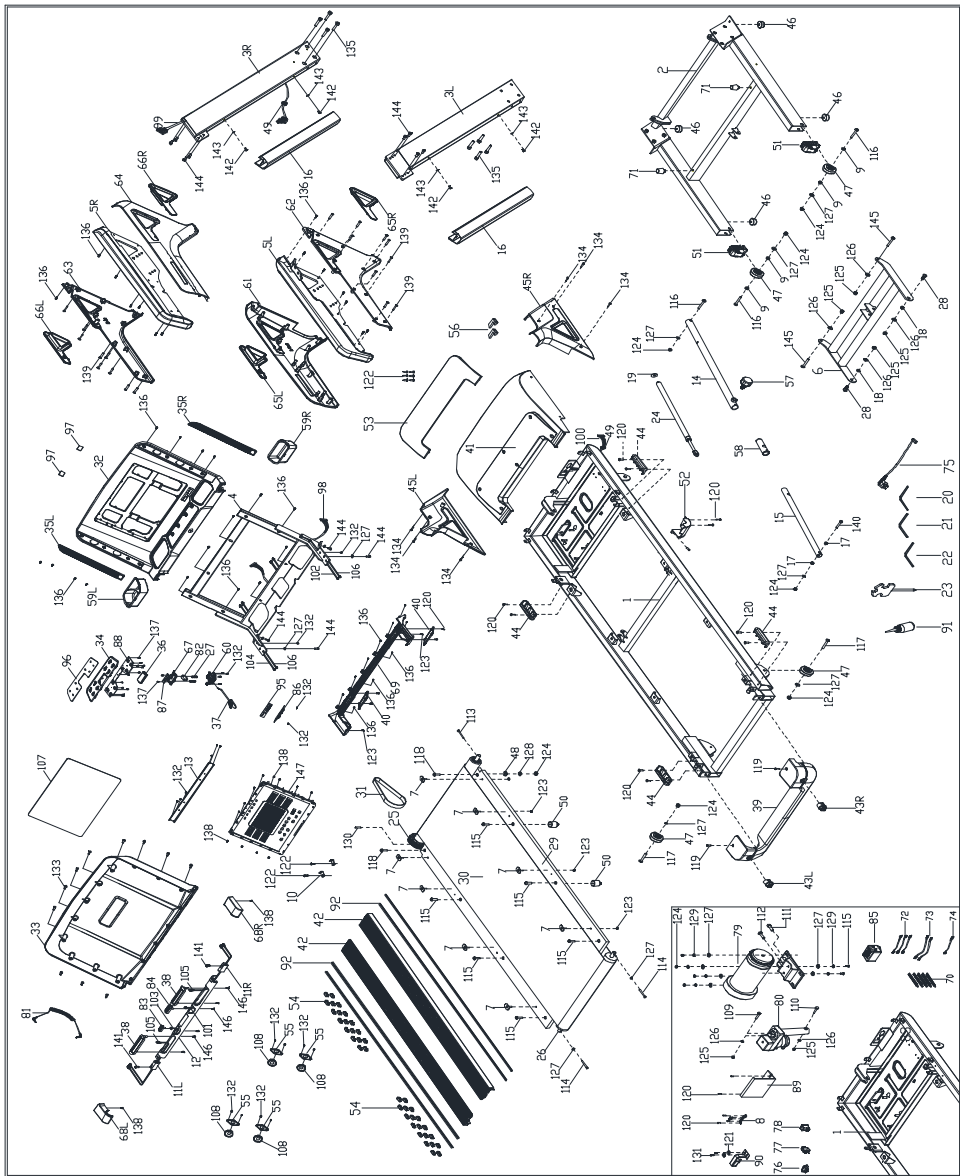
ADJUST METHOD

Step 1: Unscrew the 4 bolts of front motor protector cover, this way, you take off the protector cover.

Step 2: Unscrew the four bolts of motor base(do not remove it) and adjust the adjusting bolt on the motor base with a winch according to the condition. you can use hand to reverse the motor belt which is between motor axis and front roller, if it is too loose, you can reverse the Ploy V-Belt by 100%. If it is too tight, the degree you can turn the V-belt is very limited. After adjustment, if you can reverse the motor belt about 80%, then the motor belt is just right. Please adjust the V-belt tightness into the condition, that it can turn by 80%.

Step 3: Lock the motor base frame and assemble the motor cover.

EXPLODED DRAWING



PART LIST

NO	ITEM	DEC	Q'TY	NO	ITEM	DEC	Q'TY
1	Main frame		1	2	Base frame		1
3L/R	Upright		2	4	Computer bracket		1
5L/R	Foam handrail		2	6	Incline bracket		1
7	Edging buckle		8	8	Earth wire connector		1
9	Space tube		4	10	side rail baffle		2
11L/R	Handrail connecting tube	L/R	2	12	Handrail elbow		1
13	Pc board bracket base		1	14	Elastic outer tube		1
15	Elastic inner tube		1	16	Upright decorative bar		2
17	Cylinder space tube	φ 15*7.7	2	18	tube	φ 18* φ 10*.1*9.5	2
19	Cylinder connecting sheet		1	20	Wrench	4#	1
21	Wrench	6#	1	22	Wrench	8#	1
23	Wrench		1	24	cylinder		1
25	Front roller		1	26	Rear roller		1
27	compress spring		2	28	Bolt	φ 12*7* M10*20	2
29	Running board		1	30	Running belt		1
31	Multi-groove belt		1	32	Meter upper cover		1
33	Meter under cover		1	34	keyboard		1
35L/R	Loudspeaker fixed seat		2	36	Safety switch		1
37	Safety lock		1	38	Hand pulse components		2
39	Rear cover		1	40	Wire cover board		2
41	Upper motor cover		1	42	plastic side rail		2
43L/R	Rear decorative cover	L/R	2	44	Oval cushion		4
45L/R	L/R upright cover		2	46	Flat foot pad		4
47	Moving wheel		4	48	Running board shock pad		2
49	Ring wire plug		3	50	Cushion		4

NO.	ITEM	DEC	Q'T Y	NO.	ITEM	DEC	Q'TY
51	Moving wheel compartment		2	52	Belt protecting cover		1
53	Motor decorative cap		1	54	Oval anti-slip mat		38
55	Loudspeaker fixed seat		4	56	side rail setting block		2
57	Spherical pin		1	58	Elastic tube		1
59L/R	Storage box		2	60	Safety switch socket		1
61	Left handrail side cover L		1	62	Left handrail side cover R		1
63	Right handrail side cover L		1	64	Right handrail side cover R		1
65L/R	Left triangle decorative sheet		2	66L/R	triangle decorative sheet right		2
67	Safety switch board		1	68L/R	Pulse tube small cover left right		2
69	Pulse tube under cover		1	70	Cable tie		5
71	Cushion		2	72	Single wire	150MM	3
73	Single wire	300MM	2	74	Single earthen wire		1
75	power wire		1	76	End socket		1
77	Power switch		1	78	Over load protector		1
79	DC Motor		1	80	Incline motor		1
81	Spring line		1	82	Micro switch		1
83	Incline shortcut key		1	84	Speed shortcut key		1
85	Filter		1	86	USB-PC board		1
87	Emergency button PC board		1	88	Keyboard PC board		1
89	controller		1	90	Optical electronic sensor		1
91	Silicon oil		1	92	Small side rail		4
93	main frame assembly		1	94	Computer assembly		1
95	USB sticker		1	96	Keyboard sticker		1
97	Loudspeaker sticker		2	98	Power cord upper wire		1
99	Power cord middle wire		1	100	lower power wire		1

NO	ITEM	DEC	Q'TY	NO.	ITEM	DEC	Q'TY
101	speed shortcut key Upper wire		1	102	Speed shortcut key lower wire		1
103	Incline shortcut key Upper wire		1	104	Incline shortcut key lower wire		1
105	Handrail tube hand pulse wire		2	106	Pulse connecting wire		2
107	Panel sticker		1	108	loudspeaker		4
109	bolt	M10*45	1	110	bolt	M10*60	1
111	bolt	M8*60	1	112	bolt	M8*55	1
113	screw	M8*60	1	114	screw	M8*75	2
115	screw	M8*20	8	116	screw	M8*50	3
117	screw	M8*40	2	118	screw	M8*30	2
119	screw	M6*20	2	120	screw	M4*8	32
121	Flat washer	φ 3.2* φ 7*t 0.5	2	122	screw	ST4.0*15	8
123	nut	M5	8	124	nut	M8	12
125	nut	M10	6	126	washer	φ 11* φ 22* t2.0	6
127	Flat washer	φ 9* φ 16*t 1.6	14	128	washer	φ 9* φ 23*t 1.6	2
129	Spring washer	φ 8.1* φ 12. 3*t2.1	6	130	screw	M6*20	1
131	screw	ST3.0*8	2	132	screw	ST3.0*10	14
133	screw	M6*15	11	134	screw	M5*20	6
135	screw	M10*45	8	136	screw	BT4.0*15	48
137	screw	M2.5*8	15	138	screw	ST3.0*15	16
139	screw	M6*35	18	140	screw	M8*45	1
141	screw	M8*10	2	142	screw	M6*10	4
143	Flat washer	φ 6.6* φ 16*t1.6	4	144	screw	M8*15	12
145	screw	M10*30	4	146	screw	ST4.0*15	6
147	Meter		1	148			