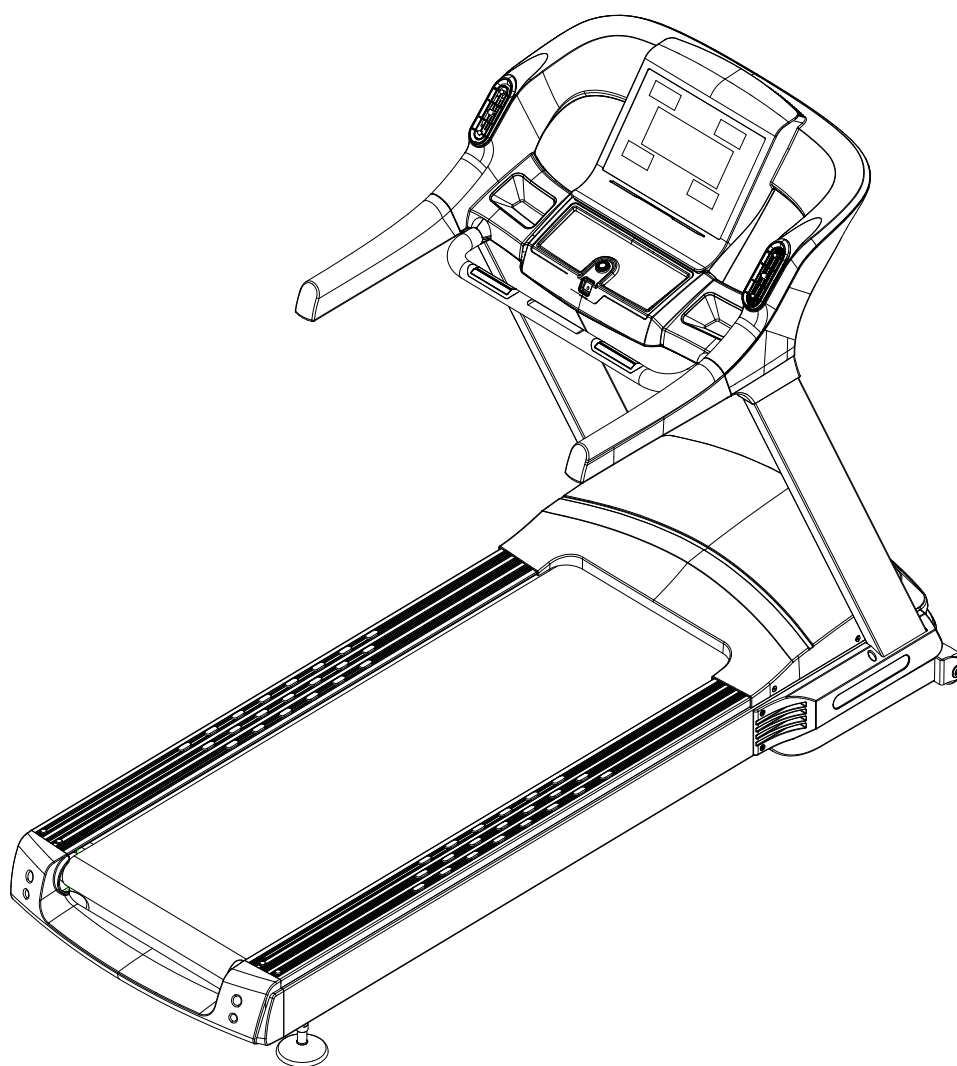

Owner's Manual Of The Motorized Treadmill



CONTENTS

SAFETY PRECAUTIONS	2
WARRANTY DESCRIPTION	3
SAFETY USE ATTENTION	4
ASSEMBLY INSTRUCTION	5-7
TECHNICAL PARAMETERS	8
GETTING START GUIDE	9-10
WARM-UP EXERCISE	10-11
OPERATION GUIDE	13-23
SAFETY EXERCISE	24
MAINTENANCE GUIDELINE	25
MAINTENANCE INSTRUCTION	26-27
EXPLODED DRAWING	28
PART LIST	29-31

SAFETY PRECAUTIONS

Warning:

In order to avoid the accident, you have to pay attention to the following operation :

1. When using the treadmill ,keep attaching the safety key clip to your clothes or belt;
2. When you are exercising, PLS swing your arms naturally, straight ahead. Don't look down at your feet;
3. PLS accelerate the speed gradually, adapt to the current speed before the acceleration ;
4. When run into emergency , press the emergency stop button or pull away the safety key;
3. When the treadmill was completely stopped leave is allowed.

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

Attention:

Please read the following instructions carefully before using the treadmill

- 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 to 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 exercise.
- 8、 Children to stay away from the machine, to avoid injury.
- 9、 The elderly, the disabled, children should be given proper care and guidance.
- 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 put on the motor protect cover, you can plug in the power. The power line plug into the power socket which should with the safety grounding line(16A), we suggest you to use over current protector to ensure the safety of the user and the treadmill.

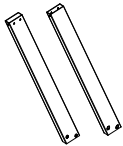
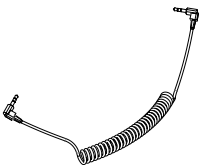
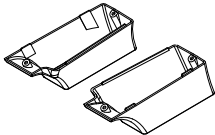
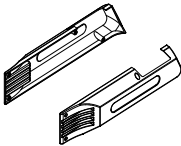
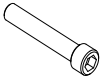
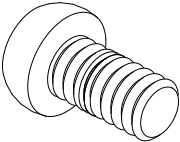
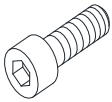
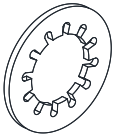
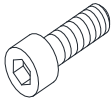
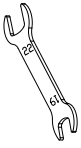
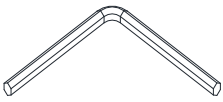
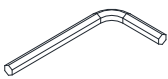
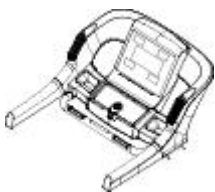
1. PLS position the treadmill on a clear, level surface. Do not place it on thick carpet as it may interfere with proper ventilation under the treadmill. Also do not place the treadmill near water or outdoor, guard against damp. if it is broken, please purchase it from distributor or connect our company directly.
2. Place the treadmill at the place where is convenient for plug in the power, do not ward off the socket on the wall.
3. Never start the treadmill while you are standing on the running belt. After turning the power on and adjusting the speed control, there maybe a pause before the running belt begins to move, always stand on the plastic checkered plate of the treadmill both sides till the belt moving.
4. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that could become caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
5. Never remove the protective cover casually, if need to open, PLS be sure to unplug the power line.
6. Keep the kids away from the treadmill during operation.
7. Always hold the handrails when initially walking or running on the treadmill until you are comfortable with the speed.
8. The treadmill is indoor equipment do not use outdoor. Don't refit the treadmill. The treadmill made by special equipment. Please do not remodel or do others.
9. Child use the treadmill must have adult on side.

If the treadmill suddenly increased in speed due to an electronic failure or the speed being inadvertently increase, the treadmill will come to a sudden stop when the safety key is disengaged from console.

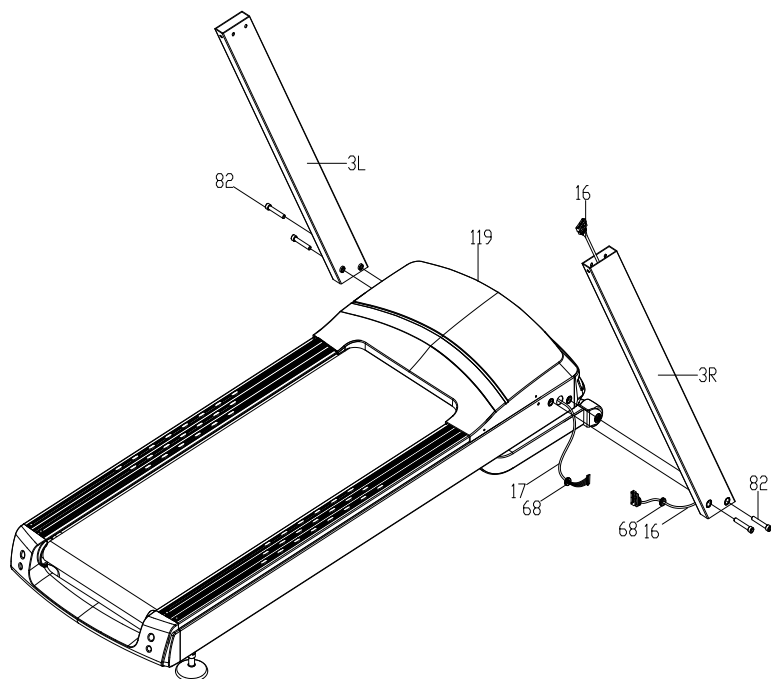
If the electronic system problems make electric treadmill sudden acceleration or electric treadmill in the automatic speed increasing, please immediately pulled out safety switch, motorized treadmill will stop immediately

ASSEMBLY INSTRUCTION

When you open the carton, you will find the below spare parts.

			
3L/R. Upright	43. spring line	56. . Safety lock	59L/R. Upright cover
			
64L/R. upright decorative cover	82. Bolt M12*70	87. Bolt M8*20	90. Bolt M6*15
			
101. Washer φ 8.4*φ 14.5*t0.8	105. Bolt M5*15	111. Silicone oil	112. Wrench 19-22
			
113. Wrench 17-19	114. Wrench	115. Wrench 10#	116. Wrench 6#
			
117. Wrench 5#	118. Wrench 4#	119. main frame	120. Computer assembly

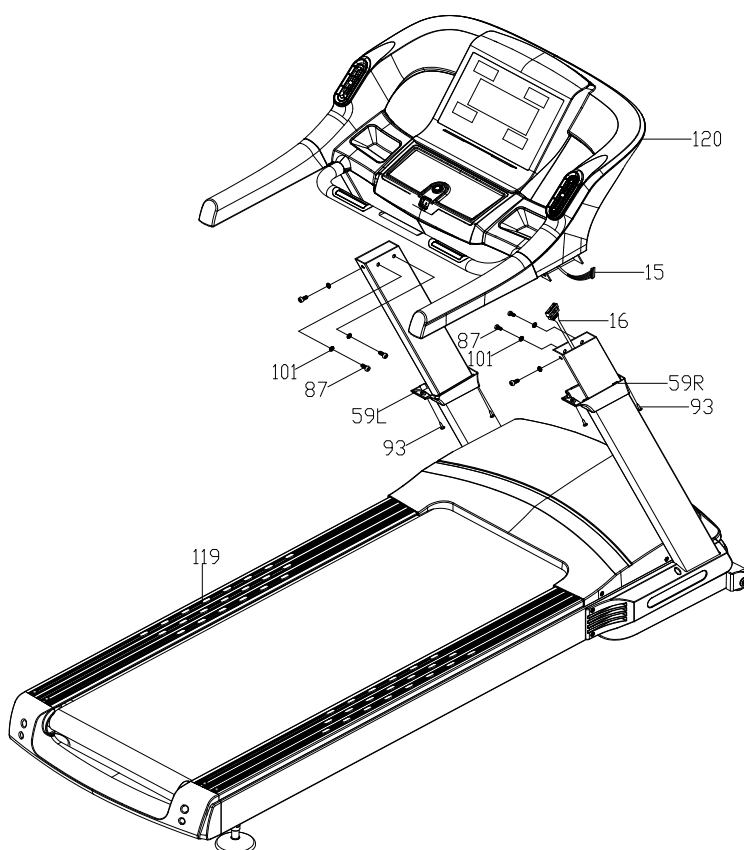
Install:



First Step:

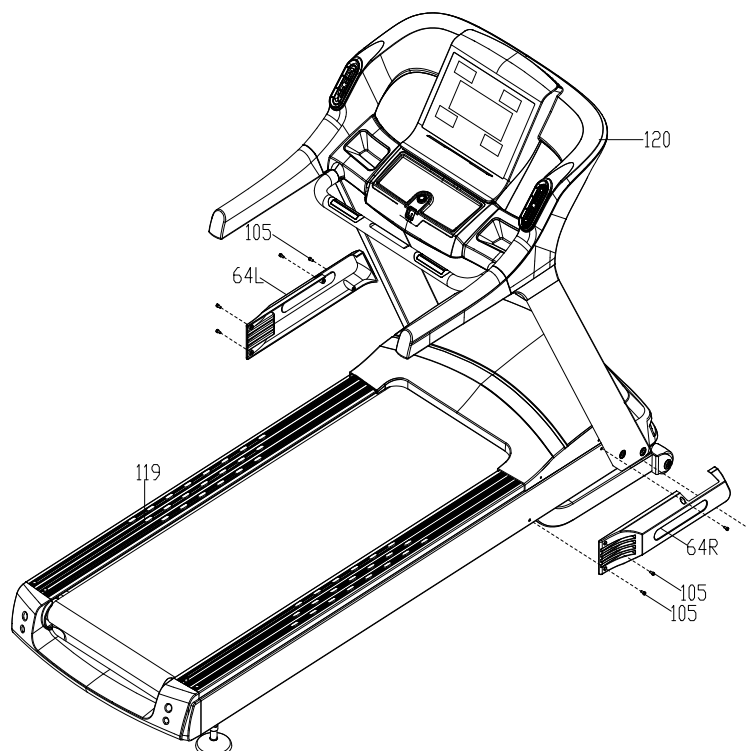
Connect the bottom wire (17) with the middle wire (16). Then put the L/R upright (3L/R) on the main frame assembly (119), fix them with bolt M12*70 (82), do not lock them tightly.

Second Step: Put the upright cover (59L/R) in the upright (3L/R). Connect the middle wire (16) with the up wire (15). Lock the computer assembly (120) on the L/R upright (3L/R) with bolt M8*20 (87) and washer $\phi 8.4 \times \phi 14.5 \times t0.8$ (101) tightly. lock the upright cover (59L/R) on the computer assembly (120) with bolt M4*15L (93) tightly.



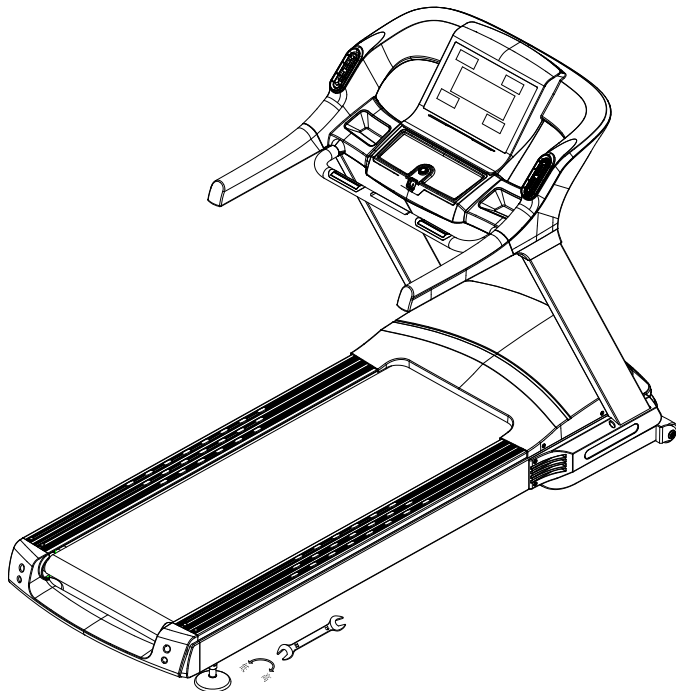
Third Step:

Lock the bolt M12*70(82)Tightly
Lock the upright decorative cover
(64L/R) on the main frame(119)
with bolt M5*10(105)



Forth Step:

As the picture show. If the treadmill
or so highly uneven. Can use the
toolkit 19-22 wrench , Fine-tuning
adjustments. Clockwise
up,Reverse the clock down.



Please note: Be sure to confirm all the above requirements after the installation,
check again not missing, can be connected to the power supply. Running
machine operation please refer to the back of the instructions carefully

TECHNICAL PARAMETERS

Assembly size(mm)	2160*880*1460mm	Speed Range	1—18Km/h
Running size(mm)	1500*520mm	Rating	AC:1500W
Incline	0-20%	Motor Spec(HP)	4.0HP (PEAK)
N.W.(kg)	145Kg	Input Volt(V)	220-240V
Max user weight	180Kg	Operating Temperature	0-28℃
Blue Single display	Speed, Time, Distance, Calories, Pulse ,Incline		
Safety Protection and Advantage	A. Magnetic safety lock(red); B.Overcurrent and overload function set in the microcomputer ; C. 4 LED function windows play, LCD display window in the middle .it's clear with no limited view-angle coverage . 1.0—18km/h speed range; D. Frequency control of motor speed way, adjust the speed is very smoothly and conveniently; E. Buffer system make the exercise natural smooth, and lowest impact for the user foot, ankle, joint and so on part. F. The overcurrent protector can protect the motor to avoid damage; G. Intelligent explosion-proof circuit can finish the function in third seconds, give the user maximal protection;		

Motor spec:

POWER		PEAK	
AC:1500W		4.0HP	
VOLTS.(V)	INS	AMPS.(A)	R.P.M
220	F	6.5	3000

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. 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 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

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. 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 uncomfortable, 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 comfortable and challenge. In order to strengthen do exercise. You can do 1 hour by this speed and add 0.3 km/h speed when you heard some business advertisements, and return the speed back when go to next program, so at this period, 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-UP EXERCISE

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

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).

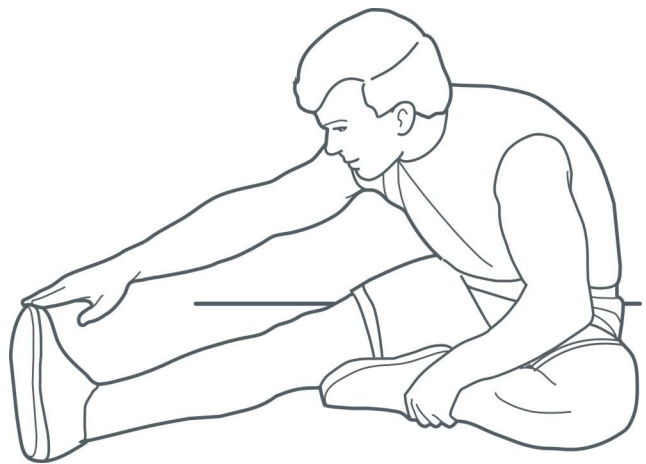
Hamstrings Stretches

Sitting on a clean cushion, put one leg straight, put the other leg 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

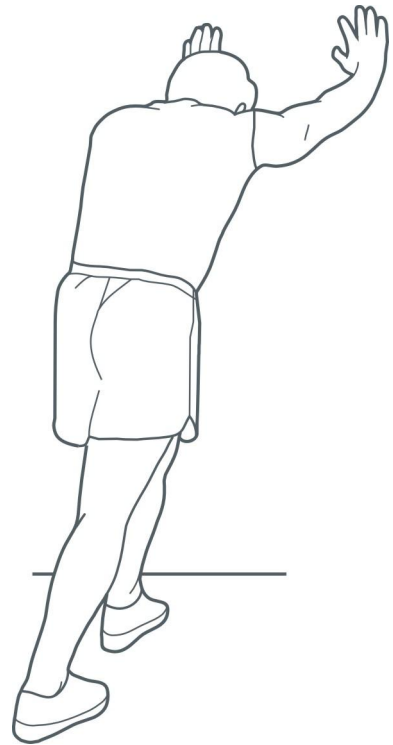
times for each leg (See picture 2).



Picture 2

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

Quadriceps Stretches

Keeping your balance with your left hand holding on the wall or table, 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

Sartorius (Inner Muscles of the Thigh) Muscle Stretches

Sitting down with your soles opposite and knees outward.

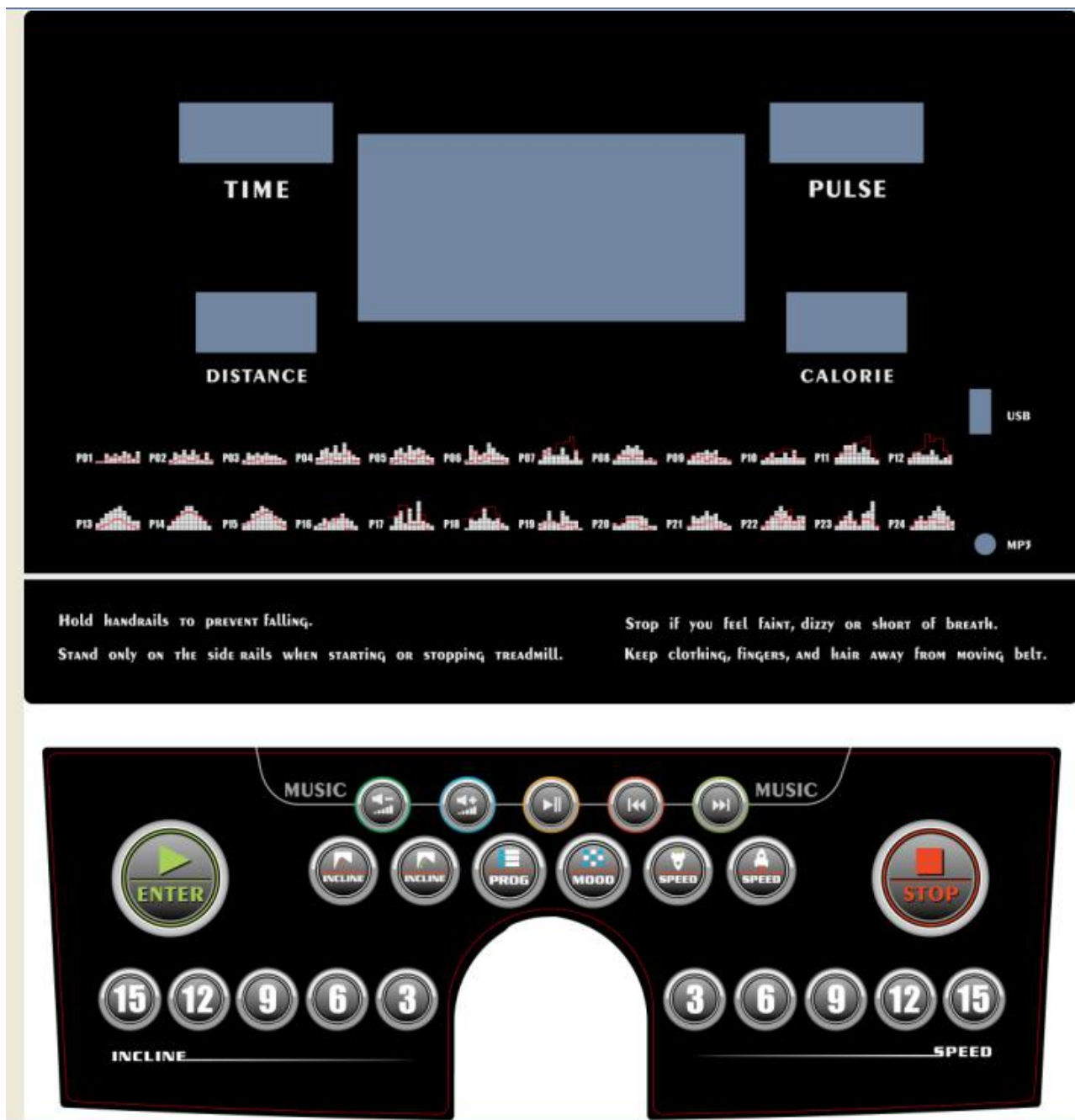
Pull feet toward groin Keep 10-15 seconds, and relax.

Repeat 3 times (**See picture 5**).



Picture 5

OPERATION INSTRUCTION



一、WINDOWS DISPLAY WINDOW:

1.LED Window (SPEED):

- 1.1 display the running speed.unit:km/h,precision:0.1;
- 1.2 display the incline, precision 0.1
- 1.3 display 400 meters circle running track ,show the position of the user on the track through the LCD Light. When there is error remind, the screen display error code.

2.Distance window(distance)

2.1display record of distance,unit:km,precision:0.1

3.Time window(time)

3.1display the date of the time,display range(0-99:59)

4.Calories window(calories)

4.1 display the calories consumed..

5.Pulse window(pulse)

display the pulse of the user.

二、 Button:

- 1.'Enter 'button: press the button to start the running belt
2. 'Stop 'button: press the button to stop the running belt
- 3.'Speed+' button: under the operating state, press the button can add the speed. in the set state, press the button can increase the set data.
- 4.'Speed-' button: under the operating state, press the button can decrease the speed. in the set state, press the button can increase the set data.
- 5.'Incline+'button: under the operating state, press the button can add the incline.
- 6.'Incline-'button: under the operating state, press the button can decrease the incline.
- 7.'Mode'button: in standby condition , Press the button can cycle select the mode: manual program(normal mode)—time countdown—distance countdown—calories countdown
- 8.'Prog'button: in standby condition, Press the button can cycle select the program: manual program-P01-P02···-P24 and user program U01-U02-U03
9. 'Speed shortcuts button
 - 9.1 speed shortcut button “3” : press this button can choose the speed 3KM/H quickly.
 - 9.2 speed shortcut button “6” : press this button can choose the speed 6KM/H quickly.
 - 9.3 speed shortcut button “9” : press this button can choose the speed 9KM/H quickly.
 - 9.4 speed shortcut button “12”: press this button can choose the speed 12KM/H quickly.
 - 9.5 speed shortcut button “15” : press this button can choose the speed 15KM/H quickly.

10. Incline shortcuts button

10.1 incline shortcut button “3” : press this button can choose the incline 3% quickly

10.2 incline shortcut button “6” : press this button can choose the incline 6% quickly

10.3 incline shortcut button “9” : press this button can choose the incline 9% quickly

10.4 incline shortcut button “12” :press this button can choose the incline 12% quickly

10.5 incline shortcut button “15” : press this button can choose the incline 15% quickly

11. 'sound -' button: when using U disk play music, press this button the volume decreases

12. 'sound +' button: when using U disk play music, press this button the volume increases

13. 'volume pause or play' button: when using U disk play music, press this button pause or play

14. 'before music ' button: when using U disk play music, press this button play the before music.

15. 'next music ' button: when using U disk play music, press this button play then next music.

三、 Computer operation instruction

1. Quick start /manual Mode

1.1 in standby condition, Press the 'enter' button, the windows show 3-2-1, , then the treadmill started. after started, the speed and incline can adjust freely at anytime base the request

1.2 Press 'stop' button, the running belt will gradually stop.

2. Countdown control mode:

in standby condition , Press the 'mode' button can select three countdown mode: time countdown—distance countdown—calories countdown;

2.1 time countdown mode

2.1.1 in standby condition, Press 'mode' button one time, can get into time countdown mode.

2.1.2 'time' Window display "30:00", press 'speed+\' can adjust the default value, adjust the amplitude is 1

2.1.3 press 'enter' button, the windows show 3,2,1", then the running belt start operate.

2.1.4 Before time countdown to end, the alarm make noise Bi-Bi-Bi , running belt stop operate.

2.2 distance countdown mode

2.2.1 in standby condition, Press 'mode' button two times, can get into distance countdown mode.

2.2.2 'distance' Window display"5.0",press 'speed+\'-'can adjust the default value, adjust the amplitude is 0.1

2.2.3 press 'enter' button, the windows show 3,2,1",then the running belt start operate.

2.2.4 Before distance countdown to end, the alarm make noise Bi-Bi-Bi ,running belt stop operate.

2.3 calories countdown mode

2.3.1 in standby condition, Press 'mode' button three times, can get into calories countdown mode.

2.3.2 'calories' Window display"100",press 'speed+\'-'can adjust the default value, adjust the amplitude is 10

2.3.3 press 'enter' button, the windows show 3,2,1",then the running belt start operate.

2.3.4 Before calories countdown to end, the alarm make noise Bi-Bi-Bi ,running belt stop operate.

3 .Program control mode

In standby condition,Press'Prog' button, can select 24 fixed program, (P1-P2-P3-P4---P24), 3 user setting program(U1-U2-U3),body fat test .

3.1fixed program P1

3.1.1 in standby condition, press'Prog' button, can get into fixed program P1

3.1.2 'time'Window display"30:00",press 'speed+\'-'can adjust the default value, adjust the amplitude is 1

3.1.3 press'enter' button,the windows show 3,2,1",then the running belt start operate.

3.2 fixed program P2-P24

Press 'Prog' button again,then can get into P2-P24.The setting way is the same as P1

FIXED PROGRAM P1-P24:

Program \ Times		SETTING TIME/ 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	12	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	12	6	3
P12	SPEED	3	5	5	4	4	6	4	2	3	4
	INCLINE	3	5	6	7	13	10	11	11	6	3
P13	SPEED	3	5	7	8	9	10	8	6	4	4
	INCLINE	1	2	3	4	5	5	4	3	2	1

Program \ Times		SETTING TIME/ 10 = EVERY GARDE TIME									
		1	2	3	4	5	6	7	8	9	10
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	12	4	3	2
	INCLINE	6	6	11	11	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	12	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

3.3. User Mode(programming model)U1

This program has the memory function.after the programming of the date will be the memory down,after the power is not lost edited.Program will automatically save to the next exercise.

Users can according to need,10 small pieces in the process of the a short period of editing ,the speed of each segment value and the slope the degree of value can be set.Programming method is as following:

3.3.1 press 'mode' button again,get into U1

3.3.2 'time'Window display"30:00",press 'speed+\'-can adjust the default value,adjust the amplitude is 1

-
- 3.3.3 Press 'Mode' button to the first small pieces of the speed and the slope date programming.
 - 3.3.4 Press 'speed+/-' button adjust the default value of the speed, Press 'incline+/-' button adjust the default value of the slope,
 - 3.3.5 Press 'mode' button to finished the settings of the first period and enter into the next small pieces of the speed and the slope date programming.
 - 3.3.6 After finished 10 period, press 'enter' button, the windows show 3,2,1", then the running belt start operate

3.4 User mode (programming model) U2-U3

Press 'Prog' button again, can get into U2-U3, the setting and use way is the same as U1

3.5 . BODY FAT TEST :

- 3.5.1 At the standby state, press the "PROGRAM" button to select the "FAT" (Body fat test mode) ; Window display "FAT", Incline window display "F-1", F-1 — sex, 0 (male), 1 (female), press "speed+/-" button to adjust the data.
- 3.5.2 Press the "MODE" button to the next turn, entering "F-2", F-2 — age , press "speed+/-" button to adjust the data.
- 3.5.3 Press the "MODE" button again, entering "F-3", F-3 — height, press "speed+/-" button to adjust the data.
- 3.5.4 Press the "MODE" button again, entering "F-4", F-4 — weight, press "speed+/-" button to adjust the data.
- 3.5.5 Press the "MODE" button again, entering "F-5", when the speed window display "---" you have enter into the body fat test procedure . Grasp the hand pulse , the speed window will display the body fat data
Body mass index (BMI) is a measure of personal relationship between height and weight, not body scale. Fat is suitable for any of the male and female, together with other health indicators for people to adjust weight basis. Ideal BMI should be between 20 to 25, if less than 19 means too thin, if between 25 and 29 is overweight, if beyond 30 are considered obese (The data is just for reference, can not be medicinal data)

F-1	sex	0-male	01-female
F-2	age	10-99	
F-3	height	100-200	
F-4	weight	20-150	
F-5	BMI	≤ 19	thin
		$= (20 \text{---} 25)$	normal
		$= (25 \text{---} 29)$	overweight
		≥ 30	obesity

3.6 Slope correction mode

Press 'speed+', 'speed-', 'incline+', 'incline-' 4 buttons together, three seconds will automatically get in to slope correction mode. after the slope correction finished, will in standby condition.

4. Simple troubleshooting methods:

4.1 fault description: Er-1 power on, no reaction in the computer

Fault processing:

4.1.1 check the line in the computer

4.1.2 check the connection line between the computer and the controller

4.2 fault description: Er-2 incline system failure

Fault processing:

4.2.1 check the signal line of the incline motor

4.2.2 check the incline motor if it is damaged

4.2.3 check the controller if it is damaged

4.3 fault description: Er-3 over-voltage protection

Fault processing:

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

4.4 fault description: Er-4 over-current protection

Fault processing:

-
- 4.4.1 check whether treadmill moving parts stuck
 - 4.4.2 check whether lack of requests,if the lack of the requests,can make the running friction between the running belt and the running board;
 - 4.4.3 check whether the running belt or running board is worn
 - 4.4.4 check whether controller or motor damage.

4.5 fault description: Er-5 over-current protection

Fault processing:

- 4.5.1 check whether treadmill moving parts stuck
- 4.5.2 check whether lack of requests,if the lack of the requests,can make the running friction between the running belt and the running board;
- 4.5.3 check whether the running belt or running board is worn
- 4.5.4 check whether controller or motor damage.

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

Fault processing:

- 4.6.1 check the connection of the motor. check the wires and the plug. make sure the connection is well
- 4.6.2 check whether controller or motor damage

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

Fault processing:

- 4.7.1check the line in the computer
- 4.7.2 check the connection line between the computer and the controller

4.8 fault description:SAFE ,Safe lock fault

Fault processing:

- 4.8.1check whether the safe lock on the right place
- 4.8.2 check whether the plug of magnetic reed switch well

4.9 fault description: No display in the computer

Fault processing:

- 4.9.1 check whether there is power outlet

4.9.2 check whether the power switch on the treadmill open

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

A. Running parameter display and setting range:

	Default value	Setting default value	Setting Range	Display Range
TIME(M:S)	0:00	30:00	5:00-99:00	0:00-99:59
SPEED(KM/H)	0.0	N/A	N/A	1.0—18.0
INCLINE (SECTIONS)	0	N/A	N/A	0—20
DISTANCE(KM)	0.0	5.00	0.50—99.90	0.00—99.99
CALORIES(KCL)	0	100.0	10.0—999.0	0.0—999

B. Safety lock function:

The window shows “SAFE” when take away the safety lock and the treadmill will stop quickly with the short sound Bi-Bi-Bi. and all the button useless.

C. Power saving mode:

When treadmill stops and no actions for more than 10 minutes, the system will shut down the display and going into POWER SAVING state. Press any key to wake it up.

D. 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.

E. USB Function(customized):

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

F. Shutdown:

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

G. 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 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	walking quickly 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
Speed14.5-18.0 km/h	excellent runner.

ATTENTION

It is suitable for walker to choose less than or equal to 6 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 pulled out the treadmill's power plug before cleaning or maintain the product.

CLEANING

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

Keep treadmill clean by dusting regularly. Be sure to clean the exposed part on both side of the walking belt and also the side rails. Make sure the shoes are clean ,This reduces the build up of foreign material underneath the running belt. The top of the belt need cleaned with a wet, soapy cloth. Be careful to keep liquid away from the electrical components and underneath the running belt.

WARNING

Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

Running belt and the special lubricating oil of the motorized treadmill

This treadmill's running belt and deck are equipped with a pre-lubricated, low maintenance deck system. 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.

We recommend lubrication of the deck 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.

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.

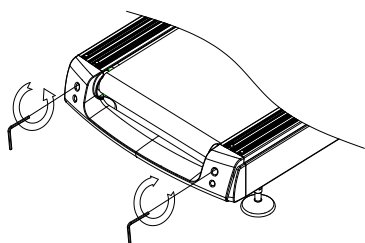
2. The loose running belt will lead slip when you are running; the tighten running belt will affect the performance of the motor, also can add the wear of the rollers. The perfect condition is the belt can be lift from the running deck about 50-75mm

Belt Middle Placement and Tightness Adjustment

It is very necessary to adjust the belt to a good condition for the better use of the treadmill

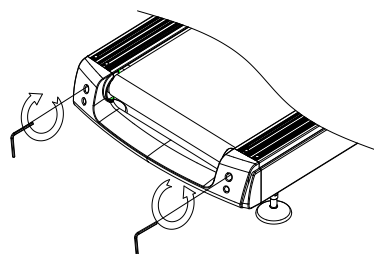
Belt Adjustment:

- Place treadmill on a level surface.
- Make the treadmill run at 6-8km/h.
- If the belt has drifted to the right . With the right adjusting bolt clockwise rotation 1/2laps, then with the left adjusting bolt anticlockwise 1/2 laps **AS PICTURE A**
- If the belt has drifted to the left . With the left adjusting bolt clockwise rotation 1/2laps, then with the right adjusting bolt anticlockwise 1/2 laps **AS PICTURE B**



PICTURE A

(the belt drift to the right)



PICTURE B

(the belt drift to the left)

Ploy V-Belt Adjustment

The ploy V-Belt will gradually relax and change the shape after a long time use and you need to adjust it for the safety use. **Judgment method:** Open the motor cover, then let the treadmill work at the speed of 1km/h. Stand on the running belt and move together with it, hang on to the handrail foam and try your best to press the running belt with your feet.

(We suggest the user judgment by your own 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 front roller doesn't stop, the running is a little loose, then you need to adjust the running belt (see the "belt adjustment");
- C** If the running belt and front roller stop when press the running belt, the motor still run, the motor belt is flabby, you need to adjust it.

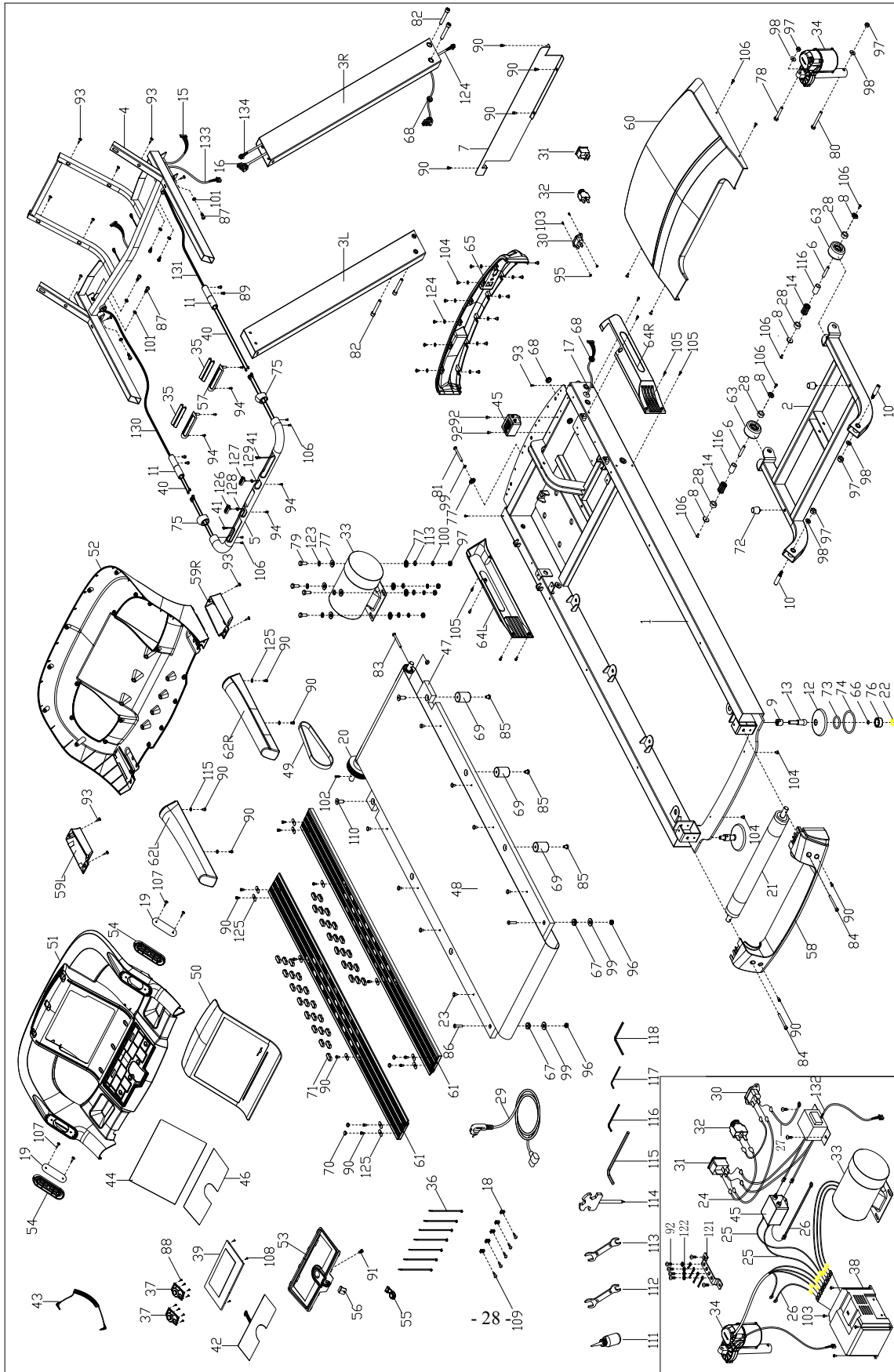
ADJUST ME THOD

Step 1: Close the power, then open the motor cover.

Step 2: Unscrew the four bolts of motor and adjust the threaded bar . If you can use hand to reverse the motor belt by 100%or more, then the motor belt is too flabby. It should be adjusted tightly. If you can reverse the motor belt about 80%, then the motor belt is just right. There is no need to adjust it.

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

EXPLODED DRAWING



PART LIST

NO.	ITEM	DESCRIPTION	Q'TY	NO.	ITEM	DESCRIPTION	Q'TY
1	Main frame		1	24	Single wire	16A,L150mm,W/6mm wire plug,w/2 pcs PC250 insulating bush	3
2	Incline bracket		1	25	Single wire	16A,L300mm,W/6mm wire plug,w/2 pcs PC250 insulating bush	2
3	L/R Upright		2	26	Single earth wire	16A,L200mm,W/6mm wire plug,w/1 pcs PC250 insulating bush w/ ϕ 5.1pad	2
4	Computer bracket		1	27	Single earth wire	16A,L300mm,W/6mm wire plug,w/2 pcs PC250 insulating bush	1
5	Handrail elbow		1	28	Distance sleeve		4
6	Transporting wheel axis		2	29	Power wire		1
7	Controller baffle		1	30	Tail socker		1
8	Transporting wheel screw cover		4	31	Power switch		1
9	Joint bearing nut		2	32	Overload protector		1
10	Incline connecting shaft		2	33	AC motor		1
11	Handrail connecting tube		2	34	incline motor		1
12	Adjust foot pad		2	35	Handpulse sheet steel		4
13	Universal joint		2	36	Cable ties		7
14	bearing		2	37	speaker		2
15	Up wire of computer	900mm	1	38	controller		1
16	middle wire of computer	1150mm	1	39	computer core		1
17	bottom wire of computer	300mm	1	40	Hand pulse Upper wire		2
18	Binding wire with a fixed seat		5	41	Hand pulse bottom wire		2
19	Speaker net	Net board T0.5*44*135	2	42	button film board		1
20	Front roller	ϕ 20*645 ϕ 67*550	1	43	MP3 line		1
21	Rear roller		1	44	Face map		1
22	Inner spring	w/ ϕ 35 *D37.8*t1.8mm	2	45	filter		1
23	Stopple G		8	46	Button board sticker		1

NO.	ITEM	DESCRIPTION	Q'TY		NO.	ITEM	DESCRIPTION	Q'TY
47	Running board		1		74	O-shaped Ring		2
48	Running belt		1		75	Handrail decorative sheathing		2
49	Multi-slot Belt		1		76	Joint pad screw set		2
50	Computer panel		1		77	Anti static screw set		9
51	Computer top cover		1		78	bolt	M10*45	1
52	Computer bottom cover		1		79	bolt	M10*35	4
53	Button Board		1		80	bolt	M10*60	1
54	Speaker net fixed part		2		81	bolt	M8*70	1
55	Emergency stop button		1		82	bolt	M12*70	4
56	Safety lock		1		83	bolt	M8*60	1
57	Hand pulse		2		84	bolt	M8*75	2
58	Rear end cap		1		85	bolt	M12*15	6
59	L/R decorative cover of computer		1		86	bolt	M8*40	2
60	Motor top cover		1		87	bolt	M8*20	6
61	edgings		2		88	Tapping screw	ST3.0*8	8
62	L/R handrail		2		89	bolt	M6*10	4
63	Transporting wheel		2		90	bolt	M6*15	18
64	L/R upright decorative cover		1		91	bolt	M6*12	1
65	Front decorative cap		1		92	bolt	M4*8	10
66	O-shaped Ring		2		93	Tapping screw	ST4.0*15	42
67	Running board shock pad		2		94	Tapping screw	ST4.0*15	6
68	Ring plug		4		95	nut	M4	2
69	bumper		6		96	nut	M8	2
70	Screw plug hole		4		97	nut	M10	8
71	Oval non-slip mat		42		98	washer	φ 11* φ 20*t2.0	4
72	Supporting bumper		2		99	washer	φ 9* φ 24*t1.6	3
73	O-shaped Ring		2		100	washer	φ 10.2* φ 18.8*t3	4

NO.	ITEM	DESCRIPTION	Q'TY		NO.	ITEM	DESCRIPTION	Q'TY
101	washer	φ 8.4* φ 14.5*t0.8	6		119	Main frame		1
102	bolt	M6*30	1		120	Computer assembly		1
103	bolt	M4*15	6		121	Ground base		1
104	bolt	M6*10	14		122	Spring washer	M4	4
105	bolt	M5*15	8		123	washer	φ 11* φ 16*t1.6	4
106	bolt	M6*12	12		124	washer	φ 6.6* φ 16*t1.6	8
107	Tapping screw	ST4.0*12	4		125	washer	φ 6.6* φ 11.8*t1.6	14
108	bolt	M2*8	4		126	Incline shortcut key		1
109	bolt	M4*10	5		127	Speed shortcut key		1
110	bolt	M12*35	4		128	Upper line of incline shortcut key		1
111	silicon		1		129	Upper line of speed shortcut key		1
112	wrench	19-22	1		130	lower line of incline shortcut key		1
113	wrench	17-19	1		131	Lower line of speed shortcut key		1
114	wrench		1		132	transformer		1
115	wrench	M10*50*225L	1		133	Upper line of transformer		1
116	wrench	M6*80*80L	2		134	lower line of transformer		1
117	wrench	M5*33*155L	1		135	Pressure side of edge		12
118	wrench	M4*25*145L	1					