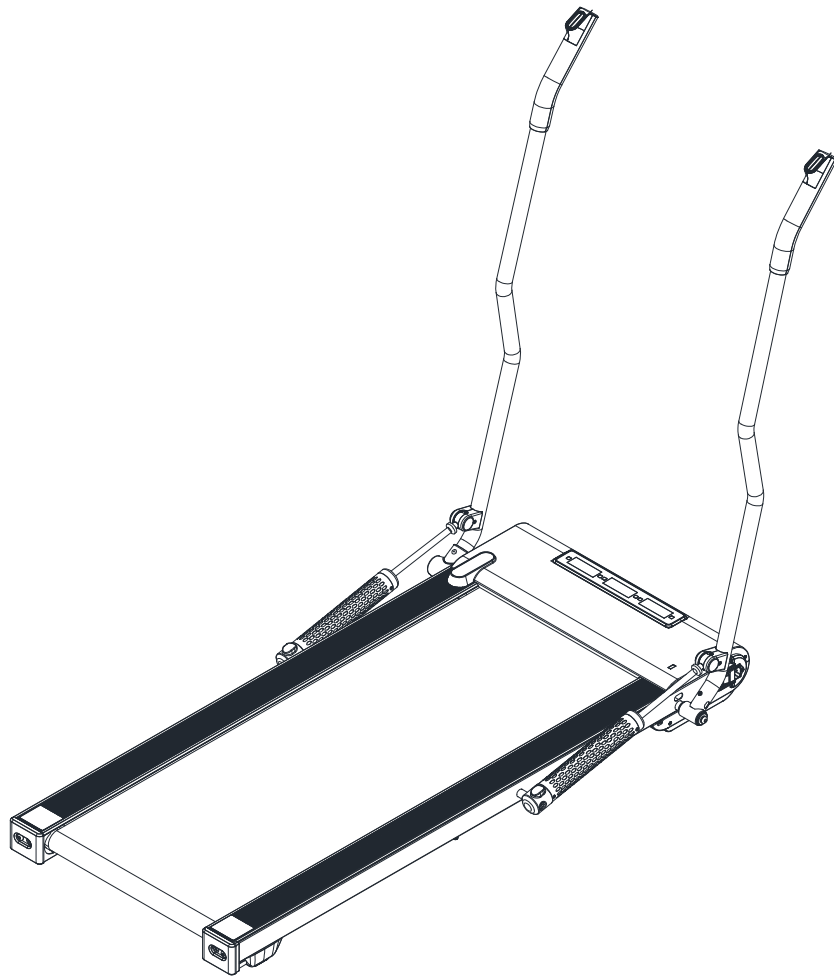

Owner's Manual Of The Motorized Treadmill



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SAFETY PRECAUTIONS

Warning:

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

1. When you use motorized treadmill, must hold handrails with your both hands.
2. When you are exercising, PLS swing your arms naturally, straight ahead. Don't look at your feet;
3. PLS accelerate the speed gradually, adapt to the current speed before the acceleration;
4. When the treadmill was completely stopped leave is allowed.
5. When run into emergency, press left stop button quickly, step on the both sides edgings, or jump out from either side.
6. When place the treadmill, there should be safety distances of 0.5 meter on the left side and right side of the treadmill (there should be no obstacle in 0.5 meter to the handlebars on both sides), 1 meters to the end (there should be no obstacle in 1 meter to the treadmill end).
7. Do not plug anything into any parts of this fitness equipment, or it may damage.
8. 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.
9. 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.
10. Do not wear long, loose fitting clothing when you exercise, in case it may get caught in the treadmill. Usually you need to wear sports shoes with rubber soles.
11. Keep the kids or pets away from the treadmill during using.
12. Do not exercise in 40 minutes after meal.
13. This treadmill is only for adults, .
14. The treadmill is indoor equipment, do not use outdoor, Should place the treadmill in the clean and level place, do not place the treadmill at the moist places, The treadmill is made for special use, Please do not remodel or refit for other use.

15.The treadmill power line is for special use, if the power line is damaged, please purchase from the distributor, or contact our company directly.

16.Do not wire the power cord in the middle, or prolong the power line or change power plug, or put heavy staff on the power line, or place the power line near high temperature heat source, do not use patch board, or it may cause loose contacts ,and cause fire accident, or electric shock.

17.Please cut off the treadmill power when you do not use the treadmill. When you cut off the power, do not pull the power line, you need to hold the power plug and pull away, in case the core cable in the power line gets broken.

18.This treadmill is only for home use.

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

Attention:

Please read the following instructions carefully before you use 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.
 - 4、 Wearing sports suits and shoes before you start exercise.
 - 5、 Do warm-up exercise to avoid injury.
 - 6、 People who suffering from hypertension should consult doctor before start the exercise.
 - 7、 Children should stay away from this machine, to avoid injury.
 - 8、 The old 、 kids、 disabled people should be given care、 guidance 、 supervision.
- (We are not responsible for any malfunction or injury caused by the above reasons)

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.

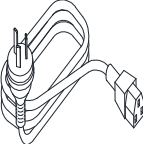
SAFETY USE ATTENTION

Only the treadmill had finished the installation and put on the motor protect cover, you can plug in the power. Put the power line plug into the power socket which should be with the safety grounding line(10A), we suggest fit on over current protector to ensure the safety of the user and the treadmill.

1. Place the treadmill at the place where is convenient for plug in the power, do not ward off the socket on the wall.
2. Never remove the protective cover casually, if need to open, PLS be sure to unplug the power line.

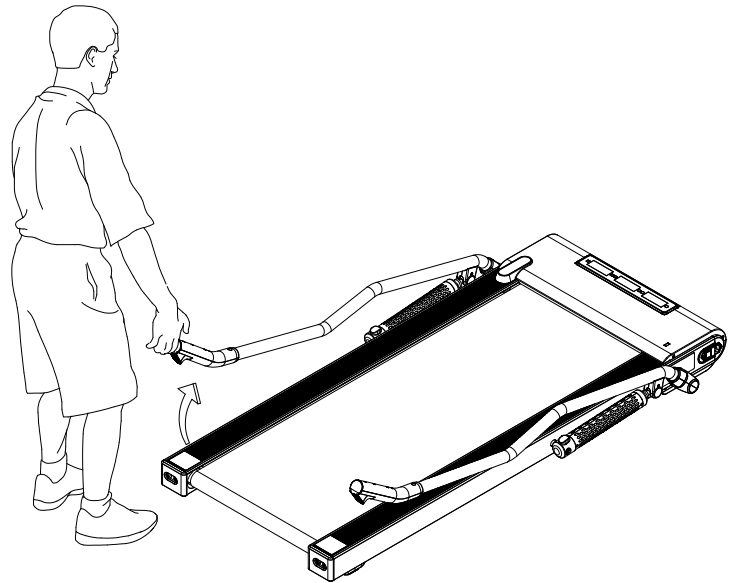
ASSEMBLY INSTRUCTION

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

		
36.Silicone oil	81.Power line	

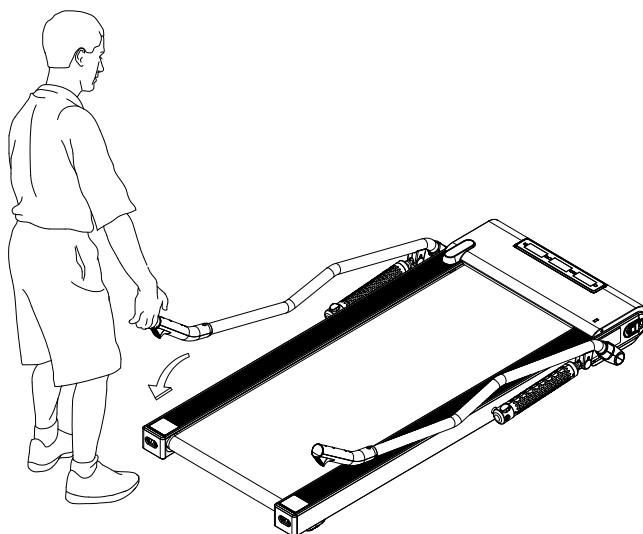
Install:

First Step:Lift the uprights upward according to the arrow direction in the picture.



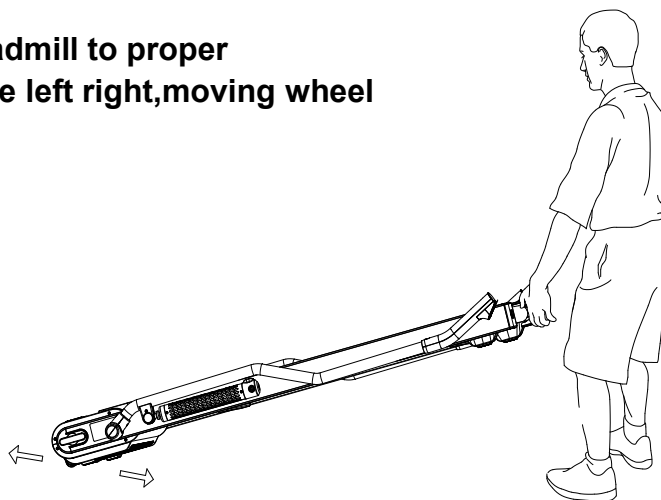
Notice:You can only plug in the power,after the confirmation that treadmill is assembled completely according to the assemble requirements and there is nothing missing.Please read carefully corresponding instructions on the later part of this manual,when you operate and use the treadmill.

Close and open instruction:



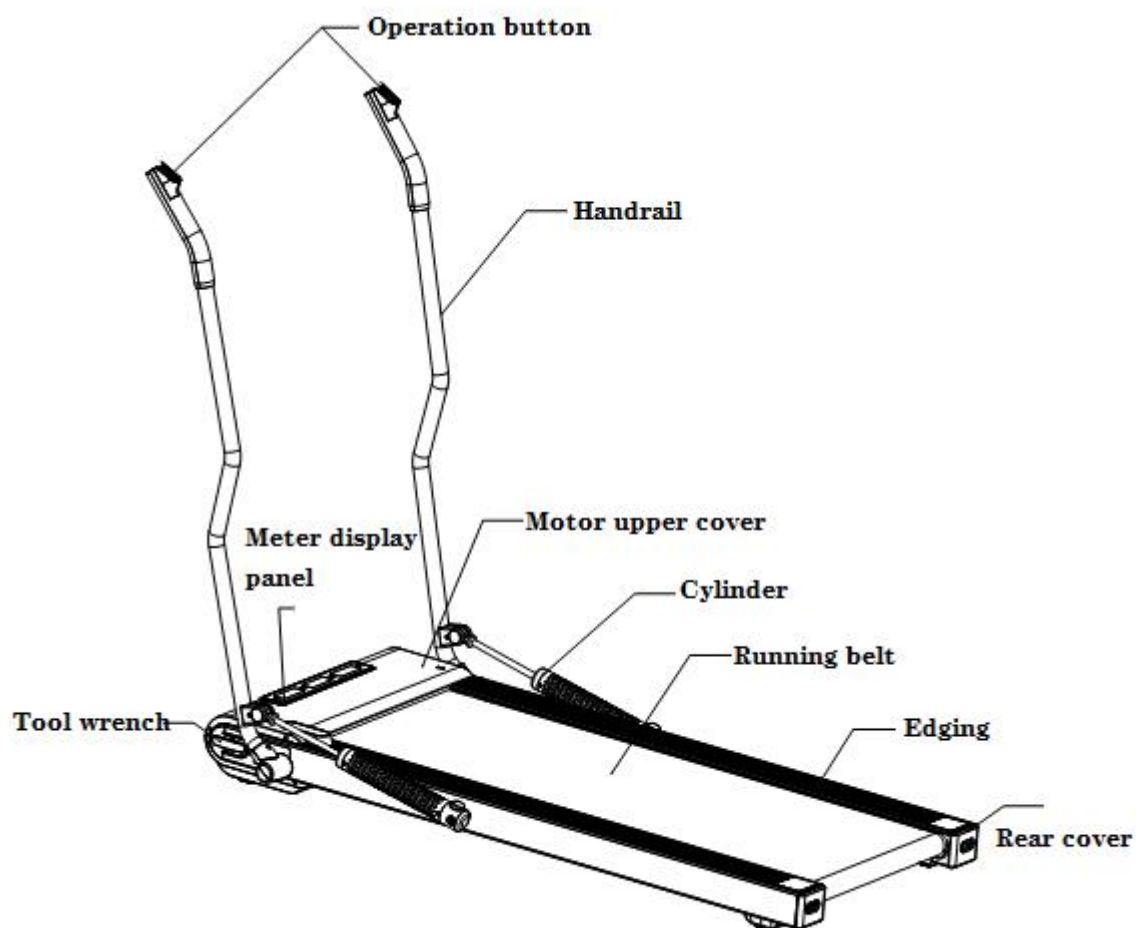
First step:Close the uprights according to the arrow direction in the picture.

After the above steps,move the treadmill to proper position,supporting wheel can move left right,moving wheel can move back and forth.



TECHNICAL PARAMETERS

Assembly size(mm)	1470mm(L)*770mm (W) *1300mm (H)	Speed Range	0.5—6km/h
Folded standing size(mm)	1470mm(L)*770mm (W) *140mm (H)	Motor Spec(HP)	0.75HP
Running size(mm)	450mm*1205mm	Input Volt(V)	220-240V
N.W.(kg)	38kgs	Rating	560W
Grade	HB	Operating Temperature	0-28℃
Max user weight	100kgs		
Blue Single display	Speed, Time, Distance, Calories, Pulse		
Safety Protection and Advantage	A. microcomputer controller; Over current and overload function set in the system; B.LED screen display, meter display clearly, no effect on any angle of view .0.5—6km/h speed range; C.Buffer system make the exercise natural and smooth, at the same time lower the impact to the user's foot, ankle, joint and other parts. D.The over current protector can only continue to function, when manually reset, which can protect the motor from damage; E.Intelligent explosion-proof circuit can finish the function in 0.3 seconds, give the user maximal protection;		



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, 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 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, not a one night magic.

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.

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. Warm up 5 minutes by 4--4.8 km/h speed, then add 0.3 km/h per 2 minutes increasing speed, until you feel it a challenge to do 45mins exercise continually. 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. so as not to carry the object into the running belt and running board to wear the running board and running belt. Please wear comfortable suitable sports clothes

WARM-UP EXERCISE

Warm prompt:

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

Reach Down

Knees slightly bent and body slowly bent forward, relax back and shoulders, try to touch the toes. Keep it for 10-15 seconds, and relax. Repeat it 3 times .(See picture 1).



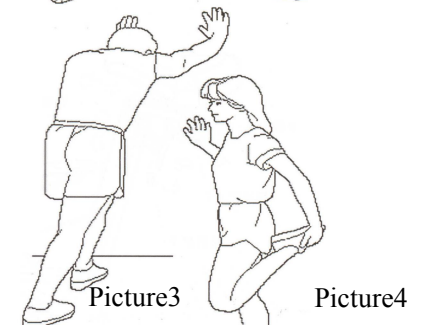
Hamstrings Stretches

Sitting on a clean cushion, put one leg straight, put the other leg inward, put it close to the inside of the straight leg. Try your best to touch the toes by hand, keep it for 10~15 seconds, then, relax. Each leg do it three times. (See picture 2)



Crus and Feet heel Tendon Stretches

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



Quadriceps Stretches

Keeping your balance with your left hand holding on the Wall or table, then stretch your right hand backwardly ,hold your ankle ,pull it toward your buttocks slowly, until you feel very tense in the front muscle of your thigh. Keep 10-15 seconds, and relax. Repeat 3



OPERATION INSTRUCTION



One、windows display:

-  Time/Calorie window: when exercise, display switches between time  and calorie , time  range is 0: 00-99: 59, when overflow, reset to 0 and start again; calorie  range is 0-9999, when overflow, reset to 0 and start again.
-  Distance/step window : when exercise, display switches between distance  and step , distance  range is 0.00-99.90 , when overflow, reset to 0 and start again; step  range is 0-9999, when overflow, reset to 0 and start again
-  speed window: when exercise ,display current speed value, speed display range is: 0.5-6.0KM/h.

Two、key functions

-  Start/stop: at standby mode, press this button once, treadmill starts to run, at operation status, press this button, treadmill stops.
-  Speed+: when running, press this button, treadmill speed increase 0.1
-  Speed-: when running, press this button, treadmill speed decrease 0.1

Three、Monitor

Monitor matching:

First shut down the treadmill,when turn On the power,press right side handrail “slow down” shortcut button and do not Let go.when hear two”DI DI” sound,it Means it is matched successfully.



Four、 operation during the exercise

- 1、 Connect the power,the meter make a long sound,after 2 seconds,enter standby mode,pressing start button starts the button,operate at lowest speed,time,calorie,distance and step start to count,can change current speed according speed+ and speed-.
- 2、 At standby status,long press speed -,the buzzer make a long sound,can match code for monitor of the same model number , pressing any button of the monitor can match code.After code matched,the other monitor of the same model number can not controller this treadmill.

Five、 error code reminders.

error code

- 1.meter board does not receive signal.
- 2.Er 3: Over voltage
- 3.Er 4: IGBT short circuit
- 4.Er 5: Over load
- 5.Er 6: Motor lose contact
- 6.Er 7: Main board does not receive signal
- 7.Er 13: Over current
- 8.Er 14: Overload short circuit

Six、 Shutdown:

You can turn off the power to shutdown the treadmill any time. This will not damage the treadmill.

Seven、 Attention:

- 1.Check the power is sure a valid state before start do exercise.
- 2.When run into emergency,press stop button, treadmill will quickly slow down to stop.The treadmill reset,waiting for the instruction input.
- 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 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 when you choose 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 14.5-18.0 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

Cleaning

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

Keep treadmill clean by dusting regularly. Be sure to clean the exposed part on both sides of the running 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

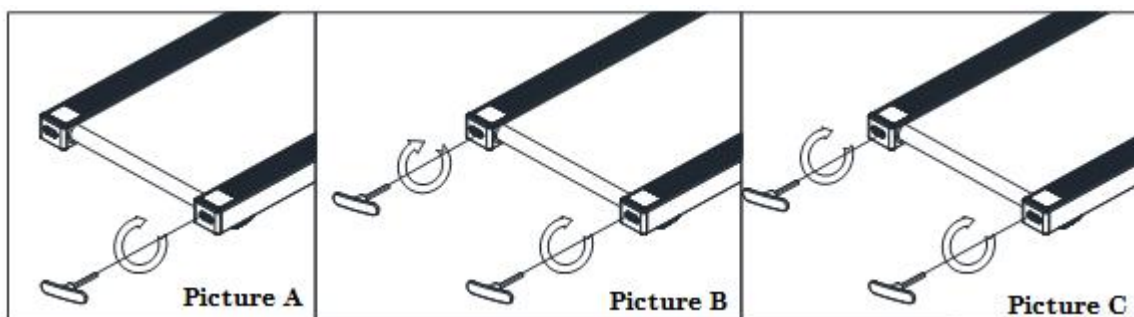
It is very necessary to adjust the belt to the best condition for the better use of the treadmill and the treadmill can work better.

Belt Middle Placement

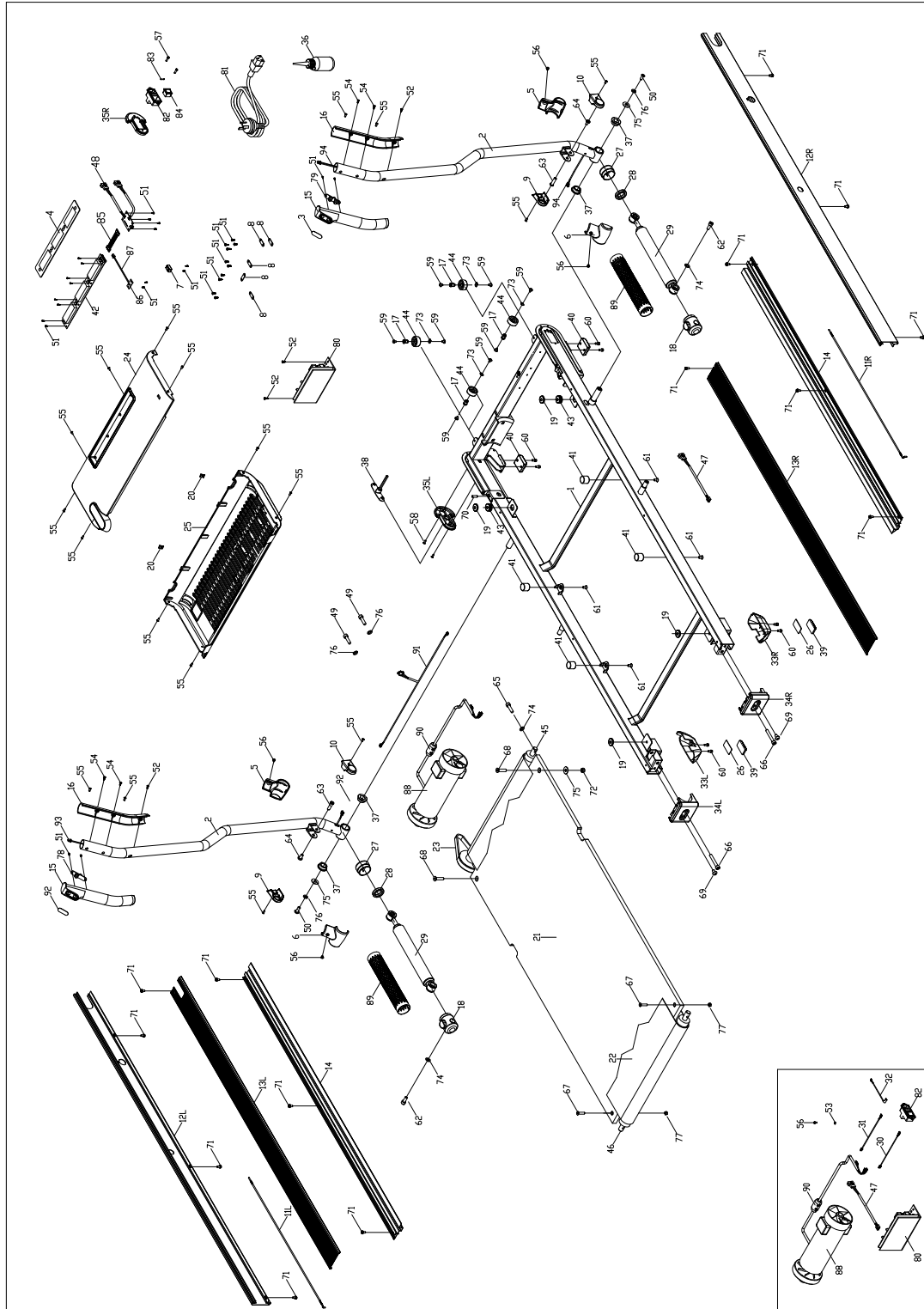
- Put the motorized treadmill on the level ground.
- Let the treadmill run at the speed of 26Km/h, observe the running belt deviating condition.
- If the running belt deviate to the right, press the stop button and unplug the power, turn the right side adjusting bolt clockwise by 1/4 circle, plug the power, press then start button, 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, press the stop button, unplug the power, turn the left adjusting bolt clockwise by 1/4 circle, plug the power, press start button, 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.

Press the stop button, power switch, and turn the left and right adjusting bolt clockwise by 1/4 circle, plug power, press start button, 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.**



EXPLODED DRAWING



PART LIST

NO.	ITEM	DESCRIPTION	Q'TY		NO.	ITEM	DESCRIPTION	Q'TY
1	Main Bracket		1		25	Motor under cover		1
2	Handrail tube		2		26	Rear supporting foot plate twin adhesive	T1.0*23.4*43.9 L	2
3	Speed shortcut key sticker		1		27	Cylinder oil cup	φ 45*28.5	2
4	Acrylic panel		1		28	Cylinder rubber cover	φ 42.5*20.5	2
5	Upper swing handrail decorative cover		2		29	Cylinder	φ 38	2
6	Under swing handrail decorative cover		2		30	Single wire (red)	200mm	1
7	Signal light fixing seat		1		31	Single wire (black)	200mm	1
8	Wire compression plate		5		32	Single grounding wire	400mm	1
9	Left cylinder decorative cover		2		33L/R	Supporting foot pad decorative cover L/R		2
10	Right cylinder decorative cover		2		34L/R	Rear cover L/R		2
11L/R	Edging fixing hook		2		35L/R	Edging decorative topple L/R		2
12L/12R	Aluminum side edging L/R	22*75*1397L	2		36	Silicone oil		1
13L/13R	Edging inserting plate L/R	7.4*79.7*1243L	2		37	Topple		4
14	Edging	73.9*16.7*1173 L	2		38	Wrench		1
15	Hand bar upper cover	261*70*39	2		39	Rear bracket supporting pad		2

NO.	ITEM	DESCRIPTION	Q'TY		NO.	ITEM	DESCRIPTION	Q'TY
16	Hand bar lower cover	250*50*39	2		40	Front bracket supporting pad		2
17	Supporting wheel axis		4		41	Cushion		4
18	Cylinder decorative topple		2		42	Meter		1
19	Running board washer	Φ 27.5*Φ 8.5*t3.0	4		43	Running board cushion		2
20	M4 nut clipper		2		44	Supporting wheel		4
21	Running board		1		45	Front roller		1
22	Running belt		1		46	Rear roller		1
23	Multi-groove belt		1		47	Lower signal wire		1
24	Motor upper cover		1		48	Adapter		1
49	Screw	M8*12	2		73	Circlip	φ 10	4
50	Screw	M8*20	2		74	Washer	φ 9* φ 16*t1.6	3
51	Screw	M3*8	30		75	Washer	φ 9* φ 23*t1.6	4
52	Screw	M4*15	4		76	Spring washer	φ 8.1*φ 12.3*t2.1	4
53	Washer	φ 4.1* φ 4.4*t1.0	1		77	Nut	M6	2
54	Screw	M4*15	4		78	Start stop keyboard		1
55	Screw	M4*12	16		79	Speed +/- keyboard		1
56	Screw	M4*8	5		80	Controller		1
57	Screw	M4*15	2		81	Power cord		1
58	Screw	M4*10	2		82	Power switch seat		1
59	Screw	M5*8	8		83	Fuse		1
60	Screw	M5*10	8		84	Switch		1
61	Screw	M6*12	4		85	Adapter connecting wire		1
62	Screw	M8*20	2		86	Signal light PC board		1

NO.	ITEM	DESCRIPTION	Q'TY		NO.	ITEM	DESCRIPTION	Q'TY
63	Screw	M8*28	2		87	Signal light connecting wire		1
64	Screw	M6*12	2		88	DC Motor		1
65	Screw	M8*45	1		89	Cylinder web cover	φ 45*T1.0*427L	2
66	Screw	M8*55	2		90	Magnetic ring		1
67	Screw	M6*25	2		91	Lower speed +/-/start stop handrail wire	800mm/450mm	1
68	Screw	M8*32	2		92	Start shortcut sticker		1
69	Screw	M8*12	2		93	Upper start stop handrail wire	1300mm	1
70	Screw	M6*30	1		94	Upper speed +/- handrail wire	1300mm	1
71	Screw	M5*10	14		95			
72	Nut	M8	2		96			