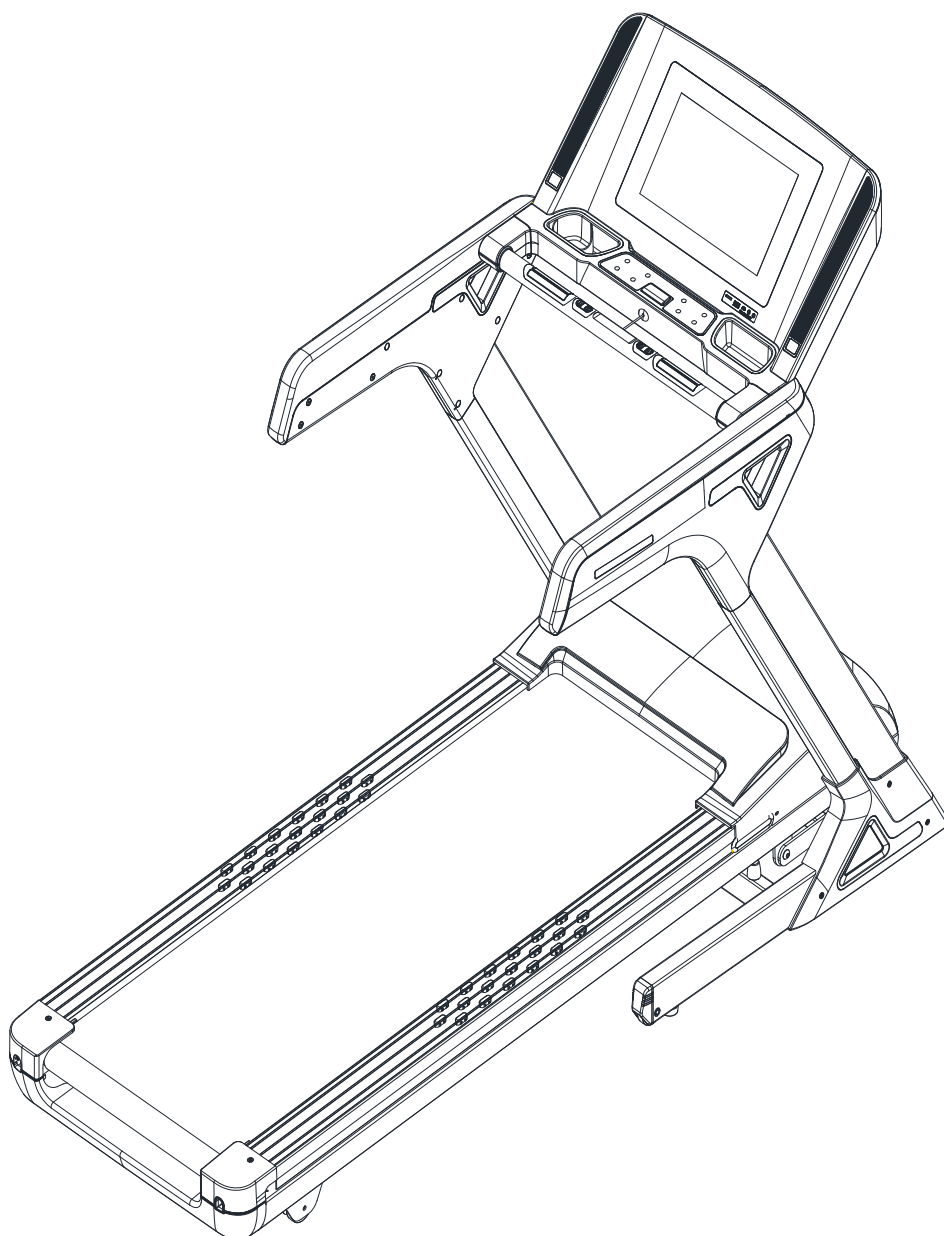

Owner's Manual Of The Motorized Treadmill



CONTENTS

SAFETY PRECAUTIONS	2
WARRANTY DESCRIPTION	3
SAFETY USE ATTENTION	4
ASSEMBLY INSTRUCTION	5-9
TECHNICAL PARAMETERS	10
GETTING START	11-12
WARM-UP EXERCISE	13-14
OPERATION INSTRUCTION	15-37
SAFETY EXERCISE	38
MAINTENANCE INSTRUCTION	39
MAINTENANCE GUIDELINE	40-41
EXPLODED DRAWING	42
PART LIST	43-45

SAFETY PRECAUTIONS

Warning:

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

1. Before 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 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;
5. 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 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.
(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 should stay away from the this machine, to avoid injury.
- 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 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 fit on over current protector to ensure the safety of the user and the treadmill.

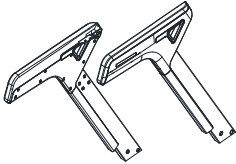



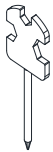

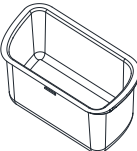

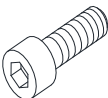
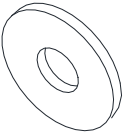
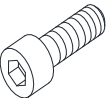
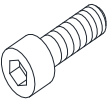
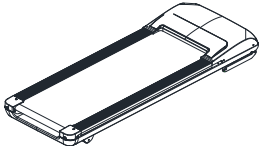
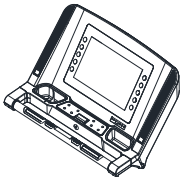
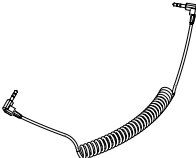
1. PLS position the treadmill on a clear, level surface. Do not place it on thick carpet as it may interfere with proper ventilation under the treadmill. Also do not place the treadmill near water or outdoor, guard against damp. The power line of treadmill is special ,if the power line is damaged, please purchase from the dealer, or contact to the 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 , there maybe a pause when 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 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.

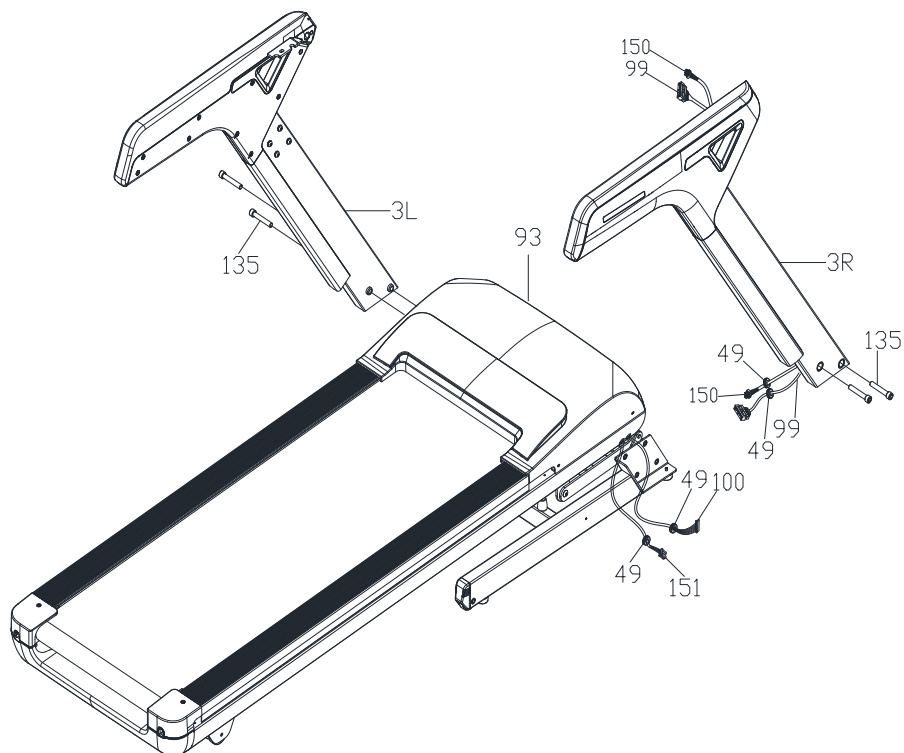
ASSEMBLY INSTRUCTION

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 9*16*t1.6	135. screw M10*45	144. screw M8*15
			
93. main frame assembly	94. Computer assembly	81. spring line	

Install:

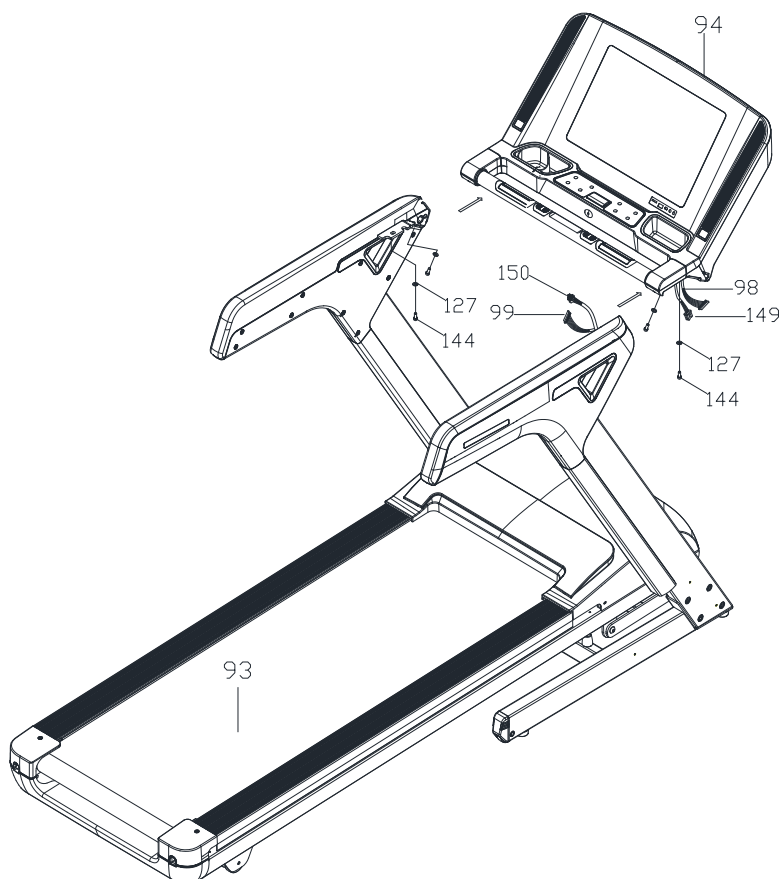


First Step:

Connect the lower power wire (100) with the power cord middle wire(99). Connect the UPS Power cord middle wire(150) with UPS Power cord lower wire(151).Then put the L/R upright (3L/R) on the main frame assembly(93), fix them with screw M10*45(135), do not lock them tightly.

Second Step:

Fix the Computer assembly (94) on the upright (3L/R).Connect the power cord middle wire(99) and the Power cord upper wire(98).Connect UPS Power cord upper wire(149) and the UPS Power cord middle wire(150).use M8*15 screw (144) to lock with flat washer(127).



Wire connecting specification

1.Take out the signal upper wire、 UPS Power cord upper wire from the computer(picture 1) .



(Picture1)

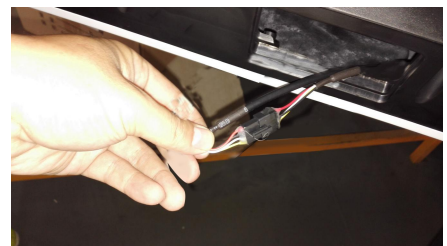
2.Put the signal middle wire and UPS Power cord middle wire into the right hole of the computer(picture 2.3).Then connect them.(picture 4)



(Picture2)



(Picture3)



(Picture4)

3.then fix the meter on the frame.use toolkit M6 wrench.Lock tight four each bolts M8*15 with flat washers $\phi 9 \times \phi 16 \times t1.6$.(as picture 5.6)



(Picture5)



(Picture6)

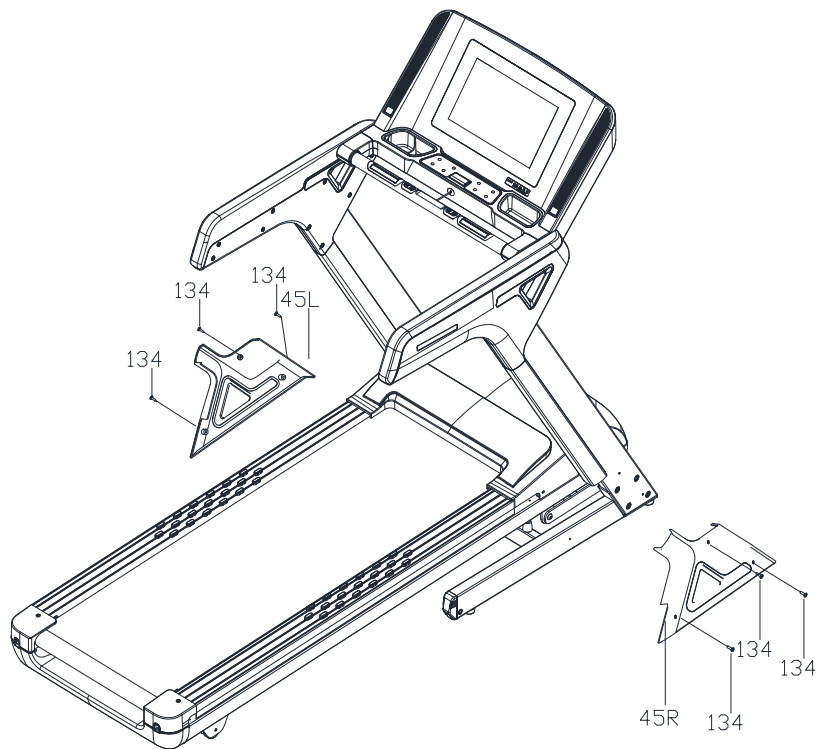
4.At last assemble the storage box which is in the accessory box to the meter.(as picture 7)



(Picture 7)

Third Step:

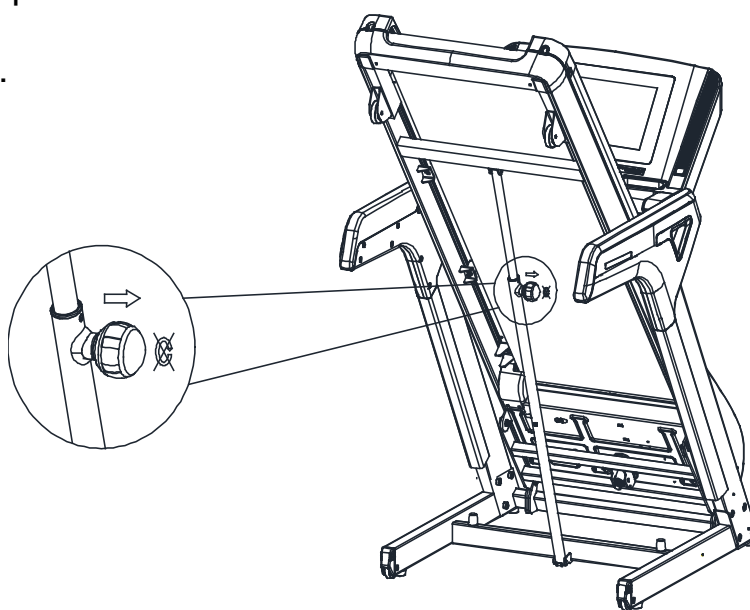
First lock tight the M10*45 screw(135),then lock the L/R upright cover (45L/R) on the frame assembly with M5*20 screw(134).



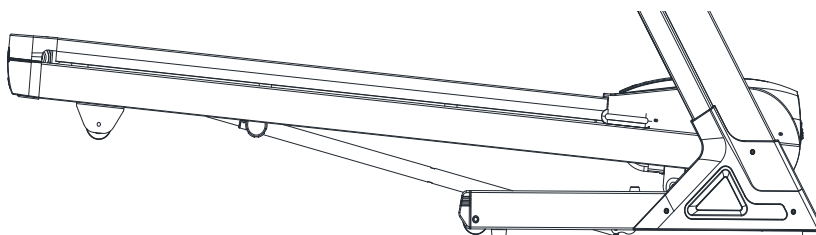
FOLDING AND UNFOLDING INSTRUCTION

Unfold the treadmill:

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



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



TECHNICAL PARAMETERS

Assembly size(mm)	2025*888*1395mm	Speed Range	1—18Km/h
Incline	0-18%	Motor Spec(HP)	4.0HP (PEAK)
Running size(mm)	520*1500mm	Input Volt(V)	220-240V
N.W.(kg)	128Kg	Rating	AC: 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. IPS screen display,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, 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 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 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, increase incline slightly already can easily strengthen the movement intensity greatly.

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, 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 for 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 according below method to do stretch exercise for five times, and each leg do 10 seconds or more every time. After running, do those stretch after exercises one more time.



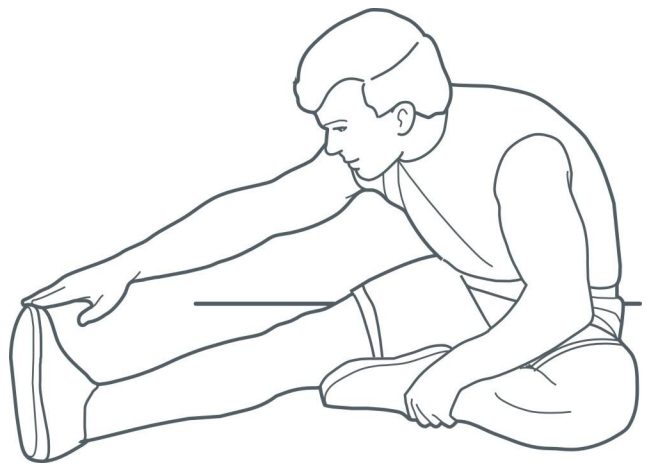
picture 1

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

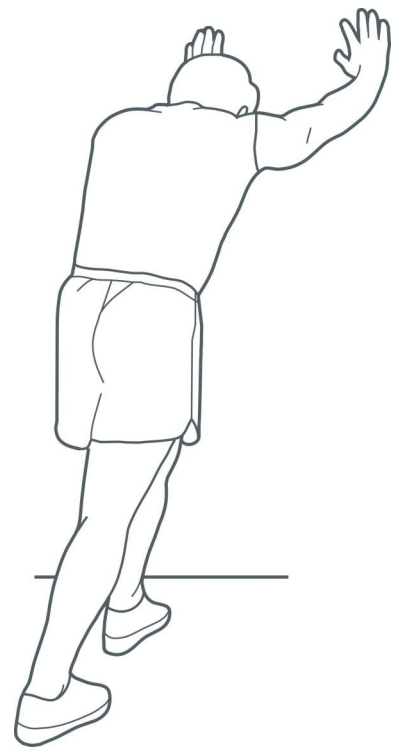
Sitting on a clean cushion, put one leg straight, the other inward and close to the inside of the straight leg. Try to touch your toes by hand. Keeping 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 2).



Picture 2

3.Crus and Feet Tendon Stretches

Standing with two hands on the wall or tree, one leg behind. Keeping back leg 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



Picture4

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).



Picture 5

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).

OPERATION INSTRUCTION

Intelligent treadmill system user Manual

First.Safety reminder

1.1 Using process

1. For your safety and the safety of your family,forbid children under 16 and teenage to use alone,if need to use,please use under the supervision and company of the parent,to avoid accident.
2. Before exercise,check first if the power is valid,and if safety key is valid.
3. When running on the treadmill,forbid other people to operate the software.
4. When abnormal happens during the exercise,can pull off safety key,treadmill will slow down quickly to stop.
5. After usage,make sure the operation finished and logged off.
6. When using treadmill,please wear sports running shoes,to protect the knees,do not wear clothes too long or too lose.
7. Do not run when your stomach is empty or full.
8. When start to run,start slowly,speed up gradually.When finish running,slow down gradually,get off after confirmation that the treadmill is completely stop.
9. When you are on the treadmill,please wear emergency safety key.If need to stop running urgently,can press stop button,treadmill will stop automatically.
- 10.When you leave the treadmill,please take all your belongs.
- 11.Please stop running at once and go to hospital if you feel chest tightness,dizzy or cramp or other discomfort.

1.2 Treadmill maintenance:

1. If this treadmill has mechanical or electrical malfunction,amateurs please do not handle;please call customer service hotline,to ask the professional or serviceman_ to repair.To avoid personal accident or treadmill damage.
2. Can shut down the treadmill by switching off the power any time,this will not damage the treadmill.
3. Do not place the treadmill outdoor or by damp place.
4. To avoid electric shock danger,please unplug the power after using or before cleaning treadmill.
5. Do not pull power wire,keep the power wire away from fire.

1.3 Special group

1. If you have had medication,please pay attention to the exercise side effect the medication might cause.
2. Can shut down the treadmill by switching off the power any time,this will not damage the treadmill.
3. Children and old people,when choose speed and time,please choose according to your physical capacity,to avoid to overload your body.
4. People who suffer heart disease,skeletal muscle injury,hematoma injury or inflammation and so

on,should consult the professional before using.

Second. Target group

Our scientific intelligent running system is widely suitable to different groups,to make body strong and healthy and to soothe the body and mind.



Healthy group

Strengthen physical fitness,to reach the best state of body and mind.



Subhealthy group

Soothe body tense state,correct the running gesture,strengthen physical quality,prevent and control metabolic symptoms.



Silver hair group

Train body balance,stability,coordination,reduce the falling incidence rate.



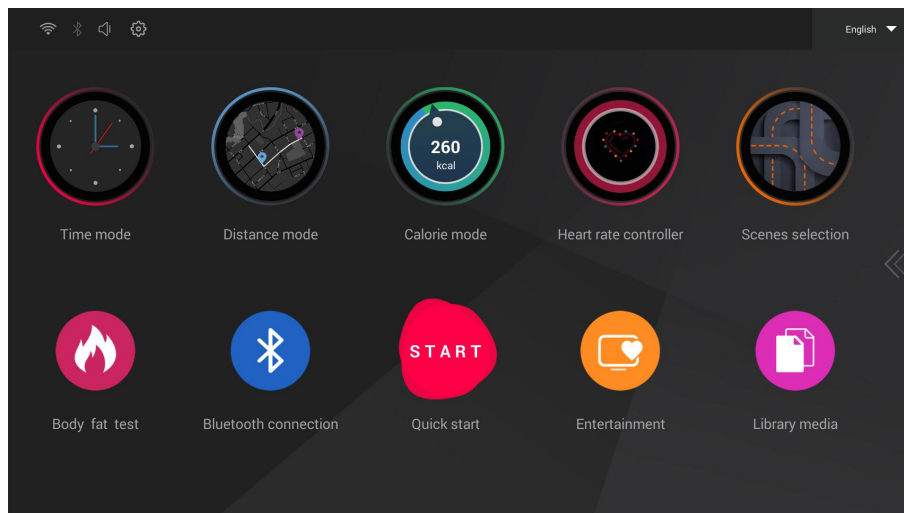
Sick group

Strengthen heart and lung function,Improve fatigue,recover body function gradually.

Third.Log in ,log off:

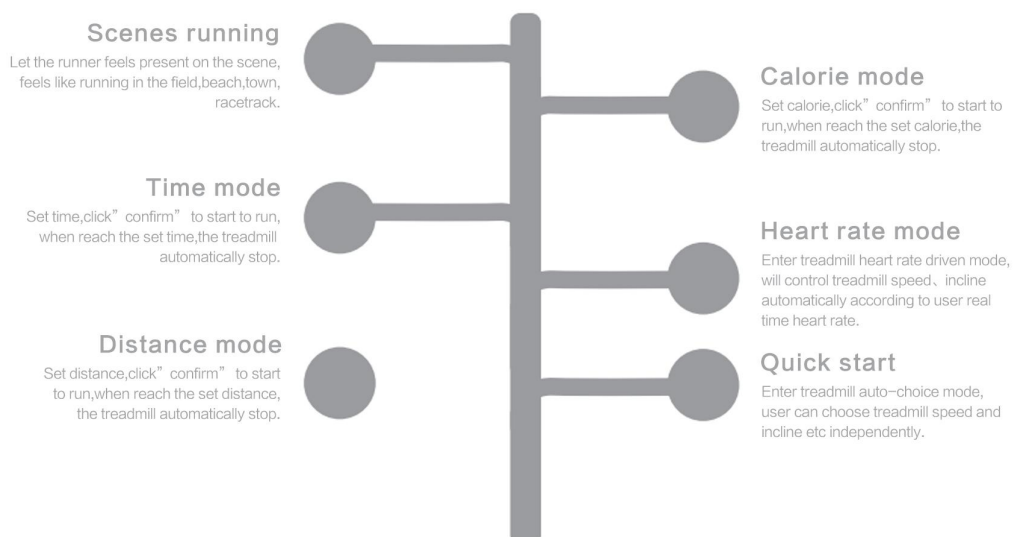
Below,will explain the treadmill running system from 6 different big scopes.

3.1Log in,log off



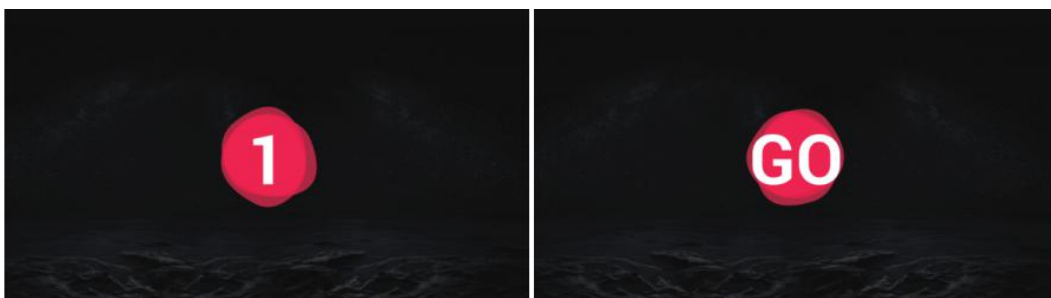
Fourth. Running mode:

Time,distance,calorie,pulse,scenery,quick start.

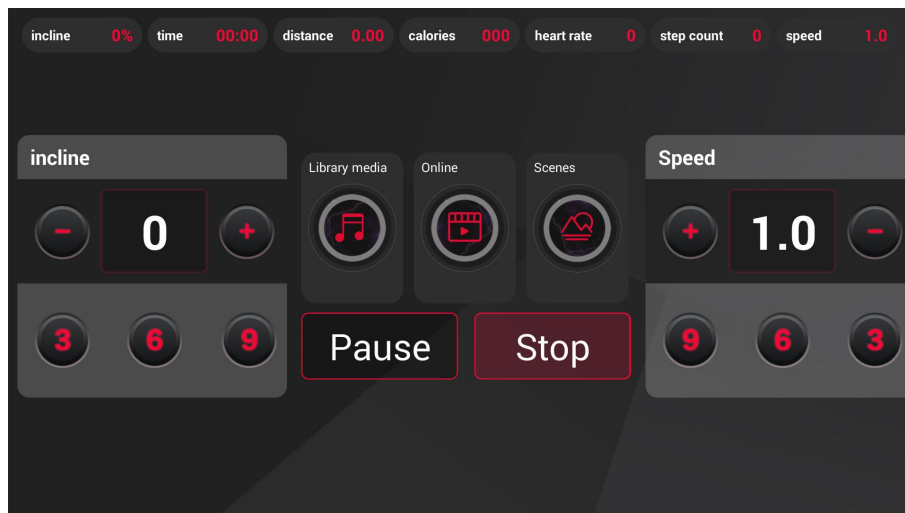


4.1 quick start:

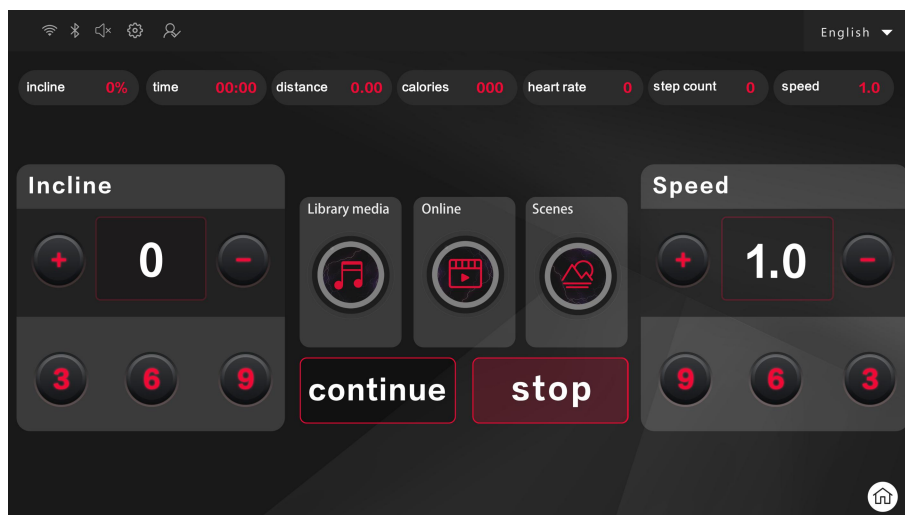
4.1.1. For your safety, before running, there will be 3 seconds countdown to let you be prepared.



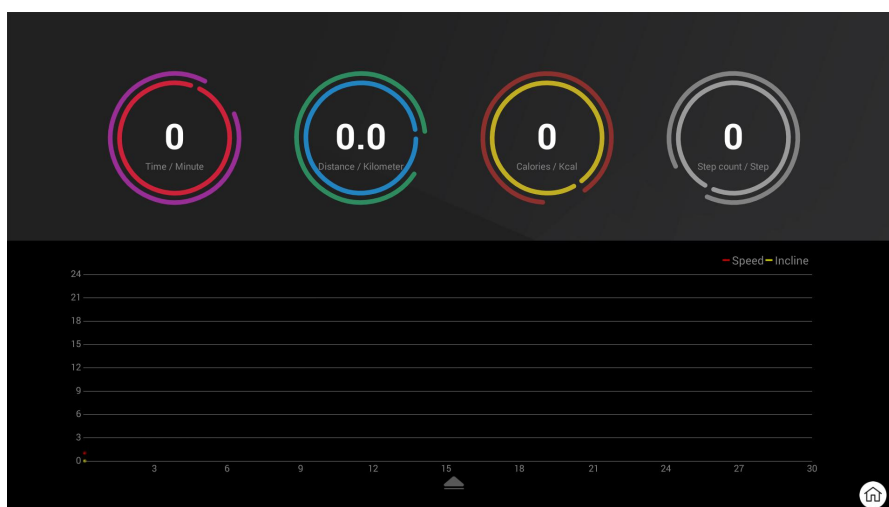
4.1.2. Running speed, incline default is 1.0 and 1%, during the running process, can adjust speed or incline value according to your need. The highest speed and incline is 20 and 18%.



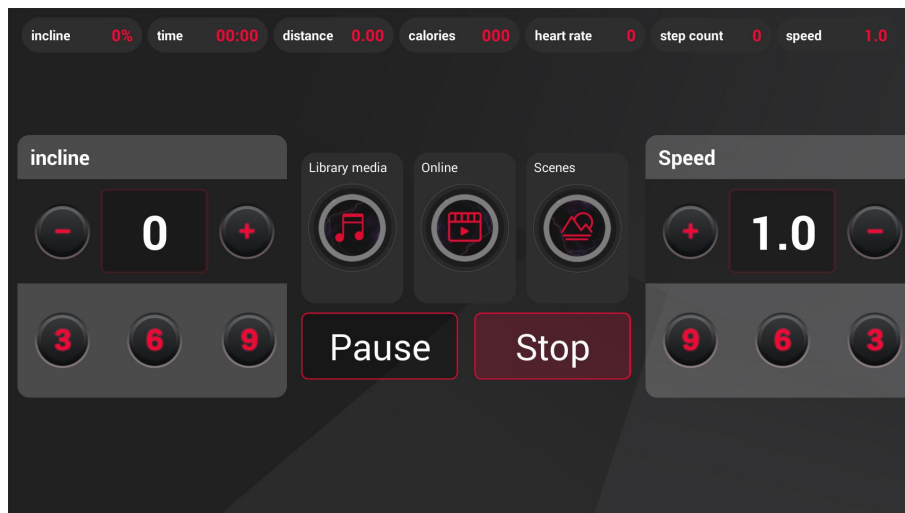
4.1.3.press"Pause button",enter in below interface.





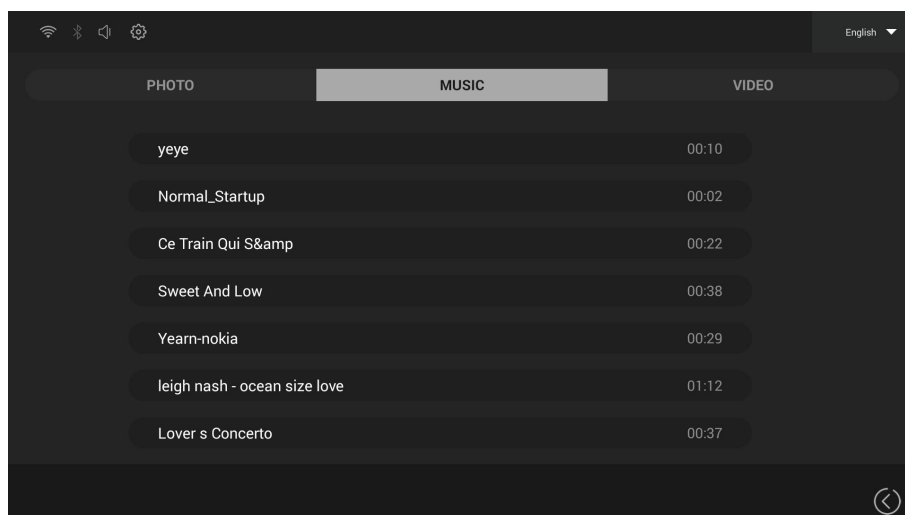
4.1.4.press"stop button",enter in below interface.

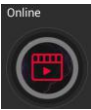



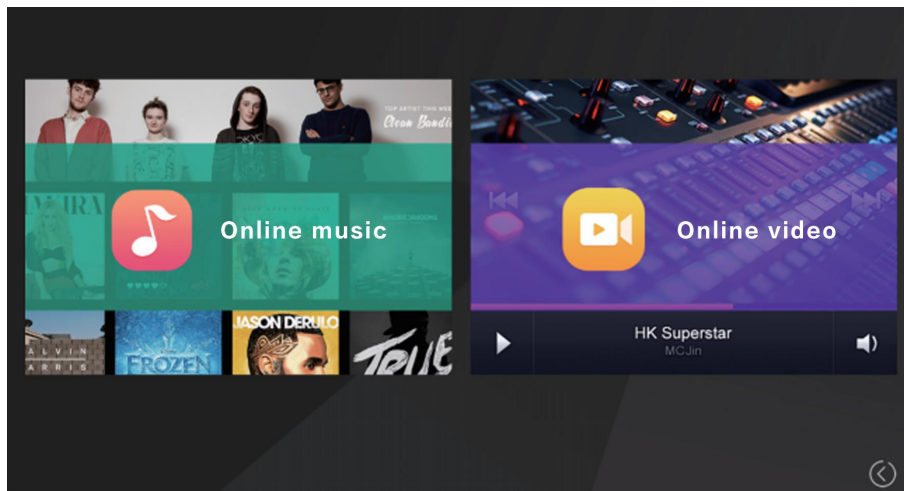
4.1.5.During running,can open Library Media,on line,scenery,enrich your running experience,click return can go back to running interface.





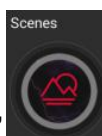
4.1.6. Open "Library Media"  button, enter below interface; press "return"  button, go back to running interface.

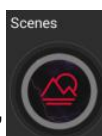



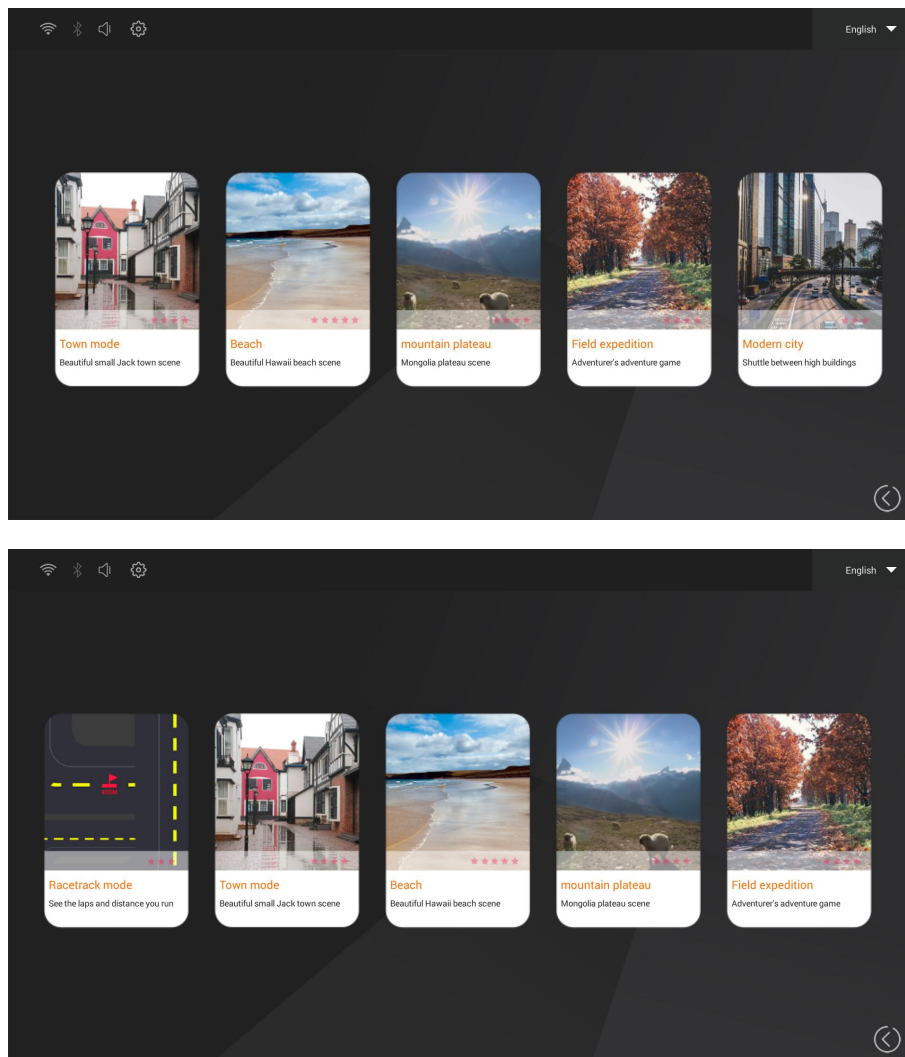
4.1.7. Click "on line"  button, enter below interface; click "return"  button, go back to running interface.



4.1.8. Click “on line music”  button, enter below interface; click “return”  button, jump out return interface, return to running interface.
Click “return” button, go back to running interface.




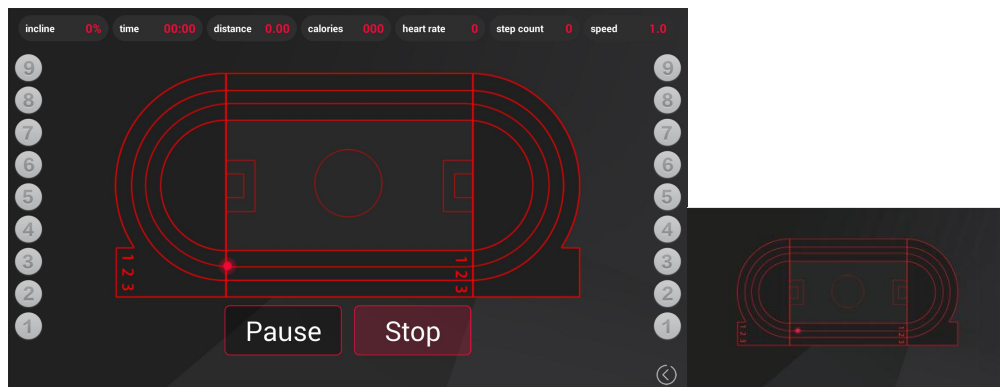
4.1.9. Click “scenes”  button, enter below interface; click “return”  button, return to running interface.



4.2.scenes running:

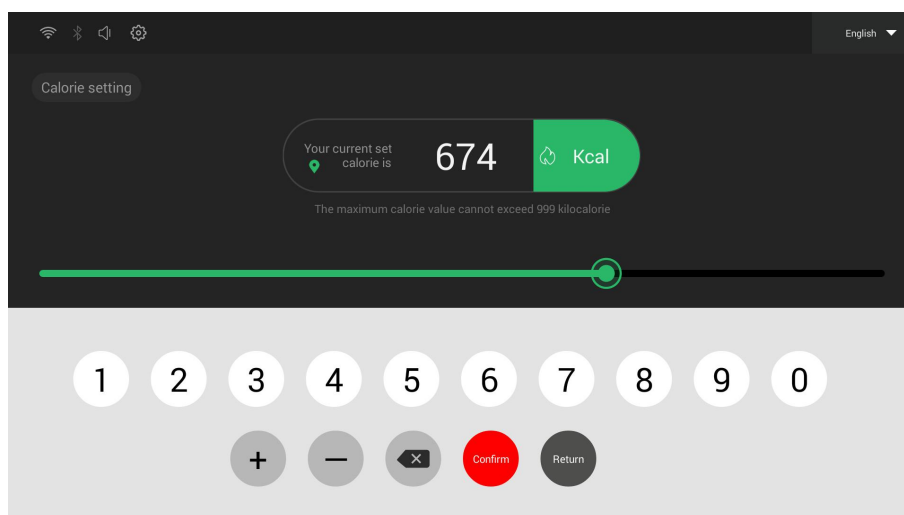
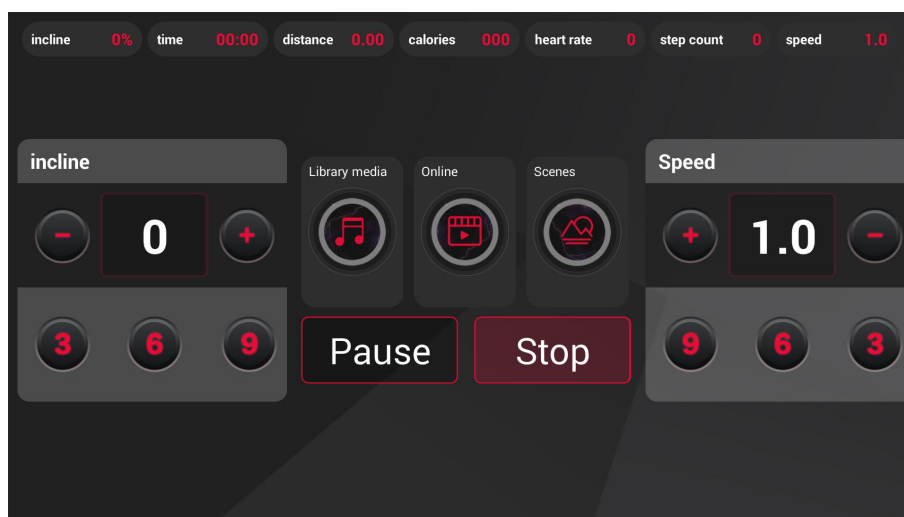
Now there are racetrack,map,town,beach,mountain plateau,field expedition,city 7 modes to choose.Scenes videos is at the same speed with running speed,run fast,video goes fast,run slowly,video goes slowly.Default incline and speed is 0 and 1.Click incline plus and minus icon,increase or decrease 1 every time,then speed increase or decrease 1,the numbers by two sides are the shortcut button for speed and incline.If no operation on the screen,after several seconds,the running status bar will disappear,click screen,can appear again.Return button can go back to running status page.The rest incline increase decrease, pause continue ,and entertainment function and other basic operation are the same as quick start.

4.2.1.Click “racetrack mode”enter below interface;click”return”  button,return to running status interface.



4.3Calorie:

After setting calorie,start to run.The calorie displayed in the status bar is the target left calorie,the rest time,distance are current total.The rest incline speed increase decrease pause continue and entertainment function and other basic operation are the same as quick start.

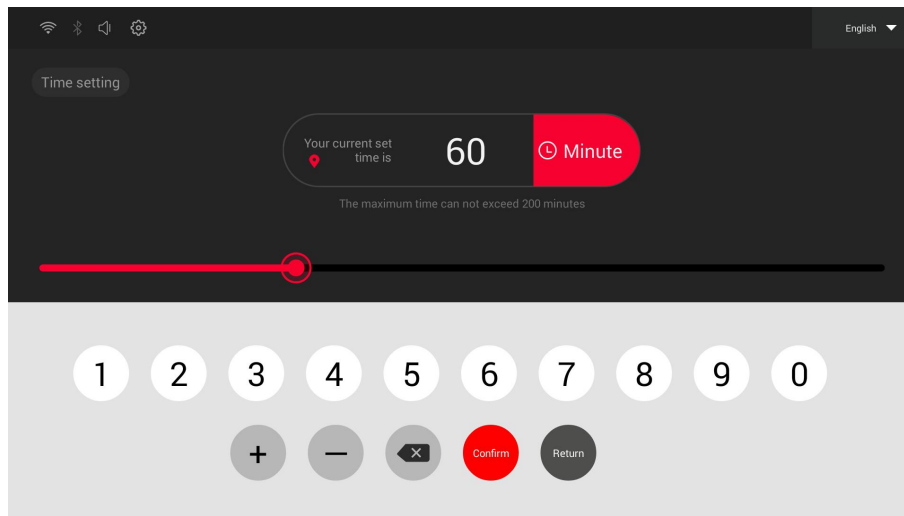


click"confirm" button,return to running status interface,and display calorie value.

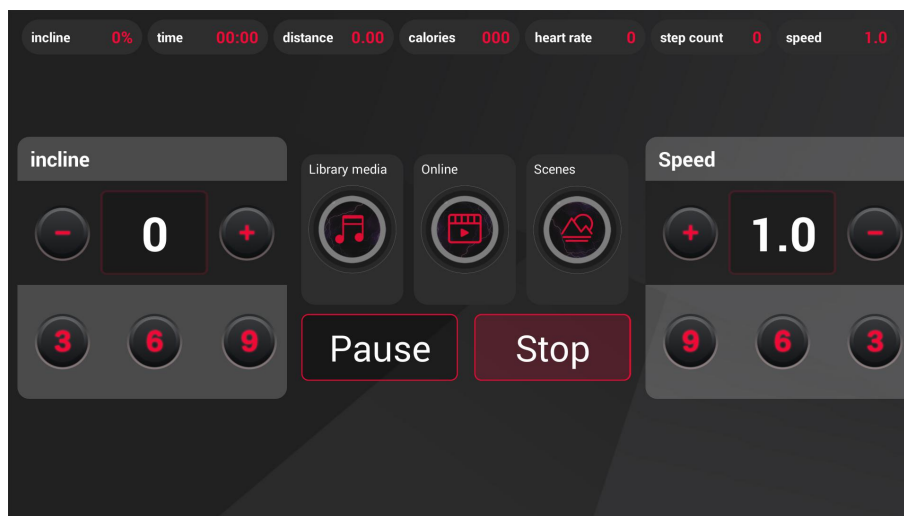


4.4 Time:

After setting time, start to run. The time displayed in the status bar is the target left time, the rest distance, calorie and other all the current total. The rest incline speed increase decrease pause continue and entertainment function and other basic operation are the same as quick start.

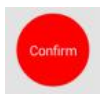
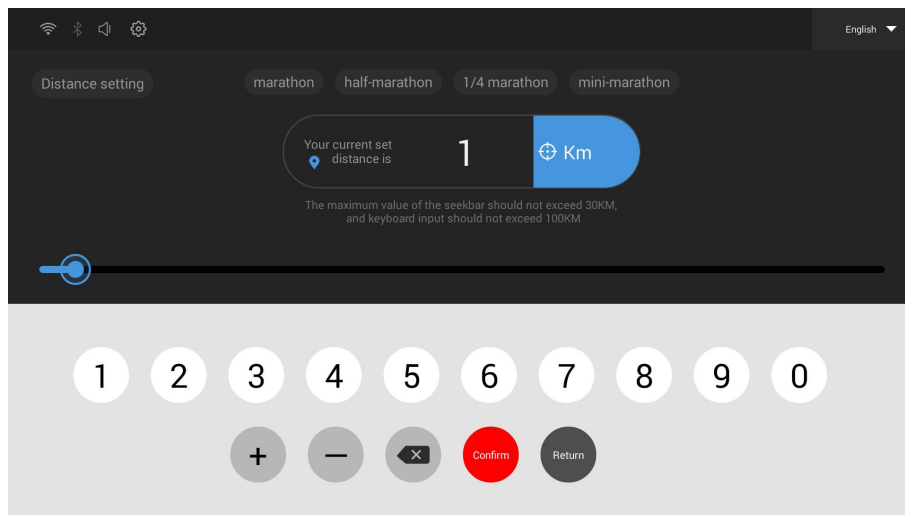


click "confirm" button, return to running status interface, and display time value.

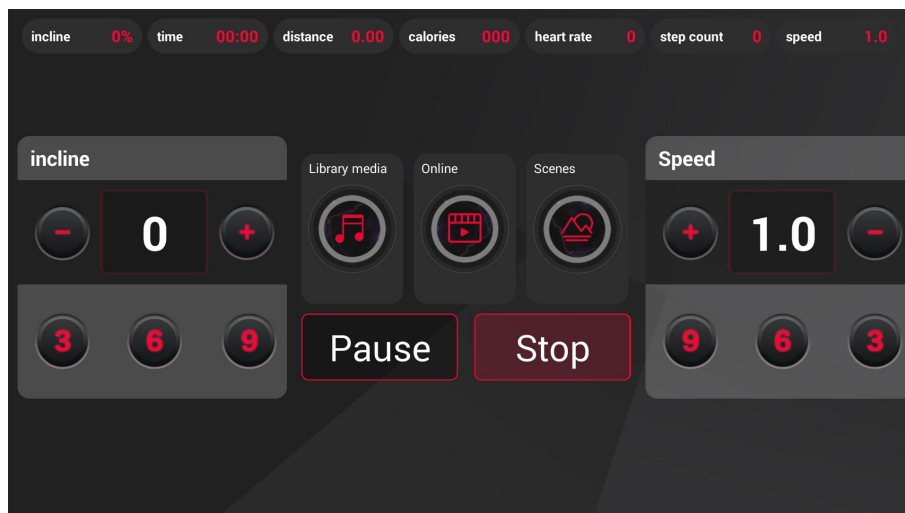


4.5 Distance:

After setting distance, start to run. The distance displayed in the status bar is the target left distance, the rest time, calorie and other all the current total. The rest incline speed increase decrease pause continue and entertainment function and other basic operation are the same as quick start.

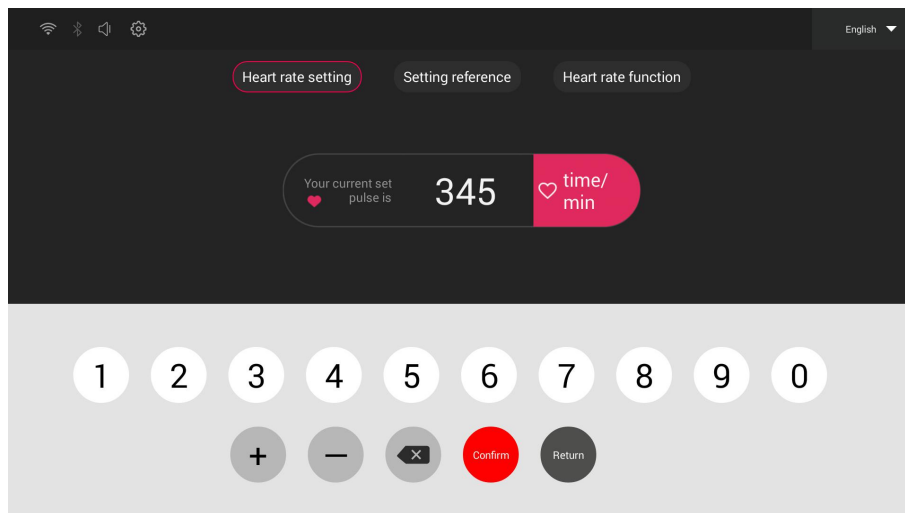


click "confirm" button, return to running status interface, and display distance value.

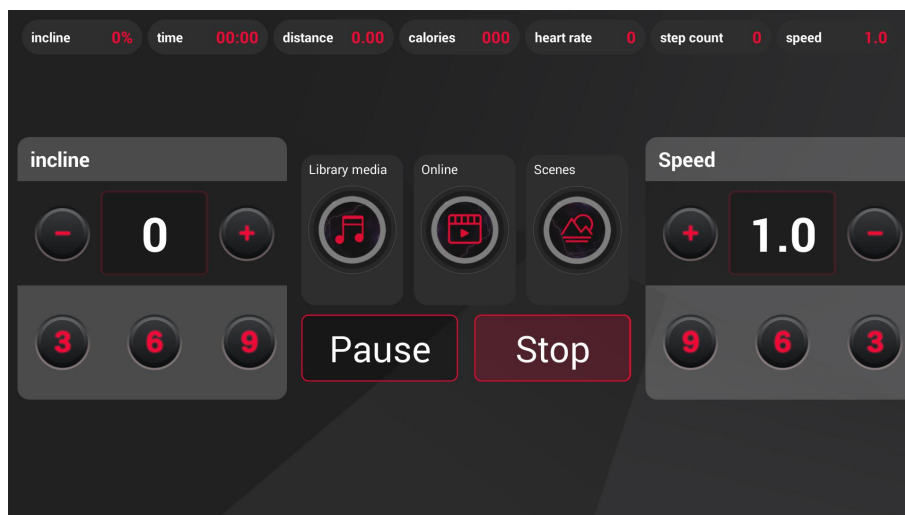


4.6Pulse mode:

Set the pulse, then start to run, the treadmill will automatically adjust speed according to your set pulse. If you are not clear about relation between pulse value and exercise effect, we suggest you to open setting reference. If you are not sure about your pulse, can have the data through pulse test.



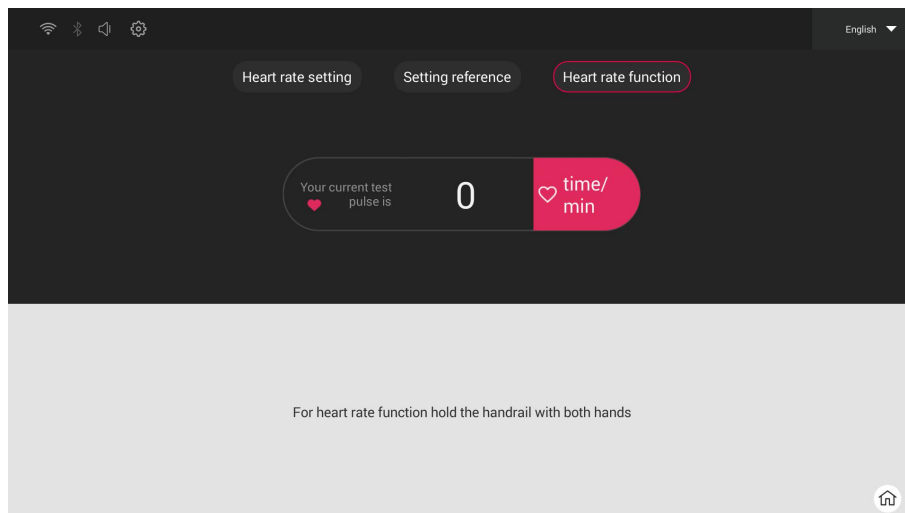
4.6.1. Input pulse value and click "confirm" button, enter running status interface.



4.6.2. Click "Setting reference", enter setting reference interface.



4.6.3. click "heart rate function", enter setting reference interface.

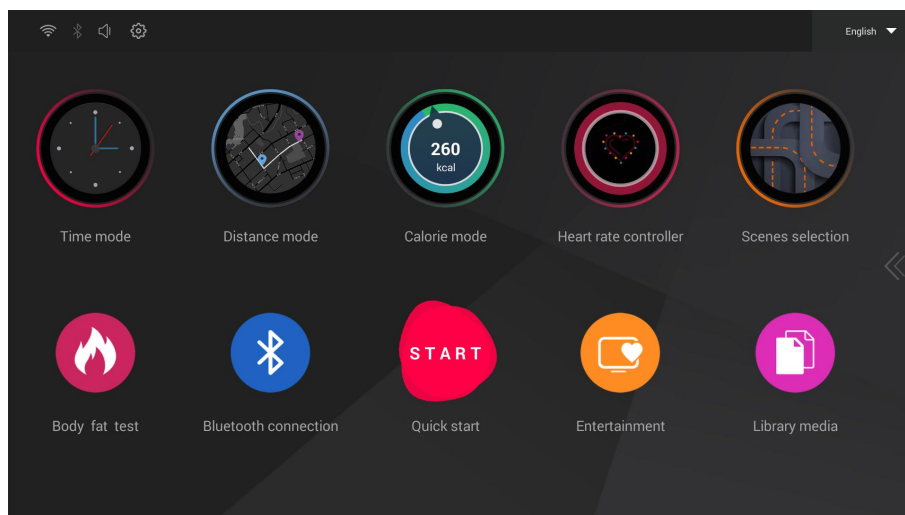


Fifth. Running mode:

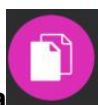
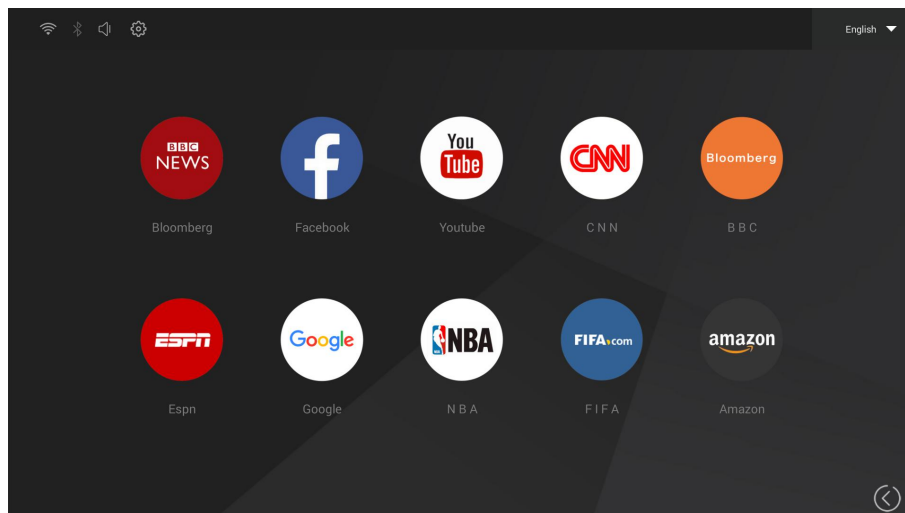
Library media(local video,local music,local pictures);

Surf internet(Facebook,BBC,CNN.....)

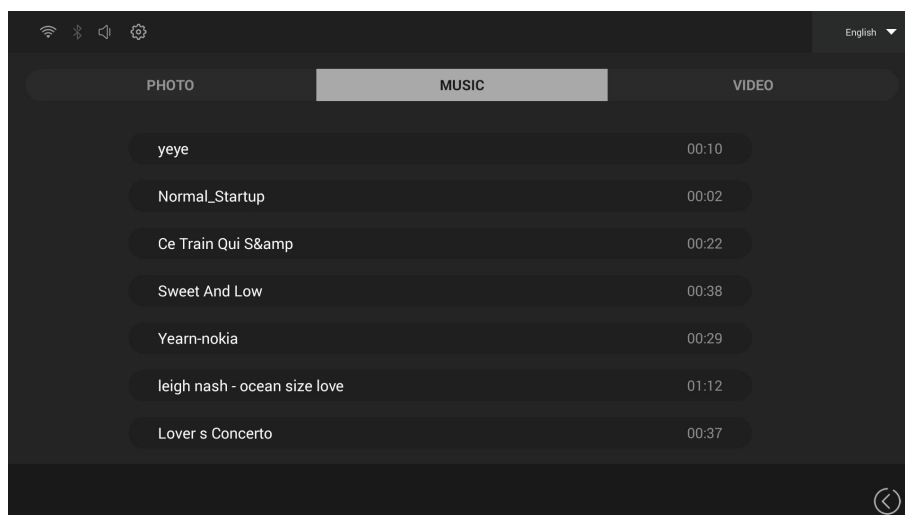
TV (Internet video)



5.1Surf internet (the second screen of the main page)

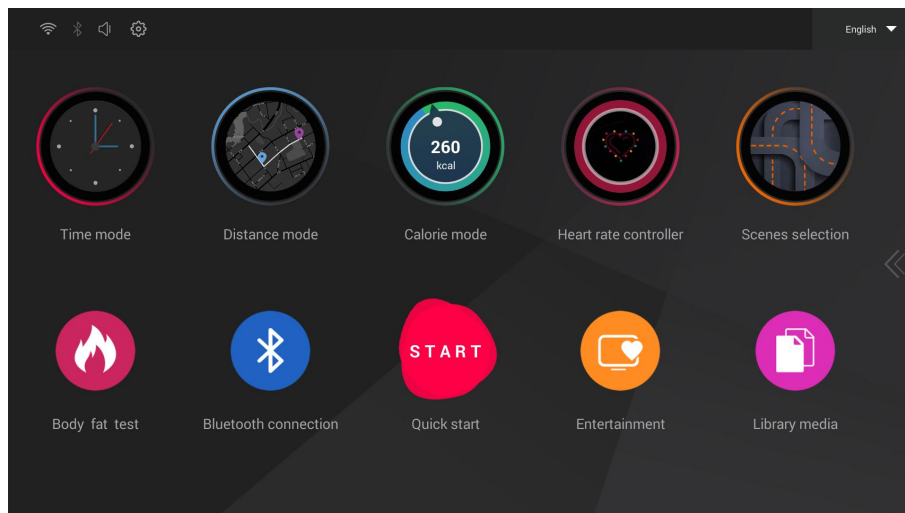


5.2 Library media (the second screen of the main page)



Sixth.personal data:

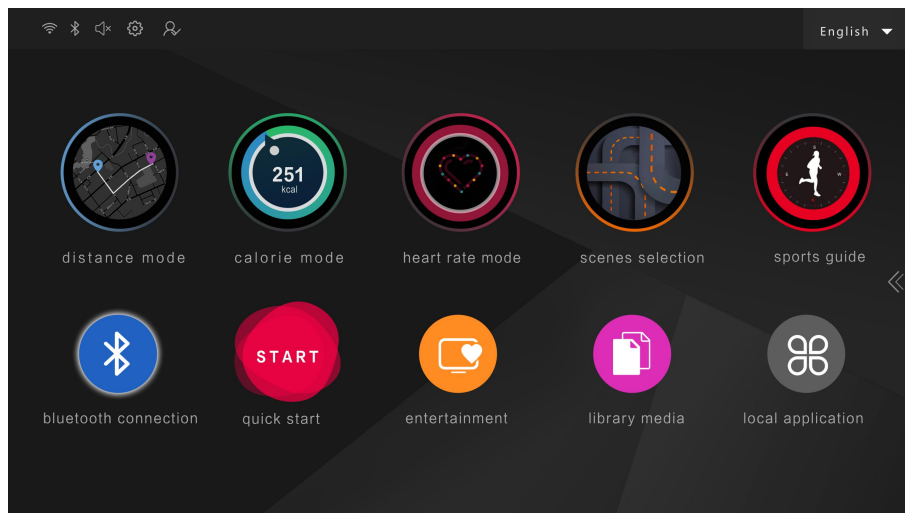
Sex,height,weight and other basic information.



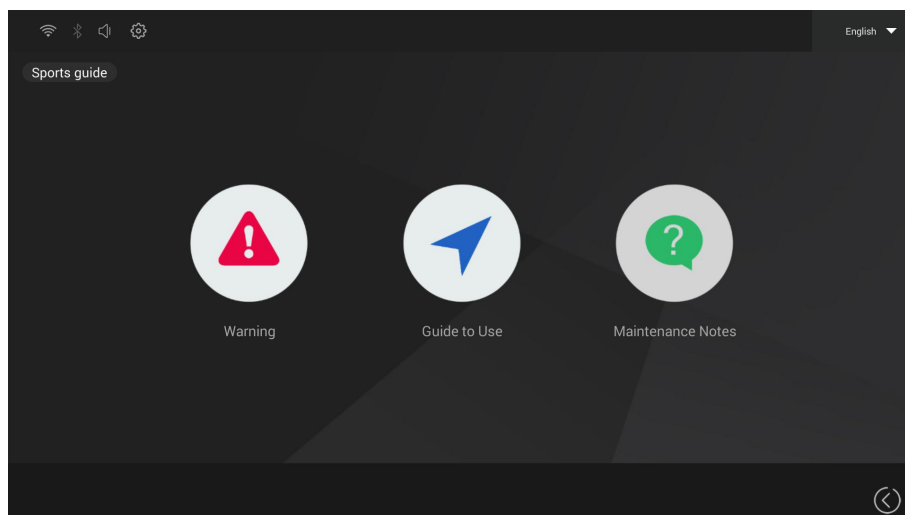
Click "body fat test" ,enter body fat test,roughly calculate the body fat rate according to age,height,weight.

Seventh.others.

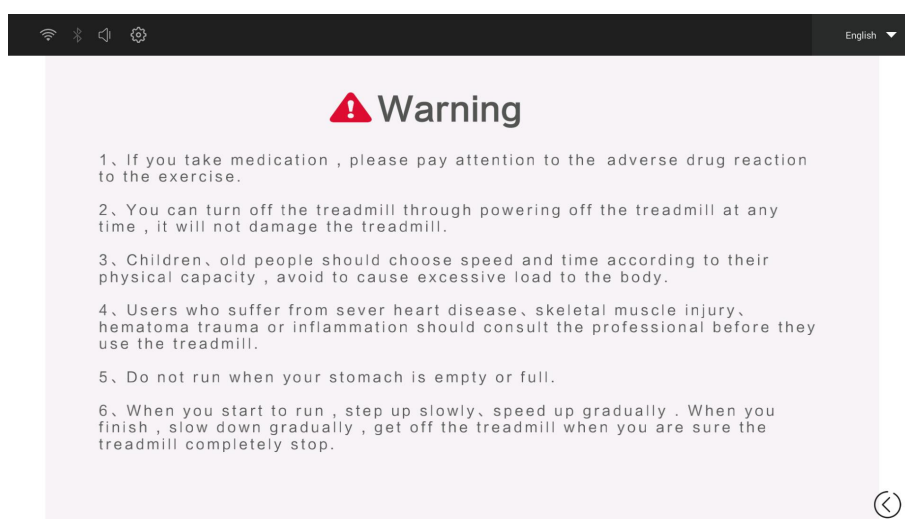
Treadmill exercise guideline,treadmill maintenance,local application.



7.1Exercise guideline



7.1.1.Warning



7.1.2.operation instruction



OPERATION INSTRUCTION

statement: because system software may upgrade irregularly, each interface may change, which makes the manual inconsistent at some part, please understand.

- 1、 For your safety and your family , children and teenage under 16 do not use alone , if need to use , should use under the parent' s guardianship , to avoid accident.
- 2、 Before you exercise , please make sure the power is connected ; and the safety key is valid.
- 3、 When user running on the treadmill , forbid the bystander to operate the software.
- 4、 If abnormal happens during running , press emergency stop button , or pull safety key.
- 5、 After use , make sure the operation stop、 log off.
- 6、 When you use treadmill , please wear sports shoes , to protect the knees . Do not wear clothes too long or too lose.



7.1.3.Maintenance instruction



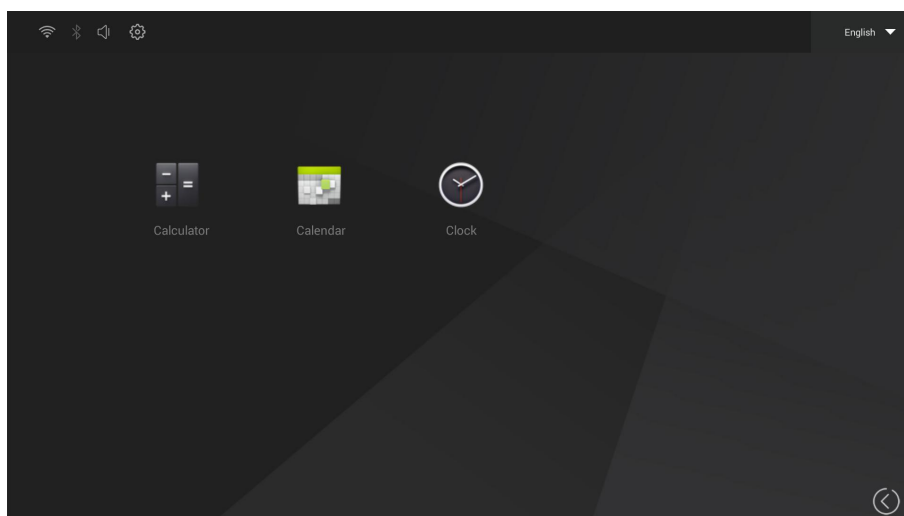
Maintenance instruction

Cleaning

- 1、 Please unplug the treadmill from the electrical outlet before cleaning the treadmill.
- 2、 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.
- 3、 Remember to unplug the treadmill from the electrical outlet before removing the motor cover. Remove the motor cover and vacuum the motor at least once a year.

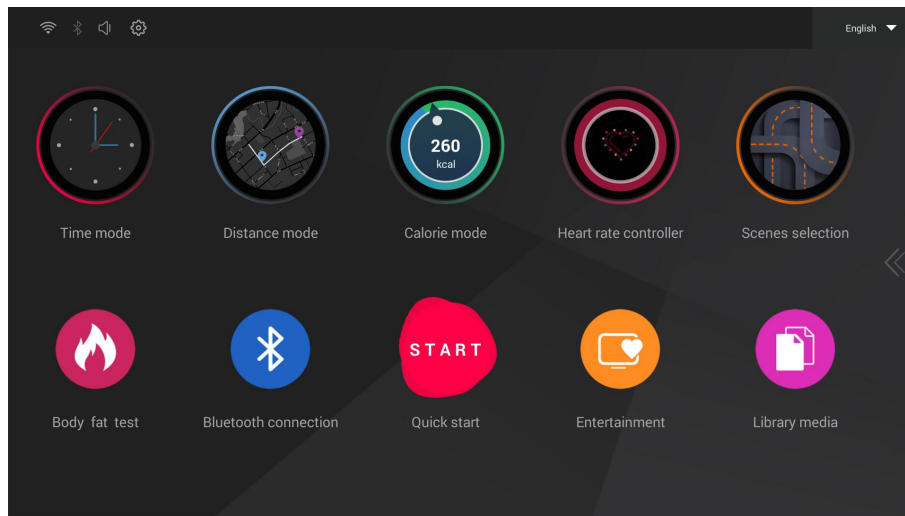


7.2local application






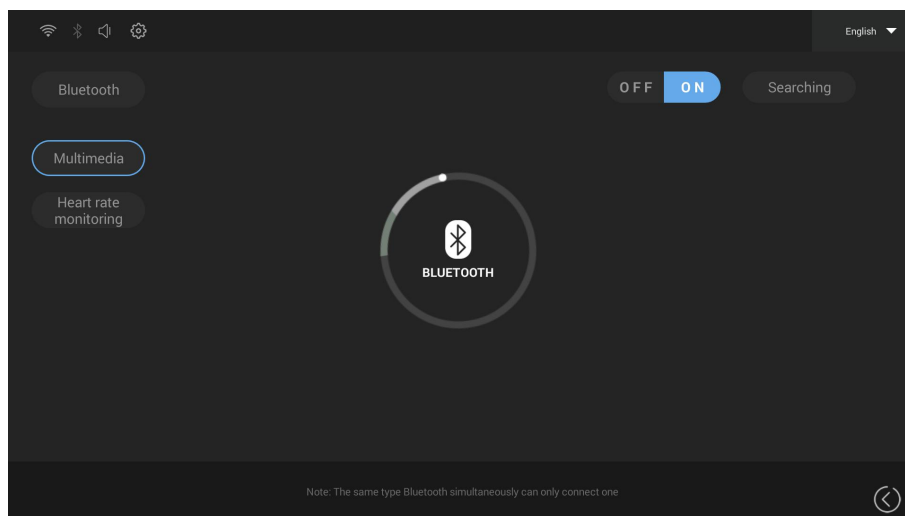
Eighth.SETTING

Bluetooth,WiFi,language,volume



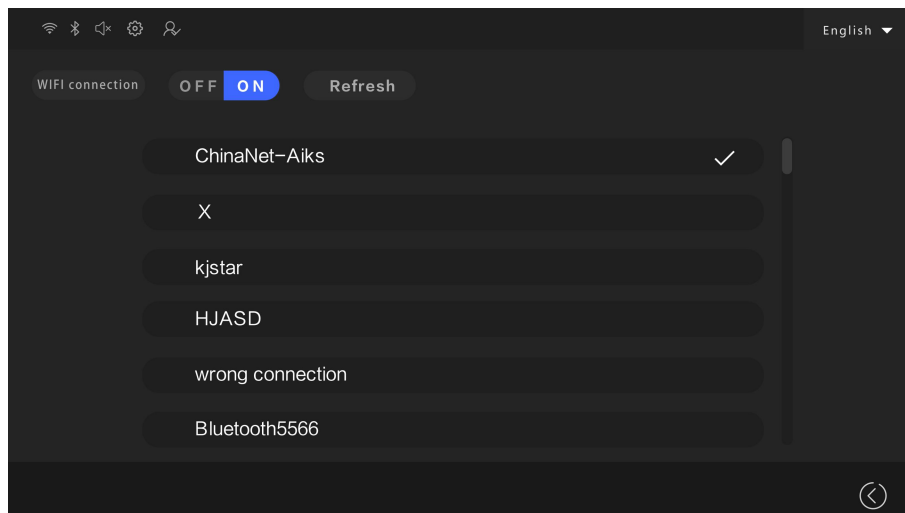
8.1 Bluetooth setting:

Can enter to set through clicking “bluetooth”  icon from top navigation bar or clicking the bluetooth icon  from the main page. When the bluetooth is turned off, the icon become gray .



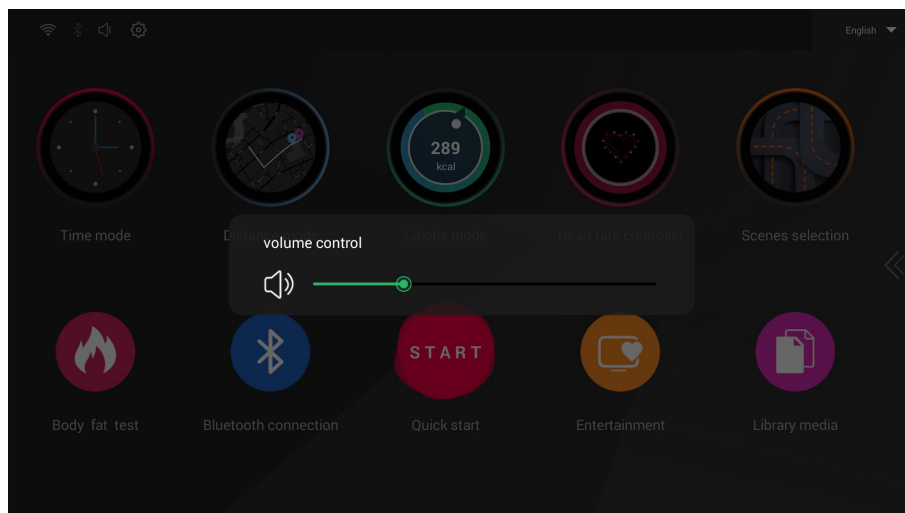
8.2 WIFI setting:

Can set through clicking “WIFI” icon  from top navigation bar, when WIFI is closed, icon become exclamation mark .



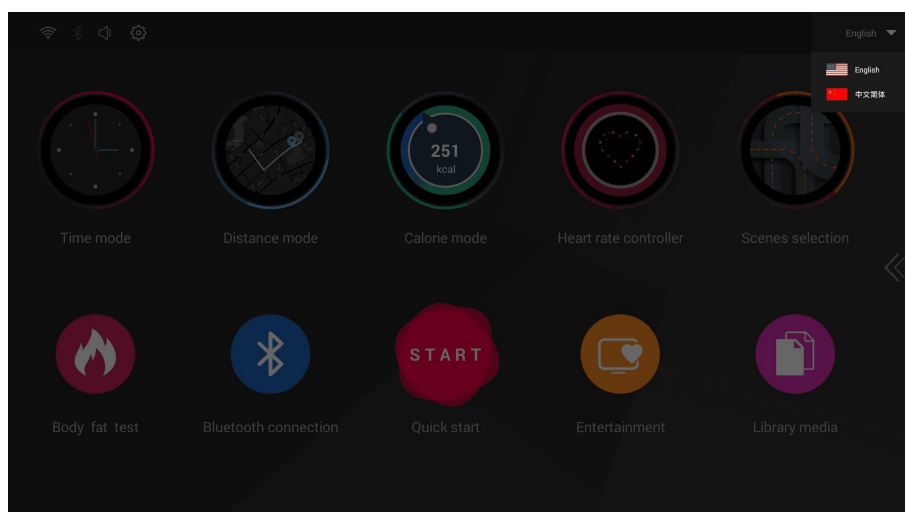
8.3Volume setting:

Can set by clicking “volume” icon  from top navigation bar.

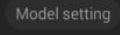


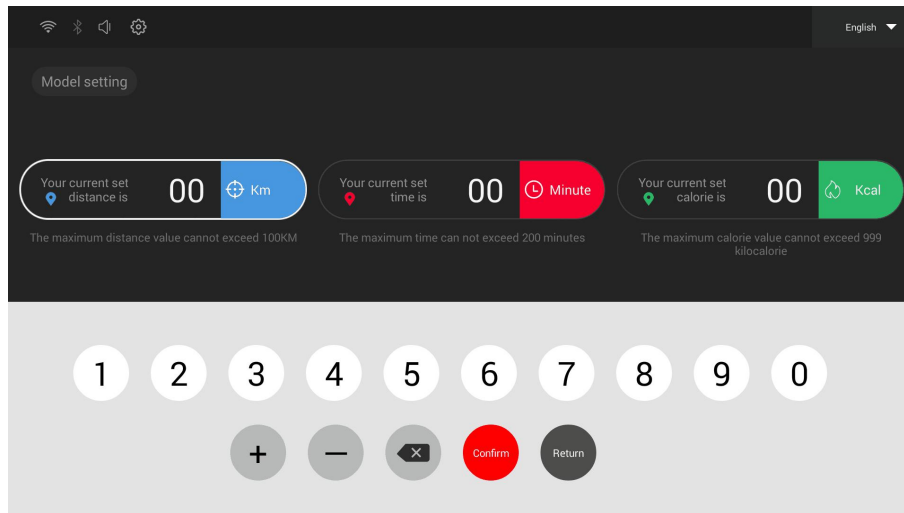
8.4Language setting:

Can set language by clicking “language choice”icon  from top navigation bar.




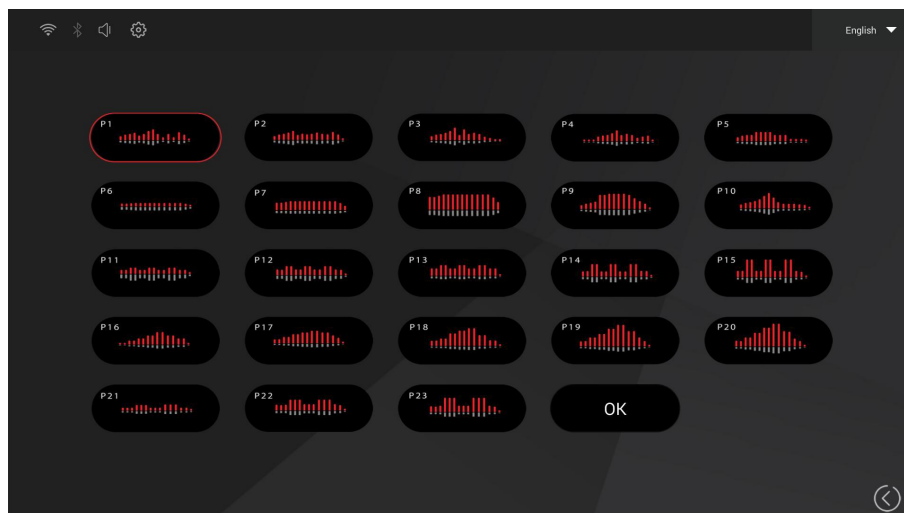
Ninth.Mode interface

This interface does not have corresponding entry in the screen,user need to click"mode"  button from below mechanical keyboard panel to set corresponding time,distance,calorie,then click confirmation button,the treadmill starts.



Tenth.Program mode:

This interface does not have corresponding entry in the screen,user need to click"program"  button from below mechanical keyboard panel to choose P1-P23,then click confirmation button,the treadmill starts.



The above is sketch map,for specific,please refer parameter list.As below

time Program		Fixed time 30 minutes/16=each span of operating															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	speed	1.0	2.0	3.0	4.0	5.0	6.0	7.0	8.0	8.0	6.0	5.0	4.0	3.0	2.0	1.0	
	incline	0	1	1	1	1	2	2	2	2	3	3	3	3	2	2	1

P2	speed	1.0	2.0	4.0	5.0	8.0	8.0	10.0	10.0	12.0	10.0	10.0	8.0	6.0	4.0	2.0	1.0
	incline	1	2	3	4	4	4	3	2	3	4	4	2	3	2	2	1
P3	speed	1.0	4.0	8.0	6.0	4.0	2.0	4.0	6.0	8.0	6.0	4.0	2.0	4.0	7.0	4.0	2.0
	incline	1	2	3	4	5	3	5	4	3	2	4	4	3	2	1	0
P4	speed	2.0	4.0	8.0	10.0	8.0	6.0	4.0	4.0	4.0	6.0	8.0	10.0	8.0	6.0	4.0	2.0
	incline	1	2	3	4	5	6	7	8	6	6	5	4	3	2	1	0
P5	speed	2.0	4.0	8.0	8.0	6.0	4.0	4.0	4.0	8.0	10.0	10.0	6.0	4.0	3.0	1.0	1.0
	incline	2	4	6	4	3	2	0	1	1	2	2	2	3	3	2	1
P6	speed	3.0	4.0	5.0	6.0	7.0	8.0	9.0	10.0	11.0	11.0	12.0	12.0	9.0	6.0	4.0	3.0
	incline	1	3	5	5	5	4	4	2	4	2	4	2	3	2	4	1
P7	speed	1.0	4.0	4.0	6.0	6.0	6.0	6.0	6.0	4.0	4.0	4.0	4.0	4.0	2.0	4.0	1.0
	incline	1	2	3	3	4	4	5	5	6	6	7	7	4	3	2	1
P8	speed	1.0	4.0	6.0	7.0	7.0	8.0	8.0	9.0	9.0	8.0	7.0	6.0	5.0	5.0	3.0	1.0
	incline	1	2	2	2	3	3	3	3	4	4	5	5	5	5	3	1
P9	speed	1.0	2.0	2.0	3.0	4.0	4.0	5.0	5.0	6.0	6.0	7.0	7.0	8.0	8.0	9.0	3.0
	incline	2	2	2	2	2	3	3	3	3	4	4	4	4	3	2	1
P10	speed	1.0	3.0	6.0	8.0	6.0	8.0	6.0	8.0	6.0	8.0	6.0	8.0	6.0	8.0	6.0	3.0
	incline	1	1	1	2	2	2	3	3	3	4	4	4	2	1	1	0
P11	speed	1.0	2.0	4.0	6.0	8.0	6.0	4.0	2.0	4.0	6.0	8.0	6.0	4.0	2.0	4.0	2.0
	incline	2	3	3	3	3	4	4	4	4	5	5	5	5	4	3	2
P12	speed	1.0	2.0	4.0	6.0	8.0	6.0	4.0	2.0	4.0	1.0	2.0	3.0	4.0	2.0	4.0	2.0
	incline	2	3	3	3	3	4	4	4	4	5	5	5	5	4	3	2
P13	speed	2.0	3.0	3.0	4.0	5.0	3.0	4.0	5.0	5.0	3.0	4.0	5.0	4.0	4.0	3.0	2.0
	incline	1	1	2	2	2	3	3	2	2	1	2	2	2	1	1	1
P14	speed	2.0	4.0	4.0	5.0	6.0	4.0	6.0	6.0	6.0	4.0	5.0	6.0	4.0	3.0	3.0	2.0
	incline	1	2	2	2	2	3	3	2	2	2	3	4	3	3	3	2
P	speed	2.0	4.0	4.0	6.0	6.0	4.0	7.0	7.0	7.0	4.0	7.0	7.0	4.0	4.0	4.0	2.0

15	incline	2	3	3	2	2	3	3	3	2	2	4	5	6	5	4	3
P 16	speed	3.0	5.0	5.0	6.0	7.0	7.0	5.0	7.0	8.0	9.0	6.0	7.0	7.0	5.0	5.0	3.0
	incline	2	2	3	2	2	3	3	5	4	3	4	3	3	2	2	1
P 17	speed	2.0	4.0	4.0	5.0	6.0	7.0	7.0	5.0	6.0	7.0	8.0	8.0	5.0	4.0	3.0	3.0
	incline	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3
P 18	speed	2.0	4.0	4.0	4.0	5.0	6.0	8.0	8.0	6.0	7.0	8.0	8.0	6.0	4.0	4.0	2.0
	incline	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3
P 19	speed	2.0	3.0	3.0	3.0	4.0	5.0	3.0	4.0	5.0	3.0	4.0	5.0	3.0	3.0	3.0	6.0
	incline	4	4	5	5	6	6	7	7	8	8	7	6	6	4	4	2
P 20	speed	2.0	3.0	3.0	6.0	7.0	7.0	4.0	6.0	7.0	4.0	6.0	7.0	4.0	4.0	4.0	2.0
	incline	4	5	5	6	7	8	9	9	10	10	12	10	8	6	4	2
P 21	speed	2.0	4.0	4.0	7.0	7.0	4.0	7.0	8.0	4.0	8.0	9.0	9.0	4.0	4.0	4.0	5.0
	incline	5	5	5	6	6	7	7	8	8	6	5	5	6	4	3	2
P 22	speed	2.0	4.0	5.0	6.0	7.0	5.0	4.0	6.0	8.0	8.0	6.0	6.0	5.0	4.0	4.0	2.0
	incline	5	6	6	6	7	5	8	8	4	4	6	6	7	5	3	2
P 23	speed	4.0	4.0	5.0	5.0	6.0	6.0	7.0	8.0	9.0	10.0	8.0	6.0	4.0	4.0	3.0	3.0
	incline	2	2	3	4	6	5	4	3	2	2	3	4	5	4	4	2

Eleventh.Remark information

Error shooting


11.1Link problem:

Treadmill can not connect wifi

Possible reason:WiFi status is abnormal.When the WiFi connection is not successful,WiFi icon

become .

How to handle:check and recover wifi status;restart treadmill,wait for wifi connection.When WiFi

become ,connection is normal.

11.2 Start problem:

Treadmill can not start

Possible reason:safety key is invalid.

How to handle:Recover safety key.



Twelfth.Keyboard:

Press program button to enter,press mode button to switch among time mode,distance mode,calorie mode.

Thirteenth.Treadmill error code reminders.



ERROR 01

The converter couldn't receive the signal



ERROR 02

Over current



ERROR 03

Over voltage



ERROR 04

Over load



ERROR 05

Lack of phase



ERROR 06

preventing reversing switch action



ERROR 07

Elevator failure



ERROR 08

Over heating



ERROR 09

Receives the boot signal ,but didn't receive shutdown signal before



ERROR 10

Current sensor U error



ERROR 11

Current sensor W error

A. Safety key function

At any state,pull safety key,IPS screen display"safety key is off,please check,recover safety key,then operate treadmill",buzzer makes long sound.If the motor is running,the motor stops at once.When the safety key is off,any button is invalid.

B. MP3 function(optional):

After power on,connect MP3 or other audio device,meter can play music.The volume control is from the audio device,please pay attention to the volume,to avoid to effect the sound quality and built-in audio circuit.

C. USB function(optional):

There is USB port in the panel,with it you can connect external device,such as U disk,mobile phone etc.When connect U disk,treadmill can play MP3 music.When connect cell phone,it has charging

function.

D. Shut down:

Any time,can shut down the treadmill by turning off the power,this will not damage the treadmill.

E. Notice:

1. Before exercise,please check first if the power is connected,if safety key is valid.
2. If there is abnormal during exercise,pull off the safety key,the treadmill will slow down quickly to stop.Put back safety key,treadmill recover,wails for the instruction input.
3. If there is any problem with this treadmill,please contact distributor,amateur please do not try to disassemble or repair,to avoid to damage the treadmill.

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 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 more than 14.5 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 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

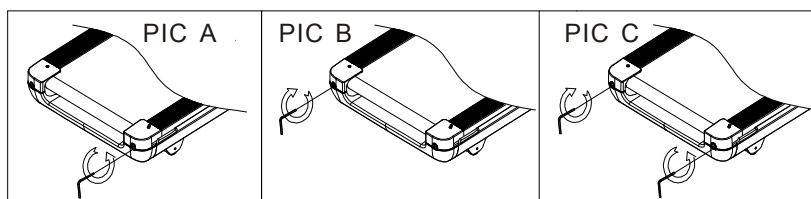
Put the treadmill running belt at the center:

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 belt is a little loose, then you need to adjust the running belt for the safe use (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 for the safe use.

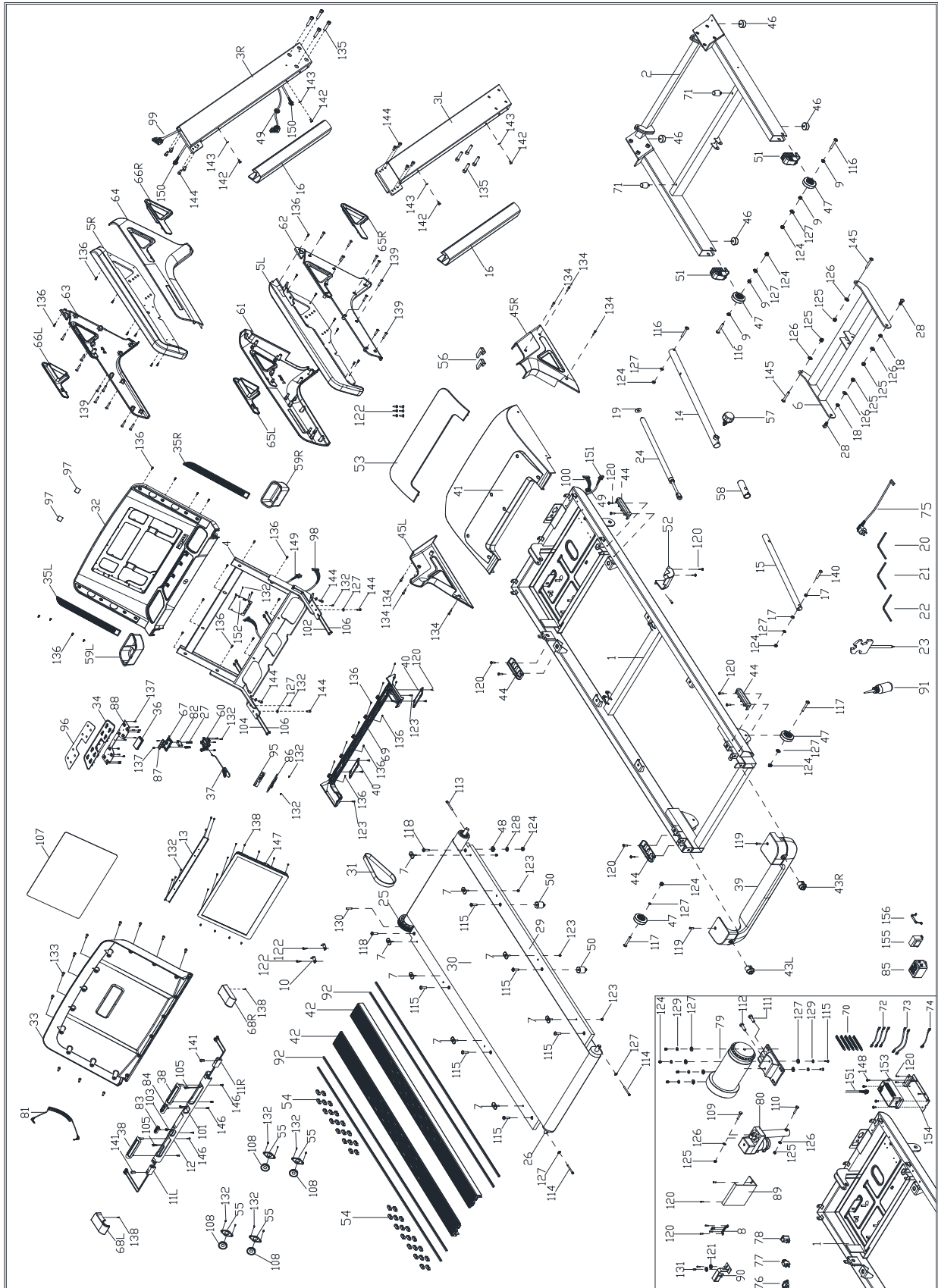
ADJUST METHOD

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 wrench 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	DESCRIPTION	Q'TY	NO.	ITEM	DESCRIPTION	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 left right		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 left right		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+2	50	Cushion		4

NO.	ITEM	DESCRIPTION	Q'TY		NO.	ITEM	DESCRIPTION	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	1200MM	3
73	Single wire	300MM	3		74	Single earthen wire		3
75	power wire		1		76	End socket		1
77	Power switch		1		78	Over load protector		1
79	AC 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	electrostatic prevention screw cover		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	DESCRIPTION	Q'TY	NO.	ITEM	DESCRIPTION	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*70	1	112	bolt	M10*35	4
113	screw	M8*60	1	114	screw	M8*75	2
115	screw	M6*20	6	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	screw	M8*45	1	122	screw	ST4.0*15	8
123	nut	M5	8	124	nut	M8	8
125	nut	M10	10	126	washer	φ 11* φ 22*t2.0	6
127	Flat washer	φ 9* φ 16*t1.6	12	128	washer	φ 9* φ 23*t1.6	3
129	Spring washer	M4	4	130	screw	M6*20	1
131	Flat washer	φ 11* φ 28*t2.0	4	132	screw	ST3.0*10	18
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	Spring washer	φ 10.2* φ 18.8*t ₃	4
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	2	146	screw	ST4.0*15	6
147	Meter		1	148	screw	M4*12	8
149	UPS Power cord upper wire		1	150	UPS Power cord middle wire		1
151	UPS Power cord lower wire		1	152	interface panel		1
153	UPS Power		1	154	treactor	CE optional	1
155	CE bracket	CE optional	1				