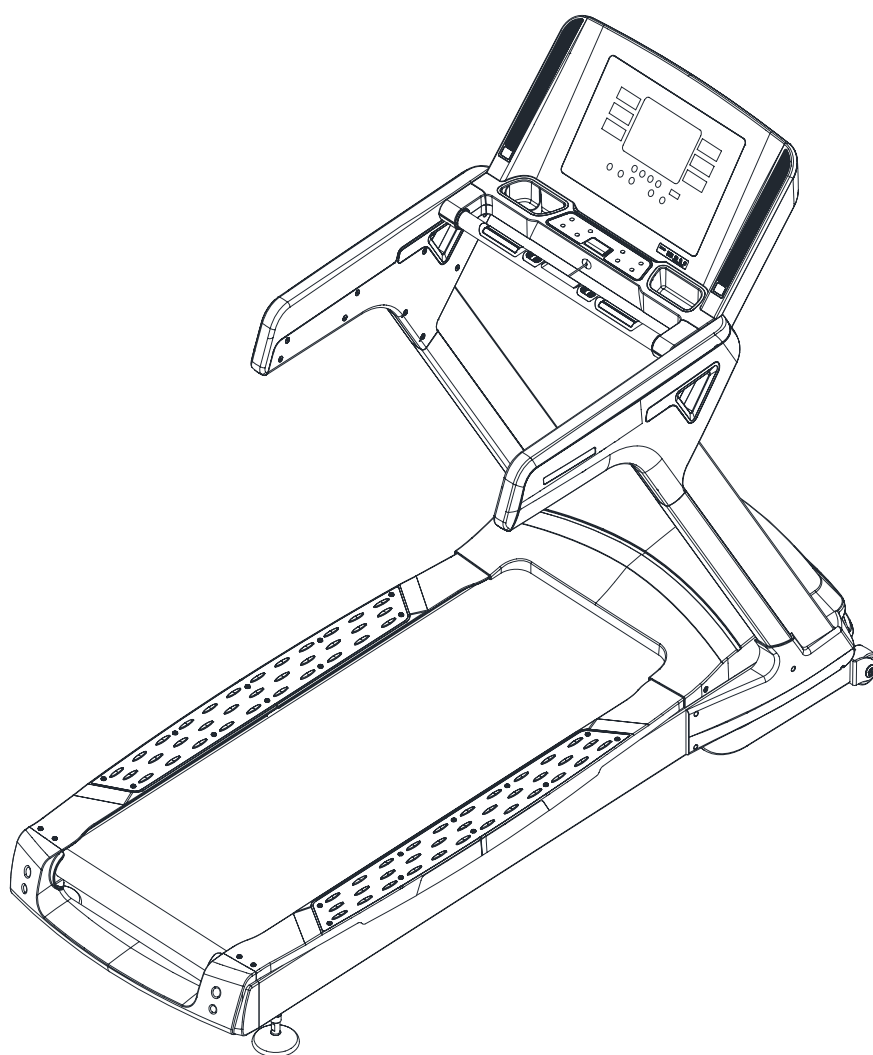

Owner's Manual Of The Motorized Treadmill



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SAFETY PRECAUTIONS

Warning:

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

1. When 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;
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 you use the treadmill

- 1、 Before starting any exercise plan, we suggest you to consult your doctor.
- 2、 Please make sure all the bolts are locked tightly.
- 3、 Do not put the treadmill at damp place, it may cause damage.

(We take no responsibility for any damage or injury caused by the above reasons)

- 4、 Please wear sports suits and sports shoes before you start to exercise.
- 5、 Only do serious exercise 40 minutes later after meal.
- 6、 Do warm-up exercise to avoid injury.
- 7、 People who suffer from hypertension should consult the doctor before exercise.
- 8、 Children should stay away from the this machine, to avoid injury.
9. This fitness equipment is only for adults.
10. Do not plug anything into any parts of this fitness equipment, or it may cause 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

Commercial USE

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

The following conditions are not under warranty range:

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

Repair and Maintenance Service

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

SAFETY USE ATTENTION

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

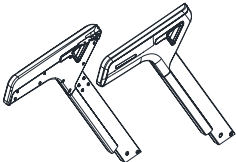
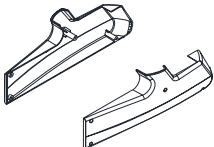
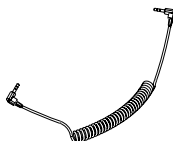
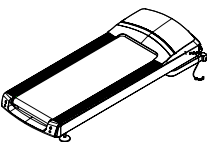
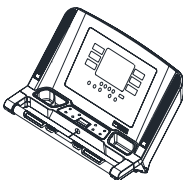
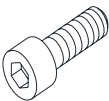
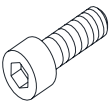
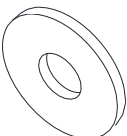
1. PLS place the treadmill on a clear, level ground. Do not place the treadmill on thick carpet ,as not to effect with ventilation under the treadmill. Also do not use the treadmill placing it by water or outdoor,notice to avoid moisture.The treadmill power line is specific, if the power line is damaged,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

If the treadmill suddenly increase in speed or speed up continually, due to an electronic system problem, please pull out the safety switch, the treadmill will immediately stop.

ASSEMBLY INSTRUCTION

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

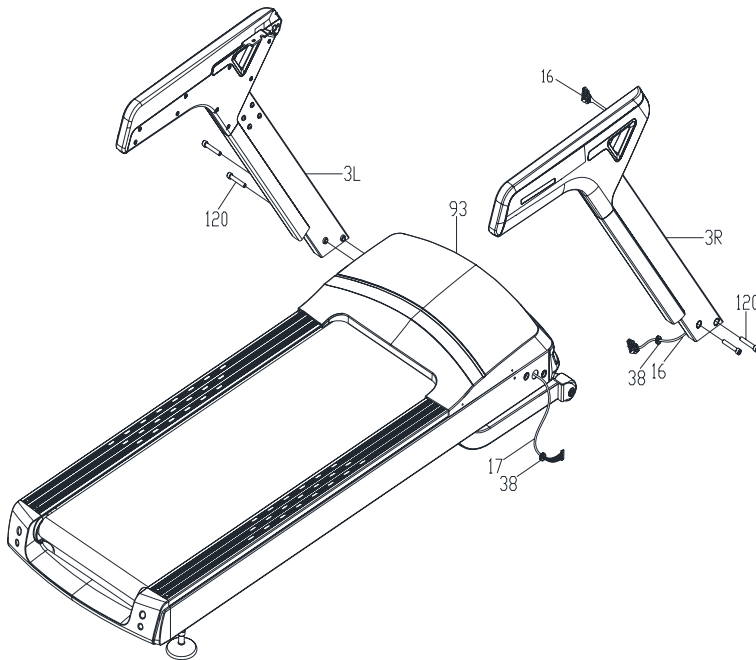
Installation tools:

			
3L/R. Upright	35L/R. Upright cover	66. Silicone oil	67. wrench 19-22
			
68. wrench 17-19	69. Wrench	70. 10#wrench	71. 6#wrench
			
72. 5#wrench	73. 4#wrench	120. screw M12*70	90. spring line
			
93. Frame assembly	112. meter assembly	141. screw M5*15	124. screw M8*15
			
152. washer ϕ 9* ϕ 16*t1.6			

Install:

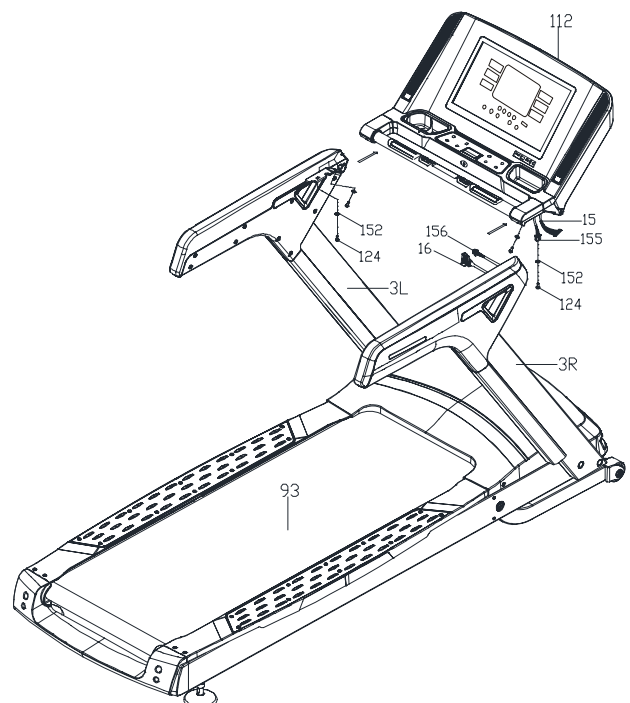
First Step:

Connect the bottom wire of meter (17) with the middle wire of meter(16). Then put the L/R upright on the frame assembly(93), lock them with screw M12*70(120), do not lock them tightly.



Second Step:

Put the meter assembly (112) on the upright(3L/R). Connect the middle wire of the meter (16) with the up wire of computer (15) . Use the Screw M8*15 (124) and the Washer(152) lock tight



V8 wire connecting method

1. Use wrench to uninstall meter wire-cover board (right)(as picture 1.2). Then take out the upper wire from meter(as picture 3)



(picture1)



(picture2)



(picture3)



(picture4)

2. Put the middle wire in the right side hole of the meter(as picture 4.5). then connect them(as picture 6)



(picture5)



(picture6)

3. Fix the meter on the frame.use screw bag tools bag M6 wrench.Lock tight four each bolts M8*15 and flat washers $\phi 9^* \phi 16^*t1.6$.(as picture 7.8)



(picture7)



(picture8)

4. Then put the tidy wire in the meter,use wrench to assemble the uninstalled meter wire-cover board(right) (as picture 9).At last assemble the storage box (in the accessory box)to the meter(as picture 10)

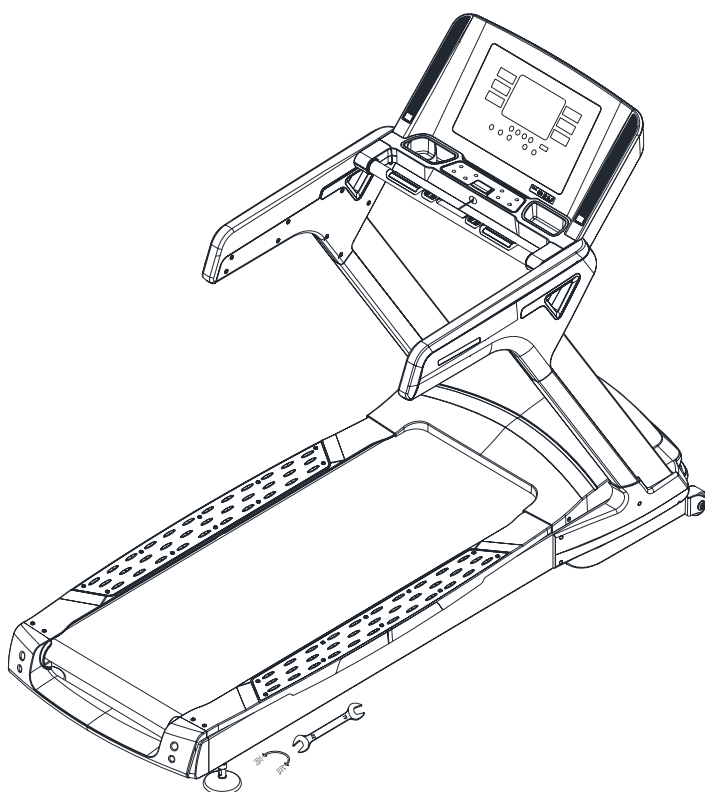
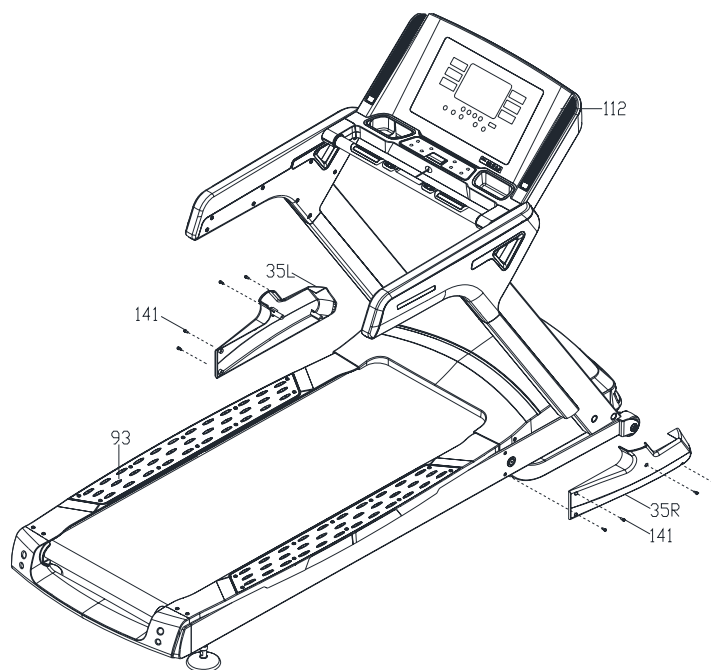


(picture9)



(picture10)

Third Step:
Lock the Screw M12*70(120)
Tightly ,Lock the Upright cover
(35L/R) on the Frame
assembly(93) with the Screw
M5*10(141).



Forth Step:

As the picture show. If the treadmill
is uneven in height. You Can use
the toolkit 17-19,19-22 wrench , do
fine-tuning. Anticlockwise to raise
height , clockwise to lower the
height.

TECHNICAL PARAMETERS

Assembly size(mm)	2160*890*1480mm	Speed Range	1—20Km/h
Incline range	0-18%	Motor Spec(HP)	6.0HP (PEAK)
Running size(mm)	1550*550mm	Input Volt(V)	220-240V
N.W.	166Kg	Max output power	2200W
Max user weight	180Kg	Operating Temperature	0-28℃
IPS screen display	Speed, Time, Distance, Calories, Pulse		
Safety Protection and Product Advantage	A. Red safety switch Magnetic plate on the meter; B. Overcurrent and overload function set in the microcomputer ; C. LED screen display, meter display clearly, no effect on any angle of view .1.0—20km/h speed range; D. Frequency control method, speed adjusting is very smooth and convenient; E. Buffer system make the exercise natural and smooth, at the same time and lower the impact to the user's foot, ankle, joint and other parts. F. The over current protector can only continue to function, when manually rest, which can protect the motor from damage; G. Intelligent explosion-proof circuit can function in 0.3 seconds, giving the user the maximal protection;		

GETTING START

PREPARE:

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

Before you use the motorized treadmill, please stand aside to learn the how to operate, such as how to start, stop and adjust speed., you can use it after you are familiar with it. Then stand on the plastic non-slip plate of the treadmill sides and grip the handrail with both hands, turn on the treadmill to 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 you are adapted, you can adjust the speed to 3—5km/h slowly, and keep this speed for about 10 minutes, then stop the treadmill slowly.

EXERCISE:

PLS stand aside to learn how to operate, such as adjust speed and incline, start do the Exercise after you are familiar with it. Walk 1 km by constant step, and record the time used, which may need about 15-25 minutes. Walk 1km by 4.8km/h need about 12minutes, after you can do it easily by few times, you can adjust to the high speed and incline, and go on for 30 minutes, you can have a good exercise. Before you do walking exercise, please be noted: do not rush, this exercise is for the health of your lifetime, not a one night magic. remember it is for your health and can not be irritable.

EXERCISE FREQUENCY

Target is 3--5 times per week, 15-60mins each time. It is better to make a time schedule first, not according to your preferences. You can control the movement intensity through adjusting speed and incline. We suggest you not to set incline when you start to do exercise. But when you want to increase the movement intensity increasing the incline is a effective way.

AMOUNT OF EXERCISE:

SHORTCUT----The best way to save time is 15-20 minutes exercise. Warm up 2 minutes by 4.8 km/h, then increase the speed to 5.3 km/h and 5.8 km/h, each continue for 2 minutes. Then add 0.3 km/h per 2mins, until you feel breathing quickened but not difficult. Keep exercise in this speed, if you feel hard to breathe, lower the speed to 0.3 km/h. at last, Leave 4 minutes to reduce the speed, at last. If you feel it is hard to strengthen the movement intensity by increasing speed, then you can choose the way to increase incline slowly, increase incline slightly already can easily strengthen the movement intensity greatly. **CONSUMPTION OF HEAT----**This way can really consume the Calories 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 intensity. You can do exercise for 1 hour by this speed in a TV program, and add 0.3 km/h speed when you see the business advertisements, and return to the former speed by the next program, so during the advertisements time and the pulse increasing time, the Calories will be consumed enough. At last left 4 minutes to reduce the speed.

CLOTHING:

All you need is a pair of shoes, which can let you fully stretch , at the same time don' t stick foreign matters under your shoes soles, so as not to carry the object into the running belt and running board to wear the running board and running belt. You should wear comfortable 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 e. After running, do those stretch exercises one more time.



picture 1

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

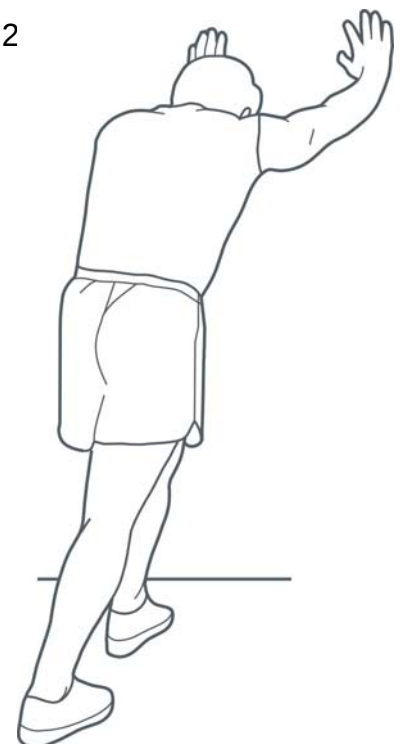
Sitting on a clean cushion, put one leg straight, put the other leg inward, put it close to the inside of the straight leg. Try your best to touch the toes, keep it for 10~15 seconds, then relax. Try best to touch your toes by hand. Keeping it for 10~15 seconds, then relax. Each leg do it three times.



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)



Picture 3



Picture 4

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 times for each leg (**See picture 4**).



Picture 5

Sartorius (Inner Muscles of the Thigh) Muscle Stretches

Sitting down with your soles opposite and knees outward.
Pull feet toward groin Keep it for 10-15 seconds, and relax.
Repeat it for 3 times (**See picture 5**).

OPERATION INSTRUCTION

(1) LED DISPLAY :



- 1. Time window:** Display the running time, count from 0:00-99:59 in forwarding direction, when it overflows, it recovers to 0:00, and restart again from 0:00 to count; Count down, from the set time decrease to zero, when it count down to 0:00, the treadmill slow down steadily and stop moving, when the treadmill stop completely, the treadmill enters into standby state.
- 2. Distance window:** Display running distance, in forwarding direction, count from 0.00-99.90. when it overflows, clear to 0, and count from 0 in forwarding direction, when in opposite direction, count down from set value to zero. when it count to 0, treadmill slow down to stop steadily, when the treadmill stop completely, it enter into standby state.
- 3. Pulse window:** Display the the pulse of user. when the exerciser hold the pulse handrail with both hands, the system can detect the pulse rate of the exerciser, and display on the screen, the range of pulse rate display: 22-250 times/minute. (this data is only for reference, can not be used as medical data).
- 4. Calories window:** Display the calories consumed by the exerciser. count in forwarding direction from 0-9999, when overflow it clear to 0, and count in forwarding direction from 0, when count in opposite direction, count down from set value to 0, when it counts down to 0, the treadmill slow down steadily and stop, when the treadmill stop completely, enter into standby state.

5.Speed window: Display the current speed in the operating state, speed display range:1.0-20km/h

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

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

(2) Buttons and their functions:

1. “Start ” press this button once, to start the treadmill.
2. “Stop ” in the operation, press the button to stop the treadmill.
3. “Mode ” function choosing button, Press the button can select :time countdown, distance countdown, calories countdown.
4. “Programs ” :Circular selection the 24 preset programs: P1,P2,P3-----P24 and 2 user programs.
- 5.”Speed+” : in the operation, press this button treadmill speed add 0.1;When set time, distance, calorie and etc, press this button add the value.
- 6.”Speed-” : in the operation, press this button treadmill speed reduce 0.1;When set time, distance, calorie and etc, press this button reduce the value.
- 7.”Incline+”: under the operating state, press the button can add the incline.
- 8.”Incline-“: under the operating state, press the button can decrease the incline.
- 9.”Volume start and stop” : press this button to start to play or pause playing.
- 10.”Sound +”: press this button the volume increases
- 11.”Sound -“: press this button the volume decreases
- 12.”Former music “:press this button play the former music.
- 13.”Next music “: press this button play the next music.

(3) operation instruction

1. manual Mode

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

2.Countdown mode :

2.1Time countdown mode

1)At the standby mode, press mode button once, time window flashes, default time is 30,press speed+ and speed- to choose time value, each time press speed+ and speed-,time value would increase or decrease by 1 minute, the time range can be adjusted is 5:00-99:00

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

2.2Distance countdown mode:

1)at the standby mode, press mode button twice, distance window flashes, default distance is 5.00.press speed+ and speed- to choose distance value. each time press speed+ or speed-,distance value increase or decrease by 0.1,the distance value range that can be adjusted is 0.50-99.00

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

2.3Calorie countdown mode:

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

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

3.Preset programs

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

Program chart is as below:

Time Program		Fixed time 30 minutes/10=each span of operating									
		1	2	3	4	5	6	7	8	9	10
P1	speed	1	1	4	3	4	3	5	4	2	5
	incline	1	1	2	3	3	1	2	2	3	2
P2	speed	2	5	4	6	4	6	4	2	5	2
	incline	1	2	3	3	2	2	3	5	2	2
P3	speed	2	5	4	5	4	5	4	4	3	2
	incline	1	2	2	3	1	2	2	2	2	1
P4	speed	3	6	7	5	8	5	9	6	4	3
	incline	2	2	3	3	2	2	4	6	2	2
P5	speed	3	6	7	5	8	6	7	6	4	3
	incline	1	2	4	3	2	2	4	5	2	1
P6	speed	2	8	6	4	5	9	7	5	4	3
	incline	2	2	6	2	3	4	2	2	2	1
P7	speed	2	6	7	4	4	7	4	2	6	2
	incline	4	5	6	6	9	9	10	10	6	3
P8	speed	2	4	6	8	7	8	6	2	3	2
	incline	3	5	4	4	3	4	4	3	3	2
P9	speed	2	4	5	5	6	5	6	3	3	2
	incline	3	5	3	4	2	3	4	2	3	2
P10	speed	2	3	5	3	3	5	3	6	3	3
	incline	4	4	3	5	6	7	7	5	3	3
P11	speed	3	5	8	8	9	5	7	6	3	2
	incline	4	5	6	6	9	9	10	10	6	3

P12	speed	3	5	5	4	4	6	4	2	3	4
	incline	3	5	6	7	10	10	10	10	6	3
P13	speed	3	5	7	8	9	10	8	5	4	4
	incline	1	2	3	4	5	5	4	3	2	1
P14	speed	2	4	6	8	10	10	8	6	4	2
	incline	4	5	6	7	8	8	7	6	5	4
P15	speed	3	4	7	8	10	9	8	6	5	4
	incline	3	4	5	6	7	8	8	5	3	2
P16	speed	2	3	5	4	5	5	7	5	4	2
	incline	0	2	2	4	4	6	6	1	1	0
P17	speed	2	6	8	3	9	4	10	4	3	2
	incline	6	6	10	10	3	3	3	7	1	0
P18	speed	1	5	4	5	9	5	4	5	3	2
	incline	5	5	8	8	10	10	10	7	1	0
P19	speed	3	4	8	4	3	8	6	4	4	1
	incline	2	4	4	4	4	2	3	3	1	0
P20	speed	3	2	3	6	6	6	6	5	2	2
	incline	3	3	5	5	5	5	2	2	1	0
P21	speed	2	6	5	6	8	6	7	4	3	2
	incline	2	3	3	3	4	4	1	1	2	0
P22	speed	2	4	6	8	10	8	6	4	6	6
	incline	2	3	6	6	3	5	9	3	5	3
P23	speed	2	4	6	8	4	2	7	8	10	1
	Incline	3	6	5	3	5	3	5	5	4	2
P24	speed	2	4	6	4	6	8	10	8	6	4
	Incline	2	5	5	3	5	5	3	3	4	2

4.User program

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

(4) .Pulse program (match function)

5.1 At standby mode, press program button, can choose pulse program HRC1, HRC2, HRC3, program default time is 30:00, pressing speed+ and speed- choose operation time, press mode button, confirm and enter into age setting, after pressing mode button to confirm, press start to operate. when time countdown to zero, treadmill stop operation.

5.2 Pulse program check every 15 seconds, when the pulse detected is smaller than target pulse rate, speed increase, when the pulse detected next 15 seconds is still smaller than target pulse rate, incline increase. speed and incline increase alternately. on the contrary, when the pulse rate detected is bigger than target pulse rate, speed and incline decrease alternately. every change speed by 0.2, change incline by 1.

5.3 pulse rate setting

Pulse rate program HRC1 target pulse rate = $(220 - \text{age inputted}) \times 0.65$

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

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



Pulse transmission belt is used on the chest

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

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

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

We apply human Engineering, dexterous and light, so you can not even feel its existence, and it's not effected by wind rain and wet. the quality is dependable, durable and enduring,

the length of use of pulse transmission belt is 2500 hours, if you exercise 10 hours per week, you can use it for 5 years.

(5) Pulse test (Marching HRC Pulse test function)

1. Gently hold pulse rate sensor, after 5 seconds, pulse rate show corresponding pulse

value.(the data is only for reference, can't be used as medical data)

2.Put the chest band emitter on the chest, after 5 seconds, pulse rate show corresponding pulse value.(the data is only for reference, can't be used as medical data)-----this function is optional.

(6) Power saving mode:

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

(7) MP3

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

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

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

(8) Metric Inch system change and incline adjustment

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

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

(9) Parameter setting

1.Control panel parameter setting

1)Press "speed+ "and "speed-" at the same time ,then connect the power, or take off the safety key then plug the safety key, wait till the calorie window and speed window show "0",release "speed+" and" speed –" buttons, enter into control panel parameter setting state;

2)At the parameter setting state, calorie window shows parameter no.0~9,speed window show parameter value, using speed up or speed down button can amend the setting parameter, pressing start button, confirm the setting parameter, and enter into next parameter setting. when disconnect power or take off safety key, buzzer makes a beep sound, then plug safety key, buzzer make a beep sound or press speed-up and speed-down at the same time, can jump out of parameter setting.

3)Parameter

No.	Parameter definition	Unit	Programming range
0	Control panel configuration		
1	Lowest speed	Km/h	0.3~3.0
2	Highest speed	Km/h	8.0~25.0

3	Biggest incline value	Degree	12.0~20.0
4	Speed up time/miles	S(second)	0.2~20.0
5	Speed down time/miles	S(second)	0.2~20.0
6	Lowest speed ratio mileage/rotation	Mm(millimeter)	10.0~200.0
7	medium speed ratio mileage/rotation	Mm(millimeter)	10.0~200.0
8	highest speed ratio mileage/rotation	Mm(millimeter)	10.0~200.0
9	Self-checking transmission ratio	Mm(millimeter)	0.0~

(10) Errors display (Simple troubleshooting methods) :

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

Fault processing:

10.1.1 check the line in the computer

10.1.2 check the connection line between the computer and the controller

10.2 fault description:Er-2 incline system failure

Fault processing:

10.2.1 check the signal line of the incline motor

10.2.2 check the incline motor if it is damaged

10.2.3 check the controller if it is damaged

10.3 fault description:Er-3 over-voltage protection

Fault processing:

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

10.4 fault description: Er-4 over-current protection

Fault processing:

10.4.1 check whether treadmill moving parts stuck

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

10.4.3 check whether the running belt or running board is worn

10.4.4 check whether controller or motor damage.

10.5 fault description: Er-5 over-load protection

Fault processing:

10.5.1 check whether treadmill moving parts stuck

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

10.5.3 check whether the running belt or running board is worn

10.5.4 check whether controller or motor damage.

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

Fault processing:

10.6.1 check the connection of the motor. check the wires and the plug. make sure the connection is well

10.6.2 check whether controller or motor damage

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

Fault processing:

10.7.1 check the line in the computer

10.7.2 check the connection line between the computer and the controller

10.8 fault description:SAFE ,Safe lock fault

Fault processing:

10.8.1 check whether the safe lock on the right place

10.8.2 check whether the plug of magnetic reed switch well

10.9 fault description: No display in the computer

Fault processing:

10.9.1 check whether there is power outlet

10.9.2 check whether the power switch on the treadmill open

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

A. Safety lock function:

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

B. Power saving mode:

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

C. MP3 Player Function(customized):

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

D. USB Function(customized):

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

E. Shutdown:

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

F. Attention:

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

SAFETY EXERCISE

Please consult the professional staff before you do exercise. He(she) can help to recommend exercise frequency/intensity and time according to your age and health condition. When you are running, if you feel chest tightness or chest pain, irregular

Heartbeats, short of breath, dizziness or other discomfort, please stop immediately! And consult the professional before you continue to do exercise.

If you use treadmill often, when you choose speed, you can choose normal walking speed or jogging speed.

If you have no experience or can't make sure the best testing speed, you can refer the 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 in normal speed 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 tan 14.5 km/h	excellent runner.

ATTENTION

It is suitable for walker to choose the speed less or equal than 6 km/h speed.

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

MAINTENANCE INSTRUCTION

Warning

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

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

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

WARNING

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

Running belt and the special lubricating oil of the motorized treadmill

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

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

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

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

MAINTENANCE GUIDELINE

1. In order to maintain and prolong the working life of your treadmill, we suggest you power off for 10 minutes after every 2 hours' running.
2. The loose running belt will lead slip when you are running; the tighten running belt will affect the performance of the motor, also can increase the wearing of the rollers and running belt. The

perfect state is that the belt can be lift from the running deck about 50-75mm

Belt Middle Placement and Tightness Adjustment

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

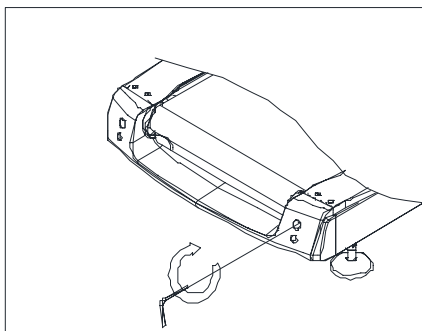
Put the treadmill running belt at the center:

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

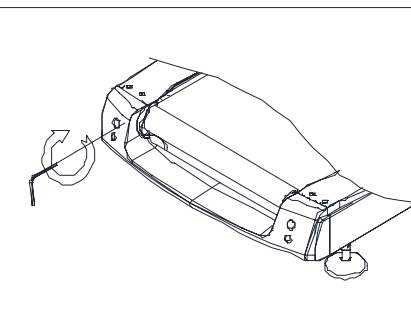
If the running belt deviate to the left,pull off the safety key,unplug the power,turn the left adjusting bolt clockwise by 1/4 circle,plug the power,safety key,make the treadmill run,watch the deviating condition of the running belt.Repeat the above steps,until the running belt goes to the middle.**Picture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

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

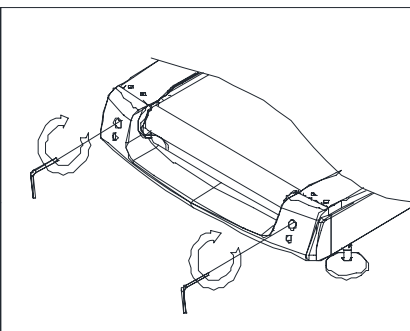
PICTURE A



PICTURE B



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: take down 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, then 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, then 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 front roller stop when press the running belt, the motor still run, the motor belt and running belt stops, then the V-belt is flabby, you need to adjust it for the use safety.

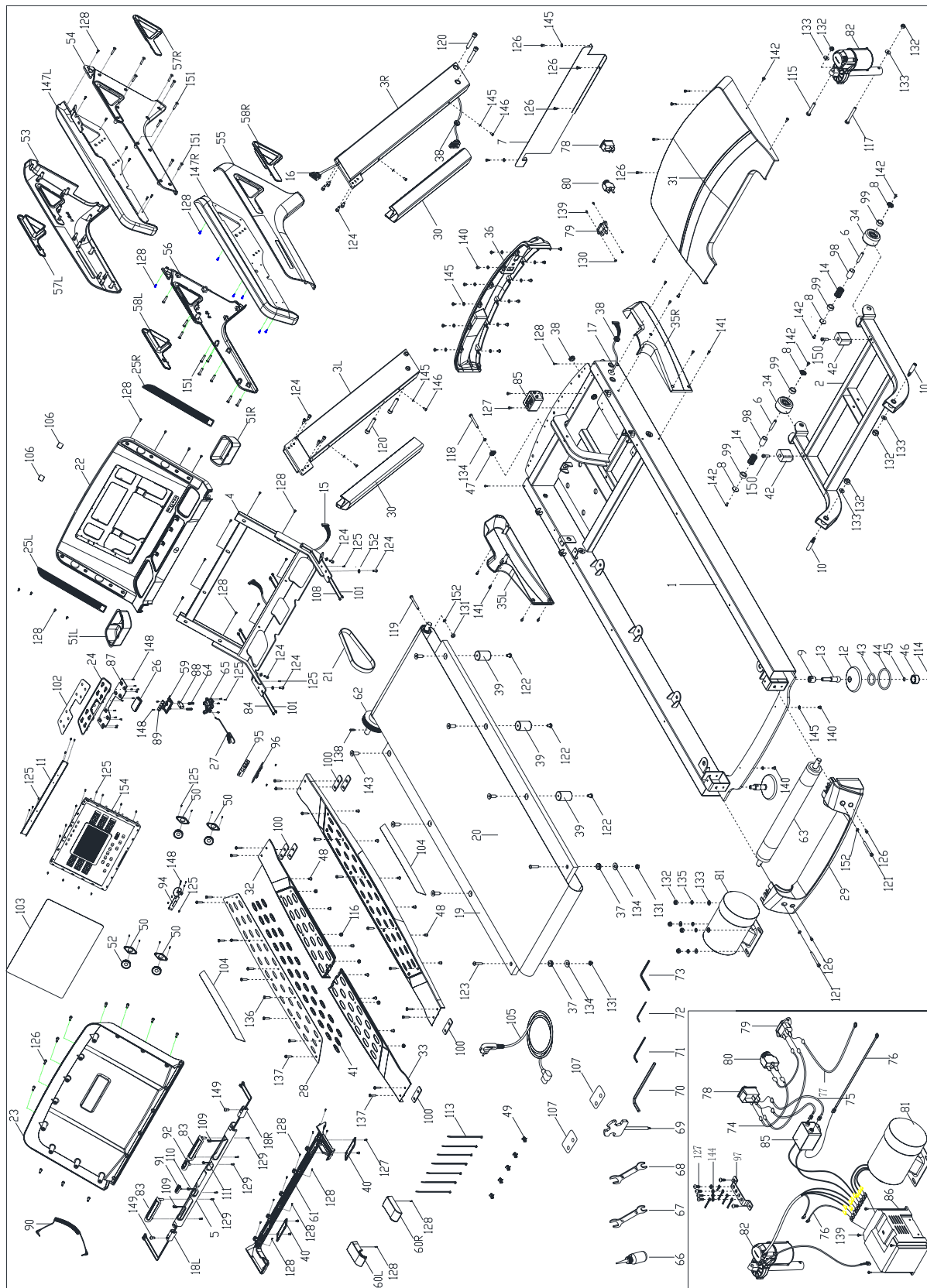
ADJUST METHOD

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

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

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

EXPLODED DRAWING



PART LIST

NO.	ITEM	DESCRIPTION	Q'TY	NO.	ITEM	DESCRIPTION	Q'TY
1	Main frame		1	2	Incline bracket		1
3L/R	L/R Upright		2	4	Meter bracket		1
5	Handrail elbow		1	6	Transporting wheel axis		2
7	Controller baffle		1	8	Transporting wheel screw cover		4
9	Joint bearing nut		2	10	Incline connecting shaft	6#	2
11	Pc board bracket base		1	12	Adjust foot pad		2
13	Universal joint		2	14	needle roller bearing		2
15	Up wire of meter		1	16	middle wire of meter		1
17	lower wire of meter		1	18L/R	Handrail connecting tube left right		2
19	Running board		1	20	Running belt		1
21	Multi-groove belt		1	22	Meter upper cover		1
23	Meter lower cover		1	24	keyboard		1
25L/R	Loudspeaker Fixed parts		2	26	Safety switch		1
27	Safety key		1	28	Stainless steel footplate		2
29	Rear endcap		1	30	Upright decorative stripe		2
31	Upper motor cover		1	32	Side rail front		2
33	Back side rail		2	34	Moving wheel		2
35L/R	L/R upright cover		2	36	Front cover		1
37	Running board shock pad		2	38	Ring wire plug		4
39	cushion		6	40	Wire cover board		2
41	salix leaf type anti-slip mat		66	42	Supporting cushion		2
43	O shape circle		2	44	O shape circle		2
45	O shape circle		2	46	Joint pad screw set		2

NO.	ITEM	DESCRIPTION	Q'TY	NO.	ITEM	DESCRIPTION	Q'TY
47	electrostatic prevention screw cover		1	48	Stopp G		12
49	Binding wire with a fixed seat		5	50	Loudspeaker fixed seat		4
51L/R	Storage box		2	52	loudspeaker		4
53	Left handrail side cover L		1	54	left handrail side cover R		1
55	Right handrail side cover L		1	56	Right handrail side cover R		1
57L/R	Left triangle decorative sheet		2	58L/R	Right triangle decorative sheet		2
59	Safety switch board		1	60L/R	Pulse tube small cover L/R		2
61	Pulse tube under cover		1	62	Front roller		1
63	Back roller		1	64	Compression spring		2
65	Safety switch base		1	66	silicon		1
67	wrench	17-19	1	68	wrench	19-22	1
69	wrench		1	70	wrench	M10*50*225L	1
71	wrench	M6*80*80L	2	72	wrench	M5*33*155L	1
73	wrench	M4*25*145L	1	74	Single wire	16A,L150mm,W/6 mm wire plug,w/2 pcs PC250 insulating bush	3
75	Single wire	16A,L300mm,W/6m m wire plug,w/2 pcs PC250 insulating bush	4	76	Single earthen wire	16A,L200mm,W/6 mm wire plug,w/1 pcs PC250	2
77	Single earthen wire	16A,L300mm,W/6m m wire plug,w/2 pcs PC250 insulating bush	1	78	Power switch		1
79	End socket		1	80	Overload protector		1
81	motor		1	82	Incline motor		1
83	Hand pulse components		2	84	Incline shortcut key lower wire		1
85	filter		1	86	controller		1
87	Keyboard PC board		1	88	Micro switch		1
89	Emergency button PC board		1	90	MP3 line		1
91	Incline shortcut key		1	92	Speed up shortcut key		1
93	Frame assembly		1	94	Wireless PC board		1
95	USB sticker		1	96	USB-PC board		1
97	Ground wire base		1	98	Moving wheel interval steel sleeve		2
99	space sleeve		4	100	washer		6

NO.	ITEM	DESCRIPTION	Q'TY		NO.	ITEM	DESCRIPTION	Q'TY
101	Pulse connect wire		2		102	button sticker		1
103	Panel sticker		1		104	Side rail sticker		2
105	Power cord		1		106	Loudspeaker sticker		2
107	Warning sticker		2		108	Speed shortcut key lower wire		1
109	Hand pulse wire		2		110	Incline shortcut key upper wire		1
111	Speed shortcut wire		1		112	Meter assembly		1
113	Binding band		7		114	Inner jump ring	φ 35hole outer diameter 37.8 thickness1.6	2
115	bolt	M10*45	1		116	nut	M6	10
117	bolt	M10*60	1		118	bolt	M8*70	1
119	bolt	M8*70	1		120	screw	M12*70	4
121	screw	M8*80	2		122	screw	M12*15	6
123	screw	M8*40	2		124	screw	M8*15	12
125	screw	ST3.0*10	39		126	screw	M6*15	21
127	screw	M4*8	12		128	screw	ST4.0*15	46
129	screw	ST4.0*15 full threaded nickle 10.9grade	6		130	nut	M4 nickle	2
131	nut	M8 nickle	3		132	nut	M10 nickle	8
133	washer	φ 11* φ 20*t2.0 nickle	8		134	washer	φ 9* φ 24*t1.6 nickle	3
135	washer	φ 10.2* φ 18.8*t3 nickle	4		136	screw	M6*18L	10
137	screw	M6*30L	18		138	screw	M6*30 full threaded nickle 10.9grade	1
139	screw	M4*15 full threaded nickle 10.9grade	6		140	screw	M6*10 full threaded nickle 10.9grade 14mm in the head	14
141	screw	M15*15 full threaded nickle 10.9grade 8.5mm on the head	8		142	screw	M6*12 full threaded nickle 10.9grade	8
143	screw	M12*35 10.9 grade full threaded nickle	6		144	washer	M4	4
145	washer	φ 6.6* φ 16*t1.6 nickle	20		146	screw	M6*10	4

NO.	ITEM	DESCRIPTION	Q'TY		NO.	ITEM	DESCRIPTION	Q'TY
147 L/R	Left,right foam handrail frame		2		148	screw	ST2.2*6.5L	18
149	screw	M8*15 full threaded nickle10.9grade 16mm in the head	2		150	screw	M8*20	2
151	screw	M6*35 10.9grade Full threaded nickle	18		152	washer	φ 9* φ 16*t1.2 nickle	7
153	screw	M4*12	4		154	Meter controller		1