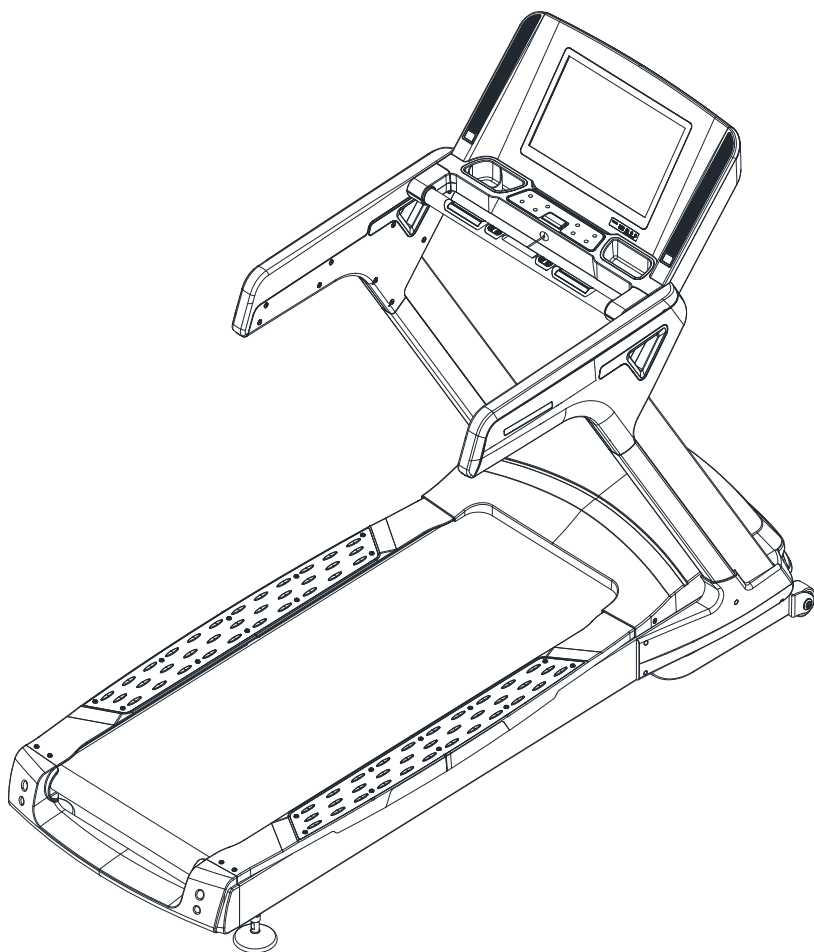


Owner's Manual Of The Motorized Treadmill Touch Screen



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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,or hold the both side handrail and jump off the treadmill.
5. When the treadmill was completely stopped leave is allowed.
6. when place the treadmill, there should be safety distances of 1 meter on the left side and right side of the treadmill(there should be no obstacle in 1 meter to the handlebars on both sides),2 meters to the end(there should be no obstacle in 2 meter to the treadmill end).

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

Attention:

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 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.
- 9.Child use the treadmill must have adult on side

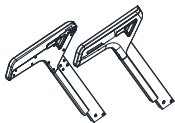
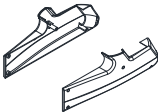
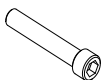
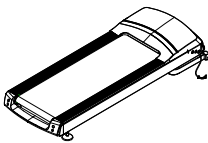
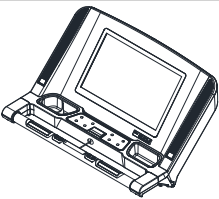
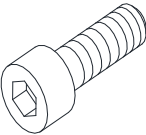
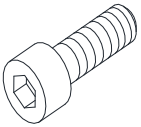
If the treadmill suddenly increase in speed or speed up continually, due to an electronic system problem, please pull out the safety switch, the treadmill will immediately stop.

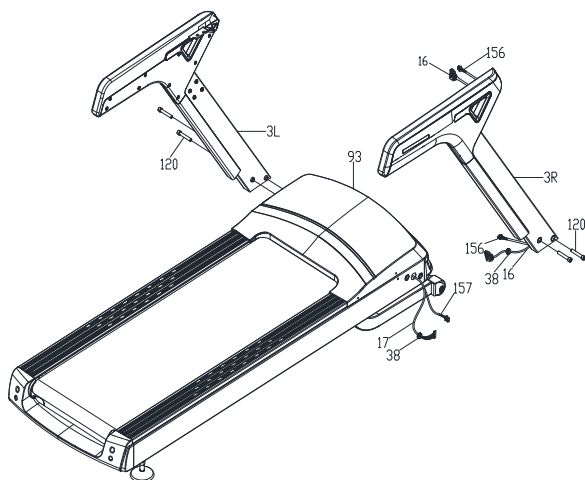
ASSEMBLY INSTRUCTION

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

Installation tools:

Install:

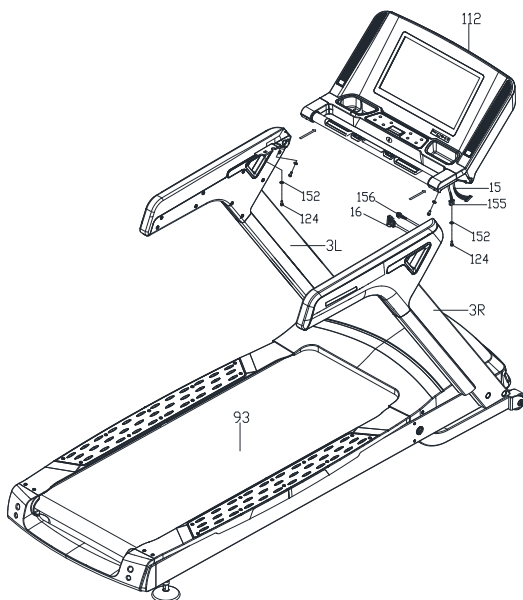
			
3L/R. Upright	35L/R. Upright cover	66. Silicone oil	67. wrench 19-22
			
68. wrench 17-19	69. Wrench	70. 10# wrench	71. 6# wrench
			
72. 5# wrench	73. 4# wrench	120. screw M12*70	90. spring line
			
93. Frame assembly	112. Computer assembly	141. screw M5*15	124. screw M8*15
			
152. washer 9* 16*t1.6			



First Step:

Connect the bottom wire of computer (17) with the middle wire of computer(16). Connect the Power bottom wire(157) with Power middle wire(156).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 computer assembly (112) on the upright(3L/R). Connect the middle wire of the computer (16) with the up wire of computer (15).Connect the Power upper wire(155) with the Power middle wire(156). Use the Screw M8*15 (124) and the Washer(152) lock tight



Wiring:

1. Take out storage box (picture 1). Then take out communication upper wire and power upper wire from meter (picture 2)



Picture 1



Picture 2

2. Then put communication middle wire and power middle wire in meter right hole (picture 3.4), then connect them (picture 5)



Picture 3



Picture 4

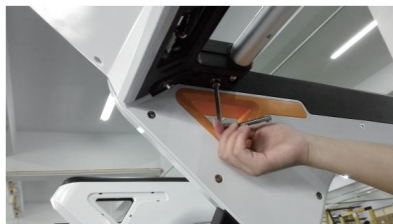


Picture 5

3. Then fix the meter to bracket, use M6 wrench from screw set toolkit, fasten M8*15 bolts and $\Phi 9 \times \Phi 16 \times t1.6$ washers each 4 pcs. (picture 6.7)



Picture 6



Picture 7

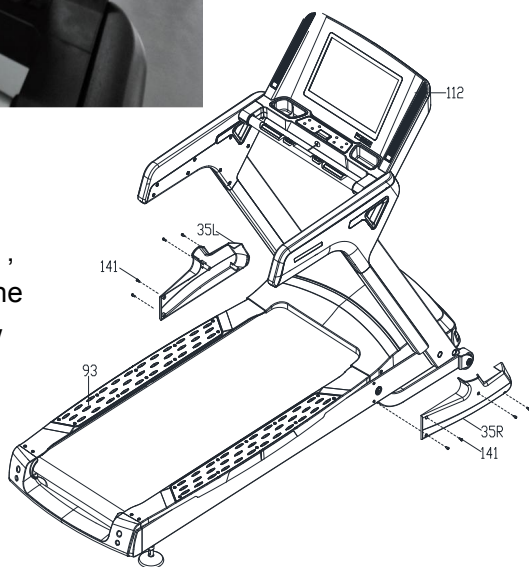
4. Then make the connected wires tidy and put them in the meter, at last take the storage box from parts box and put it on the meter. (picture 8)

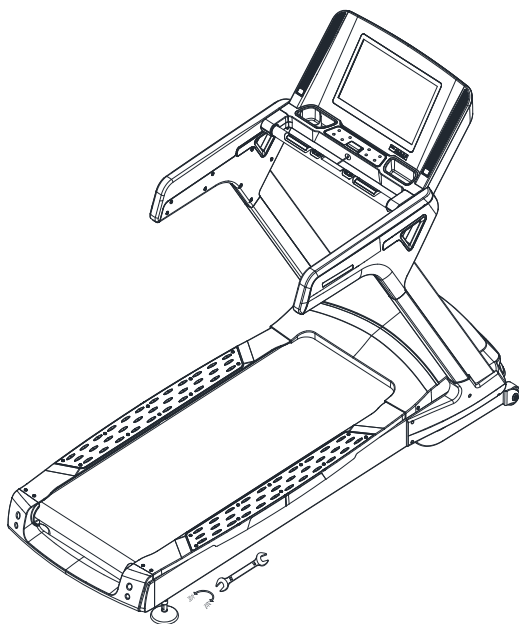


Picture 8

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).





Fourth 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.

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 missed.When you operate and use the treadmill,please read carefully corresponding instructions on the later part of this manual.

TECHNICAL PARAMETERS

Assembly size(mm)	2160*890*1480 mm	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, Incline		
Safety Protection and Product Advantage	A. Red safety switch Magnetic plate on the meter; B. Overcurrent and overload function set in the microcomputer ; C. IPS 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 12 minutes, 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 by 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:

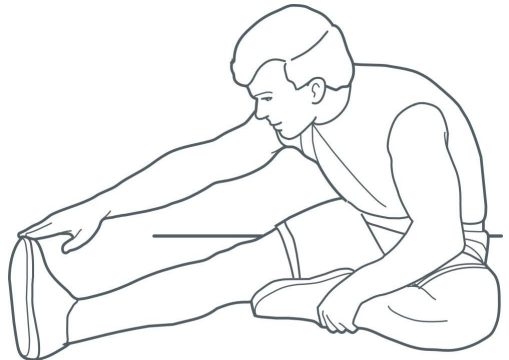
It is better to do some warm-up exercise, however you do exercise. Warm muscle are easy to stretch, so use 5-10 minutes to warm-up. Then stop and to do stretch exercise for five times according to the below ways, and each leg do 10 seconds or more every time e. After running, do those stretch exercises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



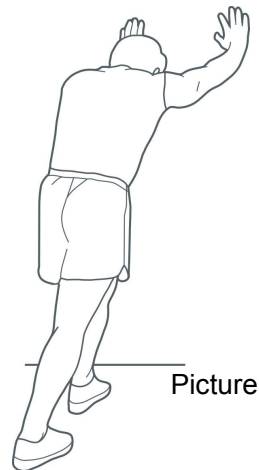
Picture 2

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. (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)



Picture 3



Picture4

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

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.



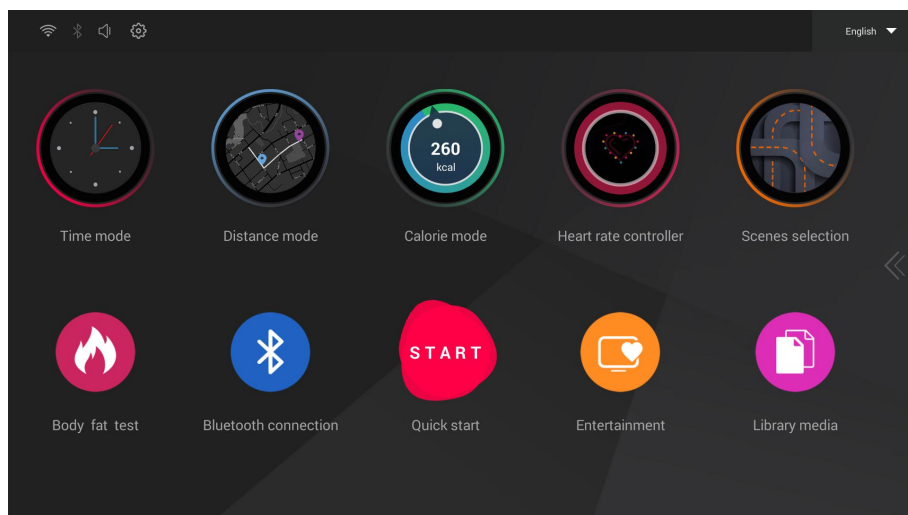
Sick group

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

Third. Log in ,log off:

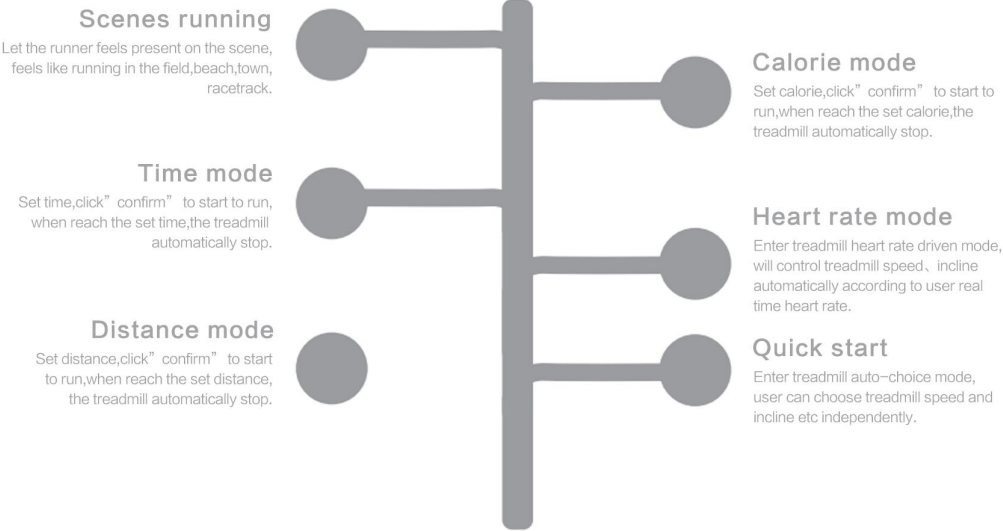
Below, will explain the treadmill running system from 6 different big scopes.

3.1 Log in, log off



Fourth. Running mode:

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



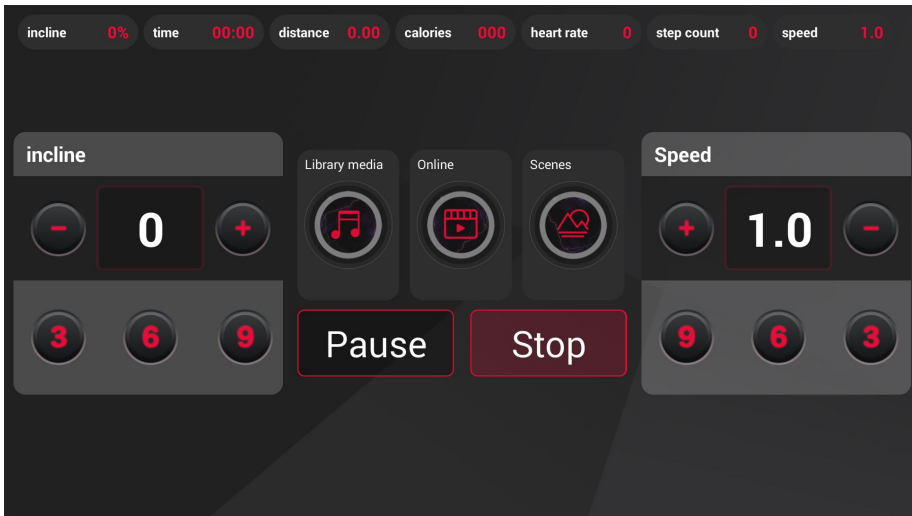
4.1 quick start:

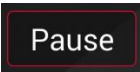
4.1.1 For your safety,before running,there will be 3 seconds countdown to let you be prepared.

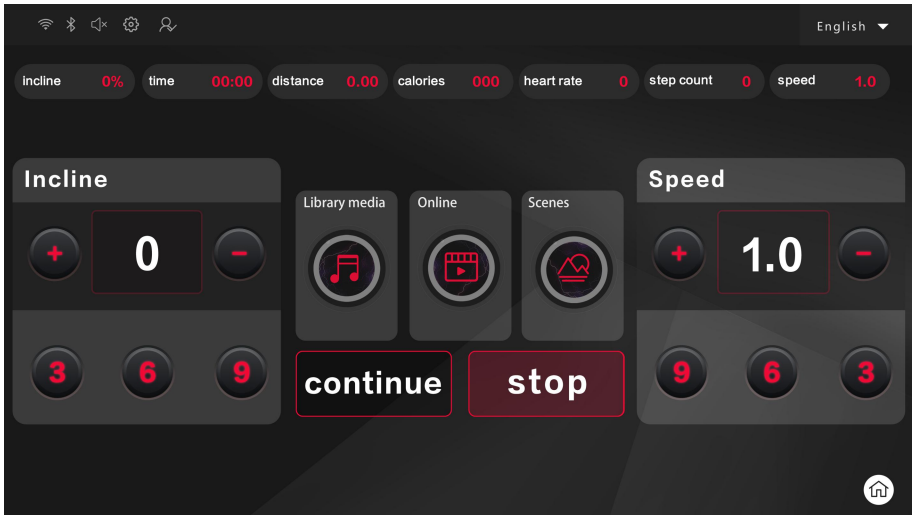


4.1.2 Running speed,incline default is 1.0 and 1%,during the running process,can

adjust speed or incline value according to your need.The highest speed and incline is 20 and 18%.

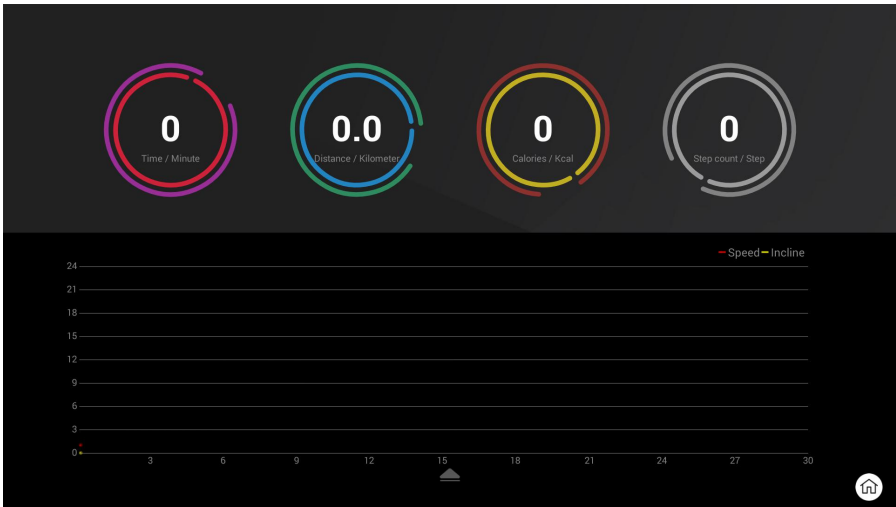


4.1.3 press "Pause button" , enter in below interface.

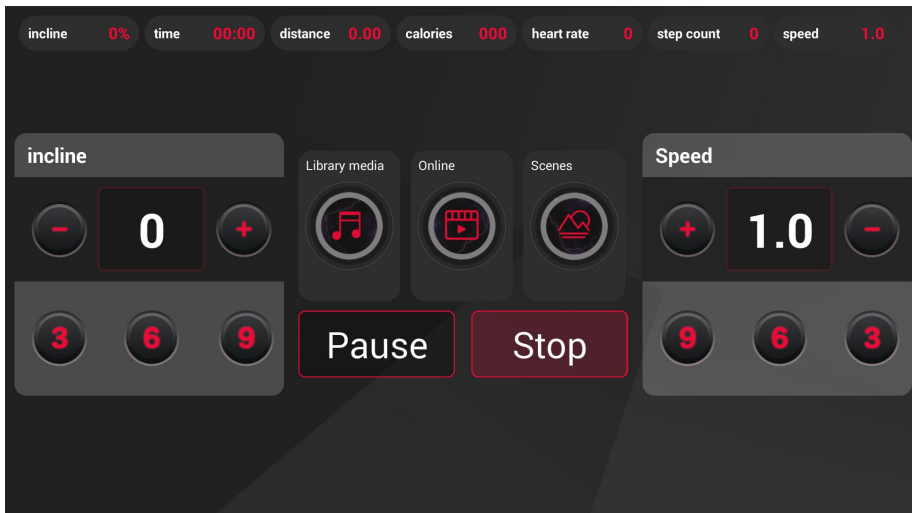


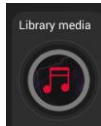
Stop

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.

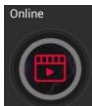
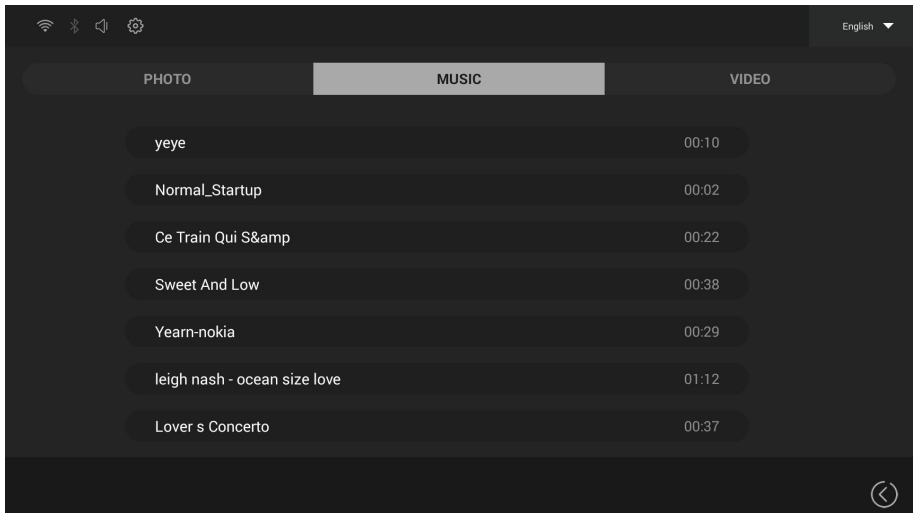




4.1.6.Open” Library Media” button ,enter below interface;press”return”

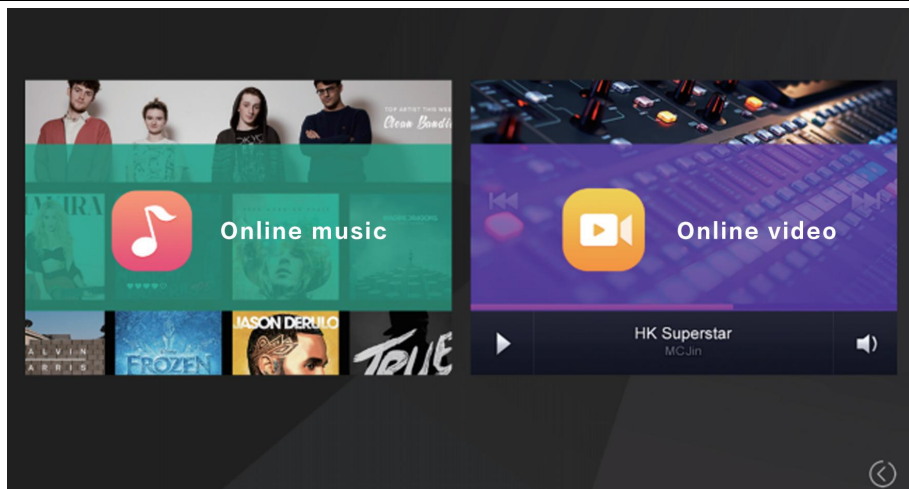


button,go back to running interface.

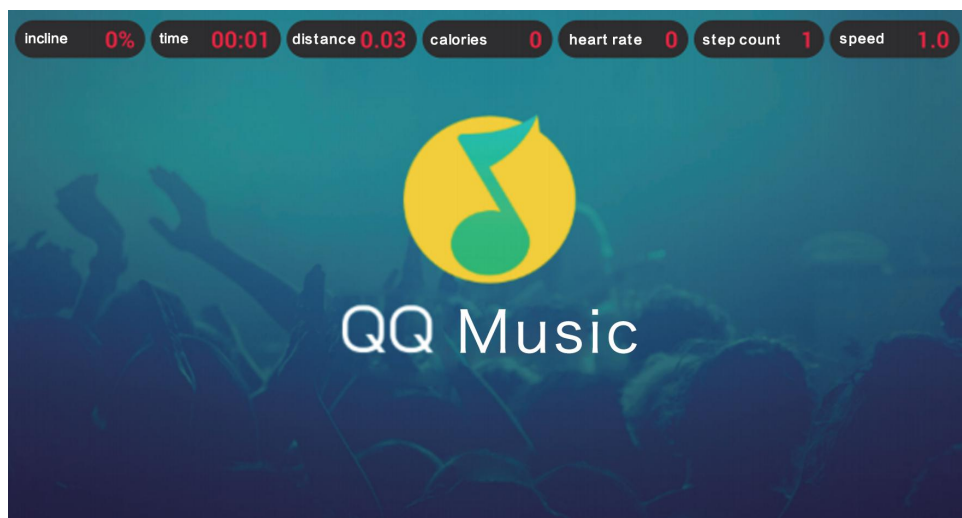


4.1.7.Click “on line” button,enter below interface;click”return” button,go back to running interface.

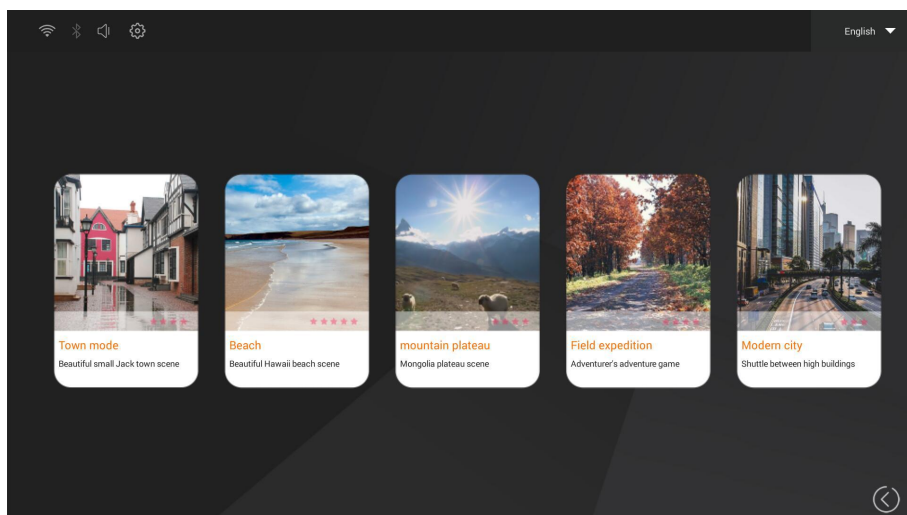
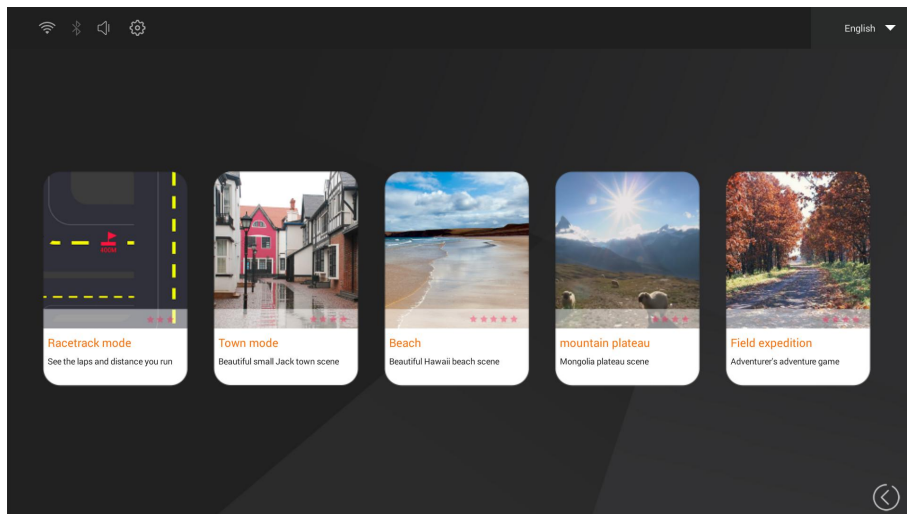
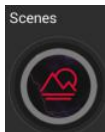




4.1.8. Click “on line music”  button, enter below interface; click “return”  button, jump out return interface, return to running interface. Click “return” button, go back to running interface.



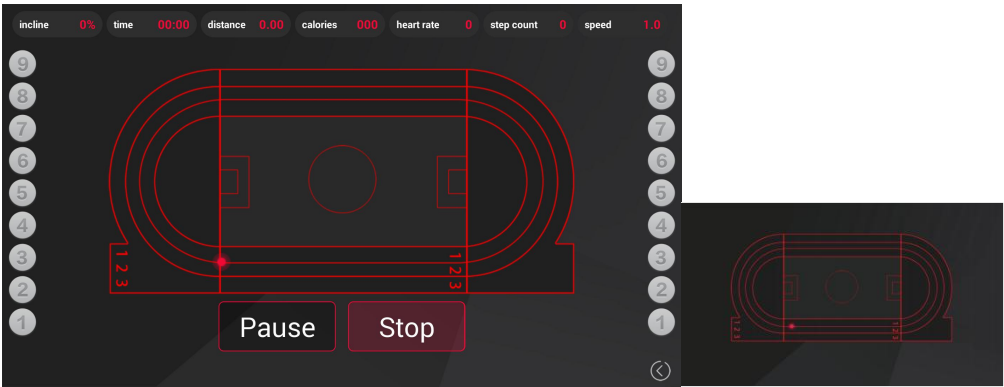
4.1.9. Click “scenes” button, enter below interface; click “return” button, return to running interface.



4.2.scenes running:

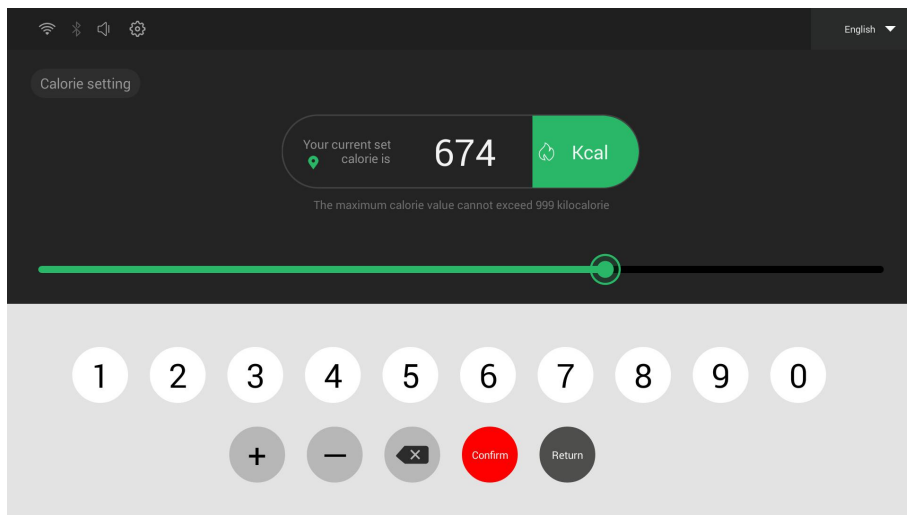
Now there are racetrack,map,town,beach,mountain plateau,field expedition,city 7 modes to choose.Scenes videos is at the same speed with running speed,run fast,video goes fast,run slowly,video goes slowly.Default incline and speed is 0 and 1.Click incline plus and minus icon,increase or decrease 1 every 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.

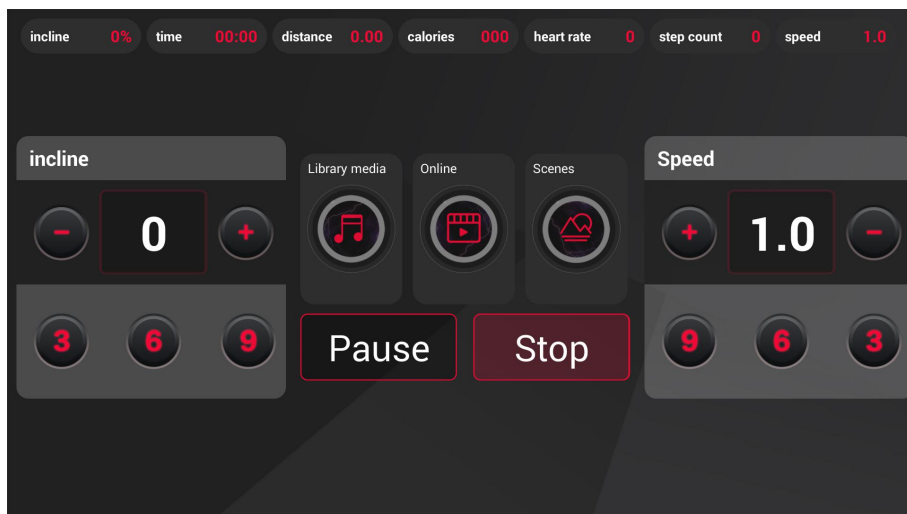


4.3Calorie:

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.

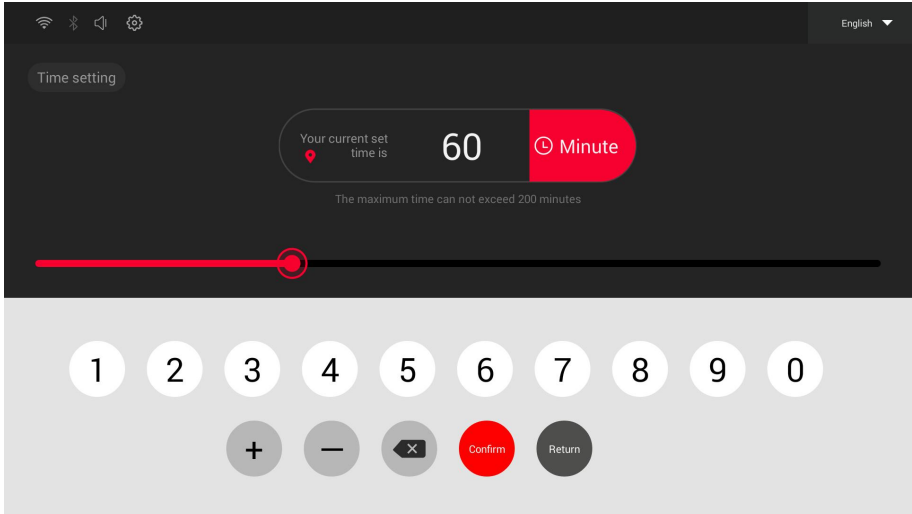


click "confirm" button, return to running status interface, and display calorie value.

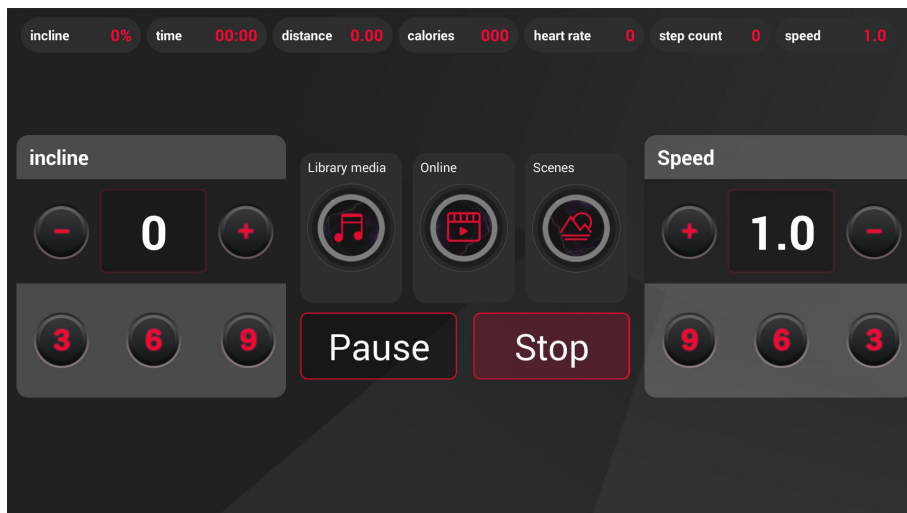


4.4Time:

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.

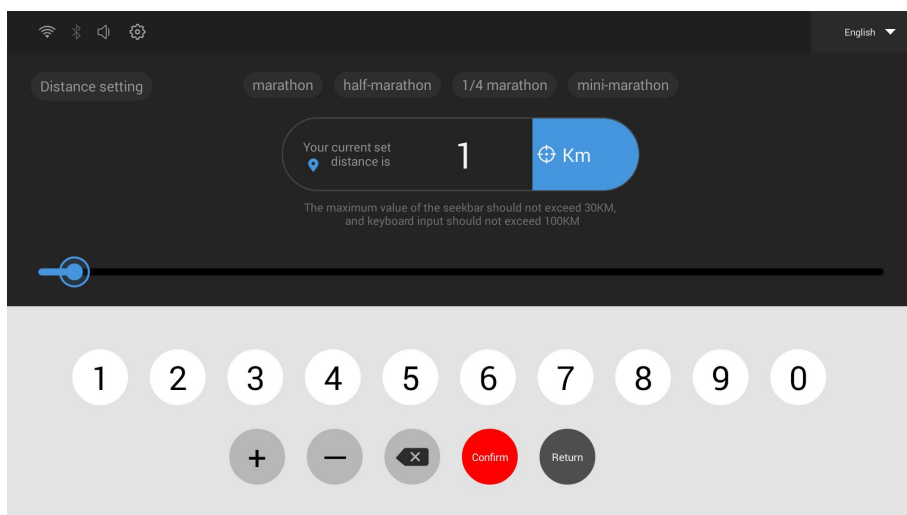


click"confirm" button,return to running status interface,and display time value.

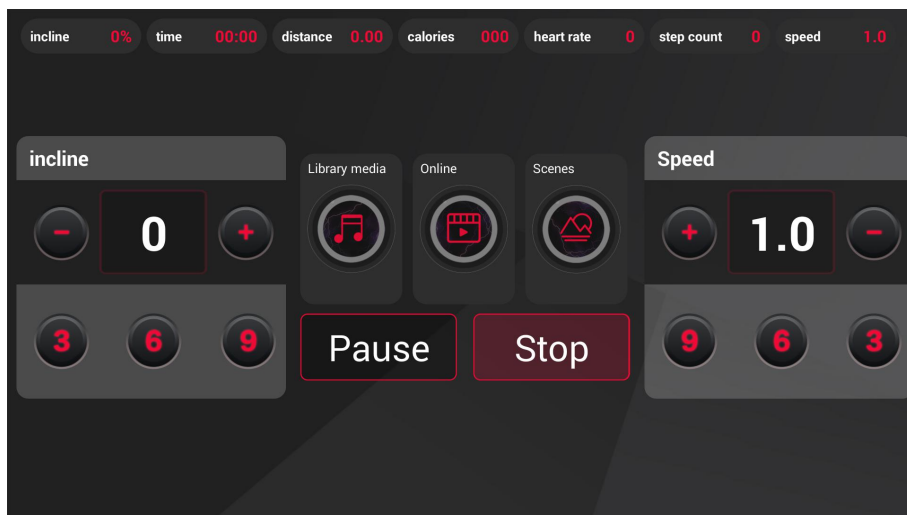


4.5 Distance:

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.

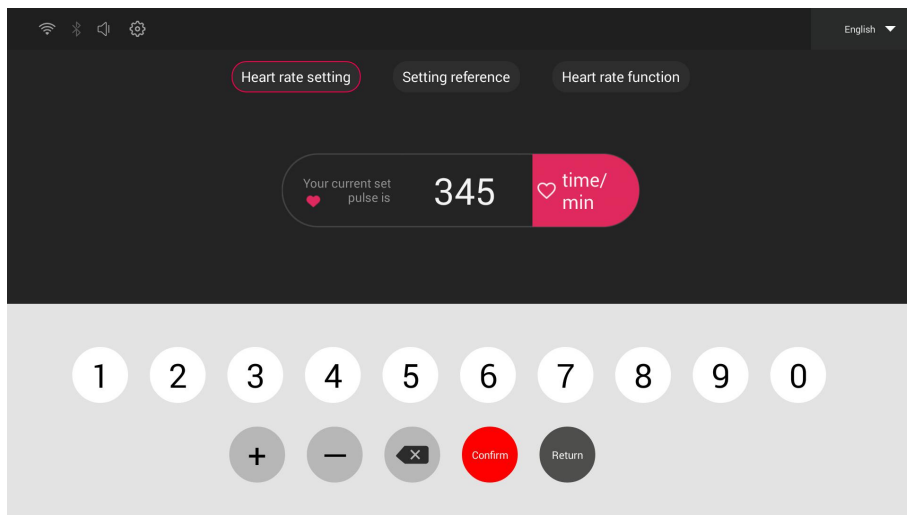


click"confirm" button,return to running status interface,and display distance value.

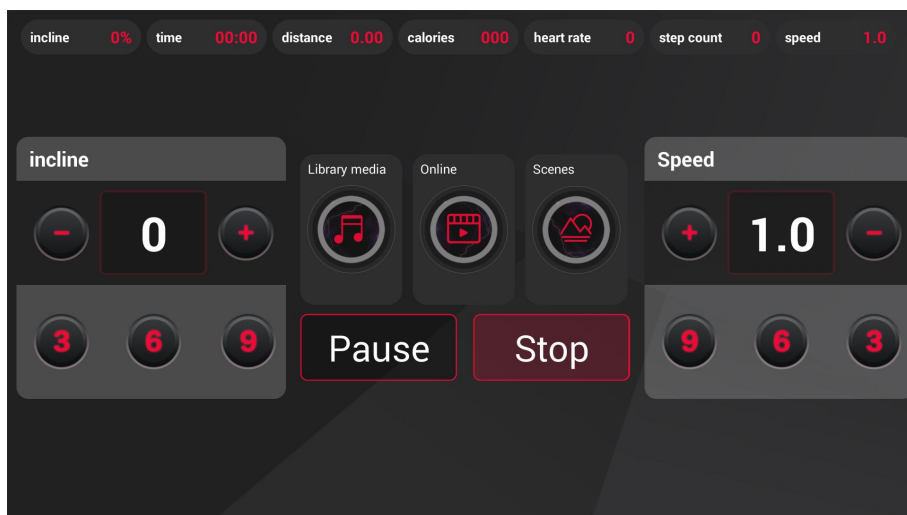


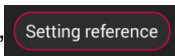
4.6Pulse mode:

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.

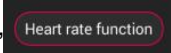


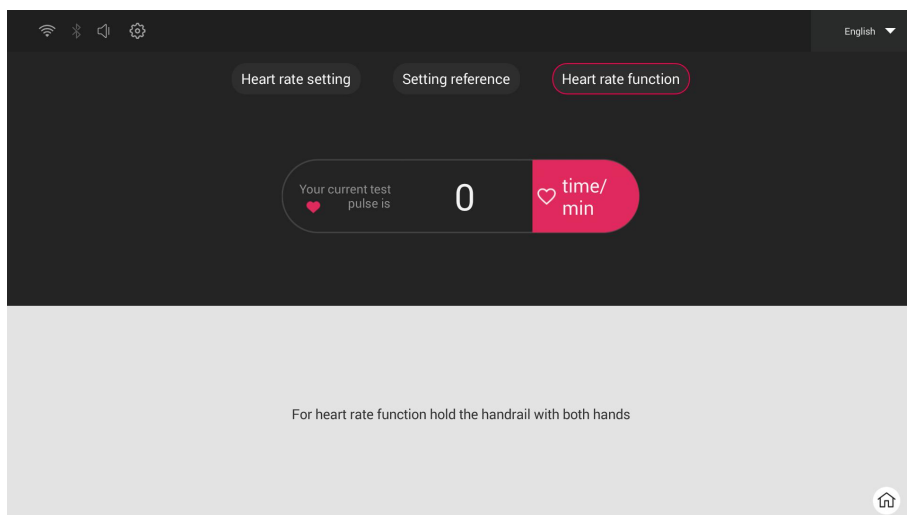
4.6.1 Input pulse value and click "confirm" button, enter running status interface.



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



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

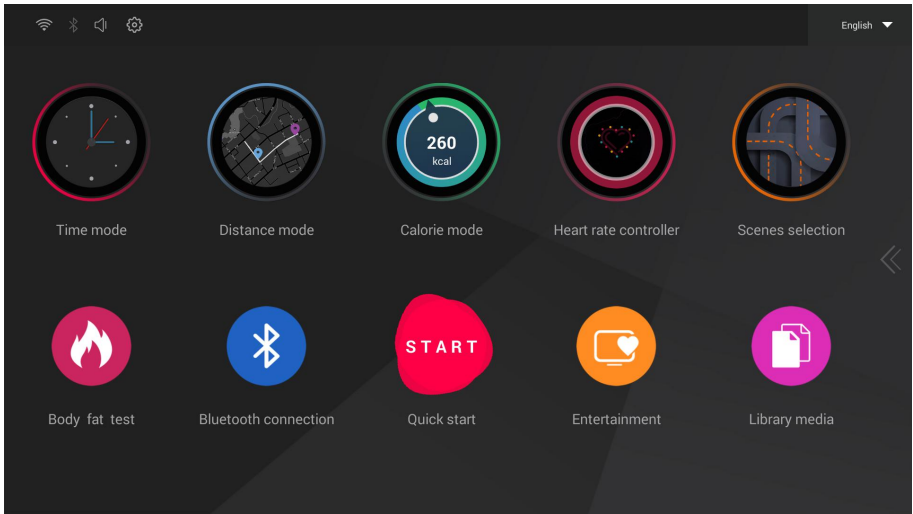


Fifth.Running mode:

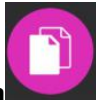
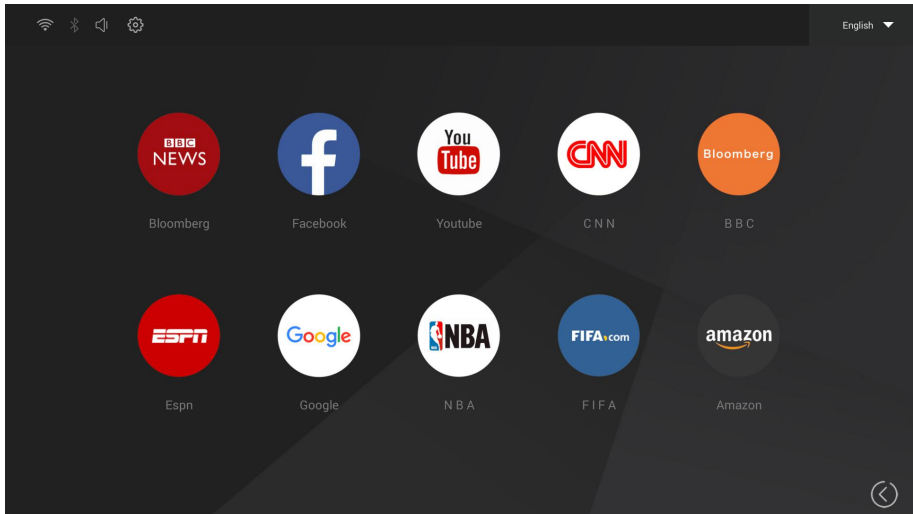
Library media(local video,local music,local pictures);

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

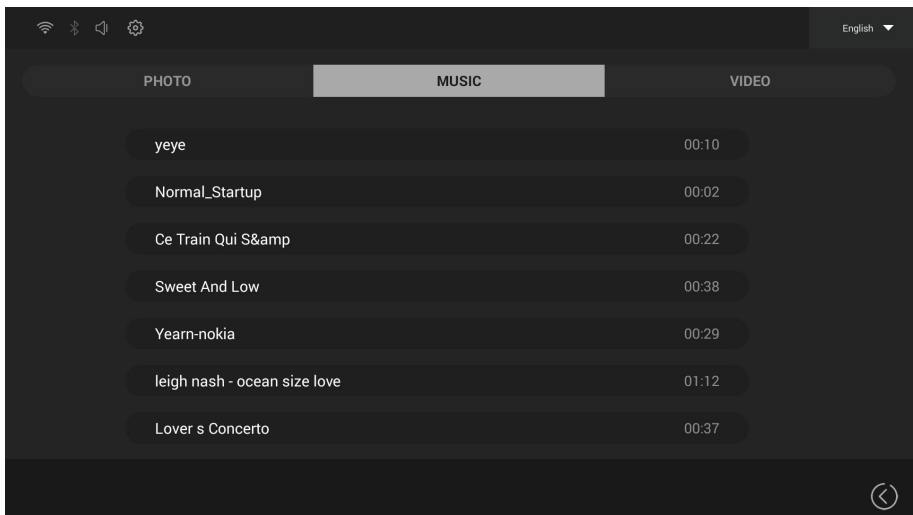
TV (Internet video)



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

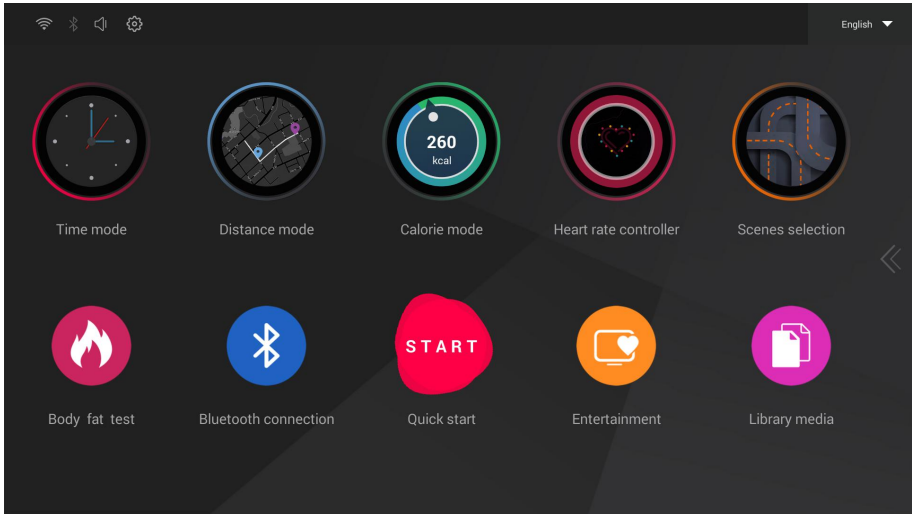


5.2Library media (the second screen of the main page)



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.

English

Body fat test

Body Fat test result

0

malefemale

After setting parameters, Click OK, hold the heart rate bar and wait for 5 seconds to computer results.

Your current set age is21age

Your current set weight is55Kg

Your current set height is160Cm

1

2

3

4

5

6

7

8

9

0

+

−

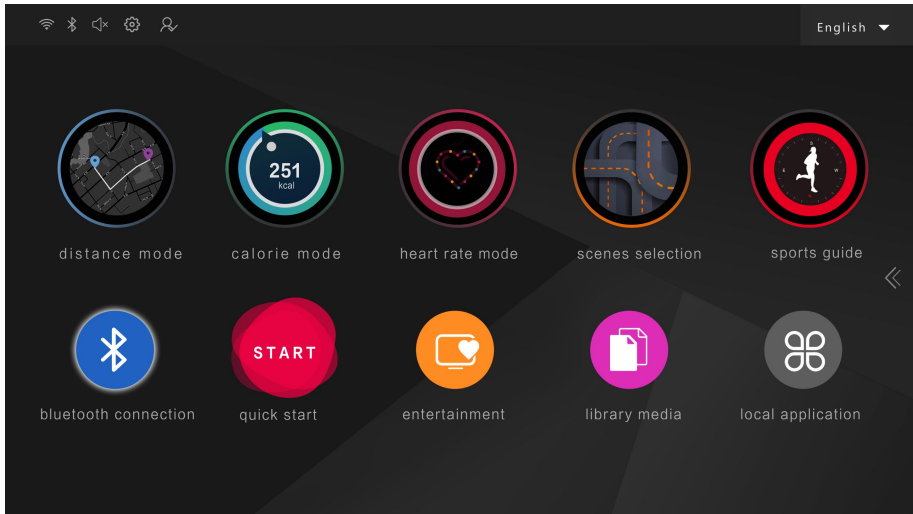
⌂

Confirm

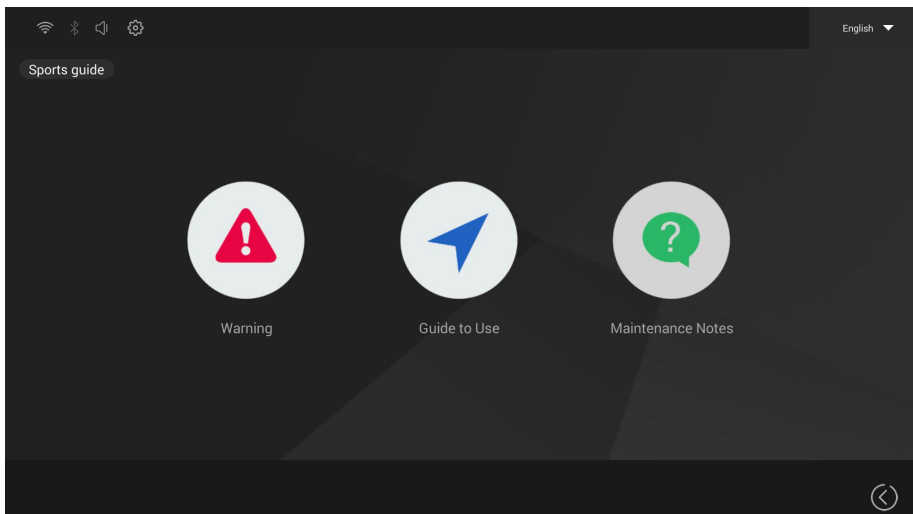
Return

Seventh.others.

Treadmill exercise guideline,treadmill maintenance,local application.



7.1 Exercise guideline



7.1.1 Warning

Warning

1. If you take medication , please pay attention to the adverse drug reaction to the exercise.
2. You can turn off the treadmill through powering off the treadmill at any time , it will not damage the treadmill.
3. Children、old people should choose speed and time according to their physical capacity , avoid to cause excessive load to the body.
4. Users who suffer from sever heart disease、skeletal muscle injury、hematoma trauma or inflammation should consult the professional before they use the treadmill.
5. Do not run when your stomach is empty or full.
6. When you start to run , step up slowly、speed up gradually . When you finish , slow down gradually , get off the treadmill when you are sure the treadmill completely stop.



7.1.2operation 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 loose.



7.1.3Maintenance instruction



English ▼



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



English ▼



Calculator



Calendar

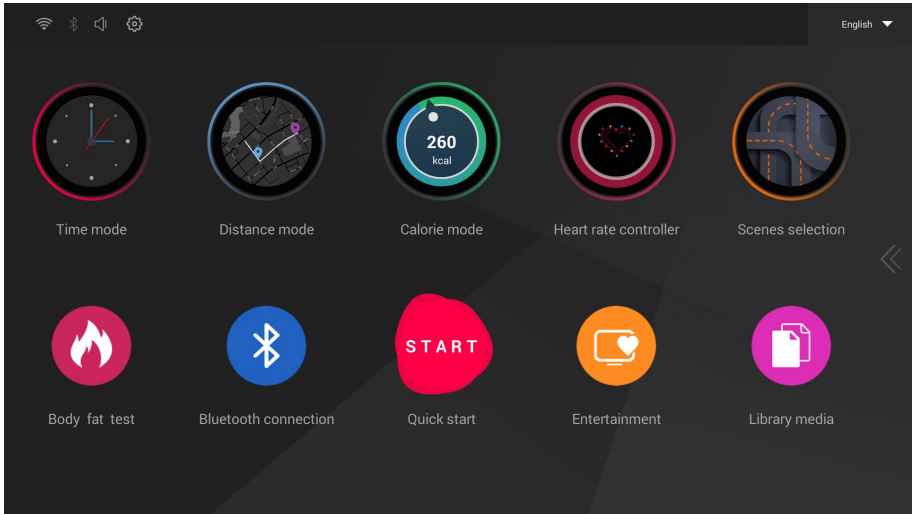


Clock



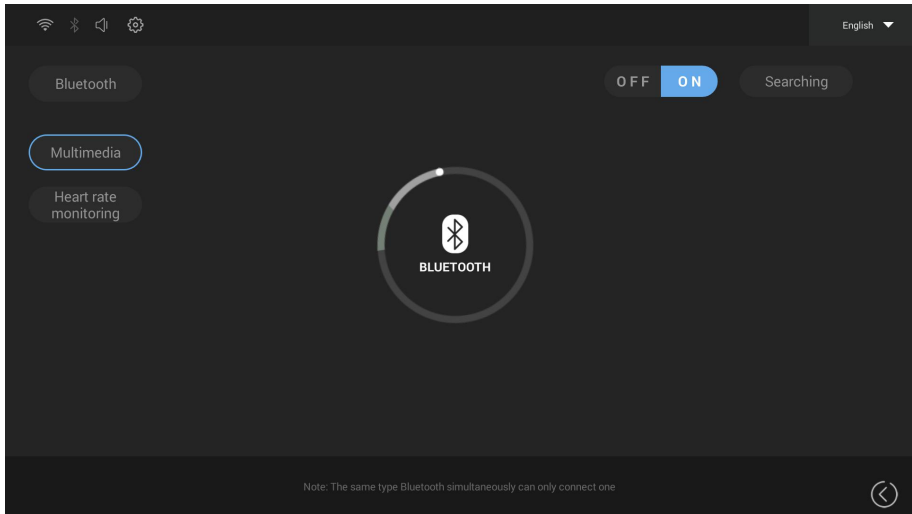
Eighth.SETTING

Bluetooth,WiFi,language,volume



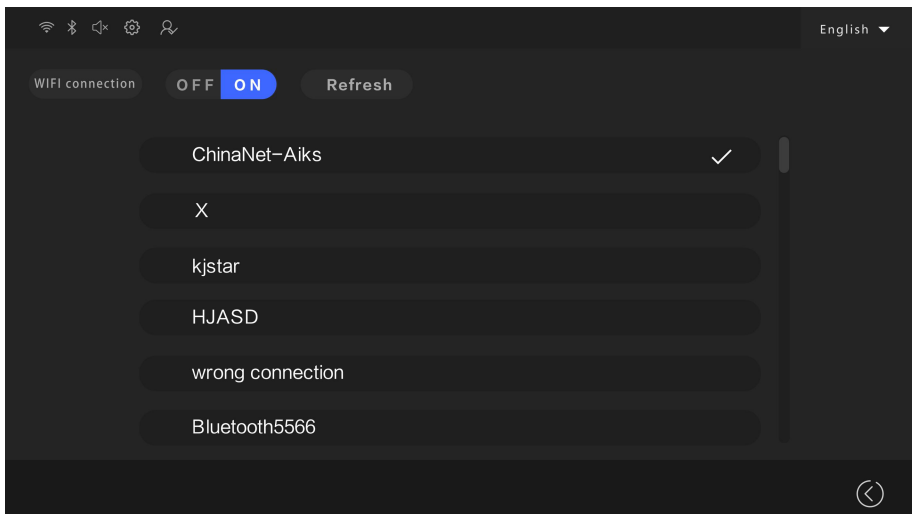
8.1Bluetooth setting:

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 .



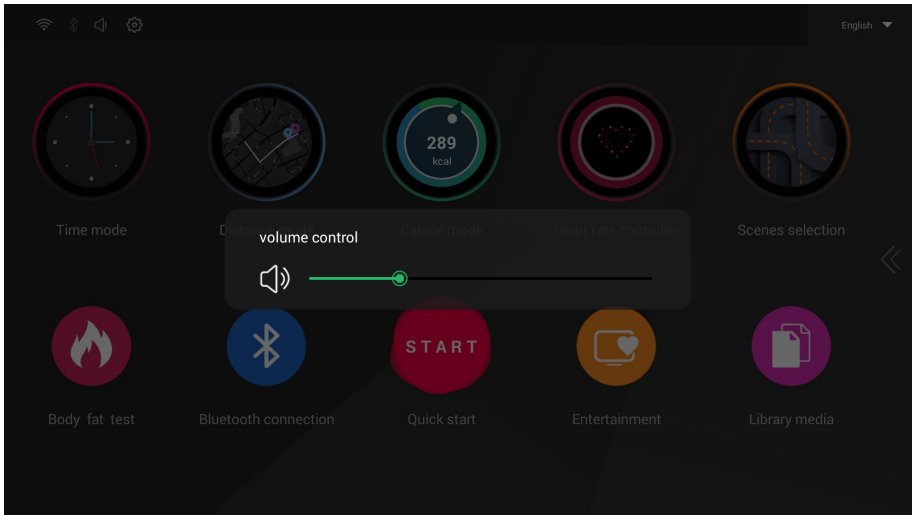
8.2WIFI setting:

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



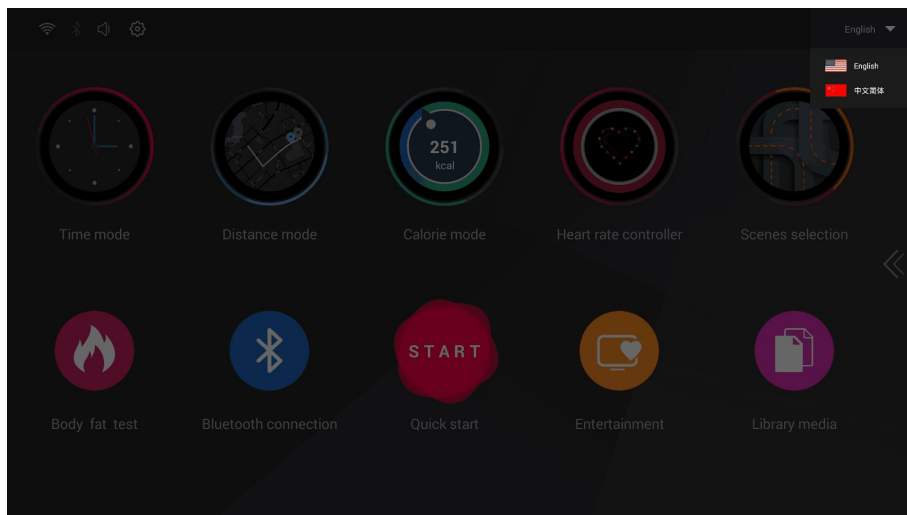
8.3 Volume setting:

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



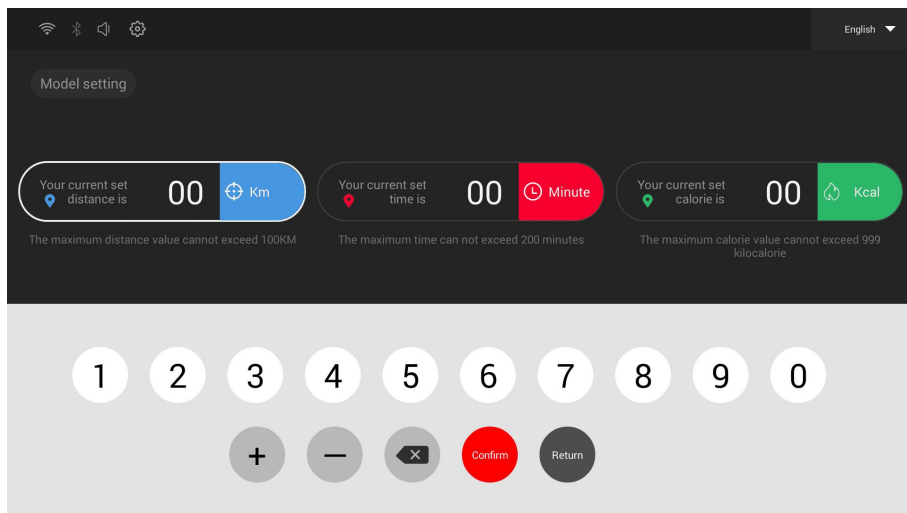
8.4Language setting:

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



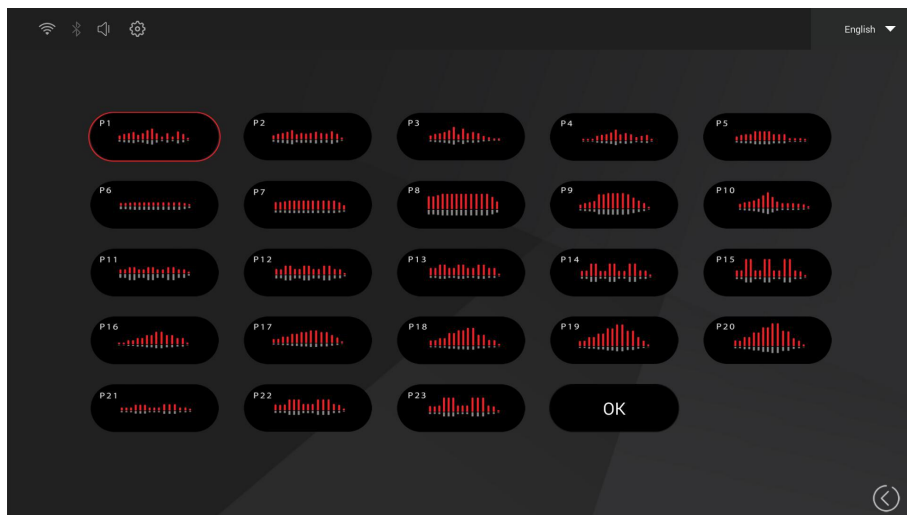
Ninth.Mode interface

This interface does not have corresponding entry in the screen,user need to click"mode" **Model setting** 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	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
P	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

14	incline	1	2	2	2	2	3	3	2	2	2	3	4	3	3	3	2
P 15	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
	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.



The converter couldn't receive the signal



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 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.

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 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 TRAEDMILL

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

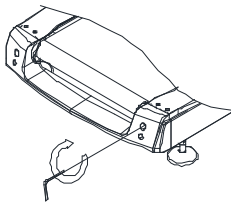
BELT MIDDLE PLACEMENT AND TIGHTNESS ADJUSTMENT

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

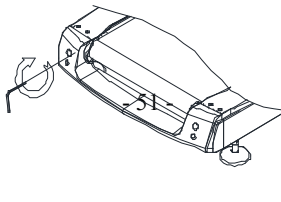
PUT THE TREADMILL RUNNING BELT AT THE CENTER:

- 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.

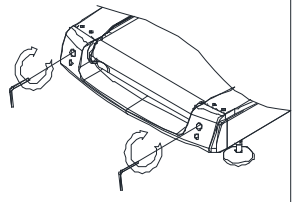
PICTURE A



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 V-belt and 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.

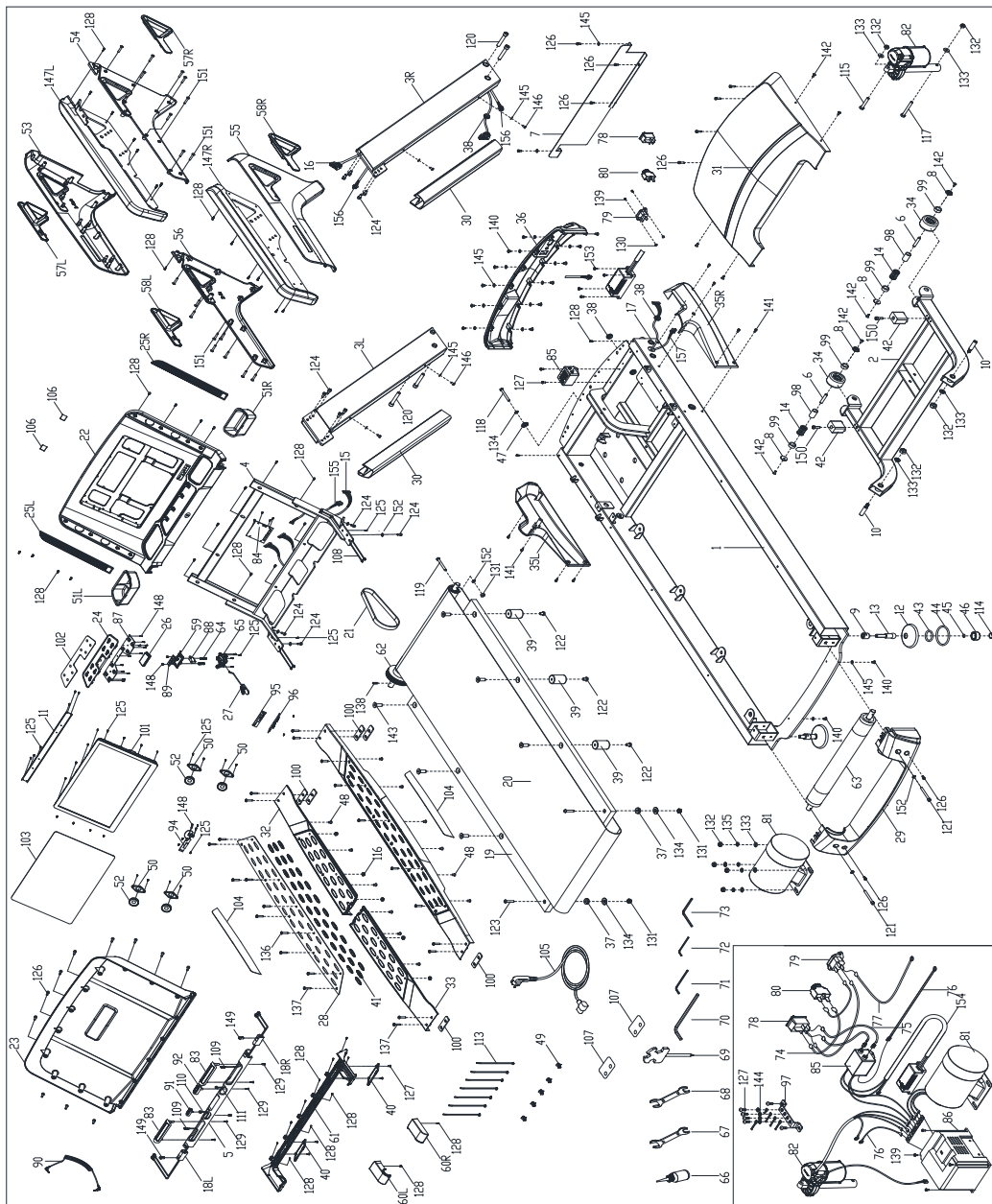
ADJUST METHOD

Step 1: Unscrew the 6 bolts of front motor protector cover, this way, you take off the protector cover.

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

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

EXPLODED DRAWING



PART LIST

NO.	ITEM	DEC	Q'TY	NO.	ITEM	DEC	Q'TY
1	Main frame		1	2	Incline bracket		1
3L/R	L/R Upright		2	4	Computer 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	screw	ST3.0*8	6	12	Adjust foot pad		2
13	Universal joint		2	14	needle roller bearing		2
15	Up wire of computer		1	16	middle wire of computer		1
17	lower wire of computer		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	footplate	Stainless steel	2
29	Rear cover		1	30	Upright decorative bar		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		5
39	cushion		2	40	Wire cover board		2
41	salix leaf type anti-slip mat		66	42	Location foot pad		2

NO	ITEM	DEC	Q'TY
43	O shape lap		2
45	O shape lap		2
47	electrostatic prevention screw cover		1
49	Binding wire with a fixed seat		5
51 L/R	Storage box		2
53	Left handrail side cover L		1
55	Right handrail side cover L		1
57 L/R	Left handrail decorative sheet		2
59	Safety switch board		1
61	Pulse tube under cover		1
63	Back roller		1
65	Safety switch base		1
67	wrench	17-19	1
69	wrench		1
71	wrench	M6*80*80 L	2
73	wrench	M4*25*14 5L	1
75	Single wire	16A,L300	2
77	Single earthen wire	16A,L300	2
79	End socket		1
81	AC motor		1
83	Hand pulse components		2
85	filter		1

NO.	ITEM	DEC	Q'TY
44	O shape circle		2
46	Joint pad screw set		2
48	Stopple G		12
50	UPS power fixing bracket		1
52	loudspeaker		2
54	left handrail side cover R		1
56	Right handrail side cover R		1
58 L/R	Right handrail decorative sheet L/R		2
60 L/R	Pulse tube small cover L/R		2
62	Front roller		1
64	Compression spring		2
66	silicon		1
68	wrench	19-22	1
70	wrench	M10*50*2 25L	1
72	wrench	M5*33*15 5L	1
74	Single wire	16A,L150	3
76	Single earthen wire	16A,L200	1
78	Power switch		1
80	Overload protector		1
82	Incline motor		1
84	interface panel		1
86	controller		1

NO	ITEM	DEC	Q'TY		NO.	ITEM	DEC	Q'TY
87	Keyboard PC board		1		88	reed switch		1
89	Emergency button PC board		1		90	MP3 line		1
91	Incline shortcut key		1		92	Speed up shortcut key		1
93	bracket	M6X18L	1		94	Washer	φ 3.2* φ 7* T0.5	6
95	USB sticker		1		96	USB-PC board		1
97	Earthen wire mounting panel		1		98	Moving wheel compartment		2
99	space tube		4		100	washer		6
101	meter		1		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	shortcut key wire		2
109	Hand pulse wire		2		110	Incline shortcut key wire		1
111	Speed shortcut wire		1		112	Meter assembly		1
113	Binding band	4*250MM	7		114	Inner jump ring	φ 35* 37.8 *1.6	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	10		126	screw	M6*15	21
127	screw	M4*8	24		128	screw	ST4.0*15	48
129	screw	ST4.0*15	6		130	nut	M4 nickle	2
131	nut	M8 nickle	3		132	nut	M10 nickle	8
133	washer	φ 11* φ 20*t2.0	8		134	washer	φ 9* φ 24*t1.6	3

NO.	ITEM	DEC	Q'TY		NO.	ITEM	DEC	Q'TY
135	washer	φ 10.2* φ 1 8.8*t3	4		136	screw	M6*18L	10
137	screw	M6*30L	18		138	screw	M6*30	1
139	screw	M4*15	6		140	screw	M6*10	14
141	screw	M15*15	8		142	screw	M6*12	8
143	screw	M12*35	6		144	washer	φ 4.1* φ 4.4*T1	4
145	washer	φ 6.6* φ 16 *t1.6	20		146	screw	M6*10	4
147 L/R	Left,right foam handrail frame		2		148	screw	ST2.2*6. 5L	19
149	screw	M8*10	4		150	screw	M8*20	2
151	screw	M6*35	18		152	washer	φ 9* φ 16 *t1.6	6
153	screw	ST3.0*15	2		154	AC power		1
155	Power upper wire		1		156	Power middle wire		1
157	Power bottom wire		1		158	Compression spring	φ 30* φ 4 0*52L*4. 5	4
159	Convex type cushion	φ 42*29.5* M12	8		160	Camera bracket		1
161	Wireless pulse		1		162	Net power rubber topple		1
163	Rubber topple baffle		1		164	screw	ST4.0*8	4
165	polyline		1					



Pulse transmission belt (optional)

Pulse transmission belt is used on the chest. it can detect pulse in real time, detecting in real time is most dependable way in the pulse detect in work out process.

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

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