

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:

When using the treadmill ,keep attaching the safety key clip to your clothes or belt;

When you are exercising, PLS swing your arms naturally, straight ahead. Don't look at your feet;

Be gradual acceleration. To adapt to the current speed after the acceleration ;

When run into emergency , press the emergency stop button or pull away the safety key;

When the treadmill was completely stopped leave is allowed.

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

1. Before starting any exercise program, consult your physician.
2. Make sure all the bolts locked tightly.
3. Do not place the treadmill at the moist places, it may cause trouble.
(We take no responsibility for any troubles or hurts due to above reasons)
4. Wearing sports suits and shoes before you start exercise.
5. Do not exercise in 40 minutes after meal.
6. Do warm-up exercise to avoid injury.
7. People who suffering from hypertension should consult doctor before start the exercise.
8. This treadmill only used for adults.
9. The elderly, the disabled, children should be given proper care and guidance.
10. Do not plug anything into any parts of this fitness equipment, or it may damage.

WARRANTY DESCRIPTION

Warranty range

Damage in correct maintenance and normal operations (not factitious factors). Warranty card to the original purchaser, shall not be transferred.

Warranty Time

HOME USE

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

The following conditions are not under warranty range:

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

Repair and Maintenance Service

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

SAFETY USE ATTENTION

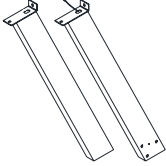
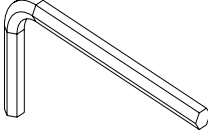
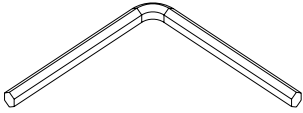
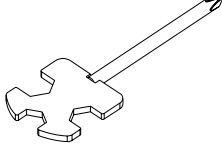



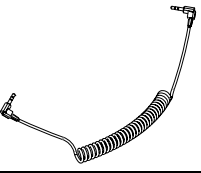
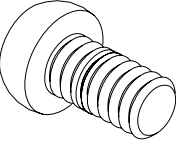
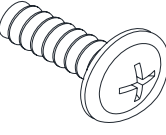
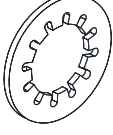
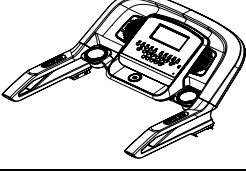
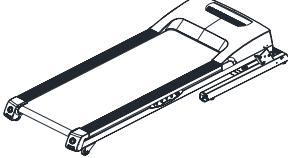
Only the treadmill had finished the installation and put on the motor protect cover, you can plug in the power. The power line plug into the power socket which should with the safety grounding line, we suggest fit on overload protector to ensure the safety of the user and the treadmill.

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

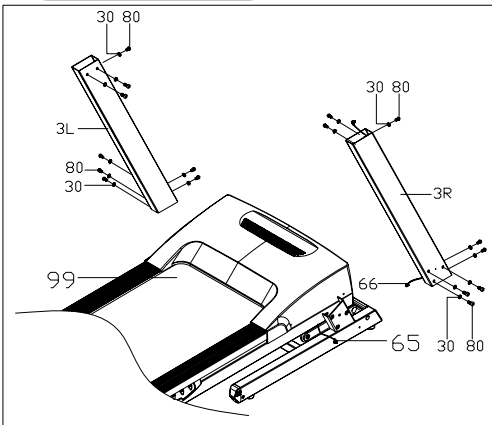
If the treadmill suddenly increased in speed due to an electronic failure or the speed being inadvertently increase, the treadmill will come to a sudden stop when the safety key is disengaged from console.

ASSEMBLY INSTRUCTION

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

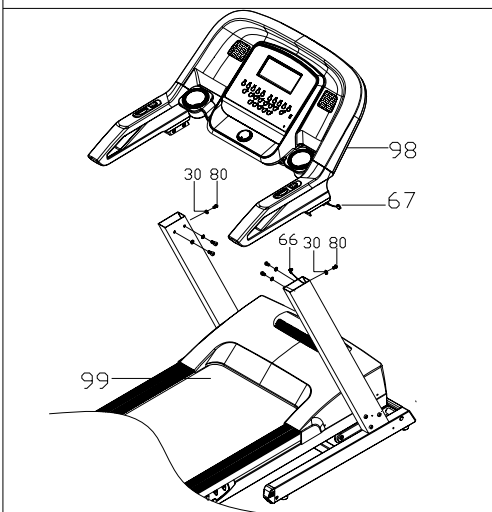
			
3. L/R Upright	9. L-Type Wrench(5#)	10. 7-type Wrench(6#)	11. Wrench
			
12. Silicone Oil	29. Safety Lock	38L/R. L/R Front Cover	57. Spring Line
			
80. Bolt M8*20	83. Bolt M4*8	30. Internal Washer φ 8.4* φ 14.5*t0.8	98. computer assembly
			
99. Main Frame assembly			

INSTALL



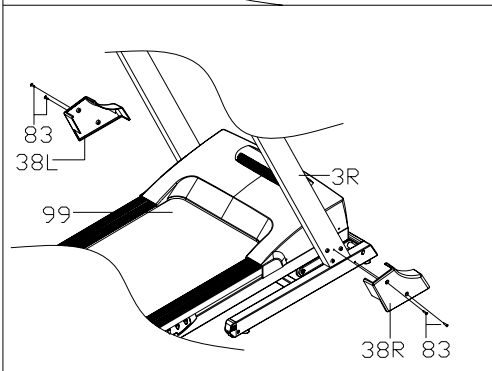
First Step:

Connect the bottom wire (65) with the middle wire (66). Then put the L/R upright (3) on the main frame assembly (99), fix them with bolt M8*15 (80) and the Internal Washer $\phi 8.4 * \phi 14.5 * t0.8$ (30), do not lock them tightly.



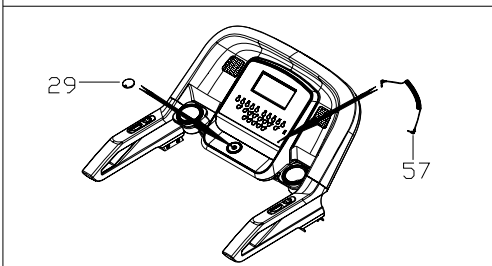
Second Step:

Connect the middle wire (66) with the up wire (67). Fix the computer assembly (98) on the L/R upright (3) with bolt M8*15 (80) and internal washer $\phi 8.4 * \phi 14.5 * t0.8$ (30). Then lock the bolts (80) in the first step tightly.



Third Step:

Fix the Front cap (38L/R) on the L/R upright (3) and the main frame assembly (99) with bolt M4*8 (83).



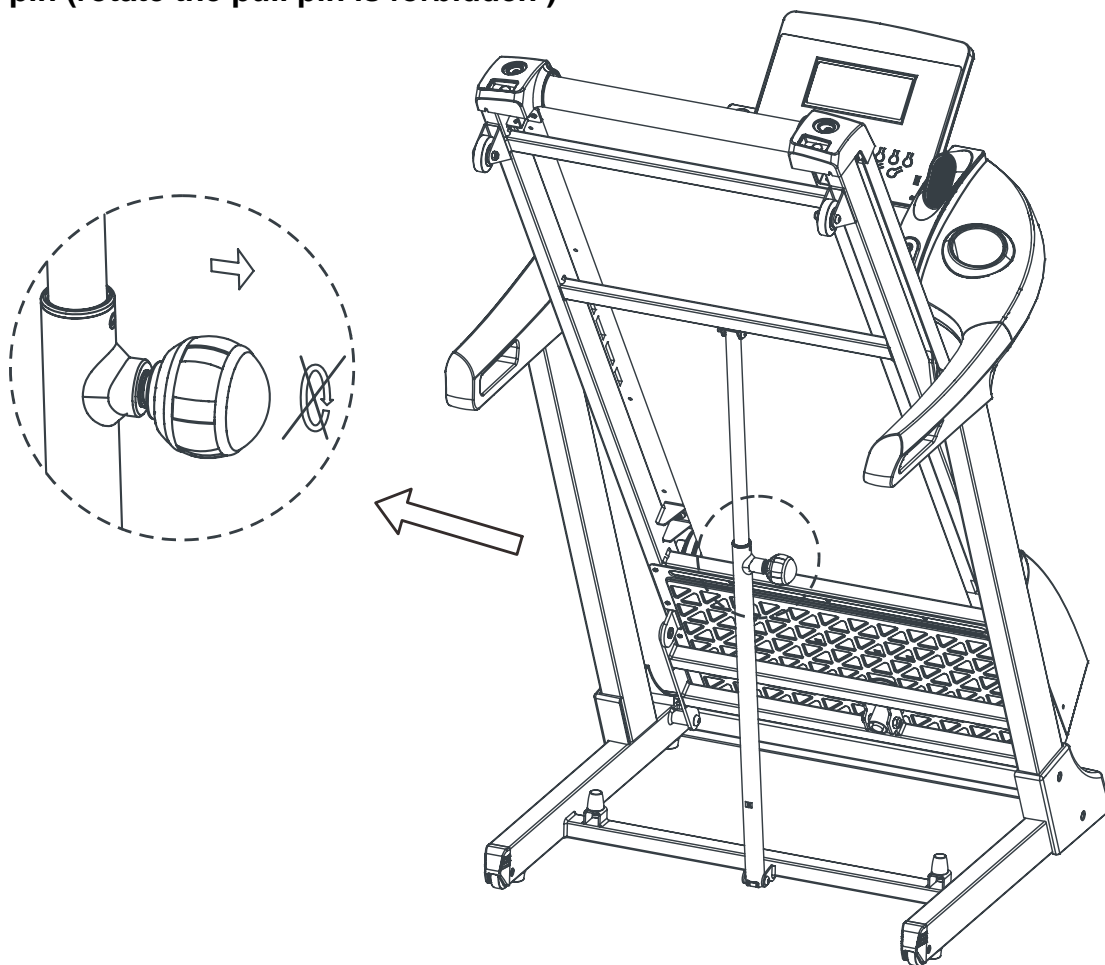
Forth Step:

The safety key (29) and MP3 player wire plug (100) into the right place of the computer assembly (98).

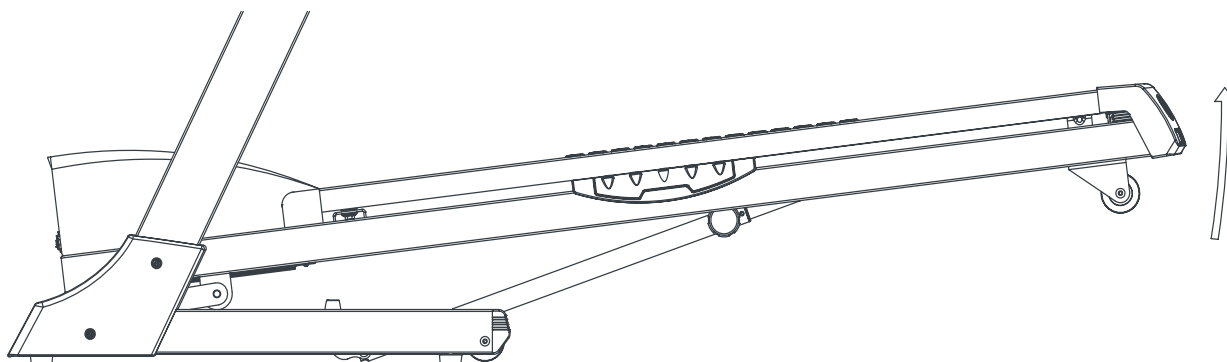
ATTENTION: Confirm complete assembly as required above, then lock all bolts. Checking everything is OK before power on. About the treadmill operation and using, PLS read the following instruction.

Folding instruction

Unfolding treadmill: Support the end of the treadmill with left hand, pull the spherical pull pin (rotate the pull pin is forbidden)



folding the treadmill: Support the end of treadmill with hand, kick the place as arrow showing of air pressure bar, then the base frame will fall down automatically



TECHNICAL PAPARAMETERS

Assembly size(mm)	1940*840*1395mm	Speed Range	1—18Km/h
Folding size(mm)	1050*870*1670mm	Motor Spec	3.5HP(PEAK)
Running size(mm)	1400*500mm	Input Volt(V)	220-240V
N.W.(kg)	98Kg	Max Output (W)	2600W
Max use weight	120Kg	Operating Temperature	0-28℃
Blue Single display	Speed, Time, Distance, Calories, Pulse		
Safety Protection and Advantage	<p>1. Magnetic safety lock(red);</p> <p>A. B.Overcurrent and overload function set in the microcomputer ;</p> <p>C. Blue single display, it's clear with no limited view-angle coverage . 1.0—18km/h speed range;</p> <p>D. Speed is controlled by light sensation way, adjust the speed is very smoothly and conveniently;</p> <p>E. Buffer system make the exercise natural smooth, and lowest impact for the user foot, ankle, joint and so on part.</p> <p>F. The overcurrent protector can protect the motor to avoid damage;</p> <p>G. Intelligent explosion-proof circuit can finish the function in third seconds, give the user maximal protection;</p>		

GETTING START GUIDE

PREPARE:

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

Before use the motorized treadmill, please stand on the side to learn the operation, such as start, stop and speed adjustment. Then stand on the plastic checkered plate of the treadmill both sides, catch the handrail with both hands, turn on the treadmill by 1.6—3.2km/h low speed, stand straight, look forward, try to run on the running belt few times with one foot, then stand on the running belt to do exercise. After adapting, you can adjust the speed to 3—5km/h and keep doing about 10 minutes, then stop slowly.

EXERCISE:

PLS stand on the side to learn how to operate, such as adjust speed or incline, start do the exercise until you are familiar with it.

Walk 1 km by constant step need about 15-25 minutes, please record the time. Walk 1km by 4.8km/h need about 12minutes, if you can do it easily by few times, then can adjust to the high speed and incline, and go on to do it 30 minutes, you can take a good exercise. Before do walk exercise, please remember it is for your health and can not irritable.

EXERCISE FREQUENCY

Target is 3--5 times per week, do 15-60mins each time. It is better to make a time schedule first, do not do the exercise accord to your favor. You can control the movement acuteness degree through adjust speed and incline. We suggest you do not set incline when start do exercise. You can increase the incline when you want to add the movement acuteness degree

AMOUNT OF EXERCISE:

SHORTCUT----The best way to save time is do 15-20 minutes exercise.

Warm up 2 minutes by 4.8 km/h, and adjust the speed to 5.3 km/h and 5.8 km/h, continue do exercise by this two speeds. Then add 0.3 km/h per 2mins speed increase, until you feel breathing quickened but not difficulty breathing. Keep this speed to do exercise, if feels uncomfortable, please reduce 0.3 km/h. Leave 4 minutes to reduce speed at last. If you feel it is hard to strengthen the movement intensity by increase speed, then you can choose the way of increase incline slowly, it also can strengthen the movement intensity.

CONSUMPTION OF HEAT----This way can really consumption the heat.

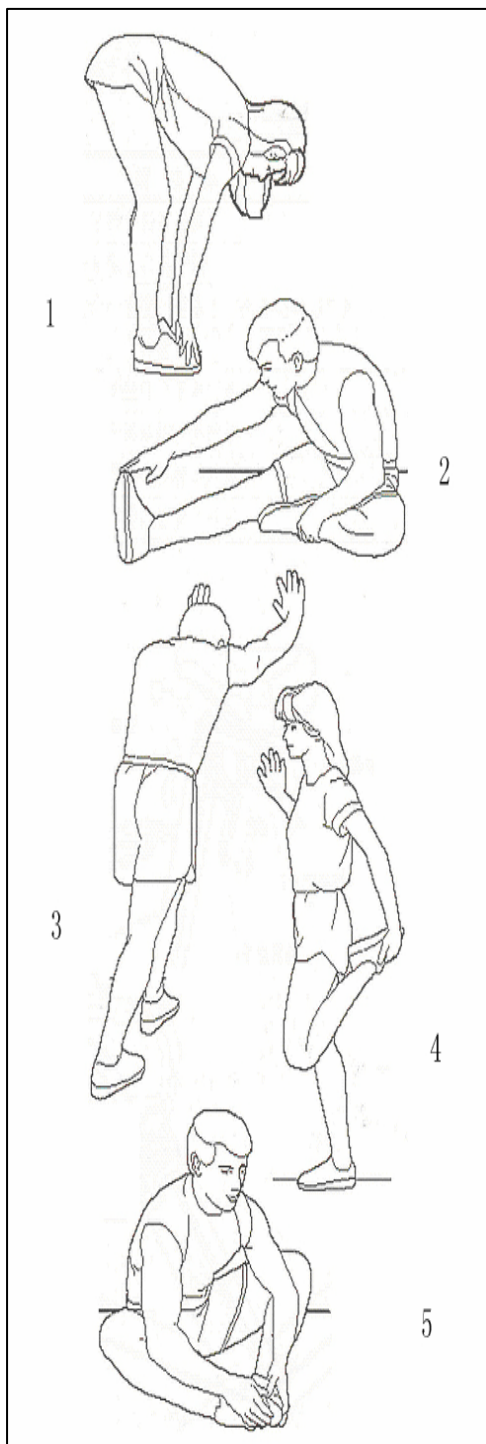
Warm up 5 minutes by 4--4.8 km/h speed, then add 0.3 km/h per 2 minutes increasing speed, you can do 45mins on this speed that you will feel it is comfortable and challenge. In order to strengthen do exercise. You can do 1 hour by this speed and add 0.3 km/h speed when you heard some business advertisements, and return the speed back when go to next program, so at this period, the heat will be consumed enough. At last keep 4 minutes to reduce the speed.

CLOTHING:

All you need is a pair of fully stretch shoes, at the same time sole don't stick foreign matters avoid damage running deck and belt. Please wear comfortable suitable for sports clothes.

WARM-UP EXERCISE

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



1. Reach Down Knees slightly bent and body slowly bent forward, back and shoulders relax, trying to touch toes. Keep 10-15 seconds, and relax. Repeat 3 times (**See picture 1**).

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

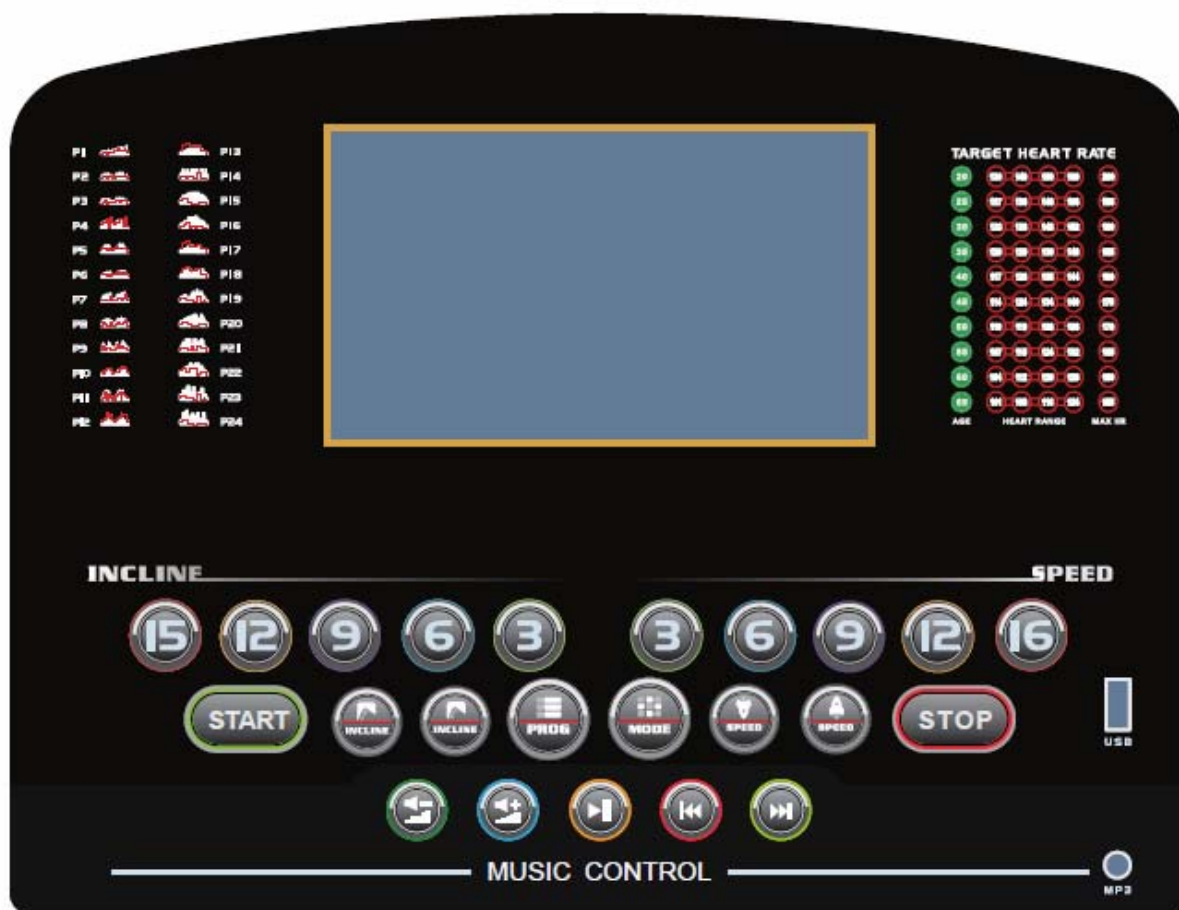
3. Crus and Feet Tendon Stretches Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, tilt to the wall or tree. Keep 10-15 seconds, and relax. Repeat 3 times for each leg (**See picture 3**).

4. Quadriceps Stretches Keeping your balance with your left hand holding on the wall or table, then stretch your right heel toward your buttocks slowly, until you feel very tense in the front of your thigh. Keep 10-15 seconds, and relax. Repeat 3 times for each leg (**See picture 4**).

5. Sartorius (Inner Muscles of the Thigh) Muscle

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

Operation instruction



FIRST.WINDOWS and BUTTONS:

- LCD Window Function:
 - Time/Pulse window: display time and pulse data; pulse data first ; standby default show time.
 - Distance/Calories/Incline window: display record of distance, calories and incline .
 - Speed Window: display the data of the speed.
- Function Button: start; stop; program; mode; speed+; speed-; incline+; incline-; speed shortcut 3,6,9,12,16km/h; incline shortcut 3,6,9,12,15 section.
- Button Function:
 - 'Program' button: in standby condition, Press the button can cycle select the program: manual program-P01-P02...-P24-U1-U2-U3-FAT .

-
- 二、 'Mode' button: in standby condition , Press the button can cycle select the mode: manual mode(normal mode) — time countdown — distance countdown — calories countdown; In the 'fat' mode, the function of the mode button reference to the body fat test function.
 - 三、 'START' BUTTON: press the button to start the motor.
 - 四、 'STOP' BUTTON: press the button to stop the motor.
 - 五、 'SPEED+'BUTTON: in the set state, press the button can increase the set data. under the operating state, press the button can add the speed.
 - 六、 'SPEED-' BUTTON:, in the set state, press the button can decrease the set data. under the operating state, press the button can cut down the speed.
 - 七、 'INCLINE+' button: in the setting state, press the button can increase the set data. under the operating state, press the button you can add the incline.
 - 八、 'INCLINE-': in the setting state, press the button can decrease the set date. under the operating state, press the button you can countdown the incline.
 - 九、 Speed shortcuts: 3、6、9、12、16KM/H, under the operating state, press the button adjust the speed to the setting up value.
 - 十、 Incline shortcuts: 3、6、9、12、15sections, under the operating state, press the button adjust the incline to the setting up value.

SECOND.FIX PROGRAM/STARTING:

- 1. PROGRAM:
 - A. One manual program, This program includes: normal mode, time countdown、calories countdown、distance countdown.
 - B. 24 fixed program: P01, P02, ..., P24.
 - C. 3 user setting program: U01, U02, U03.
 - D. One body fat test function.
- 2. Starting:
 - A. Put the safety lock on the right place of the panel.
 - B. Press the 'START' button ,the windows show3-2-1,each time with a alarm noise, then the motor started.

THIRD. Manual mode:

- 1. Getting into manual mode:
 - A. Turn on the power, getting in to the normal mode directly.
 - B. In the standby state, press the 'MODE' button you can select to the normal mode in the manual program.
- 2. Three setting-up function in the manual program: time set, distance set, calories set.
 - A. Enter into the manual program, Time window initial display:0:00;
 - B. Under the manual program , press the 'mode' button get into time countdown mode, the time window flashing and display the time , initial time : 15:00 , Press 'SPEED+/SPEED-/INCLINE+/INCLINE-' button to set the time. Range: 5:00-99:00.
 - C. In the time countdown mode, press the 'mode' button get into calories countdown mode, the window flashing and display the calories, initial data:50.0kcal, Press ' SPEED+/SPEED-/INCLINE+/INCLINE- ' button to set the value. Range : 10.0-999.0.kcalEach press with 1.0kcal increase/decrease

D. In the calories countdown mode, press the ‘mode’ button get into distance countdown mode, the window flashing and display the distance, initial data:1.00km, Press ‘ SPEED+ /SPEED- /INCLINE+ /INCLINE- ’ button to set the value. Range : 0.50-99.90. Each press with 0.1km increase/decrease

3. Manual programming operation:

- A. Press the ‘START’ button, 3 seconds countdown, then the treadmill start with the speed 1.0km/h ;
- B. Press SPEED+ /SPEED- to adjust the speed;
- C. Press INCLINE+ /INCLINE- to adjust the incline;
- D. Press the speed shortcut button to the setting speed value;
- E. Press the incline shortcut button to the setting incline value;
- F. The treadmill is running ,press the stop button, the motor stop working;
- G. Take away the safety lock and the treadmill will stop quickly with noise BI-BI-BI, LCD window display “---or---”.
- H. When the set time/set calories/ set distance countdown to 0,the alarming make a short noise Bi-Bi-Bi, and the speed gradually reduce to stop , when the alarming make the long noise Bi-Bi-Bi the speed window display “End”, 5 seconds later, the treadmill back to the standby state, the alarming make a noise Bi-Bi;
- I. Under unset up situation, When reach the max data automatic back to 0; under the manual mode, the treadmill stop running when the time reach 99:59(100minutes) .

FORTH. Fixed PROGRAM MODE :

- 1. Initial setting time 10 minutes, time set only, range: 5:00—99:00. Press the SPEED+ /SPEED- to adjust the time value;
- 2. Press the start button, the motor going to operate, and the speed increase to the setting value in the first PROG (See the PROGRAM EXERCISE CHAT);
- 3. Press SPEED+ /SPEED- to adjust the speed;
- 4. Press INCLINE+ /INCLINE- to adjust the incline ;
- 5. Press the speed shortcut button to select the speed;
- 6. Press the incline shortcut button to select the incline;
- 7. Each program is divided into 20 sections ,each section with twentieth of the set value running time;
- 8. At the transition between the sections ,the alarm will make three noise;
- 9. When Time countdown to zero the alarm make short sound Bi-Bi-Bi, The speed gradually reduce to 0, the alarm make long sound Bi--Bi—Bi and the speed window display “end”, 5 seconds later, the treadmill back to standby situation with the alarm make long sound Bi--Bi;
- 10. Take away the safety lock the treadmill will stop quickly ,and the window display “---or---”alarm make the sound Bi-Bi-Bi;

FIFTH. PROGRAM EXERCISE CHAT:

TIME		SETTING TIME/20 =EVERY GARDE TIME																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	2	4	3	4	3	5	4	2	5	2	6	2	7	2	8	3	7	3	9	3
	INCLINE	1	2	3	3	1	2	2	3	2	5	4	5	6	6	4	5	5	6	5	2
P02	SPEED	2	5	4	6	4	6	4	2	4	3	3	6	5	7	5	7	5	3	5	2

	INCLINE	1	2	3	3	2	2	3	4	2	3	2	3	4	4	3	3	4	5	3	2
P03	SPEED	2	5	4	5	4	5	4	2	3	3	3	6	5	6	5	6	5	3	4	2
	INCLINE	1	2	2	3	1	2	2	2	2	2	2	3	3	4	2	3	3	3	3	1
P04	SPEED	2	6	7	4	4	7	4	2	4	3	3	7	8	5	5	8	5	3	5	2
	INCLINE	4	5	6	6	9	9	1	12	6	4	5	6	7	7	10	10	2	12	7	3
P05	SPEED	2	4	6	8	7	8	6	2	3	3	3	5	7	9	8	9	7	3	4	2
	INCLINE	3	5	4	4	3	4	4	3	3	3	4	6	5	5	4	5	5	4	4	2
P06	SPEED	2	4	5	5	6	5	6	3	3	3	3	5	6	6	7	6	7	4	4	2
	INCLINE	3	5	3	4	2	3	4	2	3	3	4	6	4	5	3	4	5	3	4	2
P07	SPEED	3	6	7	5	8	5	9	6	4	2	4	7	8	6	9	6	10	7	4	3
	INCLINE	2	2	3	3	2	2	4	6	2	3	3	3	4	4	3	3	5	7	3	2
P08	SPEED	3	6	7	5	8	6	7	6	4	4	4	7	8	6	9	7	8	7	5	3
	INCLINE	1	2	4	3	2	2	4	5	2	2	2	3	5	4	3	3	5	6	3	1
P09	SPEED	2	8	6	4	5	9	7	5	4	4	3	9	7	5	6	10	8	6	5	3
	INCLINE	2	2	6	2	3	4	2	2	2	2	3	3	7	3	4	5	3	3	3	1
P10	SPEED	2	3	5	3	3	5	3	6	3	4	3	4	6	4	4	6	4	7	4	3
	INCLINE	4	4	3	6	7	8	8	6	3	4	5	5	4	7	8	9	9	7	4	3
P11	SPEED	2	5	8	10	6	9	5	3	2	3	3	6	9	10	7	10	6	4	3	2
	INCLINE	1	3	5	8	1	7	6	3	2	4	2	4	6	9	2	8	7	4	3	3
P12	SPEED	2	5	5	4	4	6	4	2	3	5	3	6	6	5	5	7	5	3	4	4
	INCLINE	3	5	6	7	12	9	11	11	6	4	4	6	7	8	12	10	11	11	7	3
P13	SPEED	2	2	4	4	4	6	6	6	8	8	8	8	8	6	6	6	4	4	2	2
	INCLINE	5	5	10	10	12	12	12	7	7	7	7	7	9	9	9	4	4	4	4	0
P14	SPEED	5	7	10	5	7	10	5	7	10	10	5	10	10	5	7	10	10	5	10	5
	INCLINE	2	4	4	4	4	2	3	3	3	3	1	1	1	6	6	0	0	2	1	0
P15	SPEED	4	6	8	8	9	9	11	10	11	11	11	11	11	11	9	9	9	7	6	4
	INCLINE	3	3	5	5	5	5	2	2	1	1	0	0	0	1	2	2	2	2	2	0
P16	SPEED	4	5	5	7	7	8	11	11	11	11	11	12	11	9	8	8	7	6	3	3
	INCLINE	0	2	2	4	4	6	6	1	1	2	2	0	0	3	3	3	1	1	1	0
P17	SPEED	3	3	4	4	5	5	7	7	7	7	5	5	6	6	5	5	4	4	3	3
	INCLINE	5	5	10	10	12	12	12	7	7	7	7	7	9	9	9	4	4	4	4	0
P18	SPEED	2	4	6	6	7	7	8	8	4	4	7	7	8	8	6	6	8	5	5	3
	INCLINE	5	5	8	8	10	10	10	7	7	7	7	7	9	9	9	4	4	4	4	0
P19	SPEED	4	6	3	7	7	2	5	5	8	10	10	6	12	8	10	10	7	5	3	2
	INCLINE	2	4	4	4	4	2	3	3	3	3	1	1	1	6	6	0	0	2	1	0
P20	SPEED	5	6	6	8	8	9	9	10	10	11	12	12	10	8	8	12	10	7	5	4
	INCLINE	3	3	5	5	5	5	2	2	1	1	0	0	0	1	2	2	2	2	2	0
P21	SPEED	3	6	9	9	12	12	12	12	7	7	12	12	9	9	10	12	11	6	4	3
	INCLINE	2	3	3	3	4	4	1	1	5	5	2	2	2	5	5	4	4	4	4	0

P22	SPEED	5	5	7	7	9	9	10	12	12	10	10	12	12	12	8	10	8	6	5	3
	INCLINE	5	5	8	8	4	4	4	7	7	7	7	7	1	1	3	4	4	4	4	0
P23	SPEED	6	6	10	10	10	14	14	8	8	13	13	6	6	8	8	12	12	6	6	3
	INCLINE	2	4	4	4	4	2	3	3	3	3	1	1	1	6	6	0	0	2	1	0
P24	SPEED	5	5	12	12	14	14	8	8	11	11	9	9	12	12	6	6	12	12	5	4
	INCLINE	3	3	5	5	5	5	2	2	1	1	0	0	0	1	2	2	2	2	2	0

SIXTH. BODY FAT TEST :

1. At the standby state, press the “PROGRAM” button to select the “fat”(Body fat test mode);
2. Press the “MODE” button, entering body fat tester, set the parameter(F-1--sex, F-2—age, F-3—height, F-4—weight, F-5-physical testing); Press the “SPEED+/SPEED-”to set the value (F-1...F-4); When the physical testing F-5 display“ ---” grasp the hand pulse with both hands for 5-6 seconds the window will display your body quality index.
3. After entered the body fat test function, first display F-1 ,set the sex, the setting default value is 01(male) and you can press the speed+/speed- to input the sex:01-male, 02-female
4. Press “MODE” button enter into the state(window display:F-2) to set the age, setting default value is 25(years), Press the speed+/- to adjust the data(Range: 10—99 years).
5. Press “MODE” button enter into the state(window display:F-3) to set the height, setting default value is 170(cm), Press the speed+/- to adjust the data(Range: 100-200cm).
6. Press “MODE” button enter into the state(window display:F-4) to set the weight, setting default value is 70(kg), Press the SPEED+/- to adjust the data(Range: 20-150kg).
7. Press “MODE” button select “F-5”,when the window display “---” you have enter into the body fat test procedure . Grasp the hand pulse for 8 seconds , the window will display the body fat data and BMI.
8. In Asian Standards, BMI under19, it means too thin, if between 20 and 25, it means all right, if between 25 and 29, it means overweight, if over 30, it means obesity.(The data is just for reference, can not be medicinal data)

F-1	sex	01-male	02-female
F-2	age	10-99	
F-3	height	100-200	
F-4	weight	20-150	
F-5	BMI	≤ 19	thin
		$=(20---25)$	normal
		$=(25---29)$	overweight
		≥ 30	obesity

SEVENTH. Running parameter display and setting range:

	Default value	Setting default value	Setting Range	Display Range
TIME(M:S)	0:00	15:00	5:00-99:00	0:00-99:59
SPEED(KM/H)	0.0	N/A	N/A	1.0—18.0
INCLINE (SECTIONS)	0	N/A	N/A	0—15
DISTANCE(KM)	0.0	1.00	0.50—99.90	0.00—99.99
CALORIES(KCL)	0	50.0	10.0—999.0	0.0—999.9

EIGHTH. Safety lock function:

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

NINTH. Power saving mode:

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

TENTH.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.

ELEVENTH. Shutdown:

You can turn off the power to shutdown the treadmill at any state.

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

TWELFTH. Calories Calculation method:

$$70.3 \times V(\text{Km/h}) \times t(\text{h}) \times (1+?\%)$$

Calories consumption rate: 70.3kcl/km. (incline=0)

TIRTEENTH. Simple troubleshooting methods:

Fault Description	Possible Reason	Check Method	Fault Processing
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Power on , no reaction in the computer	1.power plug get loose	1.check the plug and make sure the wire connect well	1.connect the wire again
	2.power switch not open	2.check the switch	2.turn on the power again
The Motor Doesn't Work	1.Motor circuit abnormal	1.check the motor circuit, if they are correct plug and plug well	1.Replug the motor line
	2. Not press the "START" button	2.check the "START" button, it may useless or not press	2.repress the button
	3.the safety lock may loose or dropped	3.check safety lock	3.place the safety lock
	4.The motor plug loose or damaged	4.test the motor	4.change the motor
	5.The specification of the power or the controller not correct AC (110/230) V	5.make sure the specification	Choose the correct specification
The Motor and Other Parts is ok, but the Treadmill doesn't running	SENSOR induction bad	1.check the distance from the magnet and the sensor position	1.adjustment the distance in 5mm to the magnet
		2.the wires may damaged or not connect well	2.change the wires or sensor
		3.the joints may not connect well	3.connecting the joints again
The Display Content not clear	PA circuit board screw not clock well or the connector not connect well	Check the circuit make it connect well	Reset the connector and lock the screw tightness
No pulse data display	1.SENSOR induction bad	1.check the wires' connection	1.connect again or change
		2.check the joints	2.connect again
	2.human induction not sensitive (ear clip)	3.Knead the earlobe several times.	Retest
3.human induction bad(hand pulse)	4.wetting hands or do some friction.	Retest	
E01(fault code)	the computer and the controller Communication abnormal	1.check the connection line between the computer and the controller	1.change the line
		check the joints	2.connecting the joints again
E02(fault code)	Explosion-proof protection	1.the power and voltage is less than 50% normal	1.use the right power and voltage

		2.check the connection of the motor or the motor may damaged	2.connecting again or change the motor
		3.check there is special smell of the controller or not	3.exchange the controller
E03(fault code)	1.failure to detect the motor signal for 15 seconds or above 2.failure to detect the sensor signal for 10 seconds	1. check the installation of the sensor and the magnet.	1.correct install the sensor and the magnet
		2.check the connection of the sensor	2.reconnection
		3.check the sensor if it is damaged	3.chang the sensor
E04(fault code)	Failure study for the incline motor	1.check the connection of the VR line	1.reconnecting the joint of the VR line
		2.check the connection of the AC line	2.reconnecting the joint of the AC line
		3.check the connection of the motor line	3.reconnecting or change the wires
		4.check the motor if it is damaged	4.change the motor
		5.failure study	5.press the button on the controller for 3 second ,restudy again
E05(fault code)	Over-current	1.make sure the power and voltage is comply with standard	
		2.change the motor or controller, test again	
E08(fault code)	EEPROM(data memory error)	1. the part 24C02is broken or not connected 24C02 well. 2. change them immediately.	

SAFETY EXERCISE

Please consult professional staff before do exercise. He can help recommendation exercise rate/intension and time according to your age and health condition. When running, if you feel chest tightness or chest pain, irregular Heartbeats, short of breath, dizziness or other unwell, please stop immediately! And consult professional before you want continually to do exercise. If you often use treadmill, you can choose normal walk speed or jog speed.

If you have no experience or can't make sure the best testing speed, you can reference below standard:

Speed 1-3.0 km/h	weak constitution people.
Speed 3.0-4.5 km/h	sedentary or not often exercise people.
Speed 4.5-6.0 km/h	walking quickly people.
Speed 6.0-7.5 km/h	fast walk people.
Speed 7.5-9.0 km /h	jogger.
Speed 9.0-12.0 km/h	intermediate speed runner.
Speed 12.0-14.5 km/h	experienced runner
Speed14.5-18.0 km/h	excellent runner.

ATTENTION

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

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

MAINTENANCE INSTRUCTION

WARNING

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

CLEANING

General cleaning the unit will greatly prolong the treadmill working life.

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

WARNING

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

This treadmill's running belt and deck are equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

We recommend lubrication of the deck according to the following timetable

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

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

- 1 In order to maintain and prolong the working life of your treadmill, we suggest you power off for 10 minutes after every 2 hours' running.
2. The loose running belt will lead slip when you are running; the tighten running belt will affect the performance of the motor, also can add the wear of the rollers. The perfect condition is the belt can be lift from the running deck about 50-75mm

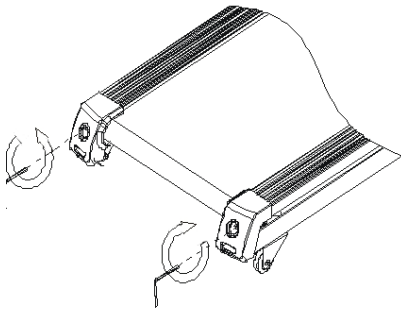
Belt Middle Placement and Tightness Adjustment

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

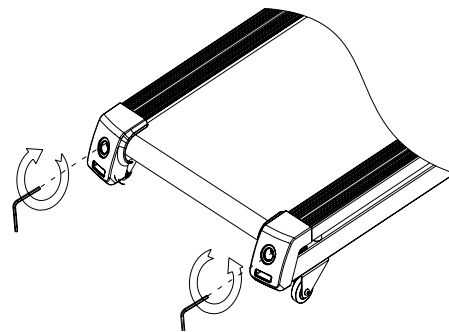
Belt Adjustment:

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

- If the belt has drifted to the left . With the left adjusting bolt clockwise rotation 1/2 laps, then with the right adjusting bolt anticlockwise 1/2 laps **AS PICTURE B**



PICTURE A



PICTURE B

Ploy V-Belt Adjustment

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

(We suggest the user judgment by your own weight.)

- A** If the running belt doesn't stop when you press it, the running belt and motor belt is not flabby or not tight. They are just right;
- B** If the running belt stops when you press it, but the front roller doesn't stop, the running is a little loose, then you need to adjust the running belt (see the "belt adjustment");
- C** If the running belt and front roller stop when press the running belt, the motor still run, the motor belt is flabby, you need to adjust it.

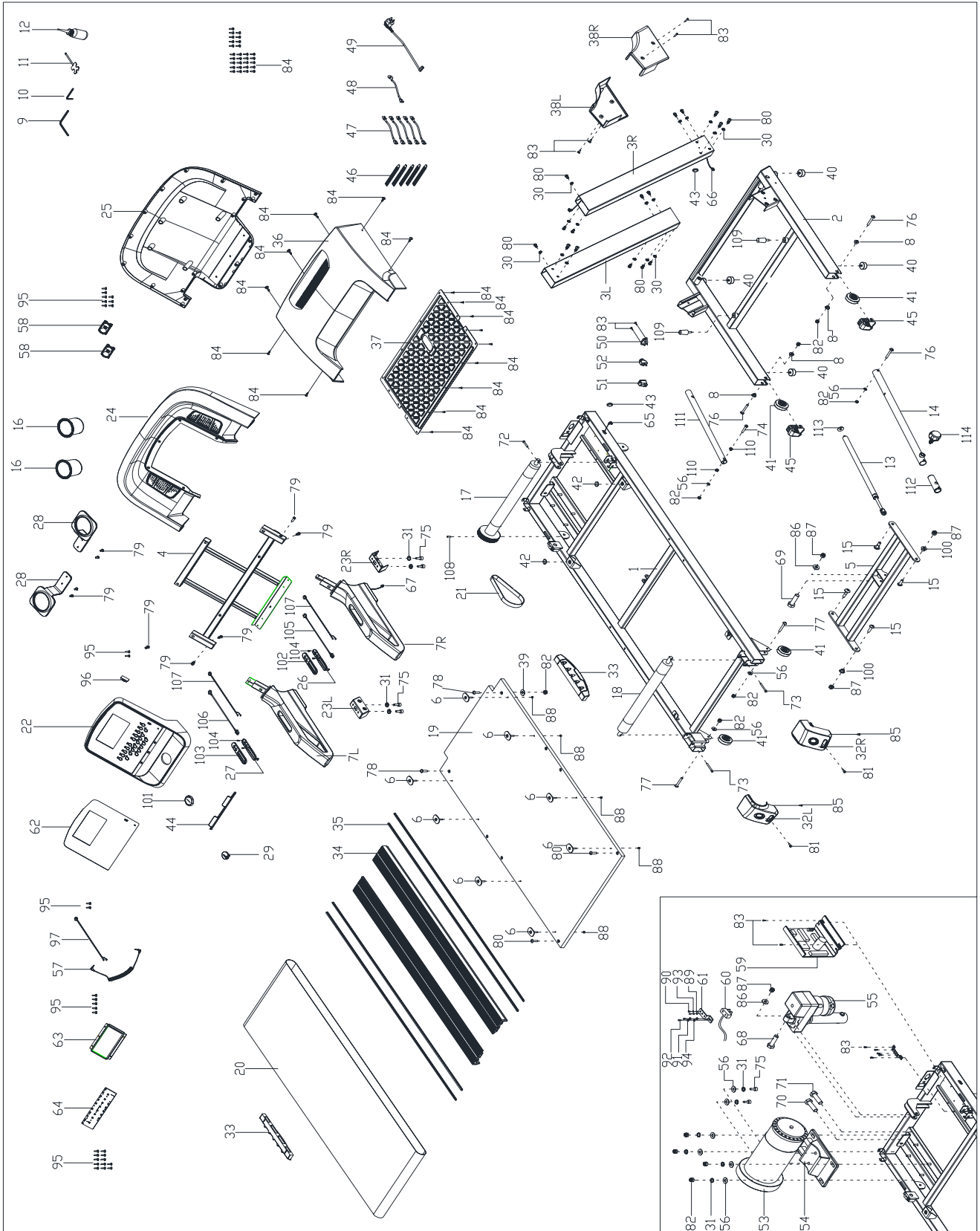
ADJUST METHOD

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

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

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

Exploded drawing



PART LIST

NO.	ITEM	DESCRIPTION	QTY	NO.	ITEM	DESCRIPTION	QTY
1	MAIN FRAME		1	25	COMPUTER LOWER COVER		1
2	BASE FRAME		1	26	SPEED SHORTCUT		1
3	L/R UPRIGHT		2	27	INCLINE SHORTCUT		1
4	COMPUTER BRACKET		1	28	STORAGE BOX BRACKET		2
5	INCLINE BRACKET		1	29	SAFETY LOCK		1
6	ENDINGS BUCKLE		8	30	INTERNAL WASHER	φ 8.4* φ 14.5*t0.8	16
7L/R	HANDRAIL		2	31	SPRING LWASHER	φ 8.1* φ 12.3*t2.1	10
8	SLEEVING		4	32L/R	L/R END CAP		2
9	L-Type WRENCH	5#,	1	33	CUSHION		2
10	L-Type WRENCH	6#	1	34	PLASTIC ENDING		2
11	WRENCH		1	35	LITTLE ENDING		4
12	SILICONE OIL		1	36	MOTOR TOP COVER		1
13	CYLINDER		1	37	MOTOR BOTTOM COVER		1
14	CYLINDER DRIVEPIPE		1	38	L/R Front Cover		2
15	BOLT		4	39	WASHER	φ 9* φ 20*t1.6	2
16	STORAGE BOX		2	40	FOOT PAD		4
17	FRONT ROLLER		1	41	TRANSPORTING WHEEL		4
18	REAR ROLLER		1	42	RUNNING BOARD SHOCK PAD		2
19	RUNNING DECK		1	43	Substantial plug		2
20	RUNNING BELT		1	44	TABLET COMPUTER BRACKET		1
21	MULTI-GROOVE BELT		1	45	TRANSPORTING WHEEL END CAP		2
22	COMPUTER PANEL		1	46	WIRE BUCKLE		5
23	L/R UPRIGHT CONNECT BRACKET		2	47	SINGLE LINE		5
24	COMPUTER TOP COVER		1	48	SINGLE EARTH WIRE		1

NO.	ITEM	DESCRIPTION	QTY	NO.	ITEM	DESCRIPTION	QTY
49	POWER WIRE		1	78	BOLT	M8*30	3
50	TAIL SOCKET		1	79	ROUND HEAD BOLT	M6*12	9
51	POWER SWITCH		1	80	BOLT	M8*20	18
52	OVERLOAD PROTECTOR		1	81	ROUND HEAD BOLT	M6*10	2
53	DC MOTOR		1	82	NUT	M8	12
54	MOTOR BASE FRAME		1	83	BOLT	M4*8	13
55	INCLINE MOTOR		1	84	SELF-DRILLING BOLT	ST4.0*15	53
56	WASHER	φ 9* φ 16*t1.6	10	85	SELF-DRILLING BOLT	ST4.0*10	2
57	SPRING LINE		1	86	WASHER	φ 11* φ 20*t2.0	4
58	SPEAKER		2	87	NUT	M10	4
59	CONTROLLER		1	88	NUT	M5	8
60	LIGHT SENSOR		1	89	washer	φ 3.2* φ 7*t0.5	2
61	LIGHT SENSOR SUPPORT		1	90	SELF-DRILLING BOLT	ST3.0*8	2
62	FACE MAP		1	91	SPRING WASHER	φ 4.1* φ 9.2*t1.4	2
63	DISPLAYER		1	92	BOLT	ST4.0*8	2
64	BUTTON BOARD		1	93	SPRING WASHER	φ 3.1* φ 5.9*t1.1	2
65	BOTTOM WIRE		1	94	Washer	φ 4.2* φ 9*t0.5	2
66	MIDDLE WIRE		1	95	SELF-DRILLING BOLT(ROUND)	ST3.0*8	2
67	UP WIRE		1	96	USB CONTROLLER		1
68	HEX BOLT	M10*45	1	97	inductive switch		1
69	HEX BOLT	M10*60	1	98	COMPUTER ASSEMBLY		1
70	HEX BOLT	M8*50	1	99	MAIN FRAME ASSEMBLY		1
71	HEX BOLT	M8*45	1	100	SLEEVING		2
72	ROUND HEAD BOLT	M8*60	1	101	SALFTY LOCK BRACKET		1
73	ROUND HEAD BOLT	M8*75	2	102	SPEED SHORTCUT TOP COVER		1
74	BOLT	M8*45	1	103	INCLINE SHORTCUT DOWN COVER		1
75	ROUND HEAD BOLT	M8*20	6	104	SELF-DRILLING BOLT	M3*15	4
76	BOLT	M8*50	2	105	SPEED SHORTCUT LUNK		1
77	BOLT	M8*40	2	106	INCLINE SHORTCUT LUNK		1

NO.	ITEM	DESCRIPTION	QTY	NO.	ITEM	DESCRIPTION	QTY
107	LUNK FOR HAND PULSE		2	111	Telescopic tube		1
108	BOLT	M6*20	1	112	Drawtube bush		1
109	SUPPORT CUSHION		2	113	Cylinder connector		1
110	Distance sleeve		2	114	spherical pull pin		1