

ELECTRIC TREADMILL

USER MANUAL



Please read this manual carefully before using the product and keep it for future reference.

Warning:

Always unplug the treadmill from electrical outlet before moving, cleaning, servicing or adjusting.

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Treadmill Parameters

- Running Area: 40 x 16 inch (1000 x 400mm)
- Max User's Weight: 240lbs (110kg)
- Assembly Size: L51.6xW26xH47.2 inch (L1310xW660xH1200mm)
- Folded Size: L22.5xW26xH49.2 inch (L570xW660xH1250mm)
- Speed: 0.6 - 8mph (1-12.8 km/h)
- Motor: 2.0HP
- Modes: Manual, Countdown: Time, Distance, Calorie. Auto (12 Programs)

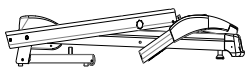
Safety Precautions

Warning: We suggest you consult a physician or health professional before embarking on any exercise regime. Please follow these instructions carefully and completely in assembling the treadmill before you switch the power on. We take no responsibility for any injury or damage to the product as a result of negligence in these aspects.

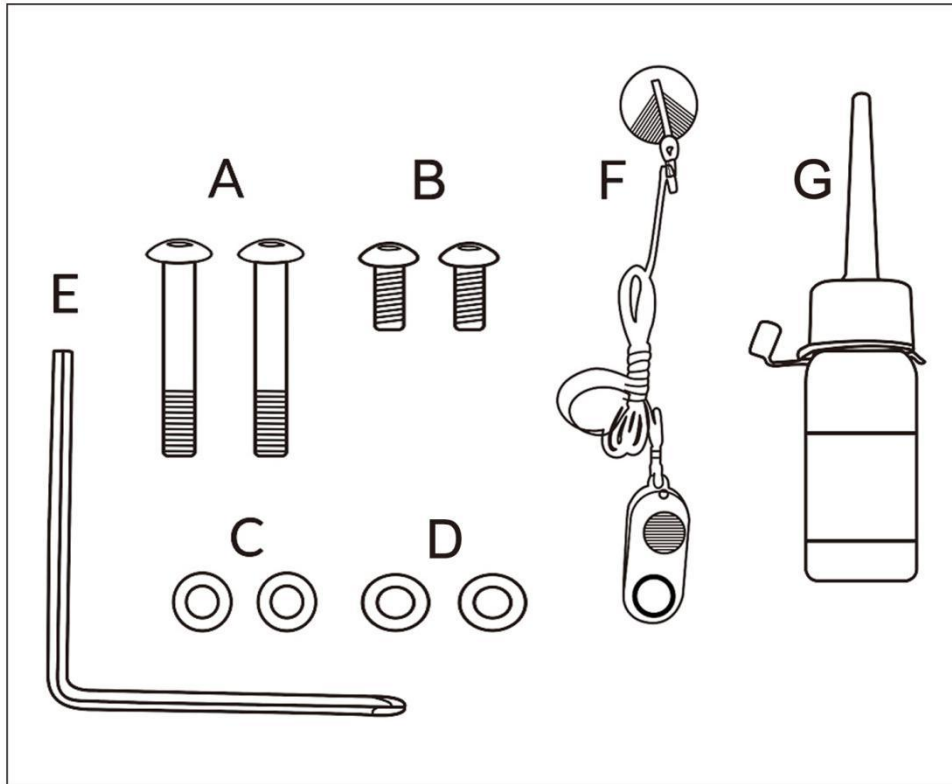
Attention

- Place the treadmill indoors on level ground, in a dry area away from heat, direct sunlight or obstruction.
- Wear proper exercise clothing and footwear when using the machine.
- Put the safety clip on your clothing before you start the treadmill so that should you slip the clip will detach the magnetic connection at the other end to stop the machine.
- Do not use the machine if you are ill, tired or under the influence of alcohol.
- Always start gradually and note excessive exercise may be detrimental to health.
- Use the handrails for support until you are familiar enough with the operations.
- Children should only use the machine under adults' supervision.
- Loading capacity is 240lbs (110kg), overloading may cause damage.
- The treadmill will be stopped automatically after 45 minutes continuous running because of over-heat protection, after that restart the machine and continue the workout.
- This is a home treadmill and not intended for commercial use.

Packing Details

Frame		User Manual Screw Package	
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Screw Package

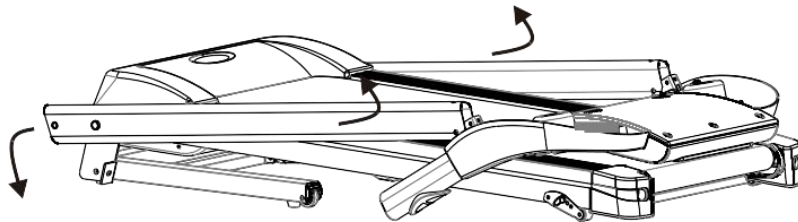


Item	Description	Specification	Qty
A	Bolt	M8*45	2
B	Bolt (smaller)	M8*16	2
C	Flat Washer		2
D	Curved Washer		2
E	Allen wrench		1
F	Safety key & clip		1
G	Lubricant oil		1

Assembly Steps

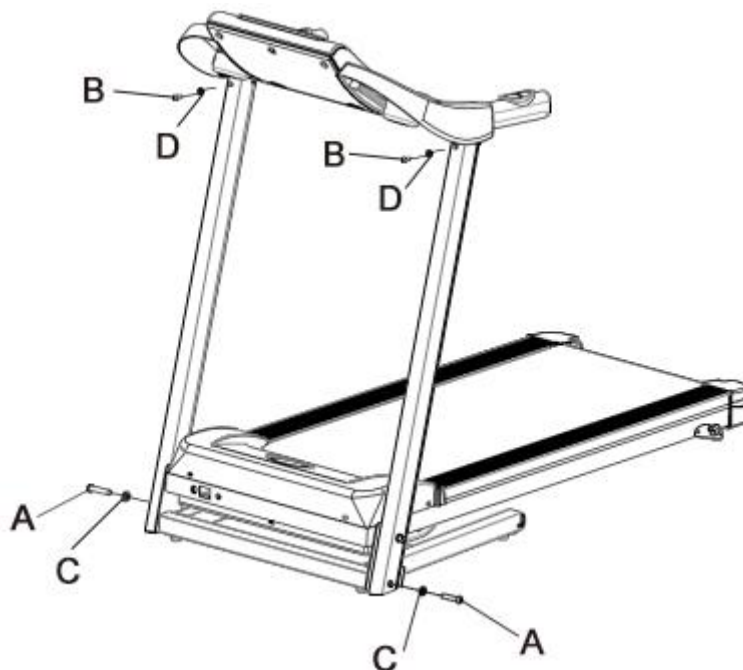
Step 1: Extend the framework

1. Take the treadmill out of the box and lay it flat on the ground.
2. Slowly stand up the machine at the direction of the arrow, as shown in following picture.



Step 2: Main frame assembly

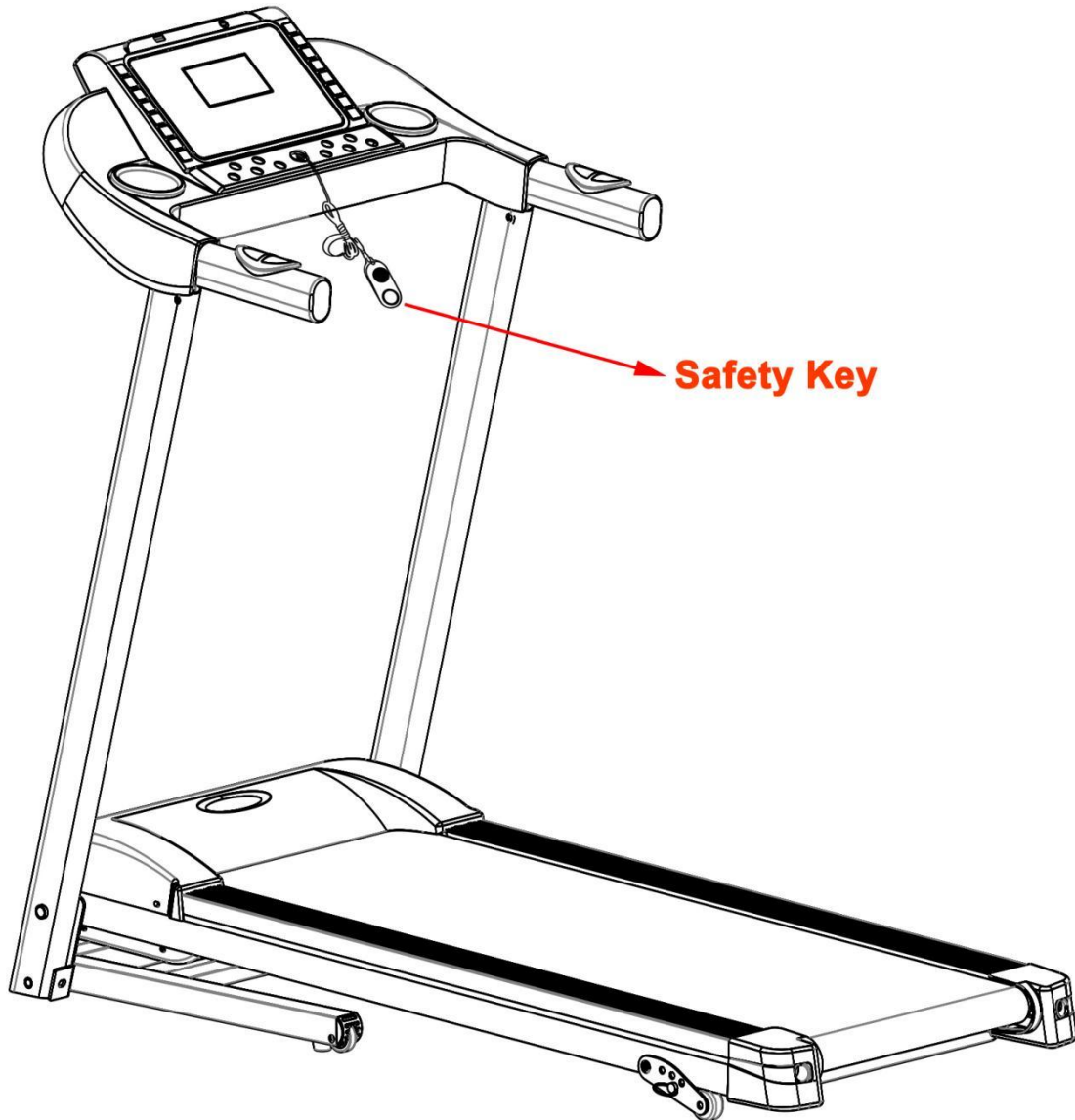
1. Fasten the left and right stand columns to the main frame with screws shown in following picture.
Fix 2 Bolts (A) and 2 Flat Washers (C) by Allen Wrench (E).
 2. Console and handrail is folded against the stand columns, they are connected to the stand columns at both left and right sides by 2 Bolts (B) and 2 Curved Washers (D).
- Then tighten the bolts by Allen Wrench (E) .



Step 3: Insert safety key

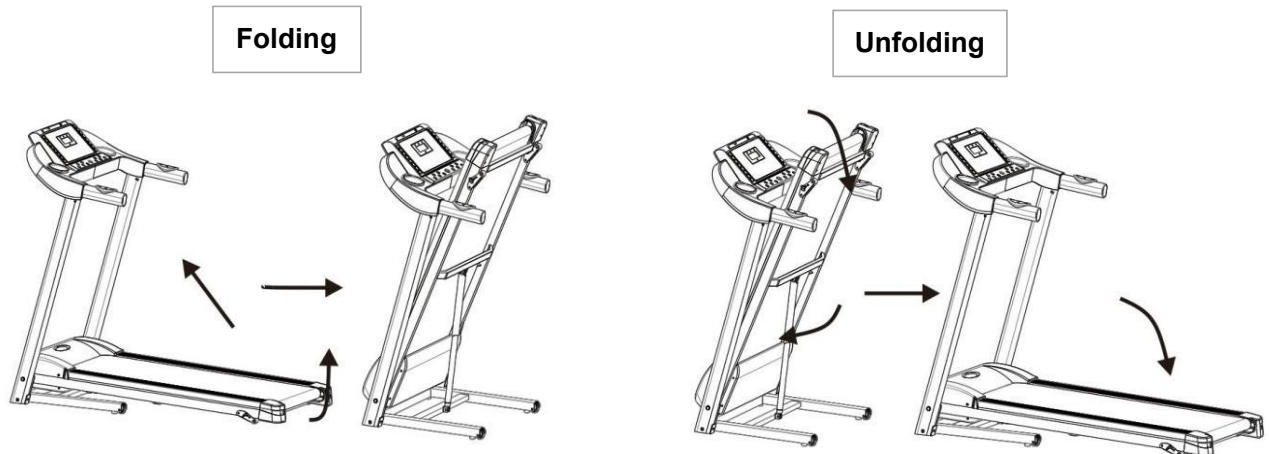
Insert the red magnetic safety key onto the circular metal on the console. *****IMPORTANT*****

If safety key is not in place, the treadmill will be out of operation and will result in "E7" ERROR CODE.

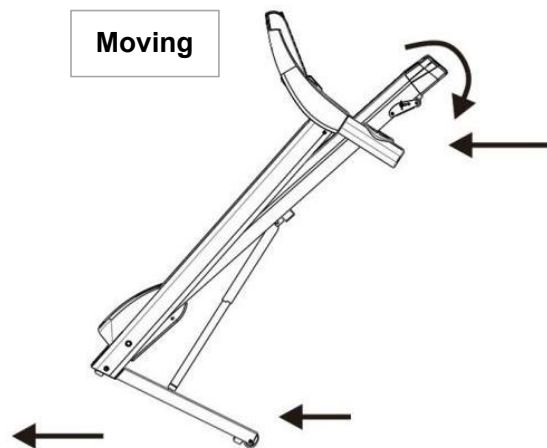


Folding, Unfolding & Moving

① Folding & Unfolding: To fold the treadmill for storage, gently lift the end of the running board and raise upwards slowly until you hear the cylinder click to indicate successful folding. To unfold, release air spring with your foot.



② Moving the treadmill: Make sure the treadmill is securely folded and unplugged. With both hands on the handles pull the top of treadmill towards yourself to tilt it until the rollers are engaged on the floor. You can now freely wheel the treadmill to a storage location.



Display Panel Operating Instructions



1. Operational Modes

There are 3 operational modes: Manual, Countdown (MODE), Auto (PROGRAM).

A. Manual Mode

After switching the treadmill on, the display unit will light up and enter into the initial standby mode. Press the **START** button to enter into the manual mode.

- Minimum speed 0.6mph
- Maximum speed 8mph

B. Countdown (MODE)

- Time Countdown Mode: Press the **MODE** button to select **H-1**. When the time display is flashing, use the +/- keys to set the desired time for a range 5-45 minutes. Press the **START** button and select the desired speed at any time during the countdown period using the +/- keys.
- Distance Countdown Mode: Press the **MODE** button to select **H-2**. When the distance display is flashing, use the +/- keys to set the desired distance for a range 1-99 miles. Press the **START** button and select the desired speed at any time during the countdown period using the +/- keys.
- Calories Countdown Mode: Press the **MODE** button to select **H-3**. When the calories display is

flashing, use the +/- keys to adjust the desired calories setting for a range of 20-990 calories. Press the **START** button and select the desired speed at any time during the countdown period using the +/- keys.

C. Auto (PROGRAM) Mode

Press the **PROGRAM** button to enter into the auto mode. It will default into the P1 program with 10 minutes duration. Press **PROGRAM** again to get to P2 program and so on. When the time display is flashing, you can adjust for a range of 5-45 minutes.

There are 12 programs in the Auto (PROGRAM) Mode as below:

P1-P12 Program Map

Time period formula		Time set/10 period=Run time and down time period									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
P2	SPEED	3	3	4	4	5	5	5	6	6	4
P3	SPEED	2	4	6	8	7	8	6	2	3	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
P5	SPEED	3	6	6	6	8	7	7	5	5	4
P6	SPEED	2	6	5	4	8	7	5	3	3	2
P7	SPEED	2	8	8	7	7	6	5	3	2	2
P8	SPEED	2	4	4	4	5	6	8	8	6	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
P10	SPEED	2	5	7	5	8	6	5	2	4	3
P11	SPEED	2	5	6	7	8	8	8	5	3	2
P12	SPEED	2	3	5	6	8	6	8	6	5	3

2. LCD Display Parameters

At startup, a 3 second countdown is displayed as 3, 2, 1

SPEED: Shows running speed

TIME: Shows running time

DISTANCE: Shows running distance

CALORIES: Shows calories burnt

PULSE: Shows heartbeat data

3. Button Functions

PROGRAM : Press this button to choose from the 12 programs

2 4 6 8 : Press any of these 3 buttons for quick speeds selection 2,4,6,8

START : Press this button to start the treadmill

STOP : Press this button to stop the treadmill

MODE : Press this button to select the countdown modes of Time, Distance & Calories

SPEED + - : Press these buttons for speed adjustments.

Long press (keep finger pressed) for faster speed control.

4. Sleep Function

When the treadmill is not in operation for more than 10 minutes, it goes into hibernation. The display turns off automatically. Press any key to re-activate the unit to get to the standby mode.

5. Safety Key Function

This treadmill will only be operated when the magnetic safety key is inserted onto the console. Put the safety clip on your clothing when you are using the treadmill. The string will pull the magnet out of the lock turning the treadmill off if you fall or move from the treadmill. Please do not lose the safety key as it would not be easy to operate without it.

6. FITSHOW Function



Scan QR code on the console or download the FitShow App from your respective App store for your device. This is available from both Apple Store & Google Play Store.

FitShow is an App developed for indoor and outdoor aerobic exercise

enthusiasts. Indoor fitness devices are connected via Bluetooth with treadmills, exercise bikes, and other fitness equipment, to achieve access to maps, programs, goals etc.

Registered users can log in to view the history of exercise data, planning weekly or monthly exercise target. To pair your device with FitShow, please turn on Bluetooth on your device and then select “ **FS-****** ” to connect when you open the FitShow App.

7. Bluetooth Music Function

Ensure the treadmill is switched on, press the START button.

Wireless: Bluetooth function can connect your MP3 devices. Turn on Bluetooth on your device and search for “ **S106** ” to connect, then you can play your MP3 files on the treadmill speaker.

Treadmill Error Messages

<u>ERROR CODES/REASONS</u>	<u>SYMPTOMS</u>	<u>SOLUTIONS</u>
E1: Communication is blocked between treadmill, electronics and base controller	When communication line is blocked between display and base controller	Make connection again or change communication line
	No electronic signals	Replace electronic unit
	No base controller signals	Replace base controller unit
E2: Controller does not detect the voltage from the motor	Disconnection of motor cable	Check connection of motor cable
	No voltage output or abnormal base controller	Replace base controller
	Damaged motor	Replace motor
E3: When the motor is running, the controller does not display speed signal	Motor cable is not connected	Check connection of motor cable
	Base controller with abnormal signal	Replace base controller
E5: When the motor is running, current exceeds the rated value	Motor load exceeds rated current	Recommend motor with correct rating
	Motor assembly structure problems, causing blockage or stoppage	Check appropriate electrical structure of treadmill
	Limited system failure	Replace base controller
E7: Safety magnet not in place	Unable to operate	Reset magnetic safety key correctly
	Electronic Safety lock system malfunction	Replace electronic display unit

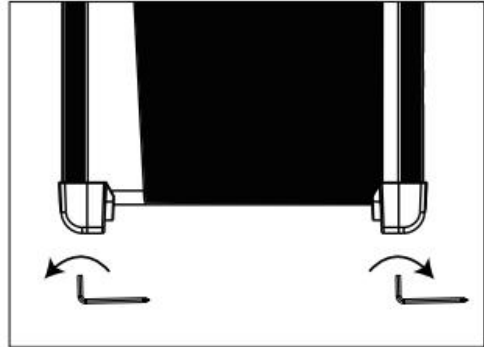
Adjustment & Maintenance

Adjustment of the running belt

The running belt may deflect to one side during transportation, please adjust the running belt as follows.

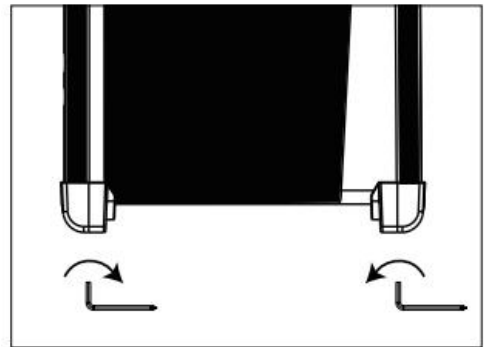
1) If the **left** gap of the running belt is too big, please keep the treadmill running at the slowest speed.

Then screw the **left** adjustment bolt **counter-clockwise** and the **right** adjustment bolt **clockwise** in turns until the belt is centered.



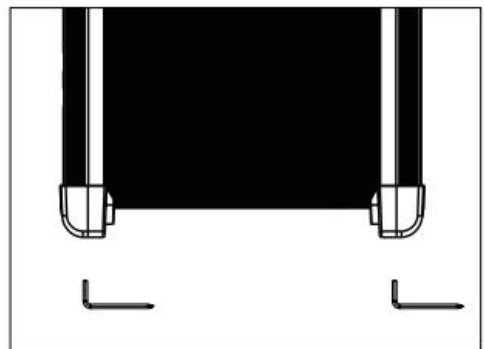
2) If the **right** gap is big, please keep the treadmill running at the slowest speed.

Then screw the **left** adjustment bolt **clockwise** and the **right** adjustment bolt **counter-clockwise** in turns until the belt is centered.



3) If the belt is too tight, the belt may make noise. Please screw both adjustment bolts **counter-clockwise** in turns. And lube the running belt.

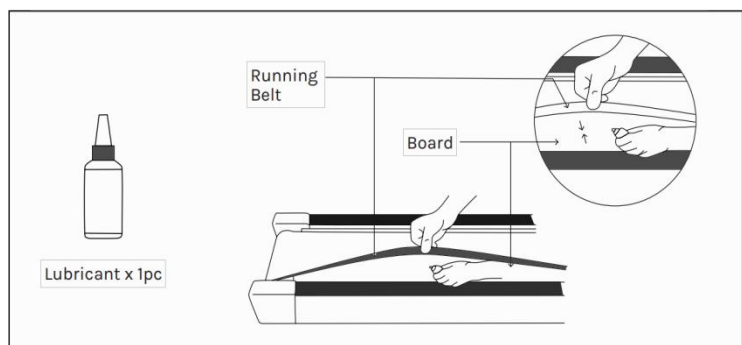
On the contrary, if the belt is too loose, the belt may slip, please screw both adjustment bolts **clockwise** in turns.



Apply the lubricant (Silicone lubricant)

The running belt/ deck plays a major role in the function and life of your treadmill, thus requiring periodic lubrication.

Please **DO NOT** over lubricate the running deck.

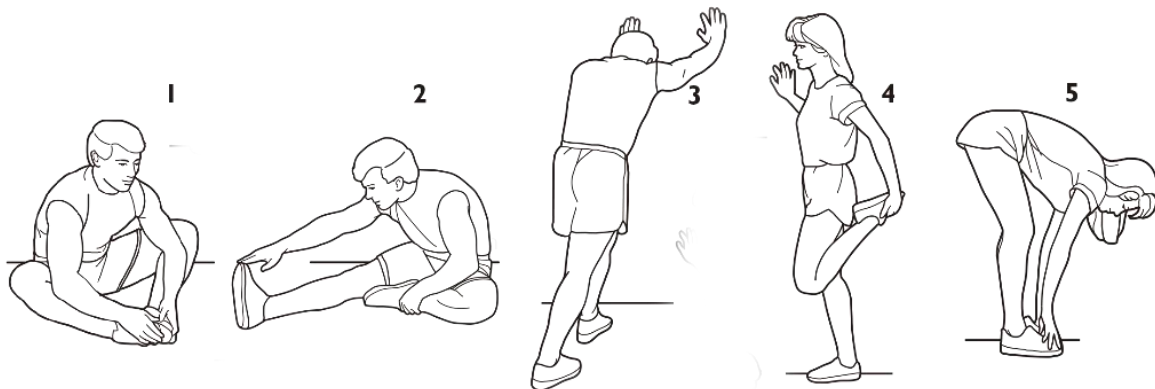


Exercise Programs

WARM UP

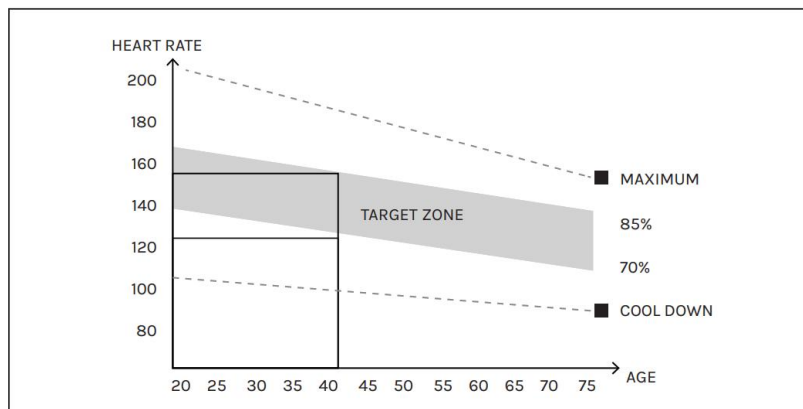
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise. After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

1. **Inner Thigh Stretch** - Sit with the soles of your feet together and your knees outward.
2. **Hamstring Stretch** - Sit with one leg extended and bring the sole of the opposite foot toward you.
3. **Calf/Achilles Stretch** - With one leg in front of the other, place your hands forward against a wall.
4. **Quadriceps Stretch** - With one hand against a wall for balance, grasp one foot with the other hand.
5. **Toe Touch Stretch** - Stand with your knees bent slightly and slowly bend forward from your hips.



COOL DOWN

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent postexercise problems



This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

General Trouble Shooting

PROBLEM	POTENTIAL CAUSES	CORRECTIONS
Treadmill will not start.	<ol style="list-style-type: none"> 1. Treadmill is not plugged in. 2. Circuit breaker in the house has been tripped. 3. Treadmill circuit breaker has been tripped. 	<ol style="list-style-type: none"> 1. Treadmill plugged in. 2. Circuit breaker in the house has been tripped. 3. Treadmill circuit breaker has been tripped.
Belt slips.	Belt not tight enough.	Adjust belt tension.
Belt hesitates when stepped on.	<ol style="list-style-type: none"> 1. Not enough lubrication applied onto the running deck. 2. Belt is too tight. 	<ol style="list-style-type: none"> 1. Apply lubricant. 2. Adjust belt tension.

After Sales Service

To guarantee an efficient service of damaged or missing parts problem, make sure you have the following items before you contact our After Sales Service:

The name or **SKU reference of the product.**

The **PO number** shown on the main chassis or on the packing box.

We will try our best to solve the problem for you ASAP.
