USER'S MANUAL

PLEASE DO NOT RETURN TO STORE

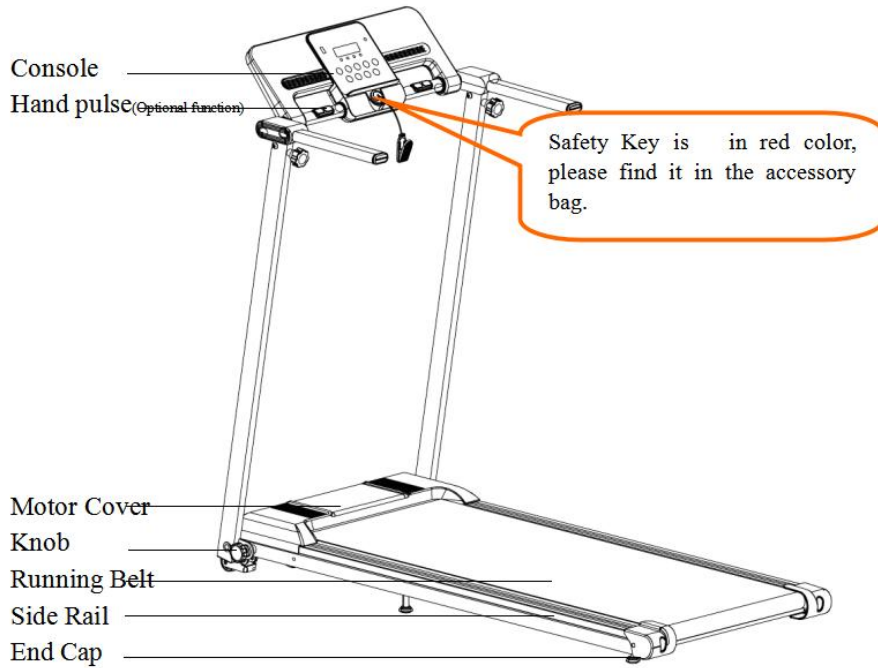**Please do not return this product to the retailer!!**

We are able to assist you in ANY way.

If you find that you have any trouble with assembly or

missing or damaged parts, please contact the seller.

Contents

1.   Product Brief

Console
Hand pulse(Optional function)

Safety Key is   in red color, please find it in the accessory bag.

Motor Cover
Knob
Running Belt
Side Rail
End Cap

Main parameters and parts list					
Main technical parameters					
No.	Parameters Names		Description		
1	Input power voltage		110V~(50/60Hz)		
2	Speed		0.5-7.5 mile/h		
3	Functions		Running Mode With Bluetooth Speaker		
Packing list					
1	Complete machine	set	1		
2	Accessory Bag	pc	1		
Screws bag list					
NO.	Name	QTY	NO.	Name	QTY
1	User manual	1	3	Allen key 5mm	1
2	Safety key	1	4	Knob	2

2. Security Precautions and Warning

📖ℹ️ **In order to ensure your safety and avoid accidents, Please read the instructions carefully before use.**

Safety Instructions: This product was designed and manufactured with many safety concerns, please follow the instructions below to avoid injury. We will not be responsible for any consequences arising from abnormal operations.

◆ **The treadmill must be placed on a flat ground; the treadmill should be placed indoors to avoid moisture, and water should not be splashed on the treadmill. Do not place any foreign objects on the treadmill. Leave at lest 3.3ft of clearance on either side of the treadmill and 6.6 feet behind it to avoid falling into a wall or being wedged between the machine and a wall or a piece of furniture if you lose your balance. The safe space is convenient for emergency jumping off. (Emergency jump: while holding the handrails to support your body, step on the side rail with your feet and jump off the treadmill from one side.)**

◆ **The power plug must be grounded properly. No other appliance should be on the same circuit;**

◆ **If the power cord is damaged, please contact the seller for professional guidance, or contact a qualified maintenance engineer for service rather than attempt self-repair;**

◆ **When the treadmill is not in use, keep the safety key out of the reach of children. If the treadmill will not be used for a long time, please unplug the power cord;**

◆ **Please keep the lubricating oil (if have) in the accessories bag out of the reach of children. If it is accidentally swallowed or split in the eyes, please rinse with water and seek medical help in time;**

◆ **Do not use the machine if you feel unwell, and consult a doctor immediately.**

◆ **This product is not intended for use by children and people with reduced physical sensory or mental capabilities, or lack of common sense, unless they have been given supervision or guidance of a person responsible for their safety.**

◆ Do not use the treadmill in a dusty space, and keep a certain humidity in the room to avoid strong static electricity, otherwise it may interfere with the normal work of the electronics and the controller; please use the original accessories, and it is strictly forbidden to replace them without permission.

◆ Keep your hands away from all moving parts, and it is forbidden to put your hands and feet in the space under the running belt.

◆ Do not place the power cord near hot or moving objects; do not use the product outdoors, in

high humidity and direct sunlight.

◆ Unplug the treadmill before moving it. Non-professionals are not allowed to disassemble the machine without authorization, otherwise serious consequences may occur.

◆ Please clip the safety lock clip to clothes when exercising to prevent accidents.

◆ Do not wear loose clothes that could become caught in the treadmill.

◆ If you feel any abnormality such as discomfort during use, please stop exercising and consult a doctor.

◆ This product should not be used for a long time continuously, as long-term use may easily cause the electrical equipment of the treadmill to overheat and cause electrical failure.

◆ Use qualified sockets to avoid danger. If the plug and socket are not compatible, do not touch the plug and ask an electrician to handle it.

◆ This product is suitable for home use, not for professional training and testing, nor for medical purposes.

◆ Do not use it in a state where the outer casing is cracked or detached (internal structure exposed) or the welded part is cracked.

◆ Do not jump up or down on the machine during exercise. ------ May cause injury due to falling.

◆ Do not use after eating, when tired, or in poor physical condition. ---- May cause damage to health.

◆ Keep the treadmill indoors, and the power plug away from pins, dust or moisture. --- May cause electric shock or short circuit, fire. Never use with wet hands!

◆ Please unplug the power plug from the outlet when it is not in use. ----Due to dust and moisture, the insulation will be aged, resulting in leakage fire.

◆ The product must be grounded. In the event of malfunction, grounding provides the least resistance path for current to reduce the risk of electric shock.

◆ This product is HC grade. If you are in doubt about the correct grounding of this product, please entrust a professional electrician to check it.

3. Installation Instructions

1. Put the machine flat on the ground., then fold up the column and stabilize it;
(Be careful not to pinch your hands at the fold at the lower end!)

Be careful
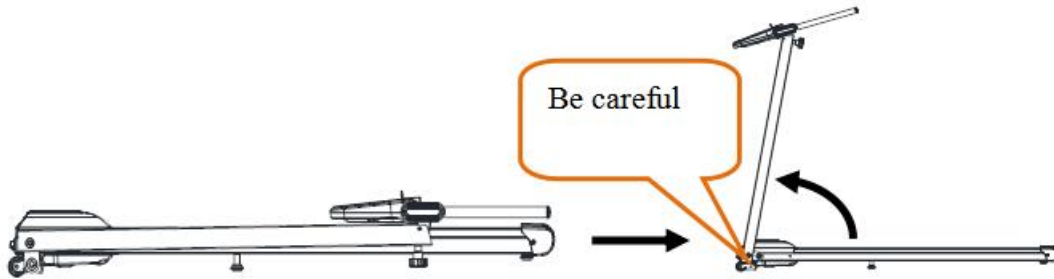
2. Use the knob to lock the column (lock while slightly shaking the column, in order to better lock) as shown in the figure; When the knob locks the column, if you feel that the column has a slight shake, you can use the 5# Allen wrench to lock it again.

Allen key 5mm

Knob
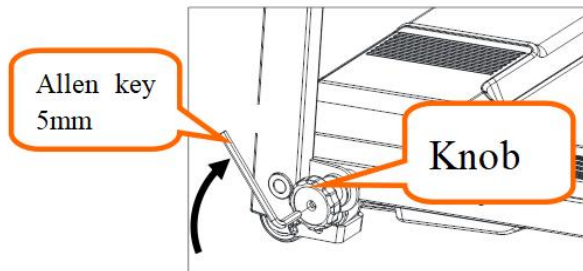
3. The armrest tube is folded down as shown in Figure 1; the electronic watch is folded up as shown in Figure 2;

Lock the console with the plum knob

Pic 1

Pic 2
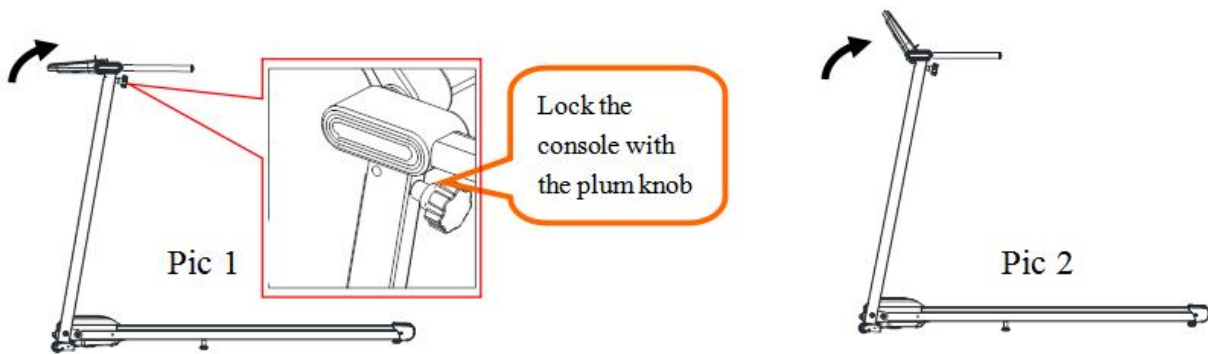
Using for two levels manual incline :Fold the left and right incline metal counterclockwise, and then adjust the middle adjustment foot pad until it touches the ground (if there is a gap between the rear end adjustment foot pad and the ground, adjust it to contact the ground first).

incline adjust metal

Adjustable foot pad

Adjustable foot pad
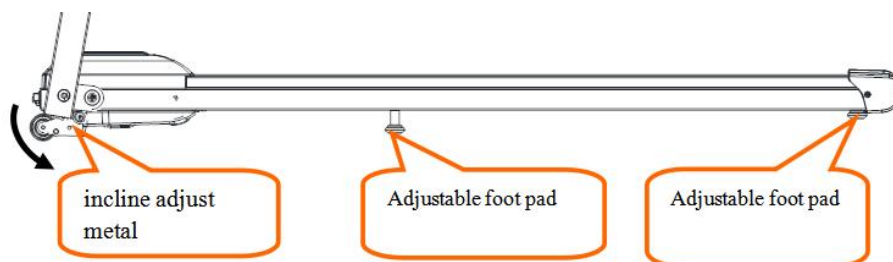
How to adjust the machine table to be flush with the ground:

When there is a gap between the machine table and the ground (or when it is adjusted in two stages), it is necessary to adjust the adjustment foot pad at the rear end of the machine table so that the front and rear

Both are in contact with the ground, and then adjust the middle adjustment foot until it is in contact with the ground. (⚠ **Note: Adjusting the gap between the foot pad and the ground will cause the machine and console to shake!**)
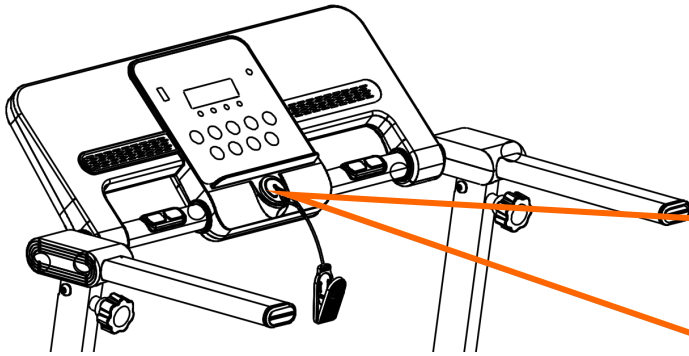
Key point: safety lock is red, and there is a red device with a magnet and a red rope in the plastic bag where the manual is placed. It is the safety lock, and the magnet end is placed on the yellow label of the instrument!(When the Treadmill is running, pull off the safety lock, and the Treadmill will stop moving in an emergency!)

Please note that after confirming that all installations have been completed according to the above requirements, it is necessary to lock them uniformly and check that there are no omissions before connecting to the power supply.

Machine folding:When you are not using it, first loosen the knob at the lower end of the column (counterclockwise direction) as shown in Figure A; Then fold the Electric watch to position B as shown in the figure; Turn out the knob anticlockwise until the armrest tube can move anticlockwise, and then fold the Electric watch onto the running platform.
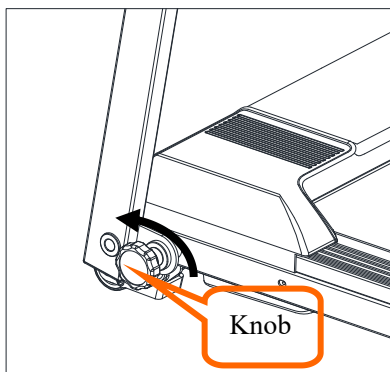
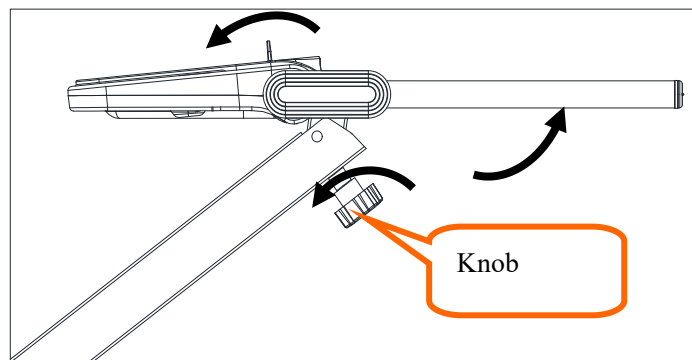|	
Knob	Knob
Figure A	**Figure B**

Machine expanding:

When it is necessary to expand the running table, first move the column to the fixing hole in the counterclockwise direction as shown in Figure C, and then use the knob to lock the column (lock

the column slightly while shaking it for better locking). If the knob locks the column slightly, you can use the 5# Allen wrench to lock it again; Then fold the handrail tube down to the position as shown in Figure D, lock it with the plum knob (clockwise), and fold the electronic watch up to the position as shown in Figure D (clockwise).

(Be careful not to clip the hand, do not let the child near the treadmill, to prevent injury).

Allen key 5mm

Knob

Knob
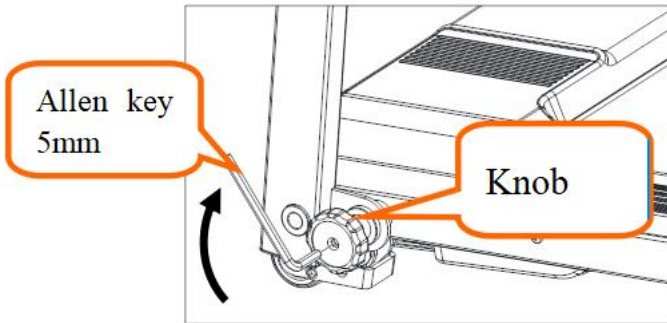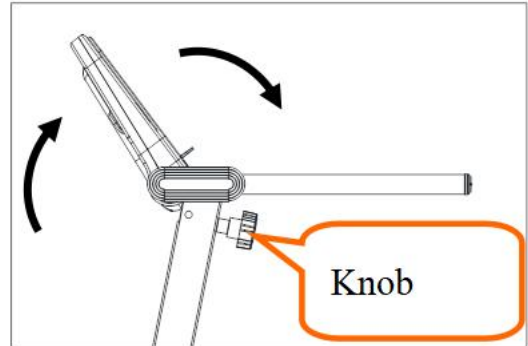
Picture C

Picture D

4. Using Instructions

4.1 Using treadmill

1) Insert the power plug properly and turn on the switch(in red color)
When the light is on, there will be a beep sound, and then the screen will be light up.

2) Safety key Introduction
The treadmill can only start when the safety key is put on the yellow area of the console. Clip the safety key on clothes when using the treadmill to prevent accidents. Pull the safety key out from treadmill will stop the treadmill immediately, and please put the safety key back when continue using the treadmill.

4.2 Button functions
4.2.1 Start button
When the power is on, press start button to start the treadmill.
4.2.2 Stop button
When the treadmill is in running state, press stop button to stop the treadmill and all the data will be cleared. After the treadmill stopped, the screen will be back to manual mode.
4.2.3 Program button
When the treadmill is in standby state, press this button can cycle the options of automatic programs (P1 - P12) and manual mode. Manual mode is the default running mode of the system.
4.2.4 Mode button
When the treadmill is in standby state, press this button can cycle 3 countdown mode: Time countdown, distance countdown and calorie countdown.
4.2.5 Speed ± button
When the treadmill is running state, these buttons can be used to adjust the speed of the machine. Press Speed + to increase the speed and press Speed - to decrease the speed.
4.2.6 Speed direct button
When the treadmill is in running state, these buttons can be used to adjust the speed into the corresponding value directly. Press the button to cycle choose the speed of 2/4/6 MPH directly.

4.5 Display Function
4.5.1 Speed Display.
Display the current running speed value.
4.5.2 Time Display
Display the time of manual mode and the countdown time under automatic modes and programs.
4.5.3 Distance display
Display cumulative distance under manual mode and programs. Display the distance countdown in automatic mode.
4.5.4. Calorie display
Display cumulative calorie under manual mode and programs. Display the calorie countdown in

automatic mode.

4.5.5. Heart rate display

When the heart rate signal is detected, the heart rate indicator light will be on and the screen show the heart rate value.

4.5.6 Heart rate detection function (Optional Function)

When the treadmill is energized, hold the heart rate for a while and the heart rate value will show on screen. **(This data is for reference only, it cannot be considered as medical data.)**

4.5.7 **Bluetooth Speaker**: How to use your Bluetooth on the treadmill is super easy, use your phone and go to your settings and click on Bluetooth and go to connect scanning and it will search and name hnk_audio will pop up and will manually connect.After the first used, it will be automatically connected.

4.6 Automatic program

Programs	Time	Set time / 10 = running time of each period									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.2	2.4	1.8	2.4	1.8	3.1	2.4	1.2	3.1	1.8
P2	SPEED	1.2	3.1	2.4	3.7	2.4	3.7	2.4	1.2	2.4	1.2
P3	SPEED	1.2	3.1	2.4	3.1	2.4	3.1	2.4	1.2	1.8	1.2
P4	SPEED	1.8	3.7	4.3	3.1	4.9	3.1	5.5	3.7	2.4	1.8
P5	SPEED	1.8	3.7	4.9	3.1	4.9	3.7	4.3	3.7	2.4	1.8
P6	SPEED	1.2	4.9	3.7	2.4	3.1	5.5	4.3	3.1	2.4	1.8
P7	SPEED	1.2	3.7	4.3	2.4	2.4	4.3	2.4	1.2	2.4	1.2
P8	SPEED	1.2	2.4	3.7	4.9	4.3	4.9	3.7	1.2	1.8	1.2
P9	SPEED	1.2	2.4	3.1	3.1	3.7	3.1	3.7	1.8	1.8	1.2
P10	SPEED	1.2	1.8	3.1	1.8	1.8	3.1	1.8	3.7	1.8	1.8
P11	SPEED	1.8	3.1	4.9	4.9	5.1	3.1	4.3	3.7	1.8	1.2
P12	SPEED	1.2	3.1	3.1	2.4	2.4	3.7	2.4	1.2	1.8	2.4

Translation of Error Codes

Fault code	Failure Description	Fault handling
E1	Communication Abnormal: when the power is on, the connection between lower controller and the console is abnormal.	Possible Cause: the communication between the lower controller and console is blocked, check each joints between the controller and console, ensure that each core is fully plugged in. Check the the connection line, replace it if it's damaged.

E2	No signal from motor.	Possible Cause:
		
		  Check the motor cable to see whether it is connected well or not, if not, connect the motor wire again.
		
		  Check the motor cable to see whether it is damaged or has a burnt smell, if yes, replace the motor.
		
		Check the speed sensor to see whether it is correctly installed or damaged

E5	Over current protection: In working, the lower controller detects the current to be over 6A for more than 3 seconds.	Possible Cause: Overloading leads to excessive current, and the system stops out of self-protection, or some part is stuck, causing the motor to stop. Adjust the treadmill and restart it. Check if there is liquid or burnt smell while the motor is running, if yes, replace the motor; check if the controller has a burned smell, if yes, replace the controller; check the power supply voltage, if it does not match the specifications, change into correct voltage and test the machine again.
E6	Explosion-proof impact protection: the abnormal voltage or motor cause the faulty of circuit that drive the motor.	Possible Cause: Check if the power supply voltage is 50% lower than normal voltage，use the correct voltage and test the machine again；check if the controller has a burnt smell and replace the controller; Check if the motor cable is connected and connect the motor wire again.
E7	No safety key	Put the safety key on the right place.

5. Routine maintenance

Warning: Before cleaning or maintaining products, please be sure the power plug of the treadmill is pulled out.

Cleaning: Comprehensive cleaning will extend the using life of the electric treadmill.

Remove dust periodically in order to keep the parts clean. Be sure to clean running belt with both sides of the exposed portion, which will reduce the accumulation of impurities. Make sure to wear clean athletic shoes to avoid carrying the dirty matters into running board and belt. Treadmill belts shall be cleaned by a damp cloth with soap. And please pay attention to avoid to wet the electrical components and running belt.

Warning: Make sure power plug disconnect before moving motor cover away, clean the motor at least once a year.

Running Belt Alignment

Put the treadmill flat on the ground. Make the treadmill run at a speed of 3-4 miles/hour .

If the running belt is closer to the left: rotate the left adjusting bolt with 1/2 turn clockwise, then rotate the right adjusting bolt with 1/2 turn counter-clockwise. (Picture A)

If the running belt is closer to the right: rotate the right adjusting bolt with 1/2 turn clockwise, then rotate the left adjusting bolt with 1/2 turn counter-clockwise. (Picture B)

Tighten   Loosen   Loosen   Tighten
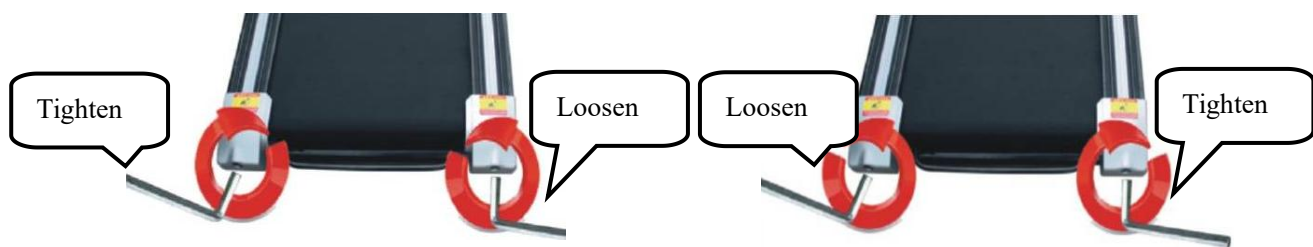
Picture A: Belt closer to left   **Picture B: Belt closer to right**

Running Belt Tension Adjusting

When you use the treadmill for a long time, the running belt or the multi-wedge belt becomes loose because of the abrasion. To facilitate the safe use, appropriate adjustment is needed.

Judgment: the feeling of running with the occasional pause phenomenon, which indicating that the treadmill belt or multi-wedge belt is a little loose and further affirmation need to be made.

Step 1: Remove the motor cover, make the treadmill run at a speed of 0.5 miles/h, and then stand on the running belt, hold the handlebar, and tread the treadmill belt slightly.

A. The instantaneous step can not stop the belt, the tightness is appropriate.

B. If your instantaneous step stops the running belt, but the multi-wedge belt and front roller is still running, it indicates that the running belt is loose and appropriate adjustments must be made to facilitate the safe use.

C. If you observe that the instantaneous step makes the treadmill belt and multi-wedge belt stop, but the motor is still running, it indicates that the multi-wedge belt is loose and appropriate adjustments must be made to facilitate the the safe use.

Step 2:Use a wrench to adjust the screws on the motor base according to the condition. Meanwhile, gently flip the multi-wedge belt between the motor shaft and the front roller, if it is too loose, you can flip the multi-wedge belt by 100%; if it is too tight, the degree to flip the belt is very limited. It is appropriate to flip the multi-wedge belt by 80% after adjustment. Please adjust the tightness of the multi-wedge belt into the state that it could be flipped by 80%.

Step 3: Finally lock the motor base, install the motor cover.

Lubrication of Running Belt

The friction between the running belt and the running board has a significant impact on the service life and performance of the electric treadmill.

Lightweight users (using<3 hours per week) once every 10 months; Heavyweight users (using>7 hours per week) once every 5 months.

Method of adding lubricating oil:

Step 1: Open up the treadmill belt.

Step 2: Open the silicone oil bottle, squeeze the silicone oil on the side of running board , as shown in the following picture:
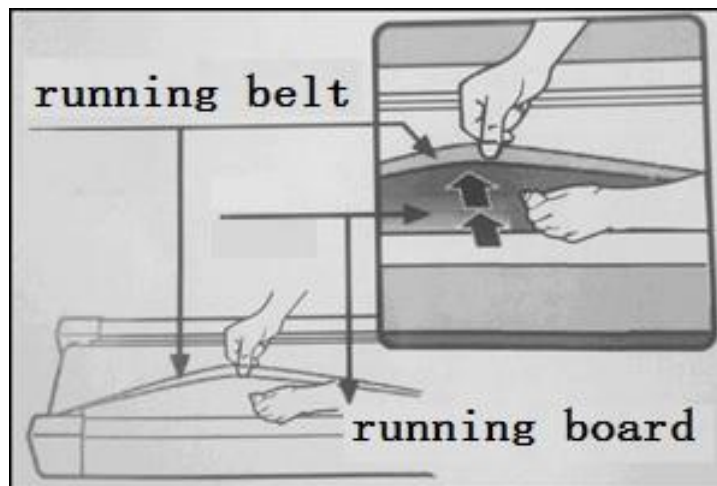
Treadmills belong to sports equipment and therefore require appropriate maintenance. Maintenance Recommendations are as follow:

1. Due to wear and damage, regular inspections are required; After maintenance or professional repair for the worn or damaged accessories (such as motors, electronic controls, power cords, etc.) , its safety level must be consistent with that of the factory.

2. Immediately replace those defective components or idle the equipment for repair(such as power cords).

3. Pay special attention to the components that are most prone to wear and tear. (such as a running belt)