


# USERS' MANUAL



 **Note: Following the principles of sustainable development, we may modify machines when necessary and will not notify again. It all depends on the actual product.**

**PLEASE DO NOT RETURN TO STORE**



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

**We are able to assist you in ANY way.**

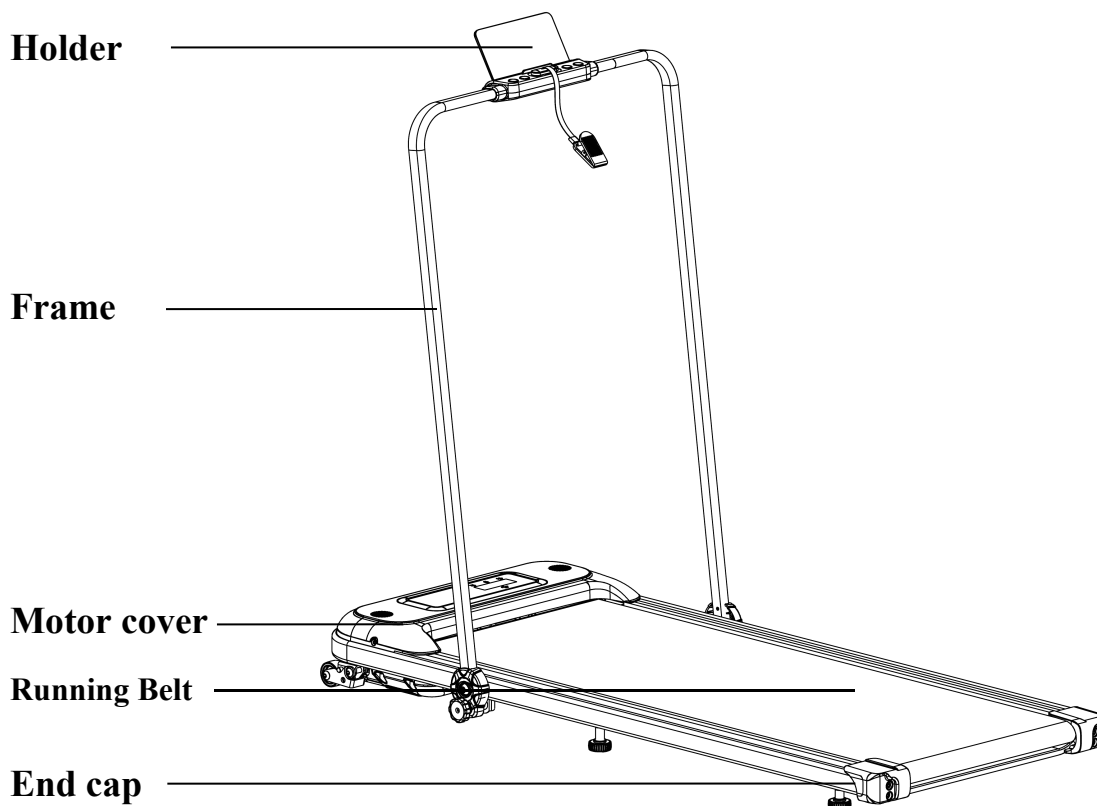
If you find that you have any trouble with assembly or missing or damaged parts, please contact the seller.

# CONTENTS

<b>1. Product Brief .....</b>	<b>1</b>
<b>2. Security Precautions and Warnings .....</b>	<b>2</b>
<b>3. Installation Instructions .....</b>	<b>4</b>
<b>4. Sports Advice and Guidelines (Ergonomics) .....</b>	<b>6</b>
<b>5. Using Instructions .....</b>	<b>7</b>
<b>6. Routine Maintenance .....</b>	<b>10</b>


# 1、 Product Brief

## Motorized Treadmill:



Main parameters and parts list							
No.	Names	Description		No.	Names	Description	
1	Input voltage	110V ~ 50-60Hz		3	Running surface	430*1050mm	
2	Speed	0.5-4.0 mile/h(walking); 4.0-7.5 mile/h(running)		4	Expand dimensions	1275*630*1060mm	
Packing list							
No.	Names	Units	Qty	No.	Names	Units	Qty
1	Complete machine	set	1	2	Accessories Bag	set	1
Accessory bag list							
No.	Names	Units	Qty	No.	Names	Units	Qty
1	Allen key 5 mm	pcs	1	4	Holder	pcs	1
2	User's manual	pcs	1	5	Remote control	pcs	1
3	Knob	pcs	2	6	Safety key	pcs	1
Remote control(Compatible with CR2032,3V Cell Batteries.NOT included to comply with safety regulations in certain shipping conditions)							

## 2、 Security Precautions and Warning

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

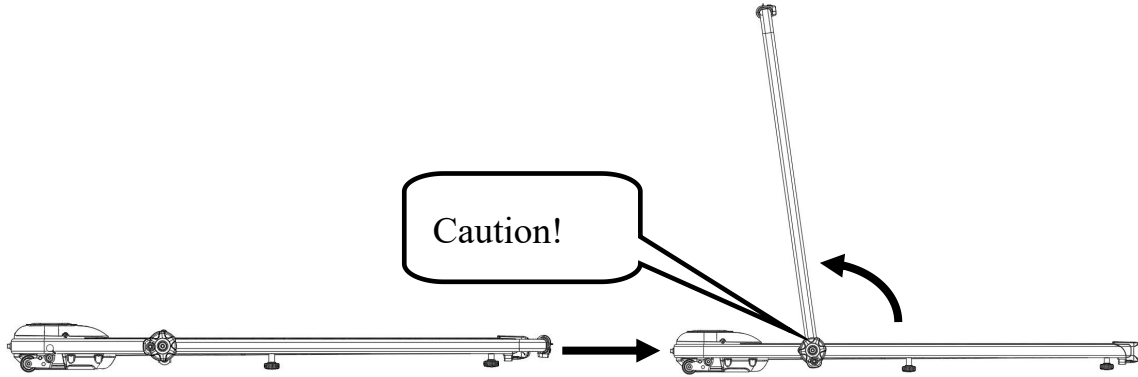
**Safety Instructions:** This product was designed and manufactured with many safety concerns, but please follow the instructions below to avoid injury. We will not be responsible for any consequences arising from abnormal operations.

- ◆ The walking machine must be placed on a flat ground; the walking machine should be placed indoors to avoid moisture, and water should not be splashed on the walking machine. Do not place any foreign objects on the walking machine. There should be a safe use space of 0.5m(500mm) in the front and on both sides and 1m x 1m (1000mm\*1000mm) at the end, which 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 walking machine from one side. )
- ◆ This product is an electric treadmill; Applicable age range: Healthy individuals aged 12-60.
- ◆ This product is not suitable for disabled people and children; if you feel unwell or mentally handicapped or lack common sense, it is prohibited to use it unless under the supervision or guidance of a person responsible for your safety. ----If not followed, there may be a risk of injury.
- ◆ 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;
- ◆ The power plug must be grounded reliably, and the socket must have a dedicated circuit and avoid sharing with other electrical equipment;
- ◆ If the power cord is damaged, in order to avoid danger, it must be replaced by professionals from the manufacturer, its maintenance department or professionals from similar departments;
- ◆ 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 electronic watch 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.

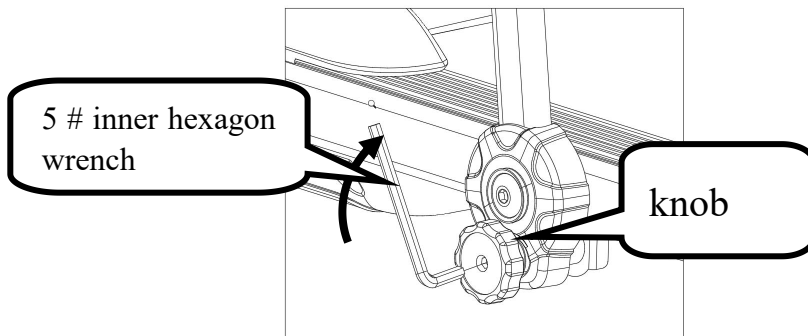
- ◆ Do not place the power cord near hot or moving objects; do not use the product outdoors, in high humidity and sunlight.
- ◆ Unplug the treadmill before moving it. Non-professionals are not allowed to disassemble the machine without authorization, otherwise serious consequences may occur;
- ◆ Please check whether the clothing is buttoned or zipped before using the treadmill, or the clothing is too loose.
- ◆ 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, as long-term use may easily cause the electrical equipment of the walking machine 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, cracked and 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;
- ◆ Do not allow pins, garbage or moisture to adhere to the power plug. --- 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 H grade. If you are in doubt about the correct grounding of this product, please entrust a professional electrician to check it.

### 3、 Installation Instructions

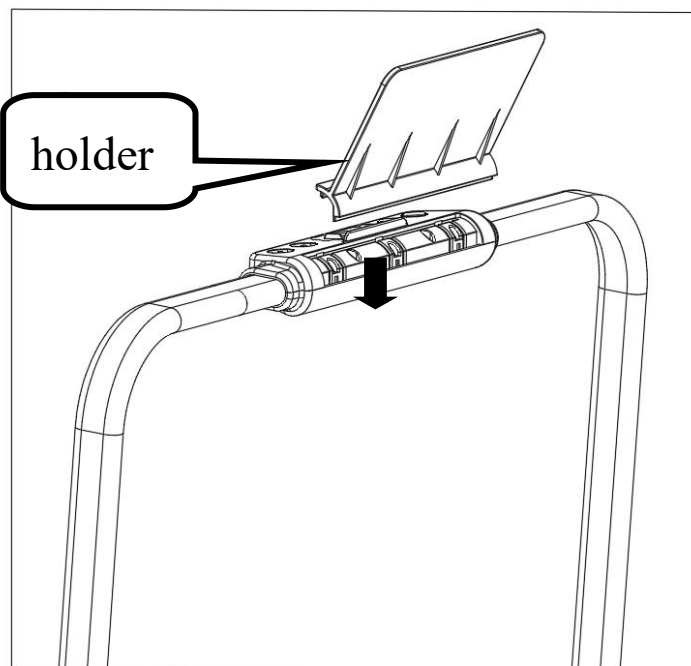
**Step 1.** Lift the machine out of the packaging, put it flat on the ground, and then fold the column up and hold it steady;(Pay attention to the folding place of the lower end!)



**Step 2.** Lock the column with the knob (lock and slightly shake the column for better locking). If the knob locks the column when shaking slightly, you can lock it again with the 5 # hexagon wrench.

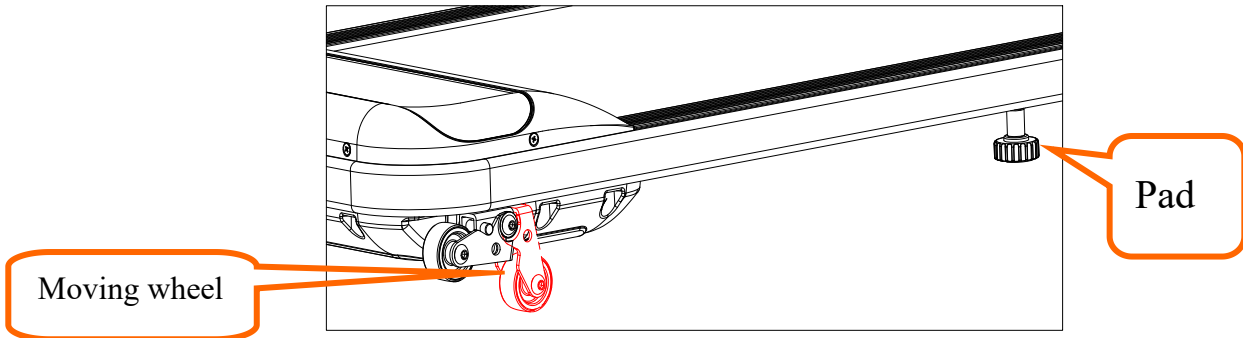


**Step 3.** Insert the holder into the corresponding card slot behind the electronic meter; as shown below:

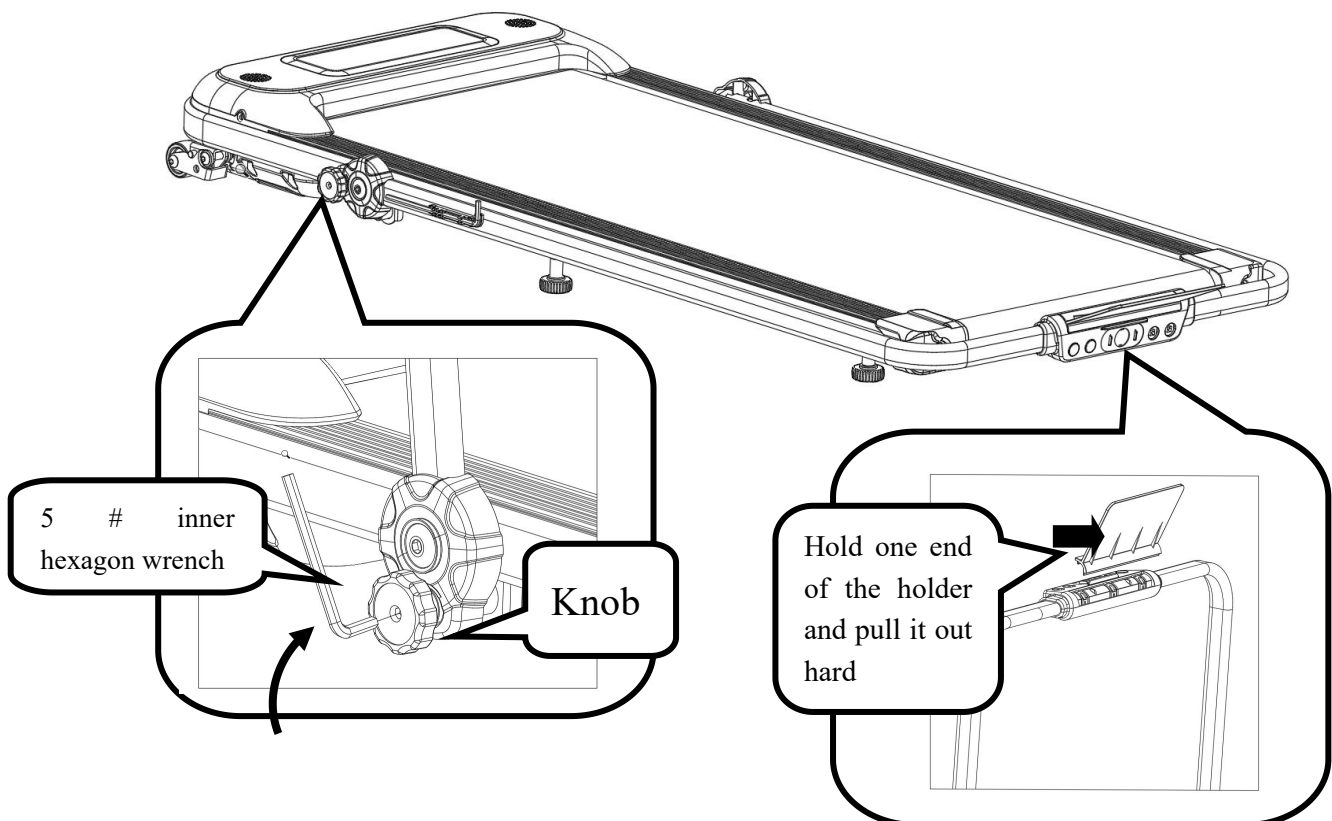


### Introduction to the adjustment of incline:

By manually turning the moving wheel at the front end of the treadmill, you can adjust the incline of the running board (the left and right moving wheels are adjusted synchronously). After adjusting the moving wheel, the adjusting pad in the middle of the running table can be adjusted according to the flatness of the ground; Make sure that all the pads are landing, otherwise the movement may cause abnormal noises and unnecessary damage to the user.



**Walking mode:** If you need to use the walking mode, first turn off the power supply, and then release the knob at the lower end of the column counterclockwise (if the knob is too tight, you can use the 5 # wrench aimed at the hole in the middle of the knob to release the knob counterclockwise); Fold the column down and lock it with a knob (as shown below); Finally, turn on the power supply, and the motor cover panel shows that the light is on. At this time, turn on the tablet mode and operate with the remote control.





## 4、 Sports Advice and Guidelines (Ergonomics)

### Warming up and soothing exercise

A successful exercise program consists of three parts: Warming up, cardio exercise and soothing exercise.

Warming up is a very important part of exercise. Warming up must be carried out before every exercise.

Warming up can preheat the body, stretch the muscles, and let the body adapt to more intense exercise.

Repeating the Warming up exercise at the end of the exercise can help relieve muscle soreness.

**We suggest that you perform corresponding warm-up and relief exercises according to the following diagram:**

#### Head movement

Stretch the head towards the right shoulder first, straighten the left neck, and turn it clockwise and backward once; Stretch the head to the left shoulder and rotate it counterclockwise once. Repeat like this.



#### Shoulder lifting exercise

Lift the left shoulder and turn back one circle, repeating 5 times; Then lift the right shoulder back and repeat 5 times, alternating like this.



#### Stretching movement

Raise your hands straight above your head, then grab your right wrist with your left hand and stretch upwards until you feel your right wrist fully straightened, lasting for 5 seconds before switching to your right hand.



#### Quadriceps stretching exercise

Hold the wall with your right hand to maintain balance, lift your left foot backwards with your left hand, keeping the heel of your left foot as close to your hips as possible, for 15 seconds, and switch to the other foot.



#### Thigh inner stretch

Sitting on the ground, with both feet and soles together, grip both feet with both hands and pull them inward to bring them as close as possible to the body. Slowly press down on the heels of both feet and hold this position for 15 seconds.



#### Foot tendon stretching

Sit down, straighten the right leg, bend the left leg, hold the ankle with the left hand



and push it inward to make the left foot as close to the body as possible and the sole of the foot close to the inner side of the right thigh. Then press down on the body, extend left and right forward to touch the toe, the greater the pressure, the better. Hold this position for 15 seconds, and switch to the left leg.

### **Calf stretching**

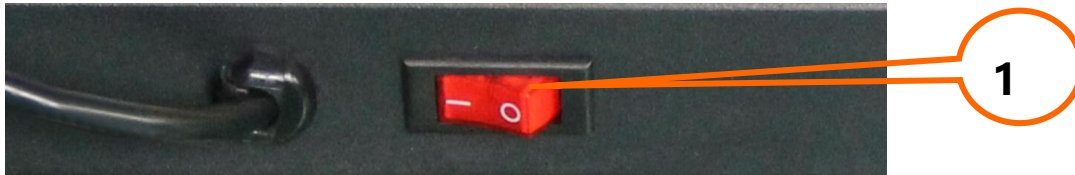
Support the wall with both hands, place your body at a 45 degree angle to the ground, and alternately extend your left and right feet backwards to perform walking movements.



## **5、 Using Instructions**

### **1. Use the treadmill:**

Plug in the power and turn on the switch (red) (1) when it lights up, then you hear a "beep," and then the screen lights up.(Note: The switch is on the right side of the machine.)



**The remote control bracelet operates: the machine has been paired one-to-one before leaving the factory, and the user can use it directly after receiving; if it cannot be used, it should be paired and connected after successful pairing.(Pairing method: after power, long press the remote control bracelet "start" button about 7 seconds, one to one pairing connection (buzzer continuous several sound said pairing success, if the buzzer no continuous sound, pairing is not successful), after successful pairing, the remote control bracelet to the treadmill remote control control, subsequent need not match again.)**

### **Display function**

**Time display:** When the time indicator light is on, it displays the running time.

**Speed display:** When the speed indicator light is on, it displays the current running speed value.

**Distance display:** When the indicator light of distance is on, it will display the accumulated distance.

**Calorie display:** When the calorie indicator light is on, it will display the accumulated calorie value.

### **Function buttons:**

**Start:** Press this button in the stopped state to start the treadmill running;

**Stop:** In the running state of the Treadmill, press the "Stop" key, all data will be reset, the Treadmill

will return to the manual mode after it stops stably, and the Treadmill will stop.

Speed+: Press this button in running mode to increase the running speed;

Speed -: Pressing this key while running can reduce the running speed.

Program key: In standby mode, pressing this key can cycle from manual mode to automatic program P1-P12; Manual mode is the default operating mode of the system

Mode key: When in standby mode, press this key to cycle through three different countdown operation modes. The order of cycle switching is: time, mileage, and calories.

## Automatic program

Time Program		Set time / 10 = Running time of each period									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.9	1.9	4	3.1	3.1	2.5	2.5	2.5	2.5	1.9
P2	SPEED	1.9	1.9	2.5	2.5	3.1	3.1	3.1	4	4	2.5
P3	SPEED	1.5	2.5	4	2.5	1.9	2.5	4	1.5	1.9	1.5
P4	SPEED	1.9	1.9	3.1	4	1.9	4	3.1	2.5	1.9	1.9
P5	SPEED	1.9	4	4	4	2.5	1.9	1.9	3.1	3.1	2.5
P6	SPEED	1.5	4	3.1	2.5	2.5	1.9	3.1	1.9	1.9	1.5
P7	SPEED	1.5	3.1	3.1	1.9	1.9	4	3.1	1.9	1.5	1.5
P8	SPEED	1.5	2.5	2.5	2.5	3.1	4	2.5	2.5	4	1.5
P9	SPEED	1.5	2.5	3.1	3.1	4	3.1	4	1.9	1.9	1.5
P10	SPEED	1.5	3.1	1.9	3.1	2.5	4	3.1	1.5	2.5	1.9
P11	SPEED	1.5	3.1	4	1.9	2.5	3.1	4	3.1	1.9	1.5
P12	SPEED	1.5	1.9	3.1	4	2.5	4	3.1	4	3.1	1.9

## Error message code:

Error code	Description	Solution
E1	Communication Abnormal	Possible reasons: the communication between the electronic control and the electronic watch is blocked, check the connection of each section of the electronic watch to the lower control communication line to ensure that each core is completely inserted. Check whether the cable between the electronic meter and the controller is broken and replace the cable.
E2	No signal from motor	Possible cause: Check whether the motor cable is well connected and reconnect the motor cable. Check whether the motor line is damaged or smelly, and replace the motor.

E5	Over current protection	Possible reasons: exceeding the rated load causes excessive current, the system protection, or a part of the treadmill is stuck, causing the motor can not turn, the load is heavy, excessive current, the system protection; adjust the treadmill to restart. Also, check whether the motor has a flow sound or burnt odor, replace the motor, or replace the controller, or check whether the power supply voltage specification is inconsistent or low, and retest with the correct voltage specification.
E6	Explosion-proof impact protection	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(in red color)on the right place.

## 6、 Routine Maintenance

Open the motor cover at least 2 times a year to clean the motor. Full cleaning extends the treadmill life. Clean the exposure on both sides of the running belt to reduce the accumulation of impurities under the running belt. Make sure the sneakers are clean and avoid carrying foreign objects into the running belt under the worn running board and running belt. The surface of the running belt shall be scrubbed with a soapy wet cloth. Be careful not to splash on the electrical components and under the running belt. **(Warning: Be sure to remove the treadmill power plug before cleaning, maintaining, or moving the treadmill.)**

### Adjustment method for running belt deviation:

Put the walking machine flat on the ground. Make the walking machine run at a speed of 6km/h .

**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)



Picture A: Belt closer to left



Picture B: Belt closer to right

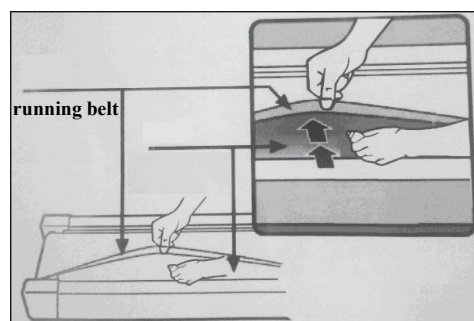
### The lubricating oil of the treadmill is added as follows:

The treadmill has been pre coated with lubricating oil at the factory. The friction force between the running belt and the running board has a great impact on the service life and performance of the electric treadmill, so the lubricating oil must be applied regularly.

**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: First, lift the walking machine belt upwards.



Step 2: Open the lubricating oil bottle and squeeze in lubricating oil above the walking board, as shown in the right figure.

**Treadmill is a sports equipment, so it needs suitable maintenance and maintenance.**

**Maintenance and maintenance recommendations are as follows:**

- 1. Due to wear and damage, need frequent inspection; wear or damaged accessories (such as motor, electric control, power cord, Running belt), after maintenance or professional maintenance, its use safety level is the same as when leaving the factory.)**
- 2. Immediately replace the defective parts and repair the equipment idle: (such as power cord)**
- 3. Pay special attention to the most easy to wear components.(Such as running belt)**

