USER'S MANUAL

PLEASE DO NOT RETURN TO STORE

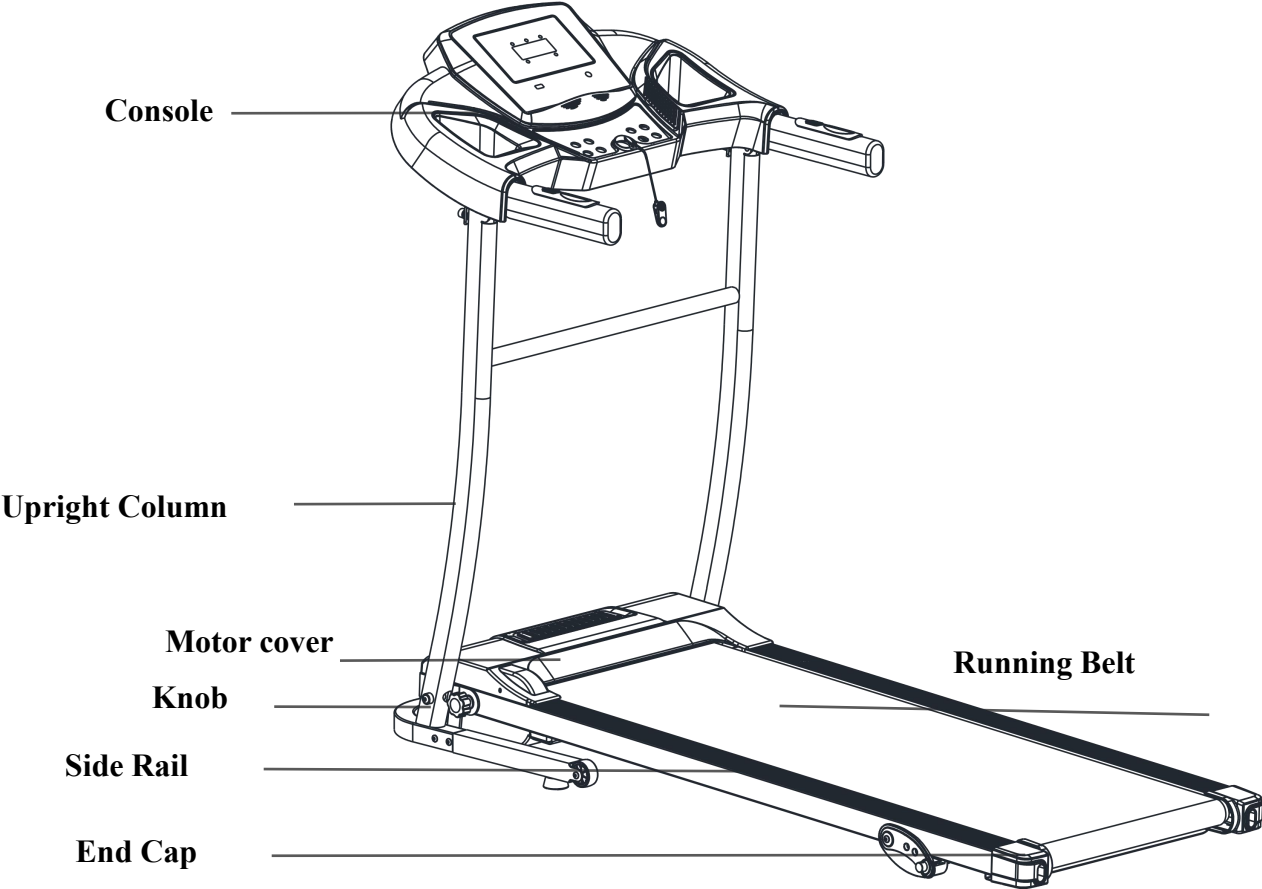**Please do not return this product to the retailer!!**

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

Upright Column

Motor cover

Knob

Side Rail

End Cap

Running Belt

Main Parameters and Parts List		
No.	Parameters Names	Description
1	Input Power Voltage	110V(50-60Hz)
2	Speed	0.5-7.5 mile/h
5	Assembled Dimensions	44.6*19.4*35.4 inches
6	Function	Running

Packing List			
No.	Name	Unit	Qty
1	Complete Machine	set	1
2	Supporting Base	pc	2
3	Accessory Bag	pc	1

Accessory Bag List					
NO.	Name	QTY	NO.	Name	QTY
1	Inner Hexagon Spanner 5mm	1	5	MP3 Cable	1
2	Inner Hexagon Spanner 6mm	1	6	Screw M8*25	2
3	Safety Key	1	7	Screw M6*12	4
4	User Manual	1	8	Plum Knob	1

2. Security Precautions and Warnings

📖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.

◆ 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.)

◆ Please wear suitable clothes and sneakers before exercise. Prohibited to exercise on the treadmill barefoot.

◆ Keep children away from the machine to avoid accidents.

◆ Avoid too long time and overload operation, otherwise will cause motor and controller damaged, and will accelerate the deterioration of bearing, running belt and running board. Should maintain machine on a regular basis.

◆ Keep machine away from dust to avoid strong static.

◆ Please cut the electric power off after using.

◆ Please maintain good ventilation when running.

◆ Please clamp security lock cable on your clothing to make sure the machine stops at emergency condition.

◆ If you feel not very well when using this machine, please stop and consult a doctor.

◆ If power cord is damaged, please contact our qualified maintenance personnel for service rather than disassemble it at your own discretion.

⚠ **Forbidden**

◆ 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.

◆ 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!

◆ Don't place machine in direct sunlight, or high temperature places such as near a stove or a heating appliance . ----Otherwise may cause the leakage and burst into flames.

◆ Don't use when the power cord is damaged or power plug pin is loose. ----Otherwise will lead to an electric shock, short circuit or fire.

◆ Don't damage or bent by force or reverse the power cord. Don't place heavy objects on machine, don't clamp the power line. ----Otherwise will cause fire or get an electric shock.

◆ Don't use machine for more than 2 people at the same time, and don't get close to the machine when it is in use. ---- Or it may be an accident or injury due to falls.

◆ People who can't express their consciousness or can't operate the machine by themselves cannot use the treadmill. ----May occur accident or injury.

◆ People who seldom do exercise shouldn't suddenly do intense exercise.

◆ Don't use the machine right after eating or when feel tired.---- May cause health problems.

◆ This product is suitable for family use, does not apply to schools, gymnasium and so on. ---- There is the danger of injury.

◆ Don't use when hard objects are in pants pockets. ----May cause accident or injury.

◆ Don't use when the power plug is on the needle, garbage, or water. ----May cause electric shock, short circuit, or fire. Do not 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.

◆ This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

⚠️ **Ground protection system!**

◆ The power plug must be grounded properly. No other appliance should be on the same circuit. If the machine is dysfunctional, grounding will provide a good channel for electric current, in order to reduce the electric shock risk.

◆ This product is equipped with power plug with grounding conductor and plug. Completely insert the plug to standard socket.

◆ If the equipment grounding conductor's connection is improper, it will cause electric shock. If you have doubts about whether your product is grounded correct or not, please entrust professional to check.

◆ Please use the socket which has the same shape with the grounding plug. Don't use plug adapter.

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.

3. Installation Instructions

3.1 Put the machine flat on a level ground. Lift the columns and console up as the direction shown in the picture below.
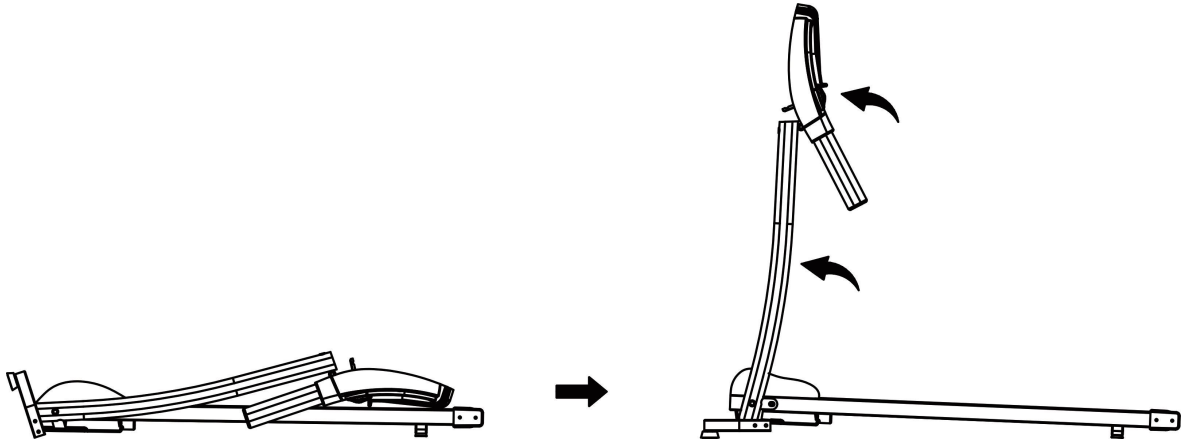
3.2 Remove the preinstalled screws M8*22 on the bottom of the supporting frame, and then insert the two legs into frame, secure with 4 screw M6*12 (two on each side) by using #5 Hexagon Wrench. Then screw back the M8*22 at the bottom.


M6*12

M8*22
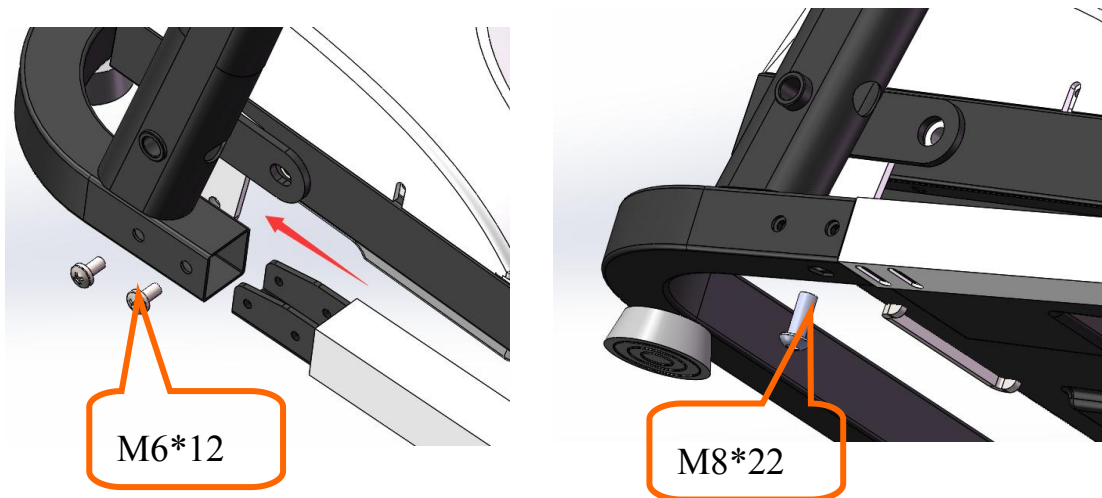
3.3 Hold the left and right columns upright, secure the console to the columns with Screw M8*25 by using #6 Hexagon Wrench. Be sure to tighten all screws installed in previous steps. Do not pinch the cables inside the upright columns.


M8*25
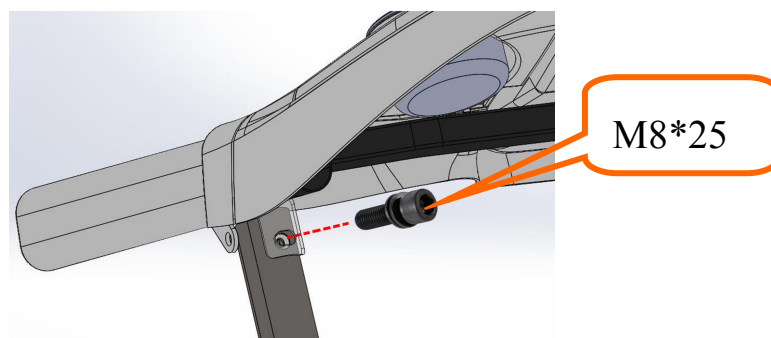
3.4 Take the Plum Knob M10*20 from the accessory bag. Use it to lock the main base and columns

in place by rotating clockwise.

If your treadmill is on an uneven surface, this may cause difficulties when rotating the knob. Please lift the column slightly forward so the running surface is perfectly flat in mid-air and tighten the knob as shown in the picture below. In order for the machine to be able to fold easily, please do not twist the knob too tight.
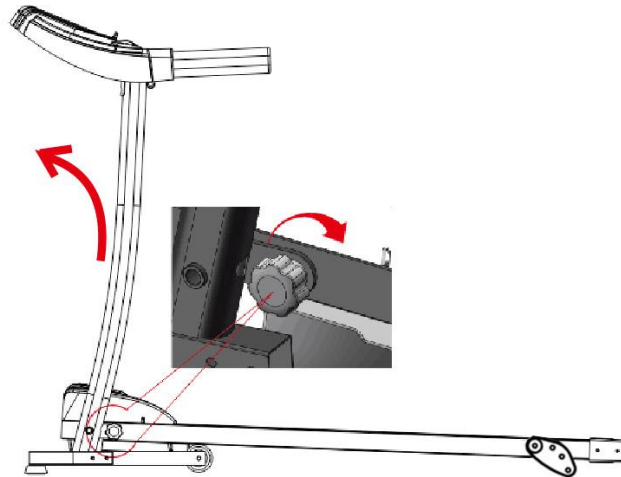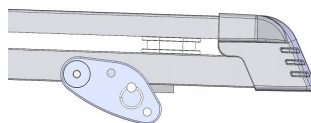

3.5 Put the Safety Key on the yellow circle on the console. Press the start button to start the treadmill. (Notice: The treadmill only starts when the safety key is put on the yellow area on the console.)
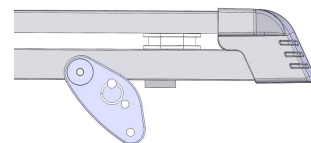

Please find the red color safety key in the accessory bag.
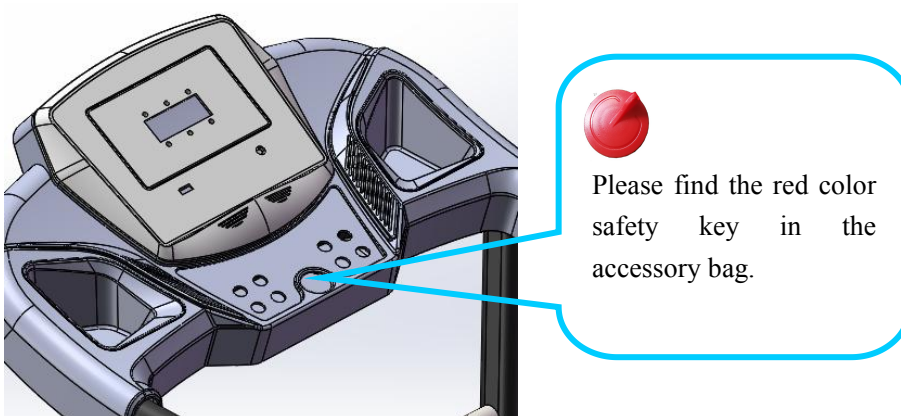
* 3 manual incline options available:
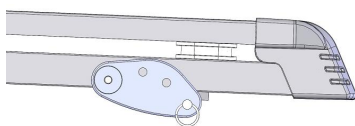
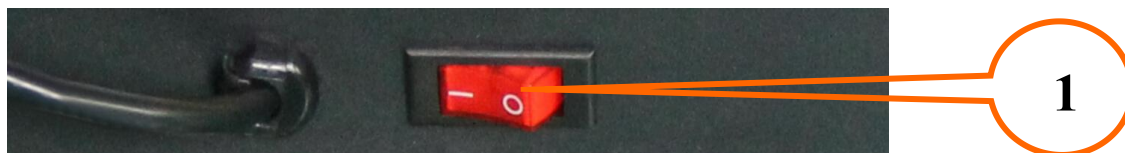Picture: 1   Picture: 2   Picture: 3

4. Operation Instructions

4.1 Turn on the Treadmill

Plug in the power cord properly and turn on the switch (in red color).
When the light is on, you will hear be a beep sound, and then the screen will light up.

4.2 Safety Key Instruction

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.
When the safety key is disconnected from the treadmill, "E7" appears on the screen, and the machine will gradually stop, you'll hear a beep sound.

4.3 Console Instructions

Button Instructions

Start: When the treadmill is in standby condition, press *Start* to start the treadmill
Stop: When the treadmill is running, press *Stop* to stop the treadmill. All the data will be cleared and the treadmill goes to manual mode.
Program: In standby mode, press *Program* to switch between manual mode and automatic programs. Manual mode is the system defaulting running mode.
Mode: In standby mode, press *Mode* to switch between 3 different countdown running mode: Time countdown running mode, Distance countdown running mode and Calorie countdown running mode. You can use the speed adjusting buttons to set the value. Press Start to start the treadmill after setting the value.
Volume+ -: Press the button to adjust the volume.
Speed + -: Press the button to adjust the speed of the treadmill. Press ∧ button to increase the speed by 0.1 km/h, and press ∨ button to decrease the speed by 0.1 km/h.

Display Function

Speed Display: Displays current running speed value.
Time Display: Displays how long you have been running when the treadmill is on manual mode, displays a countdown timer when the treadmill is on an automatic mode or a program.
Distance Display: Display the total distance ran when the treadmill is on manual mode or programs. A countdown of a set distance displays when the treadmill is in automatic mode.
Calorie Display: Display total calories burned when the treadmill is on manual mode or programs. A calorie countdown is displayed when the treadmill is in automatic mode.
Heart Rate Display: The heart rate value will show on the display when you place your hands on the heart rate monitors

Heart rate measure function(optional): In the case that the treadmill is energized, hold the heartbeat sensor piece for a while and the heart rate will be shown on the screen. (This data is for reference only, it cannot be considered as medical data.)

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

Troubleshooting

Error Code	Description	Solution
E1	Communication Abnormal: when the power is on, the connection between lower controller and the console is abnormal.	The communication between the lower controller and console is blocked. Check each joint between the controller and console, make sure that each cable is fully plugged in. Replace it if it's damaged.
E2	No signal from motor.	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.
E5	Over current protection: While working, the lower controller detects the current to be over 6A for more than 3 seconds.	❖ 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, use 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.	❖ 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. If yes, replace the controller; ❖ Check if the motor cable between the motor and lower controller is connected properly. Make sure the cable is fully connected.
E7	No safety key	Put on the safety key properly.

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. Start the treadmill and set the speed at about 3-5MPH.

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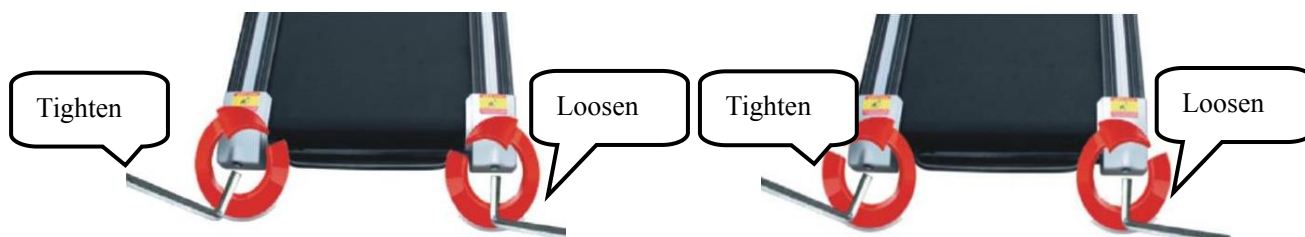
Picture A: Belt closer to left   **Picture B: Belt closer to right**

Applying Silicone Oil (not included)

Step 1: Lift the running belt slightly.

Step 2: Open the silicone oil bottle (not included), squeeze the silicone oil on the sides of running board as shown in the following picture:

running belt

running board