Treadmill User Manual
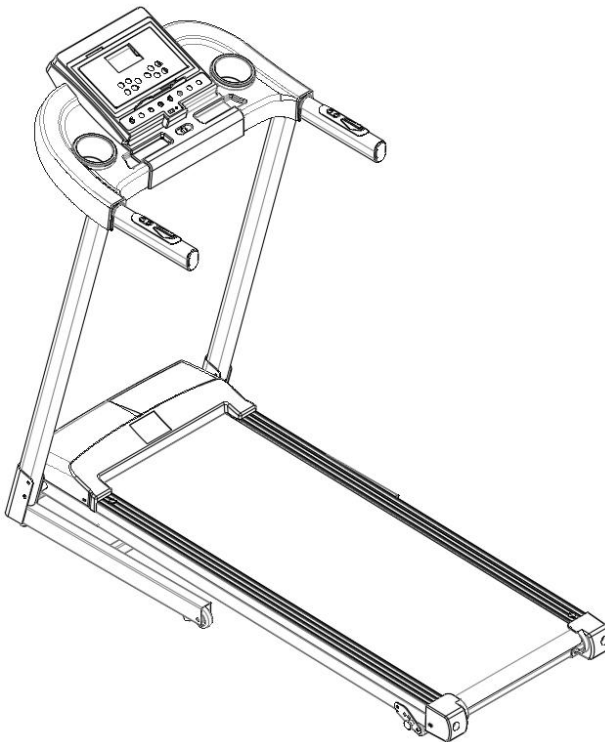
Please read this instruction carefully before using this product and keep it safe

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Welcome to choose this made-in-china home electric treadmill, our products will improve your health, the more familiar you are with your treadmill, you will find it easy to use, so we ask you: before using the new treadmill, Read this user manual carefully.

All parts of this machine are made of high quality materials, and after strict inspection and testing, the product quality can be guaranteed to the greatest extent. Refer to this manual to guide you to install, use and maintain this machine correctly.

Thank you for your use!

Guidance Notes on Safe Use

This machine is designed and manufactured to consider a lot of safety issues, in order to ensure your safety, before operating this machine, be sure to read all the contents of this manual, just in case. We do not bear the consequences of any abnormal operation.

⚠Danger

Do not hold heart rate devices and other wireless heart rate devices at the same time, otherwise it will cause electrical interference.

⚠Warning

1.Before using the machine, make sure it is fully grounded to avoid accidents and hazards.

2.When running, please clip the safety lock (red) clamp in the appropriate position of the clothes to facilitate the emergency to pull off the safety lock and stop the machine to ensure safety.

3.a、Consult your health care doctor before exercise.

　　b、Wear suitable sportswear for exercise.

　　c、The room to keep clean and tidy, to avoid electrostatic adsorption into the treadmill, resulting in machine operation failure.

　　d、Should not exceed 100kg weight.

4.This product is for one person at run time. Do not let children or pets play nearby to avoid accidents.

5.The minimum spacing requirement (i.e. distance from wall and furniture) is not less than 40 for front and side respectively inches, and 80 inches for rear.

6.If the power cord is damaged, do not use this machine.

7.If the machine is damaged and broken, do not use the machine, and immediately contact the local dealer for maintenance.

8.Do not touch any parts in motion by hand, and do not press or plug any objects into the machine.

9.This machine is applicable to indoor household, not in outdoor and gym use.

10.Please place the machine on a clean and flat ground, keep the ventilation condition of the machine in good condition, make sure there are no sharp items nearby, do not use it near the water source and heat source.

11.Please use handrails when up and down the machine, when the walking machine is not completely stable, do not get off the machine. If you need an emergency jump, you must unplug the safety lock:the treadmill stops immediately.

12.Do not use oxygen equipment or nebulizers in the vicinity while the machine is running.

13.To maintain proper operation of the machine, do not install any accessories other than those supplied by the factory.

14.All parts of the machine must be firmly installed.

15.After using the treadmill, please turn off the power and unplug in time.

Packing details

Serial number	Components	
1	Main frame	
2	Electronic watch frame	
3	User manual	
4	Screw bag	

Accessories

Serial number	Components	Quantity	Picture
A	Safety Key	1piece	
B	6 mm Hexagon wrench	1piece	
C	Lubricating oil	1bottle	
D	M8*16 hexagon screw inner semicircle head	6pcs	
E	M8 Flat Washer	4pcs	
F	M8*40 hexagon screw inside circle head	2pcs	

Assembly instructions

Step 1:Take out main frame and electronic watch from the carton and open the bundling harness of the treadmill frame.

Step 2: Lift up the upright tube as the arrow direction while unfolding,using the bolt F#M8*40, D#M8*16 to tight the upright tube with the base frame
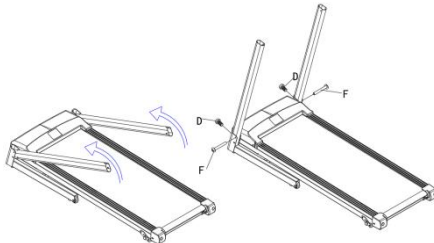
Step 3: Lift up the electronic watch and connect to the upright tube as the arrow direction,using E#M8 flat washer（4pieces), D#M8*16(4pieces) to tight the Electronic watch frame with the upright tube.
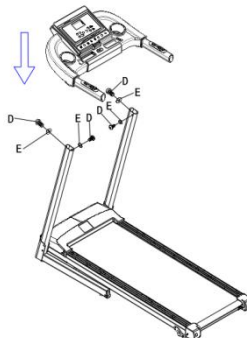
Step 4: Before use: press the start button while the electronic watch is turning on ,the treadmill start to work.

(Note: the safety key must be placed on the yellow sticker position in the middle of the meter, the treadmill can start to work normally; if the electronic watch window shows "E7", it means that the safety key is not put or not put in place.)

Safety key: Put the iron suction on the meter label

Emergency stop function: when the safety key is off power, the power lead is disconnected and the weak part keeps the power supply. The operation is not controlled by software. For your safety,be sure to use the safety key while training exercise.

Please note:Tight all screws after confirming that all the screws are installed in accordance with the above requirements, and check if there are omissions before you connect to the power lead.

Step 5: Treadmill folding: when you need to carry or not use this treadmill for a long time,please follow the below introduction.Stand behind the treadmill and begin to raise the deck in the direction of arrow.Hold the frame,pull out the spring pull pin（show as below photo）put down the running board until you hear a "click" it is finished.
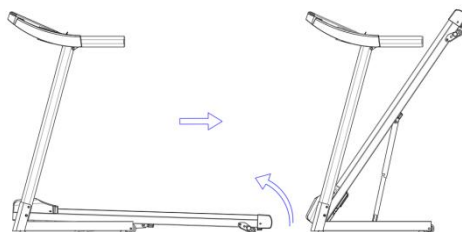
Treadmill unfolding: lightly kick the gas spring as shown below , you can unfold the treadmill.
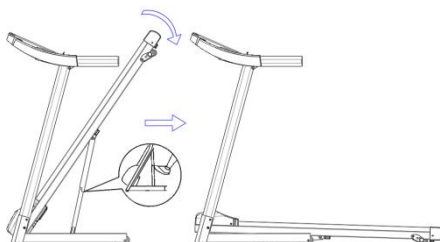
Electronic control operation instructions

1.Using the treadmill：

Ensure that the power lead is plugged into a suitable, live, mains socket. Turn on the power switch(red). Enter manual mode: After the electronic power meter-wide display, enter the initial standby mode, then press the start button, enter to manual mode.
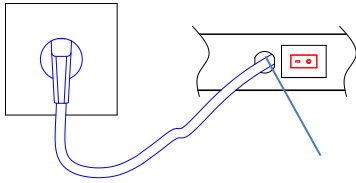
Power switch

2.Safety key illustrate:

Attach the SAFETY KEY to the console before turning the machine on. Attach the clip to your clothing at your waist before beginning your workout. If the SAFETY KEY disconnects during use, the treadmill will slow down and stop,you can pull the safe key for the machine's sudden stop under the dangerous condition. Then you will not be injured. If you need to reuse the machine, you could put safety key on.

3.Window display：
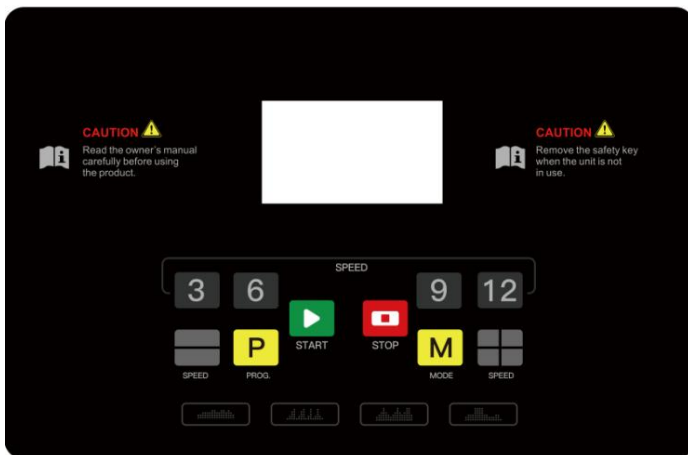
3.1 "SPEED"Window:

Displays the current speed value in the running status.When count backwards time, "3", "2", "1" are

displayed.

3.2 "TIME" window:

Display the training exercise time, the forward timing is from 0:00-99:59, and the count backwards time is at 99:59; the count backwards time is decreased from the set time to zero, and the treadmill stops smoothly when the count backwards reaches 0:00. Run, and enter standby status after treadmill stop running.

3.3 "DIS." window:

Display running distance. The forward count is from 0.0 to 99.9, and the count backwards is re-counted after overflow. The count backwards time will decrease from the set value to zero. When the count backwards time reaches 0, the treadmill will smoothly decelerate and stop running. After it stops completely, it enters the standby status.

3.4 "CAL." window:

Display the calorie consumption value. When displaying the calorie consumption value, it will count from 000-990 when counting forward, and re-count after overflow. When counting backwards, it will count backwards from the set value to 0. When the setting value reaches 0, the treadmill will drop down smoothly. It stops running quickly, and enters the standby status when it stops completely.

3.5 "PULSE" heart rate window:

A heart rate signal is detected, the heart-shaped marker flashes, and the pulse value is displayed. When the treadmill is powered on, there is a heart rate display within 5 seconds of holding the heartbeat tablet, the initial value is the actual measured heart rate, and the display range is: 50-199 beats/min. The heart-shaped graphic flashes during the test heartbeat. This data is for informational purposes only and cannot be considered medical data.

4. Button function:

4.1 "PROG" is the program selection key: in the standby status, press this key first to select the built-in program "P01-P02-...-P12"->body fat test mode->manual mode->- - -.

4.2 "MODE" is the mode selection key: press this key to cycle through "15:00", "1.0", "50.0" ("15:00" is the time countdown mode, "1.0" is the distance countdown mode, " 50.0" is the calorie countdown mode.) When selecting various modes, you can use the setting plus and minus keys to set the relevant countdown value. After the setting is completed, press the "START" key to start the treadmill.

4.3 "START" is the start button: when the power is on and the safety lock is engaged, press this button at any time to start the running of the treadmill

4.4 "STOP" is the stop key: during exercise, you can use this key to stop the running of the treadmill and reset it to zero. After shutdown, press and hold the stop button to enter the sleep state, and press

any button to wake up the instrument.

4.5 "+", "-" are the speed plus and minus keys: in standby state, to adjust the set value. After startup, it is used to adjust the speed. The adjustment range is 0.1/time. When it is held down for more than 1 second, it will automatically continue to increase or decrease.

4.6 Speed keys: 3, 6, 9, 12 gears.

5. Quick start (manual mode):

5.1 Turn on the power switch and correctly attach the magnetic safety lock to the safety lock position under the panel.

5.2 Press the "START" button, the system will enter a 3-second count backwards, the buzzer will sound, and the speed window will display the count backwards number. After the 3-second count backwards, the treadmill will start running at a speed of 1.0km/h.

5.3 After starting, you can use the "+" and "-" keys to adjust the speed of the treadmill as needed.

6. Operation during exercise:

6.1 Pressing the "-" key will slow down the running speed of the treadmill.

6.2 Press the "+" key to increase the running speed of the treadmill.

6.3 Press the "STOP" button, the treadmill will decelerate to stop running.

7. Manual mode:

7.1 In the standby status, directly press the "START" button, the treadmill starts to run at a speed of 1.0km/h; other windows start count backwards forward from 0, and press the "+" and "-" buttons to change the speed.

7.2 In the standby status, press the "MODE" key to enter the count backwards mode, the "TIME" window displays "15:00" and flashes, press the "+", "-" keys to set the exercise time, the setting range is: 5:00-99:00.

7.3 In the time count backwards mode, press the "MODE" key to enter the distance count backwards mode, the "DIS" window displays "1.0" and flashes, press the "+", "-" keys to set the running distance, the distance setting range is : 0.5—99.9.

7.4 In the distance countdown mode, press the "MODE" key to enter the calorie count backwards mode, the "CAL" window displays "50.0" and flashes, press the "+", "-" keys to set the calories, the calorie setting range is: 10.0—990.

7.5 Select one of the three count backwards modes, and then press the "START" button after the setting is completed, the treadmill will start running after a delay of 3 seconds, and press the "+" and "-" buttons to adjust the speed; press the "STOP" button to run The machine stops running.

8. Built-in program:

There are 12 built-in programs P01-P12 in this system. In the standby status, press the "PROG" key and the program window displays "P01" to select the program you like, and the "TIME" window flashes; the preset time is displayed at 30:00, press " +", "-" keys to set the required exercise time, then press the "START" key to start the built-in program, the built-in program is divided into 10 sections, each section of exercise time = set time / 10. When entering the next section, the system will produce 3 beeps of "Bi-Bi- Bi-", the speed of the system changes with the change of the program section, during which you can press the "+" and "-" keys to change the speed, but when the program enters the next section After running a program, the system will issue 3 beeps of "Bi-Bi- Bi", the treadmill will slow down smoothly and stop running, and enter the standby state after it stops completely.

9. Energy saving mode:

If there is no operation in standby mode for 10 minutes, the machine will enter the energy-saving mode, and there is no display on the screen at this time. Press any button to exit the standby mode.

10. Program description:

Each program divides the exercise time into 10 equal parts, and each time period has a corresponding speed.

Program	Time Phrase	Set time / 10 = the time on each segment									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	8	5	5	6	3	4	4	3
P2	SPEED	3	3	4	4	5	6	5	8	8	4
P3	SPEED	2	4	8	8	4	4	5	2	3	2
P4	SPEED	3	3	5	4	2	6	5	4	3	3
P5	SPEED	3	8	2	4	5	5	2	5	5	4
P6	SPEED	2	8	5	4	4	3	2	3	3	3
P7	SPEED	2	4	5	8	5	8	5	3	2	2
P8	SPEED	2	4	4	4	5	6	5	3	8	2
P9	SPEED	2	4	5	5	8	5	8	3	3	2
P10	SPEED	2	5	5	5	3	2	5	2	4	3
P11	SPEED	2	5	8	3	5	3	2	5	3	2
P12	SPEED	2	3	5	8	4	8	3	8	5	3

11.Range of each displayed data：

①Countdown interval setting initial 10:00 minutes, setting range is 5:00---60:00 minutes, step by step 1:00.

②Countdown calorie setting initial calorie is: 50 kcal, setting range is 20---990 kcal, step by step 10.

③Countdown distance setting initial distance is 1.0 kilometers, setting range is1.0---99.0 kilometers, step 1.0.

12.Safety key function:

In any state, pulling off the safety key can stop the running of the treadmill in an emergency, the treadmill stops in an emergency, and the speed window displays "E07"; at this time, the treadmill cannot perform any other operations except shutting down, and the safety key can be correctly installed again. After that, the treadmill re-enters the standby status, waiting for the input command.

13. Shutdown:

The treadmill can be turned off at any time by turning off the power switch so that the treadmill will not be damaged.

14.Function options

① Please operate the following corresponding instructions according to the function of the purchased treadmill：

Enter the phone settings - Bluetooth - turn on Bluetooth - search for devices - appear (DP)Bluetooth device name and click pairing, after successful pairing, return to the music APP to play music.

②MP3 function (if you purchased a treadmill with MP3 function, please refer to this operation)：

Insert one end of the spring wire into the mobile phone port and the other end into the MP3 port, and use the mobile phone software to play music.

③USB function (if you purchased a treadmill with USB function, please refer to this operation)：

Connect one end of the mobile phone data cable to the mobile phone and the other end to the USB port.

④Heart rate function (if you purchased a treadmill with a heart rate function, please refer to this operation)：

After holding the heartbeat hand grip with both hands for 3-5 seconds, the display will show the real-time heart rate(see 3.5).

Maintenance guidelines

Proper maintenance can always keep your treadmill in the best condition; wrong maintenance can hurt or shorten the life of the treadmill.

Warning: Be sure to unplug the treadmill before cleaning or maintaining the product!

1.Regular dust removal to keep components clean.

2.After each use of the treadmill, wipe the clean instrument and other parts of the sweat and debris with a clean towel or cloth. Please be careful not to splash water on the electrical components and under the running belt.

3.Please put your treadmill in a clean, dry environment, make sure the power is off and the plug has been unplugged.

4.To facilitate movement, the treadmill is equipped with wheels. Please make sure to disconnect the power and fold the fuselage before moving.

5.Always check and lock all parts of the treadmill; parts of the damaged ring shall be replaced immediately.

6.In order to better maintain and prolong the life of the treadmill, it is recommended that you keep the treadmill for 10 minutes after 30 minutes of continuous use.

7.The running belt has been adjusted when it leaves the factory, but after use, the running belt will be stretched and will deviate from the center position to cause friction edge strip and rear cover damage. The running belt is forced to stretch during use. After a period of time, if you are using the treadmill, you can adjust the tightness of the running belt to improve.
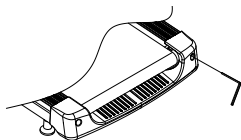
A. Run belt elastic adjustment:

If the running belt is too loose, insert the randomly presented hexagonal wrench into the adjusting hole of the left foot of the treadmill, rotate 1/4 laps clockwise, and then rotate 1/4 laps clockwise to the right foot. This can tighten the running belt and the running belt will not deviate from the center point.If the running belt is too tight, the left and right synchronization counterclockwise adjustment.

B. Adjust running belt alignment:

When you use the treadmill, the pressure on the running belt is unbalanced because the two feet are not the same when running, resulting in the running belt deviating from the center. This deviation is normal, and when no one runs on the running belt, it automatically returns to the center. If you can't get back to the center, you need to run back to the center.

Run the treadmill without load, speed to the sixth gear, observe the distance from the running belt to the left and right side bars:

● if left, use a hexagonal wrench to clockwise rotate the left screw 1/4 lap;

● if to the right, use a hexagonal wrench to rotate the right screw 1/4 lap clockwise;

● if the running belt is still not in the middle, repeat the above action until adjusted to the middle.

After adjusting the running to the middle, adjust the speed to the sixth gear, and observe the deviation of the running belt and the smooth running. If there is any deviation, repeat the adjustment steps.

Warning: Please do not over tighten the roller! This will cause permanent damage to the bearing.

8.Lubricating oil

The treadmill is lubricated when it leaves the factory, but it is often tested for lubricity, which helps the treadmill to stay in its best use. The treadmill must be lubricated after one year or 100 hours of operation.

After 30 hours or 30 days of use, in the treadmill static state, pull up the running belt from the side to touch the platform surface as far as possible, if you feel the lubricating oil, you do not need to add lubricating oil; If you touch the surface with a strong sense of dryness, follow the following instructions for refueling. (Use non-oil lubricants)
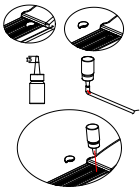
How to add lubricating oil, please follow the following way to operate, open .The left front side of the edge bar refueling decorative cover, with scissors or knife to cut the lubricating oil bottle according to the size of the drawing, and then press the bottom icon refueling, Please pay attention to inserting the rod in the oil pipe on the platform.

General failures and troubleshooting

1.Electronic display error code and exclusion

Fault code	Fault Description	Fault handling
E1	Communication abnormality: The communication between the lower control and the electronic meter is abnormal after power-on.	Possible reasons: The communication between the electronic control and the electronic meter is blocked. Check each connection between the electronic meter and the lower control communication line to ensure that each core is completely inserted. Check whether the connecting wire between the electronic watch and the controller is damaged, and replace the connecting wire.

E2	High voltage fault	Possible reasons:Check whether the motor cable is damaged, whether there is peculiar smell, and replace the motor.
E2	Motor not detected	Possible reasons: Check whether the motor cable is connected well, and reconnect the motor cable.Check if the motor wire is damaged, if there is any smell, and replace the motor.
E5	Over current protection: In the running state, the lower control continuously detects that the DC motor current is greater than the rated current +6A for more than 3 seconds.	Possible reasons: Exceeding the rated load leads to excessive current, the system is self-protected, or a certain part of the treadmill is stuck, resulting in the motor not running, the load is too heavy, the current is too large, and the system is self-protected; adjust the treadmill and re-install it. Start up and run. There is also to check whether there is over current sound or burning smell when the motor is running, replace the motor; or check whether the controller smells burnt, replace the controller; or check whether the power supply voltage specification is inconsistent or low, use the correct one Voltage specification retested.
E6	Explosion-proof shock protection: The drive motor circuit is damaged due to abnormal power supply voltage or abnormal motor.	Possible reasons: Check whether the power supply voltage is lower than 50% of the normal voltage, please re-test with the correct voltage specification; check whether the controller has peculiar smell, replace the controller; check whether the motor wire is connected well, and reconnect the motor wire.
E07	Safety key not on	Just put the safety key

2.Frequently Asked Questions and Exclusion Methods

1. some or all of the keys are not working

    1.1 Open the upper shell of the electronic watch and test whether the keys are normal;

    1.2 Check or replace electronic watch boards;

    1.3 Whether the button can be used normally after re-energizing.

2. Electronic display exclusion guidelines:

2.1 Check that the input voltage is within the allowable range;

2.2 Check that the switch on the running machine is on;

2.3 Check that the fuse in the power outlet is fused. If fused, replace it with a spare fuse;

2.4 Check the controller to see if the LED lights are on;

2.5 Check the connection lines;

2.6 Inspection or replacement of electronic watch boards;

2.7 Check or replace the lower control circuit board.

3. Other issues and exclusions

3.1 Treadmill can't start: Check that the power plug is plugged in, the power switch is turned on, and the safety switch is removed.

3.2 Treadmill skid: Refer to the instructions and adjust the running belt.

3.3 Running belt: Refer to the instructions and adjust the running belt in the middle.

3.4 Operation noise : Check that the machine screws are loose and that the running belt needs lubricating oil.

Maintenance clauses

1.Scope of warranty

Product in the correct use and maintenance of the normal use of non-human damage. The following terms are not covered by warranty:

a.damage caused by misuse, negligent use, accident or unauthorized modification;

b. damage caused by incorrect adjustment of running belt and drive belt;

c. damage due to abnormal maintenance;

d. other irregularities and resulting damage.

2.This warranty is only valid for home use and does not apply to professional gym training.

Practice Notes

● Consult your doctor before starting a sports or training program, follow your doctor's advice and guidance.

● Set exercise goals after consulting your doctor to ensure that the plan is realistic and starts the training plan calmly.

● You can add some aerobic exercise to your exercise plan, such as walking, jogging, swimming, dancing or cycling. Always check your pulse. If you don't have an electronic heartbeat monitor, ask your

doctor how to measure your pulse by hand from your wrist or neck. In addition, you must set the target heartbeat rate based on annual fitness and physical goodness.

● Drink plenty of water during exercise. You must replenish the water lost by excessive exercise to prevent dehydration. Avoid drinking large amounts of ice water or drinks, drinking water or drinks at room temperature.

Warming exercise

Warming and soothing exercise: A successful exercise program must include warm-up, aerobic and soothing exercise. Exercise at least two to three times a week, exercise a day off, a few months later, you can increase the number of exercise to a Thursday to five days. Warming is a very important part of your fitness exercise. Warm your body before each exercise. Moderate warming can prepare your body for the next more intense exercise, because warming up can help your muscles warm up and stretch, improve blood circulation, your pulse, and send more oxygen into your muscles. After aerobic exercise, repeated warming can also reduce muscle soreness. We recommend the following warm-up and soothing exercises.

1.Stretch down: Bend your knees slightly, bend your body slowly forward, relax your back and shoulders, and touch your toes as much as possible. Hold for 10-15 seconds, then relax. Repeat 3 times.	Pic 1
2.Hamstring stretch: Sit on a clean cushion, straighten one leg, and draw the other inward so that it is snug on the inside of the straightened leg, and try to touch the toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.	Pic 2
3.Calf and Achilles tendon stretches: Hold the wall or stand with both hands, one foot behind, keep the back leg upright, heels on the ground, and lean toward the wall. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.	Pic 3

4.Quadriceps stretch: Balance with your left hand against a wall or table, then reach back with your right hand, grab your right heel and slowly pull it toward your hips until you feel the muscles in the front of your thigh tighten. Hold for 10-15 seconds, then relax. Repeat for each leg.	 Pic 4
5.Sartorius (muscle of inner thigh) stretch: Sit with your feet facing each other, knees out, grab your feet with your hands and pull them toward your groin. Hold for 10-15 seconds, then relax. Repeat 3 times.	 Pic 5