operation instruction

SAFETY PRECAUSTIONS AND WARNING INSTRUCTIONS

ATTENTION: In order to ensure your safety and avoid incident, please read this user manual carefully before using.Many safety issues are considered in the design and manufacture of this product,please follow instructions below in case of damage. We do not bear responsibility for any consequences arising from abnormal use.

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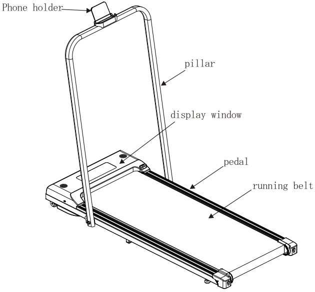
ONE：product brief introduction

The name of each part of the model is shown in the figure



Note:

1.Before product assembly, be sure to read the assemble operation instructions carefully. If assembly difficulties still occur, you can take the initiative to ask our customer service.

2.If due to Improper human operation, forced assembly caused by product failure will not accept return or replacement!

3.When returning or replacing the goods together with the main goods and accessories in accordance with the original packaging method of complete return, such as human factors, missing parts (outer box or spare parts) must be compensated according to the price

4.To ensure the safety of use, when the machine is running, it is strictly prohibited to move machine body, so as to avoid inadvertent finger injury or body, human improper use, The company is not responsible.

Safety area: 1000mm*1000mm behind the device, 500mm on both sides of the device

Packing list：

序号	名称	单位	数量
1	primary device	set	1
2	silicone oil	piece	1
3	5#internal hexagonal wrench	piece	1
4	remote	piece	1
5	User manual	piece	1
6	Phone holder	piece	1
7	pillar	piece	1

Please read this instruction manual carefully before use.
Please properly save this instruction manual for use.
The appearance, color or surface pattern of the product shall be subject to the actual situation,
Our products are constantly updated and subject to change without notice

TWO: Safety and Points for Attention, warning instructions

Note: Please read the instructions carefully before use, and pay attention to the following safety precautions:

◆The machine should be placed indoors, avoid moisture, do not splash water on the machine, do not place any foreign matter.

◆Before exercising, please wear appropriate sports clothes and sneakers. No barefoot movement on the machine.

◆The power plug must be grounded reliably, and the socket must have a dedicated circuit to avoid sharing with other electrical equipment.

◆Children should stay away from the machine to avoid accidents.

◆Overload operation should be avoided for an extremely long time, otherwise it will cause damage to the motor and controller, accelerate the wear and aging of bearings, running belts and running plates, and please maintain them regularly.

◆Reduce indoor dust, maintain a certain humidity in the room, and avoid strong static electricity, otherwise it may interfere with the normal operation of dispaly and controllers.

◆Please turn off the machine power after use.

◆Please keep indoor air circulation when using the product.

◆Please clip the safety key cable clip to your clothes during exercise to ensure safe stop in case of emergency.

◆If you experience discomfort or abnormalities during use, stop exercising and consult your doctor after use

◆the silicone oil must be stored out of the reach of children to avoid serious consequences caused by ingestion.

Warning: In order to reduce accidents or injuries to others, please follow the following rules:

◆Before using the product, please check whether the clothing is properly buttoned or zipped.

◆Don't wear clothes that are easily hooked by machines.

◆Do not place power cords near hot objects.

◆Keep children away from the machine.

◆The power must be cut off before moving the machine.

◆Non-professional personnel shall not disassemble the machine without authorization, otherwise serious consequences may occur.

◆This machine is only for use in 20 amp circuits.

◆Only one person is allowed to move on the machine when it starts.

◆If you feel dizzy, chest pain, nausea, or shortness of breath during exercise, please stop exercising immediately and consult a fitness instructor

Mandatory warning! ! !

Please consult with a specialist before using the product if you are under medical treatment or the following.

(1)Those who are currently suffering from back pain or have had injuries to their legs, waist or neck in the past. Patients with numbness in legs, waist, neck and hands (patients with chronic diseases such as disc herniation, spondylolistia and cervical vertebra herniation).
(2)People with deformable arthritis, rheumatism and gout.
(3)there are abnormal osteoporosis.
(4)there are circulatory system disorders (heart disease, vascular disorders, hypertension, etc.).
(5)People with respiratory organ disorders.
(6)Patients who are using artificial heart rate adjusters implanted with medical electronic devices.
(7)there are malignant tumors.
(8)Patients with symptoms such as thrombosis or severe arterial tumors, blood circulation disorders or various skin infections.
(9)Patients with sensory disorders caused by high peripheral circulation disorders caused by sugar disease.
(10)Skin injury.
(11)Those who have a high fever due to illness, 38 degrees Celsius Or above).
(12)People with abnormal back bones or curved back bones.
(13)Those who are or may become pregnant or are menstruating.
(14)feel abnormal body, need to rest.
(15)Obviously poor physical condition.
(16)for the purpose of rehabilitation.
(17)Divided by those who feel special physical abnormalities other than those mentioned above.

One may result in an accident or poor health.

◆If you experience abnormal body pain or coordination such as waist pain, numbness in legs and feet, dizziness, or heartbeat during exercise, stop using and consult your doctor immediately.

◆Do not allow children to use or play around this product. As with non-compliance, there may be a risk of injury.

◆During use or when loading and taking out the product. Make sure no one or pets are around (rear, lower, front of the product) when sliding it.

strictly prohibit

◆Do not use in the case of cracked, cracked off state (internal structure leakage) or welded without shedding state. Otherwise accidents or injuries may occur.

◆Don't jump up or down during exercise. Injury may result from a fall.

◆Do not use or store it outside or near bathrooms in damp places or places where water drops easily fall.

◆Do not use or store in direct sunlight, in high temperature places such as around stoves, or on heating appliances such as electric carpets. Otherwise, it may lead to electric leakage and fire.

◆Do not use when the power cord or power plug is damaged or the socket is loose. Otherwise it may lead to electric shock, short circuit and fire.

◆Do not damage or forcibly bend or twist the power cord. At the same time, do not place heavy objects on it, do not make the wire caught together, otherwise it will cause fire or electric shock.

◆Do not use it for two or more people at the same time, and pay attention to keep away from people around. Otherwise an accident or injury may occur as a result of a fall.

◆Do not be used by operators who cannot express consciousness by themselves . An accident or injury may occur.

◆Avoid contact with water!

◆Do not drench the main body or OPERATOR PANEL with water or drink. One may result in electric shock and fire.

◆People who do not normally exercise should not suddenly do strenuous exercise.

◆ Do not use after eating or drinking, when you are tired, just after exercise or when your physical state is not normal. One may cause damage to health.

◆This product is suitable for family use, not for schools, gymnasiums and other large number of people in the use of non-specific places. There is a risk of injury.

◆Do not use it while eating or doing other activities.

◆Do not use when you feel sluggish after drinking alcohol.

-- May result in accident or injury

◆Don't use machine with something hard in your pants pocket. May result in accident or injury.

◆Never use with wet hands!

◆Do not pull out or insert the power plug with wet hands. One could result in electrocution and injury.

◆Unplug from socket when not in use. Dust and moisture can deteriorate insulation, resulting in a leakage fire. Ground instruction!

The product must be grounded.

If the unit fails to function, grounding will provide a path of least resistance for the current to reduce the risk of electric shock.

◆The product is equipped with a power supply that has a ground conductor for the device and a ground plug that must be plugged into a suitable socket that has been properly installed and grounded in full accordance with local laws or decrees.

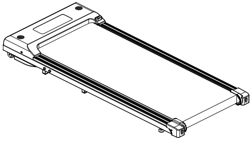
◆Improper connection of the ground conductor may result in electric shock. If you have any doubts about whether the product is properly grounded, please entrust a professional electrician to check it. Even if the plug attached to the product does not match the socket, it cannot be reformed. Please entrust a professional electrician to install a suitable socket.

◆Make sure that the grounding plug of the product is connected to a socket with the same shape as the product. The adapter socket cannot be used for the product.

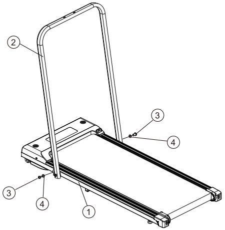
THREE:
1.Open
box, a

2. Tak
corresp
gasket

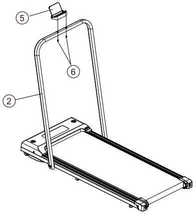
Assembly procedure
the package, take out the assembly materials in the
nd put the main engine flat on the ground



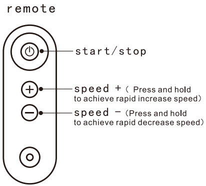
e out the handrail bent pipe (2) and lock it in the
ponding hole of the frame (1) with 8*16 screws (3) and flat
(4)

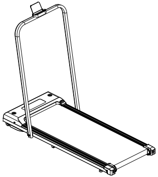


3. Remove the mobile phone bracket (5) with 4*16 screws (6)



4. Plug in the power supply and use the electricity. Use the remote control for startup and speed adjustment.


remote
start/stop
speed +（ Press and hold to achieve rapid increase speed）
speed −（Press and hold to achieve rapid decrease speed）



8.WARM UP BEFORE RUNNING

A successful exercise program consists of warm-up exercise,
smooth exercise.

Warm-up exercise is a very important part of exercise. Warm
made before every exercise.

Warming-up exercises can warm up the body, stretch the muscle
adapt to more intensive exercise.

Repeated warm-up exercises at the end of the exercise can
soreness.

We recommend that you do warm-up and relaxation exercises as

Head Exercise

First, stretch the head to the right shoulder, then straighten the neck towards left, turn back clockwise.

Stretch your head to your left shoulder and turn backwards clockwise, and repeat.

Shoulder lifting

Lift your left shoulder and turn it backwards five times,thenlift y
right shoulder backwards five times, so alternately.Stretching

Hold your hands straight over your head, then grab your right wrist with your left hand and stretch upward until you feel right.Straighten the tendons completely for 5 seconds.

Change your right hand.

Quadriceps stretching

Right-handed wall, maintain body balance, left hand back to lift
left foot, so that the left heel as close as possibleto the buttocks.

Hold for 15 seconds and change to another foot.Extension of inn
thigh

Sit on the floor with your feet together. Hold your feet in your ha
and pull them toward the lira. Keep yourfeet as close to your bod
as possible.Press your heelsdown slowly and hold for 15 seconds

Leg stretching

Sit down with your right leg straight, your left leg bent, your left hand holding your wrist and pushing in so that your left foot is as close to your body as possible.

And the sole of the foot is close to the inside of the right thigh, then the body is pressed down, stretching forward, touching the toe, and pressing down.

The bigger the degree, the better. Hold this position for 15 seconds and change your left leg.

Stretch your legs and support the wall with your hands.

The body is 45 degrees with the ground. Alternately stretch your
and right feet backward to do walking.

aerobic exercise and

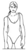
-up exercise must be

es, and make the body

help alleviate muscle

s shown below.

our



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left

FIVE: Direction for use

1. Window and button description:

(1).LED window displays the following functions:
A. 1. display speed range: 0.8-8KM/H

2. LED display Description
Display content on the LED:
- Speed display
- Calorie display
- Time display
- Distance display

window switch speed, calorie, time, speed and distance display every 5 seconds.

3. Function keys of remote control
key board:
- Start/Stop key
- Speed + key
- Speed - key

4. Remote control key function and operation description

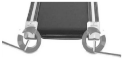
(1) Start button/Stop button - Turn on the power switch on the treadmill. After hearing the buzzer emit a drip, press the Start button/Stop button on the remote control to start the treadmill. To stop the treadmill, press the Start/Stop button on the remote control to shut down the treadmill.

(2) Speed + button: If you want to speed up the treadmill while running, press speed + on the remote control to increase.

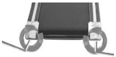
(3) Speed - key: If you want to slow down the speed of the treadmill when running, press the speed on the remote control to reduce it.

9.MAINTENANCE

Warning: Before cleaning or maintaining the product, be sure to remove the power plug of the electric treadmill.
Cleaning: Full cleaning will extend the life of electric treadmills.
Clean up the dust regularly to keep the parts clean. Be sure to clean the exposed parts on both sides of the running belt, which will reduce the accumulation of impurities under the running belt. Make sure the shoes are clean and avoid wearing the treadmill and running belt under the running belt. The surface of the running belt should be scrubbed with a soapy wet cloth. Please be careful not to splash water on the electrical components and under the running belt.
Warning: Be sure to unplug the power supply of the electric treadmill before moving the front cover. Clean the motor at least once a year before opening the shield
Lubrication oil has been injected between the running board and the running belt of the electric treadmill. The friction force between the running belt and the running board has a great influence on the service life and performance of the electric treadmill, so it is necessary to apply lubricant regularly. We recommend regular inspection. If anything damaged, please contact our customer service center.
We recommend that the following schedule be used to lubricate the running belt and running board of the electric treadmill:
Lightweight users (less than 3 hours per week) once a month;
Heavy users (more than 7 hours a week) once every half a month.
1 . In order to better maintain your electric treadmill and extend its life, it is recommended that you turn off the power supply after 2 hours of continuous use and let the machine rest for 10 minutes before using.
2 . If the running belt is too loose, there will be slippage when running; if too tight, it may reduce the motor performance and worn the drum and running belt. When the running belt is tight and suitable, you can lift both sides of the running belt from the running board by hand for about 50-75 mm.
Adjustment of neutralization and tightness of running belt
In order to use the treadmill better and make the running function better, you need to adjust the running belt to the best state.
Running belt alignment: Place the electric treadmill on a flat floor.
Make the treadmill run at a speed of about 6-8 km/h.
If the running belt is biased to the right, rotate the right adjustment bolt 1/2 circle clockwise, and then rotate the left adjustment bolt 1/2 circle counterclockwise. As photo A below.
If the running belt is biased to the left, rotate the left adjustment bolt 1/2 times clockwise, and then rotate the right adjustment bolt 1/2 times counterclockwise. As photo B below



A. Adjustment Method of Running Belt Deviation to Right



B. Adjustment Method of Running Belt Deviation to left

8.1 ADJUSTMENT OF MULTI-WEDGE BELT TIGHTNESS

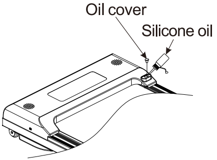
When you use the treadmill for a long time, the multi-wedge belt will become loose due to a little wear or tension deformation. At this time, you must make appropriate adjustments to facilitate safe use. The judgment method is: when your foot is on the treadmill in your normal running, if you feel that there is an occasional pause in running, it means that the running belt or wedge is somewhat relaxed, you must make further confirmation. The way to determine which component is loose is to remove the four screws on the protective cover and let the treadmill run at a speed of 1 km/h. Then you stand on the running belt, grip the handrails with both hands, and press the running belt with a little effort on both feet. (We recommend t using the pressure generated by user's own weight to press on the running belt.)

A. If the instantaneous treading pressure can not stop the running belt from turning, it shows that the multi-wedge belt and the running belt are suitable for tightness.
B. If you observe that the instantaneous tread pressure stops the running belt from turning, while the multi-wedge belt and the front drum are still turning, it means that the running belt is somewhat relaxed and must be adjusted properly for safe use. (See the maintenance guide on the front page for tightening the running belt)
C. If you observe that the instantaneous treading pressure makes the running belt and the multi-wedge belt stop turning while the motor is still turning, it shows that the multi-wedge belt is somewhat relaxed and must be adjusted properly for safe use.
Step 2: Adjust the adjusting screw on the motor base with the wrench according to the situation. At the same time, you can flip the multi-wedge belt between the motor shaft and the front drum by hand. If it is too loose, you can flip the multi-wedge belt by 100%. If it is too tight, you can flip the multi-wedge belt at a very limited angle. It is more appropriate to flip the multi-wedge belt by 80% after adjustment. Please adjust the multi-wedge band tightness to the state that it can turn over 80%.
Step 3: Finally lock the motor base and install the front shield.。

Product maintenance and maintenance

Step 3: Finally lock the motor base and install the front guard.

Method of adding silicone oil:
The first step: open the refueling cover at the refueling place of the treadmill.
Step 2: Open the silicone oil bottle and squeeze silicone oil into the filling hole, as shown in the picture on the right.



Treadmills belong to sports equipment, so it needs proper maintenance and maintenance, maintenance and maintenance suggestions are as follows :
1: because of wear and tear and damage, need to check frequently; Worn or damaged parts (such as motor, electric control, power cord, running belt), after maintenance or professional repair, their safety degree is the same as the factory.
2: Immediately replace the defective parts or leave the equipment idle for repair (such as power cord)
3: pay special attention to the components that are most easily worn out. (e.g. running belt)

AFTER-SALE SERVICE

We supply 1 year warranty for our product. Any damage at normal use in a year will be maintained by us free or charge, or we supply free parts or accessory to client. Artificial damage caused by improper use during warranty period is not included above free maintenance. We still supply charged parts or accessory and maintenance after1 year. Please read maintenance card for details.

Import information

maintenance card is put inside the package. In order to supply maintenance or parts to your treadmill, this card should be filled by distributor after purchase. Maintenance or parts is free in year warranty period. However, we are not responsible for any damage caused by improper assembly or use, as well, neither for any damage caused replaced of unauthorized parts. Please don’t ask unauthorized person to repair, we have not any responsibility for such damage caused by unauthorized man repairing or maintenance. Present your maintenance card to local distributor.

The machine is for home use only, we are not responsible for damage caused by commercial use. Please contact local distributor for local distributor.

SEVEN: technical parameters

Model	
Voltage	**DC 110V / 50-60hz**
Safety user weight	**100Kgs**
Product size	**128*55*13cm**
Running area	**390*1030mm**
Peak power	**2.0HP**
Rating power	**0.65HP**
Speed range	**0.8-8KM/H**
Function	**Jogging**
Electric shock protection category	**Class I**