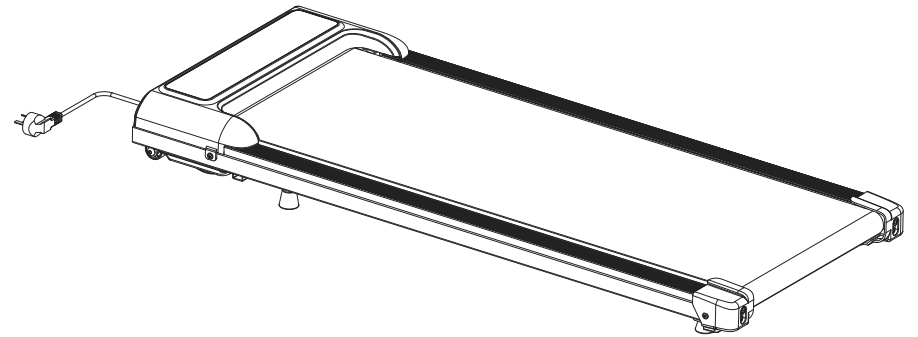


# Instruction Manual

SKU CODE: MS314578AAJ / MS314578AAB



Please read the instructions carefully before using

# Catalogue

1	Safety precautions and warnings	-----02
2	Product introduction	-----04
3	Operation instructions	-----06
4	Common faults and treatment methods	----08
5	product maintenance	-----09

## Safety precautions and warnings

### 1. Pay attention

To avoid injury, please read this manual carefully before use.

▶ For safety

Don't stand on the strip at the start.

▶ If you feel vomiting or jerky during use, please stop using immediately.

Please adjust your speed slowly.

Do not adjust the belt tension or centering belt in use.

▶ Sports shoes are recommended when using the machine.

▶ Children, the elderly, pregnant women and patients are not allowed to use it.

▶ This product is suitable for home use, not suitable for professional training and testing, and cannot be used for medical purposes.

### 2. Safety precautions

▶ Please put the machine on the level ground. This machine should not be placed in the following places

① In the open air. (This machine is designed for indoor use)

② A sloping floor or place on a balcony.

③ Near sunny areas or heaters. A noisy place.

▶ Errors may occur if the power supply is unstable. Do not use the same socket as the computer or air conditioner.

▶ Sports shoes and sports clothes are recommended for use.

▶ Please increase and decrease the speed slowly.

▶ Do not place the machine near wet objects. The error may be caused by water droplets.

▶ If the power cord is damaged, it must be replaced by professionals from the manufacturer, its maintenance department or similar departments to avoid danger.

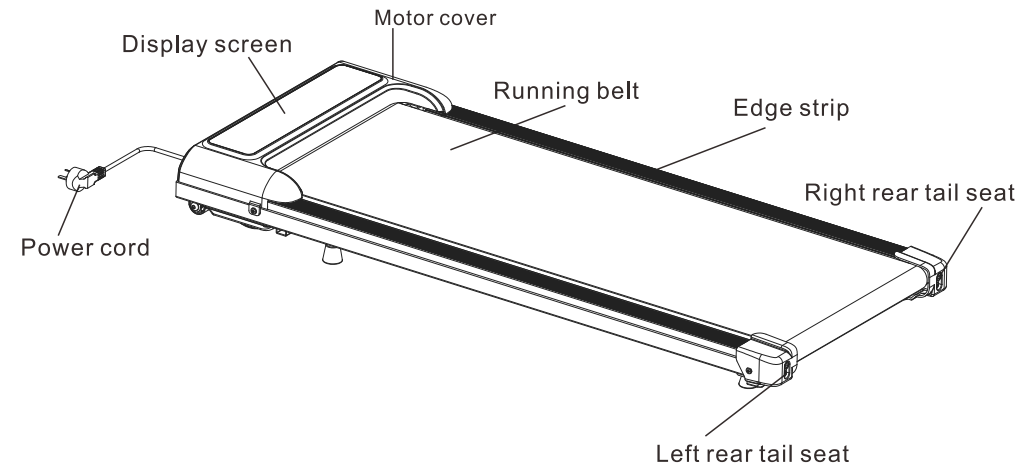
▶ Keep the oil bottle out of reach of children. If ingested or in eyes, rinse with water and seek medical attention.

▶ 1 meter (1000mm) space should be left on both sides and in front of the walking machine, and 2 meters x 1 meter (2000mm\*1000mm) space should be left behind for emergency jumping away.

### 3. Precautions when using

- ▶ If you feel uncomfortable before use, consult your doctor or instructor.
- ▶ The company does not assume any responsibility for physical injury caused by improper use of users.
- ▶ Please unplug after use.
- ▶ If the machine moves, please unplug or replace the parts. Children, the elderly, pregnant women are not allowed to use. Patients should consult their doctor before using it.
- ▶ Please put the machine on a flat place.
- ▶ Water droplets are strictly prohibited from entering the machine, especially the motor, power cord and plug.
- ▶ In the process of use, such as wearing long skirts or other inappropriate clothing, may cause danger. It is strictly prohibited to use in closed places, places with no air circulation and inflammable places.
- ▶ Don't put anything on the machine. Remove the plug from a heated area or stove seat.
- ▶ Please turn off the power switch and unplug it after use.
- ▶ Do not stand directly on the running belt during startup. Do not disassemble the machine without professional operation.
- ▶ Be sure to tie the running belt before use.
- ▶ Don't jump up and down on the machine while exercising. Injuries may result from a fall.
- ▶ The machine must be grounded. In the event of a failure, grounding will provide a path of least resistance for the current to reduce the risk of shock.

## 2. Product introduction



### Packing list:

No.	Name	Qty.	Remark
1	Main body	1	
2	Spare parts package	1	See table

## Technical Parameters:

Operating voltage	AC 110V / 60Hz
Maximum load	265 lbs
Product size	46.57*19.29*4.44 inch
Running area	15*40 inch
Peak horsepower	2.5 HP
Display speed	0.6-3.8mph
Control mode	Remote control

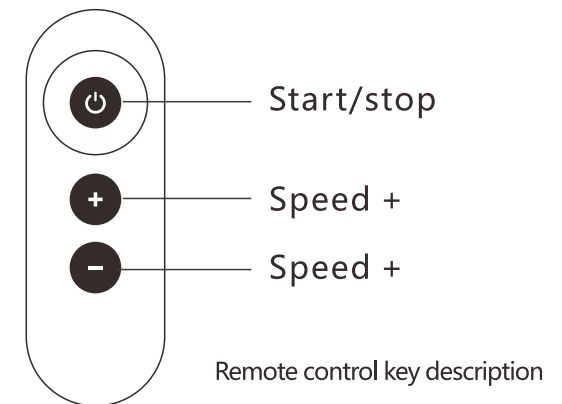
## Spare parts list:

NO.	Name	Qty.	Remark
1	5mm hex wrench	1	Belt tention adjusting
2	spanner	1	
3	Remote control	1	
4	Methyl silicone oil	2	

### 3. Operation instructions

1. power on, check whether the machine is normal.
2. Before exercise, check whether the stability and function of the walking machine are normal. It is strictly prohibited to start the walking machine while standing on the running belt. When starting up, press the " ⏻ " key of the remote control with one hand, the walking machine will start with a delay of 3 seconds and run at a speed of 0.6mph.
3. after a few minutes can speed up running, press the "+" button to speed up; You can also press the - key to slow it down.
4. You can press the remote control at any time during the movement. Key to stop the motor.

**Tip:** This remote control does not need pairing, just open the walking machine, and then unplug the paper inserted in the remote control battery.





## 5. Product Maintenance



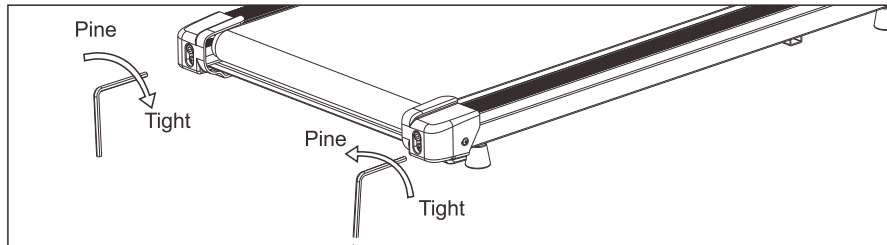
1. Disconnect the power supply before checking or cleaning the machine.
2. Clean the belt and dial at least once a week after use.
3. Check and tighten the screws and spines on the fixed point.
4. Don't hang clothes or other items on the machine.

### 4. Running Belt Deviation Adjustment

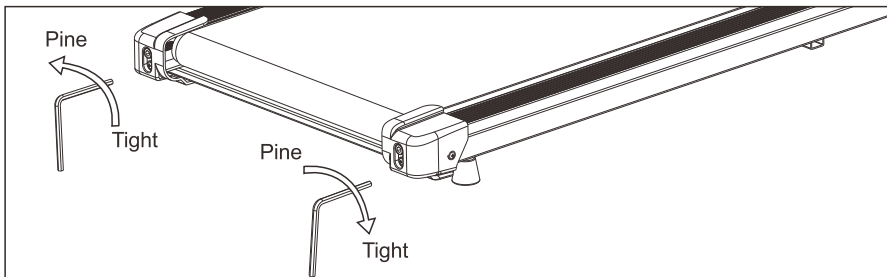
All treadmills need to be adjusted with the running belt before delivery and after installation. But the running belt may be deviated after a period of use which may be caused by the following reasons.

- ① The main body is not placed smoothly.
- ② The feet of users are not in the center of the running belt.
- ③ The user runs with uneven force between the feet.

It will return to normal after a few minutes of no-load rotation if the deviation is caused due to the wrong usage. It should be adjusted with a 6mm wrench at a half circle as the unit for deviation of non recover automatically.



Please adjust the left bolt clockwise or right bolt counterclockwise if the running belt is left deviation.



Please adjust the right bolt clockwise or left bolt counterclockwise if the running belt is right deviation.

Note: The running belt deviation is not within the scope of the warranty. And it is mainly maintained by the user according to the manual. Running belt deviation will seriously damage the running belt. The mistake must be detected in time and corrected.