

# RHYTHM FUN

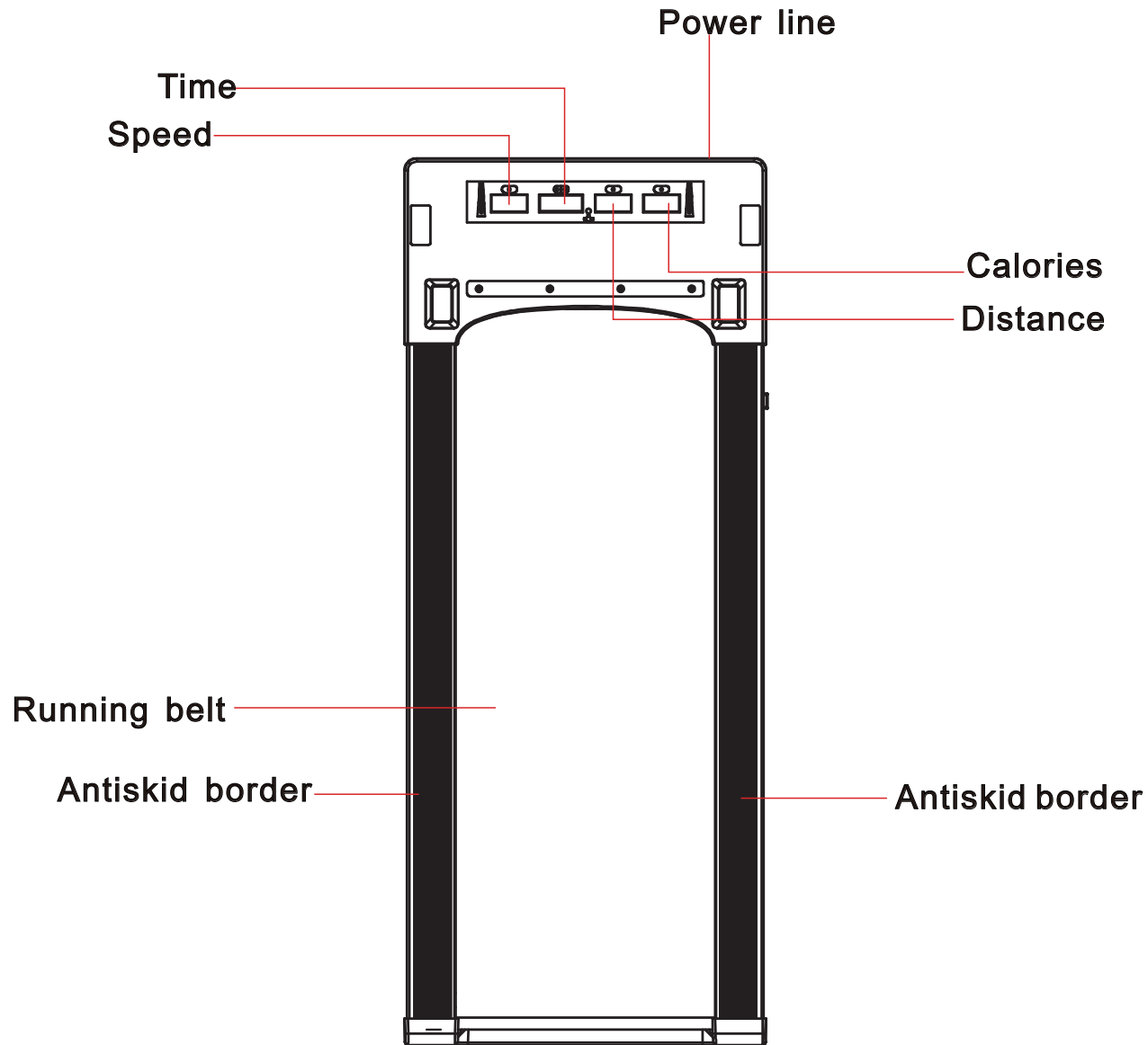
## Treadmill instruction manual



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# 1、Product Outline





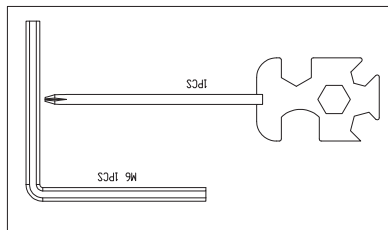
Treadmill

Treadmill  
Introduction manual

Product certification



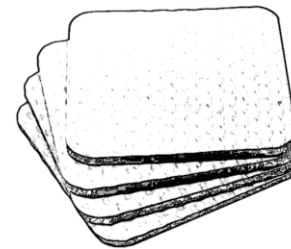
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Installation tool



Silicone oil \*2



Cushion\*4



Remote controller

### 3、Specification

	Basic Specification
Color	Silver-gray
Net weight	30KG
Running belt	45*120CM
Product size	61*150*12.5CM
Power (W)	600
Speed	0.8-6km/h
Max user weight	100KG



Motorized Walking Treadmill

[Note: Please refer to the material object.]



## Tips:

Though the potential safety problem have been considered and solved in the design and manufactured, please continue to operate with the following instructions just in case any dangerous problem occurred. we do not bear any consequence of abnormal operation.

**In order to ensure your safety and avoid accidents, please read the instruction manual carefully .**

1. When you start training with this product, please consider your physical condition, training properly and regularly to ensure that you have enough physical strength to train. Wrong or excessive training will not help your health.
2. This product is not suitable for children. Physical discomfort or mental deficiency or lack of common sense users are prohibited. Unless they are supervised or guided by the person who responsible for their safety. Children need to be used under the guardianship of adults and make sure that they will not play with equipment at random.
3. This product is suitable for home use , not suitable for professional training and testing, nor for medical purposes.
4. If the power line is damaged, it must be replaced by the manufacturer or a qualified service person in order to avoid danger.
5. Please check all parts before use. And make sure the screws and nuts are tighten.
6. When running on a treadmill, wear comfortable tight clothes to avoid clothes being caught by the machines. Do not let children or pets play around the treadmill to avoid accidents.
7. Place the treadmill on a smooth, clean, level surface. Make sure there are no sharp objects nearby. Please do not use it near water and heat sources.
8. Please avoid all moving parts with your hands. Do not place your hands and feet in the gap below the running belt.
9. When the treadmill is running, it is for one person only.
10. Make sure the screws and bolts are tighten after the treadmill is assembled.

11. Once the product is not in use, please put the machine in place to prevent the danger caused by children and those who are not suitable for using the treadmill.

12. When in an emergency, quickly pull down the safety switch and step on the left and right side of the treadmill.

13. Place the treadmill well before use, the side of the left and right handrails needs one meter safety distance, the back is two meters.

There is no obstacle in the safe distance.

14. Please use the accessories provided by the original manufacturer, and it is strictly forbidden to change it privately. 15. The product is a HC grade product with a maximum user weight of 100 KG.

## Special Notice:

1. Place the treadmill in a place where the plug can be plugged into the socket.

2. Plug the power line directly into the socket and do not allow looseness.

3. Please use qualified socket to avoid the danger.

4. If the plug and socket are not compatible, please do not change the plug and ask the electrician to handle it.

5. Please use a power supply with a voltage of 110V.

6. Please do not let the power cord touch the running belt roller, do not put the power supply on the running belt, do not use the damaged plug.

7. Unplug the plug from the socket before cleaning and maintenance.

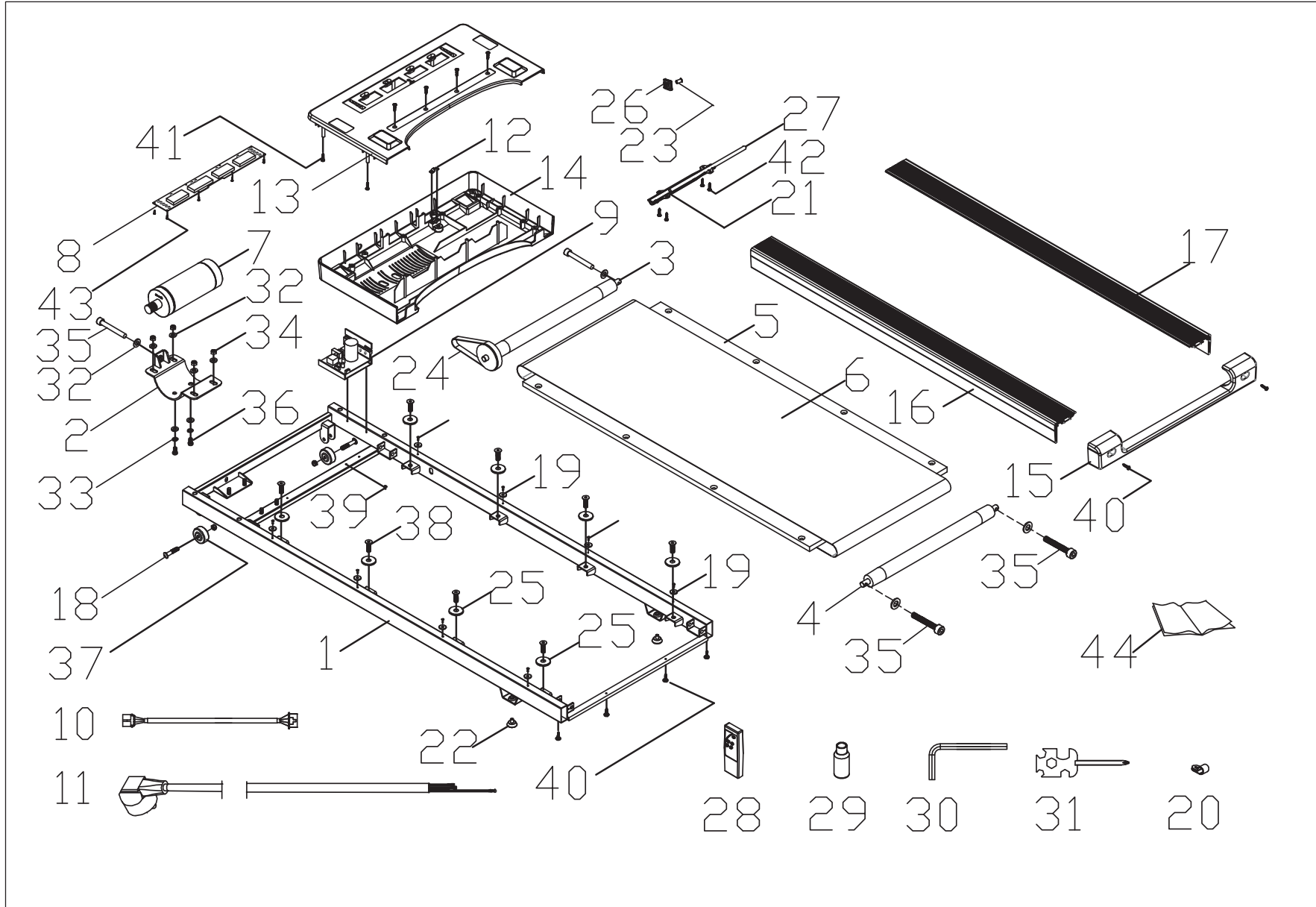
**8. WARNING: if the plug is not pulled out, it may lead to personal injury and equipment damage.**

9. Please check each part carefully before use.

10. Please do not use this product outdoors, in high humidity and in the sun.

11. Please turn off the machine and remove the plug when you leave.

12. For your safety, the power plug of the machine must be grounded.

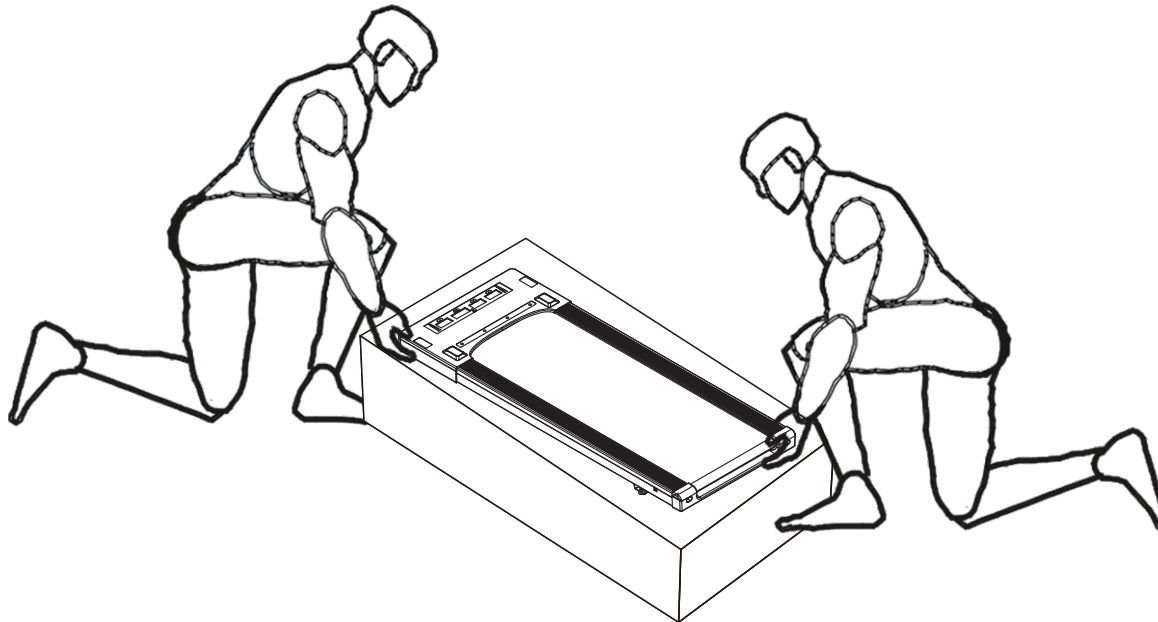




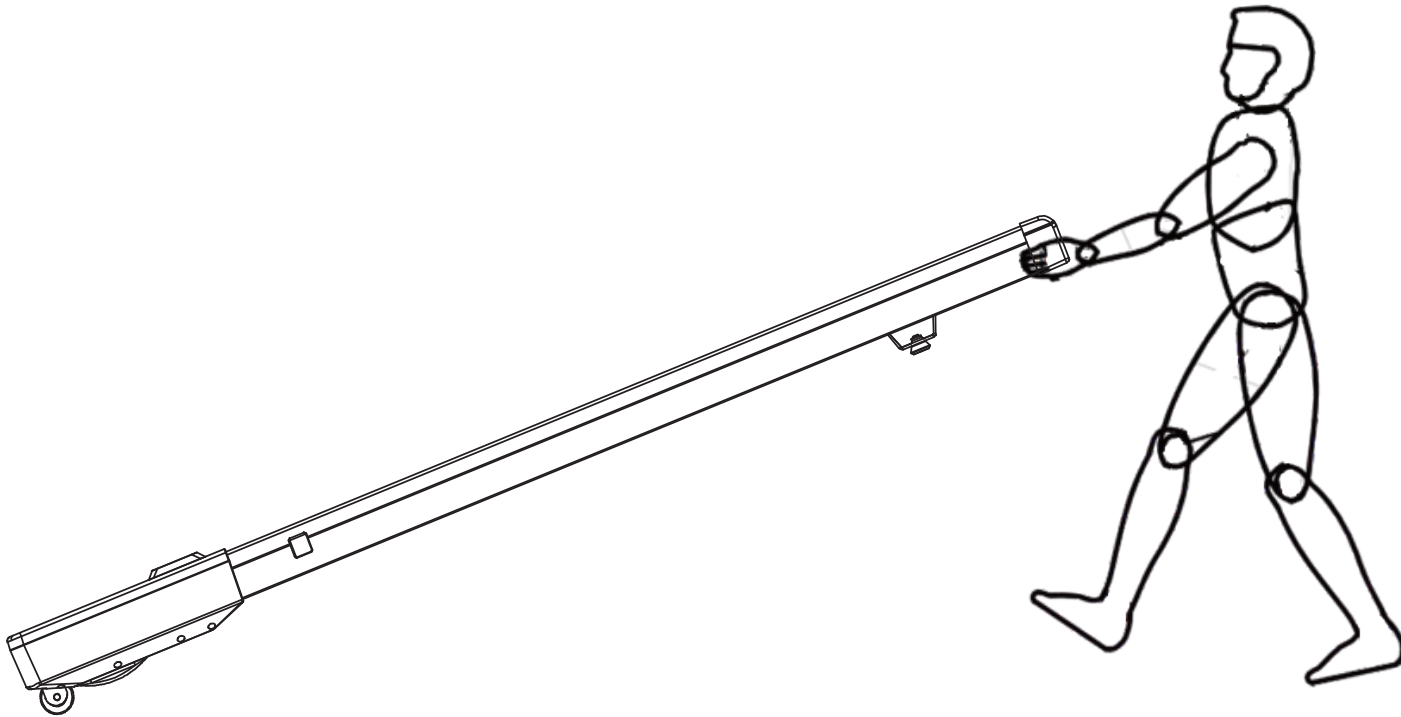
No.	Name	Quantity	No.	Name	Quantity
1	Main frame	1	23	Oil pipe bushing	1
2	Motor base	1	24	Poly V-belt	1
3	Front roller	1	25	Rubber gasket	10
4	Rear roller	1	26	Silicone oil tank	1
5	Running board	1	27	Silicone refueling tube	1
6	Running belt	1	28	Wireless governor	1
7	DC Motor	1	29	Silicone oil	1
8	Electronic meter PCB	1	30	L-shaped hex wrench 6MM	1
9	Controller (lower controller)	1	31	Cross open end wrench	1
10	Communication line	1	32	Flat gasketØ8.5	7
11	Power line	1	33	Spring gasketØ8.5	2
12	Power line buckle	1	34	Locknut M8	2
13	Motor cover (upper)	1	35	Cylindrical head in hexagonal screw M8*55	5
14	Motor cover (lower)	1	36	Cylindrical head in hexagonal screw M8*12	2
15	Rear tail cover	1	37	Semicircular head in hexagonal screw M8*35	2
16	Left border	1	38	Countersunk head in hexagonal screw M8*25	8
17	Right border	1	39	Cross recessed pan head combination screw M4	1
18	Moving wheel	2	40	Cross groove pan head self attack self drilling screw ST4.2*16	17
19	Border buckle	8	41	Cross groove pan self drilling screw ST4.0*16	20
20	R-shaped Line buckle	1	42	Cross groove pan self drilling screw ST4.0*12	4
21	Oil cover	1	43	Cross groove pan self drilling screw ST3.0*10	2
! 22	Shock absorption pad	! 2	! 44	!Instructions Manual	! 1

The main structure of the treadmill you purchased has already been installed in the process of leaving the factory . It is free of installation and can be used when plugged in.

- 1..Two people lifted the treadmill out of the box and placed it on a level surface.  
(Make sure the front and back of the treadmill has 50 cm space for folding and running power lines. etc.)



- 2..Treadmill movement: As shown in the figure, the tail of the treadmill can be raised with both hands to move forward and backward, which is only suitable for short-distance movement in the room.
- 3.Plug in the power , turn on the switch and enjoy the exercise.



## I .LED window display:



### 1."SPEED" Window:

Display the current speed value in the running state. The speed display range is: 0.8-6.0KM/h.。

When the countdown is started, "3", "2", and "1" are displayed.

### 2. "TIME" Window:

Display the exercise time . The positive timing is from 0:00-99:59. When the time is 99:59, the treadmill speed steady decrease until stops running. The countdown is reduced from the set time to zero. When the countdown is 0:00, the treadmill speed steady decrease until stops running. and complete stop after 10 minutes later enters the standby state .

### 3. "DIS" Window:

Display the movement distance, the positive count is from 0.00-99.90, re-count after overflow, the reverse counting is decremented from the set value to zero, when the countdown reaches 0, the treadmill speed steady decrease until stops running. and complete stop after 10 minutes later enters the standby state .

### 4. "CAL" Window:

Display the calorie consumption value. When the calorie consumption value is displayed, the positive count is from 0.0-999.0, re-count after overflow . When the count is reversed, it is counted from the set value to 0. When the countdown reaches 0,the treadmill speed steady decrease until stops running. and complete stop after 10 minutes later enters the standby state .

## II. Remote Button Function



1. “□” is start / stop button: This button can be used to stop the treadmill from running state and reset to zero during exercise. Press this button also as the start button when the power is on.
2. “+” is speed increasing button: Adjust the speed after the treadmill starts, its adjustment range is 0.1 km/time, and it continues to increase when it is held for more than 1 second.
3. “-” is speed decreasing button: Adjust the speed after the treadmill starts, the adjustment range is 0.1 km/time, and continue to decrease when it is held for more than 1 second.

**Note : Please Slow down gradually during the stopping process, and stand on the Anti-skid board at a relatively slow speed to prevent a sudden stop and fall.**

### III.Operation during exercise:

1. Pressing the "-" button will slow down speed of the treadmill.
2. Press the "+" button to increase the running speed of the treadmill.
3. Press the "□" button to slow down the running speed until it stops running.

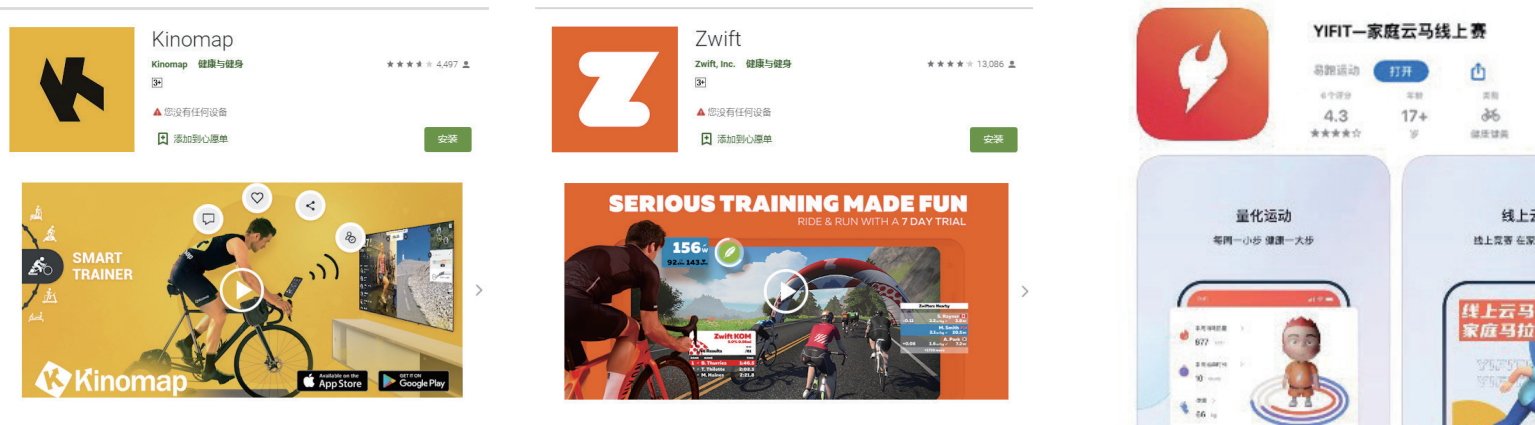
### IV.APP Guide Operation

1. Download YIFIT, ZWIFT , KINOMAP sports APP:

The product can be used 3 kinds different sports app .

Please enter "YIFIT, ZWIFT , KINOMAP" in Apple APP Store or Google Play. then download the APP.

2. Create your Account: Enter necessary information to create your sport account.
3. Select Training Plan: Select a training plan and create a customized plan on the app, then you can control your treadmill from your smart phone remotely and do your customized exercise!



### Notice:

- 1.You can choose your local language and set your local language.
- 2.This app will protect your privacy and will not collect any personal information. Please feel free to use.

## V. Numerical display range:

Setting parameters	Start	Default	Setting range	Display Range
Time (MIN: SEC)	0:00	-	-	0:00—99:59
Incline (%)	-	-	-	-
Speed (KM/H)	0.8	0.8	0.8- 6.0	0.8- 6.0
Distance (KM)	0.00	-	-	0.00—99.90
Heart rate (/MIN)	-	N/A	N/A	-
Calorie (Kcal)	0.0	-	-	0.0—999.0

## VI. Treadmill Shut down instructions:

The treadmill can be turned off at any time by turning off the power switch so that it does not damage the treadmill.

## VII. Error

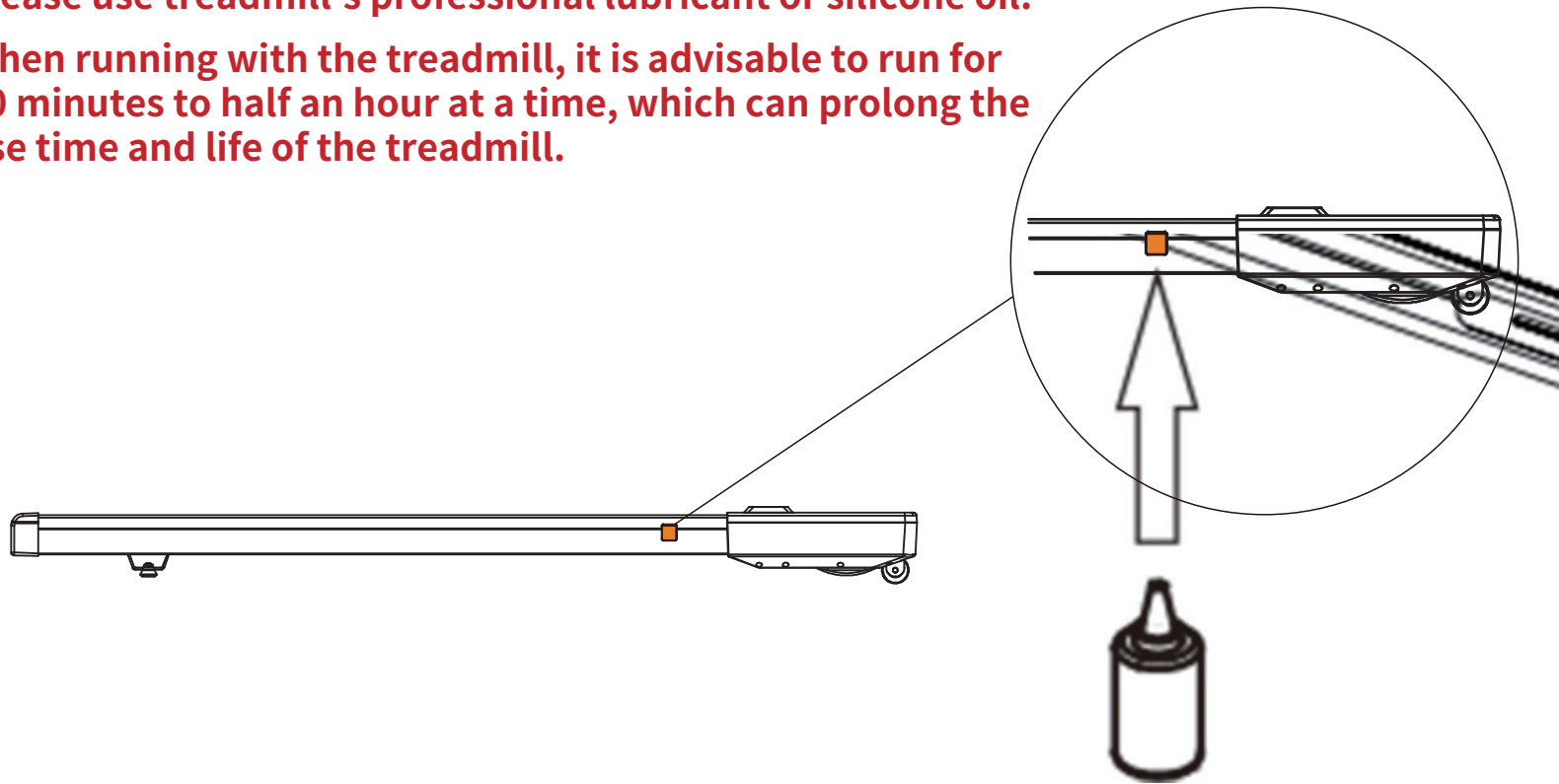
E02	Over voltage protection
E03	Over current protection
E04	Motor open-circuit
E06	Communication error
EOC	Burst protection
E05	Overload short circuit
EUR	Initial code, default value. About 5 seconds later to use normally.

**Note: If other codes or problems happen, please contact the service mailbox on the last page of this manual for guidance.**

The treadmill runs 50 KM cumulatively (about 3 months), maintenance is needed. Put the lubricating oil (about one third each time) squeezed into the silicone oil valve, and then the running belt will be automatically maintained.

**Note:**

- 1. Do not over-lubricate to prevent tread belt slippage.**
- 2. Please use treadmill's professional lubricant or silicone oil.**
- 3. When running with the treadmill, it is advisable to run for 20 minutes to half an hour at a time, which can prolong the use time and life of the treadmill.**





Proper maintenance is the only way to keep your treadmill at its best. Wrong maintenance can hurt or shorten the life of the treadmill.



## Tips:

Do not use sandpaper or solvents to clean the treadmill. The controller part of the treadmill should not be exposed directly to the sun or moisture to avoid damage. Please check and tight all part accessories of the treadmill frequently. Damaged parts must be replaced immediately.

### 1 .Running belt adjustment

Adjusting the running belt has two functions: Tightening adjustment and the running belt center position adjustment. The running belt has been adjusted at the factory. However, after use, the running belt will be stretched, or deviation from the center plate causes damage to the running belt trim strip and the rear cover by friction. It is normal for the running belt to be stretched during use. When the running belt is slippery or not smooth during use, you can improve it by adjusting the tightness of the belt.

#### How to adjust the running belt?

- 1)Adjusting the screw on the left side of the belt by Allen Key, turning 1/4 times clockwise to adjust the rear roller to tight the belt .
- 2)Repeat step 1 to adjust the right screw. it must be confirmed that the left and the right screw adjusting at the same distance so that the rear roller can be paralleled to the treadmill frame.
- 3)Repeat steps 1 and 2 until the running belt does not slip.
- 4)Note: The running belt can't be adjusted too tightly, which will break the running belt and increase the pressure of the front and rear rollers, causing problems such as roller bearing damage and abnormal noise. If you want to reduce the tension of the running belt, turn the wrench counterclockwise. Note that the left and right sides are rotated at the same distance.

## 2 .Adjust the running belt to the middle position

When using the treadmill, the pressure on the running belt is unbalanced because the two feet exert different forces when running, which causes the belt deviate from the center. This deviation is normal. when no one using the treadmill, the belt goes back to the center automatically. If not , you need to adjust it to the center.

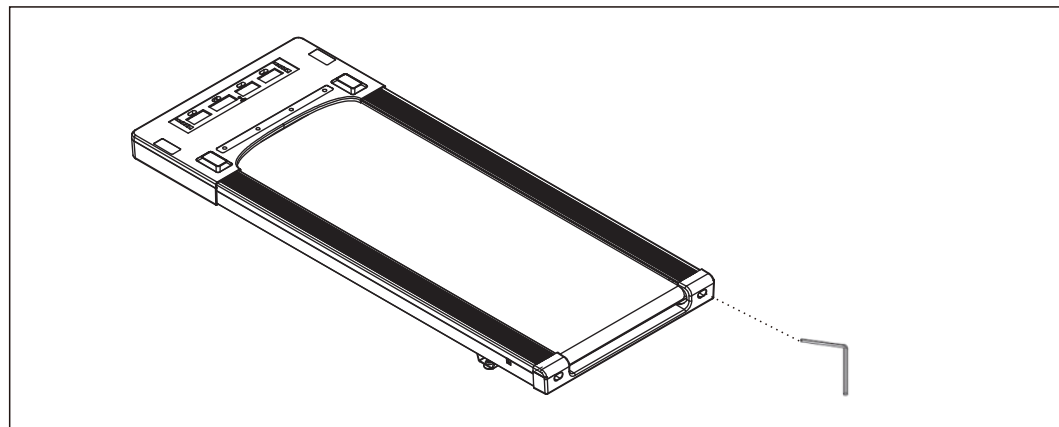
**How to adjust the running belt to the middle?**

1)Running the treadmill in no-load mode with a speed of 6 KM/H.

2)Observe the distance of the running belt to the left and right border. If the running belt deviate to the left side, turn the left screw clockwise for 1/4 by inner hexagonal wrench . If the running belt deviate to the right side, turn the right screw clockwise for 1/4 by inner hexagonal wrench . If the running belt is still not in the center, repeat the above the step until it is adjusted to the center.

3)After adjusting the running belt to the center, adjust the speed to 1 KM/H and observe the deviation state of the running belt and and whether there is slipping during running. if still deviate from the center , repeat the above steps.

**4)Warning! Do not over tighten the roller! This will cause the bearing permanent damage! If the above steps do not work, you need to tighten the running belt again.**



The left and right elastic latches are located behind the walking machine.

**We make sure that the product is made of high quality materials. In normal use, if there is a problem and we will be responsible for the warranty. The warranty period is 1 year (starting from the purchase date). If you have any quality problems, please contact our customer service within 12 months. Please do not handle it without permission. We guarantee the following accessories: frame, wire, foam, motor, moving wheel, etc.**

**The following conditions are not covered by the warranty:**

- 1) Damage caused by external causes.
- 2) Use non-original accessories.
- 3) Incorrect operation of yourself.
- 4) Do not follow the instructions.

**Note: Consumables, normal wear and tear are not warranted and replaced. Such as running belts and so on.**

**This warranty is valid only for private use by the family and does not apply to professional training such as the gym.**

If you need to purchase non-warranty accessories, please contact customer service, please provide the following information when ordering:

- 1) Instruction manual
- 2) Treadmill model
- 3) Serial number of accessory
- 4) Proof of purchase date

**Tips: please don't send back the products to our company without confirmation of our customer service. if do it , we will not bear any cost .**

**RHYTHM FUN customer service email :  
vipservice666@163.com**

**Much information and More fitness equipments  
pls visit website:  
[www.rhythmfunfitness.com](http://www.rhythmfunfitness.com)**