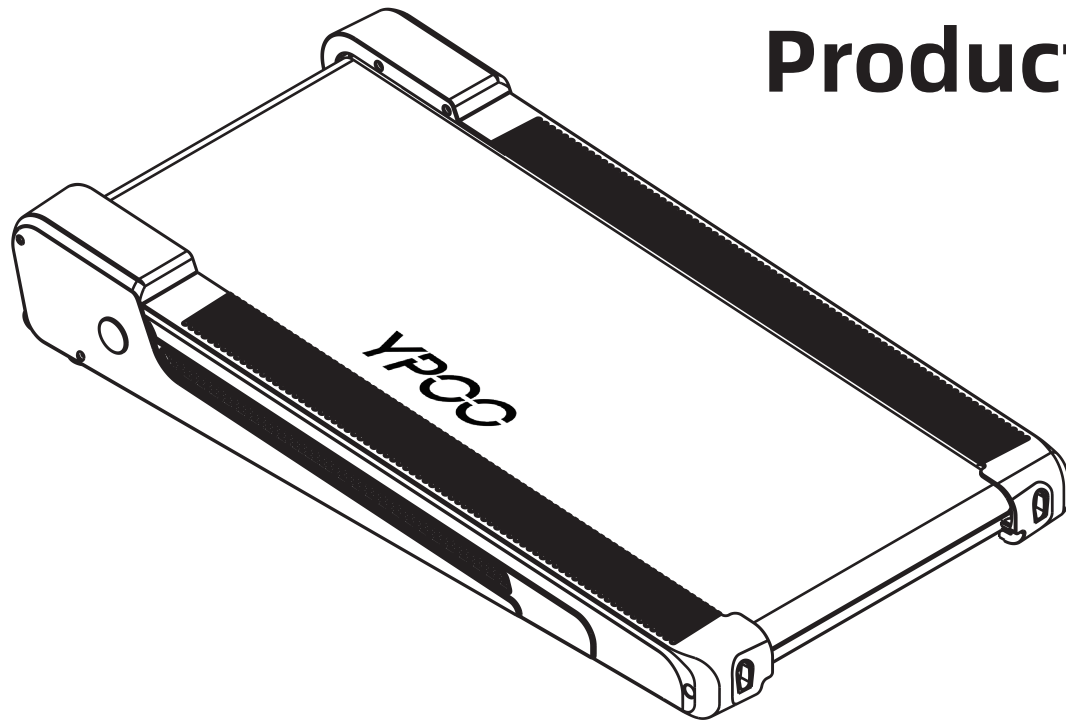


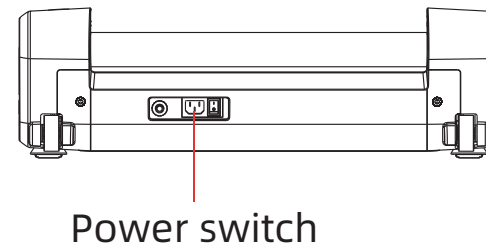
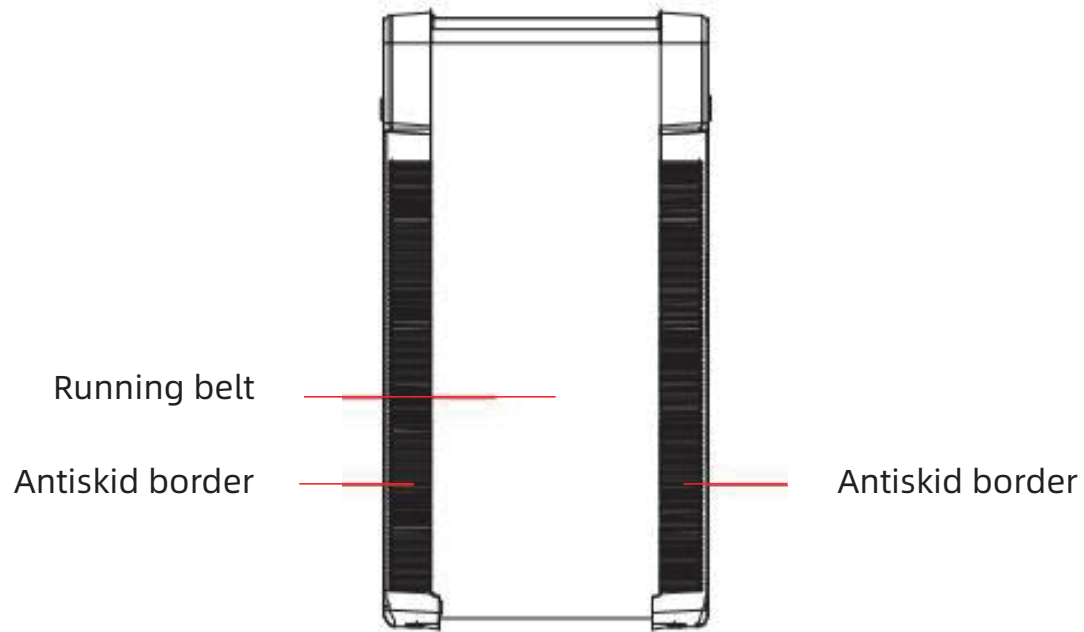
Product Manual



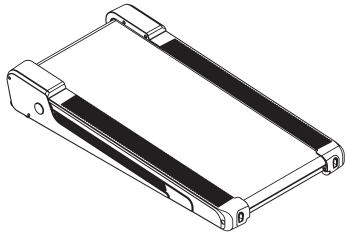
CONTENTS

I.Product overview	01
II.Installation instructions	06
III.Direction for use	08
IV.Safety instruction	10
V.Daily maintenance	13
VI.Troubleshooting	17
VII.Quality commitment	19
VIII.Contact us	20

1.Product overview



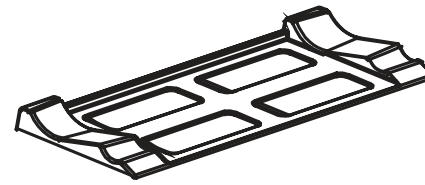
2.Product list



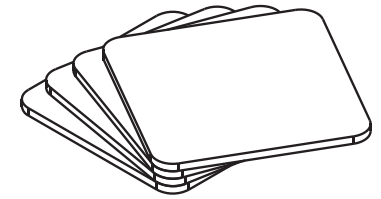
Treadmill*1

**Treadmill
Introduction
manual**

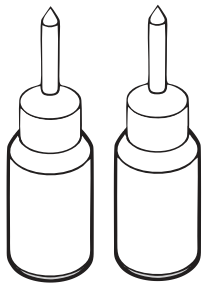
Introduction
manual*1



Base plate*1



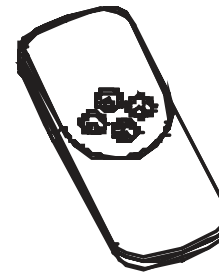
Cushion*4



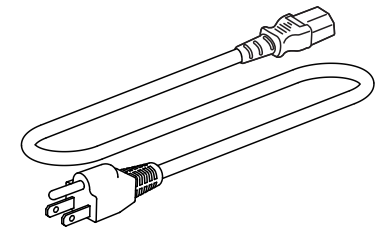
Silicone oil*2



Instal Toll*1



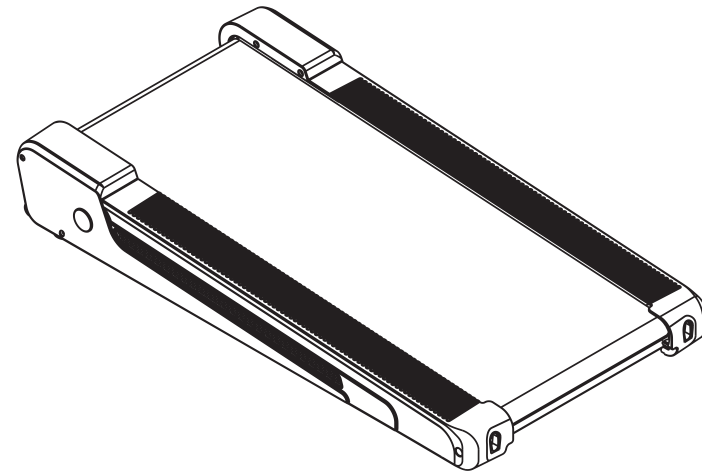
Remote
Controler*1



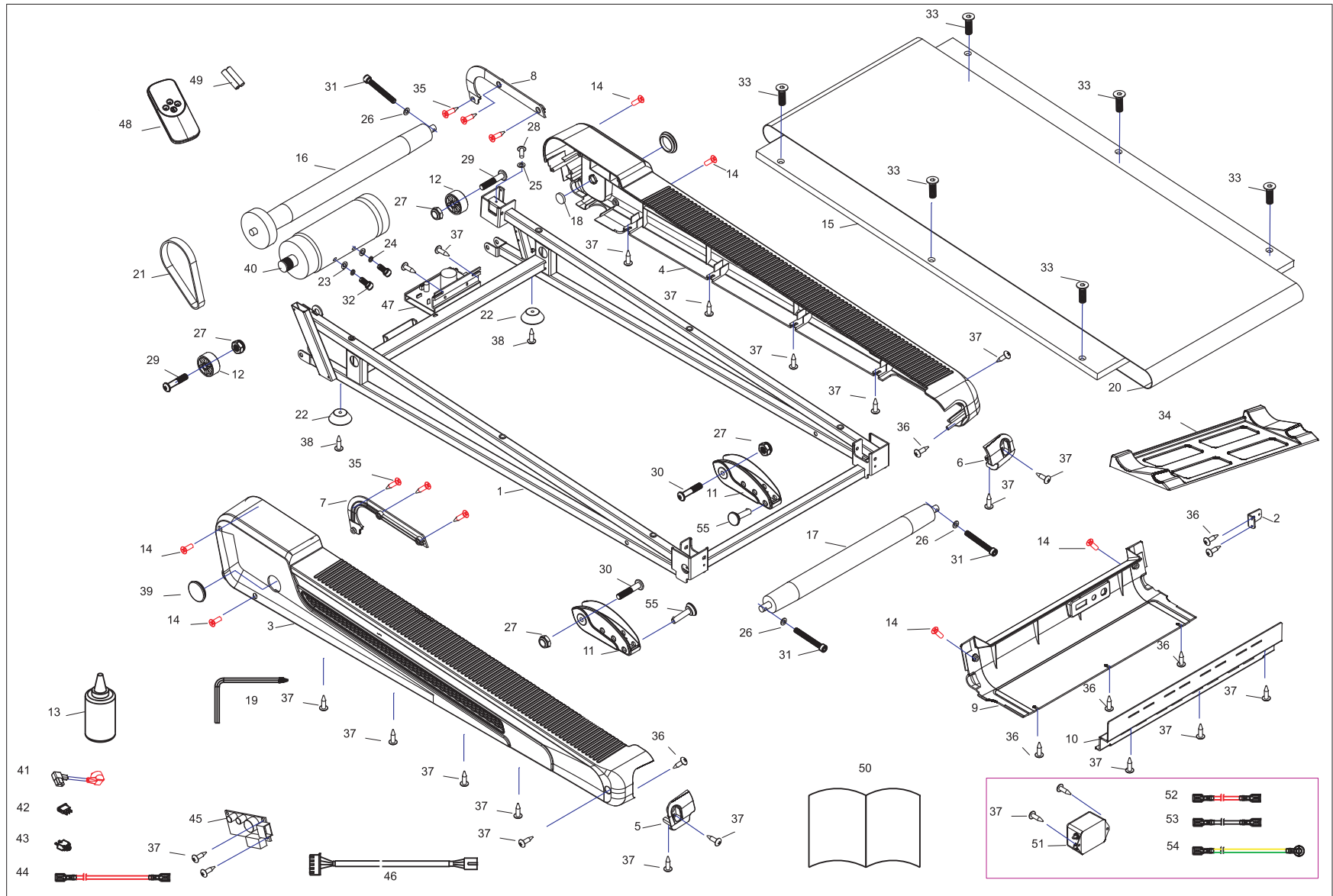
Power cord*1

3.Product parameters

Model	YP-M3140F
Color	Silve-gray
Net weight	23 KG
Running belt	40*100CM
Product size	113*68. 5*16CM
Peak horsepower	3HP
Speed	0.8-6km/h
Max user weight	100KG



(Note: The product is subject to the physical object)



NO	NAME	QTY	NO	NAME	QTY
1	MAIN FRAME	1	34	BOTTOM TRAY	1
2	L-SHAPED FIXED PLATE	2	35	CROSS FROOVE HEAD SELF-TAPPING SCREW ST4.0*16	18
3	MOTOR SIDE COVER L	1	36	CROSS DISK HEAD WHITE TAPPING SCREW ST4.2*16	9
4	MOTOR SIDE COVER R	1	37	CROSS WASHER HEAD SELF-TAPPING SELF-DRILLING SCREW ST4.2*16	30
5	BACK COVER L	1	38	CROSS WASHER HEAD SELF-TAPPING SELF-DRILLING SCREW ST4.2*25	2
6	BACK COVER R	1	39	EVA STICKER	2
7	DECORATIVE COVER L	1	40	DC MOTOR	1
8	DECORATIVE COVER R	1	41	POWER LINE	1
9	MOTOR BOTTOM COVER	1	42	SINGLE CUTTER FOR SHIP TYPE SWITCH	1
10	MOTOR DECORATIVE COVER	1	43	OVERLOAD PROTECTOR	1
11	THREE SECTIONS OF REGULATION	2	44	AC RED SINGLE LINE	1
12	MOBILE WHEEL	2	45	THE BLUETOOTH MODULE	1
13	SILICONE OIL	2	46	COMMUNICATION LINE	1
14	POWER CABLE BUCKLE	1	47	DC DOWN CONTROL	1
15	RUNNING BOARD	1	48	REMOTE CONTROL	1
16	FRONT DRUM	1	49	BATTERY	2
17	BACK DRUM	1	50	DESCRIPTION	1
18	MAGNET STEEL	1	51	FILTERS	1
19	INNER HEXAGONAL WRENCH WITH A CROSS	1	52	AC RED SINGLE LINE	1
20	RUNNING BELT	1	53	AC BLACK SINGLE LINE	1
21	MULTI-SLOT BELT	1	54	AC SINGLE GROUNDING WIRE	1
22	CONE FOOT PAD	2	55	ROUND STEEL BALL LATCH	2
23	PLANAR SPACER M8	2			
24	SPRING SHIM M8	2			
25	TOOTH GASKET M4	1			
26	TOOTH GASKET M6	3			
27	PINE NUT M8	4			
28	CROSS COMBINATION SCREW M4*10	1			
29	HEXAGON BOLT WITH SEMICIRCLE HEAD M8*35	2			
30	HEXAGON BOLT WITH SEMICIRCLE HEAD M8*40	2			
31	HEXAGON BOLT WITH CYLINDRICAL HEAD M6*55	3			
32	HEXAGON BOLT WITH CYLINDRICAL HEAD M8*12	2			
33	COUNTERSUNK HEX BOLT M6*30	6			

Treadmill slope adjustment

1. Lift the treadmill deck slightly off of the ground, just enough so that the adjustment foot pad leaves the ground. (Fig.1)

2. Lift the walking machine to a certain Angle, pull out the plug according to the diagram instructions, and then insert into the hole (1.2.3) position according to the appropriate slope. (Fig.2)

Note: Make whether the holes on both sides are consistent and fixed. Use it after correct confirmation.

Fig 1

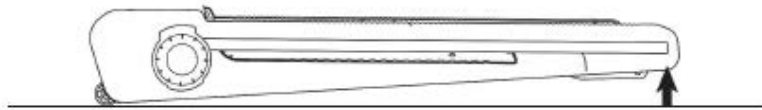
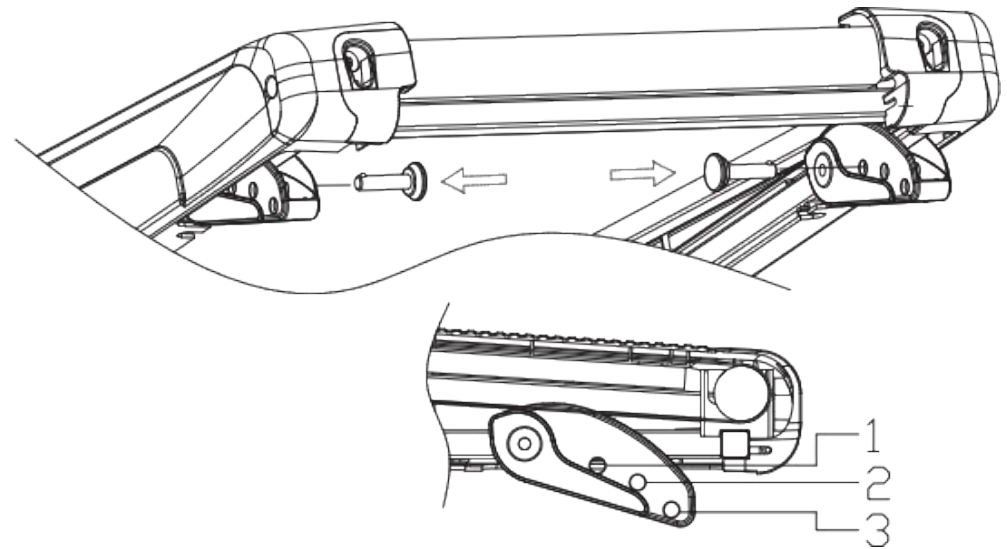
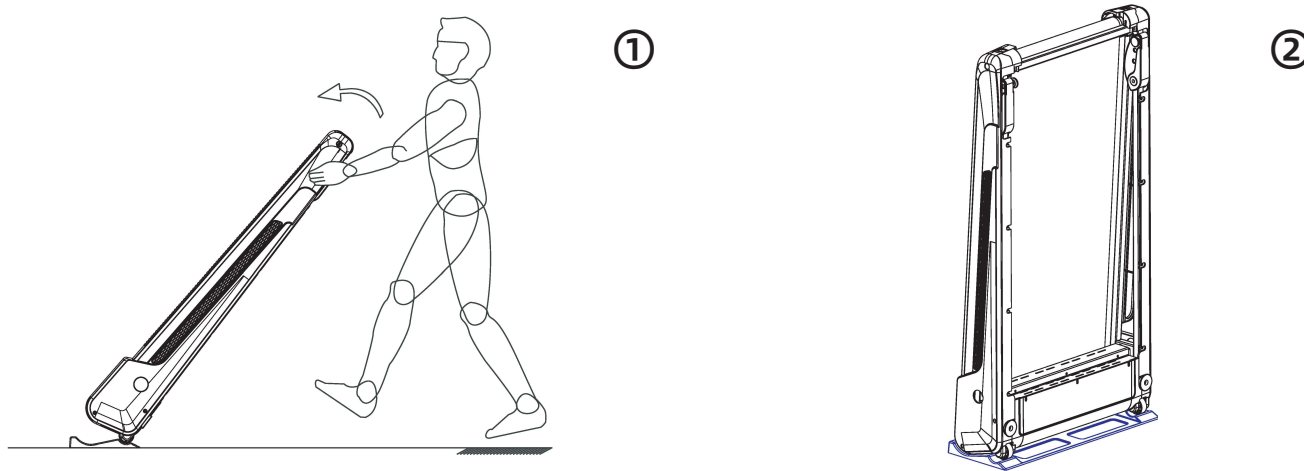


Fig 2

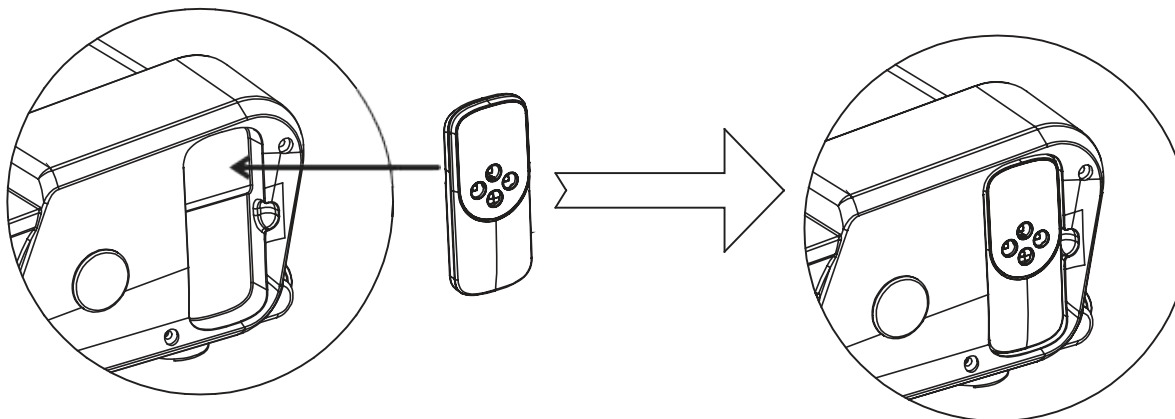


Walking machine storage method:

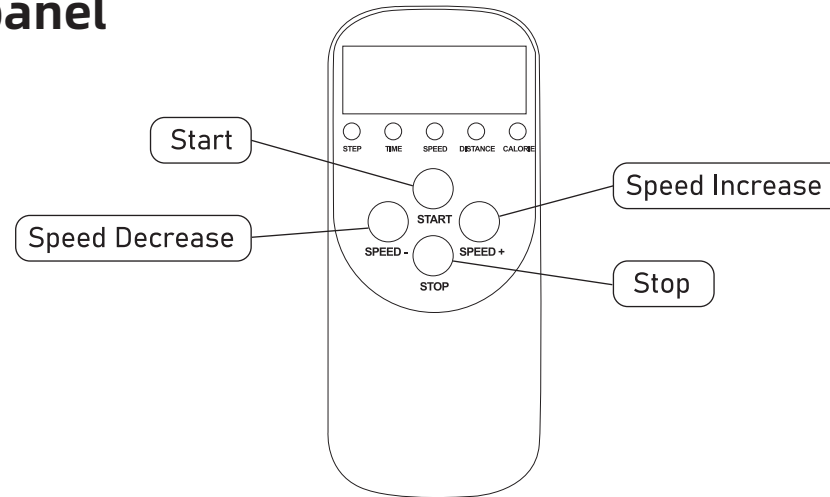
1. Place the base plate on the horizontal ground, and the walker is flush with the base plate. Lift the treadmill according to the diagram, push the roller wheel into the groove of the base plate, and set the treadmill up and stabilize it on the base plate.



2. As shown in the figure, put the remote control into the right cover card slot of the walking machine



Remote control panel



How to set up the connect between remote control and treadmill?

1. In standby mode, press the SPEED- and SPEED + key together on the remote control until the code "CO n" (Fig.A) shows on the screen, indicating that the remote control is connect successfully. You could operate the treadmill by remote control after 10 seconds,
2. If the code "UCO n" shows on the screen, (Fig. B) indicating that connect is fail, please try again.

How to disable the connect between remote control and treadmill?

1. Long press the Stop key until the code "dCO n" shows on the screen, (Fig.C) indicating that the remote control is disconnect. Please re-connect the machine and remote control again before operating the treadmill next time.

Fig.A

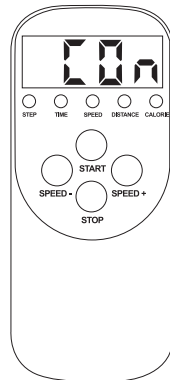


Fig.B

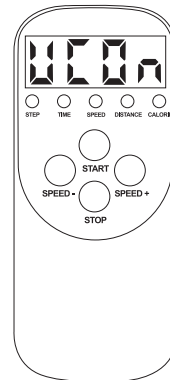
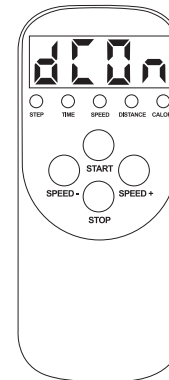
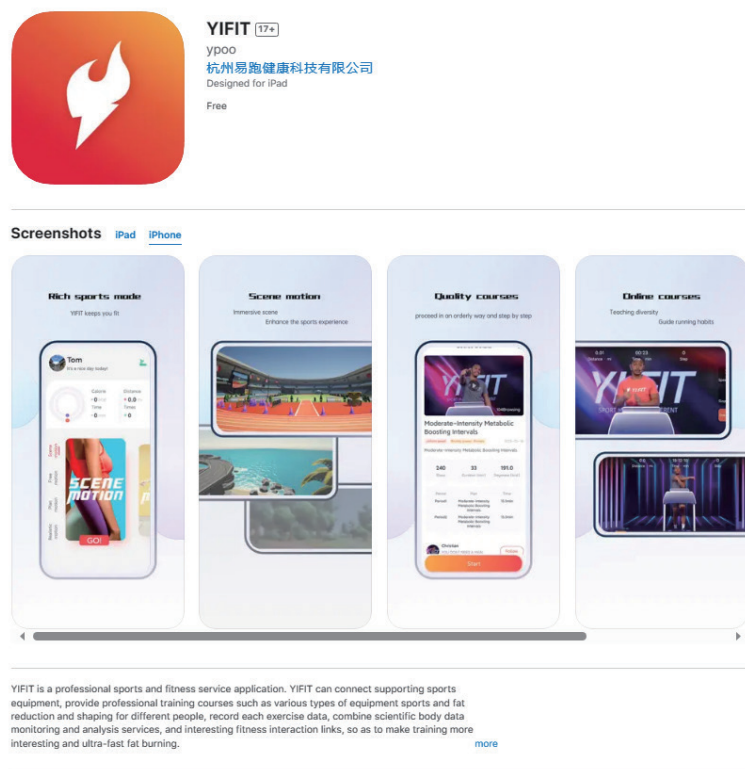


Fig.C



YIFIT APP Download

1. Download YIFIT sports APP: Please enter "YIFIT" in Apple APP Store or Google Play, then download the APP.
2. Create your Account: Enter necessary information E-mail 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.
3. For detailed operation of the APP, please refer to our APP manual.



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.

Notes before use:

A. Preparations before use:

- 1) Before you use this walking machine, for the safety, please do apply this machine to a power outlet with a ground wire.
- 2) Place this unit on the fat ground.
- 3) Turn on the power switch, the switch indicator lights up, and you will hear the buzzer sound.
- 4) Choose the operation methods according to the model configuration of the machine you purchased.

B. Operating Instructions:

1. START operations:

- 1.1 Press the Start button of the remote control to start the machine, then the motor will start to work.
- 1.2 The starting speed is 0.8 km/h. At this time, you can change the speed by pressing the 'speed+' or 'speed-' button on the remote, and choose an appropriate speed according to your need.

C. Startup considerations:

- 1) Do not directly jump on the running belt when it is sliding.
- 2) Do not start the machine when you are standing on the running belt.
- 3) Do not start the machine at fast speed mode.
- 4) Please step on the side boards before starting your workout, then step on the running belt with a slow speed mode.
- 5) Before the machine is completely stopped, please step on the side boards when the running belt is operating in an approaching stop speed.

Proper maintenance is the way to keep your walking machine in its best condition: the wrong maintenance can hurt or shorten the life of the walker.



Important reminder:

Do not use sandpaper or solvent to clean up the walking machine. The controller part of the walking machine should not be directly exposed to sunlight or moisture, to avoid damage. Always check and lock all parts of the treadmill, and damaged parts must be replaced immediately.

Adjust the running belt

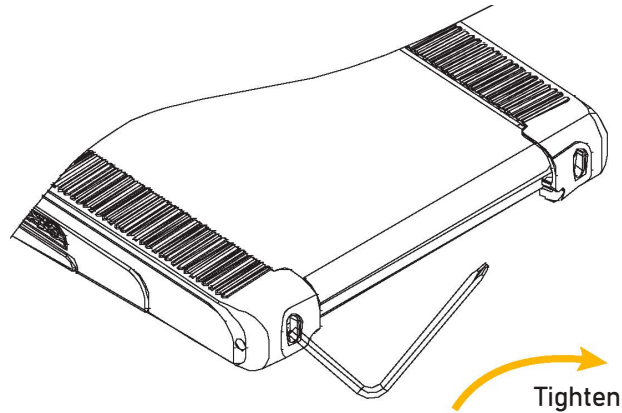
The running belt has been adjusted when leaving the factory. But the running belt is stretched during use often. It will deviate from the center and cause damage to the running belt friction trim strip and rear guard cover. If you feel slip when using the treadmill, you can adjust the tightness of the belt to improve.

When you use a walking walker, the force on both feet is different, leading to the pressure on the running belt is not balanced. Causing the runs to run off-center. This deviation is normal. When no one runs on the running belt, it goes back to the center again. If not back to the center. You need turn the run belt back to the center.

How to Adjust the running belt?

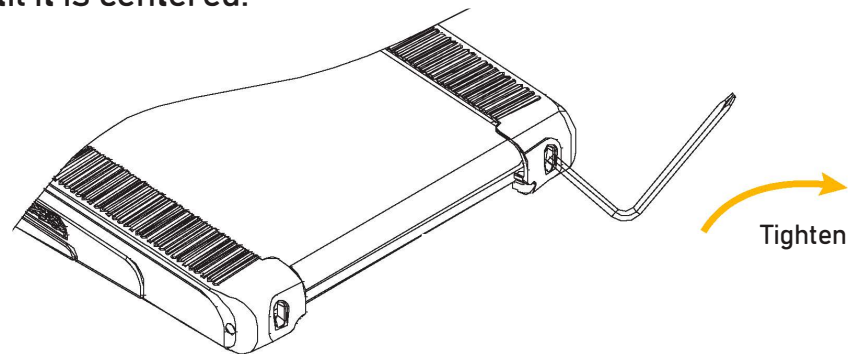
1. If running belt moving to the left, please do:

Adjustment: Turn off the power. Clockwise rotate the bolt of the left rear roller by 1/4 turn with the 5mm hex wrench to tighten the running belt. Then power on the machine and test whether the running belt is centered. Adjust the running belt with this method until it is centered.



2. If running belt moving to the right, please do:

Adjustment: Turn off the power. Clockwise rotate the bolt of the right rear roller by 1/4 turn with the 5mm hex wrench to tighten the running belt. Then power on the machine and test whether the running belt is centered. Adjust the running belt with this method until it is centered.

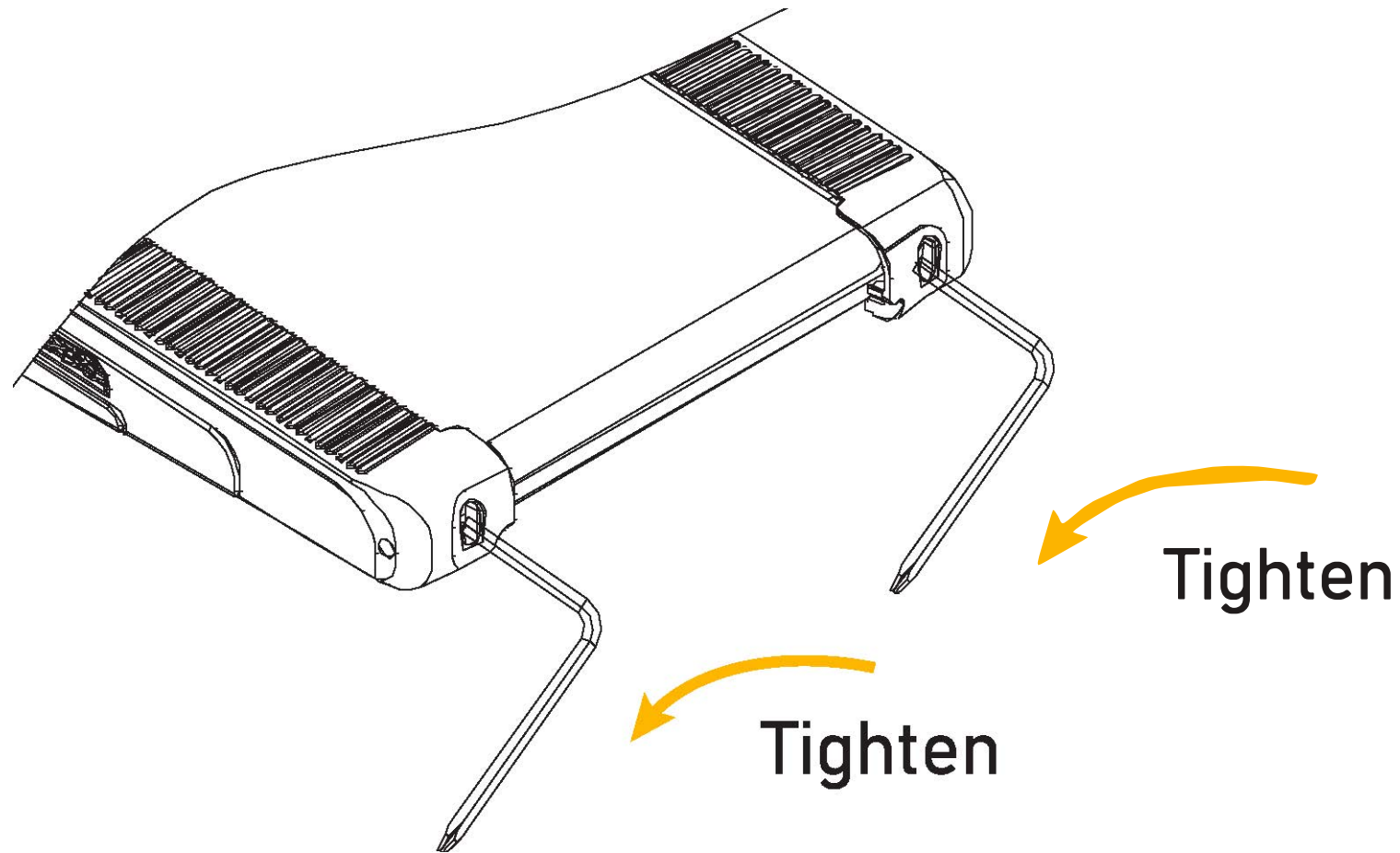


Note: After adjusting the running belt to the center, adjust the speed to 1 KM/H and observe the deviation state of the running belt and whether there is slipping during running. If still deviate from the center, repeat the above steps.

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.

3. If running belt is too loose, please do:

The running belt will be loose after being used for a period of time. Loose running belt will slip during use.



3.1 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 .

3.2 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.

3.3 Repeat steps 1 and 2 until the running belt does not slip.

Manual refueling

The running belt comes pre-lubricated with silicon oil, to reduce friction between the running belt and the running deck surface.

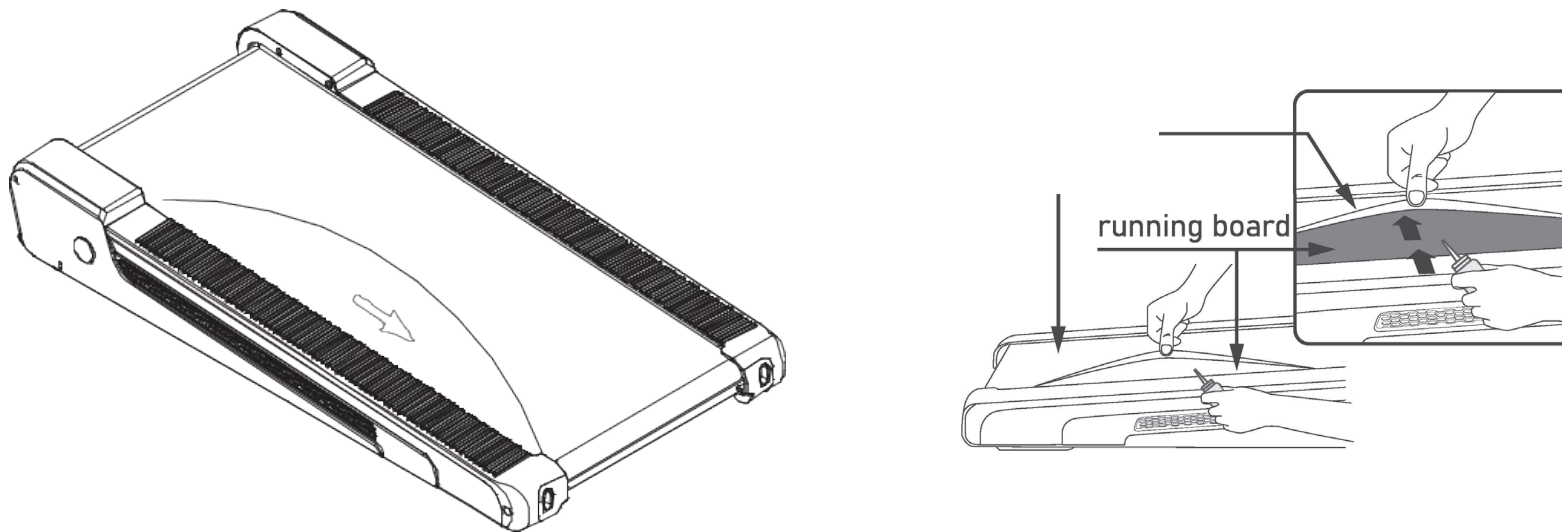
You will need to re-apply lubricant regularly as part of your treadmill's routine maintenance. Friction between the running belt and running board has a great influence on the life and the performance of the electric treadmill, therefore regular application of lubricant is needed.

You could slightly lift the running belt from the side and use your hand to touch the back of running belt after 30 days, the lubricating oil must add to the belt if the running belt feel dry.

How to apply lubricating oil?

Step 1: Lift the running belt slightly.

Step 2: Open the lubricating oil bottle, squeeze the 10ml oil on the sildes of the running board, as shown in the following picture.



Note:

1. When filling the running belt, you must stop using the walking machine .
2. Please use the special lubricating oil on the machine.

Malfunction Analysis and Troubleshooting:

E01: Indicates abnormal communication between electronic meter and electronic controller

Electronic meter communication wire is not connected,broken,poor contact	Please reconnect the communication line
The electronic meter no signal output	Replace Electronic meter
The lower control no signal output	Replace lower controller

E02: Indicates that the voltage between the lower controller and the motor is abnormal

The motor cable is not connected	Check that the motor cable is connected correctly
The lower control motor has no voltage output or the voltage output is abnormal	Replace Electronic meter
Motor problem	Replace motor

E03: Indicates the detection speed anomaly of the lower control

The PWM driver circuit of the lower controller is faulty	Replace lower controller
--	--------------------------

E04: Indicates the undercontrol detection motor overvoltage protection information prompt

The treadmill load greatly exceeds the rated operating voltage of the motor	It is recommended to use within the rated operating voltage range of the motor
Motor problem	Replace motor
Lower control board motor overvoltage circuit failure	Replace lower controller

ED5: Indicates the undercontrol detection motor overcurrent protection information prompt

The treadmill load exceeds the ratedoperating current of the motor	It is recommended to use within the rated operating voltage range of the motor
Treadmill and motor assembly structure problems. resulting in motor resistance or blocking phenomenon	Check whether the tread millstructure is normal
The lower control current limiting system is faulty	Replace lower controller

E06: Indicates an anomaly warning about the undervoltage of the drive power supply

Supply voltage is too low	Supply voltage is too low
Lower control board detection circuit failure	Replace lower controller

E07: The electronic meter safety lock is not placed power supply

The safety magnet falls off	Please place the safety lock in the position specified by the electronic meter
Electronic meter safety lock system failure	Replace Electronic meter

**Note:**

1. 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.

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

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 .

**YPOO customer service email :
vipservice666@163.com**