

RHYTHM FUN

Treadmill instruction manual

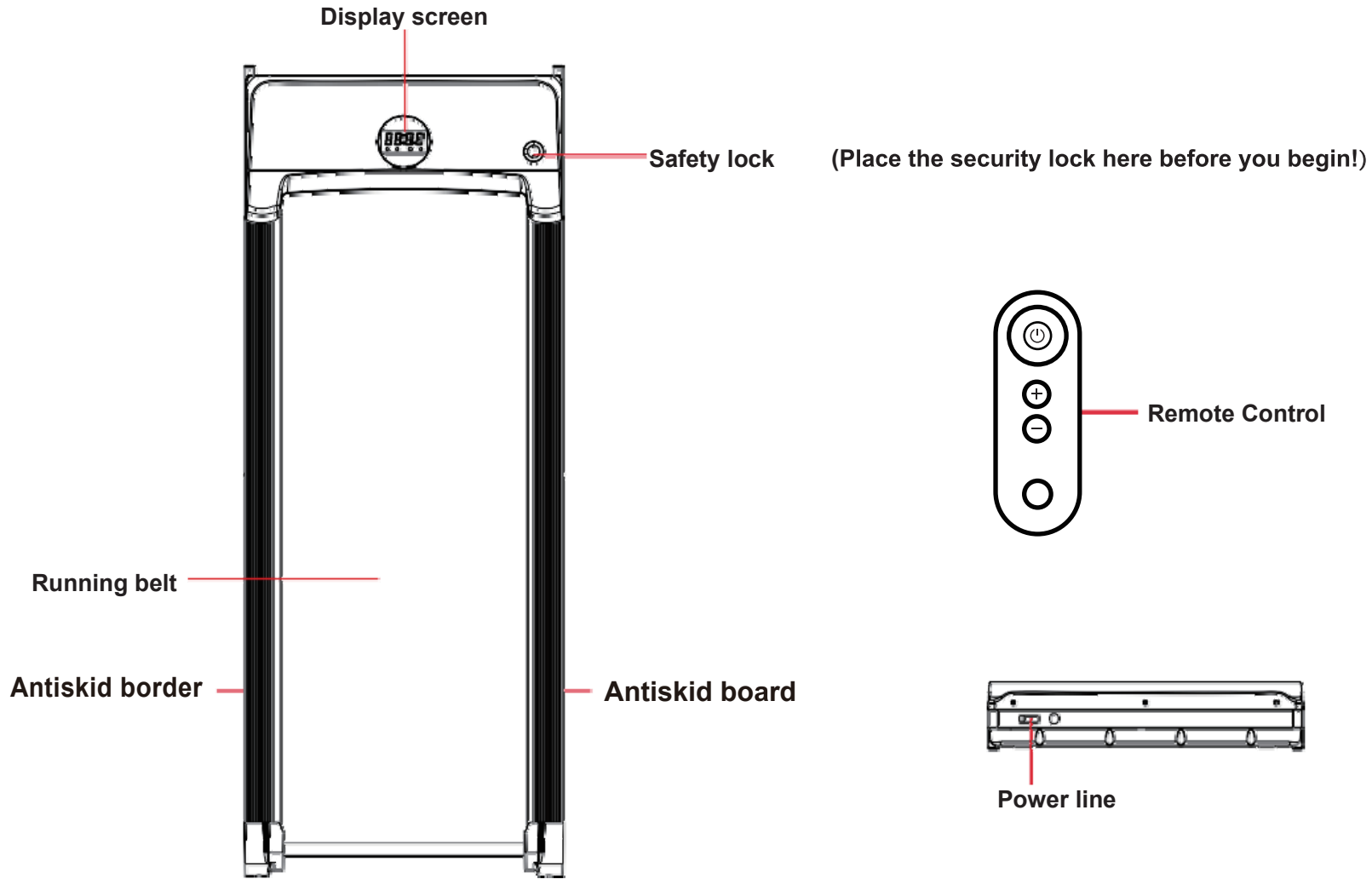


Please read all instructions in the user manual carefully before using the treadmill, and keep it for future reference.

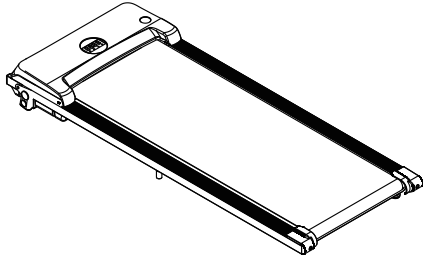
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1、Product Outline



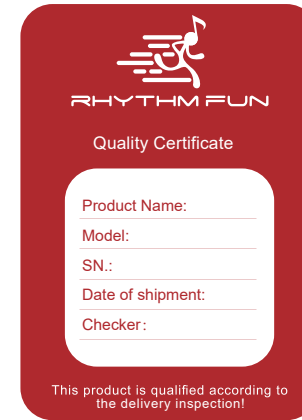
2、Detailed List



Treadmill



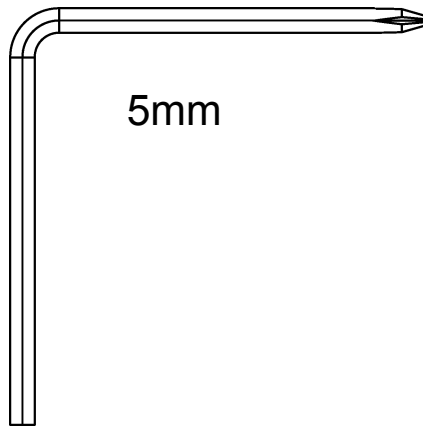
Introduction manual



Product certification



Thanks Card



Installation tool



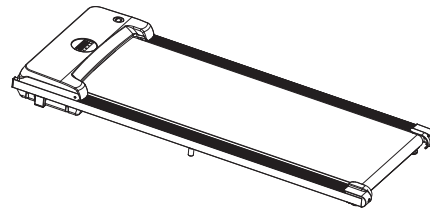
Silicone oil *2



Remote controller

3、Specification

	Basic Specification
Color	Silver-gray
Net weight	17KG
Running belt	380*1000mm
Product size	1245*500*100mm
Speed	0.8-6.0 km/h
Max user weight	80KG



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 80 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.

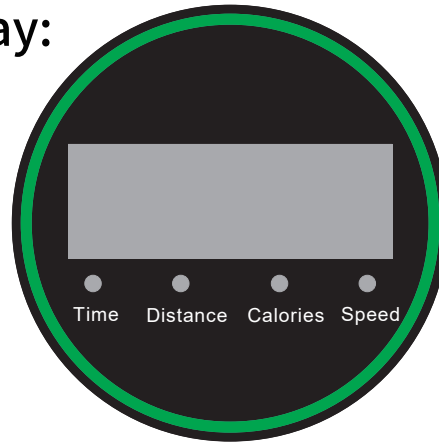
9. Please check each part carefully before use.

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.

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 .

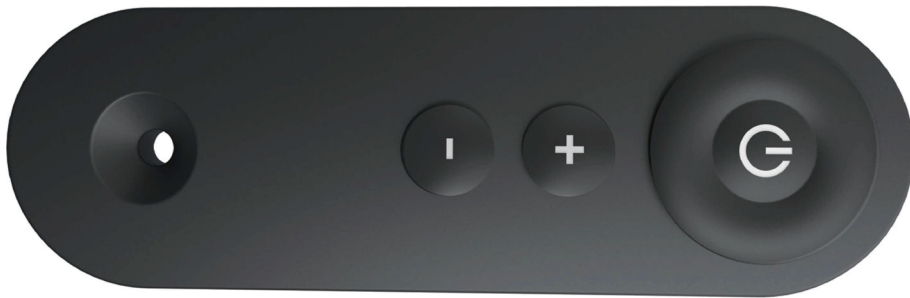
3. "DIS" Window:

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.

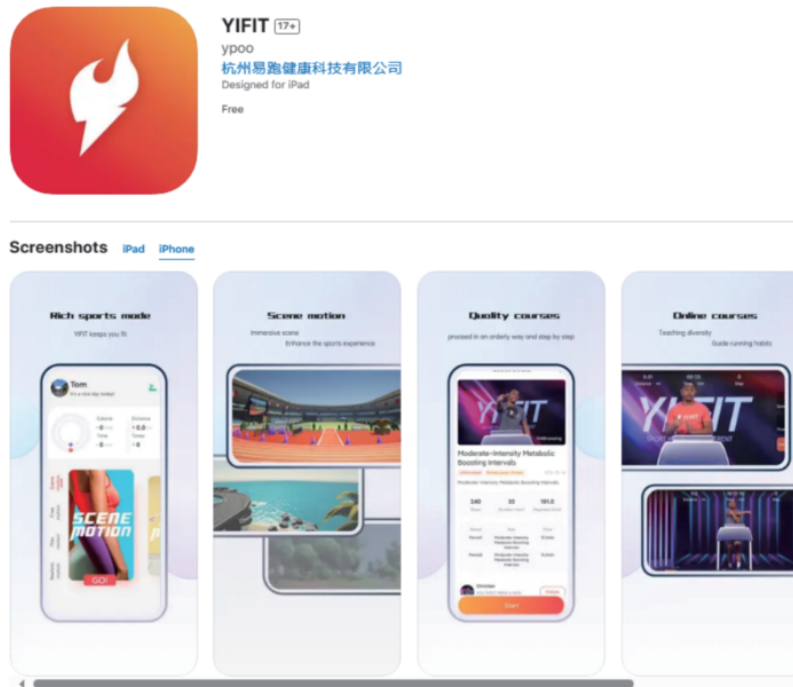
III.APP Guide Operation :

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.

Notice②:

- 1) This App will not collect any personal information, please feel free to use it.
- 2) When start your exercise, you can read the mileage, speed and other datas in the app.
- 3) When you press the stop button of the remote to finish your exercise, the motion show will save the records in the movement history.

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 flat ground.
- 3) Turn on the power switch, the switch indicator lights up, and you will hear the buzzer sound.
- 4) Check the screen for the error code, then place the safety lock at the designated position on the label, and clamp the safety lock on your clothes.
- 5) 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, the screen will display: 3-2-1, 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 '+' or '-' 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 operating in an approaching stop speed.

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



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?

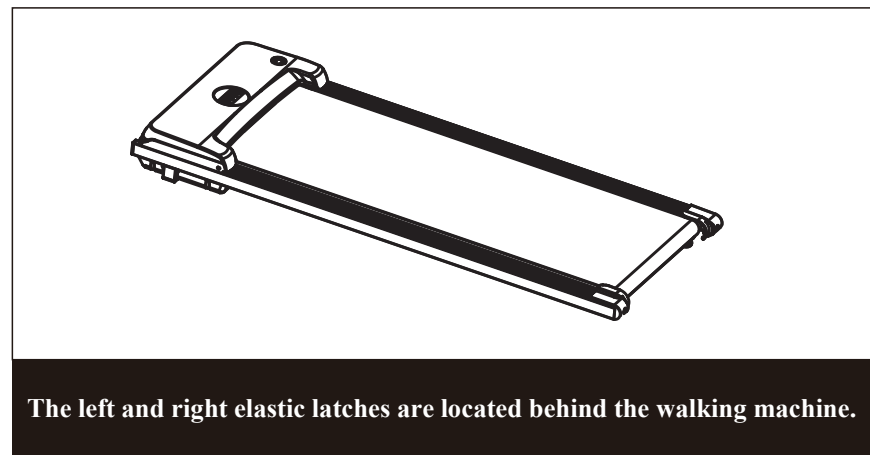
- 1) Adjusting the screw on the left side of the belt by Allen Key, turning 1/4 times clockwise to adjust the rear roller to tight the belt .
- 2) Repeat step 1 to adjust the right screw. it must be confirmed that the left and the right screw adjusting at the same distance so that the rear roller can 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 ten-sion 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 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.



3. Malfunction Analysis and Troubleshooting:

Serial Number	Error code	Code Interpretation	Judgment	Solution
1	E02	Over voltage protection	<ol style="list-style-type: none"> 1. The power grid voltage is unstable and the peak voltage is very high. 2. Wheel diameter setting error; 3. Controller is damaged; 	<ol style="list-style-type: none"> 1. Need to add external filter voltage stabilizer; 2. Reset the wheel diameter value not to exceed the rated voltage of the motor; 3. Replace the controller;
2	E03	Over current protection	<ol style="list-style-type: none"> 1. Over weight loaded; 2. The motor or roller is stuck by some stuff. 3. The roller is not lubricated enough, so the resistance increased; 4. Controller is damaged; 5. Motor damaged; 	<ol style="list-style-type: none"> 1. Reduce the load and try not to exceed the rated loading capacity; 2. Remove stuck stuff; 3. Add lubricant oil; 4. Replace the controller 5. Replace the motor; ;
3	E04	Motor open-circuit	<ol style="list-style-type: none"> 1. The main motor wire is disconnected or loosened; 2. Main motor is open-circuit or damaged; 3. The controller is open-circuit or damaged; 	<ol style="list-style-type: none"> 1. Re-reinforce the main motor connection line; 2. Replace the motor; 3. Replace the controller
4	E06	Communication error	<ol style="list-style-type: none"> 1. The main connection line interface of upper and lower control is loosened; 2. The main connection line of upper and lower control is broken; 3. The display is broken. 4. Controller is damaged; 	<ol style="list-style-type: none"> 1. Re-reinforce the connector interface; 2. Replace the main connection line of upper and lower control; 3. Replace the display; 4. Replace the controller
5	E07	Safety lock failure	<ol style="list-style-type: none"> 1. Safety lock is not placed; 2. Induction line is broken; 3. Interface of the electronic meter is damaged; 	<ol style="list-style-type: none"> 1. Place the safety lock; 2. Replace the sensor line; 3. Replace the electronic meter;
6	E0C	Burst protection	<ol style="list-style-type: none"> 1. Power transistor breakdown, controller damage; 	<ol style="list-style-type: none"> 1. Replace the controller;

NOTE: 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.

Note : 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 .

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

**Much information and More fitness equipments
pls visit website:
www.rhythmfunfitness.com**