

THANKYOU

Thanks for purchasing this product .The product will help you keep fitter, healthier and better in a very easy way.

Usage Instructions, Safety Precautions, Warning Statements

User Guide:

1. Always connect the power plug to a socket with a grounded circuit and the socket must have a special circuit to avoid sharing with other electrical equipment.
2. Ensure the treadmill stable on the ground before use.
3. Check if its function normal or not before running.
4. Stand on two side rails when the treadmill starts
5. Clipped the safety key to your clothes when upcoming to control any emergency.
6. Press the “start” button to get the treadmill started.
7. Follow the running belt with left leg to do preparation before trial run. Only when you feel you can run, you can stand on the treadmill and do it with the right posture. And only one person is allowed to exercise on the treadmill, and overload exercise is strictly prohibited.
8. You can adjust speed if necessary.
9. After running, you can stop the treadmill by pulling out the safety key or pressing the “stop” button.
10. Remember to turn off the power and pull out the plug when you finish exercising.

Safety precaution:

- ◆ Place the treadmill indoors to avoid any water and no heavy stuff.
- ◆ When using the fitness device, wear comfortable clothing and preferably sports or aerobic shoes.
- ◆ Keep children away from the treadmill to avoid any accident.
- ◆ No overload to give damages to motor, controller, roller and running belt. Make routine maintenance to the treadmill.
- ◆ Keep less indoor dust and a certain extent of humidity to avoid interference of console and controller.
- ◆ Keep the household treadmill continuously running no more than 2 hours.
- ◆ Keep good air circulation when running.
- ◆ There should be 2000x1000mm safe space at the end of treadmill when running。
- ◆ Stop running if any discomfort and consult the doctor.
- ◆ Reserve the silicon bottle to some place that children cannot reach, to avoid serious mistake.

- ◆ Prohibit the user jumping off the treadmill directly after use.
- ◆ Pull out the power plug gently from the socket.
- ◆ Stop the machine if anything wrong and cut the power immediately.
- ◆ Ask local distributor to handle any issue or provide service. Dismantle the components personally is not allowed.

Danger: To reduce accidents or harm, please check following rules;

- ◆ Ensure your clothes zipped up before running.
- ◆ Do not wear clothes that easily hooked.
- ◆ Keep power cord away from hot objects.
- ◆ Keep children away from the treadmill.
- ◆ If something wrong , support the handle bar to push up and leave running belt.
- ◆ Do not use the treadmill outdoor.
- ◆ Cut off the power before move of the treadmill .
- ◆ Do not open motor and roller cover unless professionals .
- ◆ This machine can be used under 10A circuit .
- ◆ Ensure that only one person at a time uses the fitness device.
- ◆ If you feel dizzy, have chest pain, nausea, or shortness of breath while exercising, please stop exercising immediately and consult a fitness coach.
- ◆ The HRC testing may be not as exact as medical devices so its results for reference only .

Warning and Prohibit!

◆Following patients under treatment need to get use of the treadmill after approval of professional doctor.

(1) The person with backache or used to get hurt in the leg ,waist ,neck . Those with numbness of legs, waist, neck and hands (those with chronic diseases such as intervertebral disc protrusion, spinal slip, cervical vertebra protrusion, etc.)

(2) The patient with deformational arthritis , rheumatism or gout .

(3) The patient with osteroporosis .

(4) The patient with a bad circulatory system like heart disease ,vascular disorders and vascular hypertension .

(5) The patient with respirtory disturbance.

(6) The patient with Artificial heart rhythm problem.

(7) The patient with malignant tumors.

(8) The patient with thrombosis .

(9) The patient with diabete-caused perceptual disturbance.

(10) The person with skin injury .

(11) The patient with a high fever above 38℃.

(12) The person with bent back bone.

(13) The person with pregnancy or in (menstrual) period.

(14) The person feels uncomfortable .

(15) The person is obviously in a bad condition.

(16) The person for the purpose of rehabilitation.

(17) The person having abnormal physical features.

- Above cases may cause accident or poor health.

(18) The heart rate monitoring system may be inaccurate. Excessive exercise may lead to injury or death. If you feel faint, stop training immediately.-May cause accidents or poor physical condition.

◆ Stop exercising immediately should you feel unwell like pain in your joints or muscles, dizziness, numb, and abnormal heart beat, and consult the doctor as soon as possible.

◆ Keep children away from this product.

- Children may get hurt if you ignore this.

◆ Told the children that this is not a toy.

- Children may get hurt if you ignore this.

◆ when using, taking out, putting back or moving this product, please make sure there is nobody or pets around.

Warning!

◆ stop use this product when the cover cracked (inner parts come out) or welded parts drop off.

-may cause danger or injury.

◆ Do not jump up or down from the treadmill when running.

- may fall down and get injury.

◆ Do not use or reserve the treadmill outdoor or near bathroom to avoid water.

◆ Do not use or reserve the treadmill in the area exposed to direct sunlight, and avoid high temperature places like electric blanket and warmer.

- may cause electric leakage or fire.

◆ Do not use when the power line or plug damaged, or the socket is loose.

- may cause electric shock, short circuit or fire.

◆ Do not damage or twist the power cord, also do not put heavy things on it.

- may cause fire or electric shock.
- ◆ Only for one person at a time, tell people around not too close.
 - may fall down and cause injury.
- ◆ people who is not conscious or can't operate by himself can not use the treadmill.
 - may cause accident or get injury.
- ◆ disassemble, repair, change by customer themselves are forbid absolutely.
 - may cause mechanical breakdown and injury.

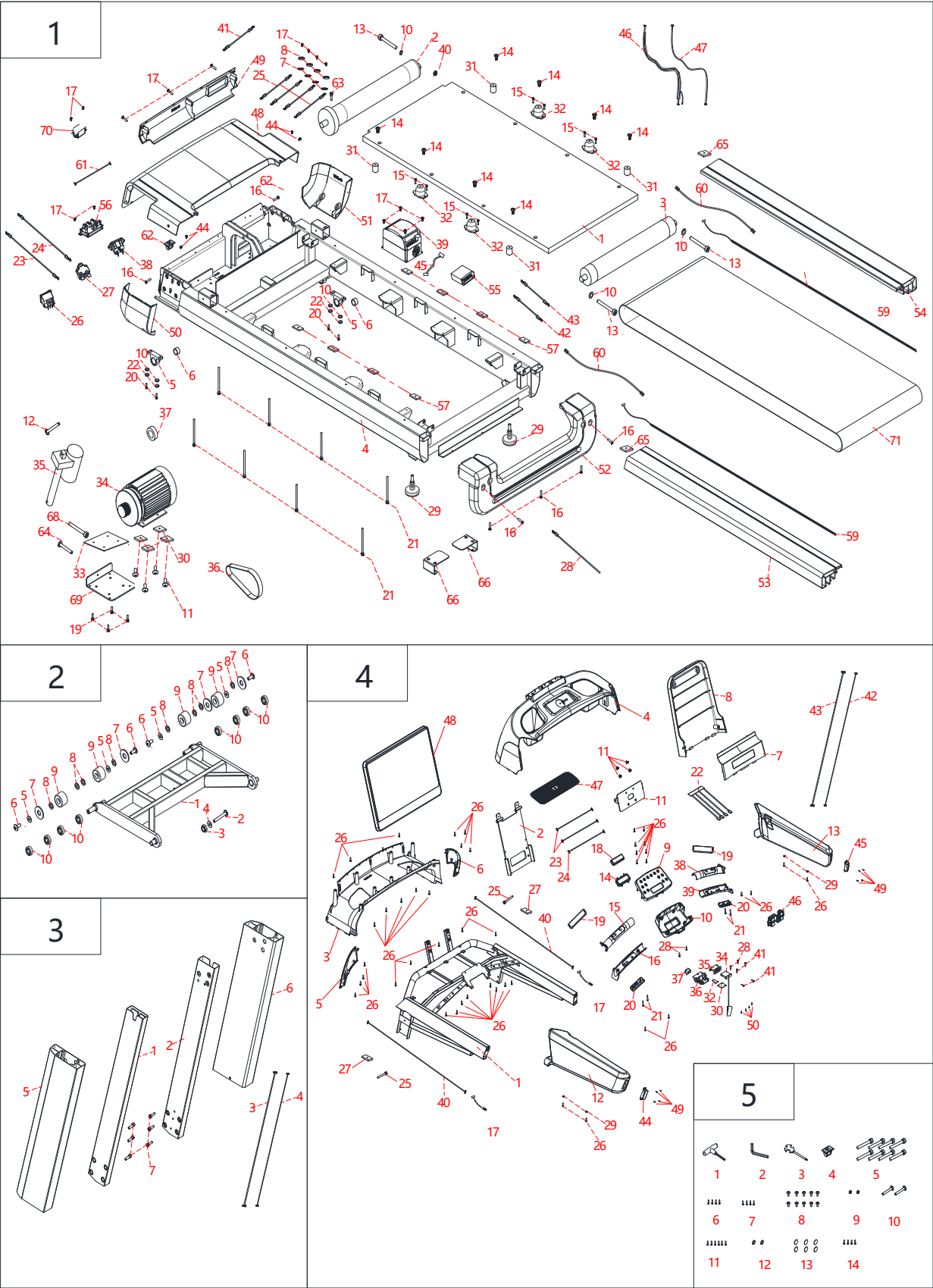
To avoid water!

- ◆ the main body and operating components can not meet with water or drink.
 - may cause electric shock and fire.

Danger !

- ◆ incorrect connection of grounding conductor may cause electric shock.If you are not sure about the grounding connection, please ask a professional electrician to check.if the plug of the product is not match your socket, you should ask for a n electrician to install a correct socket.
- ◆ the product have grounding plug. Please confirm that you have the matched socket first. Socket adapter is not allowed.
- ◆ This product shall not be used as a medical device.

Exploded Diagram



Part List

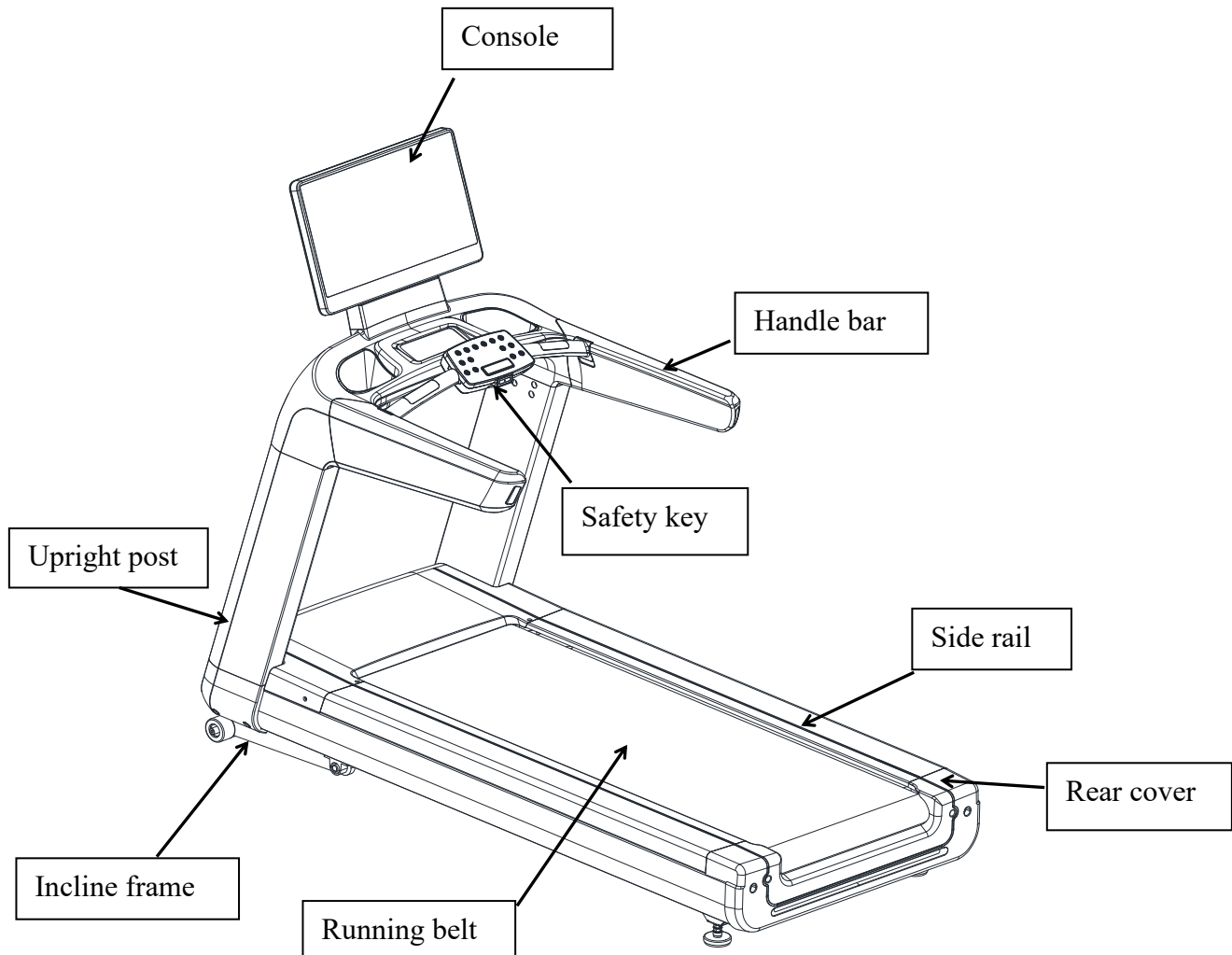
No.	Description	Specification	QTY
1-1	Running Board		1
1-2	Front Roller		1
1-3	Rear Roller		1
1-4	Platform frame		1
1-5	FixingBase		2
1-6	Powder Metallurgy Sleeve		2
1-7	Serrated Lock Washer	Φ5(Blue zinc plating)	4
1-8	Spring Washer	Φ5(Black zinc plating)	4
1-9	Flat Washer	Φ8(Blue zinc plating)	7
1-10	Flat Washer	Φ10(Blue zinc plating)	7
1-11	Allen C.K.S. full thread bolt	M8×20	4
1-12	Allen C.K.S. full thread bolt	M10×45	1
1-13	AllenCylinder Bolt(fullthread)	M10×80	3
1-14	AllenSunk Bolt(fullthread)	M8×30	8
1-15	AllenCylinder Bolt(fullthread)	M8×10	8
1-16	Phillips C.K.S. full thread bolt	M5×15	7
1-17	Phillips C.K.S. full thread bolt	M4×10	15
1-18	AllenCylinder Bolt(fullthread)	M8×35	1
1-19	AllenCylinder Bolt(fullthread)	M8×15	4
1-20	AllenCylinder Bolt(fullthread)	M10×30	4
1-21	Allen Sunk half thread bolt	M6×160×20 Wearing black	8
1-22	Spring Washer	Φ10	4
1-23	Power Connection Wire(1 to 2)	L-800mm/ Red	1
1-24	Power Connection Wire(1 to 2)	L-800mm/ Black	1
1-25	Connecting Wire (grounding)		4
1-26	Rocker switch		1
1-27	Fuse (with wire)		1
1-28	Twill-woven ground wire		1
1-29	Swivel caster(foot pad)		2
1-30	Square cushion		4
1-31	Cylindrical Cushion		4
1-32	Mounted Cushion		4
1-33	Square cushion		1
1-34	Motor		1
1-35	Incline motor		1
1-36	Motor belt		1
1-37	Magnetic ring		1
1-38	Computer tail socket		1
1-39	Inverter		1
1-40	Hex Locknut	M10	1
1-41	Connecting Wire (grounding)		1
1-42	Power Connection Wire	L-450mm red	1
1-43	Power Connection Wire	L-450mm black	1

1-44	Hex Socket Countersunk Self-Tapping Screw	M6*15	4
1-45	Switching Mode Power Supply+connecting wire		1
1-46	Communication wire(main frame)		1
1-47	LED light strip commnication wire(main frame)		1
1-48	Motor cover		1
1-49	Front bottom cover		1
1-50	End Cover of Upright Post Left		1
1-51	End Cover of Upright Post Right		1
1-52	Rear cover		1
1-53	Side rail left		1
1-54	Side rail right		1
1-55	Switch on/off		1
1-56	RGB Adapter Board		1
1-57	Threaded Flange Sprayed Part		8
1-58	Flat Washer		8
1-59	LED light strip		2
1-60	LED light strip extension cord		2
1-61	Communication wire(main frame)	L-300	1
1-62	Collision lock base		2
1-63	AllenCylinder Bolt(fullthread)	M8×20	1
1-64	AllenCylinder Bolt(fullthread)	M8×60	1
1-65	Motor cover mounting piece coating part		2
1-66	Rear cover top flat coating part		2
1-67	Phillips C.K.S. Bolt (full thread)	M5×10	4
1-68	Hexagon head full-threaded bolt	M8×40	1
1-69	Motor base coating parts		1
1-70	Filter		1
1-71	Running belt		1
2-1	Lift frame coating parts		1
2-2	Allen C.K.S. half thread bolt	M12×70×20	1
2-3	Hex Locknut	M12	1
2-4	Flat Washer	Φ12×t2.0	1
2-5	Spring Washer	Φ8	4
2-6	AllenC.K.S. Bolt(fullthread)	M8×15(8.8level/ Wearing black)	4
2-7	Flat Washer	Φ30×Φ8×t3.0	4
2-8	Bearing washer	t2.0×26×26	8
2-9	Wheel		4
2-10	Deep groove ball bearing	R12Z	8
3-1	Upright post coating part left		1
3-2	Upright post coating part right		1
3-3	Communication wire		1
3-4	LED light strip communication wire		1
3-5	Aluminum extrusion upright post left coating part		1
3-6	Aluminum extrusion upright post right coating part		1
3-7	AllenCylinder Bolt(fullthread)	M8×15	6
4-1	Console connecting Board		1
4-2	Console Mounting Base		1
4-3	Console Lower Housing		1

4-4	Console Upper Housing		1
4-5	Console Lower Housing left casting insert		1
4-6	Console Lower Housing right casting insert		1
4-7	Front cover of the console neck part		1
4-8	Back cover of the console neck part		1
4-9	Upper cover of the key box		1
4-10	Bottom cover of the key box		1
4-11	Sprayed part of the clamping ring for the console neck connection		1
4-12	PU handle bar left		1
4-13	PU handle bar right		1
4-14	button panel		1
4-15	Handle Pulse Frame (left&upper)		1
4-16	Handle Pulse Frame (left&down)		1
4-17	LED light strip		2
4-18	Integrated button		1
4-19	Handle Pulse Frame (left)		2
4-20	Hand Pulse Frame (right)		2
4-21	Philips Pan Head full-threaded bolt	M3×25	4
4-22	Communication wiring harness		1
4-23	Handle Pulse wires		1
4-24	Safety Key connecting wires		1
4-25	Allen C.K.S. full thread screw	M6×40	2
4-26	Philips C.K.S. self-tapping screw	ST4×15	47
4-27	Connecting threaded platecoating part		2
4-28	Philips C.K.S. self-tapping screw	ST3×15	4
4-29	Flat Washer	Φ4×Φ15	4
4-30	Safety lock skateboard		1
4-31	Allen C.K.S. full thread screw	M8×16	4
4-32	Safety key tongue piece		1
4-34	Safety key release tab		1
4-35	Safety key connection base		1
4-36	Safety key fixing base		1
4-37	micro switch		1
4-38	Handle Pulse Frame (right&upper)		1
4-39	Handle Pulse Frame (right&down)		1
4-40	Light strip connection wire		2
4-41	Philips C.K.S. self-tapping screw	ST3×10	4
4-42	Communication wire		1
4-43	Communication wire		1
4-44	armrest lamp housing left		1
4-45	armrest lamp housing right		1
4-46	Switch fixing tab		2
4-47	Wireless charging anti-slip mat		1
4-48	Console set		1
4-49	Handle Pulse set connection cable		2
4-50	Cross-slot countersink self-tapping screw	ST3×10	8
5-1	T-shaped wrench	6×80	1
5-2	L-shaped wrench	6×35×80	1

5-3	Cross-head socket wrench		1
5-4	Power cord fastener		1
5-5	AllenCylinder Bolt(fullthread)	M10×40	8
5-6	Phillips C.K.S.Self-tapping Screw	ST4×12	4
5-7	Phillips C.K.S.Self-tapping Screw	ST4×10	4
5-8	AllenC.K.S. Bolt(fullthread)	M8×20	10
5-9	Hex Locknut	M8	2
5-10	AllenC.K.S. Bolt(half thread)	M8×70×20	2
5-11	Phillips C.K.S. Pointed-nose full thread bolt	M5×15	6
5-12	Flat Washer	Φ8	2
5-13	spout plug	Φ20	6
5-14	Phillips C.K.S.Screw (full thread)	M3×10	8

Treadmill Instruction

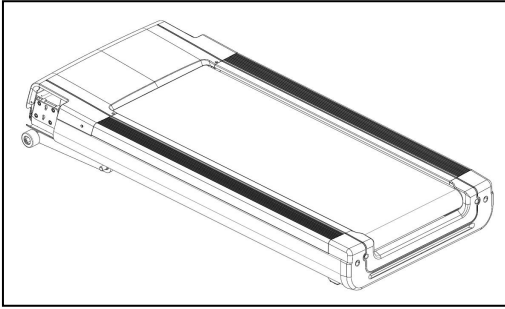


Technical Information

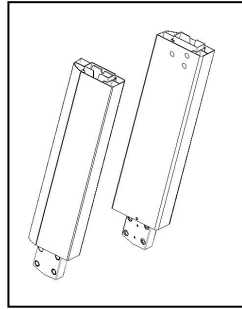
Unfolding Dimension	2110*930*1810mm
Running surface	1600*600mm
Speed range	1.0—25.0km/h
Incline	0-15%

WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

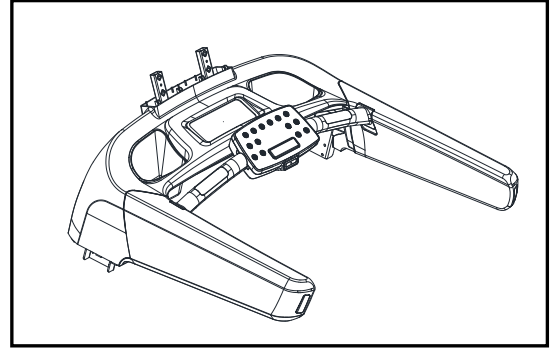
Packing List



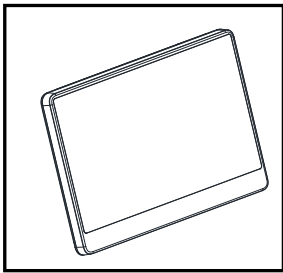
Main frame



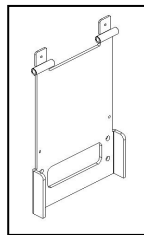
Upright post (L&R)



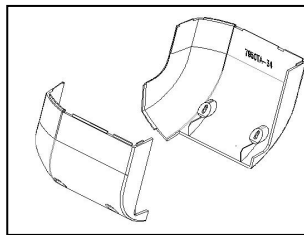
Console frame



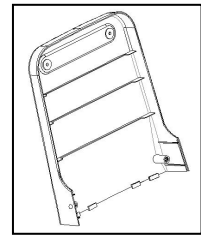
Display frame



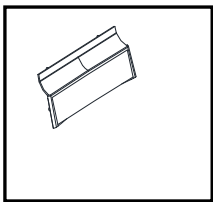
Console back cover



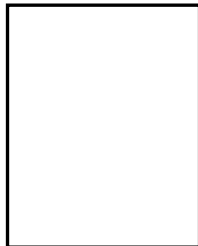
End cover of upright post (L&R)



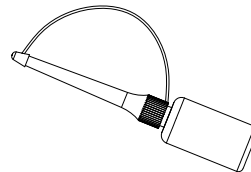
Console connecting cover



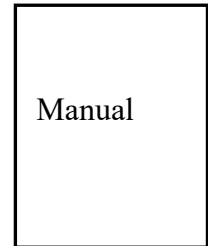
Console neck part cover



Screw set



Silicon

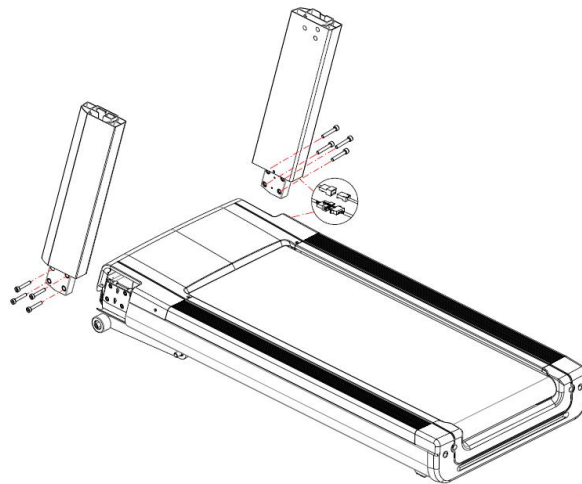


Manual

ASSEMBLING INSTRUCTION

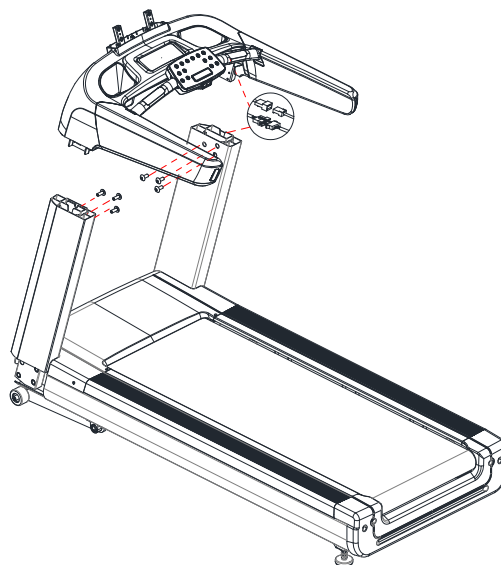
Warning:

1. After removing the top cover of the box, cut the bottom cover of the box along the four corners with scissors. Do not remove the bottom cover of the box before the machine is properly installed.
2. Before installation, please check that the appearance of the machine is in good condition and there is no damage.
3. Please use the moving wheels to remove the installed machine from the bottom cover of the box.
4. If the above steps are not followed, it is possible to cause serious injury to people during the installation process.

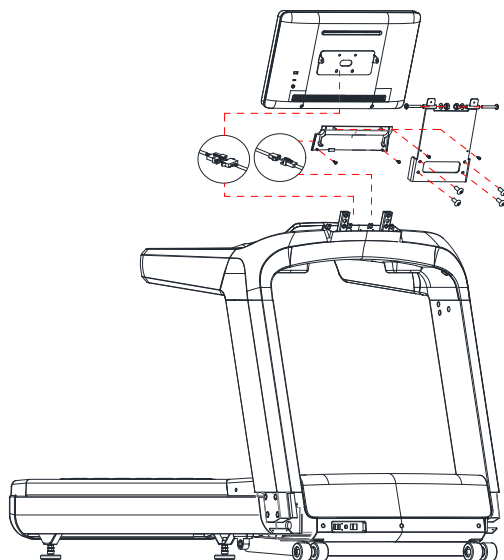


Step 1: Please stuck the upright posts into the mounting groove of the main frame and fix the posts by 4pcs of screw (M10*40) for each side.

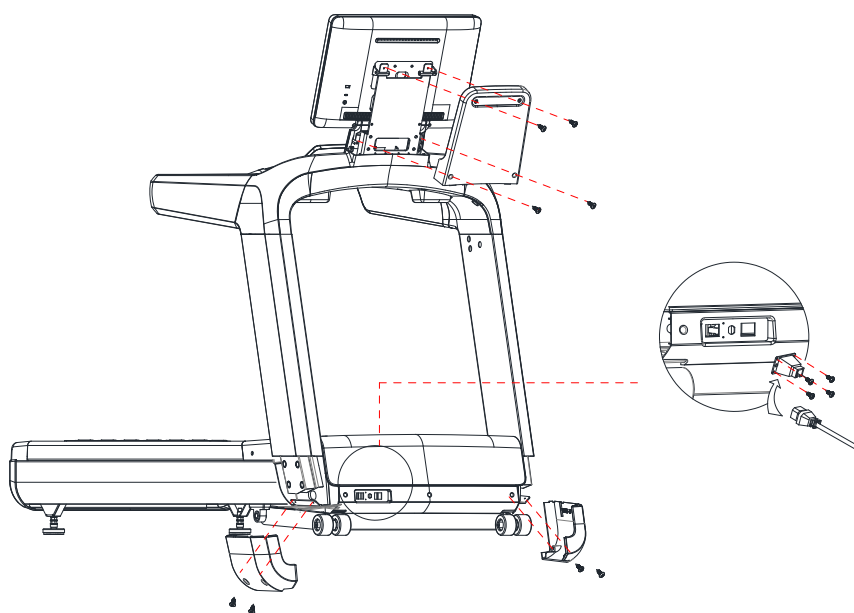
Please connect the communication wires well before installing the upright post (R) .



Step 2: Connect communication wire of the right side of console frame with the wire of the upright post (R) firstly. Place the console frame on the upright posts and fix them by 4pcs of Screw (M8*20).



Step 3: Firstly fix the console neck part with 4pcs of M8*20 screws onto the console frame in the indicated direction. Then use 4pcs of ST4*10 screws to fix the front cover of the console to the upper shell of the console frame and the iron part respectively. Use 2pcs of M8*70*20 screws, 2pcs of flat washers and 2 nuts to lock the console head onto the neck iron part of the console. Tighten the screws.



⚠ The power plug fixing base must be installed completely, which can effectively prevent potential safety hazards caused by electric arcs.

Step 4: Fix the end cover of upright post (L) to the main frame by 2pcs of screw (M5*15), the same way to assemble the end cover of the upright post (R). Assemble the back cover of the console by fixing with 2pcs of ST4*15 screws and 2pcs of M5*15 screws, tighten all the screws. Fix the plastic cover for the power socket onto the end of the power cord, and then inserted into the front socket of the machine. Ensure that the power cord is fully inserted before locking the power socket plastic cover in place with ⑤ M3*10 bolts on the front of the machine. Then, toggle the Rocker switch to start the machine.

General Fitness Tips

1. Warm-up

Do not hold your breath before warming up for 5-10 minutes before each warm-up.

2. Breathe

Usually when you are preparing to restore your breath, inhale with your nose and spit out your breath with your mouth. The breathing and movement should be coordinated, such as breathing too fast. The movement should be stopped immediately

3. Frequency

The same part of the muscle should have a rest of 48 hours, that is, the same part can only be trained every other day.

4. Load

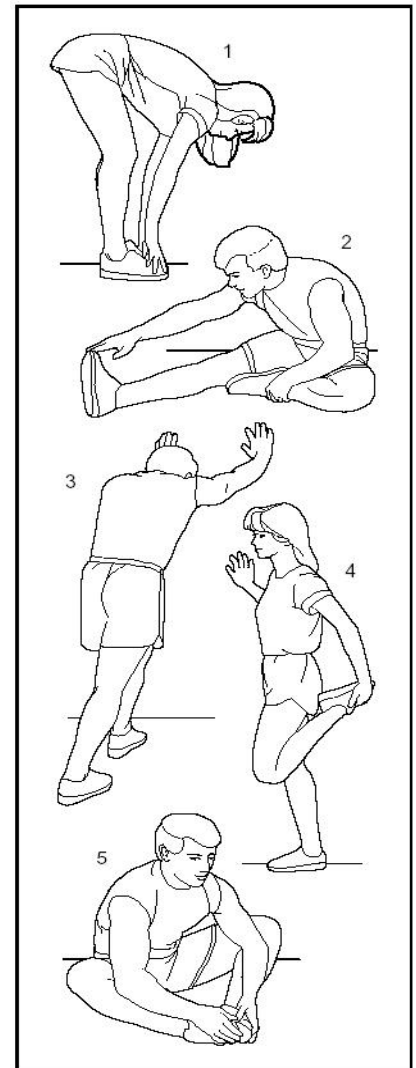
According to the individual physical condition determine the amount of training, then according to the principle of asymptotic load to practice, the initial training of muscle soreness is a normal phenomenon, as long as continue to practice, soreness can be eliminated.

5. Relax

Do 5 minutes of exercise after each exercise, especially the stretching and relaxation of the muscles of the foot, to avoid long-term muscle condensation, maintain a muscle flexible diet

6. Diet

In order to protect the digestive system, one hour after meals before exercise, training should be at least half an hour before eating, exercise less water, especially drinking water, so as not to increase the heart, kidney burden



Stretching exercises

No matter how fast you walk, it's best to do stretching exercises first.

Warm muscles are easier to stretch, so take a 5-10 minute warm-up. Then stop and do the stretching as follows: 5 times, each step for 10 seconds or more; do it again after the workout.

1. Stretch down

The knees are slightly curved, the body slowly bends forward, let the back and shoulders relax, and the hands try to touch the toes. Keep it for 10~15 seconds, then relax. Repeat 3 times (As picture 1 shown).

2. Tendon stretching

Sit on a clean seat cushion and straighten one leg. Put the other leg inward so that it fits snugly against the inside of the straight leg. Try to touch the toes with your hands. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 2 shown).

3. Calf and heel stretch

Hold the wall or tree with both hands and one foot behind. Keep your hind legs upright and your heels on the ground, leaning in the direction of the wall or tree. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 3 shown).

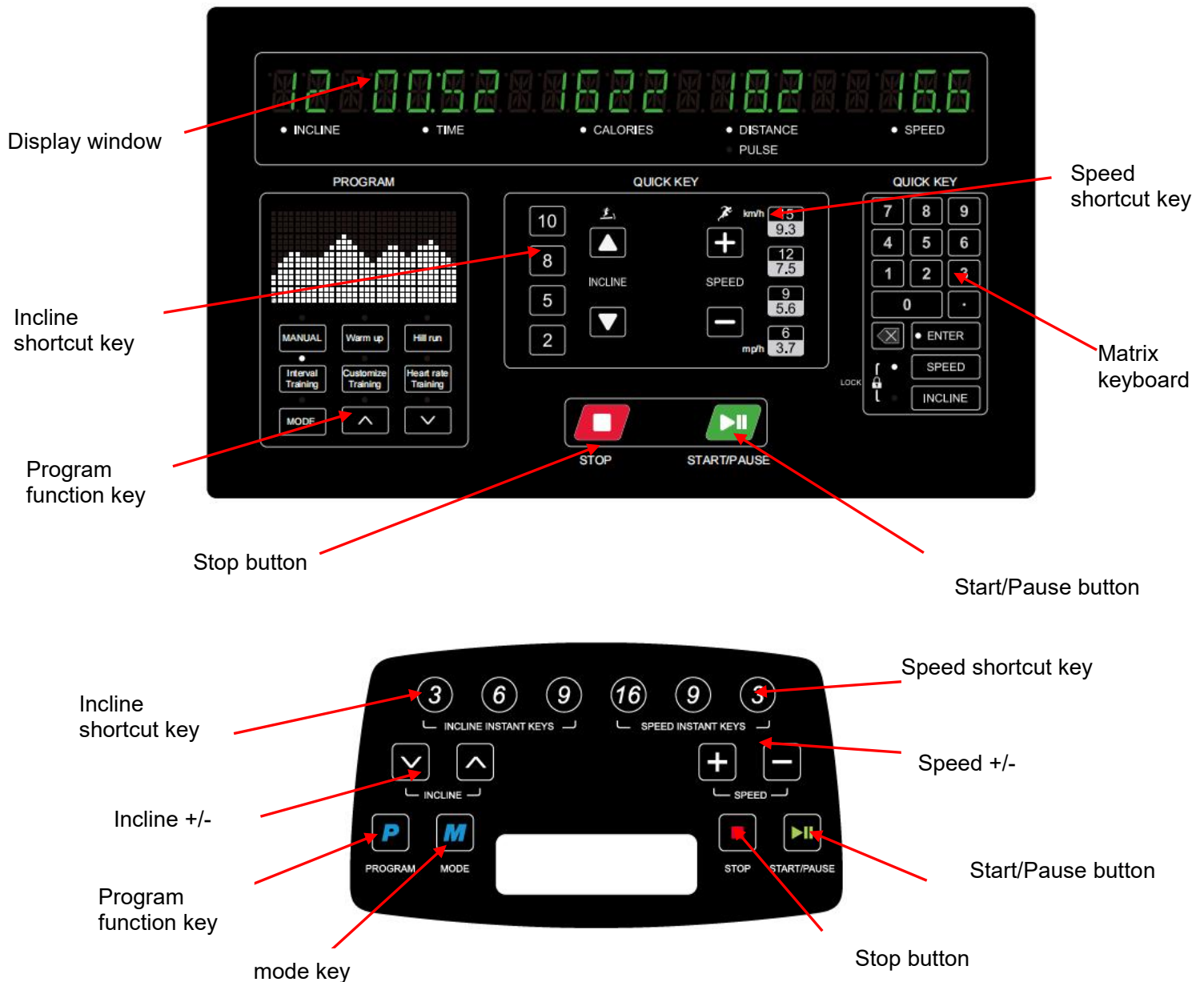
4. Quadriceps stretching

Grasp the balance with your left hand or the table, then extend your right hand backwards and grab your right ankle and slowly pull it toward your hips until you feel the muscles in front of your thighs are tense. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 4 shown).

5. The sartorius muscle (muscle inside the thigh) stretches

The soles of the feet are opposite and the knees sit down. Grasp your feet with both hands and pull them in the direction of the groin. Keep it for 10~15 seconds, then relax. Repeat 3 times. (As picture 5 shown)

Console Description (Console Function Description&machine operation)



1.Console Function Description

- 1.1 Preset auto program for training, U1~U3 (user-defined program), BMI;
- 1.2 LED dot matrix screen, cross-shaped digital tube display with 52 operation keys
- 1.3 Speed Range:1.0~25.0KM/H. Incline Range: 0~15 %.
- 1.4 Self-checking system, and warning function of abnormal information.
- 1.5 HRC (Optional)
- 1.6 English to metric system switch: In standby mode, after removing the safety key, simultaneously press

and press the  and  keys for 3 seconds to perform the metric-English system switch. That is, use the arrow keys to select the program.

1.7 Learning function

Incline learning: In the standby mode, press the incline up/down key for about 3 seconds. The incline function will automatically learn. When the incline reaches its lowest position and stops completely, which means the learning process is completed.

2.Digital display window instructions

2.1“SPEED” window: indicate speed value:

2.2 “TIME” window: indicate time value

2.3 “DISTANCE” window: indicate distance

2.4 “CALORIES” window: indicate calories value

2.5 “PULSE” window: indicate heart rate

2.6 “INCLINE” window: indicate incline level

3.Keyboard operation instruction

“**MANUAL**”: manual button, by default the indicator light is on when the machine is powered on, indicates that the machine is processing manual countdown timing. By default in the treadmill mode. Press the “START” button to quickly start the machine. The parameters such as time, distance, and calories will be displayed and accumulated from 0.

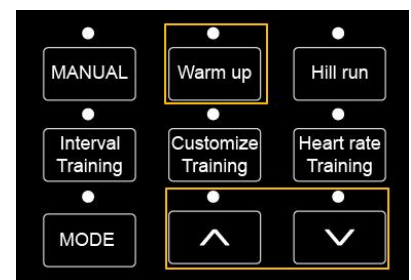


1.“Warm up” Warm up mode preset P1-P6 programs, press”  ” or “  ” to select program, meanwhile LED screen above indicates operation tips.

(SET TIME ON KEYPAD OR SWITCH PROG)

1.Time setting range:5-99mins

2.Time setting can be adjusted by pressing speed+/- or by matrix keyboard shortcut key, after setting target time, Press“EDNTER” to confirm, if not the setting will be default to the previous value.

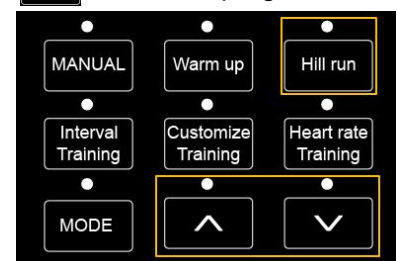


2.“Hill run”: climbing mode preset P7-P18 programs, press”  ” or “  ” to select program, meanwhile LED screen above indicates operation tips.

(SET TIME ON KEYPAD OR SWITCH PROG)

1.Time setting range:5-99mins

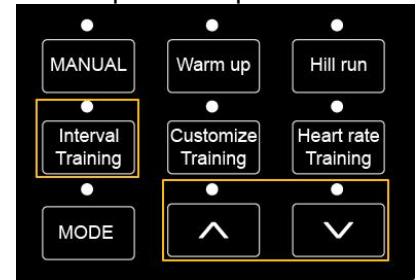
2.Time setting can be adjusted by pressing speed+/- or by matrix keyboard shortcut key, after setting target time, Press“EDNTER” to confirm, if not the setting will be default to the previous value.



3. "Interval Training" Interval training mode preset P19-P36 programs, press " " or " " to select program, meanwhile LED screen above indicates operation tips.

(SET TIME ON KEYPAD OR SWITCH PROG)

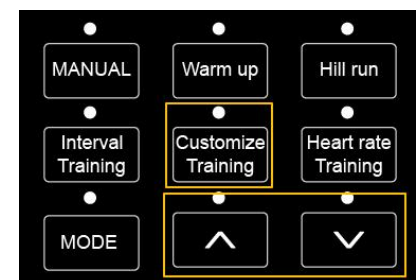
1. Time setting range: 5-99mins
2. Time setting can be adjusted by pressing speed +/- or by matrix keyboard shortcut key, after setting target time, Press "ENTER" to confirm, if not the setting will be default to the previous value.



4. "Customize Training" mode, this mode preset U1, U2, U3 program, press " " or " " to select program, meanwhile LED screen above indicates operation tips.

(1: SET USER MODE TIME ON KEYPAD
2: SET USER 10-SEGMENT SPEED INCLINE ON KEYPAD)

- 4.1. Speed setting range: 1.0-25km/h
- 4.2. Incline setting range: 0-15%
- 4.3. Time setting range: 5-99mins
- 4.4. Time setting can be adjusted by pressing speed +/- or by matrix keyboard shortcut key, after setting target time, Press "ENTER" to confirm, if not the setting will be default to the previous value.



4.5. Customiz mode has U1, U2, U3, the user can acquire or setup his own exercise program, press

" " or " " to select, press "MODE" to setup number of segments, after setting S01 to S10

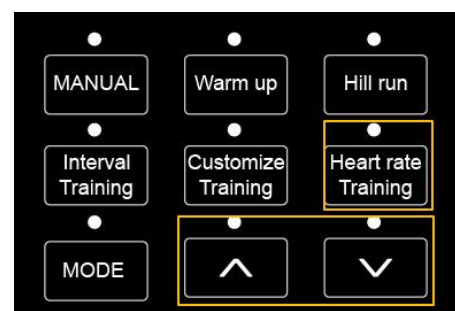
total 10 speed and incline value, the system will automatically save the corresponding parameters, press "MODE" again to setup time, after that, freely to press "START" to start exercises.

5. "Heart rate Training" mode, this mode presets HRC1, HRC2, HRC3 and BMI program, press " " or " " to select program, meanwhile LED

screen above indicates operation tips.

(1: SET USER AGE FOR HRC ON KEYPAD
2: SET TARGET HEART RATE ON KEYPAD
3: SET HRC WORKOUT TIME ON KEYPAD)

- 5.1 Heart rate setting range: 40-220
- 5.2 Age setting range: 15-80
- 5.3 Time setting range: 5-99mins
- 5.4 Time setting can be adjusted by pressing speed +/- or by matrix keyboard shortcut key, after setting target time, Press "ENTER" to confirm, if not the setting will be default to the previous value.



5.5 HRC is default to 3 groups, HRC1 limits speed to 9km/h, HRC2 limits speed to 11 km/h, HRC3 limits speed to 13 km/h.

5.5.1 HRC setting method, order and parameters' range, by pressing MODE button to indicate HRC value, press mode confirmation to enter into next settin. By pressing SPEED button to adjust the parameters, it must finish setting the last parameter to start the treadmill.

A: Age setting range: 15-80 years old, default 25 years old.

B: Default target heart rate (THR): $(220 - \text{age}) \times 0.6$

C: Target heart rate can be modified in range of: 80-180

D: Time setting is default to be 30mins, modifying range is 5-99mins.

5.5.2 Speed variation relationship

A: variation frequency, HRC detecting every 30s per time. (always indicating HRC value)

- B: When user's heart rate is lower than THR 30times/min, speed will increase 2.0km/h.
- C: When user's heart rate is lower than THR 6-29times/min, speed will increase 1.0km/h.
- D: When user's heart rate is higher than THR 30times/min, speed will decrease 2.0km/h.
- E: When user's heart rate is higher than THR 6-29times/min, speed will decrease 1.0km/h.
- F: If the user's heart rate is higher or lower than THR within 0-5 times/min, speed keeps the same.

5.5.3 When the following situations occur, the speed will decrease to lowest in 20s and the treadmill runs at lowest speed for 15s then stops and ring out every second.

- A: Detect heart rate every 30s, no detecting value for 2 times.
- B: Speed to 1km/h(0.6miles/h) which is resulted from heart rate abnormal.
- C: Heart rate is over the value of (220-age).

5.5.4 At least 1km/h(0.6miles/h), speed decreasing is no lower than 1km/h(0.6miles/h), for example: when treadmill is running at speed of 1km/h(0.6miles/h) , when it's running at 1.6km/h(1.0mile/h), the speed decreases 1.0(2.0) km/h due to heart rate issues, then it will decrease to 1km/h(0.6miles/h)

5.5.5 Incline is not effected by heart rate, it's manually adjusted, The first operation mintute is not controled by THC, the treadmill will follow the presetting to run after 1min.:

5.5.6 Body fat testing method: Press **"Heart rate Training"** and **"MODE"** to select project No.

- a. F1 means Sexo, setting range is 1-2, 1 for male, 2 for female, default is 1
- b. F2 means Age, setting range is 15-99 years old, default is 25 years old.
- c. F3 means Height, setting range is 100-220cm, default is 170cm.
- d. F4 means Weight, setting range is 20-150kg, default is 70kg.
- e. F5 means the setting is finished and enter into BMI mode, please hold the handle pulse by both hands for 8s, BMI data will be indicated on the window, according to the standards of Asians, when BMI is less than 18 means too slim, when BMI is in the range of 18 and 24 means good weight, when BMI is in the range of 25 and 28 means over weight, default BMI is 24(this data is only for exercise reference)

BMI testing tips:

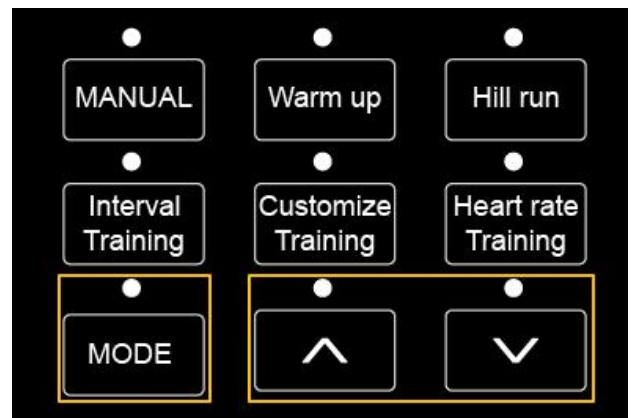
- 1: SET USER GENDER FOR FAT ON KEYPAD
- 2: SET USER AGE FOR FAT ON KEYPAD
- 3: SET USER HEIGHT FOR FAT ON KEYPAD
- 4: SET USER WEIGHT FOR FAT ON KEYPAD
- 5: HOLD GRIPS FOR HEART RATE TEST
- 6: BODY FAT RESULTS DISPLAY

6. "MODE" Countdown mode, this mode presets countdown time, countdown distance, countdown calories program,

press "  " "  " to select program, meanwhile the LED screen

above indicates operation tips:

- (1: SET TARGET MODE TIME ON KEYPAD
- 2: SET CALORIE TARGET ON KEYPAD
- 3: SET DISTANCE TARGET ON KEYPAD)
- 1. Countdown time range: 5-99mins, default is 30:00.
- 2. Countdown distance range: 1.0-99.0km, default is 1km.
- 3. Countdown calories range: 20-99990CAL, default is 50CAL.
- 4. Press "ENTER" to next step.



6.1 "RESISTANCE" mode, the motor offer certain resistance, the user can adjust the resistance range from 5 to 56 gear. Incline can be adjusted from 0 to 15%, please train your explosive power at the appropriate gear.

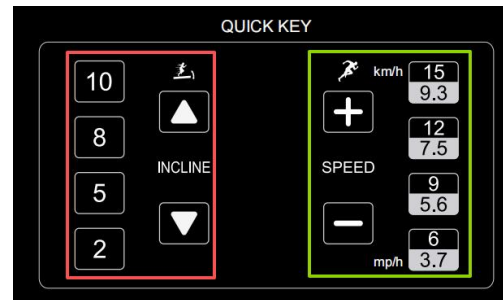
6.2 "FREE RUN" mode, no power from motor in this mode, the user can adjust incline from 0 to 15%, default incline is 6%.

6.3 "RUNNING" mode, the motor offers power, speed is adjusted from 1 to 22km/h, incline is adjusted from 0 to 15%.

6.3.1 "STOP" button, when the treadmill is running, press "STOP" the treadmill will slow down to stop or delete an Error when error occurs.

6.3.2 “START/PAUSE” button, press it to start the treadmill, press it again to stop the treadmill, the paused state retains the running data. When resuming, it continues to run from the paused data.

7.  ”: incline +
8.  ”: incline -
9.  ”: speed +
10.  ”: speed -
11.  ”: resistance +
12.  ”: resistance-



13. Incline shortcut key “2,5,8,10” for quick operation to switch to target incline.
14. Speed shortcut key “6,9,12,15” is km shortcut key for quick operation to switch to target speed.
15. Speed shortcut key “3.7,5.6,7.5,9.3” is British-style shortcut key for quick operation to target speed.

The indicator light in front of "SPEED" button on numeric keypad and keyboard lock button flashes, indicates the above keyboard is used for adjusting speeds. Switch to "INCLINE" and indicator light flashes in front of "INCLINE" means the keyboard is used for adjusting incline level, after inputting the parameters, "Enter" lights on means the data is to be confirmed, press "Enter" indicating data confirmation. If the parameters are modified and the "Enter" key is not pressed to switch to another mode or the treadmill is directly started, the parameters will not be synchronized. The parameters will default to the previously confirmed values.



16. X on numeric keyboard means data delete, when the treadmill is running the SPEED light keeps on beside the LOCK.

Now press 1 on numeric keyboard, console indicates 00.1, it indicates parameter is adjusted to 3 figures, Enter button light flashes means current setting speed is 0.01, not confirm yet.

Now press 2 on numeric keyboard, console indicates 01.2, Enter button light flashes means current setting speed is 01.2, not confirm yet.

Now press 3 on numeric keyboard, console indicates 12.3, Enter button light flashes means current setting speed is 12.3, not confirm yet. Press Enter button the light keeps on, it means the parameter is confirmed.

4. Safety Key function

The safety key consists of a tact switch, a clothes peg and a nylon cord, and has a safety feature for emergency stop.

In any state, once the safety key is pulled out, motor will stop urgently and E-07 display in the screen with a buzzer sound. The console keys will ban to operate. Every time the safety key is replaced, the screen will fully display for 2 seconds and system will enter into default working state.

5.Safe operation guide:

1. Put the power cord to a grounded power outlet with 10 amps. Turn on the power switch, the console screen displays fully and accompanying with prompt sound, then identifies the safety key. Put the safety key in the right position and clip the clothespin to the clothes on the chest. The system will enter into the default working state after the screen fully displayed for 2 seconds. All counters and setting value will be reset to original state. The system defaults to the treadmill mode.
2. The main motor calibration function: Press "STOP" button for 5 seconds in the E-07 state to enter the motor encoder learning mode for finding the origin. After the learning process is completed, the motor can be used normally.
3. During the operation of the motor, press the "START" button again. The motor will switch between the paused and running states. If it is restarted in the paused state, the recorded running data and process will remain unchanged.
4. In any situation, if the safety lock is removed, the screen will display "E-07" along with a warning sound, and the treadmill will stop running. The electronic control system is always under safety monitoring. If any abnormality is detected, the running treadmill will immediately stop, and the screen will display an abnormal information prompt along with a warning sound.

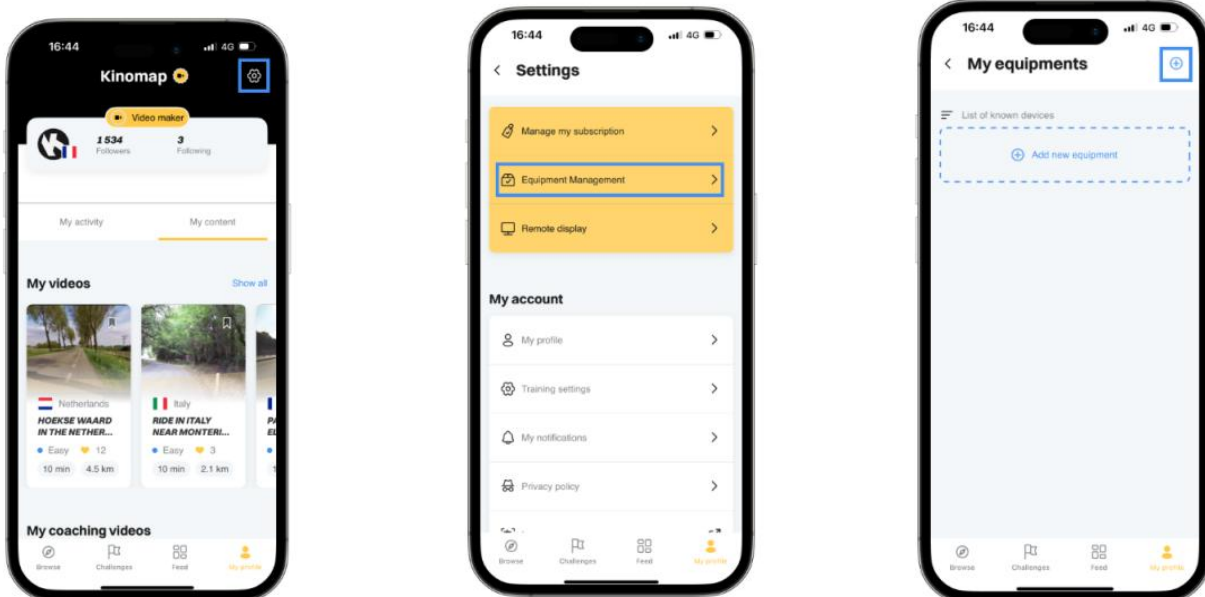
6. Bluetooth function(optional)

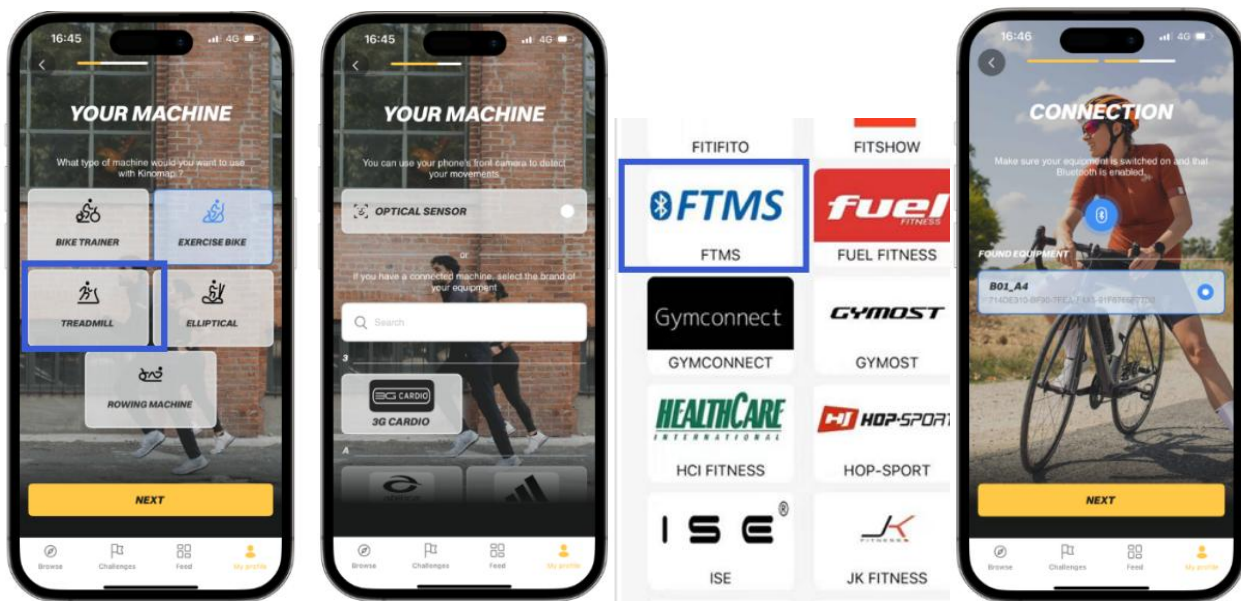
This model have optional function to support Kinomap & Zwift via Bluetooth

6.1. How to connect Kinomap

Register and login Kinomap, firstly go to the "Profile menu", then press the "Settings" button in the top right-hand corner; then select "Equipment Management". Then press "Add new equipment" or the "+" button in the top right-hand corner:

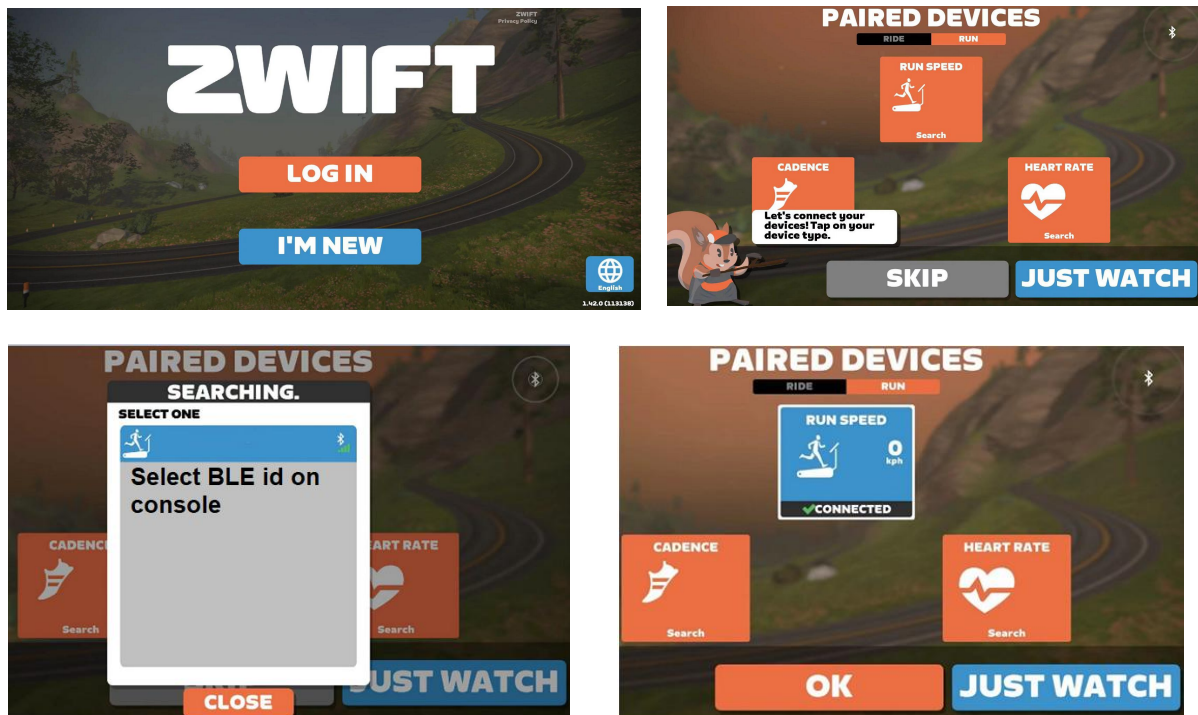
Select your equipment type **TREADMILL**, click "Next" at the bottom of the screen, scroll down to select **FTMS**; Choose the detected equipment(TREADMILL), which has same Bluetooth ID as tag on LED console, press "Next"; A connection test will start to check if Kinomap receiving data from your equipment. Once the connection has been confirmed, simply press "Next" one last time, and your equipment is connected.





6.2.2 How to connect Zwift

Register and login Zwift, enter PAIRED DEVICES page, click RUN SPEED icon, select the detected equipment, which has same Bluetooth ID as tag on LCD console, it will show connected



6.3.How to connect blue tooth for music

Open bluetooth on cell phone, if it's first time to connect blue tooth music, need to search out the device named "Run Music", then click to connect with it.



7. Automatic Program P1-P36 Metric Speed/Incline Table

[illegible]

P21	SPEED	5.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0	8.0	5.0
	INCLINE	2	2	2	2	2	2	2	2	2	2
P22	SPEED	6.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0	9.0	6.0
	INCLINE	2	2	2	2	2	2	2	2	2	2
P23	SPEED	7.0	11.0	11.0	11.0	11.0	11.0	11.0	11.0	10.0	7.0
	INCLINE	2	2	2	2	2	2	2	2	2	2
P24	SPEED	8.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	11.0	8.0
	INCLINE	2	2	2	2	2	2	2	2	2	2
P25	SPEED	4.0	7.0	5.0	7.0	5.0	7.0	5.0	7.0	5.0	3.0
	INCLINE	4	6	6	6	6	6	6	6	6	0
P26	SPEED	4.5	7.5	5.5	7.5	5.5	7.5	5.5	7.5	5.5	3.5
	INCLINE	4	6	6	6	6	6	6	6	6	0
P27	SPEED	5.0	8.0	6.0	8.0	6.0	8.0	6.0	8.0	6.0	4.0
	INCLINE	4	6	6	6	6	6	6	6	6	0
P28	SPEED	5.5	8.5	6.5	8.5	6.5	8.5	6.5	8.5	6.5	4.5
	INCLINE	4	6	6	6	6	6	6	6	6	0
P29	SPEED	6.0	9.0	7.0	9.0	7.0	9.0	7.0	9.0	7.0	5.0
	INCLINE	4	6	6	6	6	6	6	6	6	0
P30	SPEED	6.5	9.5	7.5	9.5	7.5	9.5	7.5	9.5	7.5	5.5
	INCLINE	4	6	6	6	6	6	6	6	6	0
P31	SPEED	8.0	12.0	10.0	12.0	10.0	12.0	10.0	12.0	10.0	5.0
	INCLINE	3	6	3	6	3	6	3	6	3	0
P32	SPEED	9.0	13.0	11.0	13.0	11.0	13.0	11.0	13.0	11.0	6.0
	INCLINE	4	7	4	7	4	7	4	7	4	1
P33	SPEED	10.0	14.0	12.0	14.0	12.0	14.0	12.0	14.0	12.0	7.0
	INCLINE	5	8	5	8	5	8	5	8	5	2
P34	SPEED	11.0	15.0	13.0	15.0	13.0	15.0	13.0	15.0	13.0	8.0
	INCLINE	6	9	6	9	6	9	6	9	6	3
P35	SPEED	12.0	17.0	14.0	17.0	14.0	17.0	14.0	17.0	14.0	9.0
	INCLINE	7	10	7	10	7	10	7	10	7	4
P36	SPEED	13.0	16.0	14.0	16.0	14.0	16.0	14.0	16.0	14.0	9.0
	INCLINE	8	11	8	11	8	11	8	11	8	5

8.Common faults and troubleshooting methods

Problem & code	Secon dary fault code	Reasons	Methods
Treadmill out of working		A.The power supply was not connected or the power switch was turned off.	Connect the power supply or turn on the power switch.
		B.Safety key was not in right position.	Place the safety key to the correct position
		C.Circuit broken.	Check the port of input & output and the communication wire

Treadmill stop suddenly		A. Safety key drop off	Reconnect the safety key
		B. System abnormality	Ask for repairing
Key out of work		A. Key broken or invalid	Replace the key
		B. All keys invalid	1. Replace the key board and wires. 2. Replace the PCBA . 3. Replace the console.
		C. Button on touch screen is ineffective	Replace the console.
No pulse display		A. Handle pulse wire isn't connected well or the wire is defective.	Reconnect or replace the wire
		B. Console circuitry defected	Replace console
Console short of display		A. Display screen is cracked or defective	Replace console
		B. System failure	Replace console
E1		System communication failure	Check the communication wire and console
E2	NTCF	Temperature sensor malfunction	Replace the frequency converter or have a professional maintenance worker inspect it.
	HT	High temperature indication	Replace the frequency converter or have a professional maintenance worker inspect it.
	HT	High Temperature Warning	Replace the frequency converter or have a professional maintenance worker inspect it.
	OH	Overheating of the frequency converter	Replace the frequency converter or have a professional maintenance worker inspect it.
E3	LE1	Inverter trip out under low voltage state	Replace inverter or ask for professional checking
	LE	Low voltage indication	Replace inverter or ask for professional checking
E5	OLO	System overload warning signal	Replace inverter or ask for professional checking
	OC	Output overload	Replace inverter or ask for professional checking
	FOT	IGBT abnormal	Replace inverter or ask for professional checking
E6	OL	motor overload	Replace inverter or motor
	OLI	Frequency converter overload	Replace inverter or ask for professional checking
	OLO	System overload	Replace inverter or ask for professional checking
E7		safety key has come off	1. Check whether the safety key insert well. 2. Reassembly the safety key device. 3. replace the console to check.
E8	OE	Inverter overvoltage protection	Replace inverter or ask for professional checking
	GF	Abnormal grounding of inverter	Replace inverter or ask for professional checking
	Lf	Motor wiring fault detected	Replace inverter or ask for professional checking
	EEr	EEPROM malfunction	Replace inverter or ask for professional checking
E9	ESP	System shutdown indication	Replace inverter or ask for professional checking

9. Button operation instruction

1. "START": start/pause button, when treadmill stops, press it to start, when treadmill is running, press it to pause.

2. "STOP": button, when treadmill is running, press "STOP" to stop running.

3. "+" speed up button, when treadmill is running, press it to speed up.

4. "-" speed down button, when treadmill is running, press it to speed down.

5.  "incline up button

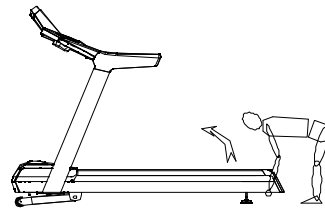
6.  "incline down button

10. Treadmill usage instruction

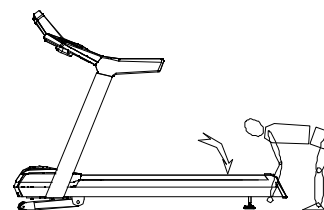
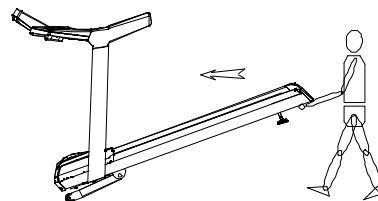
10.1. Moving the Treadmill

Make sure all following points when moving the treadmill:

1. Restore the incline to flat (0) position.
2. The power switch of treadmill is OFF.
3. Remove the power cord from the power socket.



After clearly define above points, lift up the machine by firmly holding the end of running platform. Standing up straightly to move the machine forward or backward slowly and lay it flat gently in the right position.

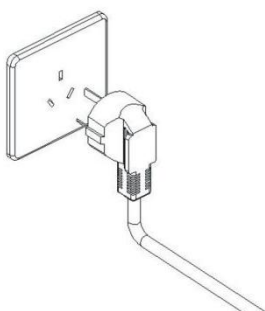


Grounding Guide

This product must be grounded. If the treadmill fails or is damaged, the ground wire can form a minimum resistance circuit, the current into the ground, thereby reducing the risk of electric shock. This product is equipped with a cable that has a conductor to ground the unit and a grounding plug. This plug must be plugged into a socket that complies with local codes and regulations for installation and grounding requirements.

Danger! Improper connection of the equipment grounding conductor may result in an electric shock hazard. If you do not know if the equipment is properly grounded, consult a qualified electrician or service person. Do not change the plug that comes with this product. If the plug does not conform to the socket, allow a qualified electrician to install a suitable outlet.

This product uses a 220-240 volts line and is equipped with a grounded outlet as shown in the illustrations below.



Treadmill Use instruction

1. Power on, the treadmill will start to the lowest position, check the machine is normal.
2. Attach the safety lock clip to the skirt of the sportsman's chest.
3. Before running, must confirm the stability of the treadmill and function is normal. It is strictly prohibited to stand on the run belt start, should stand on the side bar, handle bar, once confirm everything well then start running. When power on, put one hand to seize the handlebars, press the "START " button, treadmill delay start 5 seconds to 1.0km / h speed. Press the "speed" "+" key, the motor speeds up to 2.5 ~ 3.5km / h (this is a most suitable running speed), both hands grab handlebars, feet have to step on the running belt, can run with the same speed.
4. After a few minutes, you can speed up the running, the growth rate of the requirements is holding hands with the handlebars, press the "speed" - "" key to run slowly.
5. During the running time, press the speed shortcut keys, you can quickly enter the running speed you need.
6. Press "Stop" key to stop the motor at any time during running.
7. Preset mode: Press the "Select" button to select one of the automatic operation modes as the current running mode. Press the "Start" key to start the treadmill. The treadmill starts to run automatically according to the selection mode. In operation, you can press the "speed" + "" key or "speed" - "" key to change the current time period running speed. Press "Stop" to stop the motion.
8. HRC test (optional): switch on the treadmill, the hands holds the HRC metal sensor chip, a few seconds after the heart rate display window will display the user's heart rate value. (Note: this value is not as medical data, only as a sports reference).

Treadmill Maintenance

1. Lubrication

After the running belt has been used for a period of time, it must be lubricated with the configured methyl silicone oil. Suggestion :

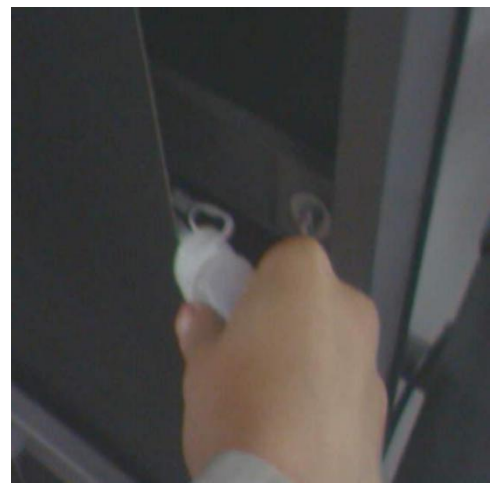
- | | |
|--|---------------------------------|
| ❖ Using time less than 3 hours every week | lubrication once every 5 months |
| ❖ Using time equal to 4-7 hours every week | lubrication once every 2 months |
| ❖ Using time more than 7 hours every week | lubrication once every month |

No excessive lubrication. Note: the important factor of increase the lifetime for treadmill is proper lubrication.

2. The way of checking whether the running belt need lubrication is, lift the side soft the treadmill and feel the central back of the belt, as far as possible. If traces of silicon spray are found, lubrication is not necessary. If the surface is dry, the belt needs lubrication.

Application of lubricant on the belt (as showed):

- Stop the running belt, and fold the treadmill. Lift the belt that's behind the back of main frame and try to send the oil can to the middle of the belt.
- Spray silicone oil to the inner side of the running belt and coating both sides of the running belt by silicone oil.
- Run the treadmill at a speed of 1km/h to apply silicone evenly. And



tread lightly on the running belt from left to right. Keep it running for several minutes then the silicon oil can be fully absorbed by the running belt.

3. Belt Adjustment

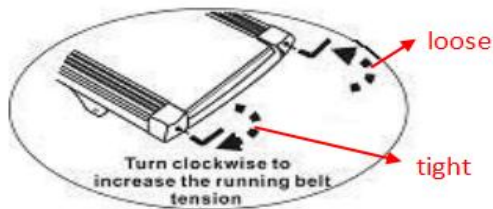
All running belts are properly set at the factory and after assembly. However, slack may occur after a period of use. Such as : pause and slip may occur when running. When this phenomenon occurs, adjust the running belt and screw in half a turn left and right. If the running belt is loose, the running belt and the roller will slip in turn. But too tight is also not good, which is easy to increase the load of the motor and damage the motor, running belt and roller, etc.

4. Adjustment of belt deviation:

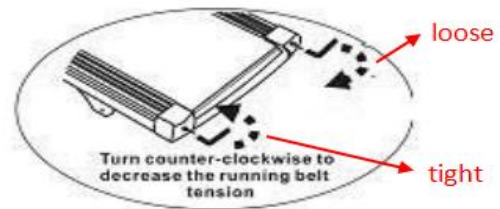
All running belts are properly set at the factory and after assembly. But after a period, the belt have the possibility for deviation. The reasons can be listed as follows.

- ① The treadmill is unstable.
- ② Feet didn't in the central of the running belt when running.
- ③ Feet exert uneven force.

If deviation caused by manual, No - load rotation for a few minutes can return to normal. Adjusting step by step in half a turn with a 6mm Allen wrench that is equipped randomly for unable to restore automatically.



Such as left deviation of running belt. Adjust the left screw clockwise or the right screw anti-clockwise.



Such as right deviation of running belt. Adjust the right screw clockwise or the left screw anti-clockwise.

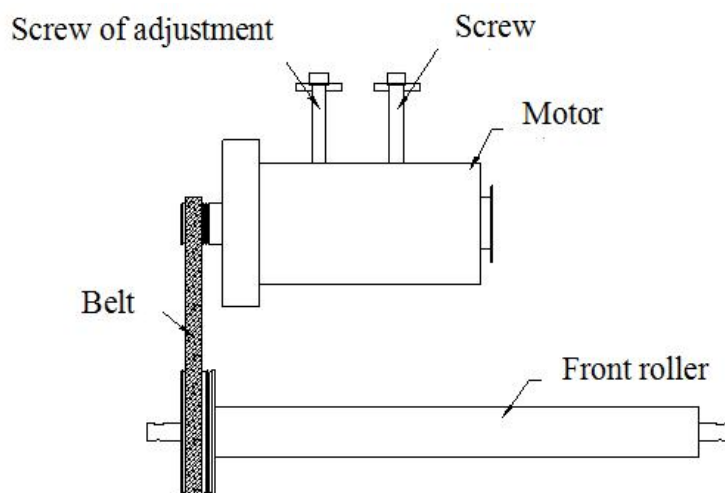
Running belt deviation is not covered by the warranty, and is mainly maintained by users according to the instructions. Running deviation can seriously damage the running belt. It must be found and corrected in time.

5. Adjustment of the motor's belt

All the motor belt of treadmill must be adjust in the factory and after assembly. However, after a period of use, there may be slack or slip phenomenon.

- Adjustment Steps: ① Turn the adjusting screw counterclockwise with wrench.
- ② The adjustment range shall be subject to the belt load not slipping.

NOTE: Regular cleaning of belts and pulley grooves



Cleaning

Regular cleaning of the striding belt ensures a long product life.

Warning: The treadmill must be turned off to avoid electrical shocks. The power cord must be pulled out of the socket, before starting the cleaning or maintenance.

- After training: Wipe the console and other surfaces with a clean soft and damp cloth to remove sweat residues.

Caution: Do not use any abrasives or solvents. To avoid damage to the computer, keep any liquids away. Do not expose the computer to direct sunlight.

- Weekly: To make the cleaning easier it is recommended to use a mat for the treadmill. Shoes can leave dirt on the striding belt that can fall beneath the treadmill. Clean the mat under the treadmill once a week.

Storage: Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is unplugged from the electrical wall outlet.