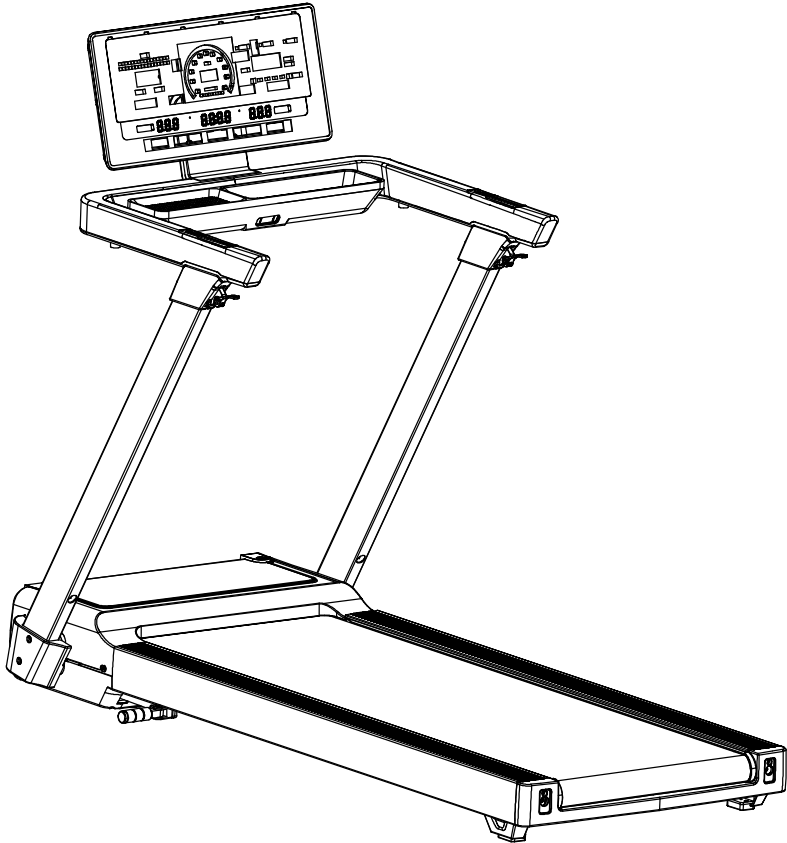


Owner's Manual



Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual

Version A

IMPORTANT SAFETY INSTRUCTIONS

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

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.
- ◆ The HRC testing may be not as exact as medical devices so its results for reference only .
- ◆ Stop exercising immediately should you feel unwell or if you feel pain in your joints or muscles. In particular, keep an eye on how your body is responding to the exercise program. Dizziness is a sign that you are exercising too intensively with the device. At the first signs of dizziness, lay down on the ground until you feel better.

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°C.
- (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

- ◆ 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.
- ◆ 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.

◆ Do not exercise too much if you are not a regular sportspeople.

◆ Do not use the treadmill after meals or when feel tired.

- may cause damage to your health.

◆ This product is for home use. It cannot be used in school or gymnasium where are lots of unspecific users.

- may cause injury.

◆ Do not use the product while you are having meals or doing other activities.

◆ Do not use the product when you feel the body become slow after drink.

- may cause accident or injury.

◆ Do not use the product when you have hard object in your pocket.

- may cause accident or injury.

◆ the power plug cannot be attached with needle, waste or water.

- may cause electric shock, short circuit and fire.

◆ Do not pull out the plug or switch the power to "off" while operating.

- may cause injury.

Do not operate with wet hands !

◆ Do not pull out or insert the plug with wet hands.

- may cause electric shock or injury.

Remember to pull out the plug !

◆ Remember to pull out the plug when not using.

- Dust and dampness can damage insulation and then cause electric leakage and fire.

◆ Pull out the plug when maintenance.

- may cause electric shock and injury.

◆ stop using immediately when the product can not start or have something abnormal, pull out the plug and make a trouble call.

- may cause electric shock and injury.

◆ pull out the plug when meet with power failure suddenly.

- may cause accident and injury when power resumption.

◆ You should hold the plug not the wire when pulling out the plug.

- may cause short circuit, electric shock and fire.

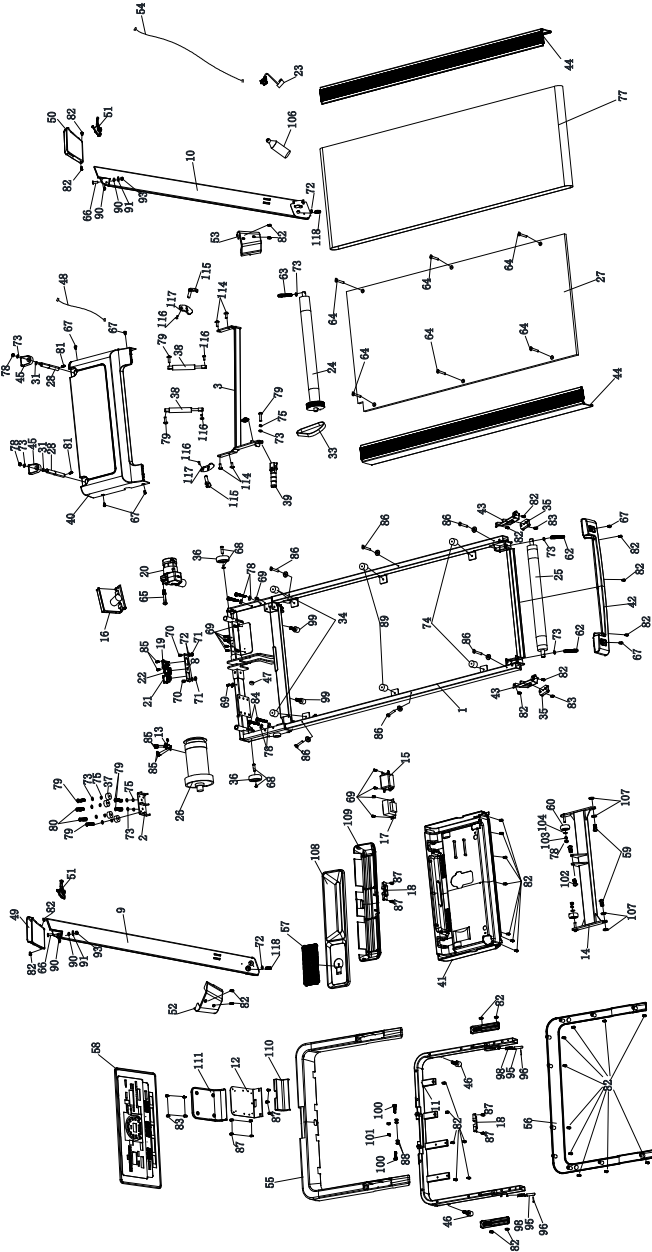
Ground connection instruction !

- ◆ the product must have grounded connection. The grounded connection can provide a channel with least resistance for the current when the product is malfunction, thus can reduce the danger of electric shock.
- ◆ The product is equipped with electric wire for grounding conductor and grounding plug. The plug must insert into the socket that conformed to the local regulations.

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.

Exploded diagram



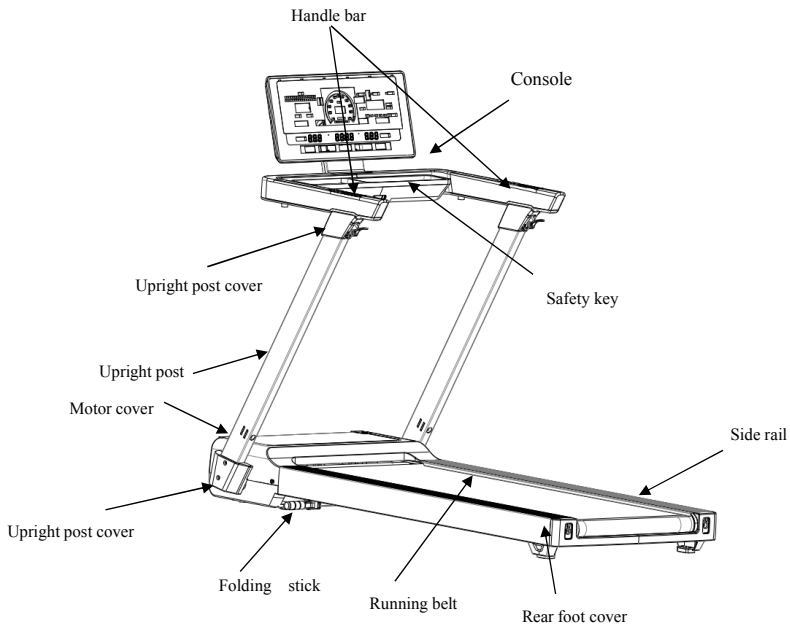
Exploded chart list

No	Name	QTY
1	Main frame	1
2	Motor mount	1
3	Foot link weldment	2
8	Switch fixing plate	1
9	Left stand post	1
10	Right stand post	1
11	Console frame	1
12	Console bracket	1
13	Speed sensor	1
14	Incline frame	1
15	Filter	1
16	Controller	1
17	Inductance	1
18	Safety key	1
19	Plug socket	1
20	Incline motor	1
21	Rocker switch	1
22	Self-resetting switch	1
23	computer tail	1
24	Front roller	1
25	Rear roller	1
26	Motor	1
27	Running deck	1
28	Tensile step shaft	2
31	O seal	2
32	Tension spring	1
33	belt	1
34	Round cushion-1	6
35	Square foot pad	2
36	Wheel-1	2
37	Rubber pad	4
38	Gas spring	1
39	Foot folding rod	1
40	Upper motor cover	1
41	Lower motor cover	1
42	Rear cover	1
43	Feet pad cover	2
44	Side rail	2

45	Feet pad cover	2
46	Adjustable cushion	2
47	Magnetic ring	1
48	Communication wire	1
49	Cover of left stand post	1
50	Cover of right stand post	1
51	Eccentric handle	2
52	Left upright post cap	1
53	right upright post cap	1
54	Riser communication line	1
55	Upper housing	1
56	Lower housing	1
57	Anti-sliding sheet	1
58	Console set	1
59	Hexagon socket head half tooth boltsM10×40×20	2
60	wheels-2	2
62	Hexagon socket head full thread bolts M8×75	2
63	Hexagon cylindrical head full tooth bolt M8×60	1
64	Hexagon countersunk head full tooth bolt M6×25	6
65	Hexagon socket head full thread bolts M10×35×20	1
66	Hexagon socket head large flat head half tooth bolt Φ16×2.3×M8	2
67	Cross recessed large flat head full tooth bolts M5×10	4
68	Hexagon socket head large flat head hollow bolt set	2
69	Cross recessed large flat head full tooth bolts M4×10	8
70	Cross recessed large flat head full tooth bolts M5×15	2
71	Hex Nut M5	2
72	Flat washer Φ5	2
73	Flat washer Φ8	12
74	Round cushion--2	2
75	Elastic washer Φ8	9
77	Running belt	1
78	Hexagonal lock nut M8	6
79	Hexagon socket head pan head full thread bolts M8×25	5
80	Hexagon socket head large flat head half tooth bolt M8×50×20	2
82	Cross recessed large flat head self-tapping screw ST4×16	40
83	Cross recessed large flat head full tooth bolts M4×10	6
84	Hexagon head full thread bolts M8×50	4
85	Cross recessed countersunk head tapping screw ST3×10	6
86	Cross recessed countersunk head tapping screw ST4×15	8
87	Cross recessed large flat head self-tapping screw ST4×10	9

88	belleville spring-1	4
89	Cylindrical cushion-3	2
90	belleville spring-3	4
91	M8 Step gasket	2
93	Hexagonal locking screw M8	2
95	Latch shaft	2
96	Headless full tooth bolt	2
98	spring	2
No	Name	QTY
99	Foot pad	2
100	Hexagon head full thread bolts M6×40	2
101	Hex Nut M6	2
102	Hexagon socket head large flat head half tooth bolt M10×7.5	1
103	Elastic washer Φ10	2
104	Flat washer Φ10	2
106	Silicone oil bottle	1
107	Lifting shaft sleeve	4
108	Upper Storage frame	1
109	Lower storage frame	1
110	Fixed front shell of console	1
111	Fixed rear shell of console	1
112	Speed grip assembly	1
113	Incline hand grip assembly	1
114	Hexagon socket head full tooth bolts M8×20	4
115	Hook welding assembly	2
116	Hexagon socket head full tooth bolts M6×12	4
117	Foot-operated rotation limiting plate	2
118	Hexagon socket cap head full tooth bolts M8×20	2

Product Introduction



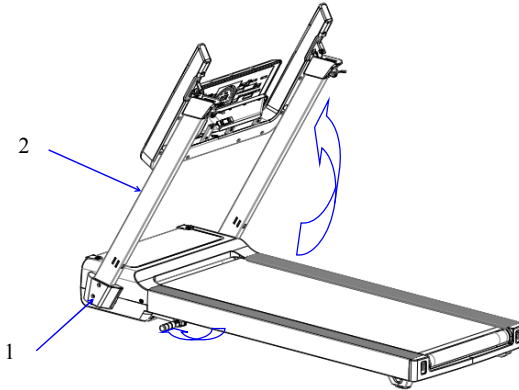
Technical information

Dimension	Folding: 1700*790*270mm
	Unfold: 1700*790*1280mm
Running surface	1400*500mm
Speed	1.0—18.0Km/h

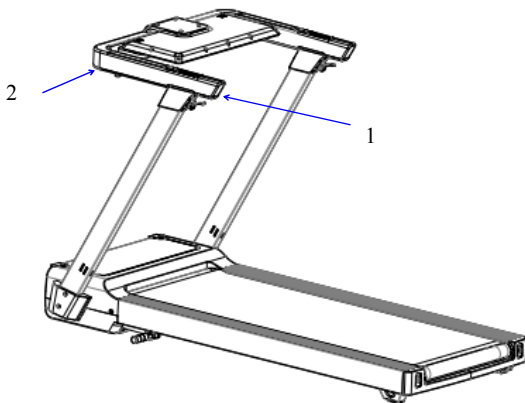
Remark: WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

Unfold Instruction

Step 1: Taking the treadmill out of the box, extend the footrest folding bar 1 from the lower side of the machine, lift the upright post 2 with foot on the footrest folding bar. The upright post is secured in place with a click.

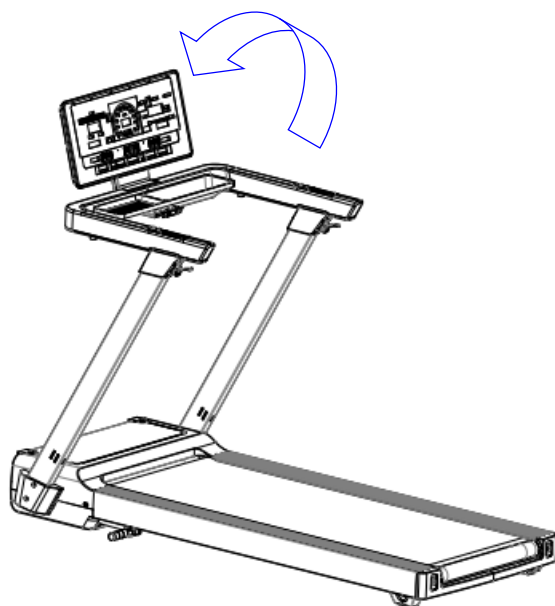


Step 2: Lift the console frame
After lifting the upright post, hold down 1 with one hand and lift 2 with the other hand to force the console stand.



Step 3: Lift the console

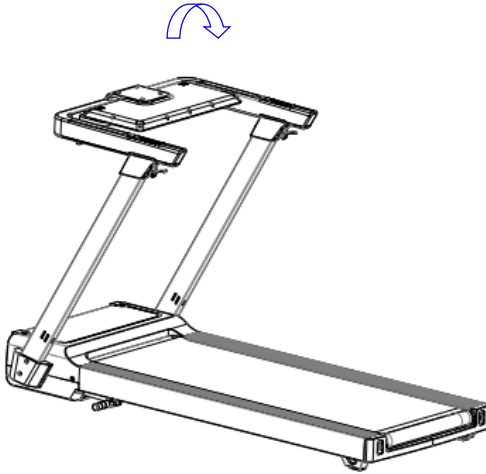
After the console frame is lifted, lift the console, then the machine is completed.



Folding instruction

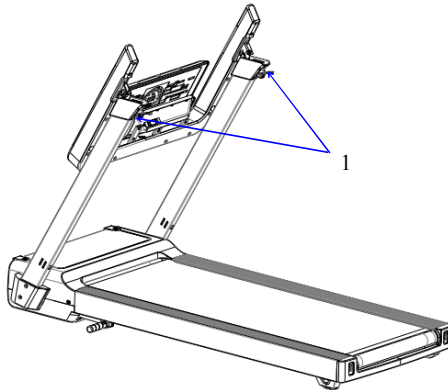
Step 1: Fold the console

First put the console flat forward, as below picture.



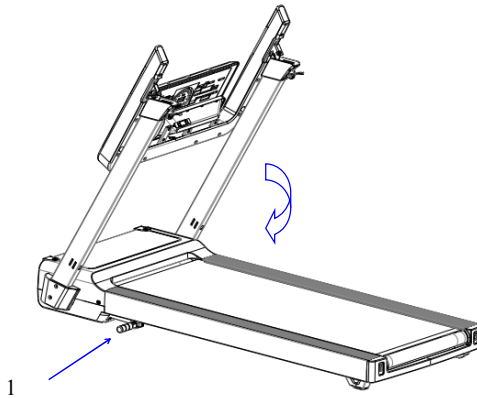
Step 2: Fold the console frame

After placing the console flat, pull the left and right handles (1) up at the same time, so that the latch is removed from the rear console frame and slowly lowered under the support of both hands.



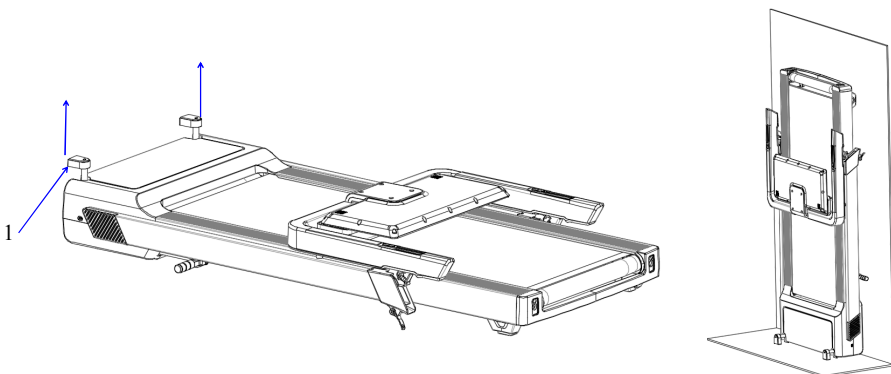
Step 3: Fold the riser

Use your hand to hold the upright post slightly forward, then use your foot to step on the folding lever (1) after the upright post will slowly drop. When the upright post is lowered, the folding is complete.

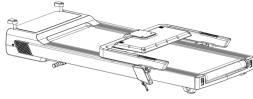


Step 4: Stand up the treadmill

After completing the folding step, unplug the power cord in front of the host, and then pull out the two rubber pads (1) in front of the host, and then lift the host from behind on the ground. (Note: Do not strike after standing up.)



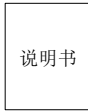
Packing list



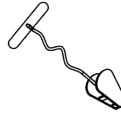
Treadmill



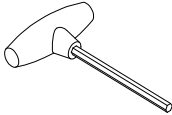
Silicon oil



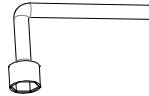
Manual



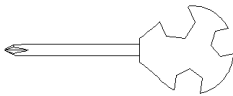
Safety key



T shape wrench 8*75

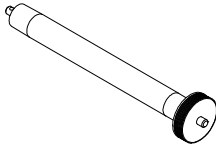


L shape Wrench

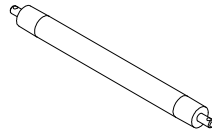


○ Cross Wrench 14×17×75

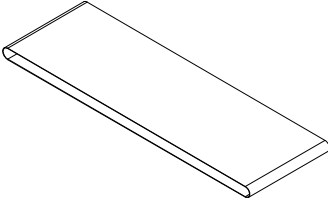
Main parts



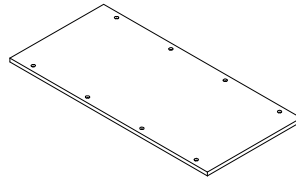
Front roller



Rear roller



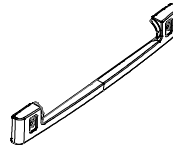
Running belt



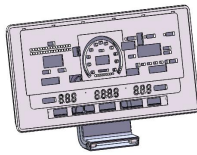
Running deck



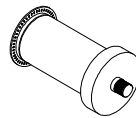
Side rail



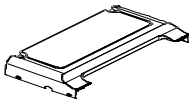
Rear cover



Console set



Motor



Motor cover

General Fitness Tips

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).

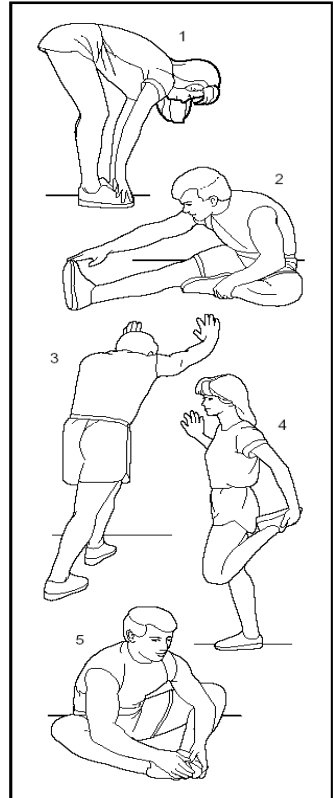
4. Quadriceps stretching

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.

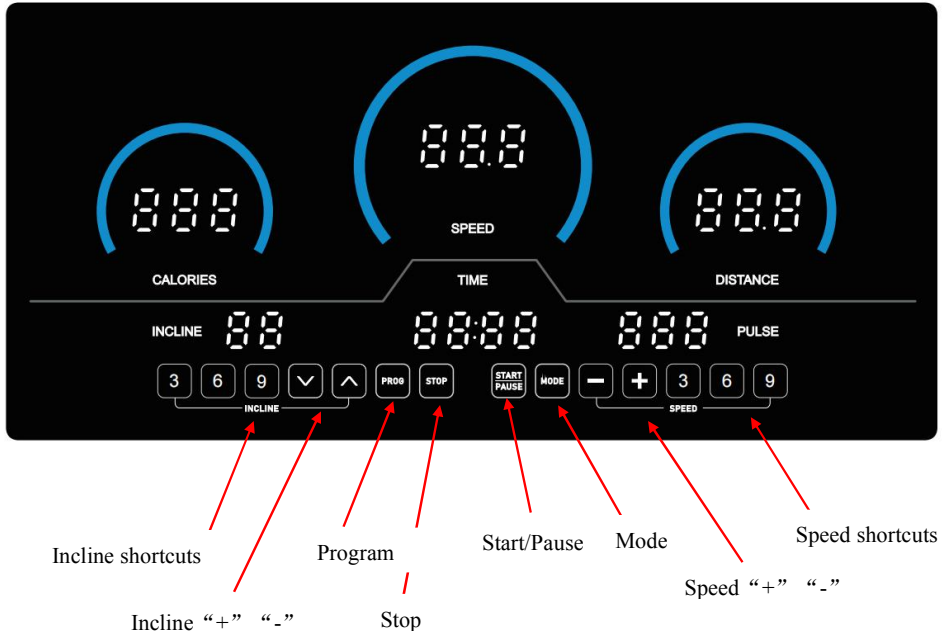
Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 4 shown).

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).



Instructions of Console Panel



Console Function Description

1. P0 is User-defined training program, P1-P36 are Built-in automatic training program, 3 USER,BMI
2. LED display, 14 touch buttons
- 3.Speed and Distance Conversion Function between Metric and Imperial Systems
- 4.Operating speed range: 1.0~18.0KM/H
- 5.INCLINE range: 0-12
- 6.Overload, overcurrent protection, explosion proof impact, anti-speed, anti-electromagnetic interference and other safety protection functions
7. System self-check, abnormal information prompt function.
8. 3 custom functions;
- 8.3 custom function
9. ERP function
10. Fuel reminder function;

DIGITAL WINDOW DISPLAY :

- 1) "SPEED" window: display the value of speed;
- 2) "TIME" window: display the value of time;
- 3) CALORIES window: display the value of calories;
- 4) "DISTANCE"、"PULSE" and "INCLINE" window: display distance、heart rate and incline;

Metric/English conversion instructions:


- 1) Press the "PROGRAM" and "MODE" keys at the same time after removing the safety lock, the display will show 0.6 which means converting from kilometers to miles;
- 2) Press the "PROGRAM" and "MODE" keys at the same time after removing the safety lock, the display will show 1.0 for converting from miles to kilometers;


KEY FUNCTION

- 1) "PROG" : program selection key, in the stopped state, cycle to select the program P01~P36, U01, U02, U03, BMI;
- 2) "MODE" : When the manual MODE is selected, the initial state is normal mode. Press the mode key to select the countdown mode -> Backward distance mode -> Backward calorie mode -> positive timing mode in the manual mode; Reset key for the default value (30 minutes) in the countdown interval in P1-P36;
- 3) "START/PAUSE" : start/pause button, in the stop state, start the treadmill; When running, pause the treadmill; No pause function after Bluetooth connection;
- 4) STOP: Stop/reset key 1. In the running state, press the STOP key for slow stop;
2. When ERR is displayed, the information displayed is cleared.
- 5) "+" : speed increment key, in the stop or BMI state, for setting parameters increment , in the running state, for speed increment ;

6) "-" : speed decline key, in the stop or BMI state, for the set parameter decline , in the running state, for the speed decline ;

7) "QUICK SPEED" : 3,6,9 speed shortcut keys, in the running state of the treadmill, directly set the speed to the value of the key;

8) "  " : slope increment key, in the running state, slope increment ;

9) "  " : slope decline key, in the running state, slope decline ;

Safety lock function description:

The safety lock is composed of copper, clothespins and nylon rope, which has the safety prevention function of emergency shutdown. In any state, as long as the safety lock is out of position, the treadmill stops running, the keyboard is prohibited to operate, and the screen displays "E-07" with a prompt tone. Each time after the security lock is placed, the screen will be fully displayed for 2 seconds, then enter the default working state of the system.

USER program:

USER has three USER1~USER3. In USER mode, users can access or set their own sports program, press "PROG" key to adjust to "USER1~USER3", then press "mode" key to set or press START key to start sports. Press the "MODE" key to set the 10 sections of speed and ascension of your own program. After setting, the user press "START" to start the treadmill. The user's program will be saved and can be used directly next time.

Safety Guide



1. 1 Insert the power cord plug into the 10A power socket with safety ground, turn on the power switch, the console screen is fully displayed with a prompt sound, then identify the safety key.
1. 2 Place the safety key in the position on the console and clip the clothespin to the clothes on the chest. The screen is fully displayed for 2 seconds then enters the default working state: all counters are cleared to zero, the set value is reset, the treadmill is in the positive timing mode of manual program P0;
1. 3 Press "PROG" key to select a program: P01~P36, U01,U02,U03, BMI;
1. 4 "P0" is a user-defined program, press "MODE" key to select four training modes, the training speed and slope are set by the user. Default: Speed 1.0KM/H, slope 0 section.

Training mode 1: positive counting time, time, distance, calories are positive counting, close the setting function;

Training mode 2: countdown time, setup state, time window flashing, press "+", "-" key to modify the set value, set range: 5-99 minutes, default value: 30:00;

Training mode 3: countdown distance, set the state, the distance window flashes, press "+", "-" key to modify the set value, set the range: 1.0-99.0 KM, the default value: 1KM;

Training mode 4: reverse calorie, set state, calorie window flashes, press "+", "-" key to modify the set value, set range: 20-990CAL, default value: 50CAL;
1. 5 "P01-P36" for the system setup program, only trained in the countdown mode, under the setting state, the time window flashes, press "+", "-" key to modify the set value, press the "MODE" key to reset to the default value, set the range: 5-99MIN, the default value: 30:00;
1. 6 After setting the training mode, press "START" key, the screen starts to display 5 seconds countdown with 5 beeps, after the countdown is 1, the treadmill starts gently, accelerates slowly to the displayed speed, and then runs smoothly at constant speed.
1. 7 In the running state, press "+", "-" key or "QUICK SPEED" key to adjust the speed of the treadmill;

1. 8 In P1-P36, the speed of each program is divided into 10 segments, each period is equally divided according to the set time. The speed adjusted by key is only valid in the current segment, and three beeps will be sent three seconds in advance when the segment is converted to the other segment. The motor stops automatically when the program runs full of 10 segments, with a "beep";
1. 9 In running mode, press "START" key, the motor will change between the two states of suspension and running. Restart in the paused state, the recorded running data and process stay the same.
1. 10 In the motor running, press "STOP" key, the motor will slow down until it stops smoothly, all the settings will be restored to the default state;
1. 11 In the motor running, press ""; "" key or "QUICK INCLINE" to adjust the treadmill slope;
1. 12 In any state, pull off the safety lock, the screen displays "E-07", and accompanied by a tone, the treadmill stops running;
1. 13 The control system at any time in the safety monitoring, as long as the discovery of anomalies, the treadmill will be emergency stopped, the screen displays abnormal information prompts, accompanied by beeps;
1. 14 When the abnormal information is displayed on the screen, press STOP. The system clears the displayed information one time.
1. 15 BMI test method: press the "PROG" key to select the program BMI, press the "MODE" key to select the project serial number. press the "+" and "-" keys to set the parameters.
1. 16 Item No. F1 (Sex): indicates the gender; set the parameter range: 1-2, "1" indicates male, "2" indicates female, default value: 1;
1. 17 Item No. F2 (Age): indicates age; set parameter range: 1-99 years old, default value: 25 years old.
1. 18 Item No. F3 (Height): indicates height; set parameter range: 100-220CM, default value: 170CM;
1. 19 Item serial number F4 (Weight): indicates weight; set parameter range: 20-150KG, default value: 70KG;

1. 20 Item serial number F5 (BMI): indicates the completion of parameter settings, enter the BMI test state, please hold both hands to the left and right handles of the heart rate sensing piece, wait for 4 seconds, the parameter display window will show the test person's body fat rate (BMI); to the standard of the Asian people, the body fat is less than 18 for thin, between 18 and 24 for the ideal body weight, between 25 and 28 for overweight, greater than 29 for obese, and the body fat of the person under test will be shown in the window. Default value: 24 (this data is only for exercise reference).
1. 21 British BMI test method: Press the "PROG" key to select program BMI, press the "MODE" key to select item serial number, press the "+" and "-" keys to set parameters.
 - a) Item number F1 (Sexo) : indicates gender; The value ranges from 1 to 2, where 1 indicates male and 2 indicates female. The default value is 1.
 - b) Item number F2 (Age) : indicates age; Value range: 1 to 99 years old. Default value: 25 years old ;
 - c) Item No. F3 (Height) : indicates height. The value ranges from 39 to 87 inches. Default value: 67 inches.
 - d) Item number F4 (Weight) : indicates weight; Set parameters range: 44-330 LBS. Default: 154 LBS.
 - e) Item No. F5 (BMI) : indicates the completion of parameter setting and entering the body fat test state. Please hold both hands on the heart rate sensor on the left and right handles. Wait 4 seconds, the parameter display window will display the body fat percentage (BMI) of the tested person; By Asian standards, a body fat of less than 18 is considered lean, a body fat of 18 to 24 is considered ideal, a body fat of 25 to 28 is overweight, and a body fat of more than 29 is considered obese (this data is for exercise reference only). Default value: 24

ERP transfer function:

The system starts in ERP mode by default. When the treadmill is not operated, it will enter hibernation state in about 4 and a half minutes to save power consumption. Press any key to wake up the system. In standby MODE, hold down the mode key for 3S to display '2222' to cancel the ERP function, and hold down the mode key for 3S to display '1111' to return to ERP mode.

Speed and slope table for the automatic program P01-P36: metric

		Seg		1	2	3	4	5	6	7	8	9	10
		Pro	Class										
P1	SPEED			1.0	3.0	5.0	5.0	5.0	7.0	7.0	5.0	3.0	2.0
	INCLINE			2	2	8	6	6	4	4	6	2	2
P2	SPEED			2.0	3.0	5.0	8.0	5.0	5.0	6.0	8.0	4.0	3.0
	INCLINE			3	3	2	2	8	8	4	4	4	4
P3	SPEED			2.0	3.0	7.0	8.0	5.0	5.0	5.0	8.0	4.0	3.0
	INCLINE			1	2	5	7	7	4	4	6	2	2
P4	SPEED			2.0	2.0	5.0	8.0	8.0	8.0	8.0	5.0	3.0	2.0
	INCLINE			3	3	9	9	9	9	9	6	2	2
P5	SPEED			3.0	4.0	8.0	9.0	10.0	10.0	10.0	7.0	4.0	3.0
	INCLINE			2	2	8	6	6	6	6	6	1	1
P6	SPEED			3.0	4.0	6.0	7.0	7.0	7.0	9.0	10.0	5.0	3.0
	INCLINE			1	8	8	7	7	7	7	5	3	1
P7	SPEED			3.0	4.0	4.0	10.0	4.0	9.0	4.0	11.0	3.0	2.0
	INCLINE			1	1	6	6	6	8	8	10	6	2
P8	SPEED			3.0	5.0	7.0	9.0	3.0	5.0	7.0	5.0	11.0	5.0
	INCLINE			3	3	3	7	7	3	3	3	5	5
P9	SPEED			3.0	7.0	10.0	4.0	7.0	11.0	5.0	4.0	12.0	6.0
	INCLINE			3	6	7	3	8	8	3	8	4	4
P10	SPEED			3.0	5.0	9.0	10.0	6.0	6.0	9.0	6.0	11.0	3.0
	INCLINE			2	7	5	5	8	8	8	8	4	4
P11	SPEED			4.0	5.0	11.0	9.0	6.0	8.0	9.0	11.0	6.0	5.0
	INCLINE			1	6	3	3	7	7	4	4	6	6
P12	SPEED			4.0	6.0	10.0	10.0	10.0	7.0	7.0	10.0	6.0	5.0
	INCLINE			3	8	9	5	5	8	8	4	4	4
P13	SPEED			2.0	4.0	6.0	6.0	6.0	8.0	8.0	6.0	4.0	3.0
	INCLINE			3	3	9	7	7	5	5	7	3	3
P14	SPEED			3.0	4.0	6.0	9.0	6.0	6.0	7.0	9.0	5.0	4.0
	INCLINE			4	4	3	3	9	9	5	5	5	5
P15	SPEED			3.0	4.0	8.0	9.0	6.0	6.0	6.0	9.0	5.0	4.0
	INCLINE			2	3	6	8	8	5	5	7	3	3
P16	SPEED			3.0	3.0	6.0	9.0	9.0	9.0	9.0	6.0	4.0	3.0
	INCLINE			4	4	10	10	10	10	10	7	3	3
P17	SPEED			4.0	5.0	9.0	10.0	11.0	11.0	11.0	8.0	5.0	4.0

	INCLINE	3	3	9	7	7	7	7	7	2	2
P18	SPEED	4.0	5.0	7.0	8.0	8.0	8.0	10.0	11.0	6.0	4.0
	INCLINE	2	9	9	8	8	8	8	6	4	2
P19	SPEED	4.0	5.0	5.0	11.0	5.0	10.0	5.0	12.0	4.0	3.0
	INCLINE	2.0	2	7	7	7	9	9	11	7	3
P20	SPEED	4.0	6.0	8.0	10.0	4.0	6.0	8.0	6.0	12.0	6.0
	INCLINE	4	4	4	8	8	4	4	4	6	6
P21	SPEED	4.0	8.0	11.0	5.0	8.0	12.0	6.0	5.0	12.0	7.0
	INCLINE	4	7	8	4	9	9	4	9	5	5
P22	SPEED	4.0	6.0	10.0	11.0	7.0	7.0	10.0	7.0	12.0	4.0
	INCLINE	3	8	6	6	9	9	9	9	5	5
P23	SPEED	5.0	6.0	12.0	10.0	7.0	9.0	10.0	12.0	7.0	6.0
	INCLINE	2	7	4	4	8	8	5	5	7	7
P24	SPEED	5.0	7.0	11.0	11.0	11.0	8.0	8.0	11.0	7.0	6.0
	INCLINE	4	9	10	6	6	9	9	5	5	5
P25	SPEED	3.0	5.0	7.0	7.0	7.0	9.0	9.0	7.0	5.0	4.0
	INCLINE	4	4	10	8	8	6	6	8	4	4
P26	SPEED	4.0	5.0	7.0	10.0	7.0	7.0	8.0	10.0	6.0	5.0
	INCLINE	5	5	4	4	10	10	6	6	6	6
P27	SPEED	4.0	5.0	9.0	10.0	7.0	7.0	7.0	10.0	6.0	5.0
	INCLINE	3	4	7	9	9	6	6	8	4	4
P28	SPEED	4.0	4.0	7.0	10.0	10.0	10.0	10.0	7.0	5.0	4.0
	INCLINE	5	5	10	10	10	10	10	8	4	4
P29	SPEED	5.0	6.0	10.0	11.0	12.0	12.0	12.0	9.0	6.0	5.0
	INCLINE	4	4	10	8	8	8	8	8	3	3
P30	SPEED	5.0	6.0	8.0	9.0	9.0	9.0	11.0	12.0	7.0	5.0
	INCLINE	3	10	10	9	9	9	9	7	5	3
P31	SPEED	5.0	6.0	6.0	12.0	6.0	11.0	6.0	12.0	5.0	4.0
	INCLINE	3	3	8	8	8	10	10	10	8	4
P32	SPEED	5.0	7.0	9.0	11.0	5.0	7.0	9.0	7.0	12.0	7.0
	INCLINE	5	5	5	9	9	5	5	5	7	7
P33	SPEED	5.0	9.0	12.0	6.0	9.0	12.0	7.0	6.0	12.0	8.0
	INCLINE	5	8	9	5	10	10	5	10	6	6
P34	SPEED	5.0	7.0	11.0	12.0	8.0	8.0	11.0	8.0	12.0	5.0
	INCLINE	4	9	7	7	10	10	10	10	6	6
P35	SPEED	6.0	7.0	12.0	11.0	8.0	10.0	11.0	12.0	8.0	7.0
	INCLINE	3	8	5	5	9	9	6	6	8	8
P36	SPEED	6.0	8.0	12.0	12.0	12.0	9.0	9.0	12.0	8.0	7.0
	INCLINE	5	10	10	7	7	10	10	6	6	6

Folding and Moving of Treadmill

The folding of the treadmill

1. When preparing to fold the machine, the power must be turned off;
2. Lift the treadmill to the upright ;
4. When putting down the treadmill, first hold the treadmill with your hands, step on the folding stick with your feet, then the treadmill slowly put down to the ground.

Moving Treadmill

When moving, must ensure that:

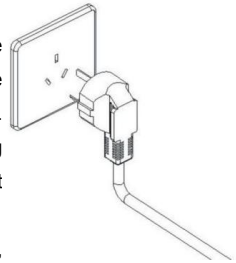
- 1) The power switch of the treadmill is turned off;
- 2) The power plug has been pulled out from the socket;
- 3) The treadmill has been folded;

After clarifying the above points, hold the end of the treadmill with one hand and the armrest on the same side with the other hand, and move the machine slowly when it is tilted 40~50° to the chest.

Grounding guide

This product must have grounding. If error and damage occurred to the treadmill , grounding wire can form one circuit with lowest resistance, the current can be guided into the ground to reduce the danger of electric shock. This product is equipped with one cable, which has one grounding conductor and grounding plug. The treadmill must be grounded with correct socket that is compatible with local rules.

Danger! If you do not know whether the equipment is properly grounded, please consult a qualified electrician or maintenance personnel. Please do not change the plug attached to this product without authorization. If the plug is inconsistent with the socket, let a qualified electrician install a suitable socket.



PRODUCT USING INSTRUCTIONS

Using instruction of treadmill

1. Turn the power on, keep the treadmill spread out at its lowest position and check if its function is normal.
2. Clip the safety key cord with your clothes.
3. Ensure and check its function and stability before using. Standing on the Running belt to get it started is not allowed. The correct way to start is standing on side rails with hands on the handle bar. After normal working, you can exercise with the treadmill. Hold the handle bar when press the "START" key, the treadmill running at the speed of 1.0km/h after 5 seconds. Then press "+" Key to 2.5-3.5 km/h which is the comfort speed for running. Both of hands are supposed to catch handle bar at the same time and feet step to the running belt successively to start running. Run at the same pace as your running belt.
4. After several minutes, you can speed up by pressing "+" key or slow down by "-" key meanwhile holding the hand bar.
5. When running, press speed value, you can enter into the fixed speed you want.
6. Pressing "stop" key at any time to stop the motor.

7. Pre-setting Use

Connect the power .Turn the power on.

Press "choose" key to select what mode you want.

Press "starts" key to get started in your selected mode.

You can press "+" or "-" to change the speed or "stop" key to make it stop.

8. The running deck should be raised to a certain height after the motor is stopped, then adjust the rear foot to change the incline.

9. HRC testing

After the treadmill is powered on, hold your hands on the metal pulse sensors, then you can see HRC value on the display window. (Note: This value is not used as medical data and can only be used as a reference for sports.)

Note: When the safety key pull out ,the treadmill will stop immediately,

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 :

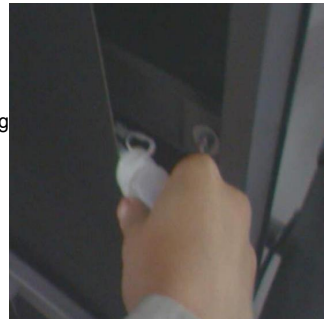
Using time less than 3 hours every week	lubrication once every 5 months
Using time equal to 4-7 hours every week	lubrication once every 2 months
Using time more than 7 hours every week	lubrication once every month

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 shown)

- Stop the running belt, and fold the treadmill. Put up the belt of back main frame so that the oil can reach the middle position.
- Spraying silicone oil on the inner side of the running belt and coating silicone oil on both sides of the running belt.
- Run the treadmill at a speed of 1km/h to apply silicone evenly. And tread lightly on the running belt from left to right.
- Wait several minutes to let the silicon spray spread before starting the machine



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 you treadmill in a clean and dry environment. Ensure the master powers witch is off and is unplugged from the electrical wall outlet.

1. Belt Adjustment

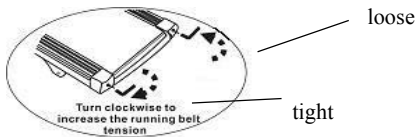
All running belts are properly set at the factory and after assembly. However, slack may occur after a period of use. Such as : pause and slip may occur when running. When this phenomenon occurs, adjust the running belt and screw in half a turn left and right. If the running belt is loose, the running 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.

2. Adjusting the belt deviation:

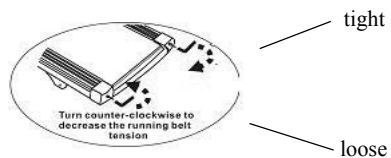
All running belts are properly set at the factory and after assembly. But after a period, the belt have the possibility for deviation. The reasons can be listed as follows.

- 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.



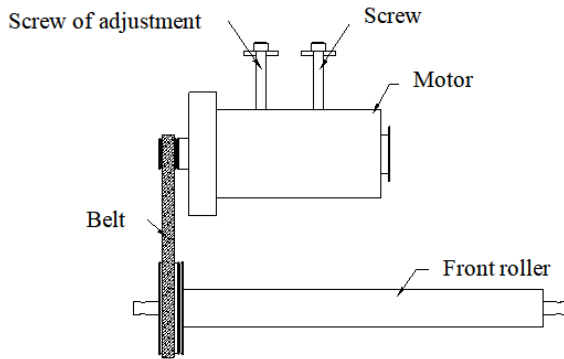
Such as right deviation of running belt.
Adjust the right screw clockwise or the left screw anti-clockwise.

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.

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

Trouble shooting

Item	Reason	Maintenance
System not working	A. Not plugged in or not turned on	Connect the power, or turn the power switch to the "NO" position
	B. Security key not in place	Put the safety key in the correct position
	C. No power to the controller or monitor	Replace the controller or monitor
	D. Poor cable connection	Check system input and output cable terminals and communication cables inside stand post
Sudden stop in normal state	A. Safety key off	Replace the safety key
	B. System abnormal	Please call after-sales service
Button failure	Button invalid	1. Replace the key board and the keyboard cable; 2. Replace the PCB board 3. Replace the console.
E-01	A. defective communication line	Reconnect the communication cable and check if the terminal is connected well or replace the communication cable
	B. defective console	Replace the console
	C. defective controller	Replace the controller
E-02	A. Defective motor cable and motor	Replace the motor
	B. defective between motor cable and controller or defective controller	Check and connect cables well or replace the controller
E-03	A. The speed sensor is not installed correctly	Check and reconnect
	B. Defective speed sensor	Replace the speed sensor
	C. Dirty speed sensor or poor contact	Check and reconnect/clean the dust, grease on speed sensor
	D. defective controller	Replace the controller
E-05	A. Controller is damaged	Replace the controller
	B. damaged motor	Replace the motor
	C. mechanical failure	Check whether the silicon oil backside of running belt is dry or rollers was blocked
E-07	Console does not detect safety lock signal	1. Check whether the safety key is in correct position; 2. Reinstall the safety key sock; 3. Replace the console
No heart rate display	A. The handle pulse cables are not inserted properly or defective	Check and connect or replace the handle pulse cables
	B. Console cables are defective	Replace the console
The console shows incomplete or missing strokes	A. LED digital tube is defective	Replace the PCB board or monitor
	B. system error	Replace the monitor
Incline failure	A. Defective incline motor	Replace the incline motor
	B. defective controller	Replace the controller
	C. Controller signal is abnormal	Press the calibrate key on the controller to calibrate the incline value.