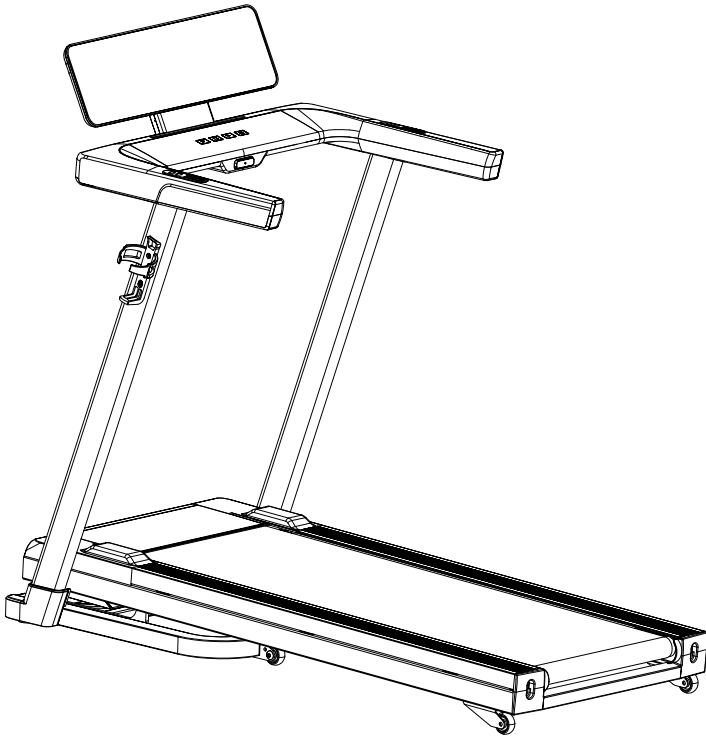


# MOTORIZED TREADMILL OWNER'S MANUAL



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 Herniated disc, spinal slip, cervical vertebra protrusion, etc. )
  - (2) The patient with Arthritis deformans, rheumatism or gout .
  - (3) The patient with osteoporosis .
  - (4) The patient with a bad circulatory system like heart disease ,vascular disorders and vascular hypertension .
  - (5) The patient with respiratory disturbance.
  - (6) The patient with Artificial heart rhythm problem.

- (7) The patient with malignant tumors.
- (8) The patient with thrombosis .
- (9) The patient with diabetes-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 pregnant 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.

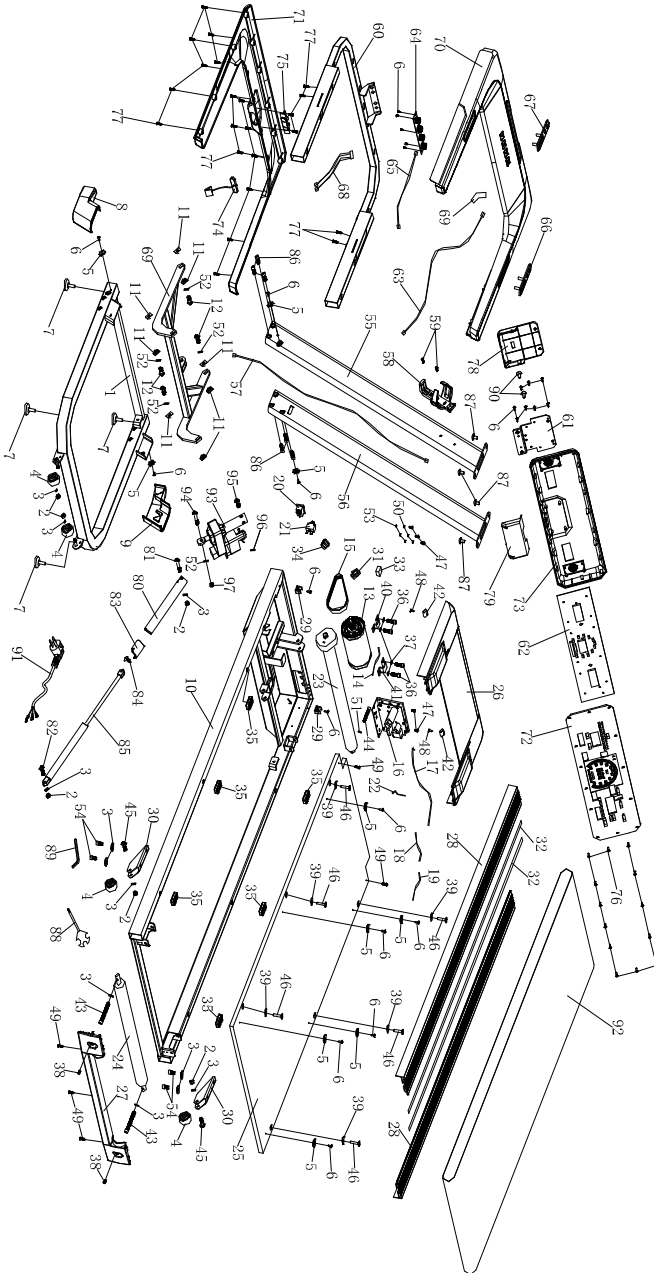
Ground connection instruction !

- ◆ 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

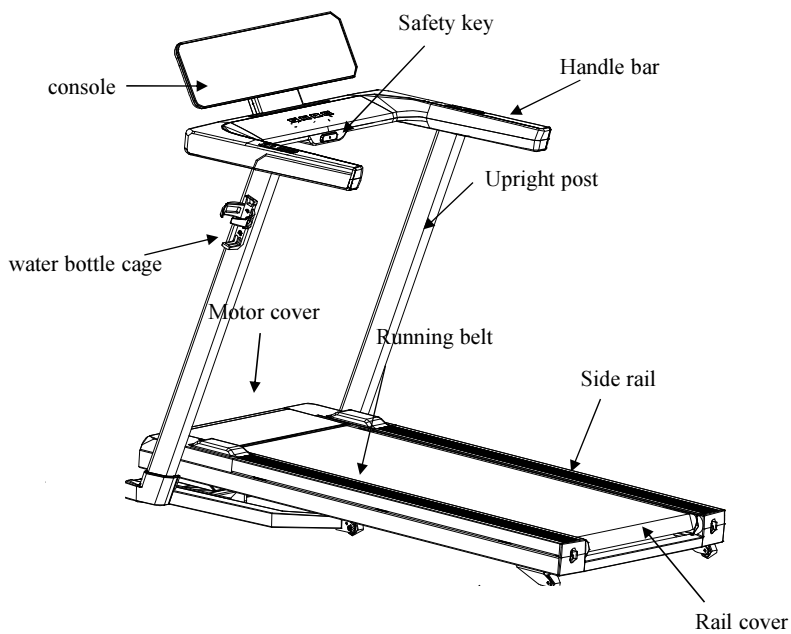


## Exploded chart list

NO.	NAME	QTY	NO.	NAME	QTY
1	Base frame	1	47	Philips C.K.S full thread screw M4×10 (6.8 grade /steel nail)	7
2	Hex self-locking nut	6	48	Philips C.K.S.self-tapping screw ST4×12	2
3	flat washer	8	49	Philips C.K.S.self-tapping screw ST4×16	5
4	Wheel	4	50	SPRING WASHER Φ5	3
5	Round side rail guider	10	51	flat washer Φ6	1
6	Philips countersunk head self-tapping screw ST4×15	20	52	flat washer Φ10	5
7	Cone foot pad	2	53	Serrated lock washers external teeth Φ5	3
8	Base bar cover (L)	1	54	Allen socket full thread screw M8×15(black)	4
9	Base bar cover (R)	1	55	Upright post left	1
10	Main frame	1	56	Upright post right	1
11	Incline shaft sleeve	8	57	Communication wire L=1200mm	1
12	AllenC.K.S half thread screw M10×25×15	4	58	kettle holder	1
13	External rotation brushless motor	1	59	Cross recessed bolt with large flat head and pointed mouth M4×16 (6.8 grade /black)	2
14	Controller ground wire L=200mm	1	60	Computer frame	1
15	Elastic Motor belt	1	61	Console head fixing plate	1
16	7200EA Controller	1	62	7200EA Console	1
17	Communication wire L=500mm	1	63	Communication wire L=800mm	1
18	POWER CORD L=200mm (red)	1	64	Touch control panel	1
19	POWER CORD L=200mm (black)	1	65	Keyboard Cable	1
20	Switch	1	66	Handle pulse (speed)	1
21	Self-reset switch	1	67	Handle pules (star/stop)	1
22	POWER CORD L=100mm (red)	1	68	Handle pulse connection wire L-650mm/Black	1
23	3300EB Front roller	1	69	Lifting frame spray parts	1
24	3300EB Rear roller	1	70	Upper shell accessory tray	1
25	7200EB running deck	1	71	Down shell accessory tray	1
26	3300 motor cover	1	72	Upper cover of console	1
27	Rear cover	1	73	Rear cover of console	1
28	side rail	2	74	Safety key	1

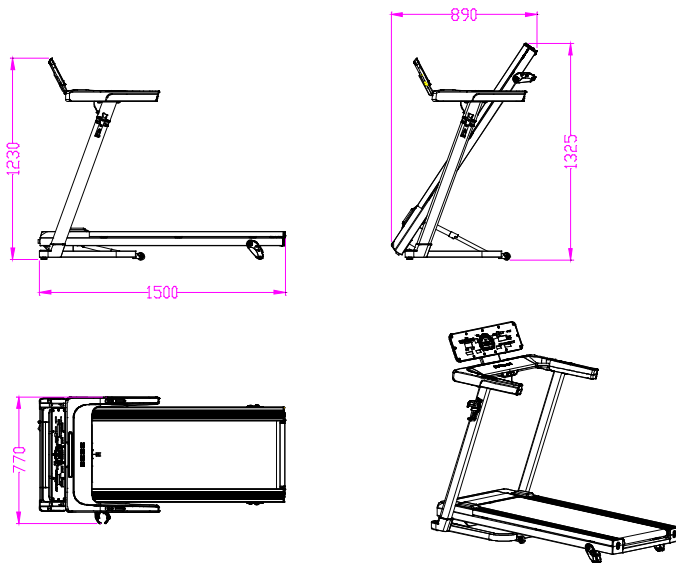
29	Pipe strap	2	75	safety lock socket	1
30	Wheel clamp ring	2	76	Philip self-tapping screw ST4×15 (black)	13
<b>NO.</b>	<b>NAME</b>	<b>QTY</b>	<b>NO.</b>	<b>NAME</b>	<b>QTY</b>
31	Magnetic ring	1	77	Philips C.K.S self-tapping screw ST4×16 (black)	19
32	double sided tape	8	78	Console front cover	1
33	EVA rubber pad	1	79	Console back cover	1
34	power cord buckle	1	80	Ezfit linking parts	1
35	Square cushion	6	81	Allen C.K.S half thread screw M8×50×20 (black)	1
36	Allen socket full thread screw M8×15	4	82	Allen C.K.S half thread screw M8×30×20 (black)	1
37	Spring washer	4	83	Tube plug	1
38	Philips C.K.S full thread screw M5×10	2	84	Spring-1	1
39	Plastic flat mat (PVC)	6	85	Hydraulic	1
40	Motor Left platen	1	86	Allen socket full thread screw M8×25 (6.8 grade)	6
41	Motor right platen	1	87	Allen C.K.S full thread screw M8×15	2
42	Cover fixed tube painting part	2	88	Cross wrench 14×17×75	1
43	Allen socket full thread screw M8×75 (8.8grade )	2	89	L shape wrench	1
44	Allen socket full thread screw M6×50	1	90	Allen C.K.S full thread screw M8×10 (6.8 grade /black )	2
45	Allen C.K.S half thread screw M8×35×20 (black)	2	91	Power cord	1
46	Allen countersunk head full thread screw M6×55×Φ16	6	92	Running belt	1
			93	Incline motor	1
			94	Allen C.K.S half thread screw M10×35×20 (black)	1
			95	Allen C.K.S half thread screw M10×25×15 (black)	1
			96	Plastic flat pad Φ18×Φ10.5×t2.0(black)	1
			97	Hexagon lock nut M10	1

## Product Introduction



## Technical information

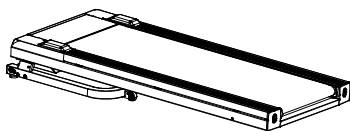
Dimension	Fold: 850*770*1240
	Unfold: 1400*770*1230
Running surface	1150*420
Speed	1.0—16.0km/h
Incline	0-12%



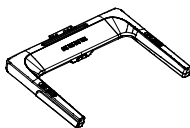
REMARK: WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

## ASSEMBLY INSTRUCTIONS

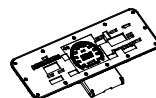
### Packing List



Machine



Console rack



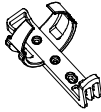
Console set



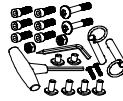
Upright Post Left



Upright Post Right



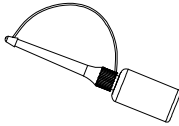
Rear cover of console



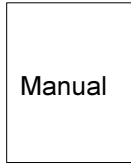
Base cover (left/right)



Main frame wheel group (2PCS)



kettle holder



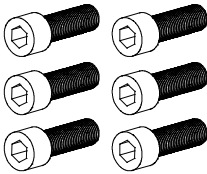
Screw bag

Safety key

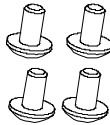
Silicon Bottle

Manual

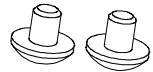
### Hardware list



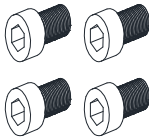
Full thread screw  
M8×25 \* 6PCS



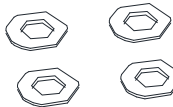
Allen C.K.S. full thread screw  
M8×15 \* 4 PCS



Allen C.K.S. full thread screw  
M8×10 \* 2 PCS



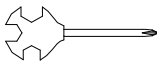
Allen socket full thread screw  
M8×15 \* 4 PCS



Φ8 Plain washer  
2 PCS



Cross recessed bolt with large  
flat head and pointed mouth  
M4×16 \* 2 PCS

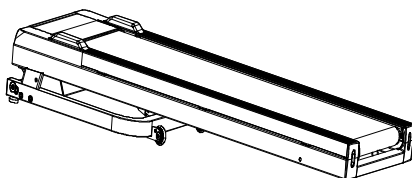


Cross wrench  
14×17×75 \* 1 PC

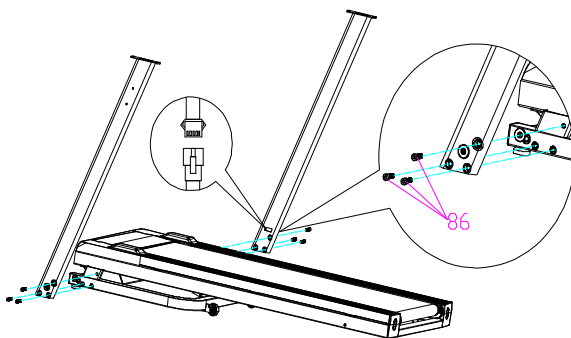


L shape wrench  
6×35×80 \* 1 PC

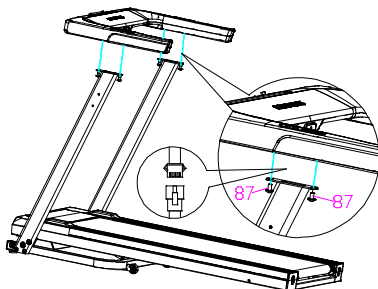
## ASSEMBLY INSTRUCTIONS



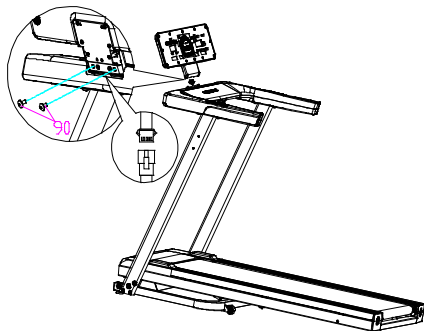
**Step 1:** Take the machine out of carton box, and put it on the flat floor (as shown here), remove all PE bags and packing belts wrapping on the machine !



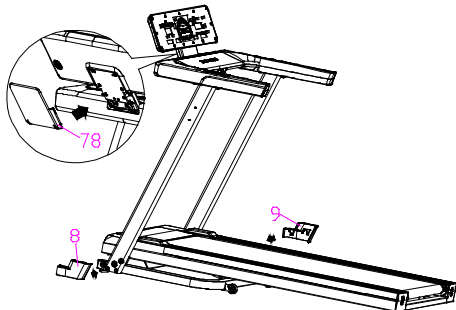
**Step 2:** Please connect communication wire of right upright post (57) with communication wire of base frame (17), and then assemble the left and right upright post on the both side of base side by using M8×25 Allen socket full thread screw (86) 6pcs to locking.  
(Note: When installing screws, please do not lock them until all screws are installed.)



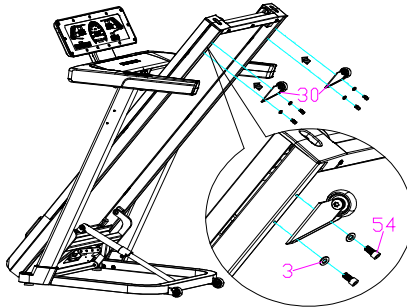
**Step 3:** As shown here, please connect right side communication wire of console rack handle bar (63) with the communication wire of upright post (57) and then lock the console rack with right and left upright post by using 4 pcs M8×15 Allen C.K.S. full thread screw .(Note: When installing screws, please do not lock them until all screws are installed.)



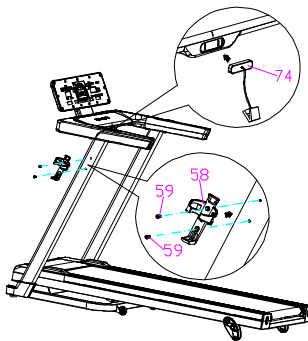
**Step 4:** Please assembly the console into the console rack as above picture shown ,use 2 pcs M8×10 Allen C.K.S full-thread screw penetrate through the mounting holes on the back of the control frame to connect with the console fixing plate and lock them tightly.(Note: When installing screws, please do not lock them until all screws are installed.)



**Step 5:** Install and fasten the front cover (78) of the electronic watch according to the diagram, and then install the left (8) of the base decoration cover and the right (9) of the base decoration cover into both sides of the base and fasten it



**Step 6 :** Fold up the treadmill according to the diagram, first install the main frame walking wheel group (30) respectively into the square pipe on both sides of the main frame, and install two M8×15 hexagonal cylindrical head full-tooth bolts (54) through the mounting holes, and then install a flat washer (3) under the square pipe on both sides. (Note: Please do not lock when installing screws, and then lock all screws after installing them)



**Step 7:** As shown here, fix the bottle holder (58) to the side of the left upright post with 2 pcs M4×16 Cross recessed bolt with large flat head and pointed mouth(59). Finally, check whether all the mounting bolts are locked. Then install the safety key (74). The treadmill is installed. (Note: When installing screws, please do not lock them until all screws are installed)

## **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**

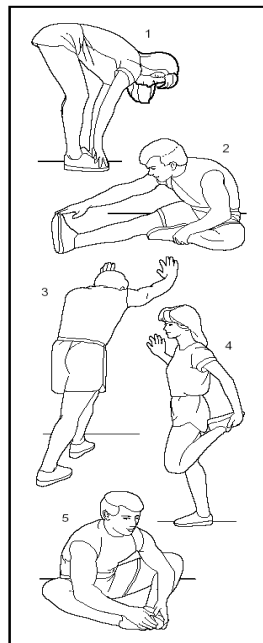
Sit on a clean seat cushion and straighten one leg. Put the other leg inward so that it fits snugly against the inside of the straight leg. Try to touch the toes with your hands. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 2 shown).

### **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).

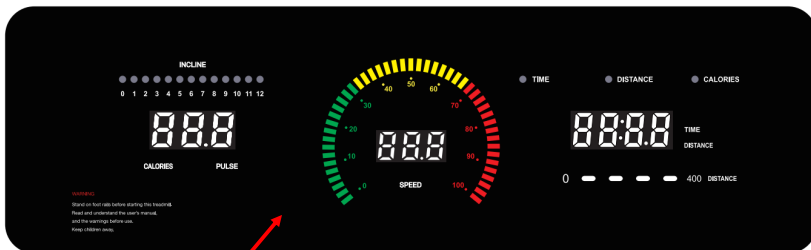


### **5. The sartorius muscle (muscle inside the thigh) stretches**

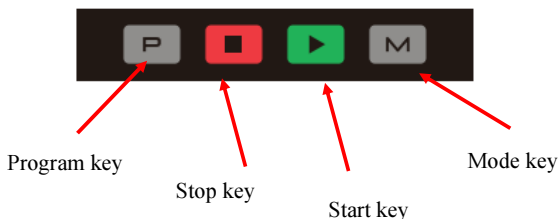
The soles of the feet are opposite and the knees sit down. Grasp your feet with both hands and pull them in the direction of the groin. Keep it for 10~15 seconds, then relax. Repeat 3 times. (As picture 5 shown).

➤ **Product instructions (electronic watch function instructions, body instructions)**

**Electronic table panel description:**



LED display window



**1. Function description of electronic watch:**

- 1) P01 is a user manual program, P01-P36 is a built-in automatic training program, 3 U words, BMI;
- 2) 0.8 inch white LED display, 4 touch buttons;
- 3) Operating speed range: KM 1.0~16.0KM/H, slope 0-12 sections;
- 4) System self-test, abnormal information prompt function;
- 5) Speed, distance system conversion function;
- 6) MP3 function; (optional)
- 7) HRC function; (optional)

**2. Digital tube window display description:**

- 1) "SPEED" window: display the value of speed;
- 2) "TIME" window: display the value of time;
- 3) "CALORIES" window: Notes the number of calories;
- 4) "DISTANCE" and "PULSEINCLINE" window: display distance and heart rate;

**3. Keyboard operation instructions:**

- 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/STOP" : start/stop button, in the stop state, start the treadmill; When running, stop the treadmill;
- 4) "+" : speed increment key, in the stop or fat measurement state, for setting parameters increment key, in the running state, for speed increment key;
- 5) "-" : speed decline key, in the stop or fat measurement state, for the set parameter decline key, in the running state, for the speed decline key;
- 6) ▲ : slope gradient key, in the running state, slope gradient key;
- 7) ▼ : slope decline key, in the running state, slope decline key;

#### 4. Imperial Conversion instructions:

- 1) After unplugging the safety lock, press the "PROGRAM" and "MODE" keys at the same time, and the display will show 0.6, which means the conversion from kilometers to miles;
- 2) After unplugging the safety lock, press the "PROGRAM" and "MODE" keys at the same time, and the display will display 1.0, indicating that miles are converted to kilometers;

#### 5. Safety lock function description:

- 1) The safety lock is composed of copper inserts, 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 electronic watch 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, and then enter the default working state of the system.

#### 6. Safe use Guide:

- 1) Insert the power cord plug into the 10A power socket with safety grounding, turn on the power switch, the electronic watch screen is fully displayed and accompanied by a prompt tone, and then identify the safety lock;
- 2) Put the safety lock in the position on the electronic watch, clip the clothespin to the clothes in front of the chest, and enter the default working state after 2 seconds of full display: all counters are cleared to zero, set values are reset, and the treadmill is in the positive timing mode of manual program P0;
- 3) Press the "PROG" key to select a program: P01~P36, U1,U2,U3, BMI;
- 4) "P0" is a user-defined program, press the "MODE" key to select four training modes, the training speed and slope are set by the user, the default value: speed 1.0KM/H, slope 0.
- 5) Training mode 1: count time, count time, distance and calories, turn off the setting function;
- 6) Training mode 2: In the countdown period, under the setting state, the time window flashes, press the "+" and "-" keys to modify the setting value, the setting range: 5-99 points, the default value: 30:00;
- 7) Training mode 3: Pour calories, under the setting state, the calorie window flashes, press the "+" and "-" keys to modify the set value, the setting range: 20-9990CAL, the default value: 50CAL;
- 8) Training mode 4: Count the distance backwards, under the setting state, the distance window flashes, press "+", "-" to modify the setting value, the setting range: 1.0-99.0 KM, the default value: 1KM;
- 9) "P01-P36" is the system setting program, which is only trained in the countdown interval MODE. Under the setting state, the time window flashes. Press "+" and "-" to modify the setting value, and press "mode" to reset to the default value, setting range: 5-99MIN, default value: 30:00;
- 10) After setting the training mode, press the "START" key, the screen starts to display a 5-second countdown, accompanied by 5 prompt sounds, after the countdown is 1, the treadmill gently starts, slowly accelerates to the displayed speed, and then smoothly runs at a constant speed.
- 11) In the running state, press the "+", "-" or "QUICK SPEED" key to adjust the speed of the treadmill;
- 12) In P01-P36, the speed of each program is divided into 10 segments, and each segment is equally divided according to the set time. The adjusted speed after pressing the button is only valid in the current segment, and three announcements will be made three seconds in advance when converting between segments. When the program runs 10 segments, the motor automatically stops and is accompanied by a prompt tone;
- 13) In the standby state, press the "START" key to start the motor;
- 14) When the motor is running, press the "STOP" key, the motor will slow down until it stops smoothly, and all Settings will be restored to the default state;
- 15) In any state, pull off the safety lock, the screen displays "E-07", accompanied by a prompt tone, and the treadmill stops running;
- 16) The electronic control system is in the safety monitoring at any time, as long as abnormal is found, the running runner will stop in an emergency, and the screen will display abnormal information prompt,

accompanied by a prompt tone;

17) Body fat test method: press the "PROG" key to select the program BMI, the "DISTANCE" window displays the set item number, and press the "MODE" key to select the item number; The SPEED window displays the parameters of the setting item. Press + and - to set the parameters.

18) 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.

19) Item number F2 (Age) : indicates age; Value range: 1 to 99 years old. Default value: 25 years old

20) Item number F3 (Height) : indicates the height; Parameter range: 100-220CM. Default value: 170CM.

21) Item number F4 (Weight) : indicates weight; Parameter range: 20-150KG. Default value: 70KG.

22) Item No. F5 (BMI) : indicates that parameters are set and body fat test is performed. Please hold both hands on the heart rate sensor on the left and right handles for 8 seconds, and the body fat percentage (BMI) of the tested will be displayed in the parameter display window; By Asian standards, body fat less than 18 is thin, between 18 and 24 is the ideal weight, between 25 and 28 is overweight, greater than 29 is obese, the default value: 24 (this data is for exercise reference only).

## **7.HRC program (optional) :**

1) The default HRC is three groups, with HRC1 limited to 9 km/h, HRC2 limited to 11 km/h, and HRC3 limited to 13 km/h.

2)HRC setting method, sequence, parameter range, press the program key to display HRC, press the mode to confirm and enter the next set of Settings, press the speed key to adjust, and start only after setting the last parameter:

3) Age setting range: 15-80 years old, the default is 25 years old

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

5) Target heart rate can be modified, modified range: 80-180

6) Set time, default 30 minutes, modify range: 5-99 minutes

7) Velocity change relationship;

8) Change frequency, HRC detects heart rate every 30 seconds (heart rate is always displayed).

9) If the user's heart rate is 30 beats/min below the target heart rate, the speed will increase by 2.0 km/h.

10) If the user's heart rate is 6-29 beats/min below the target heart rate, the speed is increased by 1.0 km/h.

11) If the user's heart rate is 30 beats/min above the target heart rate, the speed will be reduced by 2.0 km/h.

12) If the user's heart rate is 6-29 beats/min higher than the target heart rate, the speed will be reduced by 1.0 km/h.

13) The user's heart rate is above or below the target heart rate 0-5 times/minute, and the speed remains the same.

14) When the following situations occur, slow down to the lowest within 20 seconds, stop after running at the lowest speed for 15 seconds, and ring once per second;

15) The heart rate is detected every 30 seconds, and the heart rate is not detected twice in a row.

16) At 1 km/h (0.6 MPH), heart rate causes deceleration.

17) When the heart rate exceeds (220- set age).

18) Speed above 1 km/h (0.6 MPH), decelerating cannot be lower than 1 km/h (0.6 MPH), such as: The minimum speed of the treadmill is 1 km/h (0.6 MPH), and when running at 1.6 km/h (1.0 MPH), the heart rate causes a deceleration of 1.0 (2.0) km/h, then deceleration to 1 km/h (0.6 MPH).

19) Slope is not controlled by heart rate and can be manually adjusted. The treadmill is not controlled by heartbeat for 1 minute before starting and running, and only starts to run according to the built-in formula after 1 minute of running.

## **8. Engineering mode (fuel reminder) function Settings:**

In the standby state, hold down the P+M key for 5 seconds to enter the engineering mode S-01. S-06 set the parameters for the lower control (users are not allowed to set here, the specific operation is not explained for the time being), and then press the P key. At this time, the heart rate window displays "-1-", the time window displays "OIL", and the speed window displays "ON" or "OFF" (ON means to open the refueling reminder function, and OFF means to close the refueling reminder function). Press the P key again. At this time, the

heart rate window displays '-2-', and the data displayed in the time window is the total distance of accumulated movement. Long press the M key for 5 seconds to clear the zero. When the setting is complete, hold down the P+M key again for 5 seconds at the same time to save the set data. By default, the machine reminds to refuel every 300KM. When it prompts to refuel, the time window displays "OIL", and the buzzer rings every 10 seconds. You can press any key long to turn off the prompt.

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

Prog \ Class		Seg									
		1	2	3	4	5	6	7	8	9	10
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	11	11	11	11	11	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	12	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	11	7	7	10	10	6	6	6

### Automatic program Speed and slope table for P01-P36: Imperial

Prog	Seg Class	1	2	3	4	5	6	7	8	9	10
		P1	SPEED	0.6	1.8	3.1	3.1	3.1	4.3	4.3	3.1
	INCLINE	2	2	8	6	6	4	4	6	2	2
P2	SPEED	1.2	1.8	3.1	5	3.1	3.1	3.7	5	2.5	1.8
	INCLINE	3	3	2	2	8	8	4	4	4	4
P3	SPEED	1.2	1.8	4.3	5	3.1	3.1	3.1	5	2.5	1.8
	INCLINE	1	2	5	7	7	4	4	6	2	2
P4	SPEED	1.2	1.2	3.1	5	5	5	5.0	3.1	1.8	1.2
	INCLINE	3	3	9	9	9	9	9	6	2	2
P5	SPEED	1.8	2.5	5	5.6	6.2	6.2	6.2	4.3	2.5	1.8
	INCLINE	2	2	8	6	6	6	6	6	1	1
P6	SPEED	1.8	2.5	3.7	4.3	4.3	4.3	5.6	6.2	3.1	1.8
	INCLINE	1	8	8	7	7	7	7	5	3	1
P7	SPEED	1.8	2.5	2.5	6.2	2.5	5.6	2.5	6.8	1.8	1.2
	INCLINE	1	1	6	6	6	8	8	10	6	2
P8	SPEED	1.8	3.1	4.3	5.6	1.8	3.1	4.3	3.1	6.8	3.1
	INCLINE	3	3	3	7	7	3	3	3	5	5
P9	SPEED	1.8	4.3	6.2	2.5	4.3	6.8	3.1	2.5	7.5	3.7
	INCLINE	3	6	7	3	8	8	3	8	4	4
P10	SPEED	1.8	3.1	5.6	6.2	3.7	3.7	5.6	3.7	6.8	1.8
	INCLINE	2	7	5	5	8	8	8	8	4	4
P11	SPEED	2.5	3.1	6.8	5.6	3.7	5	5.6	6.8	3.7	3.1
	INCLINE	1	6	3	3	7	7	4	4	6	6
P12	SPEED	2.5	3.7	6.2	6.2	6.2	4.3	4.3	6.2	3.7	3.1
	INCLINE	3	8	9	5	5	8	8	4	4	4
P13	SPEED	1.2	2.5	3.7	3.7	3.7	5	5	3.7	2.5	1.8
	INCLINE	3	3	9	7	7	5	5	7	3	3
P14	SPEED	1.8	2.5	3.7	5.6	3.7	3.7	4.3	5.6	3.1	2.5
	INCLINE	4	4	3	3	9	9	5	5	5	5
P15	SPEED	1.8	2.5	5	5.6	3.7	3.7	3.7	5.6	3.1	2.5
	INCLINE	2	3	6	8	8	5	5	7	3	3
P16	SPEED	1.8	1.8	3.7	5.6	5.6	5.6	5.6	3.7	2.5	1.8
	INCLINE	4	4	10	10	10	10	10	7	3	3
P17	SPEED	2.5	3.1	5.6	6.2	6.8	6.8	6.8	5	3.1	2.5
	INCLINE	3	3	9	7	7	7	7	7	2	2
P18	SPEED	2.5	3.1	4.3	5	5	5	6.2	6.8	3.7	2.5
	INCLINE	2	9	9	8	8	8	8	6	4	2
P19	SPEED	2.5	3.1	3.1	6.8	3.1	6.2	3.1	7.5	2.5	1.8
	INCLINE	2	2	7	7	7	9	9	11	7	3
P20	SPEED	2.5	3.7	5	6.2	2.5	3.7	5	3.7	7.5	3.7

	INCLINE	4	4	4	8	8	4	4	4	6	6
P21	SPEED	2.5	5	6.8	3.1	5	7.5	3.7	3.1	7.5	4.3
	INCLINE	4	7	8	4	9	9	4	9	5	5
P22	SPEED	2.5	3.7	6.2	6.8	4.3	4.3	6.2	4.3	7.5	2.5
	INCLINE	3	8	6	6	9	9	9	9	5	5
P23	SPEED	3.1	3.7	7.5	6.2	4.3	5.6	6.2	7.5	4.3	3.7
	INCLINE	2	7	4	4	8	8	5	5	7	7
P24	SPEED	3.1	4.3	6.8	6.8	6.8	5	5	6.8	4.3	3.7
	INCLINE	4	9	10	6	6	9	9	5	5	5
P25	SPEED	1.8	3.1	4.3	4.3	4.3	5.6	5.6	4.3	3.1	2.5
	INCLINE	4	4	10	8	8	6	6	8	4	4
P26	SPEED	2.5	3.1	4.3	6.2	4.3	4.3	5	6.2	3.7	3.1
	INCLINE	5	5	4	4	10	10	6	6	6	6
P27	SPEED	2.5	3.1	5.6	6.2	4.3	4.3	4.3	6.2	3.7	3.1
	INCLINE	3	4	7	9	9	6	6	8	4	4
P28	SPEED	2.5	2.5	4.3	6.2	6.2	6.2	6.2	4.3	3.1	2.5
	INCLINE	5	5	11	11	11	11	11	8	4	4
P29	SPEED	3.1	3.7	6.2	6.8	7.5	7.5	7.5	5.6	3.7	3.1
	INCLINE	4	4	10	8	8	8	8	8	3	3
P30	SPEED	3.1	3.7	5	5.6	5.6	5.6	6.8	7.5	4.3	3.1
	INCLINE	3	10	10	9	9	9	9	7	5	3
P31	SPEED	3.1	3.7	3.7	7.5	3.7	6.8	3.7	7.5	3.1	2.5
	INCLINE	3	3	8	8	8	10	10	12	8	4
P32	SPEED	3.1	4.3	5.6	6.8	3.1	4.3	5.6	4.3	7.5	4.3
	INCLINE	5	5	5	9	9	5	5	5	7	7
P33	SPEED	3.1	5.6	7.5	3.7	5.6	7.5	4.3	3.7	7.5	5
	INCLINE	5	8	9	5	10	10	5	10	6	6
P34	SPEED	3.1	4.3	6.8	7.5	5	5	6.8	5	7.5	3.1
	INCLINE	4	9	7	7	10	10	10	10	6	6
P35	SPEED	3.7	4.3	7.5	6.8	5	6.2	6.8	7.5	5	4.3
	INCLINE	3	8	5	5	9	9	6	6	8	8
P36	SPEED	3.7	5	7.5	7.5	7.5	5.6	5.6	7.5	5	4.3
	INCLINE	5	10	11	7	7	10	10	6	6	6

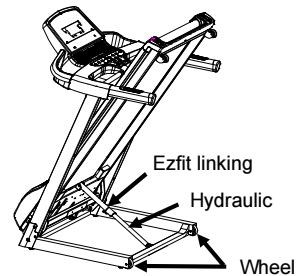
## 10. Common faults and solutions:

Problem and code	Possible cause	Treatment method
System does not work	A, no power supply or power supply is not turned on	Connect the power supply, or turn the power switch to the "NO" position
	B. The safety lock is not in place	Put the safety lock in the correct position
	C, the controller or electronic watch is not powered on	Replace the controller or console
	D, poor line contact	Check system input and output and communication lines
Suddenly stop in normal condition	A. Safety lock falls	Reinstall the safety lock
	B. The system is abnormal	Ask the repairman to deal with it
Key failure	Invalid key	1, replace the key plate and press the keyboard line 2, replace the motherboard 3, replace the console
E-01	A. The communication line is in poor contact	Reconnect the communication cable and check whether the port is properly inserted or replace the communication cable
	B, the console default	Change the console
	C. The controller is faulty	Replace the controller
E-02	A, motor line and motor is bad	Change the motor
	B, the motor cable is not connected to the controller or the controller is not good	Check and reconnect or replace the controller
E-03	A. The photoelectric sensor is installed incorrectly	Check and reconnect
	B, the photoelectric sensor is poor	Replacement of photosensor
	C, photoelectric sensor dirty or poor first contact	Check and reconnect/clean light sensor ash layer, grease
	D. The controller is faulty	Replace the controller
E-05	A. The controller is damaged	Replace the controller
	B. The motor is damaged	Change the motor
	C. Mechanical failure	Check the running oil or drum for blockage
E-07	The digital watch is not detecting the safety lock signal	1, check whether the safety lock is put in place; 2. Reinstall the safety lock mechanism; 3. Replace the console
Show no heart rate	A, the hand grip induction line is not inserted in place or the hand grip line is bad	Check and connect or replace the grip cable
	B, electronic system circuit fault	Change the console
Electronic watch display incomplete or missing lines	A, LED digital tube or LCD screen is bad	Replace the main board or LCD
	B. The system is faulty	Change the console

## Folding and Moving of Treadmill

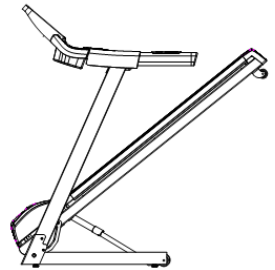
### 1 Folding Treadmill

- 1) When folding, the power must be disconnected.
- 2) Check the incline of the treadmill for the lowest position.
- 3) Lift the treadmill to the upright position, the Ezfit linking parts will automatically get stuck on the hydraulic;
- 4) Check whether the check Ezfit linking parts is stuck on the hydraulic, as shown in the figure.



### 2 Treadmill unfolds

- 1) To unfold the treadmill, you need to choose a place about 1 meter away from the power outlet and the ground is flat without other obstacles.
- 2) When unfolding the treadmill, firstly, you need to hold the treadmill with both hands, step on the Ezfit linking with your feet, and the treadmill will automatically drop to the ground slowly; at this time, the user must leave the treadmill about 1 meter away until the treadmill is completely Expand. as the picture shows:

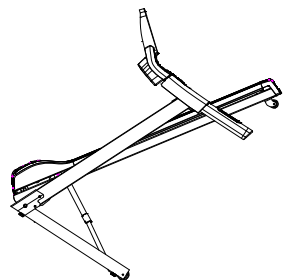


### 3 Moving Treadmill

When moving, must ensure that:

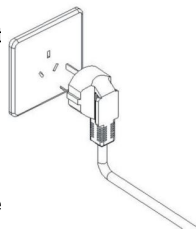
- 1) The power switch of the treadmill is turned off;
- 2) The power plug has been pulled out from the socket;
- 3) The large frame has been folded;

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. as the picture shows.



## Rounding 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.

It should be under 220-240V and matches with this kind of socket as shown.

## How to use treadmill

1. Power on, expand the treadmill to the lowest position, check whether the machine is normal.
2. Clip the safety lock clip to the front of the athlete's chest.
3. Before exercise, check the stability and function of the treadmill is normal, it is strictly prohibited to stand on the running belt to start, before running should stand on the side, hold the handrail, to start normal before the machine exercise. When the machine is started, hold the handrail with one hand and press the "START" button with the other hand, the treadmill starts with a delay of 5 seconds and runs at a speed of 1.0Km/h. Press the "speed +" key, the motor speed rises to reach a speed of 2.5 ~ 3.5Km/h (which is the most comfortable running speed), grab the handrail at the same time, and the feet have stepped on the running belt, which will soon be able to run at the same speed with the running belt.
4. After a few minutes, you can speed up running, speed up the requirements of holding the handrail in one hand, press the "speed" + "key, slow growth; You can also press the "Speed -" key to reduce its speed.
5. When running, press the speed shortcut key to quickly enter the running speed you need.
6. During the movement, you can press the "stop" key at any time to stop the motor.
7. Use default mode

Turn on the power, turn on the power switch, after the display is normal, press the "select" key to select one of the automatic operation modes as the current mode to run, press the "start" key to start the treadmill, the treadmill starts to run automatically according to the selection mode. When running, you can press the Speed + key or Speed - key to change the running speed of the current time range. Press the "Stop" button to stop the movement.

7. Heart rate test: After the treadmill is powered on, hold both hands on the heartbeat metal sensor, and after a few seconds, the user's heart rate will be displayed in the heart rate display window. (Note: This value is not used as medical data and can only be used as a reference for sports.)

Note: During the exercise, the safety lock will pull out, the runner will stop running immediately, the electronic watch will refuse any operation, and the window displays "----".

## 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 :

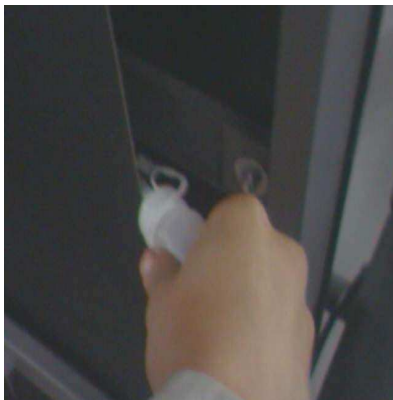
Using time less than 3 hours every week	lubrication once every 5 months
Using time equal to 4-7 hours every week	lubrication once every 2 months
Using time more than 7 hours every week	lubrication once every month

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

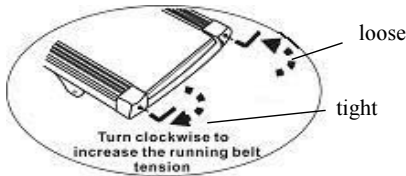
All running belts are properly set at the factory and after assembly. However, slack may occur after a period of use. Such as : pause and slip may occur when running. When this phenomenon occurs, adjust the running belt and screw in half a turn left and right. If the running belt is loose, the running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

### 1. Adjusting the belt deviation:

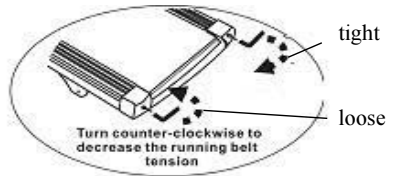
All running belts are properly set at the factory and after assembly. But after a period, the belt have the possibility for deviation. The reasons can be listed as follows.

- 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.

### KEY POINT:

- Clockwise means tighten.
- Anti-clockwise means loosen.
- Running belt will shift to the loose side.

① If the running belt shifts to the left, that means the left side is too loose.

Adjust the left bolt clockwise to make the left tighter.

Or adjust the right screw anti-clockwise to make the right looser.

② If the running belt shifts to the right, that means the right side is too loose.

Adjust the right bolt clockwise to make the right tighter

Or adjust the left screw anti-clockwise to make the left looser.

**Attention:**

- You need to start the treadmill (let the belt run) at a low speed before you adjust the running belt.
- When you adjust the bolt, don't rotate it too much.
- After each adjustment you need to look for the changes in the running belt.

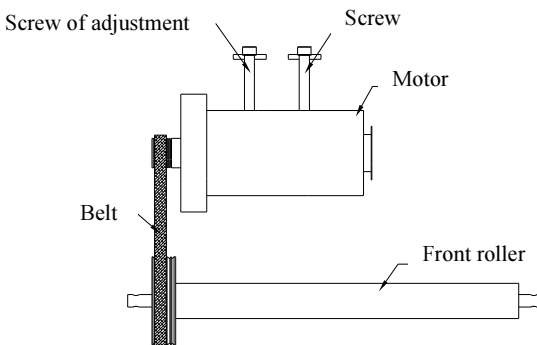
Running belt deviation is not covered by the warranty, and is mainly maintained by users according to the instructions. Running deviation can seriously damage the running belt. It must be found and corrected in time.

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.

**2. 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**

## Common Faults and Solutions

Item	Reason	Maintenance
Treadmill didn't work	a. No power	Plug into socket
	b.safety key isn't in the right position	Replace the safety key
	c.broken circuit signal system	Check the controller input and signal wire
	d.switch off	Place the power switch in the "ON"position.
	e.fuse burnt out	Change the fuse
The running belt does not run smoothly.	a.no enough lubrication	Use the Silicone oil
	b.running belt too tight	Adjust the tightness of running belt
Running belt slips	a.running belt too loose	Adjust the tightness of running belt
	b.motor belt too loose	Adjust the tightness of motor belt

## Console Part

Meaning of error message codes:

Error code	Description	Fault Handling
E1	Abnormal communication: The communication between the controller and the console is abnormal after the power is turned on.	The controller stops and enters the fault state. Can't running. The console displays the fault code and the buzzer sounds 3 times. Cause: The communication between the controller and the console device is blocked. Check each connection of the communication wire from the console to the controller to ensure that each core is completely inserted. Check whether the connecting wire is damaged and replace the connecting wire.
E3	Motor cable not connected	When the machine stops and enters the fault state, the console buzzer will sound 9 times, and the fault code will be displayed at the same time. The rest of the area does not display content. After shutdown, if it returns to normal, it can enter the standby state and start normally. Cause : Check whether the motor cable is connected well and reconnect it. Check the controller for peculiar smell and replace the controller.
	No speed sensor signal: The controller has a voltage output to the DC motor, and can not receive the motor speed response continuously for more than 3 seconds	When the machine stops and enters the fault state, the console buzzer will sound 9 times, and the fault code will be displayed at the same time. The rest of the area does not display content. After maintaining the fault state for about 10 seconds, enter the standby state to restart. Cause : The speed sensor signal is not detected for 3 seconds, check whether the sensor plug is not plugged in or damaged, plug it well or replace the sensor.
E4	Ascension Self-Learning	Check whether the lift motor induction line is plugged in properly, and re-plug the connector to make it reliable; Check whether the AC line of the lift motor is plugged in correctly, and the AC line of the lift motor and the logo on the controller are correctly plugged; Check whether the connecting wire of the motor is damaged and open, and replace the connecting wire or lift the motor; After checking all, press the learning button on the controller to re-learn.

E5	<p>Over current protection: In the running state, the controller continuously detects that the DC motor current is greater than the rated current +6A for more than 3 seconds</p>	<p>Shut down and enter the fault state, the buzzer of the console will sound 9 times, and the fault code will be displayed at the same time. The rest of the area does not display content. After about 10 seconds, it will enter the standby state to restart. Cause : Exceeding the rated load leads to excessive current, the system self-protection, or a certain part of the treadmill is stuck, causing the motor to fail to rotate, the load is too heavy, the current is too large, and the system self-protection is triggered; After adjusting the treadmill and restarting the machine, check whether there is over-flow noise or burning smell when the motor is running, and replace the motor; or whether the controller smells burning, replace the controller; or whether the power supply voltage specification is inconsistent or low, use correct voltage specification retest.</p>
E6	<p>Anti-explosion protection: The drive motor circuit is damaged due to abnormal power supply voltage or abnormal motor.</p>	<p>When the machine stops and enters the fault state, the console buzzer will sound 9 times, and the fault code will be displayed at the same time. The rest of the area does not display content. If it returns to normal after shutdown, it can enter the standby state and start normally. Cause : Check whether the power supply voltage is lower than 50% of the normal voltage, please re-test with the correct voltage specification; Check if the controller has any peculiar smell, replace the controller; check if the motor wire is connected properly, and reconnect the motor wire.</p>