

# USER'S MANUAL

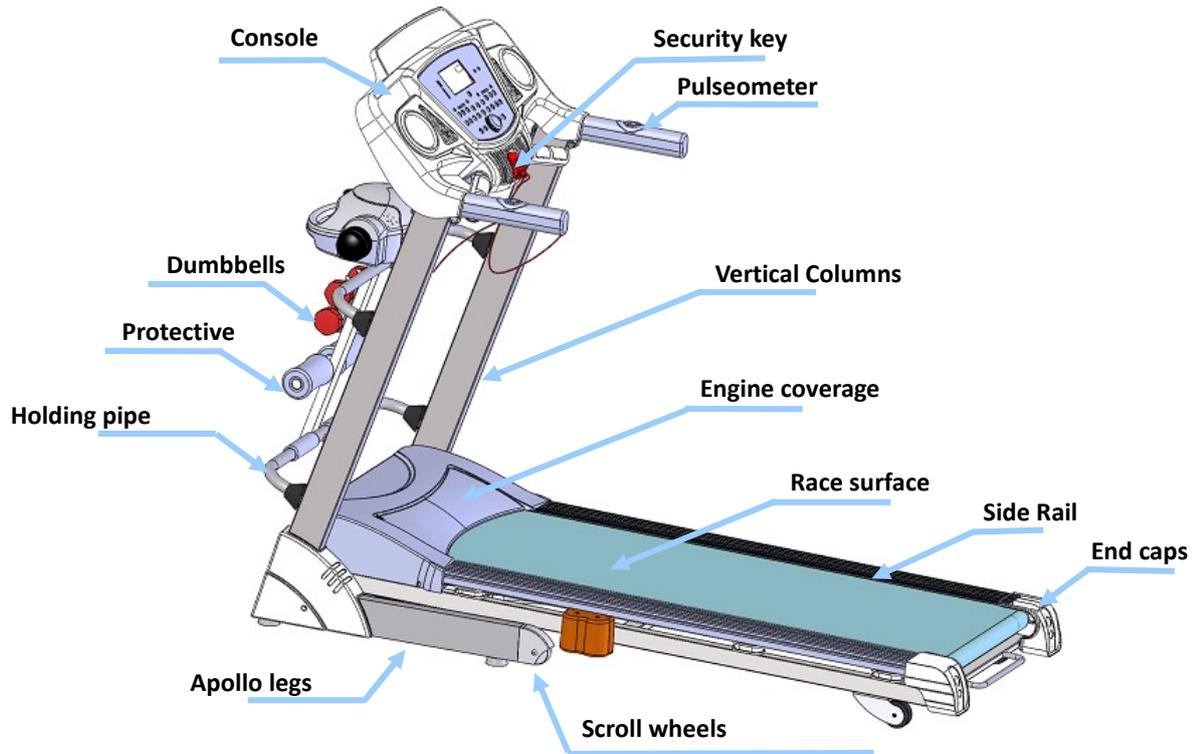


**BEHUMAX**  
FITNESS

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# 1. Treadmill



## Main technical parameters

| DO NO T. | Parameters                 | Description                            |
|----------|----------------------------|--|
| 1        | Current voltage            | AC220-240V(50~60Hz)                    |
| 2        | Motor                      | 2.0HP                                  |
| 3        | Speed                      | 0.8-16 Km/h                            |
| 4        | Race surface               | 1250*450 mm                            |
| 5        | Recommended Maximum Weight | 120KG                                  |
| 6        | Measures                   | 1710*726*1310mm                        |
| 7        | Features (optional)        | Running (Crunches, Dumbbells, Massage) |

## Product content

| DO NO T. | Name      | and | QTY |
|----------|-----------|-----|-----|
| 1        | Treadmill | set | 1   |

|   |   |     |   |  |
|---|---|-----|---|--|
| 2 | Barbell for abs / Dumbbells / Massage (options) | set | 1 |  |
| 3 | Accessory bag                                   | set | 1 |  |
| 4 | Multifunction device (optional)                 | pcs | 1 |  |
| 5 | U-shaped tubing (optional)                      | pcs | 2 |  |
| 6 | Base cover                                      | set | 1 |  |

### Accessory Bag List

| DO NO T. | Name                         | QTY | DO NO T.  | Name           | QTY |
|----------|------------------------------|-----|-----------|----------------|-----|
| 1        | 6 mm internal hexagon wrench | 1   | 8         | M8 * 45 screw  | 2   |
| 2        | 5mm internal hexagon wrench  | 1   | 9         | M8 * 20 screw  | 6   |
| 3        | Combination wrench           | 1   | 10        | Nut M8         | 2   |
| 4        | Oil                          | 1   | elevation | Flat washer φ8 | 8   |
| 5        | Handbook                     | 1   | 12        | M5 * 14 screw  | 4   |
| 6        | Emergency key                | 1   |           |                |     |
| 7        | MP3 cable                    | 1   |           |                |     |

### Accessories for multifunctional models

| DO NO T. | Name            | QTY | DO NO T. | Name           | QTY |
|----------|-----------------|-----|----------|----------------|-----|
| 1        | M8 * 40 screw   | 4   | 6        | M8 * 55 screw  | 2   |
| 2        | Nut M8          | 6   | 7        | Flat washer φ8 | 6   |
| 3        | U-shaped tube   | 2   | 8        | Arc washer φ8  | 6   |
| 4        | Foam protectors | 2   | 9        | Dumbbells      | 2   |
| 5        | Massage         | 1   | 10       |                |     |

## 2. Safety warnings and precautions

**Advice:** Before folding the treadmill, make sure the slope is "zero."

**Warnin** the instructions carefully before use.

- ◆ Using and storing the running cite indoors, avoid dampness and do not get wet with water.
- ◆ Wear appropriate clothing and shoes before exercising. Do not exercise on the treadmill barefoot.
- ◆ The power outlet of the plug must be a grounded outlet, you must not plug the tape into a shared outlet.

- ◆ Keep children away from the machine to avoid accidents.
- ◆ Avoid operation for a long time and overload, otherwise it will damage the motor and controller and accelerate the deterioration of the bearing, tread and stirrup. You should perform maintenance on the belt on a regular basis.
- ◆ Keep the machine away from dust to avoid strong static electricity.
- ◆ Cut off the electric power after using.
- ◆ Maintain good ventilation when it is working.
- ◆ Fasten the safety lock cable to your clothing to ensure that the machine stops in an emergency condition.
- ◆ If you do not feel very well using this machine, stop and consult a doctor.
- ◆ The oil should be kept away from children after use.
- ◆ If the power cord is damaged, contact our qualified maintenance personnel for service rather than disassembling it at your own discretion.

## **F!bidden**

Do not use the machine in the broken or broken state of the shell (the exposed internal structure) or under the welding condition: parts may fall off.

---- Otherwise, an accident or injury may occur.

- ◆ Don't jump in the process of movement.

---- May be injuries caused by falling.

- ◆ Do not keep the tape in or near humid spaces such as the bathroom.

- ◆ Do not place the machine in direct sunlight or in places with high temperatures, such as near a stove or heating device.

---- Otherwise, it may leak and burst into flames.

- ◆ Do not use when the power cord is damaged or the power plug pin is loose.

- ◆ ---- Otherwise, it will cause electric shock, short circuit or fire.

Do not damage, forcibly bend or reverse the power cord. Do not put heavy objects on the machine, do not hold the power line.

---- Otherwise, it will cause fire or electric shock.

- ◆ Do not use the machine for more than 2 people at the same time and do not go near the machine when it is in use.

---- Or it may be an accident or injury from falls

- ◆ People who cannot express their conscience or who cannot operate the machine by themselves cannot use the treadmill.

---- Accident or injury may occur.

Avoid drinking water or pouring water during operation.

---- May cause electric shock and fire. Forbidden!

- ◆ People who rarely exercise shouldn't suddenly exercise vigorously.
- ◆ After eating or when you feel tired, do not use the tape.

---- It may cause harm to your health.

- ◆ This product is suitable for family use, does not apply to schools, gyms, etc.

---- There is danger of injury.

- ◆ Do not use it when there are hard objects in the pockets of the pants.

---- May cause accident or injury.

- ◆ Do not use it when the plug is in the needle, garbage or water.

---- It may cause electric shock, short circuit or fire. Do not use with wet hands !!

- ◆ When not in use, unplug the plug from the outlet.

---- Dust and moisture can age the insulation and cause a leakage fire.

This appliance can be used by children from 8 years of age and by people with reduced physical, sensory or mental abilities or lack of experience and knowledge if they have received supervision or instructions on how to use the appliance safely and understand the dangers. involved, children should not play with the appliance, cleaning and user maintenance should not be performed by children without supervision.

### Oil protection system!

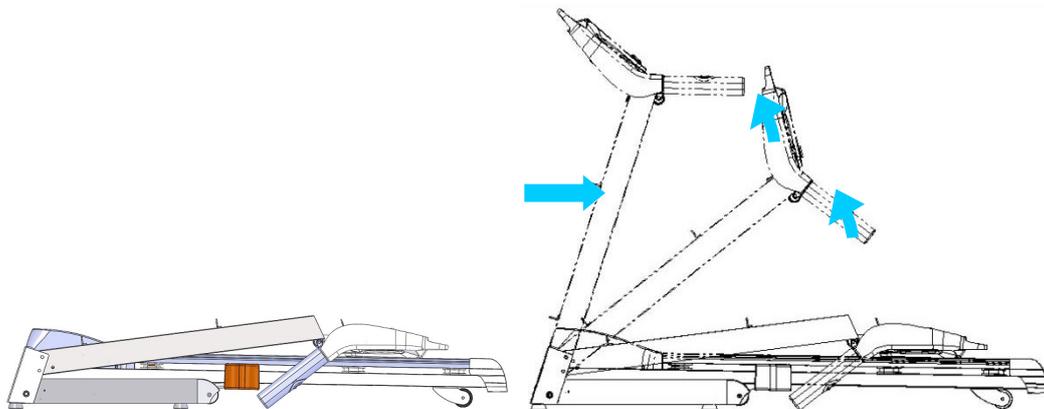
- ◆ This product must be grounded. If the tape is malfunctioning, grounding will provide a good channel for electrical current to reduce the risk of electrical shock.
- ◆ This product is equipped with a power plug with a grounding conductor. Fully insert the plug into the standard socket.
- ◆ Incorrect connection of the equipment grounding conductor will cause an electric shock. If you

are in doubt as to whether your product is grounded properly or not, entrust a professional to check.

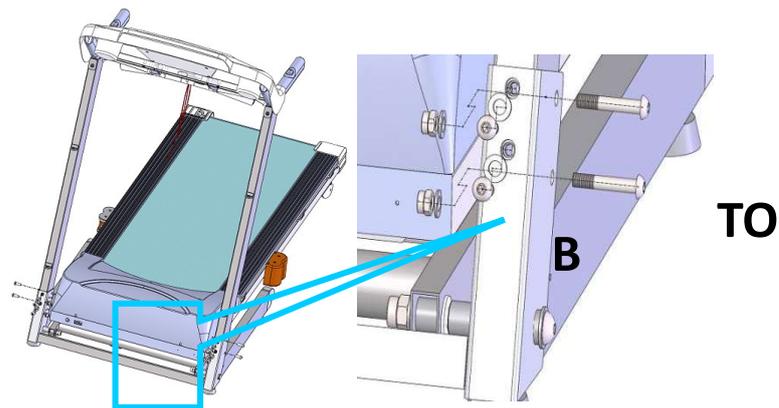
- ◆ Use the plug that has the same shape as the grounding plug. Do not use the plug adapter.

### 3. Installation Instructions

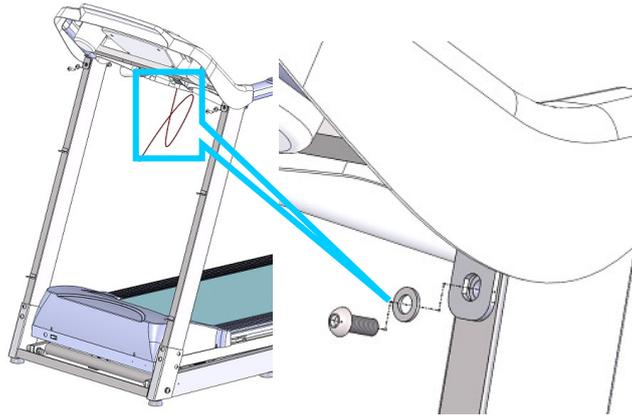
1. Put the machine on the ground. And place the vertical columns and console as shown below:



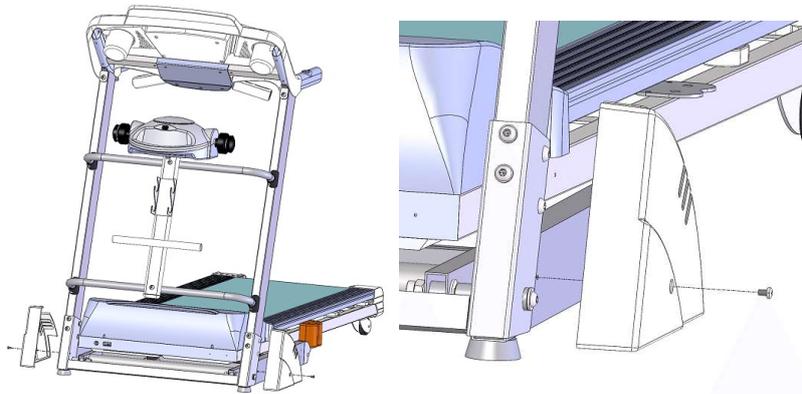
Use the 5 # internal hex key and screw M8 \* 45 (A) and M8 \* 20 (B) with washers and nuts to lock the vertical column at the base, and tighten it with the M8 nut.



3. Hold the left and right columns, use a 5 # internal hex key to lock the console frame on the columns with the M8 \* 20 screw.

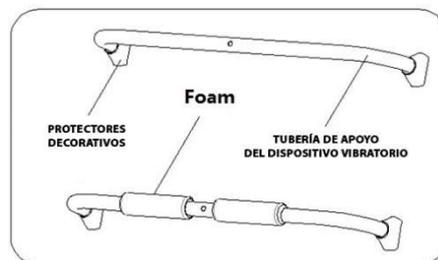


4. Use a screwdriver to lock the decorative cover around the base on both sides with the M5 \* 14 screw.

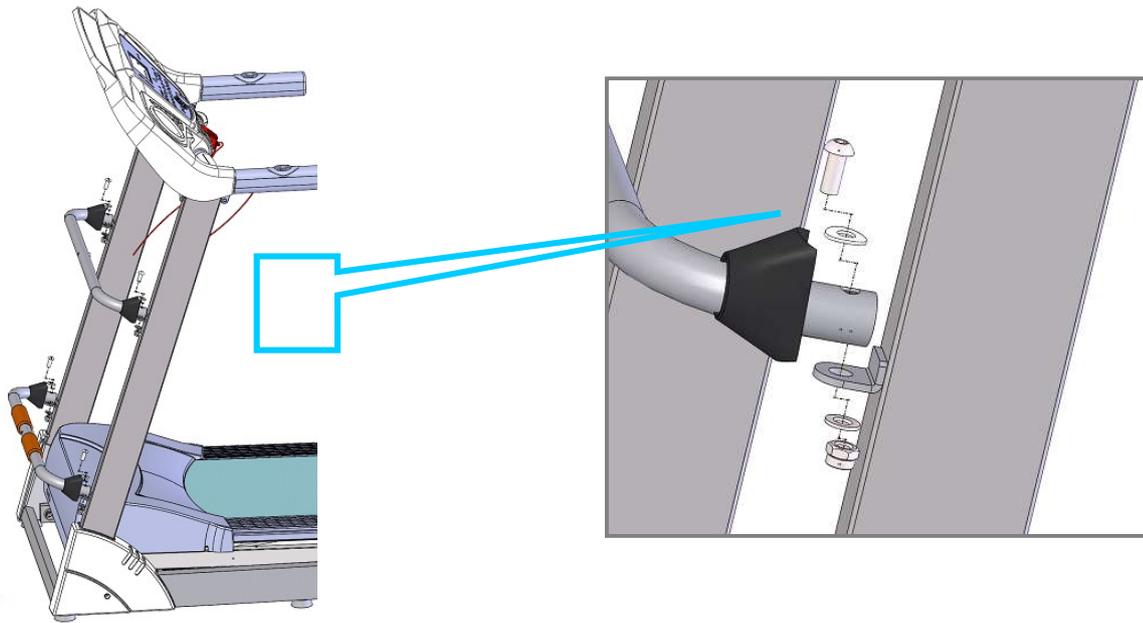


The steps above are the steps of the single-function installation, the multifunctional machines need to be installed after completing the above steps, and then proceed to the next installation:

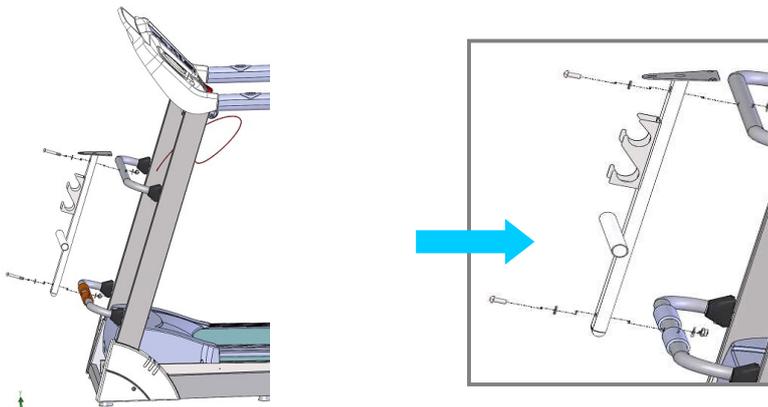
5. Attach two foams and four decorative massager covers to the frame tube (as shown in the picture below)



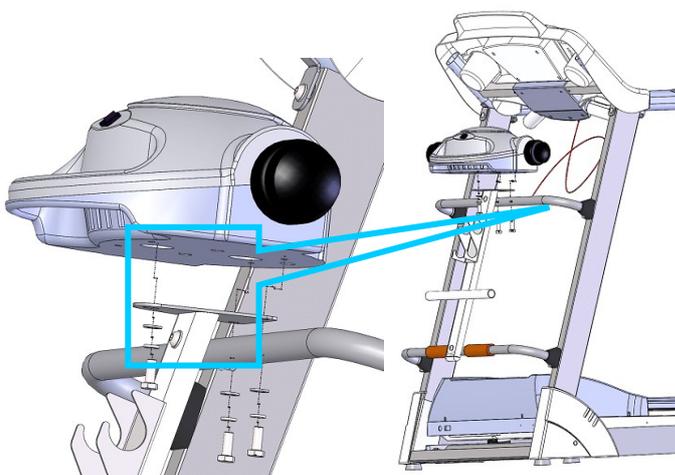
6. Use a 5 number internal hex key and M8 \* 40 screw and M8 nut to lock the U-shaped tubes to the columns. Place the decorative covers of the massager through the U-shaped tube and cover the screws.



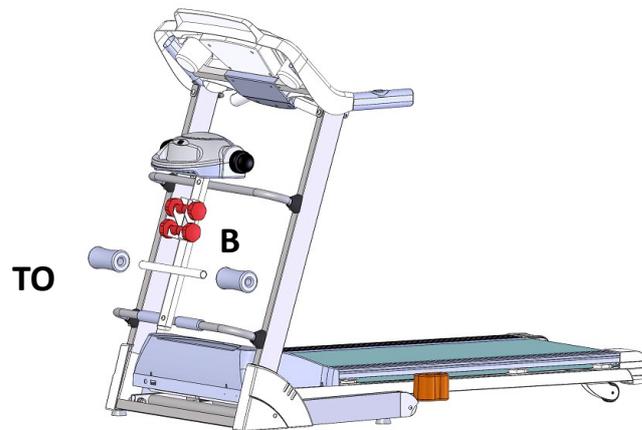
7. Place two foams through the massage frame. Use a 5 number inner hex wrench and M8 \* 55 screw to fix the massage frame on the U-shaped tubes.



8. Remove the three M8 \* 15 screws from the massager, then use these screws to fix the massager on the massager frame.

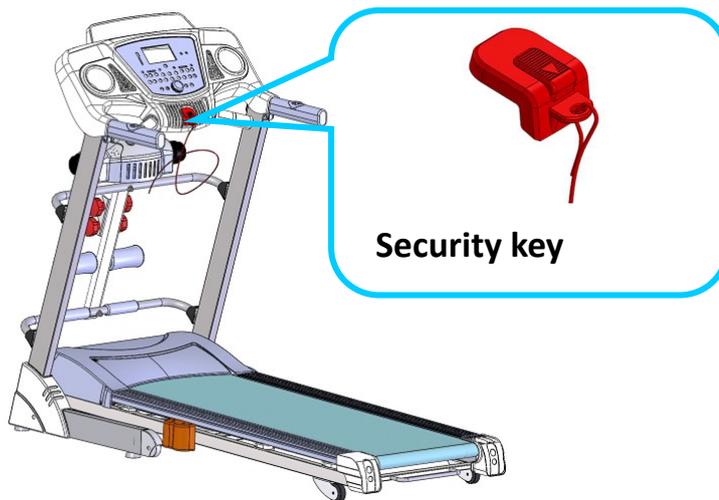


9. Place the foams on the frame through the U-shaped tube (A) and then place dumbbells on the shelf (B).



NOTE: Please confirm that all the screws are locked evenly according to the requirements after installation, and check that there are no parts left before plugging in the electricity.

10. Place the safety key in the position shown below and the installation is ready.



## 4. Instructions for Use

### 4.1 Commissioning

It usually starts after a 5 second countdown.

### 4.2 Programs

3 manual programs, 12 automatic programs, 1 PAF program (Physical Fitness Test).

### 4.3 Security lock function

Disconnect the security lock, "E7" is displayed on the screen. The treadmill stops immediately, you will hear a beep. Replace the security key, all data will be erased in 2 seconds.

### 4.4 Key functions

#### 4.4.1 START button, STOP button :

When the power is on, press the start button, the display shows "0.8 km / h" and the treadmill starts. Stop key: When the treadmill is running, press the stop button, all data will be erased and the treadmill stops completely and returns to manual mode.

#### 4.4.2 Programs :

Press this button, you can choose from manual mode to automatic program (P1 - P12) in standby mode. Manual mode is the default operating mode of the system, and the default speed is 0.8 km / h, the maximum operating speed is 16 km / h.

#### 4.4.3 Modes :

The countdown runs in three different modes when in standby mode, press this button to recycle. Time countdown mode, distance countdown mode, calorie countdown mode; The speed key plus or minus to set the countdown value can be used in various selected modes, the setting is complete, press the "Start" button to start the treadmill.

#### 4.4.4 Tilt Button : ( This function is only for models with tilt )

The handrail includes the 2 buttons.

#### 4.4.5 Set speed buttons :

The preset speed buttons are 5,8 and 12 you can adjust them directly while running.

#### 4.4.6 Tilt button : ( This fusion is only for models with tilt )

The preset speed buttons are 5,8 and 12 you can adjust them directly while running.

#### 4.4.7 Rotary button :

Lightly press the knob to turn on the treadmill and press again to stop the treadmill. In running state, turn the knob clockwise to increase speed and turn the knob counterclockwise to decrease speed.

#### 4.4.8 Screen functions:

Speed.

Displays the current value of the running speed.

Time display

Displays the time in manual mode and the countdown time in automatic modes and programs.

Distance

Displays the accumulated distance in manual mode and programs. Displays the distance countdown in automatic mode.

Calories

Shows accumulated calories in manual mode and programs. Displays the calorie countdown in automatic mode.

Heart rate

The heart rate signal will be detected and the heart-shaped mark will flash during the test

#### 4.4.9 Heart rate measurement function

In the event that the treadmill is powered on, hold the heart rate sensor part for 5 seconds and the heart rate will be displayed on the screen, the display range is 50-200 beats / min. The heart-shaped mark blinks during the test.

These data are for reference only, they cannot be considered medical data.

#### 4.5 Automatic programs

Each program is divided into 10 segments and the execution time of each segment of the program is distributed evenly. Here is a way of distributing the time of 12 programs.

| Weather Programs |             | Set time / 10 = execution time of each segment |   |   |   |    |   |    |    |   |    |
|------------------|-------------|--|---|---|---|----|---|----|----|---|----|
|                  |             | 1  | 2 | 3 | 4 | 5  | 6 | 7  | 8  | 9 | 10 |
| P1               | Speed       | 3  | 3 | 6 | 5 | 5  | 4 | 4  | 4  | 4 | 3  |
|                  | Inclination | 0  | 3 | 3 | 3 | 4  | 4 | 4  | 1  | 1 | 0  |
| P2               | Speed       | 3  | 3 | 4 | 4 | 5  | 5 | 5  | 6  | 6 | 4  |
|                  | Inclination | 2  | 2 | 2 | 3 | 3  | 3 | 3  | 4  | 4 | 2  |
| P3               | Speed       | 2  | 4 | 6 | 8 | 7  | 8 | 6  | 2  | 3 | 2  |
|                  | Inclination | 3  | 5 | 4 | 4 | 3  | 4 | 4  | 3  | 4 | 2  |
| P4               | Speed       | 3  | 3 | 5 | 6 | 7  | 6 | 5  | 4  | 3 | 3  |
|                  | Inclination | 0  | 3 | 3 | 2 | 2  | 5 | 5  | 3  | 3 | 2  |
| P5               | Speed       | 3  | 6 | 6 | 6 | 8  | 7 | 7  | 5  | 5 | 4  |
|                  | Inclination | 3  | 5 | 3 | 4 | 2  | 3 | 4  | 2  | 3 | 2  |
| P6               | Speed       | 2  | 6 | 5 | 4 | 8  | 7 | 5  | 3  | 3 | 2  |
|                  | Inclination | 3  | 4 | 5 | 6 | 3  | 5 | 5  | 6  | 4 | 3  |
| P7               | Speed       | 2  | 9 | 9 | 7 | 7  | 6 | 5  | 3  | 2 | 2  |
|                  | Inclination | 0  | 3 | 3 | 3 | 4  | 4 | 4  | 1  | 1 | 0  |
| P8               | Speed       | 2  | 4 | 4 | 4 | 5  | 6 | 8  | 8  | 6 | 2  |
|                  | Inclination | 1  | 1 | 4 | 4 | 4  | 5 | 5  | 4  | 3 | 2  |
| P9               | Speed       | 2  | 4 | 5 | 5 | 6  | 5 | 6  | 3  | 3 | 2  |
|                  | Inclination | 3  | 5 | 3 | 4 | 2  | 3 | 4  | 2  | 3 | 2  |
| P10              | Speed       | 2  | 5 | 7 | 5 | 8  | 6 | 5  | 2  | 4 | 3  |
|                  | Inclination | 1  | 5 | 6 | 8 | 12 | 9 | 10 | 9  | 5 | 3  |
| P11              | Speed       | 2  | 5 | 6 | 7 | 8  | 9 | 10 | 5  | 3 | 2  |
|                  | Inclination | 3  | 5 | 6 | 8 | 6  | 5 | 8  | 7  | 5 | 2  |
| P12              | Speed       | 2  | 3 | 5 | 6 | 8  | 6 | 9  | 6  | 5 | 3  |
|                  | Inclination | 5  | 7 | 5 | 8 | 6  | 5 | 9  | 10 | 6 | 2  |

#### 4.6 3 Mode Parameter Settings

Set the initial time countdown to 30:00 minutes, step to 1:00. The initial calorie countdown setting is 50 kcal, step to 10. The initial distance countdown setting is 1.0 kilometers, step to 1.0. Press this

button to toggle the order of manual mode, time countdown mode, distance countdown mode, and calorie countdown mode.

#### 4.7 Physical Fitness Test (FAT)

In standby mode, press "Program" key to enter index detection window body mass (FAT) showing "FAT". Press the "Settings" button to select the parameters to be configured (F1 - gender, F2-age F3-height, F4-body weight), use "speed + "and" speed - "to set the genre and press the mode button to set the following parameters. When setup finish, press and hold hand pulse to enter to physical detection. Body mass index (FAT) is a measure of the relationship between height and the weight of a person, but does not refer to the proportion of the body. FAT is suitable for men and women, along with other health indicators, serve as the basis for people to adjust their weight. The ideal fat index should be between 20-25, less than 19 means skinny, and the range between 25 and 29

it is overweight, and if it exceeds 30, it is considered obese. The range of parameters is as follows.

(These

data is for reference only and cannot be considered medical data).

- 01 sex 01Men 02 Woman
- 02 age 10 ----- 99
- 03 height 100 ---- 200
- 04 weight 20 ----- 150
- 05 FAT ≤19 Under the weight
- FAT = (20 --- 25) Normal weight
- FAT = (25 --- 29) Overweight
- FAT ≥30 Obesity

#### 4.8 Touch control function (optional):

Press the buttons on the console to control the corresponding functions.

#### 4.9 USB, MP3 playback function:

Inserting the USB automatically plays the music.

## Error code translation

| Error codes | Description | Check and Solution |
|-------------|-------------|--------------------|
|-------------|-------------|--------------------|

|    |  |   |
|----|--|---|
| E1 | Abnormal communication:<br>When the power is on, the connection between the lower controller and the console is abnormal.  | Possible Cause: The communication between the lower controller and the console is blocked, check each junction between the controller and the console, make sure each core is fully plugged in. Check the connection line, replace it if it is damaged.   |
| E2 | No signal from the engine.   | Possible cause:<br>Check the motor cable to see whether it is well connected or not, if not, please connect the motor cable again.<br>Check the motor cable for damage or a burning smell, if so, replace the motor.<br>Check the speed sensor to see if it is properly installed or damaged  |
| E5 | Overvoltage protection:<br>In operation, the lower controller detects that the current exceeds 6A for more than 3 seconds. | Possible cause:<br>Overload leads to excessive current and the system stops by self-protection, or some part is stuck, causing the motor to stop. Adjust the treadmill and restart it. Check for liquid or burning smell while the motor is running, if so, replace the motor; Check if the controller smells of burning, if yes, replace the controller; Check the voltage of the power supply, if it does not match the specifications, switch to the correct voltage and test the machine again. |
| E6 | Explosion-proof impact protection: abnormal voltage or motor causes the failure of the circuit that drives the motor.      | Possible cause:<br>Check whether the power supply voltage is 50% lower than the normal voltage, use the correct voltage, and test the machine again; check if the controller smells of burning and replace the controller; Check if the motor cable is connected and reconnect the motor cable.   |
| E7 | No security key  | Put the safety key in the right place.  |

Note: the above functions and any changed buttons are dependent on actual operation. manual modifications will not be noticed, it all depends on the actual product.

## 5. Instructions and routine maintenance

**Warning:** Before cleaning or maintaining the products, make sure that the power plug of the treadmill is unplugged.

Cleaning: A thorough cleaning will extend the life of the electric treadmill.

Dust periodically to keep parts clean. Be sure to clean the treadmill with both sides of the exposed part, which will reduce the build-up of impurities. Be sure to wear clean athletic shoes to avoid carrying dirty material to the stirrup and belt. The belts of the treadmills should be cleaned with a damp, soapy cloth. And pay attention to avoid wetting the electrical components and the treadmill.

**Warning:** Make sure the power plug is disconnected before removing the motor cover, clean the motor at least once a year.

**Specialized belt lubricant**

The stirrup and treadmill of this electric treadmill have been lubricated at the factory. The friction between the treadmill and the running board has a great influence on the life and performance of the electric treadmill, so regular application of lubricant is necessary. We recommend that you check the board regularly. If the table surface is damaged, please contact our customer service center.

We recommend using lubricant between the running belt and the stirrup with the following schedule:

Light user (use less than 3 hours a week) once a month;

Heavy use (use more than 7 hours a week) once every half month.

1. To better protect your electric treadmill and extend the life of the machine, it is recommended that after continued use of two hours, you turn off the machine and let it sit for 10 minutes before using it again.

2. If the treadmill belt is too loose, there will be slipping phenomena while running; If it is too tight, it can reduce the performance of the motor and harden the abrasion of the roller and the treadmill.

You can lift two sides of the running belt by 50-75mm when the tension is adequate.

### **Running with tight alignment and tightness**

To best use the treadmill and make its functions work better, you need to adjust the treadmill to the best condition.

Running Belt Alignment

- Place the electric treadmill on the ground.
- Run the electric treadmill at a speed of approximately 6-8 km / hour.
- If the running belt is closer to the right, turn the right adjusting bolt 1/2 turn clockwise, then turn the left adjusting bolt 1/2 turn counterclockwise. (Picture B)

If the treadmill is closer to the left, turn the left adjusting bolt 1/2 turn clockwise, then turn the right adjusting bolt 1/2 turn counterclockwise. (Picture A)



Image A Image B

### **Adjusting the tension of the multi-wedge belt**

When you use the treadmill for a long time, the multi-wedge strap becomes loose due to abrasion, then you need to make a proper adjustment to facilitate safe use.

Judgment: The feeling of running with the occasional pause phenomenon, indicating that the treadmill belt or multi-wedge belt is a little loose and more affirmation is required.

Method to determine which part is loose: Remove the four screws on the protective cover, run the treadmill at a speed of 1 km / h, and then stand on the treadmill, grasp the armrests, and lightly step

on the treadmill. of the treadmill. advise stepping on the treadmill belts with the user's own weight)

**TO.** The instant step can not stop the belt, the tension is adequate.

**B.** If your instant stride stops the running belt, but the multi-wedge belt and previous roller are still working, it indicates that the running belt is loose and appropriate adjustments should be made to facilitate safe use.

**C.** If you notice that instant step causes the treadmill and multi-wedge belt to stop, but the motor is still running, it indicates that the multi-wedge belt is loose and appropriate adjustments should be made to facilitate safe use .

**Step 2:** Use a wrench to tighten the bolts at the base of the motor according to the condition. Meanwhile, gently move the multi-wedge belt between the motor shaft and the front roller; If it is too loose, you can rotate the multi-wedge strap by 100%; If it is too tight, the degree to which you can flip the belt is very limited. It is appropriate to flip the multi-wedge belt by 80% after adjustment. Adjust the tension of the multi-wedge belt so that it can be flipped by 80%.

**Step 3:** Finally, lock the motor base and install the front cover.

## Oil application

Step 1: open the treadmill

Step 2: Open the silicone oil bottle, squeeze out the silicone oil on the side of the stirrup, as shown in the following picture:

