

USER'S MANUAL



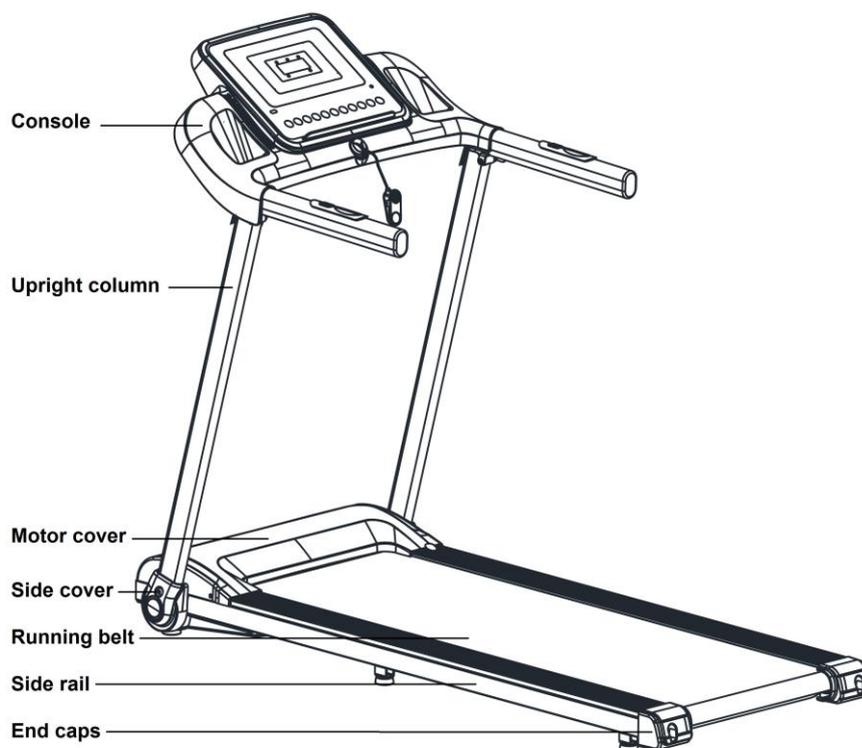
Note: Following the principles of sustainable development, we may modify machines when necessary and will not notify again. It all depends on the actual product.

Contents

1. Product Brief.....	2
2. Security Precautions and Warnings	3
3. Installation Instructions	6
4. Using Instruction.....	7
5. Routine Maintenance.....	10

1. Product Brief

A. Single function electric treadmill



Main parameters and parts list

No.	Parameters	Description
1	Input power voltage	AC220-240V(50/60Hz)
2	Motor power	1.75HP
3	Speed	0.8-14km/h
4	Running surface	420*1200mm
5	Max user weight	110kg
6	Expand dimensions	1450*690*1140mm
9	Functions	Running

Packing list

No.	Name	Unit	QTY	No.	Name	Unit	QTY
1	Complete machine	pcs	1	2	Accessory Bag	set	1

Accessory bag list

No.	Name	QTY	No.	Name	QTY
1	Inner hexagon spanner 5mm	1	5	Screw M8*42	2
2	Inner hexagon spanner 6mm	1	6	Safety key	1
3	Combination wrench	1	7	Silicone oil	1
4	Screw M8*25	2	8	User manual	1

2. Security Precautions and Warnings

Tips: Before folding the treadmill, make sure that the gradient is "zero".

Notice: Please read the instructions carefully before use.

- ◆ The treadmill is designed for indoor use only. It is not suitable for damp conditions or contact with water.
- ◆ Please wear suitable clothes and sneakers before exercise. Prohibited to exercise on the treadmill barefoot.
- ◆ High power plug must be grounded, electric outlet should have a dedicated circuit, do not share with other electrical equipment.
- ◆ Keep children away from the machine to avoid accidents.
- ◆ Avoid using the treadmill for excessive periods of time. Overuse in a single period can cause wear/damage to the bearing, belt motor and/or controller. Ensure the treadmill is properly maintained.
- ◆ Keep machine away from dust; ensure it is kept in a clean condition.
- ◆ Unplug the treadmill when not in use.
- ◆ Ensure good ventilation in the room where the treadmill is to be used.
- ◆ Please attach the safety cut-off cable to your clothing so that the machine will shut off if you were to fall causing the cable to be pulled out.
- ◆ If you feel not very well when using this machine, please stop and consult a doctor.
- ◆ Silicone oil must be kept away from children after use.
- ◆ If the power cord is damaged, please contact a qualified maintenance engineer for service rather than attempt self-repair.



Forbidden

- ◆ Don't use the machine in the status of the shell break in or break off (the internal structure exposed) or under the condition of welding-parts may fall off.
---- Otherwise an accident or injury may happen.
- ◆ Don't jump up and down in the process of movement.

---- May be injuries caused by the fall.

- ◆ Don't keep machine in or near moist space such as the bathroom.

- ◆ Don't place machine in direct sunlight, or high temperature places such as near a stove or a heating appliance .

----Otherwise may cause the leakage and burst into flames.

- ◆ Don't use when the power cord is damaged or power plug pin is loose.

----Otherwise will lead to an electric shock, short circuit or fire.

- ◆ Don't damage or bent by force or reverse the power cord. Don't place heavy objects on machine, don't clamp the power line.

----Otherwise will cause fire or get an electric shock.

- ◆ Don't use machine for more than 2 people at the same time, and don't get close to the machine when it is in use.

---- Or it may be an accident or injury due to falls.

- ◆ People who can't express their consciousness or can't operate the machine by themselves cannot use the treadmill.

----May occur accident or injury.

Avoid drinking water or pouring water when operation.

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

- ◆ People who seldom do exercise shouldn't suddenly do intense exercise.

- ◆ After eating or when feel tired, do not use machine.

---- May lead damage to your health.

- ◆ This product is suitable for family use, does not apply to schools, gymnasium and so on. ----

There is the danger of injury.

- ◆ Don't use when hard objects are in pants pockets.

----May cause accident or injury.

- ◆ Don't use when the power plug is on the needle, garbage, or water.

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

- ◆ when not in use, pull out the power plug from the socket.

----The dust and moisture can age the insulation, and result in leakage fire.

- ◆ --This appliance is not intended for use by persons (including children) with reduced physical,

sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

- ◆ Children should be supervised to ensure that they do not play with the appliance.



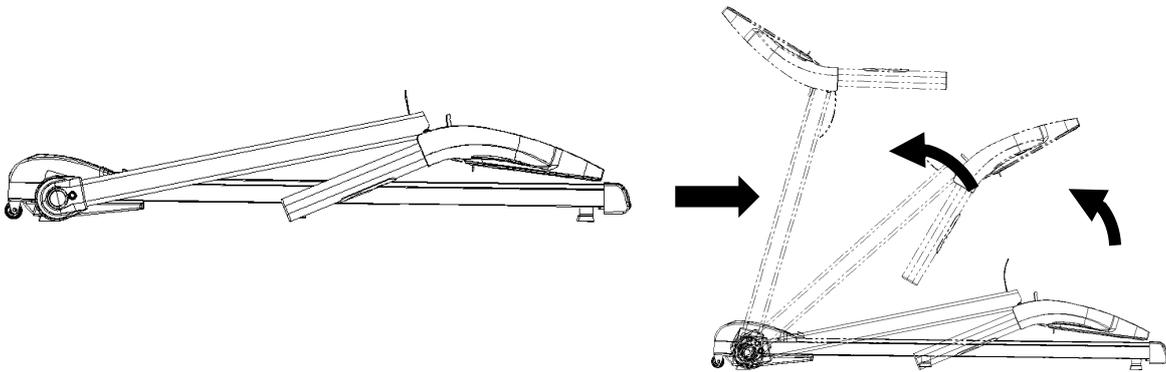
Ground protection system!

- ◆ This product must be grounded. If the machine is dysfunctional, grounding will provide a good channel for electric current, in order to reduce the electric shock risk.
- ◆ This product is equipped with power plug with grounding conductor and plug. Completely insert the plug to standard socket.
- ◆ If the equipment grounding conductor's connection is improper, it will cause electric shock. If you have doubts about whether your product is grounded correct or not, please entrust professional to check.
- ◆ Please use the socket which has the same shape with the grounding plug. Don't use plug adapter.
- ◆ If power cord is damaged, please contact our qualified maintenance personnel for service rather than disassemble it at your own discretion.
- ◆ If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or similarly qualified person in order to avoid a hazard.

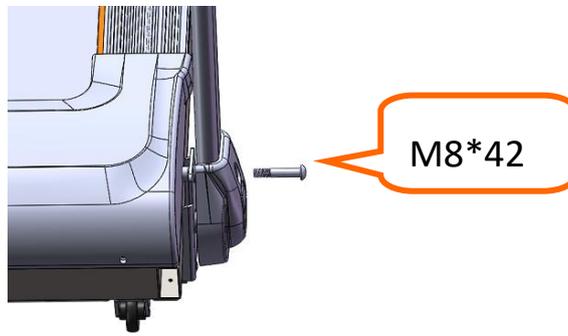
This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

3. Installation Instructions

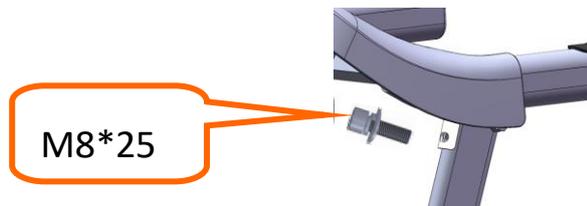
1. Put the machine flat on the ground. And stand the upright columns and console as bellow:



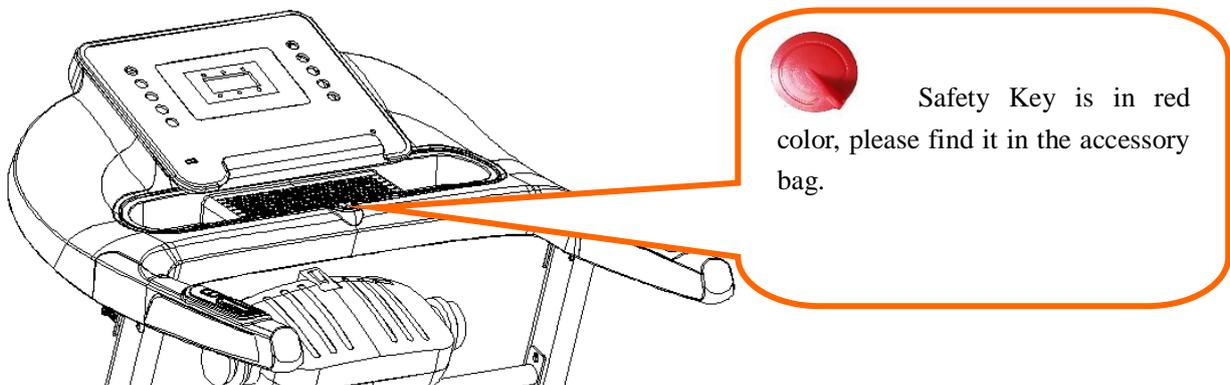
2. Use 5# inner hexagon wrench to install the two crews M8*42 through the column and secure them properly.



3. Hold left & right columns, use 6# hexagon wrench to lock the console frame on the columns with screw M8*25.



4. Keep the safety key on the position as bellow to start using the treadmill:

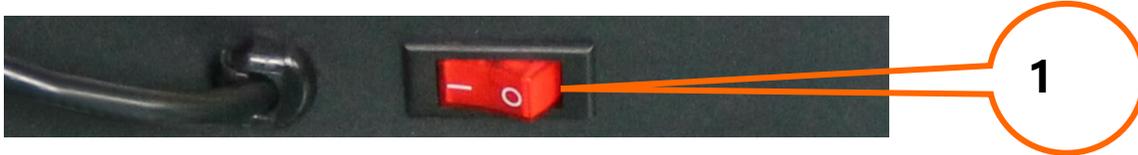


4. Using Instruction

Using treadmill

1) Insert the power plug properly and turn on the switch(in red color)

When the light is on, you will hear a beep sound, and then the screen will light up.



2) Please keep the safety key away from children when the treadmill is not in use. Please put the silicon oil bottle in places children cannot reach. If it is eaten or split into eyes by mistake, please use water to wash and consult doctor immediately.

3) Safety key Introduction



The treadmill can only start when the safety key is put on the yellow area of the console. Clip the safety key on clothes when using the treadmill to prevent accidents.

Console instructions

Start-up

Normally start after 5 seconds of countdown.

Amount of programs

3 manual programs, 12 automatic programs, 1 FAT program.

Safety lock function

Disconnect the security lock, "E7" shows on the screen. The treadmill stops immediately, and you will hear a beep sound. Put the safety key back, all the data will be cleared in 2 seconds.

Key function

Start button, Stop button:

When the power is on, press the start button to start the treadmill. And press the stop button to stop the treadmill when the unit is in running mode.

Program key

In standby mode, pressing this key can cycle the options from manual mode to P1 to P12 automatic programs. Manual mode is the system defaulting running mode.

Mode key

In standby mode, press this key to cycle the options of 3 different countdown running mode: time countdown running mode, distance countdown running mode and calorie countdown running mode. Use speed + - to adjust the set value.

Speed + - key

Use these keys to adjust the speed of the treadmill or to adjust the set value.

Speed shortcut key

Use these keys to change the speed directly into 3/6/9km/h in running mode.

Volume + - keys

Use these keys to adjust the volume of the treadmill.

Play/Pause button:

Use the keys to play or pause music

Display Function**Speed Display**

Display the current running speed value.

Time Display

Display the time of manual mode and the countdown time under automatic modes and programs.

Distance display

Display cumulative distance under manual mode and programs. Display the distance countdown in automatic mode.

Calorie display

Display cumulative calorie under manual mode and programs. Display the calorie countdown in automatic mode.

Heart rate display

Heart rate signal will be detected after holding the heart rate sensor on handrails for a short time.

This data is for reference only, it cannot be considered as medical data.

Automatic program

Program \ Time		Set time / 10 = Running time of each period									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
P2	SPEED	3	3	4	4	5	5	5	6	6	4
P3	SPEED	2	4	6	8	7	8	6	2	3	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
P5	SPEED	3	6	6	6	8	7	7	5	5	4
P6	SPEED	2	6	5	4	8	7	5	3	3	2
P7	SPEED	2	9	9	7	7	6	5	3	2	2
P8	SPEED	2	4	4	4	5	6	8	8	6	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
P10	SPEED	2	5	7	5	8	6	5	2	4	3
P11	SPEED	2	5	6	7	8	9	10	5	3	2
P12	SPEED	2	3	5	6	8	6	9	6	5	3

Code Meaning of error messages

Error code	Description	Solution
E1	Communication Abnormal: when the power on, the connection between lower controller and the console is abnormal.	Possible Cause: the communication between the lower controller and console is blocked, check each joints between the controller and console, ensure that each terminal is fully matched well. Check the the connection line, replace it if it's damaged.
E2	No signal from motor.	Possible Cause: Check the cable between the motor and drive board to see whether it is connected well or not, if not, connect it well. Check the motor cable to see whether it is damaged or has a burnt smell, if yes, replace the motor.
E5	Over current protection: In working , the lower controller detects the current to be over 6A for more than 3 seconds.	Possible Cause: Overloading leads to excessive current, and the system stops for self-protection, or some part of treadmill is stuck, causing the motor to stop. Adjust the treadmill and restart it. Check if there is over current sound or burnt smell while the motor is running, if yes, replace the motor; check if the controller has a burned smell, if yes, replace the controller; check the power supply voltage, if it does not match or under the specifications , use correct voltage to test the machine again.
E6	Explosion-proof impact protection: the power supply voltage abnormal or motor abnormal cause the faulty of circuit while drive the motor.	Possible Cause: Check if the power supply voltage is 50% lower than normal voltage , use the correct voltage and test the machine again; check if the lower controller has a burnt smell,if yes, replace the controller; Check if the motor cable between the motor and lower controller is connected well,to make sure these connect well.
E7	No safety key	Put the safety key on the right place.

5. Routine Maintenance

Warning: Before cleaning or maintaining products, please be sure the power plug of the treadmill is pulled out.

Cleaning: Comprehensive cleaning will extend the using life of the electric treadmill.

Remove dust periodically in order to keep the parts clean. Be sure to clean running belt with both sides of the exposed portion, which will reduce the accumulation of impurities. Make sure to wear clean athletic shoes to avoid carrying the dirty matters into running board and belt. Treadmill belts shall be cleaned by a damp cloth with soap. And please pay attention to avoid to wet the electrical components and running belt.

Warning: Make sure power plug disconnect before moving motor cover away, clean the motor at least once a year.

Running belt specialized lubricant

This electric treadmill's running board and running belt has been lubricated in factory. Friction between the running belt and running board has a great influence to the using life and the performance of the electric treadmill, therefore regular applying of lubricant is needed. We advise you to check the board regularly. If the board's surface is damaged, please contact our customer service center.

We advise using lubricant between running belt and running board with following schedule:

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

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

1. In order to better safeguard your electric treadmill and extend the life of the machine, it is recommended that after your continued use of two hours, turn off the machine and let it rest for 10 minutes before using again.

2. If the treadmill belt is too loose, there will be skid phenomenons while running; if it's too tight, it may reduces motor performance and harden the abrasion of roller and the running belt. You can lift two sides of the running belt for 50-75mm when the tightness is appropriate.

Running with adjusted alignment and tightness

In order to better use the treadmill and make the treadmill functions work better, it is necessary for you to adjust the running belt into the best condition.

Running Belt alignment

- Put electric treadmill flat on the ground.
- Make the electric treadmill run at a speed of about 6-8km/hour .
- If the running belt is closer to the left, rotate the left adjusting bolt with 1/2 turn clockwise, then rotate the right adjusting bolt with 1/2 turn counter-clockwise. (Picture A)
- If the running belt is closer to the right, rotate the right adjusting bolt with 1/2 turn clockwise, then rotate the left adjusting bolt with 1/2 turn counter-clockwise. (Picture B)



Picture A



Picture B

Multi-wedge Belt Tension Adjusting

When you use the treadmill for a long time, the multi-wedge belt becomes loose because of the abrasion, then you have to do some appropriate adjustment to facilitate the safe use.

Judgment: the feeling of running with the occasional pause phenomenon, which indicating that the treadmill belt or multi-wedge belt are a little loose and further affirmation need to be made.

Method of judging which part is loose: Remove the four screws on protective cover, make the treadmill run at a speed of 1 km/h, and then stand on the running belt, grip the armrests, and tread the treadmill belt slightly.(we advise treading the treadmill belts with the user's own weight)

A. The instantaneous step can not stop the belt, the tightness is appropriate.

B. If your instantaneous step stops the running belt, but the multi-wedge belt and former roller is still running, it indicates that the running belt is loose and appropriate adjustments must be made to facilitate the safe use

C. If you observe that the instantaneous step makes the treadmill belt and multi-wedge belt stop, but the motor is still running, it indicates that the multi-wedge belt is loose and appropriate adjustments must be made to facilitate the the safe use

Step 2:Use a wrench to adjust the screws on the motor base according the the condition. Meanwhile, gently flip the multi-wedge belt between the motor shaft and the front roller, if it is too loose, you can flip the multi-wedge belt by 100%; if it is too tight, the degree for you to flip the belt is very limited. It is appropriate to flip the multi-wedge belt by 80% after adjustment. Please adjust the tightness of the multi-wedge belt into the state that it could be flipped by 80%.

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

Silicone oil using method:

Step 1: Cut the top of the silicone oil bottle (Picture1)

Step 2: Find the small decorative cap on motor cover(Picture2)

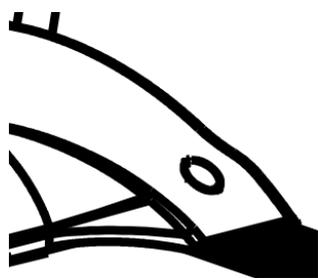
Step 3:Open the small cap (Picture3)

Step 4: Drop silicon oil into oil guiding(Note: 1/4 of the bottle) (Picture 4)

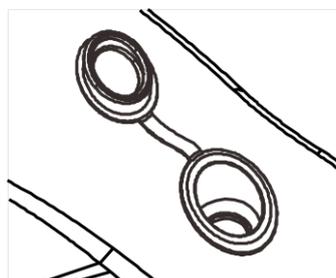
Step 5: adjust the speed of the treadmill into 4-5 km/h. Walk on the machine for 1 or 2 minutes to make sure that the silicon oil is evenly distributed.



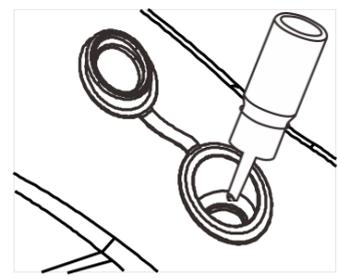
Picture1



Picture2



Picture3



Picture4