

Er17: Indicates excessive Hall signal error.

Er17 Common Problem Solutions	Excessive Hall signal error.	Replace the motor.
	The controller is damaged.	Replace the lower controller and send for repair.

Er19: Indicates elevation self-test error.

Er19 Common Problem Solutions	The controller is abnormally damaged.	Replace the controller.
	Poor contact.	Re-plug and re-secure the cables.
	The elevation motor is faulty.	Replace the elevation motor.

Precautions:

1. Before using this product, please check whether the treadmill is reliably grounded.
2. If there is any problem with this machine, please contact the dealer. Non-professionals should not attempt to disassemble or repair it to avoid causing equipment damage.

Safety Precautions for Use

Thank you for choosing our company's product. Correct use of the treadmill is the guarantee of your safety and convenience. Please read the following content carefully before using the treadmill:

01. Only after confirming that the treadmill is completely installed according to the installation instructions can you connect the power. Pay attention not to block the wall socket when placing it, and leave 0.8 meters of space in front for easy plugging in.
02. Leave 0.8 meters of safety space on each side of the treadmill, and 2 meters (length) * 1 meter (width) of safety space behind the treadmill.
03. Insert the power cord into a power socket with safety grounding. The power cord of the electric treadmill is dedicated. If the power cord is damaged, please purchase it from the dealer and have it replaced by a professional, or contact our company directly and have a professional dispatched to replace it.
04. The treadmill is an indoor appliance, do not use it outdoors. Place it in a clean and flat area, pay attention to moisture prevention, and do not place the treadmill on items like thick carpets to avoid affecting the air circulation under the treadmill. The electric treadmill is a dedicated appliance, do not modify it for other uses.
05. Do not wear clothes that are too large or too loose during exercise to prevent them from getting caught on the electric treadmill and causing safety accidents. It is recommended to wear running shoes or fitness shoes with rubber soles.

06. Do not remove the protective cover arbitrarily. If it needs to be opened for maintenance, be sure to unplug the power cord first.
07. When the electric treadmill is in use, do not let children get close to it to prevent danger.
08. If the electric treadmill suddenly accelerates or the speed automatically and continuously increases due to problems with the electronic console system, immediately press the stop key on the remote control, and the electric treadmill will stop immediately.
09. If the electronic system fails and cannot be stopped, quickly jump off the walking area, turn off the power in time, and notify after-sales personnel.
10. When the electric treadmill is not in use, the power cord should be unplugged and stored properly.
11. Minors using the electric treadmill need to be accompanied by an adult.

Exercise Recommendations and Guidelines

If you are using an electric treadmill for the first time, it is necessary for you to read the following content:

Preparation

Before exercising, it is necessary for you to understand your health status to develop an exercise plan suitable for yourself. It is recommended to consult a doctor or professional; perhaps you can achieve twice the result with half the effort.

Exercise

Walk at a steady pace for about 1 km (0.6 MI) and record the time. This may take 15-25 minutes. At a pace of 4.8 km/h (3 MPH), 1 km (0.6 MI) will take approximately 13 minutes. After you can easily do this a few times, you can gradually increase your speed. Continuing this for 30 minutes will provide a good workout. Before starting this walking exercise program, remember: don't rush it; this exercise is for your lifelong health, not a magic trick to achieve overnight results.

Frequency of exercise

The goal is 3-5 times per week, with each session lasting 15-60 minutes. It's best to create a workout plan based on your physical condition, rather than your personal preferences. You can adjust the intensity of your workout by changing the speed and duration.

Exercise Intensity

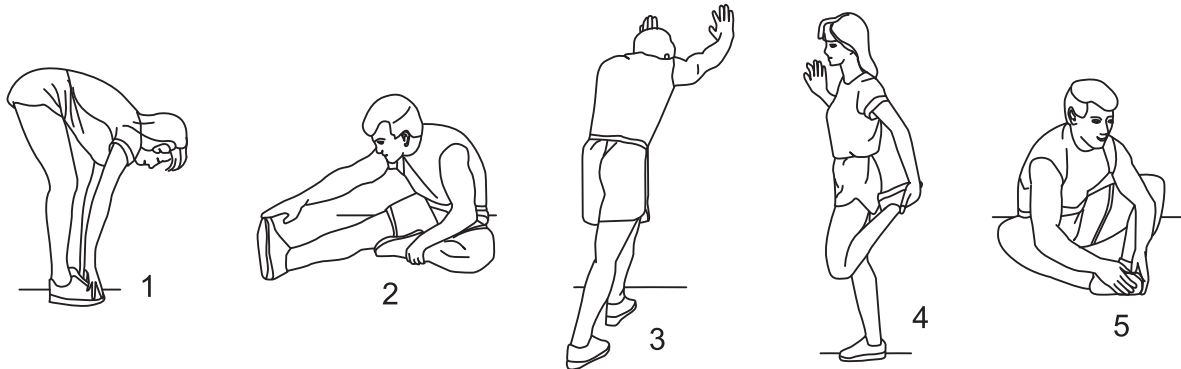
Shortcut---Exercising for 15-20 minutes is a good way to save time. Warm up for 5 minutes at a pace of 4-4.8 km/h (2.5-3 MPH), then gradually increase the pace by 0.3 km/h (0.2 MPH) per minute until you feel challenged to maintain a certain pace for 45 minutes.

Clothing

All you need is a good pair of shoes. Running shoes or fitness shoes are recommended. Also, avoid having foreign objects stuck to the soles of your shoes to prevent them from being carried under the running belt and damaging the running board and belt. Your clothing should be comfortable and suitable for exercise; breathable cotton sportswear is recommended.

Stretching Exercises

No matter what pace you walk at, it's best to do some stretching exercises first. Warm muscles stretch more easily, so walk for 5-10 minutes to warm up. Then stop and do the following stretches: do 5 repetitions, holding each leg for 10 seconds or more each time; repeat after you finish your workout.



1. Downward Stretch

Slightly bend your knees and slowly bend forward, relaxing your back and shoulders. Try to touch your toes with your hands. Hold for 10-15 seconds. Then relax. Repeat 3 times for each leg.

2. Hamstring Stretch

Sit on a clean cushion with one leg straight. Bring the other leg inward, pressing it against the inside of the straight leg. Try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.

3. Calf and Achilles Tendon Stretch

Stand with your hands on a wall or tree, one foot behind you. Keeping your back leg straight and heel on the ground, lean towards the wall or tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.

4. Quadriceps Stretch

Use your left hand to hold onto a wall or table for balance. Reach your right hand behind you and grasp your right ankle, slowly pulling it towards your hip until you feel a tension in the front of your thigh. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.

5. Sartorius (Inner Thigh Muscle) Stretch

Sit with the soles of your feet together and knees pointing outwards. Grasp your feet with your hands and pull them towards your groin. Hold for 10-15 seconds, then relax. Repeat 3 times.

Exercise Safety Measures

Consult a professional before exercising. They can recommend exercise frequency, intensity, and duration appropriate for your age and physical condition. If you experience chest tightness or pain, irregular heartbeat, shortness of breath, dizziness, or other discomfort during exercise, stop immediately! Consult a professional before continuing to exercise.

Maintenance Guide

Warning: Always unplug the treadmill before cleaning or maintaining the product.

Cleaning: Thorough cleaning will significantly extend the life of your treadmill.

Regularly remove dust to keep parts clean. Be sure to clean the exposed sides of the running belt; this will reduce the buildup of debris under the belt. Ensure your running shoes are clean to avoid bringing foreign objects under the belt that could damage the running board and belt. Wipe the running belt surface with a damp cloth dampened with soap; be careful not to splash water onto electrical components or under the running belt.

Warning: Always unplug the treadmill before moving the motor guard. At least once a year, open the motor protective cover to vacuum and clean the motor, and apply lubricating silicone oil to the running belt.

The running board and running belt of this electric treadmill are pre-applied with silicone lubricant. The friction between the running belt and running board significantly affects the lifespan and performance of the treadmill, therefore regular application of silicone lubricant is necessary. We recommend regular inspection of the running board. If the running board is damaged, please contact our customer service center.

We recommend applying silicone lubricant between the running belt and running board of the electric treadmill according to the following schedule:

Light users (less than 3 hours of use per week): once every 6 months.

Moderate users (3-5 hours of use per week): once every 3 months.

Heavy users (more than 5 hours of use per week): once every 1.5 months.

Maintenance Instructions

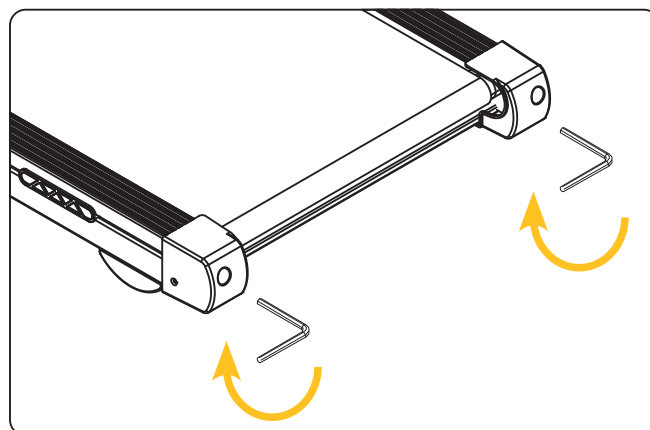
To better maintain your electric treadmill and extend its lifespan, it is recommended that you turn off the power and allow the machine to rest for 10 minutes after 2 hours of continuous use before using it again.

If the running belt is too loose, it will slip during running; if it is too tight, excessive tightness may reduce motor performance and accelerate wear on the rollers and running belt. When the running belt tension is appropriate, you can lift both sides of the running belt about 50-75mm off the running board by hand.

Lubrication of running board

01. As mentioned above, the running board should be lubricated regularly, but excessive lubrication is not advisable. More lubricant is not necessarily better. Remember: proper lubrication is a crucial factor in extending the lifespan of the treadmill.
02. To check if additional lubricant is needed, simply grasp the running belt and touch the center of the back of the belt with your hand. If your hand feels slightly damp with silicone oil, no further lubrication is needed. If the running board is dry and your hand is free of silicone oil, then lubricant needs to be added.
03. Steps for applying lubricating silicone oil to the running board:
 - a. With the treadmill powered off;
 - b. Tilt the running platform to the side, pull up the running belt, and drip approximately 10ml of silicone oil between the running board and the belt. Then, level the machine and run it at 1km/h (0.6MPH) to evenly spread the silicone oil. Lightly step on the front of the running belt from left to right for approximately 8-10 minutes to allow the silicone oil to be fully absorbed.

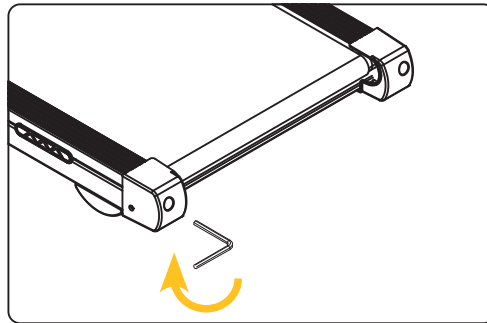
Running belt tension adjustment



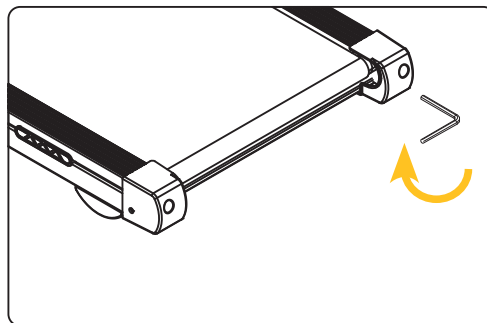
The treadmill's running belt has been adjusted before leaving the factory. Upon unpacking and installation, please test the running belt to confirm its operation. If, after a period of use, the user experiences pauses or slippage while running, adjust the running belt adjustment bolts clockwise in half-turn increments, simultaneously left and right. Fine-tune until the above phenomenon does not occur during normal use.

Running belt tension adjustment

01. Place the treadmill on a flat surface.
02. Run the treadmill at approximately 3.5 km/h (2.2 MPH).
03. If the treadmill belt is tilted to the left, turn the left adjustment bolt clockwise 1/4 turn and pause for 30 seconds. The belt will automatically return to center. If it does not return to center, repeat the above method.
04. If the treadmill belt is tilted to the right, turn the right adjustment bolt clockwise 1/4 turn and pause for 30 seconds. The belt will automatically return to center. If it does not return to center, repeat the above method.



If the running belt is tilted to the left, turn the left adjusting bolt clockwise 1/4 turn and pause for 30 seconds. The running belt will automatically return to center. If it does not return to center, please repeat the above method to adjust.



If the running belt is tilted to the right, turn the right adjustment bolt clockwise 1/4 turn and pause for 30 seconds. The running belt will automatically return to center. If it does not return to center, please repeat the above method to adjust it.

Service Commitment

For electric treadmills, within one year of normal use, if damage is not due to human factors, free replacement parts will be provided. After the warranty period expires, spare parts will be offered at preferential prices.

This product is limited to household use. The company is not responsible for issues arising from commercial use. If you encounter after-sales problems, please contact the local dealer's after-sales service.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

IC Statement:

This device complies with Innovation, Science and Economic Development Canada's licence - exempt RSSs. Operation is subject to the following two conditions:

- (1) This device may not cause interference; and
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Correct disposal of this product



This marking indicates that this product must not be disposed of with other household waste throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where you purchased the product. They can take this product to an environmentally safe recycling.



WARRANTY INSTRUCTIONS

! IMPORTANT: REGISTER FOR TOPUTURE ONLY

12 months warranty for home use only



<https://warranty.toputure.com>

Please register your product as soon as possible to ensure full warranty coverage.

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department by the below address. We will arrange a replacement or refund for you as needed.

US/CA/AU Warranty:  **toputure_service@outlook.com**

Response Time: 24 hours (except weekends)

Please have the following information ready:

1. Order number
2. Model
3. Problem description