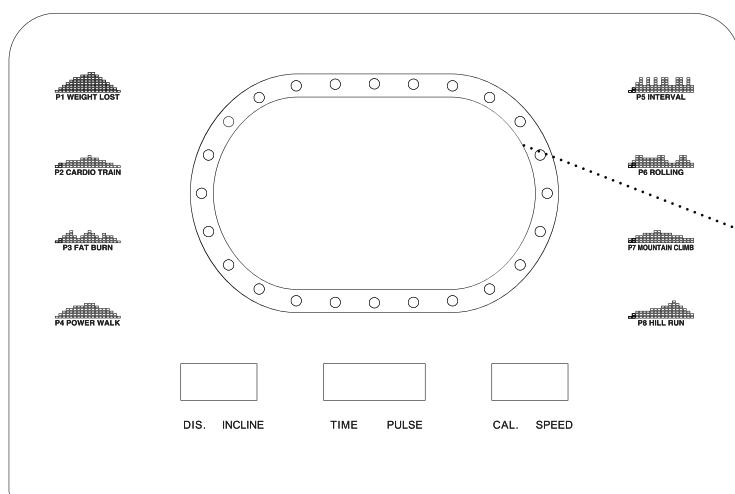




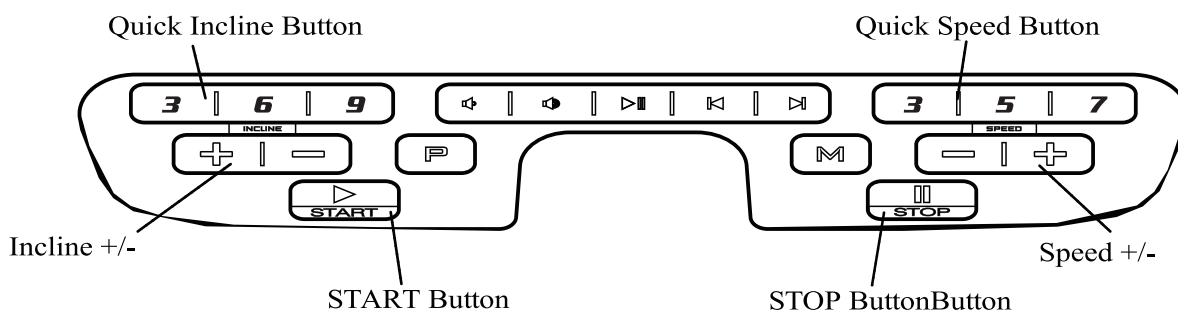
## GENERAL SAFETY TIPS

- A. Practice mounting and dismounting your treadmill before beginning your workout.
- B. Attach the Safety Key to the Computer (the treadmill will not operate without the Safety Key). Clip the other end of the Safety Key to your clothing before exercising to ensure the treadmill will stop if the user accidentally walks off the Treadmill.
- C. If the user falls off the Treadmill, the Safety Key will come off the Computer and the treadmill will stop at once to avoid further injury.
- D. Do not stand on the Walking Belt while starting the Treadmill. Straddle the Belt and stand on the plastic Foot Rails.
- E. The Treadmill will start at 0.6 MPH after countdown. If you are a new user, stay at a slow speed and hold onto the Hand Grips until you become comfortable.

## QUICK REFERENCE GUIDE



Running Distance over 0.01miles, one dot will be lightened, total of 24 dots, and around 0.25 miles for a circle.



## BUTTON REFERENCE GUIDE



To start treadmill



Press one time to PAUSE treadmill  
Press again to clear running data



Quick Incline Button 3、 6、 9



Quick Speed Button 3、 5、 7



Speed +/- Button, to adjust the speed



Incline +/- Button, to adjust the incline

### DISPLAY FUNCTION

**RUNNING LAMP:** Started from the centre to rotate clockwise, one circle represents 0.25 miles, and cycle rotation display.

**TIME:** Accumulates total workout time from 5:00 to 99:00 minutes.

**PULSE:** When pulse signal is detected by grasping both stainless steel pick-ups on front hand-rails, it will display your current heart rate in beats per minute from 50 to 200.

**INCLINE:** Displays the current deck incline from starting at level 0 to 15.

**SPEED:** Displays the current belt speed from starting at 0.6 MPH to 11.0 MPH.

**CALORIE:** Accumulates calorie consumption during exercise. Max. Value is 990 KCAL.

**DISTANCE:** Accumulates total workout distance from 0.0 to 61.5 miles by count-up.

Accumulates total workout distance from 0.0 to 61.5 miles by count-down.

### PRESET WORKOUTS PROGRAMS

The treadmill (TD - 500E) offers 8 preset exercise programs as follows, and each program includes 8 different exercise intensity range(L1-L8), in which you can choose your ideal treadmill program. Preset hill workouts automatically modify the treadmill's incline during the exercise. Varying incline helps strengthen leg muscles and develops lung capacity. All you have to do is select the workout from the console, the intensity level and speed. The treadmill does the rest. Also, you can stop the program any time you want during the exercise:)

- P1 - WEIGHT LOST
- P2 - CARDIO TRAIN
- P3 - FAT BURN
- P4 - POWER WALK
- P5 - INTERVAL
- P6 - ROLLING
- P7 - MOUNTAIN CLIMB
- P8 - HILL RUN



### HOW TO FOLD THE TREADMILL

Before folding the treadmill, unplug the power cord.

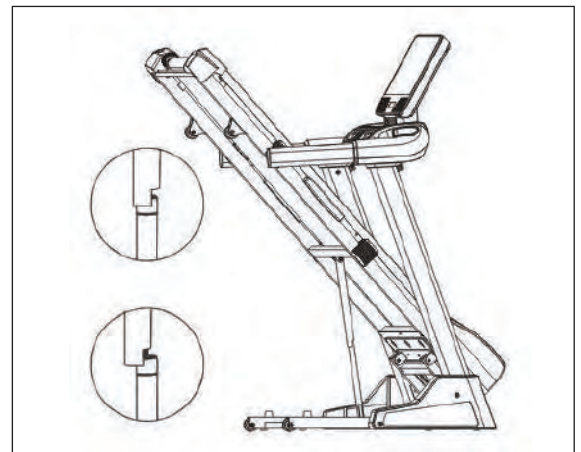
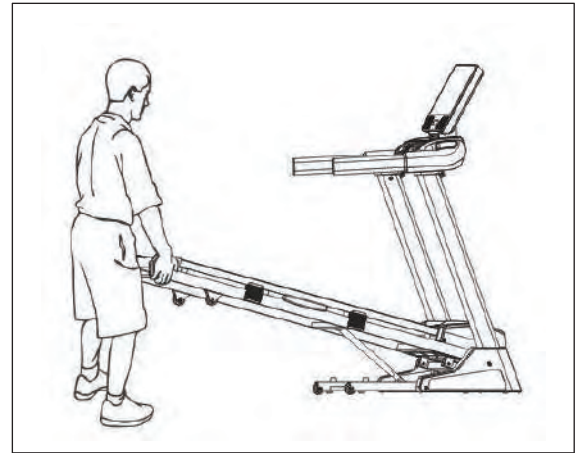
CAUTION: You must be able to safely lift 45 pounds (20kg) in order to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the locations shown at the right.

CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.

Raise the treadmill until the running deck is firmly held by the folding pole as the right figure shows.

2. If you want to put the treadmill to the work position, Firstly pull the folding knob outward as figure shows, And then lay down the running deck light onto floor.

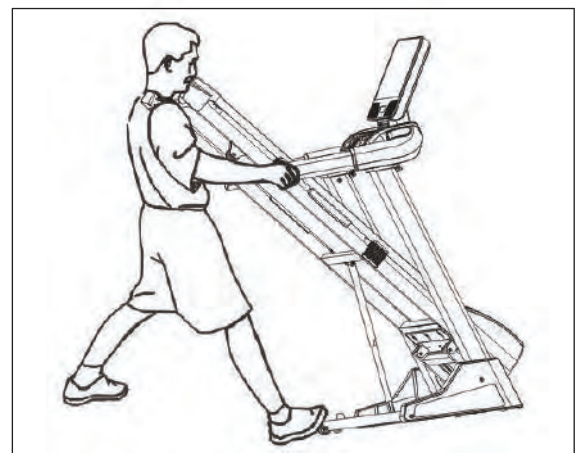


### HOW TO MOVE THE TREADMILL

1. Hold the handrails as shown and place one foot against a wheel.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location.

Never move the treadmill without tipping it back.  
To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.

3. Place one foot on a wheel, and carefully lower the treadmill until it is resting in the storage position.





### WEIGHT LOSS TIPS

At least four, 30-minute workouts per week, along with a reduced-calorie diet, are recommended if you are trying to lose weight. However, be sure to stay within your target heart rate zone and exercise a maximum of 5 days per week for 60 minutes per workout. Good posture is the key to safe, comfortable workouts. Keep your chin up and your head facing forward. Align your head and shoulders with your hips. Avoid leaning forward. Keep your back straight.

### WARM UP BEFORE YOU BEGIN

A warm-up routine prepares your body and mind for vigorous exercise. It also helps provide insurance against injury and soreness. Warm up with two to five minutes of slow exercise, at minimal intensity.

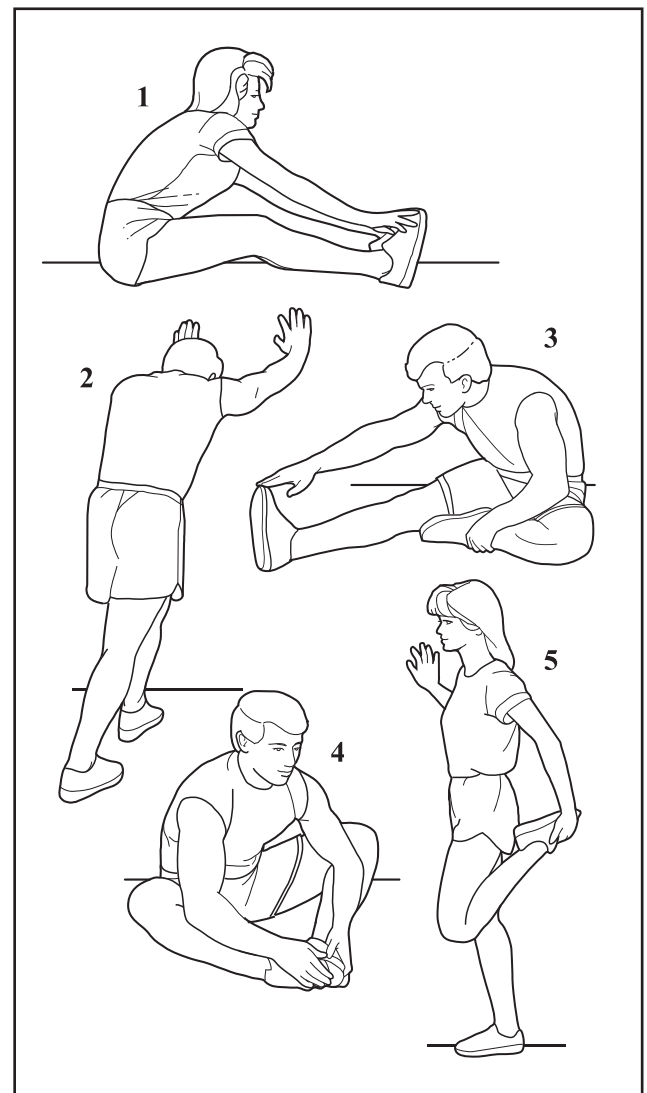
### STRETCH AFTER YOUR WARM-UP

A pliable, well-stretched muscle is less susceptible to injury. Perform the recommended stretches on a smooth, flat surface.

The correct form for several stretches is described below (see the drawings at the right). Be sure to move slowly as you stretch—never bounce.

- 1. Toe Touch Stretch** — Sit with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach toward your toes as far as possible. Hold for 15 to 30 seconds, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.
- 2. Calf/Achilles Stretch** — With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward, and move your hips toward the wall. Hold for 15 to 30 seconds, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

- 3. Hamstring Stretch** — Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 to 30 seconds, then relax. Repeat 3 times for both legs. Stretches: Hamstrings, lower back, and groin.
- 4. Inner Thigh Stretch** — Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 to 30 seconds, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.
- 5. Quadriceps Stretch** — With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 to 30 seconds, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.





*It is important to perform the minor maintenance tasks described in this section. Failure to maintain the treadmill as described here could void the AVTIFIT Warranty. To reduce the risk of electrical shock, always unplug the unit from its power source before cleaning or performing any maintenance tasks.*

### **⚠ INSPECTION**

AVTIFIT is not responsible for performing or scheduling regular maintenance or inspections. Users should inspect the treadmill daily. Check for worn, frayed or missing safety lanyards. Replace missing or worn safety lanyards immediately. Do not exercise on the treadmill without attaching the safety clip to your clothing. Look and listen for slipping belts, loose fasteners, unusual noises, worn or frayed power cords, and any other indications that the equipment may be in need of service. If any of these are noticed, obtain service. Do not attempt to use the treadmill until proper service has been performed or damaged parts have been replaced.

### **CLEANING THE EQUIPMENT**

#### **After Each Use:**

1. Spray a solution of 30 parts water to 1 part mild detergent to dampen a soft cloth and wipe all
2. exposed surfaces.

Use a LCD/screen cleaner or spray a solution of 1 part 91% isopropyl alcohol and 1 part water to dampen a soft cloth and wipe the surface of the console. This helps remove fingerprints, dust, and dirt.

#### **Weekly:**

1. Vacuum any dust or dirt that might have accumulated under or around the treadmill, any motor cover vents and under the straddle covers. Clogged air vents can prevent adequate cooling to the drive motor, incline motor, and motor control board causing a shortened life.
2. Check for proper running belt alignment and tension. If running belt adjustment is required see sections RUNNING BELT ALIGNMENT: and TENSIONING THE RUNNING BELT: on the following page.

### **⚠ CAUTION**

Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and may void the AVTIFIT Warranty. Never pour water or spray liquids on any part of the treadmill. Allow the treadmill to dry completely before using. Frequently vacuum the floor underneath the unit to prevent the accumulation of dust and dirt, which can affect the smooth operation of the unit. Use a soft nylon scrub brush to clean the running belt. Do not clean directly underneath the treadbelt. Most of the working mechanisms are protected inside the motor cover and base of the treadmill. However, for efficient operation, the treadmill relies on low friction. To keep the friction low, the unit's running belt, staging platforms, and internal mechanisms must be as clean as possible.



### RUNNING BELT ALIGNMENT

*Proper belt alignment allows the belt to remain centered and ensures smooth operation. Realignment the belt takes a few simple adjustments. If you are unsure about this procedure, contact the AVTIFIT Service Group.*

#### ⚠ CAUTION

Special care must be taken when aligning the running belt. Turn off the treadmill while adjusting or working near the rear roller. Remove any loose clothing and tie back your hair. Be very careful to keep your fingers and any other object clear of the belt and rollers, especially in front of the roller and behind the deck. The treadmill will not stop immediately if an object becomes caught in the belt or rollers.

#### ⚠ CAUTION

If you hear any chafing or the running belt appears to be getting damaged, stop the running belt immediately by pressing the STOP key. Contact the AVTIFIT Service Group. Walk around to the rear of the unit and observe the belt for a few minutes. The belt should be centered on the running deck. If the belt drifts off center, you must make adjustments.

#### Important:

Failure to align the belt may cause the belt to tear or fray, which may not be covered under the AVTIFIT Warranty. To stop the running belt, press the STOP key. Turn the treadmill off.

#### ⚠ CAUTION

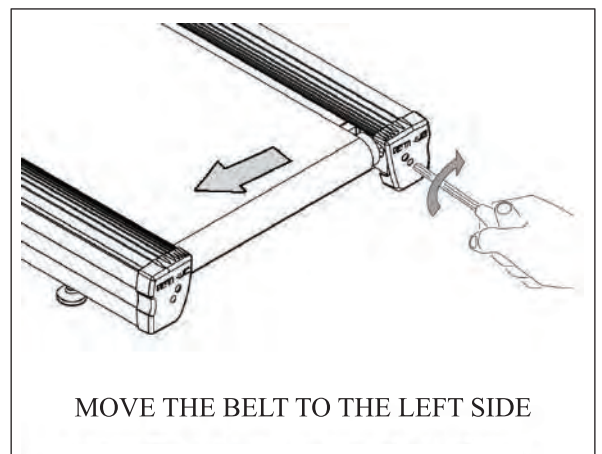
For your safety, use the power switch to turn off the treadmill before making any adjustments. Do not adjust the running belt when someone is standing on the unit.

#### ⚠ CAUTION

Do not turn the adjusting bolt more than  $\frac{1}{4}$  turn at a time. Over tightening the bolt can damage the treadmill. If you are unsure how to adjust the running belt, contact the AVTIFIT Service Group.

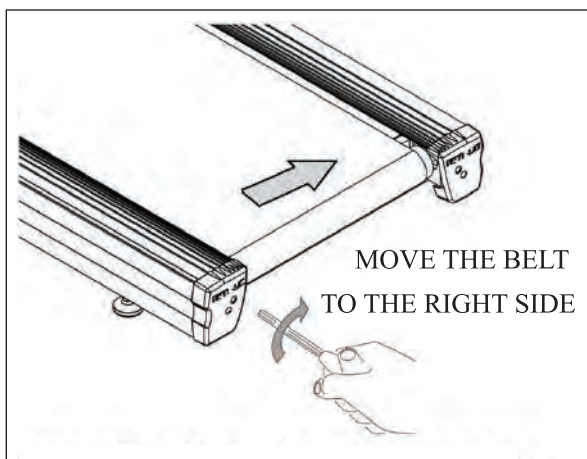
#### If the running belt is too far to the right side:

1. Locate the belt adjustment bolts in the rear end caps of the treadmill. (To determine left and right, stand at the rear of the treadmill and face the display).
2. Using the appropriate size Allen wrench or socket turn the RIGHT adjustment bolt clockwise  $\frac{1}{4}$  turn.
3. Turn the treadmill on and start the belt at 3mph keeping off the unit.
4. Allow 2 minutes for the belt to adjust itself.
5. Repeat the above steps if additional adjustment is necessary.





### If the running belt is too far to the left side:

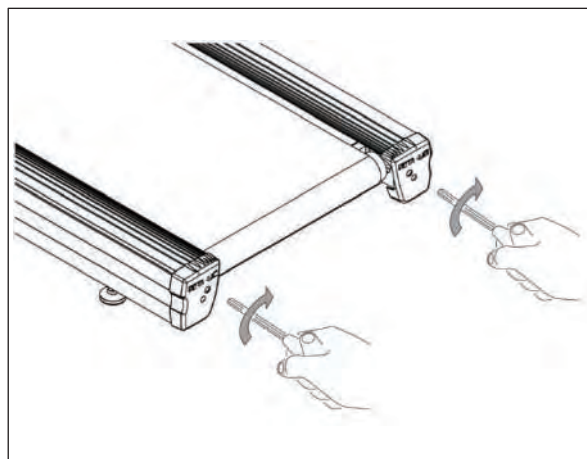


1. Locate the belt adjustment bolts in the rear end caps of the treadmill. (To determine left and right, stand at the rear of the treadmill and face the display).
2. Using the appropriate size Allen wrench or socket turn the LEFT adjustment bolt clockwise  $\frac{1}{4}$  turn.
3. Turn the treadmill on and start the belt at 3mph keeping off the unit.
4. Allow 2 minutes for the belt to adjust itself.
5. Repeat the above steps if additional adjustment is necessary.

### TENSIONING THE RUNNING BELT

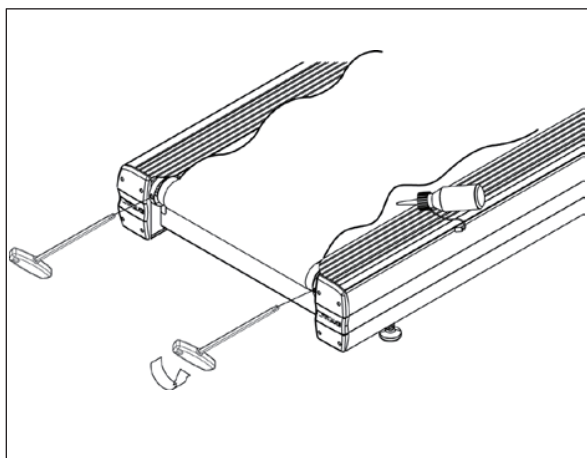
If there is a slipping or jerking sensation when running on the treadmill, the running belt may require tightening. In most cases the belt has stretched from use. Tensioning the belt takes a few simple adjustments. If you are unsure about this procedure, contact the AVTIFIT Service Group.

1. Locate the belt adjustment bolts in the rear end caps of the treadmill.
2. Using the appropriate size Allen wrench or socket turn BOTH adjustment bolts clockwise  $\frac{1}{4}$  turn.
3. Turn the treadmill on and start the belt and check if the slipping continues. Repeat the above steps if additional adjustment is necessary.



### TREADMILL LUBRICATION

For in-home use over 20 hours per week, AVTIFIT recommends lubricating every three months. For average in-home use of the treadmill, AVTIFIT recommends lubrication under the tread belt once per year.



1. Loosen the belt adjustment bolts in the rear end caps.
2. Lift the belt and apply the lubricant to the center of the deck.
3. Center and re-tension the belt using the directions above.
4. Walk on the treadmill at 2MPH for about 60 seconds to spread the lubricant evenly through the belt and deck.



### **LEVELING THE TREADMILL**

The treadmill has adjustable rear leveling feet. Make sure that the running surface is level.

If the treadmill is placed on an uneven surface, adjusting the rear feet can help, but may not completely compensate for extremely uneven surfaces.

### **Scheduled Preventive Maintenance**

1. Record time, distance and hours from the console.
2. Check error log in console.
3. Check running belt and drive belt tension and tracking.
4. Remove the motor cover and vacuum any debris out of the drive motor, speed sensor cage, motor control board and heat sink motor compartment.
5. Move treadmill and vacuum underneath.
6. Lubricate elevation pivot points including rear stabilizing feet and the lift motor screw.
7. Lubricate walking belt and deck.
8. Inspect all fasteners.
9. Inspect all electrical connections.
10. Inspect all components for abnormal or premature wear.

### **LONG TERM STORAGE**

When the treadmill is not in use for any length of time, turn it off. Make sure that the power cord is unplugged from the power source and is positioned so that it will not become damaged or interfere with people or other equipment.



| <b>PROBLEM</b>          | <b>POSSIBLE CAUSES</b>                                                                                                                                                                                                            | <b>CORRECTION</b>                                                                                                                                                                                              |
|-------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Console has no display  | <ol style="list-style-type: none"><li>1. Power cord not plugged well.</li><li>2. Defection on whole set cable or not plug well.</li><li>3. Overload protection.</li></ol>                                                         | <ol style="list-style-type: none"><li>1. Check power cord connection.</li><li>2. Plug every connector well.</li><li>3. Reset overload protector.</li></ol>                                                     |
| Treadmill belt slipping | <ol style="list-style-type: none"><li>1. Running belt too loose.</li><li>2. Motor belt too loose.</li></ol>                                                                                                                       | <ol style="list-style-type: none"><li>1. Tighten running belt.</li><li>2. Tighten motor belt.</li></ol>                                                                                                        |
| Running belt not smooth | <ol style="list-style-type: none"><li>1. Lack lubrication oil.</li><li>2. Running belt too tight.</li></ol>                                                                                                                       | <ol style="list-style-type: none"><li>1. Add lubrication oil to belt and deck.</li><li>2. Loose running belt.</li></ol>                                                                                        |
| Motor not work          | <ol style="list-style-type: none"><li>1. Safety key not attached correctly.</li><li>2. Motor cable not connect well.</li><li>3. Whole set cable not plug well.</li><li>4. Controller damaged.</li><li>5. Motor damaged.</li></ol> | <ol style="list-style-type: none"><li>1. Insert safety key.</li><li>2. Check motor cable connection.</li><li>3. Plug whole set cable again.</li><li>4. Replace controller.</li><li>5. Replace motor.</li></ol> |



### Please read the following carefully

The manufacturer & distributor has provided the parts list and assembly diagram in this manual as reference too only. Neither the manufacturer or distributor makes any representation or warranty of any kind to the buyer that he or she is qualified to make any repairs to the product or that he or she is qualified to replace any parts of the product. In fact, the manufacturer & distributor expressly states that all repairs and parts replacements should be undertaken by certified and licensed technicians, and not by the buyer. The buyer assumes all risk and liability arising out of his or her repairs to the original product or replacement parts thereto, or arising out of his or her installation of replacement parts thereto.

**Record product's model number here:** \_\_\_\_\_

To order replacement parts, please see the front cover of this manual. To help us assist you be prepared to provide the following information when contacting us:

- \* The model number of the product (see the front cover of this manual)
- \* The key number and description of the replacement part(s) (see the PART LIST)

*Note: Some parts are listed and shown for illustration purposes only and are not available individually as replacement parts.*

### ⚠ SAVE THESE INSTRUCTIONS

#### *Questions, problems, missing parts?*

Before returning the goods, our exceptional customer service is available



Email: [avtifit.help@gmail.com](mailto:avtifit.help@gmail.com)

*Or*



Contact us from Amazon back-end

Go to **Your Orders** → Find your order in the list → Select **Problem with order** → Choose your topic from list displayed → Select **Contact seller**.

**PRODUCT MADE IN CHINA**

## **FCC Statement**

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.

(2) This device must accept any interference received, including interference that may cause undesired operation.

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

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.

The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without restriction.