

RUNNING BELT ADJUSTMENT



Warning: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

Clean: General cleaning of the unit will greatly prolong the treadmill. Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt by wearing the clean running shoes.

Warning: Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

RUNNING BELT AND DECK LUBRICATION

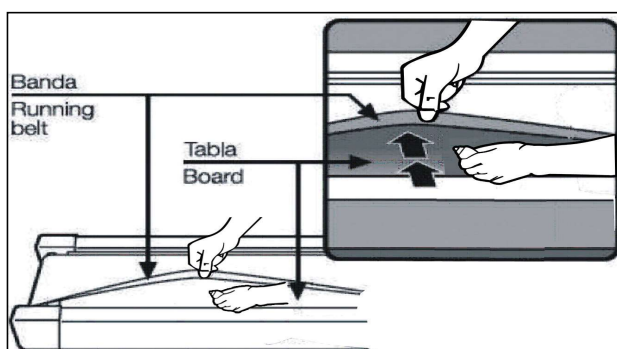
This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. You need contact with our service center if you find the damage of the deck.

We recommend lubrication of the deck according to the following timetable:

Light user (less than 3 hours/ week)	annually
Medium user (3-5 hours/ week)	every six months
Heavy user (more than 5 hours/ week)	every three months

We recommend that you buy the lubrication from our distributor or directly to our company.

Attention: Any repair need the professional technician.

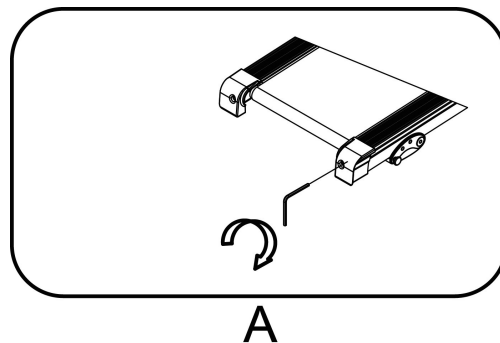


1. We suggest that you should cut off the power for 10Mints after keep running 2HS ,so that it's good for maintain the treadmill.
2. For avoiding the slipping during running , the belt not too loose; for avoiding the more abrasion between the roller and belt and maintain the machine's good running ,the belt not too tight. You can adjust the distance between plates and belt , the belt be away from the plates about 50-75mm on both sides ,if the best not too tight and loose.

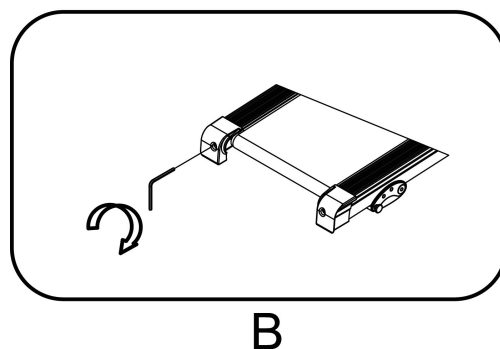
CENTER THE RUNNING BELT

Place treadmill on a level surface. Run Treadmill at approximately 4-5MPH, checking the running condition.

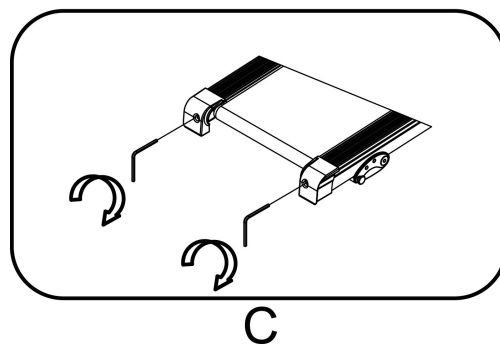
- If the belt has drifted to the right, pull out of the save clock and switch, turn the right adjusting bolt 1/4 turn clockwise, then start running until centering the belt. PIC A



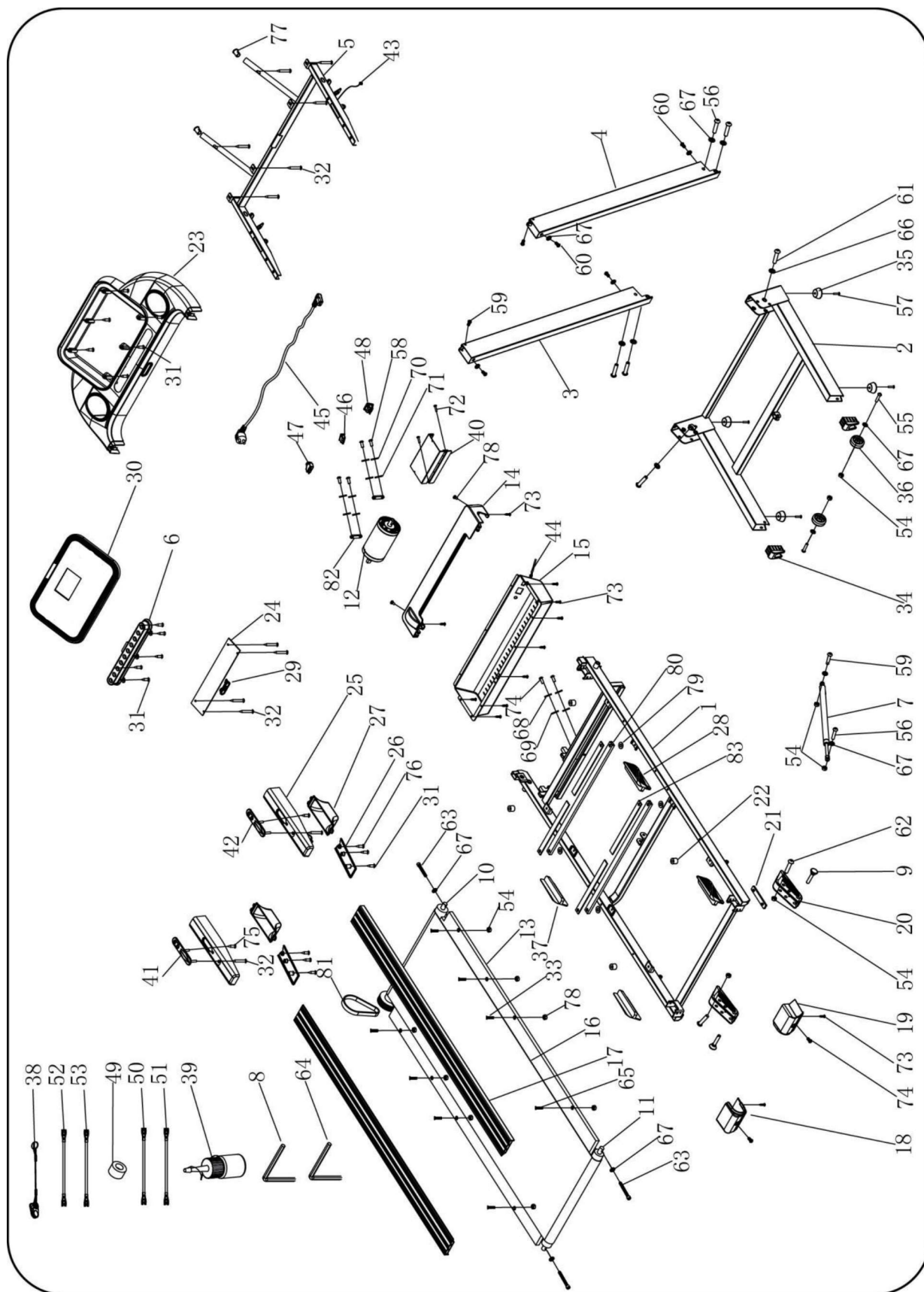
- If the belt has drifted to the left, pull out of the safety clock and switch, turn the left adjusting bolt 1/4 turn clockwise, then start running until centering the belt. PIC B



- Timely adjust the tightness of the belt, for the looseness after a period of time running. Pull out of the safety clock and switch, turn the left and right adjusting bolt 1/4 turn clockwise, then re-start running, confirm the belt-tightness until the belt be right tightness. PIC C



EXPLODED PARTS DIAGRAM



PART LIST

NO.	DESCRIPTION	SPECS.	QTY	NO.	DESCRIPTION	SPECS.	QTY
1	Main Frame		1	43	Computer Up Wire		1
2	Base Frame		1	44	Computer Bottom Wire		1
3	Left Upright Frame		1	45	Power Wire		1
4	Right Upright Frame		1	46	Switch		1
5	Computer Bracket		1	47	Overload Protector		1
6	Keyboard Plate		1	48	Power Socket		1
7	Cylinder		1	49	Magnetic Ring		1
8	5#Allen wrench		1	50	AC Single Wire	Brown	2
9	Fixed Plug		2	51	Single Wire	Blue	1
10	Front Roller		1	52	Ground Wire		1
11	Rear Roller		1	53	Single Wire1	Brown	1
12	DC Motor		1	54	Lock Nut	M8	12
13	Running Board		1	55	Bolt	M8*40	2
14	Motor Up Cover		1	56	Bolt	M8*42	5
15	Motor Bottom Cover		1	57	Bolt	4.2*25	4
16	Running Belt		1	58	Bolt	M6*15	4
17	Side rails		2	59	Bolt	M8*25	3
18	Left back end cover		1	60	Bolt	M8*16	4
19	Right back end cover		1	61	Bolt	M10*55	2
20	Adjustable Foot pad		2	62	Bolt	M8*45	2
21	Rubber Pad 2		2	63	Bolt	M8*60	3
22	Reinforcement Cushion		4	64	6#Allen wrench		1
23	Computer Up Cover		1	65	Bolt	M8*45	4
24	Computer Seal Board		1	66	Lock washer	10	2
25	Handlebar Up Cover		2	67	Lock washer	8	17
26	Handlebar Bottom Cover		2	68	Spring Washer	5	2
27	Uprigh Decoration Cover		2	69	Lock washer	5	2
28	Right Siderail Block		1	70	Spring Washer	6	4
29	Safety Key Baseframe		1	71	Lock washer	6	4
30	Panel Up Cover		1	72	Screw	ST4.2*19	2
31	Screw	ST4.2*13	15	73	Screw	ST4.2*12	13
32	Screw	ST4.2*12	13	74	Bolt	M5*10	4
33	Bolt	M6*40	4	75	Bolt	4.2*19	2
34	Wheel Cover		2	76	Bolt	4.2*12	2
35	Foot Pad		4	77	Inner Plug		2
36	Wheel		2	78	Lock Nut	M6	4
37	Left Siderail Block		1	79	Nylon Pad		4
38	Safety Key		1	80	Strengthen Tube		2
39	Oil Bottle		1	81	Motor Belt		1
40	Control Board		1	82	Motor Fixed Plate		2
41	Start/Stop Hand Pulse		1	83	Cushion Pad		4
42	Speed +/- Hand Pulse		1				

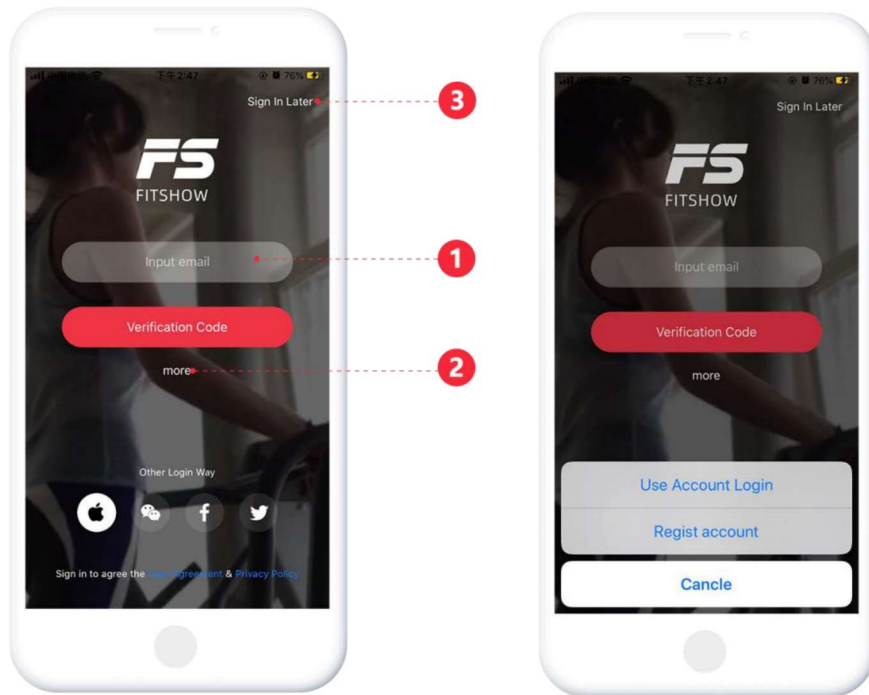
1.FitShow Download



Scan QR code to download the APP directly, or download and install over the application stores by search 'FitShow'.

2. Application Operation

2.1 User register/signup and login

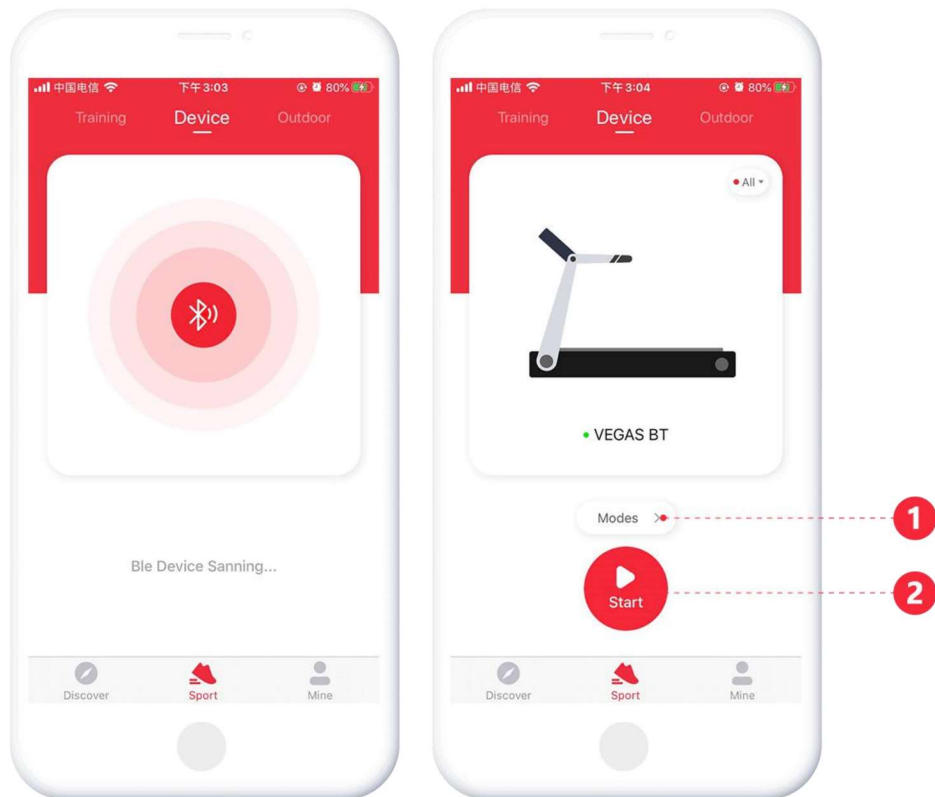


【1】 : Generate a verification code to log in directly

【2】 : Tap 'More' -> Password Login to input the existing account and password

【3】 : Log in as a guest

2.2 Device Connection

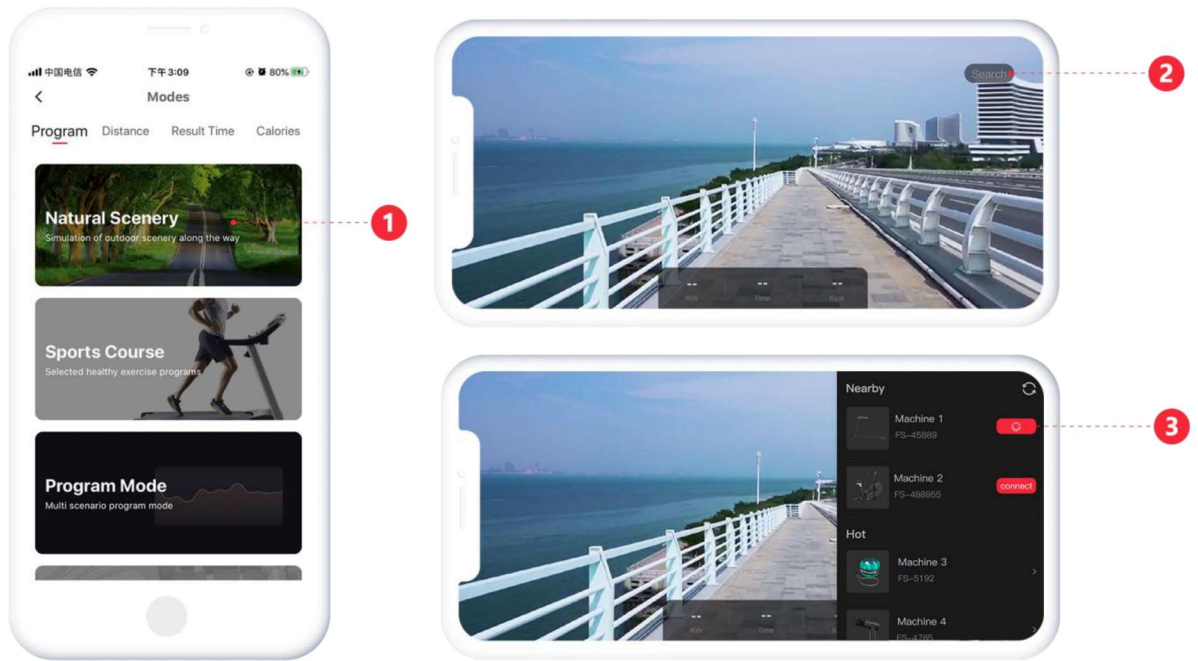


Before connecting the device, please make sure the system Bluetooth and GPS(Android8.0 and above required) are ON status. Then go to [Sports - Devices] page, get the devices nearby via Bluetooth search.

Note:

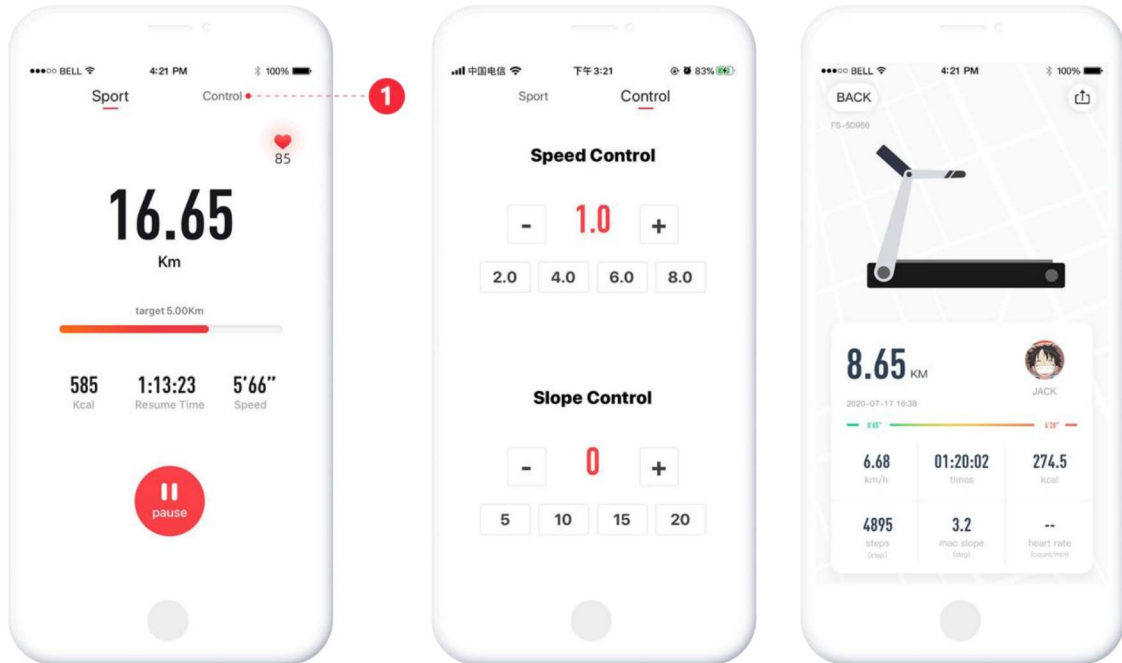
1. Please do not bind devices by the phone Bluetooth list which will disable the APP.
2. If the device is powered by battery, please run the device one or two to activate the device then connect APP.

2.3 Model Selection



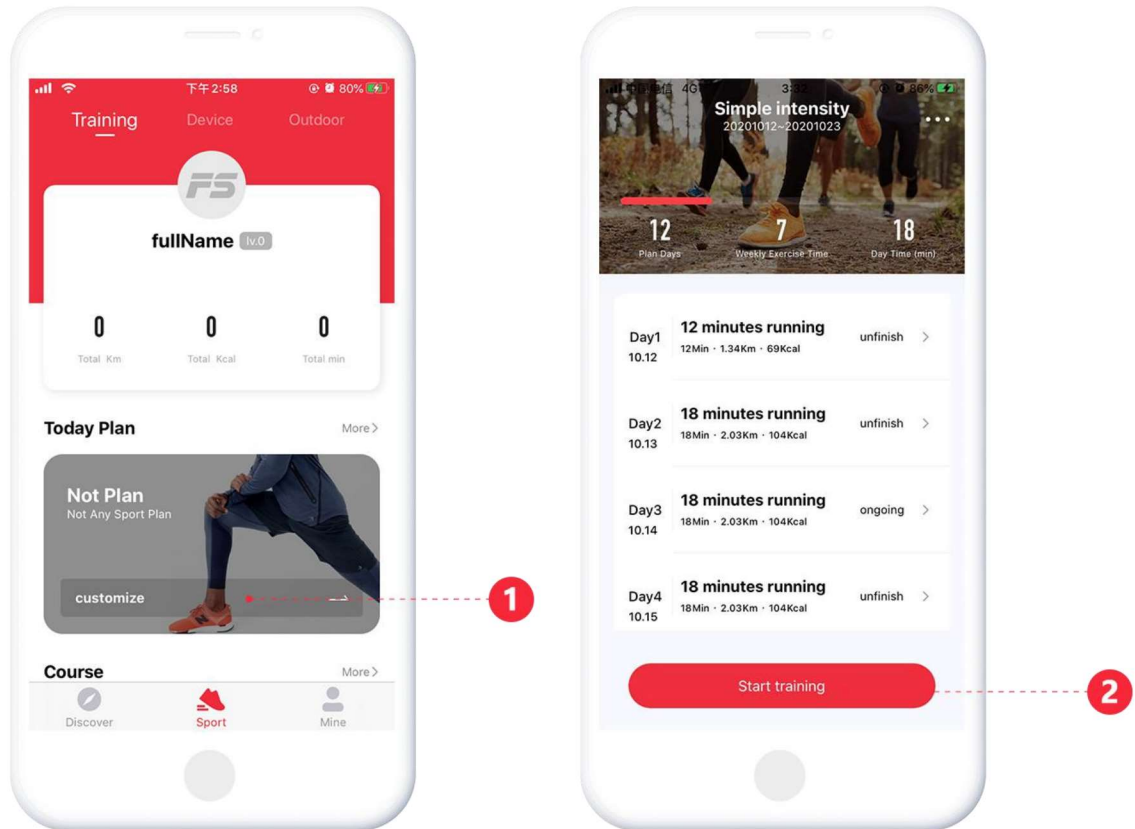
Tap a model【1】 to enter the corresponding sports model. And connect the desired device by the nearby devices list 【2】 .

2.4 Sports Control



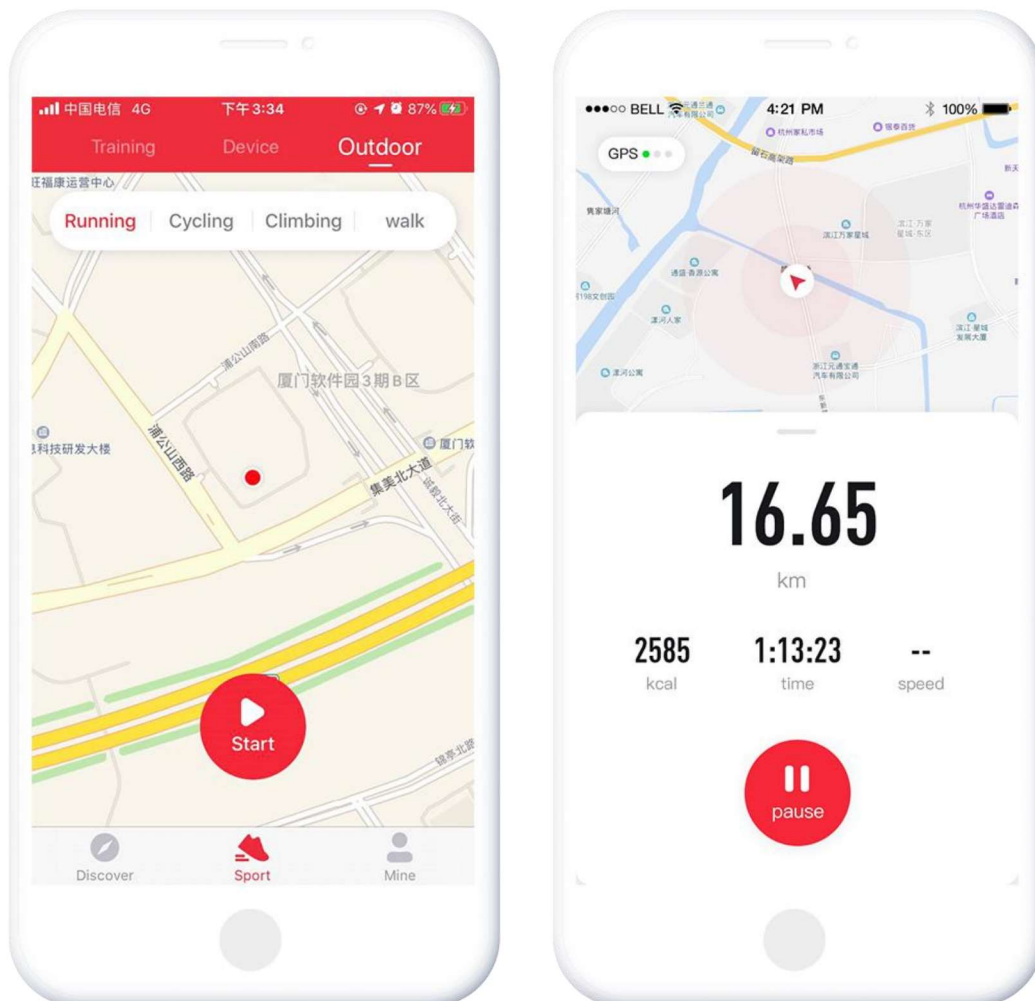
Start the treadmill to enter the sports car table, and control the sports by the **【1】** control options. The motion data is generated synchronously after the sports.

2.5 Sports Training



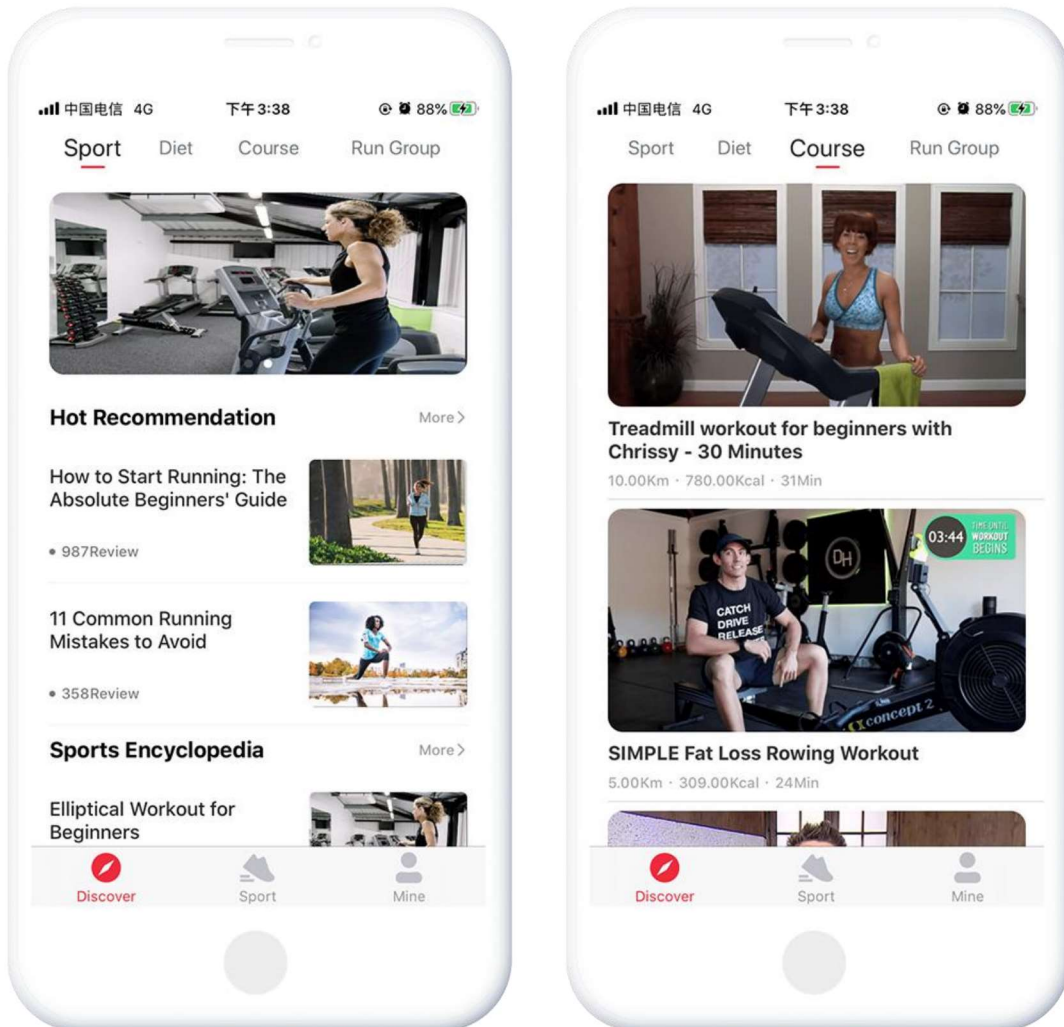
Enter [Sports - Training] page, make a daily sport plan by the **【1】** . Once the plan is created, tap **【2】** to start the plan.

2.6 Outdoor Sports



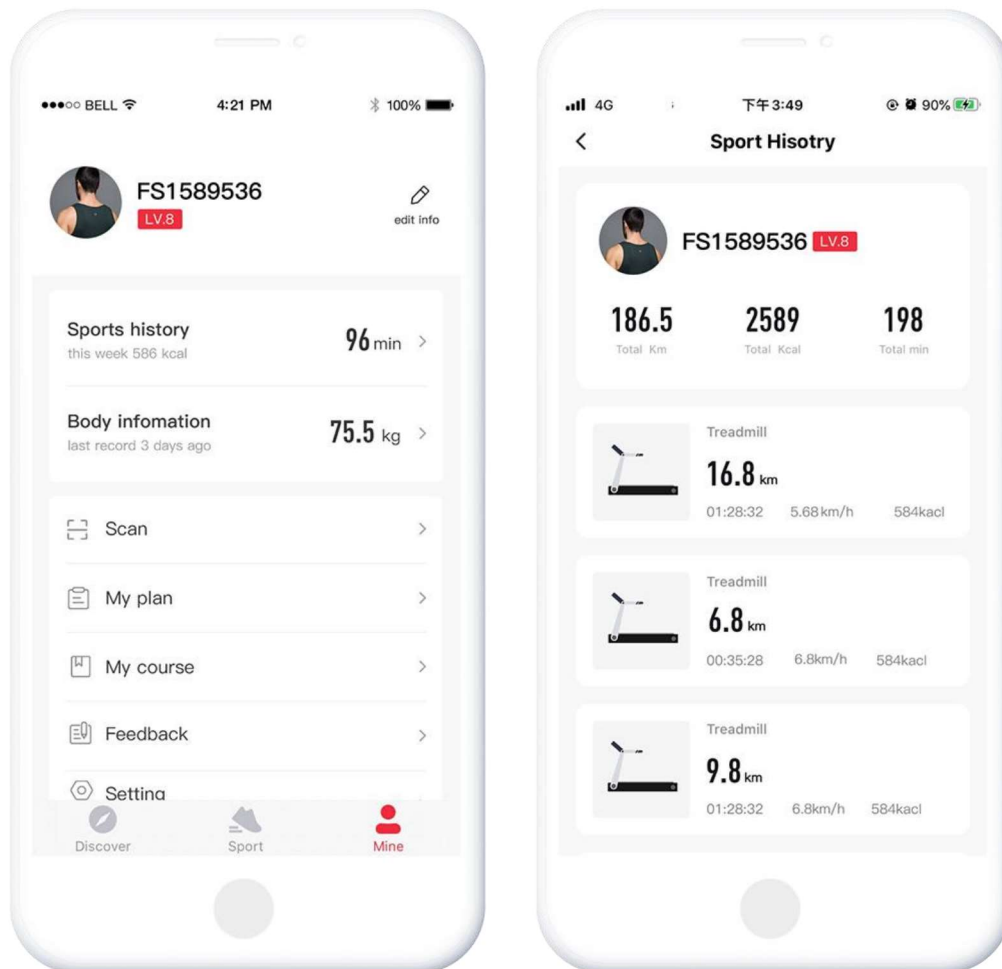
Enter [Sports - OutDoor] page to start a related outdoor sports model.

2.7 Discover



Enter [Discover] page to find more sports, diet, course, and other wonderful content recommendations.

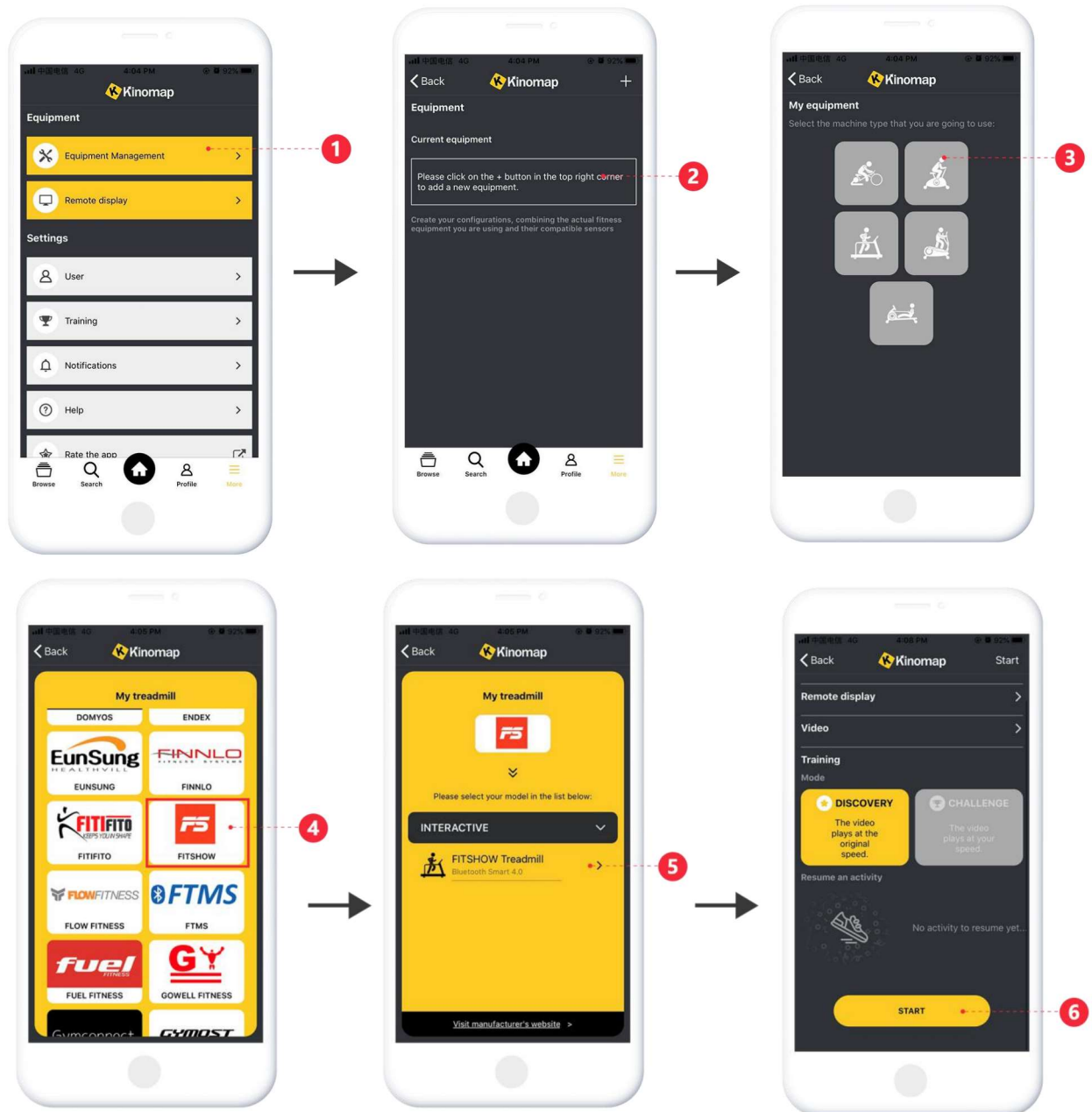
2.8 My



Enter [My] page to view the sports data record, edit profile, change system setting, and so on.

3. The Third-Party Application

3.1 Kinomap

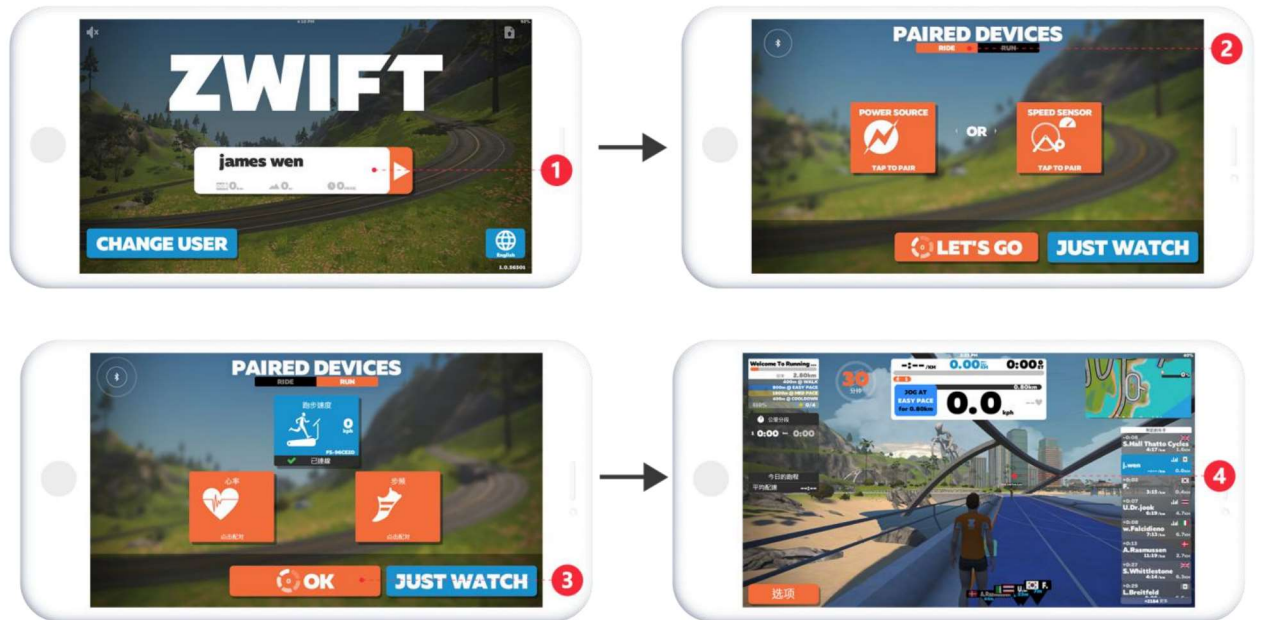


Search, download, and install Kinomap over the App Store.

[1] Enter Kinomap to select [More] page;

- 【2】** Select to add more fitness equipment;
- 【3】** Select the desired device type;
- 【4】** Tap FiteShow entrance;
- 【5】** Tap the matching devices like 'Fs-XXXX' to bind Find related videos to start sports.
- 【6】** Find related videos to start sports.

3.2 ZWIFT



Search, download, and install ZWIFT over the App Store.

- 【1】** Enter ZWIFT to register an account;
- 【2】** Login account to select the paired riding or running equipment;
- 【3】** Pair device successfully, tap OK to start sport;
- 【4】** For riding equipment, start riding directly. For running equipment, need to press the start button to start running.

FCC STATEMENT

1. 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.
2. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. In order to avoid the possibility of exceeding the FCC radio frequency exposure limits, Human proximity to the antenna shall not be less than 20cm (8 inches) during normal operation

Made in China