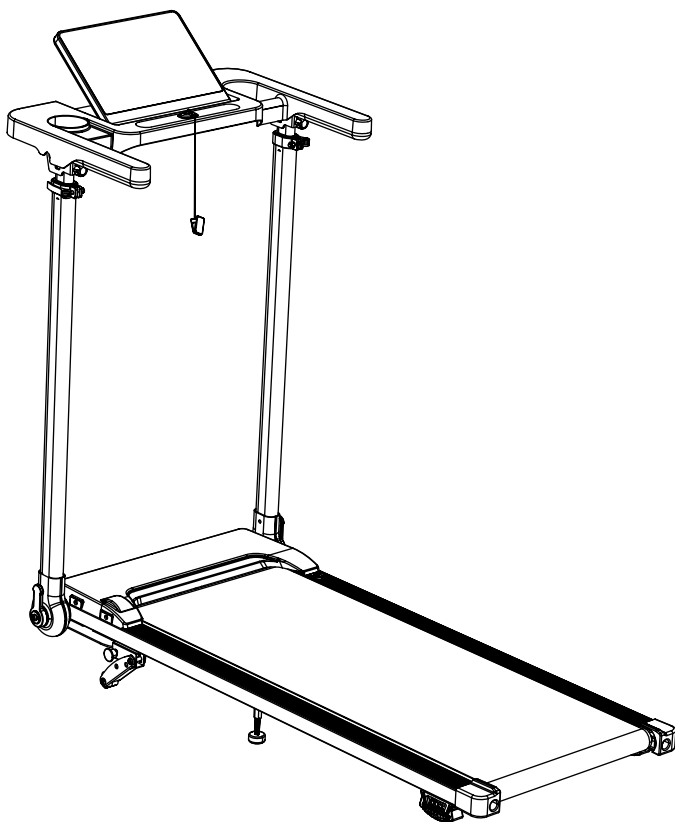


Topulture



USER MANUAL

Model TP7

TREADMILL

FITSHOW Installation Procedure

1. Scan the QR code on the right



2. <http://fitshow.com/qr>

3. Jump to the App Store to download and install Open the App, allow permission based on the system prompt

4. Connect to Toputure TP7

5. Login to the App, please use the mobile number or email to register for the new user

6. Start Using FITSHOW

This treadmill is also suitable for "Kinomap", "ZWIFT" Sports APP.



Note when registering:

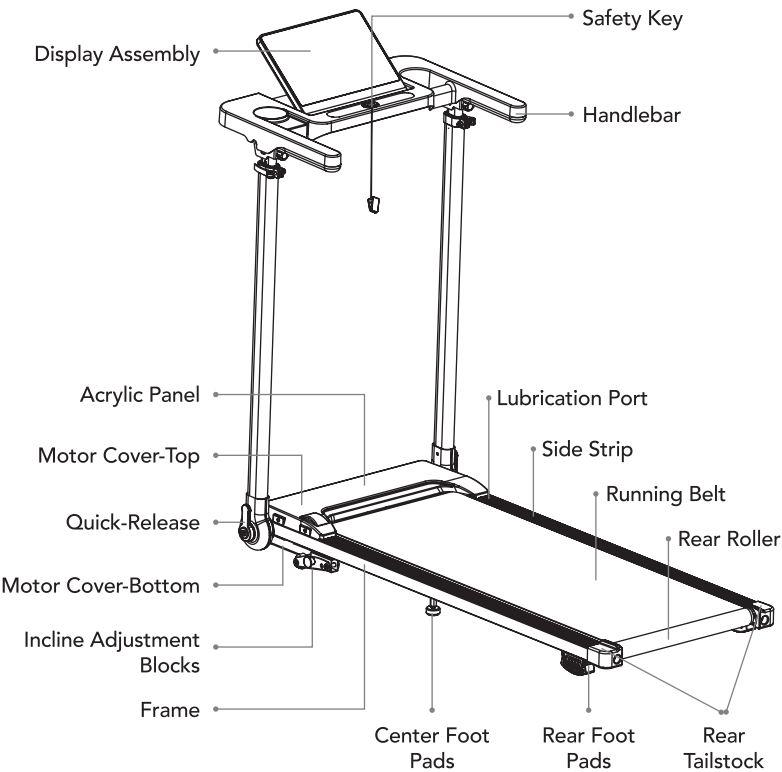
Please fill in the correct email address or mobile phone number to ensure that you can retrieve your password and username through your email address and mobile phone number

CATALOG



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Product Overview



Main Specifications and Package Contents

Technical specifications		
No.	Parameter	Description
1	Input Voltage	US/CA: AC 120V, 60Hz AU: AC 220-240V, 50Hz
2	Motor Power	2.5HP
3	Speed Range	0.6–7.5 mph (1–12 km/h)
4	Incline Levels	0% /5% / 10%
5	Running Surface Area	16" × 40" (400×1000 mm)
6	Control Modes	Display Buttons, Remote Control, App
7	Net Weight	52.7 lbs (23.9 kg)
8	Gross Weight	60.4 lbs (27.4 kg)
9	Features	Speed, Time, Distance, Calories, P1–P12 Presets, H1–H3 Countdown Modes
10	Min. Unfolded Size	47.2 × 24.4 × 38.6 inches (1200×620×980 mm)
11	Max. Unfolded Size	47.2 × 24.4 × 45.3 inches (1200×620×1150 mm)
12	Folded Size	47.2 × 24.8 × 5.3 inches (1200×630×135 mm)
13	Packaging Size	50.0 × 26.6 × 6.3 inches (1270×675×160 mm)

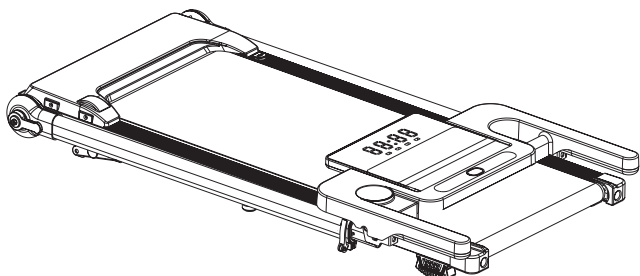
Items Included in the Package					
No.	Item	Quantity	No.	Item	Quantity
1	Main Unit	1PC	2	Accessory Kit	1PC

Accessory Kit Includes:

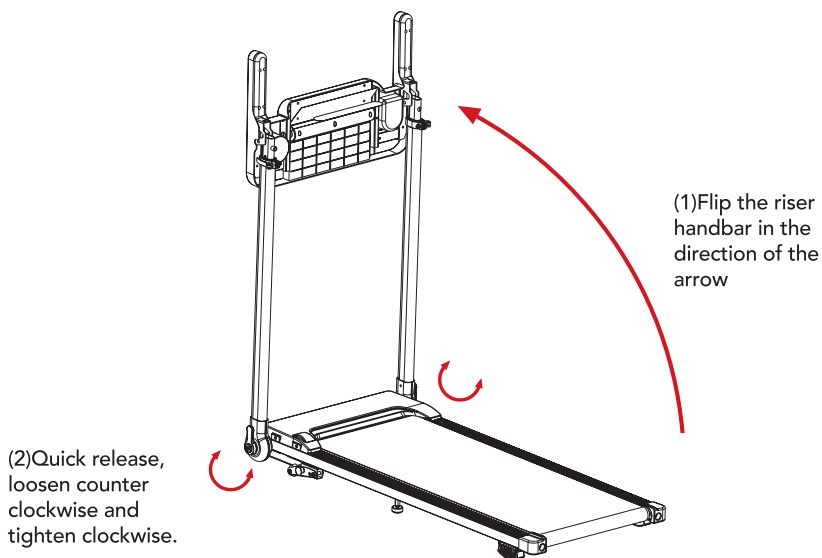
		
Power Cord	Remote Control	Safety Key
		
User Manual	L-Shaped Wrench(Size#6)	

Installation Instructions

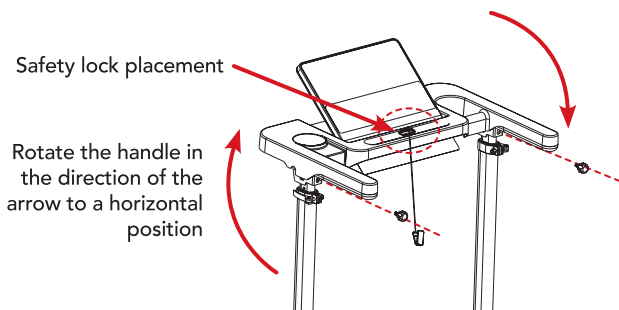
1.Remove the treadmill from the packaging, take off the outer PE bag, and place the machine on a flat, stable surface.



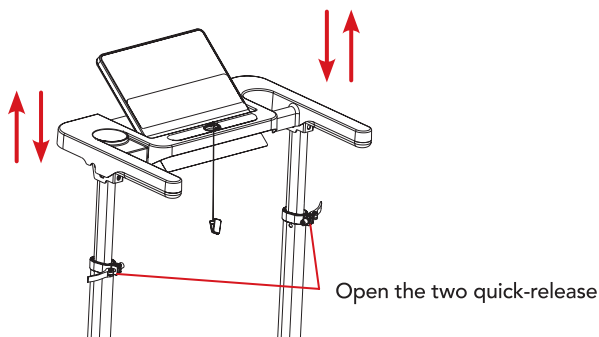
2.Loosen the quick-release wrenches on both sides counterclockwise. Grab the upright and rotate it upward in the direction of the arrow until it locks in place. Then tighten the quick-release wrenches clockwise.



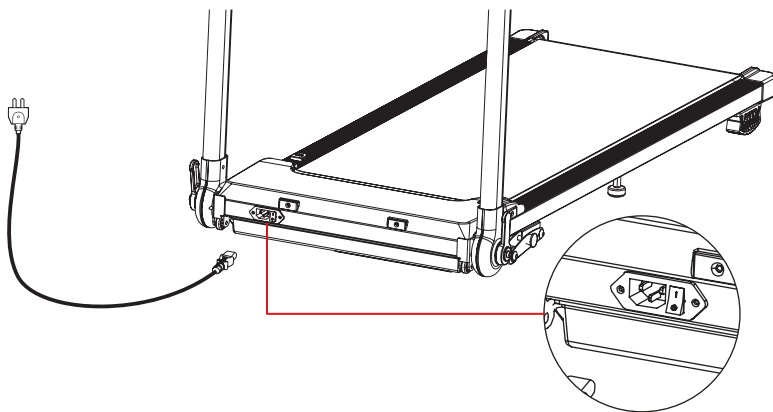
3. Rotate the handle forward to the horizontal position as shown by the arrow. Secure it with the star-shaped knob. Then place the safety key (emergency stop device) in the center of the yellow-marked area on the handbar.



4. Open the two quick-release on the upper ends of the uprights. Use both hands to raise or tap both sides of the handbar to adjust the console height. After adjustment, re-lock both quick-release wrenches.

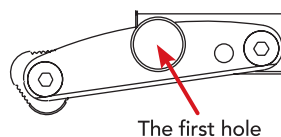
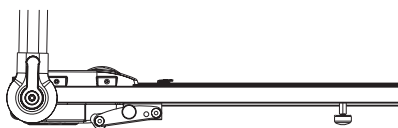


5. Take out the power cord from the plastic bag, plug it into a outlet (US/CA: 120V, AU: 220-240V), and turn the power switch to the "I" position. Once the indicator light turns on, the treadmill is ready to use.



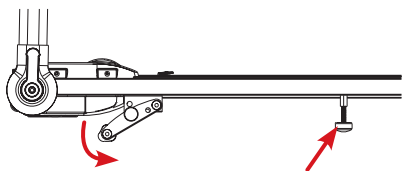
Incline Adjustment Instructions

1. Level 1 (0%) When the incline block pin is inserted in the first hole, the treadmill is flat.

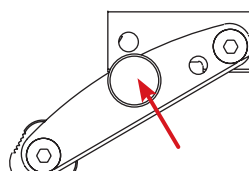


2. Level 2 (5%) Raise the front of the treadmill, pull out the incline block pin, rotate the incline block to align with the second position and reinsert the pin under the square tube. Repeat the same for the other side.

Adjust both center foot pads by rotating them downward until they contact the floor—this improves stability and extends the product's life.

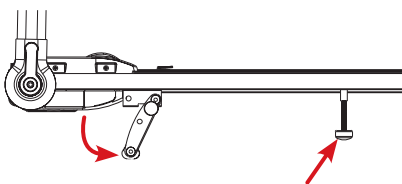


Adjust both center foot pads by rotating it downward until they contact the floor

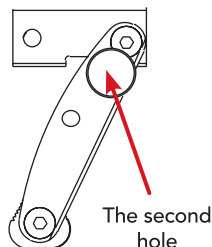


The pin is still in the first hole, under the square tube

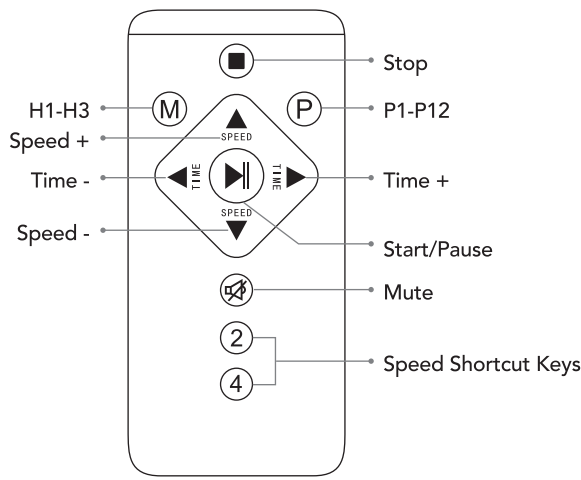
3. Level 3 (10%) Pull out the pins of the slope adjustment blocks on the left and right sides and insert them into the second hole. At this time, the slope of the treadmill is about 10% incline. Adjust the two middle foot pads again and rotate them until they touch the ground to increase the stability of the machine.



Adjust both center foot pads by rotating it downward until they contact the floor



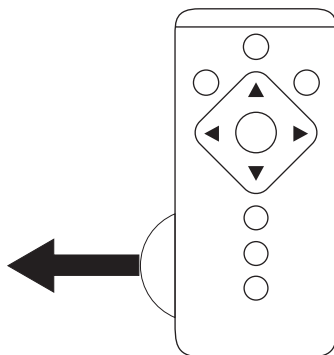
Remote Control Functions



	Stop: Gradually stops the treadmill and resets all data.
	Start/Pause: Starts the treadmill when powered on. Press again to pause (data retained), press once more to resume workout.
	H1–H3: Countdown modes: H1 - Time, H2 - Distance, H3 - Calories.
	P1–P12: Select from 12 preset workout programs.
	Time + / -: Adjust time (or in manual mode, adjust speed, calories, distance).
	Speed + / -: Adjust speed (or in manual mode, adjust speed, calories, distance).
	Mute: Turn on/off the beep sound.
	Speed Shortcut Keys: Quickly jump to preset speed levels.
Note: The valid remote control range is 6.5–16.4 ft (2–5 meters).	

Remote Control Battery Replacement

1.Remove the insulation strip from the side slot of the remote to activate it.

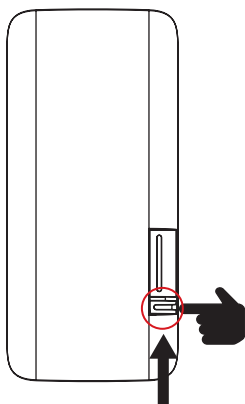


Remove the insulation strip

2.The remote uses a CR2025 3V lithium coin cell battery.

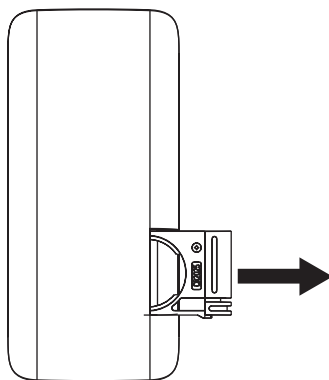
To replace: ① Push and slide the lock tab to release the battery tray. ② Pull out the tray and replace with a new CR2025 battery (positive side facing up). Reinsert the tray securely. Dispose of used batteries properly.

⚠ Keep batteries out of reach of children.



Push and slide the lock

Pic 1



Pull out the tray

Pic 2

Product Instructions

1. Overview

This treadmill console is user-friendly and requires minimal setup.

Displayed parameters: Speed, Time, Distance, Calories

Manual mode: requires the user to manually set workout parameters.

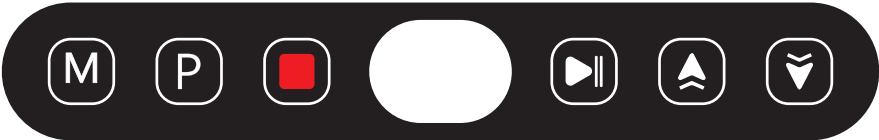
2. LED Display Indicators

🏃 Speed (mph / km/h)

🕒 Time (min)

🏃 Distance (mile / km)

🔥 Calories (kcal)



Button Functions	
M	Countdown mode key: Press this key to display H1, H2, H3, which are time, speed, and calorie countdown respectively.
P	Preset program mode key: Press this key to display P01~P12, a total of 12 gears of different modes.
⏮	Minus key: Press this key to adjust the minus value of H and P modes and speed parameters during exercise.
⏭	Plus key: Press this key to adjust the plus value of H and P modes and speed parameters during exercise.
⏸	Start/Pause key: Press this key to pause the machine. Except for speed, other data are retained. Press it again to start the machine, and the data of the last exercise will continue.

3. Parameters

- ① Power supply voltage: AC 120V, 60Hz (US/CA); AC 220-240V, 50Hz (AU);
- ② Minimum speed US/CA:0.6MPH, AU:1KM/H;
- ③ Maximum speed US/CA:7.5MPH, AU:12KM/H;
- ④ The shortest time in automatic mode is 5 minutes, and the longest exercise time is 99 minutes;
- ⑤ The minimum distance in manual mode is 1 miles/km, and the maximum distance is 99 miles/km;
- ⑥ The minimum calorie in manual mode is 20 kcal, and the maximum is 990 kcal

4. Exercise Function Description (remote control or instrument)

- Make sure the power cord is securely plugged in and the power switch is ON.
- Display shows "0000" in standby.
- Press the  button. After a 3-second countdown, the treadmill starts at 0.6 mph (1 km/h). Speed, time, distance, and calories will alternate on the display.
- Use remote or control buttons  SPEED  to adjust speed (range: 0.6–7.5 mph(1–12 km/h)).
- Press  to stop. Speed resets to zero but other data is retained.
- Press  again to resume using the same session data.
- Press  to end workout and reset all data.

5.Mode Selection

① Program Mode (P01–P12)

In standby mode, display shows "0:00". Press P to enter program selection.

Display cycles through P01–P12. Default time is 30 minutes (flashing). Use  TIME  to adjust (range: 5–99 min). Press  to begin the program with a 3-second countdown.

② Countdown Modes (H1–H3)

H1 – Time Countdown

In standby mode, display shows "0:00". Press M, display shows "H-1".

Default time: 30 min (flashing). Use   to adjust time, adjustable: 5–99 min.

Press  to begin after 3-second countdown.

H2 – Distance Countdown

In standby mode, display shows "0:00". Press M, display shows "H-2".

Default: 1 km (miles). Use  SPEED  to adjust, adjustable: 1–99 miles (km).

Press  to begin.

H3 – Calorie Countdown

In standby mode, display shows "0:00". Press M, display shows "H-3".

Default: 50 kcal. Use  SPEED  to adjust, adjustable: 20–990 kcal.

Press  to begin.

③ Speed Shortcut Buttons (Remote Control)

Press any speed shortcut key to instantly adjust the speed to a preset level, regardless of current speed.

Safety Precautions & Warnings

 Please read this manual carefully before using the treadmill and observe the following safety instructions.

- The treadmill is intended for indoor use only. Avoid damp environments. Do not spill water on the treadmill or place any foreign objects on it.
- Before exercise, wear appropriate workout clothes and sneakers.
- Barefoot running is strictly prohibited. Be sure to stretch your body before starting.
- The power plug must be reliably grounded. Use a dedicated power circuit to avoid sharing the outlet with other appliances.
- Keep children away from the machine to avoid accidents.
- Avoid prolonged, high-load operation, as it may cause damage to the motor and controller, and accelerate aging of the bearings, belt, and running board. Perform regular maintenance.
- Reduce indoor dust and maintain proper humidity to prevent static electricity, which may interfere with the console and controller operation.
- After each use, turn off the power. Ensure good indoor air circulation during use.
- Always attach the safety key clip to your clothes during use, in case of emergency to safely stop the treadmill.
- If you feel discomfort or experience any unusual symptoms, stop immediately and consult a doctor.
- After applying silicone oil, store it out of reach of children to avoid accidental ingestion and serious consequences.

 **Warning:** To reduce accidents or injury to others, please follow these rules:

- Check if your clothing is properly fastened or zipped before using.
- Do not wear clothes that can get caught by the treadmill.
- Do not place the power cord near heat sources.
- Do not let children approach the treadmill.
- Do not use the treadmill outdoors.
- Unplug the power before moving the treadmill.
- Non-professionals must not disassemble the machine. Serious consequences may occur.
- Only one person is allowed on the treadmill when in use.
- If you feel dizzy, chest pain, nausea, or shortness of breath, stop immediately and consult a trainer or doctor.

Strict Warning!

Do not use this product unless you have consulted a doctor if you fall into the following categories:

- Currently experiencing back pain, or have history of leg, back, or neck injuries
- Numbness in legs, back, neck, or hands (e.g. herniated disc, spondylolisthesis, cervical issues)
- Osteoarthritis, rheumatism, gout
- Osteoporosis or bone abnormalities
- Cardiovascular disorders (e.g. heart disease, blood pressure issues)
- Respiratory disorders
- Use of pacemaker or other electronic medical implants
- Malignant tumors
- Thrombosis, lipomas, varicose veins, or skin infections
- Peripheral circulatory disorders (e.g. caused by diabetes) leading to sensory loss
- Open wounds
- Fever due to illness (body temp $\geq 38^{\circ}\text{C}$ / 100.4°F)
- Spinal deformities or curvature
- Pregnant, possibly pregnant, or during menstruation
- General physical abnormality or weakness
- Using for rehabilitation purposes
- Or feel any physical discomfort not listed above

All of the above may result in accidents or injury.

- If during exercise you experience back pain, leg numbness, dizziness, or irregular heartbeat, stop immediately and consult a physician.
- Do not allow children to use or play near this product. Failure to comply may result in injury.
- Before moving or using the treadmill, make sure the surrounding area (rear, bottom, front) is clear of people or pets.

Prohibited Actions

- Do not use the treadmill if the casing is cracked, broken, or detached, or if internal parts are exposed.
- Do not jump on or off the treadmill while in motion.
- Do not use or store the treadmill in wet environments (e.g. near a bathroom).
- Do not use near direct sunlight, stoves, or on heated carpets. This may cause fire or electric shock.
- Do not use the treadmill if the power cord or plug is damaged or loose.
- Do not damage, bend, or twist the power cord. Do not place heavy objects on it or pinch it.
- Only one person may use the treadmill at a time. Keep others at a safe distance during use.
- Do not use the treadmill if you are unable to express yourself or operate it independently.
- Do not let any water or liquid touch the main body or control panel.
- Avoid sudden intense exercise if you are usually inactive.