

- Do not use immediately after eating, while tired, or in poor physical condition.
- This product is for home use only, not suitable for public facilities like schools or gyms.
- Do not eat or drink while using the treadmill.
- Do not use the treadmill after consuming alcohol or in a sluggish state.
- Remove hard or sharp objects from your pockets and take off valuables such as watches, phones, keys, or knives to prevent injury or damage.
- Check the power plug for any foreign objects (pins, debris, moisture) before use.
- Do not use wet hands to plug or unplug the power cord.
- When not in use, unplug the power cord from the outlet to prevent short circuits, fire, or insulation degradation due to dust or moisture.

Grounding Instructions

- This product must be grounded. Grounding provides a low-resistance path for electric current and reduces the risk of electric shock.
- The power cord is equipped with a grounding conductor and plug, which must be connected to a properly installed and grounded outlet that complies with local regulations.

Danger

- If you are unsure whether the outlet is properly grounded, contact a qualified electrician.
- Do not modify the plug. If it doesn't match the outlet, have a proper outlet installed by a professional.
- Do not use plug adapters. Ensure the plug matches the outlet exactly.

Exercise Guidelines and Tips

Warm-Up:

Before each workout, perform 5 to 10 minutes of warm-up exercises. Warming up helps loosen muscles and prepares the body for physical activity.

Breathing:

Do not hold your breath during exercise. Typically: inhale through the nose when preparing, exhale through the mouth during exertion. If breathing becomes too rapid, stop immediately and rest.

Frequency:

Rest at least 48 hours between workouts targeting the same muscle group. Allow time for recovery to prevent strain or injury.

Intensity:

Adjust workout intensity based on your fitness level. Follow a progressive load principle—gradually increase workout volume to avoid soreness or injury.

Diet & Hydration:

Wait at least 1 hour after eating before exercising. After training, allow at least 30 minutes before eating again. Avoid drinking large amounts of water during exercise to reduce heart and kidney stress.

Stretching Exercises:

Regardless of your running speed, it's recommended to perform stretching exercises before and after workouts to loosen muscles and avoid injury.

1.Stretch Down

Bend your knees slightly, and bend your body slowly, letting your back and shoulders relax, try to touch your toes with both hands for 10-15 seconds. Then relaxing, repeat 3 times for each leg;(see picture 1)

2.Hamstring Stretch

Sit on a clean cushion, straighten one leg and retract the other leg so that it is close to the inner side of the straight leg. Try to touch the toes with your hands, hold for 10-15 seconds. Then relax, each leg repeats this three times. (See Picture 2)

3.Calf and heel tendon extension

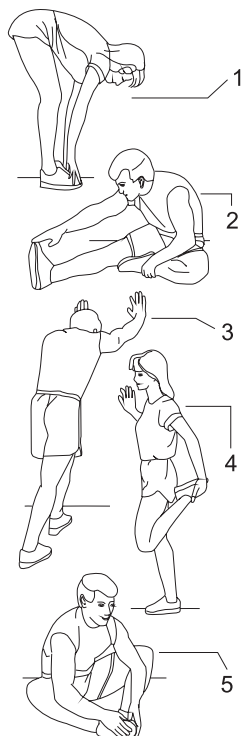
Stand with both hands supporting the wall or table, with one foot behind, keep your hind legs upright and your heels on the ground, tilt towards the wall or table, hold for 10-15 seconds. Then relax, each leg repeats this three times. (See Picture 3)

4.Ankle Extension

Hold the wall or table with your left hand to balance, then extend your right hand backwards, grab your right ankle, and slowly pull towards your buttocks until you feel the muscles in front of your thighs tense. Hold for 10-15 seconds, then relax. Repeat for each leg 3 times.(See Picture 4)

5.Stretching the Inner Thigh Muscles

Sit with the bottom of the legs facing each other, with the knees facing outwards,grasp the feet with both hands and pull them towards the groin, hold for 10-15 seconds. Then relax, and repeat the procedure 3 times. (See Picture 5)



Maintenance Instructions

1. Running Belt Lubrication

After a period of use, check the lubrication under the running belt.

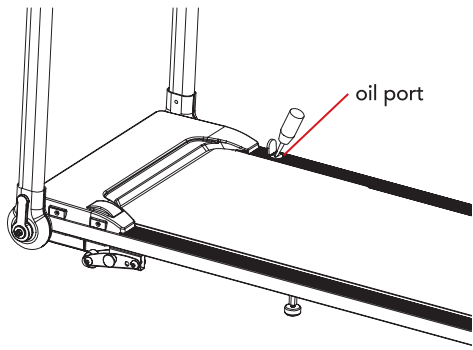
Touch the center underside of the belt:

If it feels oily, no lubrication is needed.

If it feels dry, apply lubricant.

Lubrication Steps:

- ① Set the treadmill to low-medium speed.
- ② Open the oil port cap.
- ③ Squeeze 5-10ml of silicone oil into the oil port.
- ④ Close the cap and let the machine run (with or without user) for 10 minutes to distribute the oil evenly.



Less than 3 hours of use per week	Lubricate once every 5months
Use 4-7 hours per week	Lubricate once every 2months
Weekly usage time is more than 7 hours	Lubricate once a month
More lubricant is not always better, do not over-lubricate, otherwise it may slip.	

2. Running Belt Tension Adjustment

All treadmills are adjusted at the factory, but belt tension may loosen over time.

If the belt slips or hesitates when stepped on, it likely needs tightening.

Use the included wrench to tighten both rear adjustment screws clockwise, half-turn at a time, equally on both sides.

Too loose → belt slips.

Too tight → increases motor load, risks damage.

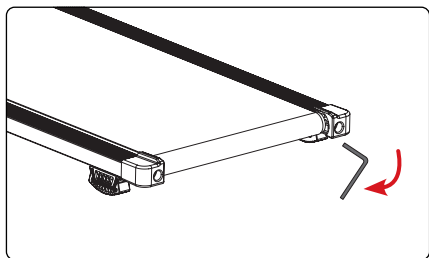
3. Belt Alignment Adjustment

All treadmills need to be adjusted before leaving the factory and after installation. However, after a period of use, it may still deviate. There may be several reasons for this phenomenon.

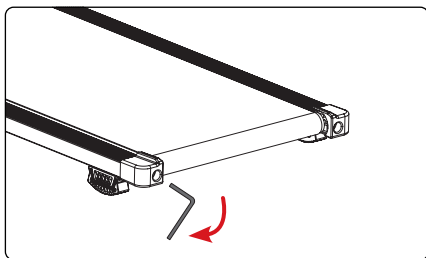
Belt misalignment may occur over time due to:

- ① Uneven floor placement
- ② Running with feet not centered
- ③ Uneven pressure applied by user, it can return to normal after running for a few minutes without load.

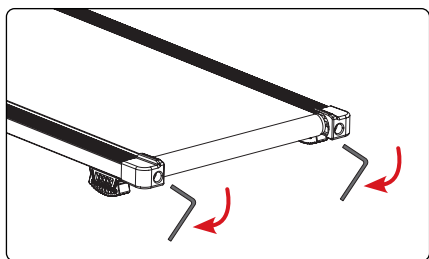
For deviation that cannot be automatically restored, use the 6mm Allen wrench that comes with the machine. If the running belt slips, adjust it gradually in units of 3 turns. Running belt deviation is not covered by the warranty and is mainly maintained by the user according to the instructions. Deviation will seriously damage the running belt and must be discovered and corrected in time.



If it is to the right, tighten the right side.



If it is to the left, tighten the left side.



Adjust gradually until centered.

1. Running belt slippage: The running belt slips or pauses momentarily when a person is running;
2. Running belt adjustment: Tighten the running belt screws on both sides clockwise for 3 turns each, and then adjust according to the direction the running belt deviates. If it deviates to the right, adjust it on the right side, and then slowly straighten the running belt until the running belt is centered.

Troubleshooting

Error Code Reference Table

Error Code	Description	Possible Cause	Solution
E02	Motor Over-voltage Protection	1.Power grid is unstable or voltage spike is too high. 2.Incorrect wheel diameter setting. 3.Controller failure.	1.Add an external voltage stabilizer. 2.Reset wheel diameter within rated voltage. 3.Replace controller. 4. Contact customer support.
E03	Over-current Protection	1.Overload. 2. Motor or roller is jammed. 3. Insufficient lubrication. 4. Controller or motor failure.	1. Reduce load; do not exceed rated capacity. 2. Remove obstruction. 3. Apply lubricant. 4. Replace controller or motor. 5. Contact customer support.
E04	Motor Circuit Open	1.Motor cable is loose or unplugged. 2.Motor is damaged. 3.Controller is damaged.	1. Reconnect motor cable. 2. Replace motor. 3. Replace controller. 4. Contact customer support.
E06	Communication Error	1.Loose connection between upper and lower control boards. 2.Damaged data cable. 3. Circuit board or controller failure.	1. Reconnect cables. 2. Replace communication cable. 3. Replace circuit board or controller. 4. Contact customer support.
E07 / ---	Safety Key Disconnected	1.Safety key not installed. 2. Damaged sensor cable. 3. Faulty circuit board interface.	1. Insert safety key. 2. Replace sensor cable. 3. Replace circuit board. 4. Contact customer support.
E0C	Power Transistor Protection	Controller damaged due to transistor failure.	1.Replace controller. 2.Contact customer support.

Other Issues & Fixes

Screen Not Displaying

- a. Check power cable, power switch, and whether fuse in controller is blown.
- b. Check connection between console and controller (4-pin cable).
- c. Verify controller is connected to transformer.

Motor Not Starting

- a. Ensure all cables are securely connected.
- b. Check for error codes on the display.

FCC ID: 2A48I-TP7

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body

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

Toputure

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

ISED Statement

- English: This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

(1) This device may not cause interference.

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

- French: Cet appareil contient des émetteurs/récepteurs exempts de licence qui sont conformes aux CNR exempts de licence d'Innovation, Sciences et Développement économique Canada. Le fonctionnement est soumis aux deux conditions suivantes :

(1) Cet appareil ne doit pas causer d'interférences.

(2) Cet appareil doit accepter toute interférence, y compris les interférences susceptibles de provoquer un fonctionnement indésirable de l'appareil.

This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment.

This equipment should be installed and operated with minimum distance 0cm between the radiator & your body.

Cet équipement est conforme Canada limites d'exposition aux radiations dans un environnement non contrôlé.

Cet équipement doit être installé et utilisé avec une distance minimale de 0 cm entre le radiateur et votre corps.