尺寸：148X210 mm　　P数：22P

材料：封面封底 128g双铜纸；内页80g双胶纸

FCC ID: 2A48O-813310KB02

FUIMLY

M/N: AMA005726
QHL020_813310KB02 ---Remote Control

MOTORIZED TREADMILL

Thank you very much for purchasing our product. Please read this manual carefully before use it and keep the manual at proper place.

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Installation video link:
https://youtu.be/eCNAM6v1HBw

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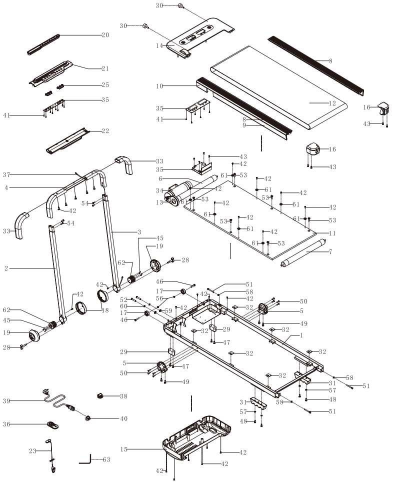
I. OVERVIEW DRAWING



II. PARTS LIST

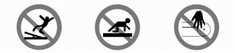
Serial No.	Part Name	qty	Serial No.	Part Name	qty
1	Base Frame	1pc	31	Foam foot pad	2pcs
2	Left support frame	1pc	32	Shock absorbing pad	6pcs
3	Right support frame	1pc	33	Sponge sheath	2pcs
4	Panel frame	1pc	34	Motor	1pc
5	Aluminium alloy base	2pcs	35	Control board	1set
6	Front roller	1pc	36	Remote control	1set
7	Back roller	1pc	37	Connector wires	1set
8	Up side rail	2pcs	38	Switch	1pc
9	Long side rail	2pcs	39	Power cord	1pc
10	Short side rail	2pcs	40	Socket	1pc
11	Running board	1pc	41	Cross pan head self tapping screw ST3*8	20pcs
12	Running belt	1pc	42	Cross pan head self tapping screw ST4*12	27pcs
13	Drive belt	1pc	43	Cross with pad self drilling screw ST4.2*16	8pcs
14	Upper motor cover	1pc	44		
15	Bottom motor cover	1pc	45	Cross pan head with pad screw M4*20	8pcs
16	End cap	1set	46	Hexagon socket head cap screw M6*40	2pcs
17	Wheel	2pcs	47	Cross truss head screw M5*16	4pcs
18	Inside decorative cap for support frame	2pcs	48	Cross truss head screw M5*25	4pcs
19	Out side decorative cap for support frame	2pcs	49	Hexagon socket head cap screw M6*16	4pcs
20	Ipad holder rubber base	1pc	50	Countersunk hexagon socket screw M6*20	8pcs
21	Upper cover for panel	1pc	51	Hexagon socket head cap screw M6*55	3pcs
22	Bottom cover for panel	1pc	52	Half round hexagon socket screw M8*25	2pcs
23	Safety Key	1set	53	Countersunk hexagon socket screw M8*25	6pcs
24			54	Countersunk cross head screw M5*12	4pcs
25	Button	1set	55		
26			56	Self locking nut M6	2pcs
27			57	Pad Φ5*Φ11*1	4pcs
28	T shape knob	2pcs	58	Pad Φ6*Φ14*1	3pcs
29	Ellipse foot pad	2pcs	59	Pad Φ8*Φ16*1	2pcs
30	Supporting foot pad	2pcs	60	Spring washer M8	2pcs

II. PARTS LIST

Serial No.	Part Name	qty	Serial No.	Part Name	qty
61	Edge buckle	6pcs			
62	Hollow plastic sheath	2pcs			
63	L shape hexagon wrench	1pc			

III. CAUTION

To avoid injury please read this manual carefully before operating this machine.



- ★ NEVER attempt to mount the treadmill while the running belt is moving.
- ★ NEVER step off the treadmill while the running belt is moving.
- ★ NEVER operate the treadmill if it is damaged or is not working as it should be.
- ★ DO NOT overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately, and consult your doctor.
- ★ DO NOT start the treadmill when it is in its folded position.
- ★ DO NOT operate the treadmill in or around water/sources of heat & avoid placing the treadmill on thick carpet.
- ★ DO NOT use outdoors. This product is to be used inside ONLY.
- ★ DO NOT place any objects on the running belt or the treadmill itself.
- ★ NEVER connect a live power cable to the treadmill. Please turn off the power supply and the On/Off switch on the back of this machine before connecting the power cable to the machine. Once safety-connected you can switch on the power supply followed by the on/off switch on the back of the machine. Connecting a live cable directly into the back of the machine can damage the electrical components.
- ★ Storing the treadmill in a cold damp room i.e. garage (with non-consistent temperature) will increase the risk of damage to electrical components. We recommend that you store the machine in a dry room with a constant temperature.

IV.

SAFETY NOTICE

This machine is not suitable for children under 14 years of age.

Use the treadmill only for its intended use as described in this manual.

Children, elderly users, and pregnant women are advised NOT to use the treadmill.

Assemble and operate the treadmill on a solid, level surface. Locate the treadmill a few feet from walls or furniture. Check the unit before each useand verify that all fasteners are secure. Always maintain the treadmill in good working condition.

An error may occur due to unstable power. DO NOT share a power socket with other high-powered items such as computers or air conditioning units.

It is suggested to wear suitable sports trainers and sensible gym clothing when using the treadmill.

Take care when folding and unfolding the treadmill before and after use.

DO NOT attempt to service the treadmill yourself except for the maintenance tasks which are described in this manual. The treadmill does not contain any user-serviceable parts so disassembling it yourself will not only void your warranty but could result in serious injury.

V. CAUTION DURING USE

Keep both the machine and power cord away from heated surfaces

★ Make sure you are wearing proper exercise clothing and shoes during a workout—no loose clothing. Tie back long hair. Keep all loose towels away from the running surface. The running belt will not stop immediately if an object becomes caught in the belt or rollers.

★ If you begin to feel unwell during use, stop immediately, and consult your doctor or personal trainer before continuing.

★ Take care when adjusting the speed setting and increase or decrease steadily.

★ The safety tether cord clip must be attached at waist level prior to starting a workout. The safety cord connects the security clip to the yellow button on the console. If you encounter any type of difficulty while using the treadmill, a strong tug on the safety key cord or a quick tap on the red ON/OFF button will stop the running belt.

★ Please make sure the running belt is fastened before using it.

★ DO NOT adjust the belt while the machine is turned on or being used.

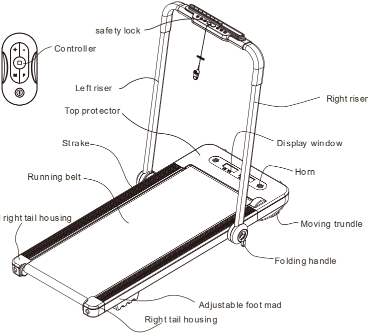
★ Please switch off all functions and disconnect from the mains power supply after use.

★ If you encounter any problems, please feel free to contact the customer service staff through Amazon order system, we will reply to your message within one working day , and we will be happy to solve the problem with you.

VI. F

Left and

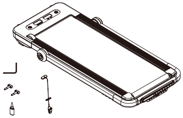
PRODUCT INTRODUCTION



Product name	Treadmill
Voltage	110V
Frequency	50-60Hz
Power	2.25HP
Speed	0.5-7.5mph/h
Net weight	55LBS
Max Loading Weight	220LBS
Remote Control Battery	CR2032/3V

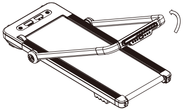
VII. INSTALLATION INSTRUCTION

1



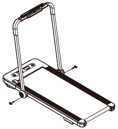
1. Take the machine from the carton.

2



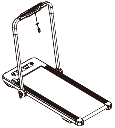
2. Lift the support frame.

3



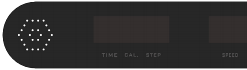
3. Use T shape knob fixed the support frame.

4



4. In order to make sure the support frame steady enough, the user can shake the support frame slightly to make sure the T shape knob inserts deepest.

VIII. OPERATING INSTRUCTION



1.*Display*

1.1 “TIME” window has two modes which shows the runn

① Forward counting time is from 0:00 to 99:59 minut

② Countdown is counted to 0 from the set time(setti
The machine will stop slowly when it counts to 0:00 a
machine will come to the standby mode after 5 secon

“STEP ”window shows the steps. It counts from 0 to 9

the step numbers reach the top pointthen the machin
mode after 5 seconds.

Note:
he window will be switched from TIME and STEP cyc
“M” button to switch between cyclic display mode ar
in motion state.

1.2 “DISTANCE” window has two modes which show the

① In the forward counting mode, the distance will be
it will recount if the distance reaches the top point.

② In the distance countdown mode, the distance will
data(setting range:1.00~99.00miles) to 0. The machin
to 0:00 and shows” end”, then the machine will come
seconds.

“CALORIES” window has two modes which shows th

① Forward mode counts from 0 to 9999, it will recour

② countdown mode will count from setting calorie da
0. The machine will stop slowly when it counts to 0:00
machine will come to the standby mode after 5 secon

ning time.

tes.

ng range: 5:00~99:00 minutes).
nd shows "end",then the
ds.

9999 steps. It will recount when

ne will come to the standby

lically, you can press the
nd single display mode

current movement distance.

increased from 0.0 to 99.9 miles,

be decreased from the setting
e will stop slowly when it counts
to the standby mode after 5

e calories.

nt when it reaches the top point.

ata(setting ranges 20~990) to
and shows” end”, then the
ds.

VIII. OPERATING INSTRUCTION

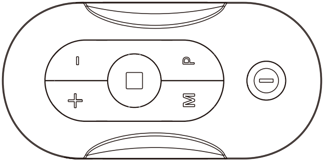
***Note*:**
he window will be switched from TIME and STEP cyclically, you can press the “M” button to switch between cyclic display mode and single display mode in motion state.

1.3 “SPEED” window shows the current running speed, the setting range is 0.5MPH~7.5MPH. The speed will +/- 0.1MPH every time you click the “+”/“-” button. P1 ~ P12 is displayed under the setting of automatic selection.

1.4 After the treadmill is started, every window will be displayed cyclically at an interval of 5 seconds. You can press the "M" button to switch between cyclic display mode and single display mode.

1.5 The maximum speed of the treadmill will be limited to 4MPH when the dashboard deflected from a horizontal direction to an arbitrary direction by more than 60 degrees.

1.6 Open Bluetooth setting to find BT-MUSIC, match it, and enjoy the music.



2. Function Of The Remote Control

2.1 “ ⊡ ”:

① In standby or countdown mode: Pressing “⊡” button to start the machine. Please note that the default speed is 0.5MPH.

② Choose the preset program: Pressing the “ ⊡ ” to start the machine and the speed will change according to the preset speed.

③ In running state: Pressing “ ⊡ ”, then the treadmill will stop slowly and back to standby state.

VIII. OPERATING INSTRUCTION

2.2 “+”/“-” :

“+”/“-” button is to adjust speed. Keep pressing “+”/“-” over 0.5 seconds, the speed will keep increasing or decreasing. Please note the speed will change by 0.1MPH.

2.3 “M”:

① In standby mode: it can switch from different modes, including Time, Distance,and Calories.

② In running mode: press ”M” button will switch display mode between cyclic display mode and single display mode.

2.4 “P”:

There are P01~P12, a total of 12 preset programs you can choose when in standby mode.

2.5 “ ⦶ ”:

Press the “⦶” button, the treadmill will stop immediately.

※ REMARK: Any valid pressing, the treadmills will make a sound “Bi”.

3. Functional Instruction

3.1 Sports mode: Press the “ ▷ ” key to start the machine and the SPEED window will count from“3 2 1 ”. Please note that the default speed is 0.5MPH and you can press“+”/“-” to adjust speed.

3.2 Countdown mode: when in standby, press the “M” key to choose countdown for time, distance and calories. Press “+”/“-” to set relevant data. After setting,press“▷/⊡” to start the treadmill, it will count down from the set data, the machine will stop by itself when it counts to 0.

3.3 Preset program(P01~P12): choose one program first and then press “+”/“-” to set the running time(ranges 5:00~99:00, and the default time is 30:00), press “ ▷/⊡ ” to start the machine, it will run according to the preset speed and speed will change according to the time ”(Time/20)”.

VIII. OPERATING INSTRUCTION

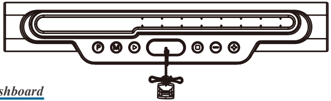
Time Program		set time/20 = running time for each section																			
P1	SPEED	2	2	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	5	3	2
P2	SPEED	2	3	4	5	6	4	6	6	6	4	5	6	4	4	4	2	4	5	3	2
P3	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	5	3	3	2
P4	SPEED	2	5	5	6	6	6	6	4	4	2	2	4	7	6	6	6	6	6	4	2
P5	SPEED	3	3	5	7	6	6	8	5	5	8	8	5	6	5	8	5	7	5	4	3
P6	SPEED	3	8	8	7	8	6	8	6	4	2	5	4	7	6	6	6	8	6	4	3
P7	SPEED	3	4	6	6	8	6	8	7	5	6	6	6	6	7	8	7	6	6	5	3
P8	SPEED	3	5	6	7	8	8	7	8	4	7	7	4	7	7	8	7	8	7	5	3
P9	SPEED	4	7	3	7	7	7	8	8	5	8	6	7	6	7	8	8	7	7	5	3
P10	SPEED	4	5	3	8	8	8	8	8	4	8	5	4	7	8	7	7	8	7	6	4
P11	SPEED	4	8	6	8	7	6	6	8	5	8	8	6	6	6	6	6	7	8	8	2
P12	SPEED	4	4	7	8	2	8	8	8	8	8	8	8	7	8	8	2	8	8	8	2

4.How To Match A New Remote Control

4.1 Power off the treadmill.

4.2 Press the “speed -” in the machine and ”M” button in the remote control at the same time, keep pressing for 6 seconds.

4.3 Power on the treadmill within 5 seconds, the remote control will match the machine automatically.



5.Dashboard

5.1 ▷“Start” button

In standby /countdown mode, press the button to start the treadmill. The default speed is 0.5MPH. In preset mode, press the button, the treadmill will start and act according to the preset value and accumulate the data.

5.2 ⊡“Stop” button

In the running state, press this button to stop the exercise and return to the standby mode. Press the stop button for more than 2 seconds, the system restarts.

5.3 ⊖ ⊕"Up/Down" button

It is used to adjust the speed after startup, and the adjustment range is (0.1 MPH) / time. Keep pressing for more than 0.5 seconds, it will continuously increase or decrease.It also can be used to adjust the setting value in the setting state.

VIII. OPERATING INSTRUCTION

5.4 Ⓟ "Program" button

To select 12 preset automatic programs P01 ~ P12.

5.5 Ⓜ "Mode" button

To switch between various modes in standby mode. Including time countdown (setting range 5: 00 ~ 99: 00), distance countdown (setting range 1 mile ~ 99 miles), calorie countdown (setting range 20 ~ 990). After the treadmill is started, every window will be displayed cyclically at an interval of 5 seconds. You can press the "M" button to switch between cyclic display mode and single display mode.

5.6 ”SAFE KEY” button

In case of emergency, tug the ”SAFE KEY” button to cut power instantly.

If any error codes appear on the screen, then please check below:

- Err Without safety key - Please make sure the safety key is put on.
- If the safety key is already on, but there ERR still shows or there is no function, then change the computer screen/display monitor.

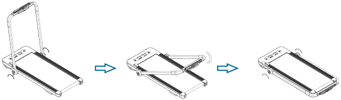
E2	Error for the motherboard, please change it.
E4	Error for the motherboard, please change it.
E5	Over current protection, please change the motherboard.
E6	Motor error-Please make sure the motor line has connected, if all the line connected, please change the motherboard if necessary.
E7	Communication interruption, please make sure all of the connection lines have been connected correctly.
E8	Overload error- User may have exceeded max weight.

VIII. OPERATING INSTRUCTION

6.Fold and unfold

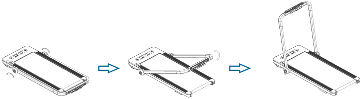
6.1 Fold:

Unscrew the knobs, lay the handle bar down clockwise. Then screw the knobs to the frame.



6.2 Unfold:

Loosen the knob and uplift the handle bar anticlockwise to a certain angle, then tighten the knobs.



IX.PRODUCT MAINTENANCE

1. Lubrication

The running is used for a period of time, it must be lubricated with special methyl silicone oil.

Advice:

1 hour or less per week	lubricate once every 6 months
Less than 3 hours per week	lubricate once every 3 months
3-6 hours per week	lubricate once every 2 months

◆ More than 6 hours per week lubricate once a month.

◆ Do not lubricate too much. It is not the more lubricants the better.

◆ Remember: Proper lubrication is an important factor in improving the lives of the treadmill.

2.As for the way to check if you need to add lubricant.

Just grab the running belt and touch the middle of the running belt back with your hands as much as possible. You don’t need to add lubricant if you have silicone on your hand (a little damp)You have to add lubricant if the pad is dry and there is no silicone on your hand.

◆ The step of lubricate on the running plate (as shown right picture).

◆ Lift the running belt of the underside of the main body, put the oil pot as far as possible into the middle of the running belt. And spray methyl silicone oil inside of the running and both sides.

◆ You can make use of the treadmill speed of 1mph to evenly lubricate and step on the running belt from left to right.After a few minutes, the methyl silicone oil can be completely absorbed by the running belt.

IX.PRODUCT MAINTENANCE

3. *Adjust tightness of running belt*

All treadmills have been adjusted for tightness before delivery and after installation. However, the running belt may be loosened after a period of use. For example, the treadmill slips during exercise, you must stop exercising immediately. Adjust bolts of running belt with the left and right synchronous as per clockwise direction to half a circle as the unit when this phenomenon occurs. The feet will slip if the running belt is too loose. But it is not good to be too tight. It is easy to increase the load of the motor and damage the motor, running belt and roller, etc.

4. *Running belt deviation adjustment*

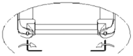
All treadmills have been adjusted to the running belt before delivery and after installation. The running belt may deviate after a period of use which may be caused by the following reasons.

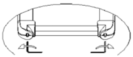
① The main body is not placed smoothly.

② The feet of users are not in the center of the running belt.

③ The feet of users are uneven force.

It will be returned to normal after a few minutes of no-load rotation if the deviation is caused by man-made. It should be adjusted with 63 L shape wrench at a half-circle as the unit for deviation of non-recover automatically.





Please adjust the left bolt with a clockwise or right bolt with counterclockwise if the running belt is left deviation.

Please adjust the right bolt with clockwise or left with counterclockwise if the running belt is right deviation.

The running belt deviation is not within the scope of the warranty. And it is mainly maintained by the user according to the manual. Running belt deviation will seriously damage the running belt. The mistake must be found in time and corrected.

X. WARRANTY

- We have one year quality warranty to the products.Within the warranty period,we provide the FREE replacements parts.If caused by incorret assembly,incorrect use or change of parts failures,our company takes no responsibility.You should show our products series no. And relative pictures or videos or concern information before getting the warranty.

- This machine is only for home use,if the problems occurred by commercial used,our company takes no responsibility.

XI. EXERCISE GUIDE

PLEASE NOTE:

- Before beginning any exercise program, consult you physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.

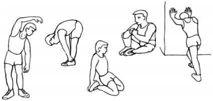
Warm-up

Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up

Increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

1.

XI. EXERCISE GUIDE



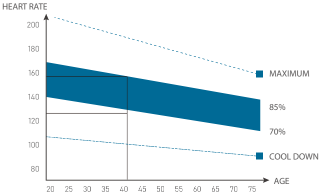
Training zone Exercise

After warming up, increase the intensity of your desired exercise program. Be sure to maintain your Intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.

Cool Down

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

Workout Guidelines



TARGET ZONE

- THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE. REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.

The most important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

XII. FCC STATEMENT For Treadmill unit

FCC STATEMENT (Bluetooth function)

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.

XII. FCC STATEMENT

FCC STATEMENT (Remote control function)

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 requirement.

The TREADMILL REMOTE CONTROL can be used in portable exposure condition without RF striction

MADE IN CHINA