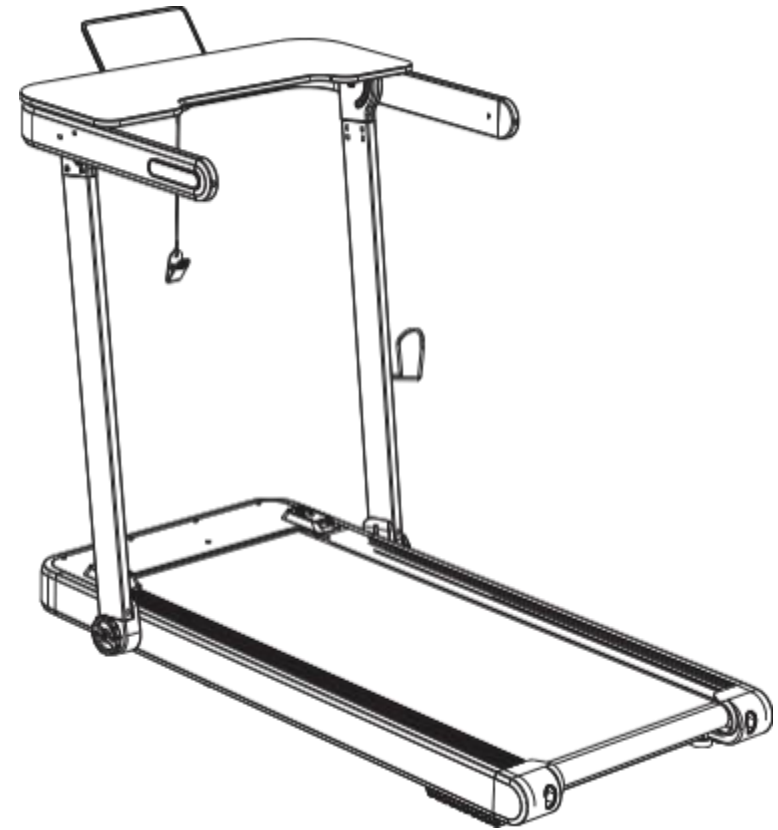


Product Instruction Manual

Model number: T4217A
Household electric treadmill



Please read the instruction carefully before using.

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1. Safety precautions and warnings

Note: Read the instructions carefully before use and note the following safety precautions:

- ★ The treadmill is suitable for placement indoors, to avoid moisture, can not splash water on the treadmill, can not place any foreign body.
- ★ Before workout, please wear appropriate sports clothes and sneakers. Do not exercise barefoot on the treadmill, and stretch the whole body.
- ★ The power plug must be reliably grounded, and the socket should have a dedicated loop to avoid sharing with other electrical equipment.
- ★ Children should stay away from the machine to avoid accidents.
- ★ Should avoid the super long time overload operation, otherwise cause the motor, controller damage, speed up the wear of bearings, running belt, running plate and aging, regular maintenance.
- ★ Reduce indoor dust, maintain a certain indoor humidity, avoid producing strong static electricity, otherwise may interfere with the normal work of the electronic watch, controller.
- ★ Turn off the treadmill power after the exercise.
- ★ Keep the indoor air circulation when using the treadmill.
- ★ Please clamp the safety lock on the clothes, in case of emergency safe shutdown.
- ★ If you feel uncomfortable or abnormal during your use, please stop exercising and consult your doctor.
- ★ After the use of silicone oil, it must be stored in a place where children can not get, so as to avoid serious consequences.
- ★ The safety area behind the treadmill is: 1000x2000 mm.
- ★ Emergency jump away: when you hold the handrail and hold up your body, keep your feet on the side strip and jump off the treadmill from one side.

Warning: To reduce accidents or injuries to others, follow the following rules:

- ★ Please check whether the clothing is fastened or zipped up before using the treadmill.
- ★ Don't wear clothes that are easily hooked by the treadmill.
- ★ Do not close the power cord to a hot object.
- ★ Don't let the children approach the treadmill.

- ★ Don't use a treadmill outdoors.
- ★ Power supply must be cut off before moving the treadmill.
- ★ Non-professional personnel shall not open the upper cover and the left and right rear tail seat without authorization.
- ★ Only one person can exercise on the treadmill when starting the machine table.
- ★ If you feel discomfort or experience abnormal conditions during exercise, stop immediately and consult a medical professional.

Warning! Mandatory!

When being treated by a doctor or the following patients must be used before negotiating with a special doctor.

- (1) People who have back pain or injuries in their legs, waist and neck, and numbness of their legs, waist, neck and hands (people with inter vertebral disc herniation, spinal slide, cervical spine herniation and other chronic diseases).
- (2) People with deformation arthritis, rheumatism, and gout.
- (3) Have osteoporosis and other abnormalities.
- (4) People with circulatory system disorders (heart disease, vascular disorders, hypertension, etc.).
- (5) Respiratory organ disorders.
- (6) Those who are using artificial rhythm regulator implanted with in vivo medical electronic instruments.
- (7) Patients with malignant tumors.
- (8) thrombosis or serious kinematic, acute tumor and other blood circulation disorders or various skin infections and other symptoms.
- (9) There are perceptual disorders caused by high peripheral circulation disorders caused by diabetes mellifluous.
- (10) People with skin trauma.
- (11) Patients with high fever (38°C or more).
- (12) Abnormal dorsal bone or dorsal bone bending.
- (13) Those who are pregnant or may be pregnant or in menstruation.
- (14) Those who feel an abnormal body and need to rest.
- (15) Those with obvious poor physical condition.
- (16) Users used for rehabilitation purposes.
- (17) Other than the above conditions.

May lead to accidents or poor physical condition.

- ◆ In the process of exercise feel low back pain, legs and feet numbness, dizziness, heartbeat and other body and the usual different pain or coordinated feeling or abnormal, immediately stop the use and consult the doctor.
- ◆ Do not let the children use the product, and do not let the children play around the product.
If not observed, there may be a risk of injury.
- ◆ Protectors of children should be careful not to make children play with this product.
If not observed, there will be a risk of injury.
- ◆ During use or when sliding out the product, be sure to confirm that there are no people or pets around (rear, lower, front of the product).

Prohibited!

- ◆ Do not use it in the shell cracking, cracking, falling off (internal structure exposed) or the welding part falling off.
Otherwise, either an accident or an injury may occur.

- ◆ Do not jump up or jump down during the exercise. May cause injuries due to falling to.
- ◆ Do not use or keep moisture in places and places with water droplets.
- ◆ Do not use or keep it in places with high temperature such as around the stove and heating appliances such as electric carpet. Otherwise, it may lead to, leakage of electricity, and fire.
- ◆ Do not use it when the power cord or power plug is damaged or the socket is loose.
Otherwise, it may cause electric shock, short circuit and fire.
- ◆ Do not damage or forcibly bend or twist the power cord. At the same time, do not place heavy objects on it, do not make the line is clamped.
Otherwise, it will lead to a fire or an electric shock.
- ◆ Do not have 2 or more people at the same time, pay careful not to make the people around close.
Otherwise, an accident or injury may occur due to a fall.
- ◆ Can not express awareness or can not operate do not use.
Potential for an accident or an injury.

Do not disassemble the treadmill!

- ◆ Absolutely prohibit disassembly, repair, deselection.
There is a risk of injury resulting from a mechanical failure.

Avoid contact with water!

- ◆ The main body or operation department shall not be water or other conductive fluids.
—— May lead to electric shock and fire.

Prohibited!

- ◆ People who do not exercise should not suddenly do intense exercise.
- ◆ Do not use it after the diet or fatigue, just exercise or physical state is not normal.
May lead to health damage.
- ◆ This product is suitable for family use, not used for schools, gymnasiums and other unspecific users.
There is a RISK of injury.
- ◆ Not use with diet or other activities.
- ◆ Do not use it after drinking until it feel dull.
An accident or an injury may occur.
- ◆ Not used with hard objects in your pants pocket.
Could lead to accidents or injury.

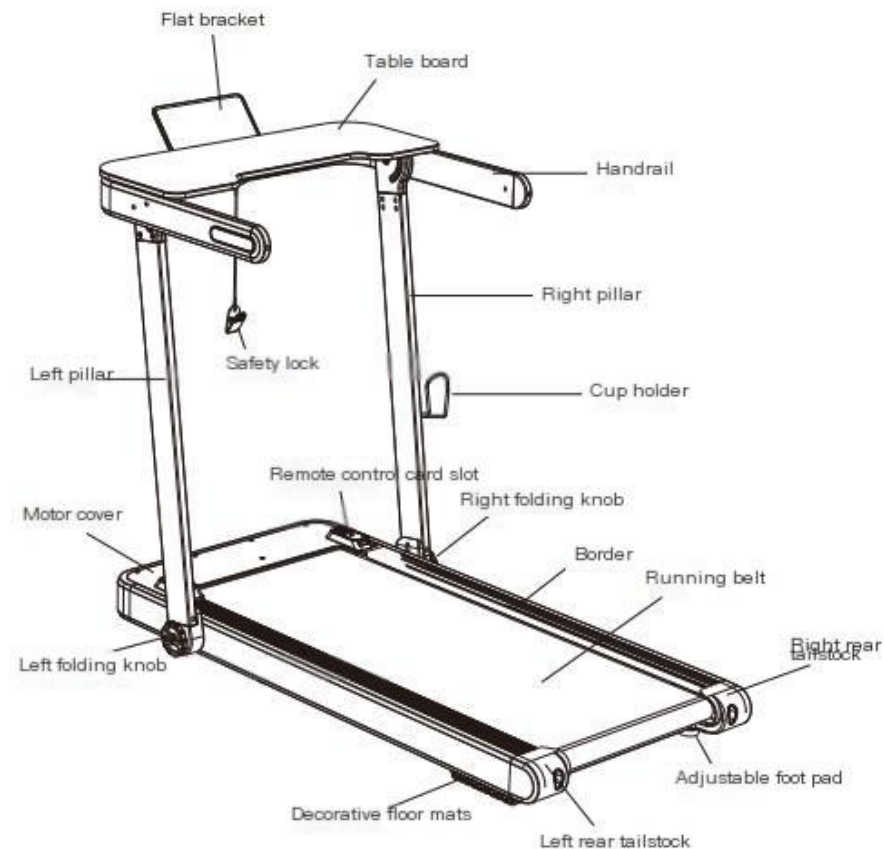
- ◆ Do not attach needles, garbage or water to the power plug. May lead to electric shock or short circuit or fire.

- ◆ Do not pull out or plug with wet hand.

Pull out the power plug!

- ◆ When unused, remove the power head from the socket.
- ◆ In case of power failure, unplug the power plug immediately.
- ◆ The product must be grounded. If the machine is abnormal, the ground will provide the least resistance to the current to minimize the risk of electric shock.
- ◆ If the equipment grounding conductor is not connected properly, the risk of electric shock will be caused. If you have questions about whether the grounding of the product is correct, please entrust a professional electrician to check it. Even if the plug attached with the product does not match the socket, it can not be modified.
Please entrust professional electricians to install suitable sockets.
- ◆ The product has a grounding plug. Verify that the product is connected to the shape. The product cannot use a transfer socket.

2. Product Introduction



NO.	Name	Qty.	Remarks
1	Main Unit	1	
2	Spare Parts Package	1	See attached table
3	Table board		

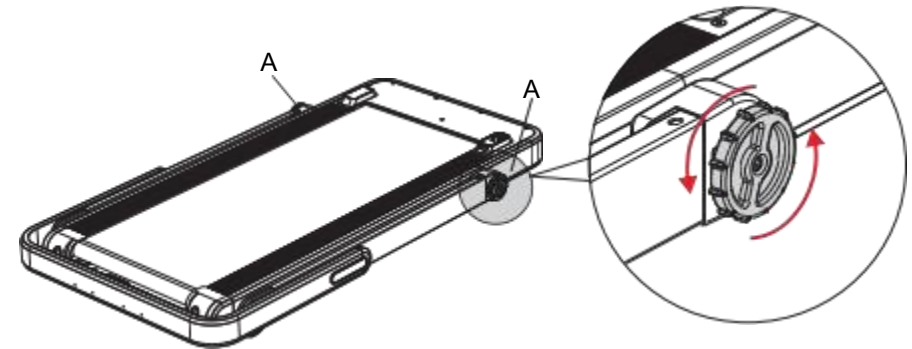
working voltage	AC 110V60Hz
Maximum load	264.55 lbs
Expand the size	52.80*28.31*41.54 inch
Folding size	52.48*28.31*4.92 inch
Running area	16.54*41.34 inch
power of motor	1.0 HP
Show speed	0.6-8.6 mph
control method	Electronic meter, remote control

order number	name	quantity	remarks
1	5mm inside the hexagonal wrench	1	else
2	6mm inside the hexagonal wrench	1	Adjust the running belt
3	Cross-head tapping screw	4	Fiche plate holder
4	Cross groove flange head self drilling screw	2	Fixed glass holder
5	Plate holder holder	1	
6	solid wrench	1	
7	Flat stand	1	
8	Water cup rack	1	
9	power line	1	
10	controllable	1	
11	security clocker	1	
12	methodicalness oil	2	
13	Instructions and certificate of conformity	1	

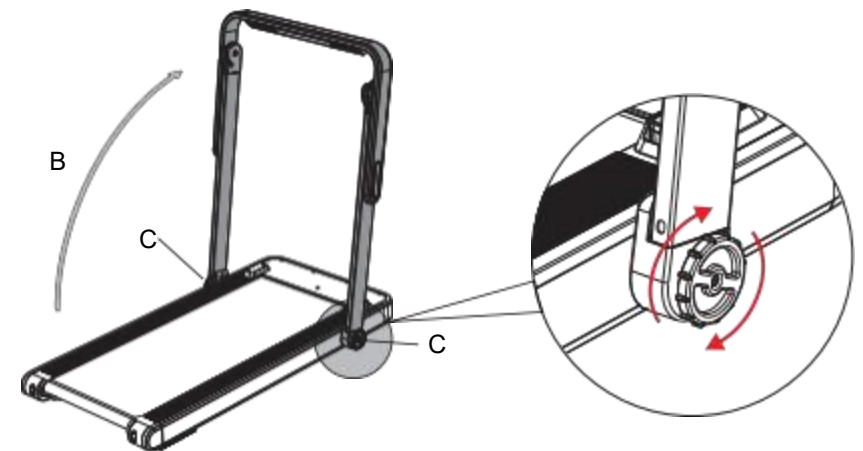
3.Installation steps

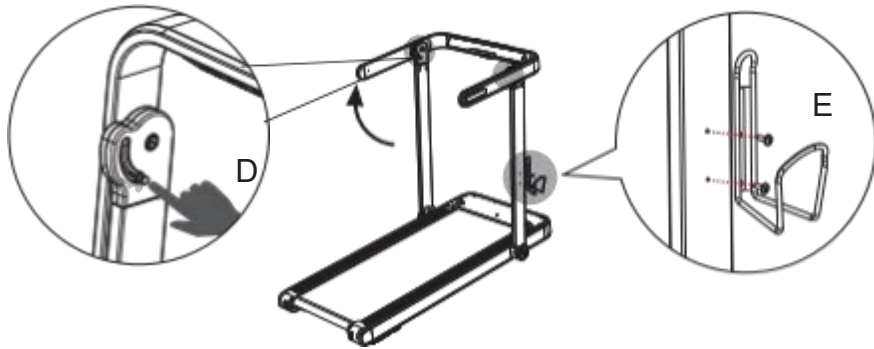
1. Remove the host from the packaging box and place it flat on a carpet or soft cushion,

As shown in step (A) of the following figure, rotate the "left and right folding knobs" counterclockwise for 4-6 turns. At this time, the lower end of the tube will naturally open to



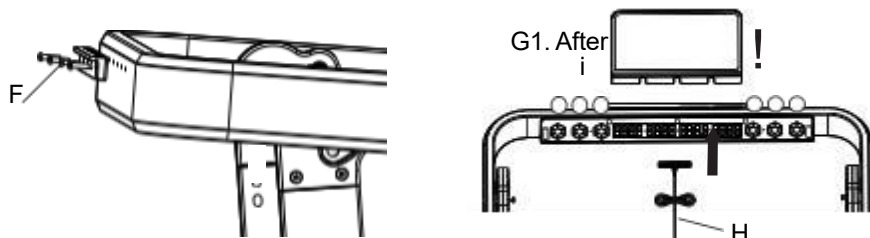
2. As shown in the step (B), lift the riser up to the limit site position; tighten the left and right folding knobs



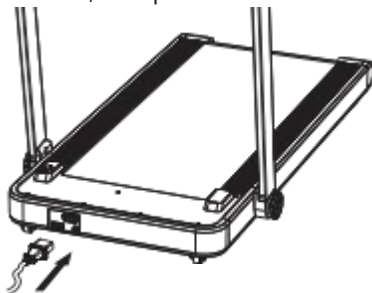


4. As shown in step (F), install the flat holder into the plate holder as shown in step (G);

As shown in the step (H) below, it will be a red safety lock and the suction console will be in the yellow position. Place the end of the clip of the safety lock at the edge of the garment when using the treadmill.

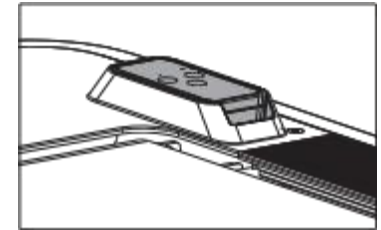


5. As shown in the figure below, insert the power cord into the socket at the front end of the running machine, turn on the power supply, turn on the power switch under the front end of the machine, and put the treadmill into the standby state.

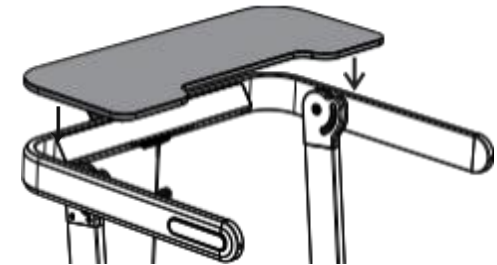


Note: After the unit is installed, check again if all the bolts are locked.

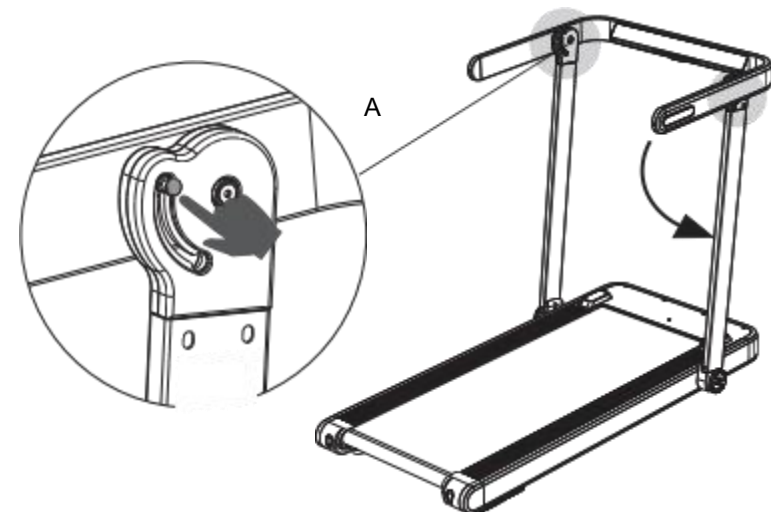
5. As shown in the figure on the right, the remote control can be placed in the card slot under the console.



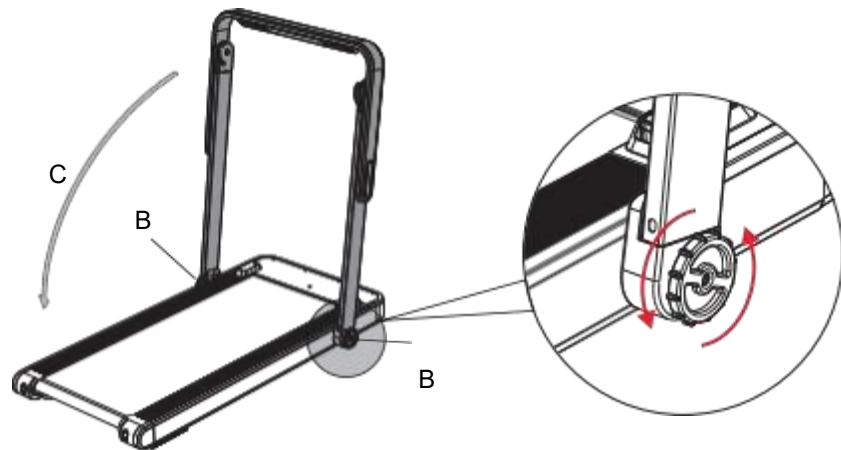
6. As shown in the picture on the right, it is necessary to install a table



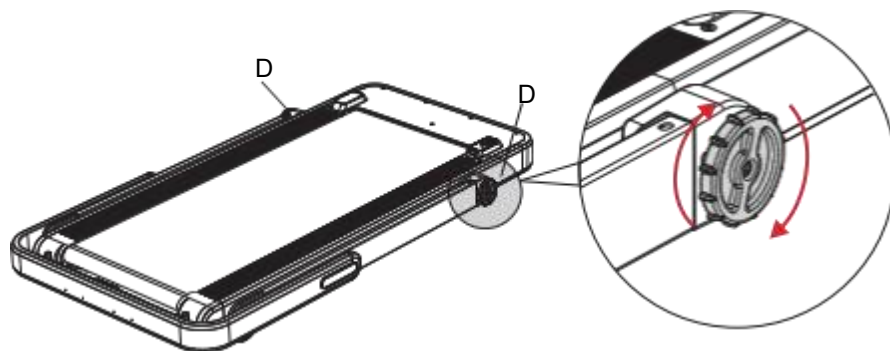
Folding steps



2. As shown in the step (B) shown in the figure below, rotate the "left and right folding knob" counterclockwise for 4-6 times, and the lower end of the riser will naturally open to both sides;

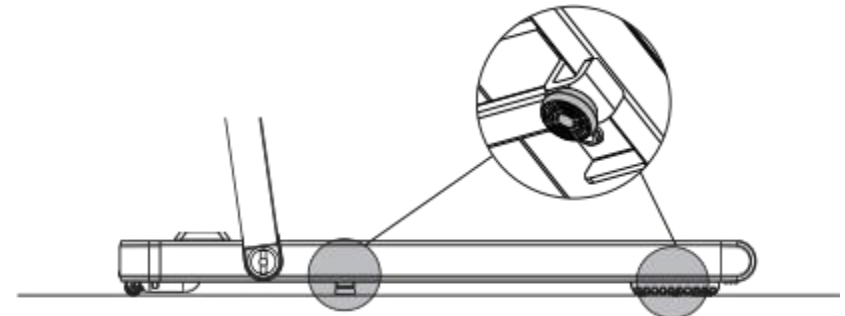


2. As shown in the step (D), tighten the knob clockwise



Foot cushion adjustment

If the ground is uneven or the treadmill is shaking, please adjust the four adjustable foot pads at the bottom of the treadmill to the appropriate position. The foot mat must fit to the ground.(As shown below.)



4. Exercise recommendations and guidelines

warm up

Have 5-10 minutes of warm-up exercise before each operation. breathe

Do not hold your breath during the operation, usually ready to restore the action, inhale from the nose, exhale with the mouth, breathing and action should be coordinated, if breathing is too fast, should stop moving immediately.

frequency

Muscle training of the same part should have a 48-hour rest, that is, training the same part every other day. load

According to the personal physical state of the amount of training, and then according to the principle of asymptotic load to practice, muscle pain is normal in the initial training, as long as continue to practice, the pain can be eliminated.

relax

After each practice, do 5 minutes of reduction action, especially the extension of the foot muscles, so as to avoid muscle condensation for a long time and maintain muscle elasticity.

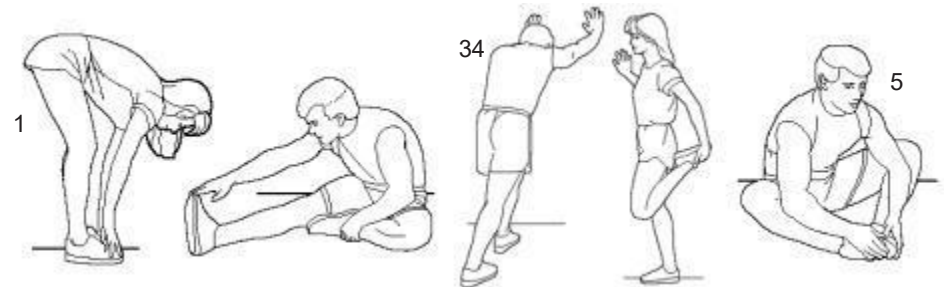
food and drink

To protect the digestive system, one hour after meals can exercise, after training should be at least half an hour to eat, drink less water in exercise, especially avoid a lot of water, so as not to increase the burden of heart and kidney.

stretching exercise

No matter how fast you walk, it is best to do stretching first. Warm muscles are easier to stretch, so walk on first

510 minutes to warm up. Then stop and stretch 5 times with each leg for 10 seconds or more; do it again after the exercise.



1. Extend it down

With your knees slightly bent, bend your body slowly forward, relax your back and shoulders, and try to touch your toes. Hold for 10 to 15 seconds, and then relax. Repeat 3 times (see Figure 1).

2. Foot extensions

Sit on a clean seat cushion and stretch one leg straight. Turn the other leg inward so that it sticks to the inside of the straight leg. Try to touch your toes with your hands. Hold for 10 to 15 seconds, and then relax. Repeat each leg for three times (see Figure 2).

3. Extend the calf and heel tendons

Stand with two hands against the wall or a tree, one foot behind you. Keep your hind legs upright and heels on the ground, leaning toward the wall or tree. Hold for 10 to 15 seconds, and then relax. Repeat each leg for 3 times (see Figure 3).

4. Quadriceps extension

Hold your balance against the wall or table with your left hand, then stretch your right hand back, grab your right ankle and pull slowly to your hips until you feel the muscles in front of the your thigh. Hold for 10 to 15 seconds, and then relax. Repeat each leg for three times (see Figure 4).

5. Extend the sewing muscles (muscles in the inner thighs)

Your feet are opposite and your knees face out. Grab your feet and pull in the groin. Hold for 10 to 15 seconds, and then relax. Repeat 3 times (see Figure 5).

5. operation

The display window and keys indicate the calorie



Key function WIFI indicator light display

key	function
3	The Speed shortcut key is 3 mph
6	The Speed shortcut key is 6 mph
START/PAUSE	In the standby state, press the Start/ Pause button to start the machine operation Press Start/ Pause to pause the machine In used state, press Start/ Pause to resume machine operation (Note: After pause, reverse 3333 / 2222 / 1111, restore the minimum speed)
STOP	Running state or pause state, press the "stop" key to end the machine running
-	During treadmill operation, short press the key "-" above to slow down, and the speed decreases continuously; the decrease is 0.2 miles per time
+	During the treadmill, press "+" above to slow speed, and press this key to speed by 0.2 miles per time

Note: At any time, once the safety key falls off, the treadmill immediately stops running, and the electronic meter displays "E07". Only when the safety lock is absorbed in the

- ① Unconnected or the failed connection state: Off
- ② Distribution process status: flashing (distribution status, WiFi indicator flashes for 2 minutes; off after 2 minutes, the indicator is off)
- ③ Not successful status: Chang bright (connection: 10s connection: about 1min)

In the standby state, when WELLFITAPP needs to pair wifi, long press the electronic watch "+" and "-" keys at the same time, and the electronic watch will be in the search pairing state. (Support running state distribution network connection, with standby state operation)

buzzer

- 2. In standby state, long Press the electronic watch/ remote control "+" key to turn ON (ON)/off (OFF) buzzer sound.
- 3. Buzzer open: LED display ON, time 2S, buzzer drop;
- 4. Buzzer off: LED display OFF, time 2S, No action of buzzer;
- 5. Power on and keep the last buzzer state (the startup self-test is uncontrolled, that is, each startup self-test drops).

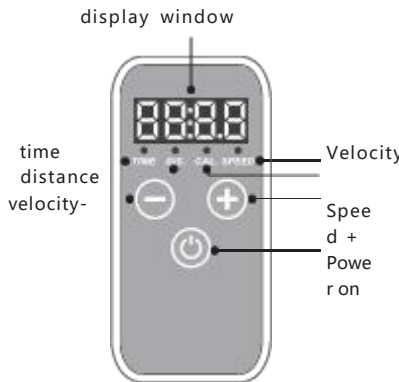
Remote control pairing method

- 1. In standby state, long press the key "3" and "6" on the electronic watch. When the electronic watch appears, the electronic watch is in the paired search state;
- 2. After the remote control is turned on, display "-", then long press the remote control "+" and "-" key at the same time, the Remote control "appears" "-", indicating that the remote control is in the matching search state;
- 3. When the electronic watch buzzer "drops", it means that the pairing is completed, and the electronic watch and remote control are in standby state.

4. Additional instructions:

Function of the

Power	When the remote control is shutdown, long press "Start/ Stop" to open the remote control in standby or unpaired "-". In standby or running. Long press "Start/ stop" to close the remote control When the treadmill is on standby, press the Start/ Stop button to start the machine running In the treadmill pause state, press the Start/ Stop button to restore the machine operation
+	On the treadmill running state, press the Start/ Stop key to end the machine running
-	During treadmill operation, short press "+" key to slow acceleration, long press this key to



Time display range: 0:00-99:59 Distance display range: 0.00-99.99 Speed display range: 0.6-8.6 calorie display range: 0.00-9999

pattern

Note: There are two modes for the two-in-one treadmill: treadmill mode (risers for unfolding state), walking mode (risers for folding state), and treadmill mode

Walking machine mode

When the tube is folded and the treadmill is in step mode, the speed of the treadmill belt is 0.6-3.8 mph per hour.



6. Common faults and handling methods

The electronic sheet displays error information and exclusion method

question	The possible causes	Maintenance method
E01	Abnormal communication between the control panel and the electronic meter;	Check if the communication line between the lower control and the electronic meter is loose or detached;
E02	1. Free or loose motor line; 2, whether the carbon brush is worn out or the carbon brush does not touch the rotor; 3. Lower control of damage;	Check whether the motor wire is loose or falls off. If it does not fall off, check whether the motor carbon brush is worn out or not connected Touch the rotor, if the motor is not abnormal, then the lower control has been damaged;
E05	overload protection;	If the load is too large, exceed the rated current, turn off the power supply and restart;
E07	The safety lock is not absorbed	Check whether the safety lock is not sucked well, or the safety lock line is loose;
Displays the exception	external disturbance	Turn off the power switch, and then start on after 1 minute;

Vii. Product maintenance

Proper maintenance is the best way to keep your treadmill in the best condition, and the wrong maintenance can damage or shorten the life of the treadmill.

A. Due to wear and damage, require frequent inspection; worn or damaged parts, such as motor, electric control, power cord, running belt, have the same safety level after maintenance or professional maintenance.

B. Immediately replace the defective parts or leave the equipment idle until repair; (e.g. power cord)

C. Pay special attention to the components most likely to wear; (such as running belt)

d. If the power cord is damaged, it must be replaced by the manufacturer, its maintenance department or similar department to avoid danger.

1. Lubrication

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

propose:

★ Weekly lubrication for less than 3 hours and 5 months

★ Lubricate it for 4 to 7 hours and 2 months once a week

★ The weekly use time is more

than 7 hours and 1 month

lubrication once, not excessive

lubrication, the more the better.

Remember: proper lubrication is an important factor in improving the service life of a treadmill.

2. As for the need for more lubricant, just grab the running belt and touch your hands as much as possible

In the center of the back of the running belt, if your hands have silicone (a little damp), you don't need it

Add lubricant, if the run plate is dry and not stuck to your hand, you need to add lubricant. ★ Apply the running plate with lubricant: (as shown below)



- ★Stop running the running belt and fold the machine;
- ★Raise the running belt on the bottom surface of the main engine; extend the oil can into the middle position of the running belt as far as possible, and spray the methyl silicone oil on the inside of the running belt with methyl silicone oil;
- ★Use the speed of 0.6 mph to run the treadmill to evenly apply the silicone oil, and gently step on the running belt from left to right, about a few minutes to maintain the silicone oil to be fully absorbed by the running belt.

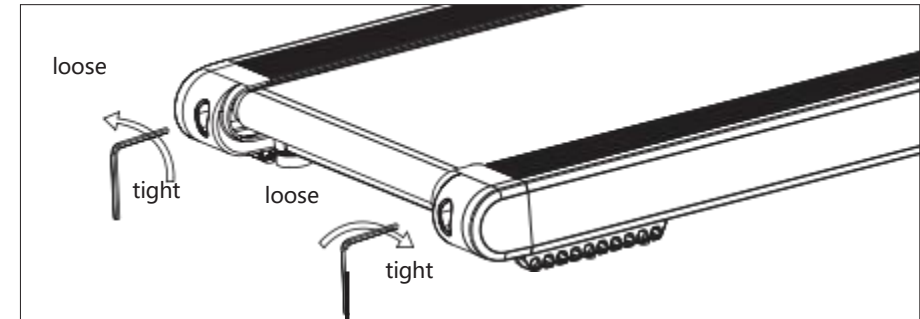
3. The running belt should be adjusted tightly. All the treadmills should be adjusted before delivery and after installation, but they may be loose after a period of use. For example, the user stops and slips when running. When this phenomenon occurs, according to the clockwise direction in half a circle, and then synchronously adjust the running belt adjustment bolt. If the running belt is too loose, the foot is on the running belt, the running belt and drum will produce skid phenomenon, but it is not good too tight, easy to increase the load of the motor, damage the motor, running belt and drum.

4, running with running deviation adjustment

All treadmills should be adjusted before delivery and after installation, but after a period of use, it may also deviate, and the reasons for the phenomenon are as follows:

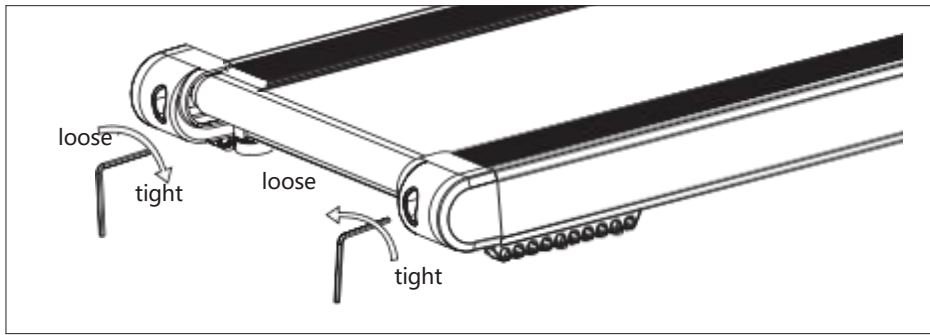
- ① The host position is not stable
- ② The users feet are not at the center of the running belt when running
- ③ The users feet exert uneven force

By caused deviation phenomenon, no-load rotation can return to normal for a few minutes. For the deviation phenomenon that can not be automatically restored, the 6 mm internal hexagonal wrench should be adjusted in half a circle.



If the belt is right: adjust the right bolt clockwise or the left bolt counterclockwise.

Tip: running belt deviation does not belong to the scope of warranty, mainly maintained by the user according to the instructions, running belt deviation will seriously damage the running belt, must be found and corrected in time.



If run left: adjust the left bolt clockwise or the right bolt counterclockwise.

Viii. Service commitment

Electric treadmill, under the normal circumstances of use within a year, if non-human damage, can be provided for users free accessories, after the expiration of the warranty, the price of spare parts is superior.

This product is limited to home use, and the company is not responsible for the problems caused by commercial use. If your product has after-sales problems, please call the dealers around for after-sales service!

This specification is for reference only, according to the actual product shall prevail.

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.

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.ct.

This equipment complies with the FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and any part of your body.