

19. When using an electrical appliance, basic precautions should always be followed, including the following: Read all instructions before using this appliance, DANGER - To reduce the risk of electric shock: 1) Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

## **When using an electrical appliance, basic precautions should always be followed, including the following :**

- 1) An appliance should never be left unattended when plugged in.  
Unplug from outlet when not in use, and before putting on or taking off parts.
- 2) Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 3) This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety, Keep children under the age of 13 away from this machine.
- 4) Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 5) Never operate this appliance if it has a damaged cord or plug, if it is not working properly if it has been dropped or damaged, please contact us at [customerservice@therun.info](mailto:customerservice@therun.info)
- 6) Do not carry this appliance by supply cord or use cord as a handle.
- 7) Keep the cord away from heated surfaces.
- 8) Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- 9) Never drop or insert any object into any opening.
- 10) Do not use outdoors.
- 11) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 12) To disconnect, turn all controls to the off position, then remove plug from outlet.  
The recommended minimum clearance required behind each treadmill for emergency dismount is: 2000 mm (78.7 in.)x686mm (27 in.)  
The recommended minimum clearance required around each treadmill for access to and passage around is 500 mm (19.7 in.) on each side of the treadmill.

## **SAVE THE INSTRUCTION**

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.

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.

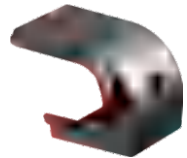
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- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced 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 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.

# PACKAGE LIST

|                                                                                    |    |                                                                                     |    |                                                                                     |    |
|------------------------------------------------------------------------------------|----|-------------------------------------------------------------------------------------|----|-------------------------------------------------------------------------------------|----|
|   | A1 |   | A2 |  | A3 |
|   | A4 |    | T4 |   | 60 |
|                                                                                    |    |                                                                                     |    |  | A5 |
|   | 40 |    | T1 |   | T2 |
|  | 37 |    | T3 |  | 47 |
|                                                                                    |    |  | 52 |                                                                                     |    |

## Parts breakdown:

| Key No. | Description             | Norm | Qty. | Key No. | Description                   | Norm  | Qty. |
|---------|-------------------------|------|------|---------|-------------------------------|-------|------|
| A1      | Main frame              |      | 1    | T1      | Multi-function wrench         |       | 1    |
| A2      | Rear Roller Set         |      | 2    | T2      | 5# L-Wrench                   |       | 1    |
| A3      | Left rear corner guard  |      | 1    | T3      | 6# L-Wrench                   |       | 1    |
| A4      | Right rear corner guard |      | 1    | 37      | Flat head bolt                | M8*20 | 8    |
| T4      | Lubricating oil         |      | 1    | 52      | Gaskets                       | d8    | 6    |
| 60      | Safety lock             |      | 1    | 47      | Cross recessed tapping screws |       | 4    |
| A5      | Manual                  |      | 1    | 40      | Flat head bolt                |       | 2    |
|         |                         |      |      |         |                               |       |      |

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# ASSEMBLY INSTRUCTIONS

|                                                             |
|-------------------------------------------------------------|
| <b>NOTE: Do not plug in until installation is complete.</b> |
|-------------------------------------------------------------|

## **Step 1:**

Open the box, take out the products and parts inside the box, and put the main frame flat on the ground.

## **Step 2:**

1. Raise the column (3) forward in the direction of the arrow in accordance with the arrow in Figure 1 to the state in Figure 2.

2. Use the 5# L-Wrench (T2), flat head bolt (37) and Gaskets(52) to fix the column, and after confirming that it is fixed, continue to use the 5# L-Wrench (T2), flat head bolt (40) and Gaskets(52) to fix the column completely.

Tip: Note that the bolts are fully locked after installation.

**Step 3:**

Rotate the electronic meter (10) in the direction of the arrow to the right, and use an 5# L-Wrench (T2) to secure it with the flat head bolts (37) and Gaskets(52).

**Step 4:**

1. Hold position A with both hands to lift the machine up and push up slightly until the air bar casing pushes against air bar B and rattles.
2. Install the rear roller (A2) on the main frame (A1) using the 5# L-Wrench (T2) , flat head bolts (37) Gaskets (52).
3. Be careful to install the rear roller (A2) with the head end of the bolt on the rear roller facing outward.

**Step 5:**

Attach the right and left rear corner guards (A3), (A4) to the main frame (A1) using the Multi-function wrench(T1)cross recessed tapping screws(47).

Note: Be sure to confirm that all the above requirements are installed before locking all screws uniformly and checking that there are no omissions before you can turn on the power. Please refer to the relevant instructions at the back for the operation and use of the treadmill.

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# FOLDING STEPS

## Folding machine

Hold position A with both hands to lift the machine up and push up slightly until the air bar casing pushes against air bar B and rattles.

## Lower the machine

Hold position A with both hands to lift the machine slightly upward and kick the air pressure bar casing lightly with your foot until the casing is loose, pull the main frame downward with your hands to let the frame fall to the ground slowly, and keep people and pets away from the machine to avoid injury.

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# PRODUCT PARAMETERS

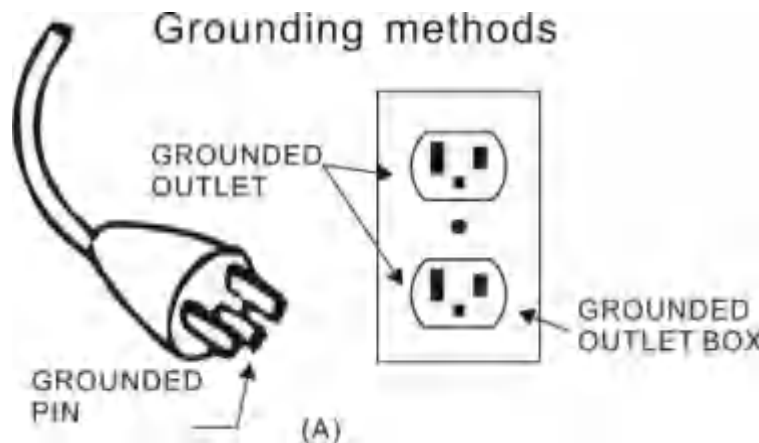
|                  |                             |              |             |
|------------------|-----------------------------|--------------|-------------|
| Product size(mm) | 1339*687*1104mm             | Power supply | AC 100-120V |
| Folded size      | 762*686*1153mm              | Power        | 735W        |
| Runner size(mm)  | 420mm*1100mm                | Speed range  | 0.5-9MPH    |
| Net weight       | 44kg                        | Incline      | 0%-12%      |
| Screen display   | CAL/TIME/DIST/INCLINE/SPEED |              |             |

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# IMPORTANT ELECTRICAL INFORMATION

**IMPORTANT NOTE:** This treadmill requires a power source of **110 Volts** in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before powering the equipment. Any power supply source above or below this level could cause significant damage to the equipment and/or user.

**GROUNDING METHODS:** This product must be grounded. Should the treadmill malfunction or break-down, grounding provide a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a plug that has an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.



**DANGER:** Improper connection of the equipment can result in risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product has been properly grounded. Do not modify the plug provided with this product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician. Ensure that the product is connected to an outlet with the same configuration as the plug. Do not use an adaptor for this product.

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## THE DISPLAY CONSOLE

### I. Description of the windows:

1. "CAL" window: displays calories.
2. "TIME" window: displays the time.
3. "DISTANCE" window: displays the distance.
4. "INCLINE" window: display the current slope value, slope display range: 0-12 segments.
5. "SPEED" window: displays the speed of movement.

### II. Key functions:

1. "PROG." key: program selection key. The selection sequence is: manual mode, P01-P15 cycle.
2. "MODE" key:
  - 2.1 In standby mode, it is the countdown mode selection key. The selection sequence is: manual mode, time countdown, distance countdown, calorie countdown cycle.
3. "START" button: start button. Pressing this key, the treadmill will start running from the lowest speed or programmed default speed after 3 seconds of counting.
4. "STOP" button: stop button.

- 4.1 Press this button once during exercise, the treadmill will slow down to stop and then pause.
- 4.2 Press this key twice during exercise, the treadmill will slow down to stop and then return to standby mode.
- 4.3 Press this key when pausing, the treadmill returns to standby status.
- 5. SPEED+, -: speed increase or decrease adjustment. It can be used to adjust the speed when exercising; it can be used to adjust the parameters when stopping.
- 6. SPEED (3, 5, 8): speed quick adjustment key.
- 7. INCLINE +, -: lift plus or minus adjustment. When the movement can be adjusted to lift the number of segments; stop can be used to adjust the parameters.
- 8. INCLINE (5, 8, 12): Lift quick adjustment key.

Note: There will be a beep when any key is pressed, and a long beep when a key is pressed to adjust a parameter beyond its limit. There is no beep when a key is not pressed.

### **III. Main Functions:**

Turn on the power, all windows light up for 2 seconds, and then enter standby mode.

1. Countdown mode: Press "MODE" button, you can select: time countdown, distance countdown, calorie countdown in turn. The corresponding window displays the default value and flashes. At this time, press "SPEED+, -" (INCLINE+, -) to adjust to the desired value. Press "START" key, after 3 seconds countdown, the treadmill will start running from the lowest speed, press "SPEED" plus and minus to adjust the speed, and press "INCL". plus and minus to adjust the number of lifting segments. When the window value counts down to 0, the treadmill will slow down to stop. Of course, you can also directly press the "STOP" key or disconnect the safety lock to stop running.

2. Program Mode: Press "PROG." button and select any one of P15 as the built-in program. The "TIME" window displays the default value and blinks, and the "SPEED+, -" (INCLINE+, -) keys are used to adjust to the desired movement time. The built-in program is divided into 20 segments, and the running time of each segment is set time/20. Press "START" key, the treadmill will start to run according to the speed and lift of the first segment after 3 seconds countdown, when the previous segment finishes, it will automatically enter into the next segment, and the speed and lift will be adjusted to the value of that segment automatically. The speed and lift will be automatically adjusted to the value of that section. All sections are finished. The program ends and the treadmill slowly reduces speed to stop. Speed and lift can be adjusted by pressing "SPEED+, -" (INCLINE+, -) or the armrest buttons during the run. However, it will be automatically adjusted to the program defaults when entering the next section. You can also press "STOP" directly or disconnect the safety lock to stop the operation during the movement.

Note: The window corresponding to the end of the mode and program movement will flash with 15 beeps, after which all the data will be cleared to 0 to enter the standby state.

### **IV. Hibernation function:**

Stop without any operation for 2 minutes, the system reset to standby mode, the backlight is off, more than 10 minutes, the system shut down all the displays, into the body sleep state. Press any key to wake up.

### **V. Safety lock function**

Whenever the safety lock is disconnected, the treadmill will stop running quickly and all data will be cleared to 0. The window will display "----". All normal operation and running must be carried out under the state of safety lock closed.

### **VI. Motion parameter display**

Speed less than or equal to 3.0 miles displays "L SPEED" green is displayed

Speed greater than 3.0 miles and less than or equal to 6.0 Miles displays "M SPEED" Yellow

Speed greater than 6.0 miles and less than or equal to 9.0 Miles displays "H SPEED" red

|         | Display range | Mode Defaults | Program Defaults | Setting range |
|---------|---------------|---------------|------------------|---------------|
| SPEED   | 0.5-9.0MPH    | -----         | -----            | 0.5-9.0MPH    |
| INCLINE | 0-12%         |               |                  | 0-12%         |
| TIME    | 0:00—99:59    | 30:00         | 30:00            | 5:00---99:00  |
| DIST    | 0.0—99.9Miles | 1.0Miles      | -----            | 0.5—99.9Miles |
| CAL     | 0.0—999Kcal   | 50.0Kcal      | -----            | 10.0—999Kcal  |

## VII. Program description

SPEED stands for speed and INCLINE stands for incline. Each program divides the exercise time into 10 equal parts, and each time period has a corresponding speed and incline.

| Time period<br>Program |         | Set time/20=running time for each segment |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|------------------------|---------|-------------------------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|                        |         | 1                                         | 2   | 3   | 4   | 5   | 6   | 7   | 8   | 9   | 10  | 11  | 12  | 13  | 14  | 15  | 16  | 17  | 18  | 19  | 20  |
| P01                    | SPEED   | 1.2                                       | 1.8 | 1.8 | 2.4 | 3.1 | 1.8 | 2.4 | 3.1 | 3.1 | 1.8 | 2.4 | 3.1 | 2.4 | 2.4 | 2.4 | 1.2 | 1.8 | 1.8 | 3.1 | 1.8 |
|                        | INCLINE | 1                                         | 1   | 2   | 2   | 2   | 3   | 3   | 3   | 2   | 2   | 1   | 2   | 2   | 1   | 1   | 3   | 3   | 2   | 2   | 2   |
| P02                    | SPEED   | 1.2                                       | 2.4 | 2.4 | 3.1 | 3.7 | 2.4 | 3.7 | 3.7 | 3.7 | 2.4 | 3.1 | 3.7 | 2.4 | 2.4 | 2.4 | 1.2 | 1.2 | 3.1 | 2.4 | 1.2 |
|                        | INCLINE | 1                                         | 2   | 2   | 2   | 2   | 3   | 3   | 2   | 2   | 2   | 2   | 2   | 3   | 3   | 3   | 4   | 4   | 3   | 2   | 2   |
| P03                    | SPEED   | 1.2                                       | 2.4 | 2.4 | 3.7 | 3.7 | 2.4 | 4.3 | 4.3 | 4.3 | 2.4 | 4.3 | 4.3 | 2.4 | 2.4 | 2.4 | 1.2 | 2.4 | 3.1 | 1.8 | 1.2 |
|                        | INCLINE | 2                                         | 3   | 3   | 2   | 2   | 3   | 3   | 3   | 2   | 2   | 2   | 2   | 4   | 4   | 4   | 6   | 6   | 3   | 2   | 2   |
| P04                    | SPEED   | 1.8                                       | 3.1 | 3.1 | 3.7 | 4.3 | 4.3 | 3.1 | 4.3 | 4.3 | 4.9 | 4.9 | 3.1 | 5.5 | 3.1 | 3.1 | 3.7 | 3.7 | 2.4 | 2.4 | 1.8 |
|                        | INCLINE | 2                                         | 3   | 3   | 2   | 2   | 3   | 3   | 3   | 2   | 2   | 2   | 2   | 4   | 4   | 4   | 6   | 6   | 3   | 2   | 2   |
| P05                    | SPEED   | 1.2                                       | 2.4 | 2.4 | 3.1 | 3.7 | 4.3 | 4.3 | 3.1 | 3.7 | 4.3 | 4.9 | 4.9 | 3.1 | 2.4 | 1.8 | 1.8 | 3.7 | 3.1 | 2.4 | 1.2 |
|                        | INCLINE | 3                                         | 3   | 3   | 4   | 4   | 5   | 5   | 5   | 4   | 4   | 4   | 4   | 5   | 5   | 3   | 3   | 3   | 2   | 2   | 2   |
| P06                    | SPEED   | 1.2                                       | 2.4 | 2.4 | 2.4 | 3.1 | 3.7 | 4.9 | 4.9 | 3.7 | 4.3 | 4.9 | 3.9 | 3.7 | 2.4 | 2.4 | 1.2 | 3.1 | 2.4 | 1.8 | 1.2 |
|                        | INCLINE | 3                                         | 5   | 2   | 5   | 4   | 4   | 4   | 3   | 3   | 3   | 3   | 4   | 4   | 4   | 3   | 3   | 3   | 4   | 3   | 2   |
| P07                    | SPEED   | 1.2                                       | 1.8 | 1.8 | 1.8 | 2.4 | 3.1 | 1.8 | 2.4 | 3.1 | 1.8 | 2.4 | 3.1 | 1.8 | 1.8 | 1.8 | 3.7 | 3.7 | 3.1 | 1.8 | 1.8 |
|                        | INCLINE | 4                                         | 4   | 4   | 4   | 3   | 3   | 6   | 6   | 6   | 7   | 7   | 8   | 8   | 9   | 9   | 6   | 6   | 5   | 4   | 4   |
| P08                    | SPEED   | 1.2                                       | 1.8 | 1.8 | 3.7 | 4.3 | 4.3 | 2.4 | 3.7 | 4.3 | 2.4 | 3.7 | 4.3 | 2.4 | 2.4 | 2.4 | 1.2 | 1.8 | 2.4 | 2.4 | 1.2 |
|                        | INCLINE | 4                                         | 5   | 5   | 5   | 6   | 6   | 6   | 7   | 8   | 9   | 9   | 9   | 10  | 10  | 10  | 12  | 12  | 8   | 6   | 3   |
| P09                    | SPEED   | 1.2                                       | 2.4 | 2.4 | 4.3 | 4.3 | 2.4 | 4.3 | 4.9 | 2.4 | 4.9 | 5.5 | 5.5 | 2.4 | 2.4 | 2.4 | 3.1 | 3.7 | 1.8 | 1.8 | 1.2 |
|                        | INCLINE | 5                                         | 5   | 5   | 6   | 6   | 6   | 4   | 4   | 6   | 6   | 5   | 5   | 8   | 8   | 9   | 9   | 9   | 7   | 4   | 2   |

|     |         |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|-----|---------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| P10 | SPEED   | 1.2 | 2.4 | 3.1 | 3.7 | 4.3 | 3.1 | 2.4 | 3.7 | 4.9 | 4.9 | 3.7 | 3.7 | 3.1 | 2.4 | 2.4 | 1.2 | 2.4 | 2.4 | 1.8 | 1.8 |
|     | INCLINE | 5   | 6   | 6   | 6   | 7   | 5   | 8   | 8   | 4   | 4   | 4   | 5   | 5   | 8   | 8   | 10  | 10  | 8   | 6   | 3   |
| P11 | SPEED   | 1.2 | 3.1 | 4.9 | 6.2 | 4.3 | 4.3 | 6.2 | 6.2 | 4.3 | 4.3 | 6.2 | 6.2 | 3.1 | 3.1 | 5.5 | 5.5 | 3.1 | 3.1 | 2.4 | 1.8 |
|     | INCLINE | 4   | 5   | 3   | 2   | 6   | 6   | 2   | 2   | 2   | 2   | 2   | 4   | 5   | 6   | 3   | 2   | 5   | 5   | 2   | 0   |
| P12 | SPEED   | 1.8 | 2.4 | 5.5 | 5.5 | 3.1 | 5.5 | 3.1 | 4.9 | 3.1 | 5.5 | 4.3 | 3.1 | 3.1 | 4.3 | 5.5 | 5.5 | 3.1 | 4.3 | 3.7 | 1.8 |
|     | INCLINE | 1   | 2   | 3   | 2   | 3   | 5   | 5   | 0   | 0   | 2   | 3   | 5   | 7   | 3   | 3   | 5   | 6   | 5   | 3   | 3   |
| P13 | SPEED   | 1.8 | 3.7 | 4.3 | 3.1 | 5.5 | 5.5 | 4.3 | 3.1 | 3.1 | 4.3 | 5.5 | 3.1 | 4.9 | 3.1 | 5.5 | 3.1 | 5.5 | 5.5 | 2.4 | 1.8 |
|     | INCLINE | 3   | 3   | 5   | 6   | 5   | 3   | 3   | 7   | 5   | 3   | 2   | 0   | 0   | 5   | 5   | 3   | 2   | 3   | 2   | 1   |
| P14 | SPEED   | 1.2 | 1.2 | 2.4 | 3.1 | 3.7 | 3.1 | 2.4 | 1.8 | 1.2 | 0.6 | 1.2 | 1.8 | 2.4 | 3.1 | 3.7 | 3.1 | 2.4 | 1.8 | 1.2 | 0.6 |
|     | INCLINE | 4   | 4   | 4   | 4   | 3   | 3   | 6   | 6   | 6   | 7   | 7   | 8   | 8   | 9   | 9   | 6   | 6   | 5   | 4   | 4   |
| P15 | SPEED   | 1.2 | 4.2 | 3.7 | 4.9 | 3.7 | 3.7 | 2.4 | 2.4 | 1.2 | 1.2 | 1.2 | 2.4 | 3.7 | 4.9 | 3.7 | 3.7 | 2.4 | 2.4 | 1.2 | 1.2 |
|     | INCLINE | 3   | 3   | 3   | 4   | 4   | 5   | 5   | 5   | 4   | 4   | 4   | 4   | 5   | 5   | 3   | 3   | 3   | 2   | 2   | 2   |

## VIII. Error message prompt description

### Error Code:

E01: Poor communication between electronic meter and controller

E02: Burst protection

E05: Over current protection

E06: Error in controller self-test

E07: Loss of parameters

E08: EEPROM damage

### Simple failure and troubleshooting methods:

1、After running the electronic table if the display “E01”, is a communication failure, the possible causes: electronic control and electronic table communication is blocked, check the electronic table to the lower control of the communication line of each section of the connection to ensure that each core completely plugged. Check whether the connection line between the electronic meter and the controller is broken, replace the connection line. Check whether the communication line of electronic meter or controller is damaged, if it is damaged, replace the electronic meter or controller.

2、After running, if the electronic meter displays “E02”, anti-explosion protection, check whether the power supply voltage is lower than 50% of the normal voltage, please use the correct voltage specification to re-test; check whether there is a strange odor in the controller, replace the controller; check whether the motor cable is connected, reconnect the motor cable.

3、After running, if the electronic meter shows “E05”, it is over-current protection, the possible reason is that it exceeds the rated load, which leads to too much current and the system is self-protection, or some part of the treadmill is jammed, which leads to the motor can't be turned, the load is too heavy, the current is too much and the system is self-protection; adjust the treadmill and restart the machine and run it again. There is also to check whether the motor has overflow sound or burning smell when running, replace the motor; or check whether the controller has burning smell, replace the controller; or check whether the power supply voltage specification is inconsistent or low, use the correct voltage specification to re-test.

4、If the motor does not run after pressing the start button, the relevant line of the control motor is abnormal, the fuse of the lower control is damaged or off, or the motor line is not plugged in, or the IGBT on the lower control is burnt out, check whether the line of the control motor is plugged in and plugged in, check whether the fuse on the electric control is intact, and then install it or replace it; check whether the motor line is loose, and then plug in

the motor line. Use a multimeter to measure whether the IGBT on the lower control is burned out, replace the IGBT on the lower control or replace the lower control.

5、E07/E08: Replace the controller

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## SAFE EXERCISE MEASURES

Before you exercise, talk to a professional. He or she will be able to help you recommend the frequency, intensity and duration of exercise that is appropriate for your age and physical condition. If you feel chest tightness or pain, irregular heartbeat, shortness of breath, dizziness or other discomfort during exercise, stop immediately! Check with a professional before continuing your workout.

If you use a treadmill regularly, when selecting a speed, you may choose a normal walking speed or the speed you would use when jogging.

If you are inexperienced or unsure of the most appropriate speed to test, refer to the following guidelines:

0.8-3.0 km/h Physically weak

3.0-4.5 km/h People who are sedentary or do not exercise regularly

4.5-6.0 km/h People who walk at regular speeds

6.0-7.5 km/h Fast walkers

7.5-9.0 km/h Joggers

9.0-12.0 km/h Moderate speed runners

12.0-14.5 km/h Excellent runners

Please note: For walkers a speed less than or equal to 6 km/h is appropriate; for runners a speed greater than or equal to 8.0 km/h is appropriate.

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# MAINTENANCE GUIDE

**WARNING:** Always unplug the motorized treadmill before cleaning or servicing the product.

**CLEANING:** A thorough cleaning will extend the life of your motorized treadmill. Remove dust regularly to keep parts clean. Be sure to sweep the exposed portions of the running belt on both sides, which will minimize the buildup of impurities under the running belt. Ensure that your sneakers are clean to avoid carrying foreign objects under the running belt to wear out the running board and running belt. The surface of the running belt should be scrubbed with a soapy damp cloth, taking care not to splash water on the electrical components or under the running belt.

**WARNING:** Always unplug the motorized treadmill from the power source before moving the motor guard. Vacuum and clean the motor at least once a year with the motor cover open. Special lubricant for running belt and motorized treadmill.

This motorized treadmill has been pre-lubricated between the running board and the running belt. The friction between the running belt and the running board has a significant impact on the life and performance of the motorized treadmill and therefore must be lubricated regularly. We recommend regular inspection of the plate. If there is any damage to the board, please contact our customer service center.

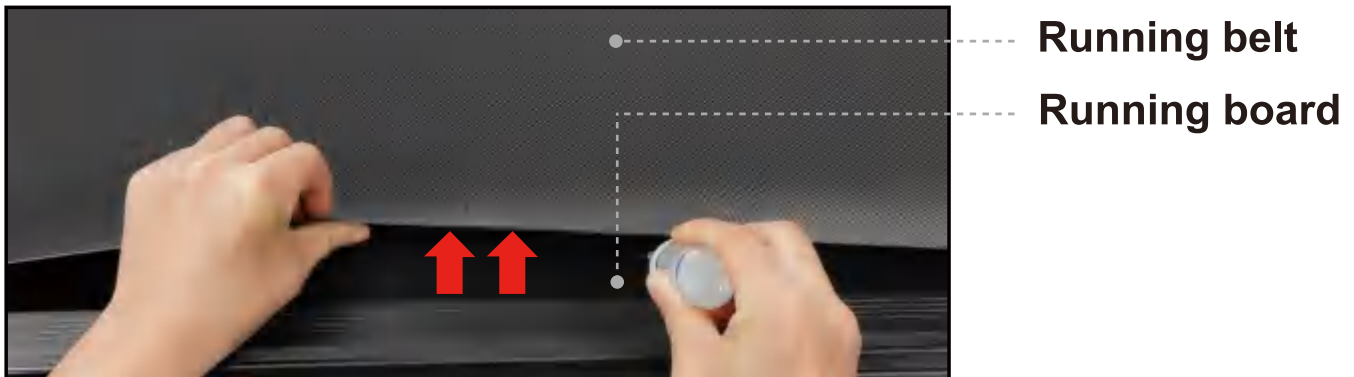
We recommend applying lubricant between the running belt and the running board of the motorized treadmill according to the following schedule (Usage is shown in the figure below)

Light duty users (less than 3 hours per week) Once every 6 months.

Medium-weight users (3-5 hours of use per week) Every 3 months.

We recommend that you purchase the lubricant from your local dealer or contact us directly.

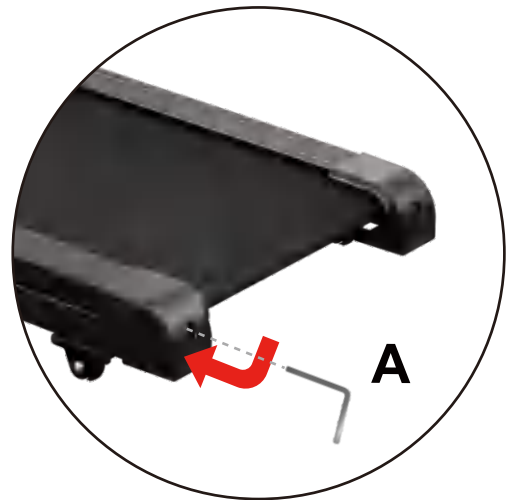
Note: Any other maintenance should be carried out by a professional.



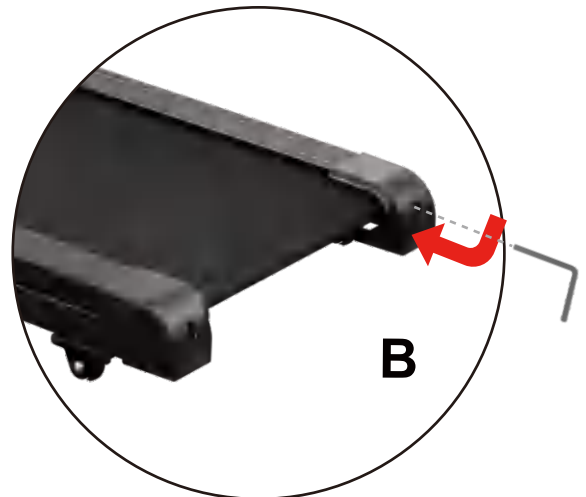
# RUNNING BELT ADJUSTMENT

Place the treadmill on a level surface. Make the treadmill run at about 3.7-4.9 mph and observe the running belt deviation.

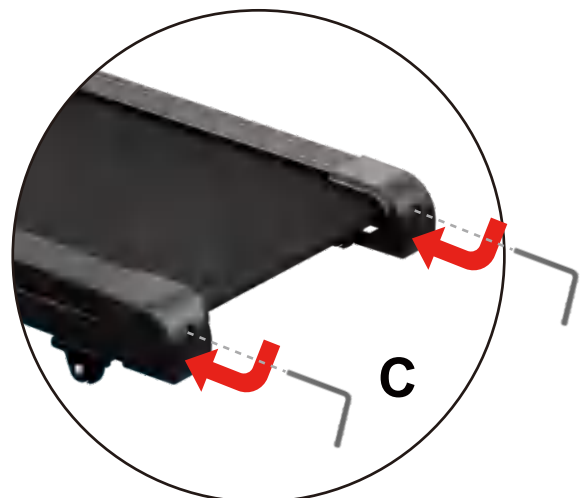
If the running belt is off to the left, unplug the safety lock, power switch, turn the left adjusting bolt 1/4 turn in a clockwise direction, insert the power switch, safety lock, and allow the treadmill to run, observing the running belt deflection. Repeat the above steps until the running belt is centered. Figure A.



If the running belt is off to the right, unplug the safety lock and power switch, turn the right adjusting bolt 1/4 turn clockwise, insert the power switch and safety lock, run the treadmill and observe the running belt deviation. Repeat the above steps until the running belt is centered. Figure B



The running belt will loosen after the above adjustments or after a period of use and needs to be adjusted. Unplug the safety lock and power switch, and at the same time, turn the left and right adjusting bolts clockwise 1/4 turn, insert the power switch and safety lock, run the treadmill, and then stand on the treadmill belt to check the degree of looseness. Repeat the above steps until the elasticity of the running belt is appropriate. Figure C



## **THANK YOU SO MUCH FOR YOUR PURCHASE!**

Should you have any issues, please don't  
hesitate to contact us at E-mail:

**customerservice@therun.info**

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