

Slope Adjustment

Digital display panel: Short press the target key to switch the function to Slope adjustment (the main window or the knob shows the slope), then short press + (-) for slow adjustment, and long press + (-) for fast adjustment.

Exercise Mode Selection

In the stopped state, short press the target key to enter:

countdown->countdown distance->countdown

calories->P1->P2->P3..->P20>free running->countdown. The countdown mode can set the countdown value, and the Pxx mode is a fixed preset duration.

Plus and Minus Key Function Switch

Short press the target key to switch the plus and minus key functions (speed adjustment, slope adjustment). When the main window displays speed, it is the speed function, and when the slope is displayed, it is the slope function.

Parameter Adjustment

1. Enter the user parameter setting interface:

Unplug the safety lock and long press the start key to enter the parameter setting interface. After entering the user parameter setting interface, the heart rate window displays Uxx, and the main display window shows the parameter value.

2. Parameter switch:

After entering the parameter setting interface, short press the start key to switch parameter items.

3. User parameter description:

Parameter 2: Display brightness, 1 is the darkest -> 5 is the brightest;

Parameter 3: Buzzer volume, 1 minimum sound -> 5 maximum sound;

Parameter 6: Switch between metric and imperial systems, 0 is metric, 1 is imperial;

Parameter 7: Accumulated distance.



Button Control Panel

Start/Stop Button:

1. When the machine is in standby mode, press this button to start the motor.
2. When the machine is running, press this button to stop the motor.

Slope Button:

- ▼ for increasing the Slope
- ▲ for decreasing the Slope

Speed Button

- ⊕ for increasing the speed when the motor is running
- ⊖ for decreasing the speed when the motor is running

Speed Shortcut Button

When the treadmill is running, press this button to quickly select the the speed of 4, 8, 12, 16km/h.

Slope Shortcut Button

When the treadmill is running, press this button to quickly select the the Slope of 6, 9, 12, 15.

Safety Lock Function

In any state, pull off the safety lock, the window displays "Er07", and the buzzer "Bi-Bi-Bi" beeps three times. If the motor is running, the motor stops urgently. When the safety lock is off, operations such as starting cannot be performed.

Troubleshooting

Problem	Possible cause	Method
The treadmill does not work	No power	Plug into socket
	Power is not turned on	Turn on the power switch
	Safety lock is not in place	Put the safety lock into the lock position
	Circuit signal system cut out	Check the controller input terminal and signal line
	Blown fuse	Replace the fuse
The running belt does not run smoothly	Insufficient lubrication	Add methyl-silicone oil lubricant
	Running belt is too tight	Adjust the tightness of the running belt
Running belt skidding	Running belt is too loose	Adjust the tightness of the running belt
	Motor belt is loose	Adjust the tightness of the motor belt

Wrong Display and Troubleshooting

Problem	Possible Causes	Method
Er01	Bad communication	The signal line is not plugged in, plug it in again.
Er02	The motor wire is loose or falling off, whether the carbon brush is worn out.	Check whether the motor wire is loose or falling off. If it does not fall off, check whether the motor carbon brush is worn out. If it is worn out, replace the motor. If it is not worn out, the electric control is damaged. Replace the electric control.
Er03	No sensor signal	The sensor line is not plugged in properly, plug it in again
Er04	Controller or motor abnormal	The load is too large, replace the controller and motor
Er05	Overload protection	The load is too large, replace the electric control
Er06	System self-check failure	System failure, replace electric control
Er07	Safety lock is not in place	Put the safety lock into the lock position
Display Abnormal	External interference	Turn off the power switch, and then power on again after 1 minute

Product Maintenance

Proper maintenance is the only way to keep your treadmill in its best condition. Wrong maintenance can damage or shorten the life of the treadmill.

- a.* Due to wear and damage, frequent inspections are required; worn or damaged accessories, such as motors, electronic controls, power cords, running belts, need professional maintenance.
- b.* Immediately replace those defective parts or reduce the equipment to be idle until repaired; (such as power cord).
- c.* Pay special attention to the most easily worn components (such as running belts).
- d.* If the power cord is damaged, in order to avoid danger, it must be replaced by professionals from the manufacturer, its maintenance department or similar departments.

1. Lubrication

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

- ★Less than 3 hours per week: lubricate once every 5 months
- ★3-6 hours per week: lubricate once every 2 months
- ★More than 7 hours per week: lubricate every 1 month

Advice:

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

Remember: Proper lubrication can improve the service life 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 surface of the back of running belt with your hands as much as possible. If your hands are stained with silicone (somewhat damp), it means that no more lubricant is needed. If the running board is dry and your hands are not stuck to methyl silicone oil, then you need to add lubricant.

★ The step of lubricate on the running board (as shown in the right picture)

★ Stop the machine and fold it.

★ 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 belt.



★ Start the treadmill at the speed of 1km/h to evenly lubricate and slightly step on the running belt from left to right. Then the silicone oil can be completely absorbed by the running belt after a few minutes.

3. Tightness Adjustment of the Running Belt:

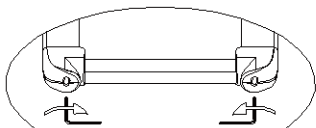
All treadmills shall be adjusted before delivery and after installation, but the running belt maybe loosen after a period of use. For example, the treadmill suddenly stops or the running belt is slippery when you exercise. Adjust bolts of running belt with the left and right synchronous as per clockwise direction to half a circle as the unit when this phenomenon occurs. If the running belt is too loose, the running belt and the roller will slip if your feet are on the running belt. 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

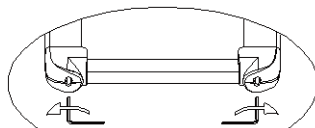
All treadmill belts need to be adjusted before delivery and after installation. But the running belt may be deviated after a period of use which may be caused by the following reasons:

- ①The main body is not placed smoothly.
- ②The feet of users are not in the center of the running belt.
- ③The feet of users are uneven force.

It will be returned to normal after a few minutes of no-load rotation if deviation is caused by man-made. It should be adjusted with 6mm Allen Wrench at a half circle as the unit for deviation of non-recover automatically.



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



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

Notice: The running belt is mainly maintained by the user according to the manual. Running belt deviation will seriously damage the running belt. The mistake must be found and corrected in time.

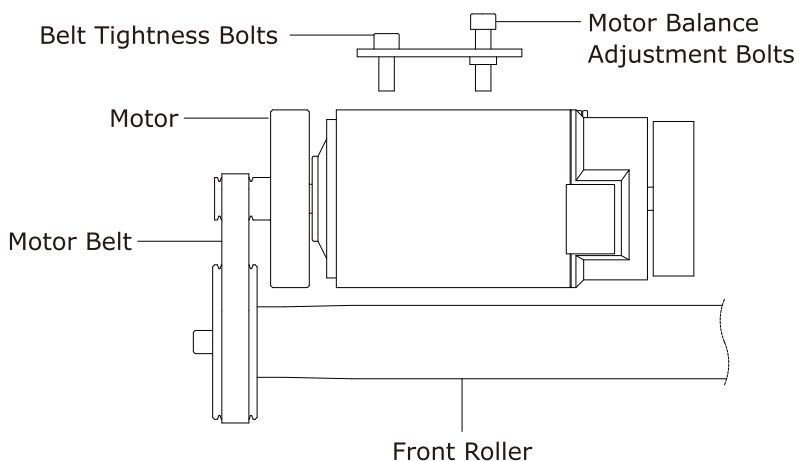
5. Adjustment of Motor Belt (as shown in the right picture)

All treadmills have been adjusted for the motor belt before delivery and after installation. But the running belt maybe loosen after a period of use, which can be adjusted by user himself.

Adjustment Steps:

- ①Adjust the parallelism of the motor with a wrench. Turn the bolt half a turn counterclockwise.
- ②Turn the belt tightening bolts clockwise half a circle.

NOTE: clean the running belt and pulley grooves regularly.



FCC STATEMENT:

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 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 correct the interference by one or more of the following measures:

- Reorient 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 your authority to operate the equipment.