

Motorized Treadmill

Operating Instructions Manual

TR04



Special tips:

1. Before installation and operation, please read this operation manual carefully.
2. Please save this manual for future reference.
3. Product may vary slightly from the item pictures due to model upgrades.

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IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this treadmill. It is important your treadmill receives regular maintenance to prolong its useful life. Failing to regularly maintain your treadmill may void your warranty.

Danger—To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

DO NOT USE AN EXTENSION CORD: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG

BY USING IMPORPER ADAPTERS OR IN ANY WAY MODIFY THE CORD SET.

- 1) Install the treadmill on a flat level surface with access to correct voltage and frequency, grounded outlet.
- 2) Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- 3) Do not block the rear of the treadmill. Provide a minimum of 1 metre clearance between the rear of the treadmill and any fixed object.
- 4) Place your unit on a solid, level surface when in use.
- 5) Never allow children on or near the treadmill.
- 6) When running, make sure the plastic clip is fastened on your clothing. It is for your safety, should you fall or move too far back on the treadmill.
- 7) Keep hands away from all moving parts.
- 8) Never operate the treadmill if it has a damaged cord or plug.
- 9) Keep the cord away from heated surfaces.
- 10) Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly flammable environment.
- 11) Never drop or insert any object into any openings.
- 12) The treadmill is intended for in-home use only and not suitable for long time running.
- 13) To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.
- 14) 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 exercise aids in determining heart rate trends in general.
- 15) Use handrails provided; they are for your safety.
- 16) Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- 16) Allowed temperature: 5 to 40 degrees.

Remove the safety key after use to prevent unauthorized treadmill operation.

IMPORTANT ELECTRICAL INFORMATION

WARNING!

- 1) NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- 2) NEVER operate treadmill on Generator or UPS power supply.
- 3) NEVER remove any cover without first disconnecting AC power.
- 4) NEVER expose this treadmill to rain or moisture. This treadmill is not designed for use outdoors, near a pool, or in any other high humidity environment.

IMPORTANT OPERATION INSTRUCTIONS

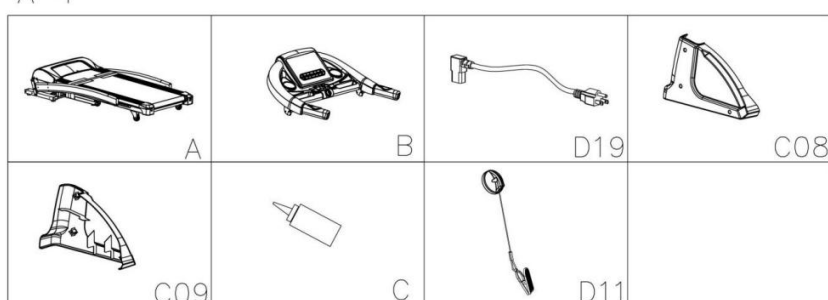
- 1) Insert the power plug into the socket directly.
- 2) The constant running time is less than 2 hours. Be sure to read the entire manual before operating your machine.
- 3) Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- 4) Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the centre of the belt; which may result in serious injury.
- 5) In order to prevent losing balance and suffering unexpected injury, NEVER mount or dismount the treadmill while the belt is moving. This unit starts with a very low speed. Simply standing on the belt during slow acceleration is proper after you have learned to operate this machine.
- 6) Always hold on to handrail while making control changes.
- 7) A safety key is provided with this machine. Remove the safety key will stop the walking belt immediately; the treadmill will shut off automatically. Insert the safety key will reset the display.
- 8) Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.
- 9) This appliance is not intended for use by persons (including children) 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, Children should be supervised to ensure that they do not play with the appliance.
- 10) Please consult your doctor at first before running, if you have one of the following diseases:
 - a. Cardiopathy, hypertension, sugar diabetes, respiratory disease, smoking, and other chronic diseases, complication disease.
 - b. If you are over 35 years old and heavier than common weight.
 - c. Women in pregnant or in breasting period.
- 11) Please stop exercising immediately and consult your doctor when you feel giddy, surfeit, thorax ache or other symptoms.
- 12) Please drink adequate water after taking exercises on our treadmill for more than 20 minutes.

Warning: Now here we suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 35 old or once-health problem people. We take no responsible for any troubles or hurts if you don't following our specification. Treadmill will be carefully assembled and covered the motor shield, then connect to the power.

ASSEMBLY INSTRUCTIONS

When you open the carton, you will find the below spare parts:

A-1



Spare parts list:

NO.	DES.	Specification	Nos.
A	Main Frame		1
B	Console bracket		1
D19	Power Wire		1
C08	Left upright tube cover		1
C09	Right upright tube cover		1
C	Oil		1
D11	Safety Key		1

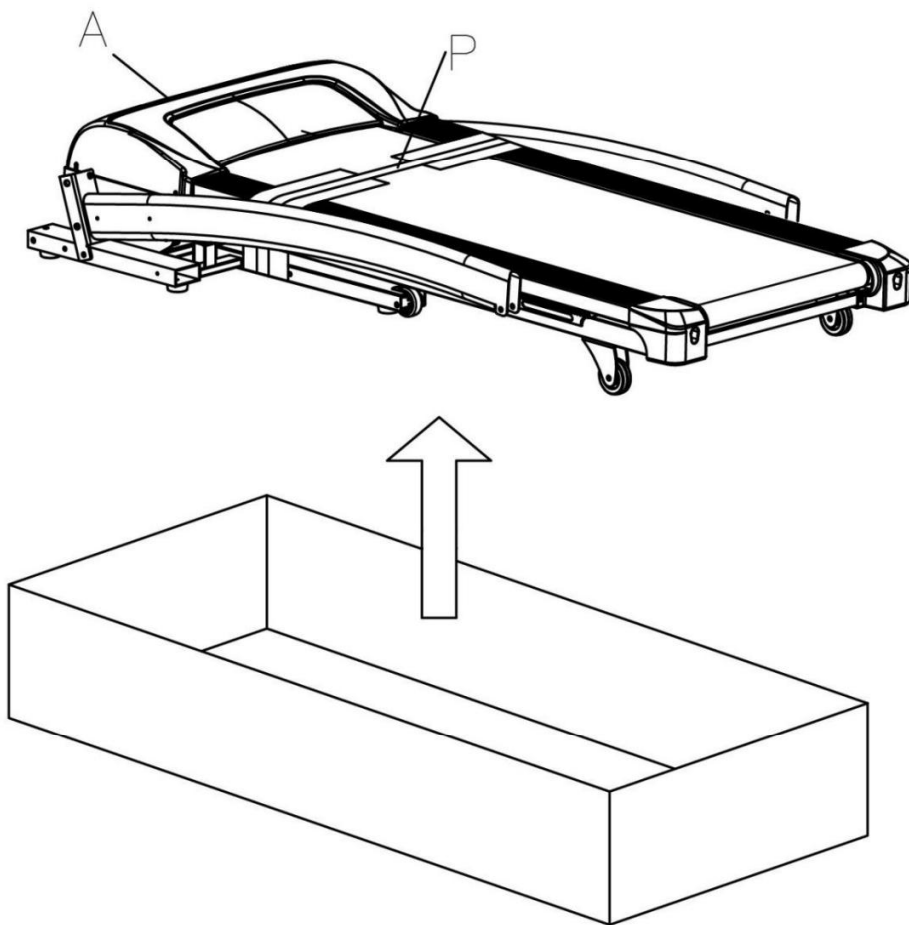
FIXING TOOLS:

A-2

B05 S=13、14、15(1X)	B06 S=5(1X)	E10 M8*38(2X)
E13 M8*15(10X)	E17 M5*12(6X)	E28 φ8(10X)

ASSEMBLY STEP 1:

B-1



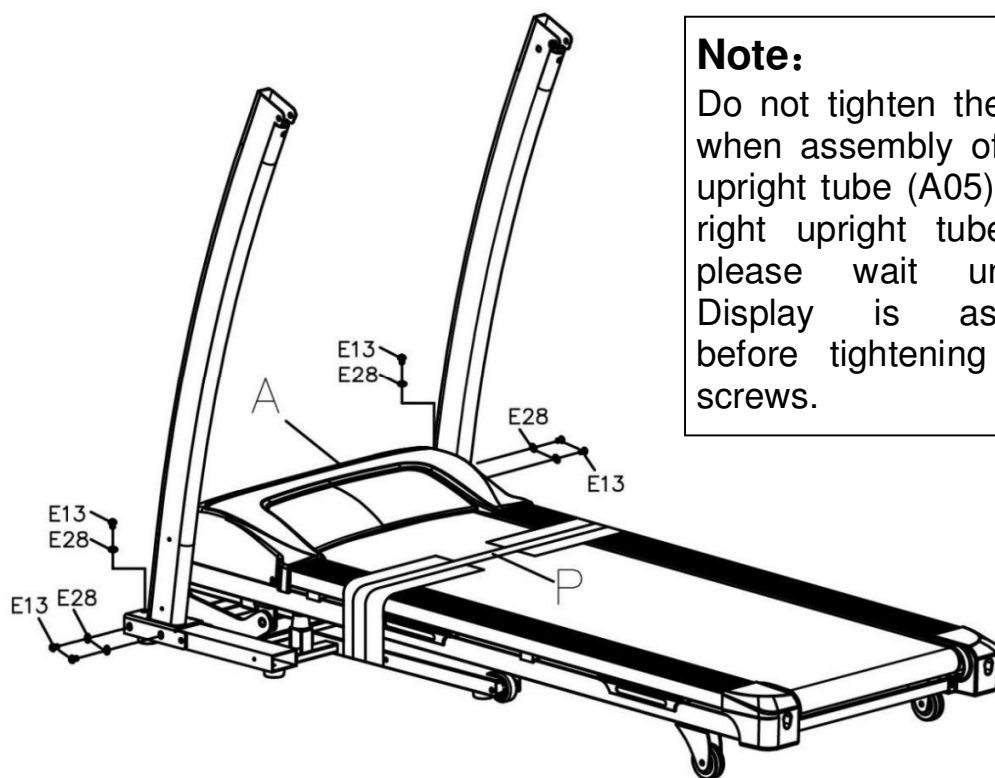
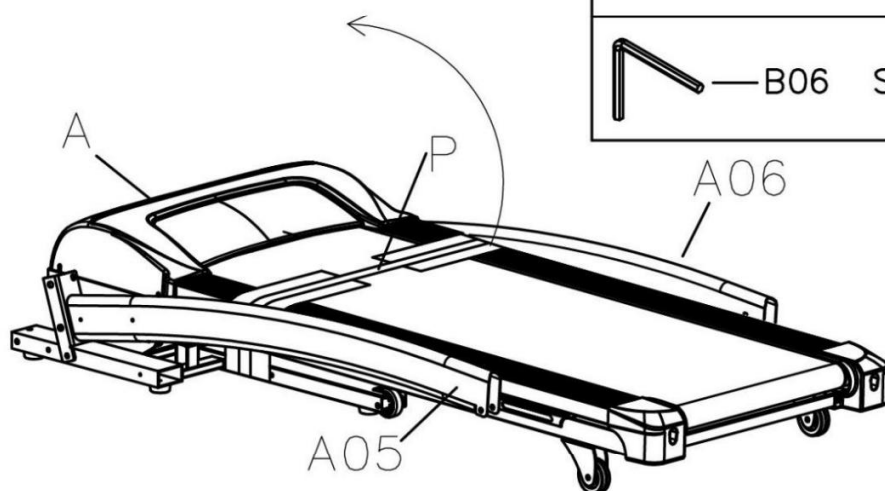
ASSEMBLY STEP 2:

B-2

 — E13 M8*15 6PCS

 — E28 $\phi 8$ 6PCS

 — B06 S=5 1PC

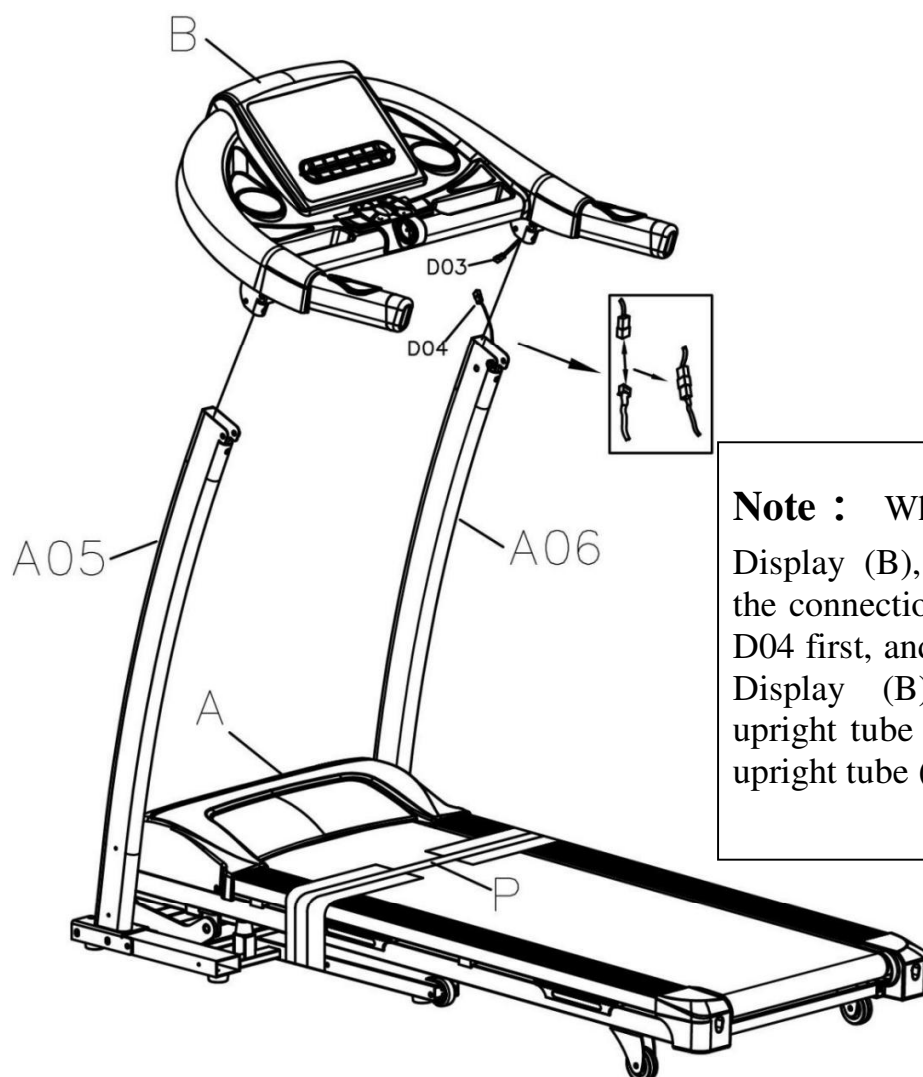


Note:

Do not tighten the screws when assembly of the left upright tube (A05) and the right upright tube (A06), please wait until the Display is assembled before tightening all the screws.

ASSEMBLY STEP 3:

B-3



Note : When assembling Display (B), please connect the connection wire D03 and D04 first, and then install the Display (B) to the left upright tube (A05) and right upright tube (A06).

ASSEMBLY STEP 4:

B-4



—B06

S=5

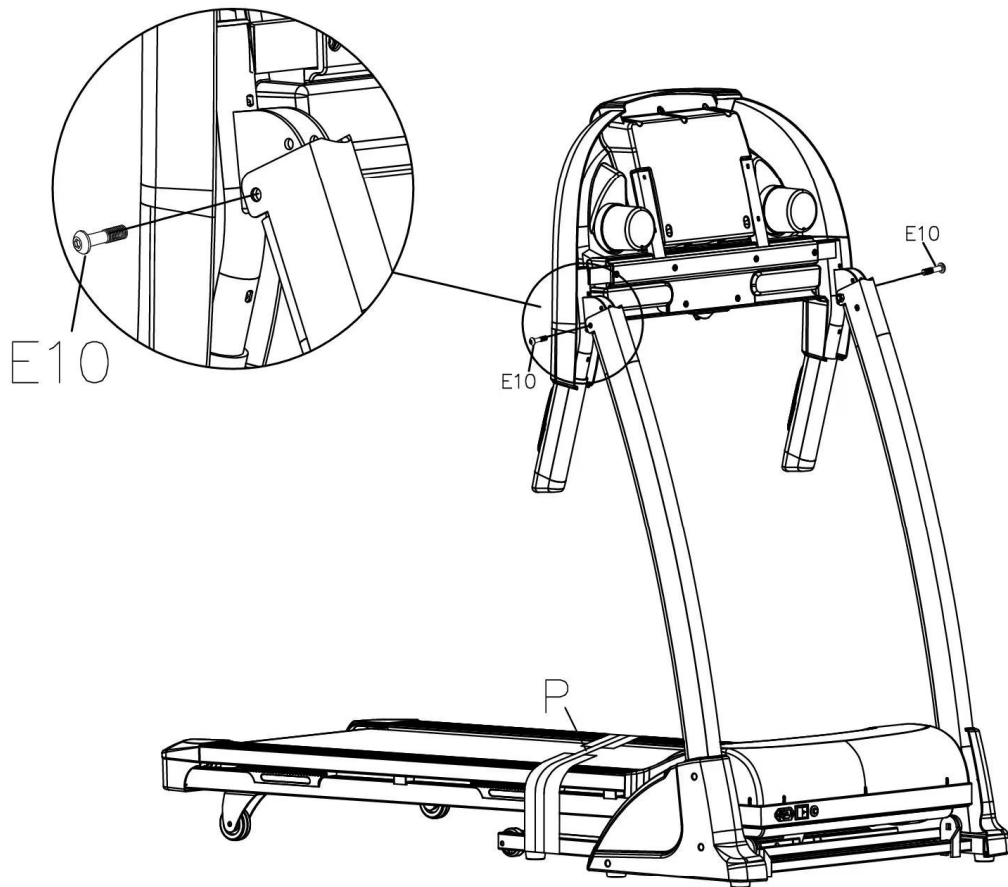
1PC

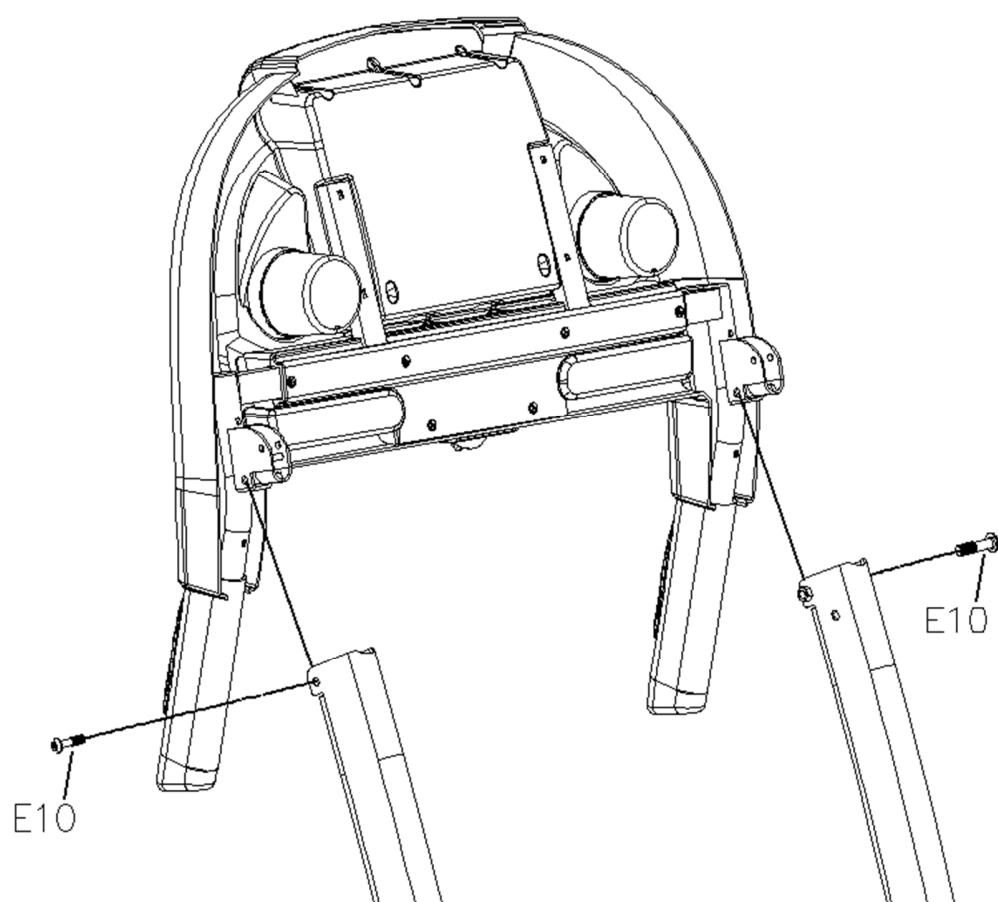


—E10

M8*38

2PCS





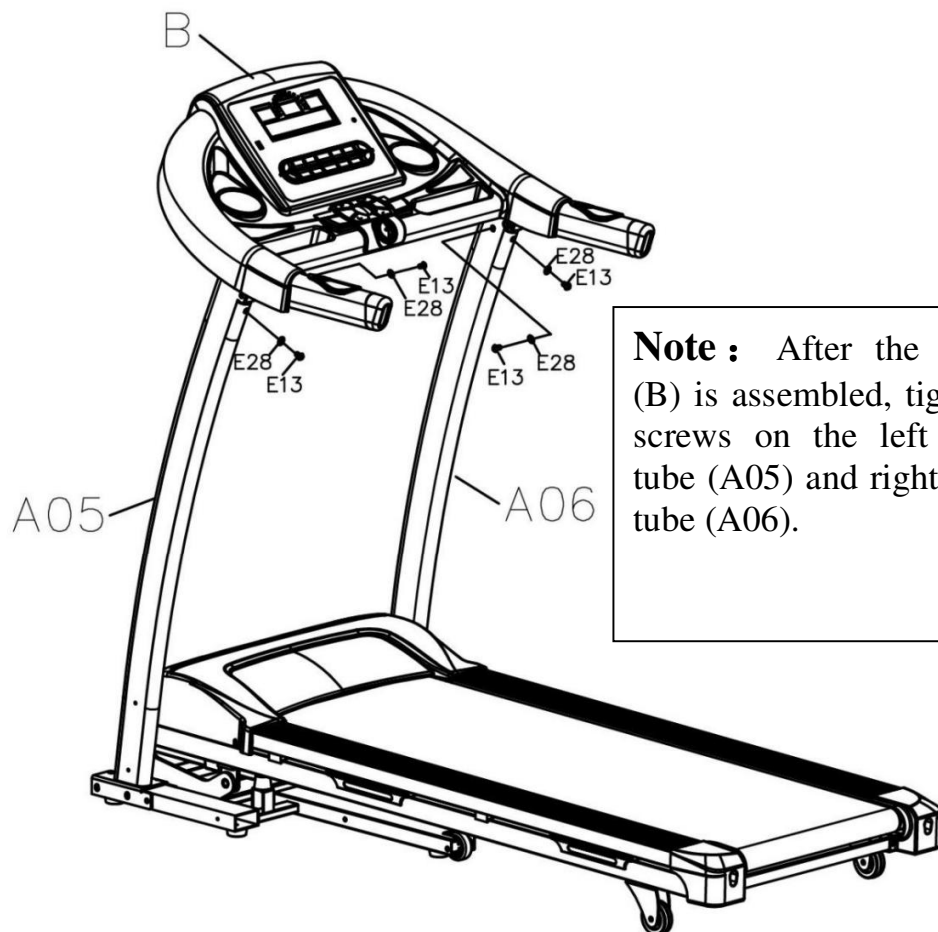
ASSEMBLY STEP 5:

B-5

 — E13 M8*15 4PCS

 — E28 $\phi 8$ 4PCS

 — B06 S=5 1PC



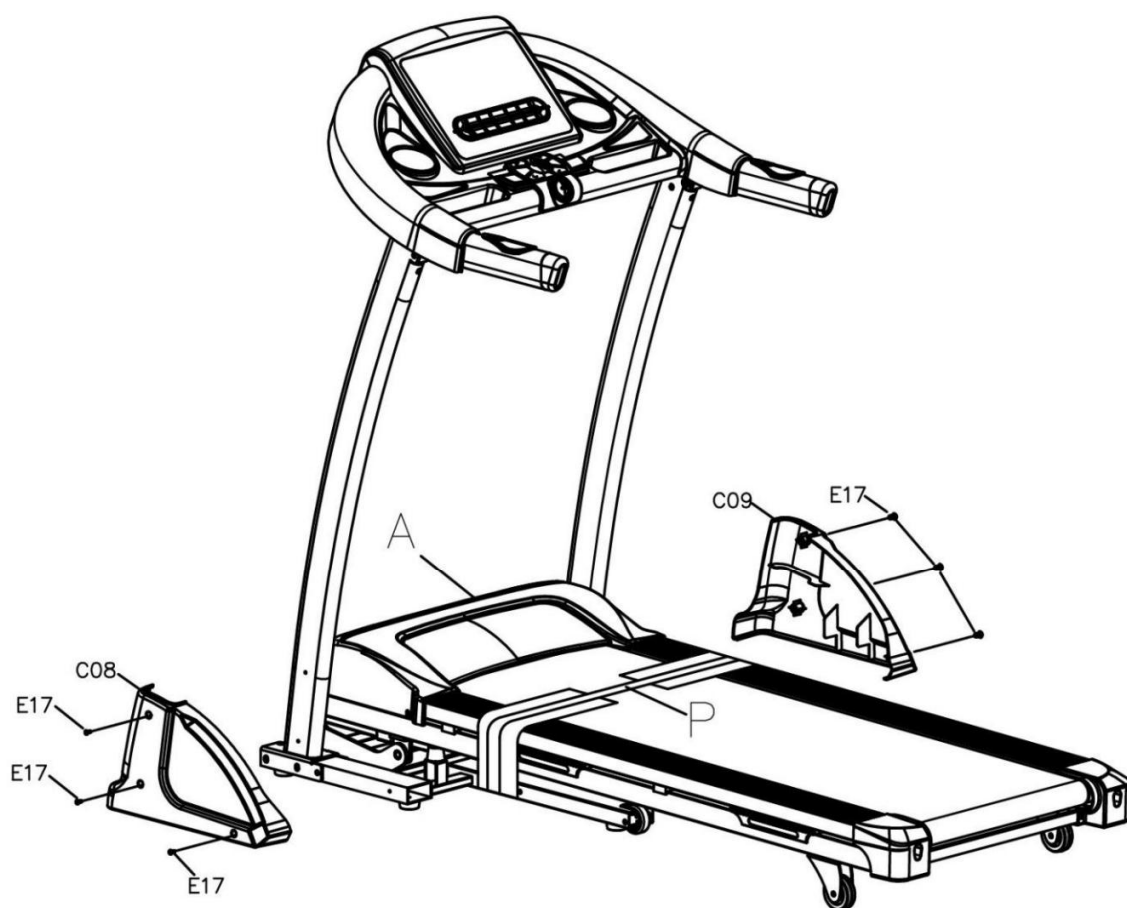
Note : After the Display (B) is assembled, tighten all screws on the left upright tube (A05) and right upright tube (A06).

ASSEMBLY STEP 6:

B-6

 — E17 M5*12 6PCS

 — B05 S=13 14 15 1PC



ASSEMBLY STEP 7:

B-7



ASSEMBLY STEP 8:

B-8



—B06

S=5

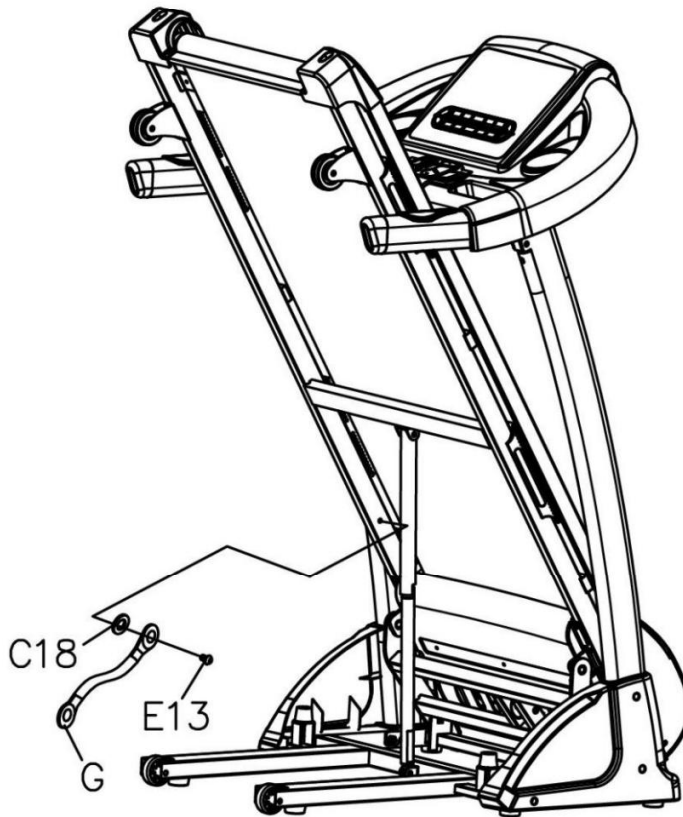
1PC



ASSEMBLY STEP 9:

B-9

 —B06 S=5 1PC



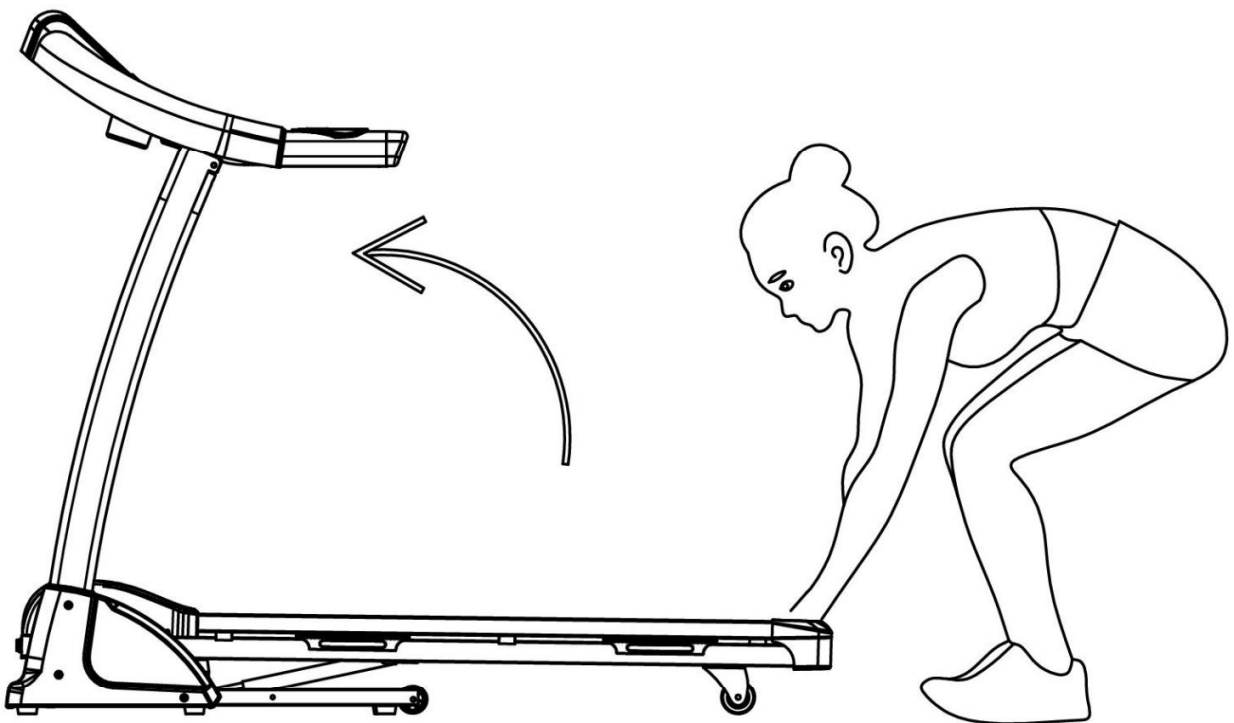
ASSEMBLY STEP 10:

B-10



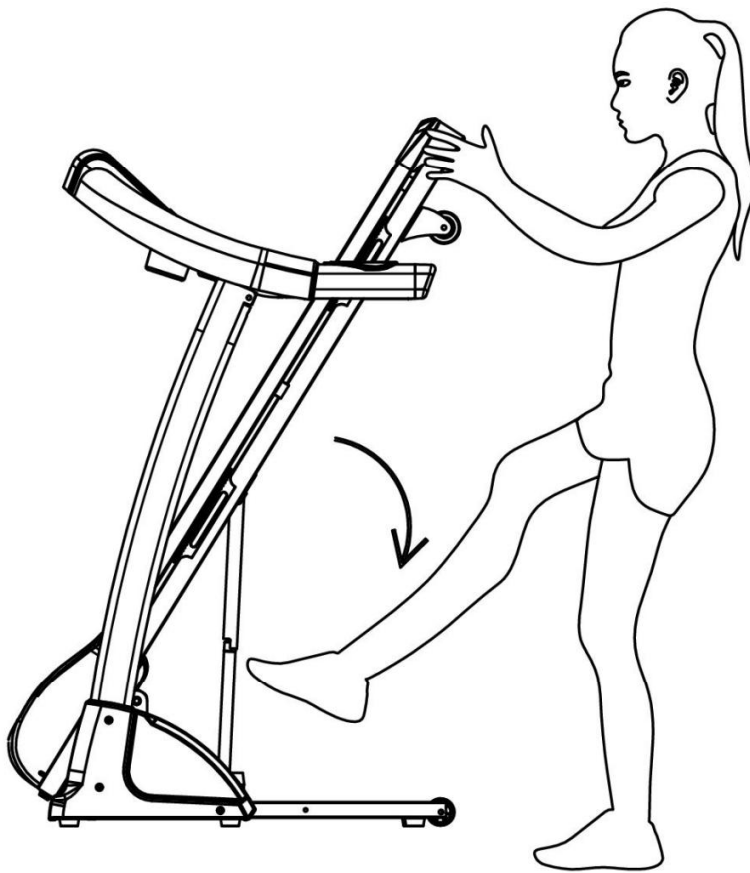
FOLDING INSTRUCTION 1:

C—1



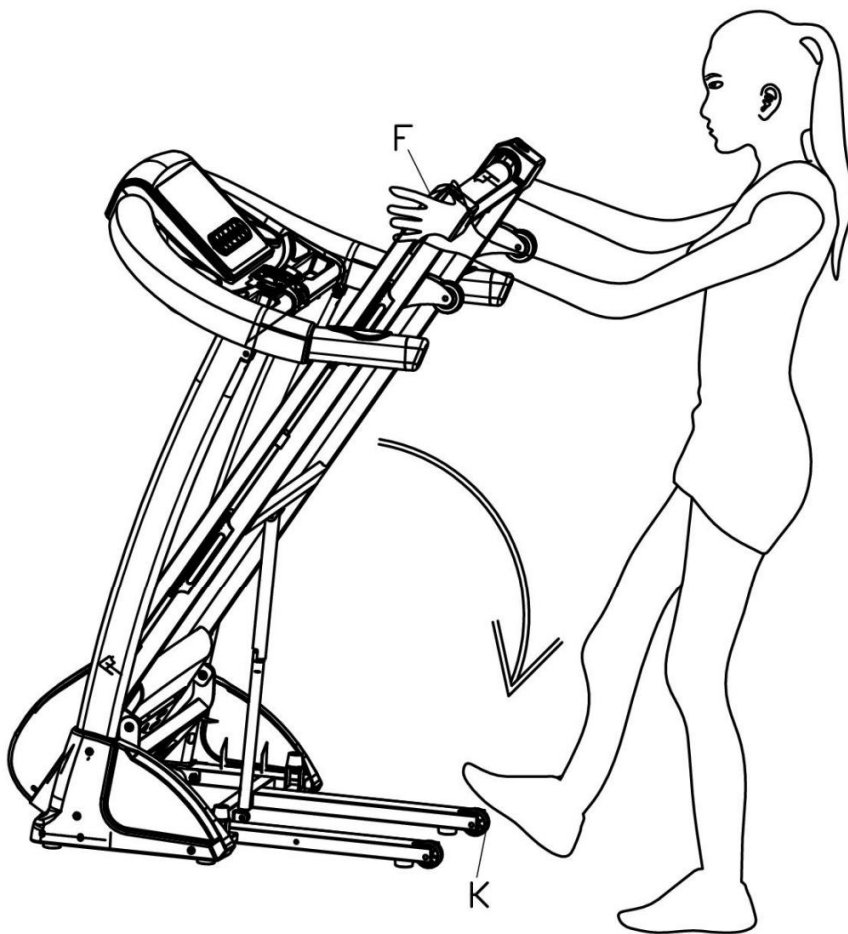
FOLDING INSTRUCTION 2:

C-2



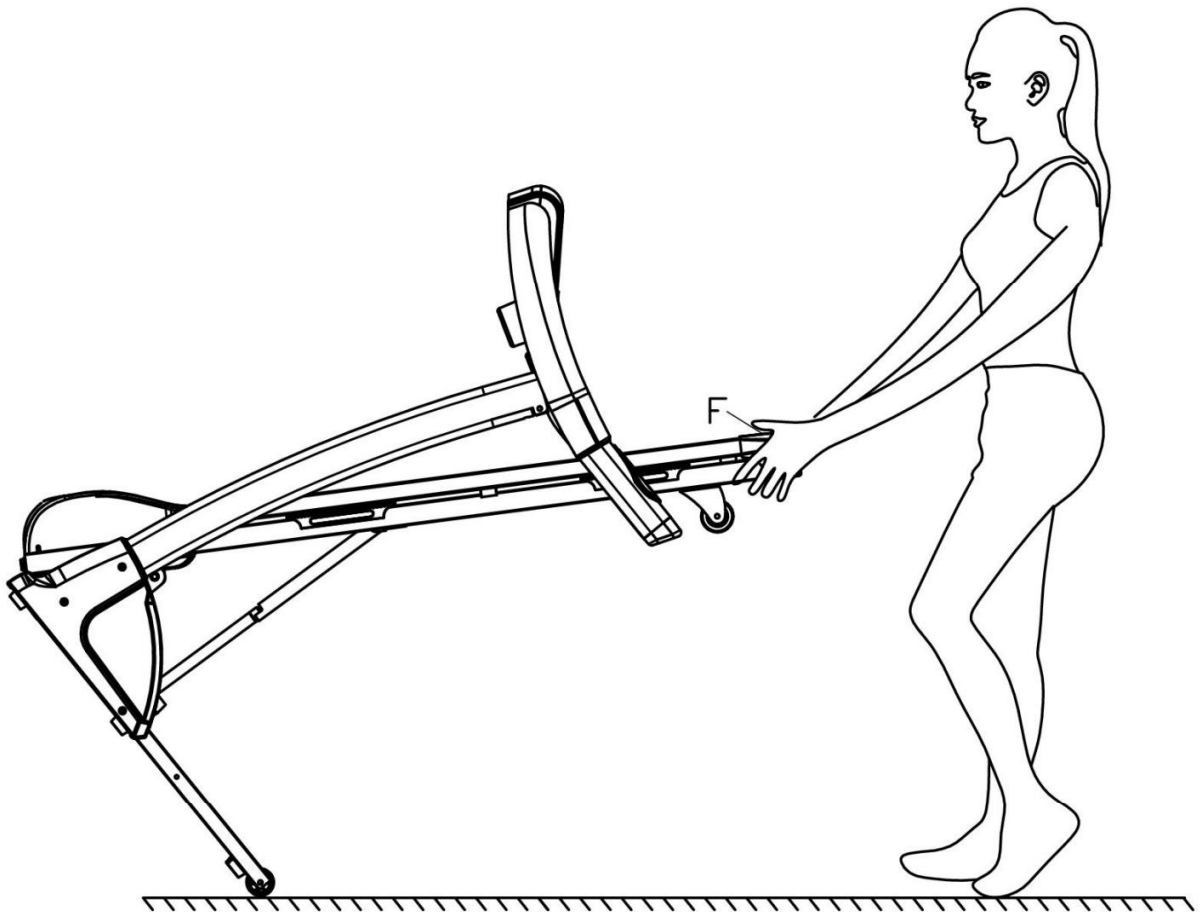
FOLDING INSTRUCTION 3:

C—3



FOLDING INSTRUCTION 4:

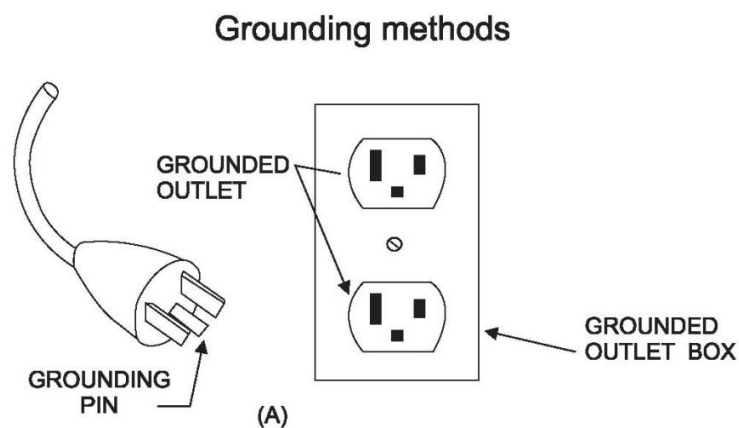
C-4



GROUNDING METHODS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having 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-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician. This product is for use on a nominal voltage circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



OPERATION GUIDE



WINDOW DISPLAY:

- 1、“SPEED” window: The window will display speed under operation mode, show speed range of : 0.6-10.0MPH.
- 2、“INCL.” window: Display incline, show range:0-15 section.
- 3、“TIME” window: Display running time. Display the exercise time positive direction clock from 0: 00-18: 00 hours ,when count to 18:00, the machine will stop smoothly and show ‘ End ’, then enter into initial situation after 5 seconds; When count down, it will show from the setting time to 99:00, when down to 0:00 , the machine will stop smoothly and show ‘ End ’, and will enter into the initial situation.
- 4、“DIS.” window: Display the running distance, Display the exercise time positive direction clock from 0.00-99.9, when up to 99.9, it will count again from 0; When count down, it will show from setting data to 0;When down to 0, the machine will stop smoothly and show ‘ End ’, enter into the initial situation after 5 seconds; In the standby mode, press program buttons to display“P1-P15-U1-U3-FAT”
- 5、“CAL.” window: Display runner’s calories worked out. it will count from 0 to 999,when up to 999, it will count again from 0; when count down, it will count from the setting data to 0, when down to 0,the machine will stop smoothly and show ‘ End ’, and enter into the situation waiting for operation after 5 seconds.
- 6、“PUL.” window: Display the runner heart beat.When the runner holds handle pulse with two hands,the system can calculate the runner’s heart beat and show in this window, the range is 50-200 beats/min (this data is just for reference, can not be as the medical data).
- 7、“CLOCK” window: Display clock.
- 8、“ODO DIS.”window: Display total running mileage.
- 9、“MATRIX” window: This matrix window will show 0.25 mile running track.Once you finish running a circle,the machine will remind with sound of BI and show the number of circles you have run.

BUTTON FUNCTION:

- 1、“PROGRAM” Button: Under standby mode, press this button can choose and setup the exercise time and program from “0: 00”、“ P1-P15...U1-U2-U3 -FAT”. There are total 19 prgrams for this machine. Manual mode is the default, and the default speed is 0.6MPH.
- 2、“MODE” Button: Press this button to choose modes circularly “0: 00” “15: 00”、“1.0”、“50” (“0: 00” is manual model, “15: 00” is the time count down, “1.0” is distance count down and “50” calorie count down); when you choose each mode, you can press the speed button and incline button to set value, after that ,press the START button to start this treadmill.
- 3、“START” button: when start the power and attach the magnet end of the safety pulling rope to the computer, press this button and the machine will start work.
- 4、“STOP” button: Press this button can stop or pause the machine. During the running, press this button can pause the machine, press this button again can reset the data and the machine will stop smoothly.
- 5、“SPEED+”、“SPEED-” Button: Press this button to set the value under setting mode. Press this

button to adjust the speed when the machine is working.

6、 “INCLINE+” , “ INCLINE-” button: Press this button to set the value under setting mode. Press this button to adjust the incline when the machine is working.

7、 ”INCLINE: 2、 4、 6、 8 、 10、 12、 14” incline shortcut button: set incline quickly

8、 “SPEED: 2、 3、 4、 5 、 6、 7、 8” speed shortcut button: set speed quickly

9、 ”CLOCK” setting: Under standby mode, press “SPEED +” and “SPEED –“ buttons 3 seconds synchronously to enter clock setting. Press “SPEED +” “SPEED –“ “INCLINE +” “INCLINE –“ to adjust the time, press “MODE” button to transfer the hour and minute. After you finish setting, press “PROGRAM” to confirm.

START-UP QUICKLY(MANUAL)

1、 Open the power switch, attach the magnet end of the safety pulling rope to the computer.

2、 Press STATR button, the system will enter into 3 seconds count down, the buzzer will make sound and the speed window display count down, the speed will run 0.6MPH after 3 seconds.

3、 After start-up, you can use speed up or down to adjust the speed up or down, and use incline up or down to adjust the incline up or down.

THE OPERATION OF EXERCISE PROCESS:

1. Press speed-down will reduce the running speed.

2. Press speed-up will increase the running speed.

3. Press incline down will reduce the incline section.

4. Press incline up will increase the incline section.

5. Press the speed shortcut button will adjust the running speed.

6. Press incline shortcut button will adjust the incline section.

7. Press the stop button will stop the machine.

8. Holding the handle pulse with two hands about 5 seconds will show the pulse data.

MANUAL MODE:

1. Under standby mode, press START button directly, the treadmill will work from the speed **0.6 MPH**, incline 0. The other windows will start to count from positive direction from windows default, press “SPEED+”, “SPEED-” change the speed, press “INCLINE+”, “INCLINE -” to change the incline;

2. Under standby mode, press “MODE” button to enter time count down, the TIME window will display “15: 00” and glittering. Press “SPEED+”, “SPEED-”, “INCLINE+”, “INCLINE –“ to set up the time what you need. The setting range is 5:00-99:00.

3. In Time setting model, press “ MODE “ button to enter into distance count down, the DISTANCE window will display “1.0” and glittering. Press “SPEED+”, “SPEED-”, “INCLINE+”, “INCLINE –“ to set up the distance what you need. The setting range is 0.5—99.9.

4. To set up the Distance, press “MODE” button to enter into calories count down, the CAL window will display “50” and glittering. Press “SPEED+”, “SPEED-”, “INCLINE+”, “INCLINE –“ to set up the calories what you need. The setting range is 10-999.

5. When setting is finished, press “START” button to start up, the treadmill will run after 3 seconds, press “SPEED+”, “SPEED-”, “INCLINE+”, “INCLINE –“ to adjust the speed and the incline; press the STOP, the treadmill will stop.

INNER INSTALL PROGRAM

There are 15 kinds of inner install program from P1-P15 for this machine.

In initial situation, Press “PROGRAM” button DISTANCE window will display P1-P15.

Choose your favorite program, at the same time, the TIME window is glittering. Display the advance setting time 10:00, press “SPEED+”, “SPEED-”, “INCLINE+”, “INCLINE –“ to set up the exercise time you want. Press “START” button to start the program you have set. The inner install program can be divided into 10 sections. The time for each section=Total time you have set/10. During the operation of each section, you can press SPEED and INCLINE button to adjust speed and incline, but the machine will recover to be parameter have set when enter into the next section.

When the machine finish one program, the system will make 3 sound “B—B—B—“ and stop steadily.

PROGRAM EXERCISE CHART

		TIME INTERVAL=SETTING TIME/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.8	1.8	3.1	3.1	4.3	4.3	3.1	3.1	1.8	1.8
	INCLINE	1	1	2	2	2	3	3	2	1	1
P2	SPEED	6.2	1.8	3.1	4.3	1.8	4.3	3.1	4.3	3.1	1.8
	INCLINE	1	2	2	2	2	3	3	2	3	3
P3	SPEED	1.8	1.8	3.1	4.3	4.3	5.6	4.3	3.1	3.1	0.6
	INCLINE	2	3	3	2	2	3	3	3	4	4
P4	SPEED	1.8	3.1	1.8	4.3	0.6	3.1	4.3	3.1	1.8	0.6
	INCLINE	2	3	3	2	2	3	3	3	4	0
P5	SPEED	3.1	3.1	3.1	4.3	5.6	6.8	5.6	4.3	4.3	3.1
	INCLINE	3	3	3	4	4	5	5	5	5	2
P6	SPEED	1.8	3.1	5.6	6.8	4.3	7.4	5.6	6.8	3.1	1.8
	INCLINE	3	5	5	5	4	4	4	3	4	2
P7	SPEED	1.8	4.3	5.6	6.8	5.6	5.6	5.6	4.3	3.1	3.1
	INCLINE	4	4	4	4	3	3	6	6	8	3
P8	SPEED	3.1	3.1	5.6	5.6	6.8	3.1	6.8	6.8	3.1	1.8
	INCLINE	4	5	5	5	6	6	6	7	10	3
P9	SPEED	1.2	3.1	3.1	4.9	4.9	2.4	3.7	1.8	1.8	1.2
	INCLINE	5	5	5	6	6	6	4	4	8	2
P10	SPEED	1.2	1.8	2.4	3.7	4.3	3.1	3.1	3.7	4.3	1.8
	INCLINE	5	6	6	6	7	5	8	8	5	3
P11	SPEED	1.8	2.4	3.1	5.6	3.1	5.6	3.1	3.1	3.7	1.8
	INCLINE	3	6	5	3	5	3	5	5	4	2
P12	SPEED	0.6	1.2	1.8	6.2	4.3	4.3	6.2	3.1	2.4	1.8
	INCLINE	2	5	5	3	5	5	3	3	6	2
P13	SPEED	0.6	0.6	1.8	3.1	3.1	3.1	5.6	1.8	0.6	0.6
	INCLINE	5	5	8	8	8	3	3	7	8	0
P14	SPEED	1.8	2.4	4.3	1.8	2.4	3.7	1.8	2.4	3.1	1.8
	INCLINE	2	4	4	4	4	2	3	3	1	0
P15	SPEED	1.2	1.8	3.1	3.1	4.3	4.3	4.3	3.7	2.4	1.8
	INCLINE	3	3	5	5	5	5	2	2	1	0

SELF-DEFINE PROGRAM

Besides 15 inner installed programs, there are 3 user self-define programs: U1, U2, U3

1. User self-define program setting:

In the initial situation, press “program” continually till U1,U2,U3, and the “time” window glitter, show the time 10:00, press “incline+”, “incline-”, “speed+”, “speed-” to set the running time; press “mode” to set program data, set the first interval time, press “speed+”, “speed-” or press speed shortcut button to set the speed; press “incline+”, “incline-” or incline shortcut button to set the incline; then press “mode” button to finish the first interval time and enter into the second interval time, until finish 10 interval time. The data will be kept till the next setting, the data will not lost for power off.

2. User self-define program starting:

When the machine is waiting for operation, press the “program” button continually till U1,U2,U3, set the running time then press “start” to start the machine.

3. User self-define program instruction:

Each program will be divided into 10 time section, set the speed and incline in each interval time, then press “start” to run the machine.

RANGE OF PROGRAM

	PROGRAM	ORIGION	SET UP RANGE	DISPLAY RANGE
TIME(MIN:SECOND)	0:00	15:00	5:00-99:00	0:00—99:00
INCLINE(SECTION)	0	0	0-15	0-15
SPEED (MPH)	0.0	0.6	0.6-10.0	0.6-10.0
DISTANCE(MILE)	0	1.0	0.5-99.9	0.00—99.9
PULSE(HYPO/MIN)	P	N/A	N/A	50-200
CALORIE(THERM)	0	50	10-999	0—999

BODY TESTER:

At the beginning state, press “PROGRAM” to entering FAT body fat tester, press “MODE” enter F-1、F-2、F-3、F-4、F-5 (F-1 SEX, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT, F-5 BODY FAT),

Press “SPEED+”、“SPEED -” to set F-1 – F4 (refer to the following chart), after that, press “MODE” to set F-5, grasp the hand pulse, the window will display your body quality index after 3 seconds. The body quality index is to test the relation between height and weight. The body FAT suits for any male and female. The idea FAT should be 20-25, if under 19, it means too thin. If between 25 and 29, it means overweight, if over 30, it means obesity. (The data is just for reference, can not be as medicinal data.)

F-1	Sex	01 male	02 female
F-2	Age	10-----99	
F-3	Height	40----80(Inch)	
F-4	Weight	44-----330 (LBS)	
F-5	FAT	≤19	Underweight
	FAT	=(20---25)	Normalweight
	FAT	=(26---29)	Overweight
	FAT	≥30	Obesity

SAFETY LOCK FUNCTION:

Pull out the safety pulling rope, then the treadmill will stop immediately. All the windows display“———”, the buzzer will make 3 sound “B—B—”,now the treadmill must be stop. Attach the magnet end of the safety pulling rope to the computer, the treadmill will be at the beginning of running.

SAVE ON POWER FUNCTION:

The system is with saving on power function, at the state of waiting for operation, if without any operate, the saving on power function will be available after 10 mins, the display will be closed up. You can press any button to wake up the display.

CLOSE UP:

Colse up the power: You can close up the power to stop the treadmill, it won't be damaged at any time.

CAUTION:

1. We recommend that you maintain a slow speed at the beginning of a session and hold on to the handrails until you become comfortable and familiar with the treadmill.
2. Attach the magnet end of the safety pulling rope to the computer and also attach the clip of the safety pulling rope to your clothing.
3. To end your workout safely, press the STOP button or pull out the safety pulling rope, then the treadmill will stop immediately.

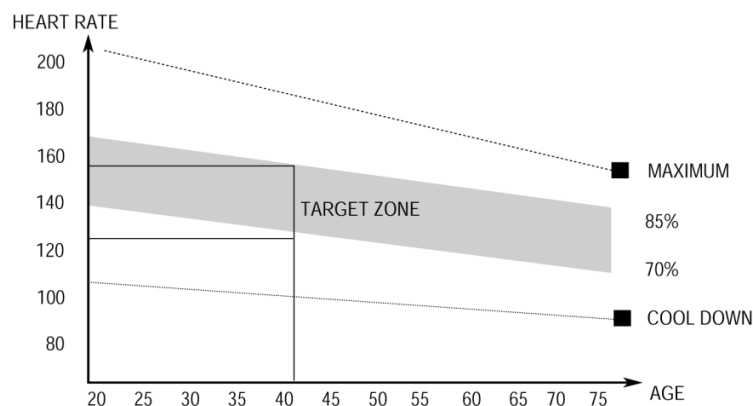
EXERCISE INSTRUCTIONS

1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.

2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become stronger. Work to your limit but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart rate into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

To tone muscle while on your Treadmill you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

The 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.

MAINTENANCE & CARE

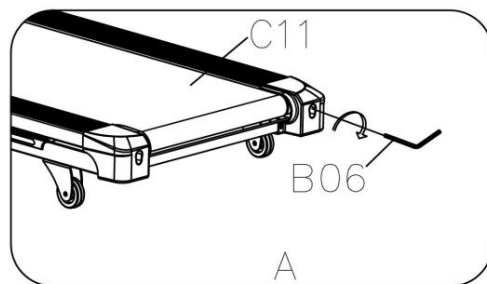
General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes does not wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth.

- To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.
- A loose Running Belt will result in the runner sliding off when running, while too tight of a Running Belt will result in decrease to the motors performance and also create more friction between the roller and running belts. The most suitable tightness for the belts is pulled out 50-75mm from the Running Board.

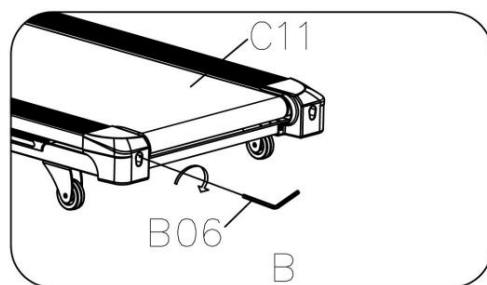
CENTERING THE RUNNING BELT:

Place the treadmill on level ground and set it at 3.5 mph to check if the Running Belt drifts.

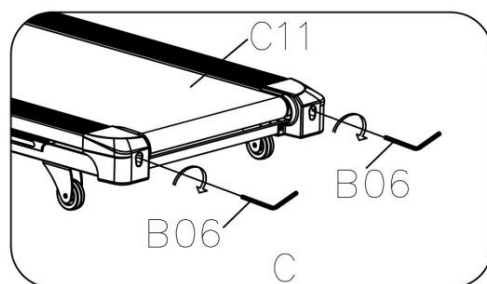
1. If the **Running Belt** moves to the **right**, turn the adjusting bolt on the right side $\frac{1}{4}$ turn *clockwise*, then turn the left adjustment bolt $\frac{1}{4}$ turn *counter-clockwise*. If the belt does not move, repeat this step until it centers. Refer to figure A.



2. If the **Running Belt** moves to the **left**, turn the adjusting bolts on the left side $\frac{1}{4}$ of a turn *clockwise*, then turn the right adjustment bolt $\frac{1}{4}$ turn *counter-clockwise*. If the belt does not move, repeat this step until it centers. Refer to figure B.



3. Over time the **Running Belt** will **loosen**. To tighten the belt turn the Left & Right side adjustment bolts one full turn clockwise, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to figure C.



LUBRICATING THE TREADMILL

IMPORTANT NOTE:

You will need to lubricate your treadmill before the first use.

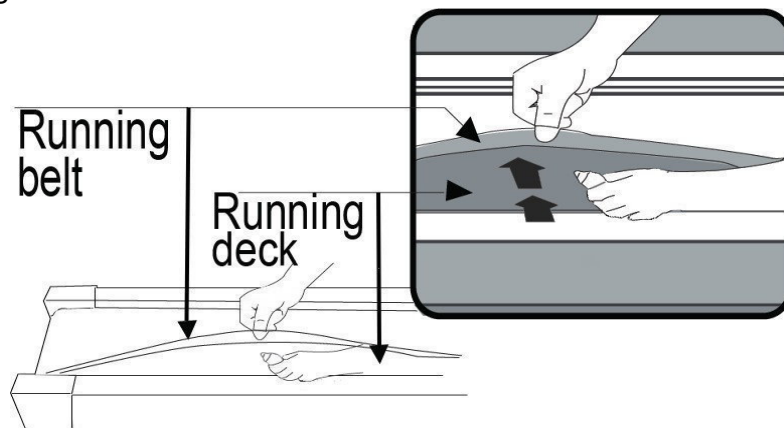
RUNNING BELTS & TREADMILL LUBRICANT:

Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly.

WARNING: Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

HOW TO LUBRICATE:

1. Raise the belt up on one side and use a rag to thoroughly wipe the dust on the running deck, then apply lubricant to the running deck. Repeat this process for the other side.
2. After apply lubricant, start the machine and let it run without using at a low speed, so that the lubricant can apply to the running deck evenly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.



The following time table is recommended:

Light user (less than 3 hours/ week)	<i>every six months</i>
Medium user (3-5 hours/ week)	<i>every three months</i>
Heavy user (more than 5 hours/ week)	<i>every two months</i>

WARNING: This machine has lubrication remind function. After every total running distance of 300km, treadmill screen will remind "DI DI DI" with lubrication. Please read the user's manual first, and add the oil to the middle part of running board, and after that close the window.

After the lubricant is added, press and hold the "STOP" key for 3 seconds in standby state, the system will clear the refueling reminder

EXPLODED DRAWING

PARTS LIST

No.	Description	Specification	Q'ty	No.	Description	Specification	Q'ty
A01	Base frame		1	C23	Flat foot pad		6
A02	Main frame		1	C24	Taper cushion pad		2
A03	Incline frame		1	C25	Quick button		1
A04	Computer frame		1	C26	Function button		1
A05	Left upright tube		1	C27	Start button		1
A06	Right upright tube		1	C28	Stop button		1
B01	Front roller		1	C29	Oval inner tube plug		2
B02	Back roller		1	C30	Safety lock retainer		1
B03	Sleeve		2	C31	Motor rubber pad		1
B04	Cylinder		1	C32	Panel sticker		1
B05	Cross solid wrench		1	C33	Speaker acrylic 1		1
B06	#5 allen wrench		1	C34	Speaker acrylic 2		1
B07	Shrapnel		2	D01	Display		1
B08	Step axle sleeve		2	D02	Control board		1
C01	Display top cover		1	D03	Display top wire		1
C02	Display bottom cover		1	D04	Display bottom wire		1
C03	Display pannel		1	D05	Top wire of the handle pulse		1
C04	Motor top cover		1	D06	Bottom wire of the handle pulse		2
C05	Motor button cover		1	D07	Panel keyplate connection wire		1
C06	Left back end cover		1	D08	Shell keyplate connection wire		1
C07	Right back end cover		1	D09	Running board		1
C08	Left upright tube cover		1	D10	Safety key connection wire		1
C09	Right upright tube cover		1	D11	Safety key module		1
C10	Side rail		2	D12	Incline quick button		1
C11	Running belt		1	D13	Speed quick button		1
C12	Foam		2	D14	Ac single wire	Blue 250mm	1
C13	Plug		2	D15	Ac single wire	Brown 200mm	2
C14	Drive belt		1	D16	Ac single wire	Brown 350mm	1
C15	New moving wheel		2	D17	Ac single wire	Blue 350mm	1
C16	Adjustable wheel		2	D18	Earth wire	Yellow&green 350mm	1
C17	Water bottle cage		2	D19	Power line		1
C18	Plastic pad		2	D20	Square switch		1
C19	O ring		2	D21	Overload protector		1
C20	Square cushion pad		4	D22	Socket		1
C21	Silicone pad		4	D23	Magnet ring		1
C22	Balck cushion pad		2	D24	Magnet core		1

No.	Description	Specification	Q'ty	No.	Description	Specification	Q'ty
D25	Incline motor		1	E19	Bolt	M5*8	2
D26	Dc motor		1	E20	Screw	ST4.2*55	2
E01	Nut	M6	2	E21	Screw	ST4.2*30	4
E02	Nut	M8	6	E22	Screw	ST4.2*12	15
E03	Nut	M10	6	E23	Screw	ST4.2*12	17
E04	Bolt	M10*90	1	E24	Screw	ST2.9*8	2
E05	Bolt	M10*45	1	E25	Screw	ST2.9*6	36
E06	Bolt	M10*30	2	E26	Screw	ST2.5*6	3
E07	Bolt	M10*32	2	E27	Wahser	6	3
E08	Bolt	M8*80	2	E28	Wahser	8	16
E09	Bolt	M8*70	2	E29	Wahser	10	2
E10	Bolt	M8*38	2	E30	Spring washer	8	2
E11	Bolt	M8*40	2	E31	Flat washer	8	2
E12	Bolt	M8*30	1	E32	Big washer	φ10*φ26*2.0	6
E13	Bolt	M8*15	10	E33	Screw	ST3.5*10	2
E14	Bolt	M6*55	3	E34	Bolt	M8*45	1
E15	Bolt	M6*35	6	E35	Screw	ST4.2*20	4
E16	Bolt	M5*16	6	E36	Flat washer	10	1
E17	Bolt	M5*12	6	E37	Bolt	M5*15	2
E18	Bolt	M5*8	7				

TROUBLE SHOOTING GUIDE

1. There is no display on screen after the machine is connected to the power source:

- a: Please check the overload button, if the overload protector button bounce, please press this button;
- b: Please make sure the power source, overload protector, the driver and the transformer are connected well;
- c: Please make sure the wire from the driver to the computer board are connected well.
- d: Check the transformer, if it is wrong, please change a new one;

2. E01 display: Failure of signal from computer board to the driver

- a: Please check the wire from the drive to the computer board, if the wire is broken, please change a new one.
- b: Please check the electronic parts in computer board, if it is wrong, change a new one;
- c: Change a new transformer;

3. E02 display: Anti-explosion protect or motor problem

- a: Please check the wire from motor, please connect the wire well; If this is no problem with wire connection, please change a new motor.
- b: Please is there bad smell from the control board, if the IGBT is shorted out, please change a new driver;
- c: Please make sure the voltage is in normal condition.

4. E03 display: no signal

- a: If the E03 is displayed after start of 5 to 8 seconds, this is the failure of signal, please check the connection of sensor is well. If it is not connected well, please connect again. If the sensor do not work well, change a new sensor;
- b: The signal in control board is wrong, please change a new driver;

5. E04 or E06 display: The failure of incline

- a: Please check the signal wire of incline motor is connected well;
- b: Please check the AC line of incline motor is connected to the right slot;
- c: Please check the wire of incline motor, change a new wire or a new incline motor.
- d: Please change a new driver;
- e: If all wires are connect well, please reset the button on the driver and start again.

6.E05 display: Over load current protect

- a: May be the current is too strong, the system protect itself, please restart the machine.
- b: May be a part of the machine is locked and result in the motor problem, please add the oil to the machine and restart.
- c: Please check if there is bad smell from the motor, if there is, please change a new motor;
- d: Please check if there is bad smell from the driver, if there is, please change a new driver;

7. Can not start the machine: After press the start button, the time is counting, but the motor can not work, and there is no error number showed on screen.

- a: Please check the wire in motor is connected well;
- b: Please the safety pipe on the driver, if it is broken, change a new one.
- c: Please check the IGBT on the driver, if it is broken, change a new IGBT or a new driver.

ZWIFT APP



VIDEO GAME STYLE TRAINING



RUN THROUGH IMMERSIVE WORLDS



1000+ WORKOUTS CURATED BY COACHES



GLOBAL CONNECTIVITY & COMMUNITY



GROUP RUNS, COMPETITIONS & RACES



WARRANTY

MANUFACTURER'S LIMITED WARRANTY

The supplier warrants to the original purchaser that this product is free from any defect in materials and/or workmanship, provided that the product is properly installed, properly operated and used for the intended purpose (for home use ONLY). This limited warranty is extended ONLY to the original purchaser, and only covers products purchased as new.

The supplier's obligations under this warranty applies to the following:

Frame - 1 year from date of purchase

All Other Parts - 90 days from date of purchase

Exclusions from warranty:

The supplier does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by the installation guidelines.
2. Use of this product beyond normal home use, or in an application for which it was not designed.
3. Cosmetic items such as scratches, dents or discolorations.
4. Damage caused by normal wear and tear, vandalism, accidental or by animals.
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.).
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to among other things, flake, chalk, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

The supplier, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

If you have any problem, please be free to contact us at our customer service e-mail address: customerservice@therun.info

Replacement parts also can be ordered by emailing our customer service department

When ordering replacement parts please include the following information in the email:

1. Order details, including order number, distributor/seller name and date of purchase
2. Description of the part, like part number, part name or photo of the part
3. Description of the issue, if needed, include pic or video

Before the confirmation of our customer service, please do not send the products to our company, and send them back without permission. Our company does not bear any cost.

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

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.

FCC Radiation Exposure Statement

This equipment complies with FCC 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 your body.**

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.