

HITIK

AU-T022 TREADMILL

Instruction Manual



Thanks for purchasing the AU-T022 Treadmill. Please read all precautions and instructions in the manual carefully before installing and using. Save this manual for future reference. If you need help, please send an email to our Store.



CONTENTS

PRODUCT VIEW	02
Main Frame & ACCESSORIES	03
Technical Specification	04
Assembly Instructions	05
Fold step	07
Function Operating Instructions	08
Remote control operation:	08
Shuttle knob operation:	10
The safety lock	11
P1~P6 Function Mode Introduction	11
Electronic Panel Instructions	15
Window display:	15
Range of parameters:	17
Maintenance Guide	18
Lubricants for running belts:	18
Belt adjustment:	19
Trouble Shooting:	20
WARM UP	21
Exploded Drawing	22

IMPORTANT SAFETY INFORMATION

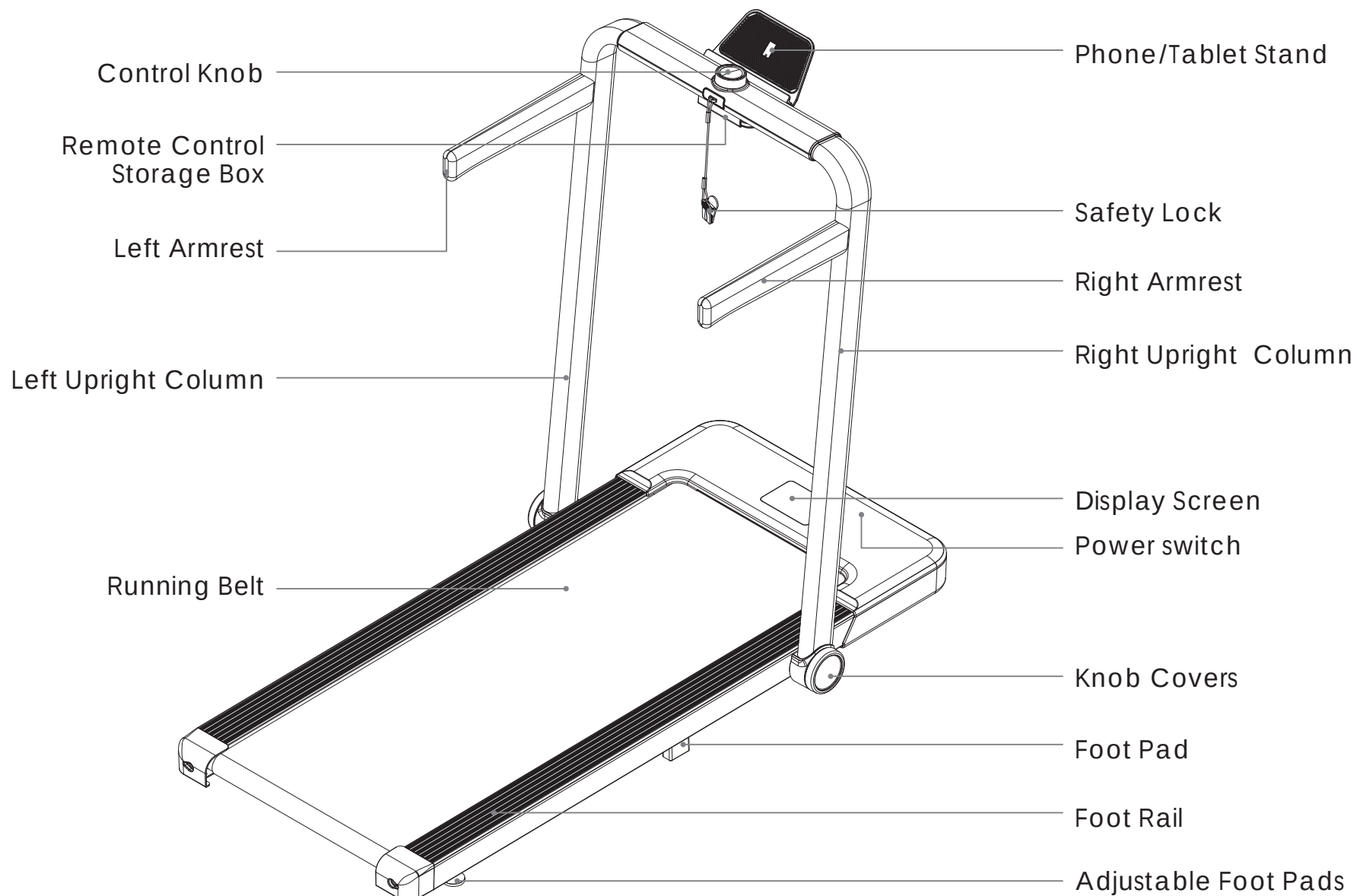
Please read the instructions carefully before use to ensure your safety and avoid accidents.

01. This product is for home use only, not suitable for professional training and testing, and not for medical purposes.
02. Children, the elderly, and pregnant women are prohibited from using this machine. Children over the age of 12 need to be accompanied by an adult when using the electric treadmill.
03. Treadmills are designed for use by one person. Only one person is allowed on the treadmill at a time.
04. When the electric treadmill is in use, please do not let children or pets approach it.
05. Put the electric treadmill in a clean and flat place, do not put the electric treadmill on a thick carpet, so as not to affect the air circulation under the electric treadmill, and do not place the electric treadmill near water or use it outdoors.
06. Note that the electric treadmill is special equipment, please do not modify it for other purposes.
07. Please do not insert any other items into any part of the equipment, as it will damage the equipment.
08. To maintain the proper functioning of your treadmill, do not install or attach any accessories or parts not supplied by the treadmill manufacturer.
09. It is recommended to wear athletic shoes and suitable workout clothes when using the machine. Do not wear loose clothes and soft-soled shoes that could become caught on the treadmill.
10. Before using the treadmill, make sure that the clip of the safety switch is clipped on the clothes or the belt so that in an emergency, the safety lock can be pulled down immediately to stop the running of the treadmill to ensure your safety.
11. For safety, do not stand on the running belt when starting the machine.
12. Maximum user weight is 120KGS/265LBS. Please do not exceed the weight limit.
13. When in use, there should be an unobstructed safety zone of 3-6 feet behind the treadmill.
14. Please increase or decrease speed slowly. When using the electric treadmill for the first time, be sure to hold the handrails with your hands, and then release the handrails until you feel comfortable.
15. Before cleaning and performing any maintenance, turn off the treadmill and unplug the power cord.

WARNING:

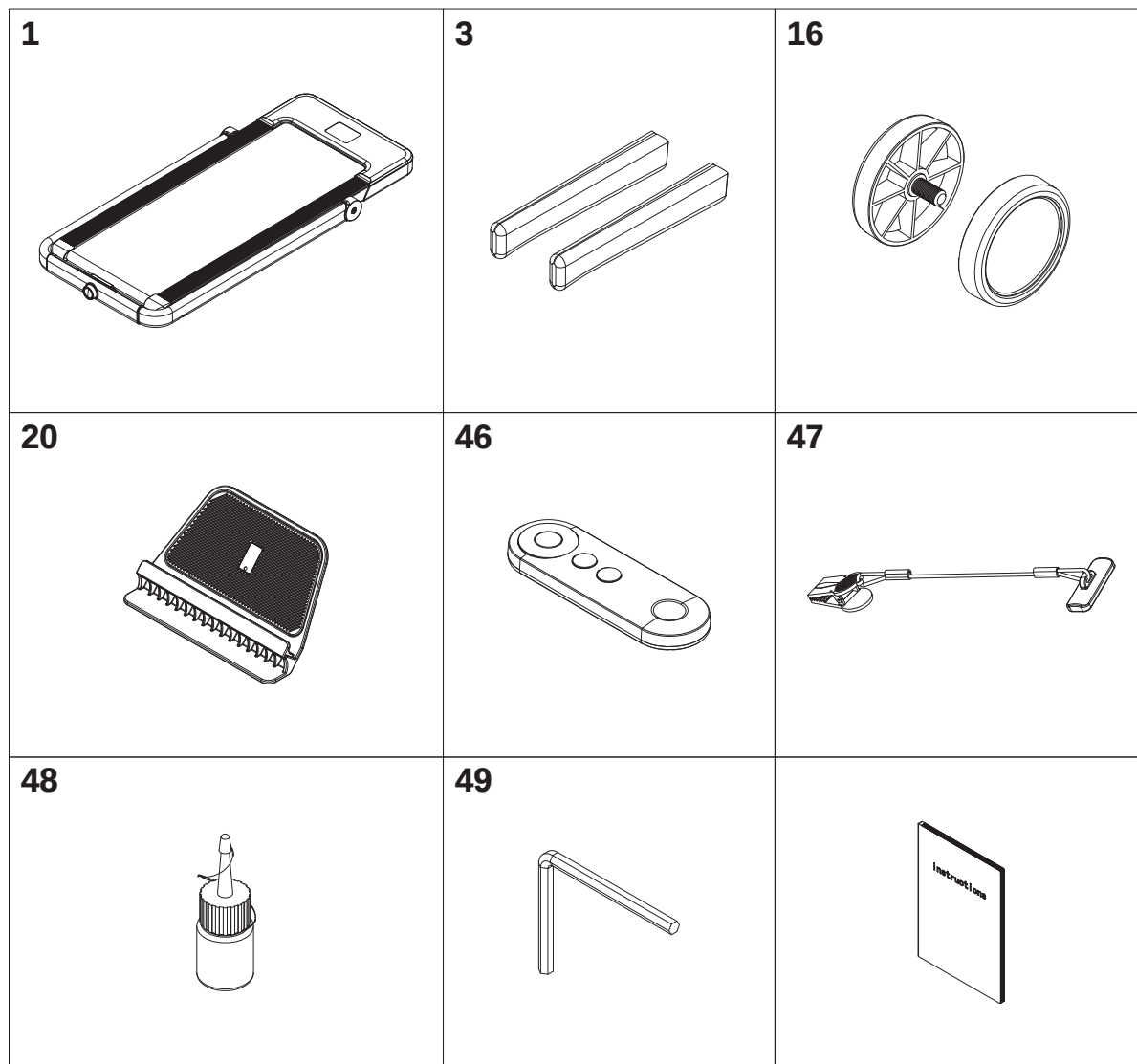
Please consult your doctor before starting any exercise. It's especially important for individuals over the age of 35 or those with pre-existing health conditions. Please read all instructions before using any equipment.

PRODUCT VIEW



MAIN FRAME & ACCESSORIES

The following figure is an exploded view of the parts required to install the whole machine. Open the box and you can take out the following components from the box.



No.	Part Name	Spec	Qty
1	Main Frame Group		1
3	Side Armrest		2
16	Knob Covers		2
20	Phone/Tablet Stand		1
46	Remote Controller		1
47	Safety Lock		1
48	Oil Bottle		1
49	Allen Wrench		1
	Instruction Manual		1

Note: Please do not plug in the power until the installation is complete!

TECHNICAL SPECIFICATION

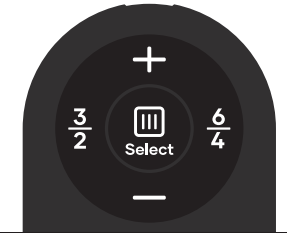
Input Power Supply	AC 120V/60HZ
Item Dimension (Folded)	54.72”L x 26.77”W x 4.25”H
Item Dimension (Unfolded)	51.57”L x 26.77”W x 43.7”H
Running Area	43.3”L x 16.54”W
Item Weight	72.75LBS
Motor power	1.0 HP
Peak Power	2.5HP
Maximum Weight	265LBS/120KG
Speed Range	0.6-7.5 MPH/1-12KMH

UNMANNED DETECTION:

In the running state, when no one is detected on the treadmill within 5 minutes, the treadmill will automatically switch to the pause state, and gradually slow down to stop to achieve energy saving effect.

DISPLAY WINDOW LOCKING AND RELEASING:

In the running state, it is allowed to lock and release the current display window. The locked window will always maintain the current display interface. When the remote control Select button is pressed to release the window, it will continue to be displayed in order (only the remote control supports it).



SLEEP STATE AND WAKE-UP METHOD:

Sleep State: In standby mode, if there is no operation for more than 10 minutes, it will automatically enter sleep mode.

Wake-Up Method: In the sleep mode, the methods to wake up the display board are: press any button on the remote control, turn the jog shuttle knob, press the jog shuttle button, and pull out the safety lock. In walking machine mode, the methods to wake up the display board are: press any button on the remote controller.

Blue LED Strip:

1. In the running state, the blue light will flash once every step you take.
2. In sleep mode, the blue light strip is off.
3. In other states, the blue light strip is the effect of the breathing light.

Shuttle knob LED light:

1. In the standby state, pause state, and stop state, the shuttle knob LED light is always green.
2. In running state
 - 1.0km/h(0.6mile/h)~6.0km/h(3.7mile/h) shuttle knob LED light flashing green light
 - 6.1km/h(3.8mile/h)~9.0km/h(5.5mile/h)shuttle knob LED light flashing yellow light
 - 9.1km/h(5.6mile/h)~12.0km/h(7.5mile/h) shuttle knob LED light flashing red light.
3. In the fault state, the shuttle knob LED lights up in red.

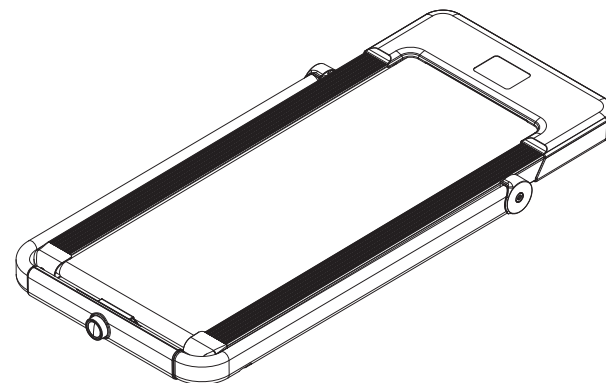
LED lights on the right side of the display board:

1. In the wake-up state,  is always on.
2. In the sleep state,  flashes every 2.5s.

ASSEMBLY INSTRUCTIONS

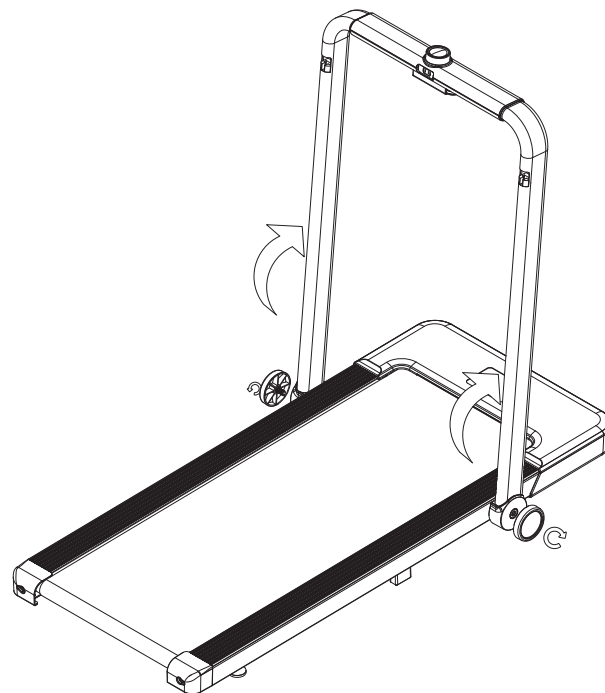
1

Unpack the box, move the **Main Frame Group (1)** to flat ground and check all accessories.



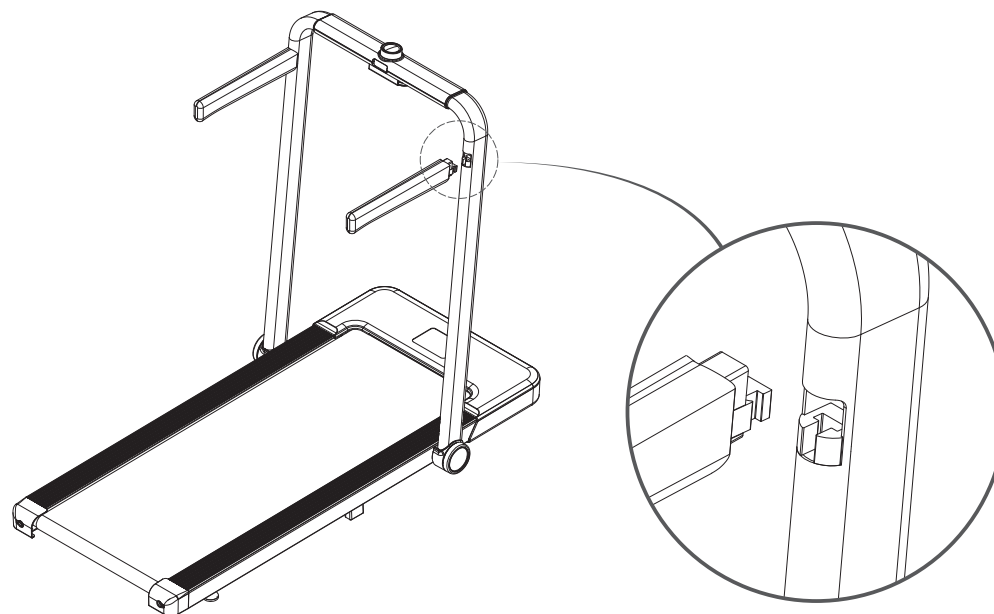
2

- Lift the **Column (2)** up.
- Tighten clockwise with the **knob covers (16)** on both sides.



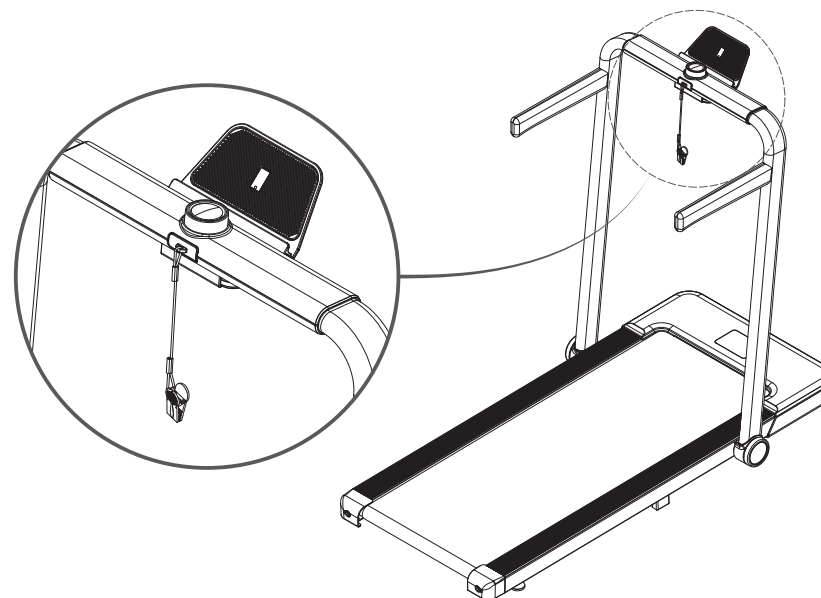
3

Snap the **Armrest Group (3)** into the **Column (2)**.
Note: Please patiently insert the armrest horizontally into the column to the end, and press down to lock A and B.



4

- Put the **Safety Lock (47)** on the electronic watch (the middle yellow emergency stop switch position).
- Insert the **Phone/ Tablet Holder** into the groove at the back of the electronic watch.
- Put the **Remote Controller (46)** into the **remote controller box (19)** under the electronic watch.

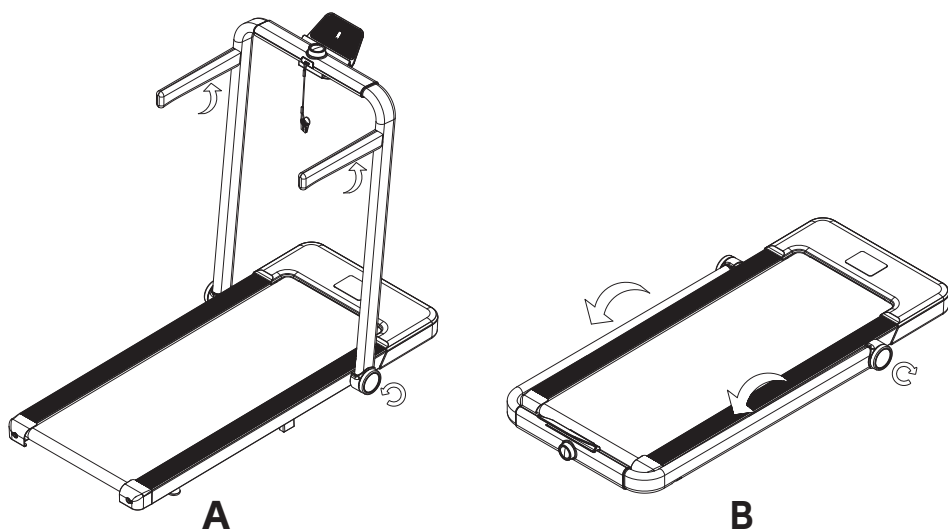


FOLD STEP

FOLDED WALKING MODE:

- In the unfolded state (Figure A), unlatch the left and right armrests upwards and take them out.
- Turn the knob cover on both sides counterclockwise to loosen.
- Hold the column with both hands and go down until it is level with the running platform (Figure B).
- Turn the knob cover clockwise to tighten.

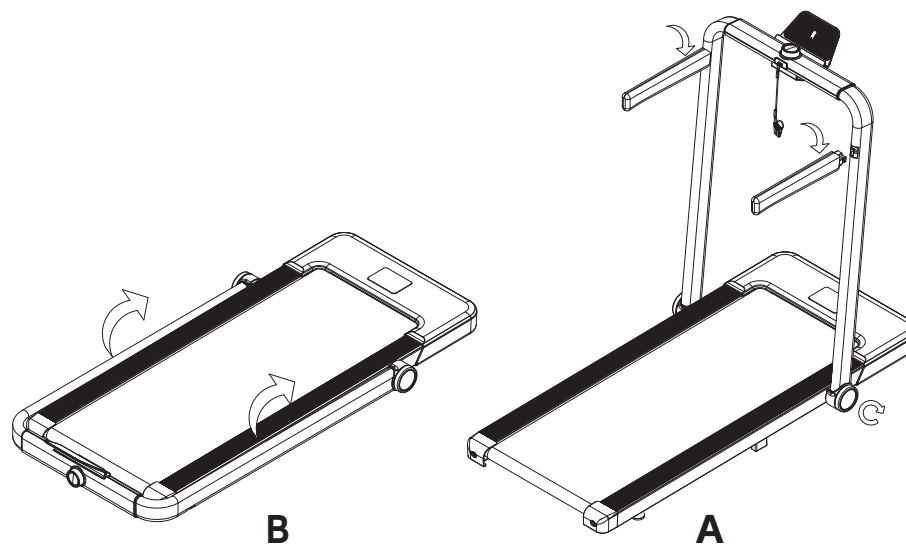
Note: Stop the treadmill before switching. In this mode, the shuttle knob is invalid and the safety lock is invalid.



RUNNING MODE:

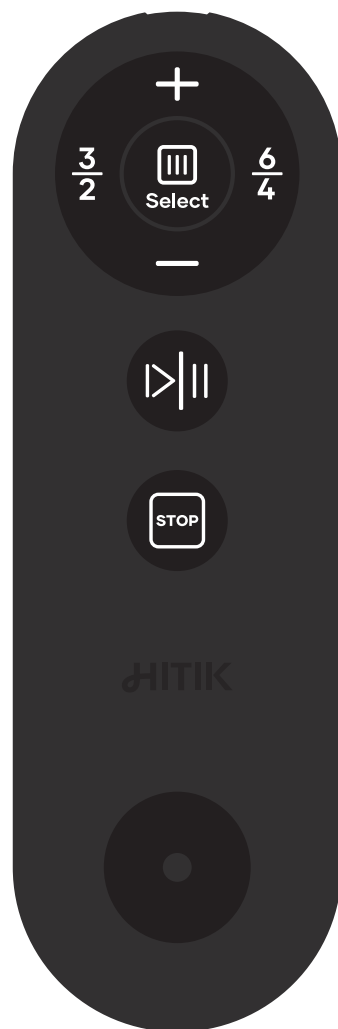
- In the flat state (Figure A), turn the knob cover counterclockwise to loosen.
- Hold the column with both hands and lift up (as shown in Figure B).
- Turn the knob cover on both sides clockwise to tighten.
- Install the left and right armrests on the uprights.

Note: Stop the treadmill before switching.



FUNCTION OPERATING INSTRUCTIONS

REMOTE CONTROLLER OPERATION:



Note: Please remove the plastic spacer on the back of the battery before using the remote controller.

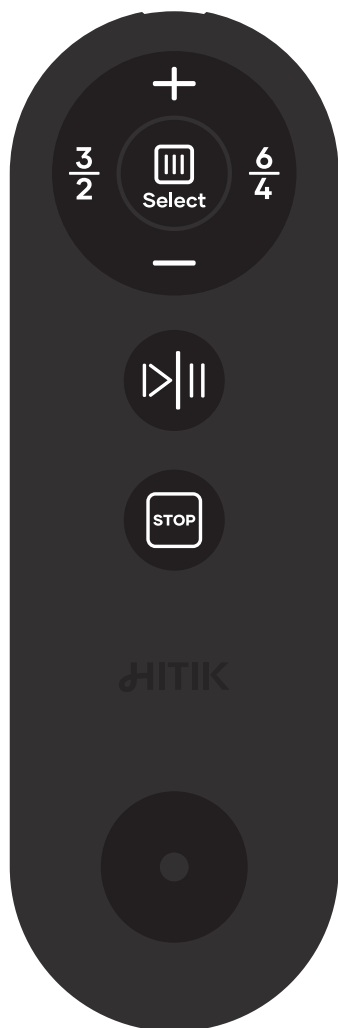
BUTTON FUNCTIONAL DESCRIPTION:

1.1 “Start/Pause Button”:

- (1) In standby mode, press this button, countdown 3s to start running.
- (2) When selecting the running mode, press the Start/Pause Button to confirm the selection.
- (3) During running, press this button to pause.
- (4) In pause state, after the running belt stops, click again, and continue to complete the program before the pause after a countdown of 3s.

1.2 “Stop Button”:

- (1) Click this button during running, the treadmill will stop running and enter the standby state.
- (2) Within 5 seconds before power-on, press and hold this button to adapt the remote control and the treadmill.
- (3) After 5 seconds of power-on, in standby mode, press and hold this button to switch between aging mode and unattended detection mode.
- (4) Press this button during setting to exit setting and return to standby state.



BUTTON FUNCTIONAL DESCRIPTION:

1.3 “Up Button ”:

- (1) In standby state, press this button to switch between P1~P6 modes and set the parameters corresponding to P1~P3.
- (2) In running state, press this button to adjust the speed, press and hold for a quick rise, and click for a slow rise.

1.4 “Down Button ”:

- (1) In standby state, press this button to switch between P6~P1 modes and set the parameters corresponding to P1~P3
- (2) In running state, press this button to adjust the speed, press and hold for a quick down, and click for a slow down.

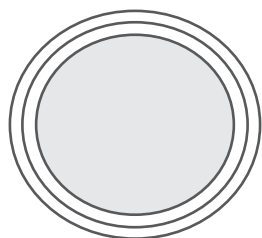
 “Speed Switch Button 1 ”:Switch to 3km/h or 2mile/h.

 “Speed Switch Button 2 ”:Switch to 6km/h or 4mile/h.

1.5 “Metric/Imperial Toggle Button ”

- (1) In standby mode, press this key to switch between metric and imperial systems.
- (2) In the running state, press this key to lock and release the current display window.

SHUTTLE KNOB OPERATION:



Note: The shuttle knob can only be operated when the armrest is standing (in Running Mode).

In the P1~P6 mode, the range of setting parameters is adjusted by rotating the jog shuttle knob, and the rotation is divided into fast rotation and slow rotation.

Mode	Fast Rotation	Slow Rotation
P1(Time countdown mode)	5min	1min
P2(Distance Countdown Mode)	1km/1mile	0.1km/0.1mile
P3(Calorie Countdown Mode)	100Kcal	10Kcal

1. In standby state, short press the shuttle knob to start, count down for 3s to enter the running state.
2. In running state, short press the shuttle knob to pause and the display panel will display a 300s countdown.
3. In pause state, after the running belt stops, click again, and continue to complete the program before the pause after a countdown of 3s.
4. In standby state, long press the shuttle knob to switch between metric and imperial.
5. In standby state, rotate the shuttle knob to switch between P1~P6 modes.
6. In running state, rotate the shuttle knob to adjust the speed, turn clockwise to increase the speed, and counterclockwise to decrease the speed.
7. In pause state, long press the shuttle knob to return to standby mode.

THE SAFETY LOCK

Note: It is only valid when the safety lock is unplugged in Running Mode, and it is invalid to plug and unplug the safety lock in Folded Walking Mode.

- (1) In standby mode, if the safety lock is unplugged, a fault code will be reported.
- (2) In the running state, unplug the safety lock, the treadmill stops running, and reports a fault code.
- (3) In the sleep state, unplug the safety lock to wake up the display board and report a fault code.
- (4) After a fault occurs, the fault code can be cleared by reinserting the safety lock.

P1~P6 FUNCTION MODE INTRODUCTION

Note: Only the Running Mode has the P1~P6 mode, and there is no P1~P6 mode in the Folded Walking Mode.

P1: Time Countdown Mode(Time range: 5~99min, Default: 30min)

(1) Shuttle Knob Settings:

Rotate the shuttle button to switch to P1 mode.

Short press the shuttle button to enter the countdown duration setting interface (after entering, long press to exit P1 mode).

Turn the shuttle button to set the time.

Press the shuttle button again to start the treadmill.

When the running time counts down to 0, the treadmill will decelerate and stop.

(2) Remote Control Setting:

Press the speed-up button or speed-down button on the remote control to switch to P1 mode.

Press the start button to enter the countdown length setting interface (short press the stop button to exit P1 mode).

Press the speed-up button or speed-down button on the remote control to set the time.

Press the start/pause button, the upper control display panel counts down for 3 seconds and the treadmill starts to run.

When the running time counts down to 0, the treadmill will decelerate and stop.

P2: Distance Countdown Mode(Distance range: 1~99km, Default: 3km/1.8mile)

(1)Shuttle Knob Settings

Rotate the shuttle button to switch to P2 mode.

Short press the shuttle button to enter the countdown distance setting interface (after entering, long press to exit P2 mode).

Turn the shuttle button to set the distance.

Press the shuttle button again to start the treadmill.

When the running distance counts down to 0, the treadmill will decelerate and stop.

(2)Remote Control Setting:

Press the speed-up button or speed-down button on the remote control to switch to P2 mode.

Press the start button to enter the countdown distance setting interface (short press the stop button to exit P2 mode).

Press the speed-up button or speed-down button on the remote. control to set the distance.

Press the start/pause button, the upper control display panel counts down for 3 seconds and the treadmill starts to run.

When the running time counts down to 0, the treadmill will decelerate and stop.

P3: Calorie Countdown Mode(calorie range: 20~9990Kcal, Default:300Kcal)

(1)Shuttle Knob Settings:

Rotate the shuttle button to switch to P3 mode.

Short press the shuttle button to enter the countdown calorie setting interface (after entering, long press to exit P3 mode).

Turn the shuttle button to set the calorie.

Press the shuttle button again to start the treadmill.

When the running calorie counts down to 0, the treadmill will decelerate and stop.

(2)Remote Control Setting:

Press the speed-up button or speed-down button on the remote control to switch to P3 mode.

Press the start button to enter the countdown calorie setting interface (short press the stop button to exit P3 mode).

Press the speed-up button or speed-down button on the remote. control to set the calorie.

Press the start/pause button, the upper control display panel counts down for 3 seconds and the treadmill starts to run.

When the running time counts down to 0, the treadmill will decelerate and stop.

P4: Endurance mode (fixed mode) (45 speeds, 45 times, 32 minutes, total mileage 3.18km/2.0mile, consumption 191Kcal)

(1) Shuttle Knob Settings:

Rotate the shuttle button to switch to the P4 interface, press the shuttle button to start the treadmill.

(2) Remote Control Setting:

Press the speed up button and speed down button on the remote control to switch to the P4 interface, press the start button to start the treadmill.

Note: This mode is divided into 45 sections, and each section has a corresponding speed and time. The speed can be manually adjusted by the shuttle button or the remote control. When the last switching is completed, the treadmill will slow down and stop.

SPEED LIST FOR P4 MODE:

No	Km/h,Mile/h	Time	No	Km/h,Mile/h	Time	No	Km/h,Mile/h	Time
1	4.0km/h,2.5mile/h	40s	16	4.0km/h,2.5mile/h	40s	31	7.0km/h,4.3mile/h	40s
2	4.0km/h,2.5mile/h	40s	17	4.0km/h,2.5mile/h	40s	32	8.0km/h,5.0mile/h	40s
3	4.0km/h,2.5mile/h	40s	18	4.0km/h,2.5mile/h	40s	33	9.0km/h,5.6mile/h	40s
4	4.0km/h,2.5mile/h	40s	19	8.0km/h,5.0mile/h	40s	34	5.0km/h,3.1mile/h	40s
5	4.0km/h,2.5mile/h	40s	20	10.0km/h,6.2mile/h	40s	35	5.0km/h,3.1mile/h	40s
6	4.0km/h,2.5mile/h	40s	21	10.0km/h,6.2mile/h	40s	36	5.0km/h,3.1mile/h	40s
7	8.0km/h,5mile/h	40s	22	7.0km/h,4.3mile/h	40s	37	5.0km/h,3.1mile/h	40s
8	10.0km/h,6.2mile/h	40s	23	8.0km/h,5.0mile/h	40s	38	5.0km/h,3.1mile/h	40s
9	10.0km/h,6.2mile/h	40s	24	9.0km/h,5.6mile/h	40s	39	5.0km/h,3.1mile/h	40s
10	4.0km/h,2.5mile/h	40s	25	7.0km/h,4.3mile/h	40s	40	4.0km/h,2.5mile/h	60s
11	4.0km/h,2.5mile/h	40s	26	8.0km/h,5.0mile/h	40s	41	4.0km/h,2.5mile/h	60s
12	4.0km/h,2.5mile/h	40s	27	9.0km/h,5.6mile/h	40s	42	4.0km/h,2.5mile/h	60s
13	8.0km/h,5.0mile/h	40s	28	7.0km/h,4.3mile/h	40s	43	4.0km/h,2.5mile/h	60s
14	10.0km/h,6.2mile/h	40s	29	8.0km/h,5.0mile/h	40s	44	4.0km/h,2.5mile/h	60s
15	10.0km/h,6.2mile/h	40s	30	9.0km/h,5.6mile/h	40s	45	4.0km/h,2.5mile/h	60s

P5: Repeated running mode (fixed mode) (33 speeds, 33 times, 57 minutes, total mileage 7.15km/4.47mile)

(1) Shuttle Knob Settings:

Rotate the shuttle button to switch to the P5 interface, press the shuttle button to start the treadmill.

(2) Remote Control Setting:

Press the speed up button and speed down button on the remote control to switch to the P5 interface, press the start button to start the treadmill.

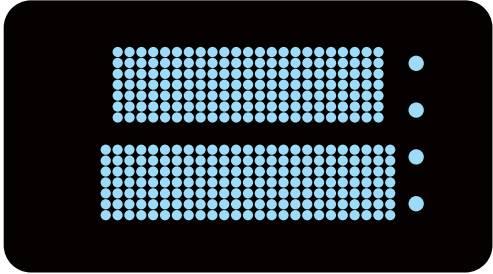
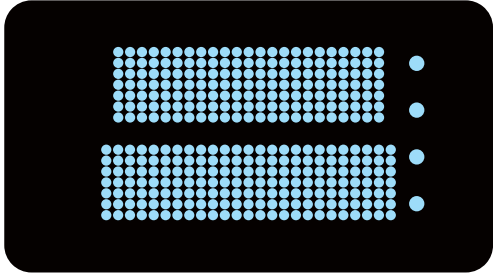
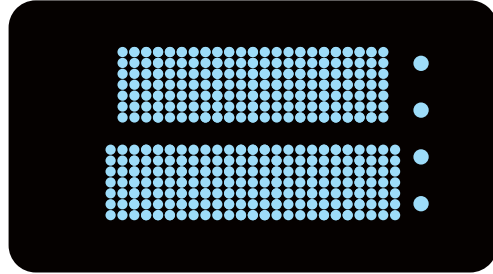
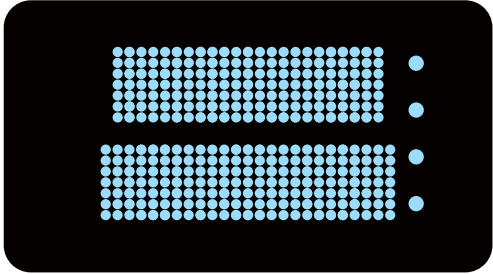
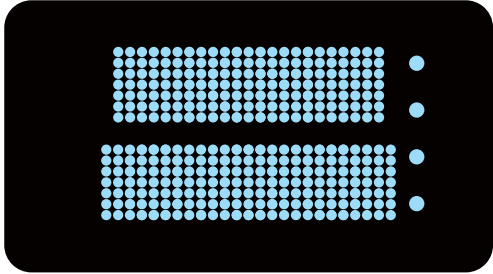
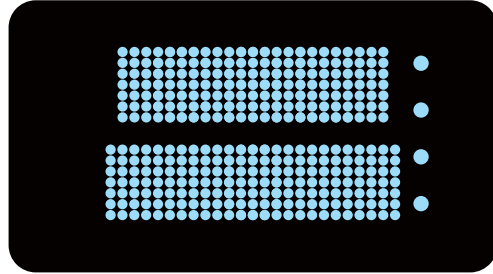
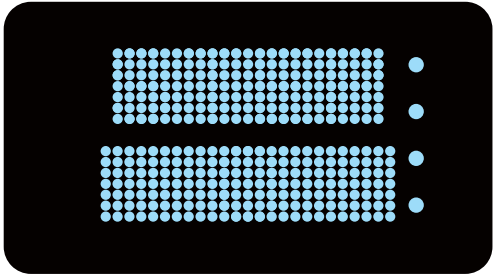
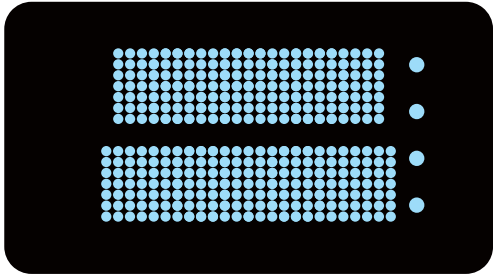
Note: This mode is divided into 33 sections, and each section has a corresponding speed and time. The speed can be manually adjusted by the shuttle button or the remote control. When the last switching is completed, the treadmill will slow down and stop.

SPEED LIST FOR P6 MODE:

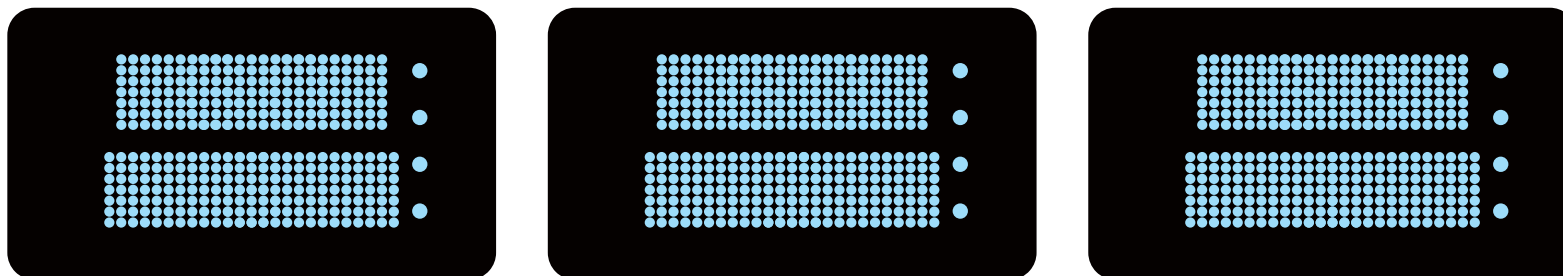
No	Km/h,Mile/h	Time	No	Km/h,Mile/h	Time	No	Km/h,Mile/h	Time
1	5.0km/h,3.1mile/h	80s	16	8.0km/h,5.0mile/h	70s	31	7.0km/h,4.3mile/h	70s
2	5.0km/h,3.1mile/h	80s	17	9.0km/h,5.6mile/h	60s	32	8.0km/h,5.0mile/h	60s
3	5.0km/h,3.1mile/h	80s	18	10.0km/h,6.2mile/h	50s	33	9.0km/h,5.6mile/h	50s
4	6.0km/h,3.7mile/h	80s	19	8.0km/h,5.0mile/h	70s	34	7.0km/h,4.3mile/h	70s
5	6.0km/h,3.7mile/h	80s	20	9.0km/h,5.6mile/h	60s	35	8.0km/h,5.0mile/h	60s
6	6.0km/h,3.7mile/h	80s	21	10.0km/h,6.2mile/h	50s	36	9.0km/h,5.6mile/h	50s
7	7.0km/h,4.3mile/h	70s	22	8.0km/h,5.0mile/h	70s	37	7.0km/h,4.3mile/h	50s
8	8.0km/h,5.0mile/h	60s	23	9.0km/h,5.6mile/h	60s	38	7.0km/h,4.3mile/h	50s
9	9.0km/h,5.6mile/h	50s	24	10.0km/h,6.2mile/h	50s	39	7.0km/h,4.3mile/h	50s
10	7.0km/h,4.3mile/h	70s	25	8.0km/h,5.0mile/h	70s	40	6.0km/h,3.7mile/h	50s
11	8.0km/h,5.0mile/h	60s	26	9.0km/h,5.6mile/h	60s	41	6.0km/h,3.7mile/h	50s
12	9.0km/h,5.6mile/h	50s	27	10.0km/h,6.2mile/h	50s	42	6.0km/h,3.7mile/h	50s
13	8.0km/h,5.0mile/h	70s	28	8.0km/h,5.0mile/h	70s	43	5.0km/h,3.1mile/h	40s
14	9.0km/h,5.6mile/h	60s	29	9.0km/h,5.6mile/h	60s	44	5.0km/h,3.1mile/h	40s
15	10.0km/h,6.2mile/h	50s	30	10.0km/h,6.2mile/h	50s	45	5.0km/h,3.1mile/h	40s

ELECTRONIC PANEL INSTRUCTIONS

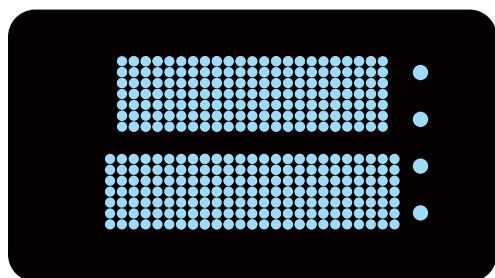
WINDOW DISPLAY:

1 Power On Display	2 Sleep Window Display, sleep light blinking	3 Time Window Display
		
4 Distance window displays mile:	5 Distance window displays km	6 Calorie Window Display
		
7 Step Count Window Display	8 Speed Window Display	
		

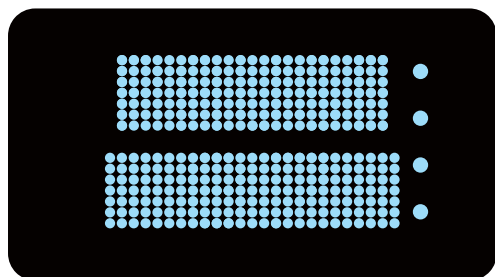
9 Start Countdown Window Display



10 Stop Window Display

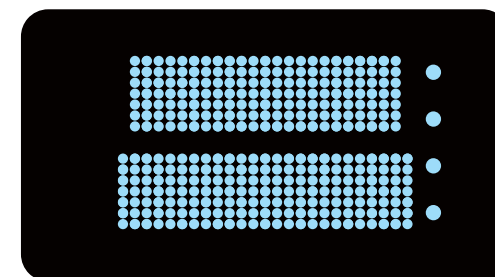
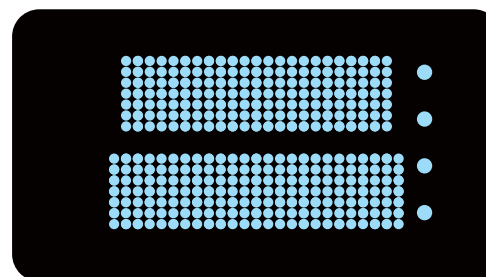


12 Pause Window Display

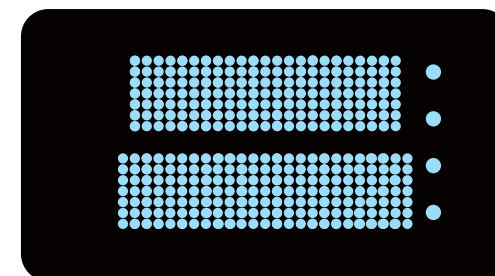
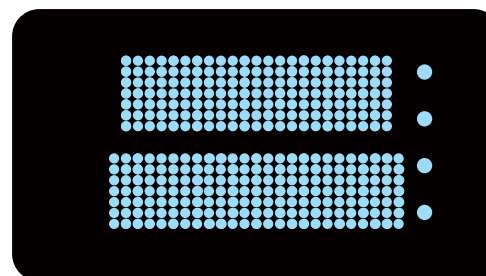


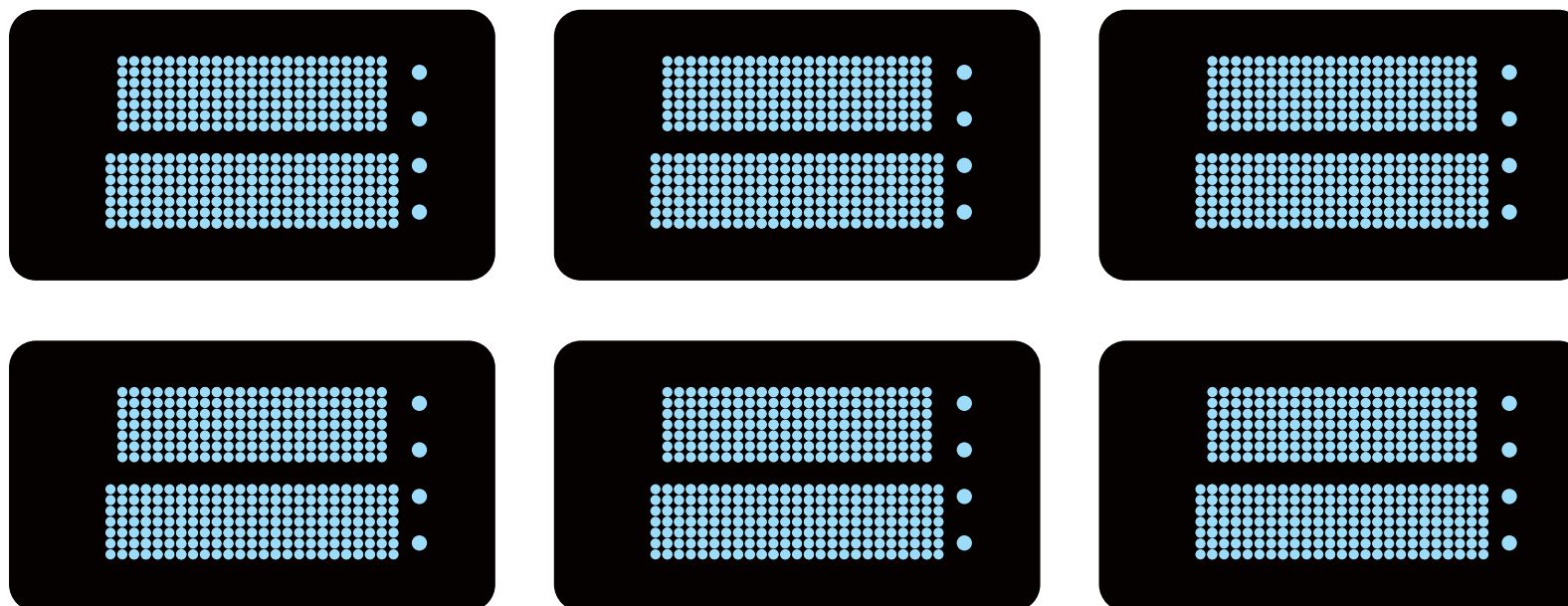
11 Metric and Imperial Switching Window Display

MILE:



KM:





RANGE OF PARAMETERS:

Running Mode:

Speed range: 1.0km ~ 12.0km/0.6mile ~ 7.5mile

Time: 00:00 ~ 99:59 (running time exceeds 99:59, reset to zero and recount, the treadmill will not stop)

Distance: 0 ~ 99.99 (the running distance exceeds 99.99, reset to zero, and the treadmill will not stop, and the user's use time is 100 minutes + the time displayed on the display)

Calories: 0 ~ 9999 (the running calorie exceeds 9999, reset to zero and recalculate, the treadmill does not stop)

Number of steps: 0 ~ 999999 (when the number of steps is greater than 9999, the window only displays the highest four digits).

Folded Walking Mode:

Speed range: 1.0km ~ 6.0km/0.6mile ~ 4mile

Time: 00:00 ~ 99:59 (running time exceeds 99:59, reset to zero and recount, the treadmill will not stop)

Distance: 0 ~ 99.99 (the running distance exceeds 99.99, reset to zero, and the treadmill will not stop, and the user's use time is 100 minutes + the time displayed on the display)

Calories: 0 ~ 9999 (the running calorie exceeds 9999, reset to zero and recalculate, the treadmill does not stop)

Number of steps: 0 ~ 999999 (when the number of steps is greater than 9999, the window only displays the highest four digits)

MAINTENANCE GUIDE

Warning: Before cleaning or maintaining the product, be sure to unplug the power plug of the electric treadmill.

Cleaning: Thorough cleaning will prolong the life of your electric treadmill.

- Remove dust regularly to keep parts clean.
- Be sure to sweep the exposed parts of the running belt on both sides, which will reduce the build-up of debris under the running belt.
- Make sure your sneakers are clean and avoid getting foreign objects under the running belt that can wear down the running board and belt.
- The surface of the running belt must be wiped with a damp, soapy cloth, and please be careful not to splash water on the electrical components and under the running belt.

Warning: Be sure to unplug the power supply of the electric treadmill before moving the motor protection cover. Open the motor protection cover at least once a year to vacuum and clean the motor.

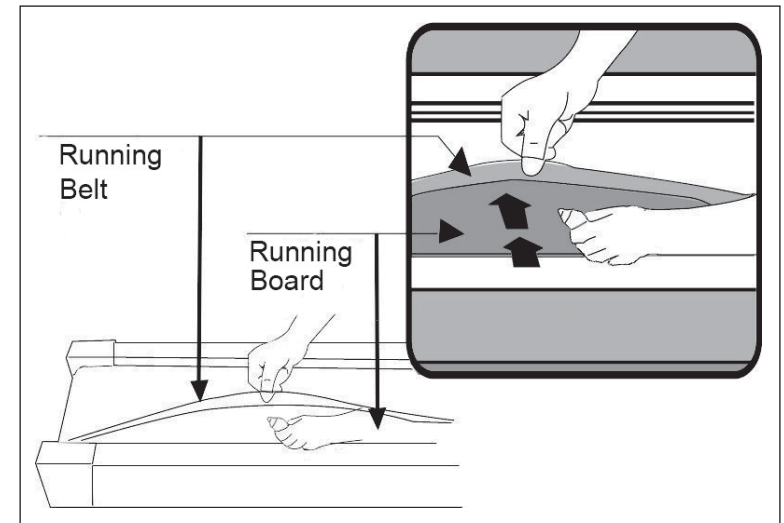
LUBRICANTS FOR RUNNING BELTS:

Our electric treadmill has been lubricated in advance. The friction between the running belt and the running board has a great influence on the service life and performance of the electric treadmill, so lubricating oil must be applied regularly. We recommend regular inspections of the deck. If the panel is damaged, please contact our customer service center.

We recommend lubricating between the running belt and the running board of the electric treadmill according to the following schedule: (the usage is as shown in the figure below)

Light user (use less than 3 hours per week)	Once a year
Intermediate users (use 3-5 hours per week)	Once every 6 months
heavy users (more than 5 hours per week)	once every 3 months

Note: Any other repairs must be performed by professionals.

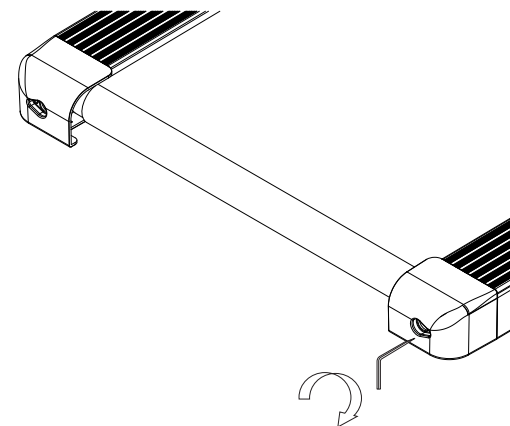


BELT ADJUSTMENT:

Note: In order to better maintain your electric treadmill and prolong the life of the machine, it is recommended that you turn off the power and let the machine rest for 10 minutes before using it after 1.5 hours of continuous use.

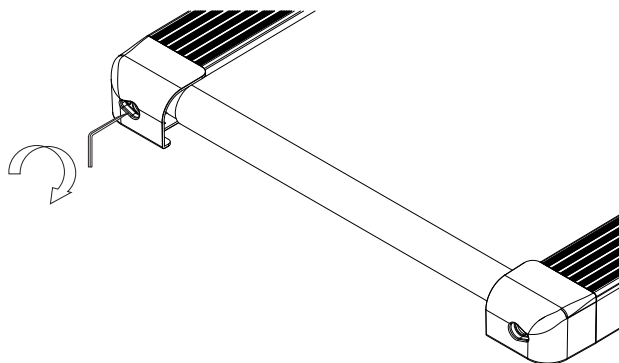
1 Place the electric treadmill on a level surface. Run the electric treadmill at a speed of about 4-5 km/H and observe the deviation of the running belt.

2 If the running belt deviates to the right, unplug the safety lock and power switch, turn the adjustment bolt on the right 1/4 circle clockwise, insert the power switch and safety lock, make the treadmill run, and observe the deviation of the running belt. Repeat the above steps until the running belt is centered. Figure A.

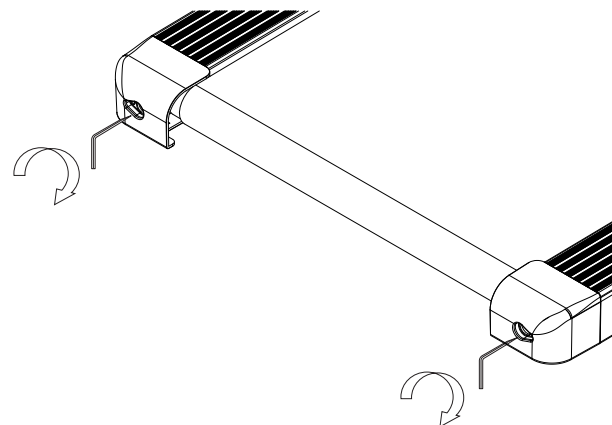


3

If the running belt deviates to the left, unplug the safety lock and power switch, turn the left adjustment bolt clockwise for 1/4 turn, insert the power switch and safety lock, make the treadmill run, and observe the deviation of the running belt. Repeat the above steps until the running belt is centered. Figure B

**4**

After the above adjustments or after a period of use, the running belt will gradually loosen and need to be adjusted. Unplug the safety lock and power switch, and at the same time turn the adjustment bolts on the left and right sides clockwise for 1/4 turn, insert the power switch and safety lock to make the treadmill run, and then stand on the running belt to confirm the tightness. Repeat the above steps until the tightness of the running belt is moderate. Figure C



TROUBLE SHOOTING:

Error Code	Fault description
E01	Communication fault
E02	Software Overcurrent
E03	Hardware overcurrent
E04	Undervoltage

Error Code	Fault description
E05	Overvoltage
E07	Safety lock falls off
E08	Stalled
E09	Hall fault

WARM UP

No matter how you exercise, it is best to do stretching exercises first. Warm muscles are easier to stretch, so take 5-10 minutes to warm up first. Then stop and do stretching exercises as follows-do 5 times, each leg for 10 seconds or more each time, and do it again after the exercise is over.

1. Stretch down

Bend your knees slightly, and slowly bend your body forward to relax your back and shoulders. Try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 1).

2. Hamstring stretch

Sit on a clean seat cushion and straighten one leg. Tuck the other leg inward so that it is close to the inside of the straight leg. Try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 2).

3. Stretching of calf and foot tendons

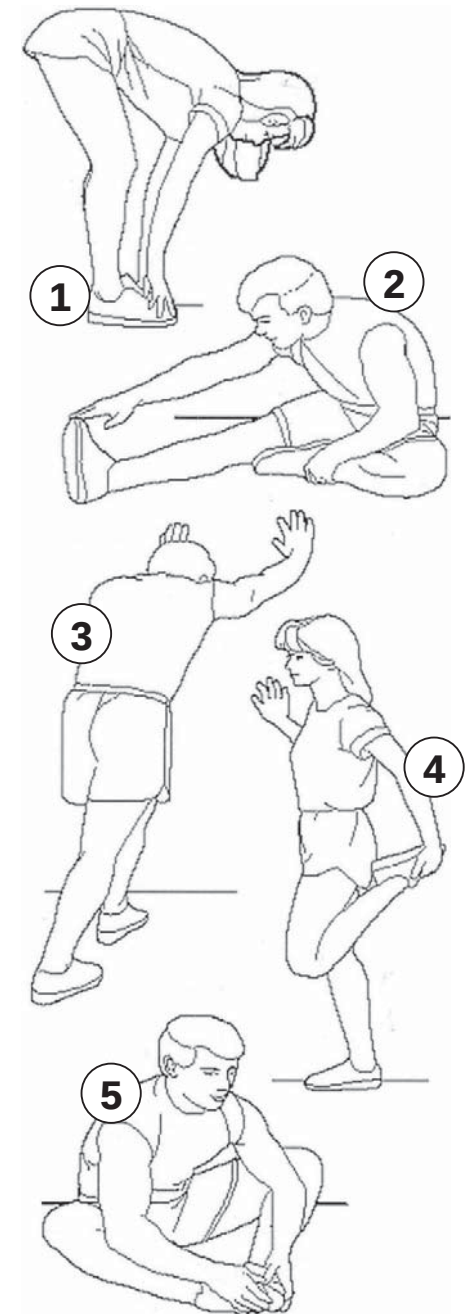
Stand on two supporting walls or trees, with one foot behind. Keep your hind legs upright and your heels on the ground, leaning toward the wall or tree. Hold for 10-15 seconds, then relax. Repeat for each leg 3 times (see Figure 3).

4. Quadriceps stretch

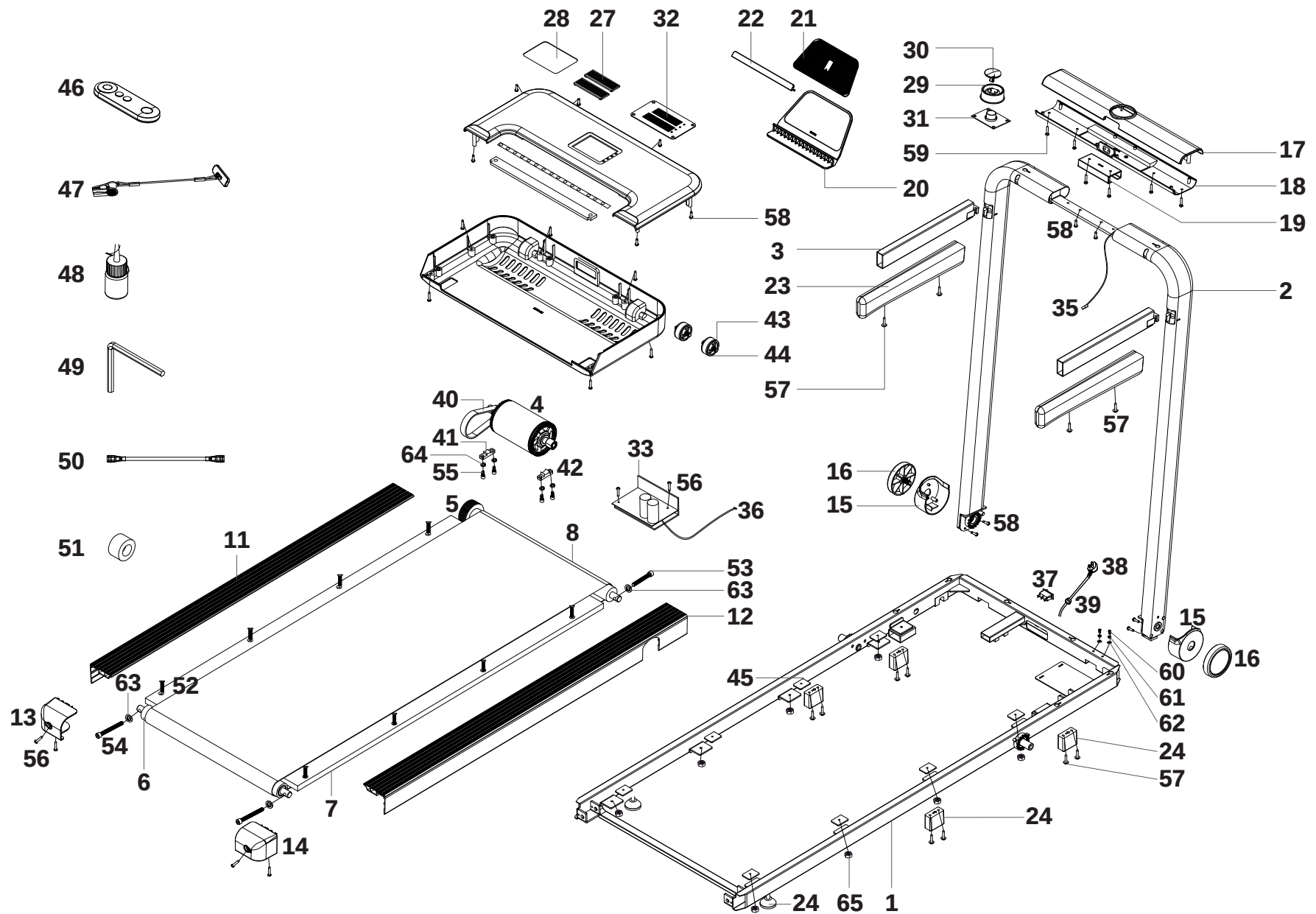
Hold the wall or table with your left hand to grasp the balance, then stretch your right hand back, grab the right heel and slowly pull towards your buttocks, until you feel the muscles in front of your thighs tense. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).

5. The sartorius (the muscles of the inner thigh) stretch

Sit with the soles of your feet facing each other with your knees facing out. Grasp the feet with both hands and pull towards the groin. Hold for 10-15 seconds, then relax. Repeat it 3 times (see Figure 5).



EXPLODED DRAWING



NO	DES.
1	Main Frame Group
2	Column
3	Armrest Group
4	Brushless Motor
5	Front Roller
6	Rear Roller
7	Running Board
8	Running Belt
9	Motor top cover
10	Motor lower cover
11	Left Bar
12	Right Bar
13	Left rear corner guard
14	Right rear corner protector
15	Column outer cover
16	Knob Covers
17	Upper cover
18	Lower cover
19	Remote control box
20	Phone Stand
21	Mobile pad
22	Mobile phone holder

NO	DES.
23	Foam handrail
24	Forefoot pad
25	adjustable foot pads
26	Light guide plate
27	Raster
28	Acrylic stickers
29	Luminous circle
30	Main button
31	Knob PCB
32	Show PCB
33	Lower controller
34	LED strip
35	Upper segment line
36	Lower segment line
37	Square Rocker Switch
38	power cable
39	Power cord buckle
40	Multi V-belt
41	Motor press block A
42	Motor press block B
43	Knurled Shaft
44	Scroll wheel

NO	DES.
45	Rubber mat
46	Remote Controller
47	Safety Lock
48	Oil Bottle
49	Allen Wrench
50	single branch line
51	Magnet ring
52	Hex socket countersunk head screw
53	Hexagon socket head cap screws
54	Hexagon socket head cap screws
55	Hexagon socket head cap screws
56	Cross Recessed Pan Head Self-tapping Self-Drilling Screws
57	Cross recessed pan head self-tapping self-drilling screws with pad
58	Cross recessed pan head tapping screws
59	Cross recessed pan head tapping screws
60	Cross recessed pan head tapping screws
61	Standard Spring Washers
62	Internal Serrated Lock Washers
63	Internal Serrated Lock Washers
64	Standard Spring Washers
65	Hex lock nut

FCC WARNING

Any Changes expressly or modifications not 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.

FCC Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

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

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.

Model: AU-T022

Xiamen Joycon Health Technology Co., Ltd
Add: No. 999, Xinmin Avenue, Xinmin Town,
Tongan District, Xiamen, China

Made in China   