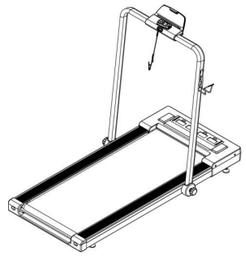
User Manual



Motorized Treadmill

Model: MK-1009

Shenzhen Taibon Technology Co., Ltd.
Add:8D-3, International Trade Commercial and Residential Building, No. 3009, Nanhu Road, Jiabei Community, Nanhu Street, Luohu District, Shenzhen

Made in China

材质: 105g铜版纸
尺寸: 148.5x210 mm
印刷: 单黑双面印刷
装订方式: 骑马钉装
封面封底内页留白,最后多出来的一页留白

Introduction

Thank you for purchasing the Motorized Treadmill. Please read this user manual carefully and keep it in a safe place for future reference. If you need any assistance, please contact our support team with your product model number and Amazon order number.

Safety precautions

Warning: We suggest that you should consult with your physician or health professional before starting your workout, especially for people age over 35 or with health-related problems. We take no responsible for any damages or physical injuries if you don't following our instruction. Treadmill should be carefully assembled and covered the motor shield, then connect to the power.

Attention:

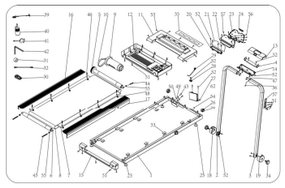
01. Please ensure that the safety clamps were attached to the clothing or belts before using the treadmill.
02. Please do not insert any items to any part of the equipment, which would damage the equipment.
03. Position the treadmill on a clear level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.
04. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.
05. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
06. Keep the children and pets away from the treadmill while starting workout.
07. Don't exercise in 40+Mins after dinner.
08. The equipment is suitable for adults. Juveniles need be accompanied with adults while workout.
09. You must hold on to the handrails until you become comfortable and familiar with the treadmill when first start the workout.
10. Treadmill is indoor-using equipment, not outdoor-using for avoiding damage. Keep the store-place clean and flat, drying. Prohibiting other purpose of using, only for workout.
11. Please purchase the power-line to the distributor or contact with us directly, for the power-line only equip to the treadmill.
12. If the treadmill suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.
13. Do not connect the line to the middle of cable, do not lengthen cable or change the cable plug, do not put any heavy thing on cable or put the cable near the heat source; forbid using socket with several holes, these may cause fire or people may be hurt by the power.
14. Cut off the power when the equipment is not used. When the power is cut off, do not pull the power-line to keep the wire in good condition.Insert the plug to the socket with the safety ground circuit, for the power-line is professional equipment. You must contact with the professional people directly while the line is damaged.

15. This Treadmill only for home-using.
16. Safety area behind the treadmill: 1000*3000MM.

Weight Limit

Do not exceed the maximum rated weight (220lbs / 100kg).

Exploded Diagram



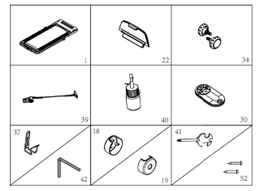
Parts List

No.	DESCRIPTION	QTY	No.	DESCRIPTION	Qty
1	Main frame	1	20	Base of IP rack	2
2	Left upright tube	1	21	Rubber pad of IP rack	1
3	Right upright tube	1	22	Front cover of IP rack	1
4	Computer connection board	1	23	Rear cover of IP rack	2
5	Front roller	1	24	IP rubber band	2
6	Rear roller	1	25	foot pad	4
7	Running board	1	26	Moving wheel	2
8	Running belt	1	27	Control board	1
9	DC motor	1	28	Wire clip	1
10	Motor belt	1	29	Power wire	1
11	Motor top cover	1	30	Remote control	1
12	Motor bottom cover	1	31	Magnetic ring	1
13	Computer top cover	1	32	Brown single wire	1
14L/R	Computer bottom cover	1	33	Rubber pad	8
15	Back end cap	1	34	Fixed pin	2
16	Left side rail	1	35	Acrylic sticker	1
17	Right side rail	1	36	Computer bottom wire	1
18	Left side cover	1	37	Bottle cage	1
19	Right side cover	1			

NO.	DESCRIPTION	SPECS.	QTY
38	Rail rachis		2
39	Safety key		1
40	Oil bottle		1
41	Wrench with screw driver	5#13/14/15	1
42	6# Allen wrench	6mm	2
43	Bolt	M5*12	2
44	Bolt	M5*35	1
45	Bolt	M5*65	2
46	Bolt	M8*30	8
47	Bolt	M6*20	4
48	Lock nut	M6	8
49	Spring washer	8	2
50	Flat washer	8	2
51	Bolt	4.2*19	15
52	Bolt	4.2*13	25
53	Bolt	4.2*15	2
54	Bolt	M5*8	1
55	Lock washer	8	3
56	Bolt	2.9*9.5	4
57	Bolt	2.6*6	5

Assembly Instructions

Package Included



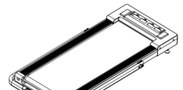
NO	DES.	Nos.	NO	DES.	Specification	Nos.
1	Main frame	1	30	Remote control		1
22	IPAD rack	1	37	Bottle cage		1
34	Fixed pin	2	41	Wrench with screw driver	5#13/14/15	1
39	Safety key	1	42	6# Allen wrench	6mm	1
40	Oil bottle	1	52	Bolt	4.2*19	2
18	Left side cover	1	19	Right side cover		1

Fixing Tools:
Wrench with screwdriver 5#13/14/15 1PC

Notice: Do not plug the product into power before complete assembly

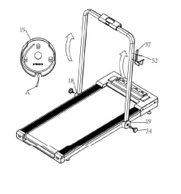
Step 1

1. Open the carton, take out all the parts, put the Main Frame on the level ground.



Step 2

1. Pull up the computer and left/right upright tube.
2. Put the Left/Right side cover(18/19) onto the upright tube as the left picture. Then use two fixed pins(34) to lock the left/right upright tube onto the main frame tightly. (NOTE: Before put the right side cover (19) onto upright, the wire A shall be assembled like left picture to avoid pressing wire.)
3. Use wrench with screw driver to lock the bolt(54) and bottle cage(37) onto the right upright tube.



Step 3

1. Put the safety key(37) and IPAD rack(22) on the computer.
2. After getting through the power, the treadmill can be started by remote control(30).

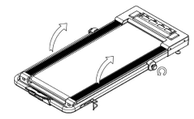
EXERCISE MODE

1. **Walking mode:** If you want to switch the treadmill to walking mode when it is in the state of the picture B, you shall loosen the fixed pins, then put down the upright tubes as shown in picture B. Screw the fixed pin tightly.

NOTE: the power must be cut off before switching exercise mode.

2. **Running mode:** If you want to switch the treadmill to running mode when it is in the state of the picture B, you shall loosen the fixed pins, then pull up the upright tubes as shown in picture A. Screw the fixed pin tightly.

NOTE: the power must be cut off before switching exercise mode.



Product Specifications

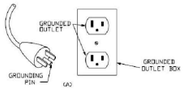
BUILT UP SIZE (mm)	1336*798*1085mm	POWER	As the rating label showing
FOLDABLE SIZE (mm)	1505*798*1530mm	Maximum output power	As the rating label showing
RUNNING SURFACE SIZE (mm)	430*1100	SPEED RANGE	0.5-7.5MPH
NET WEIGHT	75LB	MAX AFFORDABLE WEIGHT	220LB
LED WINDOW	Speed, Time, Distance, Calories		

Grounding Methods

This product must be grounded. If it malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The 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 100V~20 volt 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. (The below picture is just for reference, the actual plug and jack is depends on import country)

Grounding methods



Operation

Display Window

1. Parameter Details

parameters in various running modes:

- the minimum speed displayed is 0.5MPH
- the maximum speed displayed is 2.5mp /H in toilet mode, 7.5mp /H in expansion mode

2. LED Window Display Details

SPEED: show running speed.
TIME: Show running time.
DIS: show running distance.
CAL: show calories.

3. Remote Control Function

3.1. START Button, STOP Button.
3.2. Speed+/- button.

4. Remote Control Operation Description

4.1. START button: Press this button to start the machine.
4.2. STOP button: When the treadmill is running, Press this button to stop the treadmill.
Press once to get into pause status. Press twice to clear the data.
4.3. SPEED+/- Adjust the speed. Press the button to adjust the speed when running.

5. Main Function

Open the power switch, the screen window will light up, the machine will enter into standby state.
5.1. Start-up Quickly (Manual).
Put safety key, press "START" button, the treadmill will run at the lowest speed in 3 seconds, press SPEED+/- to adjust the speed. Press the "STOP" button or take out the safety key directly to stop the treadmill.

6. Sleep Function

Stopped for more than 2 minutes without any operation, the system is reset to standby state and the backlight is off. When it is more than 10 minutes, the system turns off all displays and enters a deep mode. Press any key to wake up.

7. Safety Key Function

When the mode is switched to flat walking mode, the safety key is invalid. Only when it is under the running mode can the safety key work normally. Under the running mode, the safety key should be placed in the designated position before controlling the treadmill. Take off the safety key, and the LED window of the computer shows "--", accompanied by a warning sound. If the safety key is taken off in the running state, the system will quickly stop. When you put back the safety key, all the running data will be reset.

8. Speed Switch Instruction

When in walking mode(the left/right upright is put down), the max speed can only be up to 2.5MPH. When in running mode(the left right upright is pull up), the max speed can be up to 7.5MPH.

Exercise Instructions

Warm up stage

Before you use the motorized treadmill, please learn how to control the machine first, know well how to start, stop, adjust the speed and so on. After that, stand on anti-slip pad both sides and hold the handle bar with your both hands. Keep the machine at the low speed about 1.0~2.0 mph. Stand straight and test the running machine by one foot, after get used to the speed, you can begin to run and can increase speed to 1.9~3.1 mph. Keep the speed about 10 minutes, then stop the machine.

Exercise stage

Learn how to adjust the speed and incline before using. Walk about 0.6 mile at stable velocity, it will take you about 15-25 minutes. If walk at 3.0 mph, it will take you about 12 minutes in 0.6 mile. If you feel comfortable at the stable velocity, you can add the speed and incline, after 30 minutes, you can have good exercise. At this stage, you can not add the speed or incline too much at one time, it is good for your health.

Exercise Intensity

Warm up at the speed 3.0 mph in 2 minutes, then add the speed to 3.3 mph and keep walking in 2 minutes, then add to 3.6 mph and walk in 2 minutes. After that, add up 0.2mph in each 2 minutes, until rapid breath but not feel difficulty. Finally, you should slow down the speed step by step for 4Mins.
If you feel it is difficult to increase the speed to strengthening exercise, please increase the incline slowly. Increasing the incline slowly will improve the exercise intensity greatly.

Calorie burning---the most effective way

Warm-up for 5 mins by the velocity: 2.5-3.0 mph, then slowly increase the speed by 0.2 mph/2Mins, until up to the stable speed which you feel is Challenging for 45Mins.For improving the intensity of movement, you can maintain the speed during 1h of TV program, then increase the speed by 0.2 mph each Advertisement Interval time, after that return to the original speed. You can acquaint the best efficiency of workout for calorie burning during the advertisement time and subsequent heart frequency increasing time. Finally, you should slow down the speed step by step for 4Mins.

Exercise Frequency

The cycle time: 3-4times/Week, 15-60mins/Times. Make up the schedule of workout scientific, not only for your hobby.
You can control the running intensity through adjusting the velocity and incline of treadmill. We suggest that you don't set the incline at first. Improve the incline is the effective way to strengthen the exercise's intensity.
Consult with your physician or health professional before starting your workout. The professional people can help you make up the suitable exercise time-chart according to your age and health condition, determine the velocity of movement, the intensity of exercise. Please stop at once, if you feel chest tightness, chest pain, irregular heartbeat, breath difficulty, dizziness or other discomfort during exercise. You should consult with your physician or health professional as soon as possible.
You can choose the normal walking speed or the jogging speed, if you always take workout with treadmill.
If you don't have enough experiences or confirm the testing velocity, you can follow the instruction:
Speed 0.6~1.9 mph: people not well physically
Speed 1.9~2.8 mph: people less movement or workout
Speed 2.8~3.8 mph: people normal walking
Speed 3.8~4.7 mph: Fast walking people
Speed 4.7~5.6 mph Jogging
Speed 5.6~7.5 mph intermediate speed running
Attention: The velocity of movement **≤3.8mph is suitable for normal walking**. The velocity of movement **≥ 5.0 mph is suitable for runner.**

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

WARM UP INSTRUCTION

Before exercise, it is better to do stretching exercises. Warm muscles stretch more easily, spend the first of 5 ~ 10 minutes to warm up, then in accordance with the following methods to stop and do stretching exercises - do five times, each leg every time 10 seconds or more time to do it again after the end of the exercise.

1. Down the stretch: knees slightly curved, the body bent forward slowly, so that the back and shoulders relaxed, hands try to touch your toes. Maintain 10 to 15 seconds, then relax. Repeat three times to do (see Figure 1).
2. Hamstring stretch: sitting on the clean seat, put one leg straight forward close to the other leg to make it close to the inside leg straight, hand try to touch the toes. Maintain 10 to 15 seconds, then relax. Repeat for each leg do three times (see Figure 2).
3. Legs and feet tendon stretch: two on the Rotary wall or tree stand, one foot in the past. Keep legs straight and heel to hit the direction of the wall or tree. Maintain 10 to 15 seconds, then relax. Repeat for each leg do three times (see Figure 3).
4. Quadriceps stretch: the left hand wall or table to master balance, and then stretched his right hand back to seize the right foot to the buttocks with slowly pull until you feel the front thigh muscles tense. Maintain 10 to 15 seconds, then relax. Repeat for each leg to do three times (see Figure 4).
5. Sartorius muscle (inner thigh muscle) stretch: Foot in contract, the knee outward to sit down. The hands grasp the foot to the groin pull. Maintain 10 to 15 seconds, then relax. Repeat three times (see Figure 5).

Running Belt Adjustment

Warning: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

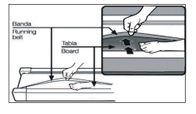
Clean: General cleaning the unit will greatly prolong the treadmill.
Keep treadmill clean regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt by wearing the clean running shoes.
Warning: Always unplug the treadmill from the electrical outlet before removing the motor cover.
At least once a year remove the motor cover and vacuum under the motor cover.

Running Belt and Deck Lubrication

This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt / deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. You need contact with our service center if you find the damage of the deck.
We recommend that lubricate the deck according to the following timetable:

- Light user (less than 3 hours / week) annually
- Medium user (3-5 hours / week) every six months
- Heavy user (more than 5 hours / week) every three months

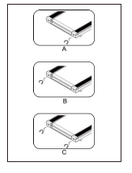
We recommend that you buy the lubrication from our distributor or directly to our company.
Attention: Any repair need professional technician.



1. We suggest that you should cut off the power for 10minutes after keep running 1.5hours, so that it's good for maintain the treadmill.
2. Adjust the tightness of the belt to make sure that it's not too loose or too tight. You can adjust the distance between plates and belt to ensure a 50-75mm gap from both sides.

Center the Running Belt

- Place treadmill on a level surface. Run Treadmill at approximately 3-4mph, checking the running condition.
- If the belt has drifted to the right. Unplug the safety lock and power switch, turn the right adjusting bolt 1/4 turn clockwise, then start running until centering the belt. ITEC A
- If the belt has drifted to the left, pull out of the safety lock and switch, turn the left adjusting bolt 1/4 turn clockwise, then start running until centering the belt. ITEC B
- Finely adjust the tightness of the belt, for the looseness after a period of time running. Pull out of the safety lock and switch, turn the left and right adjusting bolt 1/4 turn clockwise, then re-start running, confirm the belt-tightness until the belt be right tightness. ITEC C



TROUBLE SHOOTING

ERROR CODE	REASON	CORRESPONDING SOLUTION
E01	The wire connecting with computer might not connect well or broken or bad contact.	Reconnect wire.
	The computer's signal can not output.	Change a good computer and take to maintain.
	The control board's signal can not output.	Change a good control board and take to maintain.
E02	The wire connecting with motor might not connect well.	Check if the wire connecting with motor is properly connected.
	The control board do not output the voltage or the abnormal output of voltage.	Change a good control board and take to maintain.
	The motor break down.	Change a good motor.
E03	Speed sensor is not correctly assembled on motor.	Take down the speed sensor, assemble it again.
	The speed sensor break down.	Change a good speed sensor.
	The control board detect failure efficacy.	Change a good control board and take to maintain.
E05	The treadmill load exceed the rated working current of the motor.	Advise to use under rated working current range.
	The construction of treadmill and motor has problem, which make the motor suffer the resistance or even be blocked.	Check if the construction of treadmill is correct.
	The current-limiting system of control board go bad.	Change a good control board, and take the fault one to maintain.
E06	The supplied power voltage is lower than standard voltage.	Check if the power supplied wire is normally connected.
	The control board detection loss efficacy.	Change a good control board and take to maintain.

Note: if the color and structure of the picture in this manual are slightly different from the real one, please refer to the real one. The company reserves the right to improve the product. No further notice will be given.

Customer Support

If your need help regarding product issues, after-sales service, or other relevant problems, please contact us via the e-mail.

*Please have the following information ready when requesting for service:

- Order ID
- Problem Description

*Note: Products purchased directly from will enjoy our after-sales service. If the purchases are made from other selling teams, we recommend you contact them for warranty issues.