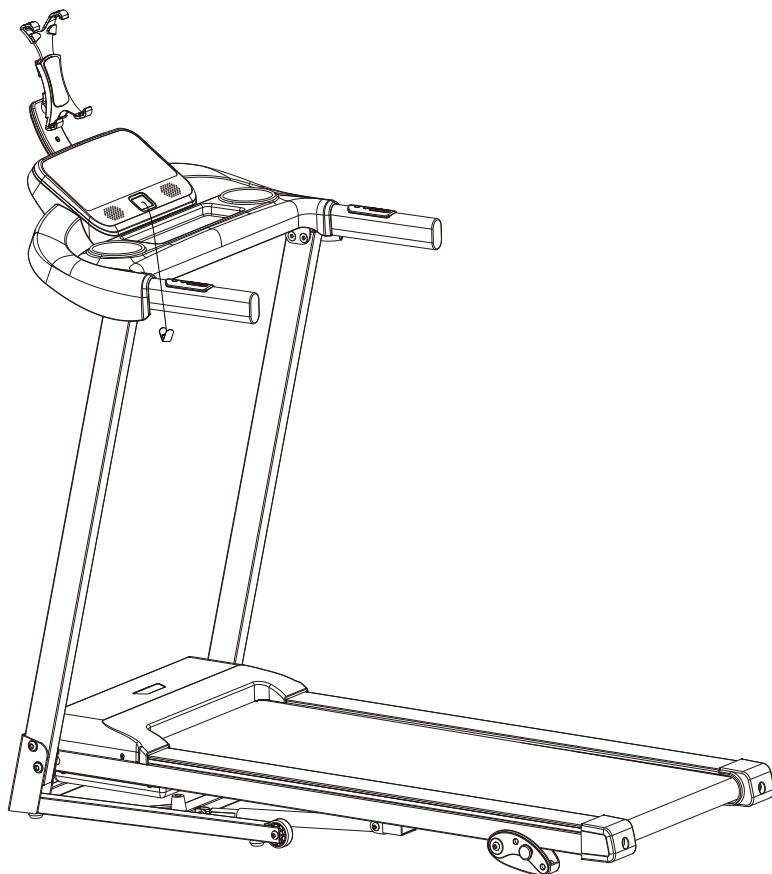


T70 Assembly Manual For Treadmill



Customer Service Email: salesfamistar@gmail.com;

- Before deciding to return a product, please contact us first. We will offer a professional resolution and ensure a faster, smoother process for you.
- If you have any question about your order or our product, please do not hesitate to send us an email. We will respond within 24 hours.

WARNING

Please read all precautions and instructions in this manual in detail before using this equipment. Save this manual for future reference.

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FCC Statement:

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try 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.

Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment complies with 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..

Dear customer,

Thank you for choosing Famistar.

We cherish your order and take you as our VIP customer.

If you have any question after receiving your package, please feel free to contact us and leave us the message with your order number. Our professional engineering team and customer service team will resolve it well. They are friendly and hassle-free.

Customer Service E-mail: salesfamistar@gmail.com; Any email from our customers, we will reply you as soon as possible. Please patiently wait for us to offer you a satisfactory solution, usually needs 24 to 48 hours, up to 72 hours nearby weekends.

Customer Service Phone Number: 1-833-777-8263; Monday to Thursday Working Time: 5:00 am to 8:00 am PST, 9:00 am to 5:00 pm PST, 7:00 pm to 10:00 pm PST; Friday Working Time: 5:00 am to 8:00 am PST, 9:00 am to 1:00 pm PST. Pls send us an email, if you cannot reach us by phone.

Best Regards,
Famistar Official

NOTE: Our treadmills are customized with high quality. However, It's unavoidable that electrical items can more possibly have issues than other ordinary items. It can happen that the treadmill does not work as expected due to some reasons like rude transportation of the carrier, your incorrect operation, etc, but please don't worry, just send us email to salesfamistar@gmail.com and we will help you to resolve it well.

• SAFETY CAUTIONS

WARNING

Before starting any exercise program, it is recommended that you should consult a professional doctor, especially if you are over 35 years old, or you ever have health problems. We are not responsible for any resulting injuries.

WARNING

To reduce the risk of burns, fire, electric shock, or injury to persons, please carefully read and understand all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. Famistar assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

WARNING

To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and/or the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

PRECAUTIONS

1. Ensuring the safety clamps were attached to the clothing or belts before using the treadmill.
2. Please do not insert any items to any part of the equipment, which would damage the equipment.
3. Position the treadmill on a clean, 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.
4. 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.

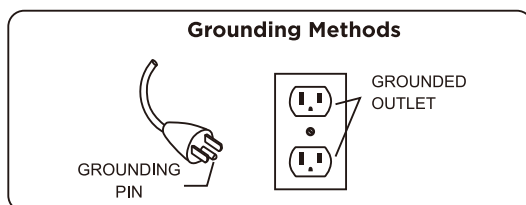
5. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
6. Keep the children and pets away from the treadmill while starting workout.
7. Do not exercise in 40-Minutes after meal.
8. The equipment is suitable for adults, Minors must be accompanied by adults while workout.
9. You must hold the handrails until you become comfortable and familiar with the treadmill when you use the treadmill at your first time.
10. Treadmill is an indoor-using equipment, not outdoor-using for avoiding damage. Keep the place clean, flat and drying. Please do not modify it for other purposes, only for workout.
11. The power cord of the treadmill is dedicated. If the power cord is damaged, please buy it from the dealer or contact our company directly.
12. If the treadmill speeds up suddenly due to an electronics failure or the speed being inadvertently increased, please pull off the safety key from the console immediately so that the treadmill will come to a sudden stop to ensure your safety.
13. Do not insert wire to the middle of power cord; Do not extend cable or change the cable plug; Do not put any heavy things 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 supply when the treadmill is not used for a long time. When cutting off the power, do not pull the power cord, you must grasp the power lug and pull it out to avoid breaking part of the wire in the power cord. Insert the plug to the socket with the safety ground circuit. The power cord of the treadmill is dedicated, please contact us if the power cord is damaged.
15. This Treadmill only for home-using.

Grounding Instructions

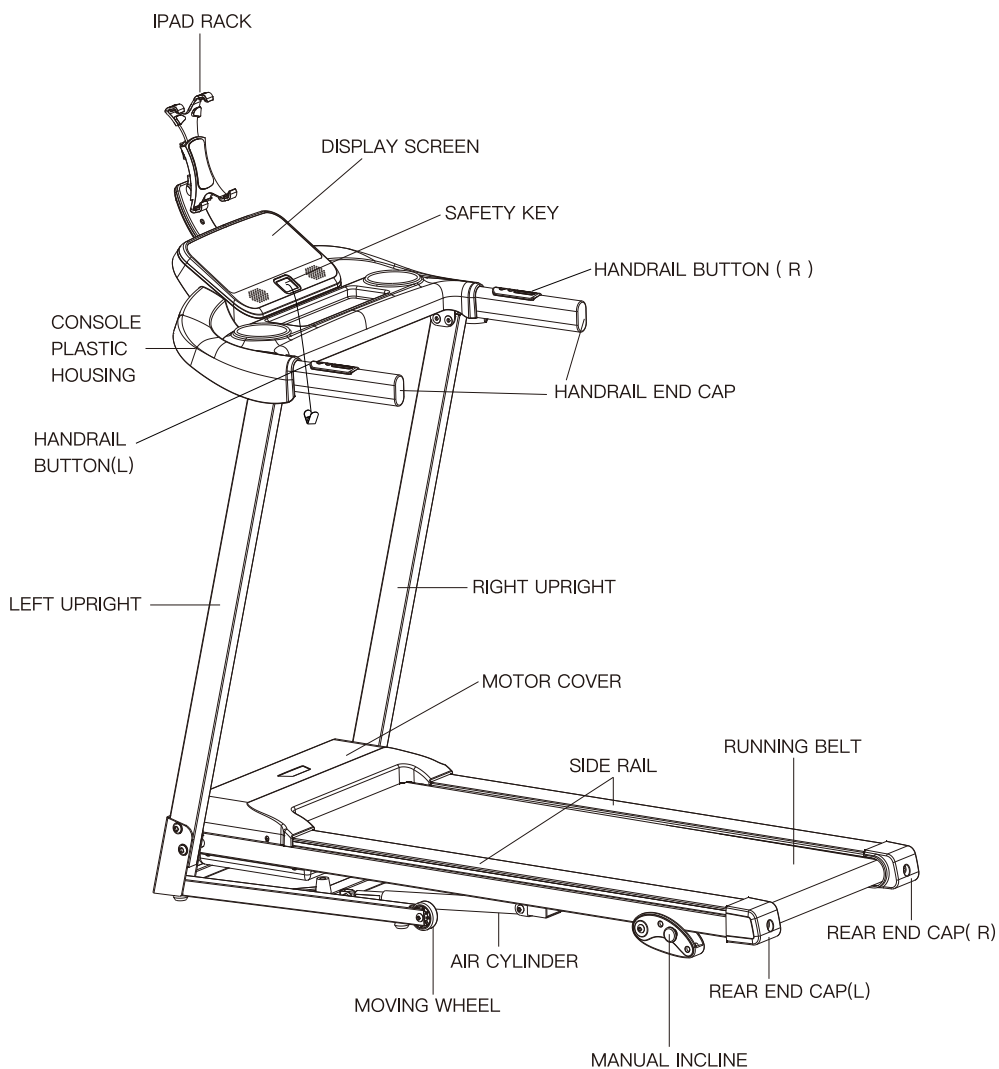
The products must be grounded first. If malfunction or breakdown occurs, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock. The product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged 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 products are properly grounded. Do not modify the plug provided with the product if it will not fit the outlet, have a proper outlet install by a qualified electrician. The products is for use on AC 110–220 volt and has a grounding plug that looks like the plug illustrated in the figure. Make sure that the product is connected to an outlet having the same configuration as the plug. There is no need to use any adapter for this product.



• **PRODUCT SKETCH**

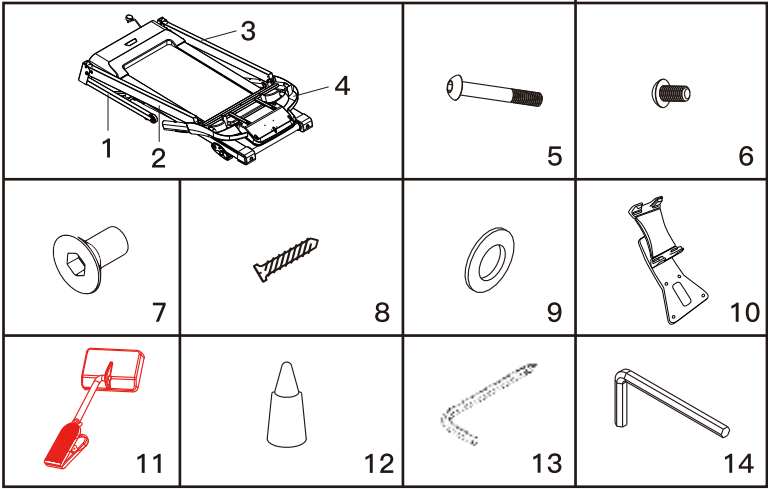


TECHNICAL PARAMETER

MAIN TECHNICAL PARAMETER		
NO.	ITEM	DATA
1	MODEL	T70
2	INPUT VOLTAGE	AC 110-120V(60Hz)
3	RUNNING AREA	15.7"*42.1"
4	SPEED	0.6-7.5mph
5	USB CHARGING PORT	5.0V/1.5A
6	ASSEMBLY SIZE	54"*27"*52"

• ASSEMBLY INSTRUCTION

OPEN THE BOX YOU CAN FIND ALL PARTS AS BELOW

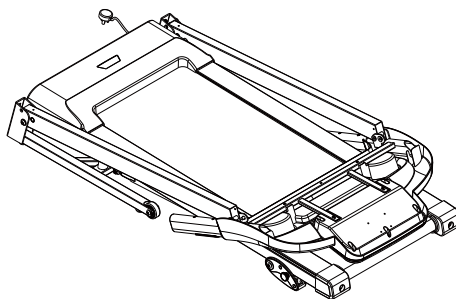


PARTS LIST

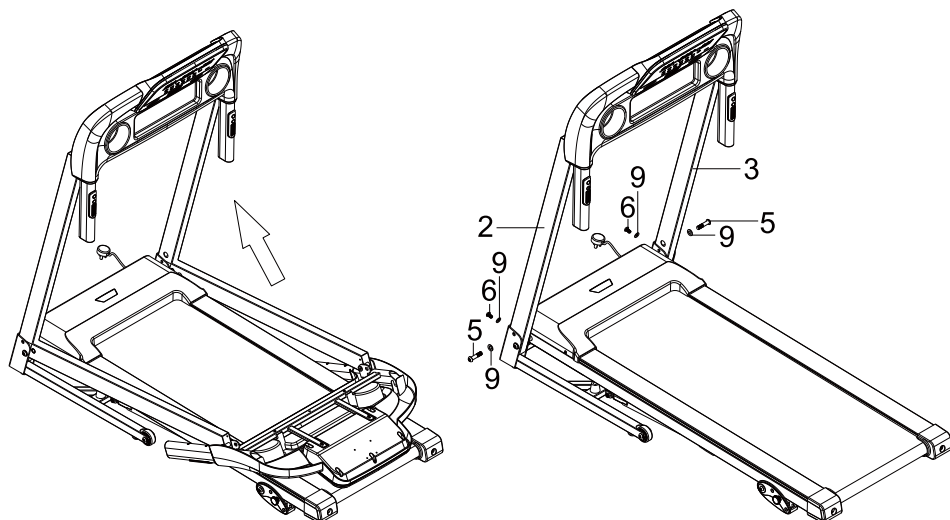
NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
1	MAIN FRAME	1	9	FLAT WASHER M8	4
2	LEFT UPRIGHT	1	10	IPAD RACK	1
3	RIGHT UPRIGHT	1	11	SAFETY KEY	1
4	CONSOLE RACK	1	12	LUBRICATION OIL	1
5	SCREW M8*45	2	13	5mm WRENCH	1
6	SCREW M8*15	2	14	6mm WRENCH	1
7	BOLT M8*15	2			
8	SCREW M4*15 (Pre-assembled at the back of the console)	4			

STEP 1 :

1. Open the carton box, and take out all the protection foam and assembly parts.
2. Take out the treadmill from the box, lay it on the flat floor, and then use scissors to cut the cable ties that bound on the treadmill. (Note: Do not cut the cable ties before taking the treadmill out of box.)

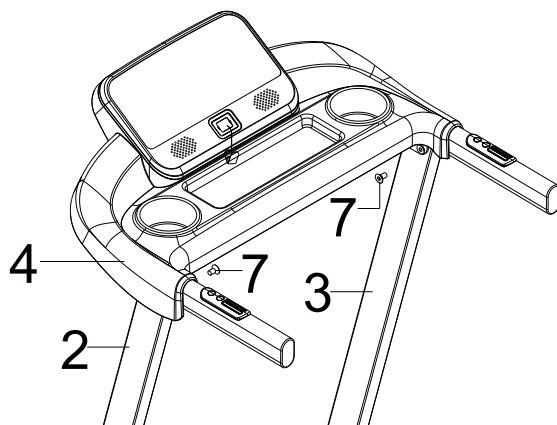

STEP 2 :

1. Lift up the left and right uprights (2, 3).
2. Use the 5mm wrench (13) to fix the left and right uprights (2,3) to the side holes of the base with 2 screws M8 * 45 (5) and 2 flat washers M8 (9).
3. Use the 5mm wrench (13) to fix the left and right uprights to the front holes of the base with 2 screws M8 * 15 (6) and 2 flat washers M8 (9).



STEP 3:

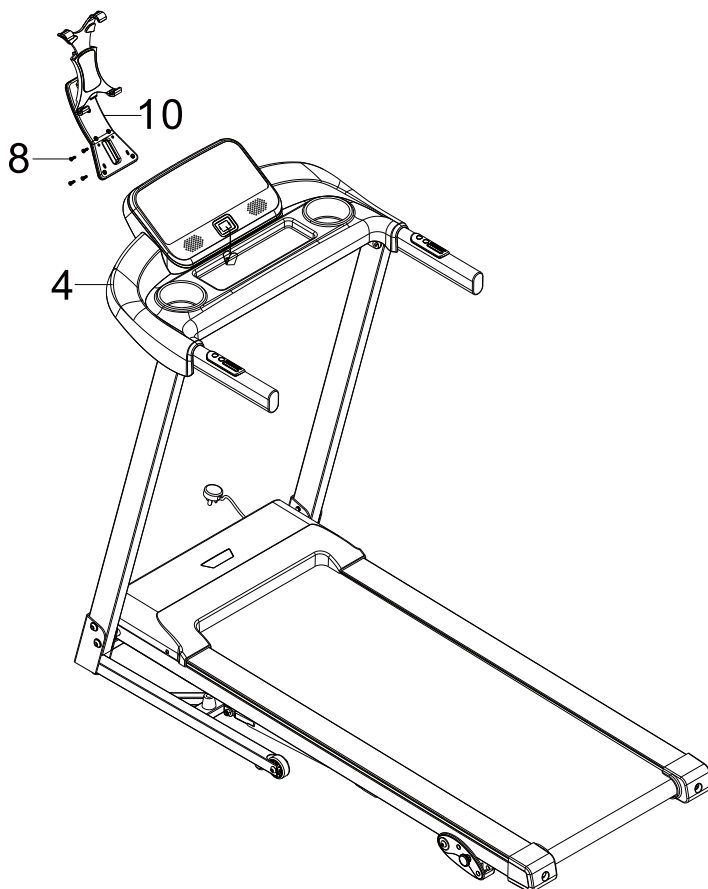
1. Lift the console up and use a 5mm wrench (13) to install the console rack (4) to the left and right uprights (2, 3) with 2 bolts M8 * 15 (7).



STEP 4:

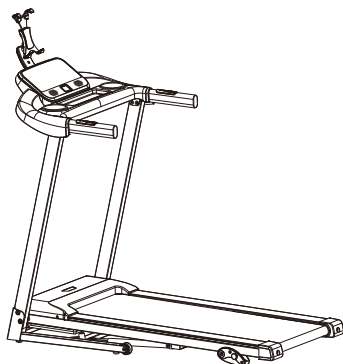
1. Use a 5mm wrench(13) to remove the 4 screws M4*15(8) from the back of the console rack(4), then you can install the IPAD rack(10) onto the console rack(4) with the removed 4 screws(8).

NOTE: This step uses the pre-assembled 4pcs screw M4*15 on the back of the treadmill console to install the IPAD rack.



Step 5:

1. For your safety and comfort, please check if all screws are fastened.
If yes,congratulation! A brand new motorized treadmill has been successful assembled!



START YOUR WORKOUT

- 1.Plug the treadmill and turn on the red switch behind the motor cover.
- 2.Attach the clip end of the **Safety Key**  to your clothes and then put the magnetic end of the key on the computer console. (If safety key is not in place, the screen will show ----.)
- 3.Press the **START** button  to start the machine. The machine will start at the system default setting speed of 0.6 MPH. When you feel comfortable, you may slowly increase this speed.

When you finish your exercise, press the **Stop/ Pause** button  to stop the machine or you can take off the magnetic end of the Safety Key to stop the machine.

• OPERATION GUIDE



1.DISPLAY INSTRUCTION:

PULSE: When the user holds both hands on the pulse sensors for seconds, the main window will display his/her heart rate. Meanwhile, the white light is flashing on the “PULSE”. Heart rate range 50–190 beats/Minute(It’s for reference only, not for medical data).

SPEED: When the white light flashing on the ”SPEED”, the main window displays the current running speed. Speed range: 0.6–7.5MPH.

TIME: When the white light flashing on the “Time” ,the main window displays the current time of workout. Time range 0:00~99:00 minutes. The value will be cleared and starts at 0.00 again if the time over 99:00 minutes.

DIS: When the white light flashing on the “DIS.” , the main window displays the distance of the current workout. Distance range 0.00 to 99.0 miles. The value will be cleared if the distance over 99.0 miles and then starts at 0.00 again.

CAL: When the white light flashing on the “CAL.” , the main window displays the burnt calories of current workout. Calories range 0–990 Kcal. The value will be cleared if the calories over 990 and then starts at 0:00 again.

2.BUTTON FUNCTION

2.1 “START” BUTTON

When the power is on, the motorized treadmill defaults to the quick start mode. Press ”START” button, the equipment will start to work after 3 seconds, and the speed displays 0.6.

2.2 “PAUSE/STOP” BUTTON

Press ” PAUSE/STOP” button in the running state, the equipment will pause and keep the current data. Press ” PAUSE/STOP” button in the pause state, the equipment will stop and all data will be cleared, and return to manual mode as well which means you should reset all functions again when you want to restart running.

2.3 “P” BUTTON

Press “P” button to select 12 programs. “P01”–“P08” is for workout program, “U-1”–“U-3” is for user program, “Fat” is for body fat testing program. Press “START” button to start the machine.

2.4 “M” BUTTON

Press “M” button to select three different countdown modes: TIME, DISTANCE and CALORIE. Press “+”, “-” on the console or SPEED “+”, “-” on the right handrails to adjust the value. Press “START” to start the treadmill after setting.

2.5 SPEED BUTTON

Press the “+” / “-” keys on the console or the SPEED “+”, “-” on the right handrail can adjust speed by 0.1Mile/time. Press and hold for more the 2 seconds to adjust the speed continuously, and speed adjustment range is 0.6~7.5mph.

2.6 QUICK SPEED KEY

In the running state, you can directly use the quick speed keys “2”, “3”, “5” to adjust the speed quickly.

3. FUNCTION INSTRUCTION

3.1 SAFETY KEY

Attach the safety key in the yellow area of the console, then motorized treadmill can be started. Unplug the safety key, the screen will display “----” to stop the machine with a “Di-Di-Di” alarm.

3.2 SLEEP FUNCTION

When the treadmill is on, press the “PAUSE/STOP” button twice continuously, then the treadmill will stop operating and all data on the screen will be reset to 0. After there is no operation for about 5 minutes, the screen will be off automatically. Next, the treadmill will enter sleep function, but you can wake up the screen by pressing any button on the console.

3.3 QUICK START

Press “START” button, the treadmill starts after a 3–seconds countdown.

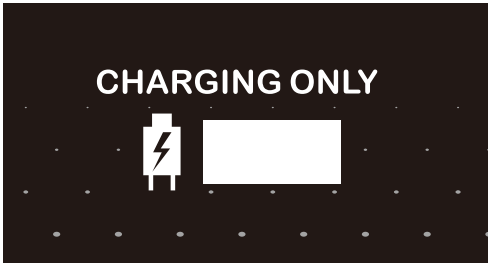
3.4 COUNTDOWN MODE

Press “M” key continuously, the white light flashing on the “TIME”, “DIS” and “CAL” to select TIME countdown, DISTANCE countdown, CALORIE countdown, then press “+”, “–” on the console or SPEED “+”, “–” on the right handrail buttons to adjust data. After finished setting, press “START” button to start the machine by 3 seconds countdown.

PARAMETER	INITIAL DATA	ADJUSTMENT RANGE	
TIME	30:00	5:00	99:00
DST	1.0	1.0	99.0
CAL	50.0	20.0	990.0

3.5 USB JACK FUNCTION

The USB jack provides charging function only.



3.6 PRESET PROGRAMS

Press “P” to enter program mode. The treadmill has 8 programs, 3 user program and 1 body fat test program.

3.6.1 PROGRAM OPERATION

Press “P” key continuously to select “P01”, “P02” ... “P08” program, then press “M” key to select “L01”, “L02” ... “L08”, and then press “+”/“-” to adjust time, press “START” to start the machine after setting. All the preset programs are made up with 18 time-based segments; the speed is preset on each segment. The elapse time of 18 segments on each program will be automatically arranged according to the time you set for your workout time. There are 64 preset programs for 8 different training goals, and 8 different intensity levels on each training goals.

PRESET PROGRAM CHART

P1. WEIGHT LOST

SPEED CHANGES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1 (Mile/H)	0.6	1.2	1.2	1.8	1.8	1.8	2.5	3.1	3.7	3.7	4.3	3.7	3.1	2.5	2.5	1.8	1.2	1.2
Level 2 (Mile/H)	0.6	1.2	1.2	1.8	2.5	2.5	3.1	3.7	5	5	6.2	5	5	3.1	3.1	1.8	1.2	1.2
Level 3 (Mile/H)	0.6	1.2	1.8	2.5	3.1	3.1	3.7	5	5.6	6.2	7.5	6.2	5	4.3	3.7	2.5	1.8	1.2
Level 4 (Mile/H)	0.6	1.2	1.8	2.5	3.7	4.3	5	6.2	6.8	7.5	7.5	6.8	6.2	5	4.3	3.1	2.5	1.2
Level 5 (Mile/H)	1.2	1.8	2.5	3.1	4.3	4.3	5	5.6	6.2	7.5	7.5	6.2	7.5	5.6	5	3.7	2.5	1.8
Level 6 (Mile/H)	1.2	1.8	2.5	3.1	4.3	5	5.6	6.2	6.8	7.5	7.5	6.8	6.2	5.6	4.3	3.7	3.1	1.8
Level 7 (Mile/H)	1.2	1.8	3.1	3.7	5	5.6	5.6	6.2	6.8	7.5	7.5	6.8	6.2	5.6	5	3.7	3.7	1.8
Level 8 (Mile/H)	1.2	1.8	3.1	3.7	5	6.2	7.5	7.5	7.5	7.5	7.5	7.5	6.8	6.8	5.6	4.3	3.7	1.8

P2. CARDIO TRAIN

SPEED CHANGES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1 (Mile/H)	0.6	0.6	1.2	1.2	1.8	2.5	3.1	3.7	3.7	4.3	4.3	3.7	3.7	2.5	1.8	1.2	0.6	0.6
Level 2 (Mile/H)	0.6	1.2	1.2	1.8	2.5	3.1	3.7	4.3	4.3	5	5	4.3	4.3	3.1	2.5	1.2	1.2	0.6
Level 3 (Mile/H)	0.6	1.2	1.8	2.5	3.1	3.7	4.3	5	5	5.6	5.6	5	5	3.7	3.1	1.8	1.2	0.6
Level 4 (Mile/H)	1.2	1.2	2.5	3.1	3.7	4.3	5	5.6	5.6	6.2	6.2	5.6	5.6	4.3	3.7	2.5	1.2	1.2
Level 5 (Mile/H)	1.2	1.8	3.1	3.7	4.3	5	5.6	6.2	6.2	6.8	6.8	6.2	6.2	5	4.3	3.1	1.8	1.2
Level 6 (Mile/H)	1.2	2.5	3.7	4.3	5	5.6	6.2	6.8	6.8	7.5	7.5	6.8	6.8	5.6	5	3.7	2.5	1.2
Level 7 (Mile/H)	1.8	3.1	4.3	5	5.6	6.2	6.2	6.8	6.8	7.5	7.5	6.8	6.2	6.2	5.6	4.3	3.1	1.8
Level 8 (Mile/H)	2.5	3.7	5	5.6	5.6	6.2	6.2	6.8	6.8	7.5	7.5	6.8	6.8	6.2	6.2	5	3.7	2.5

P3. FAT BURN

SPEED	CHANGES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	(Mile/H)	0.6	1.2	1.8	1.8	3.1	3.7	4.3	5	5	5	5	4.3	4.3	3.1	2.5	1.8	1.2	0.6
Level 2	(Mile/H)	0.6	1.2	1.8	2.5	3.7	4.3	5	5.6	5.6	5.6	5.6	5	5	3.7	3.1	1.8	1.2	0.6
Level 3	(Mile/H)	0.6	1.2	2.5	3.1	4.3	5	5.6	6.2	6.2	6.2	6.2	5.6	5.6	4.3	3.7	2.5	1.2	0.6
Level 4	(Mile/H)	1.2	1.8	3.1	3.7	5	5.6	6.2	6.8	6.8	6.8	6.8	6.2	6.2	5	4.3	3.1	1.8	1.2
Level 5	(Mile/H)	1.2	2.5	3.7	4.3	5.6	6.2	6.8	7.5	7.5	7.5	7.5	6.8	6.8	5.6	5	3.7	2.5	1.2
Level 6	(Mile/H)	1.8	3.1	4.3	5	6.2	6.8	6.8	7.5	7.5	7.5	7.5	6.8	6.8	6.2	5.6	4.3	3.1	1.8
Level 7	(Mile/H)	2.5	3.7	5	5.6	6.2	6.8	6.8	7.5	7.5	7.5	7.5	6.8	6.8	6.2	6.2	5	3.7	2.5
Level 8	(Mile/H)	2.5	4.3	5.6	6.2	6.8	6.8	7.5	7.5	7.5	7.5	7.5	7.5	7.5	6.8	6.8	5.6	4.3	2.5

P4. POWER WALK

SPEED	CHANGES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	(Mile/H)	0.6	0.6	1.2	1.2	1.8	1.8	2.5	2.5	2.5	2.5	2.5	2.5	1.8	1.2	1.2	1.2	0.6	0.6
Level 2	(Mile/H)	0.6	1.2	1.2	1.2	1.8	1.8	2.5	2.5	3.1	2.5	2.5	2.5	1.8	1.8	1.2	1.2	0.6	0.6
Level 3	(Mile/H)	0.6	1.2	1.2	1.8	1.8	2.5	2.5	3.1	3.1	3.1	2.5	2.5	2.5	1.8	1.8	1.2	0.6	0.6
Level 4	(Mile/H)	0.6	1.2	1.8	1.8	1.8	2.5	2.5	3.1	3.7	3.7	3.1	2.5	2.5	2.5	1.8	1.2	1.2	0.6
Level 5	(Mile/H)	0.6	1.2	1.8	2.5	2.5	3.1	3.1	3.1	3.7	3.7	3.7	3.1	2.5	2.5	2.5	1.8	1.2	0.6
Level 6	(Mile/H)	0.6	1.2	1.8	2.5	3.1	3.1	3.7	3.7	3.7	3.7	3.7	3.1	3.1	2.5	2.5	1.8	1.2	0.6
Level 7	(Mile/H)	0.6	1.2	1.8	2.5	3.1	3.7	3.7	4.3	4.3	3.7	3.7	3.7	3.1	3.1	2.5	1.8	1.2	0.6
Level 8	(Mile/H)	0.6	1.2	1.8	2.5	3.1	3.7	4.3	4.3	4.3	4.3	3.7	3.7	3.7	3.1	3.1	2.5	1.2	0.6

P5. INTERVAL

SPEED	CHANGES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	(Mile/H)	0.6	1.2	2.5	1.2	2.5	1.2	2.5	1.2	2.5	1.2	2.5	1.2	2.5	1.2	2.5	1.2	2.5	1.2
Level 2	(Mile/H)	0.6	1.2	3.1	1.2	3.1	1.2	3.1	1.2	3.1	1.2	3.1	1.2	3.1	1.2	3.1	1.2	3.1	1.2
Level 3	(Mile/H)	0.6	1.2	3.7	1.2	3.7	1.2	3.7	1.2	3.7	1.2	3.7	1.2	3.7	1.2	3.7	1.2	3.7	1.2
Level 4	(Mile/H)	0.6	1.8	3.7	1.8	3.7	1.8	3.7	1.8	3.7	1.8	3.7	1.8	3.7	1.8	3.7	1.8	3.7	1.8
Level 5	(Mile/H)	0.6	1.8	4.3	1.8	4.3	1.8	4.3	1.8	4.3	1.8	4.3	1.8	4.3	1.8	4.3	1.8	4.3	1.8
Level 6	(Mile/H)	1.2	2.5	4.3	2.5	4.3	2.5	4.3	2.5	4.3	2.5	4.3	2.5	4.3	2.5	4.3	2.5	4.3	2.5
Level 7	(Mile/H)	1.2	2.5	5	2.5	5	2.5	5	2.5	5	2.5	5	2.5	5	2.5	5	2.5	5	2.5
Level 8	(Mile/H)	1.2	3.1	5	3.1	5	3.1	5	3.1	5	3.1	5	3.1	5	3.1	5	3.1	5	3.1

P6. ROLLING

SPEED	CHANGES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	(Mile/H)	0.6	1.2	1.8	1.2	0.6	1.2	1.8	1.2	0.6	1.2	1.8	1.2	0.6	1.2	1.8	1.2	0.6	0.6
Level 2	(Mile/H)	1.2	1.8	2.5	1.8	1.2	1.8	2.5	1.8	1.2	1.8	2.5	1.8	1.2	1.8	2.5	1.8	1.2	1.2
Level 3	(Mile/H)	1.2	1.8	2.5	3.1	2.5	1.8	2.5	3.1	2.5	1.8	2.5	3.1	2.5	1.8	2.5	3.1	2.5	1.8
Level 4	(Mile/H)	1.2	2.5	3.1	3.7	3.1	2.5	3.1	3.7	3.1	2.5	3.1	3.7	3.1	2.5	3.1	3.7	3.1	1.8
Level 5	(Mile/H)	1.2	3.1	3.7	4.3	3.7	3.1	3.7	4.3	3.7	3.1	3.7	4.3	3.1	3.7	4.3	3.7	3.1	1.8
Level 6	(Mile/H)	1.8	3.7	4.3	5	4.3	3.7	4.3	5	4.3	3.7	4.3	5	4.3	3.7	4.3	5	4.3	2.5
Level 7	(Mile/H)	1.8	4.3	5	5.6	5	4.3	5	5.6	5	4.3	5	5.6	5	4.3	5	5.6	5	2.5
Level 8	(Mile/H)	1.8	5	5.6	6.2	5.6	5	5.6	6.2	5.6	5	5.6	6.2	5.6	5	5.6	6.2	5	2.5

P7. MOUNTAIN CLIMB

SPEED	CHANGES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	(Mile/H)	0.6	0.6	1.2	1.2	1.8	1.8	1.8	2.5	2.5	2.5	1.8	1.8	1.8	1.2	1.2	1.2	0.6	0.6
Level 2	(Mile/H)	0.6	0.6	1.2	1.2	1.8	1.8	1.8	2.5	2.5	2.5	1.8	1.8	1.8	1.2	1.2	1.2	0.6	0.6
Level 3	(Mile/H)	0.6	0.6	1.2	1.2	1.8	1.8	1.8	2.5	2.5	2.5	1.8	1.8	1.8	1.2	1.2	1.2	0.6	0.6
Level 4	(Mile/H)	1.2	1.2	1.8	1.8	2.5	2.5	2.5	3.1	3.1	2.5	2.5	2.5	1.8	1.8	1.8	1.2	1.2	1.2
Level 5	(Mile/H)	1.2	1.2	1.8	1.8	2.5	2.5	2.5	3.1	3.1	2.5	2.5	2.5	1.8	1.8	1.8	1.2	1.2	1.2
Level 6	(Mile/H)	1.2	1.2	1.8	1.8	2.5	2.5	2.5	3.1	3.1	2.5	2.5	2.5	1.8	1.8	1.8	1.2	1.2	1.2
Level 7	(Mile/H)	1.2	1.2	2.5	2.5	3.1	3.1	3.1	3.7	3.7	3.7	3.1	3.1	2.5	2.5	2.5	1.2	1.2	1.2
Level 8	(Mile/H)	1.2	1.2	2.5	2.5	3.1	3.1	3.1	3.7	3.7	3.7	3.1	3.1	2.5	2.5	2.5	1.2	1.2	1.2

P8. HILL RUN

SPEED	CHANGES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	(Mile/H)	1.2	1.2	1.2	1.8	1.8	1.8	3.1	3.1	4.3	4.3	5.6	5.6	6.2	5	5	3.7	2.5	1.2
Level 2	(Mile/H)	1.2	1.2	1.2	2.5	2.5	2.5	3.7	3.7	3.7	5	5	6.2	6.2	5	5	3.7	2.5	1.2
Level 3	(Mile/H)	1.2	1.2	2.5	2.5	2.5	3.7	3.7	3.7	5	5	6.2	6.2	7.5	6.2	5	3.7	2.5	1.2
Level 4	(Mile/H)	1.2	1.2	2.5	2.5	3.7	3.7	5	5	5	6.2	6.2	6.2	7.5	7.5	6.2	4.3	3.1	1.8
Level 5	(Mile/H)	1.2	2.5	3.7	3.7	3.7	3.7	5	5	5	6.2	6.2	6.8	7.5	6.8	6.2	4.3	3.1	1.8
Level 6	(Mile/H)	1.2	2.5	3.7	3.7	3.7	3.7	5	5	6.2	6.2	6.8	7.5	7.5	6.8	6.2	4.3	3.1	1.8
Level 7	(Mile/H)	1.2	2.5	3.7	3.7	5	5	5.6	5.6	6.2	6.8	6.8	7.5	6.8	6.2	5.6	4.3	3.1	1.8
Level 8	(Mile/H)	1.2	2.5	3.7	5	5.6	5.6	6.2	6.2	6.8	6.8	7.5	7.5	6.8	6.2	5.6	4.3	3.1	1.8

3.6.2 USER PROGRAM

This treadmill has 3 User programs.

There are 18 segments on each program for user to edit workout program. the speed of each segment can be edited according to personal's desire. Press "P" button continuously in the standby state till the screen displays "U1", then press "M" button to set the speed in the first segment, press "+" / "-" to adjust speed. And then press "M" button to adjust the speed of the next segment. Repeat the above instruction to complete the 18-segment programming. Follow this way to set "U2" and "U3".

3.6.3 BODY FAT TEST

Press "P" button continuously in the standby state till the screen displays "FAT" to the Body fat test function. Press "M" button to enter F1(Gender), F2(Age), F3(Height), F4(Weight), and press, "+", "-" buttons on the console to set the relative parameters. After finishing setting of F1, F2, F3 and F4, press "M" button again to F5 (Body fat test), then hold the pulse sensors on handrail with both of your hands, after around 10–15 seconds, the body fat result will be displayed on the main window.

BODY FAT CHART

The result that given by body fat scale can be a reference of body condition, check your body condition according to the chart with the result you get from the treadmill. The ideal body fat should be between 20–25, less than 19 means thin, between 26–29 is overweight, and if over 30, it is considered obesity. The parameter ranges are shown as below (This data is for reference only and cannot be as medical data)

DISPLAY	PARAMETER	INITIAL DATA	ADJUSTMENT RANGE	
F1	Sex	1	1 Male	2 Female
F2	Age	25	10	99
F3	Height	67"	39"	78"
F4	Weight	154 lbs	44lbs	330lbs
F5	---	≤19	Under weight	
		(20--25)	Normal weight	
		(26--29)	Over weight	
		≥30	Obesity	

3.7 HEART RATE CONTROL PROGRAM

When the treadmill is running, both hands hold the heart rate sensor for 5–10 seconds, a heart-shaped graphic flashes on the display screen, and the heart rate value is displayed. The initial value is the actual measured heart rate, and the display range is: 50–190 beats/min. This data is for informational purposes only and cannot be as medical data.

3.8 BLUETOOTH FUNCTION

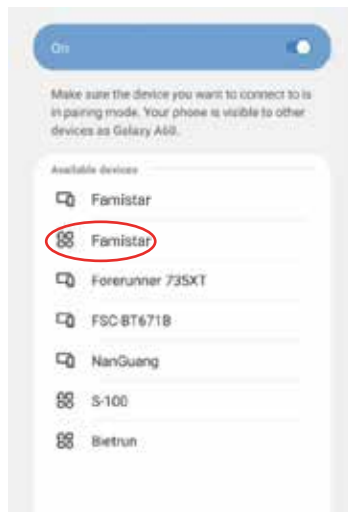
3.8.1 BLUETOOTH MUSIC FUNCTION

This treadmill has Bluetooth function, you can connect the smart phone to play music as following steps:

STEP1: Turn on the Bluetooth of your phone, search the device "Famistar" in the mobile phone's Bluetooth list, and click to connect when "Famistar" appears.

Important Note: There will be two "Famistar" in the Android phone list, pls connect the one with music function ONLY. The music function "Famistar" usually has a earphone icon at the front as the picture shows (The icons may be slightly different for different devices). No matter what, please select the music function "Famistar" ONLY. Don't choose another one because it's useless and cannot be connected.

STEP2: Once connected, the voice of your smart phone will be played by the speaker on the treadmill.



3.8.2 FITSHOW APP FUNCTION

Step1:

Scan QR code to download the APP directly, or download and install over the application stores by search "FitShow".



Step2:

Open the FitShow App and agree to the Privacy Policy and Terms of Service of FitShow.



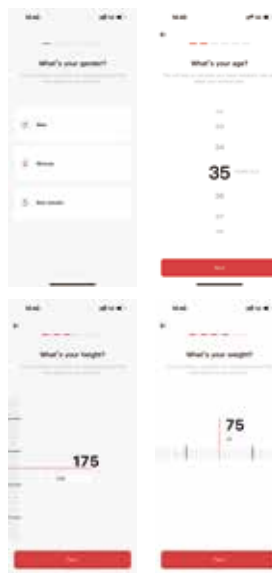
Step3:

Tap on the "Create Account" button to register a new account.



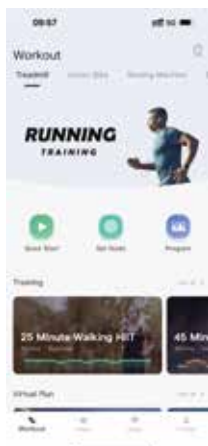
Step4:

Fill in the basic user information.



Step5:

In the FitShow app, go to the "Workout" tab and press the "Quick Start" button.



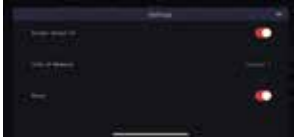
Step6:

After searching, you should see your Equipment's name "Famistar" appears on the equipment list. Press "Connect" to your equipment.



Step7:

In the workout screen, swipe down for settings and swipe up for controls.

**Step8:**

Tap the screen to end the workout.

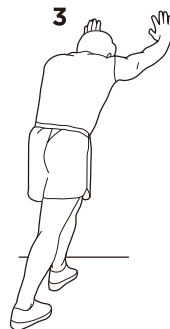
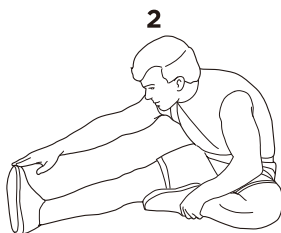
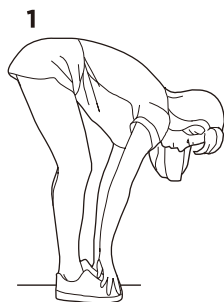


(Other modes are the same as above)

• SUGGESTED STRETCHES

Before exercise, it is better to do stretching exercises. Warm muscles stretch more easily, so firstly warm up 5 ~ 10 minutes. You should do stretching exercises in accordance with the following methods – totally do five times. Each leg every time 10 seconds or more time, to do it again after the end of the exercise.

1. Down stretch: knees slightly curved, the body bent forward slowly, so that the back and shoulders are 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: Sit with one leg straight out in front and toes pointing upwards. Bring your other foot towards your knee. Let your head fall forward and reach towards your toes with one hand. Maintain 10 to 15 seconds, then relax. Repeat for each leg three times (see Figure 2).
3. Legs and feet tendon stretch: two hands on the Rotary wall or tree stand, one foot in the post. Keep legs straight and heels tilt in 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: Stand near a wall or a piece of sturdy exercise equipment for support. Grasp your ankle and gently pull your heel up and back until you feel a stretch in the front of your thigh. (see Figure 4).
5. Sartorius muscle (inner thigh muscles) stretch: Foot, In contrast, the knee outward to sit down. The hands grasp the feet to the groin pull. Maintain 10 to 15 seconds, then relax. Repeat three times (see Figure 5).



• MAINTENANCE GUIDE

TREADMILL CLEANING

CLEANING: Regular cleaning of your treadmill will help extend its lifespan.

WARNING! To prevent electrical shock, ensure the treadmill is powered off and unplugged from the wall outlet before attempting any cleaning or maintenance.

AFTER EACH WORKOUT: Wipe down the console and other treadmill surfaces with a clean, soft cloth to remove any sweat. Do not use any chemicals.

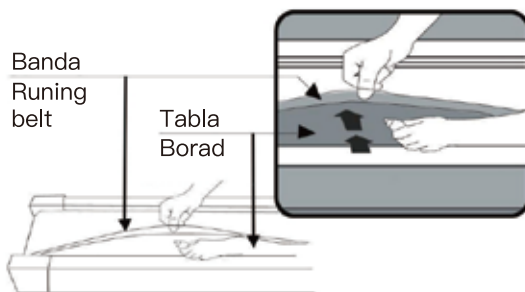
WEEKLY: It's recommended to use a treadmill mat for easier cleaning. Dirt from your shoes can get on the belt and accumulate under the treadmill. It's recommended to vacuum underneath the treadmill once a week.

TO APPLY LUBRICANT TO THE WALKING BOARD

The treadmill belt is pre-lubricated at the factory. However, it is recommended to regularly check the lubrication of the running board to ensure optimal performance. Check the lubrication after every 10 hours of use (For extended periods of use) or every 10 days.

Lift the sides of the walking belt and feel the top surface of the walking board as far under as you can reach. If you detect any silicone, no additional lubrication is needed. If it feels dry to the touch, lubrication is required. A complimentary bottle of treadmill belt lubricant is included in the package. Once it runs out, you will need to purchase more. There is no model required; any treadmill belt lubricant will work.

1. Insert the spray nozzle into the spray head of the lubricant can.
2. Lift the treadmill belt from the middle of the seam.
3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 10cm from the front of the treadmill. Apply silicone spray to the inside of the treadmill belt, working from the front to the back of the treadmill. Apply for about 4 seconds on each side.
4. Allow the silicone to 'set' for one minute before using the treadmill.



WARNING

Do not over-lubricate the walking board. Excess lubricant should be wiped off with a clean towel.

RUNNING BELT TENSION ADJUSTMENT

The treadmill has been calibrated and passed QC inspection before leaving the factory. If you notice the running belt drifting to one side, possible causes could include:

- A. The treadmill frame is not on the same level surface.
- B. The user is not running in the center of the belt.
- C. The user is applying uneven pressure with their feet.

Start the motorized treadmill with no load at 4mph and observe the distance between the left and right side rails.

If the belt tends to move to the left, use an Allen key to turn the belt adjustment screw on the left by clockwise $1/4$. As shown in the picture A.

If the belt tends to move to the right, use an Allen key to turn the belt adjustment screw on the right by counterclockwise $1/4$. As shown in the picture B.

If the belt is still not in the center, repeat the above steps until it is adjusted to the center.

The running belt will gradually loosen after using for a period of time, and it needs to be adjusted. Start the treadmill with no load and set the speed at 4 mph, then use 2 Allen keys to adjust the both screws at the same time by turning clockwise $1/4$. Stand on the treadmill to check the tightness of the running belt, and repeat the above steps until the tightness of the running belt is moderate. As shown in the picture C:

