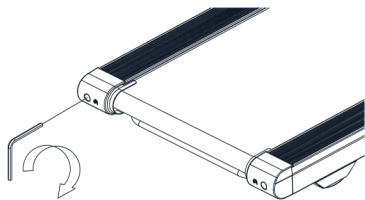


(EN) MAINTENANCE AND CARE

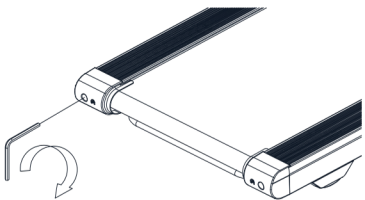
PLACE THE TREADMILL ON LEVEL GROUND AND SET IT AT 5-8KPH (3-5MPH) TO CHECK IF THE RUNNING BELT DRIFTS.



IF THE RUNNING BELT MOVES TO THE LEFT, TURN THE BOLTS ON THE LEFT SIDE ¼ OF A TURN CLOCKWISE, THEN TURN THE RIGHT BOLT ¼ TURN COUNTER-CLOCKWISE. IF THE BELT DOES NOT MOVE, REPEAT UNTIL IT CENTRES.

(FR) MAINTENANCE ET ENTRETIEN

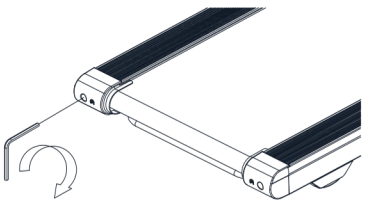
PLACEZ LE TAPIS SUR UNE SURFACE PLANE ET PARAMÉTRÉZ-LE SUR 5-8 KM/H (3-5 M/H) POUR VÉRIFIER SI LE TAPIS DÉVIE.



SI LE TAPIS ROULANT SE DÉPLACE VERS LA GAUCHE : TOURNER LES BOULONS DE GAUCHE D'UN QUART DE TOUR DANS LE SENS DES AIGUILLES D'UNE MONTRE, PUIS TOURNER LE BOULON DE DROITE D'UN QUART DE TOUR DANS LE SENS INVERSE DES AIGUILLES D'UNE MONTRE. SI LE TAPIS NE BOUGE PAS, RÉPÉTER L'OPÉRATION JUSQU'À CE QU'IL SOIT CENTRÉ.

(ES) MANTENIMIENTO Y CUIDADOS

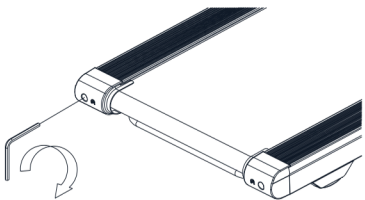
COLOQUE LA MÁQUINA SOBRE SUELO NIVELADO Y AJUSTE UNA VELOCIDAD DE 5-8 KM/H (3-5MPH) PARA COMPROBAR SI LA CINTA DE CORRER (TAPIZ) SE DESVÍA.



SI LA CINTA DE CORRER SE DESPLAZA A LA IZQUIERDA: GIRE LOS PERNOS DEL LADO IZQUIERDO ¼ DE VUELTA EN SENTIDO HORARIO, A CONTINUACIÓN GIRE EL PERNO DERECHO ¼ DE VUELTA EN SENTIDO ANTIHORARIO. SI LA CINTA NO SE DESPLAZA, REPETIR HASTA CENTRARLA.

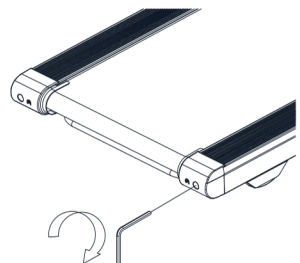
(PT) MANUTENÇÃO E CUIDADOS

COLOQUE A PASSADEIRA AO NÍVEL DO SOLO E DEFINA-A PARA 5-8 KPH (3-5 MPH) PARA VERIFICAR SE O TAPETE DE CORRIDA SE DESVIA.

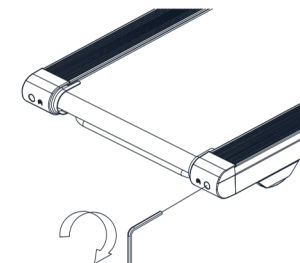


SE O TAPETE DE CORRIDA SE MOVER PARA A DIREITA: RODE O PARAFUSO À DIREITA ¼ DE VOLTA NO SENTIDO DOS PONTEIROS DO RELÓGIO, DEPOIS, RODE O PARAFUSO À ESQUERDA ¼ DE VOLTA NO SENTIDO CONTRÁRIO AO DOS PONTEIROS DO RELÓGIO. SE O TAPETE NÃO SE MOVER, REPITA ATÉ QUE FIQUE CENTRADO.

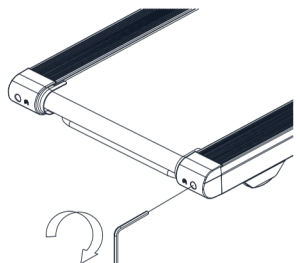
IF THE RUNNING BELT MOVES TO THE RIGHT, TURN THE BOLT ON THE RIGHT SIDE ¼ TURN CLOCKWISE, THEN TURN THE LEFT BOLT ¼ TURN COUNTER-CLOCKWISE. IF THE BELT DOES NOT MOVE, REPEAT UNTIL IT CENTRES.



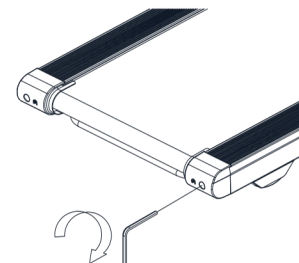
SI LE TAPIS ROULANT SE DÉPLACE VERS LA DROITE : TOURNER LE BOULON DE DROITE D'UN QUART DE TOUR DANS LE SENS DES AIGUILLES D'UNE MONTRE, PUIS TOURNER LE BOULON DE GAUCHE D'UN QUART DE TOUR DANS LE SENS INVERSE DES AIGUILLES D'UNE MONTRE. SI LE TAPIS NE BOUGE PAS, RÉPÉTER L'OPÉRATION JUSQU'À CE QU'IL SOIT CENTRÉ.



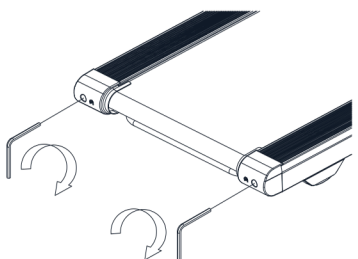
SI LA CINTA DE CORRER SE DESPLAZA A LA DERECHA: GIRE EL PERNO DEL LADO DERECHO ¼ DE VUELTA EN SENTIDO HORARIO, A CONTINUACIÓN GIRE EL PERNO IZQUIERDO ¼ DE VUELTA EN SENTIDO ANTIHORARIO. SI LA CINTA NO SE DESPLAZA, REPETIR HASTA CENTRARLA.



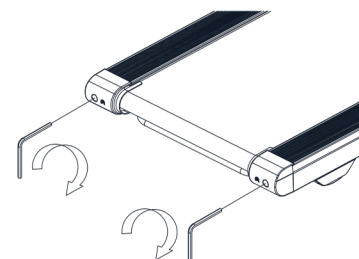
SE O TAPETE DE CORRIDA SE MOVER PARA A ESQUERDA: RODE OS PARAFUSOS À ESQUERDA ¼ DE VOLTA NO SENTIDO DOS PONTEIROS DO RELÓGIO, DEPOIS, RODE O PARAFUSO À DIREITA ¼ DE VOLTA NO SENTIDO CONTRÁRIO AO DOS PONTEIROS DO RELÓGIO. SE O TAPETE NÃO SE MOVER, REPITA ATÉ QUE FIQUE CENTRADO.



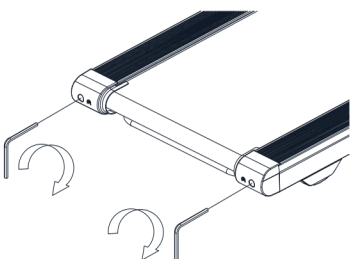
OVER TIME THE RUNNING BELT WILL LOOSEN. TO TIGHTEN THE BELT TURN THE LEFT & RIGHT SIDE BOLTS ONE FULL TURN CLOCKWISE, CHECK THE TENSION OF THE BELT. CONTINUE PROCESS UNTIL BELT IS THE CORRECT TENSION. ENSURE TO ADJUST BOTH SIDES EQUALLY TO CORRECT BELT ALIGNMENT.



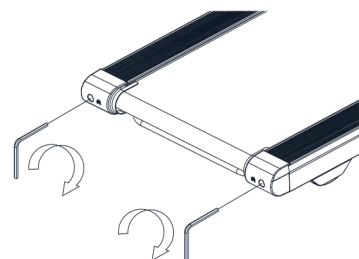
LE TAPIS ROULANT VA SE DÉTENDRE AU FIL DU TEMPS. POUR LE RETENDRE, TOURNER LES BOULONS DE GAUCHE ET DE DROITE D'UN TOUR COMPLET DANS LE SENS DES AIGUILLES D'UNE MONTRE. VÉRIFIER LA TENSION DU TAPIS. CONTINUER LE PROCESSUS JUSQU'À CE QUE LE TAPIS SOIT À LA BONNE TENSION. VEILLER À AJUSTER LES DEUX CÔTÉS DE LA MÊME FAÇON POUR CORRIGER L'ALIGNEMENT DU TAPIS.

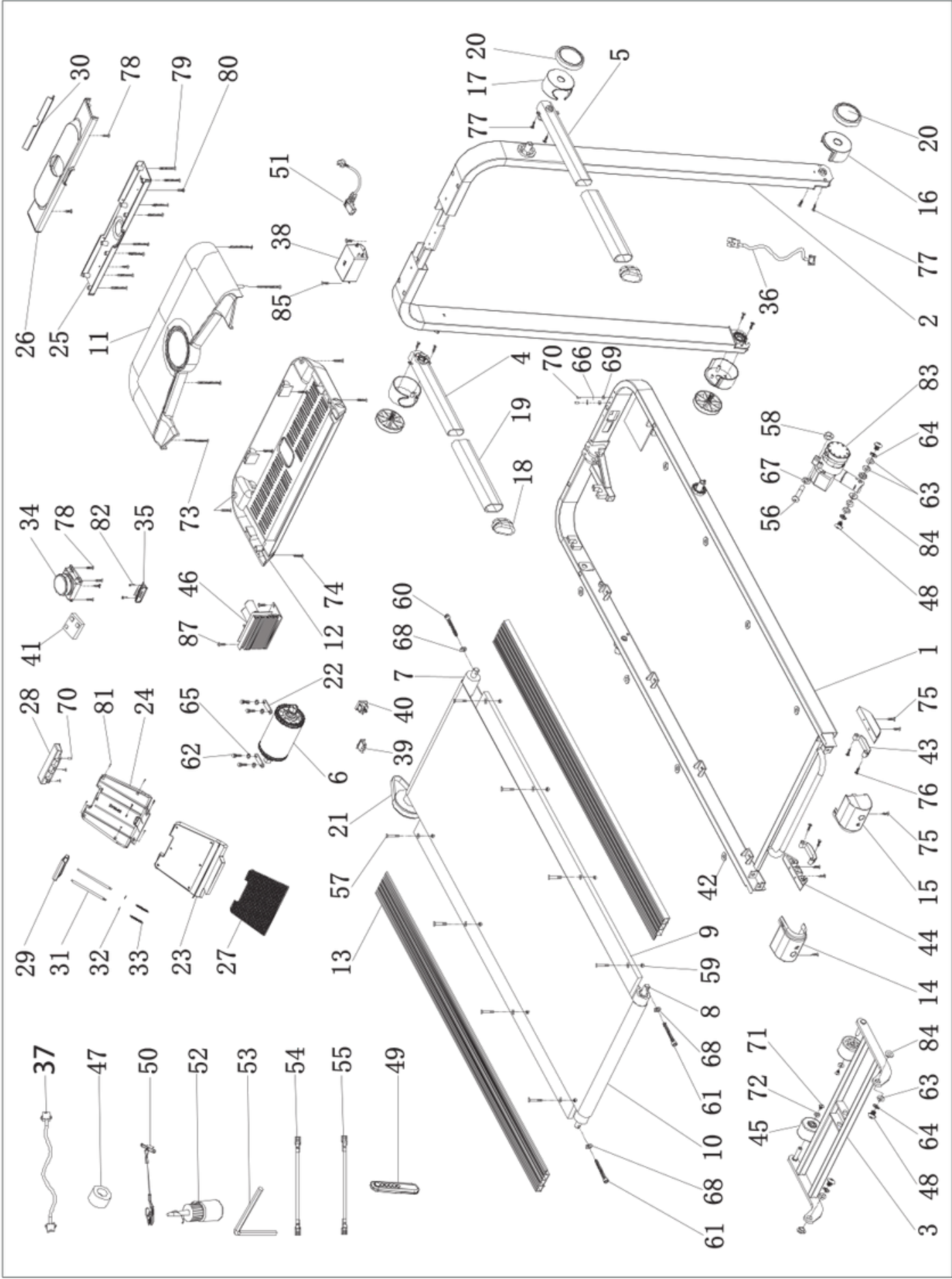


LA CINTA DE CORRER SE AFLOJARÁ CON EL TIEMPO. PARA TENSAR LA CINTA GIRE LOS PERNOS DE LOS LADOS DERECHO E IZQUIERDO UNA VUELTA COMPLETA EN SENTIDO HORARIO, COMPRUEBE LA TENSIÓN DE LA CINTA. CONTÍNUÉ CON EL PROCESO HASTA QUE LA CINTA ESTÉ CORRECTAMENTE TENSADA. ASEGÚRESE DE AJUSTAR AMBOS LADOS POR IGUAL PARA UNA ALINEACIÓN CORRECTA DE LA CINTA.



AO LONGO DO TEMPO, O TAPETE DE CORRIDA FICA SOLTO. PARA APERTAR O TAPETE, RODE OS PARAFUSOS À ESQUERDA E DIREITA UMA VOLTA COMPLETA NO SENTIDO DOS PONTEIROS DO RELÓGIO E VERIFIQUE A TENSÃO DO TAPETE. REPITA O PROCESSO ATÉ QUE O TAPETE TENHA A TENSÃO CORRETA. CERTIFIQUE-SE DE QUE AJUSTA AMBOS OS LADOS DA MESMA FORMA PARA OBTER UM ALINHAMENTO CORRETO DO TAPETE.





	(EN)	(FR)	(ES)	QTY/QT CANT
1	Main frame	Châssis principal	Estructura principal	1
2	Upright tube	Tube du montant	Tubo vertical	1
3	Incline bracket	Support d'inclinaison	Soporte de inclinación	1
4	Left handlebar	Poignée gauche	Barra de sujeción izquierda	1
5	Right handlebar	Poignée droite	Barra de sujeción derecha	1
6	Motor	Moteur	Motor	1
7	Front roller	Rouleau avant	Rodillo frontal	1
8	Rear roller	Rouleau arrière	Rodillo trasero	1
9	Running board	Planche de course	Tablero para correr	1
10	Running belt	Tapis de course	Cinta para correr	1
11	Motor top cover	Cache supérieur du moteur	Cubierta superior del motor	1
12	Motor bottom cover	Cache inférieur du moteur	Cubierta inferior del motor	1
13	Side rail	Rail latéral	Carril lateral	2
14	Left rear corner protector	Protecteur d'angle arrière gauche	Protector de esquina trasera izquierda	1
15	Right rear corner protector	Protecteur d'angle arrière droit	Protector de esquina trasera derecha	1
1	Lower hinge cover	Cache de charnière inférieur	Cubierta de bisagra inferior	2
6	Upper hinge cover	Cache de charnière supérieur	Cubierta de bisagra superior	2
1	Handlebar plug	Bouchon de repose-main	Tapón manillar	2
7	Grip cover	Cache du guidon	Cubierta agarre	1
1	Hinge end cap	Cache d'extrémité de charnière	Cubierta del extremo de la bisagra	4
8	Motor belt	Courroie du moteur	Correa del motor	1
1	Motor fixing plate	Plaque de fixation du moteur	Placa de fijación del motor	2
9	Tablet holder top cover	Couvercle du porte-tablette	Cubierta superior del soporte de la tableta	1
23	Tablet holder bottom cover	Couvercle inférieur du porte-tablette	Cubierta inferior del soporte de la tableta	1
24	Console panel bottom cover	Cache inférieur du panneau de la console	Cubierta inferior del panel de la consola	1
25	Console panel top cover	Cache supérieur du panneau de la console	Cubierta superior del panel de la consola	1
1	Tablet holder anti-slip pad	Patin antidérapant du porte-tablette	Almohadilla antideslizante del soporte para tableta	1
26	Tablet holder base	Base du porte-tablette	Base del soporte de la tableta	1
27	Tablet holder pull plate	Plaque de traction du porte-tablette	Placa de tracción del soporte de la tableta	1
28	Tablet holder fix plate	Plaque de fixation du porte- tablette	Placa de fijación del soporte de la tableta	1
3	Pull rod	Tige de traction	Varilla de tracción	2
1	Spring pin	Goupille élastique	Pasador élastico	2
3	Tension spring	Ressort de tension	Resorte tensor	2
2	Dial	Cadran	Dial	1
3	Safety key base	Base de la clé de sécurité	Base de la llave de seguridad	1
3	Bottom wire	Câble bas	Cable inferior	1
3	Top wire	Câble supérieur	Cable superior	1
4	Inductive filter	Filtre inductif	Filtro inductivo	1
3	Switch	Interrupteur	Interruptor	1

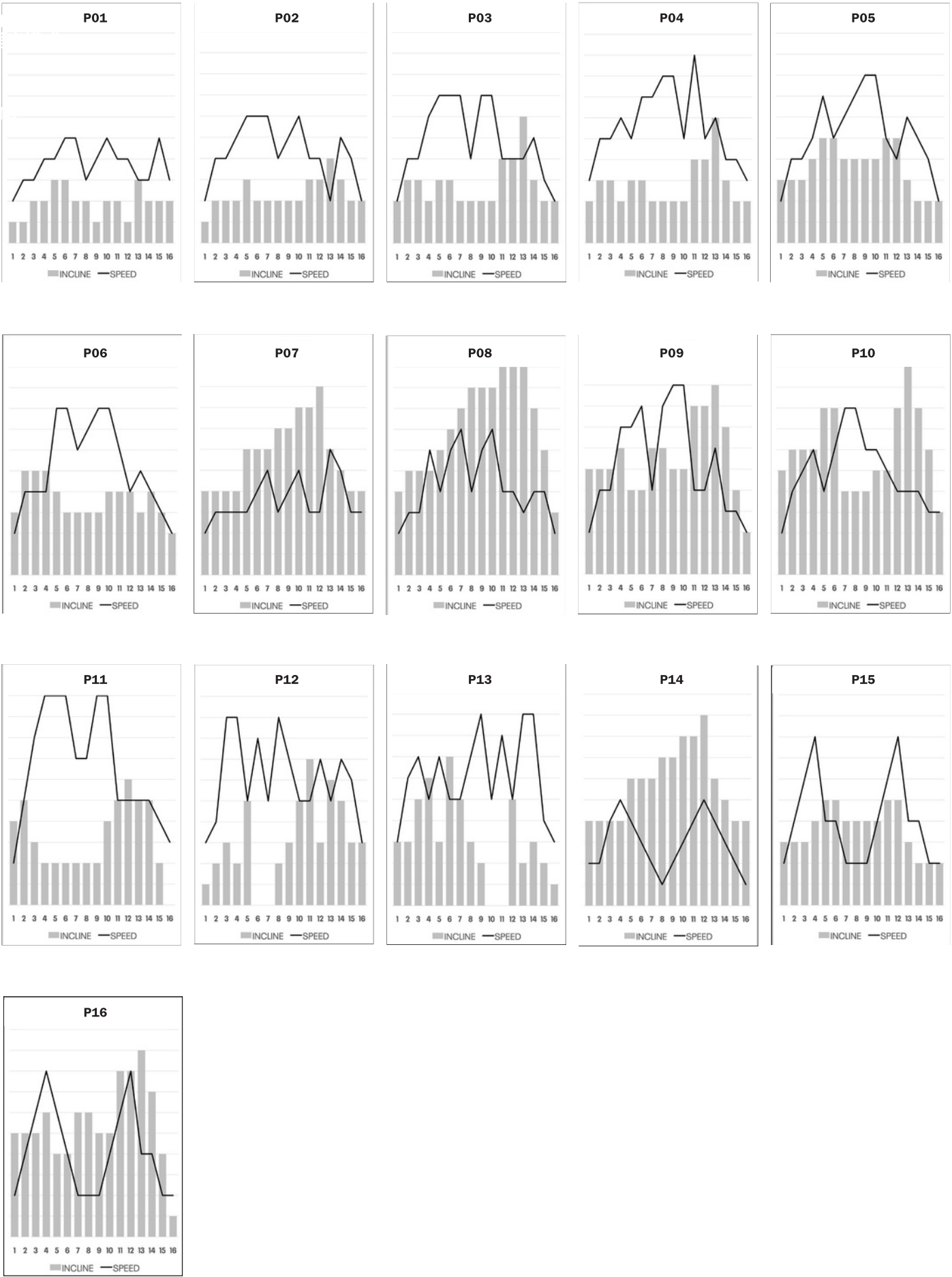
	(EN)	(FR)	(ES)		QTY/QT CANT
4	Power socket	Prise d'alimentation	Caja tomacorriente		1
0	Bluetooth module	Module bluetooth	Módulo bluetooth		1
4	Rubber pad	Coussinet en caoutchouc	Almohadilla de goma		8
1	Rear foot pad	Patin de pied arrière	Contera base posterior		2
4	Rear foot pad cover	Couvercle de repose-pieds arrière	Tapa del posapiés posterior		2
2	Wheel	Roue	Rueda		2
4	Control board	Panneau de commande	Tablero de control		1
3	Magnetic ring	Bague magnétique	Anillo magnético		1
4	Screw	Vis	Tornillo	M10*20	4
4	Remote control	Télécommande	Control remoto		1
4	Safety key	Plaque de clé de sécurité	llave de seguridad		1
5	Power cable	Câble d'alimentation	Cable de alimentación		1
4	Silicone oil	Huile de silicone	Aceite de silicona		1
6	Allen wrench	Clé Allen	Llave Allen	6#	1
4 54 7	Blue single wire	Câble simple bleu	Monocable azul de corriente alterna		1
45	Brown single wire	Câble simple brun	Monocable marrón de corriente alterna		1
8 5	Screw	Vis	Tornillo	M10 *4 2	1
4 6	Screw	Vis	Tornillo	M8*48	8
9 5	Nut	Écrou	Tuerca	M10	1
5 7	Nut	Écrou	Tuerca	M8	8
0 5	Screw	Vis	Tornillo	M8*45	1
5 8	Screw	Vis	Tornillo	M8*55	2
1 5	Screw	Vis	Tornillo	M6*20	4
5 8	Flat washer	Rondelle plate	Arandela plana	Φ10	6
2 6	Spring washer	Rondelle élastique	Arandela elástica	Φ10	4
5 0	Spring washer	Rondelle élastique	Arandela elástica	Φ6	4
3 6	Spring washer	Rondelle élastique	Arandela elástica	Φ5	2
1	Lock washer	Rondelle de blocage	Arandela de seguridad	Φ10	1
6	Lock washer	Rondelle de blocage	Arandela de seguridad	Φ8	3
2	Lock washer	Rondelle de blocage	Arandela de seguridad	Φ5	2
6	Screw	Vis	Tornillo	M5*8	5
3	Screw	Vis	Tornillo	M6*10	2
6	Flat washer	Rondelle plate	Arandela plana		2
4	Screw	Vi	Tornillo	ST4.2*50	4
6	Screw	s	Tornillo	ST4.2*19	6
5	Screw	Vi	Tornillo	ST4.2*15	6
6	Screw	s	Tornillo	ST4.2*12	4
6	Screw	Vi	Tornillo	ST4.2*12	8
6	Screw	s	Tornillo	ST4.2*13	6
7	Screw	Vi	Tornillo	ST4.2*35	8
6	Screw	s	Tornillo	ST4.2*15	2
8	Screw	Vi	Tornillo	ST2.6*6	8

6	s				
9	Vi				
7	s				
30	Vi				
0	s				
7	Vi				
1	s				

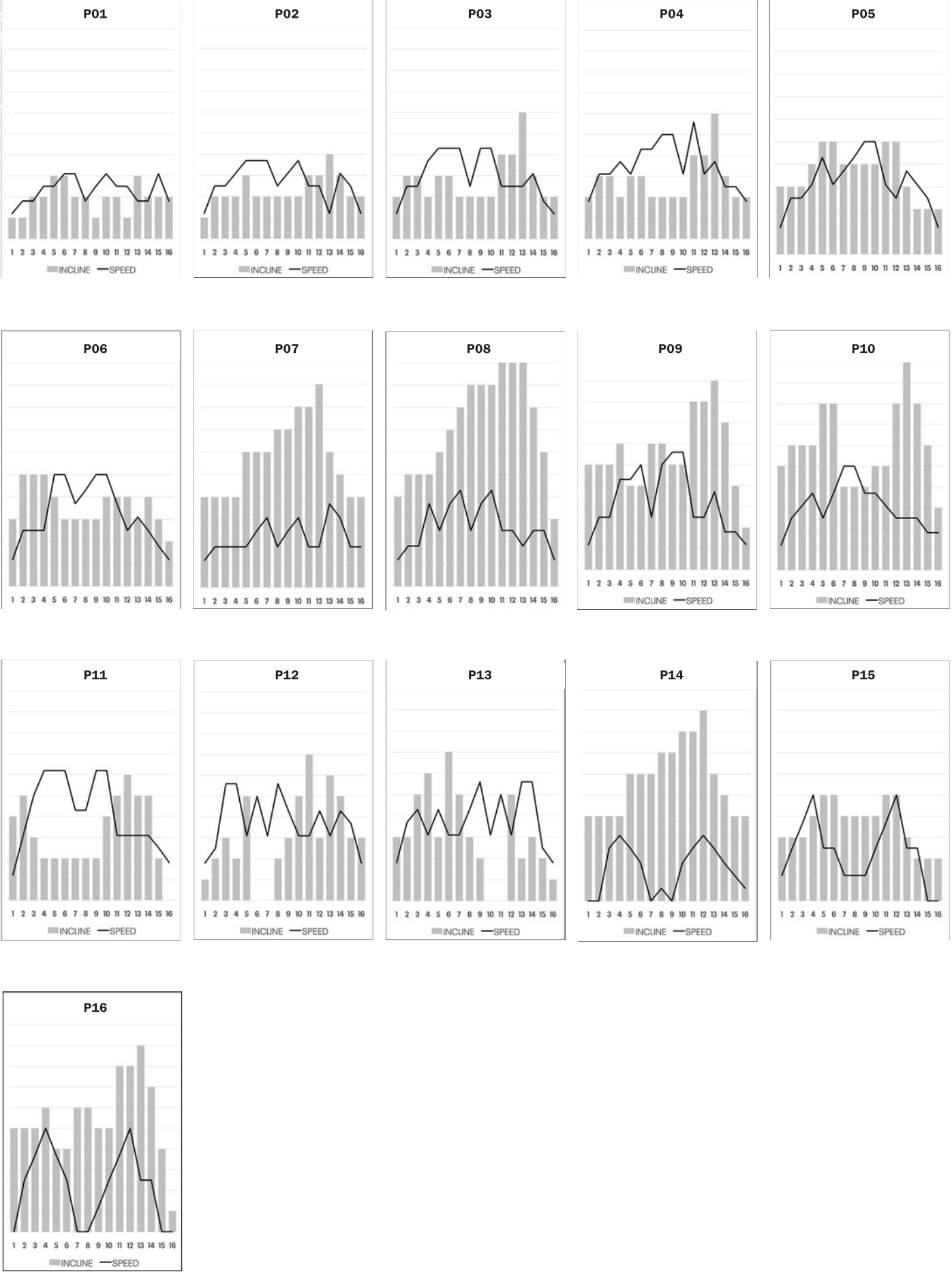
	(EN)	(FR)	(ES)		QTY/QT CANT
8	Screw	Vis	Tornillo	ST3.5*12	2
2	Incline motor	Moteur d'inclinaison	Motor de inclinación		1
8	Spacer sleeve	Manche espaceur	Collar separador		4
3	Screw	Vis	Tornillo	ST4.2*12	6

8					
4					
8					
5					

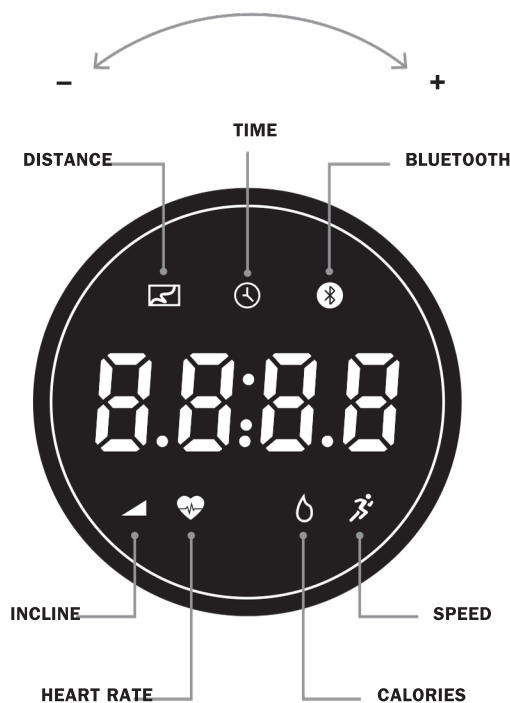
(EN) PRESET PROGRAMS (FR) PROGRAMMES PRÉRÉGLÉS (ES) PROGRAMAS PREDEFINIDOS (DE) VORE (PT) PROGRAMAS PREDEFINIDOS (NL) VOORINGESTELDE PROGRAMMA'S (IT) PROGRAMMI PREDEFIN (JA) プリセットプログラム (KO) 사전설정 프로그램 (ZH) 预设程序 (AR) البرامج المدمجة																
P01 – P16 KPH		(EN) WORK OUT STAGES (FR) ÉTAPES DE L'ENTRAÎNEMENT (ES) ETAPAS DEL EN (DE) WORKOUT-STUFEN (PT) FASES DO TREINO (NL) WORK-OUTFASES (IT) FASI (ZH) 锻炼阶段 (JA) トレーニングステージ (KO) 운동 단계 (AR) مراحل التمرين														
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
		16														
P01	SPEED	2	3	3	4	4	5	5	3	4	5	4	4	3	3	5
	INC L INE	1	1	2	2	3	3	2	2	1	2	2	1	3	2	2
P02	SPEED	2	4	4	5	6	6	6	4	5	6	4	4	2	5	4
	INC L INE	1	2	2	2	3	2	2	2	2	2	3	3	4	3	2
P03	SPEED	2	4	4	6	7	7	7	4	7	7	4	4	4	5	3
	INC L INE	2	3	3	2	3	3	2	2	2	2	4	4	6	3	2
P04	SPEED	3	5	5	6	5	7	7	8	8	5	9	5	6	4	4
	INC L INE	2	3	3	2	3	3	2	2	2	2	4	4	6	3	2
P05	SPEED	2	4	4	5	7	5	6	7	8	8	5	4	6	5	4
	INC L INE	3	3	3	4	5	5	4	4	4	4	5	5	3	2	2
P06	SPEED	2	4	4	4	8	8	6	7	8	8	6	4	5	4	3
	INC L INE	3	5	5	5	4	3	3	3	3	4	4	4	3	4	3
P07	SPEED	2	3	3	3	3	4	5	3	4	5	3	3	6	5	3
	INC L INE	4	4	4	4	6	6	6	7	7	8	8	9	6	5	4
P08	SPEED	2	3	3	6	4	6	7	4	6	7	4	4	3	4	4
	INC L INE	4	5	5	5	6	7	8	9	9	9	10	10	10	8	6
P09	SPEED	2	4	4	7	7	8	4	8	9	9	4	4	6	3	3
	INC L INE	5	5	5	6	4	4	6	6	5	5	8	8	9	7	4
P10	SPEED	2	4	5	6	4	6	8	8	6	6	5	4	4	4	3
	INC L INE	5	6	6	6	8	8	4	4	4	5	5	8	10	8	6
P11	SPEED	2	5	8	10	10	10	7	7	10	10	5	5	5	5	4
	INC L INE	4	5	3	2	2	2	2	2	2	4	5	6	5	5	2
P12	SPEED	3	4	9	9	5	8	5	9	7	5	5	7	5	7	6
	INC L INE	1	2	3	2	5	0	0	2	3	5	7	3	6	5	3
P13	SPEED	3	6	7	5	7	5	5	7	9	5	8	5	9	9	4
	INC L INE	3	3	5	6	3	7	5	3	2	0	0	5	2	3	2
P14	SPEED	2	2	4	5	4	3	2	1	2	3	4	5	4	3	2
	INC L INE	4	4	4	4	6	6	6	7	7	8	8	9	6	5	4
P15	SPEED	2	4	6	8	4	4	2	2	2	4	6	8	4	4	2
	INC L INE	3	3	3	4	5	5	4	4	4	4	5	5	3	2	2
P16	SPEED	2	4	6	8	6	4	2	2	2	4	6	8	4	4	2
	INC L INE	5	5	5	6	4	4	6	6	5	5	8	8	9	7	4



(EN) PRESET PROGRAMS (FR) PROGRAMMES PRÉRÉGLÉS (ES) PROGRAMAS PREDEFINIDOS (DE) VORESETPROGRAMME (PT) PROGRAMAS PREDEFINIDOS (NL) VOORINGESTELDE PROGRAMMA'S (IT) PROGRAMMI PREDEFINITI (JA) プリセットプログラム (KO) 사전설정 프로그램 (ZH) 预设程序 (AR) البرامج المسبقة																
P01 – P16 MPH		(EN) WORK OUT STAGES (FR) ÉTAPES DE L'ENTRAÎNEMENT (ES) ETAPAS DEL ENTRENAMIENTO (DE) WERK-OUT-STUFEN (PT) FASES DO TREINO (NL) WORK-OUTFASES (IT) FASI DI Allenamento (JA) ワークアウトステージ (KO) 운동 단계 (ZH) 锻炼阶段 (AR) المراحل التدريبية														
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
		16														
P01	SPEED	1.2	1.8	1.8	2.5	2.5	3.1	3.1	1.8	2.5	3.1	2.5	2.5	1.8	1.8	3.1
	INCLINE	1	1	2	2	3	3	2	2	1	2	2	1	3	2	2
P02	SPEED	1.2	2.5	2.5	3.1	3.7	3.7	3.7	2.5	3.1	3.7	2.5	2.5	1.2	3.1	2.5
	INCLINE	1	2	2	2	3	2	2	2	2	2	3	3	4	3	2
P03	SPEED	1.2	2.5	2.5	3.7	4.3	4.3	4.3	2.5	4.3	4.3	2.5	2.5	2.5	3.1	1.8
	INCLINE	2	3	3	2	3	3	2	2	2	2	4	4	6	3	2
P04	SPEED	1.8	3.1	3.1	3.7	3.1	4.3	4.3	5	5	3.1	5.6	3.1	3.7	2.5	1.8
	INCLINE	2	3	3	2	3	3	2	2	2	2	4	4	6	3	2
P05	SPEED	1.2	2.5	2.5	3.1	4.3	3.1	3.7	4.3	5	5	3.1	2.5	3.7	3.1	2.5
	INCLINE	3	3	3	4	5	5	4	4	4	4	5	5	3	2	2
P06	SPEED	1.2	2.5	2.5	2.5	5	5	3.7	4.3	5	5	3.7	2.5	3.1	2.5	1.8
	INCLINE	3	5	5	5	4	3	3	3	3	4	4	4	3	4	3
P07	SPEED	1.2	1.8	1.8	1.8	1.8	2.5	3.1	1.8	2.5	3.1	1.8	1.8	3.7	3.1	1.8
	INCLINE	4	4	4	4	6	6	6	7	7	8	8	9	6	5	4
P08	SPEED	1.2	1.8	1.8	3.7	2.5	3.7	4.3	2.5	3.7	4.3	2.5	2.5	1.8	2.5	1.2
	INCLINE	4	5	5	5	6	7	8	9	9	9	10	10	10	8	6
P09	SPEED	1.2	2.5	2.5	4.3	4.3	5	2.5	5	5.6	5.6	2.5	2.5	3.7	1.8	1.2
	INCLINE	5	5	5	6	4	4	6	6	5	5	8	8	9	7	4
P10	SPEED	1.2	2.5	3.1	3.7	2.5	3.7	5	5	3.7	3.7	3.1	2.5	2.5	2.5	1.8
	INCLINE	5	6	6	6	8	8	4	4	4	5	5	8	10	8	6
P11	SPEED	1.2	3.1	5	6.2	6.2	6.2	4.3	4.3	6.2	6.2	3.1	3.1	3.1	3.1	2.5
	INCLINE	4	5	3	2	2	2	2	2	2	4	5	6	5	5	2
P12	SPEED	1.8	2.5	5.6	5.6	3.1	5	3.1	5.6	4.3	3.1	3.1	4.3	3.1	4.3	3.7
	INCLINE	1	2	3	2	5	0	0	2	3	5	7	3	6	5	3
P13	SPEED	1.8	3.7	4.3	3.1	4.3	3.1	3.1	4.3	5.6	3.1	5	3.1	5.6	5.6	2.5
	INCLINE	3	3	5	6	3	7	5	3	2	0	0	5	2	3	2
P14	SPEED			2.5	3.1	2.5	1.8		0.6		1.8	2.5	3.1	2.5	1.8	0.6
	INCLINE	1.2	1.2	4	4	6	6	1.2	7		1.2	8	8	9	6	4
P15	SPEED	4	4	3.7	5	2.5	2.5	6	1.2	7	2.5	3.7	5	2.5	2.5	
	INCLINE	1.2	2.5	3	4	5	5	1.2	4	1.2	4	5	5	3	2	1.2
P16	SPEED	3	3	3.7	5	3.7	2.5	4	1.2	4	2.5	3.7	5	2.5	2.5	2
	INCLINE	1.2	2.5	5	6	4	4	1.2	6	1.2	5	8	8	9	7	1.2
		5	5					6		5					4	1



(EN) DIAL FUNCTIONS



SPEED+/-

In running mode, rotate the DIAL clockwise to increase speed and counter clockwise to decrease speed.

INCLINE+/-

Levels: 1-10
In running mode, press and hold DIAL for 3 seconds to enter incline mode. Rotate the DIAL clockwise to increase incline and counter clockwise to decrease incline.

START/PAUSE/STOP

In standby mode, press the DIAL to start. The speed window will countdown “3, 2, 1”, and the treadmill will start at the lowest speed. During exercise, press the DIAL to pause. When paused, press and hold the DIAL to stop the treadmill.

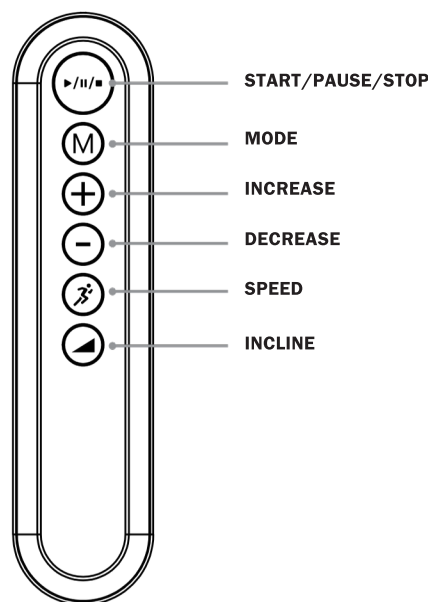
CONFIRM

During program setup, press the DIAL to confirm settings and start.

BLUETOOTH APP

The console supports the Adidas Console, Zwift and Kinomap APPs. Connect to machine via Bluetooth using the APP. Once connected, the indicator light will turn on.

(EN) REMOTE CONTROL



START/PAUSE/STOP

In standby mode, press ►/II/■ to start. The speed window will countdown “3, 2, 1”, and the treadmill will start at the lowest speed. During exercise, press ►/II/■ to pause. When paused, press and hold ►/II/■ to stop the treadmill.

MODE

Press this button to choose between time, distance, calories workout targets and P01–P16

+/-

During exercise, press SPEED or INCLINE, then press +/- to adjust the value. Press and hold for more than 2 seconds for continuous adjustment. In setting mode, press +/- to adjust the selected value.

(EN) COMPUTER PROGRAMS

MANUAL MODE

QUICK START

- In standby mode, press ►/II/■ or DIAL to start the treadmill. The speed window will countdown “3, 2, 1”, and the treadmill will start at the lowest speed
- During exercise, press ►/II/■ or DIAL again to slow the treadmill to a stop and enter pause mode
- Each value is displayed cyclically every 5 seconds
- Press and hold ►/II/■ or DIAL to stop the treadmill and return to standby mode

COUNTDOWN MODES: TIME/DISTANCE/CALORIES

- In standby mode, press M to select TIME, DISTANCE or CALORIE countdown modes
- Use SPEED +/- or INCLINE +/- to set the countdown value
- Press ►/II/■ once to start
- Each value is displayed cyclically every 5 seconds

16 PRESET PROGRAMS (P01 – P16)

- In standby mode, press M, on the remote, until you see P01–P16, select a program. Press ►/II/■ or DIAL to confirm
- Use +/- on the remote or rotate the DIAL to set the workout TIME
- Press ►/II/■ or DIAL to confirm settings. The speed window will countdown “3, 2, 1” and the treadmill will start.
- Each value is displayed cyclically every 5 seconds
- During the workout, press ►/II/■ or DIAL to pause. Press ►/II/■ or DIAL once more to resume. The speed window will countdown “3, 2, 1” and the treadmill will start.
- When paused, press and hold ►/II/■ or DIAL to slow the treadmill to a stop and enter standby mode

BLUETOOTH HEART RATE

This product is compatible with wearable heart rate detector, to receive an accurate reading, the chest strap needs to be in direct contact with your skin. After you put on the chest strap, face the display console for a minimum of 15 seconds. This allows the receiver in the console to recognize the signal from the chest strap. The heartrate monitor is a guide for reference only and not for medical use or monitoring.

SAFETY LOCK FUNCTION

In any mode, if you pull away the safety key, the machine will stop. The machine cannot work until safety key is reinserted.

SAFETY KEY

Included with this machine is a red safety key, the machine will not operate unless this is inserted. Its purpose is to immediately stop the machine in the event of an emergency. The computer will display “---” if not correctly attached to the treadmill. The clip on the other end of the safety key must be attached to the user at all times during your workout to ensure the machine stops immediately in the event of an emergency.

POWER ON AND OFF

You may turn off the power at any time to stop the treadmill. Doing so will not cause any damage to the equipment.

POWER SAVING (ERP)

This product has a power saving mode that activates after 10 minutes of inactivity. To restart the machine, simply press any button.

Standby mode = 0.5W

CAUTION

- 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
- Attach the magnet end of the safety pulling rope to the console and also attach the clip of the safety pulling rope to your clothing
- To end your workout safely, press the STOP button or pull out the safety pulling rope, then the treadmill will stop immediately
- In case you must escape the equipment in an emergency situation during exercising , grab the handrails and set both feet on the right and left foot platform beside the running belt
- Unplug the emergency safety key when the equipment is not in use