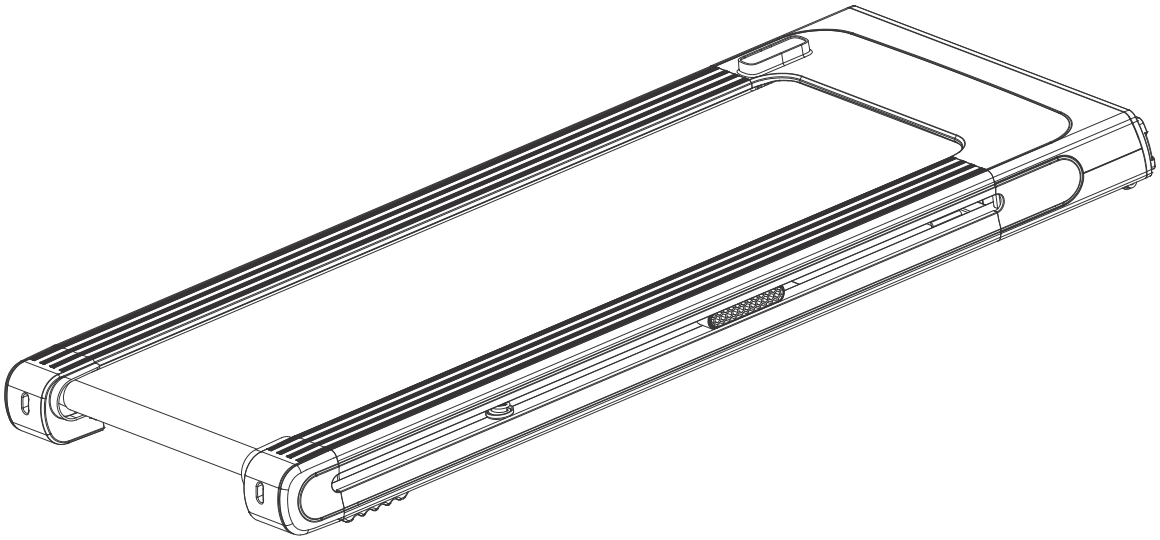
BanCon

www.onebancon.com

WALKING MACHINE

BC-T2100
USER MANUAL



IMPORTANT! Please retain owner' s manual for maintenance and adjustment instructions. For details regarding product warranty or if you have any questions or problems, please contact support@onebancon.com.

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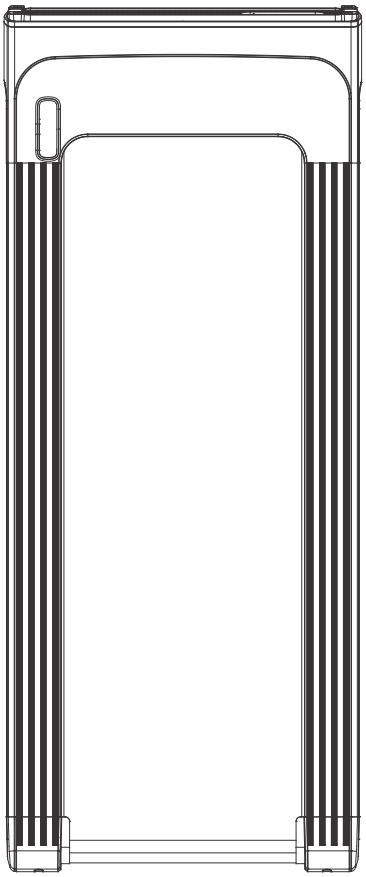
PRODUCTS&PARTS

Item	Description	Qty	Item	Description	Qty
1	Walking Machine	1	4	Power Cord	1
2	Remote control	1	5	Inner Hexagon	1
			6	Silicone Lubricant	1
3	Battery	1 pair	7	Instruction	1

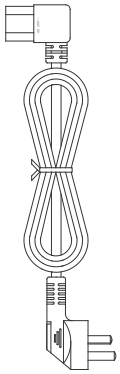


❶ Walking Machine

❷

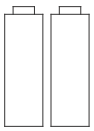
Remote Control

❹



Power Cord

❸



Battery

❺

Tool

❻

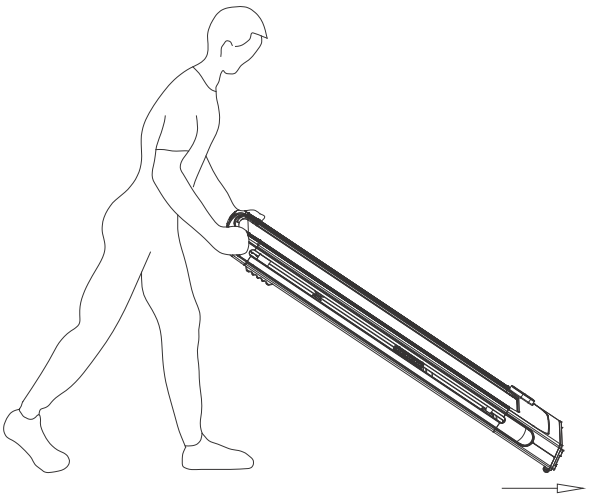
Silicone Lubricant

❼

User Manual

TRANSPORT INSTRUCTIONS

1. After the walking machine stops running, please turn off the power switch, unplug the power cord, and put away the power cord;
2. Stand in the middle of the tail end of the treadmill and raise your hands (as shown in the figure);
3. Push the walking machine forward to your designated position and put it lightly.



Note: Before moving the walking machine, please make sure that the power cord plug of the walking machine is unplugged, otherwise the plug and socket may be damaged. To prevent scratching the wooden floor, handling movements on the wooden floor are not recommended.

TECHNICAL SPECIFICATION

Overall dimension (cm)	153.0 * 63.0 * 14.3	**The rated voltage**	220 v ~
Folding size (cm)	Do not fold	**Rated frequency**	50 hz
Running table size (cm)	42.0 * 125.0	**Rated power**	745 w.
Net weight of the machine	34 kg	**Rated current**	4.2 A
The gross weight	40 kg	**Speed range**	0.8 6.0 km/h
Applicable age	12-60 years old	**Operating ambient temperature**	0 to 40 ° C
Allow the weight	< 90 kg	**Class don't**	H.
Remote control display	Time distance speed step count calories		
Security and protection	The front end of the platform is overcurrent and overpressure type recoverable insurance		

The Product implementation standard

1. Gb17498.1-2008 /IS020957-1:2005 General Safety Requirements and Test methods
2. T/CSSGA1023-2019 Walking Machine Group Standard
3. Gb5296.7-2008 Instructions for Consumption of sports equipment

The pictures and parameters of this product our company reserves The right of technical improvement. Subject to change without prior notice.

PRODUCT FEATURES

1. The use of different thicknesses of high-strength, high-density, wear-resistant running board brings safe and comfortable walking experience.
2. High-grade anti-static, wear-resistant, non-slip running belt brings safe and comfortable walking experience
3. The front and rear rollers are made of fine pumping tubes with taper at both ends, making the running belt automatically reset.
4. The front end of the running platform uses bridge cellular cushioning, and the back end uses magnetic suspension. The cushioned shock absorber provides full elasticity, comfortable walking, avoids damage to the human body, and minimize the vibration noise.
5. Brushless motor makes the machine with low vibration, small noise and longer lifespan.
6. Remote control displays distance, time, calories, speed.
7. Automatic shutdown when no one is walking
8. Step recording is available but the data is for reference only. (Note: low-speed operation might cause large step counting errors)
9. Feature over-voltage, over-current, under-voltage, overload and other protection mechanism.

SAFETY INSTRUCTIONS

Thank you for purchasing our products. the correct use is your guarantee of safety and convenience, before using the walking machine please obey the following warnings.

1. WARNING.The power cord plug must be inserted into the power outlet with a safe grounding to prevent the generation of static electricity which may affect the use of the walker.
2. WARNING. Try to avoid the use of other electrical appliances with same power supply line, so as not to produce circuit interference. Otherwise, this may cause abnormalities or damage to the walker and other electrical appliances.
3. The free space required for safe operation during exercise is 2000mm (L) X 100mm (W) X 2250mm (H).
4. WARNING. Walking machine is for indoor use, please do not use it outdoor. For aerobic cardio exercise, mainly to increase the cardio-respiratory function, muscle training as a supplement.
5. WARNING.Any adjustment device that may interfere with the user's movement should not deviate from the design.
6.Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

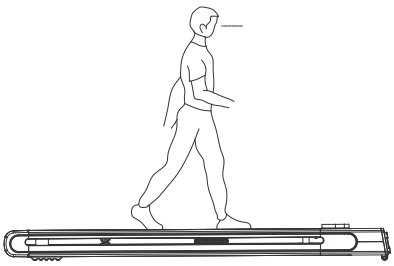
If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

-- Reorient or relocate the receiving antenna.
-- Increase the separation between the equipment and receiver.
-- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
-- Consult the dealer or an experienced radio/TV technician for help.

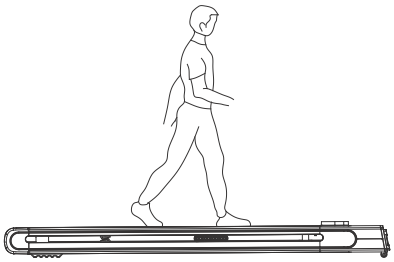
FCC Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body.

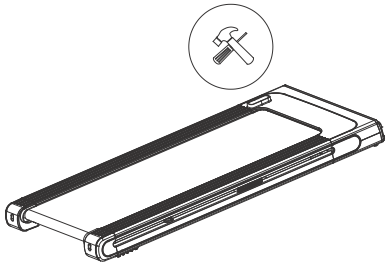
This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.



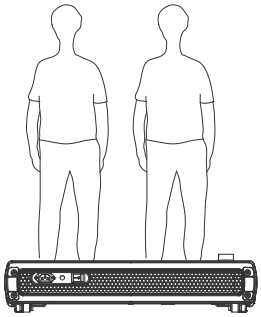
⚠ Maintain eye level to avoid visual vertigo; For beginners, please set the speed below 3km/h until you get used to it.



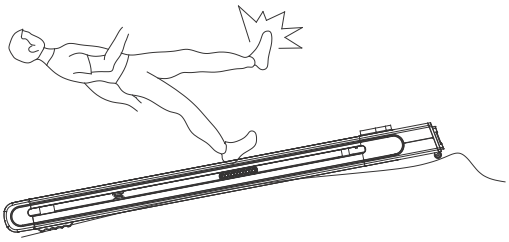
⚠ Wear rubber soled running shoes or gym shoes



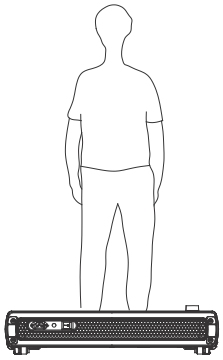
⚠ Professionals for repair and replacement



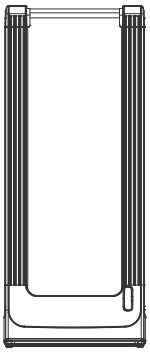
⊗ It is strictly prohibited to use by more than one person at the same time



⊗ Do not place on uneven ground or thick carpet

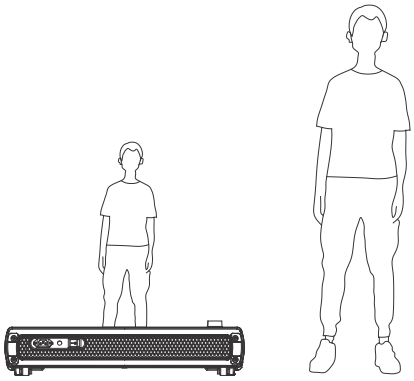


⊗ Do not walk backwards

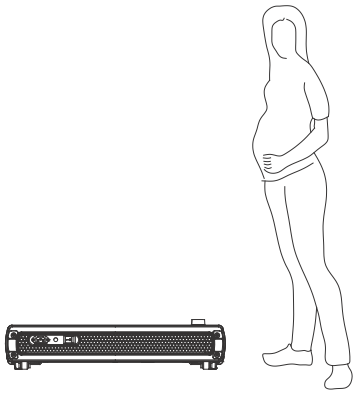


⊗ It is strictly prohibited to place the walking machine upright

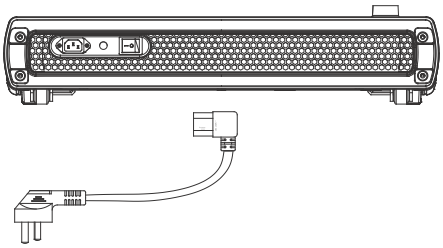
⊗ It is strictly prohibited to place the walking machine on the side



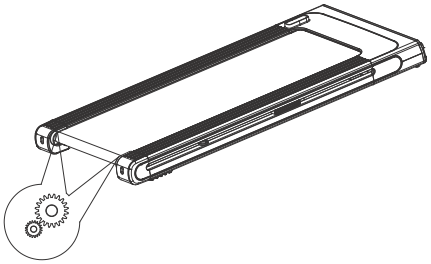
⚠ Minors must be accompanied and guided by adults



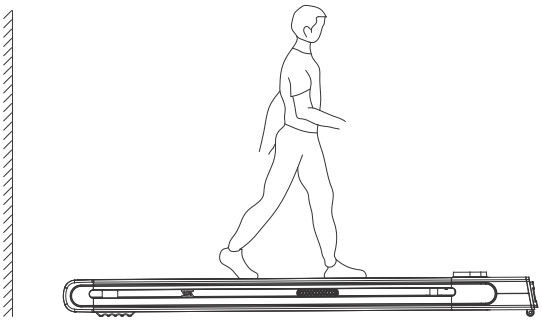
⚠ The elderly and pregnant women are advised to use with caution



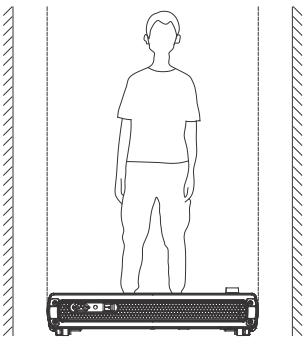
⚠ Unplug and put away the power cord when not in use to avoid uncontrolled use by a third party



⚠ Do not touch any moving parts with hands when in use



⚠ The walking machine and the rear space must be maintained at
Above 1000mm X 1000mm



⚠ The space distance between the walking machine and both sides should be maintained separately
More than 500 mm

GETTING STARTED GUIDE

If you are using a walker for the first time, it is necessary for you to read the following.

Preparation:

Before exercising you need to know your health condition in order to make an exercise plan that suits you, it is recommended to consult a physician so that you may get twice the result with half the effort.

Before using the machine, please make sure you know how to control it - such as start, stop and speed adjustment, etc. Then stand on the plastic anti-skid plate on both sides of the treadmill, start the machine at a low speed of 0.8 ~ 1.0 km/h. Stand straight, look forward and use one foot to rub a few times on the running belt. Then stand on the running belt and move with it.

After adapting to the machine, slowly increase the speed to 2-3 km/h. Maintain this speed for about 10 minutes, and then let the machine stop slowly. Do not run at high speed for the first time to prevent falls.

Exercise:

Walk at a regular pace for about 1 km and record the time spent. This may take 15-25 minutes. When walking at a speed of 4 km/h, 1 km will take about 15 minutes. After you are able to do this easily a few times, you can gradually increase the speed so that you get a good workout for 30 minutes. Be clear in mind: be patient, this exercise is for your lifetime health, not an overnight magic trick.

Frequency of exercise:

Aim for 3-5 times per week, 15-60 minutes of exercise each time. It's best to plan your workout schedule according to your physical condition, not your preference, and you can control the intensity of your workout by adjusting the speed and duration of your workout.

Exercise volume.

Shortcuts - Exercising for 15-20 minutes is a great way to save time. Warm up for 5 minutes at 64-4.8 km/h, then increase in increments of 0.3 km/h every 2 minutes until you feel it would be challenging to keep exercising at a certain speed for 45 minutes. The above is for reference only, please consult a professional for details.

Dressing:

All you need is a good pair of shoes, running shoes or fitness shoes are recommended. Also, do not stick foreign objects on the soles of your shoes to avoid carrying them under the running belt and wearing out the running board and running belt. Clothing should be comfortable and suitable for exercise, we recommend the use of cotton breathable sports clothing.

Stretching exercises:

No matter what speed you walk, it is best to do stretching exercises first. Warm muscles are easier to stretch, so walk for 5 to 10 minutes to warm up. Then stop and stretch as follows - 5 times for 10 seconds or more on each leg, and again at the end of the workout.

1. Downward Stretch

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

2. Hamstring stretch

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

3 . Calf and Achilles Tendon Stretch

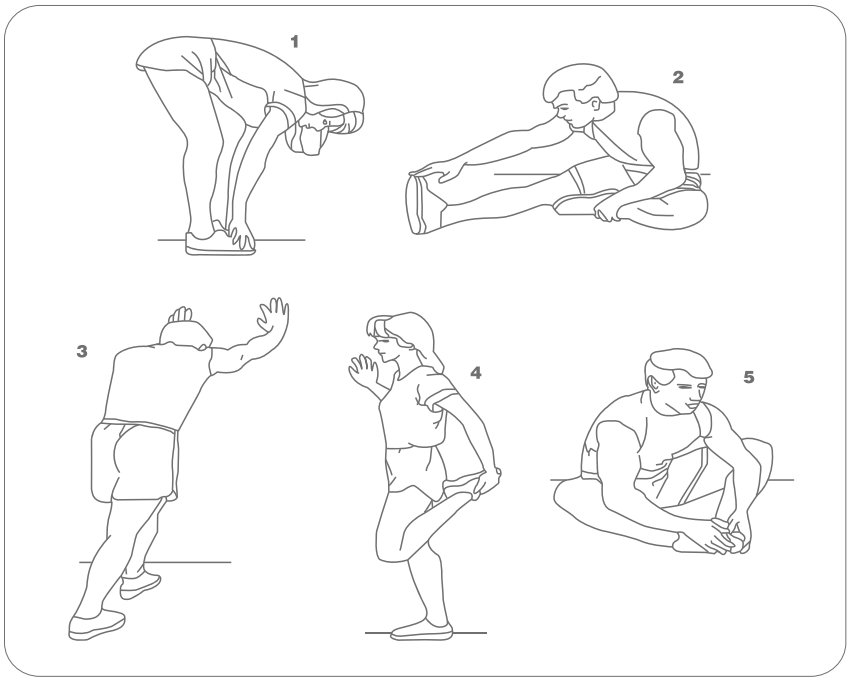
Hold with both hands on a wall or tree, one foot behind the other. Keep the back leg upright and heel on the ground, leaning in the direction of the wall or tree. Hold for 10 to 15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).

4. Quadriceps extension

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

5. Suture muscle (inner thigh muscle) stretch

Sit with the soles of your feet facing each other and your knees facing outward. Grab your feet with both hands and pull them toward your groin. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see Figure 5).



INSTRUCTIONS

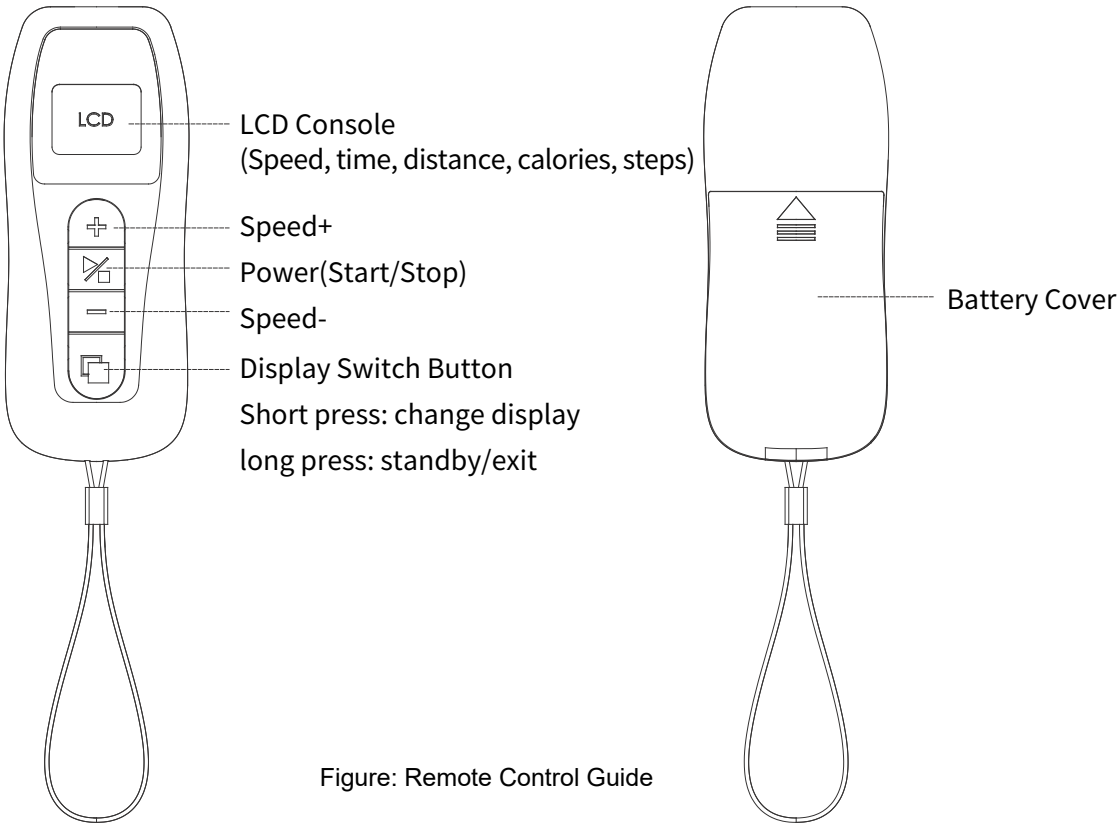
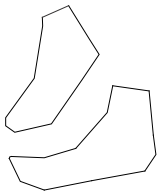


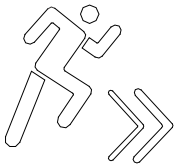
Figure: Remote Control Guide

I. Console Icon Display

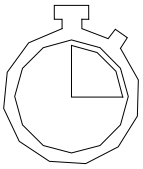


Steps

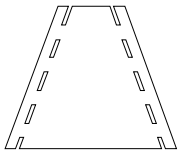
Calories



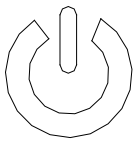
Speed



Time



Distance



Standby

Constant Speed

1. The machine itself has no button or display. Remote control is required.

2. Speed control: machine starts at the lowest speed 0.8Km / h. If you want to accelerate please press speed + (each press increases by 0.5Km / h), to slow down please press speed- (each press decreases by 0.5Km/h). The control range is 0.8Km/h-6Km/h.
3. Start/Stop: In the stop state of the walker, press once to start the walker, and press the button again to stop the walker.
4. Display switch button: the LCD screen displays: time, distance, calories, speed and steps. short press the switch button to switch the display; when running, press increase button or decrease button to change the speed; long press to enter standby mode; long press or press will exit standby mode and screen shows .

5. Remote control pairing instructions:
A. If remote control does not respond or screen does not flash please replace the battery (No. 7 battery).Re-pair is not needed.
B. If remote control does not respond or you have updated the remote control,re-pair is needed.
Pairing method: start the machine again, long press display switch button for 5 seconds.Beeping means pairing is successful.

6. Error code:
E01-Software over-current
E02-Hardware over-current
E03-IPM module overheating
E04-under-voltage protection
E05-Over-voltage protection
E06-Engine out-of-phase protection
E07-Engine blocking protection
E08-Engine failure
E09-Engin over-current protection
E10-Overload protection
E11-Hall signal missing
E12-Communication problem

EXERCISE SAFETY MEASURES

Consult a professional before exercising. He or she can help you recommend exercise frequency, exercise intensity, and exercise time appropriate to your age and physical condition. If you experience chest tightness or pain, irregular heartbeat, shortness of breath, dizziness, or other discomfort while exercising, stop immediately! Consult a professional before continuing to exercise.

MAINTENANCE GUIDE

Warning: Before cleaning or maintaining the product, be sure to unplug the machine.

Cleaning: A comprehensive cleaning will greatly extend the life of the machine.

Remove dust regularly to keep parts clean. Be sure to clean the exposed parts of the running belt on both sides, this will reduce the accumulation of debris under the running belt. Make sure your sneakers are clean and avoid carrying foreign matters under the running belt to wear out the running board and running belt. The surface of the running belt must be wiped with a damp cloth dampened with soap. Be careful not to splash water on the electrical components and under the running belt.

Warning: Please unplug the power of the walking machine before moving the motor protective cover. Vacuum the motor with the motor cover open at least once a year.

Running Belts and Lubricating Silicone Oil

This walking machine has been pre-applied with lubricating silicone oil between the running board and the running belt. The friction between the running belt and the running board has a great influence on the service life and performance, so it is necessary to lubricate the silicone oil regularly. We recommend regular inspections of the deck. If the board is damaged, please contact our customer service center.

We recommend applying lubricating silicone oil according to the following schedule;

Light usage users (less than 3 hours per week) once a year;

Medium usage users (3-5 hours per week) every 6 months;

Heavy users (more than 5 hours per week) every 3 months.

We recommend that you purchase lubricating silicone oil from your local distributor or contact us directly.

LUBRICATING THE WALKING BELT

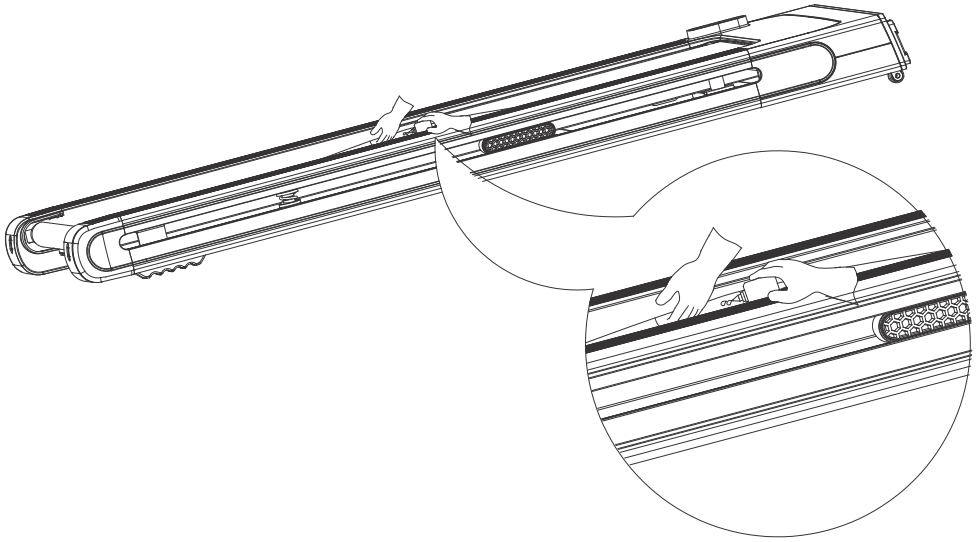


Figure: Lubrication silicone oil added way

1. Gently push the walking machine as shown in the picture to make it inclined at an angle of more than 45 degrees.

2. As shown in the picture, lift one side of the running belt by hand, pour the lubricating silicone oil on the running board, and let the lubricating silicone oil flow down to the other side of the running belt until the flow exceeds the middle of the running board, and then lay the machine flat. When starting up, walk slowly for a few minutes to allow the running belt to fully absorb the lubricating silicone oil, and then increase the speed.

Note: 20-25ml of refueling each time, do not add too much to avoid excessive refueling. After adding oil, wipe off the oil dripping on the side panel and the surface of the running belt with a rag.

MAINTENANCE INSTRUCTIONS

1. In order to better maintain your walking machine and prolong the life of the machine, it is recommended that you turn off the power after 2 hours of continuous use and let the machine rest for 10 minutes before using it.

2. If the running belt is too loose, there will be slippage during running; if it is too tight, it may reduce the performance of the motor and increase the wear of the roller and running belt. When the running belt is tight enough, you can lift both sides of the running belt about 50-75mm away from the running board by hand.

Adjustment of running belt alignment and tightness

In order for you to use the walking machine better and make the walking machine work better, it is necessary to adjust the running belt to the best condition.

Running belt alignment:

Put the walking machine on a flat ground (press and hold the speed plus and minus keys of the remote control at the same time for more than 3 seconds).

Run the walking machine at a speed of about 4 km/h.

If the running belt is skewed to the right, turn the right adjustment bolt 1/2 turn clockwise, and then turn the left adjustment bolt 1/2 turn counterclockwise. Figure A

If the running belt is skewed to the left, turn the left adjustment bolt 1/2 turn clockwise, and then turn the right adjustment bolt 1/2 turn counterclockwise. Figure B

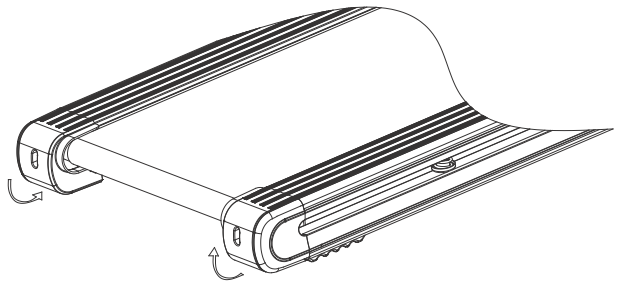


Figure A

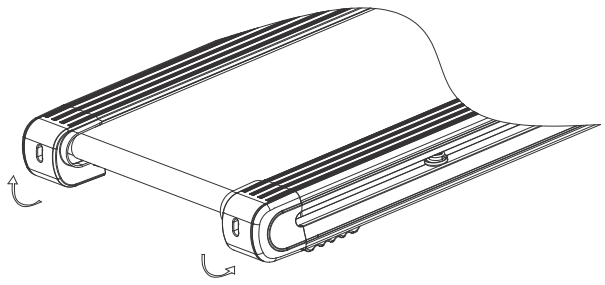


Figure B

Multi-ribbed Belt Tightness Adjustment

When you use the walking machine for a long time, the V-ribbed belt will become loose due to a little wear or tensile deformation. At this time, you must make appropriate adjustments to facilitate safe use. The judgment method is as follows: If you feel that the running belt occasionally pauses when your feet fall on the running board during your normal walking exercise, it means that the running belt or the V-ribbed belt is somewhat loose, and further confirmation must be made. The way to judge which part is loose is; remove the front corner guard and the left/right side cover screws, then remove the motor cover screws, let the walking machine run at a speed of 1 km/h, and then you stand On the running belt, press the running belt with both feet. (We recommend pressing the running belt with the amount of pedaling force generated by the user's own body weight.)

A. If the instantaneous stepping pressure cannot stop the running belt from rotating, it means that the tightness of the V-ribbed belt and the running belt is appropriate.

B. If you observe that the instantaneous stepping pressure causes the running belt to stop rotating, but the V-ribbed belt and the front roller are still rotating, it means that the running belt is somewhat loose and must be properly adjusted for safe use. (For adjusting the tension of the running belt, see the maintenance guide on the previous page)

C. If you observe that the instantaneous stepping pressure causes the running belt and the V-ribbed belt to stop rotating, but the motor is still running, it means that the V-ribbed belt is somewhat loose and must be properly adjusted for safe use.

Adjustment Method

Step 1: Remove the front corner protector and left/right side cover screws of the machine first, and then remove the motor cover screws.

Step 2: Loosen (but do not remove) the 2 nuts on both sides of the fixed motor, then use a wrench to adjust the adjusting screw on the motor according to the situation. At the same time, gently flip the V-ribbed belt between the motor shaft and the front roller by hand. If it is too loose, you can flip the V-ribbed belt 100%; if it is too tight, you can flip the V-ribbed belt at a very limited angle; It is suitable to be able to turn the V-ribbed belt 80% over after adjustment. Please adjust the tightness of the V-ribbed belt to a state where it can be turned 80% (Note: the motor and the roller should be kept parallel).

Step 3: Finally, tighten the lock nuts on both sides of the motor and install the plastic parts.

TROUBLESHOOTING

Trouble	Reason	Solution
Machine not start	1.The power supply is not plugged in or the switch is not turned on 2.The overcurrent protector of the machine is disconnected 3.The indoor overcurrent protector is disconnected	1. Plug into a power outlet or turn on the power switch 2. Replace the power fuse (or press the overcurrent protection switch at the front) 3. Reset the overcurrent protector 4. Put the safety switch in the correct position
Running belt slips	Running belt not tightened	Adjusting running belt tension (see maintenance guide)
V-ribbed belt slips	The V-ribbed belt not tightened	Adjust the tension of the V-ribbed belt (see maintenance guide)
The running belt is not in the center of the treadmill	Roller balance is not adjusted	Adjust the running belt to the neutral position (see maintenance guide)
The machine makes abnormal noise	1. The rotating shaft needs to be lubricated 2. The machine screw is loose	1. Add lubricating oil to the rotating shaft 2. Tighten the relevant screws

If your walking machine failure is not within the above range, please contact our customer service.

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