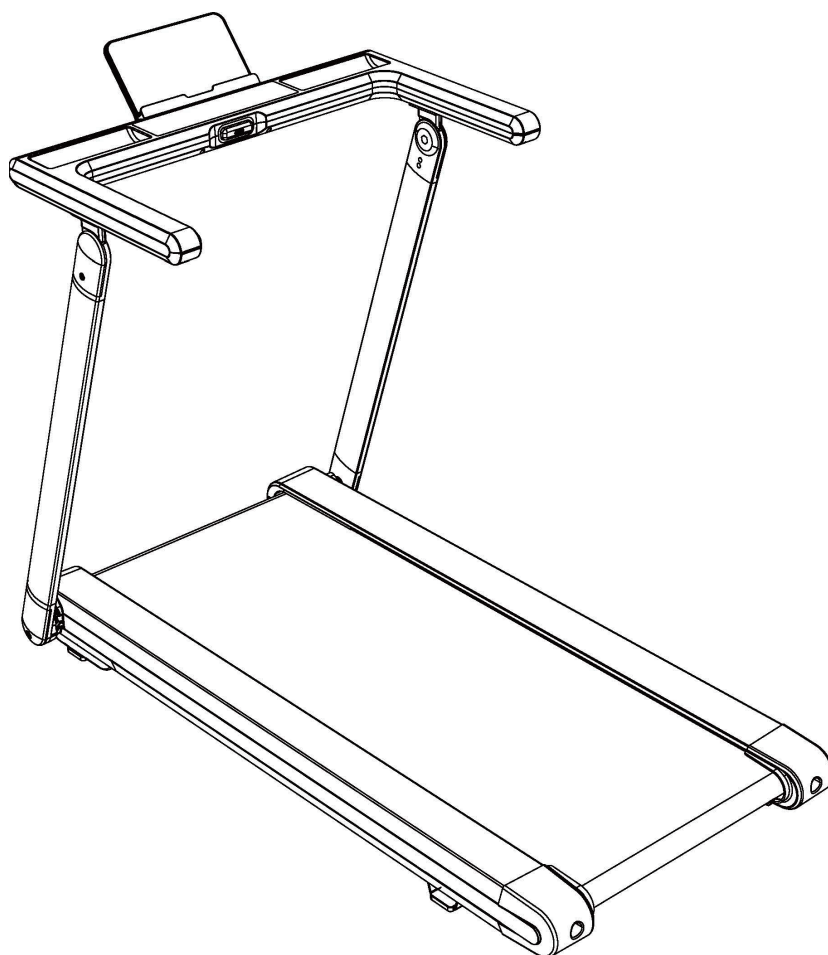




TREADMILL

INSTRUCTION MANUAL

AP01



 +1 888-589-0777

 support@deerruntreadmill.com



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1 SAFETY PRECAUTIONS

Please read all instructions carefully before operating this product.

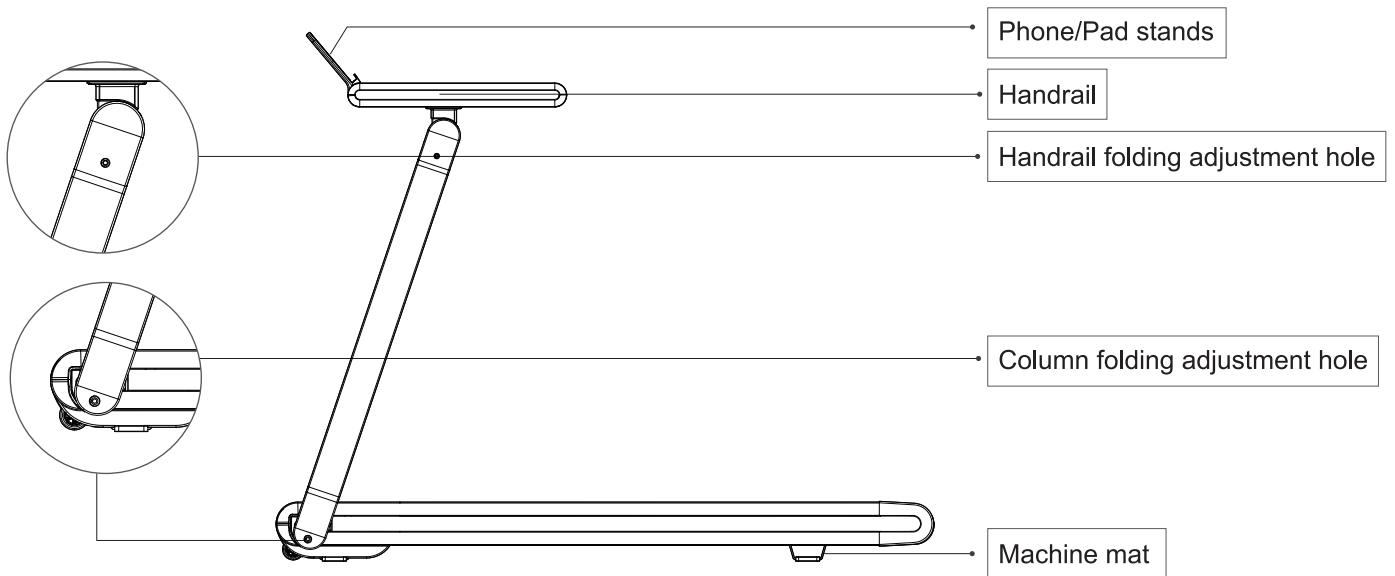
⚠ CAUTION: please adhere to the directives outlined below to prevent harm to yourself or others.

01. Prior to initiating use of the treadmill, ensure it is effectively grounded, thus mitigating potential risks and accidents.
02. While using the treadmill, attach the safety key (red) clip your cloth properly, so that in case of emergency, the safety key can be pulled off immediately to stop the treadmill for your safety.
03. (1) Consult a medical professional before commencing an exercise regimen.
(2) Wear appropriate athletic shoes during exercise sessions (avoid running in slippers as they can become entangled with the machine, leading to malfunction).
(3) Maintain a tidy surrounding to prevent dust particles from accumulating on the treadmill causing mechanical issues.
04. This particular model of the treadmill was designed for individual use only. Avoid proximity to children or pets at any time while treadmill is operational to avoid potential incidents.
05. When fully extended, provide a minimum clearance between the treadmill and the walls and furniture (at least three feet on each side).
06. Discontinue using the treadmill should the power cord be damaged.
07. Should the treadmill malfunction or sustain damage, it is imperative to cease use. We kindly request you reach out immediately to your local distributor for prompt repair service.
08. Refrain from touching any moving parts manually. Also, kindly refrain from jamming or forcing items into the mechanism of the treadmill.
09. The treadmill should only be utilized indoors, avoiding exposure to extreme outdoor temperatures or potentially unsanitary gym conditions.
10. Place the treadmill on clean and flat ground, keep the treadmill well ventilated, make sure there's no sharp object nearby. and do not use the treadmill near water and heat sources.
11. Use the handrail when getting on and off the treadmill. Do not get off before the treadmill stops completely. For any emergency when you need to jump off, remove the safety key to stop the treadmill immediately.
12. Do not utilize the treadmill near respiratory equipment or aerosols or sprays causing a mist.
13. To sustain the optimal operation of the treadmill, do not install or attach any accessories or components that are not part of the original assembly provided by the manufacturer of the treadmill.
14. Ensure all components of the treadmill are assembled and secured properly.
15. Always turn off the power supply and unplug the treadmill's power cord following use.

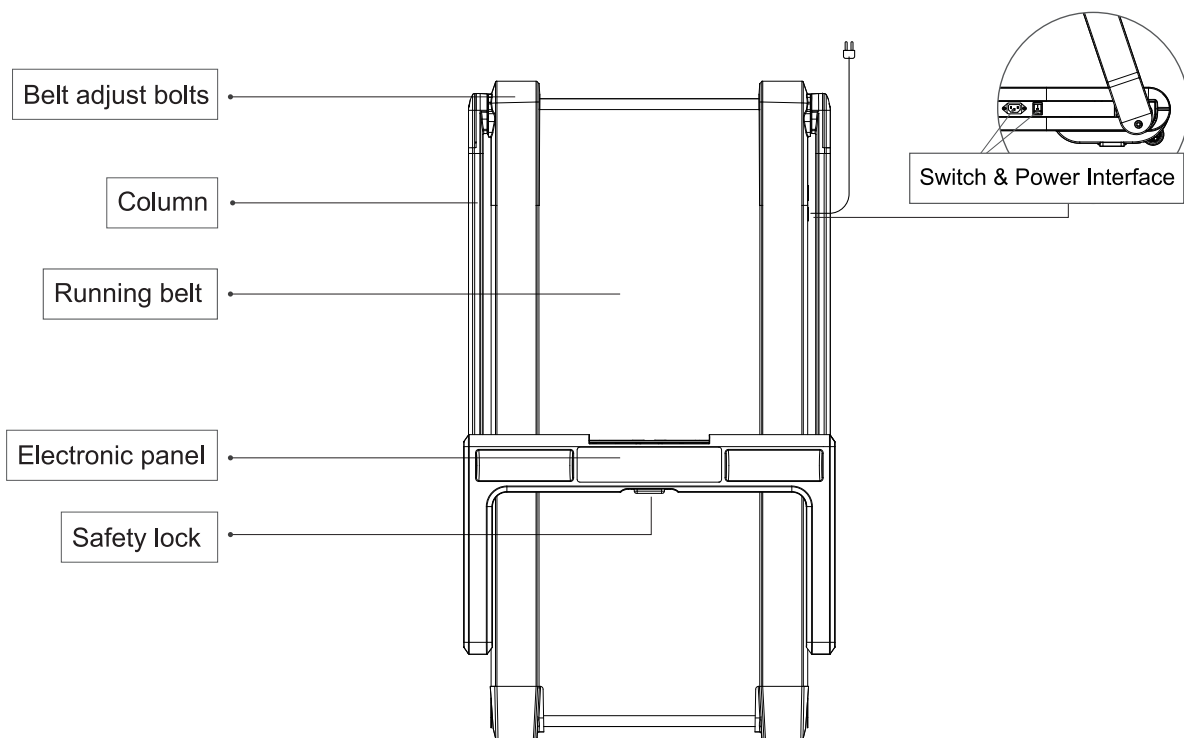
2 PRODUCT INSTRUCTION

PRODUCT CHART

Side view



Top view



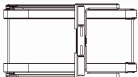
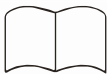
TECHNICAL PARAMETER

Model	AP01
Voltage (V)	120
Peak horsepower (HP)	3.5
Max Load (lbs)	400
Product Size (inches)	53.94 * 30.43 * 42.83
Running Area (inches)	17.72 * 51.18
Speed (mph)	0.6-11.3
Incline range	1-15
Net Weight (lbs)	87.83

Locate the device model in the carton.

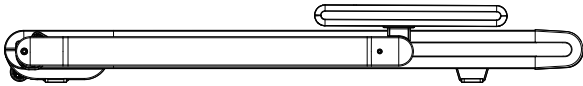
The above data is manual measurement, there may be some deviation, please refer to the actual received prevail.

PARTS LISTS

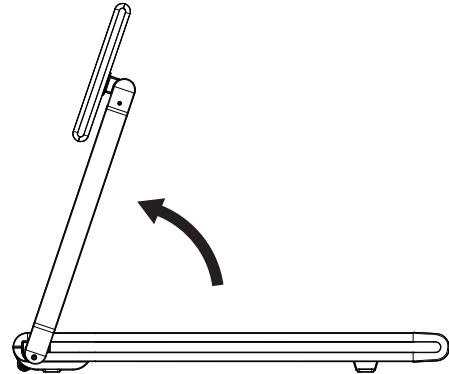
No.	Name	Picture	Quantity	Note
1	Main Frame		1 piece	
2	Phone/Pad stands		1 piece	
3	Safety Lock		1 piece	
4	Power Cord		1 piece	
5	Oil		1 piece	
6	L-type 6mm hex socket (dual purpose)		1 piece	
7	Cylindrical bolt		2 pieces	
8	Manual		1 piece	
9	Quick & Easy Guide		1 piece	

3 INSTALLATION STEPS

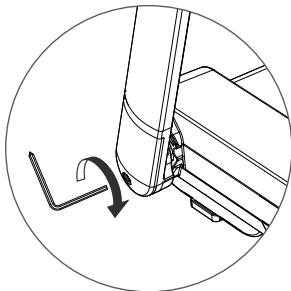
INSTALLATION STEPS



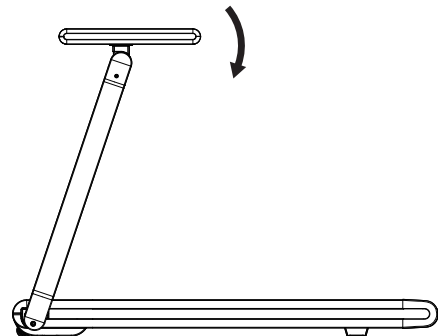
- 01** Open the package, take out the equipment, and place it on a flat ground



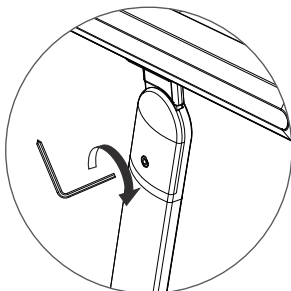
- 02** Lift the aluminum alloy column upward to the limit angle.



- 03** Use a Allen wrench to tighten the left and right mounting holes in a clockwise direction.

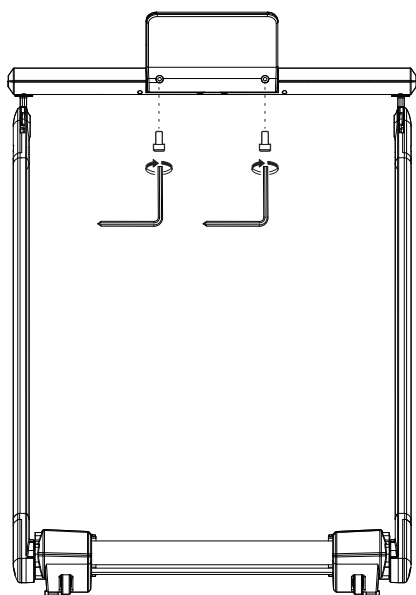


- 04** Lower the armrest and dashboard downward to the limit angle.



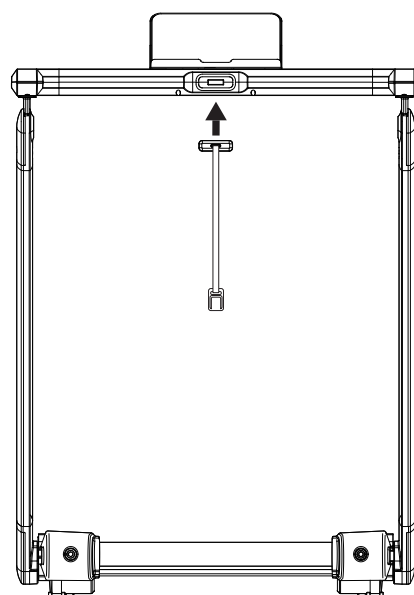
- 05** Use a hex key to tighten the left and right mounting holes in a clockwise direction.

INSTALLATION STEPS



06

Insert the bracket into the dashboard slot, align it with the indicator line, and tighten the screws.



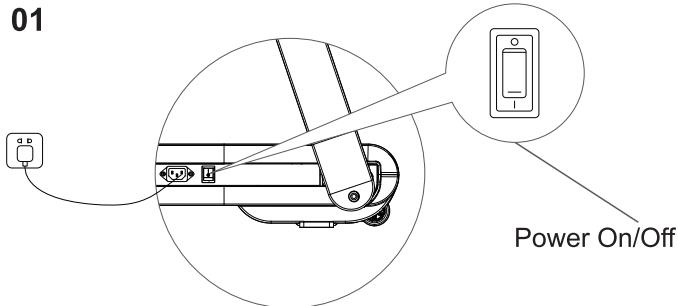
07

Place the safety rope at the safety lock position, connect the power cable first, then turn on the power switch.

4 MANUAL GUIDELINES

TREADMILL USER MANUAL

01



01. Connect the treadmill power supply then activate the switch (red).

(1) Allow for the display to illuminate and proceed to the initial user interface.

02

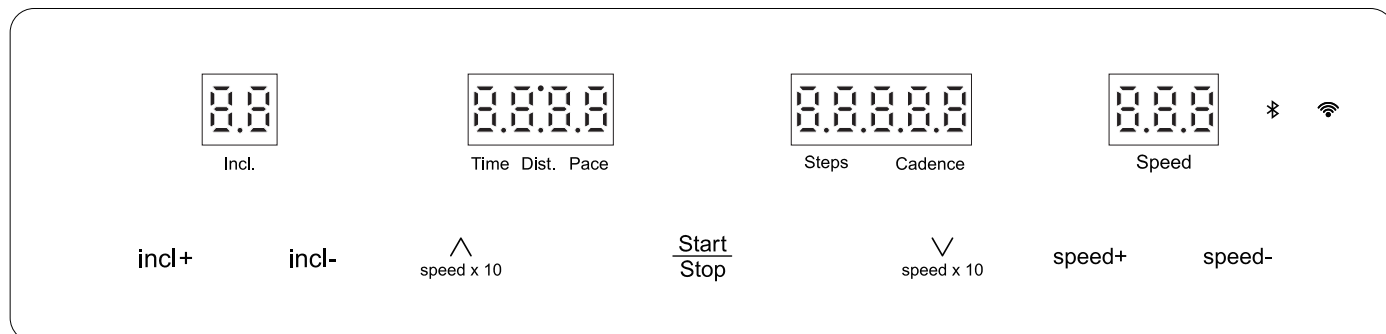


02.Safety Lock

(1). Position the safety lock within its respective area located on the electronic control module to initiate operation of the treadmill; attach the corresponding locking clip securely to garments. During an emergency situation, disengage the safety lock promptly to halt the treadmill's motor function instantly. To resume usage, simply reinsert the safety lock into place. Under all circumstances, the treadmill can be aborted via immediate removal of the safety lock.

DISPLAY AND KEY

When the machine is running, the display window automatically switches every 5 seconds. The indicator light at the bottom of the luli window changes with the display of the window, The information displayed in different Windows is as follows:

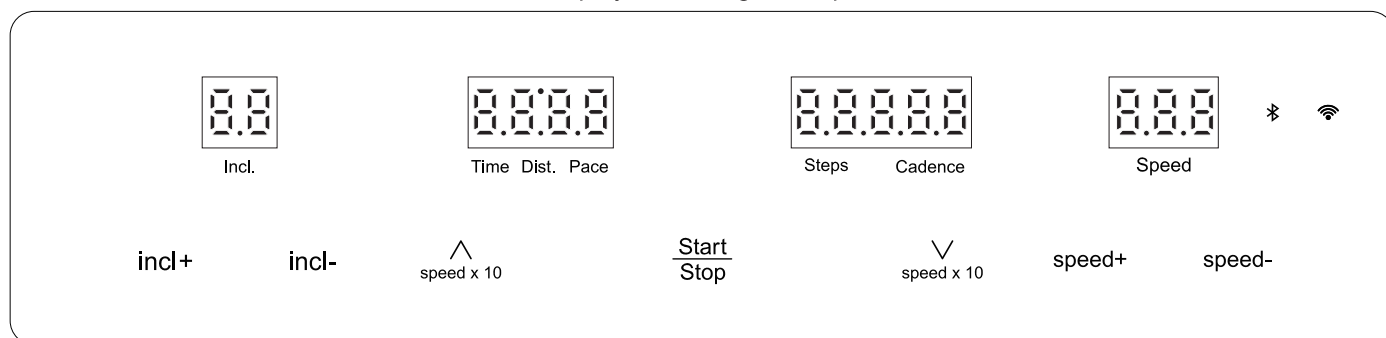


Window value display range

Name	Initial Value	Display range
Incline	0	0-15
Time (minutes: seconds)	0:00	00:00-99:59
Distance (km)	0.00	0.00-99.99
Pace (minutes:seconds)	0:00	0:00-99:59
Steps	0	0-99999
Step frequency	0	0-99999
Speed (mph)	0.60	0.6-11.3

KEY OPERATION

Display of running mode panel



- 1.The "incl+" button is used to increase the lift after the treadmill is enabled.
- 2.The "incl- " button is used to decrease the lift after the treadmill is enabled.
- 3.Speed x10 $\wedge$: Raises the treadmill speed to the nearest higher integer (rounding up), then continues accelerating in multiplicative increments.
- 4.Start /stop: Start /stop the treadmill. In the standby state of the treadmill, press the Start button to activate the treadmill. In the operating state of the treadmill , press the Stop button to stop the treadmill and clear out the data of exercises.
- 5.Speed x10 $\vee$: Lowers speed to the nearest integer below (rounding down), then continues decreasing in multiplicative steps.

6.The "speed +" button is used to increase the speed.

7.The "speed -" button is used to reduce the speed.

8.  Bluetooth: Display the Bluetooth indication. The icon will light up when the Bluetooth connection is successful.

9.  Wifi: Display the WiFi indication. The icon will light up when the WiFi connection is successful.

Note: in the event that the WiFi connection fails or is disrupted, wait until the WiFi signal stabilizes before restarting the treadmill in order to reconnect to the internet.

TREADMILL REVERSE MODE

Long-press the Start/Stop button to instantly switch to reverse mode. The initial speed is set to -0.6 mph, with a maximum speed of -1.9 mph. Press the Start/Stop button shortly to stop.

Note: When activating reverse mode, please hold the side handrails for safety to prevent falls.

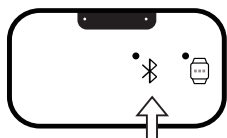
TREADMILL VIBRATION MODE

Follow the "GUIDANCE ON OPERATION OF PITPAT APP" to download the app. Then, enable the treadmill's vibration mode through the app interface to help relax muscles after exercise.

GUIDANCE ON OPERATION OF PITPAT APP



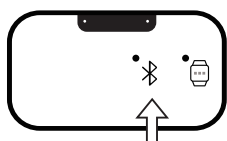
Note: System requirements:
ios13 or above; android 6.0
or above.



After registration, click on
the treadmill icon in the
upper right corner



01 Wait for the treadmill to
connect
02 Search for Wifi



When the Wifi signal light
turns to "green", it means
the connection is
successful

The treadmill allows connection to your phone via Bluetooth

1. Download the PitPat App on your phone and install it or scan the QR code below to download and install the app.
2. Open the PitPat App and follow the instructions therein to sign in or register your account information.
3. Connect the treadmill

(1) Turn on the Bluetooth function of the mobile phone (android phone) and enable the positioning function).

(2) Open the PitPat App (If a prompt is given from the App for authorization, please grant the relevant permissions to the app).

(3) Go to the application home page and click a corner of the treadmill icon on the upper right to enter the search interface.

Your phone will automatically search for nearby devices. Turn on the treadmill (the device that starts with PitPat-T represents your treadmill) to enable connection.

When the treadmill makes a beep, it means the connection is successful, and the Bluetooth icon on the treadmill panel will light up.

Note: When connecting, make sure your phone is connected to the Internet to control the treadmill via Bluetooth.

For details about the network configuration, please refer to descriptions in the APP.

CONNECTING TO WIFI

User Guide for Configuring the WiFi Connection on Your Treadmill

Upon successful connection between your treadmill and the mobile app, you will be directed to the WiFi configuration screen of the treadmill. Please note that our model is exclusively compatible with a 2.4GHz frequency range (as indicated on the app, only the 2.4GHz WiFi signals detected on the treadmill will appear). Therefore, ensure that your internet access point can support 2.4GHz frequencies.

01. Identify the network you require to connect to.

02. Enter the required WiFi password as per onscreen instructions. upon establishment of a viable internet connection, you will hear the beep.

03. Note: In the event that the WiFi connection fails or is disrupted, wait until the WiFi signal stabilizes before restarting the treadmill in order to reconnect to the internet.

5 ERROR CODE AND SOLUTIONS

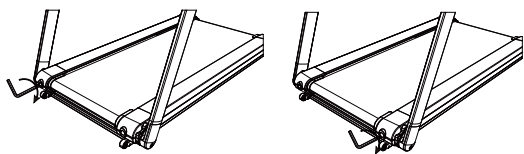
1.Description of Fault Display and Fault Code

Error Code	Fault Description	Solution
— — — — —	Safety lock issue	Replace the safety switch board
		Replace the electronic watch
		Reinstall the safety lock
E01	Phase loss	1. Restart the treadmill after cutting off the power supply and calibrate the equipment again. Note: Power it on again after the equipment is turned off and the display panel goes off. 2. Check and replace the main drive motor.
E02	IPM overheating	1. Restart the treadmill after it is powered off and cools down. 2. Check and replace the motor fan. 3. Check and replace the controller.
E03	Motor overheating	1.Restart the treadmill after it is powered off and cools down. 2.Check the treadmill belt (Solution: Add lubricating oil) 3.Check and replace the motor fan. 4.Check and replace the main drive motor.
E04	Self-test failure (no learning)	1. Restart the treadmill after cutting off the power supply and calibrate the equipment again. Note: Power it on again after the equipment is turned off and the display panel goes off 2.Check and replace the main drive motor.
E05	Vibration out of control	1.Restart the treadmill after cutting off the power supply 2.Check and replace the main drive motor.
E06	ENC failure	1.Check and replace the main drive motor.
E07	Sudden unintended acceleration or emergency stop	1.Check and replace the controller.
E08	Overcurrent	1.Restart the treadmill after cutting off the power supply 2.Check and replace the controller. 3.Check and replace the main drive motor.
E09	Phase detection error of left lift motor	1.Restart the treadmill after cutting off the power supply 2.Check/ Replace the lift motor
E10	Reset error of left lift motor	1.Restart the treadmill after cutting off the power supply 2.Check/ Replace the lift motor
E11	Left lift motor stuck	1.Restart the treadmill after cutting off the power supply 2.Check/ Replace the lift motor
E12	Left lift motor unable to stop	1.Restart the treadmill after cutting off the power supply 2.Check/ Replace the lift motor

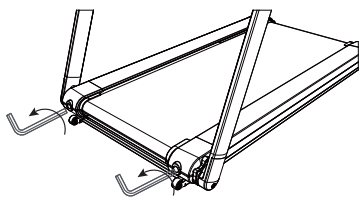
Error Code	Fault Description	Solution
E13	Learning error of left lift motor	1.Restart the treadmill after cutting off the power supply 2.Check/ Replace the lift motor
E14	Phase detection error of right lift motor	1.Restart the treadmill after cutting off the power supply 2.Check/ Replace the lift motor
E15	Reset error of right lift motor	1.Restart the treadmill after cutting off the power supply 2.Check/ Replace the lift motor
E16	Right lift motor stuck	1.Restart the treadmill after cutting off the power supply 2.Check/ Replace the lift motor
E17	Right lift motor unable to stop	1.Restart the treadmill after cutting off the power supply 2.Check/ Replace the lift motor
E18	Learning error of right lift motor	1.Restart the treadmill after cutting off the power supply 2.Check/ Replace the lift motor
E30	Other errors (including reporting several errors at the same time)	1.Restart the treadmill after cutting off the power supply 2.Check/ Replace the lift motor 3.Check and replace the main drive motor. 4.Check and replace the controller.

6 MAINTENANCE

BELT ADJUSTMENT



01. When the running belt is tilted to the left, adjust the screws 1-2 turns clockwise to the left. When the running belt is tilted to the right, adjust the screws to the right 1-2 turns clockwise. Then, the test runs; If the run tape is still tilted, repeat the steps until the run tape is aligned.



02. When the running band is too tight, it creates stronger resistance. Please turn the screws on both sides counterclockwise 1-2 turns: loosen the belt until it stops slipping or pauses; When the running belt is too loose, turn the screws on both sides 1-2 turns clockwise.

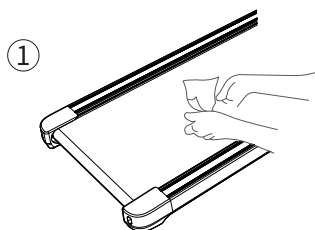
⚠ Warning! Don't overtighten the roller! This can cause permanent damage to the bearing!

LUBRICANT

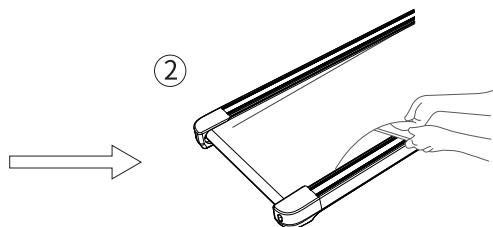
01. The treadmill must be lubricated after half a year or a cumulative run of 100 hours. add 1/3 to 1/2 bottle at a time.

02. Confirm the lubrication status. With the treadmill off, lift the running belt from one side and reach for the surface under the running belt, and if the lubricant can be touched, there is no need to add more lubricant. But if the lubricant dries up, refill it with it. (Use only non-petroleum-based lubricants).

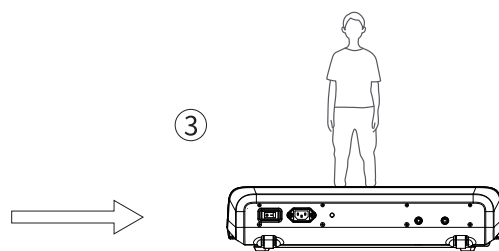
03. Follow the figure below to properly add the lubricant.



(1). Clean the treadmill.



(2). Turn off the power, pull up the running belt and pour the silicone oil into the inner surface of the running board.



(3). Start the treadmill and lubricate at 3 mph for 10-20 seconds.

MAINTENANCE GUIDANCE

Proper maintenance helps keep the treadmill in the best condition while improper maintenance may damage or shorten the life span of the treadmill.

01. Regularly clean and maintain the treadmill, ensuring all components are kept immaculate.
02. After each use of the treadmill, employ a pristine towel or cloth to wipe down vital areas such as the console, depleting sweat and debris. Take care not to allow electrical elements or running belt to come into contact with water.
03. Seek to position your treadmill in an area that is clean, dry and free from moisture. Ensure it is powered off and disconnected from its socket prior to storage.
04. Ease of transportation is incorporated within this product, equipped with wheels for seamless relocation. Prior to shifting the treadmill, ascertain it is unplugged and correctly folded.
05. Conduct constant checks on the individual parts of the treadmill and ensure they are securely fastened. Components exhibiting signs of damage should be swiftly replaced.
06. Prior to commencing exercise, the running belt has been appropriately adjusted; however, with continuous usage, there maybe varying degrees of stretching experienced by the belt.
This may result in wearing out the belt due to its deviation from the center and friction with the side roller and rear cover. Belt slippage over time is common. If the running belt slips or gets stuck during movement on the treadmill, you can adjust the belt for better performance.

7 WORKOUT ROUTINES

Warm-up

A warm-up exercise of 5-10 minutes is required before each operation.

Breathing

Do not hold your breath during the operation. Normally, when you are ready to restore your movements, breathe through your nose and exhale with your mouth. Breathing should be coordinated with your movements. If you breathe too quickly, you should immediately stop exercising.

Frequency

Muscles in the same area should have 48 hours of rest, that is, the same area can be trained the next day.

Load

According to the individual physical condition to determine the amount of training, and then exercise according to the principle of asymptotic load, muscle soreness is normal at the beginning of training, as long as you continue the exercise, soreness can be eliminated.

Relax

Five minutes of restoring action should be taken after each exercise, especially when the foot muscles are stretched and relaxed to prevent long-term coagulation and maintain muscle elasticity.

Diet

In order to protect the digestive system, you can exercise one hour after a meal. After training, you should eat at least half an hour. During exercise, you should drink less water, especially large amounts of water, so as to avoid increasing the burden on the heart and kidney.

EXERCISE GUIDELINES AND RECOMMENDATIONS

DECLARATION OF CAUTION: Prior to commencing this or any exercise regimen, it is imperative that you consult your health care professional.

Warm up exercises enhance blood circulation, providing muscles with increased oxygenation, elevation in body temperature, and preparation for the physical exertion to follow.

Each training session should initiate with a five to ten minutes stretch routine and light movements warm-up. The accompanying illustrations showcase various fundamental stretches.

The recommended approach is to undertake a warm-up session prior to executing your workout. For comprehensive warm-up benefits, repeat each stretch for three consecutive sets.



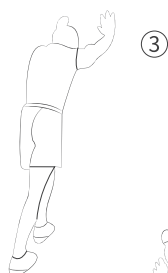
1. Downward stretch:

Bend your knees slightly, stoop your body slowly, let your back and shoulders relax, and reach your toes with your hands as much as possible. Hold for 10 to 15 seconds and relax. Repeat the above-mentioned movements 3 times (see Figure 1).



2. Hamstring stretch:

Sit on a clean cushion and straighten one leg. Pull the other leg inward so that it clings to the inside of the straightened leg. Touch your toes with your hands as much as possible. Hold for 10 to 15 seconds and relax. Repeat the above-mentioned movements 3 times for each leg (see Figure 2).



3. Calf and heel tendon stretch:

Stand with two hands leaning against on a wall or tree, with one foot remaining behind. Keep your rear leg upright and heel contact, leaning toward a wall or tree. Hold for 10 to 15 seconds and relax. Repeat the above-mentioned movements 3 times for each leg (see Figure 3).



4 Quadriceps stretch:

Keep balance by leaning against a wall or table with your left hand, then reach back with your right hand to grab your right heel and slowly pull towards your hip until you feel tension in your front thigh muscles. Hold for 10 to 15 seconds and relax. Repeat the above-mentioned movements 3 times for each leg (see Figure 4).



5. Sartorius (inner thigh muscles) stretch:

Sit with your feet facing each other and your knees facing outward. Grab your feet with both hands and pull towards your groin. Hold for 10 to 15 seconds and relax. Repeat the above-mentioned movements 3 times for each leg (see Figure 5).



SERVICE COMMITMENT

This product is exclusively intended for domestic applications. Any anomalies associated with commercial usage will not be subject to our warranty coverage.

If you experience any issues with the functionality of your product, kindly liaise with your local distributor regarding customer support!

FCC Statement

Any 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.

RF Exposure Information

The device has been evaluated to meet general RF exposure requirement.

The device can be used in 20mm exposure condition, compliance with exposure requirements.

Only in the stated conditions, the device is shown to fully comply with the FCC RF Exposure requirements of KDB 447498.

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.

ISED RSS Warning:

This device complies with Innovation, Science and Economic Development Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device. Le présent appareil est conforme aux CNR d'ISED applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

(1) l'appareil ne doit pas produire de brouillage, et

(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

ISED RF exposure statement:

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

This equipment should be installed and operated with minimum distance 20cm between the radiator & your body. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Le rayonnement de la classe B respecte ISED fixaient un environnement non contrôlés. Installation et mise en œuvre de ce matériel devrait avec échangeur distance minimale entre 20 cm ton corps. Lanceurs ou ne peuvent pas coexister cette antenne ou capteurs avec d'autres.



Note: If your device includes an activation warranty benefit, please follow the instructions on the quick operation card to activate the device before normal use.

-  Support Service: +1 888-589-0777
-  Email: support@deerruntreadmill.com
-  INS: [deerrun_official](#)
-  TIKTOK: [deerrun_official](#)