

W-ONE TREADMILL

USER MANUAL



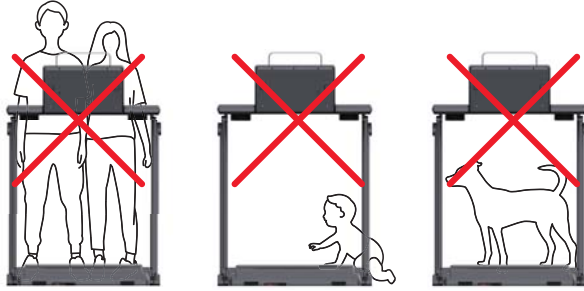
任和运动

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Safety Information

Before you begin, please make sure to read this user manual carefully before starting on this treadmill. This manual provides information necessary not only for your safety but also for the good functioning of this treadmill.



Consult a physician before beginning a new fitness plan. Incorrect or excessive training may result in serious injury.

If you experience faintness, chest pain, or shortness of breath, stop exercising immediately and consult a physician.

Under no circumstances should you have more than one person on the treadmill at the same time.

Children under the age of 14 and persons with reduced physical, sensory, and mental capabilities that may impinge their safe use of treadmill should not use this machine. Keep children and animals away from this treadmill at all times, even when the machine is powered 'off'.

When the machine is on and in walking mode, do not attempt to turn around.

Keep your position facing forward at all times.

Inspect this treadmill for loose, worn, damaged, or incorrect parts before use. If you locate a missing, damaged, or loose part, do not use the machine until those parts are replaced, repaired, or tightened.

This treadmill must be used with the specified voltage power supply. The power socket must also remain grounded.

Read all safety information before using this treadmill. It is the owner's responsibility to ensure that users are aware of all warnings and precautions.



OPERATIONAL SAFETY

This product is not suitable for the following individuals:

Anyone whose doctor does not recommend daily exercise for any reason, including thrombosis, aneurysms, acute venous tumors, various dermatological conditions or skin infections, or other conditions.

It is also not recommended to use this treadmill for people with the following cardiac devices: implantable cardioverter defibrillators (or ICDs), pacemakers, implanted heart rhythm monitors, or loop recorders.

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

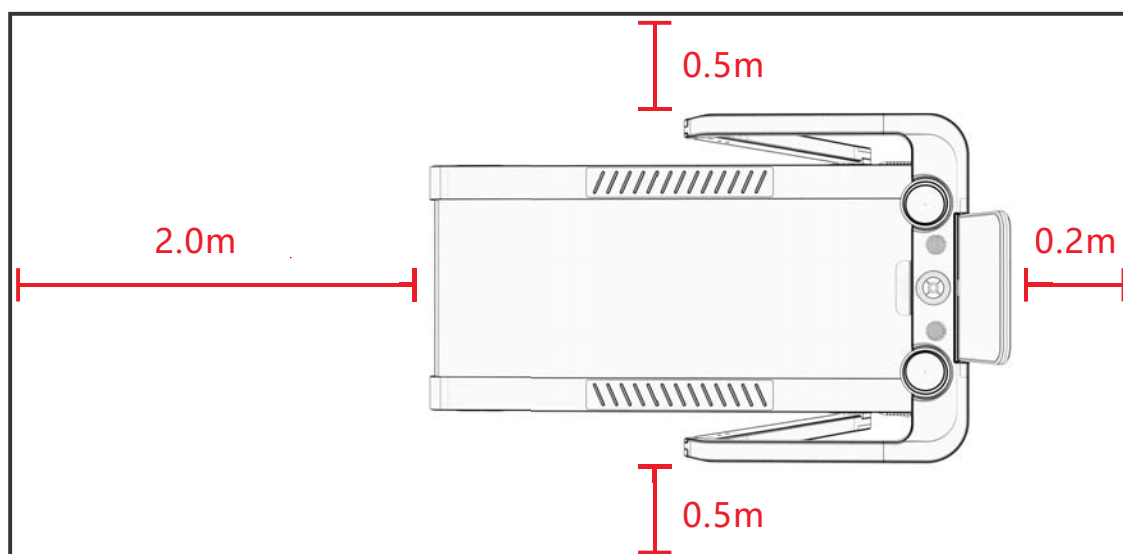
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body.

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

WARNING!

Incorrect, unsafe or excessive exercise can cause serious injury or even death. If you feel dizzy, stop exercising immediately and consult a doctor.

Safety Information



Environmental Safety

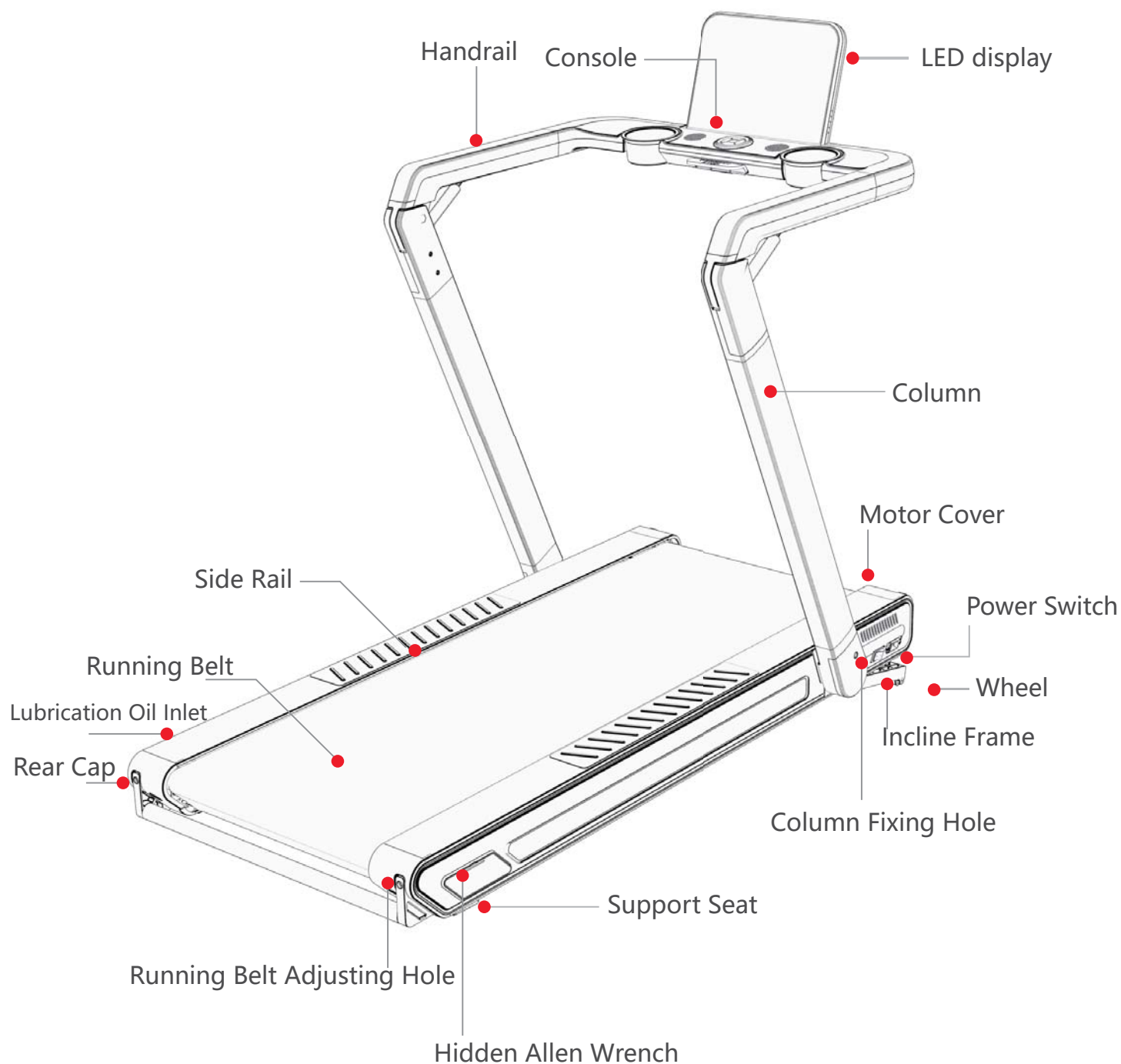
- Do not use this product if room temperature is above 104 F/40C.
- Keep all conductive devices away from any liquids.
- Do not place any items on the treadmill's running belt.
- Do not wear clothes that can get caught in the machine. We recommend keeping loose clothing, shoelaces, and accessories away from the tread belt.
- Do not allow the ventilation port on the motor cover to be blocked by debris while the machine is operating.
- Regularly check the handrail locks, and do not put your hands on rotatable joints.
- To avoid damaging the machine, do not put your fingers or any foreign objects into the belt gap.
- Do not touch the power cord or power switch with wet hands.
- Do not place the treadmill outdoors or near a water source, electric heaters, stoves, or areas with direct sunlight.

DISCLAIMERS&PRECAUTIONS

- To avoid possible injury, read all instructions and warning labels before using this machine.
- Use the treadmill solely as described, and subject to all limitation and restrictions, as set forth herein.
- Consult a medical provider or fitness specialist before starting any exercise. This is especially important for individuals over the age of 35 or for those with health conditions.
- This machine is meant for indoor use only and for areas with controlled temperatures. Do not use the treadmill in areas without controlled temperatures or without air conditioners, such as garages, walkways, swimming pools, bathrooms, parking lots, or outdoor areas.
- Do not place the machine in a cooler environment or in an environment with high humidity. Failure to follow these precautions can directly damage machine's electronic parts. If you fail to use treadmill in accordance with the precautions listed above, your warranty will be null and void.

Get to Know Your Treadmill

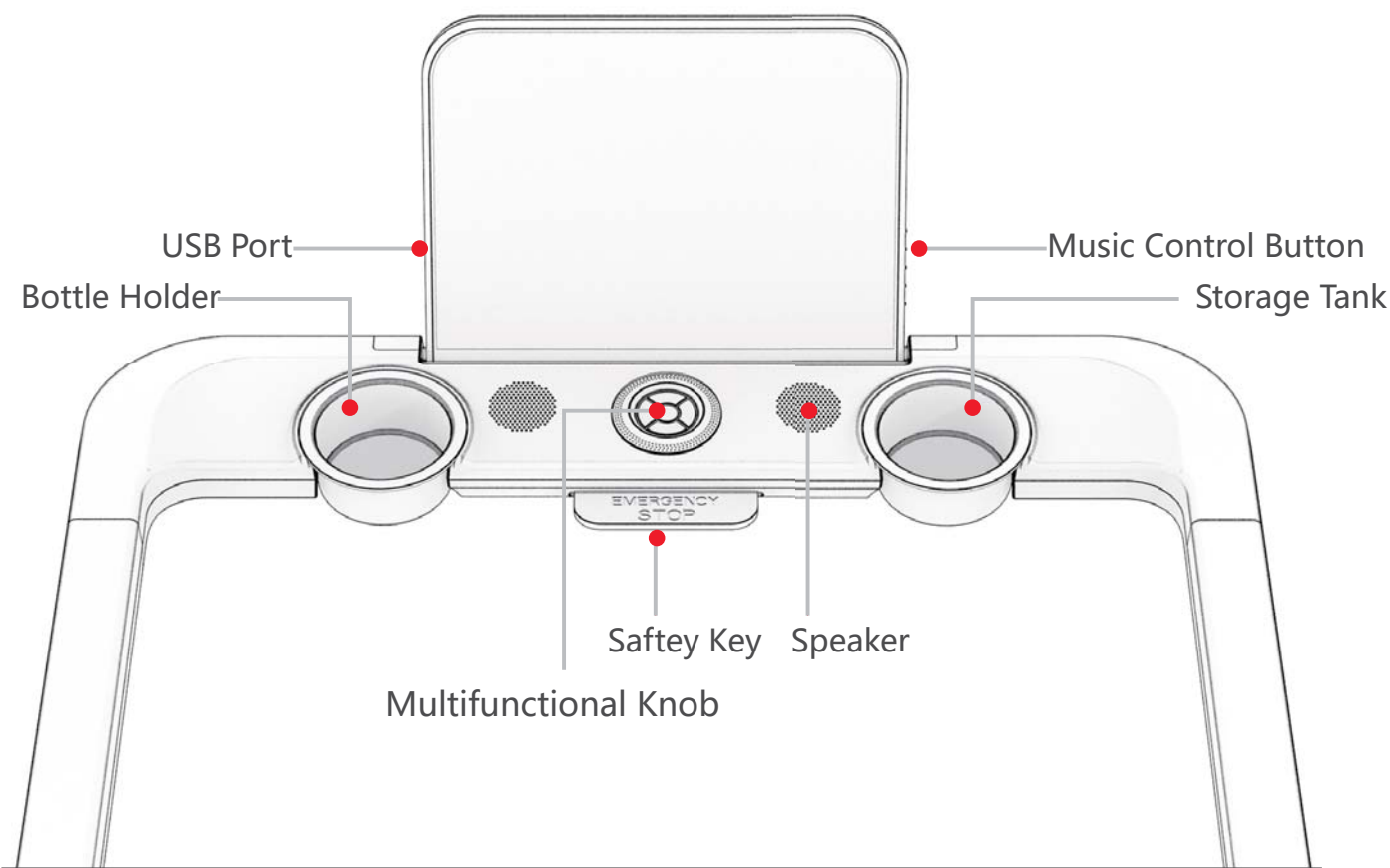
Component Description



⚠ After unpacking, please keep the original carton and fillings intact. During the warranty period, the treadmill that needs to be returned should be returned to the original factory in its original packaging.

Get to Know Your Treadmill

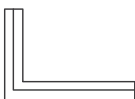
Console Description



Accessories



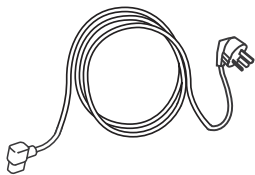
Silicone Oil



Allen Wrench

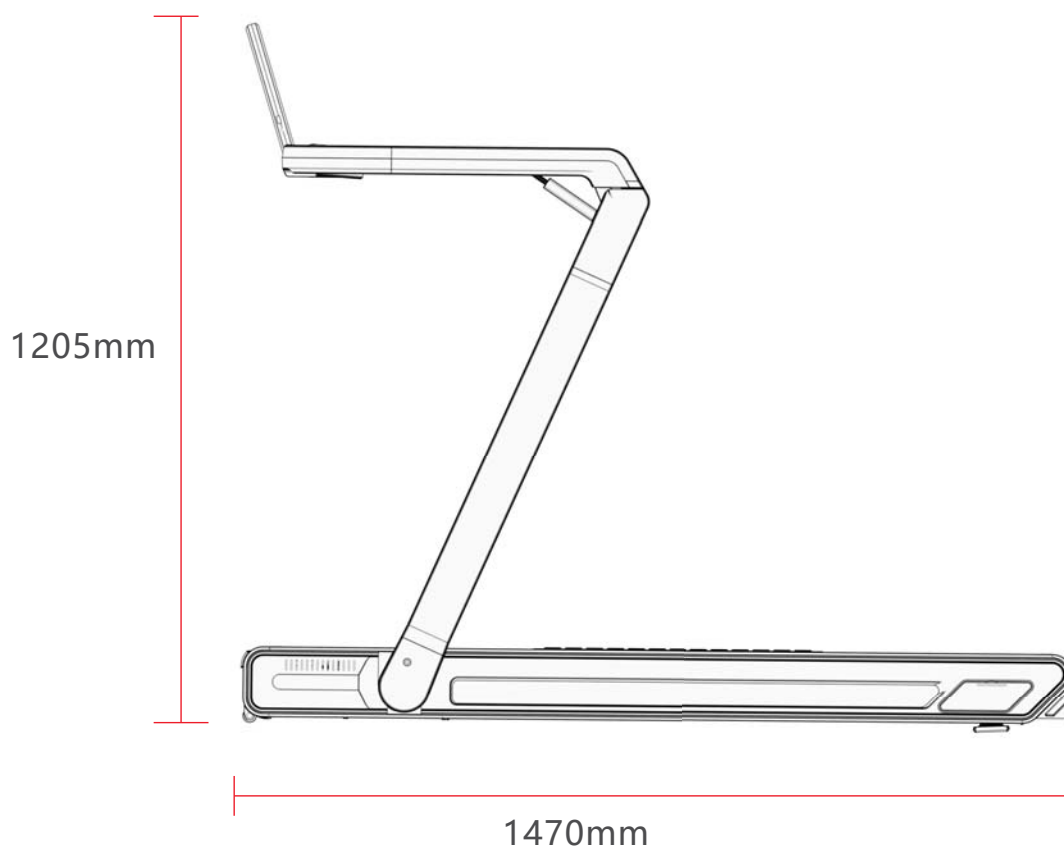


User Manual



Power Cord

Specifications



Display
LED Dot Matrix Display

Maximum Load
120KG

Assembly Dimensions
L1470 x W768 x H1205mm

Console Function
USB port, Speaker

Folded Dimensions
L1436 x W768 x H193mm

Speed
1-16KM/H

Belt Size
L1350 x W480mm

Lifting Slope
12 levels

Engine Power
2 motors, each 0.75HP

Frame Material
Steel + Aluminum alloy+Plastic

Net Weight
66KG

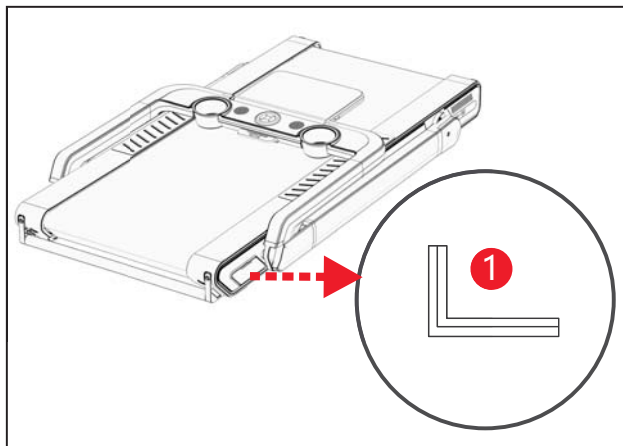
Screen adjustment
Display 0 - 66 deg vertical tilt

Gross Weight
70KG

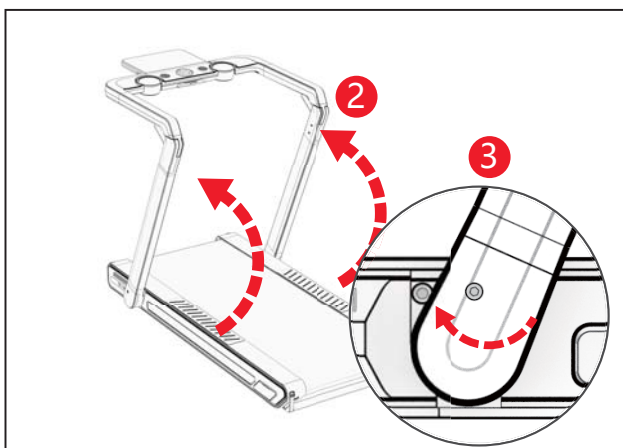
Column Unfolding / Folding

Unfolding and Installation

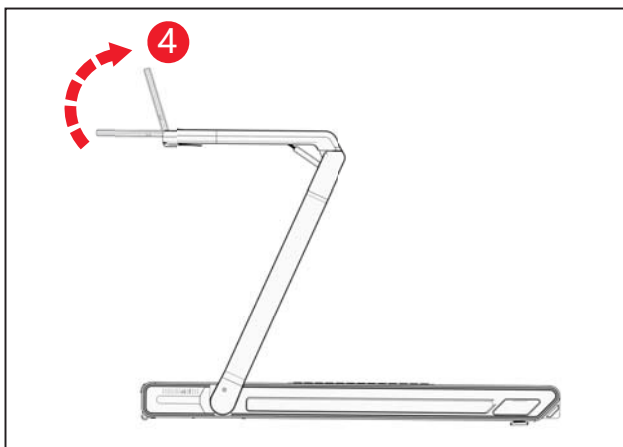
Unpacking: 2 persons are required to take the machine out of the carton and place it on a flat floor.



- 1 The treadmill is packed with column fixing holes loosed, remove the plastic cover positioned under the right rear cap and take out the hidden Allen wrench, see Figure 1



- 2 Lift the columns upward to the limit, see Figure 2
- 3 Use the Allen wrench to tighten the column fixing holes clockwise until the columns are firmly fixed, see Figure 3

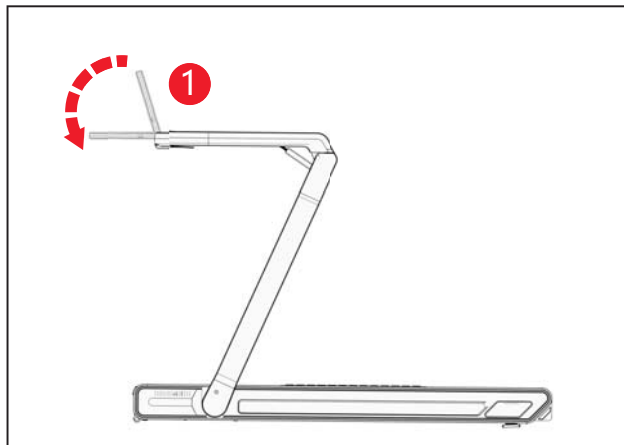


- 4 Hold the display with both hands and adjust it upward to a suitable viewing angle, see Figure 4

Column Unfolding / Folding

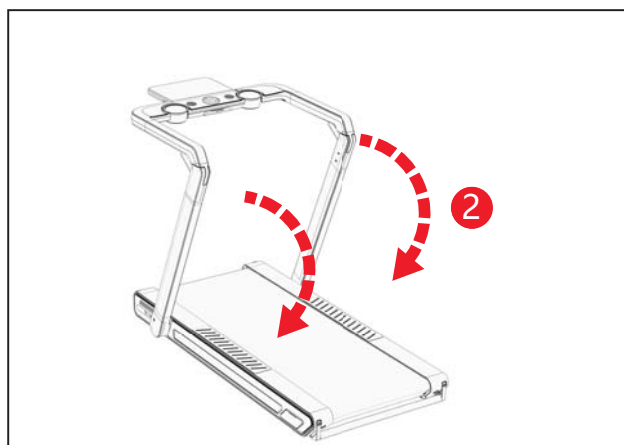
Folding

Two persons are required to proceed the folding operation.

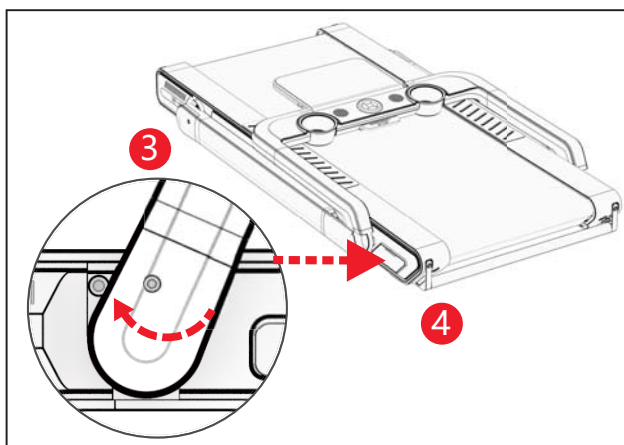


1 Hold the display with both hands and adjust it downward to be parallel to the handrail, see Figure 1

2



2 Loosen the column fixing holes on the left and right column counterclockwise with the Allen wrench, lay down the columns to be parallel to the side rail, see Figure 2



3 Use the Allen wrench to tighten the column fixing holes clockwise until both columns are secured, see Figure 3

4 Place the Allen key in its original position, see Figure 4

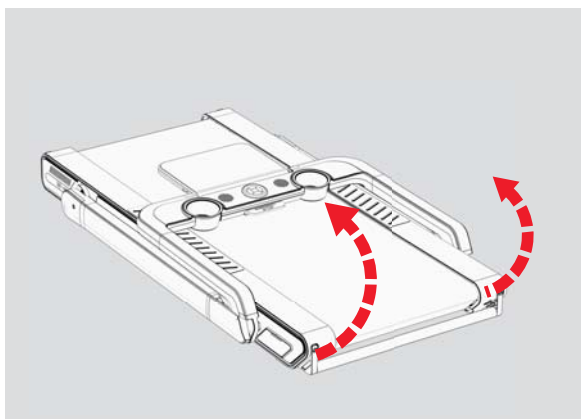
Moving the Treadmill

WARNING

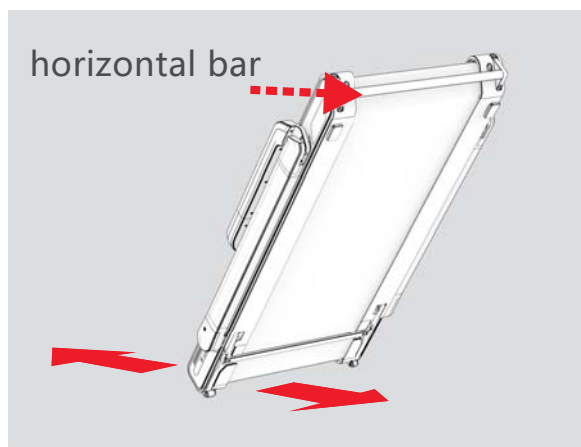
The net weight of this treadmill is 66kg. Before carrying out the movement, make sure that the column fixing holes are locked. Follow the steps below to move the treadmill.

ATTENTION!

- Two persons are required to proceed the moving operation.
- Before moving the treadmill, make sure that the power cord of the treadmill is unplugged.



- 1 Pull out the horizontal bar under the running belt, hold the bar with both hands and lift the treadmill up.



- 2 There are 2 moving wheels under the motor cover, which can be used to move the treadmill to the desired position. Always hold the horizontal bar firmly when moving.

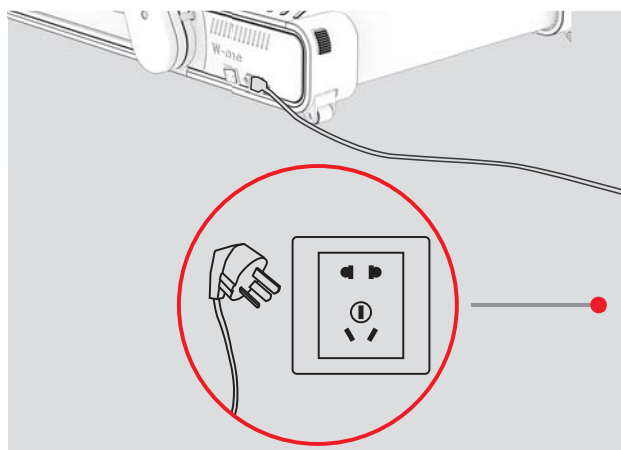
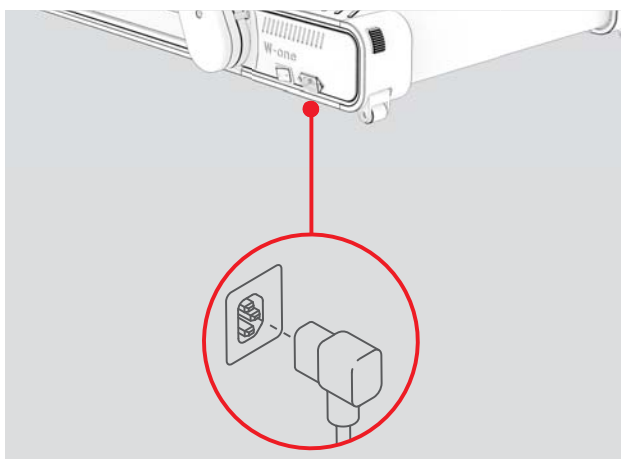
Powering the Treadmill

This treadmill must be connected to a grounded wall outlet. If the product fails, grounding provides a minimum resistance path for reducing the risk of electric shock.

This product's electric plug is equipped with a grounding conductor. For safety reasons, the grounding plug must be plugged into the appropriate wall outlet, and the socket must be properly installed and grounded in accordance with all local codes and regulations.

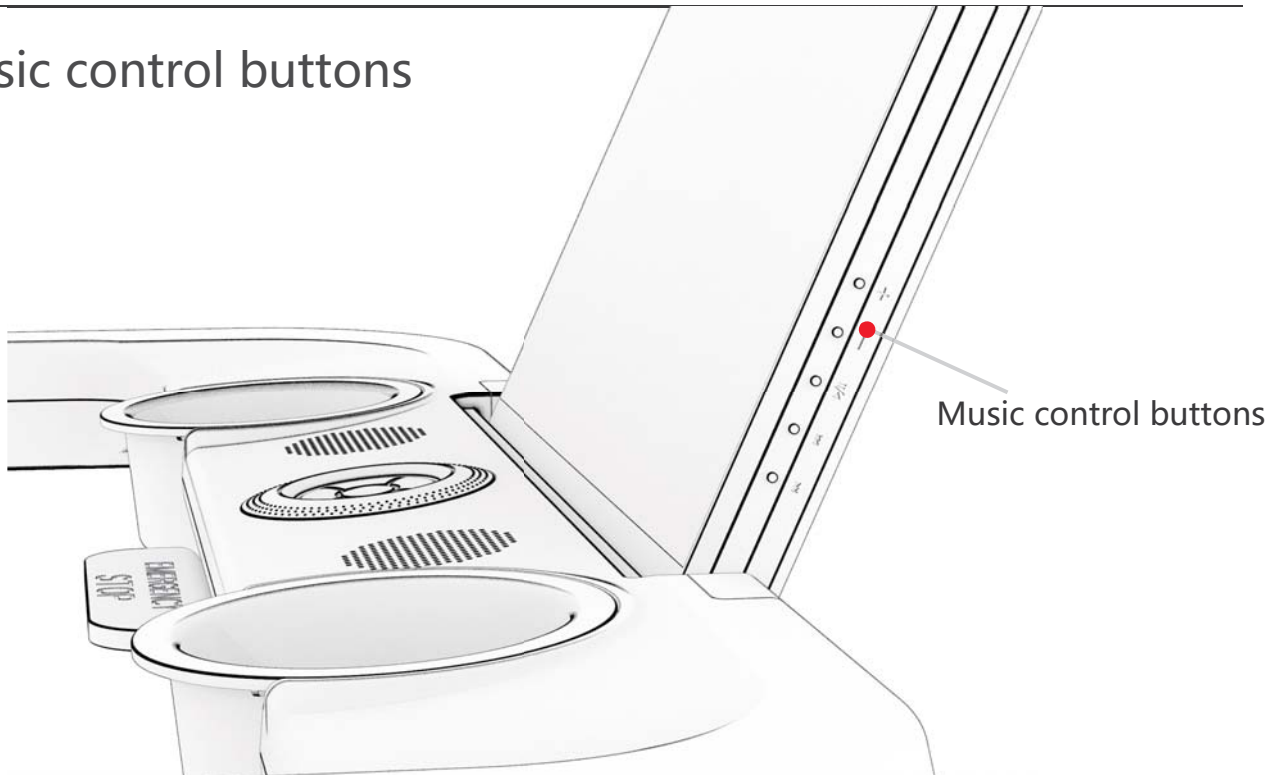
WARNING

- Failure to follow the instructions may result in electrical failure.
- Never touch the power cord and the power switch with wet hands.
- Do not remove the motor cover, as this increases the risk of electrical shock.
- The normal voltage of this product is 110 (USA/Canada) / 220 (Europe) volts. The voltage required for this machine can be found on the manufacturer sticker at the front of the motor cover.
- Plug one end of the power cord shown in the picture into the socket on the treadmill.
- Plug the power cord into a standard socket, The outlet must be properly installed and grounded in accordance with local standards.



Control Buttons

Music control buttons



"Previous Song" Button

- Press this button to play the previous song in the music list.



"Next Song" Button

- Press this button to play the next song in the music list.



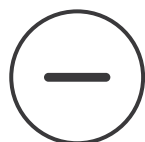
"Play/Pause" Button

- Press this button to pause audio when it's played.
- Press this button to play audio when it's paused.



"Volume-" Button

- Press this button to reduce the volume by 1 bar.
- Long press this button to continually decrease the volume.

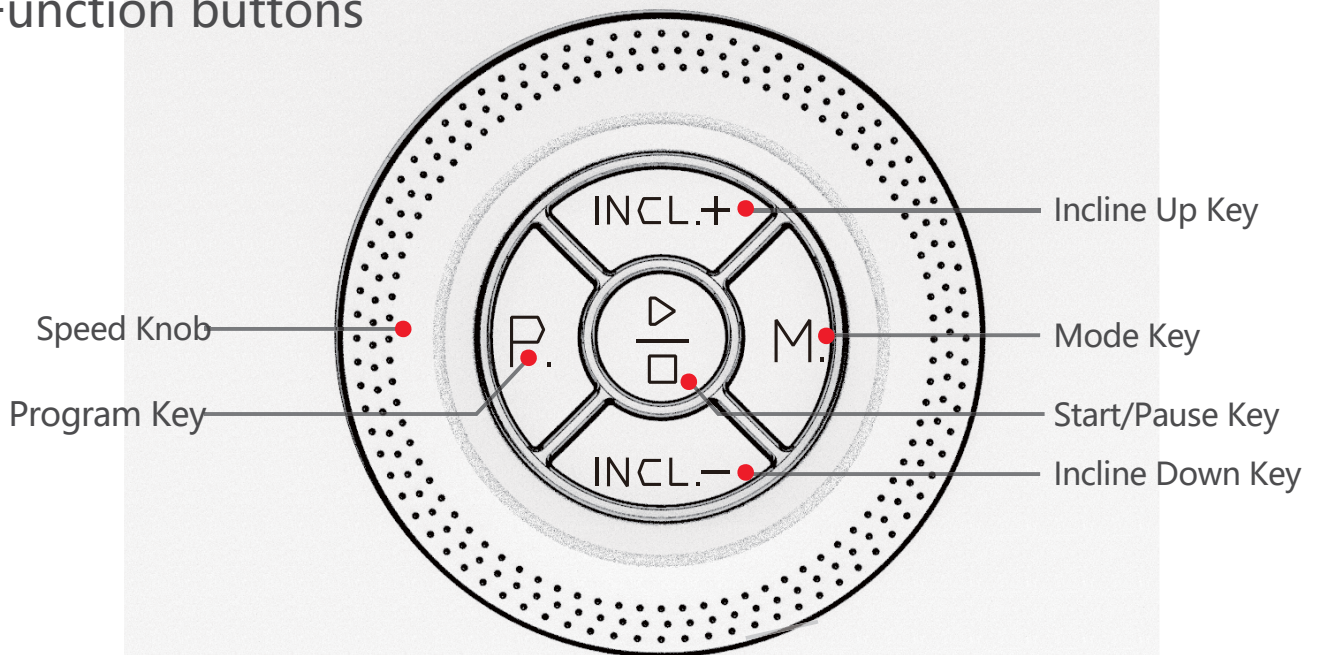


"Volume+" Button

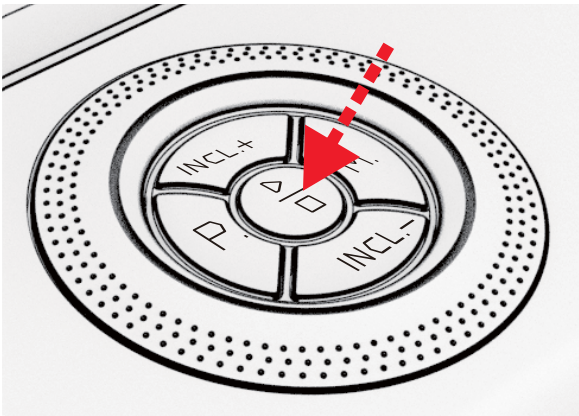
- Press this button to increase the volume by 1 bar.
- Long press this button to continually increase the volume.

Control Buttons

Function buttons

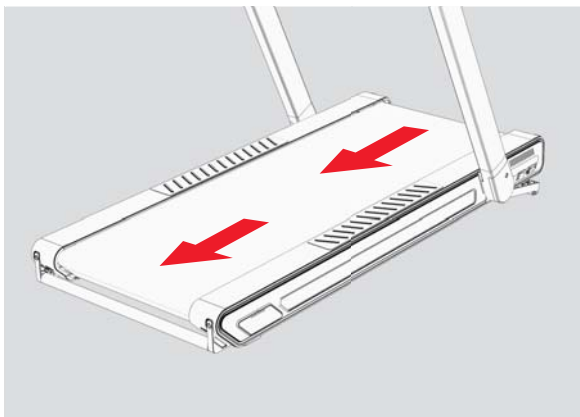


Start/Stop Key



Start/Stop Key

- Press "Start" button when treadmill is in stop status;
- Press "Pause" button when treadmill is in operation status.

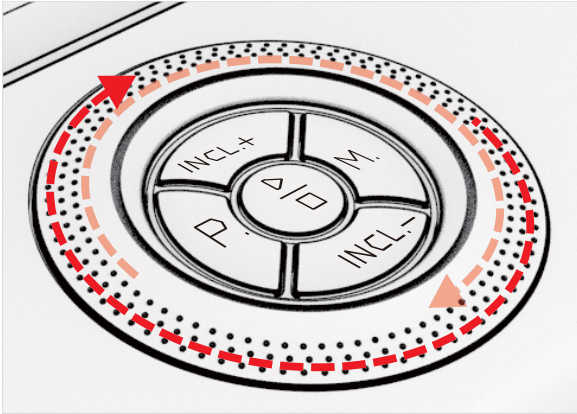


ⓘ ATTENTION!

- The speed of the treadmill will change in the Start/Stop process, please keep your body balanced.

Control Buttons

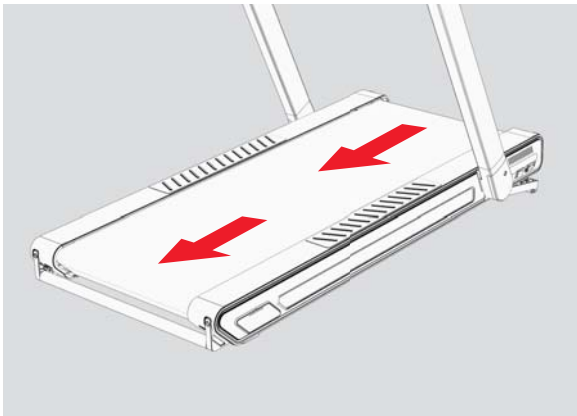
Speed Knob



Speed adjustment ring

Scroll the outer ring clockwise to increase the speed, counterclockwise to decrease the speed.

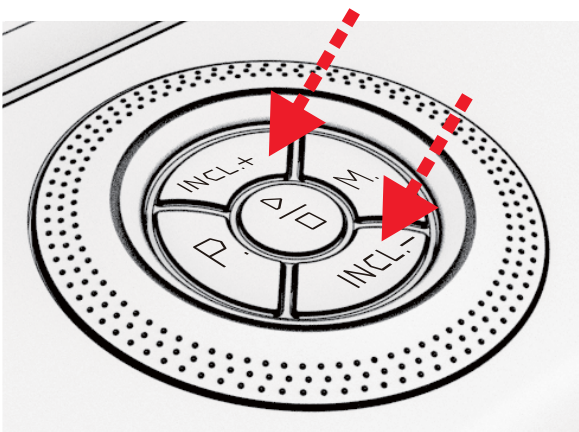
Speed range: 1-16KM/H.



ⓘ ATTENTION!

- The speed of the treadmill will change during the speed adjustment process, please keep your body balanced.

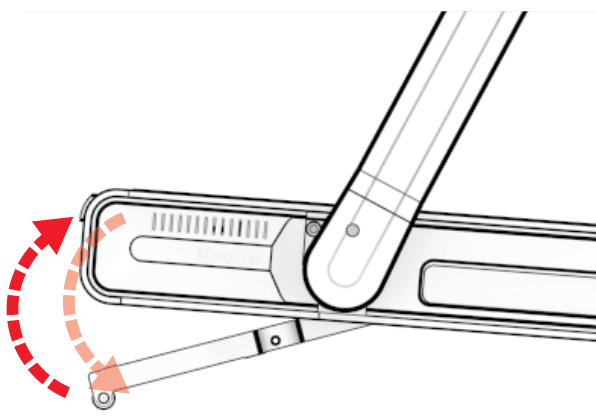
Incline Knob



Incline adjustment key

Scroll INCL+ key to increase the incline angle and INCL- to decrease.

Incline Range: 12 levels.

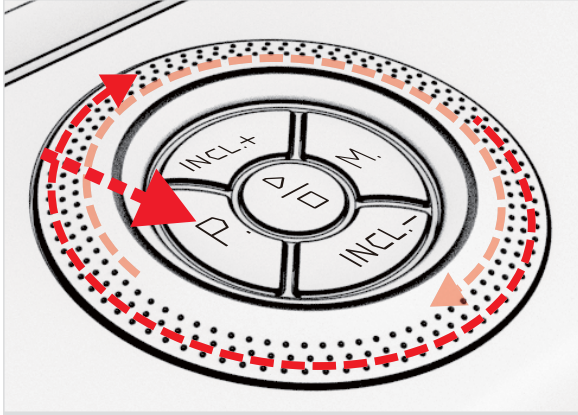


ⓘ ATTENTION!

- The angle of the treadmill will change during the incline adjustment process, please keep your body balanced.

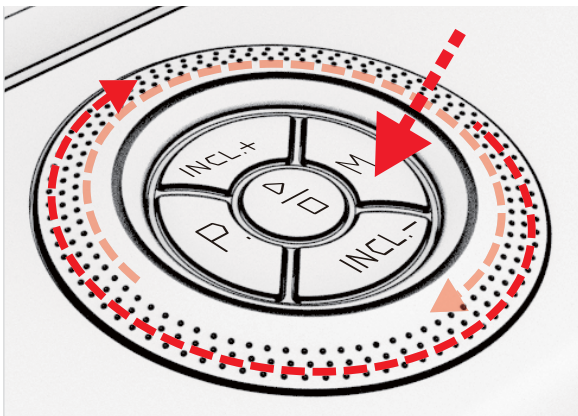
Control Buttons

Program/Mode Key



Program Key "P" :

Select any one from the pre-set 12 programs with different speed and incline settings. Scroll the outer ring clockwise/counterclockwise to adjust speed /incline value.



Mode Key "M" :

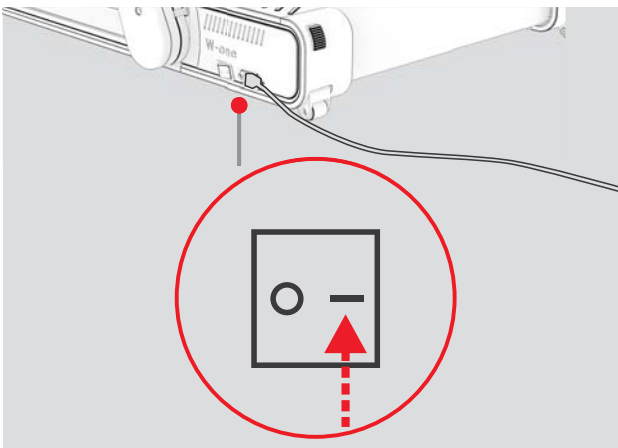
Set Time / Distance / Calories target. Scroll the outer ring clockwise/counterclockwise to adjust the value.

Exercising on the Treadmill

Turn on the treadmill power, the system will start incline self calibration, this takes around 10 seconds. Close the safety key and press START button. The treadmill will start to move at the lowest speed after 3 seconds countdown.

Adjust the speed with speed adjustment knob and adjust the incline with incline adjustment knob.

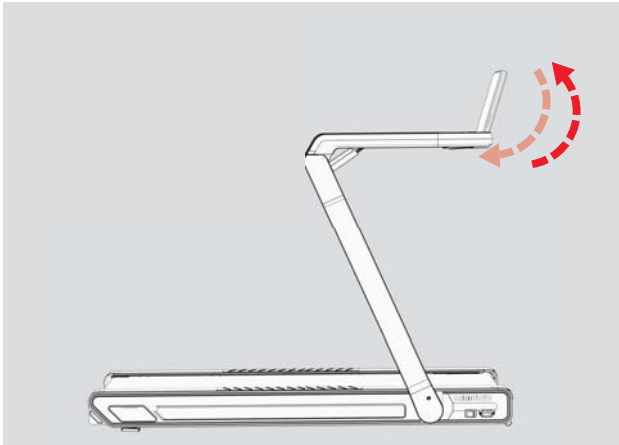
To stop the treadmill, reduce the speed gradually to the lowest, firmly hold the handrails and stand on the side rail on both sides.



Power on the treadmill

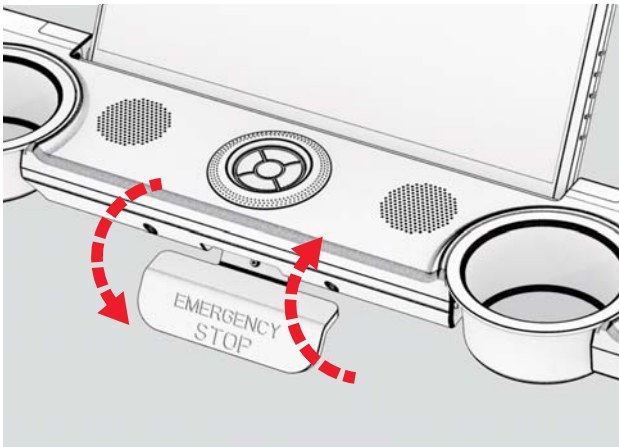
- 1 The unit is equipped with a power switch that is located on the right side of the front cover.
- 2 Press the power switch to the on position — as shown in the Figure.

Exercising on the Treadmill



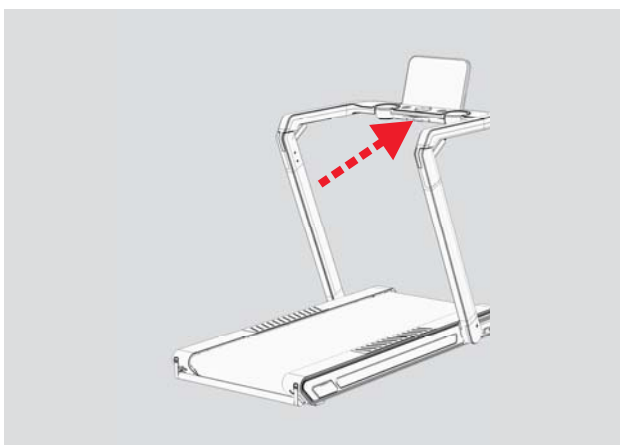
The display

- Hold the display with both hands and adjust it to a suitable viewing angle.



Safety key

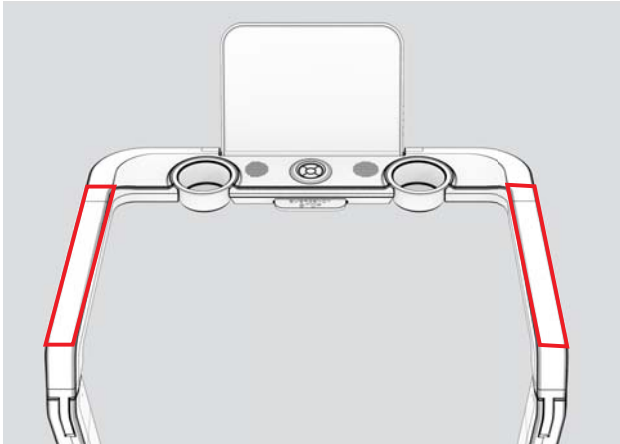
- Before using the treadmill, familiarize yourself with the emergency stop procedure. In case of emergency, pull off the safety key, and the machine will stop quickly.
- When the treadmill is in operation, if the safety key is disconnected, a "Warning" prompt will pop up on the screen, and the treadmill will come to a halt. To restart the treadmill, reset the safety key.



Disconnect the safety key

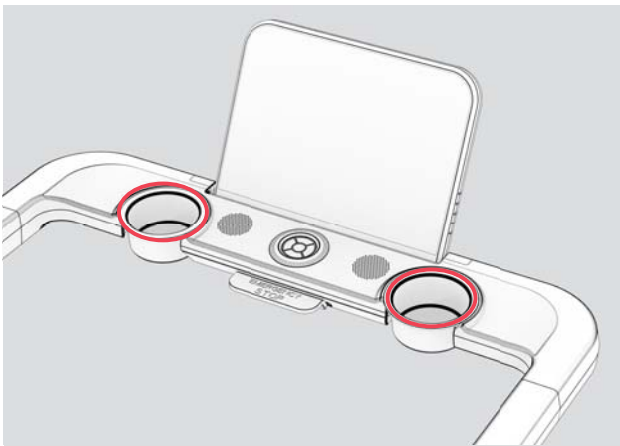
- The treadmill cannot be started when the safety key is disconnected.
- To start running again, reset the safety key firstly.

Exercising on the Treadmill



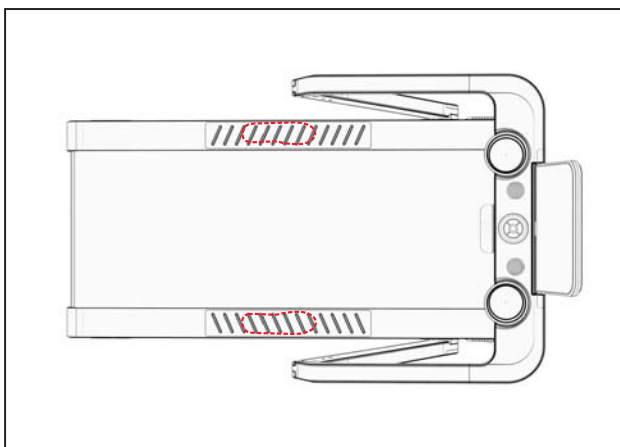
Handrail

- Step on the edge of the treadmill from behind and use the handrails to keep your balance.
- When you touch the treadmill screen or operate the console, firmly hold the handrail with one hand.



Bottle holder/ Storage tank

- The bottle holder and storage tank are for users to place their personal belongings such as water bottle, mobile phone during exercising.



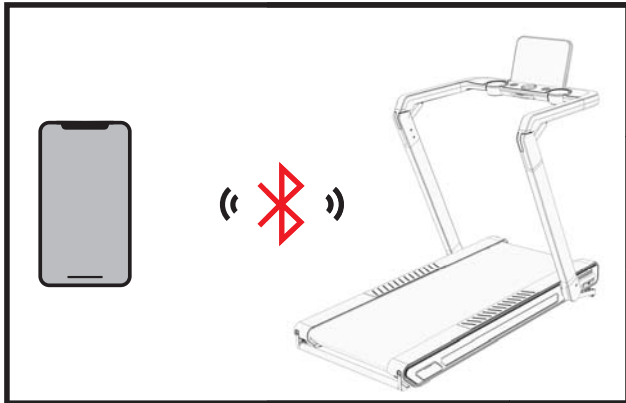
Side rail

- The side rail is affixed on both sides of the running belt, allowing you to safely stand on either side of the treadmill during start-up or in case of an emergency.

Bluetooth Speaker

This treadmill is equipped with a Bluetooth speaker that connects to your cell phone's Bluetooth function. You can control the volume of the speaker through your phone. This machine supports both phones and tablets with Bluetooth capability.

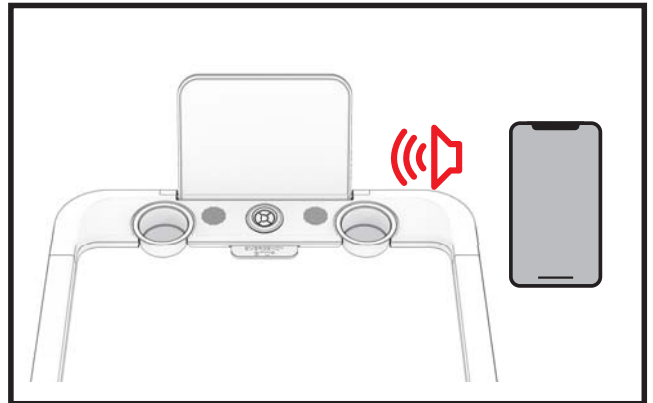
Pairing



1. Press the power button on the machine's motor cover.
2. Open Settings on your phone.
3. Select Bluetooth settings, and make sure your Bluetooth is on.
4. After the Bluetooth function is turned on, choose BT-World One Bluetooth speaker from the list of devices available
5. After clicking on the BT-World One Bluetooth speaker, enter the pairingcode 1234. Wait for machine to pair with your phone. When the Bluetooth connection is successful, you will hear a tone from the treadmill's Bluetooth speaker.

Use the Speaker

You can control song playback with a mobile phone or tablet via Bluetooth.

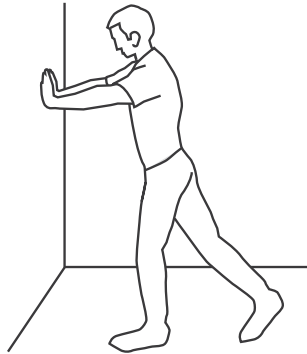


Troubleshooting

If the Bluetooth device cannot connect to the unit, there are three troubleshooting solutions:

1. Power on the machine and wait 10 seconds. Restart the machine and then refresh the pairing.
2. Delete the Bluetooth device and refresh the pairing. Click the treadmill Bluetooth speaker and enter the pairing code again.
3. Check if another device has successfully connected to the Bluetooth speaker.

Exercise Guidance



Warm-up

Perform 5 to 10 minutes of stretching exercises and low-intensity exercises before each exercise. Appropriate warm-up exercises can increase body temperature and heart rate, promote blood circulation, so as to prepare for subsequent exercises.

Regional movement

When exercising, breathe deeply and regularly, and never hold your breath.

Cool-Down

After the exercise, set aside 5 to 10 minutes for stretching. This will increase muscle flexibility and help prevent discomfort after exercise.

Exercise intensity

Whether your goal is to burn fat or strengthen your cardiovascular system, the right intensity of exercise is crucial to achieving the desired results. Guided by your own heart rate, you can find the appropriate exercise intensity.

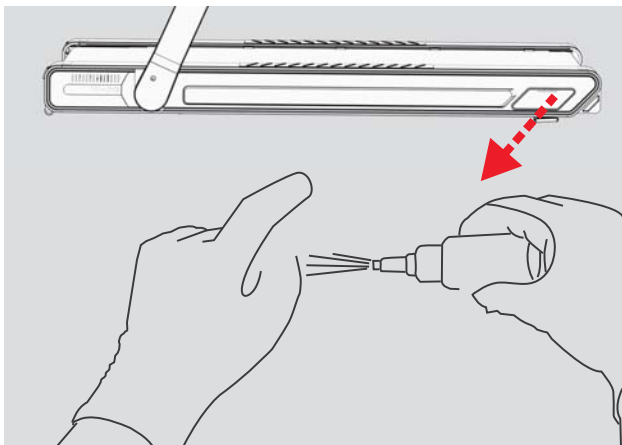
Training frequency

In order to maintain and improve physical condition, it is recommended to complete three exercises a week with at least one day off between exercises. After a few months, you'll be able to do the amount of exercise five times a week. Of course, this must depend on your own situation and needs. Remember: the key to success is to make exercise a regular and enjoyable part of your daily life.

Maintenance

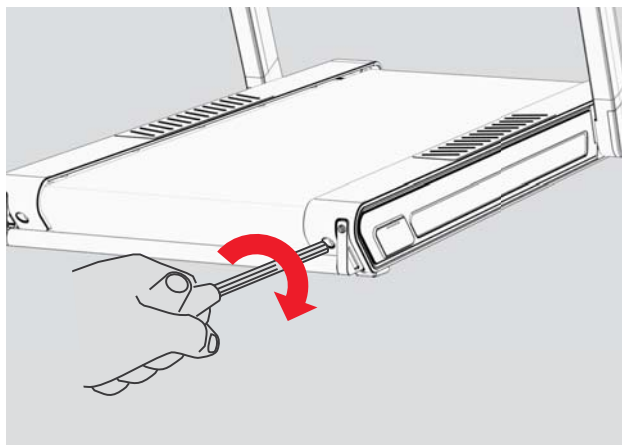
WARNING

Make sure the power cord is unplugged before cleaning or maintaining the treadmill.



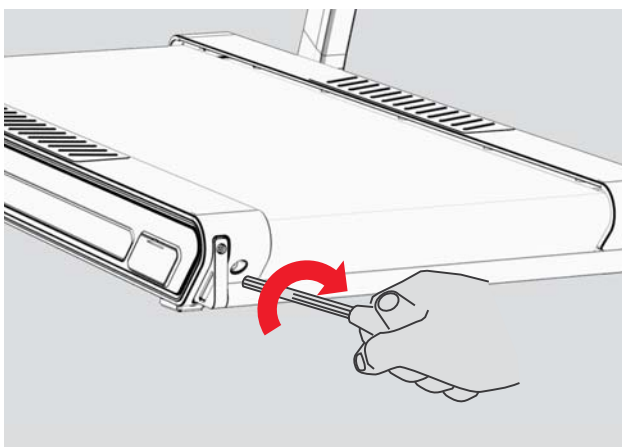
Lubricating the running belt

- 1 Remove the plastic cover positioned under the left rear cap.
- 2 Turn the oil filler knob upward to open the lubrication oil inlet, pour the silicone oil (10 ml once) into the inlet, and turn the knob down to its original position to close the inlet.



The running belt has shifted to the right side

- If the running belt has moved to the right side, use the Allen wrench provided to turn the adjustment bolt on the right side clockwise by 1/4 turn, walk on the treadmill at a speed of 3km/h and observe whether the running belt is centered. If the belt is moved to the left, turn the adjusting bolt counterclockwise by 1/8 turn. Repeat the above actions until the belt is centered.



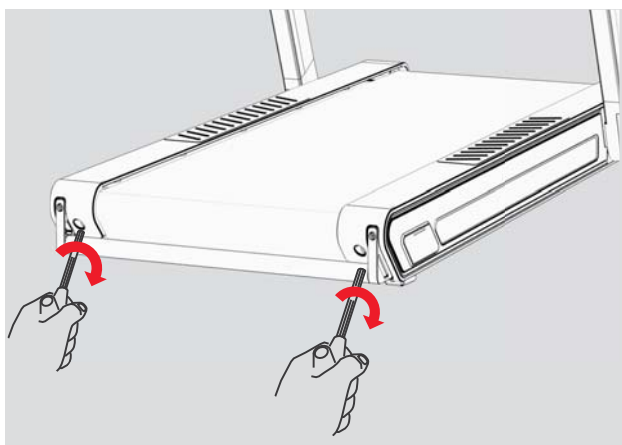
The running belt has shifted to the left side

- If the running belt has shifted to the left side, use the Allen wrench provided to turn the adjustment bolt on the left side clockwise by 1/4 turn, walk on the treadmill at a speed of 3km/h and observe whether the running belt is centered. If the belt is moved to the right, turn the adjusting bolt counterclockwise by 1/8 turn. Repeat the above actions until the belt is centered.



Do not operate the treadmill during adjustments. If there is still a problem after the adjustment, contact customer service.

Maintenance



Running belt is loose, drifting or slipping

- If the belt is slipping because it is too loose, use the Allen wrench provided to turn the adjustment bolt on both left and right side clockwise by 1/4 turn, walk on the treadmill at a speed of 3km/h and observe whether the running belt is tensed. Repeat, if necessary, until the belt remains tensed and centered during use.

Troubleshooting

The ERROE CODE caused by user's operation will be displayed in the display window.

If you need technical assistance, please contact the customer service.

PROBLEM	CAUSE	SOLUTION
Err 02	Burst protection	• Power off the treadmill, restart it after 4-5 minutes. • Check the motor wire connection or replace the controller.
Err 05	Overcurrent protection	The running belt needs lubrication, or the controller is damaged.
Err 06	Overload protection	The running belt needs lubrication, or the controller is damaged.
OIL	Oiling reminder	The running belt needs lubrication Apply silicone oil onto running belt, then press any button to eliminate the message.

