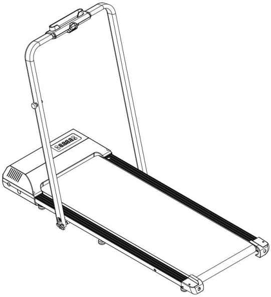
GEEMAX

Discover more fun of fitness

GEEMAX

C1

Motorized Treadmill



USER MANUAL

GEEMAX was established in 2020, we are devoted to offering the most affordable fitness equipment, so that you can set up a home gym easily.
Remember, we are in this together. Exercise is a celebration of what we can do, not a punishment of what we ate, let's enjoy it!
Website: https://www.geemaxfitness.com/

CATALOG

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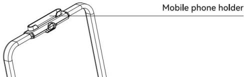
Installation Instructions

Table of installed parts

No.	Part Name	Quantity
1	Treadmill	1
2	Column	1
3	Electronic meter	1
4	Remote control	1
5	Quick-rotary knob	2



FACEBOOK
Geemax.Fitness

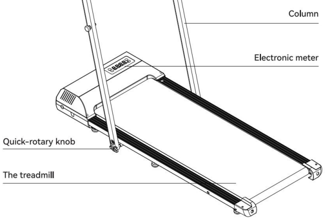
E-mail
geemaxfitness

YOUTUBE
geemax.fitness

FCC statement:

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

Any changes or modifications not expressly approved by the party responsible for compliance



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could void the user's authority to operate the equipment.

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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction

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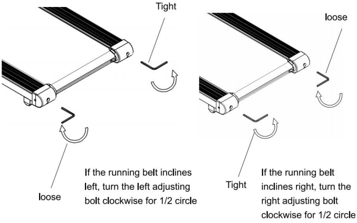
running belt. However, too tight running belt is not allowed, which will increase the motor load easily, and damage motor, running belt, rollers, etc.

Running Belt Alignment

1. The electronic treadmill shall be placed on the flat ground.
2. The electronic treadmill shall operate at the speed of about 3.5km/h.
3. If the running belt inclines left, turn the left adjusting bolt clockwise for 1/2 circle,
4. If the running belt inclines right, turn the right adjusting bolt clockwise for 1/2 circle



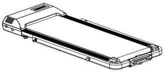
If the running belt inclines left, turn the left adjusting bolt clockwise for 1/2 circle

If the running belt inclines right, turn the right adjusting bolt clockwise for 1/2 circle

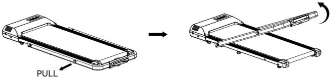
Running belt deviation Is not covered by the warranty, and is mainly maintained by users according to the instructions. Running deviation can seriously damage the running belt. It must be found and corrected in time.

Installation steps

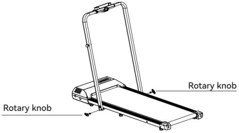
1）Open the packaging, take out the assembly components from the box, and place the main unit flat on the ground.



2）Pull out the ball head locking pin, raise the pillar upright, and push it into place facing upwards.



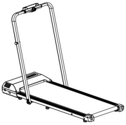
3）Use the rotary knob to securely connect the two side pillars to the frame.



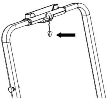
Installation steps

Maintenance Instructions

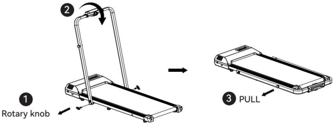
4) Assembly installation is completed.



5) Place the yellow sticker of the electronic meter on the safety lock, turn on the power, and use the remote control to operate the machine.



6) When switching to walking exercises below 6 km, first loosen the rotary knobs at the tail end of the two side pillars, pull out the ball head locking pin in the direction indicated by the arrow, and lay the pillar flat until it is securely locked by the ball head locking pin.



It is recommended to shut off the power supply after continuous use of 2h, and use it after 10min to better maintain your electronic treadmill and prolong its service life.

If the running belt is too loose, slipping may occur while running; and if it is too tight, motor performance may be weakened, and rollers and the running belt will be worn more severely. If the running belt is proper in tension, lift both sides of the running belt with hands to the place about 50-75mm away from the running board.

Running Board Lubrication

1. We have mentioned above that the running board shall be lubricated in good time but not excessively, and appropriate amount of lubricant is preferred. Remember: Reasonable lubrication is an important factor to extend the service life of treadmill.
2. To check whether more lubricant is required, lift the running belt, touch the center of the running belt back with a hand to the greatest extent. The hand stained with silicone oil (wet slightly) shows no more lubricant required. If the running board is dry and no silicone oil is stained on the hand, the lubricating silicone oil shall be added.
3. Steps to apply the lubricating silicone oil on running board:
   a. Adjust the treadmill to operate at a low speed of 1km/h;
   b. Lift the treadmill sideways, pull up the running belt, and then drop silicone oil between the running board and the running belt, and then lay the treadmill flat, operate the treadmill at a speed of 1km/h to evenly apply the silicone oil, and lightly step on the running belt at the right side of treadmill from left to right. After keeping 8-10min approximately, the silicone oil will be completely absorbed by the running belt.

Running Belt Tension Adjustment

Running belts shall be adjusted before all treadmills are delivered and during installation. However, looseness may occur after use for a while. For example, the exerciser stops or slips while running. In case of stop or slipping, the adjusting bolts of the running belt shall be adjusted left and right synchronously clockwise for half a circle as the unit. (Reverse operation anticlockwise to tighten the running belt) If the running belt is too loose, slipping may occur on running belt and rollers after stepping on the

Safety Precautions for Exercise

Consult professionals before exercise. The professionals will recommend your exercise frequency, exercise intensity, and exercise period suitable for your age and physical condition. Please stop immediately once feeling chest distress or chest pain, irregular heartbeat, shortness of breath, dizziness or other discomfort during exercise! Consult professionals first before continuing the exercise.

Maintenance Guide

Warning: Unplug the power plug of electronic treadmill before cleaning or maintenance.
Cleaning: Thorough cleaning will largely extend the service life of electronic treadmill.

Dust shall be regularly removed to keep the parts clean. Exposed places at both sides of the running belt must be cleaned, which will reduce the impurities accumulated below the running belt. Clean sports shoes shall be guaranteed, and it is necessary to avoid foreign matters on the running belt to wear the running board and running belt. The running belt surface must be wiped by the wet cloth soaked in soap. Attention should be paid to that the water cannot be splashed on electrical components and under the running belt.

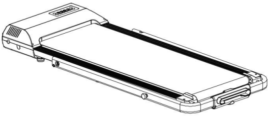
Warning: Unplug the power plug of electronic treadmill before removing the protection cover of motor. It is necessary to open the protection cover of motor once a year at least for dust collection of motor, cleaning of running belt and application of lubricating silicone oil.

Lubricating silicone oil has been applied between the running board and the running belt of the electric treadmill. The friction between the running belt and the running board has a great influence on the service life and performance of the electric treadmill, therefore, lubricating silicone oil must be applied regularly. We recommend that the running board be checked regularly. If the running board is damaged, please contact our customer service center.
We recommend that lubricating silicone oil be applied between the running belt and the running board of the electric treadmill according to the following schedule:
Lightweight users (use less than 3 hours per week): once every 6 months
Middleweight users (use 3-5 hours per week): once every 3 months
Heavyweight users (use more than 5 hours per week): once every 1.5 months
We recommend that you buy lubricating silicone oil from a local distributor or contact our company directly.

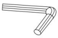
Product introduction

1. Packing list

No.	Name	Quantity	Note
1	Machine	1	
2	Hardware List	1	See attached list
3	User Manual	1	

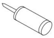


2. Attached List (Hardware List):


6mm hexagon key
1PCS

Security key
1PCS

Dual-purpose screwdriver
1PCS


Silicone oil
1PCS

Remote control
1PCS

3V button cell
1PCS

Rotary knob
2PCS

Technical Specification

Note: The company reserves the right to modify the products without prior notice.

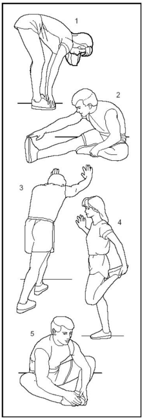
Version	2in 1Treadmill
Model	C1
Working Power	735W
Working Voltage	220/120V
Frequency	50/60Hz
Running surface	1030*390mm
Speed range	1-6km/h(0.6-0.38mph) 1-12km/h(0.6-7.5mph)
Maximum user weight	120Kg/265LBS
Function	Walking;Running
Dimensions	Unfold: 1280*565*950mm
	Fold: 1360*565*135mm
Weight	G.W:29KG N.W:25KG

Description of Main Functions and Features of Treadmill

1. It has running and walking functions.
2. F industrial motor, with low noise and large power, provides strong driving force at the maximum speed of 12.0km/h(7.5mph).
3. High-strength, tensile and anti-static running belt is used.
4. Double-layer running board with high strength, high density and high elasticity and rubber shock absorber cushion are used.
5.A refined oil pipe with wall thickness of 3.0 is used for front and rear rollers, and the taper of 1.5° is set at both ends to allow the automatic reset function of the running belt.
6. LED liquid crystal display.
7. Easy installation of walking and running integrated treadmill, just fold the column to a certain Angle, and then press the quick release wrench to complete the fixation. The whole machine can be unfolded by rotating one Angle of handrail. The whole set of lines have been all connected when the factory, the whole machine can be used after the power, to avoid possible wrong installation and cause adverse effects on the machine.

Stretching Exercise

It is the best for stretching exercise first for walking at any speed. Warm muscles allow easier stretching. Therefore, you should walk for 5-10min first for warm-up. Then, stop and take stretching exercise as per the following methods - 5 times, and 10s or more after taking the exercise with each leg, which shall be repeated after the exercise is ended.



1. Stretching downwards

With knees slightly bent, slowly bend forward, relax your back and shoulders, and touch your toes as much as possible with hands. Keep for 10-15s. Then, relax. Repeat for 3 times for each leg.

2. Hamstring stretching

Sit on a clean cushion, and stretch a leg. Draw back the other leg inwards, so that it is close to the inside of the stretched leg. Touch toes as much as possible with hands. Keep for 10-15s, and then relax. Repeat for 3 times for each leg.

3. Lower leg and tendo calcaneus stretching

Hold on a wall or a tree to stand with hands, with a foot behind. Keep the rear leg upright and the heel down to the ground, and incline towards the wall or the tree. Keep for 10-15s, and then relax. Repeat for 3 times for each leg.

4. Quadriceps stretching

Keep balance while holding on a wall or a desk with the left hand. Then the right hand stretches backwards and grasp the right ankle towards the buttock slowly until you feel the tension of the upper thigh muscle. Keep for 10-15s, and then relax. Repeat for 3 times for each leg.

5. Sartorius (muscle of inner thigh) stretching

Each sole of the foot is opposite to each other. Sit with knees outwards. Hold the feet with hands and pull them towards the groins. Keep for 10-15s, and then relax. Repeat for 3 times.

with half the effort.

Before using the electronic treadmill for the first time, stand aside first to familiarize the ways to control it: start, stop, speed adjustment, etc., and then use it after knowing it well. Then, stand on the plastic anti-skid plates at both sides of the treadmill, hold on the armrests with hands, enable the treadmill at a low speed of 1.6-3.2km/h, stand up straight, look to the front, "climb" on the running belt for several times with one foot, try To relax, and then stand on the running belt for exercise. In case of sensory adaptation, increase the speed to 3-5km/h slowly. Keep such speed for 10min approximately, and then slowly stop the treadmill. Operation at a high speed is not allowed for initial use to prevent falling.

Exercise

Walk for 1km at the fixed pace, and record the period cost. It will probably spend 15-25min. While walking at the speed of 4.8km/h, it may cost you 20min for 1km. You may gradually increase the speed after repeating several times easily, and then you will have good exercise after 30min continuously. Be clear in your mind that do not be impatient and such exercise is not a magic which enables you healthy for life but over night before starting the walking exercise program.

Exercise Frequency

Target: 3-5 times/week, and 15-60min each time. It is the best to formulate the exercise schedule based on personal physical state rather than hobbies. You may master the exercise intensity by adjusting speed and exercise duration.

Amount of Exercise

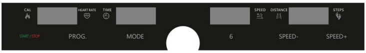
Shortcut - Exercise of 15-20min is a good method to save time. Warm up for 5min at the speed of 4-4.8km/h, and then progressively increase the speed of 0.3km/h per minute until you feel challenging for continuous exercise of 45min at a speed.

Above contents are only for reference. Consult professionals for specific circumstances.

Clothing

You need proper shoes. Running shoes or gym shoes are recommended. In the meantime, foreign matters are forbidden on the shoe soles. It is necessary to avoid foreign matters on the running belt to wear the running board and running belt. The clothing comfortable and suitable for exercise is required, and cotton breathable sportswear is recommended.

Product Instructions



1. Brief Description

Functions of this electronic meter:

- Sport Show APP Function
- Remote control function
- Speed switching function

The terms used in the instructions are defined as follows:

- Parameters of the treadmill: "Speed" value.
- Movement parameters: "Distance" value, "Time" value, "Calorie" value .
- Exercise Mode: manual, mode, program

2. Parameter Description

Movement parameters in various exercise modes:

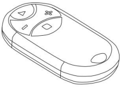
- Minimum display speed 1km/h（0.6mph）
- When walking, maximum display speed 6km/h（3.7mph）
- When running, maximum display speed 12km/h（7.5mph）

3.LED Display Instructions

Display content on the LED:

- ·Speed display
- ·Time display
- ·Distance display
- ·Calorie display

4.Remote Control Button Functions



Remote control button functions:
Functional keys on the button board:

- ·Start button
- ·Speed+ button
- ·Stop button
- ·Speed- button

5.Remote Control Button Functions and Operating Instructions

▶ Start/Stop button - Function Description: Start/stop motor operation

Operating Instructions:
1.In the fully manual operation mode of the electronic watch, press this button △ to start the motor operation.
2.In the running state of the electronic watch, press this button ☐ to stop the motor operation.

▶ Speed +/- button - Function Description:

Adjust the speed value during operation and adjust the parameter value during parameter setting.

Operating Instructions:
When the electronic watch is in the running state, press the +/- button to adjust the speed value of the operation.

power supply of electronic treadmill is dedicated. If the power cord is damaged, purchase it from the dealer, and replace it by a professional, or directly contact us to assign a professional for replacement.
4. The treadmill is used indoor, and cannot be used outside. The site to place the treadmill shall be clean and flat. Attention shall be paid to moisture-proofing and not to putting the treadmill on a thick carpet, etc. to avoid the ventilation below the treadmill. The electronic treadmill is dedicated and cannot be refitted and used for other purposes.
5. Do not wear over-sized clothing during exercise to avoid any accident after the clothing is entangled on the electronic treadmill. Running shoes or gym shoes with rubber soles are recommended.
6. Please do not remove the protection cover randomly. The power cord must be first pulled out first to remove the protection cover for maintenance.
7. Children are not allowed to be close to the electronic treadmill in use to avoid danger.
8. Provided that you use the treadmill for the first time, bear in mind that you shall hold the armrests with your hands and leave them after feeling comfortable.
9. If the electronic treadmill accelerates suddenly or its speed is increased automatically and constantly due to any defect of the electronic meter system, immediately unplug the safety lock on the electronic meter. The electronic treadmill will stop at once.
10. If failing to stop due to electronic system fault, hold the armrests at both sides with hands quickly, simultaneously jump out of the walking area, step on the edgings at both sides with feet, turn off the power in time, and notify the after-sales service personnel.
11. Pull up and put away the power cord if not using the electronic treadmill.
12. Minors should be accompanied by an adult when exercising on the electronic treadmill.

Exercise Recommendations and Guidelines

Provided that you use the electronic treadmill for the first time, it is necessary to read the followings:

Preparations

You shall know your physical condition to make an appropriate exercise plan before exercise. It is recommended to consult the doctors or professionals to twice the result

E07 or---: Prompt of improper placement of the security lock of the electronic meter

Solutions to common problems of E07 or ---	**The security magnet has fallen away**	**Please place the security lock in the designated position of the electronic meter**
	The security lock system of the electronic meter is faulty	**Replace the electronic meter for maintenance**

12. Safety Instructions

Other download and installation functions except for automatic resource update provided by us are not available for this product. Product design may be modified without advance notice as required by product improvement.

13. Precautions:

1. Check whether the treadmill is reliably grounded before use.
2. Check whether the power is loaded first and whether the safety lock is effective before exercise.
3. In case of any abnormal condition during exercise, the treadmill will be decelerated quickly and stop after pulling off the safety lock.
   Contact the customer service for any question about this treadmill.
4. Non-specialized persons are not allowed for disassembly or repair to avoid equipment damage.

Notice for Use

Thank you for selecting our product. Correct use of the treadmill will ensure your safety and convenience. Before using the treadmill, please carefully read the followings:

6. Description of Exercise Mode

Manual mode function

Enter the manual mode:	After the electronic meter is powered on and fully displayed, it enters the initial standby state. At this time, press the start key to enter the operation of manual mode.
Operation description:	The initial running speed is 1.0km/h, and the time and distance windows start counting positively from zero. Press the speed adjustment key to adjust the running speed value. The exercise time is more than 99:59 minutes, the system does not stop, and the time starts from zero.

7. Description of The Sleep Function

When the tadmill stops running without any operation for more than 10 minutes, it will enter the sleep state, the LED display and related indicator light will automatically turn off, press any key to wake up the electronic meter. After full display, it will re-enter the initial standby state·

8. Description of The Security Lock Function

In normal use, the security lock shall be placed in the designated position of the electronic meter before you can operate the electronic meter. When removing the security lock, LED display window of the electronic meter will display "---". If the security lock is removed in the running state, the system will shut down quickly, and all movement data will be cleared after closing the safety lock again.

1. The power can be connected after confirming that the treadmill is installed completely in line with the installation instructions. Attention should be paid not to blocking the plug of treadmill on the wall when placing it. A space of 0.8m shall be reserved in front for convenient insertion.
2. A safety space of 0.8m shall be respectively reserved at both sides of the treadmill, and a safety space of 2m (length) * 1m (width) shall be reserved behind the treadmill.
3. The power cord shall be inserted into the power socket with safe grounding. The

9. Description of the speed switching function

When the column is down, the maximum speed can only reach 6km/h（3.7mph), and when the column is erected, the maximum speed can reach 12km/h（7.5mph). When switching between these two operation modes, the treadmill must be stopped first.

10.Bluetooth APP function description

1）Fitshow

After the spreadsheet is powered on, in standby mode, turn on Bluetooth in the mobile phone settings. If you want to control the speed through the APP, you can download and open the Sports Show APP. After entering the APP interface, click Search (similar to the name of "FS-DFDFA-A"). After searching for the name of Bluetooth, click the connection device. After connecting, you can operate the treadmill through the APP.

2).Kinomap

Enter Kinomap to select [More] page;
Select to add more fitness equipment;
Select the desired device type;
Tap FiteShow entrance;
Tap the matching devices like 'Fs-XXXX' to bind
Find related videos to start sports.
Find related videos to start sports.

DC System Error Message Prompts of the Treadmill

E01: indicates the prompt of abnormal communication between the electronic meter and the electronic control

Solutions to common problems of E01	**The communication line of the electronic meter is not connected, broken, or poorly connected**	**Please reconnect the communication line**
	No signal output from the electronic meter	**Replace the electronic meter for maintenance**
	No signal output from the lower control	**Replace the lower control for maintenance**

E02: indicates that an abnormal phenomenon is detected between the lower control and the motor

Solutions to common problems of E02	**The motor cable is not connected**	**Please reconnect the motor cable**
	There is no voltage output or abnormal voltage output to the lower control motor	**Replace the lower control for maintenance**
	The motor is defective	**Replace the motor**

E03: Indicates the prompt of an abnormal phenomenon in the detection speed of the lower control

Solutions to common problems of E03	Photoelectric sensor is not properly assembled on the motor (light sensing mode)	Reassembly
	Poor photoelectric sensor (light sensing mode)	Replace the photoelectric sensor
	The measuring circuit of the lower control board is invalid or the motor is damaged (non-inductive mode)	Replace the lower control or motor to be repaired