

Prepare

Before exercising, it is necessary for you to understand your health status, so as to make an exercise plan that suits you. It is recommended to consult a doctor or professional, and maybe you can get twice the result with half the effort.

Before using the electric walking machine for the first time, please stand by and familiarize yourself with how to control it: start, stop and speed adjustment, etc., and you can use it after you are familiar with it. Then stand on the plastic anti-skid plates on both sides of the walking machine, grab the handrails with both hands, drive the machine to a low speed of 1.6~3.2 km/h, stand up straight, look forward, and put one foot on the running belt "Climb" a few times and relax as much as possible: then stand on the running belt and exercise with it. After feeling adapted, slowly increase the speed to 3-5 km/h. Keep this speed for about 10 minutes, and then slowly stop the machine. Do not run at high speed for the first time to prevent falling.

Exercise

Walk about 1 km at a steady pace and record the time taken. This may take 15-25 minutes. When walking at a speed of 4.8 km/h, it takes about 20 minutes to travel 1 km. After you can easily do this a few times, gradually increase the speed so that you can get a good workout for 30 minutes. Before walking through the exercise program, be clear in your heart: don't be impatient, this kind of exercise is for your own health for a lifetime, not an overnight magic.

Frequency of exercise

The goal is 3-5 times/week, 15-60 minutes each time. It is best to make an exercise schedule according to your physical condition, rather than exercise according to your preference. You can control the intensity of the exercise by adjusting the speed and exercise time.

The amount of exercise

Shortcuts --- exercising for 15-20 minutes is a great way to save time. Warm up at a speed of 4-4.8 km/h for 5 minutes, and then increase the speed by 0.3 km/h per minute until you feel that it will be very challenging to continue exercising at a certain speed for 45 minutes.

*The above content is for reference only, please consult a professional for specific information.

Wear

All you need is a good pair of shoes, running or gym shoes are recommended. At the same time, do not stick foreign objects on the soles, and avoid bringing foreign objects into the running belt to wear down the running board and running belt. Clothes should be comfortable and suitable for sports activities, cotton and breathable sports clothing is recommended.

Stretching exercises

No matter how fast you're walking, it's a good idea to stretch first. Warm muscles are easier to stretch, so warm up by walking for 5-10 minutes first. Then stop and stretch as follows -- 5 times for 10 seconds or more on each leg: Do it again after the workout.

1. Stretch down: Bend your knees slightly, slowly bend your body forward, relax your back and shoulders, and try to touch your toes with your hands. Hold for 10-15 seconds. Then relax. Repeat 3 times for each leg

2. Hamstring stretch

Sit on a clean cushion and straighten one leg. Bring the other leg in so that it fits against the inside of the straight leg. Try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.

3. Little feet and Achilles tendon stretch

Stand with two hands against a wall or tree, one foot behind. Keeping the back leg straight and the heel on the ground, lean toward the wall or tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg

4. Quadriceps Stretch

Balance on a wall or table with your left hand, then reach back with your right hand, grab your right ankle and slowly pull it toward your hip until you feel tension in the muscles in the front of your thigh. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.

5. Sartorius (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 toward your groin. Hold for 10-15 seconds, then relax. Repeat 3 times.

Exercise Safety Measures

Consult a professional before exercising. He can help you recommend exercise frequency, exercise intensity, and exercise time appropriate to your age and physical condition. If you feel chest tightness or pain while exercising, your heart beats irregularly, shortness of breath, dizziness or other discomfort, please stop immediately! Consult a professional before exercising.

Maintenance guide

WARNING: Before cleaning or maintaining the product, be sure to unplug the electric treadmill. Cleaning: A thorough cleaning will greatly extend the life of your electric treadmill.

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 objects 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: Be sure to unplug the power source of the electric treadmill before moving the motor cover. Open the motor cover at least once a year to vacuum the motor and clean the running belt.

This electric treadmill 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 using life and performance of the electric treadmill, so it is necessary to lubricate the silicone oil regularly. We recommend regular inspections of running boards. If the running board is damaged, please contact our customer service center.

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

Maintenance Instructions

In order to better maintain your electric treadmill 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. In addition, regularly lubricate the running board is also a very important step.

Running board lubrication

1. We mentioned above that you should lubricate the running board at the right time, but you should not over lubricate. Remember: Proper lubrication is an important factor in improving the life of your treadmill.

2. To check whether you need to lubricate again, just grab the running belt and touch your hand to the center of the back of the belt as much as possible. If your hand is stained with silicone oil (slightly wet), it means you don't need to lubricate again; if the running board is dry and there is no silicone oil sticking to your hand, you need to add lubricating silicone oil.

3. Steps for applying lubricating silicone oil to the running board:

1. Turn the under desk treadmill to one side, open the gap between the running belt and the running board by hand, and squeeze silicone oil between the running board and the running belt.

2. Running the treadmill at a low speed of 0.6mph, it takes about 8-10 minutes for the silicone oil to be completely absorbed by the running belt.

We recommend apply 10 ml siliconn oil onto the surface of the deck.

- Light use users (less than 3 hours per week): Every 6 months

- Moderate users (3-5 hours per week) : every 3 months



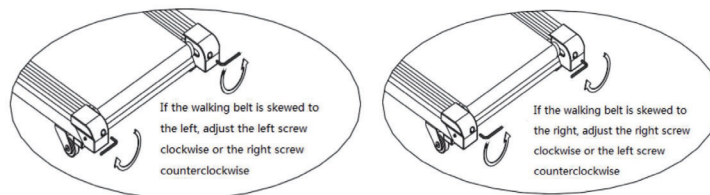
- Heavy users (more than 5 hours per week) : every 1.5 months

Belt tension adjustment

All treadmills require adjustment of the running belt before leaving the factory and after installation, but there may be some slack after a period of using. For example: Users will experience pauses and slippery while running. When this phenomenon occurs, adjust the adjusting bolts of the running belt synchronously from left to right in a half-turn clockwise direction. (If you want to tighten the running belt, do the opposite, and operate in a counterclockwise direction.) If the running belt is too loose, when you stand on the running belt, the running belt will slip. But if the running belt is too tight, it will increase the load on the motor, damage the motor, running belt, and drum, etc.

Running belt alignment

1. Place the under desk treadmill on a flat surface.
2. Running the under desk treadmill at a speed of about 2.0mph.
3. If the running belt is inclined to the left side, turn the left adjusting bolt clockwise 1/2 turn, or turn the right adjusting bolt counterclockwise 1/2 turn.
4. If the running belt is inclined to the right side, turn the right adjusting bolt clockwise 1/2 turn, or turn the left adjusting bolt counterclockwise 1/2 turn.



Warranty declaration

Warranty Service

Electric treadmill, within one year of normal use, such as non-human damage, can provide users with free accessories, after the expiration of the warranty period, the price of spare parts to preferential prices.

This product is for domestic use only and we are not responsible for any problems arising from commercial use. If your product has after-sales problems, please contact saicopy@163.com

After-sales service

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This manual is for reference only, please in kind prevail

FCC WARNING

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 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.

To maintain compliance with FCC's RF Exposure guidelines, This equipment should be installed and operated with minimum distance between 20cm the radiator your body: Use only the supplied antenna.