Under Desk Treadmill

Product Instruction

Model：GT3

Please read the instruction carefully before using

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Thank you for purchasing our product, our products will help to improve your health.

1. Security cautions

- In order to ensure your safety and avoid accidents, please read the instructions carefully before use.
- This product is indoor use only, please do not make it or use it outdoors; the treadmill should be placed in a flat and clean position, do not put it in a thick carpet or near water area, there should be 3-6ft barrier-free safety area behind the treadmill.
- This product is for adults, minors need adult care. It is forbidden for those who feel unwell or mentally handicapped or lack common sense to use it. Unless they are under the supervision or guidance of the person responsible for their safety regarding the use of the product.
- If the power cord is damaged, in order to avoid danger, it must be replaced by the manufacturer or professional maintenance personnel.
- This product is only used for 100V-120V AC voltage. Please use the power socket with safe ground line. The installation and grounding of the grounding plug must be consistent with the parameters of the user's area. If the plug and socket are incompatible, please arrange qualified electricians or after-sales personnel to handle it.
- Check all parts before use to ensure that the screw and nut are locked
- When using it, please wear comfortable and tight clothes to avoid the clothes being hung by the machine. Don't let children or pets come near to avoid accidents.
- Avoid all moving parts with both hands. Do not place hands or feet in the space under the running belt.
- This product is designed for family use only, but not suitable for professional training and testing, and can not be used for medical purposes.
- The heart rate display of this product does not provide data for medical purpose.
- This product is only for one person on the running belt.
- Before cleaning and maintenance, please shut down and unplug the power plug.
- Shut down the machine and unplug the power plug when you leave.
- Please use the spare parts provided by the original factory. It is strictly forbidden to replace them privately.
- This product is of HC grade, and maximum user’s weight is 265lbs.

2. Quality Assurance Commitment

- We ensure that the product is made of high quality materials.
- In normal use, if there is a problem, we will be responsible for the warranty.
- The warranty period is one year (from the date of purchase). If you buy products with quality problems, please contact our customer service within 12 months. Please do not deal with them without permission.
- The followings are not covered by the warranty:
- ◆ Damage caused by external factors.
- ◆ Use non-original accessories.
- ◆ Privately handled incorrectly.
- ◆ Not follow the instructions.
- This pledge is valid only for private use by families and is not applicable to professional training such as gyms.

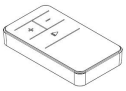
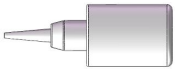
If you need to buy non-warranty accessories, please contact customer service. Please provide the following information when ordering:

- Instructions.
- Product model.
- Fittings serial number.
- Certificate of purchase date.

Before the confirmation of our customer service, please do not send the products to our company, and send them back without permission. Our company does not bear any cost.

3. Configuration list and technical parameters

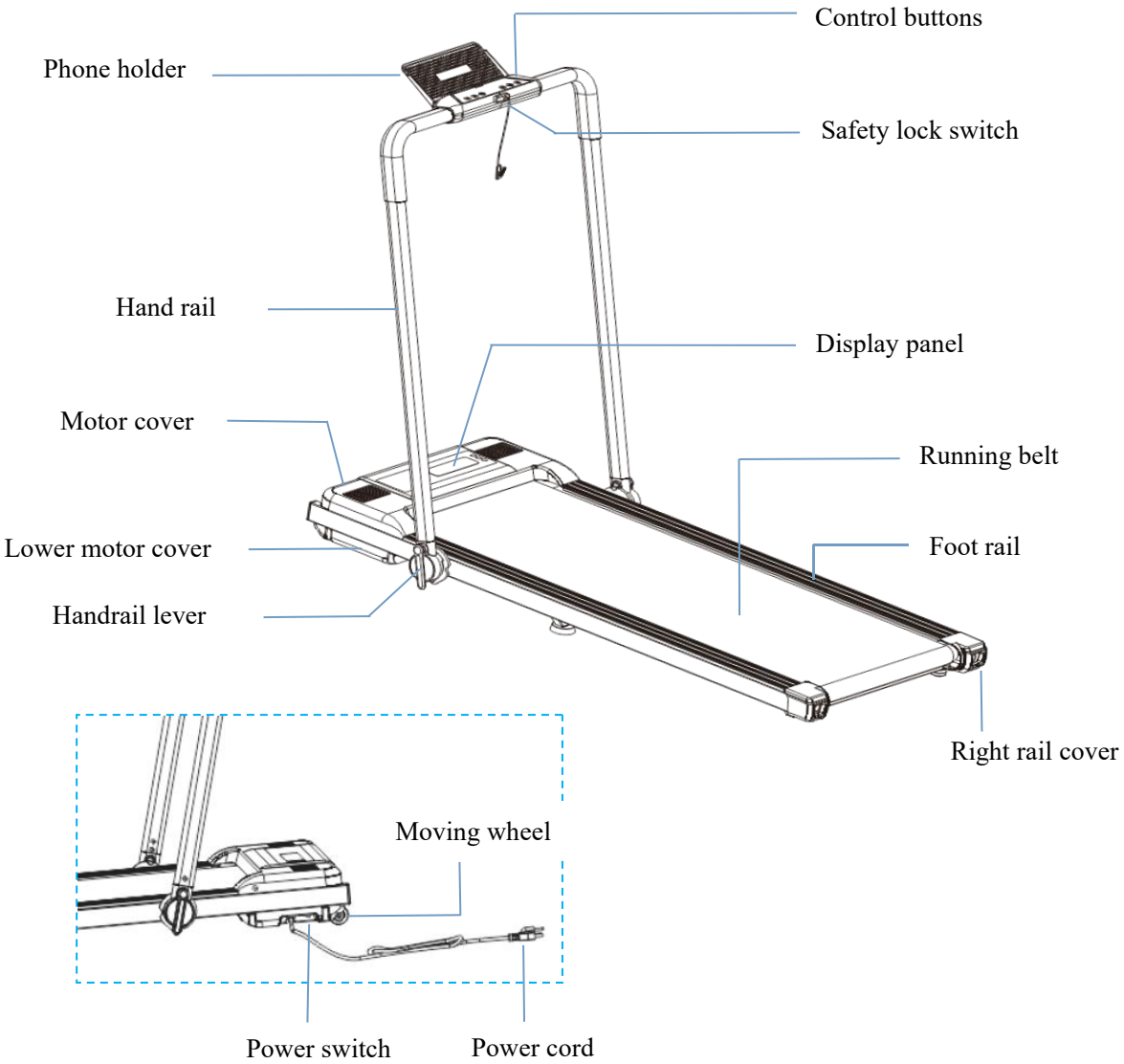
1. Walkingpad configuration

Parts Name	Sketch (for reference)	QTY
Walkingpad machine		1
Remote controller		1
Safety lock		1
Instruction		1
Allen key		1
Silicone oil		1

2.Technical parameters

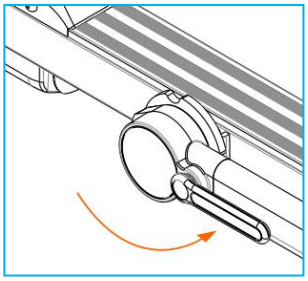
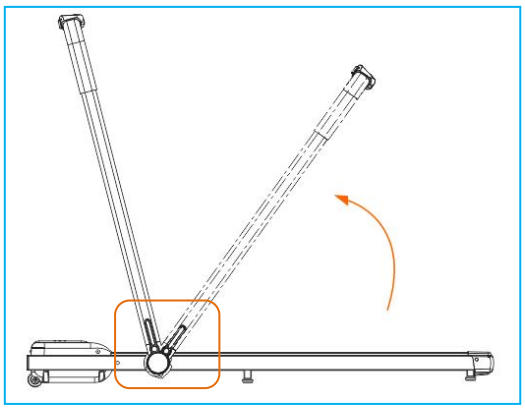
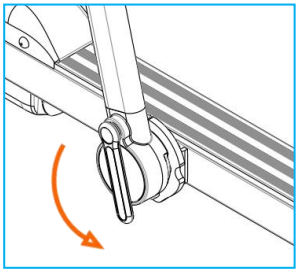
Para name	Parameters	Para name	Parameters
Packing dimension	52*27.16*5.7 inch	Product folded size	50*25.2*4.88 inch
Running area	15.75*39.76 inch	Product unfolded size	48*25.2*39.37 inch
maximum power	2.5 HP	Speed range	0.6-7.6 mph
Max capacity	265 lbs	Net weight	52.6 lbs
Gross weight	61.6 lbs		

4. Product parts

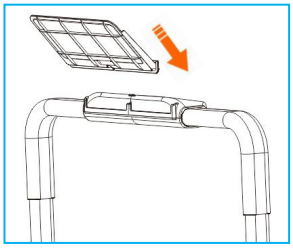
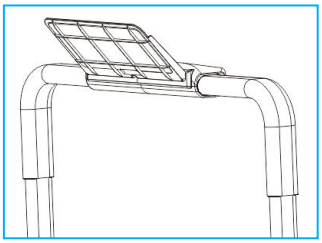


5. Assembly instructions

Assembly steps

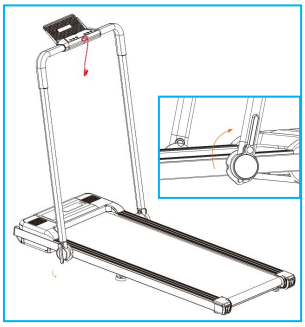
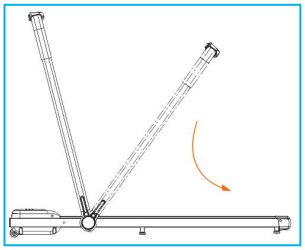
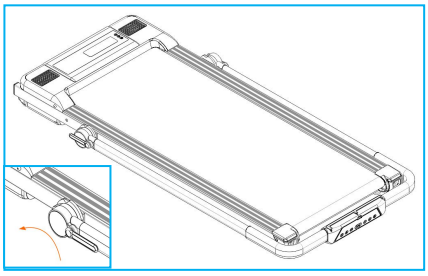
1. Open the packing box, remove the relevant accessories and machine from the box, and place the machine on flat floor.
2. Rotate the right and left handrail levers to unlock, lift up the handrail till it can't be moved anymore and rotate the handrail levers to lock the handrail.
3. Assemble the phone holder: slide the phone holder into the handrail socket as below picture.

4. Put the power plug into the power jack, switch on the power to complete assembling.

Folding steps

1. Assemble the phone holder: slide out the phone holder into the handrail socket.
2. Rotate the right and left handrail levers to unlock, put down the handrail till it can't be moved anymore and rotate the handrail levers to lock the handrail.

6. Functional operation instructions

Function Description

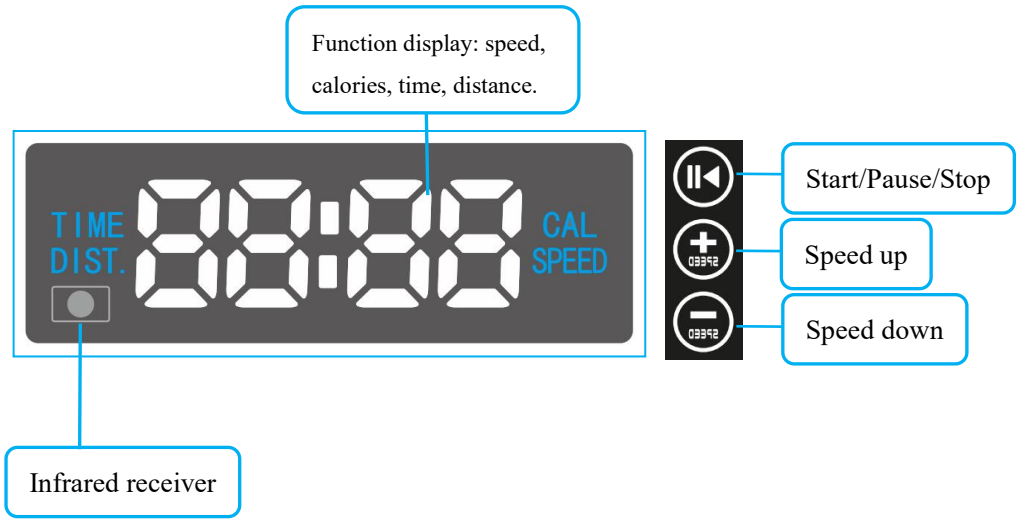
1: Start/Pause/Stop, Speed increase,Speed decrease buttons on the remote controller .

2: The speed increase/decrease of the remote controller is 0.2mph each pressing on the + / - button.

3: Speed display 0.6-7.6 mph, calories display 000-999KCAL, time display 00-99 minutes,The mileage shows 0.00-99.9 miles.

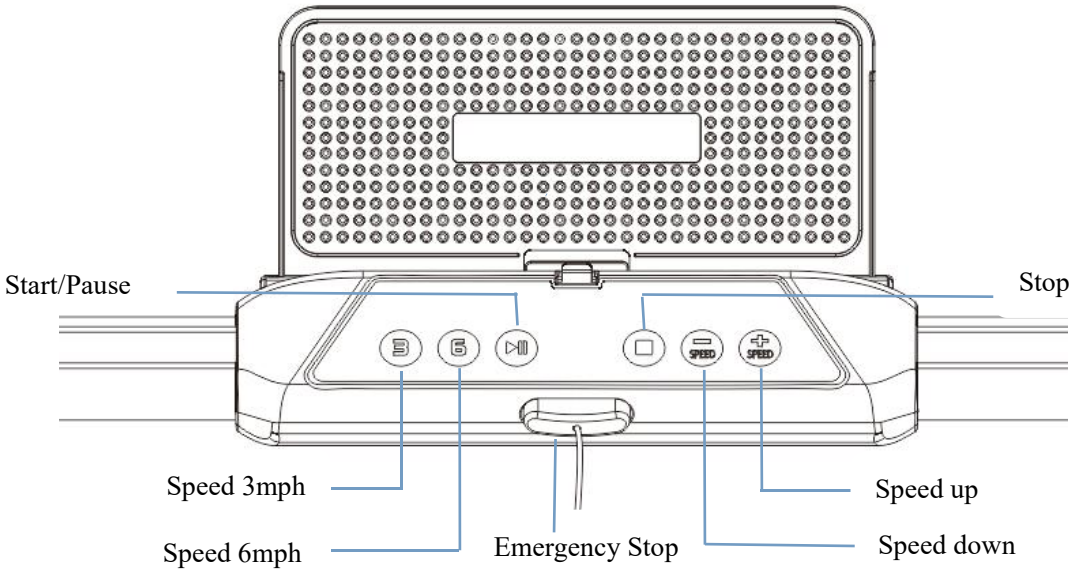
4: After 5 minutes of standby, it will enter the dormant state, and the display will turn off.

1. Display Panel



Infrared receiver: Please point the remote controller to this area when using it.

2. Display control panel



Functional operation instructions.

Button: When the machine is in standby mode, press the button to run at the speed of 0.6mph, and then press the button to pause the machine. During the pause, the button light keeps flashing. (The current data will not be cleared during the pause mode).

Button: When the machine is in operation, press the button and the treadmill will slowly stop running.

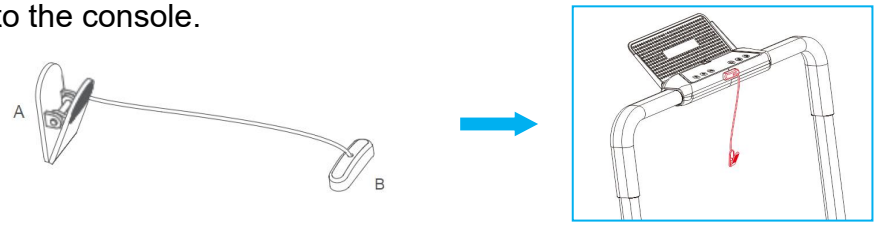
Quick speed button: Quickly change speed to 3mph or 6mph, for instance, when the treadmill is on, press the 3 / 6 button, the treadmill will slowly increase (or decrease) from the current speed to the speed of 3/6mph.

SPEED SPEED Button: The machine can adjust the speed by 0.2mph under the operating conditions.

Safety lock

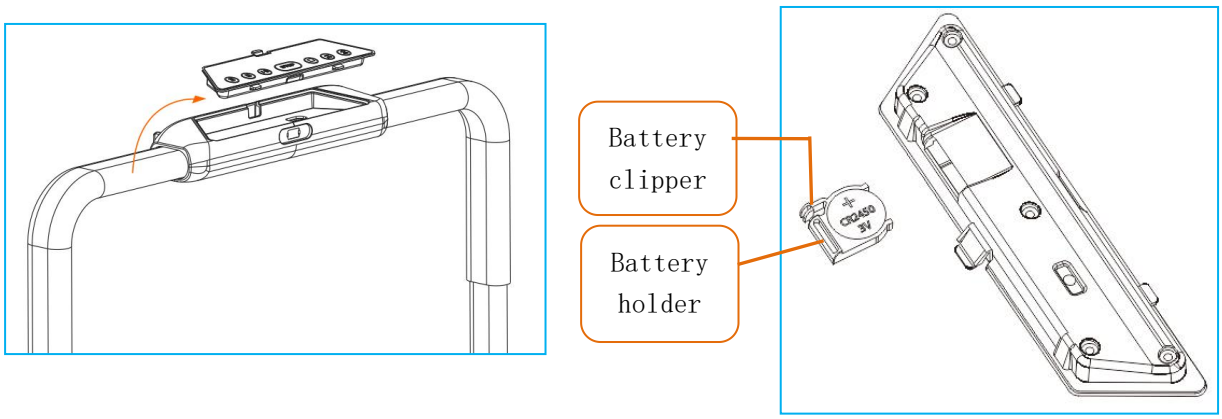
In any emergency occurs, treadmill stops automatically and display screen shows "---" when the safety lock is pulled out from the console.

NOTE: Clamp the clip (A) onto the waistband of your clothes, another key (B) magnetic attracted onto the console.

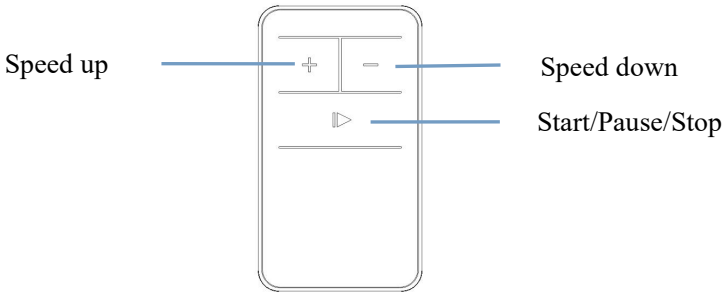


◆ Replacement CR2450 battery for remote control

After using the handrail remote control for a long time, if the user feels that the sensitivity of the remote control is reduced or cannot be operated, the battery must be low. At this time, the remote control battery needs to be replaced. Click the battery clipper and take out the remote from the handrail and replace CR2450 battery as below picture:



Remote controller



Remote control instructions：

▷ Key: When the machine is in standby mode, press ▷ key and the machine will run from a low speed of 0.6mph, then press ▷ key to have a pause when in working mode(data will be retained), to resume workout, press ▷ key again. Hold press ▷ key to stop workout(data will be cleared).

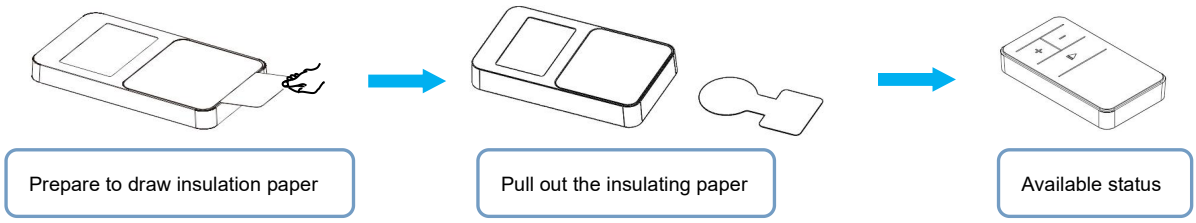
+ Key: Each time you press the + key during operation, the speed will increase by 0.2mph; long press the + key to continuously increase the speed by 0.2mph.

Most up to 3.8mph by remote controller.

- Key: Press the - key once during operation, the speed will decrease by 0.2mph;

long press the - key to continuously decrease the speed by 0.2mph.

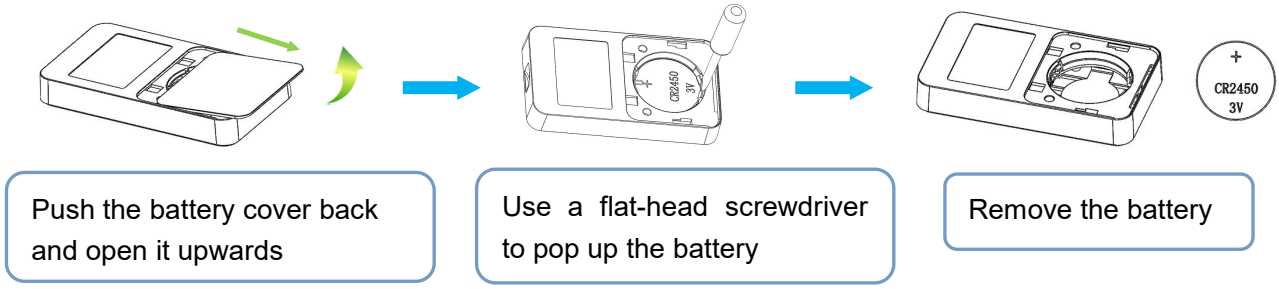
◆ **Need to pull out the remote control insulation paper before using**



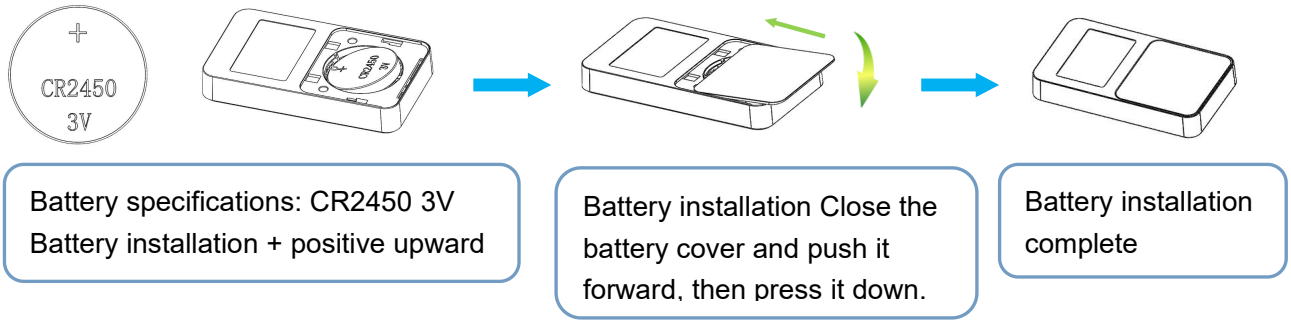
◆**Replacement button battery for remote control**

After using the remote control for a long time, if the user feels that the sensitivity of the remote control is reduced or cannot be operated, the battery must be low. At this time, the remote control battery needs to be replaced.

● **Remove the battery**



●**Install battery**



7. Warm-up exercise

Before exercising, it's better to do stretching exercises first. A successful exercise plan must include warm-up, aerobic and relaxation exercises. The number of exercises should be at least two or three times a week. You can take a day off for exercise. After a few months, you can increase the number of exercises to four to five days a week.

Warm-up is an important part of your fitness exercise. Warm-up before every exercise. Moderate warming-up can prepare your body for the next more intense exercise, because warming-up can help muscle warm up and stretch, improve blood circulation and pulse, and send more oxygen into muscle. Repeated warm-up exercise can also reduce muscle soreness after aerobic exercise. We recommend the following warm-up and relaxation exercises.

1. Stretch downward: Bend your knees slightly and bend your body forward slowly. Relax your back and shoulders and touch your toes with both hands. Hold for 10 to 15 seconds, then relax. Repeat three times.

Figure 1

2. Stretch your ankles: Sit on a clean cushion and straighten one leg. Put the other leg inward so that it is close to the straight leg. Try to touch your toes with your hands. Keep it for 10 to 15 seconds. Then relax. Repeat each leg three times.

Figure 2

3. Extension of the calf and foot tendons: body forward hands against the wall the left leg arches forward, the right leg is straight, the left leg is on the ground, then bend your left leg and hold it for 10 to 15 seconds, then relax, repeat each leg three times.

Figure 3

4. Head movement: 1-tilt your head to the right and feel the left neck muscle stretch; 2-turn head to the back; turn head to the left; 4-turn your head to front of the chest. then relax and do it three times.

Figure 4

5. Waist movement: stretch your arms to the left and right, then slowly lift it up, over your head. Put your right arm as far as possible to the ceiling.Straighten, hold for 1 second, and feel the stretch of your right muscle. Repeat the same action on the left arm.

Figure 5

8. Maintenance guidelines

Warning: Be sure to unplug the power plug of the machine before maintaining the product.

- Use cloth to clean product surface.
- Full cleaning will prolong the service life of the machine.
- Clean the dust regularly to keep the parts clean. Clean the exposed parts on both sides of the running belt. This will reduce the accumulation of impurities in the running belt. Keep your sneakers clean. Avoid bringing foreign bodies under your running belt and wearing your running board and belt. The surface of the running belt should be scrubbed with a soapy wet cloth. Please be careful not to splash water on the electrical components and under the running belt.
- Check and lock all parts of the treadmill regularly, replace defective parts and/or leave the equipment idle for repair.

1. Adjusting the Running Belt

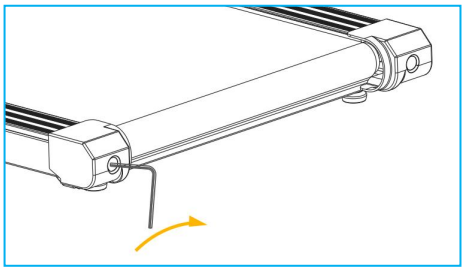
If you are using a walking machine, you can adjust the belt tightness to improve the slippage or non-fluidity of the running belt.

Adjusting running has two functions: tightening adjustment and belt center position adjustment. Running belt has been adjusted when it is out of the factory, but after using, the running belt will be stretched, which will deviate from the center position and cause the running belt to rub the foot sidebars and rear cover damage. It is normal for the running belt to be stretched during using.

When the product is running under no load, it is normal for the running belt to have a side deviation of no more than 5mm.

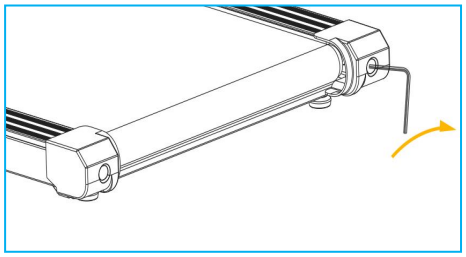
Adjusting Running Belt Method

◆The running belt shifts to the left



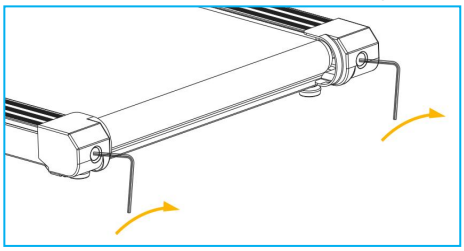
Adjustment method: With the power turned off, take a 5mm hexagon wrench and turn the left rear roller bolt 1/4 turn to the right to tighten the running belt. Then the machine is powered on and the test running belt is centered. Follow this method until the running belt is centered.

◆The running belt shifts to the right



Adjustment method: With the power turned off, take a 5mm hexagon wrench and turn the right rear roller bolt 1/4 turn to the right to tighten the running belt. Then the machine is powered on and the test running belt is centered. Follow this method until the running belt is centered.

Adjustment method: With the power turned off, take a 5mm hexagon wrench and turn the left and right bolts of the rear roller 1/4 turn to the right at the same time to tighten the running belt. Then the machine is powered on to test the tightness of the running belt. Follow this method until the tightness of



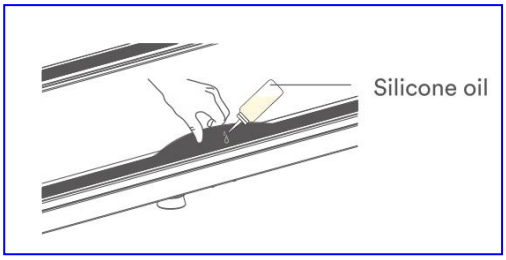
the running belt is moderate.

Note: When walking on the machine, the pressure on the running belt is not balanced due to the difference in the force used by the two feet when running, causing the running belt to deviate from the center. This deviation is normal. When no one is running on the running belt, it will return to the center.

The running belt can not be adjusted too tight. This will damage the running belt, increase the pressure on the front/rear rollers, cause damage to the roller bearings, etc., cause abnormal noise or other problems.

2. Add lubricating oil to the walking machine

- The refueling position is on the lower surface in the middle of the running belt. (As shown below)
- Cut the mouth of the oil bottle into a small mouth, not too large, and able to inject.
- Raise the running belt so that the oil bottle is extended to the bottom of the running belt and the oil is injected into the middle of the running board. Put down the running belt, press the oil injection part with your hand, and rotate the running belt to spread the oil evenly on the running board.
- After turning on the machine, wait one minute for the oil to be applied evenly, and then use the treadmill.



Note: Please turn off the power of the machine before refueling the running belt.

9. Fault code

Code	Causes	Resolutions
E01	Poor communication between electronic meter and controller	1. Check that the connection between the electronic meter and the controller is not properly connected. 2. The main IC of the controller contacts badly and is re-tightened. 3. Controller power supply abnormal, change controller
E02	Explosion-proof and impact-proof protection	1. If the motor is open or in bad contact, replace the motor or check the connecting terminals. 2. Power tube breakdown, replace it or the controller.
E05	Over current protection	1. Overload. 2. The resistance of the treadmill is too heavy and needs to be lubricated. 3. The motor is damaged, replace it.
E06	Overload protection	
E10	Keyboard and panel control connection communication failure	1. Check if the connection between the electronic watch and the controller is poorly connected. 2. The controller plug is not in good contact and is re-inserted. 3. The controller power supply is abnormal and the controller is replaced.

ISED Statement

English:This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

(1) This device may not cause interference.

(2) This device must accept any interference, including interference that may cause undesired operation of the device.

The digital apparatus complies with Canadian CAN ICES-3 (B)/NMB-3(B).

French: Cet appareil contient des émetteurs/récepteurs exempts de licence qui sont conformes aux RSS exemptés de licence d'Innovation, Sciences et Développement économique Canada.

L'exploitation est soumise aux deux conditions suivantes :

(1) Cet appareil ne doit pas provoquer d'interférences.

(2) Cet appareil doit accepter toute interférence, y compris les interférences susceptibles de provoquer un fonctionnement indésirable de l'appareil.

l'appareil numérique du ciem conforme canadien peut - 3 (b) / nmb - 3 (b).

This device meets the exemption from the routine evaluation limits in section 2.5 of RSS 102 and compliance with RSS 102 RF exposure, users can obtain Canadian information on RF exposure and compliance.

cet appareil est conforme à l'exemption des limites d'évaluation courante dans la section 2.5 du cnr - 102 et conformité avec rss 102 de l'exposition aux rf, les utilisateurs peuvent obtenir des données canadiennes sur l'exposition aux champs rf et la conformité.

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

Cet équipement est conforme aux limites d'exposition aux rayonnements du Canada établies pour un environnement non contrôlé.

This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

Cet équipement doit être installé et utilisé à une distance minimale de 20 cm entre le radiateur et votre corps.

FCC Statement

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this 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

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