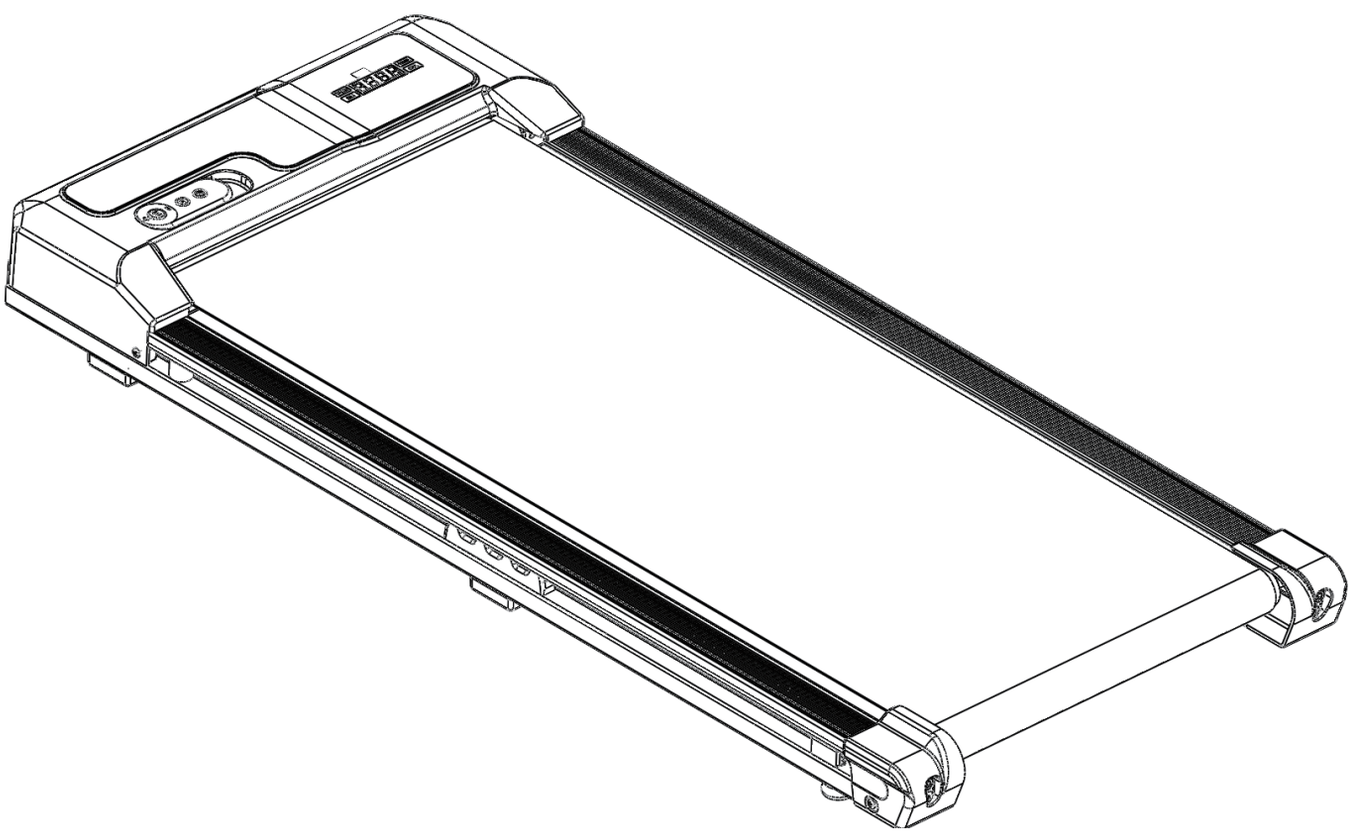
UNDER DESK TREADMILL

MAKING FITNESS FUN



Tips: In order to use the treadmill safely and smoothly, please read the product manual carefully before use.

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OUR SERVICE

IMPORTANT: FOR OUR TREADMILL ONLY

For damaged or defective products, questions, replacement parts, or any other service support, please contact our customer service department as follows:

Ancheerdirect@outlook.com

Response time: 24-48 hours.
Emailing us with the **Order ID** will be the best method to receive a response during peak business hours.

PLEASE DO NOT RETURN THIS PRODUCT WITHOUT ASKING OUR CUSTOMER SERVICE FIRST.
THANK YOU FOR YOUR UNDERSTANDING, WISH YOU A HAPPY SHOPPING.

Scan this QR Code to get the Product Installation Guide.

SAFETY INSTRUCTIONS

Please carefully read this manual before use to ensure your safety and avoid accidents.

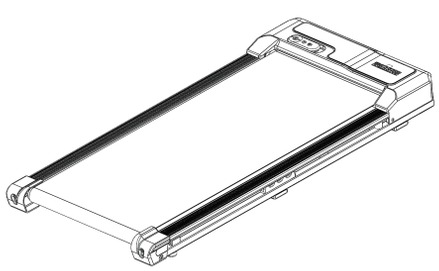
- This product is home fitness equipment. Do not modify it for other purposes or outdoor use. The walking machine should be placed on clean and flat ground rather than thick carpet or near water with a 3-6 ft safe area free from any obstacles behind it.
- This product is intended for adults. Minors should be accompanied by adults when using it. Persons who are indisposed, mentally disabled, or lack common sense are not allowed to use it. They can use it under the supervision and guidance of persons responsible for their safety.
- The damaged power cord must be replaced by the manufacturer or professional maintenance personnel to avoid danger.
- Be sure to use a power socket with safety ground. The grounding plug must be installed and grounded according to the local parameters. If the plug does not match the socket, ask qualified electricians or after-sales staff to handle it.
- Check all parts before use to ensure the screws and nuts are tightened.
- Wear tight-fitting clothes to prevent clothes from being caught by the machine when using them. Keep children or pets away from the machine to avoid accidents.
- Avoid touching any moving parts with your hands. Do not place your hands and feet in the space under the running belt.
- This product is suitable for home use rather than professional training and testing, or medical purposes.
- Only one person can use this product when it is in operation.
- Power off and unplug before cleaning and maintenance.
- Power off and unplug when you leave.
- Please use the original accessories. Do not make any replacements without permission.
- **Please make sure to add 10ml of lubricant when using the product for the first time. Add lubricating oil every 3 months or after 100 miles of working.**

SPECIAL SAFETY STATEMENT

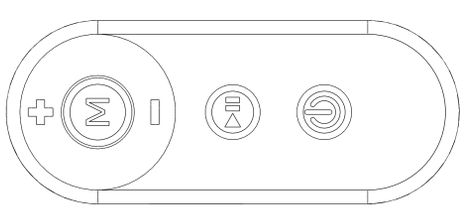
1. Power Supply

1-1	The power plug must be reliably grounded, and the socket must have a dedicated circuit to avoid sharing with other electrical equipment.
1-2	Insert the power cable directly into the socket. Do not let it loose.
1-3	Please use a qualified socket to avoid risks. If the plug and socket are not compatible, please leave the plug alone and ask an electrician to deal with it.
1-4	Uses 110VAC 50/60Hz power supply.

CONFIGURATION LIST AND TOOL PACKAGE

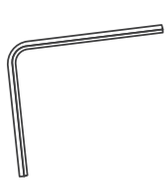


Complete machine (Running platform) x 1

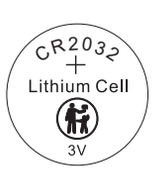


Remote control x 1

Silicone oil x 1



5mm Hex wrench x 1

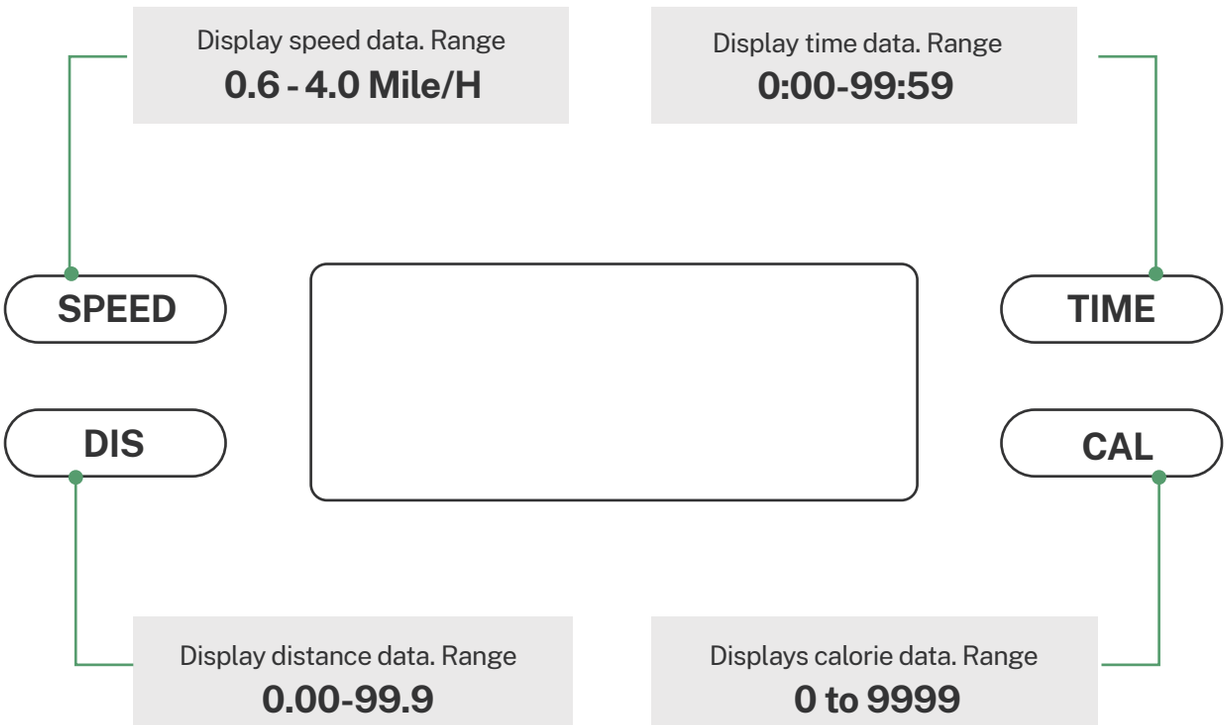


Button cell x 1

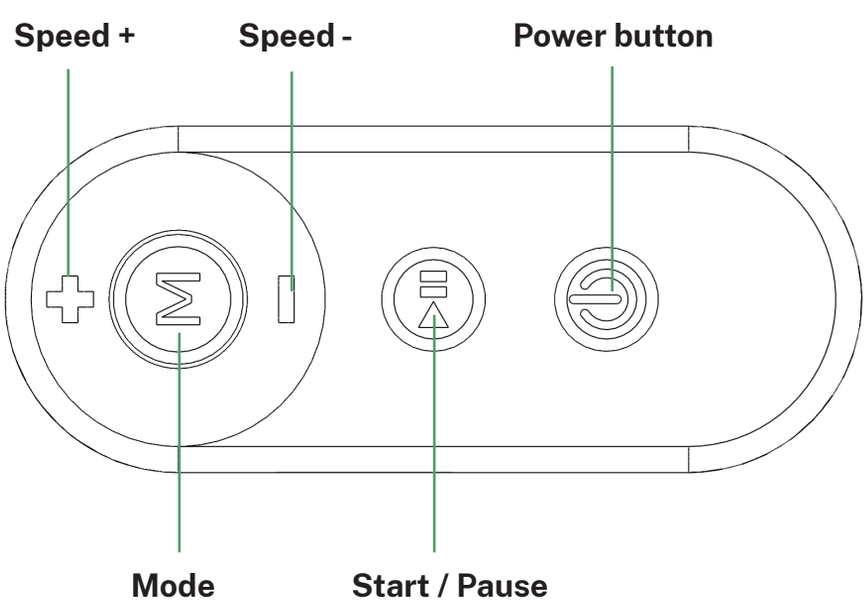
NOTE ON THE DASHBOARD FUNCTIONALITY

1. WINDOW DESCRIPTION

LED window displays the following functions: speed, time, distance, calories.



2. REMOTE CONTROL BUTTON DIAGRAM



3. KEY DESCRIPTION

1.Key function

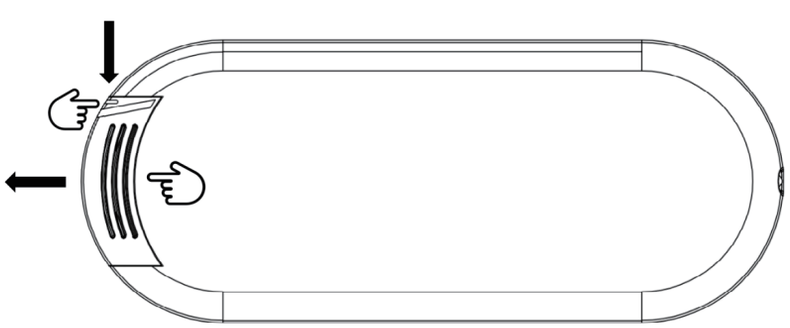
Start/Pause, Speed +, Speed -, Power button, Mode.

2.Key function description

Start	Press this key in the stop state, the window displays 3333,2222,1111 and then start the motor.
Pause	In the running state of the walking machine, press the pause button once to stop the running, and the speed will return to zero. All other data parameters are retained before the pause.
Speed +	In the setting state, the button will increase the setting value; When the motor is running, the button will increase speed and automatically increase when held for more than 2 seconds.
Speed -	In the set state, the key will reduce the set value. When the motor is running, the button will reduce the speed and automatically decrease when held for more than 2 seconds.
Power button	This key can be used when the walker is in standby state. Press this key to enter the sleep state and the indicator is off. After treadmill enters hibernation state, press this key to exit hibernation wake up.
Mode	When you select manual mode, the initial state is manual mode. In this case, the initial value "00:00" is displayed in the speed window. Manual mode "00:00" - > Countdown interval mode "30:00" - > Backward distance mode "1.0" - > Backward calorie mode "50" - > Manual mode. When selecting various modes, you can use the speed plus or minus key to set the relevant backward count value. After setting, press the "Start" key to start the treadmill.

3. How to use remote control

The first time use the remote control: Take the insulator out of the remote control as picture show, the the remote control is ready to use.



4. MODE AND STARTUP INSTRUCTIONS

1.Mode Description

1-1. A manual mode
1-2. Goal-setting mode, which includes time reversal, calorie reversal and distance reversal.

2. Startup Instructions

Press the start button of the remote control, the speed window displays: 3333-2222-1111, and every minus a buzzer buzzer, then start the motor.

5. INSTRUCTIONS FOR EACH MODE

1.How to enter manual mode

1-1. Turn on the power switch and enter the manual mode.
1-2. In this mode, the speed of the running machine is completely set by the user, and the user can adjust the speed while exercising. When the time exceeds 100 minutes, it will automatically stop.
1-3. Remote control button operation:
① Press the Start button, count down 3 seconds, and then the motor starts to run.
② Speed can be adjusted by pressing the speed plus or minus key.
③ Press the speed shortcut key to quickly set the speed.
④ When the motor is running, press the pause button, the motor stops running, and the speed returns to zero. All other data parameters are retained before the pause.
⑤ In the suspended state, press the start key, the walking machine to resume operation, the speed from the lowest speed, other motion data continue to be paused before the data continue to count.
⑥ In the motor running state or suspended state, press the stop button, the walking machine will stop running, the walking machine will reset, and the data will be reset.

2. There are three goal setting modes: time setting, distance setting, and calorie setting

2-1. In manual mode, press the Mode key to enter the time counter mode, the time window displays the time and blinks, the initial time is: 30:00, press the speed plus or minus key to set the countdown. Time setting range: 5:00-99:00.
2-2. In time backward mode: Press the mode key to enter the distance backward mode, the initial distance display: 1 mi, press the speed plus or minus key to set the distance, the setting range: 1.0-99.9 mi, each increase or decrease 0.1 mi.
2-3. In the distance counting mode, press the mode key to enter the calorie counting mode,the initial calorie display: 50.0 kcal, press the speed plus or minus key to set the calorie setting range: 10.0-9999 kcal, each increase or decrease from 1 kcal
2-4. Use the remote control button operation:

Display range of each value

	Initial	Set initial value	Setting range	Indication range
Time (minute: second)	30:00:00	/	5:00-99:00	0:00-99:59
Speed	0	1	0.6-4Mile/h	0.6-4Mile/h
Dis	1	/	1.0-99.9mi	0.0—99.9mi
Cal	50	/	10-9999kcal	0—9999kcal

6. FINISHED PRODUCT STRUCTURE

1.Remote control code

When the remote control is out of power or needs to be rematched, follow these steps:

1-1. Long press the sleep button of the remote control (the bottom button), turn on the power switch, 5 seconds later, enter the remote control learning mode, the screen displays "0000", then press the start button. If the indicator light below is all on, the remote control is successfully matched.

1-2. After the match is successful, turn off the power switch and turn it on again, and the remote control can use the corresponding walking machine.

2. Sleep function

When no operation is performed for more than 5 minutes, the system shuts down all displays and enters the sleep state. Press the power button to wake up.

3. Shut down

The walking machine can be turned off at any time by turning off the power switch, so that the walking machine will not be damaged.

4. Precautions

4-1. Check whether the power supply is loaded before movement; Check that the safety lock is working.

4-2. If there is any problem with this machine, please contact the dealer, non-professional personnel, do not try to disassemble or repair to avoid damage to the equipment.

7. SIMPLE TROUBLESHOOTING METHOD OF WALKING MACHINE

Erro Code	Reason	How To Solve
After the power is turned on, the electronic watch does not display.	The communication cable between the electronic watch and the lower control is not inserted properly or the tranformer is burned out.	Check the connection of each section of the electronic watch to the lowercontrol communication cable to ensure that each core is inserted in place. Or poor communication lines (damaged or broken), the need to reconnect or replace the wire; Or replace the transformer.
E-1 Signal communication fails	The upper control board is disconnected or in poor contact with the controller circuit.	Check whether the cable between the electronic watch and the controller is in poor contact or damaged, and reinsert or replace the cable.
E-2 It's a motor disconnection fault	The motor is disconnected or in poor contact with the controller line.	Check whether the cable between the motor and the controller is in poor contact or damaged, and then reinsert or replace the cable.
E-3 It's overload protection	The current exceeds the rated load is too large, and the system self-protection, or part of the walking machine is stuck, resulting in the motor can not rotate, the load is too heavy, the current is too large, and the system self-protection; Adjust the treadmill and restart it.	Check whether there is a flowing sound or burning smell when the motor is running, and replace the controller; Or check whether the power supply voltage specifications are inconsistent or too low, and re-test with the correct voltage specifications.
E-5 It's explosion protection	1.The supply voltage may be less than 50% of the normal voltage 2.Controller failure 3. Motor wire contact is poor	1. Reuse with the correct voltage specification. 2.Check whether the controller smells and replace the controller. 3.Check whether the motor cable is properly connected and reconnect the motor cable.
If the motor does not run after pressing the start button	1.The control motor circuit is abnormal. 2. Lower control fuse damaged or off. 3.The motor cable is not plugged in properly. 4.The IGBT on the controller is burned out	1.Check whether the circuit of the control motor is inserted correctly and properly. 2.Check whether the fuse on the electric control is in good condition and install or replace it. 3.Check whether the motor cable is loose and plug in the motor cable. 4.Use a multimeter to measure whether the IGBT on the lower controller is burned out and short circuit, and replace the IGBT on the lower controller or replace the lower controller.

FAULT ANALYSIS AND HANDLING

The product is designed to be reliable and easy to use. If you have a problem, please read the following questions carefully.

1 **Problem: Meter Does Not Display**
Solution: Check whether the power cable is plugged in, whether the plug is loose, and whether the power switch is turned on.

2 **Problem: Sudden Power Failure In Use**
Solution: Check whether the power cable is securely connected and whether the overcurrent protector is disconnected.

3 **Problem: The Running Belt Is Not In The Middle**
Solution: Check whether the machine is placed on a flat ground and whether the running belt is adjusted. Refer to the adjustment of the running belt.

If the problem is not mentioned above, and you do not know how to solve it, please contact us in time, please do not handle it privately.

RECOMMENDED POSES

Warm-up: 5 to 10 minutes of warm-up exercise is required before using the machine.

Breathing: Breathing cannot be shielded during exercise. Usually, when preparing to return to the movement, inhale through the nose and exhale through the mouth. Breathing and movements should be coordinated. If breathing is too fast, stop exercising immediately.

Frequency: The exercise of the muscles of the same part should have 48 hours of rest, and the same part can only be trained every other day.

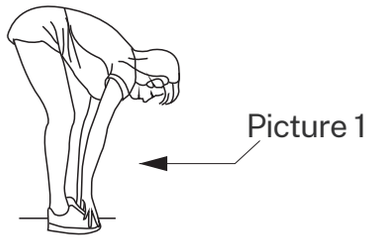
Intensity: Determine the training weight according to the individual's physical training status, and then practice with the principle of progressive load, soreness can be eliminated.

Diet: In order to protect the digestive system, you can exercise one hour after meals, and eat at least half an hour after training. Drink less water during exercise, especially avoid drinking a lot of water, so as not to increase the burden on the heart and kidneys.

Stretching: No matter what speed you run, it is best to do stretching exercises first, warm-up exercises, muscles are easier to stretch, so first walk for 5 to 10 minutes to warm up, then stop and do stretching exercises 5 times as follows. Do each leg exercise for 10 seconds or more at a time, and repeat it after the workout.

1.STRETCH THE BODY DOWN:

Bend your knees slightly, bend your body down slowly, relax your back and shoulders, repeat 3 times (Picture 1).

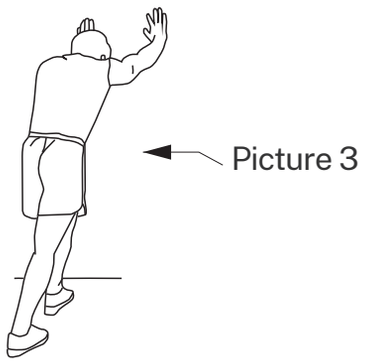


2.HAMSTRING STRETCHING EXERCISE:

Sit on a clean cushion, straighten one leg, put the other leg close to the inside of the straightened leg, try to touch the toes with your hands, hold for 10-15 seconds, then relax, repeat three times for each leg (Picture 2).

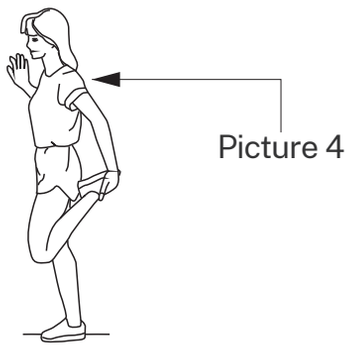
3.CALF AND ACHILLES TENDON STRETCHING EXERCISE:

Stand with two hands on the wall or table, keep the rear leg upright and the heel on the ground with one foot behind, lean towards the wall or table, hold for 10-15 seconds, then relax, repeat three times for each leg (Picture 3).



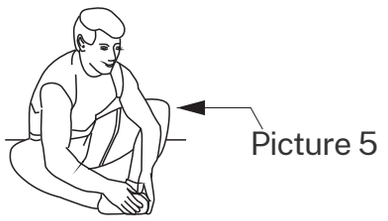
4.ANKLE JOINT STRETCHING EXERCISE:

Hold a fixed support with your right hand to master the balance, then stretch your left hand backwards, grab your left ankle and slowly pull it up to your buttocks until you feel the muscles in front of your thighs tighten, hold for about 10 to 15 seconds , then relax, and repeat 3 times for each leg (Picture 4).



5.SARTORIUS MUSCLE (INNER THIGH MUSCLE) STRETCHING EXERCISE:

Put the two soles of the feet facing each other, sit down with the knees facing outwards, grasp the feet with both hands and pull them towards the groin, hold for 10-15 seconds, then relax, repeat 3 times (Picture 5).



LUBRICATION:

After the running belt has been used for a period of time, it must be lubricated with a special configuration of methyl silicone oil.

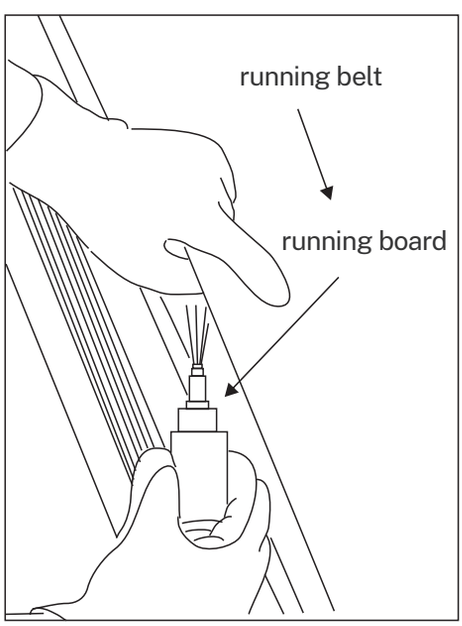
1.Suggestion:

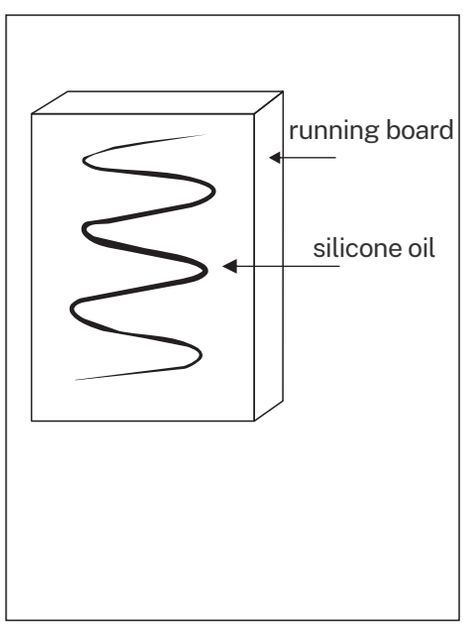
- Use less than 3 hours a week, lubricate once every 5 months.
- Use 4-7 hours a week, lubricate once every 2 months.
- If the use time is more than 7 hours a week, it should be lubricated once a month.
- Do not over-lubricate, the more lubricants the better. Reasonable lubrication is an important factor to improve the service life of the treadmill.

2.Lubrication method:

The way to check whether you need to add lubricant is to grab the running belt and touch your hand to the center of the back of the running belt as much as possible. If there is silicone oil sticking inside the running belt (a little damp feeling), you do not need to add lubricant; If the running board is dry and you don't feel the silicone inside the belt, you need to add lubricant.

A Steps to apply lubricant to the running board: (as shown in the picture).
B Stop the running belt and fold the machine.
C Lift up the running belt on the back of the main frame: extend the oil pot as far as possible into the running position of the running belt, spray the silicone oil on the inner side of the treadmill, coat both sides of the running belt with silicone oil, and then use a speed of 0.5in/h to run the treadmill to spread the silicone oil evenly, and lightly step on the running belt from left to right for about a few minutes to make the silicone oil completely absorbed by the running belt.





3.Running belt tightness adjustment:

All treadmills need to adjust the running belt before leaving the factory and after installation, but there may be looseness after a period of use, such as: the user pauses and slips when running. When this phenomenon occurs, adjust the running belt adjustment bolt clockwise and synchronously in units of half a turn. When the running belt is too loose, when the foot steps on the running belt, the running belt and rollers will slip. But too tight is not good, it is easy to increase the load on the motor and damage the motor, running belt and rollers.

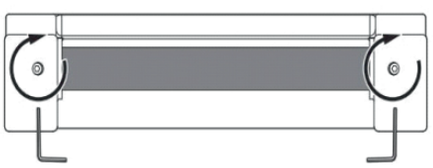
4.Running belt deviation adjustment:

All treadmills need to adjust the running belt before leaving the factory and after installation, but after a period of use, it may still appear deviation phenomenon, which may be caused by the following reasons:

A The treadmill is uneven.
B The user's feet are not in the center of the running belt when exercising.
C The deviation phenomenon is artificially caused by the uneven force of the user's feet, and it can be restored to normal after a few minutes of no-load rotation. For the deviation phenomenon that cannot be recovered automatically, the 6mm hexagonal wrench provided with the machine is used to adjust it step by step in units of a quarter of a circle. The deviation of the running belt is not covered by the warranty. It is mainly maintained by the user according to the instructions. The deviation will seriously damage the running belt. It must be found and corrected in time.

The running belt is leaning to the right, tighten the right

The running belt leans to the left, tighten the left



Left and right balance fine-tuning

Left and right balance fine-tuning

1. Running belt slipping:

When people are running, the running belt slips or pauses instantly.

2. Adjustment of the running belt:

Tighten the left and right sides of the running belt screw clockwise for 3 turns, and then adjust according to the deviation direction of the running belt.

MANUFACTURER'S LIMITED WARRANTY

MANUFACTURER'S LIMITED WARRANTY

ANCHEER warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the premise that it has been installed and operated in accordance with ANCHEER Owner's Manual. ANCHEER 's obligation under this warranty applies to the following:

COMPONENT LENGTH OF WARRANTY:

Structural frame 1 year for home use only.
All other components are 90 days for home use only.

EXCLUSIONS FROM WARRANTY COVERAGE:

ANCHEER does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by ANCHEER 's installation guidelines.
2. Use of this product beyond normal home use, or in an application for which it was not designed.
3. Cosmetic items such as scratches, dents or discolorations.
4. Damage caused by normal wear and tear, vandalism, accidents, or animals.
5. Any act of nature (such as fire, flooding, snow, ice, hurricanes, earthquakes, lightning, or other natural disasters), environmental conditions (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.).
6. Normal weathering due to exposure to sunlight, weather, and atmosphere which can cause colored surfaces to among other things, flake, chalk, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse, or neglect of the products.

ANCHEER using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

Replacement parts can be ordered by emailing our customer service department:

Ancheerdirect@outlook.com

Open Monday thru Friday 8:00 AM - 5:00 PM (PST).
When ordering replacement parts please have the following information ready:

1. Order number
2. Description of parts (adding photos or videos would be helpful)
3. Part number
4. Date of purchase

FCC STATEMENT

1. 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.

2. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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

THANKS FOR CHOOSING OUR TREADMILL!
WISH YOU A HAPPY SHOPPING!

IMPORTANT:
Read all instructions carefully before using this product. Retain this owner's manual for future reference.
The specifications of this product may vary from this photo, subject to change without notice.

MADE IN CHINA