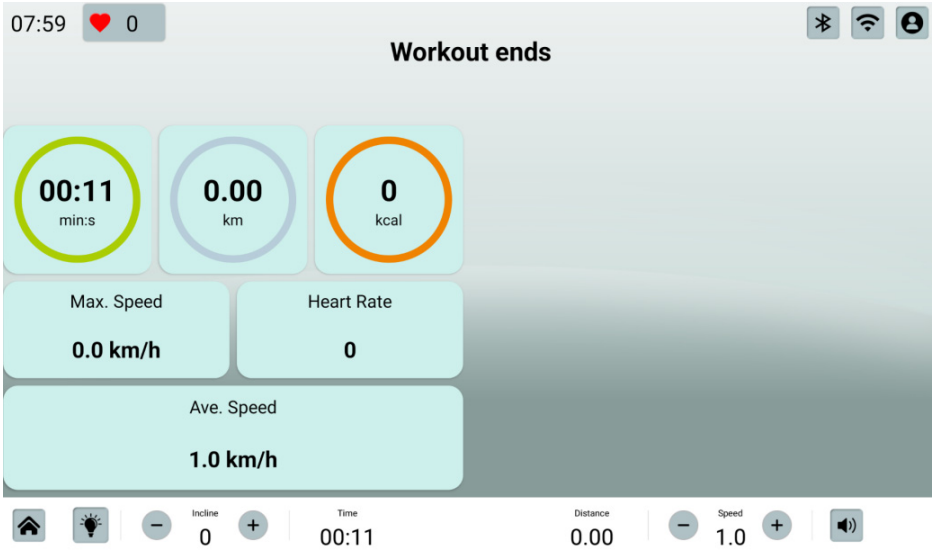
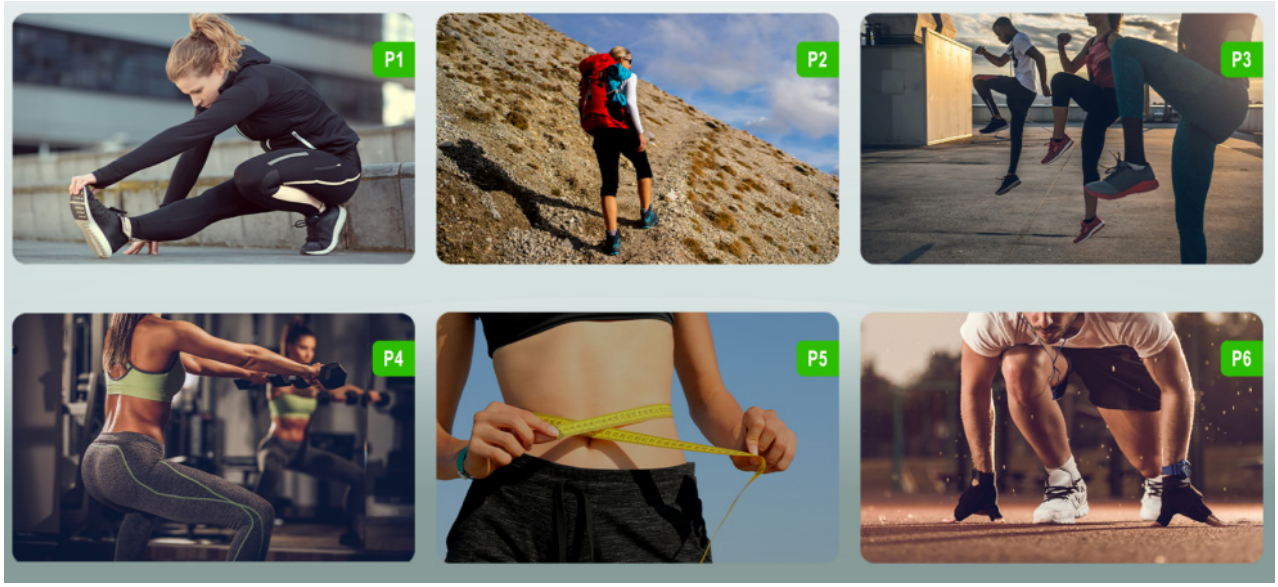
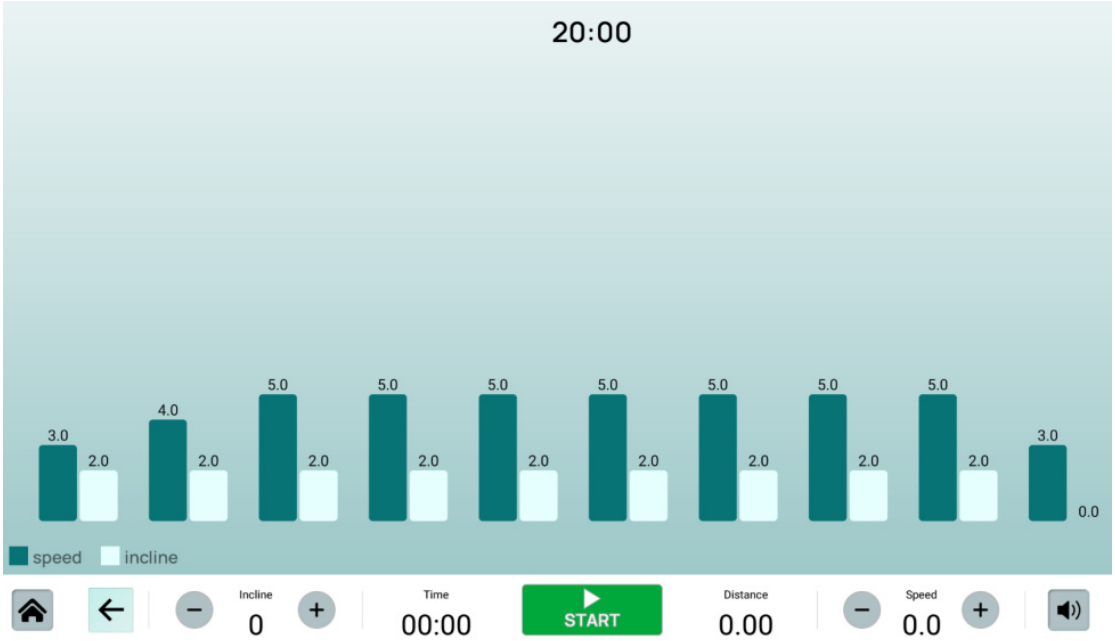


3. Built-in training mode display description

The "Program mode" mode contains the system setting program of P1-P36", which is only trained in the countdown time mode, and the time of each training mode is fixed, and the speed and incine values can be adjusted by clicking and adjusting during the exercise;

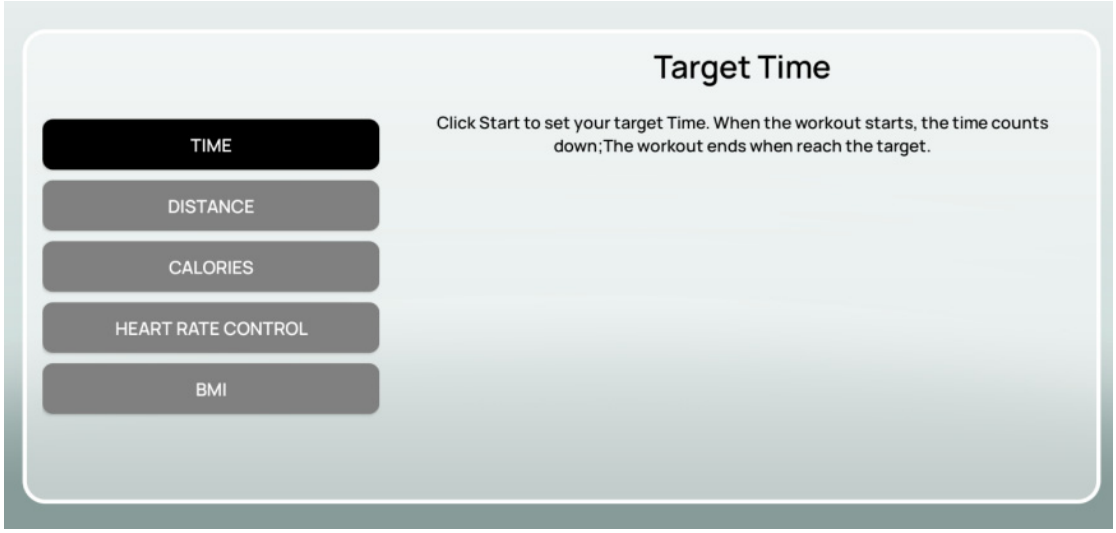


As shown in the figure below, the built-in program has a fixed time for each training mode, and the speed and slope can be adjusted;

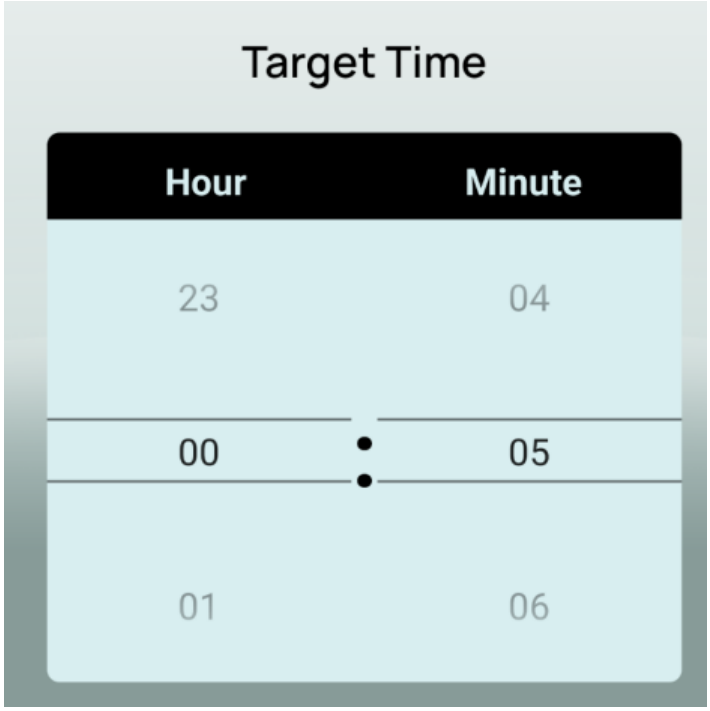


The target mode display description

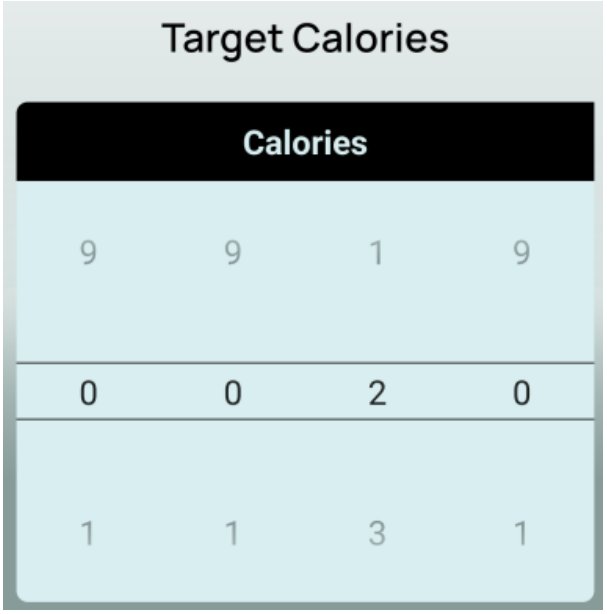
"Target mode" has four training modes plus one fat measurement mode, which are target time, target mileage, target calories, target heart rate and test mode, the speed and slope in training can be set by the user, and the default value of all target modes is: speed 1.0KM/H, gradient 0%.



Target Time setting range: 5-99 minutes, default value: 00:05; (Please set the parameters according to the range prompted in the lower line, if the range is exceeded, it will not be started, and the parameter range needs to be set again).



Target Distance setting range: 01-99KM, default value: 1.00KM, please follow the downstream prompts to set the parameters, if the range is exceeded, it will not be started, and the parameter range needs to be set again.



HEART RATE CONTROL MODE

Parameter settings:

A: Age setting range: 15-80 years old, default 25 years old;

B: Default target heart rate (THR) :(220-age) * 0.6, target heart rate can be modified, modification range: 80-180;

C: The default setting time is 30 minutes, and the modification range is 5-99 minutes

Velocity change relationship:

A: Change frequency, HRC detects heart rate every 30 seconds (heart rate is displayed all the time).

B: If the user's heart rate is 30 beats per minute lower than the target heart rate, the speed will increase by 2.0 km/h.

C: If the user's heart rate is 6-29 beats per minute lower than the target heart rate, the speed will increase by 1.0 km/h.

D: If the user's heart rate is 30 beats per minute higher than the target heart rate, the speed will be reduced by 2.0 km/h.

E: If the user's heart rate is 6-29 beats per minute higher than the target heart rate, the speed will be reduced by 1.0 km/h.

G: The user's heart rate is 0-5 beats per minute above or below the target heart rate, and the speed remains the same.

2) In the following cases, decelerate to the lowest within 20 seconds, run at the lowest speed for 15 seconds and then stop, and sound every second:

A: The heart rate is detected every 30 seconds, and the heart rate cannot be detected twice in a row.

B: 1 km/h (0.6 mph), heart rate causes deceleration.

C: When the heart rate exceeds (220 - set age).

3) Above 51 km/h (0.6 mph), deceleration can not be lower than 1 km/h (0.6 mph), e.g., treadmill minimum speed of 1 km/h (0.6 mph), when running at 1.6 km/h (1.0 mph), heart rate causes deceleration of 1.0 (2.0) km/h, then decelerate to 1 km/h (0.6 mph).

The incline is not controlled by heart rate and can be adjusted manually. The treadmill is not controlled by heartbeat 1 minute before starting to run, and only starts running according to the built-in formula after 1 minute of running.

Heart rate control

AGE		Heart Rate			Time	
1	4	0	0	6	2	9
2	5	1	1	7	3	0
3	6	2	2	8	4	1

eter range: 1-99 years old, default value: 25 years old

Height: Set the parameter range: 1

Body fat is measured in BMI mode as follows

Age: Set the param00-220, the default value: 170

Weight: Set the parameter range: 20-150, the default value: 70;

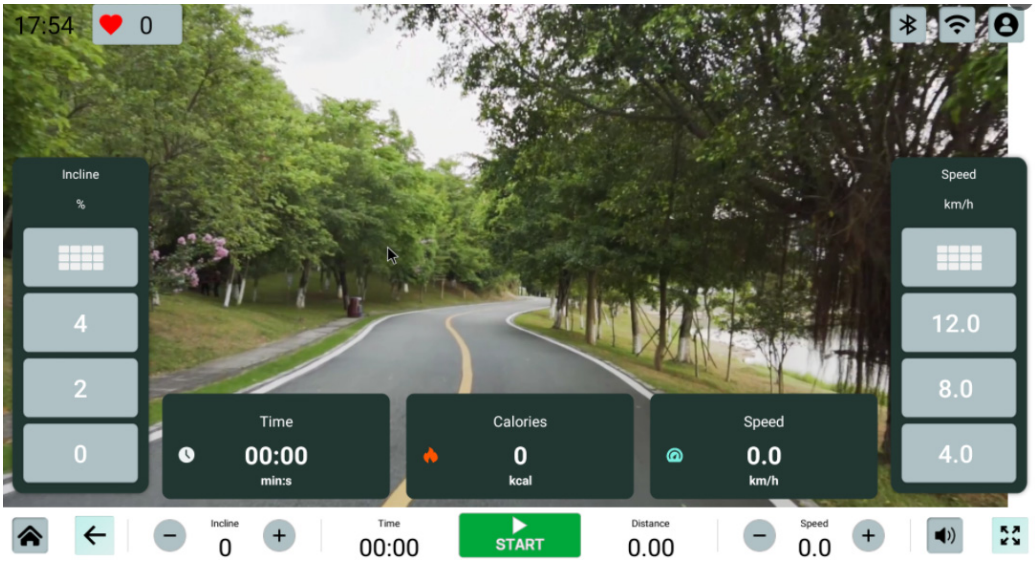
BMI

AGE		Height			Weight		
1	4	0	6	9	9	6	9
2	5	1	7	0	0	7	0
3	6	2	8	1	1	8	1

Real-life sports mode

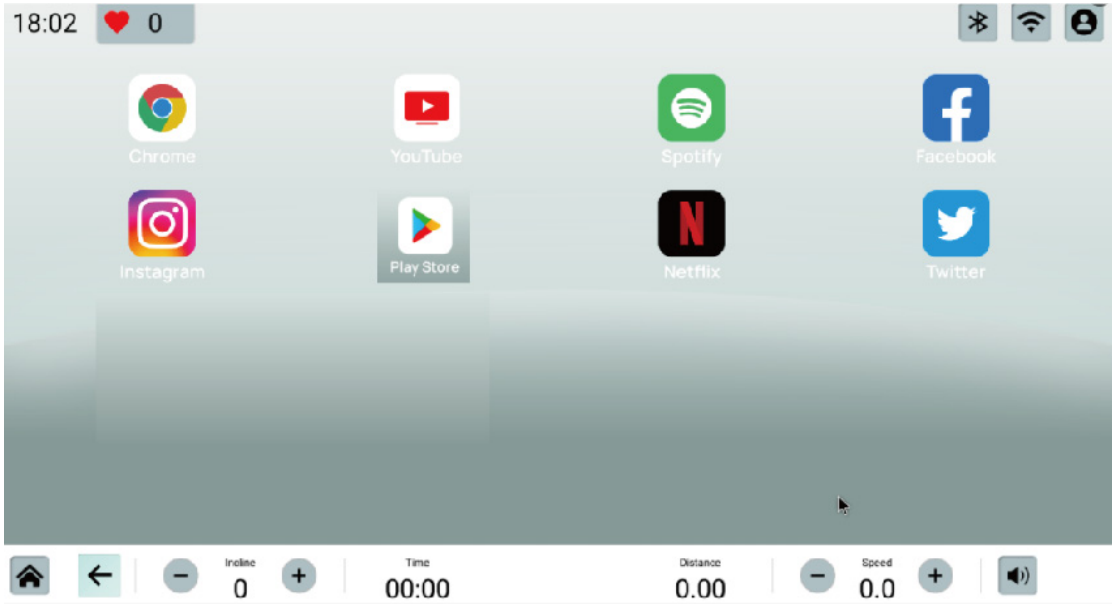
Click Real scene mode on the main interface to enter the real scene sports mode, you can choose your favorite real scene and click on the real picture to enter the exercise.

The picture below shows the real-life workout display interface, which can adjust the speed and incline.



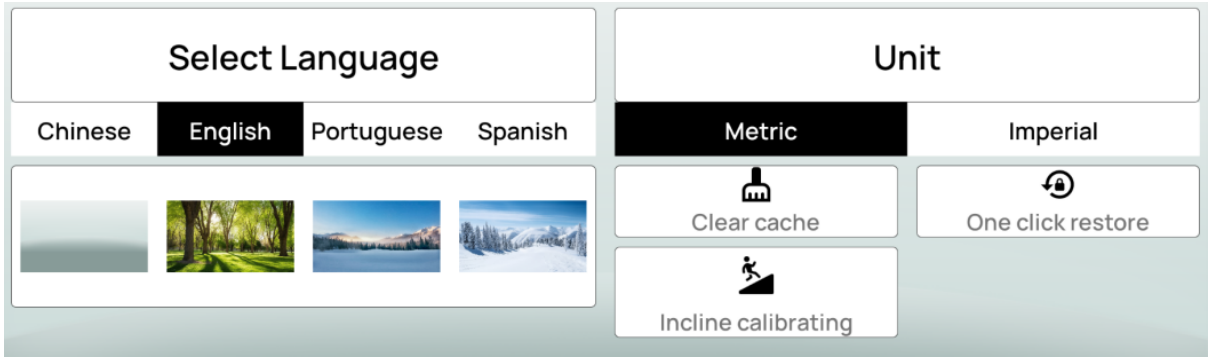
Entertainment APPs

Click "APPs" on the main interface to enter the embedded application, which can use the installed application.



Set the submenu function

Click the settings icon on the main interface to set the system functions



System Settings

Select Language: The system has built-in Chinese, English, and Portuguese.

Skins: Select the background image to change the display background image;

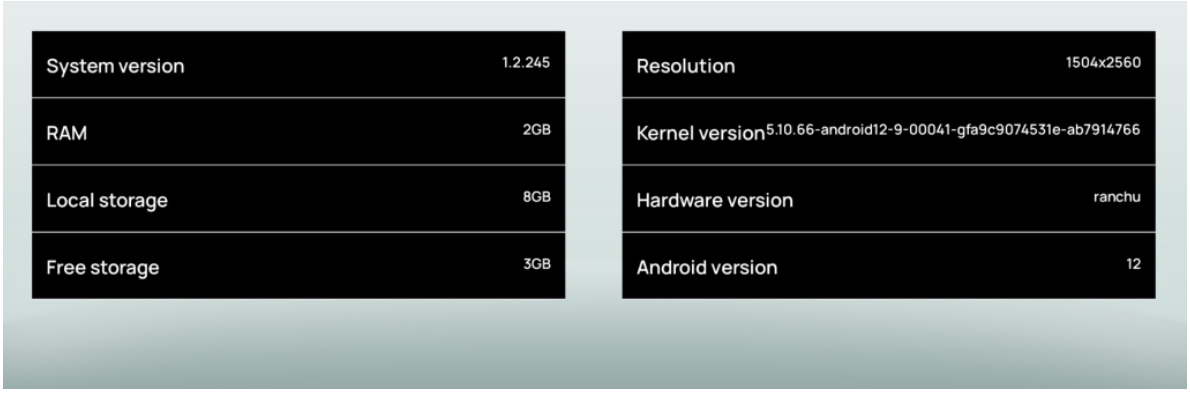
Incline calibrating: After replacing the electronic control accessories or the lifting stroke is wrong, select this interface to learn to verify the lifting position. It needs to be in standby mode, the learning process is expected to be about 20 seconds, and other operations are prohibited when the power is on.

Clear cache: The system memory is excessive, click this function to clean up the excess system memory in the background;

One click restore: restore the system with one click; If there is an unrepairable or other special defect in the system, you can use this option to restore the factory default system.

System Update can be updated by connecting to the network.

System Parameters to view the system parameters.



Speed and incline sheet for automatic programs P1-P36

Section / Program / Classic		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3.0	4.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	3.0
	INCLINE	2	2	2	2	2	2	2	2	2	0
P2	SPEED	3.5	4.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	3.5
	INCLINE	2	2	2	2	2	2	2	2	2	0
P3	SPEED	4.0	5.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	4.0
	INCLINE	2	2	2	2	2	2	2	2	2	0
P4	SPEED	4.5	5.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	4.5
	INCLINE	2	2	2	2	2	2	2	2	2	0
P5	SPEED	5.0	6.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	5.0
	INCLINE	2	2	2	2	2	2	2	2	2	0
P6	SPEED	5.5	6.0	6.5	7.5	7.5	7.5	7.5	7.5	7.5	5.5
	INCLINE	2	2	2	2	2	2	2	2	2	0
P7	SPEED	5.0	7.0	6.0	7.0	6.0	7.0	6.0	7.0	6.0	4.0
	INCLINE	3	4	5	4	5	4	5	4	5	2
P8	SPEED	5.0	7.0	6.0	7.0	6.0	7.0	6.0	7.0	6.0	4.0
	INCLINE	4	5	6	5	6	5	6	5	6	3
P9	SPEED	5.0	7.0	6.0	7.0	6.0	7.0	6.0	7.0	6.0	4.0
	INCLINE	5	6	7	6	7	6	7	6	7	4
P10	SPEED	5.0	7.0	6.0	7.0	6.0	7.0	6.0	7.0	6.0	4.0
	INCLINE	6	7	8	7	8	7	8	7	8	5

P11	SPEED	5.0	7.0	6.0	7.0	6.0	7.0	6.0	7.0	6.0	4.0
	INCLINE	7	8	9	8	9	8	9	8	9	6
P12	SPEED	5.0	7.0	6.0	7.0	6.0	7.0	6.0	7.0	6.0	4.0
	INCLINE	8	9	10	9	10	9	10	9	10	7
P13	SPEED	6.0	8.0	9.0	8.0	9.0	8.0	9.0	8.0	9.0	3.0
	INCLINE	2	4	4	4	4	4	4	4	4	0
P14	SPEED	7.0	9.0	10.0	9.0	10.0	9.0	10.0	9.0	10.0	4.0
	INCLINE	2	4	4	4	4	4	4	4	4	0
P15	SPEED	8.0	10.0	11.0	10.0	11.0	10.0	11.0	10.0	11.0	5.0
	INCLINE	2	4	4	4	4	4	4	4	4	0
P16	SPEED	9.0	11.0	12.0	11.0	12.0	11.0	12.0	11.0	12.0	6.0
	INCLINE	2	4	4	4	4	4	4	4	4	0
P17	SPEED	10.0	12.0	13.0	12.0	13.0	12.0	13.0	12.0	13.0	7.0
	INCLINE	2	4	4	4	4	4	4	4	4	0
P18	SPEED	11.0	13.0	14.0	13.0	14.0	13.0	14.0	13.0	14.0	8.0
	INCLINE	2	4	4	4	4	4	4	4	4	0
P19	SPEED	3.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	6.0	3.0
	INCLINE	2	2	2	2	2	2	2	2	2	2
P20	SPEED	4.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	7.0	4.0
	INCLINE	2	2	2	2	2	2	2	2	2	2
P21	SPEED	5.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0	8.0	5.0
	INCLINE	2	2	2	2	2	2	2	2	2	2
P22	SPEED	6.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0	9.0	6.0
	INCLINE	2	2	2	2	2	2	2	2	2	2
P23	SPEED	7.0	11.0	11.0	11.0	11.0	11.0	11.0	11.0	10.0	7.0
	INCLINE	2	2	2	2	2	2	2	2	2	2
P24	SPEED	8.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	11.0	8.0
	INCLINE	2	2	2	2	2	2	2	2	2	2
P25	SPEED	4.0	7.0	5.0	7.0	5.0	7.0	5.0	7.0	5.0	3.0
	INCLINE	4	6	6	6	6	6	6	6	6	0
P26	SPEED	4.5	7.5	5.5	7.5	5.5	7.5	5.5	7.5	5.5	3.5
	INCLINE	4	6	6	6	6	6	6	6	6	0
P27	SPEED	5.0	8.0	6.0	8.0	6.0	8.0	6.0	8.0	6.0	4.0
	INCLINE	4	6	6	6	6	6	6	6	6	0
P28	SPEED	5.5	8.5	6.5	8.5	6.5	8.5	6.5	8.5	6.5	4.5
	INCLINE	4	6	6	6	6	6	6	6	6	0
P29	SPEED	6.0	9.0	7.0	9.0	7.0	9.0	7.0	9.0	7.0	5.0
	INCLINE	4	6	6	6	6	6	6	6	6	0
P30	SPEED	6.5	9.5	7.5	9.5	7.5	9.5	7.5	9.5	7.5	5.5
	INCLINE	4	6	6	6	6	6	6	6	6	0
P31	SPEED	8.0	12.0	10.0	12.0	10.0	12.0	10.0	12.0	10.0	5.0
	INCLINE	3	6	3	6	3	6	3	6	3	0
P32	SPEED	9.0	13.0	11.0	13.0	11.0	13.0	11.0	13.0	11.0	6.0
	INCLINE	4	7	4	7	4	7	4	7	4	1
P33	SPEED	10.0	14.0	12.0	14.0	12.0	14.0	12.0	14.0	12.0	7.0

	INCLINE	5	8	5	8	5	8	5	8	5	2
P34	SPEED	11.0	15.0	13.0	15.0	13.0	15.0	13.0	15.0	13.0	8.0
	INCLINE	6	9	6	9	6	9	6	9	6	3
P35	SPEED	12.0	17.0	14.0	17.0	14.0	17.0	14.0	17.0	14.0	9.0
	INCLINE	7	10	7	10	7	10	7	10	7	4
P36	SPEED	13.0	16.0	14.0	16.0	14.0	16.0	14.0	16.0	14.0	9.0
	INCLINE	8	11	8	11	8	11	8	11	8	5

Error code

Error	Possible Cause	Trouble shooting methods
System failure	A、The power supply is not connected or not turned on	Connect to the power supply, or turn the power switch to the "ON" position
	B、Safety key is not in place	Put the safety key in place
	C、The transformer is not inserted in place or is bad	Check and connect the transformer or replace the transformer.
	D、circuit break	Check the system input and output terminals and communication wire
Sudden stop under normal conditions	A、the safety key is pulled out	Insert the safety key in place
	B、abnormal system	Contact customer service team
keypress failure	button invalid	1、Replace the keypress board and related cable, 2、Replace the main board, 3、Replace the console
E-01	A、Poor contact of communication line	Connect the communication line again and check whether the port is inserted in place or replace the communication line.

	B、Defective console	Replace console
	C、Defective controller	Replace controller
E-02	A、Bus under-voltage protection, error before relay starts	Rreplace controller
	B、Motor phase loss protection	Check the motor wire or replace the motor handling
	Bus under-voltage protection, error after relay start-up	Check the motor wire or replace the motor
E-03	A、No speed signal or speeding	Replace the controller
E-04	A. Hardware overvoltage protection, abnormal electronic control	Replace the controller
E-05	A、Hardware overcurrent protection, abnormal motor	Replace the motor
E-06	A.The encoder is in the wrong position	Replace the motor handling or encoder to relearn
	B. The number of pole pairs of the motor is incorrect	Replace the motor handling or encoder to relearn
E-07	C. Safety lock protection	Check the safety lock device or replace the electronic watch for processing
E-08	D. Over-temperature protection	Replace the controller
no heart rate shown	A、 The pulse wire is not inserted in place or the pulse wire is not good	Check & connect or replace the pulse wire
	B、 The console is faulty	Replace the Console
The electronic watch is incomplete or missing	A、LED digital tube or LCD screen is defective	Replace the motherboard or LCD screen
	B、System failure	Replace the Console

Using Instruction

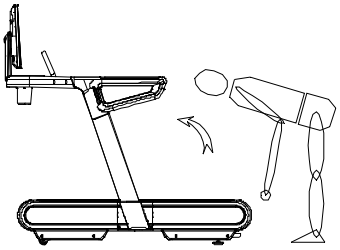
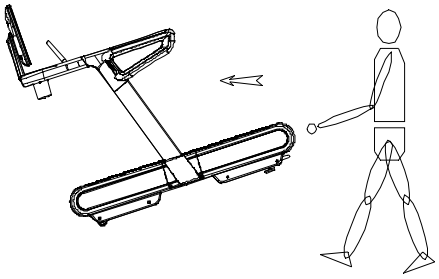
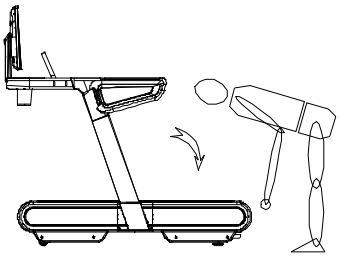
Moving the treadmill：

（1）moving

Make sure follow things before moving：

1. Restore incline to the lowest position;

2. the power switch of treadmill is off;

3. Unplug from power point before folding

Then seize the treadmill terminal with both hands and lift the deck up until you stand up straight. Thus you can move the treadmill forward or backward slowly. when find the right position, put it slightly down to the ground.