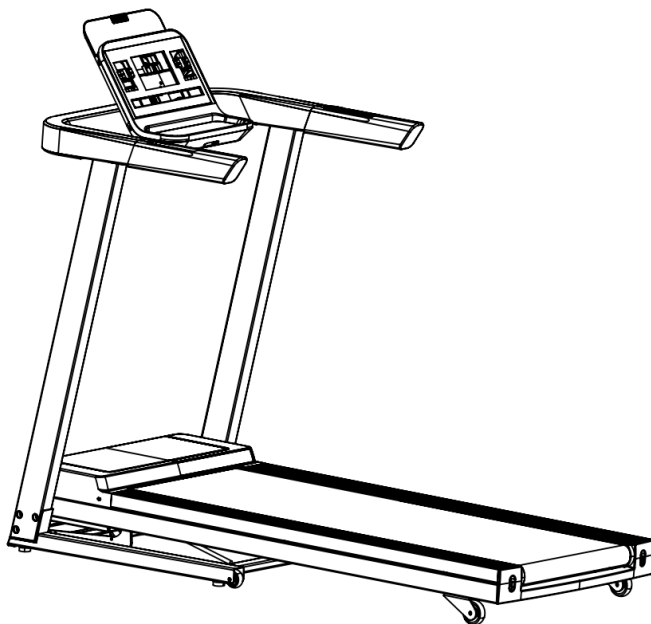


GYMOST

NO--7315CA



Treadmills for Home- Owner Manual
gymostfitness.com

SERVICE

IMPORTANT: FOR GYMOST ONLY

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

info@gymostfitness.com

Response Time: Within 24 hours

Emailing us with the **Order ID** will be the best method to receive a response during peak business hours.

[Website: www.gymostfitness.com](http://www.gymostfitness.com)

PLEASE DO NOT RETURN THIS PRODUCT WITHOUT ASKING OUR CUSTOMER SERVICE.

Thank you for choosing our product. We are confident that it will provide you with an easy and effective way to improve your fitness, health, and overall well-being.

We are committed to providing you with a high-quality product that meets your fitness needs and expectations. If you have any questions or require assistance, our dedicated customer support team is here to help.

If you have any questions or require assistance, please don't hesitate to contact our dedicated after-sales team via email at

info@gymostfitness.com. Our team is ready to provide you with the necessary support and address any concerns or inquiries you may have regarding your purchase.

FCC warning

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.

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.

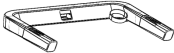
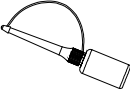
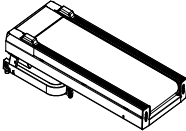
Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

***RF warning for Mobile device:**

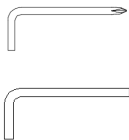
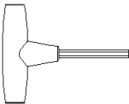
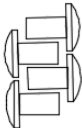
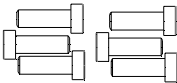
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

FCC ID: 2BDTT-OMA-7315CA

PACKING LIST

 Console Set	 LCD Monitor	 Upright Post	 Console Back Cover
 Hardware Kit	 Silicon Bottle	 Treadmill	 Safety Key

HARDWARE LIST

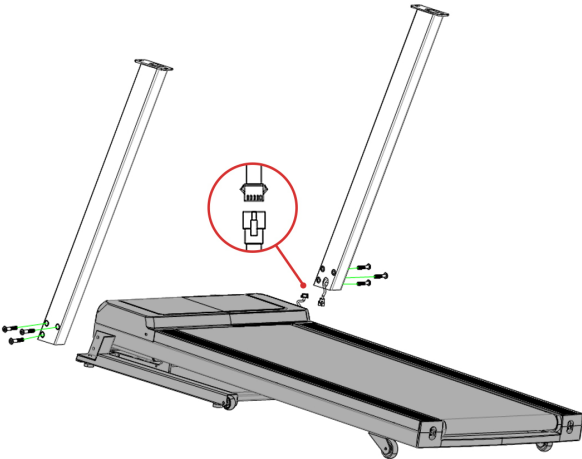
 5 x 30 x 85S*1PCS 6 x 35 x 80*1PCS	 6 x 80 * 1 PCS	 M8 x 15 * 4 PCS
 M8 x 22 * 2 PCS	 M5 x 20*4 PCS	 M8 x 35*6 PC

ASSEMBLY GUIDE

1

M8 x 35
6pcs

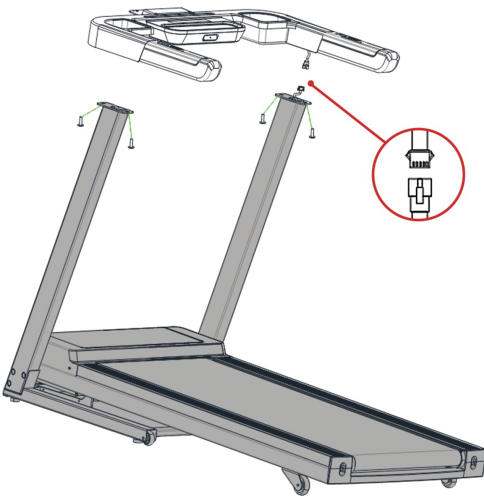
 x 2



2

M8 x 15
4pcs

 x 2



3

M8 x 22

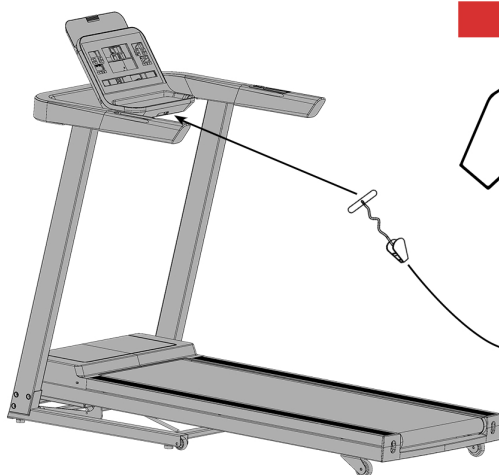
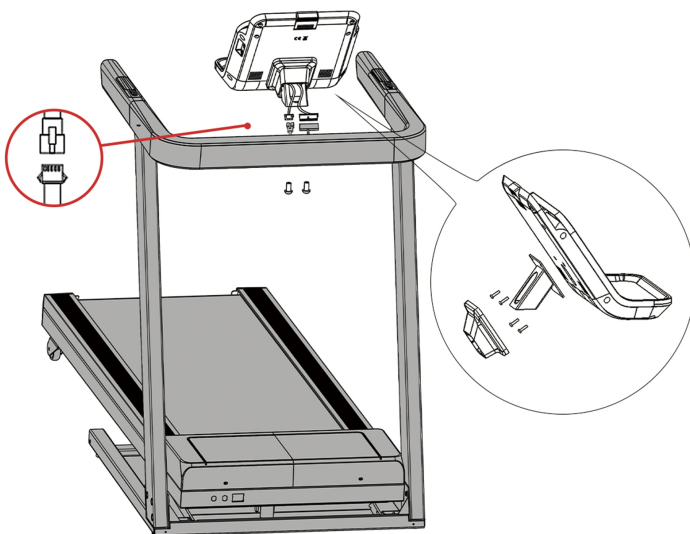
2pcs

M5 x 20

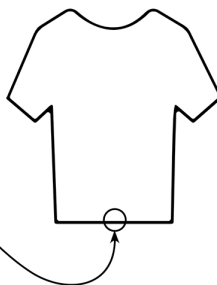
4pcs



x 2

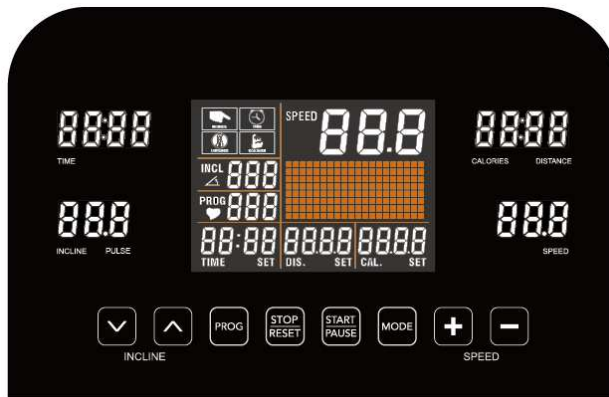


Safety Key



Important: The safety key **MUST** be correctly inserted before the treadmill can be used. If the safety key is removed from its slot during training, the treadmill will stop automatically. The error code "E07" will show on the display and a warning signal will sound.

CONSOLE PANEL



CONSOLE DESCRIPTION

1. P0 is User-defined training program, P1-P36 are Built-in automatic training program, 3 USER, BMI
 2. Display and Operation: LCD display for clear visibility. 8 operation keys for easy navigation and control.
 3. Speed and Distance: Speed and distance can be displayed in both metric and inch units. Conversion function available for seamless switching.
 4. Operating Speed Range: The treadmill has an operating speed range of 1.0-16.0 km/h. Operating incline range: 0-12%
 5. Safety Protection: Equipped with various safety protection functions, including overload and over-current protection. Features explosion-proof design, anti-flying car mechanism, and anti-electromagnetic interference measures.
 6. System Check and Abnormal Information Prompt: The console performs self-checks and provides prompts for any abnormal information or issues.
 7. Customization Features: Allows users to customize and set their own preferences for training programs.
 8. ERP Functions: Integrated with ERP (Enterprise Resource Planning) functions for enhanced management and efficiency.
- Project Mode: Includes a project mode for specific training programs or specialized workout routines. These console functions provide a range of options, safety features, and customization capabilities to enhance your treadmill experience.

CONSOLE FUNCTION

1. Time Window: displays numeric values for distance and TIME.
2. "DISTANCE" "CALORIES" window: displays DISTANCE and CALORIES burned during your workout.
3. "INCLINE" "PULSE" window: shows the value of incline and heart rate.
4. "SPEED" window: displays SPEED values.
5. Bluetooth Connection Options
The treadmill's display has built-in speakers. You can connect an audio device such as a cell phone or tablet via Bluetooth to play music over the speakers.
 - (1.) On your cell phone or tablet, go to Settings, then Bluetooth to turn on Bluetooth
 - (2.) Select "RUN MUSIC" in the Bluetooth device list.
6. Wireless Charging Function
You can charge your devices that support wireless charging

To Convert to the Metric System (kilometers):

Unlock the safety lock on the treadmill.

Simultaneously press the "PROGRAM" and "MODE" keys.

The display will show "M" to indicate the change from miles to kilometers.

To Convert Back to the Imperial System (miles):

Unlock the safety lock on the treadmill.

Simultaneously press the "PROGRAM" and "MODE" keys.

The display will show "KM" to indicate the change from kilometers to miles.

By following these steps, you can switch between the metric and imperial systems of measurement on the treadmill display.

KEYBOARD INSTRUCTIONS

1. "PROG": Press the "PROG" key to cycle through the available programs, including P0-P36, U01-U03, and the lipid program. In the stop state, pressing the "PROG" key allows you to select different programs.

2. "MODE": In the manual mode, the initial state is the normal mode. Pressing the "MODE" key allows you to cycle through different modes, including manual mode, countdown mode (distance or calories), and normal mode. In programs P1-P36, pressing the "MODE" key will reset the default countdown time (30 minutes).

3. "START": Press the "START" button to start the treadmill when in the stop state. In the running state, pressing the "START" button will pause the treadmill.

4. "STOP": Pressing the "STOP" button during a workout will slow down the treadmill. When an error prompt is displayed, pressing the "STOP" button will clear the display.

5. "SPEED+": Use the "Speed +" key to recursively increase the speed when in the stop or program setting state. In the running state, the "Speed +" key is used to increase the speed.

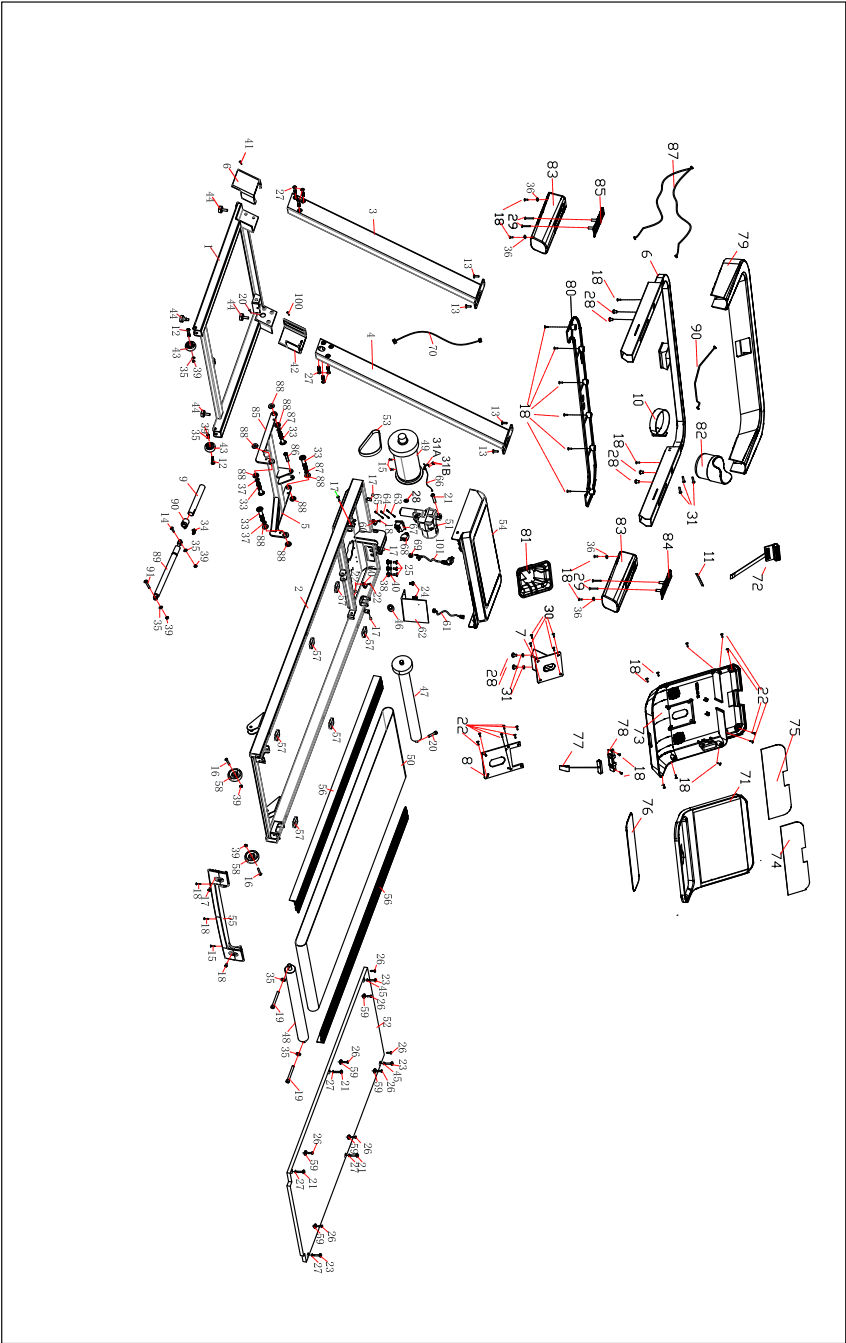
6. "SPEED-": Use the "Speed -" key to decrease the speed when in the stop or program setting state. In the running state, the "Speed -" key is used to decrease the speed. These keyboard instructions provide you with the necessary functions to select programs, adjust modes, start/stop the treadmill, and control the speed during your workout.

WARNING!

To prevent accidents or injuries, please adhere to the following guidelines:

- ◆ Ensure that your clothing is properly zipped up before using the treadmill.
- ◆ Avoid wearing clothes that can easily get caught or hooked.
- ◆ Keep the power cord away from hot objects.
- ◆ Keep children away from the treadmill at all times.
- ◆ If something goes wrong, hold onto the handlebar for support and step off the running belt.
- ◆ Do not use the treadmill outdoors.
- ◆ Disconnect the power before moving the treadmill.
- ◆ Do not attempt to open the motor and roller cover unless you are a trained professional.
- ◆ This machine is designed for use with a 10A circuit.
- ◆ Only one person should use the fitness device at a time.
- ◆ Heart Rate Control (HRC) testing may not be as accurate as medical devices, so the results should be used for reference purposes only.
- ◆ Stop exercising immediately if you feel unwell or experience pain in your joints or muscles. Pay close attention to how your body responds to the exercise program. Dizziness is a sign that you are exercising too intensely. If you feel dizzy, lie down on the ground until you feel better.

EXPLODED DIAGRAM



EXPLODED CHART LIST

No.	Part Name	QTY	No.	Part Name	QTY	No.	Part Name	QTY
1	Base frame	1	35	flat washerφ8	6	69	Power Cable Buckle	1
2	Main frame	1	36	flat washerφ5	4	70	Communication wire	1
3	upright post L	1	37	flat washerφ10	4	71	Console	1
4	upright post R	1	38	Serrated lock washersΦ5	3	72	Tray lock	1
5	Lifting frame spray parts	1	39	hexagon lock nut M8	6	73	console lower	1
6	Console frame	1	40	spring washer Φ5	3	74	Ipad holder	1
7	Console mounting base	1	41			75	Mobile phone anti-slip pad	1
8	Console fixed plate	1	42			76	Wireless charging EVA sticker	1
9	Non-return tube	1	43	Wheels φ46 (PE)	2	77	Safety key	1
10	Water cup weldment	1	44	Adjustable foot pad	4	78	Safety key socket	1
11	Elastic rope fixed plate	2	45	Plastic Flat Washer	6	79	Holder upper	1
12	Allen Socket flat Head Cap Bolt (half thread) M8×50×20	3	46	magnet ring	1	80	Holder lower	1
13	Allen Socket flat Head Cap Bolt (full thread) M8×15	4	47	Front roller	1	81	Console back cover	1
14	Allen Socket flat Head Cap Bolt (half thread) M8×30×20	1	48	Rear roller	1	82	water cup	1
15	Allen Socket flat Head Cap Bolt (full thread) M8×25	2	49	motor	1	83	PU handle	2
16	Allen Socket flat Head Cap Bolt (half thread)M8×35×20	2	50	Running belt	1	84	Speed handle pulse set	1
17	Allen Socket flat Head Cap Bolt (full thread) M5×10	6	51	Incline motor	1	85	Incline handle pulse set	1
18	Phillips CSK Head Self Tapping Screw ST4×16	25	52	Running deck	1	86	Connecting wire for handle pulse	1
19	Allen Socket Button Head Cap Screw (full thread) M8×75	2	53	Motor belt	1	87	Communication wire	1
20	Allen Socket Button Head Cap Screw (full thread) M6×45	1	54	Motor cover	1	88	Lifting shaft sleeve	8

21	Allen Socket Button Head Cap Screw (half thread) M10×35×20	1	55	Rear cover	1	89	Hydraulic	1
22	Phillips Truss Head Self-tapping Screw ST4×10	14	56	Side rail	2	90	Round pipe plug	1
23	Allen Socket Flat CSK Head Bolt (full thread) M6×55×Φ16	6	57	Square cushion	6	91		
24	Phillips Truss Head Bolt (full thread) M4×16	2	58	Wheels φ46 (PE+PU)	2	92		
25	Phillips Truss Head Bolt (full thread) M4×10	3	59	Side Rail Guider	6	93		
26	Phillips CSK Head Self Tapping Screw ST4×15	10	60	Cable Clamp	2	94		
27	Allen Socket Head Cap Bolt (full thread) M8×35	6	61	Communication Wire	1	95		
28	Allen Socket Head Cap Bolt (full thread) M8×23	2	62	Controller	1	96		
29	Phillips CSK Head Self Tapping Screw ST4×50	4	63	Power Connecting Wire	1	97		
30	Phillips Truss Head Screw (full thread) M5×20	4	64	Power Connecting Wire	1	98		
31	Phillips Truss Head Bolt (full thread) M4×6	3	65	Power Connecting Wire	1	99		
32	Allen Socket Button Head Cap Screw (half thread) M10×55×25	1	66	Speed Sensor	1	100		
33	Allen Socket Button Head Cap Screw (half thread) M10×25×15	4	67	Switch	1	101		
34	Spring Washer	1	68	Self-resetting switch	1	102		

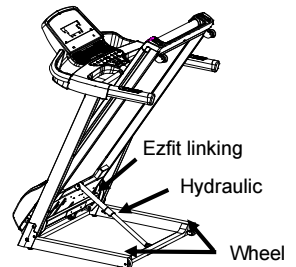
COMMON FAULTS AND SOLUTIONS

Problems and codes	Reason	Treatment
The system doesn't work	A.No power on or off	Connect the power, or turn the power switch to the“No” position
	B. the safety lock is not in place	Put the safety lock in place
	C.No power to the controller or digital meter	Replace the controller or electronic meter head
	D. poor line contact	Check system input/output terminals and communication risers
Stop suddenly under normal conditions	A.The safety lock falls off	Reset the safety lock
	B.system exception	Ask the repairman to fix it
The button is not working	Keys not working	1. Replace the keypad and keyboard wiring 2. Replace the motherboard 3. Replace the electronic meter
E-01	A, communication line contact is not good	Reconnect the cables and check that the ports are plugged in or replaced
	B Bad Digital Watch	Replace your digital watch
	C, Bad Controller	Replace the controller
E-02	A.Motor wiring and faulty motor	Replace the motor
	B, Motor Line and controller connection is not good or bad controller	Check and reconnect or replace the controller
E-03	A.The photoelectric sensor is not installed correctly	Check and reconnect
	B.poor photoelectric sensors	Replace the photoelectric sensor
	C. photosensitive organs or poor first contact	Check and re-connect/clean the photoreceptor dust layer, grease
	D.Bad Controller	Replace the controller
E-05	A. the controller is damaged	Replace the controller
	B. the motor is damaged	Replace the motor
	C.Mechanical failure	Check for Clogged Lube or rollers
E-07	The electronic meter did not detect a safety lock signal	1. Check that the safety lock is in place. 2. Reinstall the safety lock mechanism. 3. Replace the electronic meter
Show no heart rate	A. holding the sensor cord in place or holding the cord poorly	Check and connect or replace the grips
	B.electronic system line failure	Replace your digital watch
Incline failure	A Defective incline motor or controller	Change the incline motor or controller
	B.Controller signal wire is abnormal	Press the learning key of the controller to learn the incline value.

FOLDING AND MOVING OF TREADMILL

1 .Folding the Treadmill:

- 1) Disconnect the power before folding.
- 2) Set the incline of the treadmill to the lowest position.
- 3) Lift the treadmill to an upright position, and the Ezfit linking parts will automatically lock onto the hydraulic mechanism
- 4) Verify that the Ezfit linking parts are securely locked onto the hydraulic mechanism, as shown in the figure.



2 .Unfolding the Treadmill:

- 1) Choose a location about 1 meter away from the power outlet with a flat and obstacle-free surface.
- 2) To unfold the treadmill, hold it with both hands and step on the Ezfit linking part with your feet. The treadmill will slowly lower to the ground automatically. Make sure to keep a distance of about 1 meter from the treadmill until it is completely unfolded, as shown in the picture.

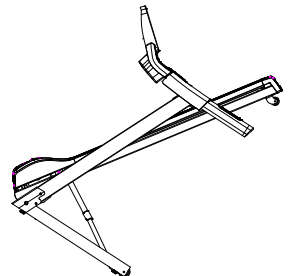


3 .Moving the Treadmill:

When moving the treadmill, ensure the following:

- 1) The power switch of the treadmill is turned off.
- 2) The power plug has been disconnected from the socket.
- 3) The large frame has been folded.

After confirming the above points, hold one end of the treadmill with one hand and the armrest on the same side with the other hand. Tilt the machine to approximately 40-50° towards the chest and move it slowly, as shown in the picture.



TREADMILL MAINTENANCE

1. Lubrication(1-3 ml each time)

After the running belt has been used for a period of time, it is necessary to lubricate it with the provided methyl silicone oil. Here are some suggestions based on usage time:

If you use the treadmill for less than 3 hours per week, lubricate the running belt once every 5 months.

If you use the treadmill for 4-7 hours per week, lubricate the running belt once every 2 months.

If you use the treadmill for more than 7 hours per week, lubricate the running belt once every month.

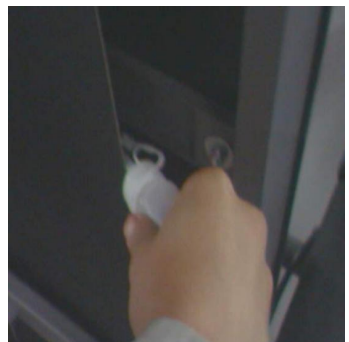
Avoid excessive lubrication as it may cause issues. Proper lubrication is an important factor in increasing the lifespan of the treadmill.

2. Checking for Lubrication:

To check if the running belt needs lubrication, lift the side of the treadmill and feel the center back of the belt as much as possible. If you notice traces of silicon spray, lubrication is not necessary. However, if the surface feels dry, it indicates that the belt requires lubrication.

Application of Lubricant on the Belt (as shown)

- Stop the running belt and fold the treadmill.
- Lift the back of the main frame to expose the middle position of the belt.
- Spray silicone oil on the inner side of the running belt and coat silicone oil on both sides of the running belt.
- Start the treadmill at a speed of 1km/h to evenly distribute the silicone oil on the belt.
- Lightly step on the running belt from left to right to ensure the oil spreads evenly.
- Wait for several minutes to allow the silicone spray to spread and settle.
- Before using the machine, make sure the silicone oil has properly distributed on the belt.



BELT ADJUSTMENT

- Clockwise rotation tightens the bolt.
- Counterclockwise rotation loosens the bolt.
- The running belt will shift towards the looser side.

① If the running belt shifts to the left:

This indicates that the left side is too loose.

Adjust the left bolt clockwise to tighten the left side.

Alternatively, adjust the right screw counterclockwise to loosen the right side.

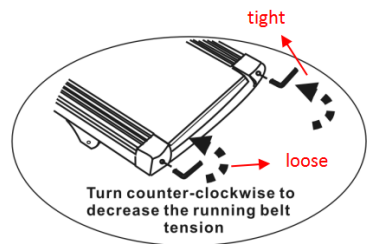
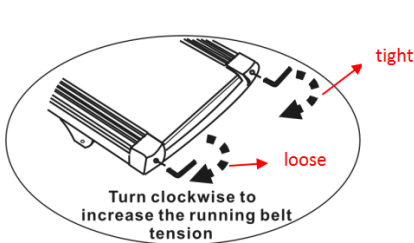
② If the running belt shifts to the right:

This indicates that the right side is too loose.

Adjust the right bolt clockwise to tighten the right side.

Alternatively, adjust the left screw counterclockwise to loosen the left side.

Remember to make small adjustments at a time and test the belt alignment after each adjustment. Find the proper balance where the belt remains centered during operation.



WARRANTY

Your purchase is backed by the following warranty: a one-year warranty starting from the date of purchase, covering all parts.

Note: We provide replacement parts at no charge, but on-site repair service is not included.

1.1. This warranty complements your statutory rights and does not affect them. Proof of purchase will be required for Warranty Service, if requested.

1.2. Please note that this warranty is non-transferable and applies exclusively to the original owner. We reserve the right to either replace or repair any defective parts as needed.

1.3. We retain the right to ascertain whether the issue is a result of faulty workmanship or materials, or if a specific part is indeed defective.

This warranty does not cover the following circumstances:

2.1. Damages or faults resulting from incorrect usage or installation, failure to follow recommended maintenance procedures, neglect, misuse, fire, floods, other natural disasters, or unauthorized modifications.

2.2. Failure to lubricate the treadmill platform in accordance with the instruction manual.

2.3. For non-domestic use (excluding commercial or unapproved rental applications).