MOTORIZED TREADMILL
OWNER'S MANUAL

Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual

Version A

THANKYOU

Thanks for purchasing this product .The product will help you keep fitter, healthier and better in a very easy way.

User Guide

1. Always connect the power plug to a socket with a grounded circuit and the socket must have a special circuit to avoid sharing with other electrical equipment.
2. Ensure the treadmill stable on the ground before use.
3. Check if its function normal or not before running.
4. Stand on two side rails when the treadmill starts
5. Clipped the safety key to your clothes when upcoming to control any emergency.
6. Press the “start” button to get the treadmill started.
7. Follow the running belt with left leg to do preparation before trial run. Only when you feel it right, then to run with two legs on the treadmill with proper running posture.
8. The treadmill is FOR ONE PERSON ONLY. Overload is not allowed.
9. You can adjust speed if necessary.
10. After running, you can stop the treadmill by pulling out the safety key or pressing the “stop” button.
11. Remember to turn off the power and pull out the plug when you finish exercising.

Safety precaution：

- Place the treadmill indoors to avoid any water and no heavy stuff.
- When using the fitness device, wear comfortable clothing and preferably sports or aerobic shoes.
- Keep children away from the treadmill to avoid any accident.
- No overload to give damages to motor, controller, roller and running belt. Make routine maintenance to the treadmill.
- Keep less indoor dust and a certain extent of humidity to avoid interference of console and controller.
- Keep the household treadmill continuously running no more than 2 hours.
- Keep good air circulation when running.
- There should be 2000x1000mm safe space at the end of treadmill when running。
- Stop running if any discomfort and consult the doctor.
- Reserve the silicon bottle to some place that children cannot reach, to avoid serious mistake.
- Prohibit the user jumping off the treadmill directly after use.
- Pull out the power plug gently from the socket.
- Stop the machine if anything wrong and cut the power immediately.
- Ask local distributor to handle any issue or provide service. Dismantle the components personally is not allowed.

DANGER!

To reduce accidents or harm, please check following rules.

- ◆ Ensure your clothes zipped up before running.
- ◆ Do not wear clothes that easily hooked.
- ◆ Keep power cord away from hot objects.
- ◆ Keep children away from the treadmill.
- ◆ If something wrong , support the handle bar to push up and leave running belt.
- ◆ Do not use the treadmill outdoor.
- ◆ Cut off the power before move of the treadmill .
- ◆ Do not open motor and roller cover unless professionals .
- ◆ This machine can be used under 10A circuit .
- ◆ Ensure that only one person at a time uses the fitness device.
- ◆ The HRC testing may be not as exact as medical devices so its results for reference only .
- ◆ Stop exercising immediately should you feel unwell or if you feel pain in your joints or muscles. In particular, keep an eye on how your body is responding to the exercise program. Dizziness is a sign that you are exercising too intensively with the device. At the first signs of dizziness, lay down on the ground until you feel better.

Warning!

◆Following patients under treatment need to get use of the treadmill after approval of professional doctor.

（1）The person with backache or used to get hurt in the leg ,waist ,neck . Those with numbness of legs, waist, neck and hands (those with chronic diseases such as intervertebral disc protrusion, spinal slip, cervical vertebra protrusion, etc.)

（2）The patient with deformational arthritis , rheumatism or gout .

（3）The patient with osteroporosis .

（4）The patient with a bad circulatory system like heart disease ,vascular disorders and vascular hypertension .

（5）The patient with respirtory disturbance.

（6）The patient with Artificial heart rhythm problem.

（7）The patient with malignant tumors.

（8）The patient with thrombosis .

（9）The patient with diabete-caused perceptual disturbance.

（10）The person with skin injury .

（11）The patient with a high fever above 38℃.

（12）The person with bent back bone.

（13）The person with pregnance or in (menstrual) period.

（14）The person feels discomfortable .

（15）The person is obviously in a bad condition.

（16）The person for the purpose of rehabilitation.

（17）The person having abnormal physical features.

-Above cases may cause accident or poor health

◆ Stop exercising immediately should you feel unwell like pain in your joints or muscles, dizziness, numb, and abnormal heart beat, and consult the doctor as soon as possible.

◆ Keep children away from this product.

- Children may get hurt if you ignore this.

◆ Told the children that this is not a toy.

- Children may get hurt if you ignore this.

◆when using, taking out, putting back or moving this product, please make sure there is nobody or pets around.

Prohibit！

◆ stop useing this product when the cover cracked (inner parts come out) or welded parts drop off. Otherwise, accidents or injuries may occur.

◆ Do not jump up or down from the treadmill when running.Otherwise, injuries may occur due to falling.

◆ Do not use or reserve the treadmill outdoor or near bathroom to avoid water.

◆ Do not use or reserve the treadmill in the area exposed to direct sunlight, and avoid high temperature places like electric blanket and warmer. It may cause electric leakage or fire.

◆ Only for one person at a time, be careful not to let people around approaching during use. Otherwise, accidents or injuries may occur due to falling.

◆ people who cannot express consciousness on their own or unable to operate by themselves can’t use the treadmill. Otherwise, accidents or injuries may occur.

◆ Disassembly, repair, reselection are absolutely prohibited. Risk of injury due to mechanical failure. And to avoid water!

◆ Do not exercise too much if you are not a regular sportspeople.

◆ Do not use the treadmill after meals or when feel tired. It may damage to your health.

◆ The product is available for home and gym use. Not to be used by a large number of non-specific users in schools, gymnasiums, etc. There is a risk of injury.

◆ Do not use the product when eating or drinking or doing other activities.

◆ Do not use the product when feeling the body become slow after drinking alcohol. Otherwise, accidents or injuries may occur.

◆ Do not use the product when you have hard object in your pants pocket. Otherwise, accidents or injuries may occur.

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

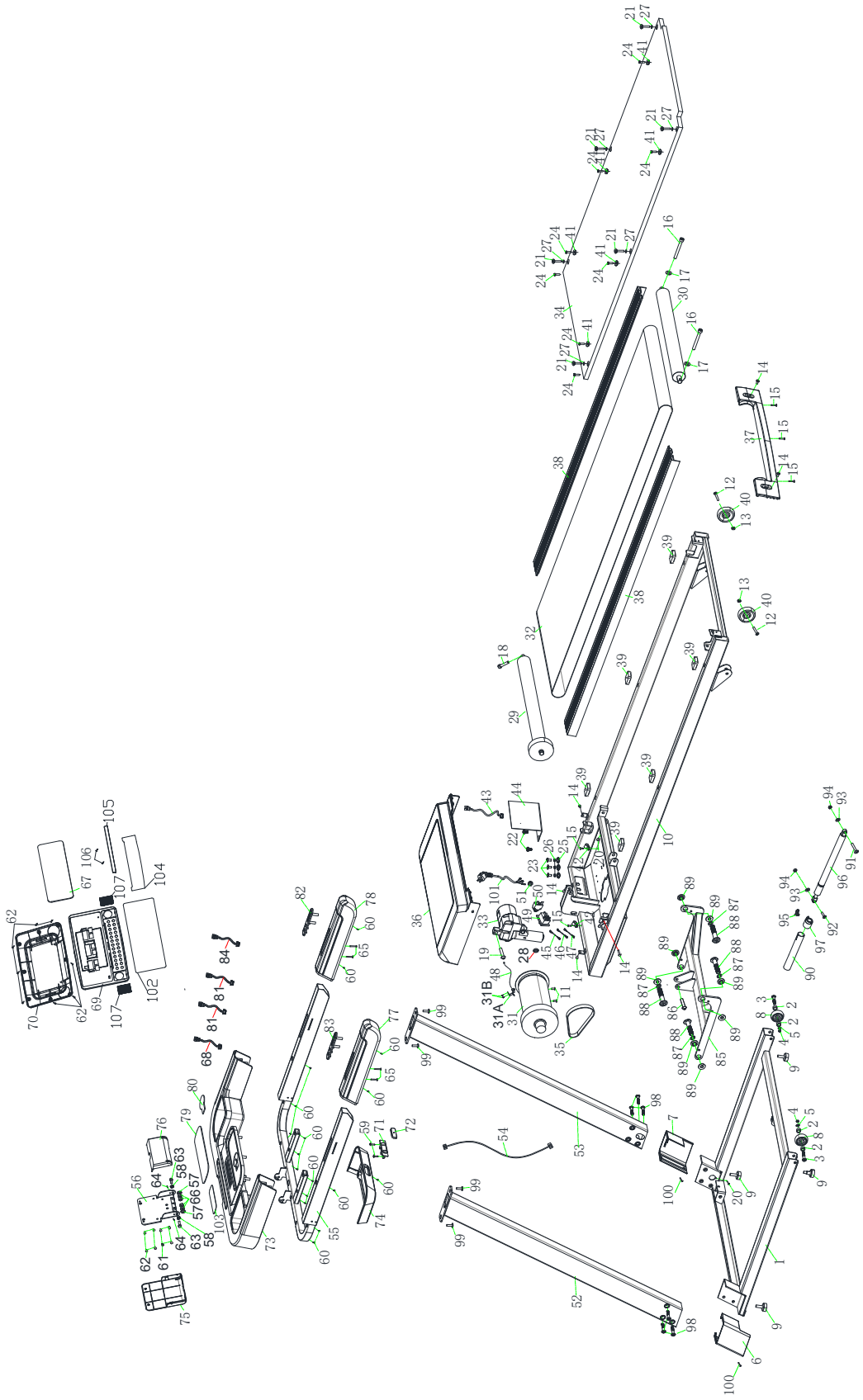
operate the equipment

***RF warning for Mobile device:**

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

FCC ID:2BDTT-OMA-7415EA

Exploded Diagram：

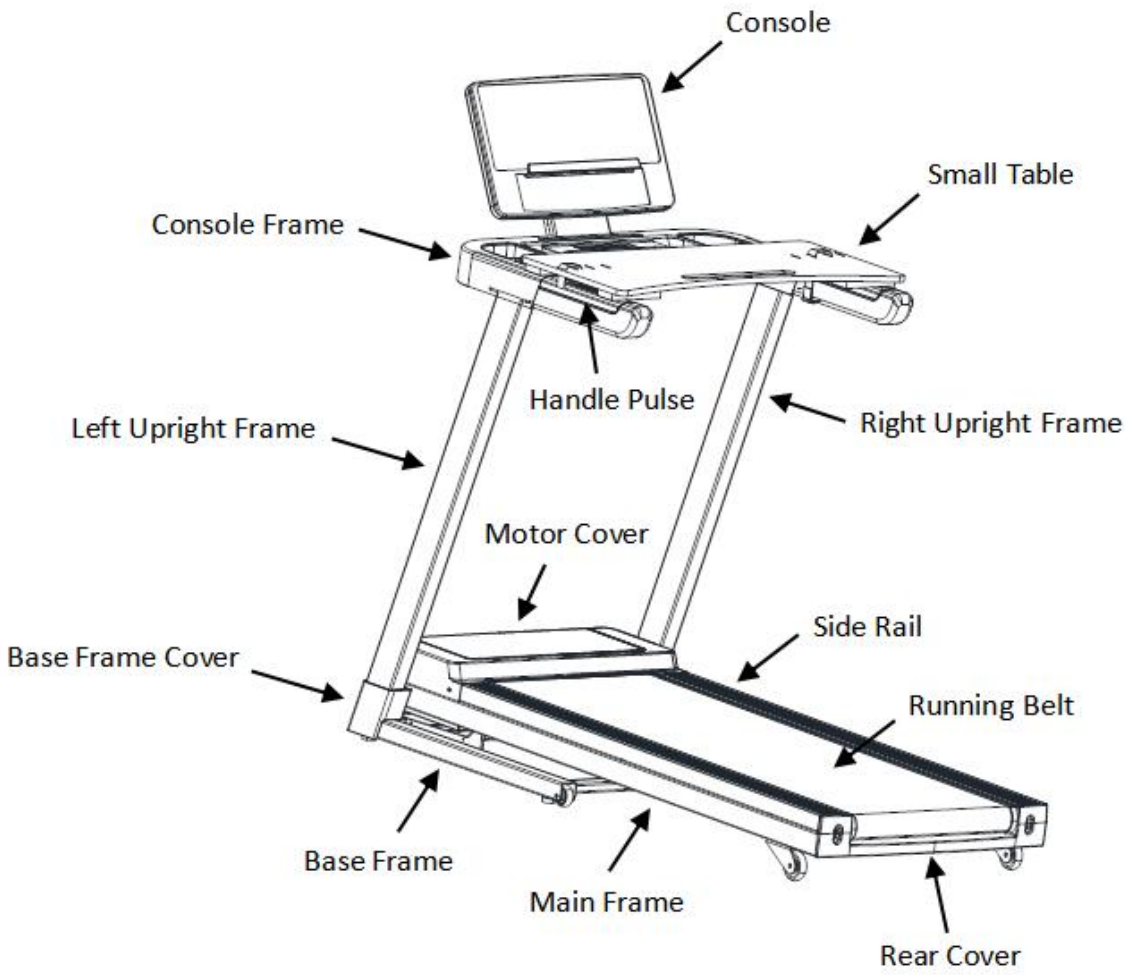


Part list：

No.	Part Name	specification	Qty
1	Base Frame Weldment		1
2	Bushing		4
3	Allen Socket Button Head Cap Screw (half thread)		2
4	Hex Lock Nut		2
5	Flat Washer		2
6	Base Cover Left		1
7	Base Cover Right		1
8	Wheel		2
9	Adjustable Feet Pad		4
10	Main Frame Weldment		1
11	Allen Socket Button Head Cap Screw (full thread)	M8*20	2
12	Allen Socket Button Head Cap Screw (half thread)	M8*35*20	2
13	Hex Lock Nut	Φ8	2
14	Phillips Truss Head Screw (full thread)	M5*10	6
15	Phillips Truss Head Self-tapping Screw	ST4×16	5
16	Allen Socket Head Cap Bolt (full thread)	M8*75	2
17	Flat Washer	Φ8	2
18	Allen Socket Head Cap Bolt (full thread)	M6*45	1
19	Allen Socket Button Head Cap Screw (half thread)	M10*45*20	1
20	Phillips Truss Head Self-tapping Screw	ST4×10	2
21	Allen Socket Flat CSK Head Bolt (full thread)	M6×55×Φ16	6
22	Phillips Truss Head Bolt (full thread)	M4*16	2
23	Phillips Truss Head Bolt (full thread)	M4*10	2
24	Phillips CSK Head Self Tapping Screw	ST4*15	8
25	Lock Washer	Φ5	3
26	Spring Washer	Φ5	3
27	Plastic Flat Washer (PVC)	Φ12×Φ6×t1.0	6
28	Magnet Ring	Φ29×Φ19×t7.5	1
29	Front Roller		1
30	Rear Roller		1
31	Motor		1
31A	Metal Support for Speed Sensor		1
31B	Philips Pan Head Bolt (full thread)		2
32	Running Belt		1
33	Incline Motor		1
34	7410EA Running Deck		1
35	Motor Belt	174(442)PJ6	1
36	Motor Cover		1
37	Rear Cover		1
38	Side Rail		2
39	Square Cushion		6
40	Wheel		2
41	Side Rail Guider		6
42	Cable Clamp	3/8(UC-2)	2
43	Communication Wire		1
44	7410EA Controller		1
45	Power Connecting Wire		1
46	Power Connecting Wire		1
47	Power Connecting Wire		1
48	Speed Sensor		1
49	Switch		1
50	Fuse		1
51	Power Cable Buckle		1
52	Standpost Left		1
53	Standpost Right		1
54	Communication Wire		1
55	Console Frame Weldment		1

No.	Part Name	specification	Qty
56	Console Fixing Plate Weldment		1
57	Disc Spring	Φ12.5×Φ6.2×0.7	4
58	M6 Step Spacer	Φ16×Φ8×4.7	2
59	Phillips Truss head self-tapping Screw	ST4*10	2
60	Phillips Truss head self-tapping Screw	ST4*16	17
61	Phillips CSK head self tapping Screw	ST4*10	4
62	Phillips CSK head self tapping Screw	ST4*15	12
63	Hex head screw (full thread)	M6*30	2
64	Phillips Truss head bolt (full thread)	M4*10	2
65	Phillips Truss head self-tapping Screw	ST4*50	4
66	Hex lock nut	M6	4
67	7410EA Console set		1
68	Communication wire		1
69	Console panel		1
70	Console back cover		1
71	Safety key socket		1
72	Safety key		1
73	Holder upper		1
74	Holder lower		1
75	Console front decoration cover		1
76	Console rear decoration cover		1
77	PU handrail left		1
78	PU handrail right		1
79	Mobile phone anti-slip pad		1
80	Wireless charging EVA sticker		1
81	Connecting wire for handle pulse		2
82	Speed handle pulse set		1
83	Incline handle pulse set		1
84	Connecting wire for touch sense key		1
85	Lifting frame weldment		1
86	Allen socket button head cap screw (half thread)	M10×55×25	4
87	Flat washer	Φ8	4
88	Non-return tube		1
89	Allen socket button head cap screw (half thread)		1
90	Allen socket button head cap screw (half thread)		1
91	Allen socket button head cap screw (half thread)	M8×30×20	1
92	Allen socket button head cap screw (half thread)	M8×50×20	1
93	Flat washer	Φ8	2
94	Hex lock nut	M8	2
95	Shrapnel-1		1
96	Hydraulic		1
97	Double pipe plug		1
98	Allen socket head cap bolt (full thread)	M8*35	6
99	Allen socket button head cap screw (full thread)	M8*20	4
100	Phillips CSK head self tapping Screw	ST4*15	2
101	Plug power cord		1
102	Display overlay		1
103	Membrane Keypad		1
104	Keypad Overlay		1
105	Pallet		1
106	Phillips CSK Head Self Tapping Screw	ST3*10	2
107	Speaker Cover		2

Treadmill instruction



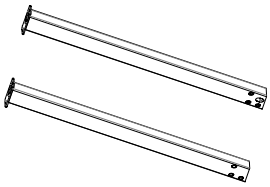
Technical information

Working Voltage	AC-220V 50Hz	Dimension	Fold: 1040*770*1360 mm
Speed	1.0－16.0km/h		Unfold: 1515*770*1360 mm
		Running surface	1250*450mm

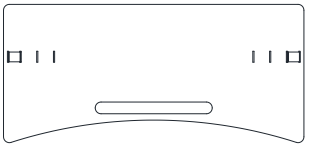
Remark：WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

Packing List

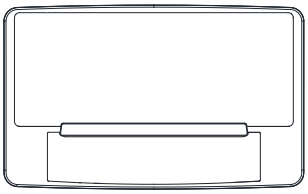
Main Frame



Upright Post



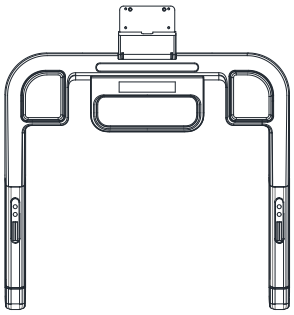
Small Table



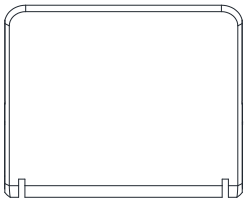
Console Set

Base Frame Cover (L)

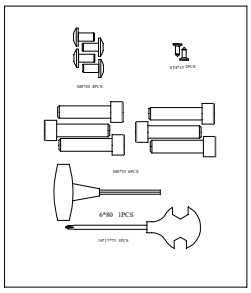
Base Frame Cover (R)



Console Frame

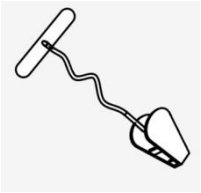


Console Back Cover

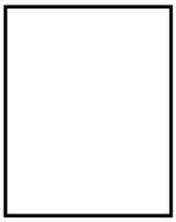


Hardware Kit

Silicon Bottle

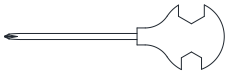


Safety Key



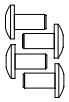
Manual

Hardware list

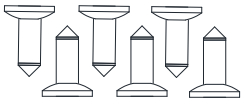


Philips Screwdriver
14*17*75 1pc

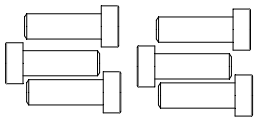
Allen Key
6*35*80 1pc



Allen socket button head cap screw (full thread)
M8*15 4pcs

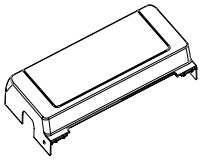


Phillips CSK head self tapping Screw 6pcs



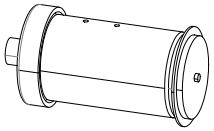
Allen socket head cap bolt (full thread) 6pcs

Main Spare Parts

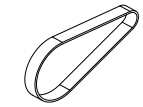


Motor Cover

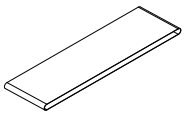
Console Set



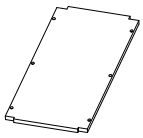
Motor



Motor Belt

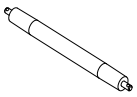


Running Belt

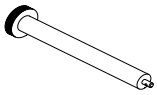


Running Board

Side Rail

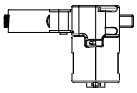


Rear Roller



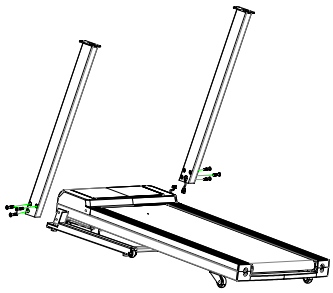
Front Roller

Rear Cover

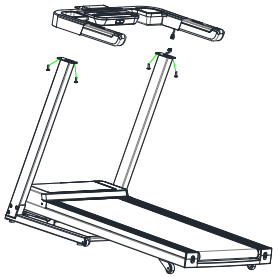


Incline Motor

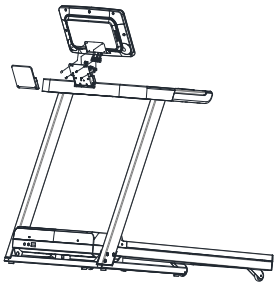
ASSEMBLY INSTRUCTIONS



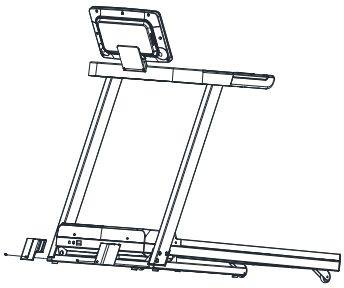
Step 1:
Take the machine out of the carton box, put it on the flat floor and remove all PE bags. (see the picture on the left).Connect the signal wire of right upright frame to it of the base first, then insert right upright frame to its corresponding position in the base, and fix them together by 3pcs of M8×35 Allen socket head full thread screws. (Please refer to the picture on the left)
Use the same way to assemble the left upright frame.



Step 2:
Connect the signal wire of right upright frame to it of the console frame, then put the console frame on the corresponding place of the upright frame, and fix them together by 4pcs of Allen C.K.S. full thread bolt M8x15. (Please refer to the picture on the left)
Use the same way to assemble the left upright frame.



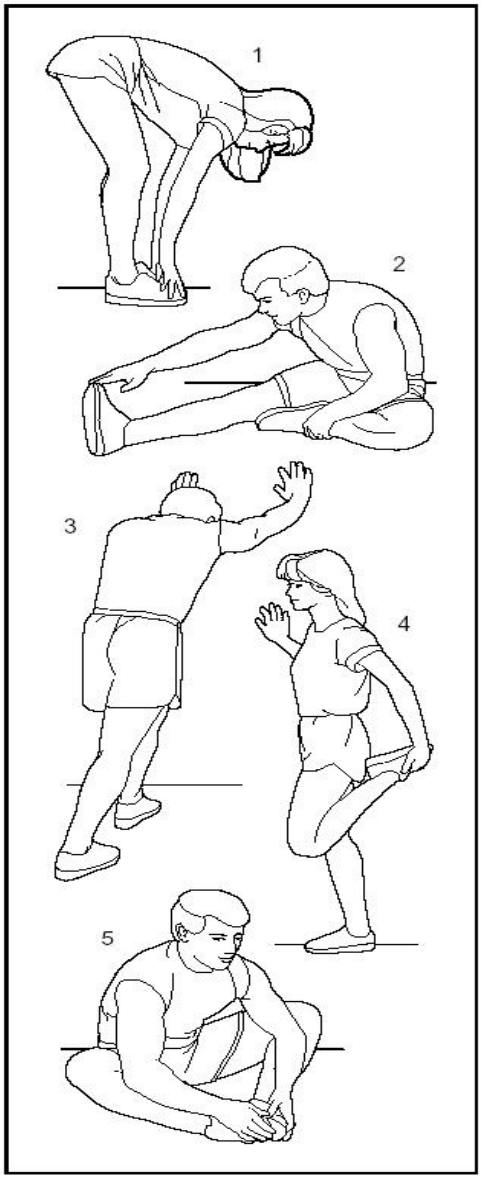
Step 3:
Adjust the console back braket to the right angle first, connect the signal wire of the consol to it of console frame (pressed the wire of excess length into the console). Put them into console front decoration cover after fix it by 4pcs of Philips self-tapping bolt ST4x15. Need to fix the bracket



Step 4:
Make sure above mentioned all bolts are tightened by tool. Insert the base frame cover (R&L) into the bottom of upright frame (R&L) respectively. And fix them together by 2pcs of Philips self-tapping bolt ST4x15. The assembling is completed.

Step 5:
Put the small table to the corresponding position of the handle bar. Put belt through the buckle and pull tight then fold back and fix it by hook & loop.
Before power on and test the machine, please conduct a comprehensive visual inspection and make sure there’s no exception.

General fitness tips



1. Warm-up

Do not hold your breath before warming up for 5-10 minutes before each warm-up.

2. Breathe

Usually when you are preparing to restore your breath, inhale with your nose and spit out your breath with your mouth. The breathing and movement should be coordinated, such as breathing too fast. The movement should be stopped immediately

3. Frequency

The same part of the muscle should have a rest of 48 hours, that is, the same part can only be trained every other day.

4. Load

According to the individual physical condition determine the amount of training, then according to the principle of asymptotic load to practice, the initial training of muscle soreness is a normal phenomenon, as long as continue to practice, soreness can be eliminated.

5. Relax

Do 5 minutes of exercise after each exercise, especially the stretching and relaxation of the muscles of the foot, to avoid long-term muscle condensation, maintain a muscle flexible diet

6. Diet

In order to protect the digestive system, one hour after meals before exercise, training should be at least half an hour before eating, exercise less water, especially drinking water, so as not to increase the heart, kidney burden

Stretching exercises

No matter how fast you walk, it's best to do stretching exercises first. Warm muscles are easier to stretch, so take a 5-10 minute warm-up. Then stop and do the stretching as follows: 5 times, each step for 10 seconds or more; do it again after the workout.

1. Stretch down

The knees are slightly curved, the body slowly bends forward, let the back and shoulders relax, and the hands try to touch the toes. Keep it for 10~15 seconds, then relax. Repeat 3 times (As picture 1 shown).

2. Tendon stretching

Sit on a clean seat cushion and straighten one leg. Put the other leg inward so that it fits snugly against the inside of the straight leg. Try to touch the toes with your hands. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 2 shown).

3. Calf and heel stretch

Hold the wall or tree with both hands and one foot behind. Keep your hind legs upright and your heels on the ground, leaning in the direction of the wall or tree. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 3 shown).

4. Quadriceps stretching

Grasp the balance with your left hand or the table, then extend your right hand backwards and grab your right ankle and slowly pull it toward your hips until you feel the muscles in front of your thighs are tense. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 4 shown).

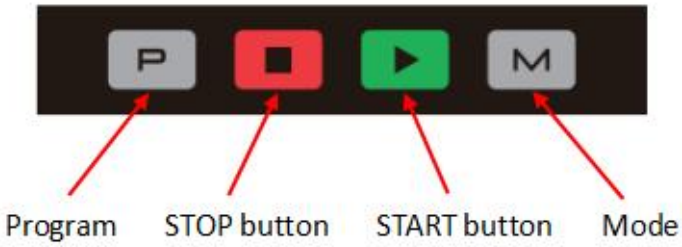
5. The sartorius muscle (muscle inside the thigh) stretches

The soles of the feet are opposite and the knees sit down. Grasp your feet with both hands and pull them in the direction of the groin. Keep it for 10~15 seconds, then relax. Repeat 3 times. (As picture 5 shown).

Product using instructions

(Console function description, treadmill using instructions)

Instructions of Console panel:



Console function description:

1. P0 is to set the training program for the user, P1-P36 is the built-in automatic training program, three USER program and BMI.
2. LED display, 16 operation keys;
3. Speed and distance window, kilometre and mile conversion function
4. Operating speed range: 1.0~16.0KM/H;
5. Operating incline range:0-12%
6. Overload, over-current protection, explosion-proof, anti-speed, anti-electromagnetic interference and other safety protection functions;
7. System self-test, abnormal information prompt function.
8. Three custom functions;
9. ERP function;

LED display window instruction：

- ✧ "DISTANCE" “INCLINE” window: display the value of the distance and incline；
- ✧ "CALORIES" “TIME” window: shows the value of calorie and time；
- ✧ "PULSE” “SPEED" window: display the value of pulse and speed；

Conversion function between kilometers and miles:

✧ Take off safety key, then press “PROGRAM” and “MODE” buttons together for few seconds, display show 0.6, which means the kilometers are converted to miles.

✧ Take off safety key, then press “PROGRAM” and “MODE” buttons together for few seconds, display show 1.0, which means the miles are converted to kilometers.

Keyboard operation description：

A. **Program key**: “P” is the program button: Under STOP state, select program P0~P36, U01~U03 circularly for body fat test.

B. **Mode button**: "M" is the mode button:When you select Manual mode, the initial state is normal. Press Mode key to select three different countdown operation modes: Time countdown mode --> distance countdown mode --> calorie countdown mode --> normal. The Reset key of default time countdown(30 mins) is in P1-P36.

C. **START key** is the start/pause button. Under STOP state, press START key to start. Under running state, press START key to stop. And the STOP function will be failed if it connects to bluetooth.

D. **STOP key**: “STOP” is the stop/reset button. Under running state, press STOP key and the treadmill will go to a slow stop. If it displays ERR, press STOP key and it can clear the displayed information once.

E. **“QUICK SPEED” button**: 4, 8, 12, 16 is the speed quick key. Under running state, user can set the speed directly as the button default value.

F. **Handlebar SPEED button “+/-”**: “+” & “-” are speed add-subtract keys. Under stop or body fat testing state, “+” & “-” is parameter setup add-subtract keys. Under running state, “+” & “-” is speed add-subtract keys.

G. **“QUICK INCLINE” button**: 3, 6, 9, 12 is the incline quick key. Under running state, user can set the incline directly as the button default value.

H. **Handlebar INCLINE button “+/-”**: “+” & “-” are incline add-subtract keys.

Safety key function：

The safety key consists of a tact switch, a clothes peg and a nylon cord, and has a safety feature for emergency stop.

1. In any state, the safety key is pulled off and the time window displays “E-07” with a buzzer sound. If the motor is running, the motor is stopped urgently and the console keypad ban to operate.
2. Each time the safety key is placed, the screen will be fully displayed for 2 seconds. Then enter the system default working state. All counters are cleared and the set value is reset. The treadmill is in the positive timing mode of the manual program P0.

Custom program：

There are three USER1~USER3 in USER MODE. In USER MODE, users can fetch or set their own sports program, press the "PROG" key to adjust to "USER1~USER3", and then press the "MODE" key to set or press the START key to START sports. Press the "MODE" key to set the 10-section speed and incline of your own exclusive program. After setting, the user will press "START" to START the exercise, and the exclusive program of the user will be saved and can be directly invoked next time.

Safety Usage Guide:

1. Insert the power cord plug into the 10A power socket with safety ground, turn on the power switch, the console screen is fully displayed, and then identify the safety key.
2. Place the safety key in the position on the console and clip the clothespin to the clothes on the chest, the screen will be fully displayed for 2 seconds and enter the system default working state. All counters are cleared and the set value is reset. The treadmill is in the positive timing mode of the manual program P0.
3. Press “PROG” button to select program P0~P36/ U01~U03/ BMI circularly.

3.1 “P0” is custom program for user. Press “MODE” button to select four training modes circularly. Trainning speed and incline will be set by user. Default value of speed is 1.0KM/H and default value of incline is 0%.

◆ **Training Mode 1 - Normal:** Time, distance and calories are all counted positively, disable setting function.

◆ **Training Mode 2 - Time countdown:** Time window flashes under setting state. Press handlebar SPEED button “+/-” to modify the setting value. Time setting range is 5~99mins and default value is 30mins.

◆ **Training Mode 3 - Distance countdown:** Distance window flashes under setting state. Press handlebar SPEED button “+/-” to modify the setting value. Distance setting range is 1.0~99.0km and default value is 1.0km.

◆ **Training Mode 4 - Calorie countdown:** Calorie window flashes under setting state. Press handlebar SPEED button “+/-” to modify the setting value. Calorie setting range is 20~990cal and default value is 50cal.

3.2 P1~P36 is system setting program and only available for the training under time countdown mode. Time window flashes under setting state. Press handlebar SPEED button “+/-” to modify setting value. Time setting range is 5-99mins and default value is 30mins.

4. After setting the training mode, press START button, the screen will display 5sec time countdown accompanying 5 buzzer sounds. When it countdown to 1, the treadmill will start gently and slowly accelerate to the displayed speed.And then running with constant speed smoothly.

4.1 Under running state, press handlebar SPEED button “+/-” to adjust the running speed.

4.2 In P1~P36, the speed and incline of each program will be divided into 10 segments. Time of each segment is divided equally in the setting time. Adjusted speed or incline is only effective within the current segment. There’s 3 buzzer sounds 3sec ahead of the conversion between the segments. The motor will stop automatically accompanying with a long alert tone after the program runs the whole 10 segments.

4.3 Under running state, press START button again, the motor will be switched between pause and running states. Restart it from pause state, recorded running data and progress remain unchanged.

5. Under running state, press STOP button, the motor will slowly decelerate until it stops smoothly, and all settings will return to the default state.

6. Under running state, press handlebar INCLINE button “+/-” to adjust the incline of the treadmill.

7. In any state, the safety key is pulled off and the time window displays “E-07” with a buzzer sound. And the motor will stop urgently if it is under running.

8. The electric control system is in safety monitoring at any time. As long as the abnormity is found, the running treadmill will stop in an emergency. The screen will display the abnormal information and accompany with the alert tone.

9. When the screen is displaying abnormal information, press STOP button to clear it once.

10. Body fat testing method: Press PROG button to select BMI, press MODE button to select the item number, and press handlebar SPEED button “+/-” to set the parameter.

10.1 Item# F1 (sex): indicated as gender; range of setting parameter: 1~2. “1” respresent Male and “2” respresent Femail. Default value is 1.

10.2 Item# F2 (Age): indicated as age; range of setting parameter: 1~99 years old. Default value is 25 years old.

10.3 Item# F3 (Height): indicated as height; range of setting parameter: 100~220cm. Default value is 170cm.

10.4 Item# F4 (Weight): indicated as weight; range of setting parameter: 20~150kg. Default value is 70kg.

10.5 Item# F5 (BMI): indicated as completing parameter setting. Entering body fat testing state, please hold your hands on the heartrate sensors on the R&L handles and waiting for 4seconds, BMI of the testee will be displayed in the screen.

By Asian standard, it’s considered lean if body fat is less than 18. It’s considered ideal weight if body fat is between 18 and 24. It’s considered overweight if body fat is between 25 and 28. And it’s considered obese if body fat is more than 29 (only for exercise reference). Default value is 24.

11. Imperial body fat testing method: Press PROG button to select BMI, press MODE button to select the item number, and press handlebar SPEED button “+/-” to set the parameter.

11.1 Item# F1 (sexo): indicated as gender; range of setting parameter: 1~2. “1” respresent Male and “2” respresent Femail. Default value is 1.

11.2 Item# F2 (Age): indicated as age; range of setting parameter: 1~99 years old. Default value is 25 years old.

11.3 Item# F3 (Height): indicated as height; range of setting parameter: 38~87inch. Default value is 67inch.

11.4 Item# F4 (Weight): indicated as weight; range of setting parameter: 44~330pounds. Default value is 154pounds.

11.5 Item# F5 (BMI): indicated as completing parameter setting. Entering body fat testing state, please hold your hands on the heartrate sensors on the R&L handles and waiting for 4seconds, BMI of the testee will be displayed in the screen.

By Asian standard, it's considered lean if body fat is less than 18. It's considered ideal weight if body fat is between 18 and 24. It's considered overweight if body fat is between 25 and 28. And it's considered obese if body fat is more than 29 (only for exercise reference). Default value is 24.

ERP conversion function：

The system starts in ERP mode by default. It will enter dormant state if treadmill does not operate after 4.5 minutes to save electricity consumption. And user can press any key to wake it up. When it's in standby state, it can cancel ERP function when it displays 2222 by pressing MODE button around 3 seconds. And it can go back to ERP mode again when it displays 1111 by pressing MODE around 3 seconds again.

Automatic program P1-P36 metric speed/incline table：

Program \ Level		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.0	3.0	5.0	5.0	5.0	7.0	7.0	5.0	3.0	2.0
	INCLINE	2	2	8	6	6	4	4	6	2	2
P2	SPEED	2.0	3.0	5.0	8.0	5.0	5.0	6.0	8.0	4.0	3.0
	INCLINE	3	3	2	2	8	8	4	4	4	4
P3	SPEED	2.0	3.0	7.0	8.0	5.0	5.0	5.0	8.0	4.0	3.0
	INCLINE	1	2	5	7	7	4	4	6	2	2
P4	SPEED	2.0	2.0	5.0	8.0	8.0	8.0	8.0	5.0	3.0	2.0
	INCLINE	3	3	9	9	9	9	9	6	2	2
P5	SPEED	3.0	4.0	8.0	9.0	10.0	10.0	10.0	7.0	4.0	3.0
	INCLINE	2	2	8	6	6	6	6	6	1	1
P6	SPEED	3.0	4.0	6.0	7.0	7.0	7.0	9.0	10.0	5.0	3.0
	INCLINE	1	8	8	7	7	7	7	5	3	1
P7	SPEED	3.0	4.0	4.0	10.0	4.0	9.0	4.0	11.0	3.0	2.0
	INCLINE	1	1	6	6	6	8	8	10	6	2
P8	SPEED	3.0	5.0	7.0	9.0	3.0	5.0	7.0	5.0	11.0	5.0
	INCLINE	3	3	3	7	7	3	3	3	5	5
P9	SPEED	3.0	7.0	10.0	4.0	7.0	11.0	5.0	4.0	12.0	6.0
	INCLINE	3	6	7	3	8	8	3	8	4	4

P10	SPEED	3.0	5.0	9.0	10.0	6.0	6.0	9.0	6.0	11.0	3.0
	INCLINE	2	7	5	5	8	8	8	8	4	4
P11	SPEED	4.0	5.0	11.0	9.0	6.0	8.0	9.0	11.0	6.0	5.0
	INCLINE	1	6	3	3	7	7	4	4	6	6
P12	SPEED	4.0	6.0	10.0	10.0	10.0	7.0	7.0	10.0	6.0	5.0
	INCLINE	3	8	9	5	5	8	8	4	4	4
P13	SPEED	2.0	4.0	6.0	6.0	6.0	8.0	8.0	6.0	4.0	3.0
	INCLINE	3	3	9	7	7	5	5	7	3	3
P14	SPEED	3.0	4.0	6.0	9.0	6.0	6.0	7.0	9.0	5.0	4.0
	INCLINE	4	4	3	3	9	9	5	5	5	5
P15	SPEED	3.0	4.0	8.0	9.0	6.0	6.0	6.0	9.0	5.0	4.0
	INCLINE	2	3	6	8	8	5	5	7	3	3
P16	SPEED	3.0	3.0	6.0	9.0	9.0	9.0	9.0	6.0	4.0	3.0
	INCLINE	4	4	10	10	10	10	10	7	3	3
P17	SPEED	4.0	5.0	9.0	10.0	11.0	11.0	11.0	8.0	5.0	4.0
	INCLINE	3	3	9	7	7	7	7	7	2	2
P18	SPEED	4.0	5.0	7.0	8.0	8.0	8.0	10.0	11.0	6.0	4.0
	INCLINE	2	9	9	8	8	8	8	6	4	2
P19	SPEED	4.0	5.0	5.0	11.0	5.0	10.0	5.0	12.0	4.0	3.0
	INCLINE	2.0	2	7	7	7	9	9	11	7	3
P20	SPEED	4.0	6.0	8.0	10.0	4.0	6.0	8.0	6.0	12.0	6.0
	INCLINE	4	4	4	8	8	4	4	4	6	6
P21	SPEED	4.0	8.0	11.0	5.0	8.0	12.0	6.0	5.0	12.0	7.0
	INCLINE	4	7	8	4	9	9	4	9	5	5
P22	SPEED	4.0	6.0	10.0	11.0	7.0	7.0	10.0	7.0	12.0	4.0
	INCLINE	3	8	6	6	9	9	9	9	5	5
P23	SPEED	5.0	6.0	12.0	10.0	7.0	9.0	10.0	12.0	7.0	6.0
	INCLINE	2	7	4	4	8	8	5	5	7	7
P24	SPEED	5.0	7.0	11.0	11.0	11.0	8.0	8.0	11.0	7.0	6.0
	INCLINE	4	9	10	6	6	9	9	5	5	5
P25	SPEED	3.0	5.0	7.0	7.0	7.0	9.0	9.0	7.0	5.0	4.0
	INCLINE	4	4	10	8	8	6	6	8	4	4
P26	SPEED	4.0	5.0	7.0	10.0	7.0	7.0	8.0	10.0	6.0	5.0
	INCLINE	5	5	4	4	10	10	6	6	6	6
P27	SPEED	4.0	5.0	9.0	10.0	7.0	7.0	7.0	10.0	6.0	5.0
	INCLINE	3	4	7	9	9	6	6	8	4	4
P28	SPEED	4.0	4.0	7.0	10.0	10.0	10.0	10.0	7.0	5.0	4.0
	INCLINE	5	5	10	10	10	10	10	8	4	4
P29	SPEED	5.0	6.0	10.0	11.0	12.0	12.0	12.0	9.0	6.0	5.0
	INCLINE	4	4	10	8	8	8	8	8	3	3
P30	SPEED	5.0	6.0	8.0	9.0	9.0	9.0	11.0	12.0	7.0	5.0
	INCLINE	3	10	10	9	9	9	9	7	5	3

P31	SPEED	5.0	6.0	6.0	12.0	6.0	11.0	6.0	12.0	5.0	4.0
	INCLINE	3	3	8	8	8	10	10	10	8	4
P32	SPEED	5.0	7.0	9.0	11.0	5.0	7.0	9.0	7.0	12.0	7.0
	INCLINE	5	5	5	9	9	5	5	5	7	7
P33	SPEED	5.0	9.0	12.0	6.0	9.0	12.0	7.0	6.0	12.0	8.0
	INCLINE	5	8	9	5	10	10	5	10	6	6
P34	SPEED	5.0	7.0	11.0	12.0	8.0	8.0	11.0	8.0	12.0	5.0
	INCLINE	4	9	7	6	10	10	10	10	6	6
P35	SPEED	6.0	7.0	12.0	11.0	8.0	10.0	11.0	12.0	8.0	7.0
	INCLINE	3	8	5	5	9	9	6	6	8	8
P36	SPEED	6.0	8.0	12.0	12.0	12.0	9.0	9.0	12.0	8.0	7.0
	INCLINE	5	10	10	7	7	10	10	6	6	6

Common faultsof electronic system and troubleshooting methods：

Problem and Code	Possible cause	Handling methods
System didn't work	A、No power.	Plug into socket or switch "ON".
	B、Safety key isn't in the right position	Replace the safety key
	C、No electricity in the controller or the console.	Change the controller or the console.
	D、Poor contact of circuit.	Check system input and output terminals and communication lines
Stop suddently under normal status	A、Safety key dropped	Replace the safety key
	B、System error	Ask serviceman to repair it
The keys malfunction	Keys can't work.	1. Change the key board and wire; 2. Change the mainboard; 3. Change the console.
E-01	A、The communication wire is abnormal.	Reconnect the signal cable and check whether the port is properly inserted. Otherwise change the signal cable.
	B、Defective console.	Change the console
	C、Defective controller.	Change the controller
E-02	A、Defective motor wire and motor	Change the motor
	B、bad connection between motor connection wire and controller or bad controller.	Check and connect the wire again or change controller.
E-03	A、Incorrect installation of photoelectric sensor	Check and assemble again
	B、Defective photoelectric sensor	Change and reconnect the photoelectric sensor. Or cl
	C、Photoelectric sensor is dirty or poor connection of it.	Check and reconnect. Or cleans up the dust and greast of the photoelectric sensor.
	D、Defective controller	Change the controller.
E-05	A、Controller damaged.	Change the controller.
	B、Motor damaged.	Change the motor.
	C、Mechanical failure.	Check/add the lubricating oil of running belt. Check whether the rollers are blocked.
E-07	No safety key signal.	1. Check if the safety key is in its right position. 2. Reinstall the safety lock mechanism. 3. Change the console.
Displays no heart rate	A、The handle signal wire didn't plug well or defective signal wire	Check and connect the wire well or change handle wire.
	B、Circuit of console system failure	Change the console
Console	A、Defective LED digital tube	Change the main board

incomplete display or lack of trokes	B、System failure	Change the console
Incline failure	A. Defective incline motor	Change the incline motor
	B.Defective controller	Change the controller.
	C.Controller signal wire is abnormal.	Press the learning key of the controller to learn the incline value.

Using instruction of treadmill

Treadmill folding and moving

1、Folding

Cut off the power when plan to fold the treadmill.

2、Unfolding

When unfolding the treadmill, you should choose one place where around 1m away from the power socket, and the ground is flat without any barriers.

3、moving

First you need be sure following things before moving：

- ✧ Power is off；
- ✧ Plug has been pulled out from the socket；
- ✧ Treadmill has been folded；

Then you can catch the end of treadmill with one hand, and catch the handlebar at the same side with another hand, tilt 30~40°up to chest to move the treadmill slowly.

Using instruction of treadmill

1. Turn the power on, unfold the treadmill at its lowest position and to check if it runs normally.
2. Clip the safety key to the clothes on the chest.
3. Please check the stability and function of the treadmill before using. It is strictly prohibited to start the treadmill when standing on the running belt. It should be standing on side rails with hands on the handle bar when start the treadmill. After it starts normally, then can go to the treadmill to start exercise. Hold the handle bar when press the START key, the treadmill will start with a delay of 5seconds and running at the speed of 1.0km/h. Press SPEED key “+“ and let the motor speed increase to 2.5-3.5 km/h which is the comfort speed for running. Both hands hold the handle bars at the same time and feet step on the running belt successively. Your pace can catch up the the speed of the running belt soon.
4.After several minutes, you can speed up by pressing SPEED key “+”. You’re requested to hold the handle bar when you press SPEED key “+”. Also can press SPEED key “-” to slow it down. And press INCLINE key “+” to inclease the slope slowly and to press INCLINE key “-” to decrease it.
5. Press SPEED quick key or INCLINE quick key can go into the needed speed and slope when you’re running.
6. Pressing STOP key at any time to stop the motor when it’s running.

7. Usage of preset mode.

Plug in the treadmill and turn on the power switch. After it displays normal, press the Program key to select one of the Autorun modes as the current mode to run. Press START key and the treadmill starts to run automatically as the selected mode.When it's running, you can change the current speed by pressing SPEED key "+/-" and stop it by press STOP key.

Note: If the safety key pulled off when it's running, the treadmill will stop automatilly and the consol will reject any operation and display E07.

Maintenance

1. Lubrication

After a period of use, the running belt must be lubricated with the special configuration of methylsilicone oil. Suggestion:

Using time less than 3 hours every week	lubrication once every 5 months
Using time equal to 4-7 hours every week	lubrication once every 2 months
Using time more than 7 hours every week	lubrication once every month

Do not over lubricate the running belt as it's not the more the better.

Remember: Proper lubrication is the important factor to improve the life of the treadmill.

2. The way of checking whether the running belt need lubrication is, grabbing the running belt and try to make your hand touching the central back of the belt. side soft the treadmill and feel the central back of the belt. If there's silicone resin stained on your hands (which feels slightly damp), it means no need to be lubricated. But if the treadmill belt is dry and there's no silicone resin stained on your hands after touch it, it means it needs to be lubricated.

The procedure of applying lubricant to the running board (refer to the picture right side):

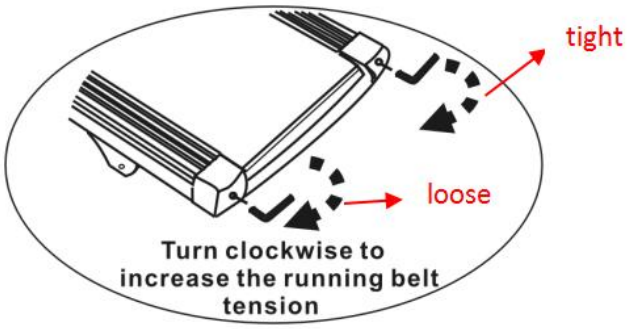
- Stopping the running belt, and fold the treadmill.
- Lifting the belt of the back of main frame, put the oil can as far into the middle of the running belt as possible and spray the silicone oil to the inner side of the running belt.
- Coating silicone resin on both sides of the running belt.
- Running the treadmill at a speed of 1km/h to apply silicone resin evenly and treading lightly on the running belt from left to right. It takes about a few minutes for the running belt to absorb the silicone completely.

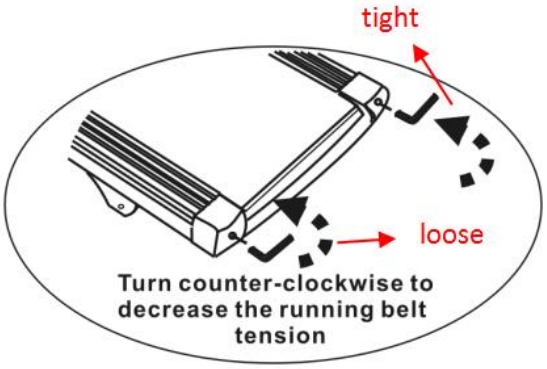
3. Running belt tightness adjustment. All the running belts are properly adjusted after assembling and before go out the factory. However it may appear slack after a period of use. Such as pause and slip may occur when running. When it occurs, adjust the running belt and bolts synchronously in a clockwise direction with ¼ turn as the unit. If the running belt is too slack, the running belt and the roller will slip in turn when the feet tread on it. And it's not good as well if it's too tight as it'll easily increase the load of the motor and damage the motor, running belt and roller, etc.

4. Treadmill belt deviation adjustment. All the running belts are properly adjusted after assembling and before go out the factory. However the belt may appear running deflection after a period of use. Main cause as below:

- The position of the treadmill is unstable.
- Feet of user are not in the central of the running belt when running.
- Feet of user exert uneven force.

For artificial deviation, it can return to normal after several minutes of no-load operation. If it can't return to normal, please adjust it gradually in ¼ turn by using the 6mm Allen wrench comes with the treadmill.





Note: Running with running belt deviation is not covered by the warranty, and is mainly maintained by users according to the instructions. Running with running deviation will seriously damage the running belt. It must be discovered and corrected in time.

Common faults and troubleshooting methods of Treadmill:

Item	Reason	Maintenance
Treadmill can't work	1. No power	Plug into socket
	2.Safety key isn't in the right position	Replace the safety key
	3.Circuit signal system disconection.	Check input terminal of the controller and signal wire.
	4.Switch off	Switch "ON".
Running belt doesn't run smoothly	1. Not enough lubrication	Use the Silicone oil
	2.Running belt is too loose.	Adjust the tightness of running belt
Running belt slips	1.Running belt is too loose.	Adjust the tightness of running belt
	2.Motor belt is too loose.	Adjust the tightness of motor belt
	3. Broken system.	Ask serviceman to repair it