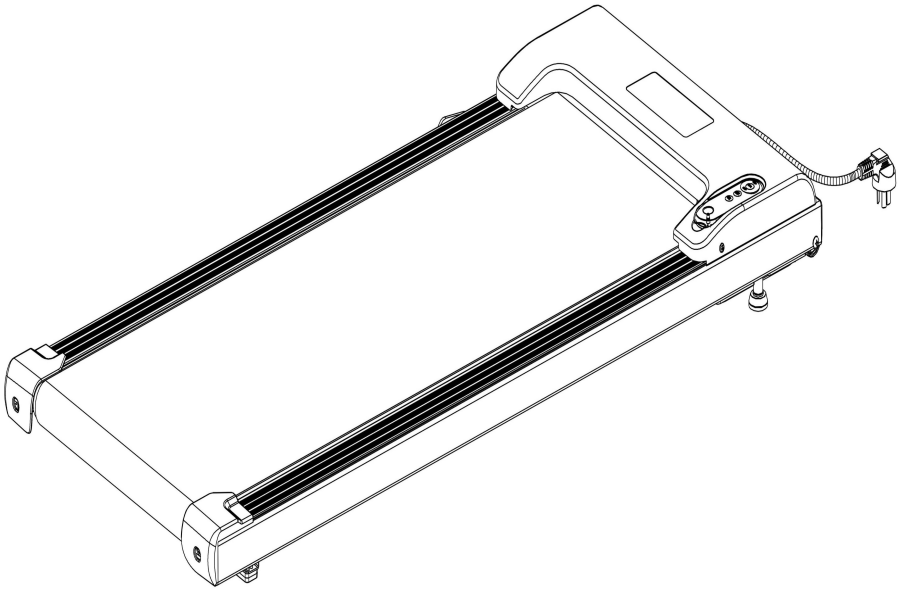
TREADMILL USER MANUAL



CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Product parameters

Main technical parameters			
Name	Treadmill Walking Pad	Model	DK-38AB
Rated voltage	AC110V/50HZ	Net weight	17KG/37LBS
Motor horsepower	3.0HP	Gross weight	19.5KG/42LBS
Plug type	US Plug	Expand size	1200X505X105MM /47.2X20X4.1IN
Speed adjustment range	0.5-3.7/MPH	Max load-bearing	120KG/265LBS

Packing List					
NO.	Name	Qty	NO.	Name	Qty
1	Host	1 piece	2	Accessory Pack	1 set

ACCESSORIES LIST					
NO.	Name	Quantity	NO.	Name	Quantity
1	Instructions	1 set	2	Small T-wrench	1 piece

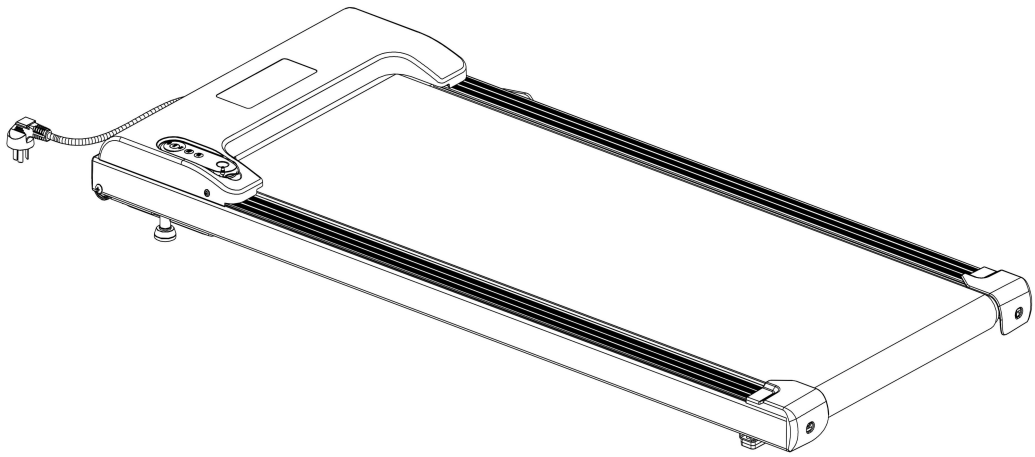
Reminder: The product size, net weight, and gross weight provided are approximate values. For specific size and weight information, please refer to the actual product.

Installation steps

Step one (lift the treadmill out of the carton)

Open the carton,take out the foam,and lift the machine out of the carton.(Figure 1)

Figure-1



Important Precautions

1. Carefully read the user manual before using the product.
2. The product must be grounded properly when connected to the power supply. Failure to do so may result in electric shock.
3. In case of an emergency while running, unplug the safety key to stop the treadmill.
4. The safety key is a pull-wire type that must be inserted into the treadmill and its another end should be clipped to the waist to prevent injuries caused by sudden accidents. The treadmill cannot be started without the safety key inserted. Please remove it when not in use and keep it out of reach of children.
5. Do not replace or modify any parts of the treadmill to ensure safety.
6. Use the treadmill normally according to the user manual and do not remove any parts to avoid injury, such as the motor cover or the rear roller cover.
7. Do not touch the moving parts while the treadmill is in operation and keep children away from it.
8. Exercise moderately to avoid health damage. Stop exercising immediately if you feel dizzy.

9. Wait for the running belt to stop before folding it.

10. If the power cord is damaged, replace it with the help of the manufacturer, its service department, or a professional worker to avoid danger.

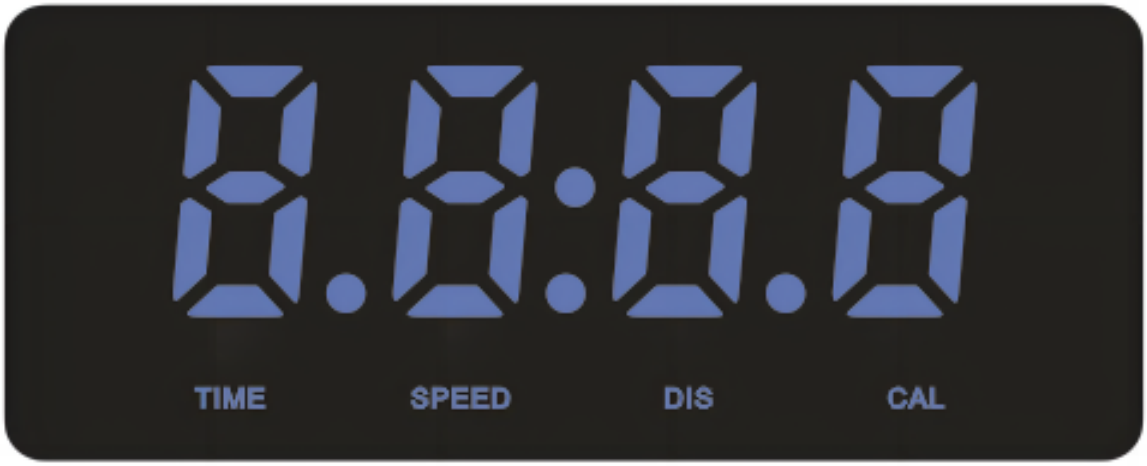
11.This product is only suitable for adults in good physical and mental condition. Please do not let children use it.

How to Use the Treadmill

Before using the treadmill, please ensure that it has been properly unfolded as per the Product Installation Instructions. To quickly use the treadmill, please follow these steps:

1. Connect the power to the treadmill.
2. Press the "Start/Stop" button on the remote controller to start the treadmill, and the LED monitor will display "3-2-1", with the buzzer sounding once for every count down. After this, the motor will start running.
3. Once the treadmill is running, you can use the remote controller's "speed +" and "speed -" keys to adjust the speed according to your needs. The data on the LED monitor will automatically cycle and display every 5 seconds while the treadmill is in use.
4. To stop the treadmill, press the "Start/Stop" button on the remote controller. In case of an emergency, pull the safety key to immediately stop the treadmill.

LED Monitor Instruction

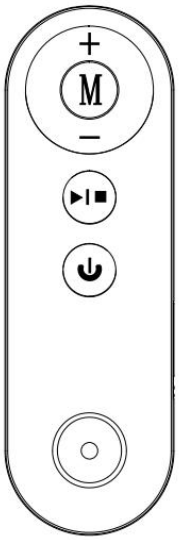


The LED window on the treadmill displays the following functions:

1. The time window displays the running time, with a range of 0.00-999. 9 The time indicator will be on when the unit (minute) displays the time.
2. The distance window displays the running distance data, with a range of 0.00-9999 The distance indicator will light up when the unit (miles) displays the distance.
3. The calorie window displays the calorie data, with a range of 0-999. The calorie light will be on when the calorie is displayed. Calorie calculation formula: 70×1.6V(mi/h)×t(h). The calories consumed per mile run is 112 kcal.
4. The speed window displays the running speed, with a range of 0.5-3.7MPH. The speed indicator will light up when the speed is displayed.

Description of Remote Control Buttons

Remote control function buttons: power, start/stop, mode, speed increase and decrease.



The "Power" button is used to turn off the treadmill when it is running. When the treadmill is in standby mode, pressing this button will turn off the display and enter sleep mode.

The "Start/Stop" button is used to start or stop the treadmill. When the power is turned on, pressing this button in the stop state will start the treadmill. Pressing the button when the treadmill is running will stop the treadmill.

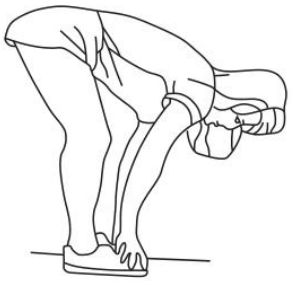
The "Mode" button is used to select the countdown mode for time, distance or calorie, as well as a free mode. Pressing this

button will cycle through the options of "30:00" (time countdown mode), "1.0" (distance countdown mode), "50.0" (calorie countdown mode), and "0.0" (free mode).

+ The "Speed +" button is used to increase the speed of the treadmill after it is started. After a single press, the speed will be adjusted by 0.1MI/H. When the button is pressed continuously for more than 1 second, the speed will continue to increase.

— The "Speed -" button is used to decrease the speed of the treadmill after it is started. After a single press, the speed will be adjusted by 0.1MI/H. When the button is pressed continuously for more than 1 second, the speed will continue to decrease.

Suggested Stretches



1. Stretch Down

Bend your knees slightly, and slowly bend your body down, letting your back and shoulders relax and try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times (picture 1)

2. Hamstring Stretch

Sit on a clean seat cushion and straighten one leg. Put the other leg in so that it fits against the inside of the straightened leg. Measure with your hands and touch your toes as much as possible. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg. (picture 2)

3. Calf and Achilles Tendon Stretches

Stand with two hands against a wall or tree, one foot behind. Keep your hind legs upright and land on your heels and lean toward the wall or tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg. (Picture 3)

4. Ankle Stretch

Hold the balance with your left hand against the wall or table, then stretch your right hand back. Grab the toe of your right toe and slowly pull toward your buttocks until you feel the muscles on the face are very tense. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.(Picture 4)

5. Stretch Sartorius (inner thigh muscle)

Sit with your feet facing each other and your knees facing out. Grab both feet with both hands toward the abdomen and pull in the direction of the ditch. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (Picture 5)

Warranty Information

Welcome to using FOCUSFIT series products. Please note that our company is not responsible for any failures caused by incorrect installation, incorrect use, or replacement of parts, including resulting repair costs which are the responsibility of the customer.

Please note that this product is intended for home use only, and our company is not responsible for any problems caused by commercial use.

Troubleshooting and Maintenance

Fault Code	Main reason	Solution
Treadmill not working	No power	Plug in to get power
	Connection wire not work well	Check all connection wire
Belt not running smoothly	A.Lubrication oil is less	Add some silicon oil
	B.Running belt is too tight	Loosen running belt
E01	The wire from computer to bottom control board didn't connected well	1. If communication between the electrical control and screen is obstructed, check each connection of the communication line from the screen to the lower control, ensuring that each wire is properly connected. 2. Check if there is any wire damage between the screen and controller, and replace the communication line if necessary.
E02	IGBT breakdown or motor open circuit (DC brushless motor is over-voltage, under-voltage)	1. Check if the power supply voltage is below 50% of the normal voltage, and retest using the correct voltage specifications. 2. Check if there is any abnormal odor coming from the controller, and replace it if necessary. 3. Check if the motor wires are properly connected, and reconnect if needed.
E03	Speed sensor fail	1. If no speed sensor signal is detected for 5-8 seconds, check whether the sensor plug is properly connected or damaged, and reconnect or replace the sensor accordingly.

		2. Check if there is any abnormal odor coming from the controller, and replace it if necessary. 3. If there is no motor input signal detected for 5-8 seconds, check whether the motor wires are properly connected or if the motor is defective.
E05	Over-current Protection	1. The system may be drawing excessive current due to the load being over the rated capacity, triggering the protective shutdown. The system can be restarted after a complete shutdown. 2. If a certain part of the treadmill becomes stuck, it can cause the motor to be unable to rotate normally, resulting in excess load and current flow. This may trigger the system protection and shut down the system. To resolve this issue, the treadmill needs to be adjusted and once done, the system can be restarted for normal operation. 3. Inspect the motor for any signs of excessive noise or a burning smell during operation. If such signs are present, it may indicate a faulty motor that needs to be replaced. 4. Check if there is any burnt smell coming from the components of the controller. If any components show signs of damage, it may indicate a faulty controller that needs to be replaced. 5. Inspect if the power supply voltage are incorrect or lower than required. Use the appropriate voltage and retest the machine. For DC brushless machines, also check if the motor wires are

		properly connected..
E07 or “--”	Safety key off	1. Simply plug in the safety key. 2. Check if the reed switch or contact blade and their connecting wires are damaged.
E08	Driver failure (internal self-test error 'driver overheating)	1. Wait for a period of time, then restart the power after it has cooled down. (Only applicable for brushless controllers.) 2. The controller is faulty. Replace the controller.
E09	Communication failure	If the lower-level controller is not receiving signals from the higher-level controller, replace the communication cable and check if the communication port is functioning properly.
E10	Motor open circuit	1. Check whether the motor wires are properly connected, and reconnect if necessary. 2. Check if the motor brushes are stuck.

Maintenance Instructions

Treadmills require regular maintenance and upkeep.
We recommend the following:

1. Check the equipment frequently for wear and damage, such as the running belt and attachment points. After repairing any issues, the equipment should remain safe for a period of time.

2. If the treadmill experiences a malfunction, do not use it. Seek guidance and replace any defective parts as needed.

3. How to adjust the running belt tension and offset position:

(1) Adjustment of running belt tightness
Before leaving the factory and after installation, the running belt needs to be adjusted. However, after a period of use, it may become loose, causing the belt to slip or pause. In this case, adjust the running belt by turning the adjustment bolts clockwise in half-circle increments. If the running belt is too loose, it will slip when stepped on, while being too tight can increase the electric load and damage the motor, running belt, and roller, etc.

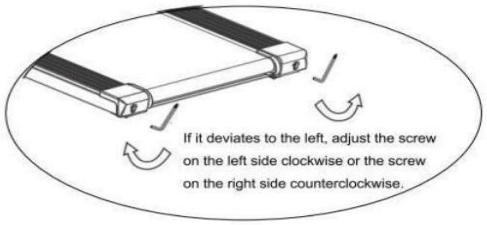
(2) Running belt deviation adjustment
All treadmills need to be adjusted before leaving the factory and after installation, but it may still become misaligned due to following reasons:

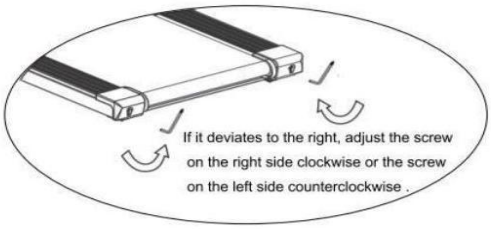
a) Uneven placement of the treadmill

b) The user's feet not being in the center of the running belt when running.

c) The uneven force of the user's feet causes the deviation. The deviation can sometimes be self-corrected after a few minutes of no-load rotation, but if it persists, the user can use a T-type wrench to gradually adjust it in units of a quarter of a turn.
It's important to note that the deviation of the running belt is not covered by the warranty and users should follow the instructions for self-maintenance. Failure to correct the deviation in time can seriously damage the running belt.

d) To adjust the running belt deviation, start the treadmill at a speed of 3MPH and then use the method shown in the figure for adjustment.

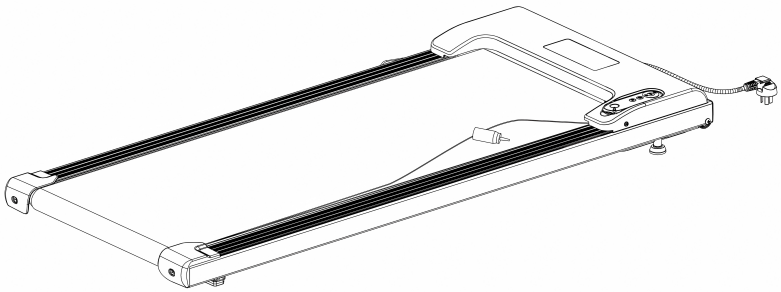




(3) Lubrication
After the running belt has been used for a period of time, it must be lubricated with a special configuration of methyl silicone oil.

a) Suggestions
Use treadmill less than 3 hours per week, to lubricate once every 5 months.
Use treadmill 4-7 hours per week, to lubricate once every 2 months.
Use treadmill more than 7 hours per week, to lubricate once a month.
It's important to avoid over-lubrication, as more lubricant doesn't necessarily mean better performance. Remember that reasonable lubrication is a key factor in extending the lifespan of your treadmill.

b) Lubrication method
The lubrication method of the automatic oiling system is shown in the figure. Add running belt lubricant to the location indicated by the arrow.



Pls add silicon oil to the hole same as arrow shows

FCC Statement:

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.

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 thise quipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

—Reorient or relocate the receiving antenna.

—Increase the separation between the equipment and receiver.

—Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

—Consult the dealer or an experienced radio/TV technician for help.

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

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.