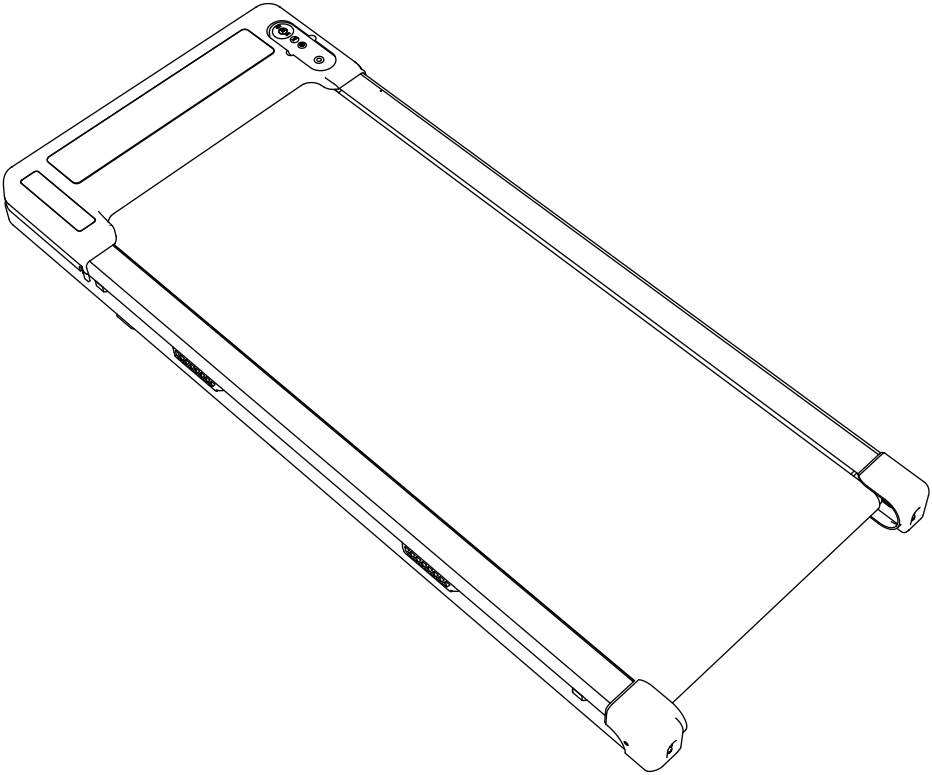

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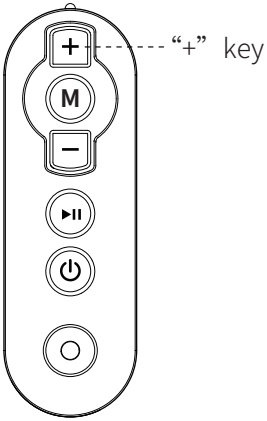
ⓘ ATTENTION

When you receive or use this product, the following malfunctions may occur. You can troubleshoot the problem by following the steps below.

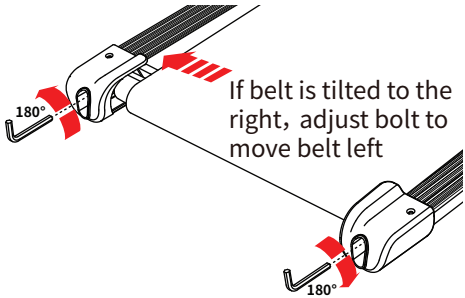
Malfunction of Remote Control

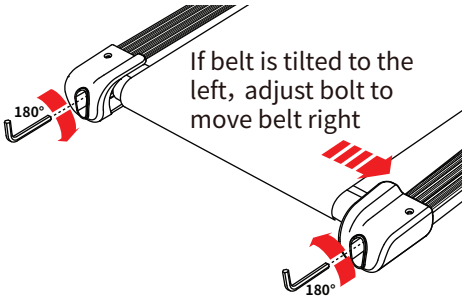
If the machine do not respond to the remote control when you recieve it , you may need to rematch them by following steps:
1.Before the treadmill is powered on, hold down the **"+"** key of the remote control and keep holding it (within 10cm of the treadmill display screen).
2.Turn on the power switch, the machine will make beep sound and enter the standby state, which indicates successful pairing.
3.After this you can release the button.
4.If the machine does not make beep sound before enter the standby state, the pairing fails. Please repeat step 1 to step 3, till successful pairing.



Running Belt Mistracking

The running belt can be adjusted by following steps:
1. Put the walking pad on the flat ground.
2. Run the walking pad at speed about 2.0mph.
3. If the running belt is tilted to the left, rotate the left adjusting bolt 1/2 turn clockwise and the right adjusting bolt 1/2 turn counterclockwise.
4. If the running belt is biased to the right, rotate the right adjusting bolt in a clockwise direction for 1/2 turn, and then rotate the left adjusting bolt in a counterclockwise direction for 1/2 turn.





If you need any further support, please feel free to contact our after-sales service online.

Instructions for Safe Use

Thank you for choosing our products. The correct use of the walking machine is your guarantee of safety and convenience. Please read the following carefully before using the walking machine:

1. Power on only after confirming that the electric walking machine has been installed in accordance with the installation instructions. Be careful not to make it block the plug on the wall when placed, and leave 0.8m space in front for easy insertion.
2. Reserve 0.8m safety space on both sides of the walking machine, and 2 m (length) *1 m (width) safety space behind the walking machine.
3. Insert the power cord into the power socket with safe grounding. The power supply of the electric walking machine is dedicated. If the power cord is damaged, please consult the after-sales staff of the platform, or contact the company directly, and send it to you by mail. Plug in the corresponding place.
4. Walking machine is indoor equipment, do not use outside. The place is clean and smooth, pay attention to moisture-proof, and pay attention not to put the walking machine on the thick carpet, so as not to affect the flow of air under the walking machine. Electric walking machine is a special instrument, please do not modify it.
5. Exercise can not wear too big, too loose clothes, can not wear slippers type shoes, in order to prevent hanging on the electric walking machine to cause safety accidents. Running shoes or exercise shoes with rubber soles are recommended.
6. Please do not remove the protective cover. If it needs to be opened for maintenance, please remove the power cord first.
7. electric walking machine in use, do not let children, pets close to prevent danger.
8. If you use the electric walking machine for the first time, the speed can not be too fast. Adjust the speed of the electric walking machine according to your own physical ability.
9. If the electric walking machine suddenly accelerates or the speed of the walking machine automatically increases due to the problem of the electronic watch system, please press the stop button of the remote control immediately, and the electric walking machine will stop immediately.
10. If the electronic system fails and cannot be stopped, please jump away from the walking area quickly and turn off the power in time.
11. Please unplugging the power cord when not using the treadmill.
12. Minors should be accompanied by adults when using electric walking machines.

Packling List

1. Packing list

No.	Name	Quantity	Remarks
1	Complete machine (running platform)	1	
2	Accessory bag	1	See attached table
3	Specification	1	
4	Power Cord	1	

2. Attached Table (List of parts Package)

No.	Name	Quantity	Remarks
1	5MM hex wrench	1	
2	Remote control	1	
3	Backup button battery	1	
4	Silicone oil	2	30ml

3. Technical parameter

version	ZF-0302
Operating voltage	110V 50/60Hz
Maximum load	198 lbs
Overall dimension	48×19×4.6 inch
Effective running area	40×15.7 inch
Machine weight	45 lbs
Peak motor power	0.75-2.0HP
speed	0.6—3.8mph
function	walk

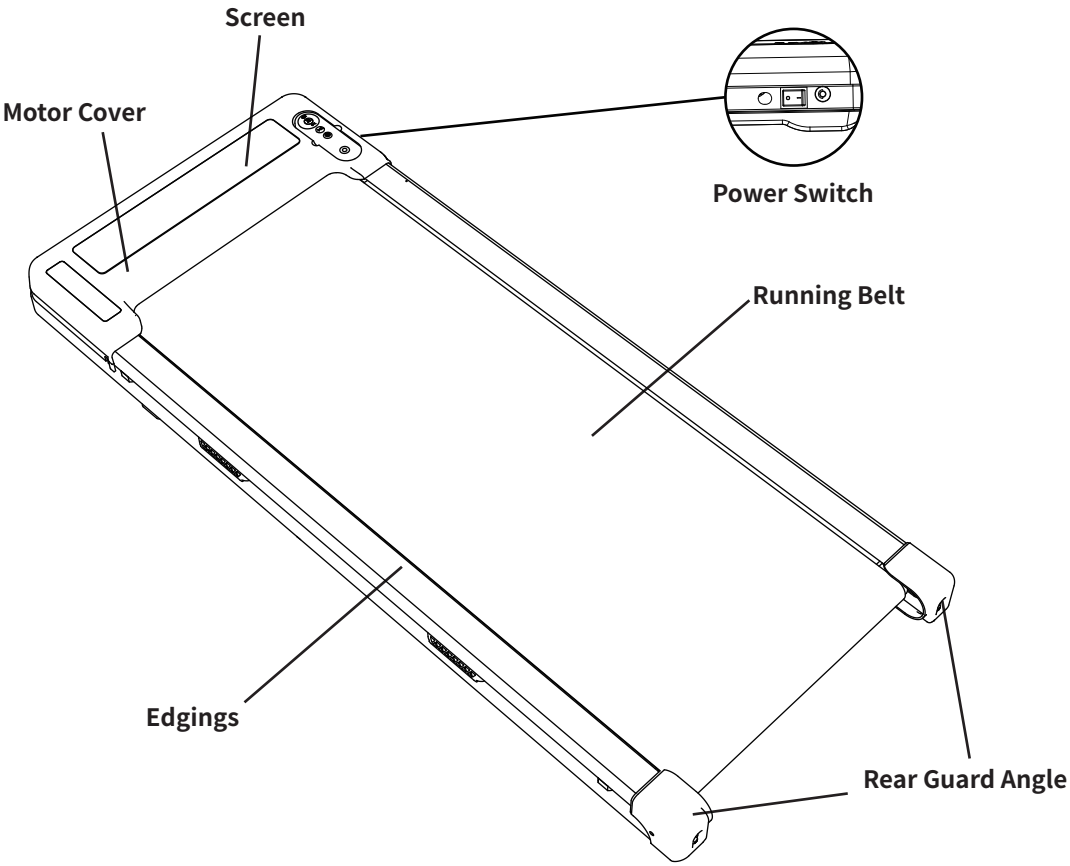
Product Description

Power Switch Description

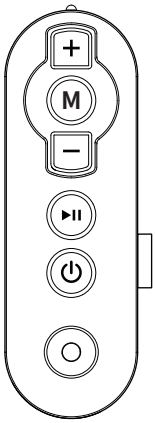
a. Turn on the power switch
b. When machine is powered on, the LED screen showes “Eng”, then enter standby state and showes “00”.

Power switch: Press this button to turn off the running machine, and the display light is completely off; After the running machine enters hibernation state, press this key to exit hibernation.

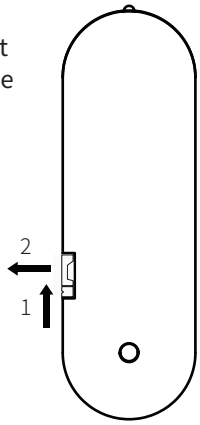
ATTENTION : Automatic sleep after 10 minutes without operation



Remote Control Description



Attention:
The plastic sheet must be removed before use



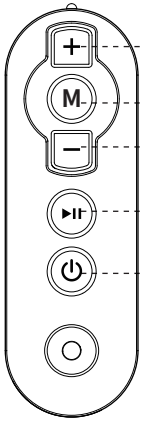
Attention:
Open the battery rear cover

1、First place one hand in this groove and apply force in thisdirection

2、At the same time, place the other handon the raised patternand apply force in this direction

Remote Control Key Description

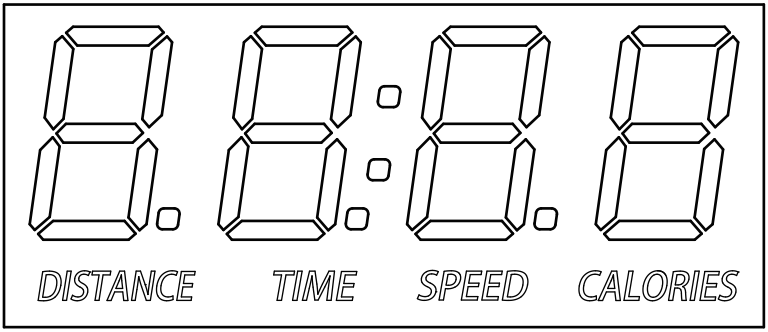
a. Start/Pause:
Press this key in the stop state, after the display count 3,2,1, the motor will start running.
In the running state , press the pause button once to stop the running, and all data parameters will be retained before the pause.
b. Home:
Press the Home key to go back to start menu.
c. Speed increase:
in the setting state, the button will increase the setting value; When the motor is running, the button increases speed and automati cally increases when held for more than 2 seconds.
d. Speed reduction:
in the setting state, the key will reduce the set value. When the motor is running, the button will decrease the speed and automatically decrease when held for more than 2 seconds.



c.Speed increase
e.Mode key
d.Speed reduction
a.Start/Pause key
b.Home key

e. Mode key:
When you select manual mode, the initial state is manual mode. At this time, the initial value "0:00" is displayed in the speed window, and the mode key can be used to select: Speed mode "0:00" -> countdown mode 30: 00 "-> Rewind distance mode" 1.0 "-> Rewind calorie mode" 50 "-> manual mode. When selecting various modes, you can use the speed plus or minus key to set the related rewind value. After setting, press the" Start "key to start the running machine.

Screen Description



When machine is powered on, the LED screen showes "Eng", then enter standby state and showes "00".
LED screen displays the following functions: speed, time, distance, calories.

a. Speed window: Display speed data. Range: 0.6-3.8 Mile/h walk ing machine

b. Time window: Display time data. Range: 0:00-99:59.

c. Distance window: Display distance data. Range: 0.00-99.9.

d. Calorie window: Displays calorie data. Range: 0 to 9999.

Mode Description

A. The walking machine has four modes:

Mode 1: Speed mode,

Mode 2: Time countdown mode

Mode 3: Distance reverse meter mode

Mode 4: Calorie count mode

Treadmill Operation

Turn on the switch to start the treadmill.
After display showes “Eng”, entered standby state and shows “00”.
Stand on the treadmill.

Mode 1: Speed mode
•Press the start button, machine will countdown 3 seconds and start running.

Mode 2: Time countdown mode
•Press Mode button to switch to indicator of **Time**.
•Wait until the screen blinks at 30:00 and press the +/- key. The adjustable range is from 8:00 to 99:00.
•Press the Start button, machine will countdown 3 seconds and start running.

Mode 3: Distance countdown mode
•Press Mode button to switch to indicator of **Distance**.
•Wait until the screen shows 1.00, then press +/- to adjust distance limit. Adjustable range is from 1.00 to 99.00 miles.
•Press the Start button, machine will countdown 3 seconds and start running.

Mode 4: Calorie countdown mode
•Press Mode button to switch to indicator of **Calorie**.
•Wait until the screen shows 50.00 and press +/- to adjust calorie setting. Adjustable range is from 20 to 990 cals.
•Press the Start button, machine will countdown 3 seconds and start running.

The initial speed is 0.6MPH. Press +/- button to adjust the speed.
Screen will display Time, Speed, Distance, Calorie four interfaces in turn.
The machine will stop automatically if the time exceeds 99:59.
Press stop to exit the mode and return to the initial screen.

Note

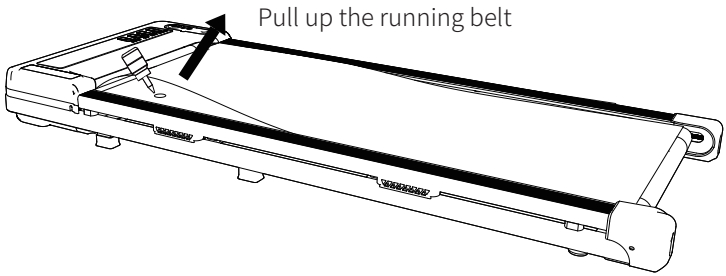
Hibernation function: When the treadmill stops running, if there is no operation for more than 10 minutes, it will enter hibernation state. The electronic watch will automatically close the display and pressing any key will wake it up.

Plate Lubrication

When first use, please lubricate the plate under the running belt.
It is normal that machine makes friction sound in first run after lubricating. The sound will disappear in running progress.
The refueling position is the running area on the lower surface of the running belt. (as shown in the picture below)

Lubrication steps:

1. Cut a small slit at the mouth of the oil bottle, not too large, to be able to inject.
2.Lift the belt so that the oil bottle reaches the bottom of the belt and the oil is injected into the hole of the plate. Put down the running belt, turn the running belt, so that the oil is evenly spread on the running belt.
3. After starting the machine, wait one minute to let the oil automatically smear evenly, and then use the walking machine.



Exercise Advice

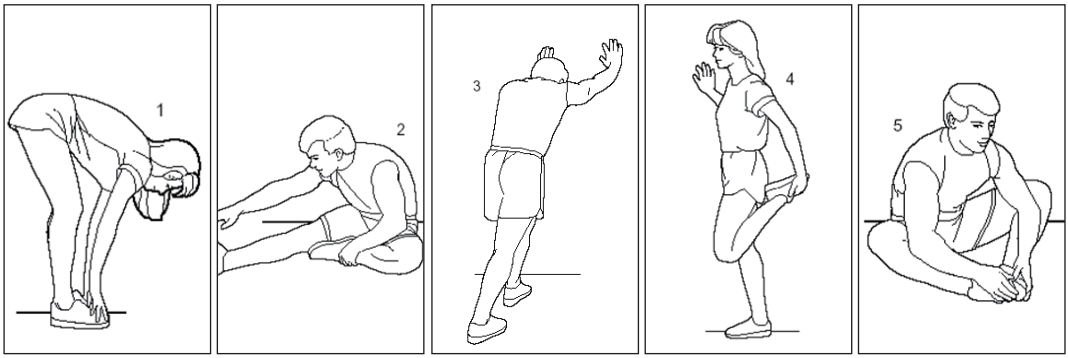
Consult a professional before exercising. He can help you recommend the frequency, intensity and duration of exercise appropriate for your age and physical condition.
If you feel chest tightness or pain, irregular heartbeat, shortness of breath, dizziness or other discomfort while exercising, please stop immediately! Consult a professional before continuing to exercise.

Prepare

Before exercise, it is necessary for you to understand your own health status, in order to make their own exercise plan, it is recommended to consult a doctor or professional, maybe you can get twice the result with half the effort.
Before using the electric walking machine for the first time, please stand next to it and familiarize yourself with how to control it: start, stop and speed adjustment, etc., before you can use it. Then stand on the plastic anti-skateboard on both sides of the walking machine, open the machine to a low speed of 0.6-3.8MPH, stand up straight, l ook forward, use one foot in the running belt "climb" a few times, as relaxed as possible. Then stand on the running belt with its movement. After feeling comfortable, slowly increase the speed to 1.8-3.2MPH. Keep going at this speed for about 10 minutes, then slowly bring the machine to a stop. Do not run at high speed for the first time to avoid falling.

Do it again at the end of your workout.

1. Stretch downBend your knees slightly and slowly bend forward, letting your back and shoulders relax and touching your toes with your hands. Hold for 10-15 seconds. Then relax. Repeat 3 times on each leg.
2. Stretching of hamstringsSit on a clean cushion and stretch one leg straight. Pull the other leg in so that it fits snugly against the inside of the extended leg. Try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times on each leg.
3. Stretch the little foot and heel tendonStand with two hands against a wall or tree, one foot behind. Keep your hind legs upright and your heels on the ground, leaning toward a wall or tree. Hold for 10-15 seconds, then relax. Repeat 3 times on each leg.
4. Quadriceps stretchBalance on a wall or table with your left hand, then reach back with your right hand, grab your right ankle and slowly pull toward your hip until you feel tension in the front of your thigh. Hold for 10-15 seconds, then relax. Repeat 3 times on each leg.
5. Sartorius (inner thigh muscles) stretchSit with your feet facing each other and your knees facing out. Grab your feet with both hands and pull toward your groin. Hold for 10-15 seconds, then relax. Repeat 3 times.



Failure and Maintenance

Power Cord

This product must be earthed. If the power cord is damaged,it must be replaced with a manufacturer recommended power cord.
DO NOT TANGLE THE POWER CORD.

Regular Maintence

Storage: Keep your equipment in a enclosed place, away from dust or humidity. Don’ t store the machine neither in garage or indoor backyard, or near water. Humidity, dust and water could damage it and have an effect on its functioning
Electric Cable: Make sure that the cable and plug are in good conditions. Electric cables must be away from hot surfaces.

Failure & Check

If you encounter the machine prompt a error code which needs to be repaired, please contact our online customer service.
The following chart showes the possible causes and solutions of the error code:

Error Code	Causes	Possible Reasons	Solutions
Er 1	LED digital screen failed to receive Motor driver signal	Upper and lower controller cables are in poor contact	Reconnect the upper and lower controller cables
		Upper and lower controller cables are broken	Replace the cables
		LED digital screen is damaged	Replace LED digital screen
		Motor driver is damaged	Replace motor driver
Er 3	Over voltage protection	Input voltage is too high	Check if the AC voltage is higher than 135V
		Motor driver is damaged	Replace motor driver
Er 4 Er 5	Overcurrent protection Overload protection	Motor pulley is too tight	Re-fasten the pulley belt
		Too much friction between running board and belt	Add lubricating oil between the running board and belt
		Motor driver is damaged	Replace motor driver
Er 6	Open circuit protection	Motor is not connected	Connect the motor
		Motor is open-circuited	Replace motor
		Motor driver is damaged	Replace motor driver

Error Code	Causes	Possible Reasons	Solutions
Er 7	Motor driver failed to receive LED digital screen signal	Upper and lower controller cables are in poor contact	Reconnect the upper and lower controller cables
		Upper and lower controller cables are broken	Replace the cables
		LED digital screen is damaged	Replace LED digital screen
		Motor driver is damaged	Replace motor driver
Er 13	IGBT short circuit	Motor driver is damaged	Replace motor driver
Er 14	Short circuit of the load	Motor is short-circuited	Replace motor
		Motor driver is damaged	Replace motor driver

Warranty Description

Important information:

We are not responsible for any failure caused by incorrect installation, use or replacement of parts by customers themselves. In addition, the warranty does not apply to the person who has not been authorized by the Company to repair, if the resulting repair costs, the customer himself shall be responsible.

This product is for home use only. The company will not be responsible for any problems caused by commercial use.

The warranty lasts for 1 year.

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 guarant ee 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.

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 environm ent. This transmitter must not be co - located or operating in conjunction with any other antenna or transmitter.