

ANATOMYX

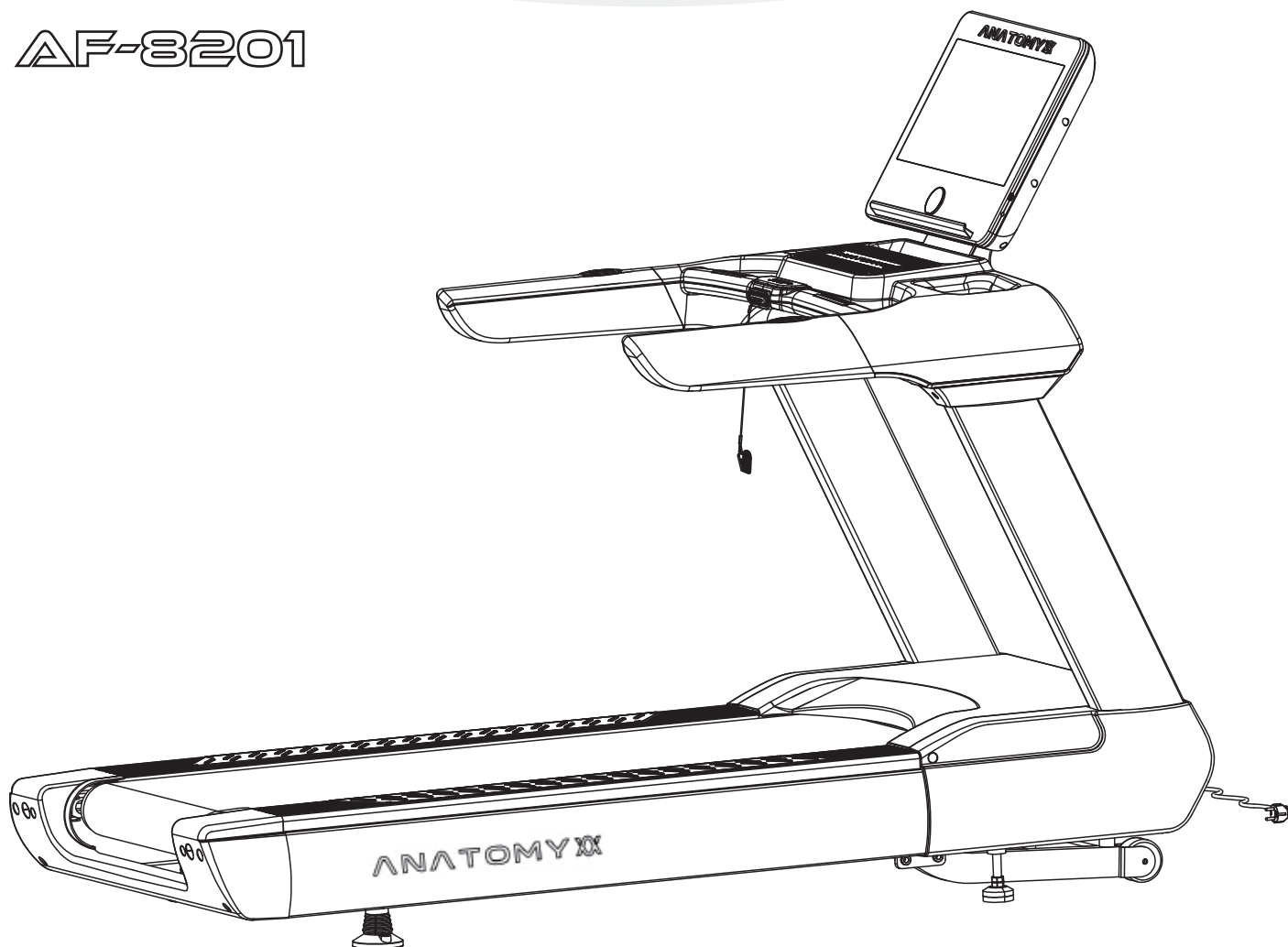
// THE FITNESS EQUIPMENT CO. //

TREADMILL - LED

VELTRIX SERIES

Owners Manual

AF-8201



www.anatomyfitness.co

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:
Read all instructions before using (this appliance).

WARNING

- When using this treadmill, keep attaching the safety key rope to your clothes.
- When you are running, keep your hands swinging naturally, your eyes staring frontward and never look down at your feet.
- Increase the speed step by step when running.
- When emergency happens, take away the “safety key” immediately.
- Leave the treadmill after the running belt is fully stopped.

Caution: Read the assembly instruction carefully, follow the instruction when assemble.

ATTENTION

1. Before starting any exercise program, consult with your physician or health professional.
2. Check all the bolts are securely locked.
3. Never put the treadmill in a humid area, or it will cause troubles.
4. We take no responsibility for any troubles or hurts due to above reasons.
5. Dress sport clothes and shoes before running.
6. Do not do exercise in 40 minutes after meal.
7. To prevent hurts, please warm up before exercise.
8. Consult with doctor before exercise if you have high blood pressure.
9. The treadmill is only used for adults.
10. Do not plug anything into any parts of this equipment, or it may be damaged.
11. Do not connect line to the middle of cable; do not lengthen cable or change the cable plug; do not put anything heavy on cable or put the cable near heat source; forbid using socket with several holes, these may cause fire, or people may be hurt by the power.
12. Switch off the power when the equipment is not used. When the power is cut off, do not pull the power line to keep the wire unbroken.
13. Maximum weight of user 396.8LBS (180KG).
14. Pulse data may not be very accurate, so cannot be used for medical purpose. Over-exercise may cause injury, even death. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor immediately.

IMPORTANT SAFETY PRECAUTIONS

1. Plug the power cord of the treadmill directly into a dedicated grounded circuit. This product must be grounded. If it has breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.
2. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.

3. Position treadmill so that the wall plug is visible and accessible.
4. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.
5. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
6. Make sure the power supply is connected, and the safety key is effective before using the treadmill. Fit one side of the safety key on the treadmill and clip the other side on your clothes or belt, which will enable you to pull off the safety lock promptly in an emergency.
7. Always unplug the power cord before removing the treadmill motor cover.
8. Make sure there is no less than 6.5ft*1.3ft (2*1m) space behind the treadmill.
9. Keep children away from the treadmill during operation.
10. Always hold the handrails when initially walking or running on the treadmill, until you are comfortable with the use of the treadmill.
11. Always attach the safety key rope to your clothing when using the treadmill. If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the safety key is disengaged from the console.
12. In case of any abnormality during the use process, please remove the safety key immediately, grasping the handlebar and jumping onto the two edgings, then get off the treadmill after it stops.
13. When the treadmill is not being used, the power cord should be unplugged and the safety key removed.
14. Put the safety key away where it cannot be reached by the children.
15. Before starting any exercise program, consult with your physician or health professional. He or she can help establish the exercise frequency, intensity (target heart zone) and time appropriate for your age and condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP! Consult your physician before continuing.
16. If you observe any damage or wear on the mains plug or on any section of the mains lead then please have them replaced immediately by a qualified electrician – do not attempt to change or repair these yourself.
17. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly

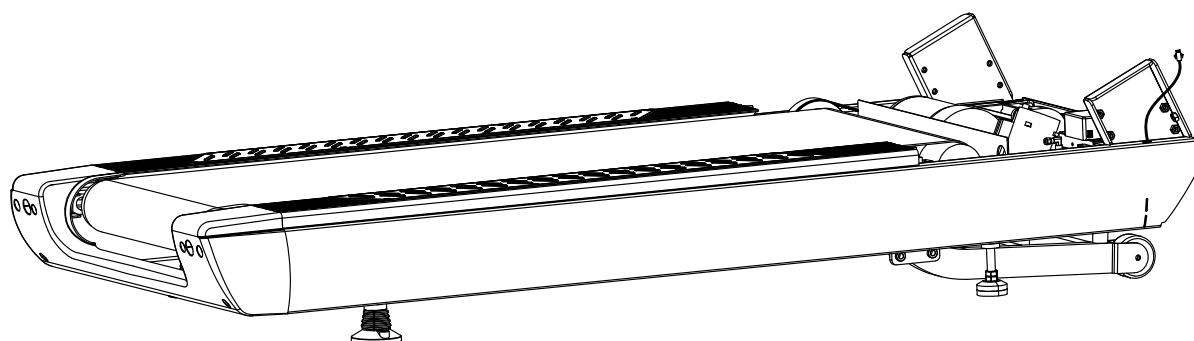
qualified persons to avoid a hazard.

18. Put your feet on the side rail before using the treadmill and always attach the safety key rope to your clothing. Hold the handlebar before the running belt moving well (feel the running speed by your single foot before using it). To avoid losing balance, please slow down the speed to the lowest or take off the safety lock. And hold the handlebar to jump to the side rails when emergency or the safety key is not attached.

ASSEMBLY STEPS

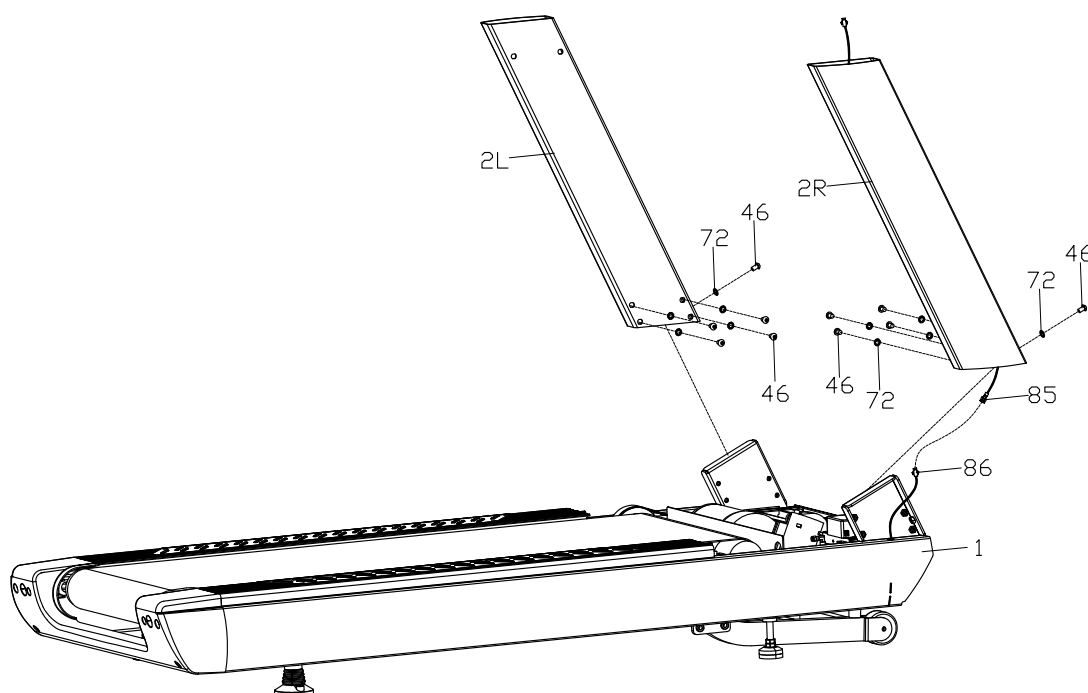
STEP 1:

1. Open the packing box, take out the above materials from the box, and lay the main frame on the ground.



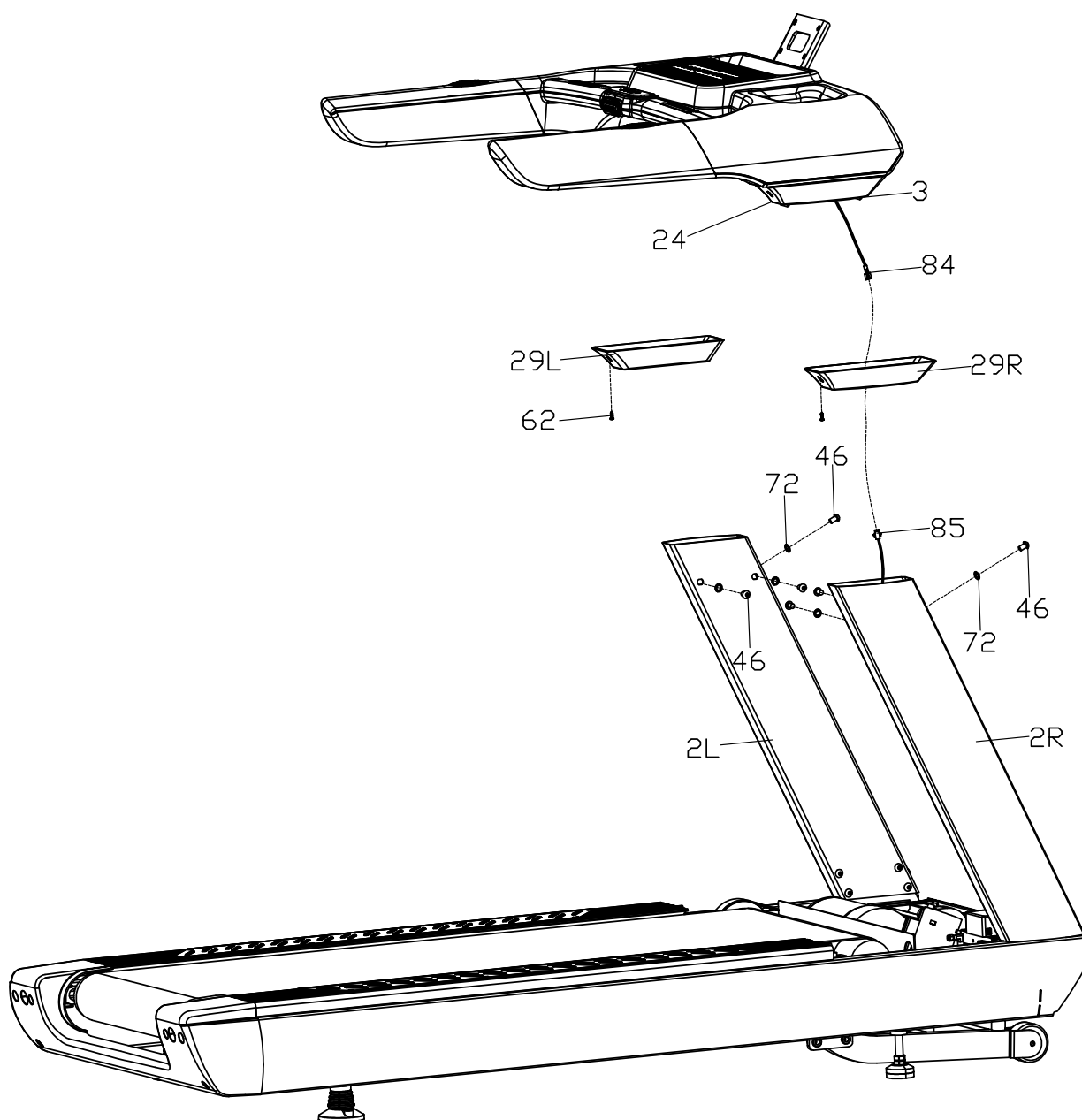
STEP 2:

1. Connect the computer lower wire (86) and computer connecting wire (85)
2. Lock the upright tube (2L/R) on the main frame (1) with inner hexagonal head bolts (46) internal serrated locking washer (72), don't lock the inner hexagonal head bolts (46) now.



STEP 3:

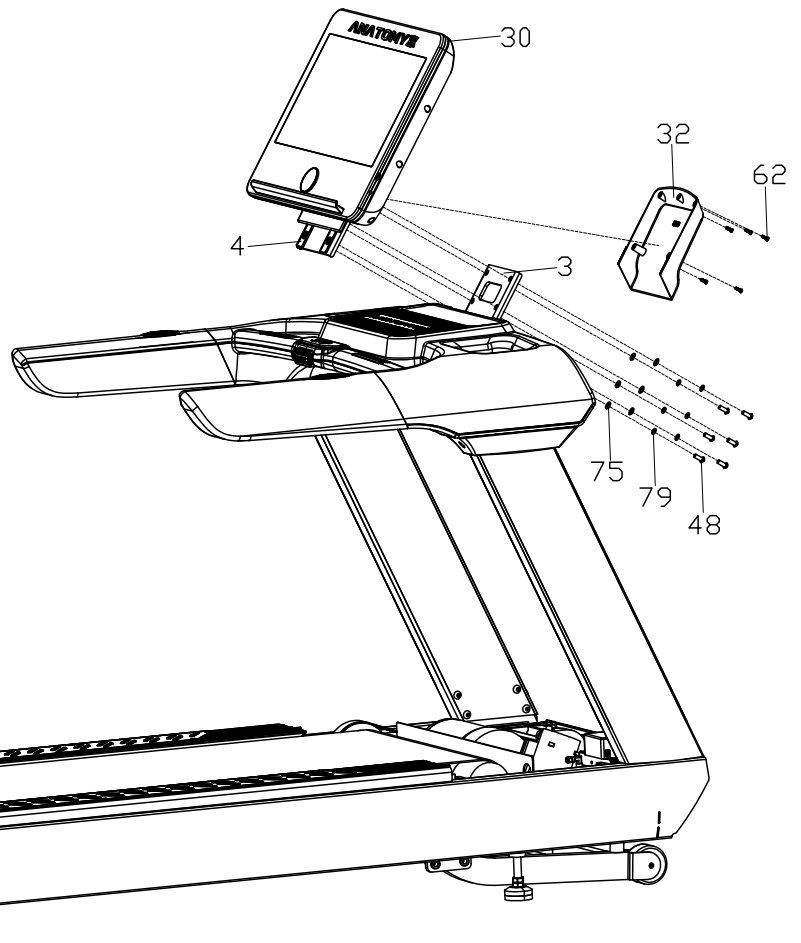
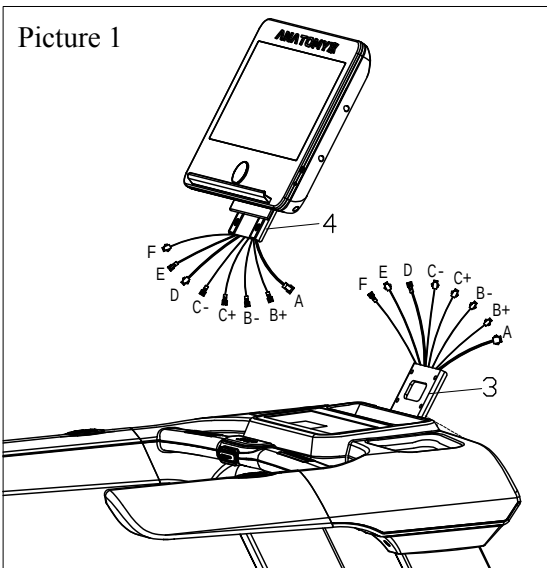
1. Insert the upright tube cover (29L/R) into the upright tube (2L/R).
2. Connect the computer upper wire (84) and computer connecting wire (85).
3. Lock the computer frame (3) on the upright tube(2L/R) with the inner hexagonal head bolts (46) internal serrated locking washer (72).
4. Lock all bolts tightly.
5. Lock the upright tube cover(29L/R) on the computer lower cover (24) with cross recessed pan self tapping screw (62).



STEP 4:

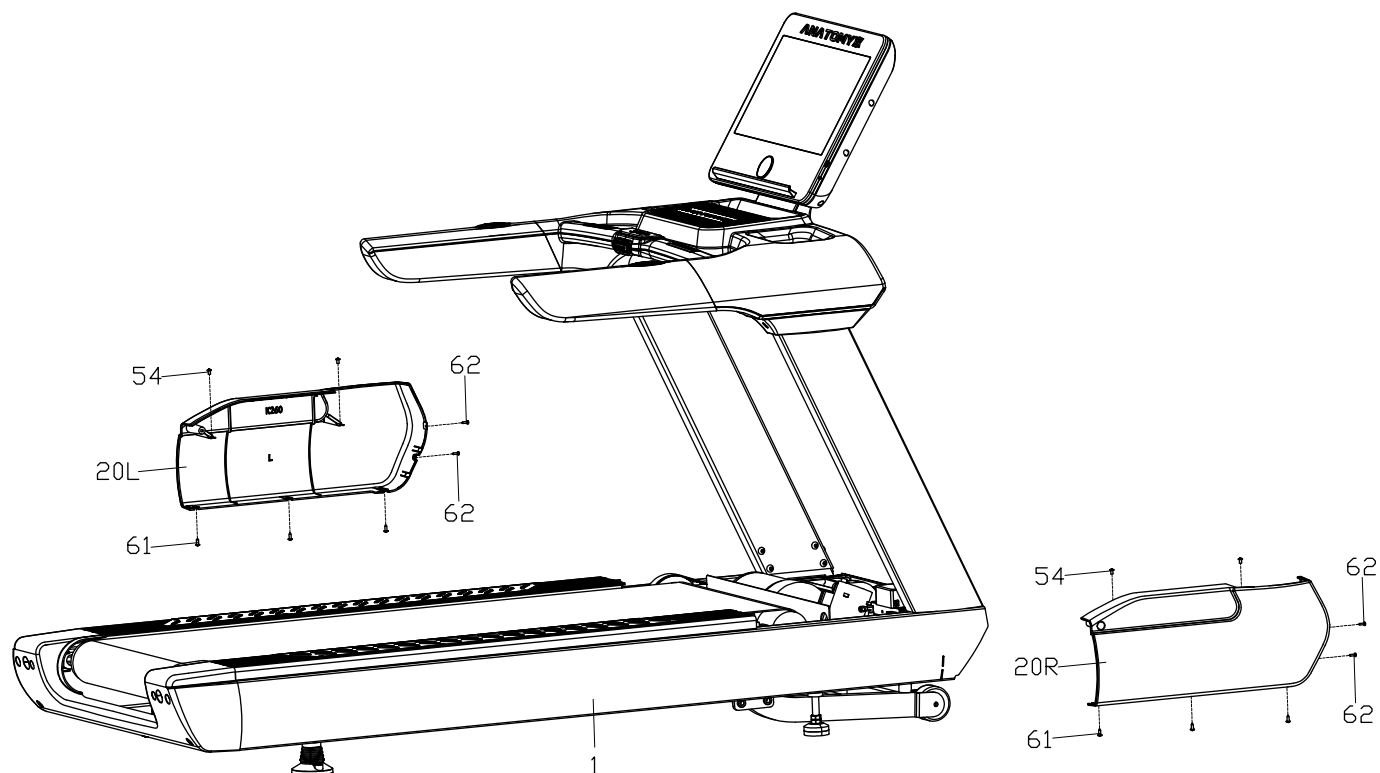
1. As picture 1 shown, connect the wires of panel bracket (4) and computer frame (3) (Lines of the same number are joined together).
2. Lock the panel bracket (4) on the computer frame (3) with inner hexagonal head bolts (48) standard spring washer (79) and standard plain washer (75).
3. Attach the computer panel connecting cover (32) to the computer panel lower cover (30) by using cross recessed pan head self-tapping screw (62).

Picture 1



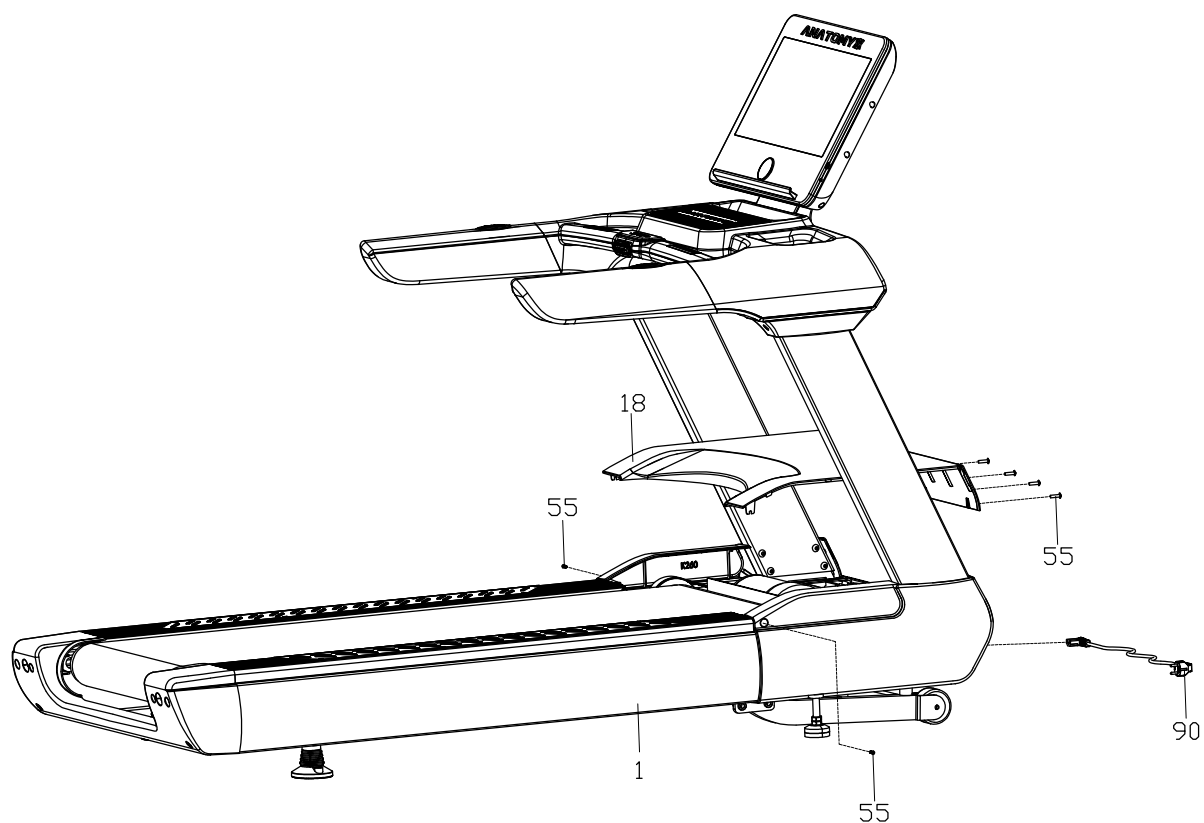
STEP 5:

1. Fasten the frame side tube cover(20L/R)on each end of the main frame(1)and adjust the right hole site, and then lock them with cross grooved washer head screw(54)、 cross recessed self-tapping screw with padded head(61)and cross recessed pan head self-tapping screw(62).



STEP 6:

1. Install the motor cover (18) on the main frame (1), adjust the right hole site, and then lock it tightly by using cross grooved washer head screw (55).
2. Insert the end of power line (90) into the power socket of main frame (1).



GROUNDING METHODS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

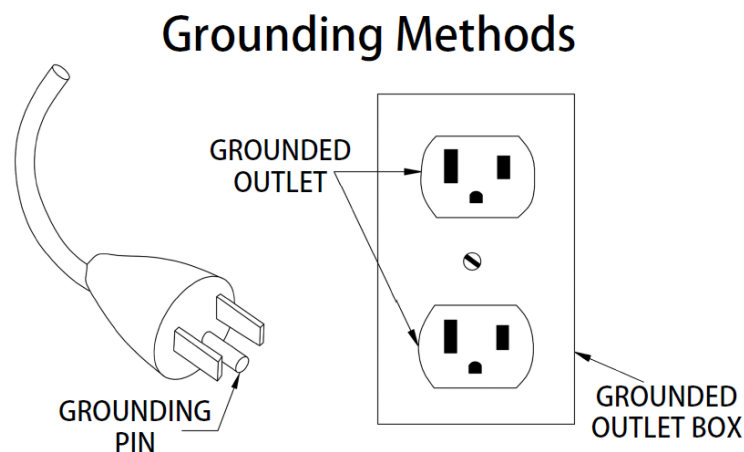
This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded.

Do not modify the plug provided with the product – if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

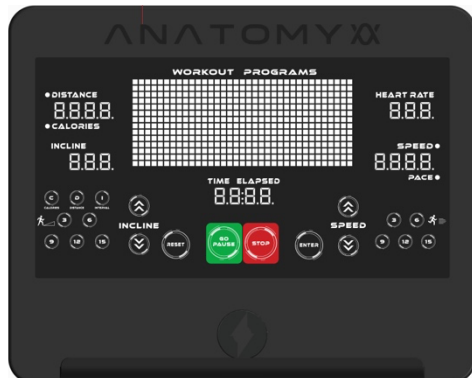
This product is for use on VOLTAGE according to national standards. Make that the product is connected to an outlet having the same configuration as the plug. No adaptor should be used with this product.

Please pay great attention to the voltage of power and the plug of the power. Wrong voltage and plug will cause fault of the product. Below plug just for setting reference.



OPERATION INSTRUCTIONS

1. Product photos (LED full display):



2. Function List:

2-1. This table can be used with Treadmill according to the panel function.

2-2. Software Function:

2-2-1. MANUAL: Manual setting exercise, including Quick start operation function, and can set TIME, CAL, DIST, PULSE target values.

2-2-2. PROGRAM (Different Program values depending on the device): P1~P12, 12 groups of PROGRAM selection, TIME can be set.

2-2-3. H.R.C.: There are 55%, 75%, 90%, and Target heartbeat setting modes. The heartbeat value is used to control the automatic adjustment of the load, and the AGE and TIME can be set.

2-2-4. Interval Program (Program values vary depending on the device): 3 sets of interval training program selections, TIME cannot be set.

2-2-5. Distance Program (set according to different values of the device): three distance target difficulty graphics to choose from: low, medium, and high. TIME cannot be set. (Treadmill low 3.1ML/medium 6.2ML/high 9.3ML)

2-2-6. Calories Program: There are three CAL target difficulty graphics to choose from: low 200KCAL, medium 400KCAL, and high 500KCAL. The TIME cannot be set.

2-2-7. Bluetooth Function: Supports wireless music playback. When pairing, the device will appear as 'Anatomy' in the list of available Bluetooth devices.

2-2-8. Treadmill SPEED 0.3~15.6ML(0.5~25KM)

2-2-9. Treadmill INCLINE 0~18.

2-3. Hardware functions:

2-3-1. Magnetic 10W wireless charging.

2-3-2. Treadmill belt, automatic oiler control (automatically oils for X seconds (X=1~99) according to the TOTAL Dist setting value).

3. Display function description:

Function Name	Display Range	Setting range	Settings	Unit	Remark
TIME	00:00~99:59	00:00~99:00	±1Min	Min/Sec	
SPEED	0.0~99.9			KM/ML	0.3~15.6ML(0.5~25KM)
CALORIES	0~9999	10~9990	±10 KCAL	KCAL	
PULSE	0; 30~230	30~230	±10 (default 100)	Bpm	
PACE	00:00~99:59			Min/Sec	For treadmill
AGE	1~99	1~99	±1 (default 25)	year	Set at the time of H.R.C.
INCLINE	0~18	0~18	±1INCLINE		OPTION Select the number of segments OPTION ON / OFF
Program	P01~P12	P01~P12	±1		12 Programs (Program diagrams vary depending on the device)
H.R.C	H1~H4	H1~H4	±1		55%, 75%, 90%, Custom TARGET (preset to 100 and user adjustable)
Interval Program	I01~I03	I01~I03	±1		3 Programs (Program diagrams vary depending on the device)
Distance Program	d01~d03	d01~d03	±1		3 Programs (Program diagrams vary depending on the device)
Calories Program	C01~C03	C01~C03	±1		3 Programs (Program diagrams vary depending on the device)
Dot Matrix	14 X 35	If no time is set, it will advance one grid every 0.1KM/ML (can be cycled). If TIME is set, it will advance one grid every (TIME / 35) seconds (cannot be cycled)			
Matrix Rank For Treadmill		28 vertical and 14 high grids, 1~14 represent the following table.			
		Vertical grid number	SPEED KM	SPEED ML	
		14	23.15~25	14.44~15.6	
		13	21.37~23.14	13.33~14.43	
		12	19.59~21.36	12.22~13.32	
		11	17.9~19.58	11.2~12.21	
		10	16.03~17.8	10.00~11.1	
		9	14.25~16.02	8.89~9.99	

		8	12.47~14.24	7.78~8.88	
		7	10.69~12.46	6.67~7.77	
		6	9~10.68	5.56~6.66	
		5	7.13~8.9	4.45~5.55	
		4	5.35~7.12	3.34~4.44	
		3	3.57~5.34	2.23~3.33	
		2	1.79~3.56	1.12~2.22	
		1	0~1.78	0~1.11	

4. Button functions:

4-1. General button function description:

4-1-1. ENTER: Select/Confirm.

4-1-2. RESET : 1. Press once to return to standby mode. 2. Press and hold for 2 seconds to restart the electronic watch or return to standby mode when the electronic watch stops moving.

4-1-3. GO/PAUSE: Start the movement, the instrument starts to calculate the value / Pause the movement, the instrument stops calculating the value and the screen remains.

4-1-4. STOP: Click to end the exercise.

4-1-5.INCLINE UP: 1. Adjust the lift to upward. 2. Under the stopwatch, select function UP.

4-1-6.INCLINE DOWN: 1. Adjust the lift to the down position. 2. When the stopwatch is down, select the function DOWN.

4-1-7.SPEED UP: 1. Adjust the speed upward. 2. Under the electric stopwatch, select function UP.

4-1-8.SPEED DOWN : 1. Adjust the speed downward. 2. When the electric stopwatch is down, select the function DOWN.

4-2. Quick key description:

4-2-1. Interval Program: Quickly jump to Interval Program function settings.

4-2-2. Distance Program: Quickly jump to the Distance Program setting function.

4-2-3. Calorie Program: Quickly jump to Calorie Program function settings.

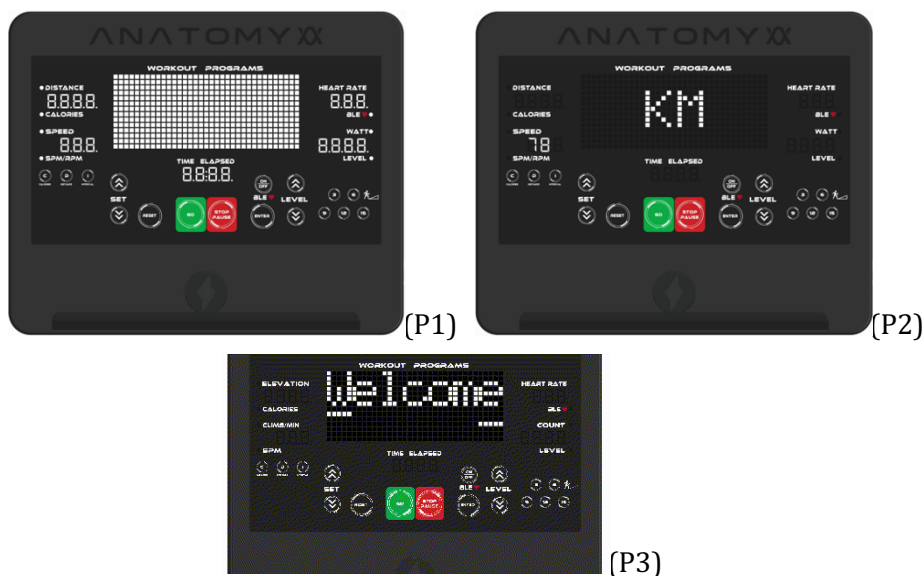
4-2-4. SPEED or Resister Key: 3/6/9/12/15 ML(KM)

4-2-5. INCLINE Key:3/6/9/12/15

5. Instructions:

5-1. Power on

After power on, BUZZER beeps for 2 seconds, the full display is on for 2 seconds (Figure 1), and then the display unit (according to OPTION setting) is on for 1 second (Figure 2) to enter standby mode. The matrix displays “Welcome” and the two horizontal lines on the lower row light up crosswise (Figure 3). Press the function shortcut key to jump to the mode menu, or operate INCLINE+/- or SPEED +/- to select the exercise mode; the order of exercise modes is Manual > Program > Heart Rate Control> Interval Program > Distance Program> Calorie Program > Manual, the function is represented by words or graphics on the matrix, Manual = "M" / Program = "Display graphics, PXX display in TIME window" > Heart Rate Control = "♥" > Interval Program = "Display graphics, IOX display in TIME window" > Distance Program = "Display graphics, D0X display in TIME window" > Calorie Program = "Display graphics, C0X display in TIME window".



5-2. Standby:

When in standby mode, the window “TIME=00:00/DIST=0.0/SPEED=0.0/PULSE=P” is displayed, and the bottom horizontal row of the matrix is always lit, waiting for user operation.

5-3. Each function operation mode:

5-3-1. Manual :

5-3-1-1. In standby or sports mode menu, press GO to start exercise directly in Manual. If you operate INCLINE +/- or SPEED +/- to Manual, press Enter to enter the target setting, and set TIME, CAL, DIST, and PULSE settings in sequence by operating INCLINE +/- or SPEED +/- . During the setting process, the function value flashes. After setting, press Enter to confirm and jump to the next setting target (can be cycled). After setting, you can press GO to start exercise.

5-3-1-2. During exercise, the two function windows (DIST/CAL, SPEED) cycle through switching every 3

seconds. During exercise, INCLINE+/- adjusts the lift, SPEED +/- adjusts the speed, and immediately jumps to the NCLINE window display. After 3 seconds without operation or change, it jumps back to the original function value display. The bottom row of the matrix is always bright (the point of movement is flashing). During exercise, press the GO/PAUSE key to pause the exercise, press it again to continue or press STOP to end the exercise. The data is retained, and the cycle display of each item value needs to be maintained for 3 seconds. After two cycles, it returns to standby, or press RESET to return to standby immediately.

5-3-2. Program(Program values vary depending on the device) :

5-3-2-1. Operate INCLINE+/- or SPEED +/- to the Program menu, press ENTER to enter Program mode, this mode has 12 graphics to choose from (unconfirmed function word flashes) graphics are displayed on the matrix, PXX is displayed in the TIME window, continue to press INCLINE+/- or SPEED +/-, 12 graphics will be displayed in a cycle (P1>P2>P3...>P12>P1). Press Enter to confirm the graphics and enter TIME setting, set with INCLINE+/- or SPEED +/-, the function value flashes during the setting process, press GO to start the exercise after setting.

5-3-2-2. During exercise, the two function windows (DIST/CAL, SPEED) cycle through switching every 3 seconds. During exercise, press INCLINE+/- to adjust the lift, SPEED +/- to adjust the speed). When INCLINE changes, it will immediately jump to the INCLINE window display. After 3 seconds without operation or change, it will jump back to the original function value display. The matrix displays graph moves up or down as a whole according to the preset original graph. When it goes up, it is the highest segment in the Program graph. It cannot go up when it reaches the highest position. When it goes down, it is the lowest segment in the Program graph. It cannot go down when it reaches the lowest position (there are 14 vertical grids, each representing 2 segments. The matrix will not display when it exceeds 28 segments). During exercise, press the GO/PAUSE key to pause the exercise. Press it again to continue or press STOP to end the exercise. The data is retained. The value of each item needs to be displayed for 3 seconds. After two cycles, it returns to standby, or press RESET to return to standby immediately.

P1~P12 Treadmill:

P1	1	3	5	5	7	7	5	5	8	8	8	8	5	5	5	5	5	8	8	8	8	8	5	5	5	5	8	8	8	8	3	3	3	1	1
P2	1	4	5	1	4	5	1	4	5	1	4	5	1	4	5	1	4	5	1	4	5	1	4	5	1	4	5	1	4	5	1	4	5	4	1
P3	1	1	4	4	1	1	5	1	1	4	4	1	1	5	1	1	4	4	1	1	5	1	1	4	4	1	1	5	1	1	4	4	1	1	1
P4	1	1	5	5	2	2	5	5	2	2	6	6	2	2	6	6	2	2	6	6	2	2	5	5	2	2	5	5	2	2	5	5	1	1	1
P5	1	4	5	8	9	1	4	5	8	9	1	4	5	8	9	1	4	5	8	9	1	4	5	8	9	1	4	5	8	9	1	4	5	8	9
P6	1	1	3	3	3	1	1	6	1	1	6	1	1	6	1	1	6	3	1	1	1	3	6	1	1	6	1	1	6	1	1	3	3	3	1

P7	1	1	4	4	1	1	4	4	5	5	5	8	8	8	3	3	8	8	8	3	4	4	4	3	8	8	8	8	5	5	7	7	4	4	1
P8	1	1	1	1	1	1	3	3	3	4	4	4	5	5	5	5	5	6	6	6	6	6	3	3	3	3	3	3	3	6	6	3	3	1	1
P9	1	1	1	1	1	1	1	1	1	1	4	4	4	4	4	4	4	4	4	4	4	5	5	5	5	5	5	5	5	5	1	1	1	1	1
P10	1	1	1	3	3	5	5	5	5	5	5	8	8	8	5	5	5	5	8	8	8	8	8	8	5	5	5	5	5	5	3	3	1	1	1
P11	1	1	1	1	4	4	4	4	4	4	4	4	1	1	1	1	1	1	6	6	6	6	6	6	1	1	1	5	5	5	4	4	1	1	
P12	1	4	5	8	9	8	5	4	1	1	4	5	8	9	8	5	4	1	1	4	5	8	9	8	5	4	1	1	4	5	8	9	8	5	4

5-3-3. H.R.C. (Heart Rate Control):

5-3-3-1. In the standby or exercise mode menu, operate INCLINE+/- or SPEED +/- to Heart Rate mode, press Enter to enter Heart Rate mode, first set age (default is 25) in the SPEED window, the matrix displays "AGE", the setting value is not saved, and the age must be reset each time you re-enter HRC). The value is set with INCLINE+/- or SPEED +/- . The value of this function flashes during the setting process. After setting, press Enter to confirm the value and jump to the heart rate target setting. Continue to press INCLINE+/- or SPEED +/- to select 55%, 75%, 90%, TAG, which are displayed in the matrix. During the selection process, the value of this function flashes. TAG is a manual heart rate value (must be confirmed by Enter first, then set by INCLINE+/- or SPEED +/-, the SPEED window displays the set value). After setting, press Enter again to select the mode and enter the TIME setting. After setting the TIME, press GO to start exercising, or press GO directly to start exercising without setting the TIME.

5-3-3-2. The load will automatically adjust and change according to the heartbeat. If no heartbeat input is detected, the dot matrix will display "♥?" to remind you to input the heartbeat. When there is no heartbeat value, or the heartbeat value exceeds the current value range, INCLINE or SPEED will gradually decrease. When it is already INCLINE or SPEED, if there is still no heartbeat value or the heartbeat value exceeds the range, the instrument will automatically pause after 30 seconds. During exercise, press the GO/PAUSE key to pause the exercise. Press it again to continue or press STOP to end the exercise. The data will be retained, and the value of each item will be displayed for 3 seconds in a cycle. After two cycles, it will return to standby mode, or press RESET to return to standby mode immediately.

5-3-4. Interval Program(Program values vary depending on the device) :

5-3-4-1. In the standby or exercise mode menu, operate INCLINE+/- or SPEED +/- or press the Interval Program Key to enter the Interval Program menu, and press Enter to enter the Interval Program mode. This mode has three groups of intermittent modes to choose from. When you continue to press INCLINE+/- or SPEED +/-, the three graphics will be displayed in a cycle (I01 (preset mode 1) > I02 (preset mode 2) >> I03 (preset mode 3) > I01). Press the GO key to start intermittent exercise.

5-3-4-2. Start with a 3-minute warm-up, then start training. In this mode, you can adjust the SPEED of the IMPLEMENT mode from the preset upwards, INCLINE +/- or SPEED +/- adjusts INCLINE+/- or SPEED

+/-, and REST is the rest mode. Continue until the entire Interval goal is completed (the number of CIRCLES is completed). At this time, the electronic watch stops. During exercise, press the GO/PAUSE button to pause the exercise, press it again to continue or press STOP to end the exercise. The data is retained, and the value of each item is displayed in a cycle for 3 seconds. After the display is cycled twice, return to the exercise mode menu, or press RESET to return to the exercise mode menu immediately.

5-3-5. Distance Program (The value varies according to the device):

5-3-5-1. In the standby or sports mode menu, operate INCLINE+/- or SPEED +/- or press the Distance Program Key to enter the Distance Program menu, and press Enter to enter the Distance Program mode. This mode has 3 difficulty levels/graphs to choose from; when you continue to press INCLINE+/- or SPEED +/-, the low, medium, and high difficulty graphs will be displayed in sequence. Press the GO button to start exercising.

5-3-5-2. (The total DIST of the current grid must be completed every 5 minutes. For example, there are 4 vertical grids in this grid, which means that the goal of 0.4km/0.2485ML needs to be completed within 5 minutes) (SPEED automatically adjusts), and each time the Distance target value is completed, it will move towards the next Distance target (each point is 0.1km/0.0625ML), until the entire Distance target graph is completed, the electronic watch ends the exercise at this time. During exercise, press the GO/PAUSE button to pause the exercise, press it again to continue or press STOP to end the exercise, retain the data cycle display, and each item value must be displayed for 3 seconds. After the display is cycled twice, return to the exercise mode menu, or press RESET to return to the exercise mode menu immediately.

5-3-6. Calories Program :

5-3-6-1. In the standby or exercise mode menu, operate INCLINE+/- or SPEED +/- or press the Calories Program Key to enter the Calories Program menu, and press Enter to enter the Calories Program mode. This mode has 3 difficulty levels/graphs to choose from. When you continue to press INCLINE+/- or SPEED +/-, the low, medium, and high difficulty graphs will be displayed in sequence. Press the GO button to start exercising.

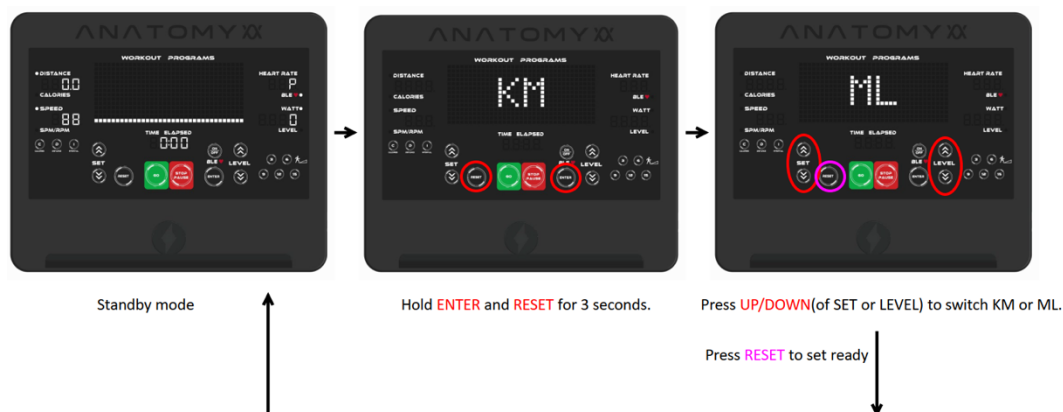
5-3-6-2. INCLINE or SPEED Automatic adjustment (the total CAL of the current grid must be completed every 4 minutes. For example, there are 8 vertical grids in this grid, and the watch needs to complete a 32-calorie target within 4 minutes). Each time the Calories target value is completed, it will move toward the next Calories target (each grid is 4 KCAL) until the entire Calories target graph is completed. At this time, the electronic watch ends the exercise. During exercise, press the GO/PAUSE button to pause the exercise. Press it again to continue or press STOP to end the exercise. The data is retained, and the loop display of each item value must be maintained for 3 seconds. After the display is cycled twice, return to the exercise mode menu, or press RESET to return to the exercise mode menu immediately.

6. Engineering mode:

6-1. Metric to Imperial Switching: In standby mode, press Enter + Reset Key for 3 seconds to enter, press INCLINE+/-, SPEED+/- to switch units, press Reset to exit after completion, the electronic watch will restart to complete the switch.

Imperial switching: In standby mode, press Enter + Reset Key for 3 seconds to enter, press INCLINE+/-, SPEED+/- to switch units, press Reset to exit after completion, the electronic watch will restart, and the switch is completed.

Switching process:



6-2. Self-calibration: In standby mode, press and hold the INCLINE UP+DOWN Key for 5 seconds to start the self-calibration.

6-3. Automatic refueling: Automatic refueling distance & time setting: After standby, press Enter + STOP for 3 seconds to enter, the DIST window displays the SET distance value, the TIME window displays the refueling seconds value, press INCLINE+/- to adjust the value, Enter the next setting, Set or Reset to save and exit.

6-4. Manual start refueling: In the treadmill, press STOP+START KEY for 5 seconds in standby mode to manually start refueling (refueling time is the same as the setting value). When TOTAL DIST reaches the target, if it is in motion, refuel at STOP, and if it is in standby mode, refuel directly.

PS. When refueling, the matrix displays "LUBE (lubricant)" to indicate that refueling is in progress, and the display will resume after refueling is completed.

6-5. If it is detected that the "lubricant" is empty, the warning matrix will display "NO" for 2 seconds, "LUBE (lubricant)" for 2 seconds 5 times, and display alternately. Press STOP or RESET KEY to stop the display, but the next time you power on the machine, if it is not cleared, it will be displayed again until the lubricant is filled up.

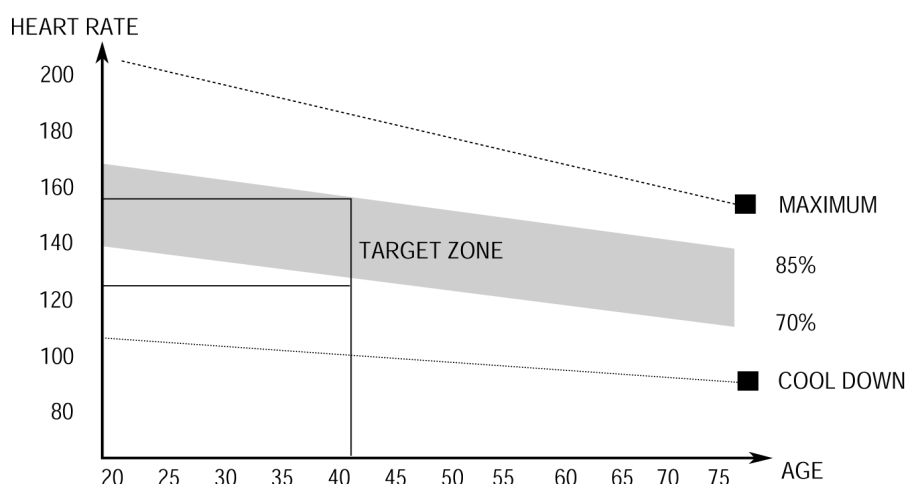
EXERCISE INSTRUCTIONS

1. The Warmup Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.

2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become Stronger. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warmup exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible, space your workouts evenly throughout the week.

To tone muscle while on your Treadmill you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warmup and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

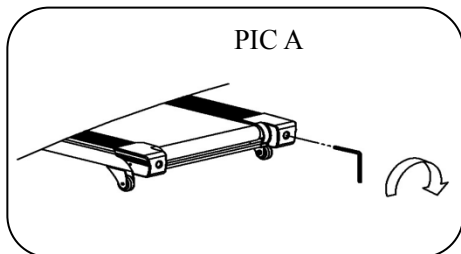
MAINTENANCE INSTRUCTIONS

WALKING BELT CENTERING AND TENSION ADJUSTMENT

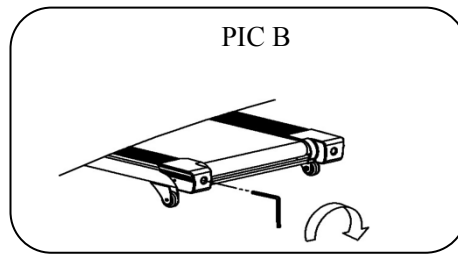
Do not overtighten the walking belt. This may cause reduced motor performance and excessive roller wear.

TO CENTER WALKING BELT:

- Place treadmill on a level surface
- Run treadmill at approximately 3.5 mph
- If the belt offs the track to the right side, please screw the right adjusting bolt clockwise slowly, noticing the change of the deviating distance, until center the belt. (Attention: the space between the belt and the right/left edgings is at a distance normally. And the gap between the right and left distance should be no more than 0.20 in.
- If the belt offs the track to the left side, please screw the left adjusting bolt clockwise slowly, noticing the change of the deviating distance, until center the belt. (Attention: the space between the belt and the right/left edgings is at a distance normally. And the gap between the right and left distance should be no more than 0.20 in



Picture A: If the belt has drifted to the RIGHT



Picture B: If the belt has drifted to the LEFT

TENSIONING THE BELT

If you can feel a slipping sensation when running on the treadmill, the running belt must be tightened.

In most cases, the belt has stretched from use, causing the belt to slip. This is a normal and common adjustment. To eliminate this slipping, tension both the rear roller bolts with the appropriate size allen wrench, turning it 1/4 TURN to the right as shown. Try the treadmill again to check for slipping.

Repeat, if necessary, but NEVER TURN the roller bolts more than 1/4 turn at a time. The belt tension is set properly when the running belt is 1.96 - 2.95Inches (50 - 75 mm) from the deck.

WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

CLEANING

General cleaning of the unit will greatly prolong the treadmill. Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and the side rails. This reduces the buildup of foreign material underneath the walking belt.

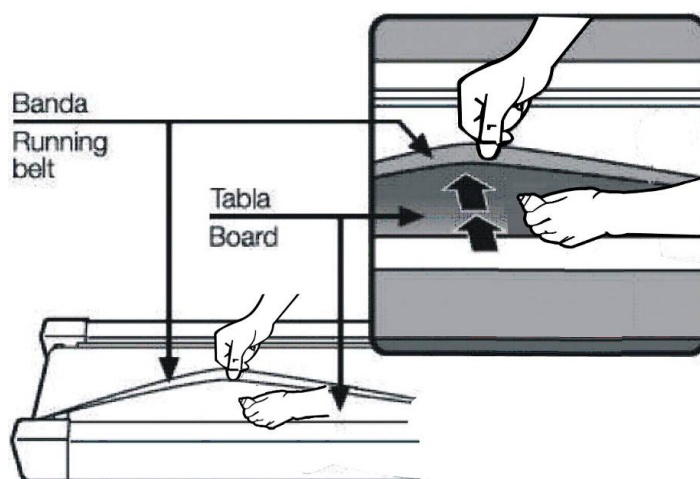
The top of the belt may be cleaned with a wet, soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt. Warning: Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

WALKING BELT AND DECK LUBRICATION

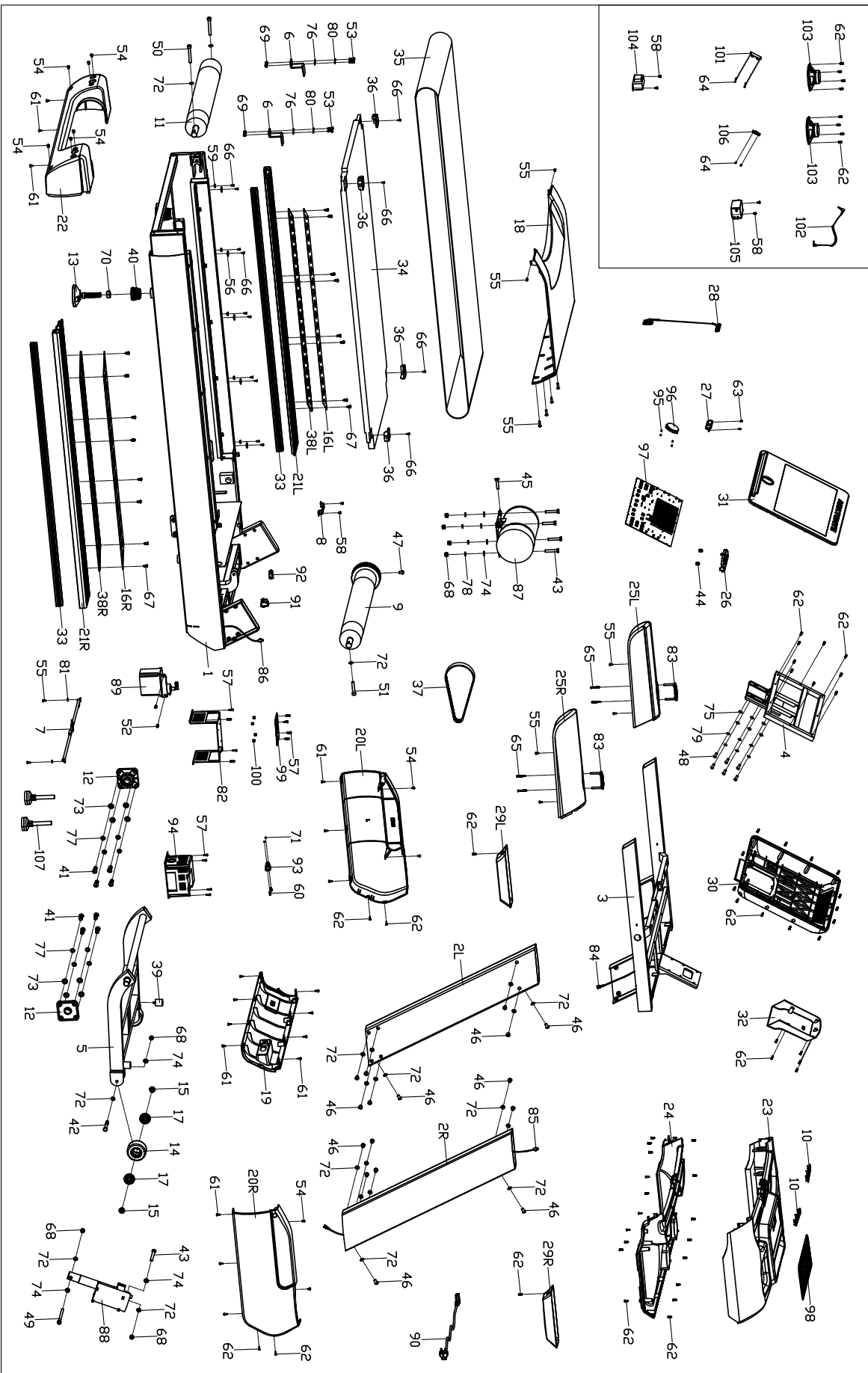
This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

We recommend lubrication of the deck according to the following timetable:

- **Light user (less than 3 hours/ week) annually**
- **Medium user (3-5 hours/ week) every six months**
- **Heavy user (more than 5 hours/ week) every three months**



EXPLODED DIAGRAM



PARTS LIST

Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame	1	53	Cross recessed pan head screw M6*20	4
2L/ R	Upright tube	1 pr.	54	Cross grooved washer head screw M5*8	10
3	Computer frame	1	55	Cross grooved washer head screw M5*16	12
4	Panel bracket	1	56	Edging gasket	10
5	Incline frame	1	57	Cross grooved washer head screw M4*15	14
6	Running board clamp	2	58	Cross grooved washer head screw M4*8	6
7	Oil tube connecting frame	1	59	Plastic edging mounting	10
8	Ground wire base	1	60	Cross recessed countersunk head screw M3*15	2
9	Front roller	1	61	Cross recessed self-tapping screw with padded head ST4.0*12	17
10	Hand pulse	4	62	Cross recessed pan head self-tapping screw ST4.0*12	90
11	Rear roller	1	63	Cross recessed pan head self-tapping screw ST2.9*9.5	2
12	Bearing rack	2	64	Scraping end of cross groove pan head self-tapping screw ST2.9*6	6
13	Adjustable foot pad	2	65	Cross recessed pan head self-tapping screw ST4*55	4
14	PU wheel	2	66	Cross recessed countersunk head self-tapping screw ST4*16	24
15	Bearing spacer	4	67	Chamfer large flat head inner hexagon self-tapping self-drilling nail ST6*16	16
16L /R	Metal slip sheet	1pr.	68	Nylon nut M10	8
17	Bearing	4	69	Nylon nut M6	4
18	Motor cover	1	70	Hexagonal nut M20*2.5	2
19	Frame side tube front cover	1	71	Hexagonal nut M3	2
20L /R	Fame side tube cover	1pr.	72	Internal serrated locking washer Φ 10*1.2	23
21L /R	Edging	1pr.	73	Standard plain washer Φ 12*2.5	8
22	End cover	1	74	Standard plain washer Φ 10*2.0	8
23	Computer upper cover	1	75	Standard plain washer Φ 8*1.6	6
24	Computer lower cover	1	76	Standard plain washer Φ 6*1.6	4
25L /R	PU foam grip	1pr.	77	Standard spring washer Φ 12*3.1	8
26	Stop key	1	78	Standard spring washer Φ 10*2.1	4
27	Safety lock socket	1	79	Standard spring washer Φ 8*2.1	6
28	Safety lock	1	80	Standard spring washer Φ 6*1.6	4

29L /R	Upright tube cover	1pr.	81	Standard spring washer Φ5	2
30	Computer panel lower cover	1	82	pinboard	1
31	Computer panel	1	83	Short-cut key	2
32	Computer panel connecting cover	1	84	Computer upper wire	1
33	Silicon cushion	2	85	Computer connecting wire	1
34	Running board	1	86	Computer lower wire	1
35	Running belt	1	87	AC motor	1
36	Running board locating part	4	88	Incline motor	1
37	Belt	1	89	gasoline pump	1
38L /R	Non-slip mat	1pr.	90	Power line	1
39	cushion	2	91	Rocker switch	1
40	Rear end cap upholstery cover	2	92	Overload protector	1
41	Inner hexagonal head bolts M12*35	8	93	Power socket	1
42	Outer hexagon bolt M10*70	2	94	inverter	1
43	Outer hexagon bolt M10*50	5	95	Cross recessed self-tapping screw with padded head ST2.0*6	4
44	Pressure spring	2	96	Wireless charging	1
45	Outer hexagon bolt M8*40	1	97	Computer	1
46	Inner hexagonal head bolts M10*20	16	98	Silicone pad	1
47	Inner hexagonal head bolts M8*15	1	99	Adaptor plate	1
48	Inner hexagonal head bolts M8*20	6	100	Spacer sleeve	4
49	Inner hexagonal head bolts M10*115	1	101	MP3/ Headphone jack (Optional)	1
50	hexagon socket cap screws M10*75	2	102	Audio frequency cable (Optional)	1
51	hexagon socket cap screws M10*55	1	103	Speaker (Optional)	2
52	Cross recessed pan head screw M6*15	2	104	inductance (Optional)	1
			105	Filter (Optional)	1
			106	Type C charging port (Optional)	1
			107	Adjusting foot pad	4

Caution:

The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

(2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE:

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.

FCC Radiation Exposure Statement

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

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