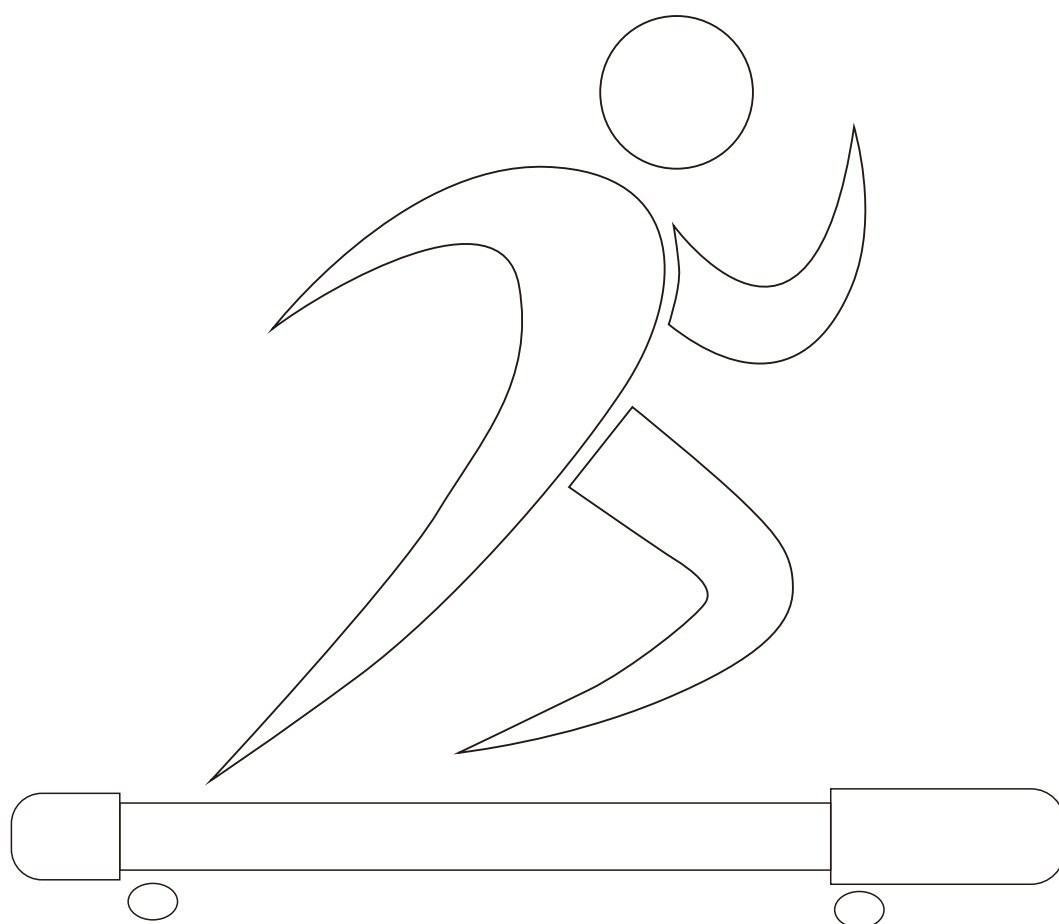


HOME TREADMILL

INSTRUCTION MANUAL



Before using this product, please read this manual carefully and keep it properly

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1 SAFETY PRECAUTIONS

Before using this product, please read all instructions carefully.

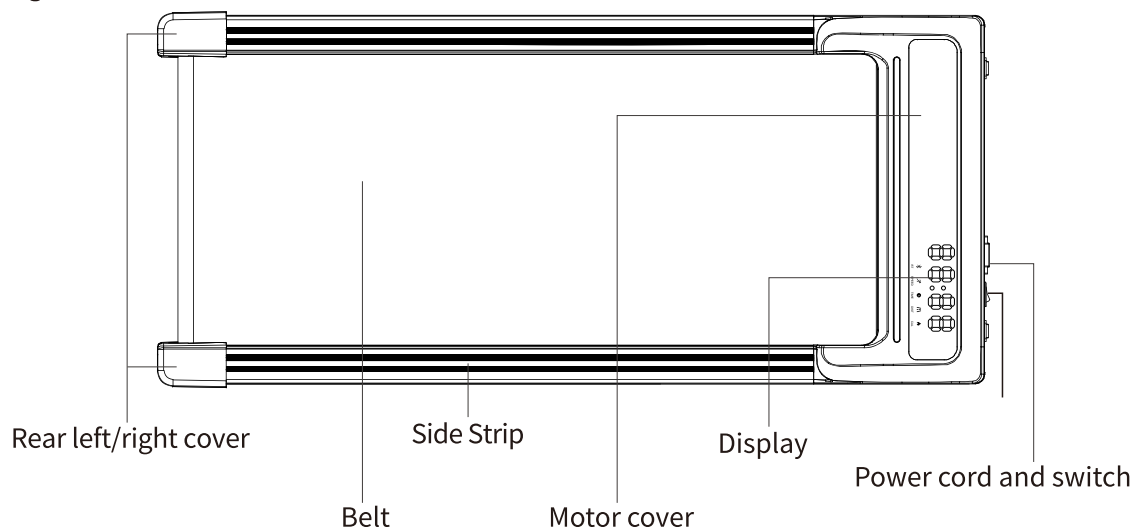
⚠ Warning: Please follow the instructions below to avoid injury to yourself or others.

1. Before using the treadmill, make sure it is properly grounded to avoid any accidents or dangers.
2. Please start with proper exercise, as excessive exercise may affect your health.
3. (1) Wear appropriate sports shoes when exercising (avoid running in slippers, as slippers will tangle with the machine and cause malfunctions).
(2) Keep the room clean and tidy to avoid static electricity adsorption that may bring lumps into the treadmill and cause treadmill malfunction.
4. This treadmill is designed for one person. Do not allow children or pets to approach when the treadmill is running.
5. When the treadmill is fully extended, the minimum distance required (between the treadmill and walls and furniture) is not less than 3 feet on left and right and not less than 6 feet in front and back.
6. If the treadmill or power cord is faulty or damaged, do not use the treadmill. Please contact your local dealer immediately for repair.
7. Do not touch any moving parts with your hands. Do not squeeze or stuff anything into the treadmill.
8. The treadmill can only be used indoors. Do not use it outdoors or in the gym.
9. Place the treadmill on a clean, dry and moisture-free surface, keep the treadmill well ventilated, and make sure there are no sharp objects nearby.
10. Do not get off the treadmill until it has completely stopped.
11. Do not use the treadmill when using respiratory equipment or sprays near the treadmill.
12. To keep the treadmill running properly, do not install or attach any accessories or parts that are not for this machine.
13. All parts of the treadmill must be assembled correctly and securely. The various parts of the treadmill need to be checked regularly to ensure that they are firmly fixed. Parts that show signs of damage should be replaced immediately.
14. Turn off the power and unplug the treadmill immediately after use.
15. After each use of the treadmill, wipe key areas such as the console with a clean towel or cloth to wipe off sweat and dirt. Be careful not to use the treadmill near water and heat sources.
16. The product features easy transportation and is equipped with wheels for seamless handling. Before moving the treadmill, please confirm that the plug has been inserted in and folded correctly.
17. Proper maintenance helps keep the treadmill in the best condition, while improper maintenance may damage or shorten the life of the treadmill; clean and maintain the treadmill regularly to ensure that all parts remain intact.

2 SPECIFICATIONS OF TH SERIES PRODUCTS

R1 SERIES

1.Product Image



⚠ Warning: Before plugging the power cord into the outlet, verify that the field voltage requirements match the voltage of the received treadmill. The power requirements of the device include a dedicated circuit that is grounded and rated at one of the following: the voltage in the United States is typically 120 volts,60 Hz; Canada 120 volts,60 Hz; The voltage in the United Kingdom is 240 volts,50 Hertz; The voltage in Spain is 230 volts,50 Hertz; The voltage in Italy is 230 volts,50 Hertz; The voltage in Germany is 230 volts,50 Hertz; The voltage in France is 230 volts and the frequency is 50 Hertz.

2.Technical Parameters

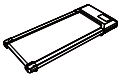
Model	Max Load (lbs/kg)	Product Size (inches/mm)	Running Area (inches/mm)	Speed (mph/kph)	Net Weight (lbs/kg)
R1	198/90	42.52*18.90*3.54/ 1080*480*90	14.96*35.43 /380*900	0.6-3.8/ 1-6	37.48/17

Find the corresponding model of the device in the outer packaging carton.

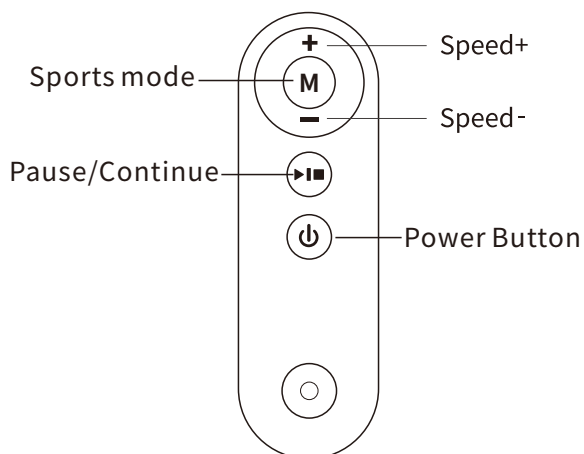
The above data is manually measured and there may be some deviations. Please refer to the actual receipt.

3 INSTALLATION STEPS

PARTS LISTS

No.	Name	Picture	Quantity	Note
1	Main Frame		1 piece	
2	Power Cord		1 piece	
3	Remote Controller		1 piece	
4	Refueling Bottle		1 piece	
5	L-type hex socket (dual purpose)		1 piece	
6	Manual		1 piece	

REMOTE CONTROL



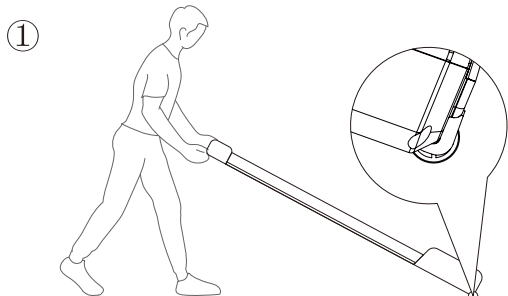
Remote Controller

- ① Press the "Speed-" key to reduce the speed of the machine.
- ② Press the "Speed+" key to increase the speed of the machine.
- ③ Press the 'M' key to select countdown modes such as time, distance, and calories.
- ④ Press the "On/Off" key to slowly start or stop the machine.
- ⑤ Press the 'power' button to turn the machine on or off.

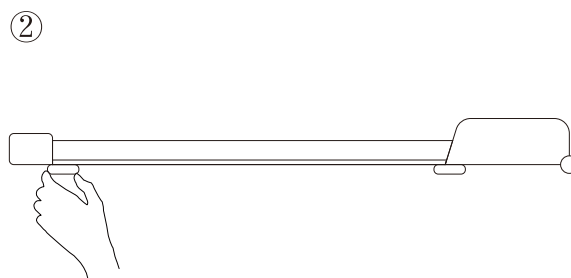
In standby mode, press the 'On/Off' button directly, and the display will show a 3-second countdown. The countdown will beep once every second, and the motor will not start; after the countdown is complete, the starting speed is 0.6 mph (1 km/h), and you can adjust the speed by pressing the 'Speed +' and 'Speed -' buttons.

FIRST USE GUIDANCE

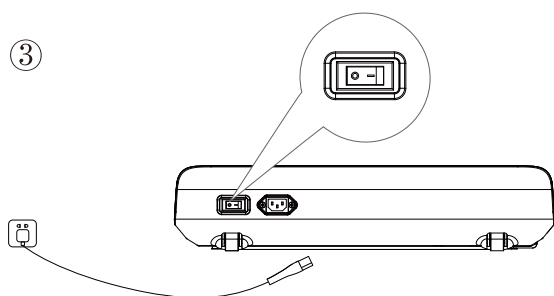
⚠ Note: If your device includes an activation warranty benefit, please follow the instructions on the quick operation card to activate the device before normal use.



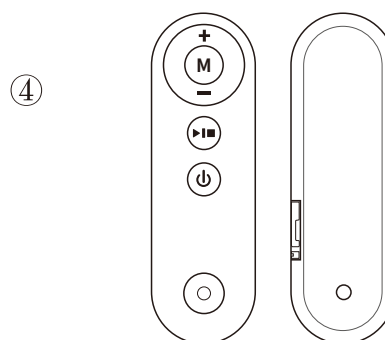
01. Place the machine on a level surface with a gap of 19.7 inches/0.5m in front and back.



02. Make sure the machine is balanced and the rubber pads are firm and in contact with the ground.

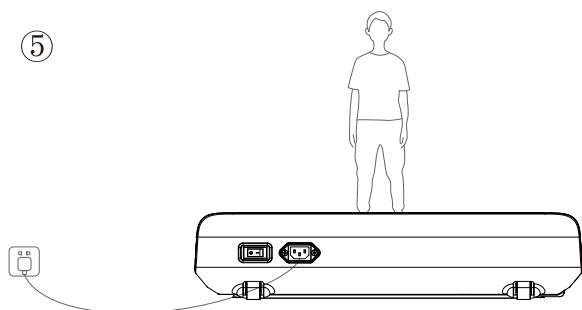


03. Plug in the power supply and turn on the machine.



04. Make sure the batteries are properly installed in the back of the remote controller, then press the "On/Off" key.

Note that before operation, a 3-second delay will be displayed on the panel.



05. Start using the machine.

DISPLAY AND KEYS (R1)

When the machine is running, the display window automatically switches every 5 seconds. The indicator light at the bottom of the display window changes with the display of the window. The information displayed in different windows is as follows:



-  **01. "bluetooth" window**
Displays the bluetooth indication. When the bluetooth connection is successful, the icon will light up.
-  **02. "speed" window**
The current speed is displayed in the running state, and the speed is turned on. Initial value: 0.6/1.0, display range: refer to technical parameters-speed for details.
-  **03. "time" window**
Displays the exercise time. Initial value: 0:00, display range: 0:00-99:59
-  **04. "distance" window**
Displays the moving distance. Initial value: 0.00, display range: 0.00-99.99
-  **05. "calories" window**
Display the calorie consumption value. Initial value: 0.00, display range: 0.00-9999

5 ERROR CODES

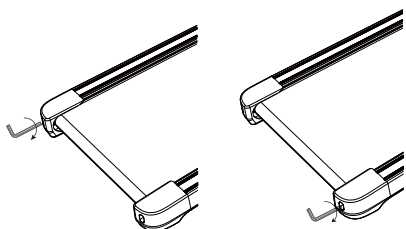
Error Code	Description	Solutions
The treadmill is not working	A.No Power	Plug in the power source
	B.Safety Key is Closed	Check all connecting wires
	C.Connecting Wires Work Poorly	Check all connecting wires
Belt Doesn't Run Smoothly	A. Insufficient Lubricating Oil	Add some silicone oil
	B. Running Belt is Too Tight	Loosen the running belt
Maximum Speed is Only 3.7MPH or 6KM/H	A. Safety Handrail is Not Locked Correctly	Relock the handrail
	B. Negative Incline is Activated	Put the negative incline bracket back to its original position
E01	Poor Connection Between Upper and Lower Controls	(1). Electrical Communication.If the control and screen are blocked, check each connection of the communication line from the screen to the lower control to ensure each wire is connected correctly. (2). Check if there is any wire damage between the screen and the controller, and replace the communication line if necessary.
E02	IGBT Circuit Open or Motor Open Circuit (Brushless DC Motor Overvoltage/ Undervoltage)	(1). Check if the power supply voltage is lower than 50% of the normal voltage, and retest with the correct voltage specification. (2). Check if the controller has any abnormal smell, and replace it if necessary. (3). Check if the motor wires are connected correctly, and reconnect if necessary.
E03	Speed Sensor Fault	(1). If the speed sensor signal is not detected within 5-8 seconds, check if the sensor plug is connected correctly or damaged, and reconnect or replace the sensor accordingly. (2). Check if the controller has any abnormal smell and replace it if necessary. (3). If the motor input signal is not detected within 5-8 seconds, check if the motor wires are connected correctly or if the motor is faulty.
E05	Overcurrent Protection	(1). 1. Because the load exceeds the rated capacity, the system may be drawing excessive current, triggering a protective shutdown. The system can be restarted after a complete shutdown. (2). If a part of the treadmill is stuck, it may cause the motor to fail to rotate normally, resulting in overload and current. This may trigger the system protection to shut down the system. To solve this problem, adjust the treadmill and restart the system after completion to resume normal operation. (3). Check if the motor makes any excessive noise or has a burnt smell during operation. If these signs exist, it may indicate a motor fault and replacement is needed. (4). Check if the components of the controller have a burnt smell. If any component shows signs of damage, it may indicate a controller fault and replacement is needed. (5). Check if the power supply voltage is incorrect or lower than required. Use the appropriate voltage and then retest the machine. For brushless DC motors, also check if the motor wires are connected correctly.
E07or "--"	Safety Key is Closed	(1).1. Just insert the safety key. (2). Check if the reed switch or contact piece and its connecting wires are damaged.

E08	Driver Fault (Internal Self - check Error "Driver Overheating")	(1). 1. Wait for a period of time, then restart the power supply after cooling. (Only applicable to brushless controllers.) (2). Controller fault. Replace the controller.
E09	Communication Fault	(1). Check if the motor wires are connected correctly and reconnect if necessary. (2). Check if the motor brush is stuck.
E10	Motor Open Circuit	(1). Check if the motor wires are connected correctly and reconnect if necessary. (2). Check if the motor brush is stuck.

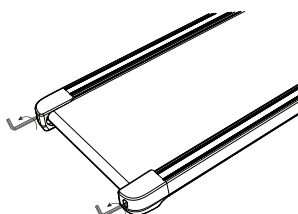
6 MAINTENANCE

BELT ADJUSTMENT

Before you start exercising, the running belt has been properly adjusted; however, with continued use, the belt may experience varying degrees of stretch. This may cause the belt to wear as it deviates from the center and rubs against the side and rear covers. It is common for the belt to slip over time. If the running belt slips or gets stuck while moving on the treadmill, you can adjust the belt for better performance.



01. When the running belt is tilted to the left, adjust the screw 1-2 turns clockwise to the left. When the running belt tilts to the right, adjust the screw 1-2 turns clockwise to the right. Then, test run; if the running belt is still tilted, repeat the above steps until the running belt is aligned.



02. When the running belt is too tight, it will cause stronger resistance. Please turn the screws on both sides counterclockwise 1-2 turns: Loosen the belt until it stops slipping or pausing; when the running belt is too loose, please turn the screws on both sides clockwise 1-2 turns.

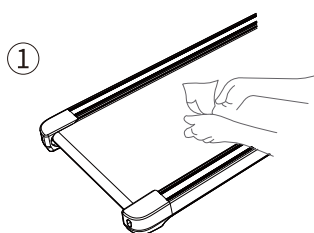
⚠ Warning! Do not overtighten the roller! This may cause permanent damage to the bearing!

LUBRICANT

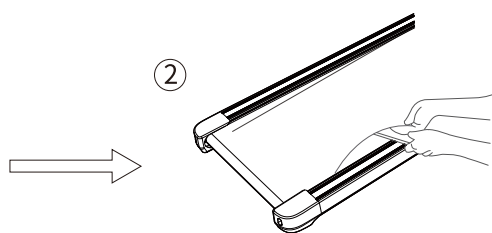
01. The treadmill must be lubricated after half a year or after a cumulative running time of 100 hours. Add 1/3 ~1/2 bottle each time.

02. Confirm the lubrication status. Turn off the treadmill, lift the running belt from one side, and touch the surface under the running belt. If the lubricant can be touched, there is no need to add more lubricant. If the lubricant dries up, please refill it with lubricant. (Use only non-petroleum-based lubricants).

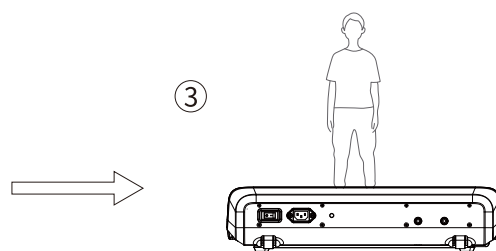
03. Add lubricant correctly according to the figure below.



(1). Clean the treadmill.



(2). Turn off the power, pull up the running belt and pour the silicone oil into the inner surface of the running board.



(3). Start the treadmill and lubricate for 10-20 seconds at a speed of 3mph/4.8kph.

SERVICE COMMITMENT

This product is exclusively intended for domestic applications. Any anomalies associated with commercial usage will not be subject to our warranty coverage.

If you experience any issues with the functionality of your product, kindly liaise with your local distributor regarding customer support!

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.

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

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.

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