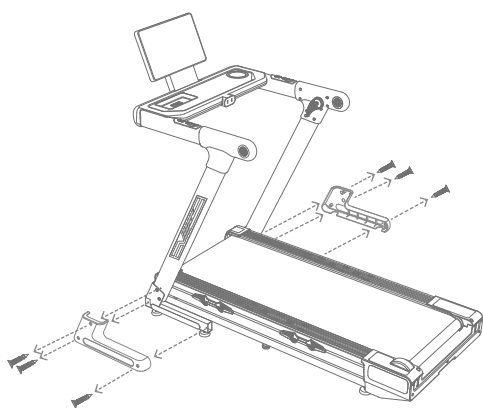
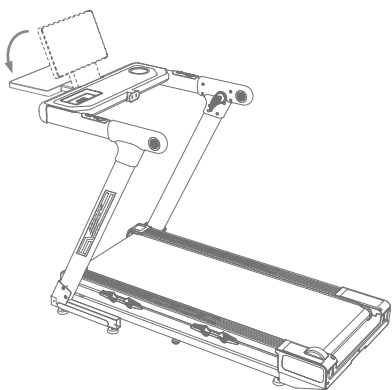


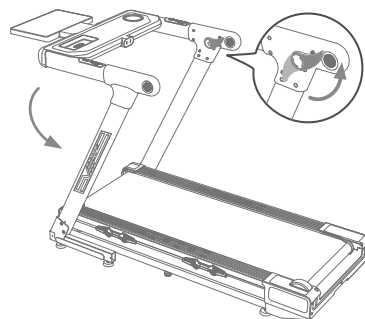
2. Remove the six screws and detach the two side covers.



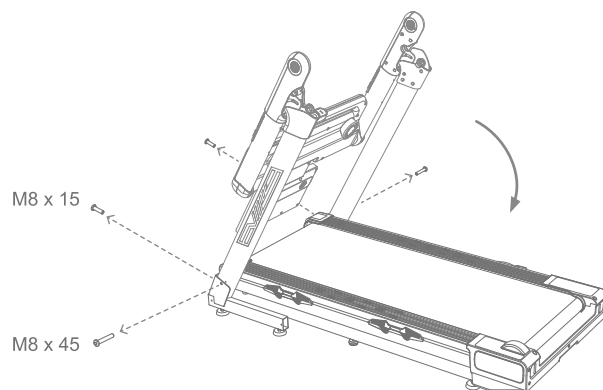
3. Lower the display & control panel until it is flush with the handrails.



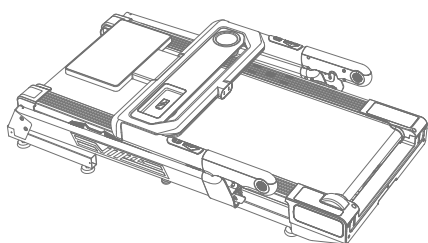
4. Rotate the handrail locks on both sides counterclockwise to unlock, then fully fold down the handrails.



5. Remove the four screws as shown to release the support columns, then fold them down completely.

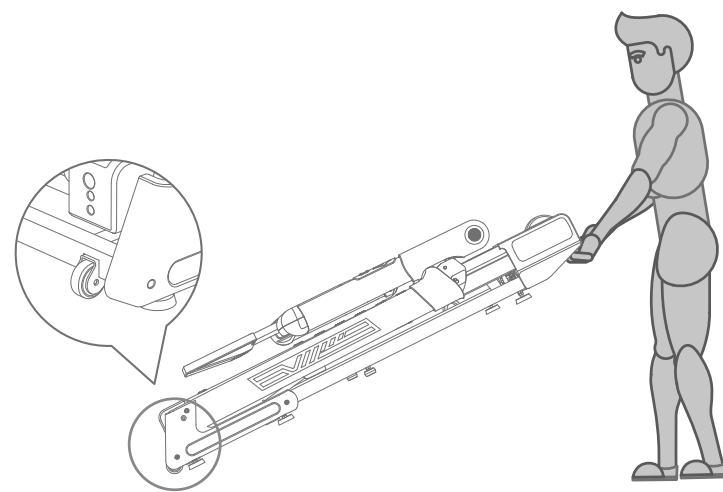


6. The treadmill is now fully folded.



Transporting the Treadmill:

The treadmill is equipped with two transport wheels for easy movement. Before transporting, fold the treadmill and lift the rear end of the treadmill until the transport wheels contact the ground, then roll it to the desired location.



TECHNICAL SPECIFICATIONS

North American Market

Model	FT71
Input Voltage	AC 120 V~, 60 Hz
Rated Power	1000 W
Running Speed	0.6–10 mph
Incline Level	0%–24%
Max Load Capacity	330 lbs (150 kg)
ISO 20957 Class	HC
Noise Level	40 dB*
Treadmill Dimensions	57 x 30.4 x 52 in (145 x 77.3 x 132 cm)
Treadmill Weight	134.5 lbs (61 kg)

* Noise emission under load is higher than when operating without a load.

European Market

Model	FT71
Input Voltage	AC 220–240 V~, 50 Hz
Rated Power	1000 W
Running Speed	1–16 km/h
Incline Level	0%–24%
Max Load Capacity	330 lbs (150 kg)
ISO 20957 Class	HC
Noise Level	40 dB*
Treadmill Dimensions	57 x 30.4 x 52 in (145 x 77.3 x 132 cm)
Treadmill Weight	134.5 lbs (61 kg)

* Noise emission under load is higher than when operating without a load.

EXERCISE ADVICE & GUIDE

If you are using the electric treadmill for the first time, please read the following guidelines carefully.

Preparation

Before starting your exercise, assess your health condition to create a suitable exercise plan. It is recommended to consult a doctor or professional, especially if you are over 45 years old or have pre-existing health conditions.

Exercise

Familiarize yourself with the controls, including how to start, stop, and adjust the speed and incline. Before stepping onto the running belt, stand on the foot edge strip, hold the handrails, and start the treadmill at a low speed. Then,

- Stand upright, look forward, and step onto the running belt.
- Relax your body and allow yourself to adjust to the movement.
- Gradually increase speed and maintain it for about 10 minutes.
- Slowly reduce speed and stop the running belt.

IMPORTANT:

Avoid running at high speed during your first exercise to prevent falls.

Exercise Frequency

Aim for 3–5 exercises per week, lasting 15–60 minutes per session. It is best to follow a structured schedule based on your fitness level rather than exercising randomly. Adjust speed and duration to control exercise intensity.

Amount of Exercise

The ideal amount of exercise depends on your goals and fitness level.

- **Beginners:** Walk for 15–30 minutes, 3–5 times per week, at a comfortable pace of 2–4 mph (3–6 km/h) with little or no incline.
- **Weight Loss:** Exercise for 30–60 minutes, 4–6 days per week, alternating between walking and jogging at 3–6 mph (5–10 km/h) with a moderate incline.
- **Cardiovascular Health:** Walk briskly or jog for 30 minutes at least 5 days a week, or run vigorously at 6+ mph (10+ km/h) for 20 minutes at least 3 days a week.
- **Endurance & Performance:** Run for 45–60 minutes at a steady pace, or do interval training (alternating between high and low speeds) 3–5 times per week.

Wearing

- Wear good-quality running shoes or fitness shoes with clean soles to prevent debris from damaging the running belt.
- Choose breathable, comfortable sportswear that allows free movement.

Stretching Exercises

Regardless of your pace, always warm up before exercising. Walk for 5–10 minutes, then perform the following stretches. Repeat each 5 times per leg, holding for 10+ seconds. Stretch again after your exercise to prevent stiffness.

1. Stretch Down

- Slightly bend your knees and slowly lean forward, reaching for your toes.
- Relax your back and shoulders.
- Hold for 10–15 seconds, then relax.

2. Hamstring Stretch

- Sit on a mat with one leg straight and the other bent inward.
- Reach for your toes with both hands.
- Hold for 10–15 seconds, then relax.

3. Foot and Achilles Tendon Stretch

- Stand with your hands against a wall or tree.
- Extend one leg behind you, keeping it straight with the heel on the ground.
- Lean forward and hold for 10–15 seconds, then relax.

4. Quadriceps Stretch

- Hold a wall or table for balance.
- Reach back and pull your ankle toward your glutes.
- Hold for 10–15 seconds, then relax.

5. Sartorius Muscle (Inner Thigh Muscle) Stretch

- Sit with the soles of your feet together and knees pointing outward.
- Pull your feet toward your body while keeping your back straight.
- Hold for 10–15 seconds, then relax.

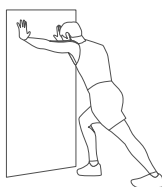
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COMMON ERRORS & TROUBLESHOOTING

Error Code	Cause	Solution
Er01	Loose connection between upper/lower control cables.	Reconnect and secure the cable.
	Damaged upper/lower control cable.	Replace the cable.
	Faulty display panel.	Replace the display panel.
	Damaged controller.	Replace the controller.
Er02	Unstable mains voltage or voltage spikes.	Install an external filter or voltage stabilizer.
	Damaged controller.	Replace the lower controller or send for repair.
Er03	Unstable mains voltage or voltage drops.	Install an external filter or voltage stabilizer.
	Damaged controller.	Replace the lower controller or send for repair.
Er04	Loose or disconnected main motor cable.	Reconnect and secure the cable.
	Main motor open-circuit or damaged.	Replace the motor.
	Controller open-circuit or damaged.	Replace the controller.
	Main motor jammed or burnt.	Replace the motor.
Er05	Unstable mains voltage or high voltage spikes.	Install an external filter or voltage stabilizer.
	Incorrect wheel diameter setting.	Reset the wheel diameter; do not exceed the motor's rated voltage.
	Damaged controller.	Replace the lower controller or send for repair.
Er06	Unstable mains voltage or high voltage spikes.	Install an external filter or voltage stabilizer.
	Incorrect wheel diameter setting.	Reset the wheel diameter; do not exceed the motor's rated voltage.
	Damaged controller.	Replace the lower controller or send for repair.
Er07	The safety key is not attached.	Attach the safety key properly.
	The safety key sensor wire is faulty.	Replace the safety key sensor wire.
	The display panel is damaged.	Replace the display panel.

Error Code	Cause	Solution
Er08	Damaged main motor.	Replace the motor.
	Faulty controller.	Replace the controller.
	Loose or poor cable contact.	Reconnect and secure all cables.
Er11	Loose or disconnected main motor cable.	Reconnect and secure the cable.
	Main motor open-circuit or damaged.	Replace the motor.
	Controller open-circuit or damaged.	Replace the controller.
	Main motor jammed or burnt.	Replace the motor.
Er13	Loose or disconnected Hall sensor cable.	Reconnect and secure the cable.
	Incorrect Hall signal sequence.	Correct the Hall wire sequence.
	Incompatible motor.	Replace the motor.
	Damaged controller.	Replace the lower controller or send for repair.
Er14	Controller overheating.	Stop operation and allow to cool down.
	Damaged controller.	Replace the controller.
Er15	Power transistor failure or controller damage.	Replace the controller.
	Motor short circuit.	Replace the brushless motor.
Er17	Large Hall signal deviation.	Replace the motor.
	Damaged controller.	Replace the lower controller or send for repair.
Er19	Faulty controller.	Replace the controller.
	Poor connection.	Reconnect and secure all cables.
	Faulty lifting motor.	Replace the lifting motor.

CARE & MAINTENANCE

To prolong the lifespan of your treadmill, it is recommended to turn it off after 2 hours of continuous use and let it rest for 10 minutes before using it again.

Cleaning

- Regular cleaning helps extend the lifespan of your treadmill and maintain optimal performance.
- Sweep the exposed edges of the running belt to minimize debris accumulation underneath.
- Ensure shoes are clean before using the treadmill to prevent dirt and foreign objects from wearing down the running deck and belt.
- Wipe the running belt with a soapy damp cloth to remove sweat and dirt.
- Avoid splashing water on electrical components or beneath the running belt to prevent damage.

Running Belt Lubrication

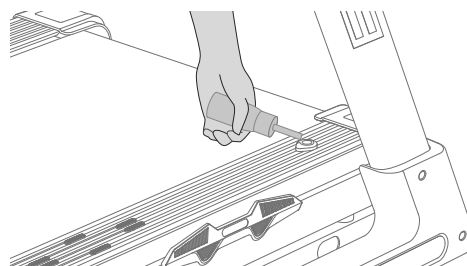
Your treadmill has been pre-lubricated with lubricating oil to reduce friction between the running belt and deck. Proper lubrication is essential for maintaining performance and longevity, but excessive lubrication is not recommended.

When to Lubricate:

Power off the treadmill. Lift the running belt and reach your hand underneath toward the center. If your hand feels slightly oily, lubrication is not required. If the deck feels dry and there is no lubricating oil residue, lubrication is needed.

How to Lubricate:

- Uncover the lubricating oil injection hole.
- Pour approximately 10 ml of lubricating oil into the hole, then cover the hole.
- Power on the treadmill and start the running belt at its lowest speed to distribute the oil evenly.
- Step onto the running belt and walk to help distribute the lubricant evenly.
- Let the treadmill run for 8–10 minutes to ensure the oil is fully absorbed.



Lubrication Frequency:

- Light use (< 3 hours/week): Every 6 months
- Moderate use (3–5 hours/week): Every 3 months
- Heavy use (> 5 hours/week): Every 1.5 months

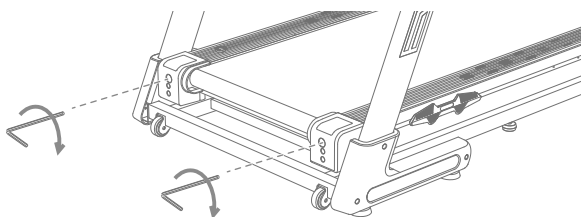
WARNING:

Always unplug the treadmill before cleaning or servicing it.

Running Belt Adjustment

Proper tension in the running belt is essential for safe and efficient treadmill performance.

- If the running belt is too loose, it may slip while running, which can be dangerous.
- If the running belt is too tight, it may strain the motor, reduce performance, and cause excessive wear and tear on the rollers and belt.

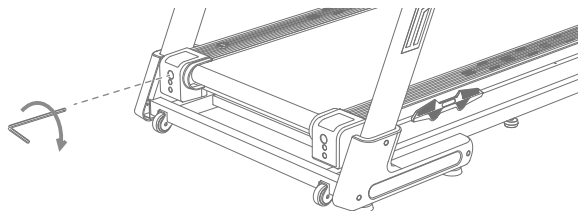


NOTE:

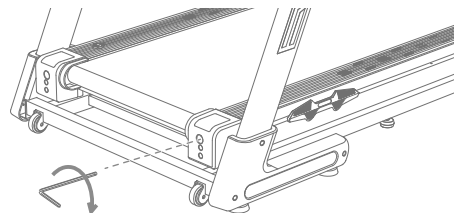
- The running belt has been pre-adjusted before shipping. Please check it upon receiving the treadmill.
- If the belt stops or slips during use, gradually tighten both adjustment bolts clockwise with the Allen key until the issue is resolved.

Running Belt Centering

1. Place the treadmill on a flat and stable ground.
2. Power it on and set the running belt to a low speed.
3. If the running belt shifts to left, turn the left adjustment bolt clockwise 1/4 turn at a time using the Allen key. Wait 30 seconds for the belt to realign. Repeat as needed until the belt is centered.



4. If the running belt is too close to the right side rail, turn the right adjustment bolt clockwise 1/4 turn at a time. Wait for 30 seconds, and the running belt will automatically return to the right position. Please repeat until the belt is centered.



NOTE:

When the running belt deviates, it will automatically re-center at a moderate speed without a load. If it does not center automatically, follow the steps above to adjust it manually.

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, and (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.

Even used batteries may cause severe injury or death.

Call a local poison control center for treatment information.

Non-rechargeable batteries are not to be recharged.

Do not force discharge, recharge, disassemble, heat above (manufacturer's specified temperature rating) or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns.

Ensure the batteries are installed correctly according to polarity (+ and -).

Always completely secure the battery compartment. If the battery compartment does not close securely, stop using the product, remove the batteries, and keep them away from children.