

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.

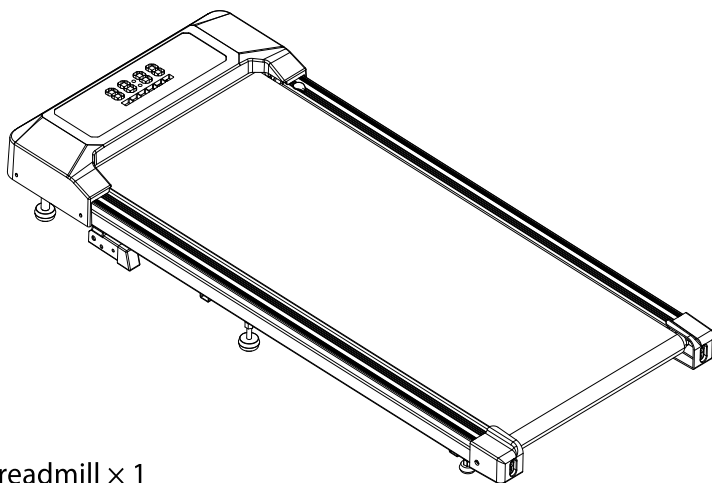
Safety Precautions

WARNING: Before starting any exercise program, it is recommended to consult a professional doctor first, especially for those over 35 years old or with a history of health issues. We shall not be liable for any injuries caused by failure to follow this advice. Ensure the treadmill is fully installed according to the manual before connecting to power.

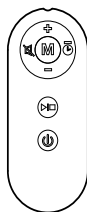
1. When positioning the treadmill, do not block wall sockets. Leave 0.8m of space in front for easy plugging.
2. Maintain 0.8m of safe space on both sides of the treadmill, and a 2m (length) × 1m (width) clearance area at the rear.
3. Plug the power cord into a grounded electrical outlet. The treadmill's power cord is specialized; if damaged, contact our company directly for replacement by a professional.
4. Do not splice, extend, or replace the power cord or plug. Avoid placing heavy objects on the cord, exposing it to heat sources, or using multi-outlet adapters. These actions may cause poor contact, fire, or electric shock.
5. The treadmill is for indoor use only. Place it on a clean, flat surface, away from moisture. Do not use it on thick carpets (which block air circulation under the machine).
6. Please note that the treadmill is a specialized equipment, do not alter or repurpose it for other uses. Do not insert any objects into the machine, as this may cause damage.
7. Keep children and pets away during use. Minors must be supervised by an adult when using the treadmill.
8. Avoid wearing loose or overly long clothing to prevent snagging. Wear rubber-soled running shoes.
9. Wait at least 40 minutes after eating before engaging in strenuous exercise.
10. If the treadmill suddenly accelerates or speeds up uncontrollably due to an electronic system issue, press the stop button on the remote control immediately to halt operation.
11. If the treadmill cannot stop due to an electronic failure, jump off the running area, turn off the power immediately, and contact after-sales service.
12. When the treadmill is not in use for an extended period, unplug it and store the power cord properly. To disconnect, grasp the plug (not the cord) to avoid damaging internal wires.

Packing List

When you open the packaging box, you can take out the following components from inside the box.



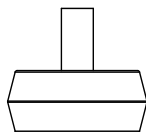
① Treadmill × 1



② Remote control × 1



③ Lubricating oil (25ml) × 1



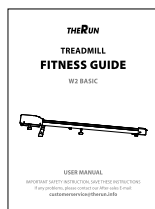
④ Foot pad × 2



⑤ Power cord × 1



⑥ L-shaped wrench × 1



⑦ Manual × 1

Technical Parameters

Model	TJ07
Working voltage	AC 100–120 V, 60 Hz
Product size	1164*518*194 (mm)
Product weight	16.7kg / 36.82lbs
Motor power	Brushless motor 0.75-2.5HP
Effective running area	1000*415 (mm)
Speed	0.6—4mph / 1-6km/h
Auto incline	5° / 10%
Maximum load	120kg / 265lbs
Remote battery	CR2032: 3V / 210mAh
APP	Zwift, Kinomap, Fitness

WARNING

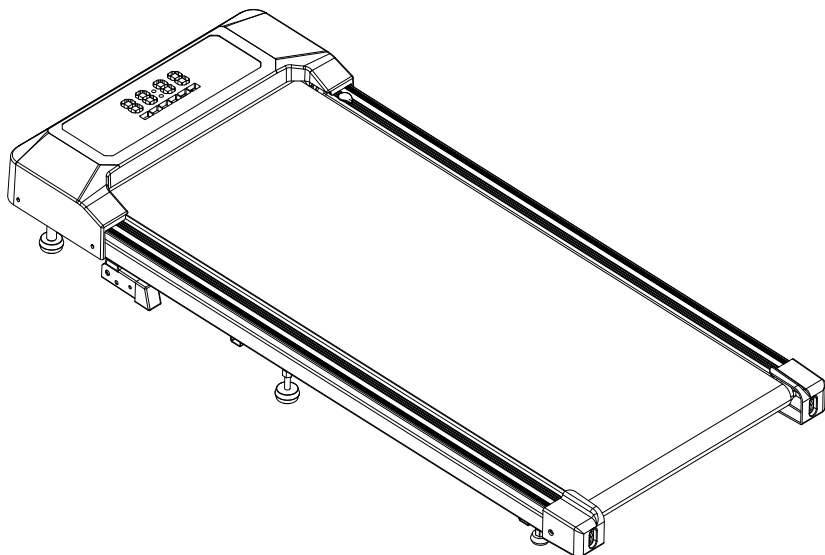
- **INGESTION HAZARD:** This product contains a button cell or coin battery.
- **DEATH** or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause **Internal Chemical Burns** in as little as **2 hours**.
- **KEEP** new and used batteries **OUT OF REACH** of **CHILDREN**.
- **Seek immediate medical attention** if a battery is suspected to be swallowed or inserted inside any part of the body.
- Button Lithium Manganese Battery **CR2032 3V 210mAh**.



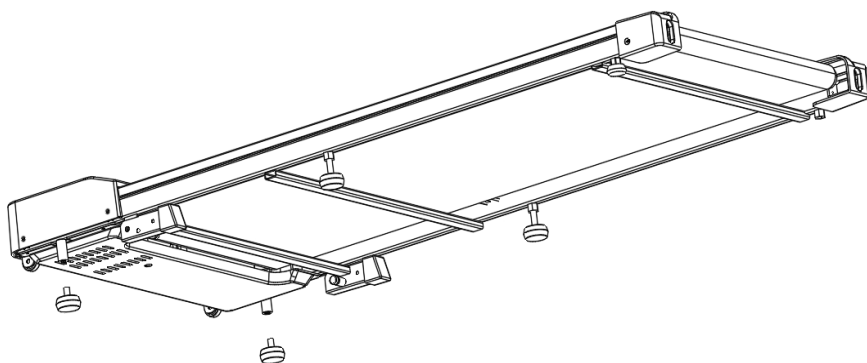
Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children. Do NOT dispose of batteries in household trash or incinerate.

Assembly Steps

1. Open the package, take out all assembly parts, and place the main unit flat on the ground.



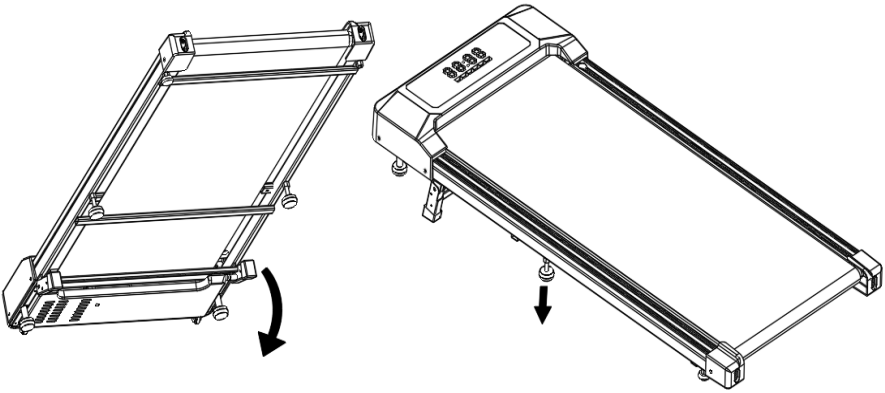
2. Screw the foot pad onto the front end of the treadmill's bottom.



3. Incline Adjustment:

Stand the machine upright, kick open the incline adjustment mechanism in the direction of the arrow shown in Figure 1. As shown in Figure 2, adjust the middle pad to touch the ground to achieve an incline. Reverse the operation if no incline is needed.

Note: Always unplug the power cord before adjusting the incline.



4. Power on for use

- 1) Connect the power cord.
- 2) Turn on the power switch.
- 3) Operate the remote.

