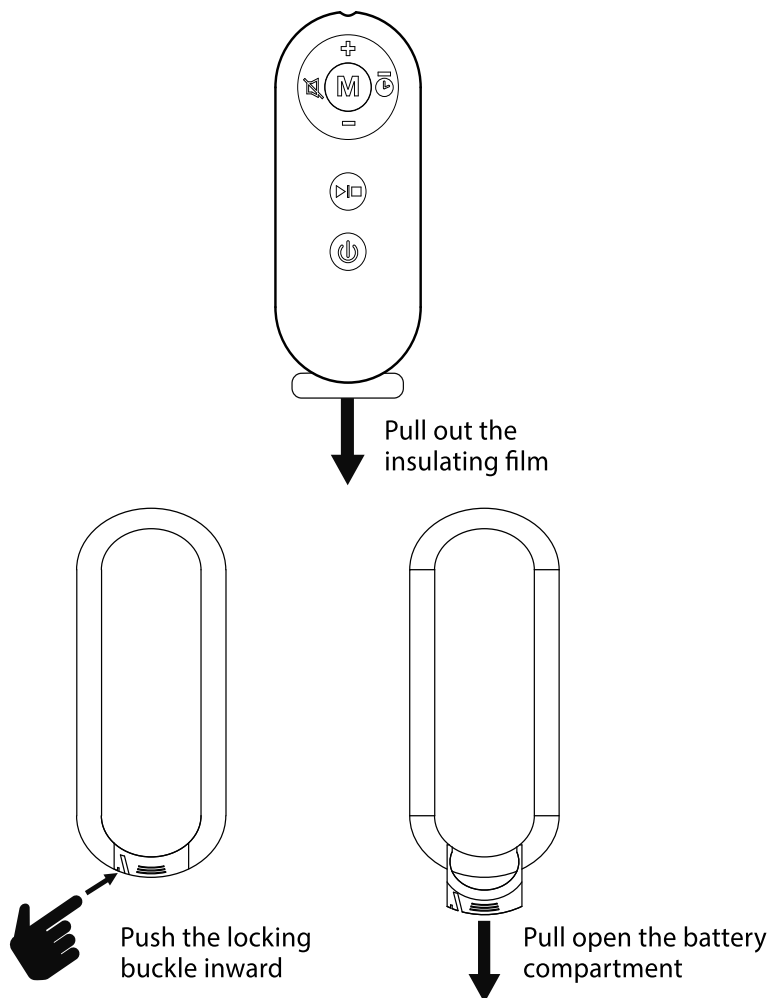


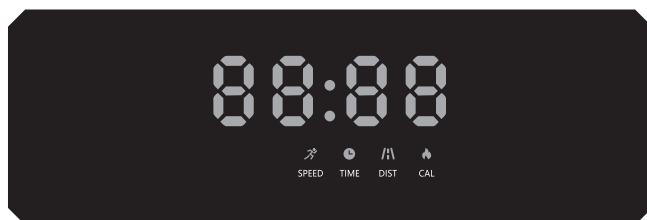
5. Remote Control Usage Instructions

- 1) Pull out the insulating film from the gap at the bottom of the remote control, and the remote control will work normally.
- 2) The remote control is equipped with a magnet and can be magnetically attached to the iron frame of the treadmill.
- 3) If the remote control needs a battery replacement, push the locking buckle inward, then pull the battery compartment downward to replace the battery.

Battery Model: CR2032



Product Operating Instructions



1. Window Display

The information displayed in different windows is as follows:

1) SPEED:

Displays the current speed value. The speed display range is 0.6 -4MPH.

2) TIME:

Displays the exercise time. It counts forward from 0:00 to 99:59. When the timing reaches 99:59, the treadmill will decelerate smoothly and stop running, and the exercise data on the treadmill and the APP will not be retained.

3) DIST:

Displays the exercise distance. It counts forward from 0.0 mi to 99.0 mi, count again after overflow.

4) CAL:

Displays the calories burned value. When displaying the calories burned value, it counts forward from 1 to 990, count again after overflow.

When the treadmill is running, the display window switches automatically every 5 seconds (in the order of "SPEED", "TIME", "DIST", "CAL").

2. Remote Control Instructions

1) "▶|■" Start/Pause Key:

Start: When the power is on, press this button to start, after the screen displays "3", "2", "1" countdown, the treadmill starts running at a speed of 0.6mph.

Pause: During exercise, you can press this button to pause the treadmill operation. After pressing the pause button, the treadmill will slow down smoothly until it comes to a complete stop, and the interface will display "PAU".

When the treadmill is paused, it will slow down smoothly and other exercise data will be retained. After restarting, the speed will be 0.6 mph, and other data will show the values before the pause.

2) " ⏻ " Power Off Key:

When the treadmill is in standby mode or pause mode, pressing this key will stop its operation and reset the data.

3) " + " Speed Increase Key:

Increases the speed after the treadmill is started. The speed range is 0.6–4 mph, with an adjustment increment of 0.1 mph per press. It will increase continuously if held down for more than 1 second.

4) " — " Speed Decrease Key:

Decreases the speed after the treadmill is started. The speed range is 0.6–4 mph, with an adjustment decrement of 0.1 mph per press. It will decrease continuously if held down for more than 1 second.

5) " 🔊 " Mute Key:

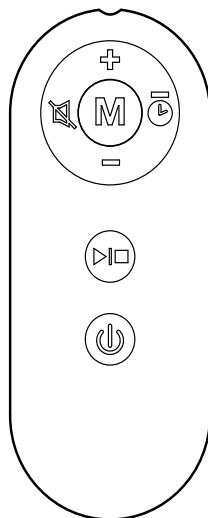
Turns the keystroke sound on or off.

6) " ⌚ " Data Switch Key:

It allows quick switching between data windows.

7) " M " Countdown Mode:

You can set targets for "TIME", "DIST", "CAL".



3. Countdown Mode

Press the " M " in standby mode to enter the countdown mode.

Note: It is not possible to enter the countdown mode in pause mode, you must press the " ⏻ " to return to standby mode.

1) H-1: Time Countdown Mode

When the display shows "30:00" and starts flashing, use the " + / — " to set the desired workout time (range: 8:00 – 99:00 minutes). Press the " ▶|■ " to start.

During operation: The time display counts down from the set value, while the distance and calorie displays count up from zero. Adjust the speed using the " + / — ". When the set time counts down to zero, the treadmill will gradually stop and all data will reset.

2) H-2: Distance Countdown Mode

When the display shows "1.0" and starts flashing, use the " + / — " to set the desired workout distance (range: 1.0 – 99.0 miles). Press the " ▶|■ " to start.

During operation: The distance display counts down from the set value, while the time and calorie displays count up from zero. Adjust the speed using the “ + / – ”. When the set distance counts down to zero, the treadmill will gradually stop and all data will reset.

3) H-3: Calorie Countdown Mode

When the calorie display shows "50" and starts flashing, use th “ + / – ” to set the desired calorie target (range: 20 – 990 calories). Press the “▶|■” to start.

During operation: The calorie display counts down from the set value, while the time and distance displays count up from zero. Adjust the speed using the “ + / – ”. When the set calories count down to zero, the treadmill will gradually stop and all data will reset.

4. Sleep Mode:

The device will enter sleep mode if no operation is performed for 10 consecutive minutes in standby state; press any key to wake up the screen after entering sleep mode.

5. Shutdown:

The treadmill can be turned off at any time by turning off the power switch so that the treadmill will not be damaged.

Please contact our after-sales service team if you have any problem.

Our After-sales E-mail: **customerservice@therun.info**

Error Message Prompt Explanation

Er01 Common Problem Solutions	Loose connection of the main harness between upper/lower controllers	Re-reinforce the cable connector
	Faulty main harness between upper/lower controllers	replace the upper and lower control cables
	Faulty Display	replace the electronic meter
	Faulty Controller	replace the controller
Er02 Common Problem Solutions	The user's grid voltage is unstable, with very low peak voltages	Need to add external filter regulator
	The controller is damaged.	Replace the lower control, waiting for repair
Er03 Common Problem Solutions	The user's grid voltage is unstable, with very low peak voltages	Need to add external filter regulator
	The controller is damaged.	Replace the lower control, waiting for repair

Er04 Common Problem Solutions	The main motor cable is disconnected or loose.	Re-secure the main motor cable.
	The main motor is open circuited or damaged.	Replace the motor.
	The controller is open circuited or damaged.	Replace the controller.
	The main motor is stalled or damaged.	Replace the motor.
Er05 Common problem solutions	The user's grid voltage is unstable, with high spikes.	An external filter and voltage regulator are required.
	The wheel diameter is incorrectly set.	Reset the wheel diameter to avoid exceeding the motor's rated voltage.
	The controller is damaged.	Replace the lower controller and wait for repair.
Er06 Common problem solutions	The user's grid voltage is unstable, with high spikes.	An external filter and voltage regulator are required.
	The wheel diameter is incorrectly set.	Reset the wheel diameter to avoid exceeding the motor's rated voltage.
	The controller is damaged.	Replace the lower controller and wait for repair.
Er08 Common problem solutions	The main motor is damaged.	Replace the motor.
	The controller is abnormally damaged.	Replace the controller.
	The cable contact is abnormal.	Re-seal and reconnect the cables.
Er11 Common problem solutions	The main motor cable is disconnected or loose.	Re-secure the main motor cable.
	The main motor is open circuited or damaged.	Replace the motor.
	The controller is open circuited or damaged.	Replace the controller.
	The main motor is stalled or damaged.	Replace the motor.
Er13 Common problem solutions	The motor's Hall signal cable is disconnected or loose.	Re-tighten the cable.
	The motor's Hall signal cable timing is incorrect.	Change the motor's Hall signal cable timing.
	The motor is mismatched.	Replace the motor.
	The controller is damaged.	Replace the lower controller. Repair is pending.
Er14 Common problem solutions	The controller temperature is too high.	Stop using and cool down.
	The controller is abnormally damaged.	Replace the controller.
Er15 Common problem solutions	Power transistor breakdown, controller damage.	Replace the controller.
	Motor short circuit.	Replace the brushless motor.
Er17 Common problem solutions	Hall signal error is too large.	Replace the motor.
	Controller is damaged.	Replace the lower controller. Pending repair.
Er19 Common problem solutions	Controller abnormally damaged.	Replace the controller.
	Contact failure.	Reseat the reinforcement cable.
	Lift motor failure.	Replace the lift motor.

Exercise Recommendations

If You Are Using a Treadmill for the First Time.

Exercise Preparation

- Before starting any exercise, it's important to understand your current health condition in order to develop a workout plan that suits your needs. We recommend consulting a doctor or fitness professional. This can help you achieve better results with less effort and reduce the risk of injury.
- Before using the electric treadmill for the first time, please stand beside it to familiarize yourself with the controls: how to start, stop, and adjust the speed. Only after you are comfortable with the operation should you begin using it.
- When starting out, it is recommended to set the treadmill to a low speed of 0.6–1.8 MPH. Once you feel accustomed to the motion, gradually increase the speed to 1.9–3.1 MPH. Maintain this pace for about 10 minutes, then slowly bring the treadmill to a stop.
- Do not run at high speeds during your first use to avoid the risk of falling.

What to Wear

Wear a good pair of athletic or running shoes. Ensure the soles are clean and free of debris to avoid damaging the treadmill.

Wear comfortable, breathable clothing, preferably cotton sportswear that allows for free movement and ventilation.

Exercise Safety Tips

Consult a fitness professional before starting your workout. They can help you determine the appropriate frequency, intensity, and duration based on your age and physical condition.

If you experience any of the following during exercise:

- Chest tightness or pain
- Irregular heartbeat
- Shortness of breath
- Dizziness
- Or any other discomfort

Stop immediately and consult a healthcare professional before continuing.

Product Cleaning & Maintenance

Product Cleaning & Maintenance

Regular and proper cleaning can significantly extend the lifespan of your electric treadmill.

Warning:

Always unplug the power cord before performing any cleaning or maintenance.

Cleaning Instructions

Regularly remove dust to keep all components clean. Be sure to clean the exposed areas on both sides of the running belt to prevent dirt buildup underneath the belt. Ensure your athletic shoes are clean before each use to avoid bringing debris onto the treadmill, which could damage the running board and belt.

To clean the running belt surface, use a damp cloth with mild soap.

Avoid splashing water on electrical components or under the belt.

Lubrication Maintenance

Warning:

At least once per year, remove the motor cover to vacuum dust from the motor and running belt, and apply silicone lubricant. Always unplug the treadmill before removing the motor cover.

Steps to Apply Lubricant

1. Power off the treadmill.
2. Lift one side of the belt and apply about 10 ml of silicone oil between the belt and the running board.
3. Lower the belt, turn on the treadmill, and run it at 1 KM/H (0.6 MPH) for a few minutes.
4. Gently step on the front area of the belt from left to right for 8–10 minutes to ensure the oil is evenly distributed.

