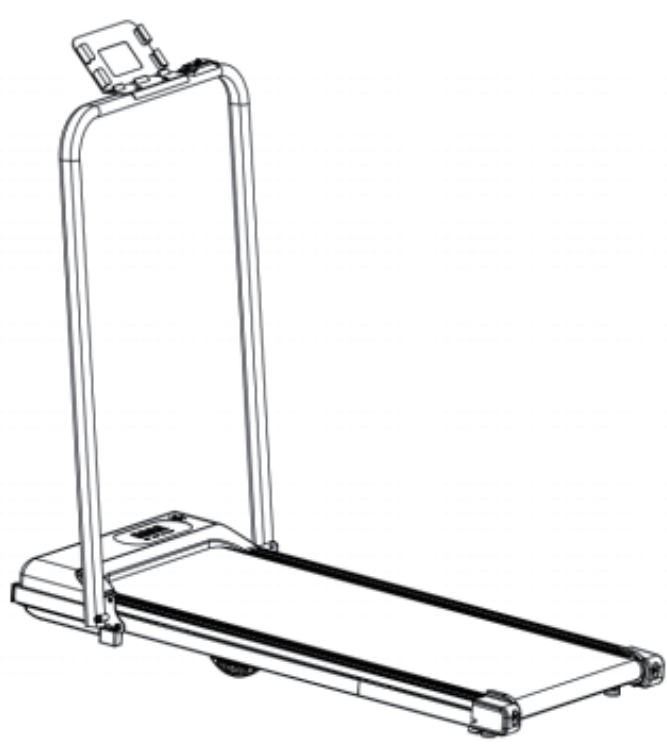


Treadmill instruction



Catalogue

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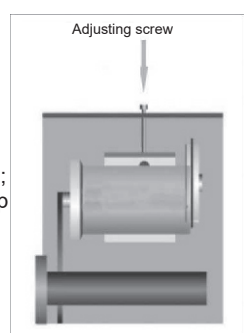
5. Adjustment of drive belt
All products are driven before leaving the factory. Belt adjustment, but it may slip after a period of use, which is mainly adjusted by users themselves.

Adjustment steps (as shown):
1. Turn the adjusting bolt clockwise with a wrench;
2. The adjustment range shall be subject to no slip with load.

Note: Clean the inclusions in belt groove and pulley groove regularly.

6. Handling method of running belt slipping or stopping
First, open the front motor cover, then turn on the machine, hold the handrail with both hands and pedal the running belt with both feet, and visually observe whether the motor transmission belt stops or the running belt stops. If it is running belt, adjust the running belt, and if it is motor transmission belt, adjust the motor.

This manual is for reference only, please take the material object as the standard, and the products are subject to change without prior notice!



Guarantee card

User name: _____ Company name: _____

Product name: _____ Model: _____

Place of purchase: _____ Time of purchase: _____

Warranty period:
Since the date of purchase, the whole machine is guaranteed free of charge for one year (man-made damage is not covered by the warranty). Please keep the shopping voucher and warranty card properly.

Maintenance service description:
1. The goods shall be installed and used according to the instructions in the product drawings, and any damage or accident caused by installation errors or improper use shall not be classified as free maintenance.
2. If the goods need to be repaired, this card and the purchase certificate must be attached to the designated maintenance center for maintenance.
3. Maintenance fees are charged for those beyond the free range.

Use time	Product name	Model	Place of purchase	Time of purchase

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Note:

Before the product is assembled, please read the operating instructions carefully. If assembly difficulties still occur, please take the initiative to ask our customer service. If the product fails due to improper manual assembly, we will not accept returns!

When returning goods, they should be returned together with the main goods and accessories in the original packaging. If there are human factors, the missing parts (cartons or spare parts) must be compensated according to the price.

In order to ensure the safety of use, when the machine is running, it is strictly forbidden to move or move the machine at will, so as to avoid accidental finger or body injury. If it is used improperly, the company cannot be held responsible.

Warning:

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

NOTE:

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.

FCC Statement:

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 equipment complies with FCC Radiation exposure limit set forth for uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator and your body.

Model packing list:

Seri/rater	Name	Unit	Quantity
1	Host machine	Platform	1
2	Accessories package	Set	1
3			

Seri/rater	Name	count	Seri/rater	Name	Quantity
01	Allen key 5#	1	04	Remote control	1
02	silicon oil	1 bottle	05		
03	Instructions	1 book	06		

Technical parameters:

Operating Voltage	AC220V 50-60Hz
Maximum Safe Load	100KG
Expanded Size	1100*525*100MM
Folding Size	160*525*100MM
Effective Running Area	930*370MM
Speed	1-8km
Motor Function	Walking and running
Electric Shock Protection Class	Class I

Please read this manual carefully before use.
Please keep this manual safely for use.
Product appearance, color or surface pattern shall be subject to reality.
Our products are constantly updated without prior notice.

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Maintenance of products

lubricate
After the running belt is used for a period of time, it must be lubricated with specially configured methyl silicone oil.

Suggestion:
Use time less than 3 hours per week 5
Lubricate once every 5 months.
Weekly use time is 4-7 hours.
Lubricate once a week every 2 months.
Use for more than 7 hours and lubricate once a month.
Do not over-lubricate, the more lubricants, the better. Remember: reasonable lubrication is an important factor to improve the service life of products.

2. Lubrication method
As for the way to check whether it is necessary to add lubricant, just grab the running belt and touch your hand as far as possible to the center of the back of the running belt. If the running belt is stained with silicone (a little wet), it means that it is not necessary to add lubricant. If the running board is dry and silicone is not felt in the running belt, lubricant needs to be added.

Run the machine at a speed of 1KM/H to apply silicone evenly, and lightly step on the running belt from left to right for about a few minutes, so that silicone can be completely absorbed by the running belt.

3. Adjustment of running belt tightness
The running belt of all products should be adjusted before leaving the factory and after installation, but it may be slack after a period of use.
For example, the user stops and slips when walking. When this happens, adjust the running belt adjusting bolt clockwise by half a turn. If the running belt is loose, the running belt and the roller will slip when stepping on it, but it is not good to tighten it too tightly, which will easily increase the load of the motor and damage the motor, the running belt and the roller.

4. Belt running deviation adjustment All products should be adjusted before leaving the factory and after installation, but it may run deviation after a period of use. The reasons for this phenomenon are as follows:
1. The host is uneven.
2. The user's feet are not in the center of the running belt when exercising.
3. The uneven force exerted by the user's feet artificially causes the running deviation, which can be restored to normal after a few minutes of idling. For the running deviation that cannot be automatically restored, use the randomly worn 54# Allen wrench to gradually adjust it in a quarter turn. The running deviation does not belong to the warranty scope, and it is mainly maintained by the user according to the manual. The running deviation will seriously damage the running belt, so it must be found and corrected in time.



If the running belt deviates to the left, adjust it clockwise.
Left screw or adjust right screw counterclockwise.

If the running belt is biased to the right, adjust it counterclockwise.
Right screw or adjust left screw counterclockwise.

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Six, shut down:

You can turn off the treadmill at any time by turning off the power switch, which will not damage the treadmill.

VII. Error message

serial	Display code	breakdown	Fault judgment	Solution
1	E02	Motor overvoltage protection	1. The user's grid voltage is unstable and the peak voltage is very high; 2. The wheel diameter value is set incorrectly; 3. The controller is damaged;	1. Need to add external filter capacitor; 2. Reset the wheel diameter value and try not to exceed the rated voltage of the motor; 3. Replace the controller;
2	E03	Overcurrent protection	1. The load is too heavy; 2. The motor or roller is jammed with foreign objects; 3. The roller is not lubricated enough, and the resistance increases; 4. The controller is damaged; 5. Motor damage resistance increases;	1. Reduce the load and try not to exceed the rated load; 2. Eliminate jammed foreign bodies; 3. Replace the controller; 4. Replace the motor;
3	E04	Main motor open circuit	1. The main motor wire is not connected or loosened; 2. The main motor is open and damaged; 3. The controller is open and damaged;	1. Re-reinforce the connecting wire of the main motor; 2. Replace the motor; 3. Replace the controller;
4	E06	Communication error	1. The interface of the upper and lower control main connecting wires is loose; 2. The upper and lower control main connecting wires are broken; 3. The electronic switch is broken; 4. The controller is damaged;	1. Re-reinforce the connection interface; 2. Replace the upper and lower control main connecting wires; 3. Replace the electronic switch; 4. Replace the controller;
5	E0C	Power limitation (over-temperature)	1. The power transformer is broken down and the controller is damaged;	1. Replace the controller;

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Second, the safety precautions and warning instructions

Note: Please read the instructions carefully before use and pay attention to the following safety precautions.

- ◆ This machine is suitable to be placed indoors, so as to avoid moisture, splash water on the machine and place any foreign objects.
- ◆ Please wear appropriate sportswear and sports shoes before exercise. It is forbidden to exercise barefoot on the machine and stretch at will.
- ◆ The power plug must be reliably grounded, and the socket should have a special loop to avoid sharing with other electrical equipment.
- ◆ Children should pay attention to this machine to avoid accidents.
- ◆ Overload operation for a long time should be avoided, otherwise the motor and controller will be damaged, the wear and aging of bearings, running belts and running plates will be accelerated, and regular maintenance will be done.
- ◆ Reduce indoor dust, maintain indoor humidity and avoid generating strong static electricity, otherwise it may interfere with the normal work of electronic systems and controllers.
- ◆ Please turn off the power of the machine after using the exercise.
- ◆ Please keep indoor air circulation when using the product.
- ◆ If you feel unstable or abnormal during use, please stop exercising and consult a doctor.
- ◆ After using silicone oil, it must be stored out of the reach of children to avoid serious consequences caused by eating it by mistake.
- ◆ Warning: To reduce accidents or injuries to others, please observe the following regulations:
Please check whether the rollers are jammed or sagged before using the product.
Don't wear clothes that are easily hooked by machines.
Don't put the power cord near hot objects.
Keep children away from the machine.
Don't use the machine outdoors.
The power supply must be cut off before moving the machine.
Non-professionals are not allowed to disassemble the machine without authorization, otherwise serious consequences may occur.
This machine is only used in 230V circuits.
Only one person can exercise on the machine after the machine is started.
If you feel dizzy, hot, or have a headache or dizziness during exercise, please stop exercising immediately and consult a fitness instructor or doctor.

Warning! Forced

- ◆ When you are being treated by a doctor or the following patients, please be sure to discuss with a special doctor before using it:
(1) People who are suffering from heart disease or those who have been treated for high blood pressure, heart disease, stroke, diabetes, and other chronic diseases.
(2) People with deformities, arthritis, rheumatism and gout.
(3) People with abnormal blood pressure.
(4) People with respiratory disorders (heart disease, vascular disease, hypertension, etc.).
(5) People with respiratory disorders.
(6) People who are using artificial heart rate regulators to implant in vivo medical electronic instruments.
(7) People with malignant tumors.
(8) Patients with thrombosis or severe leg pain, acute leg pain and other blood circulation disorders or various skin infections and other symptoms.
(9) Those who have peripheral disorders caused by high peripheral circulation disorder caused by diabetes.
(10) People with skin trauma.

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- (11) High fever (38 or above) due to illness, etc.
- (12) People with abnormal back bones or bent back bones.
- (13) Those who are pregnant or are likely to be pregnant or are in menstruation.
- (14) People who feel abnormal and need rest.
- (15) Those who are obviously in poor physical condition.
- (16) For the purpose of rehabilitation.
- (17) In addition to the above situation, I especially feel abnormal.

- ◆ May lead to accidents or poor health.
- ◆ Stop using it immediately and consult a doctor when you feel different body pains or abnormal coordinated feelings such as low back pain, numbness of legs and feet, dizziness and heartbeat during exercise.
- ◆ Do not let children use this product, and do not let children play around this product.
- ◆ If you don't comply, you may be in danger of injury.
- ◆ Please make sure that there are no people or pets around (at the back, bottom and front of the product) during use, when loading and taking out the product and making it slide.

Verboten!

- ◆ Don't use it when the shell is cracked, cracked and falls off (internal structure leaks out) or the welded part falls off.
- ◆ Otherwise, accidents or injuries may occur.
- ◆ Don't jump up or down during exercise.
- ◆ You may be injured by falling.
- ◆ Don't use and keep it in damp places such as outdoors and near the bathroom and in places where water drops are dripped.
- ◆ Don't use or keep it in places with direct sunlight, high temperature places around the stove, and heating appliances such as electric carpets.

- ◆ Otherwise, it may lead to leakage and fire.
- ◆ Do not use it when the power cord or plug is damaged or the socket is loose.
- ◆ Failure to do so may lead to electric shock, short circuit and fire.
- ◆ Do not damage or forcibly bend or twist the power cord. At the same time, don't put heavy objects on it, and don't get the thread caught.

- ◆ Otherwise, it will cause fire or electric shock.
- ◆ Do not use it with two or more people at the same time, and be careful not to let people around you get close to it during use.
- ◆ Otherwise, accidents or injuries may occur due to falls.
- ◆ Don't use it if you can't express your consciousness or operate it yourself.
- ◆ Avoid accidents or injuries may occur.

- ◆ Accidents or injuries may occur.
- ◆ Avoid touching water!
- ◆ Do not drench the main body or operating part with water or drinks.
- ◆ May cause electric shock and fire.

- ◆ People who don't usually exercise should not suddenly do intense exercise.
- ◆ Do not use it after eating or when you are tired, just exercising or in abnormal physical condition.
- ◆ May lead to damage to health.
- ◆ This product is suitable for family use, not for schools, gymnasiums and other unspecified places with a large number of people.
- ◆ There is a risk of injury.
- ◆ Do not use it while eating or doing other activities.
- ◆ Don't use it when you feel dull after drinking.

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Operation guide

First, the window shows:
This controller only has a digital tube display window, which displays "0", "1", "2" and "1" when the countdown is started. When the treadmill is running, the display windows are automatically switched every 5 seconds (TIME window, SPEED window, DIS window and CAL window in turn).
The information displayed in different windows is as follows:

- 1. "SPEED" window:
Displays the current speed value in the running state, and the speed display range is 1-6.0 km/h.
- 2. "TIME" window:
Display the exercise time, with the forward timing from 0: 00 to 99: 59, and the treadmill will slow down smoothly and stop running at 99: 59. The countdown will be reduced from the set time to zero. When the countdown reaches 0: 00, the treadmill will slow down smoothly and stop running, and it will enter the standby state 10 minutes after it stops completely.
- 3. "DIS" window:
Display the running distance. The forward count is from 0.00-99.90, and it will be counted again after overflow, while the reverse count will be reduced from the set value to zero. When it is counted back to zero, the treadmill will stop running at a steady speed, and it will enter the standby state 10 minutes after completely stopping.
- 4. "CAL" window:
Display the heat consumption value. When displaying the heat consumption value, it will count from 0.0 to 999.0 in the forward direction, and then count again after overflowing. When counting backwards, it will count back to 0 from the set value. When counting back to 0, the treadmill will stop running at a steady speed and enter the standby state 10 minutes after completely stopping.

- Third, the remote control key function:
1. "Power" is the power-off key; turn off the treadmill while it is running. In the standby state, turn off the display and enter the energy-saving state.
2. "Start/Stop" is the start/stop key; when the power is turned on, press this key at any time to start the running of the treadmill. During the exercise, you can stop the running of the treadmill and reset it to zero.
3. "Speed+" is the speed plus key; after the treadmill is started, the speed is increased, and the adjustment range is 0.1 km/time, and it will increase continuously when it is continuously pressed for more than 0.5 seconds.
4. "Speed-" is the speed reduction key; after the treadmill is started, the speed is reduced, and the adjustment range is 0.1 km/time, and it will continue to decrease when it is continuously pressed for more than 0.5 seconds.

- Fourth, the operation in the process of exercise:
1. Pressing the "Speed+" key will reduce the running speed of the treadmill.
2. Pressing the "Speed-" key will increase the running speed of the treadmill.
3. Press the "Start/Stop" button to slow down the running machine until it stops running.

V. Display range of each value:

Setting parameters	Initial	Set initial value	Set range	Indication range
Time (minutes/seconds)	0:00	30:00	5:00-99:00	0:00-99:59
Speed (km/h)	—	—	—	—
Speed (miles)	0.8	1.0	1-12 (1-8km)	1-12 (1-6km)
Distance (mi)	0.00	0.0	0.50-99.90	0.00-99.90
Heart rate (beats per minute)	—	N/A	—	—
Calories (kilocalories)	0.0	50.0	10.0-999.0	0.0-999.0

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Sports suggestions and guidelines

Warm up
It takes 5 to 10 minutes to warm up before each use of the machine. Breathe
Breathing should not be blocked during exercise. Usually, when preparing for reduction action, breathe in through the nose and exhale through the mouth. Breathing and action should be coordinated. If breathing is too rapid, stop exercise immediately.
Breathing should not be blocked during exercise. Usually, when preparing for reduction action, breathe in through the nose and exhale through the mouth. Breathing and action should be coordinated. If breathing is too rapid, stop exercise immediately.
Frequency
You should have a 48-hour rest when exercising muscles in the same part, that is, you can train the same part every other day.
Load
Load determines the weight of training according to the individual physical training state, and then exercises according to the principle of gradual load. Muscle soreness is normal in initial training, and it can be eliminated as long as you continue to practice.

Post
In order to protect the digestive system, you should exercise one hour after meals, eat at least half an hour after training, and drink less water during exercise, especially avoid drinking a lot of water, so as not to increase the burden on your heart and kidneys.

Stretching exercise
No matter how fast you walk, you should do stretching exercises first. Warm muscles are easier to stretch, so walk for 5-10 minutes to warm up. Then stop and do stretching exercises five times as follows, each leg for 10 seconds or more at a time, and do it again after the exercise.

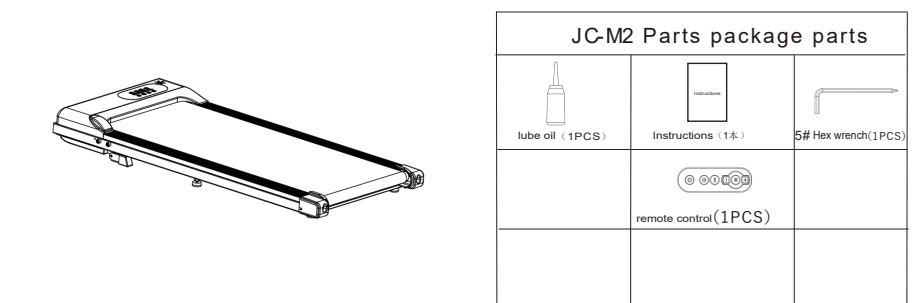
1. Stretch downward
Bend your knees slightly, bend your body slowly downward to prevent your back and shoulders from loosening. Touch your knee with your hands as much as possible for 10 ~ 15 seconds, then relax and repeat for 3 times (see Figure 1).
2. Forward extension
Sit on a clean cushion and straighten one leg. Retract the other leg inward to make it close to the inside of the straight leg, touch the toe of the leg as much as possible, hold it for 10-15 seconds, then relax, and repeat each leg for 3 times (see Figure 2).
3. calf and foot Achilles tendon stretching
Stand with two hands on the wall or table, one foot behind. Keep your hind legs upright and your feet on the ground, lean toward the wall on table for 10-15 seconds, then relax, and repeat each leg for 3 times (see Figure 3).
4. Stretching the head muscles
Hold the wall or table with your right hand for balance, then stretch your left hand backward, grab your left ankle and slowly pull it up to your hips until you feel the muscles in front of your thighs are very tense, and then pull it up for about 10-15 seconds, then relax and repeat it for 3 times on each leg (see Figure 4).
5. The sartorius muscle (the muscle on the inner thigh) stretches
Sit down with your legs facing each other, toes facing outward, grab your feet with both hands and pull them in the direction of abdominal groove, keep them at 10 ° for 15 seconds, then relax and repeat for 3 times. (see Figure 5)



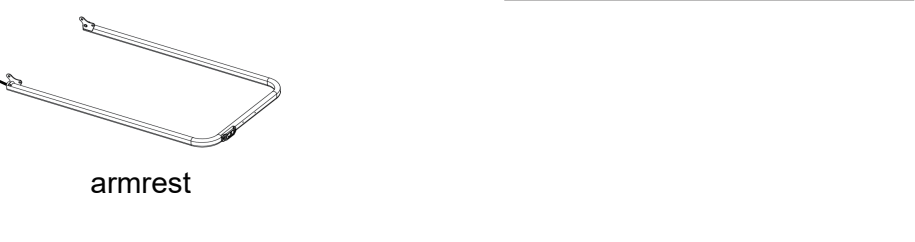
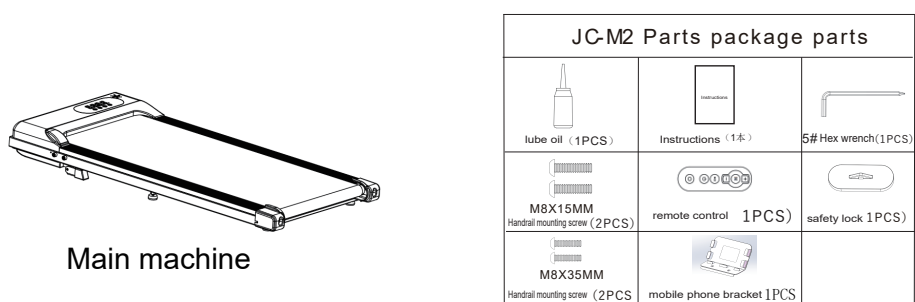
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Three, walking machine installation instructions

1) Open the package, take out the assembly parts in the box, and lay the machine flat on the ground. Plug it in and use it. (JC-M2 flat model only)



2) Installation instructions with handrails
1) Open the package, take out the assembly parts in the box, and lay the machine flat on the ground. Assemble screws and fix the machine (only for M2F handrails)



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3) Step 1: Take out the handrails and fix them on the platform body. First, fix the left and right handrails with M8*35 screws. After taking out MP*15, fix the left and right handrails. (Figure 1) After the handrails are fixed, connect the communication lines according to (Figure 2).

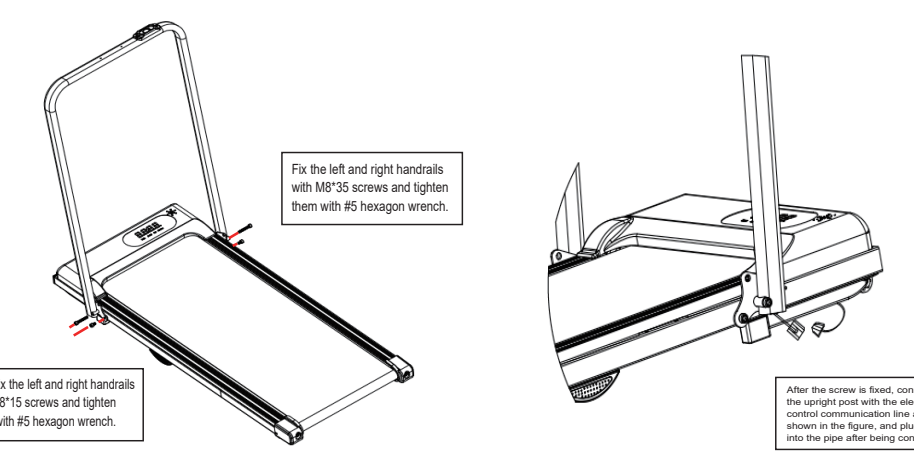


Figure 1

Figure 2

4. Step 2: Take out the mobile phone bracket and fix it on the armrest with screws ST4.0*15 (Figure 3). Finally, put in the safety lock according to (Figure 4), plug in the power supply, and use the remote control to drive the machine to run.

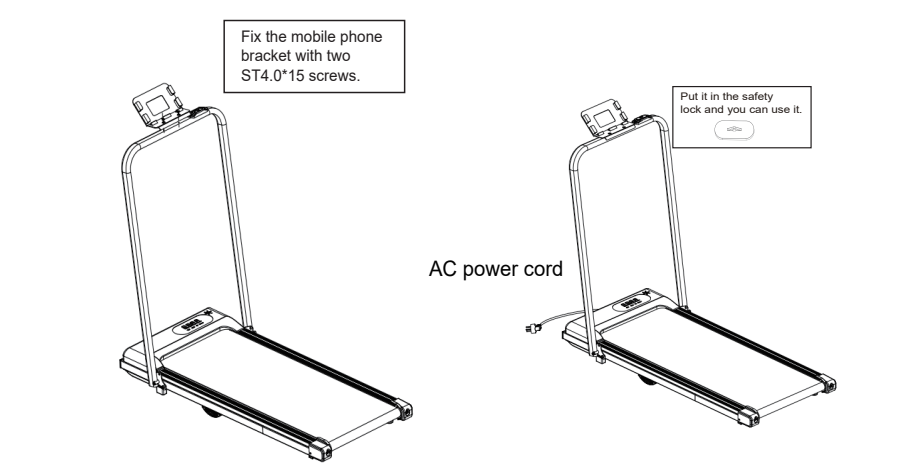


Figure 3

Figure 4

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