# MOTORIZED TREADMILL OWNER'S MANUAL



Please read all instructions carefully beforw using this product.

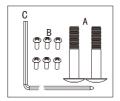
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## Packing list

Main frame		Safety locks	0-8
Right cover.		Left guard cover	
An oil bottle	À	knob	E)

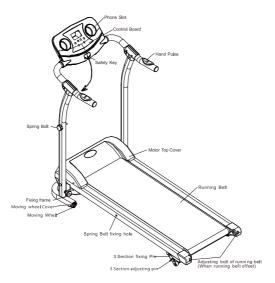
## Screw bag.



## List of Screw Bags

sequence number	name	number	sequence number	name	number
A	Hegonal screw M6 * 45 in semicircle	2	В	Semi-round cross-corner screw M4 * 14	6
С	M5 hexagonal wrench	1			

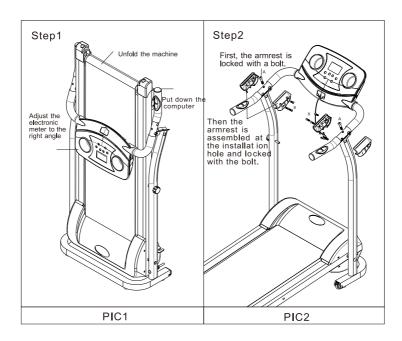
#### PRODUCT INTRODUCTION



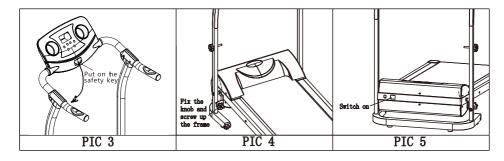
#### ASSEMBLY INSTRUCTIONS

Step 1:Take the treadmill out from packaging box, stand it on the floor, stretch out the treadmill, pull up the side handrail and place well the meter board. (as shown in Figure 1).

Step 2: Install the screws and the side handrail cover at the specified position. (Figure 2).

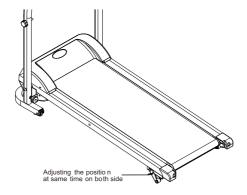


- Step 3: Install the safety key (Picture 3).
- Step 4: Install the frame fixing knob (Picture 4).
- Step 5: Turn on treadmill power switch (Picture 5).



5. Slopes adjustment, pull out latch from both sides and insert them to the suitable position when you need to adjust the slopes.

(Note: Insert into the same space on both sides)



#### **OPERATIONAL GUIDELINES**



#### 1. Description

Treadmill parameter; Sport parameter; Sport mode; Manual mode; Mode; Program mode.

#### 2. Parameter instruction

- Minimum speed 1km/h
- Maximum speed 12km/h
- Maximum exercise time: 45min under Time mode
- Minimum exercise time: 10min under Time mode
- Maximum exercise distance: 99km under Distance mode
- Minimum exercise distance: 1km under Distance mode
- Maximum calories consumption: 990cal under Cabries mode
- Minimum calories consumption: 20cal under Calories mode
- Minimum time: 10min under (P1-P12) Program mode
- Maximum time: 45min under (P1-P12) Program mode

### 3. LCD display instruction

LCD(94774) shows: Speed, Time, Distance, Calories.

#### 4. Button function

Function button: Speed Shortcuts +.-

"Start" button "Stop" button

"Program" button "Mode" button

"Speed+" button "Speed-" button

### 5. Button function and operation

"Start" button - Start the motor

"Stop" button - Stop the motor

"Program" button - Auto program selection

"Mode" button - Countdown mode selection

"Speed+/-" button - Adjust speed when running, adjust parameter value when setting

"Speed Shortcuts" - Directly select speed value when running

## 6. Sport modes

### A. Manual mode

Enter manual mode: After the electronic power meter-wide display, enter the initial

standby mode, then press the start button, enter to manual mode.

#### B. Countdown mode

- 1. Enter time countdown mode: In the initial standby mode press Kin selection time countdown mode, where the time window 1 0:00 minutes and flashing speed by +/-keys set the desired run time, set the range of 5:00-45:00 minutes, press the star t button to enter the running time countdown mode.
- 2. Enter distance countdown mode: In the initial standby mode, press the mode button to select the mode from the countdown, this time from the window 1.0 kilometers and flashes, the distance traveled by the speed +/- key set the desired setting range 1.0 to 99.0 kilometers, press Start key to enter the distance countdown mode.
- 3. Enter cabries countdown mode: In the initial standby mode, press the mode button to select the calorie countdown mode, then 50 calories window displays and flashing speed by +/- keys to set the required run-cabrie, setting range from 20 to 990, press the Start button to enter calorie countdown mode.

#### C. Auto mode

Enter auto mode: In the initial setting mode or standby state, press the key to enter the program automatic program selection. At this time window 1 0:00 minutes and flashe s through speed +/- keys set the desired run time, set the range of  $5:00\sim4.5:00$  minut es, press the Start button to enter the automatic program.

#### 7. Sleep Function

When the treadmill stops running without any operating more than 10 minutes into hibernation, spreadsheets automatically turn off the display, press any key to wake electronic form, re-enter standby mode after the initial full-display.

#### 8. Safety lock function

After normal use, the need to specify the location of the safety lock into electronic form before they can operate electronic form; safety lock to win, spreadsheets or E07 LCD window displays "---", and accompanied by a beep every second warning; as in the running, won the safety lock, the system will quickly stop, close again the safety lock, all motion data is cleared.

## 9. Each numerical display range:

	Initial	Set initial	Setting	Display	
	IIIIII	value	range	Range	
Time(min:sec)	0:00	10:00	5:00-45:00	0:00~ 45:00	
Speed(km/h)	0.0	N/A	N/A	1-12	
Distance(km)	0.0	1.0	1.0-99.0	0.0-99.9	
Calories(Kcal)	0	50	20-990	0-999	

## Schedule 1: P1-P12 Program motion map

Ţ	ime period	Tim	e set/	10 pei	riod=F	Run tiı	ne an	d down	time	period	ł
formu	la	1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
P2	SPEED	3	3	4	4	5	5	5	6	6	4
Р3	SPEED	2	4	6	8	7	8	6	2	3	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
P5	SPEED	3	6	6	6	8	7	7	5	5	4
P6	SPEED	2	6	5	4	8	7	5	3	3	2
P7	SPEED	2	9	9	7	7	6	5	3	2	2
P8	SPEED	2	4	4	4	5	6	8	8	6	2
Р9	SPEED	2	4	5	5	6	5	6	3	3	2
P10	SPEED	2	5	7	5	8	6	5	2	4	3
P11	SPEED	2	5	6	7	8	9	10	5	3	2
P12	SPEED	2	3	5	6	8	6	9	6	5	3

#### 6. Maintenance

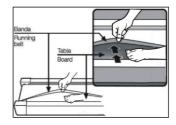
Warning: Before cleaning or maintaining the product, make sure that power plug of the electric treadmill is disconnected.

Cleaning: Full cleaning will prolong usage life of electric treadmill.

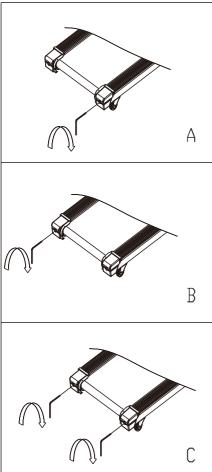
Please refer to the following silicone oil lubrication schedule between running belt and running board as a guideline(Usage method is shown in the below picture):

Usage	Frequency
Lightweight (use less than 3 hours per week)	Once a year
Middleweight (use 3 to 5 hours per week)	Once every six months
Heavyweight (use more than 5 hours per week)	Once every 3 months.

Silicone oil spray can be purchased from your local or contact with us directly.



#### Running belt adjustment



Place the treadmill on flat ground, set running speed to about 6-8km/h and watch the running belt deviations.

If the belt moves to right, take off the safety key and switch off power, tighten the right bolt about 1/4 of turn (clockwise), switch on the power and place the satety key to start the treadmill, then watch the running belt deviations. Repeat above steps till the running belt is centered.(Figure A) If the belt moves to left, take off the safety key and switch off power, tighten the left bolt about 1/4 of turn (clockwise), switch on the power and place the satety key to start the treadmill, then watch the running belt deviations. Repeat above steps till the running belt is centered.(Figure B) As the treadmill walking belt stretches through use it will become necessary to tension the belt. Take off the safety key and switch off power, tighten the left and right bolt about 1/4 of turn (clockwise)simultaneously. Switch on the power and place the satety key to start the treadmill, then stand on the running belt to check its tightness.Repeat above steps till tightness is moderate.(Figure C)

#### PRODUCT FEATURES

- 1.Everyone can use the product. (Old people and children need to be accompanyed by guardians to use the product.)
- 2. Compact and elegant appearance, easy to install.
- 3. Emergency stop device for safety protection.
- 4. Simple and convenient operation.
- 5. Max load is 120KG.
- 6. Selected high quality materials, stable structure, safety and reliability.

- 7. Folding-up functions for freely folding, save space, easy to move.
- 8. Intelligent control panel, LED display window (speed -, mode, program, speed +)

Full control of movement.

Speed range 1.0-12 Km/h.

#### IMPORTANT PRECAUTIONS

Please read and obey all instructions carefully before using this product.

Suggestions:

Make sure that you have no serious health problem to ues this product, or you can consult with your physician.

Clip safety key on clothes and don't take it off easily when walking on the treadmill.

Select the suitable speed range of your body conditions.

In case of feeling discomfort in use, stop the exercise immediately and consult the experts.

Please choose low walking speed at the beginning of the using this product, accelerate the speed gradually upon adaption.

Attention:

Children are prohibitted to play on the treadmill.

Old people and children must be accompanyed by guardians to use the product.

Avoid the product from high temperature and direct sunlight.

Do not use the treadmill in rugged and slopy places.

Do not ues the product after drinking or the body feels uncomfortable.

Contact with the relevant person in charge if power cable or and product damage

Pregnant women are prohibitted to use this product.

### Electronic table display code and exclusion

code	Fault description	Fault handling
E1	Communication exception	Signal lines blockde.Check that the lines are well connected.
E2	control didn'tdetect the motor	Check whether the mptor wire terminal and electrical control are well plugged in.
E3	No speed sensor signal	Detection of motor wire terminals and electrical controls are well inserted-whether the controller has odor replacement controller.
<b>E</b> 5	stream protection	Too heavy load.Motor card dead.Voltage too low.motor odor and damage.
E6	Square blast protection	Detection of voltage below 50%, electrical control of motor is different. Motor line is plugged in well.
E7	NO secure lock signal	Magnetic control tube is damaged.Magnetic control tube is not installed correctly.