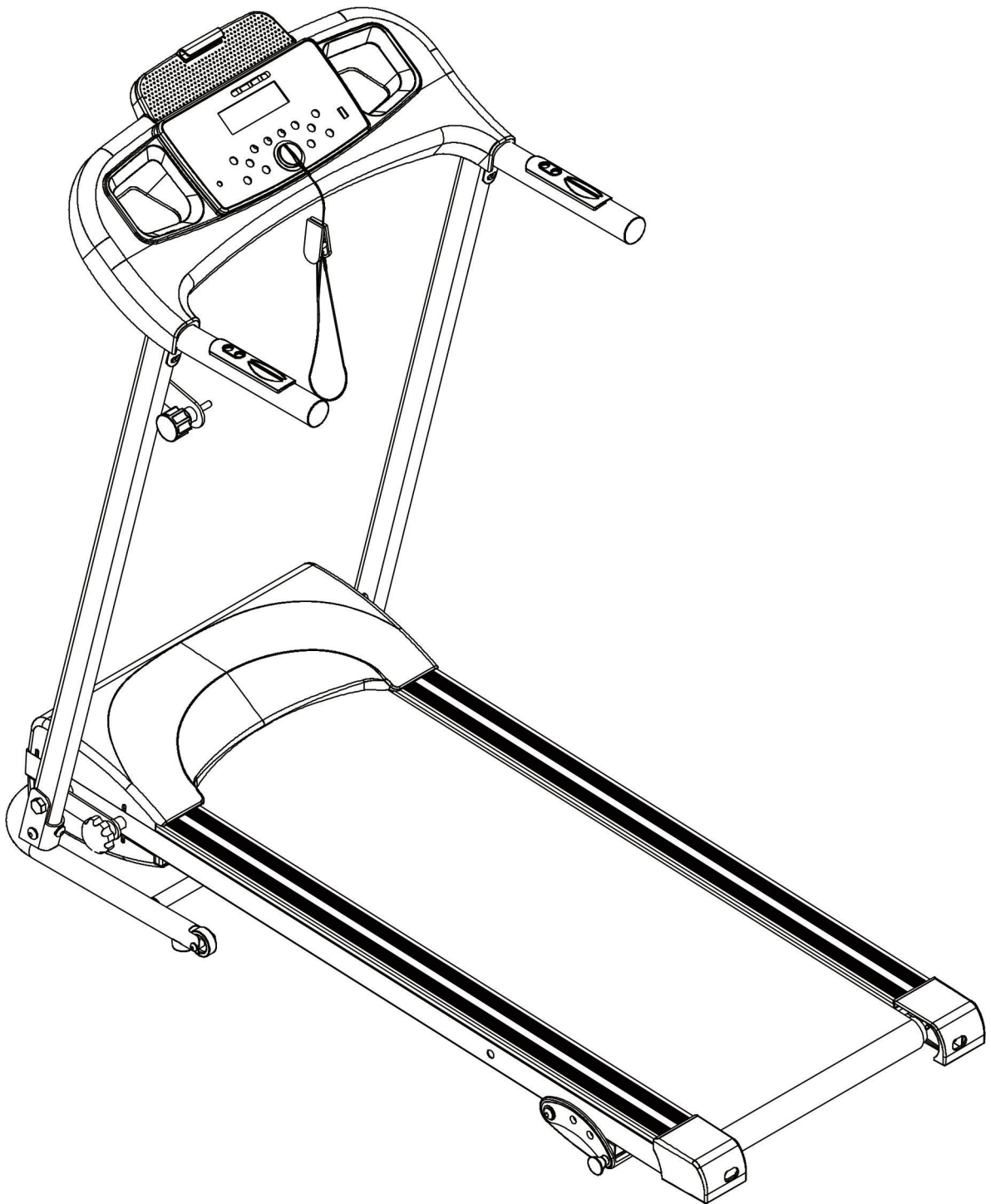


MOTORIZED TREADMILL



USER MANUAL

Please ensure you read the User Manual and Safety Instructions carefully before operating this machine.

1. CAUTION

To avoid any hurts, please read this manual carefully before using.



- For safety purpose, do not stand on running belt while start.
- Please stop immediately if you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or cramp.
- Please speed up slowly if needed.
- Adjustment of belt is prohibited during using.
- It is suggested to wear sports shoes while using this equipment.
- Children, the elder, the pregnant, and patients are prohibited from using this machine.
- Please clip the safety key on your clothing during using.
- Please firmly hold the handle bars during using.

2. SAFETY AND NOTIICE

- Please put the machine on flat ground. It is unsuitable to put the machine at following places:
 - ① Outdoors.(The machine is specially designed for indoor use only)
 - ② Slant ground or slant places on balcony.
 - ③ Sunlight area or near heater.
 - ④ Noisy places.
- The proper power for the machine is A.C 110V.
- Error may appear on display if the power is not stable. Please do not use the same socket together with computer, air conditioner etc.
- It is suggested to wear sports shoes and gym suit while use the machine.
- Please speed up or speed down slowly.
- Make sure no child or other object is near while folding or unfolding the machine.
- The treadmill should not be located near water or wet object. Error or damage may be caused if water or other liquids drop into the equipment.

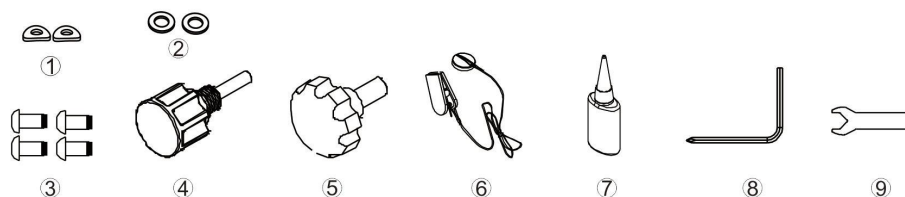
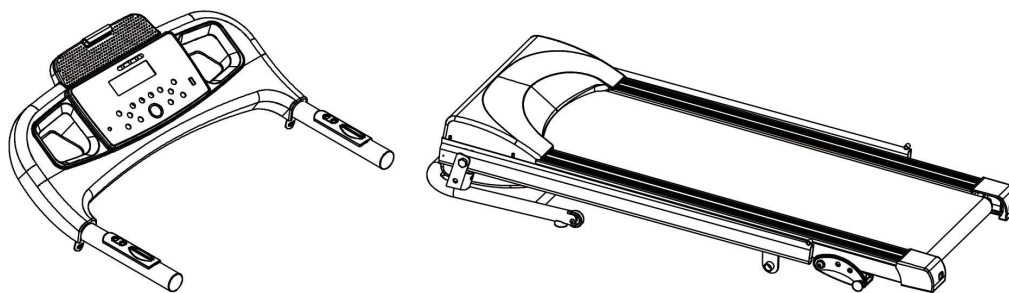
3. CAUTION DURING USE

- If you do not feel well before using, please consult your doctor or coach.
- We will be not responsible for any injury or damage caused by improper use.
- Please unplug the equipment when not in use.
- Please unplug the treadmill before cleaning, moving or change parts for the machine.
- Children, the elder and the pregnant are prohibited from using the machine. Patients should consult their doctor before starting any exercise routine.
- Please place the machine on a level flat surface. There should be 2M of clearance behind the treadmill.
- Do not start the machine when it is folded.
- Keep all electrical components, especially motor, power cord and plug, away from water or other liquids.
- Do not wear clothes, such as long dress, that might catch on any part of the treadmill while using.
- Do not place the treadmill in area that will block any vent or air openings.
- Do not put any objects on the machine.
- Put away the plug from heated place or fire seat.
- Please switch off all functions and pull out plug after using.
- Do not stand on the belt while you're preparing to use the treadmill.
- Do not disassemble the machine without consulting professional technicians.
- Please make sure the running belt is fastened before using.

4. TECHNICAL SPECIFICATION

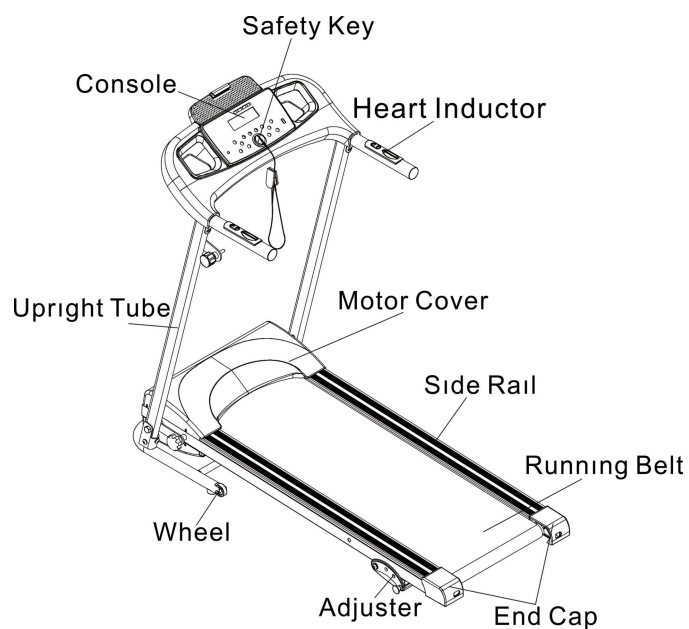
Product name	Treadmill
Voltage	110V
Frequency	50-60Hz
Power	1.5HP
Speed	1.0-12KM/H
Net weight	28 KG / 62 LBS

5. PRODUCT SPARE PARTS

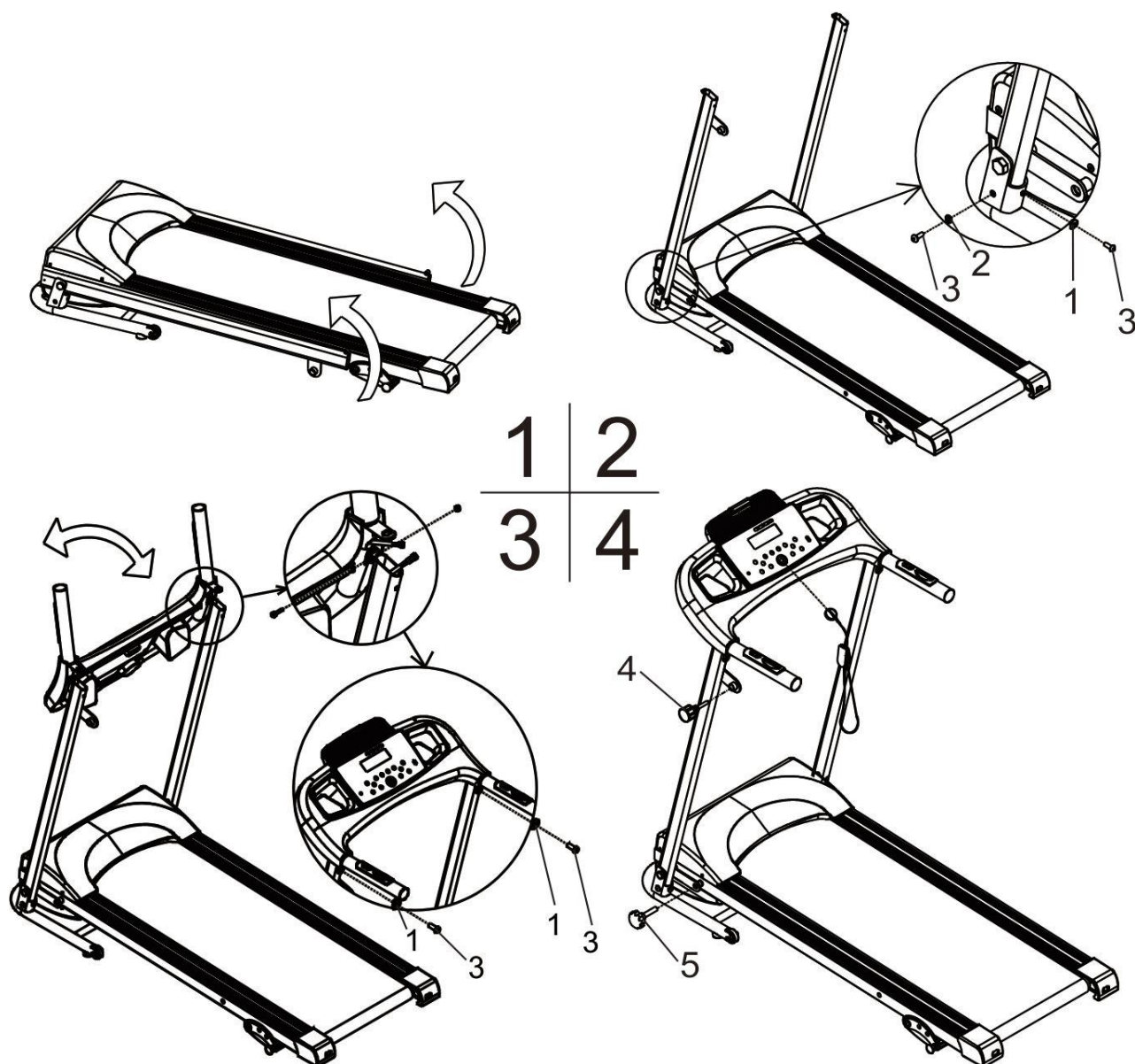


Serial NO.	Part Name	Qty	Unit
1	Φ8 PAD	4	PCS
2	Φ8 WASHER	2	PCS
3	M8×16mm SCREW	6	PCS
4	M16×35mm Tension KNOB	1	PCS
5	M12×20mm Fixed KNOB	1	PCS
6	SAFETY KEY	1	PCS
7	SILICON OIL	1	PCS
8	L Shape Wrench	1	PCS
9	Spanner	1	PCS

6. PRODUCTS MAIN PARTS

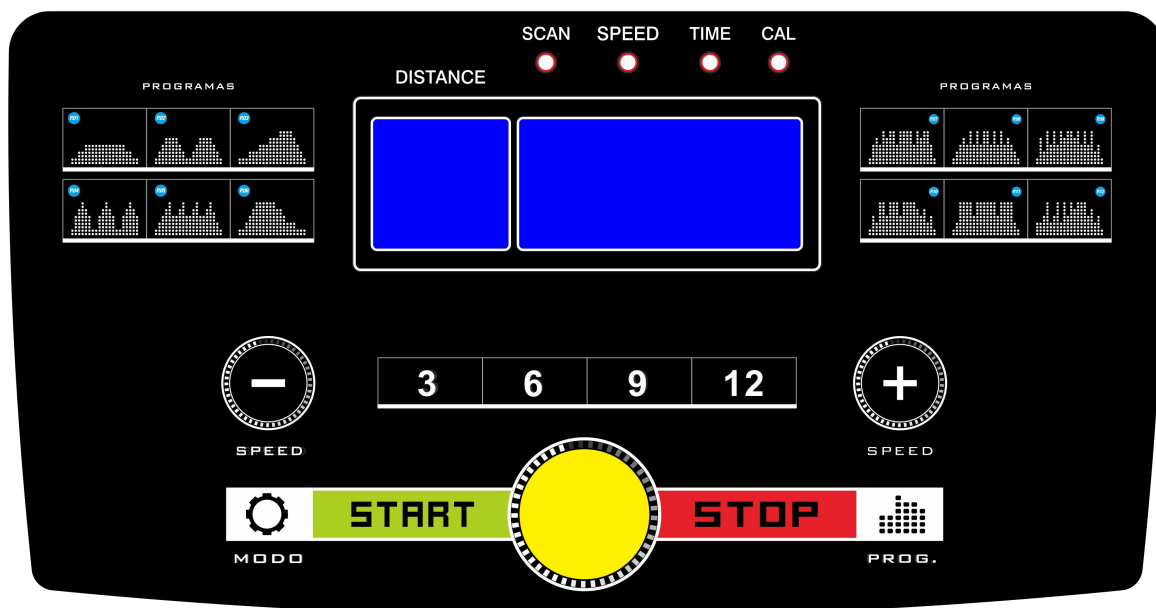


7. ASSEMBLY



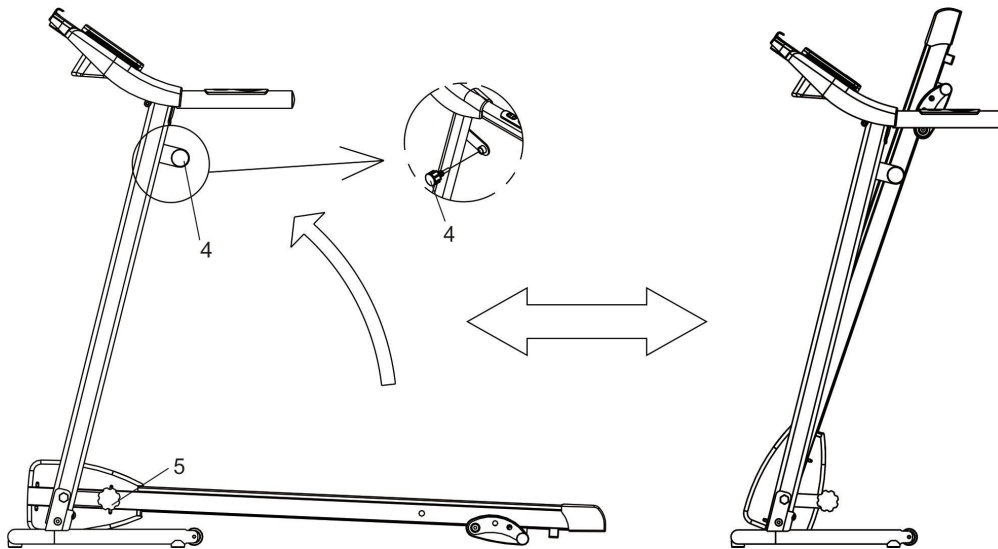
1. Open the box and take out the machine and all parts. Pull up the upright tubes on both sides (See Fig1).
2. Use M8x16 screws and $\Phi 8$ Pad and washer to assemble upright tubes to base frame (See Fig2 No.1,2 and 3), a this step, please do not fix all screws tightly.
3. Connect panel to upright tubes. Please use M6x25 screws and self lock nuts to fix panel to both left and right upright tubes(See Fig 3 No.4 and 5). connect wire at right side between right tube and panel. Then pull panel to horizon level, use M8x16 screws and $\Phi 8$ Pad to fix panel(See Fig 3 No. 1 and 3).
4. Put fixed knob and tension knob to machine.(See Fig 4 No.6 and 7)
5. Put the red safety key to panel. All assembly finished.

8. CONSOLE INSTRUCTION



1. Connect machine to power, turn on the switch at the front base frame, then press "START" key, the machine will start from 1.0KM/h after 3 seconds. Please make sure the safety key is on the panel before using.
2. Press "+" key for speed up and "-" key for low down. The fastest speed is 12KM/h and lowest is 1.0KM/h.
3. "SHORTCUT" Key: 3,6,9,12 to set the speed quickly.
4. Press "mode" key, the screen will show Speed、Time、Calories. And the scan light will light from speed、time、calorie every 5 seconds.
5. Display monitor has 12 programs from P1-P12. While on standby, press "PROG" to set the programs then press "START" to start the machine.
6. While the machine is in use and running, during the auto programs, the (-) and (+) keys are not available. If you want to exit the auto programs, select "STOP" or remove the safety key, and turn on the machine again or place safety key back on. And then you can select desired speed.
7. For emergency stop, please pull out the safety key. The machine will stop very slowly. Pull out safety key and the screen will show "Err", put it back and on it will show "OFF".
8. Press "STOP" key and hold on 3 seconds, the machine will be stopped.

9. FOLDING UP AND SETTING DOWN



Fold :

Turn off the fixed knob at the bottom and lift up the running board to upright position. Use the Tension knob on upright tube to secure the running board as shown in picture above and then you can move the machine around.

Unfold :

Pull out the tension knob and let down the running board, secure it with the knob at the bottom.

10. USAGE OF SILICONE OIL

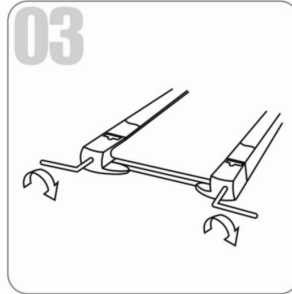
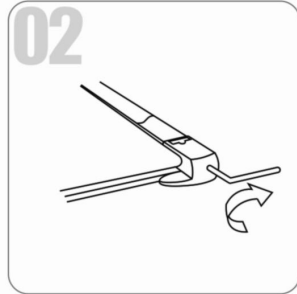
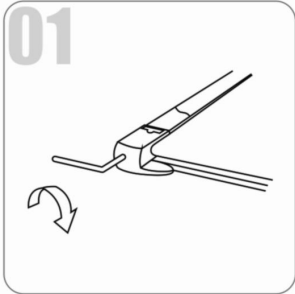
Pull up the running belt slightly, apply silicone oil to the backside of the belt and the top surface of the running deck.

Start the machine and keep it running for 3 minutes so that the oil spread and even out. It is necessary to maintain your



treadmill like this every 30 working hours of the machine for optimal performance, which also helps extend the service life of parts.

11. RUNNING BELT ADJUSTMENT



(1) Running belt deviate to left

Start the machine by speed at 2-3KM/H without loading, use Allen wrench to screw the bolt 1/4 turn clockwise (see fig1). Keep the machine running without loading for 1-2 minutes to gauge. Repeat the previous step if more adjustment is needed, until the belt moves to the center.

(2) Running belt deviate to right

Start the machine by speed at 2-3KM/H without loading, use Allen wrench screw the bolt 1/4 turn clockwise (see fig2). Keep the machine running without loading for 1-2 minutes to gauge. Repeat the previous step if more adjustment is needed, until the belt moves to the center.

(3) Running belt slipping

If the running surface becomes slipping, tighten bolts on both ends 1/2 turn clockwise (see fig3) with Allen key. Repeat if necessary until the belt is properly adjusted.

(3) Running belt logjam

If the running belt is in dead condition, loosen bolts Allen wrench to make the screw 1/2 circle both left and right till this logjam solved.

12.TROUBLE SHOOTING

Error Code	Meaning	Problem	Solution
Err(or E00)	No Safety key on Panel	Safety key is not on the panel or it is not properly put on	1. Put safety key in the yellow area of panel 2. Err(or E00) still shows or there is no function, change the computer screen/display monitor.
E2	Control Board Error	Control board is broken or pseudo soldering on control board	Replace control board
E4	Control Board Error	Control board is broken	Replace control board
E5	Overcurrent Protection	Control board short circuit or motor blocked	1. Open the motor cover and check whether the motor is blocked. Remove the block if yes. 2. Replace the control board if it's not blocked, or the error still shows.
E6	Motor Error	Motor broken or motor line fall off	1. Open the motor cover and check whether the motor is broken or whether the motor wire is connected to control board properly. Reconnect the wire is recommended. 2. Replace the control board if the error still shows.
E7	Communication Failures	Wires from the control board to panel board are broken or not properly connected	1. Make sure the wires from the control board and panel board are connected securely and not damaged. 2. Replace the control board if the error still shows.
E8	Overload Protection	Excess of electricity or user exceeded max load weight	1. Make sure the user does not exceed max weight capacity. 2. Reconnect power and re-start the machine. 3. Replace the control board if the error code still shows.