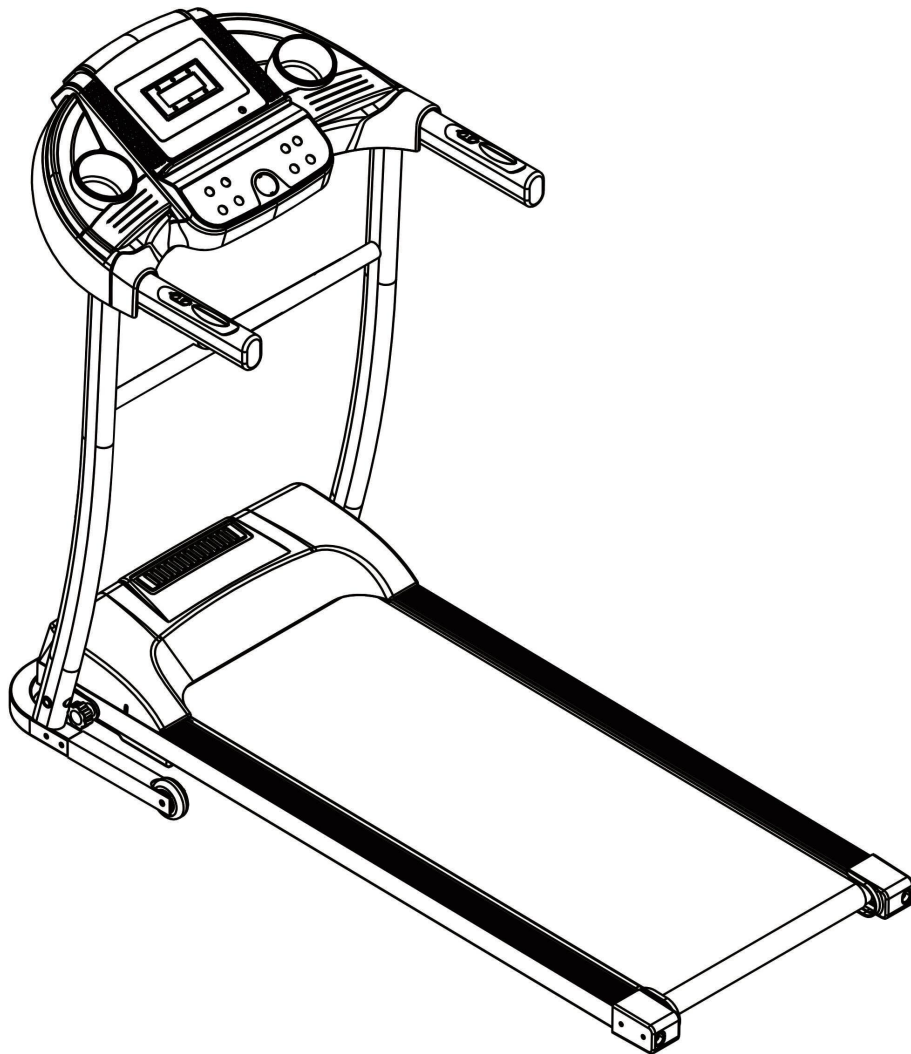


# USER'S MANUAL



**Note:** Following the principles of sustainable development, we may modify machines when necessary and will not notify again. It all depends on the actual product.

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**PLEASE DO NOT RETURN PRODUCT TO THE STORE.**

If you have any problem or concerns, please feel free to contact our customer service department. We will reply you as soon as possible.

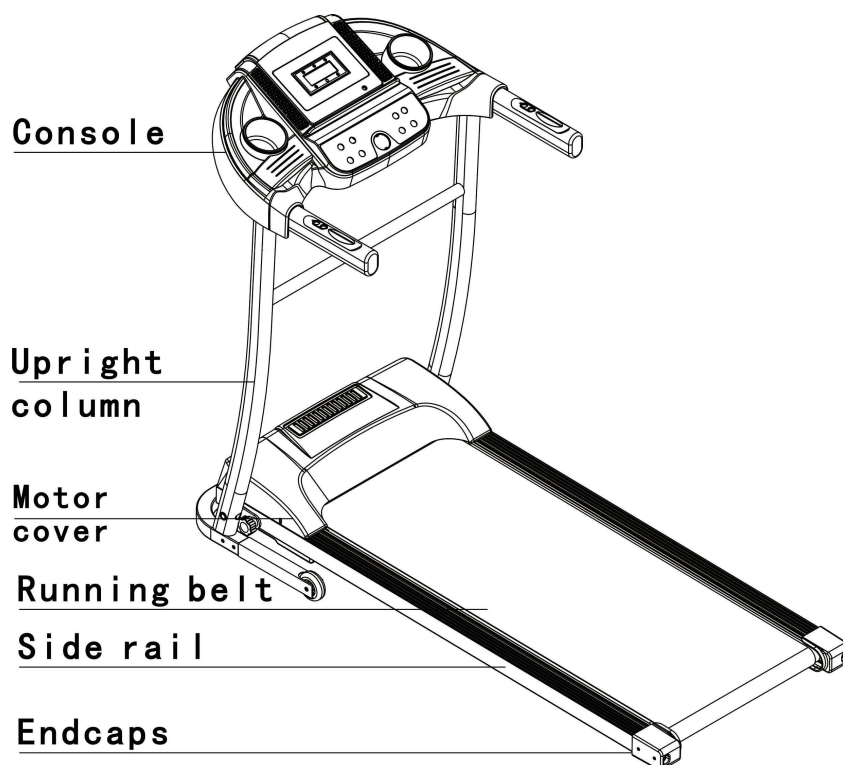


**E-Mail: [csr@merax.com](mailto:csr@merax.com)**

**Tel: 626-912-8886 Ext.100**

# 1.Product Brief

Product name: Merax L510C Folding Electric Treadmill Motorized Running Machine



## Main parameters and parts list

### Main technical parameters

No.	Parameters Names	Description
1	Input power voltage	110V
2	Motor power	1.5 HP
3	Speed	0.5-7.5 mph
4	Running surface	400*1100 mm
5	Max user weight	240 LBS
6	Expand dimensions	1430*635*1065mm

### Packing list

No.	Name	units	Qty
1	Complete machine	set	1
2	Accessory Bag	pc	1

### Accessory bag list

NO.	Name	QTY	NO.	Name	QTY
1	Inner hexagon spanner 5mm	1	6	User's Manual	1
2	Inner hexagon spanner 6mm	1	7	MP3 cable	1
3	Combination wrench	1	8	Screw M8*25	2
4	Safety key	1	9	Screw M6*12	4
5	Silicone oil	1			

## 2. Security Precautions and Warnings

**Tip:** Before folding the treadmill, make sure that the surface incline is "zero".

**Notice:** Please read the instructions carefully before use.

- ◆ This treadmill is for indoor use and storage only. Avoid spilling water on it or placing it in damp areas.
- ◆ Please wear suitable workout clothes and sneakers before exercise. Do not exercise on the treadmill barefoot.
- ◆ The attached high power plug cord must be touching the ground when plugged in. Treadmill cord should be plugged into one dedicated electric outlet/circuit, do not share the electric plug outlet you are using for your treadmill with other electrical equipment.
- ◆ Keep children away from the machine to avoid accidents.
- ◆ Avoid using the machine for uninterrupted long periods of time, as this will overload the operation and cause damage to the motor and controller, and will accelerate the deterioration of the bearing, running belt and running board. The treadmill should be maintained regularly per the instructions listed throughout the manual.
- ◆ Keep machine away from areas with high levels of dust to avoid strong static.
- ◆ Please turn off the treadmill by switching off the electric power after using.
- ◆ Please ensure you are running in a well ventilated area.
- ◆ Please clamp the security lock cable on your clothing to make sure the machine stops in the event of any emergency situation.
- ◆ If you do not feel well while using this machine, please stop and consult a doctor.
- ◆ The included silicone lubrication must be kept away from children after use.
- ◆ If the power cord is damaged, please contact our qualified maintenance personnel for service rather than disassemble it at [csr@merax.com](mailto:csr@merax.com).



### **Forbidden**

- ◆ Don't use the machine if the outer protective shell is broken or has broken off, leaving any part of the internal structure exposed, or if the welding parts have fallen off or appear as if they may fall off.  
---- Otherwise an accident or injury may occur.

- ◆ Don't jump up and down while the treadmill is in motion.  
---- Injuries may result from falling.
- ◆ Don't keep machine in or near moist/damp space such as the bathroom.
- ◆ Don't place machine in direct sunlight, or high temperature places such as near a stove or a heating appliance.  
----Otherwise it may cause leakage and burst into flames.
- ◆ Don't use if the power cord is damaged or the power plug pin is loose.  
----Otherwise this will lead to an electric shock, short circuit or fire.
- ◆ Don't damage, forcefully bend or twist the power cord. Don't place heavy objects on the machine, don't clamp the power cord.  
----Otherwise it will cause a fire or you can get an electric shock.
- ◆ Do not allow more than 1 person use the machine at one time, do not allow others to get close to the machine while it is in use.  
---- Or it may cause an accident or injury due to possible falls.
- ◆ People who aren't in a normal conscious state or can't operate the machine by themselves cannot use the treadmill.  
----May lead to accident or injury.
- ◆ Drinking water or pouring water when treadmill is in use/operating is forbidden.  
---- May cause electric shock or fire.
- ◆ People who seldom exercise are advised not to suddenly use the treadmill for any intensive workout.
- ◆ Do not use machine, directly after a meal or when feeling tired.  
---- This may lead to potential health damage or accidental injury.
- ◆ This product is suitable for residential use. This product is not recommended for commercial use, schools, gymnasiums, etc  
---- When used for commercial purposes there is a risk of injury.
- ◆ Don't use the treadmill when hard objects are in the pockets of your pants or shorts. Remove them before using the machine.  
----Not removing hard objects from your pockets before use may cause accident or injury.
- ◆ Don't use the treadmill when the power plug is on or near the needle, garbage, or water.  
----May cause electric shock, short circuit, or fire. Do not touch the power plug with wet hands!

- ◆ When not in use, pull out the power plug from the socket.  
----Surrounding dust and moisture can age the insulation, and result in a possible leakage fire.
- ◆ This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge concerning treadmills, unless they are being supervised or have been given instructions concerning use of the appliance by a person responsible for their safety.
- ◆ Children should be supervised during use to ensure that they do not play with the appliance and or use it in ways it was not intended for.

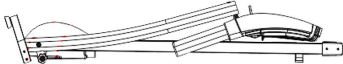

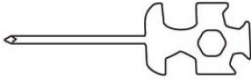


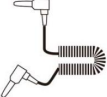

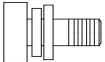


#### Treadmill Grounding Safeguard System

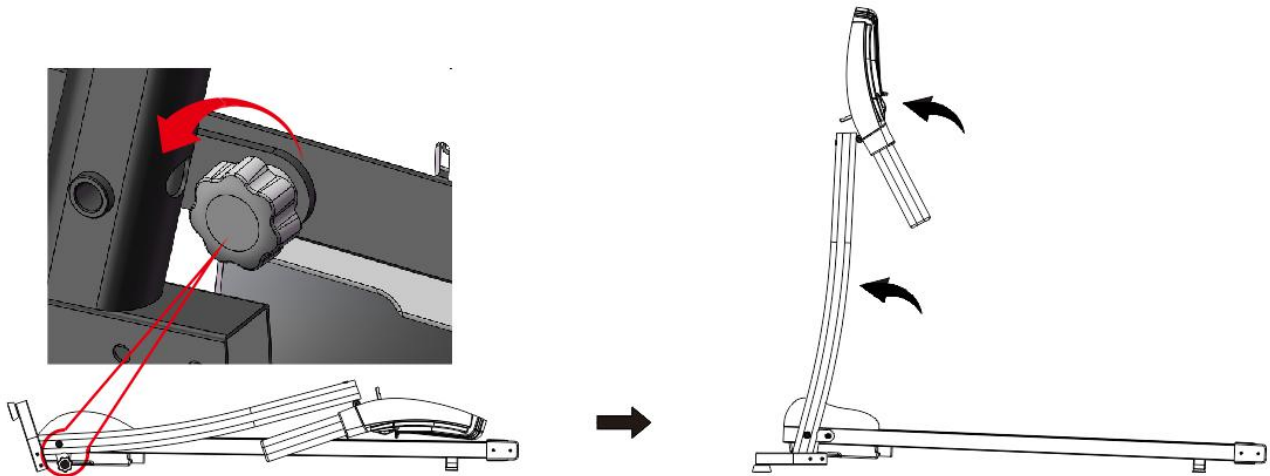
- ◆ This product must remain on the ground while in use at all times. If you notice the machine seems to be dysfunctional or unstable, keeping the treadmill on the ground will allow electricity to flow directly into the ground reducing the risk of electric shock.
- ◆ This product is equipped with power plug that has a grounding conductor that can auto connect the treadmill electricity into the ground. Completely insert the plug into a standard socket for proper use.
- ◆ If the treadmill's grounding conductor's connection is improper, it will cause electric shock. If you have any doubt about whether your product is grounded correctly or not, please contact a professional to check and verify for you.
- ◆ When plugging in the treadmill power cord, please plug it into a socket that has the same shape as the plug itself. Do not use a plug adapter.

### 3.Installation Instructions

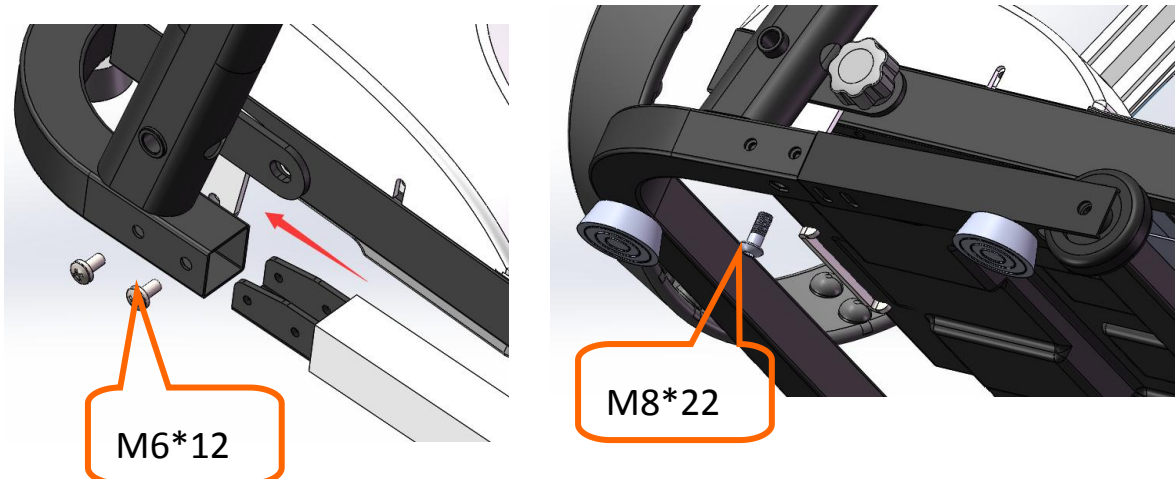
When installing, simple arrange all of the screws in their proper position first, then tighten the screws the treadmill frame has been positioned when the installation of frame is done.

NO.	Name	QTY	
1	Complete Machine	1PC	
2	6mm inner hexagon wrench	1PC	
3	5mm inner hexagon wrench	1PC	
4	Combination wrench	1PC	
5	Safety key	1PC	
6	Silicon oil	1PC	
7	MP3 cable	1PC	
8	Screw M6*12	4PCS	
9	Screw M8*25	2PCS	
10	User's manual	1PC	

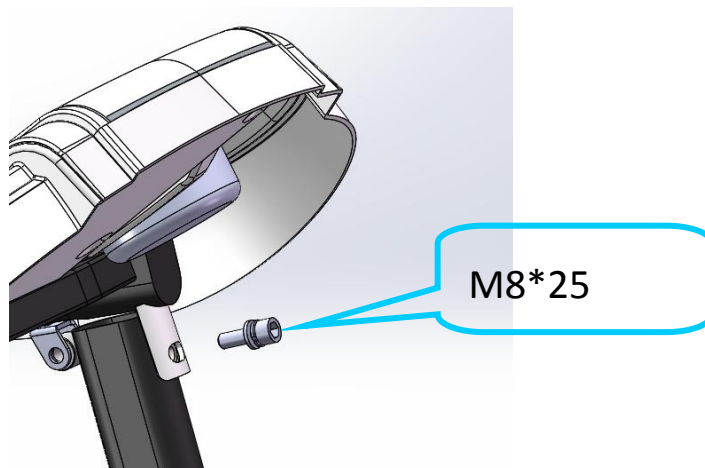
1. Place the machine flat on the ground. Remove the knob by twisting it in the direction of the picture below. Raise the supportive columns and console upward in the direction shown by the arrows in the picture below.



2. Use a #5 hexagon wrench and screw provided screws (M6\*12) to secure the treadmill base (use two M6\*12 screws for each side). Then screw in the preinstalled M8\*22 screws underneath as shown in the left picture below (1 screw on each side).



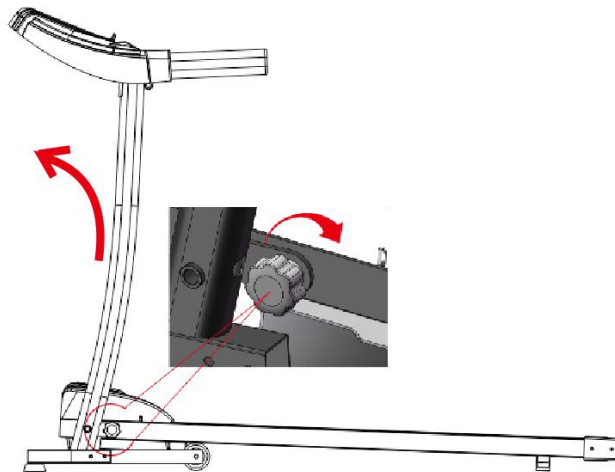
3. Hold the left and right columns upright, then using a #6 hexagon wrench, screw in the M8\*25 screws to secure the console frame to the upright columns. Be sure to tighten any screws installed in previous steps. Take care to not accidentally clamp the cable between the upright columns.



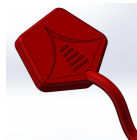
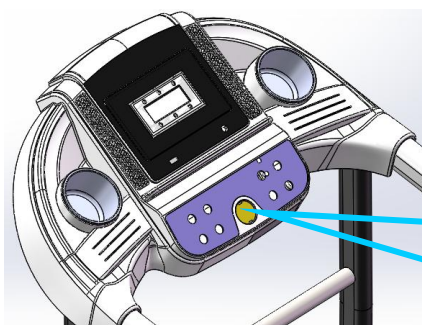


4. Refer to the knob in step 1. Use this knob to lock the main base and columns in place by rotating clockwise, please refer to the picture below.

If your treadmill is on an uneven surface, this may cause difficulties when rotating the knob. Please lift the column slightly forward so the running surface is perfectly flat in mid-air and tighten the knob as shown in the picture below. In order for the machine to be able to fold easily, please do not twist the knob too tight.



5. Put the safety key on the yellow circle on the console, as seen in the picture below. Press the start button to start the treadmill. (Notice: The treadmill only starts when the safety key is attached to the yellow circle on the console.)

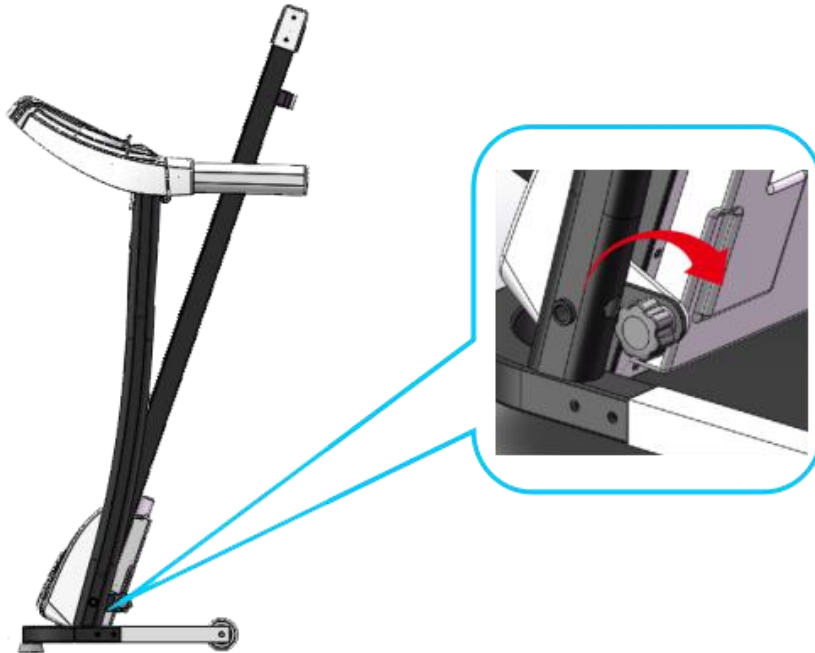


The safety key is in red color. Please find it in the accessory bag.

NOTE: after you have finished putting the treadmill together, ensure that all screws are installed in their appropriate place according to the previous steps. Please ensure all parts are properly locked in and secured by screws before plugging in electricity.

## Folding instructions

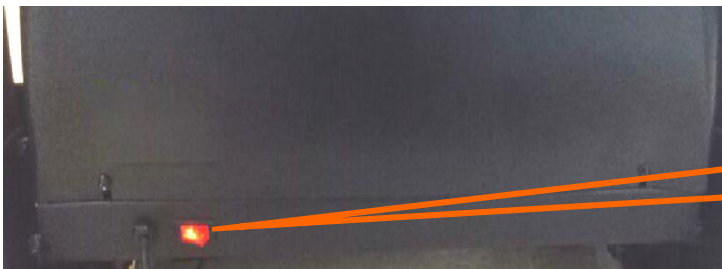
When the treadmill is not in use, you can lift the running deck and then twist the knob to lock it in an upright position, as shown in the picture below.



## 4. Using Instructions

### Using your treadmill

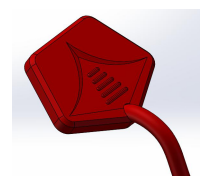
1. Insert the power plug into a proper outlet and turn on the red switch located at the base of the treadmill(1). When the light is on, you will hear a beep sound and the treadmill display screen will light up.



2. Please keep the safety key away from children when the treadmill is not in use. Please put the silicon oil bottle in a place where children cannot reach. If the silicon oil gets into the eyes or is ingested please flush with running water and consult a doctor immediately.

3. Safety key Introduction

The treadmill can only start when the safety key is put on the yellow circle on the treadmill console. Clip the safety key onto your clothes when using the treadmill to prevent accidents. Put the safety key back on the yellow circle when the treadmill is not in use.



## Console instructions

### Button instructions

For the treadmill to start moving it typically takes a 3 second countdown.

### Programs and modes

There are 3 modes and 12 automatic programs.

### Safety key function

When the safety key is disconnected “E7” will appear on the screen, the treadmill will gradually stop and you will hear a beeping sound. When you put the safety key back, all of the data on the screen will be cleared in 2 seconds. Under whatever circumstance, the treadmill will stop when disconnected from the safety key and it will immediately show the data from your run on the screen. Once you put the safety key back, the data on the screen will reset.

### Key function



#### 1. Start button, Stop button :

When the power is on, press the start button and the screen will display “0.5mph”, and the treadmill will start. When you are running on the treadmill and press the stop button, all of the data on the screen will clear and the treadmill will gradually come to a complete stop and return to manual mode. Quick buttons located on the handle grips can also be used to start or stop the treadmill.



#### 2. Program button

When the treadmill is in standby mode, pressing the program key multiple times can cycle the options from manual mode to different automatic programs (P1-P12). The default speed while using manual mode is 0.5mph, the highest speed is 7.5mph.



#### 3. Mode button

When the treadmill is in standby mode, press the mode key to cycle through 3 different ways to countdown your running: time, distance and calories.

H-1: Time countdown mode.

H-2: Distance countdown mode.

H-3: Calorie countdown mode.



#### 4. Volume buttons

When connected to your mobile phone, press the ‘+’ to turn the volume up and press the ‘-’ to turn the volume down.



## 5. Speed buttons

Use these buttons to adjust the speed of the treadmill in 0.1mile increments. Press the '+' key to increase the speed by 0.1mile and '-' to decrease the speed by 0.1mile. You can also adjust the speed using the Speed Quick Keys on the handle grips.

### Display Functions

1. Speed Display  
Displays how fast you are running.
2. Time Display  
Displays how long you have been running when the treadmill is on manual mode, displays a countdown timer when the treadmill is on an automatic mode or a program.
3. Distance Display  
Displays the total distance ran when the treadmill is on manual mode or programs. A countdown of a set distance displays when the treadmill is in automatic mode.
4. Calorie Display  
Displays total calories burned when the treadmill is on manual mode or programs. A calorie countdown is displayed when the treadmill is in automatic mode.
5. Heart rate display

The heart rate value will show on the display when you place your hands on the heart rate monitors

### Treadmill Automatic Programs

The treadmill has pre-set programs installed. Each program is divided into 10 segments while you are running. The time spent running during each segment throughout the duration of the program is evenly distributed. Users can adjust the overall duration of a segment by pressing the speed buttons.

Program \ Time	Set time / 10 = Time of each segment									
	1	2	3	4	5	6	7	8	9	10
P1	1.2	2.4	1.8	2.4	1.8	3.1	2.4	1.2	3.1	1.8
P2	1.2	3.1	2.4	3.7	2.4	3.7	2.4	1.2	2.4	1.2
P3	1.2	3.1	2.4	3.1	2.4	3.1	2.4	1.2	1.8	1.2
P4	1.8	3.7	4.3	3.1	4.9	3.1	5.5	3.7	2.4	1.8
P5	1.8	3.7	4.9	3.1	4.9	3.7	4.3	3.7	2.4	1.8
P6	1.2	4.9	3.7	2.4	3.1	5.5	4.3	3.1	2.4	1.8
P7	1.2	3.7	4.3	2.4	2.4	4.3	2.4	1.2	2.4	1.2
P8	1.2	2.4	3.7	4.9	4.3	4.9	3.7	1.2	1.8	1.2
P9	1.2	2.4	3.1	3.1	3.7	3.1	3.7	1.8	1.8	1.2
P10	1.2	1.8	3.1	1.8	1.8	3.1	1.8	3.7	1.8	1.8
P11	1.8	3.1	4.9	4.9	5.1	3.1	4.3	3.7	1.8	1.2
P12	1.2	3.1	3.1	2.4	2.4	3.7	2.4	1.2	1.8	2.4

## Error Code Translations

Fault code	Failure Description	fault handling
<b>E1</b>	Disrupted Electronic Connection: When turned on, the connection between the lower controller and the console is abnormal.	Possible Causes: The electronic connection between the console and lower controller is blocked, check each wire that connects the console with the lower controller, make sure that each wire base is fully plugged in. Check the cable of the console and lower controller, replace it if it's broken.
<b>E2</b>	No motor signal	Possible Causes: The motor cable might not be connected. Check the connection, connect the cable if disconnected. The motor might be damaged. Check to see if it has visible damage or a burnt smell. If yes, replace the motor.
<b>E5</b>	Electric Current Overload Prevention: When the treadmill is running, the controller detects the electric current is over 6A(unit to measure electricity) for more than 3 seconds.	Possible Causes: *Overloading the treadmill machine system through prolonged use can lead to excessive electric current and the treadmill will stop for your safety. *A part might be stuck causing the motor to stop, adjust the treadmill and restart it. *The motor may need to be replaced, check if there is a liquid or burnt smell while the motor is running, if yes replace it. *The treadmill monitor may need to be replaced, check if it has a burnt smell, if yes replace the monitor. *The power supply voltage may need to be changed, check the power supply voltage if it does not match specifications adjust to the correct voltage and test the treadmill again.
<b>E6</b>	Explosion Prevention: An abnormal voltage level or motor issue has caused the motor to not work properly	Possible Causes: The power supply voltage may be low. Check if the power supply voltage is 50% lower than the normal voltage of 110V, if it is, adjust it back to 110V and test the treadmill again. *The controller may need to be replaced. Check if the controller has a burnt smell, if yes, replace the controller. *The motor cable or wire may need to be reconnected. Check if the motor cable and wire are connected, connect if one or both are not properly connected.
<b>E7</b>	No safety key	Put the safety key back on the yellow circle on the console.

## 5. Routine maintenance

**Warning:** Before cleaning or doing product maintenance, please ensure the treadmill power plug is pulled out of the electric socket.

**Cleaning:** Thoroughly cleaning your treadmill will extend its usage life.

Remove dust periodically in order to keep the parts clean. Be sure to clean both sides of running belt, this will reduce the accumulation of dust and dirt. Treadmill belts must be cleaned with a damp soapy cloth. Do not use a dripping wet cloth. Please be sure to not wet the electrical components of the treadmill including underneath the running belt to keep everything dry and functional.

**Warning:** Ensure that the power plug is disconnected before removing the motor cover. Clean the motor at least once a year.

**Running belt specialized lubricant**

This electric treadmill's running board and running belt have already been lubricated in the manufacturing process. Friction between the running belt and running board heavily impacts how long your treadmill will last and its performance, therefore regular application of the lubricant is needed. Please check the board regularly to ensure it is properly lubricated. If the board's surface is damaged, please contact our customer service center. We recommend applying the lubricant between the running belt and running board using the following schedule:

Light user (uses treadmill less than 3 hours a week): Apply lubrication once a month

Heavy user (uses treadmill more than 7 hours a week): Apply lubrication twice a month, at the beginning of the month and halfway through the month.

1. For safety measures and to extend the life of your treadmill, it is recommended that if you use the treadmill for 2 hours or more non-stop, to turn off the machine and let it rest for 10 minutes before using again.

2. If the treadmill belt is too loose, you will experience skidding while running. If the belt is too tight, it may reduce motor performance and increase friction between the roller and running belt impacting your running experience. You can lift two sides of the running belt for 50-75mm when the tightness is appropriate.

**Running with adjusted alignment and tightness**

In order to use your treadmill properly so it can function well, it is necessary for you to adjust the running belt into the best position.

**How to align the running belt**

- Put the treadmill flat on the ground
- Make the treadmill run at a speed of about 3-5mph.
- If the running belt is closer to the right, rotate the right adjusting bolt with a ½ turn clockwise, then rotate the left adjusting bolt with a ½ turn counter-clockwise (Picture B)
- If the running belt is closer to the left, rotate the left adjusting bolt with a ½ turn clockwise, then rotate the right adjusting bolt with a ½ turn counter-clockwise (Picture A).



Picture A

Picture B

## Applying the treadmill silicone oil

Step 1: Lift the running belt slightly

Step 2: Open the silicone oil bottle, squeeze the silicone oil on the sides of the running board, as show in the following picture:

