

THANK YOU

Thanks for purchasing this product .The product will help you keep fitter ,healthier and better in a very easy way .

USE GUIDE

- Always connect the appliance to a socket with a grounded circuit and no other appliances connected to it. It is recommended not to use any extension cords.
- Ensure the treadmill stable on the ground before use .
- Check if its function normal or not before running .
- Stand on two side rails when the treadmill starts .
- Link the safety key cord with your clothes when running to control any emergency.
- Press “start” button to get the treadmill started .
- Follow the running belt with left leg to do pre-running . Only when you feel it right ,then to run with two legs on the treadmill with proper running posture .
- ONLY FOR ONE PERSON .Overload not allowed.
- Adjust speed if necessary .
- After running ,pull out the safety key or press “stop”button to get it stopped .
- After running ,remember to turn off the power and pull out the plug .
- When you are running on the treadmill , if you feel discomfortabl ,pls stop to run immediately and consult doctors .
- When you are assemb or running the machine ,pls ensure no person or pets around it .

SAFETY PRECAUTION

- Place the treadmill indoors to avoid any water and no heavy stuff.
- When using the fitness device, wear comfortable clothing and preferably sports or aerobic shoes.
- Keep Children away from the treadmill to avoid any accident.
- No overload to give damages to motor,controller ,roller and running belt . Make routine maintenance to the treadmill .
- Keep less indoor dust and a certain extent of humidity to avoid interference of console and controller.
- Keep the treadmill continuous running no more than 2 hours.
- Keep good air circulation when running.
- There should be 2000x1000mm safe space at the treadmill end when running.
- Stop running if any discomfort and consult the doctor .
- Make the silicone oil bootle after use unavailable to children to avoid mistake .
- Prohibit jumping out of the treadmill directly after use .
- Pull out of the power plug gently from the socket .
- Stop the machine if anything wrong and cut the power immediately .
- Ask local distributor to handle any issue or provide service .Dismantle the components personally not allowed .

DANGER !

To reduce accidents or do harm to any others ,check following rule .

- ◆ Ensure zipping up before running.
- ◆ No wear of clothes that is easily hooked.
- ◆ Keep power cord away from hot objects.
- ◆ If something wrong ,support the handbar to push up and leave running belt .
- ◆ Cut off the power before move of the treadmill .
- ◆ Do not open motor and roller cover unless professionals .
- ◆ This machine can be used under 10A circuit .
- ◆ Ensure that only one person at a time uses the fitness device.
- ◆ The HRC testing may be as exact as medical devices so its results for reference only .

Stop exercising immediately should you feel unwell or if you feel pain in your joints or muscles. In particular, keep an eye on how your body is responding to the exercise program. Dizziness is a sign that you are exercising too intensively with the device. At the first signs of dizziness, lay down on the ground until you feel better.

IMAPPROPRIATE USER

Following patients under treatment need to get use of the treadmill after approval of professional doctor.

- ◆ The person with backache or used to get hurt in the leg ,waist ,neck .
- ◆ The patient with arthritis deformans , rheumatism or gout .
- ◆ The patient with osteroporosis .
- ◆ The patient with a bad circulatory system like hear disease ,vascular disorders and vascular hypertension .
- ◆ The patient with respirtory disturbance.
- ◆ The patient with Artificial heart rhythm problem.
- ◆ The patient with malignant tumors.
- ◆ The patient with thrombosis .
- ◆ The patient with diabete-caused perceptual disturbance.
- ◆ The person with skin injury .
- ◆ The patient with a high fever above 38° C.
- ◆ The person with bent back bone.
- ◆ The person with pregnancy or in (menstrual) period.
- ◆ The person feels discomfortable .
- ◆ The person sleeps badly

PROHIBITION

Don't use treadmill in following cases ,or it will lead to fire or get damaged .

- ◆ Do not use the machine when some cover or inner component is not complete
- ◆ Do not jump on or jump off the treadmill
- ◆ Do not use or place it outdoors or rainy or humid environment.

This treadmill is specially for home use .Not for commercial use.

- ◆ Do not use or place it under strong sunlight or high-temperature environment.
- ◆ Do not use when there is damage or loose to the power cord or socket
- ◆ Do not twist or damage the power cord or put something heavy on it .
- ◆ Do not use by two persons at the same time .Keep other people far away from it .
- ◆ Do not let the disabled or somebody who can not operate the machine to use .
- ◆ Do not dismantle the machine by yourself

Attention !

- ◆ Do not take strong exercise if you a lazy fitter on common days .
- ◆ Do not work out just after meal or when you feel tired ,flaccid or uncomfortable.
- ◆ Do not use it when you are drunk .
- ◆ Do not use when your pocket is full of hard things.
- ◆ Do not have any dust, pin ,waste on the power plug.
- ◆ Do not use with damp hands .
- ◆ Do not pull out or plug in the power cord ,otherwise you can be hurt or get an electric shock .

PULG OUT TIPS

In following cases ,please pull out the power cord from the socket, otherwise can lead to fire as dust and humidity will get the power cord insulation worse OR you can be hurt or get an electric shock .

- ◆ The treadmill is not used
- ◆ When the treadmill is under maintenance
- ◆ Can not start or appear abnormal
- ◆ Have the power failure.
- ◆ When you are plugging out ,don't hold the power cord only .You should hold the hold the power cord head and then plug out .
- ◆ The treadmill must be grounded to get less electric shock as grounding provide narrowest channel to the resistance .Please obey local rule to assemble the socket and plug in a proper way .Or you can find a professional technician to consult ..Adpator socket is not allowed .

This exploded view diagram illustrates the assembly of a medical device, likely a patient warming or cooling unit. The components are numbered as follows:

- 1-10:** Main housing and internal structural components.
- 11-15:** Motor and drive mechanism components.
- 16-20:** Heating or cooling elements and associated control components.
- 21-25:** Control panel and display components.
- 26-30:** Various internal components and fasteners.
- 31-35:** Electrical components and connectors.
- 36-40:** Control panel components and fasteners.
- 41-45:** Control panel components and fasteners.
- 46-50:** Control panel components and fasteners.
- 51-55:** Control panel components and fasteners.
- 56-60:** Control panel components and fasteners.
- 61-65:** Control panel components and fasteners.
- 66-70:** Control panel components and fasteners.
- 71-75:** Control panel components and fasteners.
- 76-80:** Control panel components and fasteners.
- 81-85:** Control panel components and fasteners.
- 86-90:** Control panel components and fasteners.

The diagram shows the spatial relationship between these parts, indicating how they are assembled into the final device.

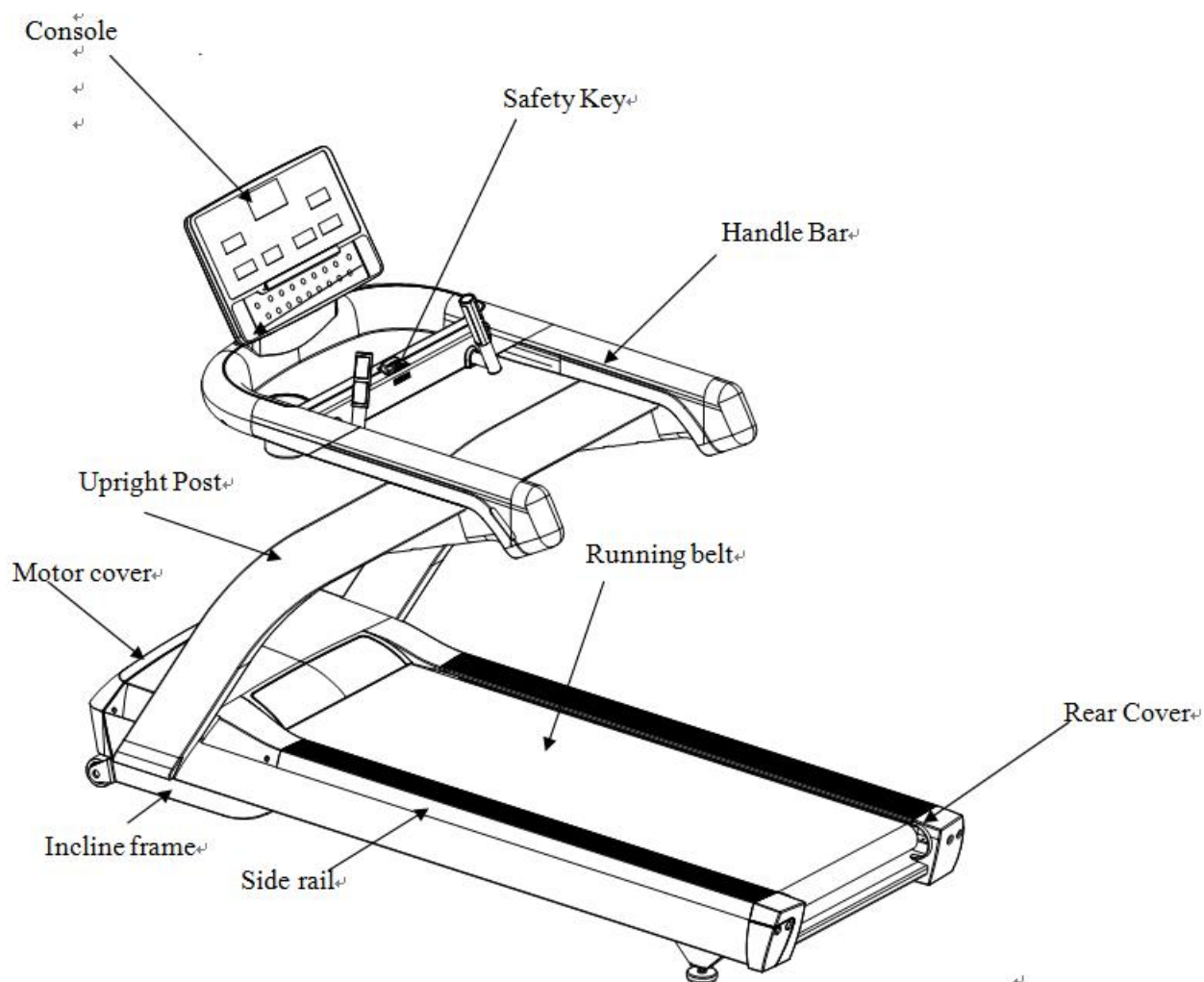
EXPLODED DRAWING CHART

| Item | Description | Specification | QTY |
|------|-------------------------------------|---|-----|
| 1 | base frame | | 1 |
| 2 | Incline motor frame | | 1 |
| 3 | upright post left | | 1 |
| 4 | upright post right | | 1 |
| 5 | console frame | | 1 |
| 6 | screen frame | | 1 |
| 7 | hand pulse frame left (PVC coated) | | 1 |
| 8 | hand pulse frame right (PVC coated) | | 1 |
| 9 | Motor fixed plate | | 1 |
| 10 | sleeve | $\Phi 36 \times \Phi 20 \times \Phi 11 \times 70$ | 2 |
| 11 | front roller | | 1 |
| 12 | rear roller | | 1 |
| 13 | Motor belt | | 1 |
| 14 | running belt | | 1 |
| 15 | Running board | | 1 |
| 16 | Side rail | | 1 |
| 17 | End cap left | | 1 |
| 18 | End cap right | | 1 |
| 19 | Front cover | | 1 |
| 20 | Upper motor cover | | 1 |
| 21 | Console upper housing | | 1 |
| 22 | Console lower housing | | 1 |
| 23 | Display back cover | | 1 |
| 24 | Panel | | 1 |
| 25 | PU handle bar left | | 1 |
| 26 | PU handle bar right | | 1 |
| 27 | Water cup | | 1 |
| 28 | IPAD holder | | 1 |
| 29 | Hollow pipe plug | $\Phi 35 \times t1.2$ | 2 |
| 30 | Handle pluse set | | 2 |
| 31 | Pipe plug | BLF82/ $\Phi 39 \times \Phi 30 \times 27.5$ | 2 |
| 32 | Incline motor | 92W | 1 |

| | | | |
|----|-----------------------------------|--|---|
| 33 | inverter | | 1 |
| 34 | motor | | 1 |
| 35 | Safety key fixed seat | | 1 |
| 36 | Safety key press piece | | 1 |
| 37 | Safety key pin | | 1 |
| 38 | Compressed spring | $\phi 11.8 \times \phi 0.8 \times 24$ | 1 |
| 39 | Foot pad | $\Phi 74 \times 86 \times M12$ | 2 |
| 40 | Wheel axle | $\Phi 19 \times 60 \times M6$ | 2 |
| 41 | Wheel | $\Phi 71 \times t48 \times \Phi 19.2$ | 2 |
| 42 | Outer cover | $t1.2 \times \phi 31$ | 4 |
| 43 | Cylinder cushion pad | $\phi 30 \times 30 \times M8 \times 8$ | 6 |
| 44 | filter | | 1 |
| 45 | Communication wire 1 | L-1200mm | 1 |
| 46 | Communication wire 2 | L-1700mm | 1 |
| 47 | Communication wire 3 | L-800mm | 1 |
| 48 | Side rail guide block | | 8 |
| 49 | Power end seat | | 1 |
| 50 | Fuse sseat with wire | | 1 |
| 51 | Ship switch | | 1 |
| 52 | Power cord | | 1 |
| 53 | Upright post cover left | | 1 |
| 54 | Uprighht post cover right | | 1 |
| 55 | Allen cylinder full thread screw | M8 \times 80 | 3 |
| 56 | Allen cylinder half thread screw | M10 \times 55 \times 20 | 2 |
| 57 | Allen sunk full thread screw | M6 \times 15 | 4 |
| 58 | Allen c.k.s. half thread screw | M10 \times 40 \times 20 | 1 |
| 59 | Hexagon head step half-tooth bolt | M10 \times 7.5 \times $\Phi 13 \times 6.5 \times 20.4$ | 2 |
| 60 | Hexagon full thread screw | M8 \times 20 (8.8 level) | 2 |
| 61 | Allen c.k.s full thread screw | M8 \times 75 | 4 |
| 62 | Allen c.k.s. half thread screw | M8 \times 40 \times 20 (8.8 level) | 4 |
| 63 | Allen cylinder full thread screw | M8 \times 25 | 8 |
| 64 | Allen cylinder full thread screw | M8 \times 30 | 2 |
| 65 | Allen c.k.s half thread screw | M8 \times 30 \times 20 (8.8 level) | 4 |
| 66 | Allen cylinder full thread screw | M10 \times 40 | 4 |

| | | | |
|----|---|------------------|----|
| 67 | Spring washer | Φ 10 | 4 |
| 68 | Hexagon lock nut | M12 | 4 |
| 69 | Hexagon large flat head half thread bolt | M8×40 | 2 |
| 70 | Hexagon cylindrical head full thread bolt | 8×25 | 1 |
| 71 | Hexagon lock nut | M10 | 4 |
| 72 | Flat washer | Φ 8 | 4 |
| 73 | twill weave earth wire | | 1 |
| 74 | Flat washer | Φ 10 | 5 |
| 75 | Allen cylinder full thread screw | M8×55 | 2 |
| 76 | Philips c.k.s sharp full thread screw | M5×15 | 6 |
| 77 | Philips pan head self-tapping screw | ST3×25 | 4 |
| 78 | Philips c.k.s full thread screw | M4×20 | 2 |
| 79 | Philips c.k.s full thread screw | M4×16(钢钉) | 8 |
| 80 | Philips pan head self-tapping screw | ST4×15 | 23 |
| 81 | Philips c.k.s self-tapping screw | ST4×16(钢钉) | 48 |
| 82 | Magnet ring | φ 35× φ 22×t15.0 | 1 |
| 83 | Power connection wire | L-450mm (black) | 1 |
| 84 | Power connection wire | L-450mm (red) | 1 |
| 85 | Power connection wire | L-200mm (red) | 1 |
| 86 | Power connection wire | L-200mm (black) | 1 |
| 87 | Wire (grounding) | L-150mm | 1 |
| 88 | Wire (grounding) | L-200mm | 4 |

TREADMILL STRUCTURE



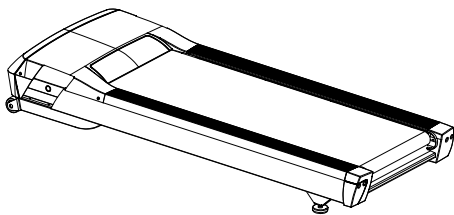
TECHNICAL INFORMATION

| | |
|--------------------|---------------|
| Maximum load | 160kg |
| Foldable Dimension | 2160*880*1535 |
| Running Area | 1550*560 |
| Speed | 1.0—22.0km/h |
| Incline | 0-15% |

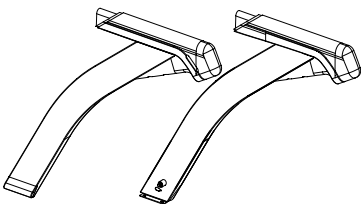
WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

CARTON CONTENTS

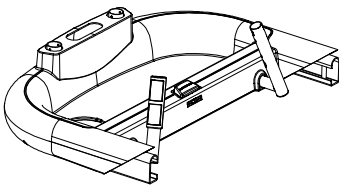
A Main Body



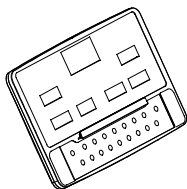
B Upright Post



C Console



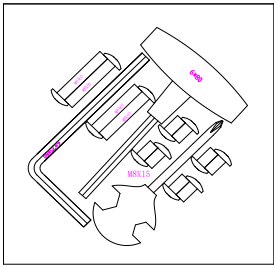
D Display



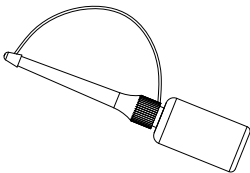
E Water cup



F Screw bag



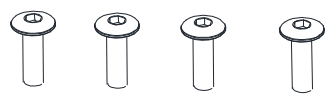
G Silicon Oil



H manual



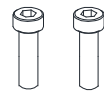
HARDWARE BAG LIST



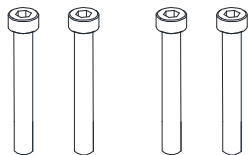
Hexagon large flat head
half-tooth bolt M8×40



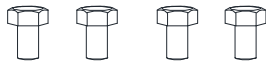
Philips c.k.s self-tapping
screw ST4×15



Allen cylinder head full
thread screw M8*25



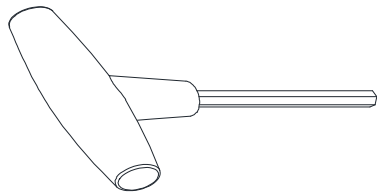
Allen cylinder head half
thread screw M8*75



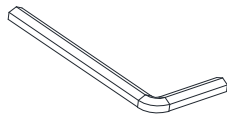
Outer hexagon full
tooth bolt M8×20



Flat washer Φ8



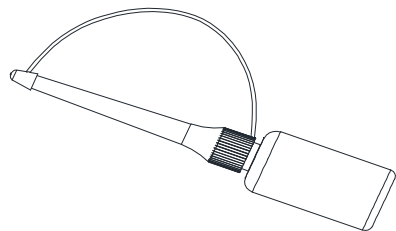
T shape spanner



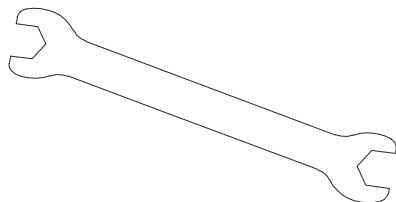
L shape spanner



Cross open spanner

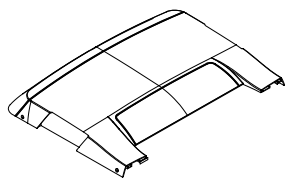


Silicone oil

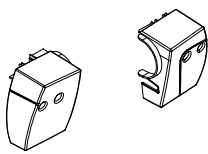


14 open spanner

Main Parts



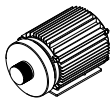
Motor Cover



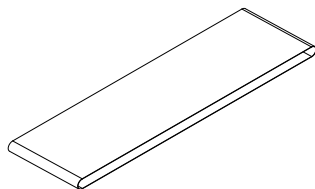
Rear Cover



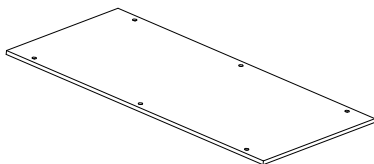
Motor Belt



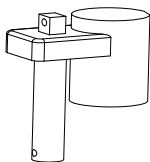
Motor



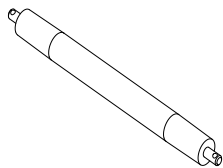
Running belt



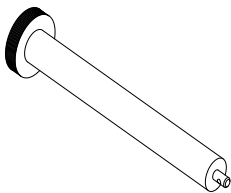
Running board



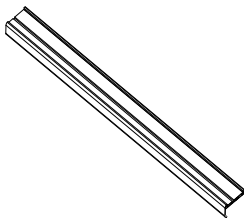
Incline motoe



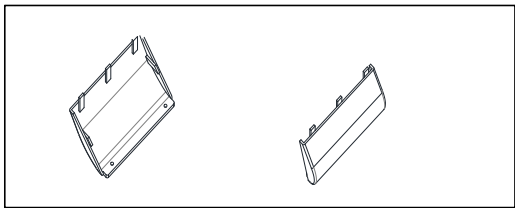
Rear Roller



Front Roller

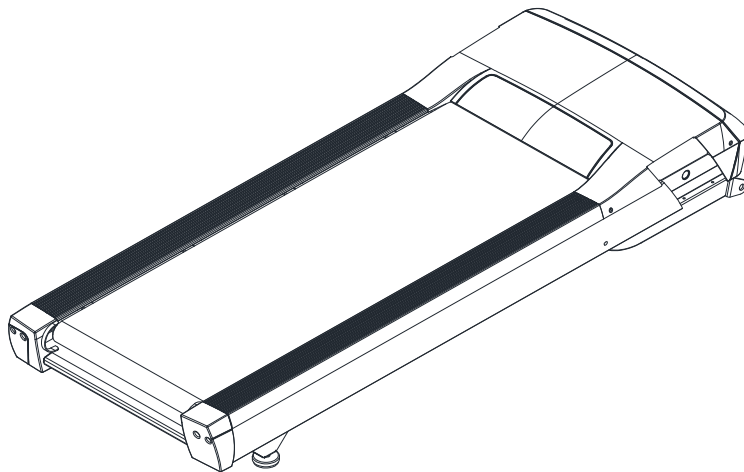


Side rail

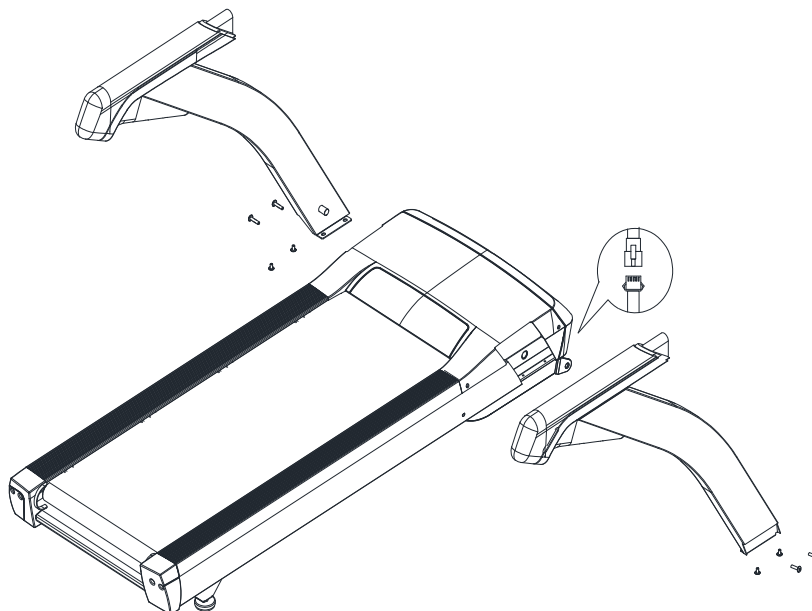


Left and right upright post

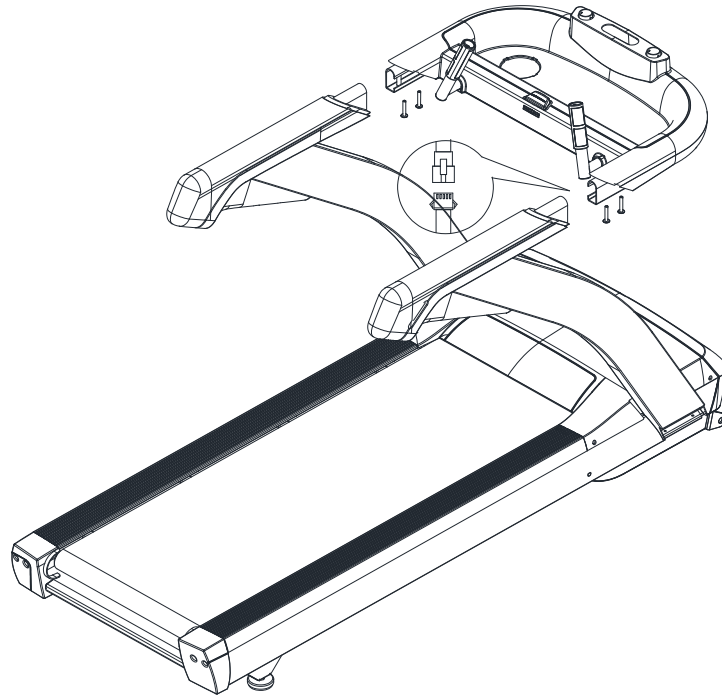
ASSEMBLY INSTRUCTION



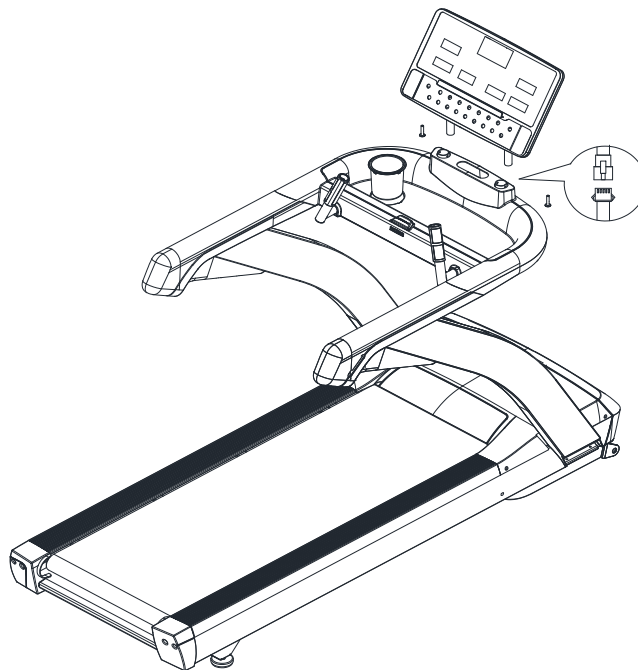
Step 1, Take out the machine from box and put it on the flat floor. (As shown)



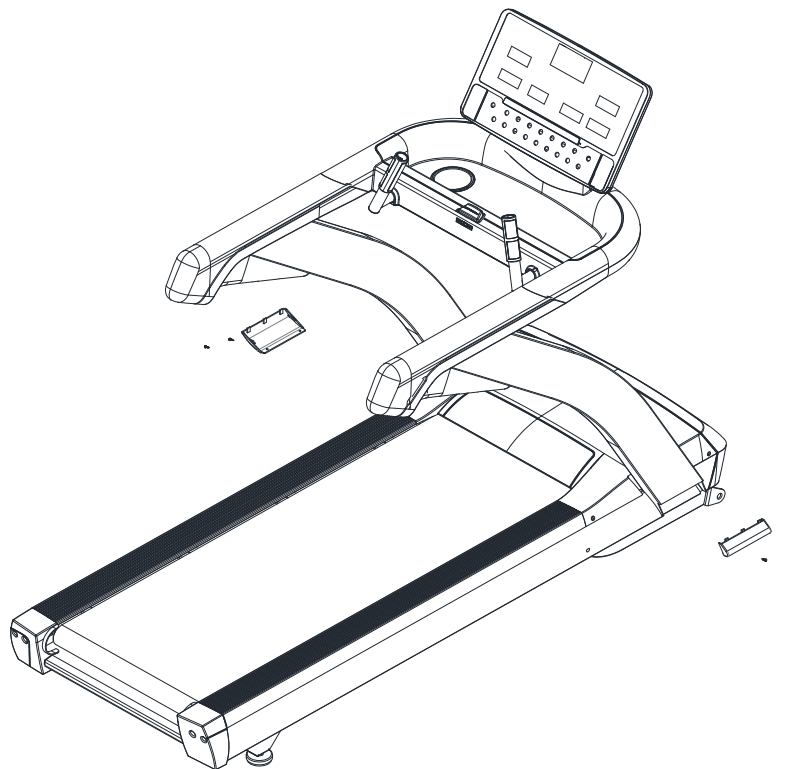
Step 2, Connect communication wires of right side of main frame with the one inside of right upright post. Put the circular shaft of lower upright post into circular hole of main frame side tube, fix them with 2pcs of M8*40 screw from the outside of upright post and 2pcs of M8x20 screw on the lower side of upright post. Assemble the left upright post by the same way.



Step3, Connect communication wires of monitor frame (right side) and right upright post, insert the console frame into left and right handle bar, then fix with 4 pcs of M8*75 screws by two sides.



Step 4: Connect communication wires of monitor and console frame, insert the display frame into circular tube of console frame, then fix with 2 pcs M8*25 screws at the bottom, final insert the water cup into left circular hole of console frame.



Step 5: Fasten all the above screws, install the left and right upright post cover with 2pcs of ST4x16 screws in each side , then the assembly is finished.

GENERAL FITNESS TIPS

Warm-Up

Do some warm-up for at least 5 to 10 minutes before every exercise.

Breathe

Make sure you breathe regularly ,properly and calmly when exercising.

Exercise Frequency

It should have 48 hours of rest for the same muscles.

Load

Do exercise as per your own condition ,can enhance exercise force step by step .In the beginning ,it's normal to get aching pain of muscles.This pain can be removed in the late phase.

Relax

Remember to have some relax at least 5 minutes to do some stretch after running.

Drink and Meal

Start running on the treadmill after 1 hour of your meal .And you can start your meal after half an hour of finishing exercise .Drink less water and no large drink when running.

Stretching Exercises

A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down / relaxation period after the exercise session ensures that you do not experience any muscular problems. In the following you will find stretching exercise instructions for warming up and cooling down. Please pay attention to the following points:

1. TOUCH TOES

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 10-15 seconds if possible and relax. Repeat three times. See pic.1

2. EXERCISES FOR THE KNEES

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull you 10-15 seconds if possible. Repeat three times for each leg. See pic.2

3. EXERCISES FOR THE CALVES/ACHILLES TENDON

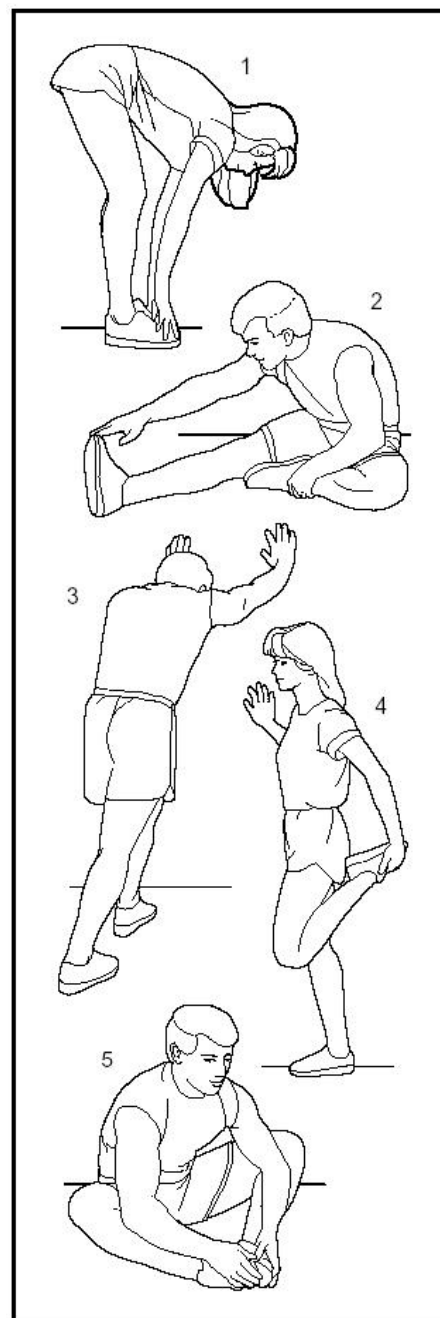
Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 10-15 seconds if possible. Repeat this exercise 2 times for each leg. See pic.3

4. EXERCISES FOR THE UPPER THIGH

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 10-15 seconds if possible and repeat this exercise 2 times for each leg. See pic.4

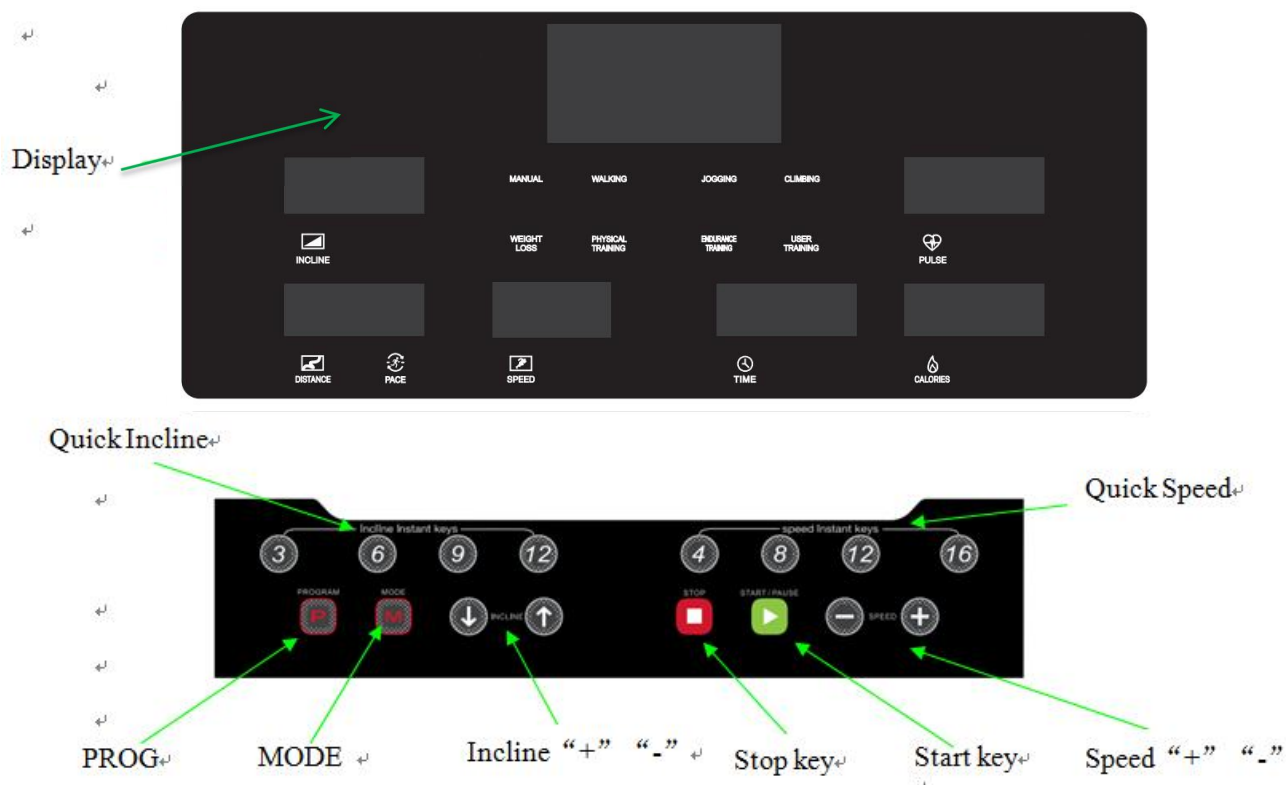
5. INSIDE UPPER THIGH

Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 10-15 seconds if possible. Repeat this exercise 3 times for each leg. See pic.5



COMPUTER USE INSTRUCTION

Computer function Instruction



1.1: P0: USER training program; P1-P36 the preset auto program; U01-U03, (user-defined program), BMI function.

1.2: 1 dot-matrix display screen , 6 digital tube display screen and 16 operation keys .

1.3: Speed Range:1.0~22.0KM/H. Incline Range: 0~15 %.

1.4: System self check and warning sound function.

1.5: Speed,distance auto-change between Metric and Imperial system .

1.6: MP3 (Optional)

1.7: HRC (Optional)

LED window instruction

2.1: "SPEED" window: Display the speed numerical value.

2.2: "TIME" window: Display the time numerical value.

2.3: "DISTANCE/PACE" window: Display the distance and pace values alternately.

2.4:“CALORIES” window: Display the calories numerical value.

“

2.5:“PULSE” window: Display the pulse numerical value.

2.6:”INCLINE” window: Display the inclination numerical value.

Button Instruction

3.1: “PROG”: Program select key: when the treadmill is stopped, cycle select from the manual program to “P0-P36→U1~U3→BMI” as you prefer.

3.2: “MODE” : mode select key: When the treadmill is stopped, set the Mode as you prefer to.

You can cycle select the Time countdown →calories countdown →distance countdown → Normal mode. The reposition of default is 30 minutes when in P1-P36.


3.3: “START” key: When the treadmill is stopped, press the START key to turn on the treadmill. Press “START” key when running, it will pause.


3.4: “STOP” key, when the treadmill is running, stop the treadmill slowly by pressing the STOP key one times. When the LCD window show the ERR message.Press the stop key to clear the err message. When the treadmill is running, press the “STOP” key for two times, it can stops urgently.

3.5: “+” KEY: increase the speed when running. Increase the parameter under the BMI testing.

3.6: “ –“KEY: decrease the speed when running. Decrease the parameter under the BMI testing.

3.7: “QUICK SPEED” key: when the treadmill is running, Speed up directly by pressing the quick speed key 3, 6, 9, 12, 14, 16, 18, 20 .

3.8: “  KEY: Increase the incline by pressing this key.

3.9: “  “KEY: Decrease the incline by pressing this key.

3.10: “QUICK INCLINE KEY: Increase the incline directly by pressing the quick incline key2, 4, 6, 8, 10, 12, 15

Metric and Imperial System Change

Pull out the safety key and press “Program” and “Mode” Key at the same time, the screen display M to show change from Metric system to Imperial system.

Pull out the safety key and press “Program” and “Mode” Key at the same time, the screen display KM to show change from Imperial system to Metric system.

Safety key function:

The safety key is composed by touch switch ,clip and nylon cord for emergency stop function .

In any state, pull-out safety locks, window displays:”E7” and sound buzzer “DI-DI-DI”. Then put well the safety lock, all show that the full light for 2 seconds, then go to manual start mode (the equivalent of clearing reset).

SAFETY USE INSTRUCTION

1.1: Put the power cord into the electrical outlet with 10A. Flip this switch to the “ON” position. The screen shines with prompt sound.

1.2: Put the safety key on the correct position and link safety key cord with your clothes then turn on the power ,the LCD window light is shinning ,and sound “beee”, the treadmill enter in to the P0 Normal Mode.

1.3: Press “PROG” key to cycle select the program P0-P36,U01,U02,U03,BMI.

a) “P0”User self-defined program. Press “MODE” cycle select four training mode. User can select the speed and inclination. Speed default is 1.0km/h, inclination default is 0%.

Training mode 1: Counting. Time, distance, calorie is plus. The select function is closed.

Training mode 2: Time Countdown. Under selecting, time window flicker, press “+”-“to modify the value. The range is 5-99 minute. Default is 30:00.

Training mode 3: Calories Countdown. Under selecting, calories window flicker, press “+”-“to modify the value. The range is 20-9990CAL. Default is 50CAL.

Training mode 4: Distance Countdown. Under selecting, Distance window flicker, press “+”-“to modify the value. The range is1.0-99.0km. Default is1.0KM.

b) “P1—P36” Preset program. Only for Time Countdown mode. Under selecting, time window flicker, press “+”-“” to select. The range is 5-99 minute. Default is 30:00. Press “MODE” key to return to Defaults.

1.4: Press “START” after setting up training mode, Screen display 5 seconds into the countdown, accompanied by five hint sound, after the countdown to 1, treadmill start gently; speed up slowly to the display, then the constant speed operation smoothly.

a) When running, press the “+ “, “-“or “quick speed key” to adjust the speed you want.

b) For P1—P36, Speed and inclination is divided into 16 segments. Each segment has same time. The speed after selecting will be avail in current segment. When run to next segment. It will sound 3 times in advance. When finish 16 segments, the motor will stop with a long prompt sound.

c) Press “START” key when running, it will pause. Press “START” key again, it will running, the record data will keep on.

1.5: Press “STOP” key when running, the treadmill will slowly till stop. All will return to the default state.

1.6: In any state, pull-out safety locks, window displays: E7and sound buzzer. The treadmill stop.

1.7: The controller always under the inspection. Treadmill will stop once the abnormal case happen. Window will show the ERR message and sound.

BMI FUNCTION

When the treadmill is stopped, press the "PROG"key until select" BMI "and enter into BMI function, then press “MODE” key to set the parameter. You can also check “Distance” and “Time by “+”, “—” Key.

- F1 means Sex, the 1(male), 2(female). Default Value as 1.
- F2 means Age, the range is 1-99, and the default value as 25.
- F3, means Height, the range is 100-220CM(39-87inch), the default value as 170CM(67inch)
- F4, means Weight, the range is 20-150KG(44-330pound), the default value as 70KG (154pound)
- F5, mean BMI, show you have finished the set item , and enter into BMI function.

Put two hands on the handle bar, wait for 8 seconds, and the window will show the BMI. Take the Asian people for example and the data below is for reference only .

BMI under 18 is under weight;
BMI Between 18 and 24 is normal weight;
BMI Between 25 and 28 is over weight;
BMI And over 29 is obesity.

MP3 Function (Optional)

1.1 computer includes dual-track speaker, switch volt power and no-signal mute function . Connecting the audio input hole and MP3 earphone hole with applied optional audio cord , the machine can play music itself .

HRC Program (Optional)

The default of HRC is three groups; the speed limitation of HRC1, HRC2, HRC3 is 9 km/h, 11 km/h and 13 km/h.

HRC can set the range of methods, orders and parameter, when you press the program button to display the HRC, press mode to confirm and go to the next setting group. It can start when you press the speed button to set the final parameters

- A: Age range: 15-80 years old, the default is 25 years old.
- B: Target heart rate: $(220 - \text{age}) \times 0.6$
- C: The correction range of the target heart rate: 80-180
- D: The default of time is 30 minutes. The correction range: 5-99 minutes.

Speed change

A: Changing frequency, HRC check the heart rate once every 30 seconds (heart rate has been shown).

B: When the user's heart rate is lower than the target heart rate 30 beats / min, the speed is increased 2.0 km / h.

C: When the user's heart rate is lower than the target heart rate 6-29 beats / min, the speed is increased 1.0 km / h.

D: When the user's heart rate is higher than the target heart rate 30 beats / min, the speed is decreased 2.0 km / h.

E: When the user's heart rate is higher than the target heart rate 6-29 beats / min, the speed is decreased 1.0 km / h.

F: When the user's heart rate is higher or lower than the target heart rate 0-5 beats/min, the speed won't change.

According to the following situation, the treadmill will be slow down to the lowest speed in 20 seconds, and then stop after running 15 seconds in the lowest speed and sound once per second.

A: Check heart rate every 30 seconds but can not find the heart rate .

B: Run 1 km/h ,the heart rate will lead to speed down .

C: The heart rate is higher than (220-age).

When you are running at the speed higher than 1 km/h , the speed can't lower than 1 km/h .For example the lowest speed at default as 1 km/h .And when you are running 1.6 km/h ,the heart rate leads your speed down to 1 km/h ,then your speed will be adjusted to 1 km/h .

The inclination isn't controlled by the heart rate, it can be adjusted manually. In initial minutes ,the treadmill is not controlled by heart rate .

Program P1-P36 Chart (Speed and Incline Setting)

| segment Program | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|--------------------|---------|-----|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| P1 | SPEED | 1.0 | 3.0 | 3.0 | 7.0 | 7.0 | 5.0 | 5.0 | 5.0 | 7.0 | 7.0 | 5.0 | 5.0 | 5.0 | 5.0 | 3.0 | 2.0 |
| | INCLINE | 2 | 2 | 6 | 6 | 8 | 8 | 6 | 6 | 4 | 4 | 4 | 6 | 6 | 2 | 2 | 2 |
| P2 | SPEED | 2.0 | 3.0 | 3.0 | 6.0 | 5.0 | 5.0 | 8.0 | 5.0 | 5.0 | 6.0 | 8.0 | 8.0 | 8.0 | 5.0 | 4.0 | 3.0 |
| | INCLINE | 3 | 3 | 9 | 9 | 9 | 2 | 2 | 8 | 8 | 4 | 1 | 1 | 4 | 4 | 4 | 4 |
| P3 | SPEED | 2.0 | 3.0 | 5.0 | 5.0 | 7.0 | 7.0 | 8.0 | 5.0 | 5.0 | 6.0 | 8.0 | 8.0 | 8.0 | 5.0 | 4.0 | 3.0 |
| | INCLINE | 1 | 2 | 3 | 4 | 5 | 5 | 7 | 7 | 4 | 4 | 4 | 4 | 6 | 3 | 2 | 2 |
| P4 | SPEED | 2.0 | 2.0 | 3.0 | 5.0 | 5.0 | 5.0 | 8.0 | 8.0 | 8.0 | 8.0 | 5.0 | 5.0 | 5.0 | 3.0 | 3.0 | 2.0 |
| | INCLINE | 3 | 3 | 6 | 6 | 6 | 9 | 9 | 9 | 9 | 9 | 9 | 6 | 6 | 6 | 2 | 2 |
| P5 | SPEED | 3.0 | 4.0 | 5.0 | 6.0 | 7.0 | 8.0 | 9.0 | 10.0 | 10.0 | 10.0 | 9.0 | 8.0 | 7.0 | 5.0 | 4.0 | 3.0 |
| | INCLINE | 2 | 2 | 4 | 4 | 8 | 8 | 6 | 6 | 6 | 6 | 8 | 7 | 6 | 5 | 1 | 1 |
| P6 | SPEED | 3.0 | 4.0 | 5.0 | 5.0 | 6.0 | 6.0 | 7.0 | 7.0 | 7.0 | 9.0 | 9.0 | 10.0 | 10.0 | 11.0 | 5.0 | 3.0 |
| | INCLINE | 1 | 8 | 8 | 8 | 8 | 8 | 7 | 7 | 7 | 7 | 7 | 5 | 5 | 3 | 3 | 1 |
| P7 | SPEED | 3.0 | 4.0 | 9.0 | 4.0 | 11.0 | 4.0 | 10.0 | 4.0 | 9.0 | 4.0 | 8.0 | 4.0 | 11.0 | 5.0 | 3.0 | 2.0 |
| | INCLINE | 1 | 1 | 4 | 4 | 4 | 6 | 6 | 6 | 8 | 8 | 8 | 10 | 10 | 10 | 6 | 2 |
| P8 | SPEED | 3.0 | 5.0 | 8.0 | 3.0 | 5.0 | 7.0 | 9.0 | 3.0 | 5.0 | 7.0 | 10.0 | 3.0 | 5.0 | 7.0 | 11.0 | 5.0 |
| | INCLINE | 3 | 3 | 8 | 8 | 3 | 3 | 7 | 7 | 3 | 3 | 6 | 6 | 3 | 3 | 5 | 5 |
| P9 | SPEED | 3.0 | 7.0 | 9.0 | 4.0 | 7.0 | 10.0 | 4.0 | 7.0 | 11.0 | 5.0 | 7.0 | 12.0 | 4.0 | 7.0 | 12.0 | 6.0 |
| | INCLINE | 3 | 6 | 6 | 3 | 7 | 7 | 3 | 8 | 8 | 3 | 9 | 9 | 3 | 3 | 7 | 7 |
| P10 | SPEED | 3.0 | 5.0 | 6.0 | 6.0 | 6.0 | 9.0 | 10.0 | 6.0 | 6.0 | 9.0 | 10.0 | 6.0 | 6.0 | 6.0 | 11.0 | 3.0 |
| | INCLINE | 2 | 7 | 7 | 7 | 5 | 5 | 5 | 8 | 8 | 8 | 8 | 8 | 8 | 4 | 4 | 4 |
| P11 | SPEED | 4.0 | 5.0 | 7.0 | 9.0 | 10.0 | 11.0 | 9.0 | 6.0 | 8.0 | 9.0 | 10.0 | 10.0 | 11.0 | 9.0 | 6.0 | 5.0 |
| | INCLINE | 1 | 6 | 6 | 6 | 3 | 3 | 3 | 7 | 7 | 4 | 4 | 4 | 4 | 6 | 6 | 6 |
| P12 | SPEED | 4.0 | 6.0 | 10.0 | 10.0 | 7.0 | 10.0 | 10.0 | 10.0 | 7.0 | 7.0 | 10.0 | 10.0 | 10.0 | 10.0 | 6.0 | 5.0 |
| | INCLINE | 3 | 8 | 8 | 6 | 9 | 9 | 5 | 5 | 8 | 8 | 8 | 4 | 4 | 4 | 4 | 4 |
| P13 | SPEED | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 |
| | INCLINE | 4 | 8 | 10 | 12 | 4 | 8 | 10 | 12 | 4 | 8 | 10 | 12 | 4 | 8 | 10 | 12 |
| P14 | SPEED | 2.0 | 3.0 | 3.0 | 6.0 | 9.0 | 11.0 | 3.0 | 6.0 | 9.0 | 11.0 | 3.0 | 6.0 | 9.0 | 11.0 | 3.0 | 6.0 |
| | INCLINE | 5 | 9 | 11 | 12 | 5 | 9 | 11 | 12 | 5 | 9 | 11 | 12 | 5 | 9 | 11 | 12 |
| P15 | SPEED | 4.0 | 6.0 | 11.0 | 11.0 | 9.0 | 6.0 | 11.0 | 11.0 | 9.0 | 6.0 | 11.0 | 11.0 | 9.0 | 6.0 | 11.0 | 11.0 |
| | INCLINE | 2 | 3 | 4 | 5 | 6 | 8 | 7 | 8 | 8 | 7 | 7 | 6 | 5 | 4 | 3 | 2 |
| P16 | SPEED | 2.0 | 4.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 |
| | INCLINE | 2 | 4 | 5 | 6 | 2 | 4 | 5 | 6 | 2 | 4 | 5 | 6 | 2 | 4 | 5 | 6 |
| P17 | SPEED | 2.0 | 2.0 | 2.0 | 4.0 | 6.0 | 6.0 | 9.0 | 11.0 | 11.0 | 2.0 | 4.0 | 6.0 | 6.0 | 11.0 | 11.0 | 9.0 |
| | INCLINE | 2 | 4 | 6 | 8 | 10 | 12 | 12 | 12 | 12 | 12 | 12 | 10 | 8 | 6 | 4 | 2 |
| P18 | SPEED | 3.0 | 6.0 | 3.0 | 6.0 | 6.0 | 3.0 | 6.0 | 6.0 | 3.0 | 6.0 | 6.0 | 3.0 | 6.0 | 6.0 | 3.0 | 6.0 |
| | INCLINE | 2 | 6 | 8 | 2 | 6 | 8 | 2 | 6 | 8 | 2 | 6 | 8 | 2 | 6 | 8 | 2 |
| P19 | SPEED | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 |
| | INCLINE | 10 | 8 | 6 | 4 | 10 | 8 | 6 | 4 | 10 | 8 | 6 | 4 | 10 | 8 | 6 | 4 |
| P20 | SPEED | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 |
| | INCLINE | 12 | 8 | 2 | 12 | 8 | 2 | 12 | 8 | 2 | 12 | 8 | 2 | 12 | 8 | 2 | 2 |
| P21 | SPEED | 2.0 | 6.0 | 2.0 | 6.0 | 11.0 | 2.0 | 6.0 | 11.0 | 2.0 | 6.0 | 11.0 | 2.0 | 6.0 | 11.0 | 2.0 | 6.0 |
| | INCLINE | 12 | 9 | 3 | 12 | 9 | 3 | 12 | 9 | 3 | 12 | 9 | 3 | 12 | 9 | 3 | 3 |
| P22 | SPEED | 4.0 | 6.0 | 11.0 | 6.0 | 2.0 | 11.0 | 6.0 | 2.0 | 11.0 | 6.0 | 2.0 | 11.0 | 6.0 | 2.0 | 11.0 | 6.0 |
| | INCLINE | 2 | 4 | 10 | 2 | 4 | 10 | 2 | 6 | 12 | 6 | 8 | 12 | 6 | 8 | 12 | 2 |
| P23 | SPEED | 4.0 | 6.0 | 11.0 | 6.0 | 6.0 | 2.0 | 11.0 | 6.0 | 6.0 | 2.0 | 11.0 | 6.0 | 6.0 | 2.0 | 11.0 | 6.0 |
| | INCLINE | 2 | 3 | 4 | 5 | 6 | 6 | 7 | 8 | 10 | 11 | 12 | 12 | 12 | 12 | 10 | 2 |
| P24 | SPEED | 4.0 | 6.0 | 11.0 | 6.0 | 4.0 | 11.0 | 6.0 | 4.0 | 11.0 | 6.0 | 4.0 | 11.0 | 6.0 | 4.0 | 11.0 | 6.0 |

| | | | | | | | | | | | | | | | | | |
|-----|---------|-----|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| | INCLINE | 4 | 4 | 5 | 6 | 7 | 8 | 10 | 10 | 12 | 12 | 12 | 12 | 12 | 12 | 10 | 2 |
| P25 | SPEED | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 |
| | INCLINE | 5 | 9 | 11 | 12 | 5 | 9 | 11 | 12 | 5 | 9 | 11 | 12 | 5 | 9 | 11 | 12 |
| P26 | SPEED | 3.0 | 4.0 | 4.0 | 7.0 | 10.0 | 12.0 | 4.0 | 7.0 | 10.0 | 12.0 | 4.0 | 7.0 | 10.0 | 12.0 | 4.0 | 7.0 |
| | INCLINE | 6 | 10 | 12 | 12 | 6 | 10 | 11 | 12 | 6 | 10 | 12 | 12 | 6 | 10 | 12 | 12 |
| P27 | SPEED | 5.0 | 7.0 | 12.0 | 12.0 | 10.0 | 7.0 | 12.0 | 12.0 | 10.0 | 7.0 | 12.0 | 12.0 | 10.0 | 7.0 | 12.0 | 12.0 |
| | INCLINE | 3 | 4 | 5 | 6 | 7 | 9 | 8 | 9 | 9 | 8 | 8 | 7 | 6 | 5 | 4 | 3 |
| P28 | SPEED | 3.0 | 5.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 |
| | INCLINE | 3 | 5 | 6 | 7 | 3 | 5 | 6 | 7 | 3 | 5 | 6 | 7 | 3 | 5 | 6 | 7 |
| P29 | SPEED | 3.0 | 3.0 | 3.0 | 5.0 | 7.0 | 7.0 | 10.0 | 12.0 | 12.0 | 3.0 | 5.0 | 7.0 | 7.0 | 12.0 | 12.0 | 10.0 |
| | INCLINE | 3 | 5 | 7 | 9 | 11 | 12 | 12 | 12 | 12 | 12 | 12 | 11 | 9 | 7 | 5 | 3 |
| P30 | SPEED | 4.0 | 7.0 | 4.0 | 7.0 | 7.0 | 4.0 | 7.0 | 7.0 | 4.0 | 7.0 | 7.0 | 4.0 | 7.0 | 7.0 | 4.0 | 7.0 |
| | INCLINE | 3 | 7 | 9 | 3 | 7 | 9 | 3 | 7 | 9 | 3 | 7 | 9 | 3 | 7 | 9 | 3 |
| P31 | SPEED | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 |
| | INCLINE | 11 | 9 | 7 | 5 | 11 | 9 | 7 | 5 | 11 | 9 | 7 | 5 | 11 | 9 | 7 | 5 |
| P32 | SPEED | 6.0 | 14.0 | 6.0 | 14.0 | 6.0 | 14.0 | 6.0 | 14.0 | 6.0 | 14.0 | 6.0 | 14.0 | 6.0 | 14.0 | 6.0 | 14.0 |
| | INCLINE | 12 | 9 | 3 | 12 | 9 | 3 | 12 | 9 | 3 | 12 | 9 | 3 | 12 | 9 | 3 | 3 |
| P33 | SPEED | 3.0 | 7.0 | 3.0 | 7.0 | 12.0 | 3.0 | 7.0 | 12.0 | 3.0 | 7.0 | 12.0 | 7.0 | 7.0 | 12.0 | 3.0 | 7.0 |
| | INCLINE | 12 | 10 | 4 | 12 | 10 | 4 | 12 | 10 | 4 | 12 | 10 | 4 | 12 | 10 | 4 | 4 |
| P34 | SPEED | 5.0 | 7.0 | 12.0 | 7.0 | 3.0 | 12.0 | 7.0 | 3.0 | 12.0 | 7.0 | 3.0 | 12.0 | 7.0 | 3.0 | 12.0 | 7.0 |
| | INCLINE | 3 | 5 | 11 | 3 | 5 | 11 | 3 | 7 | 12 | 7 | 9 | 12 | 7 | 9 | 12 | 3 |
| P35 | SPEED | 5.0 | 7.0 | 12.0 | 7.0 | 7.0 | 3.0 | 12.0 | 7.0 | 7.0 | 3.0 | 12.0 | 7.0 | 7.0 | 3.0 | 12.0 | 7.0 |
| | INCLINE | 3 | 4 | 5 | 6 | 7 | 7 | 8 | 9 | 11 | 12 | 12 | 12 | 12 | 12 | 11 | 3 |
| P36 | SPEED | 5.0 | 7.0 | 12.0 | 7.0 | 5.0 | 12.0 | 7.0 | 5.0 | 12.0 | 7.0 | 5.0 | 12.0 | 7.0 | 5.0 | 12.0 | 7.0 |
| | INCLINE | 5 | 5 | 6 | 7 | 8 | 9 | 11 | 11 | 12 | 12 | 12 | 12 | 12 | 12 | 11 | 3 |

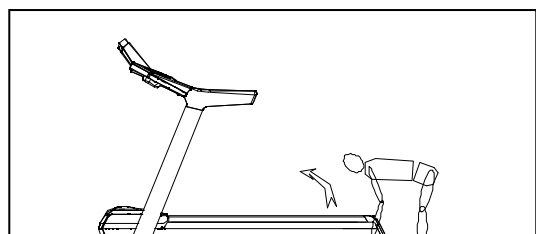
Common Trouble Shooting

| Problem | Reason | How to settle the problem |
|--------------------------|---|---|
| Treadmill can not work | the power supply not connect well . | connect the power supply |
| | safety key not put well | well put the safety key on the correct position |
| | transformer not fixed well or defected . | fix well the transformer or change the transformer |
| | circuit interrupt | check the connect wire and the terminal of the connect wire ,and well connect . |
| Treadmill stop suddenly | safety key fall off | put well the safety key . |
| | electronic system problem | Ask for the after sale service |
| Key defected | key is damaged | Change key |
| | key can not work | Change key board and wire. Change pcb board. Change computer. |
| | motor wire and controller not connected well | check their connection or replace controller. |
| E07 | computer can not test the safety key signal | check the safety key ,and well put . |
| No pulse | handle pulse wire did not connect well or wire defected | well connect the wire or change the wire |
| | console circuitry defected | change the console |
| Console short of display | the screw on the PCB is loose | tight well the screw |

| | | |
|-----|---|---|
| | console defected | change the console |
| E01 | inverter trip out at low voltage | change the inverter or find technician |
| E02 | heat sensor abnormal | change the inverter or find technician |
| E04 | inverter output over-current protection | change the inverter or find technician |
| E06 | inverter output over-voltage protection | change the inverter or find technician |
| E08 | landing abnormally | change the inverter or find technician |
| E09 | inverter overheating protection | change the inverter or find technician |
| E21 | flash program problem | change the inverter or find technician |
| E22 | prog problem | change the inverter or find technician |
| E23 | low voltage | change the inverter or find technician |
| E25 | emergency stop | change the inverter or find technician |
| E0A | motor overload protection | change motor or inverter or find technician |
| E0B | inverter overload protection | change the inverter or find technician |
| E0C | system overload abnormally | change the inverter or find technician |

TREADMILL MOVEMENT

Before moving the treadmill ,you should make



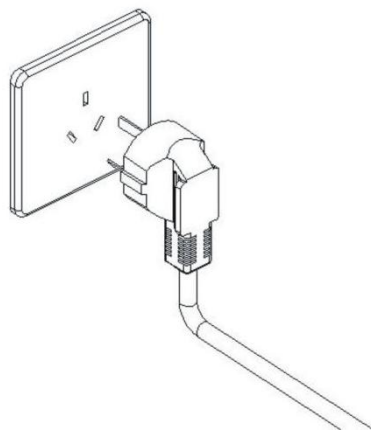
sure base frame is at its lowest point ,switch off ,
and power plug out of the socket .

Then, you can lift up the treadmill end with two
hands to forward or backward to right place.

Then put it down slowly .

GROUNDING

The treadmill must be grounded with correct socket that is compatible with local
rules .You can consult your local technician for help. It should be under 220-240V and
matches with this kind of socket as the picture below.



HOW TO USE THE PRODUCT

1, Turn the power on , keep the treadmill foldable at its lowest position and check its
function if normal .

2, Clip the safety key cord with your clothes.

3, Ensure and check its function and stability before use .

- Standing on the Running belt to get it started is not allowed.
- The correct way to start is standing on side rails with hands on the handle bar.
- After pressing Start Key,the treadmill running at the speed of 1.0km/h .
- Then press “+ ”Key to 2.5-3.5 km/h .Meanwhile to step to the running belt to start running .

4,After some minutes ,you can speed up by press “+”key or slow down by “- ” key meanwhile holding the hand bar .

5,When running ,press speed value,you can enter into the fixed speed you want .

6, You can press “stop”key to make the motor stop quickly .

7, Pre-setting Use

- Connect the power .Turn the power on.
- Press “choose”key to select what mode you want .
- Press “start”key to get started in your selected mode .
- You can press “+” or “-”to change the speed or “stop”key to make it stop .

8, HRC testing: After the treadmill is powered on ,hold your hands on the metal pulse sensors ,then you can see HRC value on the display window.

**Note: When safety key pull out ,the treadmill will stop immediately .
And thecomputer can not work ,the window shows “__”**

TREADMILL MAINTENANCE

Proper maintenance is very important to ensure a faultless and operational condition of

the treadmill. Improper maintenance can cause damage to the treadmill or shorten the life of the product. All parts of the treadmill must be checked and tightened regularly. Worn out parts must be replaced immediately.

Lubrication

After the running belt is used for some time ,the treadmill needs silicone oil for lubrication .Below is suggestion of lubrication .

Use frequency <3 hours/week ,lubricate 1 time every 5 months

Use frequency 4-7 hours/week , lubricate 1 time every 2 months

Use frequency >7 hours/week ,lubricate 1 time every 1 month

Note: it's not good to have too much silicone oil .

To keep appropriate extent is an important factor to treadmill life span .

1, How to check if need to add silicone oil ?

You can lift up the running belt and touch the middle of back of running belt.

If your hands are stained with silicone oil (something damp),it means no need more silicone oil .

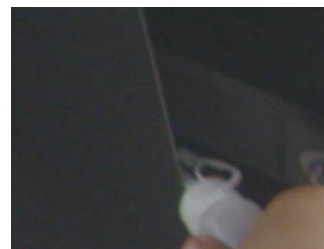
2, How to spray silicone oil ? Refer to the picture .

Step one: Stop the running belt and fold the treadmill .

Step two: Lift up the back of running belt and spray silicone oil starting from the middle of running belt then to two sides .

Step Three: Have 1km/h speed running to get sprayed silicone oil uniformed

Step Four: Step onto the running belt gently.The silicone oil will be absorbed about some minutes .



3, How to get running belt centerized

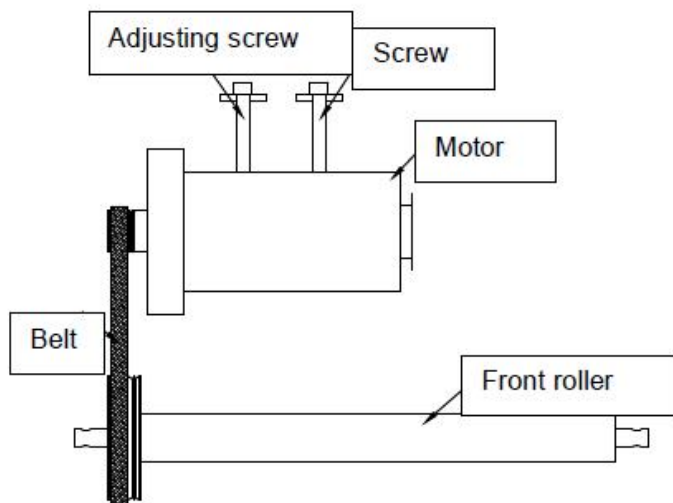
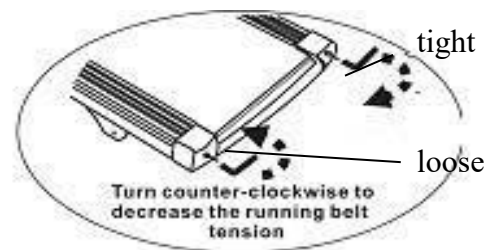
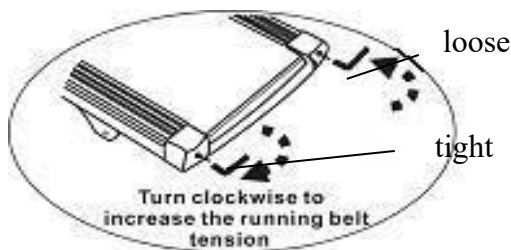
All running belt will be adjusted before ex-work or assembly . But it will appear disaligned or loose or slipping after some use by following reasons.

- The treadmill is on a stable place or not placed smoothly .
- Runner feet are not in the center of running belt .
- Runner's two feet force is not balanced .

To run the treadmill without load for some minutes can solve disalignment caused by the man .

If not, you can adjust it by using 6 mm allen C.K.S spanner in the hardware bag to make the adjusting screw counter-clockwise semi-cycle by semi-cycle .

- If toward the left side of the deck, using wrench, turn the left adjustment bolt clockwise 1/4 turn and the left adjustment bolt counter clockwise 1/4.
- If toward the right side of the deck, turn the right adjustment bolt clockwise 1/4 turn and the left adjustment bolt counter clockwise 1/4.



Note:

Running belt disalignment is not waranteed and need early check and correction,otherwise the running belt will be damaged badly .

The running belt and wheel groove need regular cleaning