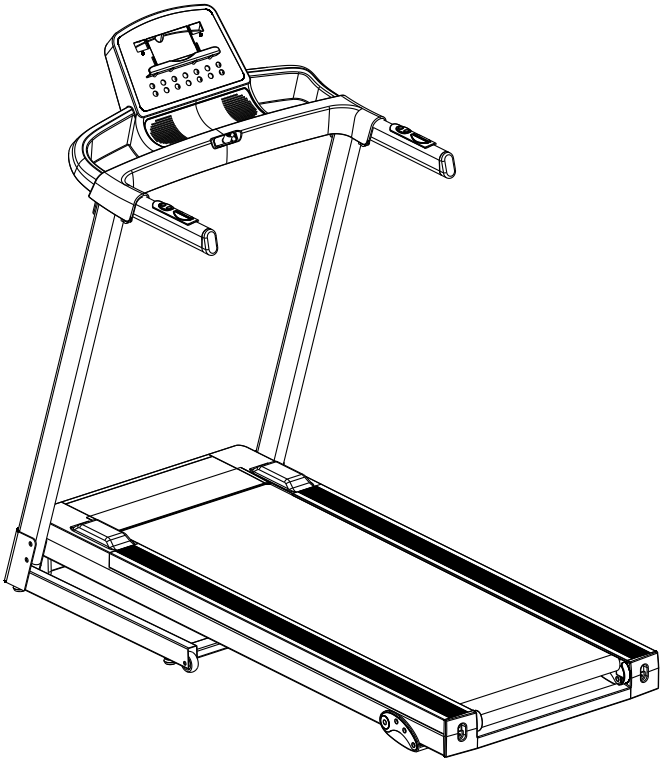
MOTORIZED TREADMILL
OWNER'S MANUAL



Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual

Version A

THANK YOU

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

User Guide

1. Always connect the power plug to a socket with a grounded circuit and the socket must have a special circuit to avoid sharing with other electrical equipment.
2. Ensure the treadmill stable on the ground before use.
3. Check if its function normal or not before running.
4. Stand on two side rails when the treadmill starts.
5. Clipped the safety key to your clothes when upcoming to control any emergency.
6. Press the “start” button to get the treadmill started.
7. Follow the running belt with left leg to do preparation before trial run.Only when you feel it right, then to run with two legs on the treadmill with proper running posture.
8. The treadmill is FOR ONE PERSON ONLY. Overload is not allowed.
9. You can adjust speed if necessary.
10. After running, you can stop the treadmill by pulling out the safety key or pressing the “stop” button.
11. Remember to turn off the power and pull out the plug when you finish exercising.

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 household treadmill continuous running no more than 2 hours.
- Keep good air circulation when running.
- There should be 2000x1000mm safe space at the end of treadmill when running。
- Stop running if any discomfort and consult the doctor.
- Reserve the silicon bottle to some place that children cannot reach, to avoid serious mistake.
- Prohibit the user jumping off the treadmill directly after use.
- Pull out 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 is not allowed.

DANGER!

To reduce accidents and harm, please check the following rules.

- ◆ Ensure your clothes zipped up before running.
- ◆ Do not wear clothes that easily hooked.
- ◆ Keep power cord away from hot objects.
- ◆ Keep children away from the treadmill.
- ◆ If something wrong, support the handle bar to push up and leave running belt.
- ◆ Do not use the treadmill outdoor.
- ◆ 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 not 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.

Warning!

Prohibit!

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

（1）The person with backache or used to get hurt in the leg ,waist ,neck . Those with numbness of legs, waist, neck and hands (those with chronic diseases such as intervertebral disc protrusion, spinal slip, cervical vertebra protrusion, etc.).

（2）The patient with deformational arthritis , rheumatism or gout.

（3）The patient with osteroporosis.

（4）The patient with a bad circulatory system like heart disease, vascular disorders and vascular hypertension.

（5）The patient with respiratory disturbance.

（6）The patient with Artificial heart rhythm problem.

（7）The patient with malignant tumors.

（8）The patient with thrombosis.

（9）The patient with diabetes-caused perceptual disturbance.

（10）The person with skin injury.

（11）The patient with a high fever above 38℃.

（12）The person with bent back bone.

（13）The person with pregnance or in (menstrual) period.

（14）The person feels discomfortable.

（15）The person is obviously in a bad condition.

（16）The person for the purpose of rehabilitation.

（17）The person having abnormal physical features.

-Above cases may cause accident or poor health

◆ Stop exercising immediately should you feel unwell like pain in your joints or muscles, dizziness, numb, and abnormal heart beat, and consult the doctor as soon as possible.

◆ Keep children away from this product.

- Children may get hurt if you ignore this.

◆ Told the children that this is not a toy.

- Children may get hurt if you ignore this.

◆when using, taking out, putting back or moving this product, please make sure there is nobody or pets around.

Prohibit！

◆ Stop using this product when the cover cracked (inner parts come out) or welded parts drop off.

-may cause danger or injury.

◆ Do not jump up or down from the treadmill when running.

- may fall down and get injury.

◆ Do not use or reserve the treadmill outdoor or near bathroom to avoid water.

◆ Do not use or reserve the treadmill in the area exposed to direct sunlight, and avoid high temperature places like electric blanket and warmer.

- may cause electric leakage or fire.

◆ Do not use when the power line or plug damaged, or the socket is loose.

- may cause electric shock, short circuit or fire.

◆ Do not damage or twist the power cord, also do not put heavy things on it.

- may cause fire or electric shock.

◆ Only for one person at a time, tell people around not too close.

- may fall down and cause injury.

◆ people who is not conscious or can't operate by himself can not use the treadmill.

- may cause accident or get injury.

◆ disassemble, repair, change by customer themselves are forbid absolutely.

- may cause mechanical breakdown and injury.

To avoid water!

◆the main body and operating components can not meet with water or drink.

- may cause electric shock and fire.

Prohibit !

◆ Do not exercise too much if you are not a regular sportspeople.

◆ Do not use the treadmill after meals or when feel tired.

- may cause damage to your health.

◆ This product is for home use. It cannot use in school or gymnasium where there are lots of unspecific users.

- may cause injury.

◆ Do not use the product while you are having meals or doing other activities.

◆ Do not use the product when you feel the body become slow after drink.

- may cause accident or injury.

◆ Do not use the product when you have hard object in your pocket.

- may cause accident or injury.

◆ the power plug cannot be attached with needle, waste or water.

- may cause electric shock, short circuit and fire.

◆ Do not pull out the plug or switch the power to "off" while operating.

- may cause injury.

Do not operate with wet hands !

◆ Do not pull out or insert the plug with wet hands.

- may cause electric shock or injury.

Remember to pull out the plug !

◆Remember to pull out the plug when not using.

- Dust and dampness can damage insulation and then cause electric leakage and fire.

◆ Pull out the plug when maintenance.

- may cause electric shock and injury.

◆ stop using immediately when the product can not start or have something abnormal, pull out the plug and make a trouble call.

- may cause electric shock and injury.

◆ pull out the plug when meet with power failure suddenly.

- may cause accident and injury when power resumption.

◆ You should hold the plug not the wire when pulling out the plug.

- may cause short circuit, electric shock and fire.

Ground connection instruction !

◆ the product must have grounded connection. The grounded connection can provide a channel with least resistance for the current when the product is malfunction, thus can reduce the danger of electric shock.

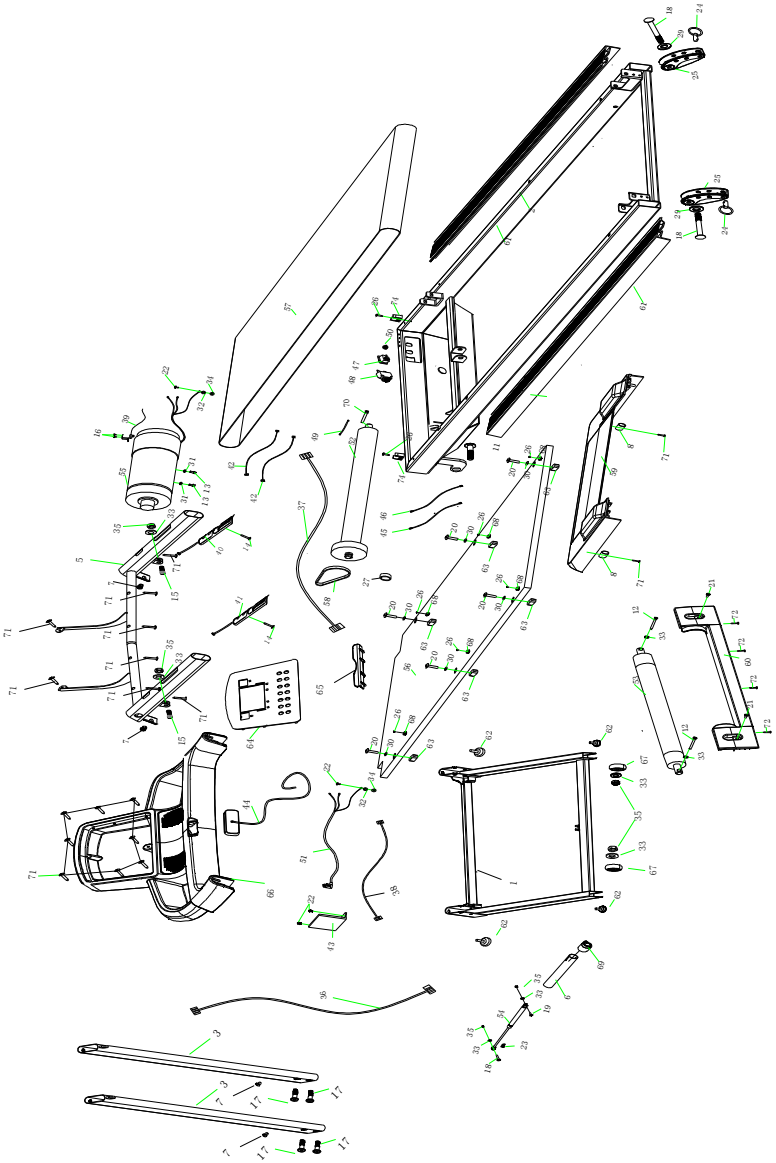
◆ The product is equipped with electric wire for grounding conductor and grounding plug. The plug must insert into the socket that conformed to the local regulations.

Danger !

◆ Incorrect connection of grounding conductor may cause electric shock. If you are not sure about the grounding connection, please ask a professional electrician to check. If the plug of the product is not matching your socket, you should ask for an electrician to install a correct socket.

◆ The product have grounding plug. Please confirm that you have the matched socket first. Socket adapter is not allowed.

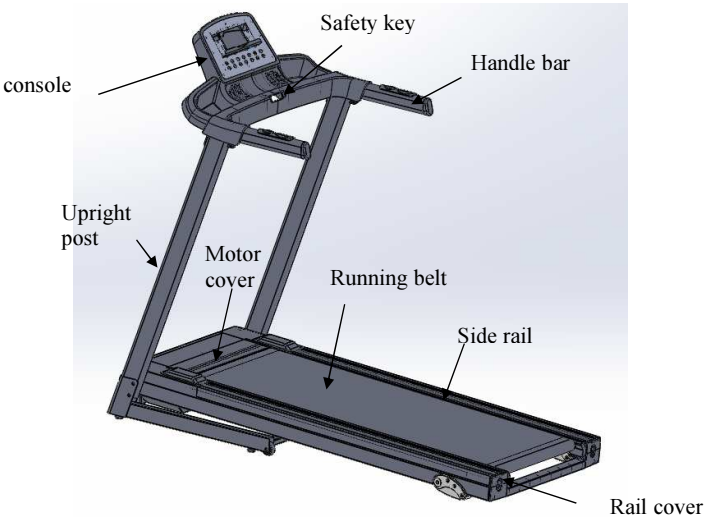
Exploding drawing



Explosion chart list

NO	Name	Quantity	NO	Name	Quantity
1	Base frame	1	43	Controller	1
2	Platform frame	1	44	Safety key	1
3	Upright post(L)	1	45	Power connection wire	1
4	Upright post(R)	1	46	Power connection wire	1
5	Console frame	1	47	Rocker switch	1
6	E-zfit linking parts	1	48	Self-reset switch	1
7	Hexagonal large flat head full tooth bolt	4	49	Power connection wire	1
8	Cover fixed tube painting part	2	50	Cable guider	1
11	Hexagonal large flat head half bolt M10×25×15	2	51	Power cord	1
12	Hexagon socket head bolt M8×75	2	52	Front roller	1
13	Hexagon socket head bolt M8×25	2	53	Rear roller	1
14	Cross recessed countersunk head tapping screw ST4×25	2	54	cylinder	1
15	Hexagon socket head bolt M8×20	2	55	Motor	1
16	Cross recessed countersunk head tapping screw ST3×10	2	56	Running board	1
17	Hexagon socket large flat head half tooth bolt M8×40×20	4	57	Running belt	1
18	Hexagonal large flat head half bolt M8×50×20	3	58	Motor belt	1
19	Hexagonal large flat head half bolt M8×30×20	1	59	Motor cover	1
20	Hexagon socket head bolt M6×55×Φ16	6	60	Rear cover	1
21	Cross recessed large flat head bolt M5×10	2	61	Side rail	2
22	Cross recessed large flat head bolt M4×10	3	62	foot pad (conductive rubber)	4
23	shrapnel	1	63	Square cushion	6
24	Pull ring latch	2	64	panel	1
25	Three-speed adjustable plastic parts	2	65	IPAD tray	1
26	Cross recessed countersunk head tapping screw ST4×15	8	66	console	1
27	Magnetic ring	1	67	wheels	2
29	Plastic flat pad Φ18×Φ10.5×t2.0	2	68	Circular strip guide	6
30	Plastic flat pad (PVC)Φ12×Φ6×t1.0	6	69	Double pipe plug	1
31	Spring washer Φ8	2	70	Hexagon socket head bolt M6×50	1
32	Spring washer Φ5	2	71	Cross recessed tapping screw M4×12	18
33	Flat washer Φ8	8	72	Cross recessed tapping screw M4×16	4
34	External serrated lock washer Φ5	2	74	Pipe clamp	2
35	Hexagon lock nut M8	8			
36	Upper post communication wire	1			
37	Console frame communication wire	1			
38	communication wire	1			
39	Photoelectric sensor L-300	1			
40	Handle pulse set	1			
41	Start and pause handle pulse set	1			
42	Handle pulse communication wire	2			

Treadmill instruction

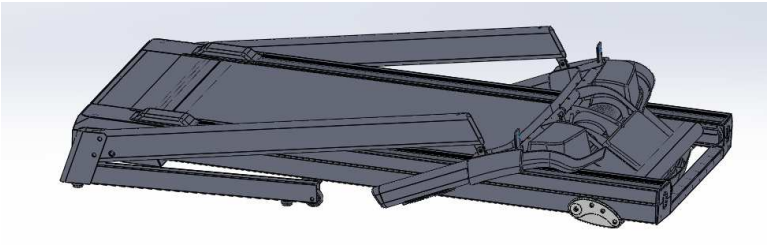


Technical information

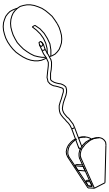
Dimension	Fold: 935*677*1306
	Unfold: 1489*677*1306
Running surface	1250*420
Speed	1.0－16.0km/h

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

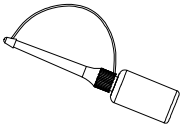
Packing List



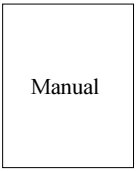
Machine



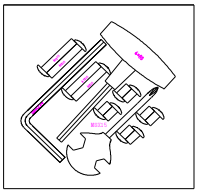
Safety key



Silicon bottle

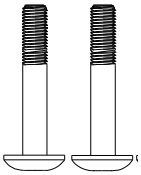


Manual

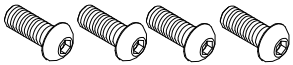


Hardware kit

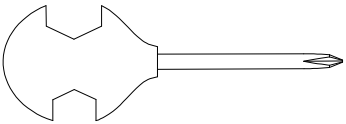
Hardware list



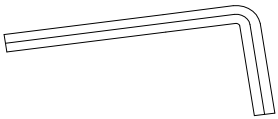
Hexagon socket large flat head half tooth bolt（M8*40*20）2PCS



Hexagon socket large flat head full tooth bolt（M8*10）4PCS

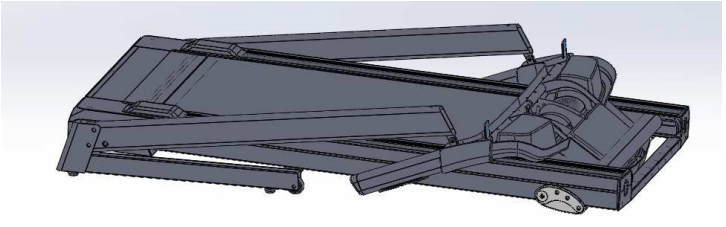


Open-ended wrench 1PCS

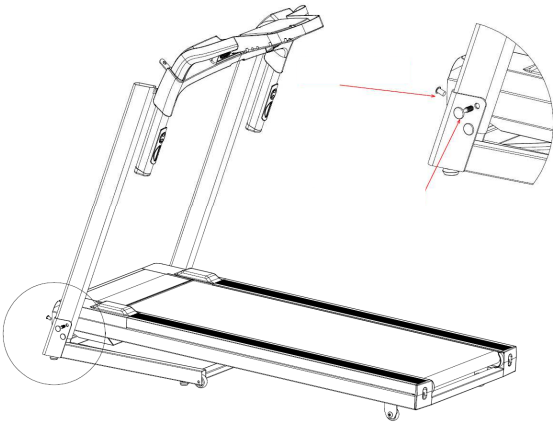


L type hexagon socket wrench S6 1PCS

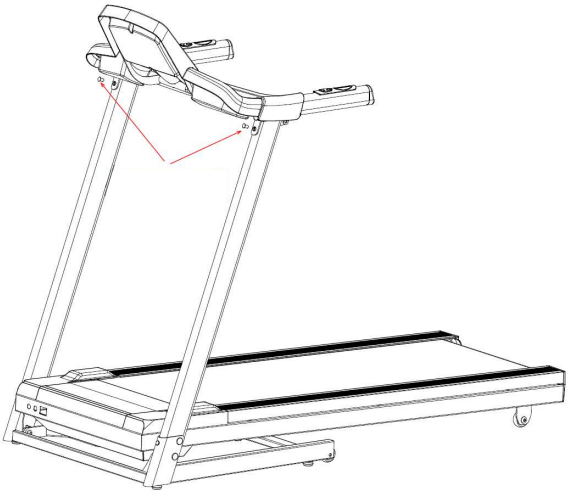
ASSEMBLY IN STRUCTIONS



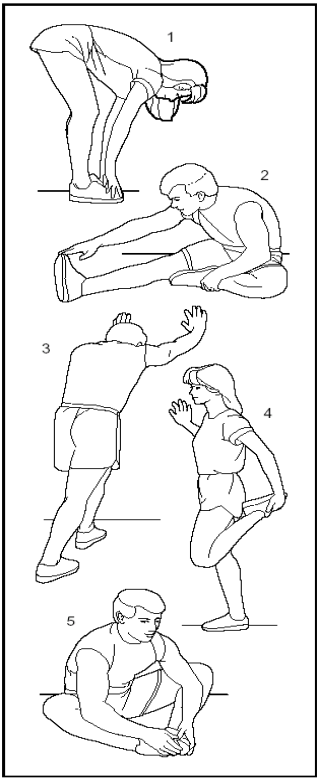
Step 1: Take the machine out of carton box, and put it on the flat floor (see the picture above), remove all PE bags and packing belts wrapping on the machine.



Step 2: Raise the left and right upright posts to 70 degree slowly at the same time by left hands of two people (make sure the Upright posts can't be pushed forward any more, the screw hole should be concentric, and not to clip the communication wire inside the Upright post), then hold the Console frame by right hands of two people, to prevent it from flipping. Lock left/right Upright posts and the clamps on both sides respectively, using 2pcs inner hexagon socket half thread screw M8×35×20 and 2pcs inner hexagon socket half thread screw M8×10 (please straighten the upright posts when you lock them with screws, in case of deviation).



Step 3: place the console on the top of the upright posts according to the drawing. After connecting the communication wire, lock the upright posts with four socket hexagon countersunk head bolts (M8×20) through the mounting holes on the side of the console. Finally, check whether all the mounting bolts are locked. After confirming the locking, install the safety key. The treadmill finish installation.



General fitness tips

1.Warm-up

Do not hold your breath before warming up for 5-10 minutes before each warm-up.

2. Breathe

Usually when you are preparing to restore your breath, inhale with your nose and spit out your breath with your mouth. The breathing and movement should be coordinated, such as breathing too fast. The movement should be stopped immediately.

3. Frequency

The same part of the muscle should have a rest of 48 hours, that is, the same part can only be trained every other day.

4.Load

According to the individual physical condition determine the amount of training, then according to the principle of asymptotic load to practice, the initial training of muscle soreness is a normal phenomenon, as long as continue to practice, soreness can be eliminated.

5.Relax

Do 5 minutes of exercise after each exercise, especially the stretching and relaxation of the muscles of the foot, to avoid long-term muscle condensation, maintain a muscle flexible diet.

6.Diet

In order to protect the digestive system, one hour after meals before exercise, training should be at least half an hour before eating, exercise less water, especially drinking water, so as not to increase the heart, kidney burden.

Stretching exercises

No matter how fast you walk, it's best to do stretching exercises first. Warm muscles are easier to stretch, so take a 5-10 minute warm-up. Then stop and do the stretching as follows: 5 times, each step for 10 seconds or more; do it again after the workout.

1. Stretch down

The knees are slightly curved, the body slowly bends forward, let the back and shoulders relax, and the hands try to touch the toes. Keep it for 10~15 seconds, then relax. Repeat 3 times (As picture 1 shown).

2. Tendon stretching

Sit on a clean seat cushion and straighten one leg. Put the other leg inward so that it fits snugly against the inside of the straight leg. Try to touch the toes with your hands. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 2 shown).

3. Calf and heel stretch

Hold the wall or tree with both hands and one foot behind. Keep your hind legs upright and your heels on the ground, leaning in the direction of the wall or tree. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 3 shown).

4. Quadriceps stretching

Grasp the balance with your left hand or the table, then extend your right hand backwards and grab your right ankle and slowly pull it toward your hips until you feel the muscles in front of your thighs are tense. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 4 shown).

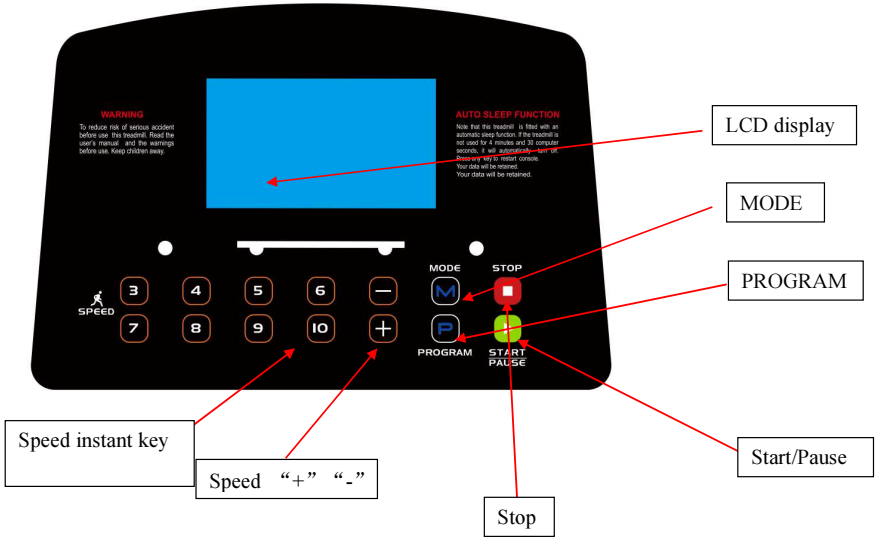
5. The sartorius muscle (muscle inside the thigh) stretches

The soles of the feet are opposite and the knees sit down. Grasp your feet with both hands and pull them in the direction of the groin. Keep it for 10~15 seconds, then relax. Repeat 3 times. (As picture 5 shown).

Product using instructions

(console function description, treadmill using instructions)

Instructions of Console panel



Console function description

1.P0 is set the training program for the user, P1-P36 is the built-in automatic training program, three USER program and FAT.

2.5-inch LCD display, 14 operation keys, left and right handle shortcut keys;

3. Operating speed range: 1.0~16.0KM/H;

4. Overload, overcurrent protection, explosion-proof, anti-speed, anti-electromagnetic interference and other safety protection functions;

5. System self-test, abnormal information prompt function.

6. Three custom functions;

Safety Guide

✧ Insert the power cord plug into the 10A power socket with safety ground, turn on the power

switch, the console screen is fully displayed, and then identify the safety key;

- ✧ Place the safety key in the position on the console and clip the clothespin to the clothes on the chest;
- ✧ The electronic control system is in safety monitoring at any time. As long as any abnormality is found, the running treadmill stops urgently, and the screen displays an abnormal information prompt with a prompt tone;
- ✧ When the screen displays an abnormal information, unplug the safety key or switch to clear the fault information.

Display and button description

1. Display window instruction：5-inch LCD display.

- ✧ "DISTANCE" window: display the value of the distance；
- ✧ "CALORIES" window: shows the calorie value；
- ✧ "TIME" window: display the value of time；
- ✧ "PULSE" window: shows the value of the heart rate；
- ✧ "SPEED" window: display speed value；

2. Function button description

A. Program key: “P” is the program button: In the stop state, press the program key to cycle through the program: manual program P0-program P01-P02-P03-P04-P05-...-P36 -> three custom programs U01- U02- U03-> Fat measurement mode FAT.

B. Mode button: “M” is the mode button: In the manual mode P0 normal mode, press this button to cycle through 4 different kinds of down Meter operation mode: time countdown mode, distance countdown mode, calorie countdown mode and normal mode. In the body fat test mode, the function of the mode button can be found in the body fat test function description. In P1-P36, it is the reset time default value (30 minutes) reset button.

C. Start button: "START" is the start button, in the stop state, start the treadmill；

D. Stop button: “STOP” is the stop button. In the running state, press the STOP button for the stop slowly；

E. Speed button: “SPEED+” and “SPEED -” are speed add-subtract keys: adjust the set value when parameterizing the treadmill.

After the treadmill is started, it can be used to adjust the speed, stepping 0.1/time. When holding down more than 2 seconds, it will increment or decrement automatically.

F. Speed shortcut: “QUICK SPEED” :3km/h, 4km/h, 5km/h, 6km/h, 7km/h, 8km/h, 9km/h, 10km/h. Press speed instant key while treadmill running, the treadmill will adjust the motor speed to the speed value identified on the button directly.

3. Metric conversion instructions

a) Press the “PROGRAM” and “MODE” buttons simultaneously after unplugging the safety key. The display shows “M” to convert from kilometers to miles.；

b) Press the “PROGRAM” and “MODE” buttons simultaneously after unplugging the safety key. The display shows “KM” to convert from miles to kilometers.

Program/startup instructions

A：Program description

1. A manual program P0: normal mode, time countdown, distance countdown, calorie countdown mode.

2. 36 setting programs: P01, P02, P03, P04, P05, ..., P36；

3. Three custom programs U01~U03；

B：Startup instructions：

1. Attach the safety key to the safety key switch position on the panel, the console will display for 2 seconds, then enter the manual program.

2. Press the start button, the time window displays: 5-4-3-2-1, and the buzzer will beep once every minus one time, and the treadmill will be started when it is reduced to 1; the initial value of the treadmill is 1KM/h.

3. While the treadmill is running, press the stop button to stop the treadmill and the treadmill data is cleared.

Manual mode

1. How to enter the manual program：

A：Turn on the power switch and go directly to the normal mode in the manual program.

B：In the stop state, press the program key to enter the normal mode in the manual program.

2. Three setting functions in the manual program: time setting, distance setting, calorie setting; after entering the normal mode in the manual program, press the mode button “MODE” in the standby state to select various modes. After finishing setting, press the “START” button to start the treadmill; the speed of the training is set by the user. Default: Speed: 1KM/H.

Only one mode can be set among normal mode, countdown time, countdown distance, countdown calories. Operating according the last mode, and counted down from the setting value, and the other displays positive count.

A: When starting the manual program, the display time of time window is 0:00. The time, distance, calories are counted, and the setting function is turned off. While the motor is running, press the “STOP” button and the motor will slowly decelerate until it stops smoothly, and all settings will return to the default state.

B: In the normal mode of manual program, press the mode button “MODE” in the standby mode to enter the time countdown mode. In the setting state, the time window displays the time and flashes. The initial time is: 30:00 minutes, press the speed add-subtract button " +" and "-" can set the countdown. Time setting range is: 5:00-99:00. The different is 1:00 minutes.

C: In the time countdown mode, press the mode button “MODE” in the standby mode to enter the distance countdown mode, and the distance window flashes. Initial 1.0 km, press the speed add-subtract button "+" and "-" to set the distance, the setting range is 1.0-99.0 km. The different is 1.0km.

D: In the distance countdown mode: press the mode button “MODE” in the standby mode to enter the calorie countdown mode, and the calorie window flashes. The initial calorie display: 50 kcal, press the add-subtract button of speed "+" and "-" to set the calorie setting range is: 20-990 kcal. The different is 10 kcal.

3. Manual program operation:

A: Press start, the time counts down to 5 seconds, then the motor starts running, the initial speed is 1km/h.

B: In the running state, press the “+”, “-” button or “QUICK SPEED” button to adjust the treadmill speed;

C: D: When the calorie setting is decremented to zero, the speed slowly decreases until it stops, then returns to the manual mode state.

E: When the set distance is decremented to zero, the speed decreases slowly until it stops, and then returns to the manual mode state.

F: When the set time decreases to zero, the speed decreases slowly until it stops, and then returns to the manual mode state.

Program mode

1. P1-P36” is the system setting program. It is only suitable for the countdown time mode. In the setting state, the time window displays the time and flashes. Press “+” or “-” to modify the set value. Press “MODE” to reset to the default value. Initial time Set 30 minutes, and only time can be set. Time setting range is: 5:00-99:00. Press the add-subtract button of speed to adjust the set value;

2. After setting the training mode, press the “START” button, the screen will start to display the 5 second countdown, accompanied by 5 beeps. After the countdown to 1, the treadmill will start gently, slowly accelerate to the displayed speed, and then smoothly and constant speed. Run according to the speed and slope of the program.

3. In the running state, press the "+", "-" button or "QUICK SPEED" button to adjust the treadmill speed;

4. While the motor is running, press the stop button and the motor stops running.

Body fat test program

Body mass index (FAT) is a measure of a person's height and weight, not the proportion of the body. FAT is suitable for any male and female, together with other health indicators to provide people with the basis for weight adjustment. The ideal FAT should be between 18-24, if less than 18 means too thin, if it is between 25 and 28 it is overweight, and if it exceeds 29 it is considered obese. (This data is for reference only and cannot be used as medical data.)

1. When the treadmill stop, press the program key “PROG” to adjust to the body mass index program “FAT”, select the body fat test program, and enter the body fat test. Press the “MODE” button to select the item number, press the “+” and “-” buttons to set the parameters.

2. After entering the body fat test function, the “Pulse” window displays: F1, indicating that gender Sex is entered at this time, and “Calories” window displays 01, indicating that this is for male. Press the add-subtract button of speed to select input: 01 (male), 02 (female).

3. Press the mode button “MODE”, “Pulse” window displays: F2, indicating entering the Age set, “Calories” window showing 25 years old (default value), press add-subtract button of speed to adjust the age (the setting range is: 1-99 years old)

4. Press the mode button “MODE”, “Pulse” window displays: F3 means to enter the Height set, “Calories” window displays 170cm (67inch), press add-subtract button of speed to adjust the height (the setting range is: 100- 220cm (39-87inch).

5. Press the mode button “MODE” and “Pulse” window displays: F4, which indicating the weight set. “Calories” window shows 70kg (154 lbs), press add-subtract button of speed to adjust the weight. (Setting range is: 20 -150kg (44-330 lbs)).

6. Press the mode button “MODE” and “Pulse” window displays: F5 (BMI), which indicating that enter the test body fat function, and the Calories window is displayed---. Please put hands on the sensor for testing heartbeat of handle bar. The window will display the body fat value (BMI) of the subject within 8 seconds.

Based on Asian standards, fat test results:

FAT ≤18	-- Under weight
18<FAT ≤24	-- Normal weight
25<FAT ≤28	-- Over weight
FAT≥29	-- Obesity

This data is only used as a motion reference.

Safety key function

The safety key consists of a tact switch, a clothes peg and a nylon cord, and has a safety feature for emergency stop.

1. In any state, the safety key is pulled off and the time window displays “E-07” with a buzzer sound. If the motor is running, the motor is stopped urgently and the console keypad ban to operate.

2. Each time the safety key is placed, the screen will be fully displayed for 2 seconds. Then enter the system default working state. All counters are cleared and the set value is reset. The treadmill is in the positive timing mode of the manual program P0.

Custom program

The USER mode has three U01~U03. In the USER mode, the user can retrieve or set his own unique motion program. Press the “PROG” button to adjust to “U01~U03”. Then press the “MODE” button to set and press the “+/-” button to adjust the movement time (range is 5-99 minutes). Press the START button to start the movement.

USER mode setting: Press “MODE” to set the user's exclusive 0-16% speed and lifting program. Press add-subtract button to set the user's expected speed value from 1km to 20km. You can also use the speed instant key to select quickly. When setting the lift, press the up and down button to set the user's expected slope. The range is 0%-15%. You can also use the lift instant key to select quickly. After setting the current number, press the MODE button to enter the next step. The set value is automatically saved when the last parameter is set. Continue to press the MODE button to select the exercise time. The default is 30:00 minutes. Press the add-subtract button to adjust the time setting. After setting, the user can start motion by pressing “START”, and the user's exclusive program will be saved. When the customer uses this training mode next time, he can directly enter the corresponding mode and press the start button to run.

Heart rate function

When the treadmill is powered on, the heart rate display is displayed within 5 seconds of holding the heartbeat. The initial value is the actual measured heart rate, and the display range is: 50-200 beats/min. There is a heart-shaped graphic flashing during the test heartbeat. This data is for reference only and cannot be used as medical data.

Value display range

	initial	Set initial value	Predeter mined area	Display range
Time (minutes: seconds)	0:00	30:00	5:00-99:00	0:00~99:59
Speed (km/h)	0.0	N/A	N/A	1－16KM
slope(%)	00	N/A	N/A	0
Distance (km)	0.0	1.00	1.0－99.0	0.0－99.9
Calorie (kcal)	0	50	20－990	0－999

When setting a parameter, it can be adjusted by adding or subtracting the “+” and “-” symbols. For example: the time setting range is 5:00-99:00. When set to 99:00, press the "+" button again, back to 5:00 can continue to cycle.

Automatic program P1-P36 metric speed table

RPOGRAM \ SORT \ LEVEL		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.0	3.0	3.0	7.0	7.0	5.0	5.0	5.0	7.0	7.0
P2	SPEED	2.0	3.0	3.0	6.0	5.0	5.0	8.0	5.0	5.0	6.0
P3	SPEED	2.0	3.0	5.0	5.0	7.0	7.0	8.0	5.0	5.0	6.0
P4	SPEED	2.0	2.0	3.0	5.0	5.0	5.0	8.0	8.0	8.0	8.0
P5	SPEED	3.0	4.0	5.0	6.0	7.0	8.0	9.0	10.0	10.0	10.0
P6	SPEED	3.0	4.0	5.0	5.0	6.0	6.0	7.0	7.0	7.0	9.0
P7	SPEED	3.0	4.0	9.0	4.0	11.0	4.0	10.0	4.0	9.0	4.0
P8	SPEED	3.0	5.0	8.0	3.0	5.0	7.0	9.0	3.0	5.0	7.0
P9	SPEED	3.0	7.0	9.0	4.0	7.0	10.0	4.0	7.0	11.0	5.0
P10	SPEED	3.0	5.0	6.0	6.0	6.0	9.0	10.0	6.0	6.0	9.0
P11	SPEED	4.0	5.0	7.0	9.0	10.0	11.0	9.0	6.0	8.0	9.0
P12	SPEED	4.0	6.0	10.0	10.0	7.0	10.0	10.0	10.0	7.0	7.0
P13	SPEED	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0
P14	SPEED	2.0	3.0	3.0	6.0	9.0	11.0	3.0	6.0	9.0	11.0
P15	SPEED	4.0	6.0	11.0	11.0	9.0	6.0	11.0	11.0	9.0	6.0
P16	SPEED	2.0	4.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0
P17	SPEED	2.0	2.0	2.0	4.0	6.0	6.0	9.0	11.0	11.0	2.0
P18	SPEED	3.0	6.0	3.0	6.0	6.0	3.0	6.0	6.0	3.0	6.0
P19	SPEED	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0
P20	SPEED	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
P21	SPEED	2.0	6.0	2.0	6.0	11.0	2.0	6.0	11.0	2.0	6.0
P22	SPEED	4.0	6.0	11.0	6.0	2.0	11.0	6.0	2.0	11.0	6.0
P23	SPEED	4.0	6.0	11.0	6.0	6.0	2.0	11.0	6.0	6.0	2.0
P24	SPEED	4.0	6.0	11.0	6.0	4.0	11.0	6.0	4.0	11.0	6.0
P25	SPEED	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
P26	SPEED	3.0	4.0	4.0	7.0	10.0	12.0	4.0	7.0	10.0	12.0
P27	SPEED	5.0	7.0	12.0	12.0	10.0	7.0	12.0	12.0	10.0	7.0
P28	SPEED	3.0	5.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
P29	SPEED	3.0	3.0	3.0	5.0	7.0	7.0	10.0	12.0	12.0	3.0
P30	SPEED	4.0	7.0	4.0	7.0	7.0	4.0	7.0	7.0	4.0	7.0
P31	SPEED	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
P32	SPEED	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0
P33	SPEED	3.0	7.0	3.0	7.0	12.0	3.0	7.0	12.0	3.0	7.0
P34	SPEED	5.0	7.0	12.0	7.0	3.0	12.0	7.0	3.0	12.0	7.0
P35	SPEED	5.0	7.0	12.0	7.0	7.0	3.0	12.0	7.0	7.0	3.0
P36	SPEED	5.0	7.0	12.0	7.0	5.0	12.0	7.0	5.0	12.0	7.0

Common faults and maintenance

Problem and Code	Reason	Maintenance
System didn't work	A、no power	Plug into socket or turn the power switch to the "NO" position
	B、safety key isn't in the right position	Replace the safety key
	C、The transformer is not plugged in or the transformer is bad	Check and connect the transformer or replace the transformer
	D、switch off	Check system input and output and communication lines
Stop abruptly under normal state	A、Safety key drop out	Replace the safety key
	B、broken system	Ask serviceman to repair it
The keys malfunction	broken keys	1. Change the key board and wire; 2. 2.Change the mainboard; 3.Change the console
E-01	A、The communication wire is abnormal	Make sure each core is completely inserted. Check the connection wire, if it was broken, change it.
	B、broken console	Change console
	C、broken transformer	Check and change transformer
	D、broken motor controller	Change controller
E-02	A、Broken motor wire and motor	Change motor
	B、bad connection between motor connection wire and controller or bad controller.	Check and connect the wire again or change controller.
E-03	A、incorrect installation of photoelectric sensor	Check and assembly again
	B、bad photoelectric sensor	Change photoelectric sensor
	C、bad connection between photoelectric sensor and controller	Check and reconnect
	D、bad controller	Change controller
E-05	A、controller was damaged	Change controller
	B、motor was damaged	Change motor
LCD display no value of pulse	A、The handle communication wire didn't plug well or broken handle wire	Check and connect the wire well or change handle wire.
	B、Broken wire of console system	Change the console
Console incomplete display or lack of strokes	A、Loose screw of display board	Tighten the screw
	B、Broken system	Change the console

Using instruction

Treadmill folding and moving

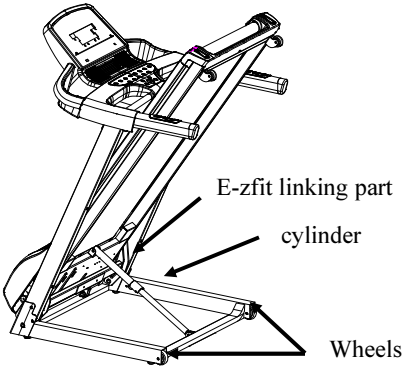
1. Folding

(1) Cut off the power when plan to fold the treadmill.

(2) Check if the incline is in the lowest position.

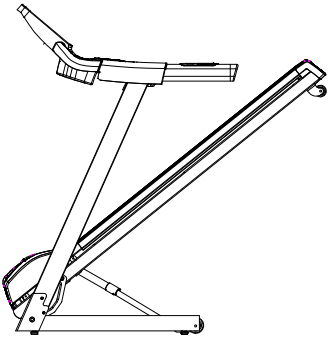
(3) Lift up the treadmill to the upright position, the E-zfit linking part will automatically stuck in the cylinder.

(4) Check if the E-zfit linking part stuck on the cylinder, as shown in picture.



1. Unfolding

(1) When unfolding the treadmill, you should choose one place where around 1m away from the power socket and the ground is flat without any barriers.



(2) Hold the treadmill with both hands and step on the e-z fit linking part, now the treadmill will slowly down to the ground, and you should keep 1meter distance from the treadmill until the treadmill unfolded completely. As shown in picture above.

2. Moving

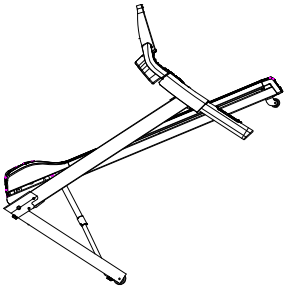
First you need confirm the following things before moving：

(1) the power is off；

(2) the plug has been pulled out from the socket；

(3) the treadmill has been folded；

Then you can catch the end of treadmill with one hand, and catch the handlebar at the same side with another hand, tilt 40~50°up to chest to move the treadmill slowly, as shown in picture below:



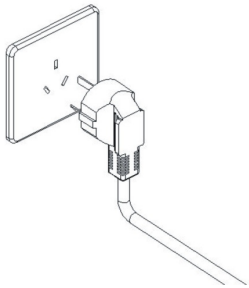
Grounding guide

This product must have grounding. If error and damage occurred to the treadmill, grounding wire can form one circuit with lowest resistance; the current can be guided into the ground to reduce the danger of electric shock. This product is equipped with one cable, which has one grounding conductor and grounding plug. The treadmill must be grounded with correct socket that is compatible with local rules.

Danger!

If you do not know whether the equipment is properly grounded, please consult a qualified electrician or maintenance personnel. Please do not change the plug attached to this product without authorization. If the plug is inconsistent with the socket, let a qualified electrician install a suitable socket.

It should be under 220-240V and matches with this kind of socket as shown.



Using instruction of treadmill

1. Turn the power on, keep the treadmill spread out at its lowest position and check if its function is 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 normal working, you can exercise with the treadmill.

Hold the handle bar when pressing the “START” key, the treadmill running at the speed of 1.0km/h after 5 seconds. Then press “+ “Key to 2.5-3.5 km/h which is the comfort speed for running. Both of hands are supposed to catch handle bar at the same time and feet step to the running belt successively to start running. You will run at the same speed as the belt soon.

4.After several minutes, you can speed up by pressing “+”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. Pressing “stop” key to make the motor stop.

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.

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 the computer cannot 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

The treadmill is factory-lubricated. However, it is recommended to check the lubrication of the treadmill regularly to ensure an optimal operation of the treadmill. Suggestions:

Using time less than 3 hours every week	lubrication once every 5 months
Using time equal to 4-7 hours every week	lubrication once every 2 months
Using time more than 7 hours every week	lubrication once every month

No excessive lubrication. Note: the important factor of increase the lifetime for treadmill is proper lubrication. The way of checking whether the running belt need lubrication is, lift the side soft the treadmill and feel the central back of the belt, as far as possible. If traces of silicon spray are found, lubrication is not necessary. If the surface is dry, the belt need lubrication.

Application of lubricant on the belt



Stop the running belt, and fold the treadmill. Put up the belt of back main frame so that the oil can reach the middle position.

- Spraying silicone oil on the inner side of the running belt and coating silicone oil on both sides of the running belt.
- Run the treadmill at a speed of 1km/h to apply silicone evenly. And tread lightly on the running belt from left to right.

Wait several minutes to let the silicon spray spread, before starting the machine.

CLEANING

Regular cleaning of the striding belt ensures a long product life.

- Warning: The treadmill must be turned off to avoid electrical shocks. The power cord must be pulled out of the socket,before starting the cleaning or maintenance.

●After training: Wipe the console and other surfaces with a clean soft and damp cloth to remove sweat residues.

Caution: Do not use any abrasives or solvents. To avoid damage to the computer, keep any liquids away. Do not expose the computer to direct sunlight.

●**Weekly:** To make the cleaning easier it is recommended to use a mat for the treadmill. Shoes can leave dirt on the striding belt that can fall beneath the treadmill.Clean the mat under the treadmill once a week.

STORAGE

Store your treadmill in a clean and dry environment. Ensure the master powers witch is off and is unplugged from the electrical wall outlet.

BELT ADJUSTMENT

All running belts are properly set at the factory and after assembly. However, slack may occur after a period of use. Such as: pause and slip may occur when running. When this phenomenon occurs, adjust the running belt and screw in half a turn left and right. If the running belt is loose, the running belt and the roller will slip in turn. But too tight is also not good, which is easy to increase the load of the motor and damage the motor, running belt and roller, etc.

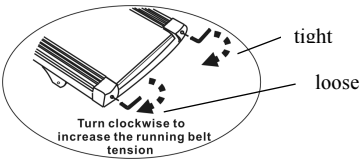
ADJUSTING THE BELT DEVIATION

All running belts are properly set at the factory and after assembly. But after a period, the belt have the possibility for deviation. The reasons can be listed as follows.

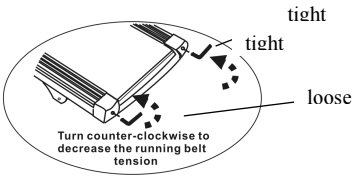
1. The treadmill is unstable.
2. Feet didn't in the central of the running belt when running.

3. Feet exert uneven force.

4. If deviation caused by manual, No - load rotation for a few minutes can return to normal. Adjusting step by step in half a turn with a 6mm Allen wrench that is equipped randomly for unable to restore automatically.



Such as left deviation of running belt.
Adjust the left screw clockwise or the right screw anti-clockwise.



Such as right deviation of running belt.
Adjust the right screw clockwise or the left screw anti-clockwise.

Running belt deviation is not covered by the warranty, and is mainly maintained by users according to the instructions. Running deviation can seriously damage the running belt. It must be found and corrected in time.

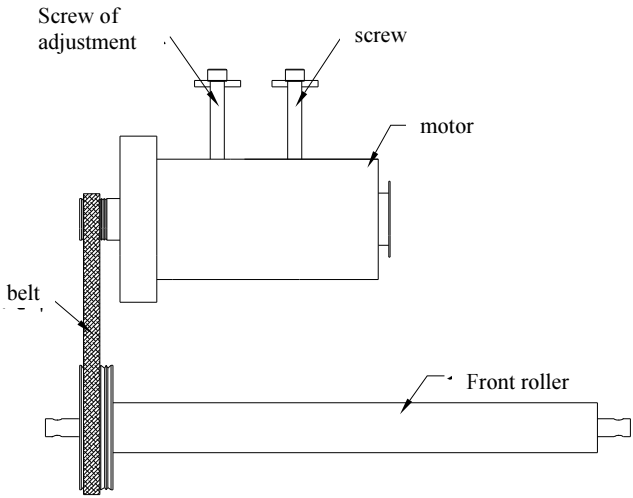
Adjustment of the motor's belt

All the motor belt of treadmill must be adjust in the factory and after assembly. However, after a period of use, there may be slack or slip phenomenon.

The step of adjustment: 1.Turn the adjusting screw counterclockwise with wrench.

1.The adjustment range shall be subject to the belt load not slipping.

2.Noted: Regular cleaning of belts and pulley grooves.



Trouble shooting and maintenance

Treadmill

Item	Reason	Maintenance
Treadmill didn't work	a no power	Plug into socket
	b safety key isn't in the right position	Replace the safety key
	c broken circuit signal system	Check the controller input and signal wire
	d switch off	Place the power switch in the "NO"position.
	e fuse burnt out	Change the fuse
The running belt does not run smoothly.	a no enough lubrication	Use the Silicone oil
	b running belt too tight	Adjust the tightness of running belt
Running belt slips	a running belt too loose	Adjust the tightness of running belt
	b motor belt too loose	Adjust the tightness of motor belt
The keys malfunction	broken keys	1.Change the key board and wire; 2.Change the mainboard; 3.Change the console
Stop abruptly under normal state	a. Safety key drop out	Replace the safety key
	b. broken system	Ask serviceman to repair it

Console

Item	trouble	Maintenance
E1	Communication abnormal:The communication between the controller and the electronic watch is abnormal after power is applied.	Broken controller couldn't working. Console display fault code and the buzzer sounded 3 times. Reason: the poor communication between controller and console. Checking each connection of communication wire between console and controller. Make sure each core is completely inserted. Check the connection wire, if it was broken, change it.
E3	The motor line is not connected properly	The treadmill stop working and enter a fault state when the buzzer sounded 9 times. The console display fault code while the rest areas do not display anything. If console discovery normal state and enter standby state after treadmill stop working, the treadmill can restart. Reason: make sure the well connection of the motor wire and connect the wire again. If the controller has peculiar smell, replace the controller.

	No signal of speed sensor: a voltage from controller is output to the DC motor. The motor speed feedback is not continuously received for more than 3 seconds.	The treadmill stop working and enter a fault state when the buzzer sounded 9 times. The console display fault code while the rest areas do not display anything. After maintaining the fault state for about 10 seconds, enter the standby state and restart the machine. Reason: no speed sensor signal is detected for 3 consecutive seconds, check whether the sensor plug is not plugged in or damaged, plug it in or replace the sensor.
E4	Ascending by self learning	Check whether the induction line of the lifting motor is plugged in properly and plug the connector again to make it reliable. Check whether the AC line of the lifting motor is plugged correctly, and the AC line of the lifting motor is correctly numbered with the mark on the controller. Check whether the connecting wire of the motor is damaged or open, replace the connecting wire or lift the motor; After checking all, press the learning key on the control to learn again.
E5	Over current protection：under the running state, the down control continuously detects that the DC motor current is greater than the rated current +6A for more than 3 seconds.	The treadmill stop working and enter a fault state when the buzzer sounded 9 times. The console display fault code while the rest areas do not display anything. After maintaining the fault state for about 10 seconds, enter the standby state and restart the machine. Reason: over - rated load leads to over-current and self-protection of the system, or a certain part of the treadmill is stuck, resulting in motor failure, over-load and over-current and self-protection of the system. Adjust the treadmill and restart it. Check whether the motor has over-current sound or burnt smell when running, and replace the motor; Or check whether the controller has burnt smell and replace the controller; Or check whether the power supply voltage specification is inconsistent or low, and retest with the correct voltage specification.
E6	Explosion - proof protection: abnormal power supply voltage or abnormal motor will cause damage to the drive motor circuit.	The treadmill stop working and enter a fault state when the buzzer sounded 9 times. The console display fault code while the rest areas do not display anything. After maintaining the fault state for about 10 seconds, enter the standby state and restart the machine. Reasons: check whether the power supply voltage is lower than 50% of the normal voltage, please retest with the correct voltage specification; Check whether the controller has peculiar smell and replace the controller; Check whether the motor line is connected properly and reconnect the motor line.

LCD display no value of pulse	A. The handle communication wire didn't plug well or broken handle wire	Check and connect the wire well or change handle wire.
	B. Broken wire of console	Change the console
Console incomplete display or lack of strokes	A. Loose screw of display board	Tighten the screw
	B. Broken system	Change the console

Important notes

●The device corresponds to current safety standards. The device is only suitable for home use. Any other use is impermissible and possibly even dangerous. We cannot be held liable for damages that were caused by improper usage.

● Please consult your GP before starting your exercise session to clarify whether you are in suitable physical health for exercising with this device. The doctor's diagnos is should be the basis for the structure of your exercise program. Incorrect or excessive training could be harmful to your health.

●Carefully read through the following general fitness tips and the exercise in structions. If you have pain, shortness of breath, feel unwell or have other physical complaints, break off the exercise immediately. Consult a doctor immediately if you have prolonged pain.

●This fitness device is not suitable for professional or medical use, nor may it be used for therapeutic purposes.

●The pulse sensor is not a medical device. it is meant for your information purposes only and is designed to give an average pulse rate. It is not intended to offer medical advice nor will it measure pulse accurately every time, due to differing environmental and human conditioning factors.