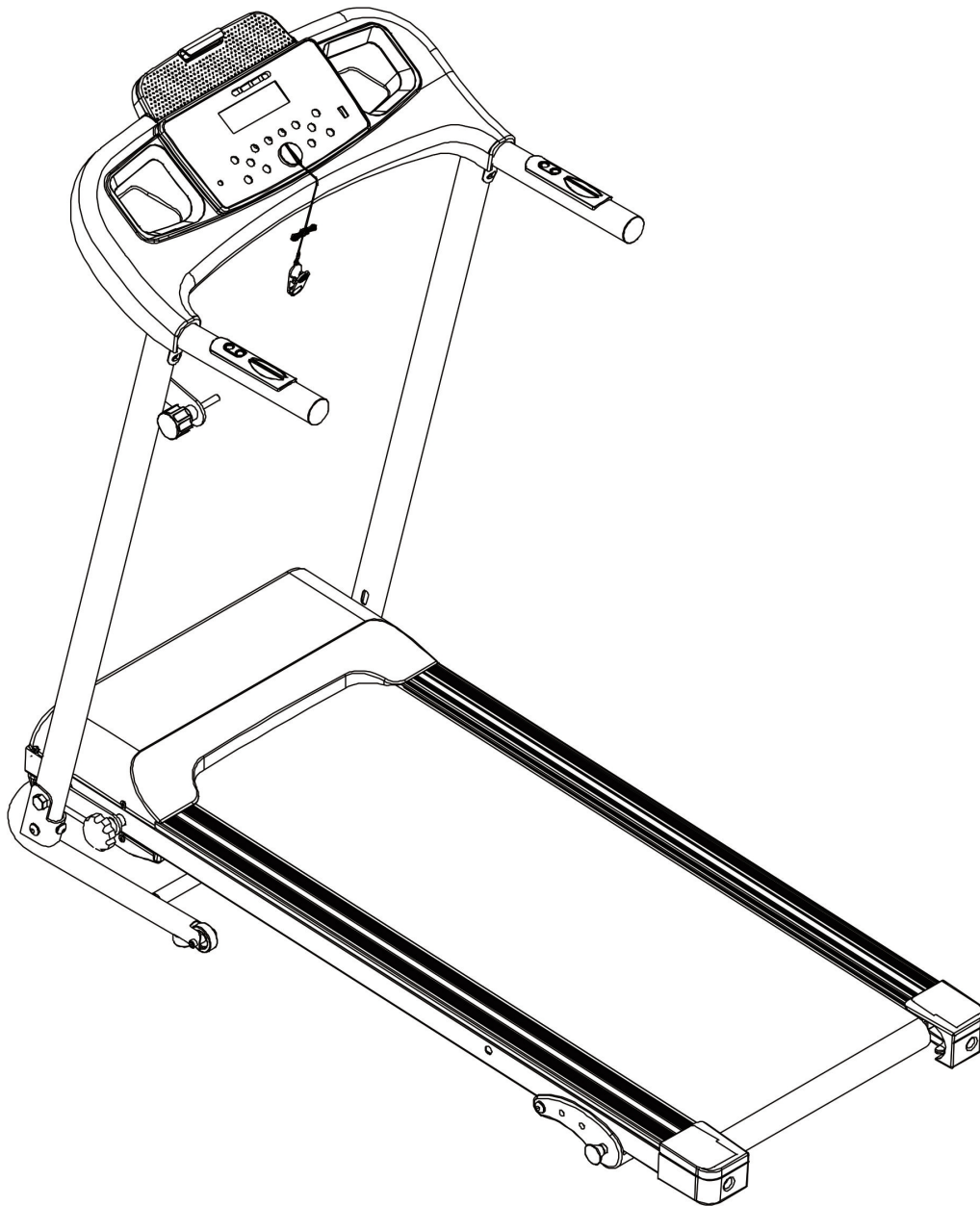


MOTORIZED TREADMILL



USER MANUAL

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



1. CAUTION

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



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

2. SAFETY AND NOTIICE

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



3. CAUTION DURING USE

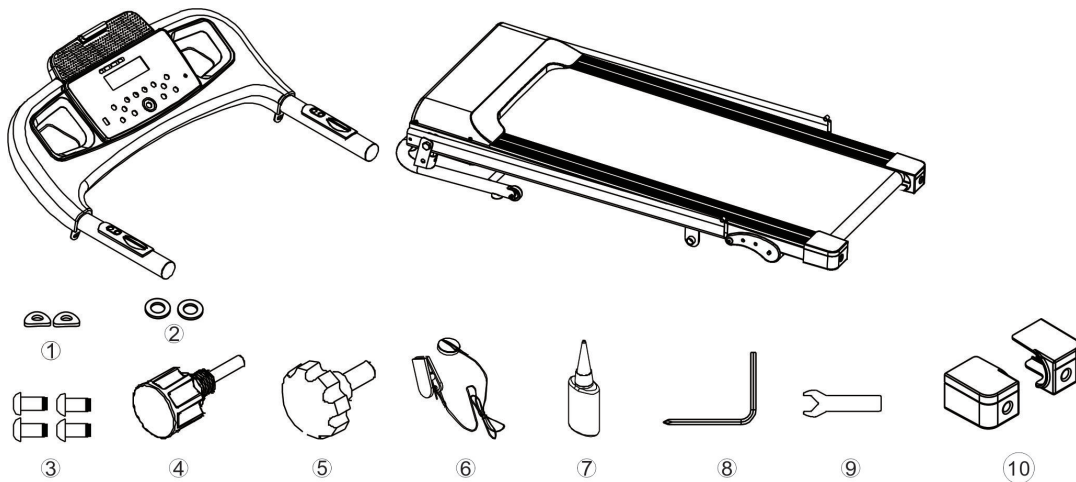
- If you do not feel well before using, please consult your doctor or coach.
- Please unplug the equipment when not in use.
- Please unplug the treadmill before cleaning, moving or change parts for the machine.
- Children, the elder and the pregnant are prohibited from using the machine. Patients should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

4. TECHNICAL SPECIFICATION

Product name	Treadmill
Voltage	110V
Frequency	50-60Hz
Speed	0.5-8.5MP/H
Net weight	28 KG / 62 LBS

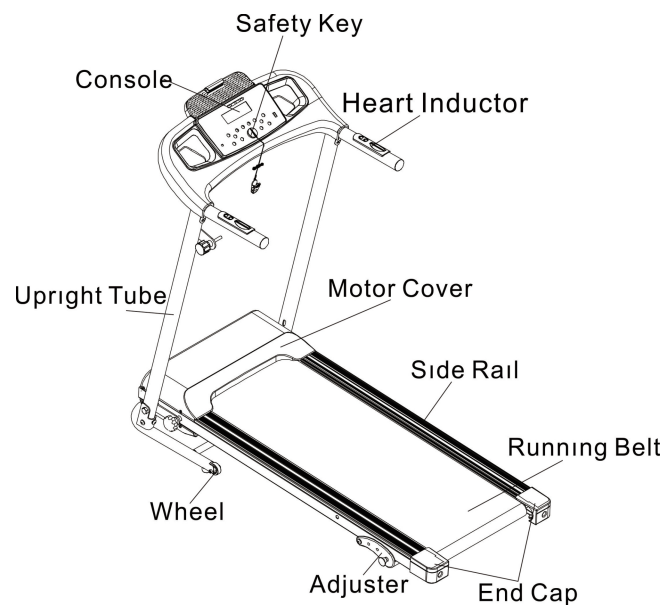


5. PRODUCT SPARE PARTS

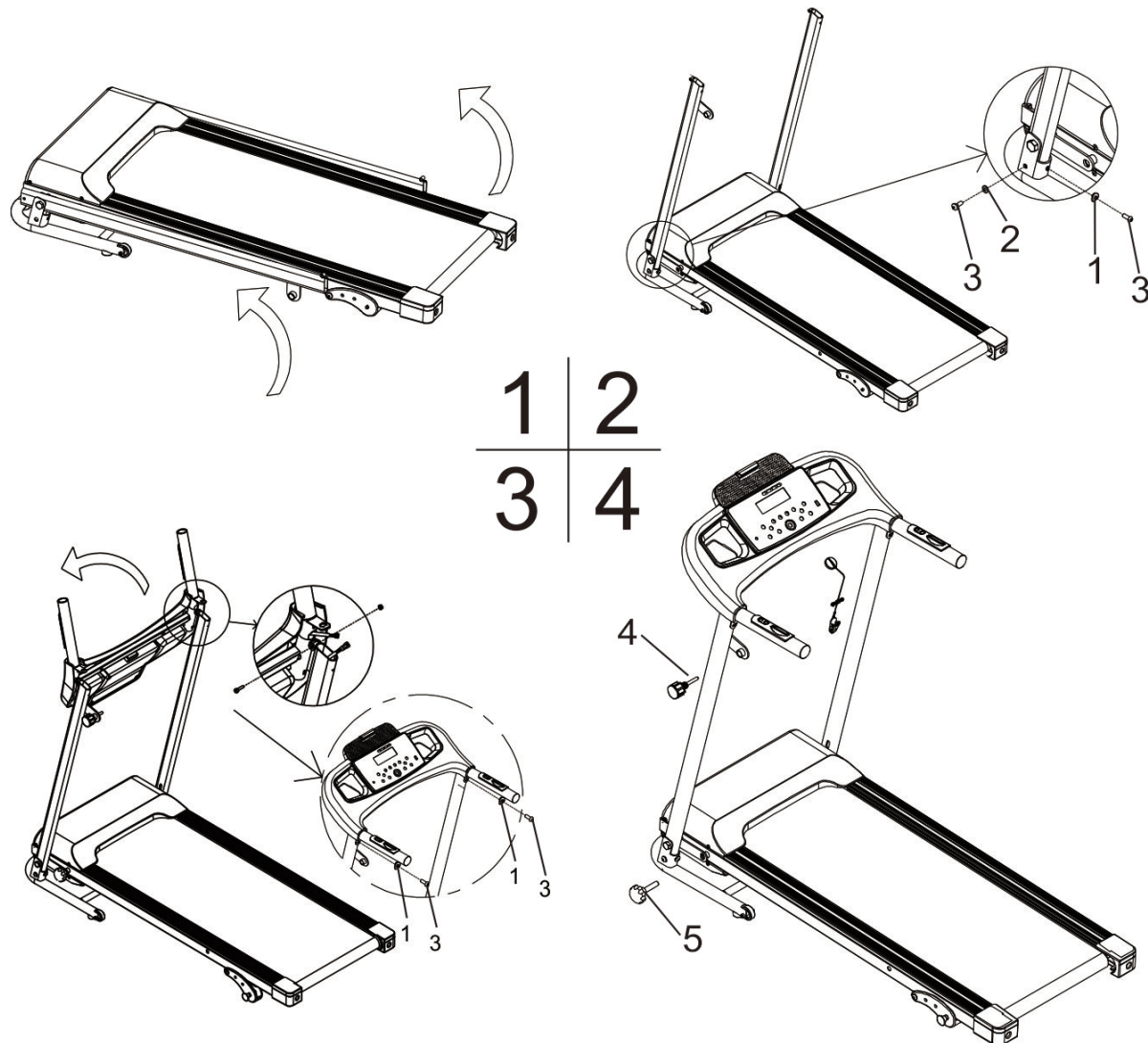


Serial NO.	Part Name	Qty	Unit
1	Arc Washer	2	PCS
2	Round Washer	2	PCS
3	Short Bolt	4	PCS
4	Stretch Knob	1	PCS
5	Fix Knob	1	PCS
6	Safety Key	1	PCS
7	Silicone Oil	1	PCS
8	Allen Wrench	1	PCS
9	Spanner	1	PCS
10	End Cap	2	PCS

6. PRODUCTS MAIN PARTS

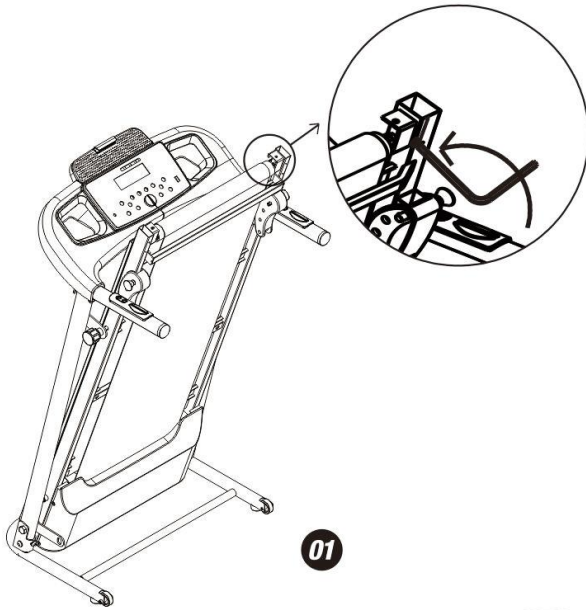


7. ASSEMBLY

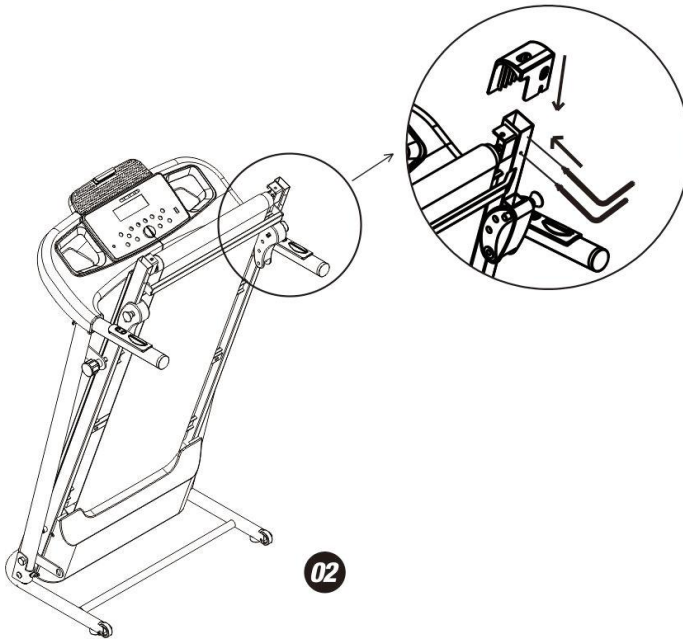


1. Open the box and take out the machine and all parts. Lift up the upright tubes on both sides (See Fig1).
2. Use short bolts with round washers to fix the side of upright tubes (See No. 2 & 3); use short bolts with arc washers to fix the front of upright tubes (See No. 1 & 3).
3. Connect panel to upright tubes. Please use preset bolts and nuts to fix panel to both left and right upright tubes. Connect wire at right side between right tube and panel. Then lie down the panel to horizon level, use preset short bolts and round washers to fix the panel to the upright tubes (See No. 1 & 3).
4. Put fix knob (See No. 5) and stretch knob to machine. (See No. 4)
5. Put the safety key to panel. All assembly finished.

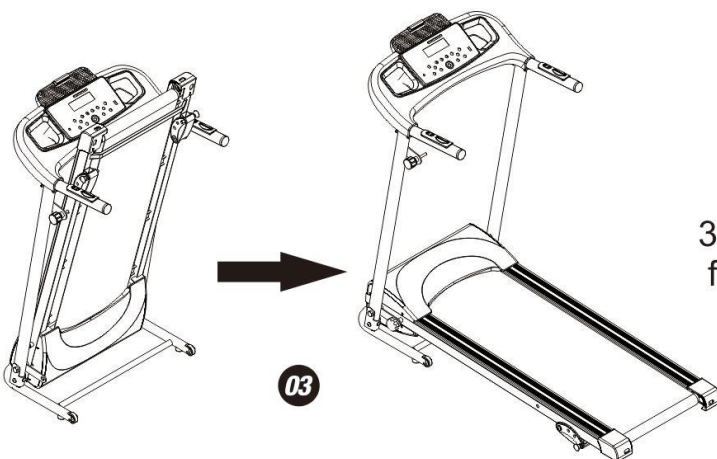
End Caps Assembly



1、 Lift up the running deck and fix it with stretch knob. Remove the pre-installed screws both left & right side at the end of frame.



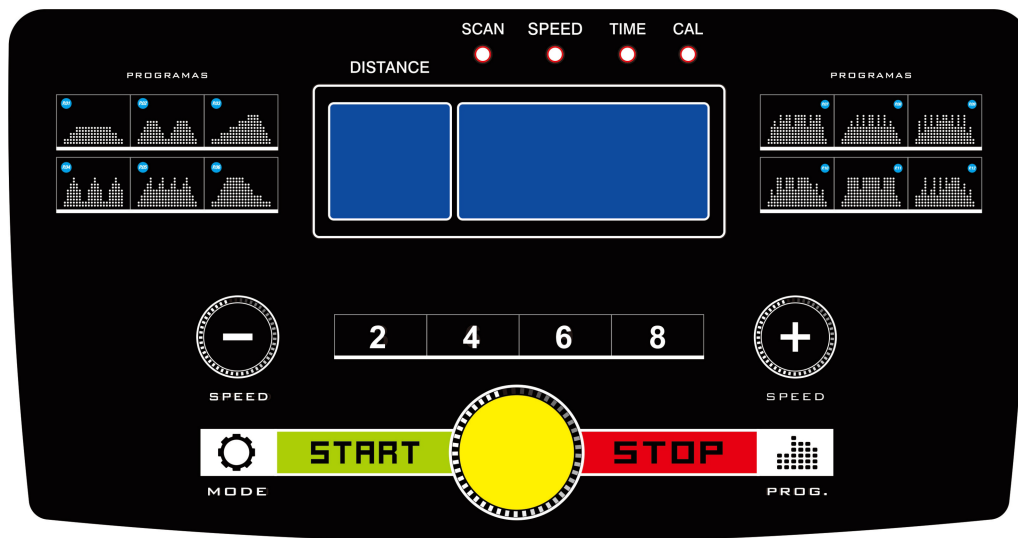
2、 Put the end caps both left & right side at the end of frame and secure with screws removed.



3、 After the end caps assembly finished, lie down the running deck.



8. CONSOLE INSTRUCTION



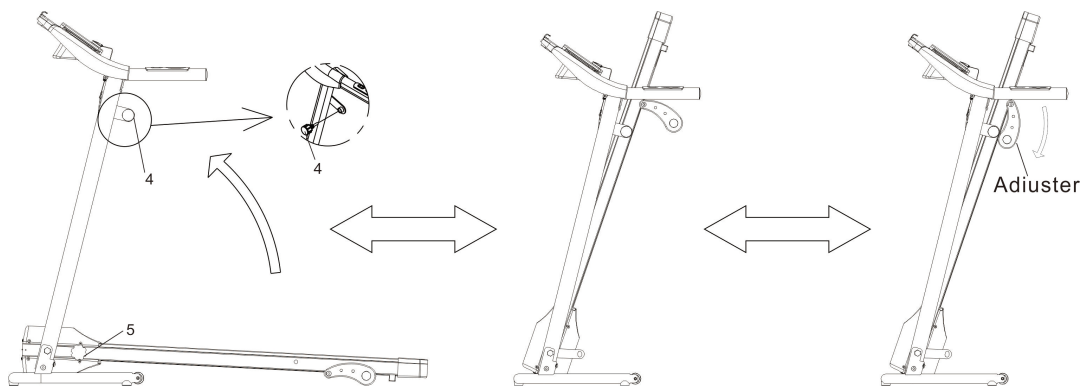
1. Connect machine to power, turn on the switch at the front base frame, then press "**START**" key, the machine will start from 0.5mph/h after 3 seconds. Please make sure the safety key is on the panel before using.
2. During running, press **START/STOP** key, the machine will be in PAUSE status. Press this key again, the machine will be continue running. Press and hold the key 3 seconds, the machine will be switched off.
3. Press "+" key for speed up and "-" key for speed down. The fastest speed is 8.5mph/h and lowest is 0.5mph/h.
4. Press "**MODE**" key, the screen will show Speed、Time、Calories. And when the SCAN light on, the screen will lights from speed、time、calorie every 5 seconds.
5. Display monitor has 12 programs from P1-P12. While on standby, press "PROG" to set the programs then press "START" to start the machine.
6. While the machine is in use and running, during the auto programs, the (-) and (+) keys are not available. If you want to exit the auto programs, select "STOP" or remove the safety key, and turn on the machine again or place safety key back on. And then you can select desired speed.
7. For emergency stop, please pull out the safety key. The machine will stop very slowly. Pull out safety key and the screen will show "Err", put it back and on it will show "OFF".
8. Press "STOP" key and hold on 3 seconds, the machine will be stopped.



9. Bluetooth Speaker Instructions

Turn on the Bluetooth switch in the phone settings, find the available Bluetooth devices in the Bluetooth device connection selection, then select and connect the available Bluetooth audio devices.

10.FOLDING UP AND SETTING DOWN



Fold :

Unscrew the fix knob, lift up the running board to upright position. Use the stretch knob on upright tube to secure the running board as shown in picture above and then you can move the machine around.

Unfold :

Pull out the stretch knob and lie down the running board, and fix it with the fix knob at the bottom.

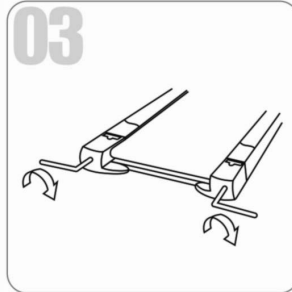
11.USAGE OF SILICONE OIL

Before you start the treadmill, please lubricate the running belt first. Pull up the running belt slightly, apply silicone oil to the backside of the belt and the top surface of the running deck. Start the treadmill and keep it

running for 3 minutes so that the oil spread and even out. It is necessary to maintain your treadmill every 30 working hours of the treadmill for optimal performance, which also helps extend the service life of parts.



12.RUNNING BELT ADJUSTMENT



(1) Running belt deviate to left

Start the machine by speed at 1.2-1.8 MPH without loading, use Allen wrench to screw the bolt 1/4 turn clockwise (see fig1). Keep the machine running without loading for 1-2 minutes to gauge. Repeat the previous step if more adjustment is needed, until the belt moves to the center.

(2) Running belt deviate to right

Start the machine by speed at 1.2-1.8 MPH without loading, use Allen wrench screw the bolt 1/4 turn clockwise (see fig2). Keep the machine running without loading for 1-2 minutes to gauge. Repeat the previous step if more adjustment is needed, until the belt moves to the center.

(3) Running belt slipping

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



13.TROUBLE SHOOTING

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



FCC COMPLIANCE STATEMENT:

This device complies with part 15 of the FCC Rules.

Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.

- Increase the separation between the equipment and receiver.

- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

- Consult the dealer or an experienced radio/TV technician for help.

Warning: Changes or modifications to this unit not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

FCC Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without restriction.

