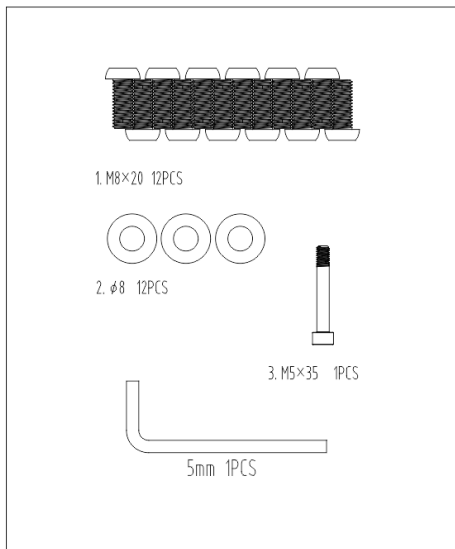


Treadmill User Manual



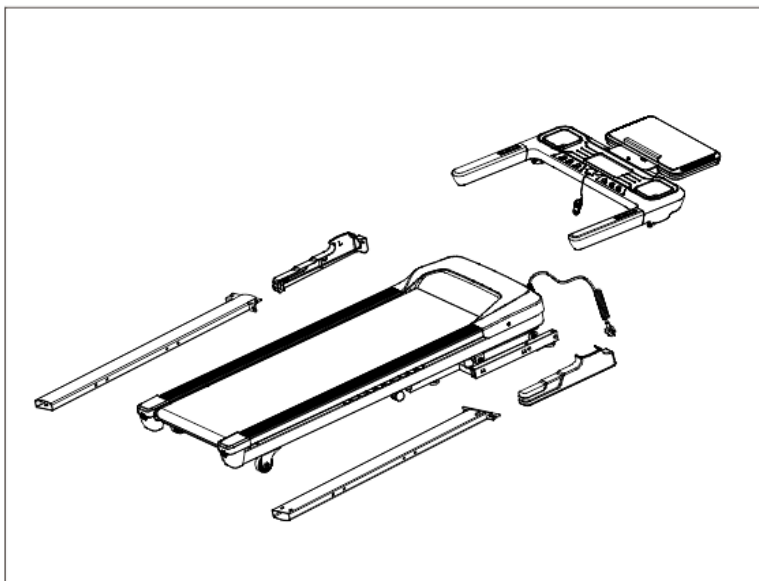
Assemble manual:

Before assembling the treadmill, please be familiar with the parts listed in the right figure. The number next to the figure in the right figure indicates the specification of the part and the quantity of the part required in the assembly.



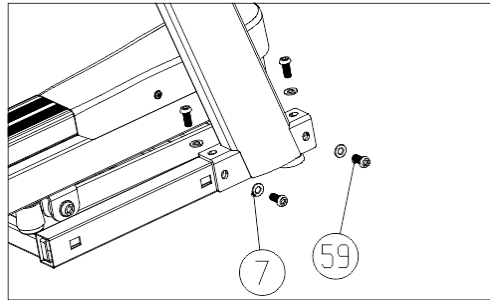
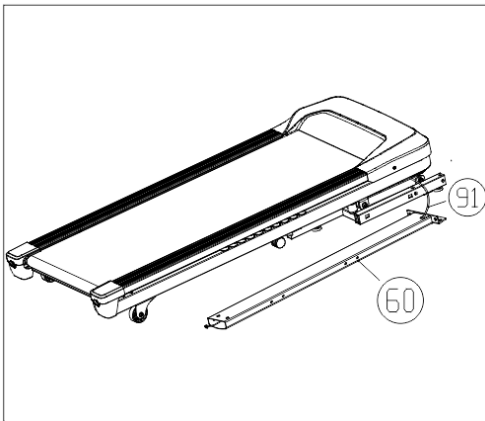
Step 1: Take all parts out.

Handle with care and don't leave any parts out.



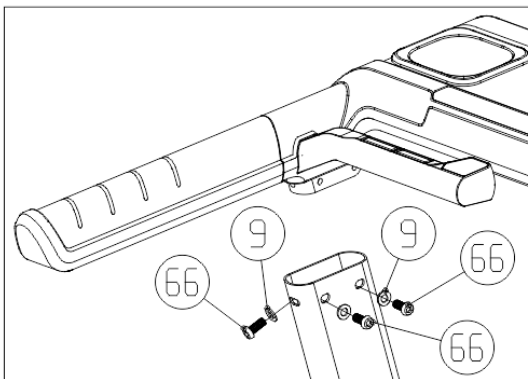
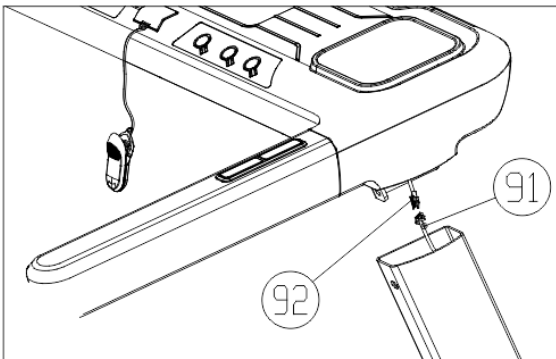
Step 2: Install struts.

Put the main frame away and take both upright out. Make transmission line through right side strut. Then fasten the screws on the bottom stand pillar with tools. Also, tighten the other side strut as the same way.



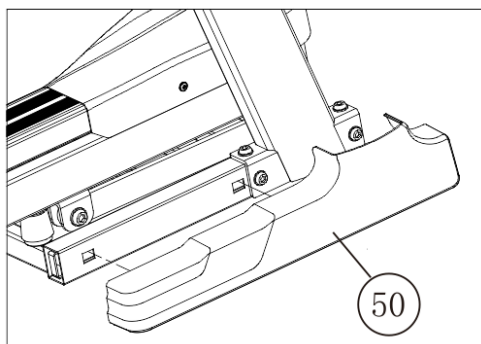
Step 3: Install top console.

Raise the console above struts, connect two data transmission lines first, then plug the top console in struts (Attention: Avoid squeezing the data transmission lines). And fasten the screws on the upper standing pillar with tools.

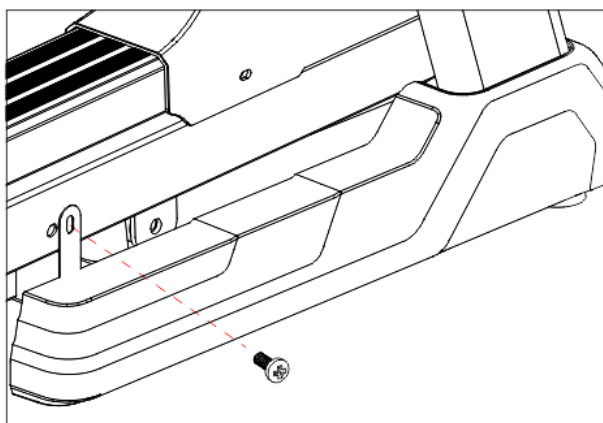


Step 4: Install the left and right decorative covers .

Take out the left and right decorative covers (No. 50/58) of the feet, paying attention to the markings on the covers (L left, R right). Install the covers to the end of uprights frame.

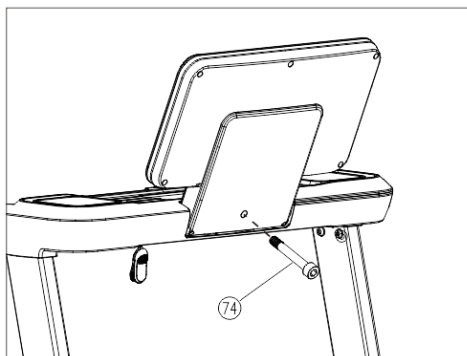
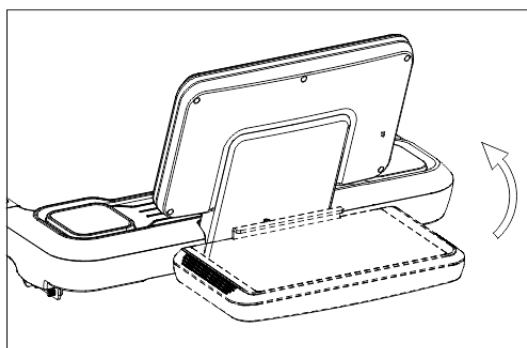


Step 5: Release the base locking device.

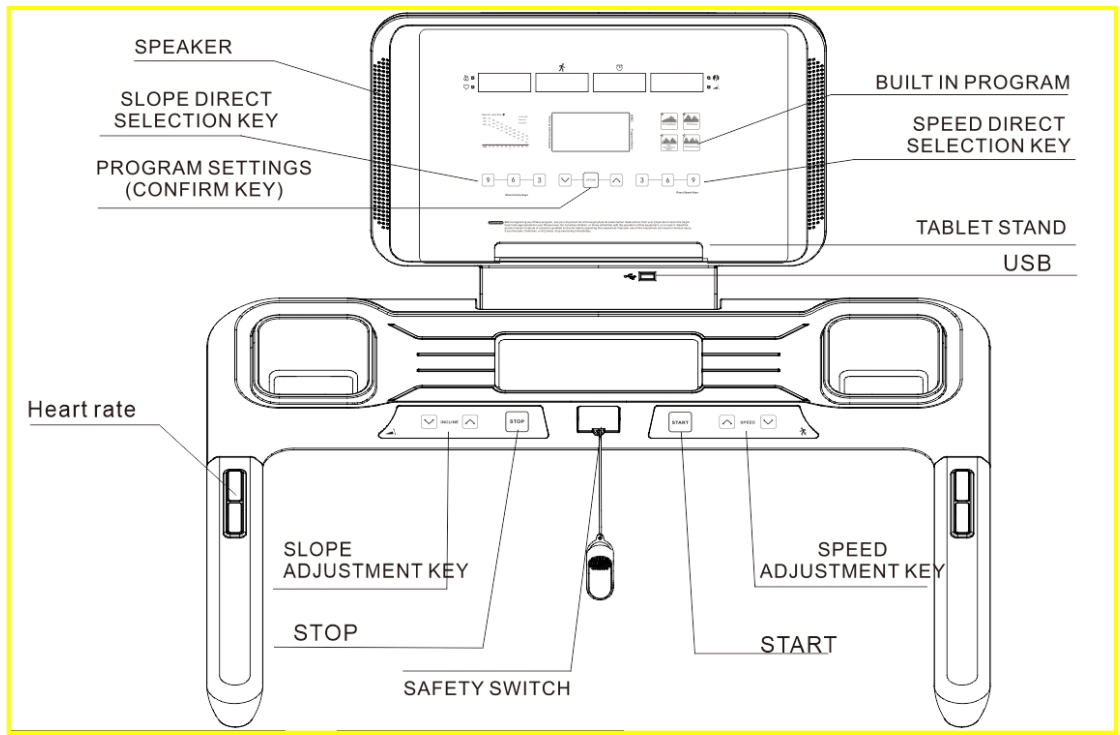


Step 6: Console installation.

The initial position of the header is indicated by the dashed line. Rotate the header up wards in the direction of the arrow until it stops. Align the fixing screw with the hole and tighten it.



Display instruction



This treadmill display window displays the following functions:

- A. Calorie window: display heat data, display range: 0.0-999.
- B. Time window displays time data, display range: 0:00-99:59.
- C. Speed window: display speed data, display range: 0.0-18.0KMH.
- D. Distance window displays the distance data, display range: 0.00-99.9.
- E. Slope window: Display the slope data. Display the range of segment 0-18.
- F. Heart rate window displays heart rate data.
Display range 50-200, for reference only and not available for medical data.
- G. Runway: 400 m simulation runway.
- H. Laps: 400 meters is a lap. Display range: 0-99.
- I. Dot matrix 8 * 16: display program matrix diagram.
- J. 6 indicator lamp fixing programs.

Preset the training program.

In addition, the treadmill built-in 25 kinds of preset training program, suitable for weight loss, fat burning, daily fitness training, three target training program (time, distance, heat), on the panel, we preset for you six kinds of commonly used training program shortcut keys, press the corresponding shortcut button and set the corresponding value, directly press the QUICK START (start) button to enter the program training.

2.Button instruction:

A: "TRAINING PROG" Program select key: when the treadmill is stopped, cycle select from the manual program to "Time countdown →Distance countdown →Calories countdown→P1-P25→U1-U3"as you prefer. The default speed of manual program is 1.0KM/H, the fastest speed is 18KM/H.

B:" START/PAUSE" key: When the treadmill is stopped, press the START key to turn on the treadmill. Press "START" key when running, it will pause.

C: "STOP" key, when the treadmill is running, stop the treadmill slowly by pressing the STOP

key one times. Press the stop key to clear the err message. When the treadmill is running, press the "STOP" key for two times, it can stop urgently.

D: "Speed +" KEY: increase the speed when running. Increase the parameter under the body fat testing.

E: "Speed -" KEY: decrease the speed when running. Decrease the parameter under the body fat testing.

F: "QUICK SPEED" key: when the treadmill is running, Speed up directly by pressing the quick speed key 3,6,9.

G: "Incline +" KEY: Increase the incline by pressing this key.

H: "Incline -" KEY: Decrease the incline by pressing this key.

I: "QUICK INCLINE KEY: Increase the incline directly by pressing the quick incline key 3,6,9.

3.User custom program:

In addition to the 25 system built-in programs, the treadmill also has 3 user customization that allow users to set according to their personal situation: U1, U2 and U3.

Enter the setting time window flashing, when the movement time can be set, press the "OK" key to enter the custom setting, the time window shows that S-01 to S-20 are changed from moving left and right keys. The speed window displays the current set speed value and flashes, the slope window displays the current set slope and flashes, speed direct key, slope direct key, speed +, speed 1, slope +, slope-Change the parameter value. Press OK to return to the time window flashing, and the set data will be automatically saved. Press the option key again to exit the set custom mode.

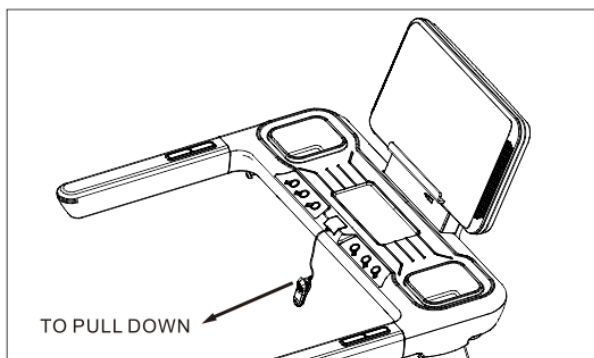
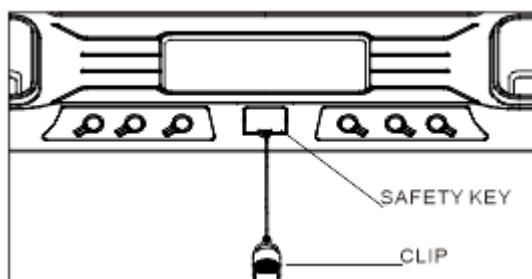
4.Heart rate Control (HRC) program:

1. After startup, the slope is 0 section, and the lowest speed runs
2. The first 1 minute is a warm-up exercise, adjusting the speed and slope manually
3. After the heat, the heart rate difference (the target heart rate of one user's heart rate) is calculated as follows
 - A. (Target heart rate: A user's heart rate) is > 0 , the speed increases by $0.5\text{KM} / \text{H}$, and after reaching the highest speed, the slope increases by 1 segment.
 - B. (Target heart rate one user heart rate) < 0 , the slope is not zero, the slope decreases 1 section; if the slope is zero, the speed decreases $0.5\text{KM} / \text{H}$, not drop after reaching the lowest speed.
4. Repeat Step 3 every 10 seconds later
5. The highest high speed of H 1 H 2 is 10.0, 12.0KMH, respectively
6. Age adjustment range is 15-80, with default 30.

Start the treadmill:

Remove the power cord, Insert one side into the rear of the treadmill then insert the other side into power supply.

Please make sure the safety lock before running, clip one side on runner's clothes.



Test and commissioning

Step 1: Power-on test

After confirming that the treadmill is installed, clean the debris on and around the treadmill. Insert the power cord into the power access hole of the console, once fully plugged in, plug the other end of the power cord into the power outlet on the wall of the home. Turn on the power switch. At this time, the treadmill dial instrument shall sound "drip" sound, while the instrument shines light, and the digital area shows "-".

Note: If it is winter, we recommend that you assemble the treadmill for 3-6 hours before conducting a power-on test.

Step 2: Emergency brake test (safety switch test)

Remove the security switch key and place it on the dial security switch base. All the images on the instrument are complete, and the treadmill enters the standby state. Then remove the "safety key", the instrument should be returned to the power state display, and the digital area should be displayed "-". This state indicates that the emergency braking function is normal.

Step 3: Start up and stop the test:

The tester stood on the side on both sides of the platform, placed the "safety key" on the dial safety switch base, and the treadmill entered standby state. Press the QUICK START (Start) button, when the treadmill meter should display.3-2-1 Start the reverse meter, and rotate the belt at 1.0 km / h. After about 10 seconds, press the STOP (stop) key, and the belt should stop turning slowly.Repeat with it several times. During the operation process, the "pull down the safety switch key" can be used, if normal, which indicates that the start and stop are normal, and the emergency braking function is also normal.

When conducting this test, it is strictly prohibited to stand on the running belt to start. If the operation of the running belt deviates to one side, the operation needs to be stopped immediately, and the deviation of the running belt must be corrected. If there is an abnormal sound in the motor compartment or the console, stop it immediately and cut off the power. Source and check and exclude. If you cannot find the reason, please contact your local authorized dealer.

General fitness tips

Start your exercise program slowly, i.e. one exercise unit every 2 days. Increase your exercise session week by week. Begin with short periods per exercise and then increase these continually. Start slowly with the exercise sessions and don't set yourself impossible targets. In addition to these exercises, do other forms of exercise such as jogging, swimming, dancing and/or cycling.

Always warm up thoroughly before exercising. To do so, carry out at least five minutes of stretching or gymnastic exercises to avoid muscle strains and injuries.

Check your pulse regularly. If you do not have a pulse measuring instrument, ask your GP how you can measure your heart rate effectively. Determine your personal exercise frequency range to achieve optimal training success. Take into account both your age and your level of fitness. The table on page 16 will give you a reference point for determining the optimal exercise pulse.

Make sure you breathe regularly and calmly when exercising.

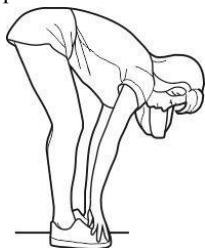
Exercises for your personal work-out

Warm-up / 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:

NECK EXERCISES

Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again. You can repeat this exercise alternately several times.



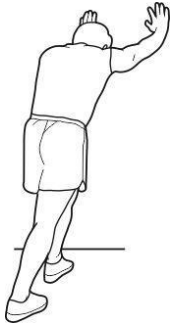
EXERCISES FOR THE SHOULDER AREA

Lift the left and right shoulders alternately, or lift both shoulders simultaneously.



ARM STRETCHING EXERCISES

Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side. Repeat this exercise several times.



3

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 30 seconds if possible and repeat this exercise 2 times for each leg.



4

INSIDE UPPER THIGH

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30-40 seconds if possible.



5

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 20-30 seconds if possible.

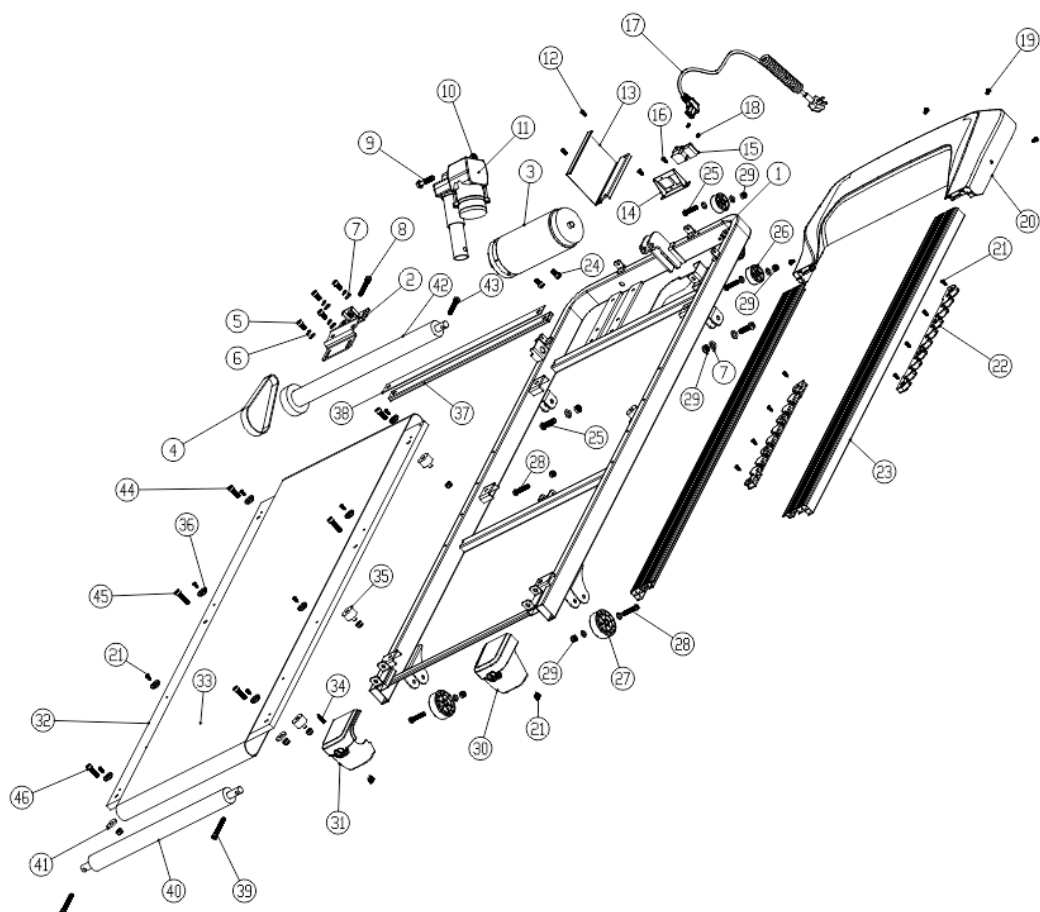
EXERCISES FOR THE KNEES

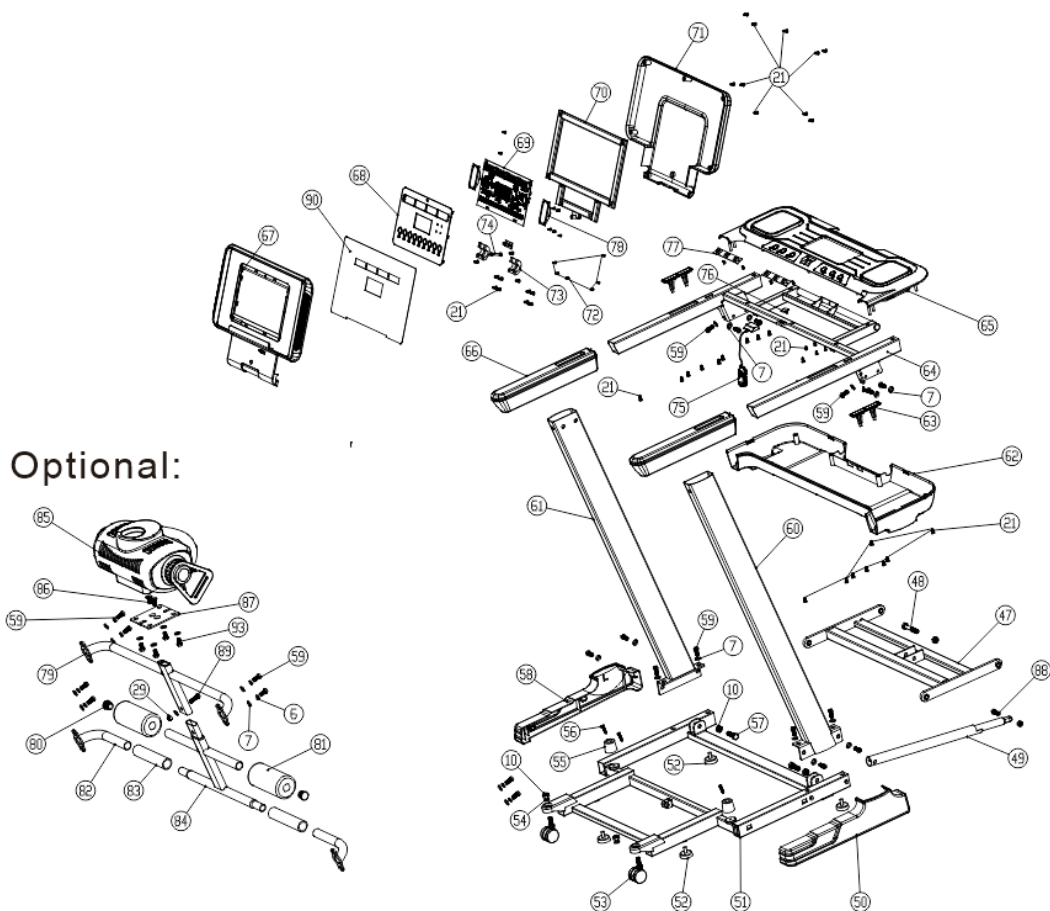
Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30-40 seconds if possible.

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 30-40 seconds if possible.

NO.	NAME	QUANTITY	NO.	NAME	QUANTITY
1	Running table welding	1	48	Hexagonal head half tooth screw M10X60	1
2	Welding of motor seat	1	49	Air pump assembly (847 × 570-35KG)	1
3	DC1.25 motor	1	50	Right rear tailstock	1
4	Multi ribbed belt	1	51	Bottom frame welding	1
5	Hexagonal socket head screw M8X16	4	52	Adjust the foot pad	4
6	M8 spring pad	13	53	Universal wheel	2
7	M8 gasket	33	54	M10 spring pad	2
8	Hexagonal socket head screw M8X50	1	55	Large rubber pad	2
9	Hexagonal head half tooth screw M10X45	1	56	Cross groove pan head self tapping screw ST4.8 × 25	2
10	Hexagonal locking nut M10	6	57	Hexagonal head bolt M10X35	2
11	Lift motor assembly	1	58	Left rear tailstock	1
12	Cross groove pan head screw M4X12	2	59	Hexagonal socket head screw M8X20	20
13	Drive assembly	1	60	Right pillar welding	1
14	Power switch holder	1	61	Left pillar welding	1
15	Socket with switch	1	62	Dial cover	1
16	Cross groove pan head self tapping screw ST4.8 × 13	2	63	Heart rate fixed plate	2
17	power line	1	64	Welding of watch frame	1
18	Cross groove pan head screw M4X10	2	65	Dial cover	1
19	Cross groove pan head screw M5X12	4	66	handrail	2
20	Motor cover	1	67	Display	1
21	Cross groove pan head self tapping screw ST4.2 × 13	68	68	Display	1
22	shock pad	2	69	circuit board	1
23	batten	2	70	Display rack welding	1
24	Hexagonal socket head screw M8X12	2	71	Header back cover	1
25	Hexagonal socket head screw M8X40	2	72	Cross groove pan head self tapping screw S2.9 × 9.5	20
26	Front wheels	2	73	Header rotating buckle	2
27	Rear casters	2	74	Hexagonal socket head screw M6X35	1
28	Hexagonal socket head screw M8X45	2	75	Security key component	1
29	Hexagonal locking nut M8	14	76	Safety switch suction plate	1
30	Right rear tailstock	1	77	Table button circuit board components	2
31	Left rear tailstock	1	78	speaker	2
32	Running board	1	79	Massage stand welding	1
33	Running belt	1	80	Pipe plug	2
34	Cross groove pan head self tapping screw ST4.2 × 25	2	81	Hook foot cover	2
35	Running board cushioning pad assembly	4	82	Short bend welding	2
36	Pressure strip buckle	8	83	Pillar fixing sleeve	2
37	Strengthen the management of the running platform	1	84	Hook bracket welding	1
38	Shock-absorbing rubber strip	1	85	Massage head components	1
39	Shock-absorbing rubber strip	2	86	Internal hexagon countersunk screw M8X16	2
40	Rear drum assembly	1	87	Massage head fixing plate	1
41	Rubber pad	2	88	Hexagonal socket head screw M8X25	1
42	Front drum assembly	1	89	Hexagonal socket head screw M8X30	1
43	Hexagonal socket head screw M8X50	1	90	Face stickers	1
44	Hexagonal socket head screw M8X25	3	91	5-core wire	1
45	Hexagonal socket head screw M8X35	2	92	5-core wire	1
46	Hexagonal socket head screw M8X30	3	93	Hexagonal head bolt M8X16	4
47	Welding of lifting frame	1			





Optional:

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.

BELT ADJUSTMENT

You may need to adjust the running belt during the first few weeks of use. All running belts are properly set at the factory. It may stretch or be off center after use. Stretching is normal during the break-in period.

ADJUSTING THE BELT TENSION:

If the running belt feels as though it is —slipping or hesitating when you plant your foot during a run, the tension on the running belt may have to be increased.

TO INCREASE THE RUNNING BELT TENSION:

1. Place 8mm wrench on the left belt tension bolt. Turn the wrench clockwise 1/4 turn to draw the rear roller and increase the belt tension.
2. Repeat STEP 1 for the right belt tension bolt. You must be sure to turn both bolts the same number of turns, so the rear roller will stay square relative to the frame.

3. Repeat STEP 1 and STEP 2 until the slipping is eliminated.
4. Be careful not to tighten the running belt tension too much as you can create Excessive pressure on the front and rear roller bearings. An excessively tightened running belt may damage the roller bearings that would result in bearing noise from the front and rear rollers.

TO DECREASE THE TENSION ON THE RUNNING BELT, TURN BOTH BOLTS COUNTER-CLOCKWISE THE SAME NUMBER OF TRUNS.

CENTRING THE RUNNING BELT

When you run, you may push off harder with one foot than with another. The severity of the deflection depends on the amount of force⁴ that one foot exerts in the relation to the other. This deflection can cause the belt to move off- centre. This deflection is normal and the running belt will centre when no body is on the running belt. If the running belt remains consistently off-centre, you will need to centre the running belt manually.

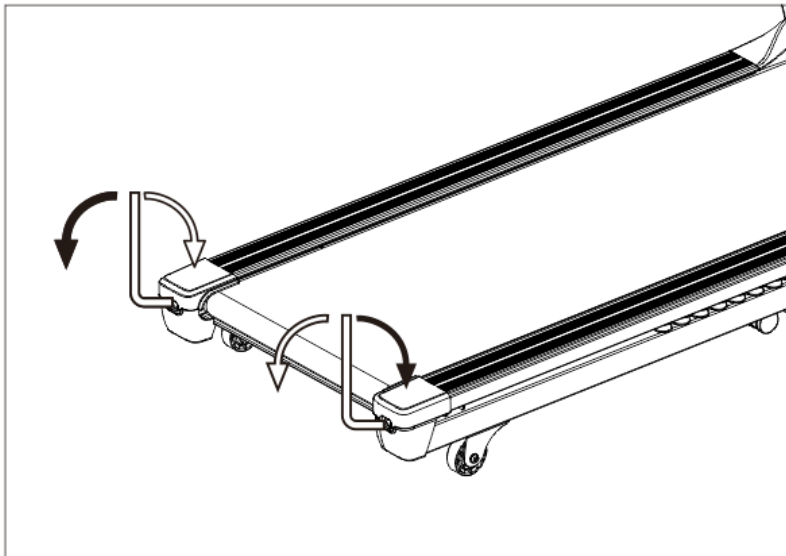
Start the treadmill without anyone on the running belt, press FAST-key until speed reached 6kph.

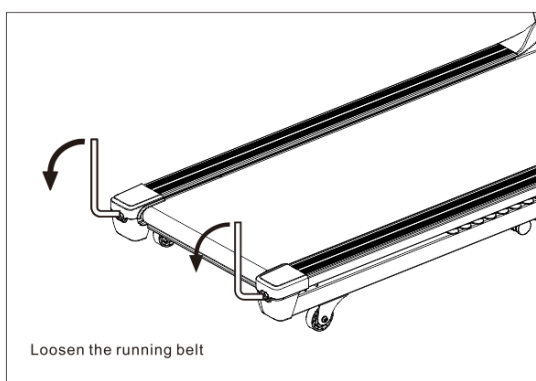
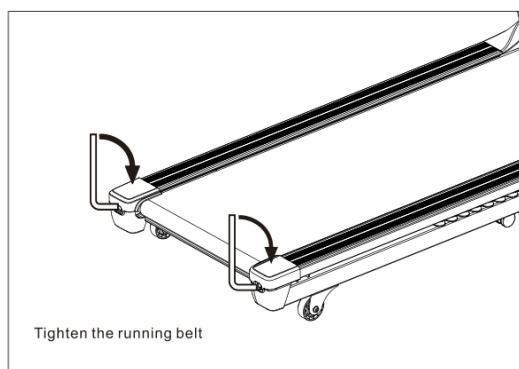
1. Observe whether the running belt is toward the right or left side of the deck.

- 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.
- If the belt is still not centre, repeat the above step until the running belt is on centre.

2. After the belt is centre, increase the speed to 16kph and verify that it is running smoothly. Repeat the above steps if it is necessary.

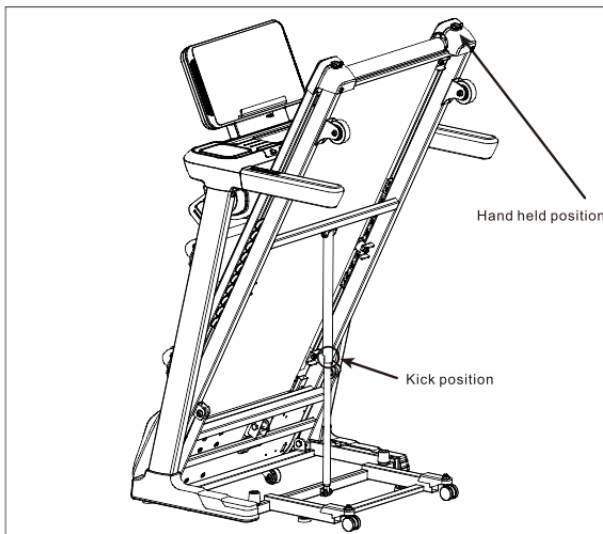
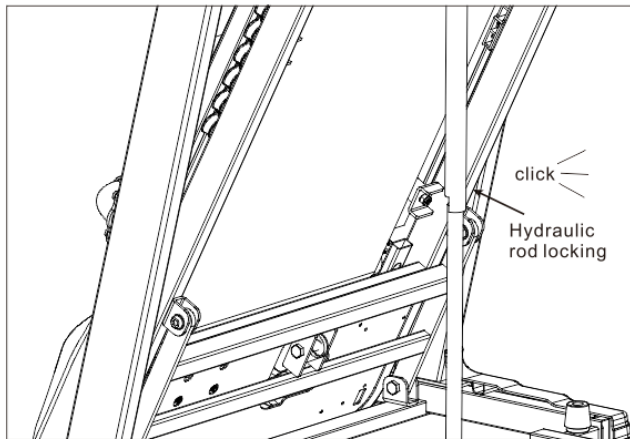
If the above procedure is unsuccessful in resolving the off-centre, you may need to increase the belt tension.





HOW TO FOLD AND MOVE:



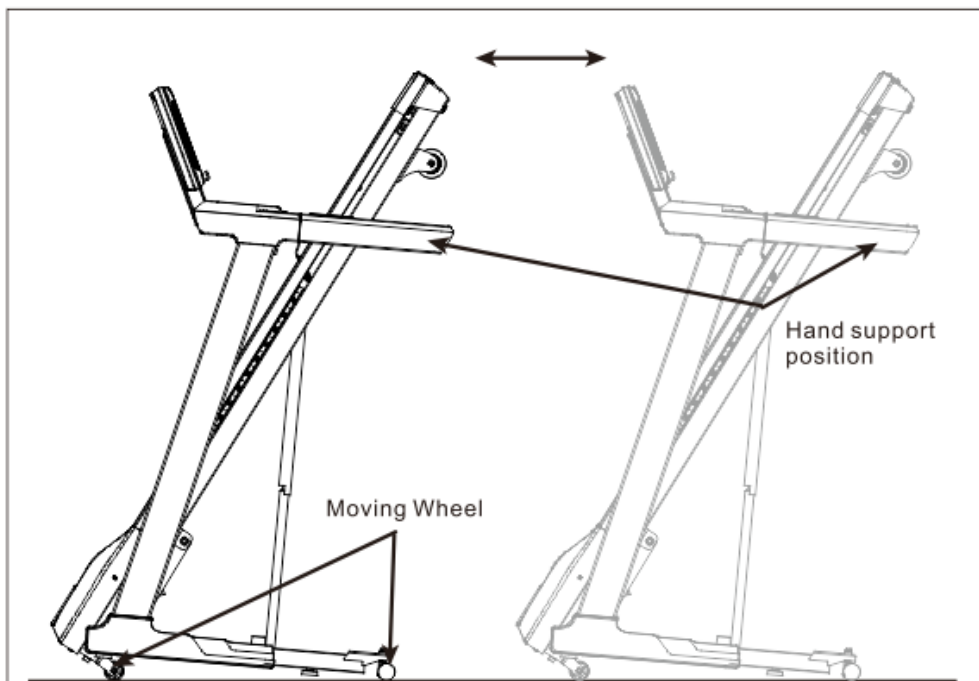


Tightly grasp the arrow position at the end of the metal frame.

Raise the treadmill to the pressure supported and make a "click" sound, then gently pull the treadmill downwards to confirm complete locking. Only then can the treadmill be folded and locked.

When unfolding the treadmill, grab the metal frame at the end of the treadmill with both hands, press the air pressure support on at the arrow position with your feet, and gently pull the treadmill towards your side to slowly lower it.

Before moving the treadmill, first make sure that someone comes to assist in the handling, ensuring that the handling weight is more than 100 KG, and the treadmill is placed on the flat ground. When handling, lift the tail of the treadmill and then rely on the treadmill roller to move the treadmill slowly. Suitable position, when placing, will be down, until the rear adjustment of the ground.



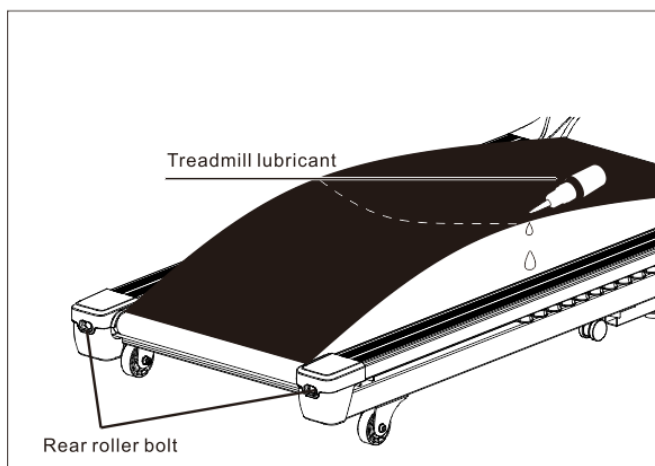
LUBRICATION

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. It is usually not necessary to lubricate the treadmill in the first year or the first 500 hours of operation.

After every 3 months of operation, lift the sides of the treadmill and feel the surface of the belt, as far as possible. If traces of silicon spray are found, lubrication is not necessary.

In case of a dry surface refer to the following instructions.

Only use oil free silicon spray.



Application of lubricant on the belt:

- Position the belt so that the seam is located in the middle of the plate.
- Insert the spray valve in the spray head of the lubricant container.
- Lift the belt at one side and hold the spray valve in a distance to the front end of striding belt and plate. Start at the front end of the belt. Lead the spray valve in direction of the back end. Repeat this process on the other side of the belt. Spray each side for about 4 seconds.

- Wait 1 minute 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 each 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 power switch is off and is un-plugged from the electrical wall outlet.