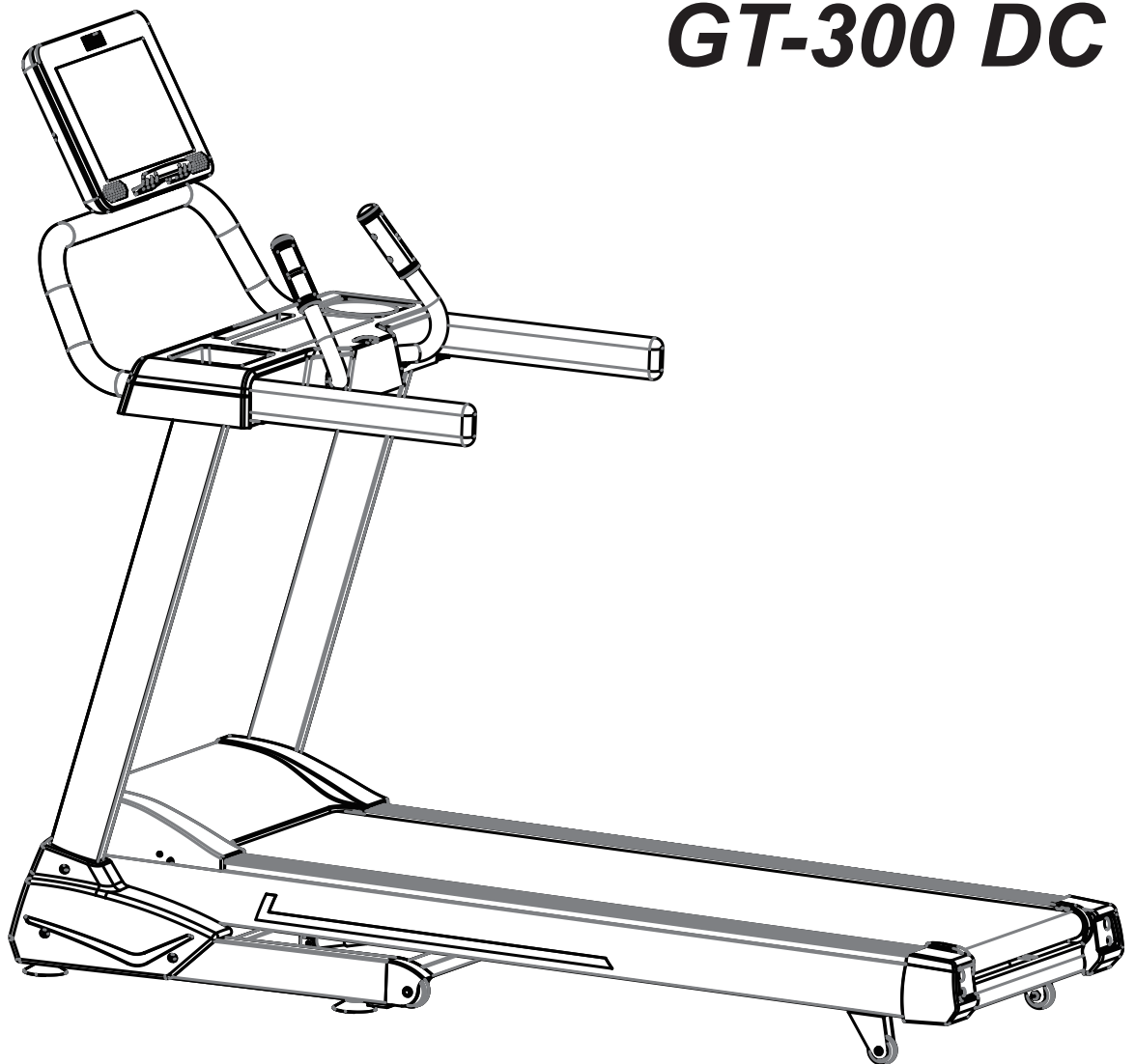


MOTORiZED ***TREADMiLL***

User's Manual

GT-300 DC

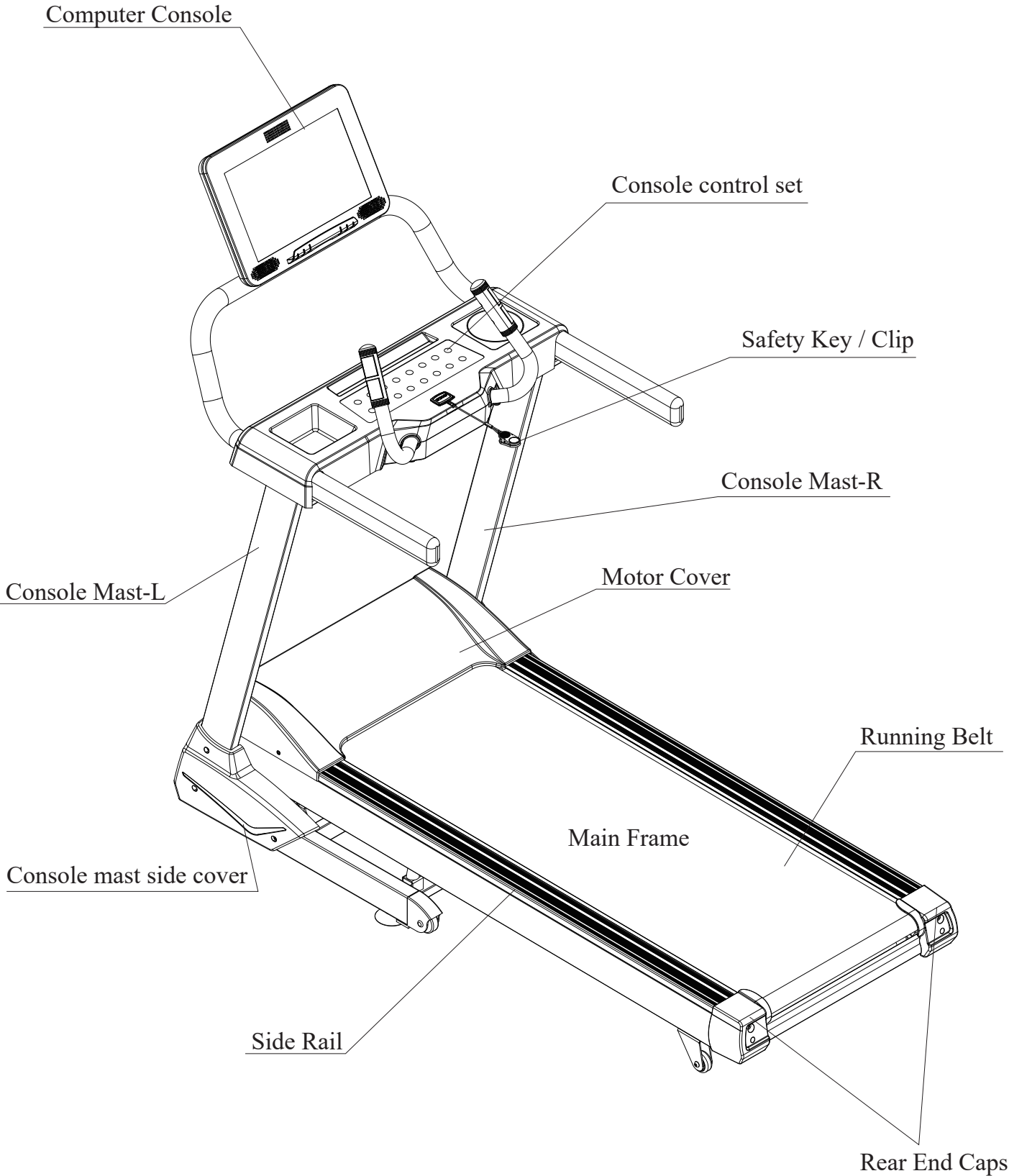


THE SPECIFICATIONS OF THIS PRODUCT MAY VARY FROM THIS PHOTO
AND ARE SUBJECT TO CHANGE WITHOUT NOTICE.

FOR MAXIMUM EFFECTIVENESS AND SAFETY, PLEASE READ THIS
USER'S MANUAL BEFORE USING YOUR TREADMILL.

1.	OUTLOOK OVERVIEW	1
2.	IMPORTANT SAFETY INSTRUCTIONS	2
3.	CAUTION	5
	(1) MOVING AND STORAGE (2) EMERGENCY STOP SYSTEM	
4.	GROUNDING INSTRUCTIONS	8
5.	PRE-ASSEMBLY PARTS CHECK LIST.....	9
6.	ASSEMBLY STEPS.....	10
7.	COMPUTER OPERATION INSTRUCTIONS	13
8.	AEROBIC FLEXIBILITY BEFORE / AFTER WORKOUT.....	21
9.	HOW TO USE.....	22
10.	MAINTENANCE.....	23
	(1) RUNNING BELT MAINTENANCE (2) RUNNING BELT SLIP MAINTENANCE	
	(3) TREADMILL LUBRICATION GUIDE	
11.	EXPLODED DRAWING	25
12.	PARTS LIST	26

1. OUTLOOK OVERVIEW





Before using this treadmill, basic precautions should always be followed, including the following:

- To reduce the risk of burns, fire, electric shock, or injury to persons, read all the instructions below before assembling and using the treadmill.
- To ensure the proper use and safety of the treadmill, make sure that all users read this manual. Please make this manual a part of your training program. The owner is responsible for ensuring that anyone who uses the machine is duly informed about all of the necessary precautions. Remind the users that before beginning any fitness program, they should obtain complete physical examinations from their physicians.
- If you are not feeling well in using the treadmill, please stop immediately.
- If you are suffering from any cold, fever, illness, condition, or disability which affects your ability to walk, run or exercise, do not use the treadmill without consulting your doctor.



WARNING:

- Do not use this product outdoors, near swimming pools or in damp, wet locations.
- Assemble and operate the treadmill on a solid, level surface. Provide the following clearances: 1 m (3 feet) at each side, 2 m (6 feet) at the back. Be sure the treadmill is clear of any obstructions, including walls, furniture and other hard surface. Place a protective sheet below the treadmill to protect the floor or carpet from possible damage.
- Please make sure all components are not damaged and in working order before each use and verify that all fasteners are secure.
- Position the treadmill so that the power cord plug is accessible to the user.
- Read and understand emergency stop procedures before using the treadmill.
- Read and understand all warnings posted on the treadmill and in the User's Manual before using the treadmill.



DANGER:

- To reduce the risk of electrical shock, always unplug this treadmill from the electrical outlet immediately after using it and before cleaning, attempting any maintenance tasks or before removing the treadmill.
- Do not adjust the running belt when someone is standing on the treadmill.
- Do not attempt to use this treadmill with a voltage adapter.
- Do not attempt to use this treadmill with an extension cord.
- Keep the power cord away from heated surface and sharp edges.
- Be sure the power cord has plenty of slack and does not get pinched underneath the treadmill when it elevates and declines.

- Never operate this treadmill if it has a damaged power cord or plug, if it is not working properly, if it has been damaged or dropped or if it has been submerged in water. In these cases, this treadmill should be examined by a qualified service technician.
- Keep all electrical components such as the motor, power cord, and I/O switch, away from liquids to prevent shock. Do not set anything on the handrail, display console, or hood. Place liquids, magazines and books in the appropriate receptacles, especially in accessory tray or bottle holders. Containers with lids are recommended.
- Do not modify or attempt any service on the treadmill yourself, seek trained repair personnel when servicing. Contact the nearest authorized dealer or other competent repair service.
- Connect this treadmill to a properly grounded outlet only. Improper connection of the power cord can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the treadmill is properly grounded.
- Do not modify the plug provided with the treadmill. If it will not fit in the outlet, have a proper outlet installation by a qualified electrician.
- Refer to Grounding Instructions for proper grounding instruction.

WARNING:

- Do not allow children or those unfamiliar with its operation on or near the treadmill. Do not leave children unsupervised around the treadmill.
- Teenagers and disabled persons must be supervised while using the treadmill.
- Do not allow animals on or near the treadmill.
- Do not use the treadmill in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
- Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, or any obstructing material.
- Do not use the treadmill if you exceed the rated maximum user weight in catalog.
- Never drop or insert any object into any opening. Be sure no objects are near or underneath the moving belt when using the treadmill. If an object should drop inside, turn off the power, unplug the power cord from the outlet, and carefully retrieve it. If the item cannot be reached, contact the nearest authorized dealer for support service.
- Do not lean against or climb on the treadmill. Doing so may result in the treadmill tipping and falling and could result in serious personal injury.
- Only one person at a time should use this treadmill.
- Keep the running belt clean and dry all times.
- Warm up before any exercise program by doing 5-10 minutes of aerobic activity, followed by stretching. Avoid over training, you should be carrying on a conversation while exercising. After an exercise session, cool down with slow walking and stretching.
- The security clip must be attached at waist level prior to beginning a workout. A cord connects the security clip to the red STOP key on the console. If user encounters difficulties and need to stop motor quickly, pull connecting cord out to disengaged the safety key from console. Failure to do so can result in severe injuries should you accidentally fall while exercising.

- Test the emergency stop safety key on a regular basis by pulling connecting cord out and ensuring that the running belt comes to a complete stop.
- Never get on or off the treadmill while the running belt is moving. Keep your body and head facing forward. Use the handrails whenever additional stability is required. In case of an emergency, such as tripping, grasp the handrails, and feet step on the side platforms. Never attempt to turn around, or walk backwards or jog backwards on the treadmill.
- Proceed with caution when getting on or off the treadmill. Use the stationary handrails whenever possible. Place your feet firmly on the right and left side platforms before the running belt begins moving (prior to a workout). Never stand on the running belt when starting the treadmill. A sudden start could cause you to lose your balance. Step onto the running belt when the speed is at or below 1.5kph (1 mph).
- Handrails may be held to enhance stability as needed, but are not for continuous use.
- Wear proper exercise clothing and shoes during a workout – no losing clothing. Tie long hair back. Keep all loose towels away from the running surface. The running belt will not stop immediately if an object becomes caught in the belt or rollers.
- Do not use the treadmill in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the shoes.
- Do not overexert yourself or work to exhaustion. Stop exercising if you feel faint, dizzy, nausea, chest pain or any other abnormal symptoms at any time while exercising and consult your physician immediately.
- Do not leave the treadmill unattended when plugged in and running. After turning off the treadmill, do not leave it until it comes to a complete stop and is level. To disconnect, turn all controls to the STOP or OFF position, and then remove the plug from the outlet.
- Always remove the safety key from the treadmill when you are through with exercising, especially if children are present. This will prevent them from accidentally starting the treadmill.
- Use this treadmill only for its intended use as described in this manual. Do not use any attachment not recommended by the manufacturer in order to avoid any dangers or accidents.
- Guarantee certificate will not be valid if the treadmill is opened or tampered with by people not belonging to our authorized Technical Service.

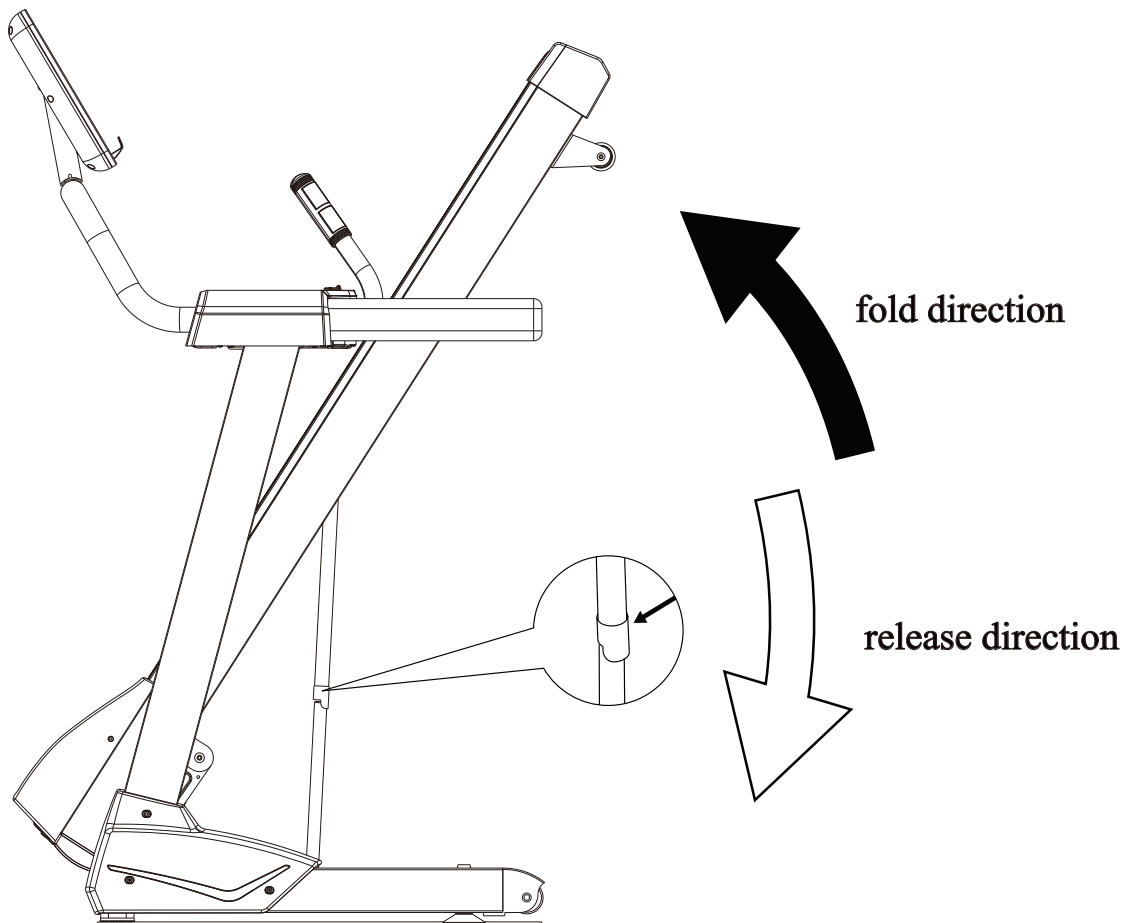
Note: Read all instructions carefully and save for future reference

(1) MOVING AND STORAGE

This treadmill has the foldable mechanism for storage, turn off the I/O switch and unplug the power cord, make sure that the treadmill comes to a complete stop.

6.1 Fold the Treadmill:

1. Place both hands under the support bar that is located directly under the back of the running belt to make sure that you have a solid lifting point.
2. Lift the treadmill all of the way forward and make sure that the cylinder is properly locked in place.
3. Ensure that the locking mechanism is secure by gently pulling the back of treadmill and make sure that it is locked.

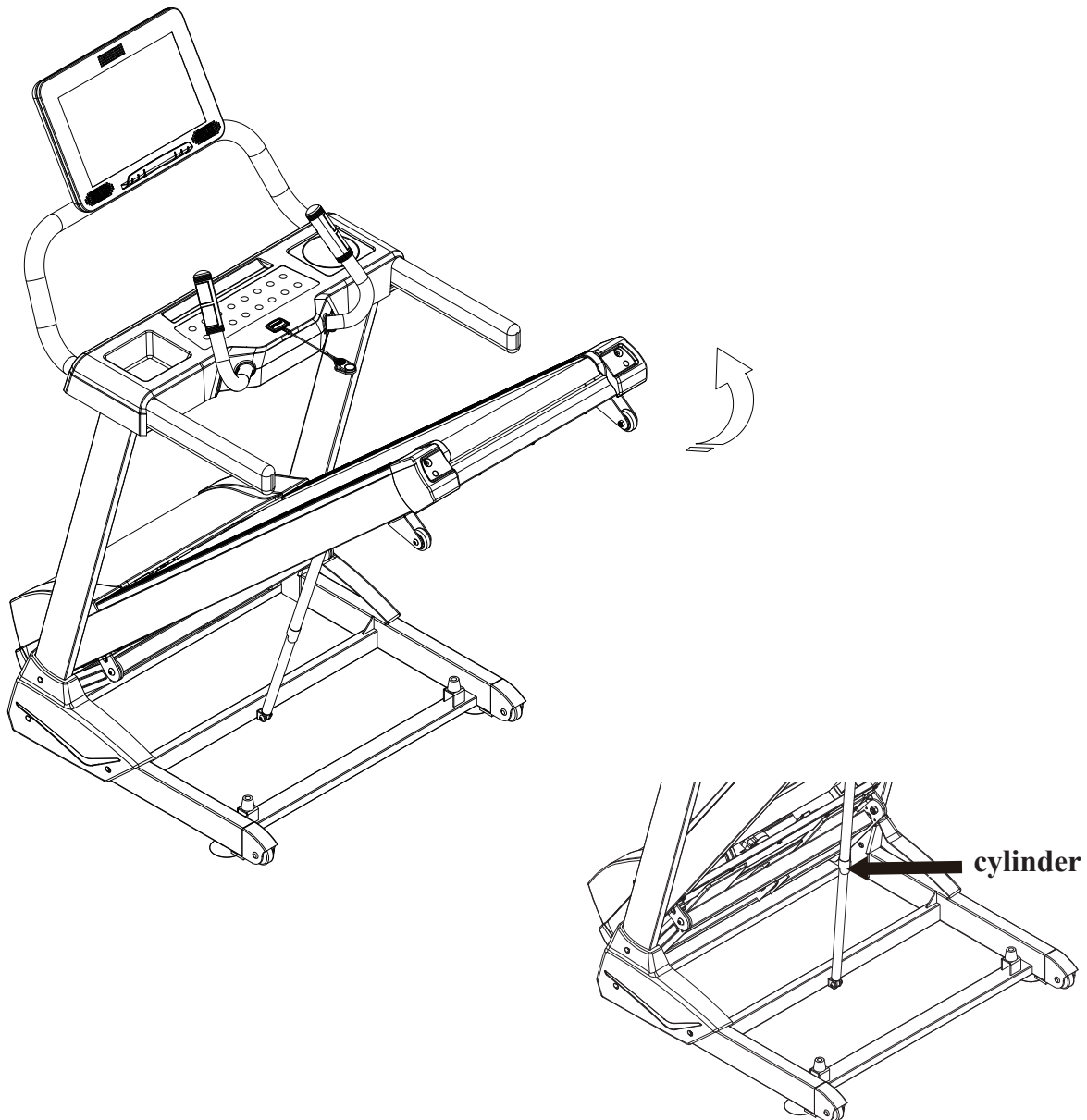


6.2 Unfold the Treadmill:

1. Make sure to unfold the treadmill on a solid, level surface. Provide the following clearances: 3 feet at each side, 6 feet at the back. Be sure the treadmill is clear of any obstructions, including walls, furniture and other hard surface.
2. Stand behind the treadmill, gently push the treadmill forward toward the display, then slightly press the locking mechanism forward until the cylinder is free. Lightly pull the treadmill down and it will drop softly to the ground. The cylinder is set up to drop softly.

6.3 Move the Treadmill:

1. To move the treadmill, you have to fold it firstly and ensure that the locking mechanism is securely locked.
2. Hold the both handrails and foot steps on one side base frame beside wheels to lean the treadmill backward by two wheels grounded. Then move treadmill to the even ground.



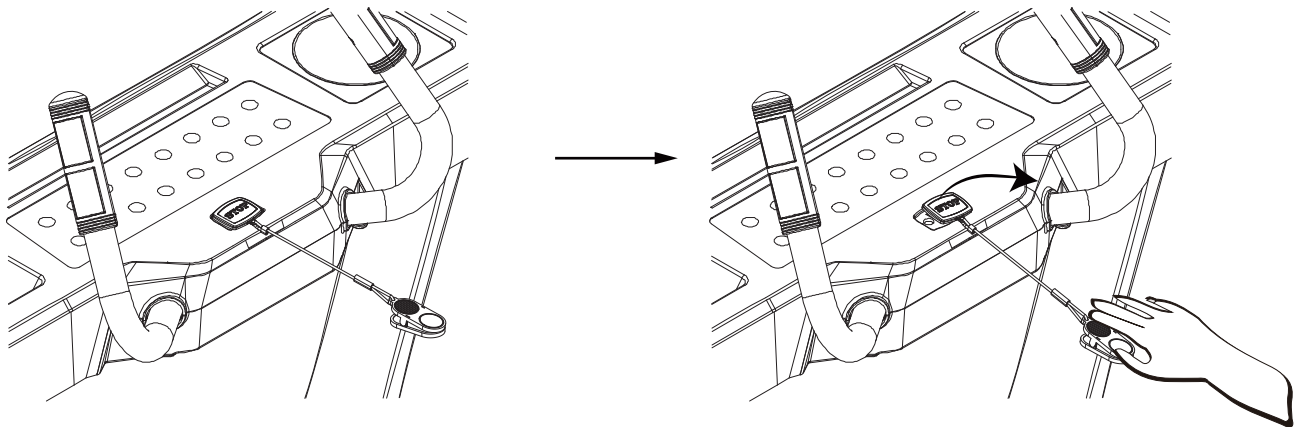
- ⚠ To avoid being in danger, do not move or place treadmill on the uneven ground.
- ⚠ The cylinder is fragile and might cause personal injury if any damage on it. Please pay close attention to the cylinder and examine it carefully, if any damage or rough movement noticed, please contact local agent or distributor immediately for service.

(2) EMERGENCY STOP SYSTEM

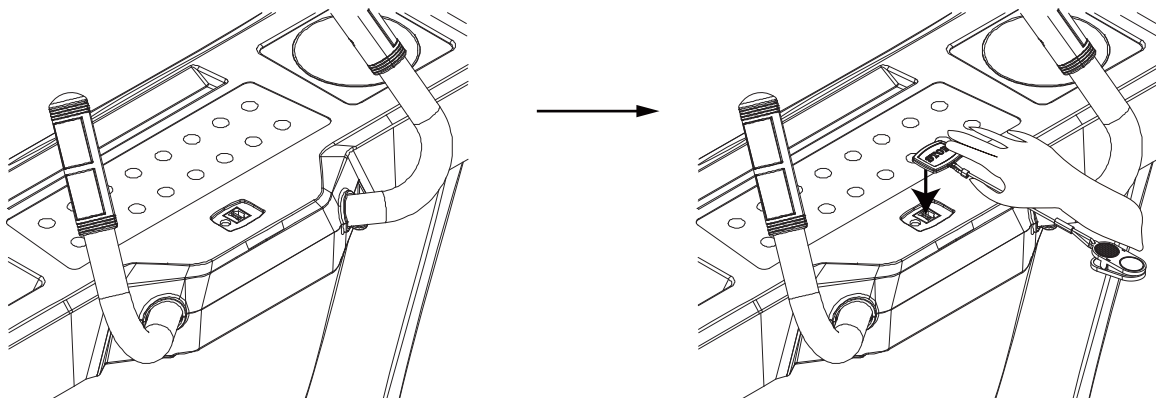
This treadmill is equipped with the safety system. The safety key is showed in below drawing, a cord connects the security clip to the red STOP key on the console. User must attach the security clip to your clothing at waist level prior to beginning any workout.



Emergently stop treadmill by pulling the cord to suspend the operation.



To continue operation, please reinsert the safety key back in position.



4. GROUNDING INSTRUCTIONS

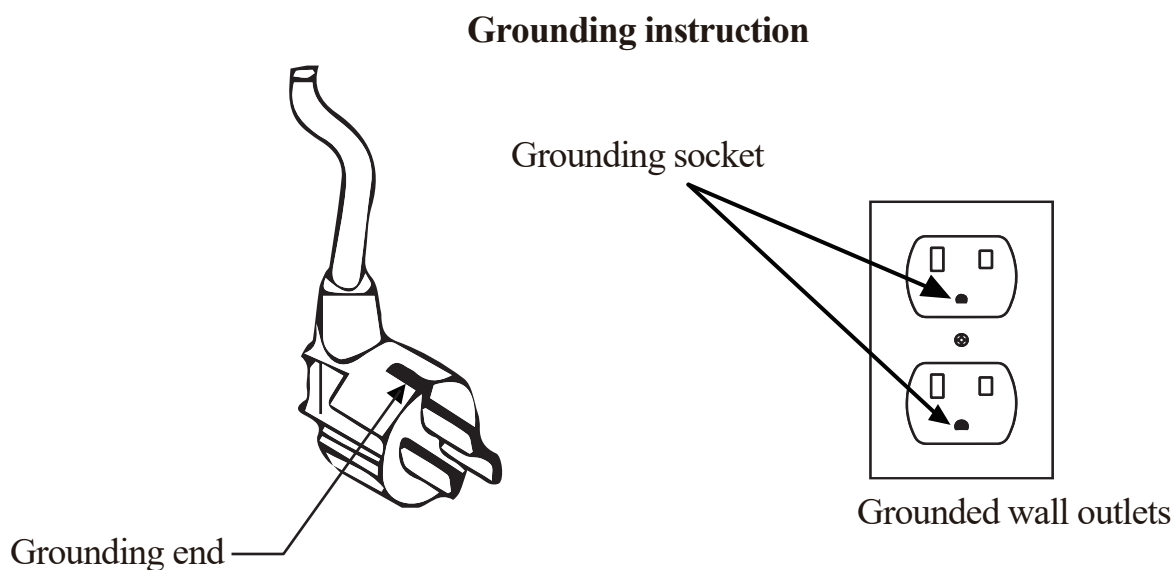
The product must be grounded while in use, in the event of a malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

This treadmill is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into a matching outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER!

Improperly connect grounding device of this treadmill can result in a risk of electric shock, check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded.

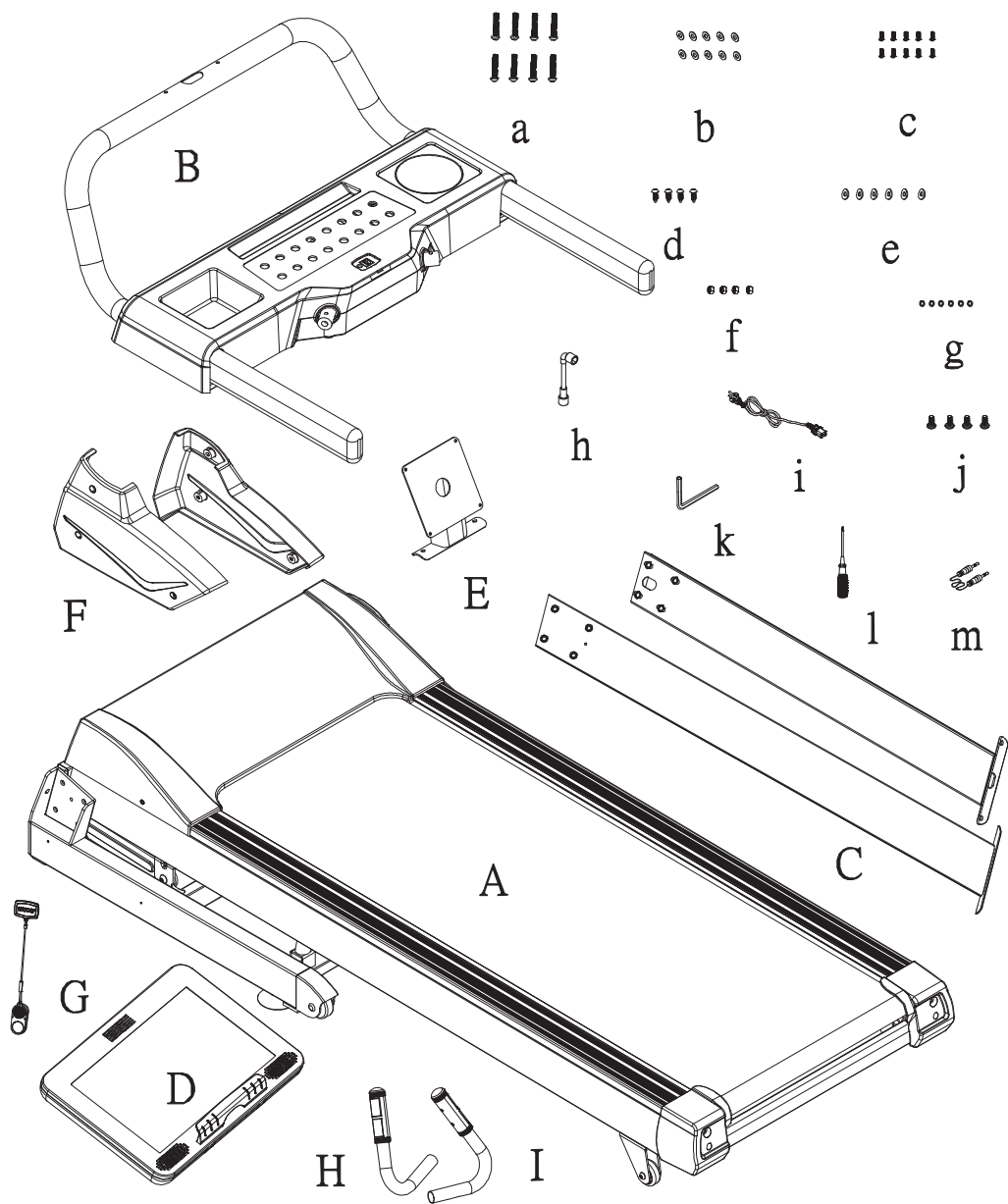
Do not modify the plug provided with the product. If it will not fit in the outlet, have a proper outlet installation by a qualified electrician.



5. PRE-ASSEMBLY PARTS CHECK LIST

NO.	DESCRIPTION	Q'TY
A	Main frame	1
B	Console control set	1
C	Console mast-L & R	1
D	Computer console	1
E	Console frame set	1
F	Console mast side cover-L & R	1
G	Safety key	1
H	Hand pulse set (L)	1
I	Hand pulse set (R)	1

NO.	DESCRIPTION	Q'TY
a	Truss hex screw M8	8
b	Washer M8	10
c	Truss phillips screw M5 x 15mm	10
d	Truss hex screw M8 x 20mm	4
e	Curved washer M8	6
f	Nylon nut M8	4
g	Spring washer M8	6
h	Wrench tool	1
i	Power cord	1
j	Flat hex screw M8 x 20mm	4
k	L shape wrench	1
l	Screwdriver	1
m	MP3 cable	1

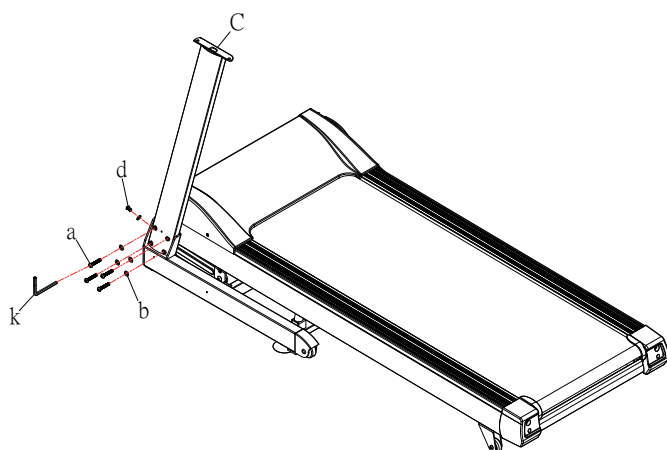


6. ASSEMBLY STEPS

To avoid being in danger, please do not assemble the machine alone; two persons are required to complete all assembly steps.

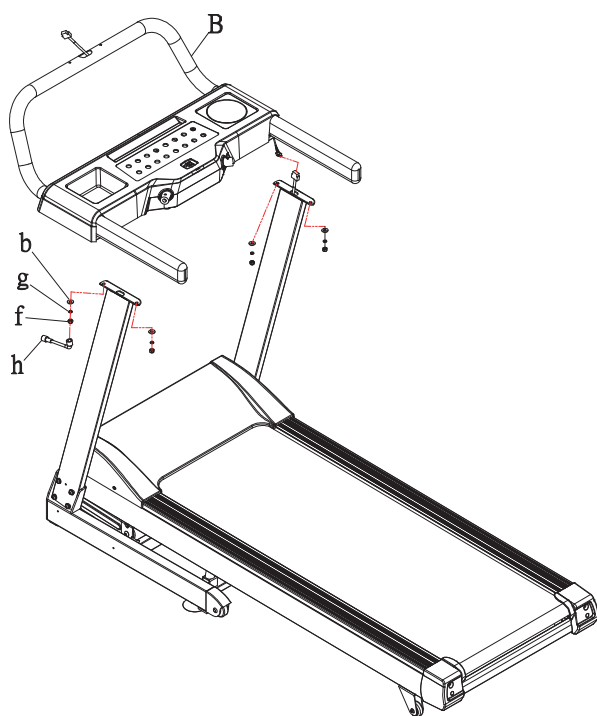
(Caution: Please follow exactly the assembly steps below to avoid injury.)

STEP 1.



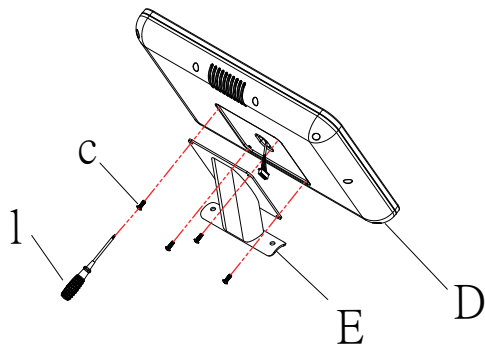
Insert the left Console mast (C) into the base. Use the L shape wrench (k) to screw the Truss hex screw (a) and Washers (b), 4 pieces each, into the corresponding holes. Then, screw the Truss hex screw (d) and plain washer M8 (b), 1 piece each, into the front hole of the Console mast. Repeat the same steps for the right Console mast. See the diagram. (Note: Do not fully tighten the screws on both Console masts yet.)

STEP 2.



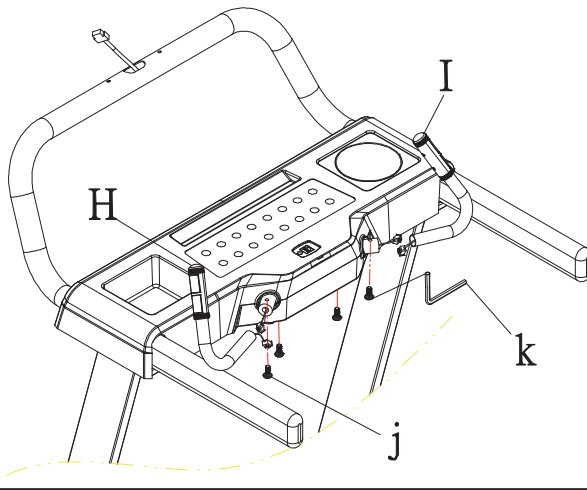
First, connect the cable from the Console control set (B) to the cable from the right Console mast (C). Then, place the Console control set (B) onto the Console masts (C). Use the Wrench tool (h) to screw the Nylon nut (f), Spring washer (g), and Curved washer (e), 4 pieces each, onto the Console control set. See the diagram. (Note: Do not fully tighten the screws yet!)

STEP 3.



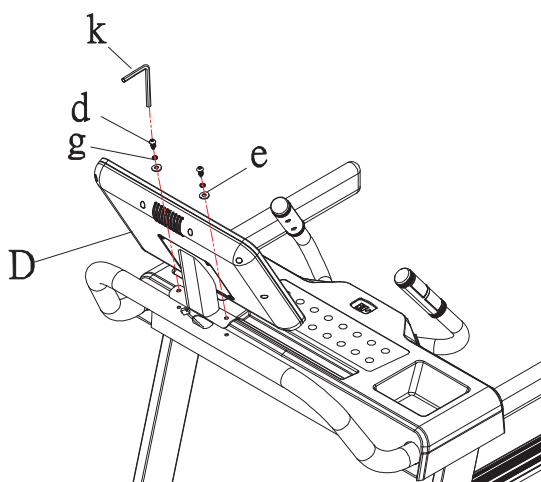
First, pass the cable of the Computer console (D) through the Console frame set (E). Then, use a Screwdriver (l) to tighten the 4 pieces of Truss phillips screw (c) as shown in the diagram.

STEP 4.



First, connect the hand pulse wire between the left Hand pulse set (H) and the Console control set (B). Then, insert the left Hand pulse set (H) onto the axis of the Console control set, aligning the holes. Use the L shape wrench (K) to tighten 2 pcs Flat hex screws (j). The assembly steps for the right Hand pulse set (I) are the same as for the left side.

STEP 5.

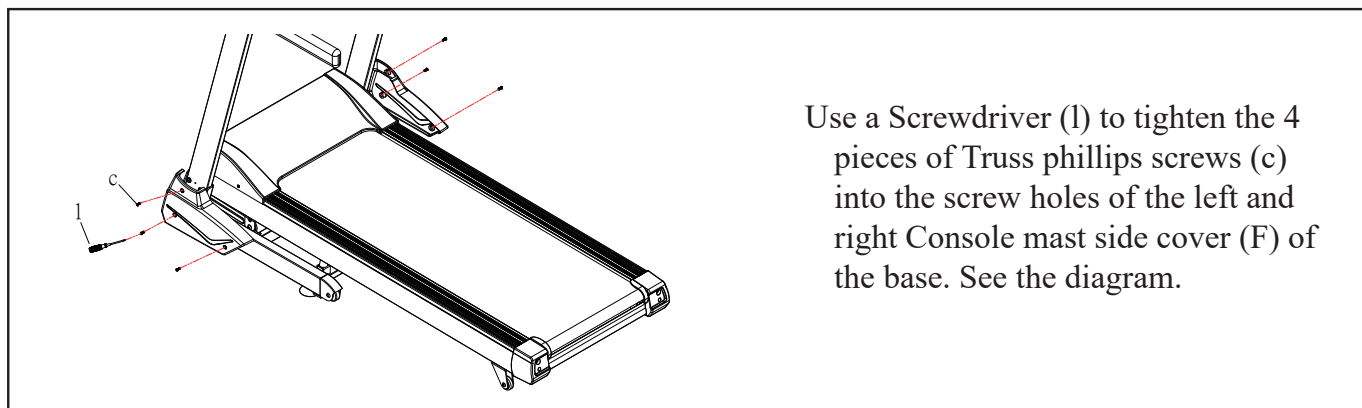


First, connect the cable at the lower end of the Computer console (D) to the corresponding cable on the top of the Console control set (B). Then, tuck all the cable connectors into the hole of the round tube. Place the Computer console (D) and the Console frame set (E) onto the round tube. Use the L shape wrench (k) to tighten 2 pieces each of the Truss hex screw (d), Spring washer (g), and Curved washer (e) into the holes. See the diagram.

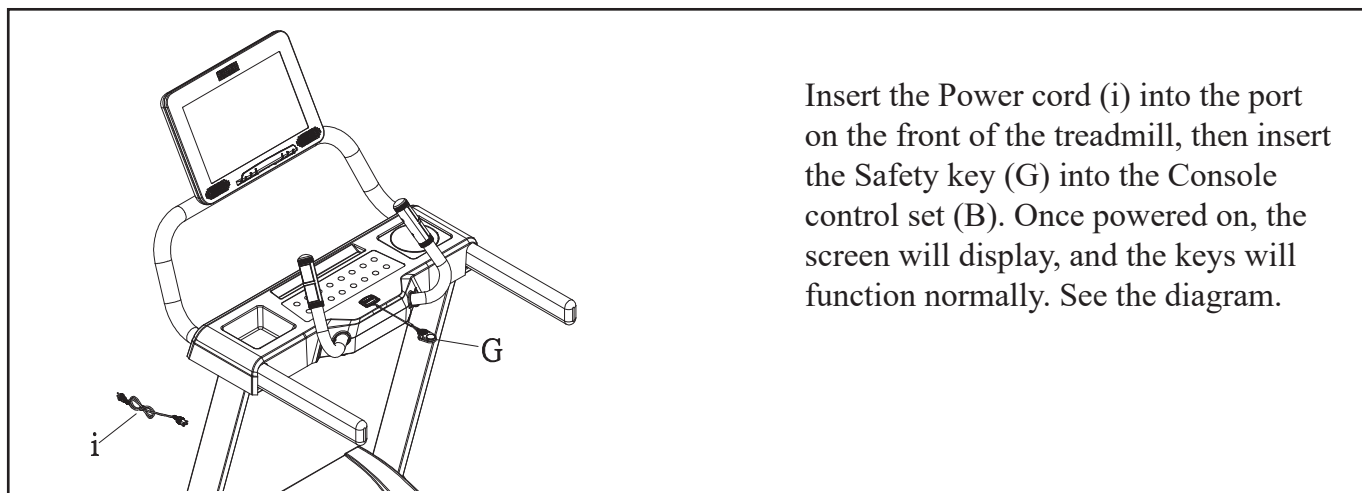
STEP 6.

Fully tighten all the screws from steps (2, 3, and 4) using the corresponding wrenches.

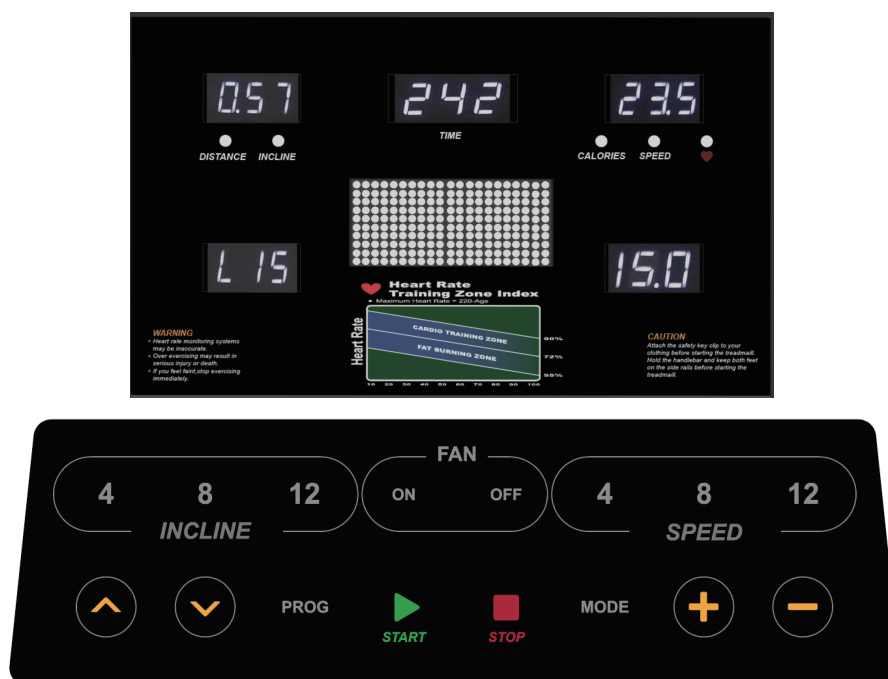
STEP 7.



STEP 8.



7. COMPUTER OPERATION INSTRUCTIONS



A. DISPLAY INFORMATION

Window Topic	Display Range
TIME	1) Displays the running time in manual mode or in the program mode for running countdown 2) In exercising mode: 0:00-99:59 (MM:SS) 3) In setting mode: 5:00-99:00 (MM:SS), adjustment step 1 min/ per time
DISTANCE	1) Displays the distance from manual and program mode 2) In exercising mode: 0.0-99.9 (KM) 3) In setting mode: 1.0-99.0 (KM), adjustment step 1km / per time
CALORIES	1) Displays calories from manual and program mode or in the mode of accumulative calorie countdown 2) In exercising mode: 0-999 (KCAL) 3) In setting mode: 20-990 (KCAL), adjustment step 10 kcal/ per time
SPEED	1) Displays the current running speed value 2) Min 0.8-Max 16.0 (KPH), adjustment step 0.1km/ per time
PULSE	1) In exercising mode: 50-200 (Heartbeat/Min) 2) Heart rate measuring: Hold the hand pulse sensors for over 5 seconds, the indicator blinks while detecting heart rate signal. 3) Heart rate data is for reference only, and cannot be used for medical purposes.
INCLINE	0-12%, adjustment step 1% / per time

Dot Matrix display

1. Program Selection Mode:

When the treadmill is powered on, the display shows all indicators, and after the dot matrix shows the version number, "GO!" is displayed, and all windows reset to zero. Press the PROG key, and the dot matrix will display the cycle mode codes: P01~P12, FAT (Body Fat Measurement), HRC, U01~U03. After selecting one of the modes, press the start key to enter the program.

2. Error Mode:

When a system error occurs during operation, all operation windows will display "---", the buzzer will sound, and the dot matrix will display the corresponding error code. For example, if the safety key is not placed, the dot matrix will display "E5". Once the safety key is placed and the power on, the dot matrix will display "3-2-1", and the motor will start.

B. CONSOLE KEY FUNCTIONS

1. START:

In the standby mode/ program mode/ countdown training mode/ pause mode, press START key to start workout.

2. STOP:

During workout, press this key, the treadmill stops gradually and incline stops, all windows stop accumulation, and then back into standby mode.

3. PROG (PROGRAM):

In the standby mode, press this key to be able to select different programs as preset programs P1-P12, Walking, Jogging, Running, FAT (Body Fat Measurement), HRC, and U01-U03.

When finishing training program, the treadmill stops gradually and incline back to zero, the window shows END and is alarmed by beep sound for 10 seconds, then back to standby mode.

* After starting the treadmill, press this key to increase the audio volume when using a personal USB flash drive to play music.

* Press and hold the PROG key to check the total distance. Long press the STOP key to clear the total distance.

4. MODE:

In the standby mode, press this key to be able to select three different countdown operating modes as TIME, DISTANCE, and CALORIES. After selecting the preferred countdown mode, set the relevant countdown value by adjusting the speed increase (+) or decrease (-) key, then press START key to start workout.

* After starting the treadmill, press this key to decrease the audio volume when using a personal USB flash drive to play music.

5. SPEED INCREASE / DECREASE (+/-):

In setting mode, adjust the desired value by pressing speed increase (+) or decrease (-) key.

During workout, the speed can be adjusted by 0.1 km one time by adjusting keys, holding over 2 seconds for rapidly increasing or decreasing speed level.

6. INCLINE INCREASE / DECREASE (Λ/ ∨):

In setting mode, adjust the desired value by pressing incline increase (Λ) or decrease (∨) key.

During workout, the incline can be adjusted by 1 % one time by adjusting keys, holding over 2 seconds for rapidly increasing or decreasing incline level.

7. INSTANT INCLINE KEY 4, 8, 12:

Shortcut keys are designed for quick incline adjustment during workout.

8. INSTANT SPEED KEY 4, 8, 12:

Shortcut keys are designed for quick speed adjustment during workout.

9. FAN: ON/OFF switch.

10. AUDIO INPUT JACK:

MP3 music audio amplification function. Simply input through the side audio input jack, and connect a USB flash drive via the USB port to play music.

11. BLUETOOTH CONNECTION

Zwift and Kinomap apps: You can connect to Bluetooth by searching for GT-300-***** through the mobile apps Zwift and Kinomap.

Bluetooth music function: Use your mobile's Bluetooth to search for AEON-***** and connect.

Once connected, music played on your mobile can be transmitted to the console speaker via Bluetooth.

C. PROGRAM PROCESS

1. PRESET PROGRAM P1-P12

In the standby mode, press the PROG key to be able to select a preset program.

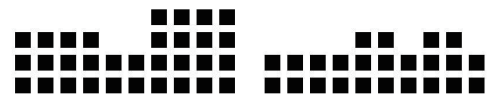
The program table below is for P1-P12, there are 10 segments for each preset program.

PROG.	SEGMENT	Setting Time/ 10 = Running time for each segment									
		1	2	3	4	5	6	7	8	9	10
P01	SPEED	2	3	3	4	5	3	4	5	5	3
	INCLINE	1	1	2	2	2	3	3	2	2	1
P02	SPEED	2	4	4	5	6	5	6	6	6	4
	INCLINE	1	2	2	2	2	3	3	2	2	2
P03	SPEED	2	4	4	6	6	4	7	7	7	4
	INCLINE	2	3	3	2	2	3	3	3	2	2
P04	SPEED	3	5	5	6	7	7	5	7	7	8
	INCLINE	2	3	3	2	2	3	3	3	2	2
P05	SPEED	2	4	4	5	6	7	7	5	6	7
	INCLINE	3	3	3	4	4	5	5	5	4	4
P06	SPEED	2	4	4	4	5	6	8	8	6	7
	INCLINE	3	5	5	5	4	4	4	3	3	3

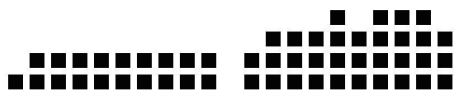
P07	SPEED	2	3	3	3	4	5	3	4	5	3
	INCLINE	4	4	4	4	3	3	6	6	6	7
P08	SPEED	2	3	3	6	7	7	4	6	7	4
	INCLINE	4	5	5	5	6	6	6	7	8	9
P09	SPEED	2	4	4	7	7	4	7	8	4	8
	INCLINE	5	5	5	6	6	6	4	4	6	6
P10	SPEED	2	4	5	6	7	5	4	6	8	8
	INCLINE	5	6	6	6	7	5	8	8	4	4
P11	SPEED	2	5	8	10	7	7	10	10	7	7
	INCLINE	4	5	3	2	6	6	2	2	2	2
P12	SPEED	3	4	9	9	5	9	5	8	5	9
	INCLINE	1	2	3	2	3	5	5	0	0	2



P01



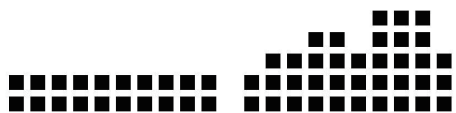
P07



P02



P08



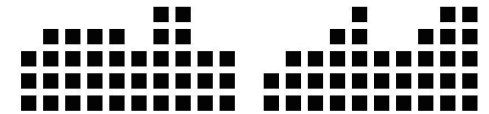
P03



P09



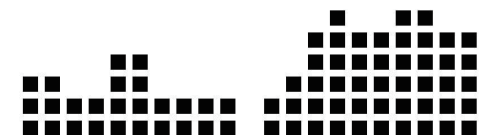
P04



P10



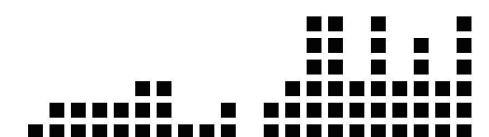
P05



P11



P06



P12

2. FAT (Body Fat Measurement)

In the standby mode, continuously press PROG key to select FAT program, the DISTANCE window displays “FAT”. Then press MODE key to get into setting step.

The CALORIES window displays F1-(AGE), F2-(SEX), F3-(HEIGHT), F4-(WEIGHT) in sequence, then set relevant values by adjusting speed increase (+) or decrease (-) and press MODE key to get into next setting step.

After the setting is finished, the window displays F5, hold both handgrip pulse sensors and check calculation result on the window.

Body Fat Index (FAT) is a measurement between a person's height and weight, it does not refer to body proportions, FAT suitable for any male and female, along with other health indicators that providing people a weight adjustment reference.

Below setting table for reference. The result information is for reference only, cannot be used for medical purpose.

NO.	DESCRIPTION	SETTIN GRANGE	RESULT
F1	AGE	10-99	
F2	SEX	01-MALE,02-FEMALE	
F3	HEIGHT	100-200 (CM)	
F4	WEIGHT	20-150 (KG)	
F5	DATA DISPLAY	$F5 \leq 19$	UNDER WEIGHT
		$20 \leq F5 \leq 25$	AVERAGE
		$25 \leq F5 \leq 29$	OVERWEIGHT
		$F5 \geq 30$	OBESITY

3. HRC

In the standby mode, continuously press PROG key to select HRC program, then press MODE key to get into setting step.

The window displays Age, Target heart rate, Time in sequence, set relevant values by adjusting speed/incline increase (+) or decrease (-) and then press MODE key to get into the next setting topic. After finishing the above setting steps, press START key to begin workout.

SETTING TOPIC	SETTING RANGE
Age	<15-80>
Target heart rate	<55-200>
Time	<5-99>

After finishing above setting steps, press START key to begin workout.

1. Default beginning workout speed 3.0 KPH, incline 0 level.
2. Continuous speed at 3.0 KPH for 60 seconds.
3. After 60 seconds, console counts heart rate difference and adjusts speed by following rules:
 - a: (target heart rate - user's heart rate) >30, the speed is increased by 2.0 KPH at a rate of every 30 seconds.
 - b: (target heart rate - user's heart rate) <30, the speed is increased by 1.0 KPH at a rate of every 30 seconds.
 - c: (user's heart rate - target heart rate) >30, the speed is decreased by 2.0 KPH at a rate of every 30 seconds.
 - d: (user's heart rate - target heart rate) <30, the speed is decreased by 1.0 KPH at a rate of every 30 seconds.

At any time, if user's heart rate is higher than (220-age), then the speed is decreased to 1.0 KPH for 15 seconds and alarmed by beep sound and then treadmill completely stops.

User must correctly wear chest belt or grasp handgrip pulse sensors on the handles through entire training session. If there's no heart rate signal for 1 minute, then the speed is decreased to 1.0 KPH for 15 seconds and alarmed by beep sound and then treadmill completely stops.

4. COUNTDOWN MODE

In the standby mode, press the MODE key to be able to select three different countdown operating modes as TIME, DISTANCE, and CALORIES.

In time countdown mode, the default time is 30:00 (minute), user can adjust the target workout time by pressing speed increase (+) or decrease (-) key. The setting range is 5:00-99:00, adjusted by 1 minute per time. After setting, press START key to start workout.

In distance countdown mode, the default distance is 1.0 (km), user can adjust the target workout distance by pressing speed increase (+) or decrease (-) key. The setting range is 1.0-99.0, adjusted by 1.0 per time. After setting, press START key to start workout.

In calories countdown mode, the default calories is 50 (cal), user can adjust the target workout calories by pressing speed increase (+) or decrease (-) key. The setting range is 20-990, adjusted by 10 per time. After setting, press START key to start workout.

When a certain countdown parameter is reached, the display will show END, and the treadmill will gradually stop and incline back to zero, the window shows END and is alarmed by beep sound for 10 seconds, and then back into standby mode.

5. USER MODE

In the standby mode, continuously press PROG key to select U01-03 mode. After entering the mode, press the MODE key to set the time, incline, and initial speed according to your preferences. Each of the U01-U03 modes can be divided into 10 adjustable sub-modes, T1-T10. The initial incline for each mode is set to 0, and the initial speed is 0.8 kph.

6. E6 PROGRAM

- WALKING

Default speed is 3 kph and incline is 0 under walking program. User set desired workout time and then press start button to start exercising. After starting the program, speed and incline can be adjusted during exercise. When finishing this program, motor stops gradually and incline backs to zero, window shows END and alarmed by beep sound for 10 seconds, and then back into standby mode.

- JOGGING

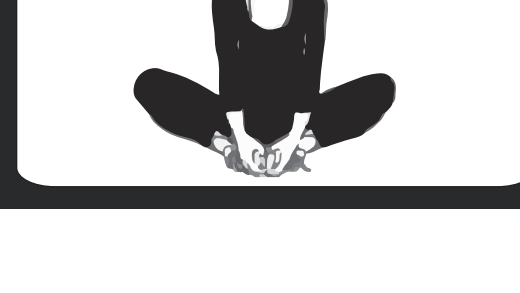
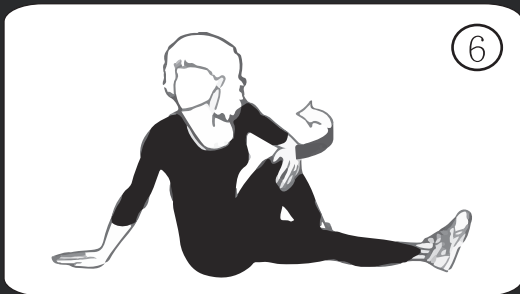
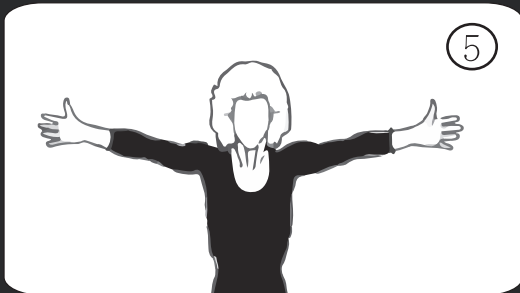
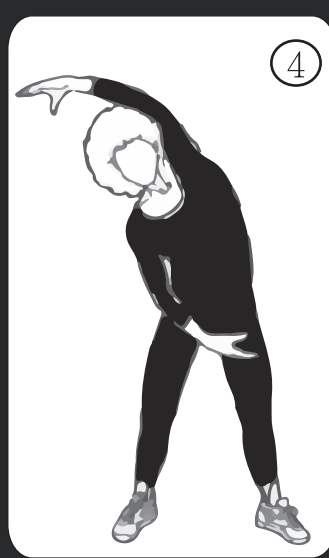
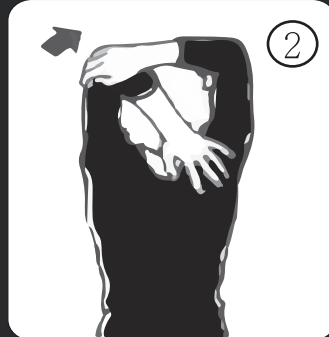
Default speed is 6 kph and incline is 0 under jogging program. User set desired workout time and then press start button to start exercising. After starting the program, speed and incline can be adjusted during exercise. When finishing this program, motor stops gradually and incline backs to zero, window shows END and alarmed by beep sound for 10 seconds, and then back into standby mode.

- RUNNING

Default speed is 9 kph and incline is 0 under running program. User set desired workout time and then press start button to start exercising. After starting the program, speed and incline can be adjusted during exercise. When finishing this program, motor stops gradually and incline backs to zero, window shows END and alarmed by beep sound for 10 seconds, and then back into standby mode.

D. ERROR CODE LIST

Error Code	Problem	Situation of the treadmill	How to deal with
E5	Failure communication signal	Treadmill stops working. Console alarms with beep sound for 3 times and displays error code.	The possible cause is that communication between the upper control board and the lower controller is obstructed. Check the control cables, which connecting upper control board to the lower controller whether they are well connected. You can connect new control cables by external way to check if original control cables are failed. Replace the cables if damaged.
E01	Speed sensor loose or disconnected		Check and reinsert the speed sensor and ensure it is well connected. If above steps do not work, replace new speed sensor.
E02	Abnormal temperature of inverter		Restart the treadmill, if the issue is not resolved, the inverter needs to be replaced.
E4	Motor cable loose or disconnected		The motor needs to be replaced.
E6	Power cord loose or disconnected		Check and reinsert the power cord and ensure it is well connected. If above steps do not work, replace new power cord.
E07	Incline error		Check and reinsert the incline motor cables whether they are well connected. If above steps do not work, replace new incline motor.
E0A	Motor overload		Confirm whether the load is overweight.
E0b	Inverter overload		Restart the treadmill, if the issue is not resolved, the inverter needs to be replaced.
E0C	System overload		
E0d	Display error		Check and reinsert the upper control board cable and ensure it is well connected. If above steps do not work, replace new upper control board.
E0E	Inverter brake malfunction		Restart the treadmill, if the issue is not resolved, the inverter needs to be replaced.
E21	Inverter Flash program malfunction		
E22	Inverter EEPROM malfunction		
E23	Inverter low voltage notice		
E25	Emergency stop	Treadmill stops working.	Check safety key if it is well inserted on the control box. Then check and reinsert the ESP jumper on the inverter.
E26	Inverter Driver setting error		Restart the treadmill, if the issue is not resolved, the inverter needs to be replaced.
E29	Inverter overheating notice		Confirm whether the load is overweight.
E41	Inverter system overload alert		Restart the treadmill, if the issue is not resolved, the inverter needs to be replaced.
E42	Inverter overheating alert		Restart the treadmill, if the issue is not resolved, the inverter needs to be replaced.
Console displays "----"		The console fail to detect safety key. Treadmill stops working.	Check safety key if it is well inserted on the control box.



**AEROBIC
FLEXIBILITY**

(1) Quick start process

1. Press Start key to begin workout instantly.
2. Press speed $+$ / $-$ key to increase or decrease speed level.
3. Press incline  /  key to increase or decrease incline level.
4. Press STOP key to pause. Or, press STOP key again to end the workout and enter into summary mode.

(2) Program process

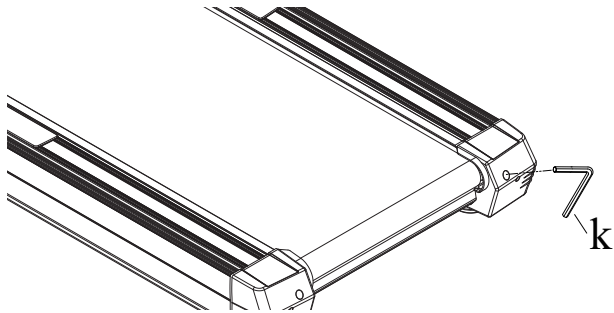
1. Press P(Program) key, to the P1, P2, ... P12, FAT, HRC until the program you need.
2. For example, press PROG key to select HRC program, then press MODE key to get into setting step.

The window displays Age, Target heart rate, Time in sequence, set relevant value by adjusting speed/incline increase (+) or decrease (-) and then press MODE key to get into next setting topic. After finishing above setting steps, press START key to begin workout.

Running Belt Alignment

If the running belt is not in the center, stop the treadmill then adjust the Hex Screw in the Rear End Cap by Hex Wrench.

For example, if the running belt is moving towards the left side, turn the left Hex Screw about 1/4 circle (clockwise). If the running belt is moving towards the right side, turn the right Hex Screw about 1/4 circle (clockwise). Turn on the treadmill after it has been adjusted. If you find that the belt does not move to the proper position, please repeat above steps. Do not use the treadmill until the running belt returns to the center position.



- ※1. This action is very important, if the belt is not in the center, be sure to follow above steps.
- ※2. The position of the running belt might not stay precisely in the center with slightly towards the left or right side, and the situation varies with how end-users use and the weight of end-users. No need to adjust the belt if it does not rub against the parts aside.

RUNNING BELT SLIP MAINTENANCE

If the running belt begins to slip, stop the treadmill, then adjust the Hex Screw in the Rear End Cap by Hex Wrench.

Turn the left and right Hex Screws about 1/4 circle (clockwise).

Turn on the treadmill after it has been adjusted. Test to see if the slipping is eliminated.

If the belt still slips, repeat the steps and test again.

TREADMILL LUBRICATION GUIDE

“When using a pre-waxed treadmill for the first time, applying the silicone oil” is a PLUS.

Deck Flip (Double-Sided Decks): “If your treadmill has a double-sided deck and you switch to the unused side, applying silicone oil to the new side before use” is a PLUS.

Steps for Lubrication

1. Inspect the Belt and Deck: Confirm if the belt has a pre-waxed layer.

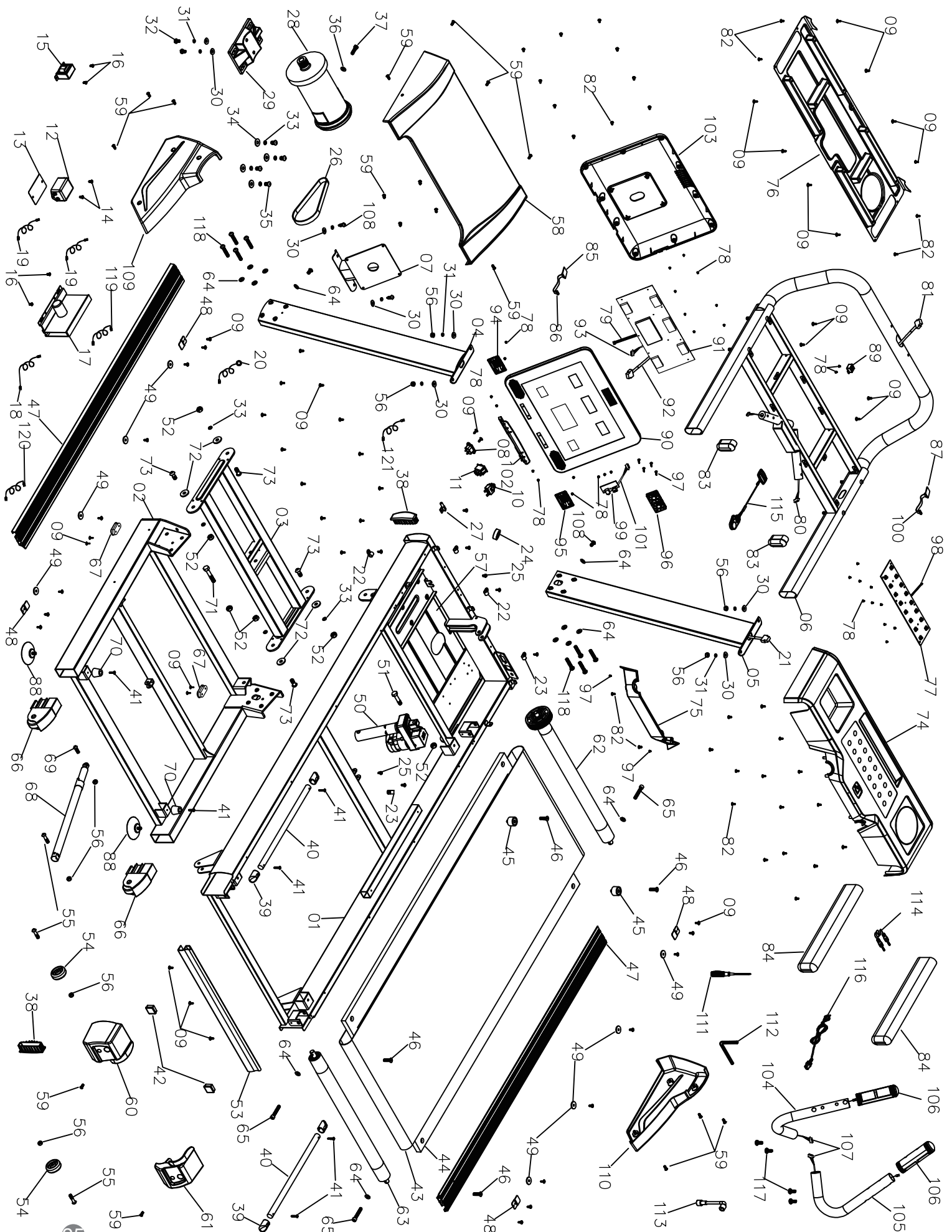
Lubrication is still necessary for added protection.

2. Apply Silicone Oil:

- Lift the belt and apply a thin layer of 100% silicone oil under the belt and on the deck surface.
- For double-sided decks, lubricate the new side after flipping.

3. Avoid Over-Lubrication: Apply only a small amount to avoid interfering with the pre-waxed layer.
4. Distribute Evenly: Run the treadmill at a low speed for a few minutes to spread the oil.

11. EXPLODED VIEW



12. PARTS LIST

No.	Description	Qty	No.	Description	Qty
01	Main frame (set) S300DA00	1	34	Washer SP10252(Φ10×Φ25×2.0T)	4
02	Base frame S300DB00	1	35	MCB & Console signal cable-2 SSM1015 (M10*15mm)	4
03	Incline set S300DC00	1	36	Truss hex screw SP82315(Φ8.5*φ23*1.5t)	1
04	Console mast (L) S300DD00L	1	37	Flat hex screw SSM830(M8*30)	1
05	Console mast (R) S300DD00R	1	38	Square end cap PS983529	2
06	Handrail set S300DE00	1	39	Cushion stick end cap PH29255	4
07	Console frame set S300DF00	1	40	Cushion stick PH40038020	2
08	Power socket FDB-14-1P-WW	1	41	Washer phillips self tapping screw SH425(Φ4*25L)	6
09	Washer phillips drilling screw SH416Z (Φ4*16)	47	42	Square end cap PF303015	2
10	Breaker FL2-10A	1	43	Running belt 292051016T	1
11	I/O switch FKCD4	1	44	Running deck WP129563418	1
12	Filter FHJ4-6A-T (020)	1	45	Rubber cushion PH83020	2
13	Filter spacer PL865612	1	46	Flat hex screw SMM825 (M8*25)	4
14	Plastic screw SSJM412	2	47	Side rail PB129580	2
15	Choke FHJ4830-06-001	1	48	Side-rail fixing plate NZ42262	4
16	Truss phillips screw SSM510(M5*10)	4	49	Side-rail fixing washer PB25104	8
17	Motor controller FSY-900163	1	50	Incline motor F-LR6425	1
18	Signal cable FD16200(16AWGX200)	1	51	Hex screw SWM104515	1
19	Signal cable FD16100B(16AWGX100)	2	52	Nylon nut SNM1010T(M10X10T)	6
20	Grounding wire FJD20150(20AWGX150)	1	53	Rear end cover PH5324585	1
21	MCB & Console signal cable-1 FKX19004P	1	54	Wheel(soft) PH50238	2
22	Retaining ring FG150810mm(16AWG)	3	55	Truss hex screw SSM84015	3
23	Retaining ring PY64mm (Φ5)	2	56	Nylon nut SNM8 (M8XP1.25)	8
24	Ferrite core FC311913(Φ31 ×Φ19 × 13)	2	57	Motor back cover PM6863341	1
25	Internal tooth phillips screw SSM58Z (M5*8)	2	58	Motor cover PM696340106	1
26	Driving belt PD190J6 (190J6)	1	59	Truss phillips screw SSM515 (M5*15)	17
27	Allen bolt steel screw FY1000255 (1000mm)	1	60	Rear end cap (L) PW128120109L	1
28	Motor FMDC154600	1	61	Rear end cap (R) PW128120109R	1
29	Nuts NZ171184	1	62	Front roller NGQ63259346	1
30	Curved washer SH81915(Φ8 ×Φ19 × 1.5T)	8	63	Rear roller NGH61446	1
31	Spring washer ST815(Φ8X1.5T)	8	64	Washer SP81815(Φ8.5*φ18*1.5t)	13
32	Socket hex steel screw SWM812(M8X12)	2	65	Socket hex steel screw SCM855 (M8*1.25*55)	3
33	Spring washer ST102 (Φ10 × 2.0T)	8	66	Transportation wheel PYJYC01	2

No.	Description	Qty	No.	Description	Qty
67	Foot pad PJ522713	2	100	Signal cable (APP Bluetooth board) FY1005P	1
68	Cylinder FQ2225720	1	101	Signal cable (USB board) FS500D4004	2
69	Truss hex screw SSM825 (M8*25)	1	102	Reading rack PSB2103030	1
70	Rubber cushion PH3026H	2	103	Console back cover PD960X-LED	1
71	Allen bolt steel screw SWM106030	1	104	Hand pulse tube (L) S300DG00L	1
72	Nylon washer PN30103	4	105	Hand pulse tube (R) S300DG00R	1
73	Hex screw SWM103015P	4	106	Hand pulse sensor + Round end cap FX32100	2
74	Console control upper cover PS860312100	1	107	Hand pulse wire-1 FXX5502P	2
75	Console control sub lower cover PS4005452	1	108	Truss hex screw SSM825A (M8X25)	4
76	Console control lower cover PB84025432	1	109	Console mast side cover (L) PL42422659L	1
77	Console control board S500DDCKEY	1	110	Console mast side cover (R) PL42422659R	1
78	Truss phillips screw SS38	37	111	Screwdriver SSZLSD	1
79	Hand pulse wire-3 FXS3504P	1	112	L shape wrench SZM6	1
80	Hand pulse wire-2 FS500DSX1950	1	113	Wrench tool 13mm*160L	1
81	MCB & Console signal cable-2 FKZ11004P	1	114	MP3 cable FD1000mm	1
82	Truss phillips self tapping screw SS416 (Φ4*16L)	30	115	Safety key FS810078	1
83	Handrail end cap PH307015	2	116	Power cord FDP22100	1
84	Handgrip PP3070395	2	117	Flat hex screw SPM820A (M8x20)	4
85	Fan connect board FJSY-JH-FAN	1	118	Truss hex screw SSM84510A (	8
86	Signal cable (Fan connect board) FFS2504P	1	119	Signal cable FD16150A	1
87	APP Bluetooth board FST9021V2	1	120	Signal cable FD16150A	1
88	OCTO cushions PX8030M8	2	121	Signal cable FD16100R	1
89	Safety key base FY810079	1			
90	Console cover PY45932514	1			
91	Upper control board S300DDC6-LED	1			
92	Upper & Signal control board signal cable-2 FS500DDCKKS300				
93	MCB & Console signal cable-3 FKS3004P	1			
94	Speaker FL4070-5W-350	1			
95	Speaker FL4070-5W-550	1			
96	Fan FD404010	2			
97	Truss phillips self tapping screw SS3518 (Φ3.5*18L)	6			
98	Upper & Signal control board signal cable-1 FS500DDCKKX1950	1			
99	USB board F-B00602193	1			

