

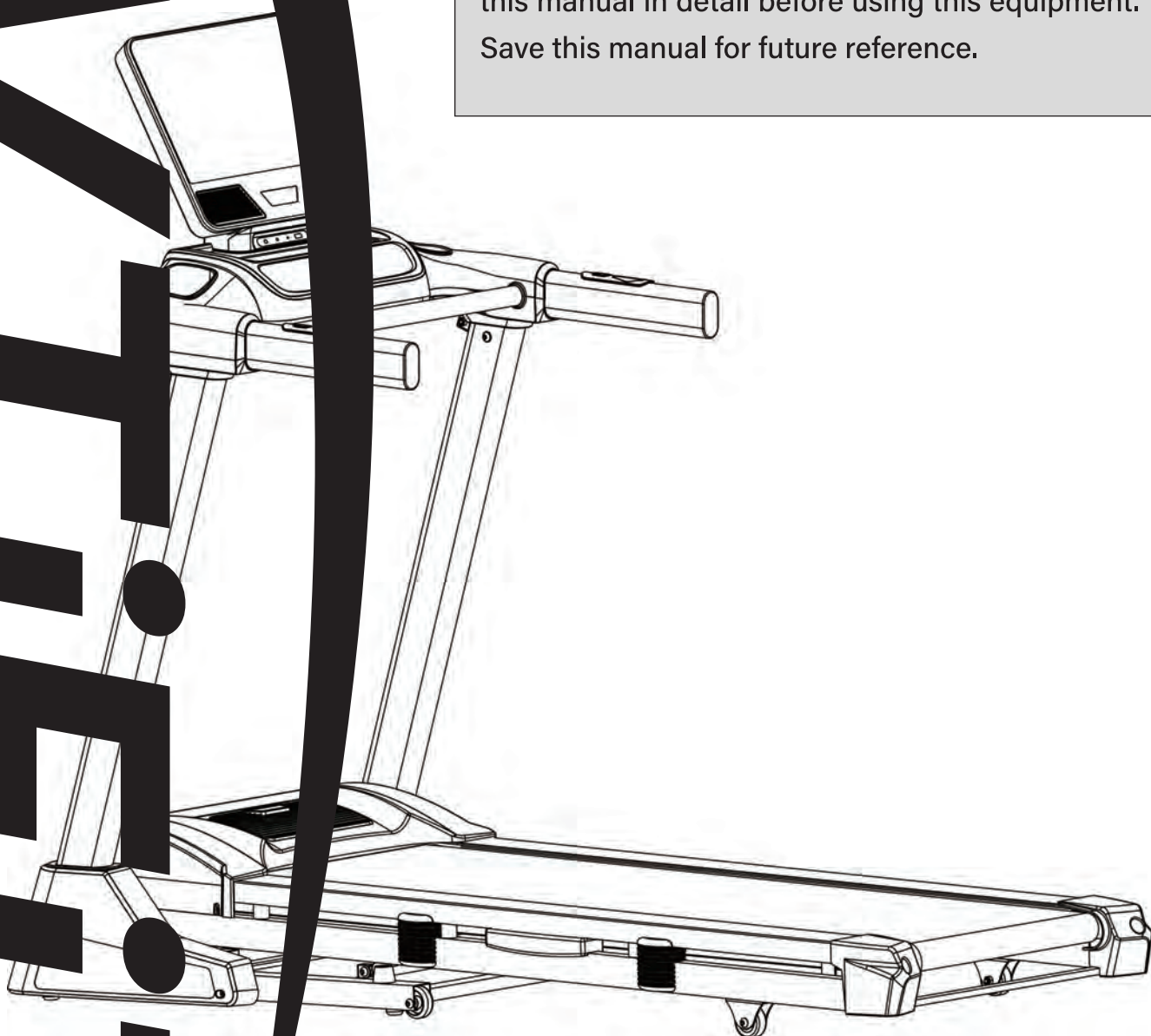
# USER'S MANUAL

## MOTORIZED TREADMILL

Model: T451

### ⚠ CAUTION

Please read all precautions and instructions in this manual in detail before using this equipment. Save this manual for future reference.



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## ***IMPORTANT SAFETY INFORMATION***

When using this product, basic precautions should always be followed, including the following: Please read the instruction carefully before starting to use this product.

**⚠ Danger – To reduce the risk of electric shock:**

1. Always unplug this product from the electrical outlet immediately after using and before cleaning.

**⚠ Warning – To reduce the risk of burns, fire, electric shock, or physical injury:**

1. The product should never be left unattended while plugged in. Unplug the product from the outlet when not in use.
2. Close supervision is necessary when this product is used by or near children, invalids, or disabled persons.
3. Be sure to use the product 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 danger or accidents.
4. Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or dropped into water. Please return the product to the service center of seller for examination and repair.
5. Do not carry this product by the supply cord or use the cord as a handle.
6. Keep the cord away from hot surfaces or ground.
7. Never operate the product with the air vents blocked. Keep the air vents free of lint, hair, etc.
8. Never drop or insert any objects into any openings.
9. Do not use or operate outdoors.
10. Do not operate where aerosol (spray) products are being used or where oxygen is thin.
11. Before turning the product power off, turn all controls to the off position then remove the plug from the outlet.
12. Connect the product to a properly grounded outlet only.
13. If the treadmill is foldable, when user finishes using the treadmill, the elevation needs to be back to original position.
14. When user is using the treadmill, it cannot be folded at the same time.
15. Keep a safety zone of 2000mm x 1000mm away from the treadmill.



## IMPORTANT SAFETY INFORMATION

16. This machine is only intended for household use.
17. For the treadmill with folding function and electric elevation, be sure that the elevation is 0 before folding (To avoid interference of the components).
18. Stop using the treadmill if you feel faint, dizzy, or short of breath.
19. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.

### ⚠️ GROUNDING INSTRUCTIONS

The products must be grounded first. If malfunction or breakdown occurs, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock.

The product is equipped with a cord having an equipment-grounding conductor and a grounding plug.

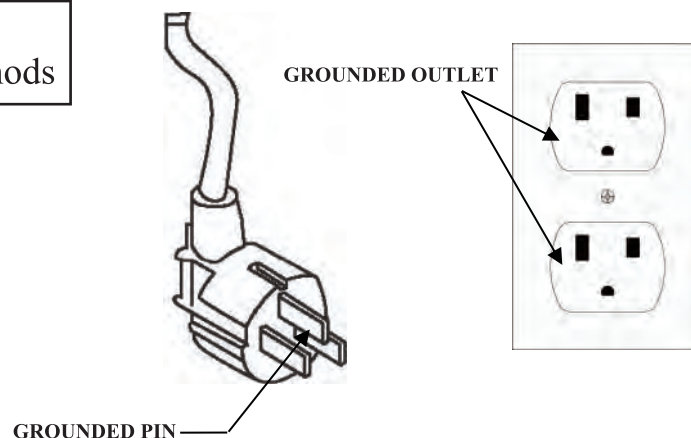
The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Danger – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the products are properly grounded. Do not modify the plug provided with the product –if it will not fit the outlet, have a proper outlet install by a qualified electrician.

The products is has a grounding plug that looks like the plug illustrated in the figure . Make sure that the product is connected to an outlet having the same configuration as the plug.

There is no need to use any adapter for this product.

Figure  
Grounding methods









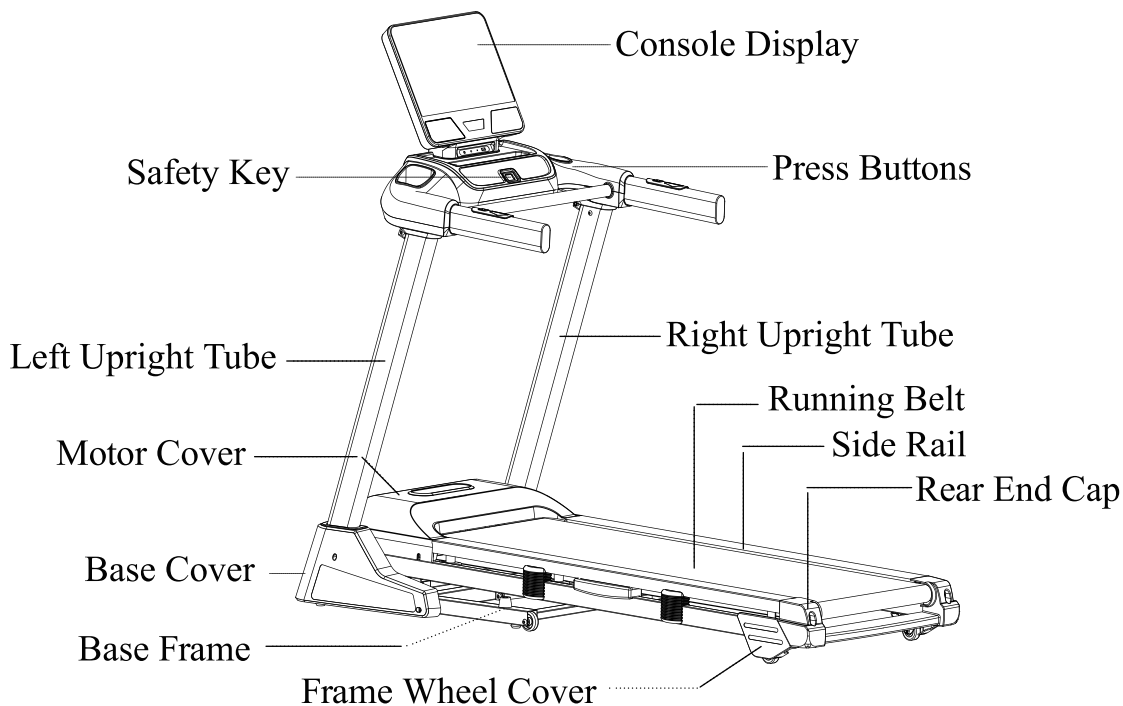
## PARTS LIST

No.	Description	QTY
1	BASE	1
2	INCLINE RACK	1
3	MAIN FRAME	1
4	LEFT UPRIGHT	1
5	RIGHT UPRIGHT	1
6	CONSOLE RACK	1
7	COMPUTER RACK	1
8	BOLT M10*60MM	1
9	BOLT M10*55MM	8
10	BOLT M10*40MM	1
11	BOLT M10*20MM	4
12	BOLT M8*50MM	2
13	BOLT M8*45MM	1
14	BOLT M8*40MM	2
15	BOLT M8*28MM	3
16	BOLT M8*15MM	2
17	BOLT M8*90MM	1
18	BOLT M8*65MM	2
19	BOLT M8*55MM	1
20	BOLT M8*15MM	6
21	SCREW M6*25MM	8
22	SCREW M6*20MM	2
23	SCREW M6*10MM	4
24	SCREW M5*2 8MM	8
25	SCREW M5*12MM	4
26	SCREW M5*10MM	8
27	SCREW M4*40MM	4
28	SCREW M4*20MM	6
29	SCREW M4*35MM	4
30	SCREW M4*12MM	26
31	SCREW M4*25MM	2
32	SCREW M4*1 0MM	12
33	SCREW M4*1.5MM	2
34	SCREW M4*1 5MM	4
35	SCREW M4*12MM	2
36	SCREW M4 *6MM	26
37	SCREW M4 *8MM	4
38	NUT M10	6
39	NUT M8	8
40	FLAT WASHER 20* 10.5*T1.5MM	16
41	FLAT WASHER 17*8.5*T1.5MM	9
42	SPRING WASHER	4
43	STOP COLLAR 12*8.5*10MM	4
44	FRONT ROLLER	1
45	REAR ROLLER	1
46	AIR CYLINDER	1
47	CONSOLE PLASTIC HOUSING-UPPER	1
48	CONSOLE PLASTIC HOUSING-BOTTOM	1
49	COMPUTER BACK COVER	1
50	CONNECTION COVER	1
51	MOTOR COVER	1

No.	Description	QTY
52	REAR END CAP	1
53	BASE COVER-L	1
54	BASE COVER-R	1
55	FRAME WHEEL COVER-L	1
56	FRAME WHEEL COVER-R	1
57	BRAND LOGO HOLDER	1
58	BOTTLE HOLDER-L	1
59	BOTTLE HOLDER-R	1
60	UPRIGHT COVER	1
61	MOTOR BELT	2
62	SIDE RAIL	1
63	DECK CUSHION	2
64	BASE FOOT PAD	6
65	BASE CUSHION	4
66	BASE WHEEL	2
67	FRAME WHEEL	2
68	HANDRAIL END CAP	2
69	BASE CAP	2
70	PLASTIC BUSHION DIA.20	4
71	HANDRAIL FOAM	2
72	RUNNING DECK	2
73	RUNNING BELT	1
74	CABLE GROMMET	1
75	FOOT RAIL FASTENER	1
76	MOTOR RUBBER PAD	8
77	SPRING CUSHION	2
78	PLASTIC BUSHION DIA.18	4
79	CABLE CLIP	8
80	CONSOLE PCB	1
81	CONTROLLER	1
82	CONTROL L=650MM	1
83	CONTROL L=1500MM	1
84	HANDRAIL BUTTON-L	1
85	HANDRAIL BUTTON-R	1
86	MAGNETIC RING	1
87	COMPUTER FRONT COVER	1
88	PHOTONIC SENSOR	1
89	AUDIO CABLE	1
90	SAFETY KEY	1
91	MOTOR	1
92	INCLINE MOTOR	1
93	POWER CORD	1
94	POWER CORD JACK	1
95	POWER SWITCH	1
96	CIRCUIT BREAKER	1
97	RED CABLE L=280MM	1
98	BLACK CABLE L=280MM	1
99	BROWN CABLE L=100MM	1
100	MAGNETIC RING	1
101	SPRING CUSHION	2
102	COMPUTER SET	1

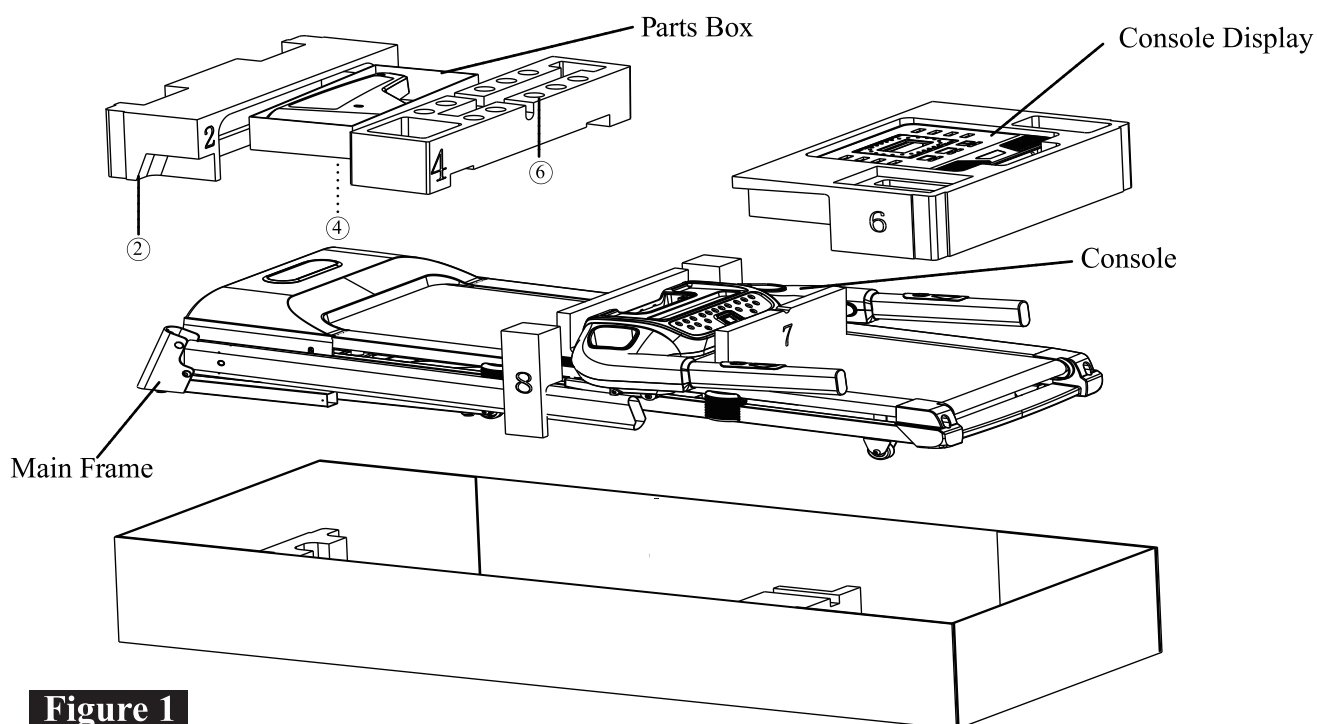


## Product Illustration



### STEP 1:

A. After opening the carton, you will find the parts as shown in **Figure 1**, then take out **foam No.2, 4, and 6**, and check whether the spare parts in the **Parts Box** and **Hard Ware** are complete according to **Figure 2**.

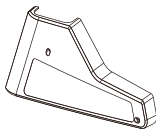
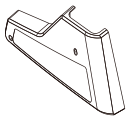




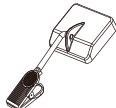


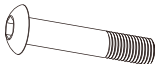





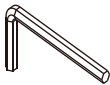





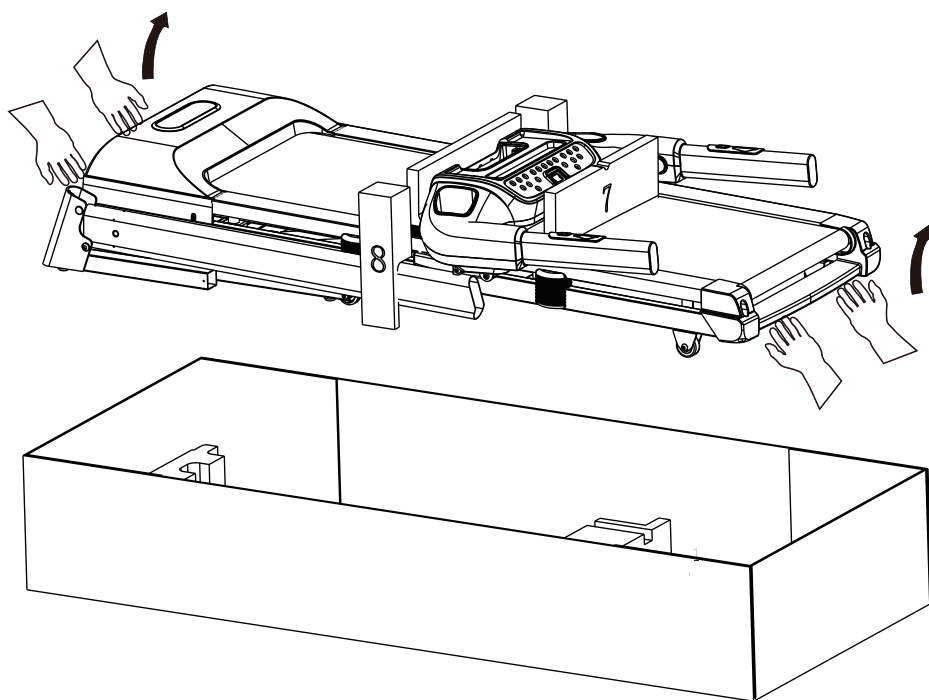
**Figure 1**



# ASSEMBLY INSTRUCTIONS

Figure 2

Part List					
					
BASE COVER-L 1 PC	BASE COVER-R 1 PC	FRAME WHEEL COVER-L 1 PC	FRAME WHEEL COVER-R 1 PC		
					
CONNECTION COVER 1 PC	UPRIGHT COVER 2 PCS	SAFETY KEY 1 PC	LUBRICATION OIL 1 PC		
Hard Ware List					
					
SCREW M5*12 4 PCS	BOLT M10*55 2 PCS	BOLT M10*20 4 PCS	FLAT WASHER M8 4 PCS	FLAT WASHER M10 6 PCS	SCREW M4*10 4 PCS
					
#5 Wrench 1 PC	#6 Wrench 1 PC	SCREW DDRIVER 1 PC	BOLT M8*15 2 PCS	BOLT M8*15 2 PCS	



B. Once you remove the foam, need two people to hold the front and back of the treadmill respectively as shown in the below picture and lift it out from the box together and lay it on a flat floor.



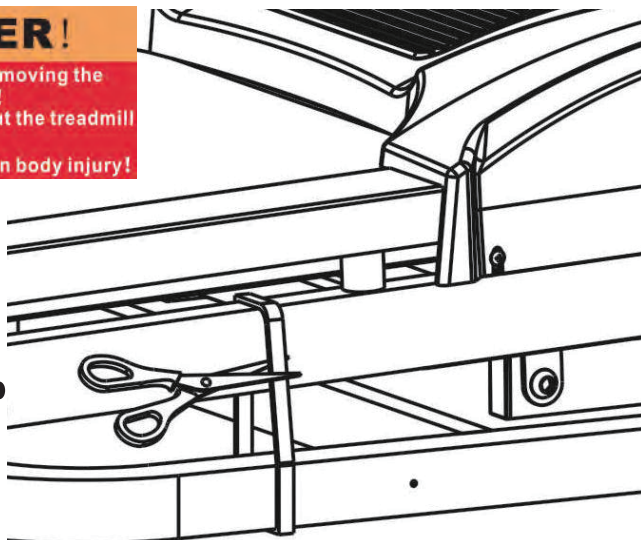


## ASSEMBLY INSTRUCTIONS

### **⚠ DANGER!**

Do not cut the zip ties before moving the treadmill out from the carton!  
Do not cut the zip ties until put the treadmill base on the flat floor!  
Failure to do so could result in body injury!

Cut off the strap

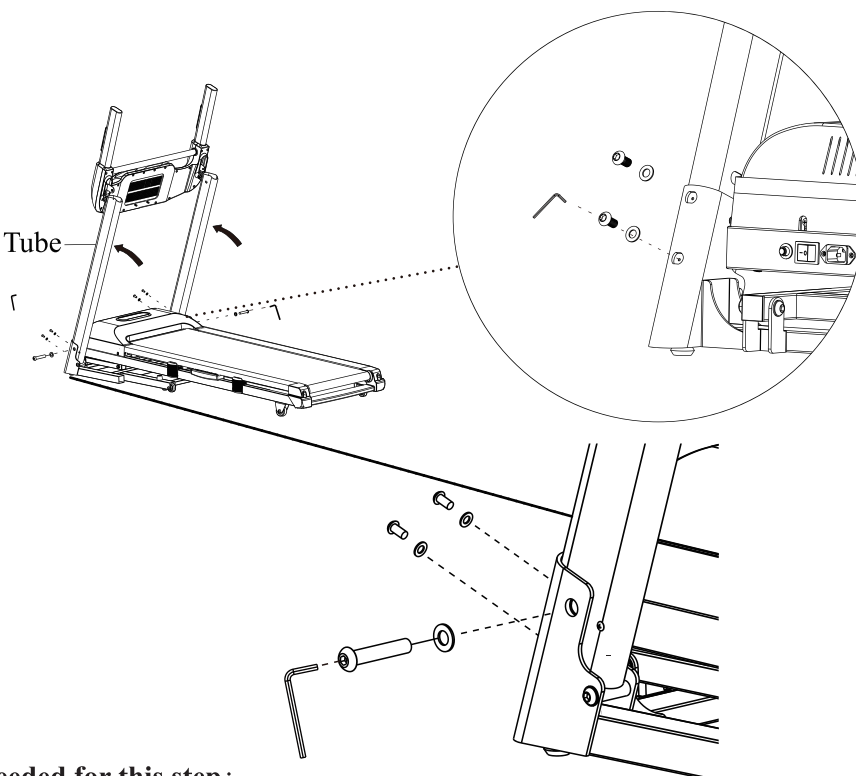


C. Once the treadmill is carried out, cut off the strap from the base frame.




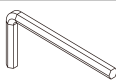
*(Note: The strap is used to prevent the cylinder from bouncing up. Be sure to lift the treadmill out of the box before cutting it off.)*

D. Remove protecting PE bags from all parts.

Upright Tube



Parts needed for this step :

			
M10*55 2 Pcs	M10*20 4 Pcs	FLAT WASHER M10 6 PCS	#6 Wrench

### STEP 2:

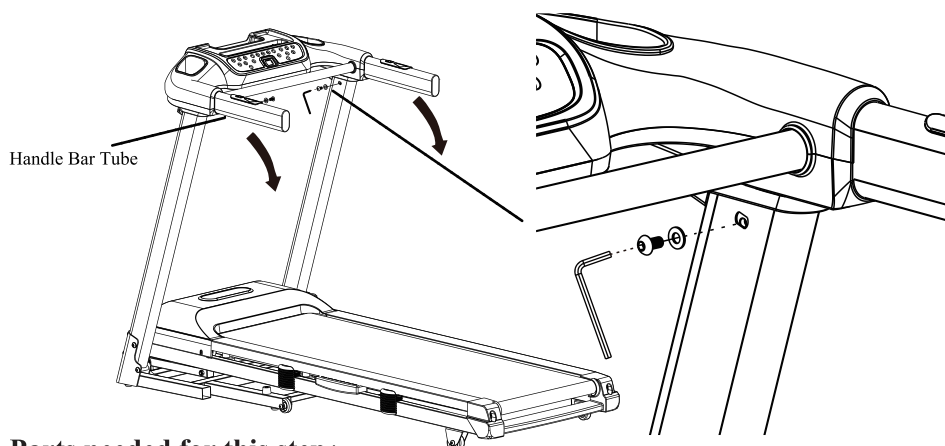
Need two people to lift the left and right upright tubes upward as shown in the below picture, use **#6 mm wrench** to fasten the L and R upright tubes onto both sides of the frame from the sides with 2 sets of **M10\*55 bolts** and **M10 flat washer**, then to fasten the L and R upright tubes from the front with 4 sets of **M10\*20 bolt** and **M10 flat washer**.

*(Tips: Do not tighten the bolts or screws on this step.)*



# ASSEMBLY INSTRUCTIONS

## STEP 3:



Parts needed for this step:

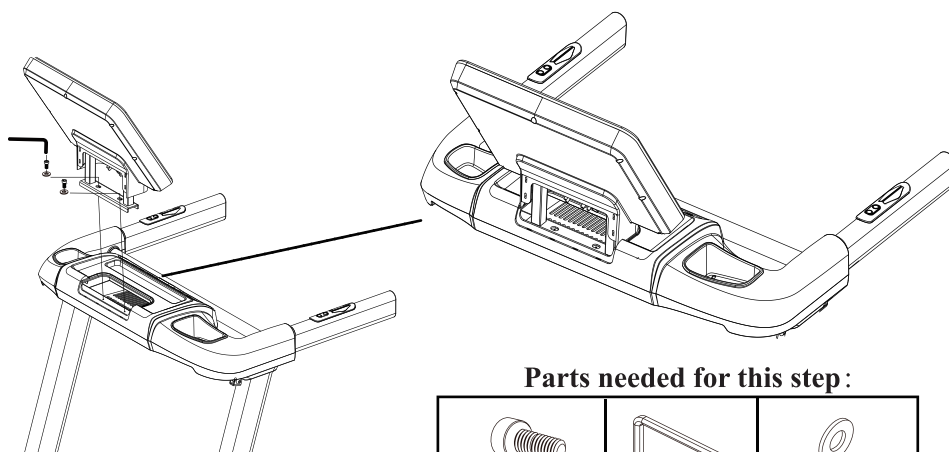
M8*15 2 Pcs	FLAT WASHER M8 2 PCS	#5 Wrench

Lift the console up as below pictures, then use # 5 mm wrench to install the console rack onto L & R upright tubes with 2 sets of **M8\*15 bolt** and **M8 flat washer**.

**STEP 4:** Use # 6 mm wrench to fasten all the screws or bolts on Step 2.

## STEP 5:

### A. Assemble Console Display



Parts needed for this step:

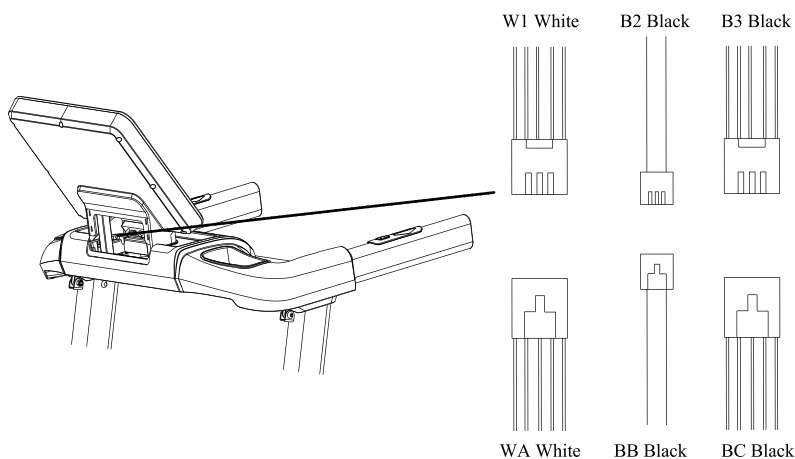
M8*15 2 Pcs	#6 Wrench	FLAT WASHER M8 2 PCS

Use # 6 mm wrench to install console display onto console with 2 sets of **M8\*15 bolt** and **M8 flat washer**.

### B. To Connect Signal Wire

Connect the cable extent from console with the cable extent from console display as below pictures:  
( W 1 = W A , B 2 = B B , B3=BC)

(Note: A wrong connection would cause malfunction.)

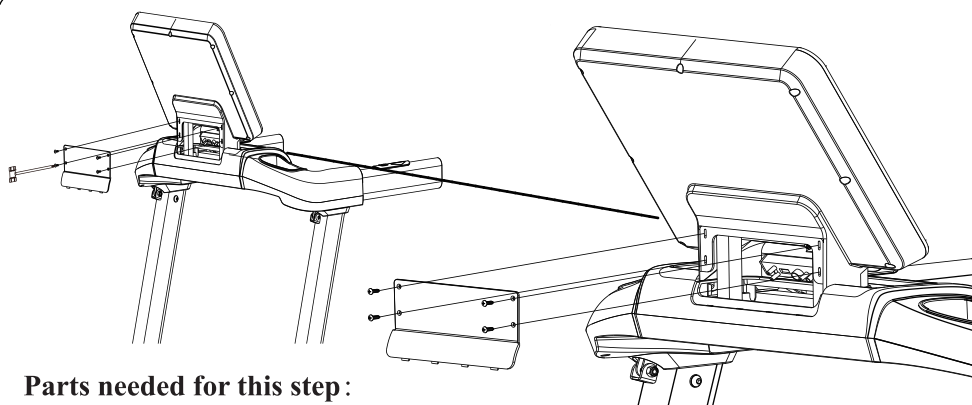







# ASSEMBLY INSTRUCTIONS

## STEP 6:

Use the screwdriver to install connection cover onto console with 4 pcs of bolt M4\*10.

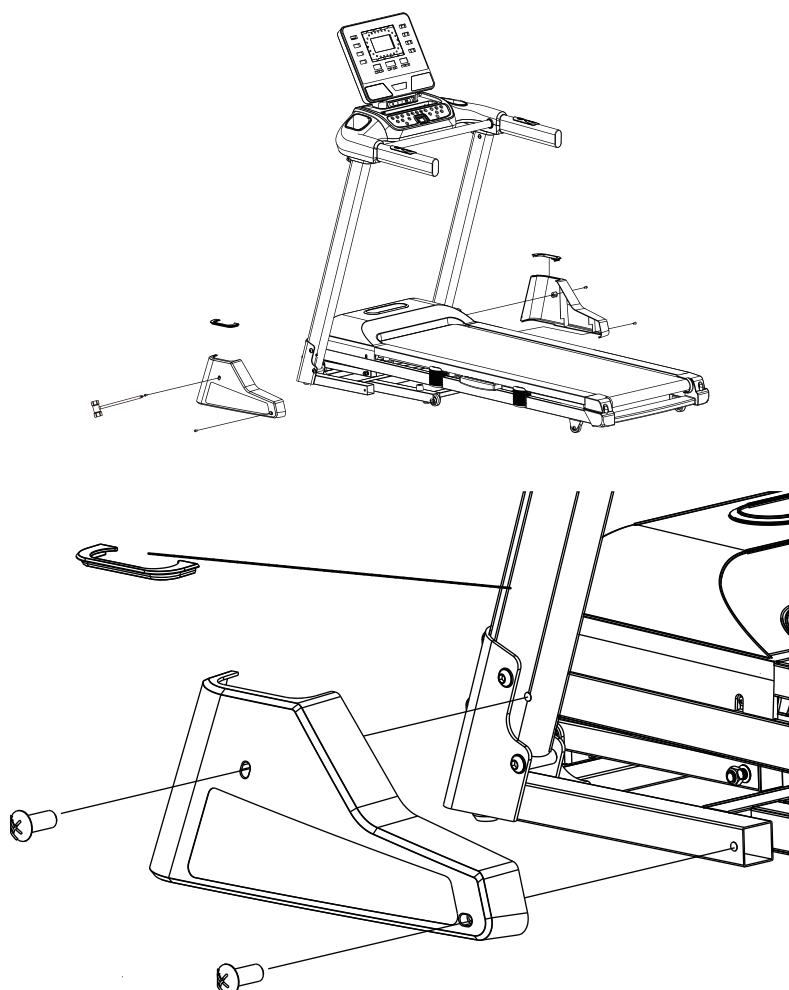


Parts needed for this step :

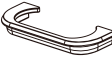


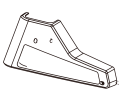
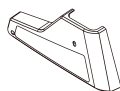
		
M4*10 4 Pcs	SCREW DRIVER	CONNECTION COVER

## STEP 7:

Use the screwdriver to install the left base cover to the left upright with 2 pcs M5\*12 bolts, then install the left upright cover on by hand. Do the same for the right base cover.



Parts needed for this step :

				
UPRIGHT COVER 2 PCS	M5*12 4 Pcs	SCREW DRIVER	BASE COVER-L	BASE COVER-R



# ASSEMBLY INSTRUCTIONS

## STEP 8:

Lift the end of the running deck upward to fold the treadmill as **Figure 2**, use the screwdriver to loose the 4 pcs of **M6\*10 bolts** from L & R side of mainframe near the end cap, and then clamp the **L & R frame wheel cover** in and tighten up all **M6\*10 bolts** again. If you want to put the treadmill in the work position, Firstly pull the folding knob outward as **Figure 3** shows, and then lay down the running deck light onto the floor.

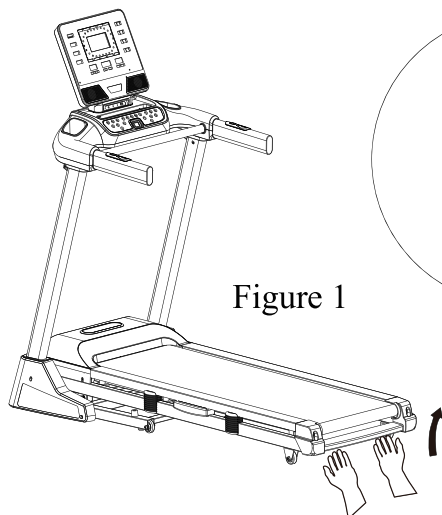


Figure 1

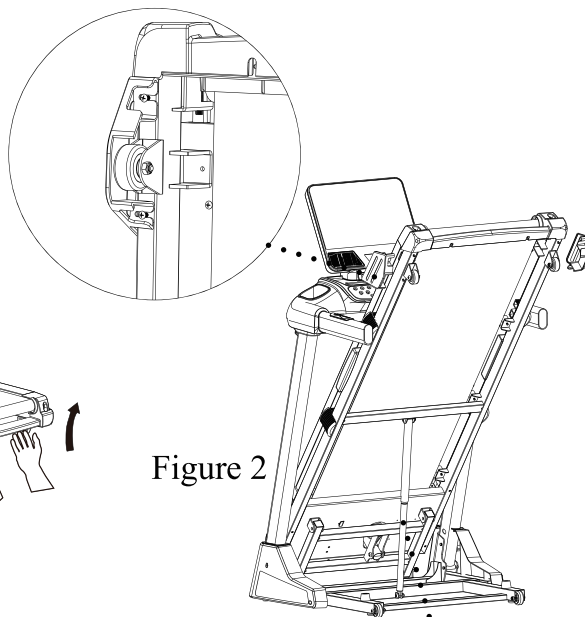






Figure 2

### Parts needed for this step :

 M6*10 4 Pcs	 SCREW DRIVER
 FRAME WHEEL COVER-L	 FRAME WHEEL COVER-R

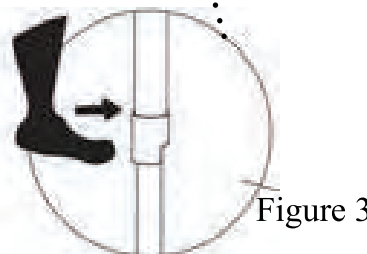
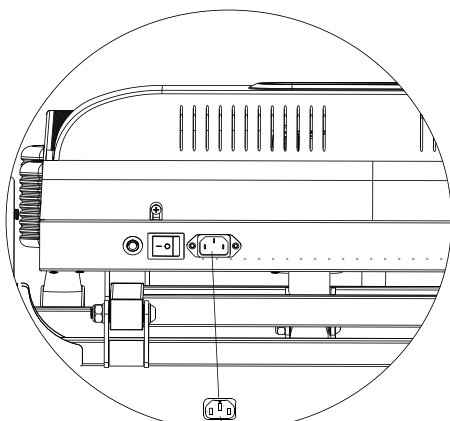


Figure 3

## Preparation Work

- Be sure to switch on the product only when confirmed all screws are fastened and all wires are well connected. Plug the power cord and turn on the power switch as the below picture showed. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.
- Before exercising, standing on both side of side rail as the below picture showed, attach the Safety Key to the Computer and Clip the other end of the Safety Key to your clothing (the treadmill will not operate without the Safety Key). The Treadmill will start at 0.6 MPH after the count-down. If you are a new user, stay at a slow speed and hold onto the Hand Grips until you become comfortable.



Grounding methods

