

TREADMILL

USER MANUAL

2. Check whether you need to apply lubricant again. Just grab the running belt and touch the center of the back of the running belt with your hands as much as possible. If your hands are stained with silicone oil (somewhat damp), it means no Lubricant needs to be added. If the running board is dry and there is no silicone oil in the hands, you need to add lubricating silicone oil.

3. Steps to apply lubricating silicone oil on the running board:

a. Adjust the treadmill to a low speed of 1km/h;

b. Open the lid marked with the refueling mark on the right side of the front end of the treadmill; insert the nozzle of the oiler into the nozzle for refueling, gently squeeze the oiler to spray silicone oil on the running belt, and run the treadmill at a speed of 1km/h. Apply silicone oil evenly on the machine, and lightly step on the running belt on the front of the treadmill from left to right, and maintain the silicone oil for about 8 to 10 minutes to be completely absorbed by the running belt.

Running belt tightness adjustment

All treadmills need to be adjusted before leaving the factory and after installation, but there may be slack after a period of use. For example, the user pauses and slips when running. When this phenomenon occurs, adjust the running belt adjustment bolts in a clockwise direction in a half-circle as a unit. (If you want to tighten the running belt, operate it counterclockwise.) If the running belt is too loose and your feet are on the running belt, the running belt and the roller will slip, but too tight is not good, it is easy to increase the motor. Load, damage to the motor, running belt and drum, etc.

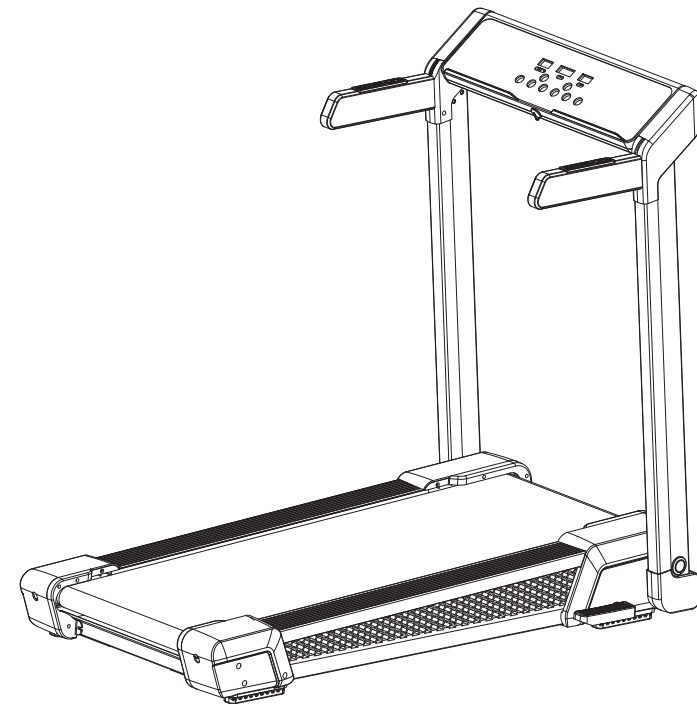
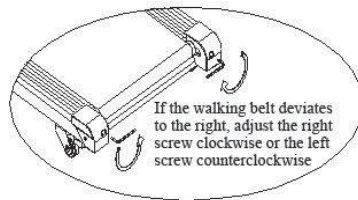
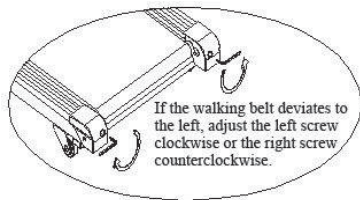
Running belt centering

1. Put the electric treadmill on a flat ground.

2. Use an electric treadmill to run at a speed of approximately 3.5 km/h.

3. If the running belt is biased to the left, turn the left adjusting bolt in a clockwise direction 1/2 turn, and then turn the right adjusting bolt in a counterclockwise direction 1/2 turn.

4. If the running belt deviates to the right, turn the right adjusting bolt in a clockwise direction 1/2 turn, and then turn the left adjusting bolt in a counterclockwise direction 1/2 turn.



After-sales Instructions

This product is for home use only. If you have any questions while using the product, please contact us.

Official after-sales email: support@voyoga.net

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Exercise safety measures

Before exercising, please consult a professional. He can help you recommend exercise frequency, exercise intensity, and exercise time suitable for your age and physical condition. During exercise, if you feel chest tightness or chest pain, irregular heartbeat, shortness of breath, dizziness or other discomfort, please stop immediately! Consult a professional before continuing to exercise.

Maintenance guide

Warning: Before cleaning or maintaining the product, be sure to unplug the power plug of the electric treadmill.

Cleaning: Comprehensive cleaning will greatly extend the life of the electric treadmill.

Clean the dust regularly to keep the parts clean. Be sure to clean the exposed parts on both sides of the running belt, which will reduce the accumulation of impurities under the running belt. Make sure that the sports shoes are clean, and avoid carrying foreign objects under the running belt to wear the running board and running belt. The surface of the running belt must be scrubbed with a damp cloth dampened with soap. Please be careful not to splash water on the electrical components and under the running belt.

Warning: Before moving the motor protection cover, be sure to unplug the power supply of the electric treadmill. Open the motor protection cover at least once a year to vacuum the motor, clean the running belt and lubricate the silicone oil.

The lubricating silicone oil has been pre-coated between the running board and the running belt of this electric treadmill. The friction between the running belt and the running board has a great influence on the service life and performance of the electric treadmill, so lubricating silicone oil must be applied regularly. We recommend regular inspections of the running board. If the running board is damaged, please contact our customer service center.

We recommend applying lubricating silicone oil between the running belt and the running board of the electric treadmill according to the following schedule:

Lightweight users (use less than 3 hours per week) once every 6 months

Middle-weight users (use 3-5 hours per week) once every 3 months

Heavy users (more than 5 hours per week) once every 1.5 months

We recommend that you buy lubricating silicone oil locally

Maintenance Instructions

In order to better maintain your electric treadmill and extend the life of the machine, it is recommended that you turn off the power after 2 hours of continuous use and let the machine rest for 10 minutes before using it.

If the running belt is too loose, it will slip when running: if it is too tight, it may reduce the performance of the motor and increase the wear of the drum and running belt. When the running belt is tight, you can lift both sides of the running belt about 50-75mm away from the running board by hand.

Running board lubrication

1. We mentioned above that the running board should be lubricated in a timely manner, but not excessive lubrication. The more lubricant, the better. Remember: reasonable lubrication is an important factor in improving the service life of the treadmill.

Exercise frequency

The goal is 3-5 times/week, 15-60 minutes of exercise each time. It is best to make an exercise schedule based on your physical condition, not to exercise according to your own preferences. You can control the intensity of the exercise by adjusting the speed and exercise time.

Amount of exercise

Shortcut---Exercising for 15-20 minutes is a good way to save time. Warm up for 5 minutes at a speed of 4--4.8 km/h, and then increase the speed by 0.3 km/h every minute until you feel it will be challenging to continue exercising at a certain speed for 45 minutes. The above content is for reference only, please consult professionals for specific information.

Wear

All you need is a pair of good shoes, running shoes or fitness shoes are recommended. At the same time, do not stick to the soles of foreign objects, to avoid carrying foreign objects under the running belt to wear the running board and running belt. Clothes should be comfortable and suitable for sports. It is recommended to use cotton and breathable sportswear.

Stretching exercises

No matter what speed you are walking at, it is best to do stretching exercises first. Warm muscles are easier to stretch, so take 5-10 minutes to warm up. Then stop and do stretching exercises as follows --- 5 times, 10 seconds or more per leg each time: do it again after the exercise is over.

1.Stretch down

Bend your knees slightly, slowly bend your body forward, relax your back and shoulders, and try to touch your toes with your hands. Hold for 10-15 seconds. Then relax. Repeat 3 times for each leg.

2.Hamstring stretch

Sit on a clean cushion and straighten one leg. Tuck the other leg inward so that it is close to the inside of the straight leg. Try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.

3.Stretching of small feet and Achilles tendon

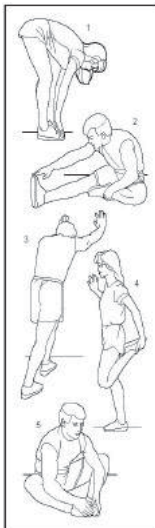
Stand with two hands against a wall or tree, one foot behind. Keep your hind legs upright and your heels on the ground, leaning toward the wall or tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg

4.Quadriceps stretch

Hold the wall or table with your left hand to balance, then stretch your right hand back, grab your right ankle and slowly pull it toward your buttocks, until you feel the muscles in front of your thighs tense. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.

5.Stretching of the sartorius (muscle on the inner thigh)

Sit with your feet facing each other with your knees facing out. Grasp the feet with both hands and pull towards the groin. Hold for 10-15 seconds, then relax. Repeat 3 times.

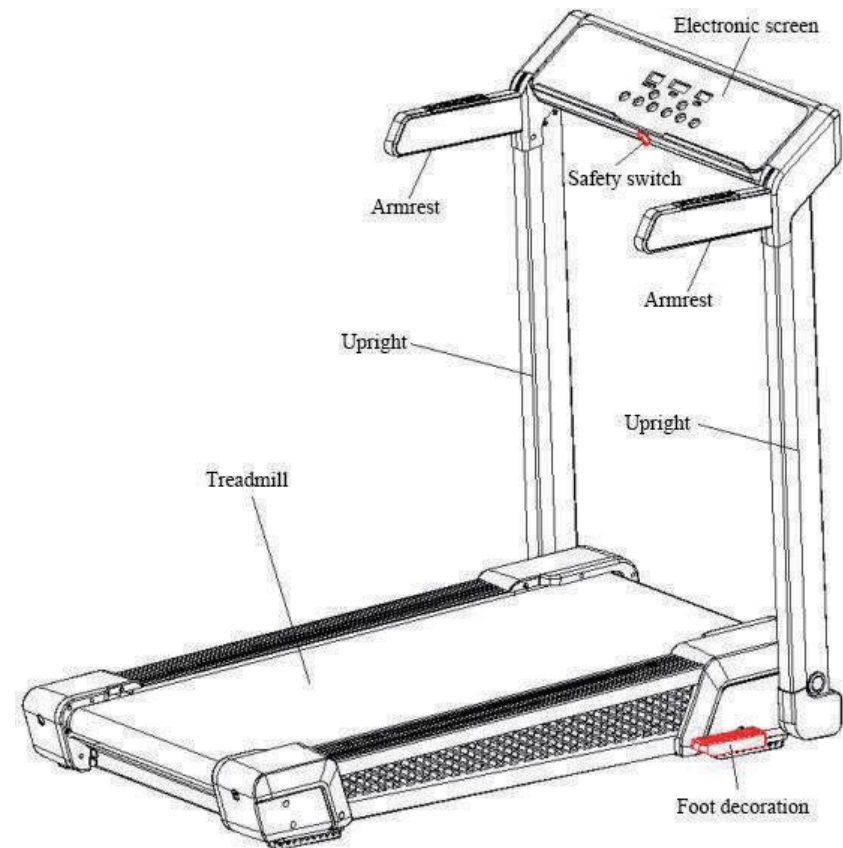


Installation Notes

Installed parts table

Serial number	Part name	Quantity
1	Treadmill	1
2	Upright	2
3	Electronic screen	1

Installed structure diagram



Installation steps

1. Open the package, take out the assembly materials in the box, and place the host flat on the ground



2. The upright is lifted up, at the same time, put the electronic watch to the angle shown in the figure, and the armrests are flat; when storing, just step on the plastic part, shake the column and pull the column to the rear end of the frame to realize the folding storage.



3. Put the safety switch on the corresponding position of the electronic watch, and the treadmill can be operated after power on.



Safety switch

4. The treadmill is an indoor device, please do not use it outdoors. The place to be placed is clean and flat, pay attention to moisture-proof, and be careful not to place the treadmill on items such as thick carpets, so as not to affect the air circulation under the treadmill. The electric treadmill is a special equipment, please do not modify it for other purposes.

5. Do not wear too big and loose clothes during exercise to prevent safety accidents caused by hanging on the electric treadmill. It is recommended to wear running shoes or fitness shoes with rubber soles.

6. Do not remove the protective cover casually. If you need to open it for maintenance, please unplug the power cord first.

7. When the electric treadmill is in use, please keep children away from it to prevent danger.

8. If you are using the treadmill for the first time, please remember to hold the handrails with your hands. You can only loosen the handrails until you feel comfortable.

9. If the electric treadmill suddenly accelerates or the speed of the treadmill is continuously increased due to a problem with the electronic watch system, please unplug the safety lock on the electronic watch immediately and the electric treadmill will stop immediately.

10. If the electronic system fails to stop, please quickly hold your hands on the handrails on both sides and jump away from the walking area at the same time, let your feet step on the side bars on both sides, turn off the power in time, and notify the after-sales personnel.

11. When the electric treadmill is not in use, the power cord should be unplugged and put away.

12. Minors must be accompanied by an adult when using the electric treadmill.

Sports recommendations and guidelines

If you are using an electric treadmill for the first time, you must read the following:

Ready

Before exercising, you need to understand your own health in order to make a suitable exercise plan. It is recommended to consult a doctor or professional. Maybe you can get twice the result with half the effort.

Before using the electric treadmill for the first time, please stand by and familiarize yourself with how to control it: start, stop, speed adjustment, etc., and wait until you are familiar with it before you can use it. Then stand on the plastic anti-skid plates on both sides of the treadmill, grab the handrails with both hands, drive the machine to a low speed of 1.6~3.2 km/h, stand up straight, look forward, and "climb" on the running belt with one foot. "A few times, try to relax: Then stand on the running belt and exercise with them. After feeling comfortable, slowly increase the speed to 3-5 km/h. Maintain this speed for about 10 minutes, and then slowly stop the machine. Do not run at high speed for the first time to prevent falling.

Work out

Walk about 1 km at a fixed pace and record the time taken. This may take 15-25 minutes. When walking at a speed of 4.8 km/h, a distance of 1 km will take about 20 minutes. After you can easily do this a few times, you can gradually increase your speed so that you can get a good workout for 30 minutes. Before walking the exercise program, be clear in mind: Don't be impatient, this exercise is for your own life's health, not an overnight magic.