E05: Indicates that the down-control test motor over-current protection information prompt

E05 common problem solutions	The load of the treadmill exceeds the rated working current of the motor	It is recommended to be within the rated working current range of the motor
	There is a problem with the assembly structure of the treadmill and the motor, resulting in motor resistance or blockage.	Check whether the structure of the treadmill is normal
	Down-control current-limiting system failure	Replace the lower control, to be repaired

E06: Indicates that the driving power supply voltage is too low abnormal phenomenon prompt

E06 common problem solutions	The supply voltage is too low	Please check whether the power supply line is normal
	Failure of the test line of the lower control board	Replace the lower control, to be repaired

E07 or ---: reminder that the safety lock of the electronic watch is not put in place

E07 or---Common problem solving method	Safety magnet falls off	Please put the safety lock on the designated position of the electronic watch
	Electronic watch safety lock system failure	Replace the electronic watch, to be repaired

If your treadmill failure is not within the above range, please contact us by email, we will definitely give you a satisfactory service.

12.Things to note:
1.Before using this product, please check whether the treadmill is reliably grounded.
2.Check whether the power supply is loaded before exercise; check whether the safety lock is effective.
3.If there is an abnormal situation during the exercise, the safety lock can be pulled off, and the treadmill will quickly slow down to a stop.
4. If there is a problem with this machine, please contact customer service by email. Non-professionals, please do not try to disassemble or repair to avoid damage to the equipment.

Safety Instructions

Thank you for choosing our products. The correct use of the treadmill is your guarantee of safety and convenience. Please read the following carefully before using the treadmill:

1.After confirming that the treadmill is installed in accordance with the installation instructions, the power can be turned on. Be careful not to block the plug on the wall when placing it. Reserve a space of 0.8 meters in front for easy insertion.
2.Reserve 0.8 meters of safety space on both sides of the treadmill, and reserve a safety space of 2 meters (length) * 1 meter (width) behind the treadmill.
3.To protect the safety of using the treadmill, plug the power cord into an electrical outlet with a safety ground wire.

Product Introduction

1. Packing list

Serial Number	Name	Quantity	Remark
1	Whole machine (Treadmill, Upright,Electronic screen)	1 set	
2	Accessories package	1 package	Refer to the attached table
3	Manual, certificate	1pc each	

2. Attached table (list of accessories package):

Serial Number	Name	Quantity	Remark
1	5mm/6mm Allen wrench	1pc each	
2	Safety switch	1pc	
3	Dual-purpose screwdriver	1pc	
4	Silicone oil	1 bottle	30ml

Technical Parameters

Version	F4-01
Operating Voltage	110V 50/60Hz
Maximum load	110kg
Dimensions	Fold:1375*665*223（mm）
	Unfold:1365*665*1150（mm）
Effective running area	1210*400（mm）
Total Weight	47kg
Motor peak power	1.0-3.0HP Peak
Speed	1.0－12.0 km/h
Features	Running

Description of the main functions of the product

1.It has running and walking functions.

2.F industrial-grade motor, low noise, high power, provides powerful power, the maximum speed can reach 12.0km/h.

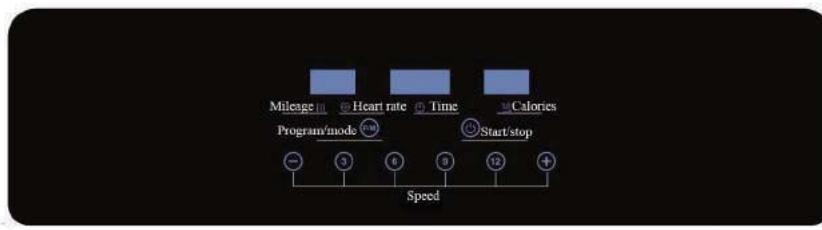3.Adopt high-strength, tensile and antistatic running belt.

4.High-strength, high-density, high-elasticity double-layer running board, magnetic suspension shock absorption.

5.The front and rear rollers adopt 3.0 essential oil pipes with a thickness of 3.0, and the two ends are provided with a 1.5-degree taper, which enables the running belt to automatically reset.

6.LED display screen.

7.The whole machine has been fully assembled, and the whole set of circuits has been connected before leaving the factory. Unpack the package and lift the column, level the handrail, and use it when it is energized, so as to avoid possible misinstallation and adverse effects on the machine.

Product Instructions

1.Brief introduction
The Electronic Screen Functions

- Audio Bluetooth playback function
- Bluetooth APP function (Fitshow APP)
- Hand holding heartbeat function
- Automatic refueling function

Noun conventions used in the manual:
Treadmill parameters: "Speed" value
Motion parameters: "Distance" value,"calorie" value, "time" value, "heartbeat" value.
Sport mode: Manual, mode, program.
Full manual exercise mode: Exercise mode without set amount of exercise.
Countdown mode sports mode: Exercise mode with specific amount of exercise.
Auto program sport mode: Different exercise programs set in the treadmill, 12 exercise programs are set in the treadmill.

2.Parameter Description
    Sports parameters in various sports modes:
 • Minimum display speed 1km/h
 • Maximum display speed 12 km/h

the electronic watch, then click the corresponding Bluetooth name to pair, and enter the treadmill Interface, in this interface you can operate the start, stop, acceleration and deceleration of the treadmill, increase and decrease the slope, etc.

Schedule 1:   P1—P12 program motion diagram

program \ period		Set the set time/20 time periods = the running time of the upper and lower time periods																		
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	speed	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P2	speed	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	1
P3	speed	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P4	speed	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P5	speed	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P6	speed	2	4	3	4	5	4	8	7	6	7	8	3	6	4	4	2	5	4	3	2
P7	speed	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P8	speed	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P9	speed	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	speed	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	speed	3	4	5	9	5	9	5	5	5	9	5	5	5	5	9	9	8	7	6	3
P12	speed	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3

Treadmill DC system error message prompt description

E01:Indicates the abnormal phenomenon of electronic watch and electronic control communication

E01 common problem solutions	The communication line of the electronic watch is not connected well, broken, or poor contact	Please reconnect the communication line
	No signal output from electronic watch	Replace the electronic watch, to be repaired
	Down control no signal output	Replace the lower control, to be repaired

E02: Indicates that the voltage between the down control and the motor is abnormal.

E02 common problem solutions	The motor wire is not connected	Check whether the motor cable is connected correctly
	Down control to the motor no voltage output or abnormal voltage output	Replace the lower control, to be repaired
	Bad motor	Replace the motor

E03: Indicating abnormal phenomenon of down-control detection speed

E03 common problem solutions	Down control board PWM drive circuit failure	Replace the lower control, to be repaired

E04: Indicates that the down-control test motor over-voltage protection information prompt

E04 common problem solutions	The treadmill load exceeds the rated working voltage of the motor	It is recommended to use within the rated working voltage range of the motor
	Treadmill motor abnormal	Replace the motor
	The lower control board motor overvoltage test circuit failure	Replace the lower control, to be repaired

means that it is overweight, and if it exceeds 30, it means that it is obese (Note: this data is for reference only and cannot be regarded as medical data)

7.Hand-held heartbeat function description

Hand holding heartbeat function test method: stick the palms of both hands to the steel sheet positions of the left and right armrests, and naturally hold them on the handles on both sides. After about 5 seconds, the LED heartbeat display window will display the initial value of the heartbeat. Please keep your hands still in the state of holding the heartbeat. The display window will slowly change to display the data, and it will be close to the actual heartbeat value in thirty seconds.

Hand-held heartbeat function instructions, the following conditions may produce irregular heartbeat data:

1. During the hand grip test, the grip strength is too tight, please hold moderate strength.
2. When running, holding the hand jump handle at the same time will produce constant changes in contact. When testing the hand jump, it is recommended to stop the exercise, stand on both sides of the side strips, and hold both hands quietly.
3. When the hands are dry or cold, or those with particularly thick skin on the palms.
Note: The hand-held heartbeat test data can only be used as exercise reference and cannot be regarded as medical data due to the number of test methods and influencing factors.

8.Sleep function description

When the treadmill stops running without any operation for more than 10 minutes, it will enter the dormant state, the electronic watch will automatically turn off the display, press any key to wake up the electronic watch, and re-enter the initial standby state after full display.

9.Safety lock function description

In normal use, you need to put the safety lock in the designated position of the electronic watch before you can operate the electronic watch, take off the safety lock, each display window of the electronic watch displays "---", accompanied by a sound warning, if it is running In the state, remove the safety lock, the system will quickly shut down, after closing the safety lock again, all motion data will be cleared.

10.Audio Bluetooth function description

After the electronic watch is powered on, turn on Bluetooth in the phone settings, and click Search. When Bluetooth (similar to the name of FS-xxxxxx-A) is found, click on the Bluetooth to pair with the phone and then you can play the songs in the phone. Please pay attention to control the volume, so as not to damage the circuit board when the sound is too loud.

11.Bluetooth APP function

After the electronic watch is powered on, turn on the Bluetooth of the mobile phone and open the "Fitshow APP". After the APP searches for the Bluetooth (similar to FS-xxxxxx name) of

- Maximum exercise time in time mode: 99 minutes
- The shortest exercise time in time mode: 8 minutes
- The longest movement distance in distance mode: 99 kilometers
- The shortest movement distance in distance mode: 1 km
- The maximum number of calories burned in calorie mode: 990 calories
- Minimum calories burned in calorie mode: 20 calories
- (P1—P12) The shortest time for automatic program operation: 8 minutes
- (P1—P12) The longest running time of the automatic program: 99 minutes

3.Button function description
Keypad function keys:

- 4 speed shortcut keys (NO 3,6,9,12)
- Start button/Stop button
- Program key/Mode key
- Speed plus key/Speed minus key

4.Button function and operation instructions

- Start/Stop button-function description: start motor/stop running
Instructions:
1.When the electronic watch is in full manual operation mode, press this button to start the motor operation.
2.When the electronic watch is in the countdown mode setting state, press this button to start the motor operation.
3.When the electronic watch is in the state of automatic program setting, press this button to start the motor operation.
4.When the electronic meter is running, press this button to stop the motor.

- Program/mode key---function description: automatic program/mode and FAT selection
Instructions:
1. When the electronic watch is in full manual operation mode, press this key to enter the countdown mode setting state.
2. After entering the countdown mode setting state, continue to operate this key to enter the automatic program setting state.
3. After entering the automatic program setting state, continue to operate this key to enter the body fat test (FAT) setting state.
4. In the body fat test setting state, press this key to enter the next parameter setting.

- Speed +/- key---Function description: speed value adjustment during operation, parameter value adjustment during parameter setting.
Instructions:
1. In the running state of the electronic meter, the running speed value can be adjusted.
2. In the parameter setting state, the size of the set parameter value can be adjusted.

• Speed shortcut key --- function description: direct selection of the speed value during operation.

Instructions:

1. When the electronic meter is running, press this key to directly select the corresponding speed value.

5. Sports mode description

A.Manual mode function

Enter manual mode: After the electronic meter is powered on and fully displayed, it enters the full manual operation mode. At this time, press the start key to enter the manual operation mode.

Operation instructions: The initial running speed is 1.0km, and the time, distance, and calorie window start counting from zero. Press the speed adjustment key to adjust the running speed value. The exercise time exceeds 99:59 minutes, the system does not stop, and the time starts from zero.

B.Countdown mode function

1. Enter time countdown mode: In the full manual operation mode, press the mode button to select the time countdown mode. At this time, the time window displays 30:00 minutes and flashes. The required running time can be set by the speed +/- button, the setting range is 8:00~ 99:00 minutes, press the start button to enter the time countdown mode of operation.

Operation instructions:

The initial running speed is 1.0km, the time window starts counting down according to the set running time, and the distance and calorie window starts counting up from zero. Press the speed adjustment button to adjust the running speed value. When the set time counts down to zero When the time, the electronic watch starts to slowly stop running.

2. Enter the distance countdown mode: In the full manual operation mode, press the mode button to select the distance countdown mode. At this time, the distance window displays 1.0 km and flashes. The required running distance can be set through the speed +/- button, and the setting range is 1.0~99.0 km. Press the start key to enter the distance countdown mode.

Operation instructions: The initial running speed is 1.0km, the distance window starts counting down at the set distance, and the time and calorie window starts counting up from zero. Press the speed adjustment button to adjust the running speed value. When the set distance counts down to zero , The electronic watch starts to stop running slowly.

3. Enter the calorie countdown mode: In the full manual operation mode, press the mode button to select the calorie countdown mode. At this time, the calorie window displays 50 and flashes. You can set the required running calories through the speed +/- button, the setting range is 20~990, press the start button Can enter the calorie countdown mode of operation.

Operation instructions: The initial running speed is 1.0km, the calorie window starts counting down according to the set calories, and the time and distance window starts counting up from

zero. Press the speed adjustment button to adjust the running speed value. When the set calories count down to zero , The electronic watch starts to stop running slowly.

C.automatic programming function

Enter the automatic program: In the full manual operation mode or mode setting state, press the program button to enter the automatic program selection. At this time, the time window displays 30:00 minutes and flashes (the required running time can be set by the speed +/- button, setting range 8:00~99:00 minutes), press the start button to enter the automatic program operation.

Operation instructions: The automatic program is divided into 20 sections. The speed value of each section runs according to the preset value of the automatic program. The running time of each section is 1/20 of the set time. The time window starts counting down according to the set running time, distance and calories. The window starts counting up from zero. Press the speed adjustment button to adjust the size of the running speed value. When the program runs to the next stage, the speed is automatically adjusted to the default value of the next stage. When the set time counts down to zero, the electronic watch Start to slowly stop running.

6.Body fat test function description

Enter body fat test setting: In the initial standby state or mode setting state, press the program button to select to enter the body fat test setting (in the automatic program P12 setting state, press the program button again to enter the body fat test (FAT) setting state)

Body fat test setting instructions: After entering the body fat test setting state, press the mode key to enter various parameter settings, the speed window shows the parameter function, the time window shows the set value, press the speed +/- key or adjust the set value, press Mode key to select to enter the next setting.

The first item is the gender (F-1) setting: Initial value 1 (setting range 1~2, 1 means male; 2 means female)

The second item is age (F-2) setting: initial value 25 (setting range 10~99 years old)

The third item is the height (F-3) setting: initial value 170 (setting range 100~220CM)

The fourth item is the weight (F-4) setting: initial value 70 (setting range 20~150KG)

The fifth item is body fat (F-5) test: initial value ---

Body fat test: When the setting is completed, enter the fifth body fat test, the initial display is "---". At this time, hold your hands on the heartbeat test steel sheet for about 5 seconds, and the body fat test index will be displayed

Body fat index description: Body fat index is a measure of the relationship between a person's height and weight. It is suitable for any men and women and other health indicators to provide people with a basis for weight adjustment. The ideal body fat index should be between 20 and 25. If it is less than 19, it means that the weight is too light, if it is between 26 and 29, it

FCC Statement:
This device complies with part 15 of the FCC Rules. Operation is subject to the following
two conditions: (1) This device may not cause harmful interference, and (2) this device
must accept any interference received, including interference that may cause undesired
operation.
This equipment has been tested and found to comply with the limits for a Class B digital
device, pursuant to part 15 of the FCC Rules. These limits are designed to provide
reasonable protection against harmful interference in a residential installation. This
equipment generates, uses and can radiate radio frequency energy and, if not installed
and used in accordance with the instructions, may cause harmful interference to radio
communications. However, there is no guarantee that interference will not occur in a
particular installation. If this equipment does cause harmful interference to radio or
television reception, which can be determined by turning the equipment off and on, the
user is encouraged to try to correct the interference by one or more of the following
measures:
—Reorient or relocate the receiving antenna.
—Increase the separation between the equipment and receiver.
—Connect the equipment into an outlet on a circuit different from that to which the
receiver is connected.
—Consult the dealer or an experienced radio/TV technician for help.
Caution: Any changes or modifications not expressly approved by the party responsible
for compliance could void the user's authority to operate the equipment.
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled
environment. This transmitter must not be co-located or operating in conjunction with any
other antenna or transmitter.

This equipment should be installed and operated with minimum distance 20cm between the
radiator&your body.
RF exposure warning:
This equipment complies with radiation exposure limits set forth for an uncontrolled
environment. This equipment should be installed and operated with Minimum distance
20cm between the radiator and your body.