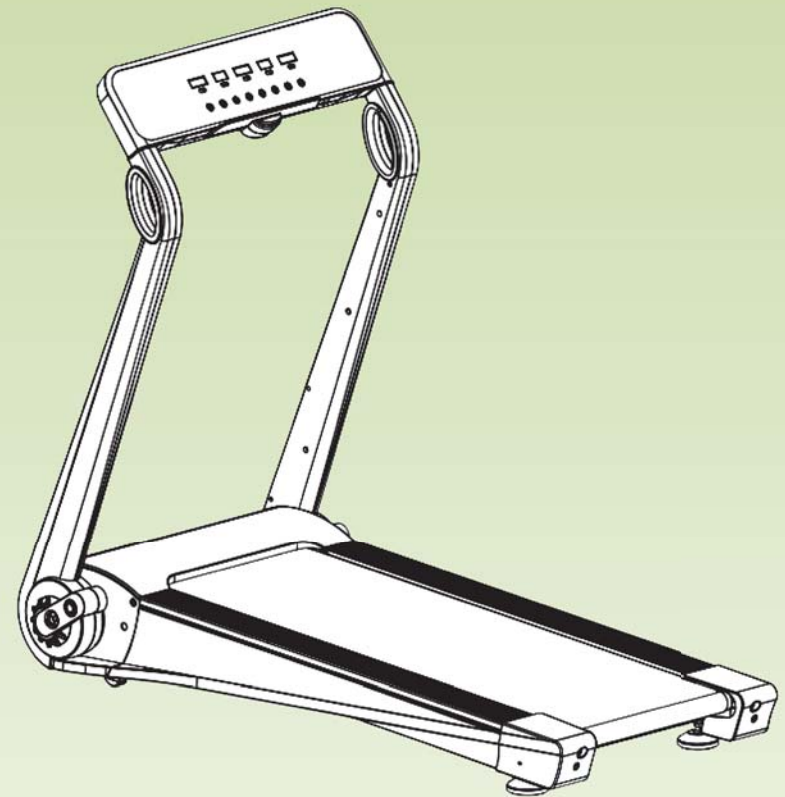


# OWNER'S MANUAL





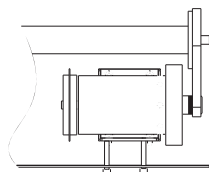
date or

Internet confirmation).

## 8.Adjustment of drive belt

The treadmills are conducted belt-driven adjustment before leaving the factory, but relaxation phenomena may also occur after using a period of time, in that case, pls adjust as following steps:

- adjust screw in a clockwise direction with the wrench, and inspect for proper tension
- adjustment range: Tighten driver belt only enough to prevent slippage at the belt pulley
- **Note: regularly cleaning the dust between the belt groove and pulley groove**



## TROUBLESHOOTING GUIDE

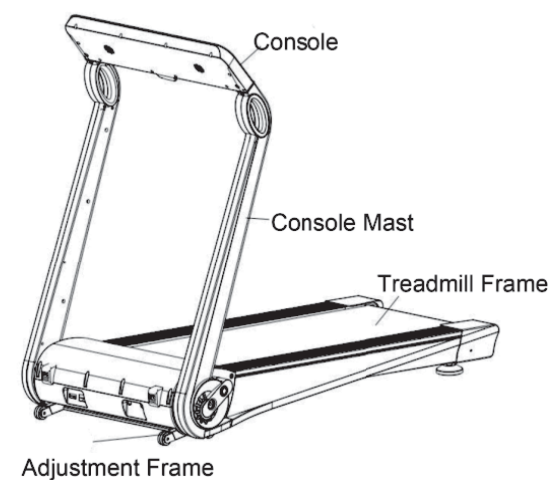
Problem	Possible Causes	Note
E01	Console communication failures	Drives not received digital signal
E02	Moter failure	
E03	Speed sensor failure	With inductive drive
E04	Motor Circuit disconnection	
E05	Over current protection	
E06	The supply voltage is too low	
E07	Check the safety lock	

Instructions

Assembly parts list

NO.	PART NAME	Quantity
1	Treadmill Frame	1
2	Console Mast	2
3	Console	1
4	Adjustment frame	1

The structure of the installation



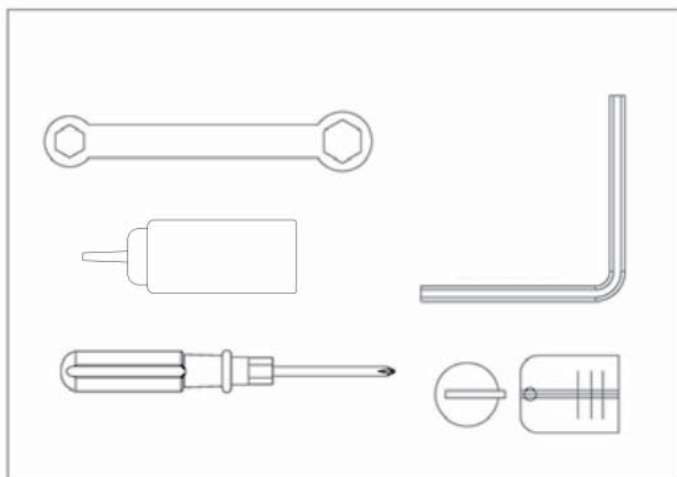
## Assembly Steps

- 1) open the package, remove the assembly in the box material, and the host flat on the ground;

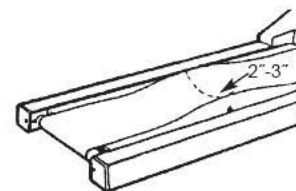
- 2) the first column around the button by pressing, so that the button bounce, and then pull up the column tube, and then press the left and right sides of the button, you can fix the column.
- 3) Place the safety switch in the correct position on the console.



### Accessory bag



**NOTE:** When properly tightened, the sides of belt can be raised approximate 2-3 inches off the board.



### 7. Belt Tracking Adjustment:

This treadmill is designed to keep the belt reasonably centered while in use. It is normal for some

Left bolt Right bolt

belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the

belt should have a tendency to centre itself. If during use, the belt continues to move toward one

side, adjustments are necessary. The procedures are as below:

▲ First set speed at approximately 3.5km/h.

▲ Second check the belt shifts to which side.

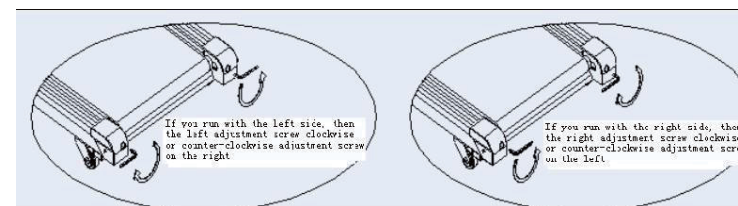
If the belt shifts to right, tighten the right bolt and loosen the left bolt by using 6mm Allen Key,

until the belt is centered itself; If belt shifts to left, tighten the left bolt and loosen the right bolt by

using 6mm Allen Key, until the belt is centered. When adjusting the belt using the 6 mm Allen Key, it

is important to adjust the belt in half turn increments. Over adjusting the belt can cause damage to

the mat.



If the belts has drifted to the LEFT

If the belts has drifted to the RIGHT

**PLEASE NOTE: YOUR WARRANTY IS ONLY VALID IF YOU CAN PROVE YOU ARE THE ORIGINAL PURCHASER ON THIS ITEM (i.e. A copy of the receipt, invoice, delivery**

first 50 hours of operation. We recommend lubrication of the deck according to the following timetable:

- Light use (less than 3 hours per week) every 6 months
- Medium use (3-5 hours a week) every 3 months
- Heavy use (more than 5 hours per week) every 6-8 weeks.

See below procedures for lubricating:

1. Use a soft, dry cloth to wipe the area between the belt and deck.
  2. Spread lubricant onto the inside surface of belt and deck evenly (make sure the machine is turned off and power is disconnected).
  3. Periodically lubricate the front and rear rollers to keep them at there peak performance.
- If the treadmill belt/deck/roller is kept reasonably clean it is possible to expect over 1200 hours before additional re-lubing is necessary.

## 5. How to check the running mat for proper lubrication:

1. Disconnect the main power supply.
2. Fold the treadmill up into the storage position.
3. Feel the back surface of the running mat.

If the surface is slick when touched, then no further lubrication is needed.

If the surface is dry to the touch, apply a suitable silicone lubricant.

**We recommend you use a silicone based spray to lubricate your Treadmill. This Can**

**be purchased from your local sports Retailer or a local hardware store.**

## 6. Belt Adjustment

**Belt Tension Adjustment**-It is very important for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the right and left rear roller in order to adjust tension with the Allen Key provided in the parts package. The adjustment bolt is located at the end of the rails as noted in diagram below:

**Note: Adjustment is thru small hold of end cap.**

Tighten the rear roller only enough to prevent slippage at the front roller. Turn both the right and left bolt clockwise one full turn and inspect for proper tension. When an adjustment is made to the belt tension, you must also make a tracking adjustment to compensate for the change in belt tension.

**DO NOT OVER TIGHTEN** - Over tightening will cause belt damage and premature bearing failure.

This may also cause reduced motor performance and excessive roller wear.

## TECHNICAL PARAMETER

Voltage	AC110V 50/60Hz
Maximum load	100Kg
Dimensions	Folding: 408*720*1418 (mm)
	Expand size:1440*720*1238 (mm)
Running an effective area of	410*1110 (mm)
Motor maximum value of	0.85-1.75HP PEAK
Speed	1.0-12.0Km/h
Function	Running

## EXERCISE GUIDE

**PLEASE NOTE: Before beginning any exercise program, consult you physician.**

**This is important especially if you are over the age of 45 or individuals with pre-existing health problems.**

**The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.**

Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.

### Warm-up

Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up

Increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.



### Training zone Exercise

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your

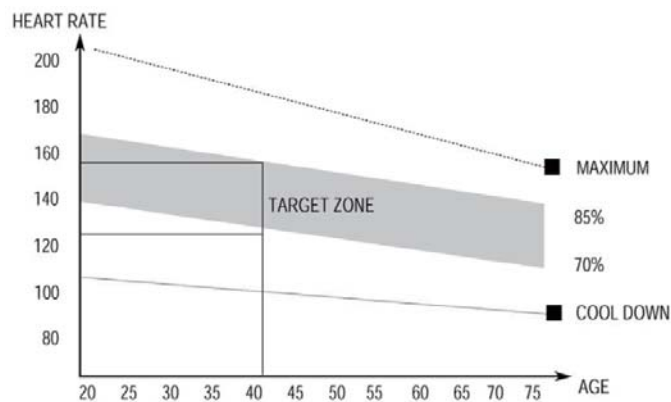
Intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breathe.

### Cool Down

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

## Workout Guidelines

### TARGET ZONE



**THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE. REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.**

The most important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were

of the frame and note roller position). Once the belt is loosened, take the bottle of lubricant and apply it to the entire top surface of the running deck. Tighten both rear roller bolts (matching up the marks for proper position) to original position. After you have applied lubricant, plug in the power cord, key, start the treadmill and walk on the belt for two minutes to spread the lubricant.

- Lubricate the air shocks with Teflon based spray.

### EVERY 2 YEARS

It is necessary that you change your treadmill motor brushes once every 2 years to avoid damaging your motor. If you fail to change the brushes this may cause the motor to burn out, voiding any warranty.

**SERVICING: IF YOU FAIL TO COMPLY WITH MAINTENANCE AND SERVICING STEPS ABOVE, YOU MAY VOID YOUR WARRANTY.**

## 2. General Cleaning

Use a soft, damp cloth to wipe the edge of the belt and the area between the belt edge and frame. A mild soap and water solution along with nylon scrub brush will clean the top of the

textured belt. This task should be done once a month. Allow to dry before using.

On a monthly basis, vacuum underneath your treadmill to prevent dust build up. Once a year, you should remove the black motor cover and vacuum out dirt that may accumulate.

## 3. General Cares

Check parts for wear before use.

- Pay particular attention to the fixing knobs and make sure they are tight.
- Always replace the mat if worn and any other defective parts.
- If in doubt do not use the treadmill and contact our helpline.

TAKE CARE TO PROTECT CARPETS AND FLOOR in case of leakages. This product is a machine that contains moving parts which have been greased / lubricated and could leak.

## 4. Belt/Deck/Roller Lubrication:

The mat/deck friction may play a major role in the function and life of your treadmill and that is why we recommend you constantly lubricate this friction point to prolong the useful life of your treadmill.

Lubrication is provided with this unit. You should apply the enclosed lubrication after approximately the

**AFTER EACH USE****Clean and inspect, following these steps:**

- Turn off the treadmill with the stop switch, then unplug the power cord at the wall outlet.
- Wipe down the running belt, deck, motor cover, and console casing with a damp cloth. Never Use solvents, as they can cause damage to the treadmill.
- Inspect the power cord. If the power cord is damaged, contact your supplier.
- Make sure the power cord is not underneath the treadmill or in any other area where it can become pinched or cut.
- Check the tension and alignment of the running belt. Make sure that the treadmill belt will not damage any other components on the treadmill by being misaligned.

**EVERY WEEK**

Clean underneath the treadmill, following these steps:

- Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.
- Fold the treadmill into the upright position, making sure that the lock latch is secure.
- Move the treadmill to a remote location.
- Wipe or vacuum any dust particles or other objects that may have accumulated underneath the treadmill.
- Return the treadmill to its previous position.

**EVERY MONTH -IMPORTANT!**

- Inspect all assembly bolts of the machine for proper tightness.
- Turn off the treadmill with the on/off switch, then unplug the power cord and wait 60 seconds.
- Remove the motor cover. Wait until ALL LED lights turn off.
- Clean the motor and lower board area to eliminate any lint or dust particles that may have accumulated.

Failure to do so may result in premature failure of key electrical components.

**EVERY 6 MONTHS**

It may be necessary to lubricate your treadmill running deck at least once every six months to maintain optimal performance of your treadmill. Only use lubricant provided by supplier! Please contact your local dealer with questions about applying lubricant to your treadmill.

- Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.
- Loosen both the rear roller bolts. (For best results, place two removable marks on both sides

training to improve your fitness, the difference is the goal.

**OPERATION GUIDE**

The terms used in the specification are:

**Treadmill parameters:** "speed" value, "slope" value

**Motion parameters:** Distance value, Calorie value, Time value, Heartbeat value.

**Movement mode:** manual, mode, program

**Full manual movement mode:** no movement mode for setting the amount of exercise.

**Countdown mode Movement mode:** A motion mode with a specific amount of motion.

**Automatic program movement mode:** treadmill internal set from the different sports programs, the treadmill set 2 kinds of sports programs.

**Movement parameters in various motion modes:**

- Minimum display speed of 1 km / h
- Maximum display speed of 12.0 km / h
- The longest movement time in the time mode: 99 minutes
- Minimum movement time in time mode: 8 minutes

**The longest movement distance in distance mode: 99 km**

- Distance from the shortest distance in the distance mode: 1 km
- Maximum calories in calorie mode: 990 cards
- Minimum calories in calorie mode: 20 cards
- (P01-P12) The minimum time for automatic program operation: 8 minutes

**(P1-P12) Maximum time for automatic program operation: 99 minutes**

**Operate the Treadmill :**

- Make sure that the treadmill is correctly connected to a power source. Touch the red button behind the motor cover from 0 to 1 and switch on the power. You will hear a signal and the LCD screen will light up.
- Fix the SAFETY KEY on the console. If the safety key is not on the console, the console display "Err1". AND YOU MUST CLIP IT TO YOUR CLOTHES WHEN USE THE TREADMILL TO PROTECT YOU. When you fall down, the safety key will fall off and the treadmill will slow down and stop.

**1.START:** The treadmill is in stop state, press START key, start the treadmill. The initial speed is 1.0km/h.

**2.STOP:** The treadmill is in running state, press STOP key, pause running and press it again to stop it.

### 3.Speed Shortcut Key (3, 6)

When the machine is running, you can press the certain number to adjust incline.

### 4. Safety key

Emergent stop function, used for preventing runner will fall because of the fast speed. Or you need stop this machine immediately, pull the safety key, and then it will stop soon.

### 5. PROG:

When the treadmill is in waiting state, press PROG key into program mode P1-P2.

### 9. MODE:

When the treadmill is in waiting state, press MODE key to select manual mode, then choose the mode during “time decrease” “distance decrease” “calorie decrease”, Press Speed+ / - key to adjust.

## More Operations:

### 1. Preparation

1) Plug in the power line, turn on the power in the below of treadmill if you will not use the treadmill for a long time you can close the power first

2) Tie on the red safety key. If the safety key is not right position, it will not start.

### 2. Start the treadmill

Press **START** key, start the treadmill. The initial speed is 1.0 km/h.

### 3. Stop the treadmill

- Pull away the safety key
- Press “**STOP**” key
- Under the program, when finished, all the system is in the stop.

### 4. Heart Rate Test

- When the console test the heart rate, PULSE display glitter, the heart rate is displayed after five seconds.
- Test before exercise, stand on the side rail, put the hands on the heart rate device, the heart rate is displayed after five seconds;
- Test after exercise, stand on the side rail, put the hands on the heart rate device, the heart rate is displayed after five seconds.

**Note:** Please don't take the heart rate data during you are exercising as precise data.

### Detail data of program list:

Schedule 1:

LCD screen P1—P2 Program motion diagram

TIME PROGRAM										
P1	TIME	2	3	8	3	3	1			
P1	SPEED	3	4	6	6.6	5	3			
P2	TIME	3	5	5	2	6	2	5	1	1
P2	SPEED	4.6	6	8	7	9	7	6	4	2

## Maintenance GUIDE

### 1. Daily Maintenance



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.