



Household electric treadmill

USER MANUAL

Model RM01

HOME TREADMILL

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1.Safety Precautions and Warning Instructions

Note: Please read the instructions carefully before use and pay attention to the following safety precautions:

- The treadmill should be placed indoors to avoid moisture. Do not splash water on the treadmill and do not place any foreign objects on it.
- Before exercising, please wear appropriate sportswear and sports shoes. It is strictly forbidden to exercise barefoot on the treadmill, and stretch your whole body. The power plug must be reliably grounded, and the socket must have a dedicated circuit to avoid sharing with other electrical equipment.
- Keep children away from the machine to avoid accidents.
- Overload operation for an extended period of time should be avoided, otherwise it may cause damage to the motor and controller, and accelerate the wear and aging of the bearings, running belt, and running deck. Regular maintenance is required.
- Reduce indoor dust, maintain a certain indoor humidity, and avoid generating strong static electricity, otherwise it may interfere with the normal operation of electronic meters and controllers.
- Please turn off the treadmill after exercise.
- Please keep the room well ventilated when using the treadmill.
- Please clip the safety lock cable clip to your clothes when exercising to prevent emergency safety shutdown. If you feel uncomfortable or abnormal during use, please stop exercising and consult a doctor.
- After use, silicone oil must be stored out of the reach of children to avoid accidental ingestion and serious consequences.
- The safety area behind the treadmill is: 1000*2000mm.
- Emergency jump off: Hold the handrails with both hands to support your body, while stepping on the side bar with both feet, and jump off the treadmill from one side.

Warning: To reduce the risk of accidents or injury to others, please follow the following regulations:

- Check that your clothing is buttoned or zipped before using the treadmill.
- Do not wear clothing that can easily get caught on the treadmill.
- Do not place the power.
- Keep children away from the treadmill.
- Do not use the treadmill outdoors.

Warning! Mandatory!

When you are receiving medical treatment or the following patients, please consult with a specialist before using.

- (01) Those who are currently suffering from back pain or have injured their legs, waist, or neck in the past, or those who have leg, waist, neck, or hand pain (those with chronic diseases such as herniated disc, spondylolisthesis, and cervical spondylosis).
- (02) Patients with osteoarthritis, rheumatism, or gout.
- (03) Those with abnormalities such as osteoporosis.
- (04) People with circulatory system disorders (heart disease, vascular disorders, hypertension, etc.).
- (05) People with respiratory problems.
- (06) Those who are using a pacemaker or have implanted medical electronic devices.
- (07) Patients with malignant tumors.
- (08) Those with symptoms such as thrombosis, severe lipoma, acute lipoma, blood circulation disorders, or various skin infections.
- (09) Those with sensory impairment due to high peripheral circulatory disorders caused by diabetes, etc.
- (10) Those with skin injuries.
- (11) Those with a high fever (38°C or above) due to illness, etc.
- (12) People with abnormalities of the back or curvature of the back.
- (13) Those who are pregnant or may become pregnant or those who are menstruating.
- (14) Those who feel unwell and need to rest.
- (15) Those who are obviously in poor health.
- (16) Users for rehabilitation purposes.
- (17) Those who feel any physical abnormalities other than those mentioned above.

—Accident or poor health may result.

- If you experience any pain or coordination abnormalities that are different from usual, such as back pain, stiffness in legs and feet, dizziness, palpitations, etc. during exercise, stop using it immediately and consult a doctor.
- Do not allow children to use this product or play around it.

—Failure to comply may result in risk of injury.

Prohibited!

- Do not use if the casing is cracked, broken, or peeled off (internal structure exposed) or if soldering is peeled off.
—Otherwise, accidents or injuries may occur.
- Do not jump up or down during exercise.
—Injury may result from falling.
- Do not use or store the product in humid places such as outdoors or near bathrooms, or in places where it may be exposed to water droplets.
- Do not use or store the product in places exposed to direct sunlight, around stoves, or in other high temperature places, or on top of heating appliances such as electric carpets.
—Otherwise it may cause electric leakage or fire.
- Do not use when the power cord or power plug is damaged or the socket of the outlet is loose.
—Otherwise it may cause electric shock, short circuit or fire.

Do not disassemble!

- Disassembly, repair and modification are strictly prohibited.
—There is a risk of injury from mechanical failure.

Avoid contact with water!

- Do not expose the main unit or operating parts to water or other conductive liquids.
—It may cause electric shock or fire.

Prohibited!

- People who do not suddenly do strenuous exercise.
- Do not use after eating, when you are tired, after exercising, or when your physical condition is abnormal.
—May cause damage to health.

Never use with wet hands!

- Do not unplug or insert the power plug with wet hands.
—Electric shock and injury may result.

Unplug the power plug!

- Unplug the power cord from the socket when not in use.
——Dust and moisture can deteriorate the insulation and cause electric leakage and fire.
- When performing maintenance, be sure to unplug the power plug from the socket.
——Failure to comply may result in electric shock or injury.
- If it does not start or feels abnormal, stop using it, unplug the power plug immediately and ask for inspection and repair.
——Failure to comply may result in electric shock or injury.
- When there is a power outage, unplug the power plug immediately.
——Otherwise, accidents or injuries may occur when the power is restored.
- When unplugging the power plug, do not hold the wire part, but the power plug.
——Otherwise, it may cause a short circuit, electric shock, or fire.

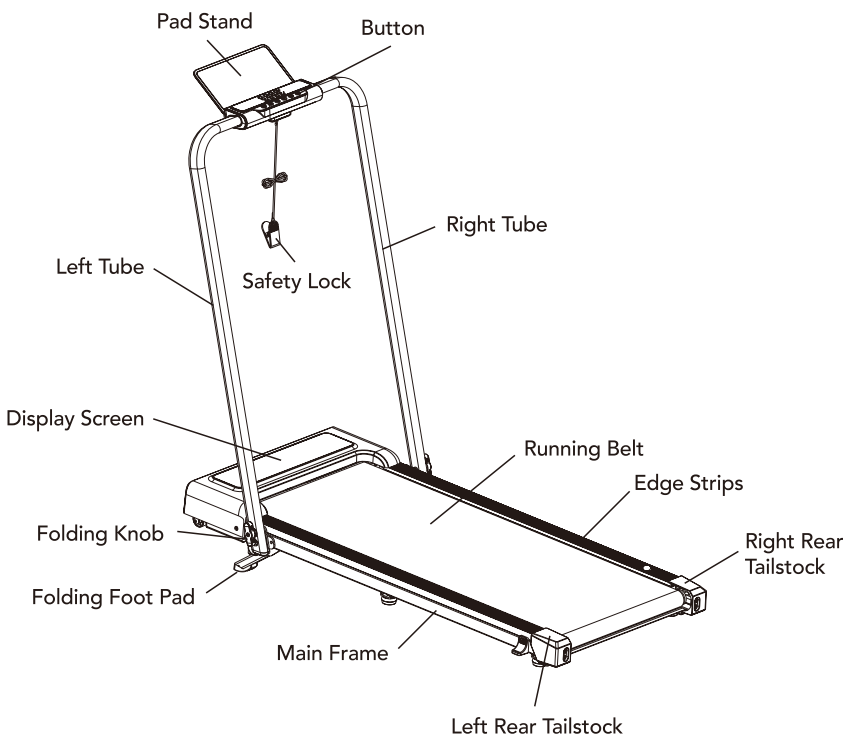
Grounding instructions

- This product must be grounded. If the unit malfunctions, grounding will provide the path of least resistance for electrical current, reducing the risk of electric shock
- This product is equipped with a cord with an equipment grounding conductor and a grounding plug. The plug must be inserted into a suitable socket that has been properly installed and grounded in full compliance with local regulations or ordinances.

Danger

- Improper connection of the equipment grounding conductor can result in a risk of electric shock. If you have any doubts about whether the grounding of this product is correct, please have it checked by a qualified electrician.

2.Product Introduction



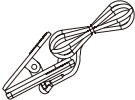
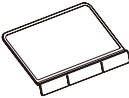
Packing List

No.	Name	Quantity	Remark
1	Treadmill	1	
2	Accessory bag	1	See attached table

Technical Parameters

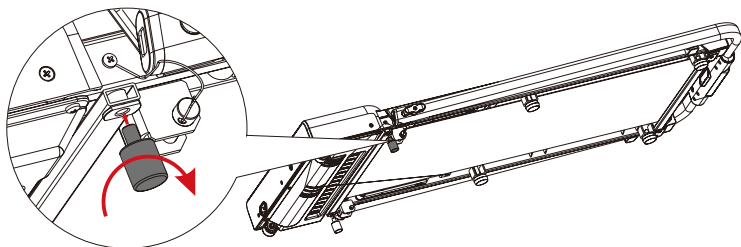
Operating voltage	AC 120V 60Hz
Product size	1274*584*1073mm (with PAD bracket) 50*23*42inch (with PAD bracket)
Folding size	1270*584*114mm (with PAD bracket) 50*23*4.5inch (with PAD bracket)
Running area	400*1000mm (16*40inch)
Motor power	2.5 HP
Display speed	1.0-12.0km/h (0.6-7.6mph)
Control method	Remote control, Electronic meter

Attached Table (Accessories Box List)

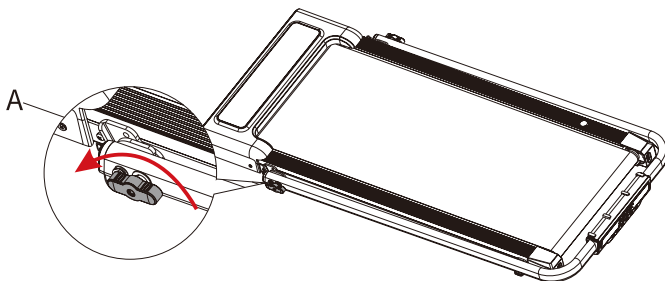
 5#Hexagon socket wrench *1pcs	 6#Hexagon socket wrench *1pcs	 Remote Control *1pcs
 Floor mats*2pcs	 Manual *1pcs	 Safety lock*1pcs
 PAD bracket *1pcs	 Solid wrench*1pcs	 Power cord *1pcs

3.Installation Steps

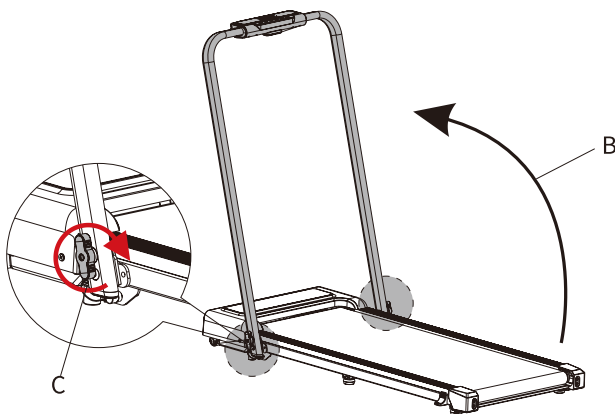
1.Take the treadmill out of the box and lay it flat on the floor. As shown in the figure below, screw the foot pads on both sides clockwise into the screw holes to secure the foot pads.



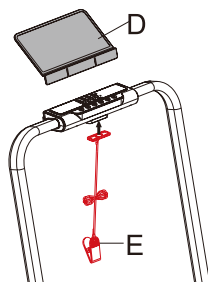
2.Take the treadmill out of the box and lay it flat on a carpet or cushion. As shown in step (A) below, turn the "folding knobs" of the left and right pipes counterclockwise 4-6 times so that the pipes can be lifted upward.



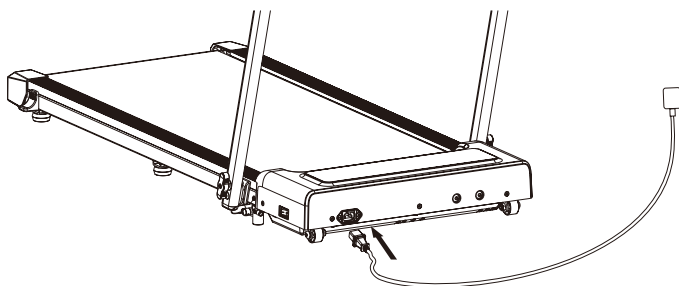
3.As shown in step(B) below, lift the vertical tube up to the limit point;
As shown in step(C) below, turn the "folding knob" clockwise to the limit position to fix the vertical tube.



4.As shown in step (D) below, insert the PAD bracket into the groove of the electronic meter; suck the red safety lock (E) into the yellow position below the console. When using the treadmill, you need to clamp one end of the safety lock belt clip to the edge of the clothing.

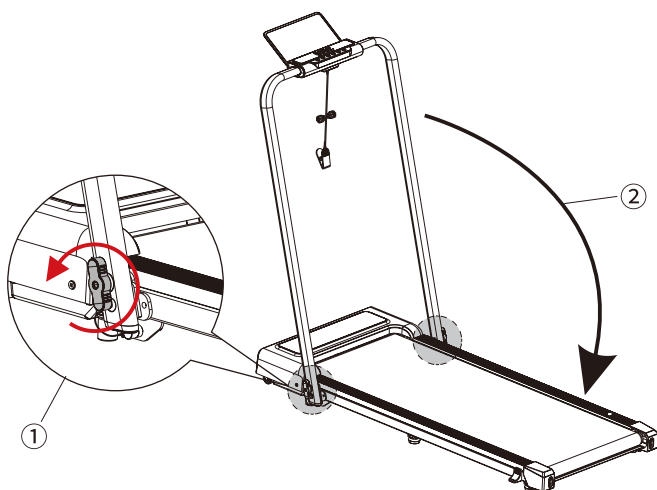


5.As shown in the figure below, plug the power cord into the socket at the front of the treadmill, turn on the power, turn on the power switch on the side of the front of the machine, and the treadmill will enter standby mode.

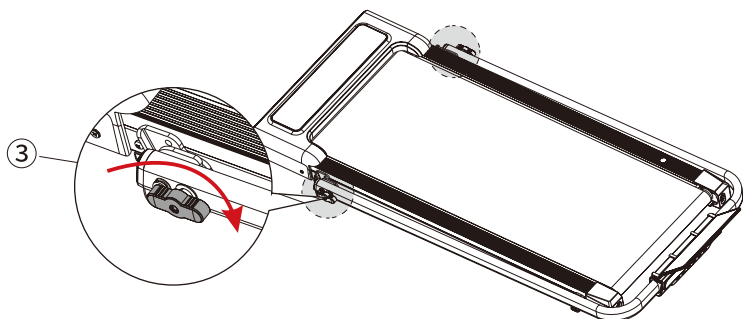


Folding and Moving the Treadmill

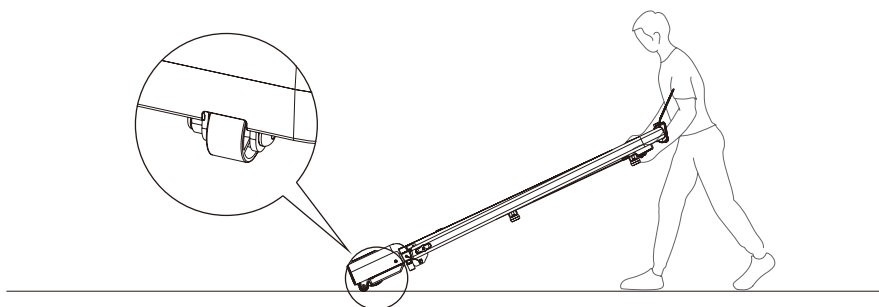
1.As shown in step ① of the following figure, rotate the "folding knobs" of the left and right pipes 4-6 times in the direction shown below to loosen the lower ends of the left and right pipes naturally. As shown in step ② of the following figure, slowly lower the pipes toward the tail.



2.As shown in Figure ③ below, align the left and right pipe "folding knobs" with the fixing holes, and then rotate them clockwise to fix the pipes on the frame. Then the treadmill can be folded.



3.To move the treadmill, follow the previous steps to fold the vertical tube. Unplug the power cord before moving. Lift the rear of the treadmill by hand so that the moving wheels are on the ground before moving the treadmill forward or backward.



Folding foot pad instructions

1.When the foot pads are folded, the slope of the treadmill is gentle.

