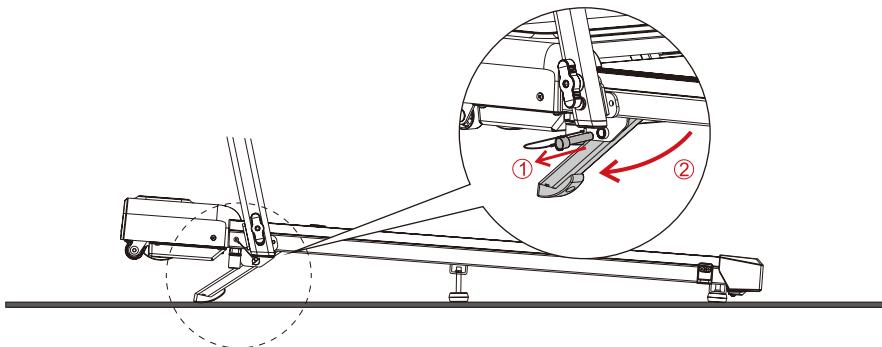


2. To increase the slope, pull out the pin as shown in step ① below. As shown in step ②, unfold the foot pad in the direction indicated by the arrow so that the hole on the foot pad overlaps with the hole on the fixing base, and then insert the pin into the hole to fix the foot pad. (The same steps are followed for the other foot pad. When adjusting the slope, make sure that the middle foot pad is on the ground.)



Note: Please adjust the slope according to your needs.

4. Exercise Recommendations and Guidelines

Warm-up

A 5-10 minute warm-up exercise is required before each operation.

Breathing

Do not hold your breath during the operation. Usually, when preparing to restore the action, breathe in through the nose and exhale forcefully through the mouth. Breathing and action should be coordinated. If breathing is too rapid, the exercise should be stopped immediately.

Frequency

Muscle training in the same part should be rested for 48 hours, that is, the same part can be trained every other day.

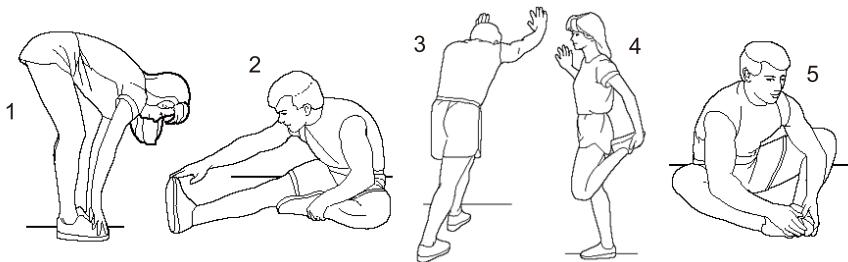
Load

Determine the amount of training according to personal physical condition, and then practice according to the principle of gradual load. Muscle soreness is normal

during the initial training. As long as you continue to practice, the soreness can be eliminated.

Stretching exercises

No matter how fast you walk, it's a good idea to stretch first. Warm muscles stretch more easily, so walk for 5 to 10 minutes to warm up. Then stop and stretch as follows—do 5 times, 10 seconds or more on each leg; do it again at the end of your workout.



1. Stretch Down

Bend your knees slightly, bend your body forward slowly, relax your back and shoulders, and try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 1).

2. Hamstring stretch

Sit on a clean cushion and stretch one leg straight. Pull the other leg inwards so that it is close to the inside of the straightened leg. Try to touch your toes with your hands. Hold for 10 to 15 seconds, then relax. Repeat 3 times for each leg (see Figure 2).

3. Calf and Achilles tendon stretch

Stand with your hands on a wall or tree, one foot behind you. Keep your back leg straight and your heel on the ground, and lean toward the wall or tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).

4. Quadriceps stretch

Use your left hand to hold the wall or table for balance, then reach back with your right hand, grab your right ankle and slowly pull it toward your hips until you feel the muscles in the front of your thigh tense. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).

5. Sartorius muscle (inner thigh muscle) stretch

Sit down with your feet facing each other and your knees facing outward. Grab your feet with both hands and pull them toward your groin. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see Figure 5).

5. Instructions

Display screen shows

LED window display (time, speed, distance, calories; automatically switches display every 5 seconds during on



1. "SPEED" window: Displays the current speed value in the running state. The speed display range is: 1.0-12km/h (0.6-7.6mph).

2. "TIME" window: The time range is 0 minutes and 0 seconds to 99 minutes and 59 seconds. The treadmill stops after the time has expired.

3. "DIST" window: The distance value range is 0.0~99.9 kilometers (miles). After exceeding the limit, the data will be reset to zero and accumulated again.

4. "CAL" window: The calorie value range is 0~999 kcal. After exceeding the limit, the data will be reset to zero and accumulated again.



Remote control pairing method

5S before the safety lock comes off, long press the "ID" and "-" keys on the remote control to pair. When you hear the "beep" sound from the treadmill buzzer, it means the pairing is successful and you can start using the remote control to control the treadmill. After pairing, there is no need to pair the machine again when the power is turned off.

Remote control function

1. ID Start/Pause/Continue/Stop:

Start: In standby mode, short press the "ID" button on the remote control, the treadmill will start counting down for 3 seconds and run at a speed of 1.0km/h (0.6mph);

Pause: When the treadmill is running, short press the "ID" button on the remote control again to pause the treadmill, and the electronic meter will display "PAU".

Continue: When the treadmill is paused, short press the "ID" button on the remote control to resume the treadmill.

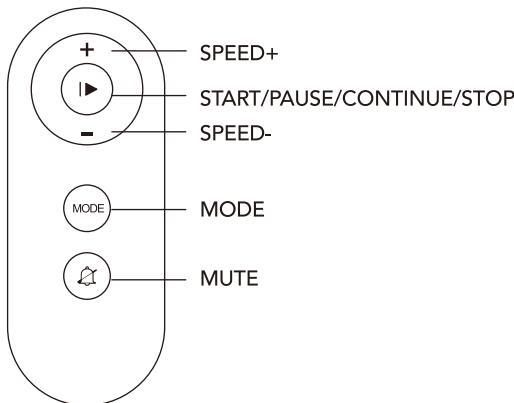
Stop: When the treadmill is running, long press the "||>" button on the remote control to stop the treadmill.

2.MODE button: In standby mode, short press the remote control "MODE" button to switch the mode time 30:00, distance 3.00, calories 300, four windows are displayed in a cycle; for example: select the time countdown mode, the electronic watch defaults to 30:00 minutes, short press the remote control or electronic watch "+" or "-" button to adjust the required time; time (default 30:00, adjustment range 5:00-99:00, each gear change is 1 minute), mileage (default 3.0, adjustment range 1.0-20.0, each gear change is 1.0), calories (default 300 Kcal, adjustment range 20-990, each gear change is 10), when counting down exercise data, you can adjust the speed by pressing the button during exercise.

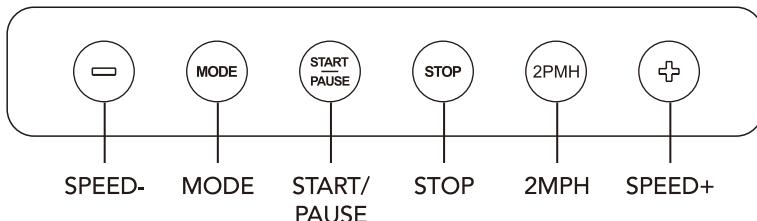
3.SPEED+: When the treadmill is running, short press the remote control "+" button to slow down, long press this button to accelerate quickly, and the speed continues to increase; the increment is 0.5 km/time (0.2 miles/time).

4.SPEED-: When the treadmill is running, short press the remote control "1" button to slow down, long press this button to slow down quickly, and the speed will continue to decrease; the decreasing range is 0.5 km/time (0.2 miles/time).

5.MUTE: In any state, short press this button on the remote control to mute the buzzer, and the electronic meter will display OFF. Short press again to restore the buzzer sound and the electronic meter will display ON.



Key Description



Function buttons: "SPEED-", "MODE", "START/PAUSE", "STOP", "2MPH", "SPEED+".

A.START/PAUSE:

START: In standby mode, short press the "START/PAUSE" button, the treadmill will start counting down for 3 seconds and run at a speed of 1.0km/h (0.6mph);

PAUSE: Short press the "START/PAUSE" button again during the treadmill operation to pause the treadmill, and the electronic meter displays "PAU";

Continue: When the treadmill is paused, short press the "START/PAUSE" button to resume the treadmill operation;

B.SPEED-: Short press or long press the "-" button during the treadmill operation to reduce the speed by 0.5 km/time (0.2 mile/time); if it is reduced to the lowest speed range, the adjustment will be invalid;

C.SPEED+: During the operation of the treadmill, short press or long press the "+" key to increase the speed in increments of 0.5 km/time (0.2 mile/time); the adjustment will be invalid when the speed reaches the highest speed range;

D.MODE: In standby mode, short press the "MODE" key of the electronic meter to switch the mode time 30:00, distance 3.00, calories 300, and the four windows are displayed in a cycle;

E.2MPH: Short press this key during the operation of the treadmill, and the speed shortcut key is adjusted to 2MPH;

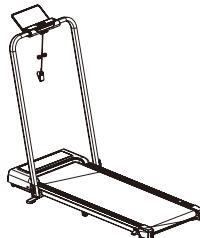
F.STOP: When the treadmill is running, short press the "STOP" key of the electronic meter to stop the treadmill.

Walking and Running Modes

The machine has walking mode and running mode. When the bench is folded (the bench is parallel to the treadmill), it is in walking mode. In walking mode, the running belt runs at a speed of 1.0-8.0 km/h (0.6-5.0 mph). When the bench is unfolded, it is in running mode. In running mode, the running belt runs at a speed of 1.0-12.0 km/h (0.6-7.6 mph).



Walking Mode



Running Mode

6. Common Faults and Solutions

If you have any other questions, please call local dealers or our after-sales service.

Question	Possible Causes	Repair Method
Treadmill not working	No power supply	Plug into socket
	Power not on	Turn the power switch to the ON position
	Safety lock without suction	Snap the safety lock into place
	Circuit signal system disconnection	Check the controller input and signal lines
	Fuse burnt out	Replace the fuse
The running belt does not run smoothly	Insufficient lubrication	Add methyl silicone lubricant
	Running belt too tight	Adjust the running belt tension
Running belt slipping	Running belt too loose	Adjust the running belt tension
	Belt too loose	Adjusting the belt tension

Electronic meter displays error messages and troubleshooting methods

Question	Possible Causes	Repair Method
E01	Abnormal communication between lower control and electronic meter	Check if the communication line between the lower control and the electronic meter is loose or detached.
E02	1. The motor wire is loose or falling off; 2. Is the carbon brush worn out or not in contact with the rotor; 3. The lower control is damaged	Check if the motor wire is loose or falling off. If not, check if the motor carbon brush is worn out or floating without contacting the rotor. If the motor is normal, the lower control is damaged.
E05	Overload protection	The load is too large and exceeds the rated current. Turn off the power and restart.
E07	Safety lock not engaged	Check if the safety lock is not properly engaged or the safety line is loose.
E08	Communication between the upper table and the lower table is abnormal	Check whether the communication line connecting the upper meter to the lower meter is loose or detached.
Display abnormality	External interference	Turn off the power switch and then turn it on again after 1 minute.

7. Product Care

1. Lubrication

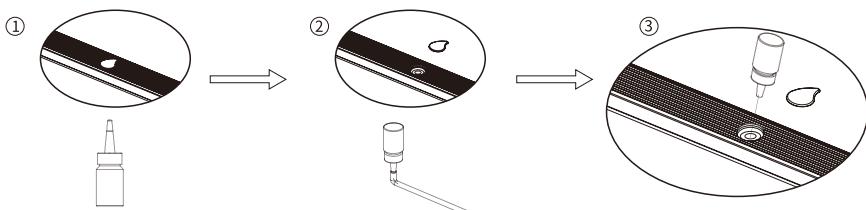
The machine has walking mode and running mode. When the bench is folded (the bench is parallel to the treadmill), it is in walking mode. In walking mode, the running belt runs at a speed of 1.0-8.0 km/h (0.6-5.0 mph). When the bench is unfolded, it is in running mode. In running mode, the running belt runs at a speed of 1.0-12.0 km/h (0.6-7.6 mph).

Less than 3 hours of use per week	Lubricate once every 5 months
Use 4-7 hours per week	Lubricate once every 2 months
Weekly usage time is more than 7 hours	Lubricate once a month

Do not over-lubricate, more lubricant is not always better.

2. As for checking whether it needs to be lubricated again, just grab the treadmill and touch your hand to the center of the back of the treadmill as far as possible. If your hand is stained with silicone (slightly damp), it means that no lubricant is needed. If the running board is dry and there is no methyl silicone oil on your hand, you need to add lubricant.

3. Add lubricant correctly as shown in the figure below: Open the filling cap on the right side of the side bar, cut the lubricant bottle at the position shown in the figure below with scissors or a craft knife, and then add lubricant as shown in the figure below. Insert the thin rod at the front end of the lubricant bottle into the filling port on the running board and inject lubricant.



4. Adjust the running belt tension. All treadmills need to adjust the running belt before leaving the factory and after installation. However, the running belt may still become loose after a period of use. For example, the user may pause and slip while running. When this happens, adjust the running belt adjustment bolts in a half-turn clockwise direction and adjust the running belt and rollers synchronously. If the running belt is too loose, the running belt and rollers will slip when the foot steps on the running belt. However, it is not good to be too tight, which may

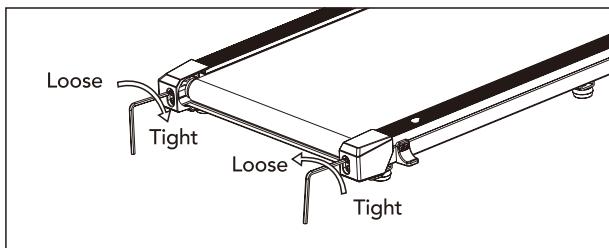
increase the load on the motor and damage the motor, running belt and running belt deviation adjustment.

5. Adjustment of running belt deviation

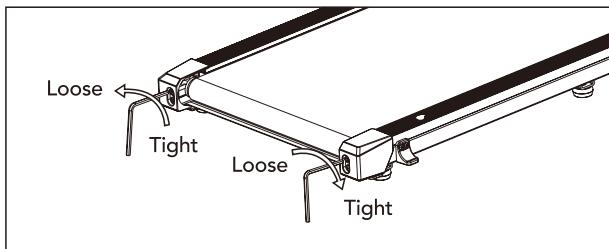
All treadmills need to be adjusted before leaving the factory and after installation, but they may still deviate after a period of use. The reasons for this phenomenon are as follows:

- (1) The main unit is not placed stably
- (2) The user's feet are not in the center of the running belt when exercising
- (3) The user's feet are not evenly applied

If the deviation is caused by human factors, it can be restored to normal after no-load rotation for a few minutes. If the deviation cannot be restored automatically, use the 5# hexagonal wrench provided with the machine to adjust it step by step in half a turn.



If the walking belt deviates to the left: Adjust the left bolt clockwise or the right bolt counterclockwise.



If the walking belt deviates to the right: Adjust the right bolt clockwise or the left bolt counterclockwise.

Tip: Running belt deviation is not covered by the warranty and is mainly maintained by the user according to the instructions. Running belt deviation will seriously damage the running belt and must be discovered and corrected in time.

FCC Statement

NOTE: 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

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

Radiation Exposure Statement

This device complies with FCC RF radiation exposure limits set forth for an uncontrolled environment.

The FCC certification of this device refers to RF exposure testing performed in typical operating conditions, where a person is no closer than 20 centimeters from the device surface at all times, except for non-repetitive patterns with transient time intervals in the order of a second. Only in the stated conditions, the device is shown to fully comply with the FCC RF Exposure requirements of KDB 447498.

Correct disposal of this product



This marking indicates that this product must not be disposed of with other household waste throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where you purchased the product. They can take this product to an environmentally safe recycling.

ISED Statement

English: This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

(1) This device may not cause interference.

(2) This device must accept any interference, including interference that may cause undesired operation of the device.

The digital apparatus complies with Canadian CAN ICES-3 (B)/NMB-3(B).

French: Cet appareil contient des émetteurs/récepteurs exempts de licence qui sont conformes aux RSS exemptés de licence d'Innovation, Sciences et Développement économique Canada.

L'exploitation est soumise aux deux conditions suivantes :

(1) Cet appareil ne doit pas provoquer d'interférences.

(2) Cet appareil doit accepter toute interférence, y compris les interférences susceptibles de provoquer un fonctionnement indésirable de l'appareil.

L'appareil numérique du ciem conforme canadien peut - 3 (b) / nmb - 3 (b).

This device meets the exemption from the routine evaluation limits in section 2.5 of RSS 102 and compliance with RSS 102 RF exposure, users can obtain Canadian information on RF exposure and compliance.

cet appareil est conforme à l'exemption des limites d'évaluation courante dans la section 2.5 du cnr - 102 et conformité avec rss 102 de l'exposition aux rf, les utilisateurs peuvent obtenir des données canadiennes sur l'exposition aux champs rf et la conformité.

This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment.

Cet équipement est conforme aux limites d'exposition aux rayonnements du Canada établies pour un environnement non contrôlé.

This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

Cet équipement doit être installé et utilisé à une distance minimale de 20 cm entre le radiateur et votre corps.