

Folding Electric Treadmill for Home

USER MANUAL

Installation video link: <https://youtu.be/uWeI4cGL-Ws>

CAUTION

- Read all precautions and instructions in this manual before using this unit. Save this manual for future reference.
- To avoid injury, stand on the side rails before starting the treadmill. Remove the safety key when the unit is not in use.
- Keep children away from the treadmill during operation.

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Important Safety Information

Thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly.

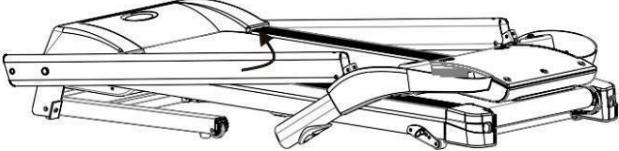
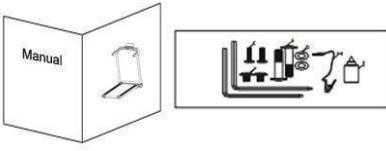
- Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
- Keep children and pets away from the equipment. The equipment is designed for adult use only.
- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
- Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
- Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue the use of the equipment immediately and do not use until the problem has been rectified.
- Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
- Do not put fingers or objects in the moving parts of the equipment.
- The maximum weight capacity of this unit is 265LBS.
- To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
- Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
- This equipment is designed for indoor and home use only; it is not intended for commercial use.

WARNING: Pull out the **Safety Key** for an emergency stop

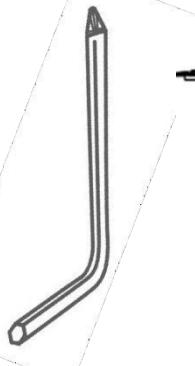
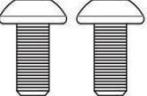
Treadmill Main Parameters

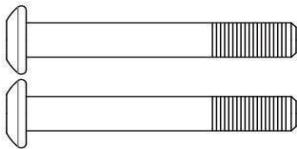
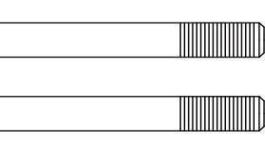
Running Area	43.3" x 15.7"
Speed Range	0.5 - 9.0 MPH
Run Board/ Belt	14mm/ 1.4mm thickness
Assembly Dimension	54.6" x 27" x 52.2"
Folding Dimension	22.5" x 27" x 53.2"
Max User Weight	265LBS

Packing Details

	
Main Body - Base Unit + Console 1 SET	User Manual & Tools Kit - 1 SET

Tools & Screws List

				
A. Allen Wrench	B. Safety Key	C. Lubricant	D - M8*15 6PCS	E - Flat Washer 4PCS

	
F - M8*45 2PCS	

Assembly Instruction

Step 1. Extend the framework

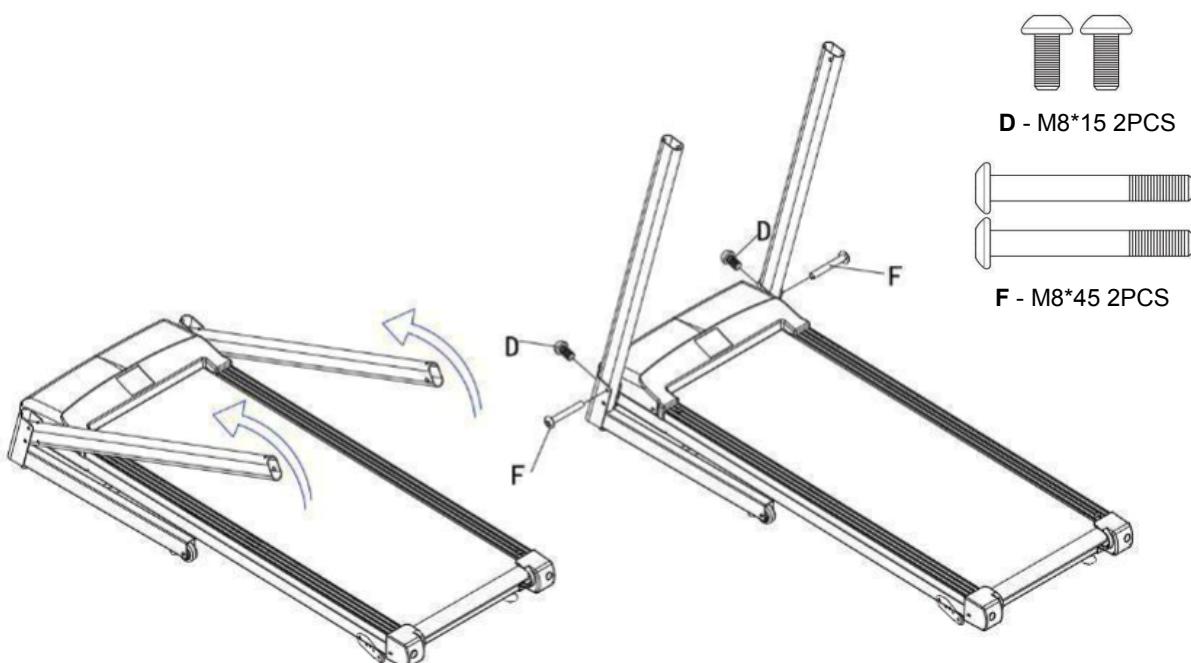
1. Take the treadmill main body including base unit & console out of the box and lay it flat on the ground.



Step 2. Base Unit assembly

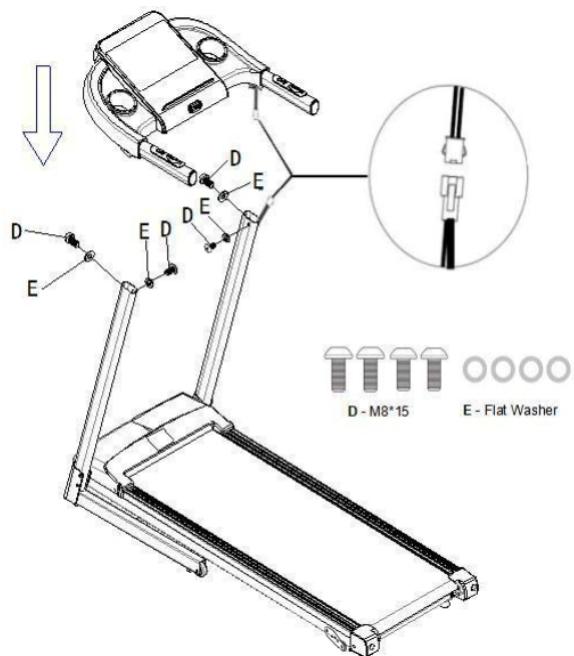
1. Fasten the upright left and right columns to the mainframe with screws shown in the figure below.

Screw D M8 * 15 and **Screw F** M8 * 45 are tightened by the tool kit A. M5 wrench.



Step 3. Console Assembly

1. Console and handrail is folded up against the columns, they are connected to the columns on both of the left and right sides by **Screw D M8 * 15** and **Washer E**. Then tightened them with A. M5Wrench.
2. Connect PCB wires as showing in the picture below, one wire comes from the **RIGHT** column, the others from the console.



Connection of PCB wires

1. Check each pair of wire heads that include A with lock catch and A' with innerpins.
2. Insert A into A' one by one, and make sure the pins in A' get proper entering in to the pin holes in A. Be careful that the pins must be NOT damaged.
3. Fix A and A' by pressure until both of them get locked tightly.

Step 4. Put the **Safety Key** on the console and the machine is ready for exercise.

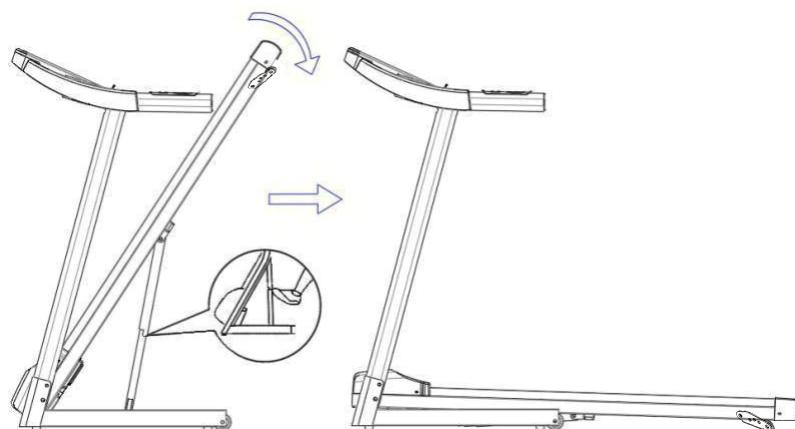


Folding and Handling

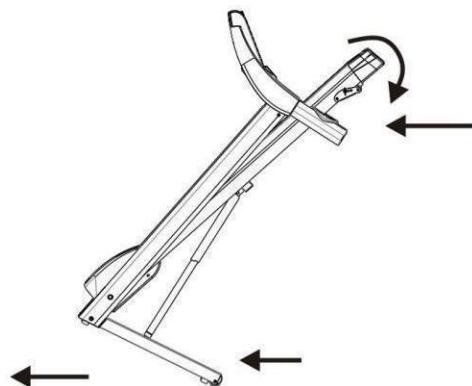
This product is equipped with an air spring folding function as shown in the picture below.

Gently lift the tail end of the treadmill with the right hand, and the base will be folded up automatically.

To expand the treadmill as below, kick the middle joint part of the air spring / hydraulic by your foot, you will hear a sound like “click”, then the treadmill will descend toward the ground slowly.

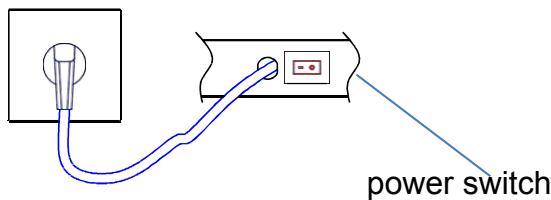


Both hands move the tail of the machine down about 30 degrees, so that the machine base can be dragged back and forth after landing the moving wheels, it's convenient and flexible to handle the transportation.



Electric control operation instructions

1. Use the treadmill:



Safety lock Introduction:

Place the safety lock completely in the safety pin area of the electronic watch so that the treadmill can run. Clip the safety lock on the clothes, in case of accidents, immediately pull off the safety lock, can immediately stop the motor operation; If you want to continue using the treadmill, put the safety lock back on; In any case, remove the safety lock to stop the treadmill.

2. Screen and touch keys' function description



WARNING

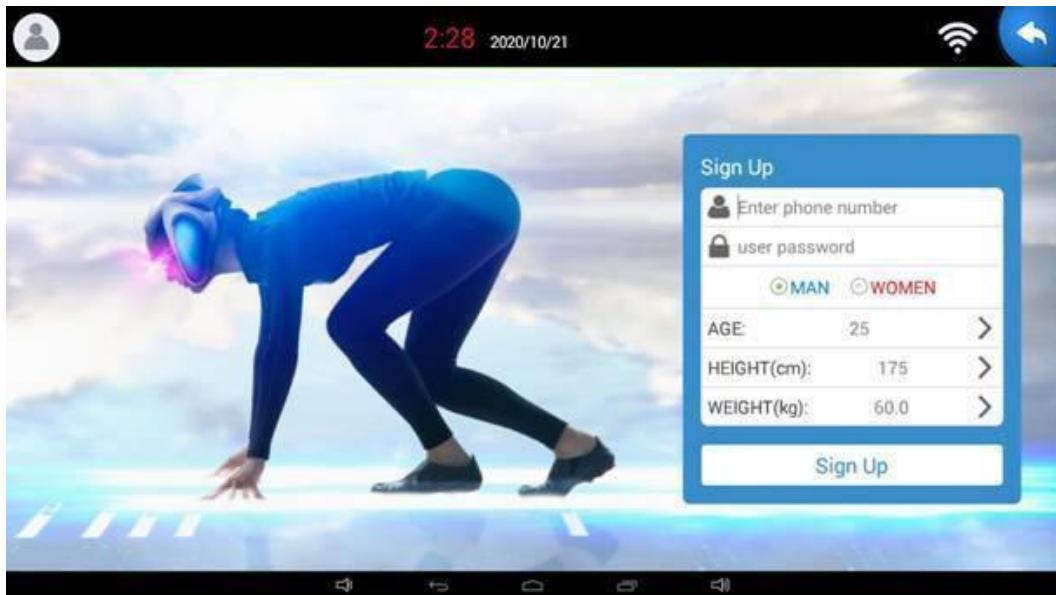
In order to make the product use more stable and smooth, there should be no more than 2 softwares running in the background at the same time, so as not to cause the system to stop running! ! !

3. Login



Users need to register when using the product for the first time. If you don't want to save the running history date, you can choose to start directly using all functions except for Users Center.

3.1 Register



The system support users to register with a phone number, you can change personal information in the user's center.

3.2 Maininterfae



As in the picture above, there are Smart Run, Multimedia, Users, Scene, Apps and Settings, six functions in total. All functions will be introduced in the following part. The status bar is on the top of the interface, including a profile picture, time, date, WIFI icon, and back icon(no use in the main interface). Data bar which shows all running data is on the lower part of the main interface. Press START, the treadmill will start with manual mode.

Icons on the bottom are Volume -, Back, Homepage, Tasks and Volume +.

Press time and date to set the values. The time and date will automatically match the time and date on the internet. However, when the treadmill is not connected with WIFI, users can enter the time and date setting interface to set the values.

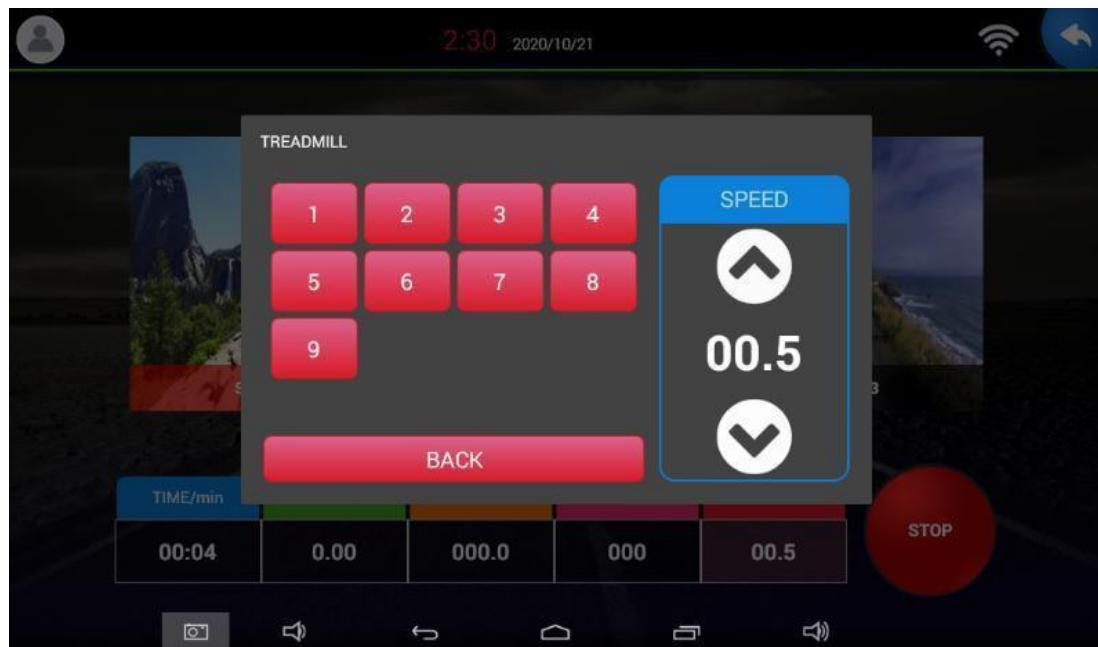
3.3 Start the treadmill



After starting the treadmill, SMART RUN will show the current running mode, and users cannot enter SMART RUN before the motor stops. Start button will change into Stop, press Stop to stop the motor. Press INCLINE or SPEED to change the incline and speed values.

Note: If your treadmill has no incline function, the interface of incline change cannot be shown.

3.4 Speed change interface



Press the corresponding numbers on the left to change the speed directly. You can also press the up and lower button to change the speed by 0.1 km/h per press.

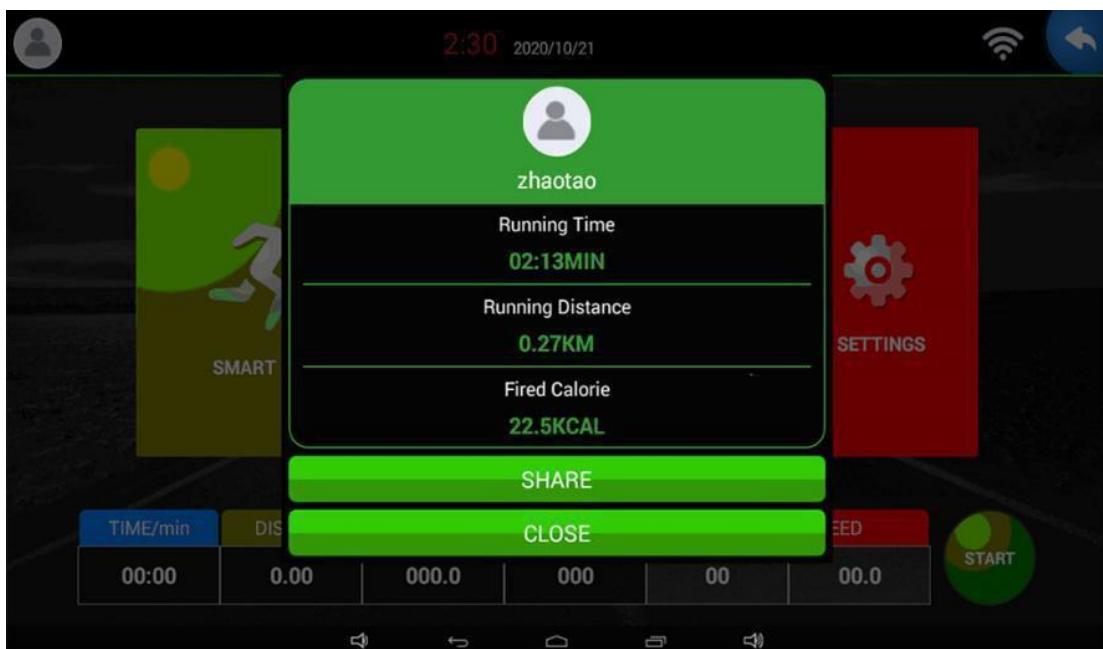
3.5. Intelligent running interface -Cal mode:

Cal default value 50 kilocalories, set the desired value by pressing key + -.



press the right side instant key to set the Cal fast, press the backtrack key to the back main interface. Start the treadmill by press the Start key.

3.6 After running



After running in any mode, users can share the running date via Facebook, Ins or Twitter.

3.7 SMART RUN-TIME MODE

Press  to enter the smart run interface. In this interface, there are six kinds of running mode: time mode, distance mode, Calorie mode, Preset program mode, Customized mode and Heart rate control mode. The default mode is Time mode.

countdown mode, the initial time value is 30 minutes. Press + - to set the target time.



Press the Back icon to return to the homepage, and press start to start the treadmill.

3.8 SMART RUN-DISTANCE MODE

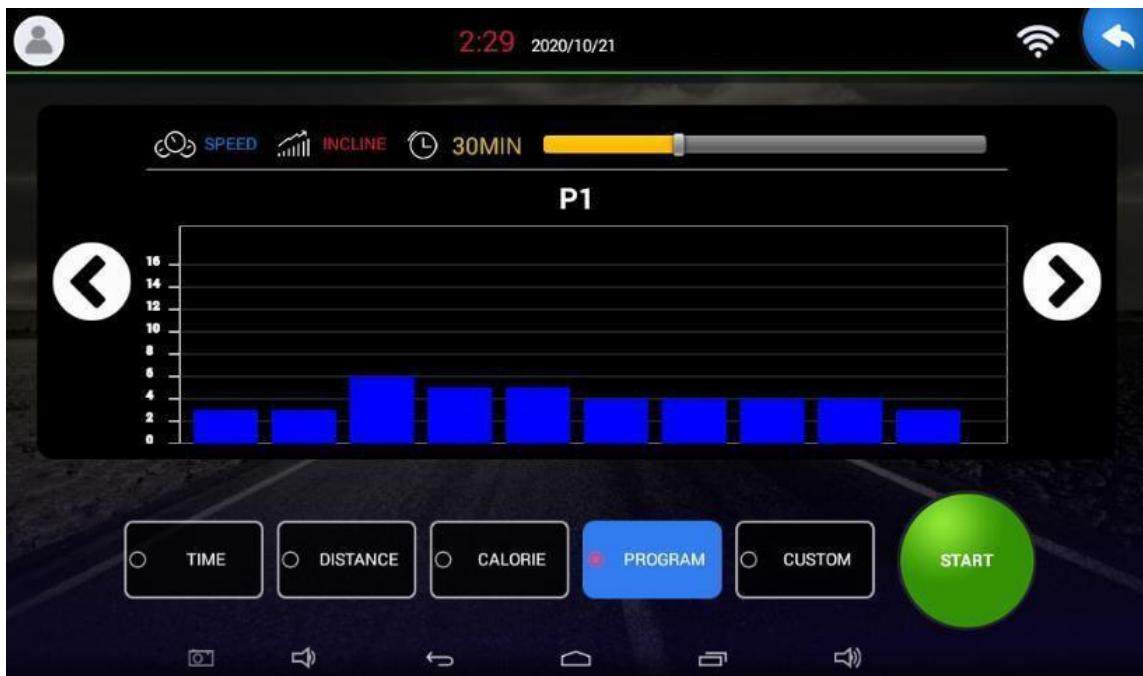
The initial value is 1km, press + - to set the target distance.



Press the shortcut icons to set the value directly. Press Back icon to return to the homepage, and press start to start the treadmill.

3.9 SMART RUN-PRESET PROGRAMS MODE

Here are 6 categories of running modes, each category has 6 intensities. The total program is 36.



Press icons on the left to choose running modes, and press shortcut icons on the right to choose the intensity of each running mode.

Press Back icon to return to the homepage, and press start to start the treadmill.

3.10 SMART RUN-CUSTOMIZED MODE

There are 5 preset customized programs, each program is divided into 10 segments. Users can set the speed and incline value easily by touching the corresponding columns.



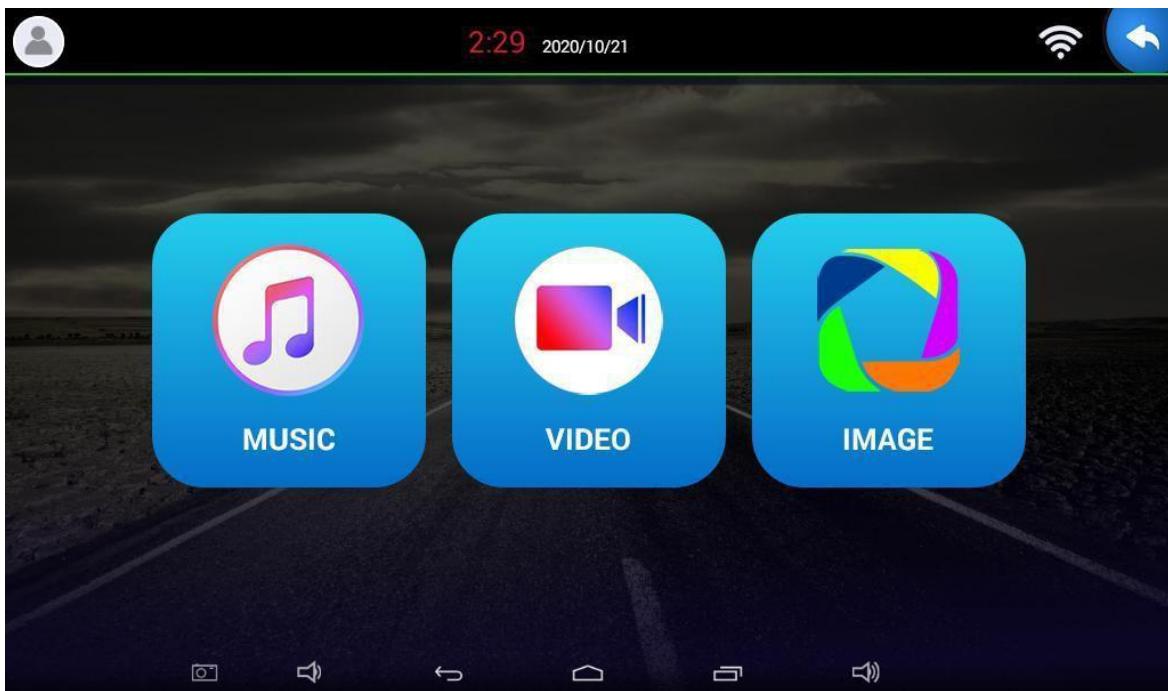
After setting, please press Save to save the data and press start to start the treadmill with the saved values.

Otherwise, the treadmill will start with the last running values.

Note: If your treadmill has no incline function, there will be no incline setting interface, thus the incline value will not be sent. Please set the values according to the actual products.

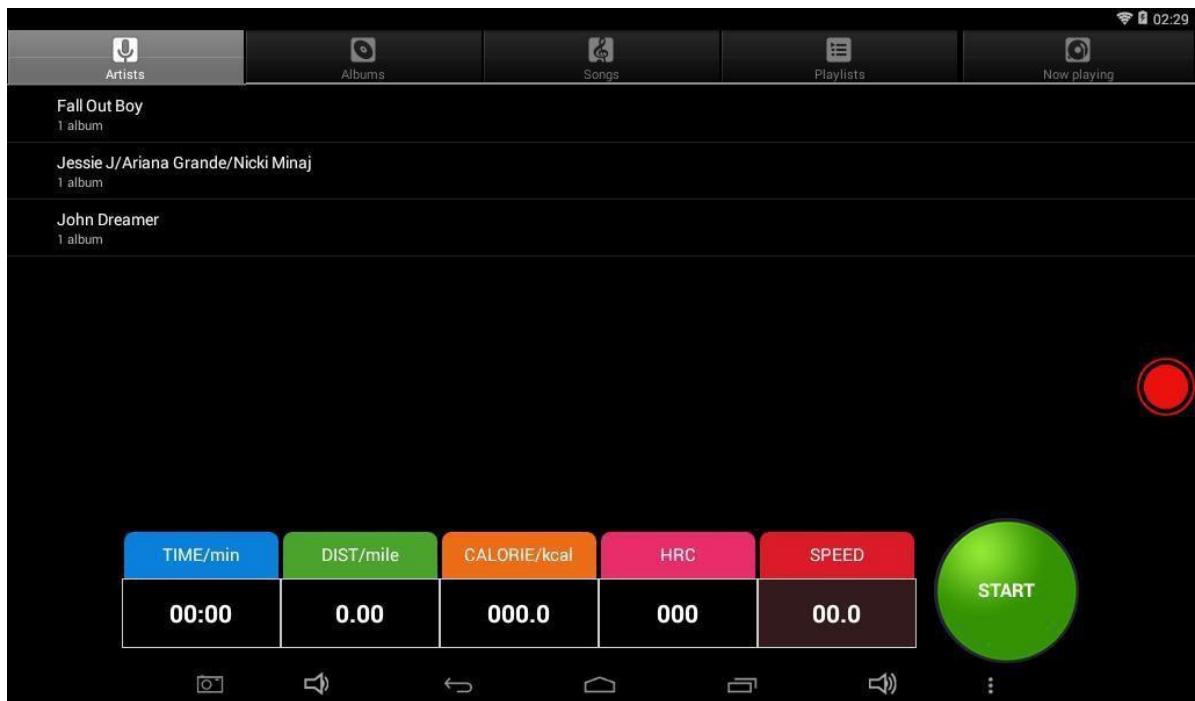
3.11 Media play instructions

Touch multimedia  to enter the following interface.



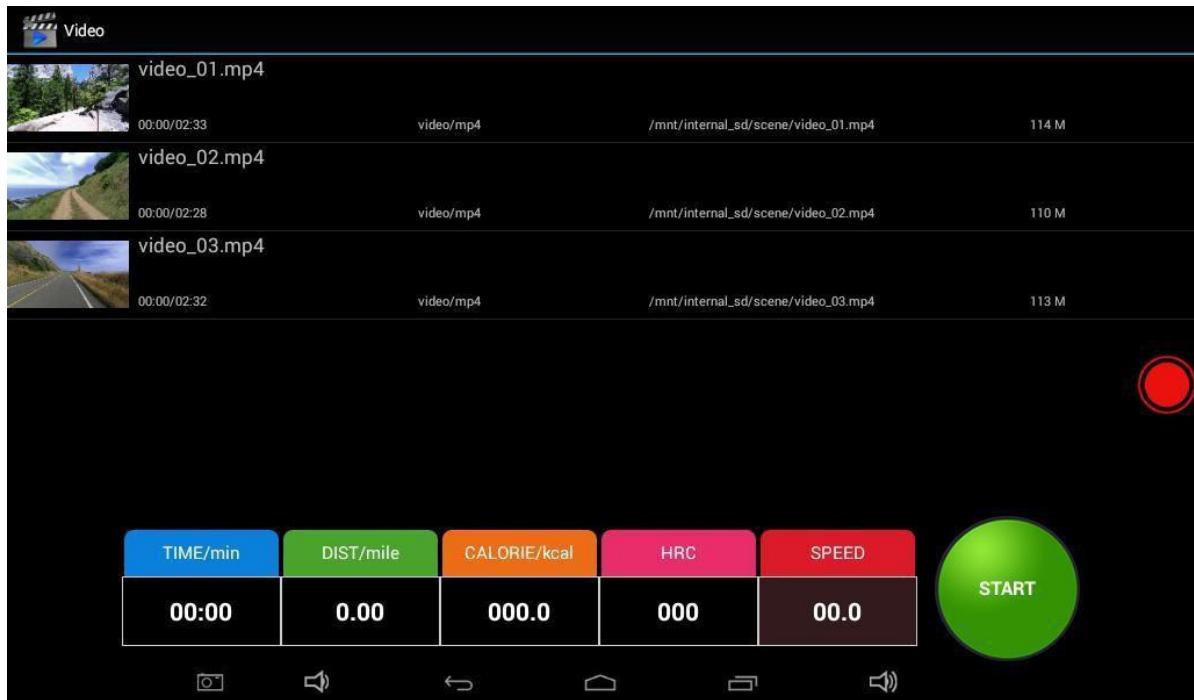
Touch Music, video or picture, the screen will display files in storage and external pen drive. The system will play the files with android system's music player, video player and gallery.

3.12 Music



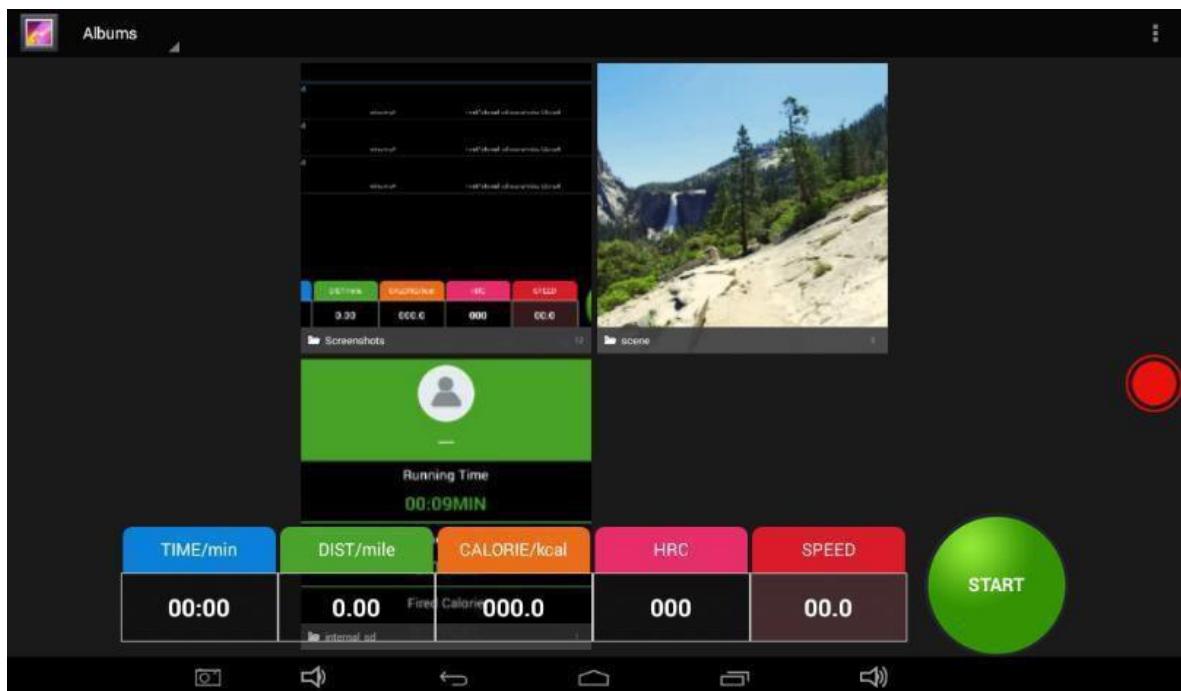
For the convenience of checking running data, we add a status bar on the lower part of the screen. If it affects your operation, you can press the round icon on the right to display or hide the status bar. The round icon can be moved to any position of the screen.

3.13 Video



Note: Please do not delete the downloaded scene videos, otherwise users cannot enter the real scene running mode.

3.14 Gallery



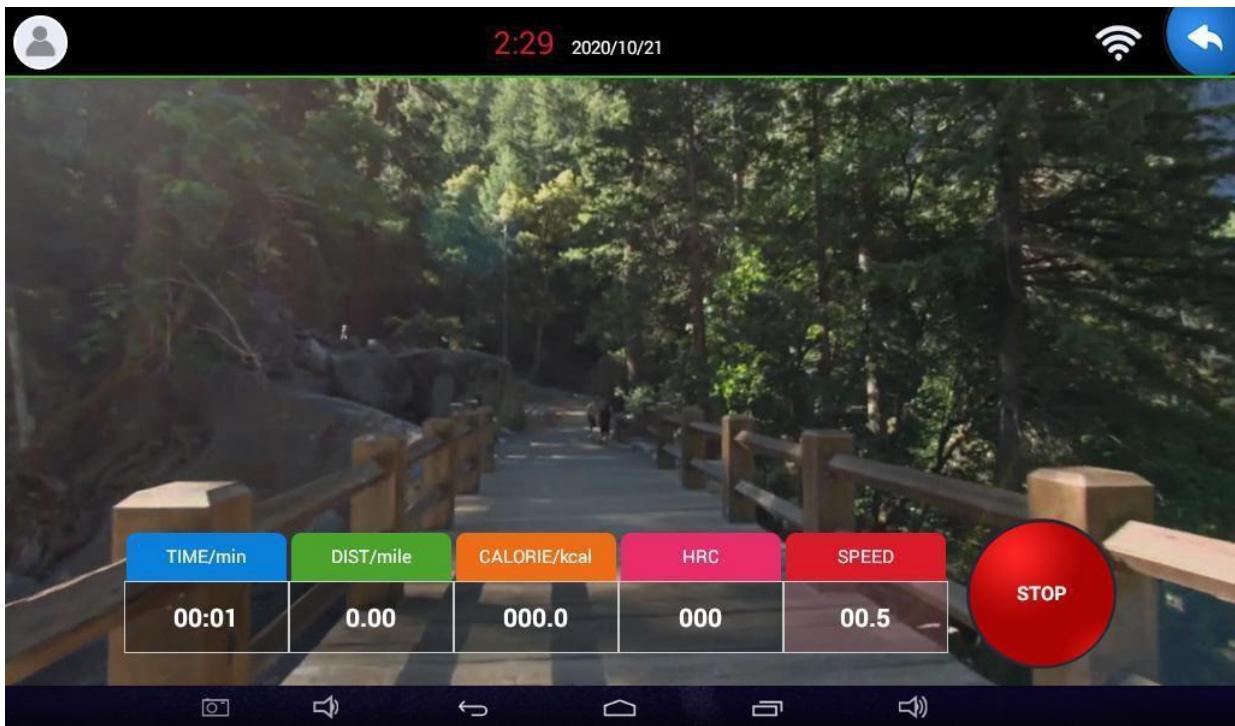
3.15 Scenes

Built-in 3 HD exercise scenes, users can enter the scene by pressing .



Users can choose one scene and the press start to start the treadmill.

3.16 Scenes- After start:



If you start with other modes, when enter scenes, it will display the scene the same as last time automatically. You can press the back button to change the scenes.

3.17 APPS



Touch APPS to enter the following interface. Pre-installed and downloaded app will be shown on this page. If you want to install other app, please enter the app in the file manager, press the APP on the right side, then press the app that you Want to install to finish the installation.



Press the corresponding icons to enter the application. Press the icon for a long time to uninstall the application.

System preinstalled applications cannot be uninstalled.(System memory is 500 M, remaining memory is 500 M,

Download other APP! is not recommended !)

3.18 Setting



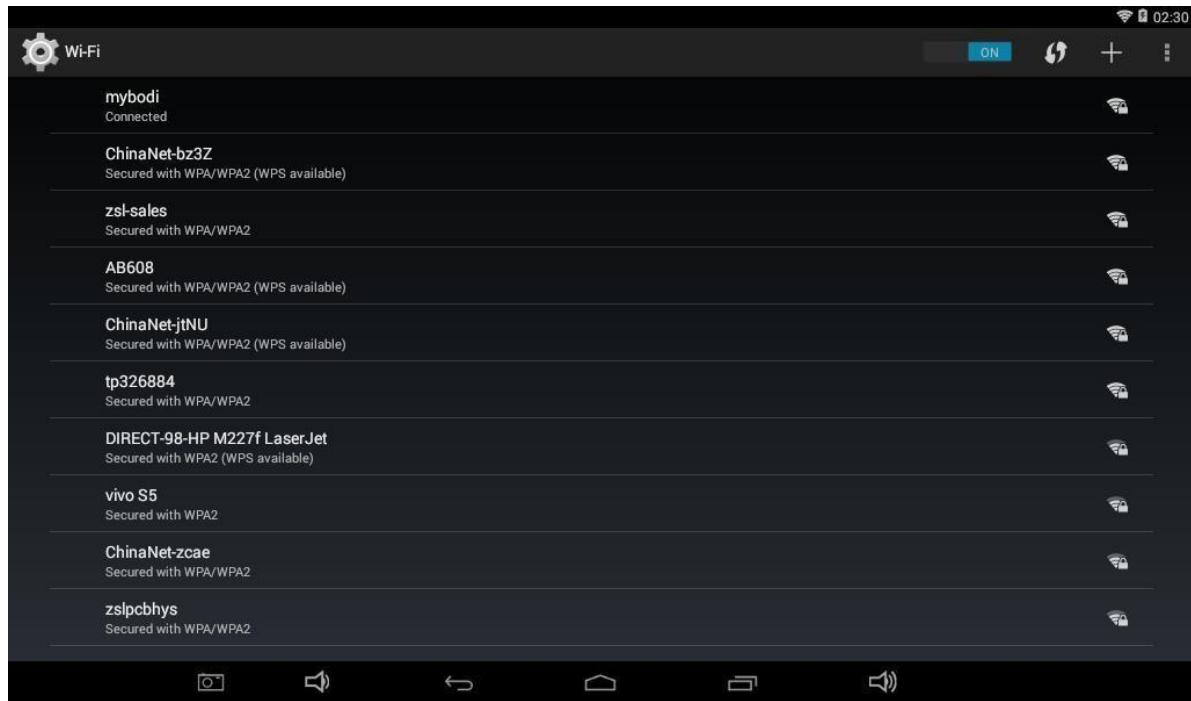
There are 10 function modules in system setting.



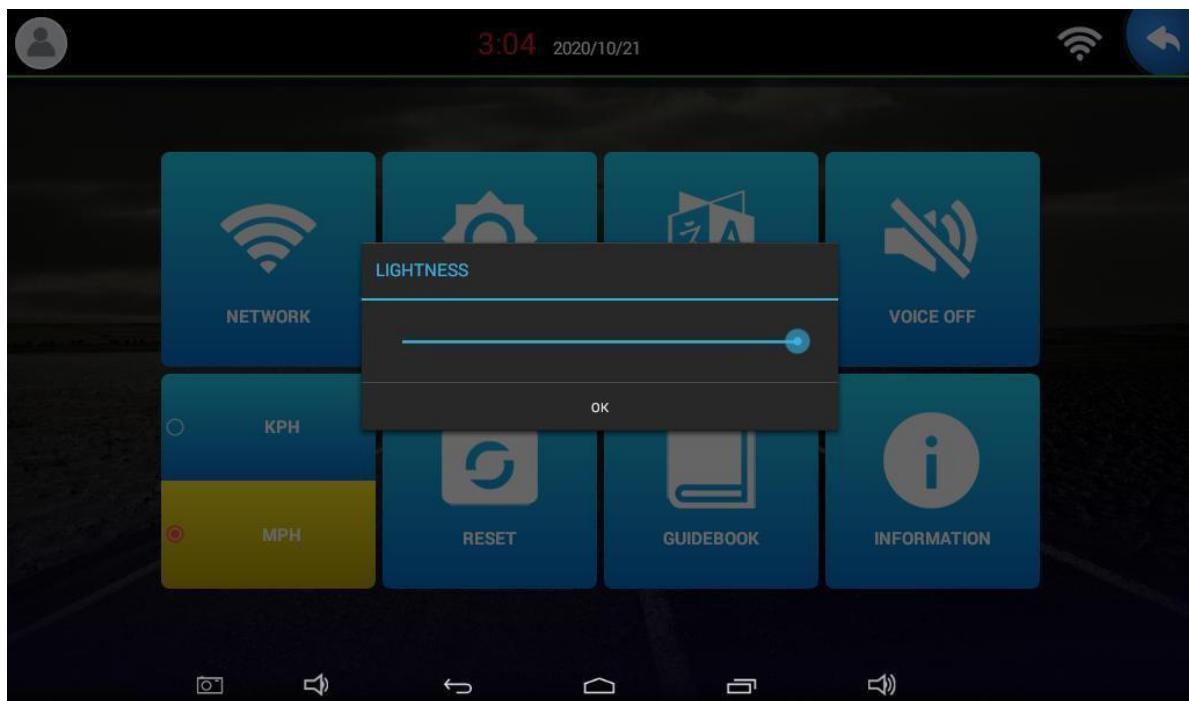
3.19 Internet setting: Support with

WIFI Notice:

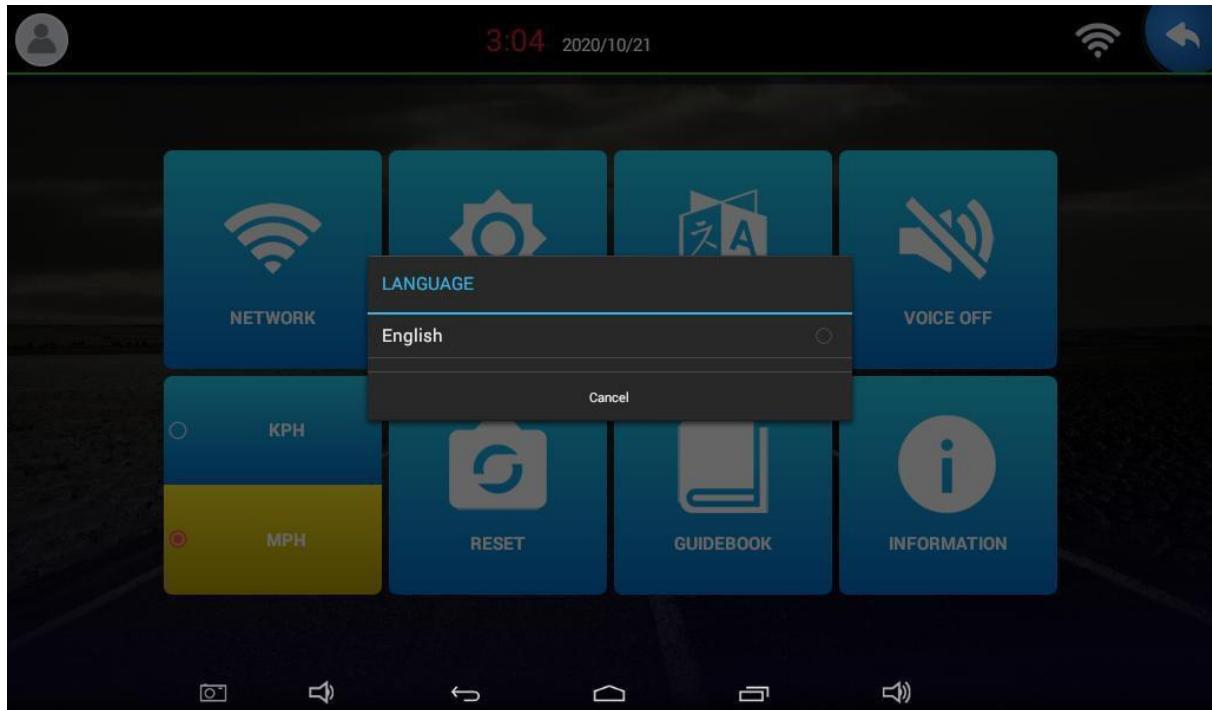
As the shell of the machine is thick, the router is better to be within 10 meters from the treadmill, the closer, the better. According to the settings of the router, users may not be able to connect the WIFI if there are too many connections on the same signal. It may be necessary for users to disconnect the WIFI on some devices, like cellphones and iPad.



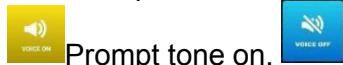
3.20 Brightness: Set the brightness of the screen



3.21 Language: Only English version can be selected.



3.22 Prompt Tone: Turn on or turn off the prompt tone.



Prompt tone on.



Prompt tone off.

3.23 km/h and m/h



KPH



MPH

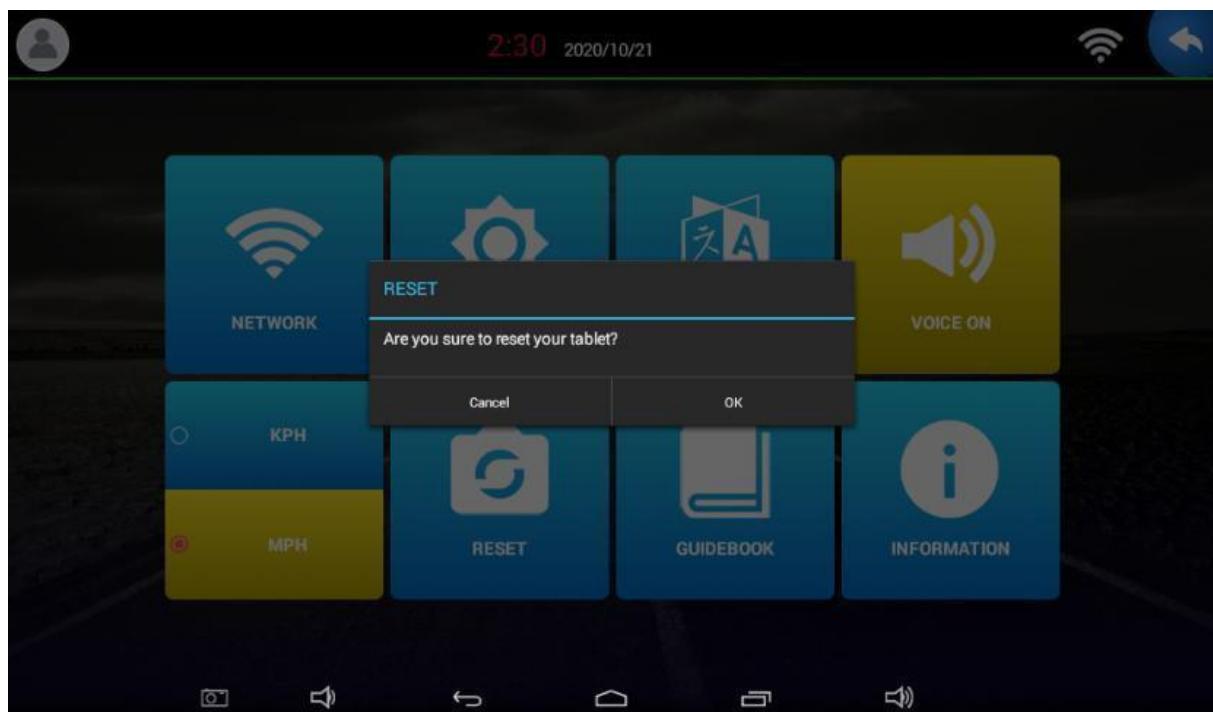


KPH

MPH

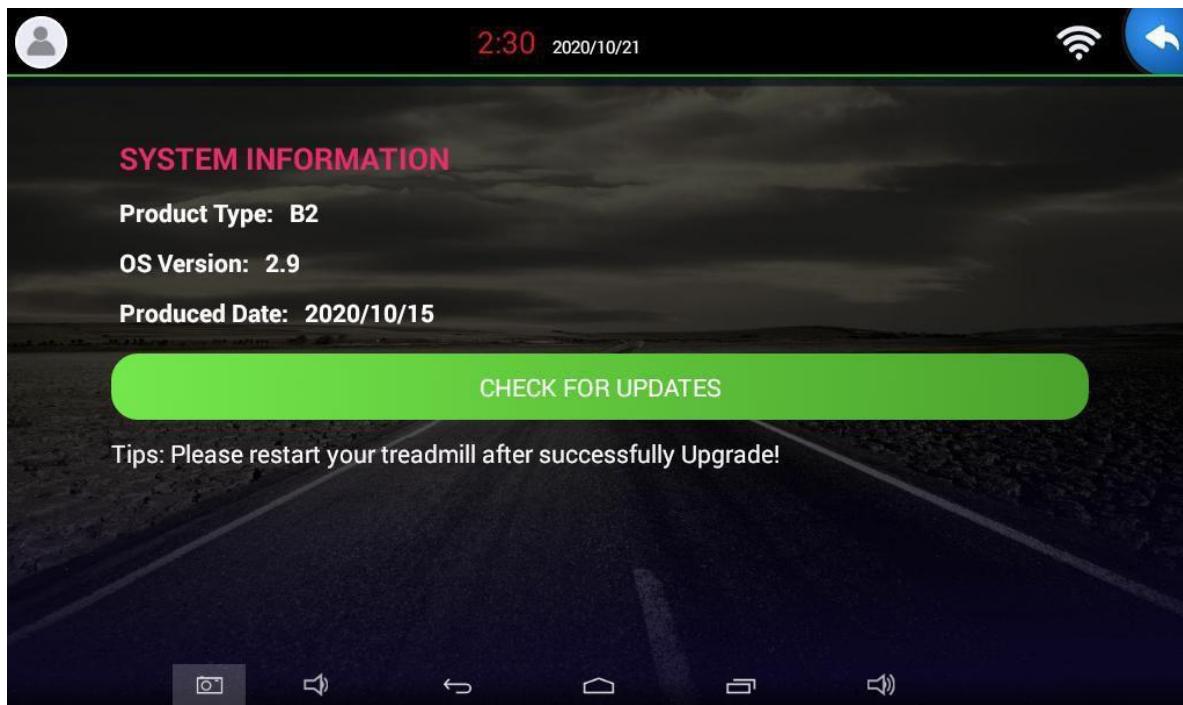
note: unit cannot be changed when the treadmill is working, the icons will be dark

3.24 System reset: Restore factory settings



When users install too many apps, it may lead to an unstable system. Users can restore system settings.

3.25 System info: Display the version number and update it on the cloud.



3.26 Main function description

3.26.1 Fast start(manual mode):

In standby mode, put the safety key, press the start button and the treadmill starts running with the slowest speed after 3 seconds of countdown. Touch speed +- or press speed shortcut keys to adjust the speed, and touch incline +- or press incline shortcut keys to adjust the incline. And users can press the stop button or disconnect the safety key to stop the treadmill.

Countdown mode(Time mode, distance mode, calorie mode):

In standby mode, choose the model you want, set the value and press the start button. The treadmill will start with the slowest speed after 3 seconds of countdown. Touch speed +- or press speed shortcut keys to adjust the speed, and touch incline +- or press incline shortcut keys to adjust the incline. When the value displays on the screen becomes 0, the treadmill will gradually stop. And users can press the stop button or disconnect the safety key to stop the treadmill.

3.26.2 Heart rate detection

Hold the heart rate sensor on the right and left handle, the screen will display users' heart rate after 5-15 seconds.

The heart rate value is only a reference for exercise intensity, it cannot be considered as medical data.

1.1 Media play operations

This machine is supportive of external input: such as U disk and external audio input. Please ensure that the power amplifier function is not in mute condition before playing music or other audio documents.

3.26.3 Safety key function:

Under any conditions, the treadmill will stop when the safety is disconnected and the screen will display corresponding prompt information. Reconnect the safety key, the screen will return to the main interface.

Failures and trouble shooting

1. No display on the screen:

- A. Check to make sure the power plug is properly plugged, the switch is turned on and the fuse on the controller is not blown.
- B. Check to make sure that the four-core connector is wellconnected.
- C. Check to make sure that the signal line between console and controller is wellconnected.

2. No detection of heart rate or disordered display:

- A. Check to make sure the handle heart rate sensor is fixedtightly.
- B. Make sure to hold the handle tightly with bothhands.
- C. Please wash your hands and keep the hand palms moist.

3. Unable to start the motor:

- A. Check to make sure that all the cables are wellconnected.
- B. Observe the error code displayed on the screen.

4. Error Code Meaning

Error code	Error description	Problem solving
E01	Communication abnormal between PCB and console	Check to make sure that the wire between controller and console is fully plugged in. Change the cable between controller and console if it's broken.
E02	No connection of motor	Checks the motor cables are fully plugged in on the terminals of the controller.
E03	No signal from speed sensor	Check to make sure the speed sensor is properly installed and in good condition. Change the speed sensor if it's broken.
E04	Incline self learning	It will be cleared after the self-study finish.
E05	Over-current protection	Please check if the running belt is too tight or need to apply oil.
E06	Malfunction of driver or motor	Check and replace the driver if it's broken. Check and replace the motor if it has a burnt smell.
E07	Misplace of safety key	Put the safety key in the right position.
E08	Internal communication error	Check if the internal cable of the console is loose or broken. Make sure it is connected properly.
E09	Other problems	Please contact your dealer.

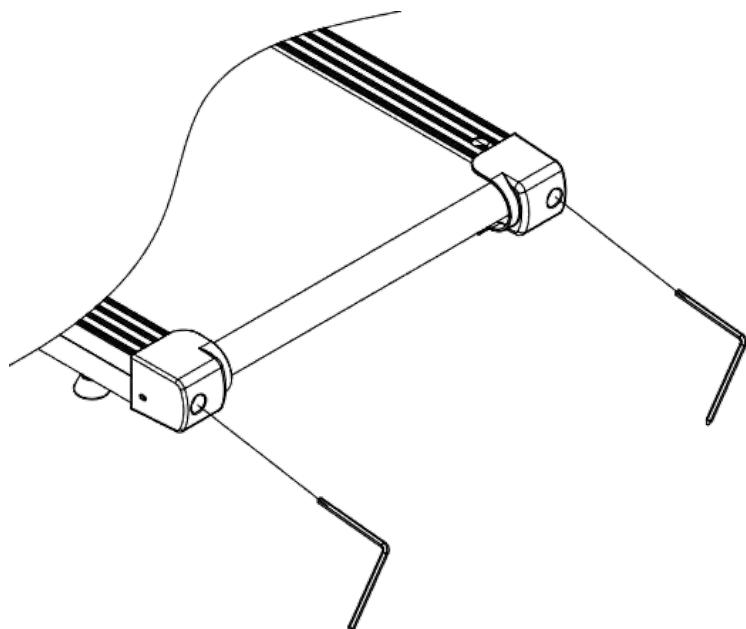
Appendix: Preset 36 kinds of programs.

Program		Set time/10 =Running time of each period									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED(MPH)	1.9	1.9	3.7	3.1	3.1	2.5	2.5	2.5	2.5	2.5
P2	SPEED(MPH)	1.9	1.9	2.5	2.5	3.1	3.1	3.1	3.1	3.7	3.7
P3	SPEED(MPH)	1.2	2.5	3.7	5.0	4.3	5.0	5.0	3.7	1.2	1.9
P4	SPEED(MPH)	1.9	1.9	3.1	3.7	4.3	3.7	3.7	3.1	2.5	1.9
P5	SPEED(MPH)	1.9	3.7	3.7	3.7	5.0	4.3	4.3	4.3	3.1	3.1
P6	SPEED(MPH)	1.2	3.7	3.1	2.5	5.0	4.3	4.3	3.1	1.9	1.9
P7	SPEED(MPH)	1.2	5.0	5.0	4.3	4.3	3.7	3.7	3.1	1.9	1.2
P8	SPEED(MPH)	1.2	2.5	2.5	2.5	3.1	3.7	3.7	5.0	5.0	3.7
P9	SPEED(MPH)	1.2	2.5	3.1	3.1	3.7	3.1	3.1	3.7	1.9	1.9
P10	SPEED(MPH)	1.2	3.1	4.3	3.1	5.0	3.7	3.7	3.1	1.2	2.5
P11	SPEED(MPH)	1.2	3.1	3.7	4.3	5.0	5.0	5.0	5.0	3.1	1.9
P12	SPEED(MPH)	1.2	1.9	3.1	3.7	5.0	3.7	3.7	5.0	3.7	3.1

Program		Set time/10 = Running time of each period									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED(KPH)	3	3	6	5	5	4	4	4	4	3
P2	SPEED(KPH)	3	3	4	4	5	5	5	6	6	4
P3	SPEED(KPH)	2	4	6	8	7	8	6	2	3	2
P4	SPEED(KPH)	3	3	5	6	7	6	5	4	3	3
P5	SPEED(KPH)	3	6	6	6	8	7	7	5	5	4
P6	SPEED(KPH)	2	6	5	4	8	7	5	3	3	2
P7	SPEED(KPH)	2	8	8	7	7	6	5	3	2	2
P8	SPEED(KPH)	2	4	4	4	5	6	8	8	6	2
P9	SPEED(KPH)	2	4	5	5	6	5	6	3	3	2
P10	SPEED(KPH)	2	5	7	5	8	6	5	2	4	3
P11	SPEED(KPH)	2	5	6	7	8	8	8	5	3	2
P12	SPEED(KPH)	2	3	5	6	8	6	8	6	5	3

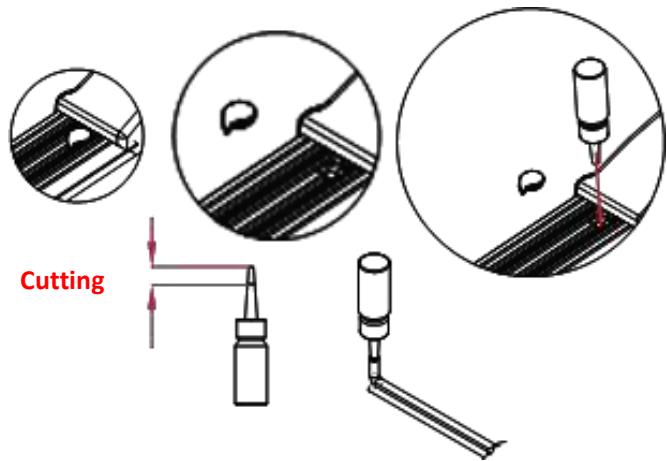
Running Belt Adjustment Method

1. When running belt lean to the left, adjust screw on the left 1-2 turns along the clockwise. Then test running, if the running belt still leans to the left, repeat the above steps until it back to the center.
2. When running belt lean to the right, adjust screw on the right 1-2 turns along the clockwise. Then test running, if running belt still lean to the right, repeat the above steps until it back to the center.
3. When running belt is too tight, it will cause stronger resistance. Please adjust both sides screw 1-2 turns along the anticlockwise, loosen the belt until the skidding or pausing is disappeared.
4. When running belt is too loose, please adjust both sides screws 1-2 turns along the clockwise.



5. Treadmill Lubricant

After using the treadmill for a while, lubricants should be injected. Before injecting the lubricant, please open the lubricant decorative cover on the front side of the left side-rail, that is close to the motor cover, use a scissor or knife to cut away the cover of the lubricant bottle, then inject lubricant oil to the treadmill according into the picture as below.

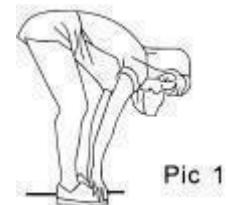


Warm-up exercise

Warm-up and soothing exercise: A successful exercise program must include warm-up, aerobic and soothing exercises. The number of exercises will be at least two or three times a week, and one day after the exercise, you can increase the number of exercises to four to five days after a few months. Warm-up is an important part of your fitness. Warm-up before each exercise. A warm warm-up can prepare your body for more intense exercise because warm-up can help muscles warm and stretch. Improves blood circulation, increases pulse, and delivers more oxygen into the muscles. After the aerobic exercise, repeated warm-up exercises can also reduce muscle soreness. We recommend the following warm-up and soothing exercises.

1. Stretch down:

The knees are slightly curved, the body slowly bends forward, let the back and shoulders relax, and the hands touch the toes as much as possible. Hold for 10-15 seconds and then relax. Repeat 3 times



2. the tendon stretch:

Sit on a clean cushion, straighten one leg, and then put the other leg inward so that it fits snugly against the inside of the straight leg and try to touch the toe with your hand. Hold for 10-15 seconds and then relax. Repeat 3 times for each leg.



3. The calf and heel are stretched:

Hold the wall with both hands or stand with one foot behind, keep the hind legs upright, and the heels touch the ground and tilt toward the wall. Hold for 10-15 seconds and then relax. Repeat 3 times for each leg.



4. Quadriceps stretching:

Grasp the balance with your left hand or the table, then extend your right hand back and grab the right heel and slowly pull it toward your hips until you feel the muscles in front of your thighs. Hold for 10-15 seconds and then relax.

Repeat every leg.



Pic 4

5. The sartorius muscle (muscle inside the thigh) stretches:

The soles of the feet are opposite, the knees are seated outwards, and both hands grasp the feet and pull toward the groin. Hold for 10-15 seconds and then relax. Repeat 3 times.



Pic 5

FCC Caution.

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.

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

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.

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

MADE IN CHINA