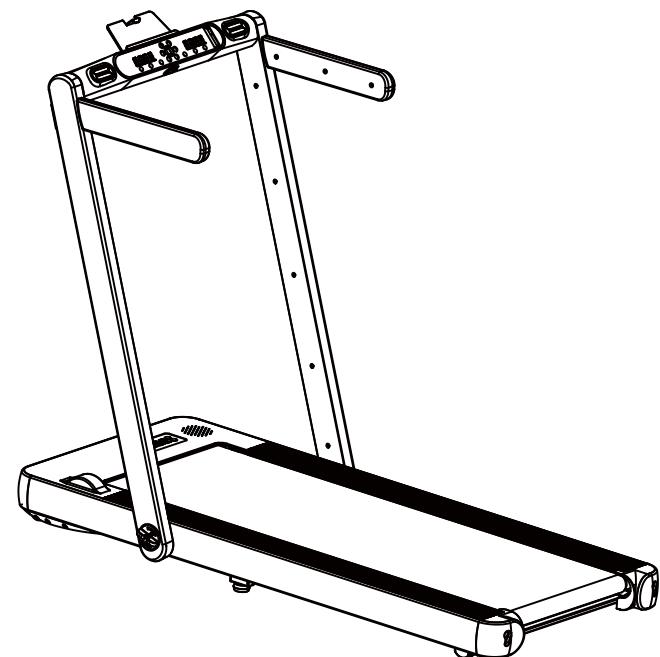


OWNER'S MANUAL

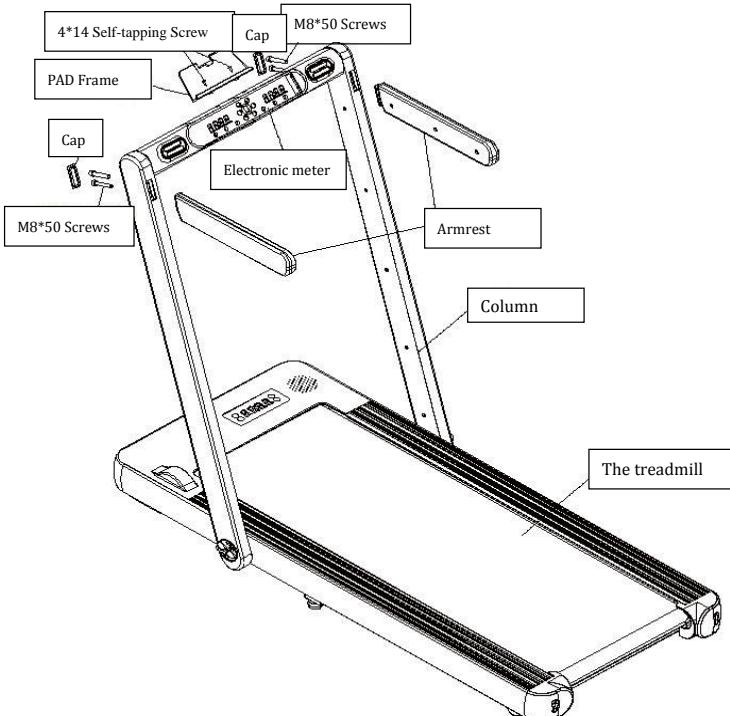


Installation instructions

Table of installed parts

No.	Part name	Quantity
1	Treadmill	1
2	Column	2
3	Electronic meter	1
4	Armrest	2
5	PAD Frame	1

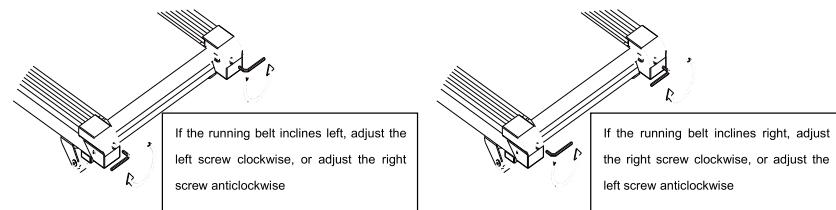
The structural drawing of the installed machine



Installation steps

- 1) Open the package, take out the assembly materials and parts from the box, and lay the main machine flat on the ground;

- 2、 The electronic treadmill shall operate at the speed of about 3.5km/h.
- 3、 If the running belt inclines left, turn the left adjusting bolt clockwise for 1/2 circle, and then turn the right adjusting bolt anticlockwise for 1/2 circle.
- 4、 If the running belt inclines right, turn the right adjusting bolt clockwise for 1/2 circle, and then turn the left adjusting bolt anticlockwise for 1/2 circle.



Warranty Instructions

Our series treadmills can be repaired for free and provided with corresponding accessories free of charge in case of normal use and non-human damages during the warranty period. The parts for maintenance will be provided after the warranty period is expired at preferential prices. Refer to the warranty card of treadmill for details.

Important Information

The warranty card is attached to each treadmill, and filled in by the dealer. Parts are replaced for free within the warranty period. We will not bear any liability for any fault caused by incorrect installation, incorrect use or part replacement by customers themselves. In addition, the warranty is not allowed by the persons not authorized by us for repair. The resulted maintenance costs shall be borne by customers themselves. During maintenance, users must show the warranty card, and the warranty is invalid without the warranty card.

This product is for home use only and our company shall not assume any responsibility for any problems caused by commercial use. Contact the local dealer for any maintenance service.

surface must be wiped by the wet cloth soaked in soap. Attention should be paid to that the water cannot be splashed on electrical components and under the running belt.

Warning: Unplug the power plug of electronic treadmill before removing the protection cover of motor. It is necessary to open the protection cover of motor once a year at least for dust collection of motor, cleaning of running belt and application of lubricating silicone oil.

Lubricating silicone oil has been applied between the running board and the running belt of the electric treadmill. The friction between the running belt and the running board has a great influence on the service life and performance of the electric treadmill, therefore, lubricating silicone oil must be applied regularly. We recommend that the running board be checked regularly. If the running board is damaged, please contact our customer service center.

We recommend that lubricating silicone oil be applied between the running belt and the running board of the electric treadmill according to the following schedule:

Lightweight users (use less than 3 hours per week): once every 6 months

Middleweight users (use 3-5 hours per week): once every 3 months

Heavyweight users (use more than 5 hours per week): once every 1.5 months

We recommend that you buy lubricating silicone oil from a local distributor or contact our company directly.

Maintenance Instructions

It is recommended to shut off the power supply after continuous use of 2h, and use it after 10min to better maintain your electronic treadmill and prolong its service life.

If the running belt is too loose, slipping may occur while running; and if it is too tight, motor performance may be weakened, and rollers and the running belt will be worn more severely. If the running belt is proper in tension, lift both sides of the running belt with hands to the place about 50-75mm away from the running board.

Running Board Lubrication

- 1、 We have mentioned above that the running board shall be lubricated in good time but not excessively, and appropriate amount of lubricant is preferred. Remember: Reasonable lubrication is an important factor to extend the service life of treadmill.
- 2、 To check whether more lubricant is required, lift the running belt, touch the center of the running belt back with a hand to the greatest extent. The hand stained with silicone oil (wet slightly) shows no more lubricant required. If the running board is dry and no silicone oil is stained on the hand, the lubricating silicone oil shall be added.
- 3、 Steps to apply the lubricating silicone oil on running board:
 - a. Adjust the treadmill to operate at a low speed of 1km/h;
 - b. Lift the treadmill sideways, pull up the running belt, and then drop silicone oil between the running board and the running belt, and then lay the treadmill flat, operate the treadmill at a speed of 1km/h to evenly apply the silicone oil, and lightly step on the running belt at the right side of treadmill from left to right. After keeping 8-10min approximately, the silicone oil will be completely absorbed by the running belt.

Running Belt Tension Adjustment

Running belts shall be adjusted before all treadmills are delivered and during installation. However, looseness may occur after use for a while. For example, the exerciser stops or slips while running. In case of stop or slipping, the adjusting bolts of the running belt shall be adjusted left and right synchronously clockwise for half a circle as the unit. (Reverse operation anticlockwise to tighten the running belt) If the running belt is too loose, slipping may occur on running belt and rollers after stepping on the running belt. However, too tight running belt is not allowed, which will increase the motor load easily, and damage motor, running belt, rollers, etc.

Running Belt Alignment

- 1、 The electronic treadmill shall be placed on the flat ground.



2)Loosen the knob, lift up the column, turn the column to the limit angle, and fasten and fix the column knob. Use the supporting socket head wrench for fastening if the hand screw is relatively tight.



3) Fasten and fix the armrest with the column by 4 M8*50 screws, and cover the cap



4. Fasten and fix the PAD frame with the corresponding holes on the electronic watch by two 4*14 self-tapping screws.



5. Put the safety switch on the corresponding position, power on and operate the treadmill



6. The column is laid flat with the frame (as shown in the picture below) to achieve a maximum speed of 6km/h.



Product introduction

1. Packing list

No.	Name	Quantity	Note
1	Complete treadmill (Treadmill, Column, Electronic meter)	1 set	
2	subassembly (Armrest, PAD Frame)		
3	Accessory package	1	See attached list
4	Specification, certificate	Each one	

2. Attached Table (Accessories Package List):

No.	Name	Quantity	Note
1	6mm hexagon key	1	
2	Security key	1	
3	Dual-purpose screwdriver	1	
4	Silicone oil	1	30ml
5	M8*50 inner hexagon cylindrical head Screw	4	
6	ST4*14 Self-tapping Screw	2	
7	Cap	2	The armrest and the column are connected with the rear cover

Above contents are only for reference. Consult professionals for specific circumstances.

Clothing

You need proper shoes. Running shoes or gym shoes are recommended. In the meantime, foreign matters are forbidden on the shoe soles. It is necessary to avoid foreign matters on the running belt to wear the running board and running belt. The clothing comfortable and suitable for exercise is required, and cotton breathable sportswear is recommended.

Stretching Exercise

It is the best for stretching exercise first for walking at any speed. Warm muscles allow easier stretching. Therefore, you should walk for 5-10min first for warm-up. Then, stop and take stretching exercise as per the following methods - 5 times, and 10s or more after taking the exercise with each leg, which shall be repeated after the exercise is ended.

1. Stretching downwards

With knees slightly bent, slowly bend forward, relax your back and shoulders, and touch your toes as much as possible with hands. Keep for 10-15s. Then, relax. Repeat for 3 times for each leg.

2. Hamstring stretching

Sit on a clean cushion, and stretch a leg. Draw back the other leg inwards, so that it is close to the inside of the stretched leg. Touch toes as much as possible with hands. Keep for 10-15s, and then relax. Repeat for 3 times for each leg.

3. Lower leg and tendo calcaneus stretching

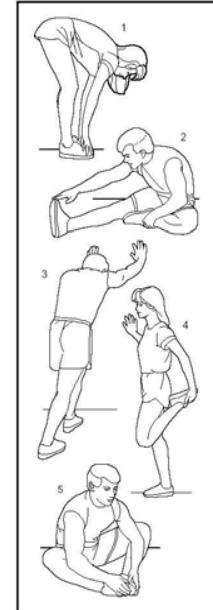
Hold on a wall or a tree to stand with hands, with a foot behind. Keep the rear leg upright and the heel down to the ground, and incline towards the wall or the tree. Keep for 10-15s, and then relax. Repeat for 3 times for each leg.

4. Quadriceps stretching

Keep balance while holding on a wall or a desk with the left hand. Then the right hand stretches backwards and grasp the right ankle towards the buttock slowly until you feel the tension of the upper thigh muscle. Keep for 10-15s, and then relax. Repeat for 3 times for each leg.

5. Sartorius (muscle of inner thigh) stretching

Each sole of the foot is opposite to each other. Sit with knees outwards. Hold the feet with hands and pull them towards the groins. Keep for 10-15s, and then relax. Repeat for 3 times.



Safety Precautions for Exercise

Consult professionals before exercise. The professionals will recommend your exercise frequency, exercise intensity, and exercise period suitable for your age and physical condition. Please stop immediately once feeling chest distress or chest pain, irregular heartbeat, shortness of breath, dizziness or other discomfort during exercise! Consult professionals first before continuing the exercise.

Maintenance Guide

Warning: Unplug the power plug of electronic treadmill before cleaning or maintenance.

Cleaning: Thorough cleaning will largely extend the service life of electronic treadmill.

Dust shall be regularly removed to keep the parts clean. Exposed places at both sides of the running belt must be cleaned, which will reduce the impurities accumulated below the running belt. Clean sports shoes shall be guaranteed, and it is necessary to avoid foreign matters on the running belt to wear the running board and running belt. The running belt

directly contact us to assign a professional for replacement.

- 4、The treadmill is used indoor, and cannot be used outside. The site to place the treadmill shall be clean and flat. Attention shall be paid to moisture-proofing and not to putting the treadmill on a thick carpet, etc. to avoid the ventilation below the treadmill. The electronic treadmill is dedicated and cannot be refitted and used for other purposes.
- 5、Do not wear over-sized clothing during exercise to avoid any accident after the clothing is entangled on the electronic treadmill. Running shoes or gym shoes with rubber soles are recommended.
- 6、Please do not remove the protection cover randomly. The power cord must be first pulled out first to remove the protection cover for maintenance.
- 7、Children are not allowed to be close to the electronic treadmill in use to avoid danger.
- 8、Provided that you use the treadmill for the first time, bear in mind that you shall hold the armrests with your hands and leave them after feeling comfortable.
- 9、If the electronic treadmill accelerates suddenly or its speed is increased automatically and constantly due to any defect of the electronic meter system, immediately unplug the safety lock on the electronic meter. The electronic treadmill will stop at once.
- 10、If failing to stop due to electronic system fault, hold the armrests at both sides with hands quickly, simultaneously jump out of the walking area, step on the edgings at both sides with feet, turn off the power in time, and notify the after-sales service personnel.
- 11、Pull up and put away the power cord if not using the electronic treadmill.
- 12、Minors should be accompanied by an adult when exercising on the electronic treadmill.

Exercise Recommendations and Guidelines

Provided that you use the electronic treadmill for the first time, it is necessary to read the followings:

Preparations

You shall know your physical condition to make an appropriate exercise plan before exercise. It is recommended to consult the doctors or professionals to twice the result with half the effort.

Before using the electronic treadmill for the first time, stand aside first to familiarize the ways to control it: start, stop, speed adjustment, etc., and then use it after knowing it well. Then, stand on the plastic anti-skid plates at both sides of the treadmill, hold on the armrests with hands, enable the treadmill at a low speed of 1.6-3.2km/h, stand up straight, look to the front, "climb" on the running belt for several times with one foot, try To relax, and then stand on the running belt for exercise. In case of sensory adaptation, increase the speed to 3-5km/h slowly. Keep such speed for 10min approximately, and then slowly stop the treadmill. Operation at a high speed is not allowed for initial use to prevent falling.

Exercise

Walk for 1km at the fixed pace, and record the period cost. It will probably spend 15-25min. While walking at the speed of 4.8km/h, it may cost you 20min for 1km. You may gradually increase the speed after repeating several times easily, and then you will have good exercise after 30min continuously. Be clear in your mind that do not be impatient and such exercise is not a magic which enables you healthy for life but over night before starting the walking exercise program.

Exercise Frequency

Target: 3-5 times/week, and 15-60min each time. It is the best to formulate the exercise schedule based on personal physical state rather than hobbies. You may master the exercise intensity by adjusting speed and exercise duration.

Amount of Exercise

Shortcut - Exercise of 15-20min is a good method to save time. Warm up for 5min at the speed of 4-4.8km/h, and then progressively increase the speed of 0.3km/h per minute until you feel challenging for continuous exercise of 45min at a speed.

Technical Specification

Note: The company reserves the right to modify the products without prior notice.

working voltage	220V-240V 50/60Hz
Maximum user weight	100kg
Overall dimensions	Fold : 1445*681*140 (mm) Unfold : 1350*681*1085 (mm)
Running area	1100*400 (mm)
The weight	35kg
Peak motor power	0.75-2.0HP peak value
Speed range	Switchable between 1.0—6.0km/h or 1.0-12.0 km/h
Functions	walk/run

Description of Main Functions and Features of Treadmill

- I. It has running and walking functions.
- II. F industrial motor, with low noise and large power, provides strong driving force at the maximum speed of 12.0km/h.
- III. High-strength, tensile and anti-static running belt is used.
- IV. Double-layer running board with high strength, high density and high elasticity and rubber shock absorber cushion are used.
- V. A refined oil pipe with wall thickness of 3.0 is used for front and rear rollers, and the taper of 1.5° is set at both ends to allow the automatic reset function of the running belt.
- VI. LED liquid crystal display.
- VII. In order to simply install the treadmill, it is assembled after tightening the turn-knob. The whole set of wires have been connected properly during delivery, and the treadmill can be used after being unpacked and electrified, avoiding the adverse effect on the treadmill due to possible wrong assembly.

Product Instructions

