1. Brief description

Functions of this electronic meter:

·Audio Bluetooth Play Function

· Sport Show APP Function
· Hand-holding Heartbeat Function
· Pedometer Function

The terms used in the instructions are defined as follows:
    ·Parameters of the treadmill: "Speed" value.
    ·Movement parameters: "Distance" value, "Time" value, "Calorie" value.
Exercise Mode: manual, mode, program
Manual exercise mode: The exercise mode that does not set the amount of exercise.
Countdown exercise mode: The exercise mode with a specific amount of exercise
Automatic program exercise mode: Different exercise programs are self-set inside the treadmill. 12 exercise programs are set inside the treadmill.

2. Parameter description

Movement parameters in various exercise modes:
    · Minimum display speed 1km/h
    · Maximum display speed (when folded 6km/h, when erected 12km/h)
    · Maximum exercise time in time mode: 99 minutes
    · Minimum exercise time in time mode: 8 minutes
    · Maximum exercise distance in distance mode: 99 kilometers
    · Minimum exercise distance in distance mode: 1 kilometer
    · Maximum number of calories burned in calorie mode: 990
    · Minimum number of calories burned in calorie mode: 20
    ·（P01—P12）Minimum running time of automatic program: 8 minutes
    ·（P01—P12）Maximum running time of automatic program: 99　minutes

3. KEY FUNCTION DESCRIPTION

Function keys of the key board:

    · Start key   Stop key
    · Program key   Mode key
    · Speed + key   Speed - key
    · 2 speed shortcut key（3,6）

4．KEY FUNCTION AND OPERATION INSTRUCTIONS
  ·Start key/ Stop key---Function description: start /stop the motor operation
    Operation instructions:
    1. when the electronic meter is in in full manual operation mode, press this key to start the motor

E05：indicates that the lower control has detected information prompt of motor over-current protection

Solutions to common problems of E05	The treadmill load exceeds the rated operating current of the motor	It is recommended to operate within the rated operating current range of the motor
	The problem with the assembly structure of the treadmill and the motor causes motor resistance or blockage	Check whether the treadmill is working properly
	The lower control system fails	Replace the lower control for maintenance

E06：Indicates that the lower control has detected an abnormal phenomenon prompt of lower drive power voltage

Solutions to common problems of E06	The supply voltage is too low	Please check whether the power supply line is normal
	The detection circuit of the lower control board fails	Replace the lower control for maintenance

E07 or---：Prompt of improper placement of the security lock of the electronic meter

Solutions to common problems of E07 or ---	The security magnet has fallen away	Please place the security lock in the designated position of the electronic meter
	The security lock system of the electronic meter is faulty	Replace the electronic meter for maintenance

If your treadmill failure is not within the above range, please contact the customer service center of the platform where you purchased this product immediately, and we will certainly provide you a satisfactory service.

X. Description:
Other download and installation functions except for automatic resource update provided by us are not available for this product. Product design may be modified without advance notice as required by product improvement.

XI. Precautions:
1、 Check whether the treadmill is reliably grounded before use.
2、 Check whether the power is loaded first and whether the safety lock is effective before exercise.
3、 In case of any abnormal condition during exercise, the treadmill will be decelerated quickly and stop after pulling off the safety lock.
4、 Contact the dealer for any question about this treadmill. Non-specialized persons are not allowed for disassembly or repair to avoid equipment damage.

Notice for Use

Thank you for selecting our product. Correct use of the treadmill will ensure your safety and convenience. Before using the treadmill, please carefully read the followings:
1、 The power can be connected after confirming that the treadmill is installed completely in line with the installation instructions. Attention should be paid not to blocking the plug of treadmill on the wall when placing it. A space of 0.8m shall be reserved in front for convenient insertion.
2、 A safety space of 0.8m shall be respectively reserved at both sides of the treadmill, and a safety space of 2m (length) * 1m (width) shall be reserved behind the treadmill.
3、 The power cord shall be inserted into the power socket with safe grounding. The power supply of electronic treadmill is dedicated. If the power cord is damaged, purchase it from the dealer, and replace it by a professional, or

When the column is down, the maximum speed can only reach 6km/h, and when the column is erected, the maximum speed can reach 12km/h. When switching between these two operation modes, the treadmill must be stopped first.

P1—P12 program movement diagram（**This is the program diagram of high speed mode. If you enter low speed mode, the speed above 6km will automatically run at 6km**）

Time interval / Program		Set the time /20 periods = the running time of the upper and lower periods																		
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	Speed	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P2	Speed	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	1
P3	Speed	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P4	Speed	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P5	Speed	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P6	Speed	2	4	3	4	5	4	8	7	6	7	8	3	6	4	4	2	5	4	3	2
P7	Speed	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P8	Speed	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P9	Speed	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	Speed	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	Speed	3	4	5	9	5	9	5	5	5	9	5	5	5	5	9	9	8	7	6	3
P12	Speed	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3

DC System Error Message Prompts of the Treadmill

E01：indicates the prompt of abnormal communication between the electronic meter and the electronic control

Solutions to common problems of E01	The communication line of the electronic meter is not connected, broken, or poorly connected	Please reconnect the communication line
	No signal output from the electronic meter	Replace the electronic meter for maintenance
	No signal output from the lower control	Replace the lower control for maintenance

E02：indicates that an abnormal phenomenon is detected between the lower control and the motor

Solutions to common problems of E02	The motor cable is not connected	Please reconnect the motor cable
	There is no voltage output or abnormal voltage output to the lower control motor	Replace the lower control for maintenance
	The motor is defective	Replace the motor

E03：Indicates the prompt of an abnormal phenomenon in the detection speed of the lower control

Solutions to common problems of E03	The PWM drive line of the lower control board fails	Replace the lower control for maintenance

E04：Indicates that the lower control has detected information prompt of motor over-voltage protection

Solutions to common problems of E04	The treadmill load exceeds the rated operating voltage of the motor	It is recommended to use within the rated operating voltage range of the motor
	The motor of the treadmill is abnormal	Replace the motor
	The motor over-voltage detection circuit of the lower control board fails	Replace the lower control for maintenance

operation.

2. when the electronic meter is in the countdown mode setting, press this key to start the motor operation.

3. when the electronic meter is in the state of automatic program setting, press this key to start the motor operation.

4. when the electronic meter is in operation, press this key to stop the motor operation.

· Program/mode key---function description: Selection of the automatic program
Operation instructions:

1. When the electronic meter is in full manual operation mode, press this key to enter the countdown mode setting

2. When the electronic meter is in full manual operation mode, press this key to enter the state of automatic program setting

3. Operation process in standby mode: time countdown - distance countdown - calorie countdown - automatic program selection

· Speed +/- key---function description: Speed value adjustment during operation and parameter value adjustment during parameter setting
Operation instructions:

1. When the electronic meter is in operation, the running speed value can be adjusted

2. Under the parameter setting state, the set parameter values can be adjusted

· Speed shortcut key---function description: Direct selection of the speed value during operation
Operation instructions: When the electronic meter is in operation, press this key to directly select the corresponding speed value

5. DESCRIPTION OF EXERCISE MODE

A、Manual mode function

Enter the manual mode: After the electronic meter is powered on and fully displayed, it enters the initial standby state. At this time, press the start key to enter the operation of manual mode.

Operation description: The initial running speed is 1km/h, and the time and distance windows start counting positively from zero. Press the speed adjustment key to adjust the running speed value.

The exercise time is more than 99:59 minutes, the system does not stop, and the time starts from zero.

B、Countdown mode functions

1. Enter the time countdown mode: In the full manual operation mode, press the mode key and select the time countdown mode. At this time, the time window will display 30:00 minutes and have a blinking display. The required running time can be set by the speed +/- key, the setting range is from 8:00 to 99:00 minutes, and then press the start key to enter the operation of the time countdown mode.

Operation description: When the initial running speed is 1.0KM/H, the time window will start counting down according to the set running time, and the distance and calorie windows will start counting from zero. Press the speed adjustment key to adjust the running speed value. When the countdown of the set time reaches zero, the electronic meter will start to stop running slowly.

2. Enter the distance countdown mode: In the full manual operation mode, press the mode key and select the distance countdown mode. At this time, the distance window will

display 1.0 km and have a blinking display. The required running distance can be set by the speed +/- key, the setting range is from 1.0 to 99.0 km, and then press the start key to enter the operation of the distance countdown mode.

Operation description: When the initial running speed is 1.0KM/H, the distance window will start counting down according to the set distance, and the time and calorie windows will start counting from zero. Press the speed adjustment key to adjust the running speed value. When the countdown of the set distance reaches zero, the electronic meter will start to stop running slowly.

3. Enter the calorie countdown mode: In the full manual operation mode, press the mode key and select the calorie countdown mode. At this time, the calorie window will display 50 and have a blinking display. The required running calories can be set by the speed +/- key, the setting range is from 20 to 990, and then press the start key to enter the operation of the calorie countdown mode.

Operation description: When the initial running speed is 1.0KM/H, the calorie window will start counting down according to the set calorie, and the time and distance windows will start counting from zero. Press the speed adjustment key to adjust the running speed value. When the countdown of the set calorie reaches zero, the electronic meter will start to stop running slowly.

C、Automatic program function
Enter the automatic program: In the full manual operation mode or in the state of mode setting, press the program key to enter the automatic program selection. At this time, the time window will display 30:00 minutes and have a blinking display (The required running time can be set by the speed +/- key, the setting range is from 8:00 to 99:00 minutes), and then press the start key to enter the operation of the automatic program.

Operation description: The automatic program is divided into 20 segments, the speed value of each segment runs according to the preset value of the automatic program. The running time of each segment is 1/20 of the set time, and the time window will start counting down according to the set running time, and the distance and calorie windows will start counting from zero. Press the speed adjustment key to adjust the running speed value. When the program runs to the next segment, the speed will be automatically adjusted to the preset value of the next segment. When the countdown of the set time reaches zero, the electronic meter will start to stop running slowly.

7、Body Fat Test Function Description
Start the body fat test setting: In the setting state of initial standby state or mode, press the program button to select to set the body fat test (press the program button again to set the body fat test FAT under the P12 automatic program setting state).

Setting instructions of body fat test: In the setting state of body fat test, the speed window shows the parameter function (F-X), and the distance window shows the set value. Press the speed +/- key to adjust the set value, and press the mode key to select to set the next item.

Gender (F-1) setting for the first item: initial value: 1 (setting range: 1-2, 1 for male and 2 for female)
Age (F-2) setting for the second item: initial value: 25 (setting range: 10-99)
Height (F-3) setting for the third item: initial value: 170 (setting range: 100-220cm)
Weight (F-4) setting for the fourth item: initial value: 70 (setting range: 20-150kg)
Body fat (F-5) setting for the fifth item: initial value: ---
Body fat test: When the setting is completed, start the fifth item - body fat test, with initial display of "---". At this time, hold the hands on the hand-holding heartbeat test steel sheet for about 5s to show the body fat test index.

Body fat index description: The body lipid index measures the relationship between the height and the weight of a person, and it is applicable to providing the basis of weight adjustment for any male or female with other health indexes. The ideal body fat index shall be between 20 and 25. If the index is less than 19, the person has the light weight. If the index is between 26 and 29, the person is overweight. If the index exceeds 30, the person is fat (Note: such data is only used for reference instead of medical data).

8、Hand-holding Heartbeat Function Declaration
Hand-holding heartbeat function test method: Palms of both hands are respectively attached to the steel sheets of the left and right armrests, and the person naturally holds the armrests on both sides. After about 5s, the LCD heartbeat display window will show the initial value of heartbeat. Keep holding with both hands statically, and the heartbeat display window will show the variable data slowly. After 30s, the data is close to the currently actual value of heartbeat. Hand-holding heartbeat function instruction: Irregular heartbeat data will occur in case of the following situations:
1. If the hand-holding force is too large during the hand-holding test. Keep the force appropriate.
2. While running, the contact will constantly change when holding the hand-holding heartbeat armrest for test at the same time. To test the hand-holding heartbeat, it is recommended to stop exercise, stand on two edges with both feet, and hold with hands statically.
3. If the hand is dry or cold, or if the palm skin is particularly thick.
Note: The hand-holding heartbeat test data can be only used for exercise reference instead of medical data due to detection modes and many influence factors

9、Description of the sleep function
When the tadmill stops running without any operation for more than 10 minutes, it will enter the sleep state, the LED display and related indicator light will automatically turn off, press any key to wake up the electronic meter. After full display, it will re-enter the initial standby state.

10、Description of the security lock function
In normal use, the security lock shall be placed in the designated position of the electronic meter before you can operate the electronic meter. When removing the security lock, LED display window of the electronic meter will display "---". If the security lock is removed in the running state, the system will shut down quickly, and all movement data will be cleared after closing the safety lock again.

11、Audio Bluetooth and Bluetooth APP Function Description
After the electronic meter is powered on, in the standby state, turn on the bluetooth in the phone settings, click "Search" to find out the name of bluetooth (similar to "FS-DFDFA-A"). Click the name of bluetooth, and then connect the bluetooth to play the songs in the phone. For speed control by APP, download and open the Sport show APP. After entering the APP interface, click "Search" to find out the name of bluetooth and click "Device connection". After connection, operate the treadmill through APP.

12、Description of the speed switching function

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.

The device has been evaluated to meet general RF exposure requirement. The device can be u sed in portable exposure condition without restriction