BOTORRO®

BOTORRO-R7
TREADMILL
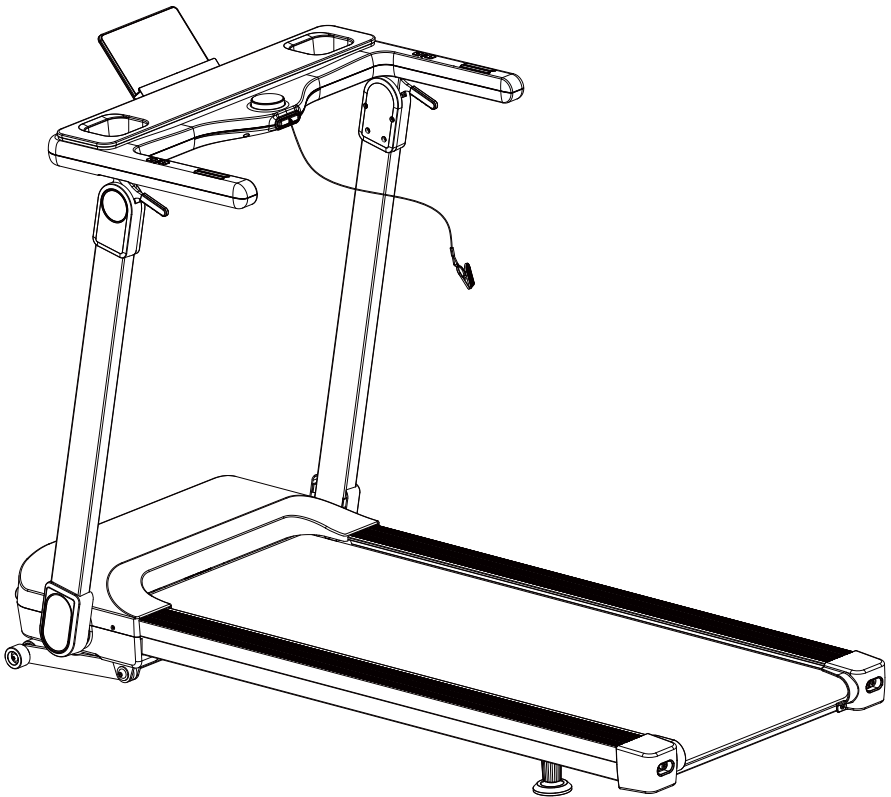
User Manual

NO.	NAME	Qty.
A01	Lifting Frame Component	1
A02	Left Frame Component	1
A03	Left Column Component	1
A04	Right Column Component	1
A05	Display Basement Component	1
A06	Folding Handlebar	2
A07	Sideline Fixing Panel	6
A08	Motor Fixing Panel	2
B01	Motor Fixing Aluminum Base L	1
B02	Motor Fixing Aluminum Base R	1
B03	Front Roller Set	1
B04	Back Roller Set	1
B05	Left Pulse Iron Clip	2
B06	Right Pulse Iron Clip	2
B07	Small Lifting Frame Sleeve	2
B08	Spring	2
B09	T Sleeve	2
B10	Ground Copper Sheet	1
B11	Spring Clip	2
B12	Allen Wrench	1
C01	Display Panel	1
C02	Upside Cover of Display	1
C03	Downside Cover of Display	1
C04	Raster	1
C05	Outside Decorative Cover of Left Column	1
C06	Outside Decorative Cover of Right Column	1
C07	L Decorative Cover of Inner Column	1
C08	Upside Motor Cover	1
C09	Downside Motor Cover	1
C10	Downside Column Decorative Cover	2
C11	Left Rear End Cap	1
C12	Right Rear End Cap	1
C13	Handlebar Rubber Sleeve	2
C14	Running Belt	1
C15	Sideline	2
C16	Safety Key	1
C17	Black Cushion Pad	6
C18	Transportation Wheel	4
C19	Black Cushion Pad	4
C20	Middle Buffer Pad	2
C21	Upside Ipad Holder Cover	1
C22	Downside Ipad Holder Cover	1
C23	Rubber Cushion of Ipad Holder	1
C24	Anti-slip Rubber Cushion of Ipad Holder	1
C25	Ipad Holder Socket	1
C26	Inner Column Decorative Cover R	1
C27	Foot Pad Assembly 2	2
C28	Foot-pad Sleeve	2
C29	Soft Foot-pad Sleeve	2
C30	Button	1
C31	Button	1
C32	Button	2

NO.	NAME	Qty.
E07	Safety Key Connection Cable	1
E08	Upside Cable of Pulse Detector	1
E09	Downside Cable of Pulse Detector	2
E10	Upside Cable of Incline Shortcut Button	1
E11	Downside Cable of Incline Shortcut Button	1
E12	Upside Cable of Speed Shortcut Button	1
E13	Downside Cable of Speed Shortcut Button	1
E14	Incline Motor	1
E15	Running Board	1
E16	Power Cord	1
E17	Power Switch	1
E18	Power Socket	1
E19	Overload Protector	1
E20	Magnetic Core	1
E21	AC Cable	2
E22	AC Cable	1
E23	AC Cable	1
E24	AC Cable	1
E25	Grounding Cable	1
E26	Grounding Cable	1
E27	Motor	1

NO.	NAME	SIZE	Qty.
C33	Safety Key Basement	-	1
C34	Plastic Gasket	-	2
C35	Multi V-belt	-	1
C36	Rubber Pad	-	4
D01	Hexagon Thin Nut	M10	2
D02	I Hexagon Fixing Nut	M6	6
D03	I Hexagon Fixing Nut	M8	2
D04	I Hexagon Fixing Nut	M10	4
D05	Hexagon Socket Head Screws	M10*65	1
D06	Hexagon Socket Head Screws	M10*45	1
D07	Hexagon Socket Head Screws	M10*40	2
D08	Hexagon Socket Head Screws	M10*20	2
D09	Hexagon Socket Head Screws	M8*40	2
D10	Hexagon Socket Head Screws	M8*15	4
D11	Hex Socket Countersunk Head Screw	M8*45	4
D12	Hex Socket Countersunk Head Screw	M6*25	6
D13	Hex Socket Head Cap Screw	M8*55	2
D14	Hex Socket Head Cap Screw	M6*55	2
D15	Hex Socket Head Cap Screw	M6*20	2
D16	Hex Socket Head Cap Screw	M6*12	13
D17	Cross Recessed Pan Head Self-tapping Self-Drilling Screws	ST4.2*12	11
D18	Cross Recessed Pan Head Screws	M5*10	4
D19	Cross Recessed Pan Head Screws	M5*8	4
D20	Cross Recessed Pan Head Self-tapping Self-Drilling Screws	ST4.2*12	36
D21	Cross Recessed Pan Head Self-tapping Self-Drilling Screws	ST4.2*10	5
D22	Cross Recessed Pan Head Self-tapping Self-Drilling Screws	ST3.5*10	4
D23	Cross Recessed Pan Head Self-tapping Self-Drilling Screws	ST3.5*8	4
D24	Cross Recessed Pan Head Tapping Screws	ST2.9*8	10
D25	Cross Recessed Pan Head Tapping Screws	ST2.9*8	2
D26	Cross Recessed Pan Head Tapping Screws	ST2.9*6	20
D27	Cross Recessed Pan Head Tapping Screws	ST2.0*6	4
D28	Cross Recessed Countersunk Head Self-Tapping Screws	ST4.2*19	5
D29	Cross Recessed Countersunk Head Self-Tapping Screws	ST4.2*12	10
D30	Cross Recessed Countersunk Head Self-Tapping Screws	ST2.5*5	6
D31	Flat Gasket	Φ10*Φ20*1.5	1
D32	Flat Gasket	Φ8	2
D33	Flat Gasket	Φ6	6
D34	Big Gasket	φ10*φ26*2.0	6
D35	Big Gasket C	φ8*φ22*2.0	4
D36	Internal Serrated Lock Washers	Φ10	2
D37	Internal Serrated Lock Washers	Φ8	2
D38	Internal Serrated Lock Washers	Φ6	1
D39	Internal Serrated Lock Washers	Φ5	2
D40	Standard Spring Washer	Φ8	4
D41	Phillips Pan Head Screw	M5*12	3
D42	Phillips Pan Head Tapping Screw	ST4.2*16	2
E01	Display	-	1
E02	Control Board	-	1
E03	Upside Display Cable	-	1
E04	Downside Display Cable	-	1
E05	Smart Adjustment Knob	-	1
E06	Knob Connection Cable	-	1

IMPORTANT PRECAUTIONS

SAFETY INSTRUCTION

WARNING: **CONSULT YOUR GP BEFORE STARTING TRAININGON THIS DEVICE. SHOULD YOU WANT TO EXERCISE REGULARLY AND INTENSIVELY, THE APPROVAL OF YOUR GP WOULD BE ADVISABLE. THIS IS ESPECIALLY CRUCIAL FOR USERS WITH HEALTH PROBLEMS.**

1. To avoid possible injury, read all instructions and warning labels before using this machine.
2. Use the treadmill solely as described, and subject to all limitation and restrictions.
3. It is the full responsibility of the owner to assure that anyone using the machine is aware of all precautions and is physically and medically capable of using the treadmill without injury.

CAUTIONS

1. We recommend that handicapped people should only use the device when qualified care is present.
2. When using the fitness device, wear comfortable clothing and preferably sports or aerobic shoes.
3. Avoid wearing loose clothing which could get caught in the moving parts of the device.
4. Stop exercising immediately should you feel unwell or if you feel pain in your joints or muscles. In particular, keep an eye on how your body is responding to the exercise program. Dizziness is a sign that you are exercising too intensively with the device. At the first signs of dizziness, lay down on the ground until you feel better.
5. Ensure there are no children nearby when you are exercising on the device. In addition, the device should be stowed in a place that children or house pets cannot reach.
6. Ensure that only one person at a time uses the fitness device.
7. After the sports device has been set up according to operating instructions, make sure all screws, bolts, and nuts are correctly fitted and tightened. Use only attachments recommended and/or supplied by the importer.
8. Do not use a device that is damaged or unserviceable.

9. Always place the device on a smooth, clean, and sturdy surface. Never use near water and make sure there are no pointed objects in the direct vicinity of the fitness device. If necessary, place a protective mat (not included in the scope of delivery) to protect your floor underneath the device and keep a free space of at least 0.5 m around the device for safety reasons.

10. Take care not to put your arms and legs near moving parts. Do not place any material in openings in the device.

11. Use the device only for the purposes described in these operating instructions. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent, or similarly persons in order to avoid a hazard.

12. This type of treadmill is H class C grade household treadmill.

13. Always connect the appliance to a socket with a grounded circuit and no other appliances connected to it. It is recommended not to use any extension cords.

14. When the treadmill is running, there should be no objects within half a meter around the treadmill and two meters directly behind it.

15. If you run too fast, feel too weak, or can't keep up with the rhythm of the treadmill, and suddenly don't want to run and are caught off guard, pull the safety lock, hold the handrail of the treadmill with both hands, and quickly jump to the safety pedal, the safety lock will be released and play the role of emergency stop, convenient and quick to protect the personal safety of the runners.

PROHIBITION

1. Do not use this product if room temperature is above 104 F/40C.
2. Keep all conductive devices away from any liquids.
3. Do not place any items on the treadmill's running belt.
4. Do not allow the ventilation port on the motor cover to be blocked by debris while the machines operating.
5. Regularly check the handrail locks, and do not put your hands on rotatable joints.
6. To avoid damaging the machine, do not put your fingers or any foreign objects into the belt gap.
7. Do not touch the power cord or power switch with wet hands.
8. Do not place the treadmill outdoors or near a water source.
9. Do not place treadmill near electric heaters,stoves, or areas with direct sunlight.

ASSEMBLY INSTRUCTION

Here are the all the parts included as the pictures shows as below. Open the package box and take these parts out:
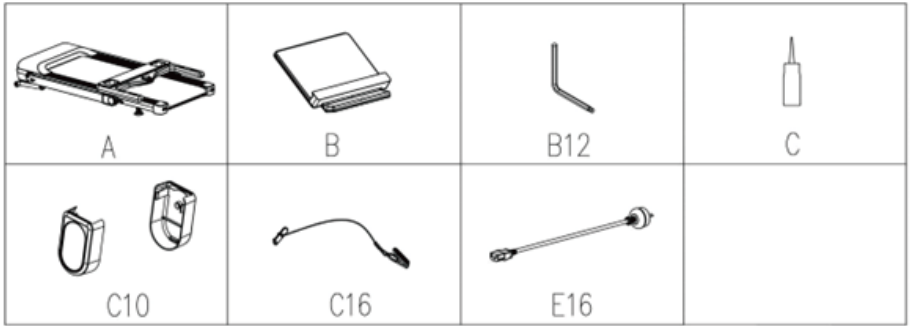
No.	Name	Size	Qty
A	Main Frame		1
B	IPAD Holder		1
B12	Allen Wrench	S5、S6	1
C	Lubricating Oil		1
C10	Downside Column Decorative Cover		2
C16	Safety Key		1
E16	Power Cord		1

ASSEMBLY STEP 1

1.Take the treadmill out from the package box, lie it down on the ground.

ASSEMBLY STEP 2

2.Lift the column up and rotate the column to the maximum angle.
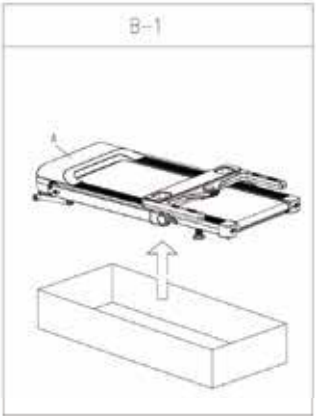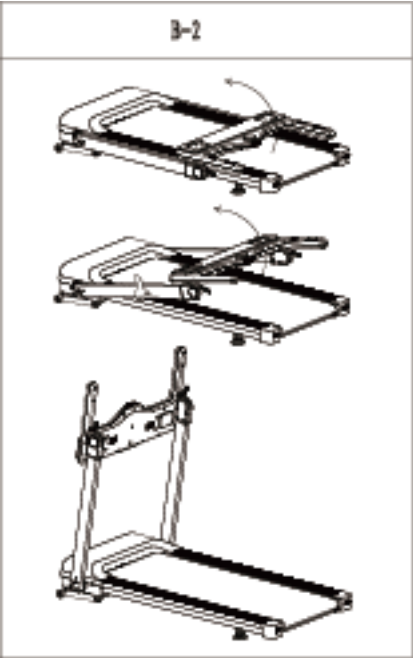
ASSEMBLY STEP 3

3.Use the Allen Wrench (B12) and the Hexagon Socket Head Screw (D11) to fix the Left Column Assembly (A03) and Right Column Assembly (A04).
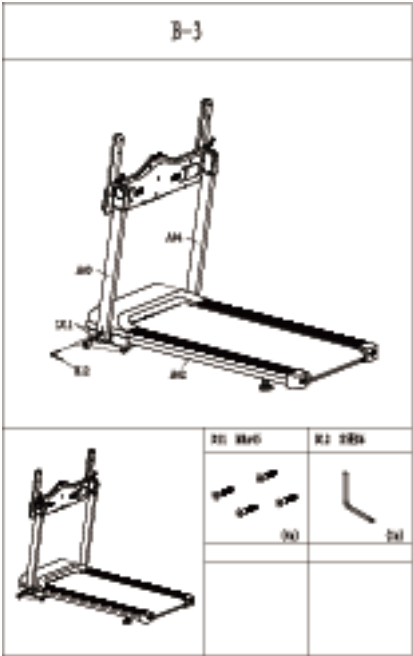
ASSEMBLY STEP 4

4.Attach the Downside Column Decorative Cap (C10) on the Left Column Assembly (A03) and Right Column Assembly (A04).

ASSEMBLY STEP 5

5.Use both hands to press and hold the Folding Handle (A06) at the same time, rotate the Display Panel (A05) in clockwise to the maximum angle. Then release the Folding Handle (A06).
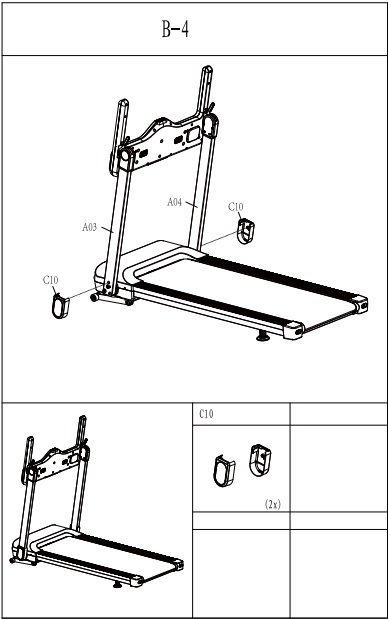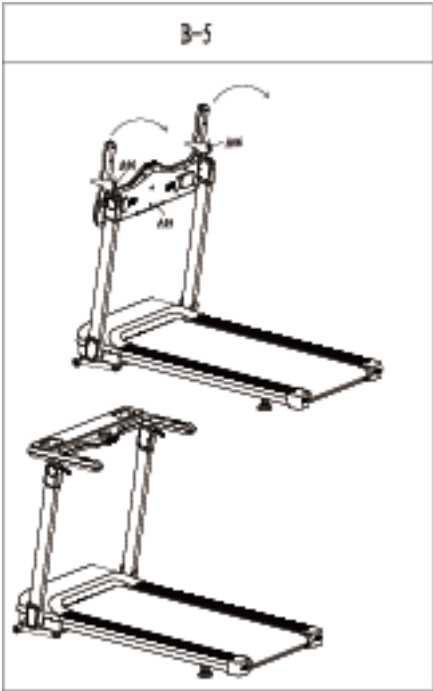
ASSEMBLY STEP 6

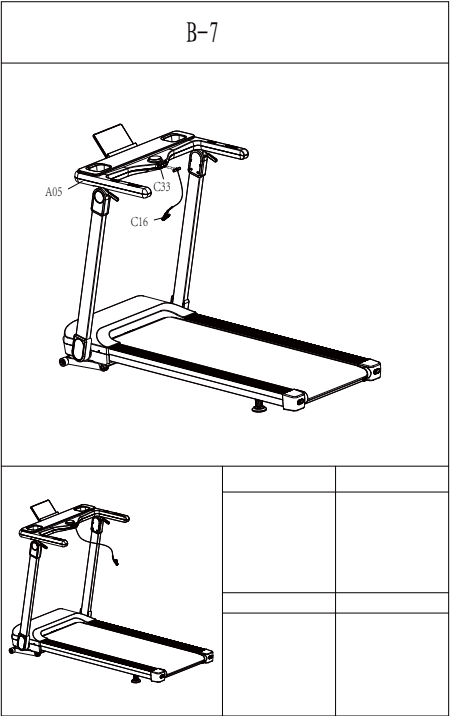6.Insert the IPAD Holder Assembly (B) into the IPAD Socket (C25).
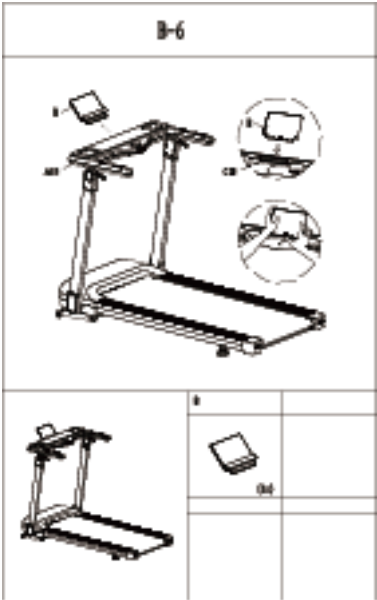
ASSEMBLY STEP 7

7.Attach the Safety Key (C16) on the Safety
Key Base (C53).

MOVEMENT INSTRUCTION

B-7

A05 C33
C16

C-1

TECHNICAL PARAMETERS

Product Dimension	62.05*30.3*45.67in	Rated Voltage	110V
Folding Dimension	62.05*30.3*8.58in	Rated Frequency	60Hz
Running Belt Dimension	51.15*18.9	Continuous Power	1.25HP
Net Weight	122.35lb	Speed	0.6-10mph
Incline	0-18		
3 LED Displays	Speed/Pulse/Time/Incline/Distance/Calorie		

POWER GROUNDING INSTRUCTION

This product must be grounded. In the event of a fault, grounding provides the path of least resistance to the current to reduce the risk of electric shock. This product is equipped with a power line equipment grounding conductor and grounding plug. This plug needs to be inserted into a socket that meets the specifications. If you have related concerns, please first find a professional electrician for inspection or modification. The normal service voltage of this product is 110 V.

Jack

Jack Socket

plug(ground)   (A)
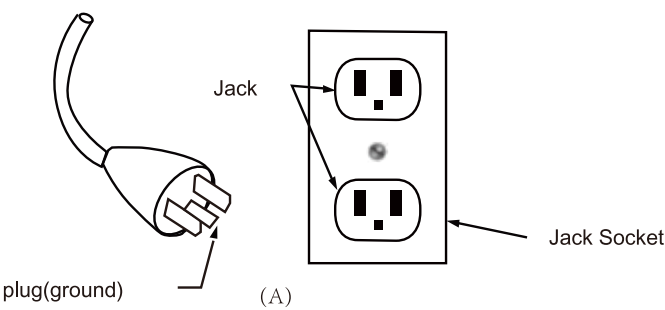
OPERATING INSTRUCTION

DISPLAY OPERATION

(1)'SPEED/PULSE' Section: Under normal circumstances, it shows running speed. (Speed Range: 0.6-10.0 Mph)(Speed Range: 1.0-16.0 Km/H). When trainer is holding the pulse sensor handle, the system detects the pulse of trainer and shows on this section. Pulse Range: 20-200/Min. (This date is for reference only which can not be used as medical data.)

(2)**'TIME/INCLINE' Section:** When showing the training time, it counts up from 0:00-18:00 hours. When reaching the maximum range the time counting resets but the treadmill keeps going. Countdown decreases from the setting time to 0, the maximum setting time is 99 minutes which is shown with Minute and Second, such as '99:00'. When reaching 0:00, the section shows 'END' and the treadmill slows down smoothly till completely stop. After 5 seconds the treadmill goes into stand by mode. When showing incline, the incline range is 0-18.

(3)**'CAL./DIS.' Section:** Showing the distance and the calories burnt, switching every 5 seconds. When showing the calories burnt it counts up from 0.0-999. After reaching the maximum range, it resets and counts up from 0. When showing distance it counts up from 0.00-99.9. After reaching the maximum range, it resets and counts up from 0:00. Countdown decrease from the setting time to 0, when reaching 0:00, this section shows 'END' and the treadmill slows down smoothly till complete stop. After 5 seconds the treadmill goes into stand by mode. Under Program Setting Mode, this section shows '
P01-P02-P03-...P14-P15-U1-U2-U3-FAT'.

BUTTON INSTRUCTION

1. SMART ADJUSTMENT KNOB INSTRUCTION

BUTTON FUNCTION

(1)Start/Pause/Stop Function

In standby mode, press the Smart Adjustment Knob to start the treadmill.

During training, press the Smart Adjustment Knob to pause.

In pause mode, press the Smart Adjustment Knob to get back to training.

In pause mode, press the the Smart Adjustment Knob for around 3 seconds to end training.

(2)Rotate the Smart Adjustment Knob to Adjust Speed or Set Values

During training, rotate the knob in clockwise to increase the speed, rotate the knob in anti-clockwise to decrease the speed.

In pause mode/standby mode, rotating the knob won't work.

In program mode/setting mode, rotating the knob to adjust the setting value. Rotate the knob in clockwise to increase the value, rotate the knob in anti-clockwise to decrease the value.

Note: Rotating the knob cannot adjust the incline level in training mode or in setting mode.

(3)Wake-up Function

When the treadmill is in standby mode for over 10mins with no operations, system goes into sleep mode. All screens show nothing. Press the knob or rotate the knob to wake up the system and get into standby mode.

INTERACTIVE INTERFACE

(1) Start/Pause/Stop Function

①All digits shown. (Each time the machine is powered on or the safety key is replaced, all digits will be shown on the screen.)

②Speed is shown during training.

③Distance is shown during training.

| (1) | (2) | (3) |

④Calorie is shown during training.

⑤Training time is shown during training.

⑥Pulse is shown during training. Pulse and incline level are shown on the same screen, the pulse is shown in advance if pulse can be detected. Incline level will be shown if no pulse detected.

| (4) | (5) | (6) |

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⑦In pause mode, the upper screen shows '0', the speed shown on the downside shows '0'. If pulse can be detected. It will show pulse data.
⑧In Stop / Standby Mode, if pulse is detected, it will show the pulse data.
⑨The light of blue-tooth icon is on after blue-tooth is successfully connected. The display of the knob will be off if the safety key is off.

| (7) | (8) | (9) |

2. BUTTON PANEL

(1)MODE: Mode selection button. Press this button to cycle from the selection of '0.0'/ '15:00'/ '1.0'/ '50.0'. ('0.0' is System Default Mode, '15:00' is Time Countdown Mode, '1.00' is Distance Countdown Mode, '50.00' is Calorie Countdown Mode) Under Countdown Mode, rotate the or press SPEED+/SPEED-/INCLINE+/INCLINE- to set the countdown digit. Press the after finish setting to start the treadmill.

(2)PROG: Program selection button. Press this button to cycle from the selection of 'P01-P02-P03-…P14-P15'/ 'U1-U2-U3'/ 'FAT'. ('P01-P02-P03-…P14-P15' are preset programs, 'U1-U2-U3' are programs set by users, 'FAT' is Physical Fitness Test)

(3)SPEED '3,6,9: Speed setting shortcut button.

(4)INCLINE '6,9,12: Incline setting shortcut button.

(5)Speed Adjustment Button of Handlebar: Under Setting Mode, it can adjust the setting digits. After starting, it can be used to adjust the speed. The range of adjustment is 0.1 Mph/time. Speed increases or decreases automatically when the button is pressed and held for over 0.5s.

(6)Incline Adjustment Button of Handlebar: Under Setting Mode, it can adjust the setting digits. After starting, it can be used to adjust the incline. The range of adjustment is 1 Lever/time. Incline increases or decreases automatically when the button is pressed and held for over 0.5s.

(7)Safety Key: Unplug the Safety Key anytime, the machine stops immediately. Attach the Safety Key back on position to reset.

(8)Metric / British System Switching Instruction: Unplug the Safety Key, press 'INCLNES+' and 'SPEED+' buttons on the handle bar at the same time for 5 seconds, the system is ready to switch between Metric/British System. The buzzer emits a sound of "Bi" and the speed section shows the speed. '1.0' for Metric System and and '0.6' for British System.

PS: Press any buttons under any other modes cannot finish the switch.

3. QUICK START

(1)Turn on the power switch, attach the safety key under the correct position on the panel.

(2) Press the Smart Adjustment Knob, the system goes into 3-second countdown and the buzzer makes a sound. The display shows the countdown at the same time. After the 3-second countdown is done, the treadmill start from the speed of 0.6Mph in British system/1 Kmh in Metric system.

(3)Use the Smart Adjustment Knob or speed setting shortcut button to adjust the speed after the treadmill is started. Or use the Incline Adjustment Button and Incline setting shortcut button to adjust the incline level.

4. ADJUSTMENT DURING TRAINING

(1)Rotate the Smart Adjustment Knob in anti-clockwise to decrease the running speed.

(2)Rotate the Smart Adjustment Knob in clockwise to increase the running speed.

(3)Press Speed setting shortcut button to adjust the speed to the corresponding speed directly.

(4)Press INCLINE- to decrease the incline level.

(5)Press INCLINE+ to increase the incline level.

(6)Press Incline setting shortcut button to adjust the incline to the corresponding level directly.

(7)Press down the Smart Adjustment Knob, the treadmill slows down till complete stop.

(8)The display shows the pulse data after trainer holds the Pulse detecting handlebar for over 5 seconds.

5. MANUAL MODE

(1)In stand by mode, press the Smart Adjustment Knob and the treadmill starts from the speed of 0.6 Mph in British system/1.0 Kmh in Metric system. Other screens counts up from 0, rotate the Smart Adjustment Knob or SPEED+/SPEED- to adjust speed. Press INCLINE-/INCLINE+ to adjust incline level.

(2)In stand by mode, press MODE to enter time countdown mode. TIME screen blinks and shows '15:00'. Rotate the Smart Adjustment Knob or press SPEED+/SPEED-/INCLINE+/INCLINE- to set the training time. Setting range: 5:00-99:00.

(3)In time countdown mode, press MODE to enter distance countdown mode. DISTANCE screen blinks and shows '1.0'. Rotate the Smart Adjustment Knob or press SPEED+/SPEED-/INCLINE+/INCLINE- to set the training distance. Setting range: 0.5-99.9.

(4)In distance countdown mode, press MODE to enter calorie countdown mode. CAL screen blinks and shows '50'. Rotate the Smart Adjustment Knob or press SPEED+/SPEED-/INCLINE+/INCLINE- to set the training distance. Setting range:10-999.

(5)After one countdown mode setting is finished, press the Smart Adjustment Knob. The treadmill starts after 3 seconds. Rotate the Smart Adjustment Knob or press SPEED+/SPEED- to adjust the speed, press INCLINE-/INCLINE+ to adjust the incline level. Press STOP the treadmill stops.

6. PRESET PROGRAMS

There are 15 preset programs in the system (P1-P15). In standby mode, press PROG and CAL screen shows 'P1-P15', select the ideal program and enter training time setting, TIME screen blinks and shows the preset time 10:00. Rotate the Smart Adjustment Knob or press SPEED+/-SPEED-/INCLINE+/INCLINE- to set the training time, then press down the Smart Adjustment Knob to start this program.

There are 10 sections in each program, time of each section is setting time/10. When entering next section, the system emits a 'Bi' sound, speed and incline level will change with the program. Rotate the Smart Adjustment Knob or press SPEED+/SPEED- to adjust speed, press INCLINE+/INCLINE- to change the incline level. While speed changes into preset parameter when entering next section. After one program is finished, system emit six 'Bi' sound, the treadmill slows down smoothly till complete stop and shows 'END'. Entering stand by mode 5 seconds later.

7. PROGRAM INSTRUCTION

Each program divides the training time into ten sections averagely, each time period has a corresponding speed.

8. USER DEFINED PROGRAM

Except for 15 preset programs, there are 3 user defined programs which can let trainers set the training program according to personal condition: U1, U2, U3.

(1)User Define Program Setting

In standby mode, press PROG continuously till U1, U2, U3 shows up. TIME screen blinks and shows preset time 10:00. Press MODE to set the program parameters.

Set the first time period, rotate the Smart Adjustment Knob or press SPEED+/SPEED- or press speed setting shortcut button to set the speed. Press INCLINE-/INCLINE+ or incline setting shortcut button the set the incline level. Press MODE to finish setting the first time period and enter the second time period setting, repeat the procedure till all settings of 10 time periods are finished. After the setting is completed, the data will be permanently saved until you reset it next time (This setting only saves the data of speed. At the next startup, the time defaults to 10:00), this data will not be lost due to power failure.

(2)Start User Defined Program

In standby mode, press PROG continuously till U1, U2, U3 shows up. After training time is set, press the Smart Adjustment Knob to start the program.

(3)Note

Each program divides the training time into 10 time periods, MUST finish the setting of speed and training time of 10 time periods before press the Smart Adjustment Knob and start the treadmill.

9. PHYSICAL FITNESS TEST FUNCTION

In standby mode, press PROG till the screen shows 'FAT', then entering physical fitness test function. Press MODE to enter F-1, F-2, F-3, F-4, F-5 interface (F-1: Gender, F-2: Age, F-3: Height, F-4: Weight, F-5: Physical Test). Rotate the Smart Adjustment Knob or press SPEED+/-SPEED-/INCLINE+/INCLINE- to change the parameters of 01-04. (Parameters are shown in the list as below.)

After the setting is finished, press MODE to enter F-5: Physical Test interface. Use both hands to hold the pulse detective handlebar for 2-3 seconds, your physic fitness rating will be shown on the screen. Check if your height and wight match well.

FAT is suitable for any man and woman, and together with other health indicators, it provides a basis for people to adjust their weight. The ideal FAT should be between 20-25. If it is less than 19, it means too thin. If it is between 25 and 29, it is overweight. If it exceeds 30, it is considered obese. (This data is for reference only and cannot be regarded as medical data.)

F-1	Gender	01 Male	02 Female
F-2	Age	10 ----- 99	
F-3	Height	100 ---- 200 (cm)	40 - 80 (inch)
F-4	Weight	20 ----- 150 (kg)	44 - 330 (lb)
F-5	FAT	≤ 19	Too thin
	FAT	=(20 --- 25)	Normal
	FAT	=(26 --- 29)	Overweight
	FAT	≥ 30	Obese

10. LUBRICATION REMINDER INSTRUCTION

(1)Display emits 'Tik' sound every 10 seconds after the treadmill runs for every 188 Miles or 300 Km, the display shows OIL at the same time. When you see this reminder, it means the treadmill needs to be oiled and lubricated. Check Maintenance Instruction on this manual for reference. MUST add the oil on the middle position of the running board.

(2)After oil is added, press and hold the Smart Adjustment Knob for 3 seconds in standby mode, system erases lubrication reminder automatically.

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Setting Value	Original Value	Original Setting Value	Setting Range	Display Range
Time(Min:Second)	0	15 : 00	5 : 00--99 : 00	0 : 00-- 99 : 00
Speed Mph	0.0	0.6MPH	0.6-10.0MPH	0.6-10.0MPH
Incline (Level)	0	0	0-18	0-18
Distance (Metric/British System)	0	1.0	0.5-- 99.9	0.0--99.9
(BPM)	P	/	/	50--200
Calorie (Kcal)	0	50	10-- 999	0-- 999

11. POWER SAVING MODE

This system has power saving mode, with none button being pressed in 10 minutes in standby mode, the system goes to power saving mode. Display turns off automatically. Press any button to wake up the system.

12. POWER OFF

The treadmill can be shut down by turning off the switch under any circumstances, it will not do any harm to the machine.

13. PRECAUTIONS

(1)Check if the power is on before training. Check if the safety key is well-functioned.
(2)If any abnormal situation occurs during exercise, the safety key can be pulled off, and the treadmill will stop quickly. Put on the safety key and the treadmill will enter the standby state again.
(3)If there is any problem with the treadmill, please contact the seller.

14. SIMPLE ERRORS AND TROUBLESHOOTING

(1)The display shows nothing when power is on
A. Check if the overload protector is tripped, if it is tripped, press it.
B. Check the switch, overload protector and wires on the motor, make sure all connection is in good condition.
C. Check if the wires between the display and motor is well connected, check every connect part of the wire between display and motor. Make sure each single wire is well connected. If the wire is not connected well or broken, re-connect the wire or replace the wire.

(2)'E01' - Caused by overloading, restart the machine.
(3)'E02' - Hardware overload, power off and restart the machine.
(4) 'E03' - Shut the machine off for 30mins, and restart the machine.
(5)'E04' - Low input voltage or control board failure.
(6) 'E05' - High input voltage or control board failure.
(7) 'E06' - Replace the motor or control board.
(8) 'E07' - Power off and restart the machine.
(9) 'E08' - Replace the motor or control board.
(10)'E09' - Add oil under the running belt or replace the control board.
(11) 'E10' - Add oil under the running belt or replace the control board/motor.
(12)'E11' - Replace the motor or control board.
(13)'E12' - Replace the control board or the display control board with wires assembly.

STARTING GUIDANCE

PREPARATION
Before using the treadmill, stand next to it and familiarize it with the controls of starting, stopping and speed adjustment before you use it. While you are preparing to use the treadmill, do not stand on the running belt. Straddle the running belt by placing your feet on both side rails of the treadmill deck. Place your foot on the belt only after the belt has begun to move at a consistent slow speed.During exercise , keep your body and head facing forward at all times. Never attempt to turn around on the treadmill when the running belt is still moving.

EXERCISE FREQUENCY
Aim to exercise 3-5 times a week for 15-60 minutes each time. It's better to set a schedule first, rather than doing it according to your own preferences. You can control the intensity of the exercise by adjusting the speed and slope yourself. We recommend that you don't s e t a slope at the beginning . But when you want to increase the intensity of your exercise, increasing the slope of a treadmill is a great way to reach it.

TRAINING SAFETY GUIDANCE

Consult a medical provider or fitness specialist before starting any exercise. This is especially important for individuals over the age of 35 or for those with health conditions.If you are a regular user of treadmill, when selecting a pace, you can choose a normal walking pace or a jogging pace.If you are inexperienced or unsure of the most appropriate test speed, follow these guidelines:

Speed:0.6 - -1.8 MPH (1-3.0 KMH)   People with poor physique
Speed:1.8--2.8 MPH (3.0-4.5 KMH)   People who are sedentary or inactive
Speed:2.8--3.7 MPH (4.5-6.0 KMH)   Regular walker
Speed:3.7--4.6 MPH (6.0-7.5 KMH)   Fast walker
Speed:4.6--5.6 MPH (7.5-9.0 KMH)   Jogger
Speed:5.6--7.5 MPH (9.0-12.0 KMH)   Medium runner
Speed:7.5---9.0 MPH (12.0-14.5 KMH) Professional runner
Speed:9.0-10.0 KMH (12.0-14.5 KMH) Extraordinary Runner
Cautions:walker<= 3.7 MPH, runner>=5.0 MPH

WARM UP INSTRUCTION

WARM-UP EXERCISE

A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down I relaxation period after the exercise session ensures that you do not experience any muscular problems. In the following you will find stretching exercise instructions for warming up and cooling down. Please pay attention to the following points:

1. NECK EXERCISES

Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again. You can repeat this exercise alternately several times.

2. EXERCISES FOR THE SHOULDER AREA

Lift the left and right shoulders alternately, or lift both shoulders simultaneously.

3. ARM STRETCHING EXERCISES

Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side. Repeat this exercise several times.

4. TOUCH TOES

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20-30 seconds if possible.

5. EXERCISES FOR THE KNEES

Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30-40 seconds if possible.

6. EXERCISES FOR THE CALVES/ACHILLES TENDON

Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg.
Maintain this position for 30-40 seconds if possible.

7. EXERCISES FOR THE UPPER THIGH

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfort able tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.

8. INSIDE UPPER THIGH

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30-40 seconds if possible.

MAINTENANCE INSTRUCTION

Warning : Unplug the power cord before cleaning or maintaining the treadmill
Cleaning : Regular cleaning of the striding belt ensures a long product life.

Wipe the console and other surfaces with a clean soft and damp cloth to remove sweat residues. Caution: Do not use any abrasives or solvents. To avoid damage to the computer, keep any liquids away. Do not expose the computer to direct sunlight.

Warning : Unplug the power cord before remove the front motor cover.   Open the motor cover at least once a year to vacuum and clean the motor.

LUBRICATION

The treadmill is factory-lubricated. However, it is recommended to check the lubrication of the treadmill regularly, to ensure an optimal operation of the treadmill. It is usually not necessary to lubricate the treadmill in the first year or the first 500 hours of operation.

After every 3 months of operation, lift the sides of the treadmill and feel the surface of the belt, as far as possible. If traces of silicon spray are found, lubrication is not necessary.You may need to adjust the running belt during the first few weeks of use. All running belts are properly set at the factory. It may stretch of off the center after use. Stretching is normal during the break-in period.

RUNNING BELT ADJUSTMENT

Start the treadmill without anyone on the running belt, running the treadmill at about 3.8-4.9MPH. Then, observing whether the running belt is toward the right or left side of the belt.

If the belt towards the right side of the deck, plug out the safety key, use the wrench to turn the right adjustment bolt in clockwise 1/4 turn. Attach the safety key and start the machine to check the condition of the belt. Repeat the step above until the belt is in the correct position. Shown as Pic. A.

If the belt towards the left side of the deck, plug out the safety key, use the wrench to turn the left adjustment bolt in clockwise 1/4 turn. Attach the safety key and start the machine to check the condition of the belt. Repeat the step above until the belt is in the correct position. Shown as Pic. B.

If the belt is still not centre, repeat the above step until the running belt is on centre.

Running belt in the above adjustment or after a period of time will gradually relax, need to be adjusted. Remove the safety lock, turn the adjusting bolts on both sides clockwise 1/4 turn, insert the safety lock, make the treadmill run, then stand on the running belt to confirm the tightness. Pic.C
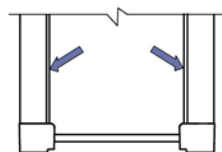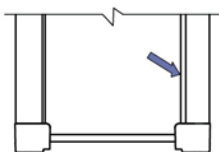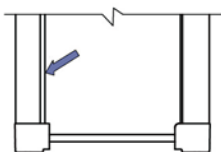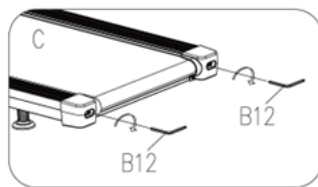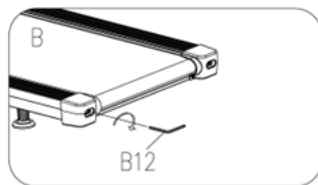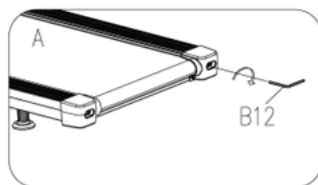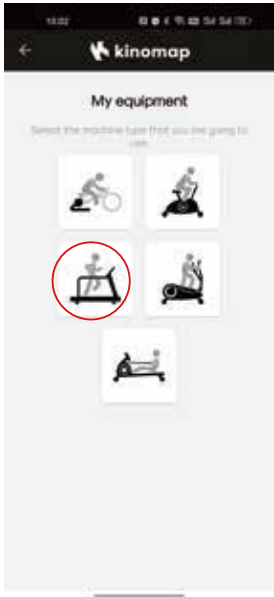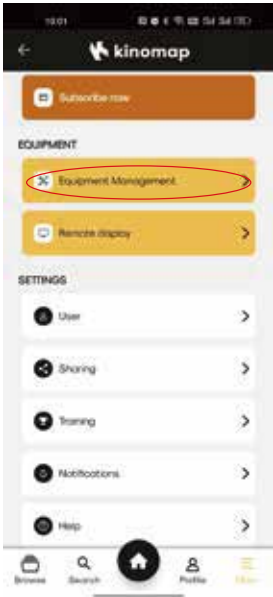
APP OPERATION

(1)Search "KINOMAP" in the mobile app store to download the app.
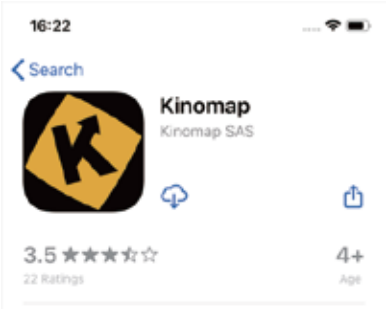
(2)After the download is complete, open the APP and register your personal information, turn on the Bluetooth of your mobile phone, and make sure that the monitor is powered on and awake.
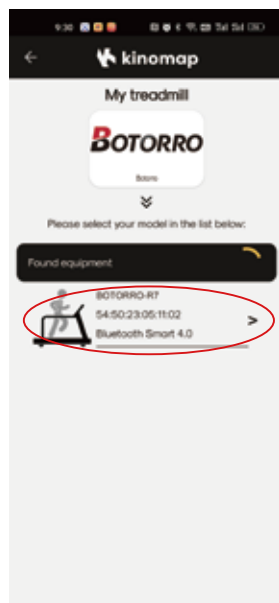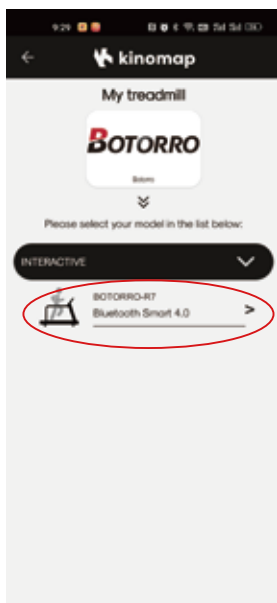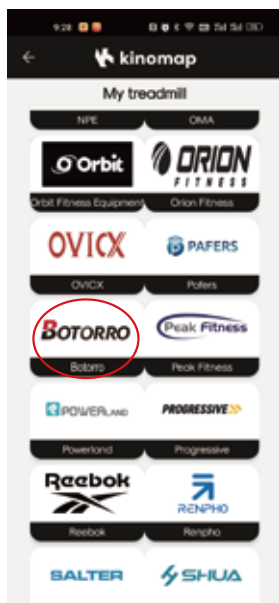(3)Add sports equipment, the specific operations are as follows:

Equipment Management ➡ "+" ➡ Treadmill

Select "BOTORRO"	➡	Select "R7"	➡	Found Equipment

(4)After the equipment is connected, choose the scene you like and start your workout!

FCC WARNING STATEMENT

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. 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 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 maycause undesired operation.
RF Exposure StatementTo maintain compliance with FCC's RF Exposure guidelines, This equipment should beinstalled and operated with minimum distance of 20cm the radiator your body.
This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.
NOTE: This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter

IC WARNING

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 and
2) this device must accept any interference, including interference that may cause undesired operation of the device.
 Radiation Exposure: This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment; To maintain compliance with IC's RF Exposure guidelines, This equipment should be. installed and operated with minimum distance of 20cm the radiator your body. This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.
Déclaration de l'ISED Canada :
Cet appareil contient des tasmittre (s) / récepteur (s) sans licence / conformes à l'innovationRSS exemptes de licence de Sciences et Développement économique Canada. L'opération est sous réserve des deux conditions suivantes :
1) cet appareil ne peut pas causer d'interférences et
2) cet dispositif doit accepter toute interférence, y compris peut provoquer le fonctionnement indésirable de l'appareil.
Exposition aux rayonnements : Cet équipement est conforme aux radiations du Canada limites d'exposition pour un environnement incontrôlé noncé d'exposition RF Pour maintenir le respect des guides d'exposition RF d'IC, cquipment doit être.installé et actionné avec une distance minimale de 20cm le radiateur de votre corps. Cet appareil et ses antennes ne doivent pas être co-localisé ou en opération en conjonction avec toute autre antenne ou émetteur.

BOTORRO®