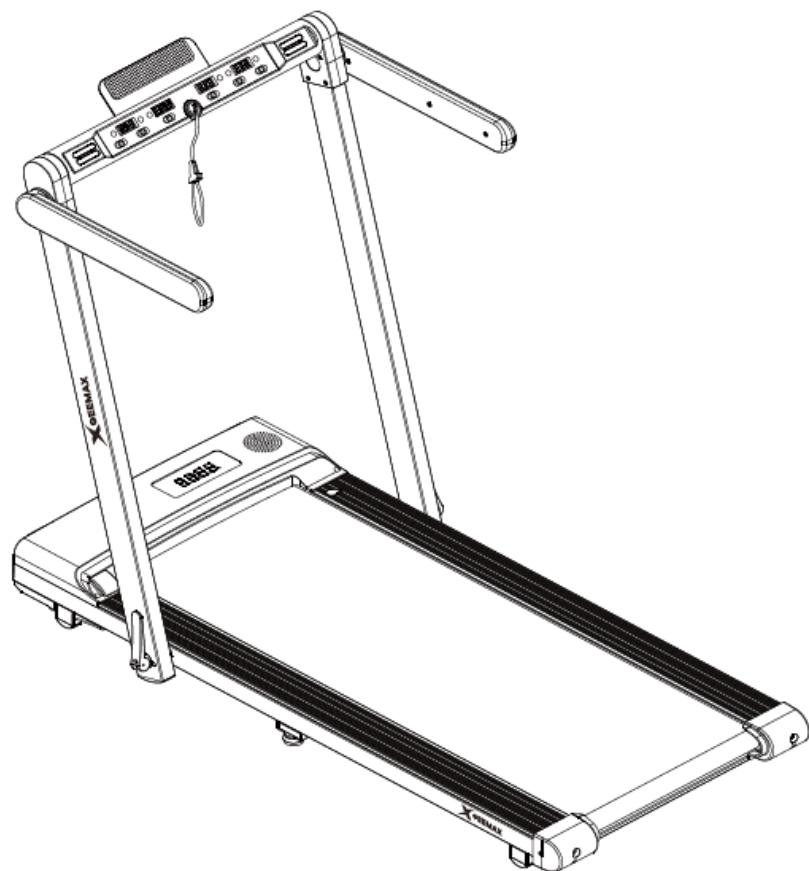




C2

Motorized Treadmill



USER MANUAL

GEEMAX was established in 2020, we are devoted to offering the most affordable fitness equipment, so that you can set up a home gym easily. Remember, we are in this together. Exercise is a celebration of what we can do, not a punishment of what we ate, let's enjoy it!

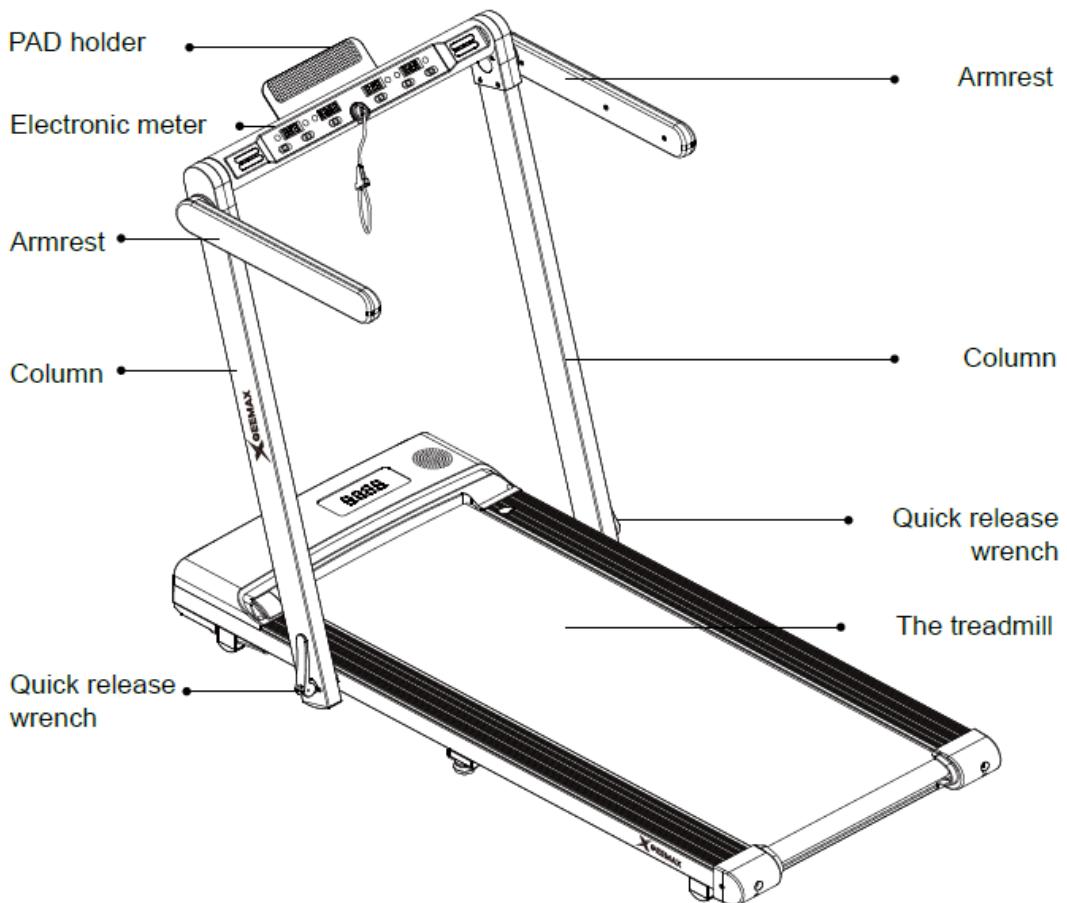
Website: <https://www.geemaxfitness.com/>

Installation Instructions

Table of installed parts

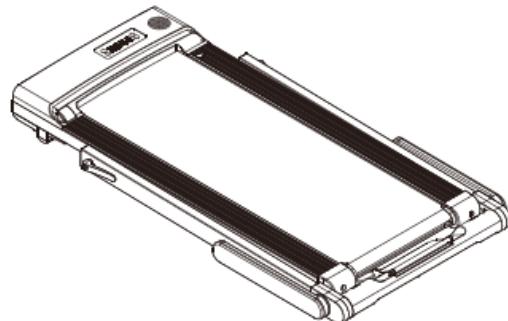
| No. | Part Name | Quantity |
|-----|----------------------|----------|
| 1 | Treadmill | 1 |
| 2 | Column | 2 |
| 3 | Electronic meter | 1 |
| 4 | Armrest | 2 |
| 5 | PAD holder | 1 |
| 6 | Quick release wrench | 2 |

The structural drawing of the installed machine

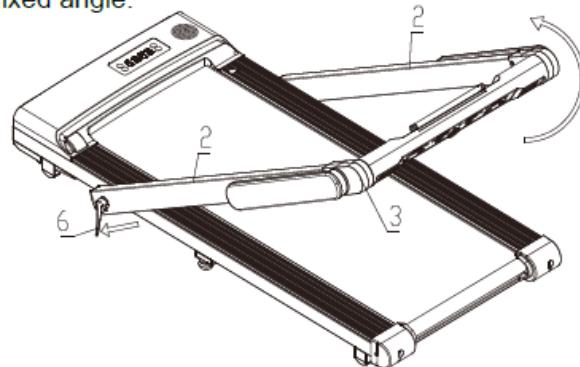


Installation steps

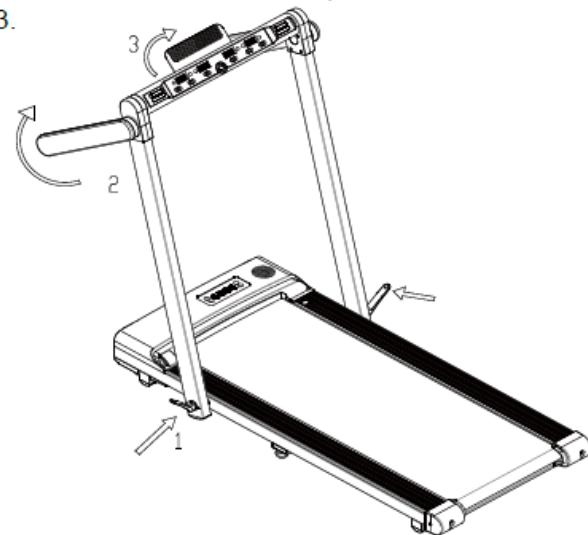
1)Open the package, take out the assembly materials and parts from the box, and lay the main machine flat on the ground.



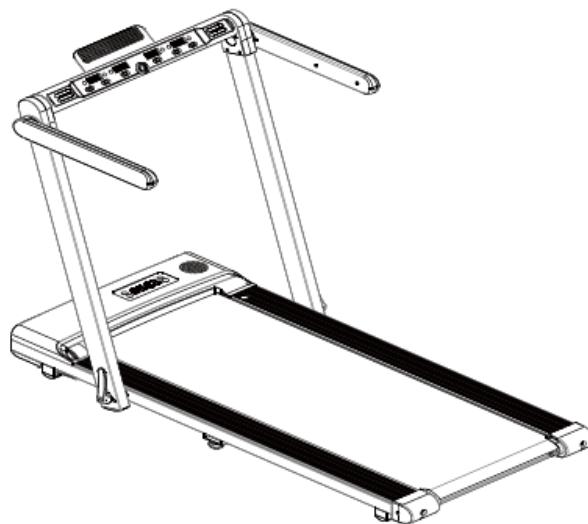
2)Push upwards in the direction shown by the arrow (as shown below) to lift the column to a fixed angle.



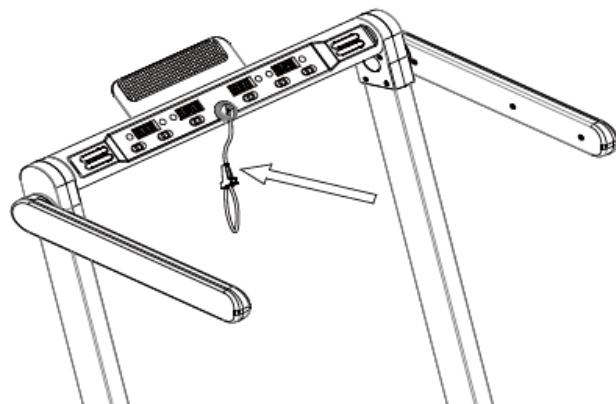
3)When the column is lifted to a fixed angle, follow the steps in the figure below. Press the quick release wrench in the direction of arrow 1 for column fixation. Follow the direction of arrow 2 to rotate the handrail into place. Rotate the PAD bracket in the direction of arrow 3.



4)The installation is complete as the picture.



5)Put the safety lock on the yellow sticker position of the electronic watch,
and the treadmill can be operated when the power is on.



6)When the column is down and flush with the frame (as shown in the chart below).the
walking speed is lower than 6km/h.



Product introduction

1. Packing list

| No. | Name | Quantity | Note |
|-----|---------------|----------|-------------------|
| 1 | Machine | 1 | |
| 2 | Hardware List | 1 | See attached list |
| 3 | User Manual | 1 | |



Machine

2. Attached List (Hardware List):



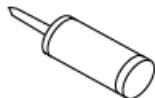
6mm hexagon key
1PCS



Security key
1PCS



Dual-purpose screwdriver
1PCS



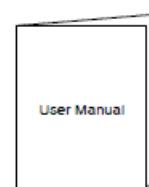
Silicone oil
1PCS



Remote control
1PCS



3V button cell
1PCS



Manual
1PCS

Technical Specification

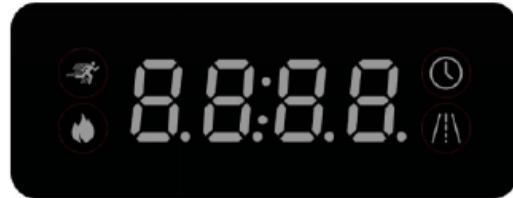
Note: The company reserves the right to modify the products without prior notice.

| | |
|---------------------|-------------------------|
| Version | 2in 1Treadmill |
| Model | C2 |
| Working Power | 735W |
| Working Voltage | 220/110V |
| Frequency | 50/60Hz |
| Running surface | 1050*400mm |
| Speed range | 1—12km/h---0.6-7.5 mp/h |
| Maximum user weight | 120Kg/265LBS |
| Function | Walking;Running |
| Dimensions | Unfold:1272*720*1078 |
| | Fold:1422*720*174.8mm |
| Weight | G.W:39KG N.W:34KG |

Description of Main Functions and Features of Treadmill

1. It has running and walking functions.
2. F industrial motor, with low noise and large power, provides strong driving force at the maximum speed of 12.0km/h.
3. High-strength, tensile and anti-static running belt is used.
4. Double-layer running board with high strength, high density and high elasticity and rubber shock absorber cushion are used.
5. 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.
6. LED liquid crystal display.
7. Easy installation of walking and running integrated treadmill, just fold the column to a certain Angle, and then press the quick release wrench to complete the fixation. The whole machine can be unfolded by rotating one Angle of handrail. The whole set of lines have been all connected when the factory, the whole machine can be used after the power, to avoid possible wrong installation and cause adverse effects on the machine.

Product Instructions



1. Brief Description

Functions of this electronic meter:

- Audio Bluetooth Play Function
- Sport Show APP Function
- Hand-holding Heartbeat Function
- Meter step function
- Remote control function
- Speed switching 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
- When walking, maximum display speed 6km/h
- When running, maximum display speed 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
- (P1—P12) Minimum running time of automatic program: 8 minutes
- (P1—P12) Maximum running time of automatic program: 99 minutes

3. Key Function Description

1. Function keys of the key board:

- Start key / Stop key
- Program key / Mode key
- Speed + key Speed - key
- 1 speed shortcut key (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 full manual operation mode, press this key to start the motor 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.

Mode key --- Function Description: Selection of countdown mode

Operation instructions:

1. The electronic watch is in full manual operation mode, press this key to enter the countdown mode setting
2. Standby operation process: time countdown - distance countdown - calorie countdown - automatic program selection

Program key --- function description: the selection of automatic programs

Operation instructions:

1. The electronic watch is in countdown mode, press this key to enter the automatic program settings

2. The electronic watch is in the state of full manual operation mode, press this key to enter the automatic program setting state
3. Standby operation process: full manual mode - automatic program - fat measurement - full manual mode
 - 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 1.0km/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, 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, 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.

6. 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 automatic program P12 setting state).

Setting instructions of body fat test: In the setting state of body fat test, the parameter function (F-X) is displayed in the distance window, time 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).

7. 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 LED 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

8. Description of The Sleep Function

When the treadmill 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.

9. 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.

10. Audio BluetoothFunction Description

1).FitShow

After the electronic meter is powered on, turn on Bluetooth in the mobile phone Settings, and click "Search". When the Bluetooth (similar to the name of FS-DFDFA-A) is found, click the Bluetooth and connect with the mobile phone, and the songs in the mobile phone can be played. If you want to control the speed through the APP, you can download and open the Sports Show APP. After entering the APP interface, click Search. After finding the Bluetooth name, click Connect device, and then operate the treadmill through the APP.

2).Kinomap

Enter Kinomap to select [More] page;
Select to add more fitness equipment;
Select the desired device type;
Tap FiteShow entrance;
Tap the matching devices like 'Fs-XXXX' to bind
Find related videos to start sports.
Find related videos to start sports.



11. Description of the speed switching function

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.

Remote control function

Remote control button function description

Button pad function keys:

- Start key Stop key
- Speed + Key Speed - Key

• Start/Stop Key --- Function Description: Start/Stop Motor Operation
Operating instructions:

1. The electronic meter is in full manual operation mode, press this key  to start the motor operation
2. The electronic meter is set in the countdown mode state, press this key  to start the motor operation
3. The electronic meter is in the automatic program setting state, press this key  to start the motor operation
4. When the electronic watch is in operation, press this key  to stop the motor from running

- Speed +/- key --- function description: speed value adjustment at runtime, parameter value adjustment when setting parameters

Operating instructions:

1. In the running state of the electronic meter, press the +/- key to adjust the size of the speed value of the operation

In the parameter setting state, press the +/- key to adjust the size of the set parameter value



P1—P12 Program Movement Diagram(This is the program diagram of high speed mode. If you enter low speed mode, the speed above 6 km in the picture below will automatically run at 6 km)

| 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 |

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 | It is recommended to operate within the rated operating current range of the motor |
| | The detection circuit of the lower control board fails the motor causes motor resistance or blockage | 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 |
| | | |

12. Safety Instructions

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.

13. 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.
Contact the customer service for any question about this treadmill.
4. 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 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.

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

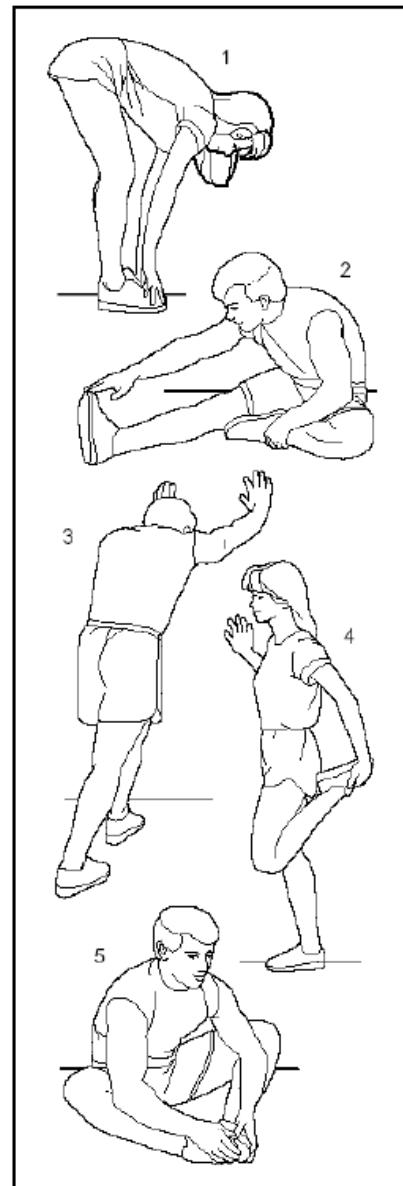
Hold on a wall or a tree to stand with hands, with a foot behind. Keep the rear leg upright and the heel down to the ground, and incline towards the wall or the tree. Keep for 10-15s, and then relax. Repeat for 3 times for each leg.

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 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.

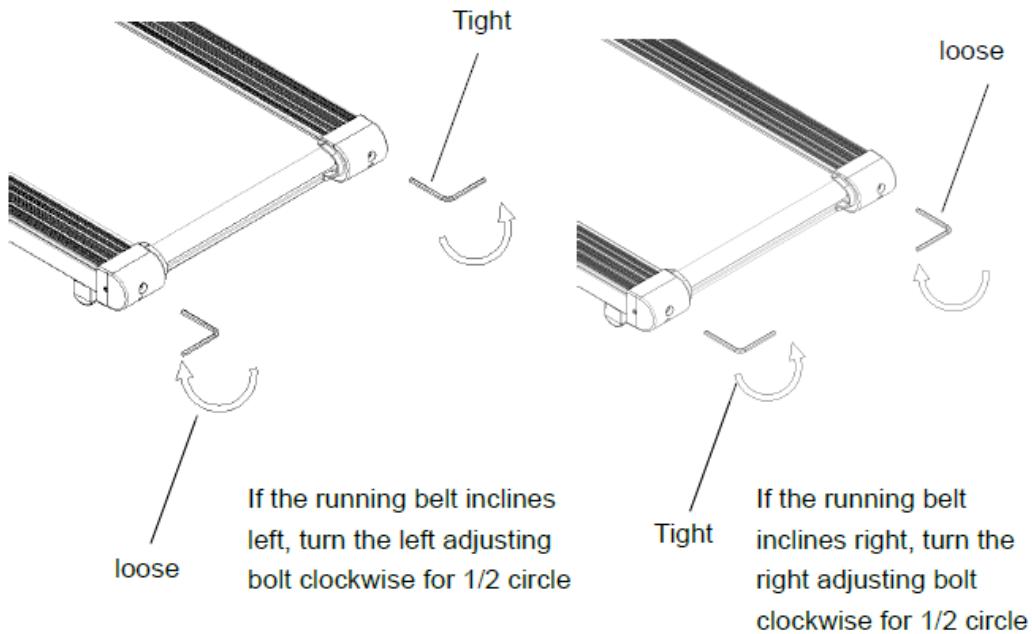
Running Belt Tension Adjustment

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. 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,
4. If the running belt inclines right, turn the right adjusting bolt clockwise for 1/2 circle



Running belt deviation is not covered by the warranty, and is mainly maintained by users according to the instructions. Running deviation can seriously damage the running belt. It must be found and corrected in time.

FCC Warning Statement: Changes or modifications to this unit 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 may cause undesired operation.

FCC Radiation Exposure Statement

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