

ELECTRICAL TREADMIL



FF-T5100T

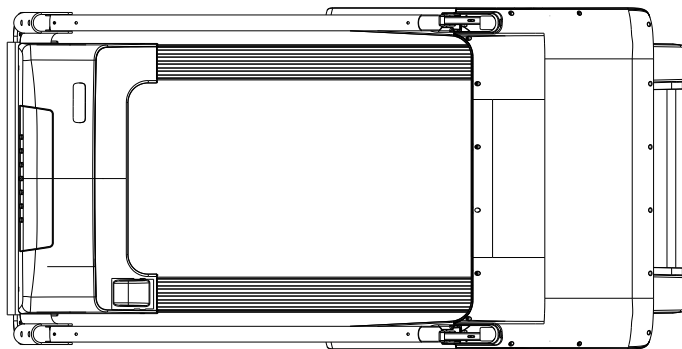
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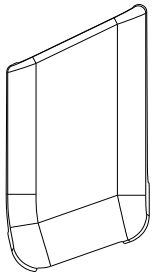
Assemble Instruction

Assembly Parts List

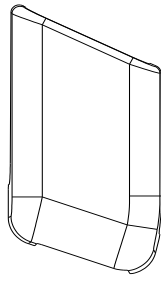
Part #	Name	Q.T.Y.	Spec.
1	Main frame	1	
2	left pillar cover	1	
3	right pillar cover	1	
4	safety key	1	
5	water holder	2	
1	Hex Bolt	4	M8*16
7	Hex Bolt	2	M8*15



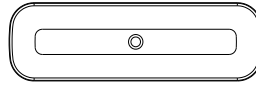
Main frame



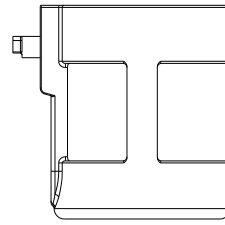
left pillar cover



right pillar cover



safety key



water holder

Tools needed for the assembly

✓ Allen Wrench $\varnothing 5\text{mm}$ (provided as spare parts)

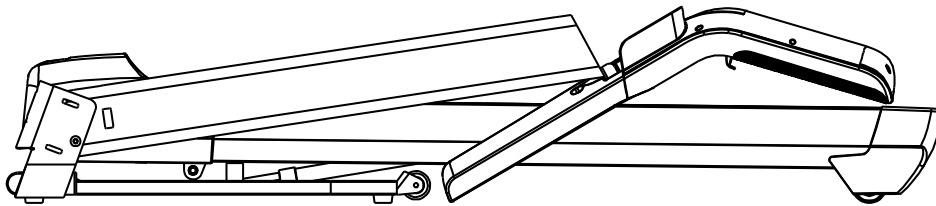
✓

Assembly Steps

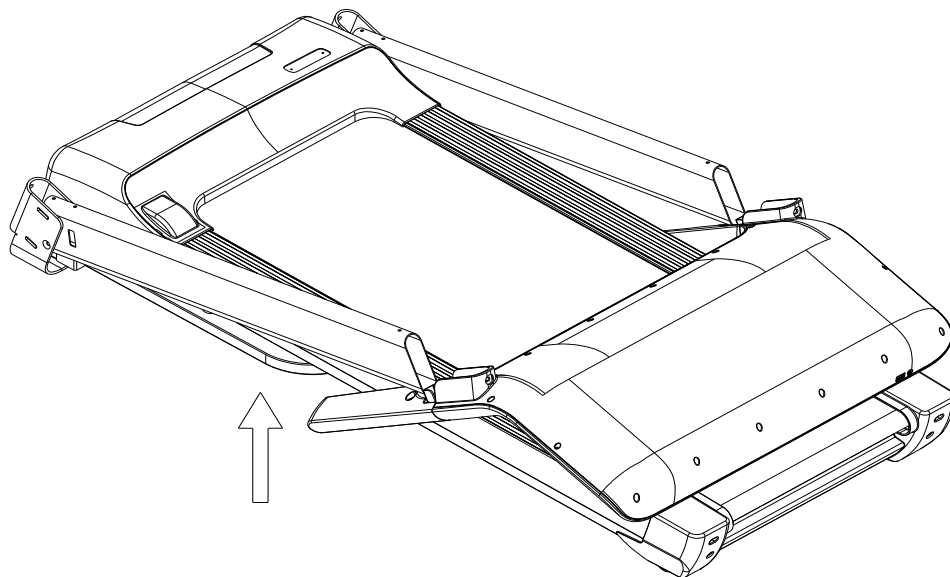
1. Open the carton and take out the above parts, put them in order on the ground gently as picture 1 showed. Lift up the pillar and console frame as picture 2 showed.

Reminder:

This is a very heavy machine. To avoid accident, it requires 2 people to move out the Main Deck.

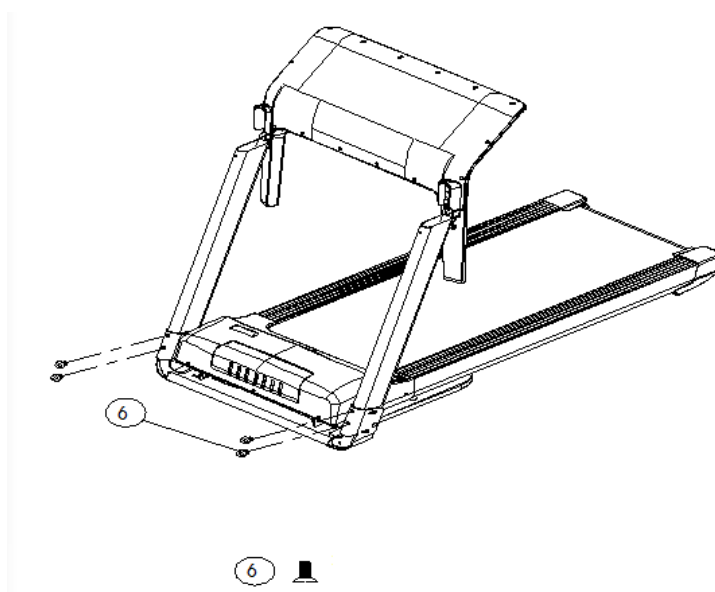


Picture 1



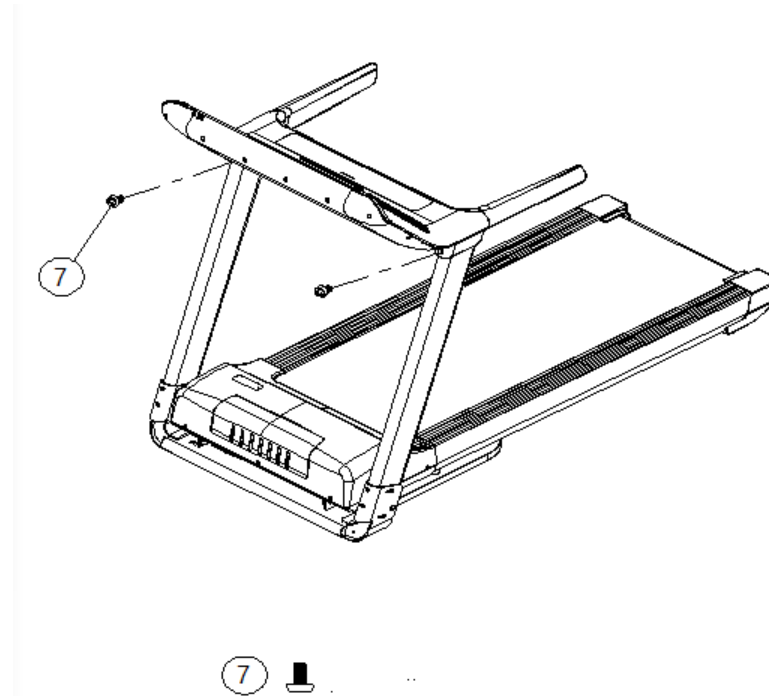
Picture 2

2. Install the pillar as picture position showd. Use tools hex bolt 6 to screw it into the treadmill base(not screwing tightly) as picture 3 showed.



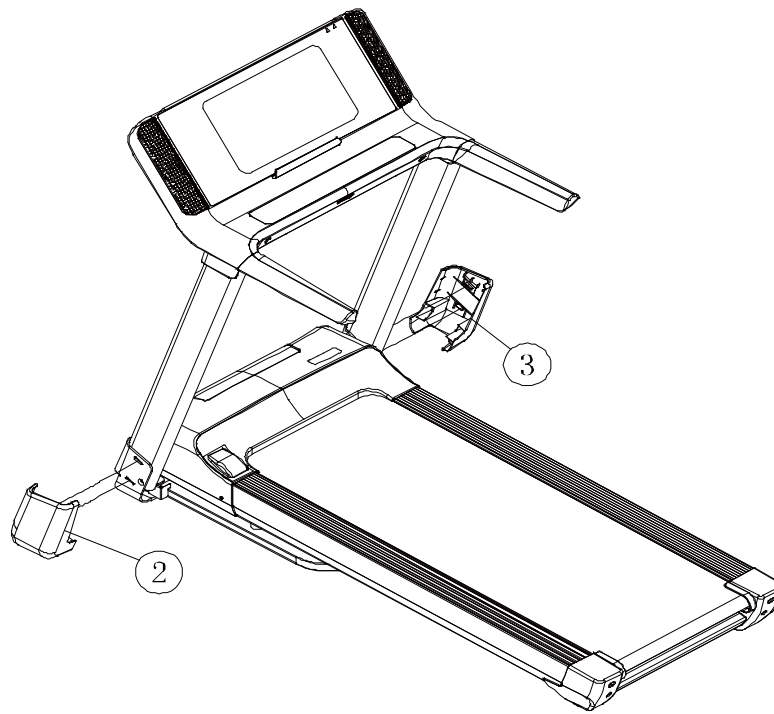
Picture 3

3. Install the console as picture showed, use hex bolt 7 to screw console into pillar tightly as picture 4 showed.

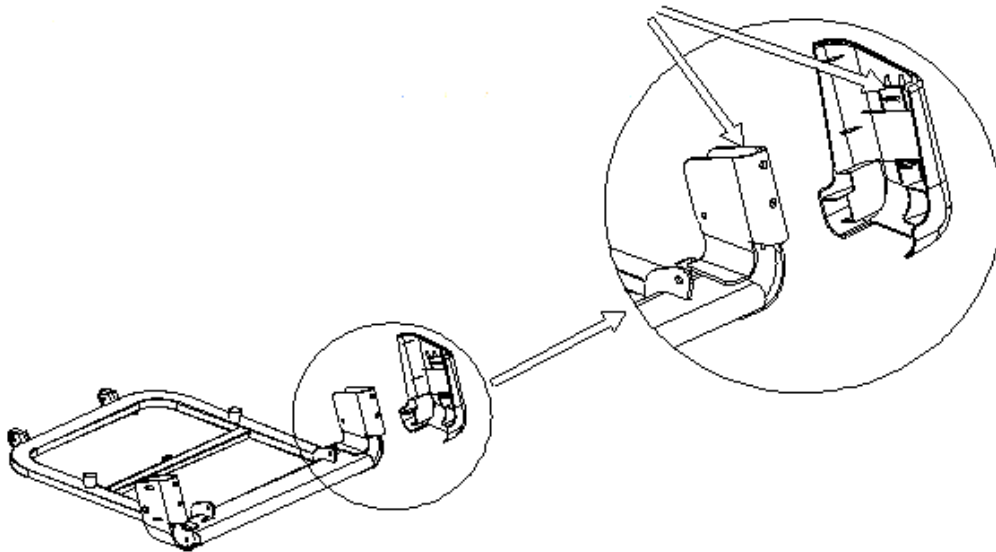


Picture 4

4. Take out the left pillar cover 2 and right pillar cover 3 as picture showed. Install it into treadmill base as picture 5; install the cover as picture 6 showed.

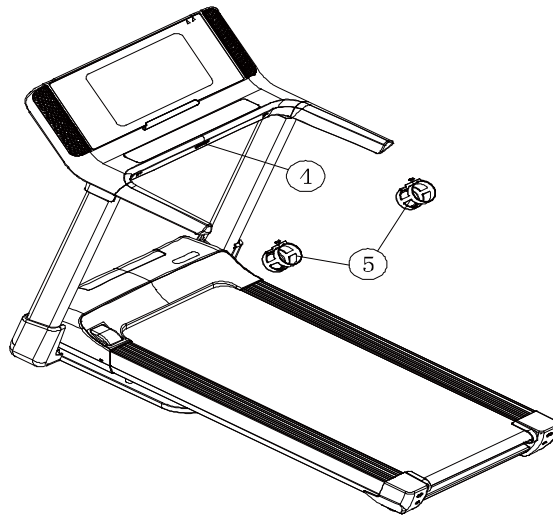


Picture 5



Picture 6

5. Take out the safety key 4, install it into console as picture showed. Take out the water holder,install it into console frame as picture 7 showed.



Picture 7

6. Finish the installation as picture 8 showed.



Picture 8

Caution!

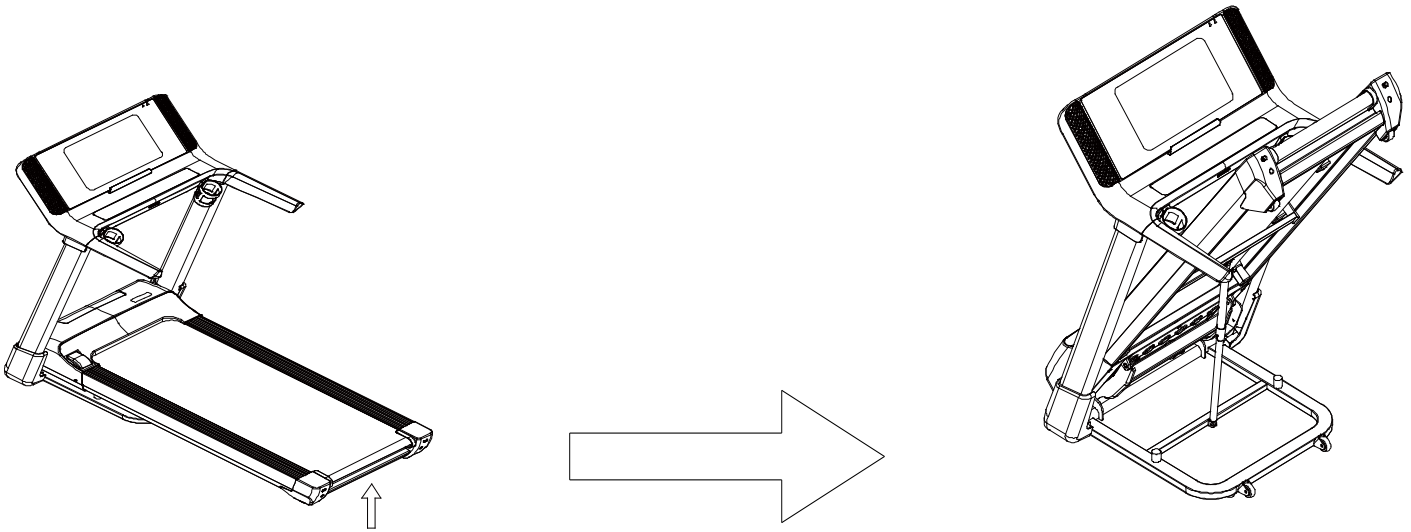
- ✓ Make sure the above assembly is finished properly as above steps before connect the equipment with electricity.
- ✓ Carefully check below instruction before operating the treadmill.

Fold, flatwise and move instruction

Fold

1. To make treadmill put easily and fast, there is a Hydraulic folding system.
2. According to the arrow pointing at, when you hear a “click” , it means the running table fold OK.

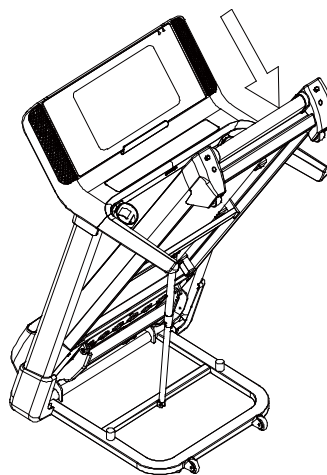
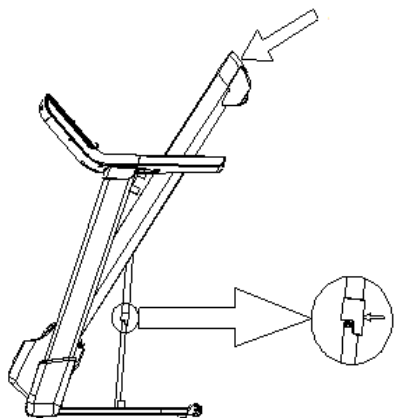
Note: Before fold the running table, please make sure the unit already stopped and the incline motor back to original position, which means the 0 incline angle. Otherwise, to fold by force will destroy the treadmill and have an accident.



Flatwise

- 1 When put down the running table, please stand at the middle position and hold the L/R handle, to step at the position as arrow pointing at.
- 2 To pull the running table slightly and stand by side of treadmill to avoid pressed. The running will down slowly now.

Note: Because the unit is heavy, please make sure there is no child or obstacle right behind the running table to avoid damaged by treadmill.



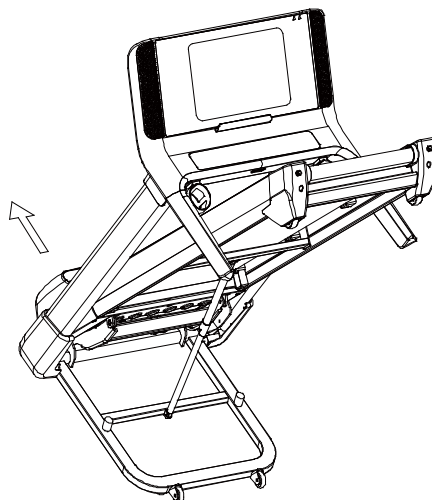
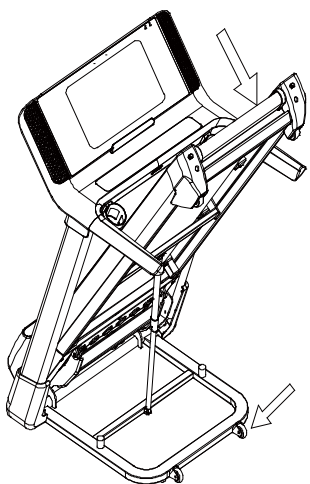
Move

1 Fold the running table according to "STEP 1"

2 Make sure running table locked and stand at middle position right behind the treadmill and the hands to hold the handle bar, stepping at the arrow pointing at area, at the same time to press the running table by certain angle.

3 Push forward the treadmill to the position you want to put it slightly.

Note: Before moving the treadmill, please make sure the power already cut off or it will damage the plug and socket. We don't suggest to move it on wood floor to avoid being scratched.



Technical Data

Dimension (mm)	1712*864*1317	Voltage	120 VAC, 60 Hz, 12A
Fold Dimensioin(mm)	1070*864*1493	Power	930W
Walking area (mm)	1350*500	Incline	0-12%
N.W.	86Kg	Speed	0.5—16km/h
G.W.	97Kg	Surrounding Temperature	0—40℃
Maximum loading weight	≤126Kg	Class	HA
Screen display	Speed,incline,time,distance,calory,pulse,step		
Safety Protection	A. The red safety key on computer. B. The passing electric current, passing voltage, pressing –type recover fuse in the fore end of bottom bracket. C. The passing electric current fuse of the control board in the bottom bracket.		

The product is designed and manufactured by below standards.

- The GB17498.1-2008/ISO20957-1:2005 general safety requirements and test methods
- The GB17498.6-2008/ISO20957-6:2013 extra treadmill special safety request and test methods
- GB5296.7-2008 sports equipment consumer goods instruction

Our company reserves the right to improve the picture and technical parameters. If any change, you may not be informed specially.

Product Function Description

- ✓ High strength, high density, abrasion resistant double running deck.
- ✓ Antistatic, wear-resisting, anti slip running belt.
- ✓ The STEP style safety installation, easy foldable.
- ✓ The front and back roller using thickness 3.0 tube, the 2 sides are with 1.5 °taper.
- ✓ Using the automatic pressure drop function to avoid the impact of the machine landing in place, so that when the machine is folded and put down, its safety will be increased
- ✓ With MP3 and USB through the data line for mobile phone charging (5v-500ma) charging function With audio output function (Earphone function)
- ✓ LED display, comprehensive display of health comprehensive data, showing heart rate, slope, step, time, calories, distance, speed, fully grasp the state of movement, physical condition, so that the movement is

- no longer blind
- ✓ Have the heartbeat function, timely understand the heartbeat frequency, adjust the intensity of exercise reasonably
- ✓ Speed, fast function, easy to control, change the intensity of movement
- ✓ With volume adjustment function, reasonable adjustment of the required sound
- ✓ Electronic tables can be placed books and tablet computers, greatly enriched the entertainment of running
- ✓ There is no man running automatic stop function, more intelligent, more energy saving
- ✓ With step function, easy to understand the number of steps in sports
- ✓ The panel is acrylic touch type, improve the beauty and service life
- ✓ Various protection functions such as overvoltage, over current, under voltage, overload, etc.

Important Safety Information

Thank you for purchasing our product. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions. Please keep this manual in a safe place for reference.

- The power can be connected after the correct assembly according to the Assembly Instruction. Please make sure the socket is not covered by the treadmill itself when locating. So you can find the socket for power easily.
- To avoid electrostatic interference, make sure to insert the plug into the socket with ground wire. Socket not well grounded might result into unstable operation of the computer, even damage to it. The power line from original package is of exclusive usage to the treadmill. If damaged, please purchase from our dealer or contact us directly.
- To avoid circuit interference, do not use other electrical appliances at the same power line. Or it might cause unstable use or damage to both appliances.
- The treadmill is a kind of indoor fitness equipment, please don't use it outdoors. The place putting the treadmill should be neat and waterproof. Please note that don't put the treadmill on the thick carpet or that kind of material, so that the air under the treadmill can flow. The treadmill is a kind of exclusive fitness equipment; please don't use it for other purpose.
- When you exercise, please don't wear long or loose clothes, to avoid twine clothes to the treadmill and cause injury. Suggest wearing sneaker or sport shoes.
- Please don't take away the protection cover at will, if the opening is only for the maintenance, please pull out the plug firstly.
- During running exercise, keep the children away from the treadmill to avoid any accident.
- If kids using the treadmill, they should be closely watched and protected by adults or professional trainers.
- If it is the first time for you to use the treadmill, please keep in mind to grasp the handle with two hands, until you feel that you adapt to the situation, then you can let go of the handles.

- Please press the safety key (red) on the appropriate position of the clothing, to prevent accidents during the exercise, we can pull off the safety key timely to stop the treadmill in order to ensure safety.
 - Power off the power supply and take out the plug and save it well after using.
 - Do not touch any parts which are on the exercise.
 - Heart rate sensor does not belong to medical equipment, there are many reasons can cause inaccurate testing, so the test results are just for reference.
 - If you feel any danger during exercising, should hold handrails on both sides, jump off the ground or the pedal platform on the sides.
 - During exercise, there should have 2000mm*1000mm safety areas so that can jump off when there have any accidents.
 - Safe operation required free space to 2000mm (L)*1000mm (W)*2250mm (H) when exercise.
 - The treadmill is a kind of indoor fitness equipment, please don't use it outdoor. Apply to aerobic cardio exercise, increase heart and lung function mainly, training muscle supplement.
- It's not allowed to convert the equipment beyond its original design and purpose.

User's Guide

If this is your first time using Motorized Treadmill, you are strongly suggested to read below carefully. Before Exercise

Before the exercise, you should know about your health situation, and make out a best exercise plan for your exercise. Suggestions of consultation from the physician or professionals, that may be get more efficiency.

Before the first use of treadmill, please stand by a side and familiar with how to control it—for example, start, stop, speed adjustment, and so on. After you master the skill very well, you can use it. Then stand on the skid-proof plastic board of the two sides of the running surface, grasp the handles with two hands, and adjust the speed of the treadmill computer to the 1.60-3.20 k/h. Before your exercise, try to relax yourself as soon as possible. Then stand on the running belt exercising. After feeling adapt to the situation, increasing the speed to 3-5 k/h slowly. Remaining this speed exercise for about ten minutes, then let the machine stop slowly. When first using the treadmill, please don't adjust to a high speed to avoid the tumble.

Exercising

Walking about one kilometer with a regular pace, the treadmill meter will record the exercise time. It will take about 15-25 minutes. Walking with a speed of 4.8 k/h, one kilometer will take about 20 minutes. After feeling easy to get this target for several times, you can increase the speed gradually. Exercising like this for about 30 minutes, you will get a good training. Before the next exercising, please don't rushing.

Exercise Frequency

The target is 3-5 times per week. The time is about 15-60 minutes every time. You should make out a schedule according to the health situation, but not your interest. You can control the degree of severe exercise by adjusting the speed and exercise time.

Exercising Intensity

Shortcut-----It is a good time saving method to exercise 15-20 minutes.

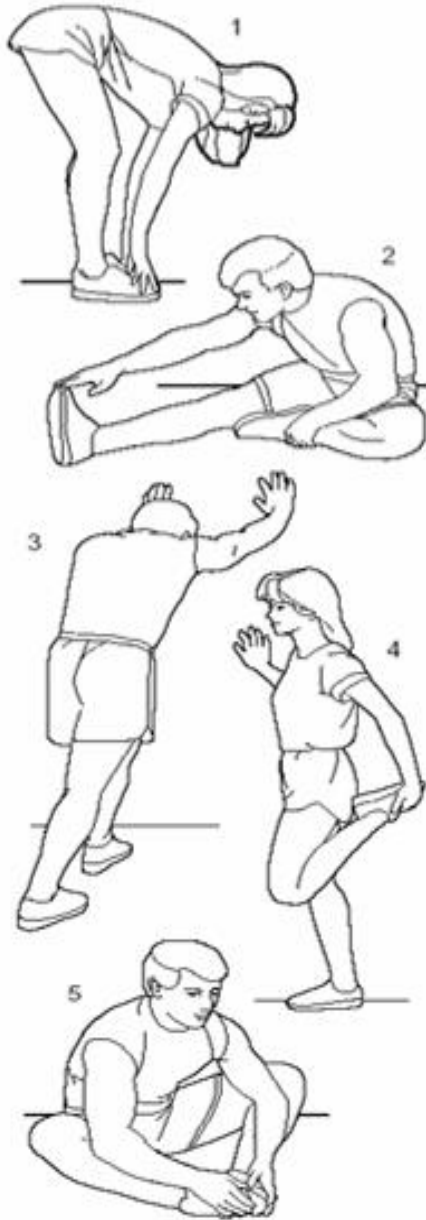
Warm up for 5 minutes under the speed of 4-4.8 k/h, then increasing the speed according to a rate of 0.3 k/h every two minutes.

The above only for reference, please consult the expert for details.

Wearing

What you need is a pair of good shoes; suggest use the sneaker or sports shoes. The shoes bottoms don't stick to any other things that can avoid to wear and tear the running board and running belt. The clothes should be comfortable and suitable for the exercise, suggestion of wearing cotton ventilate sportswear.

Stretch Exercise:



No matter what kind of speed you walk in, you should firstly do the stretch exercise. Then the muscle will be stretched more easily. So firstly, you walk for 5-10 minutes to warm up, then stop and do the stretch exercise according to the following methods for five times. Each leg exercise for 10 minutes every time or even more .Suggestion try it again after ending the exercise.

● **Stretch Down**

The knees slightly bend, the body bend forward slowly. Relax the back and shoulders, the two hands try to touch the tiptoe. Hold for 10-15 minutes, and then relax. Exercise like this for three times. As picture 1

Foot sinew stretch

Sitting on the clean ground, extend one leg straightly, then bend the other, lastly make it close to the inner side of the straight leg tightly. Try to touch the tiptoe with the hands. Hold for 10-15 minutes, and then relax. Each leg repeats this exercise for three times. As picture 2:

● **Shank and heel sinew stretch**

Standing with two hands touch the wall, one foot is behind and the other is front. Keep the rear leg straight and the heel touch the ground, and then incline to the wall. Hold for 10-15 minutes, and then relax. Each leg repeats the exercise for three times. As picture 3:

● **Quadriceps Stretch**

With the left hand touching the wall or desk to control the body balance, and right hand extend toward the back and grasp the right ankle, then pull it toward the buttocks slowly, until you feel that the front muscle of thigh is very strength. Hold for 10-15 minutes, and then relax. Each leg repeats this exercise for three times. As picture 4.

● **Sartorial Stretch**

Make the feed soles opposite, and sit down with the knees toward outside. Grasp the feed with two hands and bring them toward the groin. Hold for 10-15 minutes, and then relax. Repeat this exercise

for three times. See picture 5.

Operation Instruction



Kindly reminder: please check the safety key before start

Buttons function

1. "Program" key: In standby mode, press the key to choose "0:00", "15:00", "1.00", "50.0", "P01-P02-....P08" ("0:00" is manual mode, "15:00" is time countdown mode, "1.00" is distance countdown mode, "50.0", is calorie countdown mode)
2. "Start/Pause" key: Under the power on and locked safety key, press this key to stop treadmill. In working conditions, press this key to pause treadmill.
3. "Stop" key: User can stop treadmill during exercise.
4. "Speed+", "Speed-" key: In standby mode, it adjusts set value. And it adjust speed after start.
5. "Incline+", "Incline-" key: In standby mode, it adjusts set value. And it adjust incline after start.

6. "Volume+", "Volume-" key: Adjust the volume of sound.
7. "3、6、9" are speed shortcut key which can set speed quickly.

1. Safety key function

Under any circumstance, unlocking safety key can stop treadmill. Window displays "---/----" with 3 "BB" alarming sound. There are no workable operations except turning treadmill off.

2. Wireless heart rate function

Wear equipped heart rate band, window displays heart rate when steadily receive message from heart rate band. (the information is only for reference, not for medical data)

Function mode instruction

1. normal mode

When stands by, press start key to run the treadmill; speed is from 0.5km; press speed +/- for adjusting the speed; press the stop key to stop the treadmill.

Manual mode

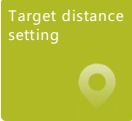
1. In standby mode, press "start" key, and treadmill is running at the speed of 0.5km/h. Adjust incline and speed by "Incline+", "Incline-", "speed +", "speed-".
2. In standby mode, press "mode" key to enter time countdown mode, "TIME" window displays "15:00" and blinks; Press "Incline+", "Incline-", "speed +", "speed-" to set exercise time, time range is 5:00-99:00.
3. In time countdown mode, press "mode" key to enter distance countdown mode, "DIS" window displays "1.00" and blinks; Press "Incline+", "Incline-", "speed +", "speed-" to set exercise distance, distance range is 0.50-99.90.
4. In distance countdown mode, press "mode" key to enter calorie countdown mode, "CAL" window displays "50.0" and blinks; Press "Incline+", "Incline-", "speed +", "speed-" to set calorie, calorie range is 10.0-9999.0.
5. Choose one of 3 countdown modes and sets start key, treadmill is running after 3 seconds. Press "Incline+", "Incline-", "speed +", "speed-" to adjust speed and incline; Press stop key, treadmill stops running.

2.Countdown mode

When stands by,press program key to choose time,distance or calory countdown mode;

6. "Inclination: 3, 6, 9"% is the gradient shortcut key: you can quickly set the inclination.

Target distance setting

	Distance: After the user sets the exercise distance, the treadmill starts to exercise, and the treadmill stops when the expected exercise distance is reached. The user can freely increase or decrease the speed and slope during exercise, or directly press the "stop" button to stop the treadmill.
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Target time setting

	Time: After the user sets the exercise time, the treadmill starts to exercise, and the treadmill stops when the expected exercise time is reached. The user can freely increase or decrease the speed and slope during exercise, or directly press the "stop" button to stop the treadmill.
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Target Calories

	Calories: After the user sets the exercise calories, the treadmill starts to exercise, and the treadmill stops when the expected exercise calories are reached. The user can freely increase or decrease the speed and slope during exercise, or directly press the "stop" button to stop the treadmill.
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Exercise Report

	The result of the end of the exercise query, the results are show
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Interface switching

	
Switch to the previous interface control	Switch to the next interface control

Virtual scene

	Virtual scene: After selecting the scene, start to run the treadmill. During the exercise, the scene will give people an immersive feeling. The user can freely increase or decrease the speed and slope during exercise, or directly press the "stop" button to stop the treadmill.
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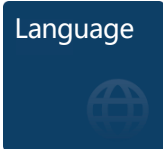
Exercise Program

	Program: The system has built-in 12 kinds of intelligent scientific running programs such as body shaping, fat burning, and mountain. The user selects the desired exercise program, after setting the exercise time, press the "start" button, the treadmill starts to run the built-in exercise program. The speed and inclination can be adjusted during operation. It will be automatically adjusted to the program default value when entering the next segment. During exercise, you can directly press the "Stop" button to stop the treadmill.
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Start running

	Start: In standby mode, press the "Start" button, the treadmill will start running at a low speed; The "Target" window starts to count forward and stops automatically after 120 minutes. Press the "speed+—" or "speed shortcut key" to change the speed; press the "Incline+—" or "Incline shortcut key" to change the slope; press the "stop" button during exercise to stop the running of the treadmill and reset it to zero. In any state, pull off the safety lock to stop the treadmill in an emergency.
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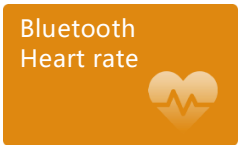
Language

	Users can switch to the corresponding language according to different countries, which is convenient for users to use
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Video

	User can play video files in the U disk
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Bluetooth Heart rate

	Bluetooth Heart rate
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WIFI

	Select the WIFI signal, enter the WIFI connection password, complete the WIFI connection setting, and surf the Internet
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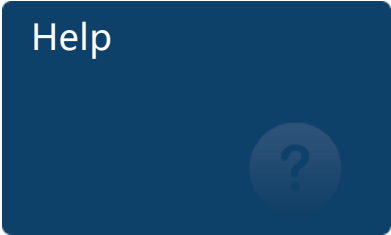
Media

	Built-in Youtube, Facebook, you can watch online movies, videos, etc.
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Bluetooth

	The treadmill is equipped with a Bluetooth module, which can be connected to a Bluetooth headset.
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Help

	Some simple manuals and function introductions of the built-in treadmill
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Built-in Program: P1-P8

This system has 8 built-in programs P1- P8. In the standby mode, press the "program" key, the distance window of auxiliary window displays "P1-P8", choose program that you like. After that, "Time" window blinks; displaying preset time 10:00, press "Incline+", "Incline-", "speed +", "speed-" for desired motion of time; And then press the "start" button to start the built-in program. The built-in program is divided into 16 sections, each section of the movement time = set time /16. When enters the next stage, the system sounds 3 tones "Bi---" for indication. The speed and incline of system changes as program changes, and it is adjustable by "Incline+", "Incline-", "speed +", "speed-". When program enters the next stage, the speed and incline changes, same to the stage. System sounds 3 tones "Bi---" for indication when finishes one program. The treadmill speed reduces slowly and window displays "End" , 5 seconds into standby mode when treadmill is still.

Programs instruction:

Speed stands for speed, incline stands for pitch (total 15 pitches, each pitch is 1/15) . Time is divided into 16 parts for each program, corresponding speed and pitch for each time.

Time Program		Time set/16															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P01 Walk	S	2	4	5	5	6	6	7	7	7	7	6	6	5	4	3	2
	I	1	1	2	2	2	2	3	3	3	3	2	2	2	2	1	1
P02 Jog	S	2	5	6	8	9	9	9	9	9	9	9	8	7	6	5	3
	I	1	2	3	3	2	2	3	3	2	2	3	3	3	3	2	1
P03 Hill	S	2	4	6	6	9	10	10	9	6	6	9	9	9	7	5	3
	I	1	2	3	4	5	5	4	4	5	5	3	3	6	6	3	2
P04 Random	S	2	6	7	7	11	11	11	9	9	9	9	6	6	6	4	2
	I	4	5	6	6	3	3	7	8	6	4	5	6	7	7	4	2
P05 Weight Loss	S	4	5	7	8	9	10	10	8	8	9	9	9	9	6	4	3
	I	1	3	3	2	2	2	3	4	4	3	2	2	4	4	3	1
P06 Cardio	S	3	6	6	6	8	8	8	8	10	10	10	11	11	8	5	3
	I	0	2	2	4	4	4	2	2	2	3	3	4	4	3	2	1
P07 Race	S	3	6	7	7	8	9	9	10	10	10	9	9	8	6	4	3
	I	1	1	2	2	3	3	3	2	2	2	3	3	2	2	1	1
P08 Sprint	S	2	6	6	9	9	11	11	11	11	11	6	6	6	5	4	2
	I	4	5	6	7	8	9	10	10	9	9	5	6	7	8	5	2

PS: S for speed; I for incline;

Power-saved mode

In standby status, if users do not press any key within 10 minutes, then the system is automatically into power-saved mode. But press any key to start the system, smart and energy-saved.

5. Safe mode: Under any circumstance, unlocking safety key can stop treadmill. Window displays "---/----" with 3 "BB" alarming sound. There are no workable operations except turning treadmill off.

6. Empty loading mode: when stands by, press speed -, then press program key for 2 seconds with BB alarming sound. After 5 minutes, treadmill will stop automatically.

Power off

It is ok to turn the power off at any time to shut treadmill down. This method would not cause any damages to treadmill.

Notice

1. Please check the power before exercise; Check the safety key.
2. If there is something wrong during exercise, please pull out safety key. Treadmill will rapidly reduce speed and stop; Lock safety key again, waiting for input direction.
3. If treadmill does not work, please ask professionals for help;

Values displayed range

Set data	Start	Set initial value	Range settled	Range displayed
Time(M:S)	0:00	15:00	5:00-99:00	0:00 - 99:59
Incline (%)	0	0	0-12	0-12
Speed (KM/H)	0.0	0.5	0.5-16.0	0.0-16.0
Distance(KM)	0.00	1.00	0.50-99.9	0.00 - 99.9
Pulse(Counts/Min)	P	N/A	N/A	50-200
Calorie(Kcal)	0.0	50.0	10.0-9999	0.0 - 9999
Steps	0	--	--	99999

Fault Display

Display	Error information
---Or---	Safety key drop off
E2	Over current protection
E4	Motor abnormally protection.
E5	Communication error
E6	Power tube or relay error
E7	Incline checking error.

Personal trainer program

1. Speed maximum and Pitch maximum is decided according to age and gender. BMI values are based on the program and exercise time. If the speed and pitch of program are over SM and PM of the age, then value depends on the SM and PM of the age. Finally, calculate exercise time through age.

2. Sport program calculation formula

a. Age、Gender factor: Speed maximum(SM) and Pitch maximum (PM)

	Male		Female	
Age	(SM)	(PM)	最 (SM)	(PM)
10-15	8	10	8	8
16-39	12	12	12	10
40-49	10	10	9	8
50-59	10	8	8	6
60-69	8	6	7	5
70-79	6	4	6	4
79-89	4	3	5	3
90-99	3	0	3	0

b. BMI values and equivalent Program P**

BMI	Phy.	P	T ₁		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
<15	Extremely low weight	P01	30	Speed	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30
				Incline	2	6	4	6	8	10	12	14	16	18	20	22	24	26	28
15-	Low	P0	30 +	Speed	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30

18.4	weig ht	2	(BMI - 15) * 60 / 35						0	0	2	2	0	0					
				Incline	2	4	4	6	6	8	8	8	6	6	6	4	4	2	2
18.5- 21.2	Nor mal 1	P0 3		Speed	2	6	1 0	1 2	8	6	8	1 2	1 0	8	8	6	6	4	2
				Incline	1	2	2	4	4	4	2	2	2	4	4	4	2	1	0
21.3- 23.9	Nor mal2	P0 4		Speed	2	6	1 0	1 0	1 0	8	8	8	1 0	1 0	1 0	8	6	4	2
				Incline	1	2	2	3	3	3	2	2	2	3	3	3	2	1	0
24- 25.5	Over weig ht	P0 5		Speed	2	4	6	6	8	8	8	8	6	6	6	6	4	3	2
				Incline	0	0	0	1	1	1	2	2	2	1	1	1	0	0	0
25.6- 26.9	Pre- Obe se	P0 6		Speed	1	2	2	4	4	6	6	8	8	6	6	4	2	1	1
				Incline	0	0	0	1	1	1	1	1	1	1	1	0	0	0	0
27- 29.9	I Obe se	P0 7		Speed	1	2	2	3	3	5	5	7	7	8	6	4	2	1	1
				Incline	0	0	0	0	0	1	1	1	1	1	0	0	0	0	0
30-40	II Obe se	P0 8		Speed	1	2	2	4	4	2	2	6	6	7	5	3	2	2	1
				Incline	0	0	0	0	1	1	1	1	0	0	0	0	0	0	0
40-50	III Obe se	P0 9		Speed	1	1	2	2	4	5	6	6	6	6	4	3	2	1	1
				Incline	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
>50	IV Obe se	P1 0	90	Speed	1	1	1	3	3	5	5	5	6	6	4	2	1	1	1
				Incline	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

PS: Phy is for physique; P for program; T for time, unit is minute;

Bluetooth function: With bluetooth function, connect it with phone.

Incline check: When stands by, press together speed+/-,incline +/- for 3 seconds to check if incline works or not.

MP3 function: With MP3 function, can connect with phone to display music.

USB charging function: The USB port can charge phone through data cable (5V---500MA). Please note that do not play phone music when charging phone.

Exercise Safety Measures

Please consult the professional before exercising. He/she can recommend the suitable exercise time, frequency and intensity according to your age and body statement. If you feel chest distress or pain, disorder heartbeat, short of breath or sick during exercising, please stop at once. And you had better consult the specialized person if you want to continue exercising.

Maintaining Guidance

Notice!

Please make sure that the power has been cut off before the maintenances of this unit.

Clean

- Thorough clean can extend the lifetime of machine unit. Clean the dust regularly, especially the dust accumulating beside the treadmill belt to avoid the accumulation below the belt.
- Make sure the neat of the shoes to avoid the foreign objects carried by shoes abrading treadmill board and bolt.
- The surface of treadmill bolt must be cleaned by wet cloth spread with soap. Please avoid water splashing on the electric parts and the bolt.

Notice

Please pull the plug out before moving treadmill motor cap. Please clean dust of motor once a year.

Running belt and silicon lubricating oil

There is already lubricating oil between running deck and running belt before you get the treadmill. The friction between running belt and running deck has a big impact on its life service and performance. That is why we need lubricate the treadmill regularly. We suggest regular check. If the running deck has any wear, please contact with our customer service center.

We suggest the owner to lubricate the Treadmill according to below.

Exercising Frequency

Inactive User (less 3 hours every week)

Active User (3-5 hours every week)

Super Active User (exceed to 5 hours every week)

Lubricating Schedule

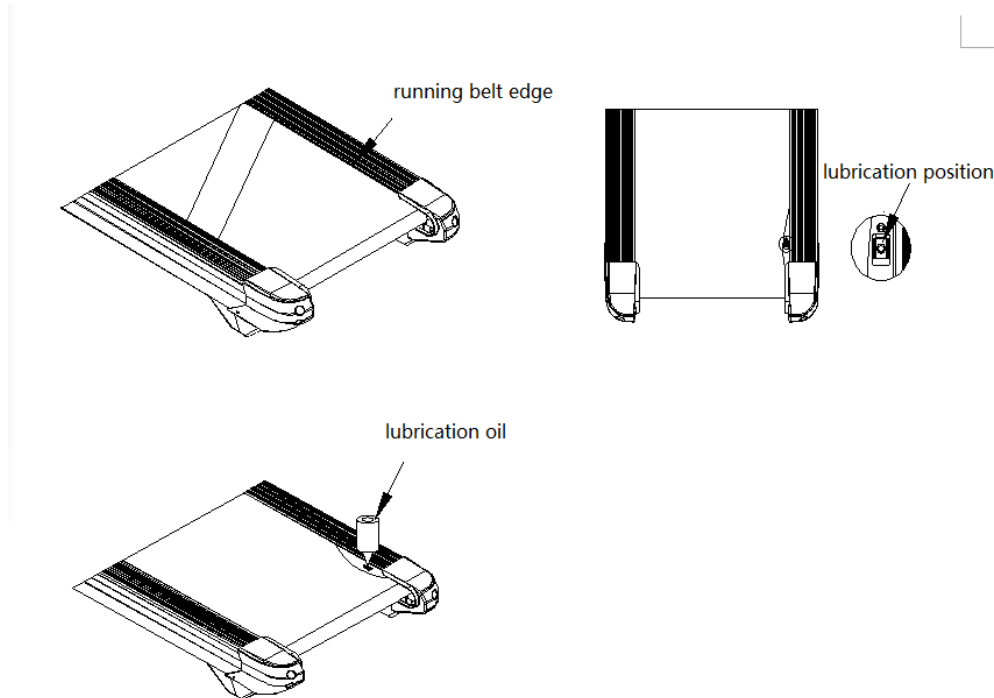
once every year

once every 6 months

once 3 months

We suggest that you should purchase lubricates silicon oil from local dealer or contact our company directly.

Method to Add the Silicon Oil



- ✓ As above Figure, tilt the treadmill at a angle of about 45 degrees.
- ✓ Lift up the Running Belt with one hand, put some lubricating oil onto the running deck, let the lubricating oil flow towards the other side of running deck. When the oil flows across the middle line, put the equipment to horizontal direction.
- ✓ Turn on the equipment, walk on the treadmill slowly for a few minutes, let the running belt being complete attached of lubricating oil. Increase the speed and lubrication is finished.

Note

- ✓ Do not put on too much lubricating oil once.
- ✓ After lubricating, use a cloth to clean up the extra oil on the side and surface of the running belt.

Maintenance Instructions

1. In order to maintain the electric treadmill and prolong the service life of the treadmill, it is suggested that users turn off the power after two hours use and let the treadmill free for 10 minutes before the usage.
2. If the running belt is too loose, it will slip during the running exercise. If it is too tight, it will lower the function of electric engine, and wear the roller and running belt severely, and shake the whole machine. If you want to test if the tightness of the running belt is appropriate, please support the running belt away from the running board about 50-75mm.

Adjust the running belt to be in a proper tightness

In order to let you use the treadmill better and more efficiently, it is necessary to adjust the running belt to the best state.

Adjust running belt to be in the middle

- Put the treadmill on a flat ground.
- Make the treadmill run at about 3.5KM/H
- If the running belt inclines to right side, turn the right adjustable bolt for 1/2 cycles by clockwise, and then turn the left adjustable bolt for 1/2 cycles by counter-clockwise. See figure A:

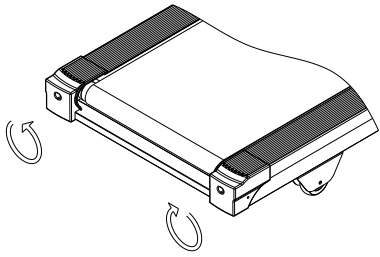


Fig. A

- If the running belt inclines to left side, turn the left adjustable bolt for 1/2 cycles by counter-clockwise clockwise. See figure B:

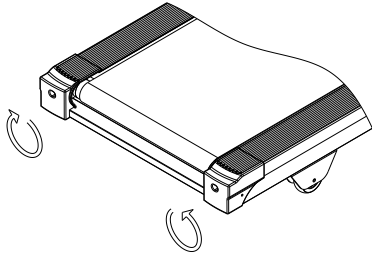


Fig. B1

V-Belt Adjusting

After a long time exercise, the multi-wedge belt was worn or became loose. In this case, you must do an appropriate adjustment for the safety. The way of judgment is: during your normal running exercise, when your foot step on the running belt and feel that the running belt has the phenomenon of occasional stop that indicates the running belt or multi-wedge belt is somewhat loose, the further confirmation should be done. The way to judge which kinds of components are loose: taking apart the six screws on the protection cover above the belt, let the treadmill run in a speed of 1KM/H, then stand on the running belt, grasp the armres. (We suggest step and press the running belt by the runner's weight).

- ✓ If the instantaneous stepping strength cannot stop the running of the running belt that indicates the tightness of multi-wedge belt and running belt are appropriate.
- ✓ If you find that the instantaneous stepping strength make the treadmill stop, but the multi-wedge and the front roller are still running, it indicates the running belt is loose, then the appropriate adjustment should be done for the safety usage. (About the adjustment of running belt, please refer to maintenance guide).
- ✓ If you find that the instantaneous stepping strength make the running belt and multi-wedge belt stop, while the motor is still running, it means that appropriate adjustment should be done for the safety usage.

Adjusting Method:

- **Step 1:**

Remove the six screws of the treadmill front shield cover, thus relieved the shield cover.

- **Step 2:**

Loosen (but not remove) the four screws of the fixed motor base, then adjust the bolt with spanner. While gently turning the ribbed belt between motor shaft and the front roller, if it is too loose, you can turn ribbed belt 100% ; if it is too tight, you can turn to a very limited angle; After this adjustment, the tightness is proper when it can be turned 80%.

- **Step 3:**

Lock motor base, fitted with shield cover

Common faults and trouble shooting

Malfunction	Reason	Trouble shooting
Treadmill cannot start	1. The plug hasn't been connected or the switch hasn't been opened. 2. The over current protector of the treadmill disconnected 3. The indoor over current protector disconnected 4. Safety key disconnected	1. Insert plug or start the power 2. Change fuse or press the protector button 3. Reset over current protector 4. Put safety key to right place
Treadmill belt slip	The belt hasn't been tightened	Adjust the tightness of the belt (see maintenance guide)
Poly V-belt slip	The belt hasn't been tightened	Adjust the tightness of the poly v belt(see maintenance guide)
Treadmill isn't in the center place	The degree of the roller balance hasn't been adjusted well	Adjust the belt to the rotating axis (see maintenance guide)
The strange voice of treadmill during exercise	The nut has loosen	Tightened relevant nuts

If your treadmill malfunctions are beyond the above, please contact our service center or call us directly, we promise that we would offer satisfying service to you.

If there are some worn spare parts, please immediately stop using the product. And continue to use it after replacing it with original factory parts.

FCC Caution

FCC Caution This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference, and
2. This device must accept any interference received, including interference that may cause undesired operation.

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

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
4. Consult the dealer or an experienced radio / TV technician for help.

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

IC Caution

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.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

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

French:

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

1. L'appareil ne doit pas produire de brouillage;
2. L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

L'appareil est conforme aux limites d'exposition au rayonnement IC spécifiées pour les environnements non contrôlés. La distance entre le radiateur et le corps doit être d'au moins 20 cm lors de l'installation et du fonctionnement de l'appareil.