Motorized Treadmill Installation And Operation Instruction

T300

PLUSX

Fitness Equipment Manufacturer: Plusx Health Technology Co., LTD.
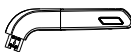
Installation·Operation·Maintenance Manual

Notes：

1. When operating Treadmill Please read the instructions carefully.

2. Keep Instruction properly in case of consulting later.

Installation Instruction

Parts figure of Finished machine installation as bellow:

No	Name	Sketch	Spec	Quantity	Remark
1	**The overall Treadmill**		2147*934*388	1	
2	**Left Column Group**		935*281*100	1	
3	**Right Column Group**		935*281*100	1	
4	**Left Armrest Group**		955*321*95	1	
5	**Right Armrest Group**		955*321*95	1	
6	**Upper digital meter**		798*448*155	1	
7	**under digital meter,power line**		492*486*118	1	
8	**Hexagon socket head cap screws**		Tail insertion1.8m	1	
9	**Hexagon socket head cap screws**		M12*40mm	8	
10	**Hexagon socket head cap screws**		M8*45mm	4	
11	**flat washer**		φ8.4*φ15*T1.6	4	
12	**Spring washer**		φ9.1*φ14.5*T4.7	4	
13	**recessed raised cheesehead tapping screw**		ST4.2*12	32	
14	**flat hex bolts**		M10*60mm	16	
15	**internal teeth lock washer**		φ10.5*φ18*T1.0	16	
16	**cup-head bolt**		M10*20mm	2	
17	**curved washer**		φ10.5*φ20*T2.0	2	

Installation Necessary Tool:

Cross Screwdriver; 8mm Allen Wrench; 6mm Allen Wrench; 5mm Allen Wrench (provided as accessories).

Installation Process:

Open the package, and take off above Materials and parts. Place the machine on the ground flatwise.

Prompt:

When lifting the machine from the packing box, it is suggested that the operation and assembly of the two or more persons shall be operated by the two persons, so as not to cause accidents.

Assemblage 1

1.Put the overall platform 1 on the proper position, and open the motor cover by cross screwdriver as the figure showing.

2.Place motor cover and screw on a position where will not affect assemblage neatly.

motor cover

①
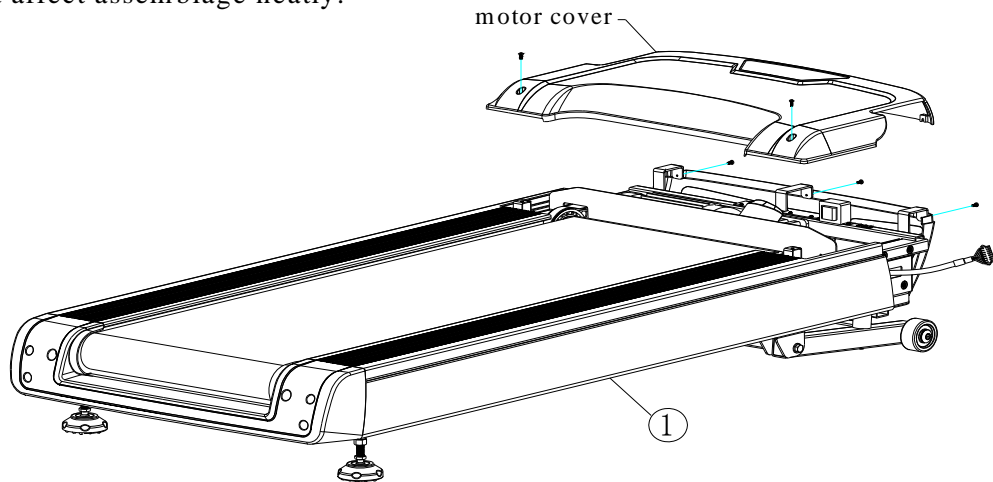
Assemblage 2

1.Open left column group 2 and left armrest group 4 as the figure showing, place part D and part F on a proper position where will not affect assemblage.

2.Pre lock 4 on E with 14, 15 by using 5mm Allen Wrench. (Don't lock the screw)

3.Pre lock 4 on E with 16, 17 by using 6mm Allen Wrench, and then lock the screw of 14,16 in sequence.

4.Lock D on E in sequence as the figure showing by using cross screwdriver and fasten.

5.Lock F on E in sequence as the figure showing by using cross screwdriver and fasten.

No	Name	Spec	quantity
13	screw	ST4.2*12	12
14	bolt	M10*60	4
15	washer	φ10.5*φ18*T1.0	4
16	bolt	M10*20	1
17	washer	φ10.5*φ20*T2.0	1

②

④

⑭ ⑮ ⑯ ⑰

⑬

F E D
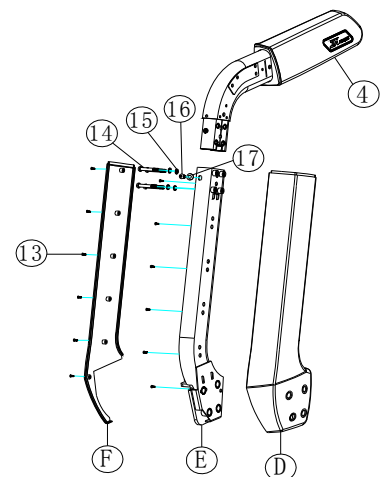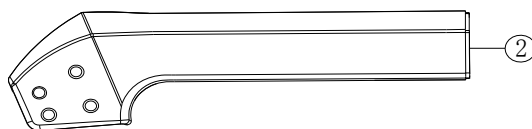
Assemblage 3

1.Open right column group 3 and right armrest group 4 as the figure showing, place part A and part C on a proper position where will not affect assemblage.

2.Make connector wire G penetrate 5 through B as the figure showing, and pull it out from outlet.

3. Pre lock 5 on **B** with 14, 15 by using 5mm Allen Wrench. (Don't lock the screw)

4. Pre lock 5 on B with 16, 17 by using 6mm Allen Wrench, and then lock the screw of 14,16 in sequence.

5. Lock A on B through 13 as the figure showing in sequence as the figure showing by using cross screwdriver and fasten.

6. Lock C on B through 13 as the figure showing in sequence as the figure showing by using cross screwdriver and fasten.

Attention：Do not pull wire heavily when plugging.
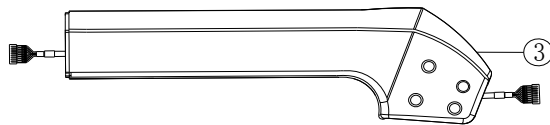
No	Name	Spec	quantity
13	screw	ST4.2*12	12
14	bolt	M10*60	4
15	washer	φ10.5*φ18*T1.0	4
16	bolt	M10*20	1
17	washer	φ10.5*φ20*T2.0	1
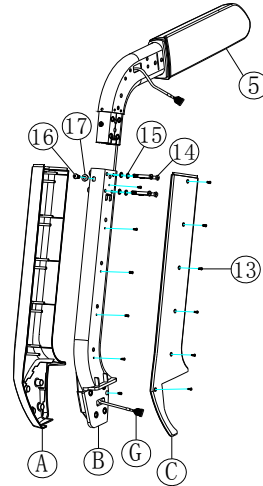
Assemblage 4

1. Pre lock left column group 2 and left armrest group 4 on 1 through 9 bu using 8mm Allen Wrench.

2. Lock I on 4 through 13 as the figure showing in sequence as the figure showing by using cross screwdriver and fasten.

3. Link connector wire G of right column and entire platform connector wire H, and tuck the wire in outlet to avoid affecting assemblage.

4. Pre lock right column group 3 and right armrest group 5 on 1 through 9 by using 8mm Allen Wrench as the figure show.

5. Lock J on 5 through 13 as the figure showing in sequence as the figure showing by using cross screwdriver and fasten.

Attention：Do not pull wire heavily when plugging.

No	Name	Spec	quantity
9	bolt	M12*40	8
13	screw	ST4.2*12	4
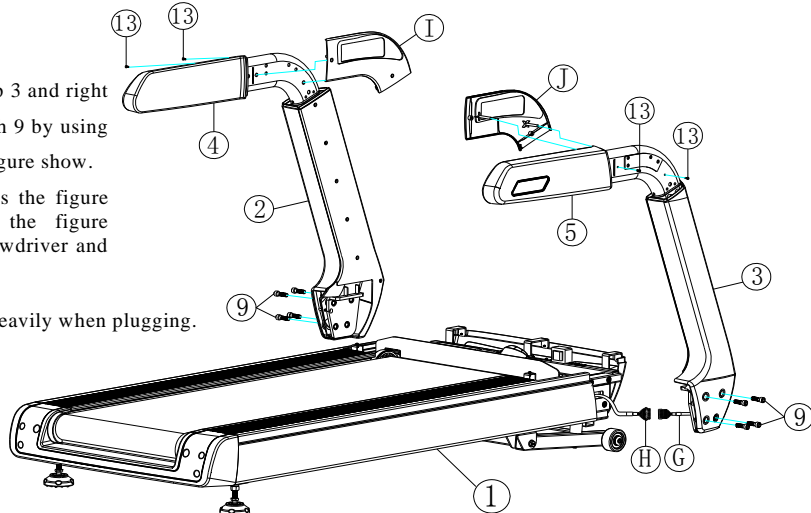
Assemblage 5

1. Link connector wire 0 of under digital meter 6 and right armrest group 5 connector wire N,and tuck the wire in outlet to avoid affecting assemblage.

2. Enclose under digital meter into left armrest group 4 and right armrest group 5 by using 5mm Allen Wrench And fasten gradually as the figure showing.

3. Enclose K and M into the corresponding position as the figure show by using cross screwdriver.

4. Fasten pre locking bolt 9 of assemblage 4 gradually by using 8mm Allen Wrench.

   Attention：Do not pull wire heavily when plugging.

No	Name	Spec	quantity
13	screw	ST4.2*12	4
14	bolt	M10*60	8
15	washer	φ10.5*φ18*T1.0	8
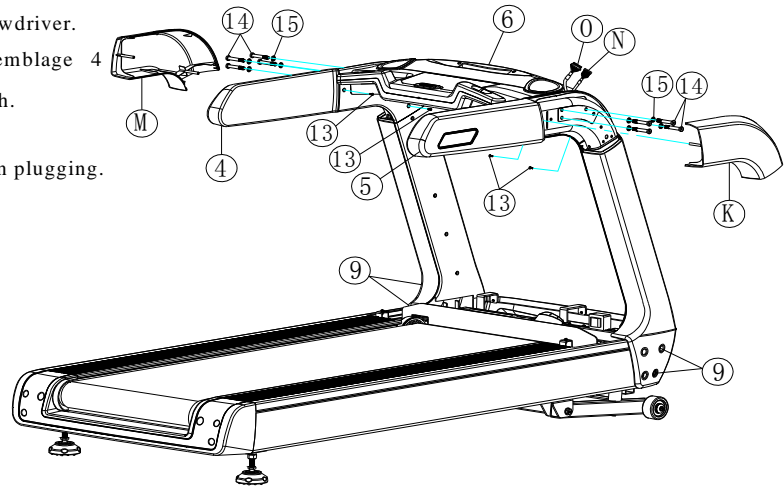
Assemblage 6

1. Link connector wire R of upper digital meter 7 and under digital meter 6 connector wire Q, and tuck the wire into outlet of 7 to avoid affecting assemblage.

2. Enclose upper digital meter 7 into under digital meter 6 through 10, 11, 12 by using 6mm Allen Wrench and fasten it gradually.

3. Lock motor cover on entire platform 1 through P by using cross screwdriver as the figure show and fasten it gradually.

   Attention：Do not pull wire heavily when plugging.

No	Name	Spec	quantity
10	bolt	M8*45	4
11	washer	φ8.4*φ15*T1.6	4
12	washer	φ8.4*φ15*T1.6	4

motor cover
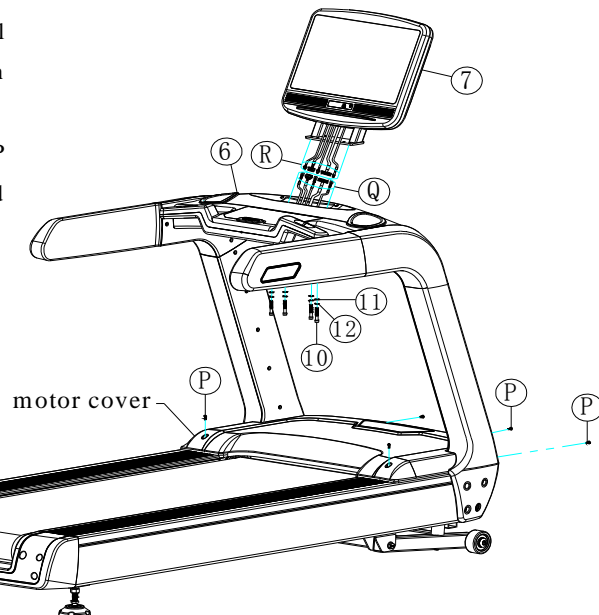
Location Place and Requirement:

Put the treadmill on flat and stable ground and keep avoiding direct sunlight because intense ultraviolet will lead to color change of plastic. Put it in the condition of cool temperature and low humidity. To ensure user have a obvious exit leave 2000mm area behind the treadmill, And leave 600mm area on both sides of the treadmill for the convenience of instruction of trainer. Do not place it on the bad condition of ventilate and dry.
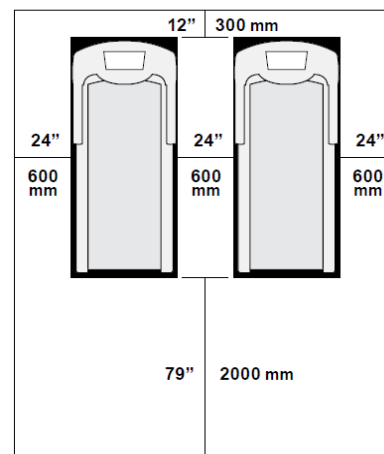
Pls attention: Do confirm all the assemblage made as the above requirement completed and then power on. Pls refer to following related illustration about the operation and using.

Technical Parameters

Assemble Size (mm)	2468*966*1690	Power Using	AC 220∽240v
Platform Size (mm)	620*1675	Rated Output	2200W
Net weight	103Kg	Rated Current	10.0A
Package Gross Weight	**122Kg**	Speed Range	1—20Km/H
Incline Range	0～20%（front incline）	Condition Temperature	0—40℃
Load User Weight	≤180Kg	Type and Grade	SA
LED Display	Program; Incline; Speed; Calorie; Distant; Time; Heart Rate; Blue Tooth		
Safety Guard	A. Red safe switch on meter. B. Over current switch and voltage of front part of equipment push type and recoverable safetyswitch. C. Over Current safety witch inside control panel		

Products Implemention Standards
1. GB17498.1-2008/ISO20957-1:2005 General Safety Requirement and Test Approach;
2. GB17498.6-2008/ISO20957-6:2005 Treadmill Additional Specialised Safety Requirement and Test

Approach;
3. GB5296.7-2008 Gym Equipment Consumer Goods User Manual;

The company reserves the right of technical improvement. Subject to change without prior notice.

Movement Instruction

Treadmill Movement：
Lift the rear end of the treadmill 10 degree from the ground and move it directly because there are two wheels ih the front of the equipment. Do not lift it too highin case of the front touching the ground.
Attention: pls confirm have pulled out the plug before moving treadmill other wise will damage plug and socket.
Moving and convey on wooden floor is not suggested.

Product Feature Illustration

1. It adopts high strength, tensile and anti-static maintenance running belt and high strength, high density, wear-resisting and non-lubricated running board, which brings a safer and more comfortable running experience

2. Stable full-cover running platform design, reducing vibration noise, and more effective preventing movement injury to bring a safer sports experience.

3. Front and back roller adopts advanced import bearing, ensuring the smooth and stable motion, and the taper of both ends, which makes the running belt automatic reset function.

4. LED display, show carorie, heart rate, time, distant, incline, speed, speed range: 1-20km/h, incline range: 1-20degree.

5. 4 inverse modes(time,distant,carorie,recovery)are avaliable for user.

6. Digital meter attached withhi-fi set, the output of MP3 audio source and the input function of the USB sound source can be supported.

7. Heartrate handle enable user can monitor heart rate , and djust the intensity of the exercise properly.

8. Fast function with speed and slope, easy to control and change the intensity of movement.

9. Electronic watch can hold books and tablets, which greatly enrich the entertainment of running.

9. The structure of steel body is made of titanium alloy.

11. It has all kinds of protective functions such as overpressure, overcurrent, underpressure and overload.

Safety Tips

Thank you for choosing the company's products. The correct use of the treadmill is your safe and

convenient guarantee. Please read the following carefully before using the treadmill:

1. Warning! In order to confirm the installation of the electric treadmill according to the installation instructions, before exercising, make sure that the electric treadmill is stationary before the power can be switched on. Don't block the plug on the wall to facilitate insertion.

2. Warning! The power cord plug must be plugged into an electrical outlet with a secure grounding, To prevent the generation of static electricity through the grounding line, static electricity may interfere with the operation of the electronic watch and even damage the electronic watch. The power cord of the electric treadmill is dedicated, If the power cord damage happend, pls buy from distributor or contact with us directly.

3. Warning! As far as possible avoid the use of other appliances in he same power supply circuit in case of generating circuit inter nois and leading to damage or abnomal phenomena of treadmill or other appliances.

4. Warning! Electric treadmill must be placed on the hard ground or solid platform; Treadmill put to smooth, put place to clean level off, pay attention to moistureproof, don't put on items like the thick carpet treadmill, lest affect the treadmill lower air flow. Electric treadmill for special equipment, please do not modified and do it with.

5. Do not wear too long and loose clothes when exercise, to prevent electric treadmill cause safety accidents. Suggest to wear a rubber soled shoes or gym shoes.

6. Please do not remove the protective cover casually, if need to open for maintenance, be sure to remove the power cord plug.

7. Warning! When electric treadmill is in use, please do not let children near, prevent dangerous, in case of hands, fingers and feet are card holder.

8. Minors use of electric machine running should be adults in the escort.

9. If this is your first time to use electric treadmill, please be sure hold handrail and loosen the arm until it is comfortable.

10.The emergency stop switch device (red), if found abnormal treadmill running process or feel danger, please press the emergency stop switch device (i.e., safety lock), make the treadmill to immediately stop, avoid accident risk.

11. Warning! Shut down immediately after using the equipment, and unplug the power cord plug away.

12. Warning! Never touch touch any part of the movement.

13. Heart rate sensor does not belong to medical equipment, there are many reasons can cause inaccurate detection, test results are for reference only.

14. Warning! During exercise if feel danger, should use both sides armrest emergency jumped off the ground or in on both sides of the pedal platform.

15. Warning! Electric treadmill exercise is rear to 2000 mmx1000mm safety area, prevent accident danger to have emergency jumping out of the space.

16. Exercise safety operation need free space for 2000 mm (long) X1000mm (wide) X2250mm (high).

17. Warning! Electric treadmill for indoor equipment, do not use outdoors, suitable for aerobic cardio, main is to increase the cardiopulmonary function is given priority to, training muscles is complementary.

18. Warning! Users may be movement interference of any control device should not deviate from the design.

Getting Started Guide

If this is your first time to use electric treadmill, you need to read the following content:

Preparation:

Before exercise you need to know their health status, to make a suitable exercise program, suggest to consult a doctor or a professional, maybe you can get twice the result with half the effort.

Before the first use of electric treadmill, please to be familiar with how to control it first, such as start, stop and speed regulation, you can use it untill you are familiar with it. Then stand on the plastic checkered plate on both sides of the treadmill, seize the handrail with both hands, adjust speed for 1.6 ~ 3.2 km/h machine of low velocity, the body stand up straight, look ahead, hrust against the ground, try to relax. And then to run with its movement. After theyou feel adaptation, gradually increase the speed to 3 ~ 5 km/hour. Keep this speed about 10 minutes, then slowly let the machine stop. First use do not speed too high, to prevent falling.

Exercise:

Walk with the pace of fixed about 1 km, and record the time. This could use 15 to 25 minutes. Walking at a speed of 4.8 km/h, 1 km distance will takes about 20 minutes. After you can easily do it a few times, gradually increase speed, last 30 minutes, you can get a good exercise. Before walking exercise program, the in the mind be clear: not irritable, this exercise for your health, my own life, not a night of magic.

Frequency:

Goal is 3-5 times per week, 15 to 60 minutes at a time.It is best to develop good exercise schedule according to their own physical condition rather than to exercise according to his be fond of, you can master the acuteness degree of motion by adjusting the speed and the movement time.

Amount of Exercise:

Shortcuts - 15-20 minutes of exercise is a good way to save time. Warm up for 5 minutes at 4-4.8 km/hour speed, then increase the speed of 0.3 kilometers per hour every 2 minutes to , until you feel keep on moving at a speed of 45 minutes will be very challenging.

Dress:

All you need is a pair of good shoes, it is suggested that choose running shoes or gym shoes. Don't stick with sole foreign body at the same time, avoid foreign bodies carry into running down the wear plate and the running belt. Clothes should be comfortable and suitable for sports, it is suggested that chooses cotton breathable sportswear.

Stretching Exercise：

No matter what speed you walk at, you are suggested to stretch first. Warm muscle is more easy to stretch, so on 5 ~ 10 minutes to warm up first. Then stop according to the following method to stretch, do 5 times, each time each leg for 10 seconds or more time; Do it again at the end of the exercise.

1. Down the stretch

bent knees slightly, slowly bend forward, back and shoulders relaxed, both hands try to touch your toes. Maintain 10 ~ 15 seconds, then relax. Repeat 3 times (see figure 1).

2. Hamstring stretch

Sit on a clean cushion, extent one leg,Put another leg to adduction, make it close to straight to the inside (see figure 2).

3. The calves and heel tendon stretch
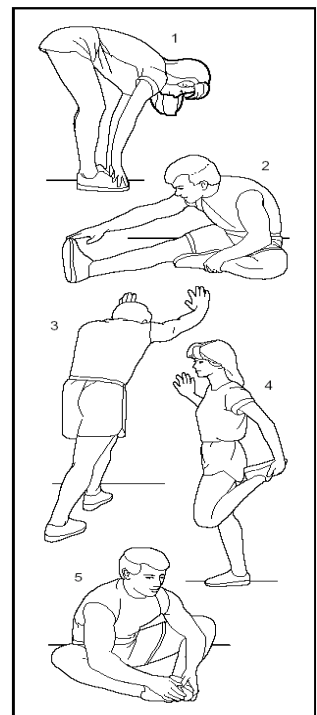
Stand with your hand hold the wall or tree, with one feet back, keep back leg up-right and slant forward to wall or tree. Keep 10~15 seconds, then relax, repeat 3 times every leg.(see figure 3).

4. Quadriceps stretch

Helps balance wall or table with his left hand, and then the right hand back, seize the right ankle slowly to the hips, until you feel in front of the thigh muscles tense. Maintain 10 ~ 15 seconds, then relax. Each leg repeat 3 times (see figure 4).

5. Sartorius (thigh muscles)

Foot, knee outward and sat down. Hands seize feet pulled in the direction of the groin. Maintain 10 ~ 15 seconds, then relax

Repeat 3 times (see figure 5).

Treadmill Operating Instruction

1 Display effect and Connection instruction：

    1.1 Display effect
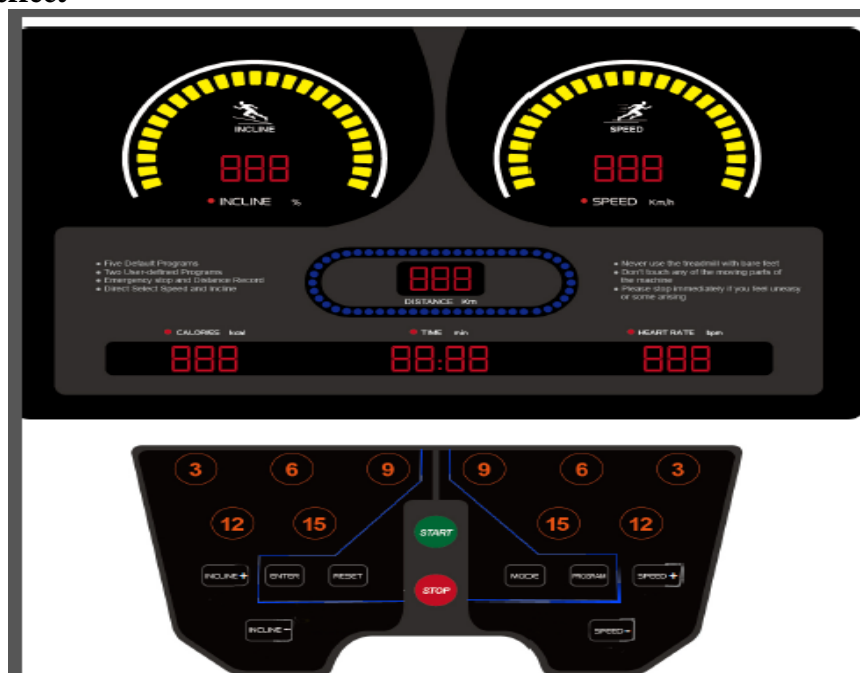
    1.2 Interface：

      1.2.1 Communication interface：J9 connect lower-control;

      1.2.1 Safety switch：J8 connect safety switch;

      1.2.2 Heartbeat connection：J5、J6 connect heartbeat board;

      1.2.3 Wireless heartbeat connection：J7 wireless heartbeat plate;

1.2.4 MP3 control interface：J10 connect MP3 control interface;

1.2.5 Power interface：J3 connect inverter 12V power source;

1.2.6 Power of amplifier interface:J12 connect power amplifier board;

1.2.7 Fan blower interface：J14 connect fan blower;

1.2.8 Handrail keypad interface：J1 interface for accelerate and decelerate speed，J2 interface for up and down.

2 Window status

2.1 Time display window：

2.1.1 Time countdown mode that show remaining time;

2.1.2 When in manual operation, showing total running hours;

2.1.3 Time showing range：00：00—99：59, to show set time when enter into mode setting data;

2.1.4 To show parameter value under parameter setting status.

2.2 Distance display window:

2.2.1 Distance display window that show running distance value;

2.2.2 Operating under manual mode and program mode, show total running distance;

2.2.3 Distance showing range：（0.00—999）KM.

2.3 Calorie display window：

2.3.1 Manual mode and program mode that show calorie consumption value;

2.3.2 Calorie display range（0.00—999）Kcal

2.3.3 To show calorie setting value when enter into manual mode, program mode or user mode.

2.3.4 To show parameter code under parameter setting status.

2.4 Heart rate display window：

2.4.1 Show "P" without heart rate input;

2.4.2 Show heart rate value with input

2.4.3 Heart rate showing range：（50—256）

2.5 Speed display window:

2.5.1 To show actual speed value at present;

2.5.2 Speed showing range：（1.0—20）KM/H, rehibilitation mode（0.8—20）KM/H。

2.6 Incline display window:

2.6.1 To show actual incline at present;

2.6.2 Incline showing range：（0—20）%

2.6.3 Showing error mode when occur incline malfunction.

3 Keypad and its function

3.1 Speed+: Under manual operating status, increase speed value. Under parameter setting status, increase parameter value of selected function;

3.2 Speed-: Under manual operating status, reduce speed value. Under parameter setting status,reduce parameter value of selected function;

3.3 Incline+: Under manual operating status, increase incline value;

3.4 Incline-: Under manual operating status, reduce incline value;

3.5 Operating under fixed program, both speed value and incline value can be changed according to your need.

3.6 Speed shortcut key（3、6、9、12、15）：Operating under manual mode, quickly set accordingly speed;

3.7 Incline shortcut key（3、6、9、12、15）：Operating under manual mode, quickly set accordingly

incline;

3.8 Operating keypad: Under standby status, enter into running status after press keypad;

3.9 Stop keypad：Under running status, enter into stop status after press keypad;

3.10 PROGRAM : Enter into optional mode（P1～P8、U1～U2、）；（default manual setting when open machine）

3.11 ENTER: Used to confirm parameter setting or exit mode setting after press keypad;

3.12 RESET： Under stop status, all of parameter return to zero after press it;

3.13 MODE： With four countdown mode（time,distance,calorie,rehibilitation） 。

（**Tips： With an efficient keypad,buzzer will make long sound; when the keypad is inefficient, buzzer will click two times**）

4   Operation

Power on, buzzer makes a long sound, luminous tube, digital tube and lattice screen will show within 3seconds, meanwhile, lifting   motor declines to the lowest level, then recover to level. （the lowest station is level）, enter into standby status after 3 seconds. Time window show"00：00", incline window show"0", heart rate show "P", distance window show "0.00", calorie window show "0"， speed window show "1.0"，at this time, you can operate the console.

5   Setting mode

Under the standby status, press "set" keypad that can switch 4 setting functions   （time, distance, calorie, rehibilitation）. Press speed keypad to set various parameter value. When inverse parameter counting return to zero, enter into shutdown program mode, speed and incline will be halved, the countdown time is 150seconds, while count to 15seconds, the warning of buzzer will ready to stop.

   5.1.1 Countdown mode

   5.1.1.1   Press "set" keypad with one time, enter into countdown program, time window flashing, show the default time 30：00, accelerate and decelerate keypad can be used to change the time; when operating, countdown with the set number. When return to zero, enter into stop status, speed and incline will be halved, the countdown time is 150seconds, while count to 15seconds,   the warning of buzzer will ready to stop.

   5.1.1.2   Distance window：When start running, show "3"、"2"、"1" 3 seconds countdown；while stop using, buzzer click one time; Light runway gradually be lighten, （one round of 400-meter runway which made by 46 lights）, the center position of runway（to window） show the actual running distance.

   5.1.2 Countdown distance mode

   5.1.2.1   Press "set" keypad on the second time, enter into distance countdown program, distance window flashing, show the default distance value 5.00; show running distance by countdown. Change distance value by the accelerate and decelerate keypad, when operating, countdown with the set number. When return to zero, enter into stop status, speed and incline will be halved, the countdown time is 150seconds, while count to 15seconds,   the warning of buzzer will ready to stop.

   5.1.3 Countdown distance mode

   5.1.3.1   Press "set"keypad on the third time, enter into calorie countdown program, calorie window flashing, show the default value is 100; show running calorie by countdown; Change distance value by the accelerate and decelerate keypad, when operating,

countdown with the set number. When return to zero, enter into stop status, speed and incline will be halved, the countdown time is 150seconds, while count to 15seconds, the warning of buzzer will ready to stop.

5.2 Program
5.2.1 Fixed program
5.2.1.1 Under standby status, press "program" keypad one time, enter into fixed program 1; press "program" keypad two times, enter into fixed program 2，，，，，press "program" keypad eight times, enter into fixed program 8. The distance window show the accordingly number.

5.2.2 User program
5.2.2.1 Under standby status, press "program" keypad ten times, enter into user program 1; press "program" keypad eleven times, enter into user program 2. The distance window show the accordingly number.

5.2.2.2 Under user program, time window flashing, show the default time 30：00; change time by the accelerate and decelerate keypad; press "enter"keypad once, speed window flash；enter into various setting time slot.(totally 16). Press "the accelerate and decelerate speed" keypad, can set speed value in various time slot. Press "enter" keypad two times, enter into the second time slot; press "the accelerate and decelerate speed" keypad, can set speed value in various time slot. Then, totally 16 sections.

5.2.3 Rehibilitation program
5.2.3.1 Under standby status, press "program" keypad 9 times, enter into rehibilitation mode; enter into rehibilitation program, speed window flashing, show the default speed 1 kilometer; speed adjustment range（0.8KM-8KM）. After running, speed adjustment 0.8KM-8KM, the shortcut keypads can be used.

5.3 Manual mode program:
5.3.1.1 Under standby status, manual mode as the default mode. The first luminous tube of speed and incline is　lighting all the time, press start/stop directly, the lattice screen show "3"、"2"、"1" 3seconds countdown. Start the machine, press the accelerate and decelerate speed keypad or direct keypad to adjust the speed value; press the accelerate and decelerate incline keypad or direct keypad to adjust the incline value; Light runway gradually be lighten,　（one round of 400-meter runway which made by 46 lights）, the center position of runway（to window）show the actual running distance. Press "stop" keypad, the machine will stop running and counting; press "reset" keypad, all of the parameter value will return to zero.

6 Heartbeat test
6.1 Both hands hold the steel sheet of heart rate sensor, when controller receive the heartbeat signal, heart rate window will flash, and showing "P", meanwhile, the indicator light of heart rate will light, and show the accordingly heartbeat value after 5seconds.

6.2 Measurement before exercise, both feet stand on both sides of the edge of deck, both hands grip heart rate sensor lightly, waiting for about 20 seconds, an accurate heart rate value will show on the window.

6.3 Measurement after exercise, both feet stand on both sides of the edge of deck, both hands grip

heart rate sensor lightly, waiting for about 20 seconds, an accurate heart rate value will show on the window.

Tips：In order to get more accurate data, you'd better do not measure during running.

8 Parameter settings

8.1. Calibration mode

When the program is not running,（under standby status after reset）meanwhile, press speed+keypad, speed-keypad, incline+keypad, incline-keypad, after 3 seconds, automatically enter into incline calibration mode. Time window show calibration countdown 150seconds. After calibration, console will return to starting status automatically.

8.2. Parameter settings of console

8.2.1. Under starting status, press speed+and speed- keypad 3 seconds, enter into parameter settings; calorie window show parameter's number, time window show parameter value, let go of speed+and speed-keypad, enter into parameter settings of console.

8.2.2. Under parameter settings status, speed window show parameter number $0\sim11$，time window show parameter value, calorie window show code;

8.2.3. Speed+speed-keypad can be used to modify parameter settings, press（ENTER）can confirm parameter settings and enter into next parameter settings. Meanwhile, press speed+ and speed-keypad to preserve parameter and exit parameter settings.

8.2.4. Parameter table

No.	Lattice screen show character	Definition of parameter	Unit	Range
1	Minimum speed	Minimum speed	Km/h	0.2～6.0（1.0）
2	Maximum speed	Maximum speed	Km/h	16.0～30.0（20.0）
3	Maximum incline	Maximum incline value	degree	10～20（20）
4	Accelerate time	Accelerate time/kilometer	S(second)	1～5（1）
5	Decelerate time	Decelerate time/kilometer	S(second)	1～5（1）
6	Transmission ratio	Transmission ratio	1KM=HZ	1HZ-8HZ（4.5HZ）
7	Total time	Total running time	hour（h）	0～9999
8	Total distance	Total running distance	kilometer（KM）	0～9999

9. Protection display

Inverter under operating status, occur protective action, time window shows as following:

Inverter system failure

Er 1   power error（under voltage）
Er 2   over current protection
Er 3   over voltage protection
Er 4   over load protection
Er 5   over heat protection
Er 6   communication error
Er 8   incline and decline warning
SAFE safety switch in valid

10. Corresponding speed of fixed program and   the default speed value of user customized program.

P1	SP	3	3	3	5	5	6	6	6	6	5	5	5	4	4	3	3
P2	SP	3	3	3	4	4	5	5	5	6	6	6	6	5	5	4	4
P3	SP	3	4	5	6	7	8	9	10	10	10	9	8	7	6	5	4
P4	SP	3	3	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	3	3
P5	SP	3	4	5	6	7	6	5	4	5	6	7	8	7	6	5	4
P6	SP	3	3	4	5	6	6	5	5	5	4	4	4	3	3	3	3
P7	SP	6.4	8.8	8.8	6.4	8.8	8.8	6.4	8.8	8.8	6.4	8.8	8.8	6.4	8.8	8.8	6.4
P8	SP	6.4	6.4	8	6.4	6.4	8	6.4	6.4	8	6.4	6.4	8	6.4	6.4	8	6.4
U1	SP	3	3	4	5	6	6	5	5	5	4	4	4	3	3	3	3
U2	SP	3	3	4	5	6	6	5	5	5	4	4	4	3	3	3	3

11. USB player（support MP3 audio file）,   definition of keypad:

MP3 keypad settings：press ENTER in long time meaning volume+ , press STOP in long time meaning volume-, press   MODE in long time meaning last music, press PROGRAM in long time meaning next music, press START in long time meaning play or pause.

Tips: Because MP3 functional keypad operates on other keypad,   so when operating, donot run, under running status,   STOP can not implement volume- in long time pressing, treadmill will stop running, due to press the keypad in long time that implement MP3 functional keypad once.

12. The treadmill with no operation will enter into standby sleep status, with display closed, and can be aroused by any keypad.

13. Power off:
User can shut down the switch to close treadmill at any time, which will not damage the treadmill.
14. Attentions:
1. Before exercise, firstly, must test whether load power supply or not; test the safety lock whether effective or not.
2. Occur abnormal situation when exercising, can press emergent stop switch, the treadmill will quickly decelerate to stop；loosen the emergent stop switch, waiting for input demand.
3. If there are some mistakes, please contact distributor, people except professional member must not dismantle or repair, avoid damaging the machine.

15. Simple troubleshooting method of treadmill

trouble		Impossible reasons	Processing method
Treadmill with no display		A no plug in power or without power	power cord access to AC or check AC socket
		B not open power switch	put power switch to ON position
		C actuator of no power supply or damaged	Press overload protection again or replace the actuator
		D signal line of electrical meter open circuit	Replace signal line and plug again
		E electrical meter has been damaged	Replace electrical meter
		F(LCD) backlight is not bright	Need to repair, check backlight line, or replace backlight
Treadmill with incomplete display, lack strokes		A display driver IC pseudo soldering or weld without stopping	Need to be repaired, check solder joints, weld again
		B(LCD) bus bar slide, not fixed in position	Reassemble LCD
		C display driver IC has trouble	Need to be repaired, weld a new display driver IC.
Electrical meter display	SAFE-safety switch in valid	A line of safety switch has loosen B micro switch error	Replace signal line, plug again Replace micro switch, plug again
	Er 1-power error	A inverter line has loosen	Plug again
		B input power less than input voltage	Return to factory for repairing
		C inside of motor has short circuit	Replace motor
		D actuator has been damaged	Replace actuator
	Er 2-overcurrent protection	A overload	System protection, caused by person, then restart
		B transmission parts stuck or has obstacles	Adjust transmission parts, or add lubricating oil
		C inside of motor has short circuit	Replace motor
		D actuator has been damaged	Replace actuator
	Er 3-overvoltage protection	A motor line has been loosen	Plug again
		B motor line has short circuit	Return to factory for repairing or replacing
	Er 4-overload protection	A motor line has been loosen	Plug again
		B over load	Return to factory for repairing
	Er 5-overheat protection	A inverter fan drive abnormally	Replace inverter
		B inverter fan has dust or foreign matter	Clean the dust and foreign matter in time

		A signal line of electrical meter has not been connected well	Connect again
	Er 6-communication error	B signal line of electrical meter has been damaged, short circuit or open circuit	Replace signal line
		C signal line of electrical meter has error	Replace electrical meter
		D signal line of actuator has error	Replace the actuator
	Er 8 incline and decline warning	A lines of incline and decline motor have loosen	Plug again
		B signal lines of incline and decline motor have loosen	Plug again
		C lines of incline and decline motor have been mistaken	Return to factory for repairing

Exercise safety measures

Before exercise, please consult professional member. He（she） can recommend exercise frequency, intensity, and exercise time that both fit your age and physical condition. During exercising,   please stop exercising at once, if you feel chest distress, chest pain, has irregular heartbeat,   short of breath, dizzy or other discomfort. Please consult the professional member before continue to exercise.

Maintenance guide

Warning: before clean or maintain machine, must pull the plug.

cleaning

Comprehensive cleaning will prolong life-span of treadmill.

Remove the dust regularly, in order to ensure clean. Please clean both   exploded sides of running belt, which can decrease impurity accumulation.And ensure the cleaning of shoes, avoid take foreign matters into running belt, which will tear the running deck and belt. The surface of running belt should clean by wet cloth that with soap. And please notice that won't let water splash on electrical set and the back of belt.

Warning: Please pull the plug before remove the cover of treadmill. Open the protective cover to clean the treadmill more than once per year.

We suggest that check running deck and belt regularly. If there are breakage on the surface of deck, please contact service center for clients.

Maintenance introduction

1. **In order to maintain your treadmill, and prolong the life-span of it, we suggest that after 2 hours operating, turn off the switch; continue to use after 10 minutes.**

2. **If the running belt is too loose, it will have slip during running; if it is too tight, that will reduce the performance of motor, and increase the wear of roller and belt. When the degree of tightness is suitable, you can use your hand to let both sides of belt from deck about** 40 — 60mm.

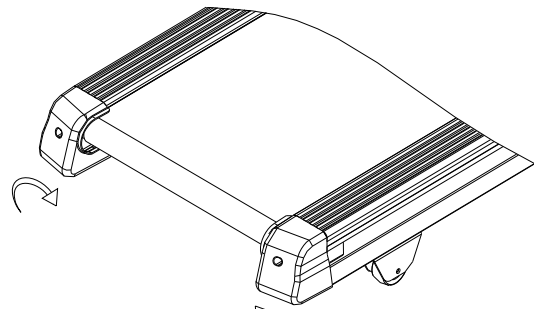**Centring of running belt and the adjustment of the degree of tightness**

In order to ensure the treadmill work better, you need to adjust the running belt to the best state.

Centring of running belt：

·Put the treadmill on the flat floor;

·Make it operate with 3-6km/;

·If the running belt inclines to the right part, then let the right bolt rotate 1/2 round along the clockwise direction, next let left bolt rotate 1/2 round along counter clockwise direction. Picture A

·If the running belt inclines to the left part,then let the left bolt rotate 1/2 round along the clockwise direction, next let right bolt rotate 1/2 round along counter clockwise direction. Picture B.
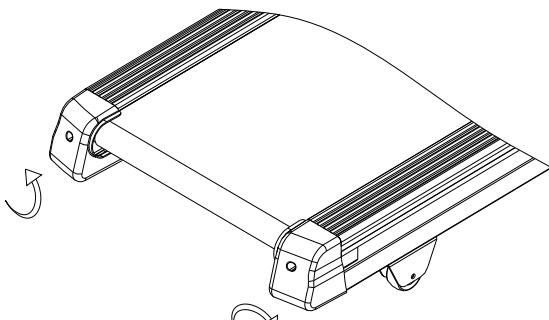
Picture A **adjust to left part**   Picture B **adjust to right part**

The adjustment of the degree of tightness of poly V-belt

After running long time, the poly V-belt will loose due to wear and extrude,

You have to make suitable adjustment to ensure safety using. Method: during regular running, you can feel occasionally pause when your feet on the deck, which indicate that running belt or poly V-belt has been loosen, and you have to confirm. Methods to adjust which parts has been loosen: dismantle 5 slots of the above protective cover, let the treadmill run at 1km/h, then stand on running belt, grip handles tightly, both feet slightly hard to jam on the running belt.（We recommend that users use their body weight of pressing power to jam on the running belt）

A If the instantaneous pressing force can not make the belt stop, that indicates the tightness of poly V-belt is not fit.

B If the instantaneous pressing force can make the belt stop, but poly V-belt and front roller still rotating, indicating running belt has been a little loosen, must be adjusted.(please take maintenance for conference）

C If the instantaneous pressing force can make the belt and poly V-belt stop, but motor still rotate, indicate that poly V-belt has been loosen, must adjust to ensure safety usage.

Adjustable methods:

Step 1: Dismantle the 5 slots of front protective cover, by this way you can dismantle the cover;

Step 2: Loosen （do not dismantle）4 slots that fixed the motor base, then use wrench to adjust 2 adjusting screw rod above motor box. Meanwhile, use your hand slightly overturn poly V-belt that between motor axle and front roller, if it is too loose, you can overturn the poly V-belt with 100%; if it is too tight, the overturn degree is with limitation. After adjustment, if you can overturn the poly V-belt with 80%, it is suitable. Please adjust the tightness of the poly V-belt to the state that can be overturn 80%.

Step 3: Please lock the motor base, and install the protective cover.

Common fault and elimination methods

fault	reason	methods
Can not start	一、 Didn't connect power or switch; 二、 The over current protective part has been disconnected; 三、 Room over current protective part has been disconnected; 四、 Without safety switch	1．Plug power or connect the switch 2．Replace the power fuses 3．Set protector of the over current again 4．Put the safety switch to correct position
Running belt with slip	Belt has been loosen	Adjust the tightness of running belt（refer to maintenance guide）

Poly V-belt with slip	Poly V-belt has been loosen	Adjust the tightness of Poly V-belt （refer to maintenance guide）
Running belt didn't on the center of deck	The balance of roller wasn't suitable	Adjust the running belt to the central position（refer to maintenance guide ）
With noise while exercising	1．Rotating axle need to add lubricating oil 2．Slots have been loosen	1．Add lubricating oil 2．Tight the loosen slots

If the fault of your treadmill beyond the above range, please contact our service center for clients, we will give you a satisfied service.

If there are damaged spare parts, please stop use that machine at once.After replace the original spare parts and install well, you can continue to use.

Warranty

1. warranty range

Warranty range：Under the regular right maintenance,   occur non-artificial damage with normal usage;
Warranty card can only be used by original buyer, can't be transferred.

2. The date of warranty period with 1 year start on purchasing date.

3. Without warranty as following situations:

（1） Damage due to abuse, negligence, accident,or modified without authorization;

（2） Damage due to mistake adjustment of running belt and driver belt;

（3） Damage due to mistake maintenance;

（4） Other irregular operation and which lead to damage.

4. Repair and maintain service

All of the spare parts of treadmill can be bought through local distributor. Distributor can provide the service you need.

Company address：**Jiangsu Plusx Health Technology Co., Ltd.** *Binhu Ave. Paoche Economic Development Zone,Pizhou City, Xuzhou, Jiangsu Province, China.*

Postcode:221327

Warning：

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

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

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

-- Reorient or relocate the receiving antenna.

-- Increase the separation between the equipment and receiver.

-- Connect the equipment into an outlet on a circuit different

6

from that to which the receiver is connected.

-- Consult the dealer or an experienced radio/TV technician for help.

NOTE: This device and its antenna(s) must not be co-located or operation in

conjunction with any other antenna or transmitter.

RF Exposure: A distance of 20 cm shall be maintained between the antenna and users.