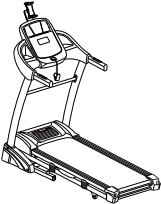


TS32A Assembly Manual

Treadmill



Your satisfaction is very important to us. PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US: sales@fanstarfitness.com (We will help you within 24 hours).

WARNING

Please read all instructions and warnings in this manual in detail before using this equipment. Save this manual for future reference.

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Dear customer,

Thank you for choosing Fanstar.

We cherish your order and take you as our 1st customer.

If you have any question after receiving your package, please feel free to contact us and we will be the first to respond to you. Our professional engineering team and customer service team will resolve it well. They are friendly and helpful.

Customer Service Email: sales@fanstarfitness.com. Any email from our customers, we will take you as most important. Please patiently wait for us to offer you a satisfactory solution, usually needs 24 to 48 hours, up to 72 hours nearly weekends.

Customer Service Phone Number: 1-855-777-2553, Monday to Thursday Working Time: 9:00am to 5:00pm PST, 9:00am to 12:00pm PST, 1:00pm to 5:00pm PST, Friday Working Time: 9:00am to 5:00pm PST, 9:00am to 12:00pm PST. We send you an email, if you cannot reach us by phone.

Best Regards,
Fanstar Official

NOTE: Our treadmill is constructed with high quality materials. It is understandable that electrical items can cause possible harm rather than other ordinary items. It is important to know that the treadmill does not work as intended if it is not received the safe transportation of the carrier, your insurance company, etc. but please don't worry, just send us email to sales@fanstarfitness.com and we will help you to resolve it well.

SAFETY CAUTIONS

WARNING

Before starting any assembly program, it is recommended that you should consult a professional electrician, especially if you are over 20 years old, or you are new to electrical work. This way not responsible for any resulting injuries.

WARNING

To reduce the risk of injury, this device should be kept to yourself. Please do not use it and understand all important procedures and instructions in this manual and all warnings on your treadmill before using your treadmill. Fanstar assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

WARNING

To reduce the risk of electrical shock, if an unexpected change of the equipment, always unplug the power cord from the wall outlet and/or the machine and wait 5 minutes before starting maintenance or repairing the machine. When the power cord is a single location.

Precautions

1. Do not touch the wires when they are attached to the electricity or before using the treadmill.
2. Please do not insert any items to any part of the equipment, which could damage the equipment.
3. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet or on any surface with proper ventilation. Do not place the treadmill near water or outdoors.
4. Before start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move. Please stand on the treadmill on the sides of the frame until the belt is moving.
5. Do not wear long loose fitting clothing that may be caught in the treadmill. Always wear sneakers or athletic shoes with rubber soles.
6. Keep the children and pets away from the treadmill while starting without.
7. Do not exercise if you feel dizzy after meal.
8. The equipment is suitable for adults, whose must be accompanied by adults while working.
9. The treadmill should be handled and only become comfortable and familiar with the treadmill when you use the treadmill at your first time.

10. Treadmill is an indoor-use equipment, not outdoor-use for weather damage. Keep the place clean, dry and sunny. Please do not install it for other purposes, like for storage.
11. The power cord of the treadmill is dedicated. If the power cord is damaged, please do it from the dealer or contact our company directly.
12. If the treadmill cannot be started, it is recommended that you should consult a professional electrician, especially if you are over 20 years old, or you are new to electrical work. This way not responsible for any resulting injuries.
13. Do not insert water in the middle of power cord, do not connect cable or change the walking belt, do not cut any loose things on cable or cut the cable near the head source. Turned using contact with several rules, there may cause fire or possible injury. Do not touch the power cord.
14. Turn off the power switch when the treadmill is not used for a long time. When turning off the power, do not pull the power cord, you must grasp the power plug and pull it out to avoid breaking part of the wire in the power cord. Insert the plug to the socket with the safety ground correct. The power cord of the treadmill is dedicated, please connect as the power cord is damaged.
15. The treadmill is not for home-use.

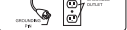
Grounding Instructions

The products must be grounded first. If malfunction or breakdown occurs, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock. The product is equipped with a cord having an equipment-grounding conductor with a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

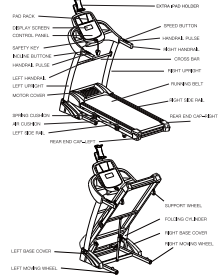
Danger

In proper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the products are properly grounded. Do not repair the plug provided with the product — if it will not fit the outlet, have a proper outlet installed by a qualified electrician. This product is for use only in 115V/60Hz and has a grounding plug that looks like the plug pictured in the figure. Make sure that the product is connected to an outlet having the same configuration in the plug. There is no need to use any adapter for this product.

Grounding Methods



PRODUCT SKETCH



• TECHNICAL PARAMETER

MAIN TECHNICAL PARAMETER		
NO.	ITEM	DATA
1	MODEL	T332A
2	INPUT VOLTAGE	AC 115~120V(50/60Hz)
3	MOTOR POWER	4.5HP
4	RUNNING AREA	17.6"×9.2"
5	SPEED	0.6-10mmph
6	INCLINE	0-15% (8.9°)
7	CHARGER	5.0V/1.5A
8	MAX USER WEIGHT	300lbs
9	ASSEMBLY SIZE	64"×30"×66"

[Go to the top of the page](#)

• **PACKING INSTRUCTION**

PARTS LIST		
NO.	DESCRIPTION	QTY
1	MAIN FRAME	1 unit
2	LEFT UPRIGHT	1 pc
3	RIGHT UPRIGHT	1 pc

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PAR

5	CONSOLE	1 pc
6	LEFT BASE COVER	1 pc
6	RIGHT BASE COVER	1 pc
7	CROSS BAR	1 pc
8	UPRIGHT COVER	2 pcs
8	BOAT MOTOR	2 pcs
9	BOAT MOTOR	2 pcs
10	BOAT MPTS (see note on the left for right mpts)	4 pcs
10	SEWER MPTS <i>4 in. polypropylene</i>	4 pcs
13	PLAY WASHED MTD	4 pcs
14	PLAY WASHED MTD	8 pcs
15	SAFETY	4 pcs
16	SECT/ATTACHING SEWER MPTS <i>4 in. polypropylene</i>	4 pcs
17	EXTRA IPAD HOLDER	1 pc
18	SE WRENCH	1 pc
19	SE WRENCH	1 pc
20	SCHREDERER	1 pc
21	LUBRICATION OIL	1 pc
22	POWER CORD	1 pc
23	USER MANUAL	1 pc

NOTE: When assembling the motorized treadmill, you only need to use the WRENCH and SCREWDRIVER, we provide these tools together with the screw kits.

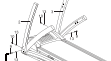
Journal of Interpersonal Violence 30(1)

• **ASSEMBLY INSTRUCTION**

1. Please note that this treadmill needs at least 2 people to finish assembly.
2. Open the carton box, and take out all protection foam and assembly parts.
3. 2 People take out the running deck as the photo shows from the box, lay it on the flat floor, and then use scissors to cut the cable tie that bound on the left and right uprights.



1. Lift up the left upright(2).
2. Use the 6k wrench(10) to connect the left upright(2) to the main frame with 1pc bolt M10*50(9) and flat washer M10(12).
3. Use the 6k wrench(10) to connect 1pc bolt M10*50(9) and flat washer M10(12) to the screw hole at the back of the left upright(2).



1. Use the 5/8 wrench (19) to remove the

1. Use the 5/16 wrench (30) to remove the pre-assembled 4pcs bolt M8*15(11) and flat washer M8*140 from the left/right uprights (2, 3).
2. Use the 5/16 wrench (30) to install the cross bar (7) onto both left and right uprights (2, 3) with 4pcs bolt M8*15(11) and flat washer M8*140.



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Note: This step uses the `promote` method to promote the

Step 4

1. Connect the signal cable that come out from the right upright (3) to the signal cable that come out from the right side of console (4).
Pay attention to the connection of the

Now you can **highlight** the **red** the books of Steps 2, Step 3 and Step 4.



- Put the upright cover(s) onto the left and right upright(s).
- Check that all parts are assembled correctly, then fasten all the screws.

Note: This step uses the pre-assembled 4 x 4 cm of the M5x15 screw. Insert the screw into the hole.

1000

<https://doi.org/10.1186/s12915-019-0618-6>

Step 6

Step 7



NOTE: This step uses the pre-assembled clips of self-tapping screw M4x15 on the back of the treadmill console to install extra pad holder.



A schematic diagram of a Y-junction in a pipe network. It shows a single pipe on the left that splits into two pipes on the right. The junction is labeled with a small 'Y' and a red arrow pointing to it.



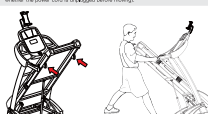
▶ [Interview with David Byrne](#)

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MOVING:

1. Lock the handlebars as shown (hold the end of the running deck to slide out) and place one foot on a wheel.
2. If the treadmill is on a slope, lock the handlebars on the wheels. **Caution:** never move the treadmill to the nearest location.

Notes: The power cord must be unplugged when moving the treadmill. Please check whether the power cord is unplugged before moving.



LAY DOWN:

Slide the handlebars of folding collar with your foot, then press the frame down. **Warning:** with your hands, the frame will break the down.



15 cm 10 cm

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► HOW TO USE THE EXTRA PAD HOLDER



The extra side without a handle of the back is equipped with a strong magnetic force, so you can hold the pad in it.

The side with a handle of the back. Press the button to control the speed both that you want to enter the button on one side.

OPERATION GUIDE

1. QUICK REFERENCE GUIDE



2. DISPLAY INSTRUCTION

SPEED: "SPEED" in the middle of the display window displays the current running speed.

10 cm 10 cm

Famintar

TIME: "TIME" at the bottom left of the display window shows the time of the workout, or extension of the workout.

DISTANCE: "DIST" at the bottom of the display window shows the distance of the current workout.

CALORIES: "CAL" at the bottom of the display window shows the calories burned during workout.

INCUBATE & PULSE: "INCUBATE" on the bottom right of the display window shows the heart rate when you start the workout. The heart rate will be displayed at the top of the display. "PULSE" will be displayed at the top of the display. To stop the heart rate, hold the "INCUBATE" button for 3 seconds. The heart rate will be displayed at the top of the display. To stop the heart rate, hold the "PULSE" button for 3 seconds. The heart rate will be displayed at the top of the display.

Display range of the data:

- Time: 0.00 ~ 99.99 (min)
- Distance: 0.00 ~ 99.99 (km)
- Calories: 0.00 ~ 99.99 (kcal)
- Speed: 0.0 ~ 12.0 (km/h)
- The incline: 0 ~ 15.0 (%)
- Pulse: 50 ~ 200 (bpm)

3. BUTTON FUNCTION

3.1 "START/PAUSE" BUTTON

When the power is on, the motorized treadmill starts to the quick start mode. Press "START/PAUSE" button, the equipment will start to run after 2 seconds, and the screen displays the time, speed, distance, and calories. If the running ends, the equipment will stop working and enter the pause state. If the time will be kept for 2 hours and then restart. Press "START/PAUSE" button to the pause state quickly to restart, the equipment will restart again, the date of the time of pause will continue to run.

3.2 "STOP" BUTTON

Press "STOP" button when the treadmill is working, the treadmill will stop, and all data will be saved, and return to manual mode as usual, which means you should set functions again when you want to restart running.

3.3 "P" BUTTON

When the power is on, first, press "P" button to adjust 10 programs. The "P" button is for workout programs. "P" and "P" are for user programs. "P" is for daily fat burning programs.

10 cm 10 cm

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Press "A", "P" or "P", "P" on the console or "A", "P" on the left/right handlebars to adjust the data.

Press "START/PAUSE" button to start the machine after setting.

3.4 "W" BUTTON

When the power is on, first, press "W" button to select three different countdown modes: "TIME", "DISTANCE", and "CALORIES". Press "A", "P", "P", "P", "P" on the console or "A", "P", "P" on the left/right handlebars to select the mode. Press "START/PAUSE" to start the treadmill after setting.

3.5 SPEED BUTTON

Press the "A", "P" key on the console or the "PULSE" "A", "P" on the right handlebar to adjust speed by 0.1 km/h. Press and hold for more than 2 seconds to adjust the speed continuously, and speed adjustment range is 0.0 ~ 12.0 km/h.

3.6 INCLINE BUTTON

Press the "A", "P" key on the console or the "PULSE" "A", "P" on the right handlebar to adjust incline by 1 km/h. Press and hold for more than 2 seconds to adjust the incline continuously, and incline adjustment range is 0 ~ 15 km/h.

3.7 QUICK SPEED KEY

In the running state, you can directly use the quick speed keys: "0", "1", "2", "3", "4", "5" to adjust the speed quickly.

3.8 QUICK INCLINE KEY

In the running state, you can directly use the quick incline keys: "0", "1", "2", "3", "4", "5" to adjust the incline quickly.

4. FUNCTION INSTRUCTION

4.1 SAFETY KEY

Attach the safety key in the safety area of the console, then motorized treadmill can be started.

Unlock the safety key, the screen will display "stop" and the treadmill will stop immediately when the safety key is pulled out. The alarm will be displayed on your device when running to stop to stop the machine immediately under emergency situation.

10 cm 10 cm

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4.2 SLEEP FUNCTION

When the treadmill is stopped without any operation for more than 5 minutes, the display screen will be shut off and go to sleep state, press any key to wake up the machine.

4.3 QUICK START

Press "START/PAUSE" button, the treadmill starts after a 3-second countdown.

4.4 COUNTDOWN MODE

Press "W" key continuously to select "0" for "TIME" countdown, "1" for "DISTANCE" countdown, "2" for "CALORIES" countdown. Press "A", "P", "P", "P" on the console or "A", "P", "P" on the left/right handlebars to adjust time. After finished setting, press "START/PAUSE" to start the machine by 3 seconds countdown.

DISPLAY	PARAMETER	INITIAL DATA	ADJUSTMENT RANGE
INC	TIME	0.00	99.99
INC	DIST	0.0	99.9
INC	CAL	0.0	99.9

4.5 PRESET PROGRAMS

When the power is on, press "P" to enter program mode. The treadmill has 8 programs, 1 user program and 1 built-in test program.

4.5.1 PROGRAM OPERATION OF P1~P8

Press "P" key continuously to select your desired program from "P1" "P2" "P3" "P4" "P5" "P6" "P7" "P8" and press "W" key to select your desired mode from "TIME" "DISTANCE" "CALORIES". Press "START/PAUSE" to start the machine after setting.

You can only set the program mode of the program when the power is on. After setting the workout time and start the machine. The preset programs are made up with 10 different programs, the speed and the incline are preset on each program as follows. The time of 18 segments in each program will be divided according to the time you set for your workout time. As a result, there are 16 preset programs in total for P1~P8.

10 cm 10 cm

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PRESET PROGRAM CHART

P1: WEIGHT LOSS

TIME	0.00	0.01	0.02	0.03	0.04	0.05	0.06	0.07	0.08	0.09	0.10	0.11	0.12	0.13	0.14	0.15	0.16	0.17	0.18	0.19	0.20	0.21	0.22	0.23	0.24	0.25	0.26	0.27	0.28	0.29	0.30	0.31	0.32	0.33	0.34	0.35	0.36	0.37	0.38	0.39	0.40	0.41	0.42	0.43	0.44	0.45	0.46	0.47	0.48	0.49	0.50	0.51	0.52	0.53	0.54	0.55	0.56	0.57	0.58	0.59	0.60	0.61	0.62	0.63	0.64	0.65	0.66	0.67	0.68	0.69	0.70	0.71	0.72	0.73	0.74	0.75	0.76	0.77	0.78	0.79	0.80	0.81	0.82	0.83	0.84	0.85	0.86	0.87	0.88	0.89	0.90	0.91	0.92	0.93	0.94	0.95	0.96	0.97	0.98	0.99
TIME	0.00	0.01	0.02	0.03	0.04	0.05	0.06	0.07	0.08	0.09	0.10	0.11	0.12	0.13	0.14	0.15	0.16	0.17	0.18	0.19	0.20	0.21	0.22	0.23	0.24	0.25	0.26	0.27	0.28	0.29	0.30	0.31	0.32	0.33	0.34	0.35	0.36	0.37	0.38	0.39	0.40	0.41	0.42	0.43	0.44	0.45	0.46	0.47	0.48	0.49	0.50	0.51	0.52	0.53	0.54	0.55	0.56	0.57	0.58	0.59	0.60	0.61	0.62	0.63	0.64	0.65	0.66	0.67	0.68	0.69	0.70	0.71	0.72	0.73	0.74	0.75	0.76	0.77	0.78	0.79	0.80	0.81	0.82	0.83	0.84	0.85	0.86	0.87	0.88	0.89	0.90	0.91	0.92	0.93	0.94	0.95	0.96	0.97	0.98	0.99

P2: CARDIO TRAIN

TIME	0.00	0.01	0.02	0.03	0.04	0.05	0.06	0.07	0.08	0.09	0.10	0.11	0.12	0.13	0.14	0.15	0.16	0.17	0.18	0.19	0.20	0.21	0.22	0.23	0.24	0.25	0.26	0.27	0.28	0.29	0.30	0.31	0.32	0.33	0.34	0.35	0.36	0.37	0.38	0.39	0.40	0.41	0.42	0.43	0.44	0.45	0.46	0.47	0.48	0.49	0.50	0.51	0.52	0.53	0.54	0.55	0.56	0.57	0.58	0.59	0.60	0.61	0.62	0.63	0.64	0.65	0.66	0.67	0.68	0.69	0.70	0.71	0.72	0.73	0.74	0.75	0.76	0.77	0.78	0.79	0.80	0.81	0.82	0.83	0.84	0.85	0.86	0.87	0.88	0.89	0.90	0.91	0.92	0.93	0.94	0.95	0.96	0.97	0.98	0.99
TIME	0.00	0.01	0.02	0.03	0.04	0.05	0.06	0.07	0.08	0.09	0.10	0.11	0.12	0.13	0.14	0.15	0.16	0.17	0.18	0.19	0.20	0.21	0.22	0.23	0.24	0.25	0.26	0.27	0.28	0.29	0.30	0.31	0.32	0.33	0.34	0.35	0.36	0.37	0.38	0.39	0.40	0.41	0.42	0.43	0.44	0.45	0.46	0.47	0.48	0.49	0.50	0.51	0.52	0.53	0.54	0.55	0.56	0.57	0.58	0.59	0.60	0.61	0.62	0.63	0.64	0.65	0.66	0.67	0.68	0.69	0.70	0.71	0.72	0.73	0.74	0.75	0.76	0.77	0.78	0.79	0.80	0.81	0.82	0.83	0.84	0.85	0.86	0.87	0.88	0.89	0.90	0.91	0.92	0.93	0.94	0.95	0.96	0.97	0.98	0.99

10 cm 10 cm