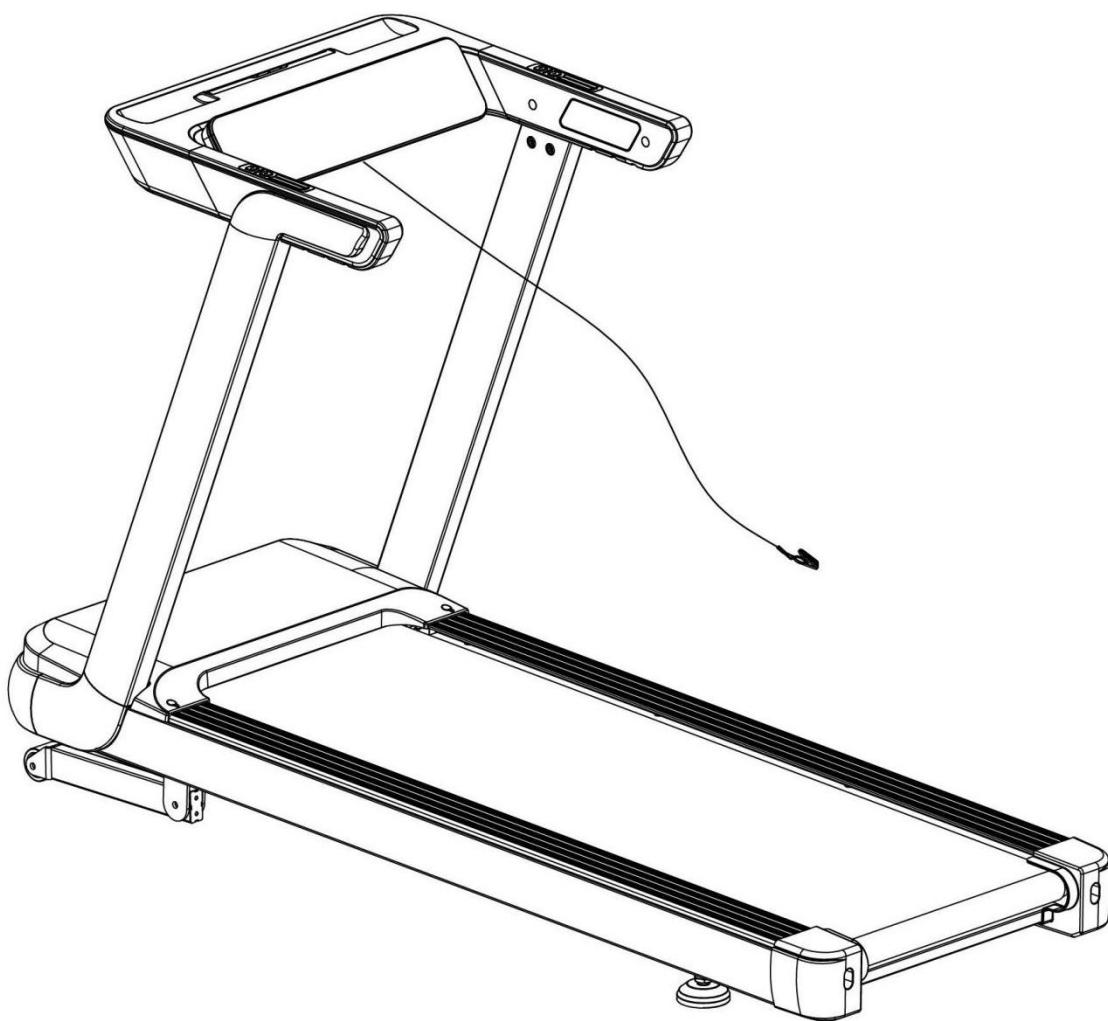


FR20 Floatride Treadmill

Operating Instructions Manual



Special tips:

1. Before installation and operation, please read this operation manual carefully.
2. Please save this manual for future reference.
3. Product may vary slightly from the item pictures due to model upgrades.

IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this treadmill. It is important your treadmill receives regular maintenance to prolong its useful life. Failing to regularly maintain your treadmill may void your warranty.

Danger—To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

DO NOT USE AN EXTENSION CORD: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPORPER ADAPTERS OR IN ANY WAY MODIFY THE CORD SET.

- 1) Install the treadmill on a flat level surface with access to correct voltage and frequency, grounded outlet.
- 2) Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- 3) Do not block the rear of the treadmill. Provide a minimum of 1 meter clearance between the rear of the treadmill and any fixed object.
- 4) Place your unit on a solid, level surface when in use.
- 5) Never allow children on or near the treadmill.
- 6) When running, make sure the plastic clip is fastened on your clothing. It is for your safety, should you fall or move too far back on the treadmill.
- 7) Keep hands away from all moving parts.
- 8) Never operate the treadmill if it has a damaged cord or plug.
- 9) Keep the cord away from heated surfaces.
- 10) Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly flammable environment.
- 11) Never drop or insert any object into any openings.
- 12) The treadmill is intended for in-home use only and not suitable for long time running.
- 13) To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.
- 14) The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- 15) Use handrails provided; they are for your safety.
- 16) Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- 17) Allowed temperature: 5 to 40 degrees.

Remove the safety key after use to prevent unauthorized treadmill operation.

IMPORTANT ELECTRICAL INFORMATION

WARNING!

- 1) NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- 2) NEVER operate treadmill on Generator or UPS power supply.
- 3) NEVER remove any cover without first disconnecting AC power.
- 4) NEVER expose this treadmill to rain or moisture. This treadmill is not designed for use outdoors, near a pool, or in any other high humidity environment.

IMPORTANT OPERATION INSTRUCTIONS

- 1) Insert the power plug into the socket directly.
- 2) The constant running time is less than 2 hours. Be sure to read the entire manual before operating your machine.
- 3) Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- 4) Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the Centre of the belt; which may result in serious injury.
- 5) In order to prevent losing balance and suffering unexpected injury, **NEVER** mount or dismount the treadmill while the belt is moving. This unit starts with a very low speed. Simply standing on the belt during slow acceleration is proper after you have learned to operate this machine.
- 6) Always hold on to handrail while making control changes.
- 7) A safety key is provided with this machine. Remove the safety key will stop the walking belt immediately; the treadmill will shut off automatically. Insert the safety key will reset the display.
- 8) Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.
- 9) This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety, Children should be supervised to ensure that they do not play with the appliance.
- 10) Please consult your doctor at first before running, if you have one of the following diseases:
 - a. Cardiopathy, hypertension, sugar diabetes, respiratory disease, smoking, and other chronic diseases, complication disease.
 - b. If you are over 35 years old and heavier than common weight.
 - c. Women in pregnant or in breasting period.
- 11) Please stop exercising immediately and consult your doctor when you feel giddy, surfeit, thorax ache or other symptoms.
- 12) Please drink adequate water after taking exercises on our treadmill for more than 20

minutes.

Warning: Now here we suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 35 old or once-health problem people. We take no responsible for any troubles or hurts if you don't following our specification. Treadmill will be carefully assembled and covered the motor shield, then connect to the power.

Caution: The user is cautioned that 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 and Industry Canada licence-exempt RSS standard(s). 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.

Le présent appareil est conforme aux CNR d'Industrie 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, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

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 from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC& IC Radiation Exposure Statement:

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

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

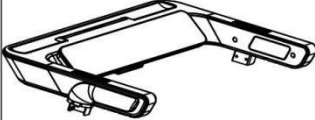
Déclaration d'IC sur l'exposition aux radiations:

Cet équipement est conforme aux limites d'exposition aux radiations définies par le Canada pour des environnements non contrôlés. **Cet équipement doit être installé et utilisé à une distance minimum de 20 cm entre l'antenne et votre corps.**

Cet émetteur ne doit pas être installé au même endroit ni utilisé avec une autre antenne ou un autre émetteur.

ASSEMBLY INSTRUCTIONS

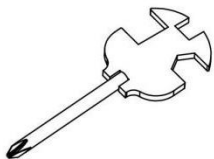
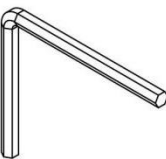
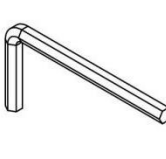
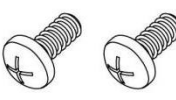
When you open the carton, you will find the below spare parts:

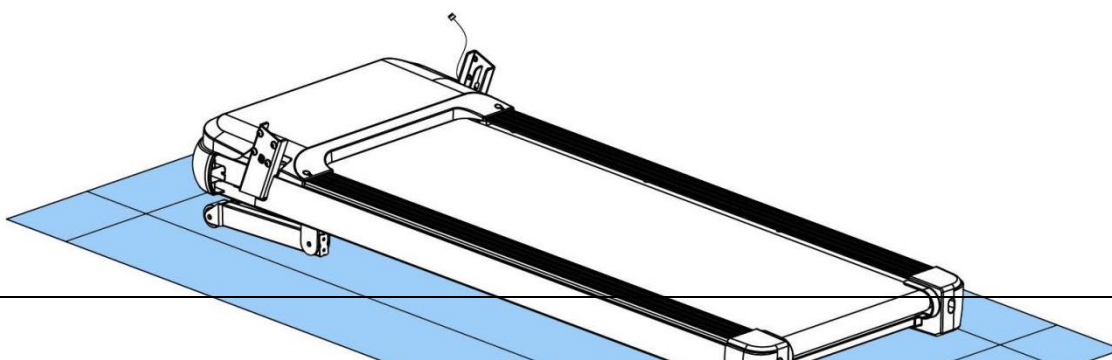
 A	 B	 A08	 A09
 C03	 C04	 C09	 C10
 C49	 E06		

Parts List:

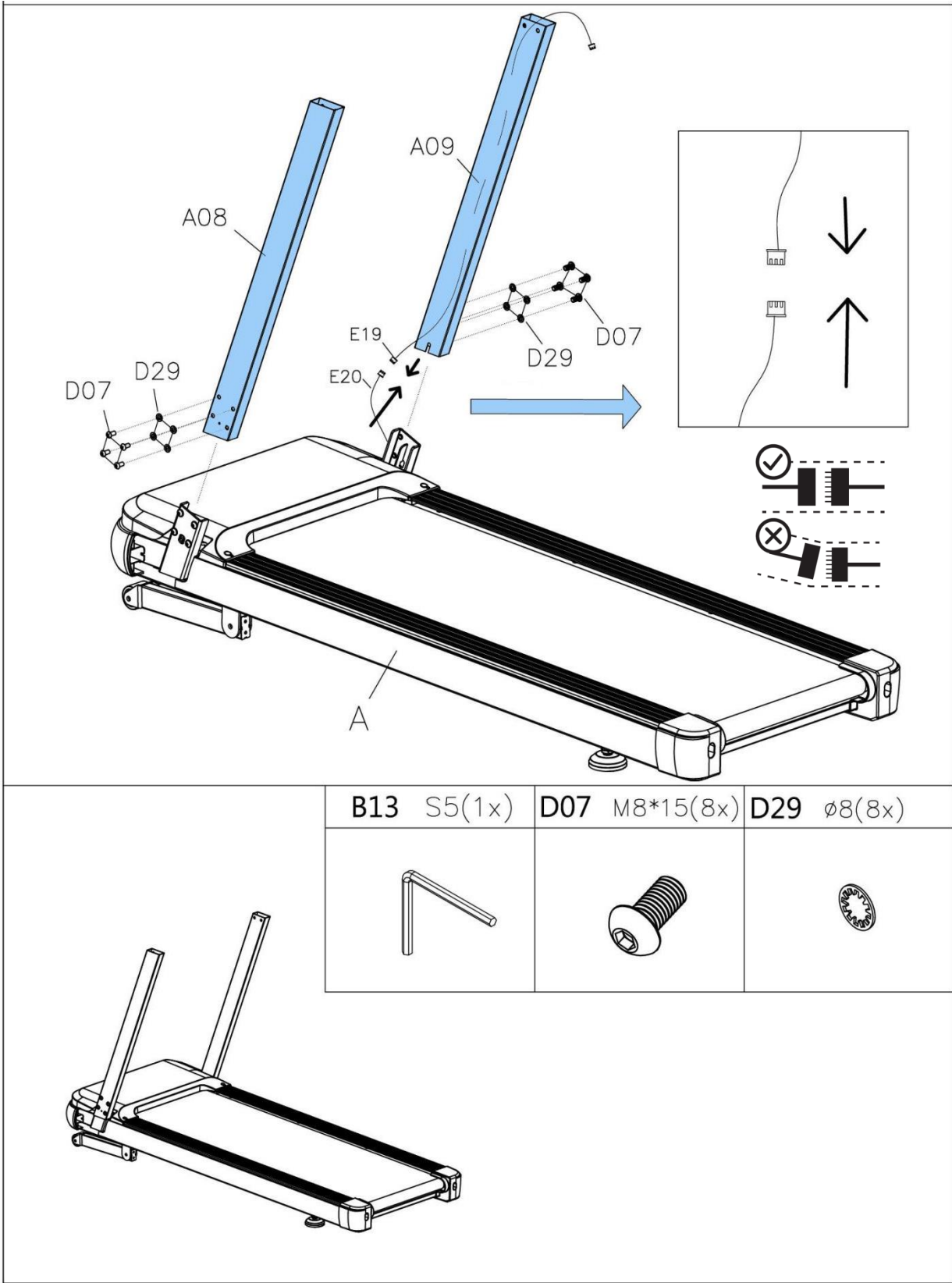
NO.	DES.	Specification	Nos.	NO.	DES.	Specification	Nos.
A	MAIN FRAME		1	C04	RIGHT UPRIGHT TUBE BOTTOM COVER		1
B	CONSOLE BASE		1	C09	LEFT UPRIGHT TUBE EXTERNAL COVER		1
A08	LEFT UPRIGHT TUBE		1	C10	RIGHT UPRIGHT TUBE EXTERNAL COVER		1
A09	RIGHT UPRIGHT TUBE		1	C49	BOLT PLUG		2
C03	LEFT UPRIGHT TUBE BOTTOM COVER		1	E06	POWER WIRE		1

HARDWARE

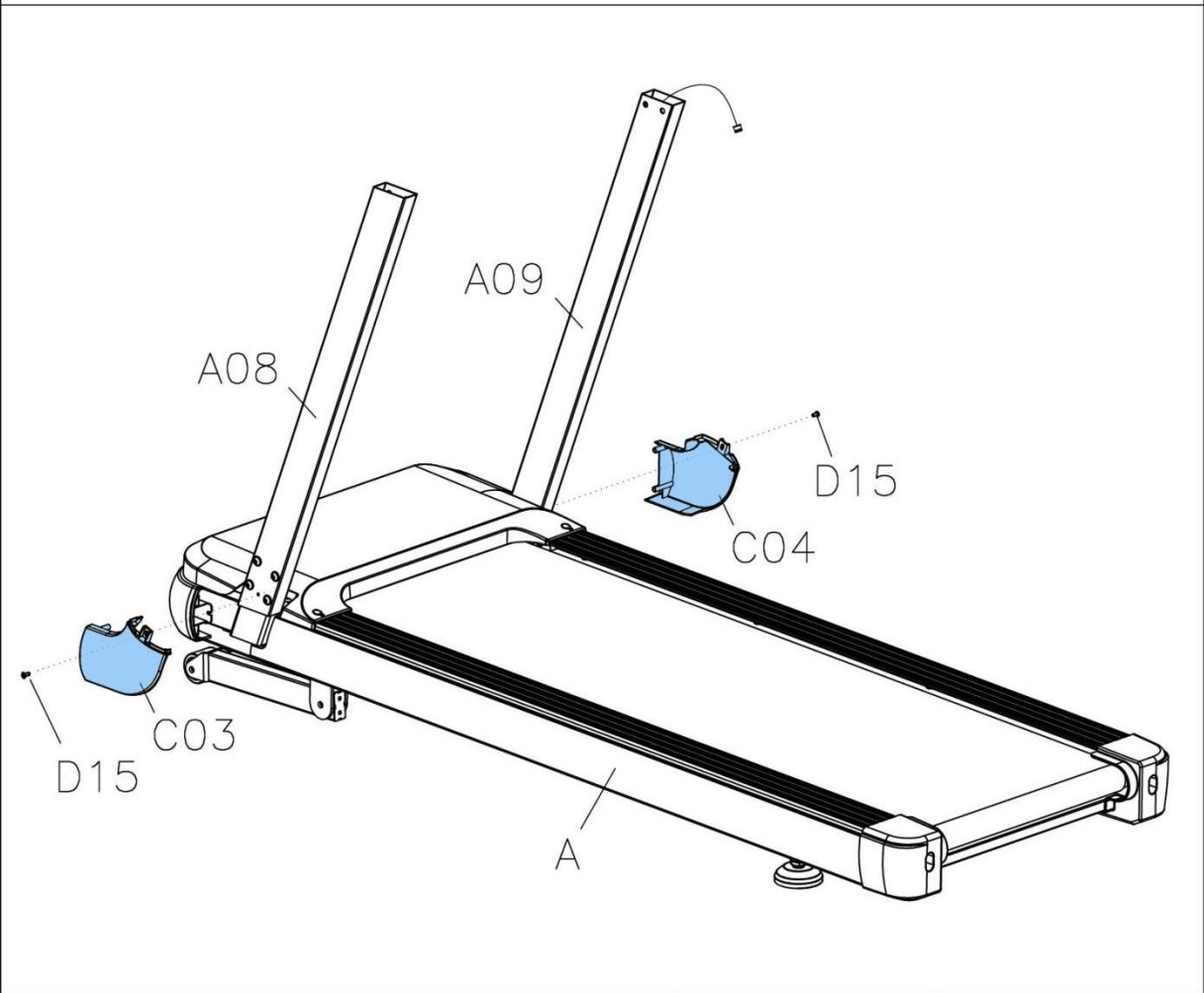
B12 S=13、14、15(1X)	B13 S5(1X)	B14 S6(1X)	D07 M8*15(8X)
			
D29 Ø8(14X)	D15 M5*10(2X)	D10 M8*15(6X)	
			



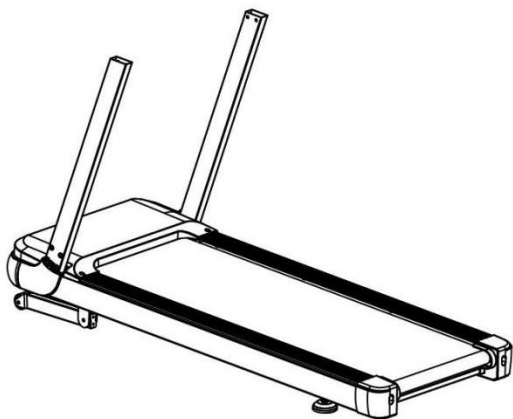
STEP 2



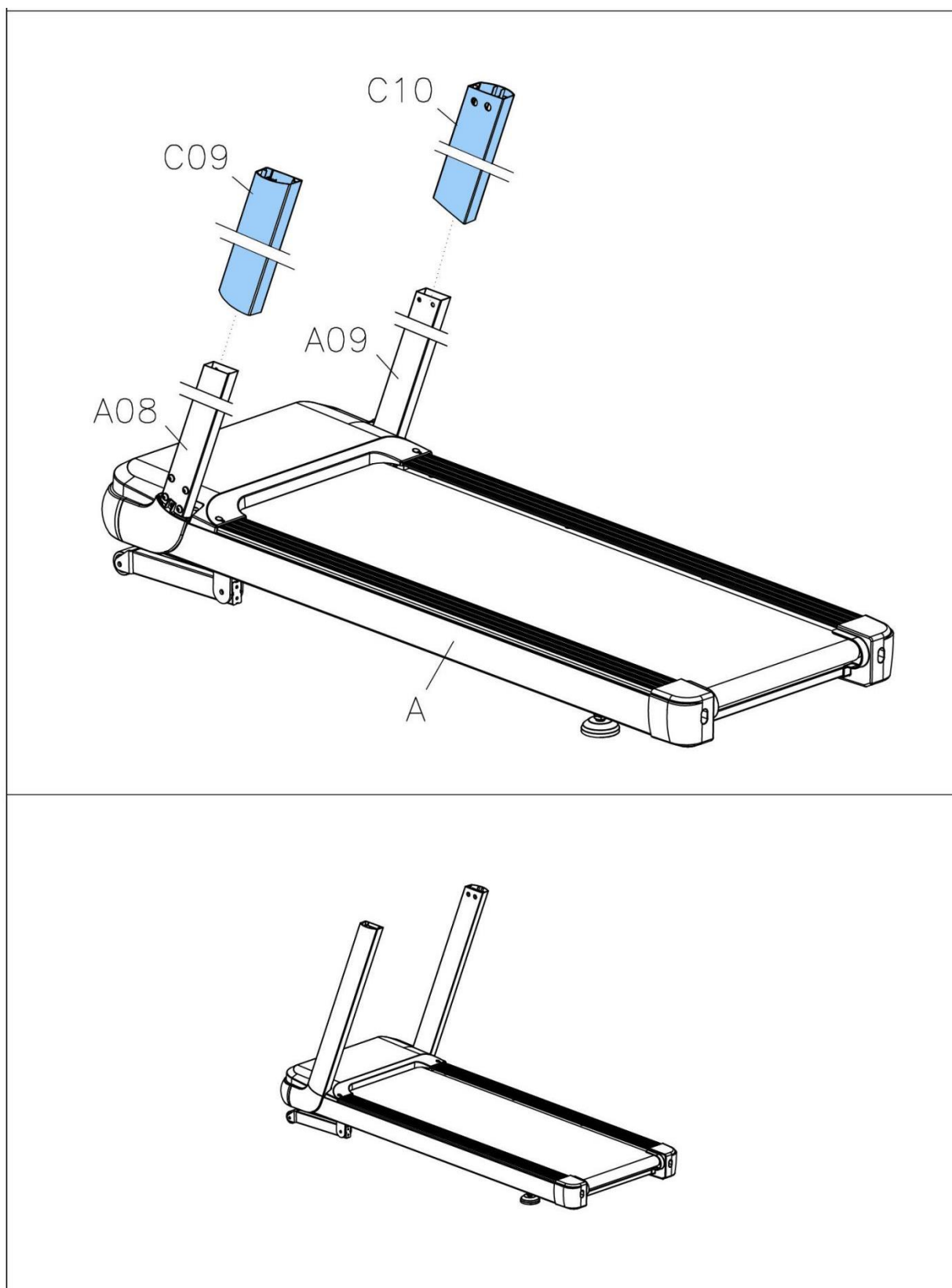
STEP 3



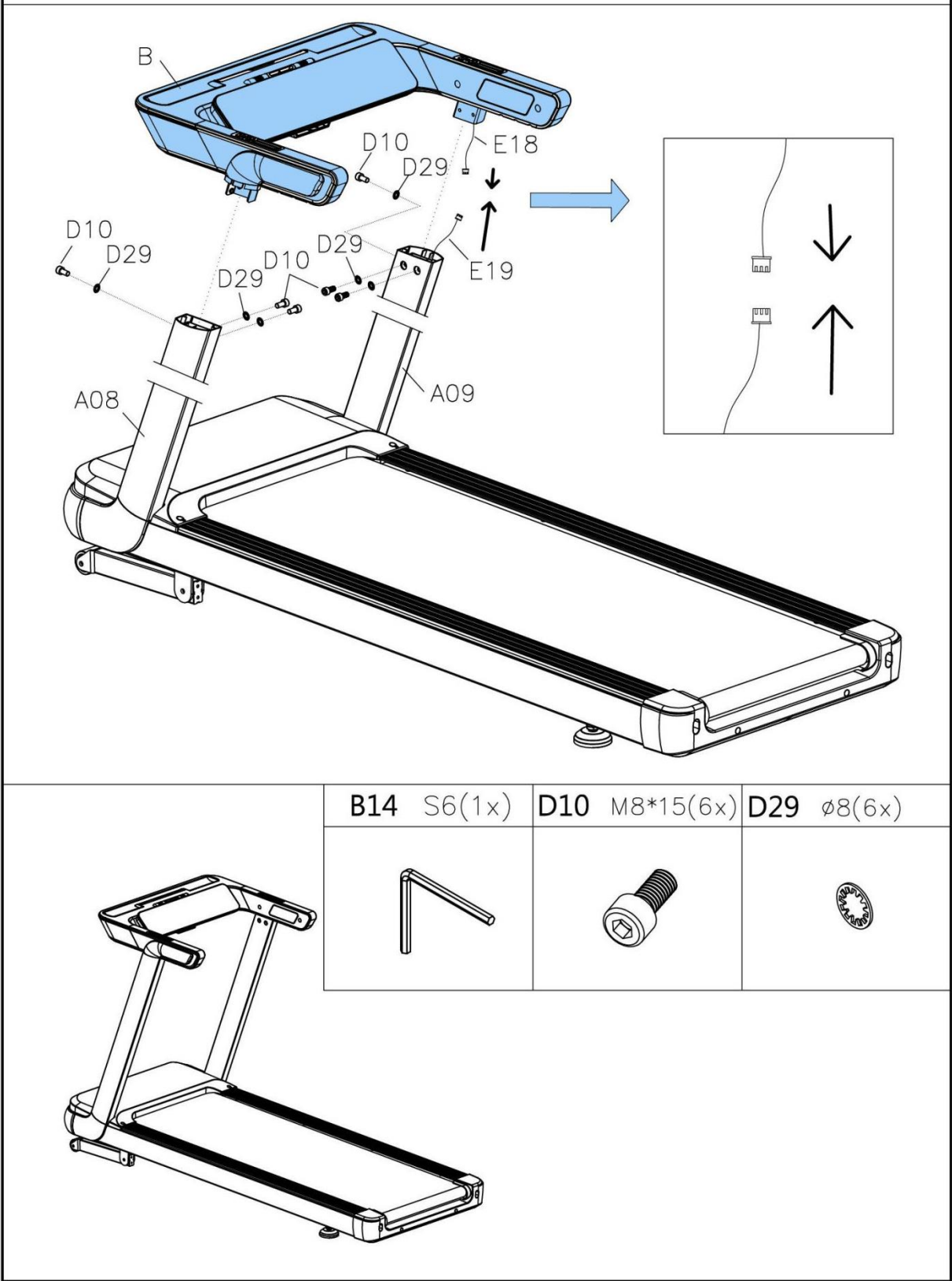
B12 S=13、14、15(1x) **D15** M5*10(2x)



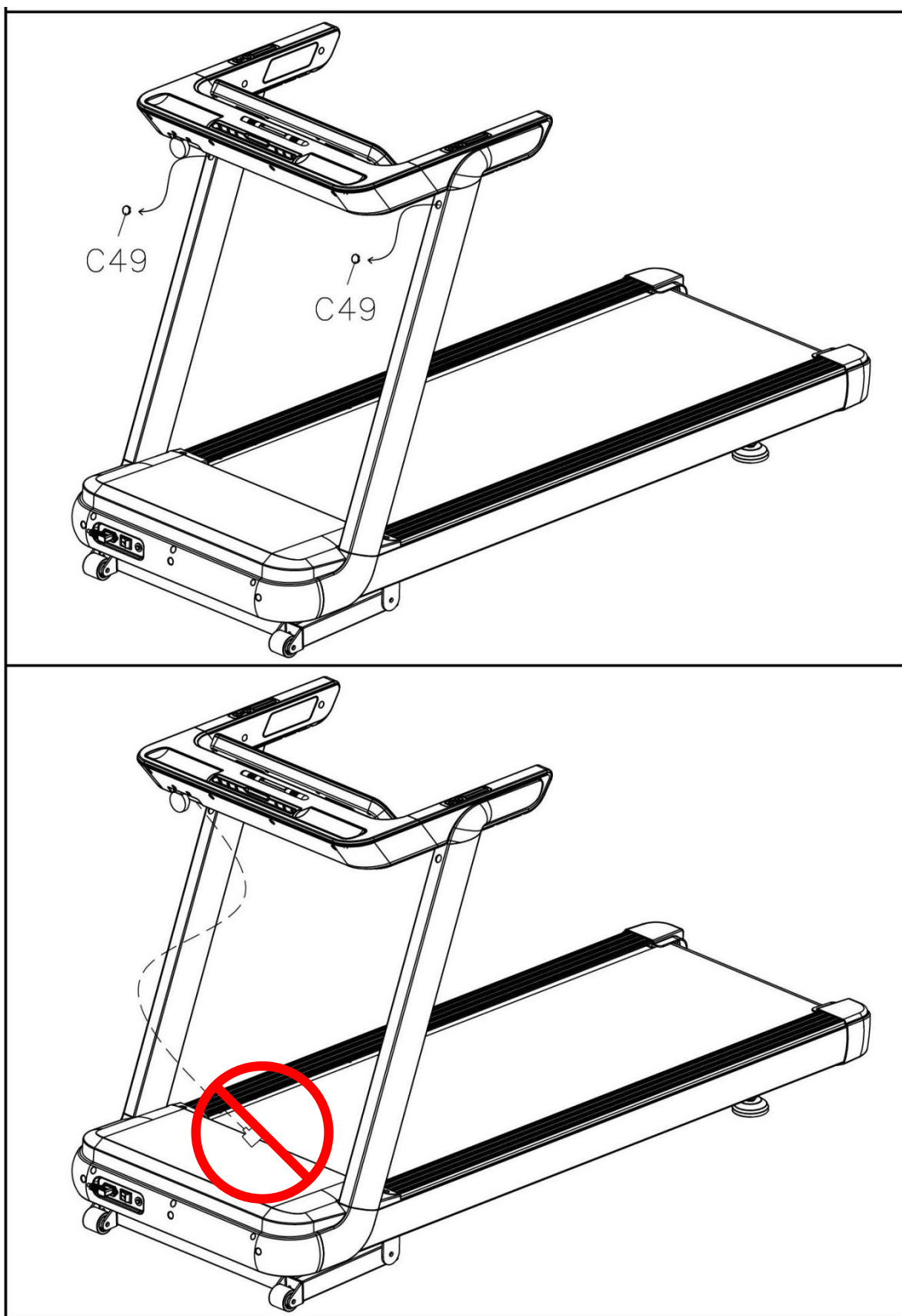
STEP 4



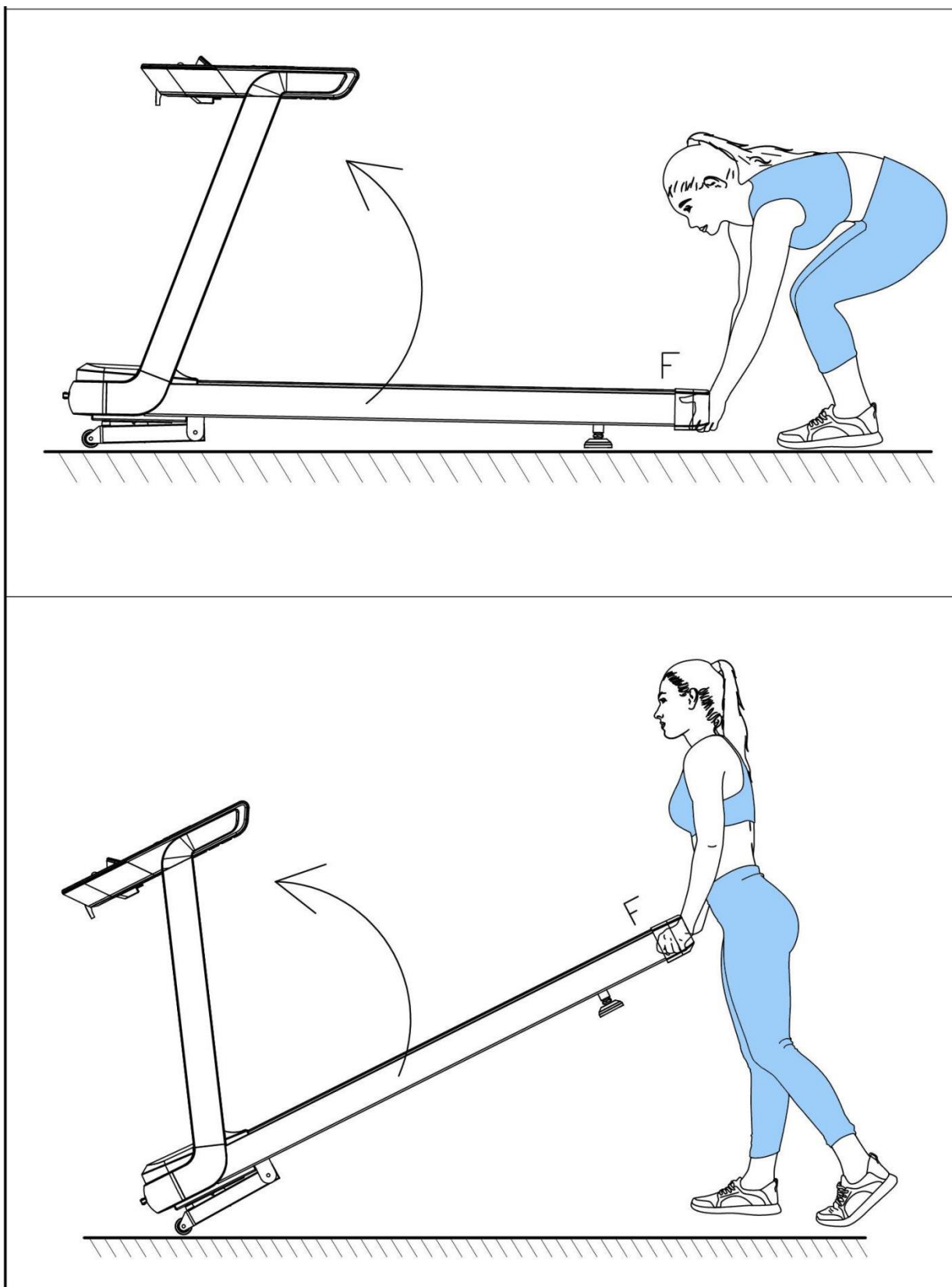
STEP 5



STEP 6



FOLDING INSTRUCTION



IMPORTANT ELECTRICAL INFORMATION

WARNING: This treadmill requires a right power source in order to properly operate.

For your safety, as well as the safety of others, please verify that the power source is correct before plugging the equipment. Any incorrect power source could cause significant damage to the equipment and or user.

GROUNDING METHODS:

This product must be grounded. Grounding provides the least resistance for electrical current and will reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product is connected to an outlet which contains the same configuration as the plug. Do not use an adaptor for this product.

This product is for use on a nominal circuit and has a grounding plug that looks like the plug illustrated in sketch A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

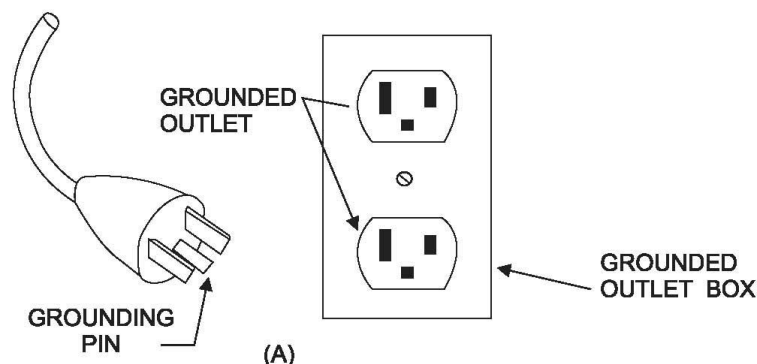
DANGER:

Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a certified electrician if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by an electrician.

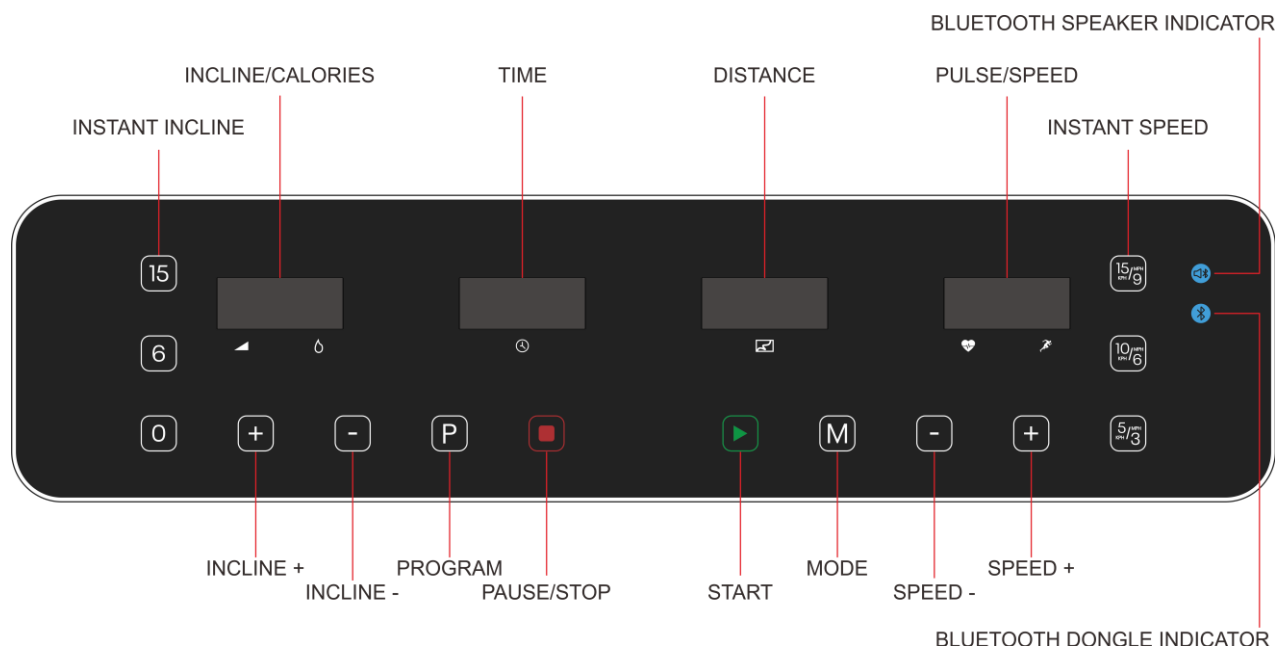
WARNING!

1. NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
2. NEVER operate the treadmill using a generator or UPS power supply.
3. NEVER remove any cover without first disconnecting AC power.
4. NEVER expose the treadmill to rain or moisture. This treadmill is not designed for use outdoors, near pools or in any other high humidity environment.

Grounding methods



OPERATION GUIDE



BUTTON FUNCTIONS:

1. **INSTANT INCLINE**: Press 0-6-15 to choose incline quickly.
2. **INCLINE+/INCLINE-**: Press + button to increase the incline, press - button to decrease the incline.
3. **PROGRAM**: Press this button to choose 24 programs, 3 users and body fat.
4. **PAUSE/STOP**: Press this button to either pause or stop the machine.
5. **START**: Press this button at any time to start the machine.
6. **MODE**: Press this button to select countdown mode for time, distance, calories workout targets.
7. **SPEED+/SPEED-**: Press + button to increase the speed, press - button to decrease the speed.
8. **INSTANT SPEED**: Press 5/3,10/6,15/9 to choose speed quickly. 5-10-15 is km/h, and 3-6-9 is mph.

BLUETOOTH CONNECTION:

1. **BLUETOOTH MUSIC**: The user can connect your device to the treadmill by Bluetooth name **Reebok** to play the music. Adjust the volume of music from your device directly. Once the connection is done, the indicator light will be on.
2. **BLUETOOTH DONGLE**: Insert the DONGLE to the port on console back, use the APP with connection of Bluetooth by name of **REEBOK code**. Once the connection is done, the indicator light will be on.

COMPUTER FUNCTIONS:

1. **QUICK START**: Press START, the system will count down for 3 seconds, and start moving.
2. **PAUSE/STOP**: Press this button to either pause or stop the machine. Take out the safety key to stop the working of the treadmill, or press STOP two times.
3. Press **SPEED+/-** to adjust the speed of the machine.
4. Press **INCLINE+/-** to adjust the incline of the machine.
5. **MODE**: Press MODE to enter countdown for TIME, DISTANCE, CALORIES.

- Press SPEED+/- or INCLINE+/- to set the workout target value.
 - Press START button, treadmill will move after 3 seconds.
 - Press SPEED+/- and INCLINE+/- to adjust the speed and incline.
- 6.PROGRAM: Press P button, you can choose 24 programs, 3 users, body fat.

6.1 Set of 24 build-in programs: From standby mode, press P button, display will show 24 programs, select between 24 programs.

- Press SPEED+/- or INCLINE+/- to set the workout time.
- Each program can be divided into 10 sections; machine will beep 3 times when starting a new section.
- Press SPEED+/- or INCLINE+/- to change the speed or incline during each section.
- Machine will beep 3 times and stop when the program is finished.

6.2 Set of 3 user programs: From standby mode, press P button until you see U1,U2,U3;

- Press SPEED+/- or INCLINE+/- to set the time.
- Press M button to confirm and enter next section, repeat until you finish the setting of all 10 sections.
- Press SPEED+/- or INCLINE+/- to change the speed or incline.
- Set the running time and press START to begin.

6.3 Set of body fat test: From standby mode, press P button until you get to FAT.

- Press M to enter information.

Set value with SPEED+/- or INCLINE+/- from F-1 to F-4(F-1 GENDER, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT)

- Press M to enter F-5(F—5 BODY FAT TEST), hold hands on the hand pulse sensors, the console will display your body fat value after 3 seconds.

- The body fat value is intended as a guide, and is not medical data:

F-1	Gender	01 male	02 female
F-2	Age	10-99	
F-3	Height	100-200CM(40-80INCH)	
F-4	Weight	20-150KG(44-330LB)	
F-5	FAT	≤19	Under weight
	FAT	=(20---25)	Normal weight
	FAT	=(26---29)	Overweight
	FAT	≥30	Obesity

7.Incline/Calories window: Show current incline value and show calories have burned. Will transfer display every 5 seconds.

8.Time window:Show the running time.

9.Distance window: Show the running distance.

10.Pulse/Speed window: If the user holds on the pulse sensor, the window will show pulse value;Otherwise, the window will always show current speed.

HAND PULSE:

Please hold on the pulse sensor on handle bar and hold on about 3 seconds, the display will show heart rate value. This value is intended as a guide, can not used as medical data.

HOW TO TRANSFER BETWEEN KPH TO MPH

Under standby mode, insert safety key, press SPEED + and INCLINE+ buttons together and hold on about 5 seconds until you hear one sound, and then you can finish the transfer between kph and mph.

LUBRICATION REMIND FUNCTION

This machine has lubrication remind function. After every total running distance of 300km (188miles), your treadmill needs to be maintained with oil. The system will remind with sound for every 10 seconds, and window will show "OIL". This means that your treadmill needs to be lubricated with oil. Please read the user's manual first, and add the oil to the middle part of running board. After you finishing lubrication, please hold on "STOP" button for 3 seconds, and the system warning sound will disappear.

SAFETY LOCK FUNCTION:

Under any mode, if you pull away the safety key, the machine will stop. The machine cannot work until safety key is inserted back.

POWER SAVE FUNCTION:

The machine is with energy saving function. Under standby mode, at the state of waiting for operation, if without any operation, the saving on power function will be available after 10 minutes, the display will be closed up. You can press any button to turn on the display.

POWER ON (I) AND POWER OFF (O)

Switch off the power: You can switch off the power to stop the treadmill, which won't be damaged at any time.

CAUTION:

1. We recommend that you maintain a slow speed at the beginning of a session and hold on to the handrails until you become comfortable and familiar with the treadmill.
2. Attach the magnet end of the safety pulling rope to the computer and also attach the clip of the safety pulling rope to your clothing.
3. To end your workout safely, press the STOP button or pull out the safety pulling rope, then the treadmill will stop immediately.

MAINTENANCE & CARE

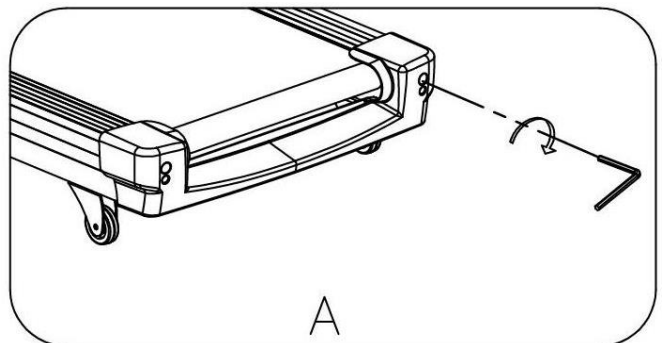
General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes does not wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth.

- To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.
- A loose Running Belt will result in the runner sliding off when running, while too tight of a Running Belt will result in decrease to the motors performance and also create more friction between the roller and running belts. The most suitable tightness for the belts is pulled out 50-75mm from the Running Board.

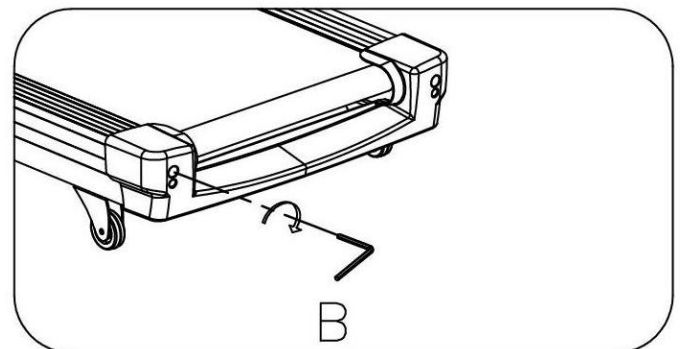
CENTERING THE RUNNING BELT:

Place the treadmill on level ground and set it at 5-8kph (3-5mph) to check if the Running Belt drifts.

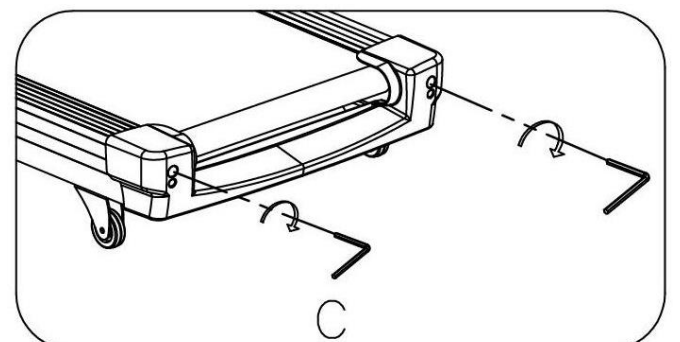
1. If the **Running Belt** moves to the **right**, turn the adjusting bolt on the right side $\frac{1}{4}$ turn *clockwise*, then turn the left adjustment bolt $\frac{1}{4}$ turn *counter-clockwise*. If the belt does not move, repeat this step until it centers. Refer to figure A.



2. If the **Running Belt** moves to the **left**, turn the adjusting bolts on the left side $\frac{1}{4}$ of a turn *clockwise*, then turn the right adjustment bolt $\frac{1}{4}$ turn *counter-clockwise*. If the belt does not move, repeat this step until it centers. Refer to figure B.



3. Over time the **Running Belt** will **loosen**. To tighten the belt turn the Left & Right side adjustment bolts one full turn clockwise, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to figure C.



LUBRICATING THE TREADMILL

IMPORTANT NOTE:

You will need to lubricate your treadmill before the first use.

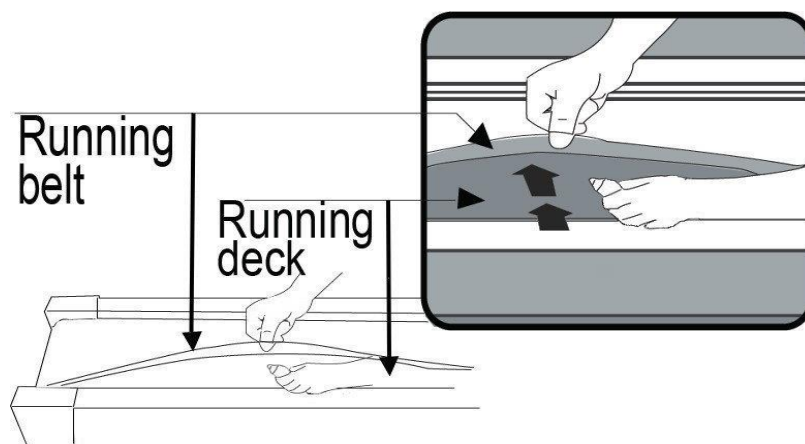
RUNNING BELTS & TREADMILL LUBRICANT:

Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly.

WARNING: Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

HOW TO LUBRICATE:

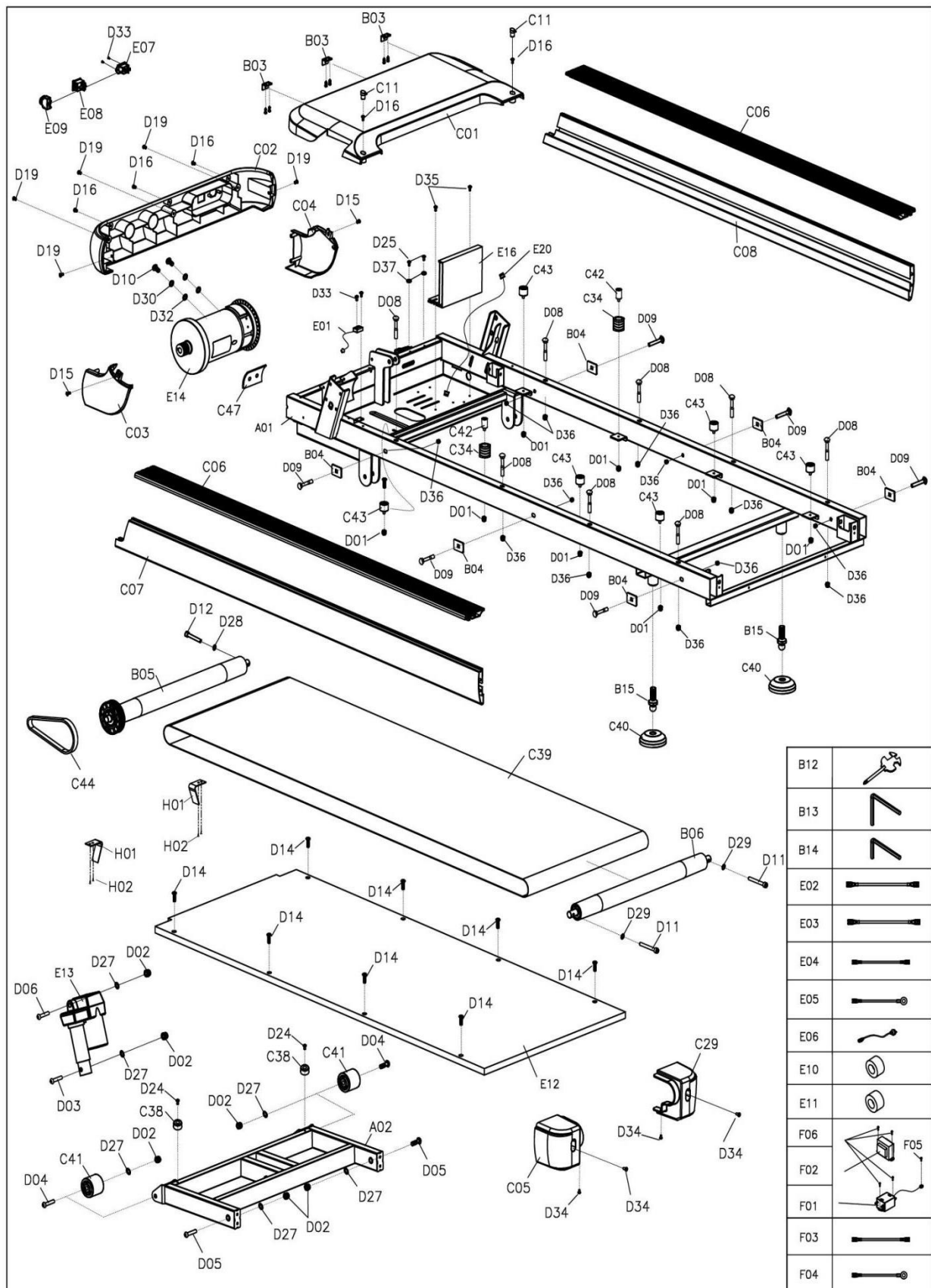
1. Raise the belt up on one side and apply lubricant to the running deck. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.



The following time table is recommended:

Light user (less than 3 hours/ week)	<i>every six months</i>
Medium user (3-5 hours/ week)	<i>every three months</i>
Heavy user (more than 5 hours/ week)	<i>every two months</i>

EXPLODED DRAWING





PARTS LIST

NO.	Part description	Remark	Qty	NO.	Part description	Remark	Qty
A01	Main frame		1	C16	Left handlebar side cover		1
A02	Incline bracket		1	C17	Right handlebar side cover		1
A03	Console bracket		1	C18	Panel top cover		1
A04	Console bracket left connecting part		1	C19	Panel bottom cover		1
A05	Console bracket right connecting part		1	C20	Display panel		1
A06	Panel turning tube bracket		1	C21	Panel rotation cover		2
A07	PAD fixed plate spin axis		2	C22	Safety Key		1
A08	Left upright tube		1	C23	Bluetooth fixed plate		1
A09	Right upright tube		1	C24	Left speaker cover		1
B01	PAD left fixed plate 2		1	C25	Right speaker cover		1
B02	PAD right fixed plate 2		1	C26	Speaker hiding plate		2
B03	Motor top cover tapped plate		3	C27	Base of instant speed button		1
B04	Side rail pressing plate		6	C28	Base of instant incline button		1
B05	Front roller		1	C29	Right back end cover		1
B06	Back roller		1	C30	PAD fixed base		1
B07	Left pulse plate		2	C31			
B08	Right pulse plate		2	C32			
B09	Safety key spring plate		2	C33			
B10	Left speaker net		1	C34	Decoration cushion		2
B11	Right speaker net		1	C35	Button		2
B12	Cross wrench with screwdriver		1	C36	Button +		1
B13	5# Allen wrench		1	C37	Button -		1
B14	6# Allen wrench		1	C38	Front foot pad		2
B15	Universal joint screw		2	C39	Running belt		1
C01	Motor top cover		1	C40	Universal foot pad		2
C02	Motor front cover		1	C41	Moving wheel		2
C03	Left upright tube bottom cover		1	C42	Black cushion		2
C04	Right upright tube bottom cover		1	C43	Black cushion		6
C05	Back end cover-Left		1	C44	Motor belt		1
C06	Top side rail		2	C45	Handlebar plug		4
C07	Left side rail		1	C46	EVA pad		2
C08	Right side rail		1	C47	EVA pad		1
C09	Left upright tube external cover		1	C48	Rubber pad		2
C10	Right upright tube external cover		1	C49	Bold plug		2
C11	Motor top cover plug		2	D01	Nut	M6	10
C12	Console top cover		1	D02	Nut	M10	6
C13	Console bottom cover		1	D03	Bolt	M10*110	1
C14	Left handlebar foam		1	D04	Bolt	M10*70	2
C15	Right handlebar foam		1	D05	Bolt	M10*50	2
D06	Bolt	M10*40	1	E10	Magnet ring		1

D07	Bolt	M8*15	12	E11	Magnet core		1
D08	Bolt	M8*75	8	E12	Running board		1
D09	Bolt	M8*45	6	E13	Incline motor		1
D10	Bolt	M8*15	8	E14	DC motor		1
D11	Bolt	M8*65	2	E15	PCB board		1
D12	Bolt	M6*55	1	E16	Control board		1
D13	Bolt	M6*12	2	E17	Panel top signal wire		1
D14	Bolt	M6*25	8	E18	Console top signal wire		1
D15	Bolt	M5*10	2	E19	Console middle signal wire		1
D16	Bolt	M5*10	5	E20	Console bottom signal wire		1
D17	Screw	ST2.9*8	8	E21	Instant speed top signal wire		1
D18	Screw	ST4.2*12	4	E22	Instant speed bottom signal wire		1
D19	Screw	ST4.2*12	53	E23	Instant Incline top signal wire		1
D20	Screw	ST4.2*50	4	E24	Instant Incline bottom signal wire		1
D21				E25	Hand pulse top signal wire		1
D22	Screw	ST4.2*30	4	E26	Hand pulse bottom signal wire		2
D23	Screw	ST4.2*20	2	E27	Safety Key connecting top wire		1
D24	Screw	ST4.2*19	2	E28	Safety Key connecting bottom wire		1
D25	Screw	ST4.2*12	2	E29			
D26	Screw	ST2.9*6.0	19	E30			
D27	Lock washer	10	6	E31			
D28	Lock washer	6	3	E32	Speaker top wire		2
D29	Lock washer	8	20	E33			
D30	Spring washer	8	2	E34	Speaker		2
D31	Flat washer	6	10	E35			
D32	Flat washer	8	2	E36	Light tube		1
D33	Screw	ST2.9*8	16	E37			
D34	Screw	ST4.2*12	5	E38			
D35	Bolt	M5*16	2	F01	Filter		1
D36	Nut	M8	14	F02	Inductance		1
D37	Lock washer	5	2	F03	AC signal wire		1
E01	Speed sensor	Wire length 350mm	1	F04	Grounding wire		1
E02	AC signal wire	Wire length 200mm - Blue	2	F05	Screw	ST4.2*12	1
E03	AC signal wire	Wire length 350mm - Brown	1	F06	Bolt	M5*8	4
E04	AC single wire	Brown length 350mm	2	H01	Belt hook		2
E05	Grounding wire	Green length 350mm	1	H02	Screw	ST4.2*12	4
E06	Power wire		1	J01	Bluetooth main board		1
E07	Power socket		1	J02	Bluetooth transfer module		1
E08	Square switch button		1	J03	DONGLE		1
E09	Overload protector		1	J04	Bluetooth transfer module wire		1

J05	Bluetooth wire		1				
J06	Bolt		4				

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
Treadmill will not start	Not plugged in	Plug cord into outlet
	Safety Key not inserted	Insert Safety Key
Running belt not centered	Running belt tension not correct on the left or right sides of the running board	Tighten the adjustment bolts on the left and right side of the rear roller
Computer not working	Wires from the computer and bottom control board not properly connected.	Check wire connections from the computer to the control board.
	Transformer is damaged	If the transformer is damaged, contact customer service.
E01 or E13: Message failure	Wires from the computer and bottom control board not properly connected.	Check wire connections from the computer to the control board. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E02: Burst clash protection	Incoming voltage is lower than 50% of the required voltage.	Check that the incoming power supply is the correct voltage. Check the control board, replace if damaged. Check motor, replace if damaged.
E03: No speed sensor signal	Speed sensor signal cannot be received by the control board.	Check if the speed sensor port is well connected, if loose connection, please connect. Check to see if the speed sensor is damaged, replace if necessary. Check the control board, replace if damaged.
E04: Incline failure	The incline motor is damaged or the wire for the incline motor is not connected properly or has become damaged	Re-connect or replace the wire for the incline motor. Replace the incline motor with a new one.

E05: Current overload protection (Self Protecting System)	The incoming voltage is too low or too high. The control board is damaged.	Restart the treadmill. Check the incoming voltage to ensure it's correct.
	A moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly. Check the motor, listen for strange noise and check for a burning smell. Replace the motor if necessary. Check the control board, replace if damaged. Lubricate the treadmill.
E06: Motor Abnormality	The motor wire is not connected or the motor is damaged.	Check motor wires to see if the motor is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the motor
E08: Control Board Abnormality	The control board is not connected.	Check the upper and middle wires to see if the control board is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E10: Motor Abnormality	The motor is damaged or a moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	The torque is too big, please adjust the torque to be smaller. Inspect moving parts of the treadmill to ensure that they are operating correctly. Replace the motor if necessary. Lubricate the treadmill.