



**Bonvork**

# WALKING PAD TREADMILL USER MANUAL



Please read this manual carefully before using this product and keep it for further use.

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### Thank you for using it!

Thank you for choosing a Bonvork treadmill. Our main purpose is to improve your health. The more familiar you are with Bonvork treadmill, the easier it will be for you to find the way to use it, so we ask you to read this user manual carefully before using your home treadmill.

All parts of this machine are made of high quality materials and passed strict inspection and testing, which can guarantee the quality of the product. Please refer to this manual for proper installation, use and maintenance of this machine.

## Guidance notes for secure operation

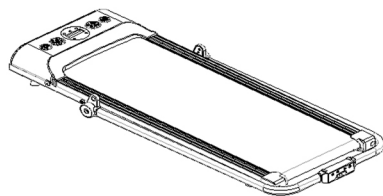
For your safety, this machine has been designed and manufactured with many security concerns in mind. Please be sure to read all of the contents of this manual before operating the machine. We are NOT responsible for any consequences of improper operation.

### Warning

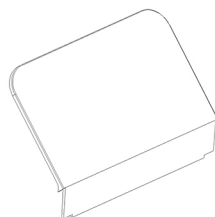
1. Before using the machine, please make sure the machine is completely grounded to avoid accidents and dangers.
2. When operating the machine, please clip the safety key (red) to an appropriate position on your clothing so that you can pull the safety key to stop the machine in case of emergency to ensure safety.
3. **Pre-exercise tips**
  - a. Consult your health care practitioner before exercising.
  - b. Wear appropriate sportswear for exercise.
  - c. Keep the room clean and tidy to avoid electrostatic attraction to the treadmill causing machine operation failure.
  - d. Weight should not exceed 100 kg.
4. This product is for one person to use when running. Please do not allow children or pets to run around to avoid accidents.
5. The minimum spacing requirement (i.e. distance from walls and furniture) is not less than 100 cm for the front and side respectively, and not less than 200 cm for the back.
6. If the power cord is damaged, please do not use the machine.
7. If the machine is damaged or broken, do not use the machine and contact your local dealer immediately for repair.
8. Do not touch any parts in the movement with your hands and do not press or insert any objects into the machine.
9. This machine is suitable for indoor home use, not for outdoor and gym use.
10. Please place the machine on a clean and flat surface, keep the machine in good condition of ventilation, make sure there are no sharp objects nearby and do not use it near water and heat sources.
11. Please use the handrails when getting on and off the machine and do not get off when the treadmill is not completely stable. If you need to stop the machine in case of emergency, you must pull out the safety lock and the treadmill will stop immediately.
12. Please do not operate the machine when the exerciser is using oxygen equipment near the machine.
13. To keep the machine running properly, do not install any accessories that are not provided by the factory.
14. All parts of the machine must be securely mounted.
15. After using the treadmill, please turn off the power and unplug it promptly.

## Packing details

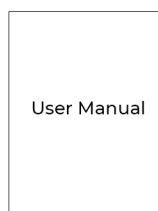
### ① Main frame



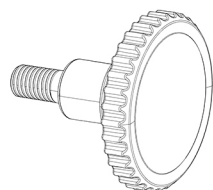
### ② Cellphone holder



### ③ Instructions



### ④ Nut & Screw sets

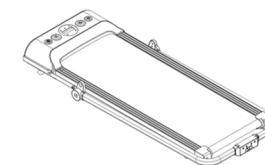


## Accessories

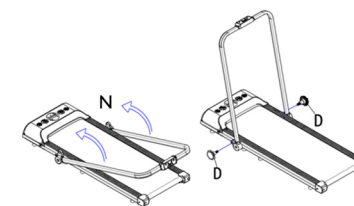
Serial number	Components	Quantity
A	Safety Key	1piece
B	6 mm Hexagon wrench	1piece
C	Lubricating oil	1bottle
D	Round knob	2pieces
E	Remote control(includes battery)	1piece

## Assembly instructions

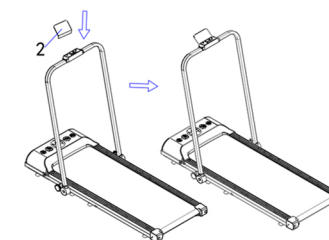
Step 1: Take out main frame from the carton.



Step 2: Lift the handrail in the direction of the arrow N and use the round knob D to pull the metal plate tightly against the main frame.

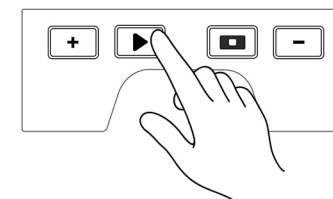


Step 3: As shown in the figure below. Insert the phone holder (2) into the slot of the button box in the direction shown by the arrow.



Step 4: After turning on the power, the display screen lights up, press the start button or the button on the remote control to operate the machine.

(Note: the safety key must be placed on the yellow sticker in the middle below the button so that the treadmill can start normally; if the display shows "- ", it means that the safety key is not placed or not in place)



Emergency shutdown function: When the safety key is removed, the power will be turned off. For your safety, please make sure to use the safety key during your training.

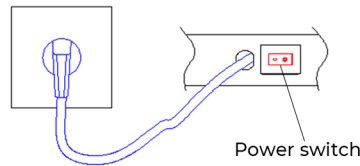
Please note: After confirming that all screws are installed as described above, tighten all screws and check for any missing screws.



# Electronic control operation instructions

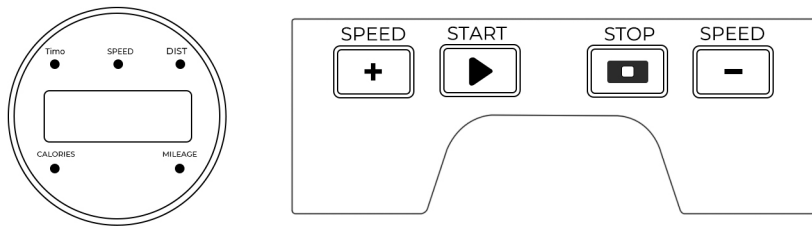
## 1. Using the treadmill

Make sure the power cord is plugged into a suitable, live electrical outlet. Turn on the power switch (red). Enter manual mode. After the electronic power meter is fully displayed, enter initial standby mode.



## 2. Function manual

The appearance of the electronic display is shown in the figure.



## 3. Start up

Normal start after 3 seconds countdown.

## 4. Safety key function

When the safety key is pulled out, "----" will be displayed and the treadmill will quickly stop with an alarm sound.

## 5. Key functions

### 5.1. Start/Stop key.

Start key, in the treadmill stop state, press the start key, the machine starts. Stop key, in the running state of the treadmill, press the stop key, all data will be cleared, and the treadmill will gradually decelerate and finally stop.

### 5.2. Speed up or down key.

It can be used to adjust the setting value when setting the parameters of the treadmill. After the treadmill starts, it can be used to adjust the speed at 0.1MPH/time, press and hold it for more than 2 seconds to continue to increase or decrease automatically.

## 6. Display functions

### 6.1. "Time" window.

Display movement time, forward timing for 0:00-99:59, recalculate timing for 99:59.

### 6.2. "Speed" window.

Displays the current speed value in the running state, speed display range. 0.1-12KM/H.

When the countdown starts, "3", "2" and "1" are displayed.

# Electronic control operation instructions

## 6.3. "Distance" window

Display the movement distance, count forward from 0.0-99.9, and recount after overflow.

## 6.4. "Calories" window.

Displays the calorie consumption value, counting forward from 000-990 when the calorie consumption value is displayed, and recounting after overflow.

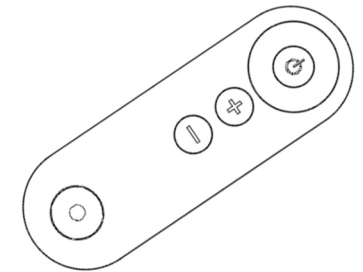
## 6.5. "Mileage" Total Mileage window.

Display accumulated distance data after exercise (save this exercise distance data in normal shutdown state, clear this data in abnormal shutdown).

## 7. Remote control button function

7.1. "⏻" is the start/stop key: When the power is turned on, press this key at any time to start running on the treadmill; you can also use this key to stop it and reset it.

7.2. "⏩" and "⏪" are speed plus or minus keys: used to adjust the speed after power on, the adjustment range is 0.1MPH/time.



## 8. Operation during movement

8.1. Press the "⏪" key to reduce the running speed.

8.2. Press the "⏩" key to increase the running speed.

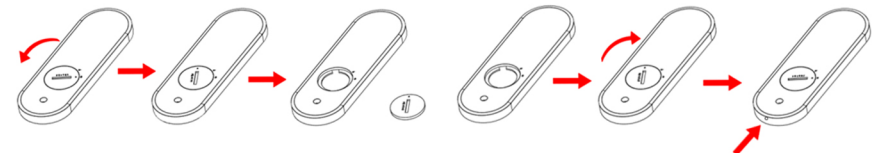
8.3. Press the "⏻" key to decelerate the running speed and stop the machine.

8.4. Remote control battery installation instructions.

8.4.1 As shown in the figure below. Rotate the battery cover 90° counterclockwise to remove the battery cover.

8.4.2 As shown in the diagram below. Place the remote control flat and insert the 3V button cell of type "CR2032" or "CR2025" into the battery chamber, noting that the "+" pole of the battery should face the direction of the battery cover; cap it in the slot and rotate it 90° clockwise.

8.4.3 After the battery is installed, press any key on the remote control, and the indicator light in front of the remote control should be turned on. If the indicator light does not turn on, it means that the remote control battery is not installed correctly and you need to repeat the above action to install the battery.



## Maintenance Guide

### 9. Energy saving mode

If there is no operation for 10 minutes in standby mode, the machine will be in energy-saving mode. At this time, there is no indication on the display. Press any button to exit standby mode.

### 10. Other


The standard value of calories is 30 kcal/km.  
Acceleration is 0.1 MPH and deceleration is 0.1 MPH.

### Bluetooth music sharing

Access to phone settings – Bluetooth – turn on Bluetooth – search for devices – Bluetooth device name (DP) appears and click pairing. After successful pairing, return to the Music app to play music.

## Maintenance Guide

Proper maintenance will keep your treadmill in top condition; incorrect maintenance can damage or shorten the life of your treadmill.

 **Warning:** Always unplug the machine before cleaning.

1. Remove dust regularly to keep parts clean.
2. After each use of the treadmill, wipe the meter and other parts with sweat and debris with a clean towel or cloth. Please be careful not to splash water on the electrical components and under the running belt.
3. Please put the treadmill in a clean and dry environment, and make sure to turn off the power and unplug it.
4. To facilitate movement, the treadmill is equipped with wheels. Before moving, make sure the power is turned off and the machine is grounded.
5. Check and lock all parts of the treadmill frequently, and damaged parts must be replaced immediately.
6. To better maintain and extend the life of the treadmill, it is recommended that after 30 minutes of continuous use, let the treadmill rest for 10 minutes before use.
7. The running belt has been adjusted before shipment, but after use, the running belt will be stretched and out of the center, rubbing against the side strips and back cover, causing damage to the running belt. In the process of use, the running belt is stretched is a normal phenomenon. After using it for a while, if the running belt slips or is not smooth when using the treadmill, you can adjust the elasticity of the running belt.

If the running belt is too loose, please insert the hexagonal wrench provided into the adjustment hole of the left foot guard of the treadmill, rotate 1/4

## Maintenance Guide

clockwise, and then adjust the right foot guard 1/4 clockwise, pay attention to the left and right must be adjusted simultaneously, so that the running belt can be tightened and will not deviate from the center. If the running belt is too tight, please adjust the left and right counterclockwise simultaneously.

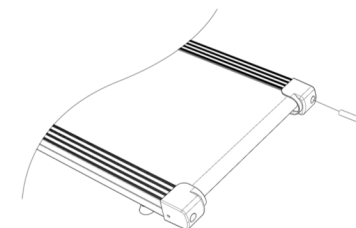
**Note:** The running belt should not be adjusted too tightly. This will damage the running belt, increase the pressure of the front/rear rollers, cause damage to the roller bearings, etc., and cause abnormal noise or other problems, as long as the running belt is adjusted until it does not slip, which is the most appropriate.

### Running belt alignment adjustment


When using the treadmill, the pressure on the running belt is not balanced due to the different forces on the two feet when running, causing the running belt to deviate from the center. This deviation is normal. When there is no one running on the running belt, it will automatically return to the center. If the belt cannot return to the center, you must bring the belt back to the center.

Run the treadmill without load, set the speed to 6km/h, and observe the distance from the treadmill to the left and right sidebars.

- If it is biased to the left, use the hex wrench to turn the left screw 1/4 clockwise.
- If the bias is to the right, use the hex wrench to turn the right screw 1/4 clockwise.
- If the belt is still not in the middle, repeat the above action until it is adjusted to the middle.



After adjusting the running belt to the middle, set the speed to 6km/h and observe the deviation of the running belt and the smooth operation. If there is a deviation, repeat the adjustment steps.

 **Warning:** Do not over-tighten the rollers. This will cause permanent damage to the bearings

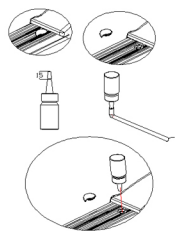
### Lubricant

Treadmills are already lubricated at the factory, but it is important to check the lubrication of the treadmill frequently as this will help the treadmill maintain its optimal use. Treadmills must be lubricated after one year of use or 100 hours of operation.

After every 30 hours or 30 days of use, when the treadmill is at rest, pull the running belt from the side and reach out and touch the surface of the treadmill as far as possible. If you feel lubricant, there is no need to add lubricant; If you feel the belt surface is relatively dry, please add lubricant according to the instructions below. (Please use a non-petroleum based lubricant)

# General faults and troubleshooting

How to add lubricant, follow the image below, open the decorative cover in front of the left sidebar, use scissors or a craft knife to cut the lubricant bottle according to the size shown below, and then add lubricant. Insert the thin rod into the front of the lube bottle, and then add the lubricating oil.



## General faults and troubleshooting

Electronic display error code and exclusion

Fault code	Fault Description	Fault handling
E1	<b>Communication abnormality:</b> The communication between the lower control and the electronic meter is abnormal after power is turned on.	The lower control stops and enters the fault state, so it cannot start operation. The electronic meter displays the fault code and the buzzer sounds 3 times. <b>Possible causes:</b> The communication between the electronic control and the electronic meter is blocked, check each connection of the electronic meter to the communication line of the lower control to ensure that each core is fully plugged in. Check whether the connection line between the electronic meter and the controller is broken, and replace the connection line
E2	Indicates that the controller does not detect the voltage above the motor	<b>Possible causes:</b> Check whether the motor cable is connected correctly, and reconnect the motor cable. Check the controller for peculiar smell and replace the motor.

# General faults and troubleshooting

E3	<b>No speed sensor signal:</b> The lower control has a voltage output to the DC motor, and the motor speed feedback can't be continuously received for more than 3 seconds.	<p>Check whether the terminal connection of the motor wire on the control is firm.</p> <p>When the machine stops and enters the fault state, the buzzer of the electronic watch will sound 9 times, and the fault code will be displayed at the same time, and the content will not be displayed in other areas. After maintaining the fault state for about 10 seconds, it enters the standby state and can be restarted.</p> <p><b>Possible reasons:</b> The speed sensor signal is not detected for 3 seconds, check whether the sensor plug is not plugged in or damaged plug it well or replace the sensor.</p> <p>When the machine stops and enters the fault state, the electronic watch buzzer will sound 9 times, and the fault code will be displayed at the same time, and the content will not be displayed in other areas. If it returns to normal after shutdown, it can enter the standby state and start normally.</p>
E5	<b>Protection against explosion:</b> abnormal power supply voltage or motor abnormality, etc. causes damage to the driving motor circuit.	<p>System self-preservation. Turning off in the troubled state, the electronic meter buzzer sounded 9 times. While displaying the fault code, the rest of the area did not display the content. Maintain the troubled state for about 10 seconds and then turn to standby. You can restart the machine.</p> <p><b>Possible causes:</b></p> <ol style="list-style-type: none"><li>1. Overload resulting in an excessive current;</li><li>2. A part of the machine is jammed, causing the motor to not rotate, the load is too heavy, and the current is excessive;</li><li>3. Another is to check whether the motor is running over current sound or burning odor, replace the motor;</li><li>4. or check whether the controller is burning odor, replace the controller;</li><li>5. or check whether the supply voltage specifications do not match or are low, use the correct voltage specifications to retest.</li></ol> <p>System self-preservation. You can restart the machine.</p>

## General faults and troubleshooting

E6	Overcurrent protection: in operation, the lower control continuously detects that the DC motor current is higher than the rated current for more than 5 seconds.	Possible causes: Check whether the power supply voltage is below 50% of the normal voltage, please retest with the correct voltage specification; check whether there is bad smell in the controller, replace the controller; check whether the motor cable is connected properly, reconnect the motor cable.
---	Indicates that the electronic meter did not detect the security key.	Possible causes: Whether the magnetron is damaged, whether the magnetron installation position is correct, whether the magnets are placed correctly.

### Common problems and troubleshooting methods

#### 1. Some or all of the keys do not work properly.

1.1 Open the upper case of the electronic meter and test whether each key is working properly.

1.2 Review or replace the electronic meter board.

1.3 Check whether the keys work normally after turning on the power again.

#### 2. No display on the E-meter

2.1 Check that the input voltage is within the allowed range.

2.2 Check that the treadmill switch is open.

2.3 Check whether the fuse in the power socket is blown. If the fuse is blown replace it with a replacement fuse.

2.4 Check the controller and whether the LEDs are on.

2.5 Check the connection lines.

2.6 Check or replace the electronic meter board.

2.7 Check or replace the lower control panel.

#### 3. Other problems and troubleshooting methods

a. Treadmill cannot start

Check that the power plug is properly inserted, the power switch is turned on, and the safety switch is removed.

b. Slide the running belt

Refer to the manual and adjust the tension of the running belt.

c. Running Belt Deviation

Refer to the manual and adjust the center position of the running belt.

d. Abnormal noise during operation

Check whether the machine screws are loose, and check whether the running belt needs lubrication.

## Exercise instructions

### Maintenance terms

#### 1. Warranty coverage

The product can be repaired for non-human damage that occurs during normal use under proper use and maintenance. The warranty is limited to the original purchaser and is not transferable.

#### 2. Free warranty period

Free warranty for one year from the date of purchase. Perishable parts, normal wear and tear are not covered by the warranty, such as running belts and other accessories.

#### 3. The following terms are not covered by the warranty

- Damage caused by misuse, negligent use, accident, or unauthorized modification.
- Damage caused by improper adjustment of the running belt and drive belt.
- Damage caused by abnormal maintenance.
- Other illegal operations and damage caused.

4. This warranty applies only to private home use, not to professional training situations such as gyms.

### Exercise instructions

- Consult your healthcare practitioner before starting an exercise or training program and follow his or her advice and instructions.
- Set exercise goals after consulting your doctor to ensure that the program is realistic and that you start your training program calmly.
- You can add some aerobic exercises such as walking, jogging, swimming, dancing, or cycling to your exercise program. Check your pulse often. If you don't personally have an electronic pulse monitor, ask your doctor for a way to measure your pulse by taking your pulse by hand from your wrist or neck. In addition, you must set a target heart rate based on your age and physical condition.
- Drink enough water during exercise. You must replace fluids lost through excessive exercise to prevent dehydration. Avoid drinking large amounts of ice water or beverages at room temperature.






# Warm-up exercise



## Warm-up exercise

Warm-up and stretching exercises: A successful exercise program must include warm-up, aerobic and stretching exercises. The frequency of exercise should be at least two to three times a week, with one day off for each exercise. After a few months, you can increase the frequency to four to five days a week.

Warming up is an important part of your workout. You need to warm up before each workout. A moderate warm-up will prepare your body for the more intense exercise that comes next. Stretching at the end of aerobic exercise can also reduce muscle soreness. We recommend the following warm-up and stretching exercises.

<p><b>1. Stretch down.</b></p> <p>Slightly bend your knees and slowly lean your body forward, relaxing your back and shoulders and touching your toes as much as possible. Hold for 10-15 seconds, then relax. Repeat 3 times.</p>	 <p>Pic 1</p>
<p><b>2. Hamstring stretch.</b></p> <p>Sit on a clean mat, straighten one leg, then tuck the other leg inside the straight leg and touch your toes with your hand. Hold for 10-15 seconds, then relax. Repeat three times for each leg.</p>	 <p>Pic 2</p>
<p><b>3. Leg and heel tendon stretch.</b></p> <p>Press your hands against the wall, bend one foot at the knee against the wall, keep one foot upright, heel on the ground, tilt toward the wall. Hold for 10-15 seconds, then relax. Repeat for each leg 3 times.</p>	 <p>Pic 3</p>

# Warm-up exercise

<p><b>4.Quadriceps extension.</b></p> <p>Stand with your left hand on the wall, reach back with your right hand to grab your right heel and slowly pull it towards your hip until you feel the muscles in front of your thighs tighten. Hold for 10-15 seconds, then relax. Repeat for each leg.</p>	 <p>Pic 4</p>
<p><b>5. Suture muscle (muscle of the inner thigh) stretch.</b></p> <p>Sit with the soles of your feet facing each other and your knees facing outward, grab your feet with both hands and pull them toward your groin. Hold for 10-15 seconds, then relax. Repeat 3 times.</p>	 <p>Pic 5</p>



#### FCC Warning:

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this 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.

#### For Treadmill

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

#### For remote control

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.