



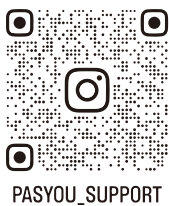
User Manual



PASYOU-PT20
TREADMILL

CONTENTS

IMPORTANT SAFETY INSTRUCTIONS.....	1
BRIEF DESCRIPTION.....	3
PARTS LIST AND EXPLODED DIAGRAM.....	4
INSTALLATION GUIDE.....	6
OPERATING INSTRUCTION.....	9
MAINTENANCE.....	12
TROUBLE SHOOTING.....	15
EXERCISE GUIDE.....	16
APP OPERATION.....	17



Please read the User Manual carefully before using the product.
For customer service, please contact:

Scan the Instagram QR Code to reach us online!
Email: support@pasyoufit.com

1. IMPORTANT SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. We assume no responsibility for personal injury or property damage caused by or through the use of this product.

1. Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 45 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. Use the treadmill only as described in this manual.
4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is inadequate.
7. Keep children under age 12 and pets away from the treadmill at all times.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could be caught in the treadmill. Athletic clothes are recommended for both men and women. Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings, or in sandals.
10. When connecting the power cord, plug the power cord into an grounded outlet. No other appliance should be on the same outlet. A 10 amp fuse should be used.
11. If an extension cord is needed, use only a 3- conductor, 14-gauge (2mm²) cord that is no longer than 6.5 ft. (2.0m)
12. Keep the power cord away from heated surfaces.
13. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly.
14. Read, understand, and test the emergency stop procedure before using the treadmill.
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. Never leave the treadmill unattended while it is running. Always remove the safety key, unplug the power cord and turn the power switch to the off position when the treadmill is not in use.
18. The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
20. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.
21. Do not change the incline of the treadmill by placing objects under the treadmill.
22. Inspect and properly tighten all parts of the treadmill regularly.
23. Never drop or insert any object into any opening on the treadmill.

DANGER

Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

- This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

WARNING

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified people in order to avoid a hazard. This appliance is not intended for use by people (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.

- Install the treadmill on a flat level surface with a suitable volt/Hz which marked in the machine label, grounded outlet.
- Allowed temperature: 5 to 40 Celsius degrees. If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. Without the rewarming, you may damage the console displays or other electrical components.

1.1 IMPORTANT ELECTRICAL INFORMATION

WARNING

- 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 casters.
- NEVER remove any cover without first disconnecting AC power.

1.2 IMPORTANT OPERATION INSTRUCTIONS

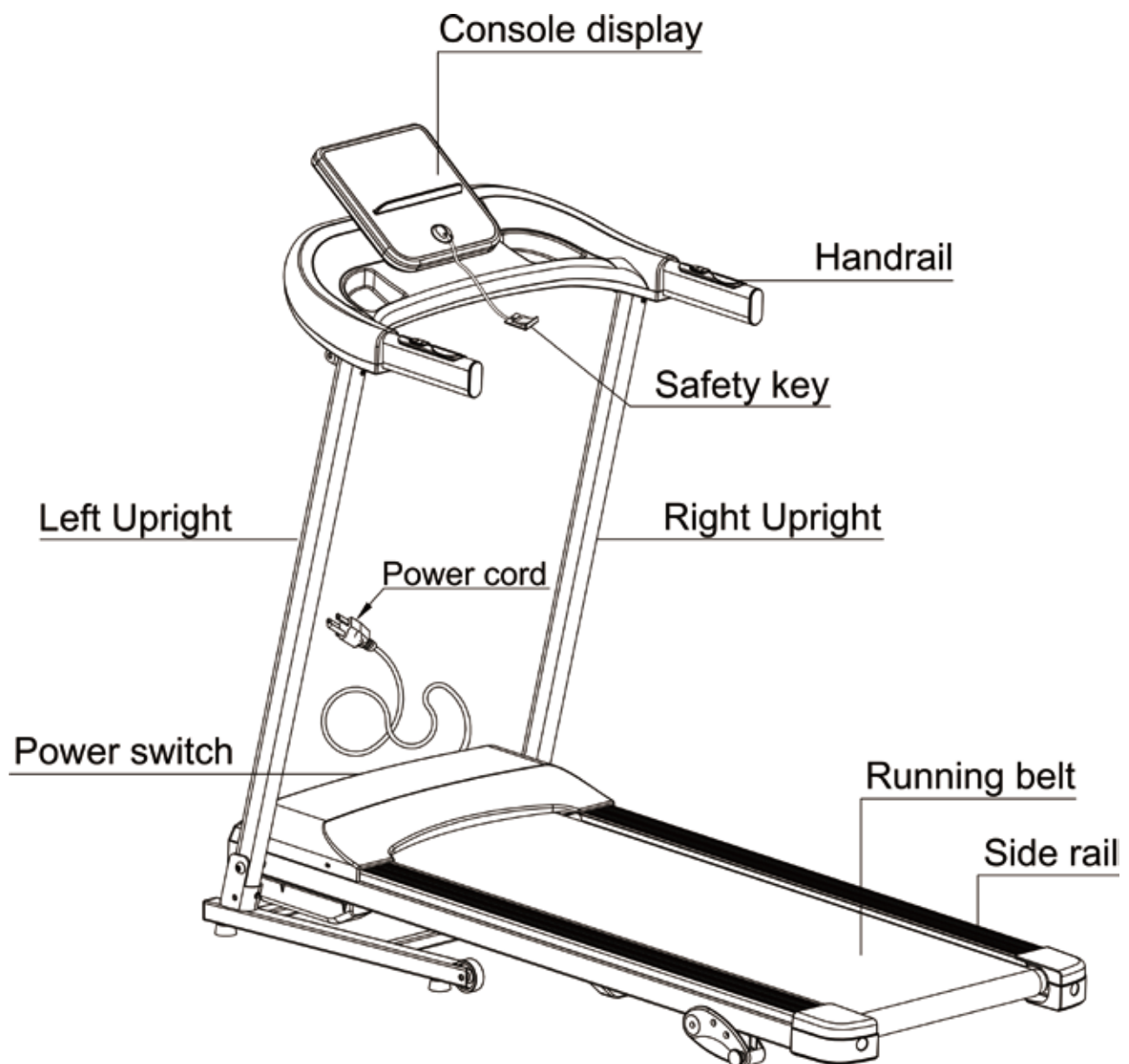
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will execute the command gradually.
- Use caution while participating in other activities while walking on your treadmill; such as watching 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.
- 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.
- Always hold on to handrail while making parameter adjustments.
- A safety key is provided with this machine. Remove the safety key will stop the walking belt; the treadmill will shut off automatically. Insert the safety key will reset the display.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.

2. BASIC OPERATION

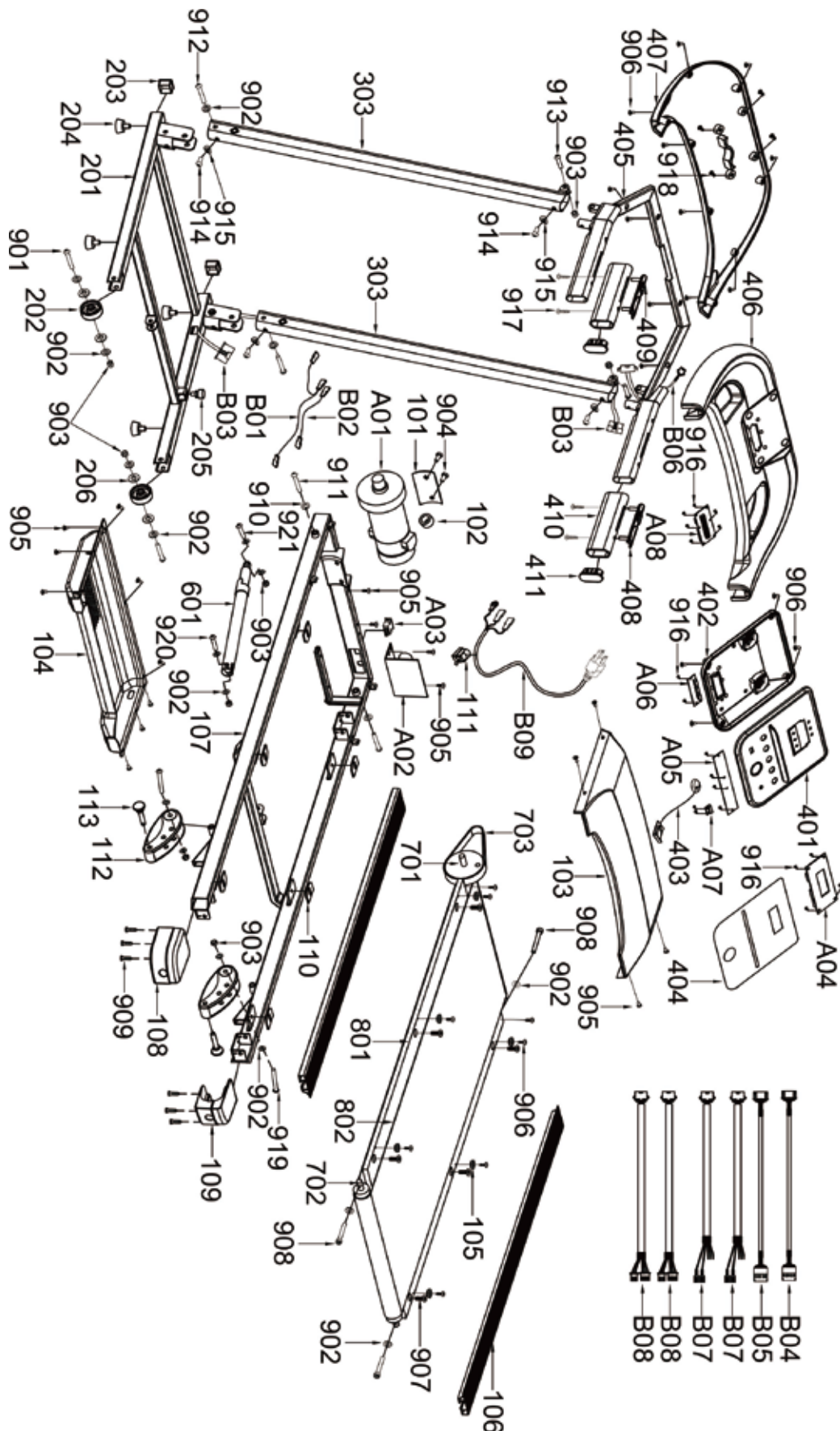
This motorized treadmill can help complete your goal of keeping fit. Together with the unique, elegant and dignified shape, it takes a little space when folded by hydraulic spring.

Speed range: 0.6-7.5mph

Programs: 15pcs pre-set programs (P1-P15)



3. PARTS LIST AND EXPLODED DIAGRAM

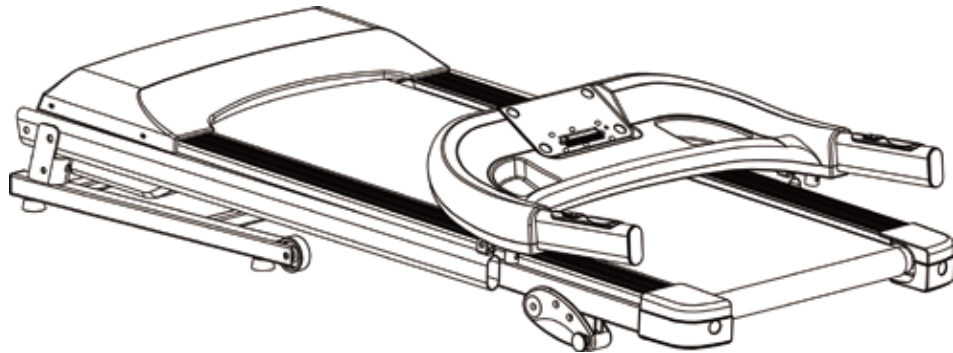


NO.	Description	Qty.
101	Motor damping pad	1
102	Magnetic ring	1
103	Upper motor cover	1
104	Lower motor cover	1
105	Washer-A	6
106	Side rail	2
107	Frame-A	1
108	Left end cap	1
109	Right end cap	1
110	Deck damping pad	6
111	Rubber foot pat	2
112	Level adjustment	2
113	Rear adjustment latch	2
201	Frame-B	1
202	Caster	2
203	Square pipe plug	2
204	Adjustable foot pat	4
205	Rubber pad	1
206	Caster limit gasket	2
401	Console upper cover	1
402	Console lower cover	1
403	Safety key	1
404	Screen protector	1
405	Handrail weldment	1
406	Handrail upper cover	1
407	Handrail lower cover	1
408	Speed shortcut	1
409	Start/Stop shortcut	1
410	Rubber-plastic handle cover	2
411	Oval pipe plug	2
601	Hydraulic spring	1
701	Drive shaft	1
702	Driven shaft	1
703	Motor conveyor belt	1
801	Deck	1
802	Belt	1
901	Hexagon socket head screw	2
902	Flat washer	4
903	Non metallic inlet nut	8
904	Motor cover screw	2
905	Cross large flat head tapping screw	15
906	Self tapping screw	8

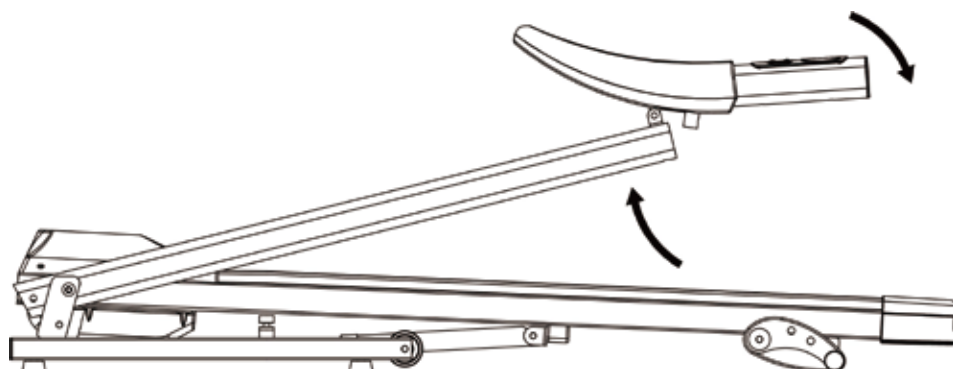
NO.	Description	Qty.
908	Belt adjustment screw	2
909	End cup screw	6
910	Washer-B	2
911	Hexagon socket bolt with half round head	2
912	Hexagon socket head bolt-A	2
913	Hexagon socket head bolt-B	2
914	Hexagon socket head bolt-C	2
915	Saddle washer	4
916	Self tapping screw(cross round head)	4
917	Cross recessed round head tapping screw	2
918	Cross pan head screw	8
A01	DC 90V motor	1
A02	Controller	1
A03	Adapter	1
A04	Console board	1
A05	Keyboard	1
A06	Upper connecting board	1
A07	Safety switch sensor	1
A08	Lower connecting board	1
B01	Connecting wire	9
-B08		
B09	Power cord	1

4. INSTALLATION GUIDE

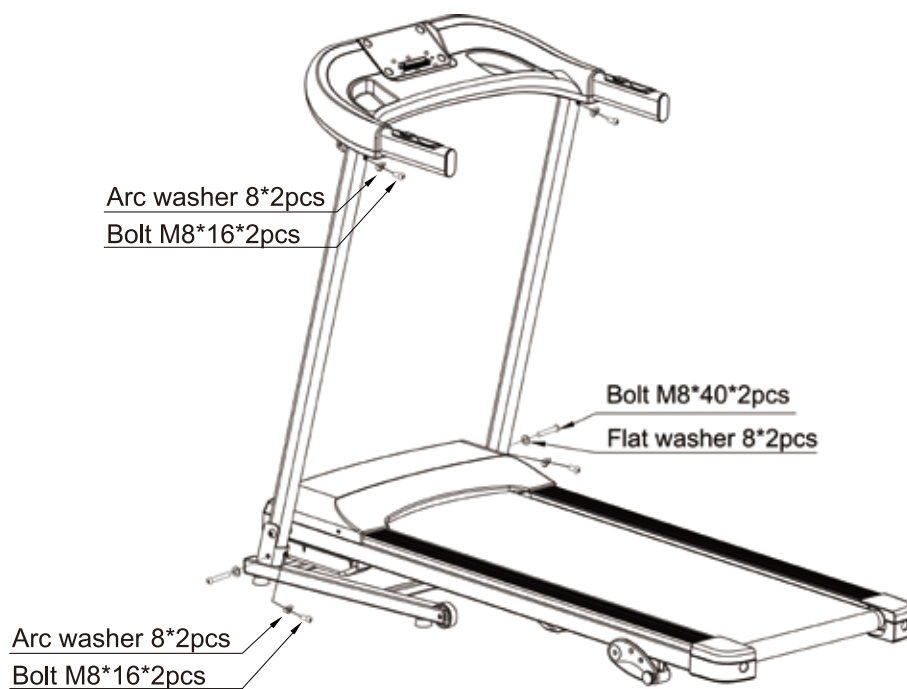
STEP 1



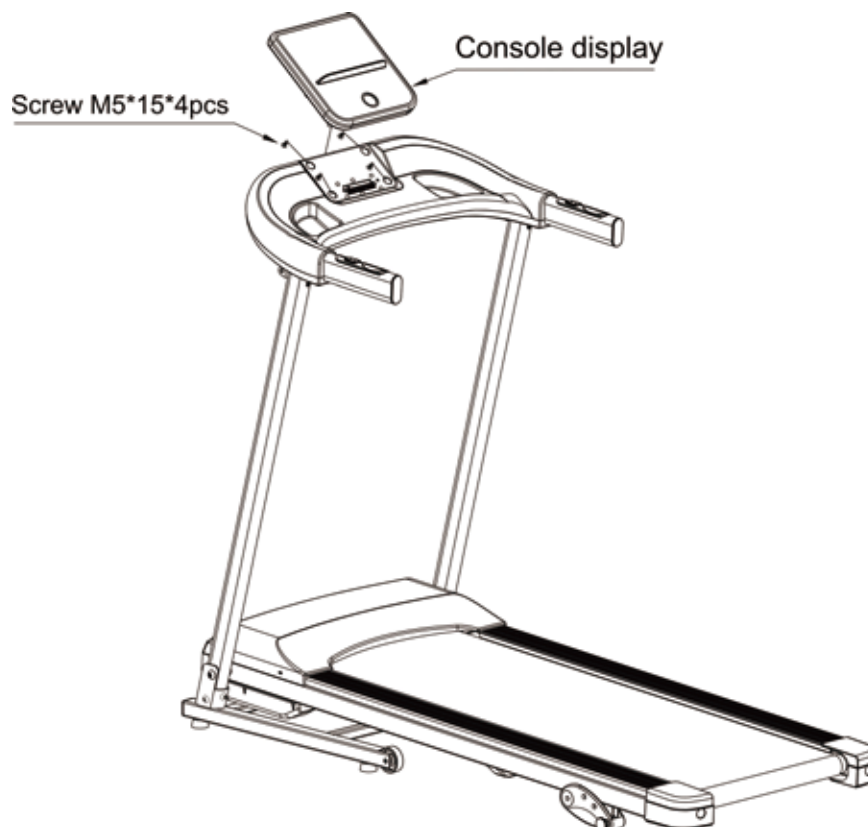
Step 2



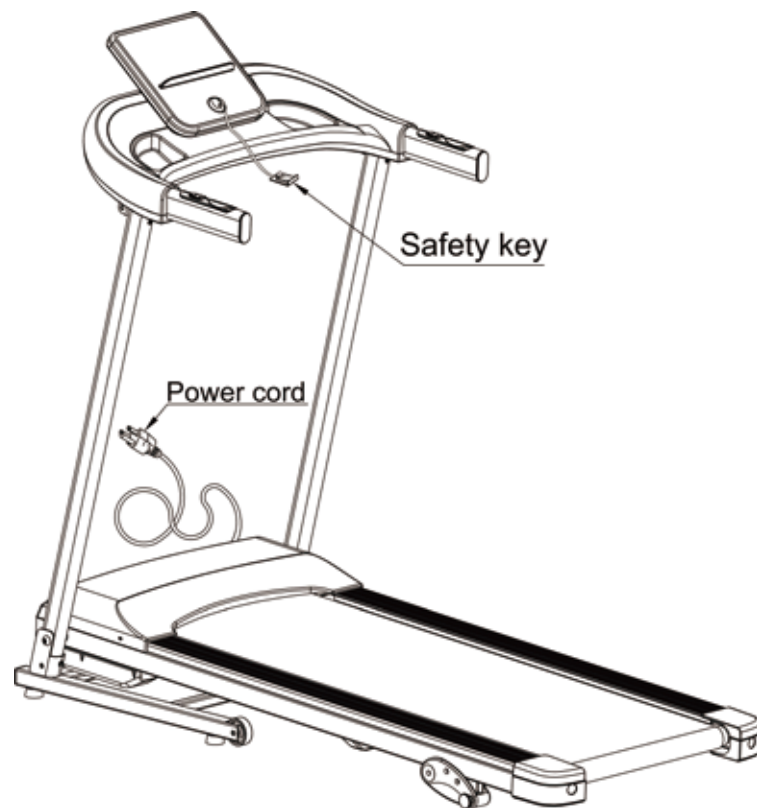
STEP 3



Step 4

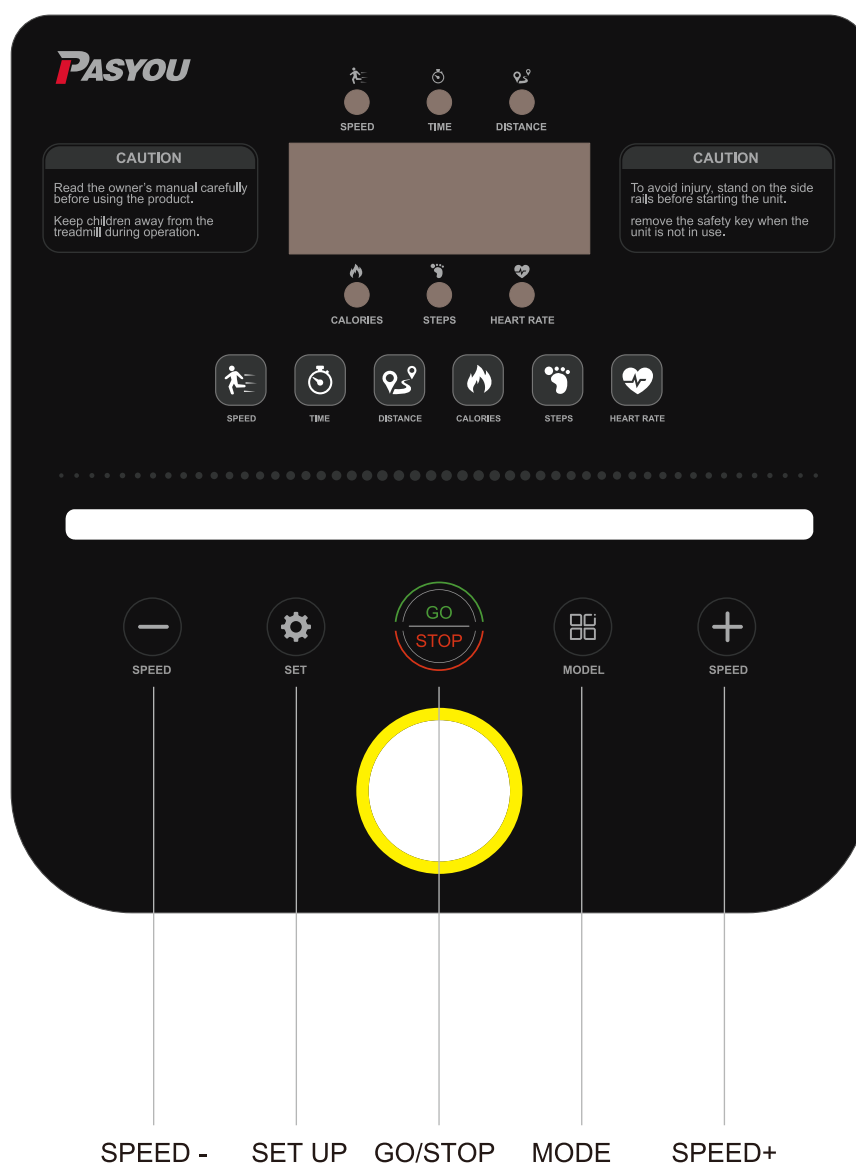


STEP 5



5. OPERATING INSTRUCTION

5.1 Keys for Console



M **MODE:** Power on the machine, press it to choose pre-set programs P1-P15.

GO/STOP: Power on the machine, press it to start running. When running, press it to stop and record the running. Press SET to reset the record.

SET UP: Power on the machine, press it to choose time, distance, calorie count-down training.

SPEED +: When running, press it to increase speed by 0.1mph. Hold on it, speed is increased continuously.

SPEED -: When running, press it to decrease speed by 0.1mph. Hold on it, speed is decreased continuously.

SPEED + in the handrail: When running, press it to increase speed by 0.1mph. Hold on it, speed is increased continuously.

SPEED - in the handrail: When running, press it to decrease speed by 0.1mph. Hold on it, speed is decreased continuously.

Left hand bar "START", it's the same function as "START" key.

Right hand bar "STOP", it's the same function as "STOP" key.

Left hand bar "SPEED+", it's the same function as "SPEED +" key.

Right hand bar "SPEED -", it's the same function as "SPEED-" key.

5.2 User's Mode Operation

• **Count-down training:** power on the machine, press  to enter TIME count-down training, press it again to enter DISTANCE count-down training, press it once more to enter CALORIE count-down training.

• **TIME** count-down training: power on the machine, press , TIME figure glittering, showing 30:00. Press SPEED+,- to choose the time between 5-99minutes. Press go/stop to start at speed of 0.6mph. Speed can be adjusted by pressing SPEED+,-. The machine stops when time shows 00:00.

• **DISTANCE** count-down training: power on the machine, press  two times, distance figure glittering, showing 1.0mile. Press SPEED+,- to choose the distance between 1.0-9.0miles. Press GO/STOP to start at speed of 0.6mph. Speed can be adjusted by pressing SPEED+,-. The machine stops when distance shows 0.0.

• **CALORIE** count-down training: Power on the machine, press SET UP three times, calorie figure glittering, showing 50CAL. Press SPEED+,- to choose the calorie between 10-990CAL. Press GO/STOP to start at speed of 0.6mph. Speed can be adjusted by pressing SPEED+,-. The machine stops when calorie shows 0.

5.3 Getting Started

Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor shield. Ensure that the **safety key** is installed, as the treadmill will not power on without it. When the power is turned on, the display is ready for operation.

5.4 Quick-Start Operation

- Press and release the GO/STOP to begin belt movement, at 0.6mph, then adjust to the desired speed using the '+' or '-'. You can also use 'speed +' or 'speed -' to adjust the speed on handrail.
- To slow the treadmill down, press and hold the 'speed -' key to desired speed.
- In the state of running, single press GO/STOP, the walking belt will gradually slow down.
- After completing a training session, single press  will reset time, distance, calorie.

5.5 Pulse Grip Feature

Hold on both stainless steel pulse sensors in the handrails, the Pulse (Heart Rate) console window will display your current heart rate during the workout within 15 seconds. Note: You must use both stainless steel sensors to display your pulse.

5.6 Calorie Display

Displays the cumulative calories burned at any given time during your workout.

Note: This is only a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

5.7 Transport

Carefully lift the treadmill at the rear roller area, grasping the two side end caps, and roll the treadmill away.

5.8 Programmable Operations

Each program has various speed changes throughout. Each is set differently according to different training goal and intensity.

5.9 To Select a Program

- Power on the machine, press  to choose desired program, then press and GO/STOP to begin the program with default values.
- The speed window will now be showing the preset speed of the selected program.
- After every one minute speed can be altered automatically according to the programs, and can be altered manually. 3 seconds before the automatic speed change or the ending of program a buzzer will sound three times, then the running belt will change to next speed preset in the program or come to a stop.

6. MAINTENANCE

Reasonable cleaning/lubricating should be made to extend the life time of this unit. Performance is maximized when the belt and belt are kept as clean as possible.



WARNING

THE BELT FRICTION MAY PLAY A MAJOR ROLE IN THE FUNCTION AND LIFE OF YOUR TREADMILL AND THAT IS WHY WE RECOMMEND YOU CONSTANTLY LUBRICATE THIS FRICTION POINT TO PROLONG THE USEFUL LIFE OF YOUR TREADMILL. FAILING TO DO THIS MAY VOID YOUR WARRANTY.



WARNING

UNPLUG POWER CORD BEFORE MAINTENANCE.



WARNING

STOP TREADMILL BEFORE FOLDING.

6.1 General Cleaning

- Use a soft, damp cloth to wipe the edge of the belt and the area between the belt edge and frame. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. This task should be done once a month. Allow to dry before using.
- On a monthly basis, vacuum underneath your treadmill to prevent dust build up. Once a year, you should remove the black motor shield and vacuum out dirt that may accumulate.

6.2 General Care

- Check parts for wear before use.
- Always replace the belt if worn and any other defective parts.
- If in doubt do not use the treadmill and contact our helpline.

TAKE CARE TO PROTECT CARPETS AND FLOOR in case of leakages. This product is a machine that contains moving parts which have been greased / lubricated and could leak.

6.3 Belt/Deck/Roller Lubrication

The belt friction may play a major role in the function and life of your treadmill and that is why we recommend you constantly lubricate this friction point to prolong the useful life of your treadmill.

You should apply the lubrication after approximately the first 40 hours of operation. We recommend lubrication of the deck according to the following timetable:

Light use (less than 3 hours per week) every 6 months.

Medium use (3-5 hours a week) every 3 months.

Heavy use (more than 5 hours per week) every 6-8 weeks.

See below procedures for lubricating:

1. Use a soft, dry cloth to wipe the area between the belt and deck.
2. Spread lubricant onto the inside surface of belt and deck evenly (make sure the machine is turned off and power is disconnected).
3. Periodically lubricate the front and rear rollers to keep them at the peak performance.

If the treadmill belt/deck/roller is kept reasonably clean it is possible to expect over 1200 hours before additional re-lubricating is necessary.

6.4 How to check the running belt for proper lubrication

1. Disconnect the main power supply.
2. Fold the treadmill up into the storage position.
3. Feel the back surface of the running belt.

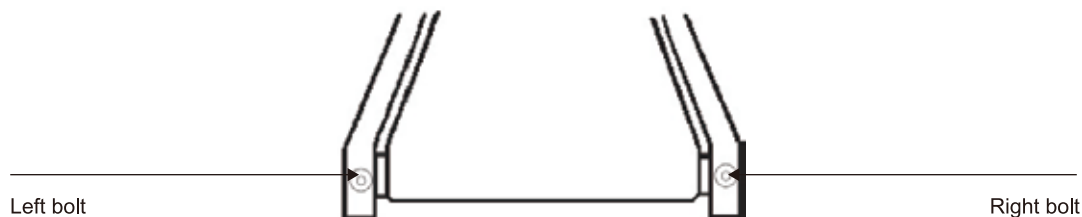
If the surface is slick when touched, then no further lubrication is needed.

If the surface is dry to the touch, apply a suitable silicone lubricant.

We recommend you use a silicone based spray to lubricate your PASYOU Treadmill. This can be purchased from your local sports retailer or a local hardware store.

6.5 Belt Adjustment

Belt Tension Adjustment-It is very important for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the right and left rear roller in order to adjust tension with the Hexagonal Wrench provided in the parts package. The adjustment bolt is located at the end of the rails as noted in diagram below:



Note: Adjustment is the small hold on the end caps.

Tighten the rear roller only enough to prevent slippage at the front roller. Turn both the right and left bolt clockwise reasonably and inspect for proper tension. When an adjustment is made to the belt tension, you must also make a tracking adjustment to compensate for the change in belt tension.

DO NOT OVERTIGHTEN - Over tightening will cause belt damage and premature defect of bearings.

6.6 Belt Tracking Adjustment

This treadmill is designed to keep the belt reasonably center while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the belt should have a tendency to center itself. If during use, the belt continues to move toward one side, adjustments are necessary. The procedures are as below:

- ▲ First set speed to the lowest.
- ▲ Second check the belt shifts to which side.

If the belt shifts to right, tighten the right bolt and loosen the left bolt by using 6mm Hexagonal Wrench, until the belt is centered itself; If belt shifts to left, tighten the left bolt and loosen the right bolt by using 6mm Hexagonal Wrench, until the belt is centered. When adjusting the belt using the 6 mm Hexagonal Wrenches, it is important to adjust the belt in half turn increments. Over adjusting the belt can cause damage to the belt.

7. TROUBLE SHOOTING

This treadmill is designed in a way that in the event of an electrical fault, the machine will turn off automatically to prevent any injuries to the user and to prevent damage to the machine (i.e. motor).

When the treadmill behaves erratically, simply reset the treadmill by turning the power switch off, waiting for 1 minute then turning the power button back on.

7.1 Alarm signals

E01 Explosion protection

1. Replace the drive board

E02 Over voltage protection of motor

1. Replace the drive board

E03 Over current protection

1. Check if the deck and belt is worn-out, if so replace that and make sure no overweight usage
2. Clean the dust between deck and belt, then put some lubricant
3. Replace the drive board

E04 Motor open circuit

1. Check the connect wire of motor, if the connect wire loose, please connect it again
2. The motor carbon brush wear, replace the motor
3. The circuit in the drive board is defective, replace the drive board

E05 EEPROM damage or access problems

1. Replace the drive board

E06 Communication error

1. Check the connect wire between computer and drive board, if it loose or broken, please connect it again or replace it
2. Defective circuit in drive board, replace the drive board
3. Defective circuit in the incline monitor, replace the incline motor

E07 No induction of safety switch

1. Attach the safety switch
2. Replace the safety switch sensor in monitor

E08 short-circuit protection

1. Replace the drive board

No Power

1. Check fuses (They are located on the controller under the motor cover)
2. Check power outlet (Plug something else into the power outlet to ensure that the power outlet is working correctly).
3. Check Power Cable (You may need to take it to an electrician).

8. EXERCISE GUIDE

PLEASE NOTE: Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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 an exercise aid in determining heart rate trends in general.

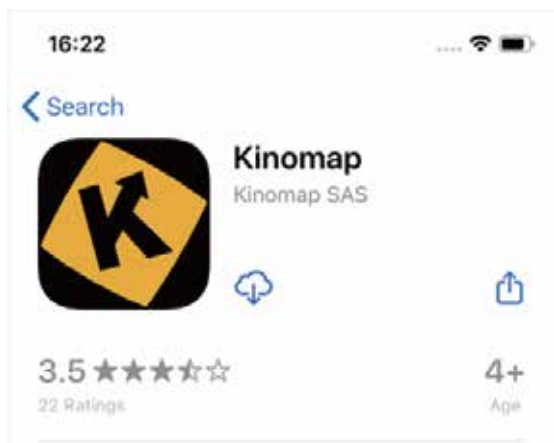
Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

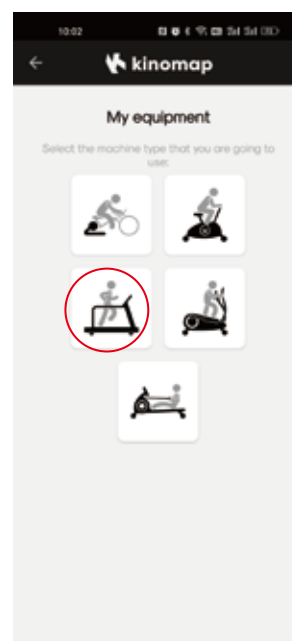
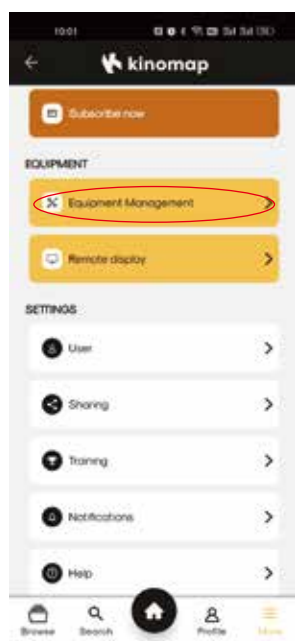
So as you can see, the fitter you are, the healthier and greater you will feel.

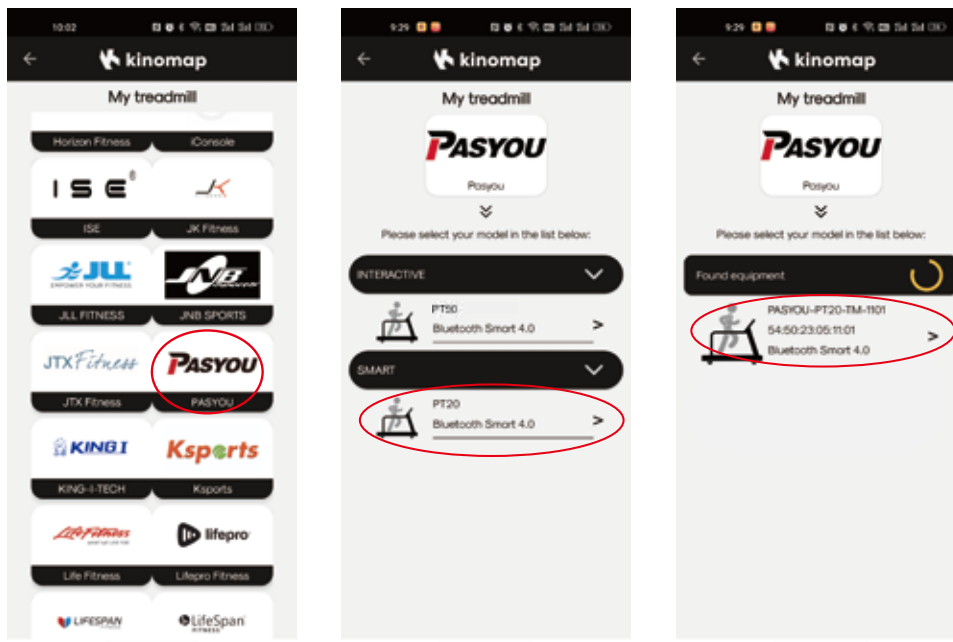
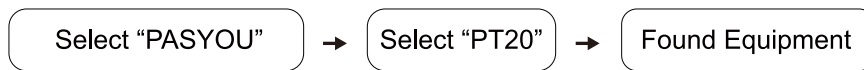
9. APP OPERATION

1) Search "KINOMAP" in the mobile app store to download the app.



2) After the download is complete, open the APP and register your personal information, turn on the Bluetooth of your mobile phone, and make sure that the treadmill is powered on and awake.
3) Add sports equipment, the specific operations are as follows:





4) After the equipment is connected, choose the scene you like and start your workout!

FCC WARNING STATEMENT

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

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.

RF Exposure Statement To maintain compliance with FCC's RF Exposure guidelines, This equipment should be installed and operated with minimum distance of 20cm the radiator your body.

This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

IC WARNING

This device contains licence-exempt transmitter(s)/receiver(s)/ that comply with Innovation Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- 1) this device may not cause interference and
- 2) this device must accept any interference, including interference that may cause undesired operation of the device.

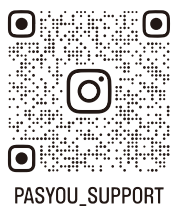
Radiation Exposure: This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment; To maintain compliance with IC's RF Exposure guidelines, This equipment should be installed and operated with minimum distance of 20cm the radiator your body. This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

Déclaration de l'ISED Canada :

Cet appareil contient des tasmittre (s) / récepteur (s) sans licence / conformes à l'innovation RSS exemptes de licence de Sciences et Développement économique Canada. L'opération est sous réserve des deux conditions suivantes :

- 1) cet appareil ne peut pas causer d'interférences et
- 2) cet dispositif doit accepter toute interférence, y compris peut provoquer le fonctionnement indésirable de l'appareil.

Exposition aux rayonnements : Cet équipement est conforme aux radiations du Canada limites d'exposition pour un environnement incontrôlé noncé d'exposition RF Pour maintenir le respect des guides d'exposition RF d'IC, cquipment doit être installé et actionné avec une distance minimale de 20cm le radiateur de votre corps. Cet appareil et ses antennes ne doivent pas être co-localisé ou en opération en conjonction avec toute autre antenne ou émetteur.



Ningbo Shuntai Health Technology Co., Ltd.

Scan the Instagram QR Code to reach us online

Email: support@pasyoufit.com