

MotionGrey

## **MotionStride - User Manual**



### **⚠ CAUTION**

Please read the User Manual carefully before use of this product. Keep the manual properly.

# Contents

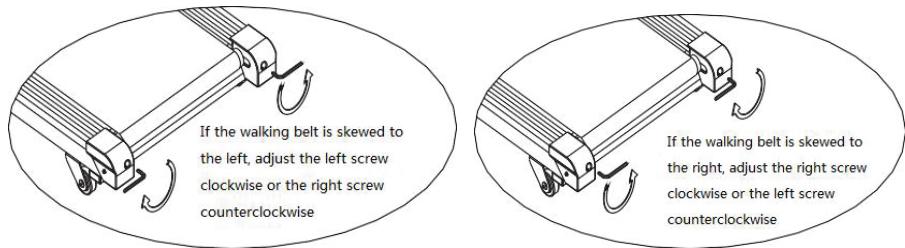
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## Belt Tension Adjustment

All treadmills require adjustment of the running belt before leaving the factory and after installation, but there may be some slack after a period of use. For example: The user has the phenomenon of pause and slippage when running. When this phenomenon occurs, adjust the adjusting bolts of the running belt synchronously from left to right in a half-turn clockwise direction. (If you want to tighten the running belt, do the opposite, and operate in a counterclockwise direction.) If the running belt is too loose, if you step on the running belt, the running belt and the roller will slip. load, damage the motor, running belt and drum, etc.

## Running Belt Alignment

1. Put the electric treadmill on a flat surface.
2. Use an electric treadmill to run at a speed of about 3.5 km/h.
3. If the running belt is skewed to the left, turn the left adjustment bolt 1/2 turn clockwise and the right adjustment bolt 1/2 turn counterclockwise.
4. If the running belt is inclined to the right, turn the right adjusting bolt 1/2 turn clockwise, and then turn the left adjusting bolt 1/2

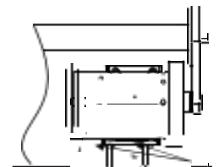


## Adjustment of the Drive Belt

All treadmills have been adjusted on the drive belt before leaving the factory, but after a period of use, there may be looseness and slippage, which is mainly adjusted by the user.

Adjustment steps (as shown on the right):

- ① Turn the adjusting bolt clockwise with a wrench
- ② The adjustment range is subject to no slip under load



*Note: Regularly clean the inclusions in the belt grooves and pulley grooves.*

# Maintenance Instructions

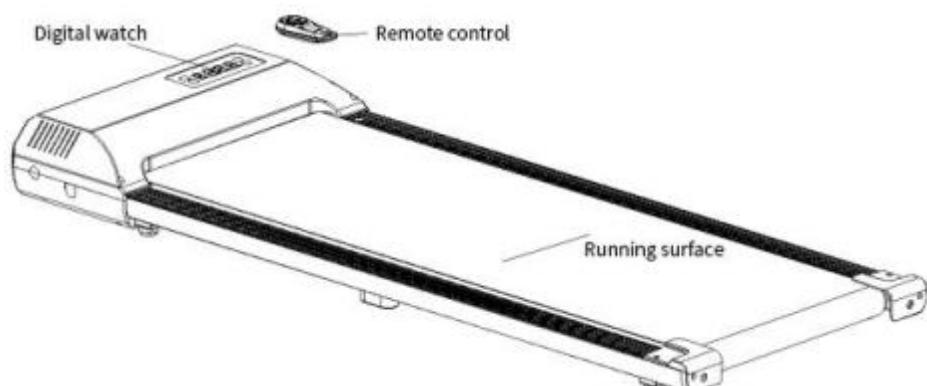
In order to better maintain your electric treadmill and prolong the life of the machine, it is recommended that you turn off the power after 2 hours of continuous use and let the machine rest for 10 minutes before using it. If the running belt is too loose, it will slip during running; if it is too tight, it may reduce the motor performance and increase the wear of the roller and running belt. When the running belt is tight enough, you can lift both sides of the running belt about 50-75mm away from the running board by hand.

## Running Board Lubrication

1. We mentioned above that the running board should be lubricated in time, but it should not be excessively lubricated. The more lubricant, the better. Remember: Proper lubrication is an important factor in improving the life of your treadmill.
2. The way to check whether you need to apply lubricant again, just grab the running belt and touch your hand to the center of the back of the running belt as much as possible. If your hand is stained with silicone oil (a little damp feeling), it means no It needs to be lubricated again, if the running board is dry and the silicone oil is not sticking to the hand, you need to add lubricating silicone oil.
3. The steps of coating the running board with lubricating silicone oil:
  - a. Stop the running belt and fold the machine;
  - b. Lift the running belt on the back of the treadmill; put the oil can into the middle of the running belt as much as possible, spray the silicone oil on the inside of the running belt, and coat both sides of the running belt with silicone oil. Use the speed of 1km/h to run the treadmill. To spread the silicone oil evenly, and lightly step on the running belt on the front of the treadmill from left to right, it will take about a few minutes for the silicone oil to be completely absorbed by the running belt.

# Product Brief

No.	Part Name	Quantity
1	Treadmill	1
2	Digital watch	1
3	Remote control	1



# Installation Instruction

1. Open the package, take out the assembly materials from the box, and place the host on the ground;
2. Turn on the power and operate the remote control to operate the machine.

# Product Introduction

## Packing List

No.	Name	Quantity	Remarks
1	Complete machine (running platform)	1	
2	Kits	1	As attached
3	Manual, Certificate	1 each	

## Attached List

No.	Name	Quantity	Remarks
1	6mm Allen wrench	1	
2	Remote control	1	
3	Dual purpose screwdriver	1	
4	Silicone oil	1	30ml

## Exercise Safety Measures

Consult a professional before exercising. He can help you recommend exercise frequency, exercise intensity, and exercise time appropriate to your age and physical condition. If you feel chest tightness or pain while exercising, your heart beats irregularity, shortness of breath, dizziness or other discomfort, please stop immediately! Consult a professional before continuing to exercise.

## Maintenance Guide

**WARNING:** Before cleaning or maintaining the product, be sure to unplug the electric treadmill. Cleaning: A thorough cleaning will greatly extend the life of your electric treadmill.

Remove dust regularly to keep parts clean. Be sure to clean the exposed parts of the running belt on both sides, this will reduce the accumulation of debris under the running belt. Make sure your sneakers are clean and avoid carrying foreign objects under the running belt to wear out the running board and running belt. The surface of the running belt must be wiped with a damp cloth dampened with soap. Be careful not to splash water on the electrical components and under the running belt.

**WARNING:** Be sure to unplug the power source of the electric treadmill before moving the motor cover. Open the motor cover at least once a year to vacuum the motor, clean the running belt and lubricate the silicone oil. This electric treadmill has been pre-applied with lubricating silicone oil between the running board and the running belt. The friction between the running belt and the running board has a great influence on the service life and performance of the electric treadmill, so it is necessary to lubricate the silicone oil regularly. We recommend regular inspections of running boards. If the running board is damaged, please contact our customer service center. We recommend that you purchase lubricating silicone oil from your local distributor or contact our company directly.

We recommend lubricating the treadmill belt and running board with silicone oil on the following schedule:

- Light use users (less than 3 hours per week): Every 6 months
- Moderate users (3-5 hours per week) : every 3 months
- Heavy users (more than 5 hours per week) : every 1.5 months

## Stretching Exercises

No matter how fast you're walking, it's a good idea to stretch first. Warm muscles are easier to stretch, so warm up by walking for 5-10 minutes first. Then stop and stretch as follows -- 5 times for 10 seconds or more on each leg: Do it again after the workout.

**1. Stretch down:** Bend your knees slightly, slowly bend your body forward, relax your back and shoulders, and try to touch your toes with your hands. Hold for 10-15 seconds. Then relax. Repeat 3 times for each leg.

**2. Hamstring stretch:** Sit on a clean cushion and straighten one leg. Bring the other leg in so that it fits against the inside of the straight leg. Try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.

**3. Little feet and Achilles tendon stretch:** Stand with two hands against a wall or tree, one foot behind. Keeping the back leg straight and the heel on the ground, lean toward the wall or tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.

**4. Quadriceps Stretch:** Balance on a wall or table with your left hand, then reach back with your right hand, grab your right ankle and slowly pull it toward your hip until you feel tension in the muscles in the front of your thigh. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.

**5. Sartorius (inner thigh muscle) stretch:** Sit with the soles of your feet facing each other and your knees facing outward. Grab your feet with both hands and pull toward your groin. Hold for 10-15 seconds, then relax. Repeat 3 times.

## Technical Parameters

Item Number	A5B mini
Operating	120V 50/60Hz
Maximum Load	120kg
Dimensions	Fold: 1161 *514*118.5mm
	Expand:1161 *514*118.5mm
Effective Running Area	1000*390mm
N.W/G.W	22KG/26KG
Motor Peak	0.75-2.5HP peak
Speed	0.6-3.8mp/h
Function	Walking, Jogging, Running

## Product Features

1. F industrial grade motor, low noise, high power, providing powerful power, the speed can reach up to 3.8mp/h.
2. Treadmill with Bluetooth connection FitShow APP function(Compatible with iOS and Android), you can remote control the treadmill, and the app built-in 15 kinds of preset running mode can be selected to meet your sports needs.
3. High-strength, high-density, high-elastic double-layer running board, 5-layer rubber shock-absorbing cushion.
4. The front and rear rollers adopt essential oil tubes with a wall thickness of 3.0, with 1.5-degree tapers at both ends. Use high-strength, tensile, fantastic running belt, so that the running belt can automatically reset.
5. White LED display.
6. For the flat-panel ultra-thin walking machine, the entire set of circuits has been connected before leaving the factory. It can be used after unpacking and powering on, so as to avoid possible wrong installation and cause adverse effects on the machine.

# Operation Instruction



The new machine needs to be adapted to the remote control after receiving it. The method is: The remote control needs to be paired with the electronic meter before use, the pairing method is: before the electronic meter is powered on, press and hold the start button of the remote control, then power on with the electronic meter, the buzzer will sound 5 times quickly, and the electronic meter will also enter the standby state, indicating that the pairing is successful, at this time you can release the button, if the electronic meter enters the standby state, the buzzer will not sound five times quickly, indicating that the pairing has failed.

Switching between unmanned stop and normal mode: Press and hold the acceleration and deceleration keys at the same time, and then turn on the power of the treadmill.

## I. Brief Introduction

Functions of this electronic watch: LED display shows time, speed, distance and calories

## II. Parameter Description

Sports parameters in various sports modes:

- The minimum display speed is 0.6mp/h
- The maximum display speed is 3.8mp/h
- Minimum movement time in time mode: 8 minutes
- Maximum movement time in time mode: 99 minutes
- Shortest exercise distance in distance mode: 1 mile
- Maximum movement distance in distance mode: 99 miles
- Minimum number of calories consumed in calorie mode: 20 calories
- Maximum number of calories consumed in calorie mode: 990 calories

as much as possible: then stand on the running belt and exercise with it. After feeling adapted, slowly increase the speed to 3-5km/h. Keep this speed for about 10 minutes, and then slowly stop the machine. Do not run at high speed for the first time to prevent falling.

### Exercise

Walk about 1 km at a steady pace and record the time taken. This may take 15-25 minutes. When walking at a speed of 4.8 km/h, it takes about 20 minutes to travel 1 km. After you can easily do this a few times, gradually increase the speed so that you can get a good workout for 30 minutes. Before walking through the exercise program, be clear in your heart: don't be impatient, this kind of exercise is for your own health for a lifetime, not an overnight magic.

### Frequency of Exercise

The goal is 3-5 times/week, 15-60 minutes each time. It is best to make an exercise schedule according to your physical condition, rather than exercise according to your preference. You can control the intensity of the exercise by adjusting the speed and exercise time.

### The Amount of Exercise

Shortcuts --- exercising for 15-20 minutes is a great way to savetime. Warm up at a speed of 4-4.8 km/h for 5 minutes, and then increase the speed by 0.3km/h per minute until you feel that it will be very challenging to continue exercising at a certain speed for 45 minutes.

\*The above content is for reference only, please consult a professional for specific information.

### Wear

All you need is a good pair of shoes, running or gym shoes are recommended. At the same time, do not stick foreign objects on the soles, and avoid bringing foreign objects into the running belt to wear down the running board and running belt. Clothes should be comfortable and suitable for sports activities, cotton and breathable sports clothing is recommended.

8. If you are using the walking machine for the first time, please remember to hold the handrail with your hands, and you can not release the handrail until you feel comfortable.
9. If the electric walking machine suddenly accelerates or the speed of the walking machine increases automatically due to a problem with the electronic watch system, please unplug the safety lock on the electronic watch immediately, and the electric walking machine will stop immediately.
10. If the electronic system fails to stop, please jump out of the walking area quickly, turn off the power in time, and notify the after-sales personnel.
11. When the electric walking machine is not in use, the power cord should be unplugged and put away.
12. Minors must be accompanied by an adult when using the electric walking machine.

## Exercise Recommendations and Guidelines

If you are using an electric walking machine for the first time, it is necessary for you to read the following:

### Prepare

Before exercising, it is necessary for you to understand your health status, so as to make an exercise plan that suits you. It is recommended to consult a doctor or professional, and maybe you can get twice the result with half the effort. Before using the electric walking machine for the first time, please stand by and familiarize yourself with how to control it: start, stop and speed adjustment,etc., and you can use it after you are familiar with it. Then stand on the plastic anti-skid plates on both sides of the walking machine, grab the handrails with both hands, drive the machine to a low speed of 1.6~3.2km/h, standup straight, look forward, and put one foot on the running belt "Climb" a few times and relax

## III. Button Function Description

Remote control function keys:

- Start key Stop key
- Program key Mode key

FCC Statement:

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. This equipment has been tested and found to comply with the limits for a Class B 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 not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter. This equipment should be installed and operated with minimum distance 20cm between the radiator&your body.

## IV. Button Function and Operation Instructions

### • Start key

1. Function description: start the motor to run
2. Operation instructions: When the electronic watch is in full manual operation mode, press this button to start the motor

### • Stop key

1. Function description: stop the motor running
2. Instructions: When the electronic watch is running, press this button to stop the motor

### • Speed +/- key

1. Function description: speed value adjustment during operation, parameter value adjustment during parameter setting
2. Operation instructions: When the electronic watch is in the running state, the running speed value can be adjusted

## V. Description of Sports Mode

### • Countdown mode function

1. Enter the time countdown mode: In the full manual operation mode state, press the mode key to select the time countdown mode, then the time window displays 30:00 minutes and flashing display can be set by the speed + / - key to set the required running time, the setting range 8:00 ~ 99:00 minutes, press the start key to enter the time countdown mode operation.

Operating instructions: The initial running speed is 0.6MPH, the time window starts counting down according to the set running time, the distance and calorie window starts counting up from zero, press the speed adjustment key to adjust the size of the running speed value, when the set time counts down to zero, the electronic meter starts to slowly stop running.

If no one is running for about eight seconds, the system will automatically shutdown.

## Safety Instructions

Thank you for purchasing our products. Correct use of the walking machine is your guarantee of safety and convenience. Please read the following carefully before using the walking machine:

1. After confirming that the walking machine is installed in accordance with the installation instructions, the power can be turned on. Be careful not to block the plug on the wall when placing it, and reserve a space of 0.8 meters in front for easy insertion.
2. Reserve a safe space of 0.8 meters on both sides of the walking machine, and reserve a safe space of 2 meters (length) \* 1 meter (width) behind the walking machine.
3. Plug the power cord into a power outlet with a safety ground. The power supply of the electric walking machine is dedicated. If the power cord is damaged, please buy it from the dealer and have it replaced by a professional, or contact our company directly and send a professional to replace it.
4. The walking machine is an indoor device, please do not use it outdoors. The place is clean and flat, pay attention to moisture-proof, and be careful not to place the walking machine on items such as thick carpets, so as not to affect the air circulation in the lower part of the walking machine. The electric walking machine is a special equipment, please do not modify it for other purposes.
5. Do not wear clothes that are too large or too loose when exercising, in order to prevent safety accidents caused by hanging on the electric walking machine. Rubber-soled running or gym shoes are recommended.
6. Do not take off the protective cover casually. If it needs to be opened for maintenance, please pull out the power cord first.
7. When the electric walking machine is in use, do not let children approach it to prevent danger.

**E05 : Indicates the information prompt of the over-current protection of the down-control motor.**

<b>E05 Solutions to Common Problems</b>	The load of the walking machine exceeds the rated operating current of the motor	It is recommended to be within the rated operating current range of the motor
	There is a problem with the assembly structure of the walking machine and the motor, resulting in motor resistance or blockage	Check whether the structure of the walking machine is normal
	Lower control current limiting system failure	Replace the lower control, pending maintenance

**E06 : Indicates that the voltage of the drive power supply for the down-control test is too low and the abnormal phenomenon prompts.**

<b>E06 Solutions to Common Problems</b>	The supply voltage is too low	Please check whether the power supply line is normal
	The test circuit of the lower control board fails	Replace the lower control, pending maintenance

**E07 or ---- : The electronic watch safety lock is not put in the prompt.**

<b>E07 Solutions to Common Problems</b>	Safety magnet trip	Please put the safety lock on the designated position of the electronic watch
	Electronic watch safety lock system failure	Replace the electronic watch, pending repair

*Note: The machine will prompt maintenance when it runs for 50 kilometers. After the cumulative running distance of the machine reaches 50 kilometers, the maintenance icon lights up during the running process. At this time, please perform maintenance on the walking machine. After maintenance, power on the machine and the safety lock falls off, press and hold the speed.*

2. Enter the distance countdown mode: In the full manual operation mode state, press the mode key to select the distance countdown mode, then the distance window shows 1.0 miles and flashing display, you can set the required running distance by speed +/- key, the setting range is 1.0~99.0 miles, press the start key to enter the distance countdown mode operation.

Operating instructions: The initial running speed is 0.6MPH, the distance window starts counting down according to the set distance, the time and calorie window starts counting up from zero, press the speed adjustment key to adjust the size of the running speed value, when the set distance counts down to zero, the electronic meter starts to stop running slowly.

3. Enter the calorie countdown mode: In the full manual operation mode state, press the mode key to select the calorie countdown mode, then the calorie window shows 50 and flashing, you can set the required running calorie through the speed +/- key, the setting range 20~990, press the start key to enter the calorie countdown mode of operation.

Operating instructions: The initial running speed is 0.6MPH, the calorie window starts counting down according to the set calorie, the time and distance window starts counting up from zero, press the speed adjustment key to adjust the size of the running speed value, when the set calorie counting down to zero, the electronic meter starts to slowly stop running.

## VI. Sleep Function Description

When the walking machine stops running, if there is no operation for more than 10 minutes, it will enter the sleep state, and the electronic watch will automatically turn off the display. Press any key to wake up the electronic watch, and then enter the initial standby state again after full display.

## VII. Error Message Prompt Description

**E01** : Indicates that the communication between the electronic watch and the electronic control is abnormal.

<b>E01 Solutions to Common Problems</b>	The communication line of the electronic watch is not connected properly, broken, poor contact	Please reconnect the communication cable
	Electronic watch has no signal output	Replace the electronic watch, pending repair
	Down control no signal output	Replace the lower control, pending maintenance

**E02** : Indicates that there is an abnormal phenomenon in the measurement between the lower controller and the motor.

<b>E02 Solutions to Common Problems</b>	The motor cable is not connected properly	Check if the motor wire is connected correctly
	Down control has no voltage output or abnormal voltage output	Replace the lower control, pending maintenance
	Bad motor	Replace the motor

**E03: Indicates that the lower control detection speed abnormal phenomenon prompts.**

<b>E03 Solutions to Common Problems</b>	The photo sensor is not properly assembled on the motor (light sensor mode)	Reassemble
	Defective photoelectric sensor (photosensitive mode)	Replace photoelectric sensor
	The detection circuit of the lower control board fails or the motor is damaged (non-inductive mode)	Replace lower control or motor, pending maintenance

**E04 : Indicates the information prompt of the overvoltage protection of the lower control motor.**

<b>E04 Solutions to Common Problems</b>	The load of the walking machine exceeds the rated working voltage of the motor	It is recommended to use within the rated operating voltage range of the motor
	The motor of the walking machine is abnormal/ the speed is too fast due to the failure of the light sensor	Replace the motor/replace the photoelectric sensor
	The over voltage detection circuit of the lower control board fails	Replace the lower control, pending maintenance