

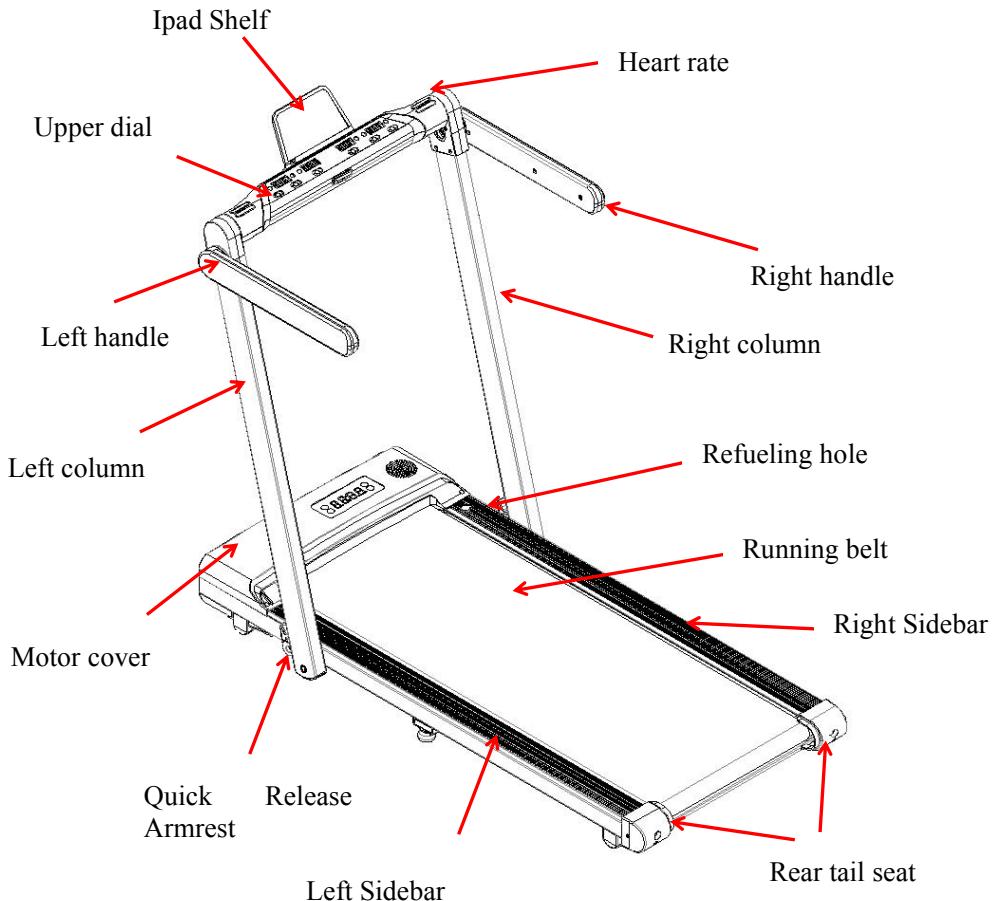
User Manual - B0CJDWZPMV
Please read this User Manual carefully
before use of this product

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Product brief

NO.	Part name	Quantity
1	Treadmill	1
2	Digital watch	1
3	Remote control	1
4		
5		

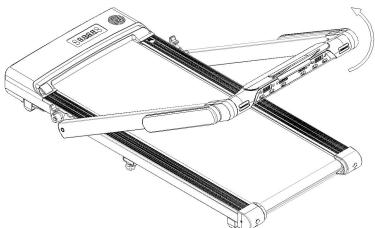


Installation instruction

1. Open the package, take out the assembly materials from the box, and place the host on the ground;



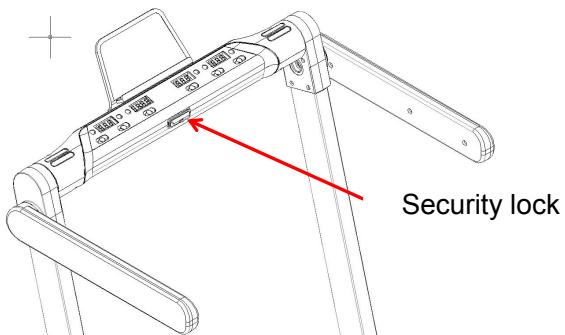
2. Push it upwards in the direction indicated by the arrow, (as shown in the figure below)



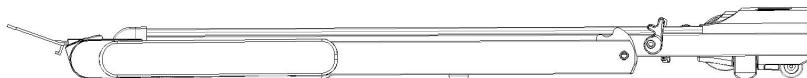
3. The installation is complete.



4. Put the Security lock on the yellow sticker of the electronic watch, and the treadmill can be operated when the power is turned on.



5. When walking and exercising below 3.7mph, refer to the figure below



Product introduction

Packing List

No.	Name	Quantity	Remarks
1	complete machine	1	
2	Kits	1	As attached
3	manual	1	
4	power cable	1	

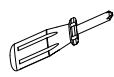
Attached list



6# wrench 1PC



Security lock 1PC



Dual purpose screwdriver 1PC



Oil 1pc



Remote control 1pc



3V button battery 1pc



Manual 1pc

Technical parameters

Item number	B0CJDWZPMV
Operating Voltage	110V 60Hz
maximum load	300lbs
Dimensions	Folded: 1335*718*130 (mm)
	Expand:1257*718*1037 (mm)
Effective running area	1050*400 (mm)
N.W/G.W	34/39kg
Motor peak power	0.75-3.0HP peak
speed	0.6-3.7mph 0.6-7.6mph
Function	Running

Product features

1. It has the functions of running and walking.
2. F industrial grade motor, low noise, high power, providing powerful power, the speed can reach up to 7.6mph.
3. Use high-strength, tensile, antistatic running belt.
4. High-strength, high-density, high-elastic double-layer running board, rubber shock-absorbing cushion.
5. The front and rear rollers adopt essential oil tubes with a wall thickness of 3.0, with 3-degree tapers at both ends, so that the running belt can automatically reset.
6. Six, LED display.
7. Easy to install the treadmill, just fold the column to a certain angle, and then press the quick release wrench, and the column is fixed. The armrest can be rotated at an angle to complete the unfolding of the whole machine. The whole set of wiring has been fully connected at the factory, and the whole machine can be used after being unfolded and powered on, so as to avoid possible wrong installation and cause adverse effects on the machine.

Operation instruction



I. Brief introduction

1. Features of this electronic watch:

- Audio Bluetooth playback function
- Sports show APP function
- Hand heart rate function
- Pedometer function
- Remote control function
- Speed switching function

2. Noun conventions used in the manual:

Treadmill parameters: "Speed" value

Exercise parameters: "distance" value, "calorie" value, "time" value.

3. Sport Mode: Manual, Mode, Program

- Full manual exercise mode: exercise mode without setting the amount of exercise.
- Countdown Mode Sports Mode: A sports mode with a specific amount of exercise.

- Automatic program exercise mode: different exercise programs can be set inside the treadmill, 12 kinds of exercise programs are set in this treadmill.

II. Parameter description

Sports parameters in various sports modes:

- Minimum display speed 0.6mph
- The highest display speed when walking is 3.5mph
- The highest display speed when running is 7.6mph
- Maximum setting time in time mode: 99 minutes
- Minimum setting time in time mode: 8 minutes
- The longest movement distance in distance mode: 99MI
- The shortest movement distance in distance mode: 1MI
- Maximum calorie consumption in calorie mode: 990 calories
- Minimum calorie consumption in calorie mode: 20 calories
- (P01—P12) Minimum setting time for automatic program operation: 8 minutes
- (P01—P12) The longest setting time for automatic program operation: 99 minutes

III. Button function description

Remote control function keys:

- Start button/stop button
- Program key Mode key
- Speed+Key Speed-Key
- Speed shortcut key 1 (6)

IV. Panel key functions and operation instructions

1. Start/Stop key---Function description: Start/Stop the motor operation

Operation instructions:

- When the electronic watch is in full manual operation mode, press this button to start the motor
- When the electronic watch is in the countdown mode setting state, press this button to start the motor operation
- When the electronic watch is in the state of automatic program setting, press this button to start the motor operation
- When the electronic watch is running, press this button to stop the motor

3. Mode key --- function description: selection of countdown mode

Operation instructions:

- When the electronic watch is in the full manual mode, press this button to enter the countdown mode setting
- Operation process in standby mode: time countdown-distance countdown-calorie countdown-automatic program selection

3.Program key --- function description: automatic program selection

Operation instructions:

- When the electronic watch is in the countdown mode, press this button to enter the automatic program setting
- When the electronic watch is in the full manual mode, press this button to enter the automatic program setting state
- Operation process in standby mode: full manual mode-automatic program-fat measurement-full manual mode

4.Speed +/- key --- function description: speed value adjustment during operation, parameter value adjustment during parameter setting

Operation instructions:

- When the electronic watch is in the running state, the running speed value can be adjusted
- In the parameter setting state, the size of the setting parameter value can be adjusted

5.Speed shortcut key --- Function description: directly select the speed value during operation

Operation instructions:

When the electronic watch is running, press this key to directly select the corresponding speed value

V. Description of sports mode

A. Manual mode function

Enter the manual mode: After the electronic watch is powered on and fully displayed, it enters the full manual operation mode. At this time, press the start button to enter the operation of the manual operation mode.

Running instructions: The initial running speed is 0.6mph, and the time, distance, and calorie windows start counting from zero. Press the speed +/- key to adjust, and the running speed value can be adjusted. If the exercise time exceeds 99:59 minutes, the system will not stop, and the time will start from zero.

B. Countdown mode function

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

Operation instructions: The initial running speed is 0.6mph, the time window starts counting down according to the set running time, the distance and calorie windows count up from zero, press the speed adjustment key to adjust the size of the running speed value, when the set time counts down When the count reaches zero, the electronic watch begins to slowly stop running.

2. Enter the distance countdown mode: In the full manual operation mode, press the mode button to select the distance countdown mode. At this time, the distance window displays 1.0mph and flashes. You can set the required running distance through the speed +/- key. The setting range is 1.0~99.0MI, press the start key to enter the operation of the distance countdown mode.

Running instructions: The initial running speed is 0.6mph, the distance window starts counting down according to the set distance, the time and calorie windows start counting up from zero, press the speed adjustment key, you can adjust the size of the running speed value, when the set distance counts down At zero, the digital watch begins to slowly stop running.

3. Enter the calorie countdown mode: In the full manual operation mode, press the mode button to select the calorie countdown mode. At this time, the calorie window displays 50 and flashes. You can set the required running calories by the speed +/- key, set The range is 20~990, press the start button to enter the calorie countdown mode.

Running instructions: The initial running speed is 0.6mph, the calorie window starts counting down according to the set calories, the time and distance windows start counting up from zero, press the speed adjustment key to adjust the size of the running speed value, when the calorie countdown is set At zero, the digital watch begins to slowly stop running.

C. Automatic program function

Enter the automatic program: In the state of full manual operation mode or mode setting state, press the program key to enter the automatic program selection, at this time the time window displays 30:00 minutes and flashes (the required running time can be set by the speed +/- key , the setting range is 8:00~99:00 minutes), press the start button to enter the operation of the automatic program.

Operation instructions: The automatic program is divided into 20 sections. The speed value of each section is run according to the default value of the automatic program. The running time of each section is 1/20 of the set time. The time window starts to count down according to the set running time. The distance and calorie windows count up from zero. Press the speed adjustment key to adjust the size of the running speed value. When the program runs to the next segment, the speed will automatically adjust to the default value of the next segment. When the set time counts down to zero , the electronic watch began to stop running slowly.

VI. Body fat test function description

1. Enter the body fat test setting: In the initial standby state or mode setting state, press the program key to select to enter the body fat test setting (in the P12 automatic program setting state, press the program key again to enter the body fat test FAT setting fixed state).
2. Body fat test setting instructions: After entering the body fat test setting state, the distance window displays the parameter function (F-X), and the time window displays the set value, press the speed +/- key to adjust the set value, press Mode key to select to enter the next setting.

- The first item is gender (F-1) setting: initial value 1 (setting range 1~2, 1 means male; 2 means female)
- The second item is the age (F-2) setting: the initial value is 25 (the setting range is 10~99 years old)
- The third item is height (F-3) setting: initial value 170 (setting range 100~220CM)
- fourth item is weight (F-4) setting: initial value 70 (setting range 20~150KG)
- The fifth item is body fat (F-5) test: initial value ---

3. Body fat test: After the setting is completed, enter the fifth item of body fat test, the initial display "---", at this time, hold your hands on the heartbeat test steel plate for about 5 seconds, and the body fat test index will be displayed .

4. Description of body fat index: Body fat index is a measure of the relationship between a person's height and weight. It is suitable for any man or woman and provides a basis for people to adjust their weight together with other health indicators. The ideal body fat index should be between 20 and 25. If it is lower than 19, it means you are underweight, if it is between 26 and 29, it means you are overweight, and if it exceeds 30, it means you are obese (note: this data is for reference only and cannot be regarded as medical data).

VII. Instructions for holding the heartbeat function

1. Hand-held heartbeat function test method: stick the palms of both hands on the steel sheet positions of the left and right armrests, and hold them naturally on the handles on both sides. After about 5 seconds, the LED heartbeat display window will display the initial value of the heartbeat. The display window will slowly change to display the data, and it will be close to the current actual heartbeat value after 60 seconds

2. Instructions for the hand-held heartbeat function: the following conditions may produce irregular heartbeat data:

- During the hand grip test, the strength of the hand grip is too tight, please hold the moderate strength.
- When running, holding the hand jump handle at the same time to test will result in constant changes in contact. When it is necessary to test the hand jump, it is recommended to stop exercising, stand with your feet on the side bars on both sides, and hold your hands quietly.
- When the hands are dry or cold, or people with particularly thick palm skin.

Note: The heartbeat test data is only used as exercise reference and cannot be used as medical data due to the measurement method and many influencing factors.

VIII . 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.

IX. Safety lock function description

In normal use, you need to put the safety lock into the designated position of the electronic watch before you can operate the electronic watch, take off the safety lock, each display window of the electronic watch will display " --- ", and there will be a warning sound. In this state, take off the safety lock, and the system will stop quickly. After closing the safety lock again, all motion data will be cleared.

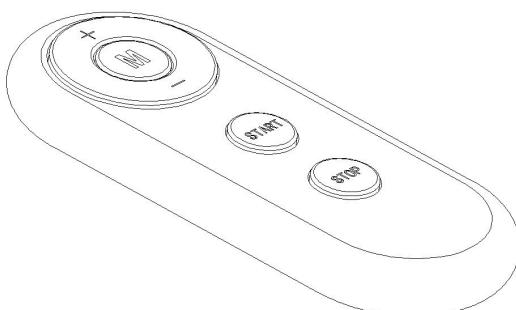
X . Audio Bluetooth and Bluetooth APP Function Description

After the electronic watch is powered on, in the standby state, turn on the Bluetooth in the mobile phone settings, click search, and you will find the name of the Bluetooth (similar to "FS-DFDFA-A"), click the Bluetooth name, and after connecting to the Bluetooth, you can play Songs in the mobile phone; If you want to control the speed through the APP, you can download **FitShow** or **Kinomap APP**(download it in the app store for Android/download it in the APP store for IOS) and open the APP. After entering the APP interface, click Search, and after searching for the Bluetooth name (FS- DFDFA), after clicking to connect the device, after connecting, you can operate the treadmill through the APP.

XI.High and low speed switching function

When the column is down, the system enters the low-speed mode, and the maximum speed can only reach 3.7mph. When the column is erected, the system enters the high-speed mode, and the maximum speed can reach 7.5mph. When switching between these two operating modes, the treadmill must be stopped first.

1. Remote operation function
 - Keypad function keys:
 - Start key Stop key
 - Speed+Key Speed-Key



2. Start/Stop key---Function description: Start key:

Operation instructions:

- When the electronic watch is in full manual operation mode, press the start button to start the motor to run
- When the electronic watch is in the countdown mode setting state, press the start button to start the motor operation
- When the electronic watch is in the state of automatic program setting, press the start button to start the motor operation

2. Stop key:

When the electronic watch is running, press the stop button to stop the motor

3. Speed +/- key --- function description: speed value adjustment during operation, parameter value adjustment during parameter setting

When the electronic watch is in the running state, press the +/- key to adjust the running speed value, and in the parameter setting state, press the +/- key to adjust the size of the set parameter value

4. Mode key:

- Enter the time countdown mode: In the full manual operation mode, press the mode button to select the time countdown mode. At this time, the time window displays 30:00 minutes and flashes. The required running time can be set by the speed +/- key , the setting range is 8:00~99:00 minutes, press the start button to enter the time countdown mode.

Operation instructions: The initial running speed is 0.6mph, the time window starts counting down according to the set running time, the distance and calorie windows count up from zero, press the speed adjustment key to adjust the size of the running speed value, when the set time counts down When the count reaches zero, the electronic watch begins to slowly stop running.

- Enter the distance countdown mode: In the full manual operation mode, press the mode button to select the distance countdown mode. At this time, the distance window displays 1.0mph and flashes. You can set the required running distance through the speed +/- key. The setting range is 1.0~99.0MI, press the start key to enter the operation of the distance countdown mode.

Running instructions: The initial running speed is 0.6mph, the distance window starts counting down according to the set distance, the time and calorie windows start counting up from zero, press the speed adjustment key, you can adjust the size of the running speed value, when the set distance counts down At zero, the digital watch begins to slowly stop running.

- Enter the calorie countdown mode: In the full manual operation mode, press the mode button to select the calorie countdown mode. At this time, the calorie window displays 50 and flashes. You can set the required running calories by the speed +/- key, set The range is 20~990, press the start button to enter the calorie countdown mode.

Running instructions: The initial running speed is 0.6mph, the calorie window starts counting down according to the set calories, the time and distance windows start counting up from zero, press the speed adjustment key to adjust the size of the running speed value, when the calorie countdown is set At zero, the digital watch begins to slowly stop running.

P1 — P12 program motion map (this picture is the program map of high-speed mode, if it enters low-speed mode, the speed in the picture below will automatically run at 3.7mph if the speed exceeds 3.7mph)

Attached Table 1: P1-P12 Program Motion Diagram

period program		The set time/20 time periods = the running time of the upper and lower time periods																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P 1	Speed	1	1	1	2	3	1	2	3	3	1	2	3	2	2	2	1	1	1	3	1
		2	8	8	4	1	8	4	1	1	8	4	1	4	4	4	2	8	1	8	1
P 2	Speed	1	2	2	3	3	2	3	3	3	2	3	3	2	2	2	1	1	3	2	0
		2	4	4	1	7	4	7	7	7	4	1	7	4	4	4	2	2	1	4	6
P 3	Speed	1	2	2	3	3	2	4	4	4	2	4	4	2	2	2	1	2	3	1	1
		2	4	4	7	7	4	3	3	3	4	3	3	4	4	4	2	4	1	8	2
P 4	Speed	1	3	3	3	4	4	3	4	4	4	4	3	5	3	3	3	3	2	2	1
		2	1	1	7	3	3	1	3	3	9	9	1	5	1	1	7	7	4	4	8
P 5	Speed	1	2	2	3	3	4	4	3	3	4	4	4	3	2	1	1	3	3	2	1
		2	4	4	1	7	3	3	1	7	3	9	9	1	4	8	8	7	1	4	2
P 6	Speed	1	2	1	2	3	2	4	4	3	4	4	1	3	2	2	1	3	2	1	1
		2	4	8	4	1	4	9	3	7	3	9	8	7	4	4	2	1	4	8	2
P 7	Speed	1	1	1	1	2	3	1	2	3	1	2	3	1	1	1	3	3	1	1	1
		2	8	8	8	4	1	8	4	1	8	4	1	8	8	8	7	7	1	8	8
P 8	Speed	1	1	1	3	4	4	2	3	4	2	3	4	2	2	2	1	1	2	2	1
		2	8	8	7	3	3	4	7	3	4	7	3	4	4	4	2	8	4	4	2

P 9	Speed	1 . 2	2 . 4	2 . 4	4 . 3	4 . 3	2 . 4	4 . 9	2 . 4	4 . 9	5 . 5	5 . 5	2 . 4	2 . 4	2 . 4	3 . 1	3 . 7	1 . 8	1 . 8	1 . 2	
P 1 0	Speed	1 . 2	2 . 4	3 . 1	3 . 7	3 . 3	4 . 1	3 . 4	4 . 7	4 . 9	3 . 7	3 . 7	3 . 1	2 . 4	2 . 4	2 . 2	1 . 4	2 . 4	2 . 4	1 . 8	1 . 8
P 1 1	Speed	1 . 8	2 . 4	3 . 1	5 . 5	3 . 1	5 . 1	3 . 1	3 . 1	5 . 1	3 . 1	3 . 1	3 . 1	3 . 5	3 . 5	4 . 5	4 . 5	3 . 9	3 . 7	1 . 8	
P 1 2	Speed	1 . 2	3 . 1	4 . 9	6 . 2	4 . 3	6 . 2	6 . 3	4 . 3	4 . 2	6 . 2	6 . 2	3 . 7	3 . 7	5 . 5	5 . 5	3 . 1	3 . 1	2 . 8	1 . 8	

XII. Error message prompt description

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

E01 Solutions to common problems	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.

E02 Solutions to common problems	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

E03 Solutions to common problems	The PWM drive circuit of the lower control board fails	Replace the lower control, pending maintenance
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E04: Indicates the information prompt of the overvoltage protection of the lower control

E04 Solutions to common problems	The load on the treadmill exceeds the rated working voltage of the motor,	It is recommended to use within the rated operating voltage range of the motor
	Abnormal treadmill motor	replace the motor
	Lower control board motor over voltage detection circuit failure	Replace the lower control, pending maintenance

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

E05 Solutions to common problems	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

E06 Solutions to common problems	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

E07 Solutions to common problems	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

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.
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 1.6~3.2 km/h, stand up straight, look forward, and put one foot on the running belt "Climb" a few times and relax as much as possible: then stand on the running belt and exercise with it. After feeling adapted, slowly increase the speed to 3-5 km/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 save time. Warm up at a speed of 4-4.8 km/h for 5 minutes, and then increase the speed by 0.3 km/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.

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

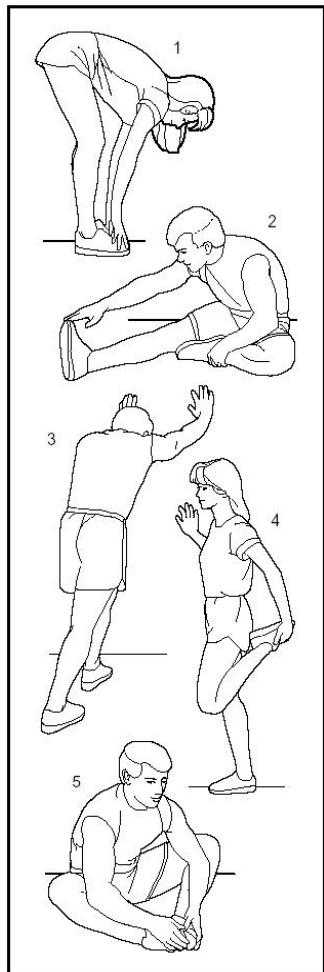
it toward your hip until you feel tension in the muscles

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.

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

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:

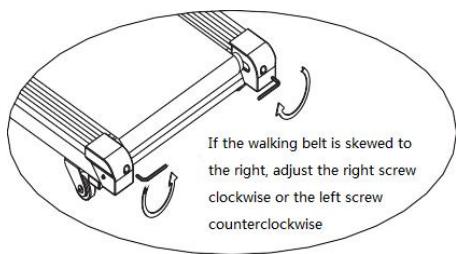
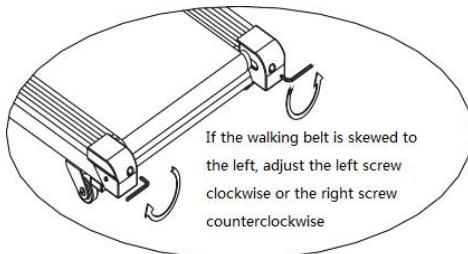
- a. Stop the running belt and fold the machine;
- b. Lift the running belt on the back of the treadmill; put the oil can into the middle of the running belt as much as possible, spray the silicone oil on the inside of the running belt, and coat both sides of the running belt with silicone oil. Use the 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.

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 or 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, or turn the left adjusting bolt 1/2 turn counterclockwise



Warranty declaration

The company's series of products, under normal use within the warranty period, if not artificially damaged, can be repaired and provided free of charge for users. After the warranty expires, repair parts can be provided at favorable prices. Please refer to the product warranty card for detailed instructions.

Important information

A warranty card comes with each product and is filled out by the dealer. During the warranty period, the parts will be replaced free of charge. Our company will not be responsible for the failure caused by the customer's incorrect installation, incorrect use or replacement of parts. In addition, the warranty does not apply to those who are not authorized by the company to repair, such as the resulting repair costs, the customer is responsible for it. When repairing, the user must issue a warranty card. If there is no warranty card, the warranty is invalid.

This product is only for home use, and the company is not responsible for any problems caused by commercial use. If your product requires service, please contact your local dealer

Warranty Card

Warranty period: From the date of purchase, the whole machine is guaranteed for one year free of charge (man-made damage is not covered by the warranty), please keep the shopping voucher and warranty card properly.

User name: _____

Contact number: _____

Where to buy: _____

Product name: _____

Product model: _____

When to buy: _____

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 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 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.

After-sales service

Maintenance service description

1. The product is installed and used according to the product drawing instructions.

If the damage and accident caused by wrong installation or improper use are not included in the scope of free maintenance.

2. If the product needs to be repaired, the card and the purchase certificate must be attached to the designated repair center for repair.

3. Maintenance fees will be charged for those beyond the free range.

Maintenance records			
Repair date	Fault and inspection records	Maintenance records	Maintenance man