

! WARNING

- Do not allow children to touch or use this product.
- Please keep away from moving parts all the time. Constant moving parts may result in serious injuries.
- Do not use this device in a high temperature or high humidity environment.
- Refer to the owner's manual for additional warnings and safety information.

! ATTENTION

- Ne pas permettre aux enfants de toucher ou d'utiliser ce produit.
- Gardez-vous toujours éloigné des pièces en mouvement. Les pièces en mouvement constant peuvent entraîner des blessures graves.
- Ne pas utiliser cet appareil dans un environnement à haute température ou à haute humidité.
- Consultez le manuel du propriétaire pour des avertissements et des informations de sécurité supplémentaires.

! ADVERTENCIA

- No permita que los niños toquen o utilicen este producto.
- Por favor, manténgase alejado de las partes móviles en todo momento. Las partes móviles constantes pueden provocar lesiones graves.
- No utilice este dispositivo en un entorno de alta temperatura o alta humedad.
- Consulte el manual del propietario para obtener advertencias adicionales e información de seguridad.

! WARNUNGEN

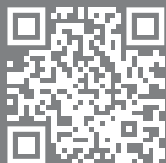
- Lassen Sie Kinder nicht dieses Produkt berühren oder verwenden.
- Halten Sie sich jederzeit von beweglichen Teilen fern. Ständig bewegliche Teile können zu schweren Verletzungen führen.
- Verwenden Sie dieses Gerät nicht in einer Umgebung mit hoher Temperatur oder hoher Luftfeuchtigkeit.
- Lesen Sie die Bedienungsanleitung für zusätzliche Warnhinweise und Sicherheitshinweise.

! ATTENZIONE

- Non permettere ai bambini di toccare o utilizzare questo prodotto.
- Mantenere sempre le parti in movimento lontane da sé. Le parti in movimento costante possono causare gravi lesioni.
- Non utilizzare questo dispositivo in un ambiente ad alta temperatura o alta umidità.
- Consultare il manuale del proprietario per ulteriori avvertenze e informazioni sulla sicurezza.

! WAARSCHUWING

- Laat kinderen niet toe om dit product aan te raken of te gebruiken.
- Houd altijd uit de buurt van bewegende onderdelen. Voortdurende bewegende onderdelen kunnen ernstige verwondingen veroorzaken.
- Gebruik dit apparaat niet in een omgeving met hoge temperatuur of hoge luchtvochtigheid.
- Raadpleeg de handleiding van de eigenaar voor aanvullende waarschuwingen en veiligheidsinformatie.



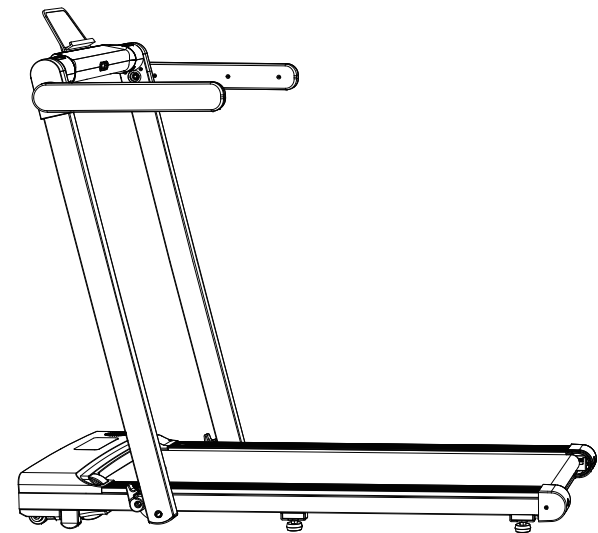
We will strive to provide the best experience for our valued customers, if you have any questions or need further assistance, please contact our Customer support team:

Email: supportfitness@163.com

Tel: 1-888-688-7771

USER MANUAL

FT50 TREADMILL



Please scan the QR code to view the latest version of the user manual

CONTENTS

User Manual.....	01
Benutzerhandbuch.....	12
Manuel de L'utilisateur.....	22
Manuale Utente.....	32
Manual de Usuario.....	42
IMPORTANT SAFETY INSTRUCTIONS.....	52

IMPORTANT!

- PLEASE READ THIS MANUAL CAREFULLY BEFORE USING THIS MACHINE.
RETAIN THIS MANUAL FOR FUTURE REFERENCE.

If you have any inquiries or require further assistance during the assembly or using, please contact our customer support:

Method 1: Go to the Order Page to contact seller via Amazon

Method 2: Reach us via Email: **supportfitness@163.com**

Method 3: Contact us by phone: **1-888-688-7771**

Warm Tips:

Our support team responds to emails within 24 hours, if you don't get the reply beyond 24 hours, the replies may be wrongly allocated by the email system, please kindly check the spam box or resend your email, so we can realize that you don't get the replies then try another way to contact you.

USER MANUAL



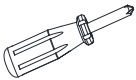
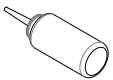


01/

INSTALLATION INSTRUCTIONS

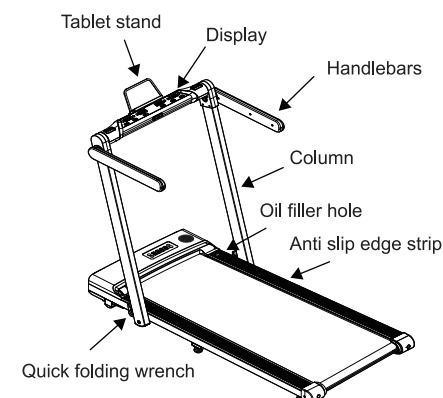
1.Packing List

Number	Name	Qty.	Remarks
1	Treadmill	1	
2	Accessory Pack	1	Check Appendix
3	Manual	1	

2.Appendix (List of accessory pack)

A  6# wrench	B  Safety lock
C  Screwdriver	D  Silicone oil
E  Remote control	F  3V button battery

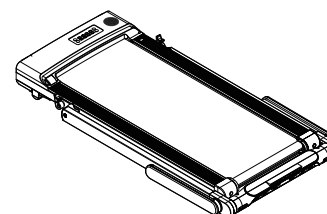
Introduction of Product Part



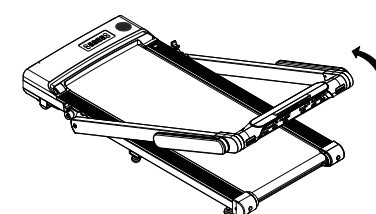
02/

INSTALLATION STEPS

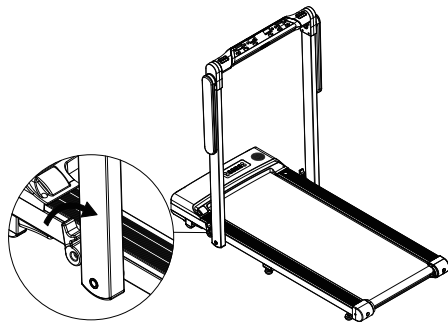
1.Open the package, remove the assembly parts from the box, and lay the treadmill flat on the ground.



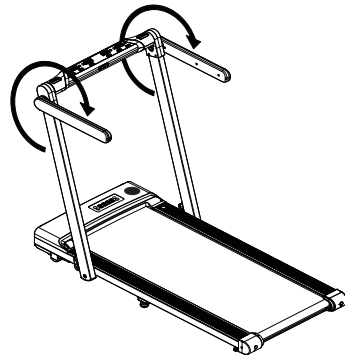
2.Push the column upwards into place in the direction indicated by the arrow (as picture showing).



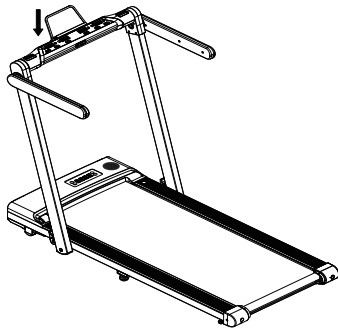
3.Rotate the Quick folding wrench in the direction indicated.



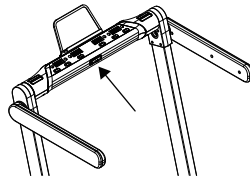
4.Open the handlebars on both sides in the direction of the arrow.



5.Insert the tablet stand into the console, and installation is complete.



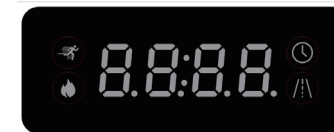
6.Place the safety lock in the yellow sticker position on the display, then turn on the power to use the treadmill.



Note: The state in the figure below is the walking pad mode, with a maximum speed of 3.8mph (6km/h).



03/ PRODUCT INSTRUCTIONS



Overview

Functions of the display

- Audio Bluetooth playback
- Bluetooth app
- Handheld heart rate
- Count steps
- Remote control function
- Speed switching function (remark: treadmill mode the max speed 7.5mph / 12km/h ; walking pad mode the max speed 3.8mph / 6km/h)
- One-minute automatic shutdown function

Terms used in the manual:

- Treadmill parameters: "Speed" value
- Exercise parameters: "Distance" value, "Calories" value, "Time" value.
- Exercise modes: Manual, Countdown mode, Automatic programmed mode
- Manual mode: Exercise mode without set exercise amount.
- Countdown mode : Exercise mode with specific exercise amount set.
- Automatic programmed mode: Different exercise programs set internally by the treadmill, with 12 exercise programs set in this treadmill.

Parameter Description

Exercise parameters under various exercise modes

- Minimum displayed speed in all modes: 1km/h (0.6mph)
- Maximum displayed speed during walking: 6km/h (3.8mph)
- Maximum displayed speed during running: 12km/h (7.5mph)
- Time interval can be set in Time mode: 8~ 99 minutes
- Range of movement distance in Distance mode: 1 mile (1km) ~99 miles (99km)
- Range of calories burned in calorie mode: 20 calories ~990 calories
- Time range for automatic programmed (P01-P12): 8 minutes~99 minutes



P1-P12 Program Exercise Chart (under high-speed mode)

Time period		Divide the set time into 20 equal parts																			
Program		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	Speed	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P2	Speed	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	1
P3	Speed	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P4	Speed	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P5	Speed	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P6	Speed	2	4	3	4	5	4	8	7	6	7	8	3	6	4	4	2	5	4	3	2
P7	Speed	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P8	Speed	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P9	Speed	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	Speed	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	Speed	3	4	5	9	5	9	5	5	5	9	5	5	5	5	9	9	8	7	6	3
P12	Speed	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3

Panel Button Functions and Operating Instructions

Panel Button	Function Description	Operation Instructions
START/STOP	Start/stop motor operation	
MODE	Selection of countdown mode	1. In the full manual operation mode status, press this button to enter the countdown mode setting. 2. Operational sequence in standby mode: Time countdown - Distance countdown - Calorie countdown - Automatic program selection.
PROG	Selection of automatic programs	1. In the countdown mode status, press this button to enter the automatic program setting. 2. In the full manual operation mode status, press this button to enter the automatic program setting status. 3. Operational sequence in standby mode: Full manual mode - Automatic program - Body fat measurement - Full manual mode.
SPEED+/-	Adjustment of the speed value during operation	1. During operation, the speed value can be adjusted. 2. During parameter setting status, the set parameter value can be adjusted.
6 (Speed shortcut key)	Directly select the speed value of 6mph (km/h) during operation	During operation, pressing this key directly selects the corresponding speed value.

Metric-Imperial Switching Function (Switch using Remote Control)

In the stop state, press the + key, - key, "STOP" key in sequence, and repeat twice to switch between metric and imperial units.

Exercise Mode Explanation**A. Manual Mode :**

1. Entering Manual Mode: After the electronic display is fully powered on, enter the full manual operation mode.

Press the start button at this time to enter the manual operation mode.

2. Operating Instructions: The initial running speed is 0.6mph (1.0km/h), and the time, distance, and calorie windows start counting from zero. Adjust with speed +/- keys to change the running speed value.

If the exercise time exceeds 99:59 minutes, the system does not stop, and the time starts counting from zero again.

B. Countdown Mode :

1. Entering Time Countdown Mode: Entering Time Countdown Mode: In the full manual operation mode status, press the mode key to select the time countdown mode. The time window displays 30:00 minutes and blinks, showing that the required running time can be set via speed +/- keys. The setting range is 8:00~99:00 minutes. Press the start button to enter the time countdown mode.

Operating Instructions: The initial running speed is 0.6mph (1.0km/h). The time window starts counting down based on the set running time, and the distance and calorie windows start counting from zero. Adjust the speed with the adjustment key to change the running speed value. When the set time counts down to zero, the electronic display gradually stops running.

2. Entering Distance Countdown Mode: In the full manual operation mode status, press the mode key to select the distance countdown mode. The distance window displays 1.0 kilometers and blinks, showing that the required running distance can be set via speed +/- keys. The setting range is 1.0~99.0 kilometers. Press the start button to enter the distance countdown mode.

Operating Instructions: The initial running speed is 0.6mph (1.0km/h). The distance window starts counting down based on the set distance, and the time and calorie windows start counting from zero. Adjust the speed with the adjustment key to change the running speed value. When the set distance counts down to zero, the electronic display gradually stops running.

3. Entering Calorie Countdown Mode: In the full manual operation mode status, press the mode key to select the calorie countdown mode. The calorie window displays 50 and blinks, showing that the required running calories can be set via speed +/- keys. The setting range is 20~990. Press the start button to enter the calorie countdown mode.

Operating Instructions: The initial running speed is 0.6mph (1.0km/h). The calorie window starts counting down based on the set calories, and the time and distance windows start counting from zero. Adjust the speed with the adjustment key to change the running speed value. When the set calories count down to zero, the electronic display gradually stops running.

C. Automatic Program Function :

Entering Automatic Program: In the full manual operation mode status or Countdown mode setting status, press the program key to enter automatic program selection. At this time, the time window displays 30:00 minutes and blinks (the required running time can be set via speed +/- keys, with a setting range of 8:00~99:00 minutes). Press the start button to enter the operation of the automatic program.

Operating Instructions: The automatic program is divided into 20 segments. The speed value of each segment runs according to the preset value in the automatic program. The running time of each segment is 1/20 of the set time. The time window starts counting down based on the set running time, and the distance and calorie windows start counting from zero. Adjust the speed with the speed adjustment key to change the running speed value. When the program runs to the next segment, the speed automatically adjusts to the preset value of the next segment. When the set time counts down to zero, the electronic display gradually stops running.

D. Body Fat Testing Function Explanation:

Entering Body Fat Testing Settings: In the initial standby state or mode setting status, press the program key to select entering body fat testing settings (in the P12 automatic program setting status, press the program key again to enter the body fat testing FAT setting status).

Body Fat Testing Settings Explanation: After entering the body fat testing setting status, the distance window displays the parameter function (F-X), and the time window displays the set value. Adjust the set value by using the speed +/- keys, and press the mode key to select entering the next setting.

The first item is gender (F-1) setting: Initial value 1 (setting range 1~2, 1 represents male; 2 represents female).



The second item is age (F-2) setting: Initial value 25 (setting range 10~99 years old)

The third item is height (F-3) setting: Initial value 170 (setting range 100~220CM)

The fourth item is weight (F-4) setting: Initial value 70 (setting range 20~150KG)

The fifth item is body fat (F-5) testing: Initial value ---

Body Fat Testing: After setting is completed, enter the fifth item body fat testing, initially displaying "---". At this time, hold both hands on the heart rate testing steel plate for about 5 seconds, and the body fat testing index will be displayed.

Explanation of Body Fat Index: Body fat index measures the relationship between a person's height and weight, suitable for providing a basis for adjusting weight along with other health indicators for both men and women. The ideal body fat index should be between 20~25. If it is lower than 19, it indicates underweight. If it is between 26~29, it indicates overweight. If it exceeds 30, it indicates obesity (Note: This data is for reference only and cannot be used as medical data).

E.Heart Rate Hand Grip Function Explanation:

Heart Rate Hand Grip Function Test Method: Place both palms on the steel plates of the left and right handrails respectively, naturally grip the handles on both sides, and after about 5 seconds, the LED heart rate display window will display the initial heart rate value. Please keep both hands still, and the heart rate display window will gradually change to display the data. After sixty seconds, it will approach the current actual heart rate value.

Instructions for Using Heart Rate Hand Grip Function: The following conditions may produce irregular heart rate data:

- 1.When gripping for testing, if the grip force is too tight, please grip with moderate force
- 2.During running exercise, gripping both handrails for heart rate testing will cause continuous contact changes. It is recommended to stop running when testing heart rate. Stand with both feet on the side bars of treadmill and grip both hands still.
- 3.When the hands are dry or cold, or when the palms are particularly thick.

Note: Due to various measurement methods and influencing factors, the heart rate test data is only for exercise reference and cannot be used as medical data.

F.Sleep Function Explanation:

When the treadmill stops running and there is no operation for more than 10 minutes, it enters sleep mode. The electronic display automatically turns off, and pressing any key can wake up the electronic display. After full display, it re-enters the initial standby state.

G.Safety Lock Function Explanation:

During normal use, the safety lock must be placed in the designated position of the electronic display to operate the electronic display. Removing the safety lock, all display windows of the electronic display show "---", accompanied by a warning sound prompt. If the safety lock is removed during operation, the system will stop quickly. After closing the safety lock again, all exercise data will be cleared.

H.Audio Bluetooth and Bluetooth App Function Explanation:

1.Turn on the Bluetooth on your phone, enter the Bluetooth search interface, search for TM-Audio, click on the Bluetooth name, connect to Bluetooth, and then you can play songs from your phone.

2.Scan this QR code to access the instructions of How to connect APP

When the treadmill is on standby/powered on, if want to control the speed through the APP or don't find the controller, please download the APP "FITSHOW"; after connected, the treadmill can be controlled through the "FITSHOW".

I.High and Low Speed Switching Function:

When the column is lowered, the system enters low-speed mode, and the maximum speed can only reach 6km/h(3.8mph). When the column is raised, the system enters high-speed mode, and the maximum speed can reach 12km/h(7.5mph). When switching between these two operating modes, the treadmill must be stopped first.

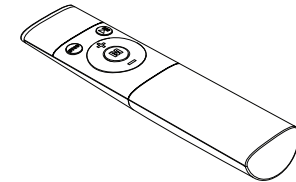


Remote control button functions and operating instructions :



• **Start/Pause Button** --- Start/Pause motor operation.

Operating instructions: In the full manual operation mode status, press this button to start the motor operation. Press this button during operation to pause the motor operation and retain the data. Press this button again to continue the motor operation (the previous exercise data continues to accumulate, and the speed runs at the minimum speed).



• **Stop Button**---Stop motor operation

Operating instructions: Operation Instructions: In the running state, press this button to stop the motor operation.



• **Mode Button** --- Selection of countdown mode

Operating instructions:

- 1.In the full manual operation mode status, press this button to enter the countdown mode setting.
2. Operation process in standby state: Time countdown - Distance countdown - Calorie countdown.



• **Speed+Button** --- -Increased speed value while running.

Operating instructions:In the running state, press this button to increase the speed of the treadmill. Each press increases the speed by 0.1km/h or 0.1mph. Long press for rapid increase.



• **Speed- Button**--- Decrease speed value while running.

Operating instructions:In the running state, press this button to decrease the speed of the treadmill. Each press decreases the speed by 0.1km/h or 0.1mph. Long press for rapid decrease.

04

SYSTEM ERROR MESSAGE EXPLANATION

E01 : Indicates abnormal communication between the control panel and the display.

Error code	Reason	Solution
E01:	The communication line of the control panel is not properly connected, broken, or has poor contact.	Reconnect the power cord.
	No signal output from the control panel.	Replace the control panel and wait for maintenance.
	No signal output from the lower control.	Replace the lower control and wait for maintenance.



E02 : Indicates abnormal voltage measurement between the lower control and the motor.

Error code	Reason	Solution
E02:	Motor line is not properly connected.	Check if the motor line is connected correctly.
	0 voltage output or abnormal voltage output from the lower control to the motor.	Replace the lower control and wait for maintenance.
	Faulty motor.	Replace the motor.

E03: Indicates abnormal speed detection by the lower control.

Error code	Reason	Solution
E03:	PWM drive circuit of the lower control board is faulty.	Replace the lower control and wait for maintenance.

E04: Indicates overvoltage protection of the motor detected by the control.

Error code	Reason	Solution
E04:	Treadmill load exceeds the rated working voltage of the motor.	Use the treadmill within the rated working voltage range of the motor.
	Abnormal motor of the treadmill.	Replace the motor.
	Overvoltage detection circuit of the lower control board is faulty.	Replace the lower control and wait for maintenance.

E05: Indicates overcurrent protection of the motor detected by the lower control.

Error code	Reason	Solution
E05:	Treadmill load exceeds the rated working current of the motor.	Use the treadmill within the rated working current range of the motor.
	Structural assembly problem between the treadmill and the motor causing resistance or blockage of the motor.	Check if the treadmill structure is normal.
	Faulty current limiting system of the lower control.	Replace the lower control and wait for maintenance.

E06: Indicates abnormally low driving power supply voltage detected by the lower control.

Error code	Reason	Solution
E06:	Supply voltage is too low.	Check if the power supply circuit is normal.
	Faulty measurement circuit of the lower control board.	Replace the lower control and wait for maintenance.

E07: Indicates that the safety lock of the control panel is not properly placed.

Error code	Reason	Solution
E07or --:	Safety magnet is loose.	Place the safety lock in the specified position on the control panel.
	Faulty safety lock system of the control panel.	Replace the control panel and wait for maintenance.

05 MAINTENANCE GUIDE

Warning: Before cleaning or maintaining the product, be sure to unplug the power cord of the electric treadmill.

Cleaning: Comprehensive cleaning will greatly extend the life of the electric treadmill. Regularly remove dust to keep the components clean. Be sure to sweep the exposed parts on both sides of the treadmill belt, which will reduce the accumulation of impurities under the treadmill belt. Ensure that the sports shoes are clean to avoid carrying foreign objects into the treadmill belt and wearing out the treadmill board and belt. Clean the treadmill belt surface with a damp cloth soaked in soap, and be careful not to splash water onto electrical components and under the treadmill belt.

Warning: Before moving the motor protection cover, be sure to unplug the power cord of the electric treadmill. Open the motor protection cover at least once a year to clean the motor and lubricate the silicone oil on the treadmill belt.

The treadmill board and treadmill belt of this electric treadmill have been pre-lubricated with silicone oil. The friction between the treadmill belt and treadmill board has a significant impact on the service life and performance of the electric treadmill, so regular lubrication is necessary. We recommend regular inspection of the treadmill board. If the treadmill board is damaged, please contact our customer service center.

We recommend lubricating the treadmill belt and treadmill board of the electric treadmill according to the following schedule:

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

Moderate use users (use 3 to 5 hours per week) - every 3 months

Heavy use users (use more than 5 hours per week) - every 1.5 months

To better maintain your electric treadmill and extend its life, it is recommended to turn off the power and let the machine rest for 10 minutes after continuous use of 2 hours. If the treadmill belt is too loose, it may slip during running; If it is too tight, excessive tightness may reduce the performance of the motor and increase the wear of the roller and treadmill belt. When the treadmill belt is properly tensioned, you can lift both sides of the treadmill belt about 50-75mm away from the treadmill board with your hands.

Treadmill board lubrication

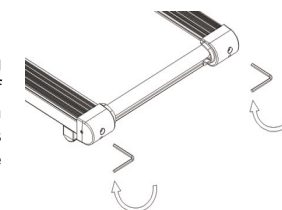
1.As mentioned above, the treadmill board should be lubricated in a timely manner, but not excessively. Remember: Proper lubrication is an important factor in improving the service life of the treadmill.

2.The method to check whether additional lubricant is needed is to grasp the treadmill belt and touch the center of the back of the treadmill belt as much as possible with your hand. If your hand is covered with silicone oil (slightly moist), it means that no additional lubricant is needed. If the treadmill board is dry and there is no silicone oil on your hand, lubricating silicone oil needs to be added.

3.Steps to apply lubricating silicone oil to the treadmill board: a. Set the treadmill to run at a low speed of 1KM/H (0.6MPH); b. Open the rubber plug of the oil filling hole and drip about 10ML of silicone oil. Use a speed of 1KM/H (0.6MPH) to evenly apply the silicone oil to the treadmill belt, and gently step on the treadmill belt from left to right. It takes about 8-10 minutes to completely absorb the silicone oil by the treadmill belt.

Running belt tension adjustment

The running belt has been adjusted before the treadmill leaves the factory. Please confirm the operation of the running belt before unpacking and installing it. After a period of use, if the user stops and slips while running, proceed clockwise in half-turn increments. Adjust the running belt adjustment bolts synchronously left and right. Fine-tune it until the above phenomenon does not occur during normal use.

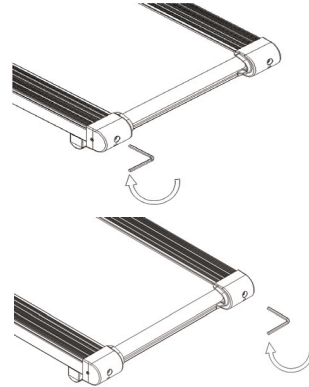


Walking belt centering adjustment

1. Place the treadmill on a flat surface.
2. Run on the treadmill at a speed of approximately 2.2 MPH (3.5 km/h).

If the walking belt deviates to the left, turn the left adjustment bolt clockwise 1/4 turn and wait for 30 seconds. The walking belt will automatically return to the correct position. If it does not return to the correct position, repeat the above method to adjust it again.

If the running belt deviates to the right, turn the right adjustment bolt clockwise 1/4 turn and wait for 30 seconds. The running belt will automatically return to the correct position. If it does not return to the correct position, repeat the above adjustment method.



06 SAFETY INSTRUCTIONS

Before exercising, consult a professional who can recommend the exercise frequency, intensity, and duration suitable for your age and physical condition. If you feel chest tightness or pain, irregular heartbeat, shortness of breath, dizziness, or other discomfort during exercise, stop immediately! Consult a professional before continuing exercise.

Precautions:

1. Before using this product, please check if the treadmill is properly grounded.
2. Before exercising, check if the power is on and if the safety lock is effective.
3. If any abnormality occurs during exercise, pull off the safety lock, and the treadmill will quickly decelerate to a stop.
4. If there is a problem with the machine, please contact the dealer. Non-professionals should not attempt to disassemble or repair the equipment to avoid damage.

Thank you for choosing our company's products. Correct use of the treadmill ensures your safety and convenience. Before using the treadmill, please read the following carefully:

1. Only connect the power after installing the treadmill according to the installation instructions completely. Be careful not to block the plugs on the wall when placing it, and leave 0.8 meters of space in front to facilitate insertion.
2. Leave a safety space of 0.8 meters on both sides of the treadmill and 2 meters (length) * 1 meter (width) of safety space behind the treadmill.
3. Insert the power cord into a power outlet with proper grounding. The power cord of the electric treadmill is specialized. If the power cord is damaged, please purchase a new one from the dealer and have it replaced by a professional.
4. The treadmill is for indoor use only. The placement area should be clean and level, moisture-proof, and avoid placing the treadmill on thick carpets or similar items to prevent affecting the airflow under the treadmill. The electric treadmill is a specialized device and should not be modified for other uses.
5. During exercise, do not wear loose or oversized clothes to prevent accidents. It is recommended to wear running shoes or fitness shoes with rubber soles.
6. Do not remove the protective cover casually. If it needs to be opened for maintenance, be sure to unplug the power cord first.
7. Keep children away from the electric treadmill during use to prevent danger.
8. If you are using the treadmill for the first time, remember to hold onto the handrails until you feel comfortable before letting go.
9. If the electronic system malfunctions, causing the treadmill to suddenly accelerate or the speed to increase continuously, immediately unplug the safety lock on the electronic display, and the treadmill will stop immediately.
10. If the electronic system malfunctions and cannot be stopped, quickly hold onto the handrails on both sides, jump off the walking area, stand on the side rails, turn off the power in time, and notify the after-sales personnel.
11. When the electric treadmill is not in use, unplug the power cord and store it properly.
12. Minors using the electric treadmill should be accompanied by adults.

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.

