

Walking & Running 2 in 1 manual

Model: SD-39TH



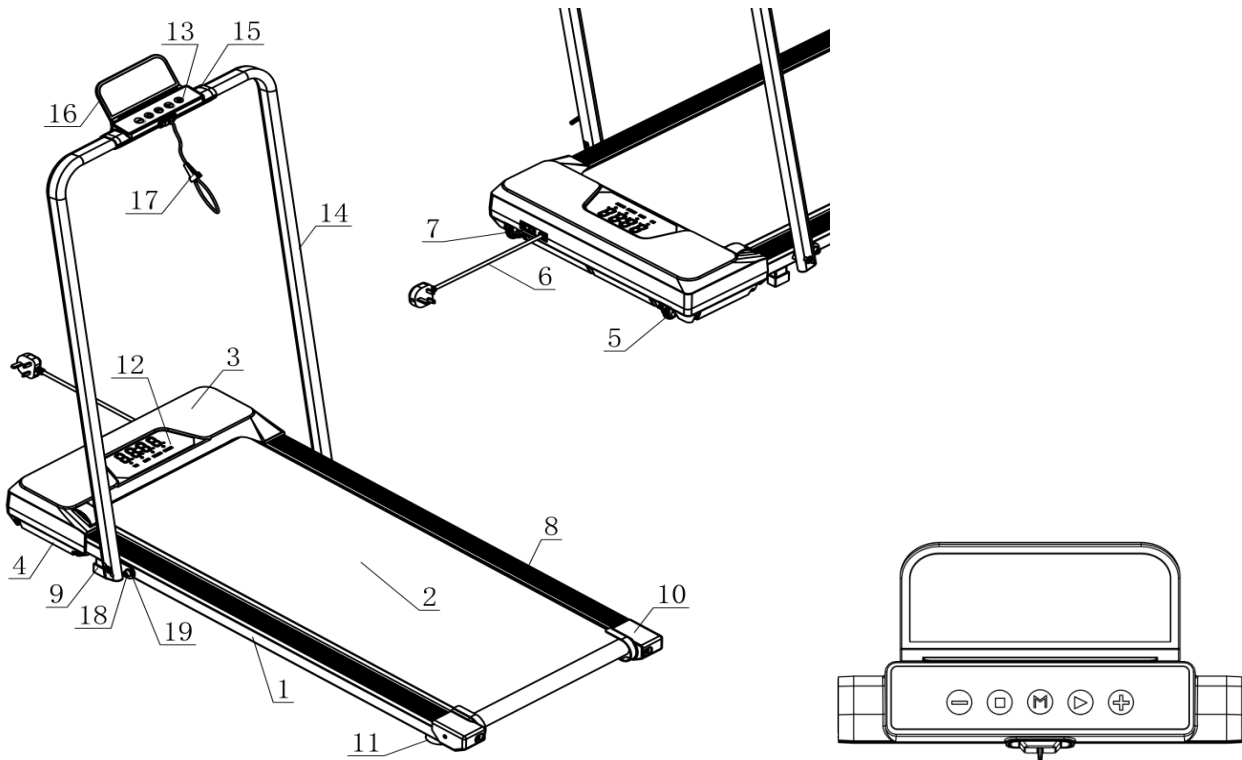
Please read this manual before installing the walking machine. If the specification does not consistent with the product, the details shall subject to the actual product. In accordance with the principle of continuous development, the product may be updated as necessary without notice and explanation

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Product profile

1. Walking and running 2 in 1



No.	Name	No.	Name
1	Frame	14	Upright column
2	Running belt	15	Display
3	Motor top cover	16	Mobile phone holder
4	Motor bottom cover	17	Emergency brake clamp
5	Mobile wheel	18	Screw M8 * 16
6	Power line	19	φ 8 flat gasket
7	Power switch		
8	Edgings		
9	Front foot pad		
10	Rear cover		
11	Rear adjustment foot pad		
12	Motor cover paste		
13	Display paste		

Main technical parameters					
No.	Parameter	Description	No.	Parameter	Description
1	Rated voltage	220V/110V AC	8	Time range	5-60 minutes
2	Rated frequency	50/60Hz	9	Distance range	1-99 km
3	Rated power	560W	10	Calorie range	20-990 kcal
4	Speed range	1-6km/h; 1-12km/h			
5	Running belt area	1000*398mm			
6	Max user weight	100KG			
7	Running board size	1200*524mm			

Packing list							
No.	Name	Unit	Quantity	No.	Name	Unit	Quantity
1	Walking and running machine	PCS	1	7	Screw M8 * 20	PCS	2
2	6#inner hexagon spanner	PCS	1	8	φ 8 flat gasket	PCS	2
3	Silicone oil	PCS	1				
4	Emergency brake clamp	PCS	1				
5	Remote control	PCS	1				
6	Instructions	PCS	1				

2. Safety precautions and installation instructions

Note : In order to ensure your safety and avoid accidents, please read the instructions carefully before use, and pay attention to the following safety matters.

Safety instructions: There are many safety issues in the design and manufacture of the product, but still follow the following instructions, just in case. We do not bear any consequences caused from abnormal operation.

- ◆ The treadmill is suitable for placing indoors to avoid moisture, water can not be splashed on the walking machine, and any foreign matter should not be placed on the treadmill. The two sides and front end of the treadmill should be 1m and the rear end should be 2m x1m for emergency jump away.
- ◆ Before exercise, please wear appropriate sports clothes, sports shoes, avoid clothes, shoes and hats contact with treadmill accident. Do not exercise barefoot on the treadmill, and stretch your whole body before running.
- ◆ The power plug must be reliably grounded, and the socket must have a special loop to avoid sharing with other electrical equipment.
- ◆ Children should stay away from their own machine to avoid accidents.
- ◆ Ultra-long overload operation should be avoided, otherwise it will cause damage to the motor and controller, and accelerate the wear and aging of bearings, running belt and running board. Please maintain the treadmill

regularly.

- ◆ Reduce indoor dust, maintain a certain indoor humidity, avoid producing strong static electricity, otherwise may interfere with the normal work of electronic watch, controller.
- ◆ Please turn off the treadmill power supply and unplug the power plug after the exercise.
- ◆ Keep the indoor air flow open when using the treadmill.
- ◆ If you feel any discomfort during use, please stop exercising and consult your doctor.
- ◆ Please put the unused silicone oil out of reach of children to avoid serious consequences due to ingestion and misuse.



Warning: To reduce accidents or injuries to others, follow the following rules:

- ◆ Before using the treadmill, please check whether the clothing is fastened or zipped up, or whether the clothing is too loose.
- ◆ Don't wear clothes that are easily caught by treadmill hooks.
- ◆ Do not approach the power cord to hot or moving objects.
- ◆ Do not bring the children close to the treadmill.
- ◆ Do not use a treadmill outdoors.
- ◆ Cut off the power supply and unplug the machine.
- ◆ Non-professional personnel shall not disassemble the machine without authorization, otherwise, serious consequences may occur.
- ◆ This treadmill is limited for use in 20 amps.
- ◆ When starting, only one person can exercise on the treadmill. People weighing

more than 100 KG should not use this product.

- ◆ This product should not be used for a long time, it is recommended to use the treadmill after one hour interval and half an hour. Long time use is easy to cause hidden overheating of treadmill appliances and lead to electrical failure.

Special safety instructions:

- ◆ Place the treadmill where to plug into the socket.
- ◆ Plug the power cord directly into the socket, without loosening.
- ◆ Please use a qualified socket to avoid the resulting danger. If the plug and socket are not compatible, please do not move the plug, please electrician to deal with it.
- ◆ Select the power supply according to the machine voltage 220V / 110 AC.
- ◆ Please do not let the power cord and the drum contact, do not put the power cord on the running belt, do not use a damaged plug.
- ◆ Remove the plug from the socket before cleaning and maintenance.

Warning: Unplugging may result in injury and damage to the device.



Warn! Force!

- ◆ Patients who are being treated by a doctor or the following patients must be consulted with a professional doctor before use.

- 1) People with back pain or people who have been injured in their legs, waist and neck. Numbness of legs, waist, neck and hands (with disc herniation, spinal slide, cervical herniation and other diseases).
- 2) People with deformable arthritis, rheumatism and gout.
- 3) Patients with abnormal osteoporosis.

- 4) With circulatory system disorders (heart disease, vascular disorders, hypertension, etc.).
- 5) People with respiratory organ disorders.
- 6) Using an artificial heart rate adjuster.
- 7) Patients with malignant tumors.
- 8) People with thrombosis or severe aneurysm, acute venous tumor and other blood circulation disorders or various skin infections.
- 9) There are perceptual disorders caused by high peripheral circulation disorders caused by diabetes.
- 10) People with skin trauma.
- 11) People with high fever due to illness (above 38 degrees).
- 12) Abnormal or bent dorsal bones.
- 13) Women who are pregnant or those who may be pregnant or those who are in the menstrual period.
- 14) Feel the abnormal body, need to rest.
- 15) Those with obvious poor physical condition.
- 16) For the purpose of rehabilitation.
- 17) In addition to the above conditions, especially who feel physical abnormalities.

----It may lead to accidents or poor physical condition.

- ◆ In the process of exercise, feel back pain, numbness, dizziness, heartbeat and other different pain or coordinated sensory abnormalities, should immediately stop the use and consult the doctor.

- ◆ Please consider your physical condition when starting to use the product for training, and do your appropriate and regular training to ensure that you have enough physical strength to train. Wrong or excessive training will not benefit your health.
- ◆ This product is not suitable for the use of children, physical discomfort or mental defects and lack of common knowledge are prohibited, unless they are under the supervision or guidance of those responsible for their safety regarding the use of the product. Children should be monitored to ensure that they do not play with the equipment.----If not observed, there may be a risk of injury.
- ◆ During use or when taking out the product and sliding, please confirm that there are no people or pets around (rear, lower and front of the product).
- ◆ The product is suitable for home use, not for professional training and testing, and can not be used for medical purposes.



Prohibit!

- ◆ Do not use it in the shell split, broken state (internal structure exposed) or welding site crack.
----Otherwise, an accident or injury may occur.
- ◆ Do not jump up or down on the platform during the exercise.----Injury may occur due to a fall.
- ◆ Do not use and keep the treadmill outside and near the bathroom.
- ◆ Do not use or keep it in places with direct sunlight, high temperature and electric carpet.----Otherwise, it may lead to electricity leakage and fire.
- ◆ Do not use it when the power cord or power plug is damaged or the socket is

loose.- -Otherwise, it will cause electric shock, short circuit and fire.

- ◆ Do not damage or forcibly bend or twist the power cord. Also do not place heavy objects on it.

----Otherwise, it will lead to a fire or an electric shock.

- ◆ This treadmill is only limited to 1 person exercise, be careful not to let people around close during use.

----Otherwise, an accident or injury may occur due to a fall.

- ◆ Can not express awareness or can not operate do not use.

prohibit!

- ◆ People who usually exercise less should not suddenly do intense exercise on the treadmill.

- ◆ Do not use it after eating or when tired, just exercising or abnormal.

----May lead to health damage.

- ◆ This product is suitable for family use, not suitable for schools, gymnasiums and other unspecific places.

----The risk of injury.

- ◆ Not used together with diet, or other activities.

- ◆ Do not use it after drinking alcohol.----May lead to accidents or injuries.

- ◆ Not used with hard stuff in your pants pocket.----May lead to accidents or injuries.

- ◆ Please clean up the iron, garbage or water attached to the power plug before use.----May lead to electric shock or short circuit, fire.

Do not use it with wet hands!

- ◆ When deactivation, unplug the socket and disconnected the machine completely.

----Dust and moisture will make the insulation aging, leading to leakage fire.

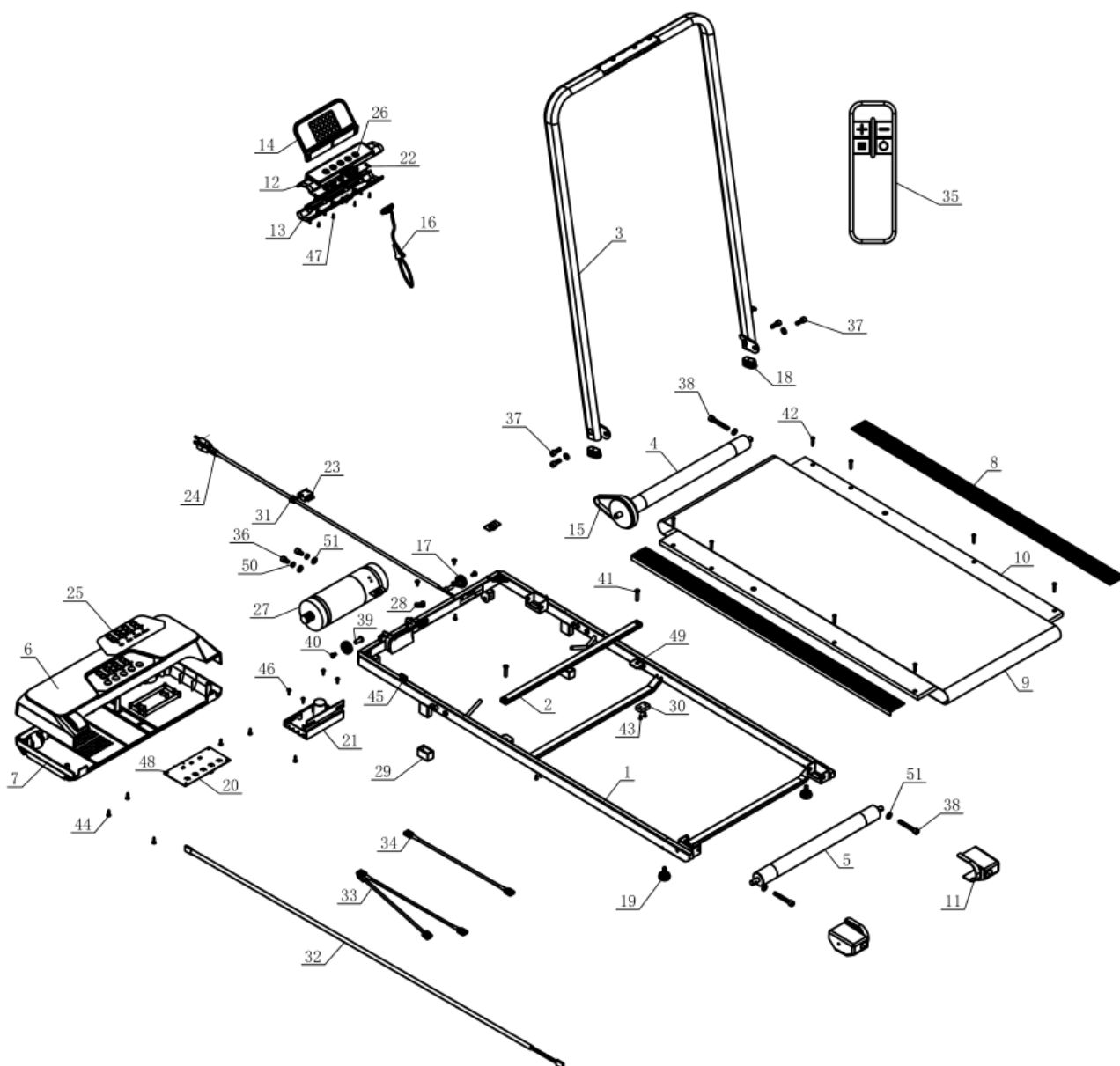


Ground description!

- ◆ The product must be grounded. If the machine is abnormal, the ground will provide the least resistance to the current to reduce the risk of electric shock.
- ◆ The product is equipped with a power plug with equipment grounding conductor and grounding plug that must be inserted into a suitable socket that has been properly installed and grounded in accordance with local regulations or regulations.
- ◆ The risk of electric shock is improper connection of equipment grounding conductor. If you have questions about whether the grounding of the product is correct, please entrust a professional electrician to check. Even if the plug attached to the product does not match the socket, it can not be modified.
Please entrust a professional electrician to install a suitable socket.
- ◆ The product has a grounding plug. Please confirm that the product is linked to a socket with the same shape.
- ◆ If the power cord is damaged, it must be replaced by the manufacturer's maintenance department or similar department to avoid danger.
- ◆ The product is of HC grade.
- ◆ Check all components before use to ensure that the screws and nuts are locked.
- ◆ When using, please wear comfortable tight clothes to avoid the clothes hanging up by the machine; do not let children and pets play nearby to avoid accidents.

- ◆ Please place the product on a smooth, clean and flat ground to make sure that there are no sharp items nearby and do not use it near the water and heat source.
- ◆ Avoid all moving parts and do not place your hands and feet in the space under the running belt.
- ◆ After the product is assembled, ensure that the screws and the bolts are tightened.
- ◆ Please use the original spare parts, do not replace them without permission.

Explosion diagram



Explosion diagram list

No.	Name	QTY	No.	Name	QTY	No.	Name	Qty
1	Frame	1	18	20*40 Flat ellipsoid plug	2	35	Remote control	1
2	Stiffening pipe	1	19	Adjustable foot pads	2	36	Round hexagon screw M8*12	2
3	Upright column	1	20	Upper motor cover display	1	37	Round hexagon screw M8*20	4
4	Front roller	1	21	Electric control	1	38	Round hexagon screw M8*55	2
5	Rear roller	1	22	Top PVB panel	1	39	Semi-circular hexagon lock bolt $\Phi 8 \times 20 / M6$ Thread length 12	2
6	Motor top cover	1	23	Power switch	1	40	Semi-circular hexagon bolt M6*10	2
7	Motor bottom cover	1	24	Power line	1	41	Hexagon countersunk head bolt M6*35	2
8	Edgings	2	25	Upper motor cover paste	1	42	Cross countersunk head self-tapping self-drilling screw ST4.8*25	8
9	Running belt	1	26	Electronic watch upper paste	1	43	Cross countersunk head self-tapping self-drilling screw ST4.2*12	4
10	Running board	1	27	Motor	1	44	Cross flat head self-tapping self-drilling screw ST4.2*16	13
11	Rear cover	2	28	R Wire clip	2	45	Cross flat head self-tapping screw ST4*30	2
12	Electronic watch upper cover	1	29	15*30 Rectangular foot cover	2	46	Cross flat head self-tapping screw ST4*14	10
13	Electronic watch under cover	1	30	Rectangular pad	2	47	Cross flat head self-tapping screw ST3*12	8
14	I pad/Phone holder	8	31	Wire guard plug	1	48	Cross flat head self-tapping screw ST3*6	8
15	Ribbed belt	1	32	Upright column line	1	49	Prevent loose nut M6 Opposite side 10	2
16	Safety lock	1	33	AC Double branch line	1	50	Spring washer $\Phi 8.5 \times \Phi 13 \times T2.0$	2
17	Carrying wheel	2	34	AC Single branch line	1	51	Flat plane washer $\Phi 16 \times \Phi 8.5 \times T1.5$	7

Installation instructions:

1. Please read the assembly step instructions carefully before assembly.
 2. Take out all the packaging parts and put them on the clean ground, so that your overall check can also make your installation more convenient.
 3. Check carefully if all the parts are complete according to the packing list.
 4. When you are using tools or handling, please pay attention to safety, please do not forcibly install according to personal preferences.
 5. Please confirm whether the remaining tools are dangerous, plastic and foam are harmful to children.
 6. Assemble the products according to the instructions. Please read the assembly steps and instructions carefully.
- A. Take the machine from the packing box. Flat out in the open space. According to the figure (1) the left hand holding the column according to the direction of the arrow, according to the figure (2).

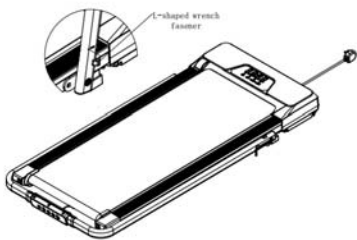


Figure 1

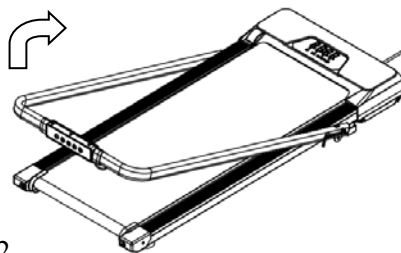


Figure 2

B. According to the figure (3) after rotating the column up in place. With the (18) 2 PCS screw M8 * 20 and (19) 2PCS $\phi 8$ flat gasket corresponding to the column hole lock.

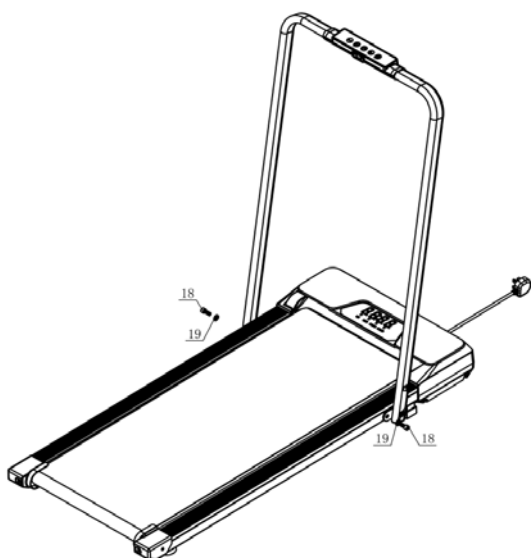


Figure 3

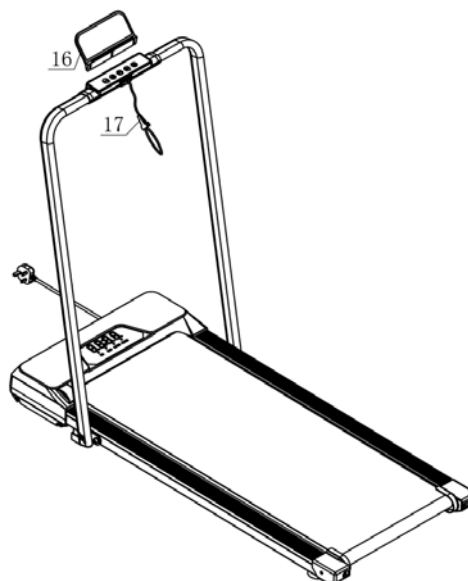


Figure 4

C: See the diagram figure (4). Place the phone holder (16) into the card slot on the back of the electronic meter. Put the Emergency brake clamp (17) can be!

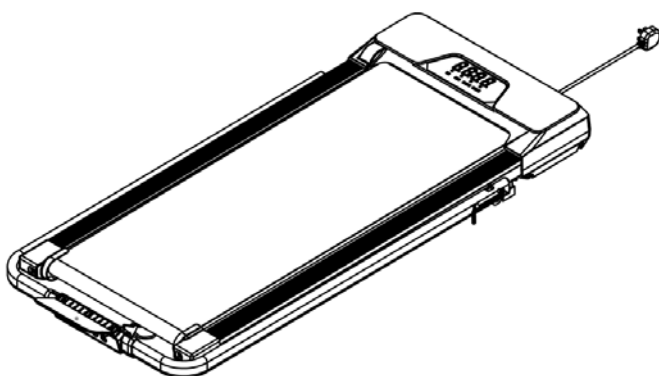


Figure 5

D: (Figure 5) folding treadmill. When folding treadmill is required, remove (18) 2 PCS screws M8 * 20 and (19) 2PCS $\phi 8$ flat gasket after the handle. Put the column flat on the ground !

The product must be installed by adults carefully reading the instructions, if necessary, please professional installation.

Important matter

Before using this product, please consult your doctor and do a complete health examination, before frequent and intense exercise should obtain the doctor's permission, if the product causes any discomfort, please stop using this product and consult your doctor, you need to use this product in the right way, please read the manual carefully before exercise.

If this product is unattended or in use, please prevent children and pets from approaching.

Before you start: Start your exercise program depends on your physical condition. If you haven't been exercising for years or are overweight, you must slowly and gradually increase your exercise time by a few minutes per week.

Warning: Install the product carefully and do not damage the product.

3. Sports suggestions and guidelines

▪ Warm-up with soothing exercises

A successful exercise program is composed of three parts: warm-up exercise, aerobic exercise and soothing exercise.

Warm up is a very important part of exercise, and it must be done before each workout.

Warm-up exercises can warm up your body, stretch your muscles, and adapt the body to more intense exercise.

Repeated warm-up exercises at the end of the exercise can help relieve muscle soreness.

We recommend that you warm up and relieve yourself as shown below:

Head movement

The head first to the right shoulder stretch, the left neck straight, turn back clockwise;

Stretch the head to the left shoulder and turn backward counterclockwise. So repeated.



Shoulder movement

Lift the left shoulder back and repeat 5 times; then lift the right shoulder back 5 times.

Stretch movement

Hold your hands straight over the top of your head, then hold your right wrist with your left hand and stretch up until you feel the right

Hand tendon completely straightened, last for 5 seconds, change the right hand.



Quadriceps stretching exercises

Right hand against the wall, keep the body balance, the left hand back to lift the left foot, make the left heel as close as possible to the buttocks,

Hold for 15 seconds, change the other foot.



The inner thigh is stretched

Sit on the ground, the soles of the feet, hands hold to the feet, make the feet as close as possible to the body, and

Slowly press down on your heels and hold this position for 15 seconds.

Foot tendon stretching

Sit down, right leg straight, left leg bent, left hand hold the ankle to push in, make the left foot as close to the body

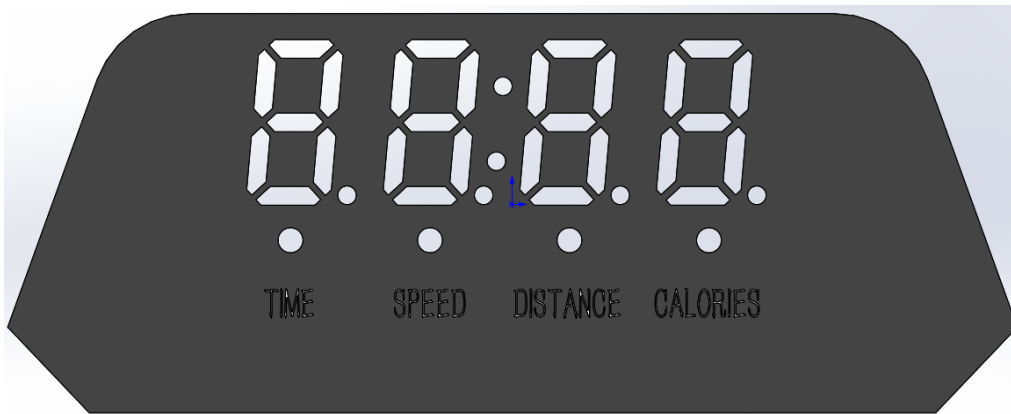
And the bottom of the foot close to the right inner thigh, and then the body pressure down, left and right forward extension to touch the toe, lower pressure amplitude

The bigger the degree, the better. Hold this position for 15 seconds and change the left leg.

The calf stretch

Hands on the wall, the body and the ground into 45 degrees, left and right feet alternately straight back to do walking movement.

4. Product function description



I、Resume

Function with this display:

- High and low speed switching function

The terms used in the specification stipulate that:

Treadmill parameters: The Speed value

Motion parameters: Distance, calorie, and Time.

Movement mode: manual, inverted meter mode

Full manual exercise mode: exercise mode without set exercise mode.

Exercise mode: an exercise mode with a specific amount of exercise.

II 、Parameter declaration

Movement parameters in various movement modes:

- The lowest display speed is 1.0km/h
- Maximum display speed of 6.0/12.0km/h
- Maximum exercise time in time mode: 60 minutes
- Minimum exercise time in time mode: 5 minutes
- Maximum movement distance in distance mode: 99km
- Minimum movement distance in distance mode: 1km
- Maximum number of calories consumed in calorie mode: 990 kcal
- Minimum number of calories consumed in calorie mode: 20 kcal

III、Panof key panel description

1. Key board function key:

Speed-key、 stop key、 mode / pause key、 start key、 speed + key

IV、 Panel key function and operation instructions

- Start key- -Function description: Start the motor operation (3S)

Operation instructions: 1. Electronic watch is in fully manual operation mode, press this key to start the motor operation

2. In the reverse mode, press this key to start the motor

- Stop key- -Function Description: Stop the motor from running

Operation instructions: 1. The electronic meter is in operation, press this key to stop the motor operation

- Mode / pause key- -Function description: selection of inverted mode

Operation instructions: 1. The electronic meter is in full manual operation mode, press this key to enter the reverse mode setting

2. Operation process in standby state: time meter-distance meter-calorie meter

3. After running, press the mode button to pause the treadmill (hold data)

- Speed + / -key- -Function description: speed value during runtime and parameter value during parameter setting

Operation instructions: 1. When the electronic meter is in operation, short press at 1.0 km/h and long press at 2.0km/h

2. Adjust the size of the set parameter value

V 、 Description of the remote control function

Speed + key, speed-key

Mode / pause key, start / stop key

一、 Function and operation instructions of the remote control device

- Start / Stop key- -Function description: Start / stop the motor running

Operation instructions: 1. Electronic watch is in fully manual operation mode, press this key to start the motor operation

2. In the reverse mode, press this key to start the motor

3. When the electronic meter is running, press this key to stop the motor from running

- Mode / pause key- -Function description: reverse mode selection / pause treadmill

Operation instructions: 1. The electronic meter is in full manual operation mode, press this key to enter the reverse mode setting

2. Operation process in standby state: time meter-distance meter-calorie meter
3. After running, press the mode button to pause the treadmill (hold data)

- Speed + / -key- -Function description: speed value during runtime and parameter value during parameter setting

Operation instructions: 1. When the electronic meter is in operation, short press at 1.0km/h and long press at 2.0km/h

2. Adjust the size of the set parameter value

VI、 Motion mode description

A. Manual mode function

Enter the manual mode: after the full display on the electronic watch, enter the full manual operation mode, and press the start key to enter the manual operation mode.

Operation description: The initial running speed is 1.0km/h, time, distance, calorie window, positive counting from zero, Press the Speed adjustment key to adjust the running speed value.

The exercise time exceeds 99:59 minutes, and the treadmill stops automatically.

B. Inmeter mode function

1. Enter time reverse mode: in full manual operation mode, press the mode key to select time reverse mode, and the time window displays 10:00 minutes and flashes the running time required by the speed + / -key. The set range is 5:00~60:00 minutes. Press the start key to enter the operation of time inverted mode.

Operation description: The initial running speed is 1.0km/h, the time window starts counting according to the set running time, the distance and calorie window starts counting from zero, press the speed adjustment key to adjust the size of the running speed value. When the set time is counting to zero, the electronic meter begins to slowly stop running.

2. Enter the distance reverse mode: in full manual operation mode, select the distance reverse mode by pressing the mode key, the distance window displays 1.0km/h and flashes, set the required running distance through the speed + / -key, set the range 1.0~99.0 km, press the start key to enter the distance inverted mode.

Operation description: The initial running speed is 1.0km/h, the distance window starts to count from the set distance, the time and calorie window count from zero, and press the speed adjustment key to adjust the running speed value. When the set distance returns to zero, the electronic meter begins to slowly stop running.

3. Enter the calorie counting mode: in the full manual operation mode, press the mode key to select the calorie counting mode. At this time, the calorie window displays 50 and flashes, you can set the required running calories through the speed + / -key, set the range of 20~990, press the start key to enter the operation of the calorie counting mode.

Operation description: The initial running speed is 1.0km/h, the calorie window starts counting from the set calories, the time and distance window starts counting from zero, press the speed adjustment key to adjust the size of the running speed value. When the calorie reverse count is set to zero, the electronic meter begins to slowly stop running.

VII、 Description of dormancy function

When the treadmill stops running, there is no operation for more than 10 minutes, it enters the dormant state. The electronic watch automatically closes the display, and press any key to wake up the electronic watch, and enter the initial standby state again after full display.

VIII 、 Description of the safety lock function

In normal use, the safety lock needs to be put into the operation of the designated position of the electronic watch to remove the safety lock. "E07" is displayed in each display window of the electronic watch "E07" accompanied by a warning sound. If the safety lock is in operation, the system will be shut down quickly, and after the safety lock is closed again, all movement data will be cleared.

IX、 High and low speed switching function

When the column is put down, the system enters the low speed mode, and the maximum speed can only reach 6km/h. When the column stands up, the system enters the high speed mode, and the highest speed can reach 12km/h. When these two operating modes switch, the treadmill must be stopped first, and the buzzer will call after the successful switch.

Treadmill DC system error message prompt

No.	Fault code	Fault content	Fault diagnosis	Solution
1	E05	Overvoltage protection	<ol style="list-style-type: none"> 1. The user's power grid voltage is unstable, and the peak voltage is very high; 2. Wheel diameter setting error; 3. The controller is damaged. 	<ol style="list-style-type: none"> 1. Need to increase the external filter regulator; 2. Reset the wheel diameter value to try not to exceed the rated voltage of the motor; 3. Replace the controller.
2	E03	Overcurrent protection	<ol style="list-style-type: none"> 1. Heavy load; 2. The motor or roller has a foreign body stuck; 3. The roller is not lubricated enough, and the resistance increases; 4. The controller is damaged. 5. Motor damage resistance increases; 	<ol style="list-style-type: none"> 1. Reduce the load, try not to exceed the rated load; 2. Remove stuck foreign bodies; 3. Add lubricant; 4. Replace the controller. 5. Replace the motor;
3	E02	Main motor open circuit	<ol style="list-style-type: none"> 1. The main motor line is not connected or loose; 2. Main motor open circuit, damaged; 3. The controller is open and damaged. 	<ol style="list-style-type: none"> 1. Re-reinforce the main motor connection wire; 2. Replace the motor; 3. Replace the controller.
4	E06	The communication between the lower controller and the display board is incorrect	<ol style="list-style-type: none"> 1. The main cable interface between the lower controller and the display board is loose. 2. The main connection cable between the lower controller and the display board is broken; 3. The electronic watch is broken; 4. The controller is damaged. 	<ol style="list-style-type: none"> 1. Harden the cable port. 2. Replace the main cable of the upper and lower controller. 3. Replace the monitor; 4. Replace the controller.
5	E0C	Power tube breakdown explosion-proof protection	<ol style="list-style-type: none"> 1. Power transistor breakdown, controller damage; 	<ol style="list-style-type: none"> 1. Replace the controller.
6	E07	Safety lock failure	<ol style="list-style-type: none"> 1. The red safety lock is removed 2. The monitor above is faulty 3. The key plate is faulty 	<ol style="list-style-type: none"> 1. Replace the safety lock magnet 2. Replace the monitor 3. Replace the key plate

7	E08	The communication between the display board and the key pad is incorrect	1. The communication cable between the key plate and the display board is loose 2. The communication cable between the key panel and the display panel is broken 3. The key plate is faulty 4. The display board is faulty	1. Reinforce the communication cable 2. Replace the communication cable 3. Replace the key plate 4. Change display board
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5. Product care and maintenance

Warning: Always remove the power plug of the electric treadmill before cleaning or maintaining the product.

Cleaning: Full cleaning will extend the life of an electric treadmill.

Clean the dust regularly to keep the parts clean. Be sure to clean the exposed sides of the running belt, which will reduce the accumulation of impurities under the running belt. Make sure the sneakers are clean and avoid carrying foreign objects into the running belt under the worn running board and running belt. The surface of the running belt must be scrubbed with a soapy wet cloth. Please be careful not to splash the water on the electrical components and under the running belt.

Running belt and electric running special Lubricating oil

The electric treadmill has been lubricating between the running board and the running belt. The friction between the running belt and the running board has a great impact on the service life and performance of the electric treadmill, so the lubricating oil should be applied regularly. We recommend a regular inspection of the board surface. If the surface is damaged, please contact our customer service center.

We recommend lubricating the running belt and running boards of the electric treadmill as follows:

Lightweight users (less than 3 hours per week): Once a month;

Heavyweight users (more than 7 hours per week): Every half a month.

1. In order to better maintain your electric treadmill and extend the life of the machine, it is recommended that you turn off the power supply for 1 hour and let the machine rest for 10 minutes before using it.
2. If the running belt is too loose, it will slip when running; if too tight, too tight may reduce the motor performance and wear the roller and running belt.

Adjustment of running belt

In order to use the treadmill better and make the treadmill work better, you need to adjust the running belt to the best condition.

Running belt in:

- Put the electric treadmill on the flat ground.
- Run the electric treadmill at approximately 2-3km/h. If the running belt is biased to the right, rotate the right adjustment bolt 1 / 2 clockwise, and then rotate the left adjustment bolt 1 / 2 in the counterclockwise direction. Figure A
- If the running belt is biased to the left, rotate the adjusting bolt on the left 1 / 2 in the clockwise direction, and then rotate the adjusting bolt on the right 1 / 2 in the counterclockwise direction. Figure B



Figure A Adjustment method of the running belt to the right



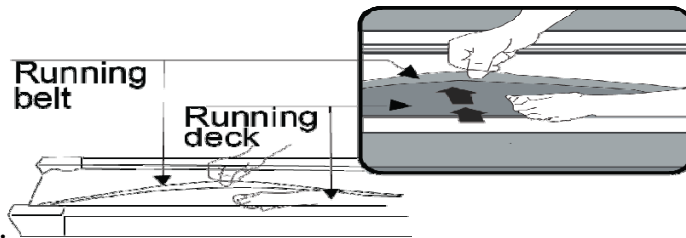
Figure B Adjustment method of the running belt to the left

Method of adding silicone oil:

Step 1: Open the running belt up first.

Step 2: Open the silicone oil bottle and squeeze the silicone oil into the running

deck, as shown on the right.



6. Service commitment

Our company series of products, within a year of normal use, such as non-human damage, can be free for users to repair or provide accessories. After the warranty expires, maintenance parts can be provided at a good price. Please refer to the product warranty card for detailed information.

important information. The warranty card is attached with each product and filled in by dealers. During the warranty period, the parts will be replaced free of charge. Our company will not be responsible for any fault caused by incorrect installation, incorrect use, or replacement of parts. In addition, the warranty does not apply to those who are not authorized by the Company for repair. If the maintenance costs arising therefrom, the customer shall be responsible for the maintenance. When the maintenance, the user must issue a warranty card, then the warranty is invalid.

This product is limited to home use, if your product requires repair services, please contact your local dealer.

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 thise quipment 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.