



HARISON®

CARDIO · STRENGTH · BEAUTY



@HARISONFITNESS

info@harisonfitness.com



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CARDIO · STRENGTH · BEAUTY

info@harisonfitness.com
TEL:+1(618)505-4403

Please use phone's camera scans
the QR code for video guidance



Customer Service



Using Video



Installation Video

USER'S MANUAL

HR - T101 eco



As the product is continuously improved and improve the contents of the manual must be revised without prior notice.

Be Careful!

Please read the instructions carefully before using the equipment

IMPORTANT SAFETY PRECAUTIONS

Thank you for purchasing our Treadmill. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be assured if the equipment is assembled, maintained, and used properly. It is the buyer's responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking any medication that may affect your heart rate, blood pressure, cholesterol level etc. No specific health claims are made or implied relating to the equipment.
2. Be aware of your body's signal as incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, Tightness in your chest, Irregular heartbeat, Shortness of breath, Lightheadedness, Dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and wear & tear.
6. It is recommended that you lubricate all moving parts on a monthly basis.
7. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment or if you hear any unusual noise coming from the equipment during exercise, stop using the equipment immediately and contact the dealer or service center, don't use the equipment until the problem has been rectified.
8. Wear suitable sports shoes & clothes while exercising on the equipment and avoid wearing loose clothes that may entangled in the equipment.
9. Do not place fingers or objects into the moving parts of the equipment.
10. This equipment is not suitable for therapeutic use.
11. Move with caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
12. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems. Temperature range to keep the equipment is from 5 to 40 degrees.

IMPORTANT OPERATION INSTRUCTIONS

1. Insert the power plug into the socket directly.
2. The machine power supply must be grounded & It is strictly forbidden to use the treadmill without a ground wire.
3. The constant running time for this machine is maximum 1 hours at a stretch.
Be sure to read the manual thoroughly before operating the equipment.
4. Changes in speed do not occur immediately. Set your desired speed using the adjustment key on the computer console. When finished, release the adjustment key. The computer will recognize the command and increase the speed gradually.
5. While walking on the treadmill, please be cautious while multi-tasking such as watching TV, reading, etc. These may distract and you may lose balance or stray from walking in the center of the belt which might result in serious injury.
6. In order to prevent from losing balance or unexpected injury, do NOT mount or dismount from the treadmill while the belt is in motion. This unit starts at a very low speed; gradually accelerates after you've become comfortable with the machine.
7. Always hold the handrail when making changes with the controls.

8. A safety key is provided with this equipment and should be used in case of emergency. Operational functions can only be done while the safety key is inserted into the console. In case of emergency, remove the safety key to instantly stop the running belt and shut down the treadmill. The display console will reset once the safety key is reinserted.
9. The control keys on the console are precisely set to function and require minimum finger pressure. To avoid damage to the keys, do not use excessive force when operating the controls.
10. This equipment is for adult use only! Children should not be permitted to use the equipment without adult's supervision.
11. Women who are pregnant or nursing should consult a physician before attempting to begin any exercise program.
12. Please be sure to stay hydrated during and after exercise.
13. The Treadmill should not be used outdoors or in damp environment.
14. The heart rate sensor is not a medical device. There are many reasons that may cause inaccurate detection. The test results are for reference only.
15. During the operation of the machine, static electricity will be generated in all moving parts, therefore, it should be kept away from inflammable and explosive materials.
16. Avoid using other appliances at the same time on the same power supply line.
17. Incorrect or overloaded training may cause damage to the motor & controller and accelerate the aging of the drive system, even cause personal injury. Action guidance:
 - a. Running: It can consume energy, improve heart and lung function, speed up blood circulation, improve the overall quality of the human body, and achieve the purpose of losing weight and body sculpting.
 - b. Before starting the exercise, stand on the side rails on both sides of the running platform. After the running belt starts to run slowly, then step on the running belt. During the running, the hands are half-bumped, the arms swing naturally, and the front is visible, and the feet should not step on the edge of the running belt. If it is used for the first time, you need to hold the arm rails with both hands to maintain your balance.
 - c. When adjusting the speed and slope, be sure to adjust slowly, and the adjustment should be as small as possible.
 - d. The belt must be completely stopped before the user can walk down the treadmill.

GROUNDING INSTRUCTIONS

The products must be grounded first. If malfunction or breakdown occurs, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock.

The product is equipped with a cord having an equipment-grounding conductor and a grounding plug.

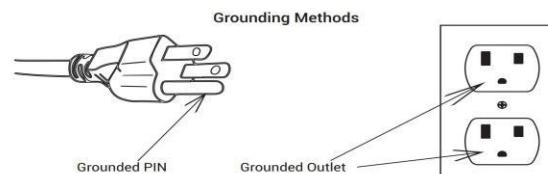
The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER

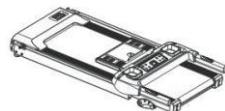
Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the products are properly grounded. Do not modify the plug provided with the product — if it will not fit the outlet, have a proper outlet install by a qualified electrician.

The products has a grounding plug that looks like the plug illustrated in the figure . Make sure that the product is connected to an outlet having the same configuration as the plug.

There is no need to use any adapter for this product.



MAIN PARTS



#1 TREADMILL 1PC



#2 BOLT M8*40 4PCS



#3 BOLT M8*15 2PCS



#4 BOLT M8*15 2PCS



#5 KNOB 1PC



#6 INCLINE LOCK PIN 2PCS



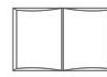
#7 WRENCH 5# 1PC



#8 WRENCH 6# 1PC



#9 SAFETY KEY 1PC

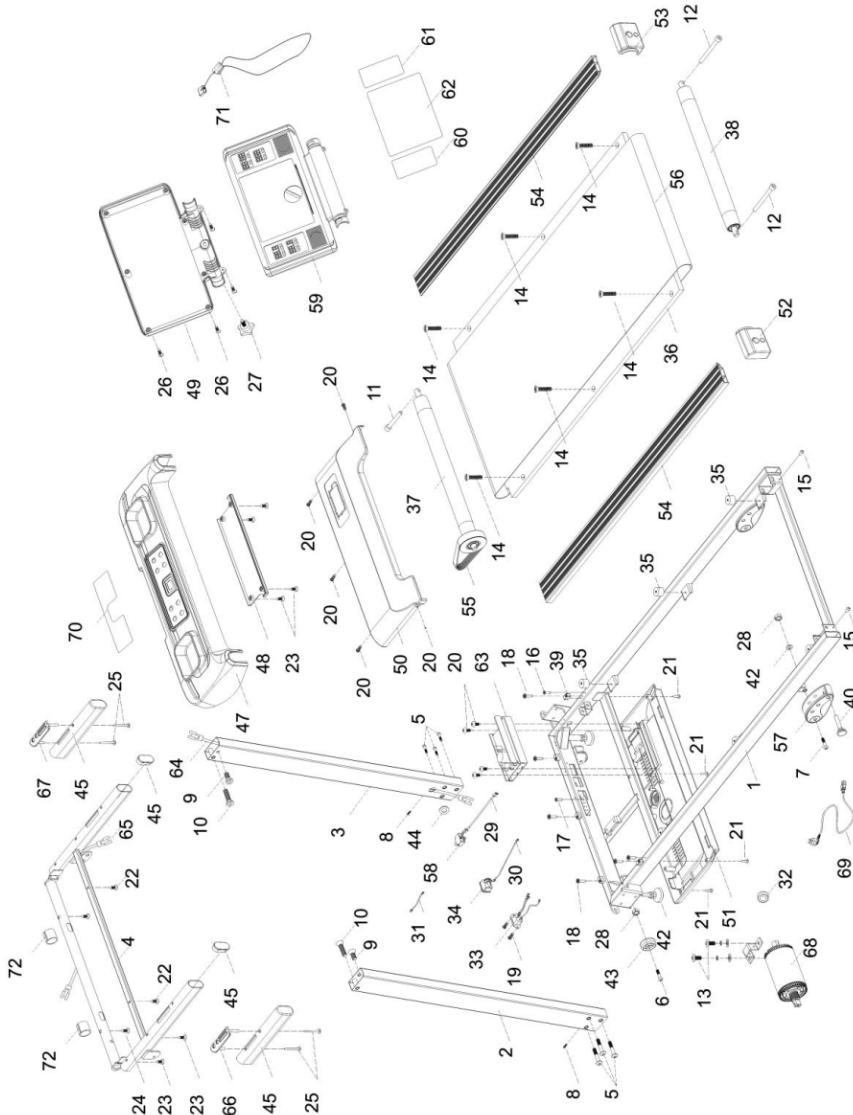


#10 USE MANUAL 1PC



#11 LUBRICATION OIL 1PC

EXPLODED DRAWING



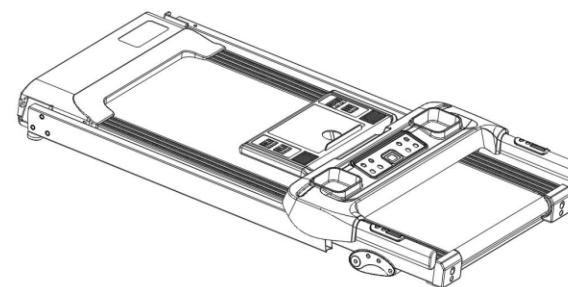
EXPLODED DRAWING

No.	DESCRIPTION	QTY.	No.	DESCRIPTION	QTY.
1	MAIN FRAME	1	37	FRONT ROLLER	1
2	LEFT UPRIGHT	1	38	REAR ROLLER	1
3	LEFT UPRIGHT	1	39	MOTOR COVER FIXING BUCKLE	5
4	CONSOLE RACK	1	40	Round head steel ball plug	2
5	BOLT M8*40mm	6	41	FLAT WASHER	2
6	BOLT M8*40mm	2	42	ADJUSTABLE FOOT PAD	2
7	BOLT M8*50mm	2	43	BASE WHEELS	2
8	BOLT M8*15mm	2	44	WIRE PROTECT PLUG	1
9	BOLT M8*15mm	2	45	HANDRAIL PIPE PLUG	2
10	BOLT M8*45mm	2	46	ELLIPTICAL INNER PLUG	2
11	BOLT M8*35mm	1	47	CONSOLE PLASTIC HOUSING-FRONT	1
12	BOLT M8*65mm	2	48	CONSOLE PLASTIC HOUSING-BACK	1
13	BOLT M6*12mm	2	49	CONSOLE PLASTIC HOUSING-BACK	1
14	BOLT M6*20mm	6	50	MOTOR COVER	1
15	SCREW M5*12mm	2	51	MOTOR COVER DECORATIVE COVER	1
16	SCREW M5*12mm	4	52	REAR END CAP-L	1
17	SCREW M4*8mm	4	53	REAR END CAP-L	1
18	SCREW M4*20mm	5	54	SIDE RAIL	2
19	SCREW M4*15mm	2	55	MOTOR BELT	1
20	SCREW M4*16	9	56	MOTOR BELT	1
21	SCREW M4*16	8	57	THREE-STAGE REGULATOR	2
22	SCREW M4*15	2	58	CIRCUIT BREAKER	1
23	SCREW M4*10mm	8	59	DISPLAY PLASTIC PLATE	1
24	SCREW M4*20mm	2	60	ACRYLIC STICKER – SPEED	1
25	SCREW M4*16	4	61	ACRYLIC STICKER – TIME	1
26	SCREW M4*12mm	9	62	DECORATIVE STICKER	1
27	FOUR-CORNER KNOB	1	63	CONTROLLER	1
28	HEXAGONAL NUT	4	64	SIGNAL WIRE-MID	1
29	AC CABLE L	1	65	SIGNAL WIRE-DOWN	1
30	AC CABLE L	1	66	HANDRAIL BUTTON L	1
31	AC CABLE L	2	67	HANDRAIL BUTTON R	1
32	MAGNETIC RING	10	68	BRUSHLESS MOTOR	1
33	POWER CORD JACK	1	69	POWER CORD	1
34	POWER SWITCH	1	70	BUTTON STICKER	1
35	RUNNING DECK CUSHION	6	71	SAFETY KEY	1
36	RUNNING DECK	1	72	EVA SINGLE-SIDED TAPE	2

ASSEMBLY INSTRUCTIONS

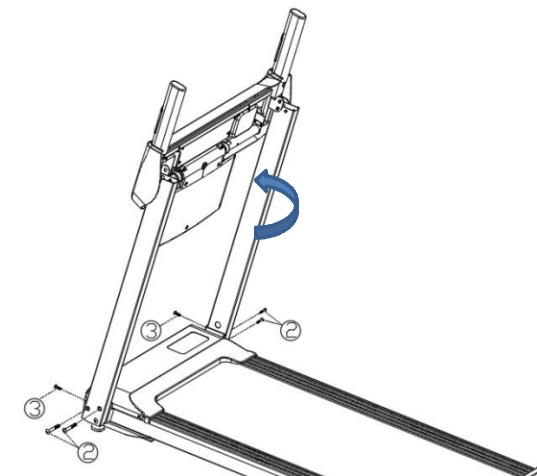
Step 01

Take the frame out of the carton and place it on a flat floor.



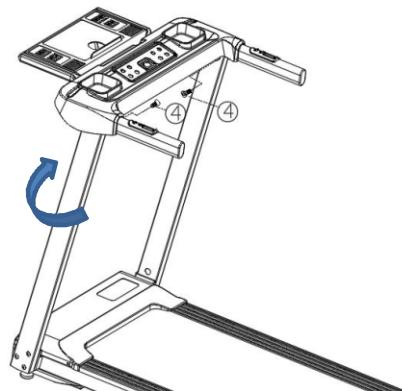
Step 02

1. Remove 4 half-round head screws (M8 * 40mm) #2 and 2 half-round head screws (M8 * 15mm) #3 from the screw kit.
2. Two people stand on the left and right sides of the machine, hold the upright up (as shown in the picture), and use a 5mm hexagonal wrench #7 on one side with 2 half-round head screws (M8 * 40mm) #2 and a half-round head screw (M8 * 15mm) #3 to fix it, but don't lock it first!



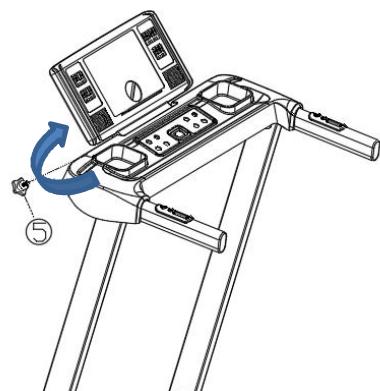
Step 03

1. First remove 2 flat head socket cap screw (M8 * 15mm) #4 from the screw package.
2. Two people grab the left and right armrests of the electronic watch and slowly turn them up (as shown in the picture), and on one side use a 5mm hexagon wrench #7 with a flat head socket cap screw (M8*15mm) #4 to fix them and lock them.



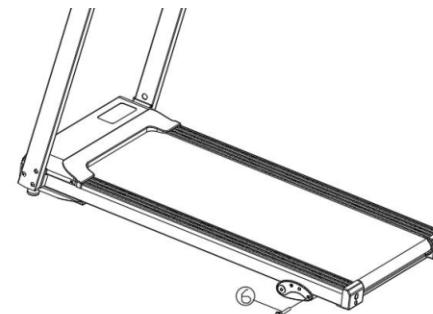
Step 04

1. First remove the four-corner knob ($\phi 50 \times \phi 18 \times M8 \times 15$) #5 from the screw kit .
2. Turn the computer up (as shown in the picture), fix the computer with the four-corner knob ($\phi 50 \times \phi 18 \times M8 \times 15$) #5, and lock it tightly.



Step 05

1. Before installing this step, lock all the assembly bolts with a wrench.
2. Take out the round-headed steel ball bolt ($\phi 27 \times \phi 10 \text{mm}$) #6 from the screw kit and insert it into the left and right three-speed adjusters of the machine.
3. After confirming that all the screws are assembled and locked, connect the power cord and install the safety key on the machine.
4. After confirming that there is no error, power on and test it!



NOTE: For your safety and comfort, please check if all screws are fastened.
Congratulation! A brand new motorized treadmill has been successful assembled!

HOW TO SHIFT BETWEEN KILOMETERS AND MILES

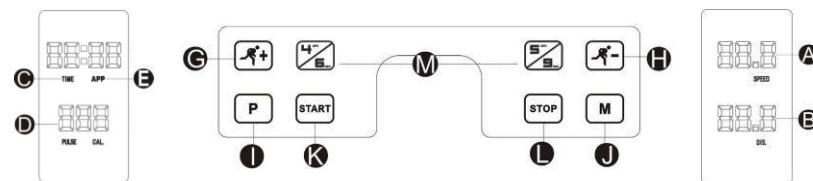
Remove the safety key, and press P+M buttons for 5 seconds to shift between Kilometers and Miles.



GENERAL SAFETY TIPS

- A. Practice mounting and dismounting your treadmill before beginning your workout.
- B. Attach the Safety Key to the Computer (the treadmill will not operate without the Safety Key). Clip the other end of the Safety Key to your clothing before exercising to ensure the treadmill will stop if the user accidentally walks off the Treadmill.
- C. If the user falls off the Treadmill, the Safety Key will come off the Computer and the treadmill will stop at once to avoid further injury.
- D. Do not stand on the Walking Belt while starting the Treadmill. Straddle the Belt and stand on the plastic Foot Rails.
- E. The Treadmill will start at 0.6MPH after countdown. If you are a new user, stay at a slow speed and hold onto the Hand Grips until you become comfortable.

QUICK REFERENCE GUIDE



A SPEED WINDOW	E APP LIGHT	J MODE BUTTON
B DISTANCE WINDOW	G SPEED+ / H SPEED-	K START BUTTON
C TIME WINDOW	I PROGRAM BUTTON	L STOP BUTTON
D PULSE/CALORIE WINDOW	M QUICK SPEED BUTTON	

DISPLAY FUNCTION

TIME: Accumulates total workout time from 0:00 to 99:00 minutes.
 PULSE: When pulse signal is detected by grasping both stainless steel pick-ups on front handrails, it will display your current heart rate in beats per minute from 50 to 199.
 SPEED: Displays the current belt speed from starting at 0.6MPH to max speed.
 CALORIE: Accumulates calorie consumption during exercise. Max. Value is 990 kcal.
 DISTANCE: Accumulates total workout distance from 1.0 to 99.9 kilometers by count-up;

GETTING STARTED

NOTES:

1. Check to make sure nothing is on or will hinder the movement of the treadmill.
2. Plug in the power cord and turn the treadmill ON.
3. Stand on the foot rails of the treadmill.
4. Attach the safety key clip to part of your clothing.
5. Put the safety key into the safety key hole in the console, and then the treadmill will be on start/ready status.
6. During your workout in any mode, when you press STOP button, the treadmill will be paused, if you want to resume your workout, you can press START button and all previous data will resume counting, treadmill belt will begin movement after a 3 seconds count-down. If you want to go to start/ready status, press STOP button again after pausing the treadmill. During selecting program or setting information, press STOP button will return to start/ready status.
7. You have two options to start your workout:
 - A. QUICK START
Simply press the START button to begin working out.
 - B. SELECT A PROGRAM
Select manual program by pressing (M) button or pressing (P) buttons to enter manual program or 8 preset programs.

QUICK-START OPERATION

STEP 1: Attach the Safety key to wake display up; Then the treadmill will be on start/ready status.
 STEP 2: Press the START button to begin belt movement after a 3 second count-down. Use the (G) / (H) buttons to adjust the desired speed at any time during training. The speed can also be adjusted by the buttons on right handrail.
 STEP 3: To get a pulse reading, simply hold stainless steel pick-ups on handrails. It may take a few seconds for the display to reach the actual number. The pulse rate will be displayed on PULSE window.
 STEP 4: Press STOP button to stop your workout or pull safety key away from its position to shut down the computer. Press STOP button will pause the program, if you want to resume your workout, you can press START button and all previous data will resume counting, treadmill belt will begin movement after a 3 seconds count-down. If you want to go to start/ready status, press STOP button again after pausing the treadmill.
 STEP 5: During quick-start operation, TIME, CALORIE and DISTANCE will count up.

MANUAL PROGRAMS OPERATION

NOTES:

Under this program, one of DISTANCE, CALORIE and TIME can be set count-down for your workout, the others will count up during your workout, after one count-down reach zero, program will be ended and stop the belt movement, if you need to continue, press the START button to begin belt movement after a 3 second count-down.

STEP 1: Attach the Safety key to wake display up; the treadmill then will be on start/ready status.
 STEP 2: Press (M) button, the TIME window will display 30:00, press (G) / (H) button to set the TIME from 5:00 minutes to 99:00 minutes.
 If you do not like to set TIME for count-down and pass to others, then DO NOT PRESS (G) / (H) button to set TIME, but directly press (M) again, the DISTANCE window will display 1.0, you can set count-down DISTANCE from 0.6MPH – Max Speed.
 If you do not like to set DISTANCE for count-down and pass to others, then DO NOT PRESS (G) / (H) button to set DISTANCE, but directly press (M) again, the CALORIE window will display 50, you can set count-down CALORIE from 20.0 KCAL to 990 KCAL.
 STEP 3: After finishing setting count-down for your workout, press START to begin belt movement after a 3 seconds count-down.
 STEP 4: During the program you can adjust the speed by pressing (G) / (H) button.
 STEP 5: Press STOP button to stop your workout or pull safety key away from its position to shut down the computer. Press STOP button will pause the program, if you want to resume the program, you can press START button and all previous data will resume counting, treadmill belt will begin movement after a 3 seconds count-down. If you want to go to start/ready status, press STOP button again after pausing the treadmill.

PRESET PROGRAMS OPERATION

NOTES:

All the preset programs are made up with 18 time-based segments; the speed is preset on each segment. The elapse time of 18 segments on each program will be automatically arranged according to the time you set for your workout time.

There are 64 preset programs for 8 different training goals, and 8 different intensity levels on each training goals.

STEP 1: Attach the Safety key to wake display up; the treadmill then will be on start/ready status.

STEP 2: Press (P) button to scroll through the 8 preset training goals, and BODY FAT function. A training goal will be selected once you press (P) button. After selecting a training goal, press (M) button to select a intensity from L1 to L8. After selecting a intensity, then press (+) / (-) buttons to modify the elapsing time. The pre-set elapsing time of each program is 30:00 minutes, and it can be set from 5:00 to 99:00 minutes.

STEP 3: After modifying the elapsing time, press START button to accept and begin your workout.

STEP 4: During procession of program you can adjust the SPEED by pressing (+) / (-) or QUICK SPEED 4, 5 buttons. The speed can also be adjusted by the buttons on handrail.

However, the SPEED you adjust will only be effective on the ongoing segment, after the segment finished, the SPEED will process with preset values.

USING THE PULSE FUNCTION

The PULSE/SPEED Window on your Computer works in conjunction with the Pulse Sensors on both handrails. When you are ready to read your pulse:

1. Place both hands firmly on the Pulse Sensors. For the most accurate reading, it is important to use both hands.
2. Your estimated heart rate will display in the PULSE window approximately 10 seconds after you hold the Pulse Sensors.
3. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.

USER PROGRAM

This program is for user to edit a personal program; the speed and incline of each segment can be edited according as personal's desire. There are 18 segments on this program for user to edit workout program.

Once the program is set, it will be stored on the computer, the computer will proceed the program by pressing START/STOP button. There are totally 3 user program can be edited.

If you want to re-edit the program, just follow the steps described as bellow.

Attach the Safety key to wake display up; the treadmill then will be on start/ready status.

Press (P) button until the screen display P 8, then press the (P) button once more to let the screen display U01 and you are now on the User-defined program 01 (U01); keep pressing the (P) button once again, the screen will display U02, and you are now on the User-defined program 02(U02); press the (P) button again when you are on the User-defined program 02 (U02), you will enter the User-defined program 03 (U03).

Each User-defined program is composed of 18 time-based segments. To adjust the speed of each segment in every User-defined program when users are in the User-defined program, press “(M)” button on the console, the middle window will display S-01 to S-18, which brings users to the 18 time-based segments ; the default speed of each segment is 0.6MPH shown on left window, but it can be adjusted from 0.6MPH to max speed, by pressing “(+) / (-)” buttons on the console.

The default elapsing time of each program is 30:00 minutes. After setting the speeds for all 18 segments in the program, press (M) button to enter time setting interface to adjust the overall time for the program from 5:00 to 99:00 minutes by pressing (+) / (-) buttons on the console.

o start the User-defined program after finishing setting all the data, please press “START”button on the console to begin the program and the belt movement.

You can use U01/U02/U03 to set 3 different users modes or 3 different time periods or different speed status according to users' training goals.

After finishing setting speeds for 18 time-based segments and the overall time for each User-defined program, please press the “(stop)” button on the console twice until the data is cleared and then press (P) button to change the program among Pre-set programs and User-defined programs (U01-U02-U03) options to start your workout.

BODY FAT SCALE

This function is to estimate your body fat according to the basic information of you body condition.

This estimate is not exact and persons with medical conditions and/or a specific need for accurate body fat value should not rely on the estimations provided.

STEP 1: Press PROGRAM button repeatedly until the LED display FAT. Press MODE button to set the relative parameters: AGE, GENDER, HEIGHT, and WEIGHT.

STEP 2: After entering BODY FAT function, the LED will display F 1 and 25, which represents age, press SPEED +/- button to set age from 10 – 99. Then press MODE button to go to next step.

STEP 3: After pressing MODE button, the LED will display F 2 and 01, which represents GENDER, press SPEED +/- button to set gender from 01-02. 01 represents MALE, 02 represents FEMAL. Then press MODE button to go to next step.

STEP 4: After pressing MODE button, the LED will display F 3 and 170, which represents HEIGHT, press SPEED +/- button to set height from 100CM-200CM. Then press MODE button to go to next step.

STEP 5: After pressing MODE button, the LED will display F 4 and 70, which represents WEIGHT, press SPEED +/- button to set weight from 20KG-150KG. Then press MODE button to go to next step.

STEP 6: After finished setting all the necessary information of your body condition, press MODE button again, the LED will display F 5 and “---”, it means the computer start to work for calculating, then hold the pulse sensor on handrail with both of your hands, around 8 seconds after, the body fat result will be displayed on LED.

BODY FAT CHART

The result that given by body fat scale can be a reference of body condition, check your body condition according to the left chart with the result you get from the treadmill.

Body condition	Result
Fat	BMI > 30
Overweight	26 < BMI < 30
Fit	19 < BMI < 25
Thin	BMI < 19

PRESET PROGRAM CHART

P1. WEIGHT LOST

SPEED CHANGES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1 SPEED(MP/H)	0.6	1.2	1.2	1.9	1.9	1.9	2.5	3.1	3.7	3.7	4.3	3.7	3.1	2.5	2.5	1.9	1.2	1.2
Level 2 SPEED(MP/H)	0.6	1.2	1.2	1.9	2.5	2.5	3.1	3.7	5	5	6.2	5	5	3.1	3.1	1.9	1.2	1.2
Level 3 SPEED(MP/H)	0.6	1.2	1.9	2.5	3.1	3.1	3.7	5	5.6	6.2	7.5	6.2	5	4.3	3.7	2.5	1.9	1.2
Level 4 SPEED(MP/H)	0.6	1.2	1.9	2.5	3.7	4.3	5	6.2	6.8	7.5	8.1	6.8	6.2	5	4.3	3.1	2.5	1.2
Level 5 SPEED(MP/H)	1.2	1.9	2.5	3.1	4.3	4.3	5	6.2	7.5	8.7	8.7	8.1	7.5	6.2	5.6	3.7	2.5	1.2
Level 6 SPEED(MP/H)	1.2	1.9	2.5	3.1	4.3	5.6	6.2	7.5	8.1	8.7	8.7	8.1	7.5	6.2	5.6	3.7	3.1	1.9
Level 7 SPEED(MP/H)	1.2	1.9	3.1	3.7	5	5.6	6.2	7.5	8.1	8.7	9.3	8.1	7.5	6.2	5.6	3.7	3.1	1.9
Level 8 SPEED(MP/H)	1.2	1.9	3.1	3.7	5	6.2	7.5	8.7	8.7	9.3	9.3	8.7	8.1	6.8	5.6	4.3	3.7	1.9

P2. CARDIO TRAIN

SPEED CHANGES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1 SPEED(MP/H)	0.6	0.6	1.2	1.2	1.9	2.5	3.1	3.7	4.3	4.3	3.7	2.5	1.9	1.2	0.6	0.6		
Level 2 SPEED(MP/H)	0.6	1.2	1.2	1.9	2.5	3.1	3.7	4.3	4.3	5	5	4.3	4.3	3.1	2.5	1.2	1.2	0.6
Level 3 SPEED(MP/H)	0.6	1.2	1.9	2.5	3.1	3.7	4.3	5	5	5.6	5.6	5	5	3.7	3.1	1.9	1.2	0.6
Level 4 SPEED(MP/H)	1.2	1.2	2.5	3.1	3.7	4.3	5	5.6	5.6	6.2	6.2	5.6	5.6	4.3	3.7	2.5	1.2	1.2
Level 5 SPEED(MP/H)	1.2	1.9	3.1	3.7	4.3	5	5.6	6.2	6.2	6.8	6.8	6.2	6.2	5	4.3	3.1	1.9	1.2
Level 6 SPEED(MP/H)	1.2	2.5	3.7	4.3	5	5.6	6.2	6.8	6.8	7.5	7.5	6.8	6.8	5.6	5	3.7	2.5	1.2
Level 7 SPEED(MP/H)	1.9	3.1	4.3	5	5.6	6.2	6.8	7.5	7.5	8.1	8.1	7.5	7.5	6.2	5.6	4.3	3.1	1.9
Level 8 SPEED(MP/H)	2.5	3.7	5	5.6	6.2	6.8	7.5	8.1	8.1	8.7	8.7	8.1	8.1	6.8	6.2	5	3.7	2.5

P3. FAT BURN

SPEED CHANGES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1 SPEED(MP/H)	0.6	1.2	1.9	1.9	3.1	3.7	4.3	5	5	5	4.3	4.3	3.1	2.5	1.9	1.2	0.6	
Level 2 SPEED(MP/H)	0.6	1.2	1.9	2.5	3.7	4.3	5	5.6	5.6	5.6	5	5	3.7	3.1	1.9	1.2	0.6	
Level 3 SPEED(MP/H)	0.6	1.2	2.5	3.1	4.3	5	5.6	6.2	6.2	6.2	5	5.6	4.3	3.7	2.5	1.2	0.6	
Level 4 SPEED(MP/H)	1.2	1.9	3.1	3.7	5	5.6	6.2	6.8	6.8	6.8	6.2	6.2	5	4.3	3.1	1.9	1.2	
Level 5 SPEED(MP/H)	1.2	2.5	3.7	4.3	5	5.6	6.2	6.8	7.5	7.5	7.5	6.8	6.8	5.6	5	3.7	2.5	1.2
Level 6 SPEED(MP/H)	1.9	3.1	4.3	5	6.2	6.8	7.5	8.1	8.1	8.1	7.5	7.5	6.2	5.6	4.3	3.1	1.9	
Level 7 SPEED(MP/H)	2.5	3.7	5	5.6	6.8	7.5	8.1	8.7	8.7	8.7	8.1	8.1	6.8	6.2	5	3.7	2.5	
Level 8 SPEED(MP/H)	2.5	4.3	5.6	6.2	7.5	8.1	8.7	9.3	9.3	9.3	8.7	8.7	7.5	6.8	5.6	4.3	2.5	

P4. POWER WALK

SPEED CHANGES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1 SPEED(MP/H)	0.6	0.6	1.2	1.2	1.9	1.9	2.5	2.5	2.5	2.5	2.5	1.9	1.2	1.2	1.2	0.6	0.6	
Level 2 SPEED(MP/H)	0.6	1.2	1.2	1.2	1.9	1.9	2.5	2.5	3.1	2.5	2.5	2.5	1.9	1.9	1.2	1.2	0.6	
Level 3 SPEED(MP/H)	0.6	1.2	1.2	1.9	1.9	2.5	2.5	3.1	3.1	3.1	2.5	2.5	2.5	1.9	1.9	1.2	0.6	
Level 4 SPEED(MP/H)	0.6	1.2	1.9	1.9	1.9	2.5	2.5	3.1	3.7	3.7	3.1	2.5	2.5	1.9	1.2	1.2	0.6	
Level 5 SPEED(MP/H)	0.6	1.2	1.9	2.5	3.1	3.1	3.1	3.7	3.7	3.7	3.1	2.5	2.5	2.5	1.9	1.2	0.6	
Level 6 SPEED(MP/H)	0.6	1.2	1.9	2.5	3.1	3.1	3.7	3.7	3.7	3.7	3.1	2.5	2.5	2.5	1.9	1.2	0.6	
Level 7 SPEED(MP/H)	0.6	1.2	1.9	2.5	3.1	3.7	3.7	4.3	4.3	3.7	3.7	3.1	2.5	2.5	1.9	1.2	0.6	
Level 8 SPEED(MP/H)	0.6	1.2	1.9	2.5	3.1	3.7	4.3	4.3	4.3	3.7	3.7	3.1	3.1	2.5	1.2	0.6		

P5. INTERVAL

SPEED CHANGES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1 SPEED(MP/H)	0.6	1.2	2.5	1.2	2.5	1.2	2.5	1.2	2.5	1.2	2.5	1.2	2.5	1.2	2.5	1.2	2.5	1.2
Level 2 SPEED(MP/H)	0.6	1.2	3.1	1.2	3.1	1.2	3.1	1.2	3.1	1.2	3.1	1.2	3.1	1.2	3.1	1.2	3.1	1.2
Level 3 SPEED(MP/H)	0.6	1.2	3.7	1.2	3.7	1.2	3.7	1.2	3.7	1.2	3.7	1.2	3.7	1.2	3.7	1.2	3.7	1.2
Level 4 SPEED(MP/H)	0.6	1.9	3.7	1.9	3.7	1.9	3.7	1.9	3.7	1.9	3.7	1.9	3.7	1.9	3.7	1.9	3.7	1.9
Level 5 SPEED(MP/H)	0.6	1.9	4.3	1.9	4.3	1.9	4.3	1.9	4.3	1.9	4.3	1.9	4.3	1.9	4.3	1.9	4.3	1.9
Level 6 SPEED(MP/H)	1.2	2.5	4.3	2.5	4.3	2.5	4.3	2.5	4.3	2.5	4.3	2.5	4.3	2.5	4.3	2.5	4.3	2.5
Level 7 SPEED(MP/H)	1.2	2.5	5	2.5	5	2.5	5	2.5	5	2.5	5	2.5	5	2.5	5	2.5	5	2.5
Level 8 SPEED(MP/H)	1.2	3.1	5	3.1	5	3.1	5	3.1	5	3.1	5	3.1	5	3.1	5	3.1	5	3.1

P6. ROLLING

SPEED CHANGES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1 SPEED(MP/H)	0.6	1.2	1.9	1.2	0.6	1.2	1.9	1.2	0.6	1.2	1.9	1.2	0.6	1.2	1.9	1.2	0.6	0.6
Level 2 SPEED(MP/H)	1.2	1.9	2.5	1.9	1.2	1.9	2.5	1.9	1.2	1.9	2.5	1.9	1.2	1.9	2.5	1.9	1.2	1.2
Level 3 SPEED(MP/H)	1.2	1.9	2.5	3.1	2.5	1.9	2.5	3.1	2.5	1.9	2.5	3.1	2.5	1.9	2.5	3.1	2.5	1.9
Level 4 SPEED(MP/H)	1.2	2.5	3.1	3.7	3.1	2.5	3.1	3.7	3.1	2.5	3.1	3.7	3.1	2.5	3.1	3.7	3.1	1.9
Level 5 SPEED(MP/H)	1.2	3.1	3.7	4.3	3.7	3.1	3.7	4.3	3.7	3.1	3.7	4.3	3.1	3.7	4.3	3.7	3.1	1.9
Level 6 SPEED(MP/H)	1.9	3.7	4.3	5	4.3	3.7	4.3	5	4.3	3.7	4.3	5	4.3	3.7	4.3	5	4.3	2.5
Level 7 SPEED(MP/H)	1.9	4.3	5	5.6	5	4.3	5	5.6	5	4.3	5	5.6	5	4.3	5	5.6	5	2.5
Level 8 SPEED(MP/H)	1.9	5	5.6	6.2	5.6	5	5.6	6.2	5.6	5	5.6	6.2	5.6	5	5.6	6.2	5	2.5

P7. MOUNTAIN CLIMB

SPEED CHANGES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1 SPEED(MP/H)	0.6	0.6	1.2	1.2	1.9	1.9	2.5	2.5	2.5	1.9	1.9	1.2	1.2	1.2	1.2	1.2	1.2	0.6
Level 2 SPEED(MP/H)	0.6	0.6	1.2	1.2	1.9	1.9	2.5	2.5	2.5	1.9	1.9	1.2	1.2	1.2	1.2	1.2	1.2	0.6
Level 3 SPEED(MP/H)	0.6	0.6	1.2	1.2	1.9	1.9	2.5	2.5	2.5	1.9	1.9	1.2	1.2	1.2	1.2	1.2	1.2	0.6
Level 4 SPEED(MP/H)	1.2	1.2	1.9	1.9	2.5	2.5	2.5	2.5	2.5	1.9	1.9	1.2	1.2	1.2	1.2	1.2	1.2	1.2
Level 5 SPEED(MP/H)	1.2	1.2	1.9	1.9	2.5	2.5	2.5	2.5	2.5	1.9	1.9	1.2	1.2	1.2	1.2	1.2	1.2	1.2
Level 6 SPEED(MP/H)	1.2	1.2	1.9	1.9	2.5	2.5	2.5	2.5	2.5	1.9	1.9	1.2	1.2	1.2	1.2	1.2	1.2	1.2
Level 7 SPEED(MP/H)	1.2	1.2	1.9	1.9	2.5	2.5	2.5	2.5	2.5	1.9	1.9	1.2	1.2	1.2	1.2	1.2	1.2	1.2
Level 8 SPEED(MP/H)	1.2	1.2	1.9	1.9	2.5	2.5	2.5	2.5	2.5	1.9	1.9	1.2	1.2	1.2	1.2	1.2	1.2	1.2

P8. HILL RUN

SPEED CHANGES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18

<tbl_r cells="19" ix="

MAINTENANCE

WARNING!

Before performing any maintenance to your treadmill, always unplug the power cord from the surge protector.

CLEANING:

Routine cleaning of your TREADMILL will extend the life of your treadmill.

WARNING!

To prevent electrical shock, be sure the power to the treadmill is OFF and the unit is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

AFTER EACH WORKOUT:

Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration. USE NO CHEMICALS.

WEEKLY:

Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually ends up underneath the treadmill. Vacuum underneath the treadmill once a week.

DECK LUBRICATION:

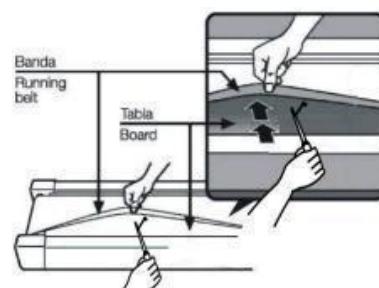
The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Every 10 days or 10 hours of operation, lift the sides of the walking belt and feel the top surface of the walking board as far under as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, lubrication is needed. Ask your retailer or call Service line for the type of silicone.

TO APPLY LUBRICANT TO THE WALKING BOARD

1. Position the walking belt so that the seam is located on top and in the center of the center of the walking board.
2. Insert the spray nozzle into the spray head of the lubricant can.
3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 10cm from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.
4. Allow the silicone to 'set' for one minute before using the treadmill.

WARNING!

Do not over-lubricate the walking board. Excess lubricant should be wiped off with a clean towel.



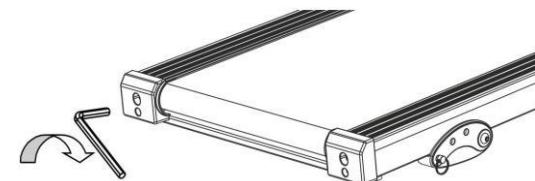
RUNNING BELT TENSION ADJUSTMENT

The treadmill has been adjusted and passed QC inspection before leaving the factory. If there is phenomenon of bias running of the belt, the possible reasons might be:

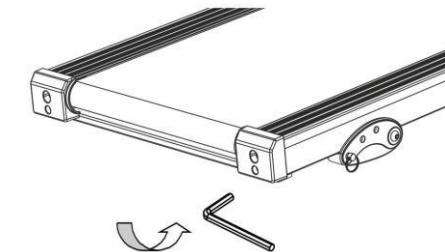
- A. The frame is not stably laid.
- B. The user is not running on the center of the running belt.
- C. The user's two feet are not using even strength.

For bias which can not be fixed automatically, try the following methods to fix the belt, as picture shown.

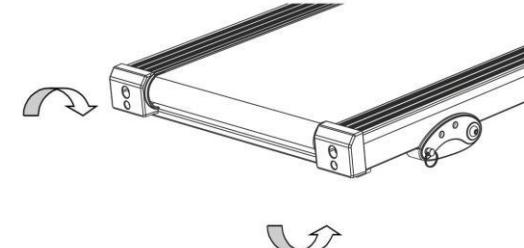
If the belt tends to move to the right, you should turn the belt adjustment screw on the right in clockwise direction. We recommend you turn 1/4 turn each time and check how it works. If the belt remains slanting to the right, then turn the belt adjustment screw on the left in counterclockwise direction 1/4, as shown in the picture A.



If the belt tends to move to the left, then turn the belt adjustment screw on the left in clockwise direction for 1/4 turn. If the belt remains slanting to the left, then turn the belt adjustment screw on the right in counterclockwise direction for 1/4 turn, as shown in the picture B.



After having been used for a period, the belt might be slightly elongated, and slipping and halting might appear when a person is running on it. When these phenomena appear, you should secure the screws on both sides for 1/4 turn. If the belt is too tight, just loosen the screw on both sides for 1/4 turn, as shown in picture C.



TROUBLE SHOOTING GUIDES

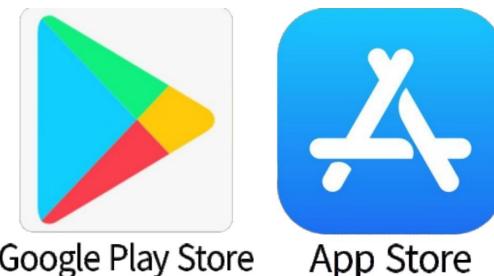
E01	Software Overcurrent	Power on and start again, mainly caused by excessive load
E02	Hardware overcurrent	The power input voltage is too low, or the lower controller is damaged
E03	IPM module overheating	Shutdown for 30 minutes and then start again
E04	Under voltage protection	The power input voltage is too low, or the lower controller is damaged
E05	Oversupply protection	The power input voltage is too high, or the lower controller is damaged
E06	Motor phase loss protection	Replace lower controller or motor
E07	Motor jam protection	Power on and start again
E08	Motor stopped	1. Add lubrication oil. 2. Replace the motor
E09	Motor overcurrent protection	1. Add lubrication oil. 2. Replace motor. 3. Replace the lower controller
E10	Overload protection	1. Replace lower controller 2. Replace console PCB 3. Replace cable
E12	Communication issues	1. Replace lower controller 2. Replace console PCB 3. Replace cable

PROBLEM	POSSIBLE CAUSES	CORRECTION
Console has no display	1. Power cord not plugged well. 2. Defection on whole set cable or not plug well. 3. Overload protection.	1. Check power cord connection. 2. Plug every connector well. 3. Reset overload protector.
Treadmill belt slipping	1. Running belt too loose. 2. Motor belt too loose.	1. Tighten running belt. 2. Tighten motor belt.
Running belt not smooth	1. Lack lubrication oil 2. Running belt too tight.	1. Add lubrication oil to belt and deck. 2. Loose running belt.
Motor not work	1. Safety key not attached correctly. 2. Motor cable not connect well. 3. Whole set cable not plug well. 4. Controller damaged. 5. Motor damaged.	1. Insert safety key. 2. Check motor cable connection. 3. Plug whole set cable again. 4. Replace controller. 5. Replace motor.

HARISON APP CONNECTION INSTRUCTIONS

DOWNLOAD THE HARISON APP APP TO THE REMOVABLE DEVICE

Android mobile phone: you can search [HARISON] from Huawei, Honor, Xiaomi, vivo, OPPO, iQOO, App Bao, Baidu, and other major Android mobile devices [app store] for download and installation;
Apple mobile phone: you can download and install [HARISON] from [App Store];



1. After the installation, the [HARISON APP] icon will appear in the mobile phone program (as shown in the figure below):



2. Click this icon to enter the HARISON APP program, if it is a new HARISON user, please [register] to become a HARISON APP user, if it is a registered user, you can directly log in the account to enter the HARISON APP;



Welcome to HARISON

Please select a method below for login or register

(US) +1 ▾ Please enter your phone number

Please enter the verification code

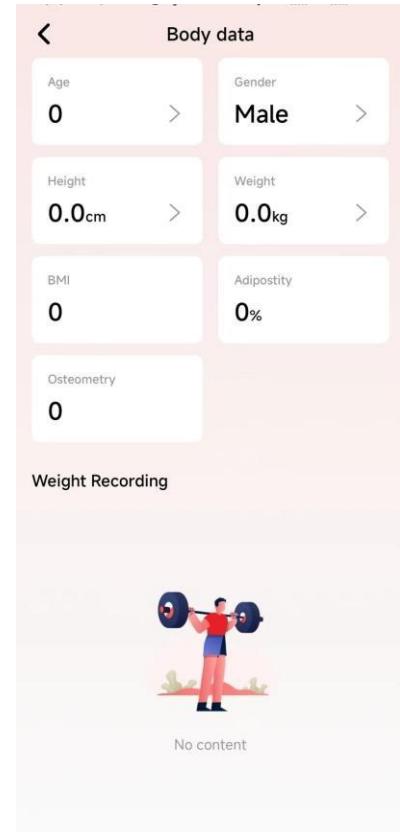
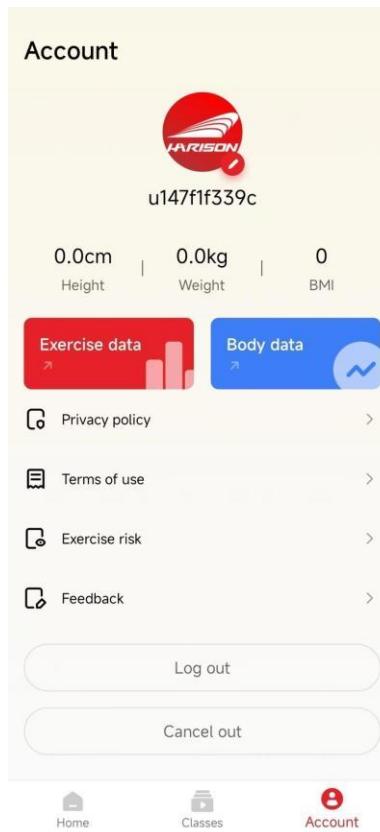
Login

Registering and logging in defaults to agreeing to the [User Agreement](#) and [Privacy Policy](#)

 Google

 Facebook

3. Personal information: After newly registered users log in to HARISON APP, they can click the [Account-Body data] icon to fill in the gender, age, height, weight and other details;

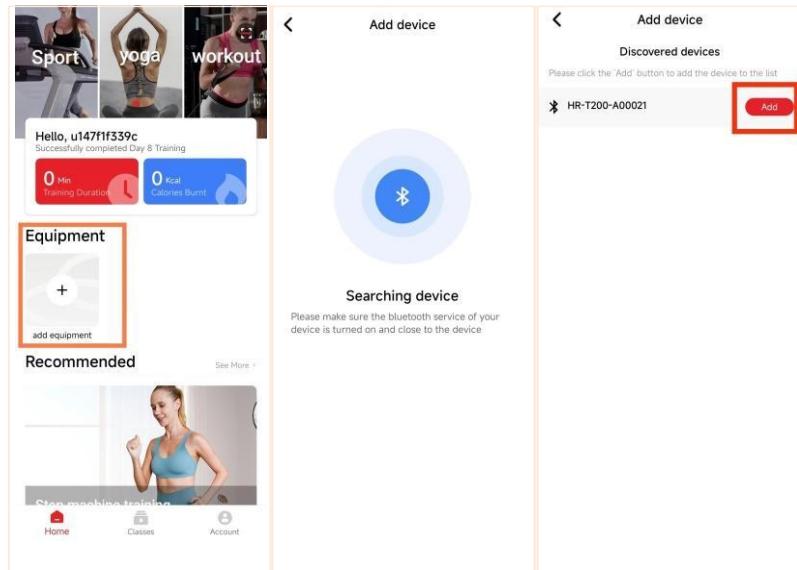


4. After the registration, you can bind the smart device you want to associate with the HARISON APP. Next, we will explain how to connect the HARISON APP with the smart devices you want to connect to the HARISON APP if you want to connect to the HARISON APP.

You want to connect to other smart devices, such as smart treadmill, smart fitness car, smart elliptical machine, smart spinning bike, smart rowing device, stepping machine, mountaineering machine, intelligent..... First, open the "Bluetooth" and "location" in the mobile phone Settings, and the relevant connection steps can refer to the intelligent treadmill connection process. If you still have questions, you can consult the official HARISON customer service staff (tel: +1-618-505-4403) to help you answer questions.

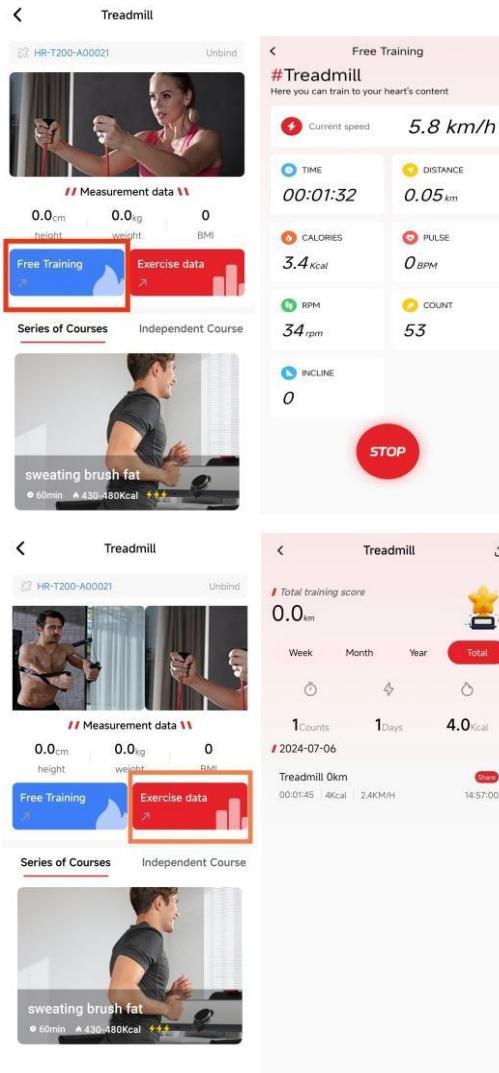
4.1 Click **【HARISON - Home - Equipment - Add】**

4.2 Here we choose [smart treadmill], the jump page will show the model of the smart treadmill you want to connect, click [Add] to complete the HARISON APP binding connection and the smart treadmill device, Other machines and devices use the same method to connect to the APP, but just choose different smart devices.

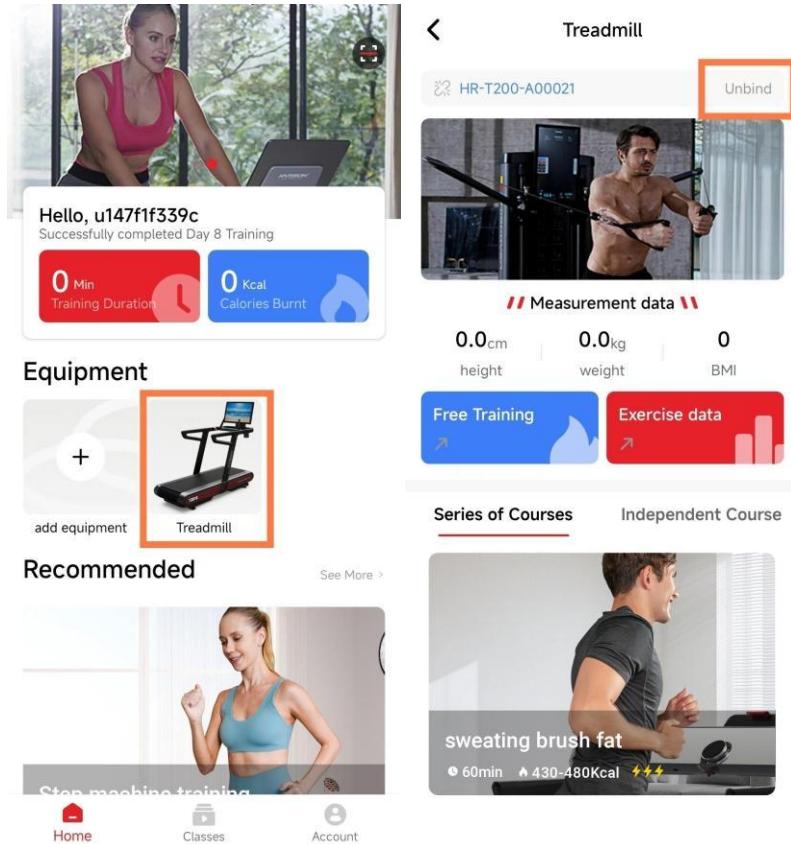


4.3 Once you complete the binding, you can start running with a smart treadmill. HARISON APP Record your distance, length, calories consumed in real time.

After the exercise, the exercise data will be automatically uploaded to the exercise record for preservation, viewing, etc.



4.4 Unbinding: If you want to unbind the smart treadmill device with the HARISON APP, just return to the [Equipment] page, select the corresponding device, and click the [Unbind] option to easily remove the binding relationship between the treadmill and the HARISON APP.



Equipment

+ 

add equipment

Recommended



Step machine training

Home Classes Account

Treadmill

HR-T200-A00021 **Unbind**



Measurement data

0.0cm height 0.0kg weight 0 BMI

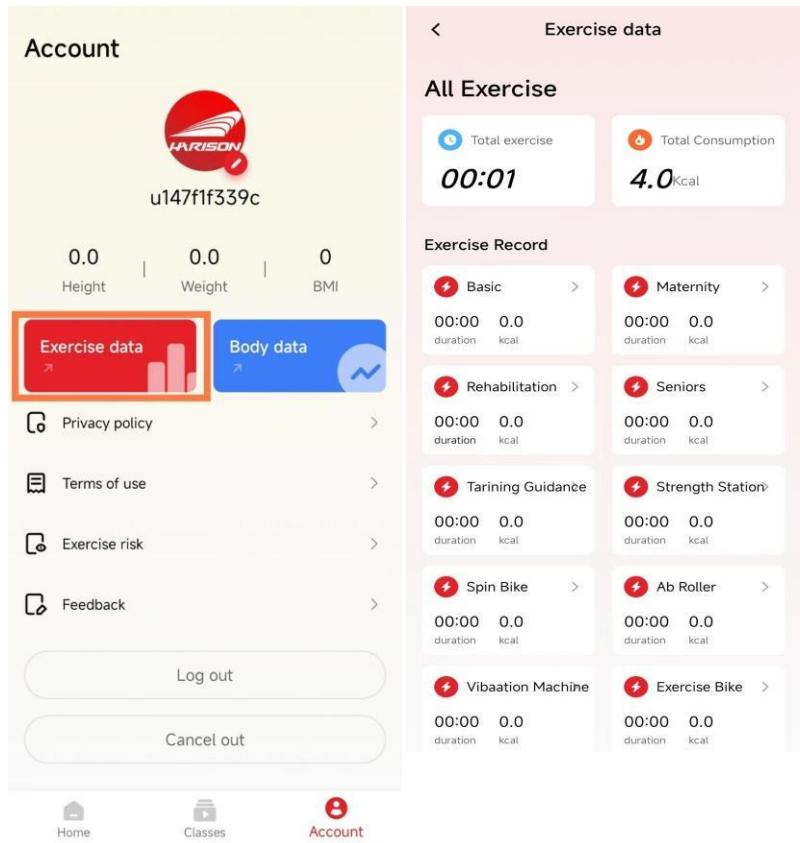
Free Training Exercise data

00:01 0 Kcal

Hello, u147f1f339c Successfully completed Day 8 Training

0 Min Training Duration 0 Kcal Calories Burnt

5. Sports data: Click the [Account] section, and you can view the total sports data, steps, running, walking, cycling and other different sports records through [Exercise].



Account



u147f1f339c

0.0 Height | 0.0 Weight | 0 BMI

Exercise data **Body data**

Privacy policy Terms of use Exercise risk Feedback

Log out Cancel out

Exercise data

Total exercise 00:01 Total Consumption 4.0 Kcal

All Exercise

Exercise Record

Category	Duration	Kcal
Basic	00:00	0.0
Maternity	00:00	0.0
Rehabilitation	00:00	0.0
Seniors	00:00	0.0
Training Guidance	00:00	0.0
Strength Station	00:00	0.0
Spin Bike	00:00	0.0
Ab Roller	00:00	0.0
Vibration Machine	00:00	0.0
Exercise Bike	00:00	0.0

Home Classes Account

6. HARISON APP The UI and functions of the intelligent hardware will be constantly upgraded and updated, if there is an update, please refer to the latest version, the paper version of the installation instructions update may be delayed, you can visit the HARISON official website link (<https://www.harisonfitness.com/>) to get the updated instructions, thank you for your use.

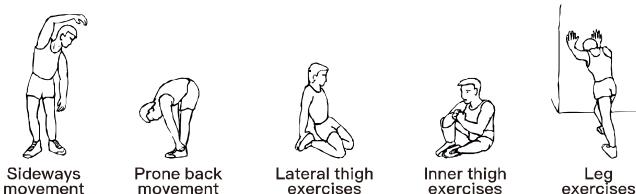
TRAINING INSTRUCTION

Using this product can not only strengthen physique and exercise muscles, but also play a role in losing weight through reasonable diet.

Warm up before training.

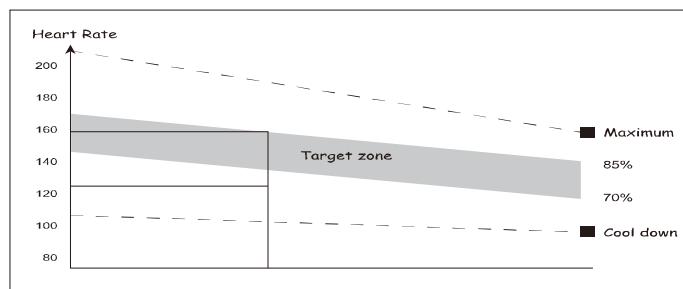
The warm-up exercise at this stage can enhance the blood circulation of the trainer's body, make the muscles reach a good training state, and at the same time reduce the risk of cramping or muscle strain during training. Before each training, please do warm-up exercises according to the following suggested training methods. Each stretching exercise must be held for about 30 seconds. When doing exercises, you should not do strenuous stretching exercise to avoid muscle damage.

Please stop practicing once your muscles are damaged.



Training stage.

This stage is a formal training stage. After long-term regular practice, users can improve the flexibility of leg muscles. The key in the training process is to practice at a stable training intensity according to your own training situation. During practice, the user should choose reasonable training intensity and keep the heart rate within the target range listed in the following table.



In order to keep the heart rate within the corresponding target range, users should continue to train for at least 12 minutes, and most users should continue to train for 15–20 minutes at the beginning of training.

Recovery stage after training.

In the recovery stage, users need to repeat the activities in the preparation stage. In this process, the user can appropriately reduce the range and speed of the movement, which lasts about 5 minutes. Exercise adjusts the body heat and relaxes the muscles. It should be noted that you should not do strenuous stretching activities during exercise, so as not to injure muscles.

Under the condition of adapting to training, the user can gradually increase the training time and intensity. It is recommended to train at least 3 times a week. If possible, record the average level of weekly practice.



TRAINING RECORDS

RECORD YOUR TRAINING PROCESS

**TRAINING RECORDS**

RECORD YOUR TRAINING PROCESS

FCC Warning

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.

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

Note: 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.

The device has been evaluated to meet general RF exposure requirement.
The device can be used in portable exposure condition without restriction.

HARISON FITNESS LTD (USA)

US Address: 1486 Louis Bork Drive, Batavia, IL. 60510,USA
Phone: +1(618)505-4403
E-Mail: info@harisonfitness.com