

## Remote button function:

1. Press "ON/OFF" key, the machine will start  
And when you press this key again, the machine will stop.
2. Press "+" key for speed up and "-" key for slowdown.

### 3. Countdown function

Step 1: Turn on the power switch of the treadmill.

Step 2: In standby mode, press the "M" key  
to enter three countdown modes:

**Time, Distance, and Calorie.**

During the mode select,

the indicator light for the current mode will always be on.

Then select one of the modes you want,  
and press the "+" and "-" keys can be used to  
increase and decrease the value of the countdown function.

Step 3: After setting the countdown value, press "ON/OFF" to run.

Step 4: When you want to quit the countdown function,  
press "ON/OFF" again to stop.



FCC Statement:

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

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

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.