

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.
The specifications of this product may vary from this photo, subject to change without notice.

Version: 1.0



Treadmill

USER MANUAL

MODEL: **M4638**

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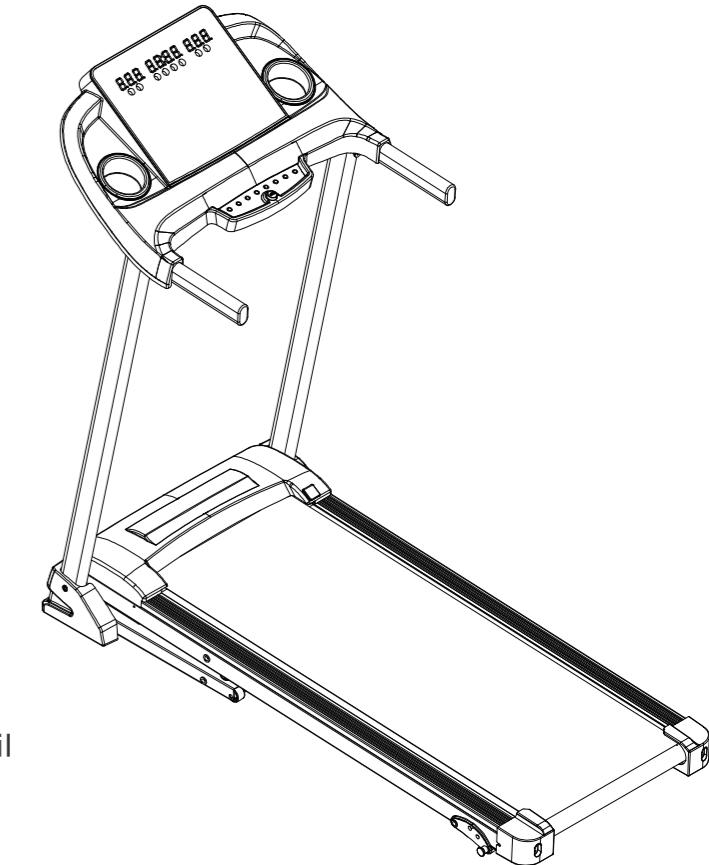


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Specification:

Model: **M4638**
Color: Black
N.W: 63.8 LBS
Running area: 380x 1050 mm
Horse power: 2.5 HP
Speed: 0.5-8.0 MP/H
Shock absorption: AIR
Max weight: 300 LBS

Note: The physical object shall prevail



1 / CUSTOMER SERVICE

IMPORTANT: FOR RHYTHM FUN ONLY

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department by the below methods:

support@yopofitness.com

Response Time: **12-24 Hours**

Hot line: 1-844-977-0007

Emailing us with the **Order ID** will be the best method to receive a response during peak business hours.

PLEASE DO NOT RETURN THIS PRODUCT WITHOUT ASKING OUR CUSTOMER SERVICE FIRST.

2 / IMPORTANT SAFETY INSTRUCTIONS

DANGER - To reduce the risk of electric shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. Caution - To reduce the risk of injury from moving parts - Unplug before servicing.
13. Warning - To reduce the risk of Electric shock - Unplug before cleaning or servicing.
14. Warning - Risk of personal injury - Keep children under the age of 13 away from walking treadmill.
15. To disconnect, turn all controls to the position, then remove plug from outlet.
16. Connect this appliance to a properly outlet only. See grounding instructions.

17. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this walking treadmill.

18. **The maximum weight capacity for this product is 300 lbs/136kg. Do not EXCEED MAXIMUM WEIGHT CAPACITY.**

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS:

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric 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 product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

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.

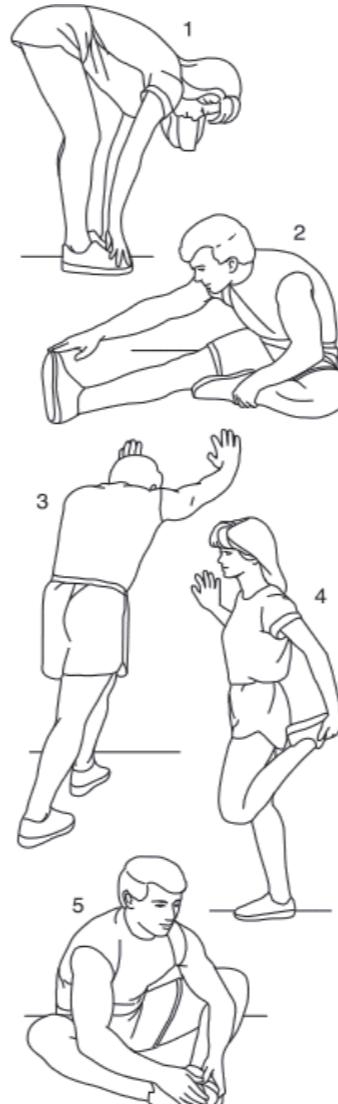
Increase the separation between the equipment and receiver.

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.



1. Stretch down:

Bend your knees slightly with your body stretch down slowly, let your back and shoulders relax, and try to extend your hands to touch your toes. Hold for 10-15 seconds and take a break for a few seconds. Repeat 3 times.

2. Hamstring stretch:

Sit down on a clean cushion, straighten one leg and place the other leg inward towards the thigh and snug on the inside of the straightened leg. In the meantime, try to touch the toes of your straightened leg with the hand at the same side. Hold for 10-15 seconds and take a break for a few seconds.

3. Calf and Achilles Tendon Stretches:

Place both hands against the wall while standing with one foot behind the other, keeping your back leg straight and both heels planted on the ground while leaning against the wall. Hold for 10-15 seconds and take a break for a few seconds. Repeat 3 times for each leg.

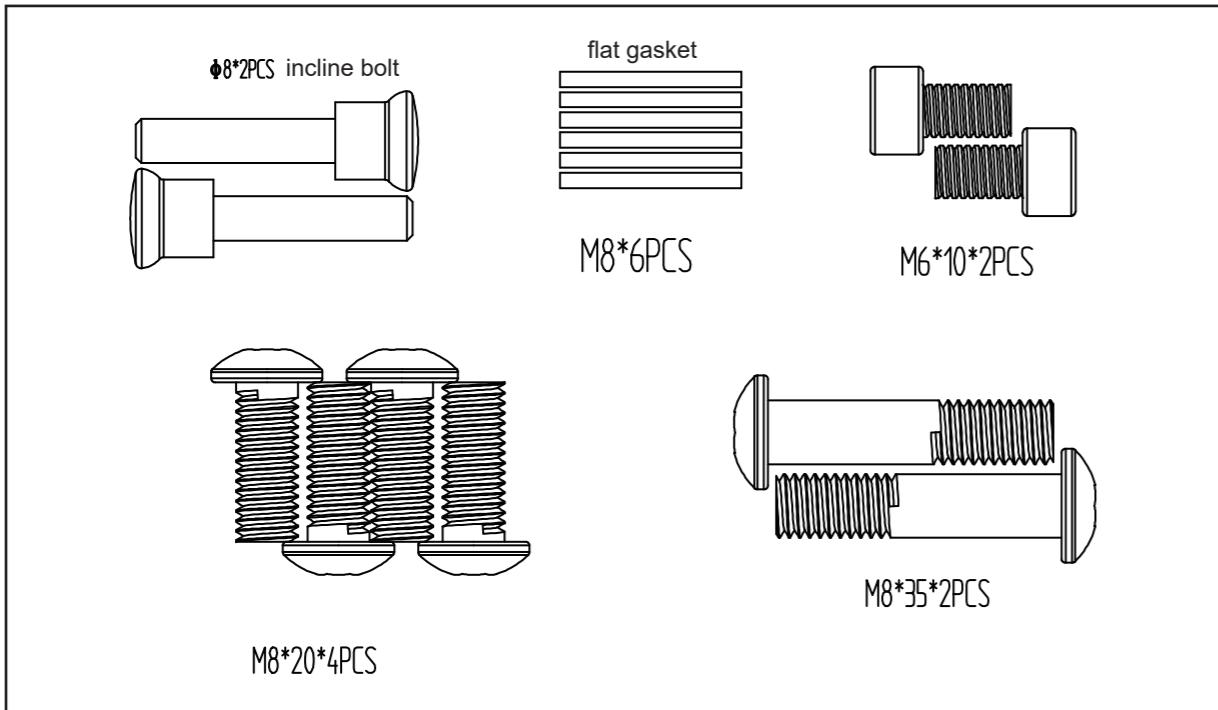
4. Quadriceps Stretch:

Hold your body steady with your left hand holding against the wall and right hand reaching back to grab your right heel and pull it slowly towards your hips, until you feel the muscle tightness at the front side of your thigh. Hold for 10-15 seconds and take a break for a few seconds. Repeat several

5. Inner thigh Stretch:

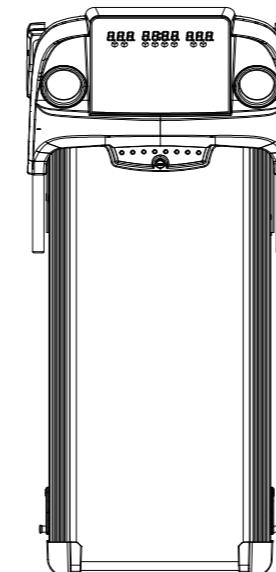
Sit on the floor with your two feet holding against each other and your knees pointing to the opposite directions, grab your feet with your hands and pull them toward your groin. Hold for 10-15 seconds and take a break for a few seconds. Repeat 3 times.

3/PRODUCT AND ACCESSORIES



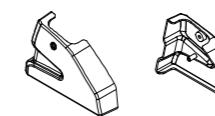
3/PRODUCT AND ACCESSORIES

Please carefully check whether the contents of the package are complete and intact. If there is any missing and damage, please contact the seller.

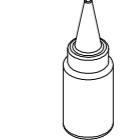


treadmill × 1

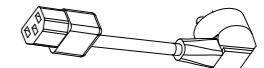
Accessories



Base protection cover
x 2



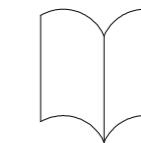
Lubricating Oil x 2



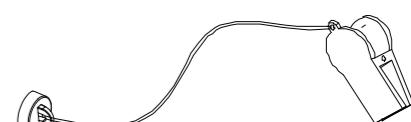
Power Cord x 1



Hex Tool × 1

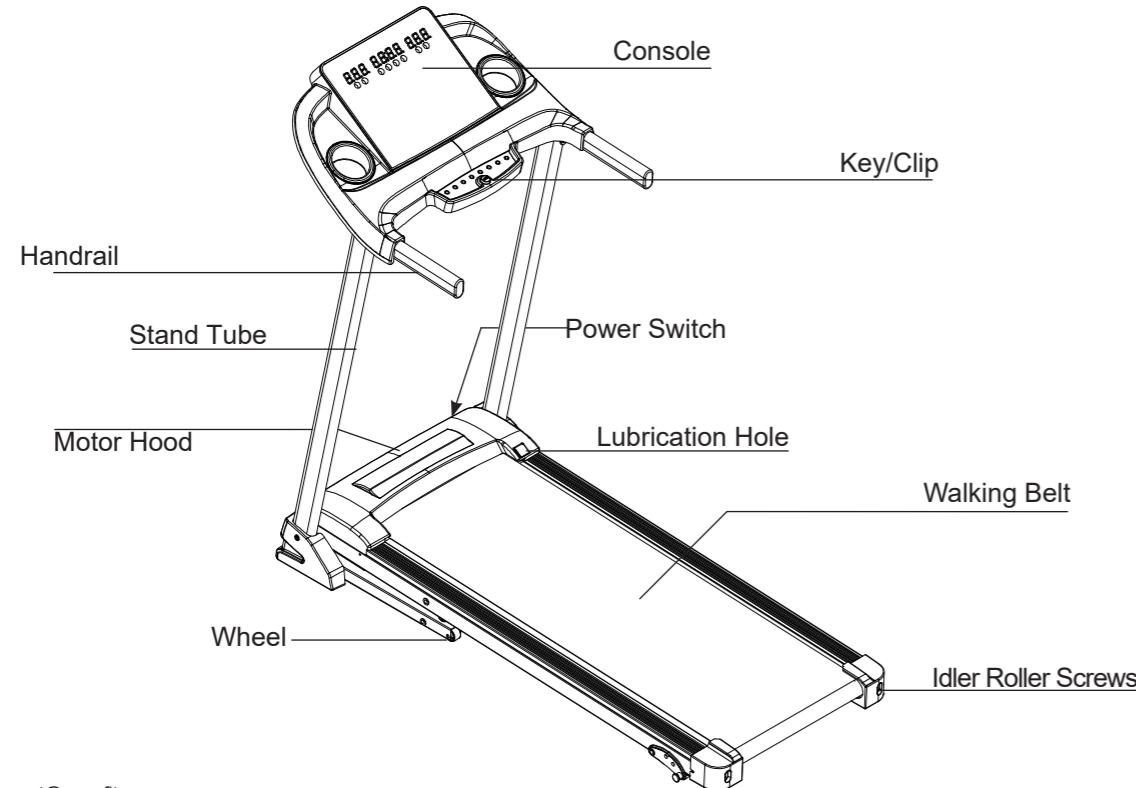


User Manual x 1



Safe Lock x 1

4 / PRODUCT INTRODUCTION



5 / TREADMILL INSTALLATION

Carry out the machine from the package by two persons and place it lightly on a flat floor, And put other fittings beside the machine. Lift up the stand tube.

Figure 1: First, Remove the fixed sheet iron. Then, Find M8*35*2pcs Screw / M8*20*2pcs Screw/ Flat Gasket *4pcs, use wrench to fasten the base

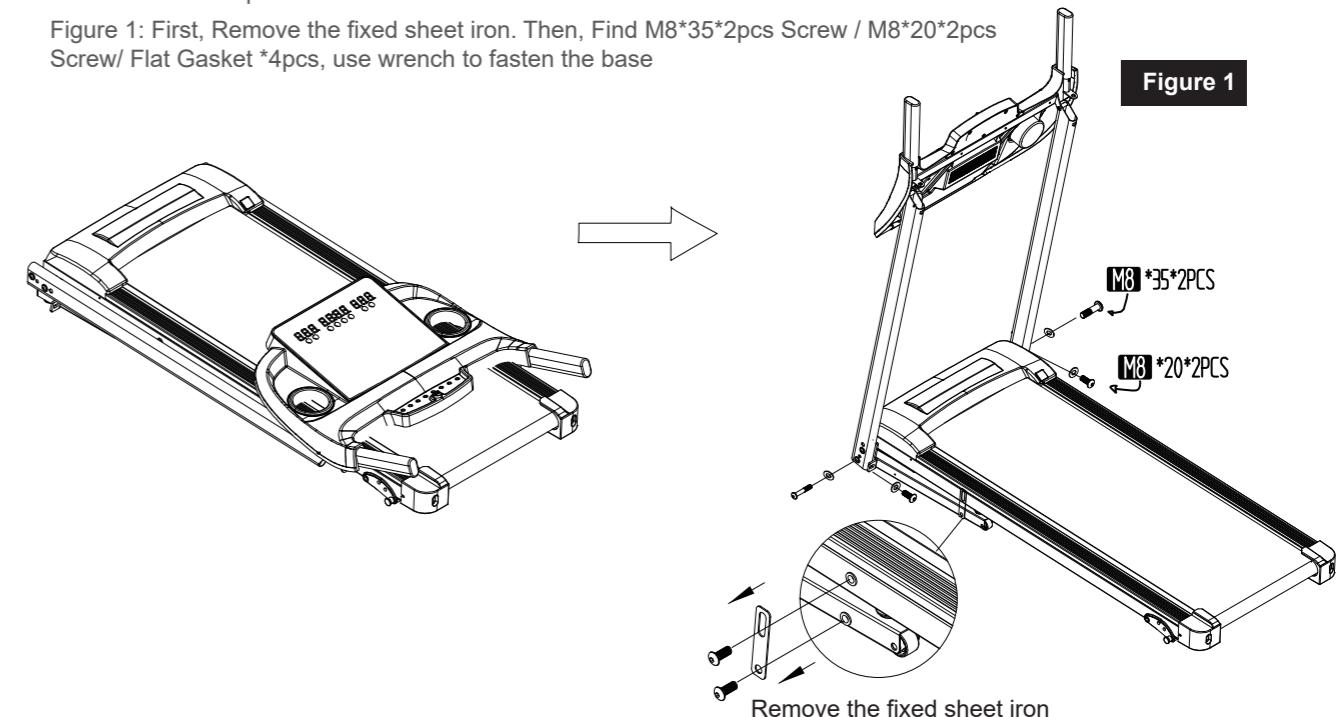


Figure 1

5 / TREADMILL INSTALLATION

Figure 2: Find M8*20*2pcs, to fasten connection between the panel and Stand Tube by wrench

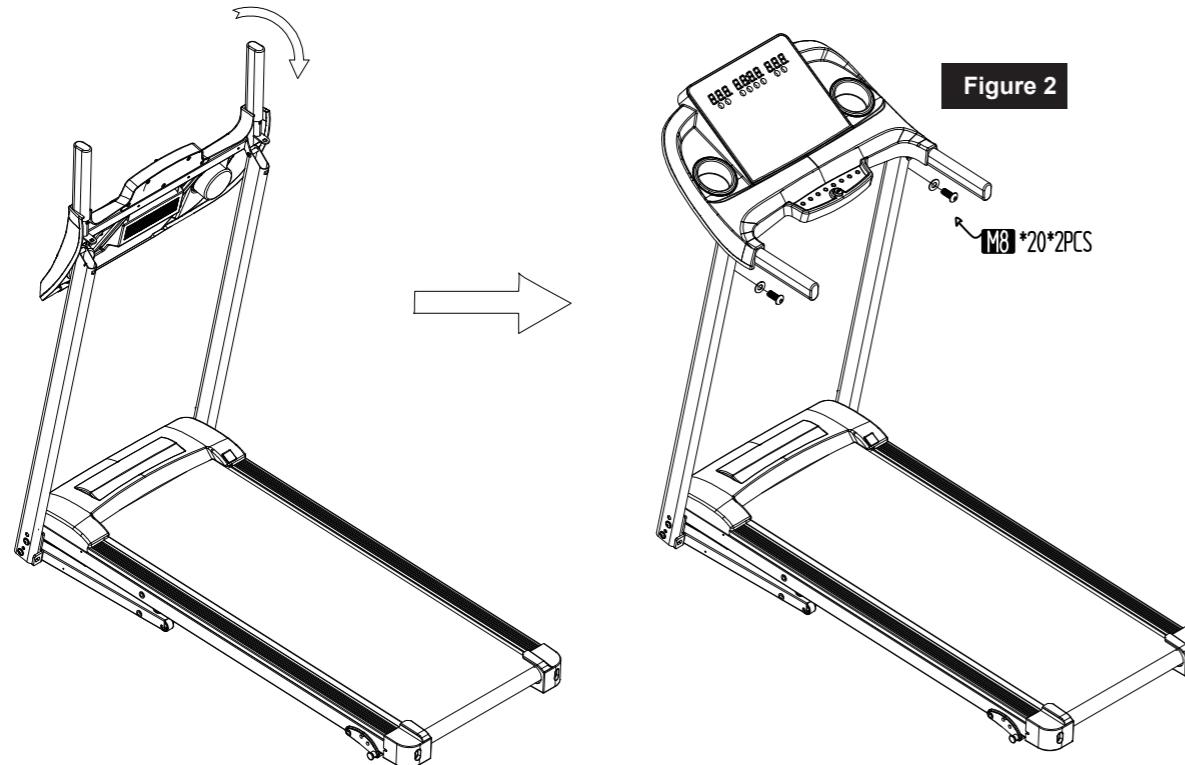
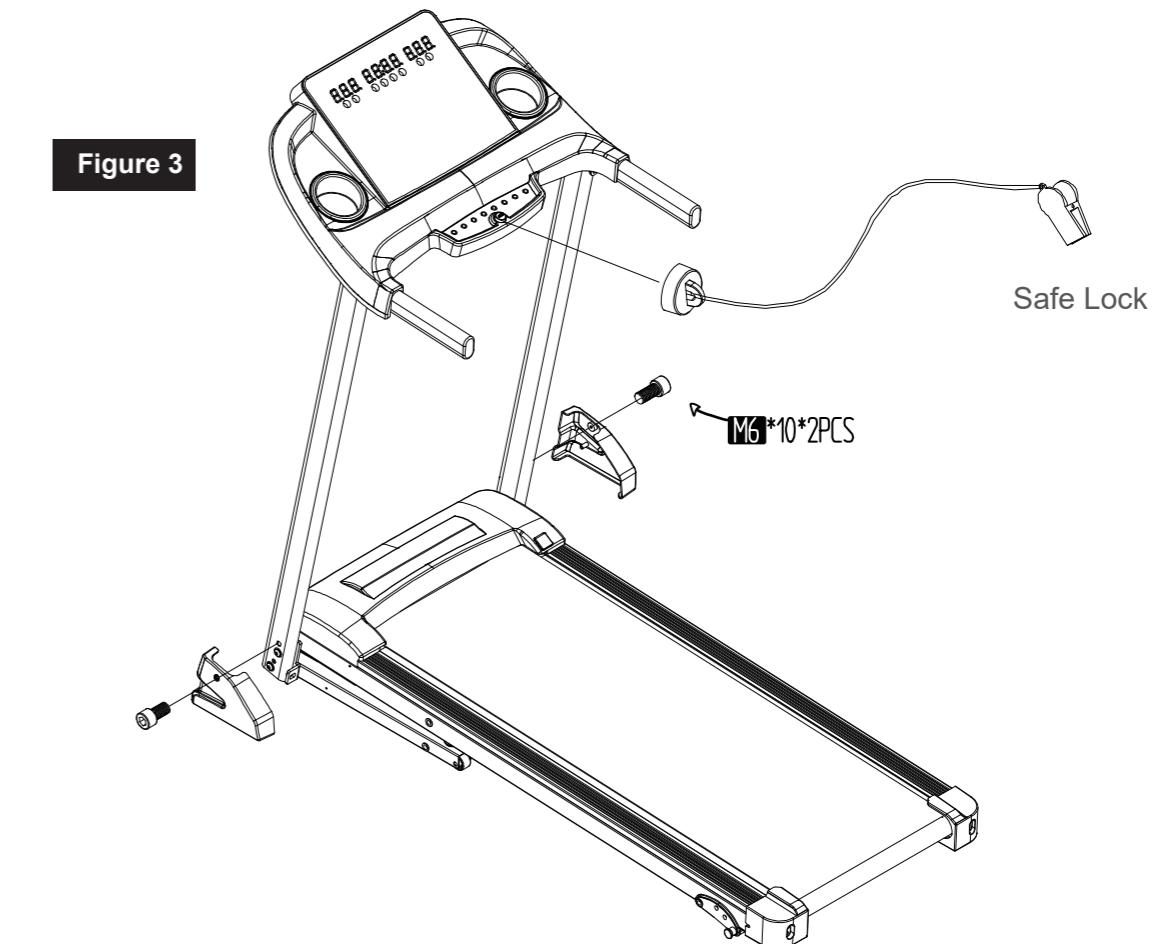
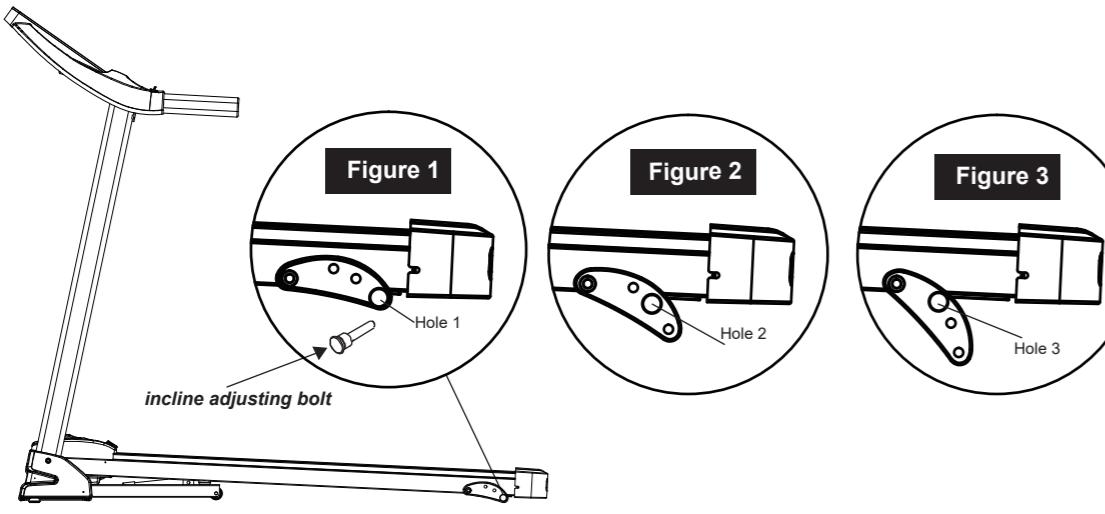


Figure 3: Find M8*20*2pcs to fasten the side cover gently until it is stuck. Put on the safety key before using the treadmill.



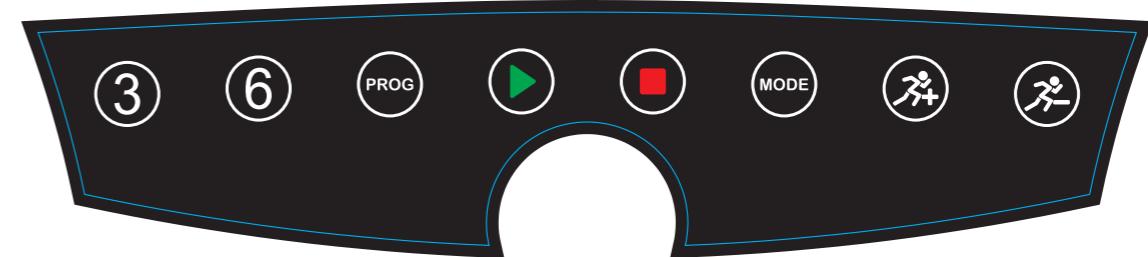
6 / INCLINE ADJUST



Lift the treadmill to a certain Angle, pull out the plug according to the diagram instructions, and then insert into the hole (1.2.3) position according to the appropriate slope.

Note: Make whether the holes on both sides are consistent and fixed.

7 / TREADMILL OPERATION



▶ **Start key** - -Function description: Start the motor operation

Operation instructions:

1. The electronic meter is in full manual operation mode, press this key to start the motor operation
2. In the Countdown mode, press this key to start the motor
3. In the P program mode setting state, press this key to start the motor operation

■ **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

 · **Speed + key**- -Function description: speed value adjustment during runtime, and parameter value adjustment during parameter setting

Operation instructions:

1. When the electronic meter is in operation, adjust the speed at 0.1 MPH and the long press at 0.5 MPH
2. In the parameter setting state, you can adjust the size of the set parameter value

 · **Speed - key**- -Function description: speed value adjustment during runtime, and parameter value adjustment during parameter setting

 · **Mode key**- -Function description: selection of Countdown mode

Operation instructions (refer to 15-16 page) :

1. The electronic meter is in full manual operation mode, press this key to enter the countdown mode setting
2. In the standby state, select the time countdown / distance countdown / calorie countdown, and set the corresponding parameters through the "speed +" and "speed-" keys

 · **Program mode key**- -Function Description: selection of P mode Operation instructions:

1. The electronic meter is in full manual operation mode, and press this key to enter the P mode setting
2. In standby operation, you can select P 1 to P 12 in turn, after the selection is completed Set the corresponding parameters through the Speed + and Speed- -keys

 · **Shortcut key 3** -Function description: Quick adjust speed during runtime Operation instructions:

1. When the electronic meter is running state, press this key to quickly adjust the speed to 3 miles

 · **Shortcut key 6**-Function description: Quick adjust speed during runtime Operation instructions:

1. When the electronic meter is running state, press this key to quickly adjust the speed to 6 miles

 · **Bluetooth Function**-Built-in Bluetooth function

Operation instructions: Open the Bluetooth function of the mobile phone, link to the treadmill ,and play music

8/SPORT MODE

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 0.5 MPH, time, distance, calorie window from zero positive count, by press the speed key to adjust the running speed value.

Exercise for more than 100 minutes the treadmill stops automatically.

B, Countdown mode function

1. Enter the time countdown mode: in full manual operation mode, press the  mode key to select the time inversion mode, the time window displays 10:00 minutes and flashing the running time set by speed + / -key, set range 5:00~60:00 minutes, press the start key to enter the time Countdown mode.

Operation description: The initial running speed is 0.5 MPH, the time window starts counting according to the set running time, the distance and calorie window start 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 countdown mode: in full manual operation mode, press the countdown mode key to select the distance countdown mode. At this time, the distance window displays 1.0 miles and flashes. You can set the required running distance through the speed + / -key, setting the range of 1.0-99.0 miles. Press the start key to enter the distance countdown mode.

Operation description: The initial running speed is 0.5 MPH, 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 countdown mode: in the full manual operation mode, press the countdown mode key to select the calorie countdown mode. At this time, the calorie window displays 50 kcal and flashes. Through the speed + / -key, set the required range of 20-990 kcal, and press the start key to enter the calorie countdown mode.

Operation description: The initial running speed is 0.5 MPH, the calorie window starts counting from the set calorie, 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 counting is set to zero, the electronic meter begins to slowly stop running.

9/PROGRAM MODE

C. Program Mode and function

1. Enter program mode: in full manual operation mode, press P program mode to select a program mode in P1-P12, the time window displays 30:00 minutes and flash shows the running time required by speed + / -key, set the range from 5:00 to 60:00 minutes, press the start key to enter the operation of time countdown counting mode.

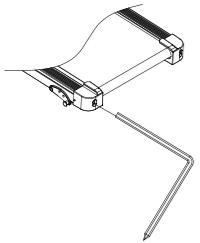
Operation description: the initial running speed according to the program mode corresponding speed, the time window by the set time countdown count, calories and distance window from zero, press the speed adjustment key, can adjust the size of the running speed value, when the set time countdown to zero, the electronic watch began to slowly stop running.divide 10 segments according to the setting time, and the speed of each segment is shown in the figure:

10/PROGRAM DATA

MPH	1 segment	2 segment	3 segment	4 segment	5 segment	6 segment	7 segment	8 segment	9 segment	10 segment
P1	0.5	1	1.5	1.5	0.5	1	1	1.5	1	1
P2	0.5	1	1.5	1.5	1	1	1.5	2	1	1
P3	0.5	1	1	1.5	1.5	1	1	1	1	0.5
P4	1	1	1.5	1.5	2	1	2	3	1	1
P5	0.5	1	2	1.5	2.5	1	2	2.5	1	0.5
P6	1	1	3	1.5	1.5	2	1	1	1	0.5
P7	2	2.5	3	3	2.5	2.5	2	1.5	3	1.5
P8	1.5	2.5	2	2	1.5	2	2	1.5	1.5	1
P9	1.5	2.5	1.5	2	1	1.5	2	1	1.5	1.5
P10	2	2	1.5	3	3	2.5	3	3	1.5	1.5
P11	2	2.5	3	3	2.5	2.5	4	1.5	3	1.5
P12	1.5	2.5	3	3	3	2.5	2.5	2.5	1.5	1.5

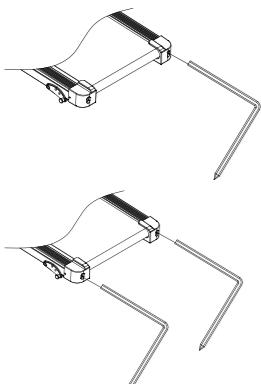
11 / CARE AND MAINTENANCE

A. Symptom : walk belt off centered or slips.



Centering walk belt process as follow :

1. Power off appliance and unplug the power cord .
2. Manual centering process as follow:
 - If the walk belt has shifted to left, use the hex tool to turn the left idler roller screw clockwise **1/4** of a turn(refer to figure 1).
 - If the walk belt has shifted to right, use the hex tool to turn the right idler roller screw clockwise **1/4** of turn(refer to figure 2).
3. Appliance MUST work 1-2mintutes. Repeat manual centering process untill the walk belt is centered.



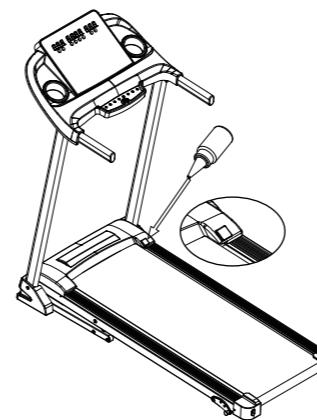
Belt slip correcting process as follow :

1. Power off appliance before operation.
2. Using the hex tool, turn both idler roller screws clockwise **1/2** of turn(refer to figure 3).
3. After corrected, please attempts to walking 1-2 minutes under 1.0 mph speed setting. Repeat until the walk belt is properly tightened.

Attenions

1. To prevent any injury, don't place any debris around appliance before maintenance process.
2. MUST use associated hex tool.
3. Take care at maintenance process. Do not pinch fingers.

B. Belt lubrication process, follow instruction below to lubricate belt.



1. Power off appliance and unplug cord.
2. The treadmill leaves the factory with lubricating oil.
3. Usually you still need check the treadmill for lubricating oil before use.
4. Check the treadmill lubricating oil frequently after use to help keep the treadmill in its best use condition.

Attention: When the treadmill uses 50 mi, please add lubricants in time.

5. Use the side to touch the surface of the platform inside, touch the silicone oil. Touch the surface dry, fil up the oil.
6. As shown in the figure, pour the silicon oil from the refueling hole indicated by the refueling label, add the oil and open the treadmill for a period of time before use.

Attention: No-loading work at 1.0mph speed setting.

C : Appliance cleaning.



1. Power off appliance and unplug power cord before cleaning.
2. Wipe and clean with damp cloth, Do not cleaning with acidic or caustic detergents.
3. Do not clean opposite of walk belt.
4. Its normal few black powders residual under appliance after long working.

12/ FUNTION MENU

2.2 12:38 16.3 / 22.6

SPEED

Display Speed
0.50-8.00 MP/H

TIME

Display Time
0-99:59

DIST

Display Distance
0-99.9

KCAL

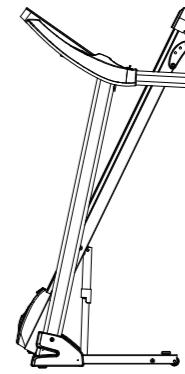
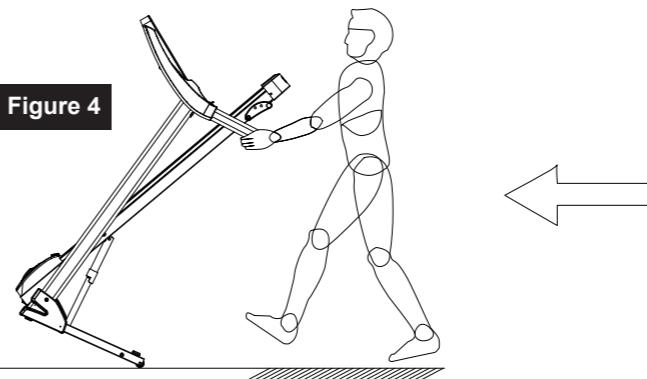
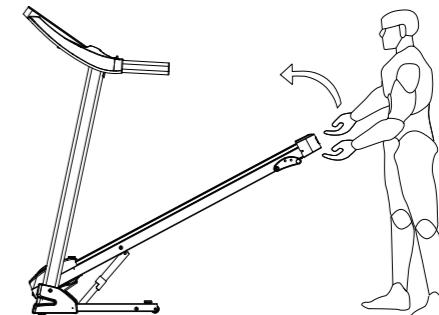
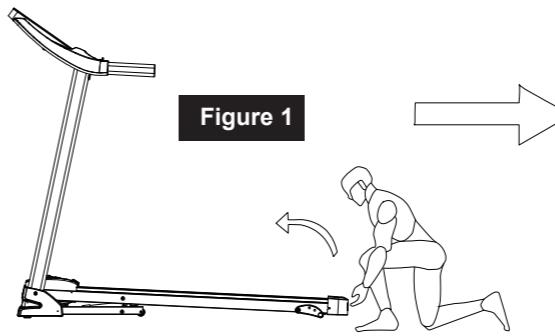
Display Calories
0-999

Setting Parameter	Initial Value	Display range
Time (minutes: seconds)	0:00	0:00-99:59
Speed (MP/H)	0.50	0.50-8.00
Distance (MI)	0.00	0.00-99.9
Calories (kcal)	0.00	0-999

Tips: The workout datas (Distance; Calorie) will be alternated display per 5 seconds.

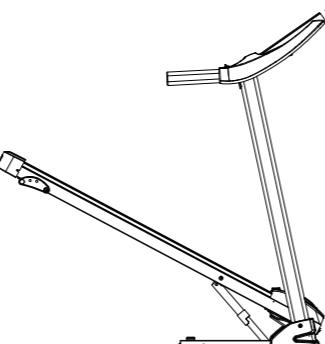
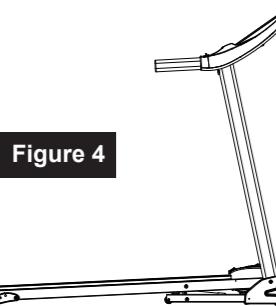
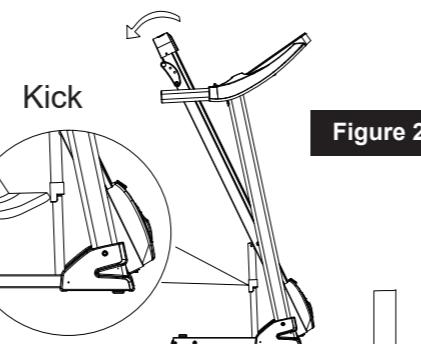
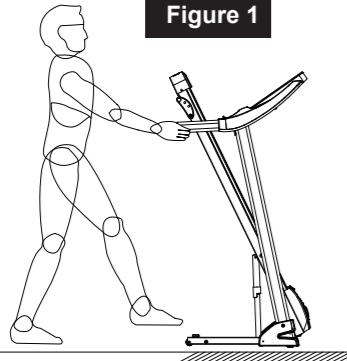
When the treadmill stops running, if there is no operation for more than 10 minutes will enters the dormant state. The electronic meter automatically closes the display. Presses any key to wake up electronic watch, after full display to reenter the initial standby state.

13/ TREADMILL FOLD UP



14/FOLD DOWN

Figure 1



15/TROUBLE SHOOTING

E02: Indicates that the main motor open-circuit phenomenon tips

E02 Common Problems and Solutions	Main motor wires not connected or loose	Reinforce main motor connection wires
	Main motor open circuit, damaged	Replace motor
	Controller open circuit, damaged	Replace the controller

E03: Indicates that the protection information prompt of over-current of the lower control detection motor

E03 Common Problems and Solutions	The treadmill load exceeds the motor's rated operating current	It is recommended to keep the load within the rated operating current of the motor.
	Problems in the assembly structure of the treadmill and motor, resulting in resistance or blockage of the motor	Check whether the treadmill structure is normal
	Failure of lower control current limiting system	Replace the lower control, to be repaired

E05: Indicates that the protection information prompt of over-voltage of the lower control detection motor

E05 Common Problems and Solutions	The user's grid voltage is unstable and the spike voltage is very high	Need to add external filtering regulator
	Wrong setting of wheel diameter value	Reset the wheel diameter value. Try not to exceed the rated voltage of the motor
	Controller is damaged	Replace the lower control, to be repaired

E06: Indicates that the communication between the electronic meter and the electronic control is abnormal.

E06 Common Problems and Solutions	Upper and lower control main connecting wire interface is loose	Reinforce the connecting wire interface
	Damage to the upper and lower control main connection wire	Replace the upper and lower control main connection wire
	Damaged electronic meter	Replace the electronic meter
	Damaged controller	Replace the controller

E07: The safety lock of the electronic meter has not been put in place.

E07 Common Problems and Solutions	Red Gauss magnet detached	Reposition the magnet
	Malfunction of upper meter	Replace the upper meter
	Faulty reed switch on keypad	Replace the keypad

E0C: Indicates that the protection information prompt of the power tube breakdown explosion-proof impulse.

E0C Common Problems and Solutions	Power transistor breakdown, controller is damaged	Replace the controller
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16/WARRANTY

MANUFACTURER'S LIMITED WARRANTY

We warrant to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with owner's

COMPONENT LENGTH OF WARRANTY

Structural Frame 1 year For Home Use Only

All Other Components 90 days For Home Use Only

Exclusions from Warranty Coverage:

YPOO fitness does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by our installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;
3. Cosmetic items such as scratches, dents or discolorations;
4. Damage caused by normal wear and tear, vandalism, accidental or by animal;
5. Any act of Nature (such as fire, flooding, snow, ice, hurricanes, earthquakes, lightning or other natural disasters), environmental condition (such as air pollution, mold, mildew, etc.) or staining from foreign substances (such as dirt, grease, oil, etc.).

17/AFTER-SALES

YPOO fitness, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

When ordering replacement parts please have the following information ready:

1. Order Number
2. Description of Parts
(Adding photos or videos would be helpful)
3. Part Number
4. Date of Purchase