



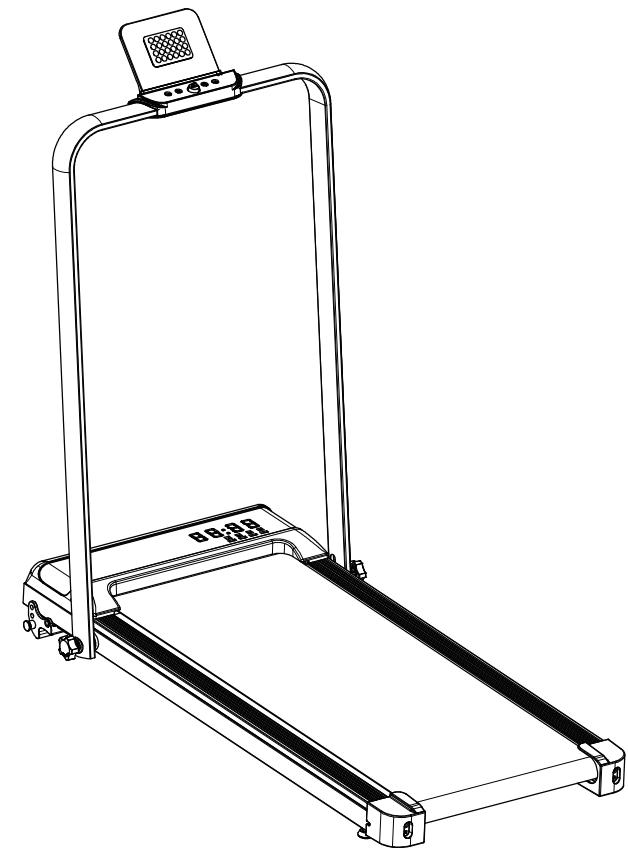
## TREADMILL USER MANUAL

*Sport Makes Me Different*

### 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.

Email: [support@ypoofitness.com](mailto:support@ypoofitness.com)  
Hotline: 1-844-977-0007



**4538J**

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support@ypoofitness.com  
Hotline: 1-844-977-0007

# 01.PRODUCT PARAMETER

Help you enjoy exercising at home

## Specification:

Model: M4538J

Color: Silvery

Running area: 380 x 930mm

Expanding size: 1155x610x1070mm

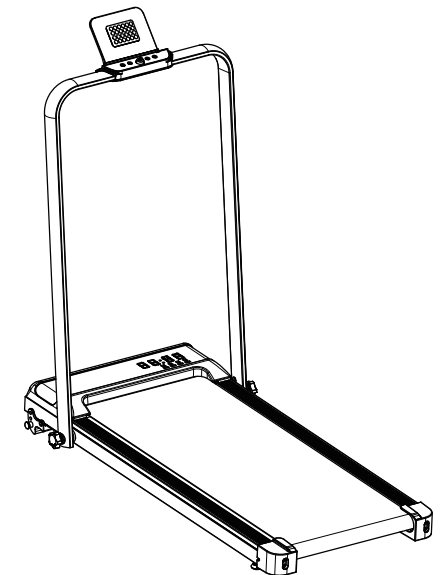
Horse power: 2.5HP

Speed: 0.5-5.0MPH

Shock absorption: AIR

Max weight: 300lbs

Note: The physical object shall prevail



## 02.SAFETY INFORMATION

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TO REDUCE THE RISK OF INJURY, PLEASE READ INSTRUCTIONS IN FULL BEFORE USE

Please do not use the machine when you are sick, tired or drunk.  
Treadmill is not intended for use by children or those with physical, sen-sory or cognitive impairments.

.Please wear comfortable clothes and avoid flip-flops or skirts when usingthis machine.

\*Please start from suitable sport as excessive exercise may affect health.

\*Please ensure that all parts are not damaged and fixed before use.

The device should be placed on a flat surface whenused

This product only works with electrical outlets with a voltage between110v and 120v. If your product's plug does not fit your home's outlets. donot attempt to use.

\*Never exceed product's maximum weight capacity of 300 lbs.(136kg)

\*Do not attempt any maintenance or adjustments other than those described in this manual.

.The device is for home use only. Do not use the device in a commercial,rental, or institutional environment.

## 03.WARM-UP

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### 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.



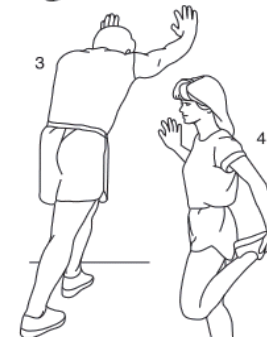
### 2.Hamstring stretch:

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 straitened 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 times.



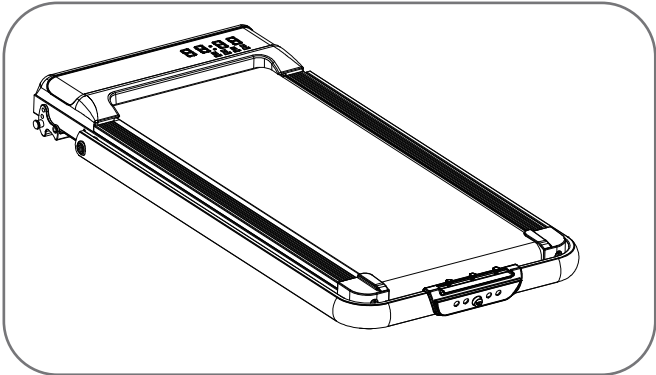
### 5.Inner thigh Stretch:

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.

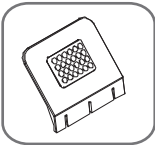


# 04.PRODUCTS ACCESSORIES

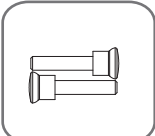
Please carefull check whether the contents of the package are complete and intact  
If there is any missing and damage, please contact the seller



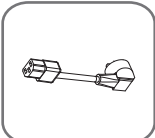
TREADMILL x 1



Pad Frame x 1



INCLINE BOLT x 2



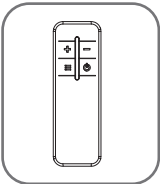
POWER CORD x 1



L STYLE WRENCH \*1



KNOB \*2



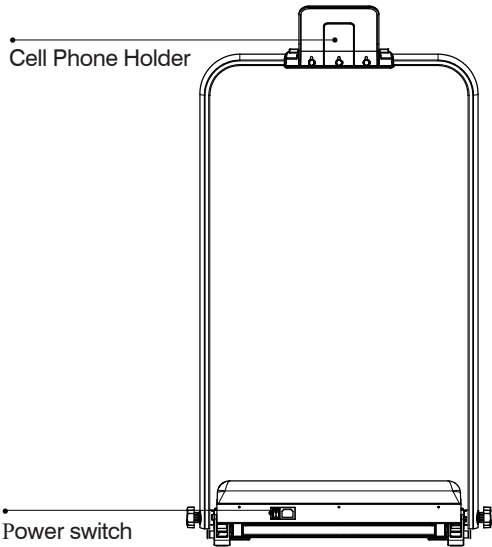
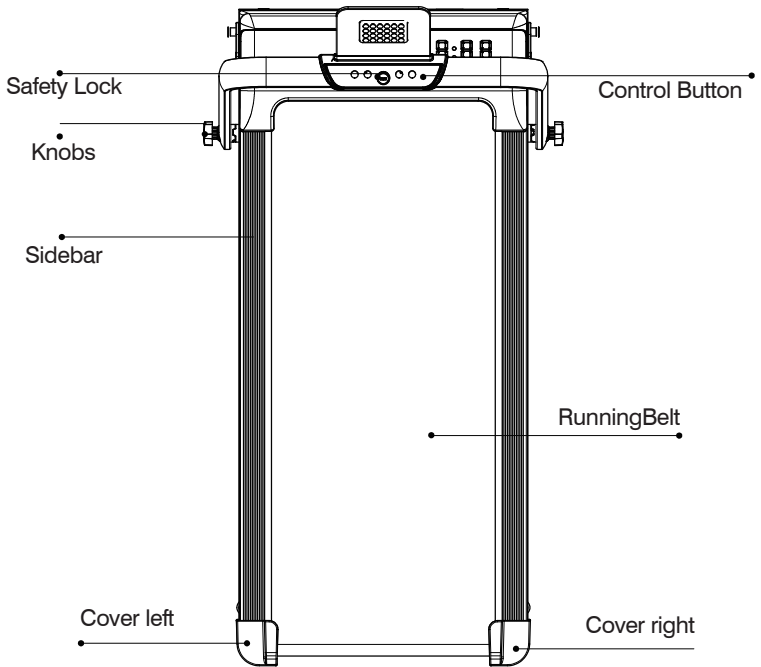
REMOTE CONTROL\*1



Red Safety Lock

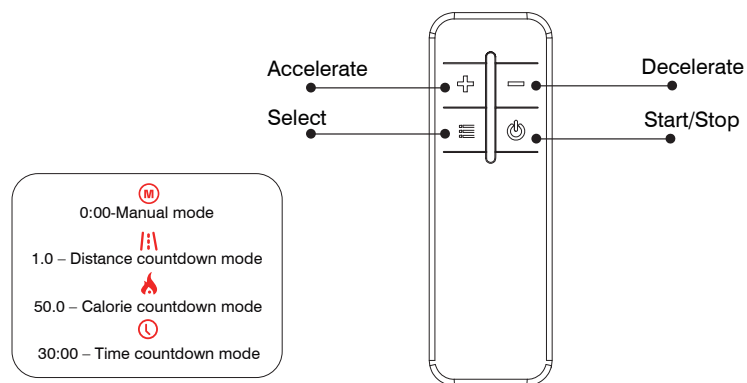
SERIAL NO.	DESCRIPTION	QUANTITY	UNIT
1	TREADMILL	1	PC
2	L STYLE WRENCH	1	PC
3	KNOB	2	PC
4	REMOTE CONTROL	1	PC
5	SAFETY LOCK	1	PC
6	PAD FRAME	1	PC
7	INCLINE BOLT	2	PC
8	POWER CORD	1	PC

# 05.PRODUCT STRUCTURE



## 06.FUNCTION DIAGRAM

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### Remote Control Instructions

#### A.Manual Mode Function

In manual mode, press the "⏻" button to begin. The treadmill will start at 0.5 mph, and the time,distance,and calorie counters will start from 0. Press the "+" or "-" buttons to adjust the speed. After 100 minutes, the treadmill will automatically stop.

#### B.Countdown Mode Function

Press "≡" and you can use the speed "+" or "-" to set the parameter value, the initial running speed is 0.5 mph. After setting, press the "⏻" button to run which will automatically stop when it reaches the set value.

- 1.Time Countdown Mode: The window shows 10:00 minutes, set the time (5:00 to 60:00 minutes) with the speed keys.
- 2.Distance Countdown Mode:The window shows 1.0 mile, set the distance (1.0 to 99.0 miles) with the speed keys.
- 3.Calorie Countdown Mode: The window shows 50 kcal, set the target (20 to 990 kcal) with the speed keys.

### Remote Control Pairing

If you have purchased two or more treadmills, you need to pair the treadmills with a remote control for 1-to-1 matching.

- 1.To pair: Long press the speed "+" button on the remote. After hearing three"beep" sounds, pairing is complete.
- 2.To unpair: Long press the speed "-" button. After three "beep" sounds,unpairing is complete.

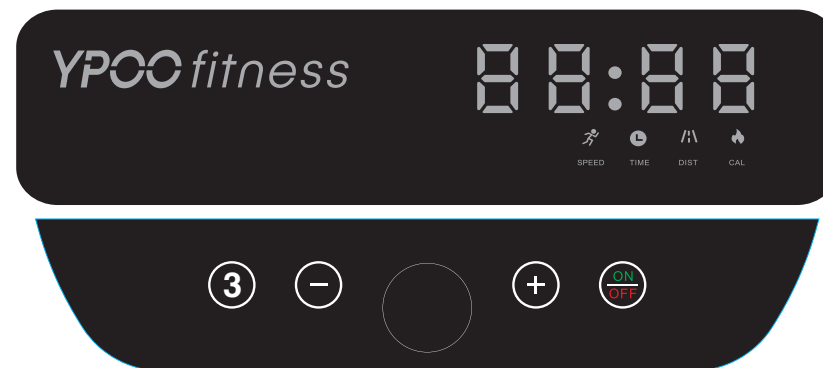
### Battery

2pc AAA battery - 1.5V

## 06.FUNCTION DIAGRAM

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The fuction of the display panel is described



While the machine is running, the display window automatically cycles every 5 seconds, and the indicator light at the bottom changes accordingly. The information shown in each window is as follows:

#### (1). "Speed" window

The current speed value is displayed in the running state, and the speed is on.The display range is 0.5-5.0 MP/H.

Operation de scription: initial running speed is 0.5mp/h, time, distance window from zero. When the exercise time exceeds 99:59 minutes, the system does not stop.

#### (2)."Time" window

Display exercise time. The time range is 0:00-99:59 minutes.

#### (3)."Distance" window

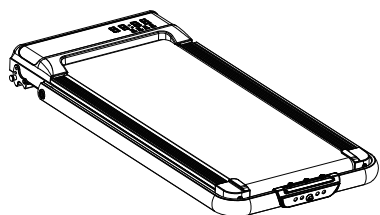
Display the moving distance, the display range is 0.00-99.9 miles, the reverse count is decremented from the set value to zero, when the counter turns to 0, the machine will steadily descend to stop. (Distance and calories switch every 5 seconds.)

#### (4)."Calories window"

Display the calorie consumption value, the display range is 0.00-999 kcal. The reverse count is decremented from the set value to zero, when the counter turns to 0, the machine will steadily descend to stop.

## 07.INSTALLATION STEPS

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1

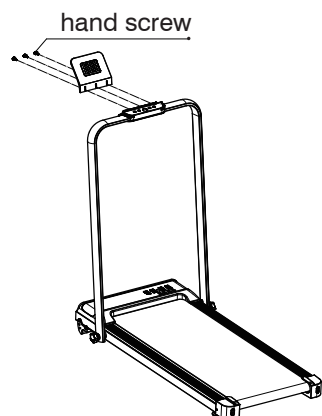
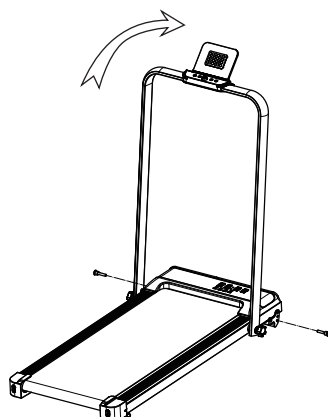
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Open the package, take out the assembly material in the box and lay the main unit flat on the ground.

2

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Method one: Pull the handle bar up, find the red knob, it is placed separately inside the OPP bag, and tighten it. Method two: You can install the knob when the handle bar is down, but you can't tighten it. When the handle bar stands up, the knob needs to be tightened.



3

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Insert the PAD frame.  
Tighten the bolt by hand.

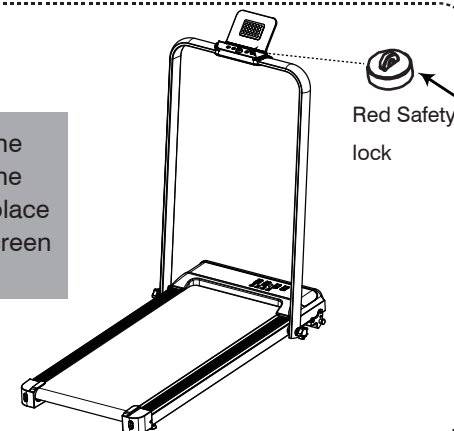
## 07.INSTALLATION STEPS

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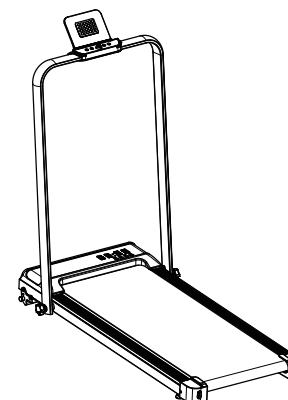
There is a yellow circle sign on the console of the treadmill, where the safety lock is placed, you must place the safety lock, otherwise the screen will display "---- --"



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Treadmill installation completed  
the speed is 0.5 ~5 mp/h

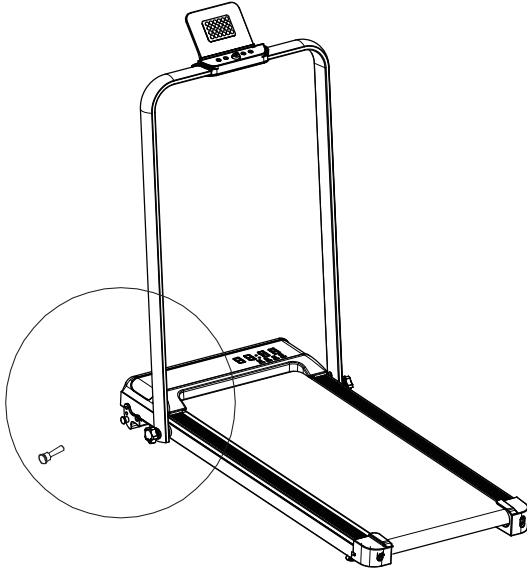


## 08.INCLINE ADJUST

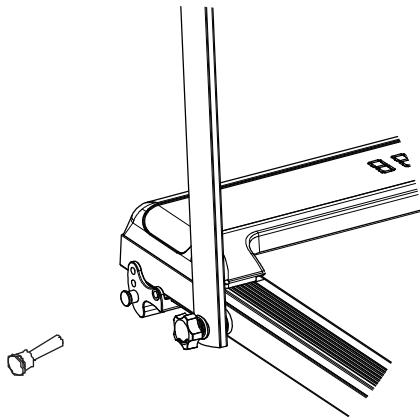
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Lift the walking machine to a certain Angle, pull out the plug according to the diagram instructions, and then insert into the hole (1.2.3) position according to the appropriate slope.

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



Three level manual adjustment



## 08.INCLINE ADJUST

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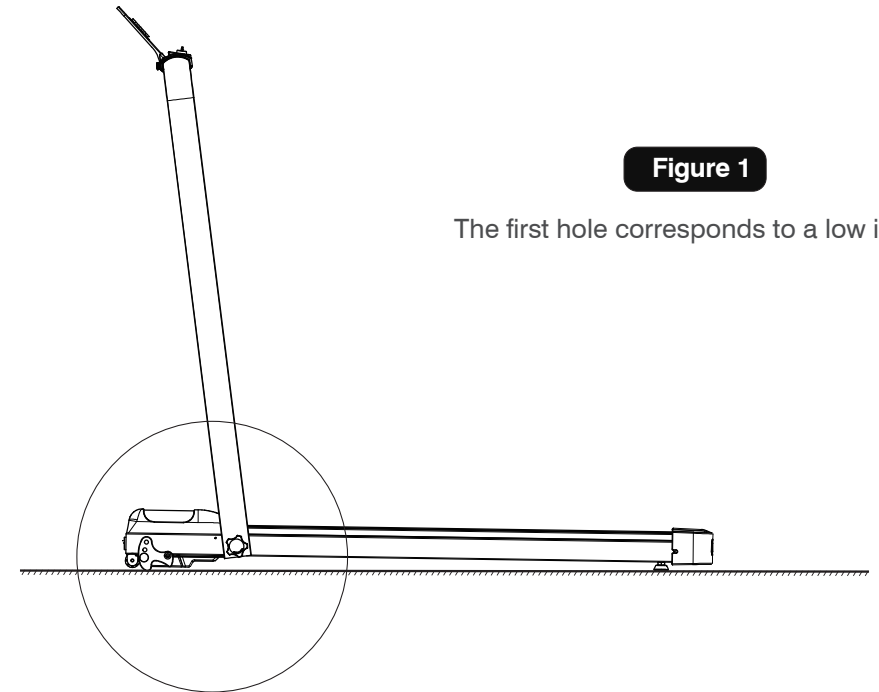
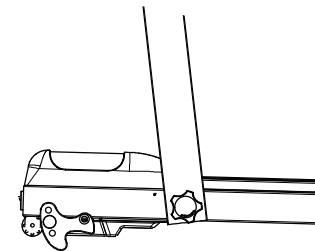


Figure 1

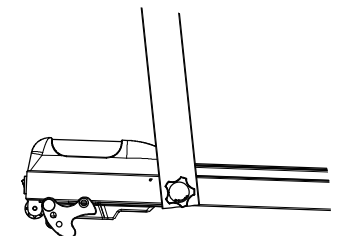
The first hole corresponds to a low incline

Figure 2

Figure 3



The second hole corresponds to a medium incline



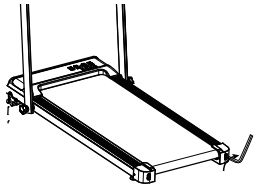
The third hole corresponds to a high incline

## 09. CARE & MAINTENANCE

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Centering walk belt process as follow:

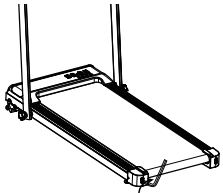
1. Treadmill without load and set the speed to 3mp/h .
2. Manual centering process as follow:



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).

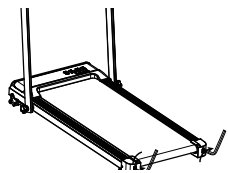
- If the walk belt has shifted to right, use the hex tool to turn the right idler roller screw clockwise 1/4 of turn (refer to figure 2).

3. Appliance MUST work 1-2 minutes. Repeat manual centering process until the walk belt is centered.



Belt slip correcting process as follow:

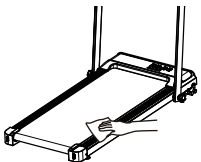
1. Power off appliance before operation.
2. Using the hex tool, turn both idler roller screws clockwise 1/2 of turn (refer to figure 3).
3. After corrected, please attempt to walking 1-2 minutes under 1.0 mph speed setting. Repeat until the walk belt is properly tightened.



### Attentions

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.

### Appliance cleaning



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

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## 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.

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



# 10.FAQ & SOLUTIONS

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## Description of DC system error message alerts

Error Code	Type	Solution
E02 Main motor open circuit	Main motor wire not connected or loose	Reinforce motor connection wires
	Main motor open circuit or damaged	Replace the motor
	Controller open circuit or damaged	Replace the controller

E03 Motor overcurrent protection	Motor exceeds rated working current	Replace the motor
	Motor assembly issue causing high resistance or jamming	Inspect the treadmill structure for any problems
	Lower control current-limiting system malfunction	Replace the lower control

E06 Electronic meter communication error	Main connection between upper and lower controls is loose	Reinforce the connection
	Main connection between upper and lower controls is damaged	Replace the connection wires
	Electronic meter is damaged	Replace the electronic meter
	Controller is damaged	Replace the lower control unit

# 10.FAQ & SOLUTIONS

## Description of DC system error message alerts

Error Code	Type	Solution
E0A APP module malfunction	APP module soldering/wiring issue	Check the connection wires
	APP module is damaged	Replace the APP module

E0C Power tube breakdown with explosion-proof protection	Power tube breakdown/controller is damaged	Replace the lower control
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E07/-- Common problem solutions	Safe magnet not on the road	you need put safety lock on treadmill
	Electronic meter security lock system failed	

# 11. WARRANTY

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## MANUFACTURER'S LIMITED WARRANTY

We warrants 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 WARRANTYRRANTY

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 animals;

# 11. WARRANTY

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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.);

**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**