

INSTRUCTION MANUAL



*READ THIS MANUAL CAREFULLY BEFORE INSTALLATION AND OPERATION AND SAVE IT FOR FUTURE REFERENCE.
ALL PRODUCT DRAWINGS ARE ONLY FOR REFERENCE. THE FINALLY CORRECT DETAILS PLEASE SEE REAL PRODUCTS.*

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Safety Precautions

Thank you for purchasing this treadmill, it has been designed and manufactured to give you many years of trouble free service. You may already be familiar with using a similar product but please take the time to read these instructions which have been written to ensure that you get the very best from your purchase.

Warnings

1. To reduce the risk of serious injury, read the following important warnings before using the treadmill.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the treadmill properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. 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, extreme shortness of breath, feeling light-headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.

Electrical Safety Precautions

Failure to observe the following warnings may increase the risk of an electric shock and personal injury.

1. Always check the power cable for damage prior to use. If any damage is observed, do NOT use the power cable.
2. Never touch the power cable with wet hands.
3. Position the power cable so that it cannot be walked on or pinched.
4. Only the supplied power cable should be used with the treadmill.

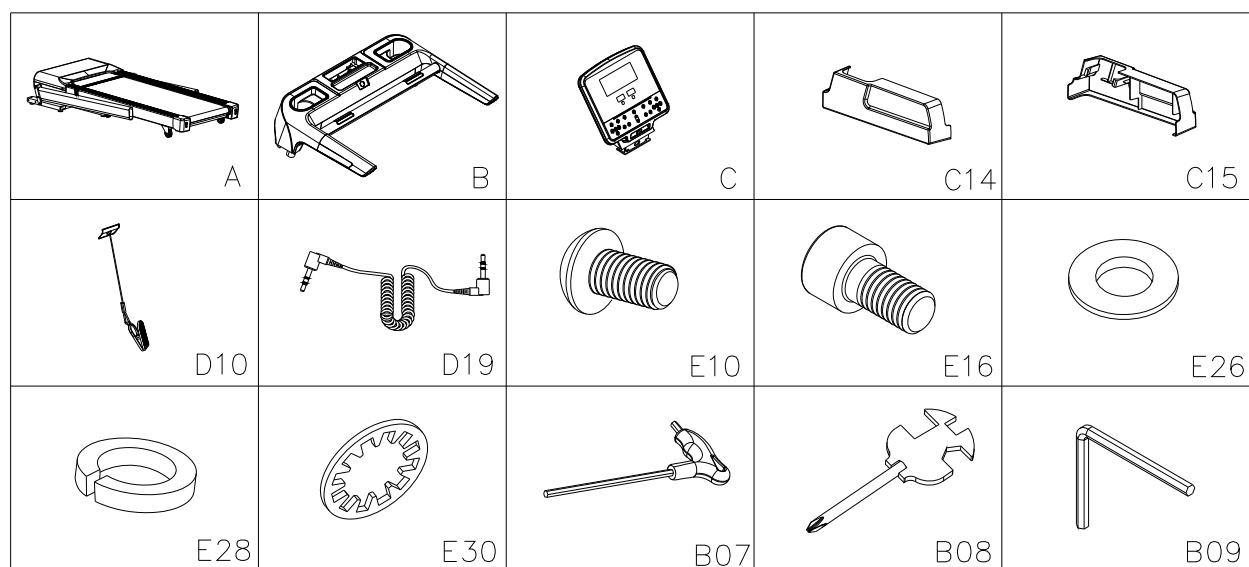
General Safety Precautions

1. Use the treadmill only in the way described in this instruction book.
2. Ensure that the voltage of the electrical supply is the same as that indicated on the power cable.
3. It is the responsibility of the owner to ensure that all users of the treadmill are adequately informed of all warnings and safety precautions.
4. The treadmill is heavy and should be removed from the packaging and assembled by two people.
5. Before assembling the treadmill, make sure that it is not plugged into any electrical source, such as a wall socket.
6. Use the treadmill on a solid, flat level surface with a protective cover for your floor or carpet. Position the treadmill with at least 2 meters * 1 meter of free space behind the treadmill.
7. Keep the treadmill away from excessive moisture and dust.
8. Before using the treadmill, check the nuts and bolts are securely tightened.
9. The safety level of the treadmill can be maintained only if it is examined regularly for damage and wear. Replace defective components immediately. Do not use the treadmill until they have been replaced.
10. The treadmill has been tested and certified to EN957 under class H.C. Suitable for domestic, home use only.
11. Braking is controlled by the belt rotation power supply.
12. The treadmill is not suitable for therapeutic use.
13. Keep children and pets away from the treadmill. The treadmill is designed for adult use only.
14. Wear suitable clothing whilst using the treadmill. Avoid wearing loose clothing which may get caught in the treadmill or clothing that may restrict or prevent movement.

15. Do not arch your back when using the treadmill; always try to keep your back straight.
16. If you feel pain or dizziness while exercising, stop immediately and cool down.
17. The pulse sensor is not a medical device. Several things including user movement, may affect the accuracy of the sensor. The sensor is intended only as an exercise aid in determining general heart rate trends.
18. Care must be taken when lifting or moving the treadmill so as not to injure your back. Always use proper lifting techniques and/or use assistance.
19. A safe key is supplied for personal safety. Use the safe key when operating the treadmill for the emergency dismount function. In the event of an emergency, place both hands on the handlebars and put your feet onto the non-slip surface of the main frame. As you do this, the safe key will disengage from the computer and the emergency dismount function will be triggered.
20. All moveable accessories require weekly maintenance. Check them before use every time. If anything is broken or loose, please fix it immediately. You may continue using the treadmill after any damaged parts have been fixed.
21. The treadmill is not to be used by children or persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given adequate supervision or instruction.
22. Supervised children using the treadmill must not be allowed to play with the treadmill.
23. This machine must be well earthed. It can decrease the danger of electric shock.

Assembly Steps

Please check the package list carefully before assembly.



Package list:

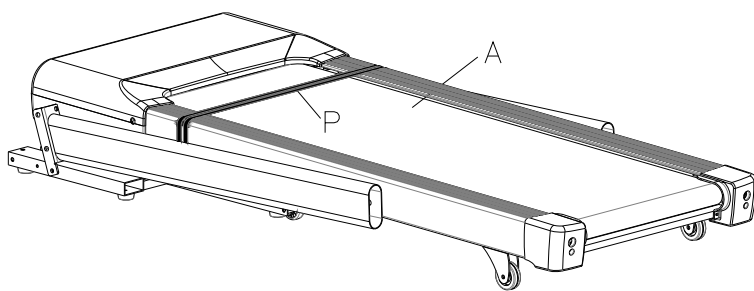
NO.	Description	Specification	QTY		NO.	Description	Specification	QTY
A	Mainframe		1		D19	MP3 wire		1
B	Display support frame		1		E10	Bolt	M8x15	10
C	Display		1		E16	Bolt	M8x20	4
C14	Left bottom cover		1		E26	Flat washer	8	4
C15	Right bottom cover		1		E28	Spring washer	8	4
D10	Safety key		1		E30	Lock washer	8	10

Assembly tools:

NO.	Description	Specification	QTY
B07	Inner hex wrench	6mm	1
B08	Cross solid wrench	S=13,14,15	1
B09	#5 Allen wrench	5mm	1

Attention: please don't switch on before finish assembling.

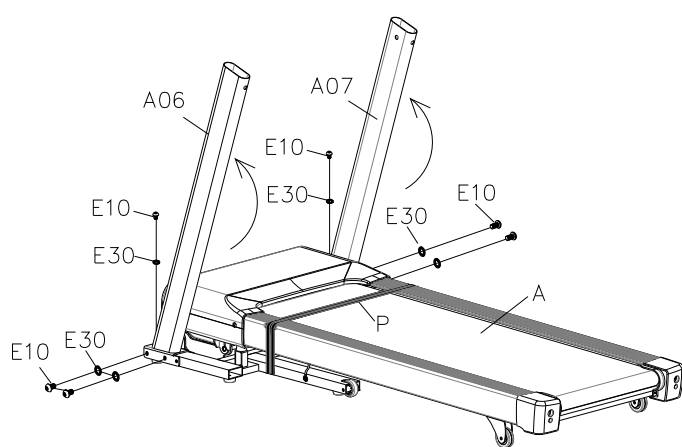
Step 1:



1. Open the package and put the mainframe A onto the floor.

Attention: Don't open the packing belt (P) before set up of the treadmill.

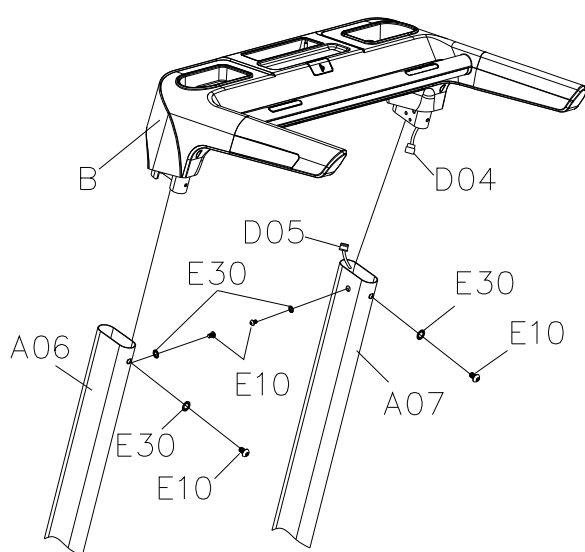
Step 2:



1. Lift up column A06,A07 first;
2. Then fix the column A06, A07 to the mainframe A with 6*E10 Bolt M8x15 and 6*E30 lock washer by 5# Allen wrench B09.

ATTENTION: hold the column steadily by hand during assembly in order to avoid falling off.

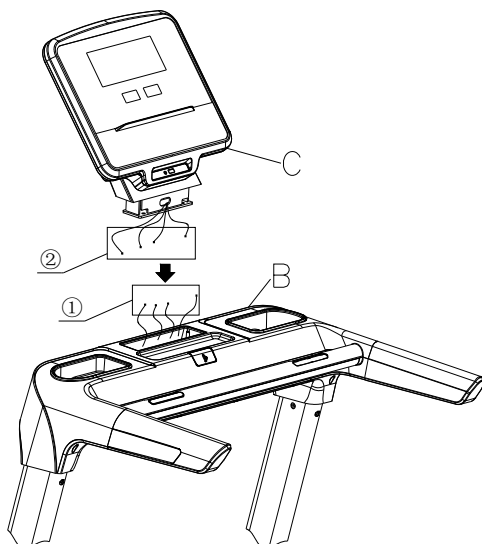
Step 3:



1. Connect display wire D04 and D05 first.
2. Fix the display support frame B to the column A06,A07 with 4*E10 Bolt M8x15 and 4*E30 lock washer by 5# Allen wrench B09

ATTENTION: before fix the bolt, please make sure the wires are securely connected.

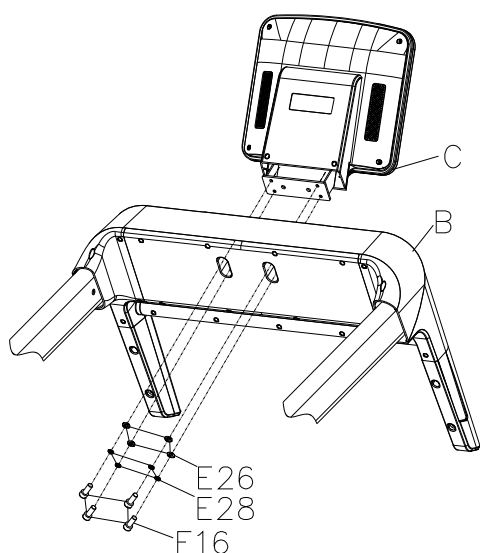
Step 4:



1. Connect the wires which squared in ① with the wires which squared in ②.

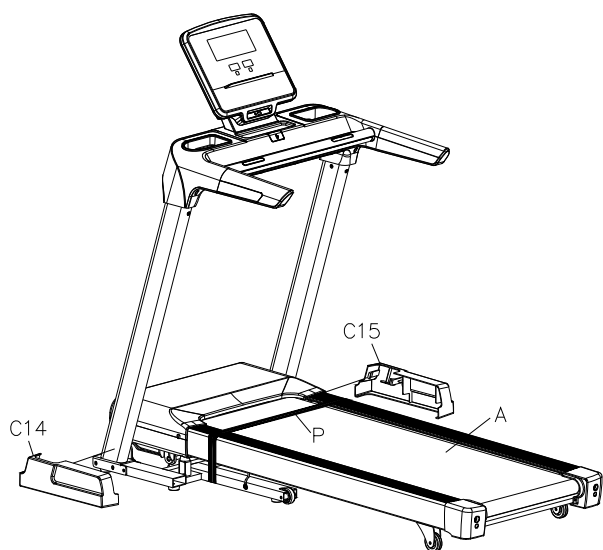
ATTENTION: PLEASE MAKE SURE THE WIRES ARE NOT SQUEEZED BY ANYTHING.

Step 5:



1. Fix the display C to the display support frame B with 4*E16 Bolt M8*20 and 4*E28 spring washer and 4*E26 flat washer by inner hex wrench B07.

Step 6

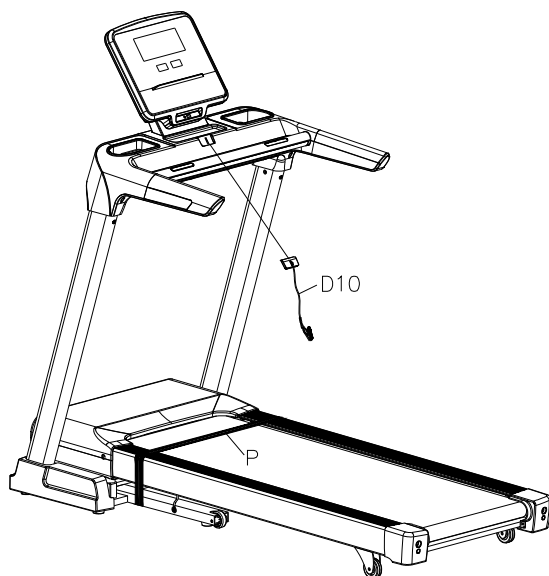


1. Fix the left bottom cover C14 and right bottom cover C15 to the mainframe A.

Attention: please make sure all the buckles on the bottom cover are firmly fixed to the mainframe A

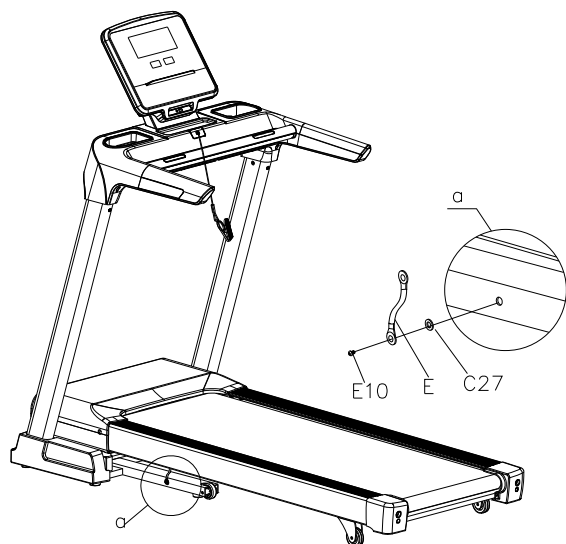
ATTENTION: PLEASE MAKE SURE EACH PART IS SECURELY FASTENED BEFORE OPERATION.

Step7



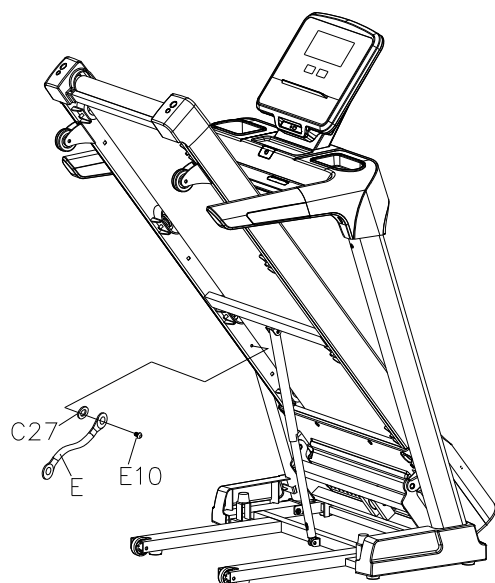
1. Cut off belt P;
2. Before exercise please insert the safety key D into the slot. And nip the safety clip to your clothes.
3. For any emergency, please pull up the safety key rope, and the machine will stop.

Step 8



1. Take apart the bolt M8*15 E10 and plastic pad C27 in the bottom side of the steel cable E with 5#Allen wrenchB09.

Step 9

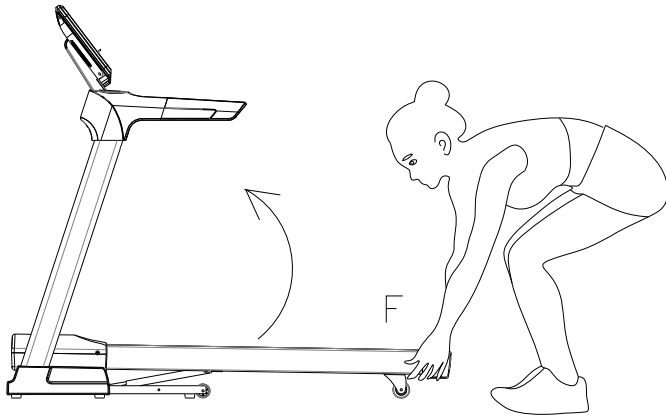


1. Take apart the bolt M8*15 E10 and plastic pad C27 in the top side of the steel cable E with 5# Allen wrenchB09. Then take away the steel cable from the bottom frame.

Notice: The steel cable will ensure your safety during assembly; you can keep it for next time use.

Folding steps

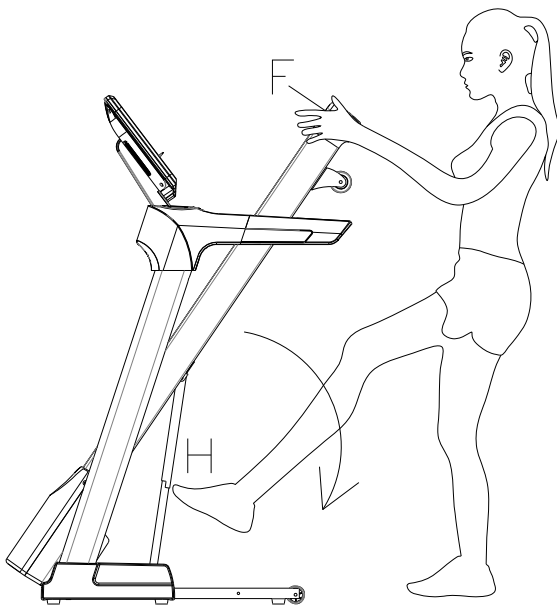
Folding up



Hold the running deck which showed in “F” in the left drawing and then fold it up with the arrow direction until you hear a “bang” voice from the air cylinder.

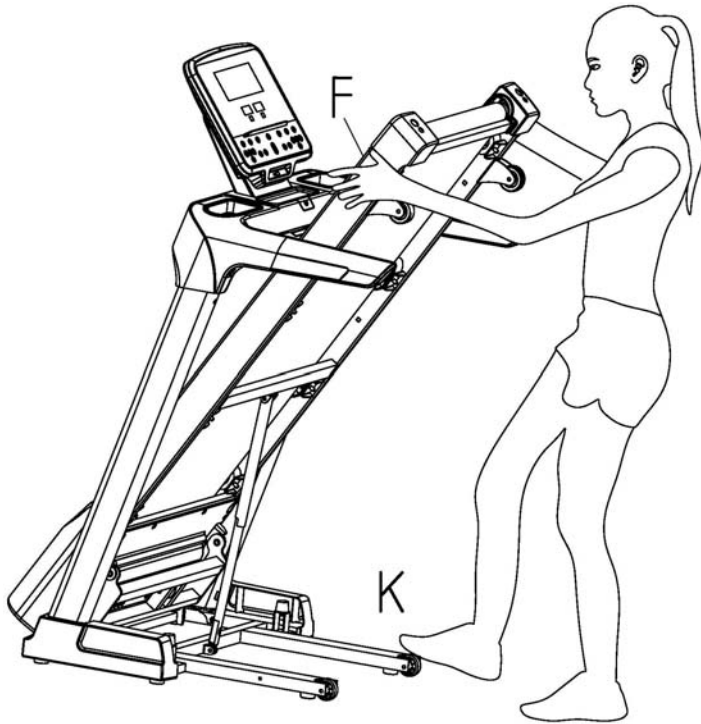
Attention: when the machine is in running or incline mode, it is forbidden to fold up.

Folding down

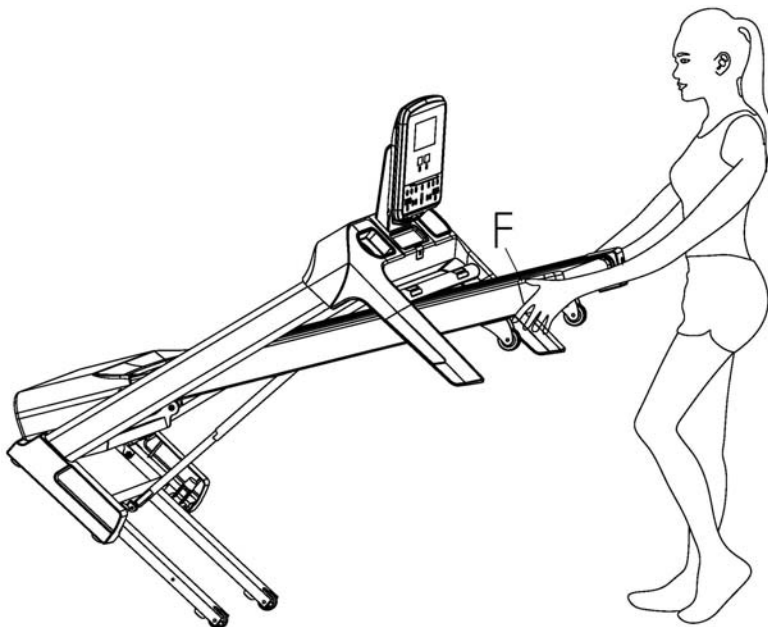


Hold the running deck F, and then kick the place H of air pressure bar, then the base frame will fall down automatically.

Transport tips



To tilt, start by placing one hand at position “F” to support the top end of the treadmill. Next, place one foot at position “K” to hold the bottom end of the treadmill steady. With your foot at “K”, slowly tilt the top of the treadmill downward towards the ground. Once the Main Frame “F” reaches a low enough point, the wheels of the treadmill will become active.



To transport, hold the treadmill from position “F” and tilt until the wheels are able to move on the ground.

levelling adjustment

You can balance the treadmill by adjusting the foot pad (C31) if the ground is uneven; Turn the foot pad (C31) to the left side by cross solid wrench (B08) will increase the height and turn to the right side will decrease the height.



Operation introduction



1. Windows display

- 1) "TIME" window: Display running time. Display range is 0:00-18h. when gets to the maximum time limit, it will not stop and count from 0:00 again. In countdown mode the display range is 99 mins-0 min. when reach to 0:00, the time window will show "END", after 5 seconds it will stop and enter into standby mode.
- 2) "DISTANCE" window: Display the running distance. The display range is 0.00-99.99. When get to the maximum distance limit, it will not stop and count from 0.00 again. In countdown mode it will show from setting data to 0.00, when count to 0, the window will show "END", after 5 seconds it will stop and enter into standby mode.
- 3) "PACE" window: display running pace of how many minutes per Km.
- 4) "CALORIES" window: Display runner's calories worked out. Display range is 0.0-999. When get to the maximum calorie limit, it will not stop and count from 0.0 again. In countdown mode it will show from setting data to 0.0. When reach to 0.0, the window will show "END", after 5 seconds it will enter into standby mode.
- 5) "PULSE" window: Display the runner's heart beat when the runner holds handle pulse with two hands. The system can calculate the runner's heart rate and show in this window, the range is 50-200 beats/min (This data is just for reference, please not use as medical data).
- 6) "STEPS" window: Display running steps, the display range is 0-99999. When get to the maximum step limit, it will count from 0 again. In countdown mode the window will show from setting data to 0, when reach to 0 the window will show "END", after 5 seconds it will enter into standby mode.
- 7) "INCLINE" window: Display the incline level from 0.0-15.0.
- 8) "SPEED" window: Display the running speed. The speed range is 0.8—18.0km/h.
- 9) "MATRIX" window: Display running speed and incline. In speed window one square stands for 2 km/h and in incline window one square stands for 2 sections.
- 10) Center LCD window: Display time, distance, pace, calories and heart rate by shifting when pressing button "DISPLAY-ALT". Display "FAT" in FAT mode.

2. Button function

- 1) "START": When getting through the power and safety key attached, press this button at any time to start the machine.
- 2) "STOP": When running, press STOPkey once the treadmill will be paused and the screen shows "PAU". The system will keep your running data and you can press "START" button to continue running with speed 0.8km/h. Press the STOP key twice the treadmill will stop. All the data will clear and go back to standby mode.
- 3) "MODE": Press to choose running mode on standby mode: include time countdown mode "30:00", distance countdown mode "1.00", calorie countdown mode "50.0", step countdown mode "5000". The window will flash all the time when you choose the function. Press SPEED+/- or INCLINE+/- button to set the data and press START button to start running.
- 4) "PROGRAM": press this key to choose suitable program. The programs are: P1 (MANUAL), P2 (INTERVAL), P3 (LOSEWEIGHT), P4 (WALK), P5 (RUN), P6 (CLIMB), P7, P8, P9, P10, P11, P12 and FAT.
- 5) QUICK PROGRAM BUTTONS: You can choose P1(MANUAL), P2(INTERVAL), P3(LOSE WEIGHT), P4(WALK), P5 (RUN) and P6 (CLIMB) directly by quick program button "MANUAL" "INTERVAL" "LOSE WEIGHT" "WALK" "RUN" "CLIMB".
- 6) "-SPEED+": In setting mode it can change the target data and in normal working mode it can change the speed by 0.1km/h per time. When you press "-SPEED+" key lasting for 0.5 sec the speed data will change continuously.
- 7) "-INCLINE +": In setting mode it can change the target data and in normal working mode it can change the incline by 0.5 section per time. When you press "-INCLINE+" key lasting for 0.5 sec the incline data will change continuously.
- 8) "SPEED 6 8 10": Speed quick buttons, press to choose speed 6, 8 and 10 directly.
- 9) "INCLINE 3 5 7": Incline quick buttons, press to choose incline section 3, 5 and 7 directly.
- 10) "DISPLAY-ALT": Press to display the data of time, distance, pace, calories and heat rate by shifting in the big center window.

3. Quick start

- 1) Open the power switch; insert the magnet end of the safety pulling rope to the computer.
- 2) Press the "START" key and then the machine will work with speed 0.8km/h after the beeper countdown from 3 to 1.
- 3) According to your need you can change the speed and incline by pressing "-SPEED+" and "-INCLINE+" separately.

4. Manual mode

- 1) Press "START" in standby mode, the machine will work at speed of 0.8km/h and all other windows will count from 0. Press "-SPEED+" to change the speed and press "-INCLINE+" to change the incline.
- 2) In standby mode press the "MODE" key to enter into time countdown mode. "30:00" will be flashed in "TIME" window. Press "-SPEED+" or "-INCLINE+" to set target time from 5:00 to 99:00.
- 3) Press "MODE" 2 times to enter into distance countdown mode, and the window will show "1.00", press "-SPEED+" or "-INCLINE+" to set the target distance. Distance setting range is 0.50-99.90.
- 4) Press "MODE" 3 times to enter into calorie countdown mode. The window will show "50.0". Press "-SPEED+" or "-INCLINE+" to set the target calories. Calorie setting range is 10.0-999.
- 5) Press "MODE" 4 times to enter into steps countdown mode. The window will show "5000". Press "-SPEED+" or "-INCLINE+" to set the target steps. Steps setting range is 100-999000.
- 6) Press "START" to exercise after setting the countdown data. During exercise you can press "-SPEED+" or "-INCLINE+" to adjust the speed or incline. Press "STOP" key to stop the treadmill.

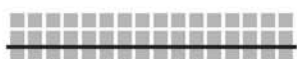
5. Quick program and built-in program

You can enter built-in program by pressing program quick buttons or press "PROGRAM". TIME window will display default running time "30:00" and flash all the time. You can change the running time by pressing "-SPEED+" or "-INCLINE+". Press "START" the machine will start after 3 seconds. Each program is divided into 16 sections. When the program enters into next section, system will beep; the speed and incline will change according to the program preset data. You can press "-SPEED+" or "-INCLINE+" to adjust the speed and incline. After completing a program, the system will beep and display "END". The machine will stop smoothly and return to standby mode after 5 seconds.

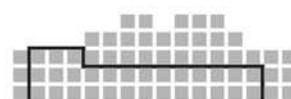
6. Program introduction

SECTION		Time interval for each section= setting time/16															
PROGRAM		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1 (MANUAL)	SPEED	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	INCLINE	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
P2 (INTERVAL)	SPEED	5	10	10	5	5	10	10	5	5	10	10	5	5	10	10	5
	INCLINE	2	2	4	4	6	6	6	6	4	4	4	4	2	2	2	2
P3 (LOSE WEIGHT)	SPEED	5	5	8	8	5	5	5	8	8	5	5	5	8	8	5	5
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
P4 (WALK)	SPEED	5	7	7	8	8	7	7	10	10	7	5	5	7	7	10	5
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
P5 (RUN)	SPEED	5	9	9	11	11	12	5	5	9	9	11	11	12	9	9	5
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
P6 (CLIMB)	SPEED	5	7	8	10	12	10	8	5	5	8	10	12	10	8	7	5
	INCLINE	2	2	4	4	6	6	6	6	4	4	4	4	2	2	2	2
P7	SPEED	5	6	6	6	7	8	10	10	8	9	10	10	8	6	5	5
	INCLINE	0	5	5	5	4	4	4	3	3	3	3	4	4	4	0	0
P8	SPEED	5	5	5	5	6	7	5	6	7	5	6	7	5	5	5	5
	INCLINE	0	4	4	4	3	3	6	6	6	7	7	8	8	9	0	0
P9	SPEED	5	5	5	8	9	9	6	8	9	6	8	9	6	6	5	5
	INCLINE	0	5	5	5	6	6	6	7	8	9	9	9	10	10	0	0
P10	SPEED	5	6	6	9	9	6	9	10	6	10	11	11	6	6	5	5
	INCLINE	0	5	5	6	6	6	4	4	6	6	5	5	8	8	0	0
P11	SPEED	5	6	7	8	9	7	6	8	10	10	8	8	7	6	5	5
	INCLINE	0	6	6	6	7	5	8	8	4	4	4	5	5	8	0	0
P12	SPEED	5	7	10	12	9	9	12	12	9	9	12	12	7	7	5	5
	INCLINE	0	5	3	2	6	6	2	2	2	2	2	4	5	6	0	0

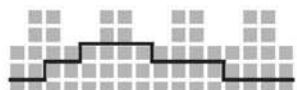
P1



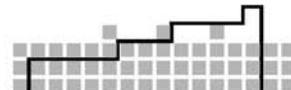
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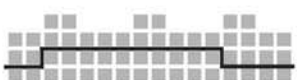
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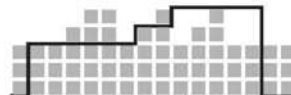
P8



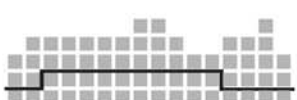
P3



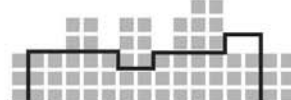
P9



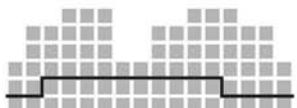
P4



P10



P5



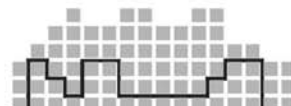
P11



P6



P12



7. Manual program:

MANUAL is self-define program. User can create personal workout, one self-define program is available.

1) Manual program setting

Press "MANUAL" or "PROGRAM" to enter into MANUAL program in standby mode. The PROG window will show "01" and TIME window will show default time "30:00". You can reset running time by pressing "-SPEED+" or "-INCLINE+". After set the running time, press "MODE" to set the speed and incline of each section. Time interval for each section = setting time / 16. Press "-SPEED+" to set the speed and "-INCLINE+" to set the incline. Then press "MODE" to save the data and move to set the next section until finish. The data will be saved all the time before you change it.

2) Start of the MANUAL program

Press "START" to begin exercise after finishing data setting.

8. Body fat test

- 1) Press "PROGRAMS" continuously in standby mode till the distance window show "FAT".
- 2) Press "MODE" enter F-1 to input sex by pressing "-SPEED+" (01-male 02-female).
- 3) Press "MODE" enter F-2 to input age by pressing "-SPEED+" (age range: 10 – 99).
- 4) Press "MODE" enter F-3 to input height by Pressing "-SPEED+" (height range: 100 – 200).
- 5) Press "MODE" enter F-4 to input weight by pressing "-SPEED+" (height range 20 -150).
- 6) Press "MODE" enter F-5. When the F5 window display "---", keeps your hands holding the handpulse sheet, the window will display your body fat index in 8 seconds.
- 7) The best body fat index is between 20 and 25. If the index less than 19 it means you are underweight; if the index between 26 and 29 it means you are overweight. If more than 30 it means you are too fat (the following data is only for reference, please don't use as medical purpose).

F-1	Sex	01-male	02-female
F-2	Age	10-99	
F-3	Height	100-200	
F-4	Weight	20-150	
F-5	FAT	≤19	Underweight
		=(20---25)	Normal weight
		=(26---29)	Overweight
		≥30	Obesity

9. Safety key function

Pull off the safety key in any time the machine will stop immediately. Meanwhile all window shows “---” and the beeper alarms

To start the treadmill again, insert the magnet end of Safety Key into the console and press “START”.

10. USB charging

You can charge your electronic devices during exercise through the USB slot.

11. MP3

You can connect your mobile phone with MP3 wire to play music, choose music and adjust the volume of music by your mobile phone buttons.

12. ATTENTIONS:

- 1) Please check the power and the safety key are well or not before training.
- 2) If any accident happened during exercise, please pull off the safety immediately until it stop.
- 3) If there is something wrong with the machine, please connect the retailer as soon as possible. It's not allowed to repair the equipment by layperson.
- 4) You can pull off the plug from the socket anytime, and this will not do damage to the treadmill.

13. Simple malfunction and solution

- 1) There is no display on screen after the machine is connected to the power source
 - A. Please check the overload button, if the overload protector button bounce, please press this button;
 - B. Please make sure the power source, overload protector ,wire on the control board are well connected;
 - C. Make sure the wires between the displayand control boardare wellconnected.
- 2) The display shows E01after switch on: communication failure from display to the control board.
 - A. Please check the wire from the control board to the display, if broken, please change a new one.
 - B. Please check the electronic parts of the display, change a new display if out of order.
 - C. Change a new control board.
- 3) The display shows E02: Anti-explosion protects or motor problem.
 - A. Make sure the motor wires are well connected; If there is no problem with wire connection, please change a new motor.
 - B. The IGBT is short circuit and break down, please change a new control board.
 - C. Make sure the input voltage is conformity with request voltage.
- 4) The display shows E03: no sensor signal
 - A. If the E03 is displayed after start of 5 to 8 seconds, this is the failure of signal, please check the connection of sensor.

Make sure it is well connected. If the sensor does not work well, change a new sensor.
 - B. The sensor wire on the control board is broken, please replace the control board.
- 5) The display shows E04:The failure of incline
 - A. Re-connect or replace the wire for the incline motor. Wi
 - B. Please check the AC wire of incline motor, make sure it is correctly connected to the control board.
 - C. Replace the connection wire or replace the incline motor.
 - D. Replace the control board.
 - E. After checking all the wires, please press the LEARNING key on the control board to conduct incline calibration.
- 6) The display shows E05 after switch on: Overload protection
 - A. The treadmill is overloaded, please restart.
 - B. Maybe some part is jammed which make the motor too heavy, so the machine cannot work. Please adjust the running belt or lubricate with some oil.
 - C. Check the motor whether there is any special smell or overload current. Replace the motor.

- D. Check the control board; change a new one if necessary.
- 7) The display shows E06 after switch on-open circuits of motor.
- A. Reconnect the motor wire.
 - B. Replace the motor.
- 8) The display shows E08 after switch on-error in the memorizer 24C02
- A. The memorizer IC is not well connected, please reconnect.
 - B. The memorizer IC is broken, please replace the IC.
- 9) The display shows E10 after switch on- Instantaneous short circuit of motor.
- A. The torque of the control board is too big, please adjust the torque potentiometer to make the torque value smaller.
 - B. The motor is short circuit, please replace the motor.
 - C. The moving parts are shucked, please adjust and lubricate them with oil.
- 10) The display shows E13 after switch on: Communication failure from control board to display.
- A. Please check the wire from the control board to the display, if the wire is broken, please change a new one.
 - B. Please check the electronic parts of the display, change a new display if out of order.
 - C. Change a new control board.

Tips for Stretching

- Begin with gradual mobility exercises of all the joints, i.e. simply rotate the wrists, bend the arm and roll your shoulders. This will allow the body's natural lubrication (synovial fluid) to protect the surface of the bones at these joints.
- Always warm up the body before stretching, as this increases blood flow around the body, which in turn makes the muscles more supple.
- Start with your legs, and work up the body.
- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.
- Do not stretch until it hurts. If there's any pain, ease off.
- Don't bounce. Stretching should be gradual and relaxed.
- Don't hold your breath during a stretch.
- Stretch after exercising to prevent muscles tightening up. Stretch at least three times a week to maintain flexibility.

Thigh Stretch:

- Stand on right leg and take hold of the left ankle with the left hand, drawing the foot up close behind to the hips.
- Keep back straight and knees together. Use a wall for balance if required.
- Hold for about 10 seconds.
- Repeat for the other leg.



Hamstring Stretch:

- Keep front leg straight, hands on bent leg (thigh). Push down and out until you begin to feel the stretch in back of knee (or straight leg).
- Keep knees unlocked and back straight.
- Hold for about 10 seconds.
- Repeat for other leg.



Calf Stretch:

- Stand with the back foot flat on the floor and transfer weight to the front foot.
- Hold for about 10 seconds.
- Repeat for other leg.
- Note: Keep your back and rear leg straight when performing this exercise.



Inner Thigh Stretch:

- Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible.
- Hold for about 10 seconds.



Maintenance

Warning: Before cleaning the machine, please make sure the power has been switched off.

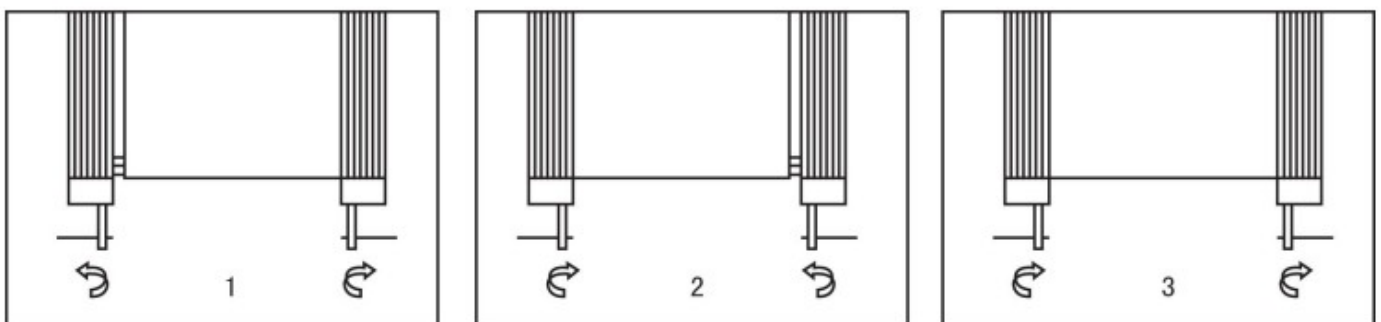
1. Cleaning: Wipe away the dust on the belt, running board and side footboard as excess dust may increase the friction on the belt and cause damage to the machine. It is recommended to clean the machine once a month.
2. Lubrication:
 - 1) Lubrication is needed per 300km. The machine will sound the alarm “di didi ” and displays “OIL” ,at the same time the oil icon will be lit up to inform you to oil. Please lubricate the oil on the middle of the running belt.
 - 2) After lubrication press the STOP key for more than 3 seconds in standby mode and then the machine will sweep off the alarm and lubrication information.

We suggest you lubricate the machine as the following method:

People who use the treadmill less than 3 hours per week, please lubricate the machine per 6 months

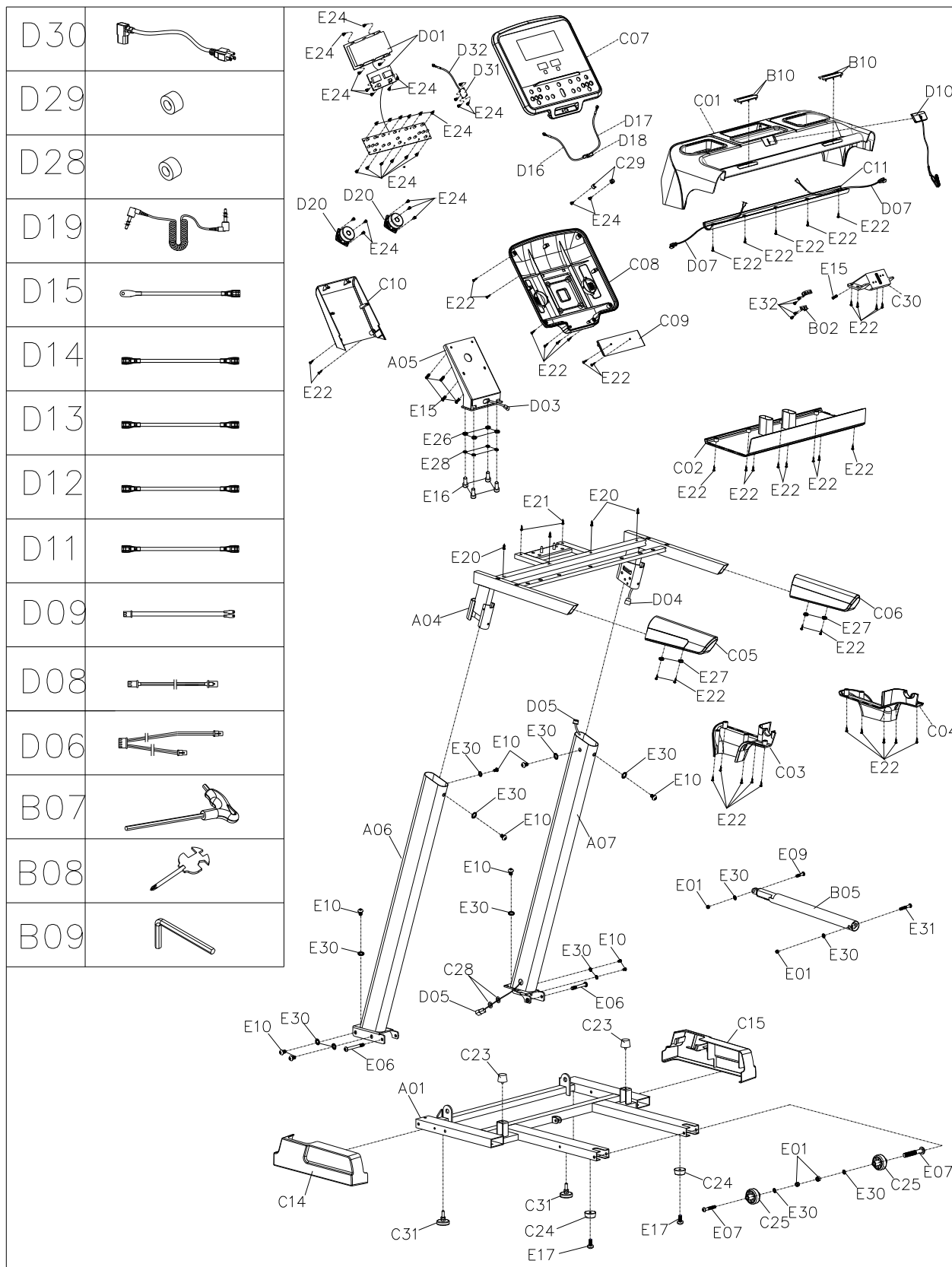
People who use the treadmill less than 3-5 hours per week, please lubricate the machine per 3 months

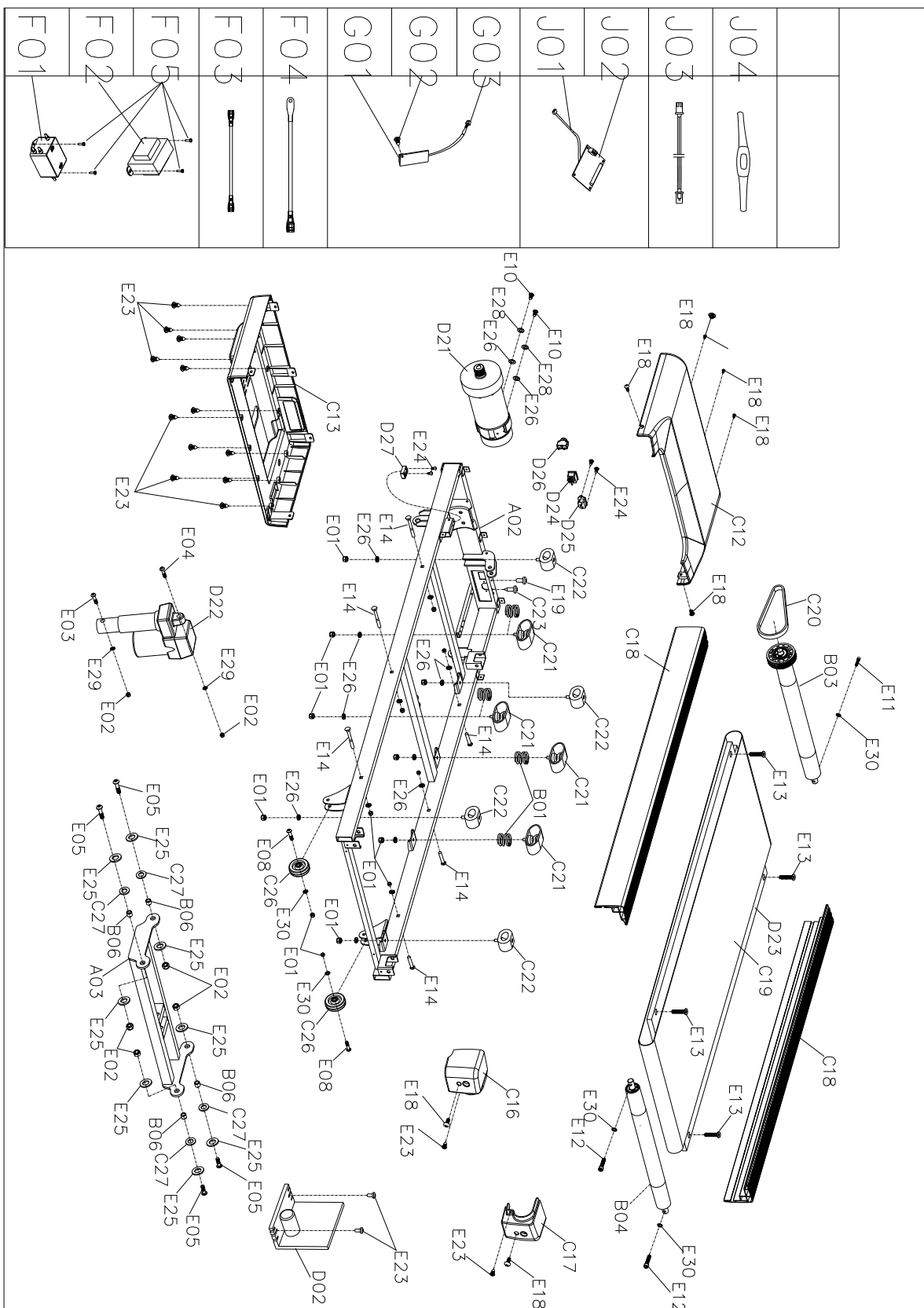
3. People who use the treadmill more than 5 hours per week, please lubricate the machine per 2 months
4. Running belt is off-center: The Running belt may become off-center after using for a period of time. First allow the machine to run by it-self and the belt may centralize automatically. If it does not centralize automatically, you can adjust the position of the belt by screwing the bolt shown in the images below. If the running belt has shifted to the right, you need to tighten the screw on the right of the belt or loosen the screw on the left. If the belt has moved to the left, do the opposite.
5. Belt Slipping: Please adjust bolts according to the diagram below. When adjusting the two sides make sure each adjustment is the same, on either side of the treadmill. We recommend adjusting by half a turn until the running belt does not slip or deviate. Avoid making the belt too tight as this may damage it.



Attention: In order to prolong the lifespan of the treadmill, we suggest switch off the treadmill for about 10 minutes after 2 hours' exercising. Running belt is too loose or tight will do harm to the treadmill. So keep a suitable tightness is very important. We suggest you grasp the running belt and pull it up to a certain distance until you cannot pull it up anymore. If the distance is between 50-75mm, we think the tightness of the running belt is suitable.

Explosive drawing





Part list

NO.	Description	Specification	QTY	NO.	Description	Specification	QTY
A01	Bottom frame		1	C18	Side rail		2
A02	Mainframe		1	C19	Running belt		1
A03	Incline frame		1	C20	Motor belt		1
A04	Display frame		1	C21	Elliptical cushion pad		4
A05	Display support frame		1	C22	Cushion pad		4
A06	Left column		1	C23	Tapered cushion pad		2
A07	Right column		1	C24	Plain cushion pad		2
B01	Pressing spring 1		4	C25	Transportation wheel		2
B02	Spring washer		2	C26	Adjustable wheel		2
B03	Front roller	D50xt3.0x562	1	C27	Plastic washer		4
B04	Rear roller	D46xt3.0x560	1	C28	Annular plug		2
B05	Air cylinder		1	C29	Fixation cap		2
B06	Sleeve		4	C30	Safety key socket		1
B07	Inner hex wrench		1	C31	Adjustable feet		2
B08	Cross solid wrench		1	D01	Display		1
B09	5# Allen wrench		1	D02	Control board		1
B10	Stainless hand pulse		4	D03	Display upper wire		1
C01	Display front cover		1	D04	Display extension wire		1
C02	Display middle-bottom cover		1	D05	Display bottom wire		1
C03	Display left-bottom cover		1	D06	Heart rate upper wire		1
C04	Display right-bottom cover		1	D07	Heart rate bottom wire		2
C05	Left foam handlebar		1	D08	Safety key upper wire		1
C06	Right foam handlebar		1	D09	Safety key extension wire		1
C07	Control panel top cover		1	D10	Safety key		1
C08	Control panel bottom cover		1	D11	AC single wire	Length 200 blue	1
C09	Front panel support		1	D12	AC single wire	Length 200 brown	2
C10	Bottom panel support		1	D13	AC single wire	Length 350 brown	1
C11	Handlebar bottom cover		1	D14	AC single wire	Length 350 blue	1
C12	Motor top cover		1	D15	Earthed wire	Length 350 yellow and green	1
C13	Motor bottom cover		1	D16	Audio socket wire		1
C14	Left bottom cover		1	D17	USB connection wire		1
C15	Right bottom cover		1	D18	USB module		1
C16	Left rear end cover		1	D19	MP3 connection wire		1
C17	Right rear end cover		1	D20	Speaker		2

NO.	Description	Specification	QTY	NO.	Description	Specification	QTY
D21	DC motor		1	E11	Bolt	M8x55	1
D22	Incline motor		1	E12	Bolt	M8x65	2
D23	Running board		1	E13	Bolt	M8x25	4
D24	Square switch		1	E14	Bolt	M8x35	6
D25	Power socket		1	E15	Bolt	M6x15	5
D26	Load protector		1	E16	Bolt	M8x20	4
D27	Magnetic sensor		1	E17	Bolt	M5x16	2
D28	Magnetic ring		1	E18	Bolt	M5x12	7
D29	Magnetic core		1	E19	Bolt	M5x8	1
D30	Standard power cable		1	E20	Screw	ST4.2x30	4
D31	Power amplifier			E21	Screw	ST4.2x25	2
D32	Amplifier power wire			E22	Screw	ST4.2x12	41
E01	Lock nut	M8	20	E23	Screw	ST4.2x12	17
E02	Lock nut	M10	6	E24	Screw	ST2.9x8	36
E03	Bolt	M10x90	1	E25	Big washer	φ 10* φ 26*2. 0	8
E04	Bolt	M10x45	1	E26	Flat washer	8	20
E05	Bolt	M10x30	4	E27	Big flat washer	φ 5* φ 13*1. 0	4
E06	Bolt	M8x80	2	E28	Spring washer	8	6
E07	Bolt	M8x70	2	E29	Lock washer	10	2
E08	Bolt	M8x40	2	E30	Loch washer	8	19
E09	Bolt	M8x30	1	E31	Bolt	M8x45	1
E10	Bolt	M8x15	12	E32	Screw	ST2.9*6	4

Optional part list

NO.	Description	Specification	QTY	NO.	Description	Specification	QTY
F01	Filter	Optional parts for filter and inductor group	1	J01	Wireless heart rate bottom wire	Optional parts for HRC group	1
F02	Inductor		1	J02	Wireless heart rate receiver		1
F03	AC wire length 350mm		1	J03	Wireless heart rate upper wire		1
F04	Earthed wire length 350mm		1	J04	Heart rate belt		1
F05	Screw ST4.2x12		4				
G01	Bluetooth module	Optional parts for Bluetooth APP group	1				
G02	Screw ST2.9x6.0		1				
G03	Bluetooth connection wire		1				