

INSTRUCTION MANUAL



PLEASE READ THIS MANUAL CAREFULLY BEFORE USING AND SAVE IT FOR FUTURE REFERENCE.

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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.

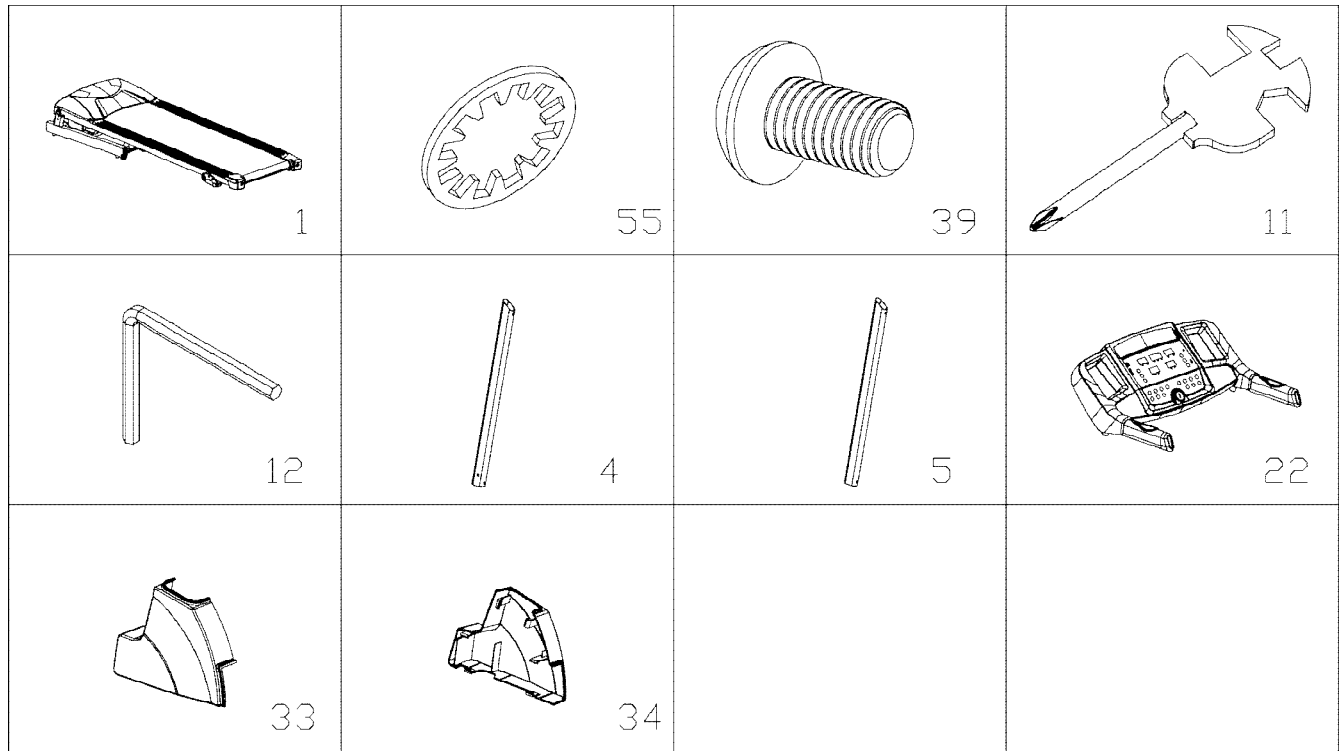
General Safety Precautions

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 x 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. Maximum weight of user: 115kg/250lbs.
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

The following are the part when you open the package.



Package list:

NO.	Description	Specification	QTY	NO.	Description	Specification	QTY
1	mainframe		1	4	left column		1
55	serrated washer	8	10	5	right column		1
39	Inner hex pan head bolt	M8×15	10	22	display		1
11	cross solid wrench	S=13、14、15	1	33	left column cover		1
12	5# inner hex wrench	5mm	1				
34	right column cover		1				

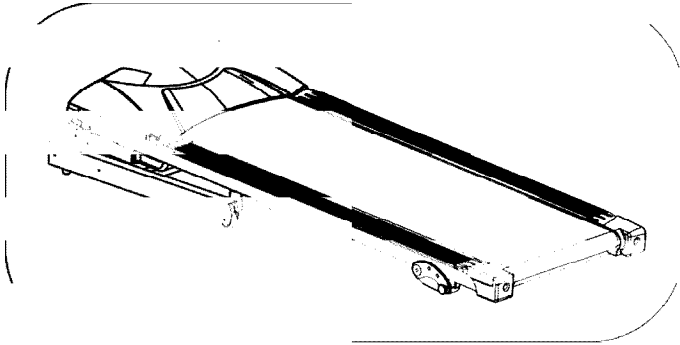
Assembly tools:

5# inner hex wrench 5mm 1pcs

cross solid wrench S=13 14 15 1pcs

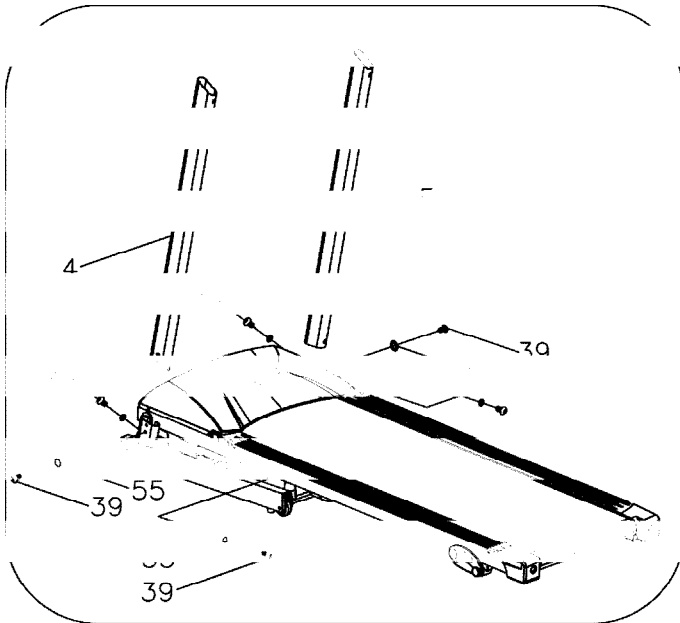
Attention: please don't switch on before finish assembling.

Step 1:



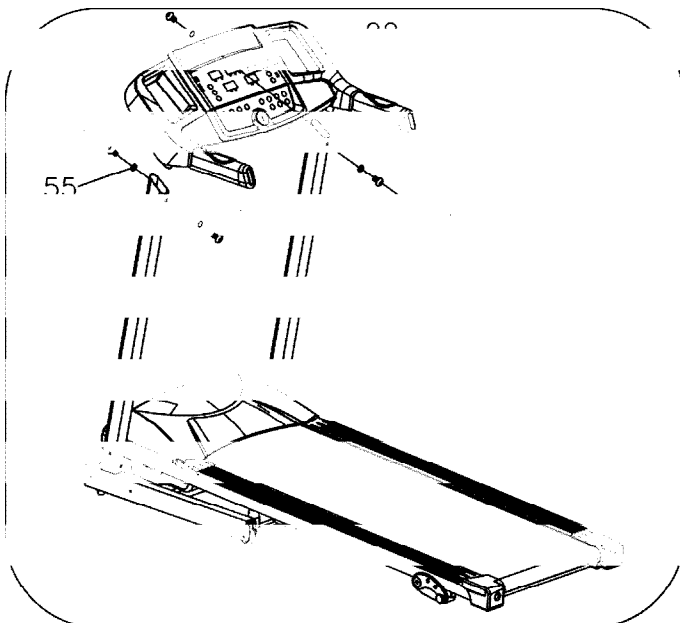
1. Open the package and put the mainframe on the floor.

Step 2:



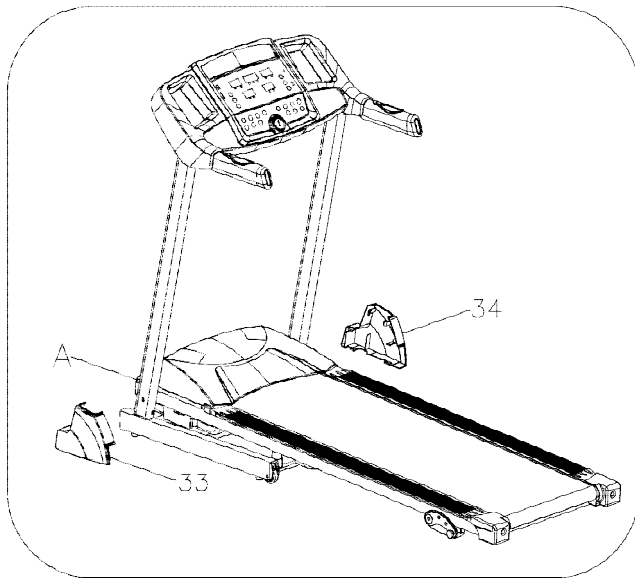
2. Please fix the left & right column (4), (5) to the mainframe with part (39) and (55). And then connect trunk cable with the lower-cable please.

Step 3:



3. Fasten the display (22) to the left & right column with part (39) and (55). And then connect the display cable with the trunk wire.

Step 4:

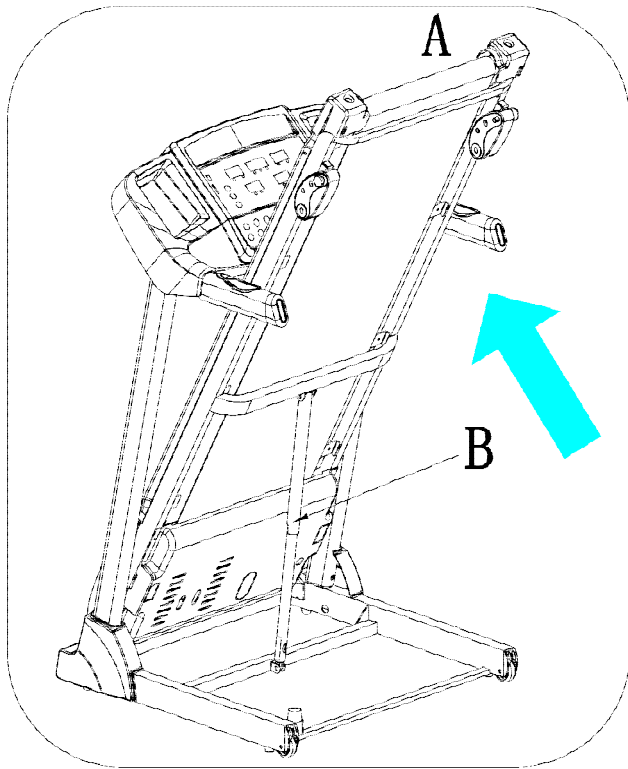


4. Fix the left and right column cover (33)\ (34) to the column.

ATTENTION: Please confirm complete assembly as the require above and lock all the bolt. Do the following operation after checking everything is OK. Before you use the treadmill, please read the instruction carefully.

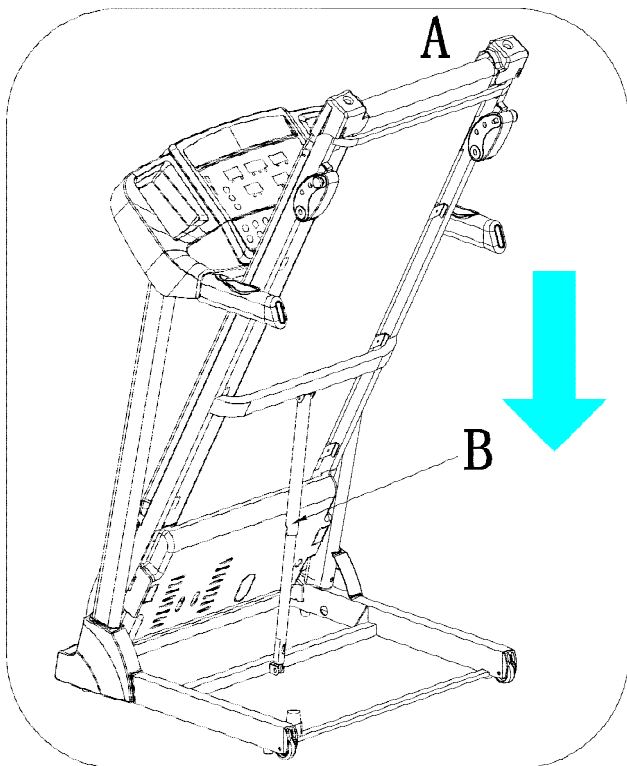
Folding Steps

When folding:



Hold the running deck which showed in “A” position and then push it in the arrow direction until you hear a “bang” voice from the bumper B.

Unfolding:

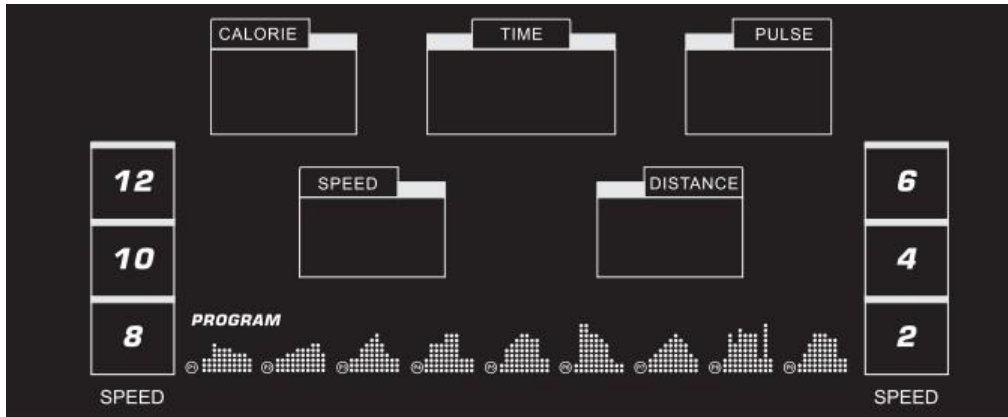


Hold the A position and kick the bumper B and then pull it down automatically.

Technical Data

Assembly size (mm)	1580×707×1240	Power	1.5HP
Folding size (mm)	960×707×1410	Max output	2.0HP
Running area (mm)	1220×400	Input currency	5.0A
N.W.	47.5 KGS	Speed range	0.8--12km/h
Incline	N/A	Max loading	100KG
LED window	speed time distance calorie pulse		

Operation Instruction



1. Window Display:

- 1) "CAL" window: Display the exercising calorie data from 0 to 999. When use the countdown mode the data will count from the target data down to 0.0 until the machine stop slowly, after 5 sec the machine will go to standby mode.
- 2) "TIME" window: display the exercising time from 0:00 to 99:59. When use the countdown mode the data will count from the target data down to 0.0 until the machine stop slowly, after 5 sec the machine will go to standby mode.
- 3) "PULSE" window: display the data of the pulse from 50 to 200 (just for reference and cannot be used for medical). When use pulse function, please hold the handlebar pulse for at least 5 sec.
- 4) "SPEED" window: display the exercising speed from 0.8 to 12 km/h. in program mode it shows P1-P9 and in setting mode it shows H1-H3
- 5) "DIS." window: display the exercising distance from 0.00-99.9. When use the countdown mode the data will count from the target data down to 0.0 until the machine stop slowly. It will go to standby mode after 5 sec.

2. Button Function:

- 1) "PROGRAM" key which is for choosing program from P1-P9. "0.8" is system default mode.
- 2) "MODE" key which is for choosing different mode : "0.8" "H-1" "H-2" "H-3" ("0.8" is system default mode, "H-1" is time countdown mode, "H-2" is distance countdown mode, "H-3" is calorie countdown mode). You

can change the data by pressing “-SPEED +”and then press the “START” key.

- 3) “START” key which is for activating the machine. You can start the machine anytime when the machine is switched on and the safety key is in correct position.
- 4) “STOP” key which is for stopping the machine working and reset the machine to zero.
- 5) “SPEED+” “SPEED-” which is for changing the 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 the “SPEED+” “SPEED-” key lasting for 0.5 sec the speed data will change continuously.
- 6) “SPEED: 2.4.6.8.10.12” key which is for choosing the speed directly.

3. Start-up Quickly(Manual):

- 1) Switch on and put the safety key in correct position.
- 2) Press the START key and then the machine will work at a speed of 0.8km/h after the beeper countdown from 3 to 1.
- 3) Press the “SPEED+”、 “SPEED-” to change the speed according to your need.

4. Working Operation:

- 1) Press the “SPEED+”、 “SPEED-” key to increase or decrease the speed.
- 2) You can change the speed directly by pressing the speed key “2.4.6.8.10.12”.
- 3) Pressing the STOP key to stop the machine from working and reset the data to zero.
- 4) The pulse window will display your heart rate by holding the handle pulse for 5 sec end.

5. Manual Mode:

- 1) Press the START key and then the machine will work at a speed of 0.8km/h and all other window will count from 0 in standby mode. Press the “SPEED+”、 “SPEED-” to change the speed.
- 2) In standby mode press the MODE key to enter into time countdown mode H1. “10:00” will be flashed displaying in the TIME window. Press the “SPEED+”、 “SPEED-” key to change the data from 5:00 to 99:59.
- 3) In time countdown mode press the MODE key to enter into distance countdown mode H2. “1.00” will be flashed displaying in the DIS window. Press the “SPEED+”、 “SPEED-” key to change the data from 0.5 to 99.9.
- 4) In distance countdown mode, press the MODE key to enter into calorie countdown mode H3, “50”will be flashed displaying in the CAL window. Press the “SPEED+”、 “SPEED-” key to change the data from 10 to 999.
- 5) Choose one of the three countdown mode and then press the START key and the machine will work after 3 sec. press the “SPEED+”、 “SPEED -” key to change the speed. Press the STOP key to shut off the machine.

6. Built-in Program:

There are total 9 programs built in the machine. Press the PROGRAM key to choose your favorite program from P1-P9. Press "SPEED +" "SPEED-" to change the preset time. Press the START key to start the built-in program. There are 10 stages in each program and each exercising time=preset time/10. There will be a beep sound when entering next stages. The speed will change according to each stage. You can change the speed by pressing "SPEED +" "SPEED-" key during each stage. But when enter into next stage the speed will back to its original data. There will be 6 bi-bi sounds when finish exercising a program until the machine stop working slowly and the machine will go back to standby mode after 5 sec.

7. Program Introduction:

SPEED stands for speed and each program will be divided into 10 stages and each stage will have a constant speed.

Formula table

stage formula		Preset time/10=each exercising time									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	5	4	4	4	3
P2	SPEED	3	3	4	4	5	5	5	6	6	4
P3	SPEED	3	3	5	6	7	8	6	4	3	3
P4	SPEED	3	6	6	6	8	8	8	3	3	3
P5	SPEED	2	5	6	7	8	8	7	7	3	3
P6	SPEED	2	10	10	8	8	7	6	3	2	2
P7	SPEED	3	4	5	6	7	8	7	6	4	3
P8	SPEED	3	8	6	9	8	8	8	3	10	3
P9	SPEED	2	4	6	8	8	8	7	7	3	3

8. Display Range of Each Item:

item	initial	Original data	Range	Display range
time (min: sec)	0:00	10:00	5:00-99:00	0:00-99:59
speed (km/h)	0.8	0.8	0.8-12	0.8-12
distance (km)	0.00	1.00	0.50-99.9	0.0-99.9
Heart rate (time/min)	P	/	/	50-200
calorie(K)	0	50	10-999	0-999

9. Body Fat Test:

Press the PROGRAM key continuously to enter into body fat index function. And then press MODE key to

enter into F-1、F-2、F-3、F-4、F-5 (F-1 sex, F-2 age, F-3 height, F-4, weight, F-5 body fat test), press “SPEED+”、 “SPEED-” to change the date of F1-4 and after that press MODE to enter into F-5 body fat and meanwhile hold the handle pulse for 2-3 sec, it will display your body fat. Body fat is suitable both for male and female. Perfect body fat data is between 20 and 25. If below 19 it means you are too thin. If the body fat data is between 25-29 that it means you are a little fat. If above 30 that means you are too fat. (the data is just for reference not suitable for medical use.)

F-1	Sex	01 male	02 female
F-2	Age	10-----99	
F-3	Height	100----200	
F-4	Weight	20-----150	
F-5	Body fat data	≤19	A little thin
	Body fat data	=(20---25)	Normal
	Body fat data	=(26---29)	A little fat
	Body fat data	≥30	Too fat

10. Energy Saving Mode:

This system is of energy saving function. It will enter into energy saving mode after 10 minutes without any signals. Press any key can awake it.

11. MP3 Function (optional):

Switch on and connect the MP3 and now the machine is of loud speaker function. Please pay attention to the voice volume in order not to damage the speaker equipment.

12. Safety Key Function:

Pull out the safety key to make the machine emergency stop at any time and meanwhile each window will show “---” and the beeper will have a sound alarm. You cannot do any operation at this time. Put the safety key in correct position and then the machine will go to standby mode immediately.

13. Switch off:

You can shut off the machine by switch off the power any time. And this won't do any damage to the machine.

14. Attention:

- 1) Please check the power and the safety key is well or not.
- 2) If any accident happened during exercising, please pull out 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 non-special person.

15. Simple Malfunction and Solution:

- 1) Switched on but without any signal on the display.
 - A. Check the overload protection is work or not, if so, press it down.

- B. Check the switch, overload protection and the cable between the driver and the voltage transformer are ok or not and make sure the connection is good.
 - C. Check the connection between the driver and display is ok or not and.
 - D. The voltage transformer is broken, replace the transformer.
- 2) The display shows E01 after switch on.
- A. There something wrong with the signal cable. Please check each cable between display and the driver is ok or not.
 - B. There are something wrong with the display component part, please replace the display.
 - C. Replace the transformer.
- 3) The display shows E02 after switch on.
- A. Check the motor cable is ok or not, if not please reconnect the motor cable. If it does not work, please replace the motor.
 - B. Check the controller whether there is any special smell. If so please replace the controller.
 - C. Check whether the input voltage is correct or not. Please use the right input voltage.
- 4) The display shows E03 after switch on.
- A. If the display shows E03 after the motor starts for about 5-8 sec, that means it does not received speed signal. Please check the sensor plug is ok or not, if broken please replace the sensor.
 - B. The circuit of the controller is broken, please replace the controller.
- 5) The display shows E05 after switch on.
- A. The current is too big because of too heavy load and then the system shut off the power to protect itself. Please reset the machine.
 - B. Maybe some part is jammed which make the motor too heavy load, so the machine cannot work. So please adjust the running belt or lubricate some oil.
 - C. Check the motor whether there is any special smell. If so please replace the motor.
 - D. Check the controller whether there is any special smell. If so please replace the controller.
- 6) Cannot start time window shows normally but the motor does not work and there is any error code after press START key.
- A. Check the cables between motor and related parts are ok or not.
 - B. Check whether the protective tube is good or not.
 - C. The IGBT on the controller is broken, please replace it.

Instructions for Use

Conditioning Guidelines:

The following guidelines will help you to plan your exercise program. Remember that correct nutrition and adequate rest are essential for successful results.

If you're beginning an exercise program, you should check with your doctor if:

- I You have been diagnosed with heart problems, high blood pressure or any other medical condition.
- I You have not exercised for over a year.
- I You are over 35 and do not currently exercise.
- I You are pregnant.
- I You have diabetes.
- I You have chest pains, or experience dizziness or fainting spells.
- I You are recovering from an injury or illness.

Target Heart Rate (THR):

	TRAINING ZONE
AGE	MIN-MAX (BPM)
20	133 - 167
25	132 - 166
30	130 - 164
35	129 - 162
40	127 - 161
45	125 - 159
50	124 - 156
55	122 - 155
60	121 - 153
65	119 - 151
70	118 - 150
75	117 - 147
80	115 - 146
85	114 - 144

Note: This is a guide only and performance will depend on the fitness and condition (health) of the person using the treadmill.

Work-Out Tips:

- Always perform stretching exercises both before and after your work-out. See page 11.
- Start slowly, doing too much too soon can lead to injuries.
- If you are sore or tired, give yourself a few extra days to recover.
- Start with two or three 15 minute sessions per week with a rest day between work-outs.

- Warm-up for 5 or 10 minutes with gentle movements like walking or swinging your arms in a circle and then stretch the muscles you'll use during your work-out. The treadmill will mainly exercise the thigh and calf muscles.
- Increase the pace and resistance to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly if you exercise regularly.
- End each work-out with a 5 minute cool down with the resistance set to a low level. You should then stretch the muscles you've just worked to prevent injury and cramp.
- Increase your work-out time by a few minutes each week until you can work continuously for 30 minutes per session.
- Don't worry about distance or pace. For the first few weeks, focus on endurance and conditioning.

How hard should you work?

1. When exercising, you should try to stay within your Target Heart Rate (THR) zone.
2. The THR table will tell you the THR for your age. This is only a guide and will depend on the fitness and condition (health) of the person using the treadmill.
3. Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest. If you're not breaking into a sweat, speed it up!

Stretching Guide

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.

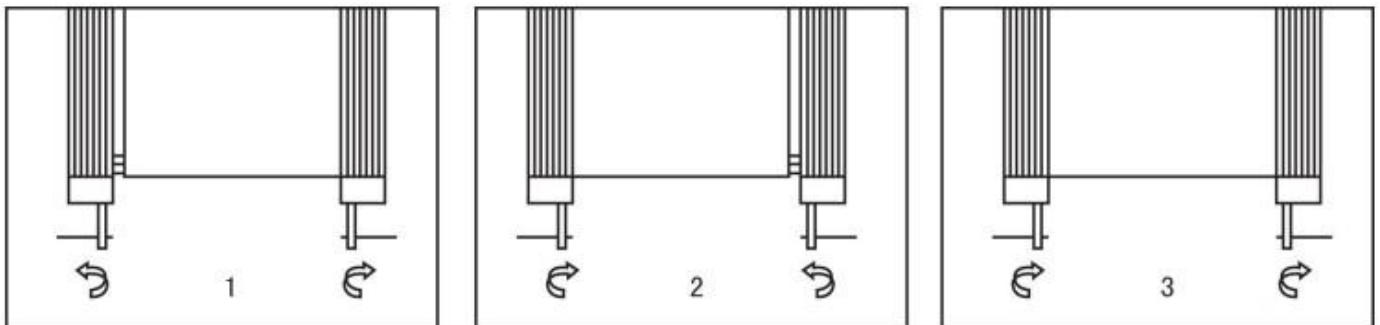


Maintenance

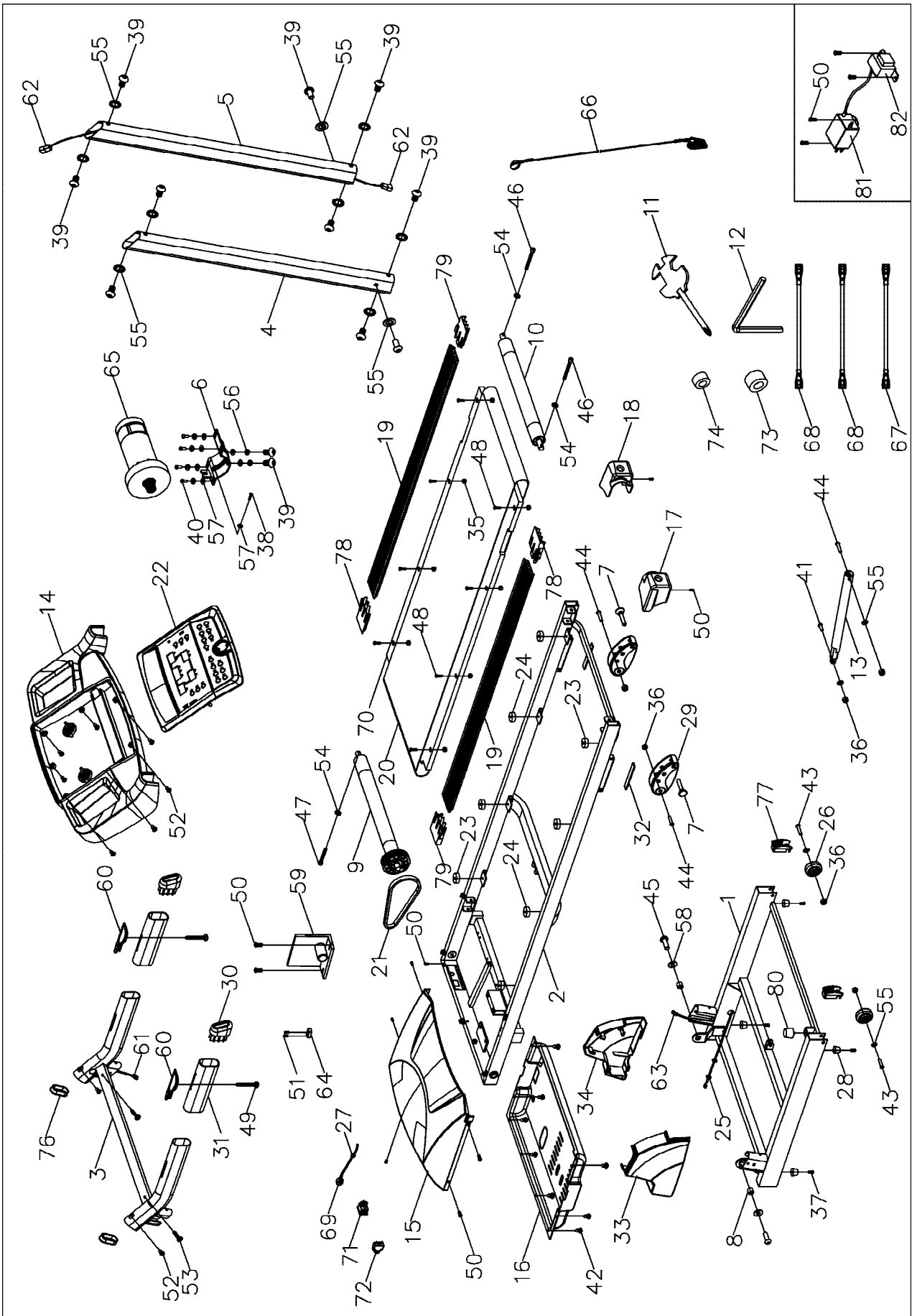
Warning:

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:** Please use lubrication oil between the running belt and board twice a year.
3. **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 itself 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.
4. **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.



Explosive View



Part List

NO.	Description	Specification	QTY	NO.	Description	Specification	QTY
1	Bottom mainframe		1	35	Non metallic hex nut I	M6	8
2	Mainframe		1	36	Non metallic hex nut I	M8	6
3	Display support frame		1	37	Cross pan head tapping screw	ST4.2×20	4
4	Left column		1	38	Class C hex bolt	M8×35	1
5	Right column		1	39	Pan head inner hex bolt	M8×15	12
6	Motor seat frame		1	40	Pan head inner hex bolt	M8×20	4
7	Solid pin		2	41	Pan head inner hex bolt	M8×30	1
8	Shaft sleeve		2	42	cross recessed pan head drilling screw with tapping screw thread	ST4.2×12	8
9	Front roller		1	43	Pan head inner hex bolt	M8×40	2
10	Rear roller		1	44	Pan head inner hex bolt	M8×45	3
11	Solid cross wrench	S=13、14、15	1	45	Pan head inner hex bolt	M10×30	2
12	5# inner hex wrench	5mm	1	46	Pan head inner hex bolt	M6×55	2
13	Air pumper		1	47	Pan head inner hex bolt	M6×45	1
14	Top cover of display		1	48	Inner hex count sunk bolt	M6×35	8
15	Top cover of motor		1	49	Cross recessed pan head screw	ST4.2×50	2
16	Bottom cover of motor		1	50	Cross recessed pan head screw	M5×8	14
17	Left adjuster		1	51	Cross recessed pan head screw	S T2.9×8	2
18	Right adjuster		1	52	Cross recessed pan head screw	ST4.2×12	9
19	Side rail		2	53	Cross recessed pan head screw	ST4.2×30	2
20	Running belt		1	54	serrated washer	6	3
21	Multi-V belt		1	55	serrated washer	8	14
22	Display		1	56	Spring washer	8	6
23	Blue cushion		4	57	Class C flat washer	8	7
24	Black cushion		4	58	Class C big washer	φ10×φ26×2.0	2
25	O ring plug		2	59	PCB board		1
26	Wheel		2	60	Handle pulse		2
27	Wire nail		1	61	Display upper cable		1
28	Rubber pad		4	62	Display trunk cable		1
29	Adjustable rubber pad		2	63	Display lower cable		1
30	Pipe plug		2	64	Sensor		1
31	Foam		2	65	DC motor		1
32	EVA pad		2	66	Safety key		1
33	Left column cover		1	67	AC cable	Blue	1
34	Right column cover		1	68	AC cable	Brown	2

69	Standard cable		1	76	Elliptical cap		2
70	Running deck		1	77	Cover for wheel		2
71	Switch		1	78	Cap for left side rail		2
72	Overload protector		1	79	Cap for left side rail		2
73	Magnetic ring		1	80	Taper cushion		1
74	Magnetic core		1	81	Filter	optional	1
75	Cross recessed pan head screw	M5×12	6	82	Inductance		