



# INSTRUCTION MANUAL



PLEASE 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.

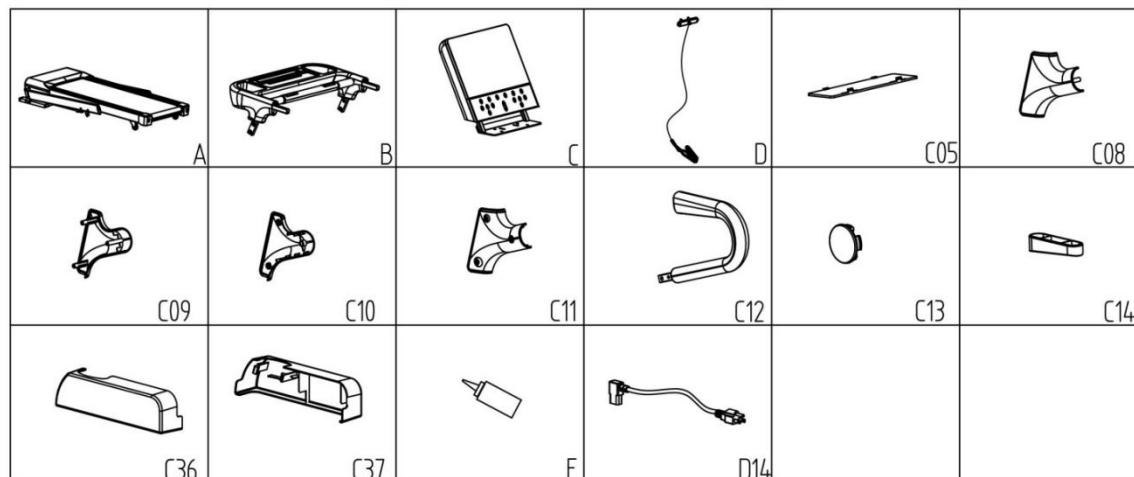
## General Safety Precautions

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

# Installation


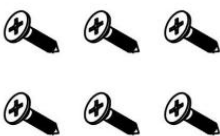
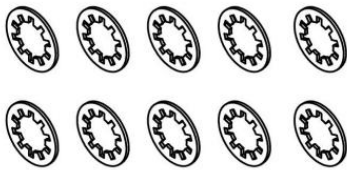
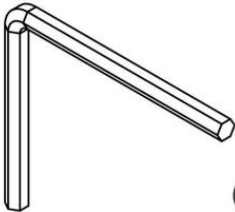
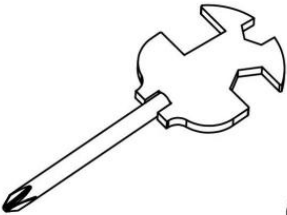
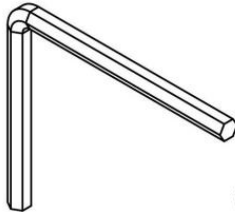
The following figure is a scattered view of the components installed in the whole machine. Open the packaging box, and you can take out the following parts in the box.



## List of Parts

No.	Name	Specification	Quantity
A	Main frame assembly		1
B	Electronic meter assembly		1
C	Panel assembly		1
D	Safety lock assembly		1
C05	Middle and lower covers of electronic meter		1
C08	Left column outer cover		1
C09	Right column outer cover		1
C10	Left column inner cover		1

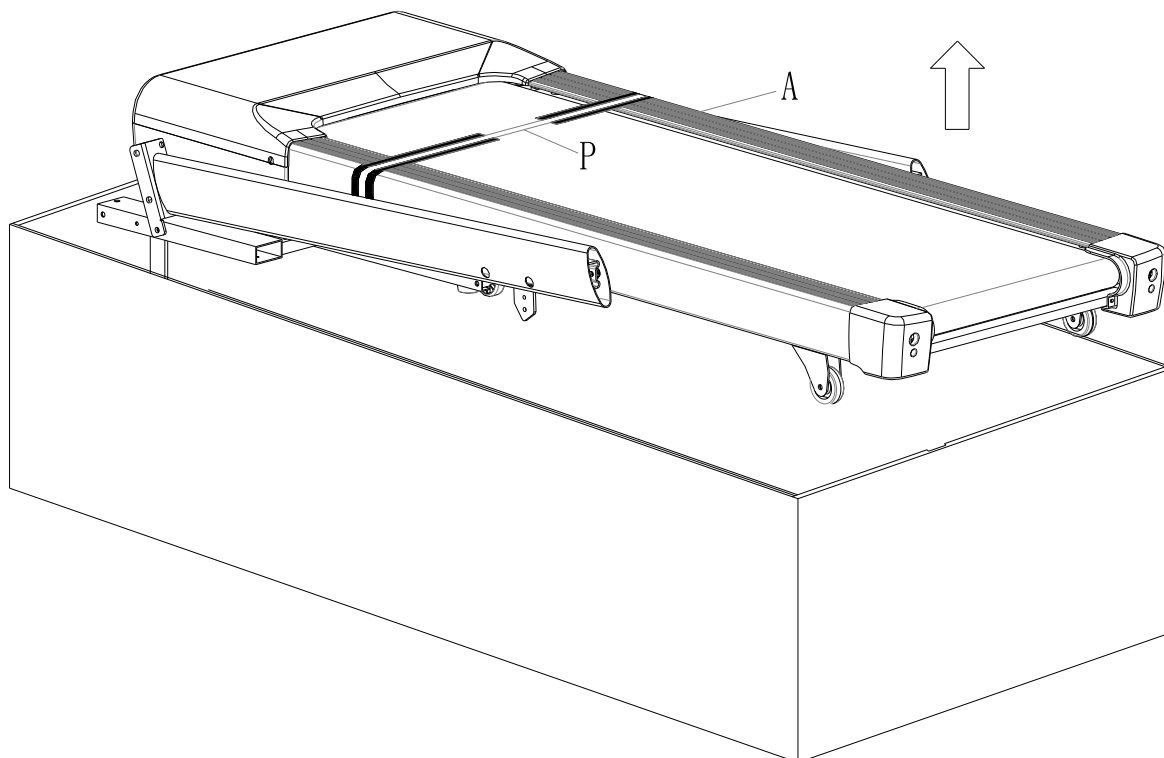
No.	Name	Specification	Quantity
C11	Right column inner cover		1
C12	Foam armrest		2
C13	Screw hole plug		4
C14	Armrest tube plug		2
C36	Left bottom shield		1
C37	Right bottom shield		1
E	Oil bottle		1
D14	Standard power cable		1

E15 M8*15  (22X)	E24 ST4.2*15  (6X)	E32 $\varnothing 8$  (10X)
B07 S5  (1X)	B08 S=13 14 15  (1X)	B11 S6  (1X)

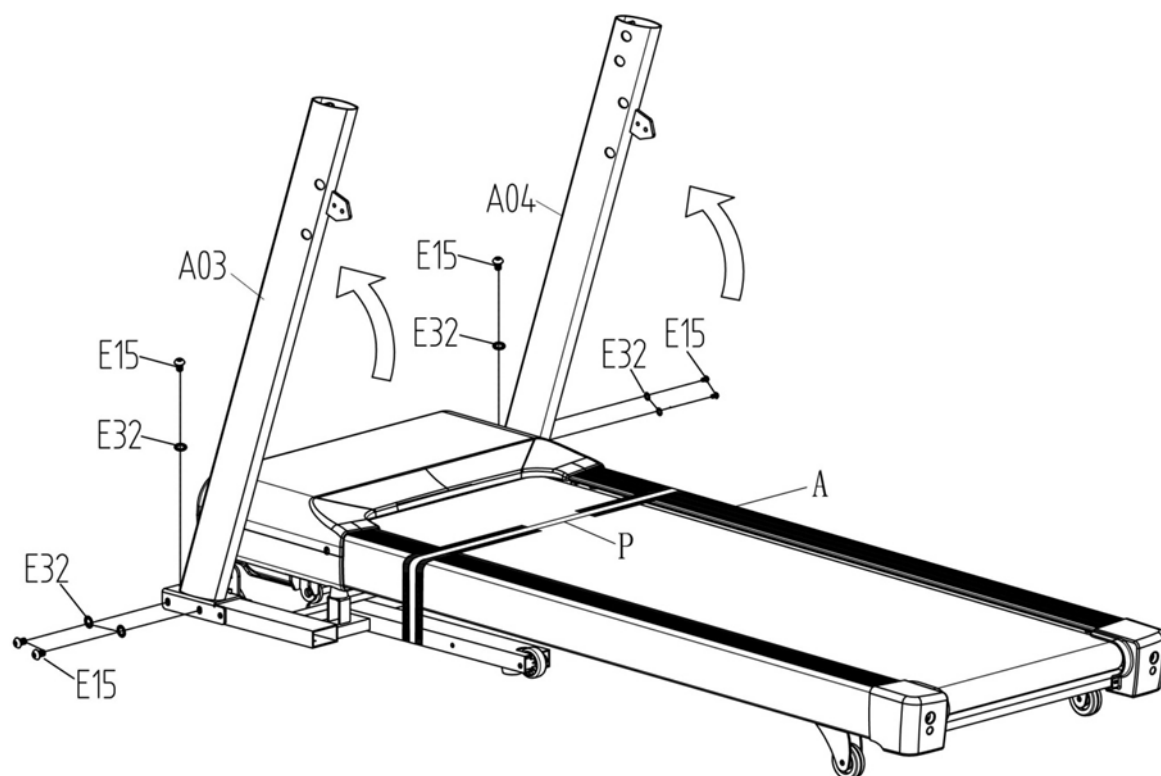
**Note: DO NOT plug in the power supply until the installation is complete.**

### Installation Steps

#### 1. Unpacking

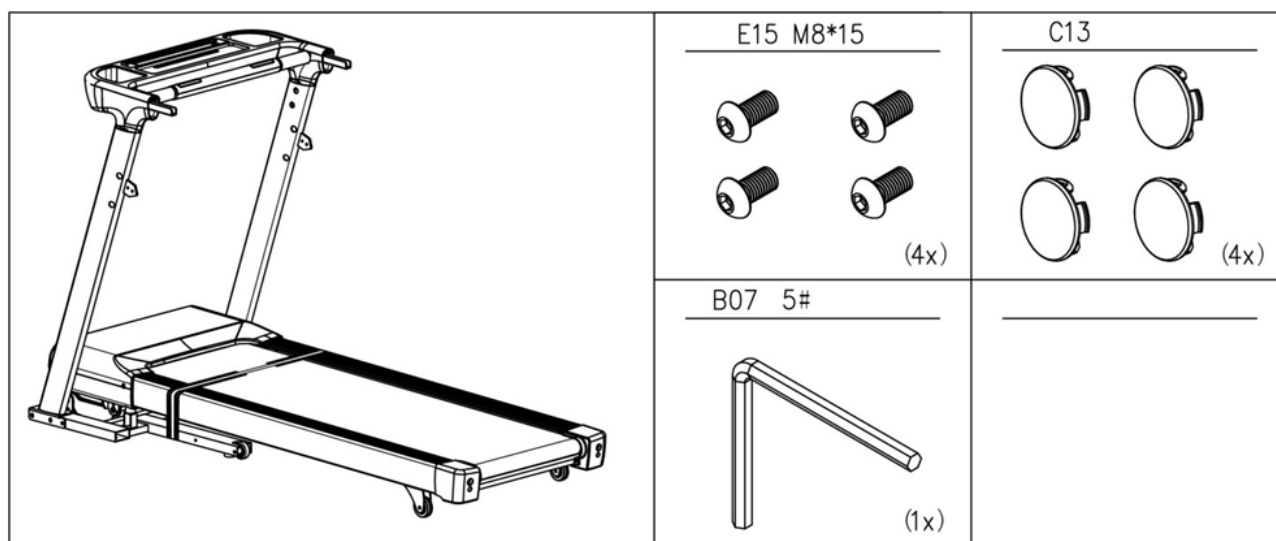
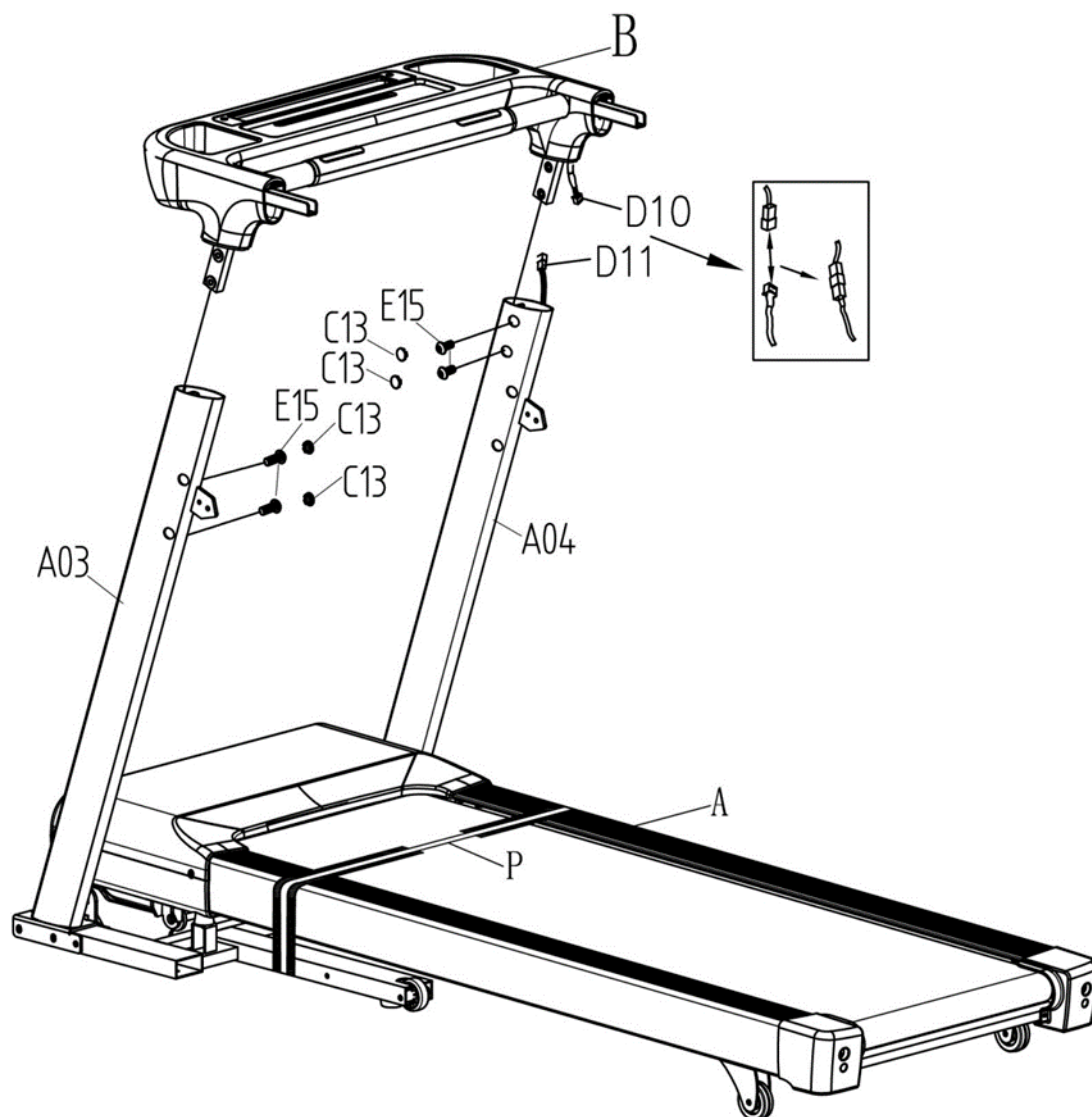


2. Install the columns



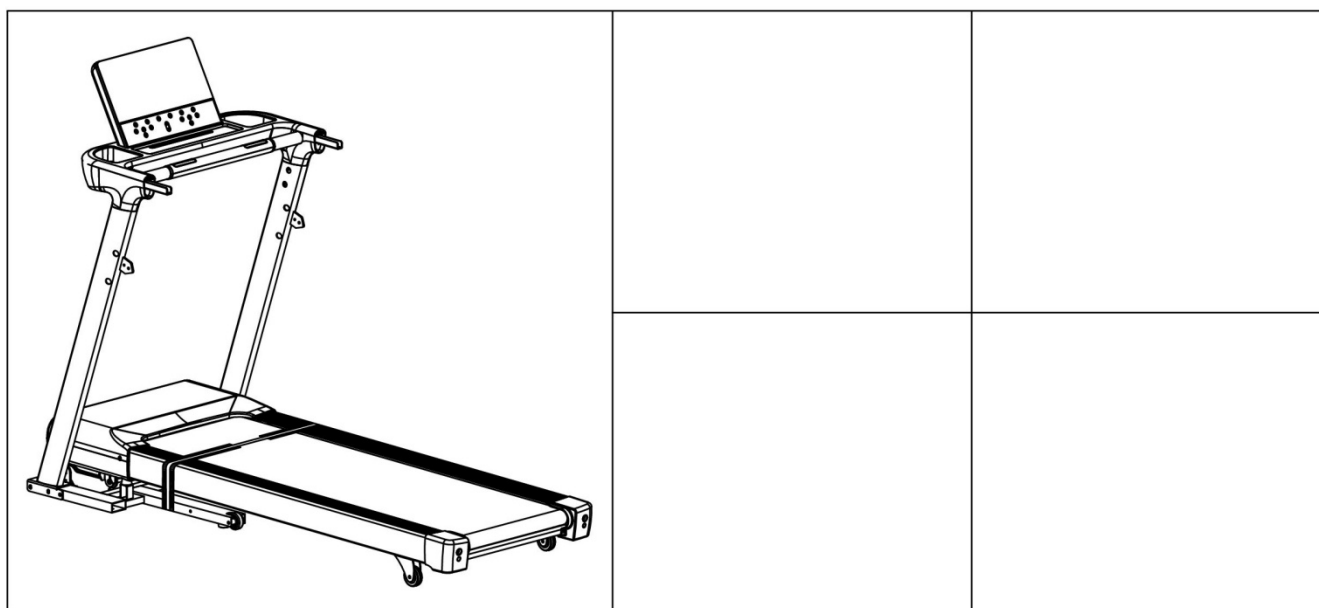
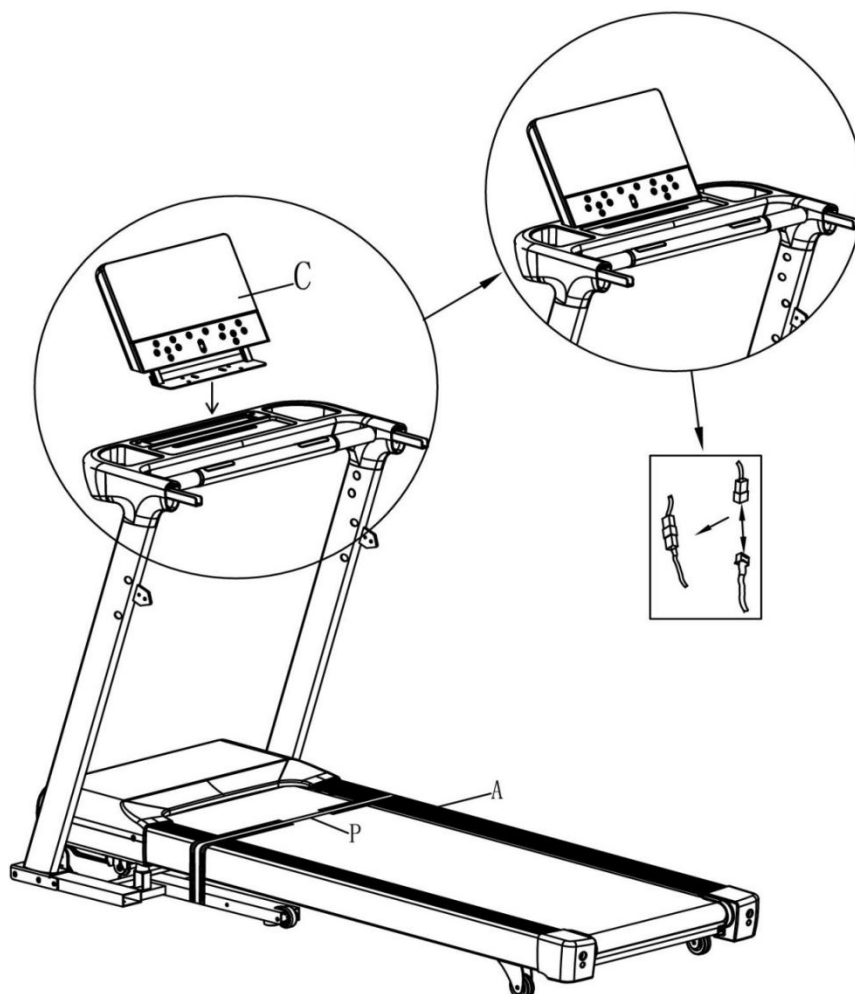
	<p>E15 M8*15</p> <p>(6x)</p>	<p>E32 <math>\varnothing 8</math></p> <p>(6x)</p>
	<p>B07 5#</p> <p>(1x)</p>	

3. Install the instrument support base and connect the middle and lower lines of the electronic meter.

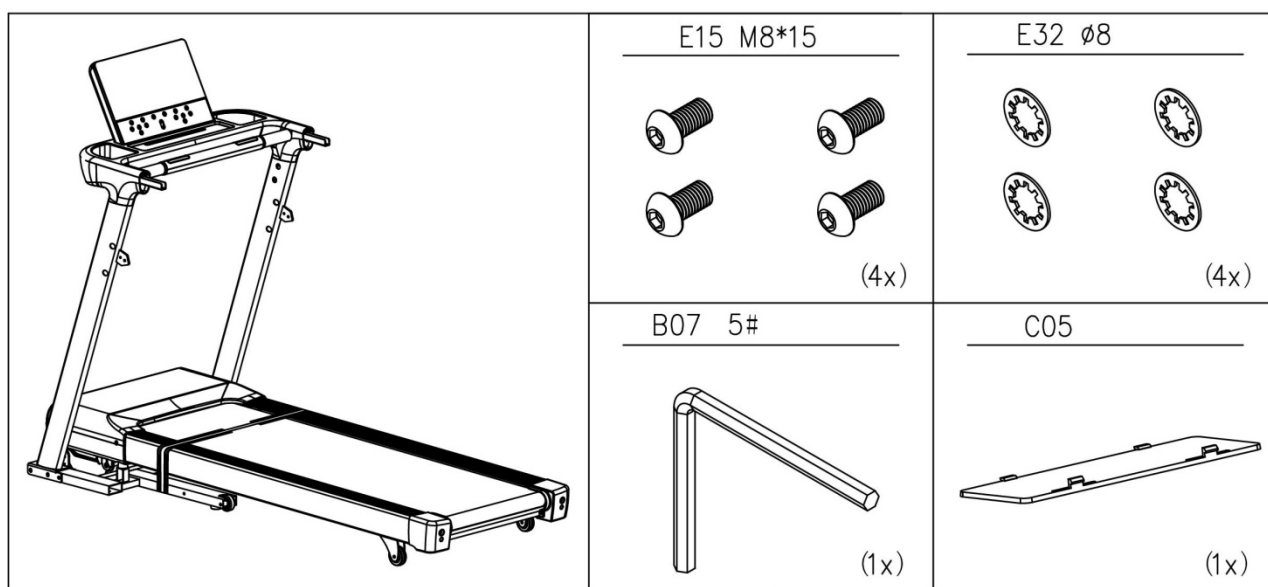
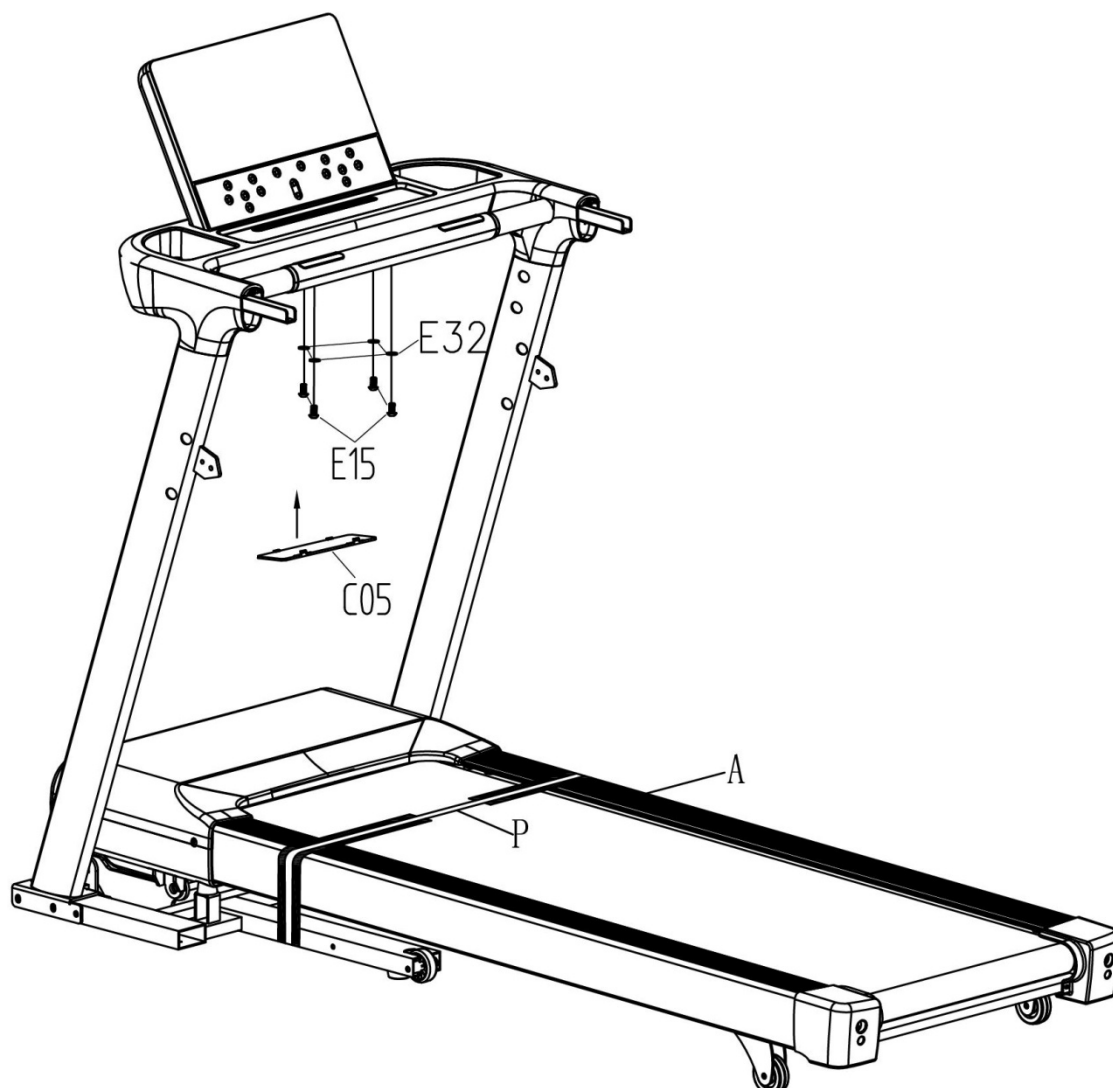




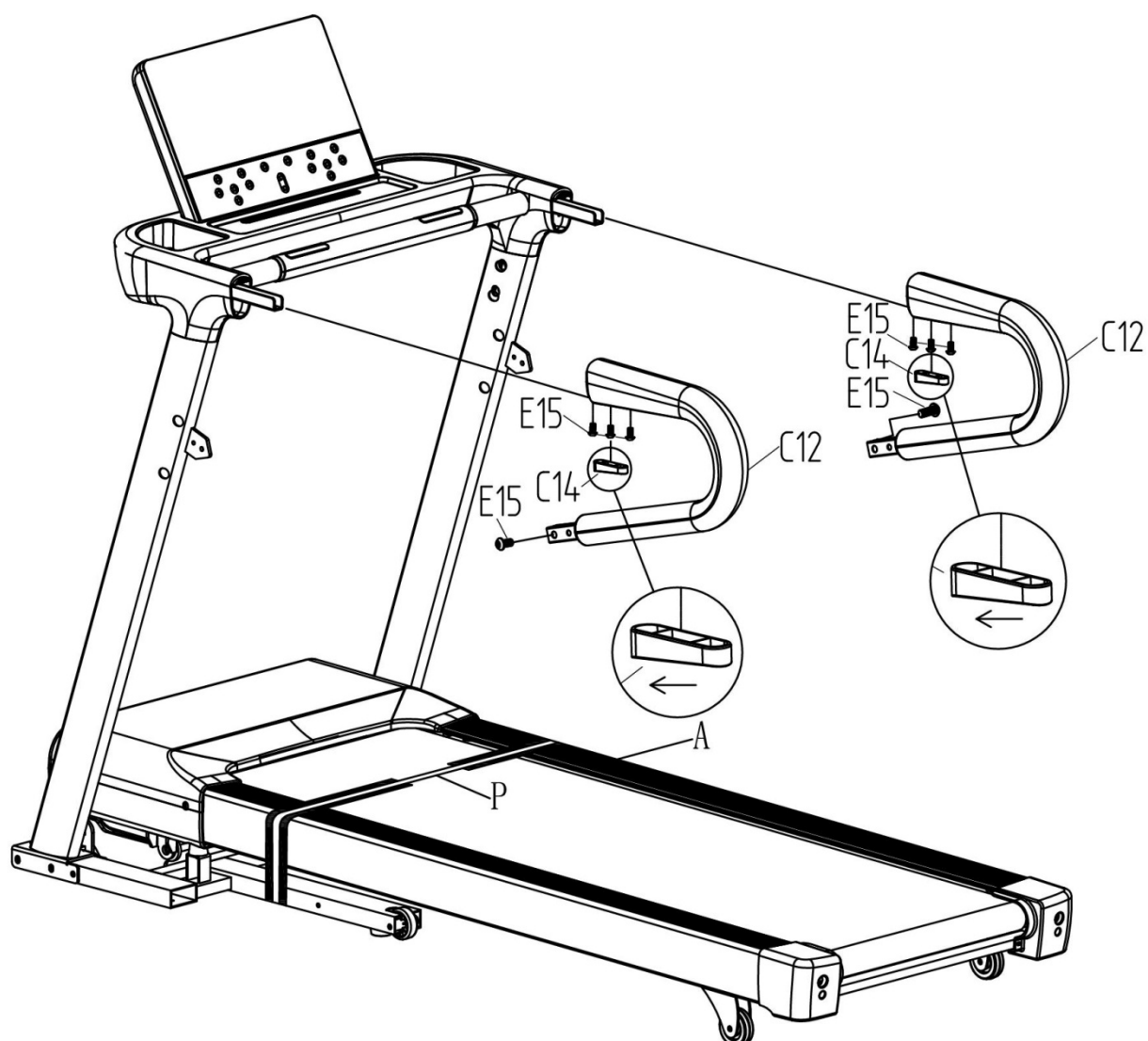
4. Install the panel



5. Connect the instrument wiring and install the middle and lower covers of the electronic meter.

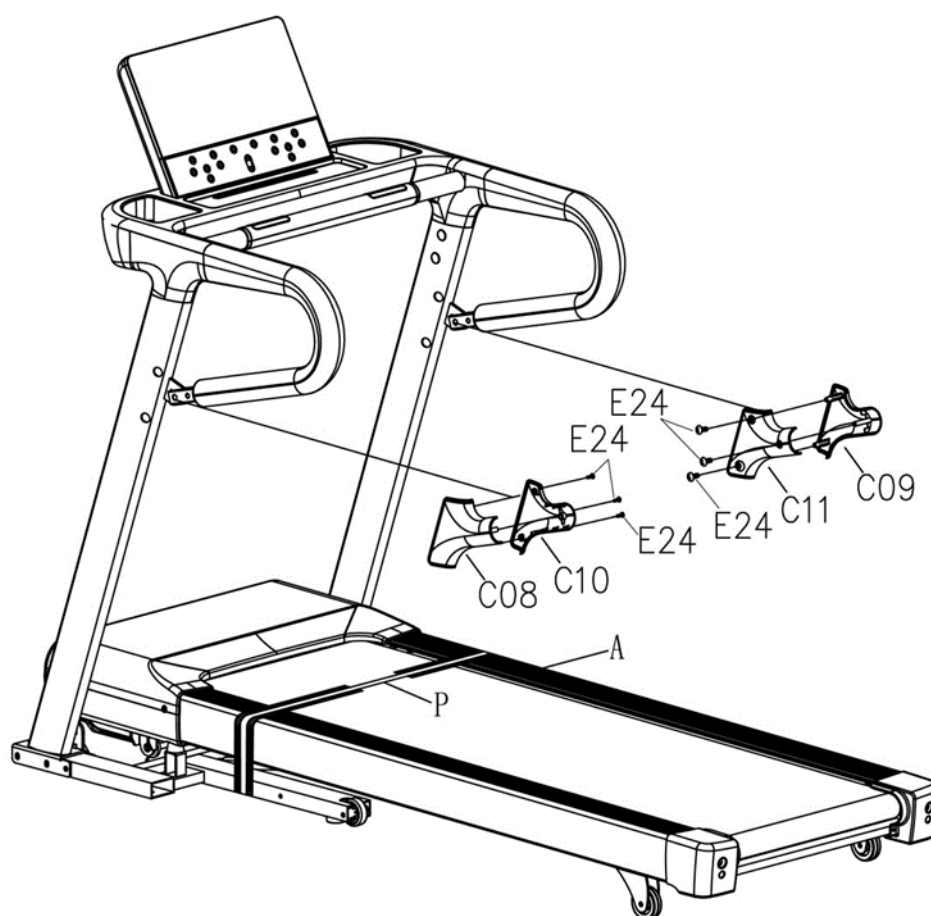


6. Install the left and right handles.



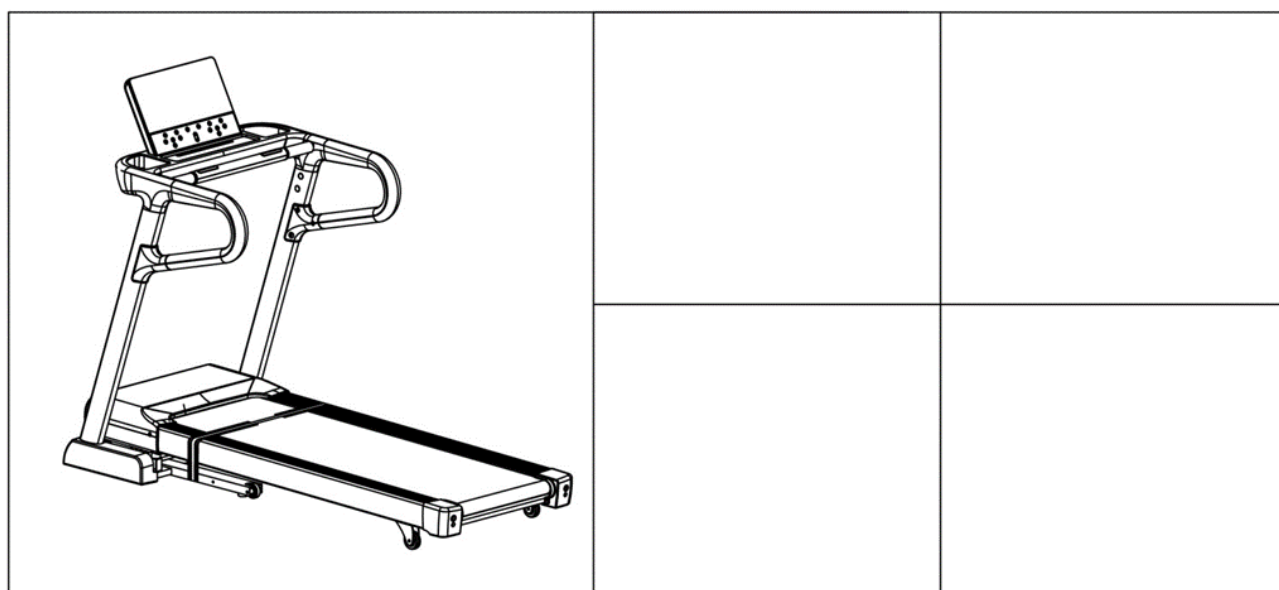
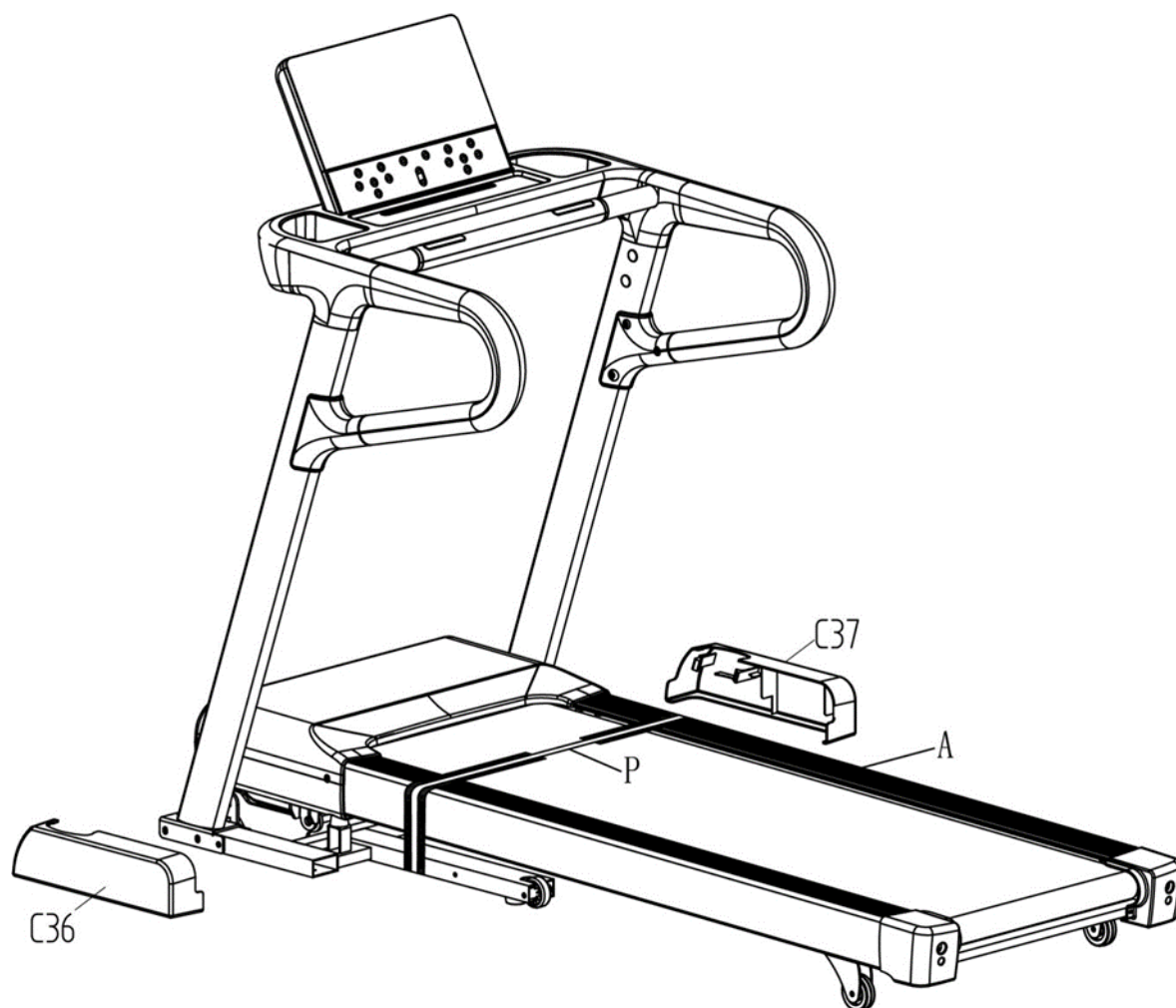
	<p>E15 M8*15</p> <p>(8x)</p>	<p>C14</p> <p>(2x)</p>
	<p>B07 5#</p> <p>(1x)</p>	

7. Install the column trim cover.

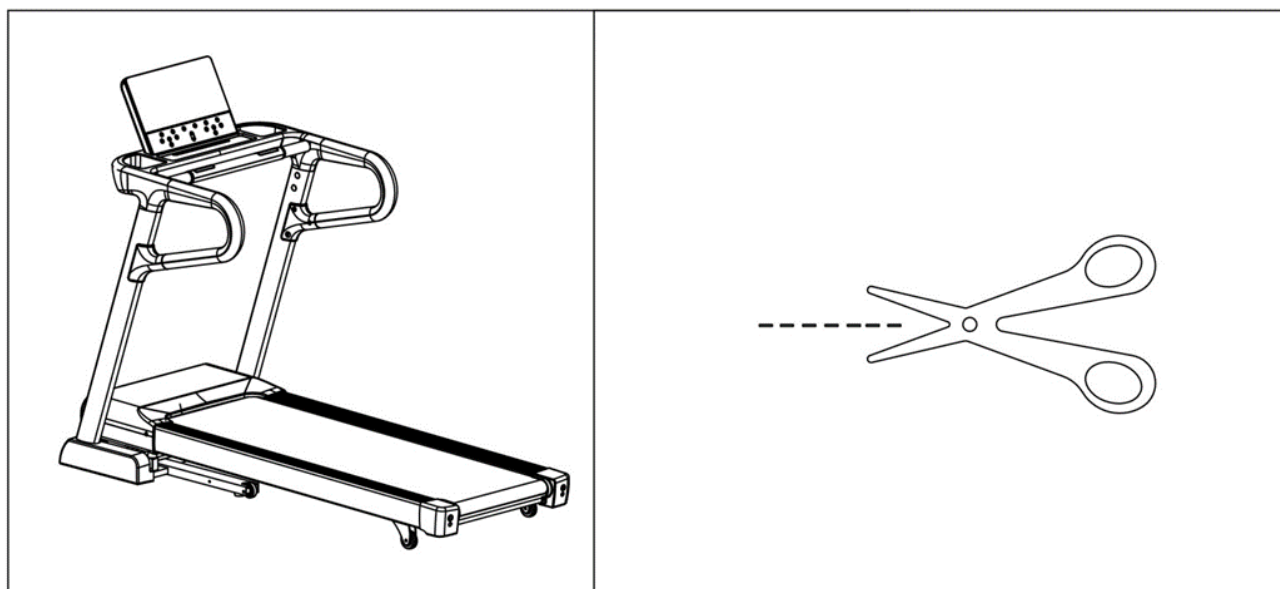


	<p>E24 ST4.2*15</p> <p>(6x)</p>	
	<p>B08 S=13 14 15</p> <p>(1x)</p>	

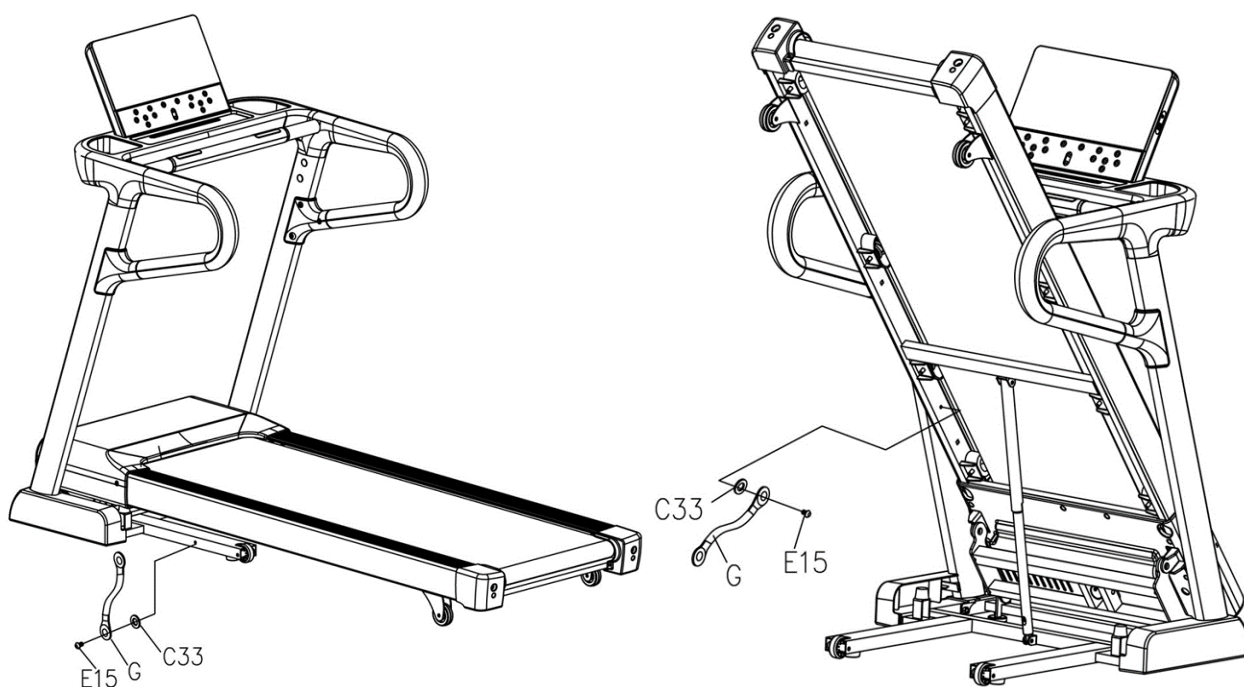
8. Install the left and right bottom shields.



9. Use a tool to cut the cable tie.



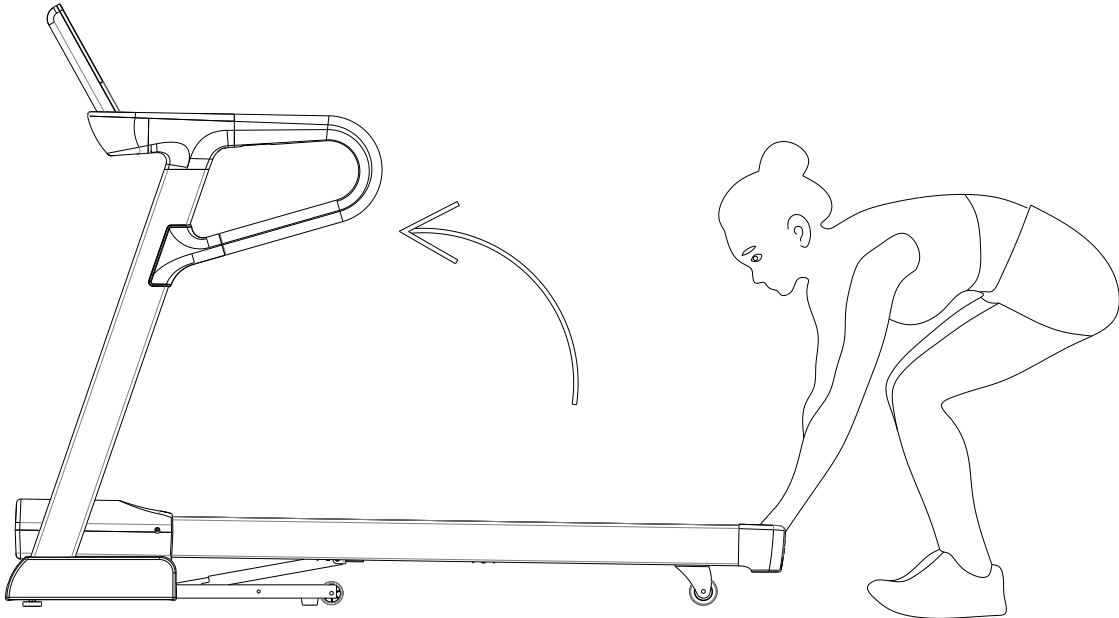
10. Remove the running board safety device.



	<p>B07 5#</p> <p>(1x)</p>	

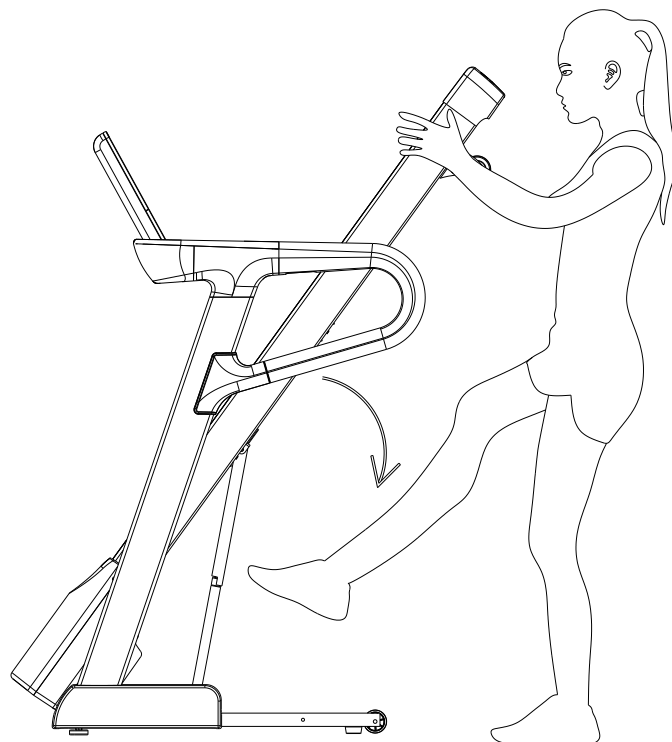
# Folding

## Fold the treadmill



## Expand the treadmill

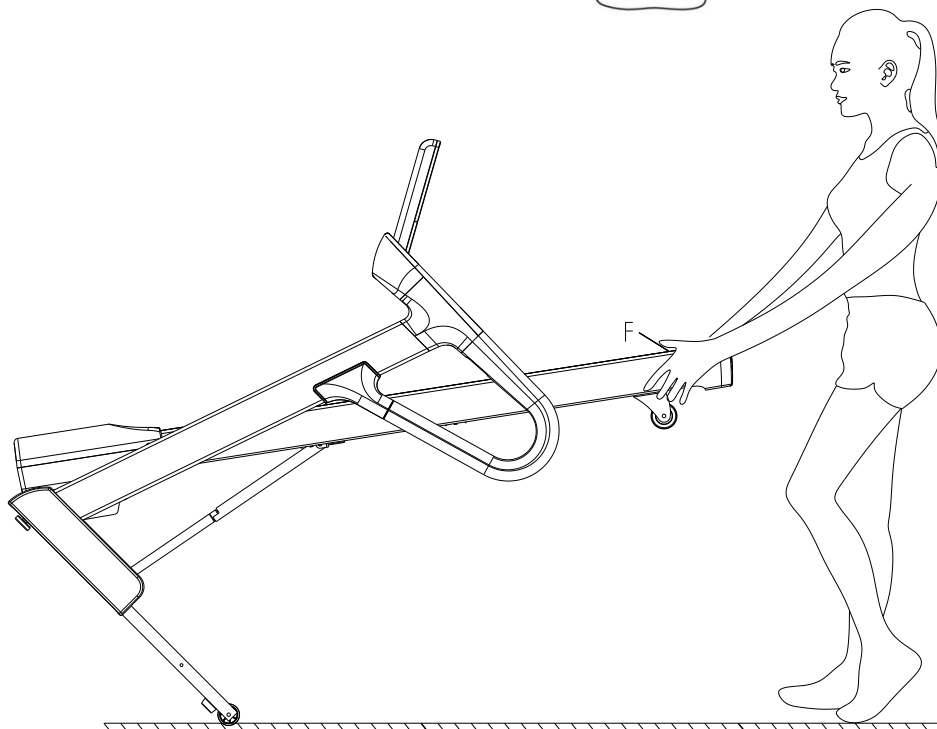
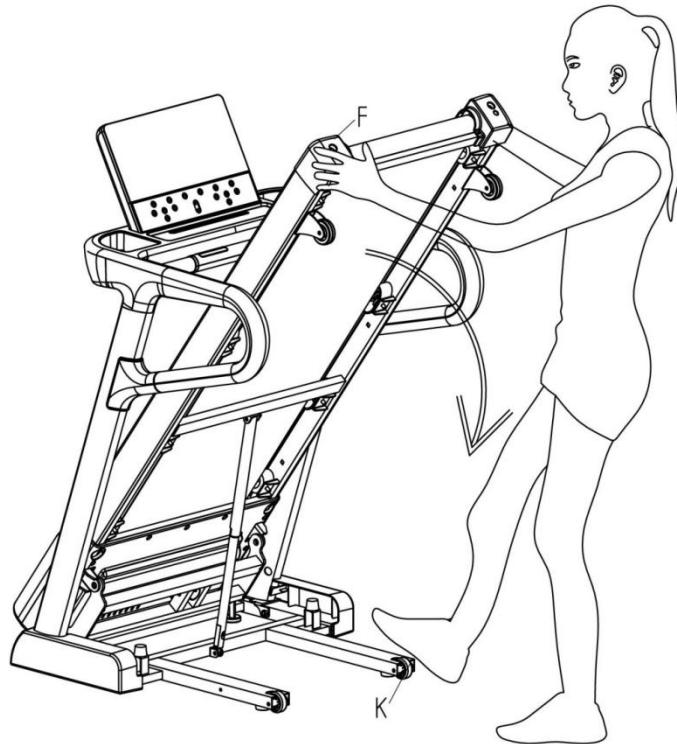
1. Hold the running platform with both hands.
2. Press against the gas spring with the forefoot.
3. Press down firmly with both hands, then release the forefoot and the running platform will descend automatically.





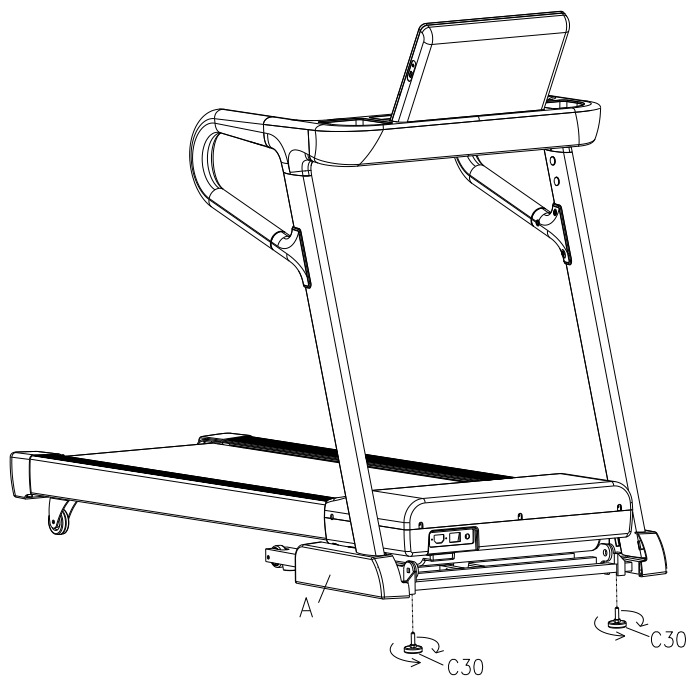
### Move the treadmill

1. Fold the treadmill firstly.
2. Hold the running platform with both hands, and then raise one foot to step on the treadmill wheel.
3. Press down on the running platform with both hands. After the wheels hit the ground, the treadmill can be moved freely.



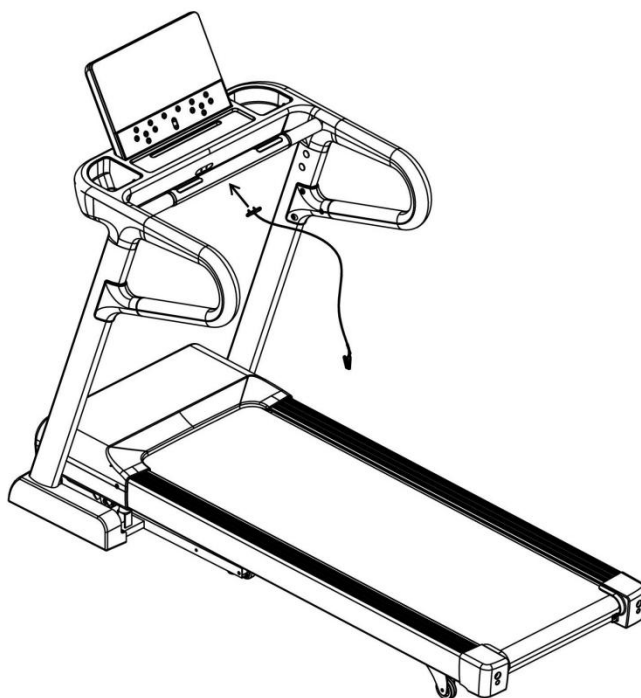
### Level the treadmill

The treadmill has passed the evenness test before leaving the factory. If the floor is uneven, please adjust knob C30 in the figure below.

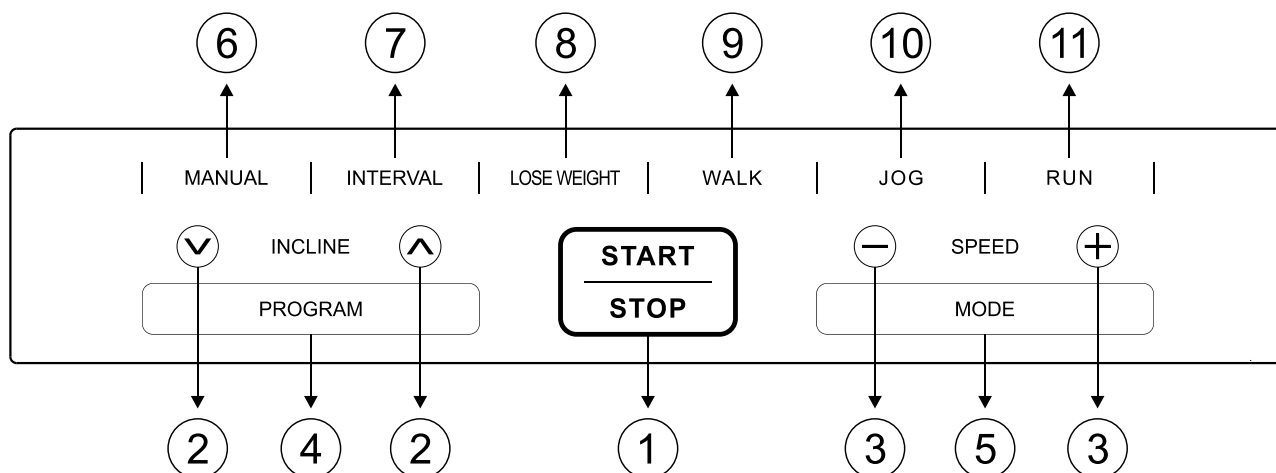
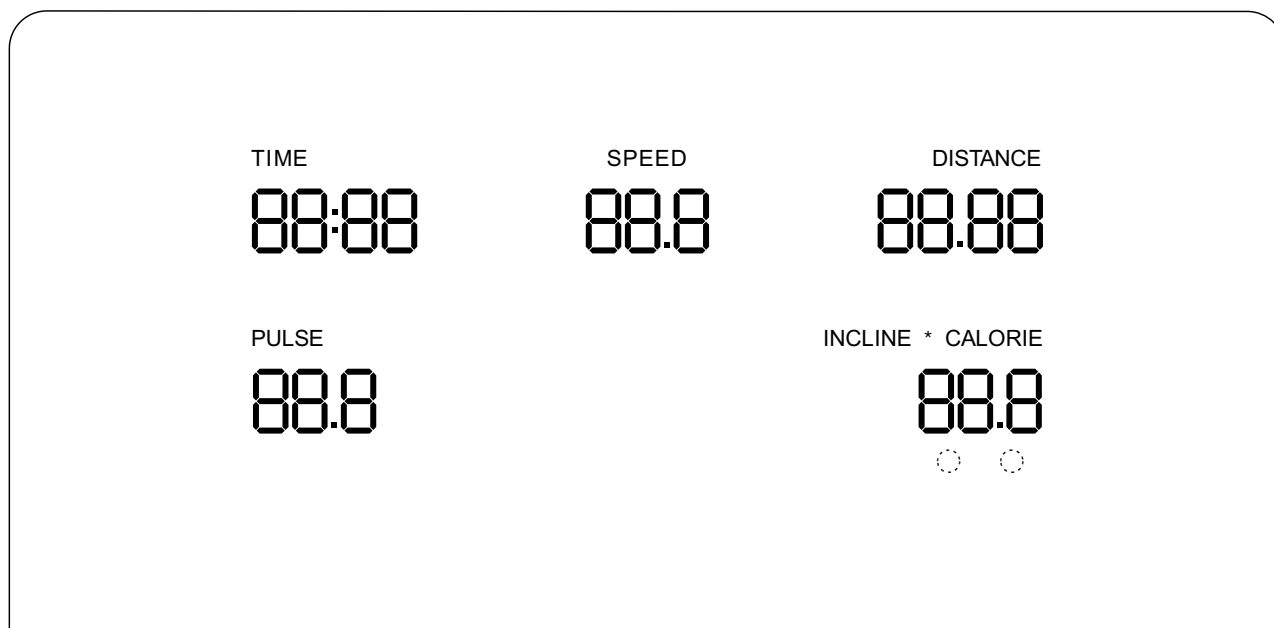


### Use of safety switch






1. Before use, please put the safety switch in place.
2. During the training process, we strongly recommend that one end of the safety switch be clamped on your clothes to prevent accidents.







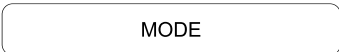



## Operation Instruction






## Window Display

No.	Display	Description of functions
1	<p>TIME</p> 	<p><b>TIME</b> window: Displays the time. When the exercise time is displayed, the forward timekeeping is from 0 to 18 h. When it reaches the maximum value, it is cleared and re-counted and the treadmill does not stop. The countdown decreases to zero from the set time (The maximum setting is 99 minutes in the MM: SS display mode, for example, 99:00). When the countdown reaches 0:00, the treadmill slows down smoothly and stops the operation with "End" displayed. The treadmill enters the standby state 5s after it stops completely.</p>
2	<p>SPEED</p> 	<p><b>SPEED</b> window: Displays the current speed data in operation state. The speed display range is 0.8-18.0 km/h.</p>
3	<p>DISTANCE</p> 	<p><b>DISTANCE</b> window: Displays "HRC" in HRC state and "FAT" when the system enters the FAT function. When the distance is displayed, the forward counting is from 0.00 to 99.99. When it overflows, it is cleared and starts the forward counting from 0.00. The countdown decreases to zero from the set value. When the countdown reaches 0, the treadmill slows down smoothly and stops the operation with "End" displayed. The treadmill enters the standby state 5s after it stops completely.</p>
4	<p>PULSE</p> 	<p><b>PULSE</b> window: When an exerciser holds the heart-beat sensor handle with both hands, the system automatically detects and displays the exerciser's heartbeat frequency in this window. The display range of the heartbeat value is 50-200 beats/min. (This data is for reference only and cannot be regarded as medical data.)</p>
5	<p>INCLINE * CALORIE</p> 	<p><b>INCLINE/CALORIE</b> window: Switches the display of incline and calorie data in the running state every 5s. When calorie data is displayed, the forward counting is from 0.0 to 999. When it overflows, it is cleared and starts the forward counting from 0.0. The countdown decreases to zero from the set value. When the countdown reaches 0.0, the treadmill slows down smoothly and stops the operation with "End" displayed. The treadmill enters the standby state 5s after it stops completely. When incline data is displayed, the display range is 0-15.</p>

## Function of the Keys

No.	Icon	Description of functions
1		<b>START/STOP</b> key: When the power is turned on and the safety lock is engaged, you can press this key at any time to start or stop the treadmill. If it starts in manual mode, the treadmill will start running at the lowest speed and lowest incline.
2		<b>INCLINE +/-</b> key: adjustable range is 0-15 segments. The adjustment range is 1 segment/time. When it is continuously pressed for more than 0.5 seconds, it will automatically continue to increase or decrease.
3		<b>SPEED +/-</b> key: adjustable range is 0.8-18 km/h. The adjustment range is 0.1 km/time, and when it is continuously pressed for more than 0.5 seconds, it will automatically continue to increase or decrease.
4		<b>PROGRAM</b> is a program selection key. Press this key to cyclically select "P1 (MANUAL), P2 (INTERVAL), P3 (LOSE WEIGHT), P4 (WALK), P5 (JOG), P6 (RUN), P7, P8, P9, P10, P11, P12, HRC, FAT".
5		<b>MODE</b> is a mode selection key. Press this key to cyclically select "30:00", "1.00", and "50.0". ("30:00" is the time countdown mode, "1.00" is the distance countdown mode, and "50.0" is the calorie countdown mode.) When various modes are selected, the window values blink. You can use the SPEED+ and SPEED- keys or the INCLINE+ and INCLINE- keys to set the relevant countdown values. After the setting is completed, press the START key to start the treadmill.
6		<b>MANUAL</b> key: Press the MANUAL key to quickly enter the P1 (MANUAL) program. After you press this program shortcut key, "30:00" is displayed in the time window. At this moment, press the SPEED+ and SPEED- keys to set the program running time, or directly press the START key to start the treadmill.
7		<b>INTERVAL</b> key: Press the INTERVAL key to quickly enter the P2 (INTERVAL) program. After you press this program shortcut key, "30:00" is displayed in the time window. At this moment, press the SPEED+ and SPEED- keys to set the program running time, or directly press the START key to start the treadmill.
8		<b>LOSE WEIGHT</b> key: Press the LOSE WEIGHT key to quickly enter the P3 (LOSE WEIGHT) program. After you press this program shortcut key, "30:00" is displayed in the time window. At this moment, press the SPEED+ and SPEED- keys to set the program running time, or directly press the START key to start the treadmill.

9		<b>WALK</b> key: Press the WALK key to quickly enter the P4 (WALK) program. After you press this program shortcut key, "30:00" is displayed in the time window. At this moment, press the SPEED+ and SPEED- keys to set the program running time, or directly press the START key to start the treadmill.
10		<b>JOG</b> key: Press the JOG key to quickly enter the P5 (JOG) program. After you press this program shortcut key, "30:00" is displayed in the time window. At this moment, press the SPEED+ and SPEED- keys to set the program running time, or directly press the START key to start the treadmill.
11		<b>RUN</b> key: Press the RUN key to quickly enter the P6 (RUN) program. After you press this program shortcut key, "30:00" is displayed in the time window. At this moment, press the SPEED+ and SPEED- keys to set the program running time, or directly press the START key to start the treadmill.

### Quick Start

1. Turn on the power switch and correctly insert the safety lock into the safety lock position under the panel.
2. Press the START key. The system enters a 3s countdown, the buzzer sounds, and the window displays the countdown. After the 3s countdown, the treadmill starts to operate at a speed of 0.8 km/h.
3. After the start, you can use the SPEED+ and SPEED- keys to adjust the speed of the treadmill or the INCLINE+ and INCLINE- keys to adjust the incline of the treadmill as required.

### Manual Mode

1. Directly press the START key in standby mode. The treadmill starts to operate at a speed of 0.8 km/h; other windows start forward counting from 0. Press the SPEED+ and SPEED- keys to change the speed or the INCLINE+ and INCLINE- keys to change the incline.
1. Press the MODE key to enter the time countdown mode in standby mode. The TIME window displays "30: 00" and blinks. Press the INCLINE+, INCLINE-, SPEED+, and SPEED- keys to set the exercise time in the setting range of 5:00-99:00.
2. Press the MODE key to enter the distance countdown mode in time countdown mode. The distance window displays "1.00" and blinks. Press the INCLINE+, INCLINE-, SPEED+, and SPEED- keys to set the exercise distance in the setting range of 0.50-99.90.
3. Press the mode key to enter the calorie countdown mode in distance countdown mode. The calorie window displays "50.0" and blinks. Press the INCLINE+, INCLINE-, SPEED+, and SPEED- keys to set the calories in the setting range of 10.0-999.
4. After selecting one of the three countdown modes to complete the setting, press the START key. The treadmill starts to run after a 3s delay. Press the SPEED+ and SPEED- keys to adjust the speed or the INCLINE+ and INCLINE- keys to adjust the incline; press the STOP key to stop the operation of the treadmill.

## Shortcut Program and Built-in Program

Press any key in the shortcut program on the panel or continuously press the PROGRAMS key to enter the corresponding program. At this moment, the TIME window displays the default ("30:00") and blinks. Press the SPEED+ and SPEED- keys or the INCLINE+ and INCLINE- keys to adjust the desired exercise time. Press the START key and the treadmill starts the operation at the speed and incline of the first segment after a 3s countdown. The shortcut program is divided into 16 segments, with each segment of exercise time = set time / 16 minutes. When the operation of the previous segment ends, the treadmill automatically enters the next segment of operation. When the treadmill enters the next segment, the system makes three beeps and the speed and the incline are automatically adjusted to the values of this segment. The operation of all the segments is completed. The program ends, the incline returns to 0, and the treadmill slowly decelerates to a stop. You can press the SPEED+ and SPEED- keys to adjust the speed or the INCLINE+ and INCLINE- keys to adjust the incline during the operation. However, they will be automatically adjusted to the default speed and incline of this segment of the program. You can also directly press the STOP key or disconnect the safety lock to stop the operation during the exercise. After running a program, the system makes three beeps and the treadmill slows down smoothly and stops the operation with "End" displayed. The treadmill enters the standby state 5s after it stops completely.

## Program Description

SPEED indicates speed. Each program divides the exercise time into 16 equal parts. Each time period has the corresponding speed.

PROGRAM \ STAGE		Set time/16 = exercise time of each stage															
		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 (JOG)	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 (RUN)	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

<b>P7</b>	<b>SPEED</b>	5	6	6	6	7	8	10	10	8	9	10	10	8	6	5	5
	<b>INCLINE</b>	0	5	5	5	4	4	4	3	3	3	3	4	4	4	0	0
<b>P8</b>	<b>SPEED</b>	5	5	5	5	6	7	5	6	7	5	6	7	5	5	5	5
	<b>INCLINE</b>	0	4	4	4	3	3	6	6	6	7	7	8	8	9	0	0
<b>P9</b>	<b>SPEED</b>	5	5	5	8	9	9	6	8	9	6	8	9	6	6	5	5
	<b>INCLINE</b>	0	5	5	5	6	6	6	7	8	9	9	9	10	10	0	0
<b>P10</b>	<b>SPEED</b>	5	6	6	9	9	6	9	10	6	10	11	11	6	6	5	5
	<b>INCLINE</b>	0	5	5	6	6	6	4	4	6	6	5	5	8	8	0	0
<b>P11</b>	<b>SPEED</b>	5	6	7	8	9	7	6	8	10	10	8	8	7	6	5	5
	<b>INCLINE</b>	0	6	6	6	7	5	8	8	4	4	4	5	5	8	0	0
<b>P12</b>	<b>SPEED</b>	5	7	10	12	9	9	12	12	9	9	12	12	7	7	5	5
	<b>INCLINE</b>	0	5	3	2	6	6	2	2	2	2	2	4	5	6	0	0

## MANUAL Program

The treadmill is also provided with a user-defined program that allows you to perform setting according to your personal situations: P1 (MANUAL).

### 1. MANUAL program settings:

In standby mode, press the MANUAL key to enter the MANUAL program, or continuously press the PROGRAMS key until "P01" is displayed in the window. At this moment, the TIME window blinks and displays the preset time of 30:00. After pressing the INCLINE+, INCLINE-, SPEED+, and SPEED- keys to set the desired exercise time, press the mode key to set program parameters, and then set the first time period. During the setting, you can use the SPEED+ and SPEED- keys or shortcut keys to set a speed and the INCLINE+ and INCLINE- keys or shortcut keys to set an incline. Press the MODE key to complete the setting of the first time period and enter the setting state of the second time period until all of 16 time periods are set. After the setting is completed, the data will be permanently saved until you reset it next time (Only the speed data is saved for this setting. The time is 30:00 by default during the next start). This data will not be lost due to power failure.

### 2. MANUAL program start:

In standby mode, press the MANUAL key to enter the MANUAL program, or press the PROGRAMS key until "P01" is displayed in the window. After setting the running time, press the START key to start.

### 3. Description of MANUAL program settings:

Each program divides the time into 16 time periods. The speed and running time of 16 time periods must be set during the setting before you press the START key to start the treadmill.



## Physical Fitness Test

1. Continuously press the PROGRAMS key in standby mode and "FAT" will be displayed in the DISTANCE window. This is the physical fitness test mode. At this moment, press the MODE key to set the corresponding parameters (F-1—Gender, F-2—Age, F-3—Height, F-4—Weight, F-5- Physical Fitness Test). Press the SPEED+ and SPEED- keys to adjust a set value (F-1...F-4). "----" is displayed in the F-5 physical fitness test interface. At this moment, your physical fitness index will be displayed 5-6s after you hold the heart rate board with both hands.
2. After the system enters the body fat test function setting, F-1 is displayed first, indicating that a gender needs to be entered at this moment. "01" is displayed in the setting window, indicating that the setting is male. You can press the SPEED+ and SPEED- keys to select 01 (male) or 02 (female).
3. Press the MODE key. When F-2 is displayed, it indicates setting an age. "25 (years old)" is displayed in the setting window. You can press the SPEED+ and SPEED- keys to adjust the age (Setting range: (10-99 years old).
4. Press the MODE key. When F-3 is displayed, it indicates setting a height. "170 (cm)" is displayed in the setting window. You can press the SPEED+ and SPEED- keys to adjust the height (Setting range: 100-200 cm).
5. Press the MODE key. When F-4 is displayed, it indicates setting a weight. "70 (kg)" is displayed in the setting window. You can press the SPEED+ and SPEED- keys to adjust the weight (Setting range: 20-150 kg).
6. Press the MODE key. When F-5 is displayed, "----" is displayed in the setting window, indicating entering the body fat test function. At this moment, put your hands on the heartbeat test sensor chip on the armrest and your body fat value will be displayed within 8s.
7. The ideal fat shall be between 20 and 25. The body fat of less than 19, 20-25, 26-29, and more than 30 indicates lean, ideal weight, overweight and obese respectively. (This data is for reference only and cannot be regarded as medical data.)

F-1	Gender	01-Male	02-Female
F-2	Age	10-99	
F-3	Height	100-200	
F-4	Weight	20-150	
F-5	FAT	≤19	Lean
		= (20-25)	Normal
		= (26-29)	Overweight
		≥30	Obese

## Heart Rate Control Program HRC (Optional)

AGE	BPM			AGE	BPM			AGE	BPM		
	H	DEFAULT	L		H	DEFAULT	L		H	SEFAULT	L
15	195	123	123	35	176	111	111	58	154	97	97
16	194	122	122	36	175	110	110	59	153	97	97
17	193	122	122	37	174	110	110	60	152	96	96
18	192	121	121	38	173	109	109	61	151	95	95
19	191	121	121	39	172	109	109	62	150	95	95
20	190	120	120	40	171	108	108	63	149	94	94
21	189	119	119	41	170	107	107	64	148	94	94
22	188	119	119	42	169	107	107	65	147	93	93
23	187	118	118	43	168	106	106	66	146	92	92
24	186	118	118	44	167	106	106	67	145	92	92
25	185	117	117	45	166	105	105	68	144	91	91
26	184	116	116	46	165	104	104	69	143	91	91
27	183	116	116	47	164	103	103	70	143	90	90
28	182	115	115	48	163	103	103	71	142	90	89
29	181	115	115	49	162	103	103	72	141	90	89
30	181	114	114	50	162	102	102	73	140	90	88
31	180	113	113	51	161	101	101	74	139	90	88
32	179	113	113	52	160	101	101	75	138	90	87
33	178	112	112	53	159	100	100	76	137	90	86
34	177	112	112	54	158	100	100	77	136	90	86
				55	157	99	99	78	135	90	85
				56	156	98	98	79	134	90	85
				57	155	98	98	80	133	90	84

L-H: adjustable range of minimum to maximum heart rate value

HRC heart rate control program

1. Press the PROG key in standby mode until "HRC" is displayed in the Distance window. Note: If you press the START key directly in the HRC display interface, the system will automatically recommend one control parameter (age: 30 years old, target heartbeat value: 114, default maximum speed: 10.0 km/h) for your use.

2. If you press the MODE key to enter the age setting, the default age 30 is displayed in the window. You can select an appropriate age by pressing the INCLINE+, INCLINE-, SPEED+, and SPEED- keys. The age adjustment range is 15-80 years old (For the details, refer to the HRC table).
3. After you select your age, press the MODE key and the system will automatically recommend a suitable target heartbeat displayed in the window for your use according to the selected age. You can also select a desired target heartbeat value according to your physical condition by pressing the INCLINE+, INCLINE-, SPEED+, and SPEED- keys. The selection range is 84-195 (For the details, refer to the HRC table).
4. After you select your age and target heartbeat value, press the MODE key to enter the maximum speed setting of the HRC program. You can set a maximum speed by pressing the INCLINE+, INCLINE-, SPEED+, and SPEED- keys. The setting range of maximum speed is 3.0-18.0 km/h. The setting is effective once and the default is 10.0 km/h when you enter the HRC setting mode next time.
5. After you set the maximum speed, press the MODE key to enter the time setting interface and the TIME window will display the preset time of 10:00. You can adjust the running time by pressing the INCLINE+, INCLINE-, SPEED+, and SPEED- Key. The time adjustment range is 10:00-99:00.
6. Press the MODE key again to enter the start & standby interface or directly press the START key to start.
7. When the HRC program is running, you can press the INCLINE+, INCLINE-, SPEED+, and SPEED- keys to adjust the speed and incline, but the system will still automatically adjust the speed and incline so that your heartbeat is close to the target heartbeat value.
8. If it exceeds 30s without any heart rate, the electronic display will display "NO HR" and blink. If no heartbeat is detected after 20s, the treadmill will stop the operation.
9. Press the start key to do exercise, the speed will be adjustable according to the target heart rate which set by the user. When the running speed reaches the maximum speed ,but the heart rate still cannot reach the preset target heart rate , the treadmill will adjust the incline of the treadmill to help the user to reach the preset target rate.

**Note: The heart rate control program must use a chest strap to detect the heartbeat. The chest strap must be tightly attached to the chest and skin.**

### Each Numerical Display Range

Set Parameter	Initial	Set Initial Value	Setting Range	Display Range
Time (mm: ss)	0:00	30:00	5:00-99:00	0:00—99:00
Speed (km/h)	0.0	0.8	0.8-18.0	0.8-18.0
Incline (Segment)	0	0	0-15	0-15
Distance (km)	0.00	1.00	0.50-99.90	0.00—99.99
Heart rate (beats/min)	P	N/A	N/A	50-200
Calorie (kcal)	0.0	50.0	10.0-999	0.0—999

### Safety Lock Function

In any state, the safety lock can be pulled away for emergency stop of the operation of the treadmill. During the emergency stop of the treadmill, "———" is displayed in all the windows and the buzzer makes an alarm sound of three beeps. At this moment, no operations other than shutdown can be performed on the treadmill. After the safety lock is correctly reinstalled, the treadmill re-enters the standby state and waits for input instructions.

### USB Charging Function (Optional)

When a mobile device is inserted into the USB interface, the mobile device is charged. When the mobile device is removed, the charging is disconnected. This function is suitable for most mobile devices in the market.

### MP3 Function (Optional)

When being connected to MP3 or other audio devices after power-on, the electronic display can play music. The volume control is on the audio equipment. Control the volume so as not to affect the sound quality and the built-in audio circuit.

You can turn off the treadmill by turning off the power switch at any time, which will not damage the treadmill.

### Precautions

1. Check whether the power supply is loaded before an exercise. Check whether the safety lock is effective.
2. If any anomaly occurs during the exercise, pull away the safety lock and the treadmill will quickly decelerate to a stop. Place the safety lock again and the device will be reset and wait for input instructions.
3. If there is any problem with this machine, please contact your dealer. Non-professionals shall not try to disassemble or repair it to avoid damage to the device.

### Instructions for the Oiling and Maintenance Prompt of the Treadmill

1. Every time the treadmill runs 300KM, the electronic display ticks every 10s and "OIL" is displayed in the window. When you see this prompt, it means that the treadmill needs to be oiled and maintained. For the oiling method, refer to the maintenance guide section of the treadmill manual. Lubricant must be filled in the middle of the run board.
2. After filling lubricant, press and hold the STOP key for 3s in standby mode and the system will clear the oiling prompt.

# Tips for Stretching

## 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 or maintaining the product, be sure to unplug the power supply of the electric treadmill.

**Cleaning:** Comprehensive cleaning will extend the life of the electric treadmill.

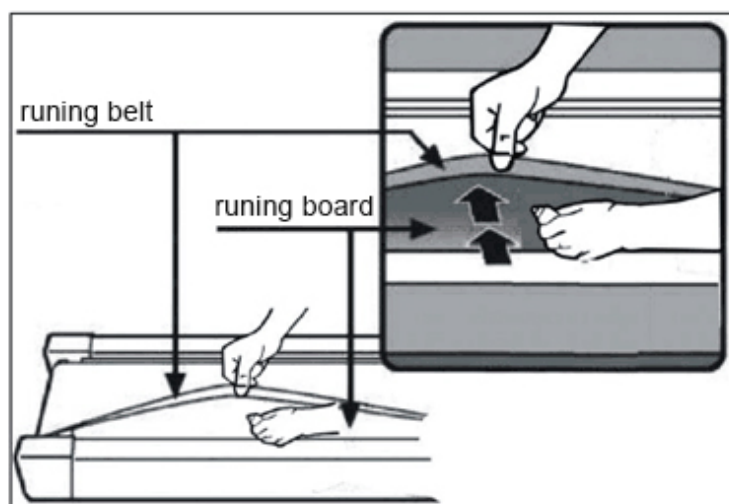
Remove dust regularly to keep parts clean. Be sure to clean the exposed parts on both sides of the running belt, which will reduce the accumulation of impurities under the running belt. Make sure the sports shoes are clean and avoid wearing the running board and running belt by carrying foreign matters under the running belt. The surface of the running belt must be cleaned with a damp cloth moistened with soap. Be careful not to splash water on electrical components or under the running belt.

**Warning:** Be sure to unplug the power supply of the electric treadmill before moving the motor shield. Open the motor shield at least once a year to clean the motor.

## Special lubricant for running belt and electric treadmill

Lubricant has been pre-coated between the running board and running belt of this electric treadmill. The friction between the running belt and the running board has a great influence on the service life and performance of the electric treadmill, so it is necessary to apply lubricant regularly. We recommend regular inspection of the board surface. If the board is damaged, please contact our customer service center. We recommend applying lubricant between the running belt and running board of the electric treadmill according to the following schedule: (The usage is as shown in the figure below)

Lightweight users (less than 3 hours per week)	Once per 6 months
Middleweight users (3-5 hours per week)	Once per 3 months
Heavy users (more than 5 hours per week)	Once per 2 months

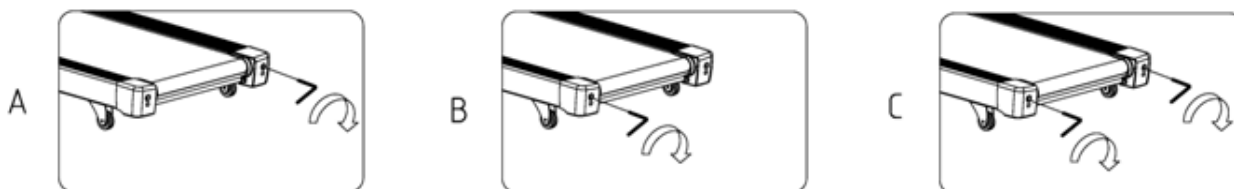


We recommend that you purchase lubricants from your local distributor or contact our company directly.

**Note:** Any other maintenance needs to be performed by professionals.

## Adjust the running belt

1. In order to better maintain your electric treadmill and extend the service life of the machine, it is recommended that you turn off the power after 2 hours of continuous use and let the machine rest for 10 minutes before using it.
2. If the running belt is too loose, it will slip when running; if it is too tight, it may reduce the performance of the motor and increase the wear of the roller and running belt. When the tightness of the running belt is appropriate, you can lift both sides of the running belt away from the running board by about 50-75 mm by hand.
3. Place the electric treadmill on a flat ground. Run the electric treadmill at a speed of approximately 6-8 km/h and observe the deviation of the running belt.
  - 1) If the running belt is biased to the right, remove the safety lock and power switch, turn the right adjustment bolt clockwise by 1/4 turn, insert the power switch and safety lock, make the treadmill run and observe the deviation of the running belt. Repeat the above steps until the running belt is centered. See Figure A.
  - 2) If the running belt is biased to the left, remove the safety lock and power switch, turn the left adjustment bolt clockwise by 1/4 turn, insert the power switch and safety lock, make the treadmill run and observe the deviation of the running belt. Repeat the above steps until the running belt is centered. See Figure B.
  - 3) The running belt will gradually relax after the above adjustment or after a period of use, and it needs to be adjusted. Remove the safety lock and power switch, and turn the left and right adjustment bolts clockwise by 1/4 turn, insert the power switch and safety lock, make the treadmill run, and then stand on the running belt to confirm the tightness. Repeat the above steps until the running belt is moderately tight. See Figure C.



# Error Report

When using the treadmill, if an exception occurs, there will be a corresponding error prompt and solution on the screen.  
(Due to different models, some exceptions will not occur.)

## List of Error Items

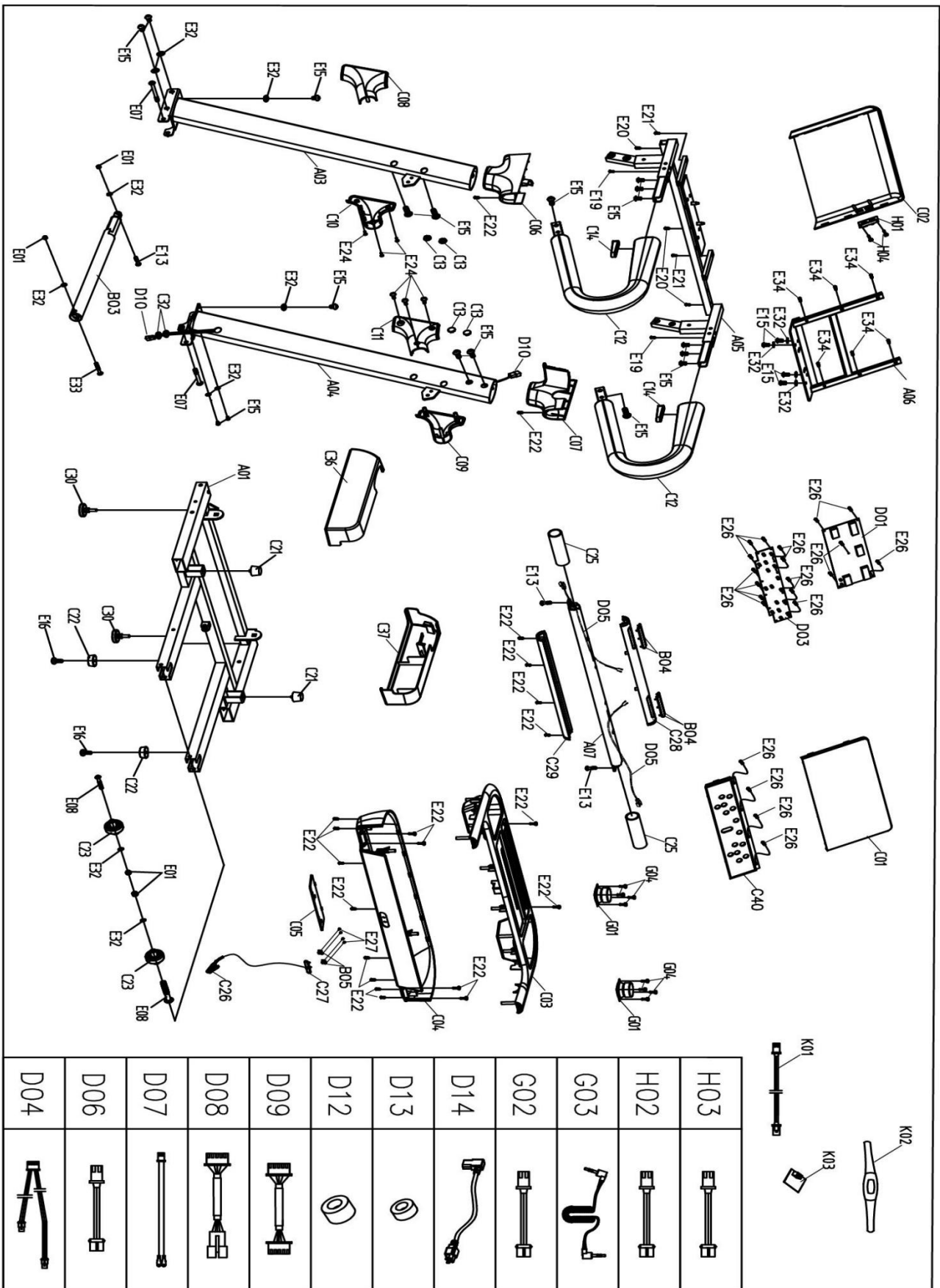
		E01/E13	
Error		Error	
<p>Error description:</p> <p>The electronic display displays nothing after power-on</p> <p>Fix methods:</p> <ol style="list-style-type: none"> <li>1. First check whether the overload protector is tripped, if yes, press it.</li> <li>2. Check the power cord on the power switch, overload protector and driver to ensure good connection.</li> <li>3. Check whether the power cord from the electronic display to the driver is plugged in. Remove the upright post and check each section of the connection line from the electronic display to the driver to ensure that each wire core is completely plugged in. If the communication power cord is defective (damaged or broken), it needs to be reconnected or replaced.</li> </ol>		<p>Error description:</p> <p>After power is applied, the electronic display displays "E01"-----communication failure (the driver has not received the electronic display signal); the electronic display displays "E13"-----communication failure (electronic display does not receive driver signal)</p> <p>Fix methods:</p> <ol style="list-style-type: none"> <li>1. Communication between the electronic display and the driver is blocked. Check each section of connection between the electronic display and the driver communication line to ensure that each wire core is completely plugged in. Check whether the connection line between the electronic display and the driver is damaged, and replace the communication connection line.</li> <li>2. The communication line on the electronic display is abnormal and the components are damaged, replace the electronic display.</li> <li>3. Driver signal line fails, replace the driver.</li> </ol>	
E02		E03	
Error		Error	
<p>Error description:</p> <p>Explosion protection or motor abnormality is displayed on the electronic display after operation</p> <p>Fix methods:</p> <ol style="list-style-type: none"> <li>1. Check whether the motor line is connected properly, reconnect the motor line, if this does not work, replace</li> </ol>		<p>Error description:</p> <p>The electronic display displays "E03"-----no sensing signal after startup</p> <p>Fix methods:</p> <ol style="list-style-type: none"> <li>1. If "E03" is displayed after the motor starts to run for 5-8 seconds, the speed sensor signal is not detected.</li> </ol>	



<p>the motor.</p> <ol style="list-style-type: none"> <li>2. Check whether the controller has peculiar smell, and whether IGBT is broken down and short-circuited, if yes, replace the driver.</li> <li>3. Check whether the power supply voltage is lower than 50% of the normal voltage, please use the correct voltage specification to retest.</li> </ol>	<p>Check whether the sensor plug is not plugged in or the magnetic sensor is broken or damaged, plug it in or replace the magnetic sensor.</p> <ol style="list-style-type: none"> <li>2. The sensor signal line on the lower control is abnormal, replace the driver.</li> </ol>
<b>E04</b>	<b>E05</b>
<p style="text-align: center;"><b>Error</b></p> <p>Error description:</p> <p>The electronic display displays "E04"-lift learning or self-test fails after startup (no lift function, no error)</p> <p>Fix methods:</p> <ol style="list-style-type: none"> <li>1. Check whether the signal wire of the lifting motor is plugged in properly, and plug and unplug the signal wire connector again to make it reliable.</li> <li>2. Check whether the AC line of the lifting motor is plugged correctly, and the AC line of the lifting motor and the mark on the controller are plugged correctly.</li> <li>3. Check whether the connecting wire of the motor is damaged or open, replace the connecting wire or the lifting motor.</li> <li>4. Replace the driver.</li> <li>5. Press the learning key on the drive to learn again after checking all.</li> </ol>	<p style="text-align: center;"><b>Error</b></p> <p>Error description:</p> <p>"E05"-overcurrent protection is displayed on the electronic display after operation</p> <p>Fix methods:</p> <ol style="list-style-type: none"> <li>1. The possible reason is that the current is too large due to exceeding the rated load. The system can protect itself and restart.</li> <li>2. A certain part of the treadmill is stuck, resulting in the motor can't turn, the load is too heavy, the current is too large, the system self-preservation, adjust the treadmill to restart operation or increase lubricating oil.</li> <li>3. Check whether there is overcurrent sound or burning smell when the motor is running, if yes, replace the motor.</li> <li>4. Check the drive for burning smell, if yes, replace the driver.</li> </ol>
<b>E06</b>	<b>E08</b>
<p style="text-align: center;"><b>Error</b></p> <p>Error description:</p> <p>If "E06" is displayed on the electronic display after operation, it usually indicates an open circuit of the motor</p> <p>Fix methods:</p> <ol style="list-style-type: none"> <li>1. Motor line is not connected and plugged properly, plug in the motor line again.</li> <li>2. Internal open circuit of the motor, replace the motor.</li> </ol>	<p style="text-align: center;"><b>Error</b></p> <p>Error description:</p> <p>The electronic display displays "E08"-memory 24C02 error (with 24C02 driver) after operation</p> <p>Fix methods:</p> <ol style="list-style-type: none"> <li>1. The memory IC is not plugged into place (non-switching power supply), plug it into the IC seat again, and pay attention to the position of PIN1.</li> </ol>

<p>3. Motor idling, error reporting when current is too small, please install and test.</p>	<p>2. The memory IC is damaged or the relevant circuit is defective, replace the memory IC or replace the driver.</p>
<p><b>E10</b></p>	
<p style="text-align: center;"><b>Error</b></p> <p>Error description:</p> <p>If "E10"-is displayed on the electronic display after operation, it usually indicates an instantaneous short circuit of the motor</p> <p>Fix methods:</p> <ol style="list-style-type: none"> <li>1. Driver torque is too high, adjust the torque potentiometer to its appropriate position.</li> <li>2. Internal short circuit of the motor, replace the motor.</li> <li>3. The transmission part is stuck, adjust the transmission part, or add lubricating oil.</li> </ol>	





## List of Parts

No.	Name	Specification	Quantity	No.	Name	Specification	Quantity
A01	Base assembly		1	B11	#6 spanner		
A02	Main frame assembly		1	C01	Upper cover of LED screen panel		1
A03	Left column assembly		1	C02	Panel lower cover		1
A04	Right column assembly		1	C03	Electronic display upper cover		1
A05	Electronic meter stand assembly		1	C04	Electronic display lower cover		1
A06	Panel fixing frame assembly		1	C05	Middle and lower covers of electronic display		1
A07	Cross armrest tube assembly		1	C06	Electronic display left side cover		1
A08	Lifting frame assembly		1	C07	Electronic display right side cover		1
B01	Front roller	Φ50*t3.0*562	1	C08	Left column outer cover		1
B02	Rear roller	Φ46*t3.0*560	1	C09	Right column outer cover		1
B03	Air pressure rod		1	C10	Left column inner cover		1
B04	Pulse stainless steel sheet		4	C11	Right column inner cover		1
B05	Safety lock spring		2	C12	Foam armrest		2
B06	Sleeve		2	C13	Screw hole plug		4
B07	Isometric 5# Allen wrench		1	C14	Armrest tube plug		2
B08	Cross wrench		1	C15	Motor upper cover		1
B09	Step sleeve		2	C16	Motor lower cover		1
B10	Spring 1		4	C17	Left-rear corner guard		1

No.	Name	Specification	Quantity	No.	Name	Specification	Quantity
C18	Right-rear corner guard		1	C40	Button board		1
C19	Oval cushion		4	D01	Electronic display		1
C20	Cushion		4	D02	Control circuit board		1
C21	Tapered cushion		2	D03	Button board		1
C22	Flat foot pad		2	D04	EKG grip pulse upper line		1
C23	New handling wheel		2	D05	EKG grip pulse lower line		2
C24	Adjusting roller		2	D06	Safety switch upper line		1
C25	Sponge grip		2	D07	Safety switch lower line		1
C26	Safety lock clip		1	D08	Electronic display upper line		1
C27	Safety lock		1	D09	Electronic display middle line 1		1
C28	Grip pulse upper cover		1	D10	Electronic display lower line		1
C29	Grip pulse lower cover		1	D11	Magnetic sensor		1
C30	Adjustable foot pad		2	D12	Magnetic ring		1
C31	Multi wedge belt		1	D13	Core		1
C32	Ring wire plug		2	D14	Standard power cable		1
C33	Plastic gasket		2	D15	Square boat-shaped switch		1
C34	EVA pad	1190*20*2.0	2	D16	Power socket		1
C35	EVA pad	80*64*3.0	1	D17	Overload protector		1
C36	Left bottom shield		1	D18	AC individual line	Line length 200, blue	1
C37	Right bottom shield		1	D19	AC individual line	Line length 200, brown	2
C38	Side rail		2	D20	AC individual line	Line length 350, brown	1
C39	Running belt		1				

No.	Name	Specification	Quantity	No.	Name	Specification	Quantity
D21	AC individual line	Line length 350, blue	1	E13	Hexagon socket flat round head screw	M8*30, tooth length 15	3
D22	Grounding wire	Yellow-green	1	E14	Hexagon socket countersunk head screw	M8*25, full teeth	4
D23	DC motor		1	E15	Hexagon socket flat round head screw	M8*15, full teeth	24
D24	Running board		1	E16	Cross recessed pan head screw	M5*16	2
D25	Lifting motor		1	E17	Cross recessed pan head screw	M5*12	7
E01	Type-I lock nut	M8	20	E18	Cross recessed pan head screw	M5*8	1
E02	Type-I lock nut	M10	6	E19	Cross recessed pan head tapping screw	ST4.2*30	2
E03	Hexagon socket flat round head screw	M10*90, tooth length 20	1	E20	Cross recessed pan head tapping screw	ST4.2*25	3
E04	Hexagon socket flat round head screw	M10*45, tooth length 20	1	E21	Cross recessed pan head tapping screw	ST4.2*20	2
E05	Hexagon socket flat round head screw	M10*30, tooth length 15	2	E22	Cross recessed pan head tapping screw	ST4.2*12	20
E06	Half round head square neck bolt	M10*30, tooth length 15	2	E23	Cross recessed pan head self-drilling tapping screw	ST4.2*12	17
E07	Hexagon socket flat round head screw	M8*80, tooth length 15	2	E24	Cross recessed countersunk head tapping screw	ST4.2*15	6
E08	Hexagon socket flat round head screw	M8*70, tooth length 20	2	E25	Cross recessed pan head tapping screw	ST2.9*8	4
E09	Hexagon socket head cap screw	M8*65, full teeth	2	E26	Cross recessed pan head tapping screw	ST2.9*6.0	21
E10	Hexagon socket head cap screw	M8*55, full teeth	1	E27	Cross recessed pan head tapping screw	ST2.5*6	4
E11	Hexagon socket flat round head screw	M8*40, tooth length 20	2	E28	Large washer, grade C nail	φ10*φ26*2.0	6
E12	Half round head square neck bolt	M8*35, tooth length 15	6	E29	Plain washer, grade C	8	8

No.	Name	Specification	Quantity	No.	Name	Specification	Quantity
E30	Standard spring washer	8	2	E33	Hexagon socket flat round head screw	M8*45, tooth length 20	1
E31	Internal teeth locking washer	10	2	E34	Cross recessed pan head tapping screw	ST4.2*15	6
E32	Internal teeth locking washer	8	27				

**(Details of optional parts)**

No.	Name	Specification	Quantity	No.	Name	Specification	Quantity
J01	Filter	Filter (optional)	1	G01	Horn	Horn assembly	2
J02	Reactor		1	G02	Horn cable		2
J03	AC individual line, length 350, blue		1	G03	MP3 cable		1
J04	Grounding wire, length 350, yellow-green		1	G04	Cross recessed pan head tapping screw ST2. 9*8		8
J05	Cross recessed pan head self-drilling tapping screw ST4. 2*12		4	K01	Wireless heart rate lower line	Wireless heartbeat (optional)	1
H01	USB module	USB module assembly	1	K02	POLAR launcher		1
H02	USB cable		1	K03	POLAR wireless receiver		1
H03	Audio socket cable		1				
H04	Cross recessed pan head tapping screw ST2. 9*8		2				

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