ASUNA 20740

TREADPAD

WALKING TREADMILL

INDEX

⚠ **ATTENTION:**

Please verify that all parts associated with this product are in good condition and accounted for. During the assembly process, please be sure to follow each step accordingly, as it has been explained within this manual.

WARNING: During assembly, it is recommended that all bolts be tightened by hand. Upon completing assembly, bolts should be secured using the wrench provided. To avoid injury, check bolts carefully before use.

IMPORTANT: **Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: support@sunnyhealthfitness.com**

IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. 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, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 8 feet (240CM) of free space behind it and 2 feet (60CM) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 220 pounds (100 KG).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use!

⚠ **IMPORTANT NOTE:**

The running belt was lubricated before the first use! Please see Page 6 for instructions on how to properly apply lubricant

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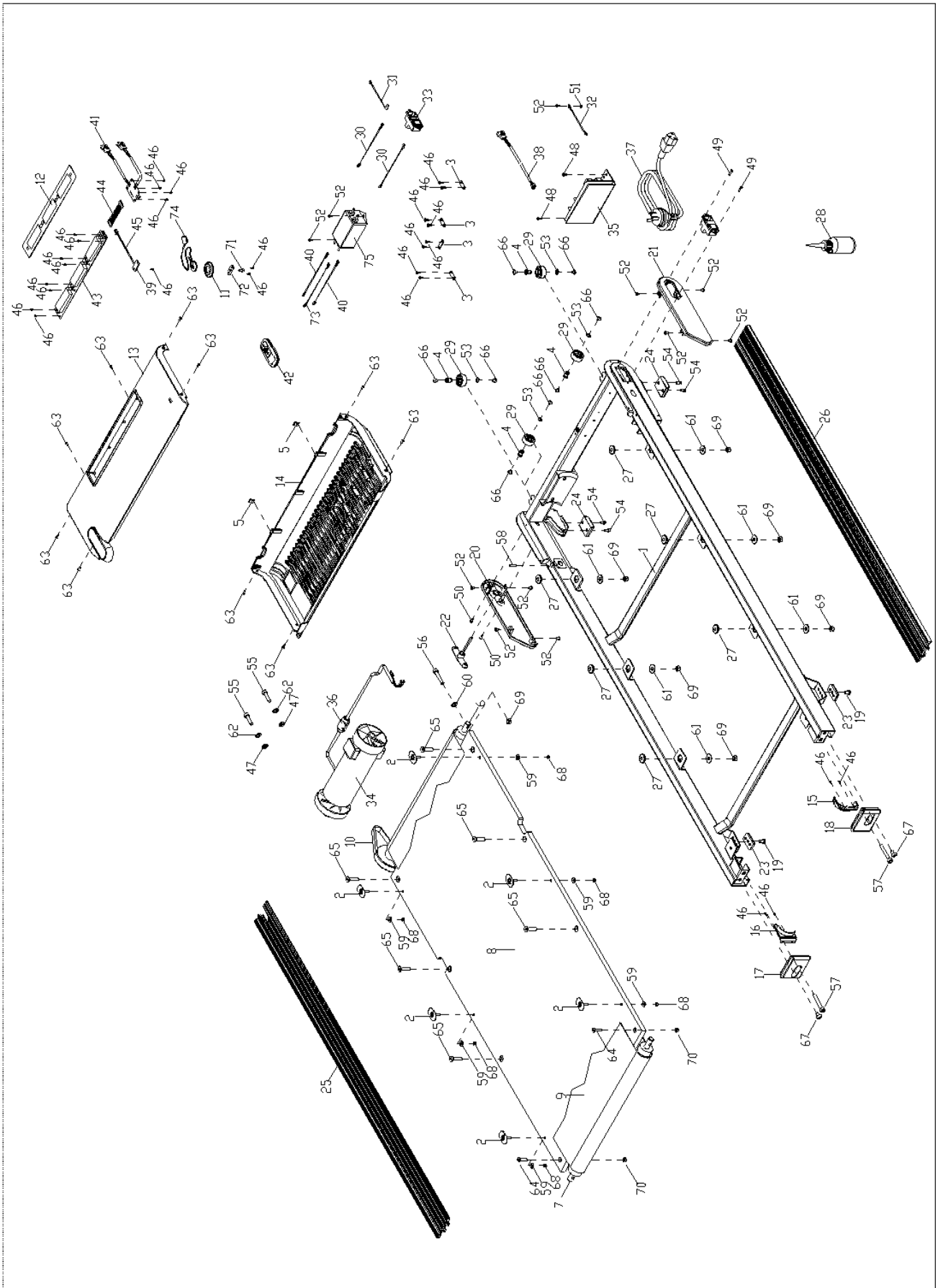
Parts List

NO	ITEM	DESCRIPTION	Q'TY		NO	ITEM	DESCRIPTION	Q'TY
1	Main Frame		1		24	Frame Front Support Pad		2
2	Edging Buckle	T1.5*40*24.5	6		25	Side Rail L		1
3	Wire Sheet	T1.5*10*30L	4		26	Side Rail R		1
4	Transportation Wheel Axis		4		27	Running Board Shock Pad		6
5	Nut Clamp	M4	2		28	Silicon Oil		1
6	Front Roller		1		29	Transportation Wheel		4
7	Rear Roller		1		30	Single Wire	150MM	2
8	Running Board		1		31	Single Ground Wire	400MM	1
9	Running Belt		1		32	Single Ground Wire	150MM	1
10	Multi-groove Belt		1		33	Power Switch		1
11	Safety Key Base		1		34	Motor		1
12	Acrylic Panel		1		35	Controller		1
13	Motor Upper Cover		1		36	Magnet Ring		1
14	Motor Bottom Cover		1		37	Power Cord		1
15	Rear End Cap Decorative Sheet R		1		38	Communication Line		1
16	Rear End Cap Decorative Sheet L		1		39	Safety Key Fixed Board		1
17	Rear End Cap L		1		40	Single Wire	80MM	2
18	Rear End Cap R		1		41	Connect Board		1
19	Screw	M5*10	2		42	Remote Control		1
20	Side Trim Stopper L		1		43	Meter		1
21	Side Trim Stopper R		1		44	Connect Meter Pinboard Wire		1
22	Allen Wrench		1		45	Signal Line		1
23	Frame Rear Support Pad		2		46	Screw	ST3*8 10.9 Grade	27

NO	ITEM	DESCRIPTION	Q'TY	NO	ITEM	DESCRIPTION	Q'TY
47	Flat Washer	Φ9*Φ13*t1.5	2	62	Spring Washer	Φ8.1*Φ12.3*t2.1	2
48	Screw	BT4*15 10.9 Grade	2	63	Screw	M4*12 10.9 Grade	10
49	Screw	M4*10 10.9 Grade	2	64	Screw	M6*25 10.9 Grade	2
50	Screw	M4*15 10.9 Grade	2	65	Screw	M8*35 10.9 Grade	6
51	Spring Washer	Φ4.1*Φ4.4*t1.0	1	66	Screw	M5*8 10.9 Grade	8
52	Screw	M4*8 10.9 Grade	11	67	Screw	M8*12 10.9 Grade	2
53	C Clip	Φ10 Axis Black	4	68	Nut	M5	6
54	Screw	M5*10 10.9 Grade	4	69	Nut	M8	7
55	Screw	M8*12 10.9 Grade	2	70	Flange Nut	M6	2
56	Screw	M8*50 12.9 Grade	1	71	Screw	M6*15	1
57	Screw	M8*55 12.9 Grade	2	72	Safety Key Fixer		1
58	Screw	M6*15 10.9 Grade	1	73	Single Ground Wire	250MM	1
59	Flat Washer	Φ5*Φ10*t1.0	6	74	Safety Key		1
60	Flat Washer	Φ9*Φ16*t1.6	1	75	Filter		1
61	Flat Washer	Φ9*Φ23*t1.6	6				

Tools & Hardware

When you open the carton, you will find the below spare parts.

#28 Silicon Oil	#37 Power Cord
#74 Safety Key	#42 Remote Control

Safety Key

Motor Upper Cover

Side Rail

Allen Wrench

Rear End Cap
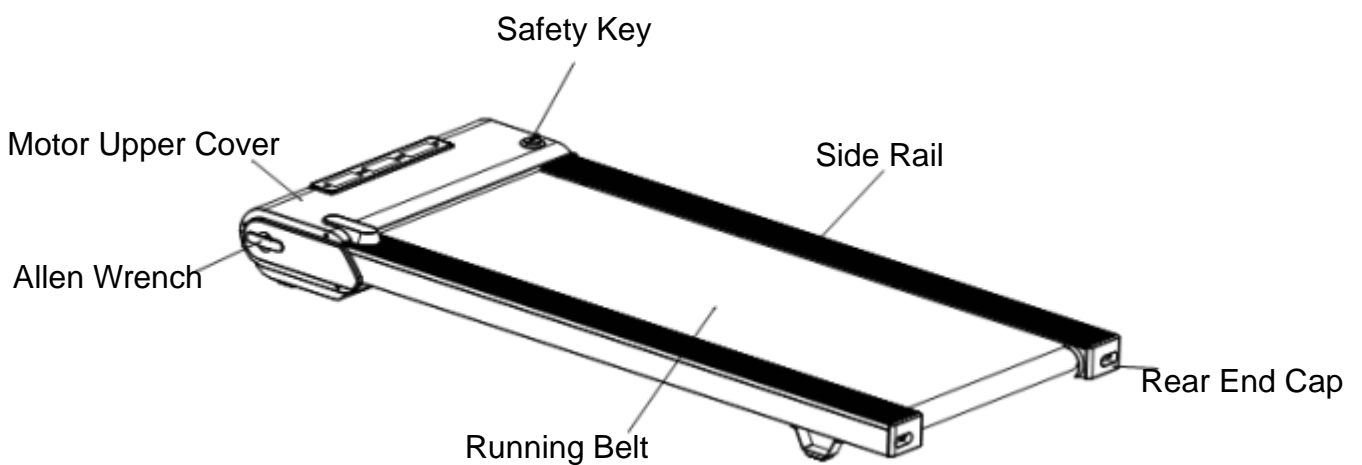
Running Belt

*IMPORTANT NOTE:

This treadmill does come pre-lubricated, but it is recommended to lubricate your treadmill before the first use.

RUNNING BELT & TREADMILL LUBRICANT:

Lubricating the **Running Board (No. 8)** and **Running Belt (No. 9)** is essential as the friction affects the life span and operation of the treadmill. It is suggested that the **Running Board (No. 8)** and **Running Belt (No. 9)** be inspected regularly. If you find any wear on the **Running Board (No. 8)**, please contact us at:support@sunnyhealthfitness.com.

WARNING:

Always unplug the treadmill from the electrical outlet before cleaning, lubricating, or repairing the unit.

HOW TO LUBRICATE:

Raise the **Running Belt (No. 9)** up on one side and apply lubricant to the **Running Board (No. 8)**. Use a rag to thoroughly wipe the lubricant over the **Running Board (No. 8)**. Repeat this process for the other side.

The moving parts should turn freely and quietly. Abnormal moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.

To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.

DO NOT LOOSEN OR MAKE ANY ADJUSTMENTS TO THE RUNNING BELT WHILE APPLYING LUBRICANT. A loose **Running Belt (No. 9)** will result in the runner sliding off when in use, while too tight of a **Running Belt (No. 9)** will decrease to the motor's performance, and also create more friction between the roller and **Running Belt (No. 9)**. The most suitable tightness for the **Running Belt (No. 9)** is when it is pulled out 50-75mm from the **Running Board (No. 8)**.
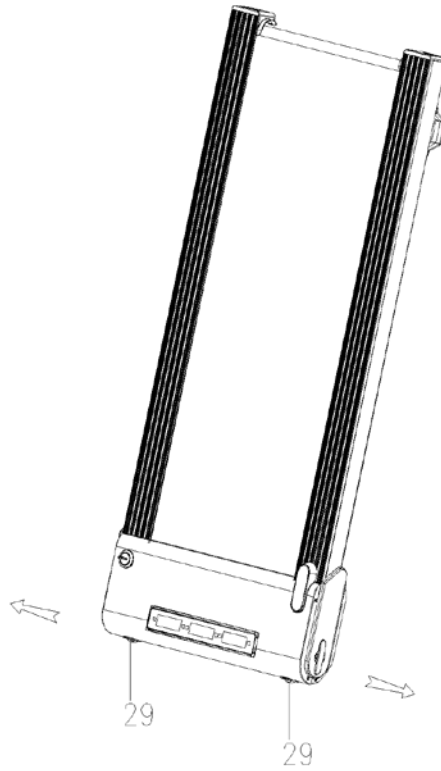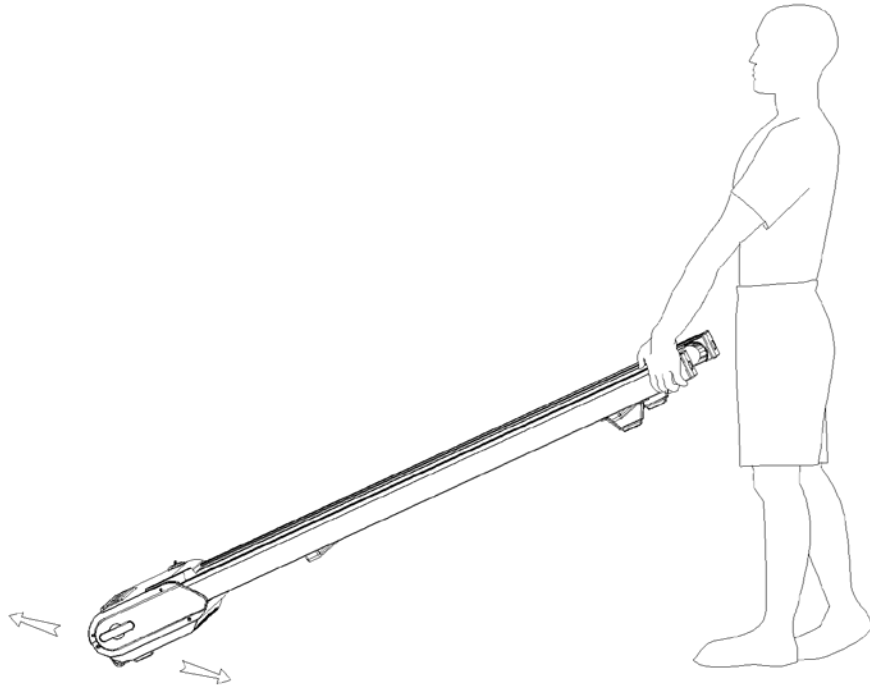
Running Belt

Running Board
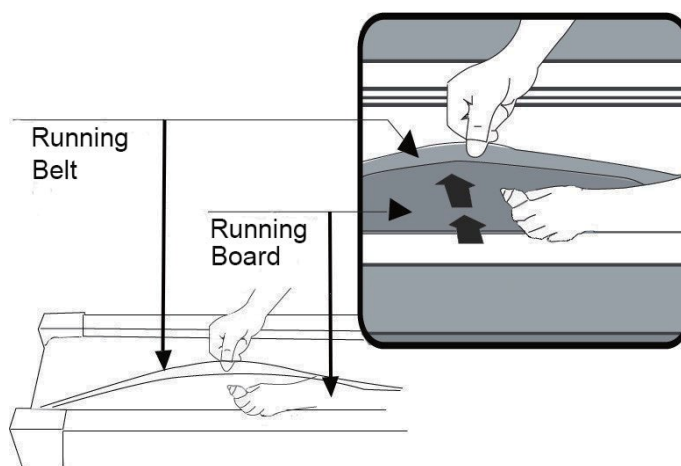
The following time table is recommended:

Light user (less than 3 hours/week)	every six months
Medium user (3-5 hours/week)	every three months
Heavy user (more than 5 hours/week)	every two months

Hold the end of **Main Frame (No. 1)** using two hands to lift up the treadmill. While lifting up, use one foot to help support the lifting motion. Once the **Transportation Wheels (No. 29)** touch the ground, you can safely move the treadmill to your desired location.

Assembly Size (INCHES)	60(L)*30.3(W)*40(H)	Speed Range (MI/H)	0.3—4MI/H
Folded Standing Size (INCHES)	58.1(L)*24.9(W)*5.4(H)	Rating	560W
Running Size (INCHES)	51(L)*17.5(W)	Motor Spec (HP)	1.5HP(PEAK)
N.W. (LBS)	66	Input Volt (V)	100-120V
Max User Weight (LBS)	220	Operating Temperature	0-82°F
Blue Single Display	Speed, Time, Distance, Calories, Steps		

WARNING:

This treadmill requires a power source of **10 amps (100-120V)** in order to properly operate. For your safety as well as the safety of others, please verify that the power source is correct before powering in the equipment. Any power supply source above or below this level could cause significant damage to the equipment and/or user.

GROUNDING METHODS:

This product must be grounded. Should the treadmill malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a plug that has an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 100-120V circuit and has a grounding plug that looks like the plug illustrated in sketch A. Ensure that the product is connected to an outlet with the same configuration as the plug. Do not use an adaptor for this product.

DANGER:

Improper connection of the equipment can result in risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product has been properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

WARNING!

1. NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the **Power Cord (No. 37)** away from all moving parts of the treadmill including the elevation mechanism and **Transportation Wheels (No. 29)**.
2. NEVER operate the treadmill using a generator or UPS power supply.
3. NEVER remove any cover on this treadmill without first disconnecting the **Power Cord (No. 37)**.
4. NEVER expose the treadmill to rain or moisture. This treadmill is not designed for outdoor use or use in any high humidity environment.

GROUNDING METHOD

9
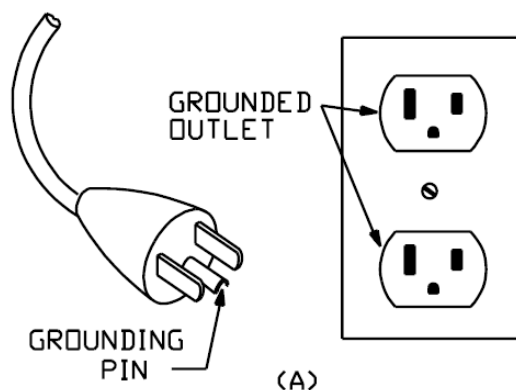
1. Plug the **Power Cord (No. 37)** into an outlet with appropriate voltage.
2. Turn on the **Power Switch (No. 33)**.
3. Insert the **Safety Key (No. 74)**.
4. Press the Start key on the **Remote Control (No. 42).**

Syncing Remote with Treadmill:
Remote must be synced to the treadmill before use. Turn the machine on and make sure the safety key is attached. Press and hold the "-" button on remote near the monitor until a beep sound is heard. Syncing will only be required during initial use and should not be required for future use.

SAFETY NOTE:

Never start the treadmill while you are standing on the **Running Belt (No. 9)**. After connecting the power, there may be a pause after the **Running Belt (No. 9)** begins to move. Always stand on the treadmill's side plastic non-slip rails until the **Running Belt (No. 9)** starts moving. Once the treadmill is in motion, you may step onto the **Running Belt (No. 9)**.

Insert the magnetic end of the **Safety Key (No. 74)** into the **Meter (No. 43)** and attach the opposite end with safety clip onto your clothing before starting your workout. To end your workout, press the STOP button or remove the **Safety Key (No. 74)** and then the treadmill will stop immediately.

SAFETY KEY FUNCTION:

Removing the **Safety Key (No. 74)** from the **Meter (No. 43)** while the treadmill is running will cause it to stop immediately.

WARNING

Remember to unplug the treadmill from the electrical outlet before removing the Motor Cover (No. 13 & No. 14). Remove the Motor Cover (No. 13 & No. 14) and vacuum underneath at least once a year.

1. Connect the power cord to an outlet and attach the **Safety Key (No. 74)** with the **Meter (No. 43)** until a long beep is heard. It will enter standby mode after two seconds. Next, press and hold the **Remote Control (No. 42)** "Speed -" near the treadmill monitor. Treadmill will be synced after a beep sound is heard. (Syncing the remote with treadmill will only be required once. It is not required next time treadmill is used.

2. Start the treadmill by pressing the **Remote Control (No. 42)** "Start" key, run at a minimum speed of 0.3 MI/H. Time, Calories, Distance and Steps start counting. The required speed can be changed by pressing the **Remote Control (No. 42)** "Speed +/-" keys. When no one is on the walking treadmill, it will stop automatically in 10 seconds, and standby 4 minutes will save electricity automatically, press any key on the **Remote Control (No. 42)** to wake up the walking treadmill.

1. Window Display:

A. **Time/ Calories:** Switch display Time or Calories while exercising. Time ranges 0:00-99:59 MIN, after it overflows, gets back to 0:00 and restarts to count. Calories range 0-9999 CAL, after it overflows, gets back to 0 and restarts to count.

B. **Distance/ Steps:** Switch display Distance or Steps while exercising. Distance ranges 0.00-99.90 MI, after it overflows, gets back to 0.00 and restarts to count. Steps range 0-9999 TIMES, after it overflows, gets back to 0 and restarts to count.

C. **Speed:** Display current speed value in running mode, speed ranges 0.3-4 MI/H.

2. Remote Control Key and Functions:
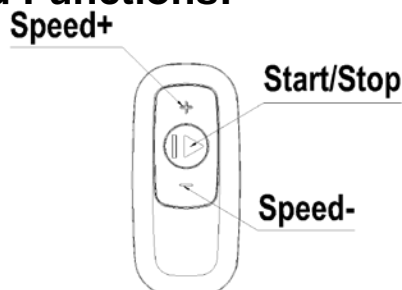
A. **Start/Stop:** Press this key once and the treadmill will start running. Press this key again and the treadmill will stop running;

B. **Speed +:** Press this key to increase speed by 0.1 MI/H;

C. **Speed -:** Press this key to reduce speed by 0.1 MI/H.

D. **Metric/Imperial Change:** Turn on the treadmill, remove the **Safety Key (No. 74)**, press and hold Start/Stop buttons together for about 3 seconds. Then press the +/- to change the metric and imperial. To change again, simply turn off the treadmill and repeat above steps.

3. Remote Battery Replacement:

A. Open the remote battery cover by inserting a coin and turning it to the left until it points to the unlock symbol.
B. Remove and replace with 1pc CR2032 Battery. Please ensure the positive side of battery is facing up and battery is under metal slot.
C. Replace battery cover and turn the cover until it points to the lock symbol

4. Shutdown:

You can turn off the power to shut down the treadmill at any time. This will not damage the treadmill.

5. Attention:

A. Check the power and **Safety Key (No. 74)** before starting any exercise.
B. In the event of an emergency, pull off the **Safety Key (No. 74)** to stop the treadmill. This will set the treadmill back to the default settings.
C. If there is any problem, please contact the distributor. Do not attempt to disassemble or perform maintenance on the treadmill as this can be damaging to the treadmill.

6. Error display:

If the treadmill displays an error code, please contact Customer Service at **support@sunnyhealthfitness.com.**

E01: Error type (meter does not receive controller signal)
Check the communication line connection is normal or not, then replace the meter; if not resolved, replace the controller.

E03: Error type (high voltage)
Check the voltage stable or not, if it's too high more than 275 V, then replace the controller.

E04/E13: Error type (the current is excessive during exercising)
First check whether the running board friction is too much, whether it needs lubricate oil. If not resolved, replace the controller.

E05: Error type (over current or motor shutdown)
Motor overload, if the load is normal, replace the controller.

E06/E14: Error type (motor burn or low voltage)
First check the voltage is not less than 115V, then replace the motor. If not resolved, replace the controller.

E07: Error type (controller does not receive display board signal)
Check the communication line connection is normal or not, then replace the meter; if not resolved, replace the controller.

SAFE: **Safety Key (No. 74)** is unconnected.

General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the **Running Belt (No. 9)** to prevent dust from accumulating underneath. Keep your running shoes clean so that dirt from your shoes does not wear out the **Running Board (No. 8)** and **Running Belt (No. 9)**. Clean the surface of the **Running Belt (No. 9)** with a clean, damp cloth. Keep liquids away from electrical parts and **Running Belt (No. 9)**.

To better maintain the treadmill and prolong its life, it is suggested that the treadmill be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.
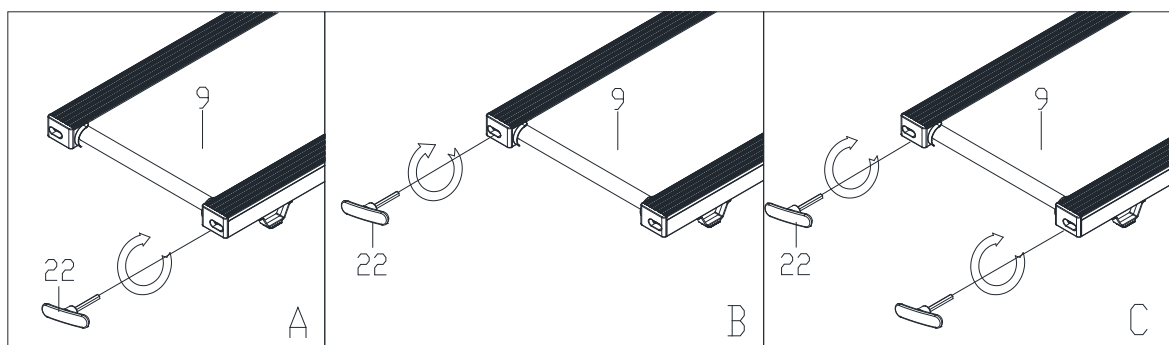
CENTERING THE RUNNING BELT:

Place the treadmill on level ground and set it at 0.3-4MPH to check if the **Running Belt (No. 9)** drifts from center.

If the **Running Belt (No. 9)** deviates to the right, pull off the **Safety Key (No. 74)** and unplug the power. Turn the right adjusting bolt ¼ clockwise using **Allen Wrench (No. 22)**. Turn on the treadmill and watch the **Running Belt (No. 9)** to see if it is centered. Repeat the above steps, until the **Running Belt (No. 9)** is in the middle. Refer to Figure A.

If the **Running Belt (No. 9)** deviates to the left, pull off the **Safety Key (No. 74)** and unplug the power. Turn the left adjusting bolt ¼ clockwise using **Allen Wrench (No. 22)**. Turn on the treadmill and watch the **Running Belt (No. 9)** to see if it is centered. Repeat the above steps, until the **Running Belt (No. 9)** goes to the middle. Refer to Figure B.

After periodic use, the **Running Belt (No. 9)** may become loose and need adjustments. Pull off the **Safety Key (No. 74)**, turn off the power switch, and turn the left and right adjusting bolts ¼ clockwise using **Allen Wrench (No. 22)**. Turn on the treadmill, then stand on the treadmill to confirm the tightness of the **Running Belt (No. 9)**. Repeat above steps, until the **Running Belt (No. 9)** is moderate in tightness. Refer to Figure C.