



MOTORIZED TREADMILL

SF-T7603

USER MANUAL



IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).



WWW.SUNNYHEALTHFITNESS.COM

IMPORTANT SAFETY INSTRUCTION

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this treadmill.

DANGER – To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.
3. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
4. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
5. Do not carry this appliance by supply cord or use cord as a handle.
6. Keep the cord away from heated surfaces.
7. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
8. Never drop or insert any object into any opening.
9. Do not use outdoors. Household use only.
10. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
11. To disconnect, turn all controls to the off position, then remove plug from outlet.
12. CAUTION: Risk of Injury to Persons – To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.
13. Connect this appliance to a properly grounded outlet only. See Grounding Instructions.
14. REMOVE CONTROL BOX (OR KEY, OR SAFETY PIN, AS APPLICABLE) WHEN NOT IN USE, AND STORE OUT OF REACH OF CHILDREN.
15. This treadmill is not suitable for disable people.
16. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
17. This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

CAUTION: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

CAUTION:

To avoid injury, use extreme caution when stepping onto or off a moving belt. Read instruction manual before using.

SAVE THESE INSTRUCTIONS

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 275 lbs (125 kgs).
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 OPERATING INSTRUCTION

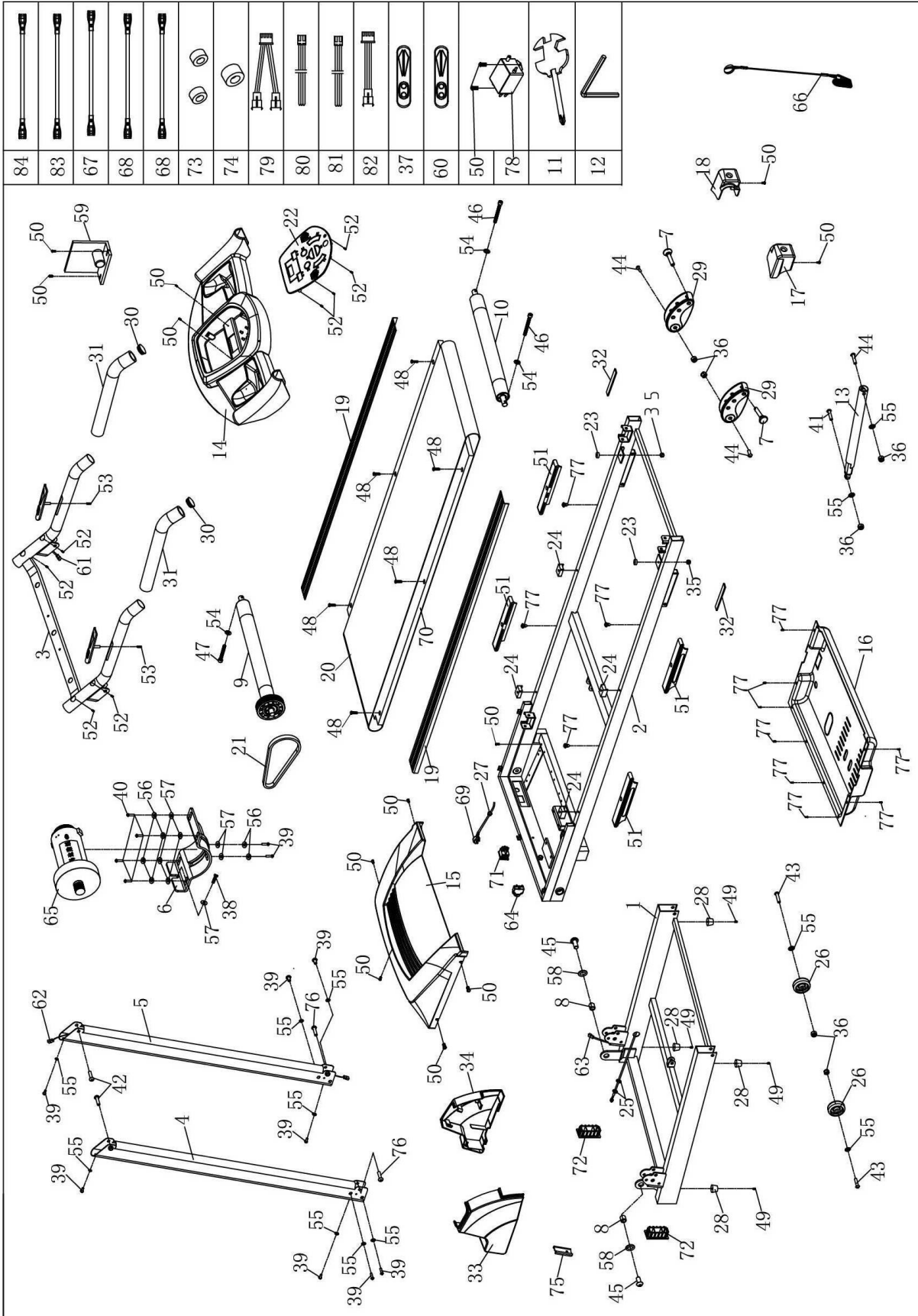
1. Insert the power plug directly into the socket.
2. Read the manual before operating the equipment.
3. Changes in speed do not occur immediately. Set your desired speed using the adjustment keys on the main console. The speed will increase gradually.
4. While on the treadmill, move with caution as distractions may cause you to lose balance and stray from walking in the center of the belt which may result in serious injury.
5. This unit starts at a very low speed. The proper way to begin use is to stand on the side rails during its acceleration, then step onto the belt once it's in constant motion.
6. Always hold the handrail when making control changes.
7. A safety key is provided for emergency use. Operation to the treadmill can only be done if the safety key is inserted into the computer console. In case of emergency, remove the safety key to immediately stop the belt and shut off the treadmill. The display screen will reset once the safety key is reinserted.
8. The console control keys are precisely set and require very little pressure to use. To avoid damaging these keys, do not use excessive pressure when operating these controls.
9. This equipment is designed for adult use only! Children should not be allowed to use or play near this equipment. When present, children should always be supervised by an adult.
10. Women who are pregnant or nursing should consult a physician before attempting to begin any exercise program.
11. Always stay hydrated during and after an exercise.



IMPORTANT NOTE:

The belt must be lubricated before the first use! Please see Page 12 for instructions on how to properly apply lubricant.

EXPLODED DIAGRAM

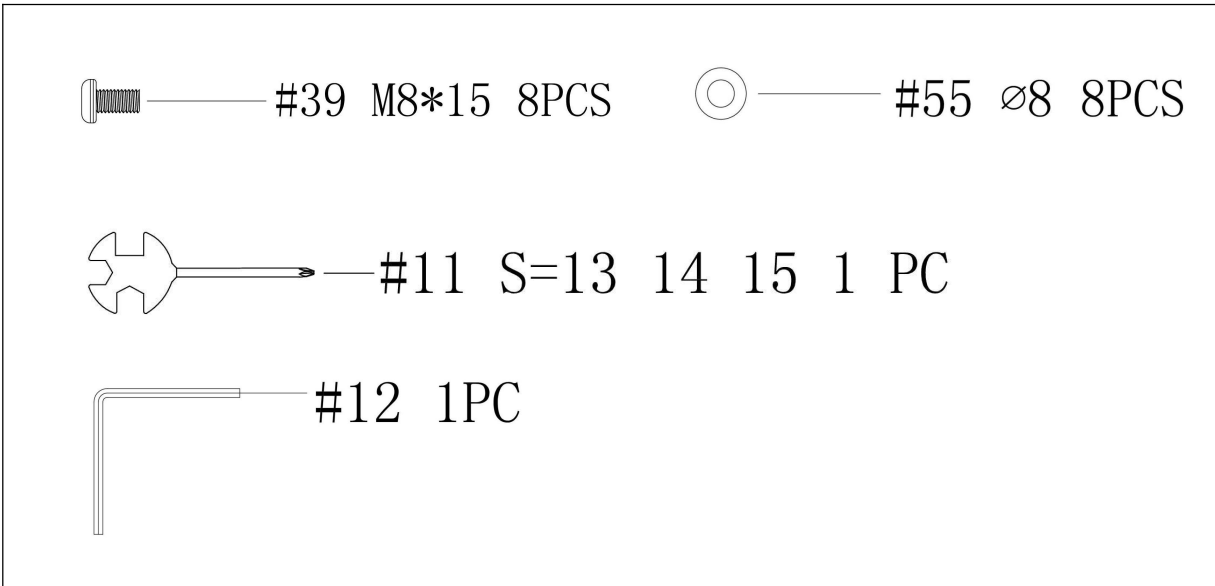


PARTS LIST

No.	Description	Spec.	Qty.
1	Base Frame		1
2	Main Frame		1
3	Computer Bracket		1
4	Left Upright Tube		1
5	Right Upright Tube		1
6	Motor Bracket		1
7	Fixing Pin		2
8	Turning Bushing		2
9	Front Roller		1
10	Rear Roller		1
11	Spanner w/ Screwdriver	S=13,14,15	1
12	Allen Wrench	S5	1
13	Air Pressure Cylinder		1
14	Console Top Cover		1
15	Motor Top Cover		1
16	Motor Bottom Cover		1
17	Left Rear Cover		1
18	Right Rear Cover		1
19	Side Rail		2
20	Running Belt		1
21	Motor Belt		1
22	Console		1
23	Blue Cushion		2
24	Square Cushion		4
25	Ring Protecting Wire Plug		2
26	Moving Wheel		2
27	Power Wire Buckle		1
28	Foot Pad		4
29	Adjustable Foot Pad		2
30	End Cap		2
31	Foam		2
32	Rubber Cushion		2
33	Left Upright Tube Cover		1
34	Right Upright Tube Cover		1
35	Nylon Nut	M6	2
36	Nylon Nut	M8	6
37	Hand Pulse with Speed		1
38	Hexagon Bolt	M8*35	1
39	Allen Screw	M8*15	10
40	Allen Screw	M8*20	4
41	Allen Screw	M8*30	1
42	Allen Socket Bolt	M8*40	2

No.	Description	Spec.	Qty.
43	Allen Socket Bolt	M8*40	2
44	Allen Socket Bolt	M8*45	3
45	Allen Socket Screw	M10*35	2
46	Allen Socket Bolt	M6*55	2
47	Allen Socket Screw	M6*45	1
48	Allen Screw	M6*35	6
49	Self-tapping Screw	ST4.2*20	4
50	Screw	M5*8	14
51	Rubber Cushion		4
52	Self-tapping Screw	ST4.2*12	8
53	Self-tapping Screw	ST4.2*25	2
54	Anti-slip Washer	Φ6	3
55	Anti-slip Washer	Φ8	12
56	Spring Washer	Φ8	6
57	Flat Washer C	Φ8	7
58	Big Washer C	Φ10*Φ26*2.0	2
59	Control Board		1
60	Hand Pulse with Start/Stop		1
61	Upper Signal Wire		1
62	Middle Signal Wire		1
63	Lower Signal Wire		1
64	Overload Protector		1
65	DC Motor		1
66	Safety Key		1
67	AC Single Line	Blue	1
68	AC Single Line	Brown	2
69	Power Wire		1
70	Running Board		1
71	Square Power Switch		1
72	Bushing		2
73	Magnetic Ring		2
74	Magnetic Core		1
75	Safety Block		1
76	Allen Screw	M8*35	2
77	Self-tapping Screw	ST4.2*12	12
78	Filter	HJ4-6A-T (027)	1
79	Hand Pulse Top Wire		1
80	Switch Top Wire		1
81	Speed Top Wire		1
82	PCB Signal Wire		1
83	AC Single Line	Blue	1
84	AC Single Line	Brown	1

HARDWARE PACKAGE



Ordering Replacement Parts (U.S. and Canadian Customers only)

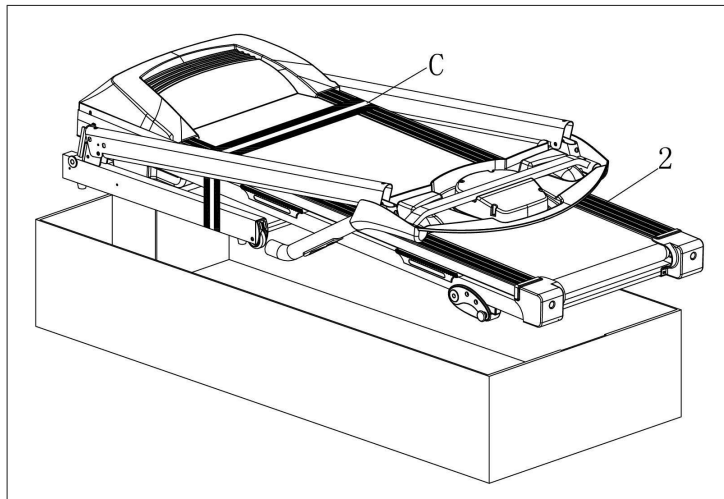
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” and “PARTS LIST” (found near the front of the manual)

Please contact us at support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).

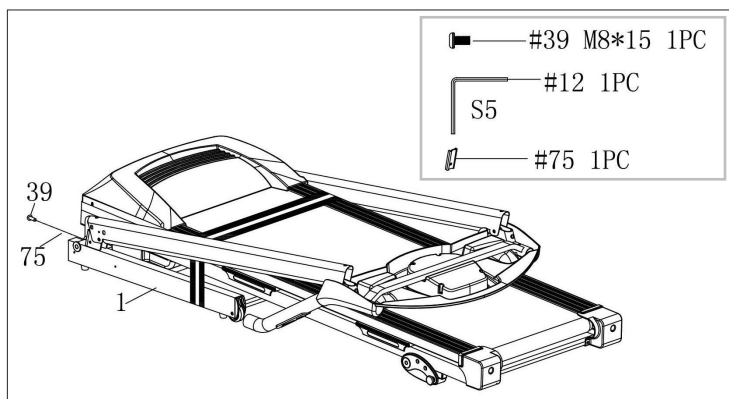
ASSEMBLY INSTRUCTIONS

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



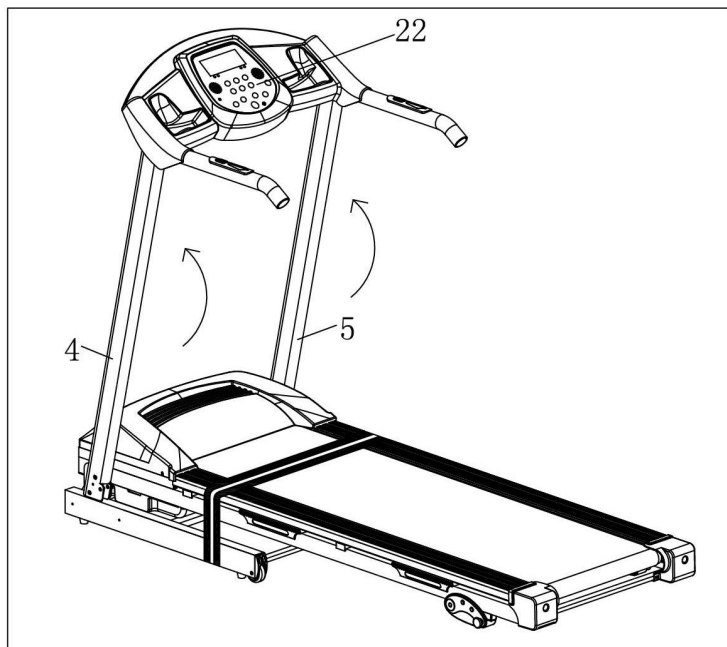
STEP 1:

Open the carton and remove contents. Place the **Main Frame (No. 2)** on the ground and ensure you have a work area that is clean and has adequate space. **Do not cut the Packing Belt (No. C) until the assembly is complete!**



STEP 2:

Loosen the **Allen Screw (No. 39)** on the **Base Frame (No. 1)** using **Allen Wrench (No. 12)**. Then, remove the **Safety Block (No. 75)**.

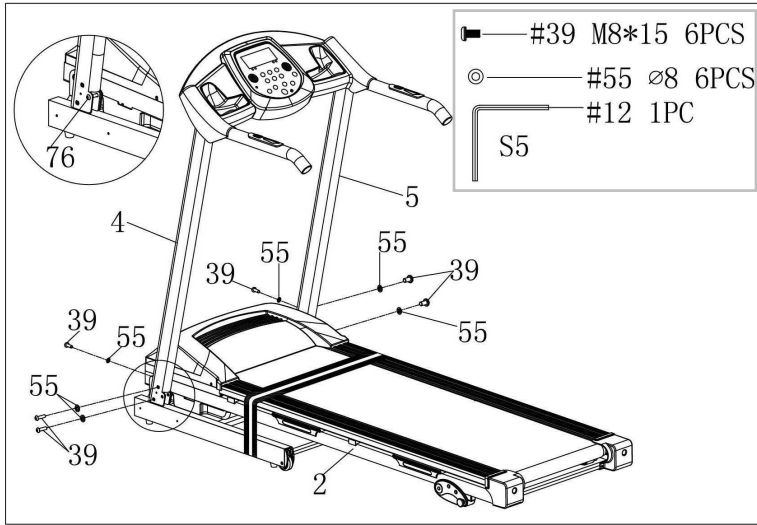


STEP 3:

Lift the **Console (No. 22)** along with **Left & Right Upright Tubes (No. 4 & No. 5)** upward (in the direction specified by the arrows on the diagram to the left).

NOTE: When lifting, avoid puncturing the wires inside the **Left & Right Upright Tubes (No. 4 & No. 5)** as this will cause damage.

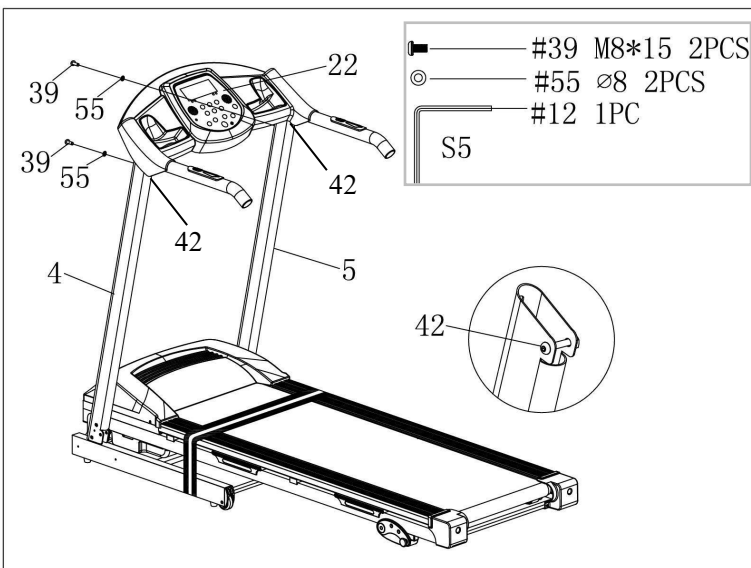
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 4:

During assembly, support the **Left & Right Upright Tubes (No. 4 & No. 5)** with your hands to prevent them from falling.

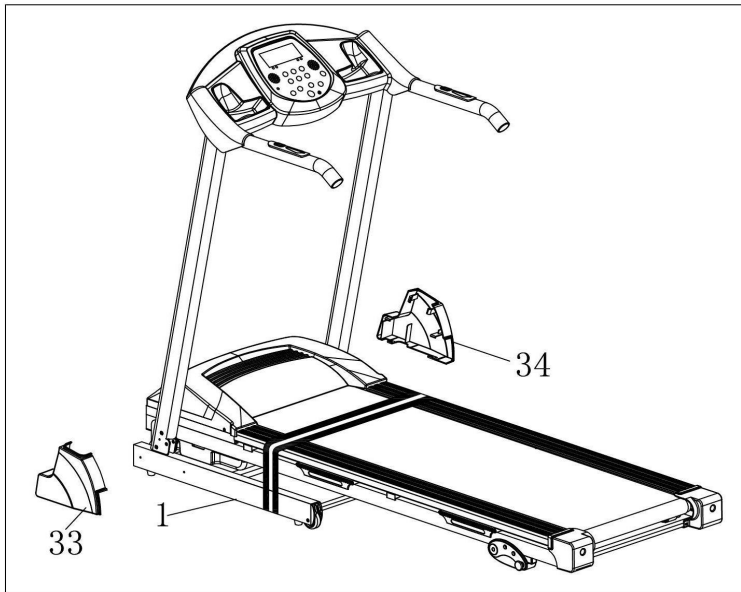
Attach the **Left & Right Upright Tubes (No. 4 & No. 5)** to the **Main Frame (No. 2)** using 6 **Allen Screws (No. 39)** and 6 **Anti-slip Washers (No. 55)**. Secure using **Allen Wrench (No. 12)**. Next, tighten 2 preassembled **Allen Screws (No. 76)** located on the outer bottom end of the left and right tubes.



STEP 5:

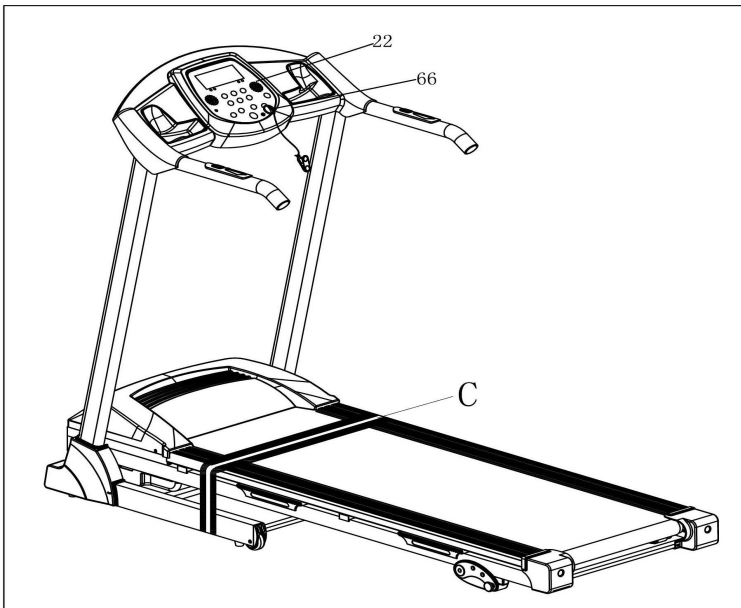
Attach the **Console (No. 22)** to the **Left & Right Upright Tubes (No. 4 & No. 5)** using 2 **Allen Screws (No. 39)** and 2 **Anti-slip Washers (No. 55)**, secure using **Allen Wrench (No. 12)**. Next, tighten the 2 preassembled **Allen Socket Bolts (No. 42)** located on the inner sides of the left and right handlebar.

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 6:

Attach the **Left & Right Upright Tube Covers (No. 33 & No. 34)** to the **Base Frame (No. 1)**.



STEP 7:

You may now cut the **Packing Belt (No. C)**.

Insert the **Safety Key (No. 66)** into the magnetic area of the **Console (No. 22)** to start your workout.

The assembly is completed!



IMPORTANT NOTE!

You will need to lubricate your treadmill before the first use. See *Page 12*.

MAINTENANCE & CARE

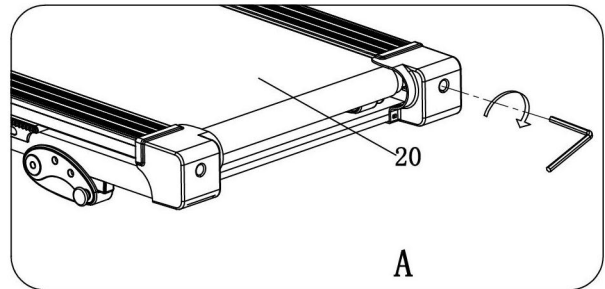
General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the **Running Belt (No. 20)** to prevent dust from accumulating underneath. Keep your running shoes clean so that dirt from your shoes does not wear out the **Running Board (No. 70)** and **Running Belt (No. 20)**. Clean the surface of the **Running Belt (No. 20)** with a clean, damp cloth.

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.

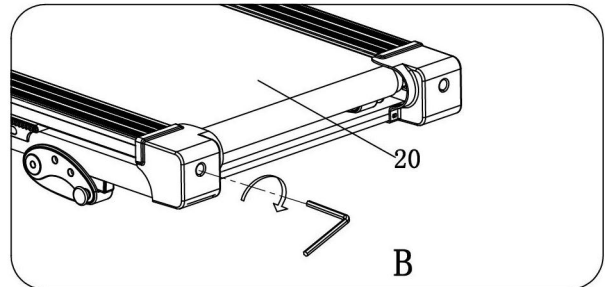
CENTERING THE RUNNING BELT:

Place the treadmill on level ground and set it at 3-5mph to check if the **Running Belt (No. 20)** drifts.

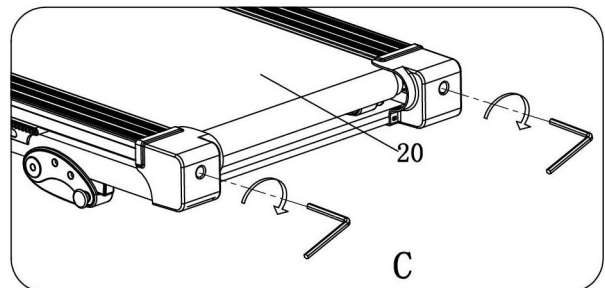
If the **Running Belt (No. 20)** moves to the right, turn the adjusting bolt on the right side $\frac{1}{4}$ turn *clockwise*, then turn the left adjustment bolt $\frac{1}{4}$ turn *counter-clockwise*. If the **Running Belt (No. 20)** does not move, repeat this step until it centers. Refer to Figure A.



If the **Running Belt (No. 20)** moves to the left, turn the adjusting bolts on the left side $\frac{1}{4}$ turn *clockwise*, then turn the right adjustment bolt $\frac{1}{4}$ turn *counter-clockwise*. If the **Running Belt (No. 20)** does not move, repeat this step until it centers. Refer to Figure B.



Over time the **Running Belt (No. 20)** will loosen. To tighten the **Running Belt (No. 20)** turn the **Left & Right-side** adjustment bolts one full turn *clockwise*, check the tension of the **Running Belt (No. 20)**. Continue this process until **Running Belt (No. 20)** is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to Figure C.



LUBRICATING THE TREADMILL

IMPORTANT NOTE:

You will need to lubricate your treadmill before the first use.

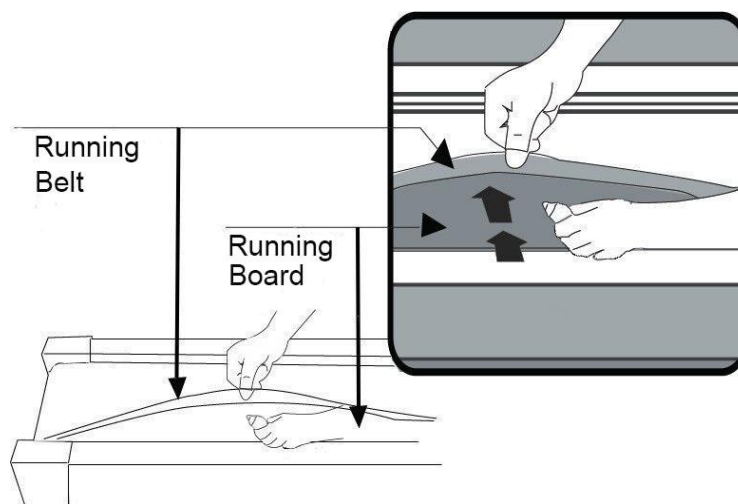
RUNNING BELT & TREADMILL LUBRICANT:

Lubricating the **Running Board (No. 70)** and **Running Belt (No. 20)** is essential as the friction between the two affects the life span and function of the treadmill. It is suggested that the **Running Board (No. 70)** and **Running Belt (No. 20)** be inspected regularly. Should you find any wear on the **Running Board (No. 70)**, 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:

1. To apply lubricant, lift one side of the **Running Belt (No. 20)** and apply oil to the middle of the **Running Board (No. 70)**. Next, start the treadmill and place it at the lowest speed setting and allow the oil to spread over the **Running Board (No. 70)**. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormal moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.
4. **DO NOT LOOSEN OR MAKE ANY ADJUSTMENTS TO THE RUNNING BELT WHILE APPLYING LUBRICANT.** A loose **Running Belt (No. 20)** will result in the runner sliding off during use, while too tight of a **Running Belt (No. 20)** will negatively affect the motor's performance and create more friction between the roller and **Running Belt (No. 20)**. The most suitable tightness for the **Running Belt (No. 20)** is when it is pulled out **50-75mm** from the **Running Board (No. 70)**.

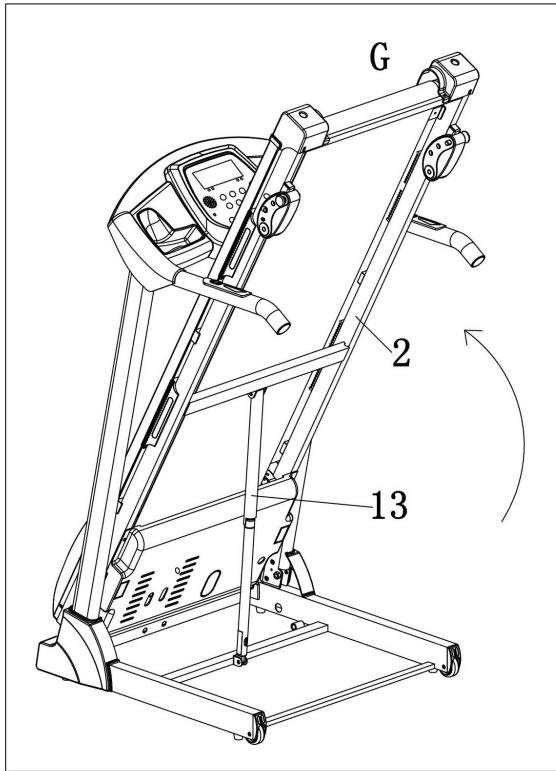


The following timetable is recommended:

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

FOLDING INSTRUCTIONS

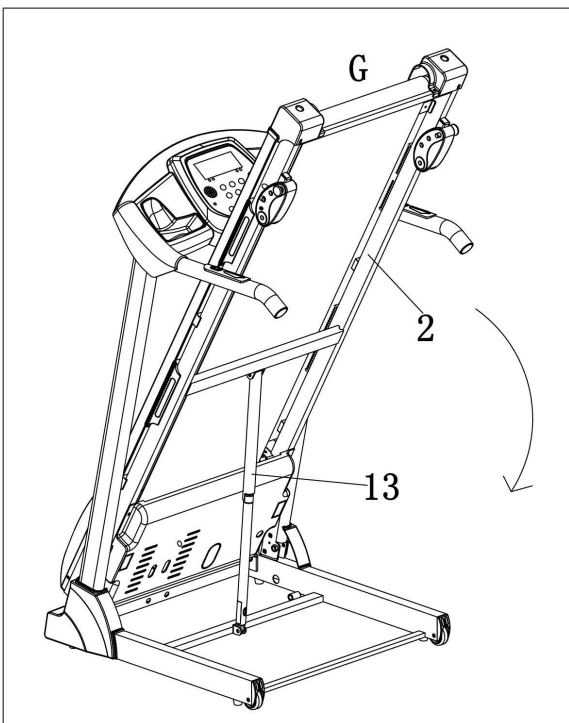
FOLDING:



Place your hand at position “G” and lift **Main Frame (No. 2)** up until the **Air Pressure Cylinder (No. 13)** locks into the tube.

When the **Air Pressure Cylinder (No. 13)** successfully locks into the tube, you will hear a “click” sound.

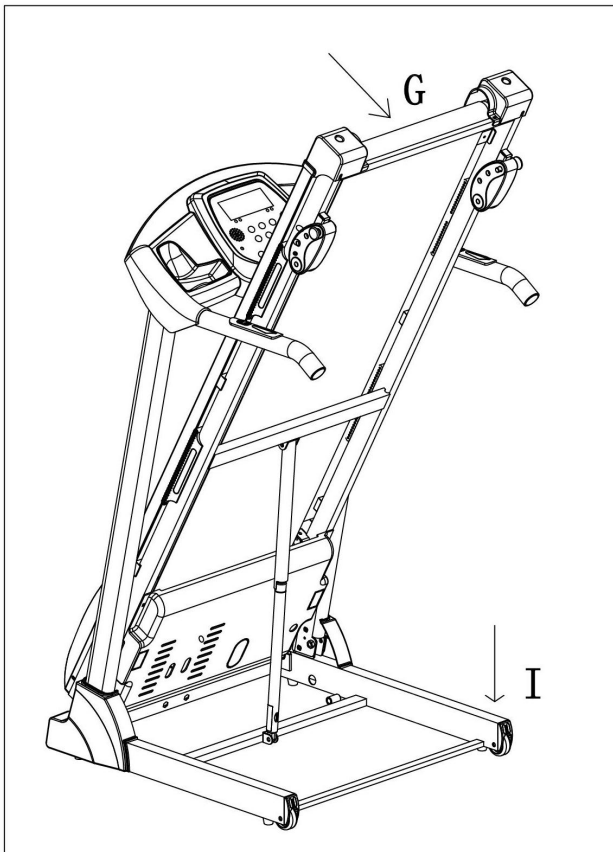
UNFOLDING:



Before lowering the **Main Frame (No. 2)**, ensure that the space directly underneath it is clear of any objects.

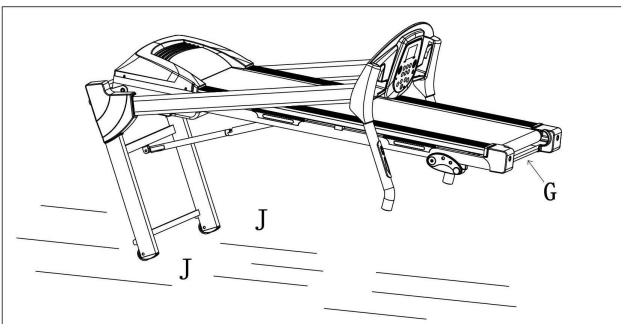
Hold the **Main Frame (No. 2)** at position “G”. Next, lightly kick the **Air Pressure Cylinder (No. 13)** and press **Main Frame (No. 2)** down. Once the **Main Frame (No. 2)** has been pushed down, it will continue to lower itself steadily until it reaches the ground.

HOW TO MOVE THE TREADMILL



Before attempting to move the treadmill, please make sure that it has been properly folded. Unplug the power cord.

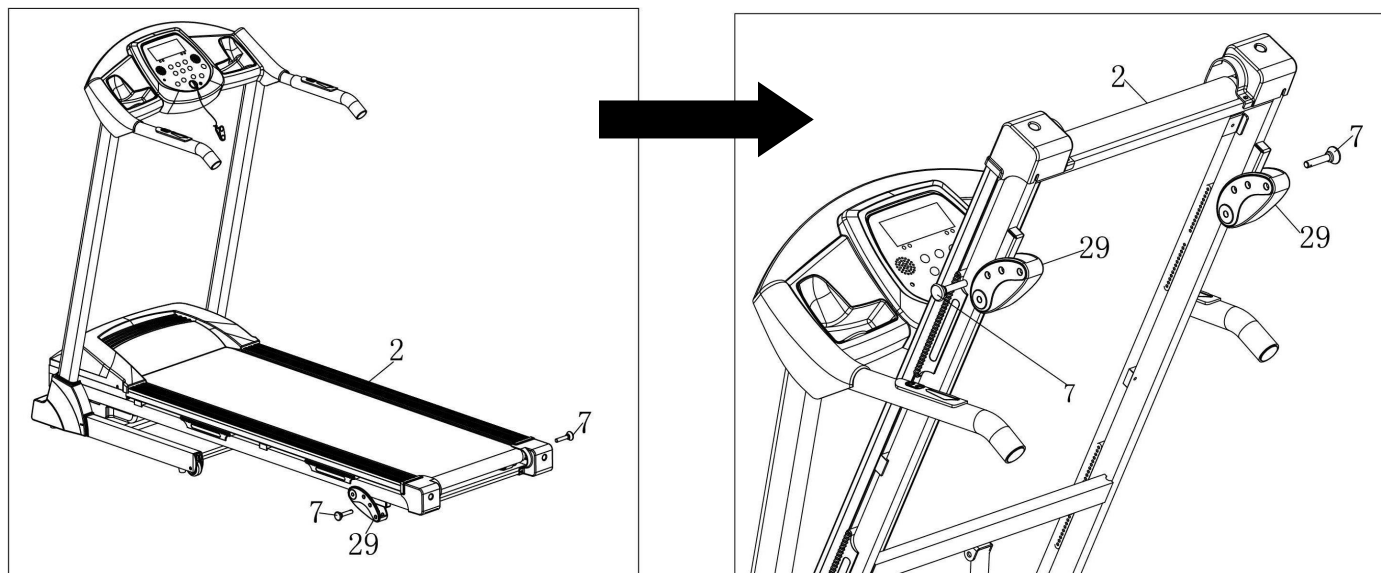
Start by placing one hand at position “G” to support the top end of the treadmill. Next, place one foot at position “I” to anchor the bottom end of the treadmill. With your foot at “I”, slowly tilt the top of the treadmill downward towards the ground. Once the treadmill reaches a low enough point, the wheels of the treadmill will touch the ground and become movable.



To transport, hold the treadmill from position “G” and tilt until the wheel’s “J” are able to move on the ground.

ADJUSTING THE INCLINE

ATTENTION: For your safety and convenience, always fold the treadmill (as shown below) before attempting to adjust the incline. There are three holes located on the **Adjustable Foot Pad (No. 29)**. To adjust the level of incline, remove 2 **Fixing Pins (No. 7)** from the left and right side. Align the holes of the **Adjustable Foot Pad (No. 29)** to the holes located on the **Main Frame (No. 2)**. Once you've located your desired incline level, insert the **Fixing Pins (No. 7)** back through the holes.



IMPORTANT ELECTRICAL INFORMATION

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 plugging the equipment. Any power source above or below this level could cause significant damage to the equipment and or user.

GROUNDING METHODS:

This product must be grounded. Grounding provides the least resistance for electrical current and will reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product is connected to an outlet which contains the same configuration as the plug. Do not use an adaptor for this product.

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. Make sure that the product is connected to an outlet having the same configuration as the plug. No adaptor should be used with this product.

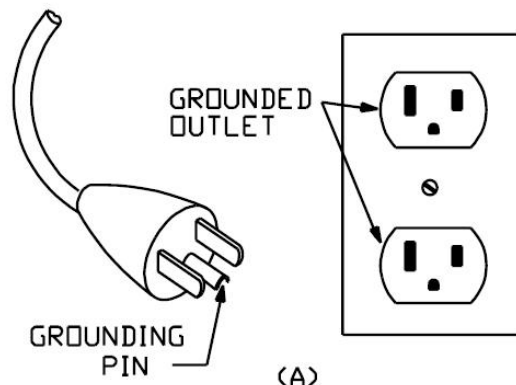
DANGER:

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a certified electrician if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by an electrician.

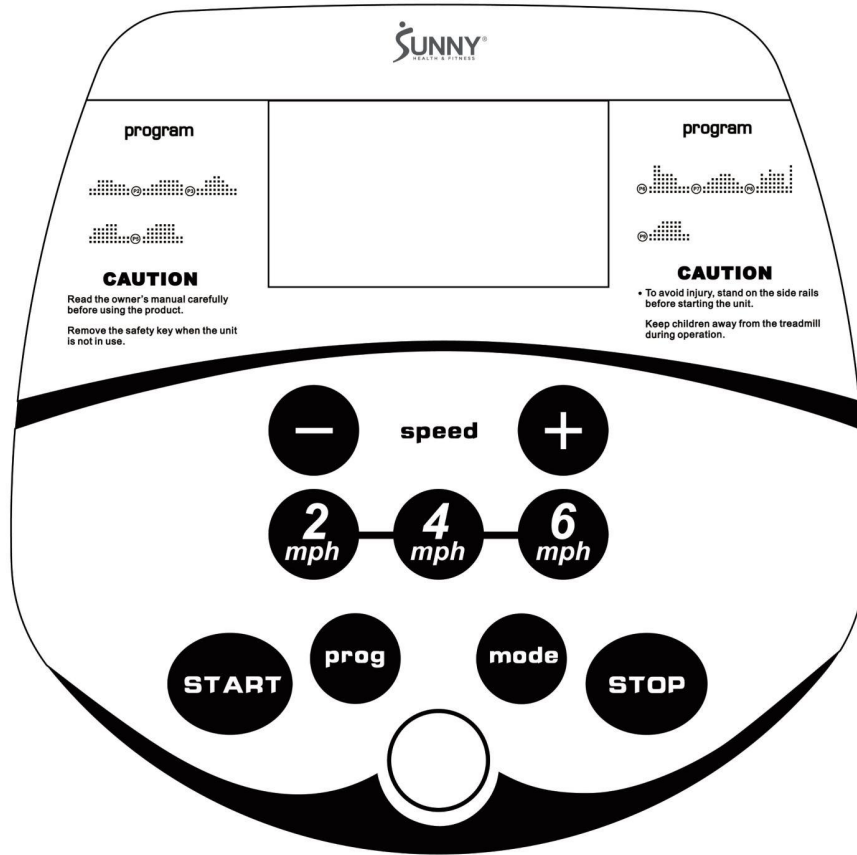
WARNING!

1. NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
2. NEVER operate the treadmill using a generator or UPS power supply.
3. NEVER remove any cover without first disconnecting AC power.
4. NEVER expose the treadmill to rain or moisture. This treadmill is not designed for use outdoors, near pools or in any other high humidity environment.

GROUNDING METHOD



THE DISPLAY CONSOLE



QUICK START

1. Insert the magnet end of the **Safety Key (No. 66)** into the computer console.
2. Press the START button, and the system will automatically display a 3 second countdown. Once the countdown reaches zero, the running belt will start at the initial **default speed of 0.5 MPH**.
3. To adjust the speed, you can use the SPEED +/- BUTTONS or QUICK SPEED BUTTONS 2, 4, & 6 MPH.

***NOTE: The maximum speed on this treadmill is 9 MPH.**

CONTROL FUNCTIONS

1. Press the – Speed Button to reduce the running speed.
2. Press the + Speed Button to increase the running speed.
3. Pressing a Quick Speed Button will adjust the speed to the corresponding speed indicated (2, 4, or 6 MPH).
4. Pressing the STOP Button will stop the running belt and current workout data. Pressing the STOP button again will terminate current workout session completely.
5. Holding the Pulse Sensors located on the handles with both hands for 5 seconds will calculate and display the runner's heartbeat per minute (BPM).

WINDOW DISPLAY

SPEED: Displays the current speed. The speed range on this treadmill is 0.5 - 9 MPH.

When setting PROGRAMS, the speed is programmed in intervals. PROGRAMS are from P1-P9.

When setting MODE, the window displays H1-H3.

TIME: Displays the time elapsed (0:00-99:59 MINS). If the time reaches 99:59, the treadmill will stop smoothly and display “END” then automatically reset to 0:00 after 5 seconds. When in Countdown Mode, it will count from the setting time to 0:00. When the clock reaches 0:00, the treadmill will stop smoothly and display “End” then automatically reset itself after 5 seconds.

DISTANCE: Displays the distance traveled (0.0-99.9 MILES). When the clock reaches 99.9, it will reset to 0.00 and begin counting again from 0.0. When in Countdown Mode, it will count down from the setting data to 0.00. When it reaches 0.00, the treadmill will stop smoothly and display “End” and automatically reset to the initial setting after 5 seconds.

CALORIES: Displays the number of calories burned (0 to 999). When the count reaches 999, it will reset and start back from 0 again. When in Countdown Mode, it will count down from the setting data to 0. When it reaches 0, the treadmill will stop smoothly and display “END” and automatically reset to the initial setting after 5 seconds.

PULSE: Displays the runner’s heartbeat per minute (50-200 BPM). The runner must place both hands over the pulse sensors located on the handles for the system to calculate the runner’s pulse.

PROGRAMS	Initial	Default Value	Set Range	Display Range
TIME (MIN: SECOND)	0:00	10:00	5:00-99:00	0:00—99:59
SPEED (MPH)	0.5	0.5	0.5-9.0	0.5-9.0
DISTANCE (MILE)	0.00	1.00	0.50-99.9	0.00—99.9
PULSE (BPM)	P	N/A	N/A	50-200
CALORIE (KCAL)	0	50	10-999	0—999

FUNCTION KEYS

PROGRAM: Press the PROGRAM button to set your desired interval setting. Programs are displayed as P1-P9 and the various intervals are shown on the treadmill.

MODE: Press this button to select a MODE. Pressing once will enter H1, the TIME countdown mode starting from 10:00 MINS. H2 is the DISTANCE Countdown Mode starting from 1 MILE and H3 is the CALORIES countdown mode which starts from 50 KCAL. When setting each mode, you can press +/- to increase or decrease the preset H1, H2, H3 settings then press START to start the treadmill.

START: To start the treadmill, insert the magnet end of the **Safety Key (No. 66)** into the computer console and then press the START button. This treadmill requires the **Safety Key (No. 66)** inserted in order to start. The default start speed is 0.5 MPH.

STOP: This button functions as both PAUSE and STOP. When in use, press the STOP button once to PAUSE your workout and the current workout data will still be shown. Press STOP again to terminate your workout session completely and all data will be deleted and reset to the initial setting.

SPEED +/- BUTTONS: Press the +/- buttons to increase or decrease the speed in increments of 0.1 MPH. Pressing and holding either of these buttons for a duration of over ½ a second will increase or decrease the speed continually.

2, 4, & 6 (QUICK SPEED BUTTONS): These buttons are preset to the speeds of 2, 4, or 6 MPH for convenience.

LUBRICATION REMINDER:

Your treadmill needs lubrication maintenance every 188 miles. The system will release a beeping sound every 10 seconds and display an “OIL” icon on your LCD display to remind you when it’s time. Please read the LUBRICATING THE TREADMILL instructions on *Page 12* to learn the proper steps to lubricating your treadmill. Apply the lubricant to the middle of the running board on both sides. After application, press and hold the STOP button for 3 seconds to clear the “OIL” reminder.

INTERVAL PROGRAMS (P1-P9):

Press the PROGRAM button to select an interval setting. Programs are displayed as P1-P9. Select the desired program, and the console will display a countdown starting from 10:00 MINS, press SPEED +/- BUTTONS if you wish to increase or decrease the exercise time. Press the START button to start the interval program. The interval program is divided into 10 sections. Each exercise time equals the setting time divided by 10. When the speed enters the next interval, the treadmill will beep, and the speed will be changed according to the set interval. Press SPEED +/- BUTTONS to change the SPEED. After finishing one program, the system will beep and display END. The treadmill will gradually come to a stop, then automatically reset to the initial setting after 5 seconds.

PROG	TIME	TIME INTERVAL= setting time/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.8	1.8	3.7	3.1	3.1	3.1	2.5	2.5	2.5	1.8
P2	SPEED	1.8	1.8	2.5	2.5	3.1	3.1	3.1	3.7	3.7	2.5
P3	SPEED	1.8	1.8	3.1	3.7	4.3	5.0	3.7	2.5	1.8	1.8
P4	SPEED	1.8	3.7	3.7	3.7	5.0	5.0	5.0	1.8	1.8	1.8
P5	SPEED	1.2	3.1	3.7	4.3	5.0	5.0	4.3	4.3	1.8	1.8
P6	SPEED	1.2	6.2	6.2	5.0	5.0	4.3	3.7	1.8	1.2	1.2
P7	SPEED	1.8	2.5	3.1	3.7	4.3	5.0	4.3	3.7	2.5	1.8
P8	SPEED	1.8	5.0	3.7	5.6	5.0	5.0	5.0	1.8	6.2	1.8
P9	SPEED	1.2	2.5	3.7	5.0	5.0	5.0	4.3	4.3	1.8	1.8

BODY MASS INDEX:

Press the PROGRAM button until the window displays FAT to access Body Mass Index. Press MODE to enter F-1, F-2, F-3, F-4, F-5.

F-1 SEX, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT, F-5 is Body Mass Index

Press SPEED +/- BUTTONS to set F1-F4 (refer to the chart below). Once you have finished setting F1-F4, press MODE. This will enter you into the set up for F-5 (Body Mass Index). To set F-5, hold the Pulse Sensors located on the handles with both hands and hold them for 3 seconds. The window will display your body mass index. The Body Mass Index is used to test the relation between your height and weight. It is only for reference not suitable for the medical use. The Body Mass Index is suitable for both male and female.

NOTE: General **Body Mass Index** score is **20-25%**

Underweight	Below 19.0
Normal	19.0 – 25.0
Overweight	26.0 – 29.0
Obesity	30.0 – and above

BODY MASS INDEX (BMI) CHART:

F-1	Sex	01 Male	02 Female
F-2	Age	10-----99	
F-3	Height	40----80INCHES	
F-4	Weight	44-----330LBS	
F-5	BMI	≤ 19	Underweight
	BMI	= (20---25)	Normal Weight
	BMI	= (26---29)	Overweight
	BMI	≥ 30	Obesity

TREADMILL FUNCTIONS

SAFETY LOCK FUNCTION:

Removing the **Safety Key (No. 66)** from the computer console while the treadmill is running will cause it to stop immediately. Once the treadmill reaches a full stop, the window display of the computer will show “- - -” and will beep 3 times. To start the treadmill again, insert the magnet end of the **Safety Key (No. 66)** into the computer console and press the START button.

POWER SAVE FUNCTION:

When the treadmill has been inactive for 10 minutes, it will enter Power Saving Mode. While the treadmill is in this mode, the window display of the computer will be turned off. To turn it back on, press any button.



POWER ON:

Flick the power switch to this symbol to turn on the treadmill.



POWER OFF:

Flick the power switch to this symbol to turn the treadmill off at any time. This includes during exercise.

SAFETY NOTE:

1. We recommend that you maintain a slow speed at the beginning of a session and hold the handrails until you have become familiar with the treadmill.
2. Insert the magnet end of the **Safety Key (No. 66)** into the computer console and attach the opposite end (containing the safety clip on it) to your clothing before starting your workout. To end your workout, press the STOP button or remove the **Safety Key (No. 66)** and the treadmill will stop immediately.

EXERCISE INSTRUCTIONS

GETTING STARTED:

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. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising immediately if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea.

Get to know your treadmill. Before attempting to use the treadmill, take some time to stand alongside and familiarize yourself with the controls. Once you get on, you can stand with your feet on the side rails and stabilize yourself by holding onto the handrails.

Next, attach the clip end of the **Safety Key (No. 66)** to your clothes and insert the magnetic end of the key into the computer console. Press the START button to start the treadmill. The treadmill will start at the system default setting speed of **0.5 MPH**. When you feel comfortable, you may slowly increase this speed. When you are finished with your exercise, press the STOP button to stop the treadmill or you can remove the magnetic end of the **Safety Key (No. 66)** to stop the treadmill completely.

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
Treadmill does not start	Not plugged in.	Plug cord into outlet.
	Safety Key not inserted.	Insert Safety Key.
Running speed is inaccurate	Not calibrated correctly.	Re-calibrate speed setting.
	Speed set in the wrong units of measurement.	Change setting to proper units.
Running belt is not centered	Running belt tension is not adjusted on the left or right side of the running board.	Tighten the adjustment bolts on the left and right side of the rear roller (See page 11).
Computer is not working	Wires from the computer and bottom control board are not properly connected.	Check wire connections from the computer to the control board.
	Transformer is damaged.	If the transformer has become damaged, contact customer service.
E01: Message failure	Wires from the computer and bottom control board are not properly connected.	Check wire connections from the computer to the control board.
E02: Burst clash protection	Incoming voltage is lower than 50% of the required voltage.	Check that the incoming power supply is the correct voltage.
E05: Overload Protection (Self-Protecting System)	Excessive current load.	Adjust incoming power supply before plugging the treadmill back in. Press the Overload Protector (No. 64) to reset the treadmills electrical system and then restart the treadmill.
	Control board damaged or issues with motor.	Check controller functions. If motor is damaged, please contact customer service for support.

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SunnyFit is an all-in-one home fitness app designed to empower users of all levels to achieve their fitness goals. Discover over 1,000 free on-demand workout video courses crafted by certified trainers, tailored for various exercise equipment such as indoor bikes, treadmills, rowers, ellipticals, dumbbells, bodyweight, and even resistance band exercises. Whether you have equipment or not, SunnyFit offers the perfect workout for every fitness level and preference. You can enjoy a collection of over 300 free workout courses that require nothing more than your body and the SunnyFit app.

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