SF-T7604 TREADMILL
USER MANUAL

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 INSTRUCTIONS

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

Read all instructions before using (this appliance).

DANGER – To reduce the risk of electric shock:
1. 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. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. 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.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. To disconnect, turn all controls to the off position, then remove plug from outlet.
13. Connect this appliance to a properly grounded outlet only. See Grounding Instructions.

CAUTION: Risk of Injury to Persons:
1. To Avoid Injury, use extreme caution when stepping onto or off of 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 assured 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 any medication that may affect 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 2 feet of free space all around it.
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. It is recommended that you lubricate all moving parts on a monthly basis.
7. 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, stop using the equipment immediately and don't use the equipment until the problem has been rectified.
8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
9. Do not place fingers or objects into the moving parts of the equipment.
10. The maximum weight capacity of this unit is 265 pounds.
11. This equipment is not suitable for therapeutic use.
12. Move with caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
13. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas as this may lead to corrosion and other related problems.
14. This equipment is designed for indoor household use only! It is not intended for commercial use!

IMPORTANT OPERATION INSTRUCTIONS

1. Insert the power plug directly into the socket.
2. The constant running time for this machine is less than 2 hours. Be sure to 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 machine 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 requires very little finger pressure to use. To avoid damaging these keys, do not use excessive pressure when operating these controls.
9. This equipment is designed of adult use only! Children should not be allowed to use or play near this equipment. When present, children should be supervised at all times 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 DRAWING
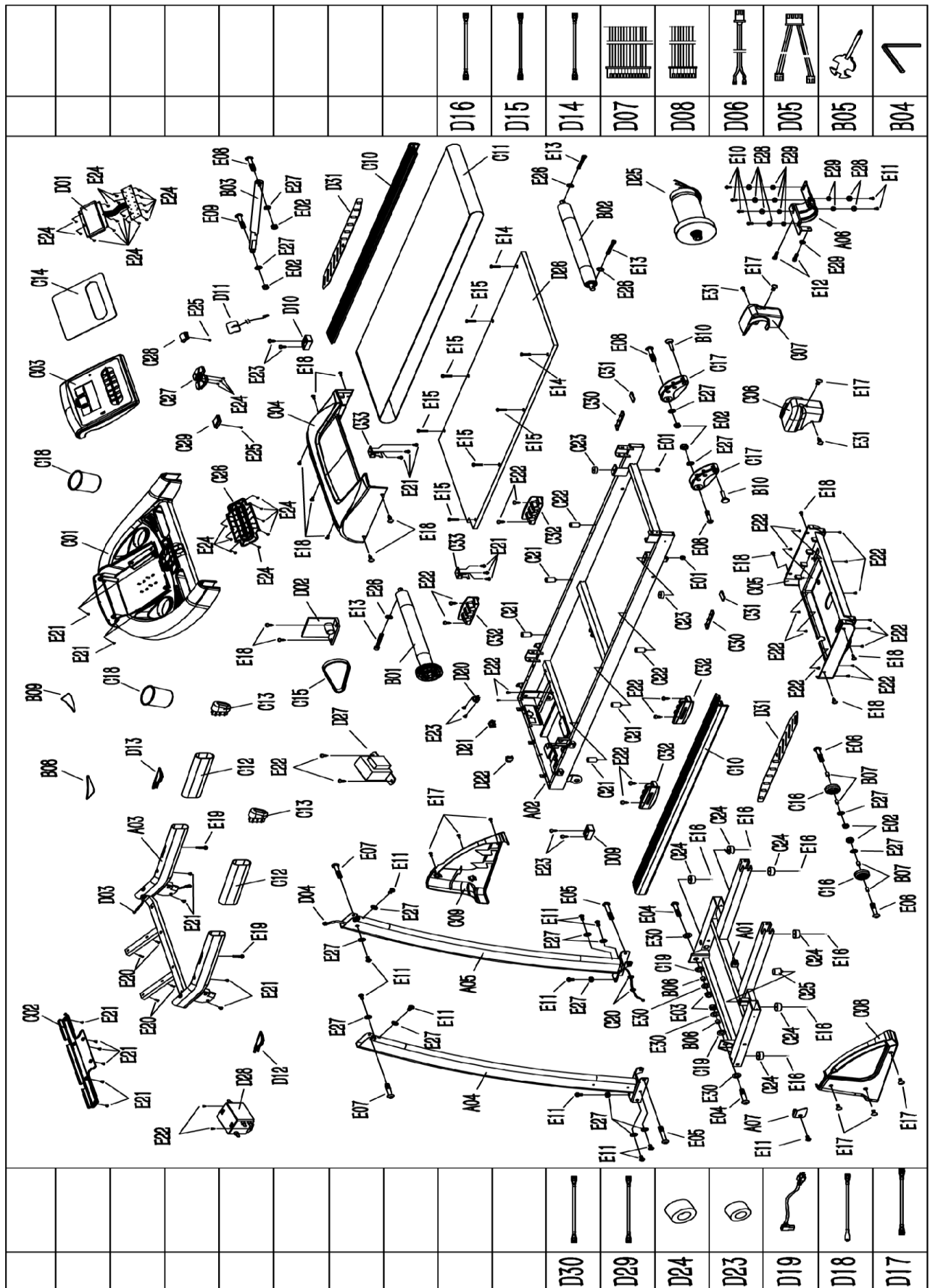
# PARTS LIST

No.	Description	Specification	Qty	No.	Description	Specification	Qty
A01	Base Frame		1	C24	Flat foot pad		6
A02	Main Frame		1	C25	Cone-shape cushion		1
A03	Computer Bracket		1	C26	Quick button		1
A04	Left Upright		1	C27	Function button		1
A05	Right Upright		1	C28	Start button		1
A06	Motor Bracket		1	C29	Stop button		1
A07	Safety block		1	C30	Adjustable rubber pad		2
B01	Front Roller		1	C31	Rubber pad		2
B02	Rear Roller		1	C32	Cushion		4
B03	Air Pressure Cylinder		1	C33	Plate		2
B04	Allen Wrench	5mm	1	D01	Console		1
B05	Spanner w/ screw driver	S=13,14,15	1	D02	Control board		1
B06	Bushing		2	D03	Upper Signal Wire		1
B07	Transport wheel plug		4	D04	Lower Signal Wire		1
B08	Left speaker net		1	D05	Hand pulse upper wire		1
B09	Right speaker net		1	D06	Hand pulse lower wire		2
B10	Fixing Pin		2	D07	Panel connecting wire		1
C01	Console top cover		1	D08	Key board connecting wire		1
C02	Console bottom cover		1	D09	Sensor		1
C03	Console Panel		1	D10	Safety key sensor		1
C04	Motor top cover		1	D11	Safety key		1
C05	Motor bottom cover		1	D12	Hand pulse with on/off		1
C06	Left rear cover		1	D13	Hand pulse with speed		1
C07	Right rear cover		1	D14	AC signal wire		1
C08	Left Upright cover		1	D15	AC signal wire		2
C09	Right Upright cover		1	D16	AC signal wire		1
C10	Side rail		2	D17	AC signal wire		1
C11	Running belt		1	D18	Grounding wire		1
C12	Foam		2	D19	Power wire		1
C13	Pipe end cap		2	D20	Power outlet		1
C14	Computer acrylic		1	D21	Square switch		1
C15	Motor belt		1	D22	Overload Protector		1
C16	Transport wheel		2	D23	Magnetic Ring		1
C17	Adjustable foot pad		2	D24	Magnetic Core		1
C18	Water bottle holders		2	D25	DC motor		1
C19	Plastic pad		2	D26	Running deck		1
C20	Ring Protecting Wire Plug		2	D27	Transformer		1
C21	Black Cushion		4	D28	Filter		1
C22	Blue Cushion		2	D29	AC signal wire		1
C23	Blue Cushion		2	D30	AC signal wire		1

D31	Anti-slip pad		2	E16	Bolt	M5*16	6
E01	Nut	M6	2	E17	Bolt	M5*12	8
E02	Nut	M8	6	E18	Bolt	M5*8	13
E03	Nut	M10	2	E19	Screw	ST4.2*55	2
E04	Bolt	M10*30	2	E20	Screw	ST4.2*30	4
E05	Bolt	M8*80	2	E21	Screw	ST4.2*12	20
E06	Bolt	M8*70	2	E22	Bolt	ST4.2*12	25
E07	Bolt	M8*38	2	E23	Bolt	ST2.9*8	6
E08	Bolt	M8*45	3	E24	Bolt	ST2.9*6	27
E09	Bolt	M8*30	1	E25	Bolt	ST2.5*6	2
E10	Bolt	M8*20	4	E26	Washer	6	3
E11	Bolt	M8*15	13	E27	Washer	8	16
E12	Bolt	M8*45	2	E28	Washer	8	6
E13	Bolt	M6*55	3	E29	Washer	8	7
E14	Bolt	M6*35	2	E30	Screw	φ10*φ26*2.0	4
E15	Bolt	M6*25	6	E31	Bolt	M5*12	2

ASSEMBLY HARDWARE

CARTON CONTENTS:
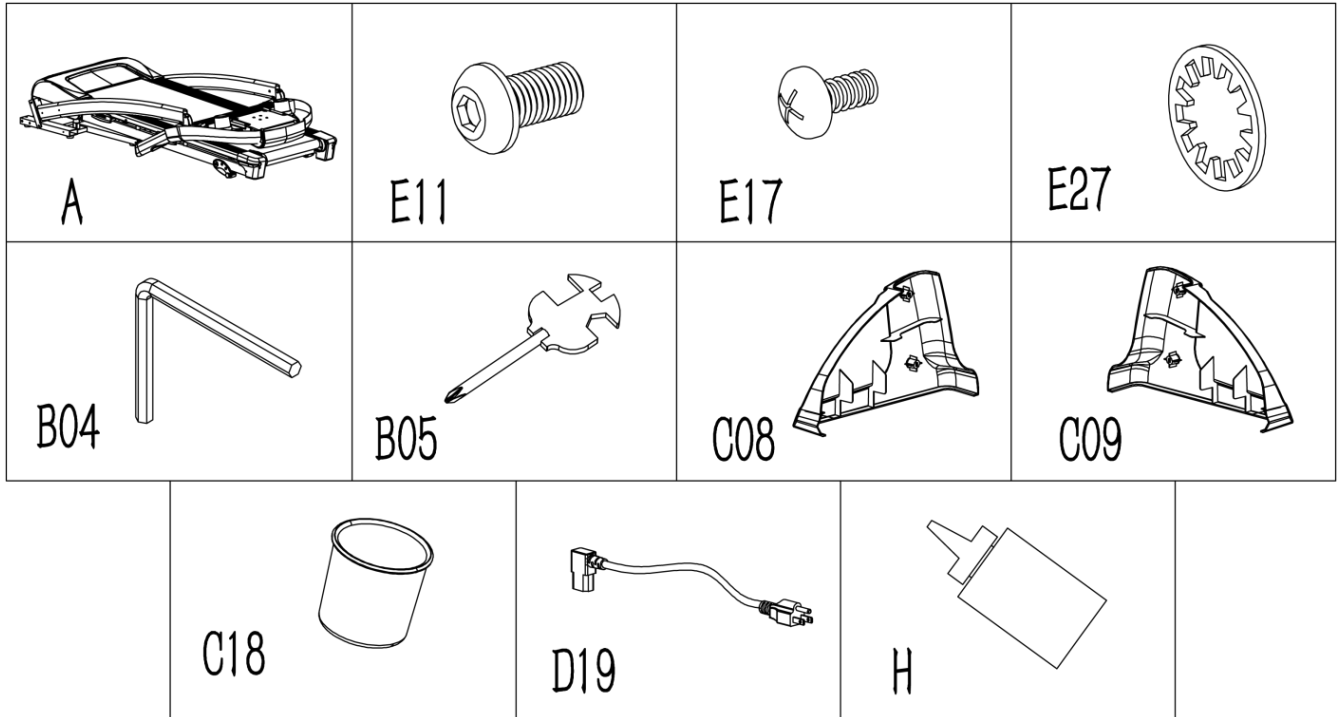
No.	Description	Specification	Qty		No.	Description	Specification	Qty
A	Main Frame		1		C08	Left Upright Tube Cover		1
E11	Bolt	M8*15	10		C09	Right Upright Tube Cover		1
E17	Bolt	M5*12	6		C18	Water Bottle Holder		2
E27	Washer	8	10		D19	Power wire		1
B04	Allen Wrench	5mm	1		H	Lubricant Oil		1
B05	Spanner w/ Screw Driver	S=13,14,15	1					

ASSEMBLY TOOLS
Allen Wrench (5mm) – 1PC
Spanner with Screw Driver (S=13, 14, 15) – 1PC

ASSEMBLY INSTRUCTIONS

STEP 1:
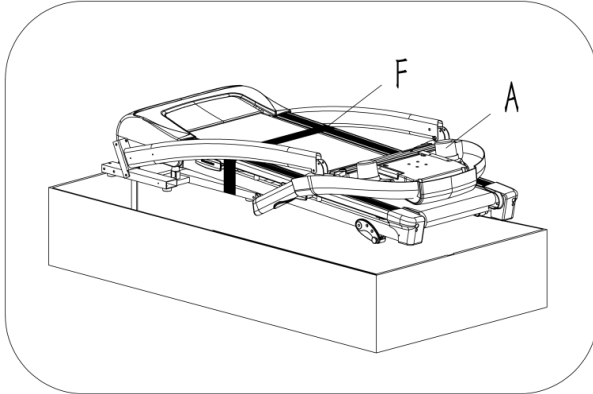
Open the carton and remove contents. Place the **Main Frame (A)** on level ground, ensure that you have a work area that is clean and has adequate space. **Do NOT cut the Packing Belt (F) until the assembly is complete.**

STEP 2:
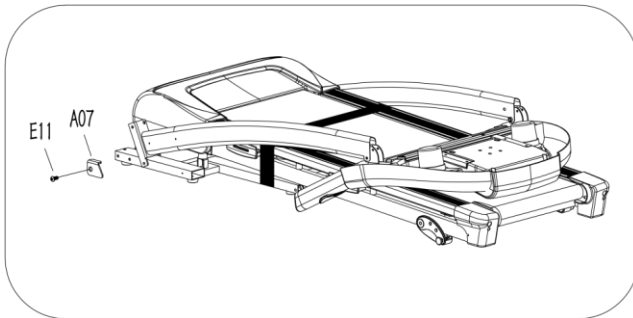
Loosen the **Bolt (E11)** on the **Base Frame (A01)** by using **Allen Wrench (B04)** and remove the **Safety Block (A07)**.
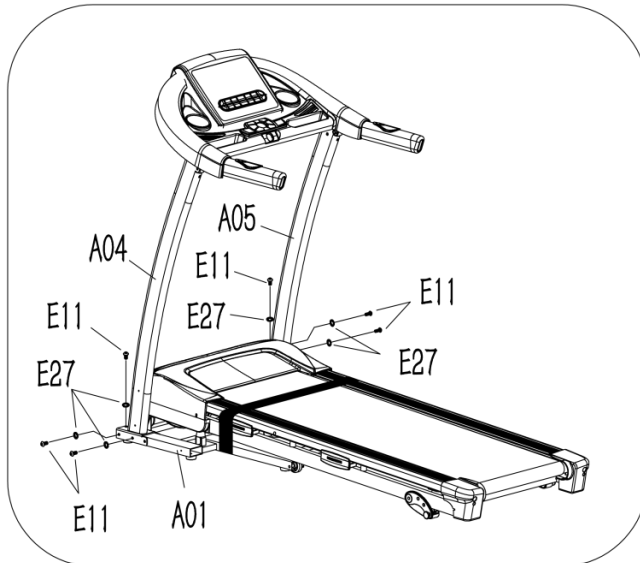
STEP 3:
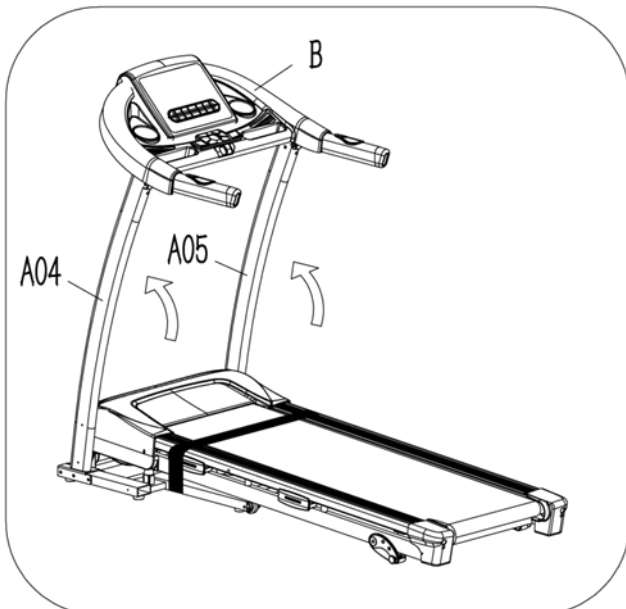
Lift the **Console Top Cover (B)** along with **Upright Tubes (A04 & A05)** upward (the direction specified by the arrows on the diagram to the left).

NOTE: When lifting up, avoid puncturing the wires inside the **Left** and **Right Upright Tubes (A04 & A05)** as this will cause damage.
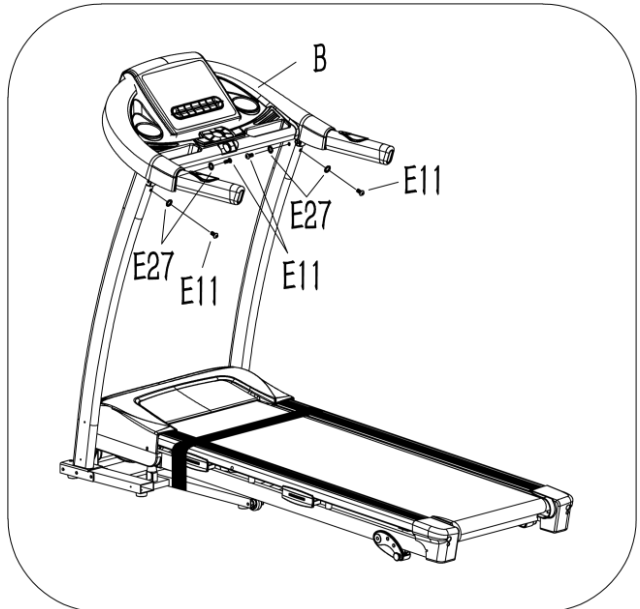
ASSEMBLY INSTRUCTIONS

STEP 4:

Fix the **Upright Tubes (A04** & **A05)** to the **Base Frame (A01)** using 6 **Bolts (E11)** and **Washers (E27).** Secure using **Allen Wrench (B04)**.

NOTE: During assembly, support the **Upright Tubes (A04** & **A05)** with your hands to prevent them from falling down.
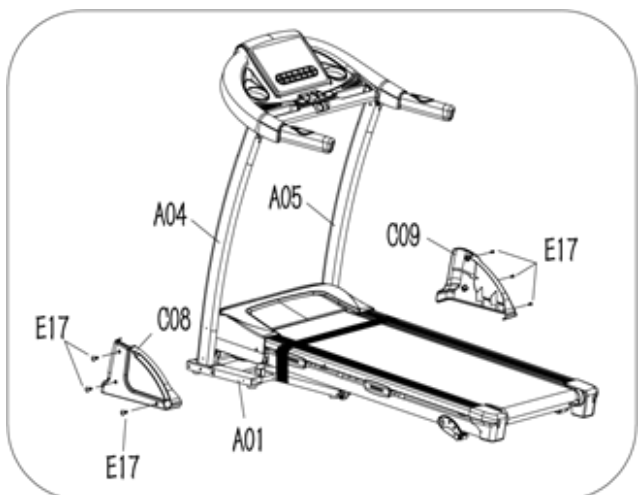
STEP 5:

Fix the **Console (B)** to the **Main Frame (A02)** using 4 **Bolts (E11)** and 4 **Washers (E27)**, secure using **Allen Wrench (No. B04)**.
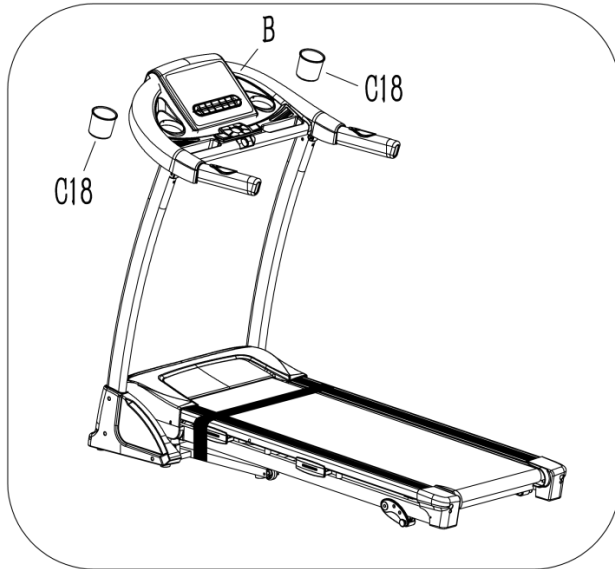
NOTE: Support the **Upright Tubes (A04** & **A05)** with your hands to prevent them from falling.
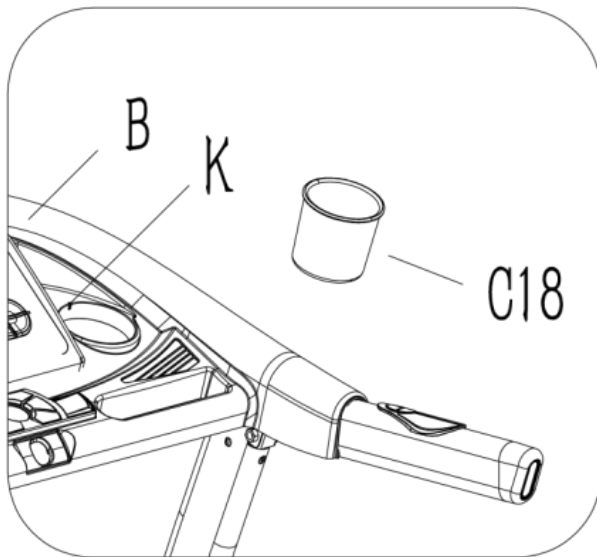
STEP 6:

Fix the **Left** and **Right Tube Covers (C08** & **C09)** to the **Base Frame (A01)** using 6 **Bolts (E17)** and secure using **Spanner w/ Screw Driver (B05)**.
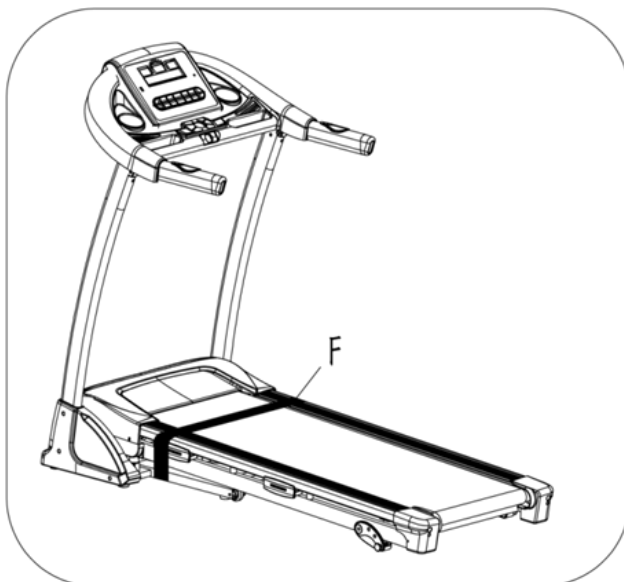
STEP 7:

Attach the **Water Bottle Holders (C18)** into the **Console (B)**.

NOTE: Insert the **Water Bottle Holders (C18)** into the slot positioned at **(K)**.

STEP 8:

The assembly is now complete! You may now cut off the **Packing Belt (F)** around the treadmill deck.

⚠️ **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 to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes do not wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth. **Any other servicing should be performed by an authorized service representative or that the appliance has no user serviceable parts.**

➢ To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.

➢ A loose Running Belt will result in the runner sliding off when running, while too tight of a Running Belt will result in decrease to the motors performance and also create more friction between the roller and running belts. The most suitable tightness for the belts is pulled out **50-75mm** from the Running Board.

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.

1. If the **Running Belt (No. 20)** moves to the right, turn the adjusting bolt on the right side ¼ turn *clockwise*, then turn the left adjustment bolt ¼ turn *counter-clockwise*. If the belt does not move, repeat this step until it centers. Refer to Figure A.

A
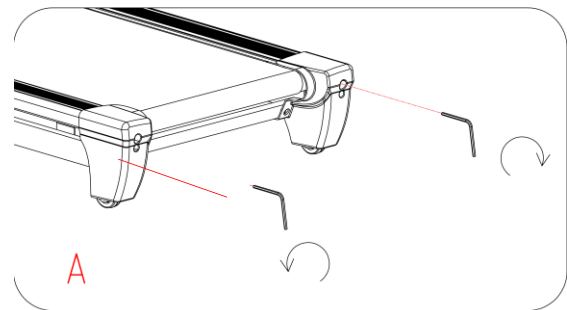
2. If the **Running Belt (No. 20)** moves to the left, turn the adjusting bolts on the left side ¼ of a turn *clockwise*, then turn the right adjustment bolt ¼ turn *counter-clockwise*. If the belt does not move, repeat this step until it centers. Refer to Figure B.

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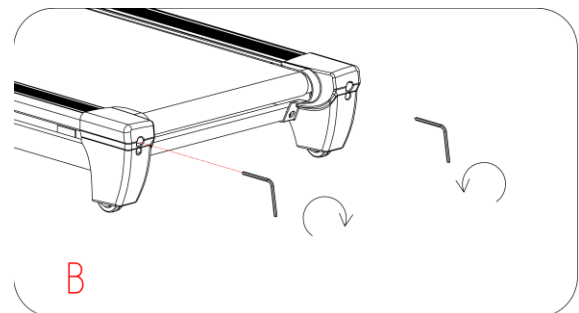
3. Over time the **Running Belt (No. 20)** will loosen. To tighten the belt turn the **Left** & **Right** side adjustment bolts one full turn **clockwise**, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct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

C
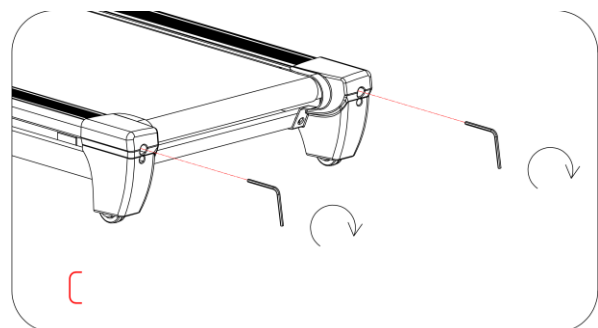
LUBRICATING THE TREADMILL

***IMPORTANT NOTE:**
You will need to lubricate your treadmill before the first use.

RUNNING BELTS & TREADMILL LUBRICANT:
Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly. Should you find any wear on the Running Board, 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. Raise the belt up on one side and apply lubricant to the running deck. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormality of 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. A loose running belt will result in the runner sliding off during use, while too tight of a running belt will decrease the motor performance and also create more friction between the roller and running belts. The most suitable tightness for the belt is pulled out **50-75mm** from the **Running Board**.
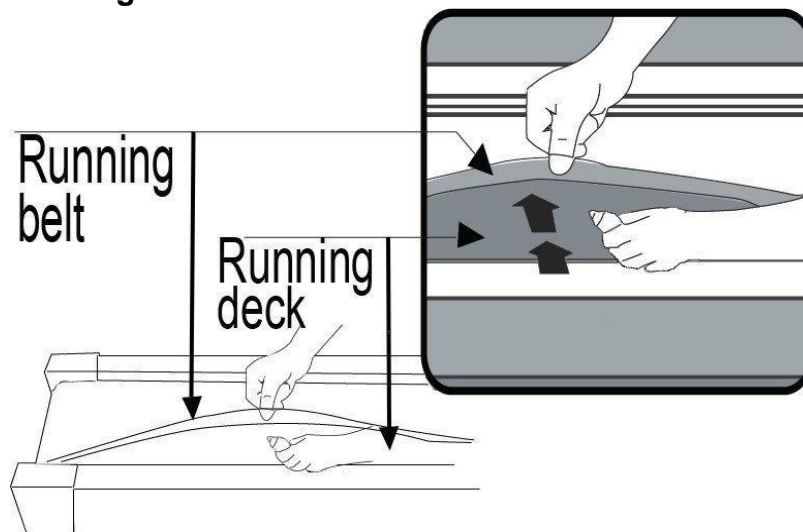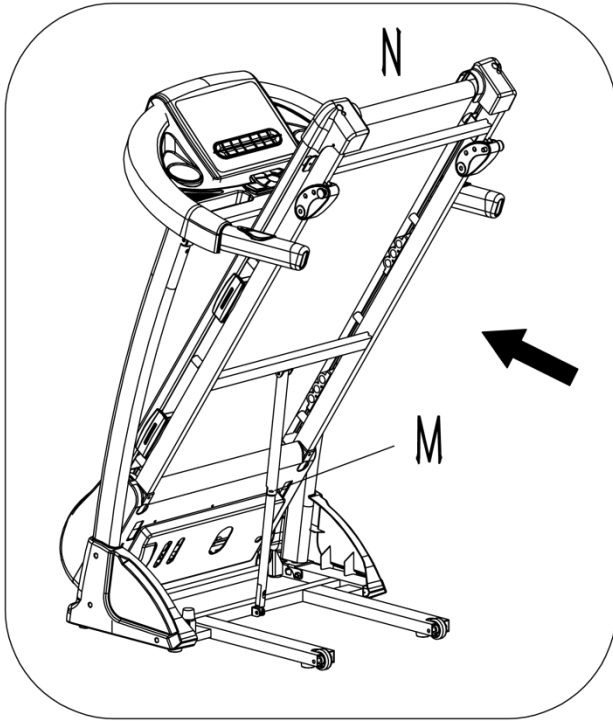

The following time table is recommended:

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*

FOLDING INSTRUCTIONS

FOLDING:

Place your hand at position "**N**" and lift up the **Base Frame (A01)** until the **Air Pressure Cylinder (B03)** "**M**" locks into the tube.

NOTE: When the **Air Pressure Cylinder (B03)** successfully locks into place, you will hear a clicking sound.

UNFOLDING:
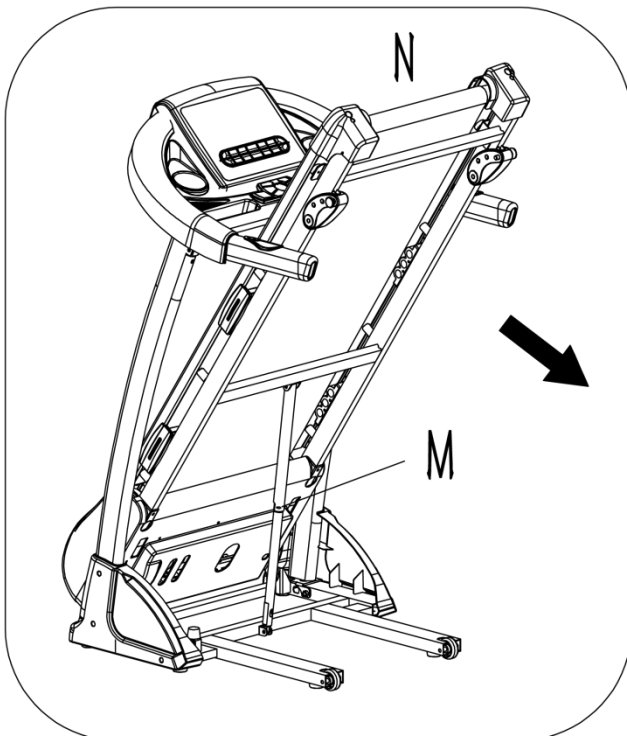
Grasp the **Main Frame (A02)** at position "**N**" with one hand. Next, using your foot, lightly kick the **Air Pressure Cylinder (B03)** "**M**" and push down on the **Main Frame**. Once the **Main Frame** has been pushed down, it will automatically continue to steadily lower until it reaches the ground.

NOTE: Before lowering the **Main Frame**, ensure that the space directly underneath is clear of any objects.

HOW TO MOVE THE MACHINE
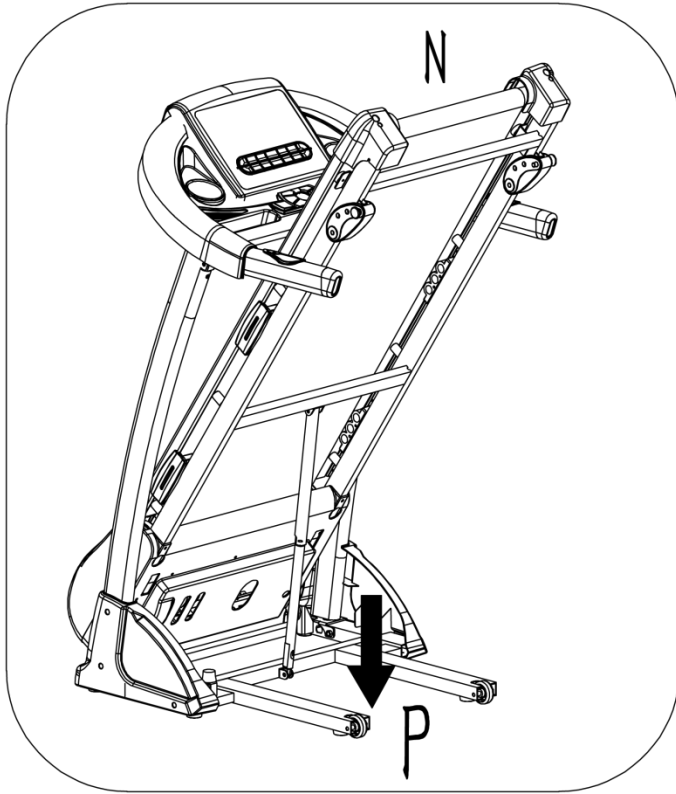
Before attempting to move the treadmill, please make sure it has been properly folded and unplug the power cord.

Start by placing one hand at position "**N**" to support the top end of the treadmill. Next, place one foot at position "P" to hold the bottom end of the treadmill steady. With your foot at "P", slowly tilt the top of the treadmill downward towards the ground. Once the main frame reaches a low enough point, the wheels of the treadmill will activate and you may move the treadmill safely.
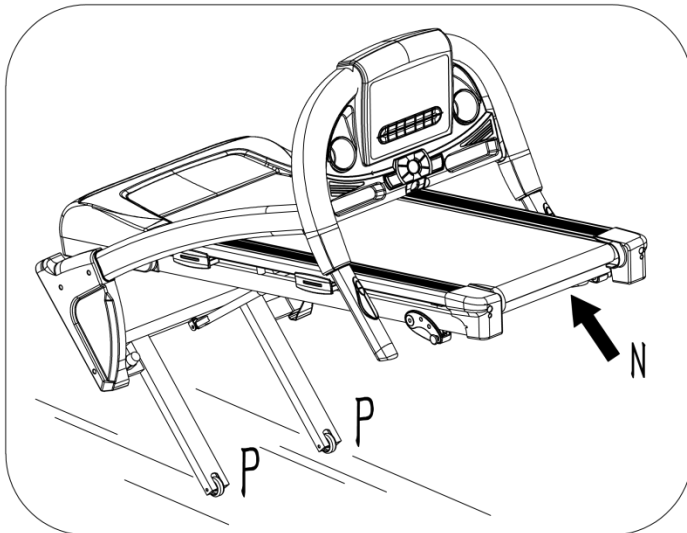
ADJUSTING THE INCLINE

There are three holes located on the **Adjustable Foot Pad (C17)**. To adjust the level of incline, remove the two **Fixing Pins (B10)** from the left and right side. Align the holes of the **Adjustable Foot Pad (C17)** to the holes located on the **Main Frame (A02)**. Once you've located your desired incline level, reinsert the **Fixing Pins (B10)** back through the holes.

ATTENTION: For your safety and convenience, always fold the treadmill (as shown below) before attempting to adjust the incline.
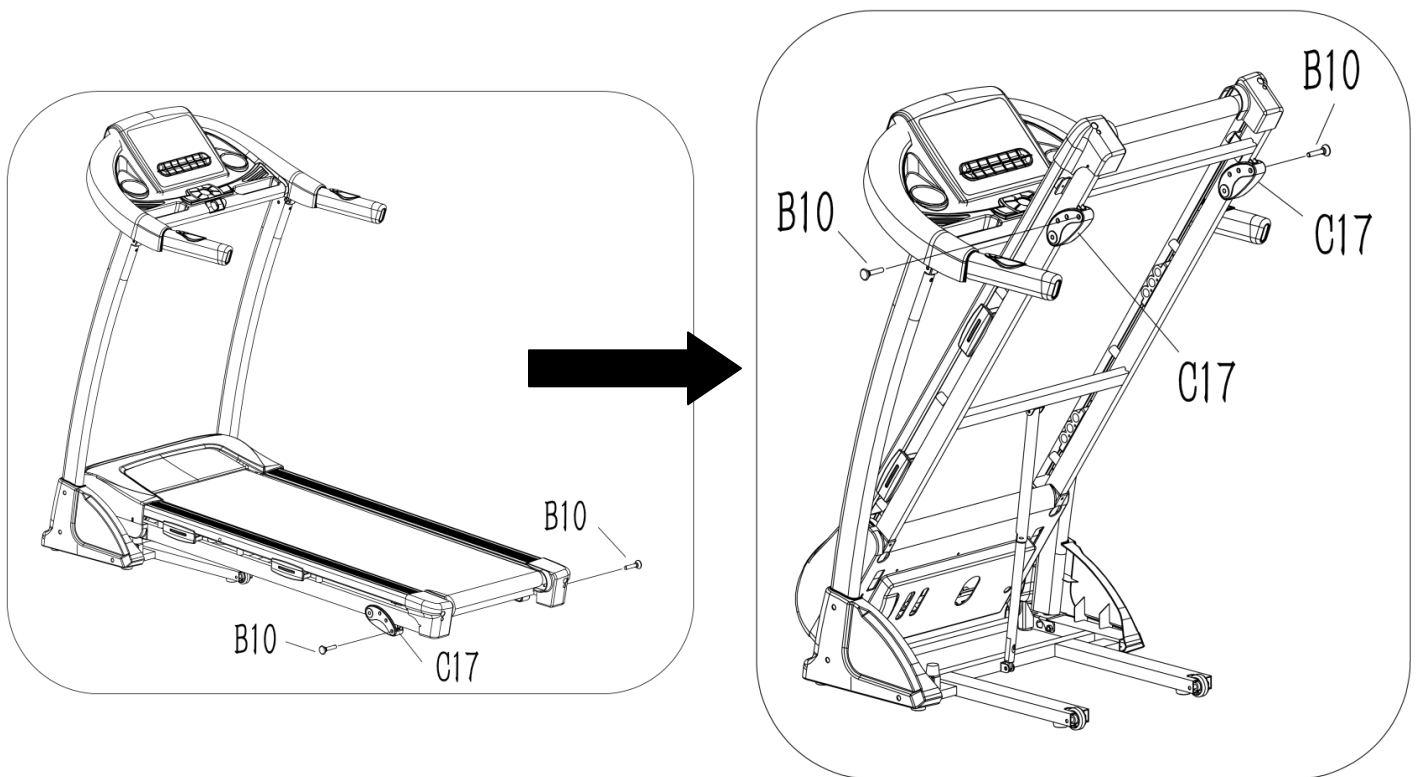
IMPORTANT ELECTRICAL INFORMATION

WARNING: This treadmill requires a power source of **12 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 Figure A below. Ensure that the product is connected to an outlet with the same configuration as the plug. No adapter should be used with this product.

DANGER:
Improper connection of the equipment-grounding conductor can result in 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.

GROUNDED OUTLET

GROUNDING PIN

(A)
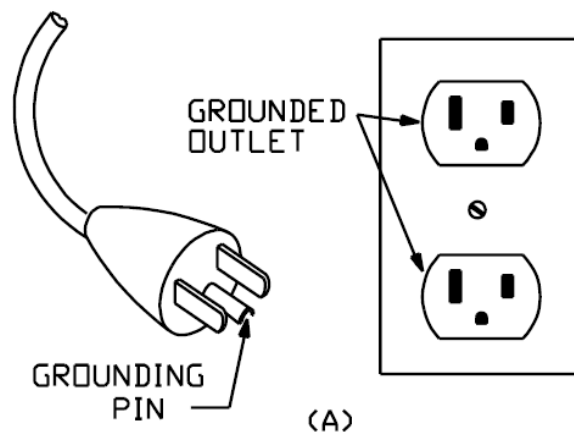
THE DISPLAY CONSOLE
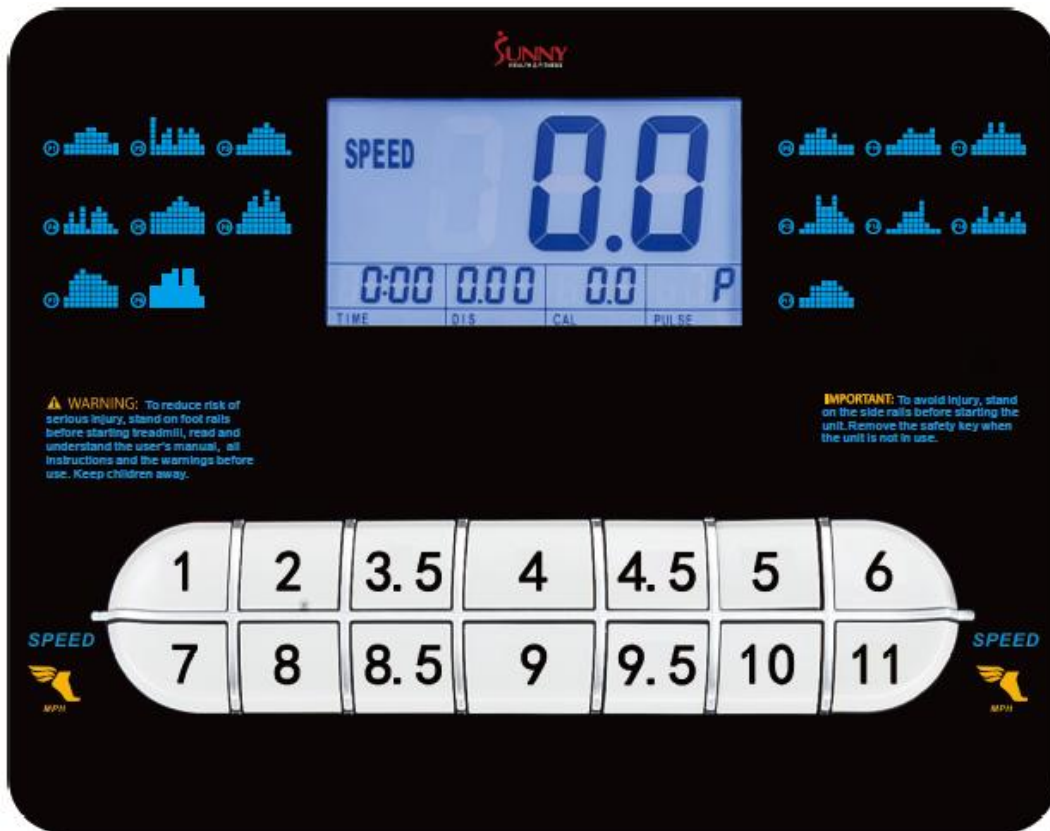
WINDOW DISPLAY

1. **SPEED:** Displays P1-P15, U1-U3, "FAT" under setting mode. Displays speed under operation mode. The speed range is 0.6-11MPH. *0.6MPH is the default running speed.*

2. **TIME:** Displays the running time from 0:00-99:59MINS. When the count reaches the maximum of 99:59MINS, the machine will stop smoothly and show "END" then restart after 5 seconds. When in Countdown Mode, it will count from the set time to 0:00. Once the countdown reaches 0:00, the machine will stop smoothly and display "END" and reset to the initial setting after 5 seconds.

3. **DISTANCE:** Displays the distance from 0.0-99.9 miles. When the count reaches 99.9, it will reset and begin counting again from 0.0. When in *Countdown Mode*, it will count down from the desired setting to 0.00. When it reaches 0.00, the machine will stop smoothly and display "End" and automatically reset to the initial setting after 5 seconds.

4. **CALORIES:** Displays the amount of calories burned from 0 to 999 KCAL. When the count reaches 999, it will reset and start back from 0. When in *Countdown Mode*, it will count down from the desired setting to 0. Once it reaches 0, the machine will stop smoothly and display "End", then automatically reset to the initial setting after 5 seconds.

5. **PULSE:** When the runner holds both hands on the pulse sensors (located on the handles), the system will calculate the runner's heart beat and display it in this window. The pulse range is 50-200 beats/min (This data is just for reference, and cannot be used as the medical data).

❖ FUNCTION KEYS

1. **PROGRAM:** Press this button to cycle through and choose a program. Programs range from P1-P15, U1-U3, and "FAT". P1-P15 are preset programs. Turn to *Page 20* for further details on all programs.

2. **MODE:** When stopped, press this button to select a *Countdown mode*.
- 15:00 MINS is the set *Countdown* for TIME
- 1.0 MILE is the set *Countdown* for DISTANCE
- 50 KCAL is the set *Countdown* for CALORIES

When setting each *Countdown Mode*, you can press the speed **+/–** keys to increase or decrease from the set data. Press START to start the machine.

3. **START:** To start the machine, insert the magnet end of the Safety Key into the console and press the START button. (This machine requires a safety key in order to operate)

4. **STOP:** This button has functions of PAUSE and STOP. While in use, press this button to pause the running belt and currently workout data display, to terminate the current session and all data, press the "STOP" button again and the machine will stop and all data will reset to zero.

5. **SPEED +/– BUTTONS:** While in use, press the **+/–** buttons to increase or decrease the speed in increments of 0.1MPH; holding either of these keys for a duration of over ½ a second will increase or decrease the speed continually.

6. **QUICK SPEED BUTTONS 1, 2, 3.5, 4, 4.5, 5, 6, 7, 8, 8.5, 9, 9.5, 10, 11:** These buttons are quick speed presets which allow you to select the running speed instantly with the push of a button (speeds are set in MPH).

❖ QUICK START

1. Insert the magnet end of the safety key into the computer console.

2. Press the START button, a buzzer will sound and the system will automatically display a 3 second countdown. When the countdown reaches zero, the running belt will start. The initial speed will be 0.6MPH (the default running speed).

3. After start-up, you can use the speed **+/–** buttons or QUICK SPEED keys to adjust the speed of the treadmill.

❖ CONTROL FUNCTIONS

1. Press the **–** Speed Button to reduce the running speed.

2. Press the **+** Speed Button to increase the running speed.

3. Press the 1, 2, 3.5, 4, 4.5, 5, 6, 7, 8, 8.5, 9, 9.5, 10, 11MPH Quick Speed Keys to instantly bring the pace to the selected speed.

4. Press STOP to stop the running belt of the machine.

5. Hold the pulse sensors (located on the handles) with both hands for 5 seconds to calculate and display the runner's heart beats per minute (BPM) on the computer display screen.

❖ MANUAL MODE

1. Pressing the START button will automatically start the running belt to the default running speed of 0.6MPH. The other windows will begin counting upward from the default speed. Pressing the SPEED **+/–** keys to increase or decrease speed.

2. Press the MODE button to enter TIME *Countdown*, the time window will display a flashing 15:00, press the SPEED **+/–** buttons to set the desired time. The time range is 5:00-99:00MINS.

3. Press the MODE button twice to enter into DISTANCE *Countdown*, the distance window will display a flashing 1.0, press the SPEED **+/–** buttons to set the desired distance. The setting range is 0.5-99.9MILES.

4. Press the MODE button 3 times to enter into the CALORIES *Countdown*, the calories window will display a flashing 50, press the SPEED **+/–** buttons to set the desired calories. The setting range is 10-999KCAL.

5. After you've made your setting, press the START button to start the treadmill. The treadmill will begin running after 3 seconds. Press the SPEED **+/–** keys to adjust the speed. Press the STOP button to stop the treadmill.

❖ LUBRICATION REMINDER

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

❖ BUILT-IN PROGRAMS

Press the PROGRAM button, and the speed window will display **P1-P15**, which are preset programs. Select the desired program, and the time window should display the setting time at 10:00MINS. Press the SPEED **+/–** buttons to set the desired exercise time. Press the START button to start the program. When the system enters into the next interval, it will beep, and the speed will be changed according to the program setting. Press SPEED **+/–** keys to adjust speed. When the program enters the next interval, it will return to the current speed. After completing a program, the system will beep and display 'END'. The machine will stop smoothly and automatically reset to the initial setting after 5 seconds.

❖ PROGRAMMED WORKOUTS

Each program will divide into 10 setting times for the exercise time, each time section will adjust speed accordingly depending on the speed determined within the program.

	TIME PROG	TIME INTERVAL= setting time/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.8	1.8	3.1	3.1	4.3	4.3	3.1	3.1	1.8	1.8
P2	SPEED	6.2	1.8	3.1	4.3	1.8	4.3	3.1	4.3	3.1	1.8
P3	SPEED	1.8	1.8	3.1	4.3	4.3	5.6	4.3	3.1	3.1	0.6
P4	SPEED	1.8	3.1	1.8	4.3	0.6	3.1	4.3	3.1	1.8	0.6
P5	SPEED	3.1	3.1	3.1	4.3	5.6	6.8	5.6	4.3	4.3	3.1
P6	SPEED	1.8	3.1	5.6	6.8	4.3	7.5	5.6	6.8	3.1	1.8
P7	SPEED	1.8	4.3	5.6	6.8	5.6	5.6	5.6	4.3	3.1	3.1
P8	SPEED	3.1	3.1	5.6	5.6	6.8	3.1	6.8	6.8	3.1	1.8
P9	SPEED	1.2	3.1	3.1	5.0	5.0	2.5	3.7	1.8	1.8	1.2
P10	SPEED	1.2	1.8	2.5	3.7	4.3	3.1	3.1	3.7	4.3	1.8
P11	SPEED	1.8	2.5	3.1	5.6	3.1	5.6	3.1	3.1	3.7	1.8
P12	SPEED	0.6	1.2	1.8	6.2	4.3	4.3	6.2	3.1	2.5	1.8
P13	SPEED	0.6	0.6	1.8	3.1	3.1	3.1	5.6	1.8	0.6	0.6
P14	SPEED	1.8	2.5	4.3	1.8	2.5	3.7	1.8	2.5	3.1	1.8
P15	SPEED	1.2	1.8	3.1	3.1	4.3	4.3	4.3	3.7	2.5	1.8

❖ USER SETTINGS (U1-U3):

Press the PROGRAM button to cycle through the programs until you reach U1-U2-U3. User Settings Programs (U1-U3) are programs that allow the user to manually preset each of the 10 exercise programs in order to tailor your personal workout regime.

To begin, select **U1** (first user setting profile), once you've select the setting, the TIME window will show a setting time of 10:00MINS. Use the SPEED +/-, or QUICK SPEED buttons to set the desired value. Press the MODE key to move to next section or to skip through sections. Once you've set the first section, you can set the value for the next section. Repeat this process until you have completed all sections. The values you set will not change unless edited.

Once you have finished setting your workout regime, you may press the START button to begin exercising. The machine will operate at the preset speed of your settings. The whole program will be divided into 10 sections. Each section will divide into 10 setting times for the exercise time, and section will adjust to a speed based on the speed determined within the program. When the whole program has completed, the machine will stop.

❖ RANGE OF PROGRAM

	Initial	Default Value	Set Range	Display Range
TIME(MIN:SECOND)	0:00	15:00	5:00-99:00	0:00－99:59
SPEED(MPH)	0.0	0.6	0.6-11.0	0.6-11.0
DISTANCE(MILE)	0	1.0	0.5-99.9	0.00－99.9
PULSE(BPM)	P	N/A	N/A	50-200
CALORIE(KCAL)	0	50	10-999	0－999

❖ BODY FAT CALCULATION

Press the PROGRAM button until the window displays FAT (Body Fat Calculation). 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 Body Quality Index).

Press the SPEED **+/-** keys to set F1-F4 (refer to the chart below). Once you have finished setting F1-F4, press MODE, this will take you to the setup for F-5 (Body Quality Index).

To set F-5, grasp the pulse sensors located on the handles with both hands and hold them for at least 3 seconds. The window will display your body quality index. The Body Quality 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 Quality Index is suitable for both male and female.

NOTE: Average Body Quality 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 QUALITY INDEX (BQI) 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	BQI	≤19	Underweight
	BQI	=(20---25)	Normal Weight
	BQI	=(26---29)	Overweight
	BQI	≥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 the buzzer 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:
Once 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.

I POWER ON:
Flick the power switch to turn the power on.

O POWER OFF:
Flick the power switch to turn the power off at any time without risk of causing damage to the equipment.

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 clip the opposite end 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 to your clothing and insert the magnetic end of the key into the computer console. Press the START button to start the machine. The machine will start at the system default setting speed of **0.6 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 machine or you can remove the magnetic end of the Safety Key to stop the machine.

TROUBLESHOOTING

PROBLEM	CAUSE	SOLUTION
Treadmill will not start	Not plugged in	Plug cord into outlet
	Safety Key not inserted	Insert Safety Key
Running speed inaccurate	Not calibrated correctly	Re-calibrate speed setting
	Speed set in the wrong Units of measurement	Change setting to proper Units.
Running belt not centered	Running belt tension not Proper on the left or right sides of the running board	Tighten the adjustment bolts on the left and right side of the rear roller (See page 11)
Computer not working	Wires from the computer And bottom control board 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: Communication failure	No communication from console to control board	Check wire connections From the computer to the control board, replace wires and/or control board if necessary.
E02: Burst clash protection	Incoming voltage is lower than 50% of the required voltage.	Check the incoming voltage against the required voltage. Check wire connections to the motor. Check the control board, replace if necessary.
E03: No speed sensor signal	Speed sensor signal cannot be received by the control board.	Check that the sensor wire is properly connected, if damaged replace wire. Check to see if the magnetic sensor is damaged, replace if necessary.
E04: Incline failure	The incline motor is damaged or the wire for the incline motor is not connected properly or has become damaged	Re-connect or replace the wire for the incline motor. Replace the incline motor with a new one.

E05: Current overload protection (Self Protecting System)	The incoming voltage is too low or too high. The control board is damaged.	Restart the treadmill. Check the incoming voltage to ensure it's correct. Check the control board, replace if damaged.
	A moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly. Check the motor, listen for strange noise and check for a burning smell. Replace the motor if necessary.

NOTE: If you are unable to resolve an issue using the troubleshooting guide above, please contact Customer Service at <u>support@sunnyhealthfitness.com</u>