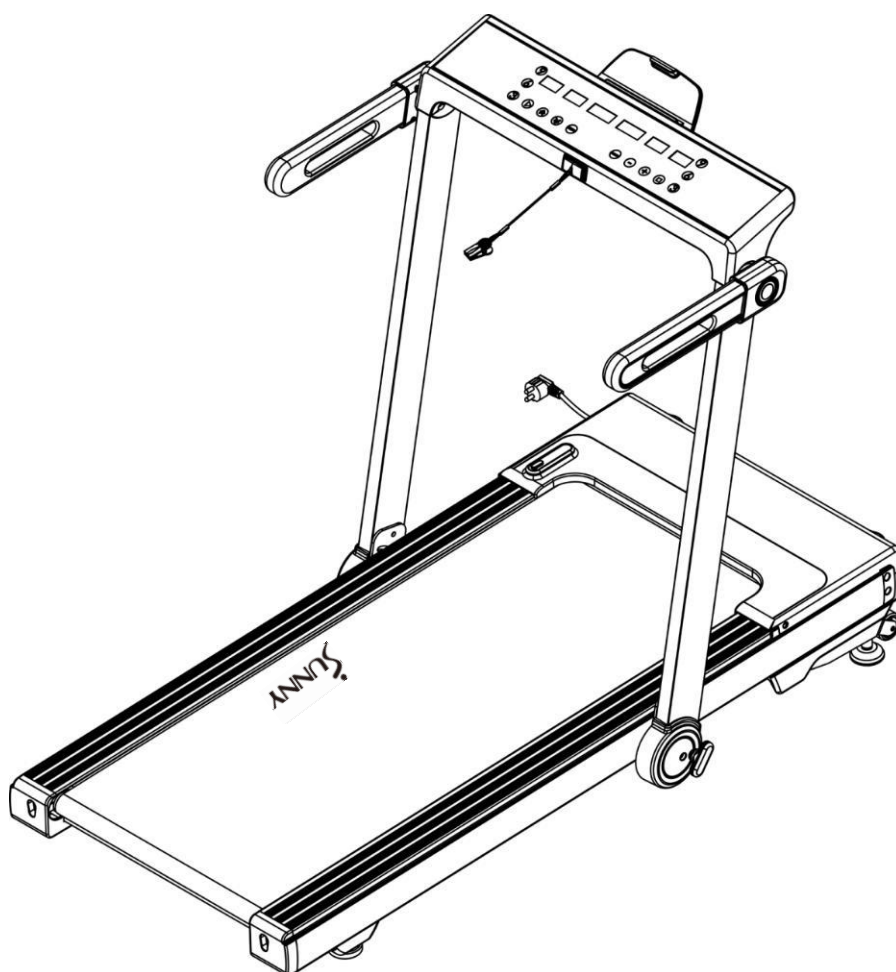




AUTO INCLINE TREADMILL

SF-T7951

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 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.

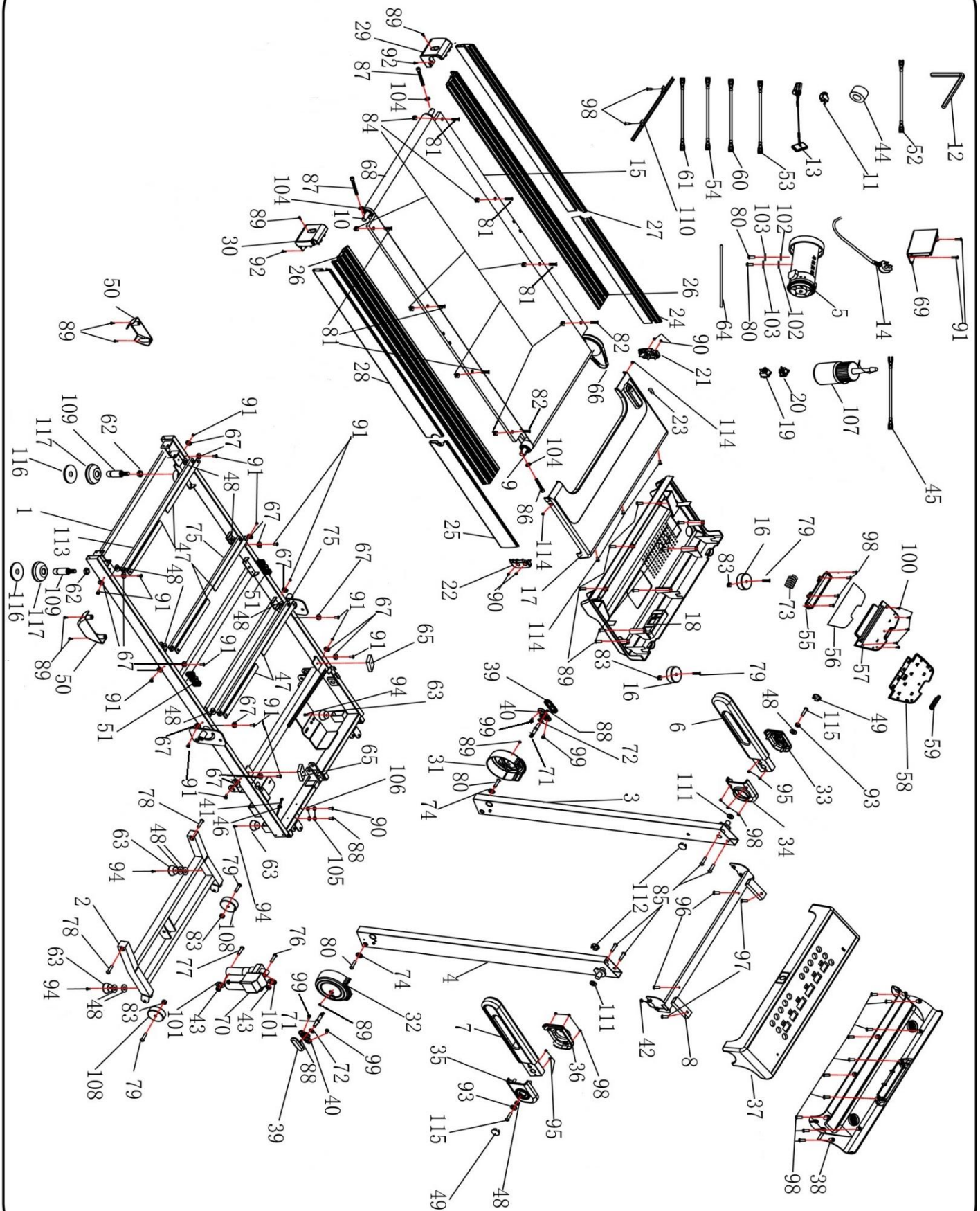
1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that 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 (240 CM) of free space behind it and 2 feet (60 CM) 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 265 pounds (120 KG).
10. This 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 must be lubricated before the first use! Please see Page 8 for instructions on how to properly apply lubricant.

EXPLODED DIAGRAM



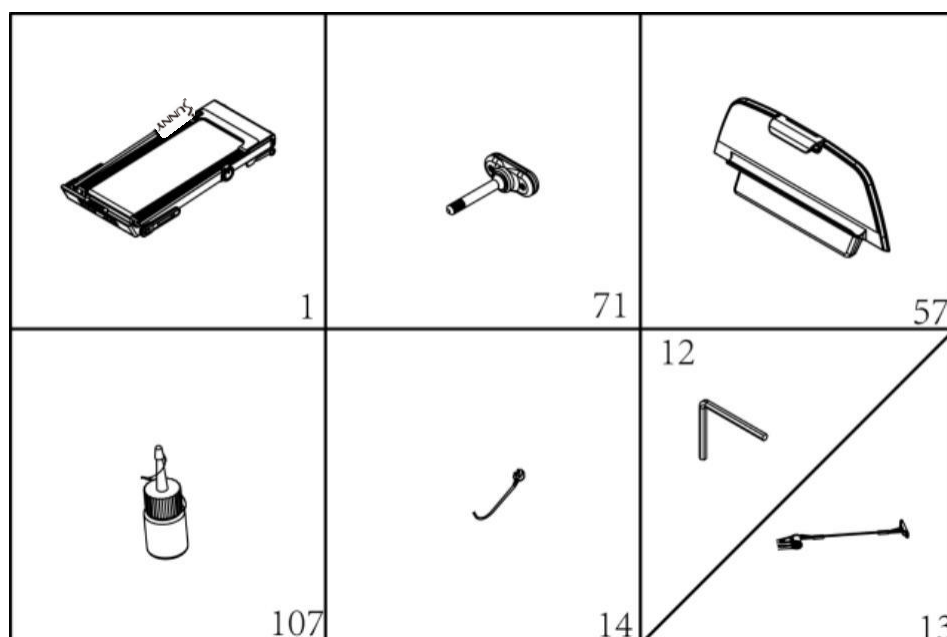
PARTS LIST

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main Frame		1	35	Right Outer Handlebar Cover		1
2	Incline Bracket		1	36	Right Inner Handlebar Cover		1
3	Left Upright Tube		1	37	Computer Top Cover		1
4	Right Upright Tube		1	38	Computer Bottom Cover		1
5	DC Motor		1	39	Rotary Knob Top Cover		2
6	Left Handlebar		1	40	Rotary Knob Bottom Cover		2
7	Right Handlebar		1	41	Computer Bottom Wire		1
8	Computer Bracket		1	42	Computer Top Wire		1
9	Front Roller		1	43	Screw Nut	M10	2
10	Back Roller		1	44	Magnetic Ring		1
11	Overload Protector		1	45	Blue Single Wire		1
12	Allen Wrench	S5	1	46	Ring Protector Plug		1
13	Safety Key		1	47	Strengthen Tube Cushion		6
14	Power Wire		1	48	Isolated Nylon Pad		12
15	Running Board		1	49	Handlebar Cap		2
16	Adjustment Wheel		2	50	Wheel Cover		2
17	Motor Top Cover		1	51	Cushion		2
18	Motor Bottom Cover		1	52	Brown Single Wire		1
19	Switch		1	53	Grounding Wire		1
20	Power Socket		1	54	Single Wire		1
21	Left Side Rail Fixed Plate		1	55	Tablet Bracket Base		1
22	Right Side Rail Fixed Plate		1	56	Rubber Pad		1
23	Oil Plug		1	57	Tablet Bracket		1
24	Left Front Side Rail		1	58	Tablet Bracket Back Cover		1
25	Right Front Side Rail		1	59	Mobile Cover		1
26	Top Side Rail		2	60	Single Wire 1		1
27	Left Rear Side Rail		1	61	AC Single Wire		1
28	Right Rear Side Rail		1	62	Hex Nut		2
29	Left Back End Cap		1	63	Foot Pad		4
30	Right Back End Cap		1	64	Rubber Band		1
31	Left Upright Tube Cover		1	65	Rubber Pad		2
32	Right Upright Tube Cover		1	66	Motor Belt		1
33	Left Outer Handlebar Cover		1	67	Side Rail Buckle		16
34	Left Inner Handlebar Cover		1	68	Running Belt		1

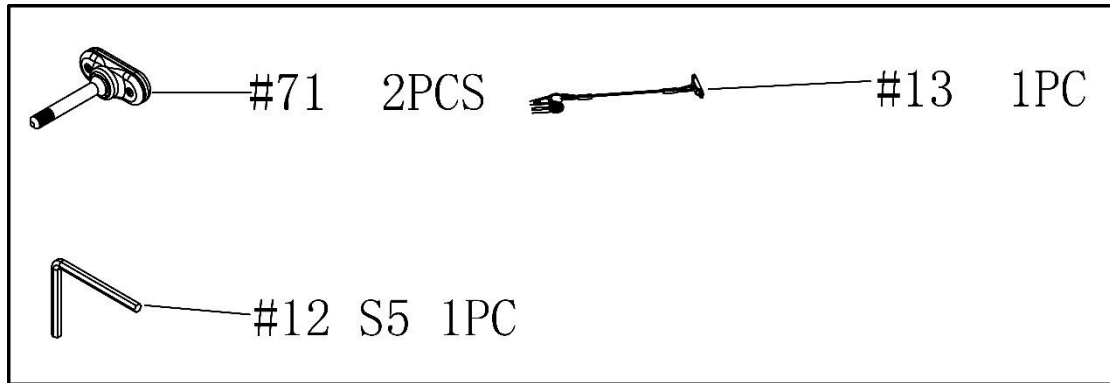
No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
69	Control Board		1	94	Bolt	4.2*25	4
70	Incline Motor		1	95	Bolt	4.2*6.5	4
71	Rotary Knob		2	96	Bolt	4.2*30	2
72	Fixed Tuning Plate		2	97	Bolt	4.2*28	2
73	Spring		1	98	Bolt	ST4.2*13	22
74	D Shape Pad		2	99	Bolt	2.9*9.5	4
75	Strengthen Tube		2	100	Bolt	2.6*6 (front is 5)	5
76	Bolt	M10*42	1	101	Lock Washer	10	2
77	Bolt	M10*55	1	102	Flat Washer	8	2
78	Bolt	M10*45	2	103	Spring Washer	8	2
79	Bolt	M8*40	4	104	Lock Washer	6	3
80	Bolt	M8*16	4	105	Spring Washer	5	2
81	Bolt	M6*35	6	106	Lock Washer	5	2
82	Bolt	M6*25	2	107	Silicone Oil		1
83	Screw Nut	M8	4	108	Transportation Wheel		2
84	Screw Nut	M6	8	109	Fixing Axle		2
85	Bolt	M8*2	4	110	Oil Guide Plate Assembly		1
86	Bolt	M6*65	1	111	Handrail Nylon Gasket		2
87	Bolt	M6*60	2	112	Reverse Hook Buffer Pad		2
88	Bolt	M5*8	3	113	Strengthen Tube 1		1
89	Bolt	4.2*19	16	114	Bolt	4.8*19	5
90	Bolt	4.2*12	5	115	Bolt	M8*25	2
91	Bolt	4.2*12	18	116	Rubber Pad		2
92	Bolt	4.2*9.5	2	117	Foot Pad		2
93	Fixed Base Plate		2				

ASSEMBLY CONTENTS

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



HARDWARE PACKAGE



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

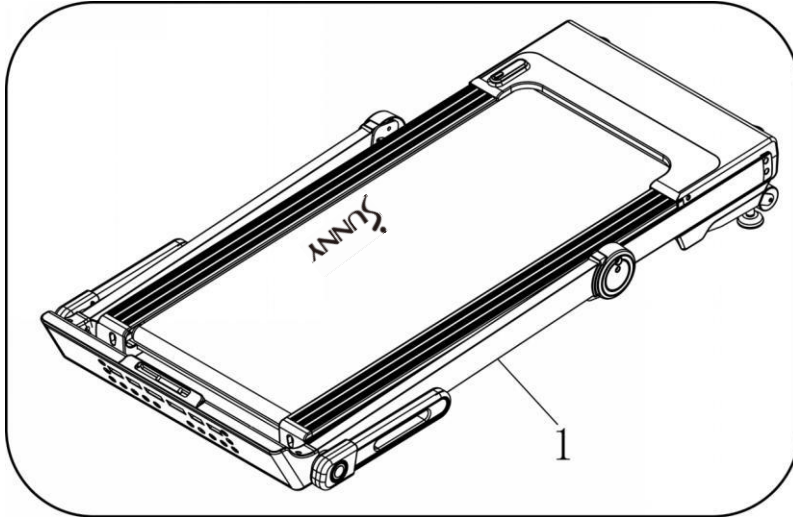
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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).

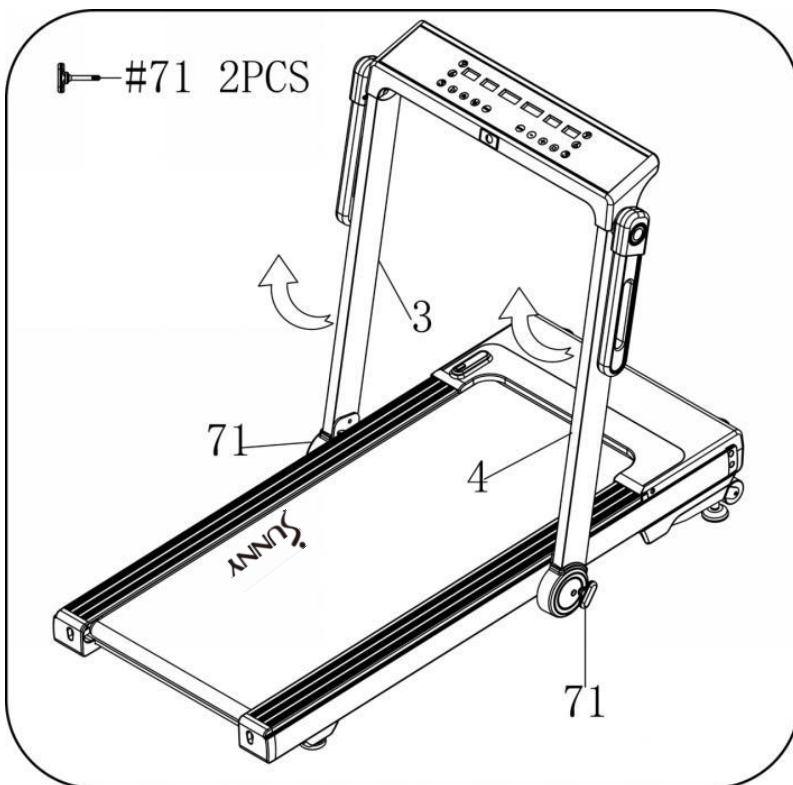
ASSEMBLY INSTRUCTIONS

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 all contents. Place the **Main Frame (No. 1)** on level ground and ensure that you have a clean, adequate workspace.



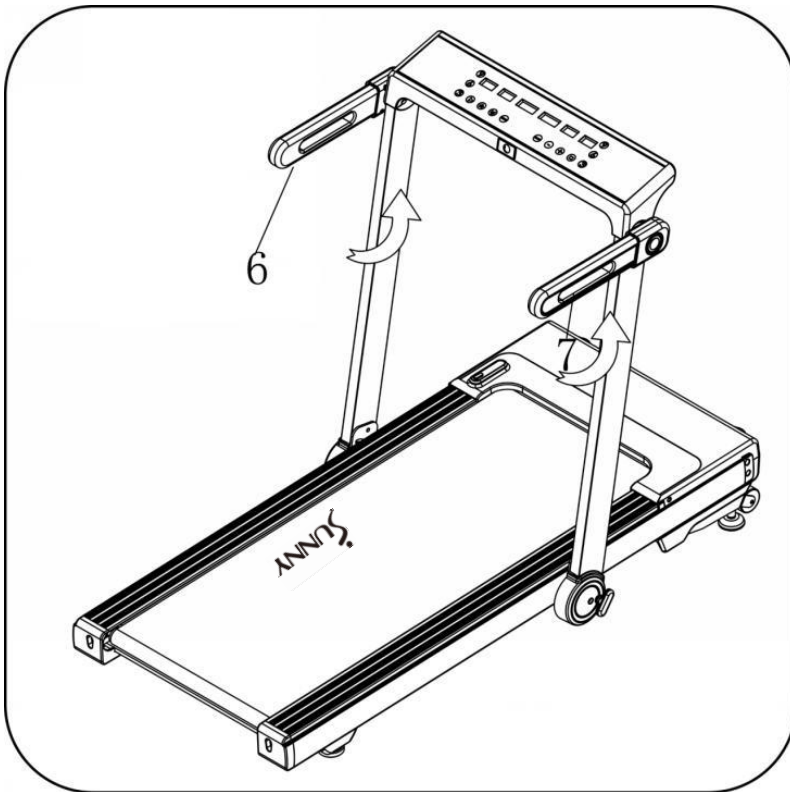
STEP 2:

Hold up the Computer Frame

Insert the 2 **Rotary Knobs (No. 71)** to the **Left & Right Upright Tubes (No. 3 & No. 4)** and screw in tightly.

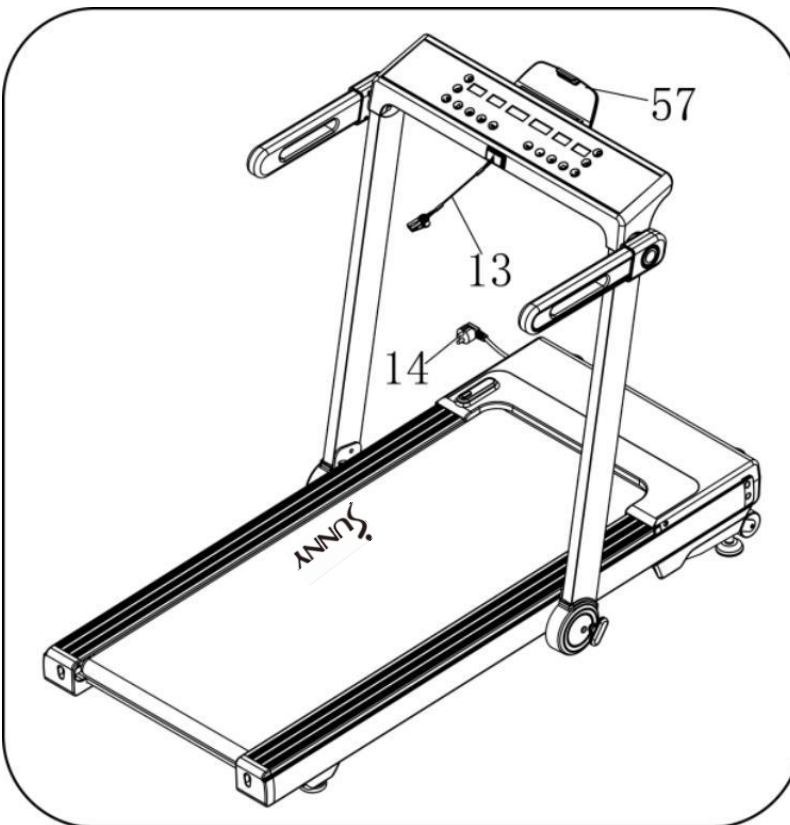
NOTE: If the **Rotary Knob (No. 71)** can not be screwed in, you can try to shake the **Left & Right Upright Tubes (No. 3 & No. 4)** forward or backward a little.

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 3:

Spin up the **Left & Right Handlebar (No. 6 & No. 7)** to the horizontal position as shown on the left.



STEP 4:

Insert the **Tablet Bracket (No. 57)** into the computer as shown on the left.

Attach the **Safety Key (No. 13)** onto the computer.

Insert the **Power Wire (No. 14)** to the **Main Frame (No. 1)**.

IMPORTANT NOTE: The running belt must be lubricated before the first use! Please see Page 8 for instructions on how to properly apply lubricant.

The assembly is complete !

LUBRICATING THE TREADMILL

IMPORTANT NOTE:

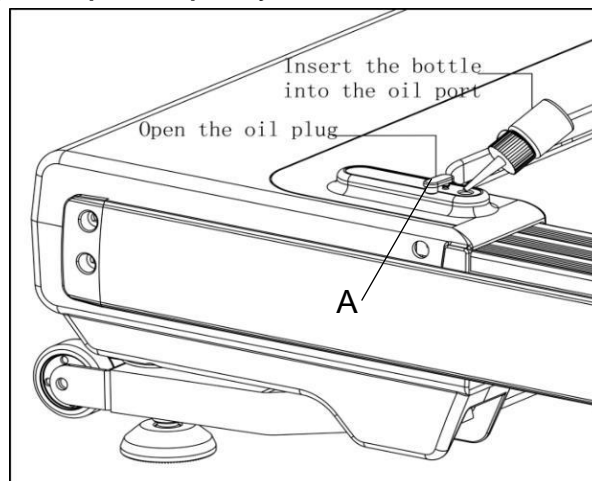
You will need to lubricate your treadmill before the first use!

RUNNING BELTS & TREADMILL LUBRICANT:

Lubricating the **Running Belt (No. 68)** and **Running Board (No. 15)** is essential as the friction affects the life span and operation of the treadmill. Inspect the **Running Belt (No. 68)** regularly. If you find any wear on the **Running Board (No.15)**, please contact us at support@sunnyhealthfitness.com.

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

When lubricating, pull up the part A of the oil plug and turn the oil plug at 90° as shown in the picture below. Do not remove the oil plug. Then insert the oil bottle into the oil port to fill in the oil. After lubricating, start the treadmill and place it at the lowest speed setting about 15 minutes to allow the oil to spread over the running board. It's suggested to fill in 15ML of oil each time. Do not apply lubricant over the **Running Belt (No. 68)**. Any excess lubricant should be wiped off.



The following timetable is recommended:

- | | |
|--|----------------|
| ➤ Light user (less than 3 hours/ week) | every 2 months |
| ➤ Medium user (3-5 hours/ week) | every 45 days |
| ➤ Heavy user (more than 5 hours/ week) | every month |

NOTE:

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.

DO NOT LOOSEN OR MAKE ANY ADJUSTMENTS TO THE RUNNING BELT WHILE APPLYING LUBRICANT. A loose **Running Belt (No. 68)** will result in the runner sliding off when in use. If the **Running Belt (No. 68)** is too tight, it will decrease the motors performance and create more friction between the roller and the **Running Belt (No. 68)**. The best tightness for the **Running Belt (No. 68)** is pulled out **50-75 mm** from the **Running Board (No. 15)**.

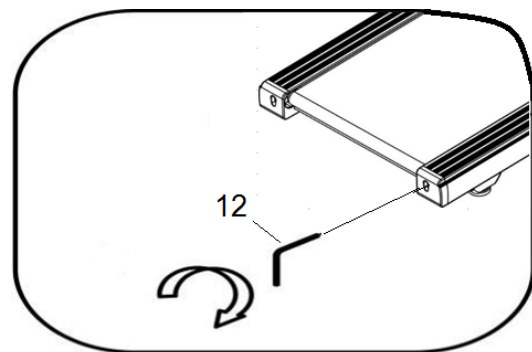
MAINTENANCE GUIDE

General cleaning will help prolong the life and improve the performance of your treadmill. Keep the unit clean and maintained by dusting the component on a regular basis. Cleaning the two exposed sides of the **Running Belt (No. 68)** will prevent dust from accumulating underneath. Keep your running shoes clean so that dirt from the shoes does not wear the **Running Belt (No. 68)** and **Running Board (No. 15)**. Clean the surface of the **Running Belt (No. 68)** by using a clean damp cloth. Keep liquids away from electrical parts and **Running Belt (No. 68)**.

ADJUSTING THE RUNNING BELT

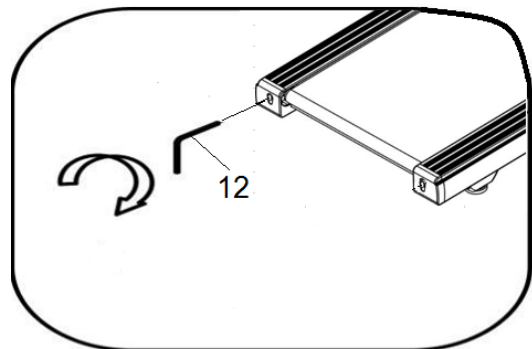
Place the treadmill on level ground and set it at 3.5-5 MPH to check and see if the **Running Belt (No. 68)** drifts from the center. Adjust the **Running Belt (No. 68)** according to instructions below with **Allen Wrench (No. 12)**.

If the **Running Belt (No. 68)** drifts to the right, remove the **Safety Key (No. 13)**, turn the adjusting bolt on the right side 1/4 turn **clockwise**, then start running until the **Running Belt (No. 68)** is centered. Refer to image A.



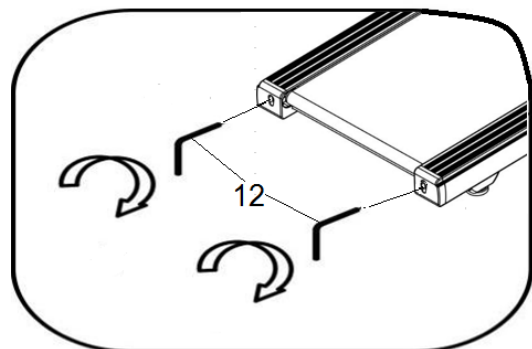
A

If the **Running Belt (No. 68)** drifts to the left, remove the **Safety Key (No. 13)**, turn the adjusting bolt on the left side 1/4 turn **clockwise**, then start running until the **Running Belt (No. 68)** is centered. Refer to image B.



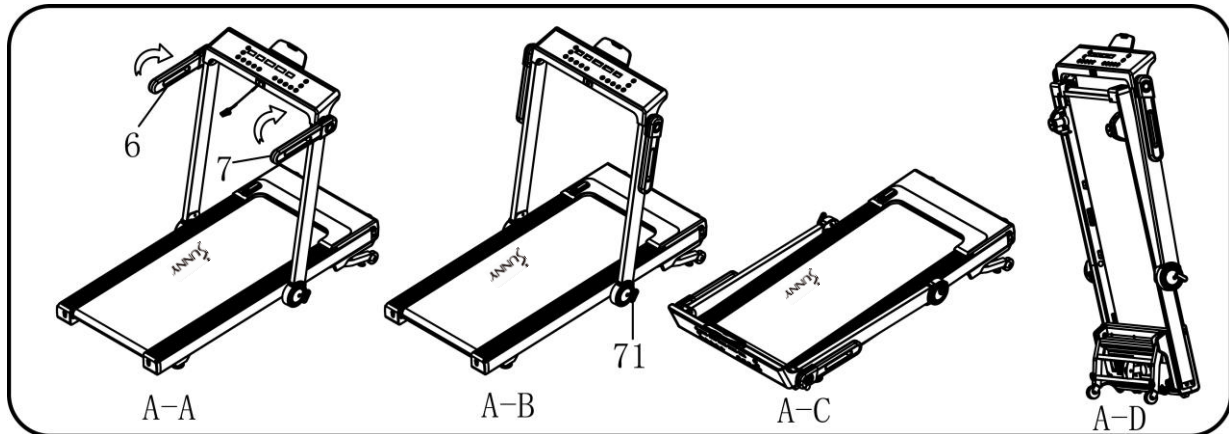
B

Over time, the **Running Belt (No. 68)** will loosen. To tighten the **Running Belt (No. 68)**, remove the **Safety Key (No. 13)**, turn both the left & right side adjusting bolts 1/4 turn **clockwise**, then re-start running the belt. Check the tension of the **Running Belt (No. 68)**. Continue this process until the **Running Belt (No. 68)** is at the correct tension. Make sure to adjust both sides equally to ensure even alignment. Refer to image C.



C

FOLDING AND UNFOLDING INSTRUCTIONS

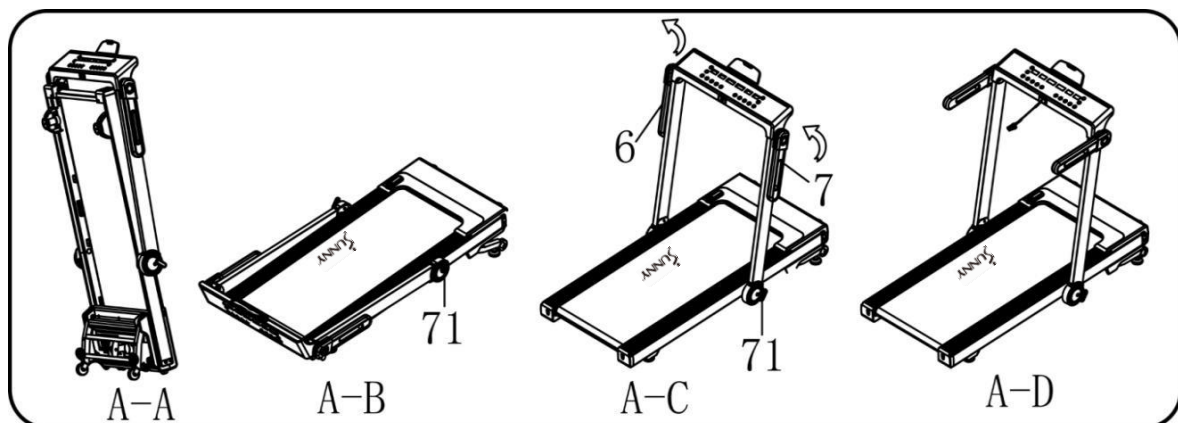


Folding:

1. Adjust the incline to the highest level, then remove the **Safety Key (No. 13)** or turn off the power.
2. Spin up the **Left & Right Handlebars (No. 6 & No. 7)** as shown in picture A-A.
3. Loosen the **Rotary Knob (No. 71)** about 20 circles until pull out the **Rotary Knob (No. 71)**. Put down the upright tubes as shown in picture A-C. Then re-insert and tighten the **Rotary Knob (No. 71)**.
4. Pull up the treadmill as shown in picture A-D. For your safety, please adjust this to the highest incline so that treadmill doesn't fall down.

The folding is complete !

NOTE: Put the treadmill close to the wall. Do not let children to climb on treadmill.



Unfolding:

1. Slowly put down treadmill until fully down as shown in picture A-B.
2. Loosen the **Rotary Knob (No. 71)** until it is pulled out completely. Pull up the upright tubes as shown in picture A-C. Then re-insert and tighten the **Rotary Knob (No. 71)**.
3. Spin up the **Left & Right Handlebars (No. 6 & No. 7)** into position as shown in picture A-D.

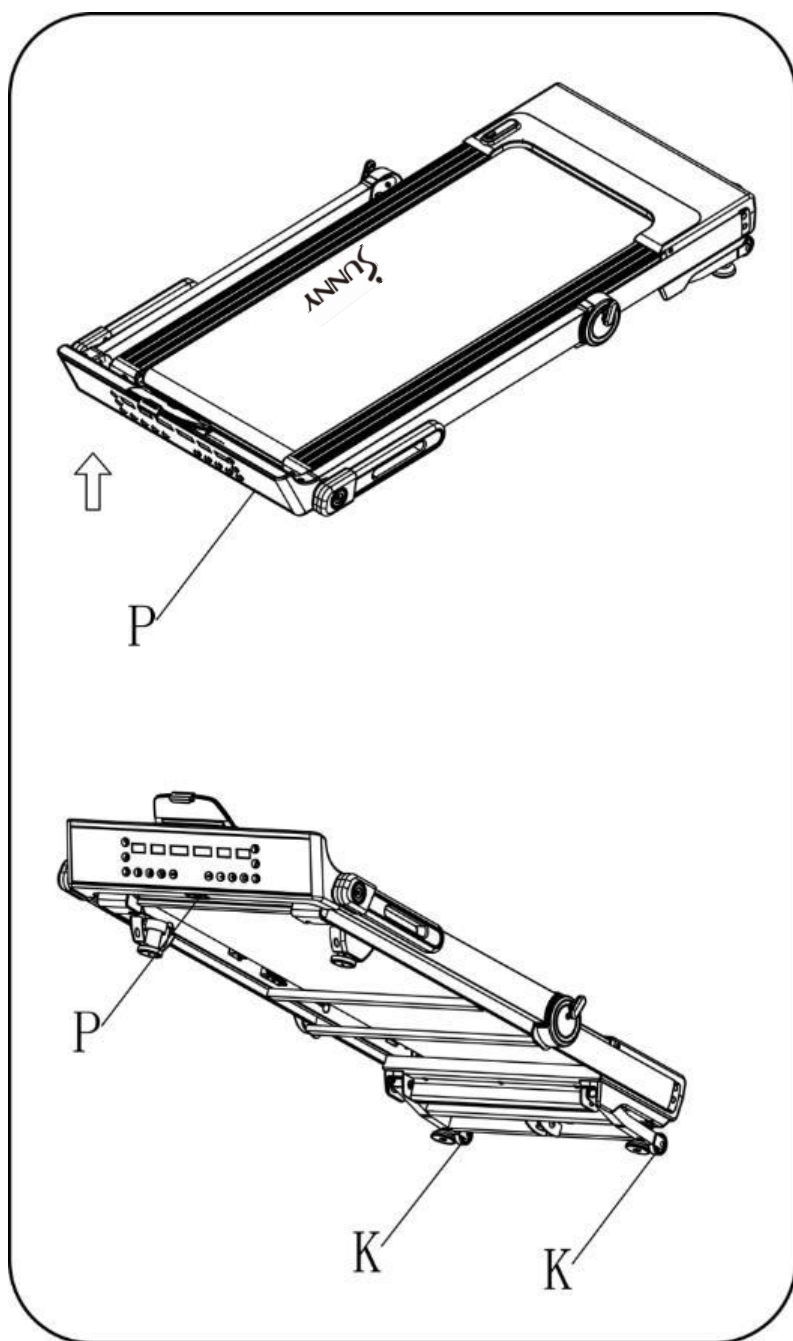
The unfolding is complete !

HOW TO MOVE THE TREADMILL

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

To tilt, start by placing one hand at position “P” to support the top end of the treadmill. Next, place one foot at position “K” to hold the bottom end of the treadmill steady. With your foot at “K”, slowly tilt the top of the treadmill downward towards the ground. Once the main frame “P” reaches a low enough point, the wheels of the treadmill will touch the ground.

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

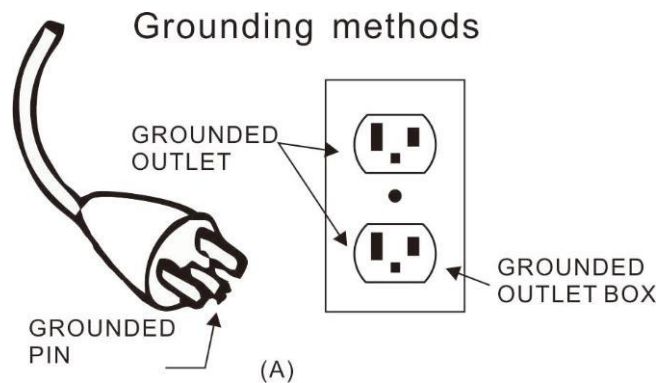


IMPORTANT ELECTRICAL INFORMATION

IMPORTANT NOTE: This treadmill requires a power source of **110 Volts** 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 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.



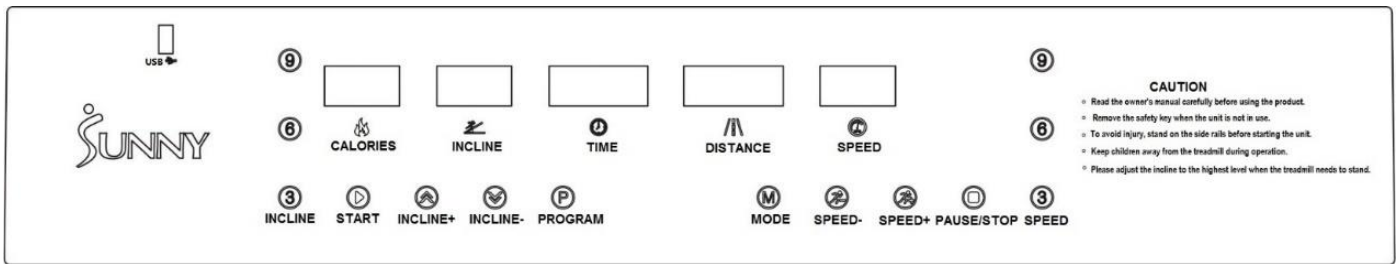
CAUTION:

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 this product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician. Ensure that the product is connected to an outlet with the same configuration as the plug. Do not use an adaptor for this product.

WARNING!

1. **NEVER** use a ground fault circuit interrupt (GFCI) outlet with this treadmill. Route the power cord away from all moving parts of the treadmill, including the Air Pressure Cylinder and transportation wheels.
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.
4. **NEVER** expose the treadmill to rain or moisture. This treadmill is not designed for outdoor use or use in any high humidity environment

THE DISPLAY CONSOLE



LCD WINDOW DISPLAY DETAILS:

SPEED: Displays the current speed.

CALORIES: Displays total calories burned.

TIME: Displays the elapsed running time.

DISTANCE: Displays the total distance traveled.

INCLINE: Displays the number of incline segments.

BUTTON FUNCTION

“START” BUTTON: Press this button to start the treadmill. The treadmill will run at the lowest speed or at the speed of default program after a 3 second countdown.

“PAUSE/STOP” BUTTON: Press this button to stop the treadmill. The treadmill will slow the speed until the treadmill stops.

***IMPORTANT NOTE:** Pressing PAUSE/STOP button once will pause the treadmill. Current workout data is retained. You can press START to continue the workout or press PAUSE/STOP button again to clear current workout data.

“PROGRAM” BUTTON: Press this button to choose program from manual mode—P01-P15.

“MODE” BUTTON: When treadmill is in standby state, press this button to choose any of the following: Manual Mode, Time Countdown Mode, Distance Countdown Mode, Calories Countdown Mode.

SPEED +/- KEYS: During use, press these +/- keys to increase or decrease your speed.

SPEED (3/6/9) (QUICK SPEED KEYS): During use, use these quick speed keys to instantly bring the running belt to the desired speed of 3MPH, 6MPH or 9MPH.

INCLINE +/- KEYS: During use, press these +/- Keys to increase or decrease the incline.

INCLINE (3/6/9) (QUICK INCLINE KEYS): During use, press these quick incline keys to instantly bring the treadmill to an incline of 3%, 6%, 9%.

START-UP QUICKLY (MANUAL):

Get through power by inserting the **Safety Key (No. 13)**. After a 3 second countdown, the treadmill will start running at the lowest speed. Increase or decrease your speed by pressing SPEED +/- keys. Press the PAUSE/STOP button or remove the **Safety Key (No. 13)** directly to stop.

COUNTDOWN MODE:

Press MODE to select Time Countdown Mode, Distance Countdown Mode, and Calories Countdown Mode. The window will then show the default data. At the same time, press SPEED +/- keys or INCLINE +/- keys to set the data. Press START button and the treadmill will run at the lowest speed. Press SPEED +/- keys to change the speed and press INCLINE +/- keys to change the incline. When it counts down to 0, the treadmill will stop smoothly. You can press the PAUSE/STOP button or remove the **Safety Key (No. 13)** from the computer to stop the treadmill.

PRESET PROGRAM:

Press PROGRAM to choose any of the pre-programmed exercises from P01-P15. Once the program is set, the time window displays the default value of TIME and will flash. Press SPEED +/- keys or INCLINE +/- keys to set the running time. Each program has been divided into 20 sections, each exercise time=the setting time/20. Press START button and the treadmill will run at the first section speed and incline. When the section is over, it will enter the next section automatically. The speed, incline and next section will change. When finishing the program, the treadmill will stop smoothly, and incline will return to 0. While running, you can change the speed and incline by the SPEED +/- keys and INCLINE +/- keys anytime. When the program enters the next section, the running belt will come back to the default speed and incline of the section. You can press PAUSE/STOP button or remove the **Safety Key (No. 13)** to stop the treadmill anytime.

SLEEP FUNCTION:

If the treadmill is stopped for more than 10 minutes without operation, the system will go into sleep mode. Press any key to start the treadmill.

USB FUNCTION:

After the power is turned on, the treadmill can recharge a device by connecting to a mobile phone or iPad. Interface output voltage for dc5v.

Note: Due to the phone or iPad specifications, charging requirements are inconsistent. The treadmill cannot support all devices. There may be parts of the phone or iPad that cannot be charged.

BLUETOOTH FUNCTION:

Search for music matching bluetooth module (module name SF-T7951) using the bluetooth function of your mobile phone. After the connection is successful, the music played on the phone is emitted through the treadmill speakers.

RUNNING DATA DISPLAY AND SETTING RANGE

	Show range	Mode Default	Program Default	Setting Range
Speed	0.6MPH-10MPH	-----	-----	-----
Incline	15%			0-15%
Time	0:00-99:59	30:00	30:00	5:00-99:00
Distance	0.00MILE -99.9MILE	1.0MILE	-----	0.5MILE -99.9MILE
Calories	0Kcl-999Kcl	50Kcl	-----	10Kcl-990Kcl

DATE TABLE:

Time Program		To set time / 20 time = running time of each time period																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
	INCLINE	1	1	2	2	2	3	3	3	2	2	1	2	2	1	1	3	3	2	2	2
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
	INCLINE	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P03	SPEED	2	4	4	6	6	4	5	6	5	4	3	3	4	4	4	2	4	5	3	2
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P04	SPEED	3	5	5	6	5	4	5	3	3	2	4	5	6	5	5	6	6	4	4	3
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P05	SPEED	2	4	4	5	6	5	6	5	6	4	3	2	5	4	3	3	6	5	4	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P06	SPEED	2	4	4	4	5	6	3	4	6	3	2	3	6	4	4	2	5	4	3	2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P08	SPEED	2	3	3	6	5	4	4	6	2	4	6	5	4	4	4	2	3	4	4	2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P09	SPEED	2	4	4	3	5	4	3	2	4	5	6	6	4	4	4	5	6	3	3	2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P10	SPEED	2	4	5	6	3	5	4	6	3	3	6	6	5	4	4	2	4	4	3	3
	INCLINE	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3
P11	SPEED	2	5	4	3	4	5	6	6	4	5	6	6	5	5	6	3	5	5	4	3
	INCLINE	4	5	3	2	6	6	2	2	2	2	2	4	5	6	3	2	5	5	2	0
P12	SPEED	3	4	5	6	5	4	5	2	5	6	4	5	5	3	6	5	5	2	6	3
	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
P13	SPEED	3	6	2	5	5	6	6	5	5	3	3	5	2	5	6	5	6	5	4	3
	INCLINE	3	3	5	6	5	3	3	7	5	3	2	0	0	5	5	3	2	3	2	1
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P15	SPEED	2	4	6	3	6	6	4	4	2	2	2	4	6	5	6	6	4	4	2	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2

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 treadmill 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, extreme shortness of breath, lightheadedness, dizziness, or feelings of nausea.

Turn on the power switch located next to the power cord. Before attempting to use the treadmill, familiarize yourself with the controls. Once you feel comfortable to get on, you can stand with your feet on the foot rails and balance yourself by putting your hands on the handrails.

Next, attach the clip end of the **Safety Key (No. 13)** to your clothing and insert the magnetic end of the key into the computer. Press the START button to start the treadmill. The treadmill will start at the default speed of 0.5MPH (Miles per hour). Once you feel comfortable, you may slowly increase the speed. When you are finished with your exercise, press the PAUSE/STOP button or remove the magnetic end of **Safety Key (No. 13)** to stop the treadmill.

SAFETY LOCK

Remove the **Safety Key (No. 13)** from the computer to stop the treadmill immediately. Once the treadmill reaches a full stop, the window display on the computer will show "---" and the treadmill will beep. To start the treadmill again, insert the magnetic end of **Safety Key (No. 13)** into the computer and press START.

POWER OFF

Power to the treadmill can be turned off at any time without risk during or after an exercise.

CAUTION

1. We recommend that you maintain a slow speed at the beginning of a session and hold the handrails until you become comfortable and familiar with the treadmill.
2. Insert the magnetic end of the **Safety Key (No. 13)** into the computer and attach the opposite end with the safety clip to your clothing before beginning your workout. To end your workout, press the PAUSE/STOP button or remove the **Safety Key (No. 13)**. The treadmill will stop immediately.

TROUBLESHOOTING

Fault Code	Main Reason	Solution
E01	The wire from computer to bottom control board did not connect well.	<ol style="list-style-type: none"> 1. Check if the connection wire between computer and control board were well connected. 2. Make sure the IC on the control board was well inserted. If not, re-insert. 3. Abnormal power supply in control board. Please change to a new control board.
E02	Burst Clash Protection	<ol style="list-style-type: none"> 1. Bad contact with the motor's open circuit. Please change the motor or check the connector. 2. Power tube was punctured. Please change to a new power tube or control board.
E03	No sensor signal	<ol style="list-style-type: none"> 1. If the speed sensor does not find signal, check if the sensor signal light is shining or not. If it is burned out, change the signal light 2. Check if the speed sensor plug is connected well or if there is damage to the magnet sensor. Connect or change the magnet sensor
E04	Incline failure	<ol style="list-style-type: none"> 1. Check if incline motor VR wire is connected well. Re-connect it 2. Check if incline motor AC wire connected correctly. AC wire on incline motor should match the mark on control board. 3. Check if connect wire on motor is damaged. Open the circuit, change the wire or incline bracket. <p>After checking all the above, press the key on incline motor.</p>
E05	Overload protection	<ol style="list-style-type: none"> 1. Treadmill is overloaded. 2. Running board has heavy resistance. Needs to be oiled. 3. Damage to the motor. Replace the motor.

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