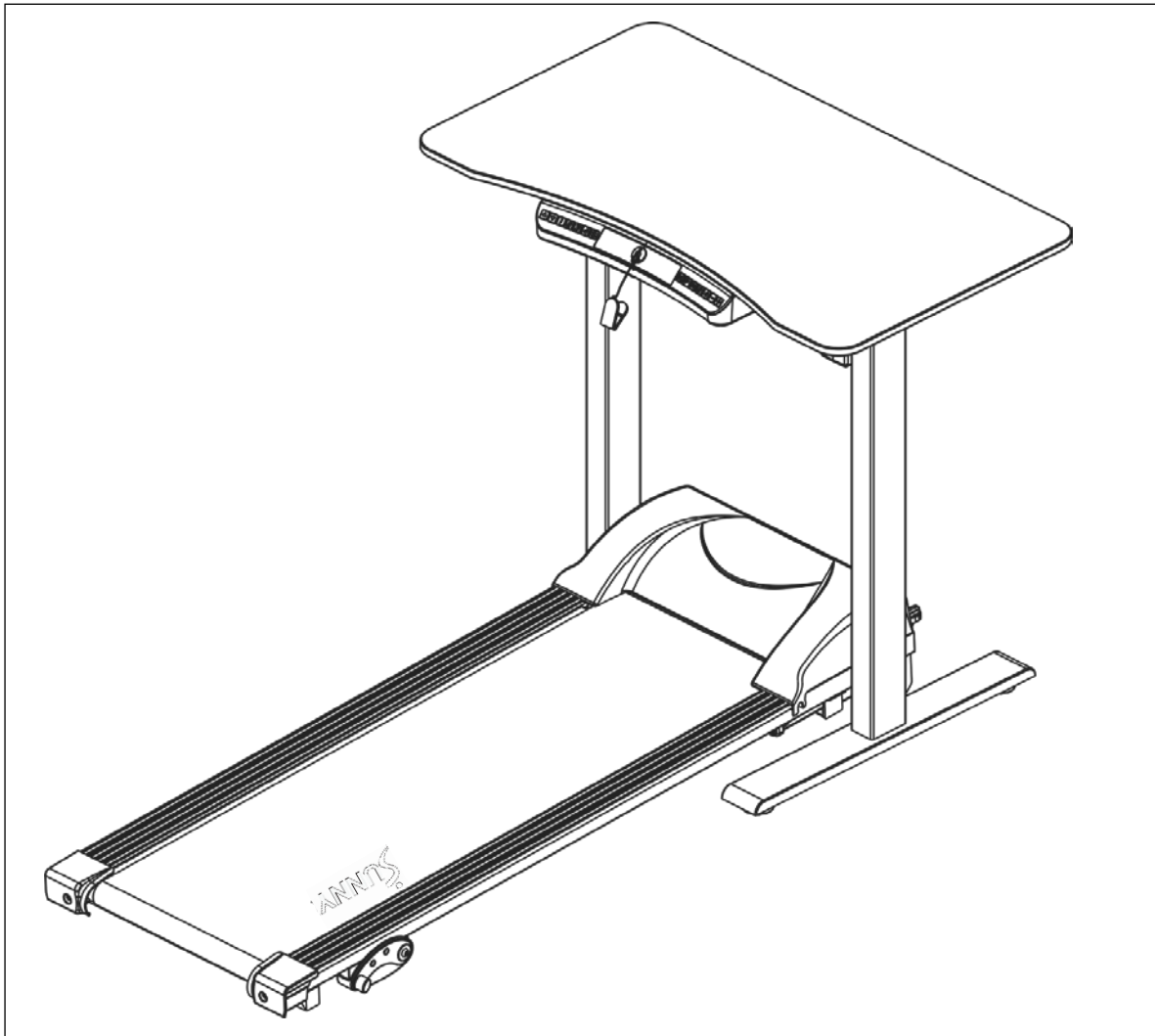# SUNNY
HEALTH & FITNESS

HEIGHT ADJUSTABLE WORKSTATION TREADMILL
SF-TD7884
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 240 pounds (110 KG).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving is 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
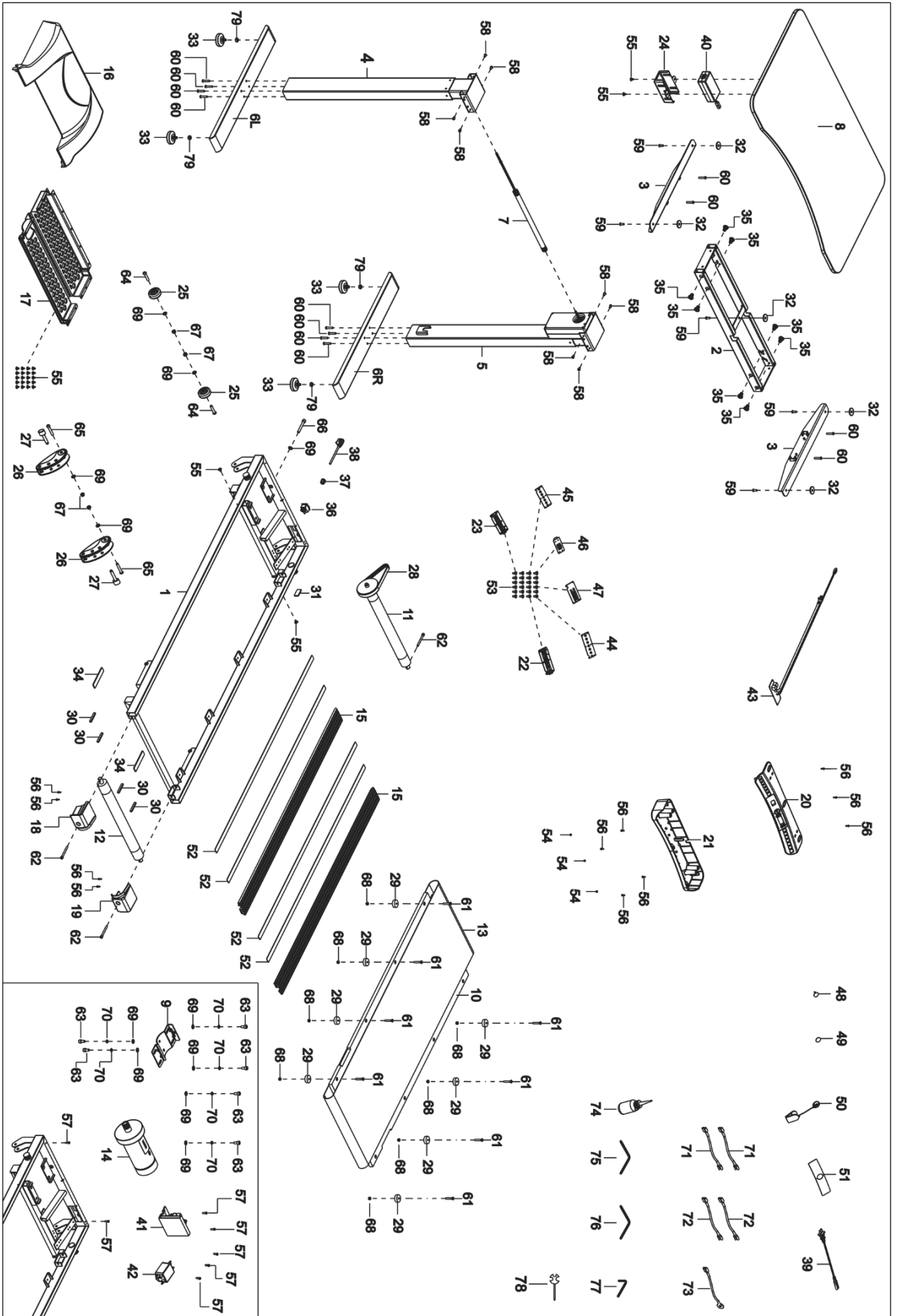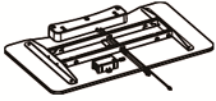
PARTS LIST
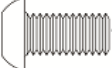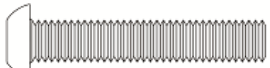
No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main Frame		1	41	Controller		1
2	Table Bracket		1	42	Filter	10A	1
3	Side Bracket		2	43	Lifting Table PCB Power Supply		1
4	Left Support Tube		1	44	Treadmill Button Board		1
5	Right Support Tube		1	45	Lifting Table Button Board		1
6L/R	Lifting Table Foot		2	46	Lifting Table PCB Display Panel		1
7	Transmission Shaft		1	47	Computer Chip		1
8	Lifting Table Board		1	48	Safety Key Plate		1
9	Motor Bracket		1	49	Safety Key Sticker		1
10	Running Board		1	50	Safety Key		1
11	Front Roller		1	51	Overlay		1
12	Rear Roller		1	52	EVA		4
13	Running Belt		1	53	Cross Recessed Pan Head Tapping Screw	ST2.9*6.5	24
14	Motor		1	54	Cross Recessed Pan Head Tapping Screw	ST4.2*8	3
15	Side Rail		2	55	Cross Recessed Head Self-tapping Screw	SF4.2*13	24
16	Motor Upper Cover		1	56	Cross Recessed Pan Head Tapping Screw	SF4.2*16	11
17	Motor Bottom Cover		1	57	Cross Recessed Round Head Screw	M5*16	7
18	End Cap (L)		1	58	Half-roundhead Hex Bolt	M6*10	8
19	End Cap (R)		1	59	Half-roundhead Hex Bolt	M6*16	5
20	Computer Upper Cover		1	60	Half-roundhead Hex Bolt	M6*30	12
21	Computer Bottom Cover		1	61	Cross Recessed Sunk Head Screw	M6*35	8
22	Treadmill Button		1	62	Roundhead Hex Bolt	M6*60	3
23	Lifting Table Button		1	63	Roundhead Hex Bolt	M8*16	6
24	Power Adapter Cover		1	64	Half-roundhead Hex Bolt	M8*40	2
25	Transportation Wheel	Φ51*Φ8.2*20	2	65	Half-roundhead Hex Bolt	M8*50	2
26	3 Section Manual Incline Metal		2	66	Roundhead Hex Bolt	M8*60	1
27	Latch Pin		2	67	Lock Nut	M8	4
28	Motor Belt		1	68	Lock Nut	M6	8
29	Round Cushion		8	69	Flat Washer	D8	11
30	Rubber Cushion	50*7*5	4	70	Spring Washer	D8	6
31	Rubber Cushion	40*20*4	1	71	Single Brown Wire		2
32	Rubber Cushion		5	72	Single Blue Wire		2
33	Adjusting Foot Pad	Φ52*18*M8	4	73	Grounded Line		1
34	Rubber Cushion	100*20*3	2	74	Silicone Oil		1
35	Screw Guide		8	75	Allen Wrench	S6	1
36	Power Switch		1	76	Allen Wrench	S5	1
37	Power Line Plug		1	77	Allen Wrench	S4	1
38	Treadmill Power Line		1	78	Spanner with Screwdriver		1
39	Lifting Table Power Cord		1	79	Hex Nut	M8	4
40	Power Adapter		1				

ASSEMBLY CONTENTS

When you open the carton, you will find the following parts:

Main Frame (No. 1)	Left Support Tube (No. 4)	Right Support Tube (No. 5)	Lifting Table Foot (No. 6) - 2pcs
Transmission Shaft (No. 7)	Lifting Table Board (No. 8)	Half-roundhead Hex Bolt (No. 58) - 8pcs	Half-roundhead Hex Bolt (No. 60) - 8pcs
Silicone Oil (No. 74)	Allen Wrench (No. 75)	Allen Wrench (No. 76)	Allen Wrench (No. 77)

HARDWARE PACKAGE

#58 M6*10 8PCS

#60 M6*30 8PCS

#75 S6 1PC

#76 S5 1PC

#77 S4 1PC

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).
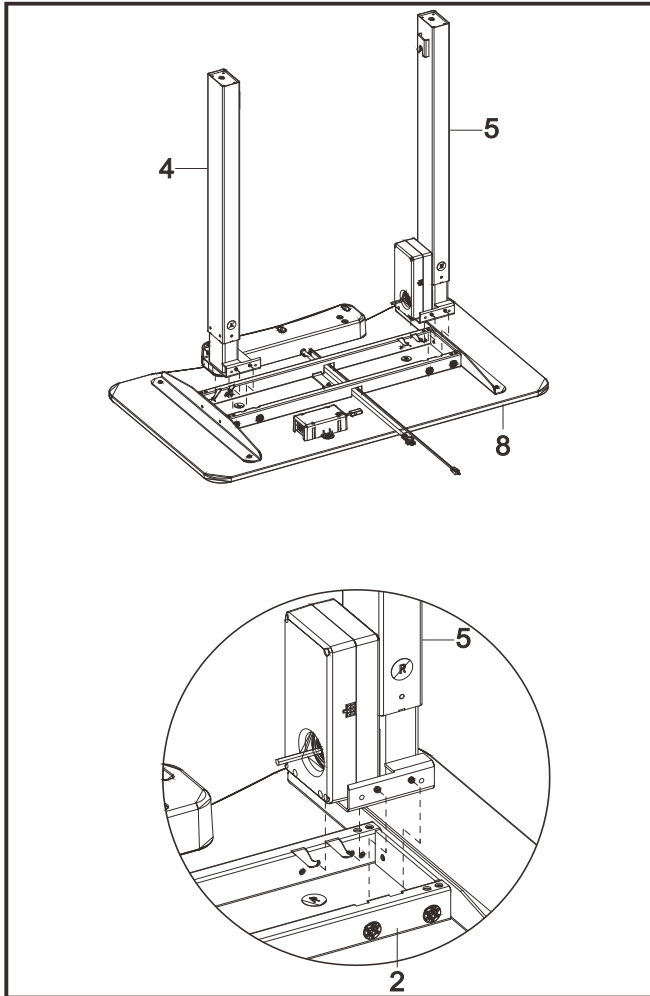
STEP 1:

Open the carton and remove all contents. Place the **Lifting Table Board (No. 8)** on level ground and ensure that you have a clean, adequate work space. Align the pins on the **Left Support Tube (No. 4)** and the pins on the **Right Support Tube (No. 5)** with the holes on the top of the **Table Bracket (No. 2)**, as shown in the picture.

NOTE: Left Support Tube (No. 4) is marked with "L", while **Right Support Tube (No. 5)** is marked with "R".

STEP 2:

Insert 8 **Half-roundhead Hex Bolts (No. 58)** through the hole of **Table Bracket (No. 2)** into **Left Support Tube (No. 4)** and **Right Support Tube (No. 5)**, and rotate each bolt several times. Fully tighten with **Allen Wrench (No. 77)** only after all bolts have been inserted**.**
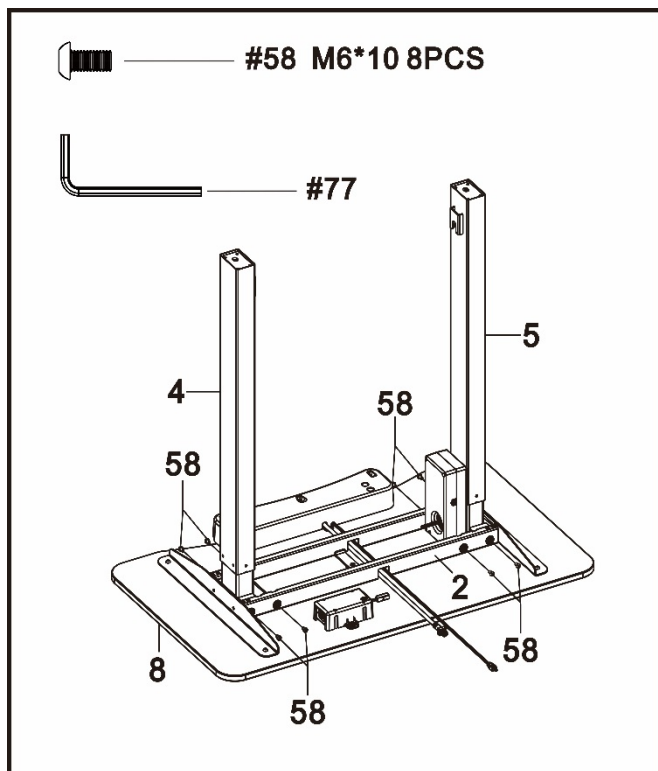
#58 M6*10 8PCS

#77

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).
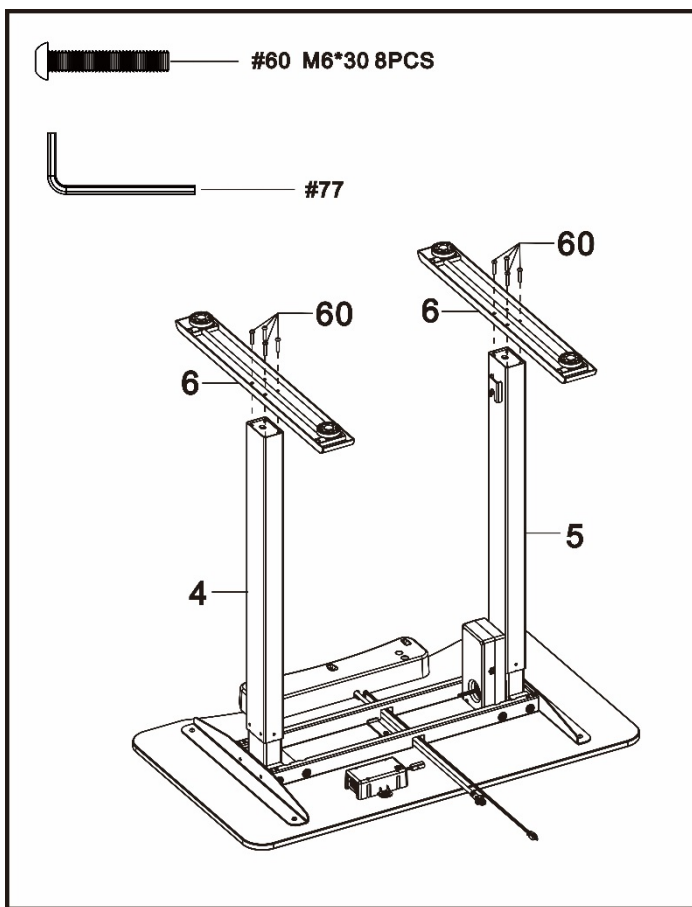
STEP 3:

Attach **Left & Right Lifting Table Feet (No. 6L/R)** to **Left Support Tube (No. 4)** and **Right Support Tube (No. 5)** with 8 **Half-roundhead Hex Bolts (No. 60)**, as shown in the picture. Tighten with **Allen Wrench (No. 77).**
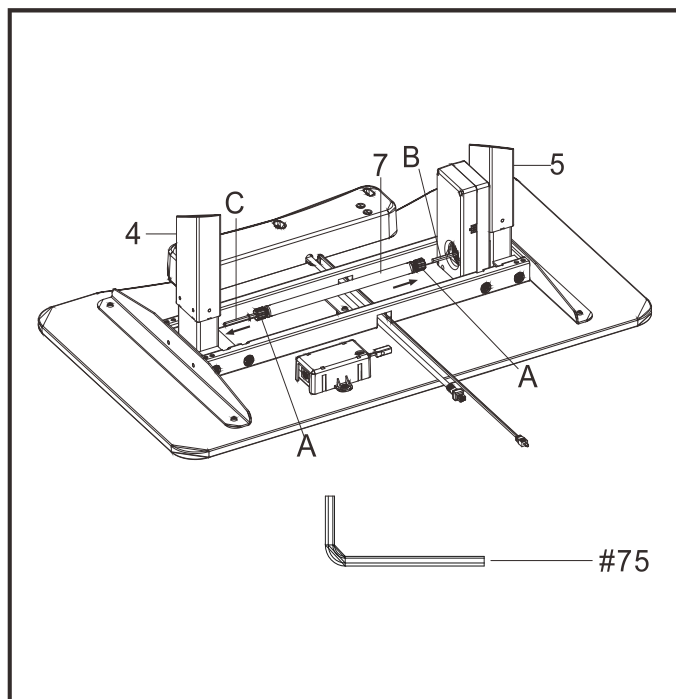
STEP 4:

Loosen the knobs (A) at both ends of the **Transmission Shaft (No. 7)**. Connect the **Transmission Shaft (No. 7)** with the hexagon shaft (B) on the **Right Support Tube (No. 5)** along the arrow direction. Insert the hexagon shaft (B) 45 mm inside the knob (A). Tighten the knob (A) *clockwise*.

Pull out the hexagon shaft (C) from the **Transmission Shaft (No. 7)**. Insert it into the hexagon hole on the **Left Support Tube (No. 4)** 45 mm along the arrow direction, then turn the knob (A) *clockwise*. When it fails, the **Allen Wrench (No. 75)** can be inserted into the hexagon hole on the **Left Support Tube (No. 4)** to adjust and correct.

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).
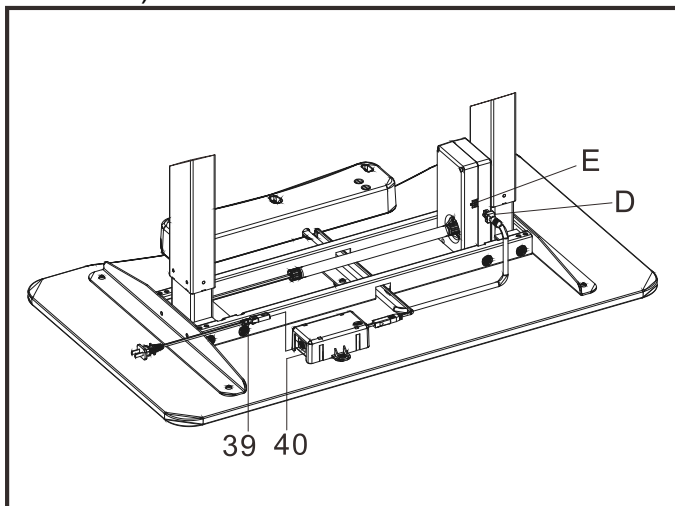
STEP 5:

Connect the **Lifting Table Power Cord (No. 39)** to the **Power Adapter (No. 40)**.

Connect the plug (D) and plug (E) respectively. Pay attention to the direction.
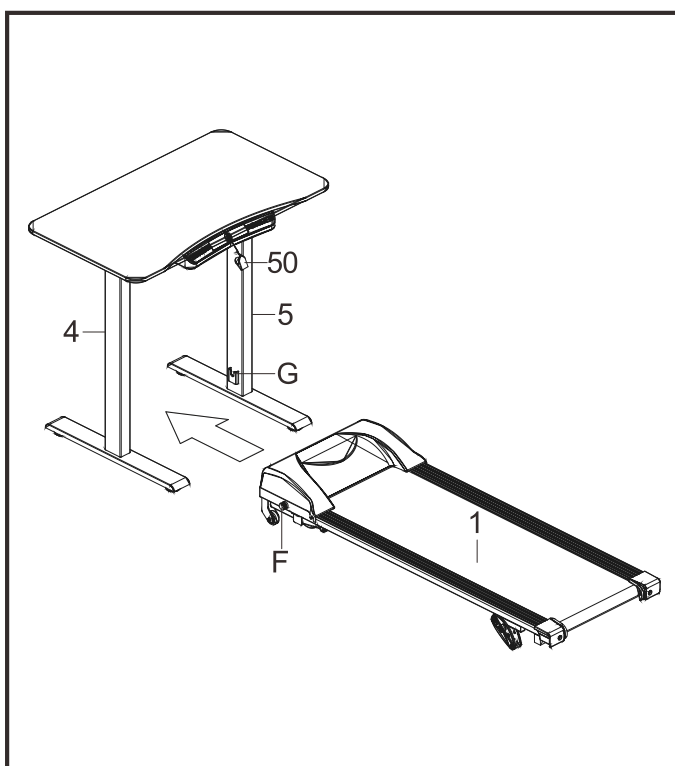
STEP 6:

Insert the **Safety Key (No. 50)** into the top console. Make sure there is a proper spacing between **Left Support Tube (No. 4)** and **Right Support Tube (No. 5)**. Then push the **Main Frame (No. 1)** along the arrow direction into the middle of the **Left Support Tube (No. 4)** and **Right Support Tube (No. 5)**, so that the shaft (F) of the **Main Frame (No. 1)** is inserted into slot (G) of **Left Support Tube (No. 4)** and **Right Support Tube (No. 5)**.

The assembly is complete!

Before Using the Treadmill

1. Self-Check Mode- After assembly, plug in both the desk and treadmill plug into a grounded outlet. Press and hold the "S" button for 3 seconds and the screen will display a flashing "000" simultaneously while moving to the highest and lowest position of the desk. Display of "000" will be replaced by the current desk height on left window display and 0:00 on right window display. When desk has stopped moving, self check mode is completed.

2. Lubricate the Treadmill- The running belt must be lubricated before the first use! Please see Page 8 for instructions on how to properly apply lubricant.

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. 13)** and **Running Board (No. 10)** is essential as the friction affects the life span and operations of the treadmill. Inspect the **Running Belt (No. 13)** regularly.
If you find any wear on the **Running Board (No. 10)**, please contact us at support@sunnyhealthfitness.com.

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

HOW TO LUBRICATE:
Raise the **Running Belt (No. 13)** up on one side and apply lubricant to the **Running Board (No. 10)**. Use a rag to thoroughly wipe the lubricant over the **Running Board (No. 13)**. Repeat this process for the other side.

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*
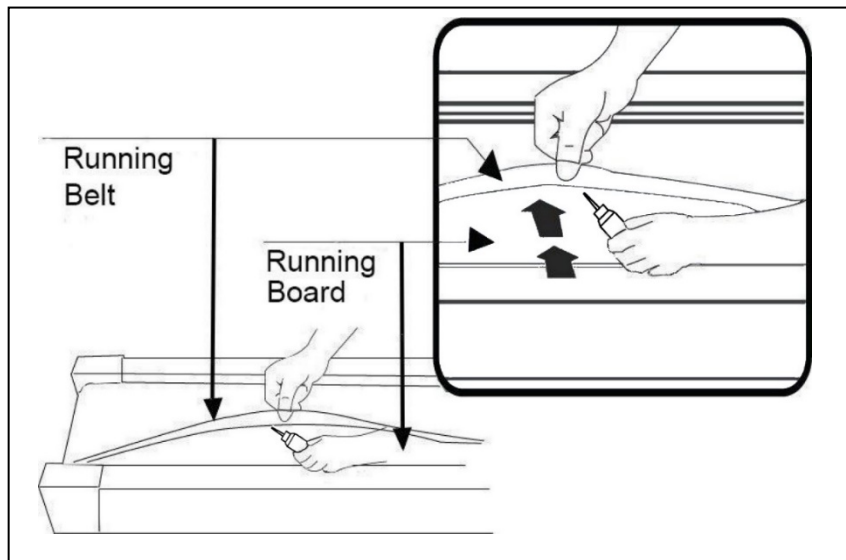
NOTE:

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. 13)** will result in the runner sliding off when in use, while too tight of a **Running Belt (No. 13)** will negatively affect the motors performance and create more friction between the roller and **Running Belt (No. 13)**. The most suitable tightness for the **Running Belt (No. 13)** is when it is pulled out **50-75 mm** from the **Running Board (No. 10)**.

MAINTENANCE GUIDE

General cleaning will help to prolong the life and improve the performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Cleaning the two exposed sides of the **Running Belt (No. 13)** will prevent dust from accumulating underneath. Keep your running shoes clean so that dirt from your shoes does not wear the **Running Board (No. 10)** and **Running Belt (No. 13)**. Clean the surface of the **Running Belt (No. 13)** using a clean damp cloth. Keep liquids away from electrical parts and **Running Belt (No. 13)**.

ADJUSTING THE RUNNING BELT

Place the treadmill on level ground and set it at 3-5 MPH to check and see if the **Running Belt (No. 13)** drifts from the center. Adjust the **Running Belt (No. 13)** according to instructions below with **Allen Wrench (No. 76).**

1. If the **Running Belt (No. 13)** drifts to the right, turn right adjusting bolt ¼ turn *clockwise*, then turn the left adjusting bolt ¼ turn *counter-clockwise*. If the **Running Belt (No. 13)** does not move, repeat this step until it centers. Refer to image A.
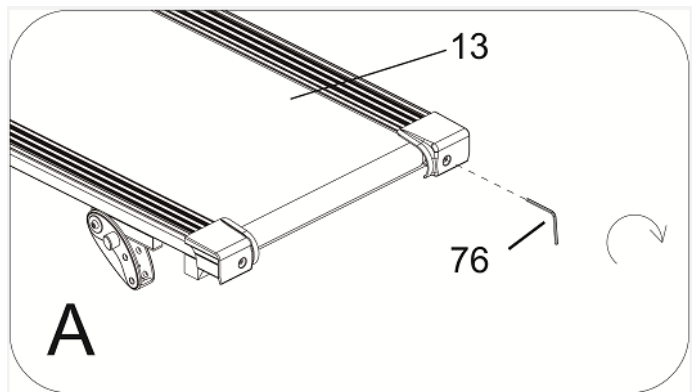
2. If the **Running Belt (No. 13)** drifts to the left, turn the left adjusting bolt ¼ turn *clockwise*, then turn the right adjusting bolt ¼ turn *counter-clockwise*. If the **Running Belt (No. 13)** does not move, repeat this step until it centers. Refer to image B.
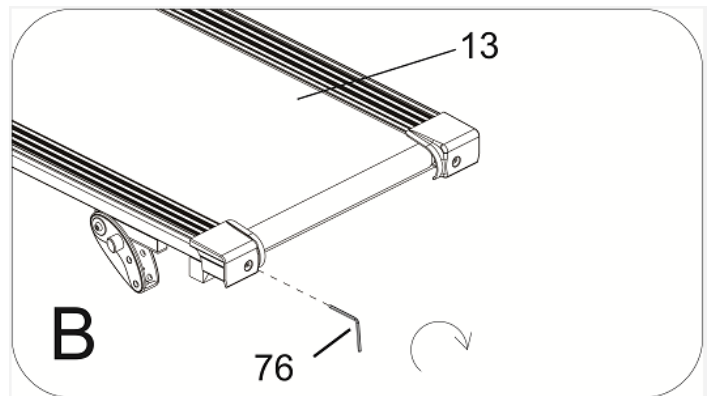
3. Over time, the **Running Belt (No. 13)** will loosen. To tighten the **Running Belt (No. 13)**, turn both the left & right adjusting bolts one full turn *clockwise*. Check the tension of the **Running Belt (No. 13)**. Continue this process until **Running Belt (No. 13)** is at the correct tension. Make sure to adjust both sides equally to ensure even alignment. Refer to image C.
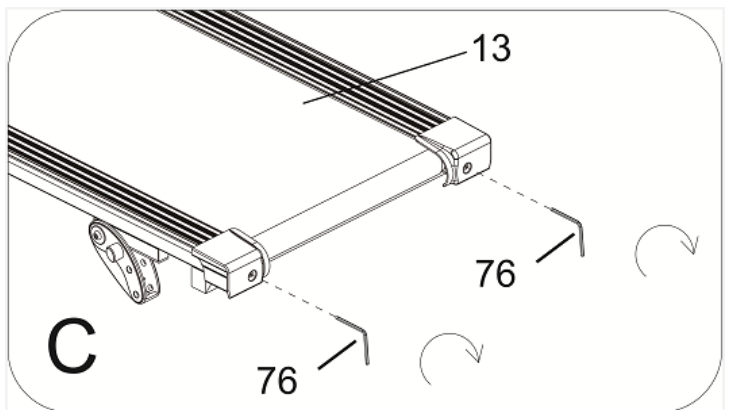
BALANCE ADJUSTMENT
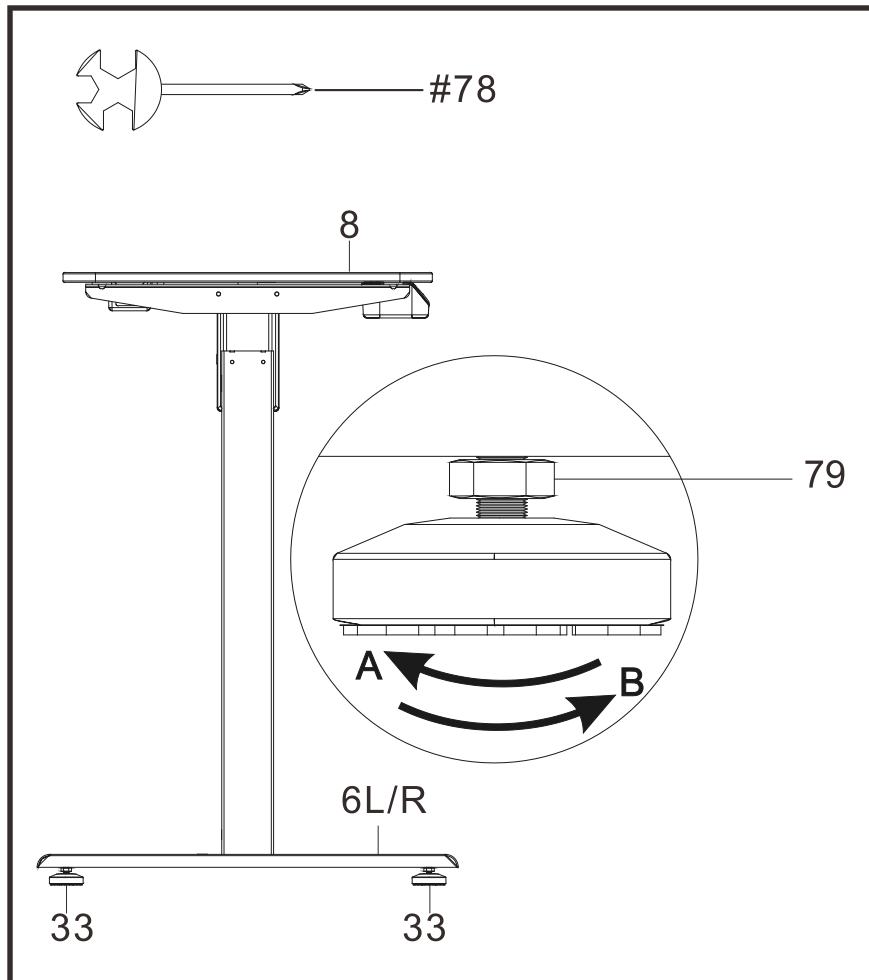
In order to achieve a smooth and comfortable use, you must ensure that the **Lifting Table Board (No. 8)** is balanced. If you notice that the **Lifting Table Board (No. 8)** is unbalanced, adjust the **Adjusting Foot Pads (No. 33)** located beneath the **Left & Right Lifting Table Feet (No. 6L/R)**. To do so, use **Spanner with Screwdriver (No. 78)** to loosen **Hex Nut (No. 79)** by turning it *clockwise* (direction A). With the nut loosened, rotate the **Adjusting Foot Pad (No. 33)** until it sits level with the surface that the **Lifting Table Board (No. 8)** is on. When you have finished adjusting the **Adjusting Foot Pad (No. 33)**, re-tighten the **Hex Nut (No. 79)** by turning it *counter-clockwise* (direction B) to complete the balance adjustment. If needed, repeat this process to adjust the remaining **Adjusting Foot Pads (No. 33)**.

INCLINE INSTRUCTIONS
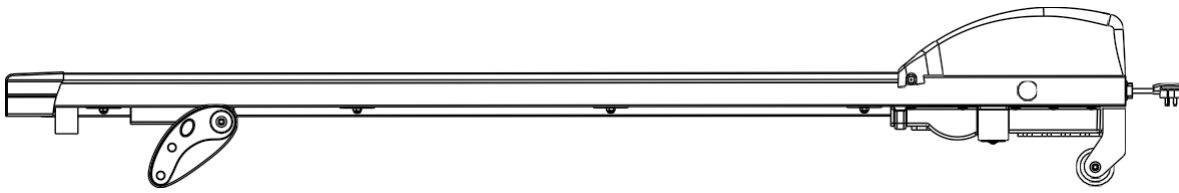
Fig. 1

Fig. 2
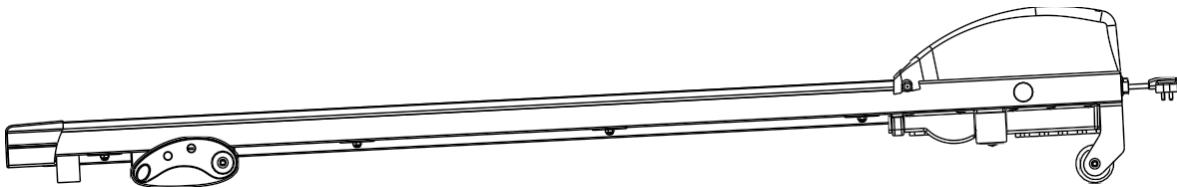
Fig. 3

There are 3 levels of manual incline on the treadmill. As demonstrated in the above illustrations, the treadmill's incline can be adjusted by changing the pin's position.

INCLINE LEVELS

(1) = 0.0%

(2) = 2.9%

(3) = 4.9%

HOW TO MOVE THE TREADMILL
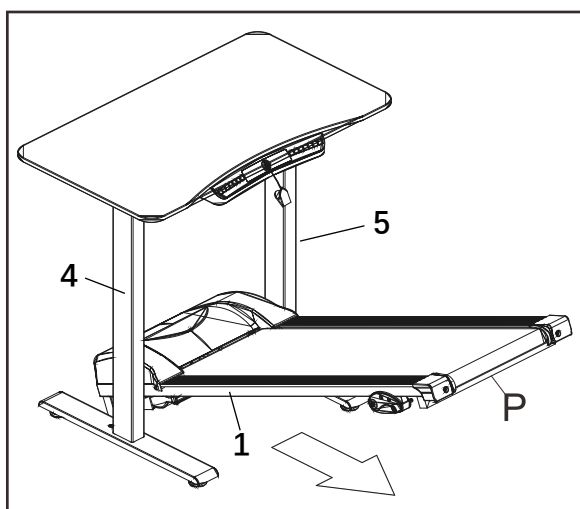
Place your hands at "P" position and raise the **Main Frame (No. 1)**. Once the **Main Frame (No. 1)** reaches a high enough point, pull it out from the **Left Support Tube (No. 4)** and **Right Support Tube (No. 5)** and the wheels are able to move on the ground.
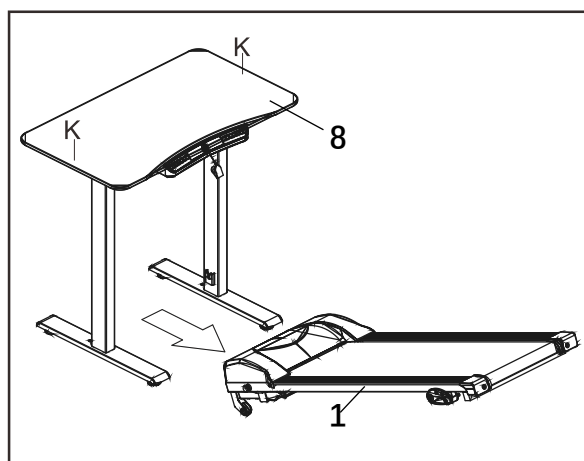
Place your hands at "K" position and raise **Lifting Table Board (No. 8)**, move it to the desired position.

Once positioned, follow the assembly instructions on STEP 6 to assemble the **Main Frame (No. 1)** and **Lifting Table Board (No. 8)**, then use it normally.

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.

Grounding methods
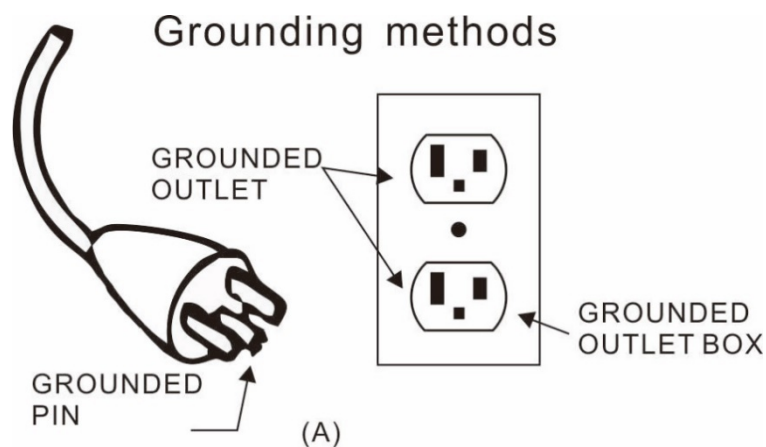
CAUTION:
Improper connection of the equipment can result in risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product has been properly grounded. Do not modify the plug provided with this product. If it will not fit the outlet, have a proper outlet 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
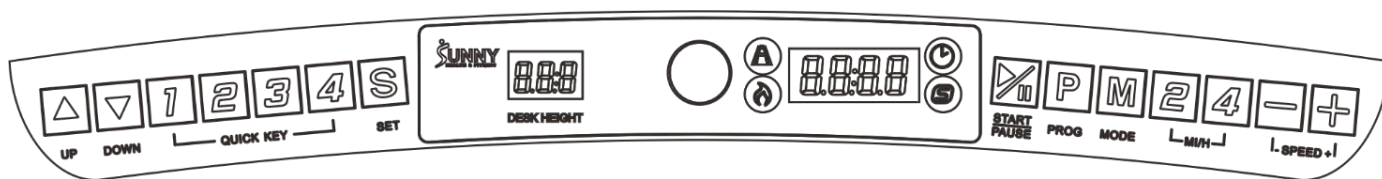
RIGHT WINDOW DISPLAY
The treadmill will start after a 3 seconds countdown.

1. **PROGRAM:** In addition to manual mode, there are 10 preset programs (P1-P10) and 3 user programs (U1-U3).
2. **SPEED:** The speed range is 0.6-6.2 MPH (1.0 – 10 KM/H). The initial default speed is 0.6 MPH (1.0 KM/H).
3. **TIME:** Displays the elapsed running time or countdown time (0:00~99:59 MIN). Once the time has elapsed past 99:59 MINS, you may press the + key to reset it back to 0:00.
4. **DISTANCE:** Displays the total distance traveled or distance countdown (0.00-99.9 MILES) /(0.00-99.9 KM).
5. **CALORIES:** Displays total calories burned or calories countdown (0.0-999.9 KCAL).

Convert from Imperial System to Metric System:
First, remove the **Safety Key (No. 50)** from the console then press "2" and "4" MPH buttons together for 5 seconds. The display will show "10.0" or "6.2". For Imperial System (MPH), return the **Safety Key (No. 50)** to the console when "6.2" is displayed. For Metric system(KM/H), return the **Safety Key (No. 50)** to console when "10.0" is displayed".

Note: If treadmill is converted to Metric System, speed and distance will be measured in Kilometers and Kimometers/Hour.

FUNCTION KEYS/MANUAL MODE:
1. **START/STOP:** Insert the **Safety Key (No. 50)** into the top console. Press the START/STOP button to start the treadmill. When the treadmill is running, press this button once to pause and twice to stop the treadmill.
2. **PROG (PROGRAM) BUTTON:** Press the PROG button to select a program when in standby mode.
3. **MODE:** Press the MODE button to choose which Countdown Mode to preset before starting the treadmill.
4. **SPEED +/- BUTTON:** During use, use the +/- buttons to increase or decrease your speed.
5. **2 MPH, 4 MPH (QUICK SPEED BUTTONS):** Use these quick speed buttons to instantly bring the running belt to the desired speed of 2 MPH, 4 MPH. If the treadmill is converted to Metric System, the quick speed buttons will display and run 2 KM/H, 4 KM/H.
6. **SAFETY KEY:** The **Safety Key (No. 50)** acts as an emergency stop function. In case of emergency, simply remove the **Safety Key (No. 50)** from the console. The console will beep twice and bring the running belt to a complete stop.

COUNTDOWN MODE

1. Press the MODE button to select TIME, DISTANCE or CALORIES Countdown.
2. Set the desired TIME, DISTANCE, or CALORIES setting to countdown from.
3. Press START to begin this exercise.

TIME: Countdown is set at the initial time setting of 30:00 MINS. You may increase or decrease the set time by pressing the SPEED +/- buttons. The TIME setting range is from 5:00-99:00 MINS.

DISTANCE: Countdown is set at the initial distance setting of 1.00 MILE.(1.00 Kilometers) You may increase or decrease the set distance by pressing the SPEED +/- buttons. The DISTANCE setting range is from 0.00-99.9 MILES (0.00-99.9 Kilometers).

CALORIES: Countdown is set at the initial calories setting of 50 KCAL. You may increase or decrease the set calories by pressing the SPEED +/- buttons. The CALORIES setting range is from 10.0-999.0 KCAL.

NOTE: Once the Countdown Mode program is complete, the treadmill will stop, then return to Manual Mode.

PROGRAM in Imperial System (Miles/Hour)

Each program is divided into 10 exercise segments in an equal time division. Please use below chart for Imperial or Metric system.

MODE	TIME	SET TIME /10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.8	1.8	3.7	3.1	3.1	2.5	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	1.2	2.5	3.7	5	4.3	5	3.7	1.2	1.8	1.2
P4	SPEED	1.8	1.8	3.1	3.7	4.3	3.7	3.1	2.5	1.8	1.8
P5	SPEED	1.8	3.7	3.7	3.7	5	4.3	4.3	3.1	3.1	2.5
P6	SPEED	1.2	3.7	3.1	2.5	5	4.3	3.1	1.8	1.8	1.2
P7	SPEED	1.2	5.6	5.6	4.3	4.3	3.7	3.1	1.8	1.2	1.2
P8	SPEED	1.2	2.5	2.5	2.5	3.1	3.7	5	5	3.7	1.2
P9	SPEED	1.2	2.5	3.1	3.1	3.7	3.1	3.7	1.8	1.8	1.2
P10	SPEED	1.2	3.1	4.3	3.1	5	3.7	3.1	1.2	2.5	1.8

PROGRAM in Metric System (Kilometers/Hour)

MODE / TIME		SET TIME/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
P2	SPEED	3	3	4	4	5	5	5	6	6	4
P3	SPEED	2	4	6	8	7	8	6	2	3	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
P5	SPEED	3	6	6	6	8	7	7	5	5	4
P6	SPEED	2	6	5	4	8	7	5	3	3	2
P7	SPEED	2	9	9	7	7	6	5	3	2	2
P8	SPEED	2	4	4	4	5	6	8	8	6	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
P10	SPEED	2	5	7	5	8	6	5	2	4	3

USER PROGRAMS (U1-U3):

Each program is made up of 10 segments. User Programs allow you to personalize each segment of your exercise program by programming each individual segment's time duration, desired speed.

To begin, press the PROG button to select U1, U2, or U3 then press MODE button to enter the setting mode and set the TIME of the 1st segment. Next, set the desired SPEED of the 1st segment by pressing the SPEED +/- buttons. Press MODE button and your 1st segment is set.

The next workout segment will flash. Repeat the instructions above until you've completed programming all 10 segments.

Dormancy:

Turn off the treadmill display while the treadmill is in standby mode (No operation for 10 minutes).

LEFT WINDOW DISPLAY

HEIGHT: Displays the height of lifting table (37.1-53.3 Inch or 94-135 cm).
HOT: Indicates Motor Overheating Protection Mode. Stop using the treadmill for a period of time and the treadmill will exit this mode automatically.

FUNCTION KEYS:

1. **UP BUTTON:** Press and hold the up button, which will raise the lifting table until it reaches the highest position. Release to stop the raising level of the lifting table.

2. **DOWN BUTTON:** Press and hold the down button, which will lower the lifting table until it reaches the lowest position. Release to stop the lowering level of the lifting table.

3. **1, 2, 3, 4 (QUICK HEIGHT BUTTONS)**: The lifting table will move to the saved position under the quick height button selected.

4. **HEIGHT MEMORY:** Press and hold S button and number button at the same time until the buzzer rings. The current position will be saved under the number button. Press the saved number button. The lifting table will move up or down to the saved position. When moving to the save position, press any button except the "S" button and the lifting table will stop moving to the desired position.

5. **S BUTTON:** Press and hold the S button to enter self-check mode. The digital tube displays "000" and flashes simultaneously. The table will automatically learn the highest and lowest positions, and display the normal position after self-check. Press and hold the S Button and the number button simultaneously to save the current position.

6. **RESISTING REBOUND:** When the lifting table moves up or down, it will encounter a large amount of resistance. The buzzer will then ring. The lifting table will run a certain distance in the opposite direction before stopping.

7. **INCH-CENTIMETER SWITCH:** Press and hold the up, down and number "3" buttons at the same time. The display will be switched to inch-centimeter display after the buzzer rings.

8. **LOW POWER DORMANCY:** When the lifting table is not used for more than 5 minutes, it will enter sleep mode. When it is in sleep mode, press any button to wake up.

EXERCISE INSTRUCTIONS

GETTING STARTED:

Before starting any exercise programs, 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, extreme shortness of breath, lightheadedness, dizziness, or feelings of nausea.

Turn on the power switch located next to the power cord. Get to know your treadmill. Before attempting to use the treadmill, take some time to stand alongside it and 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 placing your hands on the lifting table.

Next, attach the clip end of the **Safety Key (No. 50)** to your clothing and insert the magnetic end of the key into the top console. Press the START button to start the treadmill. The treadmill will start at the default speed of 0.6 MPH (1.0 KM/H). Once you feel comfortable, you may slowly increase the speed. When you are finished with your exercise, press the STOP button or remove the magnetic end of **Safety Key (No. 50)** to stop the treadmill.

SAFETY LOCK:

Remove the **Safety Key (No. 50)** from the top console to stop the treadmill immediately. Once the treadmill reaches a full stop, the window display on the top console will show "---"and the treadmill will beep. To start the treadmill again, insert the magnetic end of **Safety Key (No. 50)** into the top console and press START.

POWER SAVE FUNCTION:

Once the treadmill has been inactive for 10 minutes, it will adjust to *Power Saving Mode*. When the treadmill is in *Power Saving Mode*, the window display on the top console will shut off. To reactivate, press any key.

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 placing your hands on the lifting table until you become comfortable and familiar with the treadmill.
2. Insert the magnetic end of the safety key into the top console and attach the opposite end with the safety clip to your clothing before beginning your workout. To end your workout, press the STOP button or remove the **Safety Key (No. 50)**. The treadmill will stop immediately.

TROUBLESHOOTING FOR RIGHT WINDOW

Code	Description	How to Troubleshoot
E01	Communication abnormality	Check the control board and PCB IC to see if there's any damage. Replace if necessary.
E02	Burst clash protection	Make sure the motor wires are connected. Check the control board for any damage or burning odors. Replace if necessary.
E05	Current overload protection	Try to restart the treadmill. Check if there's any burning smell around the motor and control board. Make sure the power and voltage comply with the standard as per manual. Inspect all moving parts to ensure they are operating correctly. Listen for unfamiliar noises from the motor.
E06	Motor fault or control board fault.	Check if the motor cable is well connected. Reconnect the wire and restart. Check the motor or the control board for any damage. Replace if necessary.

TROUBLESHOOTING FOR LEFT WINDOW

Code	Description	How to Troubleshoot
E01	Excessive current continuous	The lifting table is overloaded, or the motor is jammed.
E02	Excessive current instantaneous	The operation process is resisted or the motor stuck.

Version：1.2

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