



# TREADMILL WITH AUTO INCLINE

## SF-T7873

### 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](mailto:support@sunnyhealthfitness.com) or 1 - 877 - 90SUNNY (877-907-8669).



WWW.SUNNYHEALTHFITNESS.COM

# **IMPORTANT SAFETY INSTRUCTIONS**

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.

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 and the injury from moving parts:

1) Always unplug this appliance from the electrical outlet immediately after using and before cleaning or serving.

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

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 285 pounds (130 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, 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!
14. 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.
15. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or

instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.

16. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
17. 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.
18. Do not carry this appliance by supply cord or use cord as a handle.
19. Keep the cord away from heated surfaces.
20. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
21. Never drop or insert any object into any opening.
22. Do not use outdoors.
23. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
24. To disconnect, turn all controls to the off position, then remove plug from outlet.
25. CAUTION: Risk of Injury to Persons – To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.
26. Connect this appliance to a properly grounded outlet only. See Grounding Instructions.
27. REMOVE CONTROL BOX (OR KEY, OR SAFETY PIN, AS APPLICABLE) WHEN NOT IN USE, AND STORE OUT OF REACH OF CHILDREN.

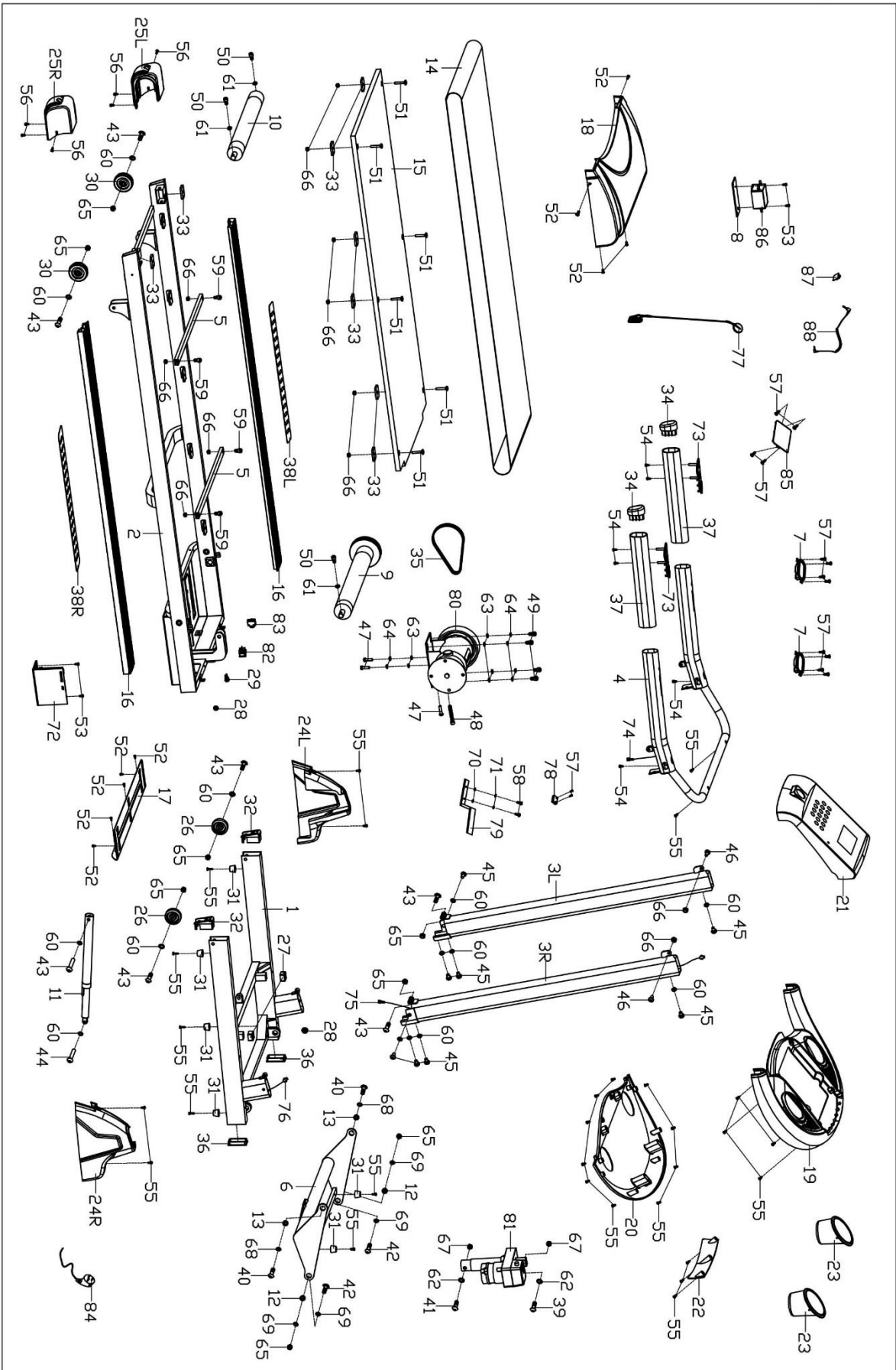
#### SAVE THESE INSTRUCTIONS



#### **IMPORTANT NOTE:**

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

# EXPLODED DIAGRAM




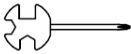


# EXPLODED DIAGRAM

No.	Description	Specification	Qty.
1	Base Frame		1
2	Main Frame		1
3L/R	Upright Tube		1 pr.
4	Console Frame		1
5	Reinforcement Tube		2
6	Incline Frame		1
7	Loudspeaker		2
8	Filter Connecting Board		1
9	Front Roller		1
10	Rear Roller		1
11	Cylinder		1
12	Long Sleeve		2
13	Short Sleeve		2
14	Running Belt		1
15	Running Board		1
16	Side Rail		2
17	Baffle		1
18	Motor Cover		1
19	Console Upper Cover		1
20	Console Bottom Cover		1
21	Console Panel		1
22	Panel Rear Cover		1
23	Bottle Holder		2
24L/R	Base Cover		1 pr.
25L/R	Rear End Cap		1 pr.
26	Transport Wheel		2
27	Square Plug		2
28	Wire Plug		2
29	Power Buckle		1
30	Adjusting Wheel		2
31	Foot Pad		6
32	Transport Wheel Plug		2
33	Rubber Pad		8
34	Oval Plug		2
35	Motor Belt		1
36	Square Plug		2
37	Foam Grip		2
38L/R	Anti- Slip Mat		1 pr.
39	Bolt	M10X40	1
40	Bolt	M10X20	2
41	Bolt	M10X55	1
42	Bolt	M8X20	2
43	Bolt	M8X40	7
44	Bolt	M8X25	1
45	Bolt	M8*15	8

No.	Description	Specification	Qty.
46	Bolt	M6X18	2
47	Bolt	M8X35	3
48	Bolt	M8X60	1
49	Bolt	M8X18	4
50	Bolt	M6X55	3
51	Bolt	M6X30	6
52	Screw	M5X8	9
53	Screw	M4X8	4
54	Screw	ST4X32	6
55	Screw	ST4X16	29
56	Screw	ST4X12	6
57	Screw	ST2.9X9.5	14
58	Screw	ST2.9X6	2
59	Bolt	M6X12	4
60	Washer	Φ8X1.2	14
61	Washer	Φ6X1.2	3
62	Washer	Φ10X1.2	2
63	Flat Washer	Φ8X1.5	6
64	Washer	Φ8	6
65	Nylon Nut	M8	8
66	Nylon Nut	M6	12
67	Nylon Nut	M10	2
68	Flat Washer	Φ20XΦ10X2.0	2
69	Flat Washer	Φ26XΦ8.2X2.0	4
70	Flat Washer	D4	2
71	Spring Washer	D4	2
72	Controller Board		1
73	Shortcut Key		2
74	Console Linking Wire		1
75	Extension Wire		1
76	Controller Wire		1
77	Safety Key		1
78	Light Sensor		1
79	Light Sensor Bracket		1
80	DC Motor		1
81	Incline Motor		1
82	Switch		1
83	Overload Protector		1
84	Power Wire		1
85	Amplifier Board		1
86	Filter		1
87	Audio Jack		1
88	MP3 Wire		1
89	Allen Wrench	S=5	1
90	Spanner	S=13,14,15	1

# HARDWARE PACKAGE

	_____ # 45 M8*15 8PCS		_____ # 60 Φ8X1.2 8PCS
	_____ # 89 S=5 1PC		_____ # 90 S=13,14,15 1PC

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

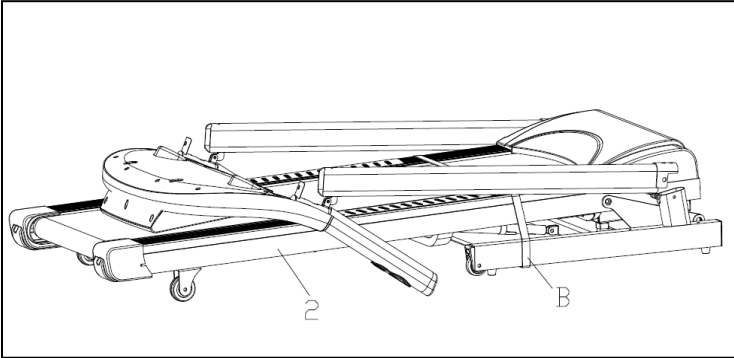
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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](mailto:support@sunnyhealthfitness.com) or 1 - 877 - 90SUNNY (877-907-8669).

# ASSEMBLY INSTRUCTIONS

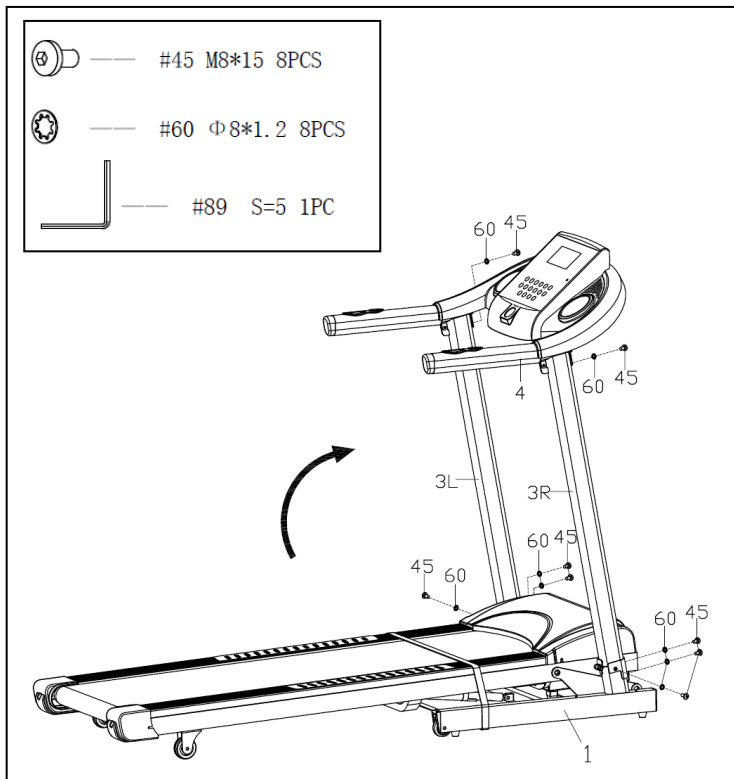
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).



## STEP 1:

We recommend having two people to do the assembly.

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



## STEP 2:

Hold the **Console Frame (No. 4)**. Then lift up the **Console Frame (No. 4)** and **Left & Right Upright Tubes (No. 3L/R)** together, in the direction of the arrow.

**Note:** Make sure you do not cut or pinch the wire inside the **Right Upright Tube (No. 3R)**.

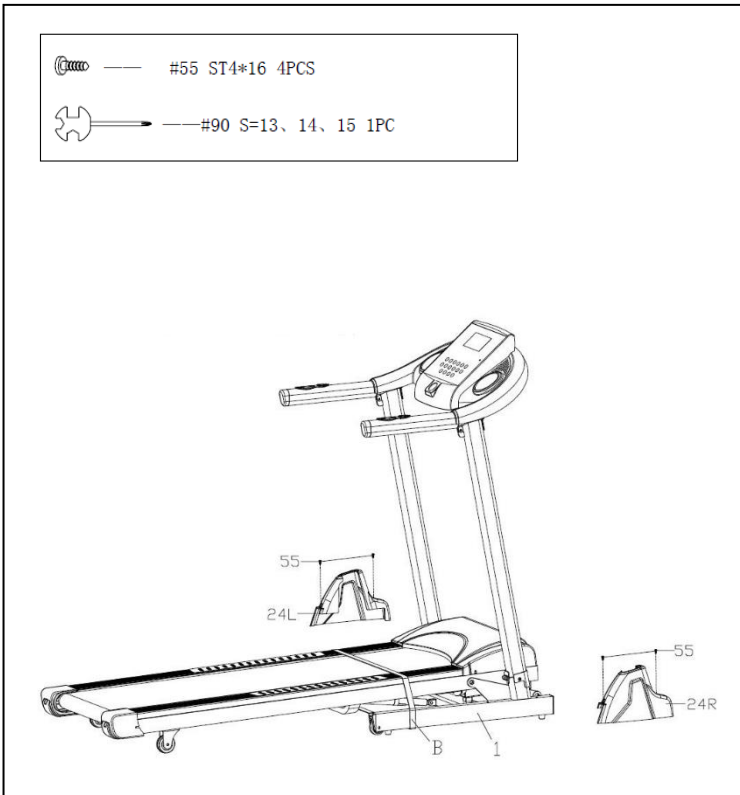
Secure **Left & Right Upright Tubes (No. 3L/R)** to the **Base Frame (No. 1)** with 6 **Bolts (No. 45)** and 6 **Washers (No. 60)** using **Allen Wrench (No. 89)**.

**Note:** Do not fully tighten at this time.

Lock the **Console Frame (No. 4)** to the **Left & Right Upright Tubes (No. 3L/R)** with 2 **Bolts (No. 45)** and 2 **Washers (No. 60)** using **Allen Wrench (No. 89)**.

Now fully tighten the 6 **Bolts (No. 45)** and 6 **Washers (No. 60)** in **Left & Right Upright Tubes (No. 3L/R)** and **Base Frame (No. 1)** using **Allen Wrench (No. 89)**.

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

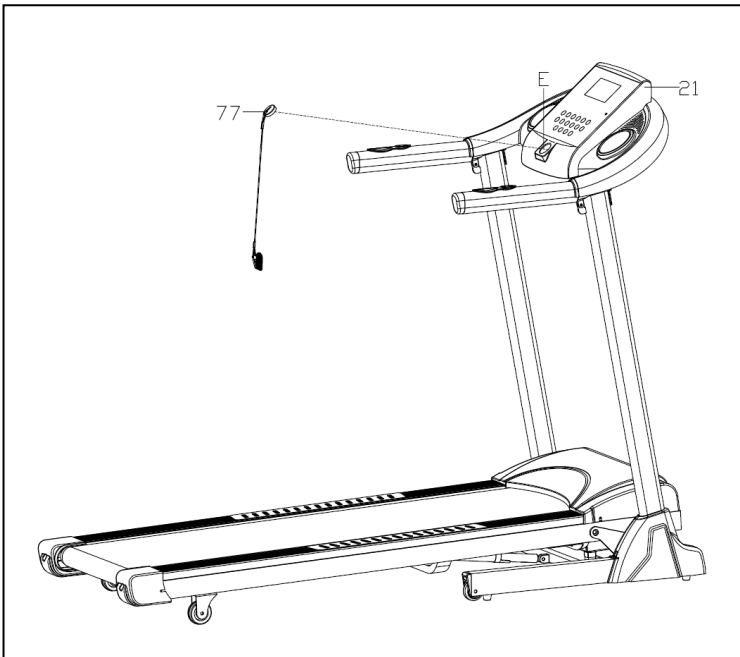


### STEP 3:

Remove **4 Screws (No. 55)** from the **Base Frame (No. 1)** by **Spanner (No. 90)**.

Attach the **Base Cover (No. 24L/R)** to the **Base Frame (No. 1)** with **4 Screws (No. 55)** that were just removed using **Spanner (No. 90)**.

Now you can cut the **Packing Belt (No. B)**.



### STEP 4:

Put the **Safety Key (No. 77)** on the **E slot** of **Console Panel (No. 21)**.

The assembly is complete!

**! IMPORTANT NOTE!**  
You will need to lubricate your treadmill before the first use. See *Page 8*.



# LUBRICATING THE TREADMILL

## **\*IMPORTANT NOTE:**

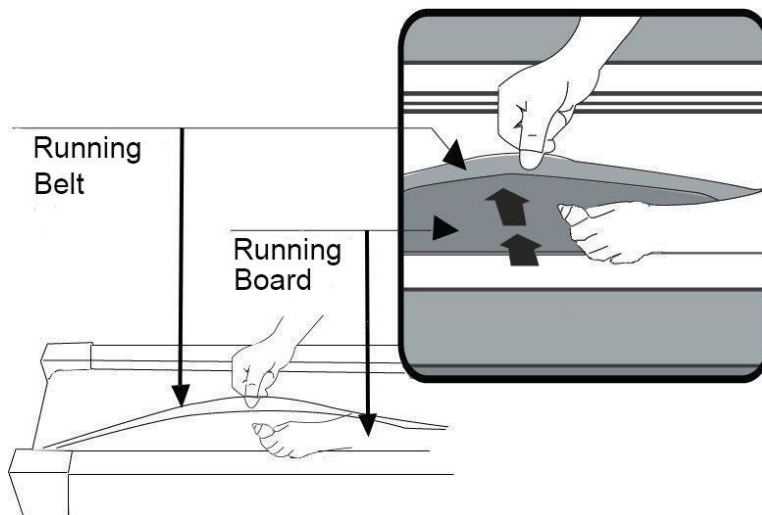
You will need to lubricate your treadmill before the first use.

Lubricating the **Running Board (No.15)** and **Running Belt (No. 14)** is essential as the friction between the two affects the life span and function of the treadmill. Inspect the **Running Board (No. 15)** and **Running Belt (No. 14)** regularly. Should you find any wear on the **Running Board (No. 15)**, please contact us at: [support@sunnyhealthfitness.com](mailto: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 **Running Belt (No. 14)** up on one side and apply lubricant to the **Running Board (No. 15)**. Use a rag to thoroughly wipe the lubricant over the **Running Board (No. 15)**. 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. **DO NOT LOOSEN OR MAKE ANY ADJUSTMENT TO THE RUNNING BELT WHILE APPLYING LUBRICANT.** A loose **Running Belt (No. 14)** will result in the runner sliding off during use, while too tight of a **Running Belt (No. 14)** will negatively affect the motor's performance and also create more friction between the roller and **Running Belt (No. 14)**. The most suitable tightness for the **Running Belt (No. 14)** is when it is pulled out **50-75mm** from the **Running Board (No. 15)**.



## **The following time table is recommended:**

Light user (less than 3 hours/ week)	<i>every five months</i>
Medium user (4-7 hours/ week)	<i>every two months</i>
Heavy user (more than 7 hours/ week)	<i>every one months</i>

# MAINTENANCE & CARE

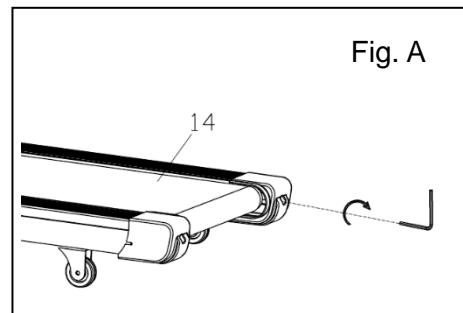
General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the **Running Belt (No. 14)** to prevent dust from accumulating underneath the **Running Belt (No. 14)**. Keep your running shoes clean so that dirt from your shoes does not wear out the **Running Board (No. 15)** and **Running Belt (No. 14)**. Clean the surface of the **Running Belt (No. 14)** with a clean damp cloth.

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.

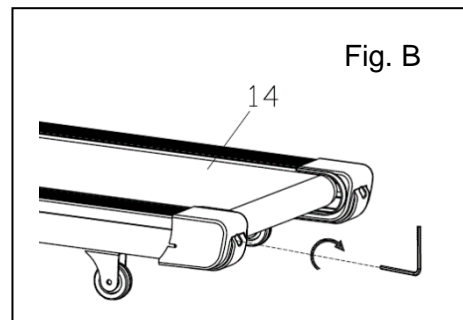
## **CENTERING THE RUNNING BELT:**

Place the treadmill on level ground and set it at 3-5mph to check if the **Running Belt (No. 14)** drifts.

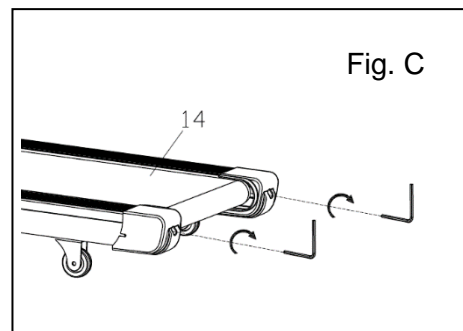
1. If the **Running Belt (No. 14)** moves to the right, turn the adjusting bolt on the right side  $\frac{1}{4}$  turn **clockwise**, then turn the left adjustment bolt  $\frac{1}{4}$  turn **counter-clockwise**. If the **Running Belt (No. 14)** does not move, keep adjusting  $\frac{1}{4}$  turn at a time until it centers. Refer to Fig. A.



2. If the **Running Belt (No. 14)** moves to the left, turn the adjusting bolts on the left side  $\frac{1}{4}$  of a turn **clockwise**, then turn the right adjustment bolt  $\frac{1}{4}$  turn **counter-clockwise**. If the **Running Belt (No. 14)** does not move, keep adjusting  $\frac{1}{4}$  turn at a time until it centers. Refer to Fig. B.

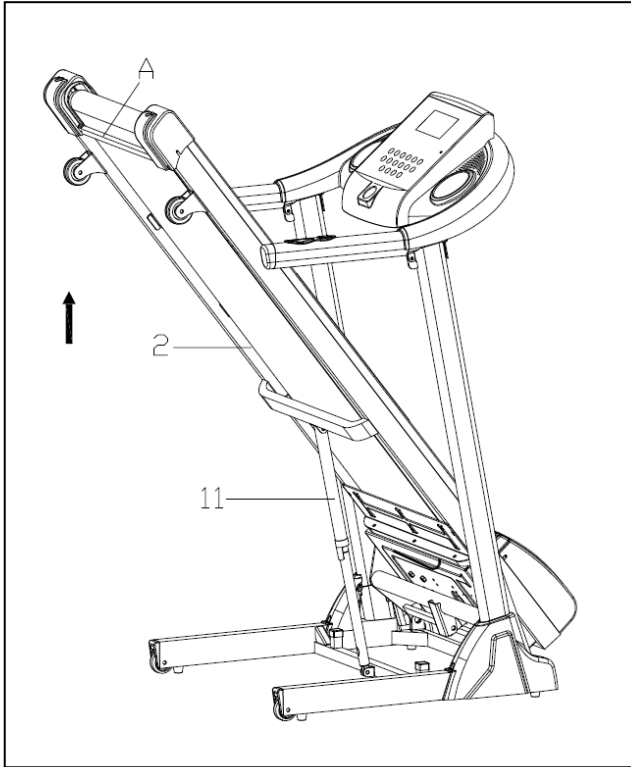


3. Over time the **Running Belt (No. 14)** will loosen. To tighten the belt turn the **Left & Right** side adjustment bolts one full turn **clockwise**, check the tension of the **Running Belt (No. 14)**. Continue this process until **Running Belt (No. 14)** is at the correct tension. Make sure to adjust both sides equally to ensure correct **Running Belt (No. 14)** alignment. Refer to Fig. C.



# FOLDING INSTRUCTIONS

## FOLDING

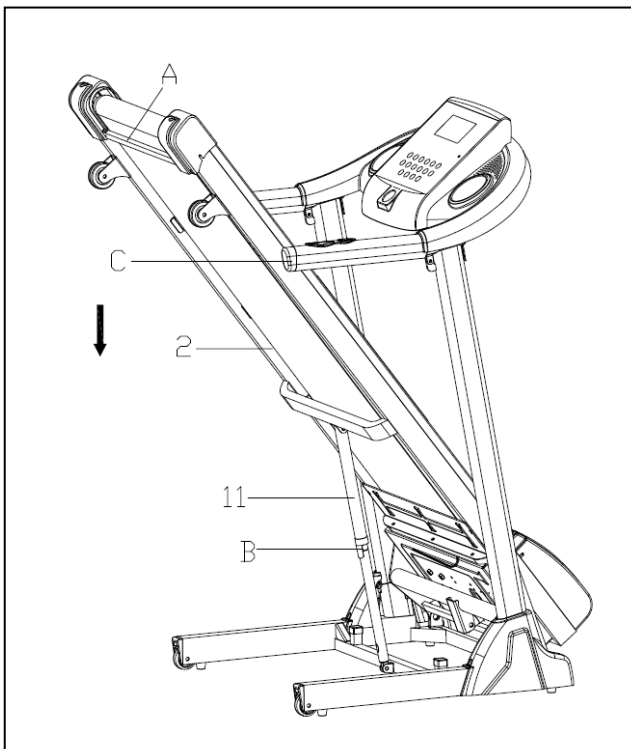


Turn off the power before folding.

Restore the incline to flat position (Incline Level 0). Place your hand at position "A" and lift up on the **Main Frame (No. 2)** to push top of the running board forward until the **Cylinder (No. 11)** locks into the tube.

**Note:** When the **Cylinder (No. 11)** successfully locks into the tube you will hear a clicking sound.

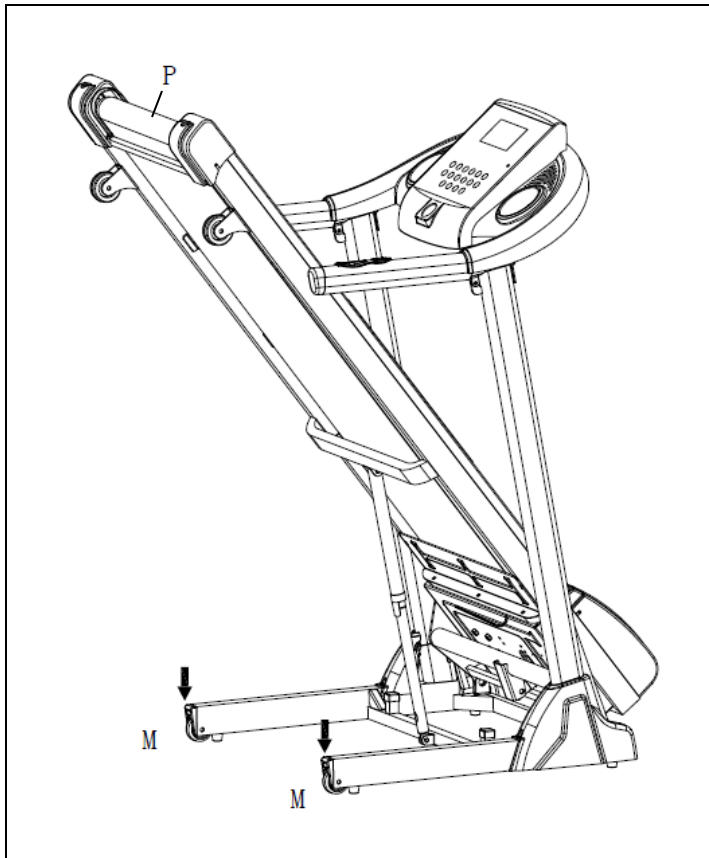
## UNFOLDING:



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

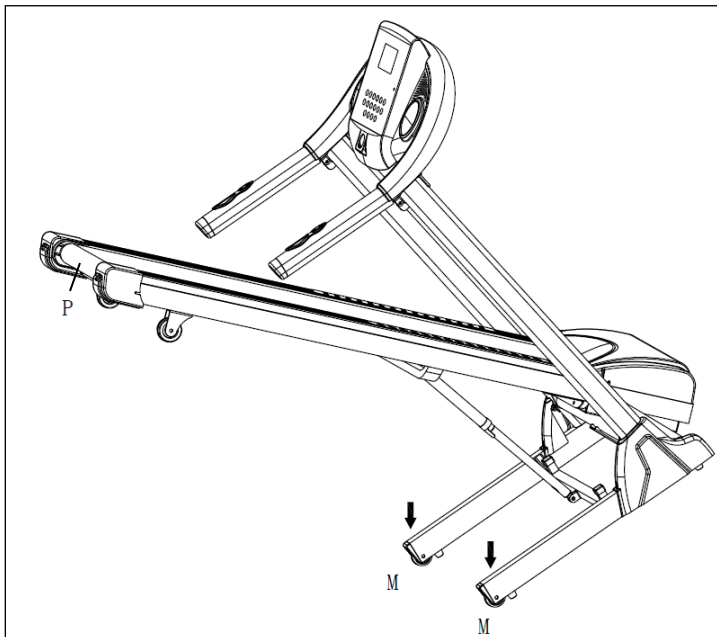
Grasp the **Main Frame (No. 2)** at position "A" with one hand. Next, using your foot, firmly push against the **Cylinder (No. 11)** and press down on the **Main Frame (No. 2)**. Once the **Main Frame (No. 2)** starts to lower, it will automatically continue to steadily lower itself until it reaches level ground.

# HOW TO MOVE THE MACHINE



Before attempting to move the treadmill, make sure that it has been properly folded. 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 "M" to hold the bottom end of the treadmill steady. With your foot at "M", slowly tilt the top of the treadmill downward towards the ground. Once the treadmill reaches a low enough point, the wheels of the treadmill touch the ground.



To transport, hold the treadmill at position "P" and tilt until the wheels "M" are able to move on the ground.

# GROUNDING INSTRUCTIONS

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

## **GROUNDING METHODS:**

This product must be grounded. Grounding provides the least resistance for electrical current and will reduce the risk of electric shock. This product is equipped with a cord having 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. Ensure that the product is connected to an outlet which contains the same configuration as the plug. Do not use an adaptor for this product.

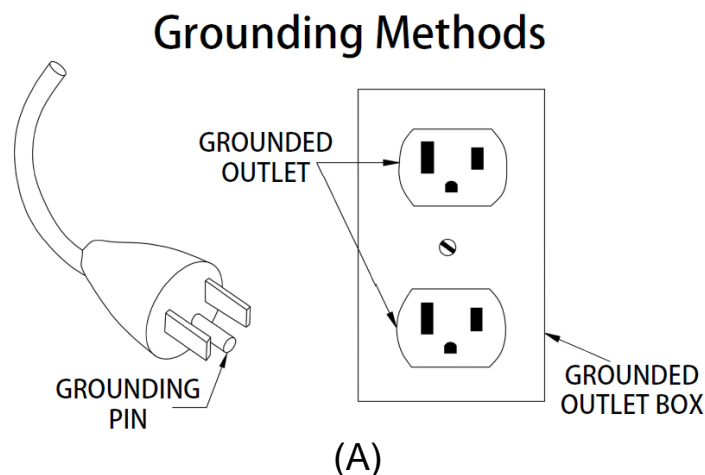
This product is for use on a nominal 100-120V circuit and has a grounding plug that looks like the plug illustrated in sketch A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

## **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.



# 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.

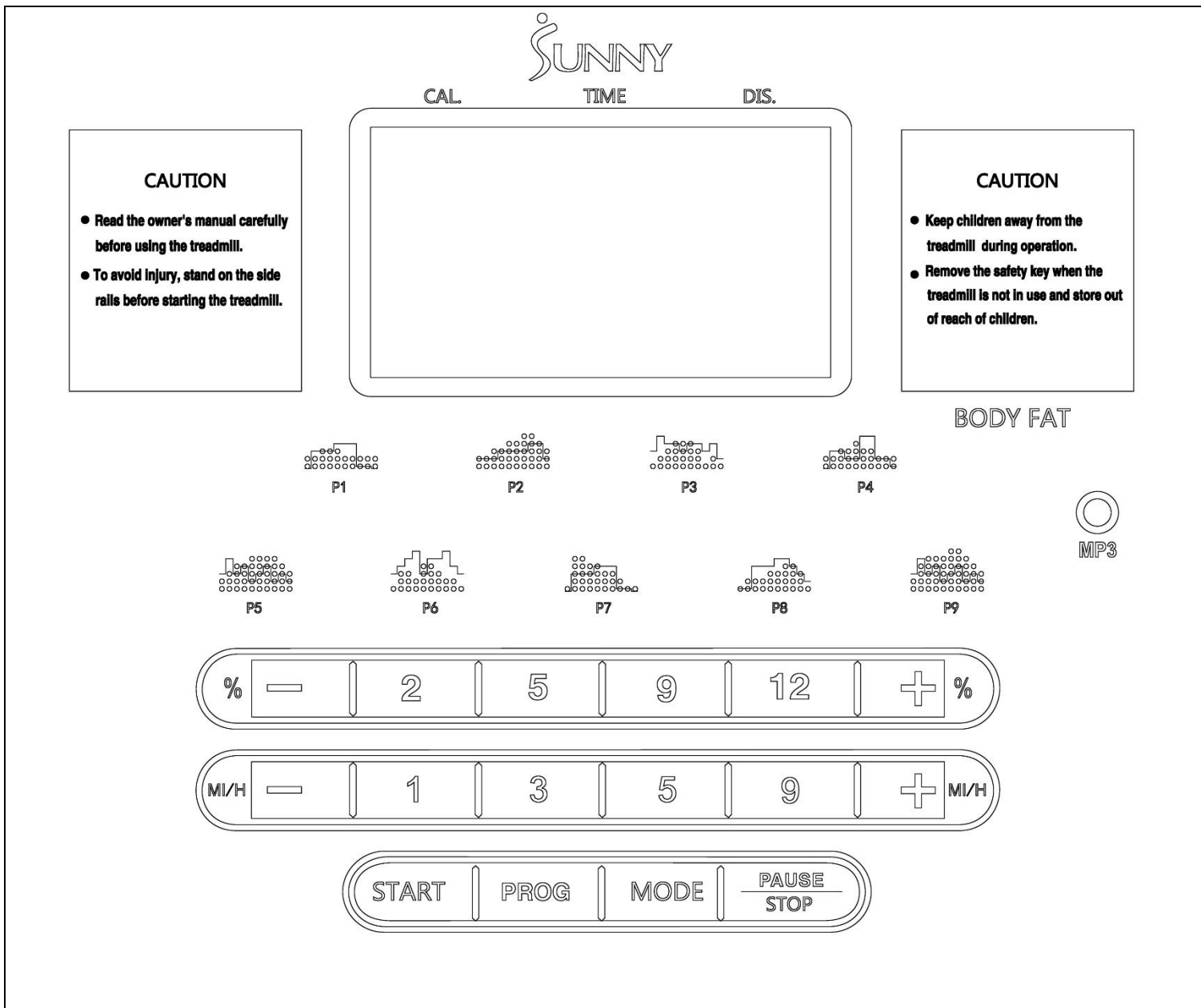
Be aware of your body's signals. Incorrect or excessive exercise can damage your health.

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.

1. Turn on the power switch.
2. Once you get on, you can stand with your feet on the side rails and stabilize yourself by holding onto the handrails.
3. Next, attach the clip end of the **Safety Key (No. 77)** to your clothes and insert the magnetic end of the key into the computer console.
4. Press the key START to start the machine.
5. The machine will start at the system default setting speed of **0.6 MPH**. when you feel comfortable, you may slowly increase this speed.
6. When you are finished with your exercise, press the key STOP to stop the machine or you can remove the magnetic end of the **Safety Key (No. 77)** to stop the machine.

# THE DISPLAY CONSOLE



## DISPLAYS

### 1. Start:

Normal startup after 3 seconds countdown.

### 2. Number of programs:

Manual mode, 9 preset programs, HRC, FAT.

### 3. Safe lock function:

Remove the safety key in any mode, and the treadmill will slow down rapidly till it stops. The console will beep continuously and “---” will be displayed on the window. Buttons will not function when the safety key is removed. Insert the safety key onto the console. The display will light up for 2 seconds and then go into standby state, ready for you to input commands.

## KEY FUNCTION

### 1. **START:**

Press to start up the treadmill in the stop state. The default speed displayed is 0.6 MPH.

### 2. **PAUSE / STOP:**

When the treadmill is running, press PAUSE / STOP once to pause the motor, and PAUSE will show on the display. Time, distance and calorie data will be automatically saved. The speed will go to zero, but the incline level stays the same. Press PAUSE / STOP again to stop the motor, and all data will be cleared.

If you press START within 5 minutes, the data of time, distance and calorie will be accumulated, and the starting speed is the same speed as before you pressed PAUSE.

PAUSE function lasts for about 5 minutes. If you do not press START again, the data will automatically clear.

### 3. **PROG:**

In standby mode, press to select manual mode, P1-P9, HRC, and FAT programs. Manual mode is the default mode.

### 4. **MODE:**

In standby mode, press to select H-1 to H-3 different countdown modes. H-1 is time countdown mode, H-2 is distance countdown mode, and H-3 is calorie countdown mode. All mode parameters can be adjusted by pressing SPEED+ / SPEED -, and then press START to start the treadmill.

### 5. **SPEED+ / SPEED -:**

In setting state, press to increase or decrease the set value. When the motor is running, press to increase or decrease the speed. Value increases or decreases in increment of 0.1 KM/time or 0.1MI/time. After holding for more than 2 seconds, automatic continuous acceleration and deceleration will be realized. The default speed is 0.6 MPH / 1.0 KMH. Max operating speed is 11 MPH / 18 KMH.

### 6. **SPEED SHORTCUT KEYS (on the handrail):**

Press to select 1MPH, 3MPH, 5MPH and 9MPH when the treadmill is running.

### 7. **INCLINE + / INCLINE -:**

When the motor is running, press to increase or decrease the incline. Value increases or decreases in increment of 1 grade. When setting program parameters, press to increase or decrease the set value. If you press and hold for 2 seconds, value will increase or decrease quickly.

### 8. **INCLINE SHORTCUT KEYS (on the handrail):**

Press to select grade 2%, 5%, 9% and 12% when the treadmill is running.

## DISPLAY FUNCTION

**Speed display:** Display the current running speed.

**Incline display:** Display the current incline.

**Time display:** Display the running time in manual mode and display the countdown time in the time countdown mode or in program mode.

**Distance display:** Display the accumulated distance in manual mode, program mode, or the countdown distance in distance countdown mode.

**Calorie display:** Display the accumulated calorie in manual mode, in program mode, or display the countdown calorie in countdown calorie mode.

**Heart rate display:** Detect heart rate signals and display the pulse value.

### **Data display range of various parameters:**

TIME: 0:00 – 99.59 (MIN)

DISTANCE: 0.00 – 99.9 (MILE)

CALORIES: 0.0 – 999 (KCAL)



SPEED: 0.6 – 11.0 (MPH)

PULSE: 50 – 200 (BPM)

INCLINE: 0 – 15%

### **HEART RATE MEASUREMENT FUNCTION**

While the treadmill is on, hold the pulse sensor for 5 seconds and the heart rate value will be displayed. The initial value is the actually measured heart rate, and the display range is 50-200 BPM. In the heartbeat measurement process, there will be a heart shaped icon flashing. Heart rate displayed is for reference only and cannot be used as medical data.

### **KILOMETERS OR MILES**

When the safety key is removed, press PROGRAM and MODE for 3 seconds to change from miles to kilometers.

### **MP3 FUNCTION**

You can plug in an audio device to the treadmill. Sound volume is controlled on the device, not on the treadmill.

### **SET UP COUNTDOWN MODE**

1. Turn on the treadmill. The treadmill is in standby mode. Press MODE to select time countdown mode, calorie countdown mode or distance countdown mode. Press START to start the treadmill.
2. To set countdown mode:
  - a. In manual mode, press MODE to enter time countdown mode. The time window will display the time and flash. The initial time is 30:00. Set countdown time by pressing SPEED + / SPEED - or INCLINE + / INCLINE -. Time setting range: 5:00-99:00. Value is in increment of 1:00. Press START to start the treadmill. If you do not press START and you press MODE again, the time value you set will be cleared and treadmill will go into distance countdown mode.
  - b. Press MODE to enter distance countdown mode. The initial distance is 1.00 KM/MI. Set the distance by pressing SPEED + / SPEED - or INCLINE + / INCLINE -. Distance setting range: 1.0—99.0 KM/MI. Value is in increment of 1 KM/MI. Press START to start the treadmill. If you do not press START and you press MODE again, the distance value you set will be cleared and treadmill will go into calorie countdown mode.
  - c. Press MODE to enter calorie countdown. The initial calorie will be displayed as 50.0 kcal. Set the calorie by pressing SPEED + / SPEED - or INCLINE + / INCLINE -. Calorie setting range: 20.0—990 kcal. Value increases in increment of 10 kcal. Press START to start the treadmill. If you do not press START and you press MODE again, the calorie value you set will be cleared and treadmill will go into standby mode.

### **MANUAL MODE:**

1. Press START, and the motor will start operating after 3 seconds of countdown. The initial speed is 1.0 KMH / 0.6 MPH;
2. Press SPEED + / SPEED - to adjust speed; or press speed shortcuts to change to the speed marked on the key;
3. Press INCLINE +/ INCLINE - to adjust the incline; or press incline shortcuts to change to the incline marked on the key;
4. When the motor is running, press STOP / PAUSE to stop the treadmill;
5. To stop the treadmill immediately, remove the safety key; then, LCD window will display “---” and the console will beep continuously.
6. When the set time, calorie or distance value reaches zero, the speed will gradually reduce till the treadmill stops. The console will beep until the treadmill stops. The screen will display END. All

values go to zero and treadmill is now in standby state.

- If a value reaches the maximum value, it will reset to 0 and the treadmill will stop. In manual mode, the treadmill will stop when the time accumulates to be more than 99:59 (100 min)

## PROGRAM MODE

- In standby state, press PROG to select pre-set program P1-P9.
- Press SPEED + / SPEED – or INCLINE + / INCLINE – to adjust the time. The initial time is set to be 30 min. Only time can be set. Setting range: 5:00 - 99:00.
- Press START key. The treadmill will start running and the speed will gradually increase to the value for the first section of program (see details in the table of program parameters);
- Press SPEED + / SPEED – to adjust speed or press speed shortcuts to change to the speed marked on the key.
- Press INCLINE + / INCLINE – to adjust the incline or press incline shortcuts to change to the incline marked on the key.
- Each program is divided into 10 sections; operating time for each section will be 1/10 of the set time.
- The console will beep once when switching from one section to another.
- When the set time goes to zero, the treadmill will slow to a stop. The console will beep until the treadmill stops. The screen will display END. All values go to zero and treadmill is now in standby state.
- At any time, if you need to stop the treadmill immediately, remove the safety key. LCD window will display “---” and the console will beep continuously.

## PROGRAM PARAMETERS

(speed is in MPH)

		Setup time / 10 = running time for each section									
		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
	INCLINE	0	3	3	3	4	4	4	1	1	0
P2	SPEED	2.5	2.5	3.7	3.7	5.0	5.0	6.2	6.2	5.0	3.7
	INCLINE	2	2	2	3	3	3	3	4	4	2
P3	SPEED	1.2	2.5	3.7	5.0	4.3	5.0	3.7	1.2	1.8	1.2
	INCLINE	3	5	4	4	3	4	4	3	4	2
P4	SPEED	1.8	1.8	3.1	3.7	4.3	3.7	3.1	2.5	1.8	1.8
	INCLINE	0	3	3	2	2	5	5	3	3	2
P5	SPEED	2.5	3.7	5.0	5.0	6.2	6.8	6.8	6.2	5.0	3.7
	INCLINE	3	5	3	4	2	3	4	2	3	2
P6	SPEED	1.2	3.7	3.1	2.5	5.0	4.3	3.1	1.8	1.8	1.2
	INCLINE	3	4	5	6	3	5	5	6	4	3
P7	SPEED	1.2	5.6	5.6	4.3	4.3	3.7	3.1	1.8	1.2	1.2
	INCLINE	0	3	3	3	4	4	4	1	1	0
P8	SPEED	1.2	2.5	2.5	2.5	3.1	3.7	5.0	5.0	3.7	1.2
	INCLINE	1	1	4	4	4	5	5	4	3	2
P9	SPEED	2.5	4.3	5.6	6.2	6.8	7.5	7.5	6.2	5.0	3.7
	INCLINE	3	5	3	4	2	3	4	2	3	2

## HEART RATE CONTROL (HRC)

- The treadmill will adjust the speed automatically by checking the heart rate wirelessly and comparing to the chart below. Use a heart rate chest strap (not included) with the HRC program. The treadmill is compatible with chest strap that uses 5.3 KHz frequency. Lowest-Highest: the adjustable range in the heart rate from the lowest to the highest.

HRC program							
AGE	Target zone (L-H)			AGE	Target zone (L-H)		
	lowest	default	highest		lowest	default	highest
15	170	175	180	48	137	142	147
16	169	174	179	49	136	141	146
17	168	173	178	50	135	140	145
18	167	172	177	51	134	139	144
19	166	171	176	52	133	138	143
20	165	170	175	53	132	137	142
21	164	169	174	54	131	136	141
22	163	168	173	55	130	135	140
23	162	167	172	56	129	134	139
24	161	166	171	57	128	133	138
25	160	165	170	58	127	132	137
26	159	164	169	59	126	131	136
27	158	163	168	60	125	130	135
28	157	162	167	61	124	129	134
29	156	161	166	62	123	128	133
30	155	160	165	63	122	127	132
31	154	159	164	64	121	126	131
32	153	158	163	65	120	125	130
33	152	157	162	66	119	124	129
34	151	156	161	67	118	123	128
35	150	155	160	68	117	122	127
36	149	154	159	69	116	121	126
37	148	153	158	70	115	120	125
38	147	152	157	71	114	119	124
39	146	151	156	72	113	118	123
40	145	150	155	73	112	117	122
41	144	149	154	74	111	116	121
42	143	148	153	75	110	115	120
43	142	147	152	76	109	114	119
44	141	146	151	77	108	113	118
45	140	145	150	78	107	112	117
46	139	144	149	79	106	111	116
47	138	143	148	80	105	110	115

2. To select HRC, press PROG to cycle through the preset programs to reach HRC. Press SPEED + / SPEED - to adjust speed. After setting the values, press START to start the treadmill.
  - a: Age setting range: 13 - 80 years old, default value is 30 years old.
  - b: Default target heart rate:  $(220 - \text{age}) * 0.6$
  - c: Users can revise target heart rate
  - d: Time setting range: 5 - 99 minutes, default time is 30 minutes.
  
3. HRC AUTOMATIC SPEED ADJUSTMENT.
  - a: HRC checks heart rate every 30 seconds.
  - b: When the heart rate is lower than target rate by 30 bpm, the speed will increase 1.2 MPH.
  - c: When the heart rate is lower than target rate by 6 - 29 bpm, the speed will increase 0.6 MPH.
  - d: When the heart rate is higher than target rate by 30 bpm, the speed will decrease 1.2 MPH.
  - e: When the heart rate is higher than target rate by 6 - 29 bpm, the speed will decrease 0.6 MPH.
  - f: When the heart rate is higher or lower than target rate by 0 - 5 bpm, the speed remains unchanged.
  
4. Treadmill checks heart rate every 30 seconds. In below cases, the speed will slow to the lowest within 20 seconds and shut down after 15 seconds at lowest speed. During this time, the treadmill will beep every second.
  - a: When the treadmill cannot detect the heart rate twice in a row.
  - b: When heart rate exceeds value of 220 minus age.
  
5. HRC does not automatically adjust the incline based on the heart rate. Incline level can be adjusted manually.

## BODY FAT TEST

1. In standby state, press PROG to enter FAT (Physical fitness test) program.
2. Press MODE to enter the program of F—1, F—2, F—3, F—4, F—5 (F—1: gender, F—2:age, F—3:height, F—4:weight, F—5:physical test)
3. Press SPEED + / SPEED – or INCLINE + / INCLINE – to set the parameter of F1 — F4 (see below detailed table), then press MODE to enter the program of F—5 for physical test.
4. At this state, hold the handle pulse board for 5 - 6 seconds and it will display the FAT, check if the weight matches with your height.
5. FAT program is to measure the relevance between height and weight, not the body proportion. FAT is suitable for every man and woman, it provides the important grounds for adjusting the weight with other health indicators. The normal FAT is between 20 - 24, which means if less than 19 is too thin, and if between 25 - 29 is overweight and more than 30 is obesity.

F--1	Gender	1(man)	2(woman)
F--2	Age	10-----99	
F--3	Height	40-87 inch / 100-200 cm	
F--4	Weight	44-330 lbs. / 20-150 kg	
F--5	FAT	≅ 19	Underweight
	FAT	=(20-24)	Normal weight
	FAT	=(25-29)	Overweight
	FAT	≅ 30	Obesity

# TROUBLESHOOTING

Problem	Potential reasons	Solutions
-----	Safety key falls down	<ol style="list-style-type: none"> <li>1. Place the safety key back;</li> <li>2. Replace safety key switch or magnetic sensor in the console panel; if the problem still fails to be solved, replace the console panel.</li> </ol>
E01	After powering on, the console panel displays E01. The communication failure from the console panel to the driver. The console panel displays E01 in the operating process, the communication failure from the driver to the console panel.	<ol style="list-style-type: none"> <li>1. Check whether the connecting joint between the console panel and the controller board is loose; whether console linking wire, extension wire, or controller wire are damaged; whether the console linking wire, extension wire, or controller wire are in correct connecting order.</li> <li>2. The controller board may be defective. Check and replace with a good one.</li> <li>3. The controller board may not be plugged correctly. Check and ensure it is plugged correctly.</li> <li>4. The transformer in the controller board may be damaged. Check and replace with a good one.</li> </ol>
E02	Explosion-proof protection or DC motor abnormality.	<ol style="list-style-type: none"> <li>1. Check whether the power supply voltage is less than 50% of the normal value; please ensure correct voltage and test again;</li> <li>2. Check whether DC motor's wires are well connected; re-connect wires; if the problem still fails to be solved, replace the DC motor;</li> <li>2. Check whether there is peculiar odor generated by the controller board; if yes, it means that IGBT has been broken down to cause short circuit; then, replace the controller board.</li> </ol>
E03	No sensory signal	Check whether the light sensor directs to the hole on DC motor; check whether wires of light sensor are damaged and whether terminals of the light sensor or speed terminals on the controller board are firmly connected.
E04	Lifting learning or self-inspection fails	<ol style="list-style-type: none"> <li>1. Check whether incline motor's signal wire is well inserted; re-insert the signal wire joint to ensure that it is reliable;</li> <li>2. Check whether incline motor's AC wires are properly connected according to marks on controller board;</li> <li>3. Check whether incline motor's AC wires are damaged to form open circuit; if yes, replace wires or replace the incline motor;</li> <li>4. Replace the controller board;</li> <li>5. After all of these inspections, press the learning key in controller board for learning again.</li> </ol>
E05	Over-current protection	<ol style="list-style-type: none"> <li>1. It may be the system's self-protection against excessive current due to the load exceeds the rated value; restart the machine;</li> <li>2. Some part of the treadmill is jammed so the DC motor can not rotate, thus triggering the self-protection against excessive current under excessive load; adjust the treadmill and restart, or add lubricant.</li> <li>3. Check whether there is over-current sound or burning odor when the DC motor is running; replace the DC motor;</li> <li>4. Check whether the controller board emits the odor of burning; if yes, replace the controller board.</li> </ol>
E06	Lifting sensor has no signal	<ol style="list-style-type: none"> <li>1. Check whether incline motor's signal wire is damaged.</li> <li>2. Check whether incline motor's signal wire is firmly connected to controller board.</li> </ol>

E09	Incline motor is not well connected or damaged	Check whether incline motor's signal wire is well connected, if yes, replace the incline moter.
No display on the console panel	The controller board is not powered on or is damaged.	<ol style="list-style-type: none"> <li>1. Check whether the overload protector has tripped off; if yes, press it;</li> <li>2. Check the switch, overload protector and the controller board's power cord and transformer to ensure well connection;</li> <li>3. Check whether the console linking wire, extension wire or controller wire from the console panel to the controller board are well connected. Dismantle the upright tube to check connecting joints on each section of the wires from the console panel to the controller board; ensure that each wire core is well connected; or the reason may be the console linking wire, extension wire, or controller wire defected (damaged or broke down); in such case, re-connect or replace wires.</li> <li>4. The transformer in the controller board is damaged; replace the controller board.</li> </ol>

**NOTE: If you are unable to resolve an issue using the troubleshooting guide above, please contact Customer Service at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com)**



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