



EVOLV3

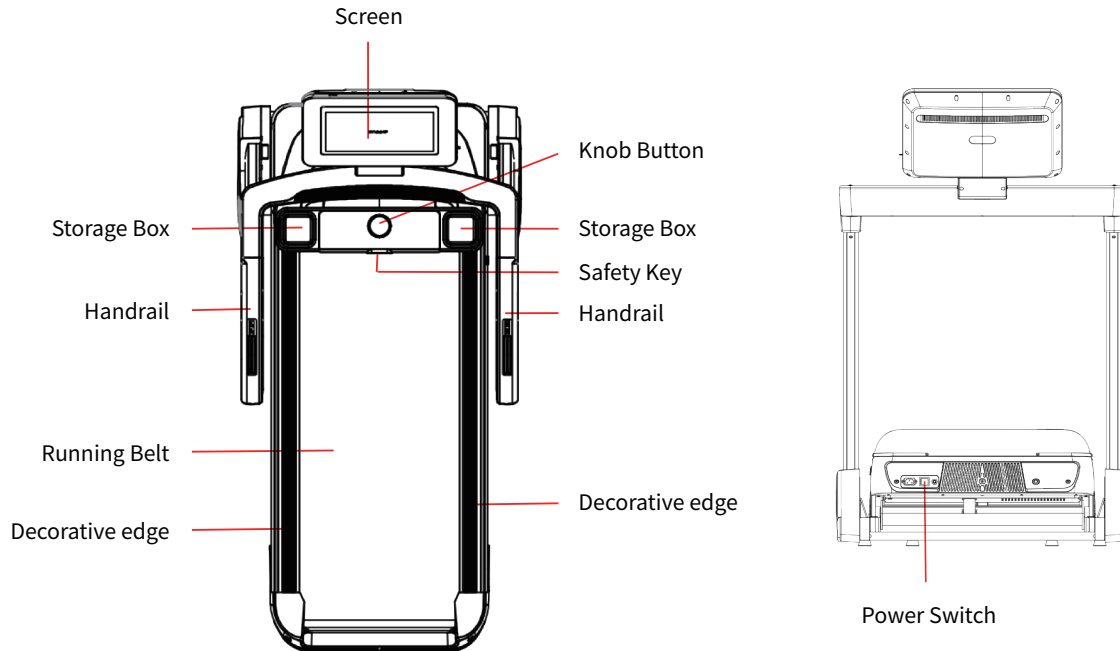
USER MANUAL








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# 1、Function Indicator Diagram

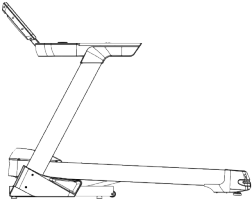


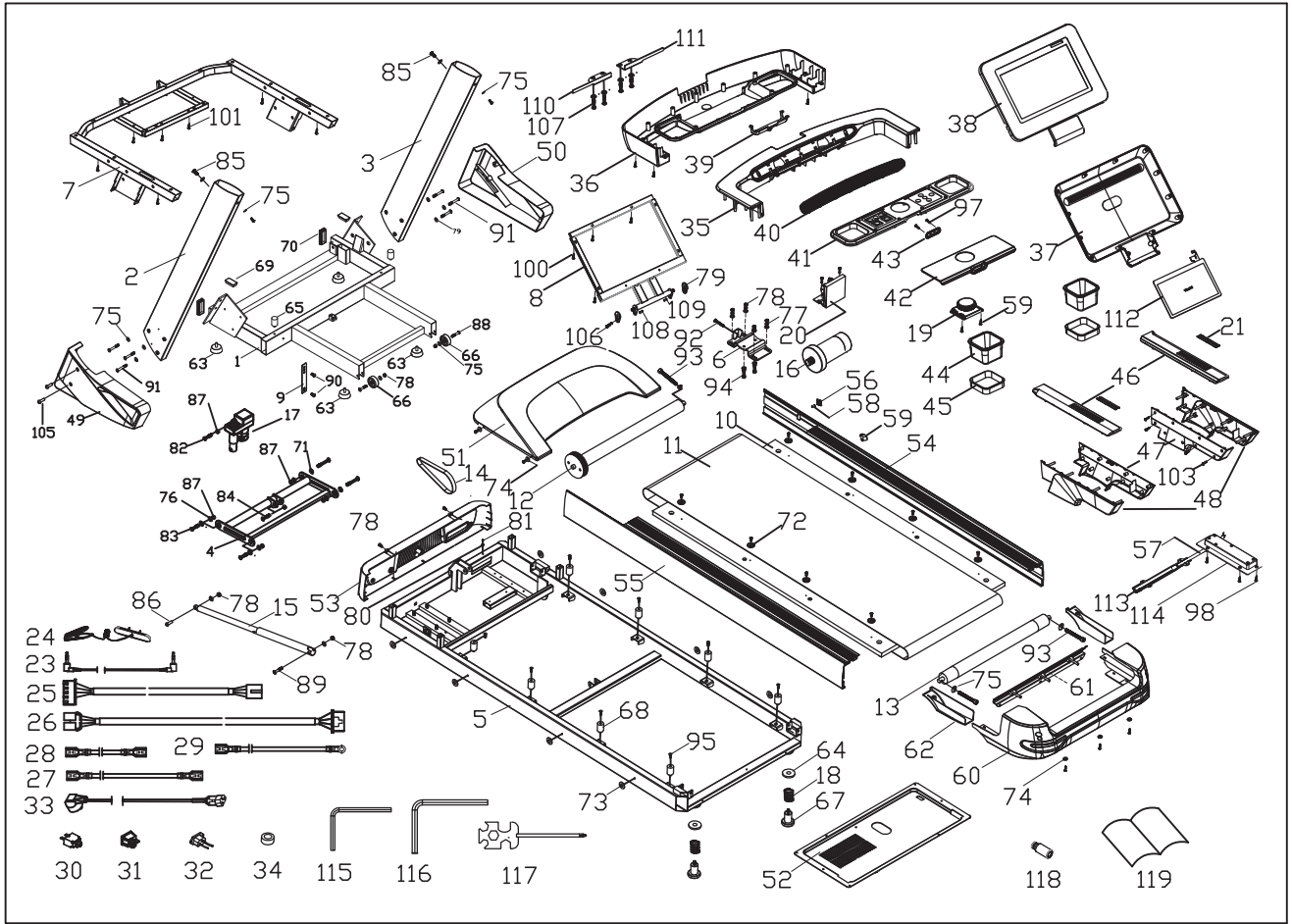
## 2 、Accessories List

Parts Name	Graphics	QTY	Parts Name	Graphics	QTY
The whole machine		1	MP3 connector		1
Specifications		1			
Warranty		1			
Certification		1			
Safety Key		1			
Screw Kit		1			
Silicone Oil		2			



### 3、Specification

Category	HT-350
Color	Black
Net weight	93KG
Running belt	520*1350mm
Fold size	1320*900*1430mm
Standing size	1790*900*1410mm
Peak horsepower	4.5HP
Speed range	1-18.8km/h
Max user weight	150KG
Reference graphic	



## Explosion Drawings

Serial number	name	Quantity	Serial number	name	Quantity
1	pedestal	1	31	Power Switch	1
2	Left Column	2	32	Concave type socket	1
3	Right Column	1	33	Power Line	1
4	Ascension frame	1	34	Magnetic loop	1
5	Main Frame	1	35	Top cover of meter	1
6	Motor Support	1	36	Bottom cover of meter	1
7	electronic meter stand	1	37	Top cover of board	1
8	table core frame	1	38	Bottom cover of board	1
9	packaging stator	1	39	Rear trim cover	1
10	Running board	1	40	The speaker cap	1
11	Running belt	1	41	Button Fixing Cover	1
12	Front Roller	1	42	Button perspective cover	1
13	Rear Roller	1	43	Safety Lock Block	1
14	ribbed belt	1	44	The bottle holder	8
15	Gas Spring	1	45	The holder spacer	1
16	DC Motor	1	46	top cover of armrest-R/L	2
17	Incline Motor	1	47	Outer armrest cover-R/L	2
18	Compression Spring	1	48	Inner of armrest cover-R/L	2
19	PCB	1	49	Left Side Cover	1
20	Lower Controller	1	50	Right Side Cover	1
21	Grip Pulse	2	51	Top Cover of the Motor	1
22	Inclination Device	2	52	Bottom Cover of the Motor	1
23	MP3 Connection	1	53	Motor front cover	1
24	Safety Key	1	54	plastic regula	2
25	Communication line segment	1	55	side strip-L/R	2
26	Offline communication segment	1	56	Silicone Tank	1
27	Single Branch Line 150MM	2	57	Oil Filling Pipe	2
28	Single Branch Line 300MM	2	58	Oil Pipe Lining	1
29	Grounding Wire 300MM	1	59	R line buckle	4
30	circuit breaker	1	60	Rear protective Corner	1

Serial number	name	Quantity	Serial number	name	Quantity
61	Interior trim cover of the rear protective corner	1	91	Hexagon socket screw with half round head M8*55	6
62	Side trim cover of the rear protective corner R/L	2	92	Hexagonal socket screw with cylindrical head M8*70	1
63	Adjustable Foot Pad	4	93	Hexagonal socket screw with cylindrical head M8*60	3
64	Rubber Gasket	2	94	Hexagonal socket screw with cylindrical head M8*12	2
65	Round cushion	2	95	Countersunk socket head screw M8*25	8
66	wheels for mobility	2	96	Cross large flat head screw M5*30	4
67	Adjustable Foot Pad	2	97	Cross head tapping screw ST3.0*8	14
68	Round cushion	8	98	Cross head tapping screw ST4.0*13	6
69	25*50 Square inner pipe plug 25*50	2	99	Cross head tapping screw ST4.0*16	73
70	Square inner pipe plug 30*70	2	100	Cross head tapping screw ST4.0*25	8
71	Plastic parts Sleeve	6	101	Cross head tapping screw ST4.0*30	6
72	edge buckle	8	102	Cross head tapping screw ST4.0*16	35
73	Thicker edge buckle	8	103	Cross head tapping screw ST4.0*16	18
74	M4 Flat gasket	7	104	Cross head tapping screw ST2.3*4	2
75	M8 Flat gasket	38	105	Cross large flat head screw M4*15	4
76	M10 Flat gasket	6	106	Hexagon socket screw with half round head M6*15	1
77	M8 Spring Cushion	6	107	Hexagon socket screw with half round head M6*30	4
78	M8 Lock nut	14	108	M6 Lock Nut	2
79	rotation shaft sleeve	1	109	M6 flat cushion	6
80	Corrugated pad	1	110	reinforcement plate of left bottle holder	1
81	Cross set screw	1	111	reinforcement plate of right bottle holder	1
82	Hexagon socket screw with half round head M10*40	1	112	Meter Display PCB Board	1
83	Hexagon socket screw with half round head M10*25	4	113	Oil connector Cover	1
84	Hexagon socket screw with half round head M10*55	1	114	Oil refueling box	2
85	Hexagon socket screw with half round head M8*20	10	115	M5 hexagon wrench	1
86	Hexagon socket screw with half round head M8*30	1	116	M6 hexagon wrench	1
87	M10 Lock nut	6	117	Cross open spanner	1
88	Hexagon socket screw with half round head M8*40	2	118	Silicone Oil	1
89	Hexagon socket screw with half round head M8*45	1	119	Instruction Manual	1
90	Hexagon socket screw with half round head M8*15	6	120		



## Tips:

Many safety issues are considered in the design and manufacture of this product, please follow the instructions below, just in case, we will not bear any consequences caused by abnormal operation.

To ensure your safety and avoid accidents, please read the instruction manual carefully before use.

- 1.1. When you start training with this product, please consider your physical condition, and train appropriately and regularly to ensure that you have enough physical strength for training. Wrong or excessive training will not benefit your health.
- 1.2. This product is not suitable for children to use, nor is it suitable for people who feel physically or mentally impaired or lack common sense in using it; unless they get the person responsible for their safety and use the product under the supervision of the person in charge, children should be supervised to ensure that they will not play with the equipment to avoid accidents.
- 1.3. This product is suitable for home use, not suitable for professional training and testing, and cannot be used for medical purposes.
- 1.4. If the power cord is damaged, it must be replaced by the manufacturer or professional maintenance personnel in order to avoid danger.
- 1.5. Please check all parts before use to ensure that the screws and nuts are locked.
- 1.6. Please wear comfortable tight-fitting clothes during use to avoid clothes being hung by the machine; avoid all rotating parts with your hands, and it is forbidden to put your hands and feet in the gaps under the running belt to avoid pinching.
- 1.7. Please put the product in a place with dry air, clean environment and flat ground, avoid sunlight exposure, and do not place it in a humid or dusty place.
- 1.8. When the product is not in use for a long time, please place the product properly, and keep it sun-proof, moisture-proof and safe for storage.
- 1.9. This product is for one person only when it is running.
- 1.10. If the product has a heart rate display, the heart rate display is a simulated parameter for reference only and cannot be used as clinical medical data.



1.11. The safety lock is an emergency stop device, which acts as an emergency stop when the product is in use. When the treadmill is not in use. Please place the safety lock to prevent children and people who are not suitable for using the treadmill from causing danger.

1.12. When using the treadmill in an emergency situation such as incorrect speed or too fast, you should quickly pull down the rope clamped on the clothes and connected to the machine safety lock, hold the handrails and jump off the running belt, step on the treadmill to prevent slippage over the side strips.

1.13. Before using the treadmill, please ensure a safe distance of 2000mmx1000mm behind the equipment.

1.14. Please use the accessories provided by the original factory, and it is strictly forbidden to replace it without permission.

1.15. This product is an HC grade product, and the maximum user weight is 150KG.

1.16. Executive standard: GB17498.1-2008 GB17498.6-2008.

## 2. Special safety instructions

2.1. Put the treadmill in a place where the plug can be inserted into the socket, and insert it into the socket without looseness.

2.2. Please use qualified sockets to avoid the danger caused by this.

2.3. If the plug and the socket are not compatible, please do not move the plug and ask an electrician to handle it.

2.4. The voltage used is 220V-240V power supply.

2.5. Please do not let the power cord contact the drum, do not put the power supply on the running belt, and do not use damaged plugs.

2.6. Please pull out the plug from the socket before cleaning and maintenance.

2.7. Warning: Failure to unplug the plug may cause personal injury and damage to the equipment.

2.8. Please check each part before use.

2.9. Please do not use this product outdoors, under high humidity and sunlight.

2.10. Please turn off and unplug when leaving.

2.11. For your safety, the power plug of the machine must be grounded.

# 1. Electronic watch installation instructions

1. Take the treadmill, instrument and accessories out of the packing box (Figure 1), and then remove the two fixing screws while holding the column and slowly pull them to the fixing screw holes (Figure 2). Fix the column on the base with M8\*20 screws, M8\*55 screws and M8 flat washers (Figure 3). Use M8\*20 screws and M8 flat washers to fix the electronic watch on the column (Figure 4).

Figure 1

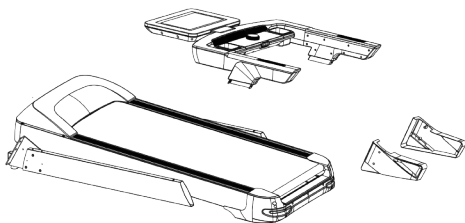


Figure 2

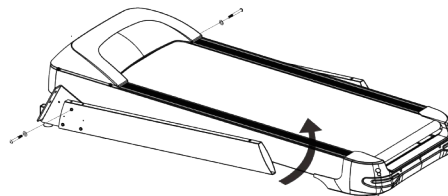


Figure 3

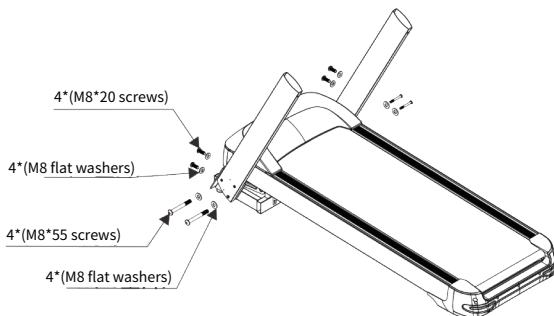
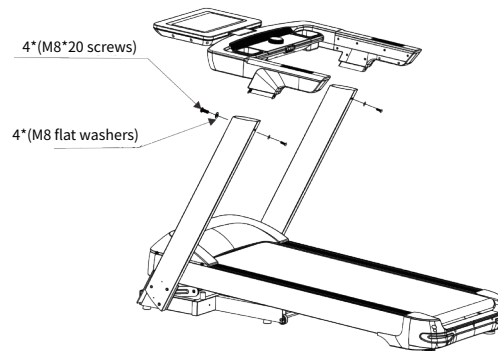
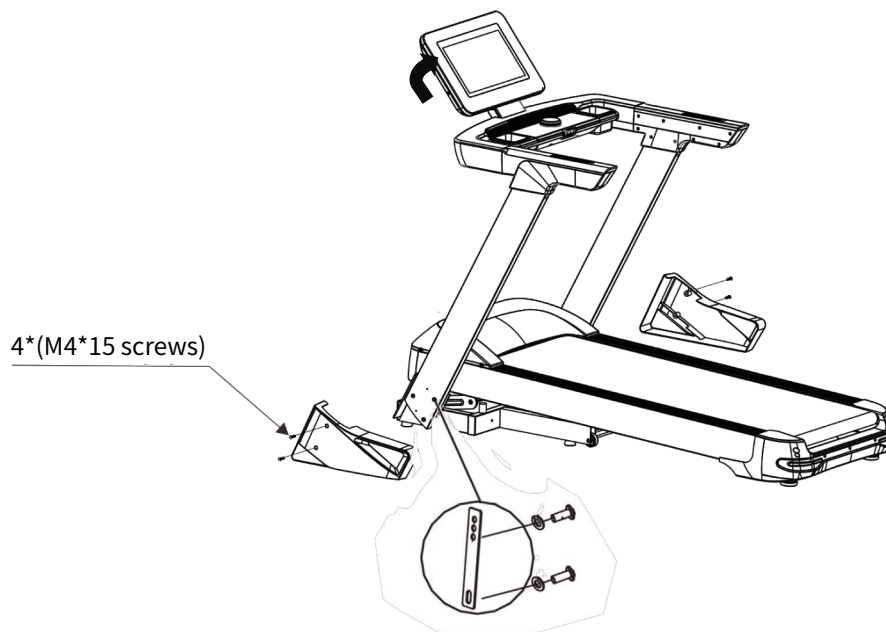


Figure 4



## 2. Column and left and right side cover assembly

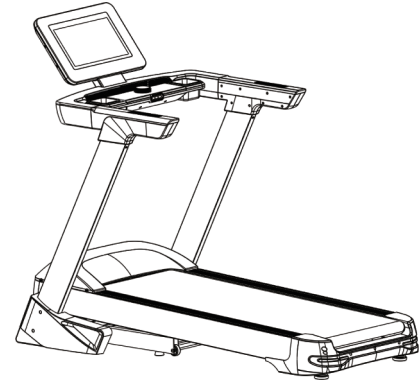
1. Remove the packaging fixing piece that fixes the frame and the base, being careful not to injure people when the frame bounces. Use M4\*15 screws to fix the left and right side covers on both sides of the base and need to be locked (Figure 1).



### 3. Other parts assembly

- 3.1 The safety lock is placed on the yellow position of the electronic watch.
- 3.2 The assembly is completed (Figure 5).
- 3.3 Finally, after all the accessories are assembled, Please make sure all screws have been tightened before can use.

Figure 5



## 1. Basic operation instructions

When you are using the treadmill, for your safety, you must use a grounded power outlet.

- 1.1. First place the treadmill on a horizontal open ground.
- 1.2. Turn on the power, turn on the power switch, the power switch indicator will light up, and then the buzzer will sound once.
- 1.3. Check whether there is any abnormality in the data displayed on the screen, and stand on the non-slip edge strip before clicking Start to prevent accidental falls.
- 1.4. Place the safety lock in the designated position on the meter, and clip the safety lock clip to the clothes (note: the position where the safety lock rope is not easy to touch when the hands swing when running), and then prepare to start the treadmill.
- 1.5. Start button: While still, press the middle knob to start the treadmill, the display window will bounce and display the number 3 times for the start preparation, and the buzzer will beep every time after the motor is running, the machine will start. (Note: If the armrest area of the model you purchased has a "start button", it is equivalent to the start button on the button panel)

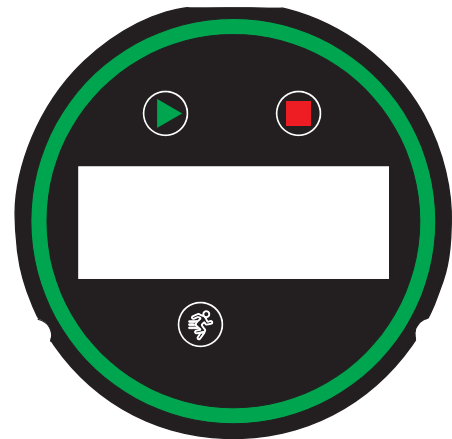
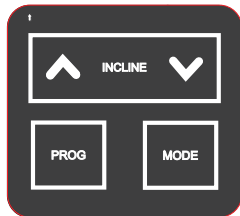
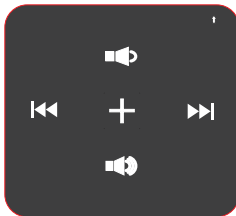
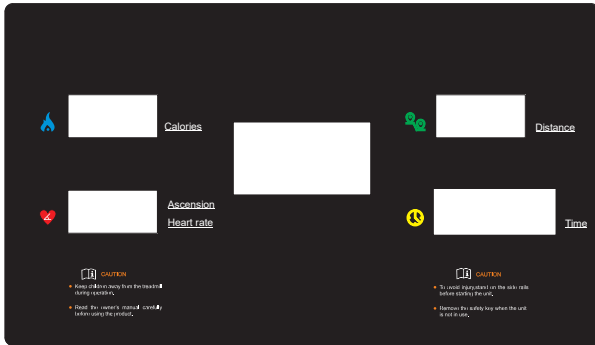
- 1.6. Stop button: During running, press the middle knob to stop the treadmill, and the treadmill speed will decrease from your current maximum speed to stop. (Note: If the armrest area of the model you purchased has a "stop button", it is equivalent to the button panel stop button)
- 1.7. Speed adjustment key: Turn the middle knob to adjust the speed, the clockwise knob will add the speed to your suitable speed range, the counterclockwise knob can reduce the speed to your suitable speed range (Note: as the armrest of the model you purchased There are "speed plus and minus buttons" in the area, which is equivalent to the speed plus and minus buttons on the panel)
- 1.8. Ascension adjustment key: press the ascend plus minus key to adjust the slope size, press the ascend plus key to increase the ascent to your suitable slope range, and press the ascend minus key to reduce the ascent to your suitable slope range (Note : If the armrest area of the model you purchased has "up and down buttons", it is equivalent to the speed up and speed down buttons on the button panel)
- 1.9. Red safety lock: any time the red safety lock is pulled off, the treadmill will stop immediately

## 2. Wrong startup method

- 2.1. Stand on the running belt and start the treadmill.
- 2.2. Start the treadmill without using the safety lock correctly.
- 2.3. After starting, jump on the running belt that is rotating.
- 2.3. When the treadmill is running at high speed, enter the treadmill to run.
- 2.4. Treadmills are used by minors, persons with limited mobility or other persons who are not suitable for treadmill use.

## 3. APP connection method

- 3.1. Please read the insert instructions to connect the mobile APP to the treadmill (only for some models with this function).



# I.Window display:

## 1. "CAL." window:

Display calories:

When the calorie-consumption value is displayed, the forward counting will be from 0.0 to 999.0, and the count will be reset after overflow. When the reverse counting will be counted from the set value to 0; when the reverse counting will be counted to 0, the treadmill will stop running steadily and display "End"; 5 seconds after the complete stop, the treadmill will enter the standby state.

## 2. "INCL/PUL." window:

Ascension shows:

Display current slope value, slope display range: 0-15 sections.

Heartbeat display:

Display the heart rate of the athlete. When the athlete holds the heart rate with both hands, the system can automatically detect the heart rate of the athlete and display it in this window. The display range of heart rate is 50-200 times/minute. (This data is for reference only and should not be considered as medical data.)

3.DIS. Window: display distance: shows the movement distance, are counting from 0.00 to 99.90, after the overflow reset to count, the reverse counting from diminishing value to zero, when poured meter to zero speed smooth running machine speed down to stop running and window shows the End, to a full stop after 5 seconds to enter standby mode in running state, each run a circle, display turns 2 seconds in the program selection and setting, show P01 - P02 - P12 - U01 - U03 - FAT

4.TIME window: it displays the exercise TIME. The forward timing is from 0:00-99:59. When the timing is from 99:59, the treadmill stops running smoothly and shows the End.The countdown decreases from the set time to zero. When the countdown reaches 0:00, the treadmill stops running steadily and the speed window shows End. After the complete stop, the treadmill will enter the standby state for 5 seconds

5.SPEED window: display the current SPEED value in the running state. SPEED display range: 1.0-18.8km /h. Display 3, 2 and 1 when starting countdown.

## II.Button function:

1. "PROG" is the program key: in the standby state, press this key to cycle to select "P01-P02-...-P12-U01-U03-FAT".  
"P01-P12" are built-in programs.  
"U01-U03" is a user-defined program.  
"FAT" means fat measurement.
- 2."MODE" is the mode selection key: press this key to cycle to select "0:00", "30:00", "1.0", "50.0" ("0:00" is manual mode, "15:00" It is the time countdown mode, "1.0" is the distance countdown mode, and "50.0" is the calorie countdown mode.) When selecting various modes, you can use the speed and slope plus and minus keys to set the relevant countdown value. After finishing, press "START" button to start the treadmill.
3. "START/STOP" is the start/stop button: when the power is turned on and the safety lock is engaged, press this button at any time to start the running of the treadmill. During exercise, this button can be used to stop the running of the treadmill and reset to zero.
4. "SPEED+" and "SPEED-" are speed plus and minus keys: in standby state, used to adjust the set value. It is used to adjust the speed after starting, the adjustment range value is 0.1 km/time, and it will continue to increase or decrease automatically when it is held for more than 0.5 seconds.
5. "INCLINE+" and "INCLINE-" are slope addition and subtraction keys: in standby state, used to adjust the set value. It is used to adjust the slope after starting, the adjustment range value is 1 step/time, and it will continue to increase or decrease automatically when it is held for more than 0.5 seconds.
6. 4 USB playback control keys: previous song, next song, volume down, volume up.
7. Manual refueling: Pull out the safety lock and press the grip speed for +/-3 seconds.

## III.Quick start (manual mode):

1. Turn on the power switch and correctly attach the magnetic safety lock to the safety lock position under the panel.



2. Press the "START" button, the system enters a 3-second countdown, the buzzer sounds, and the speed window displays the countdown number. After the 3-second countdown is completed, the treadmill starts to run at a speed of 1 km/h.
3. After starting, you can use the "SPEED+" and "SPEED -" keys to adjust the speed of the treadmill; use the "INCLINE+" and "INCLINE -" keys to adjust the slope of the treadmill.

## IV. Operation during exercise:

1. Press the "SPEED -" key to reduce the running speed of the treadmill.
2. Press the "SPEED+" key to increase the running speed of the treadmill.
3. Press the "INCLINE -" key to decrease the incline of the treadmill.
4. Press "INCLINE+" key to increase the incline of the treadmill.
5. Press the stop button and the treadmill will slow down to stop running.
6. When the athlete holds the heartbeat hand grip with both hands, the heartbeat data will be displayed for about 3 seconds.

## V. Manual mode:

1. In the standby state, directly press the "START" button, the treadmill will start running at 1.0 km/h speed and slope 0; other windows will start counting forward from 0, press "INCLINE+", "INCLINE -", "SPEED+" , "SPEED -" keys change the slope and speed.
2. In the standby state, press the "MODE" key to enter the time countdown mode, the "TIME" window displays "30:00" and flashes, press the "INCLINE+", "INCLINE -", "SPEED+", "SPEED -" keys The exercise time can be set, and the setting range is: 5:00—99:00.
3. In the time countdown mode, press the "MODE" key to enter the distance countdown mode, the "DIS" window displays "1.00" and flashes, press the "INCLINE+", "INCLINE -", "SPEED+", "SPEED -" keys The movement distance can be set, and the distance setting range is: 0.50-99.9.
4. In the distance countdown mode, press the "MODE" key to enter the calorie countdown mode, the "CAL" window displays "50.0" and

flashes, press the "INCLINE+", "INCLINE -", "SPEED+", "SPEED -" keys All calories can be set, and the calorie setting range is: 10.0-999.0. 5. After selecting one of the three countdown modes, press the start button after the setting is completed, the treadmill will start running after a delay of 3 seconds, press the "INCLINE+", "INCLINE -", "SPEED+", "SPEED -" keys to adjust Speed and incline; Press the stop button to stop the treadmill.

## VI. Built-in programs:

The system has 12 built-in programs P01-P12. In the standby mode, press the "PROG" key and the speed window will display "P01-P12". After you select your favorite program, the "TIME" window flashes at the same time; the preset time is displayed at 30:00 , Press "INCLINE+", "INCLINE -", "SPEED+", "SPEED -" to set the required exercise time, and then press the "START" key to start the built-in program, the built-in program is divided into 20 sections, each section of exercise time = Set time/20. When entering the next segment, the system will give 3 beeps of "Bi Bi Bi", the speed and slope of the system will change with the change of the program segment, during which you can press "INCLINE+", "INCLINE -", "SPEED+", "SPEED -" Key to change the speed and slope, but when the program enters the next section, it will be restored to the speed and slope of the section. After running a program, the system will give out 3 beeps of "Bi Bi Bi" and the treadmill will descend steadily. It stops running quickly and displays "End", and enters the standby state 5 seconds after a complete stop.

## VII. Program Description:

SPEED represents speed, and INCLINE represents slope (a total of 15 slopes, each slope is 1/15 of the total slope). Each program divides the exercise time into 20 equal parts, and each time period has a corresponding speed and slope.

**Attached Table List:**

Time Segment Selection Segment		The set time /20 = the time for each segment																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01 Walking	SPEED	3	4	5	5	6	5	5	4	5	5	6	5	5	4	5	5	6	5	5	3
	INCLINE	2	2	3	2	3	2	3	2	3	3	2	2	3	3	2	2	3	3	2	2
P02 Fast Walking	SPEED	3	5	6	7	7	6	6	7	7	6	6	7	7	6	6	7	7	6	5	3
	INCLINE	3	4	5	5	4	4	3	3	4	4	5	5	4	4	3	3	4	4	2	2
P03 Varied pace running	SPEED	5	10	6	11	7	12	8	12	9	6	10	7	11	8	12	7	11	9	6	3
	INCLINE	3	4	5	6	5	4	5	6	5	4	5	6	5	4	5	6	5	4	3	2
P04 Jogging	SPEED	5	7	8	9	9	9	8	8	9	9	9	8	8	9	9	9	8	8	6	5
	INCLINE	2	2	3	3	4	4	3	3	4	4	3	3	4	4	3	3	4	4	3	2
P05 Aerobic running	SPEED	5	8	10	11	11	10	10	9	9	10	10	11	11	10	10	11	11	8	6	5
	INCLINE	3	3	4	4	5	5	4	4	5	5	4	4	5	5	4	4	5	5	3	2
P06 Road running	SPEED	4	6	7	8	9	10	10	9	9	10	10	10	9	9	10	10	10	8	6	3
	INCLINE	0	0	1	1	1	2	2	2	1	1	1	0	0	1	1	2	2	1	1	0
P07 Beach running	SPEED	4	7	8	8	9	9	10	8	8	9	9	10	9	8	9	9	8	8	5	3
	INCLINE	2	5	1	4	2	6	4	6	3	0	1	5	2	6	3	0	2	5	3	1
P08 Mountain Running	SPEED	4	6	8	9	9	8	8	9	9	9	8	8	8	9	9	9	8	7	5	3
	INCLINE	6	8	12	6	11	8	10	6	8	10	12	10	8	12	7	10	10	8	6	2
P09 Shape your body	SPEED	5	7	10	11	12	11	11	10	9	10	11	11	12	11	11	10	10	9	8	4
	INCLINE	2	3	4	5	6	6	5	5	4	4	5	5	6	6	5	5	4	4	3	2
P10 Losing Weight	SPEED	6	8	10	11	12	12	11	9	10	11	12	11	10	11	12	10	12	8	8	4
	INCLINE	4	5	6	7	6	5	6	7	6	5	6	7	6	5	6	7	6	7	5	2
P11 Fat Burning	SPEED	6	9	11	12	12	12	11	11	10	11	12	12	11	12	12	11	11	10	9	5
	INCLINE	2	4	6	8	7	6	7	8	7	6	7	8	7	6	7	8	7	6	3	2
P12 Female Mode	SPEED	3	6	8	8	8	9	9	8	8	8	9	9	8	8	8	9	9	7	5	3
	INCLINE	2	2	3	3	3	2	2	3	3	3	2	2	3	3	3	2	2	3	3	2

## VIII. User-defined programs:

In addition to the 12 system built-in programs, the treadmill also has 3 user-defined programs that allow users to set according to their personal circumstances: U01, U02, U03.

### 1. Setting of user-defined program:

In the standby state, press the "PROGRAM" key continuously until the user-defined program (U01-U03) you want to set, press the "MODE" key to confirm and enter the setting, and then you can set the first time period. Use "SPEED+ """, "SPEED-" key or speed shortcut key to set the speed, use "INCLINE+", "INCLINE -", keys to set the slope, press the "MODE" key to complete the setting of the first time period and enter the second time period setting state until Complete the settings of all 20 time periods; after the setting is completed, the data will be stored permanently until you reset it next time. This data will not be lost due to power failure.

### 2. Start of user-defined program:

A. In the standby state, press the "PROG" button continuously until the user-defined program (U01-U03) you want to run, and after setting the running time, press the start button to start.

B. After the user-defined program and running time are set, press the start button to start immediately.

### 3. Description of user-defined program settings:

Each program divides the exercise time into 20 time periods. When setting, the speed, slope and running time of all 20 time periods must be set before pressing the start button to start the treadmill.

## IX. Physical Test:

In the standby state, continuously press the "Program" button to enter the human body mass index (FAT) detection function, and press the "Mode" button to enter the F-1, F-2, F-3, F-4, F-5 interface (F -1--Gender, F-2—Age, F-3—Height, F-4—Weight, F-5-Physique Test), press "Speed+", "Speed-", "Ascension+", The "Ascend-" key can set the parameters of 01-04 (the parameters are as follows), after setting, press the "Mode" key to enter the F-5 physique testing interface, at this time, hold the heart rate board with both hands 5-6 In

seconds, your body mass index will be displayed to check whether your weight and height are commensurate. Body mass index (FAT) is a measure of the relationship between a person's height and weight, not body proportions. FAT is suitable for any male and female, and other health The indicators together provide a basis for people to adjust their weight. The ideal FAT should be between 20-24, if it is less than 19, it means too thin, if it is between 25 and 29, it is overweight, and if it exceeds 30, it is considered obese .(The data is for reference only and cannot be regarded as medical data.)

F-1	Seg	01 male	02 female
F-2	Age	10-----99	
F-3	Hight	100----200	
F-4	Weight	20-----150	
F-5	FAT	≤19	Underweight
	FAT	= (20---24)	Normalweight
	FAT	= (25---29)	Overweight
	FAT	≥30	Obesity

## X. Display range of each value:

Set Parameters	Beginning	Initial Setup	Setup Ranges	Indication ranges
Time(minutes: seconds)	0:00	30:00	5:00-99:00	0:00—99:59
Slope (segment)	0	N/A	N/A	0-15
Speed (KM/H)	0.0	N/A	N/A	1.0-18.8KMH
Distance (km)	0.00	1.00	0.50-60.0	0.00—60.0
Heartrate (beats/min)	P	N/A	N/A	50-200
Calories (kcal)	0.0	50.0	10.0-999.0	0.0—999.0

## 11. Safety lock function:

In any state, pull down the safety lock to stop the running of the treadmill in an emergency. The treadmill will stop in an emergency, the speed window will display “———”, and the buzzer will sound “BB” alarm 3 times; No other operations can be performed except power off. After the safety lock is correctly installed, the treadmill enters the standby state again and waits for input instructions.

## 12. Power-saving Mode:

This system has a power-saving function. If there is no key command input within 10 minutes in the standby state, the system enters the power-saving mode, automatically turns off the display, and presses any key to wake up the system again.

## 13. Functions of MP3:

When connected to MP3 or other audio equipment after power on, the electronic watch can play music. The size of the sound is controlled on the audio device. Please pay attention to control the size of the sound so as not to affect the quality of the sound and the built-in audio circuit.

## 14. Shutdown:

At any time, you can turn off the treadmill by turning off the power switch, it will not damage the treadmill.

## 15. Matters needing Attention

1. Check whether the power supply is loaded before exercise; check whether the safety lock is effective.

2. If an abnormal situation occurs during exercise, the safety lock can be pulled off, and the treadmill will quickly decelerate to a stop; then put in the safety lock, reset the equipment, and wait for input instructions.
3. If there is any problem with this machine, please contact the dealer. Non-professionals, please do not try to disassemble or repair it to avoid damage to the equipment.

## 16.Simple troubleshooting for electric Running:

See Sheet;

## 17.calorie calculation formula

$70.3 * t V (\text{Km/h}) (h) x (1 +? \%)$

You burn 70.3 calories per mile of running at ascension zero

Failure or phenomenon		Possible causes	Solution Method
The treadmill is not displayed		A. No power supply or no power supply	Connect to the AC power, or check AC socket
		B. The power switch is not turned on	Place the power switch in the ON position
		C.No power supply or damage to the drive	Press the overload protector again, or replace the drive
		D.The signal line of the electronic watch is broken	Replace the signal wire and reconnect it
		E.Electronic watch damage	Replace electronic watch
		F. (liquid crystal) backlight is not bright	Repair, check the backlight, or change the backlight
The treadmill display is incomplete and lacks strokes		A.Display drive IC virtual welding or continuous welding	Need to repair, check solder joints, rewire in place
		B. (liquid crystal) The conducting bar slides and is not fixed in place	Reassembly of liquid crystal
		C.Display drive IC poorly	Need to repair, weld a new display drive IC
Treadmill movement is not smooth, weak or tremulous		A.A resistance in the transmission	Adjust the transmission parts, or add lubricating oil
		B.The belt is too tight or loose	Adjust belt tightness
		C.drive torque too small or too big	Adjust the torque potentiometer to the appropriate position
Electronic meter display	Display according to customer requirements E00/E7	A. Safety lock off	Place the safety lock on the panel in the position of suction or card
		B.The magnetron failed to snap	The magnetron is installed in the correct position
	E01- Communication failure (electronic meter signal not received by drive); E13- Communication failure (electronic meter does not receive drive signal)	A.Electronic watch signal line is not connected or in bad contact	Reconnect the plug
		B. There is short circuit or open circuit when the signal line of electronic watch is damaged	Replace the signal line
	E02- Stall protection (explosion-proof shock protection or abnormal main motor)	C.Electronic meter signal circuit fault	Replace electronic watch
		D.Driver signal line failure	Replace driver
		A. Motor wire is not properly connected and plugged, or motor interior is open	Reinsert the motor wire or replace the motor
	E03- No speed sensing signal (with speed induction driver)	B.Driver IGBT breakdown damage	Replace driver
		C.The external AC voltage is too low	Stop using. Please have an electrician troubleshoot
		A.The speed signal line is not connected well, or the sensor is damaged	Replug the speed signal line or replace the sensor
	E04- Lifting self-test learning failure (with lift driver)	B.Bad driver sensing line	Replace driver
		A.The lifting motor line or signal line is not properly connected and inserted	Check whether the connection line is wrong and replug the connection line
		B.Defective elevating motor	Replacement of lifting motor
	E05- Overcurrent protection	C. Bad drive	Replace driver
		A. The load is too large	The system is protected, and if you stop the wheel, restart it
		B. Jammed or obstructed transmission parts	Adjust the driving part, or add lubricating oil
		C.Motor internal short circuit	Replace the motor
	E06- Usually open for motor	D Drive burn out	Replace driver
		A.The motor wire is not properly plugged in	Reconnect the motor wire
		B.Motor internal open circuit	Replace the motor
E08- Storage 24C02 error (with 24C02 drive)	C.The motor idling	If the current is over hour, please install it for test	
	A. Storage IC not plugged in (non-switching power supply)	Reinsert into IC seat, note PIN pin position	
E09- Inversion error (with invert driver)	B. Storage IC damage, or related faulty wiring	Replace the storage IC, or replace the drive	
	A.Treadmills stand on end, or are not set horizontally	Adjust the treadmill horizontally	
	B.Bad inverted drive line	Replace driver	
E10- Usually for motor instantaneous peak current anomaly, overcurrent protection	A.Excessive drive torque	Adjust the torque potentiometer to the appropriate position	
	B.Motor internal short circuit	Replace the motor	
	C.The transmission is jammed	Adjust the transmission parts, or add lubricating oil	
E11- External AC voltage overvoltage (according to customer requirements)	Ac overpressure: higher than 270VAC in 220V system; The 110V system is higher than 150VAC	Stop using. Please have an electrician troubleshoot	
E14- External AC voltage undervoltage (according to customer requirements)	Ac undervoltage: lower than 160VAC in 220V system; The 110V system is lower than 70VAC	Stop using. Please have an electrician troubleshoot	





## Important reminder:

-Do not use sandpaper and solvents to clean the treadmill.

The controller part of the treadmill should not be directly exposed to the sun or damp to avoid damage.

-Check and tighten all parts of the treadmill frequently. Damaged parts must be replaced immediately.

-The running belt is the most vulnerable part in operation. Please replace it in time when the running wear is serious.

## 1. Adjust the running belt

1.1 Adjusting running has two functions: elasticity adjustment and center position adjustment of the running belt. The running belt has been adjusted before leaving the factory, but after use, the running belt will be stretched and it will deviate from the center plate and cause the running belt to rub the decorative strip. It is normal for the running belt to be stretched during use. If the running belt slips or is not smooth when you use the treadmill, you can adjust the tightness of the running belt to improve it.

1.2 How to adjust the running belt?

1) Insert a 6mm Allen key into the adjusting screw on the left side of the running belt, and turn the wrench 1/4 turn clockwise to adjust the rear roller to tighten the running belt.

2) Repeat step 1 to adjust the right screw. Make sure that the adjusting screw rotates the same distance so that the roller will be adjusted parallel to the frame.

3) Repeat steps 1 and 2 until the running belt does not slip.

4) Note that the running belt cannot be adjusted too tightly. This will damage the running belt, increase the pressure of the front/rear rollers, cause damage to the roller bearings, etc., produce abnormal noise or other problems. If you want to reduce the tension of the running belt, Please turn the wrench counterclockwise, and the left and right sides of the note should be rotated the same.

## 2. Adjust the running belt to the middle

2.1 When you use a treadmill, the pressure on the running belt is unbalanced due to the different forces used by the two feet during running, which causes the running belt to deviate from the center.

This kind of deviation is normal. When no one is running on the running belt, it will return to the center. If it does not return to the center, you need to adjust the running belt back to the center.

2.2. How to adjust the running belt to the middle?

1) Run the treadmill without load and adjust the speed to 6KM/H.

2) Observe the distance from the running belt to the left and right side bars.

If it is to the left, use an Allen key and turn the screw on the left 1/4 turn clockwise;

If it is to the right, use an Allen key and turn the right screw 1/4 turn clockwise;

If the running belt is still not in the middle, repeat the above action until it is adjusted to the middle.

3) After adjusting the running belt to the middle, adjust the speed to 1KM/H and observe the deviation of the running belt and the smooth running. If there is a deviation, repeat the running steps.

4) Warning! Do not over-tighten the roller! This will cause permanent bearing damage!

If the above steps are not effective, you need to tighten the running belt again.

Special attention: The running belt is the most wear-prone part in operation. Please replace it in time when the running wear is serious.

# 1. Points to note before exercise

1.1 A successful exercise plan must include warm-up, aerobic and soothing exercises; the number of exercises should be performed at least two to three times a week, with one day off during exercise, and after a few months, you can increase the number of exercises to four to five days. .

1.2 Warming up before exercise is a very important part of your fitness exercise. You must warm up before each exercise. Moderate warming can prepare your body for the next more intense exercise, because warming up can help muscles warm and stretch. Improve blood circulation, increase pulse rate, and send more oxygen to muscles.

1.3 The importance of stretching after exercise. Not stretching will cause muscle tension and decrease in elasticity, which will increase local pressure, cause local inflammatory factors and metabolic waste to be discharged in time, and slow down fatigue recovery, and the body will always be tired for the next training , This will easily cause fatigue accumulation and cause pain.

## 2. Warm up before exercise

### 2.1 Standing upright:

This action will make your whole body feel stretched, with your back straight and arms

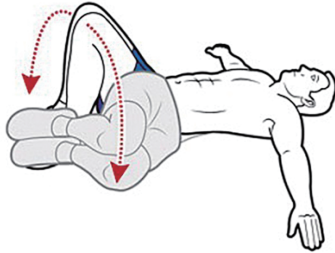
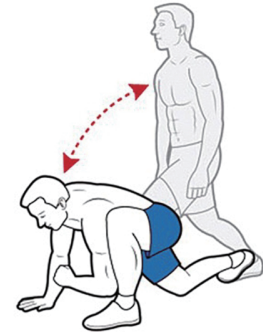
Place it on both sides of the body. Step forward, raise the left and right knees to the height

Raise your arms, walk 20 steps forward each time, and rest for 1 minute.



## 2.2 Dive forward, bend your elbows to reach the instep:

Step forward with one lunge on your left foot in a big lunge shape, while keeping your right knee off the ground. Touch the ground with your right hand and move your left elbow to the back of your left instep. Move your left hand out of your left foot, hold your hands push the hips upward. Then his right foot stepped forward and got up. Do it 10 times for each leg.

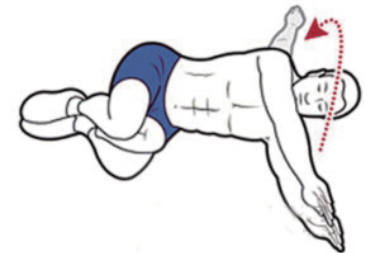


## 2.3 hip span:

Lie on your back with your knees bent, your feet on the ground, and your arms stretched out to each side. To the left rotate, keeping your legs bent until your left knee hits the ground, then rotate to the right until the right knee hits the ground. Repeat 10 times on each side.

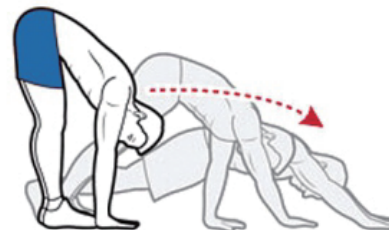
## 2.4 Stretching:

This action can stretch the torso and back muscles, lying on the left side, Bring your legs together and bend your knees at a 90-degree angle. Put a towel between your knees and your arms flat stretch. Then, keeping your knees and hips still, rotate your torso and right arm, try to get the right shoulder to the ground. Exhale for 2 seconds, then return to the initial posture. Do 10 times on each side.



## 2.5 Walk with hands:

Straighten your legs, bend over, and place your hands flat on the floor. Tuck your belly, let your hands replace your feet move forward. At this time, the legs still cannot bend, touch the ground with both hands. Take a few steps forward (knees cannot be bent). Do it continuously for 1 minute. This exercise can exercise the hamstrings, lower back, gluteal muscles and calf muscles.



## 3. Stretching after exercise

### 3.1 Scapular extension:

This is a simple and effective stretching exercise, especially to stretch around the shoulder joint Muscles, practice: stand with your feet hip-width apart, bend your knees slightly, move your left hand over your body, bend your elbow slightly, and fix it with your right hand on your left elbow, then lean your arms towards your body until you feel the muscles in your shoulders tighten, then switch sides to heavier, Repeat the same action.



### 3.2 Triceps stretch:

Action points: Bend the left arm behind the head, and hold the left elbow with the right palm. Use light force, pull your left elbow to the right as much as possible, feel the back of your left arm Stretching of the head muscles.



### 3.3 Chest stretch:

This action is mainly to stretch the muscles on the upper edge of the chest, which can relax the muscles and increase softness. How to: Stand beside a stable upright support. After placing one hand on the support, keep the upper arm and shoulder on the same plane. General push forward slowly until the chest muscles feel stretched.



### 3.4 Calf stretch:

How to do it: Take a standing posture about a big step in front of the wall, push the wall with your hands, and stand with your feet hip-width apart. Stretch your left leg forward in a bent knee position and maintain your left knee. Do not tilt to one side directly above your feet. Feel the right calf muscles being pulled, Switch sides to stretch the left calf.

### 3.5 Quadriceps Stretch

Action essentials: Stand firmly on the foot and lift the other foot back. Ipsilateral hand Hold the ankle lightly, slowly clamp the calf close to the thigh, and lightly touch the hip, approximately. After 10 seconds, change your feet and stretch. During the process, the upper body straightens and the lower limbs bend slowly. Avoid excessive knee stretches.



### 3.6 Back muscle stretching

Action essentials: Put your feet together, stand one meter from the supporting surface, hip joints and shoulders at the same height, extend your arms to your head. Keep your arms and legs straight, bend your hips, and your back flatten, grasp the supporting surface with both hands. Exhale, push down on the support surface, shape into a back arch. Hold for 10 seconds and do 4 sets.

## 1. Warranty scope:

We ensure that the product is made of high-quality materials. In normal use, if there is a problem, we will be responsible for the warranty. The warranty period is 1 year (counting from the date of purchase). If your product has quality problems, please contact our customer service within 12 months; please do not dispose of it without permission, we Warranty on the following accessories: frame, wire, armrest foam, motor, moving wheels, etc.

## 2. The following conditions are not covered by the warranty:

2.1 Damage caused by external causes.

2.2 Use non-original accessories.

2.3 Handling incorrectly by yourself.

2.4 Do not follow the instructions.

2.5 Vulnerable parts, normal wear and tear are not warranted and replaced, such as running belts and rollers.

## 3. To purchase non-warranty accessories, please contact customer service, please provide the following information when ordering:

3.1 Instructions

3.2 Treadmill model

3.3 accessory serial number

3.4 Proof of purchase date

Reminder: Please do not send the product to our company without the confirmation of our customer service. Our company will not bear any cost for returning the product without permission.



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