



EVOLVE

YOUR EVOLVED GEAR ARRIVED

USER MANUAL

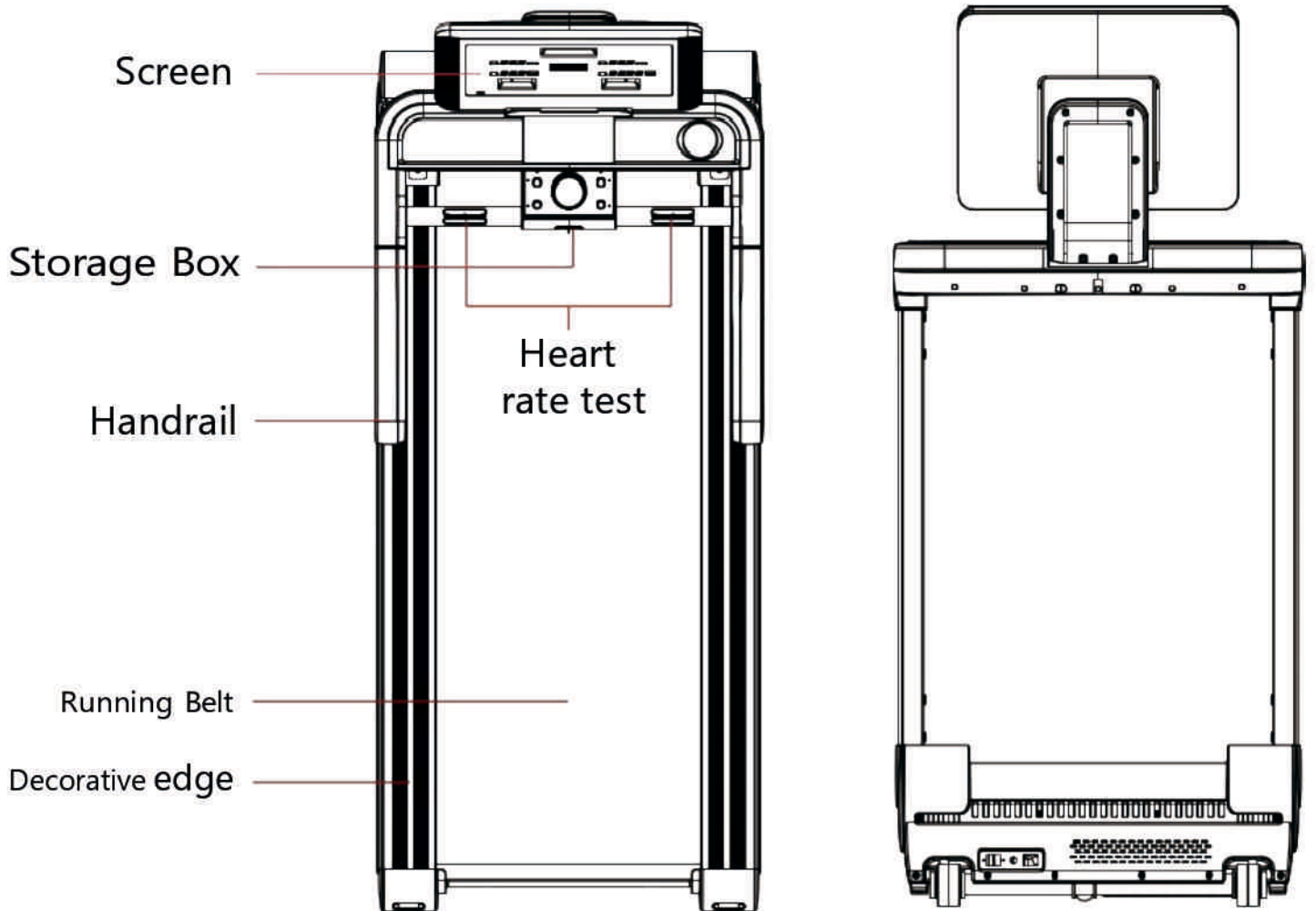


**Treadmill with 18.5" TFT Console
EV-HT-500-TFT**

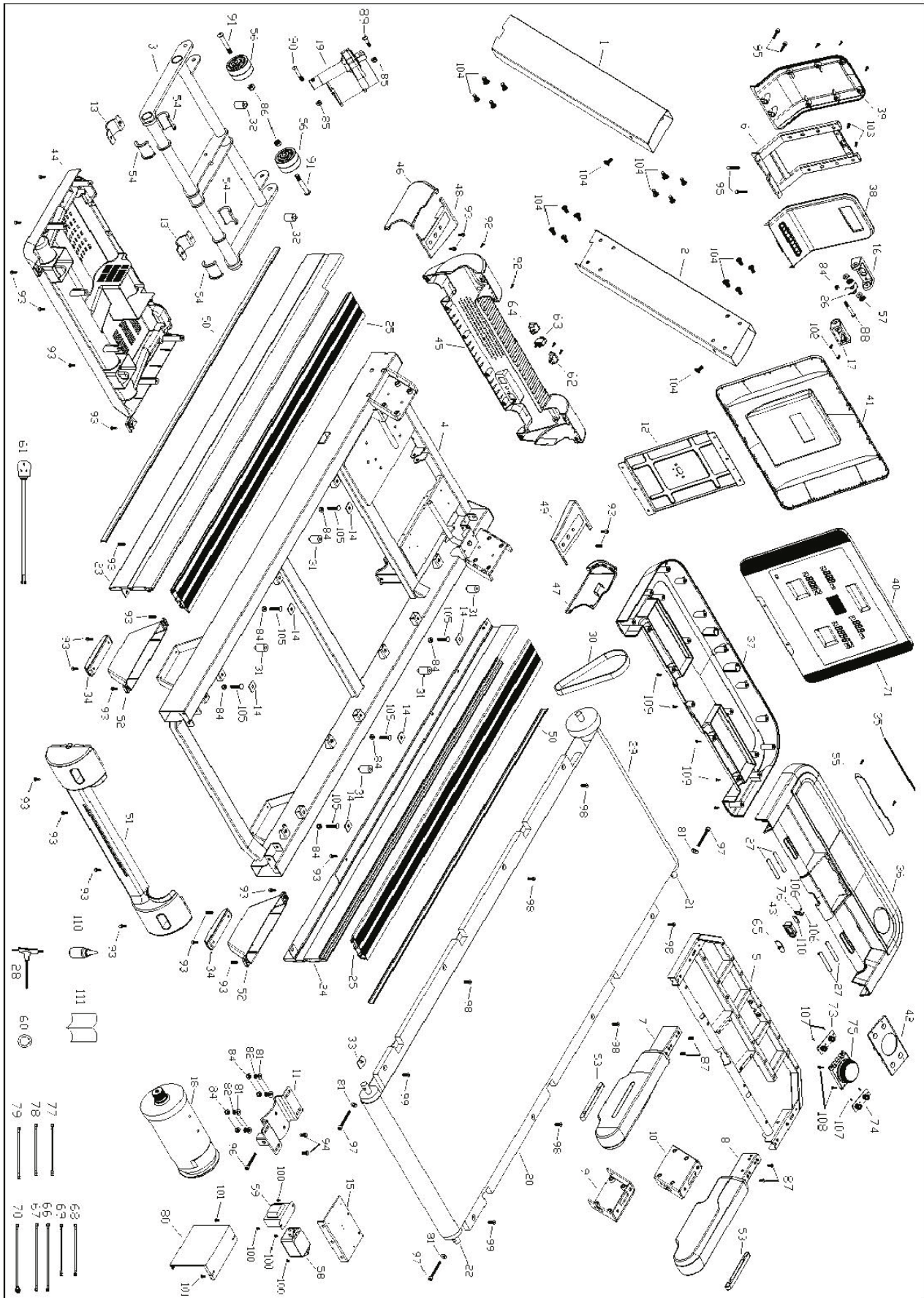
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I 、Product Outline



II 、 Spare Parts Breakdown&List



No	Name	quantity
1	Left Column	1
3	Ascension frame	1
5	electronic meter stand	1
7	Left Column	1
9	Watch stand fixing seat (left)	1
11	Motor Support	1
13	Incline frame fixed pickup	2
15	CE fix plate	1
17	Table core fixed aluminum (inside)	1
19	Incline Motor	1
21	Front Roller	1
23	regula strip (left)	1
25	regula strip (upper)	2
27	Grip Pulse	4
29	Running belt	1
31	Running pad	6
33	The gasket	2
35	iPad silicone pad	1
37	Electronic watch under cover	1
39	Watch core supports the lower cover	1
41	Watch movements under cover	1
43	Safety lock block	1
45	Motor front cover	1
47	Bar Side cover (right)	1
49	The right fuel cap	1
51	Seat back	1
53	Handrail decorative cover	2
55	iPad holder	1
57	Plastic gasket	4
59	inductor	1
61	power wire	1
63	overload protector	1
65	Safety Key	1
67	350mmAC Connecting line black	1
69	200mmAC Connecting line black	1
71	Watch core	1
73	Lift button panel	1
75	Knob display screen	1
77	Communication line segment (upper)	1
79	Communication line segment (lower)	1
81	φ8-16*T1.5flat gasket	8
83	M4*10 Cross assembly screw	2
85	M10 locknut	2
87	Hexagon socket screw M8*15 full tooth	12

No	Name	quantity
2	Right Column	1
4	Main Frame	1
6	table core frame	1
8	Right Column	1
10	Watch stand fixing seat (right)	1
12	Watch core fixed pay	1
14	regula strip pressing sheet	6
16	Watch core fixed aluminum (outside)	1
18	Motor	1
20	Running board	1
22	Rear Roller	1
24	regula strip (right)	1
26	Gas Spring	1
28	T inner hexagon wrench	1
30	ribbed belt	1
32	Round cushion	2
34	Frame MATS	2
36	Electronic watch cover	1
38	Watch core supports the upper cover	1
40	Watch core panel	1
42	Knob holds cover	1
44	Under the motor cover	1
46	regula Side cover (left)	1
48	The left fuel cap	1
50	Side strip trim strip	2
52	Rear foot pad cover	2
54	Nylon sleeve	4
56	Move the wheel	2
58	filter	1
60	magnet ring	1
62	Concave type socket	1
64	Power Switch	1
66	350mmAC Connecting line red	1
68	200mmAC Connecting line red	1
70	300mmYellow and green ground cable	1
72	Heart rate cord	2
74	Program mode button panel	1
76	Safety lock switch connection cable	1
78	Communication line segment (middle)	1
80	Lower Controller	1
82	φ8-14*T2.5spring pad	6
84	M8 locknut	11
86	M12 locknut	2
88	Hexagon socket screw M8*105 tooth length 20	1

No	Name	quantity
89	Hexagon socket screw M10*40 tooth length 20	1
91	Hexagon socket screw M12*80 tooth length 25	2
93	Hexagon socket head screw M6*15 full tooth	26
95	Hexagon socket screw M8*40 full tooth	4
97	Hexagon socket screw M8*65 full tooth	3
99	Countersunk head hexagon socket screw M8*30 full tooth	2
101	Cross large flat head screw M4*15 full tooth	2
103	Flat head hexagon socket screw M8*20 full tooth	2
105	Carriage screw M8*40 full teeth	6
107	Cross recessed round head tapping screw ST3.0*8	29
109	Cross recessed round head tapping screw ST4.0*16	62
111	lubricating oil	5

No	Name	quantity
90	Hex socket head screw M10*55 tooth length 25	1
92	Hexagon socket screw M5*16 full tooth	4
94	Hexagon socket screw M8*12 full tooth	2
96	Hexagon socket screw M8*55 full tooth	1
98	Countersunk head hexagon socket screw M8*25 full tooth	6
100	Cross large flat head screw M4*10 full tooth	4
102	Flat head hexagon socket screw M8*10 full tooth	2
104	Flat head hexagon socket screw M10*20 full tooth	28
106	Cross recessed flat end tapping screw ST2.5*6 with pad	2
108	Cross recessed round head tapping screw ST4.0*10	4
110	Safety lock metal	1
112	Manual	1

III、 Safety Use Tips

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 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 2000mm×1000mm 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.

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.

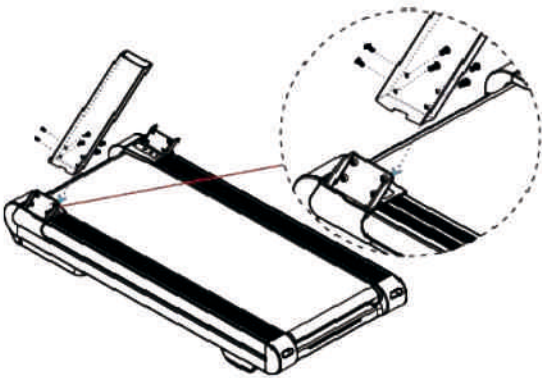
2.10. Please turn off and unplug when leaving.

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

IV、Installation Steps

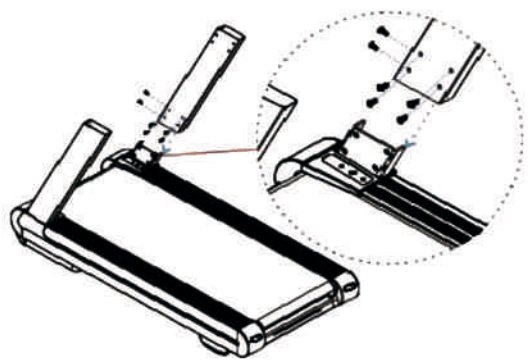
Precautions for installation: Follow the instructions for installation. After all accessories are installed in place, tighten all screws with a tool.(Note: Two persons are required to install the installation step, please two persons to operate the installation 1)

Figure1

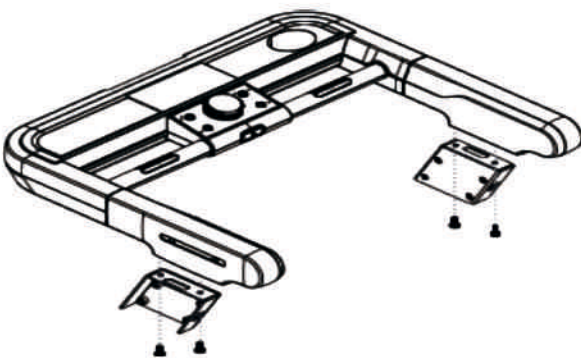


1. Lift the treadmill and its accessories out of the carton and place them on the level ground. Cover the lower end of the left column on the fixed seat on the left side of the running platform, and fix the M10*20 screws with a wrench.

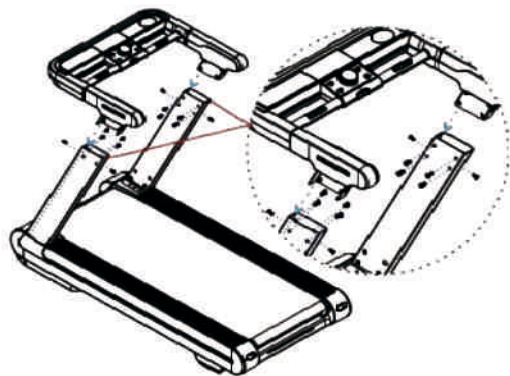
Figure2



2. Connect the communication line in the right column with that on the running platform, then cover the lower end of the right column on the fixing seat on the right side of the running platform, and fix the M10*20 screws with a wrench;(If the

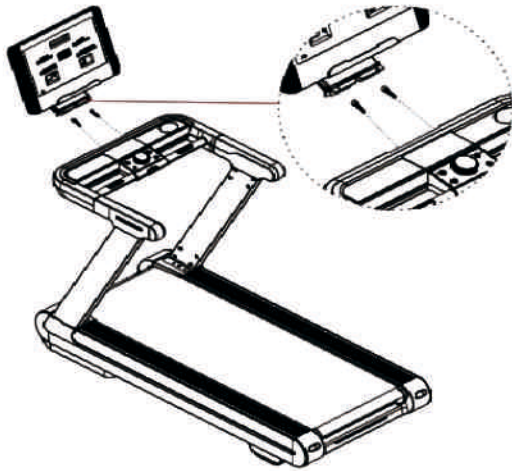


1. As shown in the figure, fixed; Use a wrench to fix the M10*20 screws to the left and right table frame

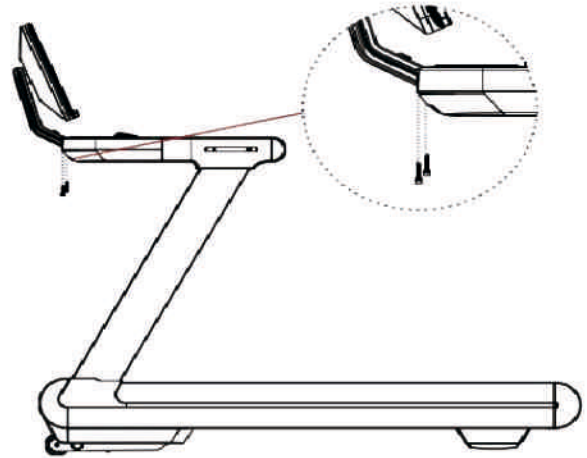


2. Connect the communication cable on the right side of the armrest to the communication cable in the column, then insert the fixing base of the table frame on both sides of the armrest into the upper-tube of the column, and secure the M10*20 screws using a wrench.(Check whether it is fixed in place after installation)

1. Electronic Watch installation



1. First, connect the communication lines of the Electronic Watch together and fix the M8*40 screw from the electronic watch with a wrench



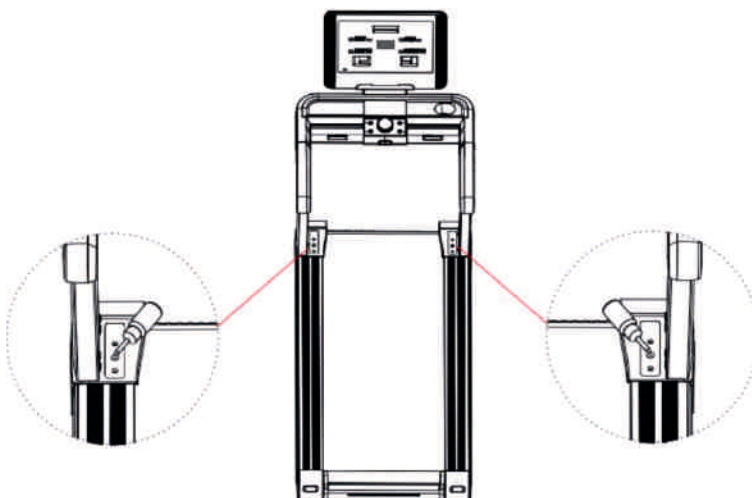
2. Then use the wrench will M8*40 screws from the bottom fixed in turn, fixed check is, whether there is loose, to prevent loose fall off

Note: After Assembly, after all the parts are assembled, please make sure that all the screws are fixed, check that there is no leakage, before you can turn on the power source to use.

3.Add lubricant

Treadmills are greased out of the factory. But check the grease on the treadmill before using it. Check the lubricating oil on the treadmill regularly after use to help keep the treadmill in optimum condition. Please add lubricating oil intime when running machine is used for 50 kilometers. Pull the starting belt from the side and touch the platform surface as far as possible. If you feel silicone oil, no lubrication is needed; If the surface feels very dry when touching, please follow the instructions below to fuel.

As shown in the figure, pour silicone oil into the filling hole indicated by the filling label, and start the treadmill to run for a period of time before using it.



V、Instructions for Use

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).



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.

VI. Workouts 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.



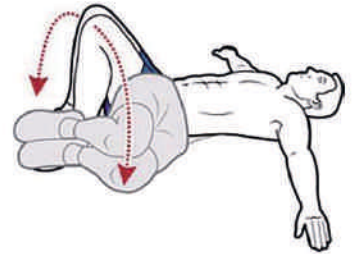
2.2 Dive forward, bend your elbows to reach the instep:

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.



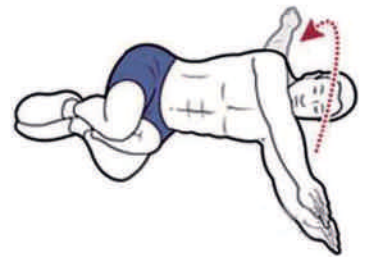
2.3 hip span:

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.



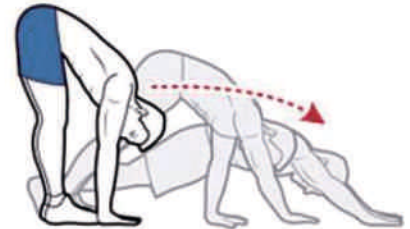
2.4 Stretching:

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 stand 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 10seconds, 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 covered⁰⁵ 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

VII、 Screen Console Instructions

1.Precautions

- (1)To ensure the normal use of the device, please do not download any APP to the system.
- (2)Please cleanup operation on the device periodically.
- (3)Please try not to use third-party apps. When exiting a third-party app, please use the return key first.
- (4)WIFI restrictions, this product can not link WIFI that requires WIFI webpage verification.

2.Operation during exercise

- (1)Treadmill will decelerate to stop running after press the "stop"button during exercise.
- (2)Treadmill will display heartbeat data in about 5 seconds after the athlete holds the handle pulse with both hands.
- (3)The key to the movement of the athletes is to relaxation exercise before running and the slow stop after the exercise.
- (4)Usually, the athlete walks slowly for 5 minutes and then fast walk or running, and finally runs slowly for 5 minutes before stop.

Explanation: When running, set the speed slowly and walk for 5 minutes. This is roughly equivalent to the state of walking, and then gradually increase the speed of the treadmill. When the speed increases to "5" or "6", you are walking or jogging. Based on this state, the body has been basically adapted, you can maintain or increase the speed and slope according to your own needs, then officially run for about 20 minutes, and finally set to a slower speed, slow down for 5 minutes as a relaxation, let The body gradually adapts during exercise. This takes about 30 minutes at a time. Usually about 30 minutes of exercise has a better exercise effect, for ordinary exercisers, each run time should not exceed 60 minutes, too long exercise time may cause excessive fatigue

(5)Incline operation during running

If you need to set the incline t, set it to "0" when you start running. After 5 minutes of slow walking, after the body adapts, gradually increase the slope as needed, which can consume more calories, but the larger slope, not suitable for long running.

(6)Heart rate monitoring while running

Please don't get down from the treadmill immediately after running. When running, the body's blood is mainly concentrated in the lower limbs. The rhythmic contraction of the muscles can help the blood of the lower limbs to return to the heart. However, if you stop immediately after running, the effect of this squeeze suddenly disappears, and the speed of blood returning to the heart slows down, which may cause insufficient blood supply to the brain. In severe cases, it may also cause shock symptoms.

The treadmill has a heart rate monitoring function. You can assess whether to stop running by measuring the heart rate. Hold the hand pulse with both hands and display the heartbeat data in about 5 seconds. The treadmill will automatically calculate the heartbeats of your exercise. Generally, the heartbeat rate drops below 120, and it is basically OK.

3.Start screen

Quick start:





1. Turn on the power switch and put the safety lock to the safety lock position below the panel.

2. After startup, the screen displays the main interface.
3. Press the "start" button on the panel, the treadmill start running at the lowest speed and the lowest slope, and you need to press the incline button or speed button to change the slope and speed.










4.Screen display interface

The main interface is divided into nine functional modules: **weather forecast**, **local audio and video** (local music, local video), **Internet** (built-in third-party video app), **WIFI connection**, **cleaner**, **skin settings**, **applications**, **settings**, **sports center** (Built-in time countdown, calorie countdown, distance countdown, step countdown, program movement, heart rate control, runway mode, scene motion, custom)



Icon	Function instruction	Icon	Function instruction
13:04	Time display: convenient for sports people to view time		Adjustable volume: mainly for music and video playback
	Return button: can return to the previous interface (except the main interface)		Home button: can be returned from any interface to the main interface (except the main interface)
	Wifi icon: used to check whether the system is connected to the WIFI network.		

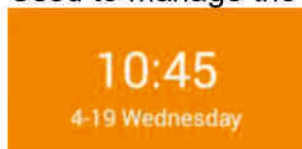
Detailed explanation of each control of the main interface

Icon	Function instruction	Icon	Function instruction
	Weather forecast: Used to display the current time and location of the weather		local audio and video: Used to manage audio and video files in the system and in the external U disk
	Internet: Built-in third-party app		WIFI: connect internet
	Cleaning: One-click cleanup system cache and memory shortcuts		Skin: You can choose the built-in skin to change the background skin of the machine according to your preferences.
	Setting: Built-in brightness adjustment, language selection, machine management, factory mode four functions		Applications: Built-in third-party music app, third-party video app, internet, social, news
	sports center : built-in 9 kinds of sports: time countdown, calorie countdown, distance countdown, step countdown, work out, heart pulse control, runway mode, realview run, custom mode)		

Detailed function instruction


1. **Weather forecast:**

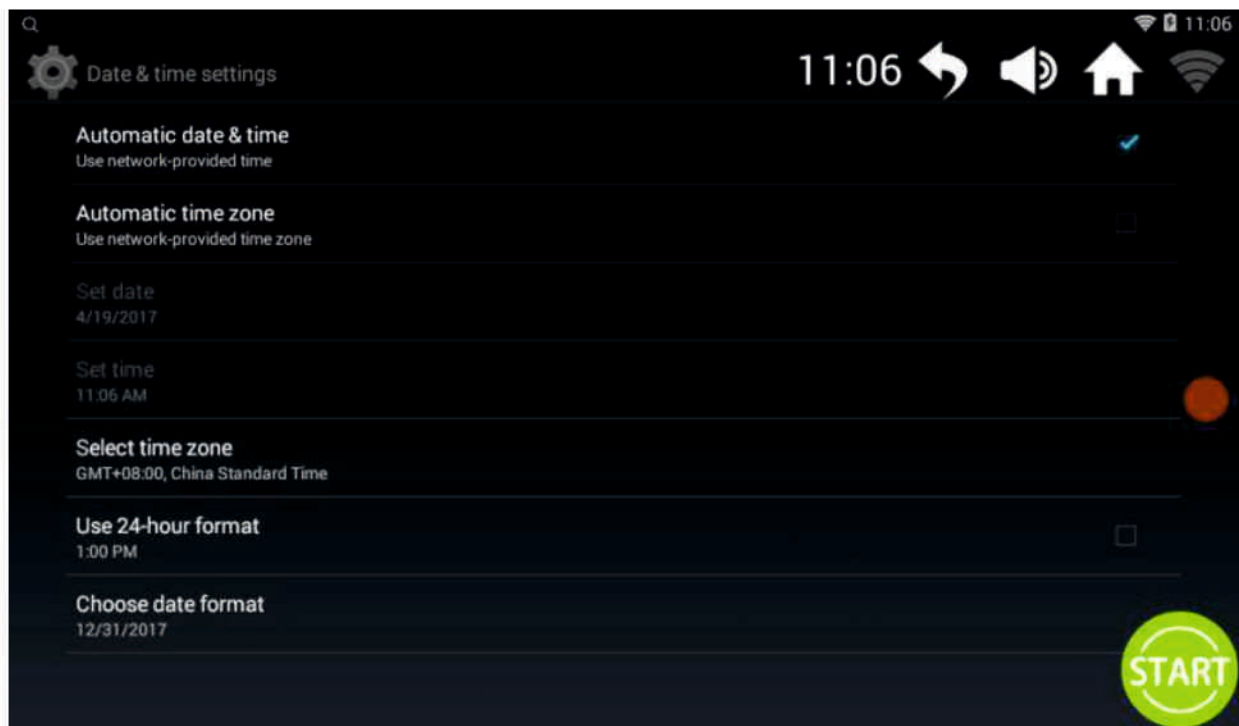
Used to manage the current time and local weather.



- ◆ Support users to manually correct current time and date
- ◆ Current time and date can update when connect with internet

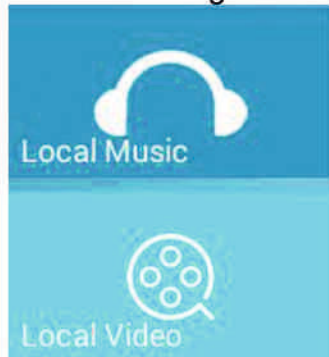
1.1. How to manually adjust the time, date and address.

- ① Press  weather forecast icon to manually adjust the time and date parameters.



2. Local audio and video

Used to manage audio and video files in the system and in the external U disk:



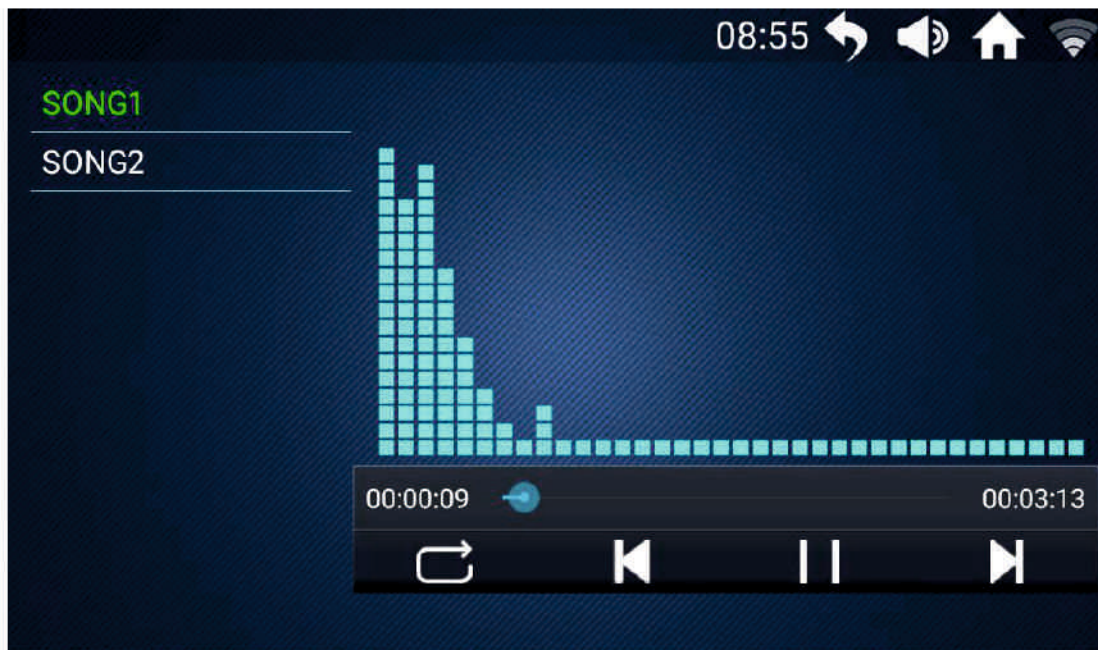
- ◆ Support play MP3、 APE、 Mp4、 MOV, audio, video format files.
- ◆ The files in the local video and audio do not need to be connected to the network, and can be directly played.
- ◆ Please try to choose a rhythmical music during running. It is best to adapt to the rhythm of the running. The music with a large rhythm changes easily has an adverse effect on the rhythm of the running.
- ◆ Please try not to watch the video while running, so it is easy to be distracted, which may cause danger after running too fast or too slow.


◆ How to play audio and video stored in USB


① Insert the USB storage device into the USB interface and play the audio and video files through operations.









2.1 Music interface

① Press music  icon , enter into music interface.




②  Swipe up and down to browse for the song name in the list on the left.

③  Press song file to start play.

Control directory			
Song1	Green indicates the the song are singing now White indicates the song to be selected		
	Start playing music		Play music according to the song list
	Stop play music		Random play of the song list
	Play the previous		Loop
	Play the next		Move the bar to the left or right to change the progress of the music.

2.2 Local Video

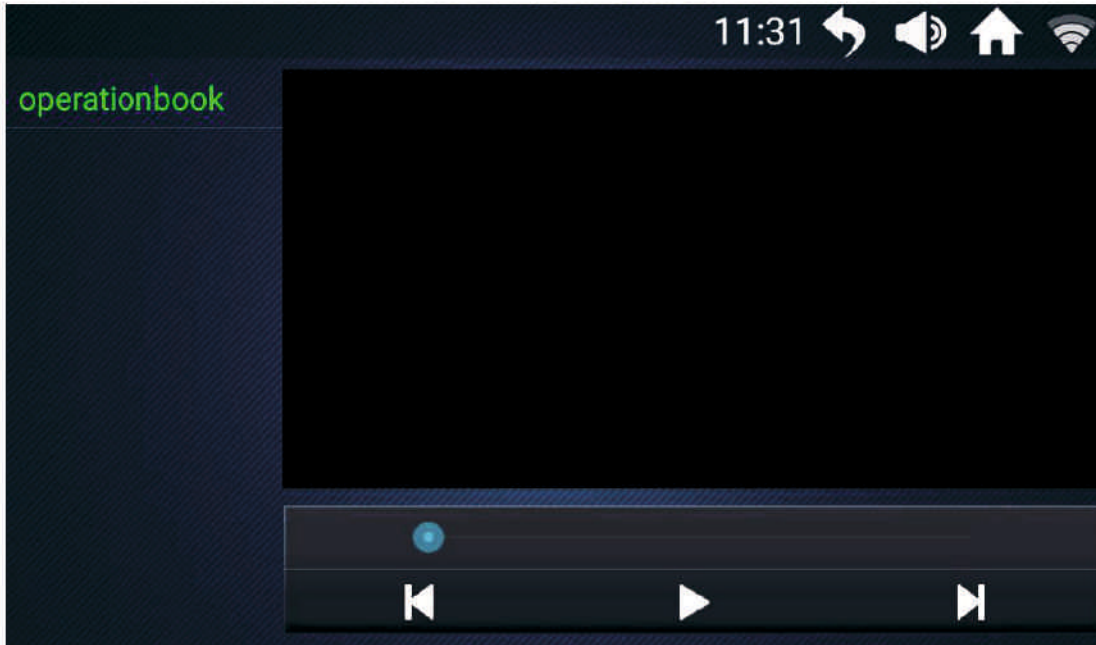
① Press  icon enter into video interface.


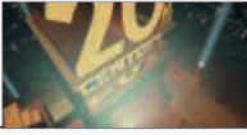






② Swipe up and down to browse for the video name in the list on the left.



③ Press video file to start play.



Control directory			
	Play the previous video		Click on the video being played to full screen , click again to exit full screen
	Play the next video		
	Start to play video		
	Stop play music		
	Move the bar to the left or right to change the progress of the video.		

3. Internet

Build in third part APP










◆ To connect to the WIFI network before use.

◆ Please try not to browse webpage or watch the video while running, which is easy to distract and cause accidental injury; You can start running after setting the content.

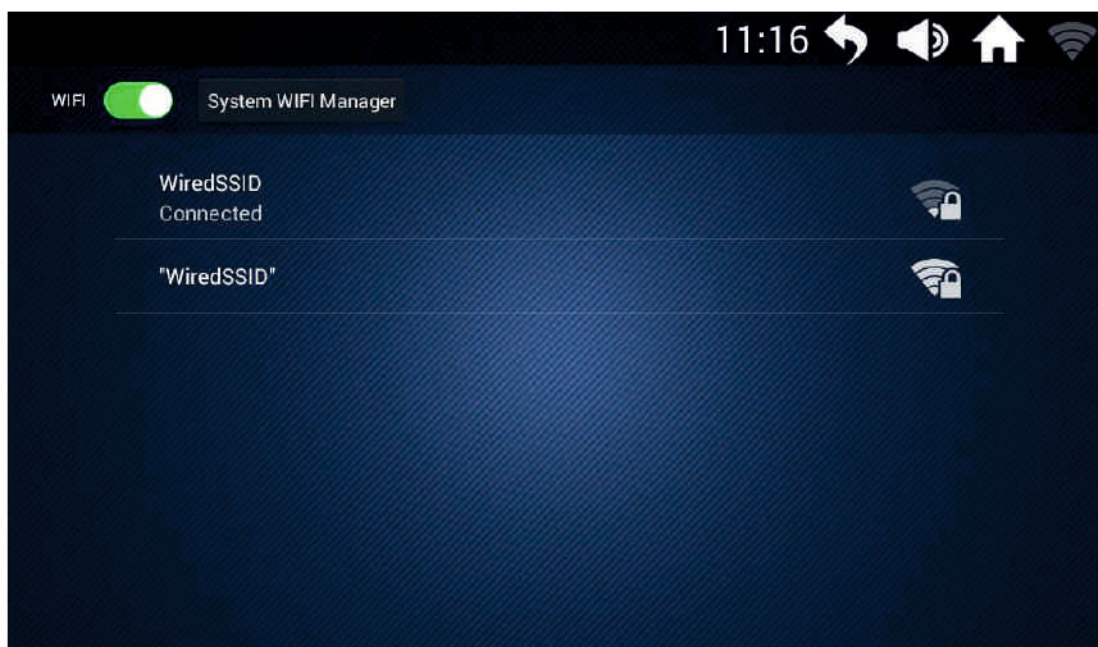
◆ Listen to some relaxing music during the running to reduce the boring feeling during exercise.

◆ How to revert to the main interface and adjust the motion parameters when playing in a third-party APP:


Control directory			
	click to hide the motion parameters during running		Return to the previous menu
	click to indicate the motion parameters during running		Adjust the volume
	Open the floating button		Back to Home page
	Turn off the fly button		

4、WIFI

4.1 In the main interface, click "" to enter the WIFI interface:

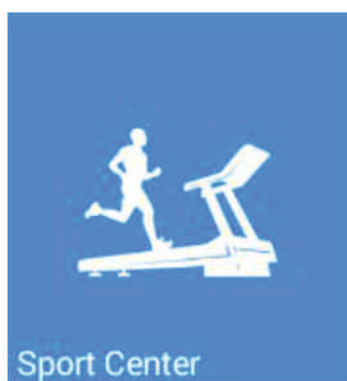


5、Cleaning

5.1 Click “” in the main interface to clean up the cache and memory of the machine.

6、Sports center

Built-in time countdown, calorie countdown, distance countdown, step countdown, work out, heart pulse control, runway mode, realview run , custom mode.



- ◆ The time for each run is preferably no more than 60 minutes;

- ◆ The slope setting of the treadmill can increase the difficulty of the depression, imitate the resistance of the road running, and make the running like to the outdoor running, instead of "running with the treadmill." However, if the slope is too high, the speed of the treadmill should be properly adjusted not too fast to avoid falling;


- ◆ Whether the running speed is suitable or not, there is a simple criterion, that is a feeling of sweating when running, no feeling of being out of breath and very uncomfortable, the running speed is the best.

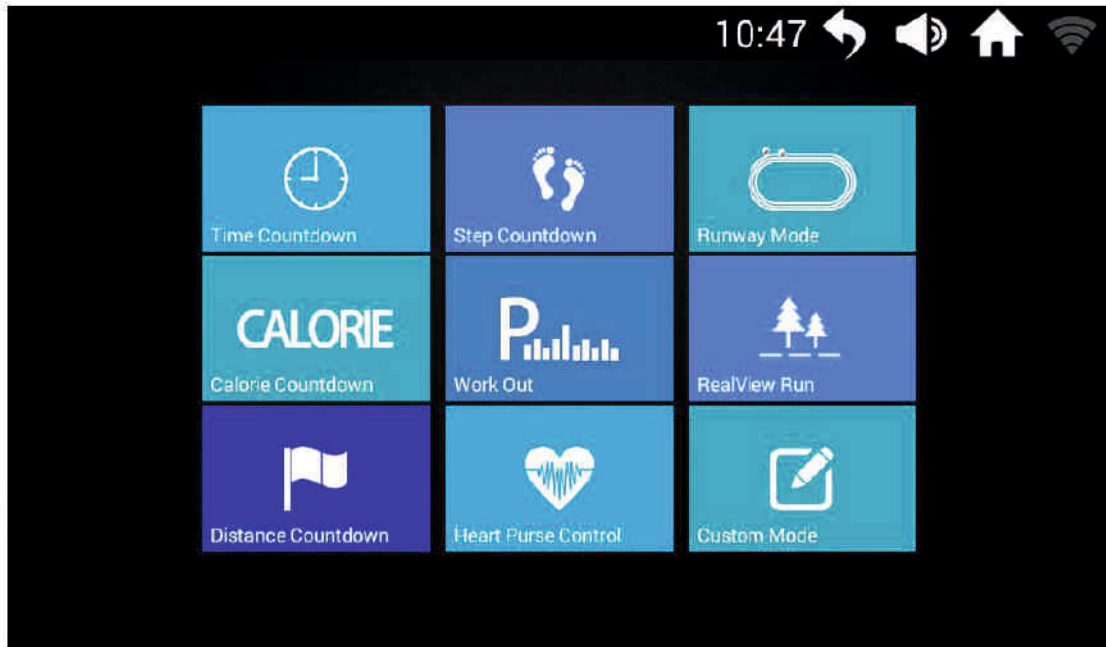
- ◆ **Be sure to check if the safety lock is valid before exercising.** Any abnormal situation occurred during running, pulled off the safety lock, and the treadmill quickly decelerated to stop running;

- ◆ Please pay attention to your heart rate value during the exercise. **The highest**


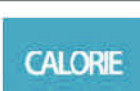







heart rate is controlled at 220 minus age (this is the limit value, the general exercise does not exceed 90% of this value is good). If it is an older athlete, this number needs to be reduced a little more;

◆Any vigorous exercise, please take about 30~60 minutes after meals;

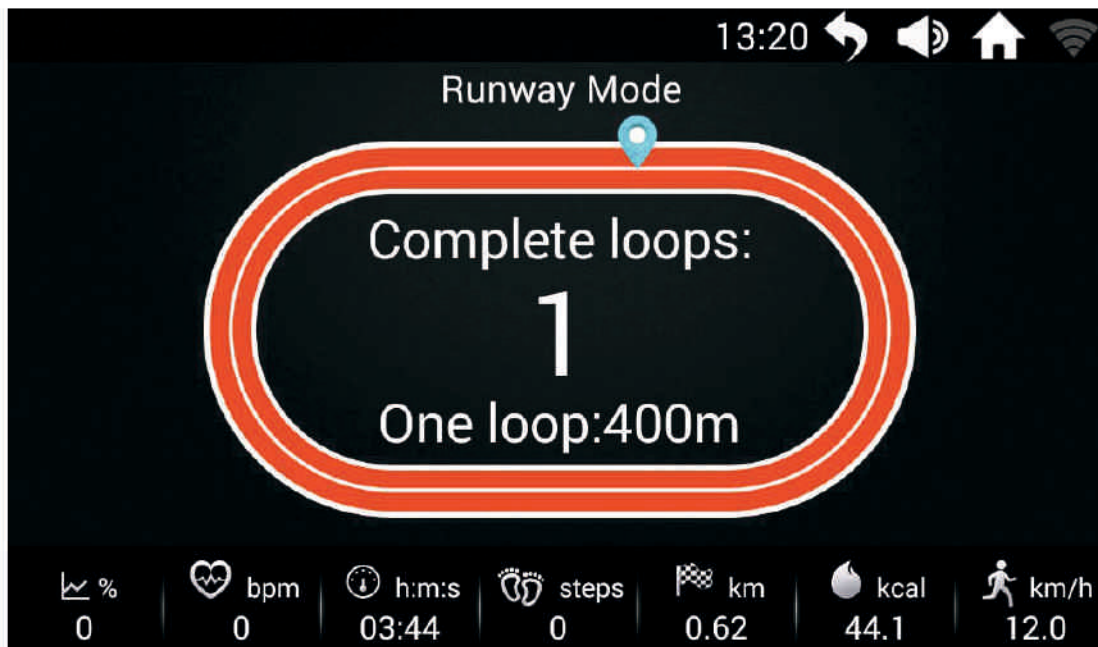
6.1 In the main interface interface, click "" to enter the sports center management interface:




The user can select the exercise mode according to his or her own sports goal;

Control directory						
						
time countdown	calorie countdown	distance countdown	step countdown	Work out	heart pulse control	runway mode
						
Realview run	Custom mode					

6.2 Click on the runway mode  icon to enter the runway mode page:




◆  One lap of the runway is 400 meters. When the icon is rotated one turn, the number of completed laps is automatically counted as 1, and so on. Not counting after a full circle.

◆ **Treadmill parameter adjustment:**

① Click on any area of the screen to pop up the operating window to controls the treadmill;





② Click the  floating button, the treadmill will appear two restarts and stops for the user to select; No operation in three seconds, this floating window is automatically closed.

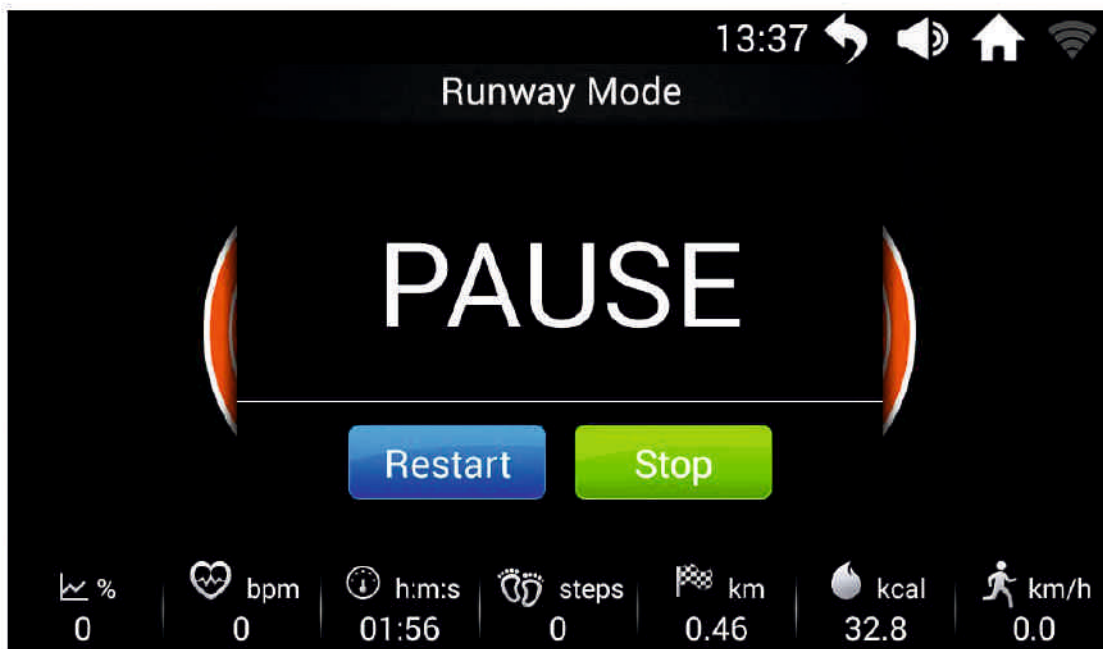
◆ **Start of runway mode:**

① Adjust the movement parameters required for the treadmill by sliding up and down.


Press the start button, the treadmill will automatically start after “3, 2, 1, GO”.

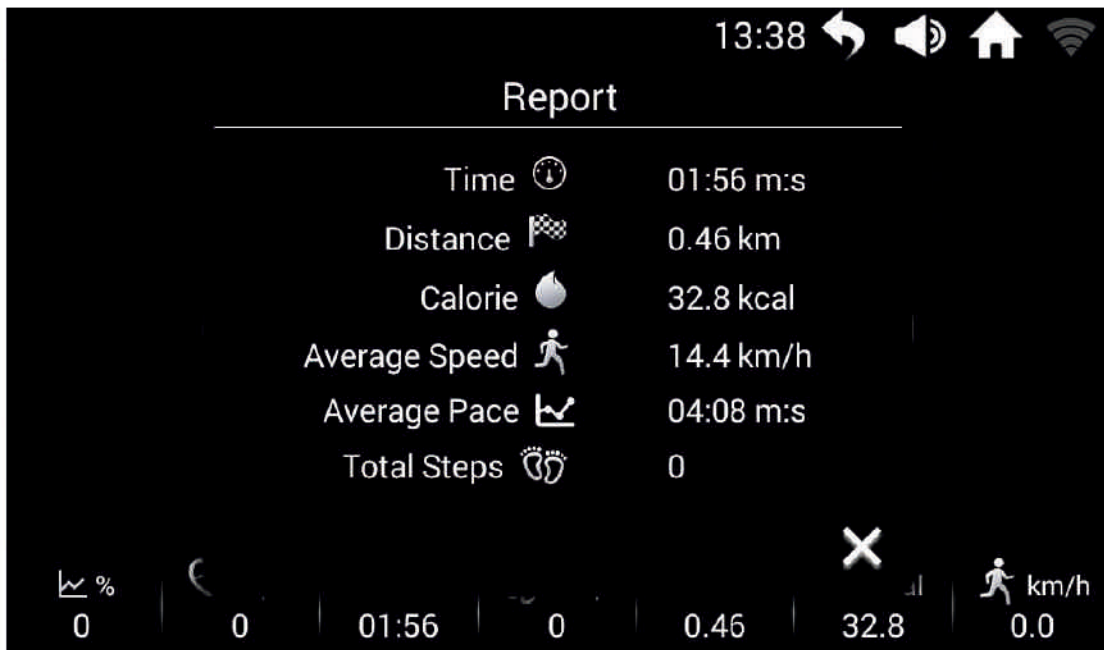
② During the movement, the speed and incline can be adjusted by the button on panel and or the floating window button;

③ Adjust the treadmill parameters by , the treadmill will slow down and stop running, the treadmill will pop up  and  for the user to choose. When the user has not made a selection, click the back button in the upper right corner to return to the main interface to operate other operations. After the user selects, click on any sport mode in the sports center interface. Will return to the runway mode interface;

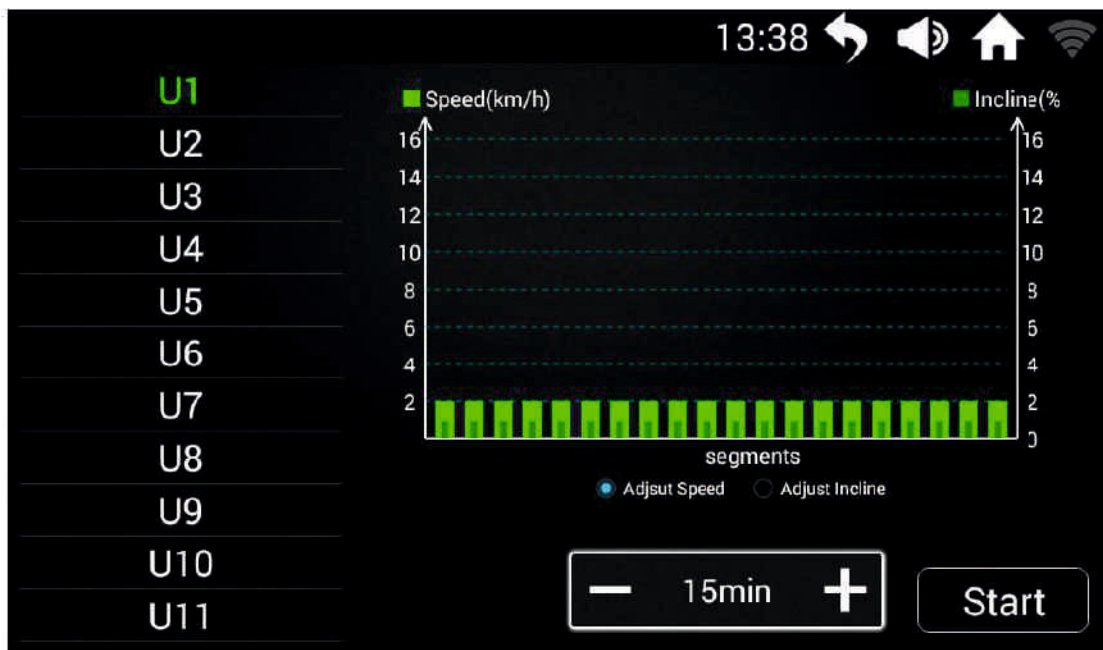


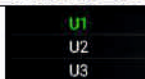



④ Press , The treadmill is restarted at the lowest speed;

⑤ Press , The treadmill stops, popping up the current sports scores.




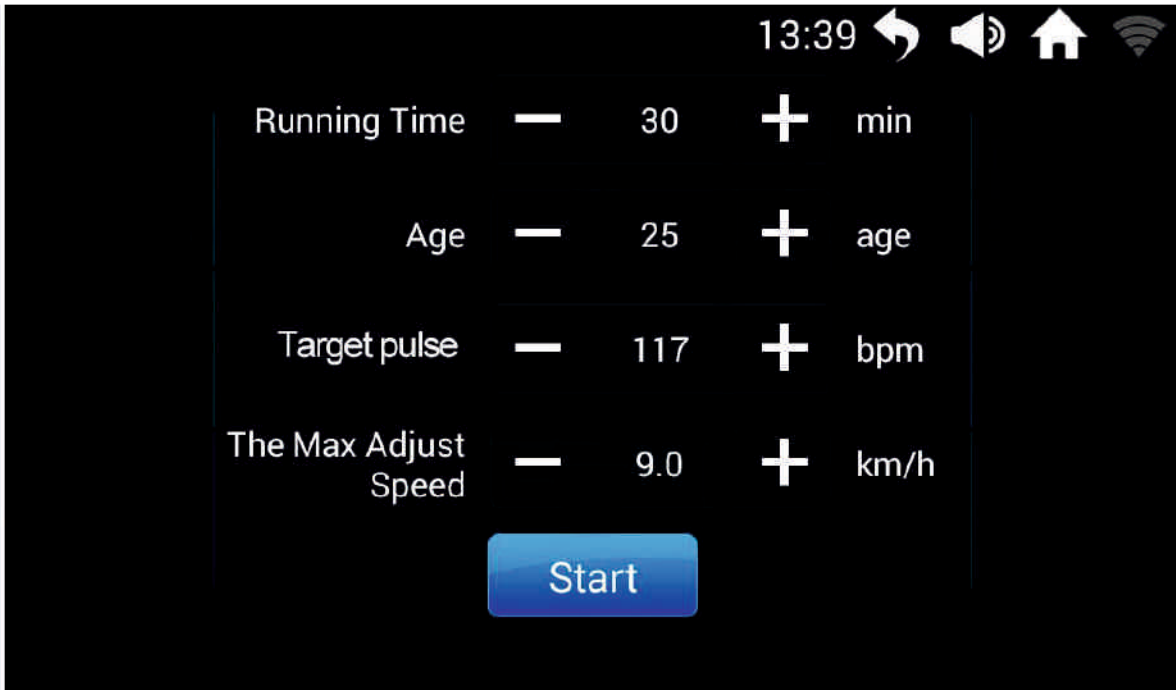
6.3 Press  icon, to enter the custom settings page:



Control directory	
	Program list: Built-in U1-U16 a total of 16 program data for users to choose;
	coordinate map:  Indicates the current running speed,  Indicates the current incline;
<input checked="" type="radio"/> Adjust Speed	Adjust speed: Click to select, the user can slide the rectangle coordinates up and down, and customize the current running speed. Once the user setting is successfully, the program data of the user-defined setting will be automatically saved; (check the adjustable speed map)
<input type="radio"/> Adjust Incline	Adjust incline: Click to select, the user can slide the rectangle coordinates up and down, and customize the current incline. Once the

	user setting is successfully run, the program data of the user-defined setting will be automatically saved; (unadjustable incline display is not selected)
— 15分钟 +	Adjustment time: The user presses the time plus or minus button on the display window to set the current running time;
Start	Start: User data setting OK, click here, the treadmill starts running

6.4 Click the  heart pulse control icon to enter the heart pulse control setting page:



◆The user sets the parameters according to his own needs, clicks the start button, and the treadmill starts running;




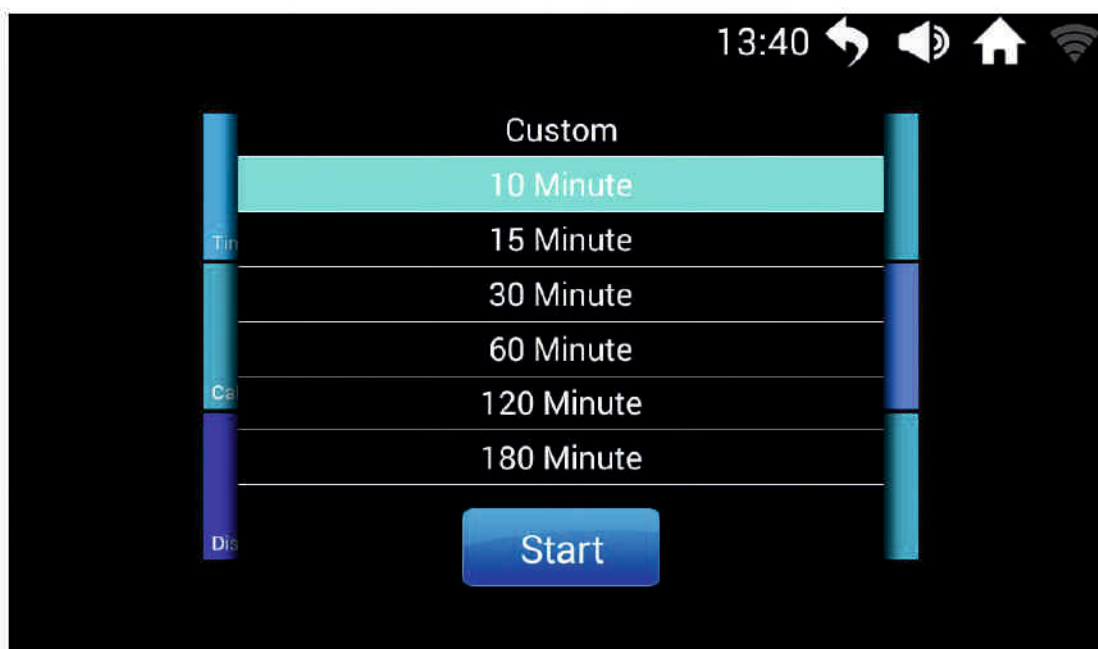
◆Treadmill parameter adjustment

①When the user clicks the **Start** button, the treadmill starts to running, and the user clicks the back button in the upper right corner to return to the main interface to operate other operations. After the user selects and clicks on any sport mode of the sports center interface, it will return to the heart pulse control speed interface. Click any area of the screen to pop up the operation floating window to control the treadmill;



②Click the **Power** floating button, the treadmill will appear two restarts and stops for the user to select; No operation in three seconds, this floating window is automatically closed.

6.5 Press  Time countdown icon, enter to the time countdown settings page:



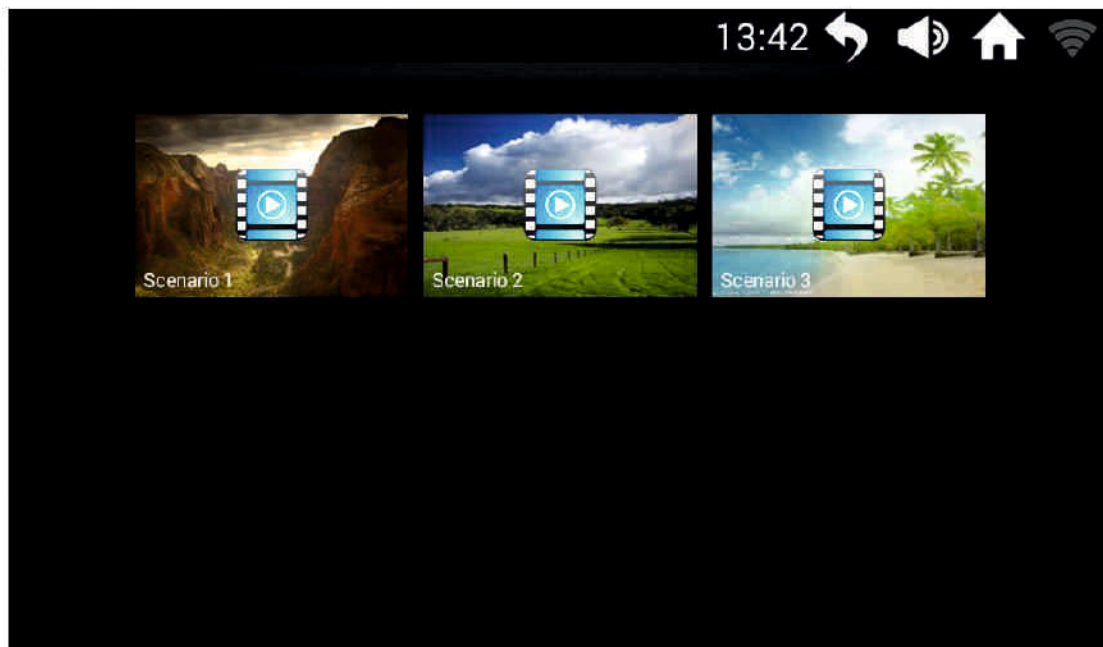
◆The user selects the exercise time according to the needs, and the built-in fixed time. If

the user wants to set it himself, click Customize, press the plus or minus button on the window to set the exercise duration. Once the setting is OK, click the button to start the exercise;



Press the stop button, the treadmill will slow down and stop running. The treadmill will pop up restarts and stops for the user to select. Select the stop button, the system will automatically calculate the results of the exercise and pop up the relevant transcript interface.

6. 6. Click on  the real view icon to enter the real view page:

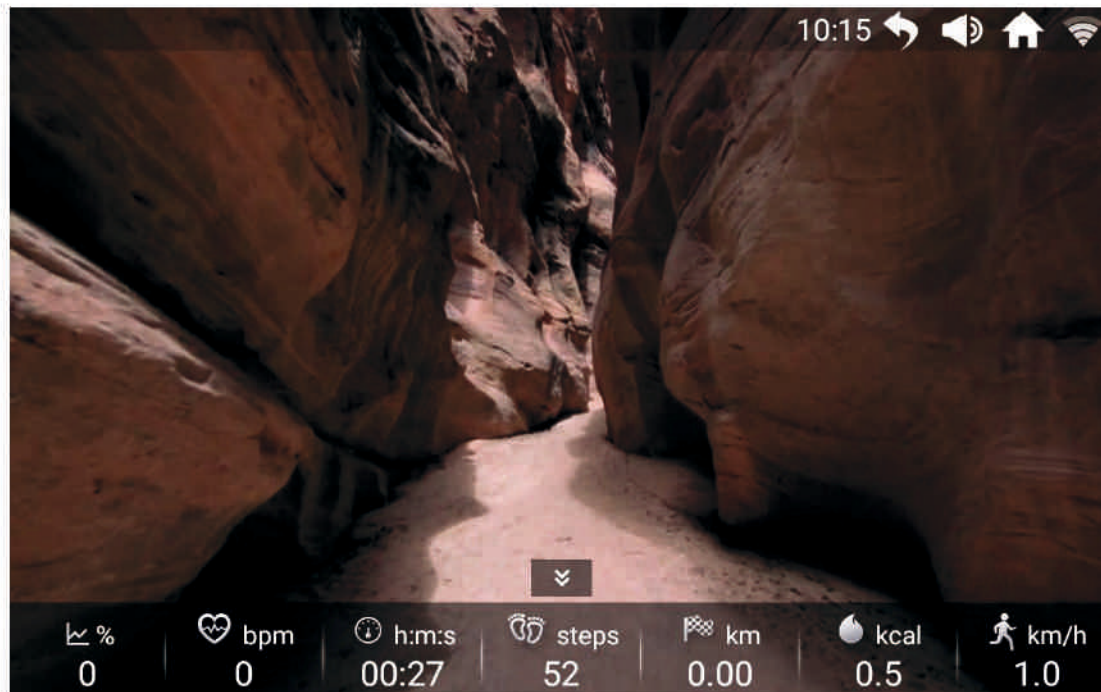




3kinds of Real view

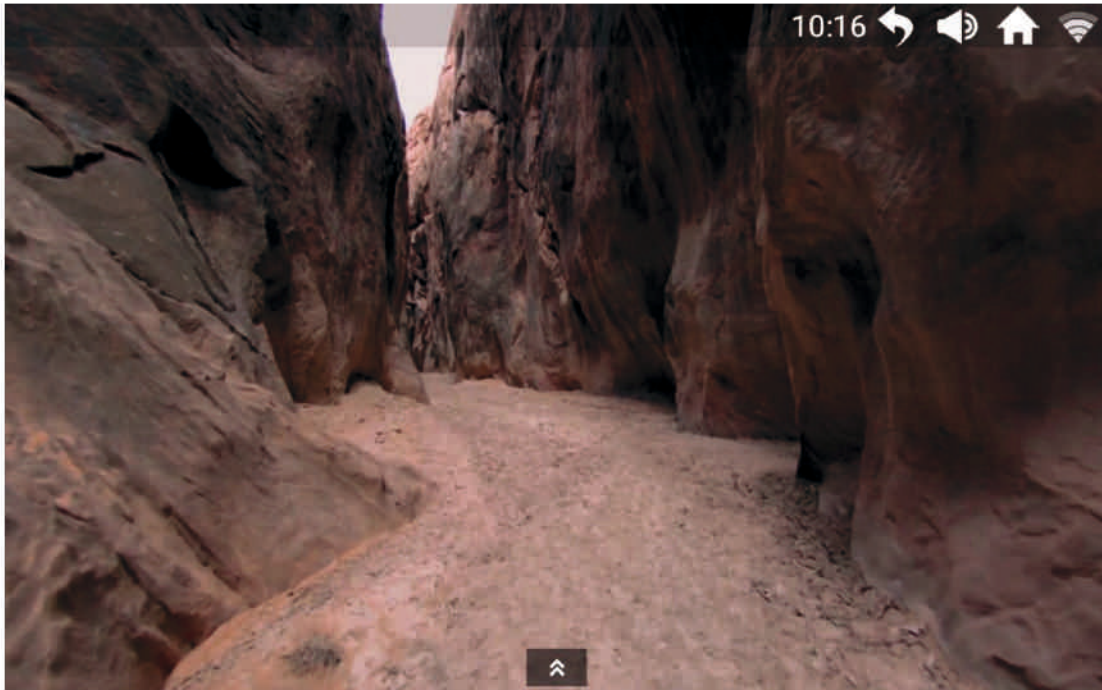


6.6.1 Real view running:

① In the real view interface, click to  enter the Gobi page;



② Display the motion parameters during running at the bottom of the Gobi running interface, click the “” icon to hide the bottom motion parameter; click “” to display the motion parameter;



Control directory



Floating window: Click the pull-up or pull-down button of the interface to show or hide the motion parameter float frame.


7. Skin

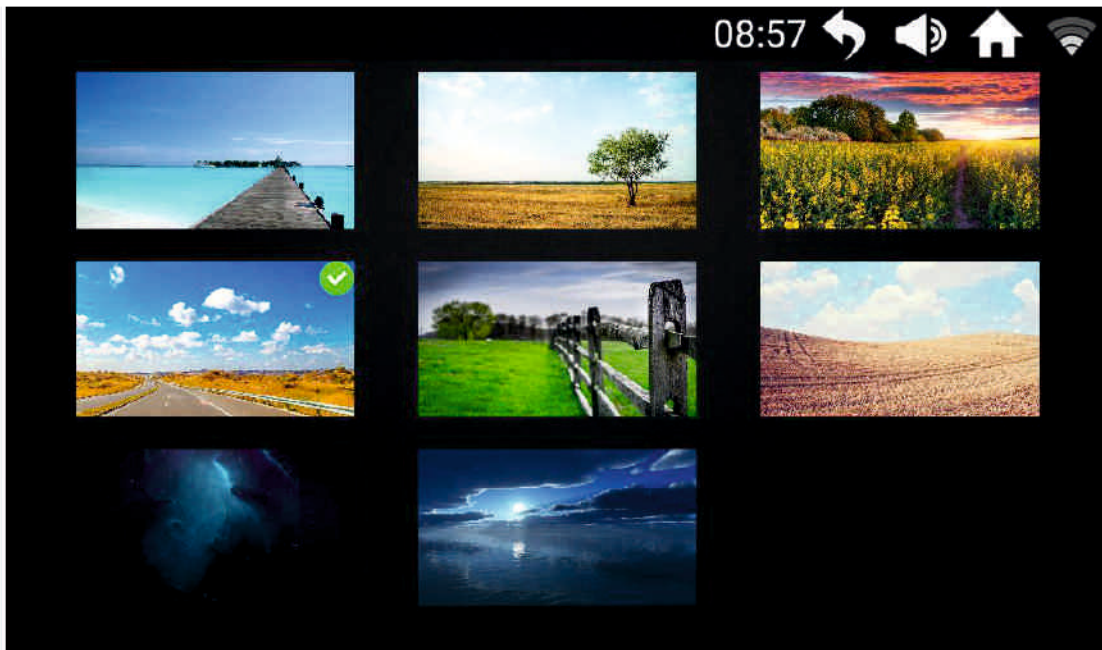


- ◆ The built-in skin of the system is available for users to choose. It does not support users to download it themselves.
- ◆ You can choose to change the background skin of the machine according to your preferences.

7.1 Skin setting

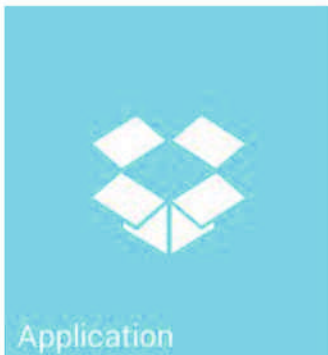
In the main interface, click the skin icon  to enter the skin selection page.

After the user selects, the selection button  appears in the upper right corner. The machine skin has been set to OK. Click the upper right corner to return to the main interface:



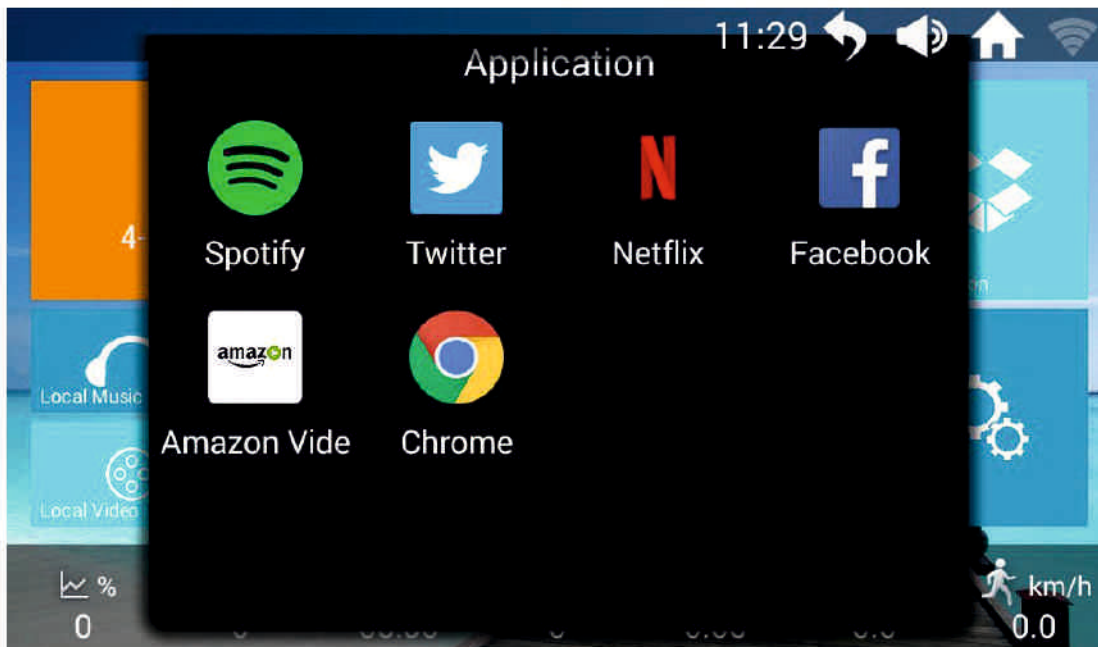
8. Application

Built-in third-party music and video APP applications, Internet, social, news and other five functional modules;



- ◆ The six functional modules of the Internet need to be connected to the WIFI network.
- ◆ Supports playback of common audio and video format files such as MP3, MP4, MOV, APE, etc.
- ◆ Please try not to browse the webpages or watch the video while running, which is easy to distract and cause accidental injury; you can set the content and then start the treadmill;
- ◆ Listen to some relaxing music during the running process to reduce the boring feeling during exercise.

Click on the entertainment icon  to enter the entertainment interface:




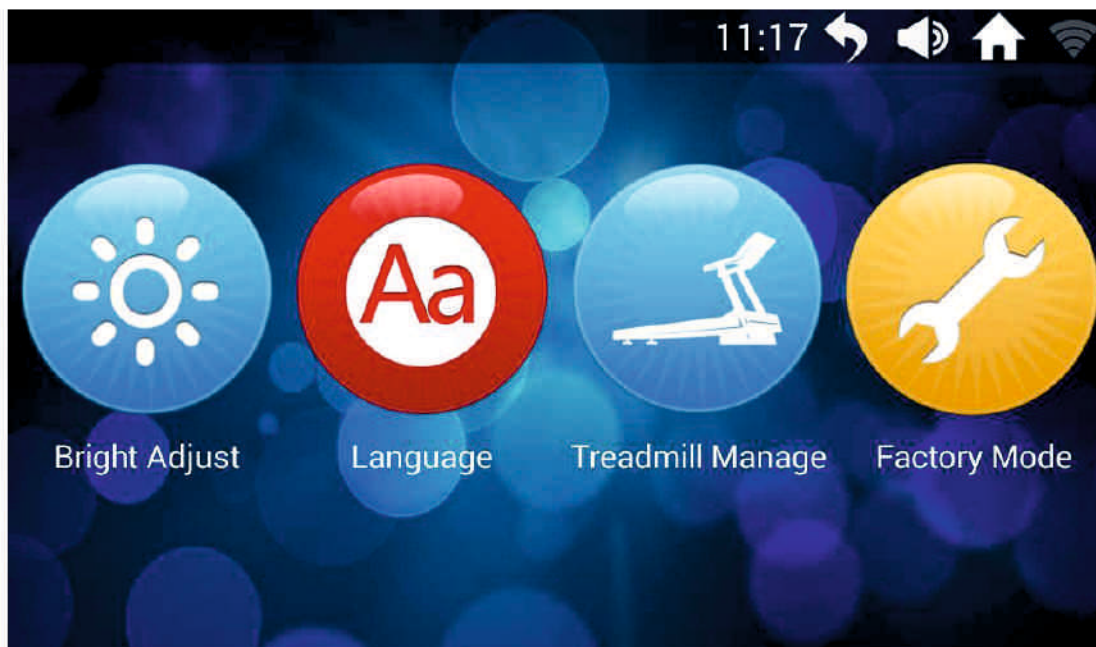
9. Setting

Built-in brightness adjustment, language selection, machine management, factory mode four functions;



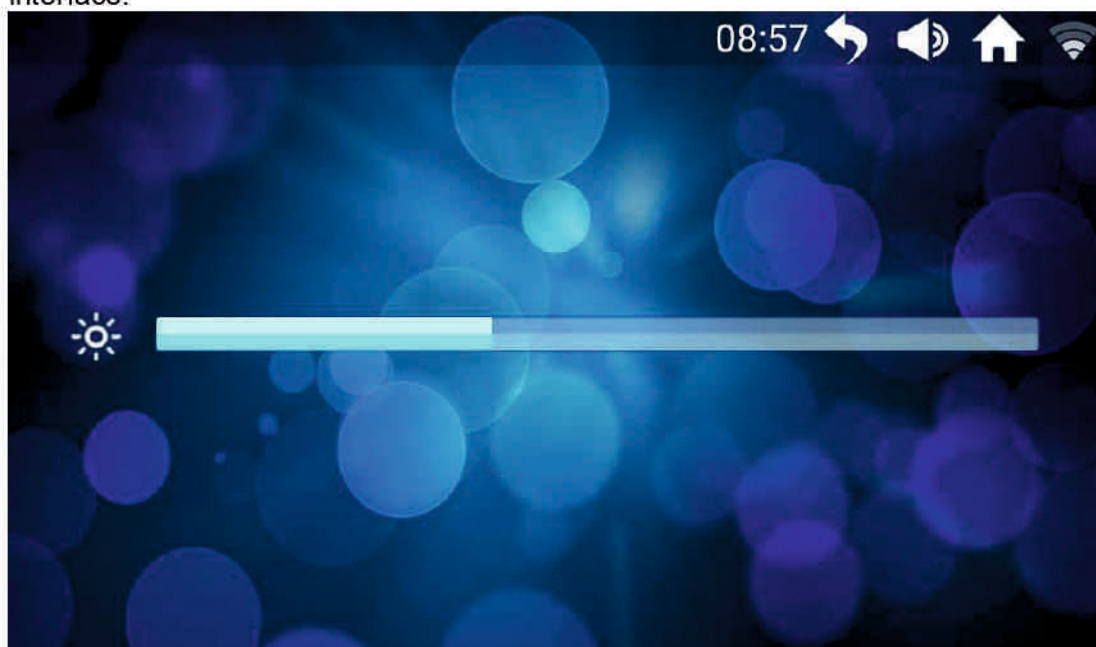
- ◆ This system will prohibit users from installing other APP applications to avoid crashing the treadmill system;
- ◆ The system will prohibit users from uninstalling the built-in APP application;
- ◆ Please periodically clear the data and cache of the app application;

Click the Settings icon  to enter the System Settings page:



9.1 Brightness adjustment:

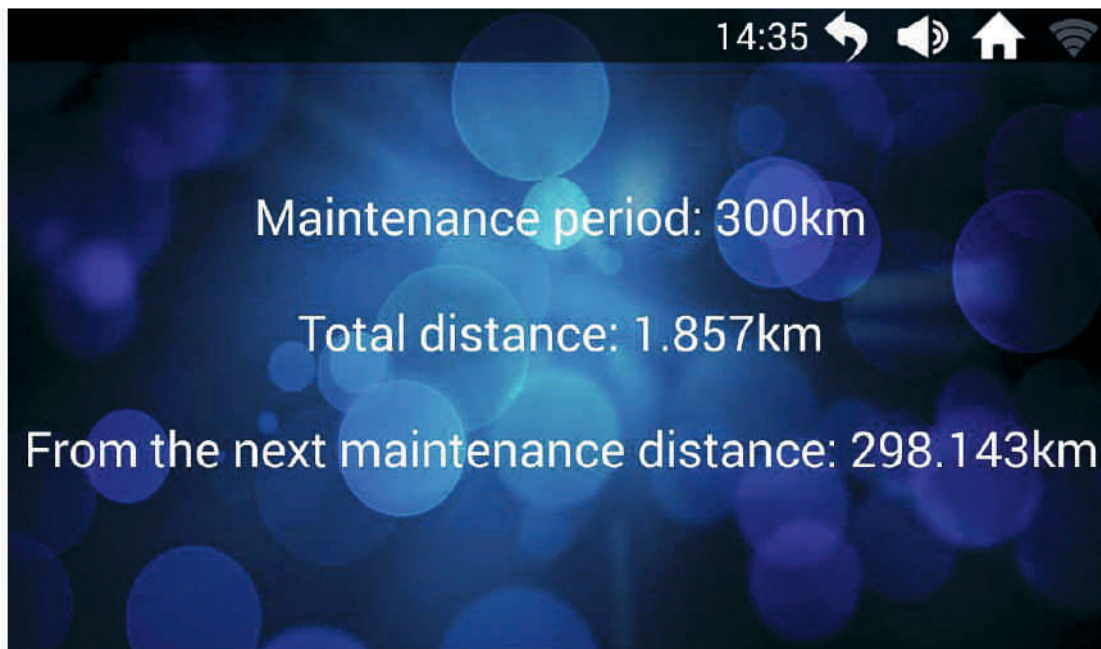
In the settings interface, click the brightness adjustment icon to enter the leaderboard interface:



Slides left and right on the brightness bar, slides to the right to increase the brightness, and slides to the left to decrease the brightness.

9.2 Machine Management:

In the setting interface, click the machine management icon to enter the machine management interface. This interface displays the accumulated mileage and the number of miles from the next maintenance.



The error interface

Note: When the treadmill is used, if there is an abnormality, the interface will have an error message and a solution. (Some exceptions will not occur depending on the model)

6. 1AC motor Errors

6.1.1 List of G-Way Inverter Error Reports

<p style="text-align: center;">Error</p> <hr/> <p>Error description: Overvoltage</p> <p>Fix method: 1.Stop use, check external wire</p> <p style="text-align: right;">✕</p>	<p style="text-align: center;">Error</p> <hr/> <p>Error description: Overflowing</p> <p>Fix method: 1.Replace the motor 2.Check transmission parts, add lubricating oil 3.Replace the inverter</p> <p style="text-align: right;">✕</p>
<p>① overvoltage ;</p>	<p>② overflowing ;</p>
<p style="text-align: center;">Error</p> <hr/> <p>Error description: Overload</p> <p>Fix method: 1.Check transmission parts, add lubricating oil 2.Replace the motor</p> <p style="text-align: right;">✕</p>	<p style="text-align: center;">Error</p> <hr/> <p>Error description: Inverter MCU breakdown</p> <p>Fix method: 1.Replace the inverter</p> <p style="text-align: right;">✕</p>
<p>③ overload</p>	<p>④ Inverter MICU breakdown</p>

<p style="text-align: center;">Error</p> <hr/> <p>Error description: Inverter overheated</p> <p>Fix method: 1.Stop use and use it after the temperature returned to normal 2.Replace the inverter</p> <p style="text-align: right;">✕</p>	<p style="text-align: center;">Error</p> <hr/> <p>Error description: Inverter can not receive signal from controller</p> <p>Fix method: 1.Check the wire between the controller and inverter 2.Replace the wire between the controller and inverter 3.Replace the controller 4.Replace the inverter</p> <p style="text-align: right;">✕</p>
<p>⑤ inverter overheated</p>	<p>⑥ inverter cannot receive signal from controller</p>
<p style="text-align: center;">Error</p> <hr/> <p>Error description: Inverter inside communication error 1</p> <p>Fix method: 1.Replace the inverter</p> <p style="text-align: right;">✕</p>	<p style="text-align: center;">Error</p> <hr/> <p>Error description: Inverter inside communication error 2</p> <p>Fix method: 1.Replace the inverter</p> <p style="text-align: right;">✕</p>
<p>⑦ inverter inside communication error1</p>	<p>⑧ inverter inside communication error12</p>
<p style="text-align: center;">Error</p> <hr/> <p>Error description: Receive boot signal,but before the shutdown signal has not been received</p> <p>Fix method: 1.Replace the inverter</p> <p style="text-align: right;">✕</p>	<p style="text-align: center;">Error</p> <hr/> <p>Error description: Lifting fault</p> <p>Fix method: 1.Check the wire of lifting motor 2.Replace the lifting motor 3.Replace the inverter</p> <p style="text-align: right;">✕</p>
<p>⑨ receive boot signal, but before shutdown signal has not been received</p>	<p>⑩ lifting fault</p>
<p style="text-align: center;">Error</p> <hr/> <p>Error description: Controller can not receive signal from inverter</p> <p>Fix method: 1.Check the wire between the controller and inverter 2.Replace the wire between the controller and inverter 3.Replace the controller 4.Replace the inverter</p> <p style="text-align: right;">✕</p>	<p style="text-align: center;">Error</p> <hr/> <p>Error description: Reverse switch action</p> <p>Fix method: 1.Put the treadmill horizontally</p> <p style="text-align: right;">✕</p>
<p>⑪ controller cannot receive signal from inverter;</p>	<p>⑫ reverse switch action</p>
<p style="text-align: center;">Error</p> <hr/> <p>Error description: Stator phase fault</p> <p>Fix method: 1.Stop use, check external wire</p> <p style="text-align: right;">✕</p>	<p style="text-align: center;">Error</p> <hr/> <p>Error description: Current sensor U fault</p> <p>Fix method: 1.Replace the inverter</p> <p style="text-align: right;">✕</p>
<p>⑬ stator phase fault</p>	<p>⑭ current sensor U fault</p>

<p style="text-align: center;">Error</p> <hr/> <p>Error description: Current sensor W fault</p> <p>Fix method: 1. Replace the inverter</p> <p style="text-align: right;">✕</p>		
<p>05 Current sensor W fault</p>		



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