EVOLVE

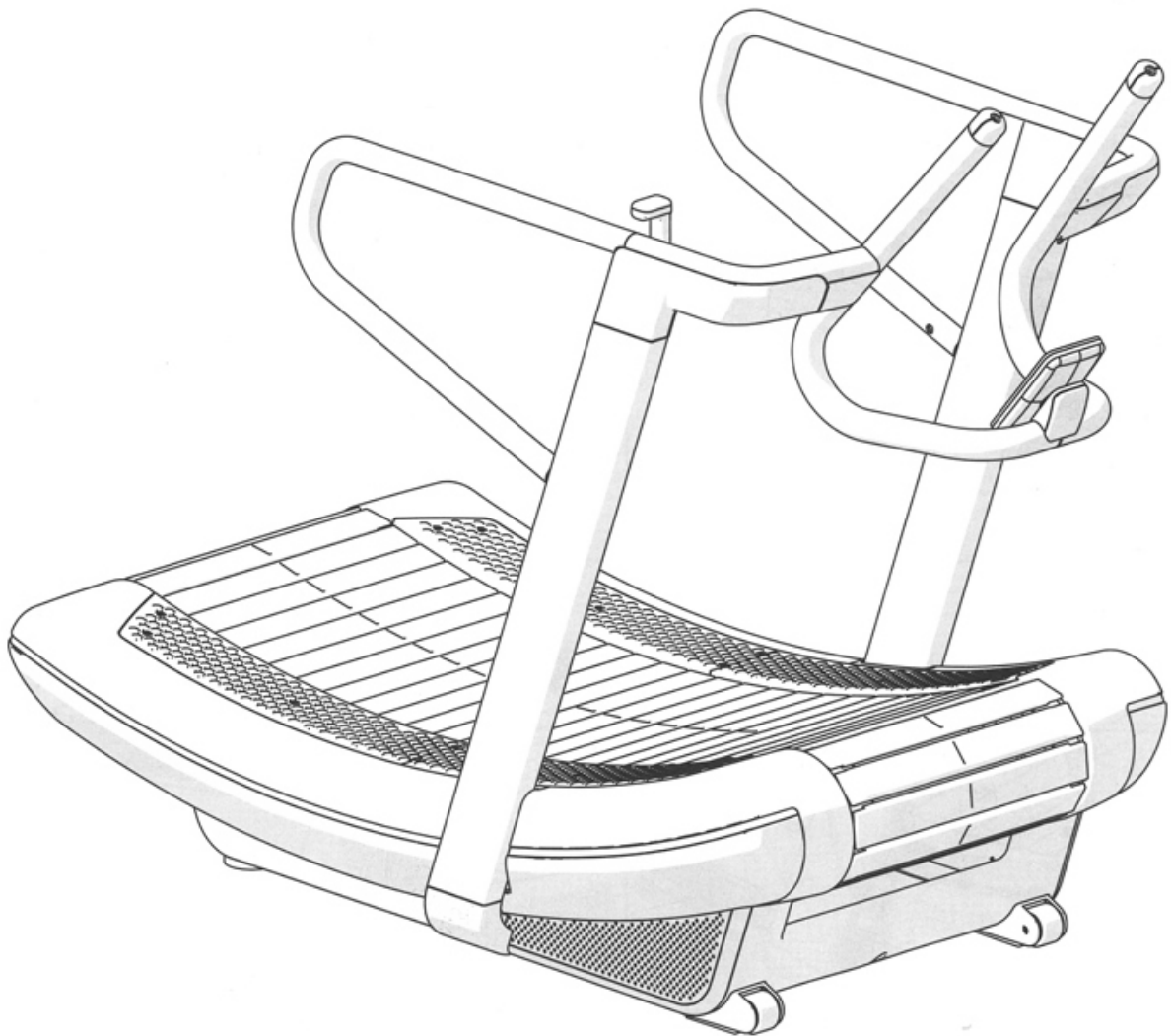## EV-CT-NM-800 NON-MOTORIZED TREADMILL USER MANUAL

Read all instruction carefully before use this product. Retain this owner's manual for the future's reference

IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this treadmill. It is important your treadmill receives regular maintenance to prolong its useful life. Failing to regularly maintain your treadmill may void your warranty.

Danger—To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

1) Install the treadmill on a flat level surface
2) Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
3) Do not block the rear of the treadmill. Provide a minimum of 1 metre clearance between the rear of the treadmill and any fixed object.
4) Place your unit on a solid, level surface when in use.
5) Never allow children on or near the treadmill. If it has, please must under the your adults and coaches eyes.
6) When running, keep hands away from all moving parts.
7) The counter sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
8) Use handrails provided; they are for your safety.
9) Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
10) Allowed temperature: 5 to 40 degrees.

IMPORTANT OPERATION INSTRUCTIONS

Be sure to read the entire manual before operating your machine.

1) Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the centre of the belt; which may result in serious injury.

2) In order to prevent losing balance and suffering unexpected injury, NEVER mount or dismount the treadmill while the belt is moving. This unit starts with a very low speed. Simply standing on the belt during slow acceleration is proper after you have learned to operate this machine.

3) Always hold on to handrail while making control changes.

4) This appliance is not intended for use by persons (including children) with reduced physical,

sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety, Children should be supervised to ensure that they do not play with the appliance.

5) Please consult your doctor at first before running, if you have one of the following diseases:

    a. Cardiopathy, hypertension, sugar diabetes, respiratory disease, smoking, and other chronic diseases, complication disease.

    b. If you are over 35 years old and heavier than common weight.

    c. Women in pregnant or in breasting period.

6) Please stop exercising immediately and consult your doctor when you feel
giddy, surfeit, thorax ache or other symptoms.

7) Please drink adequate water after taking exercises on our treadmill for more than 20 minutes.

Warning: Now here we suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 35 old or once-health problem people. We take no responsible for any troubles or hurts if you don't following our specification.
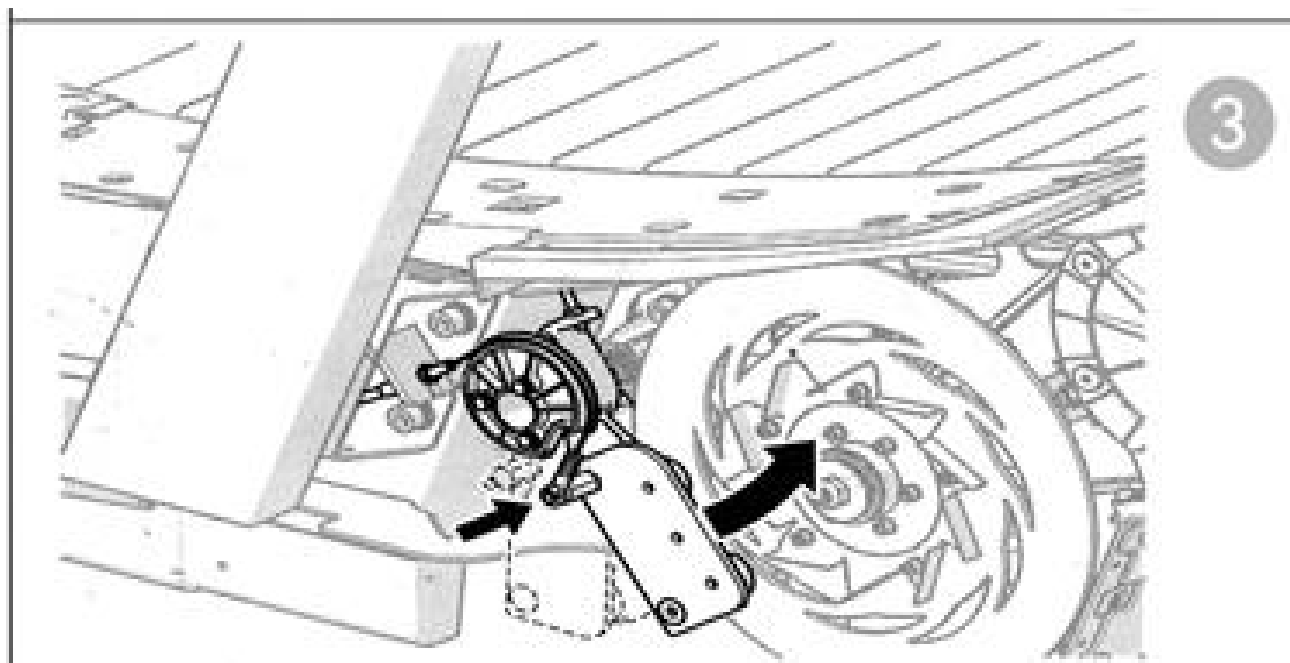
ASSEMBLY INSTRUCTIONS
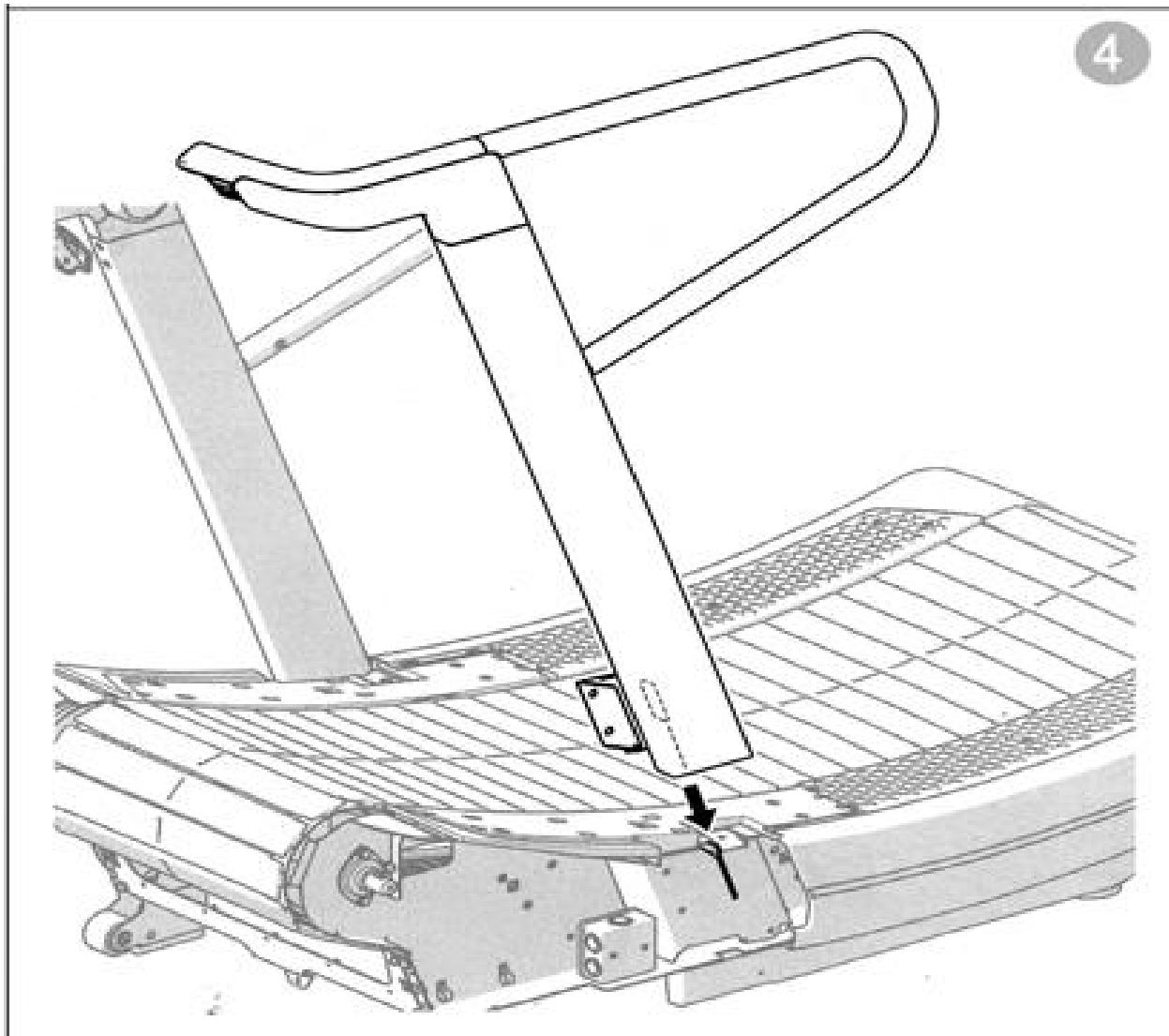
Step 1: Assembly the Treadmill column

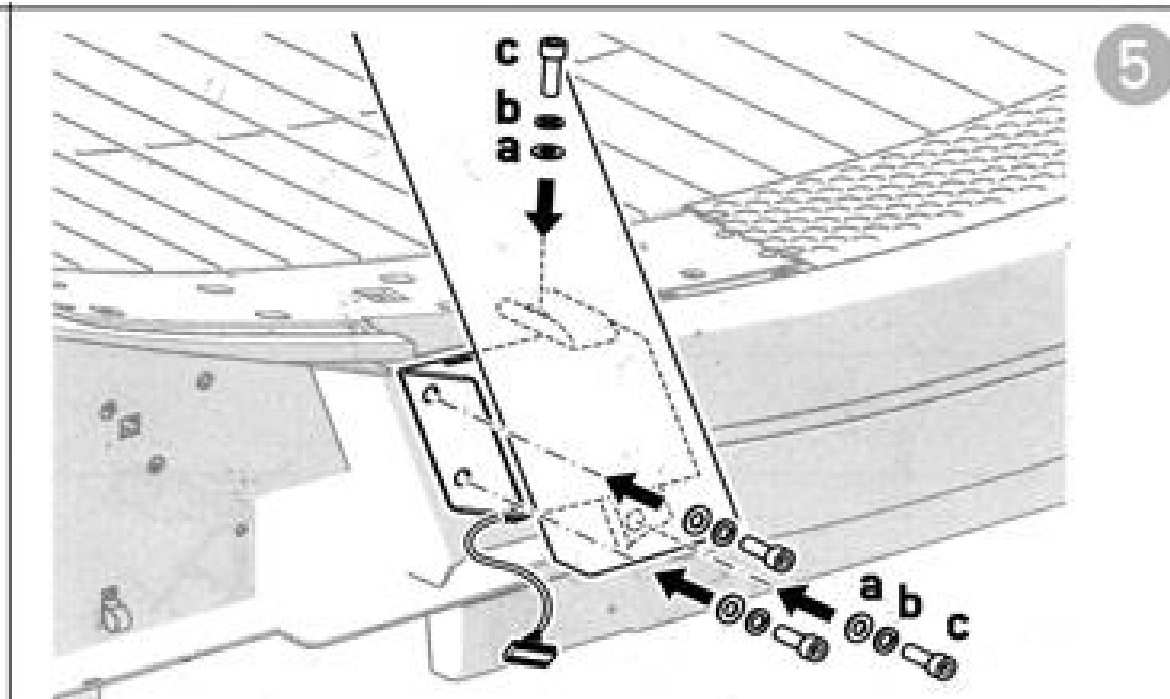**Step 2:** Treadmill magnetic system
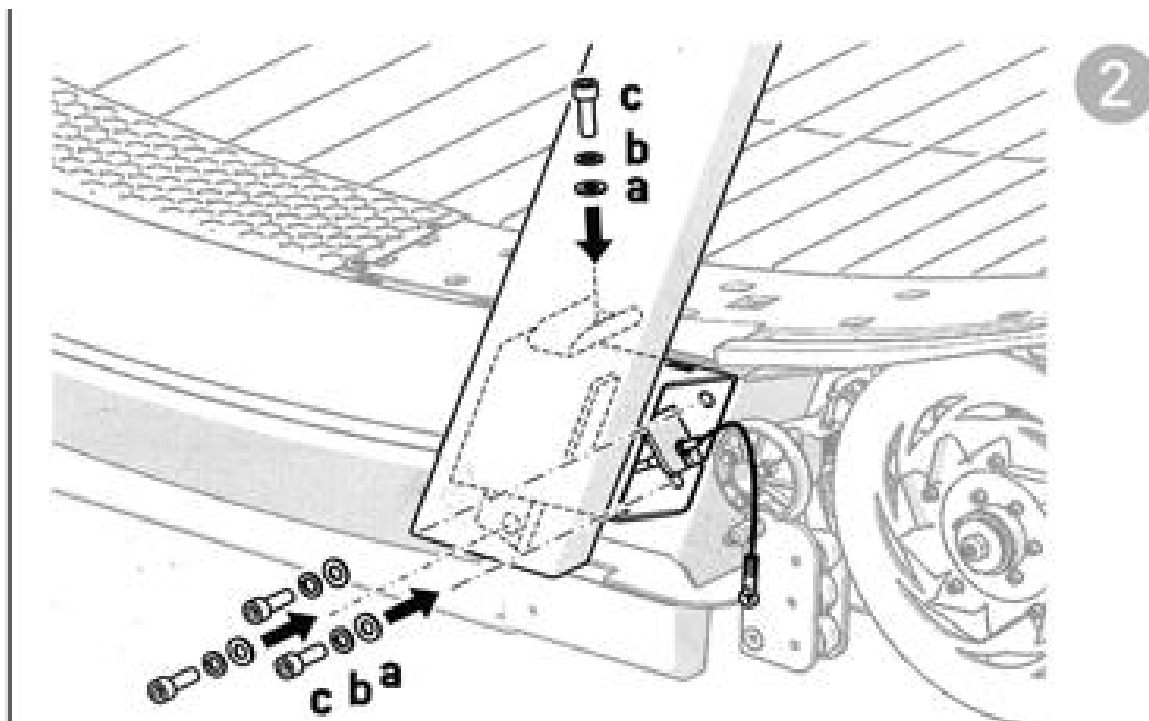
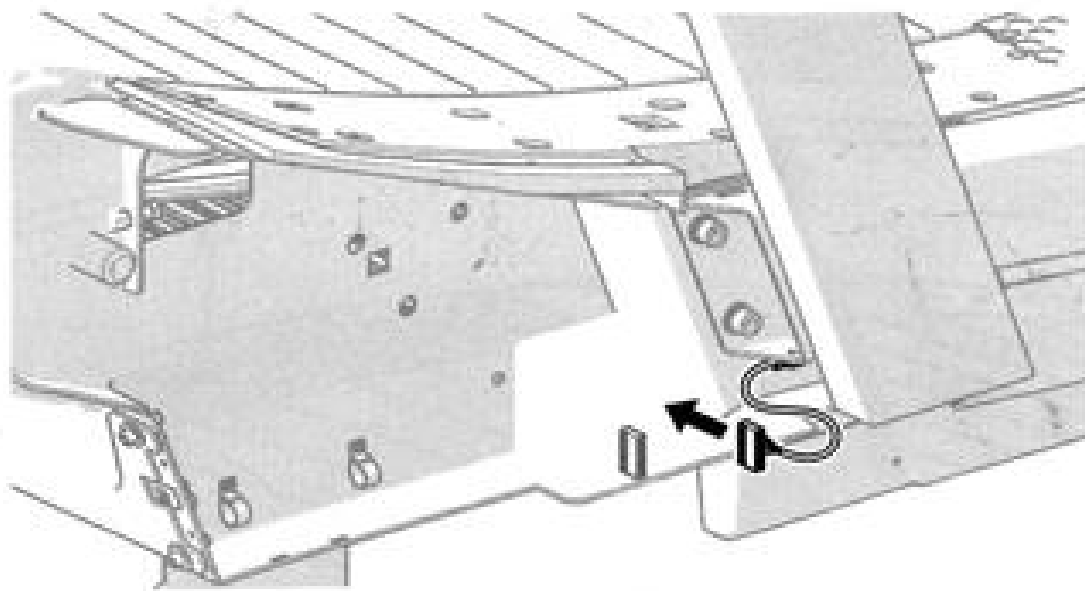**Step 3:** Put the Magnetic system under the flywheel and choose a right position.

Step4: Assembly the other side of the treadmill colomn

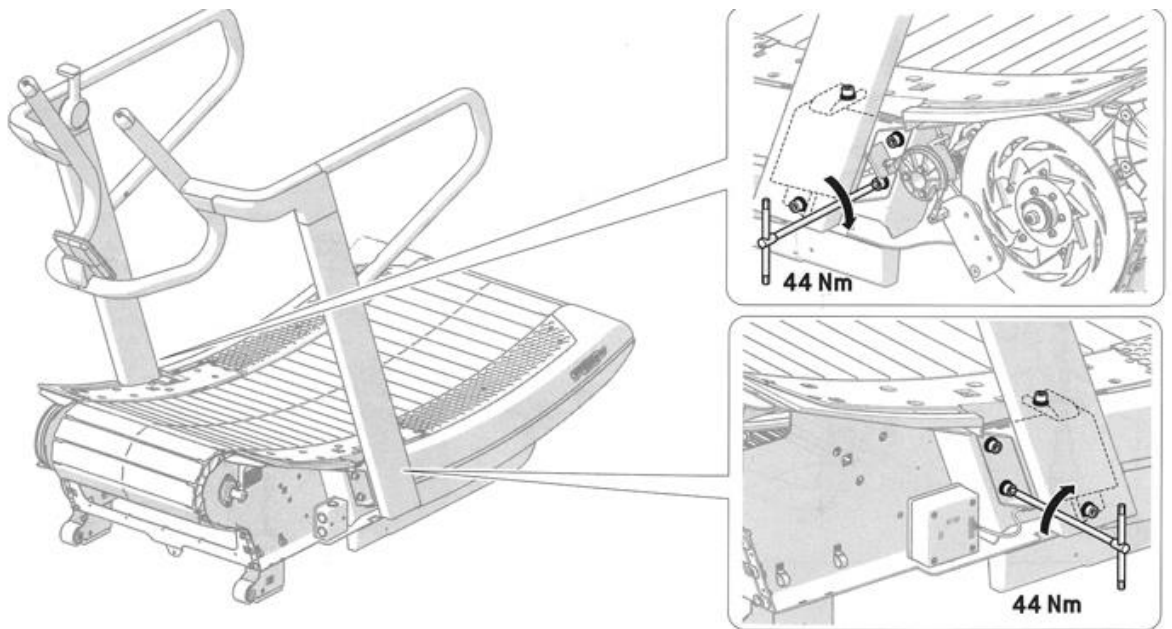**Step 5:** Assembly the bottom of other side treadmill column

c
b
a

a b c

Step 6:

Step7: Assembly the counter

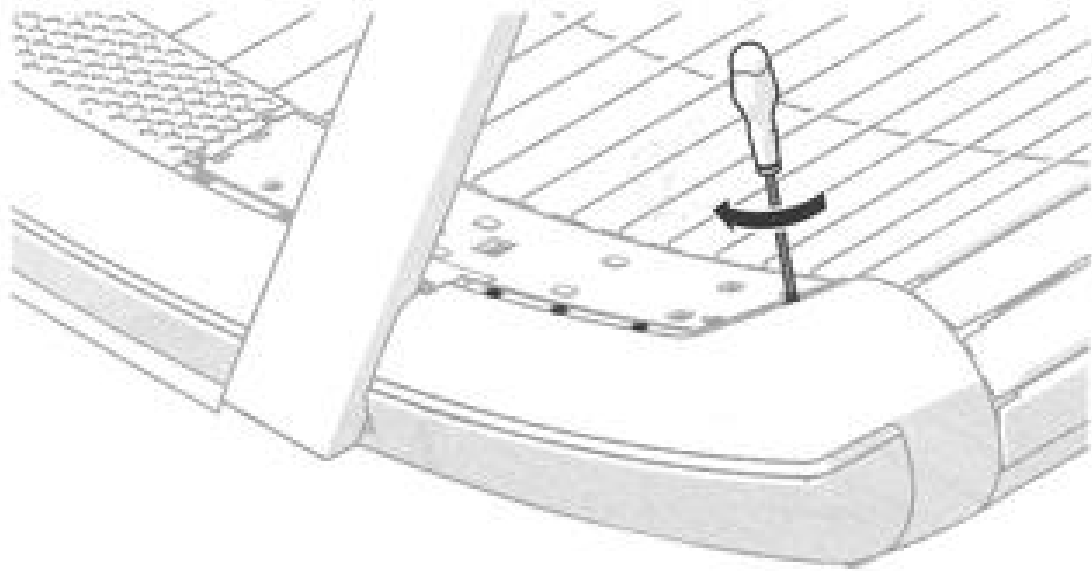**Step 8:** Fix and Tied the Treadmill Colomn

44 Nm

44 Nm

Step 9: Assembly the treadmill side covers fro, front to back. All screws will do at the same time.
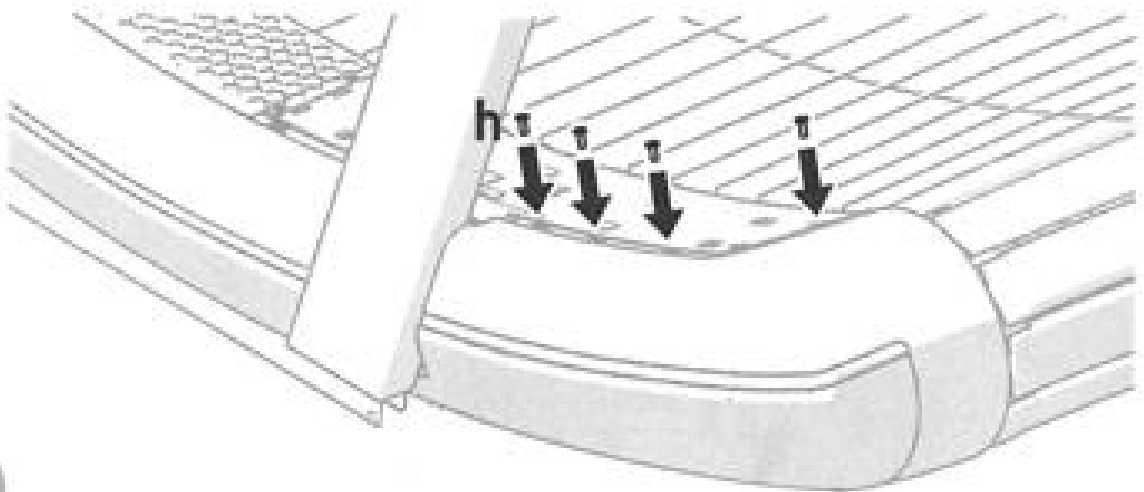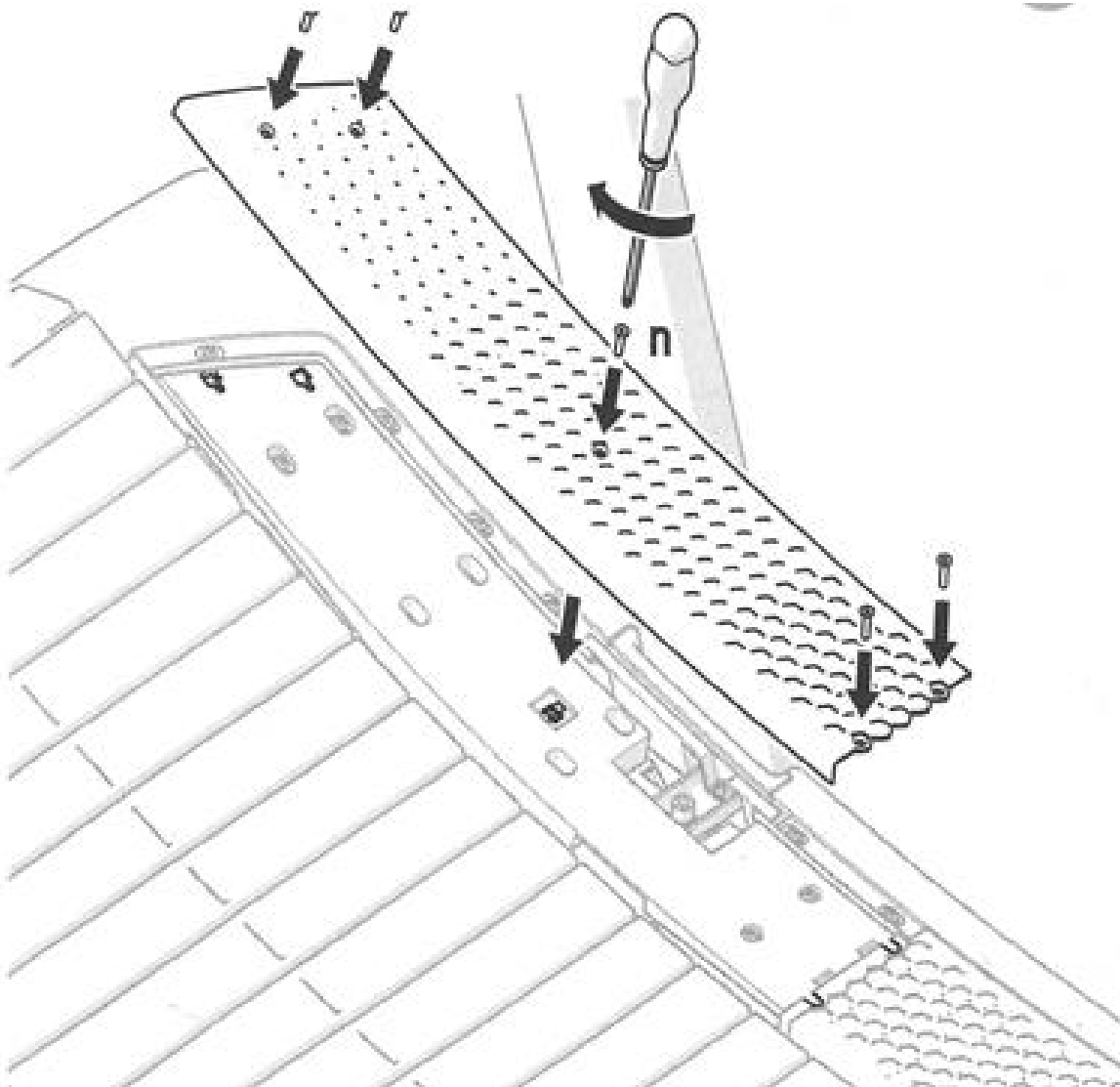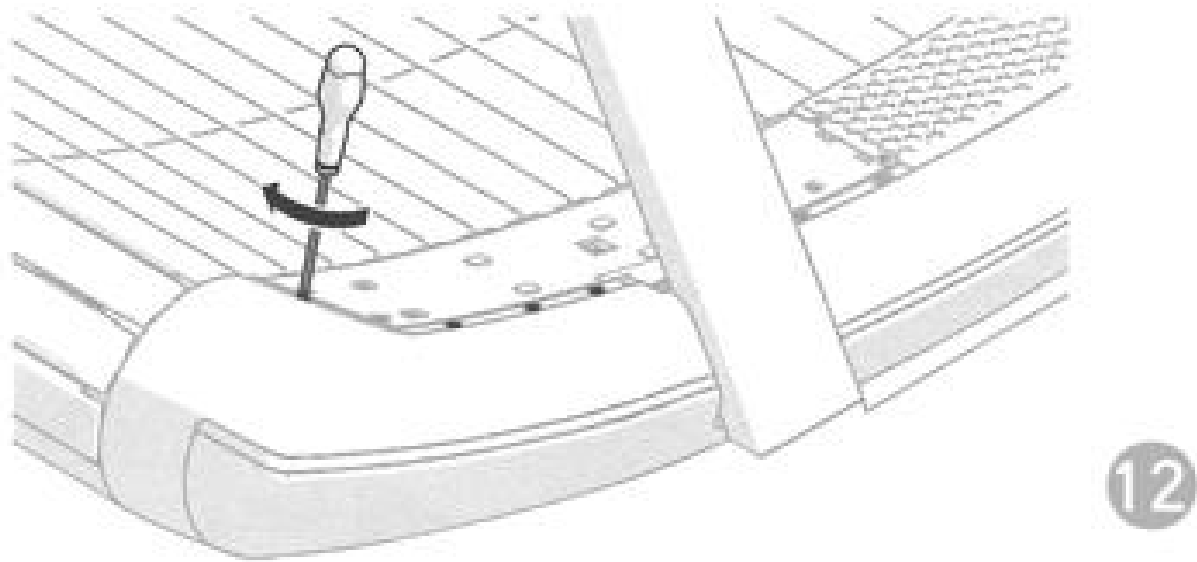

Step 10:

Step 11：

Step12:

Step13:
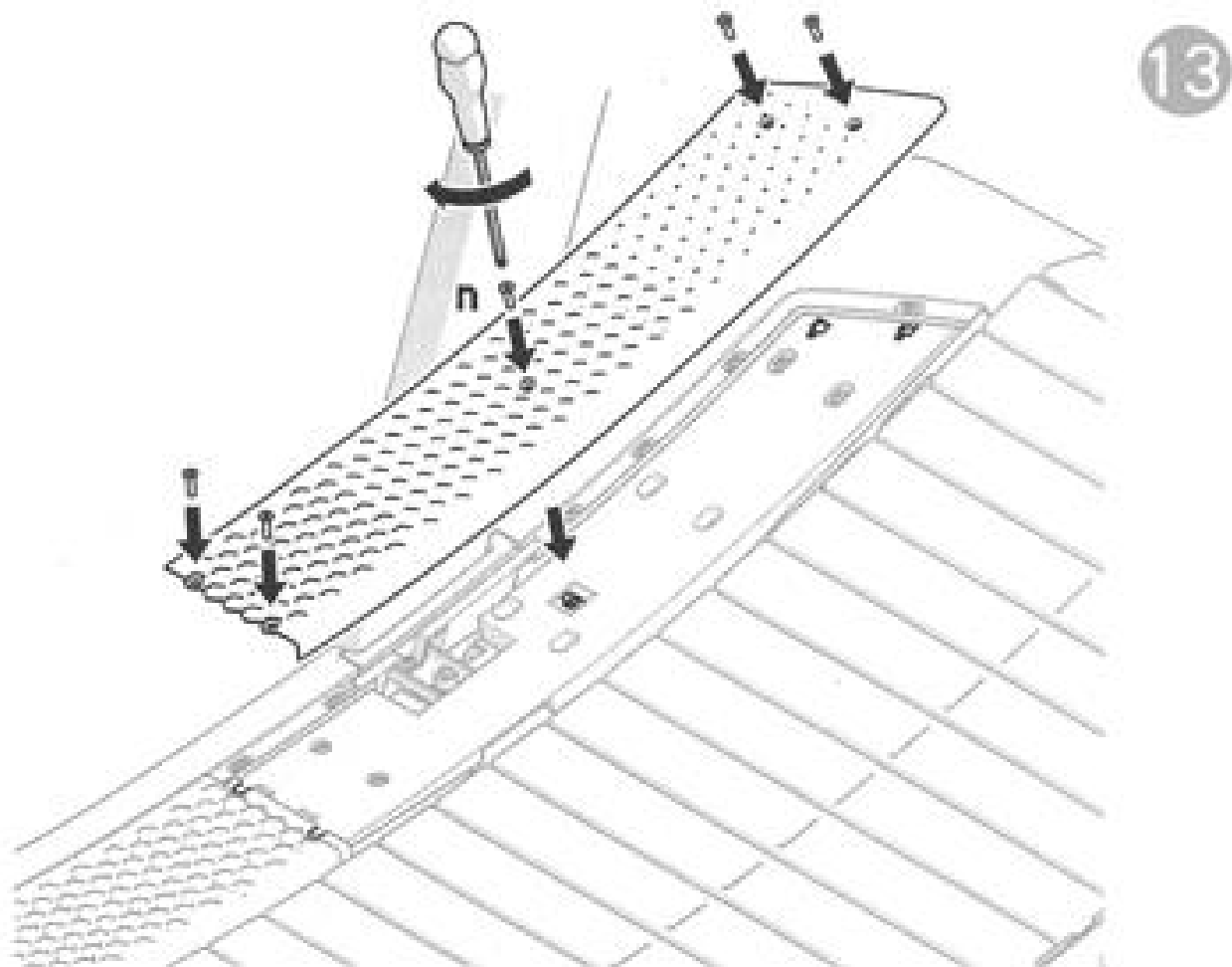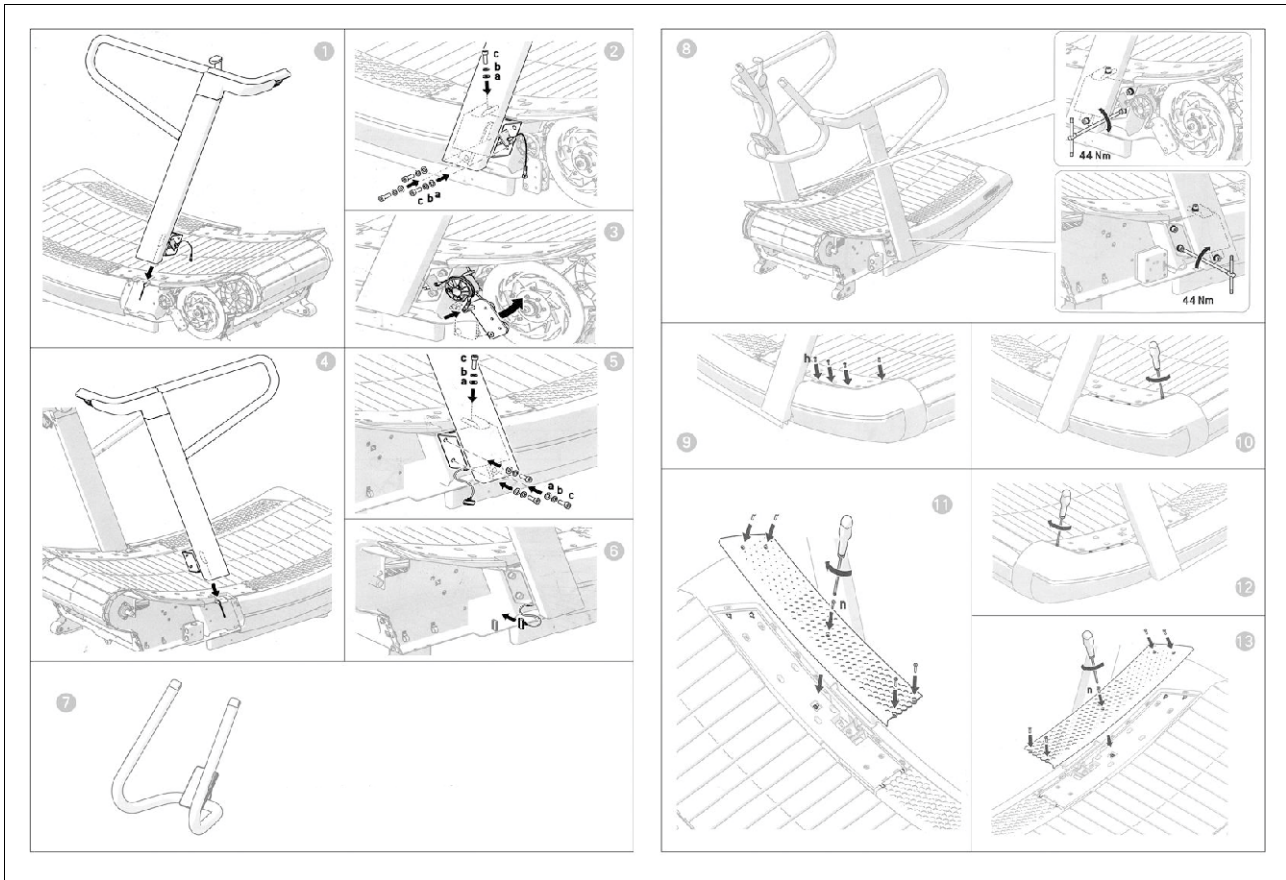
EXERCISE INSTRUCTIONS

WARM UP STAGE

If you are over 35 years old, or not very healthy, also it's your first time exercise, please consult with your doctor or professional person.

EXERCISE STAGE

Learn how to adjust the resistence. Walk about 1 km at stable velocity and write down the time, it will take you about 15-25 minutes. If walk at 4.8 km/h, it will take you about 12 minutes in 1 km. If you feel comfortable at the stable velocity, you can add the speed, after 30 minutes, you can have good exercise. At this stage, you can not add the speed or incline too much at one time, it can keep you feel comfortable.

EXERCISE INTENSITY

Warm up at the speed 4.8 km/h in 2 minutes, then add the speed to 5.3 km/h and keep walking in 2 minutes, then add to 5.8km/h and walk in 2 minutes. After that, add up 0.3 km/h in each 2 minutes, until rapid breath but not feel comfortable

EXERCISE FREQUENCY

The cycle time: 3-5times/Week, 15-60mints/Times.Make up the schedule of workout scientific, not only for your hobby. You can control the running intensity through adjusting the velocity and incline of treadmill. We suggest that you don't set the incline at first; improve the incline is the effective way to strengthen the exercise's intensity.

Consult with your physician or health professional before starting your workout. The professional people can help you make up the suitable exercise time-chart according to your age and health condition, determine the velocity of movement, the intensity of exercise. Please stop at once, If you feel chest tightness, chest pain, irregular heart beat, breath difficulty, dizziness or other discomfort during exercise. You should consult with your physician or health professional as keep going.

You can choose the normal walking speed or the jogging speed ,if you always take workout with treadmill.

If you don't have enough experiences or confirm the testing velocity ,you can follow the instruction :

Speed 1-3.0KM/H   not well physical

Speed 3.0-4.5KM/H   less movement and workout

Speed 4.5-6.0KM/H   normal walking

Speed 6.0-7.5KM/H   Fast walking

Speed 7.5-9.0KM/H   Jogging

Speed 9.0-12.0KM/H intermediate speed walking

Speed 12.0-14.5M/H well experiences of running

Speed 14.5-16.0KM/H excellent runner

Attention: The velocity of movement **≤6KM/H , the normal walking;** The velocity of movement **≥8.0KM/H ,the runner.**

The Exercise Computer

1. Display Function:

A. SPEED：0.0~99.9 KM / ML。

B. TIME：1:00:00~1:59:59，can count up and count down.

C. DISTANCE：0.00~999.9 K / M，can count up and count down.

D. CALORIES：0~999，can count up and count down.

E. WATT：0~1999。

F. PULSE：P~30~230。

G. INTERVAL: intermittent resting exercise mode.

H. TARGET HR：target HR control mode.

I. KM/M：metric/inch

J. PACE:00:00--99:99

2. Button Function：

1. START KEY：

A. Press this key to stop when in training.

B. Press this key to work again in STOP mode.

2. STOP KEY：

A. Press this key to stop when in training.

B. Hold on this key for 3s at any time will total reset.

3. UP KEY：

A. Press this key can set TIME, DISTANCE, CAL and AGE.

B. Press this key more than 1s for fast increase setting(8 increment/second).

4. DOWN KEY：

A. Press this key can set TIME, DISTANCE, CAL and AGE.

B. Press this key more than 1s for fast decrement setting(8 decrement/second).

5. ENTER KEY.

This key is the select button for all function.

6. INTERVAL 20-10 KEY：

Press this key, enter into this mode directly.

7. INTERVAL 10-20 KEY：

Press this key, enter into this mode directly.

8. INTERVAL CUSTOM KEY：

Press this key, enter into this mode directly.

9. TARGET TIME KEY：

Press this key, enter into this function directly.

10. TARGET DISTANCE KEY：

Press this key, enter into this function directly.

11. TARGET CALORIES KEY：

Press this key, enter into this function directly.

12. TARGET HR KEY：

Press this key, enter into this function directly.

13. Press ENTER+START key together can switch ML and KM.

14. Press ENTER+DOWN key together can power off quickly.

3. Operation procedure.

1. Install batteries to power on, LCD will full screen for 2s (picture 1)with a long BiBi sound. At DIST window, it will display the wheel diameter value for 1s (picture 2). Then setting the age, the age number will flash. press UP/DOWN to adjust. Then press ENTER key to confirm and enter into standby mode.
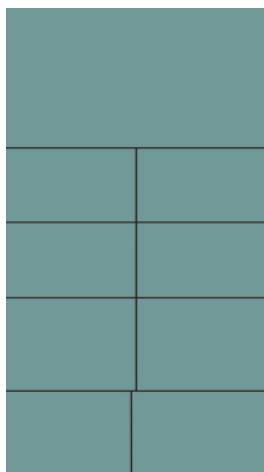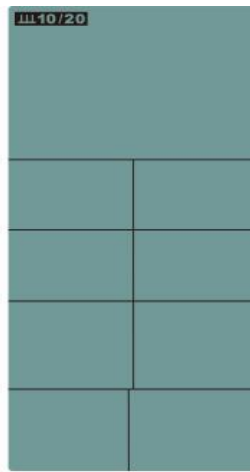
| Picture 1 | Picture 2 | Picture 3 | Picture 4 |

2. 10/20 、 10/20,COSTOM,WORK , REST 、 TOTAL/TIME 、 READYE 、 🅑 、 TIME 、 DIST 、 PACE,CAL 、 SPEED 、 WATT 、 PULSE   will flash 1s in turn.(Like picture 3)

3. If there is no any key operation or RPM signal or pulse input for 60s, it will enter into Sleeping mode automatically.

4. Quick start mode：

A. If there is RPM signal input in standby mode, the console will quick start with a buzzer sounds 1s.

B. TOTAL TIME, TIME, DISTANCE, CALORIES, WATTS, SPEED and RPM begin to accumulate according to operation value.(picture 4)

C. If there is heartbeat input, the heart icon will flash. ♥ and ♥ will flash and display the current heartbeat value (picture 4). If there is no heartbeat input, P will keep flashing.

D. If there is no signal input for 30s, the buzzer will ring 1s. Then enter into standby mode.

E. Press START button one time, enter into STOP mode, the buzzer will sound 0.5s in every 30s. After enter into STOP mode, all value will be remained on the screen for 3s,and flash in every 4s(flash 3s, quench1s). If stop more than 5 minutes, the buzzer will sound 2s, then enter into standby mode. Press START to exercise again.

F. Press STOP key, the console will sound 1s. TIME display the total time, DISTANCE display the total distance, and CALORIES display the total cal for 30s. WATT, SPEED, RPM will switch display the average value and the maximum value.

G. When there is heartbeat input, the heartbeat value of 85% , 65% and maximum heartbeat value will switch display. If there is no heartbeat input. all value won't display.

H. Press any PROGRAM to perform this action.

5. INTERVAL：

When power on, user can press UP/DOWN to select this function. In standby mode, user can also press INTERVAL key to enter into directly.

5.1.INTERVAL20/10 ：

A. Press INTERVAL Key to select INTERVAL20/10. Press ENTER to enter into this mode, INTERVAL20/10 will flash, the buzzer will ring 1s.

B. After CYCLE TIME counts down from 3s, then the console STARTS. The buzzer will ring in every 1 second when count down. And the READY will flash in every 1s, (flash 0.75s, quench 0.25s),the value display 00/08(picture 5).

C. CYCLE TIME begin to count down from 20s, and the WORK will blink in every 1s（flash 0.75s/ quench 0.25s),the buzzer will ring at the same time. At this time, the wheel rim will have revolving animation, and the computer will count down from 4 minutes.TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED and RPM begin to accumulate according to the operation value, and the value displays 01/08.

D. CYCLE TIME begin to count down from 10s, and the REST will flash in every 1s(flash 0.75s, quench 0.25s), the buzzer beeps at the same time. At the last 3s, the READY will flash at the same time.

E. C and D will perform tautologically and circularly, each cycle count plus 1 until display"WORK 08/08". After exercise, CYCLE TIME begin to count down from 10s, and the REST will flash in every 1s,(flash 0.75s, quench 0.25s)

F. If there is no signal input for 30s, the buzzer will ring 1s. Then enter into Sleeping mode.

G. Press START button one time to enter into STOP mode, the buzzer will ring 0.5s in every 30s. After enter into STOP mode, all value will be remained on the screen for 3s,and flash in every 4s(flash 3s, quench1s). If stop more than 5 minutes, the buzzer will sound 2s, then enter into standby mode. Press START to exercise again.

H. Press STOP button to finish, the buzzer will ring 1s. TIME display the total time, DISTANCE display the total distance, and CALORIES display the total cal for 30s. WATT, SPEED, RPM will switch display the average value and the maximum value.

I. When there is heartbeat input, the heartbeat value of 85% , 65% and maximum heartbeat value 85%、65%will switch display. If there is no heartbeat input. all value won't display.

J. Press any PROGRAM to perform this action.
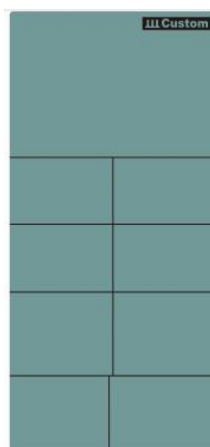
| Picture 5 | Picture 6 | Picture 7 | Picture 8 |

## 5.2 INTERVAL 10-20：

A. Press INTERVAL Key to select INTERVAL10/20, then press Enter Key to enter into this mode. INTERVAL10/20 will flash，the buzzer will beep 1s at the same time.

B.CYCLE TIME begin to count down 3s, and then START, the buzzer will beep in every second. The READY will flash in every second(flsh 0.75s/ qunech 0.25s), the value display 00/08(picture 6)

C. CYCLE TIME begin to count down 10s, the WORK will flash in every second(flash 0.75s/ quench 0.25s), the buzzer will beep at the same time. REMAINING will flash and count down from 4 minutes.TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM begin to accumulate according to the operation value, the value display 01/08.

D. CYCLE TIME begin to count down from 10s, and the REST will flash in every 1s(flash 0.75s, quench 0.25s), the buzzer beeps at the same time. At the last 3s, the READY will flash at the same time.

E. C and D will perform tautologically and circularly, each cycle count plus 1 until display"WORK 08/08". After exercise, CYCLE TIME begin to count down from 10s, and the REST will flash in every 1s,(flash 0.75s, quench 0.25s)

F.   If there is no signal input for 30s, the buzzer will ring 1s. Then enter into Sleeping mode.
G.   Press START button one time to enter into STOP mode, the buzzer will ring 0.5s in every 30s. After enter
     into STOP mode, all value will be remained on the screen for 3s,and flash in every 4s(flash 3s, quench1s). If
     stop more than 5 minutes, the buzzer will sound 2s, then enter into Sleeping mode. Press START to exercise
     again.

   H. Press STOP button to finish, the buzzer will ring 1s. TIME display the total time, DISTANCE display the
     total distance, and CALORIES display the total cal for 30s. WATT, SPEED, RPM will switch display the
     average value and the maximum value.
   I. When there is heartbeat input, the heartbeat value of 85% , 65% and maximum heartbeat value 85%、65%will
     switch display. If there is no heartbeat input. all value won't display.

5.3 INTERVAL CUSTOM :
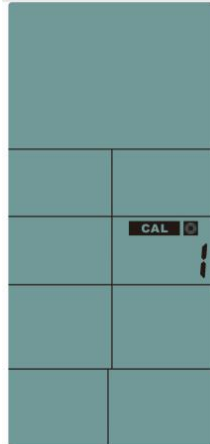
   A. Press INTERVAL Key to select INTERVAL CUSTOM, press Enter Key to enter into this mode.
     INTERVALCUSTOM,00/XX will flash, and the buzzer beeps 1s at the same time. User can press UP or
     DOWN to set 00/XX, the setting range is 1~99 which can be set circularly. Press ENTER to confirm, and then
     the buzzer will beep 1s and enter into the next setting.(picture 7-picture 8) 。
   B.TIME keeps flashing, WORK and 0:01will blink. User can press UP or DOWN to set the exercise time. The
     setting range is 0:00~9:59，which can be set circularly. Press ENTER to confirm. The buzzer will beep 0.75s
     and enter into the next setting.
   C. TIME keeps flashing, REST and 0:01 will.flash, press UP or DOWN to set the exercise time. The setting range
     is 0:00~9:59, which can be set circularly. Press ENTER to confirm, the buzzer will beep 1s,
     INTERVALCUSTOM will keep flashing.
   D. CYCLE TIME counts down 3s, then START. The buzzer will beep 1s in every second, and READY will flash
     in every second(flash 0.75s / quench 0.25s)，the value will display 00/XX.
   E. CYCLE TIME begin to count down, and the WORK will flash in every 1s(flash 0.75s, quench 0.25s), the
     buzzer will beep at the same time. REMAINING begin to flash and count down from the total time. TOTAL
     TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM begin to accumulate according to the operation
     value, the value display 01/XX.
   F.   CYCLE TIME begin to count down, and the REST will flash in every 1s(flash 0.75s, quench 0.25s), the
        buzzer beeps at the same time. At the last 3s, the READY will flash at the same time.
   G. C and D will perform tautologically and circularly, each cycle count plus 1 until display the setting value.
      After exercise, CYCLE TIME begin to count down from 10s, and the REST will flash in every 1s,(flash
      0.75s, quench 0.25s)
   H.   If there is no signal input for 30s, the buzzer will ring 1s. Then enter into Sleeping mode.
   I.   Press START button one time to enter into STOP mode, the buzzer will ring 0.5s in every 30s. After enter
        into STOP mode, all value will be remained on the screen for 3s,and flash in every 4s(flash 3s, quench1s). If
        stop more than 5 minutes, the buzzer will sound 2s, then enter into Sleeping mode. Press START to exercise
        again.
   J.   Press STOP button to finish, the buzzer will ring 1s. TIME display the total time, DISTANCE display the
        total distance, and CALORIES display the total cal for 30s. WATT, SPEED, RPM will switch display the
        average value and the maximum value.
   K.   When there is heartbeat input, the heartbeat value of 85% , 65% and maximum heartbeat value 85% 、
        65%will switch display. If there is no heartbeat input. all value won't display.
   L.   Press any PROGRAM to perform this action.
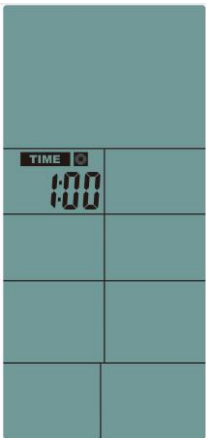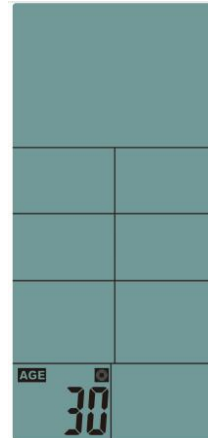
| Picture 9 | Picture 10 | Picture 11 | Picture 12 | Picture 13 |

6. TARGET TIME：

A. Press this button, enter into TARGET TIME mode. The value will flash with a buzzer sounds 1s.

B. TIME keeps flashing, user can press UP or DOWN to set time(picture 9). Press ENTER key to confirm, then the buzzer sounds 1s. DISTACE, CALORIES, WATTS, SPEED and RPM begin to accumulate according to the operation value(picture 13)

7. TARGET DISTANCE：

A. Press this button, enter into TARGET DISTANCE mode. The value will flash with a buzzer sounds 1s.

B. DISTANCE keeps flashing, user can press UP or DOWN to distance(picture 10). Press ENTER key to confirm the buzzer sounds 1s. DISTANCE, CALORIES, WATTS, SPEED and RPM begin to accumulate according to operation value.(picture 13)

8. TARGET CALORIES：

A. Press this button, the value of ARGET. CALORIE will flash with a buzzer sounds 1s.

B. CALORIES keeps flashing. user can press UP .or DOWN to set CAL(picture 11). Press ENTER key to.confirm, the buzzer sounds 1s.The reciprocal value of TARGET, CALORIES and the current distance switch display in every 5s，until the time count down to zero. TIME, DISTANCE，WATTS, SPEED and RPM begin to accumulate according to operation value.(picture 13)

9. TARGET HR：

A. Press this button, enter into this mode. TARGET HEART RATE will flash with a buzzer sounds 1s.

B. AGE keeps flashing, user can press UP or DOWN to set age.(picture 14). Press ENTER to confirm, then the buzzer will ring 1s. TARGET HEART RATE, HEART RATE will keep flashing. After working, MAX HR will keep flashing and display the heart rate of 65% and 85%. TIME, DISTANCE, CALORIES, WATTS, SPEED and RPM begin to accumulate according to operation value.

C. When the heart rate count down to 65%, the   and the value 65% will flash, and the buzzer will ring. in every 10s until the heart rate value up to 65%.

D. When the heart rate is above 85%, the   and the value of 85% will flash, the buzzer will ring in every 10s until the rate value below 85%.

E. If the heart rate is within 65%~85%, the heartbeat icon will blink. If MAX/65%/85% didn't display, it means the HRgoes into the range of 65%~85%.
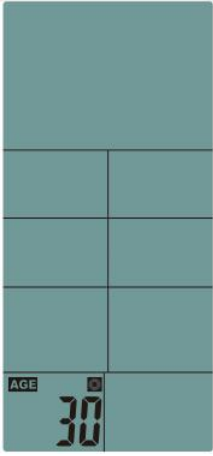
picture 14

10. In any buttons status, press START key one time, enter into STOP mode, the buzzer will rings 0.5s in   every 1s. After enter into the STOP mode, all displays will be remained on the screen for 3s, and then they. will flash in every 4s.(flash 3s, quench 1s). After 5 minutes of stopping, the buzzer rings 2s, then enter into sleeping mode. Press START key to work again.

11. If there is no signal input for 30s, the buzzer will sound 1s, then the console enter into standby mode.

WARM-UP INSTRUCTION

Before exercise, it is better to do stretching exercises . Warm muscles stretch more easily, so the first of 5 ~ 10 minutes to warm up. Then in accordance with the following methods to stop and do stretching exercises - do five times, each leg every time 10 seconds or more time to do it again after the end of the exercise.

1. Down the stretch: knees slightly curved, the body bent forward slowly, so that the back and shoulders relaxed, hands try to touch your toes. Maintain 10 to 15 seconds, then relax. Repeat three times to do (see Figure I).

2. Hamstring stretch: sitting on the clean seat, put one leg straight. Inward close to the other leg to make it close to the inside leg straight. hand try to touch the toes. Maintain 10 to 15 seconds, then relax. Repeat for each leg do three times (see Figure 2).

3. Legs and feet tendon stretch: two on the Rotary wall or tree stand, one foot in the post. Keep legs straight and heel to tilt the direction of the wall or tree. Maintain 10 to 15 seconds, then relax. Repeat for each leg do three times (see Figure 3).

4 quadriceps stretch: the left hand wall or table Fu master balance, and then stretched his right hand back

5.Sartorius muscle (inner thigh muscles) stretch: Foot In contrast, the knee outward to sit down. The hands grasp the feet to the groin pull. Maintain 10 to 15 seconds, then relax. Repeat three times (see Figure 5).
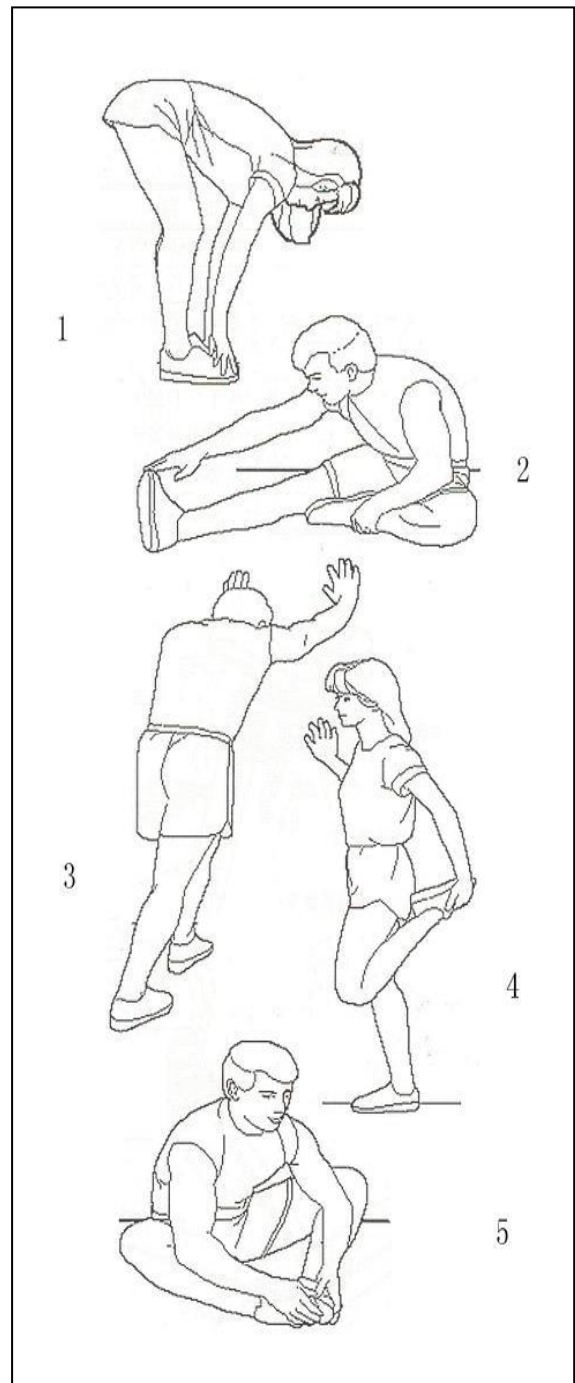
EVOLVE

YOUR EVOLVED GEAR ARRIVED

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📷 @Evolve_Fitness_Europe