ADVENOR Treadmill

Assembly & Operation Manual
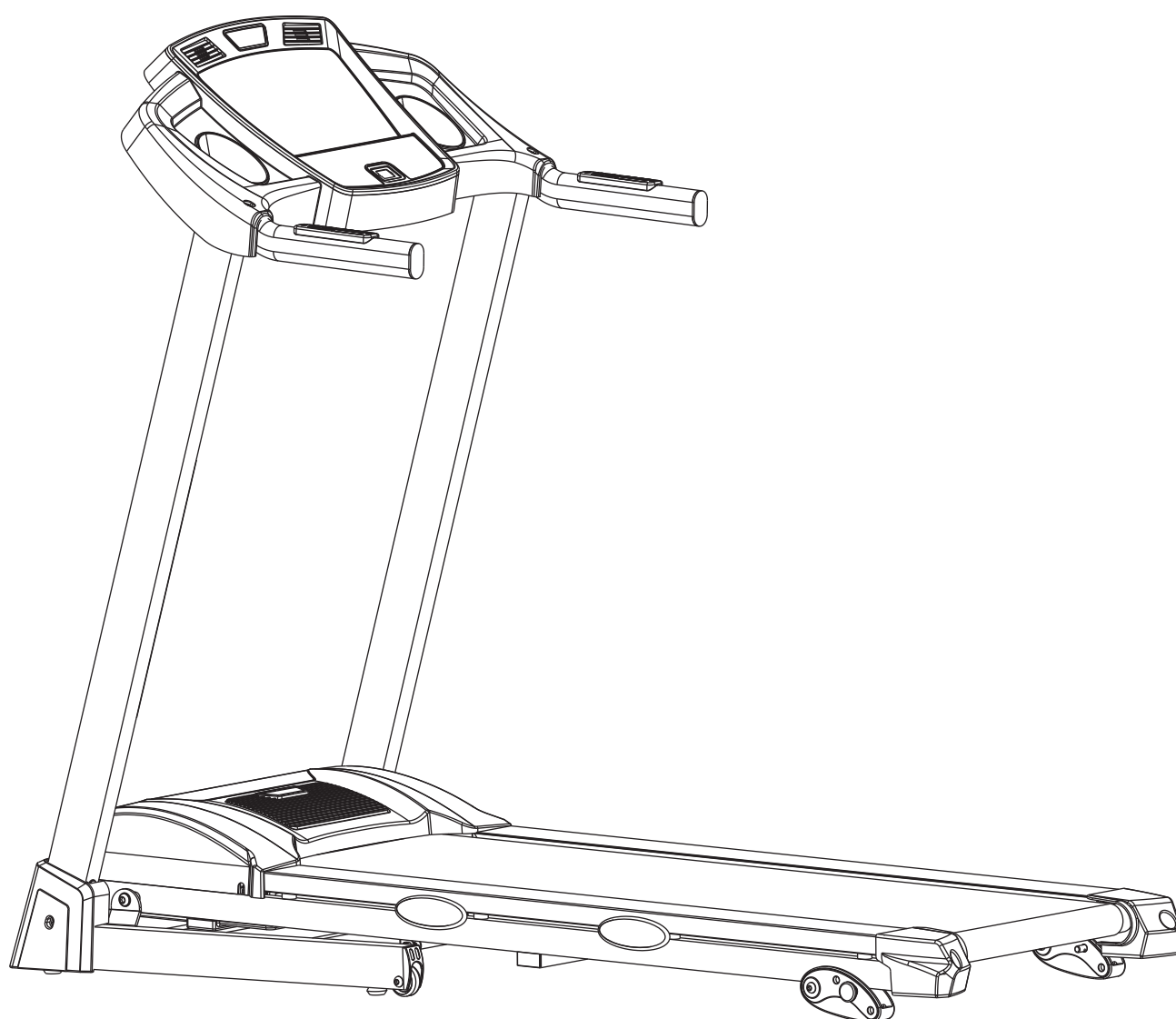
IMPORTANT SAFETY INSTRUCTIONS

Basic precautions, including the following important safety instructions should always be followed when using this treadmill. Read all instructions before using this treadmill.

DANGER: To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning, assembling, or servicing the treadmill.
Failure to follow these instructions may lead to personal injury and cause damage to the treadmill.

WARNING: To reduce the risk of burns, fire, electric shock or injury to any persons, please read the following:
● Never leave the treadmill unattended while plugged in. Disconnect by turning off the master power switch and unplugging from wall outlet when not in use and before putting on or taking off parts.
● Use this product only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
● Never operate the treadmill if it has a damaged cord or plug, or if it is not working properly. If it has been dropped or damaged, or been exposed to water, return the product to a service center for examination and repair.
● Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an Authorised Service Representative.
● Never operate the product with the air openings blocked. Keep the air openings free of lint, hair, and other obstructions.
● Do not use the treadmill outdoors.
● Do not pull the treadmill by its power cord or use the cord as a handle.
● Keep children and pets away from the equipment while in use.
● Elderly or disabled users should only use this treadmill in the presence of an adult who can provide assistance if required.
● Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
● Keep dry - do not operate in a wet or moist condition.
● The motor cover can become hot while the treadmill is in use. Do not place the treadmill on a blanket or other flammable surface as this can create a fire hazard.
● Keep electrical cord away from heated surfaces.
● Keep the treadmill on a solid, level surface with a minimum safety area clearance of two meters around the treadmill. Be sure the area around the treadmill remains

clear of any obstructions during use.

● This treadmill is for domestic household use only.

● Only one person should use the treadmill at a time.

● Wear comfortable and suitable clothing when using the treadmill. Do not use the treadmill barefoot or in socks. Always wear appropriate athletic footwear. Never wear loose or baggy clothing as it can become caught on the treadmill and create an entrapment hazard.

● Always hold on to the handrails while using the treadmill.

● Always make sure the storage latch is in place when folding and moving the treadmill.

● Do not leave children who are under 12 years-old unsupervised near or on the treadmill.

● To disconnect, turn all controls to the off position, then remove plug from the wall outlet.

● 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 not be allowed to play on or near the treadmill at any time.

● CAUTION - RISK OF INJURY TO PERSONS - To avoid injury, use extreme caution when stepping onto or off of a moving treadmill belt. Carefully read this instruction manual before use.

● Maximum Weight Capacity is 220lbs.

● Pull out the Safety Tether Key for emergency stop.

● This unit must be plugged into a nominal 110 volt 50/60Hz outlet which has been grounded.

● Keep hands clear of all moving parts. Never place hands or feet under the treadmill while in use.

● Do not use the treadmill on a carpet that is greater than 1.3 cm in height.

● Before using the treadmill, check that the belt is aligned and centered on the running deck and all visible fasteners on the treadmill are sufficiently tightened and secure.

● Cleaning and user maintenance shall not be made by children without supervision.

● If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons persons in order to avoid a hazard.

● Never operate this treadmill if it is in the folded position.

● Allow the running belt to fully stop and unplug the power cord from the wall outlet before folding up the treadmill.

● Always face towards the computer console and do not run backwards on the running belt.

Grounding Instructions

The product must be grounded first. If malfunction or breakdown occurs, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock.

The product is equipped with a cord having an equipment-grounding conductor and a grounding plug.

The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Danger – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the products are properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, please have a proper outlet installed by a qualified electrician.

Grounding methods

GROUNDED OUTLET

GROUNDED PIN
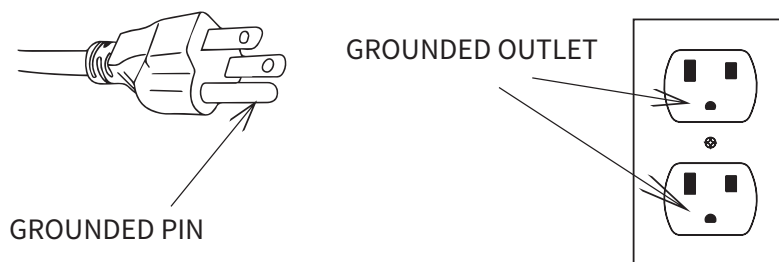
WARNING: Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

CAUTION: Read all instructions carefully before operating this product. Keep this Manual for future reference.

★★★**IMPORTANT:** Please kindly note that the four compartments in the upper area of the hardware tool package (Namely M8*55 2PCS, 2PCS, M8*35 4PCS, M8 6PCS) are left empty on purpose. The hardware tools in this package are sufficient to complete the assembly of the treadmill.

1. Name of Parts

CONSOLE

HANDRAIL

RIGHT UPRIGHT

LEFT UPRIGHT

MAIN FRAME

BASE COVER

INCLINE ADJUSTING PIN
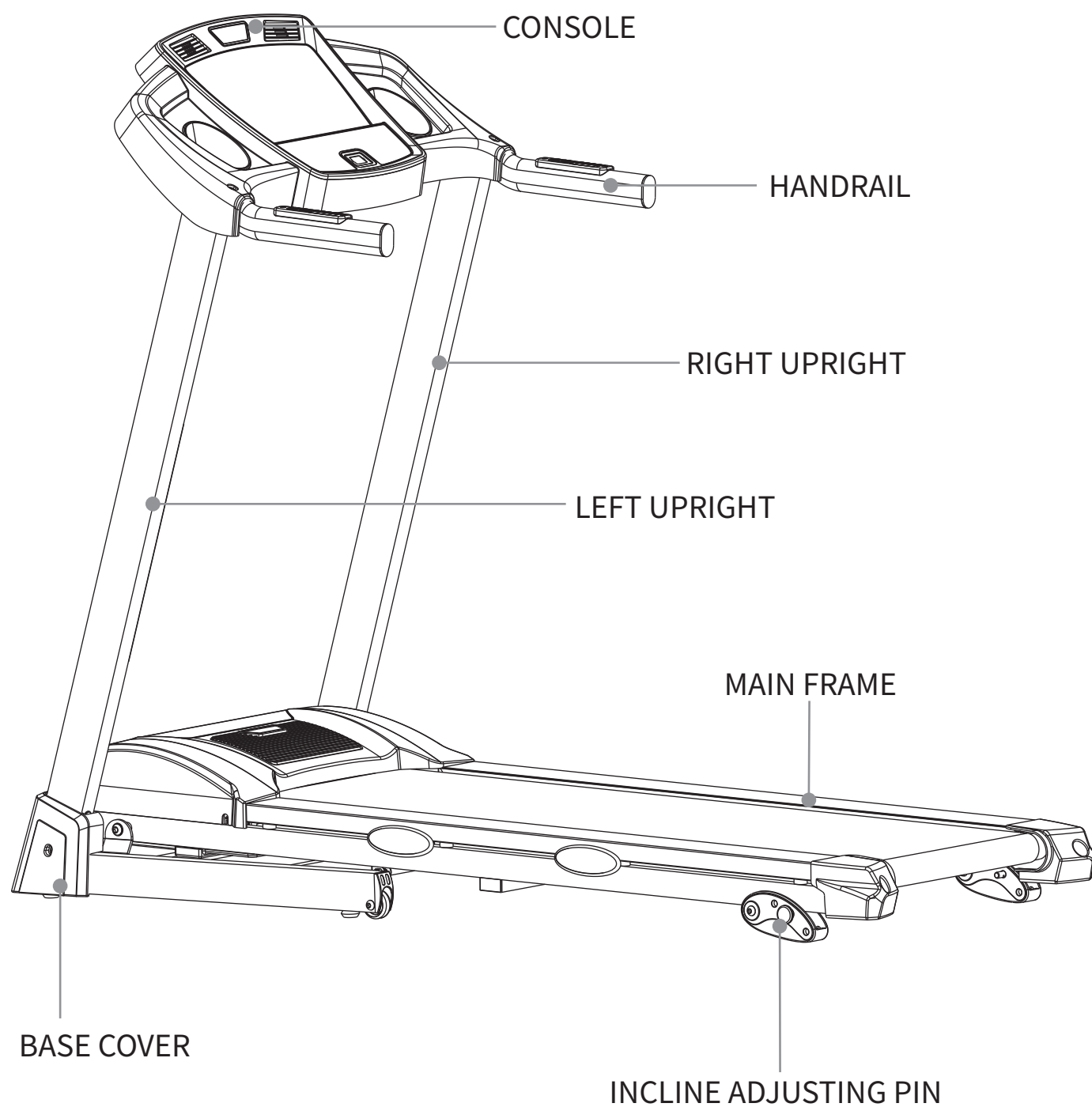
2. Parts in the Package

Main Frame x1

Upright x2

Left   Right
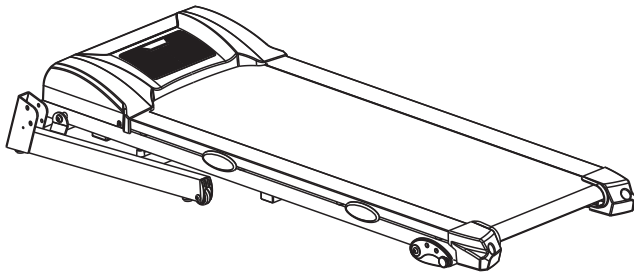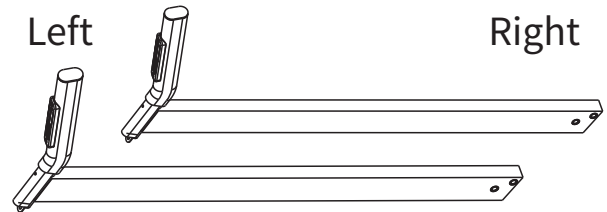
Console x1

Base Cover x2

Left   Right
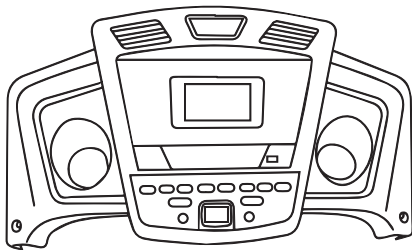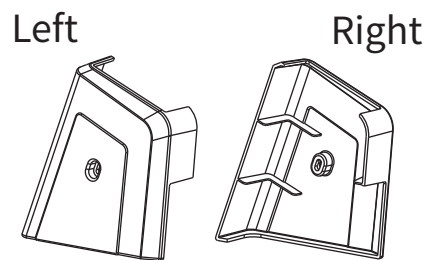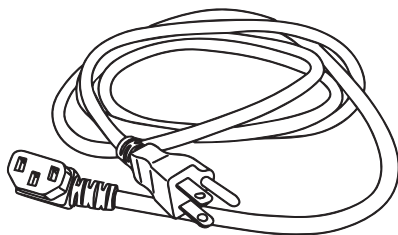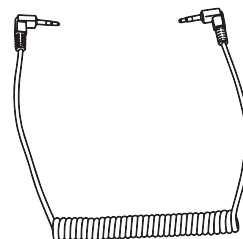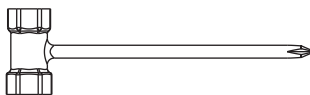
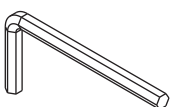Safety Key x1
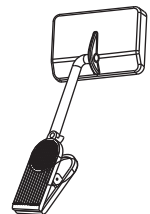
Power Cord x1
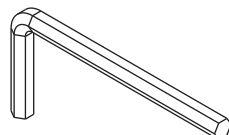
Audio Cable x1
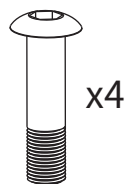
Lubricant Oil

x1

Screwdriver x1

Wrench 5# x1   Wrench 6# x1

Bolt M10x45

x4

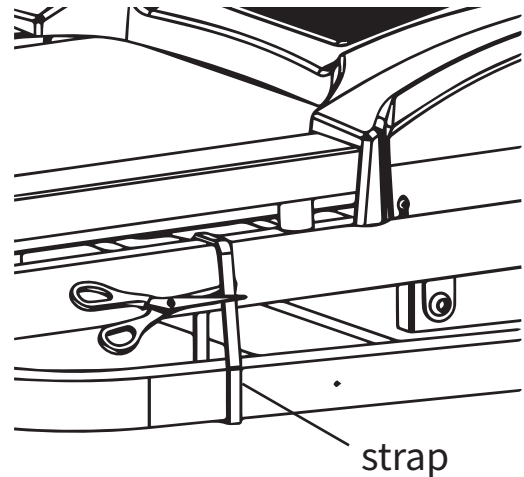Washer M10

x4

Bolt M8x15

x2

Washer M8

x2

Screw M5x12

x6

3. Assembly Instruction

Tips:

1. Please note that as the treadmill is heavy, it is recommended that two people complete the assembly together. Open the package and take out all the protective foam and all parts.

2. Please wear gloves and assemble in order listed in the manual.

strap

Picture 1

Steps:

1. Put the main frame on the flat floor and cut all the straps as shown in the Picture 1. Do not cut the straps before taking the product out of box.

2. Install the left upright.

① Insert the left upright into the main frame as shown in the picture 2-1.

② Use Wrench #5 to fasten the left upright to the main frame on the front with one washer M8 and one bolt M8*15 as shown in picture 2-2. Please put the washers first before tightening the bolt.

③ Use Wrench #6 to fasten the left upright to the main frame on the left with two washers M10 and two bolts M10*45 as shown in picture 2-3. Please put the washers first before tightening the bolt.
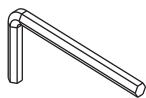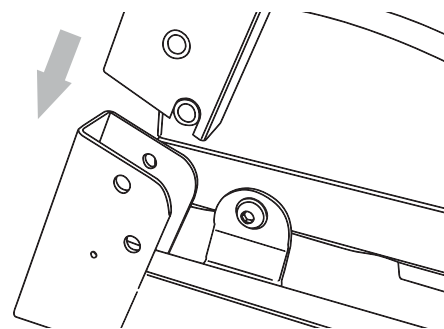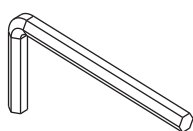
Wrench 5#

Wrench 6#
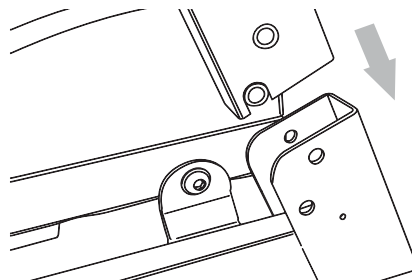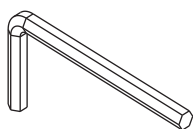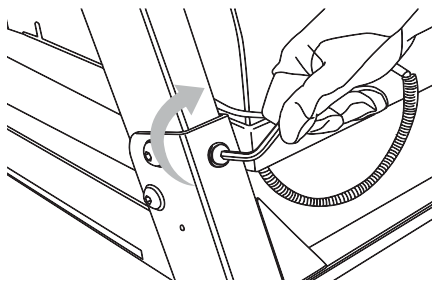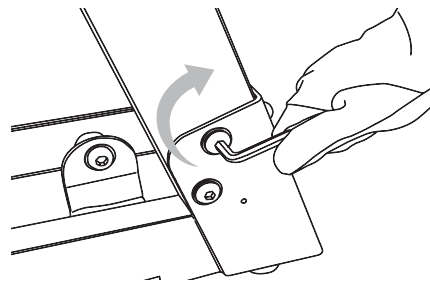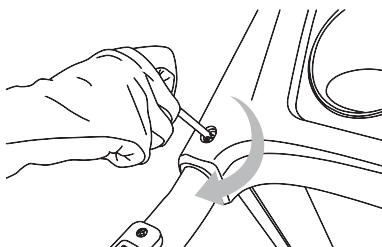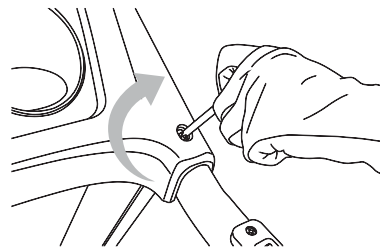

Picture 2-1
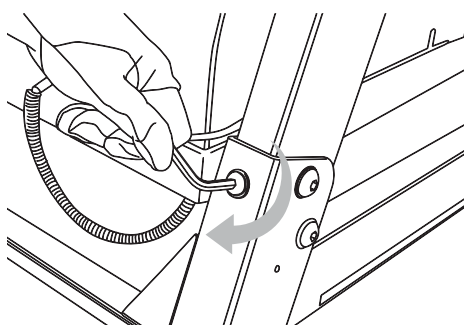
Picture 2-2
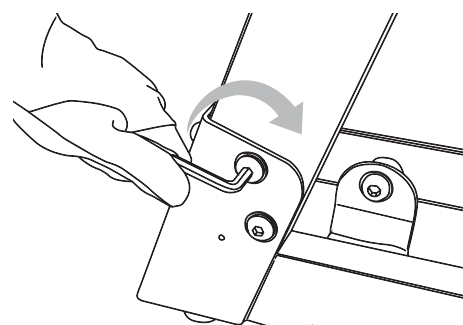
Picture 2-3

3. Install the right upright.
① Insert the right upright into the main frame as shown in the picture 3-1.
② Use Wrench #5 to fasten the right upright to the main frame on the front with one washer M8 and one bolt M8*15 as shown in picture 3-2. Please put the washers first before tightening the bolt.
③ Use Wrench #6 to fasten the right upright to the main frame on the right with two washers M10 and two bolts M10*45 as shown in picture 3-3. Please put the washers first before tightening the bolt.
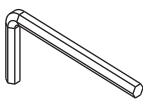
Wrench 5#

Wrench 6#

Picture 3-1

Picture 3-2

Picture 3-3

4. Install the console.
Steps: Use the screwdriver to connect the console to the uprights with four screws M5*12 as shown in the picture 4.
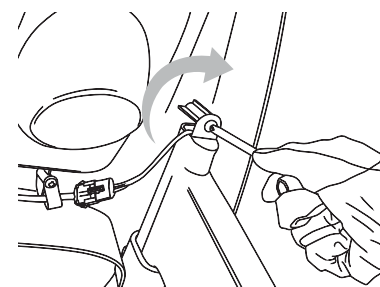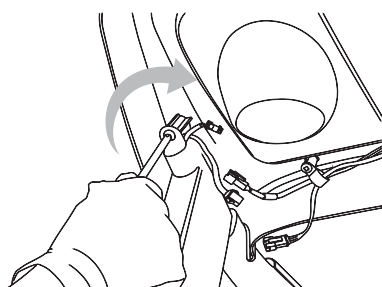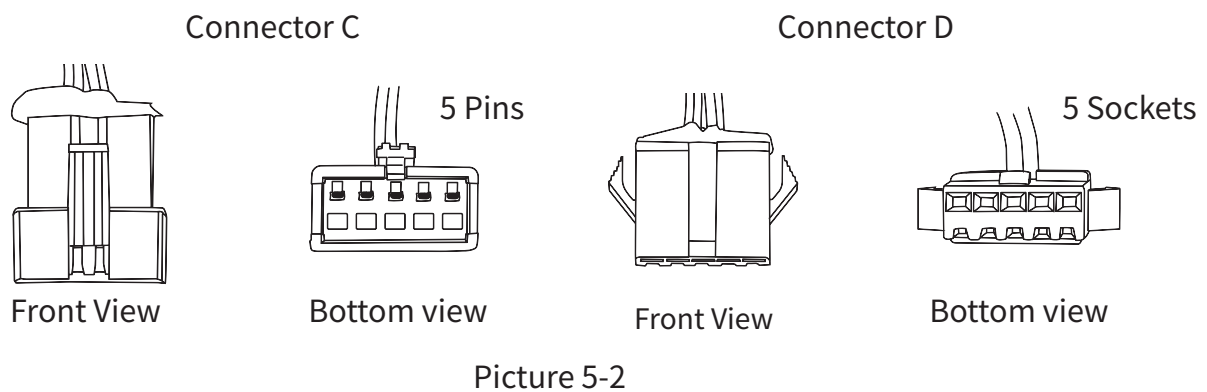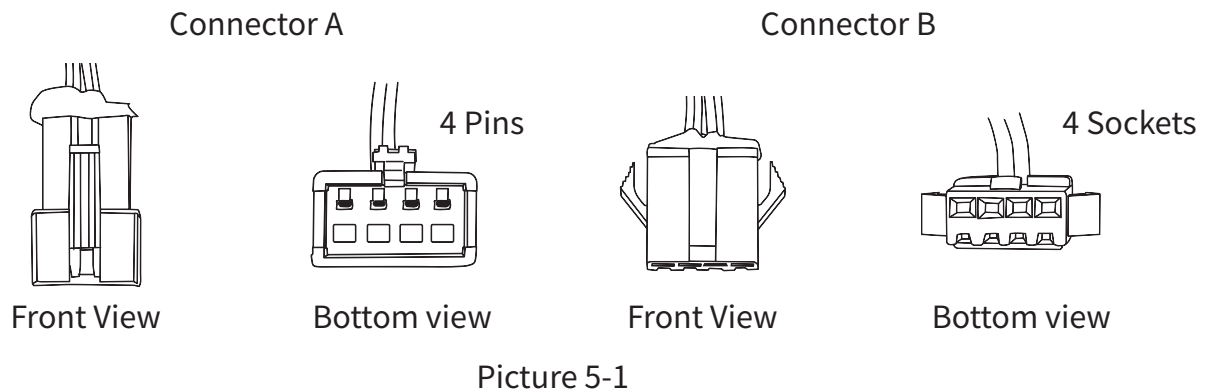
Left

Right

Screwdriver

Picture 4

5. Connect the cables on the uprights with those on the main frame.

Step 1:
Identify the different connectors with different number of pins and sockets as shown in the picture 5-1 & 5-2.

Connector A   Connector B

4 Pins   4 Sockets

Front View   Bottom view   Front View   Bottom view

Picture 5-1

Connector C   Connector D

5 Pins   5 Sockets

Front View   Bottom view   Front View   Bottom view

Picture 5-2

Step 2:
Connect connector A with connector B, connector C with connector D as shown in Picture 6.

Left(2 cables)   Right(1 cables)
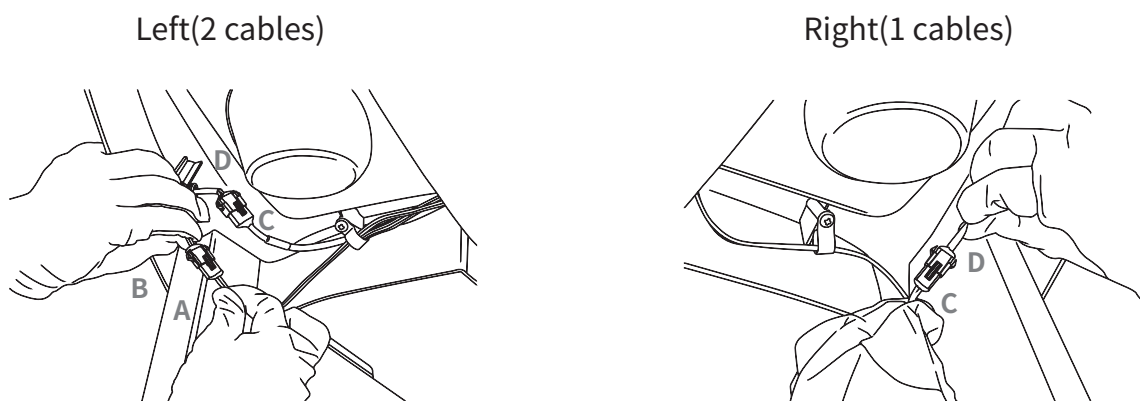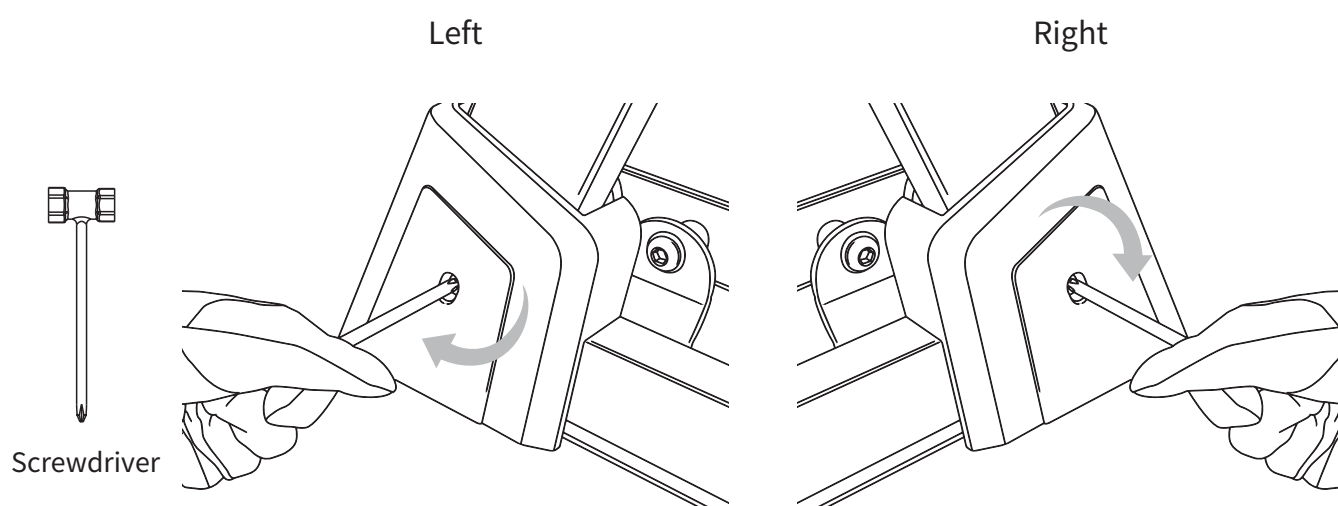
Picture 6

6. Connect the connector A on the lower right upright with connector B on the main frame as shown in the picture 7.
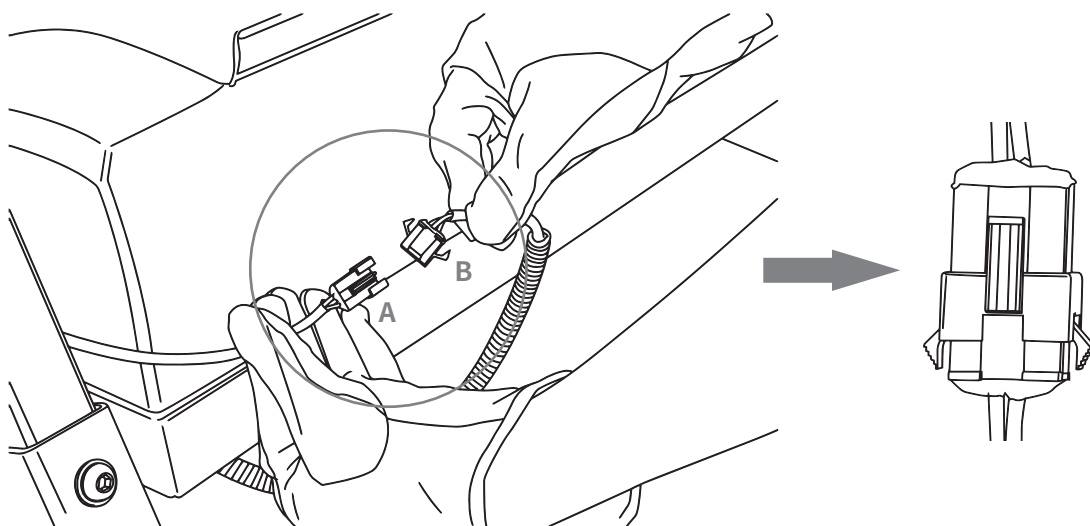
Picture 7

7. Use the screwdriver to connect the left and right base covers to the main frame with two screws M5*12 as shown in the picture 8.
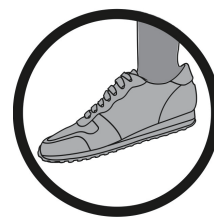
Left   Right

Screwdriver

Picture 8

9

4. Operation Instruction

Get Ready

1. For your safety, please use the treadmill in good physical condition and wear suitable clothing and shoes for fitness.

2. Warm-up exercise is recommended before you start to work out.

Arm stretching

With both hands open, arms straight up and up to the highest point, left hand can be tilted to the right or right hand can be tilted to the left, stop for 3 seconds, and then slowly lower the arm.
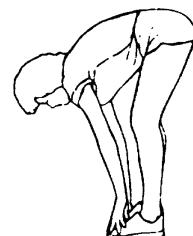
Inner thigh stretching

Sit on the ground, hold your feet with both hands to make the soles of your feet close together, slowly stretch your body towards the floor to the lowest point, stop for 3 seconds, then slowly return your body up to the original posture.

Back and waist stretching

With your arms straight, your body slowly bends towards the floor to encourage your back and waist to stretch, stop for 3 seconds, and then slowly return your body to its original position.

Thigh stretching

Sit on the ground, hold the left ankle with your left hand and bring your left foot close to the inside of your right thigh. The right hand slowly stretches your right thigh toward the right toe, stops for 3 seconds, and then slowly returns your body to its original position. Repeat the above movements to stretch the left thigh.
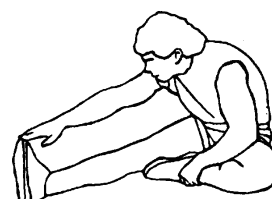
3. Check all the screws are tightened and cables are connected correctly and make sure nothing is on or will hinder the movement of the running belt.

4. Plug in the power cord and turn the power switch ON. (See Picture 9)
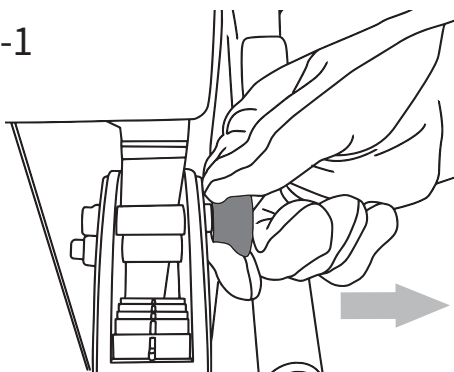

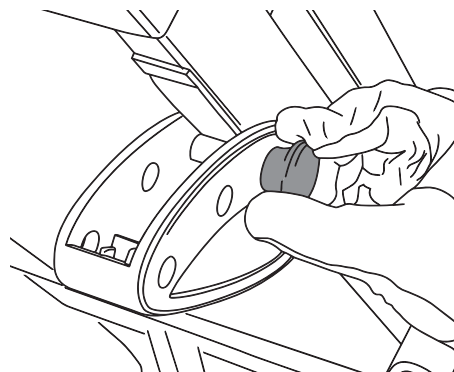**ON   OFF**
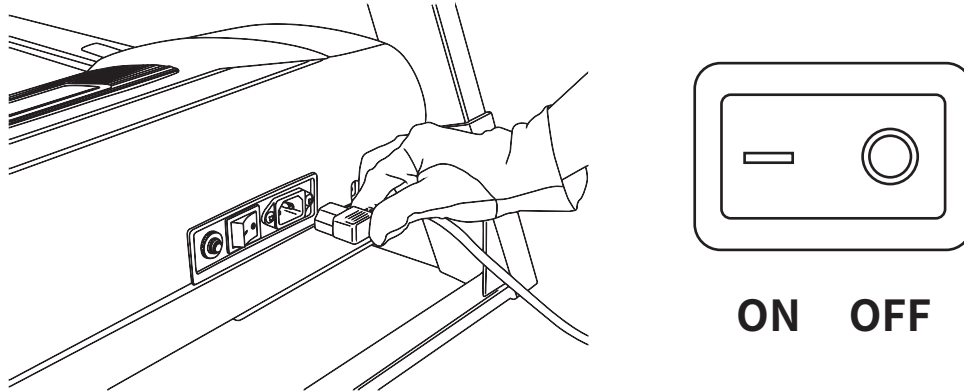
Picture 9

5. Adjust the incline level.
Step 1. Pull out both of the left and right incline adjusting pins from the default position as shown in the picture 10-1.

Step 2. Insert the adjusting bolts to different holes to adjust the incline levels on both sides as shown in the picture 10-2.

Picture 10-1   Horizontal
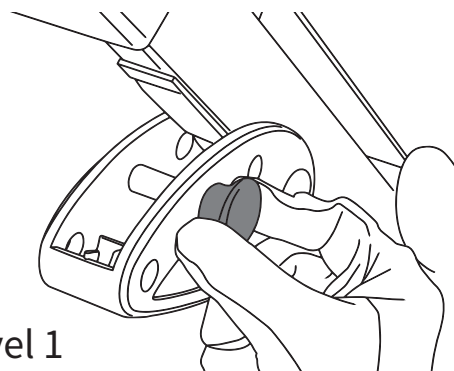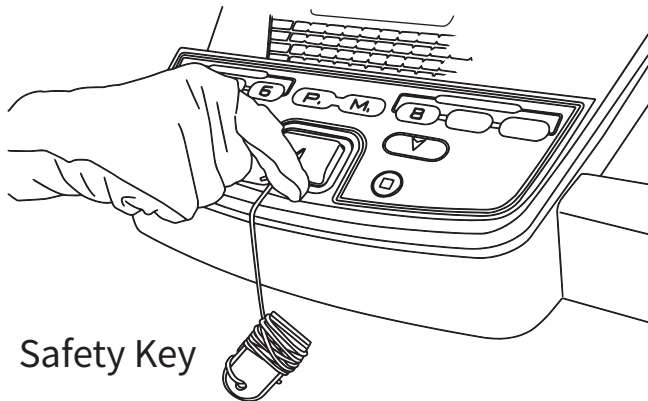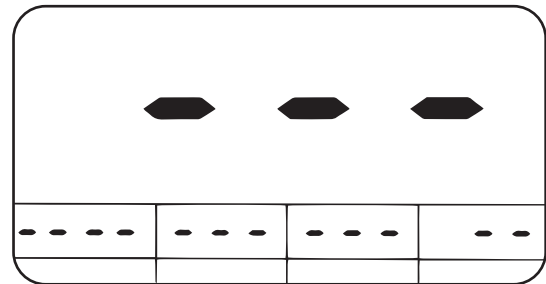

Incline Level 1   Incline Level 2
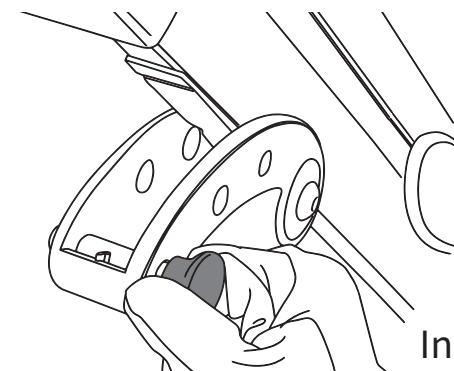
Picture 10-2

6. **Stand on the foot rails of the treadmill.**

7. Attach the safety key clip to part of your clothing and put the safety key to the safety-key hole on the console as shown in the picture 11-1 and then the treadmill will be on Ready status.

Error Displays on Monitor

Safety Key

Picture 11-1   Picture 11-2

Tip：Please note that the treadmill will not operate without the safety key. Clip the other end of the safety key to your clothing before exercising to ensure the treadmill will stop if the user accidentally falls off the treadmill. If the user falls off, the safety key will come off the console and the treadmill will stop at once to avoid further injury. Monitor will display the error as shown in picture 11-2.

8. Learn the Buttons and Display Functions.

TIME: Displays your elapsed workout time in minutes and seconds.

SPEED: Displays the current training speed.

DIS (Distance): Displays the accumulative distance travelled during your workout.

CAL (Calorie): Displays the total calories burned during your workout.

PULSE: Displays your current heart rate in beats per minute (BPM). To activate, grip the hand pulse sensors during exercise and the pulse will display after a few seconds. For a more accurate reading, grip pulse sensors with both hands.

START: Press the START button to begin exercising.

STOP: Press the STOP button to stop/pause your workout.

**SPEED △:** Press the SPEED △ button on the Right Handrail to increase speed.

SPEED ▽: Press the SPEED ▽ button on the Right Handrail to decrease speed.
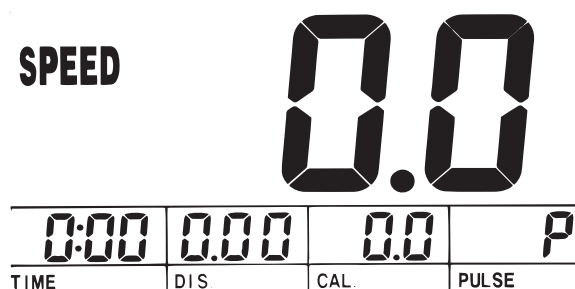
Get Started

Manual Program

Simply press the ▷ button on the console or the Quick Start button on the left handrail to begin belt movement after counting down from 3 to 1. Press ⬙ SPEED ⬙ SPEED or Speed △ / ▽ buttons on the right handrail to adjust the speed. As an alternative, you may press six quick speed buttons on the console as shown in the picture to quickily adjust the speed. (See Picture 12)
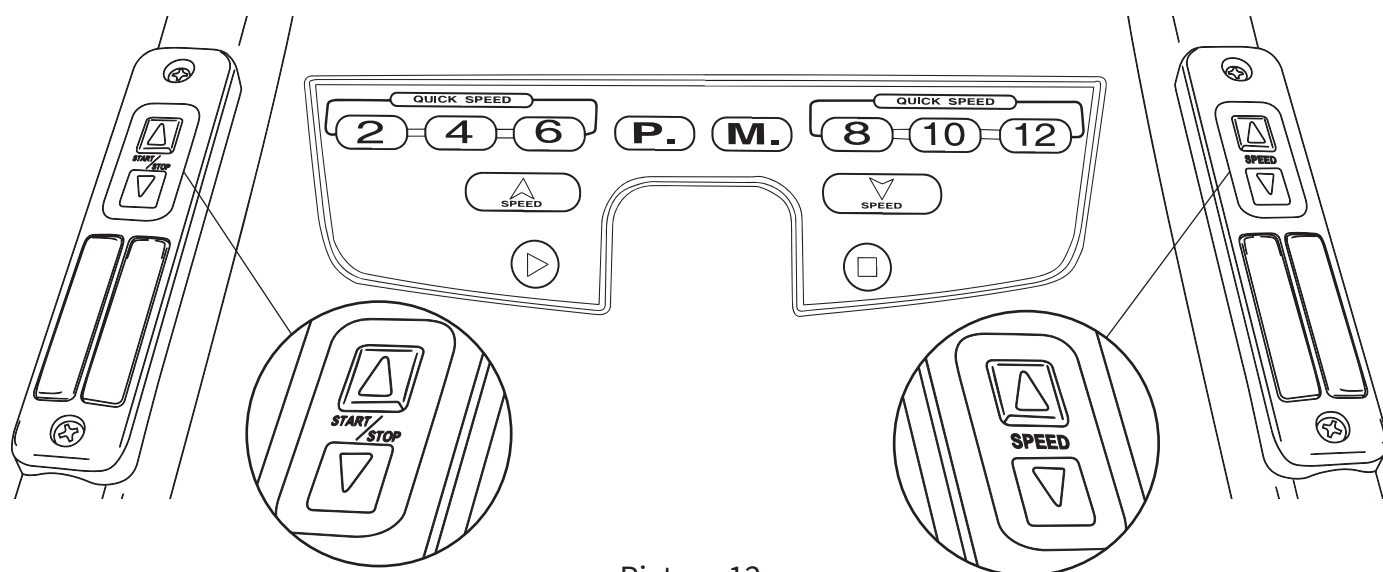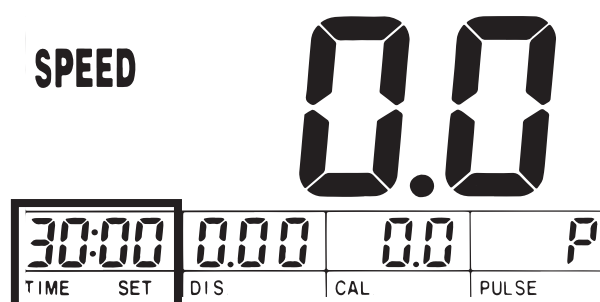

Picture 12

3 Count-down Modes

When you press the (M.) button, either one of TIME, DIS(Distance), and CAL(Calorie) can be set to count down to reach the particular fitness goal, at the same time, the other two will count up during the workout. You can also adjust the speed by pressing ⬙ SPEED ⬙ SPEED buttons or Speed △ / ▽ buttons on the right handrail. (See Picture 13)
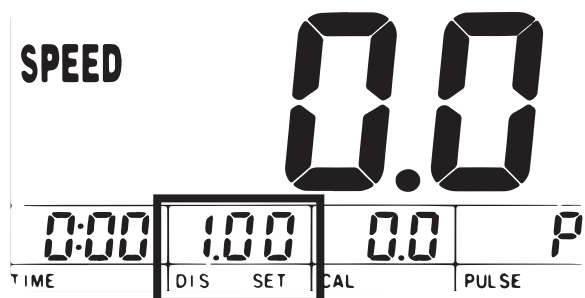

Picture 13

Press the (M.) button, the TIME window will display the default elapsing time as 30:00, press ⋀ ⋁ buttons or Speed △ / ▽ buttons on the right hand-rail to set count-down TIME from 5:00 minutes to 99:00 minutes. Simply press the ▷ button on the console or the Quick Start button on the left handrail to begin belt movement. Once the TIME count-down reaches zero, the belt movement will be ended. (See Picture 14)

Picture 14

To change the mode to DIS (Distance) count-down as the running belt is operating, please press the ▢ or the Stop button on the left handrail twice until the data is cleared and then press the (M.) button twice until the DIS (Distance) pointer is blinking. The default distance was set as 1.00 KM. Press ⋀ ⋁ buttons or Speed △ / ▽ buttons on the right handrail to set count-down distance from 1.00KM - 99.00KM. Press the ▷ button on the console or the Quick Start button on the left handrail to begin belt movement. Once the DIS (Distance) count-down reaches zero, the belt movement will be ended. (See Picture 15)
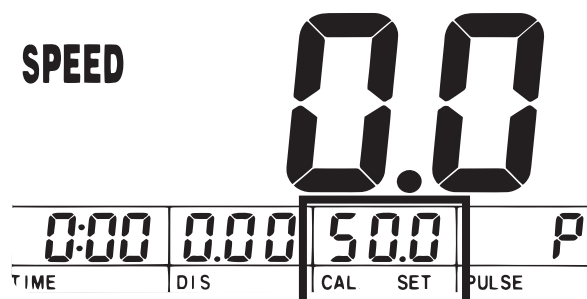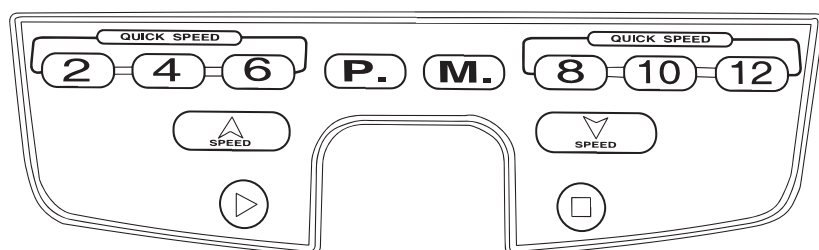

Picture 15

To change the mode to CAL (Calorie) count-down as the running belt is operating, please press the ⊡ or the Stop button on the left handrail twice until the data is cleared and then press the (M.) button three times until the CAL (Calorie) pointer is blinking. The default calorie was set as 50 KCAL. Press ⋀ ⋁ (SPEED SPEED) buttons or Speed △ / ▽ buttons on the right handrail to set count-down distance from 20 KCAL to 990 KCAL. Press the ▷ button on the console or the Quick Start button on the left handrail to begin belt movement. Once the CAL (Calorie) count-down reaches zero, the belt movement will be ended. (See Picture 16)

SPEED **0.0**

0:00	0.00	50.0		P
TIME	DIS	CAL	SET	PULSE

Picture 16

64 Pre-set Programs

Tip: Please kindly note there are 64 pre-set programs for reaching 8 different training goals with 8 different intensity levels on each training goal as shown in the picture 17. All the pre-set programs are made up of 18 time-based segments; the speed is pre-set on each segment. The default pre-set elapsing time of each program is 30:00 minutes, but it can be adjusted from 5:00 to 99:00 minutes by pressing ⋀ ⋁ (SPEED SPEED) buttons or Speed △ / ▽ buttons on the right handrail and the elapse time of 18 segments on each program will be automatically arranged according to the time you set for your workout time. The speed you adjust will only be effective on the ongoing segment. After the segment finished, the speed on the next segment will still process with pre-set values. (See Picture 17)

P01

30:00		L01	0.0	P
TIME	SET		CAL.	PULSE

Picture 17

Step 1: Please select a program among 8 options listed below (From P1 to P8) by pressing (**P.**) button.

P1 WEIGHT LOST   P5 INTERVAL
P2 CARDIO TRAIN   P6 ROLLING
P3 FAT BURN   P7 MOUNTAIN CLIMB
P4 POWER WALK   P8 HILL RUN

Step 2: After selecting the program, press (**M.**) button to select the intensity from Level 1 to Level 8.

Step 3: Press ⋀SPEED ⋁SPEED buttons or Speed △/▽ buttons on the right handrail to modify the elapsing time. It can be adjusted from 5:00 to 99:00 minutes.

Step 4: Press ▷ button or the Quick Start button on the left handrail to begin belt movement.

Tip: To change the program, please press the ▢ or the Stop button on the left handrail twice until the data is cleared and then repeat the above-mentioned steps.

Pulse Function

The PULSE Window on the monitor works in conjunction with the Pulse Sensors on both handrails (See Picture 18).

Pulse Sensor   Pulse Sensor
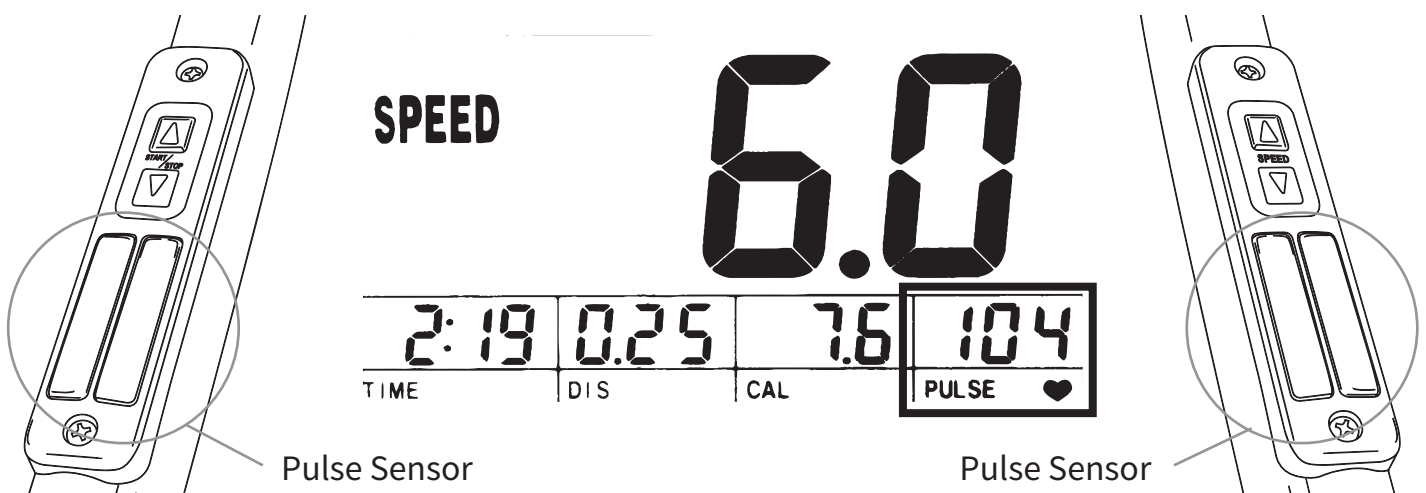
Picture 18

When you are ready to read your pulse:

1. Please place both hands firmly on the Pulse Sensors. For the most accurate readout, it is important to use both hands simultaneously.

2. Your estimated heart rate will display in the PULSE window approximately a few seconds after you grasp the Pulse Sensors.

3. Please kindly note this estimated data should not be used as a reference for medical diagnosis.

Audio Function

To use the audio function, please plug one end of the audio cable to the audio jack on the console as shown in the picture 19, and then plug the other end of the audio cable to MP3 player.

The speaker on the console will then play the music from MP3 player. The volume of speaker can only be adjusted by MP3 player.
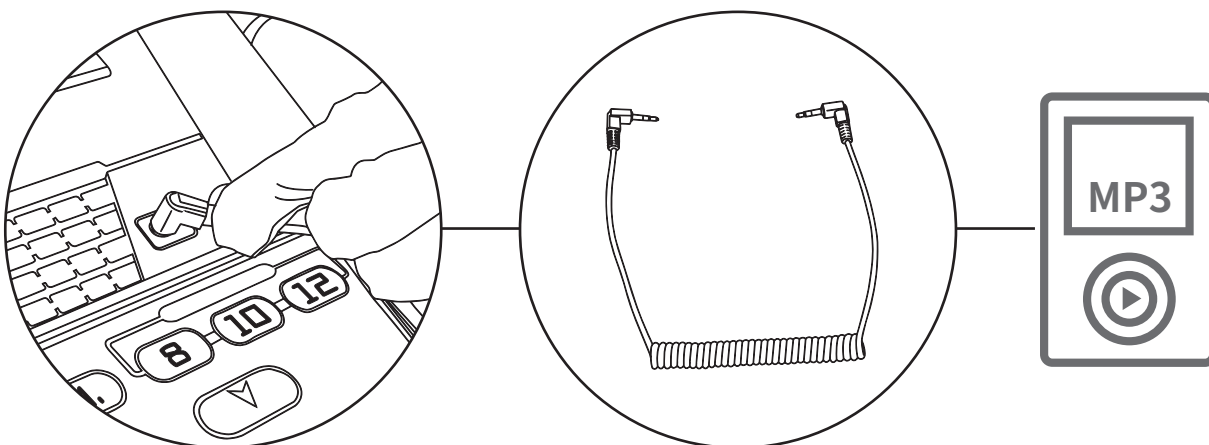

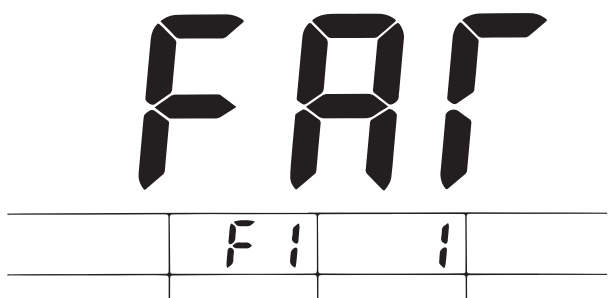Picture 19

Body Fat Measurement Function

This function is to estimate your body fat according to your physical information. Please kindly note this estimated data should not be used as a reference for medical diagnosis.

**STEP 1**: Press (P.) button 9 times till the window displays FAT as shown in the picture 20.

Picture 20

STEP 2: After entering FAT function by pressing (M.) button, the left window displays F1 (representing GENDER) and the default data on the right window shows 1 which represents MALE. Press △ ▽ buttons or Speed △ / ▽ buttons on the right handrail to set gender from 1 to 2 which represents FEMALE. Then press (M.) button to go to next step. (See Picture 21)

Picture 21
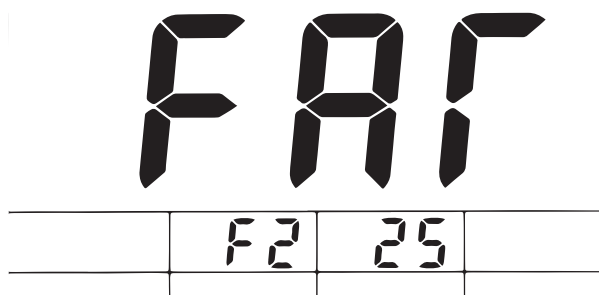
Picture 22

STEP 3: After pressing (M.) again, the left window displays F2 (representing AGE) and the default data on the right window shows 25, press △ ▽ buttons or Speed △ / ▽ buttons on the right handrail to set the age from 1-99. Then press (M.) to go to the next step. (See Picture 22)

STEP 4: After pressing (M.) one more time, the left window displays F3 (representing HEIGHT) and the default data on the right window shows 170. Press △ ▽ buttons or Speed △ / ▽ buttons on the right handrail to set height from 100CM-199CM. Then press (M.) to go to next step. (See Picture 23)

18

Picture 23

Picture 24

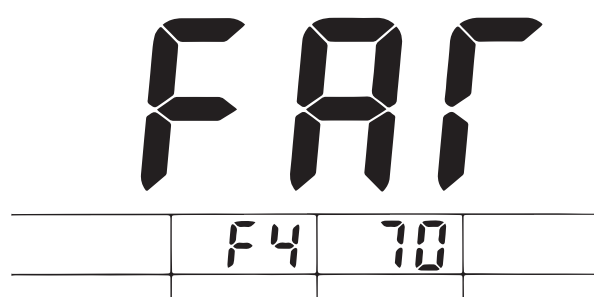**STEP 5:** After pressing (M.) once again, the left window displays F 4 (representing WEIGHT) and the default data on the right window shows 70. Press ⋀ ⋁ buttons or Speed
SPEED SPEED
△ / ▽ buttons on the right handrail buttons to set height from 20KG-150KG. Then press (M.) to go to next step. (See Picture 24)

STEP 6: After finishing all the settings for the necessary physical information, please press (M.) again. The left window will then display F5 while the right window will display "---", which means the monitor is working on calculation. Please hold the pulse sensor on both handrails with your hands. Around a few seconds later, the body fat result (BMI) will be displayed on the right window by replacing "---". (See Picture 25)
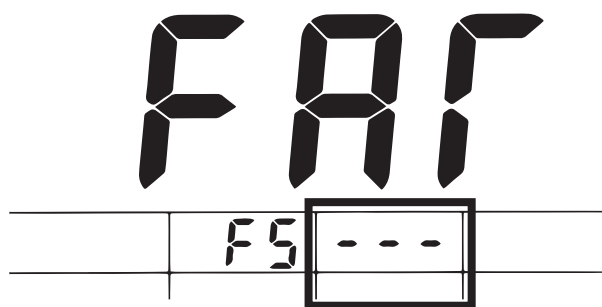
Picture 25

Physical Condition	Result
Fat	BMI > 30
Overweight	26 < BMI < 30
Fit	19 < BMI < 25
Thin	BMI < 19

BMI: The result that given by the body fat calculator can be a reference for your physical condition. Please refer to the chart below.

Finish Workout

During your workout in any mode, when you press ▭ , the treadmill will be paused, if you want to resume your workout, you can press ▷ and all previous data will resume counting, treadmill belt will begin movement after the count-down. If you want the treadmill to be on start/ready status, press ▭ again after pausing the treadmill. During selecting a program or setting the information, press ▭ twice will return to start/ready status.

5. Storage and Move

For space-saving storage, Advenor treadmill can be easily folded manually.

Steps:

1. Raise the treadmill with your hands until the running deck is firmly held by the supporting cylinder and its position is locked as shown in the picture 26.
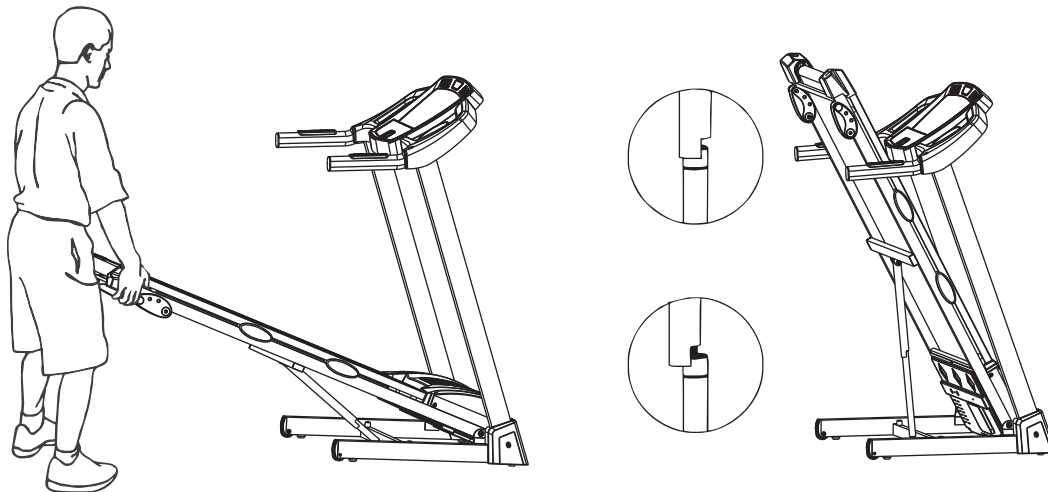
Picture 26

2. To put down the running deck, push the cylinder with your foot to release the folding mechanism as shown in the picture 27.
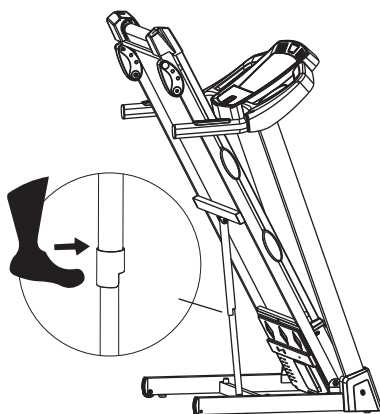
Picture 27

Picture 28

To easily move the treadmill, please hold the handrails with both arms when it's in foldable position and then tilt the treadmill until the wheels roll smoothly to move it to the expected location as shown in the picture 28.

6. Running Belt Adjustment

The treadmill running belt has been pre-adjusted and passed the quality control inspection before leaving the factory. However, after a long period of use, the running belt may run off.

The reasons are as follows:

A. The frame is not stably laid
B. The user is not running on the center of the running belt;
C. The user's two feet are not using even strength.

Adjustment method of treadmill running belt:

1. If the running belt deviates to the left, you can use the Wrench #6 to turn the left adjustment screw clockwise or turn the adjustment right screw counterclockwise. It is recommended to adjust 90 degrees (a quarter turn) each time. (See Picture 29)

Wrench 6#
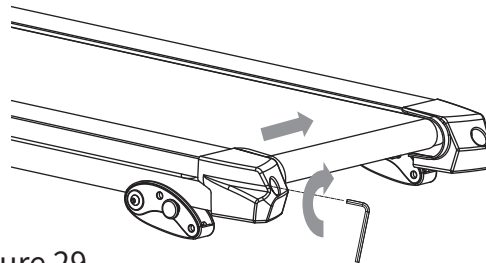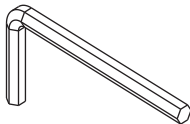
Picture 29

2. If the running belt deviates to the right, you can use the Wrench #6 to turn the right adjustment screw clockwise or turn left the adjustment screw counterclockwise. It is recommended to adjust 90 degrees (a quarter turn) each time. (See Picture 30)

Wrench 6#
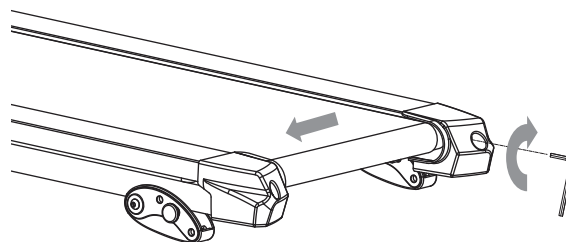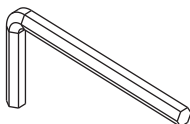
Picture 30

3. After a period of use, the belt may stretch slightly, and when someone runs on it, the belt may slip or stop. When these phenomena occur, the screws on both sides should be rotated a quarter turn clockwise by Wrench #6 as shown in Picture 31. If the belt is too tight, please use Wrench #6 to loosen the screws on both sides by rotating a quarter turn counterclockwise.

Wrench 6#
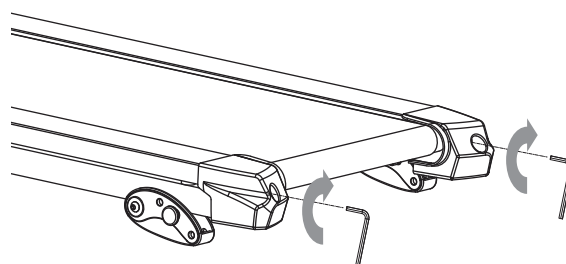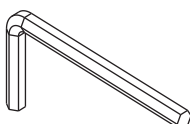
Picture 31

7. Care & Maintenance

WARNING: To prevent electrical shock, please turn off and unplug the treadmill before cleaning or performing routine maintenance.

WARNING: Always check the wear and tear components like foot lock latch tube and running belt to prevent injury.

CLEANING
After each exercise, ensure that the unit is wiped down and any sweat is removed from the unit.
The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not to get excessive moisture on the display panel as this might damage the unit and create an electrical hazard.
Please keep the treadmill, especially the computer console, out of direct sunlight to prevent damage to the screen.

STORAGE
Store the treadmill in a clean and dry indoor environment. Never leave or use the unit outdoors. Ensure the master power switch is off and the power cord is un-plugged from wall outlet.

LUBRICATION

Lubricating under the running belt will ensure superior performance and extend its life expectancy. After the first 25 hours of use (or 2-3 months), please apply some lubricant, and repeat for every following 50 hours of use (or 5-8 months).

How to check running belt for proper lubrication
Lift one side of the running belt and feel the top surface of the running deck.
If the surface is slick to the touch, then no further lubrication is required.
If the surface is dry to the touch, apply some lubricant.

How to apply lubricant
● Lift one side of running belt.
● Pour some lubricant under the centre of the running belt on the top surface of the running deck as shown in the picture 32.
● Run on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.
NOTE: DO NOT over lubricate running deck. Any excess lubricant that comes out should be wiped off.
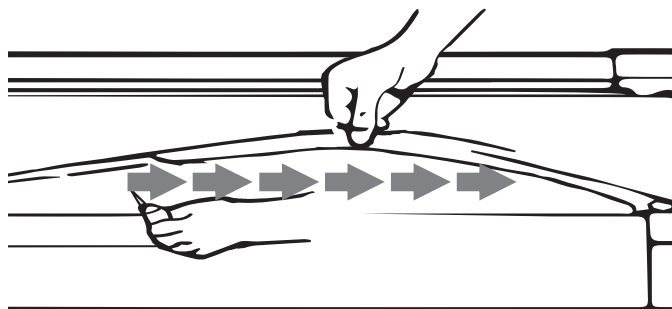
Picture 32

8. Trouble Shooting

Problem	Potential Causes	Corrections
Treadmill will not start.	1. Treadmill not plugged in. 2. Safety Tether Key is not correctly installed. 3. Circuit breaker in the house has been tripped. 4. Treadmill circuit breaker has been tripped.	1. Plug the power cord into a wall outlet. 2. Reinstall the Safety Tether Key. 3. Reset the circuit breaker, or call an electrician to replace the circuit breaker. 4. Wait 5 minutes and then try to restart the treadmill.
Belt slips.	Belt not tight enough.	Adjust belt tension.
Belt hesitates when stepped on.	1. Not enough lubrication applied onto the running deck. 2. Belt is too tight.	1. Apply lubricant. 2. Adjust belt tension.
Belt is not centred.	Running belt tension not even across the rear roller.	Centre the belt.

9. Error Code

Error Code	Potential Cause	Things to Check
E01	The computer console did not receive any feedback within 30 seconds from the power control board.	Please re-check and/or re-connect the cable joint between the computer console and the power control board.
E02	The power control board did not receive any input voltage from the motor.	Please re-check and/or re-connect the cable joint between the motor and the power control board.
E03	No speed sensoring information, problem on speed sensor.	Please check the speed sensor. Please re-check and/or re-connect the sensor cable.
E05	Overload of the input current of motor that triggered the power control board protection.	Please check the resistance of the running belt.
E06	Overload of the input voltage of motor that triggered the power control board protection. Defection on motor.	Please check the input power. Please re-check and/or re-connect the cables for motor.
- - -	Security protection.	Please check the Safety Key is placed on correct position and fits properly.

Acknowledgements

Dear customer,

Thank you for choosing ADVENOR. We commit to provide the best products and services to every customer.

If you have any inquiries or require further assistance, please contact ADVENOR customer support by

Phone: +1 323-686-3277

Email: service@advenorfitness.com

Your feedback and suggestions are always important and valuable to us.

Kindest regards,

Company Founder

Scan to view assembly video or visit
https://youtu.be/PM-4ShlGHIY