

OVICX



Treadmill User Manual

X3 PLUS

CONTENTS

1. Product Introduction	01
2. Product and Parts	02
3. Schematic Diagram of Structure and Function	03
4. Installation Instruction	04
5. Exercise Suggestion and Guideline	07
6. Product Instruction	09
7. Display of Fault Code	12
8. Safety Instruction	14
9. Maintenance Guideline and Instruction	18

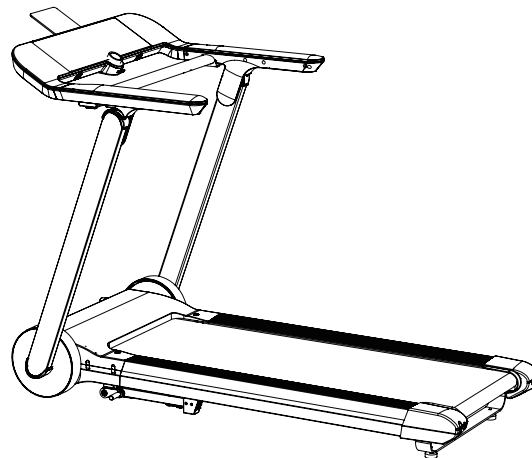
About After-sales Service

We would love to hear from you, if you have any questions, do not hesitate to contact us

Email:support@qiaosports.com

1. Product Introduction

Product Name: Treadmill

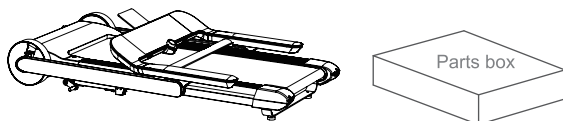


Product Model	OVICX-X3 PLUS
Unfolded Size	67.20*32.68*45.28 inch
Speed	12.5mph
Rated Voltage	110V~
Rated Frequency	50/60Hz
Rated Power	1.5HP
Effective Running Area	17.72*51.18 inch
Display	LED
Net / Gross Weight	154.32/180.78lbs
Dimensions	69.80*35.63*14.96 inch
Category and Level	HB
App Connectivity	✆
Safety Protection	1. Safety switch on the meter 2. Overcurrent fuse on the treadmill's internal control panel

4. Installation Instruction

Installation procedure

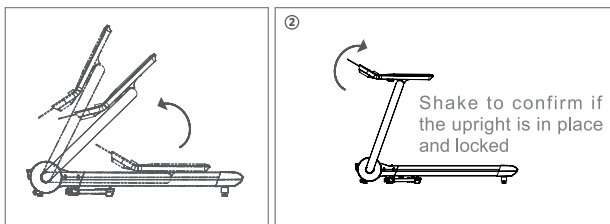
1. Open the package box, take the treadmill, parts package, power cord and user manual out of the box;



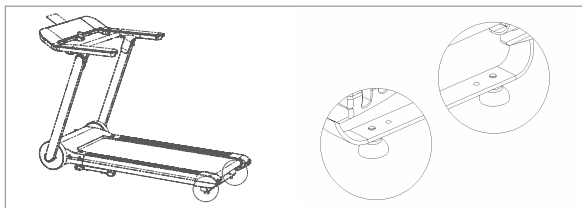
2. Unfold the treadmill

2.1 Unfold the upright; Shake the upright after it is unfolded, if it does not fall, it means the upright is in place and locked tight.

2.2 Unfold the handrail and the console on both sides; shake back and forth after they are unfolded, and press the handrail hard; if it does not move, it means they are in place and locked tight.



2.3 Level the walking platform; the left and right footpads of the treadmill's rear supporting arms are equipped with screws, which allows the user to adjust the height off the ground and make sure the supporting arms have landed stably on the ground. After the treadmill is unfolded, please adjust the walking platform according to your own ground before use it.



3. Fold the treadmill

3.1 Unlock and fold the console and handrail; Pull up the handle of the left and right handrails to unlock, and level the handrail of the console. See figure 1 and 2 as below.

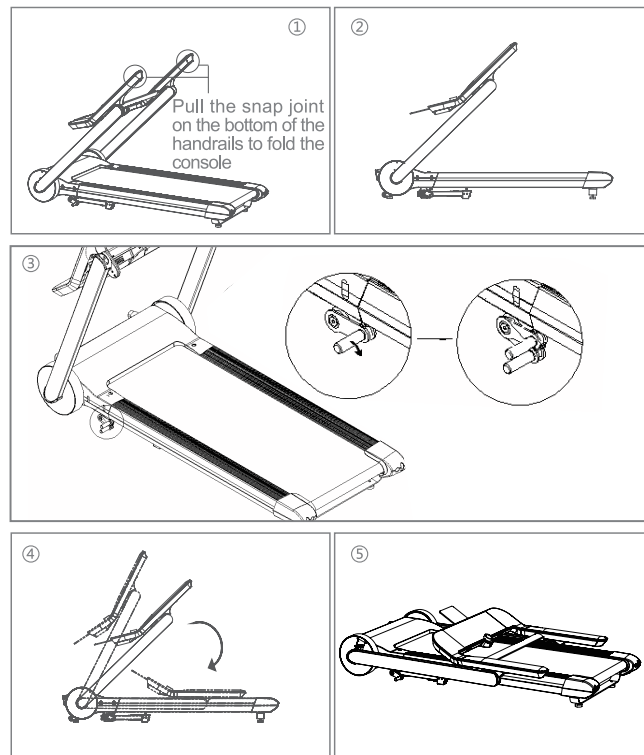
4. Installation Instruction

Note: If you can't pull up the handle, please shake the handrail back and forth and try to unlock it again. It is a normal phenomenon caused by the working principle of locking mechanism, not a machine abnormality.

3.2 Unlock the upright; step on the foot rest lever on the lower left side. After the upright is unlocked, level the upright and the console to fold treadmill. See figure 3 and 4 as below.

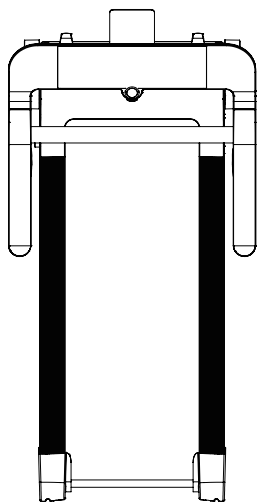
3.3 If you need the treadmill to stand upright, please raise the treadmill from the back part of the treadmill, use the front wheel to carry the treadmill to the destination, and then put the treadmill in a completely upright position, place one foot against the supporting bracket to ensure that the supporting arm will not move (in locked position) and then release your hands.

3.4 If you want to use the treadmill, please hold the treadmill's rear part first and then step on the unlocking paddle of the supporting bracket. Then slowly lower the treadmill and open it in the way described in 2.



2. Product and Parts

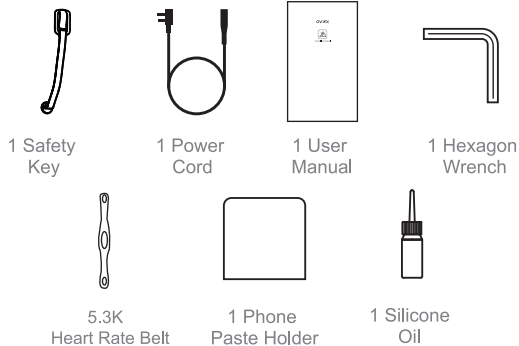
Please check carefully if the contents in the packaging box are complete and in good condition. If there are any missing part or damaged items, please call your local distributors for help.



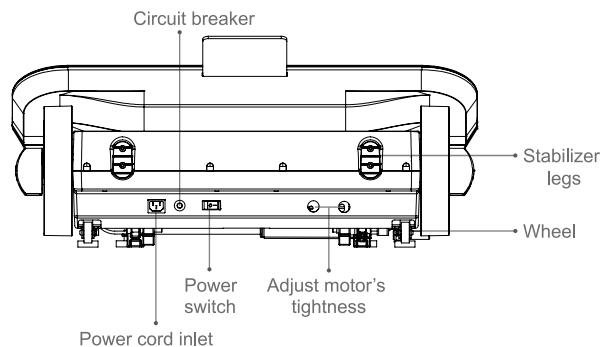
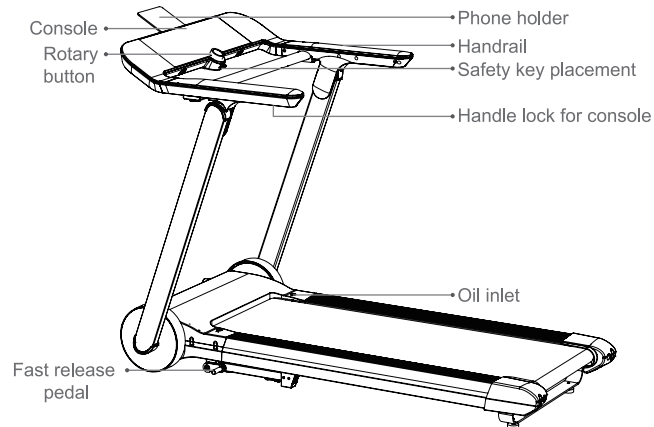
Mainframe

We reserve the rights to improve or change the pictures and technology parameters of this product without prior notice. Please understand.

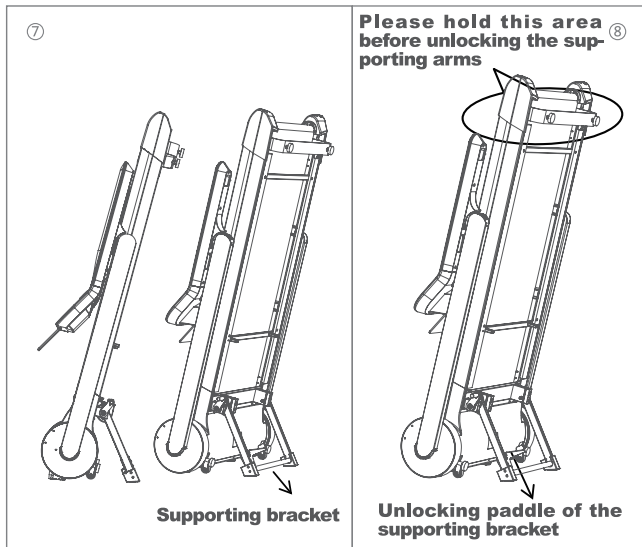
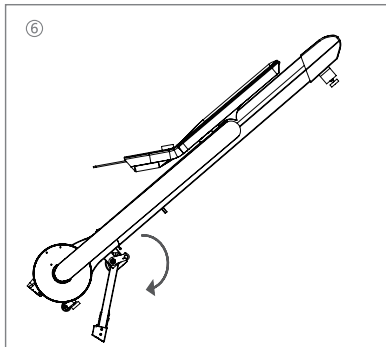
Parts:



3. Schematic Diagram of Structure and Function



4. Installation Instruction



4. Before using the treadmill, please check the above installation procedures to make sure the treadmill is installed and placed stably.

5. Exercise Suggestion and Guideline

If it is your first time to use motorized running machine, you need to read the below tips:

Preparation

Before exercise, it is better to know your own health status in order to make an exercise plan based on it. It is recommended to consult a doctor or a professional to get multiplier effects.

Before first use of the running machine, please stand by it and learn how to control it, for example: start, stop, adjust speed and etc. After getting familiar with it, you can start to use the running machine. Stand on the plastic anti-slip plates on the two sides of the track and seize the handrails by two hands. Then, turn on the running machine and adjust the speed around 1.0-1.9mph (low speed). Keep your body straight and your eyes look forward. Step on the running belt carefully and relax yourself until you can gradually follow the speed. When you are comfortable, you may slowly increase the speed to 1.8-3.0mph. Keep this speed for about 10 minutes, and then slow down it until it stops. For your first time, please do not run at high speed to prevent from falling down.

Exercise

Walk about 0.62mile at a fixed pace and record the time it spent. It may take 15-25 minutes. When the speed is at 2.9mph, it shall take you about 12 minutes for a distance of 0.62mile. After you can easily do it for a few times, you can gradually increase the speed. Keep it for 30 minutes, and you can get a good exercise. Before you start to walk, please be patient and be aware that this exercise is good for your health during the whole life time.

The Frequency of Exercise

Your target is to exercise 3-5 times every week, and each time exercise for 15-60 minutes. It is better to make an exercise schedule based on your body status, rather than do it according to your own preferences. You can control the intensity by adjusting the speed and exercise time.

Exercise Time

Shortcut: 15-20 minute exercise is a good way to save time. Warm up for 5 minutes at 2.4-2.9mph, and then increase speed by 0.2mph increment per minute until you feel at a suitable speed, and keep running for about 45 minutes. You will fully enjoy this exercise.

The above content is for reference only. Please consult professionals for more details.

Wearing

The only thing you need is just a pair of good shoes, and we recommend you to wear running shoes or gym shoes during exercise. Meanwhile, please be careful that there is nothing stuck on the shoes in order to avoid from anything dropping into running machine and then damaging the running plate and belt. Clothes should be comfortable and suitable for sports, and we recommend you to wear the breathable sportswear made from cotton.

5. Exercise Suggestion and Guideline

Stretch exercise

No matter how fast you walk, it is better to do stretch exercises first. Warm muscle is easier to stretch, so please spend 5-10 minute to warm up first. Then stop and use the below methods to do stretch exercises. Stretch for 5 times and at least 10 seconds for each leg in warm-up, and do it again after exercise.

1. Stretch down

Keep your knees slightly curved, and slowly bend your body forward. Relax your back and shoulder and touch your toes with your hands (see figure 1). Keep this for 10-15 seconds, and then relax. Repeat it for 3 times.

2. Foot tendon stretch

Sit on a clean cushion, stretch one leg out and adduct another leg to cling the inner side of the leg stretched-out, and then touch the toes by hand (see figure 2). Keep this gesture for 10-15 seconds and then relax. Repeat this 3 times for each leg.

3. Foot and heel tendon stretch

Stand with your hands on the wall or tree, and separate your two legs forward and back. Lean toward the wall or tree, and keep the back leg straight and put its heel to floor (see figure 3). Keep this gesture for 10-15 seconds and then relax. Repeat this 3 times for each leg.

4. Quadriceps stretch

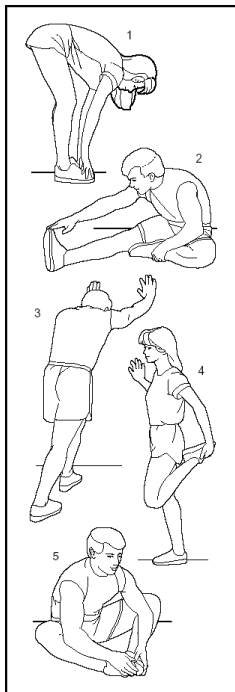
Hold wall or table by your left hand for balancing, extend your right hand backward to grasp your right ankle, slowly pull the heel toward your butt until you feel tightness of the front muscle on your thigh (see figure 4). Keep this gesture for 10-15 seconds and then relax. Repeat this 3 times for each leg.

5. Sartorius muscle (inner muscle of thigh) stretch

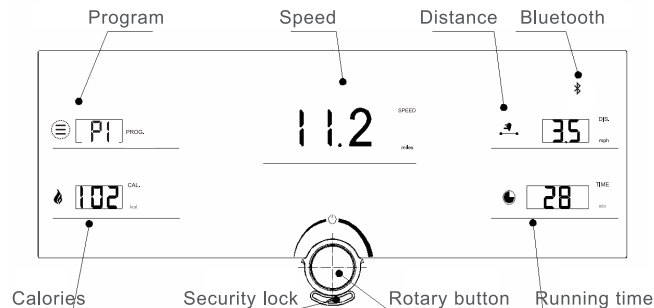
Sit down with two soles facing each other and two knees outwards. Grasp the two feet and pull them towards your groin. Keep this gesture for 10-15 seconds, and then relax. Repeat this 3 times.

Exercise safety measures

Please consult a professional before exercise. He can give you some suggestions about exercise frequency, intensity and duration according to your age and physical condition. During exercise, if you feel chest choking or chest pain, irregular heartbeat, breath difficulty, dizziness or any other discomfort, please stop immediately. And consult professionals before you resume the exercise.



6. Product Instruction



I. Buttons on the display window of the console and their functions

1. Speed

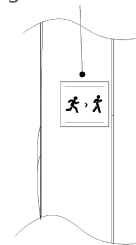
Show the operation speed of the walking belt

Unit: mph ; accuracy: 0.1 mph

2. Program mode indicator window. If it shows "P1-P10,+reciprocal mode" , When the treadmill is in standby state, use the fatigue button to enter the mode selection procedure and then use the rotary switch to select the mode needed, then press the start button to let the treadmill run.

2.1 Fixed program. P1-P10 automatic variable speed running represents 10 built-in variable speed running programs. The default exercise time is 30 minutes (manually change the exercise time.) Each "P" program has built-in 10 segments of speed. There is no need to make manual adjustment because the speed varies automatically.

Fatigue button



P1	Segment	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
	Speed mph	1.2	2.4	1.8	2.4	1.8	3.0	2.4	1.2	3.0	1.8

P2	Segment	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
	Speed mph	1.2	3.0	2.4	3.6	2.4	3.6	2.4	1.2	2.4	1.2

6. Product Instruction

P3	Segment	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
	Speed mph	1.2	3.0	2.4	3.0	2.4	3.0	2.4	1.2	1.8	1.2
P4	Segment	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
	Speed mph	1.8	3.6	4.2	3.0	4.8	3.0	5.4	3.6	2.4	1.8
P5	Segment	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
	Speed mph	1.8	3.6	4.2	3.0	4.8	3.6	4.2	3.6	2.4	1.8
P6	Segment	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
	Speed mph	1.2	4.8	3.6	2.4	3.0	5.4	4.2	2.4	2.4	1.8
P7	Segment	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
	Speed mph	1.2	3.6	4.2	2.4	2.4	4.2	2.4	1.2	2.4	1.2
P8	Segment	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
	Speed mph	1.2	2.4	3.6	4.8	4.2	4.8	3.6	1.2	1.8	1.2
P9	Segment	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
	Speed mph	1.2	2.4	3.0	3.0	3.6	3.0	3.6	1.8	1.8	1.2
P10	Segment	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
	Speed mph	1.2	1.8	3.0	1.8	1.8	3.0	1.8	3.6	1.8	1.8

3. Burned calories

Show calories consumed in exercise, unit: kcal

Accuracy: 0.01 kcal

4. Distance

Show the exercise distance, unit: mile

Accuracy: 0.01 mile

5. Elapsed time

5.1 show the operation time, range (0 – 99:59)

5.2 when there is a fault in the treadmill, it shows fault code

6. Product Instruction

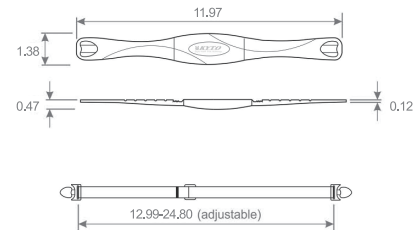
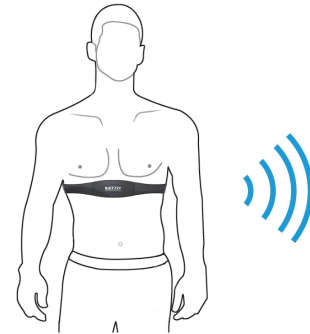
6. Rotary switch

Rotary button: press the rotary button, the treadmill starts to run or stop running; rotate the rotary button clockwise to increase the speed and rotate the rotary button counterclockwise to reduce the speed.

7. Fatigue button on the handrail: when the treadmill is running, if the speed is lower than 2.4mph this button is invalid; if you press this button when the speed is higher than 2.4mph, the speed will reduce to 2.4mph; press this button again, the speed will resume to the original speed.

8. Security lock: no matter what speed the treadmill is running at, if the security lock is pulled off in any state, the motor will stop running in the shortest time and "ER1" is displayed on the time window on the electronic console

9. How to use heart rate belt. Take out the heart rate belt from the carton box, and wear around the chest. Place it close to the heart for accurate readings and worn under clothes for discreet monitoring. Keep the distance between treadmill console and belt within 23.62inch. Heart rate range: 40-240BPM. Waterproof: IPX4. Battery: CR2032, standby about 12 months. Signal frequency: 5.3K.



IV. Common fault and troubleshooting method of the control system

Info. Code	Possible Cause	Troubleshooting Guideline
E _r 1	Fallout of the security lock	1.1 Check if the security switch is in the designated position. 1.2 Check if the plug of the security switch is loose or has fallen off. 1.3 Check or replace the security switch.
E _r 3	Fault in lower control	2.1 Open circuit in switch tube
E _r 7	Abnormality in motor Open circuit in motor	3.1 Check if the motor wire is loose or has fallen off. 3.2 Check or replace the motor. 3.3 Check or replace the controller. 3.4 Short circuit in SAFE wire or poor connection
E _r 8	Fault in communication	4.1 Check if the line of communication is loose, falling off or damaged. 4.2 Check or replace the display panel. 4.3 Check the controller and if the LED light is on. 4.4 Check or replace the controller.
E _r 9	Overloading protection	5.1 Check for overcurrent. 5.2 Check if the operation parts of the machine are stuck. 5.3 Check if it is a lack of lubricant. If there is a lack of lubricant, the friction between the walking belt and the walking platform will increase. 5.4 Check if the walking platform is badly worn. 5.5 Check if the walking belt is worn seriously. 5.6 Check if there is a slight short circuit in the motor. 5.7 Check or replace the controller.
E _r 10	Overvoltage protection	6.1 Please check if the voltage on the power supply line is greater than 110V+20%. 6.2 Check or replace the controller.

Info. Code	Possible Cause	Troubleshooting Guideline
E _r 11	Overcurrent protection	7.1 Check for overload. 7.2 Check if the operation parts of the treadmill are stuck. 7.3 Check if it is a lack of lubricant. If there is a lack of lubricant, the friction between the walking belt and the walking platform will increase. 7.4 Check if the walking platform is badly worn. 7.5 Check if the walking belt is worn seriously. 7.6 Check if there is a serious short circuit in the motor. 7.7 Check or replace the controller. 7.8 Short circuit in IGBT.
E _r 12	Short circuit in motor	8.1 Check if there is any foreign matter at the output end of the controller that causes short circuit. 8.2 Check or replace the motor.
E _r 14	HALL Fault in sensor	9.1 Replace the sensor assembly of motor HALL.
E _r 15	Low-voltage protection	10.1 Check if the voltage on the power supply line is normal. 10.2 Check or replace the controller.
E _r 16	Motor blockage	11.1 Check the motor, replace the motor.
E _r 17	Overtemperature of power module	12.1 Check or replace the controller.
	Some or all of the buttons do not work well	13.1 Check or change the buttons. 13.2 Check or replace the electronic console. 13.3 Remove the console hood to test if the buttons are normal or not. 13.4 Check if the buttons can be used properly after plug the power cord again.

Note : When the treadmill detects that no one is moving on the treadmill for more than 30 seconds, the reading of the time, distance and calories window on the treadmill will not increase and accumulate, but the treadmill will continue to run at current speed.

8. Safety Instruction

Thank you for purchasing the product of our company. Using this treadmill correctly is the insurance for your safety and convenience. Please read carefully the following content before using the treadmill:

Safety Instruction (1)

1. Plug the power cord only after confirming that the treadmill has been installed in full accordance with the installation instructions. Be careful not to block the plug on the wall when placing the treadmill in order to plug the power cord easily.
2. Plug the power cord into the power socket with safe grounding. The power cord of the electric treadmill is for inclusive use. If the power cord is damaged, please buy it from the distributor or contact the company directly.
3. The treadmill is an indoor device. Do not use it outdoors. The place where the treadmill is placed at should be clean and smooth. Pay attention to moisture proof and do not put the treadmill on the thick carpet and other articles like this, so as to avoid affecting the cross-ventilation under the treadmill and unbalance caused during running. Electric treadmill is a device for inclusive use. Do not modify it for other purposes.
4. When the electric treadmill is not in use, unplug the power cord and put it away.
5. When using the electric treadmill, please keep the children away to avoid danger.
6. If you feel danger during exercise, use the handrail to jump onto the ground or the pedal platform on both sides urgently.

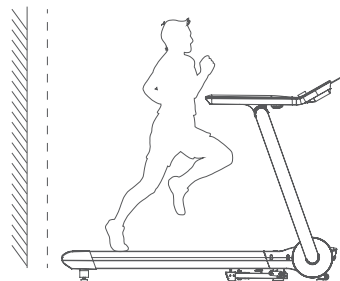
Safety Instruction (2)

1. Before running, please do warm-up for 3 to 5 minutes, such as movement of joints, jogging etc.
2. Turn on the power supply at the lower part to start the treadmill, press the switch button, and when the digital display screen displays countdown (3,2,1,0), the treadmill has started to run. It will automatically select the speed of 1. Beginners can warm up with this speed first.
3. Hold the handrail in the front part of the treadmill with both hands, step on the treadmill, press the "+" button to adjust the speed of the treadmill in small increment from 0.9-1.8mph. Stand up straight, relax as much as possible, and move with the walking belt. After you adapt to the rhythm and find your body's center of gravity, increase the speed in small increment, release both hands from the handrail in front, and swing your arms with your body. Starting running in this way can produce a better warm-up effect.
4. After familiarizing with the functions of the treadmill, you can adjust the speed according to your physical condition.
5. On the digital display screen of the treadmill, we can clearly see the speed, time distance and calories of the current workout.

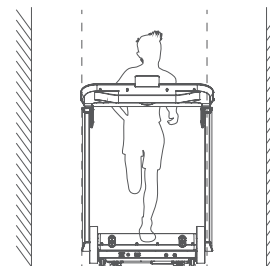
Tips:

1. Beginners should familiarize themselves with the function buttons on the treadmill console before using it.
2. Do not stand on the walking belt when starting the treadmill. Stand by one side of the treadmill and step on the plastic skid-proof foot rail on both sides of the treadmill to prevent falling down.
3. Before running, it is better to change into sports clothes. Do not wear jeans and leather shoes when taking exercise.
4. Please do not play with others while using the treadmill in order to avoid danger. It is strictly forbidden to jump off the treadmill in the course of running.

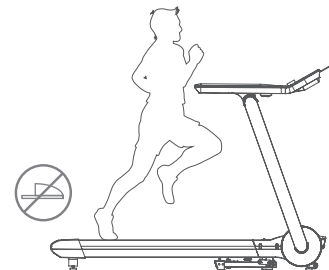
8. Safety Instruction



 There must be 78.74inch-39.37inch of clearance behind the treadmill.

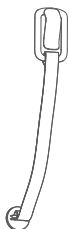



 The free space required for safe operation is 78.74inch (Length) * 39.37inch (Width) * 88.58inch (Height)

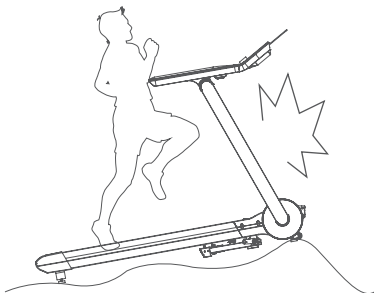


 Must wear athletic shoes

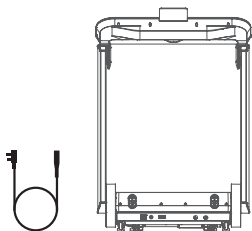
8. Safety Instruction



-  When using the treadmill, clip the security lock on the clothes (In case of unexpected conditions, pulling off the security lock can terminate the operation of the motor immediately).

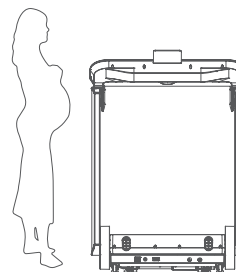


-  It is strictly forbidden to use the treadmill on the unlevel surface.

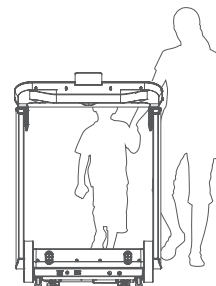


-  Unplug the power cord when the treadmill is not in use so as to avoid uncontrolled use by a third party

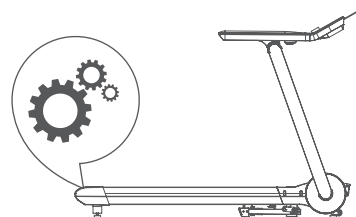
8. Safety Instruction




-  The elderly and pregnant women shall use the treadmill cautiously.



-  The underage must be accompanied and guided by an adult to use the treadmill.



-  Please do not step on this part to avoid being drawn into the treadmill.

1. Maintenance Guideline

Warning: Always unplug the power cord of the electric treadmill before cleaning the treadmill, and before performing the maintenance procedures

Cleaning: Complete cleaning will greatly prolong the electric treadmill's life of service.

Clean up the dust regularly to keep the parts clean. Make sure to clean the exposed parts on both sides of the walking belt, which will reduce the accumulation of foreign matters under the walking belt. Make sure the athletic shoes are clean and avoid carrying the foreign matters which may drop in the walking belt to wear the walking platform and walking belt. The surface of the walking belt should be scrubbed with a soapy wet cloth. Please be careful not to splash water on the electrical components and under the walking belt.

Warning: Make sure to unplug the power cord of the electric treadmill before moving the motor hood. Remove the motor hood and clean the dust, and clean the walking belt and lubricate it with silicone oil for at least one time a year.

The space between the walking platform and the walking belt of the electric treadmill has been pre-coated with silicone oil. The friction between the walking belt and the walking platform has a great influence on the service life and performance of the electric treadmill. Therefore, they must be regularly coated with silicone oil. Regular check on the running platform is recommended. If the walking platform is damaged, please contact our customer service center.

We recommend that the silicone oil be applied on the space between the walking belt and the walking platform of the electric treadmill according to the following schedule:

Lightweight user (use the treadmill for less than 3 hours per week) once every 6 months

Mediumweight user (use the treadmill for 3 – 5 hours per week) once every 3 months

Heavy user (use the treadmill for over 5 hours per week) once every 1.5 months

We recommend that you buy lubricating silicone oil from local distributors or contact our company directly.

2. Maintenance instruction

In order to better maintain your electric treadmill and prolong its life, it is recommended that you turn off the power supply after 2 hours of continuous use and let the machine rest for 10 minutes before using.

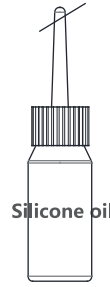
If the walking belt is too loose, it will become slippery when the treadmill is running; if it is too tight, it may weaken the performance of the motor and wear the roller and walking belt more seriously. When the tightness of the walking belt is suitable, you can lift both sides of the walking belt from the walking platform by hand for about 1.97-2.95inch.

2.1. Lubrication of walking platform

1. We mentioned above that the user should lubricate the walking platform in a timely manner, but not excessive lubrication. It is not the more lubricants the better. Remember: Reasonable lubrication is an important factor in improving the service life of treadmills.

2. The method to check if there is any need for additional lubricant. Just grab the walking belt and touch with your hand as far as possible the center of the back of the walking belt. If you have a slightly damp feeling of silicone oil on your hand, it means no need for lubricant. If the walking platform is dry and there is no silicone oil in your hand, you need to add lubricating silicone oil.

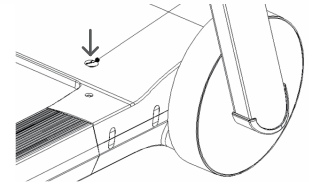
3. The steps of coating the walking platform with lubricating silicone oil:



Note:

The cut is about 0.20inch

Open the sealing cap, align the randomly matched oil bottle to the oil inlet, and slowly inject the oil into the tubing (please add the lubricant according to the dryness and humidity of the walking belt).



a) Cut open the oil bottle as indicated, unscrew the long nozzle cap, tear off the inner seal paper, and then tighten the long nozzle cap. In order to be able to butt well with the oil inlet, do not cut off the mouth too long, about 0.20inch or shorter, as long as the oil can flow out.

b) Turn on the treadmill and let it run at a minimum speed of 0.6mph. Add lubricating oil to the walking belt through the oil inlet as indicated in the figure.

c) Butt the mouth of the oil bottle mouth and the oil inlet, slowly squeeze the oil bottle to allow the oil to flow into the inside of the walking belt through the tubing. Let the treadmill run at a speed of 0.6mph to uniformly smear silicone oil and gently stamp on the middle of the walking belt. The silicone oil can be completely absorbed by the walking belt after a few minutes.

2.2. Adjust the tightness of the walking belt

The walking belt of all treadmills have to be adjusted before the treadmills leave the factory and after they are installed, but the walking belt may become loose after the treadmill is used for a period of time. For example, the user finds out the walking belt pauses and skids while running. When this phenomenon occurs, take 1/2 of a turn in clockwise direction as unit, adjust the bolts on the left and right side of the walking belt at the same time (if you want to tighten the walking belt, turn in counterclockwise direction) If the walking belt is too loose, the walking belt and the roller will skid when you move on the walking belt. But an over-tight walking belt is also not good. It is easy to increase the load of the motor and damage the motor, the walking belt and the roller.

2.3. Make the walking belt centered

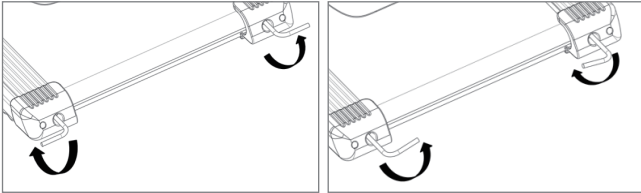
1. Place the electric treadmill on a level surface.

2. Turn on the electric treadmill and make it run at a speed of about 2.2mph.

3. If the waling belt shifts to the left, turn the left idler roller screw clockwise 1/2 of a turn and then turn the right idler roller screw counterclockwise 1/2 of a turn;

4. If the waling belt shifts to the right, turn the right idler roller screw clockwise 1/2 of a turn and then turn the left idler roller screw counterclockwise 1/2 of a turn.

9. Maintenance Guideline and Instruction



If the walking belt shifts to the left, make adjustment according to the above figure

If the walking belt shifts to the right, make adjustment according to the above figure.

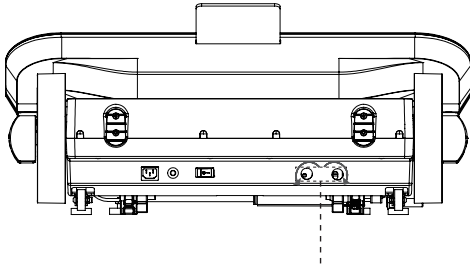
2.4 Adjustment of the driving belt

The driving belt of all treadmills has been adjusted before they leave the factory. However, after a period of use, the driving belt may become loose and slippery, which is mainly adjusted by users themselves.

Adjustment steps (as the figure on the right)

- (1) Turn the left hole counterclockwise with an Allen wrench
- (2) Turn the right hole clockwise with an Allen wrench
- (3) Adjustment scope shall be subject to the condition that the driving belt does not skid with load.

Note: Clean up inclusions in the belt groove and belt pulley groove regularly



Screw used to adjust the tightness of the walking belt

Adjusting the screw in the direction indicated to tighten the walking belt.