OVICX

OVICX FREE 1-YEAR WARRANTY

1-year Limited Manufacturer's Warranty
registering your product within 60 days of receiving the product

1.IMPORTANT: REGISTER ONLINE FIRST!

Scan the Code or Visit
https://www.ovicx.com/pages/register-warranty

2.FILL THE FORM AND SUBMIT

Name

ORDER ID

register now

FAILING TO COMPLY TO THESE REQUIREMENTS WILL RESULT INVOIDED PRODUCT WARRANTY

Please install the Ovicx app on your electronic device before use your treadmill. You can scan the QR code on the left or search "Ovicx" in Apple App Store or Google Play.
Turn on your phone's Bluetooth switch and enter the "Ovicx" App. You can connect your treadmill through anyone of the following 4 ways.

1.Click "CONNECT+"button in the upper right corner to enter the main connection interface, click"Add Smart Devices", the app will automatically search for any connectable equipment nearby, select the device and connect manually.
2.Click "CONNECT+"button in the upper right corner to enter the main connection interface, click"+" button in the upper right corner, and then use QR code scaner to scan the QR code on the treadmill to connect directly.
3.Click "CONNECT+"button in the upper right corner to enter the main connection interface, then drop down to find the model of your treadmill and connect manually.
4.Click "Classes"in the bottom menu, enter any running course page or free running page, click the connection icon on the left to connect to your treadmill.
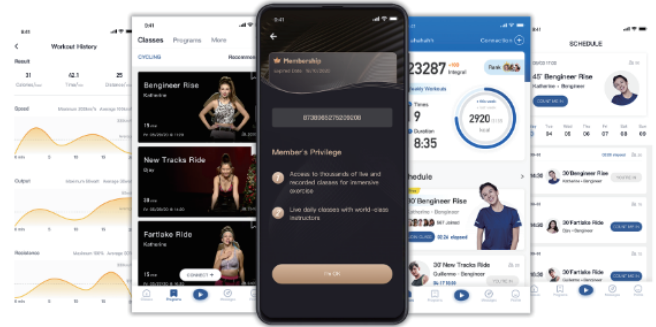

※This product is subject to change without notice due to APP
  update and upgrade

SCAN CODE TO WATCH
"HOW TO CONNECT OVICX
FLEX TO **OVICX APP** "

APP Search "Ovicx"

OVICX

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About After-sales Service
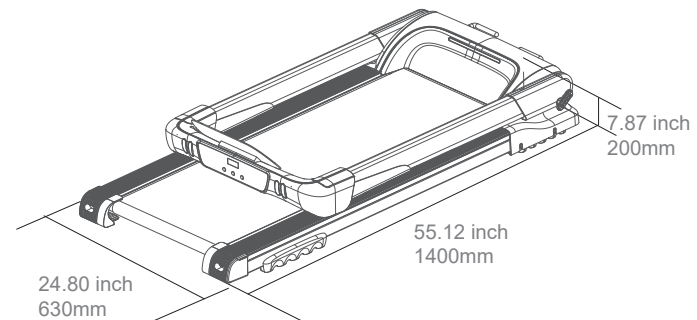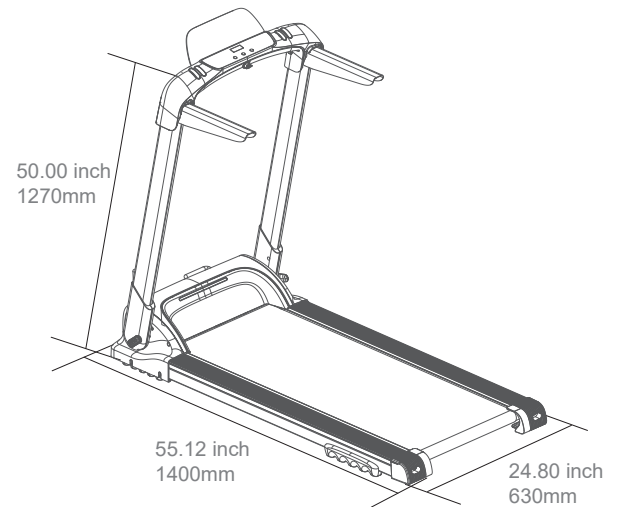
We would love to hear from you, if you have any questions, do not hesitate to contact us

Email: support@qiaosports.com（USA）
         supporteu@xqiaotech.com（UK）

Product Name: Treadmill
Product Model: Flex

Product Unfolded Size

50.00 inch
1270mm

55.12 inch
1400mm

24.80 inch
630mm

7.87 inch
200mm

55.12 inch
1400mm

24.80 inch
630mm

⚠️ **WARNING! Thank you for choosing our product.**
The correct use of treadmill is the guarantee for your safety and convenience. Please read the following contents carefully before you use the treadmill.

1.Please make sure you have installed the treadmill correctly before powering it on. For an easy plugging in , be careful not to cover the socket on the wall.
2. Please plug power cord into the socket connected to the ground for safety. The plug of the treadmill is unique, if the power cord got damaged, please contact our distributor or contact us directly.
3. The treadmill is the indoor equipment, please do not use it outdoor. The place where to position the treadmill should be clean and flat. Please keep it away from moisture. Please do not put the treadmill on anything such as thick blanket which may influence the air circulation under the treadmill. The treadmill is special equipment, so please do not use it for any other purpose.
4. Do not wear too large or too loose clothes when doing exercise, in order to prevent accidents from your clothes hung to any parts of the treadmill. We recommend you to wear sneakers or gym shoes with rubber bottom.
5. Please do not take off protection cover casually. If you do need to open it for maintenance, please unplug the power cord first.
6. If it is the first time for you to use the treadmill, please do remember to grab the handrails till you feel comfortable.
7. If the treadmill accelerates suddenly or increases its speed automatically caused by the problem of electronic console system, please pull out the safety key to stop the equipment instantly.
8. Please unplug and lay power cord away when not using the treadmill.
9. To avoid any risk, you should not allow children close to the treadmill when it is on.
10. There should be adult accompanying when children use the treadmill.
11. Before exercise, please warm up for 3-5 minutes, such as exercising joint and jogging.
12.Turn on power at the bottom to start the treadmill. Press "on/off" button, and digital display shows "Start" and then the treadmill begins to work. The system shall start at speed" 1" automatically, so the beginner could take this speed to warm up.
13.Grab the front ends of the handrails by two hands, step onto the treadmill and increase the speed to 1.0 mph to 2.0 mph slowly.Keep your body straight, relax as much as possible, and walk with the running belt.
14. After getting familiar with the treadmill functions, you can preset the exercise time and adjust it according to your own cadence.
15.On the digital display, you can choose to show speed, time and distance of your exercise. Also, it can show the calorie you consumed and your heart rate on the digital display. During running, your heart beat rate could be measured by grabbing the chips on the two handrails.
16.Warning! Equipped with a 27.56 inch red magnetic safety key (the red one). If you find the treadmills abnormal or feel risky, please pull out this magnetic safety key to stop the treadmill instantly in order to avoid accident occurrence.

17.While exercising, please clip the safety key(red) thread on suitable position of your clothes, in order to pull it out to stop the treadmill immediately and ensure safety when accident occurs. When you do not use the treadmill, please well keep safety key to avoid and third party to use it uncontrolled.
18.When finishing your exercise, please plug off and put away power cord.
19.**WARNING!** Do not touch any spare parts when it's working.
20.Heart rate sensor is not medical equipment. A lot of causes may lead to inaccurate test results, so the test results are onl yfor reference.
21.**WARNING!** If you feel any potential danger during the exercise, you should step the two side handrails to jump to ground or jump to two side foot boards urgently.
22.**WARNING!** 78.74*39.37 inch safety spare area behind the treadmill is required, so that you can have enough space to jump off the working treadmill when any danger occurs.
23.During exercise, 78.74（Length)*39.37 (Width)*88.58 (Height)inch free space is required for safe operation
24.**WARNING!** The treadmill is indoor equipment. Please do not use it outdoor. Exercising on the treadmill is aerobic exercise to strengthen the functions of your heart and lung. Muscle exercise is auxiliary.
25.**WARNING!** Any adjustment devices that may interfere with the user's motion should not deviate from the design.

Hints:
1.Beginners should get familiar with the function buttons on the panel before using the treadmill.
2.To prevent falling down, please stand on the plastic anti-skid plates on both sides first when starting the treadmill instead of standing on the running belt directly.
3.Before running, Please put on your sportswear instead of jeans or leather shoes.
4.Please do not play with other people while using the treadmill. It is strictly forbidden to jump off the treadmill during the running process.

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.
If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
-- Reorient or relocate the receiving antenna.
-- Increase the separation between the equipment and receiver.
-- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
-- Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure Statement
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body.
This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Technology Parameter

Product Model	FLEX
Unfolded Size	55.12*24.80*50.00 inch / 1400*630*1270mm
Speed	0.6-8.7 mph / 1-14KM/H
Rated Voltage	110V~(USA)/ 220V~(UK)
Rated Frequency	50Hz
Rated Power	1HP / 745W
Efficient Running Area	41.34*15.98 inch / 40.6*105mm
Display	LED
Gross Weight	99.21lbs / 45KG
Net Weight	88.18lbs / 40KG
App Connectivity	Bluetooth ✳
Maximum Load	265lbs / 120KG
Dimensions	50.00*24.80*7.87 inch / 1400*630*200mm
Certification	HC
Safety Protection	1.Safety switch on the meter 2.Overcurrent fuse on the treadmills intenal control panel

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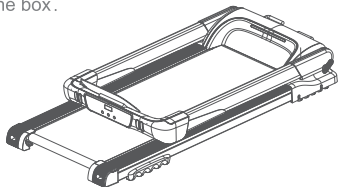Component List

| No.	Name	Qty	Remarks
1	Treadmill	1 PC	
2	Spare Parts Box	1 BOX	SAFETY KEY 1PC HEXAGON WRENCH 1PC LUBRICATING OIL 1 BOTTLE USER MANUAL 1PC POWER CORD 1PC PHONE PASTE HOLDER 1PC

Simple installation in 4 steps
1. Open the package, take out the treadmill, spare parts box, power cord, instruction manual from the box.
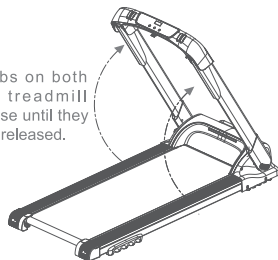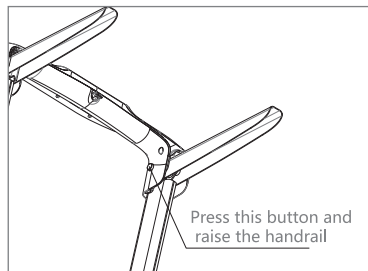
spare parts box

2. Turn the knobs on both sides of the treadmill counterclockwise until they are completely released. Raise the uprights of both sides as shown in the figure. Then fasten the knobs on both sides clockwise until both uprights are fixed tightly.
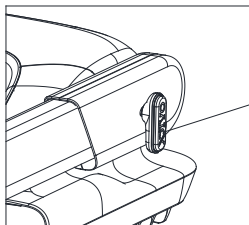
Turn the knobs on both sides of the treadmill counterclockwise until they are completely released.

3.Press the button with your left hand to unlock the handrail, and raise the handrail of the treadmill you're your right hand until it is fully locked. Install the other side in the same way. (Before using, please press the handrail by strength to make sure it is tightly fixed and would not fall down)
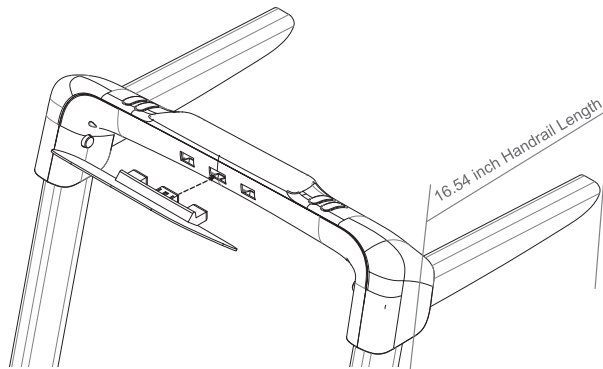
Press this button and raise the handrail
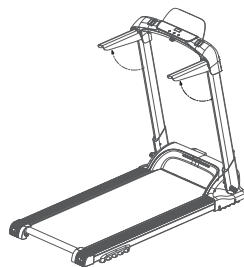
4. Take out the phone holder and insert it into the slot.

16.54 inch Handrail Length

5. Check again the above installation is tightly fixed before use. Take out the red safety key from the spare parts bag and insert it into the key slot of control console, and then plug the power cord and turn on the power to start the treadmill.
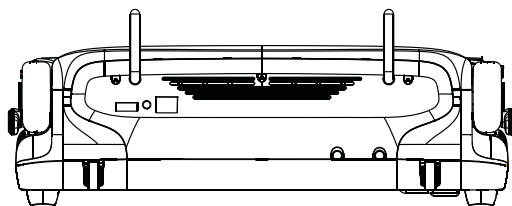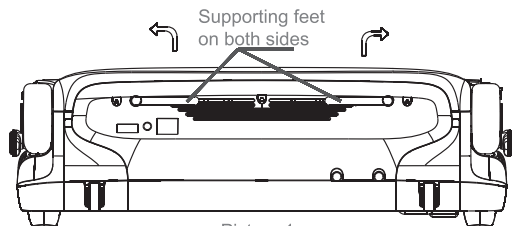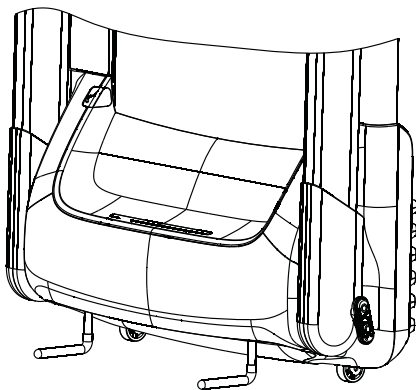
Safety Key
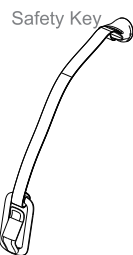
4.1 Upright Description
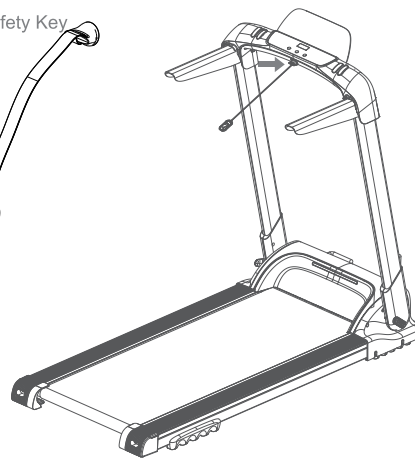
Supporting feet
on both sides

Picture 1

Picture 2

Pull the supporting feet on both sides outward as shown in picture 1, then rotate them by 90 degrees in the direction shown, then release them into the slot (as shown in picture 2), then erect the treadmill as shown in picture

Panel

SPEED ●
TIME ●
HEART RATE ●

● *
● CAL
● DISTANCE

+ SPEED   START/STOP   — SPEED

Display window and indicator light
1.SPEED
When the SPEED indicator light is on, it displays the speed of the running belt
Unit: mile/h Accuracy: 0.1mile/h

2.TIME
When the TIME indicator light is on, it displays the total time of this running.
(Range:0-99:59)

3.HEART RATE
When the left and right hands hold the heart rate sensor, the HEART RATE indicator lights up and the window displays your current heart rate.

4.BLUETOOTH
The BLUETOOTH indicator light flashes during the Bluetooth connection process, after the Bluetooth connection is successful, the BLUETOOTH indicator light is always on.

5.CAL
When the CAL indicator light is on, it shows the calories consumed by exercise, Unit: kcal, Accuracy: 0.01 kcal

6.DISTANCE
When the DISTANCE indicator light is on, it shows the distance of this exercise
Unit: mile, Accuracy: 0.01 mile

(2). Button and function:

1. ⏻ On/off: Press the button to start or shut down the treadmil

2. ⊕ Plus: Adjust the speed. Each press of the button, speed increases by 0.1

3. ⊖ Minus: Adjust the speed. Each press of the button, speed decreases by 0.1

Install the OVICX App on the electronic device, open the APP and click login. For the specific connection method, see the APP connection card. After logging in, search for your treadmill and click Connect. After the connection is successful, the Bluetooth indicator lights up, and the treadmill can be controlled through the OVICX APP. Different modes can be selected for exercise in the OVICX APP. When the treadmill detects that no one is exercising on the treadmill for more than 5 seconds, the treadmill time, distance, and calorie data will not increase cumulatively, but the treadmill will continue to run at the current speed.

A:Error information of control device and troubleshooting methods

Information Code	Possible reasons	Troubleshooting Guideline
Er 1	Safety key disconnected	1.1 Check whether the safety key is connected to the designated position. 1.2 Check whether the safety key is loosen or dropped 1.3 Check or replace the safety key
Er 3	Problem on the bottom chip near the motor	3.1 Check if overloaded. 3.2 Check if the mechanical running parts are jammed. 3.3 Check if there is a lack of lubricant oil. When lack of lubricant oil, the friction between plate and belt would increase. 3.4 Check if the running plate is badly worn. 3.5 Check if the running belt is badly worn. 3.6 Check if the motor is short-circuited.
Er 4	Speed Stall	4.1 Check or replace the controller. 4.2 Check or replace the console.
Er 5	Electric Control Relay Failure	5.1Replace the controller.
Er 6	Over Current Protection	6.1 Check if overloaded. 6.2 Check if the mechanical running parts are jammed. 6.3 Check if there is a lack of lubricant oil. When lack of lubricant oil, the friction between plate and belt would increase. 6.4 Check if the running plate is badly worn. 6.5 Check if the running belt is badly worn. 6.6 Check if the motor is short-circuited. 6.7 Check or replace the controller. 6.8 Check or replace the motor.
Er 7	Problem on the motor or Motor disconnected	7.1 Check if the motor cable is loosen or dropped. 7.2 Check or replace the motor. 7.3 Check or replace the chip 7.4 Check if the line of safety key is connecting well or not

Information Code	Possible reasons	Troubleshooting Guideline
Er 8	No signal error	8.1 Check if the communication line is loose, detached or damaged 8.2 Check or replace the console. 8.3 Check if the switch on the treadmill is on 8.4 Check whether the fuse in the power socket is broken. If it is blown, please replace the fuse 8.5 Check if the LED light of the controller is on 8.6 Check or replace the controller.
Er 9	Overload protection	9.1 Check if overloaded 9.2 Check if the mechanical running parts are jammed 9.3 Check if there is a lack of lubricant oil. When lack of lubricant oil, the friction between plate and belt would increase 9.4 Check if the running plate is badly worn 9.5 Check if the running belt is badly worn 9.6 Check if the motor is short-circuited 9.7 Check or replace the controller 9.8 Check or replace the motor.
Er 10	Overvoltage protection	10.1 Please check if the voltage on the power supply line is in the normal range: AC 110V-120V. 10.2 Check or replace the controller. 10.3 Check or replace the motor.
Er 11	Over current protection	11.1 Replace the controller.
Er 12	Electric motor short circuit	12.1 Check whether there is any foreign matter at the output end of the controller causing short circuit
	Some or all of the buttons are not working well	13.1 Check or replace the buttons 13.2 Check or replace the console 13.3 Uncover the upper case of the electric meter and test if the buttons work well 13.4 Disconnect power supply, re-plug and then check if the buttons work well

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 2-3mph. 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 1 mile at a fixed pace and record the time it spent. It may take15-25 minutes. When the speed is at 3 mph, it shall take you about 12 minutes for a distance of 0.6 mile. 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 2-3 mph , 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.

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.
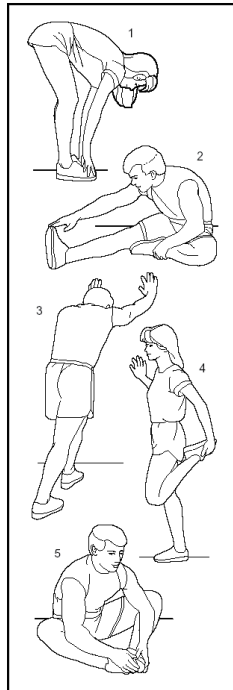
1. Maintenance guideline

WARNING: Be sure that the electric running machine is not plugged in before you clean or maintain the product.
Cleaning: A comprehensive cleaning shall significantly extend the product life. Remove dust regularly to keep parts clean.It is necessary to clean the exposed parts on two sides out of the belt, and this shall decrease dust accumulation under the belt. Be sure your sports shoes are clean before exercise and this could avoid lint from dropping into the running machine and then damaging the running plate and belt. Scrub the belt surface by a wet cloth with soap, and be careful not to spill water on the electrical components or under the belt.

The running machine has been pre-coated with silicone oil between the running plate and belt. It is necessary to lubricate it by silicone oil regularly, because the friction between the running belt and plate has big impact on product life and performance. We recommend you to take regular inspection on the running plate. If the running plate is damaged, please contact our customer service center.

We recommend the user to inject the silicone oil between running belt and plate according to the following timetable:
Low frequency users (use time: less than 3 hours per week): inject silicone oil once every 6 months
Middle frequency users (use time: 3-5 hours per week): inject silicone oil once every 3 months
High frequency users (use time: more than 5 hours per week): inject silicone oil once every 1.5 months
We recommend you to buy silicone oil from your local distributor or contact us directly.

2. Maintenance instruction

In order to maintain your running machine better to extend product life, it is recommended to turn off the running machine after using it for 2 hours, and have a 10 min break before continue.

If the running belt is too loose, it could be slippery when you exercise; if too tight, it may decrease the motor performance and increase the abrasion of drum and running belt. You can check whether the running belt is fitting or not by raising the two sides of running belt horizontally by hands. The suitable distance between raised running belt and plate is 1.97-2.95inch.

2.1Running plate lubrication

We mentioned above that it is necessary to inject silicone oil on running plate at the right time. But please do not use excessive silicone oil as the lubricants are not the more the better. Remember: proper lubrication is an important factor in extending the product life of a running machine.

3.The procedure to inject silicone oil on the running plate.

Silicone oil

a) As shown in the picture, cut the oil bottle pipe, twist off the cover, tear the inner sealing paper, and then tighten the cover.

b) Turn off the treadmill, squeeze the oil bottle slowly to let the oil flow into the running belt through the oil bottle pipe, and run the treadmill at a speed of 1 MPH to evenly apply the silicone oil, and lightly tap on the belt in the middle. In a few minutes, the silicone oil can be completely absorbed by the running belt.

Note: The cut is about 0.20 inch
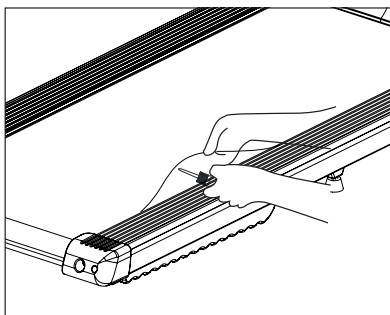
2.2 Tautness adjustment of the running belt.
The running belt has been adjusted to a suitable tautness twice after the installation and before delivery. However, after use for a period of time, slipping phenomenon may occur and the user can adjust the driving belt by itself. Please adjust the tautness of the running belt by rotating the both left and right adjusting bolts clockwise with a half circles as a unit.(To tighten the running belt, please operate in an counterclockwise direction). If the running belt is too loose, the user will feel slippery when running, while it is also not good if the running belt is too tight, because it shall increase the motor load and damage the motor, running belt, the roller and etc.

2.3 Running belt centering
Place the running machine on even ground.
Start the running machine and set the speed at about 2.0mph.
If the running belt is tilted to the left side, rotate the adjustment bolt on the left side by 1/2 circle in the clockwise direction , and then rotate the adjustment bolt on the right side by 1/2 circle in an anticlockwise direction.
 If the running belt is tilted to the right side, rotate the adjustment bolt on the right side by 1/2 circle in the clockwise direction , and then rotate the adjustment bolt on the left side by 1/2 circle in an counterclockwise direction.
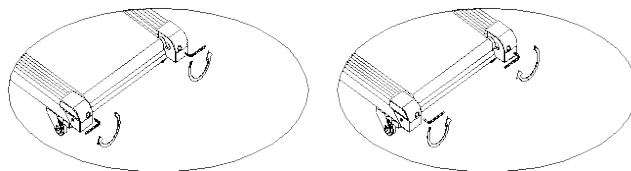
If the running belt is tilted to the left side, rotate the adjusting bolt on the left side clockwise or rotate the adjusting bolt on the right side counterclockwise

If the running belt is tilted to the right side, rotate the adjusting bolt on the right side clockwise or rotate the adjusting bolt on the left side counterclockwise

2.4 Driving belt adjustment
The driving belt has to be adjusted before delivery. However, after using a period of time, slipping phenomenon may occur and the user can adjust the driving belt by himself.
Adjustment procedure (as shown in the right picture):

Rotate the adjustment bolt clockwise with a wrench
The adjustment range: take load without slipping as the standard
Note: please clean junk in the belt groove and pulley groove