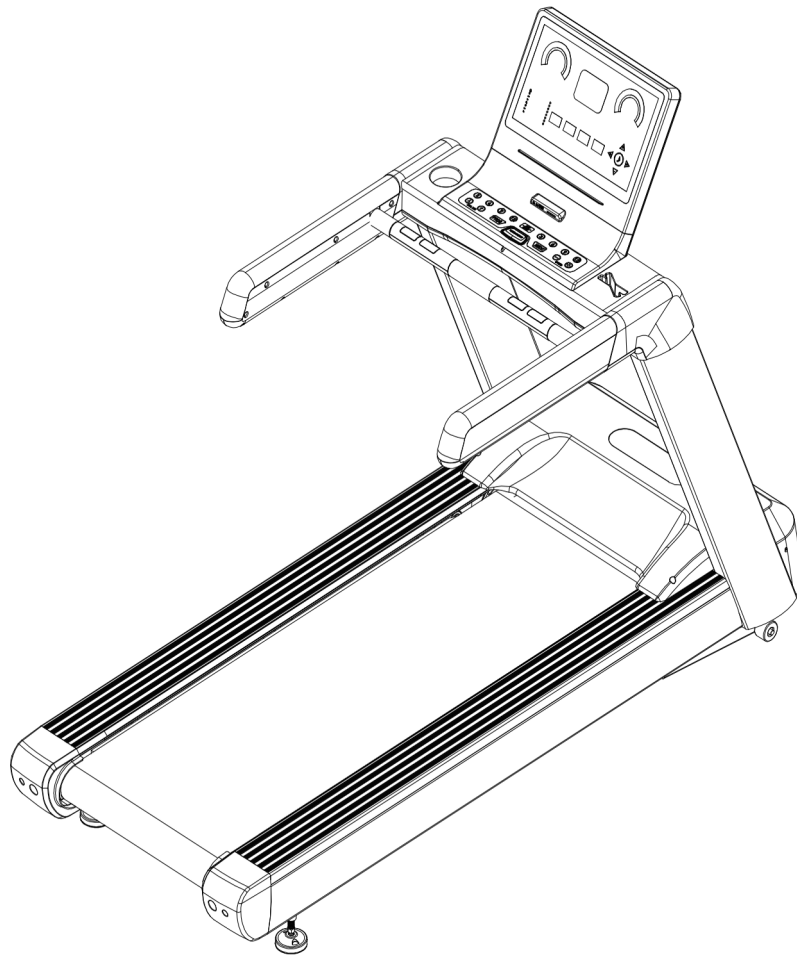




TOTAL BODYWORKOUT SOLUTION

Fitlab Commercial Treadmill

USER MANUAL



**TO OBTAIN THE WARRANTY OF THIS
PRODUCT, WE RECOMMEND THAT
A QUALIFIED TECHNICIAN
CARRIES OUT THE FULL ASSEMBLY.**



CAUTION

**BEFORE USING THIS EQUIPMENT,
READ ALL PRECAUTIONS AND
INSTRUCTIONS IN THIS MANUAL.
KEEP THIS MANUAL FOR FUTURE
REFERENCE.**

**Elite Fitness Equipment
www.elitefitness.com.au**

IMPORTANT SAFETY INSTRUCTIONS

Safety Precautions

Note: Please read this manual carefully before use and pay attention to the following safety precautions.

1. The machine power supply must be reliably grounded, and it is strictly prohibited to use the treadmill without a grounding wire;
2. The treadmill should be placed indoors to avoid moisture. Water or other liquids are not allowed to be splashed on the treadmill, and any foreign objects are not allowed to be placed or inserted on the treadmill;
3. During the operation of the machine, each moving part will generate static electricity, so flammable and explosive items should be kept away;
4. When using the treadmill, you should ensure that its four feet are firmly on the ground, placed stably and reliably, and a safe space of 2000mm*1000mm should be reserved behind the treadmill body;
5. The power ground wire must be connected reliably, and try to avoid using other electrical appliances on the same power supply wire;
6. It is recommended to wear sportswear and suitable sports shoes when using the treadmill. It is strictly prohibited to exercise barefoot on the treadmill;
7. Two or more people are not allowed to exercise on the treadmill at the same time. The maximum user weight of this machine is 170 kg;
8. It is strictly prohibited to start the treadmill directly while standing on the running belt.

Before running, you should stand on the side bars on both sides and hold the handrails before getting on the treadmill after starting.

9. The heart rate sensor is not a medical device. There are many reasons that may cause

IMPORTANT SAFETY INSTRUCTIONS

inaccurate detection. The detection results are for reference only. (A more prepared heart rate value will appear after 30 seconds);

10. This product is mainly suitable for use in professional fitness clubs. Next is the community and unit gym;

11. Action guidance:

A. Running: It can consume energy, improve cardiopulmonary skills, accelerate blood circulation, improve the overall quality of the human body, and achieve the purpose of weight loss and body shaping;

B. Before starting exercise, both feet should stand on the side bars on both sides of the running platform. When the running belt starts to run, step on the running belt again. During running, make a half-clenched fist with your hands, swing your arms naturally, look ahead, and try not to step on the edge of the running belt with your feet. If you are using it for the first time, you need to hold the handrails with both hands to maintain your body balance;

C. When adjusting the speed and slope, be sure to adjust it slowly and make the adjustment as small as possible;

D. The user must wait until the running belt stops running completely before the user can step off the treadmill;

12. Take the power cord that comes with the machine, align the power cord socket with the corresponding socket terminal on the front of the fuselage and insert it firmly;

13. No device on the fuselage can be in a loose state;

14. This machine must be used in a supervised area. It is prohibited for children under 12

IMPORTANT SAFETY INSTRUCTIONS

years old, the elderly, the disabled, and patients with heart disease to use. Minors must use it under the guidance of professionals;

15. Please turn off the power in time after using the machine. (Red power switch on the front of the fuselage)

16. Incorrect or overload training may cause damage to the motor and controller. Accelerates the aging of the transmission system. or even cause personal injury;

17. It is absolutely not allowed to touch any part of the running treadmill with your hands;

18. Users with long hair should pay attention to the safety of their hair when using the treadmill;

19. If you feel any discomfort or abnormality while using this machine, please stop exercising immediately and consult a doctor;

20. This machine is equipped with an emergency stop device in the center of the front armrest. In case of emergency, quickly press this "button" and the machine will stop quickly;

21. Before each use, ask professionals to check whether each transmission component is tight. If there is any looseness, tighten or replace it in time;

22. During the maintenance and repair process of the treadmill, there should be an obvious suspension sign near the machine;

23. When the machine is out of use, professionals must unplug the external main power cord and keep it properly to prevent the machine from being used without permission;

Technical Parameters

Input supply voltage: AC 220V $\pm$ 10%

Motor rated power: 3.0HP(2.2Kw)

Motor peak power: 7HP

Motor rated current: 8.6A

Working temperature: 0-40°C

Speed display range: 1.0-20.0(km/h)

Time display range: 0: 00-99: 59 (min: sec)

Distance display range: 0.00—99.99 (km)

Heat display range: 0-999(kcal)

Heart rate display range: 50-250 (次/分)

Slope display range: 0-20 %

Running belt parameters: 3310*560 mm

running range: 1400*550 mm

Display: 7-window LED display, panel equipped with digital USB interface and headphone jack

Equipment area: 2100*890*1570mm

Equipment Net Weight: 178KG Gross Weight: 210KG

Maximum load: 180KG

SYSTEM OPERATING INSTRUCTIONS

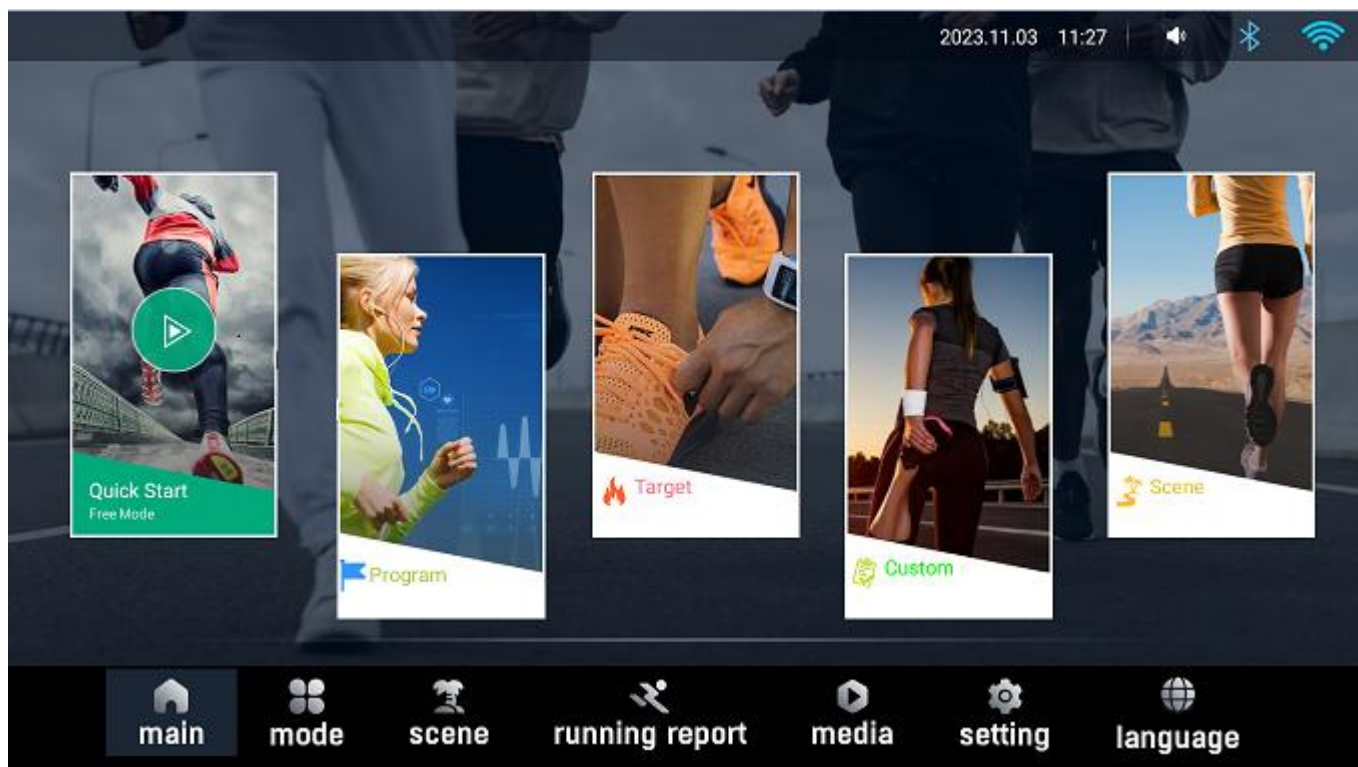
X2-LCD System operating instructions

Hardware description

- 1、Use 18.5-inch TFT color screen
- 2、TFT display screen, capacitive touch screen with touch operation function
- 3、Provide users with a USB interface and an audio headphone port
- 4、Support formats for online music, video, wireless Internet access, and Bluetooth connections (Bluetooth speakers, Bluetooth headsets)
- 5、The wireless router and the treadmill need to be placed in the same room to ensure the WIFI connection signal.

Window display and touch key function description

After powering on, the electronic watch display will enter the standby main display screen as follows



6、Window display and touch key function description :

The upper right corner of the screen displays the volume control button, Bluetooth, WIFI connection status, and current date and time display; there are five card switching functions in the middle area of the homepage: Quick Start, Program Mode, Target Program, Custom Mode, and Real Sports Mode; by clicking Different cards can quickly enter the corresponding program; below is the menu navigation bar, which are: home

SYSTEM OPERATING INSTRUCTIONS

page, program target mode, map live mode, user data center, entertainment, settings and language switching; different functions can be entered through the above function keys module.

7、User login (make sure you are connected to the network)

Search "My Fitness Cloud" on your mobile phone's WeChat official account, follow it and scan the QR code on the interface to log in.

Instructions for entering and operating the sports interface

1、Quick Start

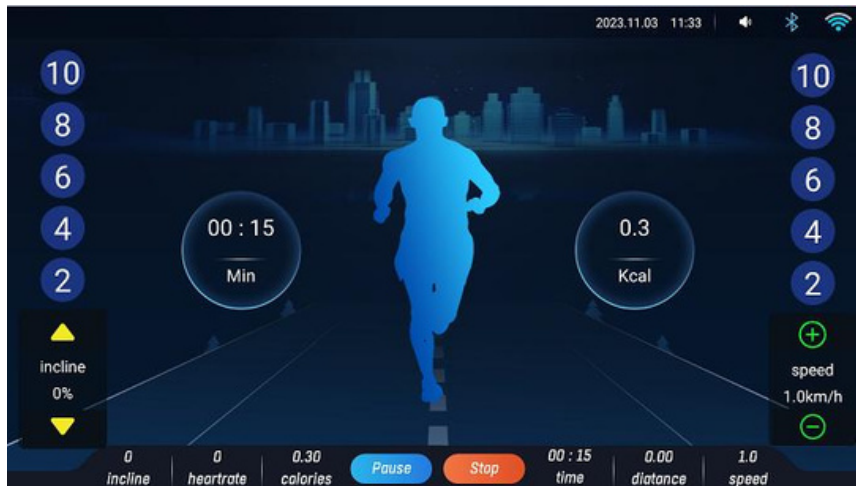
1) Click the first "Quick Start" card button in the main interface to enter the quick start interface, as shown in the figure below;



2) Swipe left and right to switch between five displays. By default, the five display modes automatically rotate.

SYSTEM OPERATING INSTRUCTIONS

Display 1: Dial display mode



Display 2: Runway display mode



Display three: parameter display mode

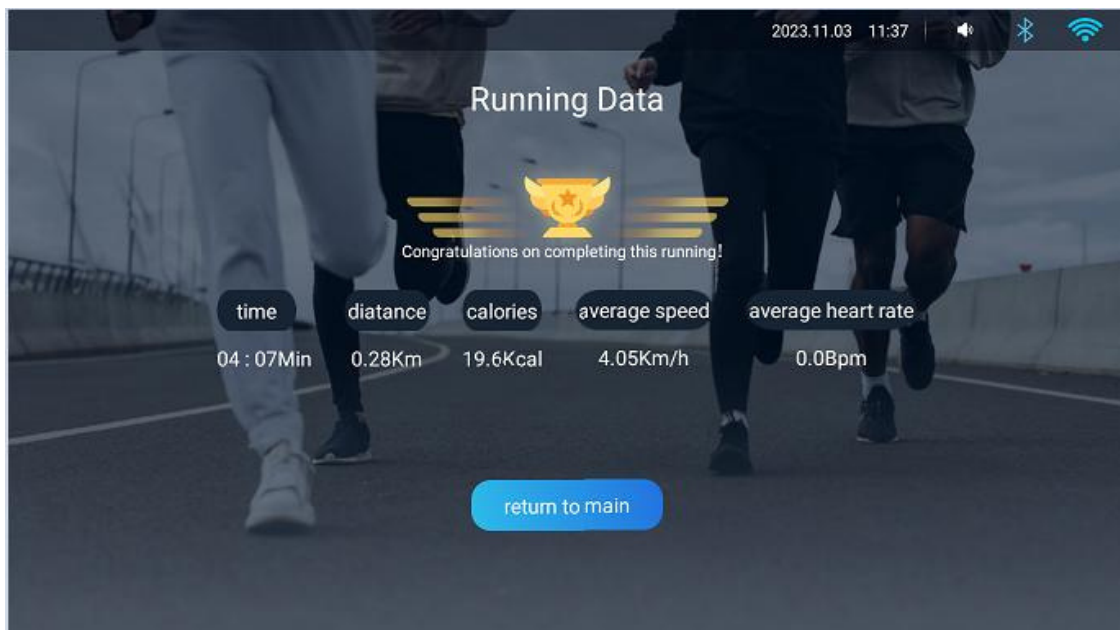


SYSTEM OPERATING INSTRUCTIONS

Display 4: Slope speed display mode



4) By clicking the "End" button on the treadmill to jump to the exercise end parameters page, the treadmill decelerates and stops running and the results of the exercise will be displayed after stopping. Displayed as shown below:

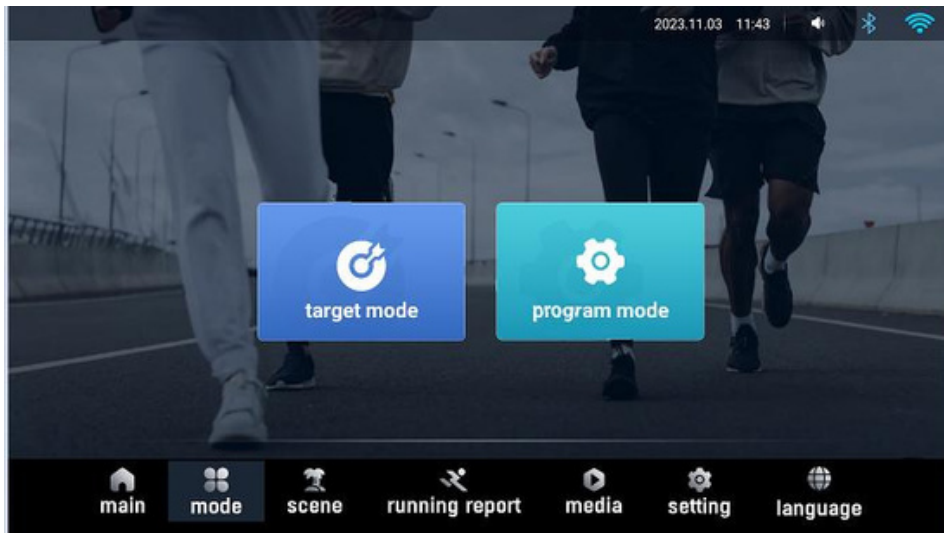


5) You can follow the treadmill public account (My Fitness Cloud) by scanning the QR code on your mobile phone WeChat, so that after each exercise, your mobile phone can receive exercise report notifications from WeChat.

SYSTEM OPERATING INSTRUCTIONS

2. Fitness program

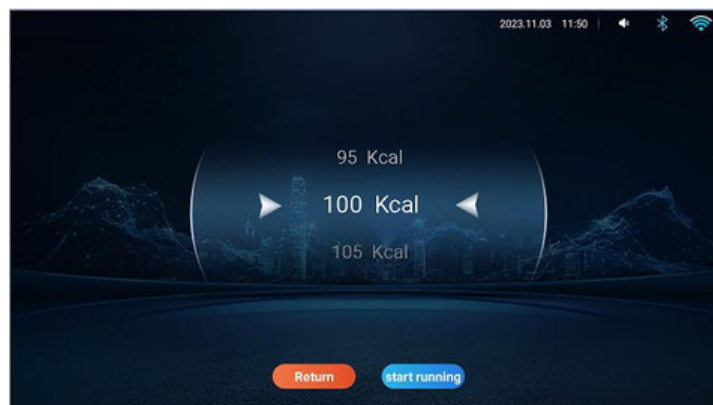
- 1) Click the "Mode Icon" menu (second) button in the navigation bar at the bottom of the main page to enter the program interface, as shown below



- 2) Goal mode: calories, time, distance countdown mode

A calorie countdown

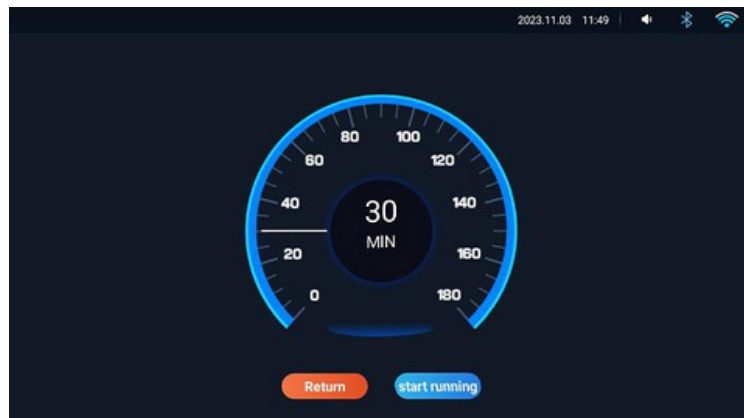
- a. The initial calorie is "9", and the countdown calorie range to be set is: "9~999"
- b. Press the return key to exit the program mode selection screen.
- c. Click the Next button and press the Start button to start the treadmill motor and start the calorie countdown.
- d. The speed and slope value of the current section can be manually adjusted during operation.
- e. When the calorie count reaches "0", the treadmill will automatically stop. You can also press the stop button to terminate the program in advance to stop it.



SYSTEM OPERATING INSTRUCTIONS

B.time countdown

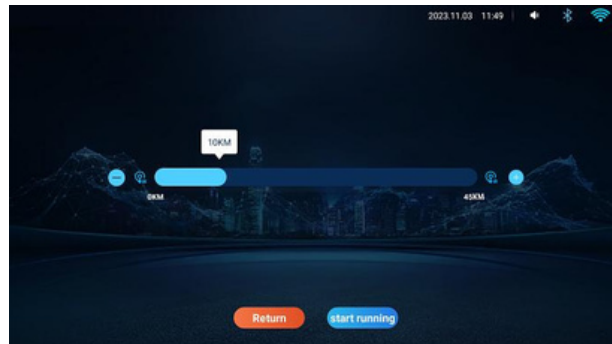
- a. The initial time of the time countdown mode is 5 minutes, and the countdown time range to be set is 5~90 minutes.
- b. Press the return key to exit the target fitness mode
- c. Click the Next button and press the Start button to start the treadmill, run the motor, and start the countdown mode.
- d. The speed and slope value of the current section can be manually adjusted during operation.
- e. When the time counts down to "0", the treadmill will automatically stop. You can also press the stop button to terminate the program in advance to stop it.



C.Distance countdown

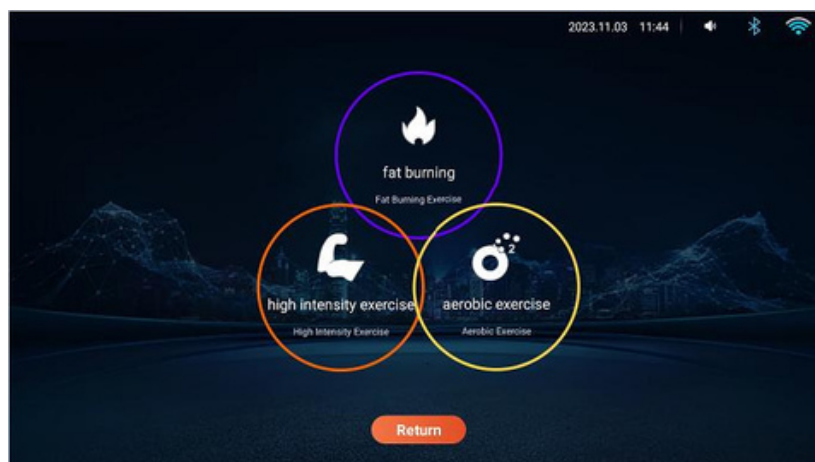
- a. The initial distance is "5", and the countdown distance range to be set is "5~99". Unit "KM"
- b. Press the return key to exit the program mode selection screen.
- c. Click the Next button and press the Start button to start the treadmill motor and start the distance countdown.
- d. The speed and slope value of the current section can be manually adjusted during operation.
- e. When the distance counts down to "0", the treadmill will automatically stop. You can also press the stop button to terminate the program in advance to stop it.

SYSTEM OPERATING INSTRUCTIONS



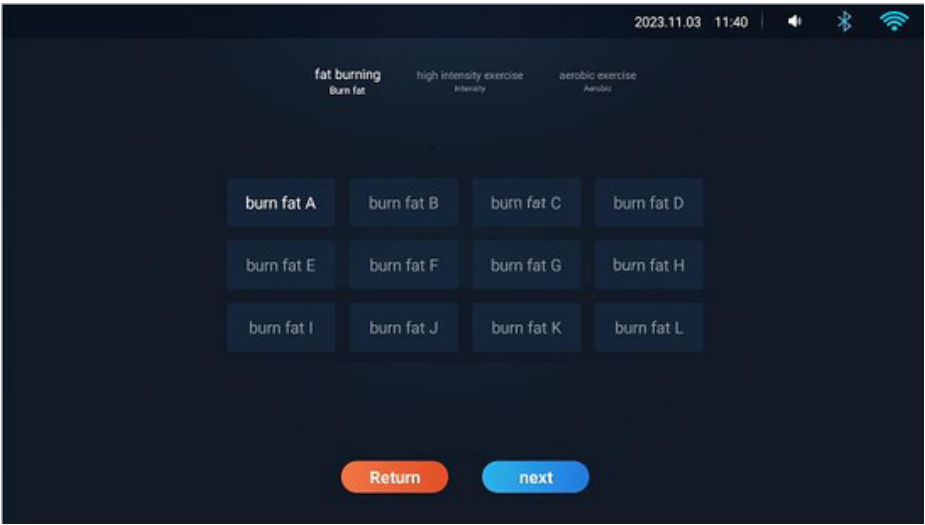
3、Exercise program: fat burning mode, high intensity, aerobic exercise mode

- a. Different exercise programs can be selected, there are 12 exercise programs in each mode
- b. The initial time is 30 minutes. You can click to set the automatic running time. The setting range is 5~99 minutes. The running time of each segment is: $\text{set time} / 20$
- c. Press the return key to exit the program mode
- d. Click Next and press the start button to start the treadmill motor and start the personal training program.
- e. The speed and slope value of the current segment can be manually adjusted
- f. When the time counts down to "0", the treadmill will automatically stop. You can also press the stop button to terminate the program in advance to stop it.



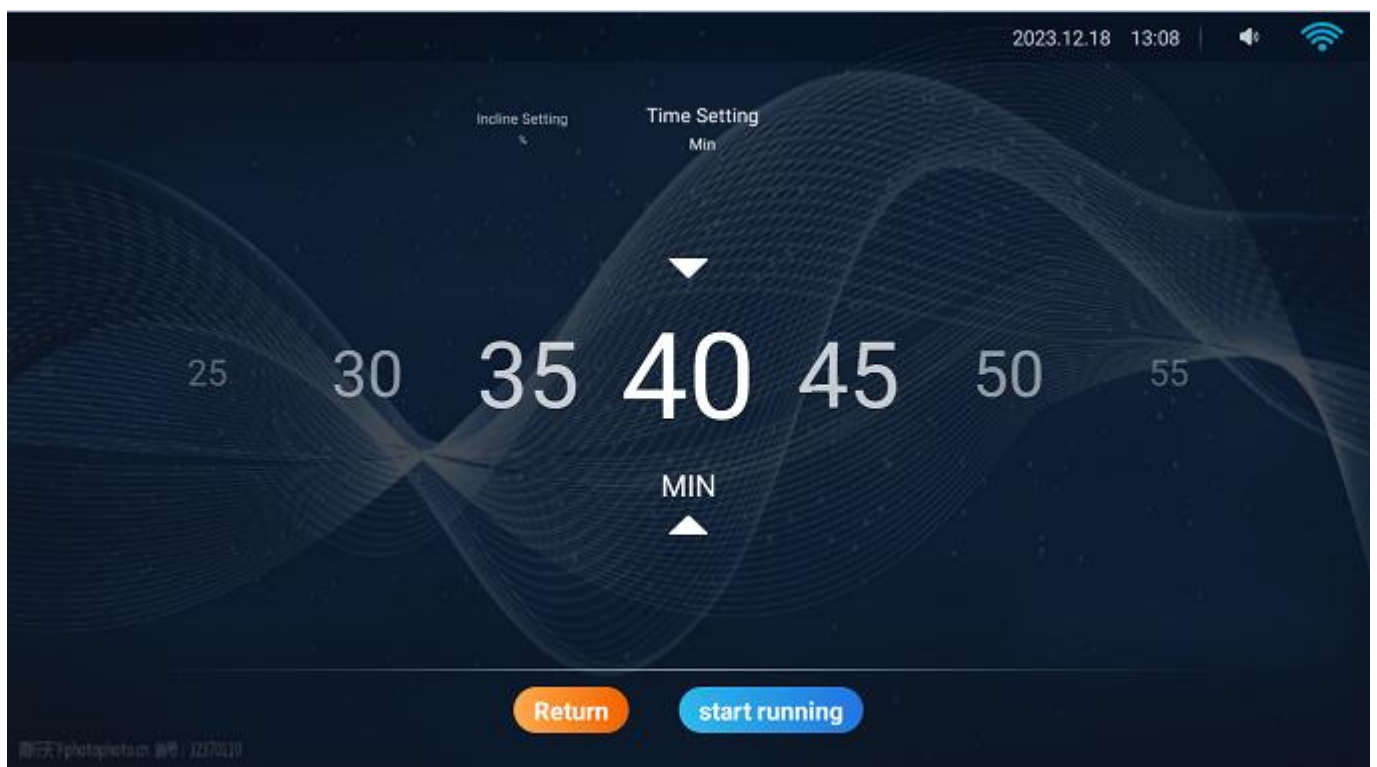
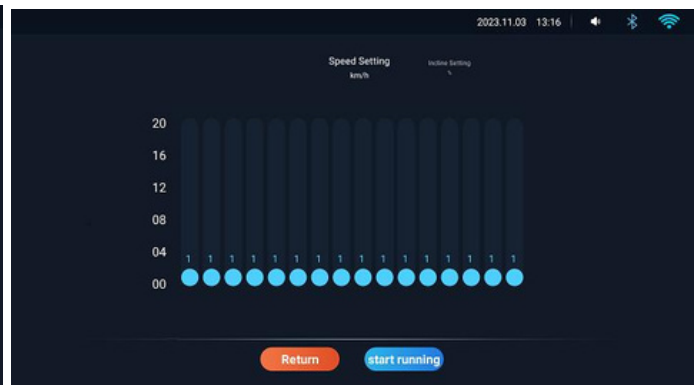
After selecting the program, it will automatically jump to 12 exercise programs. Select any one of the programs and click "Next" to enter the current program interface. In this interface, you can manually adjust the speed, slope and running time of each segment. After setting, click " Start running" run

SYSTEM OPERATING INSTRUCTIONS



SYSTEM OPERATING INSTRUCTIONS

Custom mode: This part is a custom program. After entering, first set the speed trend graph: After setting, slide your finger to the left on the screen to enter the curve value of the slope setting. After the setting is completed, slide to the left to enter the time. In the setting window, after setting the time, click the "Start Running" button to start exercising. As shown below:



a. In the custom program: you can set the speed, lift and time of each segment

Initial number of segments: 1 Setting range 1~16 segments

Initial speed: 1.0KM, setting range 1.0~20KM (maximum 20, specific value determined according to the machine)

Initial lift: 0, setting range 0~20 (maximum 20, specific value determined according to the machine)

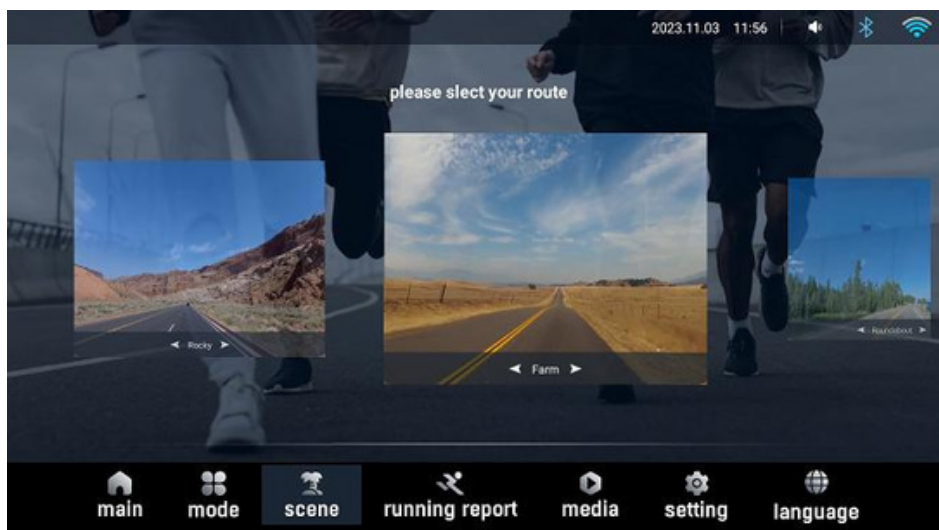
SYSTEM OPERATING INSTRUCTIONS

Initial time: 30 minutes, setting range 5~99 minutes b. Press the return key to exit the independent fitness mode. c. Press the start button to start the treadmill motor and start running the customized program. d. The speed and slope value of the current segment can be manually adjusted e. When the time counts down to "0", the treadmill will automatically stop. You can also press the stop button to terminate the program in advance and stop the machine. After clicking Start Run, refer to the quick start interface

4、Reality mode

1) Click the "Reality" (third icon) menu button in the navigation bar below the main interface, and then click to select the Reality Mode tab:

2) Real scene list:



3) After selecting the scene, click "Start Running" to enter the real-scene running interface.

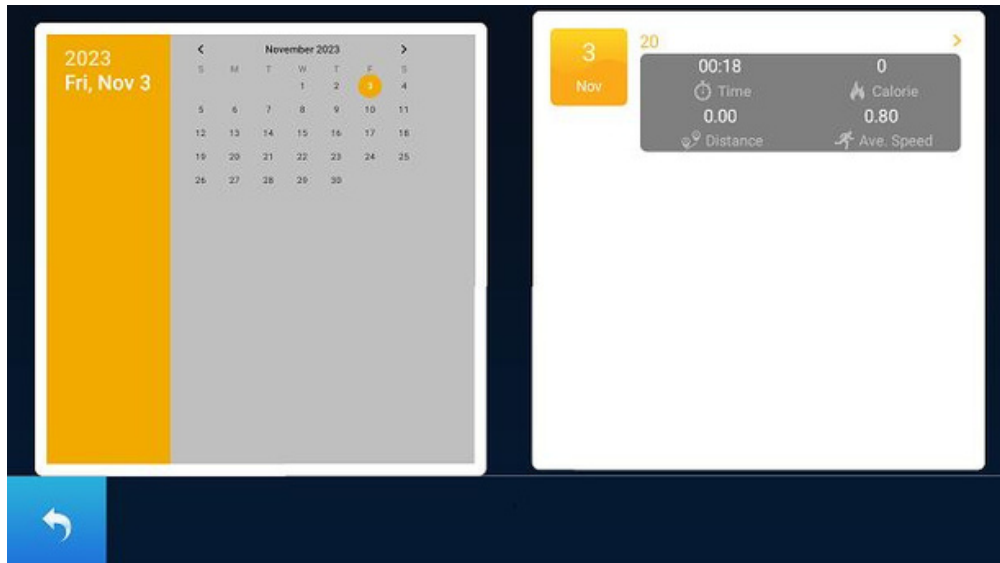
5、entertainment mode

Select the "Entertainment" button in the navigation bar at the bottom of the homepage to enter the entertainment interface.

6、Sports data center

Select the "Sports Record" button in the navigation bar at the bottom of the homepage to enter the sports data center interface, as shown in the figure below:

SYSTEM OPERATING INSTRUCTIONS



In the exercise data interface, you can view the current time, distance, and calories exercise parameters. You can also view daily, weekly, and monthly exercise data through the WeChat public account (provided that you scan the QR code to log in before starting the treadmill. Relevant exercise data will only be available if the exercise time is greater than 1 minute).

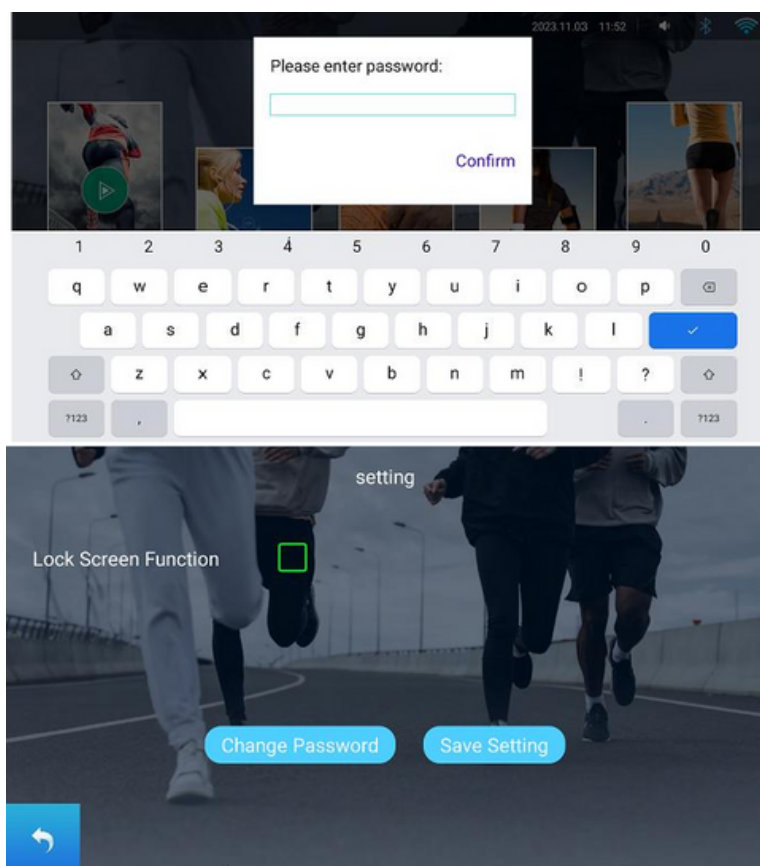
7.Lock

In order to prevent a third party from using the treadmill uncontrollably, the treadmill is equipped with a program lock, which can be turned on and used as a safety lock. When a third party is not allowed to use it, the program lock can be turned on; if a third party is allowed to use it, just tell them the power-on password lock. The owner of the power-on password lock treadmill can change the password through the background program.

The specific operation of program lock is as follows:

Select the "Settings" button in the navigation bar at the bottom of the home page, enter 113366 in the password box as shown below to enter the lock screen settings, tick the box next to the lock screen function and click Save Settings below to implement the lock screen function and change The password can be the old password or the new password.

SYSTEM OPERATING INSTRUCTIONS



Additional forms

一、Display range of each numerical value:

	initial value	Set initial value	setting range	showing range
time(minutes:seconds)	0: 00	5:00	5: 00-99: 00	0: 00-99: 59
Speed (km/h)	0.0	N/A	N/A	1.0-24
Incline(%)	0	N/A	N/A	0-20
Distance (km)	0.0	1.00	1.0-99.00	0.0-99.9
Calories (kcal)	0	10	10-990	0-999.9

Illustrate:

This product does not provide other download and installation functions other than the automatic update resources provided by our company.

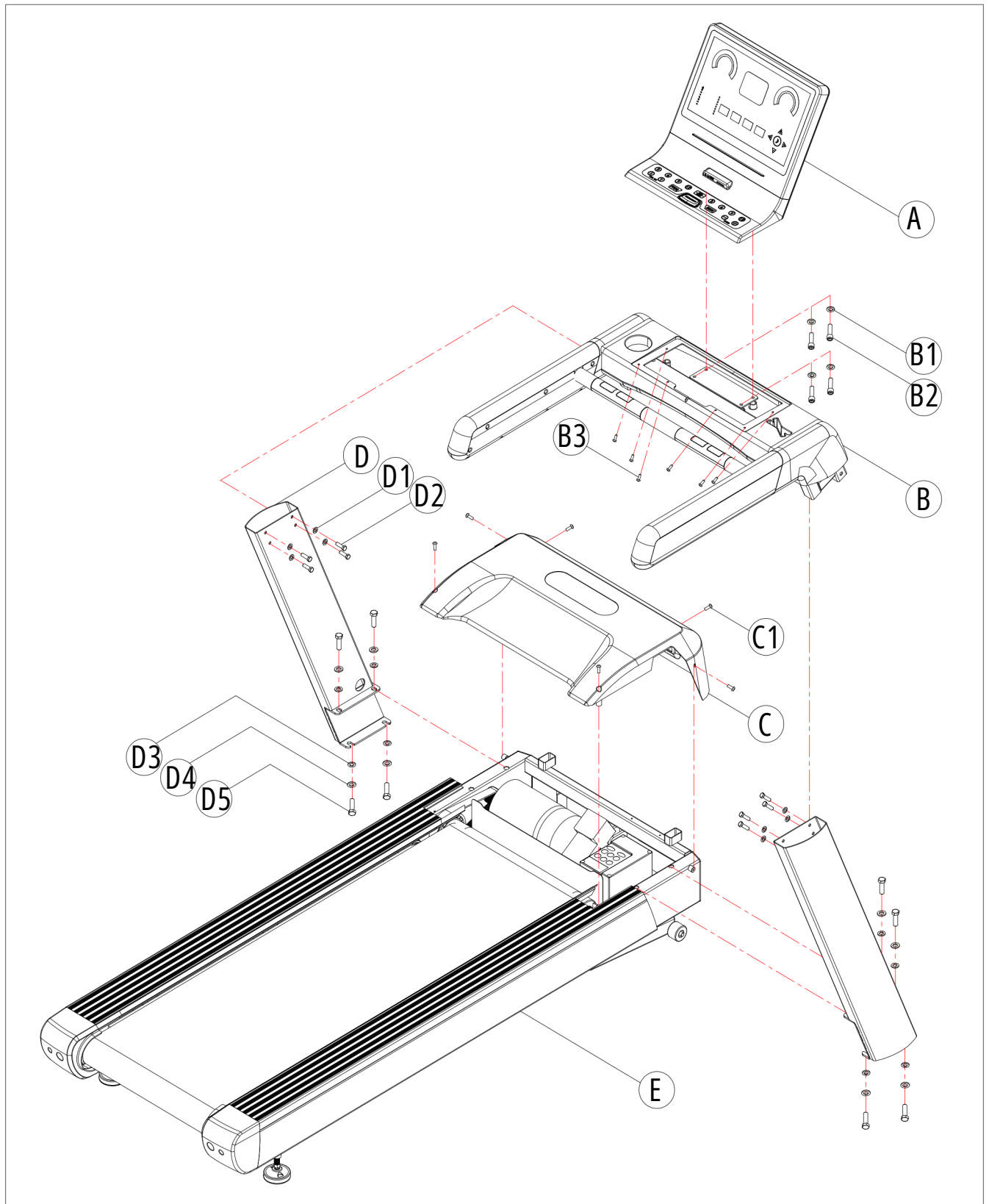
SYSTEM OPERATING INSTRUCTIONS

Notes:

1. Before using this product, please check whether the treadmill is reliably grounded.
2. Before exercising, check whether the power supply is loaded; check whether the safety lock is effective.
3. If an abnormality occurs during exercise, the safety lock can be pulled off, and the treadmill will quickly decelerate to a stop.
4. If there is any problem with this machine, please contact the dealer. Non-professionals should not attempt to disassemble or repair to avoid damage to the equipment.

ASSEMBLE STEPS

Exploded view and assembly screw instructions



MACHINE DEBUGGING PROCESS

Machine debugging process

- ① Before turning on the power, please confirm whether the power supply voltage is normal, whether the ground wire is well grounded, whether the running belt runs smoothly when pushed by hand, whether there is any abnormal sound, and whether there is any abnormal resistance.
- ② Connect the power supply and turn on the red power switch on the front of the machine. The electronic watch will be fully displayed for three seconds and then enter the standby state. Press the "Start/Pause" button and the treadmill will start running at a speed of 1km/h. Please observe the treadmill at this time. Whether all departments are operating normally.
- ③ Press all the buttons on the electronic watch and observe whether each button corresponds to its marked function, whether the buttons are effective and whether they feel good.
- ④ Press the safety switch and observe whether the electronic watch screen displays (emergency stop action) prompt characters. Whether the running treadmill will stop.
- ⑤ Shake the armrest of the machine with your hand to confirm whether the entire machine is stable.
- ⑥ To check the tightness of the running belt of the machine during debugging and operation, please refer to "Daily Maintenance of Treadmill" for details.

Routine maintenance:

This electric treadmill uses an imported special running belt, which is made of a special production process of polyester composite materials. It has the advantages of automatic lubrication, small friction coefficient, high tensile strength, and low noise. The running board adopts a unique double

MACHINE DEBUGGING PROCESS

Shock absorption system, the top layer of urea-formaldehyde resin board has a high surface finish and is super wear-resistant, making movement more comfortable and smooth!

Adjustment of running belt deviation:

The running belt must be adjusted before the treadmill leaves the factory and after installation. The running belt may wander after a period of use. There are several reasons for this phenomenon: 1. The host is not placed smoothly. 2. The user's feet are not in the center area of the running belt when exercising. 3. Man-made deviation can be restored to normal after two to three minutes of no-load operation. For the deviation phenomenon without automatic recovery, use the special tool (M10L wrench) provided with the machine to adjust the adjusting screw in the rear screw hole in quarter- turn (90 degree) units. **Specific adjustment method:** If the running belt deviates to the left, you can adjust the left adjusting screw clockwise, or adjust the right adjusting screw counterclockwise. If the running belt deviates to the right, you can

MACHINE DEBUGGING PROCESS

adjust the right adjusting screw clockwise or the left adjusting screw counterclockwise. It is recommended to adjust the adjusting screw ninety degrees (one-quarter turn) each time.

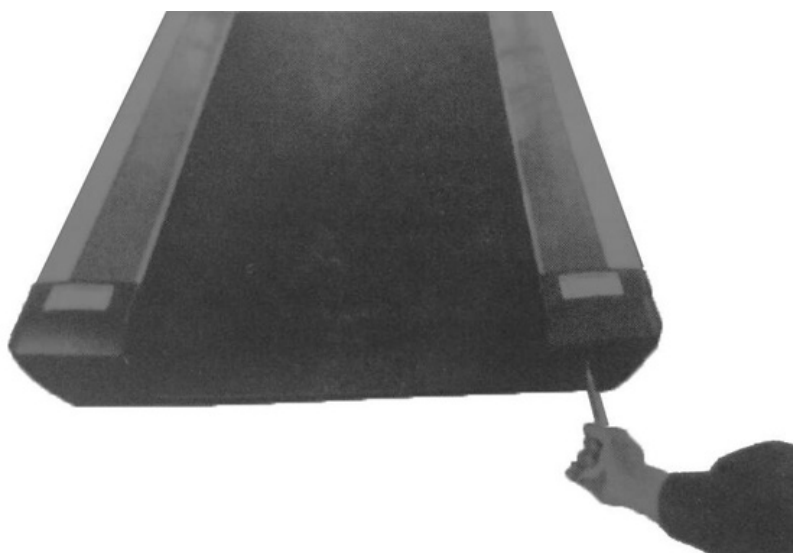
Note: Deviation of the running belt is not covered by the warranty and is mainly maintained by the user. Deviation of the running belt will seriously damage the running belt, so it must be discovered and corrected in time; How to adjust the overall tightness of the running belt: If the overall running belt is loose and the user experiences "slippage" during running, or the running belt is too tight (which will greatly increase the power output of the inverter and motor), then you need to Adjust the walking belt accordingly.

①Tightening: Use the special tool (M10L wrench) provided with the machine to adjust the adjusting screws in the left and right adjustment holes of the rear end cover clockwise in units of one-quarter turn (90 degrees) at a time. (The adjustment speed is the same on the left and right sides)

②To adjust the looseness, use the special tool provided with the machine to adjust the adjustment screws in the left and right adjustment holes of

MACHINE DEBUGGING PROCESS

the rear end cover counterclockwise in units of one-quarter turn (90 degrees) each time (the adjustment range on the left and right sides is the same)。



Error Code

Er1	Communication error--display board did not receive controller signal
Er3	overvoltage Overcurrent Overload Communication error--the controller did
Er4	not receive the display board signal Anti-fall switch action
Er5	
Er7	
Er8	
Er10	high temperature
Er12	Communication error--the controller did not receive the display board signal
Er13	Overcurrent/IGBT short circuit
Er15	A power-on command was received, but no power-off command
Er16	was received before
Er17	Current sensor U fault
Er18	Current sensor W fault

FITNESS TIPS & TECHNIQUES

AEROBIC EXERCISE Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart – your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttocks, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should form part of your entire exercise routine.

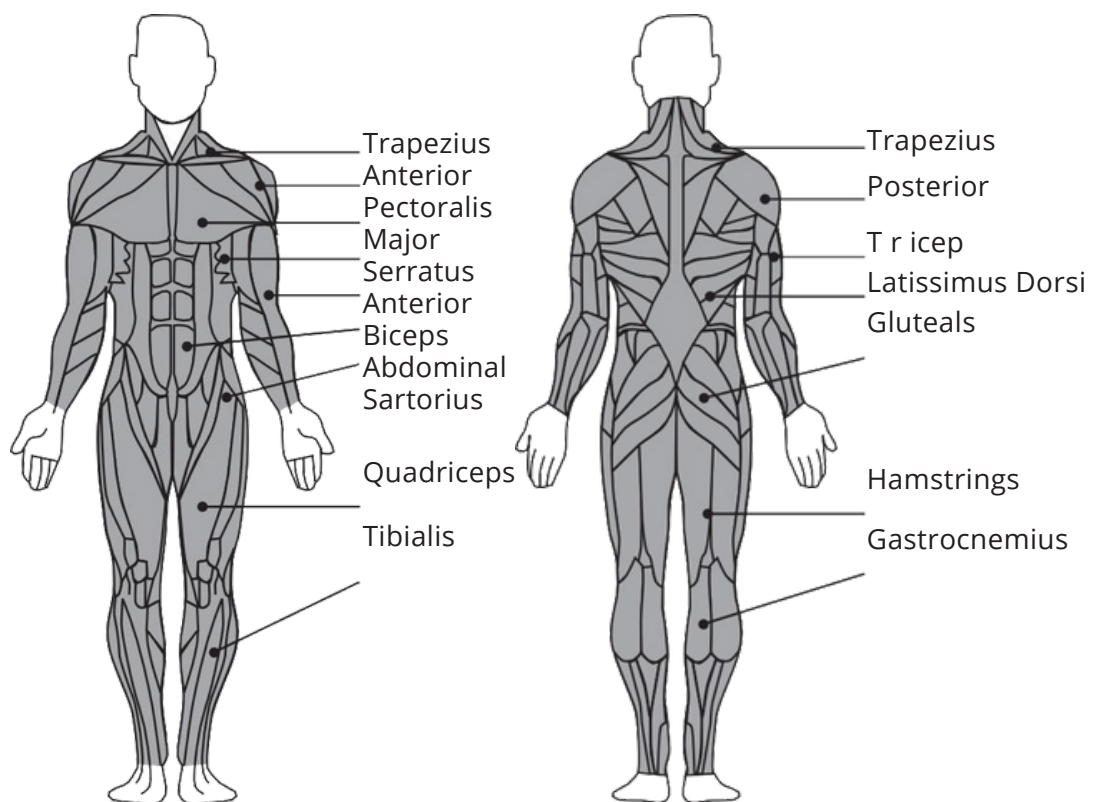
WEIGHT TRAINING

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lesser amount of reps. Always consult your physician before beginning any exercise program.

MUSCLE CHART

The exercise routine that is performed on the will develop your whole body.

The targeted muscle groups are the chest, shoulders, back, legs and arms. It will also condition the circulatory system and provide a good aerobic workout. These muscle groups are highlighted on the muscle chart below.



CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment, a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next 6 to 8 weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently.
- Establish your target heart rate based on your age and condition

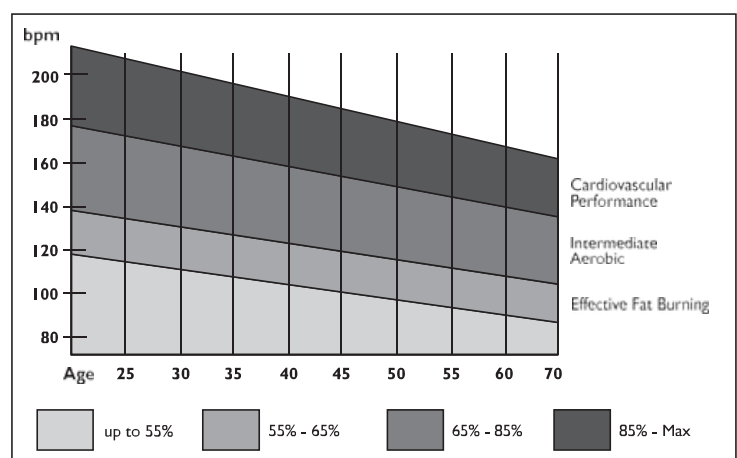
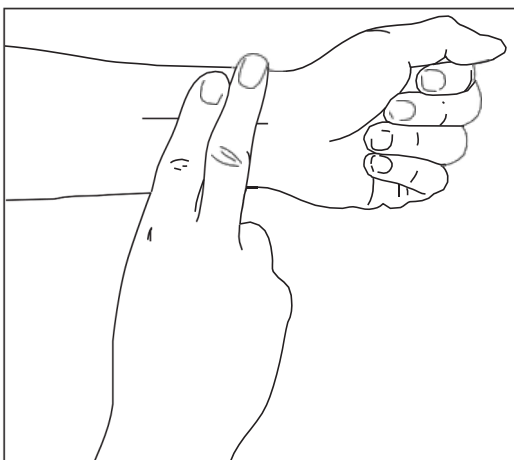
EXERCISE INTENSITY

To maximise the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place 2 fingers on your wrist. Take a 6 second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your 6 second heartbeat count is 14, your heart rate is 140 beats per minute. (A 6 second count is used because your heart rate will drop rapidly when you stop exercising).

Adjust the intensity of your exercise until your heart rate is at the proper level.



WARM UP & COOL DOWN

WORKOUT GUIDELINES

Each workout should include the following 3 parts:

1. A WARM-UP: 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

2. TRAINING ZONE EXERCISE: 20 to 30 minutes of exercising with your heart rate in your training zone. (Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes).

3. COOL-DOWN: 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan 3 workouts each week, with at least 1 day of rest between workouts. After a few months of regular exercise, you may complete up to 5 workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches are shown on the right. Move slowly as you stretch, hold the position and never bounce.

1. TOE TOUCH STRETCH

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, and then relax. Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

2. HAMSTRING STRETCH

Sit with 1 leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, and then relax. Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.

3. CALF/ACHILLES STRETCH

With 1 leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, and then relax. Repeat 3 times for each leg. To cause further stretching of the Achilles tendons, bend your back leg as well.

Stretches: Calves, Achilles tendons and ankles.

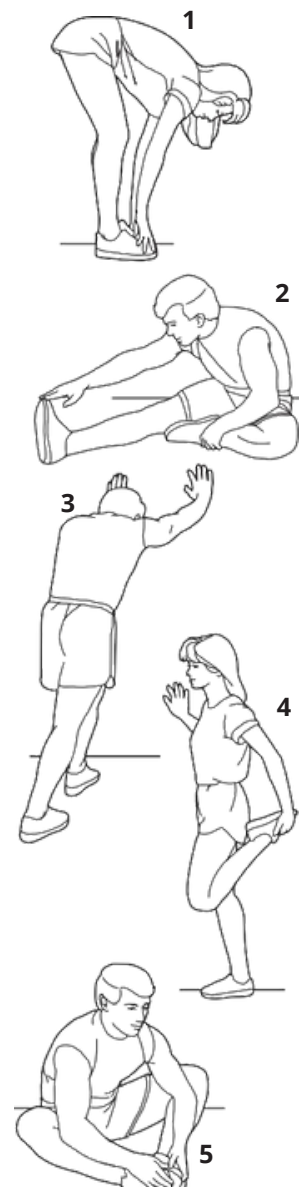
4. QUADRICEPS STRETCH

With 1 hand against a wall for balance, reach back and grasp 1 foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, and then relax. Repeat 3 times.

Stretches: Quadriceps and hip muscles.



AFTER-SALES SERVICE

If there are any problems or malfunctions in the equipment you purchased, please contact your sales manager in time. He will help you find the cause of the problem and help you solve the problem, if it is a problem with parts. If it cannot be ruled out in time, the company's professional after-sales service personnel will also be arranged to give more professional after-sales service.

COST OF REPAIRS

UNDER WARRANTY

Any items still under warranty will be repaired free of charge, as long as it complies with the terms and conditions of the warranty (refer to "warranties" section in this manual). Any items that need to be repaired that are NOT covered in the warranty will be for the Consumer's expense. A quote for the repair/replacement of these items will be provided to the Consumer for approval prior to repairs being conducted.

OUT OF WARRANTY

Any items that need to be repaired once the warranty has expired will be for the Consumer's expense including call out fees.

A quote for the repair/replacement of these items will be provided to the Consumer for approval prior to repairs being

ATTACH RECEIPT		
CLIENT DETAILS		
NAME: _____		
EMAIL: _____	CELL: _____	
TEL(H): _____	TEL(W): _____	FAX: _____
ADDRESS: _____		

PRODUCT DETAILS		
DATE OF PURCHASE: / /	ERIAL NUMBER:	TILL SLIP NUMBER:
DESCRIPTION OF PURCHASE: _____		

 **1300354833**

Brendale Showroom : 1/133 S Pine Rd, Brendale QLD 4500, Australia

West End Showroom: 25 Glenelg Street, South Brisbane, 4101, Australia

www.elitefitness.com.au

Elite Fitness Equipment

Always consult a
physician before starting
a new exercise routine

Use in conjunction
with a healthy
eating plan

Only use product for
its intended purpose
to prevent injury