

UREVO



ELECTRIC RUNNING MACHINE

MAKING FITNESS FUN
USER MANUAL

Model: URTM004

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SERVICE

IMPORTANT: FOR UREVO ONLY

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department by the below methods:

For The Best Service, Email us with order ID at:

US: Services@urevosports.com

WALMART: service_walmart@urevosports.com

Response Time: 1-2 Business Days

Emailing us with the information above will be the best method to receive a response during peak business hours.

Website: www.urevosports.com

PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

IMPORTANT SAFETY GUIDELINES



Please carefully read this manual before use to ensure your safety and avoid accidents.

1. Wear suitable sports shoes and do not run barefoot for exercise. We do not assume any responsibility for abnormalities and injuries caused by failure to wear shoes since they have nothing to do with product quality.
 2. Consider your physical condition when you start to train with this product. Train appropriately and regularly to ensure that you have enough physical strength for training. Improper or excessive training will not benefit your health.
 3. Children under 10 years old are not allowed to use this product, persons who are indisposed, mentally disabled or lack common sense are not allowed to use it, take care of elders and children and keep them from approaching or touching the product during its use; we do not assume any responsibility for accidental injuries due to violation operation, unauthorized modification or disassembly of the machine, and ignorance of precautions since they have nothing to do with the quality of our products.
 4. This product is suitable for home use rather than professional training and testing, nor medical purposes.
 5. Damaged power cord must be replaced by the manufacturer or professional maintenance personnel to avoid danger.
 6. Check all parts before use to ensure the screws and nuts are tightened.
 7. Wear tight fitting clothes to prevent clothes from being caught by the machine when using it. Keep children or pets away from the equipment to avoid accidents.
 8. Place the equipment on smooth, clean and level ground. Make sure there are no sharp objects near it. Do not use it near water and heat sources.
 9. Avoid touching any moving parts with hands. Do not place your hands and feet in the space under the running belt.
 10. This product is for one person only when it is running.
 11. Please use the accessories provided by the manufacturer only, and do not attempt to repair on your own.
- 12. The maximum weight capacity for this product is 265 lbs / 120 kg.
DO NOT EXCEED MAXIMUM WEIGHT CAPACITY.**
- 13. Please make sure to add 10ml of lubricant when using the product for the first time. Add lubricating oil every one year or after 100 hours of working.**

POWER SUPPLY PRECAUTIONS

1. Use 110VAC 60Hz power supply.
2. The power plug must be reliably grounded, and the socket must be equipped with a dedicated circuit to avoid sharing a circuit with other electrical equipment.
3. Directly plug the power cord firmly into the socket.
4. Use a qualified socket to avoid dangers arising therefrom. If the plug does not match the socket, do not use the plug and ask an electrician to handle it.
5. Do not let the power cord contact the rollers. Do not put the power supply on the running belt. Do not use any damaged plugs.
6. Do not pull out or insert the power plug with wet hands.
7. Pull out the plug from the socket before cleaning and maintenance.
8. Check whether the treadmill functions normally before use. If normally, you can use it, otherwise do not use it and contact our Customer Service Department in time.
9. Clip the safety lock wire to your clothes before exercise for emergency stop.
10. Ensure that there is a 2000*1000mm vacant safe area without obstacles behind the treadmill during exercise.
11. In case of an abnormality, pull up with the handrail to keep your feet off the running belt and jump out of the treadmill.
12. If you feel dizzy, chest pain, nausea, or breathless during exercise, stop exercising immediately and consult a fitness coach or doctor.
13. Do not use this product outdoors, under high humidity or sunlight.
14. Power off and unplug when you leave.

PRECAUTIONS FOR INSTALLATION

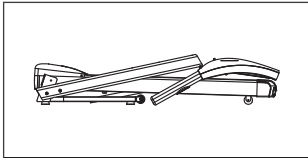
1. Read the instructions carefully before installation.
2. Take out all parts from the package and separately place them on the clean ground for your overall check and easy installation.
3. Check whether all parts are complete according to the packing list.
4. Be careful when using tools or handling. Do not install the product by force according to your preference.
5. Check whether tools and packaging materials left behind are dangerous. Plastic and foam are harmful to children.
6. Install the product properly after carefully reading the steps and instructions in the manual.
7. This product must be properly installed by an adult. If necessary, ask a professional to install it.



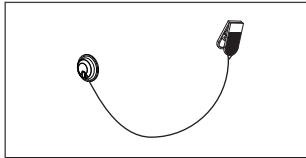
Warning: Install the product properly and do not damage it.

PACKING LIST

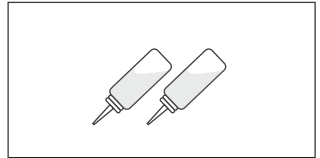
PRODUCT ACCESSORIES



Overall unit × 1

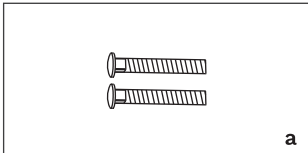


Safety Key × 1



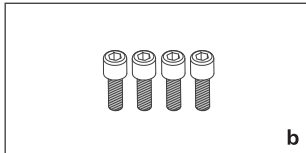
Lubricant × 2

TOOL PACK



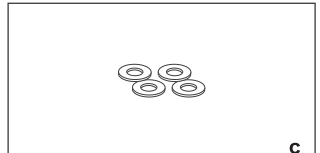
a

M8*40 screw × 2



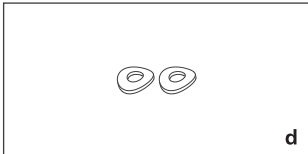
b

M8*20 cylindrical-head inner
hexagonal socket screw × 4



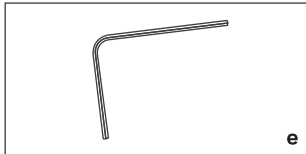
c

M8 flat gasket × 4



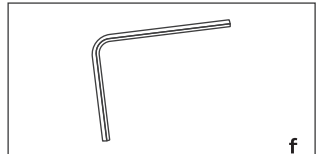
d

M8 arc gasket × 2



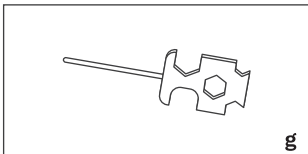
e

5mm L-type inner Allen key × 1



f

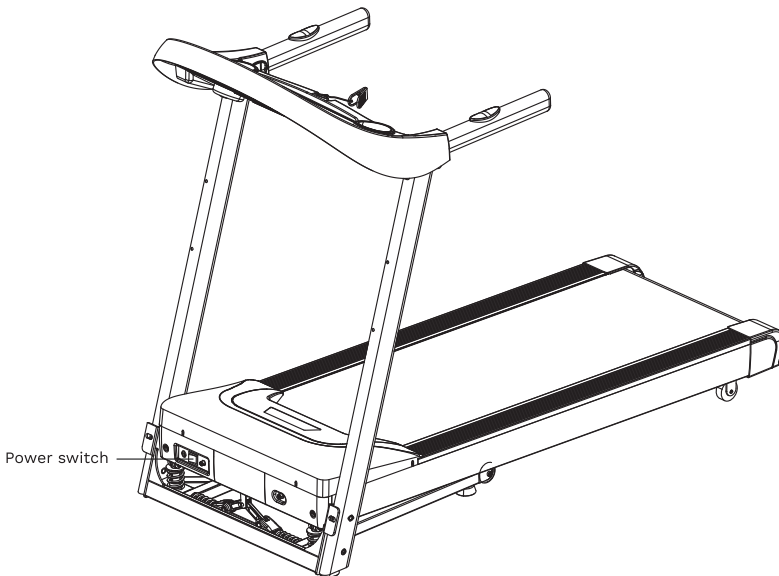
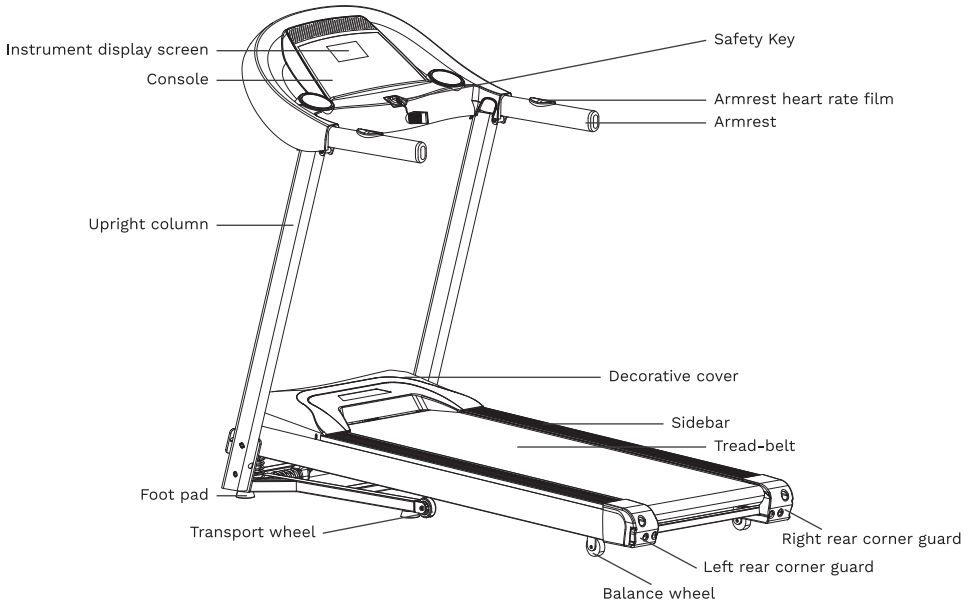
6mm L-type inner Allen key × 1



g

Multi-functional open-ended
wrench × 1

PRODUCT STRUCTURE



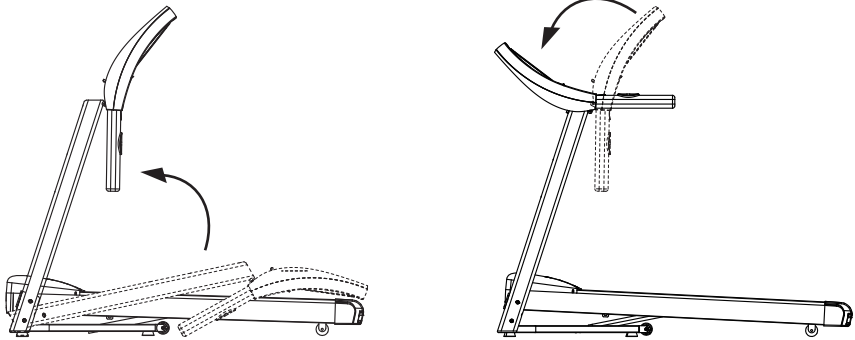
ASSEMBLY

INSTALLATION PREPARATION:

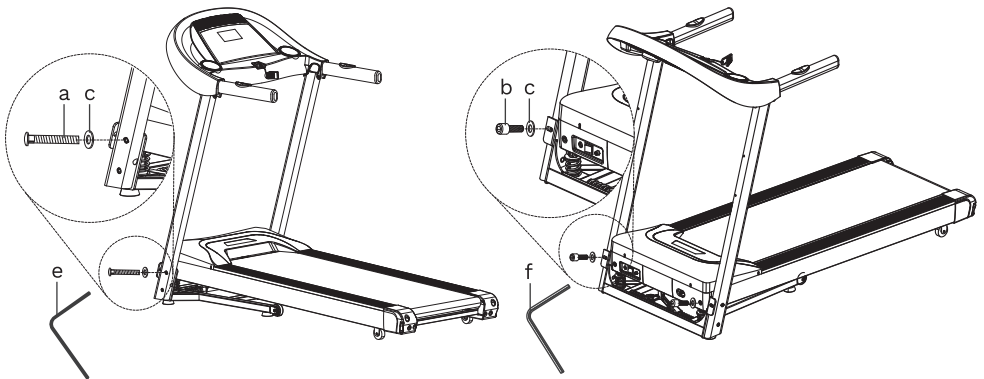
- For safety operation, please select a safe, dry, solid and spacious horizontal surface for installation;
- After receiving the product, remove all parts from the product package. Please carefully check whether the parts and tools are complete according to the packing list.

INSTALLATION STEPS:

1. Hold the armrest and slowly pull up the Console to the fixed position, as shown in the figure;

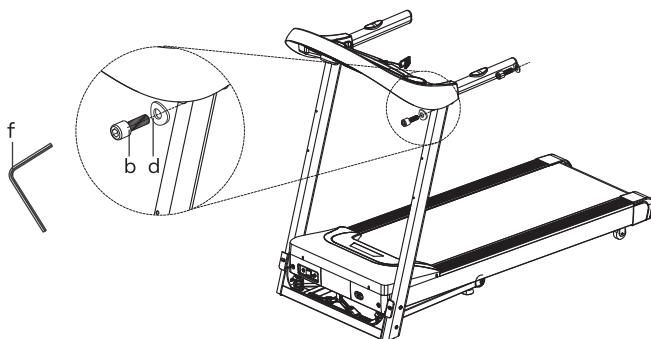


2. Install two M8 * 40 screws (a), two M8 * 20 cylindrical-head inner hexagonal socket screws (b) and four M8 flat gaskets (c) under the upright column as shown in the figure below, and tighten the screws with an Allen key;



ASSEMBLY

3. Install two M8 * 20 cylindrical-head inner hexagonal socket screws(b) and two M8 arc gaskets (d) above the upright column as shown in the figure below, and tighten the screws with an Allen key;



4. Find out the red Safety Key in the tool kit and attach it to the yellow mark on the console;



5. Please make sure that all parts have been fixed and installed in the correct position.

NOTE:

1. To prevent injury during assembly, please wear gloves and make sure there are two people assembling the product.
2. During product assembly, please pay attention to safety and avoid injury by moving parts.
3. To avoid injury, please keep away from bystanders and children during product assembly.
4. Do not use the product until it is completely assembled and checked.

OPERATION

POWER ON:

Plug in, turn on the power switch, you will hear sound "beeps", lights up, and the treadmill will be standby.

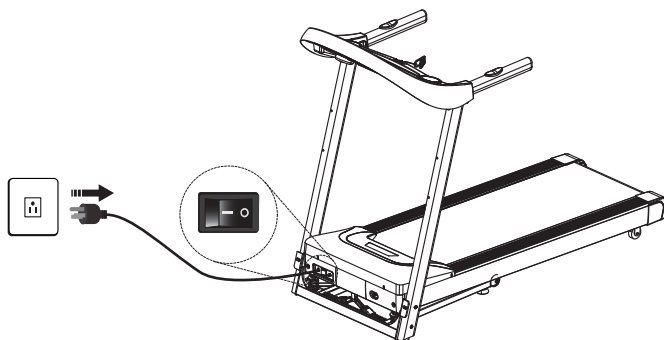
SAFETY KEY:

- Attach the Safety key to enable the display and then the machine will be in standby status(if not already on).
- Make sure the Safety Key clip on the clothes when exercising in case of an accident, and pull off the Safety Key after finish running.
- In any situation, pulling off the Safety Key, the treadmill will stops in an emergency, the "SPEED" window displays "E07", and the treadmill sounds beeps. At this time, you may not perform any other operation on the treadmill except shutting it down. After the Safety Key is attached correctly again, the treadmill will enter the standby mode.

FOLDING STEPS:

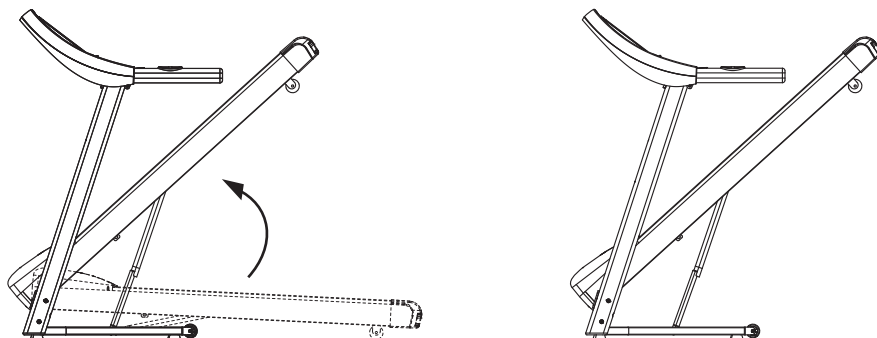
When the treadmill is not in use, it can be folded up to save space.

1. Before folding, please turn off the power switch and unplug the power plug;



OPERATION

2. Gently lift the running deck by hand until it sticks in place, as shown in the figure below.

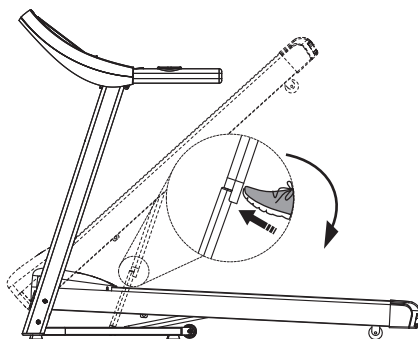


NOTE:

Please make sure the running deck is fastened in place before you put it down.

TO UNFOLD THE TREADMILL:

Step on the air pressure bar with your feet, hold the running deck with your hands, and gently put it back on the ground, as shown in the figure below.



NOTE:

Please follow safety precautions to avoid being hurt by moving parts.

CONSOLE

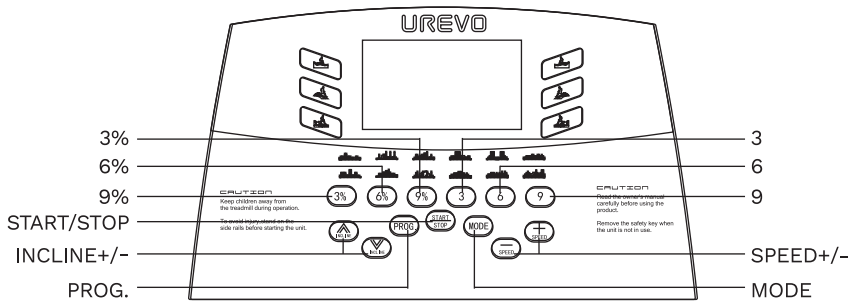
START / STOP:

Start:

Attach the Safety Key correctly, press the "START/STOP" key, and the treadmill can start running after a 3 second countdown.

Stop:

When exercising, press the "START/STOP" key or directly disconnect the Safety Key to stop running.

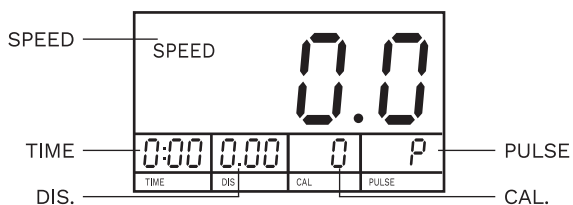


KEY FUNCTION:

3%	Directly adjust the slope to the 3rd gear.
6%	Directly adjust the slope to the 6th gear.
9%	Directly adjust the slope to the 9th gear.
3	Directly adjust the speed to 3.
6	Directly adjust the speed to 6.
9	Directly adjust the speed to 9.
INCLINE+/-	When exercising, adjust the slope incline.
PROG.	Program selection: P1 ~ P18 - FAT - manual mode.
START/STOP	1. Press this key in standby mode, and the treadmill will start running from the lowest speed or the programmed default speed after a 3 second countdown. 2. Press this key when exercising, and the treadmill will slow down to stop.
MODE	Press this key to enter the countdown mode setting, and the selection order is: time-distance-heat-manual mode.
SPEED+/-	1. When exercising, adjust the speed. 2. When the countdown mode is set, the adjustment parameters increase or decrease.

CONSOLE

WINDOW:



Name	Function
SPEED	<ol style="list-style-type: none"> 1. Display the countdowns of "333" - "222" - "111" in turn during startup. 2. Display the exercising speed when exercising. 3. Display "E07" when the Safety Key is disconnected. 4. Display "FAT" when entering the fat measurement mode. 5. Display the program number when a built-in program is selected.
TIME	<ol style="list-style-type: none"> 1. Display the exercising time when exercising. 2. When adjusting the value in the countdown mode, "SET" appears in the lower right corner, and it displays the set time value.
DIS.	<ol style="list-style-type: none"> 1. Display the exercising distance when exercising. 2. When adjusting the value in the countdown mode, "SET" appears in the lower right corner, and it displays the set distance value.
CAL.	<ol style="list-style-type: none"> 1. Display the value of calories consumed when exercising. 2. When adjusting the value in the countdown mode, "SET" appears in the lower right corner, and it displays the set calorie value.
PULSE	<ol style="list-style-type: none"> 1. Display the heart rate. 2. Display the slope when the slope is adjusted.

CONSOLE

MODE:

Manual mode

1. In standby mode, press the "START/STOP" key directly, and the treadmill starts from the lowest speed after a 3 second countdown;
2. Press "SPEED+ / -" to adjust the speed value, and press "3", "6" and "9" to directly adjust the speed to the corresponding key value;
3. Press "Incline + / -" to adjust the slope value, and press "3%", "6%" and "9%" to directly adjust the slope to the corresponding key value;
4. Press the "START/ STOP" key to slow down the treadmill to a stop.

Countdown mode

In this mode, the user can set the value of time, distance, and calories according to the demand. After setting, the treadmill will enter the countdown mode. Once the set value drops to "0", the treadmill will slow down and stop automatically.

1. In standby mode, press the "MODE" key to enter the countdown mode;
2. Press the "MODE" key to cycle switch: "TIME" - "DIS." - "CAL." - manual mode. In addition to manual mode, "SET" will appear in the lower right corner of the corresponding window every time you switch to a window;
3. Press the "SPEED+ / -" key to add and subtract the value of the current window;
4. Press the "START/STOP" key, and the treadmill starts from the lowest speed after a 3 second countdown. At this time, just like in manual mode, the speed and slope can be adjusted through the keys on the panel;
5. When the value set by countdown mode on the window drops to "0", the treadmill will slow down and stop automatically. While exercising, you can also press the "START/STOP" key or disconnect the Safety Key to stop.

Built-in program

In addition to the manual mode, there are 18 different programs built into the treadmill. Each program is divided into 16 segments, and the running time of each segment is set time / 16.

1. In standby mode, press the "PROG." key to select any built-in program from P1 to P18. At this time, the "TIME" window displays the default value and flashes, so press the "SPEED+ / -" key to adjust the required exercising time;
2. Press the "START/STOP" key, and after a 3 second countdown, the treadmill will start to run at the speed of the first segment of the selected program. When this segment of the program is finished, the treadmill will automatically enter the next segment of the program and adjust the corresponding parameters synchronously;
3. While running, you can press the "SPEED+/-" key to adjust the speed and the "Incline + / -" key to adjust the slope, but when you enter the next segment of the program, the treadmill will automatically adjust to the default value of the corresponding segment;
4. When all segments of the program are finished and the program is finished, the treadmill will slow down and stop automatically. While exercising, you can also press the "START/STOP" key or disconnect the Safety Key to stop running.

CONSOLE

SEG. PROG.	Setting time(16 segments)																
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	Speed	2.5	3.7	3.7	3.7	6.2	6.2	3.7	3.7	3.7	2.5	2.5	1.2	3.7	3.7	2.5	2.5
	Incline	0	0	2	2	2	2	2	2	2	2	4	4	4	2	2	0
P2	Speed	1.2	1.2	5	1.2	1.2	5	5	7.4	2.5	2.5	7.4	2.5	2.5	7.4	2.5	1.2
	Incline	0	2	2	2	6	6	2	2	4	4	2	2	4	2	2	0
P3	Speed	1.2	2.5	5	5	2.5	2.5	5	5	6.2	6.2	7.4	2.5	2.5	5	2.5	2.5
	Incline	0	2	2	4	4	6	4	6	4	2	2	2	4	2	2	0
P4	Speed	2.5	3.7	3.7	3.7	7.4	7.4	7.4	7.4	3.7	3.7	2.5	2.5	2.5	3.7	3.7	1.2
	Incline	0	2	2	4	4	6	8	8	6	6	6	4	4	2	2	0
P5	Speed	1.2	2.5	3.7	7.4	7.4	7.4	2.5	2.5	2.5	2.5	7.4	7.4	7.4	3.7	2.5	1.2
	Incline	0	2	4	6	4	2	2	0	0	2	2	2	2	2	4	0
P6	Speed	2.5	2.5	3.7	3.7	3.7	3.7	5	5	3.7	3.7	5	5	3.7	5	3.7	2.5
	Incline	0	2	4	4	4	4	4	2	2	2	2	2	2	2	2	0
P7	Speed	2.5	5	5	5	5	2.5	2.5	7.4	7.4	2.5	2.5	5	5	2.5	2.5	1.2
	Incline	0	2	2	2	2	4	4	4	4	4	4	2	2	2	2	0
P8	Speed	1.2	1.2	3.7	3.7	3.7	5	5	6.2	6.2	7.4	5	3.7	3.7	3.7	2.5	2.5
	Incline	0	2	2	4	2	2	2	4	2	2	2	4	2	2	2	0
P9	Speed	1.2	2.5	5	6.2	1.2	2.5	5	6.2	1.2	2.5	6.2	1.2	2.5	6.2	2.5	1.2
	Incline	0	2	2	4	4	6	6	8	8	10	8	6	4	2	2	0
P10	Speed	2.5	3.7	3.7	5	5	5	6.2	6.2	6.2	5	5	3.7	5	3.7	2.5	2.5
	Incline	0	2	2	4	6	6	6	4	4	4	2	2	2	2	2	0
P11	Speed	2.5	3.7	3.7	5	5	5	3.7	5	3.7	5	3.7	6.2	3.7	6.2	5	2.5
	Incline	0	2	2	2	4	4	4	4	4	4	6	6	6	4	4	0
P12	Speed	2.5	3.7	5	6.2	5	3.7	2.5	3.7	5	7.4	5	3.7	5	7.4	7.4	3.7
	Incline	0	2	2	4	4	6	6	8	8	6	6	4	4	2	2	0
P13	Speed	1.9	2.5	5.6	5.6	3.1	5.6	3.1	5.6	3.1	5.6	4.3	3.1	3.1	4.3	5.6	1.9
	Incline	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	3
P14	Speed	1.2	1.2	2.5	3.1	3.7	3.1	2.5	1.9	1.2	0.6	1.2	1.9	2.5	3.1	3.7	0.6
	Incline	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
P15	Speed	1.2	2.5	3.7	5	3.7	3.7	2.5	2.5	1.2	1.2	1.2	2.5	3.7	5	3.7	1.2
	Incline	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
P16	Speed	1.2	2.5	3.7	5	6.2	5	3.7	2.5	1.2	1.2	1.2	2.5	3.7	5	3.7	1.2
	Incline	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	2
P17	Speed	1.2	1.2	3.7	3.7	5	6.2	3.7	3.7	1.2	1.2	1.2	1.2	3.7	3.7	5	1.2
	Incline	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	3
P18	Speed	1.2	1.9	2.5	3.1	1.2	1.9	2.5	3.1	1.9	1.2	1.2	1.9	2.5	3.1	1.2	1.2
	Incline	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	3

CONSOLE

Fat measurement mode

This mode is used to test your body fat index.

1. In standby mode, press the "PROG." key continuously, set the last item "FAT" to enter the fat measurement mode. "DIS." window displays the parameter category, and "CAL." window displays the parameter value;
2. Press "MODE" key to select parameter category (gender, age, height and weight), and press "SPEED+ / -" to set parameter value;
3. After setting all four parameter values, press the "MODE" key again, "DIS." window displays "- 5 -" and "CAL." window displays "---", indicating the state to be tested;
4. Hold the heart rate films on the left and right armrests with both hands for about 5 seconds to measure your body fat index.

Parameter category	Default value	Setting range	Remark
Gender	1(Female)	0/1	0=Male,1=Female
Age	25	10~99	\
Height	170CM	100CM~200CM	\
Weight	70KG	20KG~150KG	\

FUNCTION:

Heart rate measurement

Hold the heart rate film of the armrest with both hands. About 5-10 seconds later, the "PULSE" window will display your heart rate value. To obtain a more accurate heart rate value, please measure it when the treadmill stops, and the holding time is not less than 30 seconds. **This measurement data is for reference only and cannot be used as medical data.**

Bluetooth function

The treadmill is equipped with Bluetooth audio. When the treadmill is on, turn on the mobile phone Bluetooth, search and connect with "BT301-AUDIO", and then connect to the treadmill.

Dormancy function

When the treadmill stops running and there is no operation for more than 10 minutes, the system will automatically turn off all displays and enter the sleep mode. Pressing any key will wake it up.

CONSOLE

PARAMETER DISPLAY AND SETTING RANGE:

	Display range	Mode default value	Program default value	Setting range
Speed	0.5~9.6	-----	-----	0.5~9.6
Time	0:00~99:59	30:00	30:00	5:00~99:00
Distance	0.00~99.9	1.00	-----	0.5~99.5
Heat	0~999	50	-----	10~995
Slope	0~15%	-----	-----	0~15%

CONSOLE

Common failures of control system and troubleshooting

The following present error codes displayed on the electronic meter and their solutions:

ERROR CODE	DESCRIPTION	ERROR HANDLING
E01	Abnormal communication: The communication between the holder and control panel is blocked.	Check the cable connection between the control panel and holder to ensure that is fully plugged in. Replace the connection cable if it is faulty.
E02	No voltage on the motor cable.	Check the cable connection of the motor to ensure that it is in good condition. Check motor and replace if damaged.
E05	Overcurrent protection: While in operation, the current has been detected to be more than 6A for longer than 3 seconds.	<p>Possible causes:</p> <p>Overloading leads to excessive current and the system automatically shut down for self-protection, or some part of the treadmill is stuck, causing the motor to stop. Adjust the treadmill and restart it. Check if there is liquid or a burnt smell while the motor is running. If yes, replace the motor.</p> <p>Check if the control panel has a burnt smell. If yes, replace the control panel.</p> <p>Check the power supply voltage to ensure that it meets the product specifications. If not, use the correct voltage.</p>
E07	No safety key	Place the safety key in its correct position.
E09	Control panel communication is interrupted	Turn off power and restart treadmill. If problem persists, please consult qualified service personnel for assistance.

MAINTENANCE

GENERAL CLEANING:

Proper maintenance is helpful to prolong the service life of the treadmill.

1. Please place the treadmill in a dry and shady environment. Do not place the treadmill outdoors in direct sunlight.
2. Check and lock all parts of the treadmill regularly, and replace defective parts in time.
3. Do not use the treadmill by force when it is damaged, so as to avoid product and personal damage.

TREADMILL ADJUSTMENT:

The treadmill Tread-belt is adjusted before leaving the factory, but after use, it will be stretched or have deviated from the center position. Please adjust it in time to avoid damage to the treadmill.

Adjust the tightness of the Tread-belt

If you are using the treadmill, the Tread-belt slips or does not run smoothly, you can adjust the tightness of the Tread-belt to improve it.

1. Insert the 6 mm L-type Allen key in the adjustment screw socket on the left side of the Tread-belt, and turn the wrench clockwise for 1 / 4 turn to tighten the Tread-belt;
2. Repeat step 1 to adjust the right screw. Be sure in adjusting the screw to rotate the same distance;
3. Repeat steps 1 and 2 until the Tread-belt doesn't slip;
4. If you need to loosen the Tread-belt, please turn the key counterclockwise, and note that the left and right sides should rotate the same distance.

NOTE:

The Tread-belt should not be adjusted too tightly, otherwise it will damage the Tread-belt, increase the pressure of the front / rear rotary drum, damage the drum bearing, produce noise and other problems.

Adjustment of Tread-belt position

When using the treadmill, if the two feet do not exert the same force, the pressure on the Tread-belt will become unbalanced, leading to the deviation from the center of the Tread-belt, and this is normal. It will automatically return to the center after the treadmill is unloaded for a period of time. If not, you need to adjust it manually.

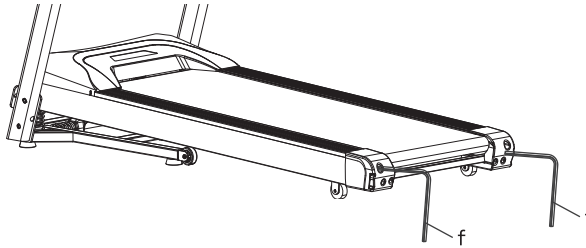
1. Run the treadmill without load and adjust the speed to 6;
2. Observe the distance from the Tread-belt to the left and right sidebars:
 - If it deviates to the left, use an Allen key to turn the left screw clockwise 1/4 turn;
 - If it deviates to the right, use an Allen key to turn the right screw clockwise 1/4 turn;
 - If the Tread-belt is still not in the middle, repeat the above action until it is adjusted to the middle;

MAINTENANCE

3. After adjusting the Tread-belt to the middle, adjust the speed to 9.6, and observe the deviation of the Tread-belt. If there is still deviation, repeat the above adjustment steps.

NOTE:

Do not over-tighten the rotary drum as this will cause permanent damage to the bearing.



Lubricating the treadmill:

When the treadmill leaves the factory, Lubricant has been added, but necessary inspection is more helpful to keep the treadmill in the best condition for use.

Inspection steps

1. Pull up the side Tread-belt and reach out to touch the surface of the running deck as far as possible;
2. If you feel there is silicone oil, you don't need to add Lubricant for the time being;
3. If you touch the surface and it feels very dry, you need to add 10ml Lubricant.

Lubrication cycle

Time	Operation
First use	Check the lubrication, and add according to the situation.
30 days or 30 hours of use	Check the lubrication, and add as needed.
1 year or 100 hours of use	Add 10ml Lubricant

NOTE:

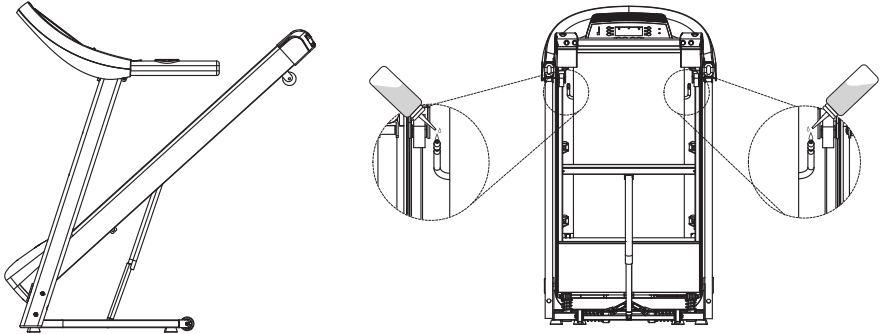
Please use silicone oil not made of petroleum.

Adding steps

1. Cut a small opening in the oil bottle to ensure that it can be poured out, but not in a great amount;

MAINTENANCE

2. Fold the treadmill, align the oil bottle mouth with the yellow pipe mouth, and inject the oil into the left and right pipes respectively. It's better to add the same amount on both sides, and then put down the running deck after adding the oil (the refueling position is at the bottom of the product, as shown in the figure below);



3. Please turn the treadmill on without loading for about one minute, so that the newly added Lubricant can be automatically and evenly applied before use.

PRODUCT CLEANING:

1. After using the product each time, please wipe the stains off the Console and other parts with a clean cloth;
2. If the product is used frequently, it can be wiped with a mild detergent.

NOTE:

1. When cleaning the treadmill, the power switch should be turned off and the power cord should be removed from the socket.
2. Please do not use corrosive detergent to wipe.

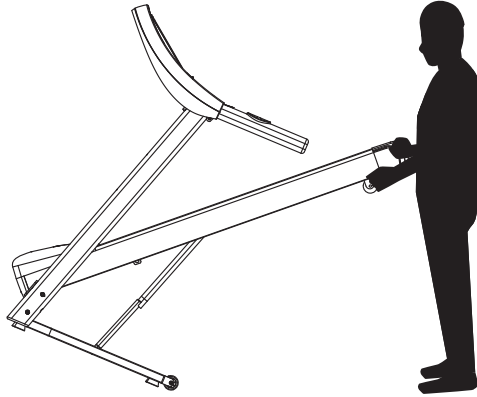
PRODUCT PRESERVATION:

1. Please put the treadmill in a clean and dry environment.
2. When the treadmill is not in use, it can be folded to save space.
3. When the treadmill is not in use, please turn off the power switch and unplug the power plug.

MOVING

The transport wheel is installed under the treadmill to facilitate the user to move.

1. Before moving, turn off the power switch and unplug the power plug;
2. Fold up the treadmill;
3. Hold the armrest, and tilt the treadmill down to move the treadmill.



TROUBLESHOOTING

Failures and solutions

This product is reliably designed and easy to use. In case of a problem, carefully read the solutions to the failures as described below.

Failure: No information is displayed on the screen.

Solution: Check whether the power cord is plugged in properly, whether the plug is loose, and whether the power switch is turned on.

Failure: Power outage during use.

Solution: Check whether the power cord is connected firmly and whether the overcurrent protector is disconnected.

Failure: Running belt is not centered.

Solution: Check whether the treadmill is placed on flat ground and whether the running belt is adjusted properly. Refer to the adjustment of running belt.

If the problem in your treadmill is not included in the above, and you are not sure how to solve it, please contact us (Email: Services@urevosports.com) timely and do not handle it by yourself.

WARM-UP

Before walking on the machine, it is best to do stretch exercises. A successful exercise plan must include warm-up, aerobic and relaxing exercises. You should do exercises at least twice or three times a week and rest one day after exercise. A few months later, you can increase the times of exercise to four or five one week.

At the end of aerobic exercise, repeated warm-up can also reduce muscle soreness. We recommend the following warm-up and relaxation exercises.

1. Stretch down: Bend your knees slightly, bend your body slowly forward, relax your back and shoulders, and try your best to touch your toes. Hold for 10-15 seconds, then relax. Repeat three times.

It is shown in Figure 1.



2. Hamstring stretch: Sit on a clean seat cushion and straighten one leg. Tuck the other leg inward so that it is close to the inside of the straightened leg. Try to touch your toes with your hand. Hold for 10-15 seconds, then relax. Repeat three times on each leg.

It is shown in Figure 2.



3. Shank and tendon stretch: Lean your body forward with hands against the wall and take a step forward with your left leg. Straighten your right leg and step on the ground with your left leg; then bend your left leg, hold it for 10-15 seconds, and then relax. Repeat three times on each leg.

It is shown in Figure 3.



4. Head movement: Tilt your head to the right and count the number of one to feel the stretch of your left neck muscles; turn your head to the back and count the number of two; then turn your head to the left and count the number of three; finally turn your head back to lower forward on your breast and count the number of four. Relax and repeat three times.

It is shown in Figure 4.



5. Waist movement: Stretch your arms to the left and right, then slowly lift them over your head. Extend your right arm as far as possible to the ceiling, hold for one second, and feel the stretch of your right muscles. Repeat the same action on your left arm.

It is shown in Figure 5.



WARRANTY

MANUFACTURER'S LIMITED WARRANTY

UREVO warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with UREVO Owner's Manual. UREVO 's obligation under this warranty applies to the following:

COMPONENT LENGTH OF WARRANTY

Structural Frame 1 year For Home Use Only
All Other Components 90 days For Home Use Only

Exclusions from Warranty Coverage:

UREVO does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by UREVO 's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;
3. Cosmetic items such as scratches, dents or discolorations;
4. Damage caused by normal wear and tear, vandalism, accidental or by animals;
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.);
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to among other things, flake, chalk, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

UREVO , using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

Replacement parts can be ordered by emailing our customer service department:

Services@urevosports.com

Open Monday thru Friday 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

1. Order Number
2. Description of Parts(Add photos or videos would be helpful)
3. Part Number
4. Date of Purchase

UREVO

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specifications of this product may vary from this photo, subject to change without notice.

Manufacturer: Shanghai Runmi Technology Co., Ltd.

Address: 15th Floor, Building 21B, No.1158, Zhongxin Rd, Songjiang district, Shanghai, P.R.China



MADE IN CHINA