

TREADMILL USER'S MANUAL



⚠ CAUTION

READ THIS MANUAL BEFORE USING YOUR EQUIPMENT.

Product may vary slightly from the item pictured due to model upgrades

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1. IMPORTANT PRECAUTIONS



CAUTION: Never use the treadmill before securing the safety key clip to your clothing.

WARNING:

To reduce the risk of electric shock and serious injury, please read all important safety instructions, precautions and warnings before using your treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed. Please save these instructions for future references.

1. Follow Instructions – All operational and usage instructions should be followed.
2. Do Not Remove Cover – No user-serviceable parts inside. Refer the servicing to qualified service personnel.
3. Connect This Treadmill to A Properly Grounded Outlet Only.
4. Do Not Share The Outlet With Other High-Power Household Appliance – Such as Microwave oven, air-conditioning, etc.
5. This product is for use on a nominal 240-volt and 10-amp circuit.
6. Indoor Use Only – Do not use this treadmill near moisture and dust area.
7. Never place objects of any kind on the treadmill. Never spill liquid of any kind on the treadmill.
8. Only one person on the treadmill at a time.
9. Wear appropriate exercise clothes and shoes when using the treadmill.

10. Do not wear loose clothes that could become caught in the treadmill.
11. Children under the age of 12 and pets should avoid the treadmill at all times. Children over the age of 12 should not use the treadmill without adult supervision.
12. Keep the product away from hot surfaces.
13. Cleaning or Maintenance-Unplug the power cord before cleaning or maintenance.
14. Do Not Operate the Treadmill- if the power cord or plug is damaged, or if the treadmill is not working properly.
15. Place the treadmill on a level surface only.
16. If you experience any kind of symptoms, including but not limited to chest pain, surfeit, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
17. Please consult your GP before running, if you experience any one of the following diseases:
18. Cardiopathy, hypertension, sugar diabetes, respiratory disease, smoking, and other chronic diseases, complication disease.
19. If you are over 35 years old and overweight.
20. Women who are pregnant or in breast feeding period.
21. If you are using pacemaker or any kind of medical equipment.
22. Unplug the power cord before operating this treadmill.
23. Do not lift or move this treadmill unless it is in the upright folded position with the lock latch secure.
24. Do not lift or move this treadmill unless it is fully assembled.
25. Do not use this treadmill where aerosol products are used or where oxygen is being administered.
26. Do not start the treadmill while you are standing on the running belt.
27. Always hold the handrails while jogging and running until you feel comfortable without needing to hold the handrails.
28. Please stand on the footplates before you start the treadmill.

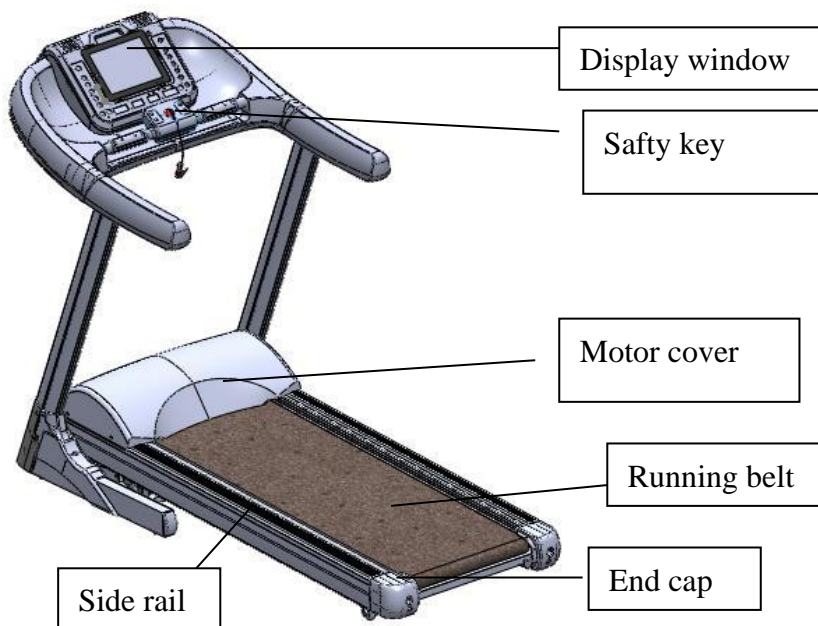
29. Do not place your treadmill on the thick carpet. That could result damage to the motor from ventilation problem.
30. Please make sure one end of the safety key are placed in the appointed position on the display.
31. Please do not let your children play near your treadmill.
32. This treadmill is intended for-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting.
33. Failure to comply will void the warranty.
34. Read, understand and test the emergency stop procedure before using the treadmill.
35. The pulse sensor is not a medical device. It is intended only as an exercise aid in determining heart rate trends in general.
36. Never leave the treadmill unattended while it is running. Please store the safety key when the treadmill is unused.
37. Inspect and properly tighten all parts of the treadmill regularly.
38. Please unpack the treadmill carton on a flat surface. It is recommended that you place a protective covering on your floor.



CAUTION:

**Never use the treadmill before securing
the safety key clip to your clothing.**






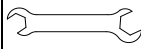

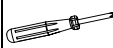




2. BEFORE YOU BEGIN



2.1 Main Technical Features

Input Voltage	220V±10%
Frequency	50/60 HZ
Display	LCD
Function	Time, Speed, distance, Calorie, heart rate, MP3, rehabilitation
Speed Range	0.3 – 18 Km/h
Motor Power	4.5HP
Max User Weight	150kgs
Incline	0-15 Levels
Overloading protection	Yes

2.2 Part List

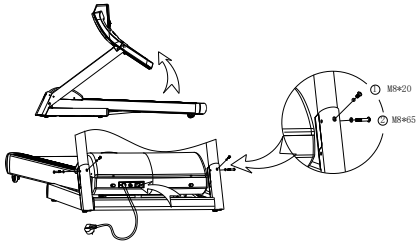
Complete Machine				Accessories	
	Protecting cove of base vertical pipe (left, right)				
No.	Spare Parts	Qty	No.	Spare Parts	Qty
①	 M8×15	4	7	 5mm Wrench	1
②	 M8×65	2	8	 Wrench	1
③	 M8 Nut	2	9	 Screwdriver	1
④	 Flat Washer	8	10	 Silicone oil	1
⑤	 4×15 Tapping screws	2	11	User's Manual/ Guarantee Card	1
6	 nm Wrench	1		Certificate	1

Note: our company reserves the right to reform the products without notice.

3. ASSEMBLY

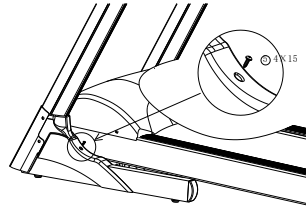
Step 1

Carry out the machine from the package and place it lightly on flat floor, and put other fittings beside the machine.



Step 2

Lift up the stand pipe and electronic watch according to the picture (make sure not to press the signal wire). One person hold the electronic watch and the other person insert 2 ② M8*65 screws and ④ flat washer at two sides, and screw up them with ③ M8 nut on the base and use 2 ① M8*15 screws and ④ washer to screw up the front.



Step 3

See picture: put the left and right stand pipe plastic cover onto the side pipe, use two ⑤ 4*15 self tapping screws to tighten them up. Check again and then place the machine at the right position, plug in the power and switch on, place the safety lock at the right position on the electronic watch, then it's ok to use.

4. EXERCISE GUIDELINES

Before using your treadmill, it is best to take 5 -10 minutes doing warm up stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury.

Downward stretch

The body bends forward slowly so that the back and shoulders relaxed, hands to touch the toes as far as possible. Maintain 10 to 15 seconds, and then relax. Repeated 3 times (see Figure 1).

Crus sinew stretch

Put one leg straight, the other leg inward to keep straight the inside. A hand to touch the toes as far as possible.

Maintain 10 to 15 seconds, and then relax. To do a leg each repeat 3 times (see Figure 2).

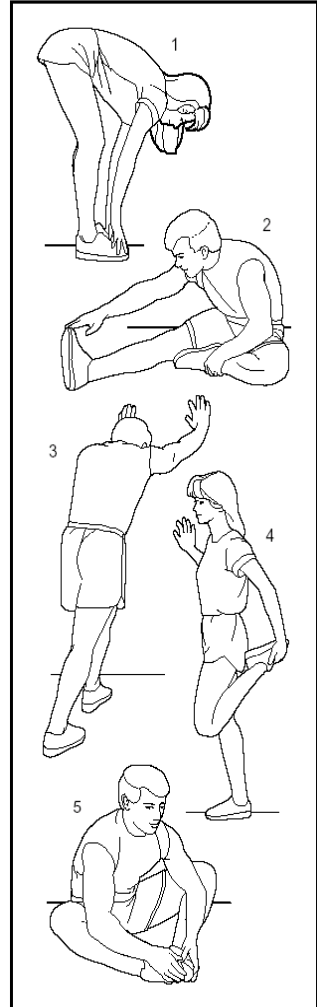
Crus and heal sinew stretch

Two hands extending wall or table stand, one foot in the post. Hind legs to keep upright and lean to the walls or trees direction. Maintain 10 to 15 seconds, and then relax. To do a leg each repeat 3 times (see Figure 3).

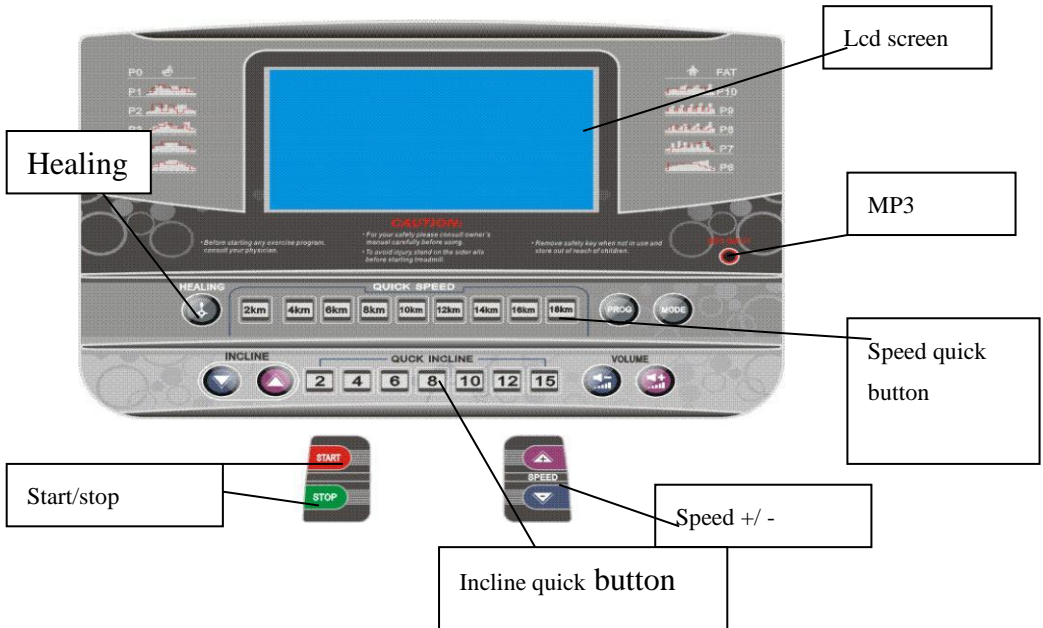
muscles stretch

Right hand extending the wall or cable, keep balance, then the left hand back stretch to seize the left ankle to the hips slowly pulls, until you feel the front thigh muscles tense. Pull about 10 ~ 15 seconds, then relax. To do a leg each repeat 3 times (see Figure 4).

Sartorius muscle (inner thigh muscles) stretch
The sole of the feet relative, seated knee outward. Hands grasp the feet to the groin direction pull slowly. Maintain 10 to 15 seconds, then relax. Repeated 3 times (see Figure 5).



5. TREADMILL OPERATION:



5.1 Monitor Display

P0 is the program which allow users to set the type of training programs;
P1-P8 are the built-in automatic training programs;
P9 is the warm up exercise program. Initially the treadmill begins at 0.3km/h instead of 1km/h. This warm up exercise program benefits elderly people or people who have undergone certain operations which physiotherapists refer to gentle exercises;
P10 is heart rate control training program (**HRC**) and has **BODY FAT** test functionality. For example, the heart rate control training program

would adjust the speed of the treadmill based on your heart beat rate;

Time: View the time remaining or the time elapsed in your exercise.

Heart Rate: Monitor your heart rate (displayed when contact is made with both pulse grips).

Distance: Indicates distance remaining or travelled during your exercise.

Calories: Total calories remaining or burned during your exercise.

Programs: Presents the profile of the program being used.

The warm up exercise program is shown as “HL” on the LCD screen.

5.2 Operational Instruction

PROG: Press the PROG button to select the following programs: “P0 ~ P8”, Coach, HRC, FAT;

MODE: Press the MODE button to select the following: “P0”, “Time countdown-mileage”, “Countdown-calories”, “countdown-time count up”;

In P1~P8, the program would default to 30 minutes.

In the warm up exercise program: It consists of three different types of modes which are mode1, mode2 or mode3. Mode1 indicates that time is not limited on the treadmill. Whenever the user wanted to stop, he/she just stops. Mode2 indicates that time is limited based on what you initially set up. If you set to 20 minutes, the treadmill will count the time and once 20 minutes is up, then it will stop automatically. Mode3 indicates that distance is limited based on what you initially set up. If you set to 5km, the treadmill will stop once you exercised for 5km.

In HRC program, it depends on your heart beat rate. You could select your age, target heart rate and exercise time. Then the treadmill will adjust your speed based on your age, target heart rate and exercise time.

In FAT program, there are several different options for users to select. You must select your sex, age, height, weight and this program will calculate your BMI. Please note that this program and the HRC program cannot be used for medical purposes and can only be used as an exercise reference.

START: Press the button to start your treadmill. You can pause the treadmill anytime by pressing the button.

STOP: Press the button to stop your treadmill. It can also be used to clear the

“ERR” message on your LCD screen.

“+”: Press the button to increase the speed.

“-”: Press the button to decrease the speed.

Healing (Warm up exercise program): Press the button to select warm up exercise program – P8

5.3 Safety Key

Safety key is composed of a magnetic sensor, a clothes clip and a nylon cord. It has the safety precaution function of stopping the machine in emergency. At any stage, as long as the safety lock is removed, the power supply of the treadmill will be cut off, the keyboard of the electronic screen resists to response, and the screen displays “E-07” with a prompt sound. Every time when you put the safety key back, the screen will return to full display in 2 seconds, and reset the display back to factory default setup.

5.4 MP3 feature

The console has two built-in functions which comprise of high quality speakers and also have the option of setting it to mute. You can plug in the audio cable into your iPhone or MP3 player’s earphone jack in order to play the music from the speakers. “**VOLUME**” buttons can be used to adjust the volume level.

5.5 Programs

Press “**PROG**” key to select the programs in cycle: **P0~P8, P9**

(HEALING), P10 (HRC) and BODY FAT.

a) “**P0**” is user defined program, press “**MODE**” key to select four training modes in cycle, the training speed and slope can be set by the user, the default speed value is: 1.0 km/h.

Training Mode 1: This mode indicates that time is not limited on the treadmill. Whenever the user wanted to stop, he/she just stops.

Training Mode 2: This mode indicates that time is limited based on what you initially set up. If you set to 20 minutes, the treadmill will count the time and once 20 minutes is up, then it will stop automatically.

Training Mode 3: This mode indicates that distance is limited based on what you initially set up. If you set to 5km, the treadmill will stop once you exercised for 5km.

Training Mode 4: Calorie countdown. With this mode, you can set the amount of calories that you expect to burn. For example, if you set at 50 CAL, then as soon as you burnt 50 CAL, the treadmill will stop.

b) “**P1-P8**” are programs set by the system which limits to 30 minutes per program by default. You would use it only at the **time countdown** mode. But it also allows you the flexibility to select the time limit. Initially, the time window flashes, in which you would either press “+” or “-” key to set the time limit. The time ranges from 5 minutes to 99 minutes. Press “**MODE**” key to restore to the default value.

c) “**FAT**” is the program which check your BMI index only. It’s not designed for medical purposes and it’s not an exercise program.

5.6 HRC Operation

At the pause state, press PROG key to select P10 and enter HRC program;

1) The time window displays the default age of “30” and flashes. Then

press **SPEED** +/- keys to set the age of the user, the age range is between 15 to 80.

2) By pressing the **MODE** key, the window will display the THR value. The THR value shall be calculated by the system according to the age set.

3) By pressing the **MODE** again, the time window displays “30:00” minutes and flashes. Then press **SPEED** +/- keys to set the time in which the range is between 5 to 99 minutes.

4) By pressing the **START** key, the treadmill begins to operate. The window displays the countdown time. The treadmill will stop automatically when pressing **STOP** key or if the countdown time is 0.

5) After operating for 10 seconds, if it tested the heart rate signals, **HRC** begins to monitor the heart rate of the user according to setup. It will automatically adjust the speed of the treadmill to help to keep the heart rate at a certain range.

5.7 Body Fat Program

At the pause state, press “**PROG**” key to select program “**FAT**”, press “**MODE**” key to select item number and press “+” and “-” key to set the parameter.

- a) Sex: Set the parameter range by pressing “+” to select male sex, press “-” to select female sex, default sex is male.
- b) Age: Set the parameter range to a value between 10 to 100. The default value is 25.
- c) Height: Set the parameter range to a value between 100 to 199CM, the default value is 170CM.
- d) Weight: Set the parameter range to a value between 20 to 150KG, the default value is: 70KG.
- e) Body Mass Index (BMI): Once the parameter setting is completed,

the system enters the BMI test state. Please hold the heart rate inductor on left and right hand grips with both hands, then wait for 8seconds. The time window will display the tested person's BMI.

Table of Speed and Slope of Automatic Program P1-P10:

Time Program		Set time/10 time section=exercise time between last and next time section									
		1	2	3	4	5	6	7	8	9	10
P1	Speed	1	2	3	4	5	5	4	3	2	1
	Incline	2	2	6	6	8	8	6	6	4	4
P2	Speed	1	2	2	3	3	4	5	5	3	2
	Incline	3	3	9	9	9	2	2	8	8	4
P3	Speed	1	2	5	2	5	3	5	4	6	2
	Incline	1	2	3	4	5	5	7	7	4	4
P4	Speed	1	3	5	3	5	6	3	6	4	2
	Incline	3	3	6	6	6	9	9	9	9	9
P5	Speed	2	3	4	5	6	5	5	6	7	3
	Incline	2	2	4	4	8	8	6	6	6	6
P6	Speed	2	3	5	7	7	6	8	8	5	3
	Incline	1	8	8	8	8	8	7	7	7	7
P7	Speed	3	8	4	9	5	10	6	11	9	4
	Incline	1	1	4	4	4	6	6	6	8	8
P8	Speed	3	6	9	12	10	5	9	12	9	5
	Incline	3	3	8	8	3	3	7	7	3	3

6. TROUBLE SHOOTING

Error Code	Reason
E-01	Check the sensor wire if well connected, make sure the distance is 3-5mm.
E-02	Too much load, input voltage to high, turn off power and restart.
E-03	Over 15A input current, turn off power and restart.
E-04	Check motor power wire and signal wire if well connected.
E-06	Check the signal wire if well connected.
E-07	Check the safety key if on or not.
E-09	Check the incline motor if well connected.

7. MAINTENANCE

7.1 Lubrication

After running for a period of time, the treadmill must be configured with

special cymene silicone oil for lubrication.

Suggestion:

Use less than 3 hours each week	lubricate once every 5 months
Use 4-7 hours each week	lubricate once every 2 months.
Use more than 8 hours each week	lubricate once every 1 month.

Do not lubricate more than what you need to. Remember: regular and reasonable lubrication is to improve the lifespan of your treadmill.

7.2 Lubrication method

Whether it is necessary to lubricate, make sure the machine is switched off and unplug the electricity. Lift the running belt, observe if there are any silicon remaining on the running board which is under the running belt. If it is dry, then you need to apply the lubricant.



- a) The step to lubricate the running board is as follows: (see the right figure)
- b) Stop the running belt and fold the treadmill.
- c) Turn over the running belt at the back of the mainframe. Insert the lubricant pot as deep as possible into the middle of the running belt. Apply the lubricant onto the inner side of the running belt. Lubricate both sides of the running belt.

After the lubrication is completed, start the machine at 1km/h to let the running belt bring silicon all over the board.

7.3 Running belt tension adjustment

You may need to adjust the treadmill according to your personal needs. But after running for a period of time, due to personal weight, the belt tension may change from default setup. If you realize that the belt is slippery that may be caused by loose tension, then you need to adjust the running belt and roller. Please do not adjust too tight that may bring too much pressure on the motor which would damage the motor, running belt and roller.

7.4 Running belt far to the right side adjustment

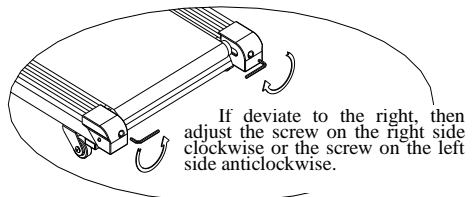
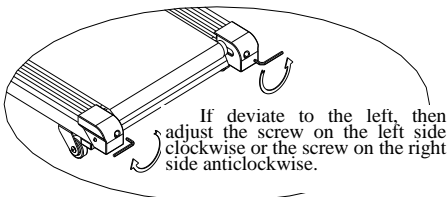
At the operating state, pressing the “+” and “-” or the rise

“SHORTCUT” key can adjust the grade of the treadmill.

Main frame is not being placed on a flat surface.

Users are not running in the middle of the belt.

Forced deviation. After a few minutes no-load rotation, the deviation can not be automatically restored. If not recovered, you may adjust it with the 6mm hex key in the Tool Kit, turn it clockwise for 90 degrees. Please see the figure below.



If deviate to the left, then adjust the screw on the left side clockwise or

the screw on the right side anticlockwise.

If deviate to the right, then adjust the screw on the right side clockwise or the screw on the left side anticlockwise.

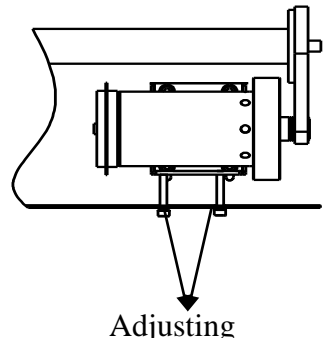
The running belt deviation is not covered by the manufacture warranty. It is the owner's responsibility to maintain and adjust according to the users' manual. Once you observe the running belt going to one side, you would need to adjust it in order to avoid serious damage to the running belt.

7.5 The adjustment to the Driven belt

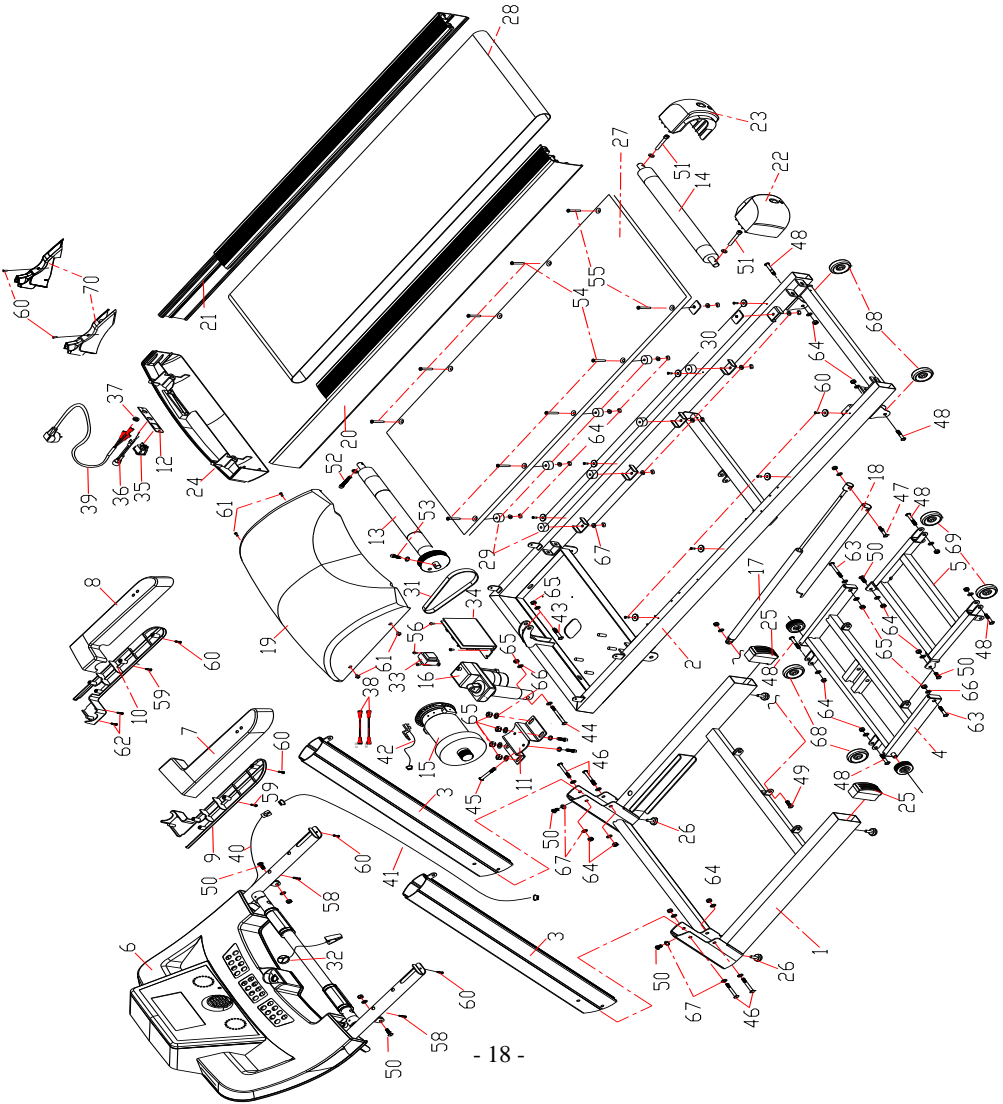
If the driven belt becomes loose after using for a period of time, you need to:

- ① Use the wrench to turn the adjusting bolt clockwise until the driven belt is not slippery anymore.

Note: Regular clean any objects that fell between The driven belt. This is a mandatory process.



8. EXPLODED DRAWING



9. PART LIST

No.	Name	Q'ty	No.	Name	Q'ty
1	Base	1	23	Right rear corner guard	1
2	Main frame	1	24	Cover of Vertical Pipe	1
3	upright column	2	25	pipe sleeve	2
4	inclne	1	26	Foot mat	4
5	Horizontal support bracket	1	27	Treadmill board	1
6	Electronic Meter	1	28	Treadmill belt	1
7	Left Upper Protecting Cover	1	29	Treadmill board cushion pad	6
8	Right Upper Protecting	1	30	Edge binding slider	8
9	Left lower shield	1	31	V-Ribbed Belt	1
10	Right lower shield	1	32	Safety lock	1
11	Motor fixing stand	1	33	Transformer	1
12	Switch Fixing Piece	1	34	Controller	1
13	Front roller	1	35	Boat-shaped switch	1
14	Back roller	1	36	Fuse holder	1
15	Electric motor	1	37	Strain relief bushing	1
16	Rise & Down Motor	1	38	Connecting line	2
17	Air spring	1	39	Power line	1
18	Air spring sleeve	1	40	Signal line 1	1

19	Motor upper shield	1	41	Signal line 2	1
20	Left Edge binding	1	42	Optical sensor	1
21	Right Edge binding	1	43	Hexagonal Screw M10×40L	1
22	Left rear corner guard	1	44	Hexagon socket truss head half-thread screw M10×105L	1
No.	Name	Q'ty	No.	Name	Q'ty
45	Hexagon socket truss head half-thread screw M8×80L	1	58	Cross round head self tapping screws ST4×35L	2
46	Hexagon socket truss head half-thread screw M8×65L	6	59	Cross round head self tapping screws ST4×25L	2
47	Hexagon socket half-round head full thread screw M8×45L	1	60	Cross round head self tapping screws ST4×15L	18
48	Hexagon socket half-round head full thread screw M8×40L	6	61	Cross round head self tapping screws ST4×25L	4
49	Hexagon socket half-round head full thread screw M8×30L	1	62	Cross round head self tapping screws ST3×10L	4
50	Hexagon socket half-round head full thread screw M8×20L	10	63	Hexagon socket truss head screws M10×25L	2
51	Hexagon socket cap full thread screw M8×60L	2	64	Hexagon lock nut M8	30
52	Hexagon socket cap full thread screw M8×50L	1	65	Hexagon lock nut M10	8
53	Hexagon socket cap full thread screw M8×25L	1	66	Flat washer Φ10.5	8
54	Hexagon socket countersunk head screws M8×25L	8	67	Flat washer Φ8.5*Φ22*T2.0	34
55	Cross truss head screws M8×30L	2	68	Rolling Wheel	4
56	Cross truss head screws M4×15L	2	69	Sliding Way Wheel	4
57	Hexagon socket cap full thread screw M4×8L	2	70	Lower Protecting Cover of Vertical Pipe	2

