

EFITMENT

TREADMILL WITH BLUETOOTH

MODEL NO.:

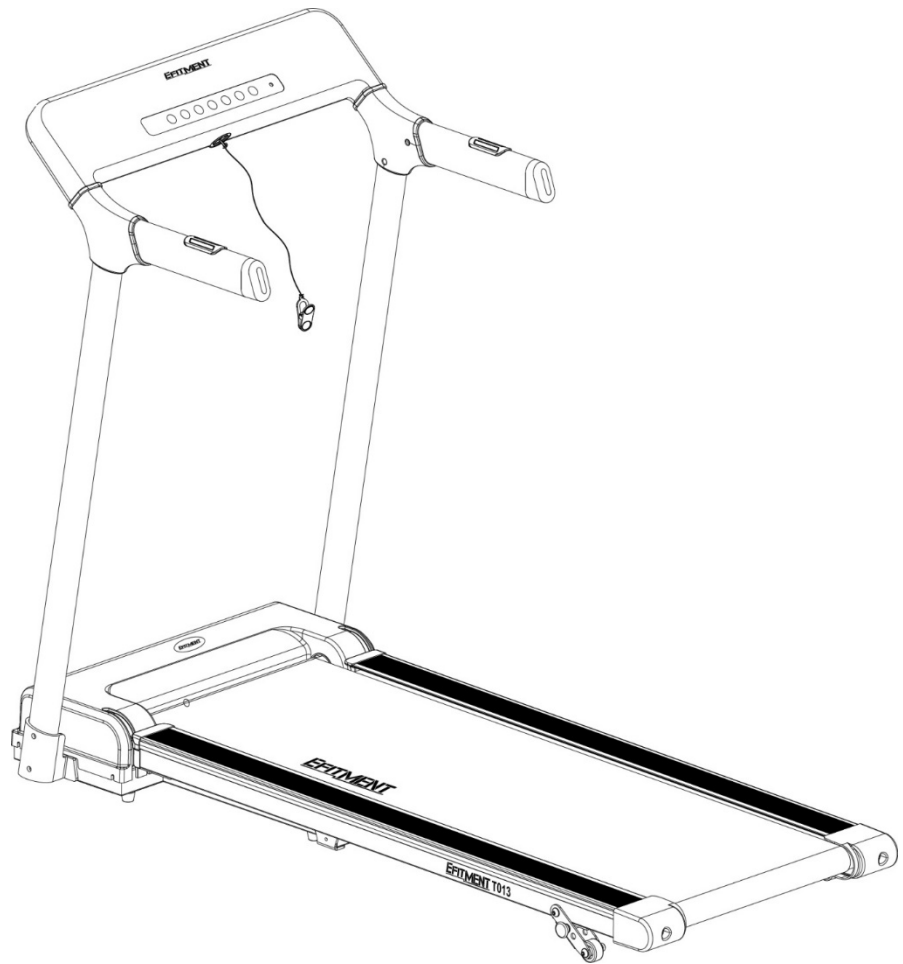
T013

IMPORTANT!

Read all instructions carefully before using this product. Save this manual for future reference.

EXERCISE EQUIPMENT QUESTIONS:

Contact customer service at service@zoovaa.com



USER MANUAL

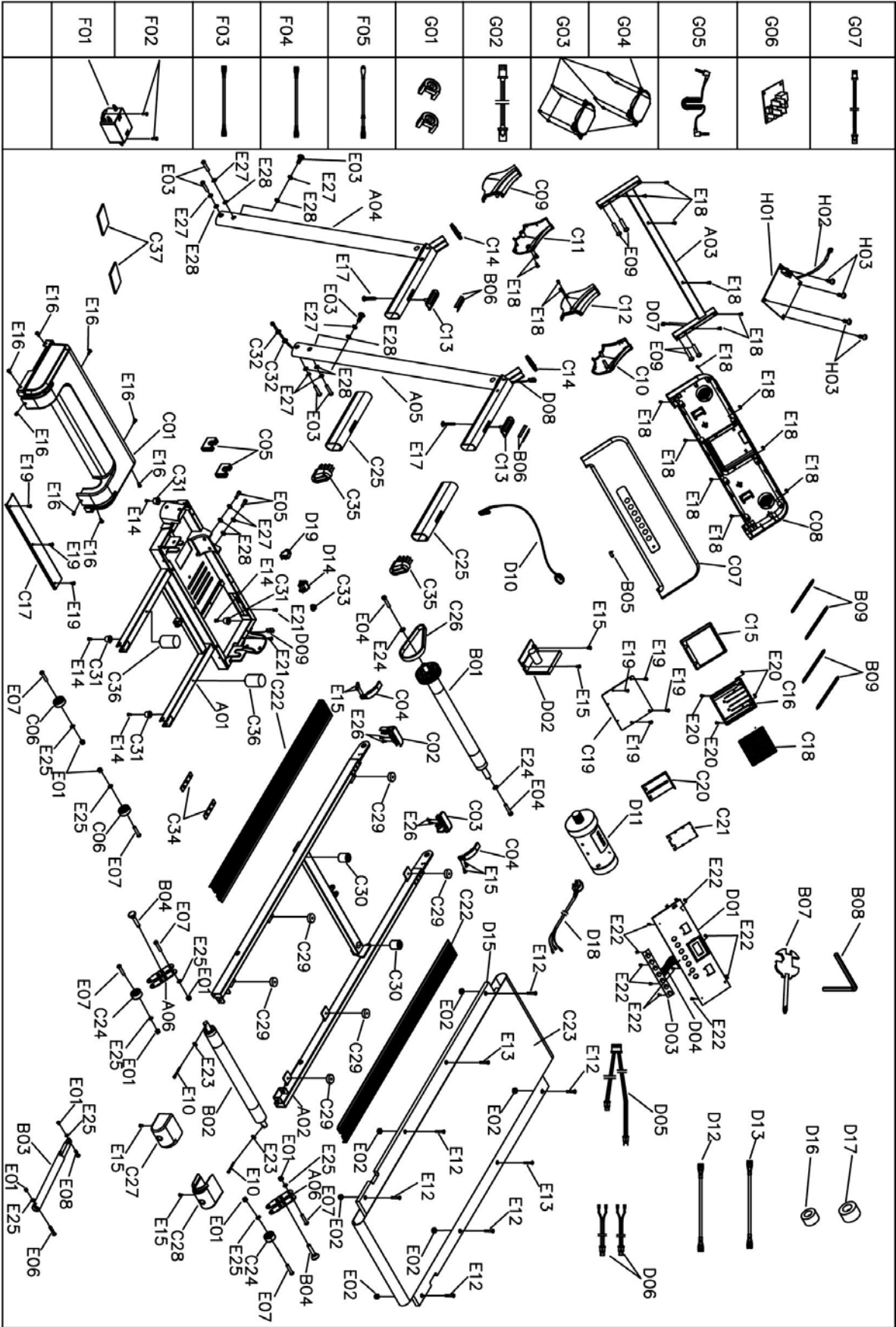
IMPORTANT SAFETY INSTRUCTIONS

At Efitment your safety is our top priority and to make sure both you and the unit remain in perfect working order, we encourage you to read all the instructions before assembling and using your new Efitment machine. Do not skip, substitute or modify any steps or procedures herein, as doing so could result in personal injury and will void your warranty. **DANGER** – To reduce the risk of electrical shock, always unplug this unit from its power source before cleaning or performing any maintenance tasks. **WARNING** – To reduce the risk of burns, fire, electric shock, or injury to persons, take the following precautions:

1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking any medication that may affect your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. This equipment is intended for adult use only. Keep children and pets away from the machine. DO NOT leave children unattended in the same room with the equipment.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet of free space all around it.
5. Check if you have all the components and tools listed. Please note that some components are pre-assembled to help make the assembly process quick and easy.
6. Always use the equipment as intended. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use immediately and do not use until the problem has been rectified.
7. Always wear appropriate workout clothing when exercising. Do not wear clothing that can get tangled in the equipment.
8. Keep hands and other objects away from all moving parts.
9. The maximum user's weight is 220 lbs/100 kgs.
10. Be careful when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
11. Your equipment is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas as this may lead to corrosion and other related problems.
12. This equipment is designed and intended for indoor use only, not for commercial use.

SAVE THESE INSTRUCTIONS

EXPLODED DRAWING



PARTS LIST

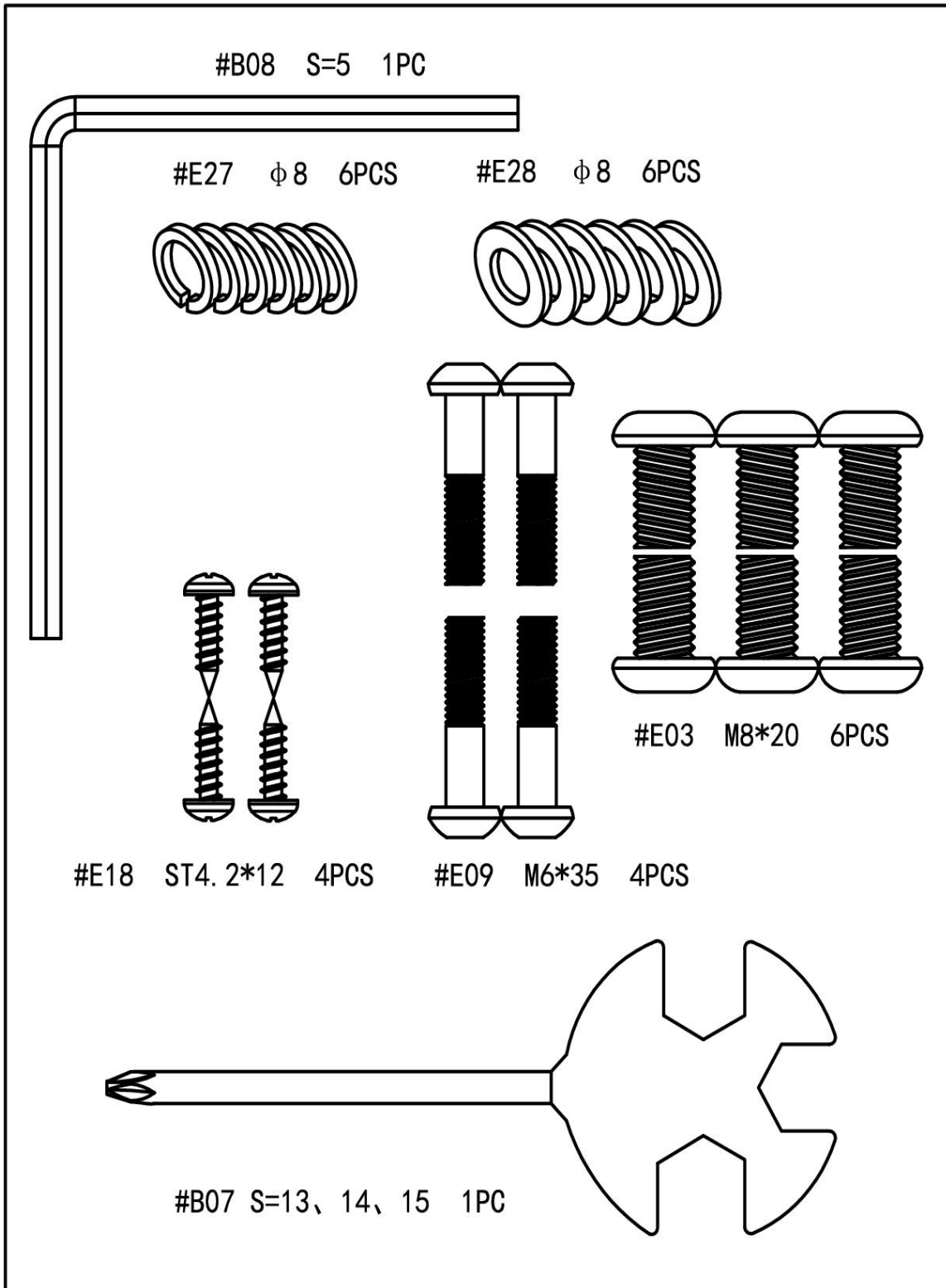
No.	Description	Qty.
A01	Base Frame	1
A02	Main Frame	1
A03	Computer Bracket	1
A04	Left Upright Tube	1
A05	Right Upright Tube	1
A06	Adjustable Board	2
B01	Front Roller	1
B02	Rear Roller	1
B03	Air Pressure Cylinder	1
B04	Fixing Pin	2
B05	Safety Key Metal Sheet	1
B06	Hand Pulse Metal Sheet	4
B07	Spanner with Screwdriver S=13,14,15	1
B08	Allen Wrench S=5	1
B09	Pull Spring	4
C01	Motor Top Cover	1
C02	Left Side Rail Plug	1
C03	Right Side Rail Plug	1
C04	Motor Cover Shutter	2
C05	Plastic Support Plate	2
C06	Transportation Wheel	2
C07	Console Top Cover	1
C08	Console Bottom Cover	1
C09	Left Upright Tube Outside Cover	1
C10	Right Upright Tube Outside Cover	1
C11	Left Upright Tube Inside Cover	1
C12	Right Upright Tube Inside Cover	1
C13	Hand Pulse Plastic Board	2
C14	Handrail Decorative Ring	2
C15	Holder Top Cover	1
C16	Holder Bottom Cover	1
C17	Front Shutter	1
C18	Holder Pad	1
C19	Holder Fixed Board	1
C20	Holder Sliding Board	1
C21	Holder Sliding Board Cover	1
C22	Side Rail	2
C23	Running Belt	1
C24	Adjustable Wheel	2
C25	Foam	2
C26	Motor Belt	1

No.	Description	Qty.
C27	Left End Cap	1
C28	Right End Cap	1
C29	Black Cushion $\phi 30 * \phi 6.2 * 10$	6
C30	Black Cushion $\phi 30 * \phi 6.5 * 32$	2
C31	Foot Pad	4
C32	Ring Protecting Wire Plug	2
C33	Power Wire Buckle	1
C34	Adjustable Rubber Pad	2
C35	Oval End Cap	2
C36	Column Shape Cushion	2
C37	EVA Pad	2
D01	Console	1
D02	Control Board	1
D03	Button Board	1
D04	Button Board Connecting Wire	1
D05	Hand Pulse Upper Wire 450MM	1
D06	Hand Pulse Lower Wire 200MM	2
D07	Upper Signal Wire	1
D08	Middle Signal Wire	1
D09	Lower Signal Wire	1
D10	Safety Key	1
D11	DC Motor	1
D12	AC Single Line Blue	1
D13	AC Single Line Brown	1
D14	Square Switch	1
D15	Running Board	1
D16	Magnetic Ring	1
D17	Magnetic Core	1
D18	Power Wire	1
D19	Overload Protector	1
E01	Nut M8	8
E02	Nut M6	6
E03	Bolt M8*20	6
E04	Bolt M6*15	2
E05	Bolt M8*15	2
E06	Bolt M8*42	1
E07	Bolt M8*40	6
E08	Bolt M8*30	1
E09	Bolt M6*35	4
E10	Bolt M6*55	2
E11	N/A	-

E12	Bolt M6*35	6
E13	Bolt M6*25	2
E14	Screw ST4.2*19	4
E15	Bolt M5*12	8
E16	Bolt M5*8	8
E17	Screw ST4.2*55	2
E18	Screw ST4.2*12	18
E19	Screw ST4.2*8	7
E20	Screw ST3.5*8	4
E21	Screw ST4.2*12	2
E22	Screw ST2.9*6.0	10
E23	Washer $\Phi 6$	2
E24	Big Washer $\Phi 6$	2
E25	Washer $\Phi 8$	8
E26	Screw ST2.9*8.0	4
E27	Spring Washer $\Phi 8$	8

E28	Flat Washer $\Phi 8$	8
F01	Filter	1
F02	Bolt M5*8	2
F03	AC Single Line Blue	1
F04	AC Single Line Brown	1
F05	Grounding Wire	1
G01	Audio Module Fixing Cap	2
G02	Audio Connecting Line	1
G03	Screw ST2.9*6	8
G04	Speaker	2
G05	MP3 Wire	1
G06	Amplifier Board	1
G07	Power Amplifier Line	1
H01	Bluetooth Module	1
H02	Bluetooth Power Line	1
H03	Screw ST2.9*8	4

HARDWARE PACKAGE

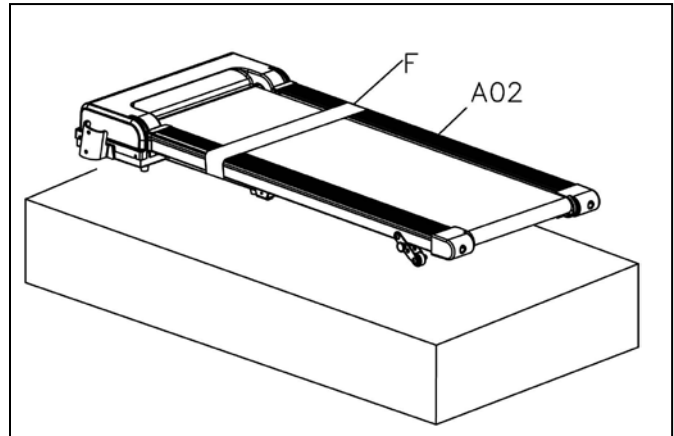


ASSEMBLY INSTRUCTIONS

STEP 1:

NOTE: We recommend having two people do the assembly.

Open the carton and remove contents. Place the **Main Frame (No. A02)** on level ground, ensure that you have a work area that is clean and has adequate space. Do not cut the **Packing Belt (No. F)** until the assembly is complete!

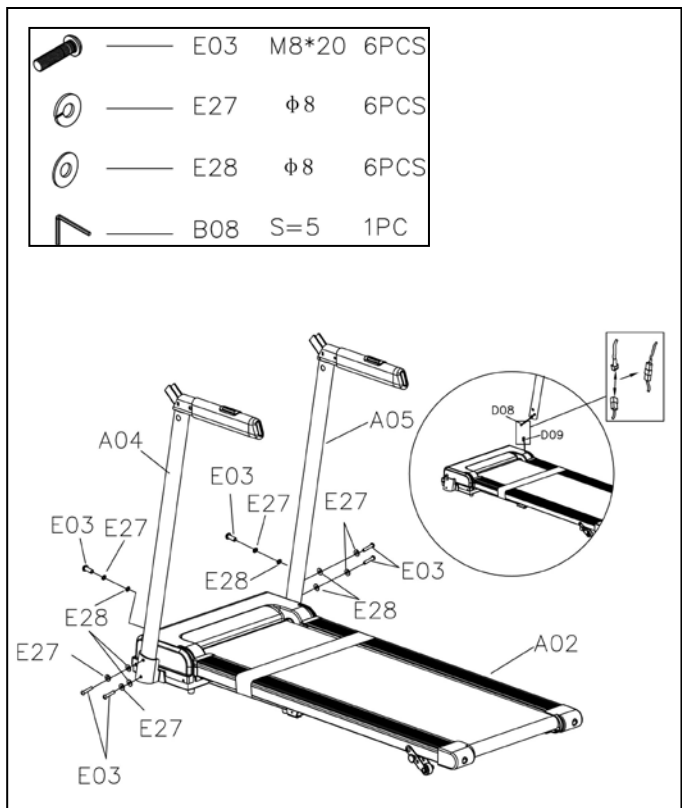


STEP 2:

Support the **Left & Right Upright Tubes (No. A04 & No. A05)** with your hands to prevent them from falling down.

Connect the **Middle Signal Wire (No. D08)** with the **Lower Signal Wire (No. D09)**.

Attach the **Left & Right Upright Tubes (No. A04 & No. A05)** to the **Main Frame (No. A02)** with 6 **Bolts (No. E03)**, 6 **Flat Washers (No. E28)** and 6 **Spring Washers (No. E27)**. Tighten using an **Allen Wrench (No. B08)**.



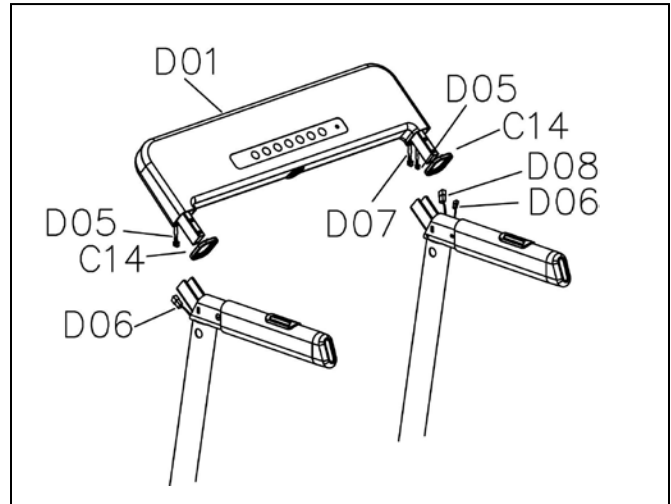
ASSEMBLY INSTRUCTIONS

STEP 3:

Insert 2 **Handrail Decorative Rings (No. C14)** onto the tubes on **Console (No. D01)**.

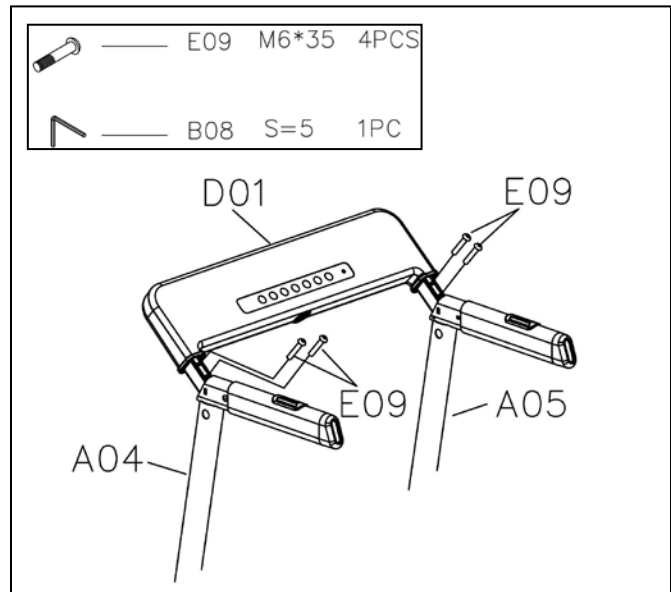
Connect **Upper Signal Wire (No. D07)** to **Middle Signal Wire (No. D08)**.

Connect 2 **Hand Pulse Lower Wires (No. D06)** to two ends of **Hand Pulse Upper Wire (No. D05)**.



STEP 4:

Attach the **Console (No. D01)** to the **Left & Right Upright Tubes (No. A04 & No. A05)** using 4 **Bolts (No. E09)**. Use **Allen Wrench (No. B08)** to tighten.

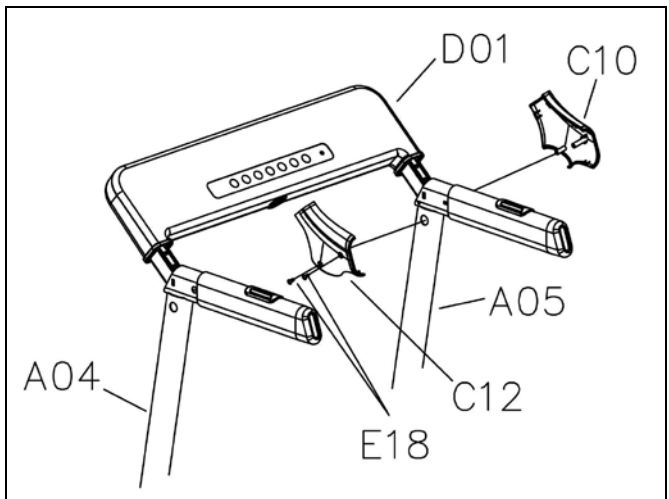
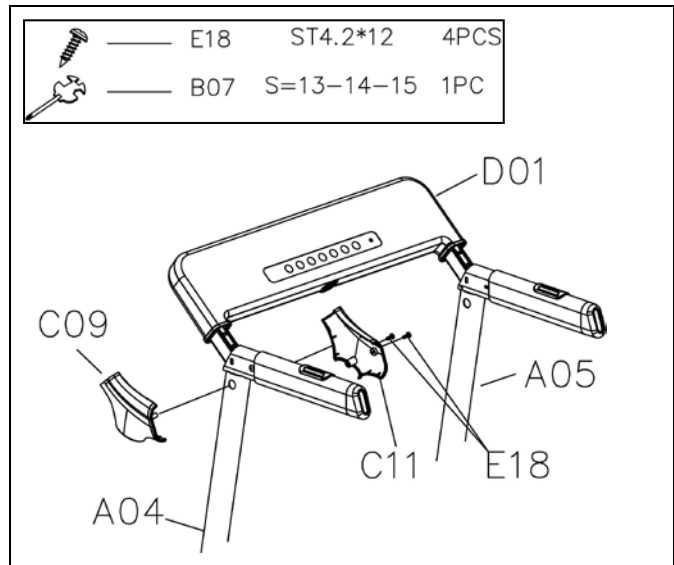


ASSEMBLY INSTRUCTIONS

STEP 5:

Attach the **Left Upright Tube Outside & Inside Covers (No. C09 & No. C11)** to the **Left Upright Tube (No. A04)** using 2 **Screws (No. E18)**. Use **Spanner with Screwdriver (No. B07)** to tighten.

Repeat the step above to assemble the **Right Upright Tube Outside & Inside Covers (No. C10 & No. C12)** to the **Right Upright Tube (No. A05)**.



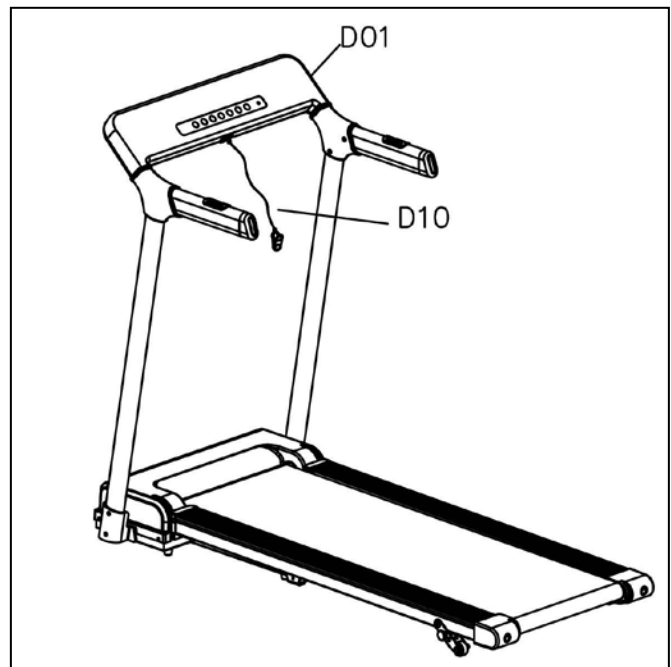
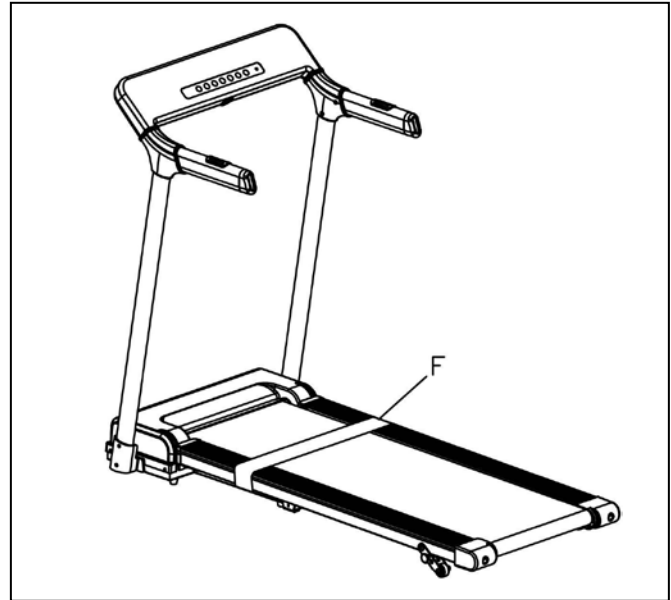
ASSEMBLY INSTRUCTIONS

STEP 6:

You may cut the **Packing Belt (No. F)**.

Insert the **Safety Key (No. D10)** into the magnetic area of the **Console (No. D01)**.

The assembly is now complete!



IMPORTANT NOTE!

You will need to lubricate your treadmill before the first use. See *Page 10*.

LUBRICATING THE TREADMILL

IMPORTANT NOTE:

You will need to lubricate your treadmill before the first use.

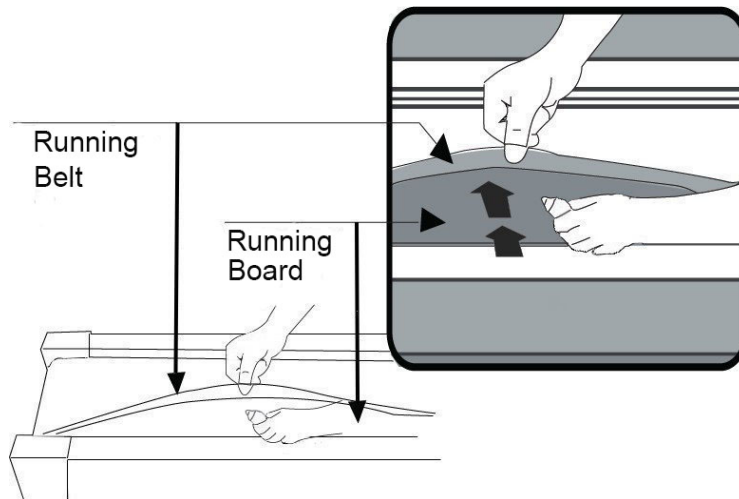
RUNNING BELT & TREADMILL LUBRICANT:

Lubricating the **Running Board (No. D15)** and **Running Belt (No. C23)** is essential as the friction affects the life span and operations of the treadmill. Inspect the **Running Board (No. D15)** and **Running Belt (No. C23)** regularly. If you find any wear on the **Running Board (No. D15)**, please contact us at: service@zoovaa.com.

WARNING: Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

HOW TO LUBRICATE:

1. Raise the **Running Belt (No. C23)** up on one side and apply lubricant to the **Running Board (No. D15)**. Use a rag to thoroughly wipe the lubricant over the **Running Board (No. D15)**. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.
4. **DO NOT LOOSEN OR MAKE ANY ADJUSTMENT TO THE RUNNING BELT WHILE APPLYING LUBRICANT.** A loose **Running Belt (No. C23)** will result in the runner sliding off during use, while too tight of a **Running Belt (No. C23)** will negatively affect the motor's performance and also create more friction between the roller and **Running Belt (No. C23)**. The most suitable tightness for the **Running Belt (No. C23)** is when it is pulled out 50-75mm from the **Running Board (No. D15)**.



The following time table is recommended:

Light user (less than 3 hours/ week)	<i>every six months</i>
Medium user (3-5 hours/ week)	<i>every three months</i>
Heavy user (more than 5 hours/ week)	<i>every two months</i>

MAINTENANCE & CARE

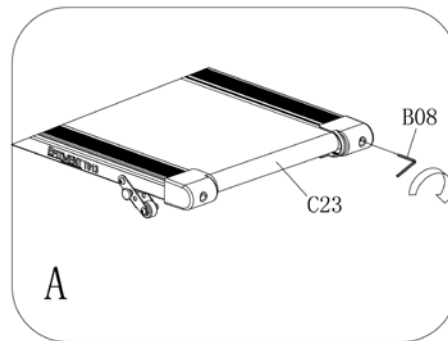
General cleaning will help to prolong the life and improve the performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Cleaning two exposed sides of the **Running Belt (No. C23)** will prevent dust from accumulating underneath the **Running Belt (No. C23)**. Keep your running shoes clean so that dirt from your shoes does not wear out the **Running Board (No. D15)** and **Running Belt (No. C23)**. Clean the surface of the **Running Belt (No. C23)** with a clean damp cloth.

➤ To better maintain and prolong its life of the treadmill it is recommended that the treadmill be powered off for 10 minutes after 2 hours of continue use and fully powered off whenever not in use.

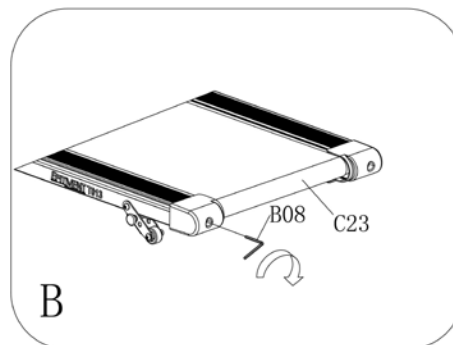
CENTERING THE RUNNING BELT:

Place the treadmill on level ground and set it at 3-5mph to check if the **Running Belt (No. C23)** drifts from the center.

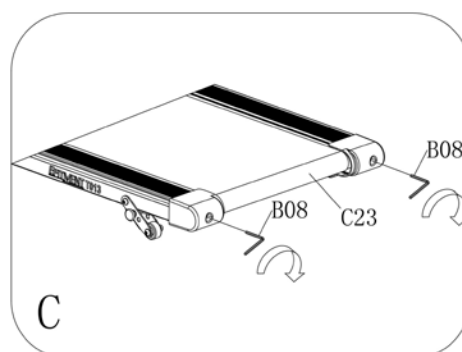
1. If the **Running Belt (No. C23)** drifts to the right, turn the right adjusting bolt $\frac{1}{4}$ turn **clockwise**, then turn the left adjusting bolt $\frac{1}{4}$ turn **counter-clockwise**. If the **Running Belt (No. C23)** does not move, repeat this step until it centers. Refer to Figure A.



2. If the **Running Belt (No. C23)** drifts to the left, turn the left adjusting bolt $\frac{1}{4}$ turn **clockwise**, then turn the right adjusting bolt $\frac{1}{4}$ turn **counter-clockwise**. If the **Running Belt (No. C23)** does not move, repeat this step until it centers. Refer to Figure B.



3. Over time the **Running Belt (No. C23)** will loosen. To tighten the **Running Belt (No. C23)**, turn the left & right adjusting bolts one full turn **clockwise**, check the tension of the **Running Belt (No. C23)**. Continue this process until **Running Belt (No. C23)** is at the correct tension. Make sure to adjust both sides equally to ensure correct **Running Belt (No. C23)** alignment. Refer to diagram C.

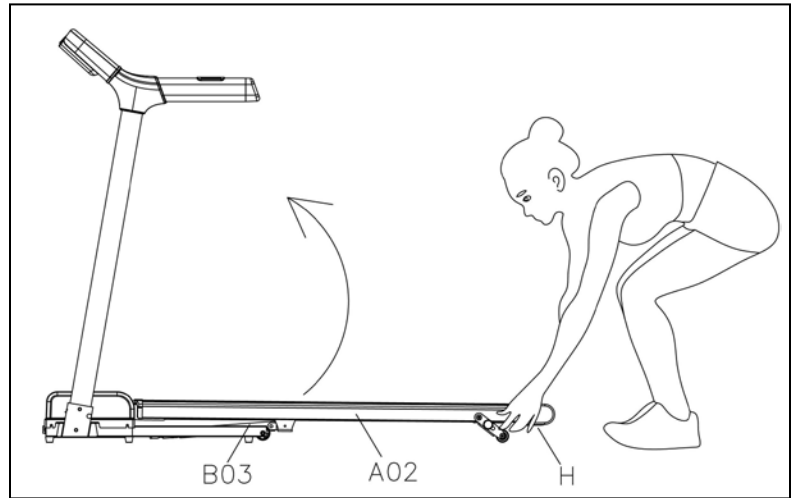


FOLDING INSTRUCTIONS

FOLDING:

Place your hand at position “H” and lift up on the **Main Frame (No. A02)** until the **Air Pressure Cylinder (No. B03)** “K” locks into the tube.

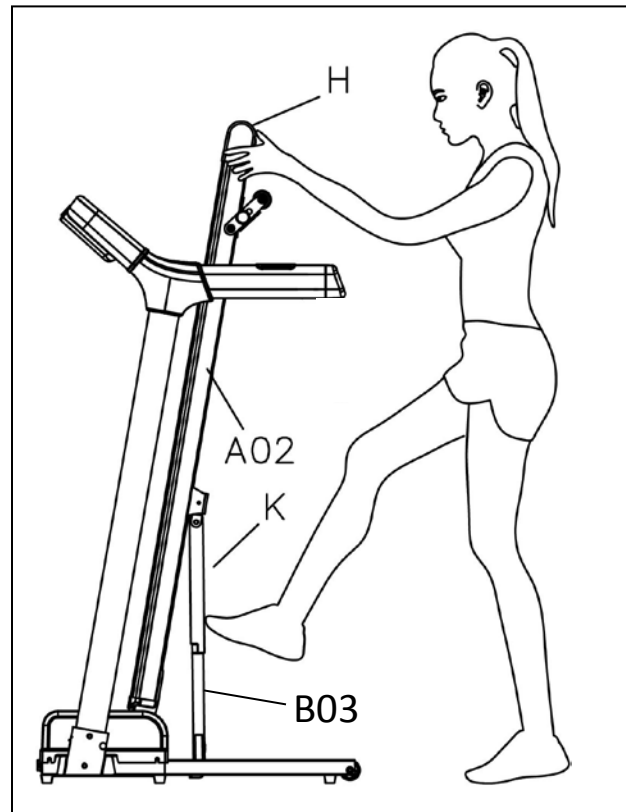
When the **Air Pressure Cylinder (No. B03)** successfully locks into the tube, you will hear a clicking sound.



UNFOLDING:

Before lowering the **Main Frame (No. A02)**, ensure that the space directly underneath it is clear of any objects and the power is turned off.

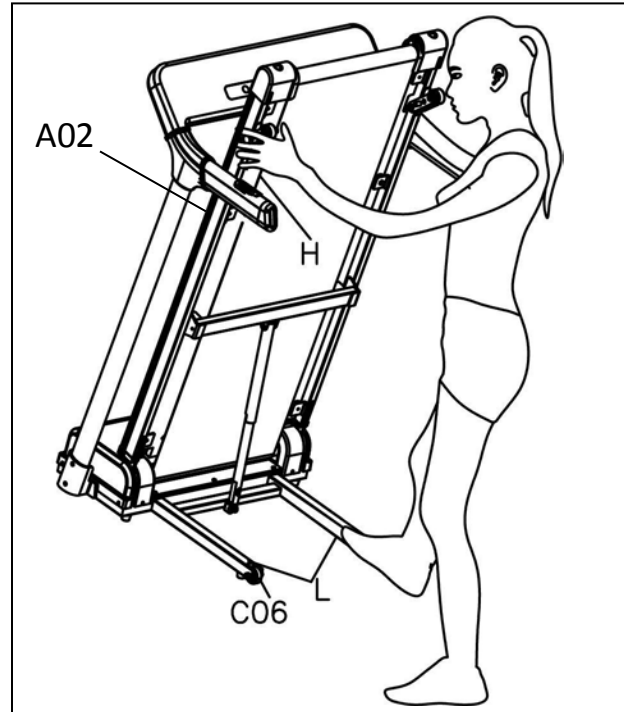
Grasp the **Main Frame (No. A02)** at position “H” with one hand. Next, using your foot, firmly push against the **Air Pressure Cylinder (No. B03)** “K” and press down on the **Main Frame (No. A02)**. Once the **Main Frame (No. A02)** has been pushed down, it will automatically continue to steadily lower itself until it reaches level ground.



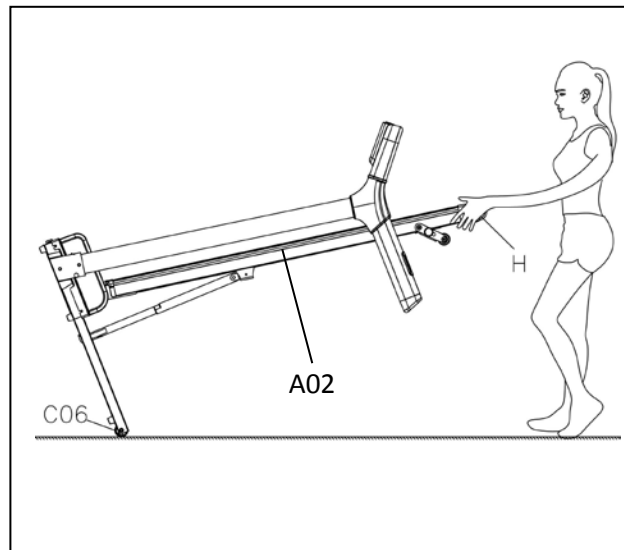
HOW TO MOVE THE MACHINE

Before attempting to move the treadmill, make sure that it has been properly folded. Unplug the power wire.

To tilt, start by placing one hand at position “H” to support the top end of the treadmill. Next, place one foot at position “L” to hold the bottom end of the treadmill steady. With your foot at “L”, slowly tilt the top of the treadmill downward towards the ground. Once the **Main Frame (No. A02)** “H” reaches a low enough point, the **Transportation Wheels (No. C06)** of the treadmill touch the ground.



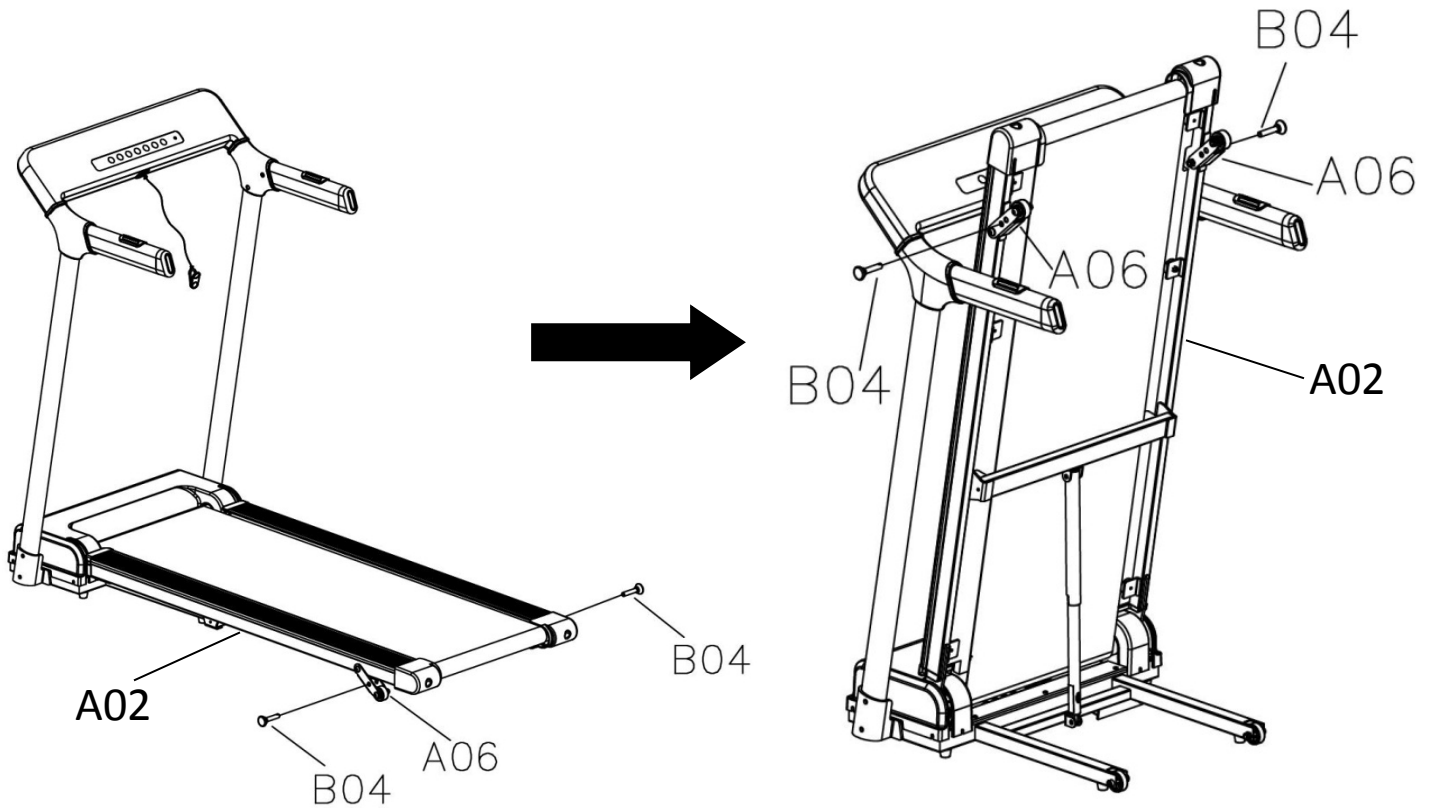
To transport, hold the treadmill from position “H” and tilt until the **Transportation Wheels (No. C06)** “L” are able to move on the ground.



ADJUSTING THE INCLINE

ATTENTION: For your safety and convenience, always fold the treadmill (as shown below) before attempting to adjust the incline.

There are two holes located on the **Adjustable Board (No. A06)**. To adjust the level of incline, remove the 2 **Fixing Pins (No. B04)** from the left and right sides. Align the holes of the **Adjustable Board (No. A06)** to the holes located on the **Main Frame (No. A02)**. Once you have located your desired incline level, reinsert the 2 **Fixing Pins (No. B04)** back through the holes.



IMPORTANT ELECTRICAL INFORMATION

WARNING: This treadmill requires a power source of **10 amps (100-120V)** in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before powering the equipment. Any power source above or below this level could cause significant damage to the equipment and/or user.

GROUNDING METHODS:

This product must be grounded. Should the treadmill malfunction or breakdown, grounding provides a path of least resistance for electric current and will reduce the risk of electric shock. This product is equipped with a plug that has an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product is connected to an outlet which contains the same configuration as the plug. Do not use an adaptor for this product.

This product is for use on a nominal 100-120V circuit and has a grounding plug that looks like the plug illustrated in sketch A.

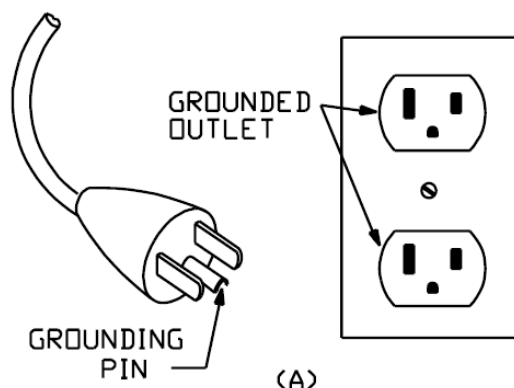
DANGER:

Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by an qualified electrician.

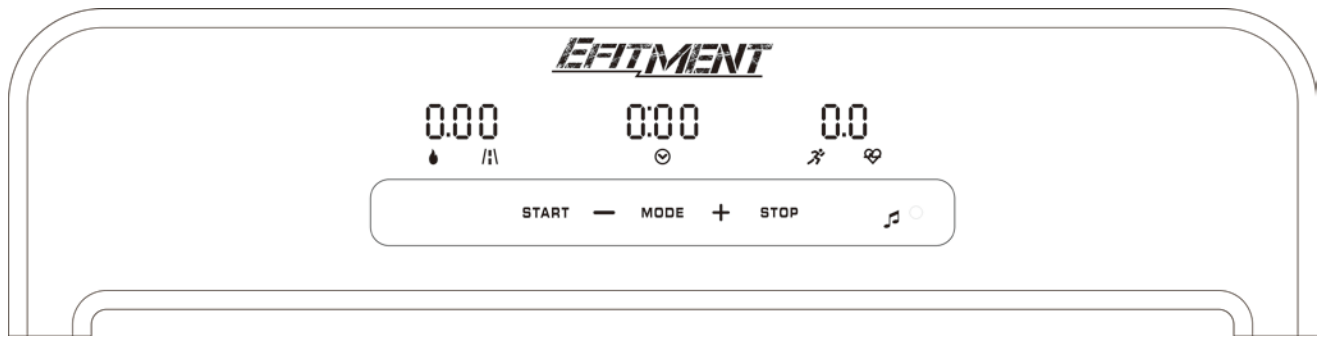
WARNING!

1. NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from all moving parts of the treadmill including the elevation mechanism and transportation wheels.
2. NEVER operate the treadmill using a generator or UPS power supply.
3. NEVER remove any cover without first disconnecting the power cord.
4. NEVER expose the treadmill to rain or moisture. This treadmill is not designed for outdoor use or use in any other high humidity environment.

GROUNDING METHOD



THE DISPLAY CONSOLE



QUICK START:

1. Insert the magnetic end of the **Safety Key (No. D10)** into the console. Turn on the power switch.
2. Press the START button, and the system will automatically display a 3 seconds countdown. Once the countdown reaches zero, the running belt will start at the initial **default speed of 0.5 MPH**.
3. To adjust the speed, you can use the SPEED +/- buttons.

***NOTE: The maximum speed on this treadmill is 7.5 MPH.**

CONTROL FUNCTIONS:

1. Press the – SPEED button to reduce the running speed.
2. Press the + SPEED button to increase the running speed.
3. Pressing the STOP Button will pause the running belt and current workout data. Pressing the STOP button again will terminate current workout session completely.
4. Holding the pulse sensors located on the handrails with both hands for 5 seconds will calculate and display the runner's heartbeats per minute (BPM) on the computer display screen.

WINDOW DISPLAY

1. **SPEED/ PULSE:** The speed range is 0.5-7.5 MPH. 0.5 MPH is the default running speed. When the runner holds both hands on the pulse sensors (located on the handrails), the system will calculate the runner's heartbeats and display it in this window. The pulse range is 50-200 beats/min (This data is just for reference, and cannot be used as the medical data).
2. **TIME:** Displays the time elapsed (0:00-99:59 MINS). If the time reaches 99:59, the treadmill will stop smoothly and display "END" then automatically reset to 0:00 after 5 seconds. When in Countdown Mode, it will count from the setting time to 0:00. When the clock reaches 0:00, the treadmill will stop smoothly and display "End" then automatically reset itself after 5 seconds.
3. **CALORIES/DISTANCE:** Displays the number of calories burned from 0 to 999 KCAL. When the count reaches 999, it will reset and start back from 0. When in Countdown Mode, it will count down from the desired setting to 0. Once it reaches 0, the treadmill will stop smoothly and display "End", then automatically reset to the initial setting after 5 seconds.
Displays the distance traveled (0.0-99.9 MILES). When the clock reaches 99.9, it will reset to 0.00 and begin counting again from 0.0. When in Countdown Mode, it will count down from the setting data to 0.00. When it reaches 0.00, the treadmill will stop smoothly and display "End" and automatically reset to the initial setting after 5 seconds.

When setting PROGRAMS, the speed is programmed in intervals; PROGRAMS are from P1-P9.

THE DISPLAY CONSOLE

PROGRAMS	Initial	Default Value	Set Range	Display Range
TIME(MIN:SECOND)	0:00	15:00	5:00-99:00	0:00—99:59
SPEED(MPH)	0.5	0.5	0.5-7.5	0.5-7.5
DISTANCE(MILES)	0.00	1.00	0.50-99.9	0.00—99.9
PULSE(BPM)	P	N/A	N/A	50-200
CALORIE(KCAL)	0	50	10-999	0—999

FUNCTION KEYS:

- START:** To start the treadmill, insert the magnetic end of the **Safety Key (No. D10)** into the console and then press the START button. This treadmill requires the **Safety Key (No. D10)** in order to start. 0.5 MPH is the default start speed.
- STOP:** This button has functions of PAUSE and STOP. When in use, press this button once to pause your workout and the current workout data will still be shown. Press STOP again to terminate your workout session complete and all data will be deleted and reset to the initial setting.
- MODE:** When stopped, press this button to select a MODE. Pressing once will enter “0.0”, the default operating mode. H1 is the TIME Countdown Mode starting from 15:00 MINS. H2 is the DISTANCE Countdown Mode starting from 1 MILE and H3 is the CALORIES Countdown Mode which starts from 50 KCAL. P1-P2.....P9 are preset programs. When setting each mode and programs, you can press speed +/- buttons to increase or decrease from the set data. Press START to start the treadmill.
- SPEED +/-:** Press the speed +/- buttons to increase or decrease the speed in increments of 0.1 MPH. Pressing and holding either of these buttons for a duration of over ½ a second will increase or decrease the speed continually.

PLAYING MUSIC

You can connect your mobile device to the treadmill to play music. You can choose the music and adjust the volume of music using your device buttons. There are 2 ways to connect:

1. Connect your device using the **MP3 Wire (No. G05)**.

2. Connect your device using Bluetooth.

To connect using Bluetooth, make sure the **MP3 Wire (No. G05)** is disconnected. If the **MP3 Wire (No. G05)** is connected, the Bluetooth will not function. From your mobile device, select SYMK from the list of available devices and connect. If the mobile device receives a phone call while it is connected using Bluetooth, the treadmill Bluetooth will automatically disconnect. When you want to resume playing music on the treadmill, you will have to connect again.

THE DISPLAY CONSOLE

LUBRICATION REMINDER

Your treadmill needs lubrication maintenance every 188 miles. The system will release a beeping sound every 10 seconds and display an "OIL" icon on your LCD display to remind you when it's time. Please read the LUBRICATING THE TREADMILL on Page 10 to learn the proper steps to lubricate your treadmill. Apply the lubricating oil to the middle of the running board on both sides. After application, press and hold the STOP button for 3 seconds to clear the reminder.

INTERVAL PROGRAMS (P1-P9):

Press the MODE button to select an interval setting. Programs are displayed as P1-P9. Select the desired program, and the console will display a countdown starting from 10:00 MINS, press SPEED +/- buttons if you wish to increase or decrease the exercise time. Press the START button to start the interval program. The interval program is divided into 10 sections. Each exercise time equals the setting time divided by 10. When the speed enters the next interval, the treadmill will beep, and the speed will be changed according to the set interval. Press SPEED +/- buttons to change the speed. After finishing one program, the system will beep and display END. The treadmill will gradually come to a stop, then automatically reset to the initial setting after 5 seconds.

		TIME INTERVAL= setting time/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.2	2.5	1.8	2.5	1.8	3.1	2.5	1.2	3.1	1.8
P2	SPEED	1.2	3.1	2.5	3.7	2.5	3.7	2.5	1.2	2.5	1.2
P3	SPEED	1.2	3.1	2.5	3.1	2.5	3.1	2.5	1.2	1.8	1.2
P4	SPEED	1.8	3.7	4.3	3.1	5	3.1	5.6	3.7	2.5	1.8
P5	SPEED	1.8	3.7	4.3	3.1	5	3.7	4.3	3.7	2.5	1.8
P6	SPEED	1.2	5	3.7	2.5	3.1	5.6	4.3	3.1	2.5	1.8
P7	SPEED	1.2	3.7	4.3	2.5	2.5	4.3	2.5	1.2	2.5	1.2
P8	SPEED	1.2	2.5	3.7	5	4.3	5	3.7	1.2	1.8	1.2
P9	SPEED	1.2	2.5	3.1	3.1	3.7	3.1	3.7	1.8	1.8	1.2

TREADMILL FUNCTIONS

SAFETY LOCK FUNCTION:

Removing the **Safety Key (No. D10)** from the **Console (No. D01)** while the treadmill is running will cause it to stop immediately. Once the treadmill reaches a full stop, the window display of the **Console (No. D01)** will show “- - -” and the buzzer will beep 3 times. To start the treadmill again, insert the magnetic end of the **Safety Key (No. D10)** into the **Console (No. D01)** and press the START button.

POWER SAVE FUNCTION:

When the treadmill has been idle for 10 minutes, it will enter Power Saving Mode. While the treadmill is in this mode, the window display of the **Console (No. D01)** will be turned off. To turn it back on, press any button.

POWER ON:

Flick the power switch to this symbol to turn on the treadmill.

POWER OFF:

Flick the power switch to this symbol to turn the treadmill off at anytime. This includes during exercise.

SAFETY NOTE:

1. We recommend that you maintain a slow speed at the beginning of a session and hold the handrails until you have become familiar with the treadmill.
2. Insert the magnetic end of the **Safety Key (No. D10)** into the **Console (No. D01)** and attach the opposite end (containing the safety clip on it) to your clothing before starting your workout. To end your workout, press the STOP button or remove the **Safety Key (No. D10)** and the treadmill will stop immediately.

EXERCISE INSTRUCTIONS

GETTING STARTED:

Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the treadmill properly.

Be aware of your body's signals. Incorrect or excessive exercise can damage your health.

Stop exercising immediately if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea.

Get to know your treadmill. Before attempting to use the treadmill take some time to stand alongside and familiarize yourself with the controls.

1. Once you get on, you can stand with your feet on the side rails and stabilize yourself by holding onto the handrails.
2. Next, attach the clip end of the **Safety Key (No. D10)** to your clothes and insert the magnetic end of the **Safety Key (No. D10)** into the console.
3. Press the START button to start the treadmill.
4. The treadmill will start at the console default setting speed of **0.5 MPH**. When you feel comfortable, you may slowly increase this speed.
5. When you are finished with your exercise, press the STOP button to stop the treadmill or you can remove the magnetic end of the **Safety Key (No. D10)** to stop the treadmill.

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
Treadmill will not start.	Not plugged in.	Plug power cord into outlet.
	Safety Key is not inserted.	Insert Safety Key.
Running belt is not centered.	Running belt tension is not correct on the left or right sides of the running board.	Tighten the left and right adjusting bolts of the rear roller.
Computer is not working.	Wires from the computer and bottom control board are not properly connected.	Check wire connections from the console to the control board.
	Transformer is damaged.	If the transformer is damaged, contact customer service.
E01 or E13: Message failure.	Wires from the console and bottom control board are not properly connected.	Check wire connections from the console to the control board. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E02: Burst clash protection.	Incoming voltage is lower than 50% of the required voltage.	Check that the incoming power supply is the correct voltage.
E03: No speed sensor signal.	Speed sensor signal cannot be received by the control board.	Check that the sensor wire is properly connected. If damaged, replace wire. Check to see if the magnetic sensor is damaged, replace if necessary.
E05: Current overload protection (Self Protecting System).	The incoming voltage is too low or too high. The control board is damaged.	Restart the treadmill. Check the incoming voltage to ensure it's correct. Check the control board, replace if damaged.
	A moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly. Check the motor, listen for strange noise and check for a burning smell. Replace the motor if necessary.

E06: Motor Abnormality.	The motor wire is not connected or the motor is damaged.	Check motor wires to see if the motor is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the motor.
E08: Control Board Abnormality.	The control board is not connected.	Check the upper and middle wires to see if the control board is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E10: Motor Abnormality.	The motor is damaged or a moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly. Replace the motor if necessary.

NOTE: If you are unable to resolve an issue using the troubleshooting guide above, please contact Customer Service at service@zoovaa.com