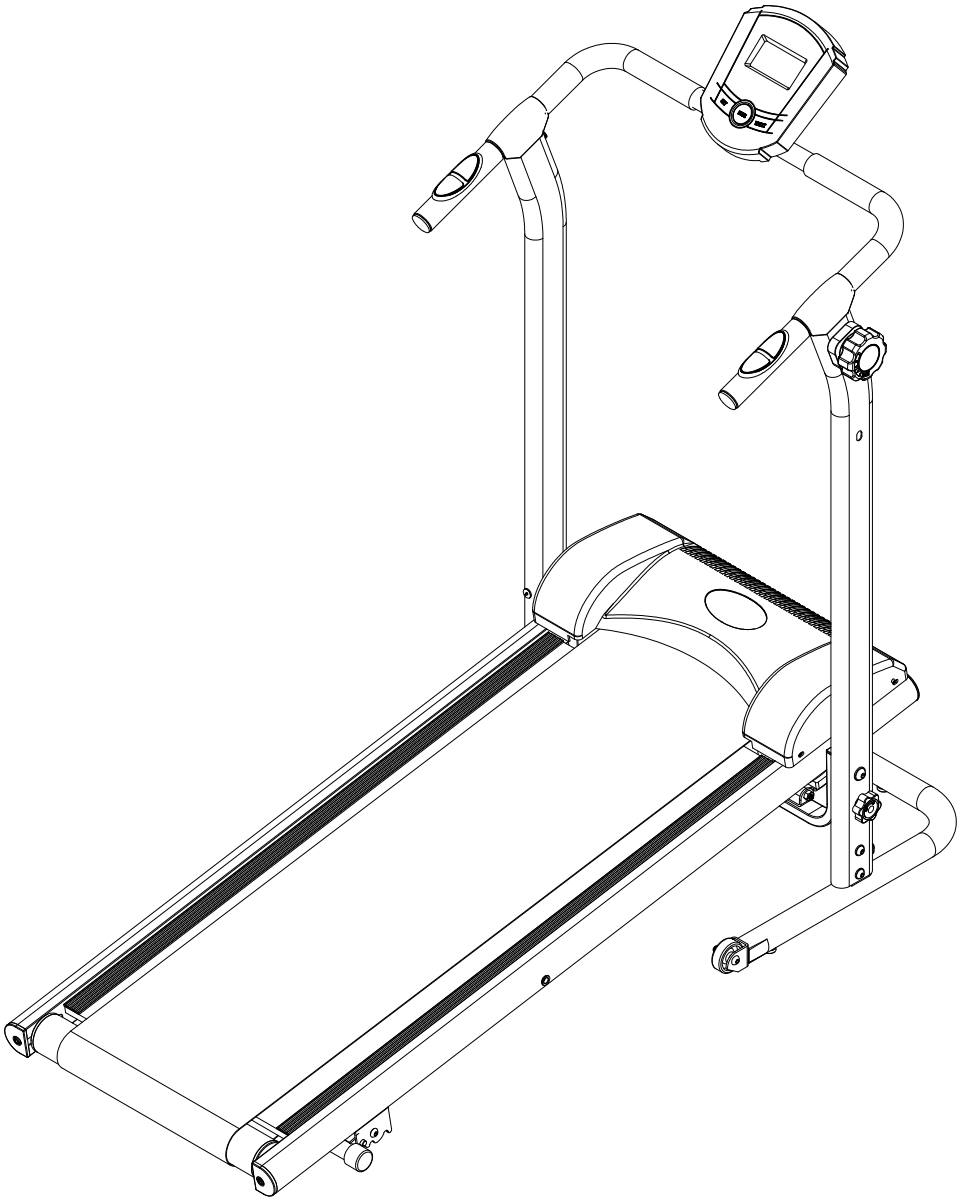


T016 ADJUSTABLE INCLINE MAGNETIC MANUAL TREADMILL USER MANUAL

IMPORTANT ! Read all instructions carefully before using this product. Retain this manual for future reference. For customer service, contact service@zoovaa.com.

PRECAUTIONS

WARNING:TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING

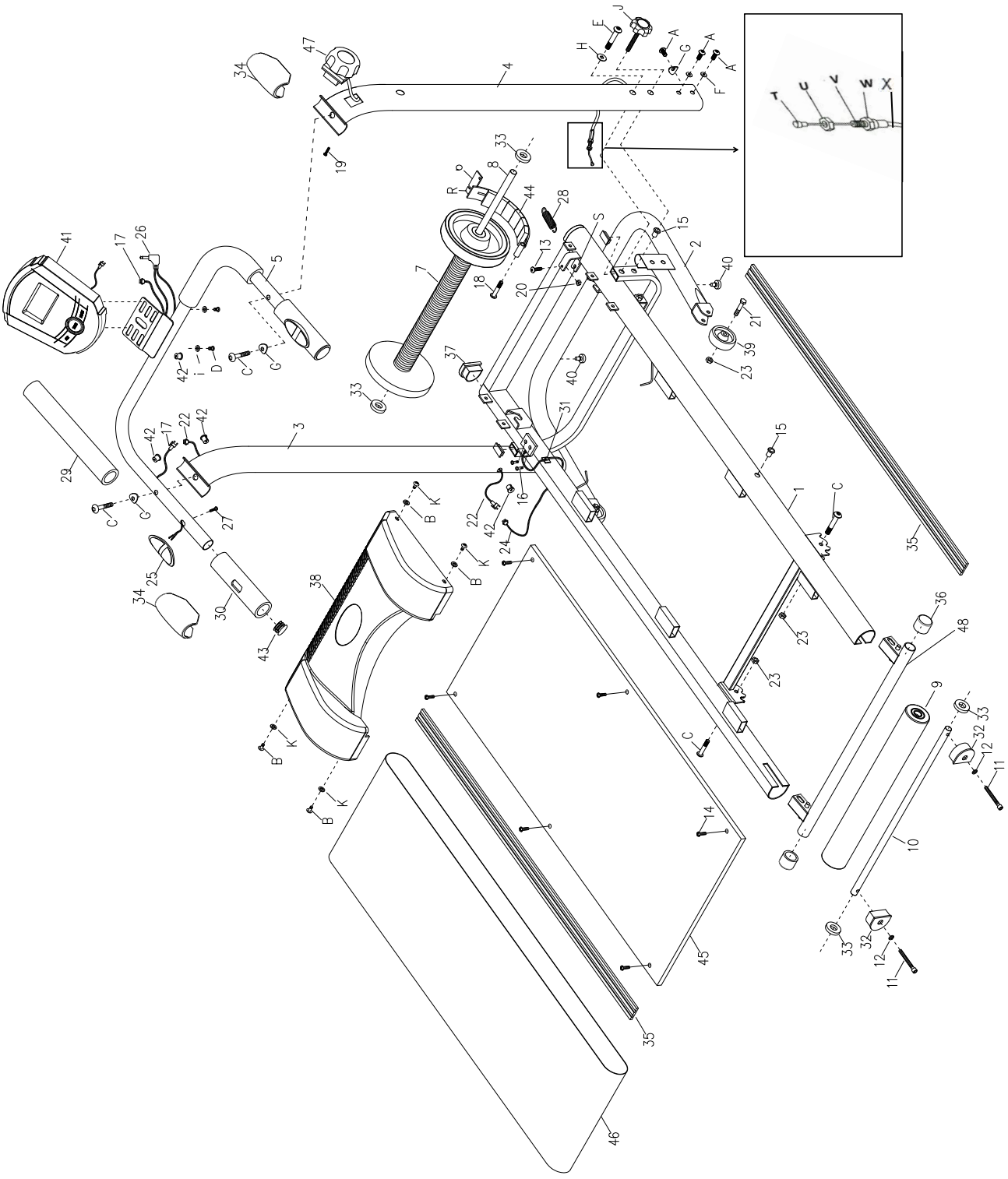
IMPORTANT PRECAUTIONS BEFORE USING THE TREADMILL.

1. Read all instructions in this instruction book before using the treadmill. Use the treadmill only in the way described in this instruction book.
2. It is the responsibility of the owner to ensure that all users are adequately informed of all precautions.
3. Use the treadmill indoors on a level surface, and keep at least 3 feet of free space all around it.
4. Check the treadmill regularly for damage, wear or tear. Replace defective components immediately. If there are any defective components, do not use the treadmill.
5. Keep children away from the treadmill at all times.
6. Wear appropriate clothing and athletic shoes. Do not wear loose clothing or jewelry when exercising.
7. If you feel pain or dizziness while exercising, stop immediately.
8. The treadmill is intended for home use only.
9. The treadmill is not intended for therapeutic purposes.
10. Maximum user weight is 220 lbs.

WARNING: BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. THIS IS ESPECIALLY IMPORTANT FOR PEOPLE WITH HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THE TREADMILL.

WARNING: This product can expose you to one or more chemicals known to the State of California to cause cancer and birth defects or reproductive harm. For more information go to www.P65Warnings.ca.gov.

EXPLODED VIEW



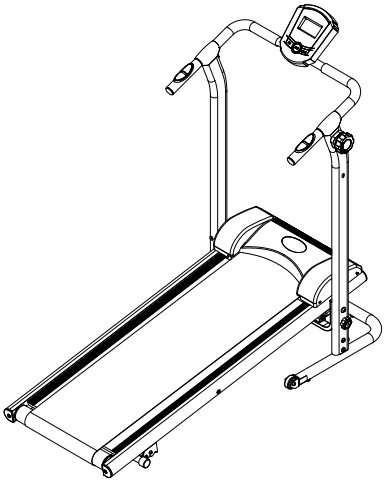
PART LIST

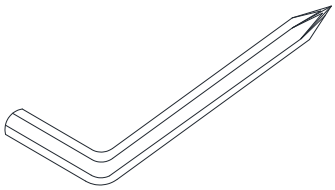
NO.	DESCRIPTION	QTY
1	Main frame	1
2	Bottom frame	1
3	Left side hand post	1
4	Right side hand post	1
5	Handle bar	1
6	Base of the magnet	1
7	Front roller	1
8	Front axle	1
9	Rear roller	1
10	Rear axle	1
11	Bolt M6*75L	2
12	Washer OD13*ID6.2	2
13	Bolt M6*75L	2
14	Bolt M5*20L	6
15	Nut	2
16	Bolt M3*10L	2
17	Sensor wire connector	1
18	Bolt M8*45L	1
19	Bolt M5*20L	1
20	Bolt M6	1
21	Bolt M8*40L	2
22	Sensor wire connector	1
23	Nut M8	4
24	Sensor	1
25	Hand pulse sensor	2
26	Hand pulse sensor connector	1
27	Bolt M4*20L	2
28	Spring	1
29	Handle bar grip	2
30	Handle bar grip (with hole)	2
31	Clasp	1
32	Rear end cap	2
33	Plastic washer	4
34	Cover of handle	2
35	Side rail	2

PART LIST

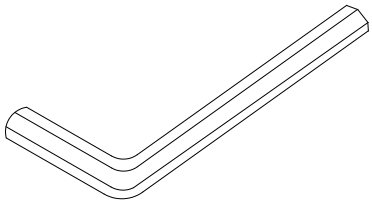
NO.	DESCRIPTION	QTY
36	End cap	2
37	Front end cap	2
38	Plastic cover	1
39	Plastic wheel	2
40	Base frame cushion	4
41	Computer	1
42	Plug	4
43	Plastic end cap	2
44	Magnet	6
45	Running board	1
46	Running belt	1
47	Tension knob	1
48	Incline Adjuster	1
A	Bolt M8*15L	6
B	Bolt M6*10L	4
C	Bolt M8*45L	4
D	Bolt M4*12L	2
E	Bolt M10*60L	2
F	Washer OD16*ID8.3	4
G	Arc washer OD16*ID8.3	4
H	Washer OD22*ID10.3	2
I	Washer OD12*ID4.2	2
J	Knob M8*60L	1
K	Washer OD13*ID6.1	4
L	Wrench S5	1
M	Wrench S6	1
R	Baffle Plate	1
S	Tension permanent seat	1
T	Steel wire cap	1
U	Tension nut	1
V	Tension bolt	1
W	Tension nut-2	1
X	Tension sleeve	1

ASSEMBLY





5MMx1

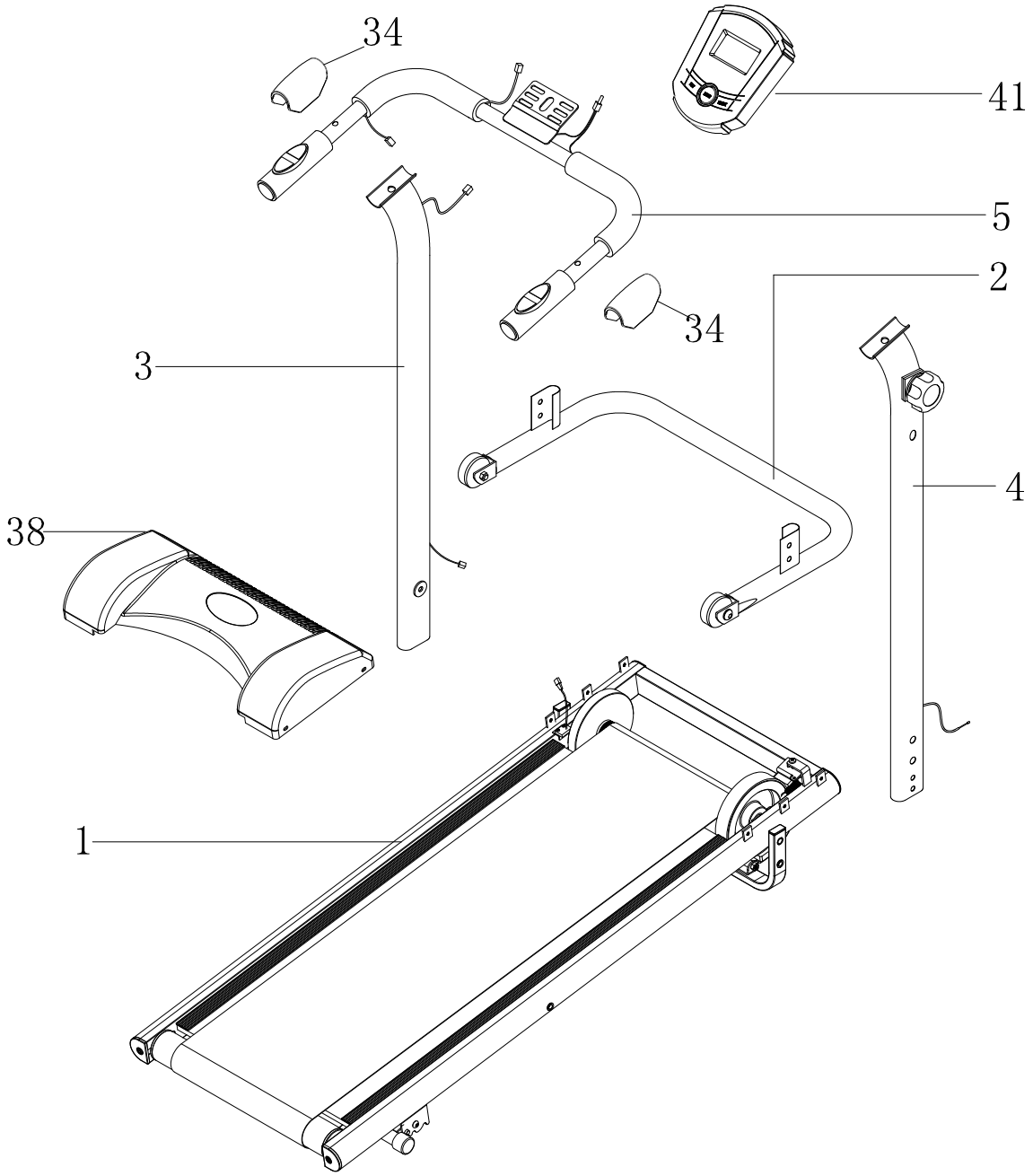


6MMx1

NOTICE

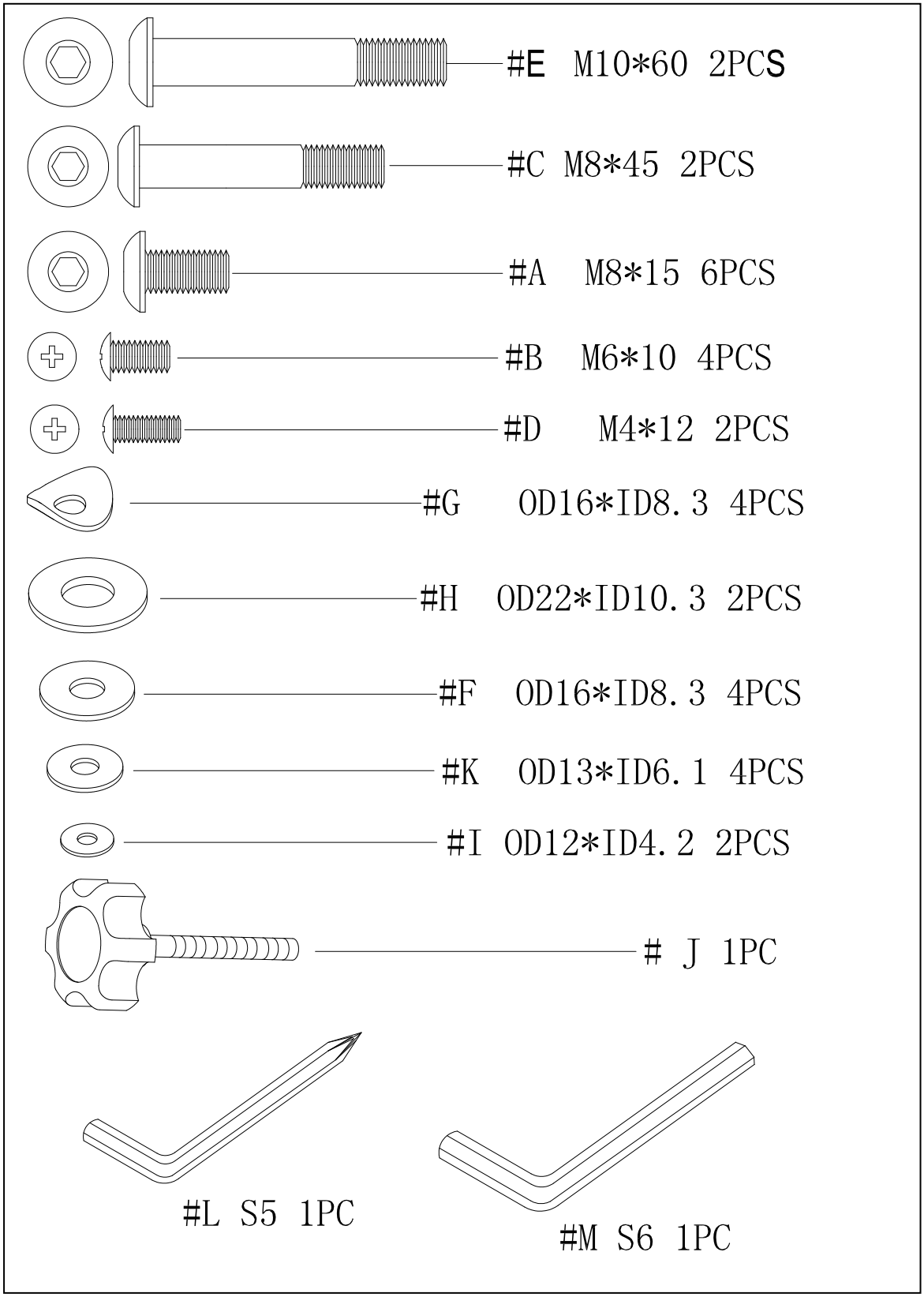
- Read this manual before assembly.
- Check that you have all the parts for assembly.
- Check the hardware.
- Ensure that you have the right tool.
- Prepare an area to assemble.
- Follow the instructions accordingly.
- Never force the joints.

ASSEMBLY



NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
1	Main Frame	1	5	Handle Bar	1
2	Bottom Frame	1	38	Plastic Cover	1
3	Left Side Hand Post	1	41	Computer	1
4	Right Side Hand Post	1	34	Cover of Handle	2

ASSEMBLY PARTS LIST

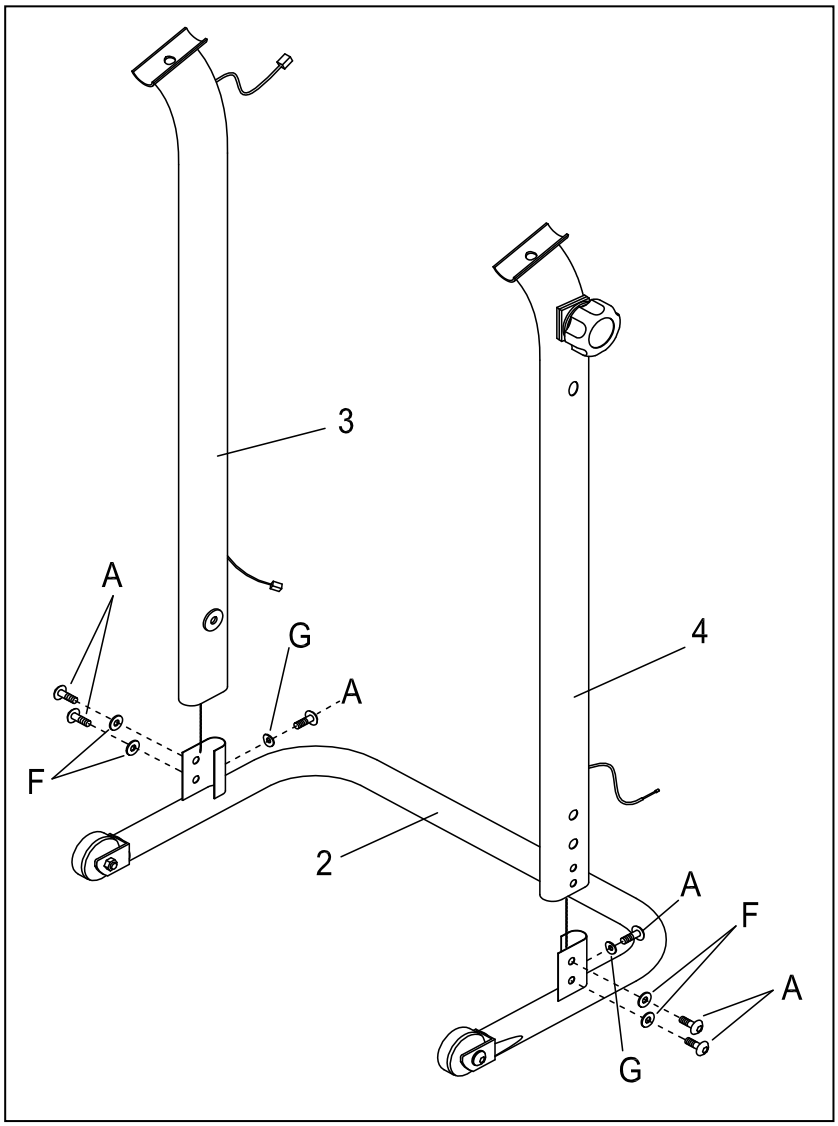


ASSEMBLY

NOTE: The assembly parts list is included for your reference. <u>Some parts are preassembled on the machine.</u> In these instances, simply remove and reinstall the parts as required.

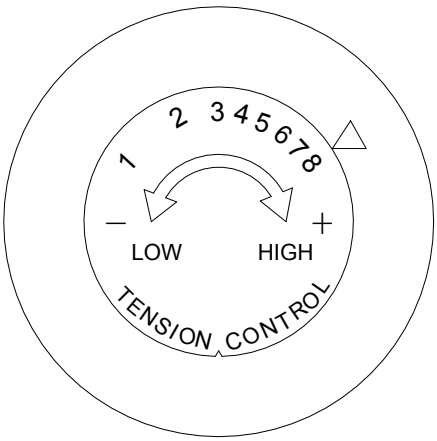
STEP 1

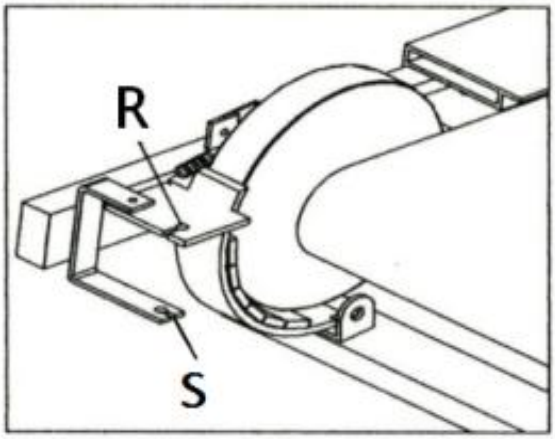
Attach **Right and Left Side Hand Posts (3 & 4)** to the **Bottom Frame (2)**, then fasten them with **Bolts, Washers and Arc Washers (A, F & G)**.

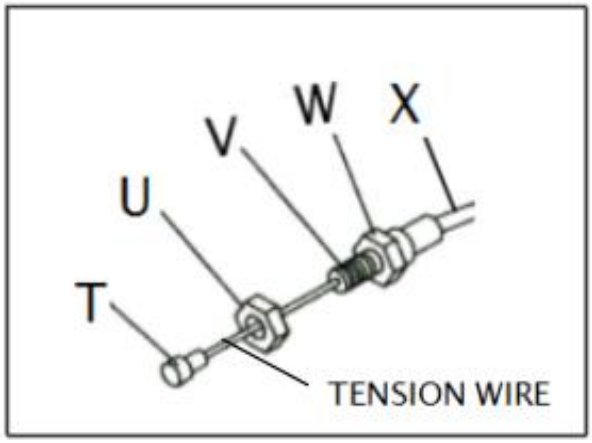


STEP 2

Before you assemble the tension cable, make sure that it is at level 8.

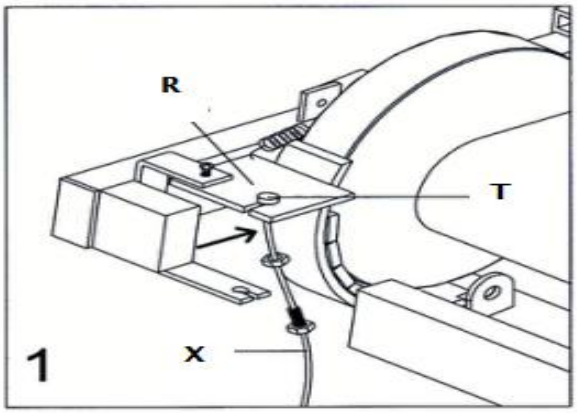


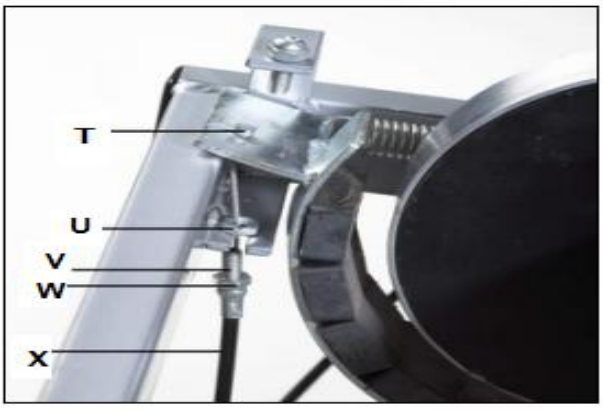




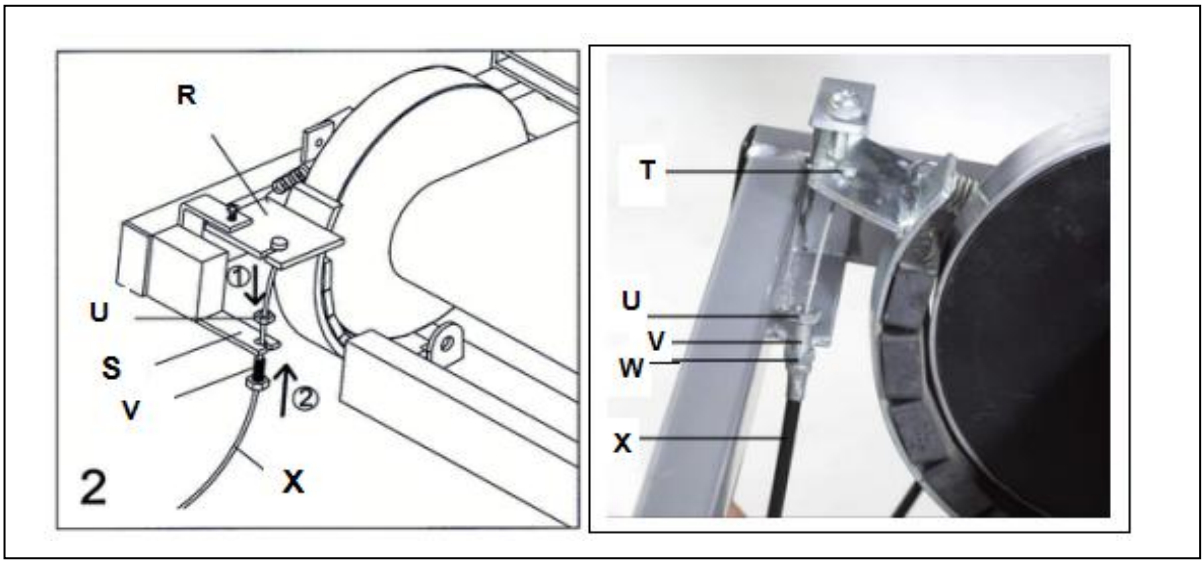
To assemble the magnetic tension adjustment mechanism:

1. Insert tension wire into the gap in **Baffle Plate (R)**, then lower **Steel Wire Cap (T)** into the hole in R. Then insert tension wire into the gap in **Tension Permanent Seat (S)**, keeping **Tension Net (U)** between **Baffle Plate (R)** and **Tension Permanent Seat (S)**.

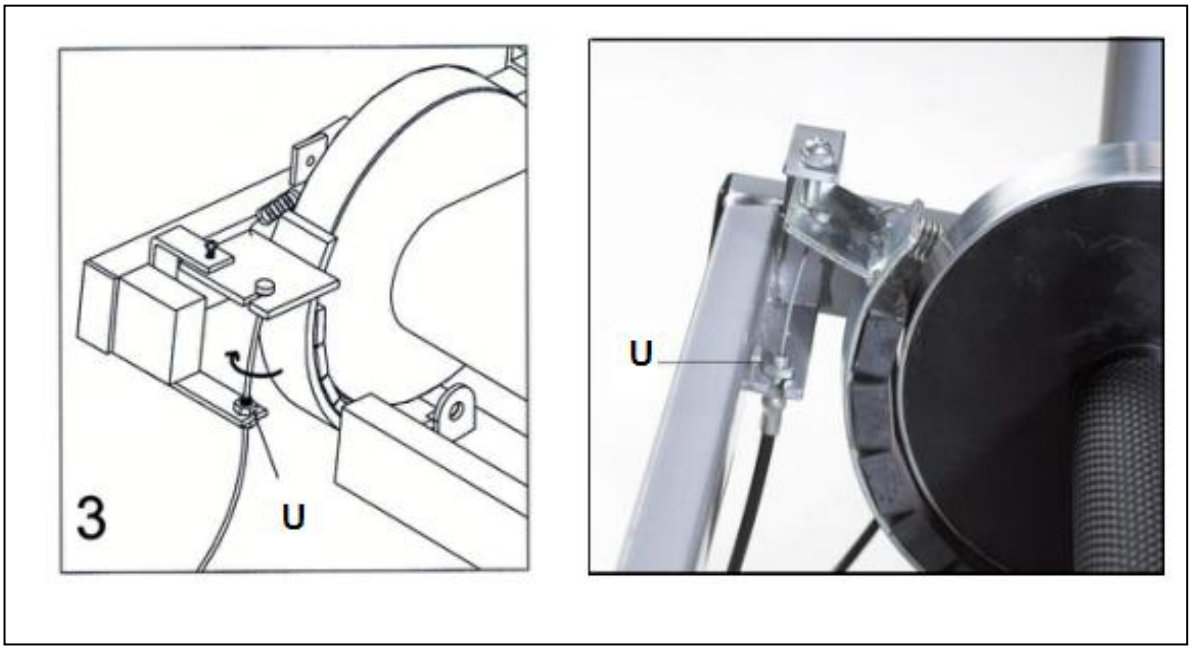




2.Pull **Tension Sleeve (X)** downward to bring **Baffle Plate (R)** close to **Tension Permanent Seat (S)**, then insert V into **Tension Permanent Seat (S)**.

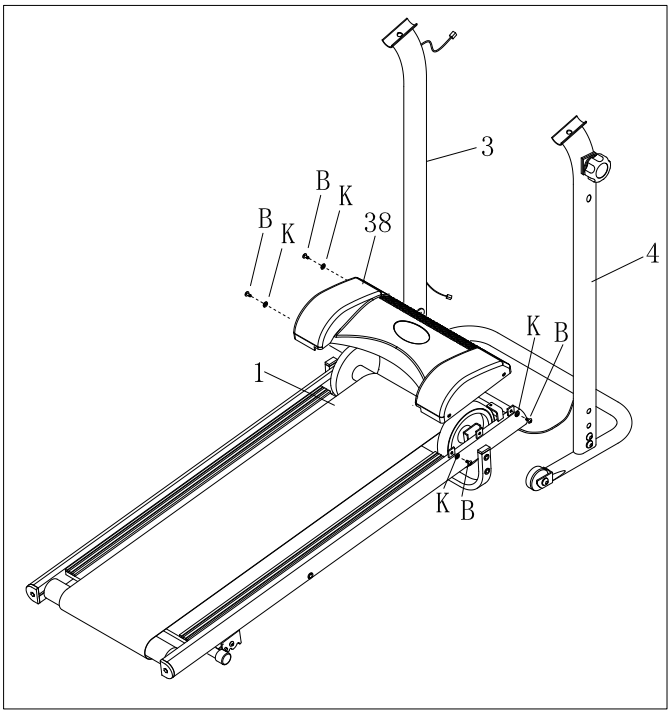


3. Turn **Tension Nut (U)** clockwise in order to tighten **Tension Nut (U)** and **Tension Bolt (V)** well.



STEP 3

Cover the flywheels with **Plastic Cover (38)**, then secure it with **Screws (B)** and **Washer (K)**.



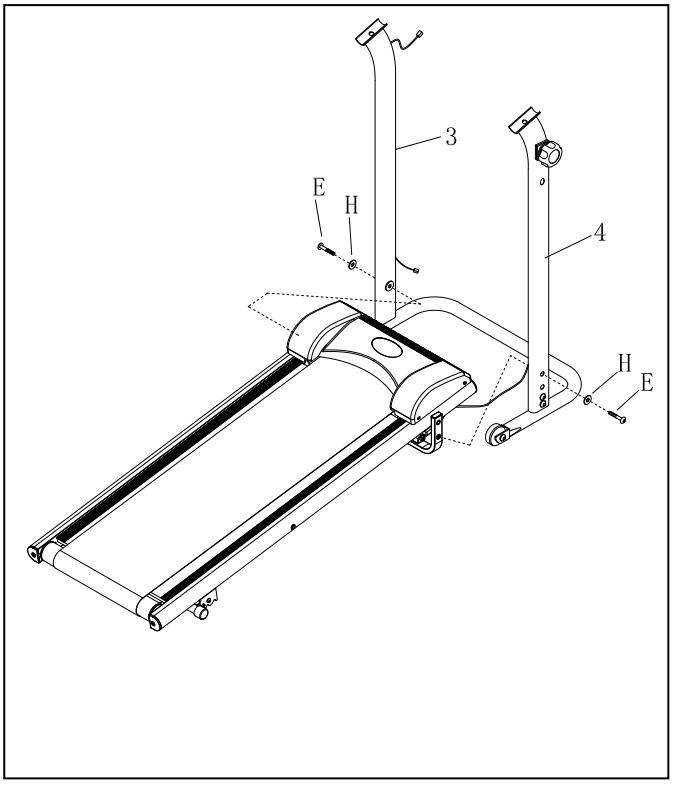
STEP 4

Ensure the holes are aligned.

Stabilize the **Right and Left Side Hand Posts (3 & 4)** and raise the **Main Frame (1)**.

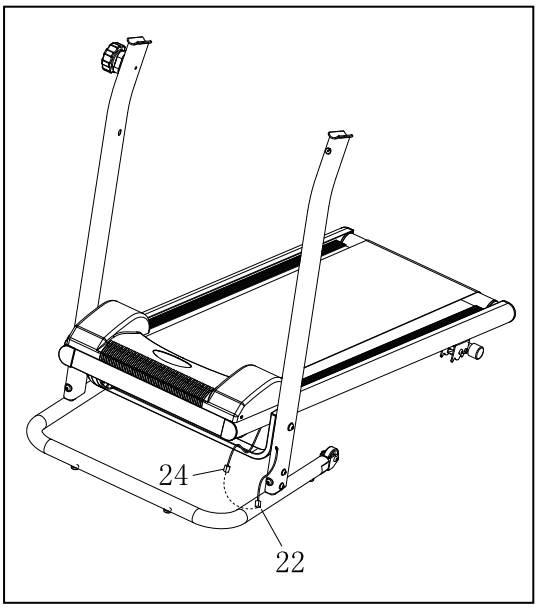
Attach **Right and Left Side Hand Posts (3 & 4)** to the **Main Frame (1)** and secure them with **Bolts (E)** and **Big Washers (H)**.

Do not tighten all the way yet.



STEP 5

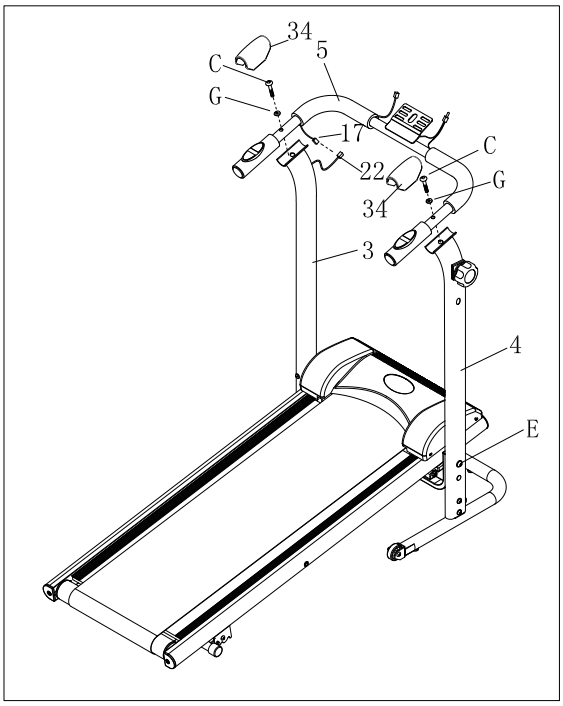
Connect the **Sensor Wire Connectors (24 & 22)**.



STEP 6

Place the **Handrail (5)** onto the **Right and Left Side Hand Posts (3&4)** and secure them with **Bolts (C)** and **Arc Washers (G)**. Connect the **Sensor Wire Connectors (17 & 22)**. Put the **Cover of Handle (34)** on the handle bar.

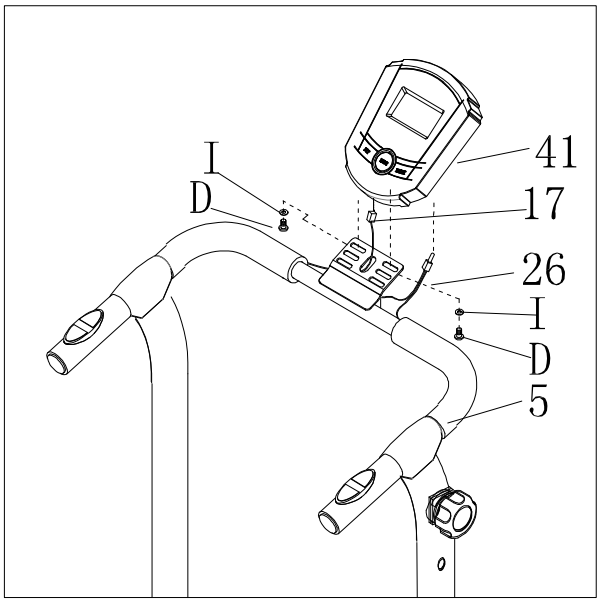
Then tighten **Bolts (E)**.



STEP 7

Unscrew **Bolt (D)** and **Washer (I)** from plastic base of the **Computer (41)**.

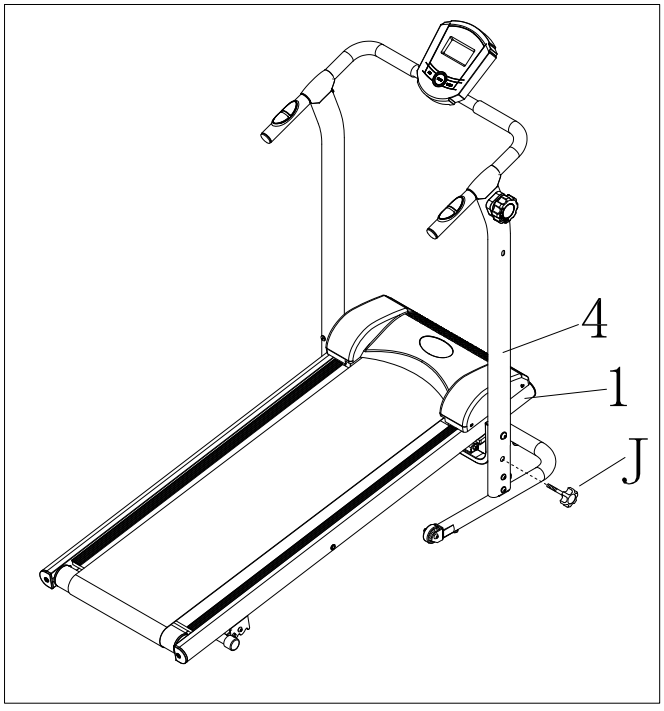
Attach the **Computer (41)** to the **Handrail (5)**, insert the **Sensor Wire Connector (17)** and the **Hand Pulse Connector (26)** into the **Computer (41)**, and then secure with **Bolt (D)** and **Washer (I)**.



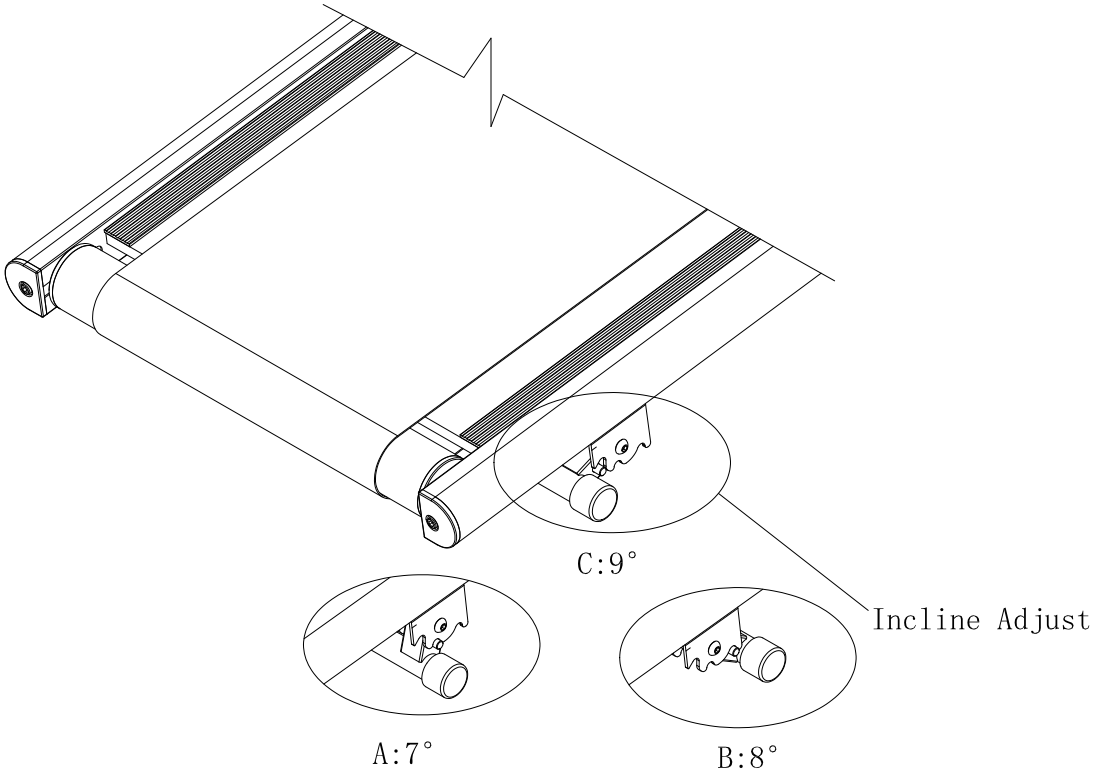
STEP 8

Screw the **Knob (J)** into the bottom holes of the **Right Side Hand Posts (4)** the **Main Frame (1)**.

Now your treadmill is assembled.



Check all the parts are fastened or tightened before using.



NOTE: Always use proper lifting technique to prevent injury.

ADJUSTING THE INCLINE

There are 3 incline angles (A: 7°, B: 8°, C: 9°).

To adjust the incline, lift the rear end of the main frame up, and use your other hand to adjust the incline adjuster to the desired position.

FOLDING

Loosen **Knob (J**) completely

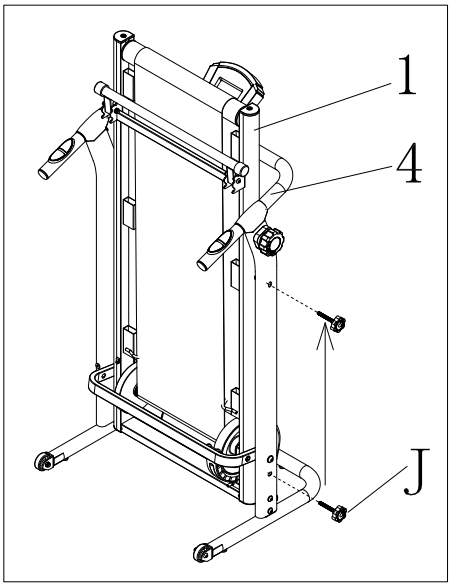
before folding.

Lift **Main Frame** to the

upright position.

Put **Knob (J)**

back in and tighten.



ADJUSTING THE BELT

If the belt is not centered correctly, the machine will be noisy.

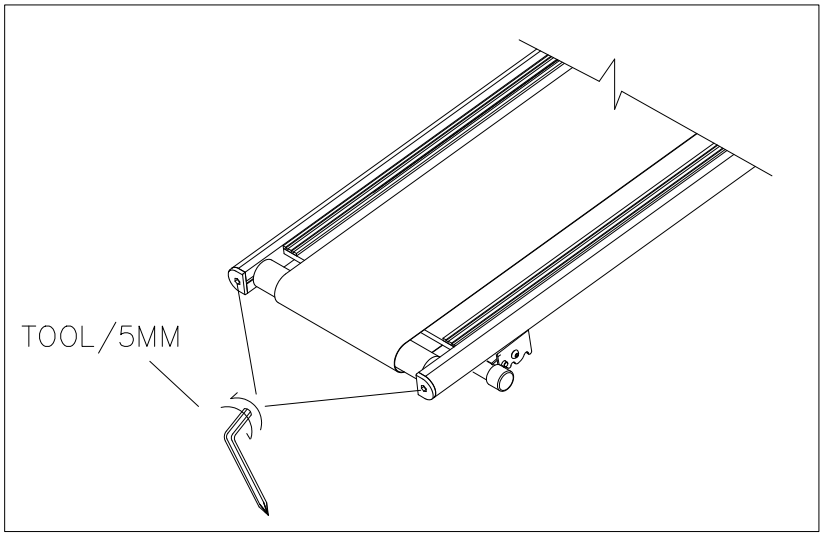
If the belt is too tight, too loose or not centered, use the 5mm wrench to adjust it.

1. If the belt drifts to the right, turn the right screw 1 or 2 turns.

2. If the belt drifts to the left, turn the left screw 1 or 2 turns.

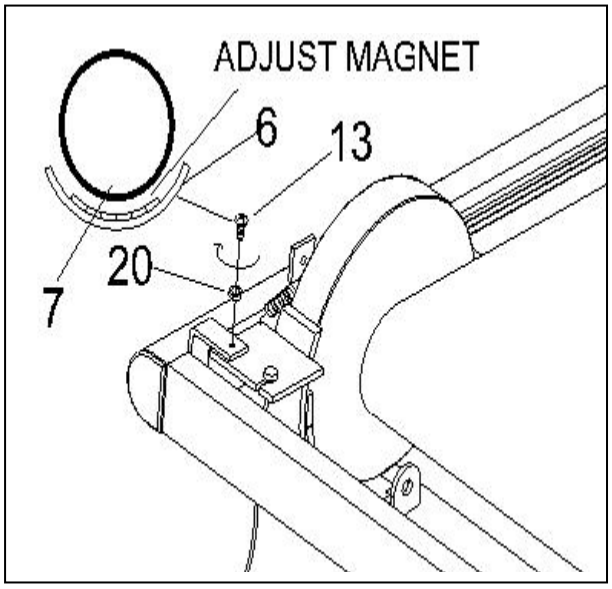
3. If the belt is too tight, turn the left and right screws counterclockwise.

4. If the belt is too loose, turn the left and right screws clockwise.



ADJUSTING THE TENSION

The user can set the desired tension according to the picture below:



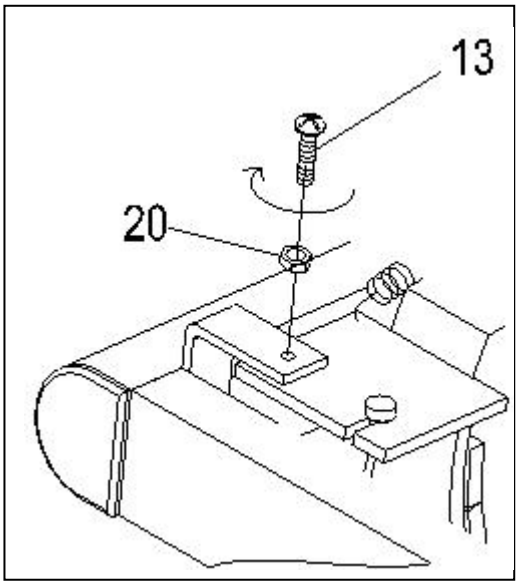
To decrease the tension, turn **Bolt (13)** clockwise.

To increase the tension, turn **Bolt (13)** counterclockwise.

After adjusting the **Bolt (13)**, check if the tension wire is too loose. If necessary, adjust the **Bolts (U or W)** on tension wire.

Clockwise - decrease tension

Counterclockwise - increase tension



MAINTENANCE

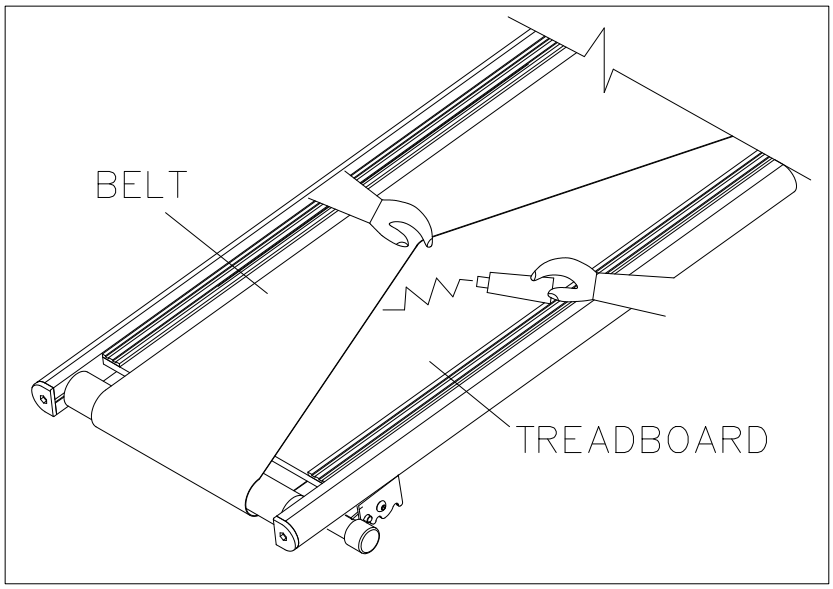
Treadmill Lubrication

To reduce the friction of the walking belt and minimize wear, apply lubricant directly onto the Treadboard and underside of the Belt.

Lift one side of the Belt and feel the top surface of the Treadboard. If the surface is wet to the touch, no lubrication is required. If the surface is dry to the touch, lift one edge of the Belt and spray or apply lubricant to the Treadboard. Make sure to walk on your treadmill at a slow speed for the first 3-4 minutes of use after applying lubricant. This helps to distribute the lubricant.

NOTE: Do not over lubricate the Treadboard. Wipe off any excess lubricant.

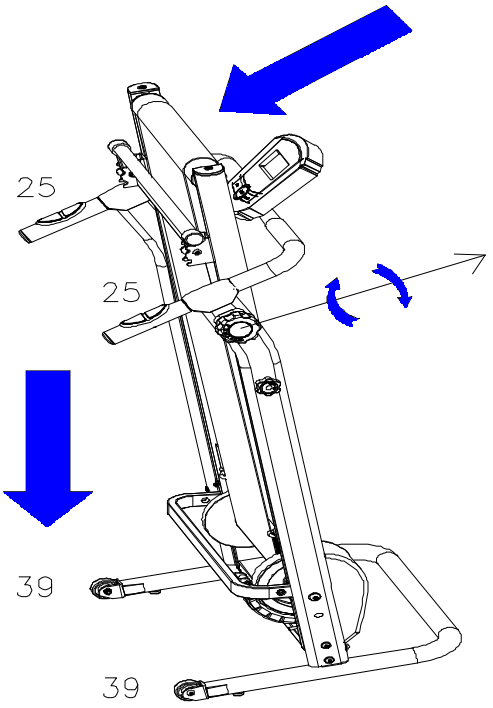
Lubricant may be applied whenever friction occurs, but is usually required every 50 hours of use. This is only a guideline. Depending on your usage, you may need to lubricate more often.



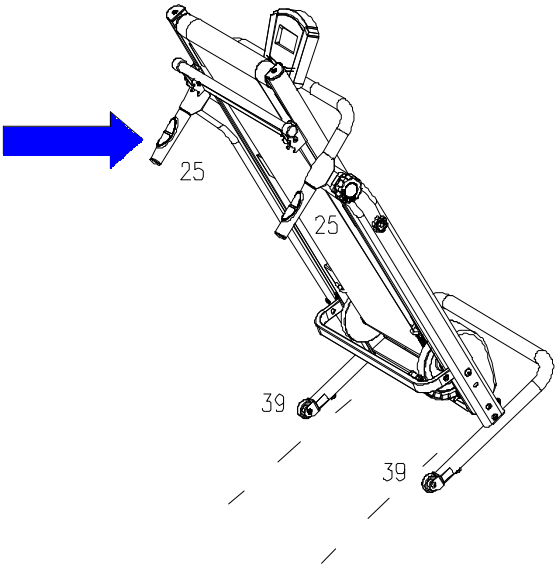
HOW TO MOVE THE TREADMILL

Before attempting to move the treadmill, please make sure that it has been properly folded. The **Knob (J)** must be tightened.

Start by placing two hands at position "25" to support the treadmill. Next, please place one foot at position "39" to hold the bottom end of the treadmill steady. With your foot at "39", slowly tilt the top of the treadmill downward towards the ground. Once the Main Frame reaches a low enough point, the wheels of treadmill will touch the ground.



To transport, hold the treadmill at "25" and tilt until the wheel "39" are able to move on the ground.



OPERATING INSTRUCTIONS

TIME……..…….00:00~99:59 MIN
SPEED…… 0.0~99.99 MI/H
DISTANCE……..0.0~999.9 MI
CALORIE……..0.0~999.9 KCAL
ODOMETER……..0~9999 MI
PULSE……..40~220 BPM

The display will turn on when you start walking on the treadmill or when you press a key.
After 4-5 minutes of inactivity, the display will shut off automatically.
When the treadmill is not moving, computer will display “STOP” on the side.
MODE: Press this button to select and set to a function. Hold for 2 seconds to reset the monitor. The data for all functions will be cleared.
SET: Under “STOP” condition, press this button to set the value of TIME, DISTANCE, CALORIES or PULSE. You can hold the button for seconds to increase the data.
RESET: Press this button to reset each function: Time, Distance, Calorie, Pulse. Hold for 2 seconds to reset the monitor. The data for all functions will be cleared.
(When you replace the batteries, all the values will reset to ZERO automatically.)
HOW TO SELECT A FUNCTION:
Press MODE to SCAN. To set a function, press MODE key when the pointer is on the function you want and the function starts blinking.
FUNCTIONS:
1. TIME: Press the MODE key until pointer is set to TIME. The total working time will be shown.
2. SPEED: Press the MODE key until pointer is set to SPEED. The current speed will be shown.
3. DISTANCE: Press the MODE key until pointer is set to DISTANCE. The distance of each workout will be displayed.
4. CALORIE: Press the MODE key until pointer is set to CALORIE. The calories burned will be displayed.
5.ODOMETER:Press the MODE key until pointer is set to ODOMETER. The displays accumulative distance from combined exercise sessions.
6. PULSE: Press the MODE key until the pointer advance to PULSE function and hold the pulse sensor for about 3 seconds to measure pulse.
COUNTDOWN FUNCTION： Under “STOP” condition, press “SET” button to set Time, Distance or Calorie to countdown. Once the data goes to zero, the computer will beep. That means countdown function ends, and the data starts counting from “1”. You can set the Countdown function only when the treadmill is stopped.
SCAN: Displays each function for 4 seconds in the following sequence:
TIME—SPEED—DISTANCE—CALORIE—ODOMETER—PULSE
NOTE:
If the LCD display is not functioning properly, change the batteries. When you change batteries, change both of them. The monitor uses 1.5V “AA” batteries.