EFITMENT

ADJUSTABLE INCLINE MANUAL TREADMILL WITH ARM EXERCISERS
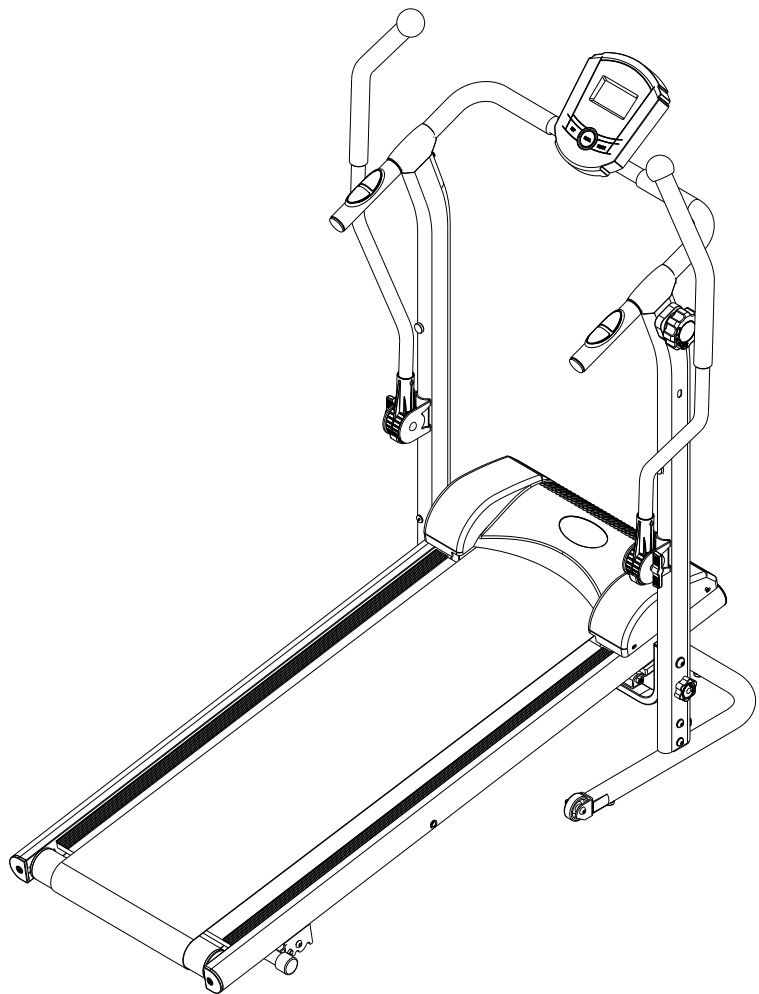
MODEL NO.:
T017

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

EXERCISE EQUIPMENT QUESTIONS:
Contact customer service at
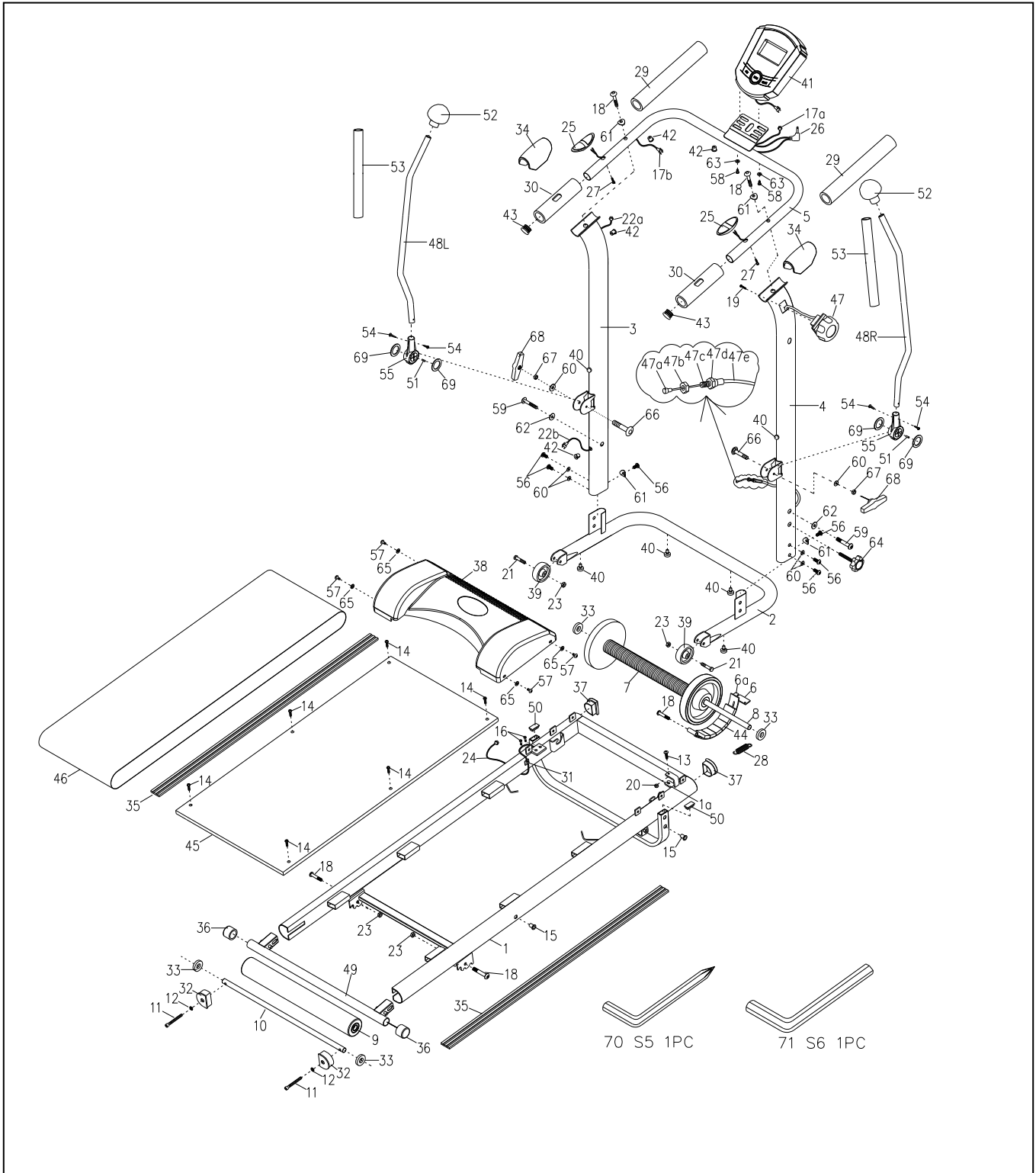service@zoovaa.com

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. **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 8 feet (240 CM) of free space behind it and 2 feet (60CM) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

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.
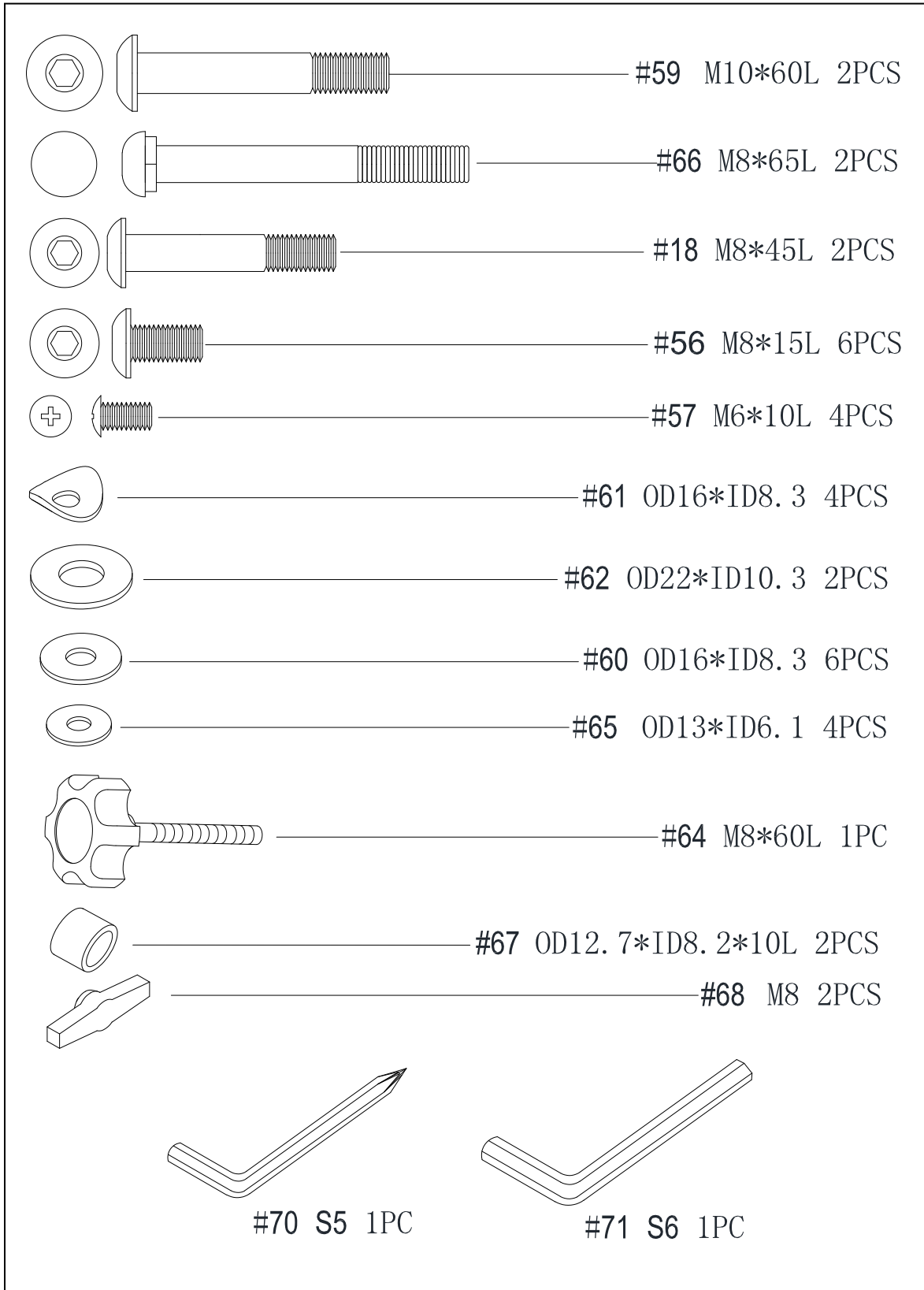
SAVE THESE INSTRUCTIONS

EXPLODED DRAWING

70 S5 1PC

71 S6 1PC

PARTS LIST

No.	Description	Qty.	No.	Description	Qty.
1	Main Frame	1	38	Plastic Cover	1
1a	Tension Permanent Seat	1	39	Transportation Wheel	2
2	Bottom Frame	1	40	Base Frame Cushion	6
3	Left Side Hand Post	1	41	Computer	1
4	Right Side Hand Post	1	42	Plug	4
5	Handlebar	1	43	Plastic End Cap	2
6	Base of the Magnet	1	44	Magnet	6
6a	Baffle Plate	1	45	Running Board	1
7	Front Roller	1	46	Running Belt	1
8	Front Axle	1	47	Tension Knob	1
9	Rear Roller	1	47a	Steel Wire Cap	1
10	Rear Axle	1	47b	Tension Nut	1
11	Bolt M6*75L	2	47c	Tension Bolt	1
12	Washer OD13*ID6.2	2	47d	Tension Nut-2	1
13	Bolt M6*20L	1	47e	Tension Wire	1
14	Bolt M5*20L	6	48L/R	Moving Handlebar	2
15	Screw	2	49	Incline Adjuster	1
16	Bolt M3*10L	2	50	End Cap	2
17a/b	Short Trunk Wire	1	51	Sleeve	2
18	Bolt M8*45L	5	52	End Cap	2
19	Bolt M5*20L	1	53	Foam Grip For Moving Handlebar	2
20	Nut M6	1	54	Screw	4
21	Bolt M8*40L	2	55	Plastic Swing Seat	2
22a/b	Long Trunk Wire	1	56	Bolt M8*15L	6
23	Nut M8	4	57	Bolt M6*10L	4
24	Sensor Wire	1	58	Bolt M4*12L	2
25	Hand Pulse Sensor	2	59	Bolt M10*60L	2
26	Pulse Sensor Wire	1	60	Washer OD16*ID8.3	6
27	Bolt M4*20L	2	61	Arc Washer OD16*ID8.3	4
28	Spring	1	62	Washer OD22*ID10.3	2
29	Foam Grip	2	63	Washer OD12*ID4.2	2
30	Foam Grip (with hole)	2	64	Knob M8*60L	1
31	Clasp	1	65	Washer OD13*ID6.1	4
32	Rear End Cap	2	66	Bolt M8*65L	2
33	Plastic Washer	4	67	Sleeve OD12.7*ID8.2*10L	2
34	Cover of Handle	2	68	Knob M8	2
35	Side Rail	2	69	Plastic Washer OD60*ID38	4
36	End Cap	2	70	Wrench S5	1
37	Front End Cap	2	71	Wrench S6	1

HARDWARE PACKAGE

#59 M10*60L 2PCS

#66 M8*65L 2PCS

#18 M8*45L 2PCS

#56 M8*15L 6PCS

#57 M6*10L 4PCS

#61 OD16*ID8.3 4PCS

#62 OD22*ID10.3 2PCS

#60 OD16*ID8.3 6PCS

#65 OD13*ID6.1 4PCS

#64 M8*60L 1PC

#67 OD12.7*ID8.2*10L 2PCS
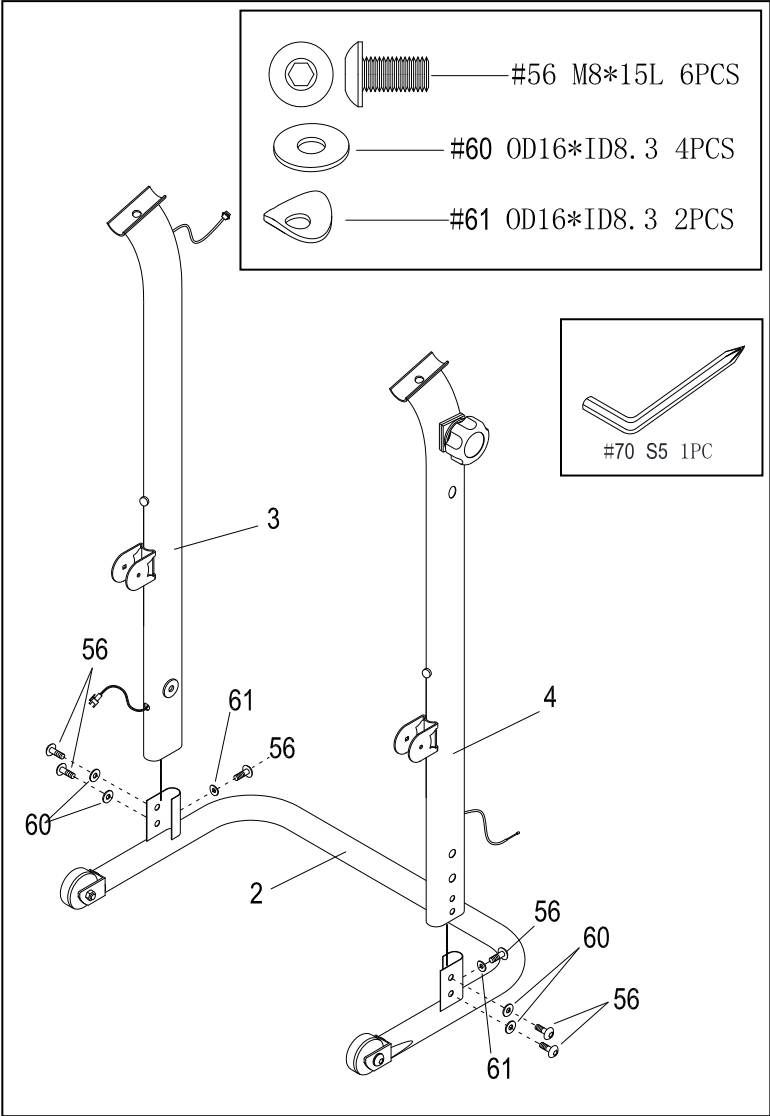
#68 M8 2PCS

#70 S5 1PC

#71 S6 1PC

ASSEMBLY INSTRUCTIONS

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 **Left & Right Side Hand Posts (No. 3 & No. 4)** to the **Bottom Frame (No. 2)** with 6 **Bolts (No. 56),** 4 **Washers (No. 60)** and 2 **Arc Washers (No. 61)**, use **Wrench (No. 70)** to tighten.

#56 M8*15L 6PCS

#60 OD16*ID8.3 4PCS

#61 OD16*ID8.3 2PCS

#70 S5 1PC

3

56

61

56

60

4

2

56

60

56

61

STEP 2:

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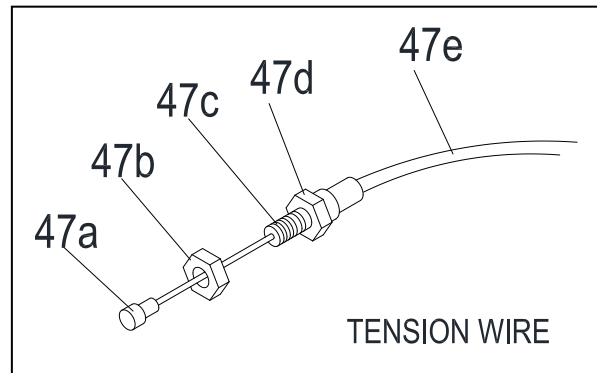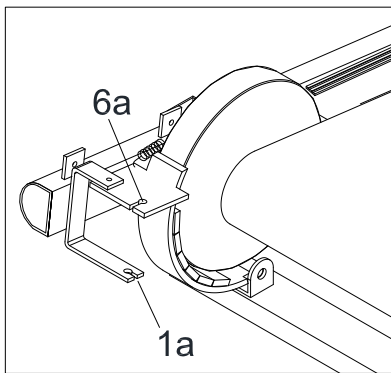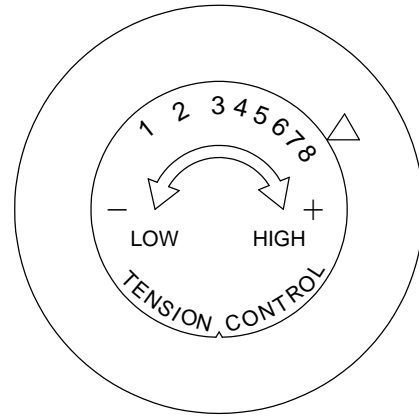

TENSION WIRE

To assemble the magnetic tension adjustment mechanism:

1. Insert **Tension Wire (No. 47e)** into the gap in the **Baffle Plate (No. 6a)**, then lower **Steel Wire Cap (No. 47a)** into the hole in **Baffle Plate (No. 6a)**. Then insert **Tension Wire (No. 47e)** into the gap in **Tension Permanent Seat (No. 1a)**, keeping **Tension Nut (No. 47b)** between **Baffle Plate (No. 6a)** and **Tension Permanent Seat (No. 1a)**.
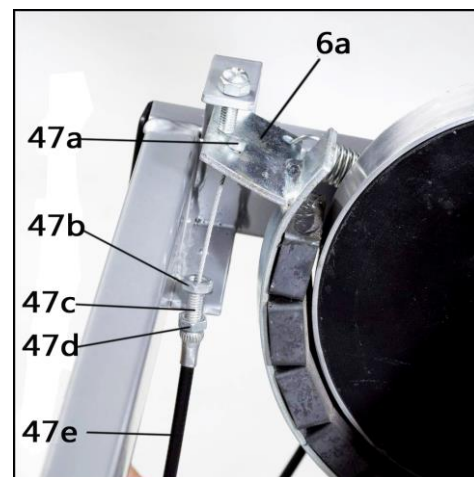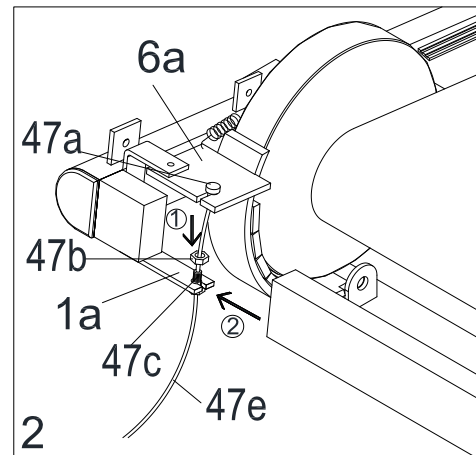
2. Pull **Tension Wire (No. 47e)** downward to bring **Baffle Plate (No. 6a)** close to **Tension Permanent Seat (No. 1a)**, then insert **Tension Bolt (No. 47c)** into **Tension Permanent Seat (No. 1a)**.
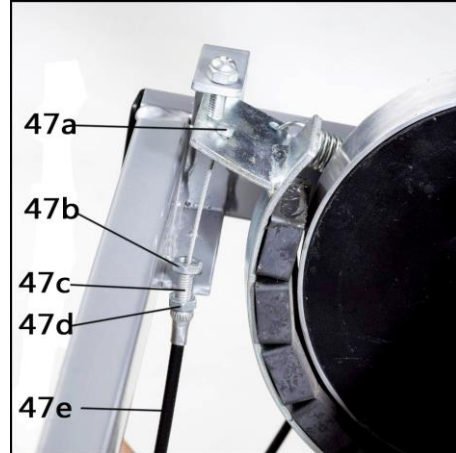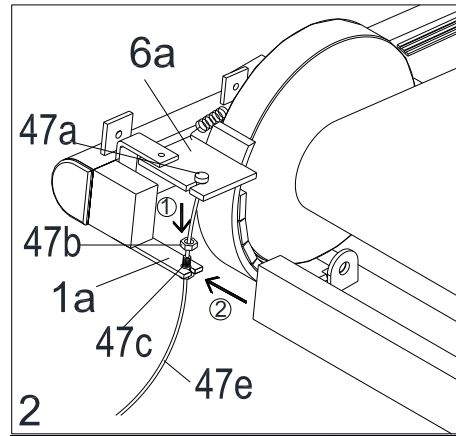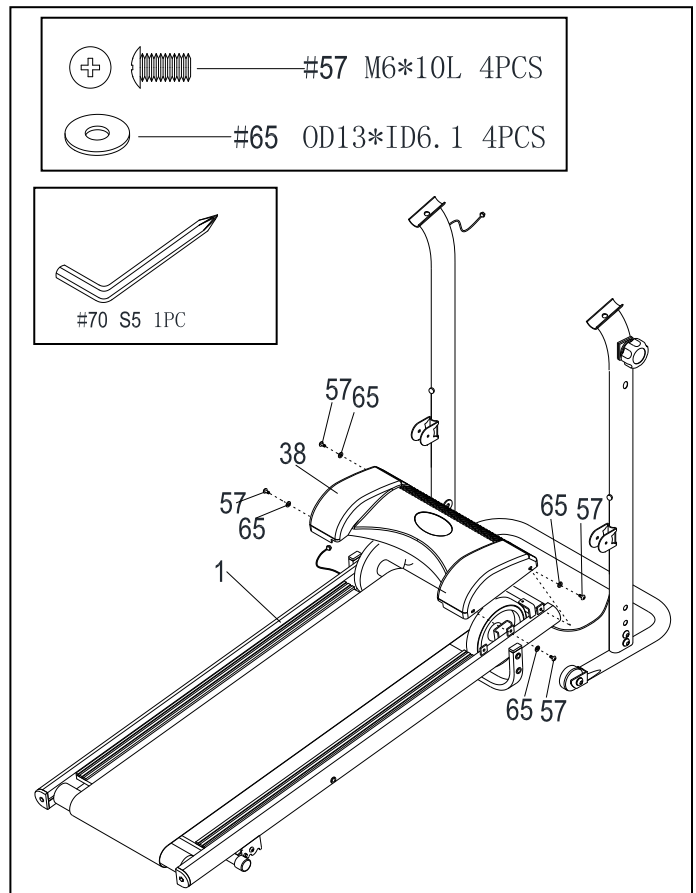
3. Turn **Tension Nut (No. 47b)** *clockwise* in order to tighten **Tension Nut (No. 47b)** and **Tension Bolt (No. 47c)** well.
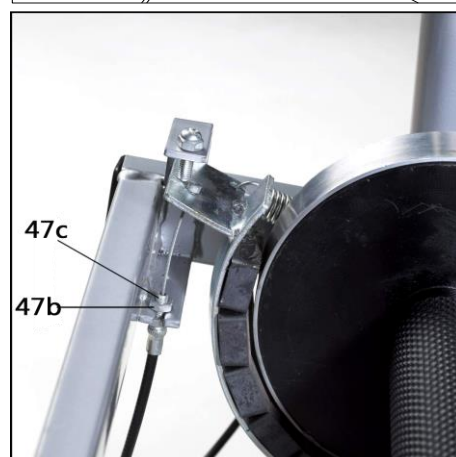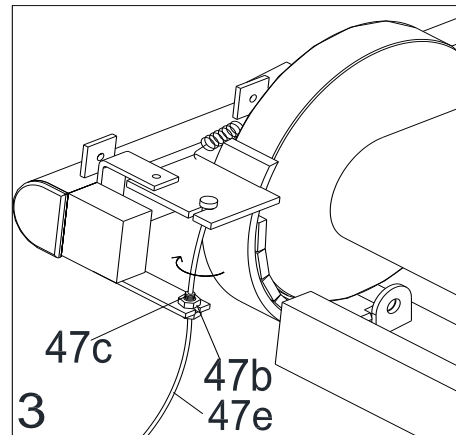
STEP 3:

Cover **Plastic Cover (No. 38)** to the **Main Frame (No. 1)** with 4 **Bolts (No. 57)** and 4 **Washers (No. 65)**, use **Wrench (No. 70)** to tighten.


STEP 4:

Stabilize the **Left & Right Side Hand Posts (No. 3 & No. 4)**, raise and lift the **Main Frame (No. 1)** into the **Left & Right Side Hand Posts (No. 3 & No. 4)**. Ensure the holes of the **Bolt (No. 59)** and **Washer (No. 62)** are aligned.

Attach **Left & Right Side Hand Posts (No. 3 & No. 4)** to the **Main Frame (No. 1)** with 2 **Bolts (No. 59)** and 2 **Washers (No. 62)**, use **Wrench (No. 71)** to tighten.

Note: Wait before fully tightening the bolts.

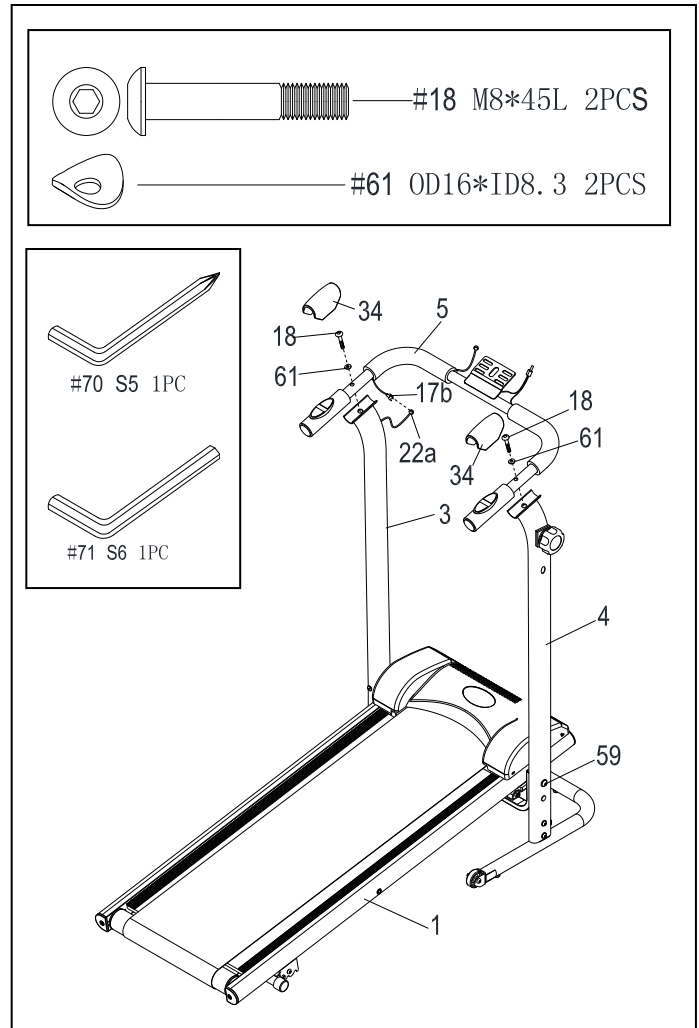Connect the **Sensor Wire (No. 24)** and **Long Trunk Wire (No. 22b)**.
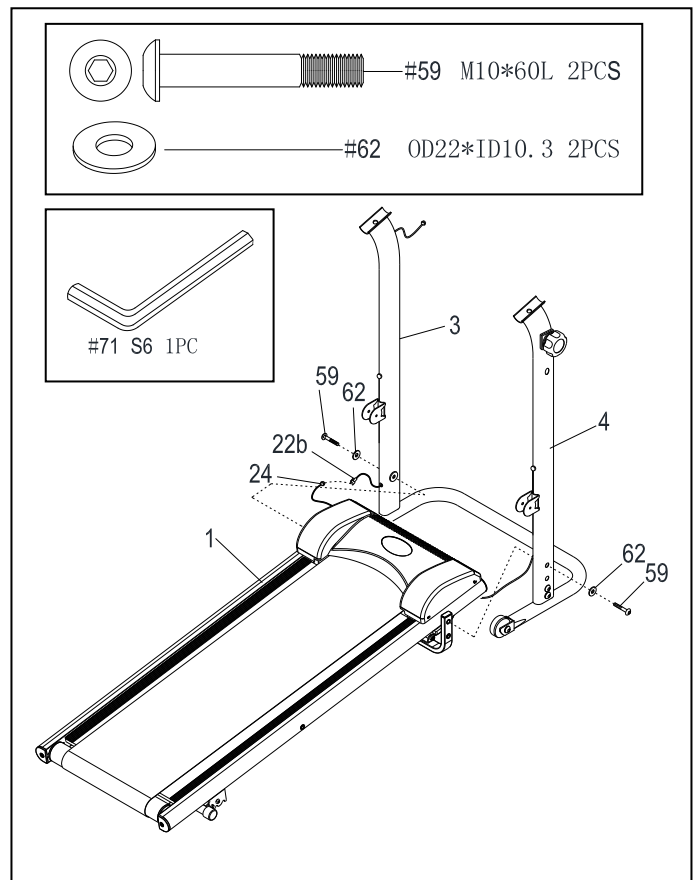
STEP 5:

Attach the **Handlebar (No. 5)** to the **Left & Right Side Hand Posts (No. 3 & No. 4)** with 2 **Bolts (No. 18)** and 2 **Arc Washers (No. 61)**, use **Wrench (No. 70)** to tighten.

Connect the **Short Trunk Wire (No. 17b)** and **Long Trunk Wire (No. 22a).**

Put the 2 **Covers of Handle (No. 34)** on the **Handlebar (No. 5)**.

Now fully tighten all **Bolts (No. 59)** assembled in Step 4 that connect the **Main Frame (No. 1)** to the **Left & Right Side Hand Posts (No. 3 & No. 4),** use **Wrench (No. 71)** to tighten.

#18 M8*45L 2PCS
#61 OD16*ID8.3 2PCS

#70 S5 1PC

#71 S6 1PC

STEP 6:

Remove 2 **Bolts (No. 58)** and 2 **Washers (No. 63)** from the back of the **Computer (No. 41)**. Attach the **Computer (No. 41)** to the **Handlebar (No. 5)**. Connect the **Short Trunk Wire (No. 17a)** and the wire of the **Computer (No. 41)**. Insert the **Pulse Sensor Wire (No. 26)** into the back PULSE hole of the **Computer (No. 41)**. Then secure 2 **Bolts (No. 58)** and 2 **Washers (No.63)** that were removed using a **Wrench (No. 70)**.

#58 M4*12L 2PCS
#63 OD12*ID4.2 2PCS

#70 S5 1PC
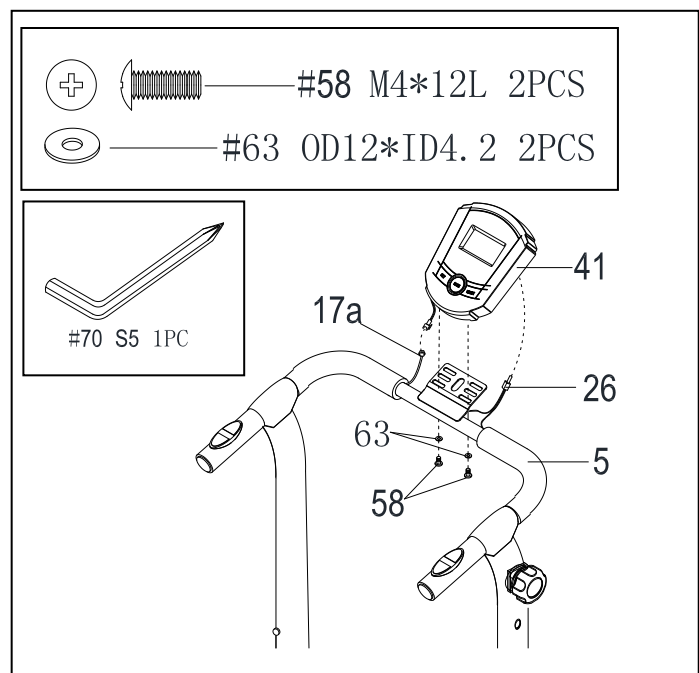
STEP 7:

The 4 **Plastic Washers (No. 69)** are bound with the 2 **Plastic Swing Seats (No. 55)**. Cut the straps and remove 4 **Plastic Washers (No. 69)** from the 2 **Plastic Swing Seats (No. 55)**.

Attach the **Moving Handlebars (No. 48L/R)** with 4 **Plastic Washers (No. 69)** on both sides of the **Plastic Swing Seats (No. 55)** to **Left & Right Side Hand Posts (No. 3 & No. 4)** using 2 **Bolts (No. 66)**, 2 **Washers (No. 60)**, 2 **Sleeves (No. 67)**, and 2 **Knobs (No. 68)**.

Insert and tighten the **Knob (No. 64)** into the bottom hole of the **Right Side Hand Post (No. 4)**.

Assembly is now complete!
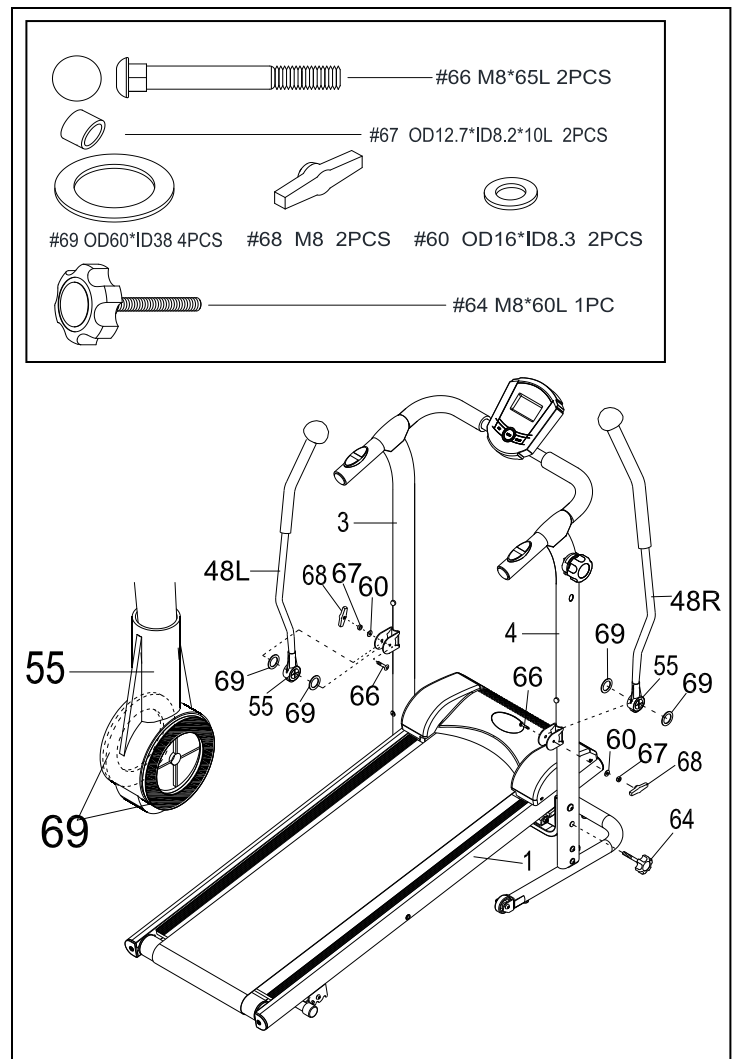
⚠ **IMPORTANT NOTE!**

You will need to lubricate your treadmill before the first use. See *Page 11.*

#66 M8*65L 2PCS
#67 OD12.7*ID8.2*10L 2PCS
#69 OD60*ID38 4PCS #68 M8 2PCS #60 OD16*ID8.3 2PCS
#64 M8*60L 1PC

LUBRICATING THE TREADMILL

*IMPORTANT NOTE:

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

Lubricating the **Running Board (No. 45)** and **Running Belt (No. 46)** is essential as the friction between the two affects the life span and function of the treadmill. Inspect the **Running Board (No. 45)** and **Running Belt (No. 46)** regularly. If you find any wear on the **Running Board (No. 45)**, please contact us at: <u>service@zoovaa.com</u>.

<u>HOW TO LUBRICATE:</u>

1. Raise the **Running Belt (No. 46)** up on one side and apply lubricant to the **Running Board (No. 45)**. Use a rag to thoroughly wipe the lubricant over the **Running Board (No. 45)**. 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. 46)** will result in the runner sliding off during use, while too tight of a **Running Belt (No. 46)** will negatively affect the motor's performance and also create more friction between the roller and **Running Belt (No. 46)**. The most suitable tightness for the **Running Belt (No. 46)** is when it is pulled out **50-75mm** from the **Running Board (No. 45)**.
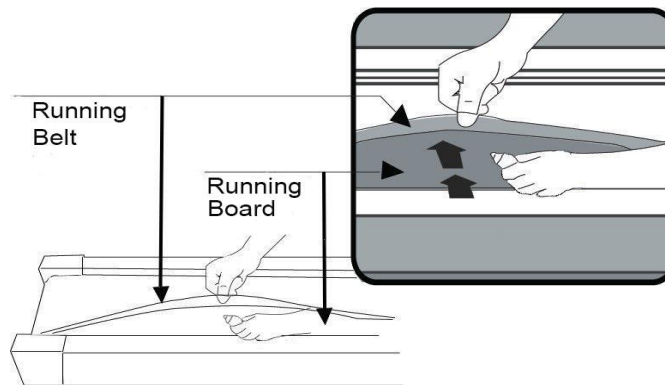
The following time table is recommended:

|	
Light user (less than 3 hours/ week)	*every five months*
Medium user (4-7 hours/ week)	*every two months*
Heavy user (more than 7 hours/ week)	*every one month*

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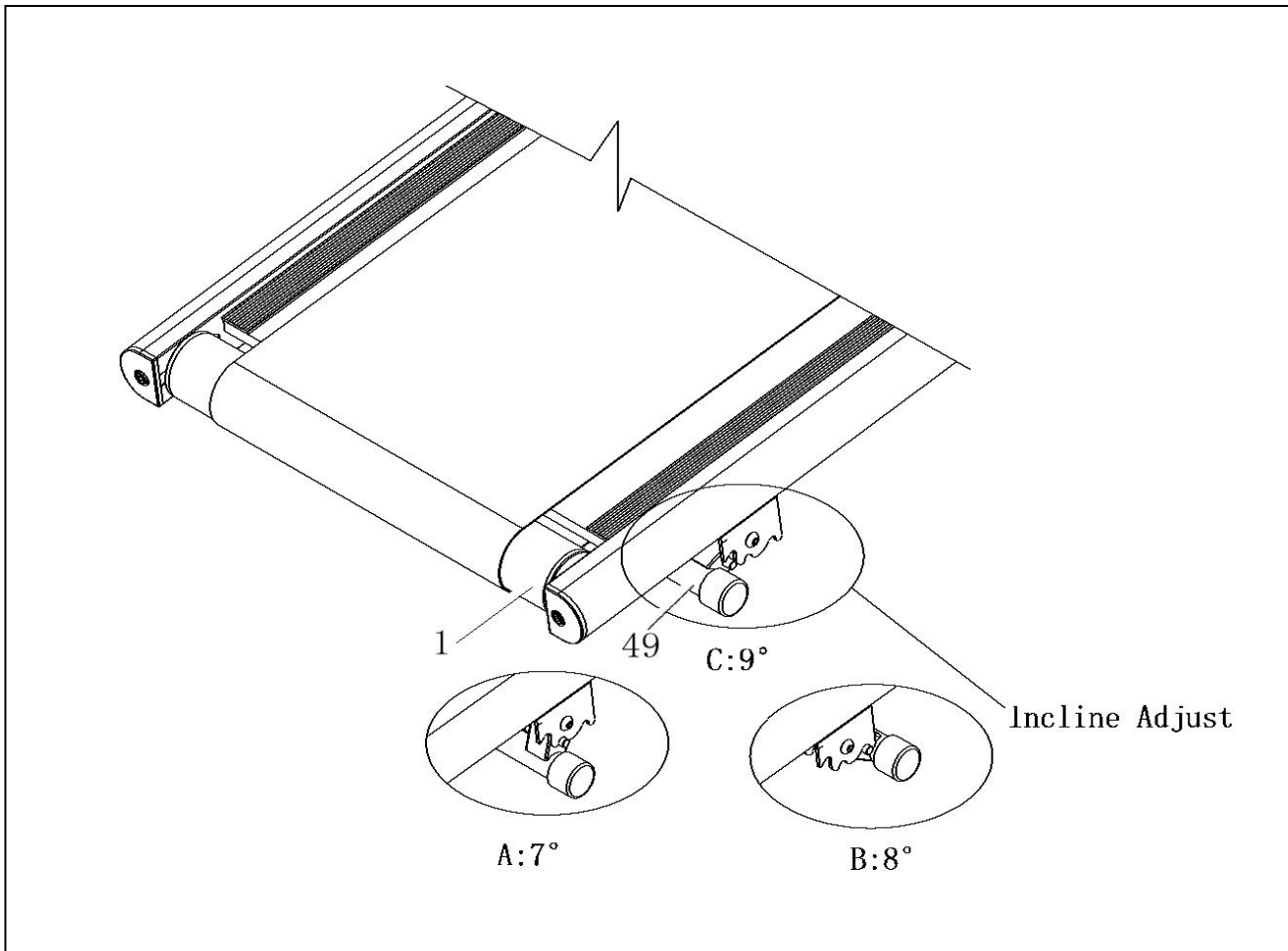
There are 3 incline angles (A: 7°, B: 8°, C: 9°).

To adjust the incline, lift the rear end of the **Main Frame (No. 1)** up, and use your other hand to adjust the **Incline Adjuster (No. 49)** to the desired position.

NOTE: Always use proper lifting technique to prevent injury.

FOLDING

Before folding, completely loosen **Knob (No. 64**) from the bottom hole A in the **Right Side Hand Post (No. 4)**. Lift **Main Frame (No. 1)** to the upright position, then insert and tighten **Knob (No. 64**) to the upper hole B on the **Right Side Hand Post (No. 4)**.
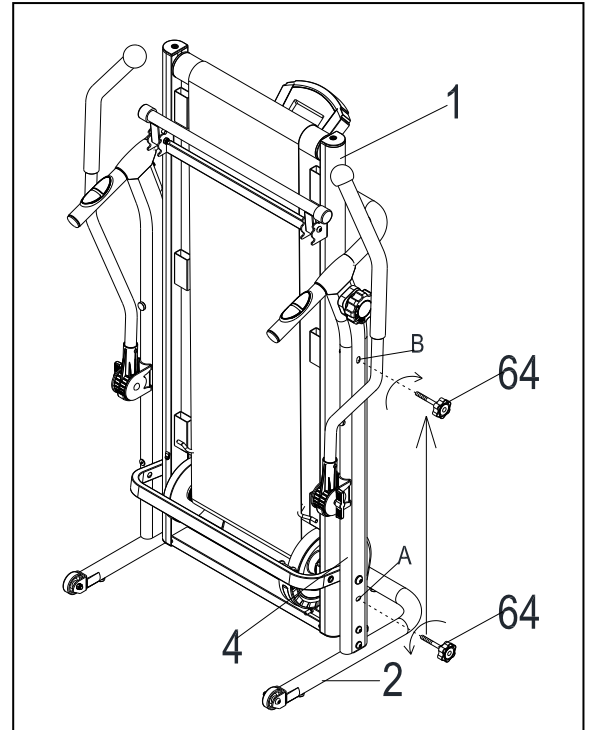

ADJUSTING THE RUNNING BELT

If the **Running Belt (No. 46)** is not centered correctly, the treadmill will be noisy.

If the **Running Belt (No. 46)** is too tight, too loose or not centered, use the **Wrench (No. 70)** to adjust it.

1. If the **Running Belt (No. 46)** drifts to the right, turn the right **Bolt (No. 11)** 1 or 2 turns *clockwise*.

2. If the **Running Belt (No. 46)** drifts to the left, turn the left **Bolt (No. 11)** 1 or 2 turns *clockwise*.

3. If the **Running Belt (No. 46)** is too tight, turn the left and right **Bolts (No. 11)** *counter-clockwise*.

4. If the **Running Belt (No. 46)** is too loose, turn the left and right **Bolts (No. 11)** *clockwise*.
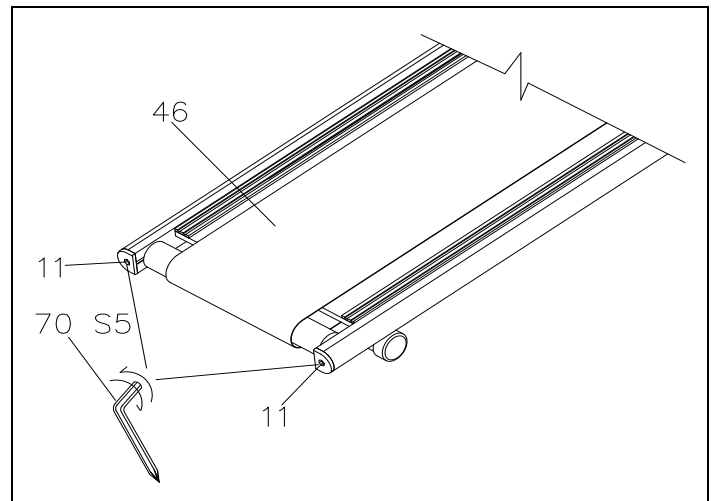
ADJUSTING THE TENSION

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

To decrease the tension, loose the **Nut (No. 20)** *counter-clockwise*, turn the **Bolt (No. 13)** *clockwise*, then tighten the **Bolt (No. 20)** *clockwise*.

To increase the tension, loose the **Nut (No. 20)** *counter-clockwise*, turn **Bolt (No. 13)** *counter-clockwise*, then tighten the **Bolt (No. 20)** *clockwise*.

After adjusting the **Bolt (No. 13)**, check if the **Tension Wire (No. 47e)** is too loose. If necessary, adjust the **Tension Nut (No. 47b)** or **Tension Nut-2 (No. 47d)** on the **Tension Wire (No. 47e)**.

Up the **Tension Nut (No. 47b)** *counter-clockwise*. Up the **Tension Nut-2 (No. 47d)** *clockwise*, then down the **Tension Nut (No. 47b)** *clockwise* to tighten.
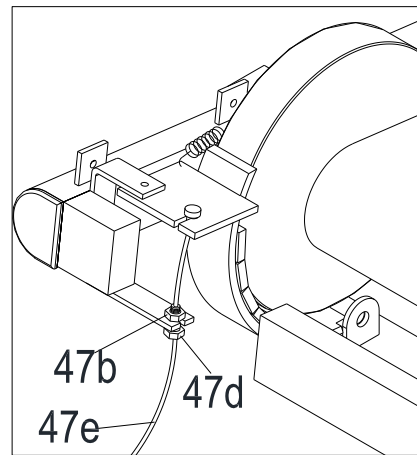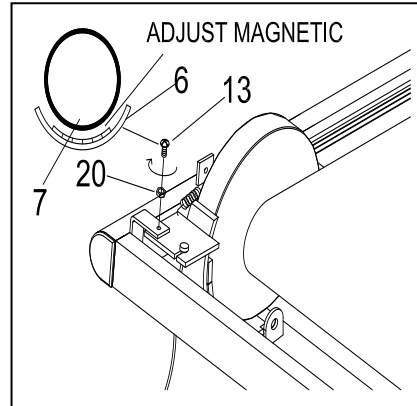

There are 8 resistance levels on this **Tension Knob (No. 47)**. Number 1 is the lowest resistance; number 8 is the highest resistance. To increase the tension, turn the **Tension Knob (No. 47)** *clockwise*; to decrease the tension, turn the **Tension Knob (No. 47)** *counter-clockwise*.
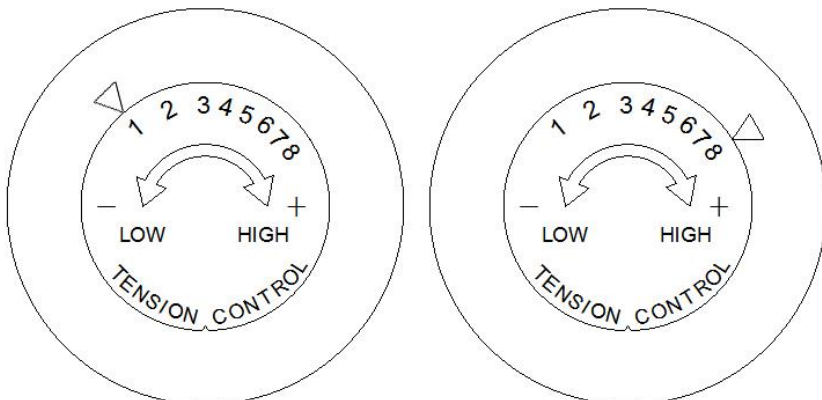
ADJUSTING THE TENSION OF THE MOVING HANDLEBARS

This treadmill has **Moving Handlebars (No. 48L/R)** that let you exercise your arms and upper body. Use the **Moving Handlebars (No. 48L/R)** as shown in the picture. You can exercise with just the **Moving Handlebars (No. 48L/R)** or use them while walking on the treadmill.
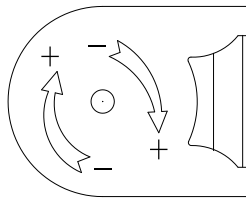
Use **Knobs (No. 68)** to adjust the tension of the **Moving Handlebars (No. 48L/R)**. Turn *clockwise* to increase tension. Turn *counter-clockwise* to decrease tension.
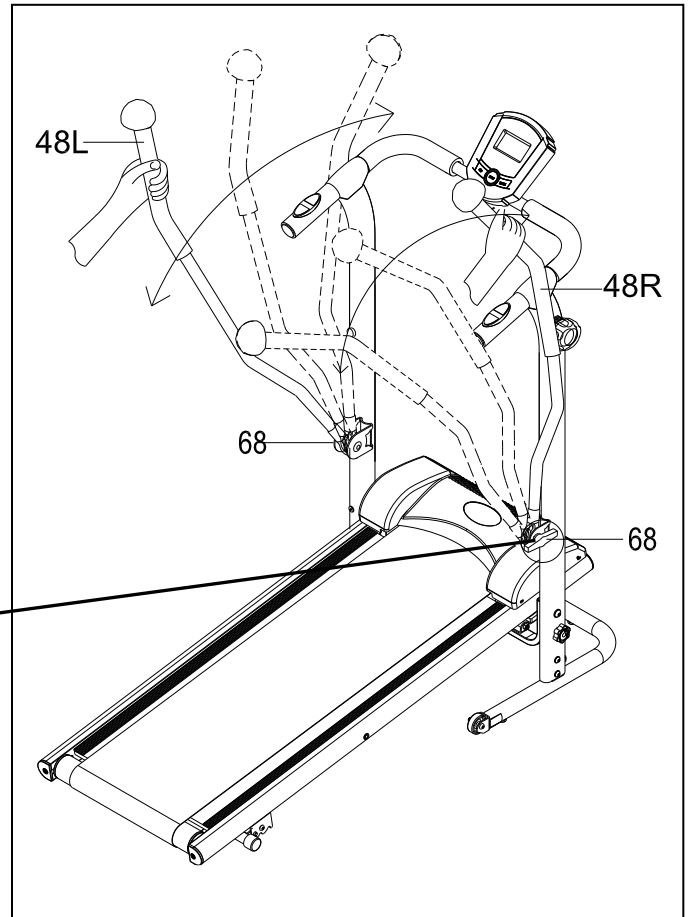
Before attempting to move the treadmill, please make sure that it has been properly folded. The **Knob (No. 64)** must be tightened.

Start by placing two hands at **Hand Pulse Sensors (No. 25)** to support the treadmill. Next, please place one foot at **Transportation Wheel (No. 39)** to hold the bottom end of the treadmill steady. With your foot at **Transportation Wheel (No. 39)**, slowly tilt the top of the treadmill downward towards the ground. Once the **Main Frame (No. 1)** reaches a certain point, the **Transportation Wheels (No. 39)** of treadmill will touch the ground.
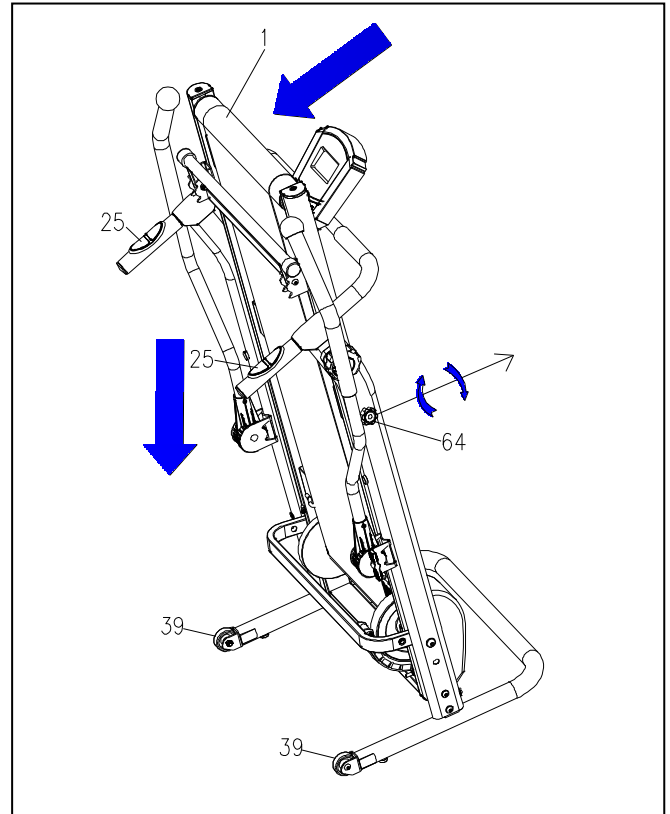
To transport, hold the treadmill at **Hand Pulse Sensors (No. 25)** and tilt until the **Transportation Wheels (No. 39)** are able to move on the ground.
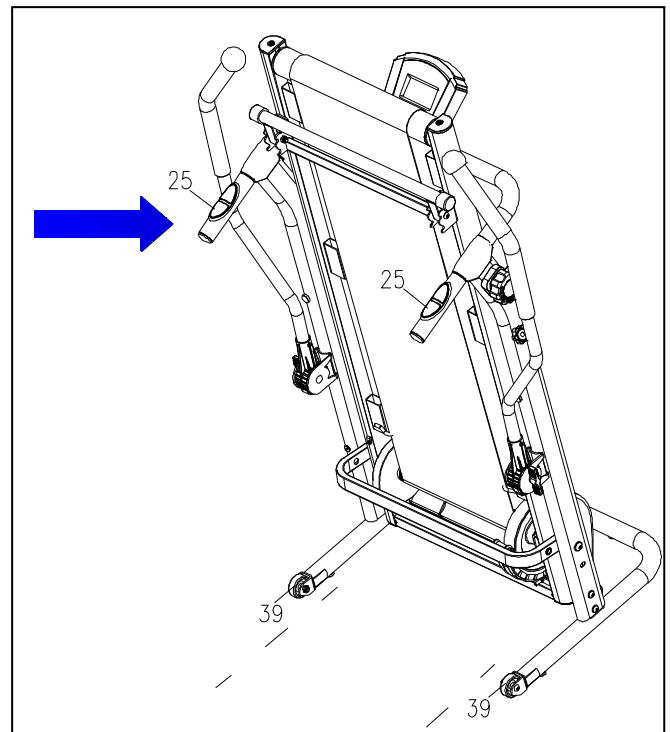
OPERATING INSTRUCTIONS

TIME...00:00-99:59 MIN
SPEED..0.0-99.99 MPH
DISTANCE..0.0-999.9 MI
CALORIE..0.0-999.9 KCAL
ODOMETER...0-9999 MI
PULSE...40-220 BPM

The computer will turn on when you start walking on the treadmill or when you press the button. After 4-5 minutes of inactivity, the computer will shut off automatically. When the treadmill is not moving, the computer will display STOP on the side.

MODE: Press to select and set to a function. Hold for 2 seconds to reset the computer. The data for all functions will be cleared.

SET: Under STOP condition, press to set the value of TIME, DISTANCE, CALORIES or PULSE. You can hold the button for seconds to increase the data.

RESET: Press to reset each function: TIME, DISTANCE, CALORIES, PULSE. Hold for 2 seconds to reset the computer. 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:

To set a function, press MODE button when the pointer is on the function you want and the function starts blinking.

FUNCTIONS:

1. **TIME:** Press the MODE button until pointer is set to TIME. The total working time will be shown.

2. **SPEED:** Press the MODE button until pointer is set to SPEED. The current speed will be shown.

3. **DISTANCE:** Press the MODE button until pointer is set to DISTANCE. The distance of each workout will be displayed.

4. **CALORIES:** Press the MODE button until pointer is set to CALORIES. The calories burned will be displayed.

5. **ODOMETER:** Press the MODE button until pointer is set to ODOMETER. The computer displays accumulative distance from combined exercise sessions.

6. **PULSE:** Press the MODE button until the pointer it set to PULSE function and hold the hand pulse sensors for about 3 seconds to measure pulse.

COUNTDOWN FUNCTION:

Under STOP condition, press SET button to set TIME, DISTANCE or CALORIES 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—CALORIES—ODOMETER—PULSE

BATTERY: The computer uses 2 PCS 1.5V AA batteries which are included. If there is a problem with the display, try changing the batteries first. When changing the batteries, change both of them. Do not mix old and new batteries. Do not mix battery types. Dispose old batteries according to your regional guidelines.

BATTERY INSTALLATION & REPLACEMENT

Battery

Battery Cover
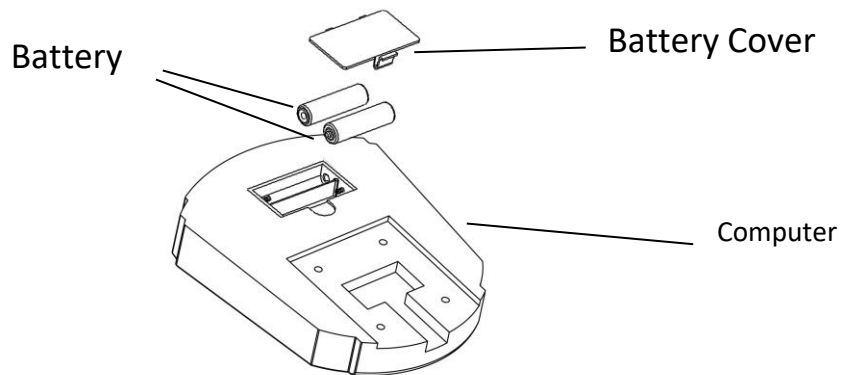
Computer

BATTERY INSTALLATION:

1. Take out 2 AA batteries from computer box.

2. Press the buckle of battery cover on the **Computer (No. 41)**, then remove battery cover.

3. Install 2 AA battery into the battery case on the back of the **Computer (No. 41)**. Pay attention to the battery + and – poles before installing.

4. Press the buckle of battery cover, then put the battery cover back to the back of the **Computer (No. 41)**.

   The installation is complete!

BATTERY REPLACEMENT:

1. Press the buckle of battery cover on the back of the **Computer (No. 41)**, then remove battery cover.

2. Remove the 2 old AA batteries in the battery case and install 2 new AA batteries into the battery case on the back of the **Computer (No. 41)**. Pay attention to the battery + and – poles before installing.

3. Press the buckle of battery cover, then put the battery cover back to the back of the **Computer (No. 41)**.

   The replacement is complete!

NOTE: This computer uses two AA batteries. If the display appears incorrectly or becomes difficult to read, please install new batteries. Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.

V4