



# AUTO INCLINE TREADMILL WITH BLUETOOTH

MODEL NO:

## T012

### 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](mailto:service@zoovaa.com)



## USER MANUAL

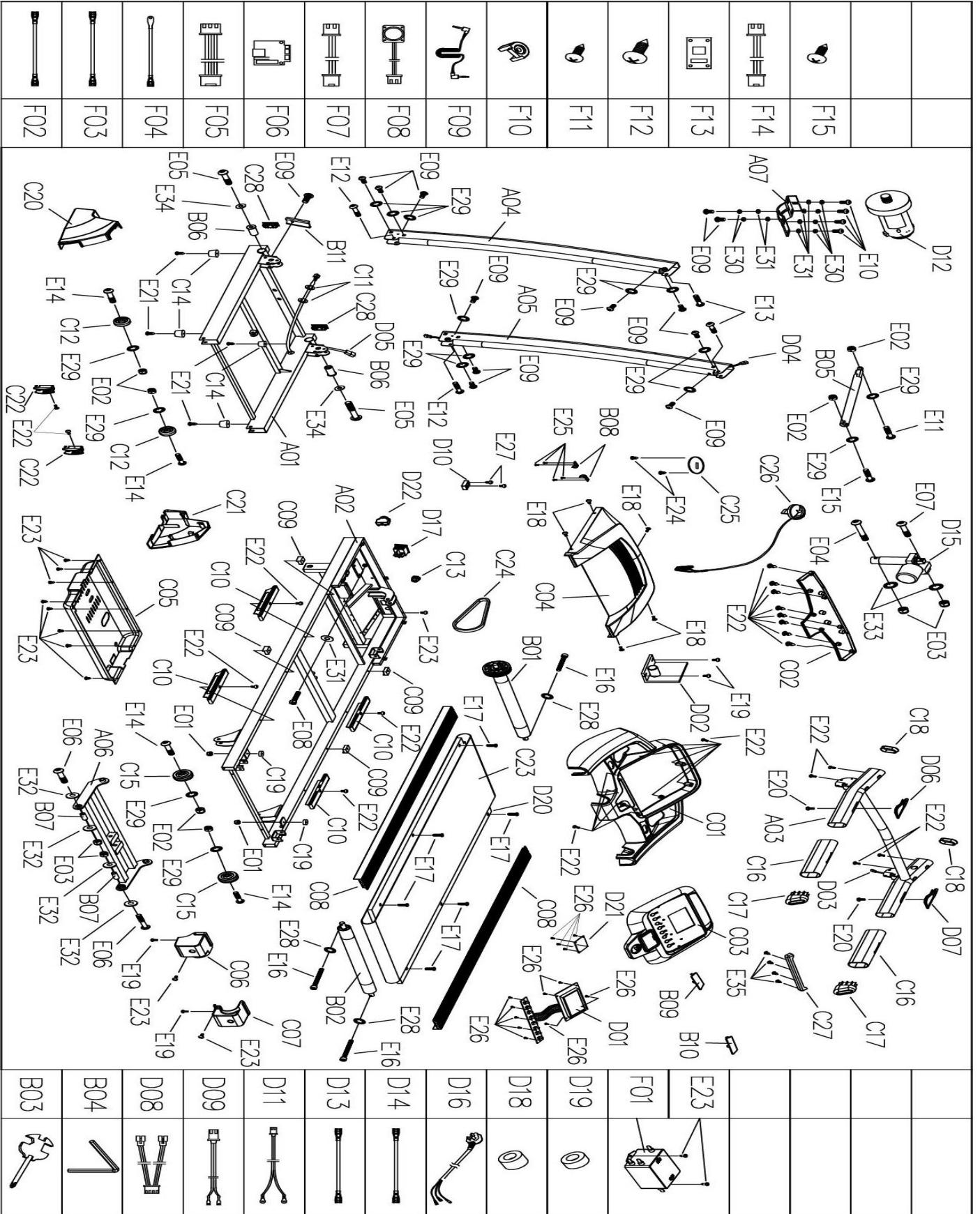
# IMPORTANT SAFETY INSTRUCTIONS

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	1
A05	Right Upright	1
A06	Incline Bracket	1
A07	Motor Bracket	1
B01	Front Roller	1
B02	Rear Roller	1
B03	Spanner w/ Screw Driver S=13,14,15	1
B04	Allen Wrench S=5	1
B05	Air Pressure Cylinder	1
B06	Turning Bushing	2
B07	Incline Bushing	2
B08	Metal Sheets	2
B09	Left Speaker Net	1
B10	Right Speaker Net	1
B11	Safety Block	1
C01	Console Top Cover	1
C02	Console Bottom Cover	1
C03	Console Panel	1
C04	Motor Top Cover	1
C05	Motor Bottom Cover	1
C06	Left Rear Cover	1
C07	Right Rear Cover	1
C08	Side Rail	2
C09	Square Cushion	4
C10	Silicone Pad	4
C11	Ring Protecting Wire Plug	2
C12	Moving Wheel	2
C13	Power Wire Buckle	1
C14	Cone Shape Foot Pad	4
C15	Adjustable Wheel	2
C16	Foam	2
C17	End Cap	2
C18	Oval End Cap	2
C19	Blue Cushion	2
C20	Left Upright Tube Cover	1
C21	Right Upright Tube Cover	1
C22	Wheel Cover	2
C23	Running Belt	1
C24	Motor Belt	1

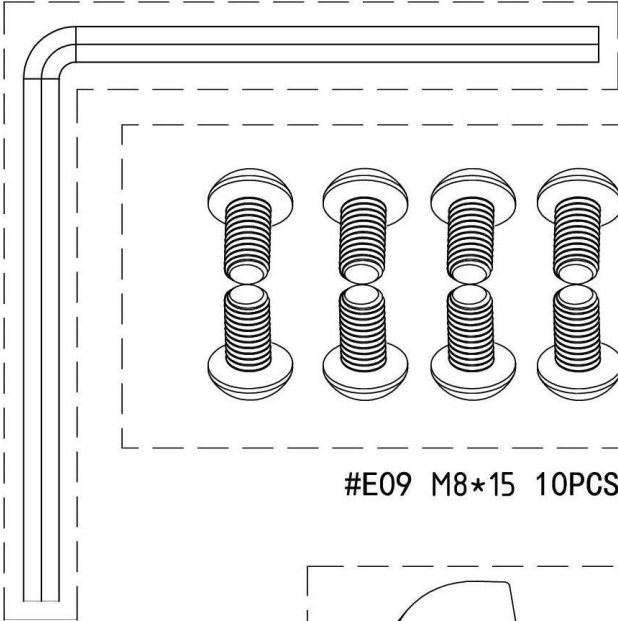
No.	Description	Qty.
C25	Safety Key Socket	1
C26	Safety Key	1
C27	Holder	1
C28	End cap	2
D01	Console	1
D02	Control Board	1
D03	Upper Signal Wire	1
D04	Middle Signal Wire	1
D05	Lower Signal Wire	1
D06	Hand Pulse with Incline	1
D07	Hand Pulse with Speed	1
D08	Hand Pulse Upper Wire	1
D09	Hand Pulse Lower Wire	2
D10	Speed Sensor	1
D11	Safety Accessory	1
D12	DC Motor	1
D13	AC Single Line Brown	1
D14	AC Single Line Blue	2
D15	Incline Motor	1
D16	Power Wire	1
D17	Square Switch	1
D18	Magnetic Ring	1
D19	Magnetic Core	1
D20	Running Board	1
D21	Membrane Button Board	1
D22	Overload Protector	1
E01	Nut M6	2
E02	Nut M8	6
E03	Nut M10	4
E04	Bolt M10*100	1
E05	Bolt M10*65	2
E06	Bolt M10*50	2
E07	Bolt M10*45	1
E08	Bolt M8*30	1
E09	Bolt M8*15	13
E10	Bolt M8*20	4
E11	Bolt M8*30	1
E12	Bolt M8*35	2
E13	Bolt M8*38	2
E14	Bolt M8*40	4
E15	Bolt M8*45	1
E16	Bolt M6*55	3

No.	Description	Qty.
E17	Bolt M6*35	6
E18	Bolt M5*8	5
E19	Bolt M5*12	4
E20	Screw ST4.2*55	2
E21	Screw ST4.2*20	4
E22	Screw ST4.2*12	27
E23	Screw ST4.2*12	13
E24	Screw ST3.5*8	2
E25	Screw ST2.9*4	4
E26	Screw ST2.9*6.0	13
E27	Screw ST2.9*8	2
E28	Washer $\phi 6*0.6$	3
E29	Washer $\phi 8*1.2$	16
E30	Washer $\phi 8*2.1$	6
E31	Flat Washer $\phi 8*1.6$	7
E32	Big Washer $\phi 10*\phi 26*2.0$	4
E33	Washer $\phi 10*1.0$	2

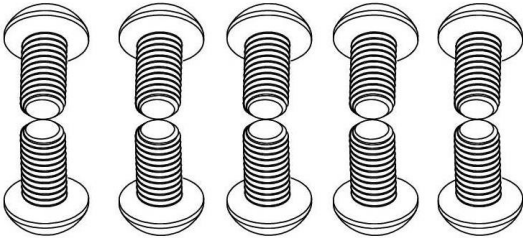
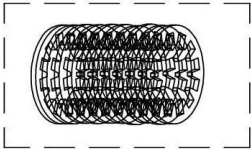
No.	Description	Qty.
E34	Flat Washer $\phi 10*2.0$	2
E35	Screw ST2.6*8	4
F01	Filter	1
F02	AC Single Line Brown	1
F03	AC Single Line Blue	1
F04	Grounding Wire	1
F05	Audio Connecting Line	1
F06	Amplifier Board	1
F07	Power Amplifier Line	1
F08	Speaker	2
F09	MP3 Wire	1
F10	Audio Module Fixing Cap	4
F11	Screw ST2.9*8	6
F12	Screw ST3.5*10	8
F13	Bluetooth Module PCB-SYMK-102E	1
F14	Bluetooth Power Line	1
F15	Screw ST2.9*8	2

# HARDWARE PACKAGE

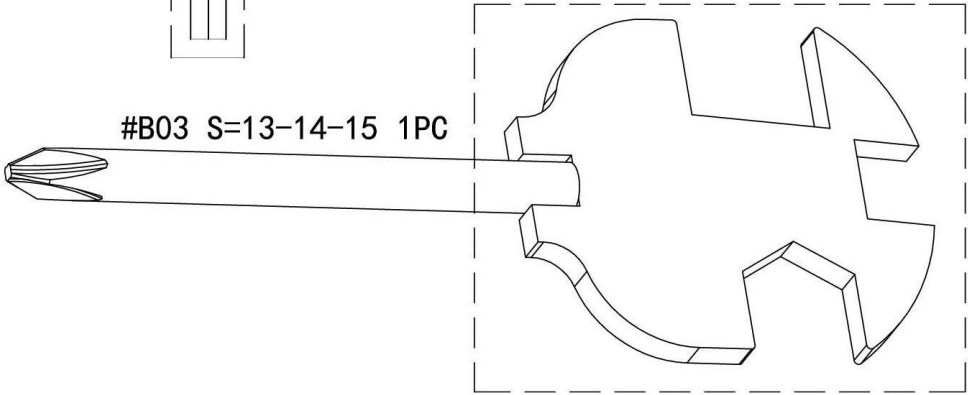
#B04 S5 1PC



#E29  $\phi 8 \times 1.2$  10PCS



#E09 M8\*15 10PCS



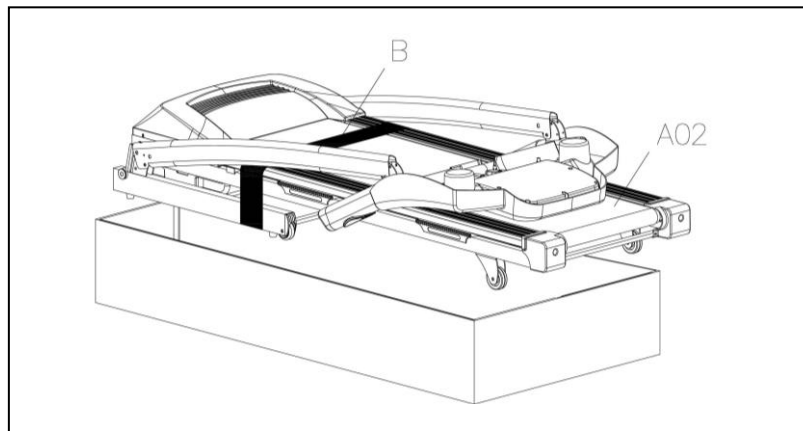
#B03 S=13-14-15 1PC



# ASSEMBLY INSTRUCTIONS

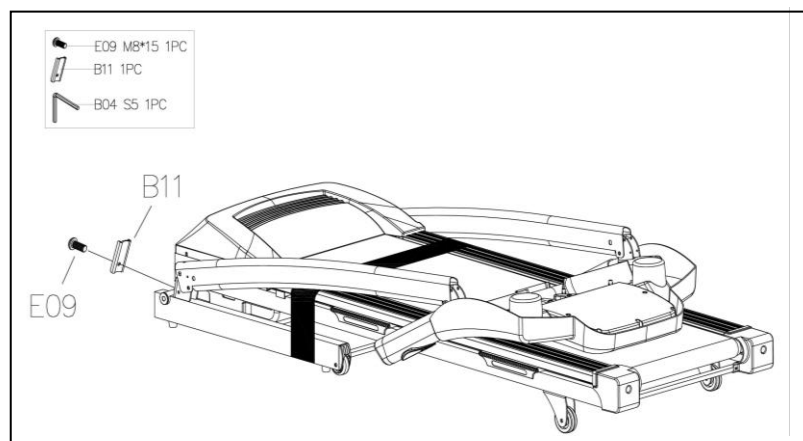
## STEP 1:

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:

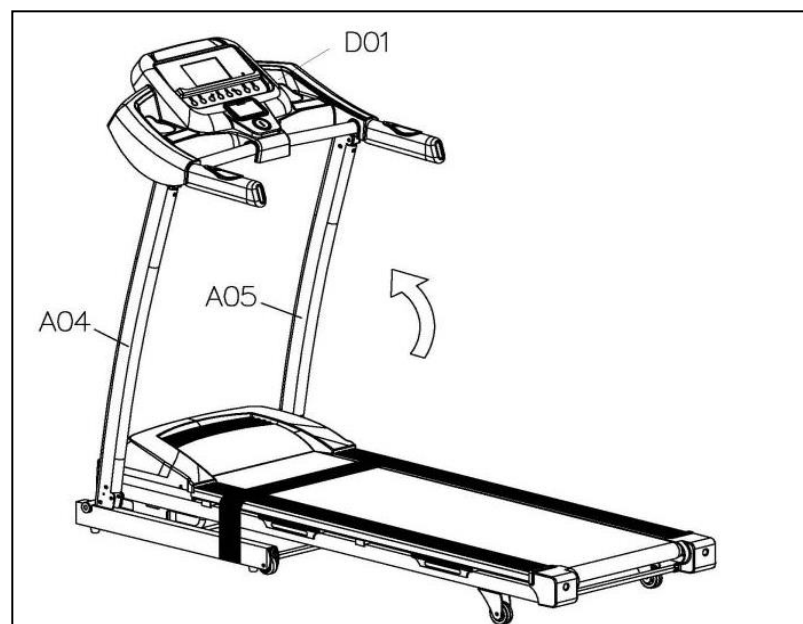
Loosen the preassembled **Bolt (No. E09)** on the **Base Frame (No. A01)** by using an **Allen Wrench (No. B04)** and remove the preassembled **Safety Block (No. B11)**.



## STEP 3:

Lift the **Console (No. D01)** along with **Left & Right Upright Tubes (No. A04 & No. A05)** upward (in the direction specified by the arrows on the diagram to the left).

**NOTE:** When lifting up, avoid puncturing the wires inside the **Left & Right Upright Tubes (No. A04 & No. A05)** as this will cause damage.

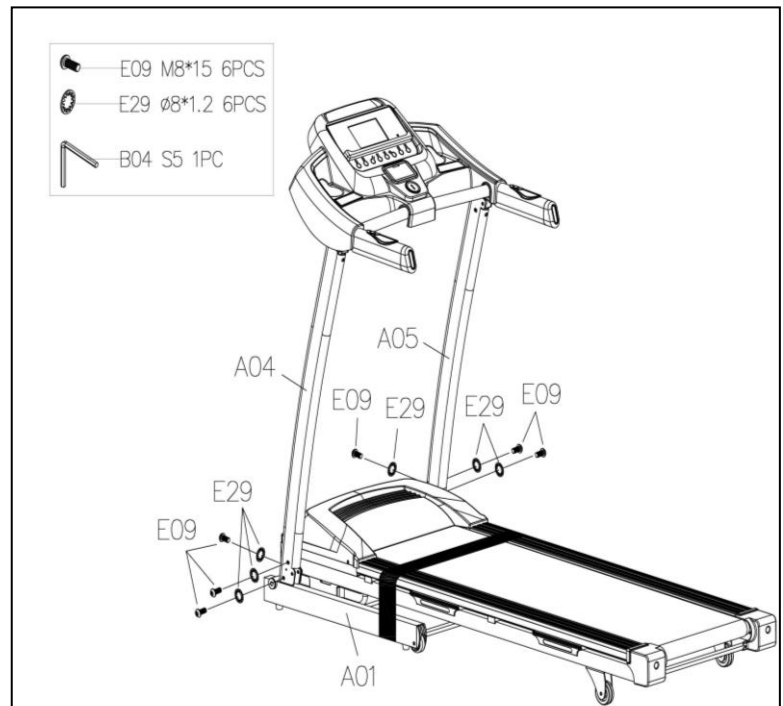


# ASSEMBLY INSTRUCTIONS

## STEP 4:

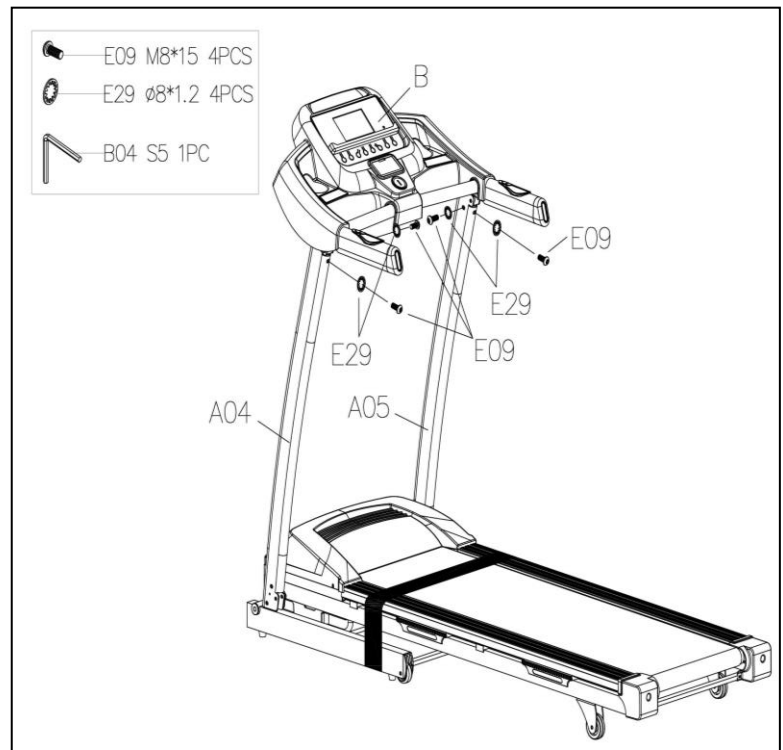
Support the **Left & Right Upright Tubes (No. A04 & No. A05)** with your hands to prevent them from falling down.

Fix the **Left & Right Upright Tubes (No. A04 & No. A05)** to the **Base Frame (No. A01)** using 6 **Bolts (No. E09)** and 6 **Washers (No. E29)**. Tighten using an **Allen Wrench (No. B04)**.



## STEP 5:

Fix the **Console (No. D01)** to the **Left & Right Upright Tubes (No. A04 & No. A05)** using 4 **Bolts (No. E09)** and 4 **Washers (No. E29)**. Tighten using an **Allen Wrench (No. B04)**.

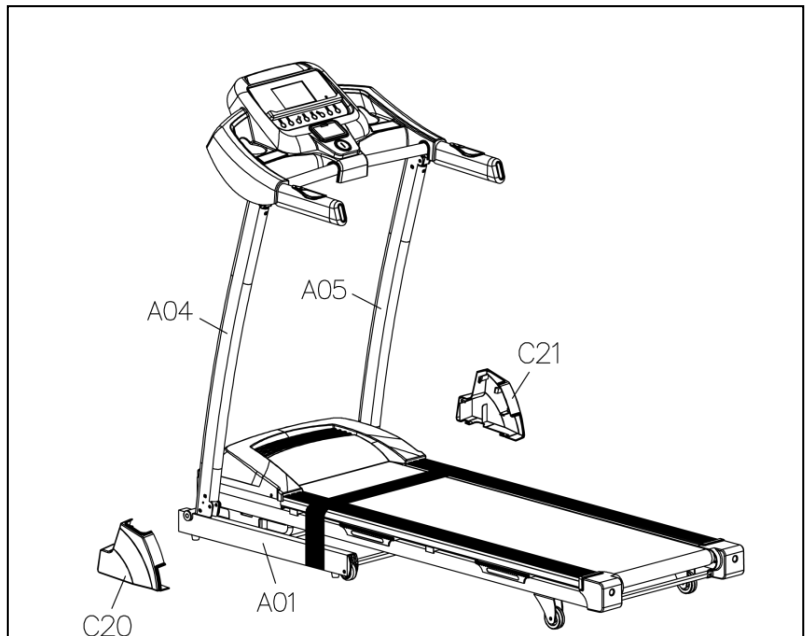




# ASSEMBLY INSTRUCTIONS

## STEP 6:

Attach the **Left & Right Upright Tube Covers (No. C20 & No. C21)** to the **Base Frame (No. A01)**.

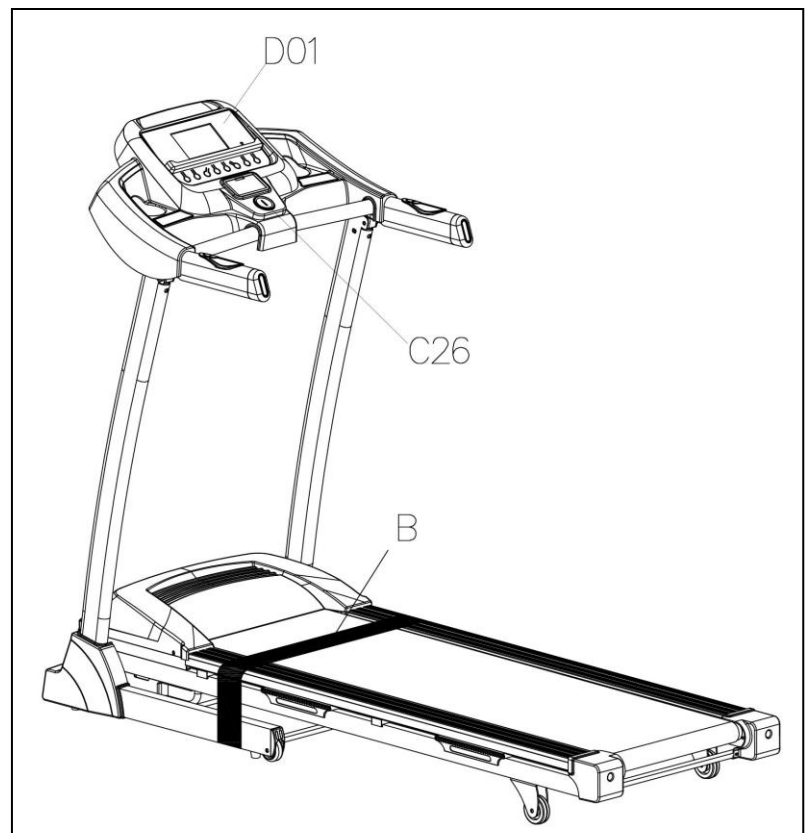


## STEP 7:

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

Insert the **Safety Key (No. C26)** into the magnetic area of the **Console (No. D01)**.

*Assembly is now complete!*



### **IMPORTANT NOTE!**

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

# MAINTENANCE & CARE

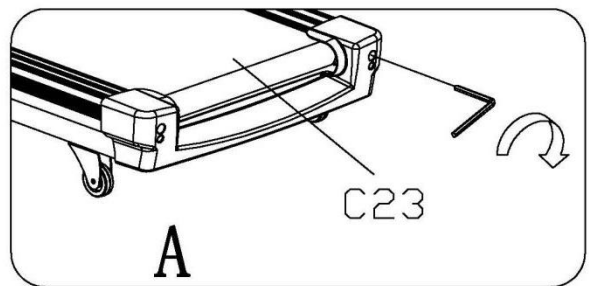
General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the **Running Belt (No. C23)** to prevent dust from accumulating underneath the **Running Belt (No. C23)**. Keep your running shoes clean so that dirt from your shoes does not wear out the **Running Board (No. D20)** 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 machine be powered off for 10 minutes after 2 hours of continue use and fully powered off whenever not in use.

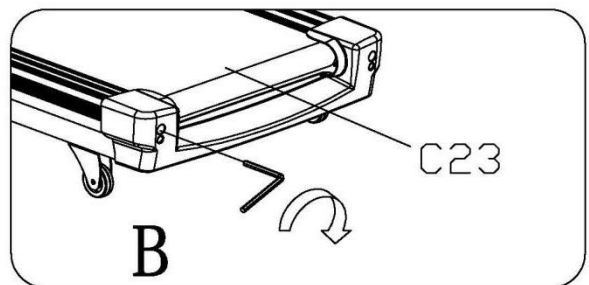
## CENTERING THE RUNNING BELT:

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

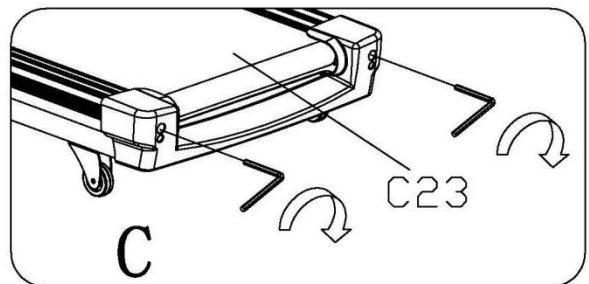
1. If the **Running Belt (No. C23)** moves to the right, turn the adjusting bolt on the right side  $\frac{1}{4}$  turn **clockwise**, then turn the left adjustment bolt  $\frac{1}{4}$  turn **counter-clockwise** (adjusting may require  $\frac{1}{2}$  or full turn). If the **Running Belt (No. C23)** does not move, repeat this step until it centers. Refer to Figure A.



2. If the **Running Belt (No. C23)** moves to the left, turn the adjusting bolts on the left side  $\frac{1}{4}$  of a turn **clockwise**, then turn the right adjustment bolt  $\frac{1}{4}$  turn **counter-clockwise** (adjusting may require  $\frac{1}{2}$  or full turn). 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 belt, turn the **Left & Right** side adjustment bolts one full turn **clockwise**. Then 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 Figure C.



# LUBRICATING THE TREADMILL

## IMPORTANT NOTE:

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

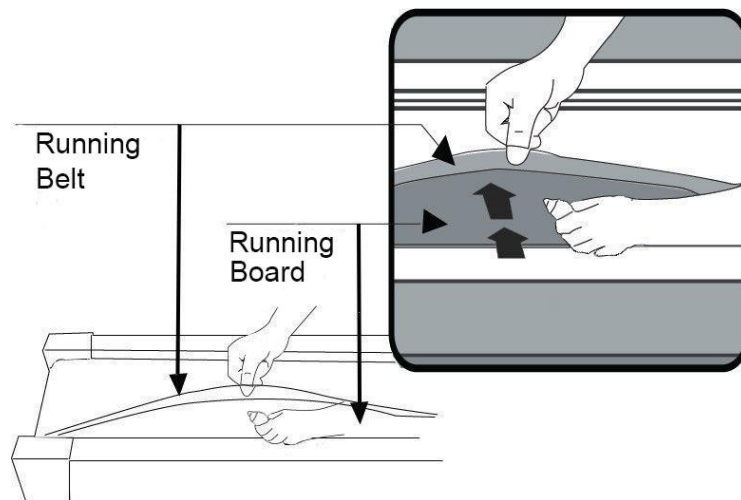
## RUNNING BELTS & TREADMILL LUBRICANT:

Lubricating the **Running Board (No. D20)** and **Running Belt (No. C23)** is essential as the friction between the two affects the life span and function of the treadmill, therefore it is recommended that the **Running Board (No. D20)** and **Running Belt (No. C23)** be inspected regularly. Should you find any wear on the **Running Board (No. D20)**, please contact us at: [service@zoovaa.com](mailto: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. D20)**. Use a rag to thoroughly wipe the lubricant over the **Running Board (No. D20)**. 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 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. D20)**.



### The following time table is recommended:

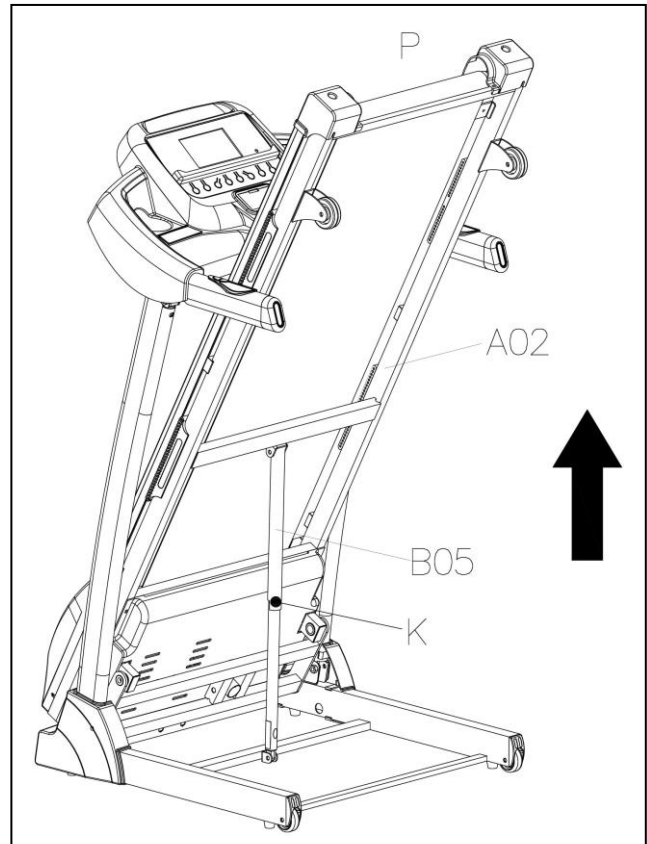
Light user (less than 3 hours/week)	<i>every six months</i>
Medium user (3-5 hours/week)	<i>every three months</i>
Heavy user (more than 5 hours/week)	<i>every two months</i>

# FOLDING INSTRUCTIONS

## FOLDING:

Place your hand at position “P” and lift up on the **Main Frame (No. A02)** until the **Air Pressure Cylinder (No. B05)** “K” locks into the tube.

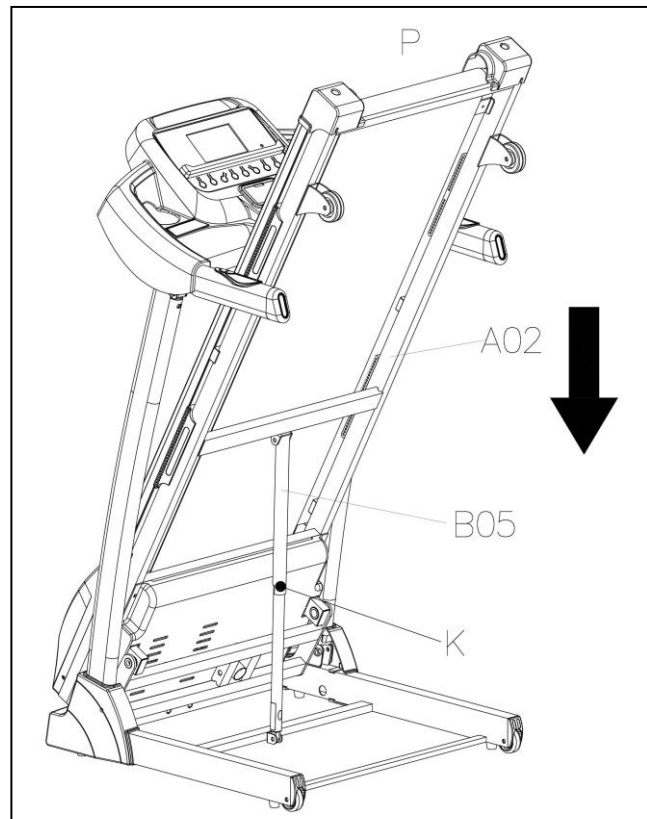
You will hear a clicking sound when the **Air Pressure Cylinder (No. B05)** successfully locks into the tube.



## UNFOLDING:

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

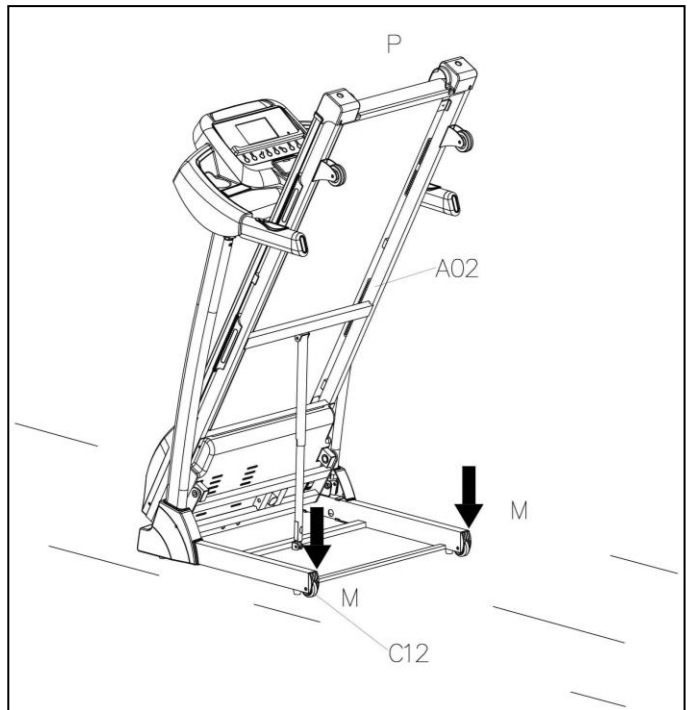
Grasp the **Main Frame (No. A02)** at position “P” with one hand. Next, using your foot, firmly push against the **Air Pressure Cylinder (No. B05)** “K” and press down on the **Main Frame (No. A02)**. Once the **Main Frame (No. A02)** has been pushed down, it will automatically continue to steadily lower itself until it reaches level ground.



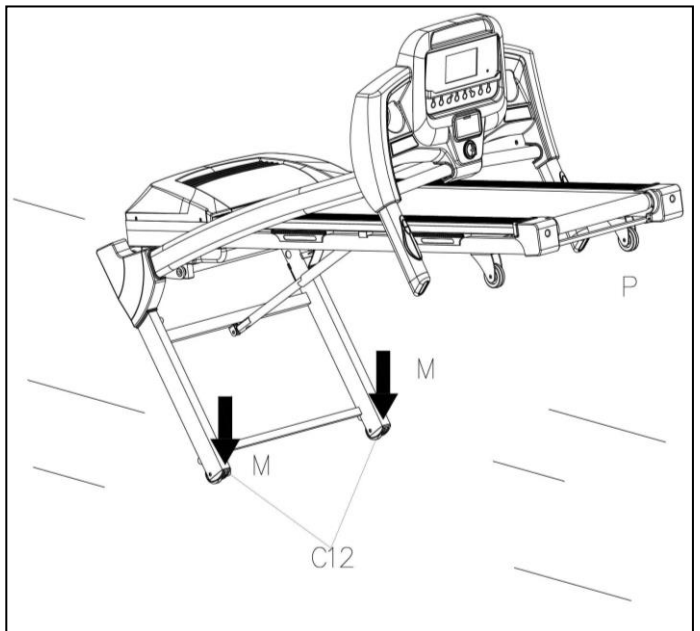
# HOW TO MOVE THE MACHINE

Before attempting to move the treadmill, make sure that it has been properly folded. Unplug the **Power Wire (No. D16)**.

To tilt, start by placing one hand at position “P” to support the top end of the treadmill. Next, place one foot at position “M” to hold the bottom end of the treadmill steady. With your foot at “M”, slowly tilt the top of the treadmill downward towards the ground. Once the **Main Frame (No. A02)** “P” reaches a low enough point, the **Moving Wheels (No. C12)** of the treadmill touch the ground.



To transport, hold the treadmill from position “P” and tilt until the **Moving Wheels (No. C12)** “M” are able to move on the ground.



# 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 plugging 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. Grounding provides the least resistance for electrical current and will reduce the risk of electric shock. 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. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

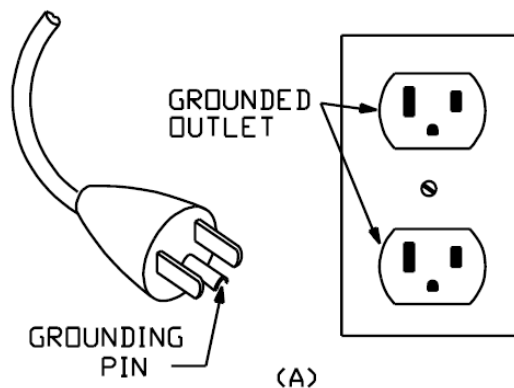
## DANGER:

Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a certified electrician if you are in doubt as to 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 electrician.

## WARNING!

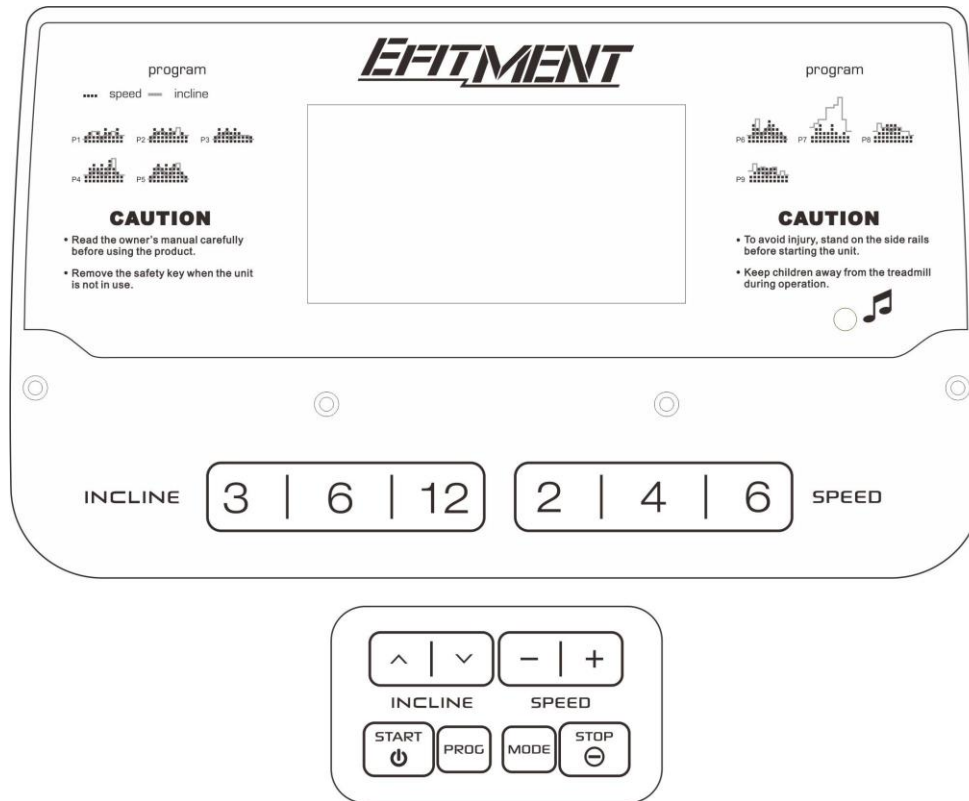
1. NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
2. NEVER operate the treadmill using a generator or UPS power supply.
3. NEVER remove any cover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

## GROUNDING METHOD





# THE DISPLAY CONSOLE



## QUICK START:

1. Insert the magnet end of the Safety Key into the console. Turn on the power switch.
2. Press the START button, and the console will automatically display a 3 second 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 or QUICK SPEED buttons 2, 4, & 6 MPH.
4. To adjust the incline, you can use the INCLINE UP/DOWN buttons or QUICK INCLINE buttons 3%, 6%, & 12%.

**\*NOTE: The maximum speed on this treadmill is 9 MPH.**

## CONTROL FUNCTIONS:

1. Press the – Speed button to reduce the running speed.
2. Press the + Speed button to increase the running speed.
3. Press the – Incline button to reduce the incline.
4. Press the + Incline button to increase the incline.
5. Press the Quick Speed button (2, 4 or 6) will adjust the speed to the corresponding speed indicated (2, 4, or 6 MPH).
6. Press the Quick Incline button (3, 6 or 12) will adjust the incline to the corresponding incline indicated (3%, 6%, or 12%).
7. Press the Stop Button will stop the running belt of the machine.
8. Hold the Pulse Sensors located on the handles with both hands for 5 seconds will calculate and display the runner's heartbeats per minute (BPM) on the console.

# THE DISPLAY CONSOLE

## WINDOW DISPLAY

- SPEED/PULSE:** The speed range is 0.5 - 9.0 MPH. 0.5 MPH is the default running speed. When the runner holds both hands on the pulse sensors (located on the handles), the console 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).
- TIME:** Displays the time elapsed. Display starts at 0:00 minutes:seconds. After it reaches 59:59 minutes:seconds, the display will change to 01:00 hours:minutes. Maximum display for time elapsed is 18:00 hours:minutes. When time elapsed reaches the maximum, the machine will continue running. It will start count again from 0:00.  
When in Countdown Mode, it will count from the setting time to 0:00. When the time reaches 0:00, the machine will stop smoothly and display "End" then automatically reset itself after 5 seconds. Maximum Countdown time is 99:00 minutes:seconds.
- DISTANCE:** Displays the distance traveled (0.0 - 99.9 MILES). When the distance 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 distance to 0.00. When it reaches 0.00, the machine 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-FAT.
- CALORIES/INCLINE:** Displays the amount of calories burned from 0 to 999 KCAL and the incline level from 0 - 15. 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 machine will stop smoothly and display "End", then automatically reset to the initial setting after 5 seconds.
- STEPS:** Displays steps that the user has walked. When it displays steps, it will count from 0 to 99999. When it reaches 99999, it will start count again from 0.
- MATRIX:** The matrix window will display a 0.25 miles running track. Once you finish running the laps, the machine will beep and show the number of laps you've completed.

PROGRAMS	Initial	Default Value	Set Range	Display Range
TIME(MIN:SECOND)	0:00	10:00	5:00-99:00	0:00—99:00
INCLINE(SECTION)	0	0	0-15	0-15
SPEED(MPH)	0.5	0.5	0.5-9	0.5-9
DISTANCE(MILE)	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

# THE DISPLAY CONSOLE

## FUNCTION KEYS:

1. **PROGRAM:** Press the PROGRAM button to set your desired interval setting. Programs are displayed as P1-P9 and FAT. Various intervals are shown on the face of the treadmill. P1-P9 are preset programs.
2. **MODE:** When stopped, press this button to select a Countdown Mode.  
10:00 MINS is the set Countdown for TIME  
1.0 MILE is the set Countdown for DISTANCE  
50 KCAL is the set Countdown for CALORIES  
When setting each Countdown Mode, you can press the speed + / - buttons to increase or decrease from the set data. Press START to start the machine.
3. **START:** To start the machine, insert the magnet end of the Safety Key into the console and then press the START button. This machine requires the Safety Key in order to start. 0.5 MPH is the default start speed.
4. **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.
5. **SPEED +/- BUTTONS:** Press the + / - 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.
6. **INCLINE UP/DOWN BUTTONS:** Press this button to adjust incline. When the machine is running, press the Up & Down buttons to increase or decrease the incline in increments of 1/time. Pressing and holding either of these buttons for duration of over ½ a second will increase or decrease the incline continually. The incline levels range from 0-15.
7. **QUICK SPEED BUTTONS 2, 4, 6:** These buttons are preset to 2, 4, or 6 MPH speeds for convenience.
8. **QUICK INCLINE BUTTONS 3%, 6%, 12%:** These buttons are quick incline presets which allow you to select an automatic running incline of 3%, 6%, or 12% instantly with a push of a button.

## PLAYING MUSIC

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

1. Connect your device using the MP3 wire (No. F09).
2. Connect your device using Bluetooth.

To connect using Bluetooth, make sure the MP3 wire (No. F09) is disconnected. If the MP3 wire 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 console 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 11 to learn the proper steps to lubricating your machine. Apply the lubricating oil to the middle of the running deck on both sides. After application, press and hold the STOP button for 3 seconds to clear the reminder.

## INTERVAL PROGRAMS (P1-P9):

Press the PROGRAM 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 +/- or INCLINE +/- 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 +/- or INCLINE +/- buttons to change the SPEED and INCLINE. After finishing one program, the console will beep and display END. The machine 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
	INCLINE	1	2	3	3	1	2	2	3	2	2
P2	SPEED	1.2	3.1	2.5	3.7	2.5	3.7	2.5	1.2	2.5	1.2
	INCLINE	1	2	3	3	2	2	3	4	2	2
P3	SPEED	1.2	3.1	2.5	3.1	2.5	3.1	2.5	1.2	1.8	1.2
	INCLINE	1	2	2	3	1	2	2	2	2	1
P4	SPEED	1.8	3.7	4.3	3.1	5	3.1	5.6	3.7	2.5	1.8
	INCLINE	2	2	3	3	2	2	4	6	2	2
P5	SPEED	1.8	3.7	4.3	3.1	5	3.7	4.3	3.7	2.5	1.8
	INCLINE	1	2	4	3	2	2	4	5	2	1
P6	SPEED	1.2	5	3.7	2.5	3.1	5.6	4.3	3.1	2.5	1.8
	INCLINE	2	2	6	2	3	4	2	2	2	1
P7	SPEED	1.2	3.7	4.3	2.5	2.5	4.3	2.5	1.2	2.5	1.2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P8	SPEED	1.2	2.5	3.7	5	4.3	5	3.7	1.2	1.8	1.2
	INCLINE	3	5	4	4	3	4	4	3	3	2
P9	SPEED	1.2	2.5	3.1	3.1	3.7	3.1	3.7	1.8	1.8	1.2
	INCLINE	3	5	3	4	2	3	4	2	3	2

# THE DISPLAY CONSOLE

## BODY MASS CALCULATION:

Press the PROGRAM button until the window displays FAT to access Body Mass Calculation. Press MODE to enter F-1, F-2, F-3, F-4, F-5

**F-1 SEX, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT, F-5 is Body Mass Index**

Press SPEED +/- buttons to set F1-F4 (refer to the chart below). Once you have finished setting F1-F4, press MODE. This will enter you into the set up for F-5 (Body Mass Index). To set F-5, grasp the Pulse Sensors located on the handles with both hands and hold them for 3 seconds. The window will display your body mass index. The Body Mass Index is used to test the relation between your height and weight. It is only for reference and cannot be used as the medical data. The Body Mass Index is suitable for both male and female.

**NOTE:** General **Body Mass Index** score is **20-25%**

Underweight	19.0 – and below
Normal	20.0 – 25.0
Overweight	26.0 – 29.0
Obesity	30.0 – and above

## BODY MASS INDEX (BMI) CHART:

F-1	Sex	01 Male	02 Female
F-2	Age	10-----99	
F-3	Height	40----80 INCHES	
F-4	Weight	44-----330 LBS	
F-5	BMI	≤19	Underweight
	BMI	=(20---25)	Normal Weight
	BMI	=(26---29)	Overweight
	BMI	≥30	Obesity

# TREADMILL FUNCTIONS

## **SAFETY LOCK FUNCTION:**

Removing the **Safety Key (No. C26)** from the **Console (No. D01)** while the treadmill is running will cause it to stop immediately. Once the treadmill reaches a full stop, the console will display “- - -” and the buzzer will beep 3 times. To start the treadmill again, insert the magnet end of the **Safety Key (No. C26)** 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 computer will be turned off. To turn it back on, press any button.

## **I POWER ON:**

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

## **O POWER OFF:**

Press 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 magnet end of the **Safety Key (No. C26)** 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. C26)** 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 equipment 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 to your clothes and insert the magnetic end of the Safety Key into the console.
3. Press the START button to start the machine.
4. The machine 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 machine or you can remove the magnetic end of the Safety Key to stop the machine.

# TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
Treadmill will not start	Not plugged in	Plug cord into outlet
	Safety Key not inserted	Insert Safety Key
Running belt not centered	Running belt tension not correct on the left or right sides of the running board	Tighten the adjustment bolts on the left and right side of the rear roller
Computer not working	Wires from the computer and bottom control board not properly connected.	Check wire connections from the computer to the control board.
	Transformer is damaged	If the transformer is damaged, contact customer service.
E01 or E13: Message failure	Wires from the computer and bottom control board not properly connected.	Check wire connections from the computer 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](mailto:service@zoovaa.com)**

