



MuscleSquad P100 Treadmill

Assembly & User Manual



Important – Please read these instructions fully before assembly and use.

These Instructions contain important information for assembly, safe use, and maintenance.

CONTENTS

Warranty	3
Safety	3-4
Assembly	5
Contents & Setup	6-10
Getting Started	11
Moving	12-14
Storage	15
How to use	16-21
Warm up & Cool down	22-23
Error Codes	24
Programmes	25
Parts	26-29
Maintenance	30-32
Terms & Conditions	33

Thanks for purchasing this product. This product will help you exercise your muscles in the correct way and to improve your fitness – and all this in a familiar environment.

WARRANTY

MuscleSquad assures you that this device was manufactured from high quality materials. A prerequisite of the machine's warranty is a proper setup of the device in accordance with the operating instructions. Improper use and / or incorrect transportation can render the warranty void.

The warranty is for 1 year, beginning from the date of purchase. If the device you acquired is defective, please contact our Customer Service at **info@musclesquad.com** within the guarantee period of 12 months from the purchase date. The warranty applies to the following parts (as far as included in the scope of delivery): Frame, cable, electronic devices, foam, and wheels. The guarantee does not cover:

1. Damage caused by any external force
 2. Intervention by unauthorised parties
 3. Incorrect handling of the product
 4. Non-compliance with the operating instructions
- Wear of parts and expendable items are also not covered (such as the running belt). The device is only intended for private use. The warranty does not apply to professional usage.

Spare parts can be ordered from Customer Services at **info@musclesquad.com**.

Please make sure you have the following information to hand when ordering spare parts:

1. Operating instructions
2. Model number (located on the cover sheet of these instructions)
3. Description of attachments
4. Attachment number
5. Proof of purchase with purchase date

Please do not send the device to our firm without being requested to do so by our service team. The costs of unsolicited shipments will be borne by the sender.

GENERAL SAFETY INSTRUCTIONS

A great deal of emphasis was placed on safety in the design and manufacture of this fitness device. Still, it is very important that you strictly adhere to the following safety instructions. We cannot be held liable for accidents that are caused due to disregarding this advice.

To ensure your safety and to avoid accidents, please read the operating instructions thoroughly and attentively before you use the sports device for the first time.

1. Consult your GP before starting to exercise on this device. Should you want to exercise regularly and intensively, the approval of your GP would be advisable. This is especially true for users with health problems.
2. We recommend that handicapped people should only use the device when a qualified carer is present.
3. When using the fitness device, wear comfortable clothing and preferably sports or aerobic shoes. Avoid wearing loose clothing which could get caught in the moving parts of the device.

4. Stop exercising immediately should you feel unwell or if you feel pain in your joints or muscles. In particular, keep an eye on how your body is responding to the exercise programme. Dizziness is a sign that you are exercising too intensively with the device. At the first signs of dizziness, lay down on the ground until you feel better.
5. Ensure there are no children nearby when you are exercising on the device. In addition, the device should be stowed in a place that children or house pets cannot reach.
6. Ensure that only one person at a time uses the fitness device.
7. After the sports device has been set up according to the operating instructions, make sure all screws, bolts and nuts are correctly fitted and tightened. Use only attachments recommended and/or supplied by the importer.
8. Do not use a device that is damaged or unserviceable.
9. Always place the device on a smooth, clean and sturdy surface. Never use near water and make sure there are no pointed objects in the direct vicinity of the fitness device. If necessary, place a protective mat (not included) to protect your floor underneath the device and keep a free space of at least 0.5 m around the device for safety reasons.
10. Take care not to put your arms and legs near the moving parts. Do not place any material in openings in the device.
11. Use the device only for the purposes described in these operating instructions. Use only attachments recommended by the manufacturer.
12. If the power supply cord is damaged, it must be replaced by the manufacturer, its service agent or similar persons in order to avoid any danger.

SAFETY PRECAUTIONS

1. Choose a place in reach of a socket when placing the treadmill.
2. Always connect the appliance to a socket with a grounded circuit and with no other appliances connected to it. It is recommended not to use any extension cords.
3. Faulty grounding of the appliance can cause the risk of electrical shocks. Ask a qualified electrician to check the socket in case you do not know if the appliance is grounded appropriately. Do not change or modify the plug provided with the appliance if it is not compatible with your socket type. Ask a qualified electrician to install a suitable socket.
4. Sudden voltage fluctuations can seriously damage the treadmill. Weather changes or switching on and off other appliances can cause peak voltages, over-voltage or interference voltage. To limit the danger of damage to the treadmill, it should be equipped with an over-voltage protective device (not included).
5. Keep the power cord away from the carrying roller. Do not leave the power cord below the striding belt. Do not use the treadmill with a damaged or worn out power cord.
6. Unplug before cleaning or engaging in maintenance work. Maintenance should only be done by authorised service technicians, unless otherwise stated by the manufacturer. Ignoring those instructions would automatically void the warranty.
7. Inspect the treadmill before every use to make sure that every part is operational.
8. Do not use the treadmill outdoors, in a garage or under any kind of canopy. Do not expose the treadmill to high humidity or direct sunlight.
9. Never leave the treadmill unattended.

Make sure the treadmill belt is always tense. Start the treadmill before stepping on it.

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent

or similarly qualified persons in order to avoid any danger.

This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities.

Children should be supervised to ensure that they do not play with the appliance.

ASSEMBLY

Before starting with the assembly of this fitness device carefully read the set up steps found on pages 5 to 8. We also recommend that you view the assembly drawing prior to assembly.

Remove all packaging material and place the individual parts on a free surface. This will provide you with an overview and will simplify the assembly.

Please consider that there is always the risk of injury when using tools and carrying out technical activities. Please proceed with care when assembling the device.

Make sure you have a hazard-free working environment and do not, for example, leave tools lying around. Deposit the packaging material in such a way that it does not pose a danger. Foil and plastic bags are a potential risk of suffocation for children!

Take your time when viewing the drawings and then assemble the device according to the series of illustrations.

The device must be carefully assembled by an adult person. If necessary, request aid from another technically talented person.

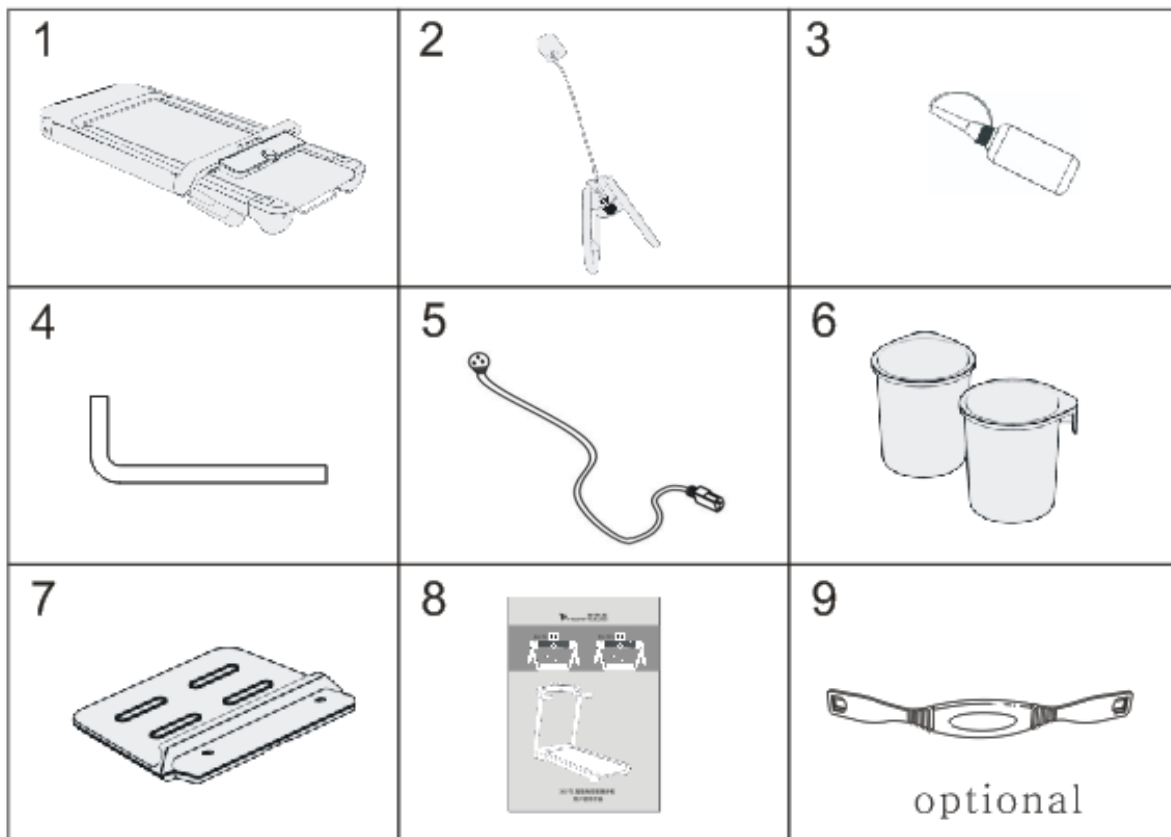
WARNING!

Use extreme caution when assembling this treadmill. Failure to do so could result in injury.

***NOTE:* Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.**

UNPACK AND VERIFY THE CONTENTS OF THE BOX

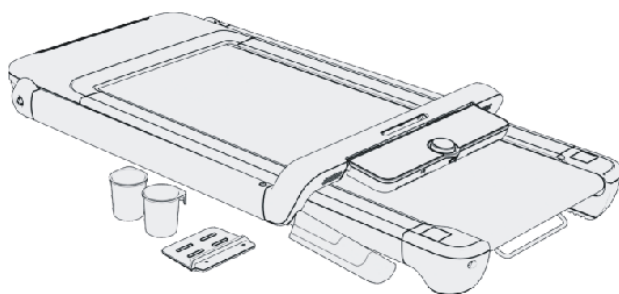
1. Lift up and remove the box that surrounds the Treadmill.
2. Check the following items are present. If any of the parts are missing, contact the dealer.



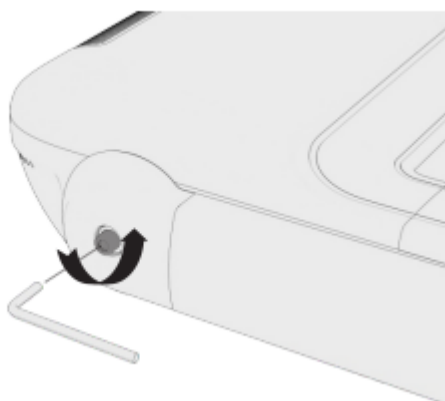
This product is an installation-free product. Open the package, take out the treadmill, fold the post and armrests, and turn on the power to use.

NOTE: Before the device is assembled, please do not let elderly persons or children approach the device to prevent injury.

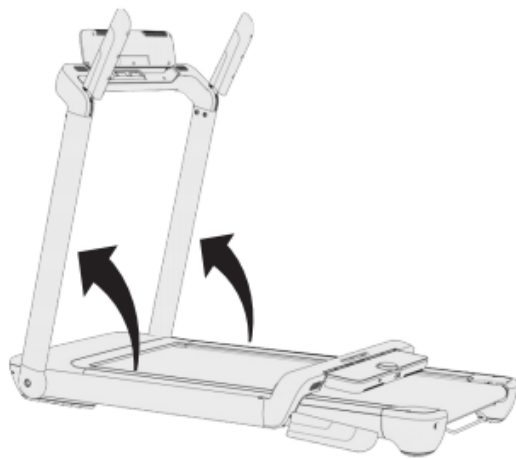
Step 1: Take out the machine from the box and put it on a flat floor. (As shown)



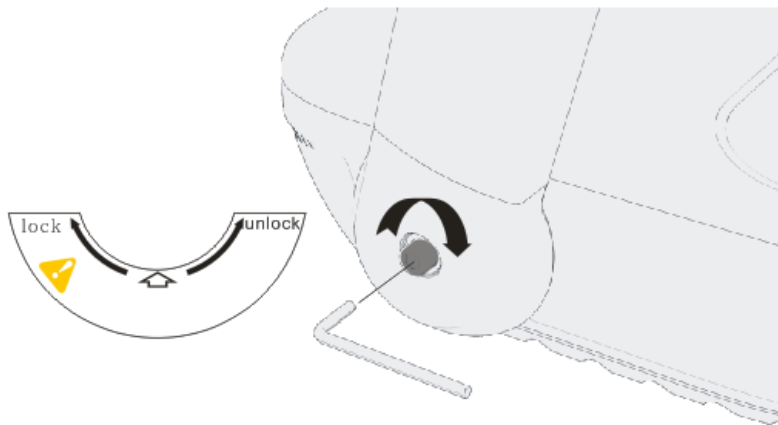
Step 2: Use an Allen key to unlock the left and right column fastening screws (4 to 5 turns counter clockwise)



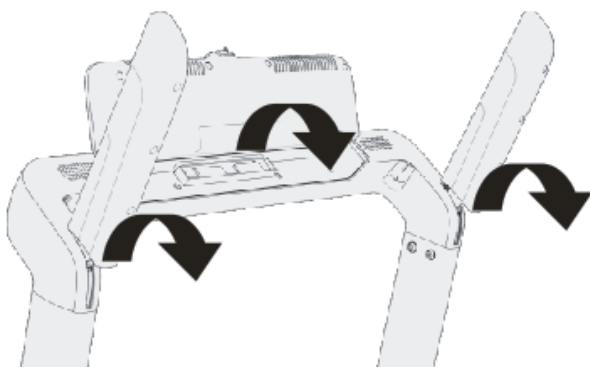
Step 3: Use both hands to rotate the column in the direction indicated by the arrow in the figure until it does not turn anymore.



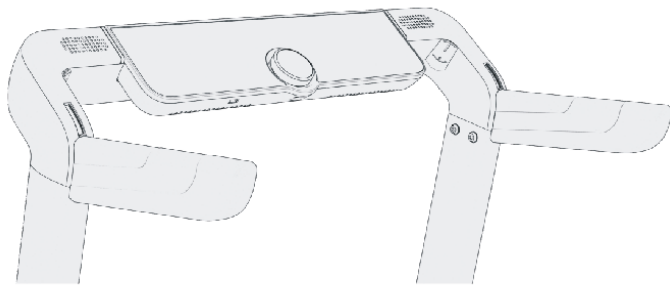
Step 4: Use an Allen key to tighten the left and right column upright screws.



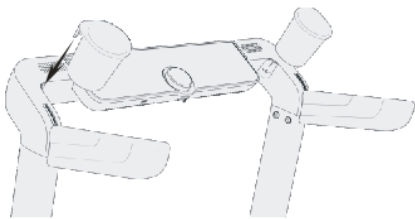
Step 5: Rotate the dial and armrests in the direction of the arrow.



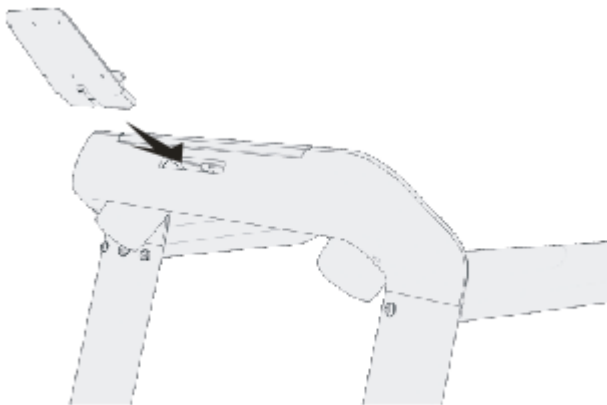
Step 6: Rotate the dial and armrests on both sides to the position shown in the figure.



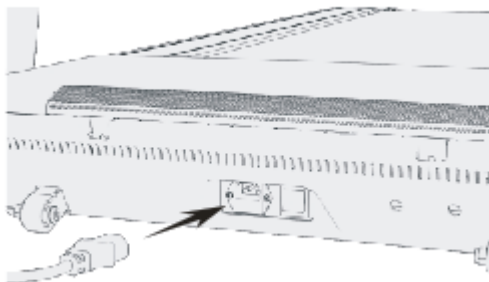
Step 7: Place the cup in the slot.



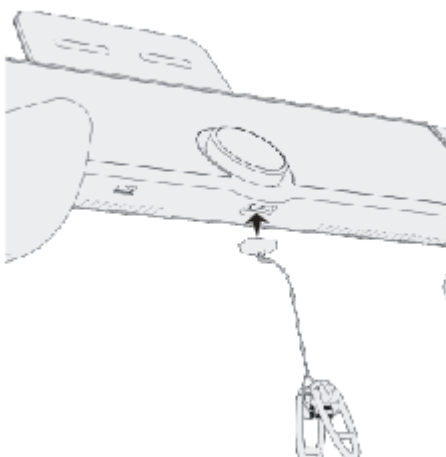
Step 8: Put the phone holder into the card slot.



Step 9: After inserting the power cord.



Step 10: Add the safety key.



Complete assembly.

SETTING UP YOUR TREADMILL PLACEMENT IN YOUR HOME

To make exercise a desirable daily activity for you, the treadmill should be placed in a comfortable and convenient setting. This treadmill is designed to use minimal floor space and to fit nicely in your home.

- ✓ Do not place the treadmill outdoors.
- ✓ Do not place the treadmill near water or in a high moisture content environment.
- ✓ Make sure the power cord is not in the path of heavy foot traffic.
- ✓ If your room is carpeted, check the clearance to make sure there is enough space between the carpet fibres and the treadmill deck. If you are uncertain, it is best to place a mat beneath your treadmill.
- ✓ Locate the treadmill at least 4 feet from walls or furniture.
- ✓ Allow a safety area of 2m X 1m behind the treadmill so that you can easily get on and off the treadmill without getting trapped during an emergency.

Occasionally after extended use you will find a fine black dust below your treadmill. This is normal wear and DOES NOT mean there is anything wrong with your treadmill. This dust can be easily removed with a vacuum cleaner. If you wish to prevent this dust from getting on your floor or carpet, place a mat beneath your treadmill.

USE A DEDICATED PLUG

The outlet selected should be a dedicated circuit. It is particularly important that no sensitive electrical equipment, such as a computer or TV, share the same circuit.

CAUTION!

Make sure the running deck is level to the ground. If the deck is positioned on an uneven surface, it could cause premature damage to the electronic system.

Read this manual fully, before operating this treadmill.

GETTING STARTED TURN POWER ON

Put the power cord into a 13amp electrical outlet. Flip this switch to the “ON” position. The screen lights up and there is a prompt sound.

SAFETY KEY AND CLIP

The safety key is designed to cut the main power to the treadmill should you fall. Therefore, the safety key is designed to bring the treadmill to an immediate stop. At high speeds, it may be uncomfortable and somewhat dangerous to come to a complete stop immediately. So, use the safety key as an emergency stop only. To bring the treadmill to a complete stop safely and comfortably, use the red stop button.

Your treadmill will not start unless the safety key is properly inserted into the key holder in the middle of the console. The other end of the safety key should be securely clipped to your clothing so that in the case that you fall, you will pull the safety key from the console, which will stop the treadmill immediately to minimise injury. For your safety, never use the treadmill without securing the safety key clipped to your clothing. Pull on the safety key clip to make sure it will not fall away from your clothing.

GETTING ON AND OFF THE TREADMILL

Be careful when getting on or off the treadmill. Try to use the handlebars while getting on or off. While you are preparing to use the treadmill, do not stand on the running belt. Straddle the running belt by placing your feet on both side rails of the treadmill deck. Place your foot on the belt only after the belt has begun to move at a consistent slow speed. During exercise, keep your body and head facing forward at all times. Never attempt to turn around on the treadmill when the running belt is still moving. When you have finished exercising, stop the treadmill by pressing the red stop button. Wait until the treadmill comes to a complete stop before attempting to get off the treadmill.

WARNING!

Never use this treadmill without first securing the safety tether clip to your clothing.

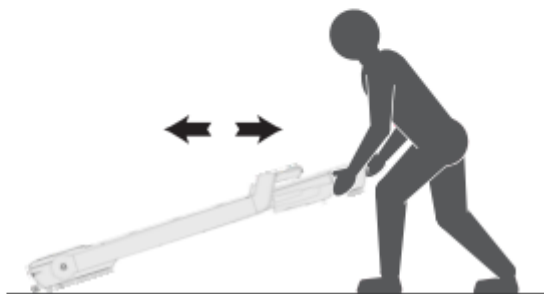
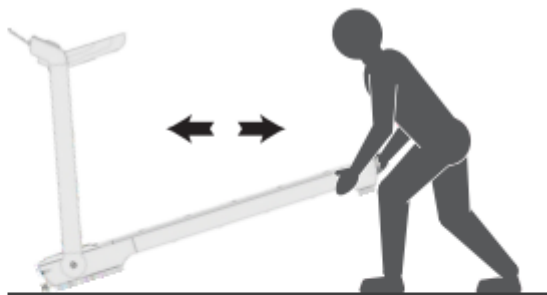
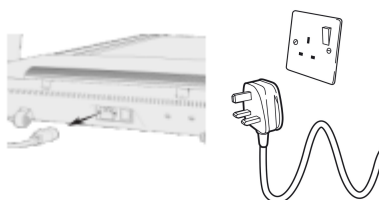
CAUTION!

For your safety, step onto the belt when the speed is no more than 3km/h.

INSTRUCTIONS FOR MOVING

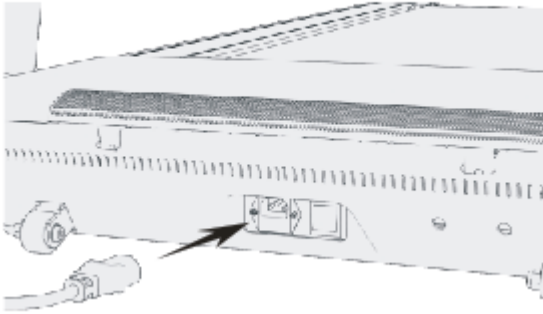
The treadmill is equipped with wheels for easy movement.

Note: Unplug the power cord before moving.

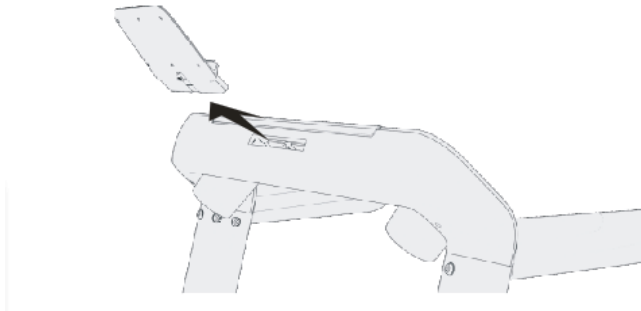


INSTRUCTIONS FOR FOLDING

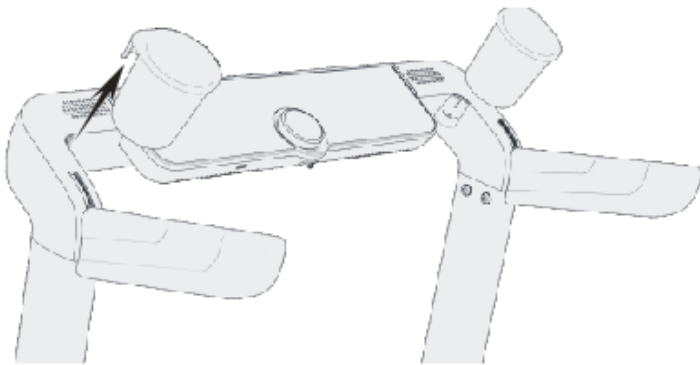
Step 1: Unplug the power cord from the card slot.



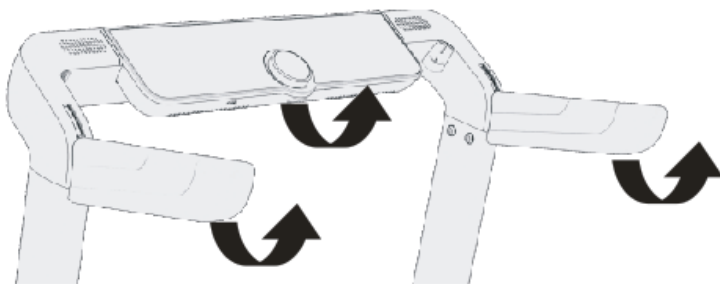
Step 2: Remove the phone holder from the card slot.



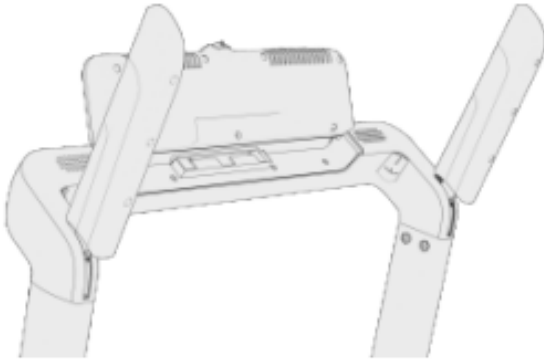
Step 3: Remove the cup.



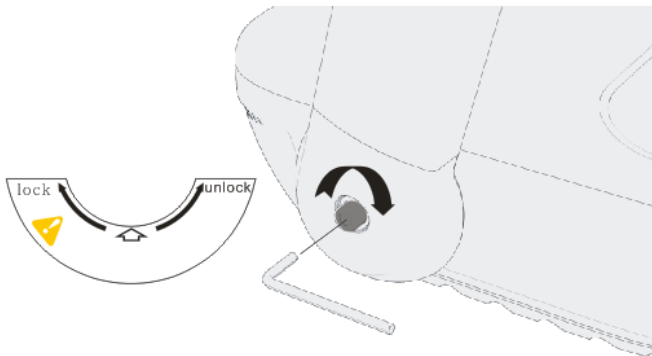
Step 4: Rotate the dial and armrests in the direction of the arrow.



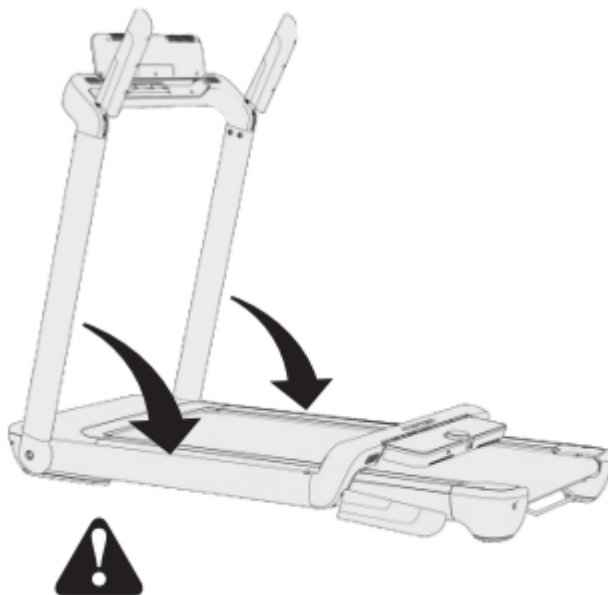
Step 5: Rotate the dial and armrests on both sides to the position shown in the figure.



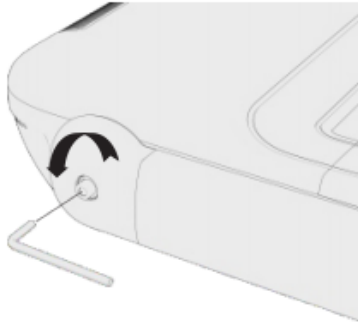
Step 6: Use an Allen wrench to tighten the left and right column upright screws.



Step 7: Use both hands to rotate the column in the direction indicated by the arrow in the figure until it does not turn anymore. Please keep elderly persons and children away from the equipment during the folding process.



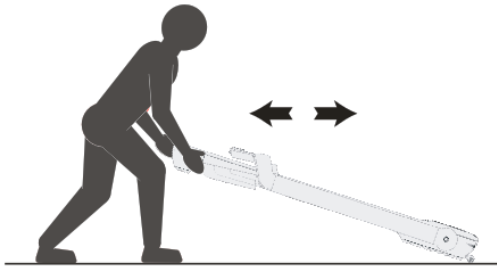
Step 8: Use an Allen wrench to lock the left and right column fastening screws



STORAGE

Horizontal storage

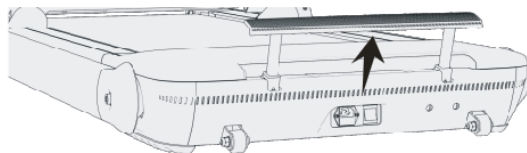
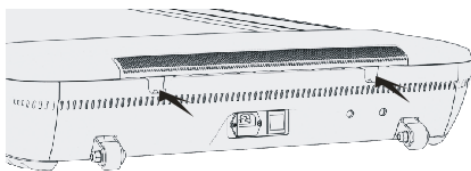
After folding, it can be stored in a suitable place.



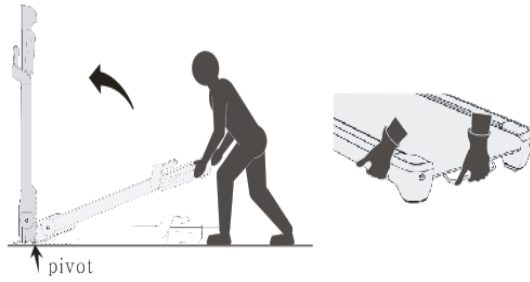
Upright storage

When choosing upright storage, please continue to complete the following steps.

- A. Pull the upright stand to the highest position until you hear a DADA noise. It must be pulled to the highest position!



- B. Ensure the ground is level. After making sure that the stand is pulled to the highest position, lift the treadmill as shown.

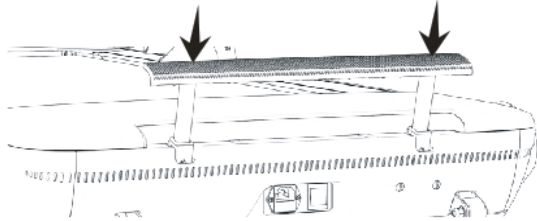


WARNING!

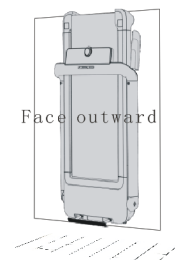
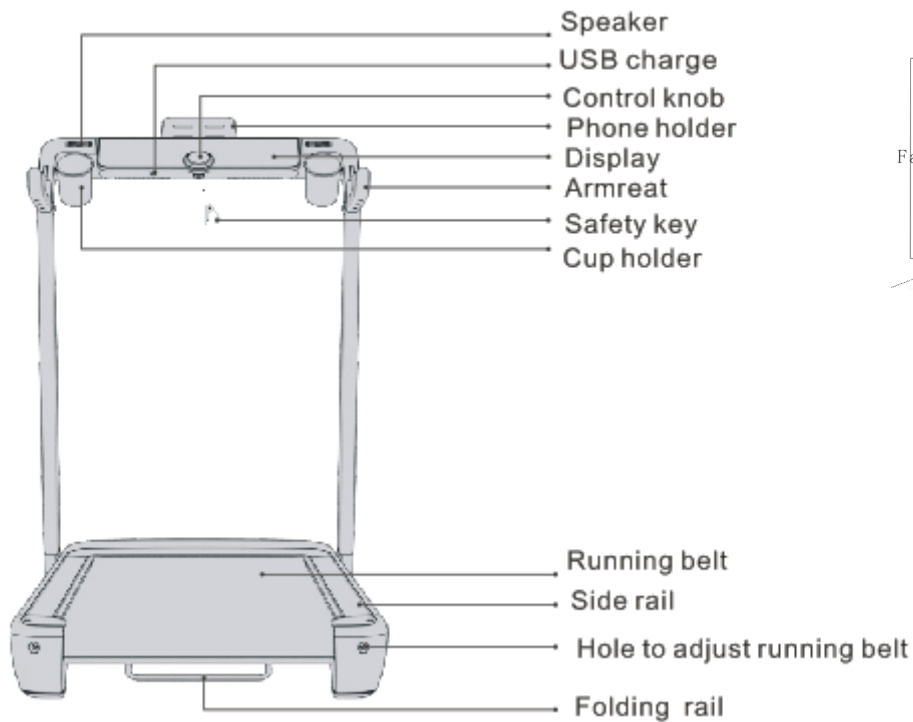
Try to choose horizontal storage. If you choose to store it upright, please place it against a wall, and ensure that no one goes close to it to prevent unnecessary injuries.

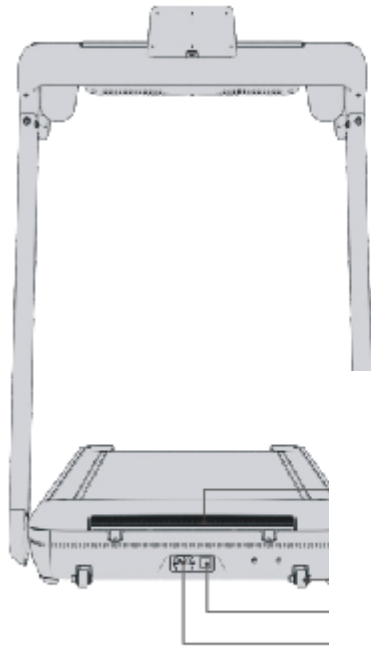
How to fold the upright stand

When you reassemble the treadmill, hold down the long plate with both hands, as shown in the figure, and you will be able to retract the stand.



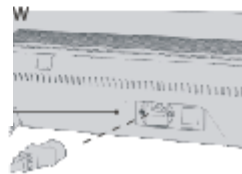
INSTRUCTIONS





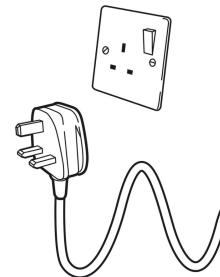
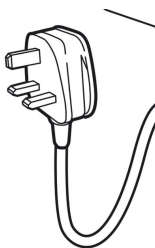
power ground

power plug



POWER GROUNDING

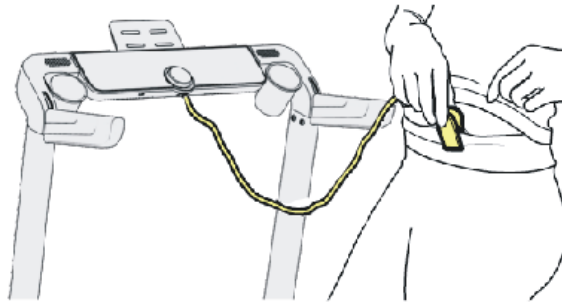
This product must be grounded. In the event of a fault, grounding provides the path of least resistance to the current to reduce the risk of electric shock. This product is equipped with a power cable grounding conductor and a grounding plug. This plug needs to be inserted into a socket that meets the specifications. If you are at all unsure, please first find a professional electrician to inspect or modify the socket.



NOTE:

1. If you are using the treadmill for the first time, be sure to hold the handrail

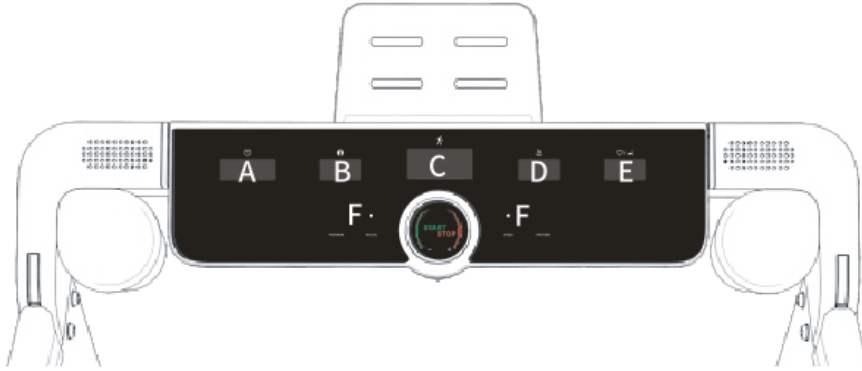
- with both hands until you are ready to let go.
2. Please clip the safety key to the appropriate position of your clothes when exercising. If an accident occurs, pull the safety key immediately and the running track will stop immediately.
 3. Please turn off and unplug the power cord immediately after using.



DISPLAY OPERATION



Window and key description:



1. The LED window displays the following functions:

A. Time window: display time data, display range: 0:00-99:59.

B. Distance window: display distance data, display range: 0.00-99.9.

C. Speed window: display speed data, the display range is 0.0-15.0KMH.

D. Calorie window: display speed data, the display range is 00.0-999.

E. Heart rate window:

P is displayed if no heart rate is shown, and then the heart rate data will be displayed.

The display range is 50-200, and the decimal point in the lower right corner flashes when there is a heartbeat. The heart rate value is for reference only and cannot be used as medical data. (For the heart rate to be displayed it has to be used with the wireless heart rate belt)

F. Indicator: speed. incline

G. "-----" is displayed when the safety lock comes off

2. Function keys: Start/Stop, Knob (for speed addition and subtraction), Program, Exercise type, Speed Key, Incline Key.

3. Key function description:

A. Programme: Manual mode - Programmes P01, P02, P03 etc., to P12 - Manual Mode Switch.

B. Start/stop:

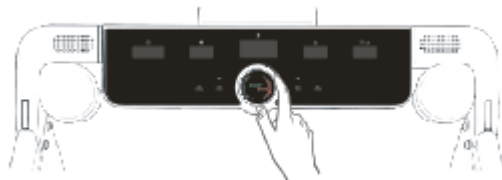


Press the button in the standby state to start the treadmill and stop the treadmill with the button in the running state.



C. Knob:

Turn clockwise to increase speed and counterclockwise to decrease speed.



D. Exercise Type: Manual mode - Countdown Time - Countdown Distance - Countdown Calorie - Manual Mode Switch.

E. Incline Key: After clicking, the corresponding indicator lights up, and you can use the knob to change the incline level.

F. Speed Key: After clicking, the corresponding indicator lights up, and you can use the knob to change the speed level.



Fixed programme instructions:

Programme description:

- A. 1 manual programme: Timer mode.
- B. 12 fixed programs: P01, P02, ..., P12
- C. Three countdown modes: Time countdown, calorie countdown, distance countdown mode.

Manual mode

1. How to enter the manual programme:

A. Turn on the power switch, the electronic timer enters the standby state, which is the timer mode for the manual programme.

B. In the standby state, press the start button to run the manual timer mode.

2. There are three setting functions in the countdown mode: time setting, distance setting, calorie setting.

A. In the standby state, press the mode key to enter the time countdown mode, the time window displays the time and flashes, the initial time is: 30:00, press the speed plus or minus key to set the countdown. Time setting range: 5:00 to 99:00.

B. In the time countdown mode, press the mode key to enter the distance countdown mode, the initial distance display is: 1.00 km, press the speed increase and decrease keys to set the distance. Distance setting range is: 0.5 to 99.9 km.

C. In the distance countdown mode, press the mode key to enter the calorie countdown mode, the initial calorie display is: 50.0 kcal, press the speed plus or minus key to set the calories. Calorie setting range is: 10.0 to 999 kcal, each unit increase or reduction is 1 kcal.

D. In countdown mode, when the set time decreases to zero, or when the set calorie decreases to zero, or when the set distance decreases to zero, the buzzer emits a short sound: Bi-Bi-Bi, and the speed slowly lowers until it stops, machine will return to standby, and the buzzer sounds Bi.

3. Operation of manual programme:

A. Press the start/stop button, the time counts down to 3 seconds, then the treadmill starts to run, and the initial speed is 1.0 Km/h.

B. Time window shows the time to start timing.

C. Select the speed or incline, turn the knob to change the speed or incline.

D. While the treadmill is running, press the start/stop key, the speed will slowly decrease until it stops running.

Fixed programme mode:

1. The initial time is set to 30 minutes, and only the time can be set. The time setting range is 5:00 to 99:00 minutes. Press the speed increase and decrease keys to adjust the set value.

2. Press the start button, the treadmill starts to run, and the speed slowly increases to the

speed marked in the first part of the automatic programme (see the programme value table for details).

3. Each programme is divided into 20 sections, and the running time of each section is 1/20 of the set time.

4. There will be a chirp when switching between sections.

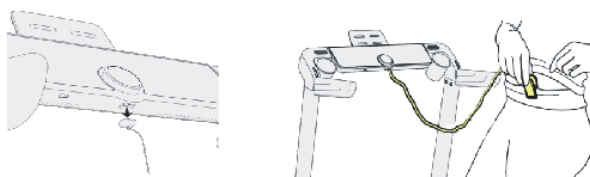
When the set time decreases to zero, the speed slowly decreases until machine stops running, the buzzer emits a short sound: Bi-Bi-Bi, the speed slowly decreases until it stops, the machine returns to standby, and the buzzer emits a short sound Bi.

The display range of each value:

	Initial setting	Initial value	Setting range	Display range
Time (minutes:seconds)	0:00	30:00	5:00-99:00	0:00-99:59
Speed (km/h)	0.0	1.0	1.0-15.0	0.0—15.0
Incline(level)	0	0	0-10	0-10
Distance (km)	0.0	1.00	0.50-99.9	0.00-99.9
Calories (kcal)	0	50.0	10.0-990	0.0—990

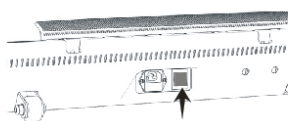
Security lock function:

In any mode, the safety lock can be pulled to stop the treadmill. The window shows that if the key is removed while the treadmill is running, the treadmill will stop.



Shutdown:

At any time, you can turn off the treadmill by turning off the power switch, so that it will not damage the treadmill.



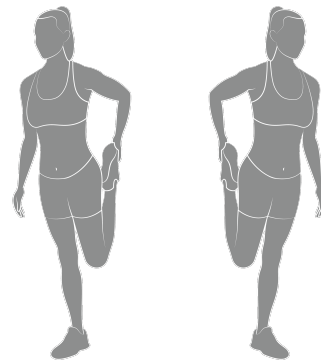
TREADMILL WARM UP

Walk on treadmill increasing speed each minute up until at a medium paced jog 5 mins

The aim is to build the heart rate gradually. Start at a medium walking speed and each minute increase your speed so at the end of the 5mins you are at a mid-paced jog and your muscles are warm ready to stretch.

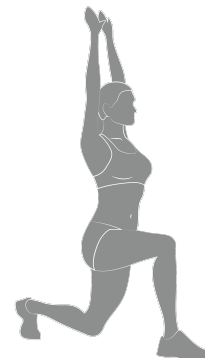
Quadriceps stretch (with touch down)

Balancing on one leg (you can use the treadmill arm to help balance) grab the ankle with the same side hand and draw the heel towards the glutes. Push the hips forward to get a deeper stretch through the hip flexor. Switch sides. Complete for 3 on each side holding the stretch for 10-15 seconds. To extend the stretch further, whilst the heel is drawn to the glutes reach down to touch the toes of balancing leg with free hand.



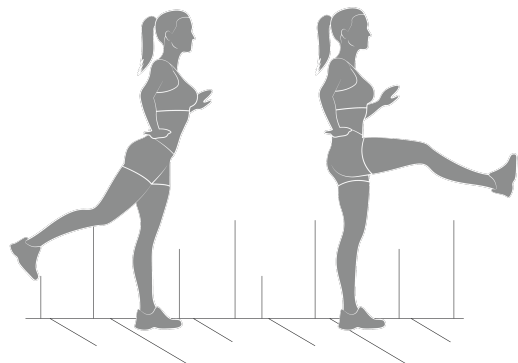
Lunge with overhead reach and torso twist

Step forward into a lunge position, once balance is obtained reach up and back to stretch through hip flexors and lower back, return to lunge position and twist through the torso using hands in parallel to floor position to help balance. Complete 5 each side.



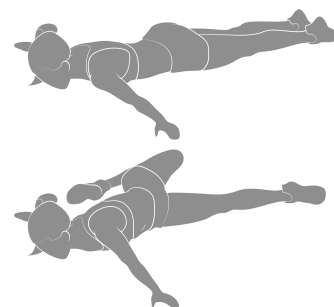
Leg swings

Using the treadmill arm to aid balance, face the treadmill and swing one leg across body in pendulum motion for 5 complete swings on each leg. Then stand side on to the treadmill (again using the arm for balance) and kick one leg forward and backwards in the pendulum motion for 5 complete swings each leg.



Scorpions

Laying on front with arms out at shoulder height either side, draw opposite heel to opposite hand as far as you can twisting through the lower back and remaining both hands on the floor. Repeat for 5 repetitions each side.



TREADMILL COOL DOWN

Gradually decrease speed on treadmill each minute to a walking pace 5 mins

The aim is to decrease the heart rate progressively each minute by decreasing the speed for 5mins until you're at a complete stop.

Hanging calf stretch

Using the edge of the treadmill and the treadmill arm for balance, place ball of one foot on the edge and cross the other foot behind the ankle. Drop all your weight into the planted ankle and let the heel drop as low as possible. Bend at the knee to hit the lower ankle. Do not bounce. Hold for 20-30 seconds each side.

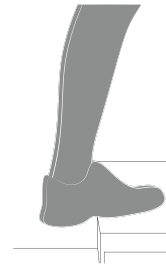


Figure 4 stretch

Using the treadmill arm for balance if necessary, sit into a narrow stance squat. Raise one leg and place the ankle across the other knee creating a figure 4 shape with your legs. Sit lower into the stretch to intensify. Hold for 20-30 seconds each side.



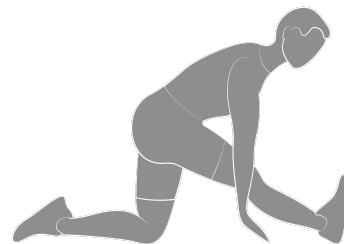
World's greatest stretch

In a kneeling lunge position place the opposite hand to the front foot into the space next to the foot. Reach the other arm up to the ceiling, reaching through the fingertips and twisting through the chest and torso. Take your gaze up to the reaching fingertips. Hold for 20-30seconds each side.



Kneeling hamstring stretch

In kneeling lunge position, straighten out the front leg and reach down to the toes with both hands. If this is too much reach to the furthest point of the ankle where you feel a stretch. Hold for 20-30seconds each side.



ERROR CODES

	Error	Possible causes	Solution
Screen	No display	A. Not plugged in, or there is no power	Connect to AC power, or check AC outlet
		B. The power switch is not turned on	Turn the power switch to the ON position
		C. The drive is not powered on or is damaged	Check overload protector, replace drive
		D. Signal cable of electronic timer is broken	Replace the signal cable and plug it in again
		E. Display damaged	Change the display
		F. (LCD) backlight is not bright	Contact after-sales service
		G. No safety key	Place the safety key correctly
	Incomplete treadmill display	Instrument display failure	Contact after-sales service
	The treadmill does not run smoothly, runs weakly or shakes	A. There is resistance in the running belt	Adjust the running belt, or add lubricating oil
		B. Motor belt is too tight or too loose	Adjust the tightness of the motor belt
		C. Drive torque is too small or too large	Contact after-sales service
	E01 Communication failure (the electronic timer did not receive the drive signal), E02 Communication failure (the drive did not receive the drive signal)	A. The signal cable of the electronic timer is not connected properly or the contact is bad	Reconnect the cable
		B. There is a short circuit or open circuit in the damaged signal cable	Change the cable
		C. Electronic timer signal cable failure	Change the cable
		D. Drive signal cable failure	Change the drive
	E4 Incline motor operation failure	A. Incline motor cable or signal is not plugged in	Check if the cable connection is faulty, and reinsert the connection cable
		B. Incline motor error	Change the incline motor
		C. Drive error	Change the drive
	E7 Power too high	A. Unstable AC voltage	Restart the main switch
		B. AC voltage is too high	Configure current regulator
	E8 Motor open circuit	A. The motor cable is not plugged in	Reconnect the motor cable
		B. Open circuit inside the motor	Change the motor
		C. Motor idling	Alarm if the current is too small, please install and test
	E12 Overcurrent protection	A. Too high load	System protection, temporary blocking, just restart
		B. Stuck or obstructed transmission parts	Adjust the transmission part, or add lubricating oil
		C. Short circuit inside the motor	Change the motor
		D. Drive burned out	Change the drive
	E13 Overload protection	A. Drive torque is too large	Contact after-sales service
		B. Open circuit inside the motor	Change the motor
		C. The transmission part is stuck	Adjust the transmission part, or add lubricating oil
Buttons do not respond (the display also does not respond)	Panel keys are stuck	Check the display board	

Feels loose when running (slips)	Motor belt is too loose	Adjust motor belt
	Running belt too loose	Tighten the running belt
Abnormal noise from roller (grinding)	Roller bearing damage	Contact after-sales service

FIXED TRAINING PROGRAMMES

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	3	4	6	7	8	7	6	5	6	6	7	8	7	7	6	6	5	5	4	3
	INCLINE	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
P02	SPEED	3	4	6	5	3	5	6	4	5	6	7	6	5	4	6	7	8	6	5	3
	INCLINE	2	5	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
P03	SPEED	4	5	6	8	8	8	8	8	8	8	8	8	8	8	8	8	8	6	5	4
	INCLINE	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
P04	SPEED	3	5	6	5	5	6	5	5	6	5	5	6	5	5	6	5	5	4	3	3
	INCLINE	3	5	7	6	4	4	5	5	4	4	5	5	4	4	4	4	6	6	5	5
P05	SPEED	3	5	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	5	3
	INCLINE	6	7	8	9	8	8	7	6	9	8	7	6	7	10	9	8	7	6	5	4
P06	SPEED	3	4	5	6	7	7	5	6	7	7	5	6	7	7	5	6	6	5	4	3
	INCLINE	2	2	3	2	3	2	3	2	3	3	2	2	3	3	2	2	3	3	2	2
P07	SPEED	5	7	8	9	9	9	8	8	9	9	9	8	8	9	9	9	8	8	6	5
	INCLINE	3	4	3	4	4	3	4	4	3	4	4	3	4	4	3	4	3	3	3	4
P08	SPEED	3	5	6	8	12	8	6	5	6	8	12	8	6	5	6	8	12	8	6	5
	INCLINE	3	6	5	3	1	3	5	6	5	3	1	3	5	6	5	3	5	6	5	3
P09	SPEED	3	4	6	8	10	10	8	8	10	10	8	8	10	10	8	8	7	6	4	2
	INCLINE	2	2	3	3	4	4	3	3	4	4	3	3	4	4	3	3	4	4	3	3
P10	SPEED	4	5	8	10	6	9	11	5	8	10	6	8	11	5	8	10	8	6	5	3
	INCLINE	1	2	1	1	2	1	1	2	1	1	2	1	1	2	1	1	2	1	1	2
P11	SPEED	5	7	9	9	11	8	8	10	10	8	8	11	9	9	10	8	6	5	4	3
	INCLINE	3	5	6	7	8	9	8	7	7	7	5	5	8	6	6	8	7	6	6	5
P12	SPEED	3	5	8	9	9	10	10	9	9	10	10	9	9	10	10	9	9	8	5	5
	INCLINE	2	3	4	4	4	3	3	4	4	4	3	3	4	4	4	3	3	4	4	4

PARTS LIST/DRAWING

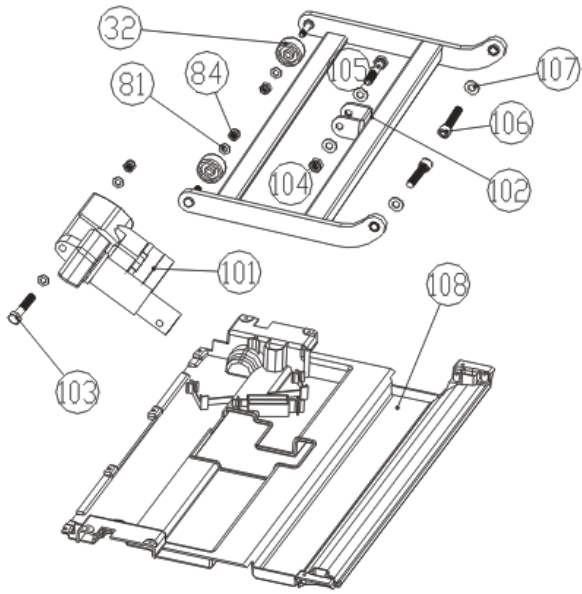
No.	Description	Qty	No.	Description	Qty	No.	Description	Qty
1	Treadmill welding	1	36	Socket	1	71	Safety key assembly	1
2	Bottom plate	1	37	Switch	1	72	Cross recessed countersunk head screws M8*20	2
3	M8 nylon washer	8	38	Switch rack	1	73	Cross recessed countersunk head screws M8*30	6
4	Fuse	1	39	Cross recessed pan head screws M3*8	2	74	Hex head bolt M8*50	1
5	DC motor	1	40	Power Adapter	1	75	Hexagon head bolt M8*120	1
6	Motor fixing frame	1	41	Motor cover	1	76	Hexagon socket head cap screws M8*25	3
7	Multi-band	1	42	Left column	1	77	Hexagon socket head cap screws M8*35	3
8	Controller	1	43	Right column	1	78	Hexagon socket head cap screws M8*65	2
9	Cross recessed pan head screws M4*12	2	44	Column cover 2	2	79	Hexagon socket flat head chamfering screw M8*16	6
10	Buckle	2	45	Column cover 2	2	80	Hexagon socket head cap screws M8*40	2
11	M5 washer	2	46	Mounting plate welding	1	81	M8 washer	32
12	Running board	1	47	Fixed tube welding	1	82	M8 spring washer	2
13	Running belt	1	48	Isolation board	1	83	M8 thick washer	2
14	Rear roll	1	49	Rear cover of phone / iPad stand	1	84	M8 nut	17
15	Front roll	1	50	Upper bezel	4	85	Power adapter	1
16	Running board reinforced rails	2	51	Front cover of iPad stand	1	86	Right bar	1
17	Side strip	2	52	Display panel	1	87	Display down cover	1
18	Side rail	2	53	Display down cover	1	88	spring	2
19	Right rear up cover	1	54	Right display up cover	1	89	Front guard	1
20	Left rear up cover	1	55	Left display up cover	1	90	ST2.2*6.5	6
21	Right rear down cover	1	56	Left bar	1	91	ST2.9*13	38

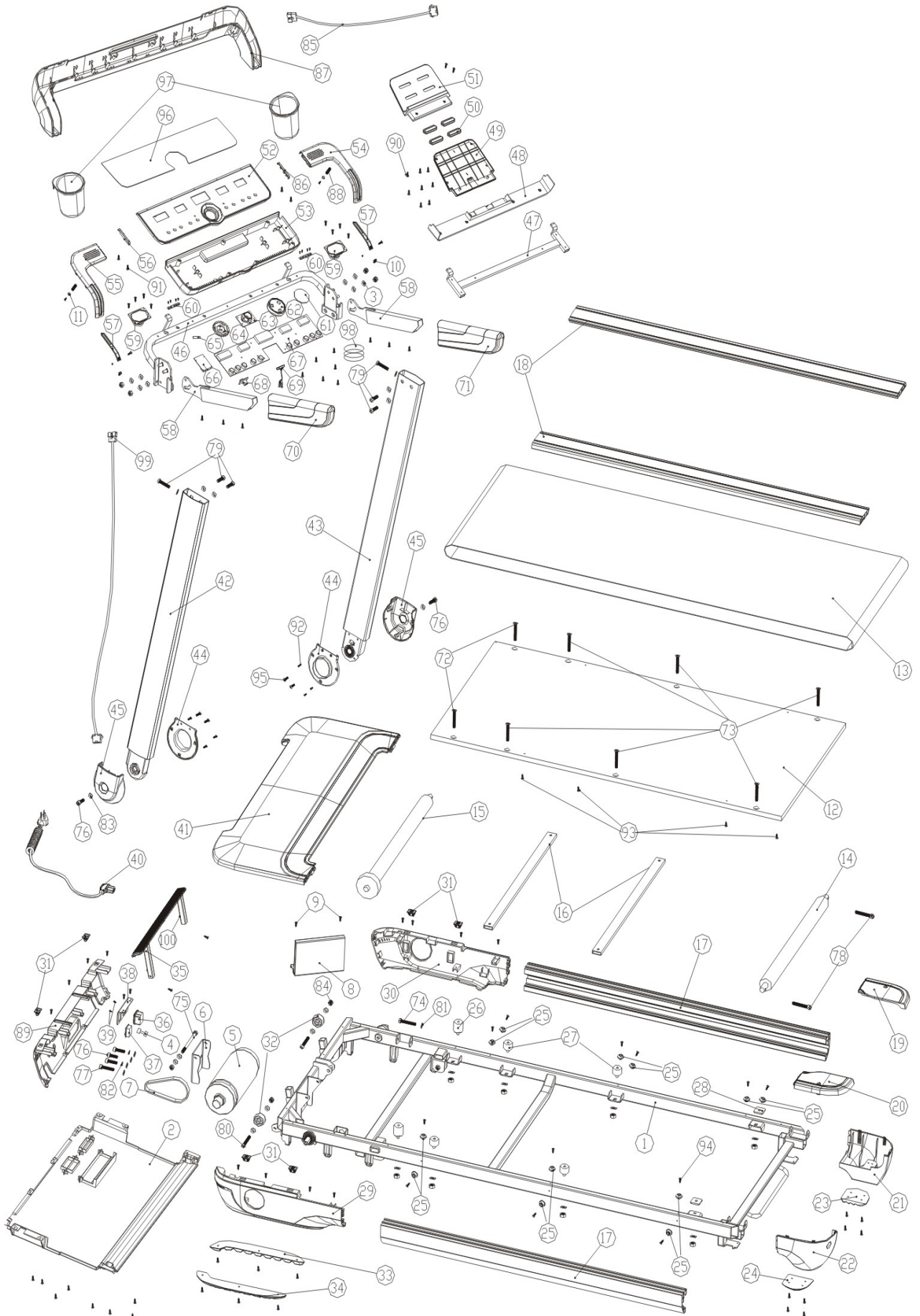
22	Left rear down cover	1
23	Rear right foot pad	1
24	Rear left foot pad	1
25	Side rail snap	12
26	Cushion Ø30X30XM8	2
27	Cushion Ø30X19XM8	4
28	Rubber mat	2
29	Left down cover	1
30	Right down cover	1
31	Front cover snap	6
32	Caster	4
33	Front right foot pad	1
34	Front left foot pad	1
35	Support frame	1

57	Guide	2
58	Armrest welding	2
59	Speaker	2
60	Flat damping shaft	2
61	Knob Perspex	1
62	Knob housing	1
63	Electronic knob assembly	1
64	Knob fittings	1
65	Security key sensor block	1
66	PCB	1
67	Display electronic board assembly	1
68	USB	1
69	Safety key	1
70	Left armrest cover	1

92	ST3.5*13	6
93	ST4.2 Self-tapping	36
94	ST4.2 Self-tapping	22
95	M5 Screws	6
96	Plexiglass	1
97	Drinking glass	2
98	Knob spring	1
99	Over-column extension cable	1
100	Positioning pieces in V-shaped tube	2

No.	Description	Qty	No.	Description	Qty
101	Incline motor	1	105	Hexagon head bolt M10×45 (thread length 15mm)	1
102	Welding of incline frame	1	106	Hexagon socket head cap screws M10×35 (thread length 15mm)	2
103	Hexagon head bolt M10×60 (thread length 20mm)	1	107	M10 washer	6
104	M10 Nuts	2	108	Floor (with incliner)	1





TREADMILL MAINTENANCE

Proper maintenance is very important to ensure the faultless and operational condition of the treadmill. Improper maintenance can cause damage to the treadmill or shorten the life of the product.

All parts of the treadmill must be checked and tightened regularly. Worn out parts must be replaced immediately.

BELT ADJUSTMENT

You may need to adjust the running belt during the first few weeks of use. All running belts are properly set at the factory. It may stretch or be off centre after use. Stretching is normal during the break-in period.

ADJUSTING THE BELT TENSION

If the running belt feels as though it is slipping or hesitating when you put your feet down when running, the tension on the running belt may have to be increased.

TO INCREASE THE RUNNING BELT TENSION

1. Place an 8mm wrench on the left belt tension bolt. Turn the wrench clockwise 1/4 turn to draw the rear roller and increase the belt tension.
2. Repeat STEP 1 for the right belt tension bolt. You must be sure to turn both bolts the same number of turns, so the rear roller will stay square relative to the frame.
3. Repeat STEP 1 and STEP 2 until the slipping is eliminated.
4. Be careful not to tighten the running belt tension too much as you can create excessive pressure on the front and rear roller bearings. An excessively tightened running belt may damage the roller bearings, which would result in bearing noise from the front and rear rollers.

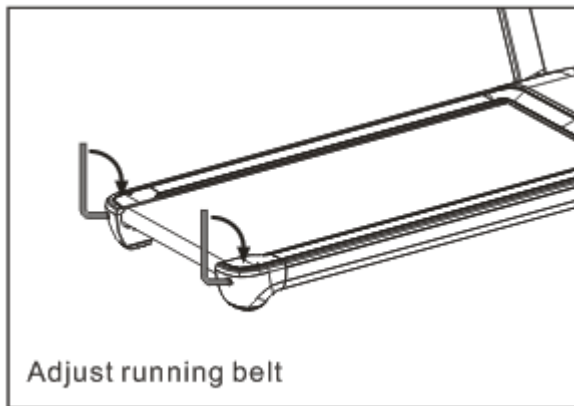
TO DECREASE THE TENSION ON THE RUNNING BELT, TURN BOTH BOLTS COUNTER-CLOCKWISE THE SAME NUMBER OF TURNS.

CENTERING THE RUNNING BELT

When you run, you may push off harder with one foot than with the other. The severity of the deflection depends on the amount of force that one foot exerts in relation to the other. This deflection can cause the belt to move off-centre. This deflection is normal, and the running belt will be centred when nobody is on the running belt. If the running belt remains consistently off-centre, you will need to centre the running belt manually. Start the treadmill without anyone on the running belt, press the FAST key until the speed reaches 6kph.

1. Observe whether the running belt is towards the right or left side of the deck.
2. If towards the left side of the deck, using a wrench, turn the left adjustment bolt clockwise 1/4 turn and the right adjustment bolt counterclockwise 1/4.
3. If toward the right side of the deck, turn the right adjustment bolt clockwise 1/4 turn and the left adjustment bolt counterclockwise 1/4.
4. If the belt is still not centred, repeat the above step until the running belt is in the centre.

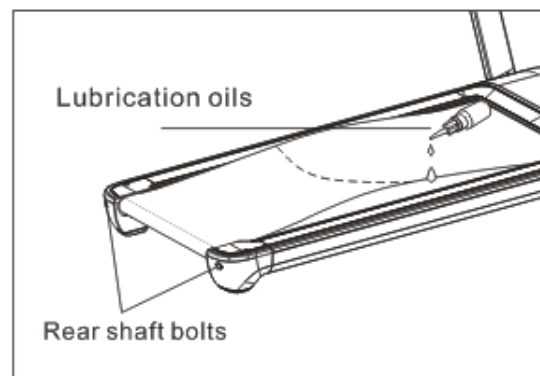
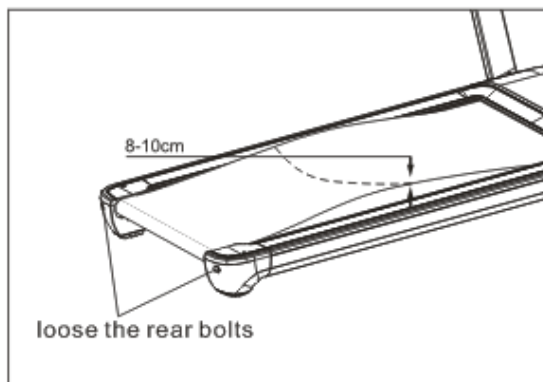
5. After the belt is centred, increase the speed to 16kph and verify that it is running smoothly. Repeat the above steps if it is necessary.
6. If the above procedure is unsuccessful in resolving the off-centred belt, you may need to increase the belt tension.



LUBRICATION

The treadmill is factory-lubricated. However, it is recommended to check the lubrication of the treadmill regularly, to ensure the optimal operation of the treadmill. It is usually not necessary to lubricate the treadmill in the first year, or the first 500 hours of operation. After every 3 months of operation, lift the sides of the treadmill and feel the surface of the belt, as far as possible. If traces of silicon spray are found, lubrication is not necessary. If the surface is dry refer to the following instructi

Only use an oil free silicon spray.



Application of lubricant to the belt:

1. Position the belt so that the seam is located in the middle of the plate.
2. Insert the spray valve in the spray head of the lubricant container.
3. Lift the belt on one side and hold the spray valve at the required distance (see lubricant container) to the front end of the striding belt and plate. Start at the front end of the belt. Spray evenly to the back of the belt. Repeat this process on the other side of the belt. Spray each side for about 4 seconds.
4. Wait 1 minute to let the silicon spray spread before starting the machine.

CLEANING

Regular cleaning of the striding belt ensures a longer product life.

After each training: Wipe the console and other surfaces with a clean soft and damp cloth to remove sweat residues.

Weekly: To make the cleaning easier it is recommended to use a mat for the treadmill. Shoes can leave dirt on the striding belt that can fall beneath the treadmill. Clean the mat under the treadmill once a week.

WARNING!

The treadmill must be turned off to avoid electrical shocks. The power cord must be pulled out of the socket, before starting cleaning or maintenance.

CAUTION!

Do not use any abrasives or solvents. To avoid damage to the computer, keep any liquids away. Do not expose the computer to direct sunlight.

STORAGE

Store your treadmill in a clean and dry environment. Ensure the master power switch is off and it is un-plugged from the electrical wall outlet.

IMPORTANT NOTES

1. The device corresponds to current safety standards. The device is only suitable for home use. Any other use is not permitted and possibly even dangerous. We cannot be held liable for damages that were caused by improper usage.
2. Please consult your GP before starting your exercise session to clarify whether you are in suitable physical health for exercising with this device. The doctor's diagnosis should be the basis for the structure of your exercise programme.
Incorrect or excessive training
3. could be harmful to your health.
4. Carefully read the following general fitness tips and the exercise instructions. If you have pain, shortness of breath, feel unwell or have other physical complaints, stop the exercise immediately. Consult a doctor immediately if you have prolonged pain.
5. This fitness device is not suitable for professional or medical use, nor may it be used for therapeutic purposes.
6. The pulse sensor is not a medical device. It is meant for your information only and is designed to give an average pulse rate. It is not intended to offer medical advice, nor will it measure pulse accurately every time, due to differing environmental and user condition factors.

TERMS AND CONDITIONS

This warranty is valid only in accordance with the conditions set forth below. The warranty applies only when the following three conditions are met.

- ✓ It remains in the possession of the original purchaser and proof of purchase is shown.
- ✓ It has not been subject to accident, misuse, abuse, improper service or unauthorised modifications.
- ✓ Claims are made within the 12 months manufacturer's warranty period.

EXCLUSIONS AND LIMITATIONS

This warranty is for home use only. Under no circumstances is this treadmill warranted for semi-commercial or commercial use.

We warrant this product to be free from defects in material and workmanship.

This warranty is expressly limited to the replacement of a defective motor, electronic component, or defective part and these are the sole remedies of the warranty. Labour for repair or replacement of defective parts is not covered by this warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance or installation of parts or accessories not originally intended or compatible with the treadmill sold. The warranty does not apply to damage or failure due to accident, abuse, corrosion or neglect.

The manufacturer shall not be responsible for incidental or consequential damages.

