

MuscleSquad P200 Treadmill

Assembly & User Manual



Maximum User Weight 136 kgs

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	5-11
Workout Area	12
Warm up & Cool down	13-14
Getting Started	15
Console Operation	16
Important Information	17
Operation & Adjustment	18-19
Pulse Mode	20-21
Bodyfat Analysis	22
Care & Maintenance	23-25
Troubleshooting	26
Exploded Diagram	27
Parts	28-29
Further Safety Information	30
Terms & Conditions	31

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. 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.**

GROUNDING INSTRUCTIONS

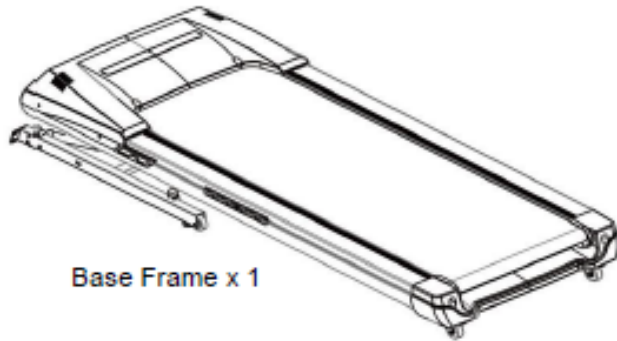
The treadmill must be electrically grounded. In case of malfunction or break down, grounding provides a path of least resistance for the electric current, which reduces the risk of electrical shock. This treadmill is equipped with a power cable with an equipment-grounding conductor and a grounding plug. The plug must be inserted into an appropriate outlet that is properly installed and grounded in accordance with electricity codes and ordinances. It should be connected to a 15 Amp dedicated circuit. Make sure that the treadmill is connected to an outlet with the same configuration as the plug. No adapter or converter should be used with this product.

DANGER!

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in a doubt as to whether the treadmill is properly grounded. Do not modify the plug provided with the treadmill. If it does not fit the outlet, get a proper outlet installed by a qualified technician.

To reduce the risk of electrical shock, always unplug the treadmill from its power source before cleaning or performing any maintenance tasks.

COMPONENTS/PARTS



Base Frame x 1



Left Handle Cover x 1



Right Handle Cover x 1



Left Tray x 1



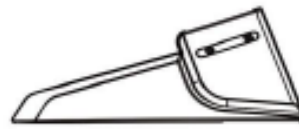
MP3 Link x 1



Right Tray x 1



Left Console Mast Cover x 1



Right Console Mast Cover x 1



Safety Key x 1



Console x 1



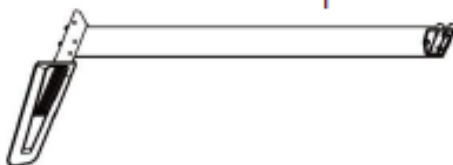
Lubrication Oil x 2



Power Cable x 1



Hardware Pack








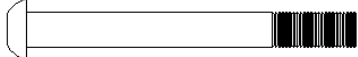


Left Console Mast x 1

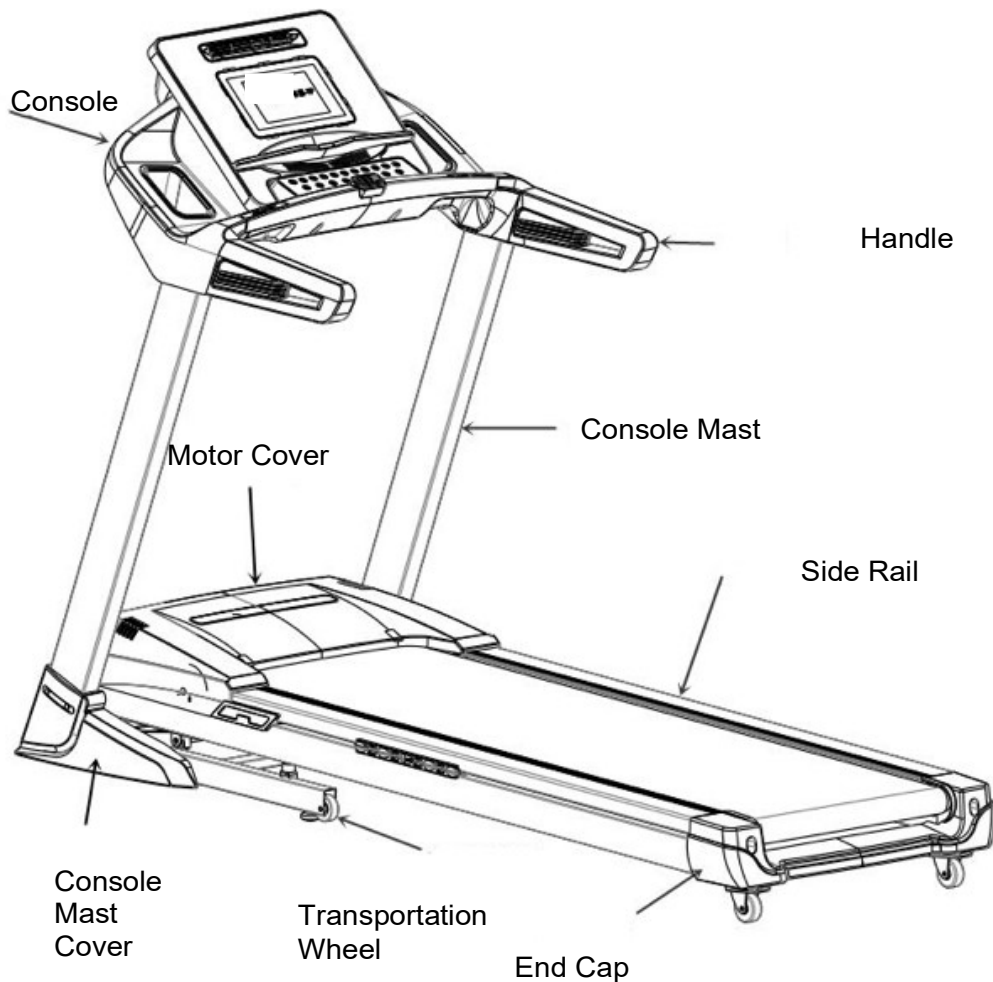


Right Console Mast x 1

FIXINGS

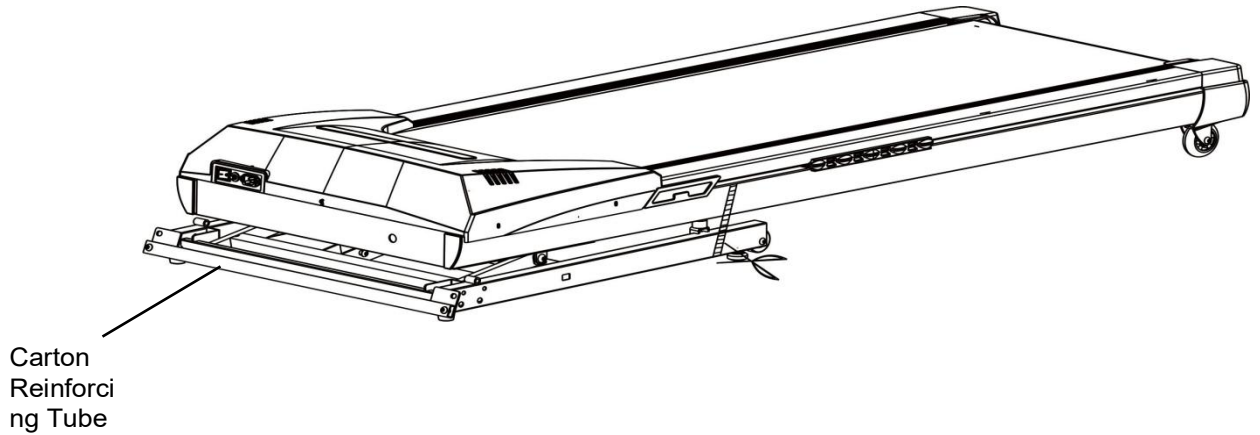
<p>3</p>  <p>M8 x 15mm Allen Bolt x 10</p>	<p>6</p>  <p>8mm Spring Washer x 16</p>	<p>7</p>  <p>8mm Washer x 16</p>
<p>37</p>  <p>ST4.2 x 15mm Pad Phillips Screw x 8</p>	<p>8</p>  <p>ST4.8 x 15mm Pad Phillips Screw x 4</p>	<p>10</p>  <p>Console Mast Cover Sticker x</p>
<p>5</p>  <p>M8 x 105mm Allen Bolt x 4</p>	<p>4</p>  <p>M8 x 95mm Allen Bolt x 2</p>	

Total mass of the product is 182 lbs. Total size of the equipment is (width) 76.7" × (depth) 34.2" × (height) 58.2"



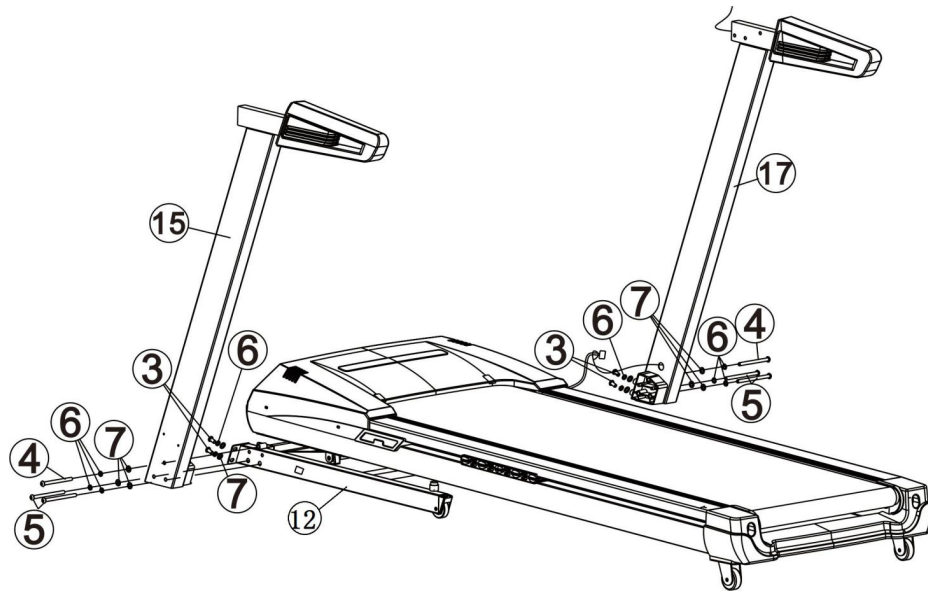
ASSEMBLY INSTRUCTIONS

STEP 1



Before you start assembly please remove the carton reinforcing tube as show in above diagram, then cut off the nylon cable tie.

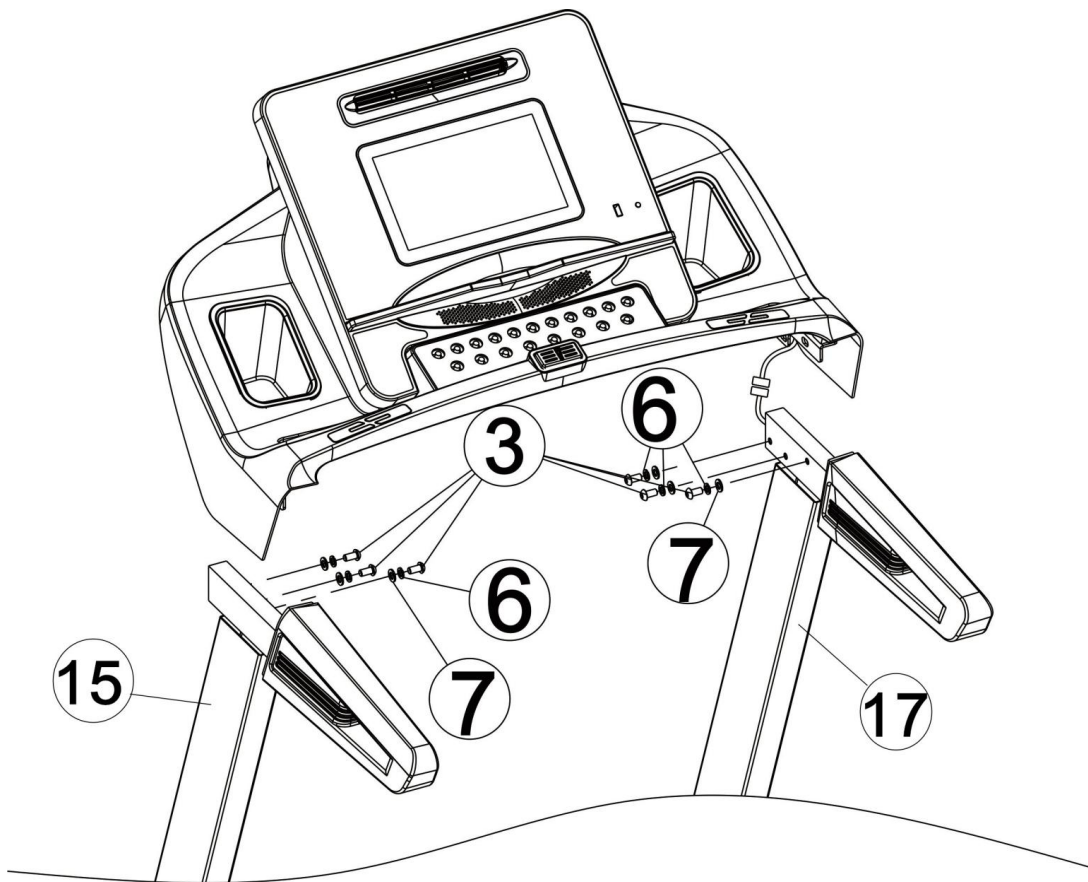
STEP 2



Position the Left & Right Console Mast (**15 & 17**) on the Platform as shown in the diagram, then connect them to the Stabiliser (**12**) using 4 x M8 x 15mm Allen Bolts (**3**), 2 x M8 x 95mm Allen Bolts (**4**), 4 x M8 x 105mm Allen Bolts (**5**), 10 x 8mm Spring Washers (**6**) and 10 x 8mm Washers (**7**).

ATTENTION! Do not tighten the above bolts at this step, there should be a space of 0.078 - 0.118" left. Before assembling the Right Console Mast, lead out the main connection wire to the port of the right vertical post using the binding wire.

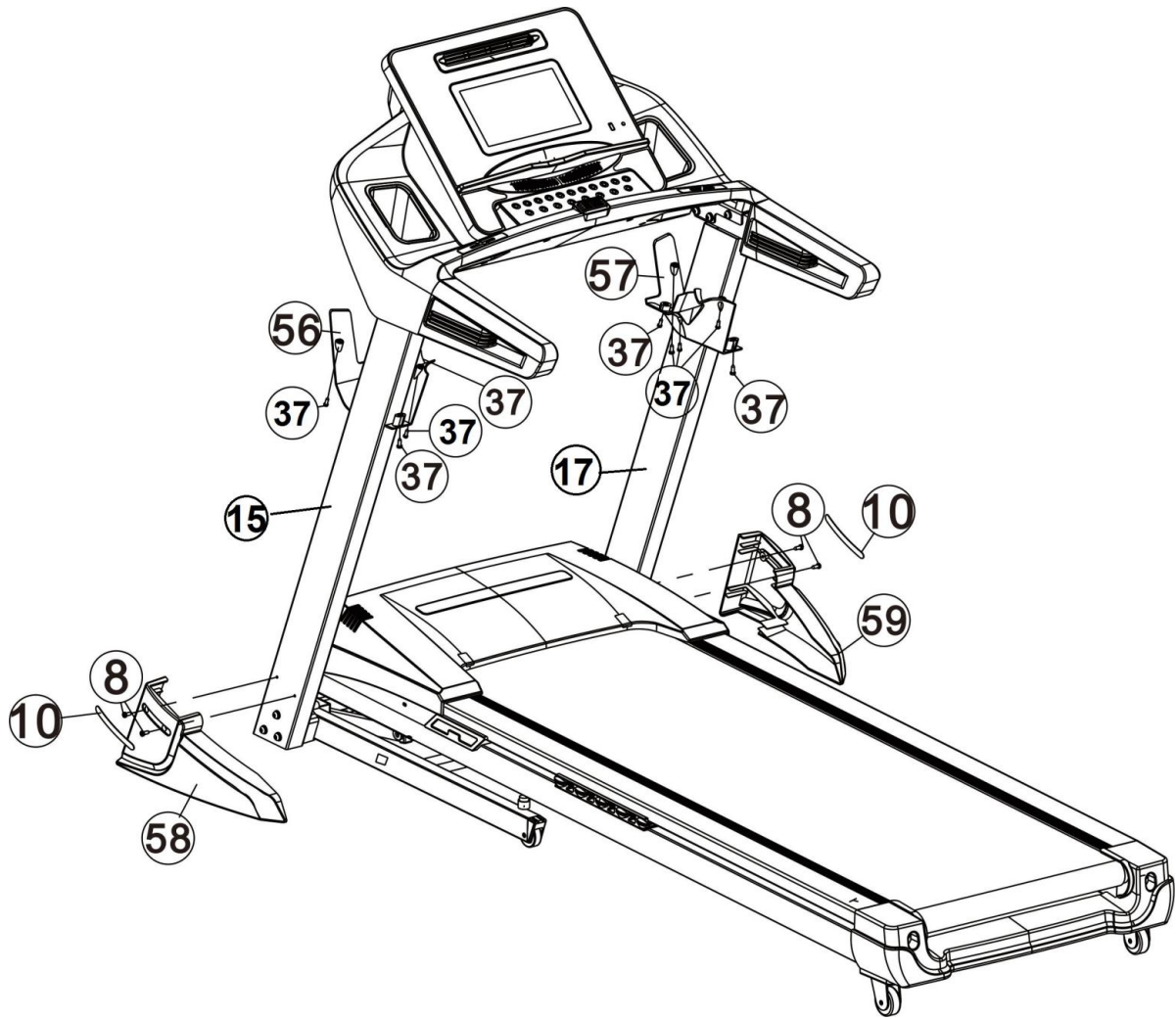
STEP 3



Connect the Main Sensor Wire from the Controller to the Main Sensor Wire from the Console.

Attach the Console onto the Left & Right Console Masts (15 & 17), and secure with 6 x M8 x 15mm Allen Bolts (3), 6 x 8mm Spring Washers (6) and 6 x 8mm Washers (7).

STEP 4



Fix the Left Upper Console Mast Cover (56) to the Left Console Mast (15) using 4 x ST4.2 x 15mm Phillips Pad Screws (37).

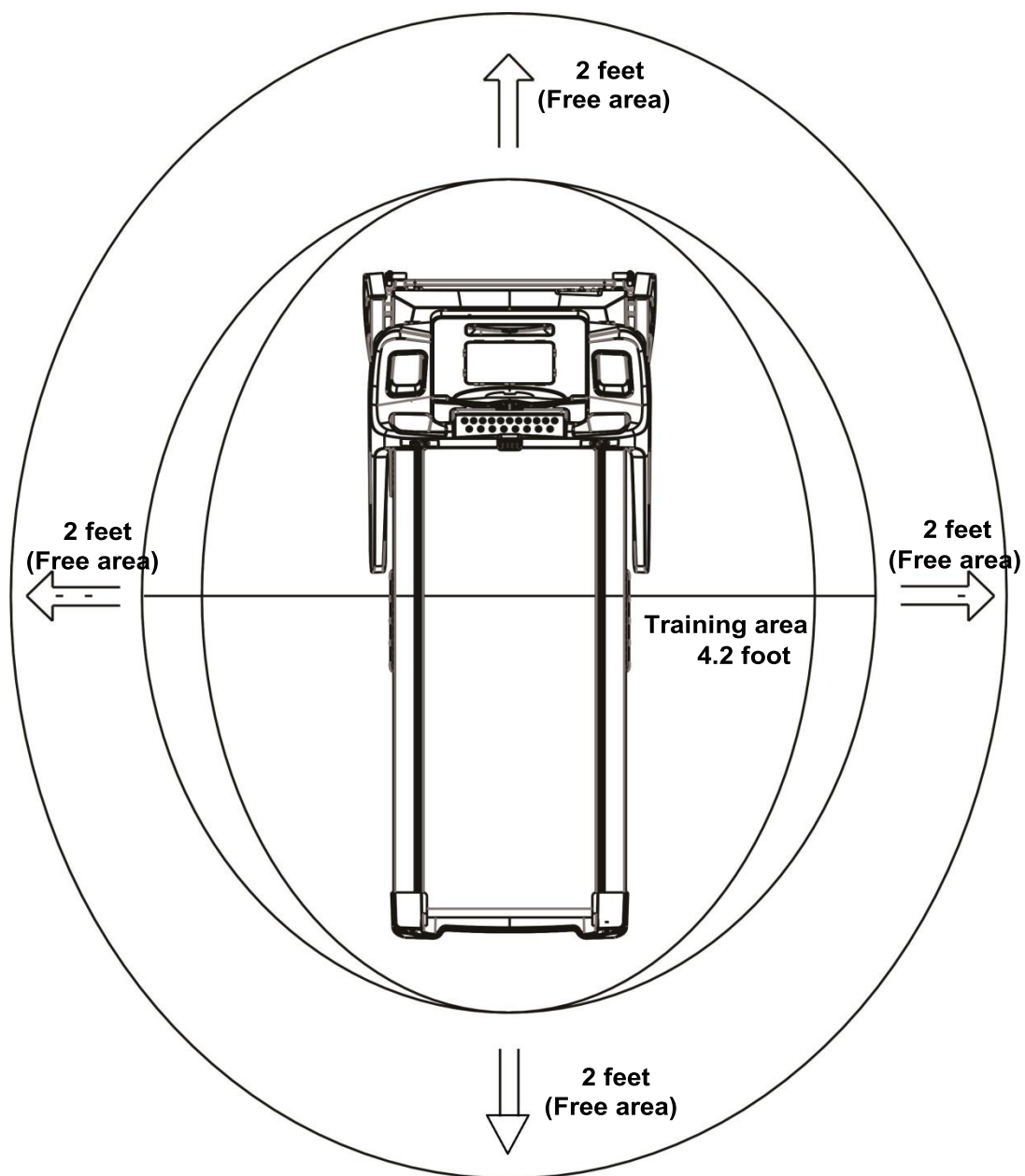
Fix the Right Upper Console Mast Cover (57) to the Right Console Mast (17) using 4 x ST4.2 x 15mm Phillips Pad Screws (37).

Respectively attach the Left and Right Console Mast Covers (58, 59) to the Left and Right Console Masts (15 & 17) using 4 x ST4.8 x 15mm Phillips Pad Screws (8) and stick on 2 x Console Mast Cover Stickers (10).

WORKOUT AREA

The free area must be at least 2 feet greater than the training area. This is a space where you can safely dismount, without obstruction, in case of an emergency. Where two pieces of equipment are positioned adjacent to each other the free area may be shared. The free area behind the treadmill should be 2 feet in length and double the width.

In the event of an emergency, place both hands on the handlebars and put your feet onto the non-slip surface of the main frame. As you do this, the safe key will disengage from the computer and the emergency dismount function will be triggered.



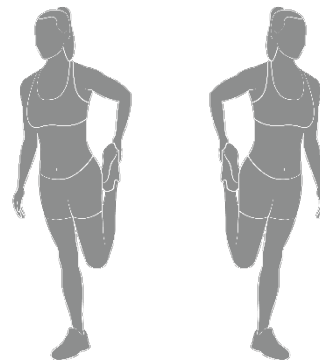
TREADMILL WARM UP

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.

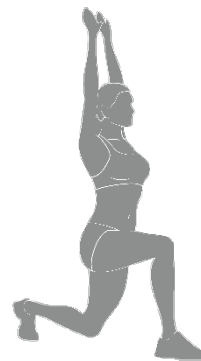
Quadriceps stretch (with touch down)

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.



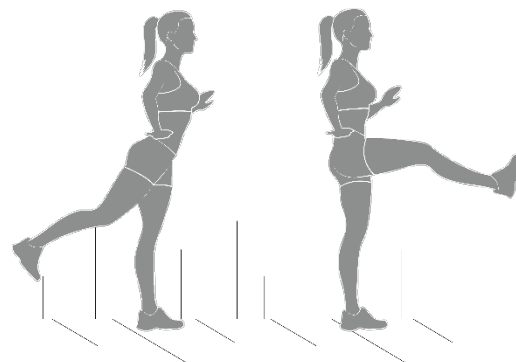
Lunge with overhead reach and torso twist

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.



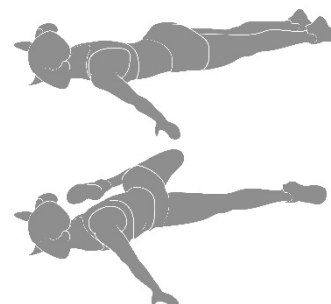
Leg swings

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.

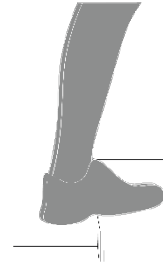
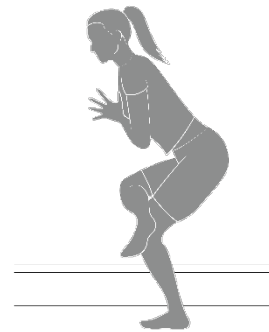


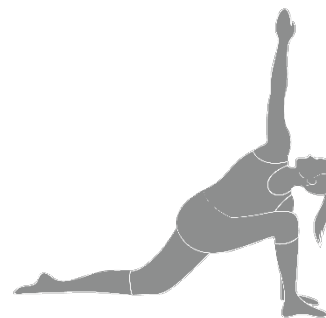
Figure 4 stretch

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.



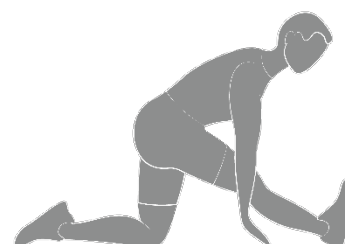
World's greatest stretch

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.



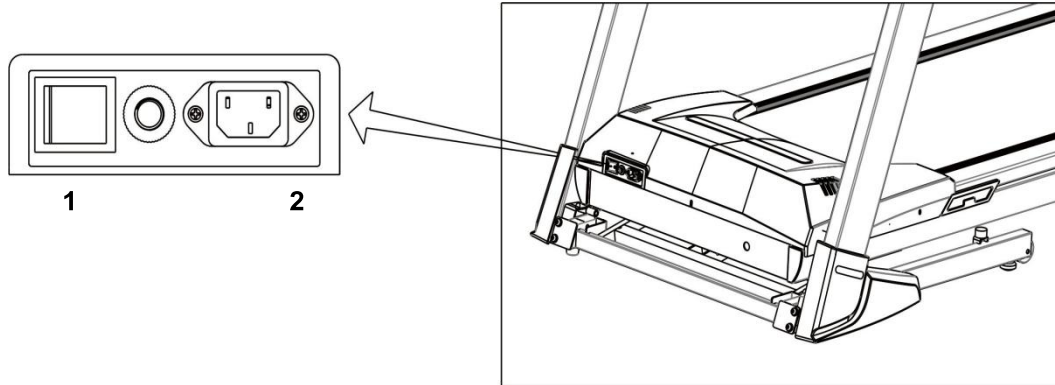
Kneeling hamstring stretch

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.



GETTING STARTED

OPERATION & ADJUSTMENT



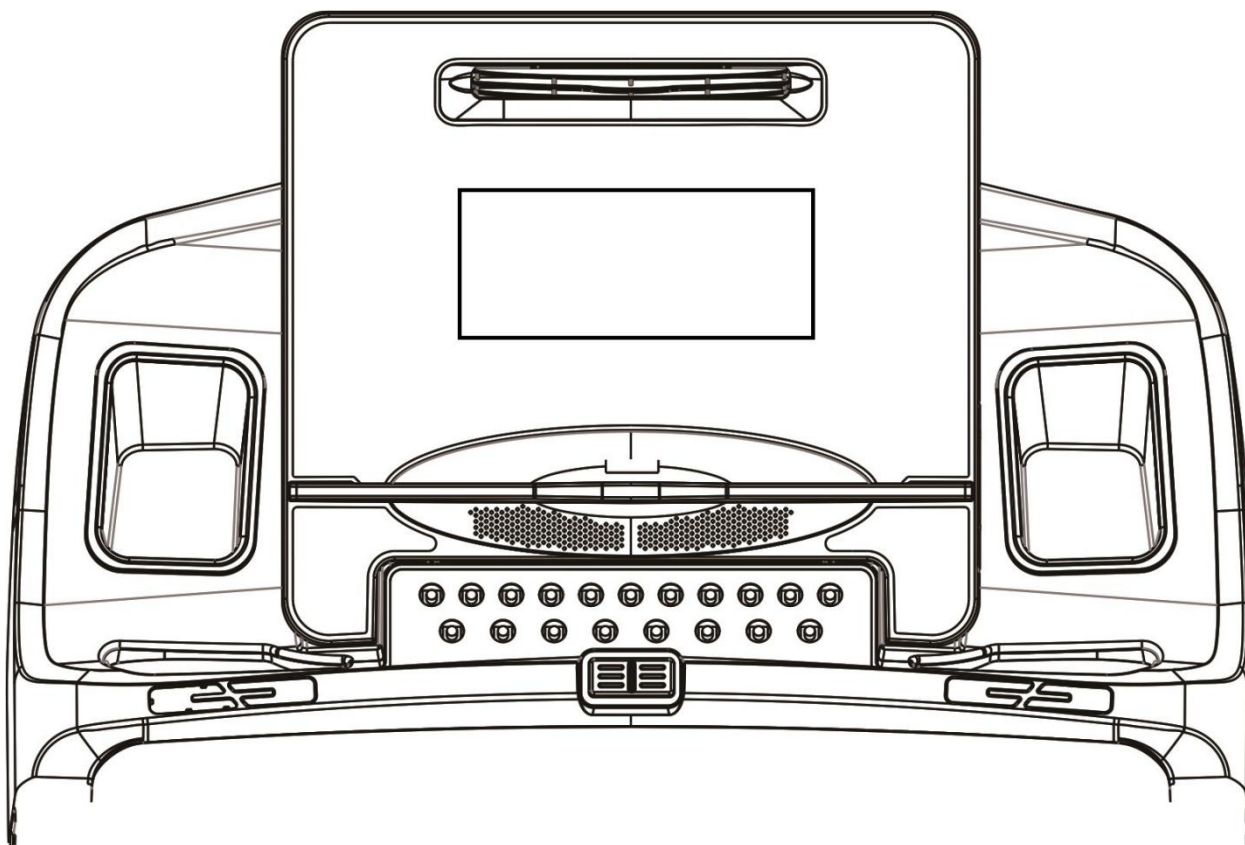
Plug your fitness equipment into the main power and turn on the switch (1). You will hear a beep and the computer screen will light up.

OVER-CURRENT PROTECTOR:

There is an over-current protector (2) located on the right side of the switch (1) (see above picture); in case of short circuit or over-current, the button of the over current protector will pop up and the treadmill will power off; please unplug the power source and push down the button. Plug the machine back in and then turn on the switch to restart your treadmill.

CONSOLE OPERATION

OPERATION & ADJUSTMENT



TECHNICAL SPECIFICATION

Time.....	00:00 - 99:59 Min
Speed.....	0.0 - 18Km/h
Incline.....	0 - 15%
Distance.....	0.0 - 99.99 mph
Calories.....	0.0 - 999 Kcal

START

On standby status, press it to start the treadmill with initial speed at 0.5 mph

STOP

Press during workout, and the treadmill will gradually stop and clear all the data.

QUICK SPEED SELECT

Press to select your desired running speed of 4, 8, 12, or 16km/h

QUICK INCLINE SELECT

Press to select your desired running incline of 3, 9, 12 or 15%.

FAN

Press to open or close the fan.

SPEED UP/DOWN

1. Press the speed+/- to increase/decrease exercise speed by 0.1km/h
2. Press the speed+/- to select training time within a workout programme.
3. Press the speed+/- to select the desired training target (Time, Distance, Calories) within the target workouts.

INCLINE UP/DOWN

1. Press the incline+/- to increase/decrease exercise incline by 1%.
2. Press the incline+/- to select training time within a workout programme.
3. Press the incline+/- to select the desired training target (Time, Distance, Calories) within the target workouts.

MODE

Press to select training target workout mode (Time-Distance-Calories count down).

PROGRAMME

Press to select workout programme (P01-P02-...-P10-HP1-HP2-HP3-FAT).

IMPORTANT INSTRUCTIONS

IMPORTANT

- The console will turn off automatically approximately ten minutes after the belt stops and pressing any button on the console will wake it up.

SAFETY KEY

- The safety key must be placed into the magnetic recess on the console in order to operate the treadmill. Always place the safety key in this position and attach the clip to your clothing waist band before beginning your workout.
- If you should need to stop the motor immediately, simply pull the safety key away from the console.

GENERAL OPERATION

1. Turn on the power switch at the front of your treadmill. This switch is located next to the

mains power cable inlet.

2. Place the safety key into the magnetic recess on the middle front of the computer console.

The console will beep, and all console window displays will function with a start display value of 0. **Note:** If the Safety Key is not placed correctly or is faulty, the "Speed" window will display "E00", which indicates that the treadmill will not operate.

To stop the treadmill in an emergency, simply pull the safety key or press the red STOP button. It is important that you connect the clothing clip to your shirt or other suitable clothing during exercise to ensure that this safety system can operate easily.

Note: The readings displayed by the computer should not be used for therapeutic purposes as they can vary due to the sensitivity of the equipment.

Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

OPERATION & ADJUSTMENT

☐☐ **START YOUR TREADMILL**

Turn on the treadmill and press the “Start” button on the console.

Press “Speed +” or “Speed -” to adjust the speed. Pressing the button once will change the speed by

0.1 mph

Also, the user can press the “Quick Speed Select” button to select the desired running speed.

☐☐ **STOP YOUR TREADMILL**

Press the “Speed -” button on the console to reduce the speed, then press the “Stop” button on the Console, and the treadmill will stop; turn off the switch if you intend to finish your workout.

If you remove the safety key the treadmill will stop, and the console will display E00 until the safety key is replaced.

☐☐ **TRAINING TIME CONTROL WORKOUT MODE**

Turn on the treadmill, press the “MODE” button once, the “Time” window flashes and displays “15:00”. Press “Speed +” / “Speed -” or “Incline+” / “Incline -” button to select your desired training time, (the range is 5:00 to 99:00 minutes).

Press “Start” to begin your workout; the time data will reduce gradually during your training and the treadmill will stop automatically when the “Time” window displays “0:00”.

☐☐ **TRAINING DISTANCE CONTROL WORKOUT MODE**

Turn on the treadmill, press the “MODE” button twice to enter distance count down mode, the “Distance” window displays “1.00”.

Press “Speed +” / “Speed -” or “Incline+” / “Incline -” button to select your desired training distance (the range is 0.50 to 99.90 mph).

Press “Start” to begin your workout; the distance data will reduce gradually during your training and the treadmill will stop automatically when the window displays “0.00”.

☐☐ **BURNING CALORIE CONTROL WORKOUT MODE**

Turn on the treadmill, press the “MODE” button three times to enter Calorie count down mode, the initial calorie is “50.0” Kcal.

Press “Speed +” / “Speed -” or “Incline+” / “Incline -” button to select the target calories for your workout (the range is 10.0 to 999 calories).

Press “Start” to begin your workout, the calories data will reduce gradually during your training, and the treadmill will stop automatically when the window displays “0.0”.

OPERATION & ADJUSTMENT

□□ **Programme Workout Model (P01—P10)** In this mode, the user has a choice of Programme P01 to Programme P10.

1. Press the “Programme” button once, the “Pro.” window will display “P01” and the “Time” window will display “10:00”, which is the pre-set time of the treadmill for each programme; press the “Programme ” button to select your desired training programme “P01 to P10”.
2. The pre-set workout time of the treadmill for each programme is 10:00Mins; when you finish selecting workout programme, press “Speed +” / “Speed -” or “Incline+” / “Incline -” button to

select your desired workout time (the range is: 5:00 to 99:00 minutes).

3. Press “Start”, and the treadmill will count down from three before commencing the workout. The start speed depends on the programme you have chosen.
4. For all pre-set values, please refer to the following table and diagrams.

Any of the training programme levels have 10 segments, and each segment time is 1/10 of the total time; during any training segments, press the “Speed +” / “Speed -” button to adjust your speed.

TIME	PROG	Set Time/10 = Running time for each segment									
		1	2	3	4	5	6	7	8	9	10
P01	SPEED	0.9	1.8	2.7	3.6	4.5	5.4	6.3	6.3	5.4	4.5
	INCLINE	1	1	2	2	2	3	3	2	2	2
P02	SPEED	1.8	2.7	4.5	1.8	2.7	4.5	1.8	2.7	4.5	2.7
	INCLINE	1	2	2	2	2	4	4	3	2	2
P03	SPEED	2.7	3.6	4.5	3.6	2.7	3.6	4.5	3.6	2.7	3.6
	INCLINE	2	3	3	2	2	6	6	3	2	2
P04	SPEED	1.8	1.8	2.7	2.7	3.6	3.6	4.5	4.5	5.4	5.4
	INCLINE	2	3	3	2	2	6	6	3	2	2
P05	SPEED	1.8	2.7	3.6	4.5	5.4	5.4	4.5	3.6	2.7	1.8
	INCLINE	3	3	3	4	4	3	3	2	2	2
P06	SPEED	4.5	4.5	3.6	2.7	1.8	0.9	1.8	2.7	3.6	4.5
	INCLINE	3	5	5	5	4	3	3	4	3	2
P07	SPEED	1.8	3.6	2.7	1.8	5.4	4.5	1.8	5.4	3.6	2.7
	INCLINE	4	4	4	4	3	6	6	5	3	3
P08	SPEED	0.9	1.8	2.7	3.6	3.6	3.6	3.6	2.7	1.8	0.9
	INCLINE	4	5	5	5	6	12	12	8	6	3
P09	SPEED	1.8	1.8	2.7	4.5	4.5	4.5	4.5	2.7	1.8	1.8
	INCLINE	5	5	5	6	6	9	9	7	4	2
P10	SPEED	0.9	1.8	2.7	4.5	3.6	2.7	1.8	3.6	1.8	0.9
	INCLINE	4	6	4	2	5	7	8	3	2	1

PULSE CONTROL WORKOUT MODE

1. Turn on the treadmill, press “Programme” button until the “Pro.” window display “HP1”. “Time” window will display “10:00” which is the treadmill’s pre-set workout time for pulse control workout mode.
2. Press “Speed +” or “Speed -” button or press “Incline +” or “Incline -” button to choose your desired training time.
3. Press the “Mode” button, the main window will display “30”, which is the treadmill’s pre-set user’s age. Press “Speed +” or “Speed -” button (or press “Incline +” or “Incline -” button) to choose your correct age
4. Press the “Mode” button again, the main window will display your target heart rate date according to your age (Please refer to the target heart rate table on the next page), you can press “Speed +” or “Speed -” button (or press “Incline +” or “Incline-” button) to choose your desired target heart rate date.
5. Press “Mode” button to enter your setting information when starting your workout; the treadmill will run at a speed 0.5 mph for about 1min warm up; grasp the two handle pulse sensors with your two hands, then the treadmill will run automatically according to the user’s heartbeat rate, every 10 seconds increasing by 0.3 mph. Once the treadmill speed is at 5 mph, but the heart rate is lower than the set data, then the treadmill will increase the incline by 1% every 10 seconds to reach your set heart rate.
6. When your heart rate is over your set heart rate, then the treadmill will decrease the incline by 1% every 10 seconds; if the user’s heart is still over your set heart rate, then the treadmill will decrease running speed by 0.3 mph , until your heart rate is lower than your set heartbeat rate.
7. The treadmill has three pulse control workout modes, press “Programme” button to select “HP1”, “HP2 “ or “HP3”.

Note: HP1 Pulse Control Workout Mode, the treadmill’s default Max running speed is 5 mph, HP2 and HP3 Max running speed is 5.5 mph, and 6 mph. We recommend you read the target heart rate zone table on page 20 carefully before you start the Pulse Control Workout.

User's Target Heart Rate Table

AGE	Heartbeat (Times/Mins)			AGE	Heartbeat (Times/Mins)			AGE	Heartbeat (Times/Mins)		
	H	Default	L		H	Default	L		H	Default	L
15	195	123	123	37	174	110	110	59	153	97	97
16	194	122	122	38	173	109	109	60	152	96	96
17	193	122	122	39	172	109	109	61	151	95	95
18	192	121	121	40	171	108	108	62	150	95	95
19	191	121	121	41	170	107	107	63	149	94	94
20	190	120	120	42	169	107	107	64	148	94	94
21	189	119	119	43	168	106	106	65	147	93	93
22	188	119	119	44	167	106	106	66	146	92	92
23	187	118	118	45	166	105	105	67	145	92	92
24	186	118	118	46	165	104	104	68	144	91	91
25	185	117	117	47	164	103	103	69	143	91	91
26	184	116	116	48	163	103	103	70	143	90	90
27	183	116	116	49	162	103	103	71	142	90	89
28	182	115	115	50	162	102	102	72	141	90	89
29	181	115	115	51	161	101	101	73	140	90	88
30	181	114	114	52	160	101	101	74	139	90	88
31	180	113	113	53	159	100	100	75	138	90	87
32	179	113	113	54	158	100	100	76	137	90	86
33	178	112	112	55	157	99	99	77	136	90	86
34	177	112	112	56	156	98	98	78	135	90	85
35	176	111	111	57	155	98	98	79	134	90	85
36	175	110	110	58	154	97	97	80	133	90	84

BODY FAT ANALYSIS

1. Turn on the treadmill, press "programme" button until the main window displays "FAT".
2. Press the "MODE" button, the "pro." window will display "F-1", the main window will display "01", Press "Speed +" or "Speed -" Button (or press "Incline +" or "Incline -" button) then the main window will change to "01" or "02", Please select your sex, "01" – Male, "02" – Female.
3. Press the "MODE" button again, the "pro." window will display "F-2", the main window displays: "25" which is the treadmill's pre-set user's age. Press "Speed +" or "Speed -" button (or press "Incline +" or "Incline-" button) to select your correct age. (Range is: 10 to 99).
4. Press the "MODE" button again, the "pro." window will display "F-3", the main window displays "67" which is the treadmill's pre-set user's body height of 67 in. Press "Speed +" or "Speed -" button or press "Incline +" or "Incline -" button to select your correct body height. (Range is: 39 to 78 in).
5. Press the "MODE" button again, the "pro." window will display "F-4", the main window displays: "150" which is the treadmill's pre-set user's body weight of 150lbs. Press "Speed +" or "Speed -" button or press "Incline +" or "Incline -" button to select your correct body weight. (Range is: 44 to 330 lbs).
6. Press "MODE" button again, the "pro." window will display "F-5" and the main window will display: " --- ". Grasp the two handle pulse sensor with both hands and hold for about 5 seconds, the main window will display your desired body fat rate, refer to below table for your body fat data.

CARE & MAINTENANCE

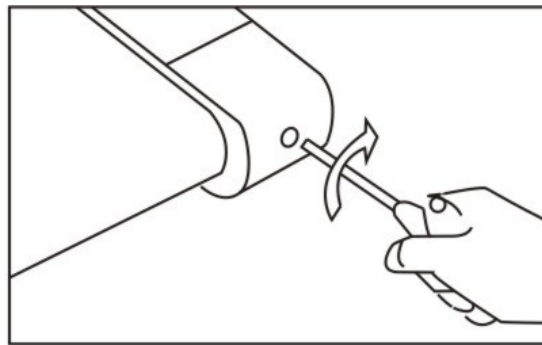
Adjust the treadmill belt to the centre.

The treadmill belt has been adjusted properly before leaving the factory. Sometimes the belt can deviate from the centre during transportation. Check whether the belt is in the centre and operates stably.

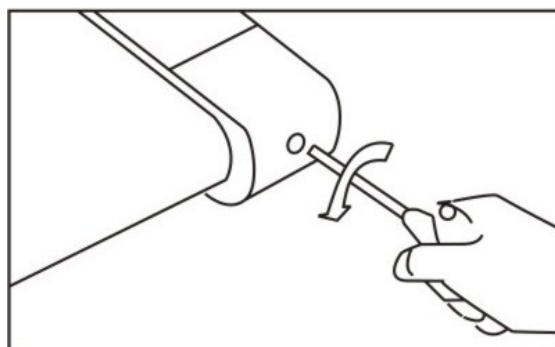
CAUTION!

When adjusting the belt to the centre, make sure that speed of the treadmill does not exceed 1mph and keep your fingers, clothes and hair away from the belt.

If the belt deviates right: Start up the treadmill and adjust the speed to 1mph. Use a proper wrench to turn the adjusting screw on the right side of the belt clockwise by 1/4 turns. Wait for 2 minutes and then observe the effect. If it still deviates right, then continue to adjust it until it returns to the centre. See the following figure.



If the belt deviates left: Start up the treadmill and adjust the speed to 1mph. Use a proper wrench to turn the adjusting screw on the right side of the belt anticlockwise by 1/4 turns. Wait for 2 minutes and then observe the effect. If it still deviates left, then continue to adjust it until it returns to the centre. See the following figure.



Adjusting the tensile force of the treadmill belt

The treadmill belt has been adjusted properly before leaving the factory. If the machine is idle for a long time it may lead to stretching of the belt. Check to make sure the belt does not slip before using the treadmill.

Do not adjust the tension force of the belt when someone is using the machine. Excessive tensile force on the belt will add load to the machine and its components. Do not tighten the belt excessively.

If the belt slips when you are doing exercise on the treadmill, then you need to adjust the tensile force of the belt. Slipping is usually caused by the stretching of the belt, and adjustment is common and normal. In order to stop the slipping, use wrenches of a proper size to turn the adjusting screws on both sides of the belt clockwise by 1/4 turns (see the following figure) and then check whether it still slips. If it still slips, repeat the above procedures until the slipping stops. Make sure that it can turn by a 1/4 turn each time.

CLEANING

WARNING!

ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT

General cleaning of the unit will greatly prolong the life of the treadmill. Keep the treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build-up of foreign material underneath the walking belt.

The top of the belt may be cleaned with a damp, soapy cloth. Be careful to keep liquid away from inside the motorised treadmill frame or from underneath the belt.

Warning: Always ensure the treadmill is unplugged from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under it.

WALKING BELT AND DECK LUBRICATION

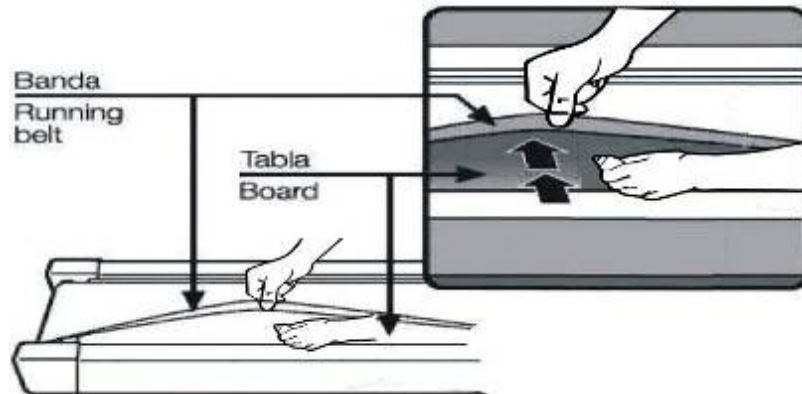
The treadmill is equipped with a lubricated running board, which needs regular maintenance. The friction between the running board and running belt has a great effect on the treadmill's life.

The steps are as follows:

- a) Remove the power cable from the wall socket.
- b) Wipe out the dust between the running board and running belt with a clean cloth.

As shown in the picture apply some silicon oil on the running board (2 small daubs about 2 inches in diameter approximately where your feet hit the deck during use).

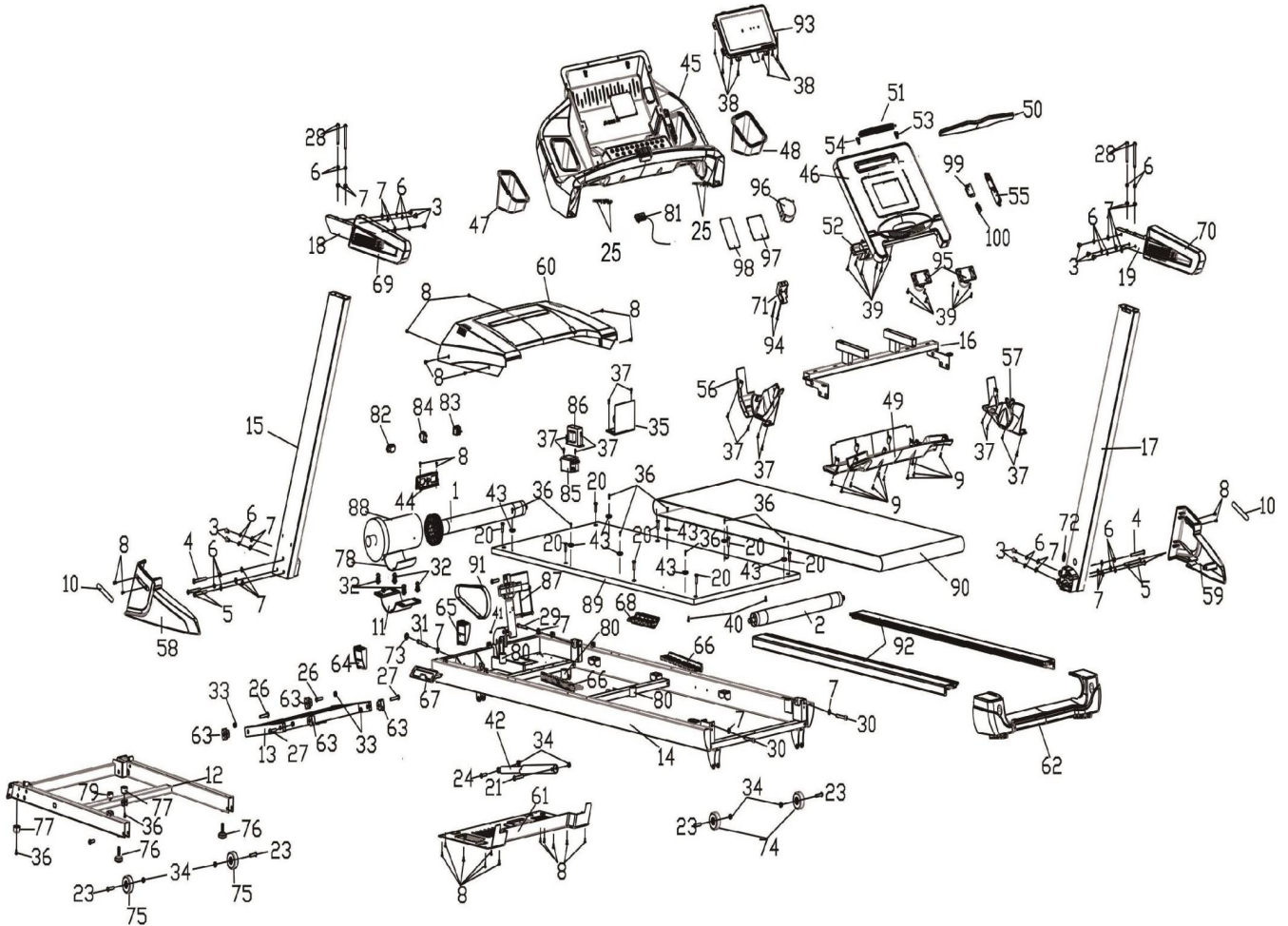
- c) Plug the treadmill back in and set it to run at the lowest speed. Slowly walk the silicon over the surface of the treadmill deck.



TROUBLESHOOTING

Symptom	Cause and Check	Solution
E00	Safety key not in the position	Re-locate the safety key in the correct position
E01	No signal to controller from console	A: Check the main controller wire B: Replace the PCB board
E02	Motor communication error	A: Check the wire from motor to controller B: IGBT breakdown, replace the controller C: Check if the power voltage is 50% lower than the rated voltage D: Replace the motor wire or replace motor
E04	Incline motor communication error	A: Check the wire from incline motor to controller B: Replace the incline motor C: Replace the controller
E05	Over current protector	A: Over loading or over resistance, restart the treadmill B: Transmission parts seized up, check the parts C: Replace controller D: Motor breakdown, replace the motor
E06	Motor open circuit	Connect the motor link
E08	IC driver error	Replace the IC driver
E09	Folding up protect	A: Do not fold up the running deck when treadmill is running B: If the running deck is in the laid out position and shows E09, you need to change the controller
E10	Motor instantaneous current abnormal	A: Adjust the torsion potentiometer of the controller lower B: Motor breakdown, change the motor
E11	Over voltage protector	Voltage over 150v (for 110v) -- turn off the treadmill and check the power source
E13	No signal to console from controller	A: Check the main controller wire B: Replace the controller
E14	Lower voltage protector	Voltage lower than 70v (110v) -- turn off the treadmill and check the power source

EXPLODED DIAGRAM



PARTS LIST

Part #	Description	QTY
1	Front Roller	1
2	Rear Roller	1
3	M8 x 15mm Allen Bolt	16
4	M8 x 95mm Allen Bolt	2
5	M8 x 105mm Allen Bolt	4
6	8mm Spring Washer	16
7	8mm Washer	16
8	ST4.8 x15mm Phillips Pad Screw	35
9	ST4.2 x15mm Phillips Screw	29
10	Console Mast Cover Sticker	2
11	Base Frame	1
12	Stabiliser	1
13	Incline Frame	1
14	Running Stage	1
15	Left Console Mast	1
16	Console Frame	1
17	Right Console Mast	1
18	Left Handle	1
19	Right Handle	1
20	M8 x 28mm Phillips Countersunk Bolt	8
21	M8 x 45mm Allen Bolt	1
22	M10 x 65mm Allen Bolt	1
23	M8 x 40mm Allen Bolt	4
24	M8 x 30mm Allen Bolt	1
25	Handle Pulse Sensor	4
26	M10 x 35mm Allen Bolt	2
27	M10 x 40mm Allen Bolt	3
28	M8 x 70mm Allen Bolt	4
29	M8 x 60mm Hex Socket Cap Screw	1
30	M8 x 70mm Hex Socket Cap Screw	2
31	M8 x 50mm Hex Socket Cap Screw	1
32	M10 x 250mm Hex Socket Cap Screw	4
33	M10mm Aircraft Nut	6
34	M8mm Aircraft Nut	6
35	Controller	1
36	ST4.8 x15mm Phillips Screw	8
37	ST4.2 x15mm Phillips Pad Screw	14
38	ST4.2 x10mm Phillips Pad Screw	10
39	ST2.9 x 8mm Phillips Pad Screw	30
40	ST4.2 x 30mm Phillips Countersunk Screw	2
41	M4 x10mm Phillips Bolt	1
42	Air Spring	1
43	Side Rail Fixer	8
44	Switch Box	1
45	Upper Console Cover	1
46	Screen	1
47	Left Tray	1

48	Right Tray	1
49	Console Housing	1
50	iPad Support	1
51	Fan Picks	1
52	Air Flue	1

53	Right Fan Picks Fixing Block	1
54	Left Fan Picks Fixing Block	1
55	USB Fixing Support	1
56	Left Upper Console Mast Cover	1
57	Right Upper Console Mast Cover	1
58	Left Console Mast Cover	1
59	Right Console Mast Cover	1
60	Motor Cover	1
61	Bottom Motor Cover	1
62	End Cap	1
63	15×30mm End Cap	4
64	Left Running Deck End Cap	1
65	Right Running Deck End Cap	1
66	Decorative Shock Pad	2
67	Left Motor Cover Decoration	1
68	Right Motor Cover Decoration	1
69	Left Handle	1
70	Right Handle	1
71	Fan Support	1
72	Shield Coil	1
73	End Cover	1
74	PU Wheel	2
75	Transportation Wheel	2
76	Adjustable Cushion	2
77	Shock Pad	2
78	Rubber Motor Support	1
79	Limit Rubber Support	1
80	Big Cushion	6
81	Safety Key	1
82	Power Socket	1
83	Power Switch	1
84	Over Current Protector	1
85	Filter	1
86	Inductor	1
87	Incline Motor	1
88	DC Motor	1
89	Running Deck	1
90	Running Belt	1
91	Motor Belt	1
92	Side Rail	2
93	LCD Screen	1
94	ST4.2 x 40mm Phillips Screw	2
95	Speaker	2
96	Fan	1
97	CPU Board	1
98	FitShow Bluetooth Module	1
99	USB Port	1
100	MP3 Port	1

SAFETY INFORMATION

This product should only be used as a sports AID and is not for therapeutic usage. Improper use of this product may cause serious accidents.

Do not use this product if you wear a pacemaker or other medical devices.

Please dispose of the machine as electronic waste in an appropriate manner. Don't throw it in the garbage.

Place the wireless chest strap out of reach of children. If the battery is accidentally swallowed, seek medical advice immediately.

To avoid accidents and skin allergies, please do not wear this product at bedtime.

Do not bend the body of the chest belt excessively to avoid damage.

Do not expose this product to sunlight for a long time, or it will cause damage or burning of the heart rate chest strap.

The original battery of this product is loaded before leaving the factory. Due to transportation and storage, the battery has already been partly consumed, and the life of the original battery may be shorter than the theoretical time. Remove the battery if not in use for a long time to avoid battery leakage.

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.