



MuscleSquad P300 Treadmill

Assembly & User Manual



Maximum User Weight 150 kgs

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

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

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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.

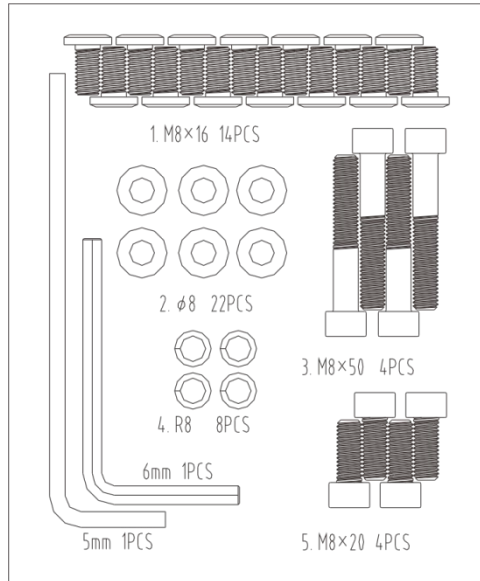
If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid any danger.

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.

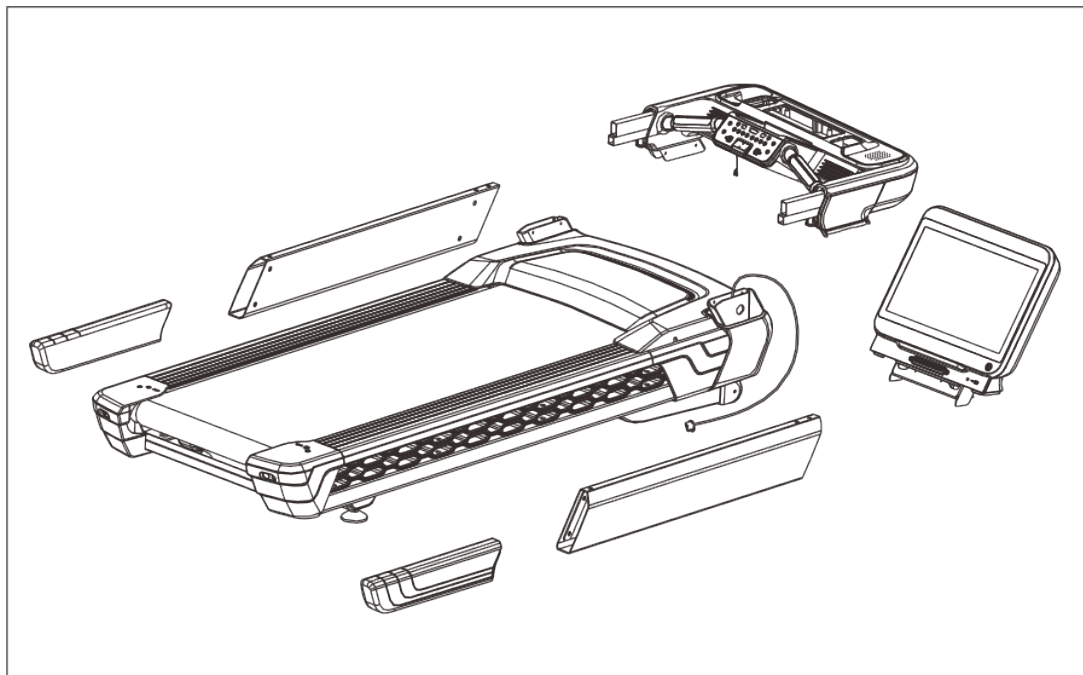
ASSEMBLY INSTRUCTIONS

Before assembling the treadmill, please check the parts listed in the right figure. The numbers indicate the specification of the part and the quantity of the part required in the assembly.



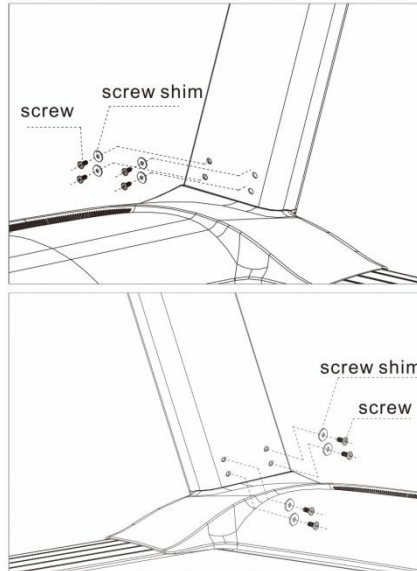
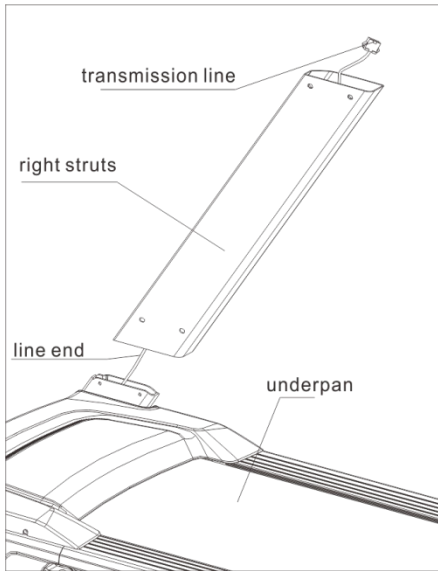
Step 1:

Take all parts out. Handle with care and don't leave any parts in the box.



Step 2:

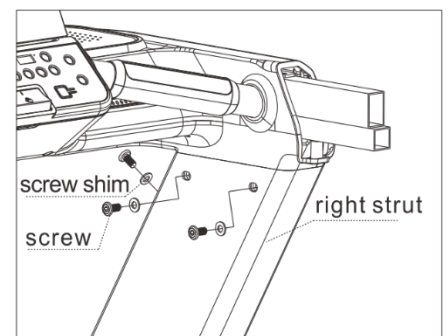
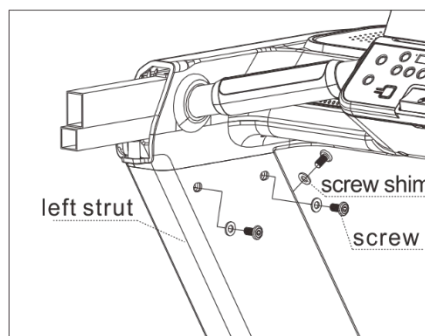
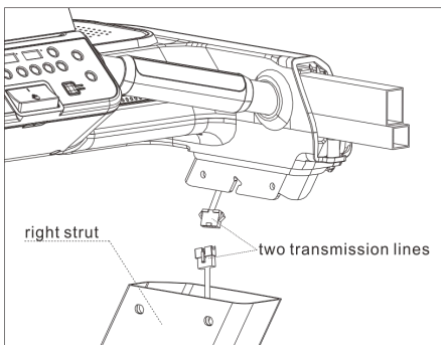
Put the underpan on the floor and take both struts out. Thread the data transmission cable through the right side strut. Then fasten the screws on the bottom stand pillar with the appropriate tool. Also, tighten the other side strut in the same way.



Step 3 :

Install top console.

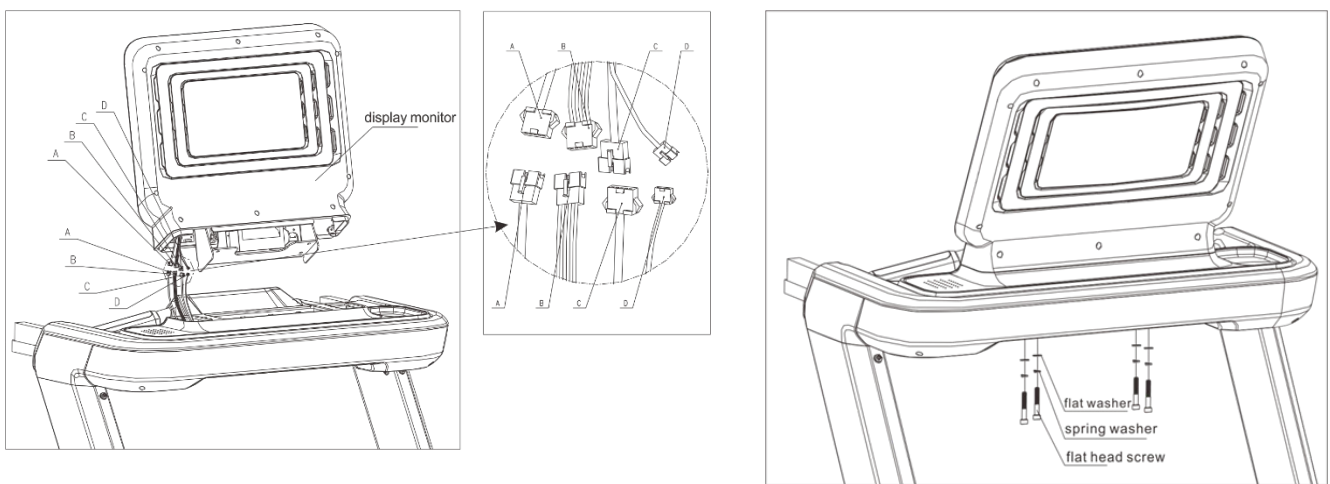
Raise the console above the struts, connect the two data transmission cables first, then plug the top console into the struts (Warning: Avoid squeezing the data transmission cables). Fasten the screws on the upper struts with the tools.



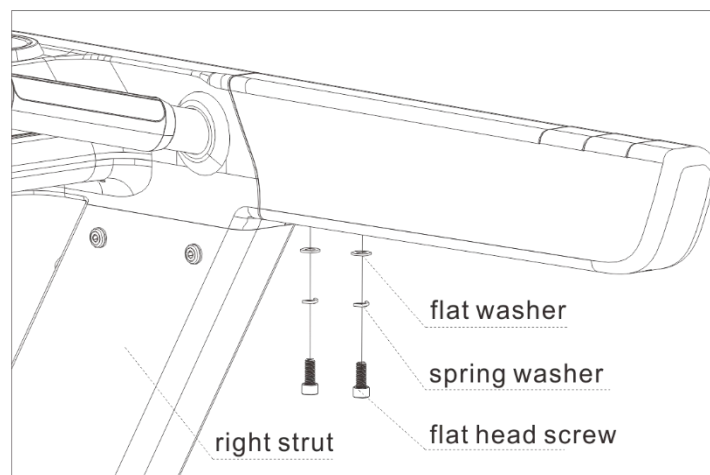
Step 4 :

Install the display monitor.

1. Two people are needed to assist with the installation; take out the monitor head, one person holds the monitor head, while one person connects the multi-core wire connections in the meter head with the multi-core wire connections on the base, A to A, B to B, C to C, D to D. When connecting and inserting, the two plugs should be inserted horizontally; after hearing a "click" sound, gently pull it, do not separate, and put the multi-core wire carefully into the casing.
2. After the monitor is placed in a good position, take the corresponding screws and washers, align with the screw holes and tighten the screws.



After putting the armrest cover in place, take the corresponding screws and washers, align with the screw holes and tighten the screws.



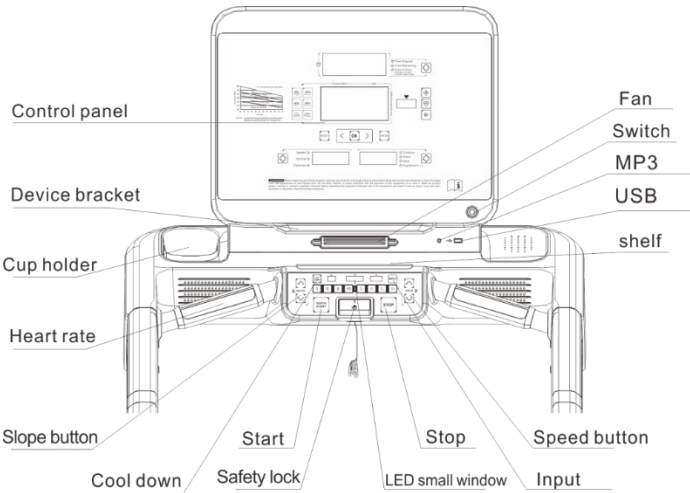
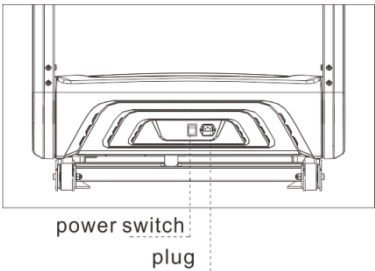
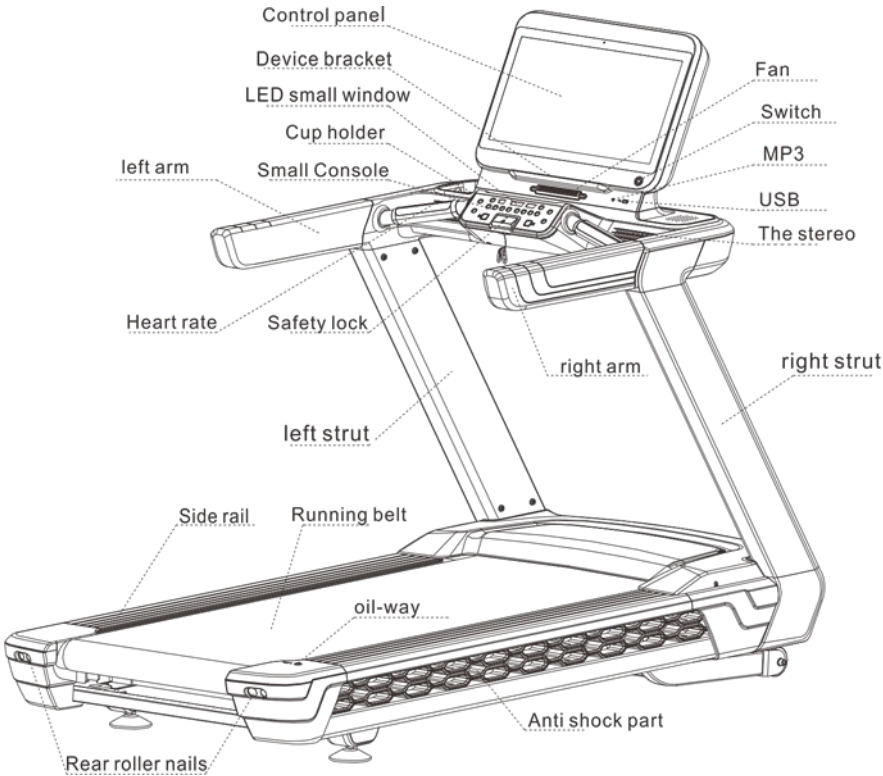
PRODUCT INTRODUCTION

Exercising regularly on the treadmill is beneficial for your health. For respiratory system: Improves the myocardial function, increases cardiopulmonary after exercise.

For nervous system: Freshens and improves the mind and improves analytical capabilities.

Metabolism: Activates your body's metabolism and effectively accelerates bone growth after exercise.

Immunological function: Lowers blood pressure, boosts the immune system and improves immune response and resistance to disease after exercise.



PROGRAMMES

Fixed program 1: Weight loss

Fixed program 2: Fat burning

Fixed program 3: Climbing

Fixed program 4: Varied Difficulty Level Training

Fixed program 5: Varied Difficulty Level Training

Fixed program 6: Race

Fixed program 7: Varied Difficulty Level Training

Fixed program 8: Speed interval training

Fixed program 9: Slope interval training

Fixed program 10: Varied Difficulty Level Training

Fixed program 11: Calorie countdown

Fixed program 12: Distance countdown

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	speed	3	4	5	7	8	7	7	8	7	7	8	7	7	8	7	7	6	5	4	3
	incline	3	3	4	5	3	5	5	3	5	3	5	5	5	3	5	5	4	3	3	3
P2	speed	4	6	7	7	8	7	6	8	8	7	7	8	7	7	8	7	6	5	4	3
	incline	3	5	4	4	3	5	5	3	3	5	5	3	4	4	3	5	5	3	3	3
P3	speed	4	5	6	8	8	7	8	7	8	6	7	8	8	7	7	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	2
P4	speed	3	4	5	6	8	8	7	7	8	8	7	7	8	8	7	7	6	5	4	3
	incline	3	3	4	5	4	4	5	5	4	4	5	5	4	4	5	5	5	4	3	2
P5	speed	3	4	6	5	3	5	6	4	5	6	7	6	5	4	6	7	8	6	5	3
	incline	6	8	10	12	14	12	10	14	12	10	8	10	12	14	10	8	6	4	3	2
P6	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
P7	speed	3	5	6	5	5	6	5	6	5	5	6	5	5	6	5	5	5	4	3	2
	incline	3	4	3	4	4	3	4	4	3	4	4	3	4	4	3	4	4	3	3	2
P8	speed	3	5	6	8	8	8	6	5	6	8	8	8	6	5	6	8	8	8	6	3
	incline	3	6	5	3	1	3	5	6	5	3	1	3	5	6	5	3	1	3	5	2
P9	speed	4	5	7	8	8	8	7	7	8	8	8	7	7	8	8	8	7	7	5	3
	incline	2	2	3	3	4	4	3	3	4	4	3	3	4	4	3	3	4	4	3	2
P10	speed	4	5	6	7	6	8	8	5	8	8	6	6	8	5	8	8	8	6	5	3
	incline	1	2	1	1	2	1	1	2	1	1	2	1	1	2	1	1	1	1	2	1
P11	speed	3	5	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	5	3
	incline	3	6	8	10	12	14	8	10	12	14	8	10	12	14	8	10	12	14	6	3
P12	speed	3	5	6	8	8	8	8	8	7	7	8	8	8	8	8	8	7	7	8	5
	incline	2	3	4	4	4	3	3	4	4	4	3	3	4	4	4	3	3	4	3	2

Heart Rate Speed control: HRC1->HRC2.

1.Icon: Fan, Smart connection.

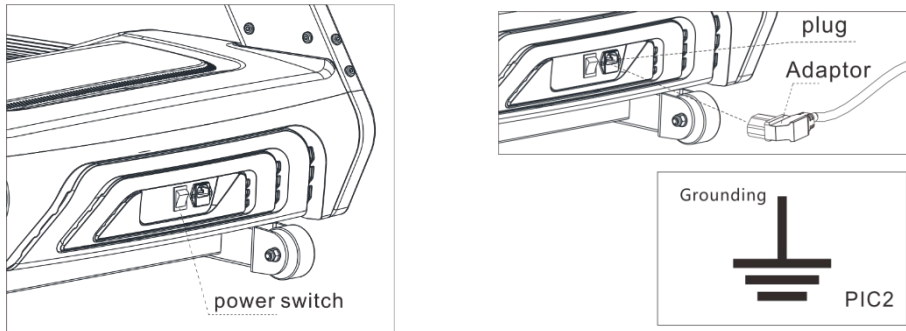
2.Function button: Start, Stop, Speed+, -, Slope+, -, Cooling down, Speed select button 2, 5, 8, 10, 12, 15 KM/H, Slope select Button 3, 6, 9, 11, 13, 15%, Confirm the entry button, turn off the screen button.

3. Function buttons:

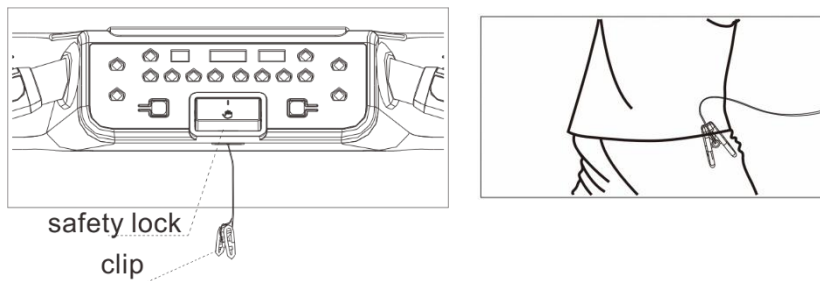
- START: Start the treadmill motor.
- STOP: Stop the treadmill motor.
- Speed Button: Click +or-, to change the speed.
- Slope Button: Click +or-, to change the slope.
- Speed Select Button: 2,5, 8, 10, 12, 15KM/H, switches the speed.
- Slope Select Button:3,6,9, 11,13,15%, switches slope angle.
- Right: Countdown mode, button: Time-Distance-Calorie
- Fixed mode, button: PO 1- > P 12
- Left: Count down mode, button: Calorie-Distance-Time
- Fixed mode, button: P12->P01
- Heart Rate Speed control: HRC2->HRC 1
- Reset button: In the non-standby mode, resets the treadmill.
- Off screen button: Switches screen on or off.
- Fan button: Button cycle: Level1-level 2-level 3
- Cool down button, press it when running: Running time over 19 min, it will give 5 mins for cooling down; running time less than 19mins, it will give 2 mins for cooling down.

STARTING THE TREADMILL

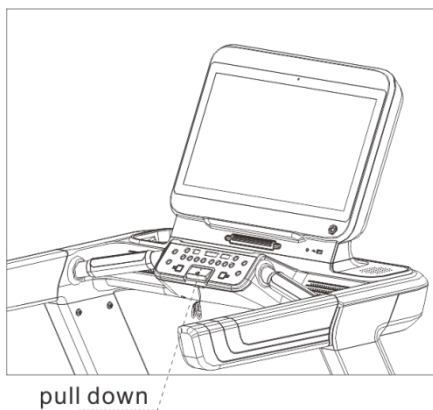
Take the power cord, Insert one end into the rear of the treadmill then insert the other end into the power supply.



Please make sure the safety lock is set up before running, clip one side onto the runner's clothes.

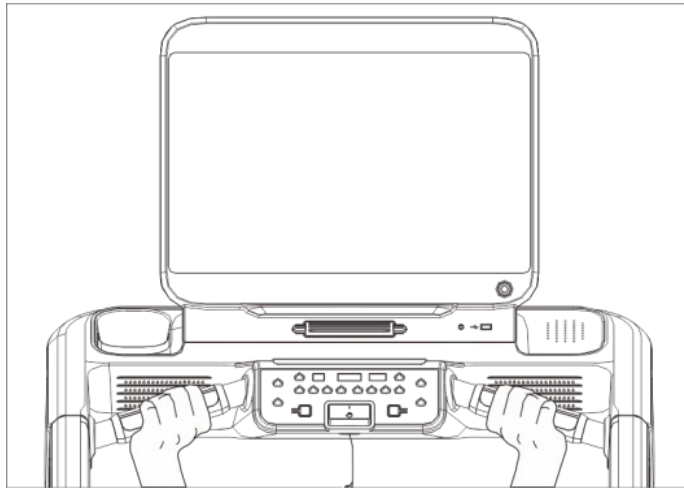


Pulldown the safety switch if you feel uncomfortable. Then seek medical treatment.

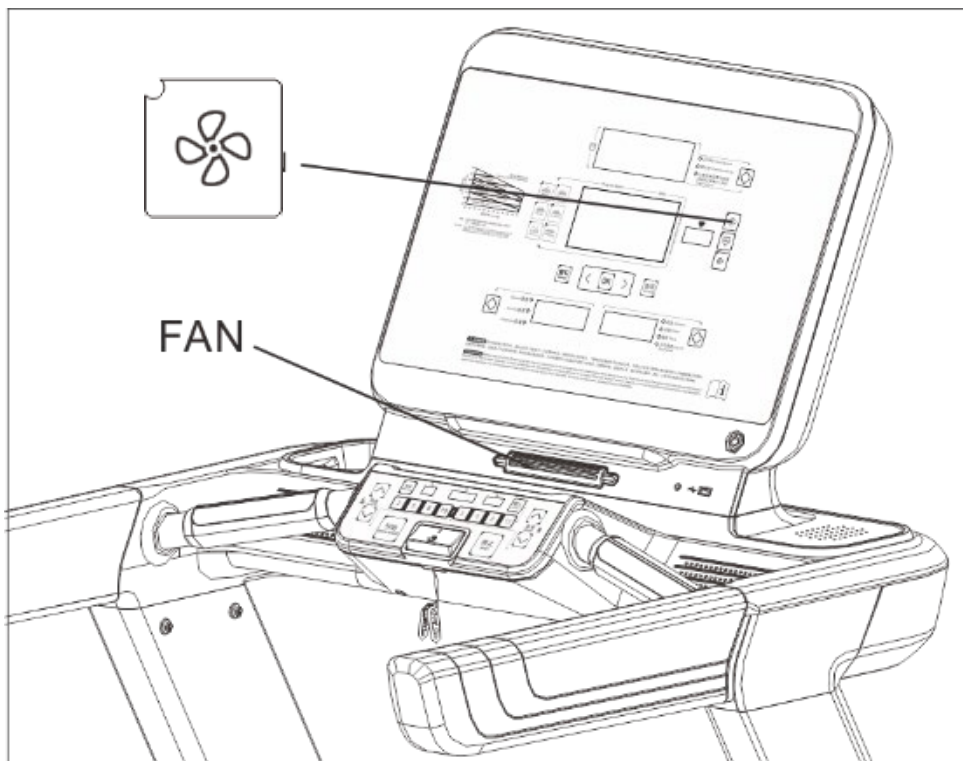


HEART RATE MANUAL

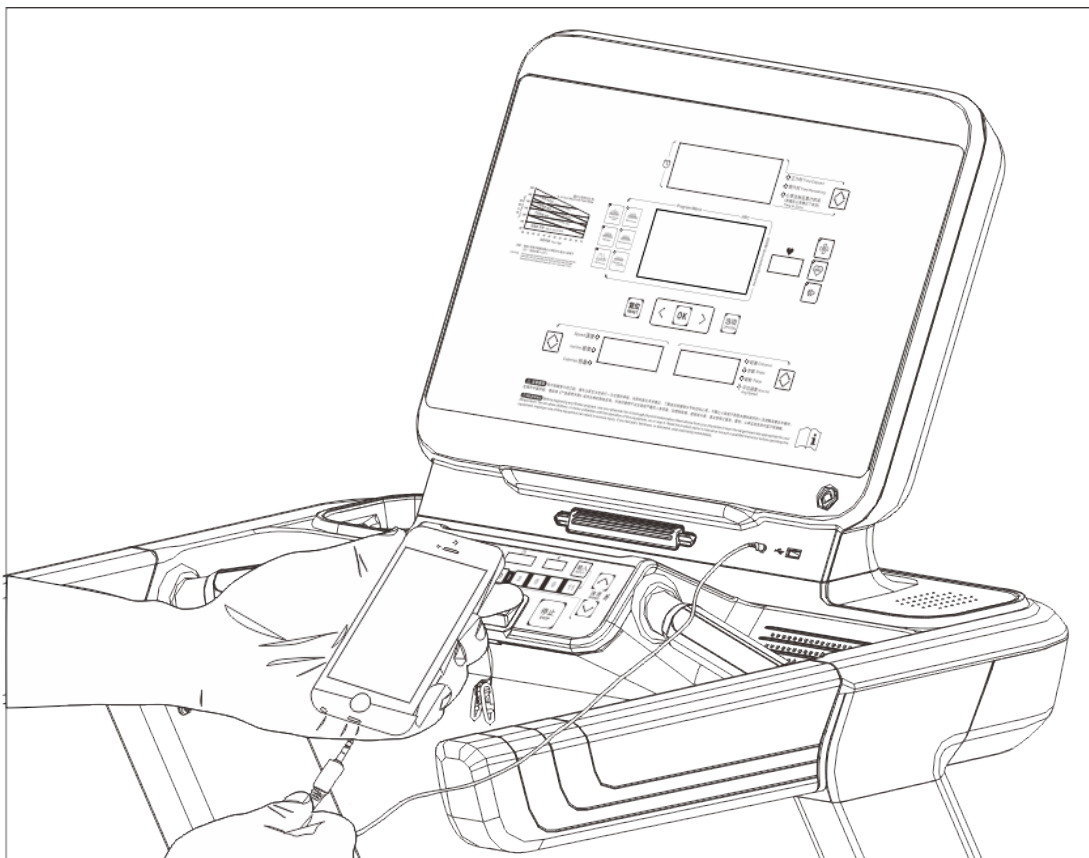
Put your both hands on the touch sensor to show your heart rate.



FAN & AUDIO



There is a high-fidelity stereo system, which can be connected with your audio player or mobile device, so you can listen while training. When you want to use it, plug one end of the audio cable (not included) into the jack of the console and the other end into the headphone hole of the player or mobile device; ensure that the audio cable is fully plugged in. Note: you can buy an audio cable from your local electronics store. Next, press the play button on the player or mobile device. Adjust the volume with the volume control on the player or mobile device.



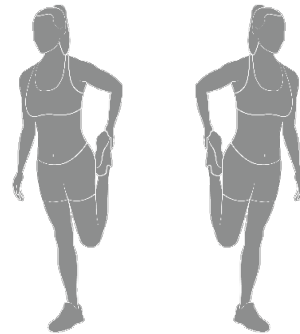
TREADMILL WARM UP

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.

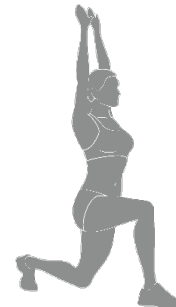
Quadriceps stretch (with touch down)

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.



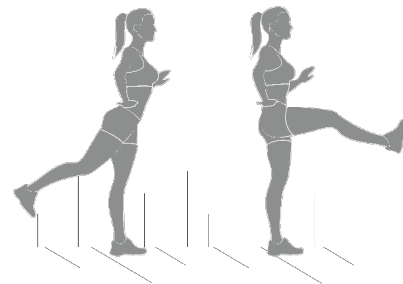
Lunge with overhead reach and torso twist

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.



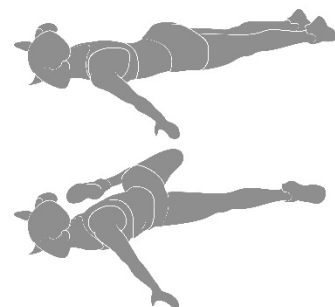
Leg swings

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.

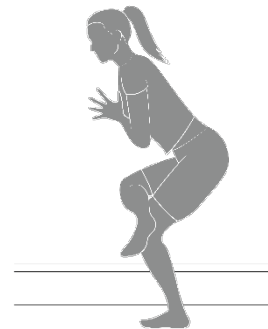
Hanging calf stretch

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.



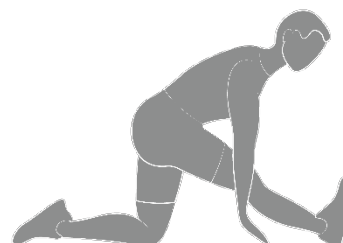
World's greatest stretch

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.



MAINTENANCE

Because of environment changes or long time use, the running belt may deviate, so the belt needs to be manually adjusted.

WARNING!

When adjusting the running belt, it is forbidden to touch the belt when the running belt is moving.

How To Adjust The Running Belt Elastic:

When using the treadmill if it suddenly jerks please stop using it immediately as it means the running belt is too tight.

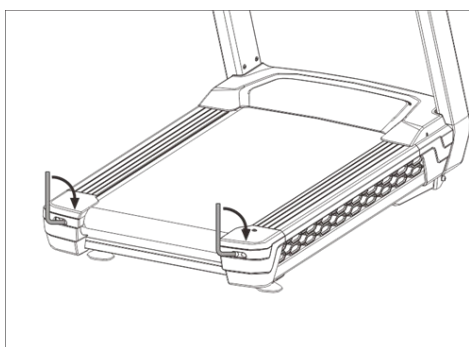
Adjust the speed to 2km/h, stand on the treadmill, and use your feet to hold the running belt with your maximum strength.

Listen to whether there is a sound from front roller.

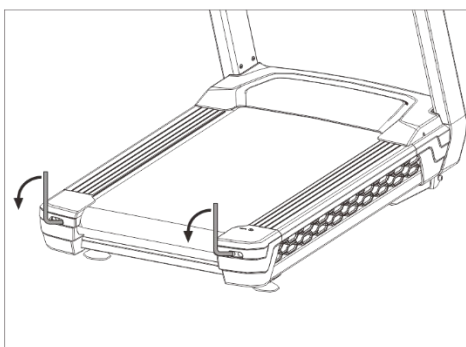
If the front roller keeps moving but makes a loud noise, it means the running belt is too loose.

If there is a small noise, and the front roller stops running it means the motor belt is too loose.

1. Tighten the running belt.

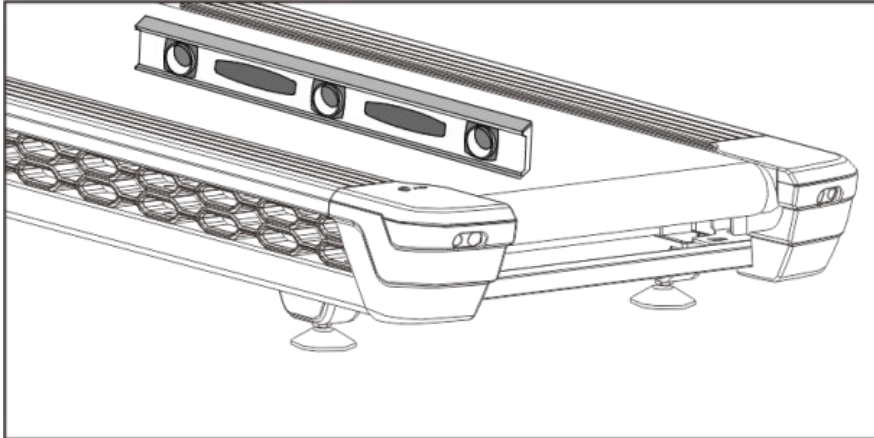


2. Loosen the running belt.

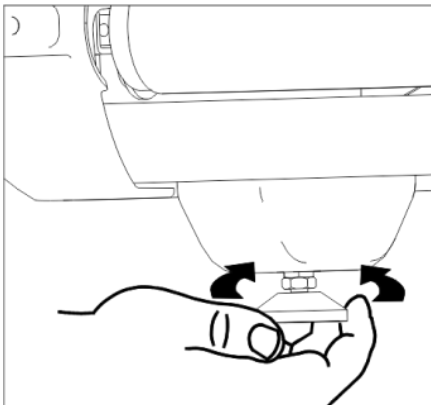


LEVELLING THE TREADMILL

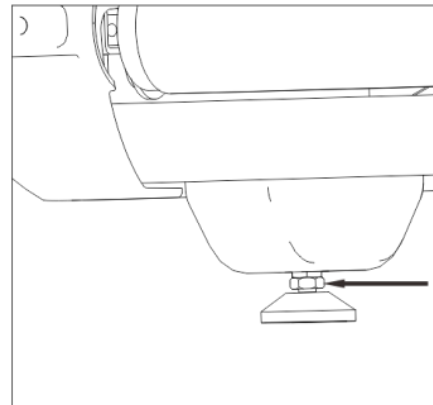
1. Place a level on the running belt to check if the treadmill is level.



2. Stand at the rear near to the adjustable feet.
3. Ask someone to help lift the back of the treadmill
4. Adjust the rear feet as needed

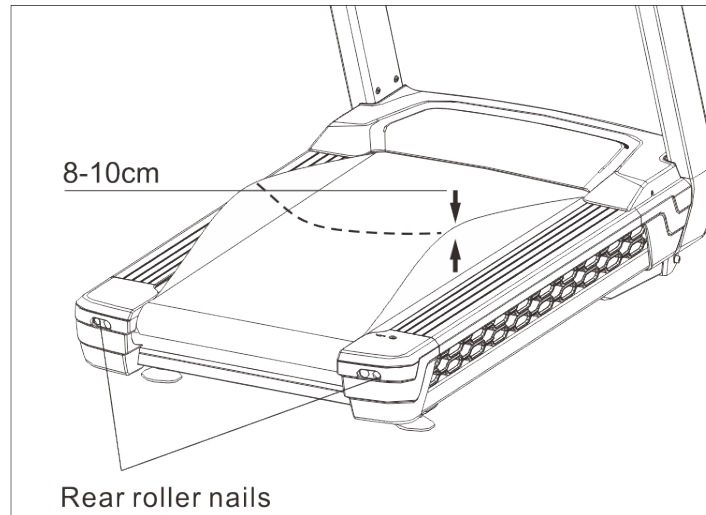


Adjust a foot

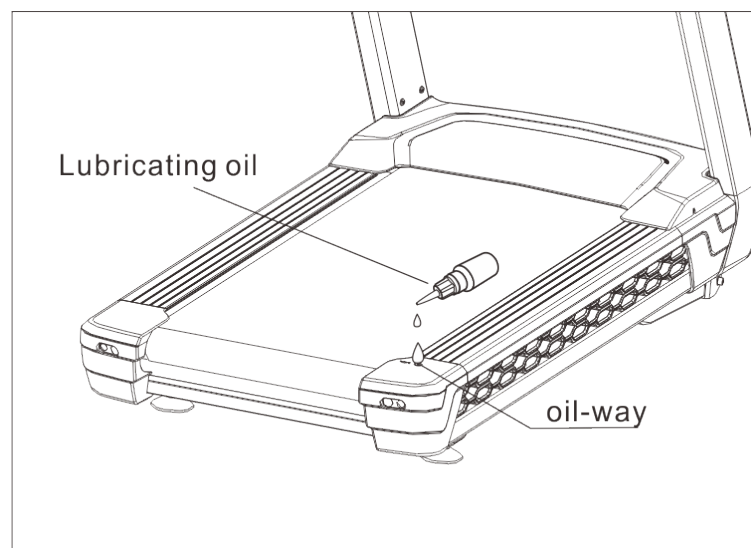


Lock nut

CLEANING & MAINTENANCE



1. Stand at the end of machine, then pull up the running belt. Use a dry cloth to clean the running board.
2. It is highly suggested to clean the board every 6 months.
3. After cleaning, the running belt and running board need to be "properly" lubricated.



TROUBLESHOOTING

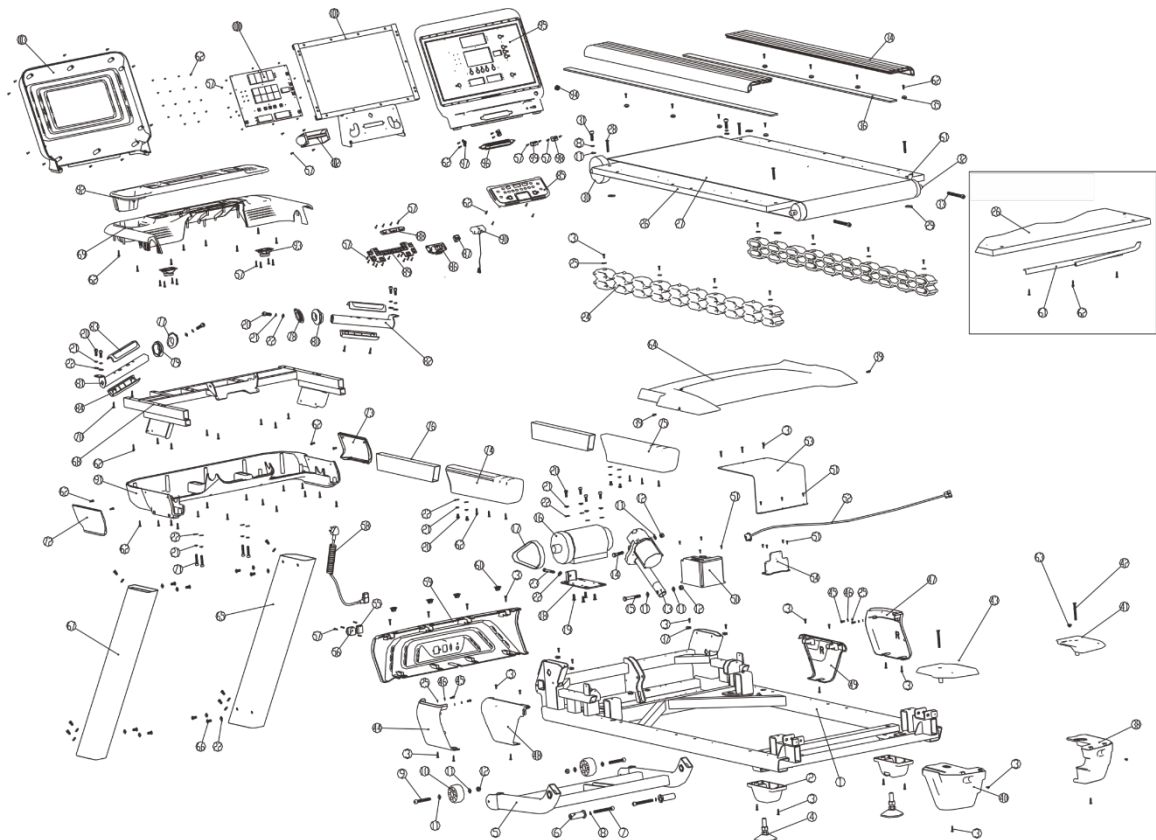
CODE	FAILURE	REASON	SOLUTION
E01 E07	Display board can't receive signal	A. Display board connecting cable is damaged B. Inverter connecting cable damaged	Check the connection or change invert or display board.
E02	Incline motor problem	A. Incline motor connection cable problem	Reconnect cable
		B. Incline motor damage	Change incline motor
		C. Inverter problem	Change inverter
E03	Over voltage	A. Inverter problem	Change inverter
		B. AC voltage too high	Check AC power
E04/E05	Current too high	A. Over loaded	Decrease load weight
		B. Transmission jammed	Check transmission
		C. Motor problem	Change motor
		D. Inverter damage	Change inverter
E10	Overheating	Inverter problem	Change inverter
E13	IGBT SHORT-CIRCUIT	Inverter problem	Change inverter
E15	Receives start signal but does not receive stop signal	Unusual stopping	Power off and restart after 5 min
E16	Power problem	A. Inverter damage	Change inverter
		B. Motor connection cable loose	Check connection cable
		C. Motor damaged	Change motor
E17	Current U sensor issue	Inverter problem	Change inverter

TECHNICAL SPECIFICATION

Operating Volt-	voltage±10%(50Hz)	Distance Display	01-99.9km
			00-999kcal
Dimensions	2000x876 x1625mm	Heart Rate	40-250beat/m
Running Area			
Machine	N.W.:178Skg/G.W.:162kg	Incline	0-21%
Packaging Size (LxWxH)	2170x1020x455mm 1050x1020x390mm	Ambient Temperature	0°C-40°C
		Safety Protection	Multiple Protection
Motor Power	220VAC	Peak Power	70HP
Time Range	00:00-99:59 (min:sec)	Driver	220VAC 10A
Console Display	Speed, Time, Distance, Calorie, Heart Rate. Running Program. Incline and so on		

1	RUNNING FRAME	23	SCREW M8×50	45	SCREW M5×16
2	COVER	24	RUBBER	46	SPRING RING 5
3	SCREW ST4.8×16	25	RUBBER 5	47	RIGHT COLUMN LOWER COVER
4	FOOT PART	26	RUNNING DECK	48	LEFT COLUMN COVER
5	INCLINE FRAME	27	RUNNING BELT	49	RIGHT COLUMN COVER
6	INCLINE FRAME AXLE	28	SCREW M8×45	50	CONTROL BOARD
7	SCREW M10×80	29	RUBBER	51	SCREW M4×10
8	SPRING RING 10	30	FRONT ROLLER		
9	SCREW M10×70	31	SCREW M10×30	52	5 CORE CABLE
10	WHEEL PART	32	REAR ROLLER	53	DUST PREVENTION
11	RING 10	33	SCREW M10×85	54	POWER BOARD
12	SCREW M10	34	SIDE RAIL	55	POWER SWITCH
13	INCLINE MOTOR	35	RAIL BUTTON	56	POWER PLUG
14	SCREW M10×45	36	LED	57	SCREW ST3×8
15	SCREW M10×70	37	HORIZONTAL BELT	58	POWER CABLE
16	MOTOR AC	38	RIGHT END CAP	59	FRONT COVER
17	MOTOR BELT	39	SCREW M5×12	60	FRONT COVER BUTTON
18	MOTOR FRAME	40	LEFT END CAP	61	OIL INPUT FOR DECK

19	SCREW M8×20	41	RIGHT CONNECTING COVER	62	SCREW ST4.2×13
20	SCREW M8×20	42	SCREW M8×80	63	SIDE RAIL STOPPER
21	SPRING RING 8	43	LEFT CONNECTING COVER	64	MOTOR COVER
22	SPRING RING 8	44	LEFT COLUMN LOWER COVER	65	RIGHT COLUMN
66	SCREW M8×16	79	LEFT HANDLE RING	92	CUP
67	LEFT COLUMN WELDING	80	RIGHT HANDLE RING	93	SPEAKER 70X40
68	DISPLAY FRAME	81	LEFT HEART SENSOR	94	RESET BUTTON
69	DISPLAY UP COVER	82	RIGHT HEART SENSOR	95	FRONT COVER OF DISPLAY
70	SCREW ST4.2×25	83	HANDLE HEART SENSOR UP BASE	96	FAN VENT
71	SCREW M8×50	84	HANDLE HEART SENSOR DOWN BASE	97	FAN VENT FRAME
72	LEFT HANDLE STOPPER	85	BUTTON	98	USB BOARD
73	RIGHT HANDLE STOPPER	86	SWITCH BASE	99	MP3
74	LEFT HANDLE RUBBER COVER	87	SWITCH	100	DISPLAY BOARD
75	RIGHT HANDLE RUBBER COVER	88	BOARD	101	DISPLAY FRAME
76	HANDLE RUBBER	89	BOARD	102	FAN
77	LEFT HANDLE RING	90	SAFETY BUTTON	103	DISPLAY BACK COVER
78	RIGHT HANDLE RING	91	DISPLAY LOWER COVER		



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.

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.

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.

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.