

# Treadmill User Manual



**Please read this manual carefully before using the product and keep it.**

Thank you very much for purchasing this product, to be able to use the product, please be sure to read this manual carefully.

## **Treadmill Main Parameters**

1. Running Area: 1000\*400 MM
2. Max User's Weight: 110 KG
3. Set up Size: (L\*W\*H) 1310\*660\*1200 MM
4. Folding Size: (L\*W\*H) 570\*660\*1250 MM
5. Speed: 1-12 KM/H
6. Mode: "Manual"; "Time countdown"; "Distance countdown"; "Calories countdown"; "Auto".

In accordance with Monitor instruction.

7. 12 sport modes can be set up by own needs.

## **Safety Information**

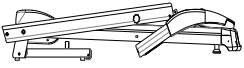
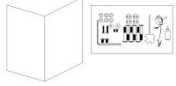
### **Warning**

- Please don't use this machine with illness, fatigue and drunk.
- Children should use this machine under adults accompany.
- Please wear comfortable clothes, avoid flip flop or skirt when using this machine.
- Please start from suitable sport as excessive exercise may affect health.

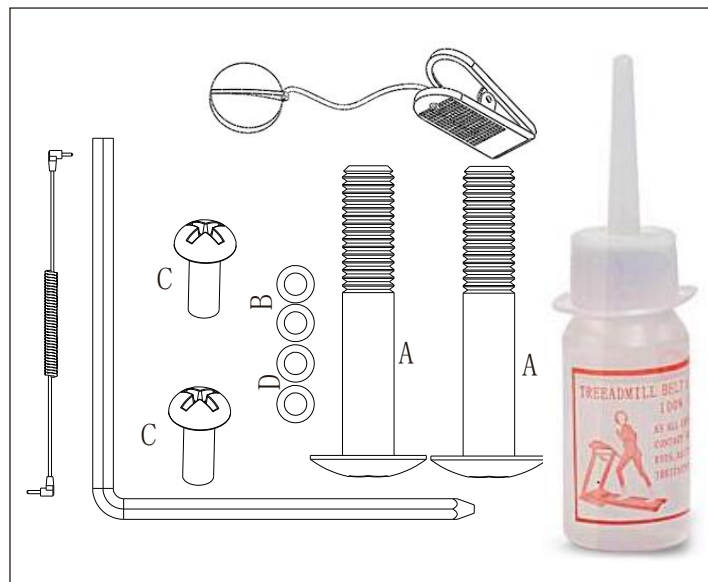
### **Attention**

- It's common home use machine, please avoid commercial use.
- Please avoid using this machine at fire source location.
- Please exercise in wide space without any danger.
- When use in the floor, please be sure cover the carpet to avoid damage to the surface.
- When not use, please don't set it on the place as follows:
  - A. Overheat, over cold place. B. Outdoors, direct sunlight place.
  - C. Gas stove, near the fire place. D. Cold and more moisture places.
  - E. Child touch place. F. Soot, water vapor place.
- Please don't use this machine on the uneven places.

## Packing Details

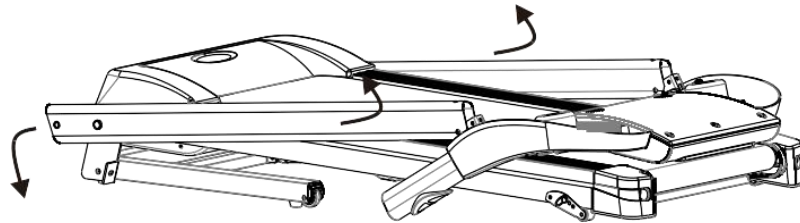
Frame		User Manual Screw package	
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## Screw Package



### Step 1: Extend the framework

1. Take the treadmill out of the box and lay it flat on the ground.
2. Slowly stand up the machine at the direction of the arrow, as shown in the figure below.

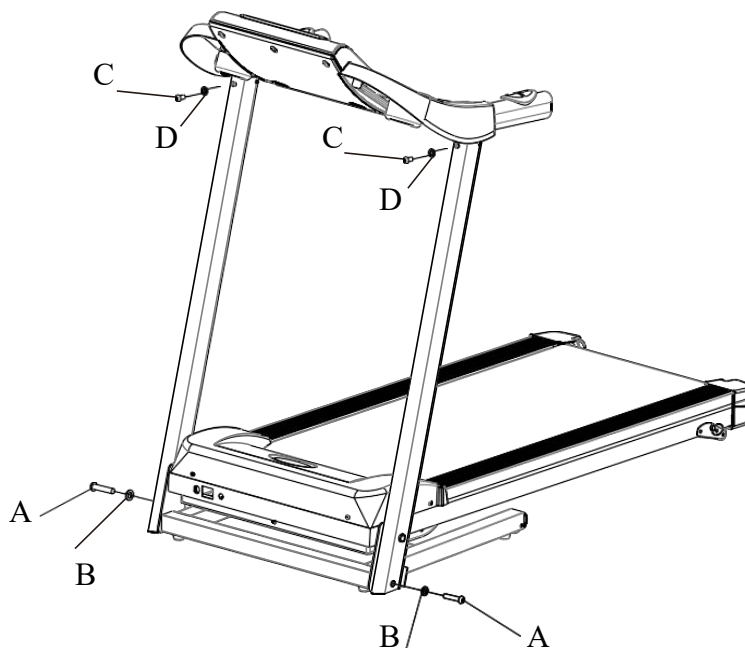


### Step 2. Main frame assembly

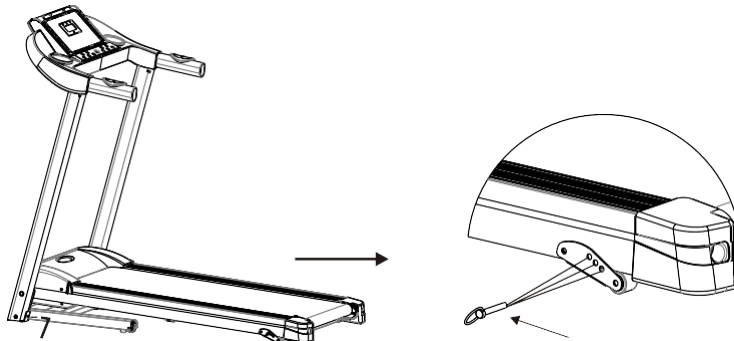
1. Fasten the left and right columns to the main frame with screws shown in the figure below.

Screw A M8 \* 45 and Flat Washer B are tightened by the tool kit M5 wrench.

2. Console and handrail is folded up against the columns, they are connected to the columns in both of the left and right sides by Screw C M8 \* 16 and Curved Washer D. Then tightened with the Toolkit M5 wrench.

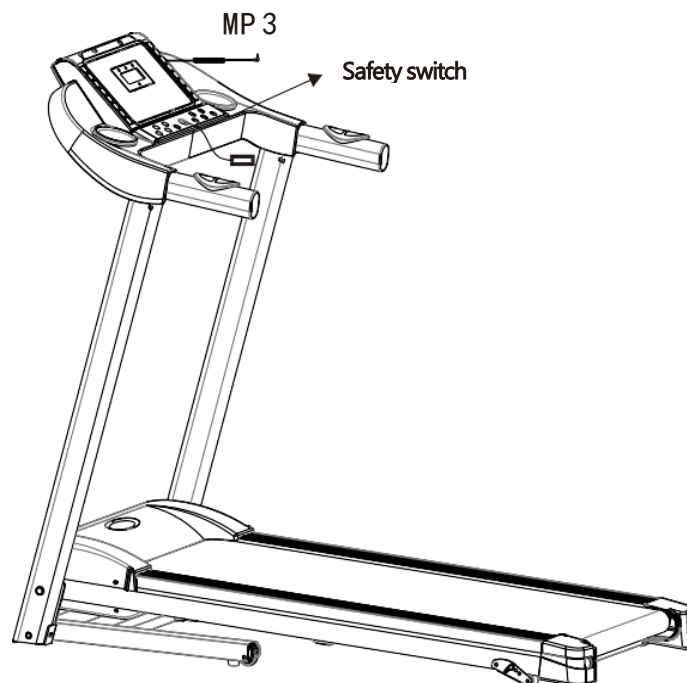


**Step 3.** Use the hexagon wrench as shown below to tighten the left and right undercarriage screws to the column. The single-function treadmill has been assembled..



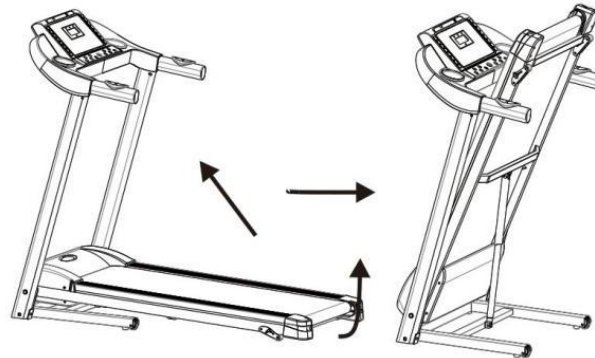
**3-levels slope adjustment for running board**

Put a safety lock on it and it's ready for exercise. This product with MP3 function with audio cable inserted in the table, connect MP3 hole with the mobile phone to play music.

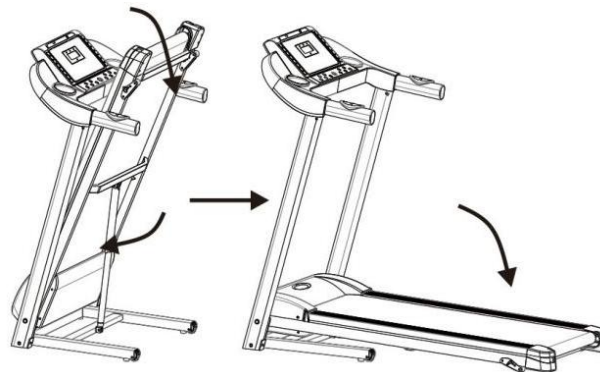


## Folding and Handling

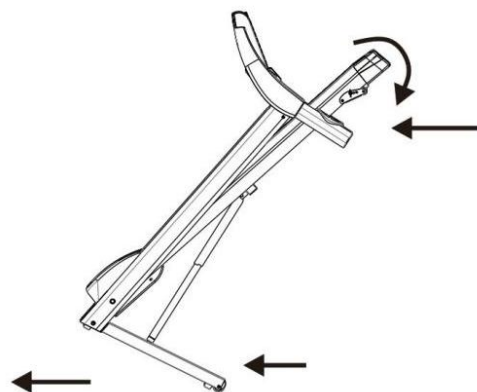
This product is equipped with air spring folding function as shown in the picture below. Gently lift the tail end of the treadmill with the right hand.



To expand the treadmill as below, kick the bottom of air spring by your foot, you will hear a “click” then the treadmill will descend to the ground slowly.



The handling method is as below: Both hands move the tail of the machine down about 30 degrees, so that the machine base can be dragged back and forth after landing the moving wheel, convenient and flexible.



# Console Operating Instructions



## 1. Description

Treadmill parameter; Sport parameter; Sport mode; Manual mode; Mode; Program mode.

## 2. Parameter instruction

- Minimum speed 1km/h
- Maximum speed 12km/h
- Maximum exercise time: 99min under Time mode
- Minimum exercise time: 10min under Time mode
- Maximum exercise distance: 99km under Distance mode
- Minimum exercise distance: 1km under Distance mode
- Maximum calories consumption: 990cal under Calories mode
- Minimum calories consumption: 20cal under Calories mode
- Minimum time: 10min under (P1-P12) Program mode
- Maximum time: 99min under (P1-P12) Program mode

### 3. LCD display instruction

LCD shows: Speed, Time, Distance, Calories.

### 4. Button function

- Function button: 4 Speed Shortcuts (3, 6, 9, 12)

“Start” button      “Stop” button

“Program” button      “Mode” button

“UP” button      “DOWN” button

### 5. Button function and operation

“Start” button - Start the motor

“Stop” button - Stop the motor

“Program” button - Auto program selection

“Mode” button - Countdown mode selection

“UP/DOWN” button - Adjust speed when running, adjust parameter value when setting

“Speed Shortcuts” - Directly select speed value when running

### 6. Sport modes

#### A. Manual mode

Enter manual mode: After the electronic power meter-wide display, enter the initial standby mode, then press the start button, enter to manual mode.



## B. Countdown mode

1. Enter time countdown mode: In the initial standby mode press Kin selection time countdown mode, where the time window 10:00 minutes and flashing speed by +/- keys set the desired run time, set the range of 5: 00-99 : 00 minutes, press the start button to enter the running time countdown mode.
2. Enter distance countdown mode: In the initial standby mode, press the mode button to select the mode from the countdown, this time from the window 1.0 kilometers and flashes, the distance traveled by the speed +/- key set the desired setting range 1.0 to 99.0 kilometers, press Start key to enter the distance countdown mode.
3. Enter calories countdown mode: In the initial standby mode, press the mode button to select the calorie countdown mode, then 50 calories window displays and flashing speed by +/- keys to set the required run-calorie, setting range from 20 to 990, press the Start button to enter calorie countdown mode.

## C. Auto mode

Enter auto mode: In the initial setting mode or standby state, press the key to enter the program automatic program selection. At this time window 10:00 minutes and flashes through speed +/- keys set the desired run time, set the range of 5: 00-99: 00 minutes, press the Start button to enter the automatic program.

## 7. Sleep Function

When the treadmill stops running without any operating more than 10 minutes into hibernation, spreadsheets automatically turn off the display, press any key to wake electronic form, re-enter standby mode after the initial full-display.

## 8. Safety lock function

After normal use, the need to specify the location of the safety lock into electronic form before they can operate electronic form; safety lock to win, spreadsheets or E07 LCD window

displays "---", and accompanied by a beep every second warning; as in the running, won the safety lock, the system will quickly stop, close again the safety lock, all motion data is cleared.

## 9. Numerical Display Range

	Initial	Set initial value	Setting range	Display Range
Time(min:sec)	0:00	10:00	5:00-99:00	0:00~99:00
Speed(km/h)	0.0	N/A	N/A	1-12
Distance(km)	0.0	1.0	1.0-99.0	0.0-99.9
Pulse(sec/min)	P	72	N/A	50-199
Calories(Kcal)	0	50	20-990	0-999

## Schedule 1: P1-P12 Program motion map

Time period formula		Time set/10 period=Run time and down time period									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
P2	SPEED	3	3	4	4	5	5	5	6	6	4
P3	SPEED	2	4	6	8	7	8	6	2	3	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
P5	SPEED	3	6	6	6	8	7	7	5	5	4
P6	SPEED	2	6	5	4	8	7	5	3	3	2
P7	SPEED	2	9	9	7	7	6	5	3	2	2
P8	SPEED	2	4	4	4	5	6	8	8	6	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
P10	SPEED	2	5	7	5	8	6	5	2	4	3
P11	SPEED	2	5	6	7	8	9	10	5	3	2
P12	SPEED	2	3	5	6	8	6	9	6	5	3

## Treadmill Common Error Messages

### **E01: No well connection between console and electric controller.**

Solution	Check the condition of cables and ensure that all plugs are connected between the motor controller and display.
	Check that the speed sensor and magnet are in correct alignment and that there are no obstructions on the magnet. (The magnet can be found on the front roller near the motor belt).
	If the running belt moves then the console displays the E1 error after 10 seconds, replace the speed sensor.
	If the running belt does not move, replace the controller.

### **E02: Abnormal detection of voltage**

Solution	Make sure the motor cable or electric controller is well connected.
	If there is no voltage or abnormal voltage, replace the controller.
	Check if the motor or belt is running properly, or replace the motor.

### **E03: No speed signal**

Solution	Ensure that all plugs are connected between the motor controller and display.
	If the running belt does not move, replace the controller.
	Check that the speed sensor and magnet are in correct alignment and that there are no obstructions on the magnet.

### **E05: Current exceeds the rated current.**

Solution	Loading weight is more than max. loading weight.
	Check if there is abnormal resistance from running desk, running belt or motor belt, or spray lubricant oil onto the running desk.

### **E06: Less of normal voltage**

Solution	Replace the motor cable and display.
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### **E07: Safety key not in the position**

Solution	Put the safety key in the position.
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