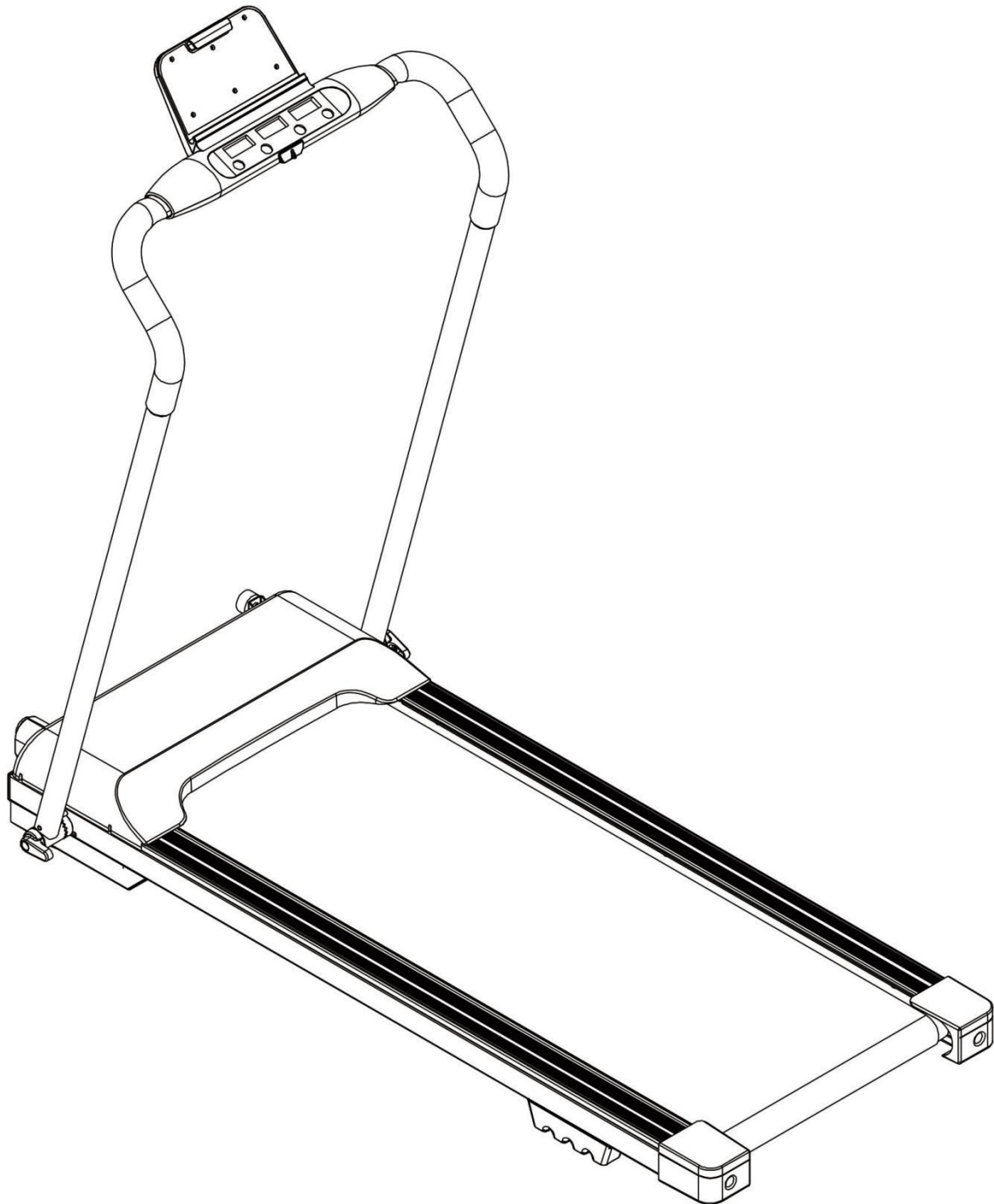


# MOTORIZED TREADMILL



## INSTRUCTION

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Thank you very much for purchasing our product.

Please read this instruction carefully before use it and keep the instruction at proper place.

## 1. Caution

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To avoid any injuries, please read this manual carefully before using.



- For safety purposes do not stand on running belt when starting the machine.
- Please stop immediately at the first sign of nausea.
- Please increase speed slowly if needed.
- Do not stand on belt while adjusting.
- It is recommended to wear athletic shoes when using the machine.
- Children, elderly, pregnant women, patients recovering from injuries or surgery are prohibited to use the machine.
- Please clip the safety key on your clothing during use.
- Please firmly hold the rail bars during using.

## 2. Safety Notice

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- Please put the machine on flat ground. It is unsuitable to put the machine at following places:
  - ① Outdoors.(The machine is specially designed for indoor use only)
  - ② Slanted ground or slanted places on balcony.
  - ③ Sunlight area or near a heater/fireplace.
  - ④ Big noisy places.
- Errors may appear if the power supply is not stable. Please do not use the same socket together with computers, air conditioners, etc.
- It is suggested to wear athletic shoes clothing when using the machine.
- Please increase or decrease speed slowly.
- Be careful of children or other objects while folding and unfolding the machine.
- Do not put the machine near wet objects. Errors may occur if item gets wet.

## 3. Caution During Use

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- If you do not feel well before using, please consult with your doctor or coach.
- Our company is not responsible for any injuries as a result of improper use
- Please unplug after using.
- Please unplug when moving the machine or changing parts.
- Children, elderly, and pregnant women are prohibited from using the machine. Patients should consultant their doctor before using.
- Please place the machine on a flat surface. Do not place any objects 2M behind the machine.
- Do not start the machine when it is folded.
- Keep water away from the machine, motor, power line, and plug.
- Do not use this machine in enclosed spaces or areas without air circulation.

- Do not place any objects on the machine.
- Keep plug away from hot locations or fireplaces.
- Please turn off machine and unplug after using.
- Please do not stand directly on the belt while starting the machine.
- Do not disassemble the machine without professional supervision.
- Please make sure the running belt is fastened before using.

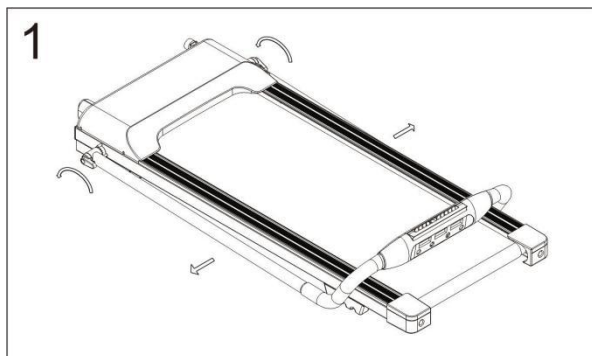
## 4. Technical Specification

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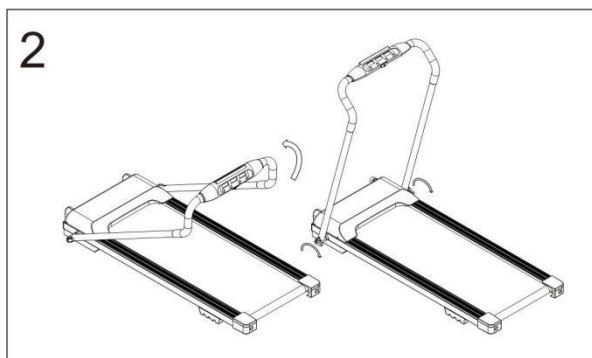
<b>Product Name</b>	Treadmill
<b>Voltage</b>	110V
<b>Frequency</b>	50-60Hz
<b>Speed</b>	0.5-6.5mph
<b>User Capacity</b>	100KGS

## 5. Assembly Instructions

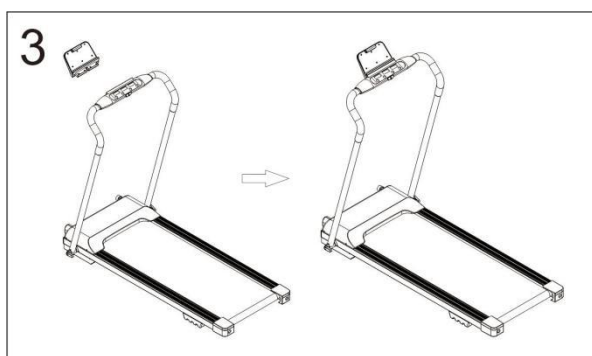
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Step 1: Loosen the small handles on the two sides of the frame separately (recommended 3 turns), and let the lower end of the pillar spring off the frame.



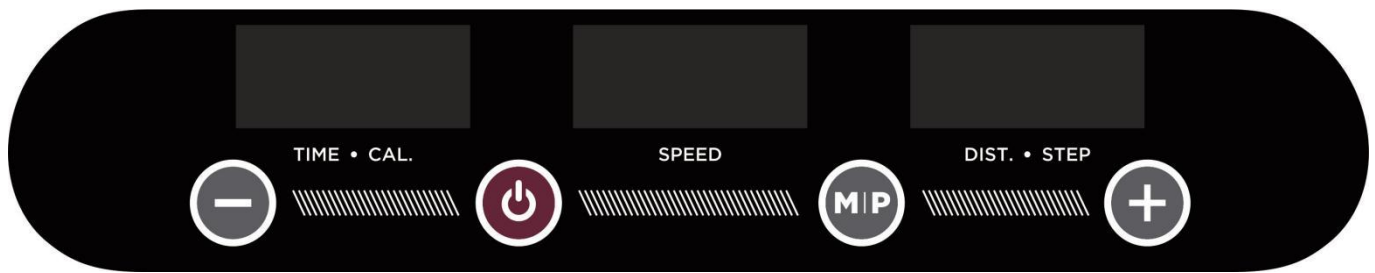
Step 2: Raise the armrest column to the corresponding slot position of the main shaft, and then tighten the knob.



Step 3: Insert the IPAD, put the emergency switch, and complete the assembly.

## 6. Display Monitor

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### 1. Window shows

1.1 "TIME" window : shows the running time. Forward travel-time is from 0:00~99:59, countdown is count to 0 from the set time (set cope 5:00~99:00), when count to 0:00, the machine will stop slowly. "CALORIES" window: forward count from 0~990, when forward countdown reaches the top point, it will recount. When calories count down (calories set cope 20.0~990.0), it will count to 0 from the set point, when count to 0:00, the machine will stop slowly. When in motion state, press "M" key, the window will switch from Time, Calories, Distance, Step

1.2 "SPEED" window: shows the current running speed, set cope is 0.5~6.5mph.

1.3 "DISTANCE" window: shows the current movement distance. Forward countdown is from 0.0~99.9, when forward count down reaches the top point, it will recount. When distance count down (distance set cope 1.00~99.00) it will count to 0 from the set point, the machine will stop slowly. "STEP" window: Forward step count is from 0~9999. when forward countdown reaches the top point, it will recount.

### 2. Functional instruction

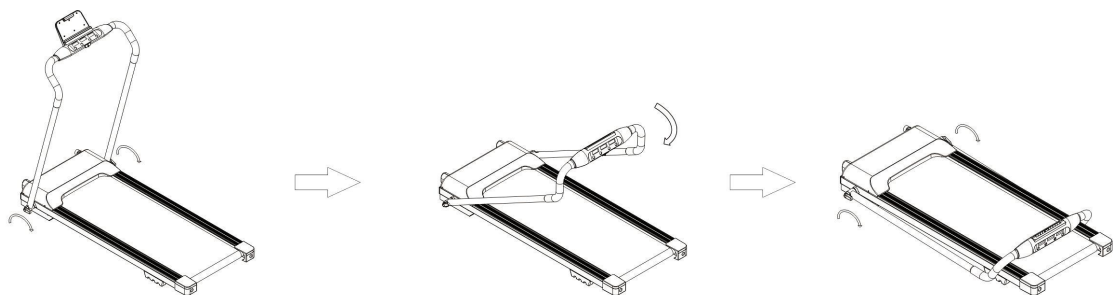
2.1 Sports Mode: Press start key to start the machine SPEED window will count from "3 2 1", default speed is 0.8KM, press "+" "-" to adjust speed.

2.2 Countdown Mode: when in standby, press "M" key to choose Time, Distance, Calories countdown  
Press "+" "-" to set relevant data. After setting, press "start/stop" to start the treadmill, it will count down from the set data, when count to 0, the machine will stop by itself.

2.3 Pre-set Program (P01~P12): choose one program, then press "+" "-" to set the running time (time set cope 5:00~99:00, default time is 30:00), press "start/stop" to start the machine, it will run according to the pre-set speed, speed change according to the time " (Time/20) "

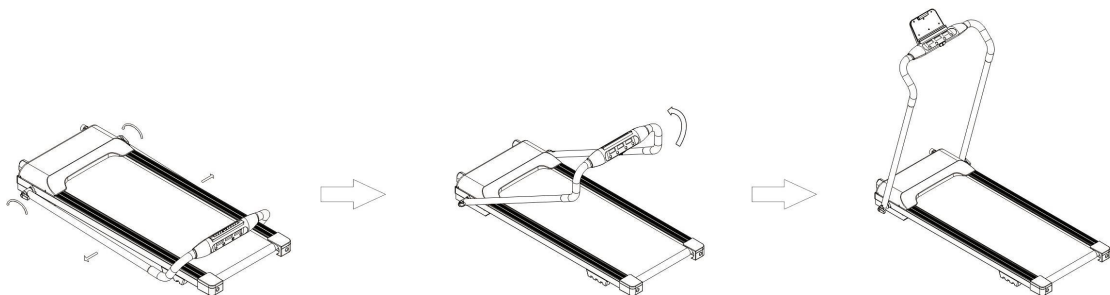
Time Program		set time/20 = running time for each section																			
P1	SPEED	2	2	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	5	3	2
P2	SPEED	2	3	4	5	6	4	6	6	6	4	5	6	4	4	4	2	4	5	3	2
P3	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	5	3	3	2
P4	SPEED	2	5	5	6	6	6	6	4	4	2	2	4	7	6	6	6	6	6	4	2
P5	SPEED	3	3	5	7	6	6	8	5	5	8	8	5	6	5	8	5	7	5	4	3
P6	SPEED	3	8	8	7	8	6	8	6	4	2	5	4	7	6	6	6	8	6	4	3
P7	SPEED	3	4	6	6	8	6	8	7	5	6	6	6	6	7	8	7	6	6	5	3
P8	SPEED	3	5	6	7	8	8	7	8	4	7	7	4	7	7	8	7	8	7	5	3
P9	SPEED	4	7	3	7	7	7	8	8	5	8	6	7	6	7	8	8	7	7	5	3
P10	SPEED	4	5	3	8	8	8	8	8	4	8	5	4	7	8	7	7	8	7	6	4
P11	SPEED	4	8	6	8	7	6	6	8	5	8	8	6	6	6	6	6	7	8	8	2
P12	SPEED	4	4	7	8	2	8	8	8	8	8	8	8	7	8	8	2	8	8	8	2

## 7. Fold and Unfold



### Fold :

Take off IPAD holder,unscrew the knob,lay the handle bar down clockwise.Then screw the knob with the frame.



### Unfold :

Loosen the knob and uplift the handle bar anticlockwise to the certain angle,then insert the IPAD holder.

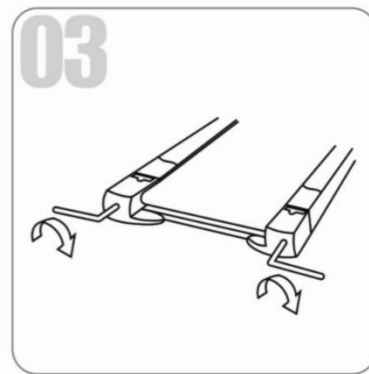
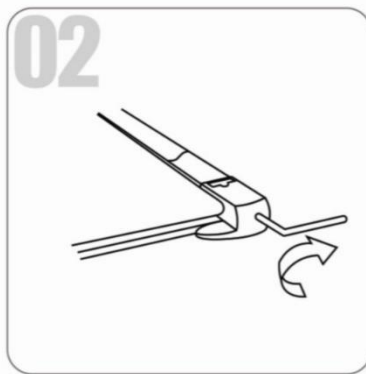
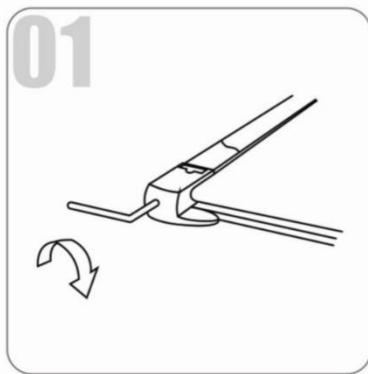
## 8. Usage Of Silicone Oil



Pull up tightly of the running belt. Then apply the silicone oil to the running board. Start the machine and let it run for 3 minutes without using. It is recommended to do this after every 30 hours of use. This can extend the lifetime of parts.

## 9. Belt Adjustment

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### (1) Running belt deviates to left

Start the machine at speed 1-3KM/H (don't stand on machine). Use the Allen wrench to turn the screw clockwise until desired fit (see fig1). Then let the machine run without loading for 1-2 minutes. Please adjust like this until the belt is in the middle.

### (2) Running belt deviates to right

Start the machine at speed 1-3 KM/H (don't stand on machine). Use the Allen wrench to turn the screw counterclockwise until desired fit (see fig2). Then let the machine run without loading for 1-2 minutes. Please adjust like this until the belt is in the middle.

### (3) Running belt stuck

If the running belt is not moving, use the Allen wrench to turn the screws 180 degrees on both left and right sides until this is solved.

## 10. Daily Maintenance

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1. Please switch off and unplug from power outlet before checking the machine or clearance.
2. Clear belt and dial plate after use, once every week at least.
3. Check and tighten screws and bolts.
4. Do not hang up clothes, etc. on the machine.