

# USER'S MANUAL



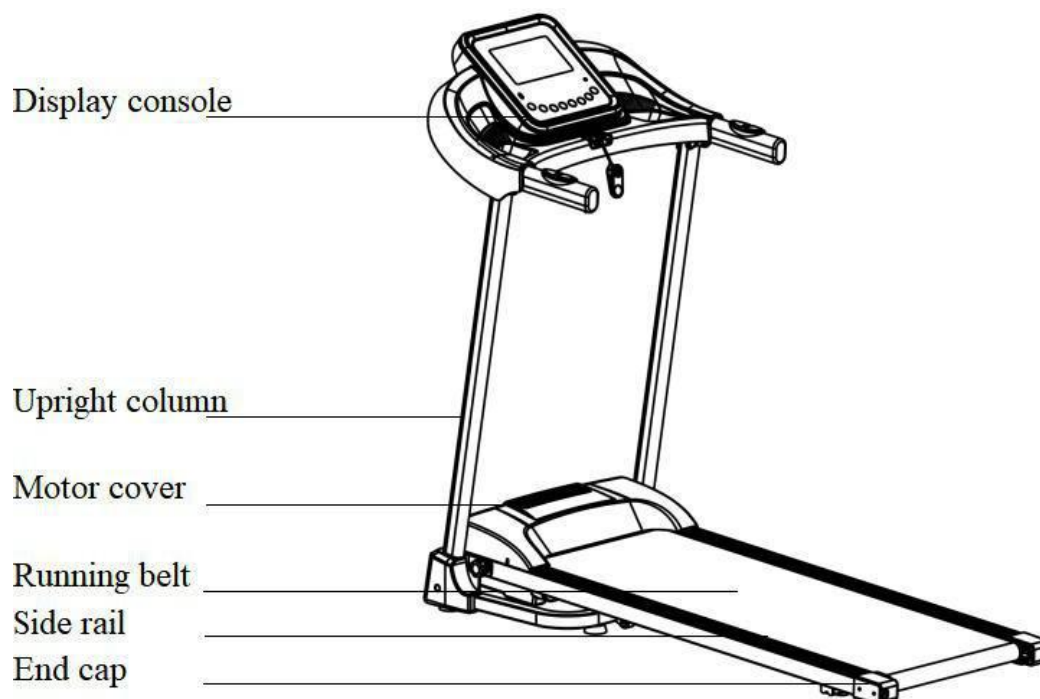
**Note:** Following the principles of sustainable development, we may modify machines when necessary and will not notify again. It all depends on the actual product.

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# 1. About Your Treadmill

**Product name: Folding Electric Treadmill Motorized Running Machine**



Specifications and Parts List					
Specifications					
No.	Parameters	Description			
1	Input Power Voltage	110V(50/60Hz)			
2	Speed	0.5-7.5 MPH			
Packing list					
No.	Name	units	Qty		
1	Main Frame	set	1		
2	Accessory Bag	set	1		
3	Base Cover	set	1		
Accessory bag list					
NO.	Name	QTY	NO.	Name	QTY
1	Screw M8*22	2	6	Plum knob(M10*20)	1
2	Screw M8*20	2	7	Safety key	1
3	Inner hexagon wrench 5mm	1	8	User manual	1
4	Inner hexagon wrench 6mm	1			
5	MP3 cable	1			

## 2. Safety Tips

**Notice:** Please read the instructions carefully before use.

- ◆ Do not use or store the treadmill outdoors, or in areas of high humidity or extreme temperature changes. Never drop or insert any object into any opening.
- ◆ Please wear suitable clothes and sneakers before exercise. Do not exercise on the treadmill barefoot.
- ◆ High power plug must be grounded, electric outlet should have a dedicated circuit, do not share with other electrical equipment.
- ◆ Keep children away from the machine to avoid accidents.
- ◆ Avoid too long time and overload operation, otherwise will cause motor and controller damaged, and will accelerate the deterioration of bearing, running belt and running board. Should maintain machine on a regular basis.
- ◆ Keep machine away from dust to avoid strong static.
- ◆ Please unplug the treadmill from the wall outlet when not in use.
- ◆ Please maintain good ventilation when running.
- ◆ Please clamp safety key on your clothing to make sure the machine stops at emergency condition.
- ◆ If you feel not very well when using this machine, please stop and consult a doctor.
- ◆ Silicone oil must be kept away from children after use.
- ◆ If the power cord is damaged, please contact our qualified maintenance personnel for service rather than disassemble it at your own discretion.



### **WARNING**

- ◆ Don't use the machine in the status of the shell break in or break off (the internal structure exposed) or under the condition of welding-parts may fall off to avoid accident or possible injury.
- ◆ Don't jump up and down in the process of movement to avoid accidental falls resulting in possible injuries.
- ◆ Don't keep machine in or near moist space such as the bathroom.
- ◆ Don't place machine in direct sunlight, or high temperature places such as near a stove or a heating appliance to avoid leakage or fire damage.

- ◆ Don't use the treadmill if the power cord is damaged or the power plug pin is loose to avoid electric shock, short circuit or fire.
- ◆ Don't damage or bent by force or reverse the power cord. Don't place heavy objects on machine, don't clamp the power line.  
----Otherwise will cause fire or get an electric shock.
- ◆ Don't use machine for more than 2 people at the same time, and don't get close to the machine when it is in use.  
---- Or it may be an accident or injury due to falls.
- ◆ People who can't express their consciousness or can't operate the machine bythemselves cannot use the treadmill.  
----May occur accident or injury.
- ◆ Avoid drinking water or pouring water when operation.  
---- May cause electric shock and fire. Forbidden!
- ◆ People who seldom do exercise shouldn't suddenly do intense exercise.
- ◆ After eating or when feel tired, do not use machine.  
---- May lead damage to your health.
- ◆ This product is suitable for family use, does not apply to schools, gymnasium and so on. ----  
There is the danger of injury.
- ◆ Don't use when hard objects are in pants pockets.  
----May cause accident or injury.
- ◆ Don't use when the power plug is on the needle, garbage, or water.  
----May cause electric shock, short circuit, or fire. Do not use with wet hands!
- ◆ When not in use, pull out the power plug from the socket.  
----The dust and moisture can age the insulation, and result in leakage fire.
- ◆ This appliance is not intended for use by person (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- ◆ Children should be supervised to ensure that they do not play with the appliance.

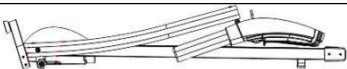





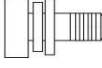


### Ground Protection System!

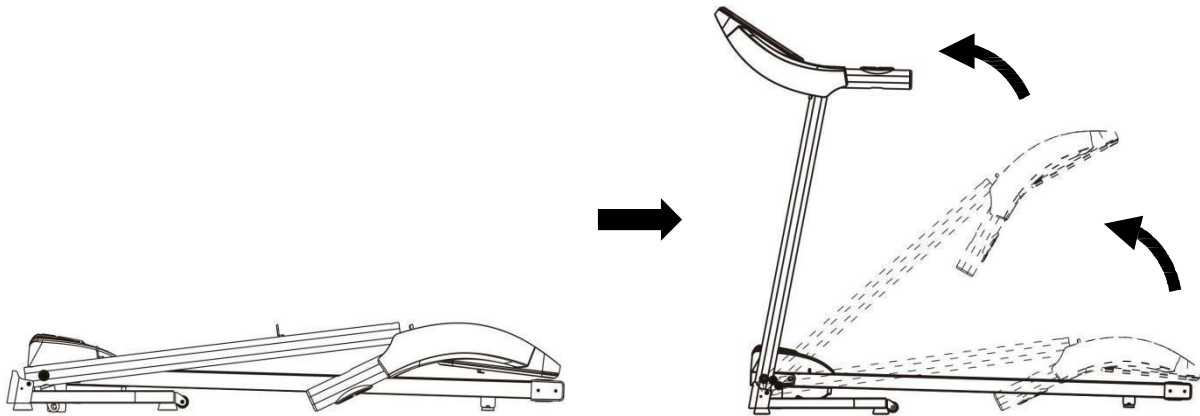
- ◆ This product must be grounded. If the machine is dysfunctional, grounding will provide a good channel for electric current, in order to reduce the electric shock risk.
- ◆ This product is equipped with power plug with grounding conductor and plug. Completely insert the plug to standard socket.
- ◆ Improper connection of the equipment's grounding conductor can result in the risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the outlet is properly grounded.
- ◆ Please use the socket which has the same shape with the grounding plug. Don't use plug adapter.

## 3. Installation Instructions

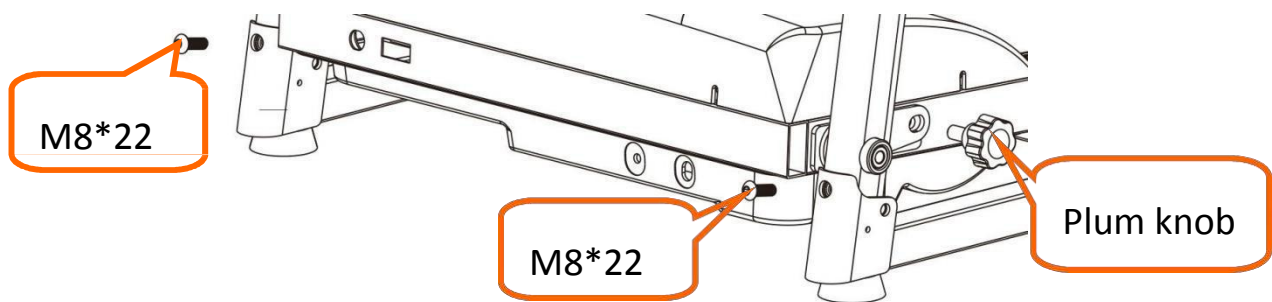
When installing, simple fix all screws first, then tighten the screws when the installation of frame is done.

NO.	Name	QTY	
1	Complete Machine	1PC	
2	6mm inner hexagon wrench	1PC	
3	5mm inner hexagon wrench	1PC	
4	Safety key	1PC	
5	Plum knob(M10*20)	1PC	
6	MP3 cable	1PC	
7	Screw M8*22	2PCS	
8	Screw M8*20	2PCS	
9	User's manual	1PC	
10			

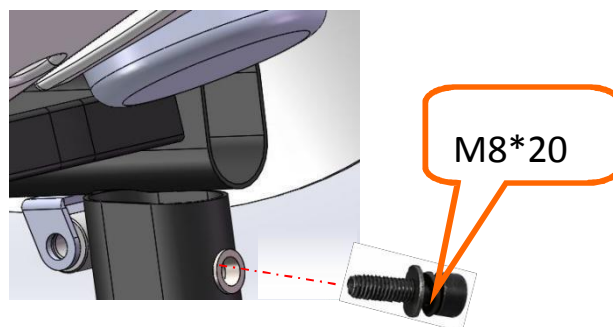
1. Place the machine flat on the ground. Lift the columns and console upright in the direction shown by the arrows in the picture below.



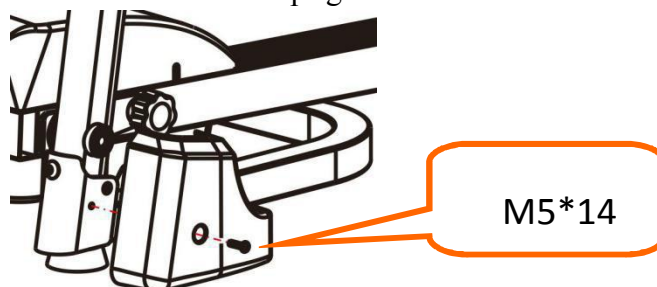
2. Use 5mm hexagon wrench and provided screws(M8\*22) to secure the treadmill base (use one M8\*22 screw for each side). Then screw in the plum knob(M10\*20) provided in the accessory bag.



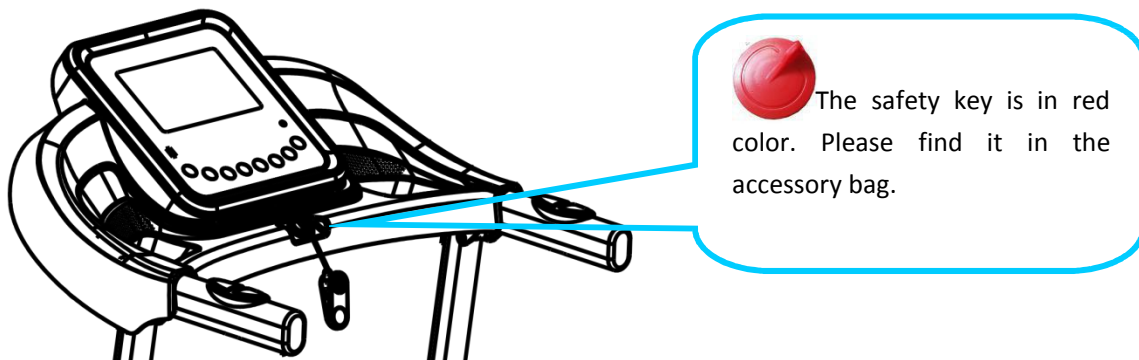
3. Hold the left and right columns upright, then using a 6mm hexagon wrench, screw in the M8\*20 screws to secure the console frame to the upright columns. Be sure to tighten any screws installed in previous steps. Be careful not to pinch the cable that goes through the upright columns.



4. Use the combination wrench to remove the two preinstalled screws M5\*14(one on each side). Then screw in to secure the side covers onto the upright column.

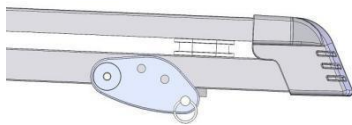


5. Put the safety key on the yellow circle on the console (as shown below). Press the start button to turn on the treadmill. (Notice: The treadmill only starts when the safety key is attached to the yellow circle on the console.)

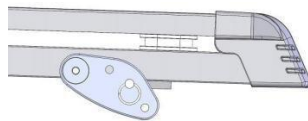


NOTE: after you have finished putting the treadmill together, make sure that all screws are installed in their appropriate place according to the previous steps. Please be sure all parts are properly locked in and secured by screws before plugging in electricity.

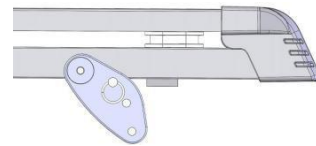
### Incline Adjustment Instruction



Picture: 1



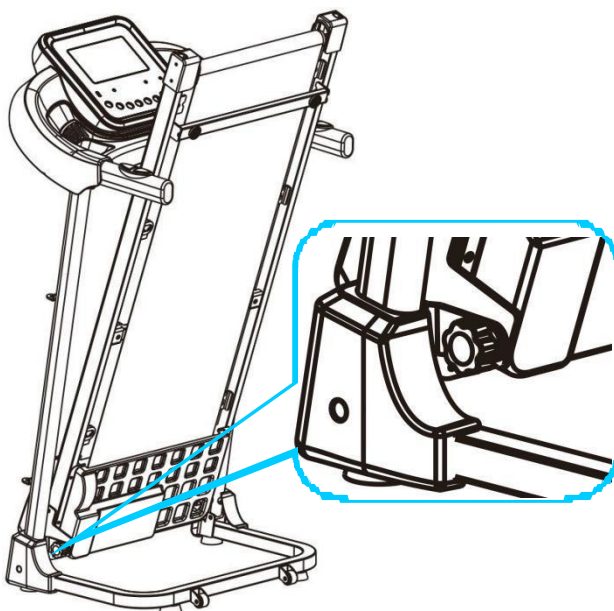
Picture: 2



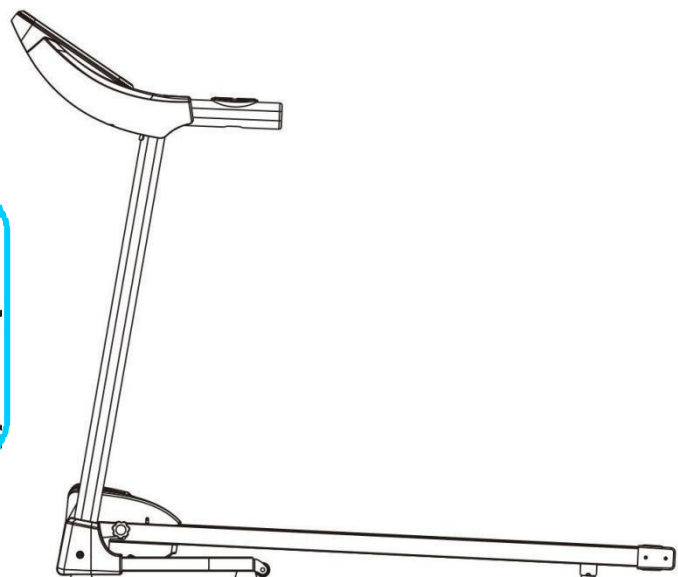
Picture: 3

### Folding Instructions

**Folding:** When the treadmill is not in use, you can lift the running deck and then twist the knob to lock it in an upright position, as shown in the picture below.



Picture A: Fold the treadmill



Picture B: Unfold the treadmill

**Unfolding:** To lower the running deck, please hold the running deck while removing the plum knob. When the plum knob is fully removed, please lower the running deck slowly. Put the running deck on the floor, then install the plum knob back(Picture B). Please keep children away from treadmill to avoid injuries.

## 4.Instruction For Use

### How to Use the Treadmill

1. Insert the power plug into a proper outlet and turn on the red switch located at the base of the treadmill(1). When the light is on, you will hear a beep sound and the treadmill display screen will light up.



2. Please keep the safety key away from children when the treadmill is not in use. Please put the silicon oil bottle in a place where children cannot reach. If the silicon oil gets into the eyes or is ingested, please flush with running water and consult a doctor immediately.

#### 3. Safety key Introduction

The treadmill can only start when the safety key is put on the yellow circle on the treadmill console. Clip the safety key onto your clothes when using the treadmill to prevent accidents. Put the safety key back on the yellow circle when the treadmill is not in use.



### 1.Console Basics

#### Keyboard Instructions

##### 1. Start/Pause Button & Stop Button :

When the power is on, press the start button and the screen will display “0.5 MPH”, and the treadmill will start. When you are running on the treadmill and press pause button, the treadmill will stop while the data on the screen will not be cleared. Pressing start button again will re-start the treadmill and the data keeps accumulating based on previous values. When you are running on the treadmill, press the stop button, all of the data on the screen will be cleared and the treadmill will gradually come to a complete stop.

##### 2. Program Button

When the treadmill is in standby mode, pressing the program key multiple times can cycle the options from manual mode to different automatic programs (P1-P12). The default speed while using manual mode is 0.5 MPH, the highest speed is 7.5 MPH.

### **3. Mode Button**

When the treadmill is in standby mode, press the mode key to cycle through 3 different ways to countdown your running: time, distance and calories.

H-1: Time Countdown Mode. The default countdown time is 15 minutes. The time value can be set from 5:00-99:00

H-2: Distance Countdown Mode. The default distance is 1 mile. The distance value can be set from 1-99 miles.

H-3: Calorie Countdown Mode. The default countdown starting point calorie value is 50 calories. The starting countdown calorie value can be set from 10-999 calories.

### **4. Speed $\pm$ Button**

Use these buttons to adjust the speed of the treadmill in 0.1 mile increments. Press the '+' key to increase the speed by 0.1mile and '-' to decrease the speed by 0.1mile.

### **5. Volume $\pm$ Button**

When connected to your mobile phone, press the '+' to turn the volume up and press the '-' to turn the volume down.

### **6.AUX function**

Connect your phone to the treadmill with the MP3 cable in the accessory bag. Play a song on your phone, and you will hear the music coming through the audio speaker built in the treadmill.

## **Readout Display**

#### **1. Speed**

The speed you are traveling in miles per hour.

#### **2. Time**

The workout time elapsed when the treadmill is on manual mode, or the workout time remaining when the treadmill is on an automatic mode or a program.

#### **3. Distance**

Total distance traveled in miles since the beginning of the workout. A countdown of a set distance displays when the treadmill is in automatic mode.

#### **4. Calorie**

Estimated calories burned is calculated by using a widely accepted equation, using body weight and distance covered.

#### **5. Heart Rate**

The measured heart rate when you place your hands on the heart rate monitors.

## **Treadmill Automatic Programs**

The treadmill has pre-set programs installed. Each program is divided into 10 segments while you are running. The time spent running during each segment throughout the duration of the program is evenly distributed. Users can adjust the overall duration of a segment by pressing the speed buttons.

Time Programs		Set time / 10 = running time of each period									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.2	2.4	1.8	2.4	1.8	3.1	2.4	1.2	3.1	1.8
P2	SPEED	1.2	3.1	2.4	3.7	2.4	3.7	2.4	1.2	2.4	1.2
P3	SPEED	1.2	3.1	2.4	3.1	2.4	3.1	2.4	1.2	1.8	1.2
P4	SPEED	1.8	3.7	4.3	3.1	4.9	3.1	5.5	3.7	2.4	1.8
P5	SPEED	1.8	3.7	4.9	3.1	4.9	3.7	4.3	3.7	2.4	1.8
P6	SPEED	1.2	4.9	3.7	2.4	3.1	5.5	4.3	3.1	2.4	1.8
P7	SPEED	1.2	3.7	4.3	2.4	2.4	4.3	2.4	1.2	2.4	1.2
P8	SPEED	1.2	2.4	3.7	4.9	4.3	4.9	3.7	1.2	1.8	1.2
P9	SPEED	1.2	2.4	3.1	3.1	3.7	3.1	3.7	1.8	1.8	1.2
P10	SPEED	1.2	1.8	3.1	1.8	1.8	3.1	1.8	3.7	1.8	1.8
P11	SPEED	1.8	3.1	4.9	4.9	5.1	3.1	4.3	3.7	1.8	1.2
P12	SPEED	1.2	3.1	3.1	2.4	2.4	3.7	2.4	1.2	1.8	2.4

## Troubleshooting

Error Code	Description	Solutions
<b>E1</b>	Disrupted Electronic Connection: When turned on, the connection between the lower controller and the console is abnormal.	The electronic connection between the console and lower controller is blocked. Check the wire that connects the console to the lower controller, make sure the wire base is fully plugged in. Replace the cable if it's broken.
<b>E2</b>	No Motor Signal	*This is most likely a bad motor cable connection. Check to make sure the cable is properly connected. *If this doesn't resolve the issue, the motor might be damaged. Check to see if it has visible damage or a burnt smell. If yes, replace the motor.
<b>E5</b>	Electric Current Overload Prevention: When the treadmill is running, the controller detects the electric current is over 6A(unit to measure electricity) for more than 3 seconds.	*Overloading the treadmill machine system through prolonged use can lead to excessive electric current and the treadmill will stop for your safety. *A part might be stuck causing the motor to stop, adjust the treadmill and restart it. *The motor may need to be replaced, check if there is a liquid or burnt smell while the motor is running. If yes, replace it. *The treadmill monitor may need to be replaced, check if it has a burnt smell. If yes, replace the monitor. *The power supply voltage may need to be changed, check the power supply voltage if it does not match specifications adjust to the correct voltage and test the treadmill again.

<b>E6</b>	Explosion Prevention: An abnormal voltage level or motor issue has caused the motor to not work properly	<p>*The power supply voltage may be low. Check if the power supply voltage is 50% lower than the normal voltage of 110V, if it is, adjust it back to 110V and test the treadmill again.</p> <p>*The controller may need to be replaced. Check if the controller has a burnt smell, if yes, replace the controller.</p> <p>*The motor cable or wire may need to be reconnected. Check to see whether the motor cable and wire are connected. Reconnect if one or both are not properly connected.</p>
<b>E7</b>	No safety key	Put the safety key back on the yellow circle on the console.

## 5. Routine Maintenance

**Warning:** Before cleaning or doing product maintenance, please ensure the treadmill power plug is pulled out of the electric socket.

**Cleaning:** Thoroughly cleaning your treadmill will extend its usage life.

Remove dust periodically in order to keep the parts clean. Be sure to clean both sides of running belt, this will reduce the accumulation of dust and dirt. Treadmill belts must be cleaned with a damp soapy cloth. Do not use a dripping wet cloth. Please be sure to not wet the electrical components of the treadmill including underneath the running belt to keep everything dry and functional. Please clean the motor at least once a year.

### Running Belt Lubricant

This electric treadmill's running board and running belt have already been lubricated in the manufacturing process. Friction between the running belt and running board heavily impacts how long your treadmill will last and its performance, therefore regular application of the lubricant is needed. Please check the board regularly to ensure it is properly lubricated. If the board's surface is damaged, please contact our customer service center. We recommend applying the lubricant between the running belt and running board using the following schedule:

\*Light user (uses treadmill less than 3 hours a week): Apply lubrication once a month

\*Heavy user (uses treadmill more than 7 hours a week): Apply lubrication twice a month, at the beginning of the month and halfway through the month.

1. For safety measures and to extend the life of your treadmill, it is recommended that if you use the treadmill for 2 hours or more non-stop, to turn off the machine and let it rest for 10 minutes before using again.
2. If the treadmill belt is too loose, you will experience skidding while running. If the belt is too tight, it may reduce motor performance and increase friction between the roller and running belt impacting your running experience. You can lift two sides of the running belt for 50-75mm when the tightness is appropriate.

### Running Belt Adjustment

In order to use your treadmill properly so it can function well, it is necessary for you to adjust the running belt into the best position.

### How to align the running belt

- Put the treadmill flat on the ground
- Make the treadmill run at a speed of about 3-5 MPH
- If the running belt is closer to the right, rotate the right adjusting bolt with a ½ turn clockwise, then rotate the left adjusting bolt with a ½ turn counter-clockwise (Picture B)
- If the running belt is closer to the left, rotate the left adjusting bolt with a ½ turn clockwise, then rotate the right adjusting bolt with a ½ turn counter-clockwise (Picture A).



Picture A



Picture B

### Applying the treadmill silicone oil

Step 1: Lift the running belt slightly

Step 2: Open the silicone oil bottle, squeeze the silicone oil on the sides of the running board, as show in the following picture:

