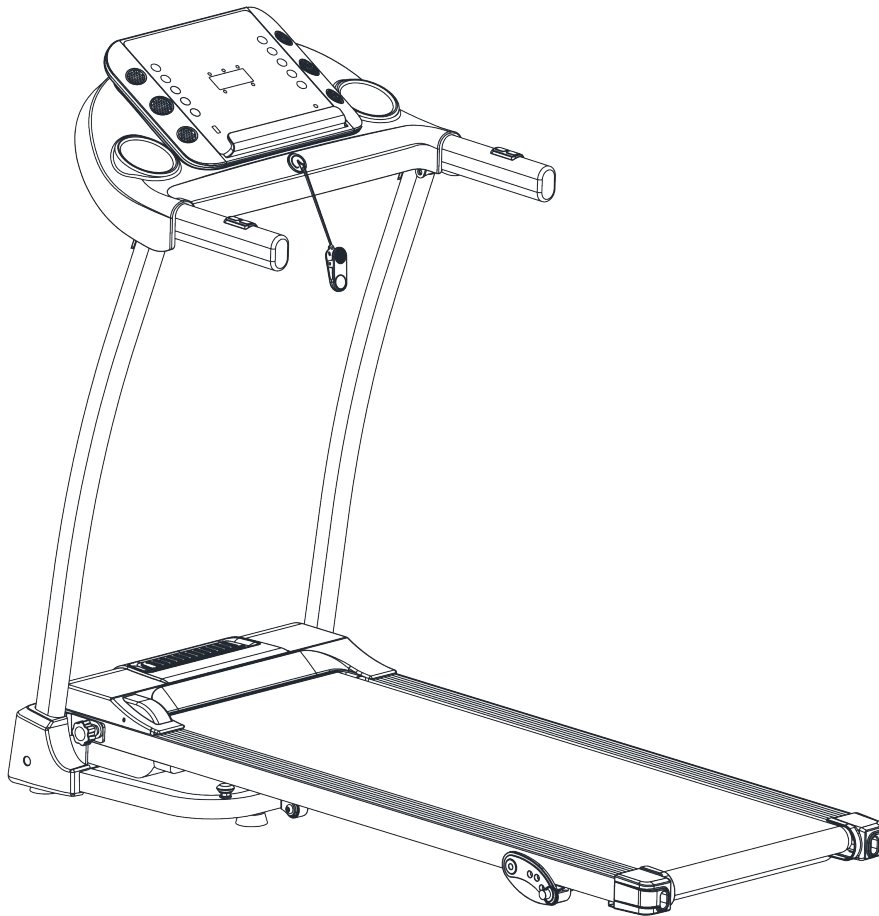


# USER'S MANUAL



**Note:** For sustainable development, we may modify machines when necessary and will not notify again. The actual product may vary slightly from the manual.

**PLEASE DO NOT RETURN TO STORE**



**Please do not return this product to the retailer!!**

**We are able to assist you in ANY way.**

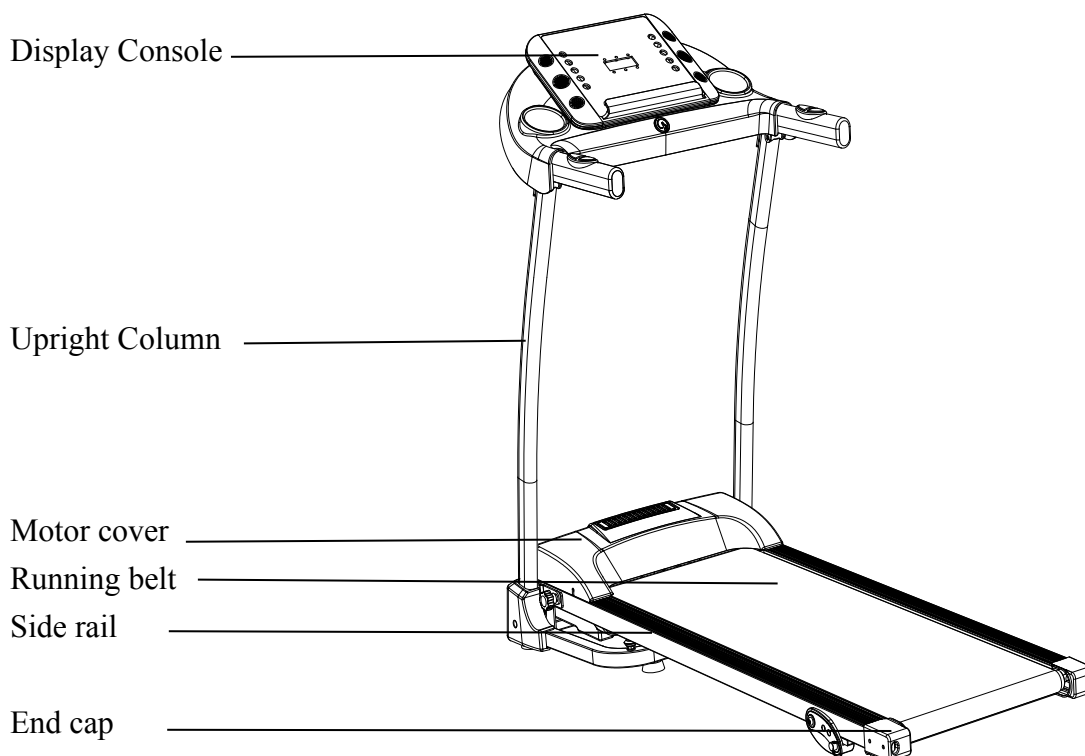
If you find that you have any trouble with assembly or missing or damaged parts, please contact the seller.

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# 1. About Your Treadmill

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



Main technical parameters								
No.	Parameters	Description						
1	Input Power Voltage	110V ~ ( 50-60Hz )						
2	Speed	0.5-7.5 MPH						
4	Assembled Size	Approx. 59 * 25 * 48 inch						
Packing List								
No.	Name	units	Qty		No.	Name	units	Qty
1	Main Frame	pcs	1		3	Accessory Bag	set	1
2	Side Cover	pcs	2					
Accessory Bag List								
No.	Name	units	Qty		No.	Name	units	Qty
1	ScrewsM8*22	set	2		6	Safety key	set	1
2	ScrewsM8*20	set	2		7	User manual	set	1
3	Inner hexagon spanner 5 mm	set	1		8	MP3 Cable	set	1
4	Inner hexagon spanner 6 mm	set	1		9			
5	Plum Knob	set	1					

## 2. Security Precautions and Warnings

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

- ◆ Indoor using and storing the treadmill, avoid dampness, and cannot be spilled by water.
- ◆ Please wear suitable clothes and sneakers before exercise. Prohibited to 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 cut the electric power off after using.
- ◆ Please maintain good ventilation when running.
- ◆ Please clamp security lock cable 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 power cord is damaged, please contact our qualified maintenance personnel for service rather than disassemble it at your own discretion.



### **Forbidden**

- ◆ 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.  
---- Otherwise an accident or injury may happen.
- ◆ Don't jump up and down in the process of movement.  
---- May be injuries caused by the fall.
- ◆ 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.

----Otherwise may cause the leakage and burst into flames.

- ◆ Don't use when the power cord is damaged or power plug pin is loose.

----Otherwise will lead to an 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 by themselves 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.



#### 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

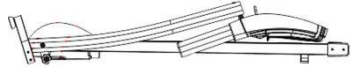





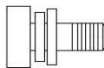
insert the plug to standard socket.

- ◆ If the equipment grounding conductor's connection is improper, it will cause electric shock. If you have doubts about whether your product is grounded correct or not, please entrust professional to check.
- ◆ Please use the socket which has the same shape with the grounding plug. Don't use plug adapter.

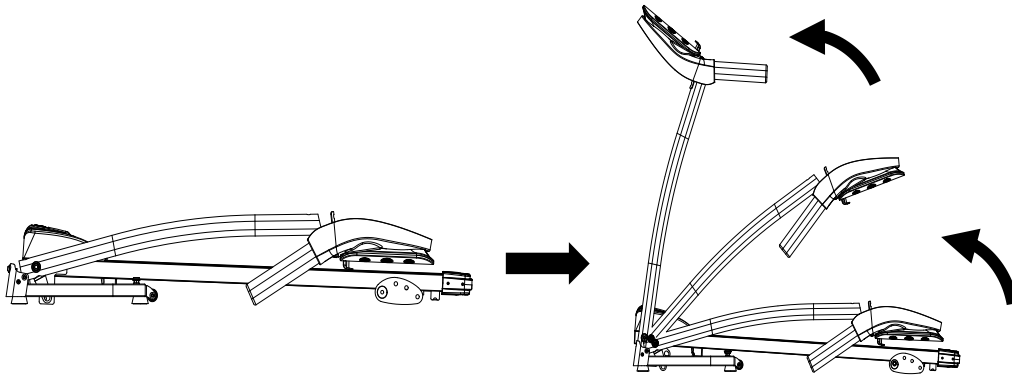
**This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, if they have been given supervision or instruction concerning the use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.**

### 3. Installation Instructions

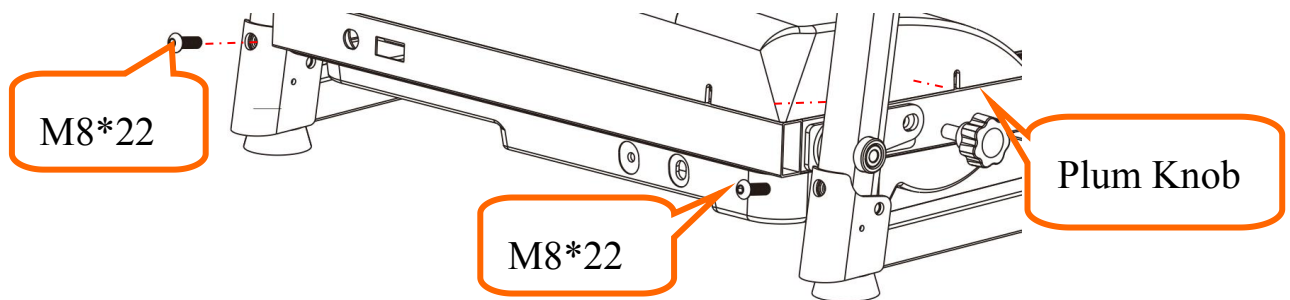
When installing, simple fix all screws first, then tighten screws when the installation of frame is done.

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			

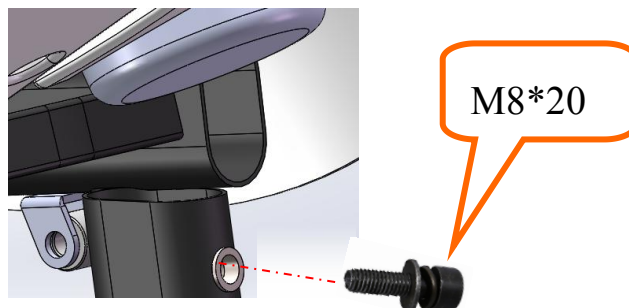
1. **Place the machine on the flat ground.** Lift the supportive columns and console upward in the direction shown by the arrows in the picture below.



2. **Fix the column on the base.** Use 5# inner hexagon wrench and screw the two M8\*22 to lock washer and nut and fix the column on the base.



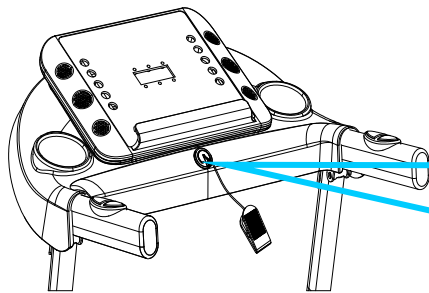
3. **Secure the console frame to the upright columns.** Hold left& right columns, use 6# inner hexagon wrench and screw M8\*20 to lock the console on the columns.



4. **Install the base corner covers on the base.** M5\*14 is pre-assembled on the frame. Unscrew it first, and then put the base cover in place, fix this part to frame with M5\*14.



**5. Put the safety key on the yellow circle of the console.**

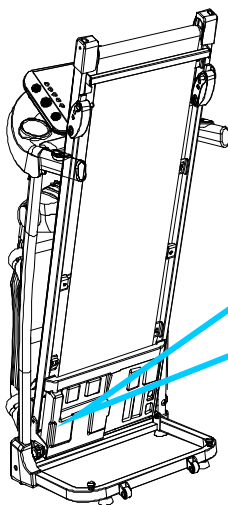


Note: Safety key is in red color. It is put in a plastic bag together with screws and tools. Please place it on the yellow area of the console to start the treadmill.

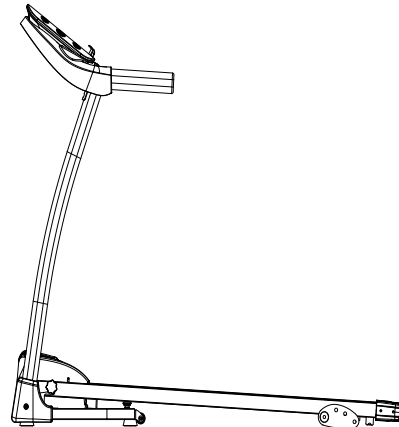
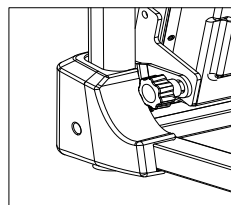
NOTE: please confirm that all screws are locked uniformly according to the requirements after installation, and check no part is left out before plugging electricity.

**Folding :** Before folding, turn off the power switch of the treadmill and unplug the power plug.

Unscrew the knob (counterclockwise), use your hand to stabilize the treadmill and slowly fold it up. After the holes are aligned, insert the knob and tight it clock wisely.



**A : Folding**



**B : Unfolding**

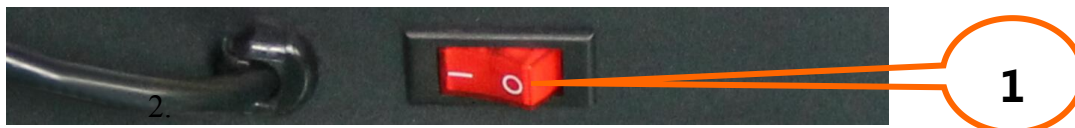
**Unfolding:** To lower the running deck, please hold the running deck while removing the plum knob.

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. Using Instructions

### Using your treadmill

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



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

#### 2. Safety key Introduction

The treadmill can only start when the safety key is put on the yellow area of the console. Clip the safety key on your clothes when using the treadmill to prevent accidents.



### Console Instructions

#### Button instructions

##### 1. Start-up

Normally start after 5 seconds of countdown.

##### 2. Amount of programs

3 manual programs, 12 automatic programs.

##### 3. Mode Key

In standby mode, press this key to cycle the options of 3 different countdown running mode: time countdown running mode, distance countdown running mode and calorie countdown running mode.

##### 4. Speed + - Key

Use these keys to adjust the speed of the treadmill. Press speed + to increase the speed and press speed- to decrease the speed.

##### 5. Speed Shortcut Key

When the treadmill is on running state, press these keys to change the speed directly to 2/4/6 mile/h.

##### 6. Voice + - key

Press volume+ to turn the volume up and press volume- to turn the volume down. If there's no sound, please long press volume + and the volume will be turned on.

### Display Function

#### 1. Speed Display

Display the current running speed value.

#### 2. Time Display

Display the time of manual mode and the countdown time under automatic modes and programs.

#### 3. Distance Display

Display cumulative distance under manual mode and programs. Display the distance countdown in automatic mode.

#### 4. Calorie Display

Display cumulative calorie under manual mode and programs. Display the calorie countdown in

automatic mode.

## 5. Heart Rate Display

Heart rate signal will be detected, and the heart-shaped mark flashes while you place your hands on the heart rate monitor. This data is for reference only, it cannot be considered as medical data.

## Treadmill Automatic programs

The treadmill has pre-set programs. 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	Possible Causes	Solutions
E1	Communication Abnormal: When the power is on, the connection between lower controller and the console is abnormal.	Check the cable connection between the console and the control border to ensure that each core is fully plugged in. Replace the connection cable if it is damaged.
E2	No detection of motor	<ol style="list-style-type: none"> <li>1. Check the motor cable to see whether it is connected well or not. If not, connect the motor wire again;</li> <li>2. Check the motor cable, replace it if it is damaged or has a burnt smell.</li> </ol>
E5	Over Current Protection: While the treadmill is working, the lower controller detects the current to be over 6A for more than 3 seconds.	<p>Overloading leads to excessive current, and the system stops out of self-protection, or some part is stuck, causing the motor to stop:</p> <ol style="list-style-type: none"> <li>1. Adjust the treadmill and restart it.</li> <li>2. Check if there is liquid or burnt smell while the motor is running, if yes, replace the motor;</li> <li>3. Check if the controller has a burnt smell, if yes, replace the controller;</li> <li>4. Check the power supply voltage, if it does not match the specifications, change into correct voltage and test the machine again.</li> </ol>
E6	Explosion-proof Protection: The abnormal voltage or motor cause the faulty of circuit that drive the motor.	<ol style="list-style-type: none"> <li>1. Check if the power supply voltage is 50% lower than normal voltage, use the correct voltage and test the machine again</li> <li>2. Check if the controller has a burnt smell and replace the controller;</li> <li>3. Check if the motor cable is connected and connect the motor wire again.</li> </ol>
E7	No safety key	Put the safety key on the right place.

## 5. Routine Maintenance

**Warning:** Before cleaning or maintaining products, 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 running belt with both sides of the exposed portion, which will reduce the accumulation of impurities. Make sure to wear clean athletic shoes to avoid carrying the dirty matters into running board and belt. Treadmill belts shall be cleaned by a damp cloth with soap. And please pay attention to avoid to wet the electrical components and running belt.

**Warning:** Ensure that the power plug is disconnected before removing the motor cover. Clean the motor at least once a year.

### Running Belt Lubricant

This electric treadmill's running board and running belt has been lubricated in factory. Friction between the running belt and running board has a great influence to the using life and the performance of the electric treadmill, therefore regular applying of lubricant is needed. We advise you to check the board regularly. If the board's surface is damaged, please contact our customer service center.

We advise using lubricant between running belt and running board with following schedule:

Lightweight user (use less than 3 hours a week) once per month;

Heavyweight use (use more than 7 hours a week) once every half month.

1. In order to better maintain your electric treadmill and extend the service life, it is recommended to turn off the machine and let it rest for 10 minutes after two hours of continuous usage.

2. If the treadmill belt is too loose, there will be skid phenomenon while running; if it's too tight, it may reduce motor performance and harden the abrasion of roller and the running belt. You can lift two sides of the running belt for 50-75mm when the tightness is appropriate.

### Running Belt Alignment

- Place the treadmill flat on the ground.
- Turn on the machine and let it run at about 3-4 mile/hour.
- If the running belt is closer to the right, rotate the right adjusting bolt with 1/2 turn clockwise, then rotate the left adjusting bolt with 1/2 turn counter-clockwise. (Picture A)
- If the running belt is closer to the left, rotate the left adjusting bolt with 1/2 turn clockwise, then rotate the right adjusting bolt with 1/2 turn counter-clockwise. (Picture B)



Picture A



Picture B

### Applying the treadmill silicone oil

Step 1: Lift the treadmill belt slightly.

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

