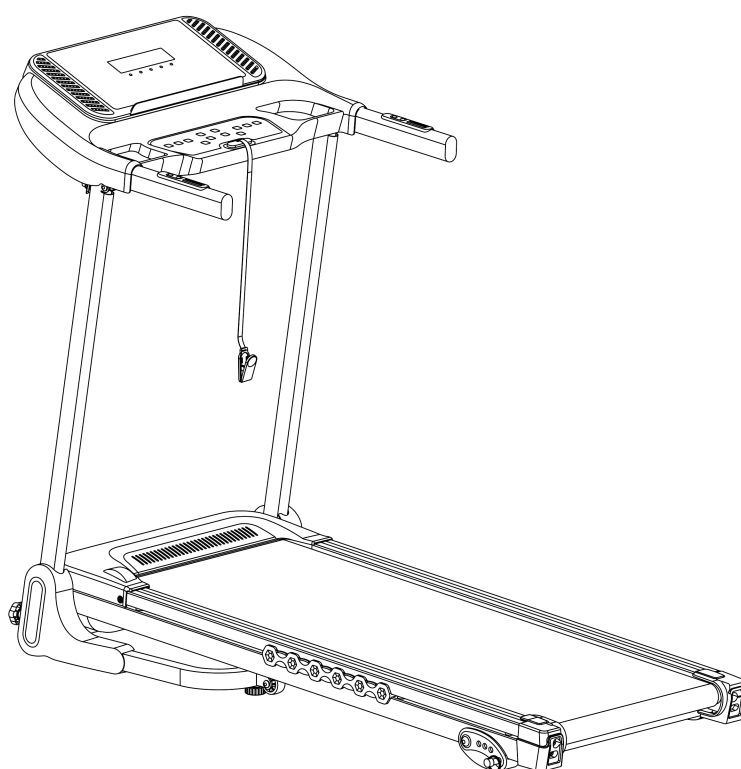


USER'S MANUAL



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.

PLEASE DO NOT RETURN TO STORE



Please do not return this product to the retailer!!

We are able to assist you in ANY way.

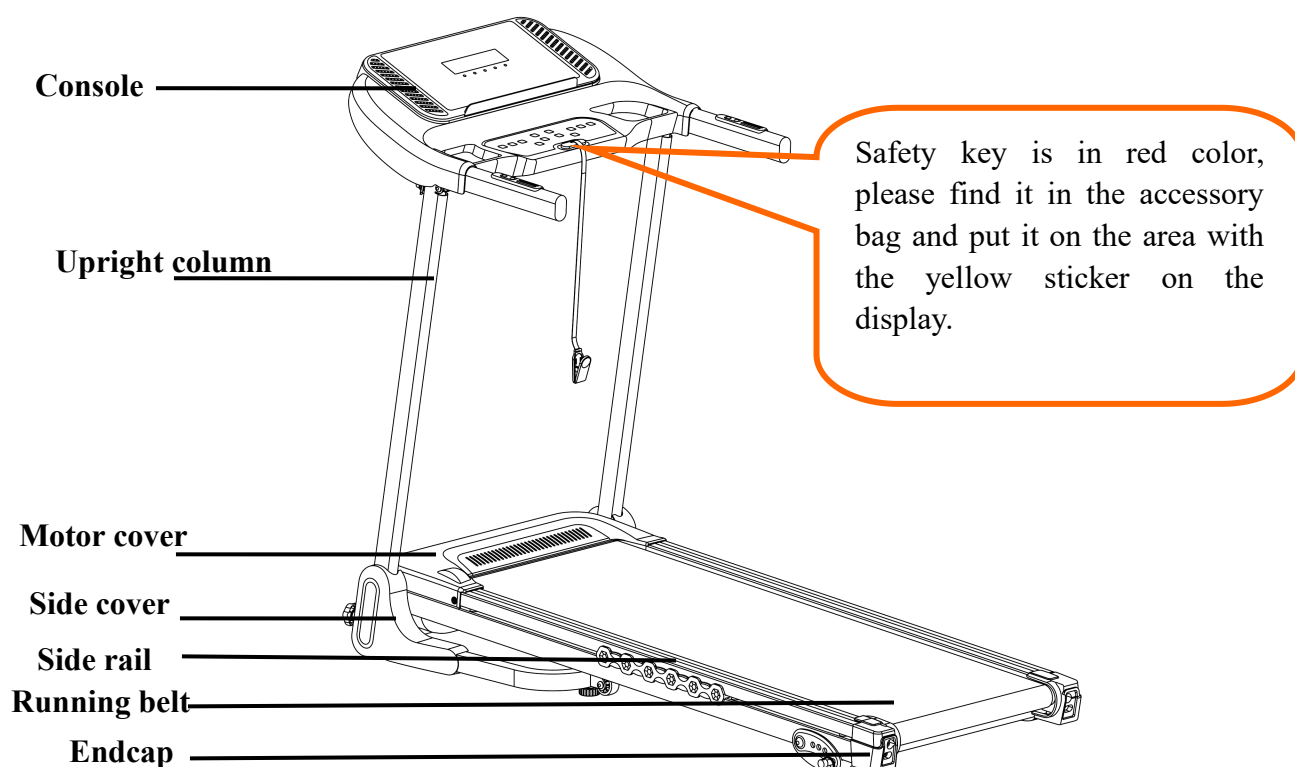
If you find that you have any trouble with assembly or
missing or damaged parts, please contact the seller.

Contents

1.Product Brief1
2.Security Precautions and Warnings3
3.Installation Instructions5
4.Using Instructions8
5.Routine Maintenance12

1. Product Brief

Single function home use treadmill:



Main parameters and parts list

No.	Parameters Names	Description
1	Input power voltage	AC110V~; 50/60Hz
2	Speed	0.5-10 mile/h
3	Running surface	16.14*41.34 inch
4	Expand dimensions	52.56*24.41*41.14 inch

Packing list

No.	Name	units	Qty
1	Complete machine	set	1
2	Side cover	set	1
3	Accessory Bag	set	1

Accessory bag list

NO.	Name	QTY	NO.	Name	QTY
1	Inner hexagon spanner 6mm	1pc	5	MP3 cable	1
2	Safety key	1pc	6	ScrewM8*25	2
3	Silicon oil	1pc	7		
4	User manual	1	8		

2. Security Precautions and Warnings

Tips: Before folding the treadmill, make sure that the gradient is "zero".

Notice: Please read the instructions carefully before use.

- ◆ Indoor using and storing the treadmill, avoid dampness, and can not 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.

- ◆ This appliance is not intended for use by persons (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.
- ◆ 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.

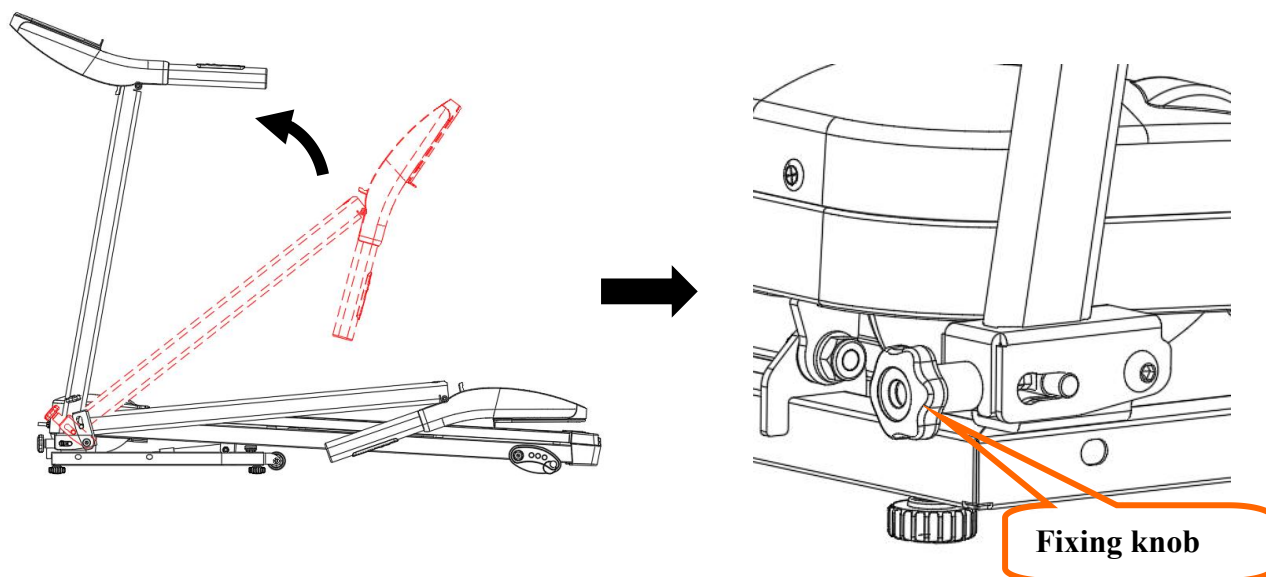
This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved,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

3. Installation Instructions

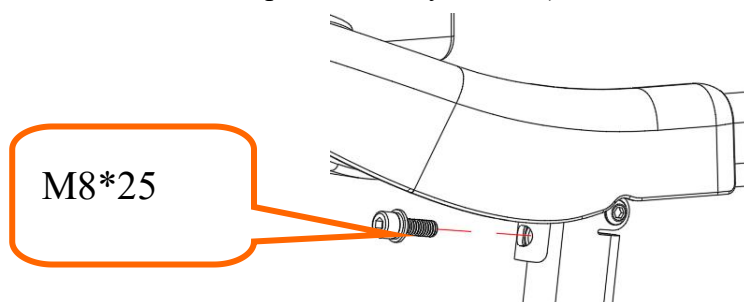
When installing, simply fix all screws first, then tighten the screws when the installation of the frame is done.

Step 1. Carefully lift the machine out of the carton and lay it flat on the ground. (Note: It requires more than 2 people to operate, so be careful to handle it with care!)

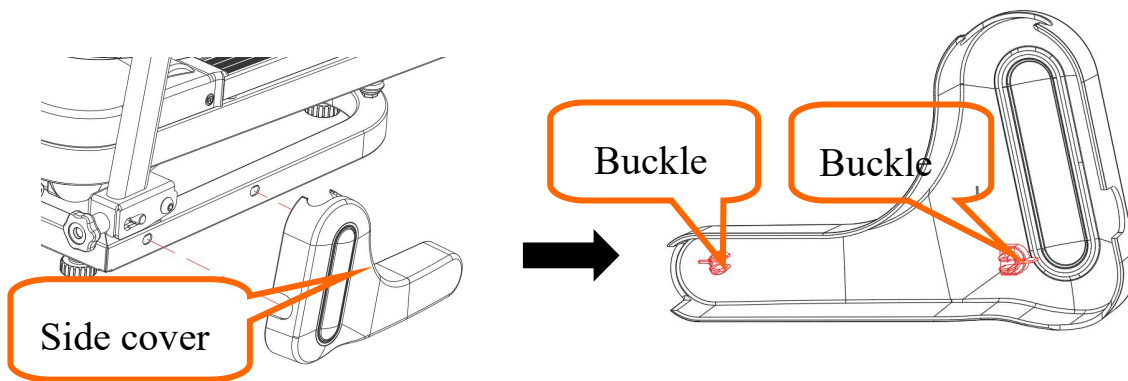
Step 2. Turn the column and console counterclockwise and lift them up as shown in the figure (the column will automatically lock easily). Turn the column fixing knob clockwise to lock the column.



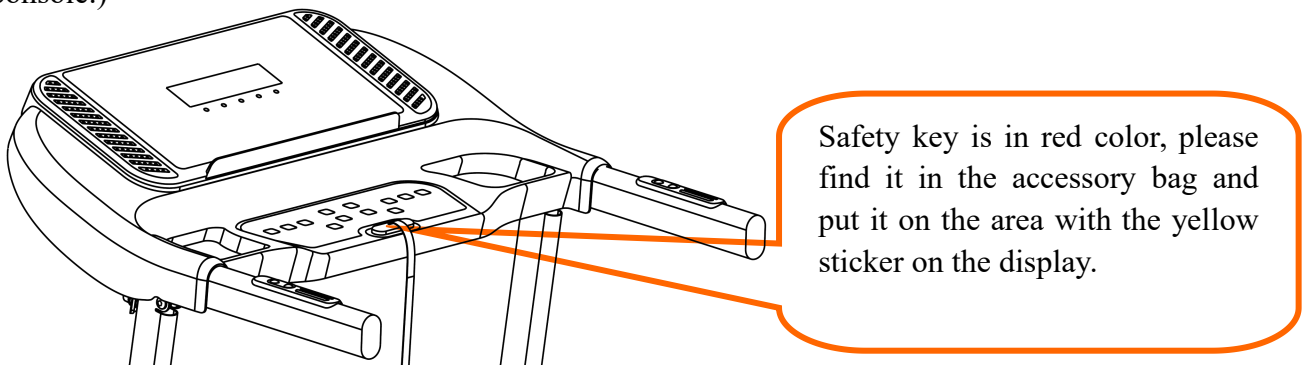
Step 3. Use a 6# hexagon wrench to tighten the two screws M8*25 to lock the console on the column. (Please notice not to clamp the cable by column).



Step 4. Take out side covers from the carton, insert one end of the upper opening of the cover into the arc of the column tube, and then insert the buckle under the cover into the two holes on the base until it is in place. Note: The side cover is divided into left and right. As shown in the following figure:



Setp 5. Put the safety key on the picture showing yellow area, then press the start button to start the treadmill.(Notice: The treadmill can only starts when the safety key is put on the yellow area on the console.)

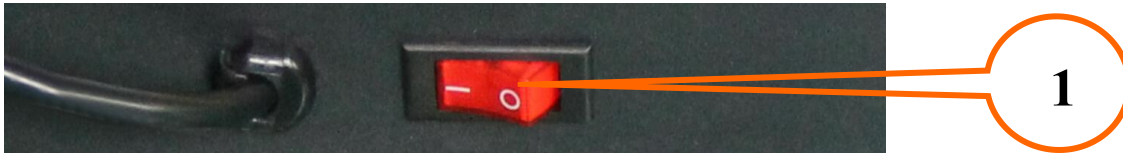


NOTE: please confirm that all screws are locked uniformly according to the requirements after installation, and check no part is left out before plugging electricity.

4. Using Instructions

1. Using treadmill

Insert the power plug properly and turn on the switch(in red color)(1). When the light is on, there will be a beep sound, and then the screen will light up.

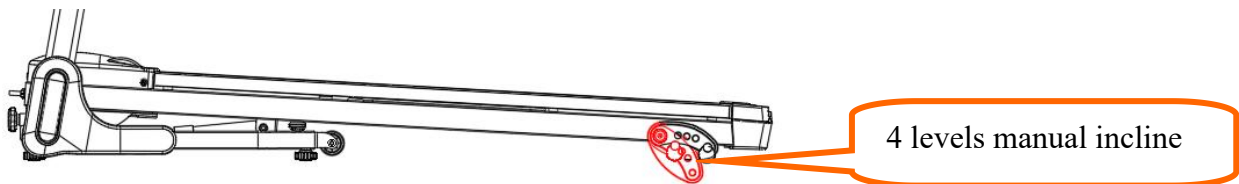


2. Safety key Introduction

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

3. 4 levels manual incline

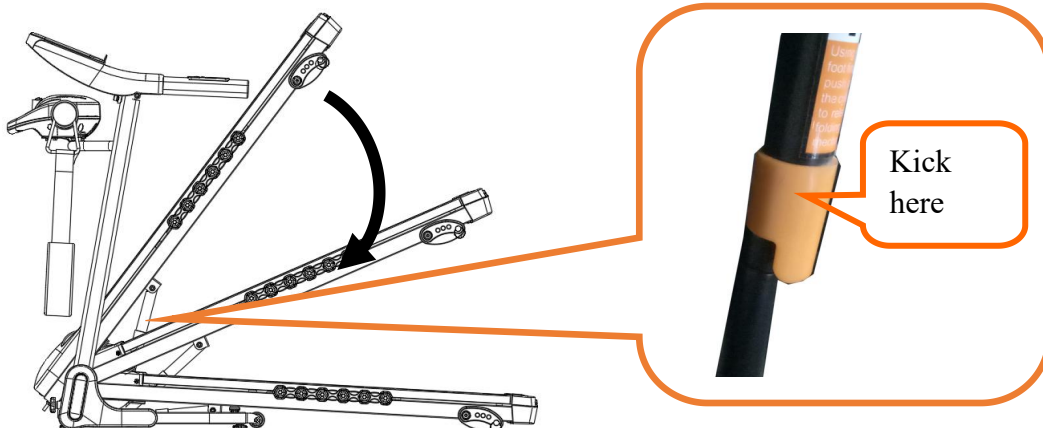
The incline can be adjusted. (The left and right four levels adjustments have to be adjusted synchronously)



4. Treadmill folding

The treadmill can be folded to save space; before folding, turn off the treadmill power switch and unplug the power plug. Lift the treadmill by hand until it is stuck. Be careful not to get your hands caught, and do not let children get close to the treadmill to prevent injury.

Unfold the treadmill: Kick the hydraulic with your foot, pull the treadmill with your hand, and then release your hand, the treadmill will automatically and slowly descend to the ground, refer to the picture below:



5. Console instructions

Button instructions

Start/Pause: When the treadmill is stopped, press the "*Start/Pause*" button to start the treadmill; (If the treadmill is running, press the "*Start/Pause*" button once, the treadmill will pause, and press the "*Start/Pause*" button again, the treadmill will continue to run)

Stop: When the treadmill is running, press *Stop* to stop the treadmill. All the data will be cleared and the treadmill goes to manual mode.

Program: In standby mode, press *Program* can cycle the options from manual mode to automatic programs. Manual mode is the system defaulting running mode.

Mode: In standby mode, press *Mode* can cycle the options of 3 different countdown running mode: time countdown running mode, distance countdown running mode and calorie countdown running mode. When choosing any mode, speed adjusting buttons can be used to set the value. Press Start to start the treadmill after setting the value.

Play/Pause: When playing music, press *Play/Pause* to pause the music, and press the button again to play music again.

Volume+ -: Can be used to adjust the volume. If there is no sound, press Volume + to increase the volume.

Speed + -: Can be used to adjust the speed of the treadmill.

Speed direct selection: When the treadmill starts, press 3/6/9 buttons to change the speed directly.

Display Function

Speed display: Display the current running speed value.

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

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

Calorie display: Display cumulative calorie under manual mode and programs. Display the calorie countdown in automatic mode.

Heart rate display: Heart rate signal will be detected, and the screen shows the heart rate number.

Heart rate measure function(optional): In the case that the treadmill is energized, hold the heartbeat sensor piece for a while and the heart rate will be shown on the screen. (This data is for reference only, it cannot be considered as medical data.)

Automatic program

Time Programs		Set time / 10 = running time of each 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

Translation of Error Codes

Error code	Description	Solution
E1	Communication Abnormal: when the power is on, the connection between lower controller and the console is abnormal.	Possible Cause: The communication between the lower controller and console is blocked, check each joints between the controller and console, ensure that each core is fully plugged in. Check the the connection line, replace it if it's damaged.

E2	No signal from motor.	<p>Possible Cause:</p> <p>Check the motor cable to see whether it is connected well or not, if not, connect the motor wire again.</p> <p>Check the motor cable to see whether it is damaged or has a burnt smell, if yes, replace the motor.</p> <p>Check the speed sensor to see whether it is correctly installed or damaged</p>
E5	<p>Over current protection:</p> <p>In working , the lower controller detects the current to be over 6A for more than 3 seconds.</p>	<p>Possible Cause:</p> <p>Overloading leads to excessive current, and the system stops out of self-protection, or some part is stuck, causing the motor to stop. Adjust the treadmill and restart it. Check if there is liquid or burnt smell while the motor is running, if yes, replace the motor; check if the controller has a burned smell, if yes, replace the controller; check the power supply voltage, if it does not match the specifications, change into correct voltage and test the machine again.</p>
E6	Explosion-proof impact protection: the abnormal voltage or motor cause the faulty of circuit that drive the motor.	<p>Possible Cause:</p> <p>Check if the power supply voltage is 50% lower than normal voltage , use the correct voltage and test the machine again; check if the controller has a burnt smell and replace the controller; Check if the motor cable is connected and connect the motor wire again.</p>
E7	No safety key	Put the safety key on the right place.

5. Routine Maintenance

Warning: Before cleaning or maintaining products, please be sure the power plug of the treadmill is pulled out.

Cleaning: Comprehensive cleaning will extend the using life of the electric treadmill.

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: Make sure power plug disconnect before moving motor cover away, clean the motor at least once a year.

Running Belt Alignment

Put the treadmill flat on the ground. Make the treadmill run at a speed of 3.7-5.0 mile/hour .

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 A)

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 B)



Picture A: Belt closer to left



Picture B: Belt closer to right

Lubrication of Running Belt

This treadmill uses an oil-free running belt, which greatly reduces the friction between the running belt and the running board, reducing the number of product maintenance times. However, since the friction of the running board has a great impact on the service life and performance of the electric treadmill, it must be lubricated regularly.

The treadmill is pre lubricated when leaving the factory, and with the automatic refueling technology, we suggest to add lubrication oil according to the schedule below:

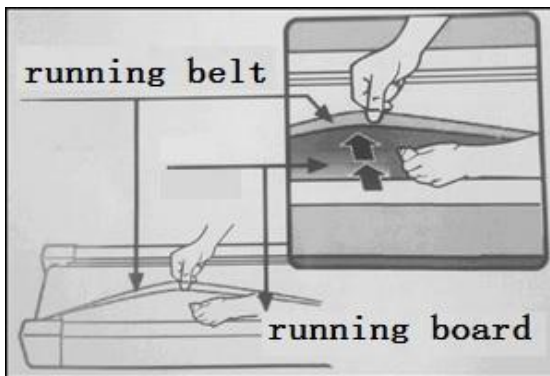
Lightweight users (using <3 hours per week) once every 10 months;

Heavyweight users (using >7 hours per week) once every 5 months.

Applying silicone oil

Step 1: Lift the running belt slightly.

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



Tips for extending the lifespan of a treadmill

To better maintain your treadmill and extend its lifespan, it is recommended that you turn off the power of the treadmill after continuous use for 1 hour and let the machine rest for 10 minutes before using again.

2. The tightness of the running belt should be appropriate. If the running belt is too loose, there may be slipping during running; If it is too tight, it may reduce the performance of the motor and exacerbate the wear of the roller and running belt.

Treadmill belongs to sports equipment, so it needs proper maintenance and servicing. The maintenance and servicing suggestions are as follows:

1: Frequent inspection is required due to wear and damage; Worn or damaged accessories (such as motor, electrical parts, power cord, running belt), after maintenance or professional repair, its use safety is consistent with that of the factory.)

2: Immediately replace those defective parts and components or leave the equipment idle for repair: (such as power cord)

3: Pay special attention to the components that are most vulnerable to wear. (e.g. walking belt)