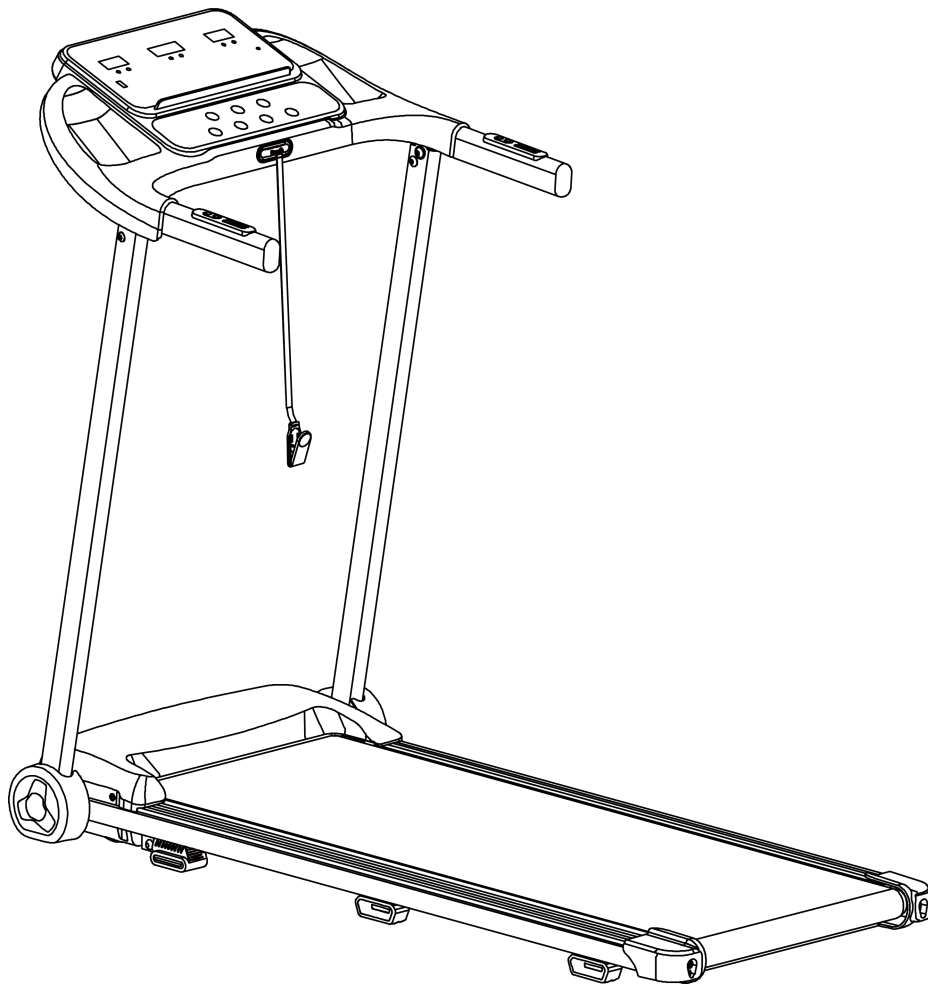


USER'S MANUAL



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!!

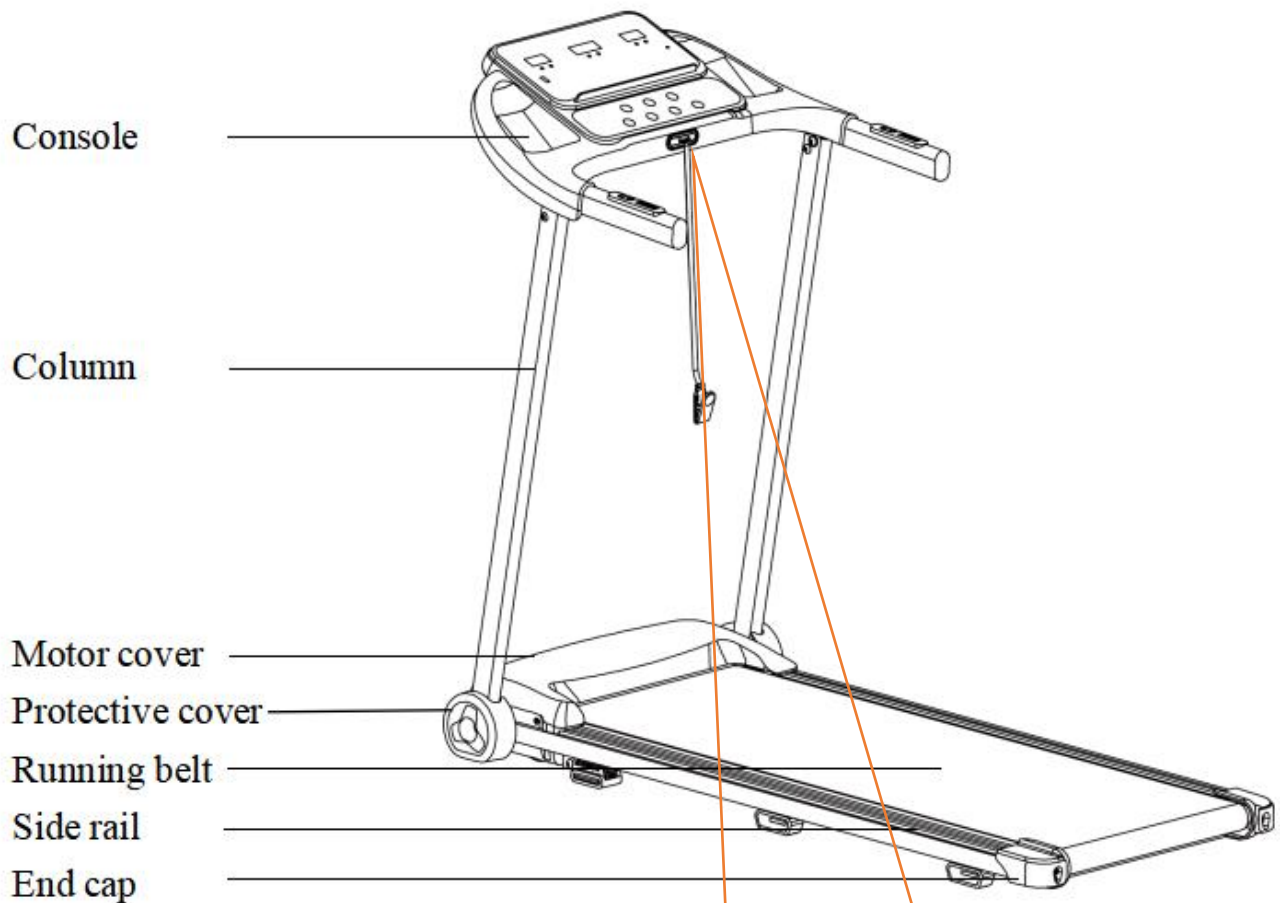
We are able to assist you in ANY way.

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

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1. Product Brief



Key point: Please find the red color safety key in the accessory bag which has instruction manual inside. The red color device with magnet and red rope is the safety key and should be put on the yellow area of the console (When running, pull the safety key, the treadmill stop immediately!)

Main parameters and parts list								
No.	Parameters Names	Description		No.	Parameters Names	Description		
1	Input voltage	AC110V ~		4	Running surface	15.40*41.34 inch		
2	Rated power	50-60Hz		5	Expanded size	49.21*24.41*41.73mm		
3	Speed	0.5-7.5mile/h		6	Function	Running mode		
Packing list								
No.	Name	Units	Qty		No.	Name	Units	Qty
1	Complete machine	set	1		3	Accessories Bag	set	1
2	Protective cover	set	1					
Accessories Bag								
NO.	Name	Units	Qty		No.	Name	Units	Qty
1	Screw M8*20	pcs	2		5	Oil	pcs	1
2	Inner hexagon wrench 5mm	pcs	1		6	Manual	pcs	1
3	Inner hexagon wrench 6mm	pcs	1		7	MP3 cable line	pcs	1
4	Safety key	pcs	1					

2. Security Precautions and Warning

Tip: Before folding the treadmill, make sure the incline is "zero" (applicable to models with automatic incline function)



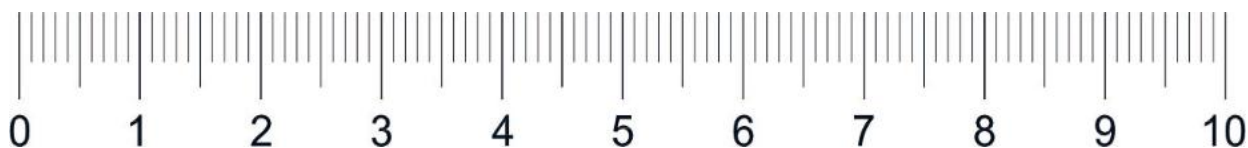
In order to ensure your safety and avoid accidents, Please read the instructions carefully before use.

Safety Instructions: This product was designed and manufactured with many safety concerns in mind, but please follow the instructions below, just in case. We are not responsible for any consequences arising from abnormal operations.

- ◆ The treadmill must be placed on a flat ground; the treadmill should be placed indoors to avoid moisture, and water should not be splashed on the treadmill. Do not place any foreign objects on the treadmill. There should be a safe use space of 2m x 1m (2000mm*1000mm) at the end, which is convenient for emergency jumping off. (Emergency jump: When the table is not used, hold the handles and step onto the side rails to jump off from the treadmill)
- ◆ The power plug must be grounded reliably, and the socket must have a dedicated circuit to avoid sharing with other electrical equipment;
- ◆ If the power cord is damaged, in order to avoid danger, it must be replaced by professionals from the manufacturer, its maintenance department or similar departments;
- ◆ When the treadmill is not in use, keep the safety lock out of the reach of children; if it is not used for a long time, please unplug the power cord;
- ◆ Please keep the lubricating oil in the accessories bag out of the reach of children. If accidentally swallowed or in the eyes, rinse with water and seek medical attention in time;
- ◆ This product is not suitable for disabled people and children; if you feel unwell or mentally handicapped and lack common sense, it is prohibited to use it unless under the supervision or guidance of a person responsible for its safety. ----If not followed, there may be a risk of injury.
- ◆ Do not use the treadmill in a dusty space, and keep a certain humidity in the room to avoid strong static electricity, otherwise it may interfere with the normal work of the electronic watch and the controller; please use the original accessories, and it is strictly forbidden to replace them without permission.
- ◆ Keep your hands away from all moving parts, and it is forbidden to put your hands and feet in the space under the running belt.
- ◆ Do not place the power cord near hot or moving objects; do not use the product outdoors, in high humidity and sunlight.
- ◆ Unplug the treadmill before moving it. Non-professionals are not allowed to disassemble the machine without authorization, otherwise serious consequences may occur

- ◆ Please clip the safety lock cable clip to the clothes when exercising to prevent safe shutdown in case of emergency.
- ◆ Please check whether the clothing is buttoned or zipped before using the treadmill, or the clothing is too loose.
- ◆ If you feel any abnormality such as discomfort during use, please stop exercising and consult a doctor.
- ◆ This product should not be used for a long time, as long-term use may easily cause the electrical equipment of the treadmill to overheat and cause electrical failure.
- ◆ Use qualified sockets to avoid danger. If the plug and socket are not compatible, do not touch the plug and ask an electrician to handle it.
- ◆ This product is suitable for home use, not for professional training and testing, nor for medical purposes.
- ◆ Do not use it in a state where the outer casing is cracked, cracked and detached (internal structure exposed) or the welded part is cracked.
- ◆ Do not jump up or down on the machine during exercise. ----- May cause injury due to falling.
- ◆ Do not use after eating, when tired, or in poor physical condition. ---- May cause damage to health.
- ◆ Do not allow pins, garbage or moisture to adhere to the power plug. --- May cause electric shock or short circuit, fire.
Never use with wet hands!
- ◆ Please unplug the power plug from the outlet when it is not in use. ----Due to dust and moisture, the insulation will be aged, resulting in leakage fire.
- ◆ The product must be grounded. In the event of malfunction, grounding provides the least resistance path for current to reduce the risk of electric shock.
- ◆ This product is HC grade. If you are in doubt about the correct grounding of this product, please entrust a professional electrician to check it.

Scale chart: When you start to assemble the treadmill, you can measure the length of the screw through the following scale, which is convenient for installation.

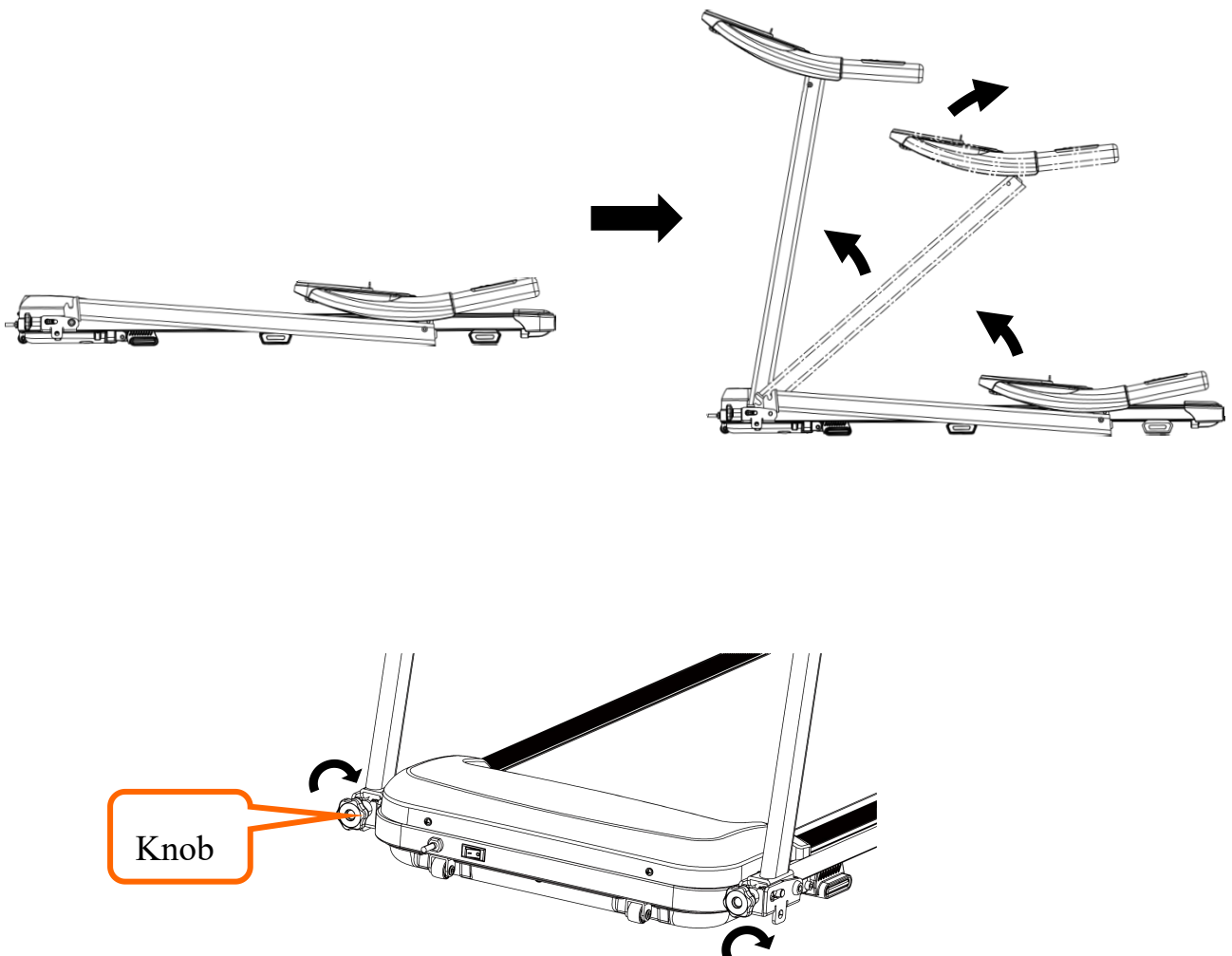


3. Installation Instructions

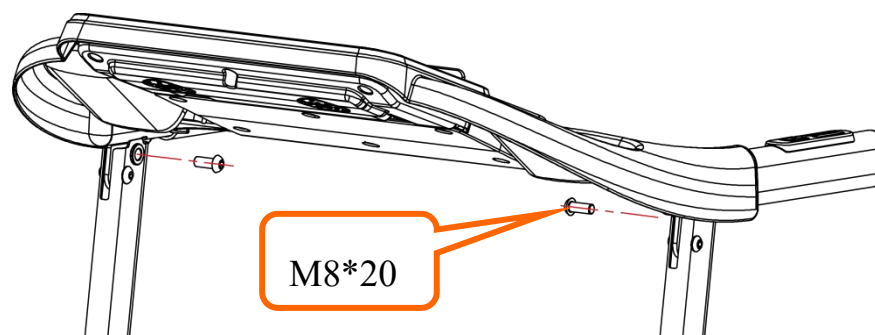
During installation, all screws are simply fixed first, and tightened after the rack is fully installed.

Step 1. Carefully lift the machine out of the carton and lay it flatly on the ground; (Note: When disassembling, installing, folding, and moving the machine, do not put your hands or fingers into the gaps of the machine, as there is a risk of pinching your hands.)

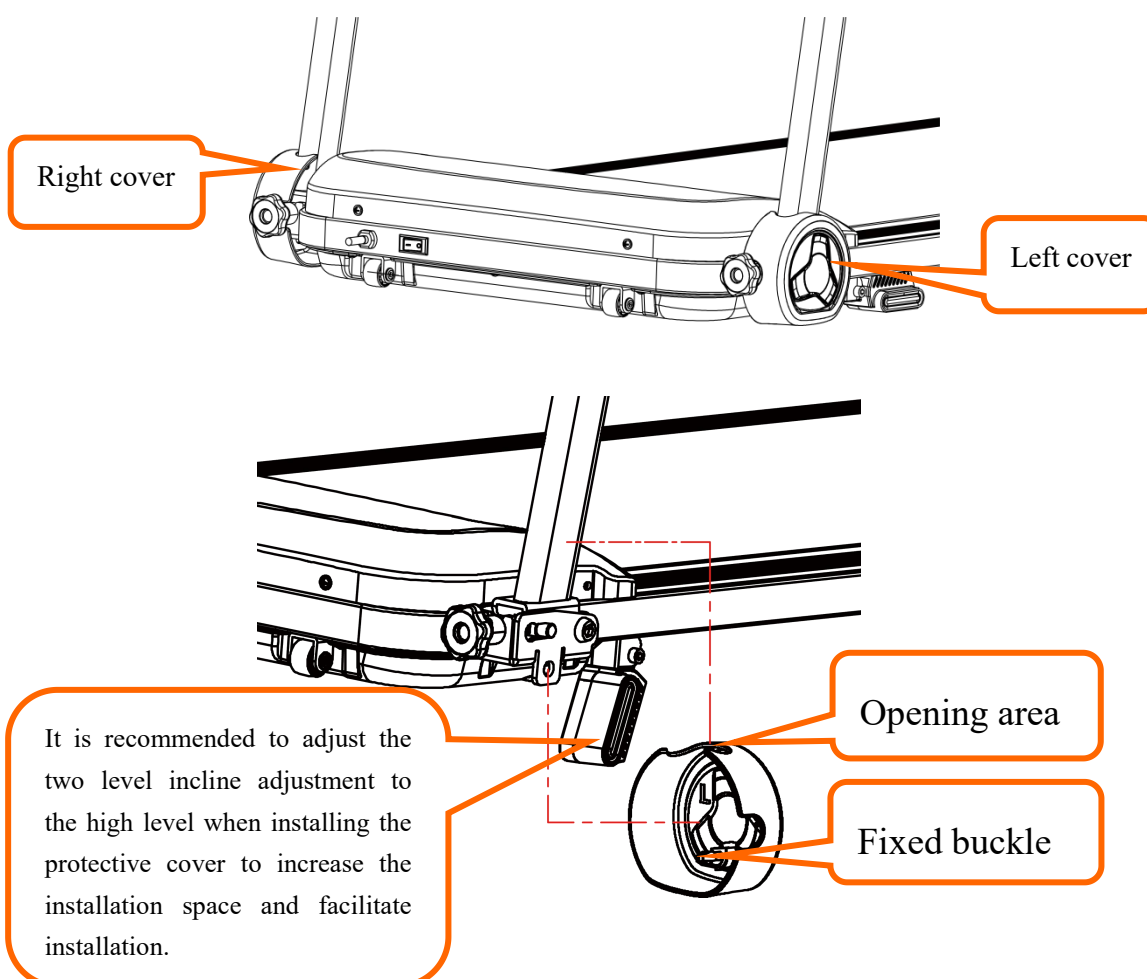
Lift the left and right columns counterclockwise as shown in the figure, then lift the electronic meter clockwise and tighten the knob clockwise as shown below:



Step 2. Use a Inner hexagon wrench 5mm to lock the console frame on the column with two screws M8*20. Please note that you should gently hold the column tubes on both sides with your hands (when tightening the screws, be careful not to clamp the console frame on the right column line). As shown in the following figure:

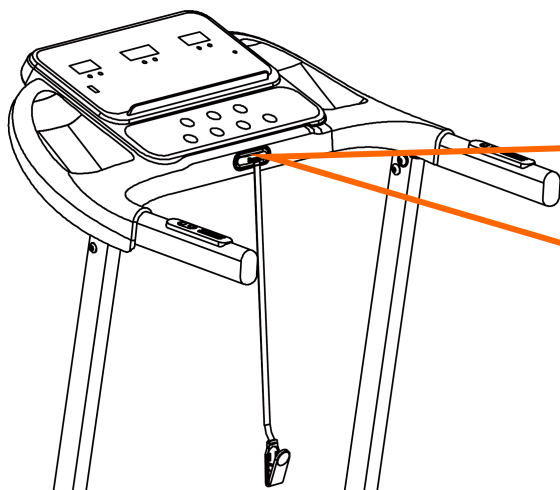


Step 3. Insert the upper opening of the cover into the column, and then align the fixing buckle on the cover with a fixing hole on the sheet metal of the main frame, and press it in. Note: The cover has left and right sides. As shown in the following figure: (After the treadmill is installed, you can rotate the adjustment pads in the middle and rear of the treadmill to make corresponding adjustments according to the flatness of the ground; make sure all the pads are on the ground)



Step 4. Put the safety lock in the position shown in the figure below, plug the power cord into the socket, press the power switch on the front of the motor cover (the power switch light is on), then the light on the console will be on, press the start button to run the machine.

(Note: The safety lock must be placed on the yellow label in the middle of the console to start the treadmill normally; if the console window displays "E7", it means that the safety lock is not put or is not in place.)

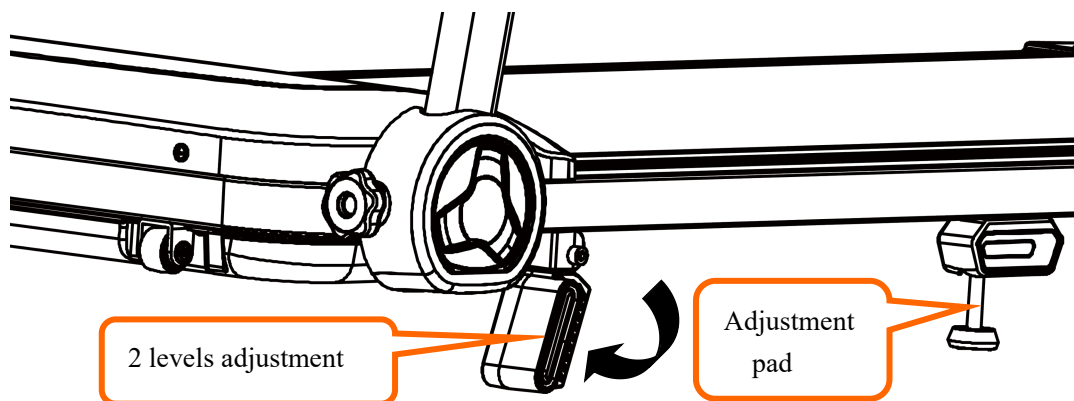


Key point: The safety lock is red. In the plastic bag containing a manual, there is a red device with a red rope. This is the safety lock. Insert the safety lock into the yellow part of the console.

(When the treadmill is running, pull out the safety lock and the treadmill will stop moving urgently.)

Note: Make sure that all installations are completed according to the above requirements, and tighten all screws and check that nothing missed before turning on the power.

Introduction to the two levels incline adjustment of the treadmill: The incline of the treadmill can be adjusted by manually turning the two ends of the front of the treadmill (the left and right sides are adjusted synchronously). After adjustment, the adjustment pad in the middle of the treadmill can be rotated according to the flatness of the ground to make adjustments; make sure that all pads are on the ground, otherwise it may produce abnormal noises during exercise and cause unnecessary damage to the user. **(Note: It is recommended to use it on hard ground. If it is used on non-hard ground (such as carpet), the incline of the front end of the treadmill needs to be increased to avoid friction with soft materials on non-hard ground (such as carpet), so as not to cause unnecessary machine damage.)**



4. Sports Advice and Guidelines (Ergonomics)

Warming up and soothing exercise

A successful exercise program consists of three parts: Warming up, cardio exercise and soothing exercise.

Warming up is a very important part of exercise. Warming up must be carried out before every exercise.

Warming up can preheat the body, stretch the muscles, and let the body adapt to more intense exercise.

Repeating the Warming up exercise at the end of the exercise can help relieve muscle soreness.

We suggest that you perform corresponding warm-up and relief exercises according to the following diagram:

Head movement

Stretch the head towards the right shoulder first, straighten the left neck, and turn it clockwise and backward once; Stretch the head to the left shoulder and rotate it counterclockwise once. Repeat like this.



Shoulder lifting exercise

Lift the left shoulder and turn back one circle, repeating 5 times; Then lift the right shoulder back and repeat 5 times, alternating like this.



Stretching movement

Raise your hands straight above your head, then grab your right wrist with your left hand and stretch upwards until you feel your right wrist fully straightened, lasting for 5 seconds before switching to your right hand.



Quadriceps stretching exercise

Hold the wall with your right hand to maintain balance, lift your left foot backwards with your left hand, keeping the heel of your left foot as close to your hips as possible, for 15 seconds, and switch to the other foot.



Thigh inner stretch

Sitting on the ground, with both feet and soles together, grip both feet with both hands and pull them inward to bring them as close as possible to the body. Slowly press down on the heels of both feet and hold this position for 15 seconds.



Foot tendon stretching

Sit down, straighten the right leg, bend the left leg, hold the ankle with the left hand and push it inward to make the left foot as close to the body as possible and the sole of the foot close to the inner side of the right thigh. Then press down on the body, extend left and right forward to touch the toe, the greater the pressure, the better. Hold this



position for 15 seconds, and switch to the left leg.

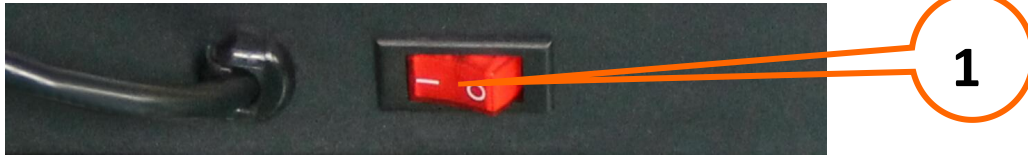
Calf stretching

Support the wall with both hands, place your body at a 45 degree angle to the ground, and alternately extend your left and right feet backwards to perform walking movements.



5. Using Instructions

1. **Use the treadmill:** Plug in the power, turn on the switch (red) (1), it will light up, then you will hear a beep sound, then the screen lights up.



2. **Introduction of safety lock:** The treadmill can only run when the safety lock is completely placed on the yellow area of the console; Clip the safety lock on the clothes when using the product. In case of accidents, pull off the safety lock can stop the motor from running immediately; Put the safety lock back if you want to continue using the treadmill; In any case, unplugging the safety lock can stop the treadmill;

3. Console operation instructions

Safety lock function: When the safety lock is removed, the treadmill will immediately displays “E7” and the treadmill stops quickly with sounds of beeping alarm . When the safety lock is put on, all the data of the console will be cleared.

In any state, the treadmill can be stopped in an emergency by pulling out the safety lock. A message will appear on the display. When the safety lock is put on again, the console will reset to the initial main display interface.

Button Function

Program: In standby state, press this key to cycle from manual mode to automatic program. Manual mode is the default operating mode of the system.

Mode: In the standby state, press this key to cycle through 3 different countdown operation modes.

Speed+/Speed-: After the treadmill is started, press this key to adjust the speed, press the "+" key to increase the speed, and press the "-" key to decrease the speed;

Speed shortcuts: After the treadmill is started, press this key to adjust the speed; when the key is pressed, the treadmill speed will cycle in sequence of 2/4/6mile/h.

Display function

Time display: When the time indicator is on, it displays the running time in manual mode or the countdown of running time in mode and program.

Speed display: When the speed indicator light is on, the current running speed value is displayed.

Distance display: When the indicator light of mileage is on, it will display the accumulated distance in manual and program mode or the distance in program mode.

Calorie display: When the calorie indicator light is on, it will display the calorie value during exercise in manual and program mode; or the calorie value during exercise in program and mode operation

Heart rate display: When the heart rate signal is detected, the heartbeat indicator light turns on and the pulse value is displayed at the same time.

Heart rate measurement function: When the treadmill is powered on, hold the heart rate monitoring pad for a while and the heart rate will be displayed.

(This data is for reference only and cannot be regarded as medical data.)

Automatic program

Time Program		Setting / 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

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.	Possible Cause: Check the motor cable to see whether it is connected well or not, if not, connect the motor wire again. Check the motor cable to see whether it is damaged or has a burnt smell, if yes, replace the motor. Check the speed sensor to see whether it is correctly installed or damaged
E5	Over current protection: In working , the lower controller detects the current to be over 6A for more than 3 seconds.	Possible Cause: 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.
E6	Explosion-proof impact protection: the abnormal voltage or motor cause the faulty of circuit that drive the motor.	Possible Cause: 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.
E7	No safety key	Put the safety key on the right place.

6. Routine Maintenance and Instructions

Open the motor cover at least twice a year, and vacuum the motor. A thorough cleaning can extend the life of your treadmill. Clean the exposed parts on both sides of the running belt to reduce the accumulation of impurities under the running belt. Make sure your sneakers are clean and avoid carrying foreign objects under the running belt to wear out the running board and running belt. The surface of the running belt must be wiped with a damp cloth moistened with soap, taking care not to splash water on the electrical components or under the running belt. (**WARNING:** Before cleaning, maintaining or moving the treadmill, be sure to unplug the plug first.)

Running Belt alignment:

Put treadmill flat on the ground. Make the treadmill run at a speed of around 1.8-3.1 mile/h.

- **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)



Figure A



Figure B

Running Belt Free Lubrication Function

This walking machine is pre-coated with lubricating oil when leaving the factory. The friction between the walking belt and the walking board has a significant impact on the service life and performance of electric walking machines, so it is necessary to regularly apply lubricating oil.

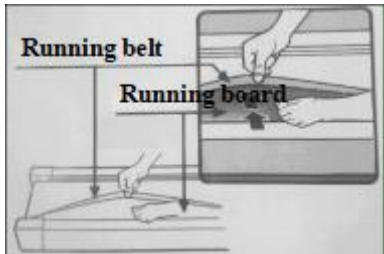
Light users (using < 3 hours per week) once every 10 months;

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

Method of adding lubricating oil:

Step 1: First, lift the walking machine belt upwards.

Step 2: Open the lubricating oil bottle and squeeze in lubricating oil above the walking board, as shown in the following figure.



Tips for extending the lifespan of a treadmill

1. 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.

Treadmills belong to sports equipment and therefore require appropriate maintenance.

Maintenance Recommendations are as follows:

- 1: Due to wear and damage, regular inspections are required; After maintenance or professional repair for the worn or damaged accessories (such as motors, electronic controls, power cords, etc.) , its safety level must be consistent with that of the factory.**
- 2: Immediately replace those defective components or idle the equipment for repair(such as power cords).**
- 3: Pay special attention to the components that are most prone to wear and tear. (such as a running belt)**