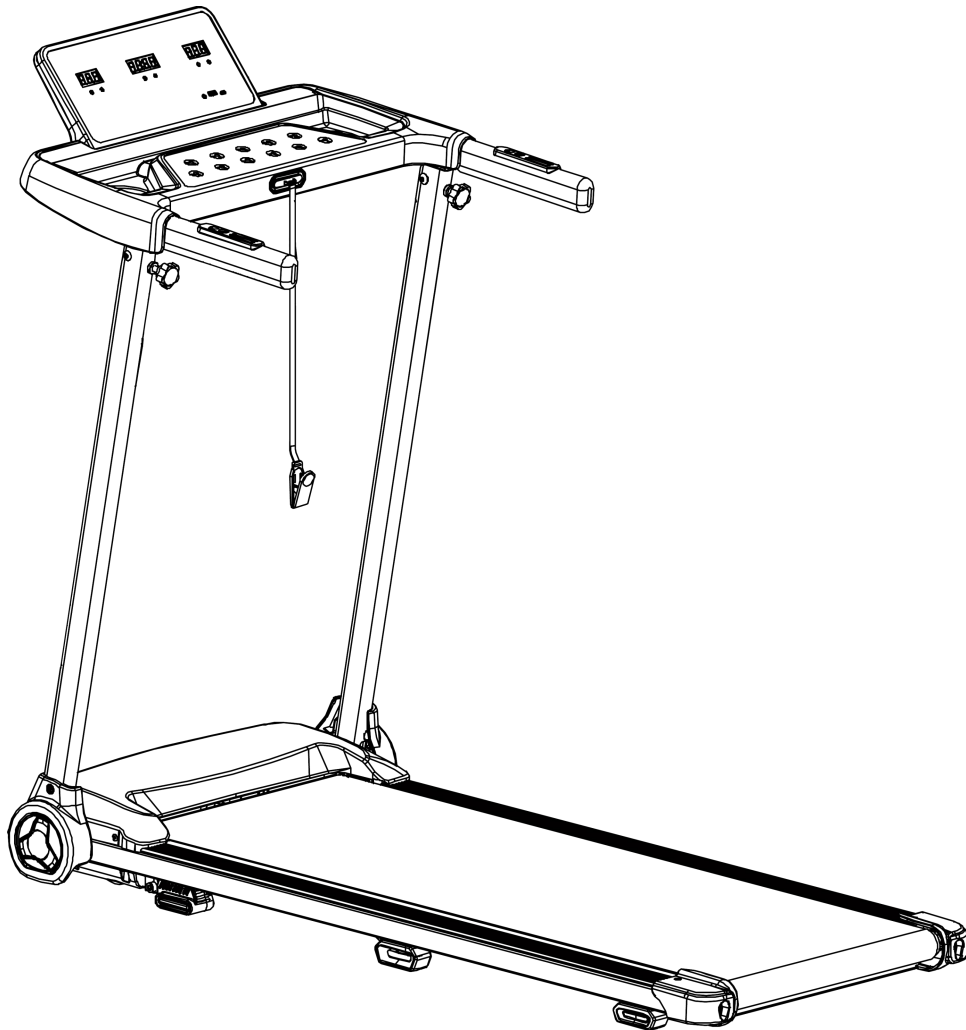


# USER'S MANUAL



**Note:** Please read this manual before installing and using the treadmill. 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.**

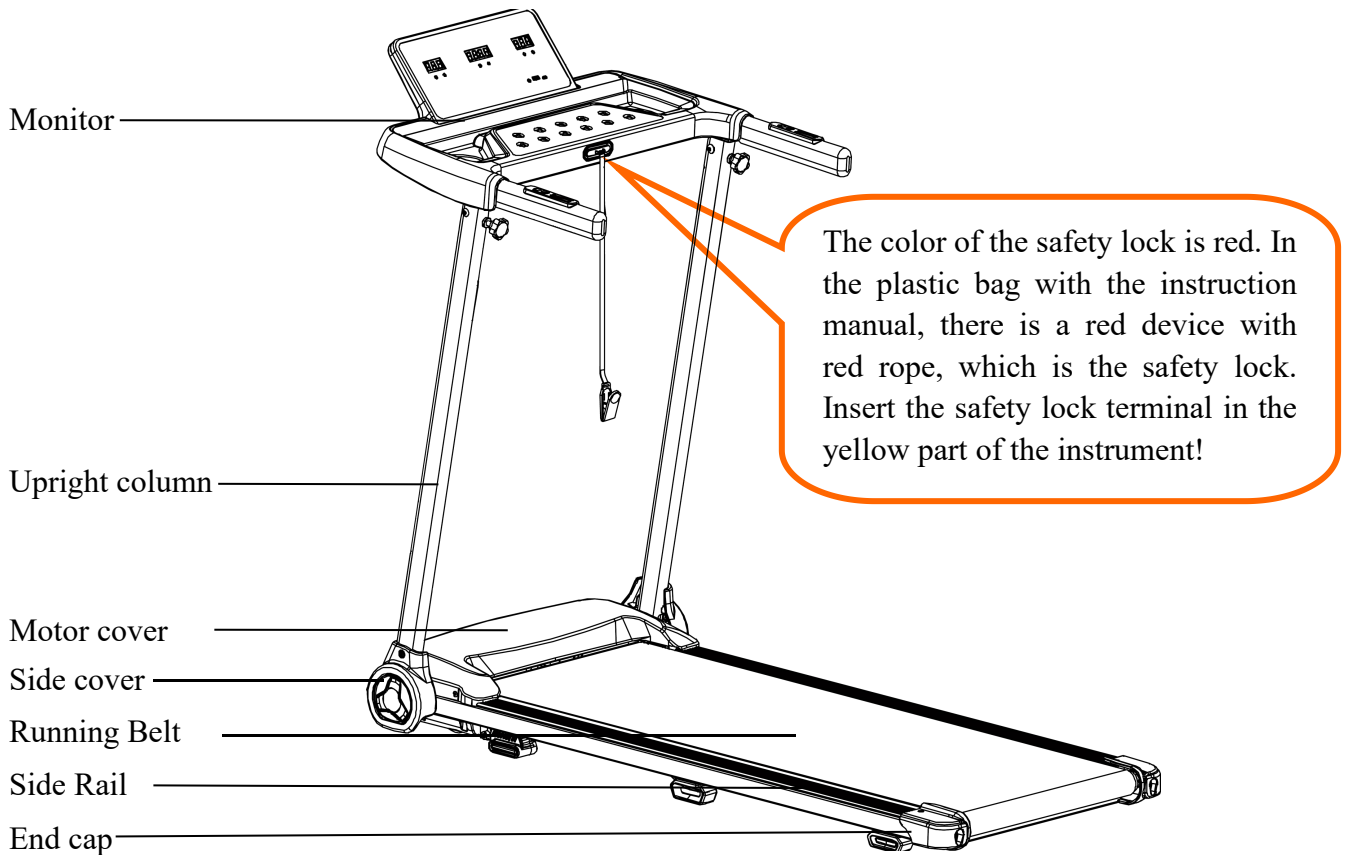
If you find that you have any trouble with assembly or  
missing or damaged parts, please contact the seller.

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# 1.Product Brief

## Motorized Treadmill



Main parameters and parts list								
No.	Parameters Names	Description		No.	Parameters Names	Description		
1	Input voltage	AC110V ~		4	Running surface	16.14*41.34 inch		
2	Rated frequency	50-60Hz		5	Expand dimensions	54.33*24.41*41.54 inch		
3	Speed	0.5-10mile/h		6	Function	Running		
Packing list								
No.	Parameters Names	units	Qty		No.	Parameters Names	units	Qty
1	Complete machine	set	1		3	Accessory Bag	set	1
2	Side cover	set	1					
Accessory bag list								
No.	Parameters Names	units	Qty		No.	Parameters Names	units	Qty
1	Plum knob	pcs	2		5	Silicon oil	pcs	1
2	Wrench 5 mm	pcs	1		6	User’s manual	pcs	1
3	Safety Key	pcs	1		7	MP3 cable	pcs	1
4	Screw M4*14	pcs	2					

## 2.Security Precautions and Warnings



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

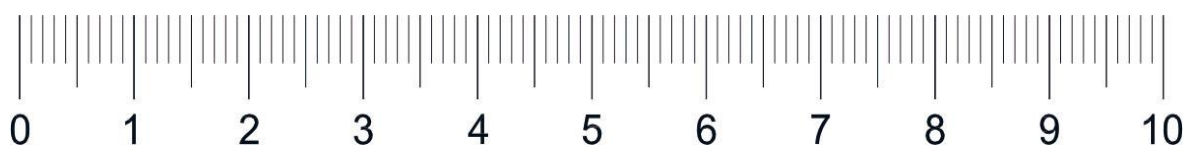
**Safety Instructions:** This product was designed and manufactured with many safety concerns in mind, but please follow the instructions below, just in case. We are not responsible for any consequences arising from abnormal operations.

- ◆ Any adjustment device that may interfere with the user's movement should not deviate from the design; the equipment should be installed (placed) on a stable base (surface) and of corresponding flatness; the treadmill must be placed on a flat ground; the treadmill is suitable for indoor placement, avoid moisture, do not splash water on the treadmill, do not place any foreign objects on the treadmill, and the two sides and front ends of the treadmill should have 1 meter (1000mm) of safe use space and the rear end should have 2 meters x 1 meter (2000mm\*1000mm) of safe use space for emergency jump. (Emergency jump: While holding the handrails with both hands to support the body, step on the side bars with both feet and jump off the treadmill from one side.)
- ◆ The power plug must be reliably grounded, and the socket should have a special loop to avoid sharing with other electrical equipment;
- ◆ If the power cord is damaged, in order to avoid danger, must be replaced by the manufacturer, its maintenance department or similar department professional personnel;
- ◆ When not using the treadmill, place the safety lock outside the child; if not for a long time, please unplug the power cord;
- ◆ Please put the lubricating oil bottle of the accessory bag in the place where the child can not get it. If you accidentally eat or enter the eye, rinse with clean water and see the doctor in time;
- ◆ This product is not suitable for use by children; physical discomfort or mental defects and lack of common sense are prohibited unless under the supervision or guidance of a person responsible for their safety.----If not observed, there may be a risk of injury.
- ◆ Do not use the treadmill in large dust space and maintain certain humidity in the room to avoid strong static electricity, otherwise it may interfere with the normal operation of the controller; please use the original accessories and do not replace them privately.
- ◆ Avoid all moving parts and do not place your hands and feet in the space under the running belt.
- ◆ Do not bring the power cord close to hot or moving objects; do not use the product outdoors, in

high humidity and sunlight.

- ◆ Unplug before moving the treadmill. Non-professional personnel shall not remove the machine without authorization, otherwise, serious consequences may occur.
- ◆ Please clamp the safety lock on the clothes to prevent safe shutdown in an emergency.
- ◆ Before using the treadmill, please check whether the clothing is fastened or zipped up, or whether the clothing is too loose.
- ◆ Do not use it after eating, during fatigue, or in poor physical condition.----This may therefore lead to health damage.
- ◆ Do not jump up or down on the machine during exercise ---- May be injured due to falling.
- ◆ The product is suitable for home use, not for professional training and testing, and can not be used for medical purposes.
- ◆ 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, long time use is easy to cause treadmill electrical overheating and electrical failure.
- ◆ Use a qualified socket to avoid the danger. If the plug and socket are not compatible, please do not move the plug, please electrician to deal with it.
- ◆ Do not use it in the shell split, broken state (internal structure exposed) or welding site crack.
- ◆ No needle, garbage or water shall be attached to the power plug.----May lead to electric shock or short circuit, fire. Do not use it with wet hands!
- ◆ When deactivated, unplug the power plug from the socket.-----Dust and moisture will make the insulation aging, resulting in leakage fire.
- ◆ The product is HC grade; if you have questions about the correct grounding, please entrust a professional electrician to check.

**Scale: Before assembling the treadmill, you can measure the length of the screw for easy installation.**



### 3. Installation Instructions

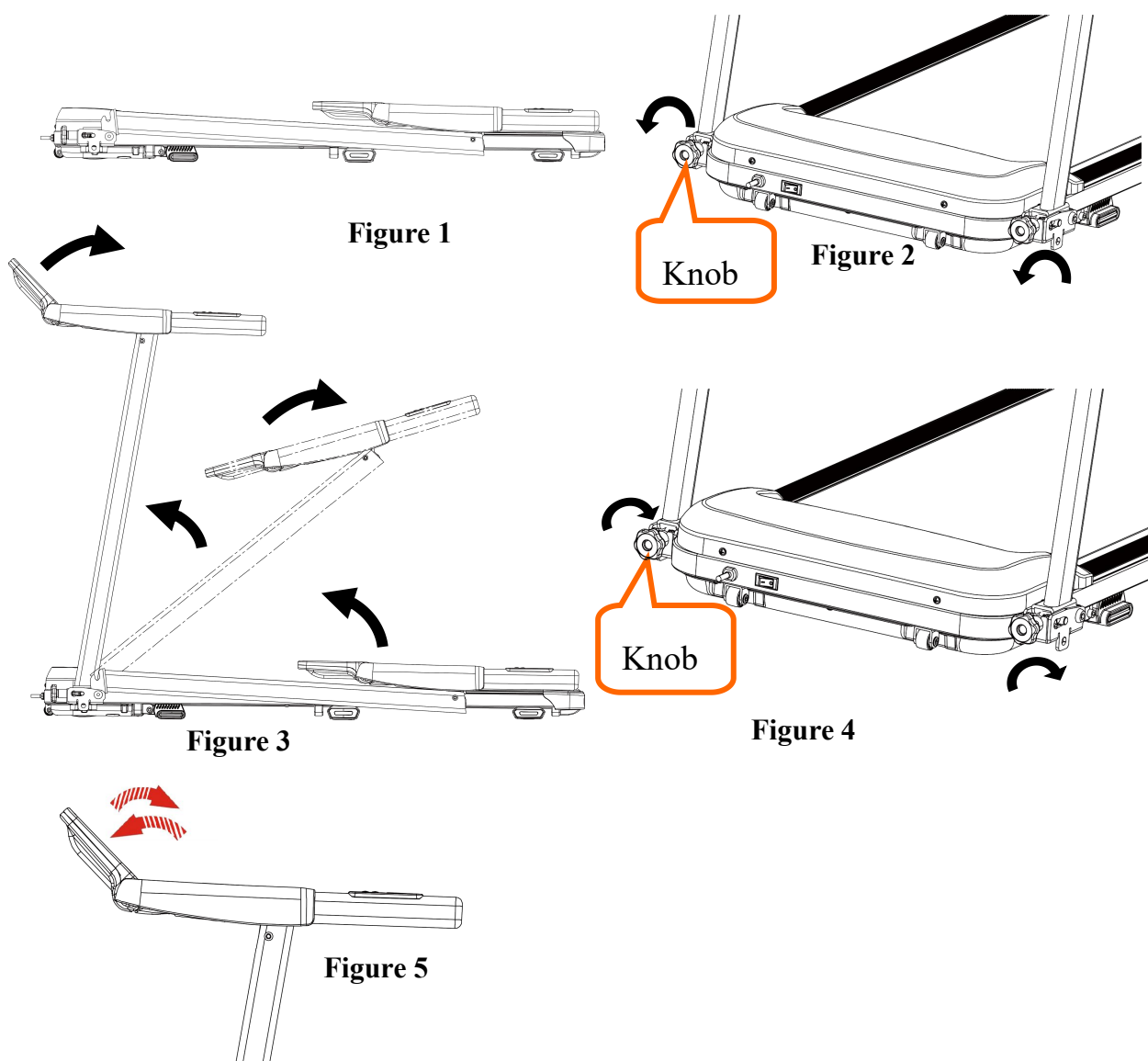
When installing, all screws should be simply fixed first, and then tightened after the rack is installed.

**Step 1.** Carefully lift the machine out of the carton and lay it flat on the ground; (Note: When disassembling, installing, folding, or 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!) (Note: The two-stage adjustment placed in the packaging box at the front of the machine is packaging material, not installation accessories)

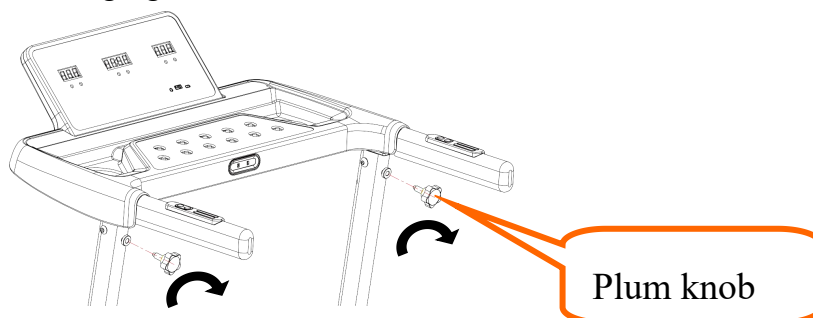
Turn the knob counterclockwise as shown in **Figure 2** to loosen it, lift the left and right columns counterclockwise as shown in **Figure 3**, then lift the console, and then rotate the monitor clockwise. (Be careful not to use too much force and do not force the rotation)

**Figure 4** Tighten the knob clockwise as shown below:

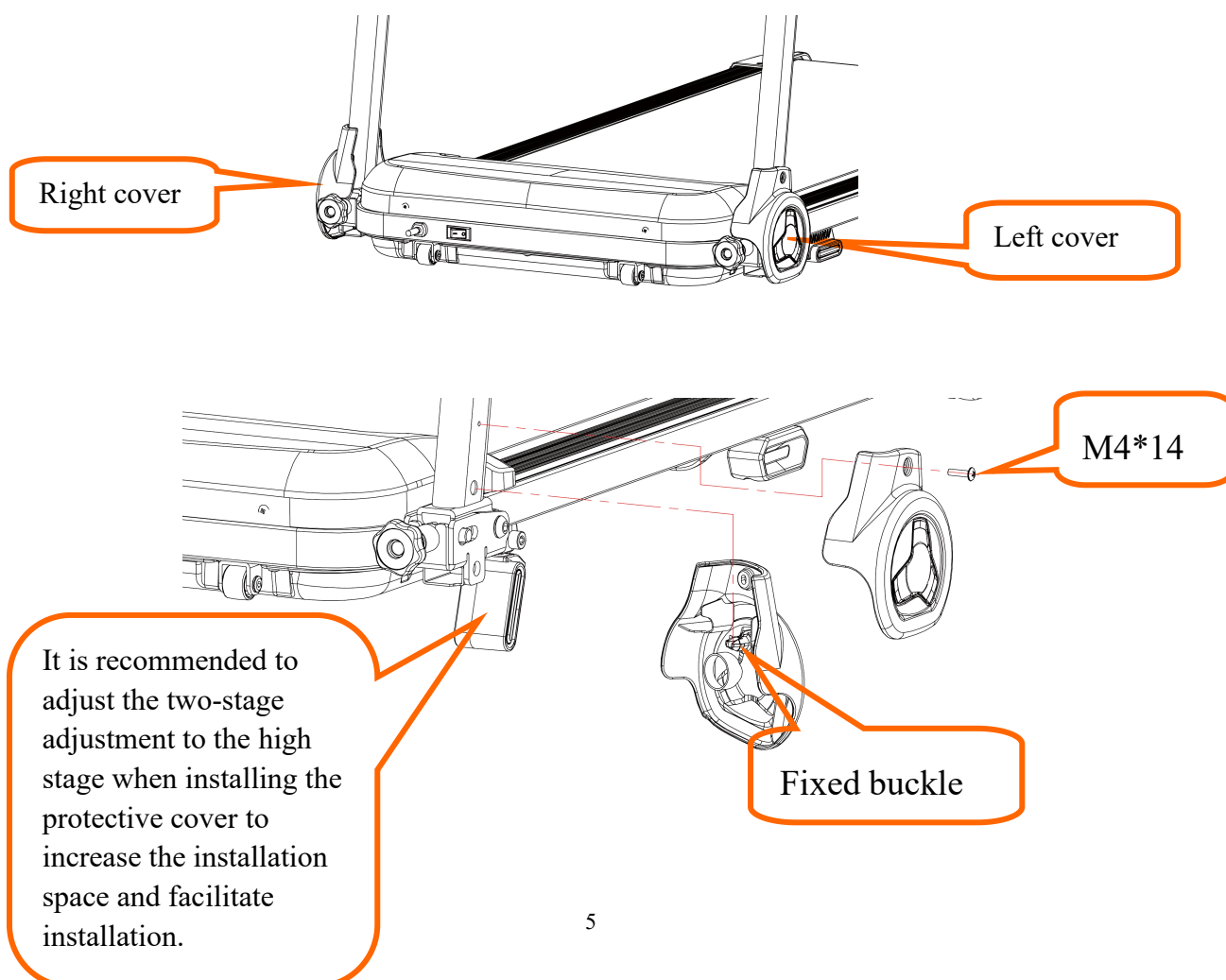
**Movement monitor:** The movement can be adjusted to a certain monitor angle, as shown in **Figure 5** (Be careful not to use too much force and do not force the rotation)



**Step 2.** Take out the plum knob and tighten it clockwise to lock the monitor on the column. 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 meter frame on the right column line). As shown in the following figure:



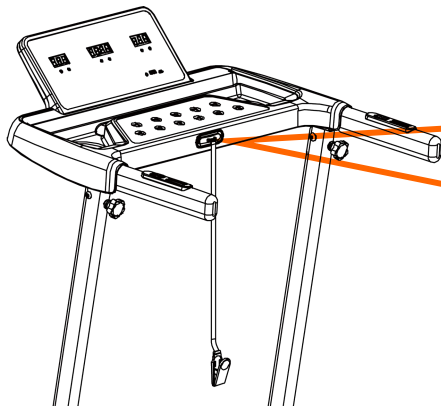
**Step 3.** Insert the upper opening of the cover into the column, and then align the fixing buckle on the cover with a fixing hole on the sheet metal of the main frame, and press it in. And align the fixing hole on the cover with the fixing hole on the sheet metal of the main frame and use the #5 wrench to drive an M4\*14 screw through the cover and secure it to the column. 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 electronic meter is on, press the start button to run the machine!

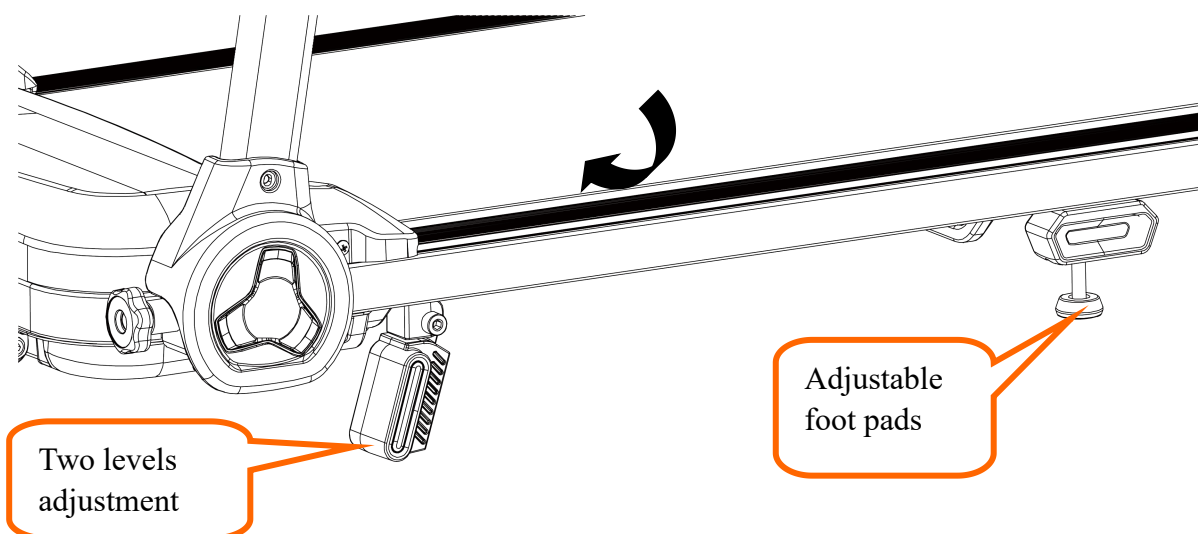
**(Note: The safety lock must be placed on the yellow label in the middle of the meter so that the treadmill can start normally; if the electronic meter window displays "E7", it means that the safety lock is not released or is not in place.)**



The color of the safety lock is red. In the plastic bag with the instruction manual, there is a red device with red rope, which is the safety lock. Insert the safety lock terminal in the yellow part of the instrument!

**Note: Confirm that all installations are completed according to the above requirements, then tighten all screws uniformly and check that there are no omissions before turning on the power.**

**Introduction to the two-stage adjustment of the treadmill slope:** The slope of the treadmill can be adjusted by manually turning the two ends of the front end of the treadmill (the left and right sides are adjusted synchronously). After adjustment, the adjustment foot pad in the middle of the treadmill can be rotated to make corresponding adjustments according to the flatness of the ground; make sure that all foot pads are on the ground, otherwise abnormal noise may be generated during exercise and unnecessary damage may be caused 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 slope of the front end of the treadmill needs to be adjusted higher to avoid friction with soft materials on non-hard ground (such as carpet) and cause unnecessary damage to the machine!)**



## 4.Sports Advice and Guidelines

### 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.



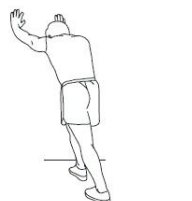
#### Foot tendon stretching

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 treadmill:** Plug in the power, turn on the switch (the switch is red) (1), and it will light up.

At this point, you will hear a beep, and then the screen will light up.



**2.Safety lock:** Place the safety lock completely on the yellow label on the instrument panel for the treadmill to operate; Clamp the clip of the safety lock onto the clothes. In case of any unexpected situation, immediately pull off the safety lock to stop the motor from running immediately; If you want to continue using the treadmill, please put back the safety lock; Under any circumstances, removing the safety lock can stop the treadmill.

### 3.Instrument operation instructions

**Safety lock function:** unplug the safety lock and immediately show the "E7" treadmill to quickly stop, and issue a beep beep alarm sound. When the safety lock is placed, all the electronic meter data is cleared;

In any state, pull off the safety lock can urgently stop the treadmill operation, there will be an information prompt on the display screen, affixed with the safety lock electronic meter reset into the initial main display interface;

**Start/Pause button:** 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 to continue the treadmill.)

**Stop button:** When the treadmill is running, press the stop button to clear all data and stop the treadmill.

**Program button:** In standby mode, press this button to cycle from manual mode to preset program mode;

**Mode button:** In standby mode, press this button to cycle through 3 different countdown running modes. The cycle switching order is: time, distance, calories.

**Speed + button:** When the machine is running, press the "Speed +" button to increase the speed;

**Speed - button:** When the machine is running, press the "Speed -" button to reduce the speed;

**Speed direct selection button:** After the treadmill is started, press the 3, 6, 9 button to run the treadmill at 3miles/h, 6miles/h, 9miles/h.

## **Display function**

**Speed display:** Displays the current running speed value.

**Time display:** displays the running time in manual mode or the countdown of running time in mode and program.

**Distance display:** displays the distance accumulated or running distance in manual and program mode.

**Calories display:** displays the calories accumulated during movement in manual and program mode or the calories counted down in running mode.

**Heart rate display:** Heart rate signal is detected, heartbeat indicator light is on, and pulse value is displayed.

**Heart rate measurement function:** When the treadmill is on, hold the heart rate tablet after a while.

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

How to use your Bluetooth on the treadmill is super easy, use your phone and go to your settings and click on Bluetooth and go to connect scanning and it will search and name **hmk\_audio** will pop up and will automatically connect.

The treadmill is equipped with USB and type C charging stations. The USB station can play songs from the pen drive and charge Android phones, and the TYPE C station can charge Android phones and Apple phones at the same time.

## Automatic program

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

## 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 reasons: the communication between the electronic control and the electronic watch is blocked, check the connection of each section of the electronic watch to the lower control communication line to ensure that each core is completely inserted. Check whether the cable between the electronic meter and the controller is broken and replace the cable.
E2	No signal from motor.	Possible reasons: 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	Possible reasons: exceeding the rated load, the current is too large, the system self-protection, or a part of the treadmill is stuck, resulting in the motor can not turn, the load is too heavy, the current is too large, the system self-protection; adjust the treadmill to restart and run. Also, check whether the motor has a flow sound or burnt odor, replace the motor, or replace the controller, or check whether the power supply voltage specification is inconsistent or low, and retest with the correct voltage specification.
E6	Explosion protection	Possible reasons: check whether the power supply voltage is lower than 50% of the normal voltage, please retest with the correct voltage specification; check the controller for peculiar smell and replace the controller; check whether the motor line is well connected and reconnect the motor line.
E7	No safety key	Put the safety key on the right place.

## 6. Routine Maintenance

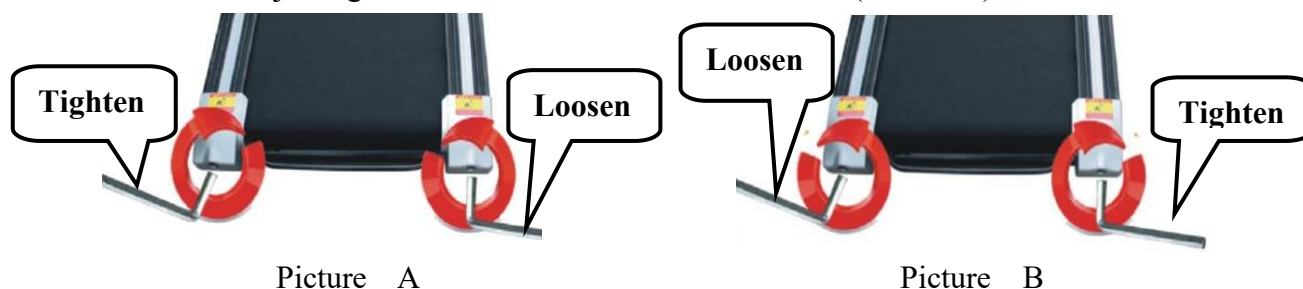
Open the motor cover at least 2 times a year to clean the motor. Full cleaning extends the treadmill life. Clean the exposure on both sides of the running belt to reduce the accumulation of impurities under the running belt. Make sure the sneakers are clean and avoid carrying foreign objects into the running belt under the worn running board and running belt. The surface of the running belt shall be scrubbed with a soapy wet cloth. Be careful not to splash on the electrical components and under the running belt. **(Warning: Be sure to remove the treadmill power plug before cleaning, maintaining, or moving the treadmill.)**

### Adjustment method of running with running deviation:

Put treadmill flat on the ground. Make the treadmill run at a speed of around 3-5 miles/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)



Picture A

Picture B

### The lubricating oil of the treadmill is added as follows:

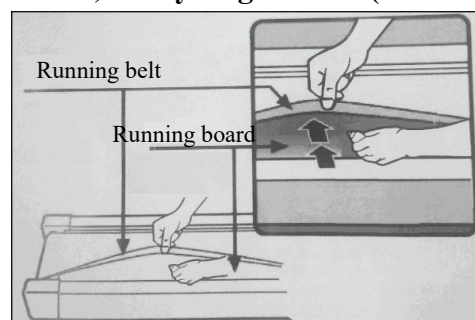
This treadmill uses an oil-free running belt, which greatly reduces the friction between the running belt and the running board, reducing the number of product maintenance times. However, since the friction of the running board has a great impact on the service life and performance of the electric treadmill,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

**Lightweight users (<3 hours per week) 1 times every 10 months; heavyweight users (> 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 right figure.





## **Tips for prolonging the service life of treadmills:**

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, let the machine rest for 10 minutes, and then use it again.
2. The elasticity of the running strap 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 drum 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)