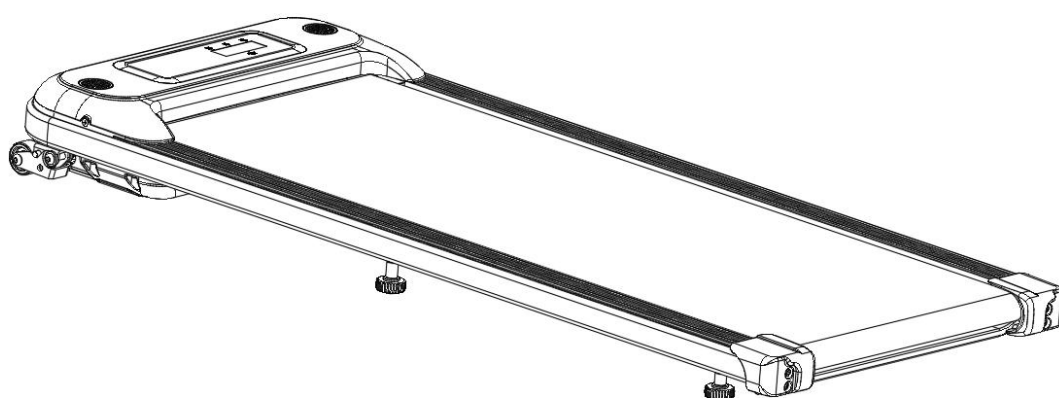


USERS' MANUAL



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.

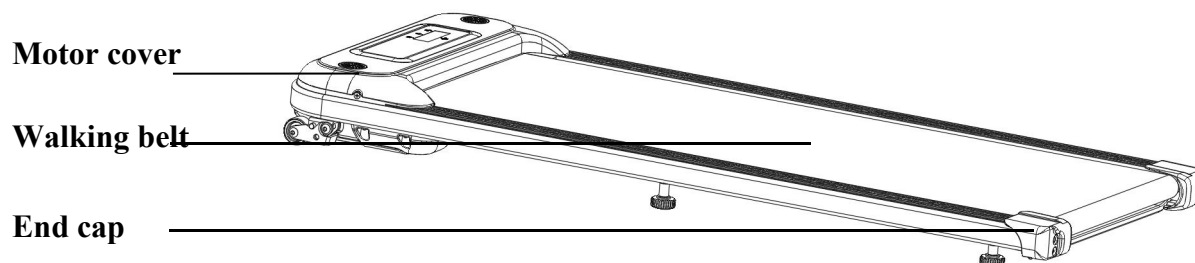
If you find that you have any trouble with assembly or
missing or damaged parts, please contact the seller.

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1. Product Brief

Motorized walking pad:



Main parameters and parts list							
No.	Parameters Names	Description		No.	Parameters Names	Description	
1	Input voltage	110V ~ 50-60Hz		3	Function	Walking With Remote Control	
2	Speed	0.5-4 mile/h		4	Speaker	Bluetooth	
Packing list							
No.	Name	Units	Qty	No.	Name	Units	Qty
1	Complete machine	set	1	2	Accessories Bag	set	1
Accessory bag list							
No.	Name	Units	Qty	No.	Name	Units	Qty
1	Allen key 5 mm	pcs	1	3	Wristband Remote control	pcs	1
2	User's manual	pcs	1				

2. Security Precautions and Warning



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, please follow the instructions below to avoid injury. We will not be 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. Leave at least 3.3ft of clearance on either side of the treadmill and 6.6 feet behind it to avoid falling into a wall or being wedged between the machine and a wall or a piece of furniture if you lose your balance. The safe space is convenient for emergency jumping off. (Emergency jump: while holding the handrails to support your body, step on the side rail with your feet and jump off the treadmill from one side.)**

◆ **The power plug must be grounded properly. No other appliance should be on the same circuit;**

◆ **If the power cord is damaged, please contact the seller for professional guidance, or contact a qualified maintenance engineer for service rather than attempt self-repair;**

◆ **When the treadmill is not in use, keep the safety key out of the reach of children. If the treadmill will not be used for a long time, please unplug the power cord;**

◆ **Please keep the lubricating oil (if have) in the accessories bag out of the reach of children. If it is accidentally swallowed or split in the eyes, please rinse with water and seek medical help in time;**

◆ **Do not use the machine if you feel unwell, and consult a doctor immediately.**

◆ **This product is not intended for use by children and people with reduced physical sensory or mental capabilities, or lack of common sense, unless they have been given supervision or guidance of a person responsible for their safety.**

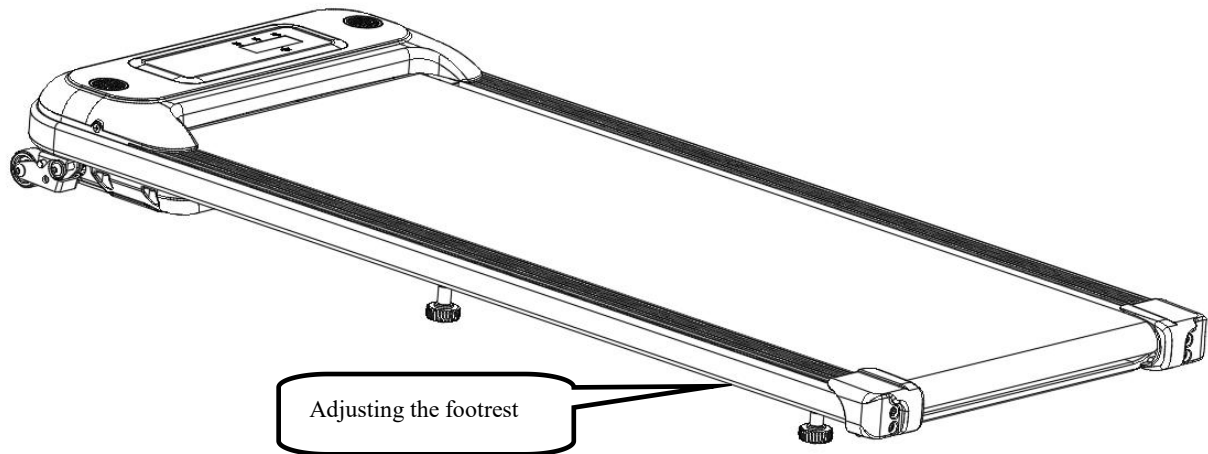
◆ Do not use the treadmill in a dusty space, and keep a certain humidity in the room to avoid strong static electricity, otherwise it may interfere with the normal work of the electronics and the controller; please use the original accessories, and it is strictly forbidden to replace them without permission.

◆ 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 direct 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 clip to clothes when exercising to prevent accidents.
- ◆ Do not wear loose clothes that could become caught in the treadmill.
- ◆ 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 continuously, 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 or 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.
- ◆ Keep the treadmill indoors, and the power plug away from pins, dust or moisture. --- 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.

3、 Installation Instructions

Step 1. Place the entire machine flat on a level ground; (No installation required, just lift the machine out of the packaging!)



Method of adjusting the machine to be level with the ground:

When there is a gap between the machine and the ground, the adjustable foot pads at the back of the machine can be adjusted so that both the front and rear are in contact with the ground.

( **Attention: Adjusting the gap between the foot pad and the ground can cause instability of the machine!**)

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.

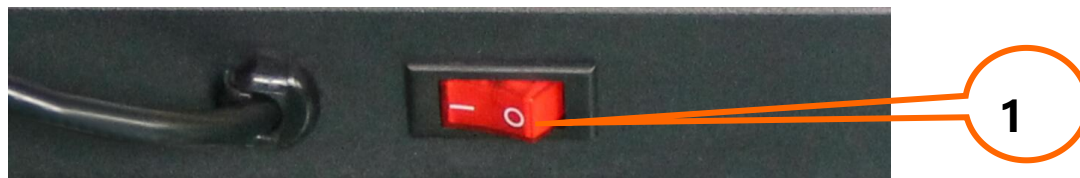
Calf stretching

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 walking machine: Insert the power plug properly and turn on the switch(in red color) When the light is on, you will hear a beep sound, and then the screen will be light up.(Note: The switch is located on the right side of the machine.)



Operation of the bracelet: After powering on, press and hold the "Start" button for about 7 seconds to make a one-on-one pairing connection (the buzzer sounds continuously several times to indicate successful pairing, and if the buzzer does not sound continuously, pairing is not successful). After successful pairing, the bracelet can remotely control the walking machine, and there is no need to match again in the future; There are "Start", "Stop", "Speed+", "Speed -", "Program", and "Mode" on the bracelet.Remote control(Compatible with CR2032,3V Cell Batteries.NOT included to comply with safety regulations in certain shipping conditions)

Display function

Time display: When the time indicator light is on, it displays the running time.

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

Distance display: When the indicator light of distance is on, it will display the accumulated distance.

Calorie display: When the calorie indicator light is on, it will display the accumulated calorie value.

Bluetooth Speaker: 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 hnk_audio will pop up and will manually connect.After the first used, it will be automatically connected.

Function buttons:

Start: Press this button in the stopped state to start the walking machine running;

Stop: In the running state of the Treadmill, press the "Stop" key, all data will be reset, the Treadmill will return to the manual mode after it stops stably, and the Treadmill will stop.

Speed+: Press this button in running mode to increase the running speed;

Speed -: Pressing this key while running can reduce the running speed.

Program key: In standby mode, pressing this key can cycle from manual mode to automatic program P1-P12; Manual mode is the default operating mode of the system

Mode key: When in standby mode, press this key to cycle through three different countdown operation modes. The order of cycle switching is: time, mileage, and calories.

Automatic program

Time Program		Set time / 10 = Running time of each period									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.9	1.9	4	3.1	3.1	2.5	2.5	2.5	2.5	1.9
P2	SPEED	1.9	1.9	2.5	2.5	3.1	3.1	3.1	4	4	2.5
P3	SPEED	1.5	2.5	4	2.5	1.9	2.5	4	1.5	1.9	1.5
P4	SPEED	1.9	1.9	3.1	4	1.9	4	3.1	2.5	1.9	1.9
P5	SPEED	1.9	4	4	4	2.5	1.9	1.9	3.1	3.1	2.5
P6	SPEED	1.5	4	3.1	2.5	2.5	1.9	3.1	1.9	1.9	1.5
P7	SPEED	1.5	3.1	3.1	1.9	1.9	4	3.1	1.9	1.5	1.5
P8	SPEED	1.5	2.5	2.5	2.5	3.1	4	2.5	2.5	4	1.5
P9	SPEED	1.5	2.5	3.1	3.1	4	3.1	4	1.9	1.9	1.5
P10	SPEED	1.5	3.1	1.9	3.1	2.5	4	3.1	1.5	2.5	1.9
P11	SPEED	1.5	3.1	4	1.9	2.5	3.1	4	3.1	1.9	1.5
P12	SPEED	1.5	1.9	3.1	4	2.5	4	3.1	4	3.1	1.9

Translation of Error codes

Error code	Description	Solution
E1	Communication 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	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 walking machine 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	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.
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6、Routine Maintenance

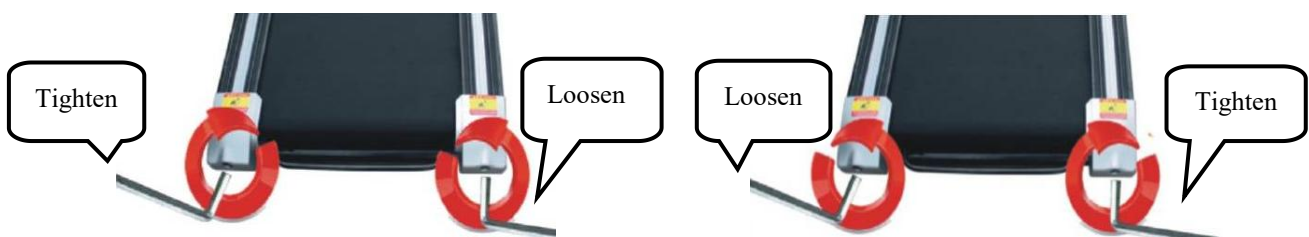
Open the motor cover at least twice a year and vacuum clean the motor. Comprehensive cleaning can extend the lifespan of the walking machine. Clean the exposed parts on both sides of the walking belt to reduce the accumulation of impurities under the walking belt. Ensure that sports shoes are clean and avoid carrying foreign objects under the walking belt to wear the walking board and walking belt. The surface of the walking belt must be wiped with a damp cloth soaked in soap, taking care not to splash water onto electrical components or under the walking belt. **(Warning: Before cleaning or maintaining products, please be sure the power plug of the walking machine is pulled out.)**

Adjustment method for walking belt deviation:

Put the walking machine flat on the ground. Make the walking machine run at a speed of 4miles/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: Belt closer to left

Picture B: Belt closer to right

Running Belt Free Lubrication Function

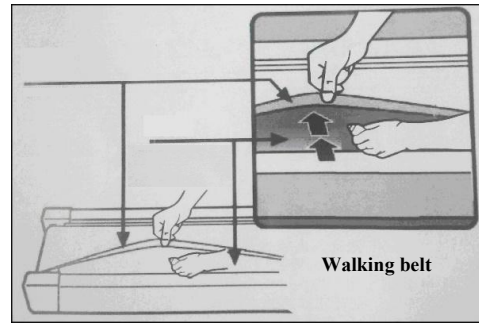
This walking machine is pre coated with lubricating oil when leaving the factory. The friction between the walking belt and the walking board has a significant impact on the service life and performance of electric walking machines, so it is necessary to regularly apply lubricating oil.

Lightweight users (using <3 hours per week) once every 10 months; Heavyweight 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 right figure.



Walking machine 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, walking 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)**