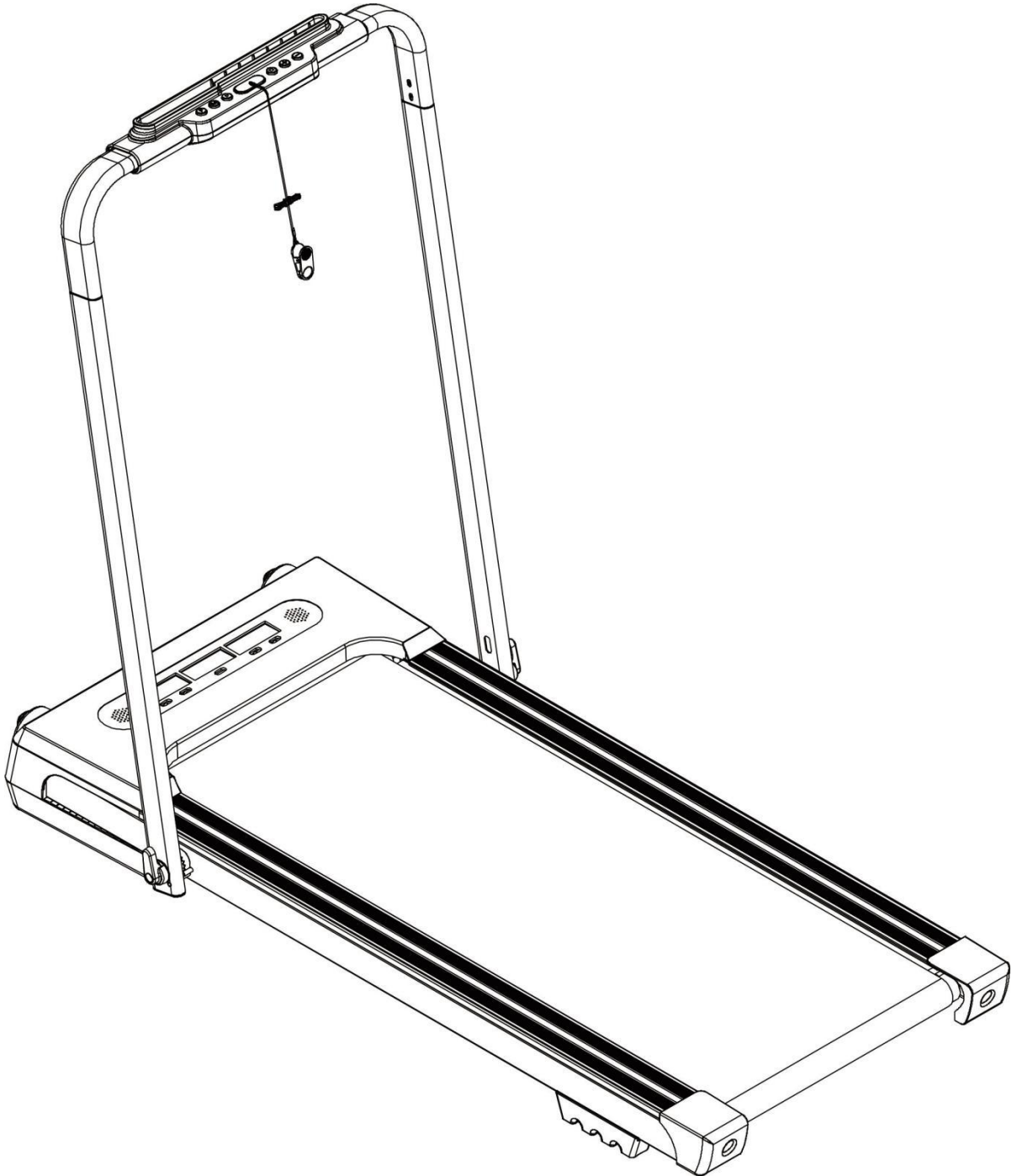


# MOTORIZED TREADMILL



**TIPS:**

Thank you so much for purchasing our product.

Please read this manual carefully before use it; keep the manual at proper place.

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## 1 、 CAUTION

**To avoid injury please read this manual carefully before operating this machine.**



- ★ NEVER attempt to mount the treadmill while the running belt is moving.
- ★ NEVER step off the treadmill while the running belt is moving.
- ★ NEVER operate the treadmill if it is damaged or is not working as it should be.
- ★ DO NOT overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your doctor.
- ★ DO NOT operate the treadmill in or around water / sources of heat & avoid placing the treadmill on thick carpet.
- ★ DO NOT use outdoors. This product is to be used inside ONLY.
- ★ DO NOT place any objects on the running belt or the treadmill itself.
- ★ NEVER connect a live power cable to the treadmill. Please turn off the power supply and the On/Off switch on the back of this machine before connecting the power cable to the machine. Once safely connected you can switch on the power supply followed by the on/off switch on the back of the machine. Connecting a live cable directly into the back of the machine can damage the electrical components.
- ★ Storing the treadmill in a cold damp room i.e. garage (with non-consistent temperature) will increase the risk of damage to electrical components. We recommend that you store the machine in a dry room with constant temperature.

## 2 、 SAFETY NOTICE

- ★ This treadmill is not suitable for children under 14 years of age.
- ★ Use the treadmill only for its intended use as described in this manual.
- ★ Children, elderly users and pregnant women are advised NOT to use the treadmill.
- ★ Assemble and operate the treadmill on a solid, level surface. Locate the treadmill a few feet from walls or furniture. Check the unit before each use and verify that all fasteners are secure. Always maintain the treadmill in good working condition.
- ★ An error may occur due to unstable power. DO NOT share a power socket with other high-powered items such as computers or air conditioning units.
- ★ It is suggested to wear suitable sports trainers and sensible gym clothing when using the treadmill.
- ★ Take care when folding and unfolding the treadmill before and after use.
- ★ DO NOT attempt to disassemble the treadmill yourself except for the maintenance tasks which are described in this manual. The treadmill does not contain any user-serviceable parts so disassembling it yourself will not only void your warranty but could result in serious injury.

### 3、CAUTIONS DURING USE

#### **Keep both the machine and power cord away from heated surfaces**

- ★ Make sure you are wearing proper exercise clothing and shoes during a workout—no loose clothing. Tie back long hair. Keep all loose towels away from the running surface. The running belt will not stop immediately if an object becomes caught in the belt or rollers.
- ★ If you begin to feel not good during use, stop immediately and consult your doctor or personal trainer before continuing.
- ★ Take care when adjusting the speed setting and increase or decrease steadily.
- ★ The safety key must be put at the control panel when you start the treadmill. If you encounter any type of difficulty while using the treadmill, pull out the safety key or press ON/OFF button will stop the running belt.
- ★ Please make sure the running belt is fastened before using.
- ★ DO NOT adjust the belt while machine is turned on or being used.
- ★ Please switch off all functions and unplug it after use.

### 4、TECHNICAL SPECIFICATIONS

<b>Product name</b>	<b>Treadmill</b>
<b>Voltage</b>	<b>110V</b>
<b>Frequency</b>	<b>50-60Hz</b>
<b>Power</b>	<b>2.5HP</b>
<b>Speed</b>	<b>0.5-7.5mph</b>

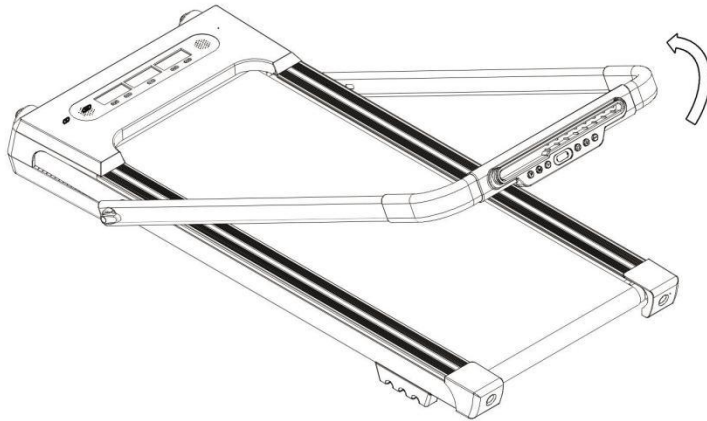
## 5 、 ASSEMBLY

1



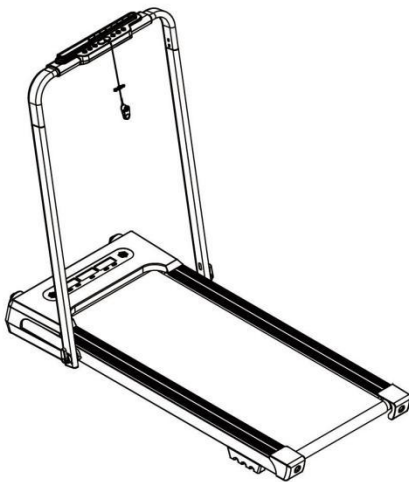
1. Take treadmill out of the carton and gently place it on the ground

2



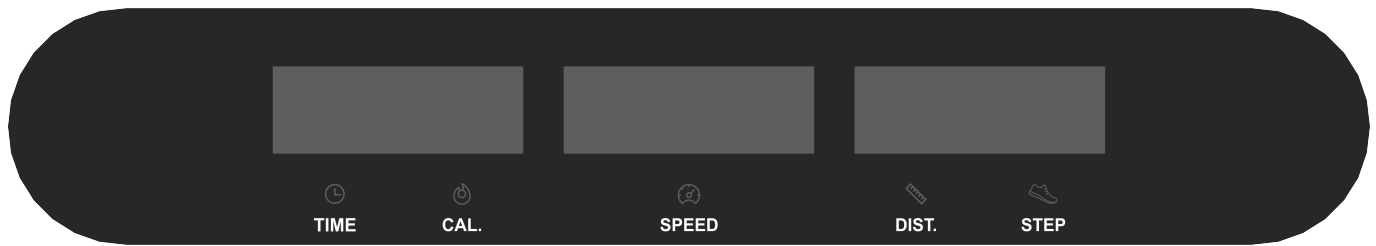
2. Unscrew the knobs on the side of tubes first, and then raise the handrail to the proper position

3



3. Tighten the knobs to fix upright tubes

## 6、CONSOLE INSTRUCTION



### (1) Display

1.1 **"TIME" window** has two modes which shows the running time.

- ① Forward counting time is from 0:00 to 99:59 minutes.
- ② Countdown is count to 0 from the set time (setting range: 5:00~99:00 minutes). The machine will stop slowly when it counts to 0:00 and shows "end", then the machine will come to the standby mode after 5 seconds.

**"CALORIES" window** has two modes which shows the calories.

- ① Forward mode counts from 0 to 9999, it will recount when it reaches the top point.
- ② Countdown mode will count from setting calorie data (setting ranges 20~990) to 0. The machine will stop slowly when it counts to 0:00 and shows "end", then the machine will come to the standby mode after 5 seconds.

1.2 **"SPEED" window** shows the current running speed, the setting range is 0.5MPH~7.5MPH. The speed will +/- 0.1MPH every time you click "+/-" button. P1 ~ P12 are displayed under the setting of automatic selection.

1.3 **"DISTANCE" window** has two modes which shows the current movement distance.

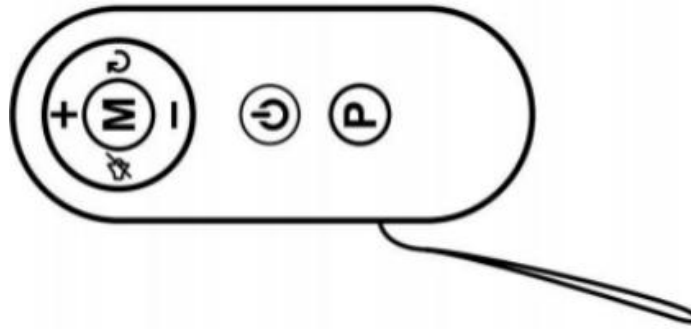
- ① in the forward counting mode, the distance will be increased from 0.0 to 99.9 miles, it will recount if the distance reaches the top point.
- ② in the distance countdown mode, the distance will be decreased from the setting data (setting range 1.00~99.00 miles) to 0. The machine will stop slowly when it counts to 0:00 and shows "end", then the machine will come to the standby mode after 5 seconds.

**"STEP" window** shows the steps. It counts from 0 to 9999 steps. It will recount when the step numbers reach the top point.

**Note:** The window will be switched from **TIME** and **STEP** cyclically, you can press "M" button to switch between cyclic display mode and single display mode in motion state.

**Note:** The window will be switched from **DISTANCE** and **CALORIES** cyclically, you can press "M" button to switch between cyclic display mode and single display mode in motion state.

- 1.4 The maximum speed of the treadmill will be limited to **4MPH** when the dashboard deflected from a horizontal direction to an arbitrary direction by more than **60 degrees**.



## (2) Function of the Remote Control


### 2.1 "Start/Stop":


- (1) In standby or countdown mode: Pressing "start/stop" button to start the machine. Please note that the default speed is 0.5 MPH.
- (2) Choose the preset program: Pressing "start/stop" to start the machine and the speed will change according to the preset speed.
- (3) In running state: Pressing "start/stop", then the treadmill will stop slowly and back to standby state.



2.2 "+" / "-" button is to adjust speed. Keep pressing "+" or "-" button over 0.5 seconds, the speed will keep increasing or decreasing. The speed will change by 0.1 MPH

2.3 "M": ① In standby mode: it can switch from different mode, including Time, Distance and Calories. ② In running mode: press "M" button will switch display mode between cyclic display mode and single display mode.

2.4 "P": There are P01~P12, totally 12 preset programs you can choose when in standby mode.

2.5 Press the  button to mute the treadmill (no sound "Bi"); press it again to resume the beep sound.

2.6 After using, press  button, the treadmill will stop slowly and it will retain its data until power off. It will resume the previous speed when it starts again.

2.7 : Press the  button, the data will be reset to its default data. It only works when the treadmill is in standby mode.

※ REMARK: Any valid pressing, the treadmill will make a sound "Bi".



## (3) About the Remote Control

3.1 Pull out the insulating sheet, you can use the remote control directly.

3.2 The remote control can directly control the treadmill.

3.3 If you have purchased multiple treadmills, in order to prevent the treadmills from interfering with each other, please perform the following operations to match:




3.3.1 Turn on the one of treadmills.

3.3.2 Simultaneously press the  and  buttons together on the remote control for 5 seconds. The display screen will flash, and the treadmill will match the remote control.

3.3.3 Please note: After matching the remote control, if remote control is replaced,

please rematch it with the above step.

#### (4) Functional Instruction

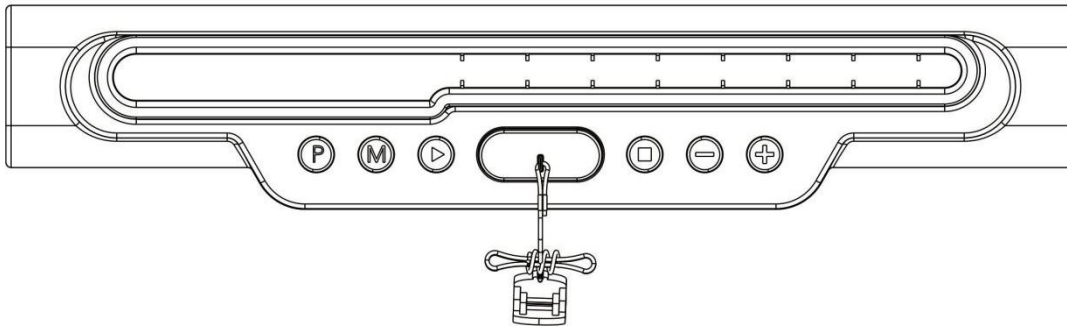
- 4.1 **Sports mode:** Press " " key to start the machine and the SPEED window will count from "3 2 1". Please note that the default speed is 0.5 MPH and you can press "+" or "-" to adjust speed.
- 4.2 **Countdown mode:** when in standby, press "M" key to choose countdown for Time, Distance and Calories. Press "+" or "-" to set relevant data. After setting, press " " to start the treadmill and it will count down from the set data, the machine will stop by itself when it counts to 0.
- 4.3 **Preset program(P01~P12):** choose one program first and then press "+" or "-" to set the running time (ranges 5:00~99:00, and the default time is 30:00), press " " to start the machine, it will run according to the preset speed and speed will change according to the time "(Time/20)".

Time Program		set time/20 = running time for each section																			
P1	SPEED	2	2	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	5	3	2
P2	SPEED	2	3	4	5	6	4	6	6	6	4	5	6	4	4	4	2	4	5	3	2
P3	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	5	3	3	2
P4	SPEED	2	5	5	6	6	6	6	4	4	2	2	4	7	6	6	6	6	6	4	2
P5	SPEED	3	3	5	7	6	6	8	5	5	8	8	5	6	5	8	5	7	5	4	3
P6	SPEED	3	8	8	7	8	6	8	6	4	2	5	4	7	6	6	6	8	6	4	3
P7	SPEED	3	4	6	6	8	6	8	7	5	6	6	6	6	7	8	7	6	6	5	3
P8	SPEED	3	5	6	7	8	8	7	8	4	7	7	4	7	7	8	7	8	7	5	3
P9	SPEED	4	7	3	7	7	7	8	8	5	8	6	7	6	7	8	8	7	7	5	3
P10	SPEED	4	5	3	8	8	8	8	8	4	8	5	4	7	8	7	7	8	7	6	4
P11	SPEED	4	8	6	8	7	6	6	8	5	8	8	6	6	6	6	6	7	8	8	2
P12	SPEED	4	4	7	8	2	8	8	8	8	8	8	8	7	8	8	2	8	8	8	2

#### (5) How to Match a New Remote Control

- 5.4 Power off the treadmill
- 5.5 Press the "speed -" in the treadmill and "M" button in the remote control at the same time, then keep pressing for 6 seconds.
- 5.6 Start the treadmill within 5 seconds, the remote control will match the machine





## (6) Dashboard

### 5.1 "Start" button

In standby /countdown mode, press the button to start the treadmill. The default speed is 0.5MPH. In preset mode, press the button, the treadmill will start and act according to the preset value and accumulate the data.

### 5.2 "Stop" button

In the running state, press this button to stop the exercise and return to the standby mode. Press the stop button for more than 2 seconds, the system restarts.

### 5.3 "Up/Down" button

It is used to adjust the speed after start up, and the adjustment range is (0.1 MPH) / time. Keep pressing for more than 0.5 seconds, it will continuously increase or decrease. It also can be used to adjust the setting value in the setting state.

### 5.4 "Program" button

To select 12 preset automatic programs P01 ~ P12.

### 5.5 "Mode" button

To switch between various modes in standby mode. Including time countdown (setting range 5: 00 ~ 99: 00), distance countdown (setting range 1 mile ~ 99 miles), calorie countdown (setting range 20 ~ 990). After the treadmill is started, every window will display cyclically at an interval of 5 seconds. You can press the "M" button to switch between cyclic display mode and single display mode.

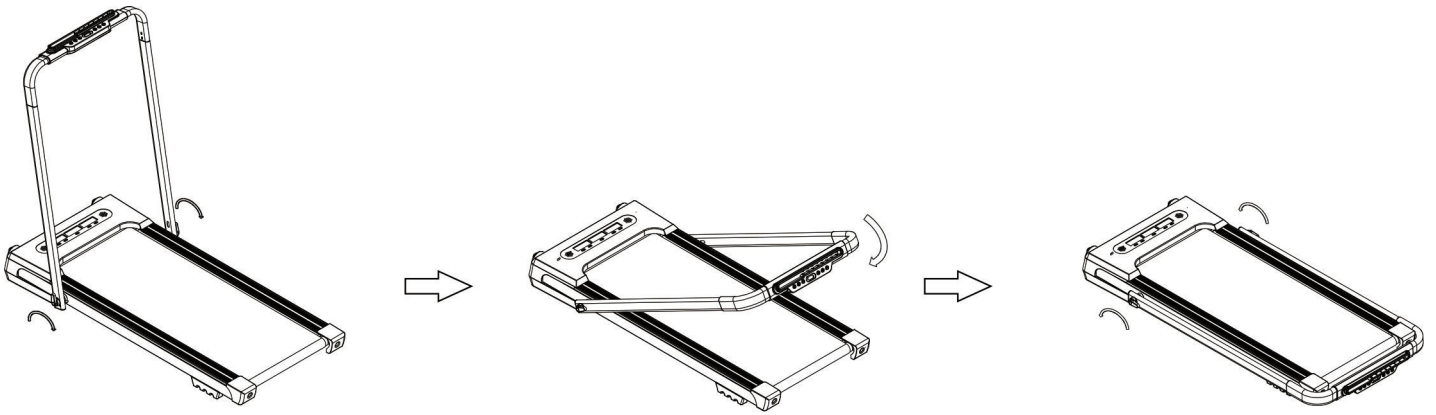
### 5.6 "SAFE KEY" Area

In case of emergency, pull out the safety key to cut power instantly.

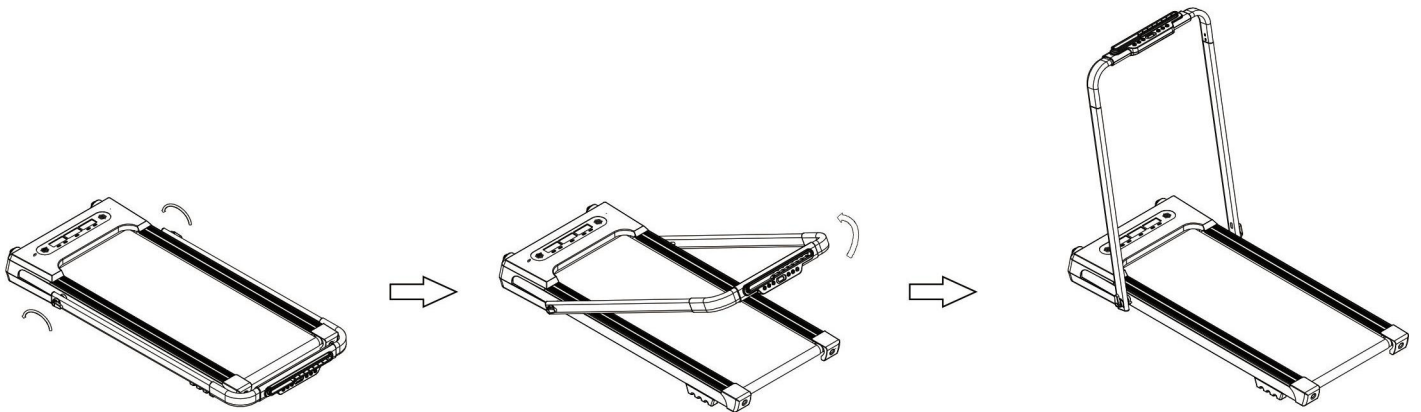
**If any error codes appear on the screen, then please check below:**

- ★ Err: Without safety key - Please make sure the safety key is put on.
- ★ If the safety key is already on, but there ERR still shows or there is no function, then change the computer screen/display monitor.
- ★ E2: Error for the motherboard, please change it.
- ★ E4: Error for the motherboard, please change it.
- ★ E5: Over current protection, please change motherboard.
- ★ E6: Motor Error-Please make sure the motor line has connected, if all the line connected, please change the motherboard if necessary.
- ★ E7: Communication interruption, please make sure all of the connection lines have been connected correctly.
- ★ E8: Over load error- User may have exceeded max weight.

## 7 、 FOLDING UP AND SETTING DOWN



Unscrew the knobs, lie down the handrail clockwise. Then screw the knobs to the frame. The speed setting range will be from 0.5-4mph.



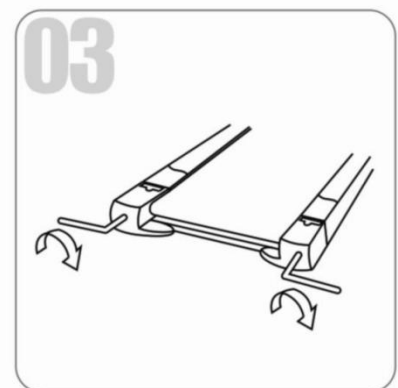
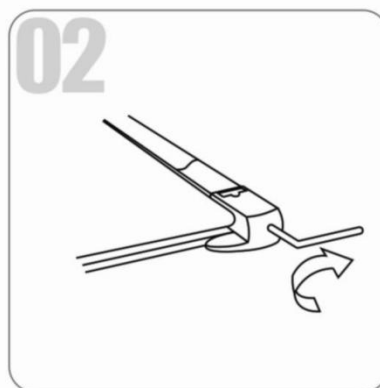
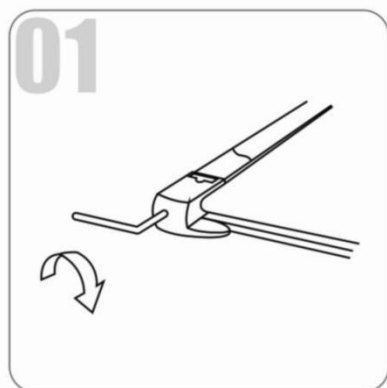
Loosen the knob and uplift the handrail anticlockwise to the certain angle, then tighten the knobs. The speed range will be from 0.5-7.5mph.

## 8、USAGE OF SILICONE OIL

Before you start the treadmill, please lubricate the running belt first. Pull up tightly of the running belt. Then put the 1/3 bottle of silicone oil to running board. Then start the machine to run 3 minutes without loading. It is better to maintain like this every 30-hour working of the machine. This can save lifetime of parts properly.



## 9、RUNNING BELT ADJUSTMENT



### (1) Running belt deviates to left

Start the machine at speed 1-1.5 mph (don't stand on it). Use the Allen Wrench to turn the

screw clockwise until desired fit (see fig1). Then let the machine run without loading for 1-2 minutes. Please adjust like this until the belt is in the middle.

## **(2) Running belt deviates to right**

Start the machine at speed 1-1.5 mph (don't stand on machine). Use the Allen wrench to turn the screw counterclockwise until desired fit (see fig2). Then let the machine run without loading for 1-2 minutes. Please adjust like this until the belt is in the middle.

## **(3) Running belt stuck**

If the running belt is not moving, use the Allen wrench to turn the screws 180 degrees on both left and right sides until this is solved.

# **10、WARRANTY**

**We have 1 year quality warranty to the products. Within the warranty period, we provide the FREE replacements parts. If caused by incorrect assembly, incorrect use or change of parts failures, our company takes no responsibility. You should show our products series no. and relative pictures or videos or concern information before getting the warranty.**

**This machine is only for home use, if the problems occurred by commercial used, our company takes no responsibility.**

## 11、EXERCISE GUIDE

**PLEASE NOTE:** Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

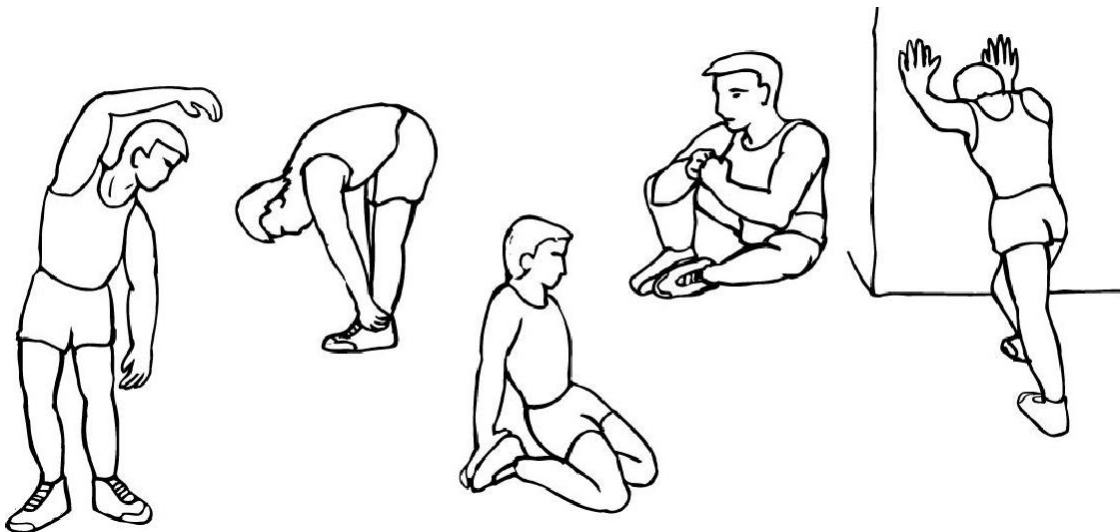
The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart. So, as you can see, the fitter you are, the healthier and greater you will feel.

### Warm-up

Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up Increase your body temperature, heart rate and circulation in preparation for exercise. Easy into your exercise.

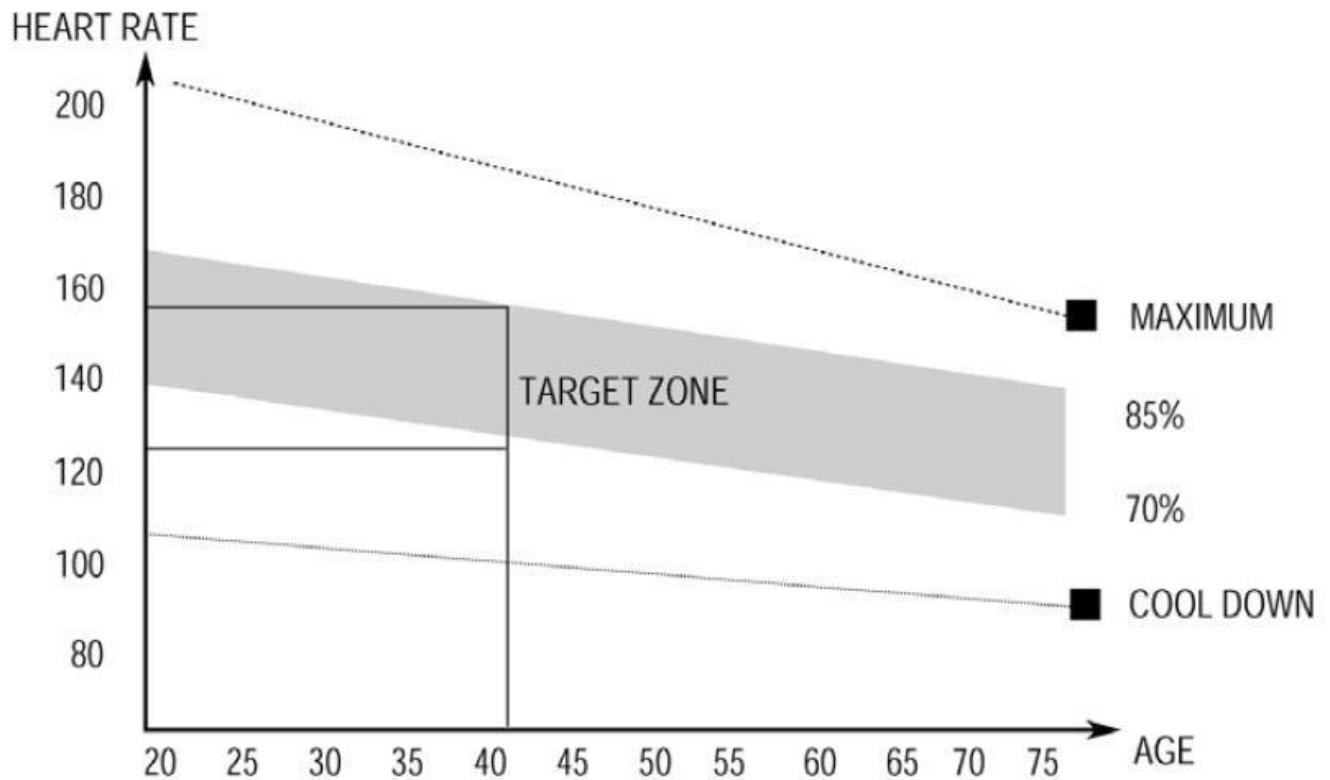


## **Training Zone Exercise**

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your Intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold you breathe.

## **Cool Down**

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.



**THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS**

**EXERCISE. REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.**

The most important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

MADE IN CHINA



## FCC STATEMENT

### FCC STATEMENT (Remote control function)

1. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

2. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

——Reorient or relocate the receiving antenna.

——Increase the separation between the equipment and receiver.

——Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

——Consult the dealer or an experienced radio/ TV technician for help.

### FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure requirement.  
The device can be used in portable exposure condition without RF striction.