

# Treadmill User Manual

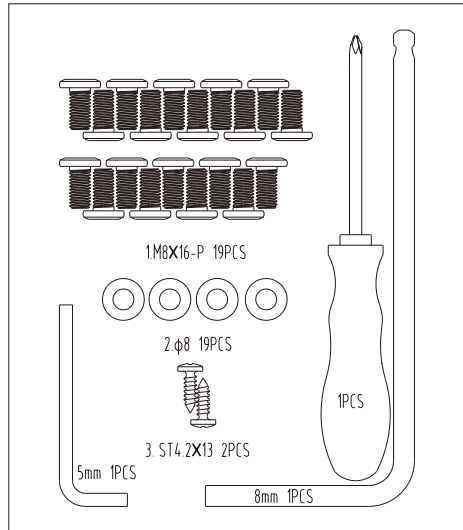


## Assemble manual:

Attention 1: It takes 2 person to assemble this treadmill.

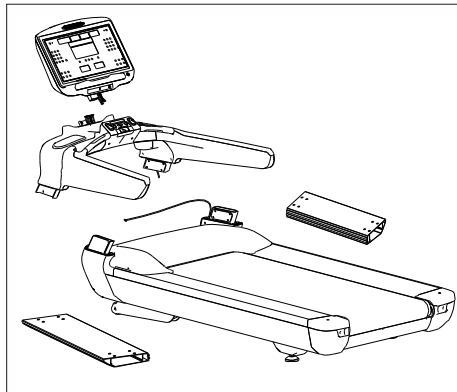
Attention 2: Because of high quality oil for running belt, it's normal to leave little oil stain on packages after shipping.

Attention 3: Please use the special tools and screws in workbag as below.



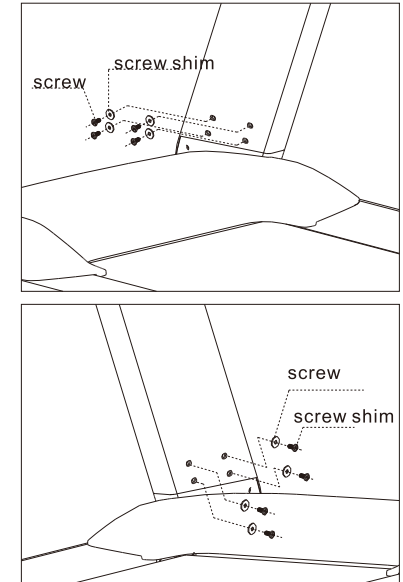
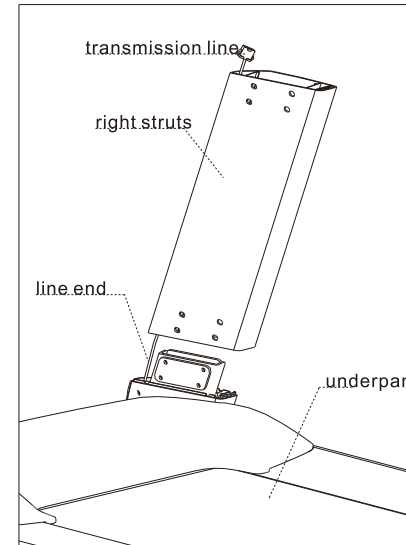
### Step 1: Take all parts out.

Handle with care and don't leave any parts out.



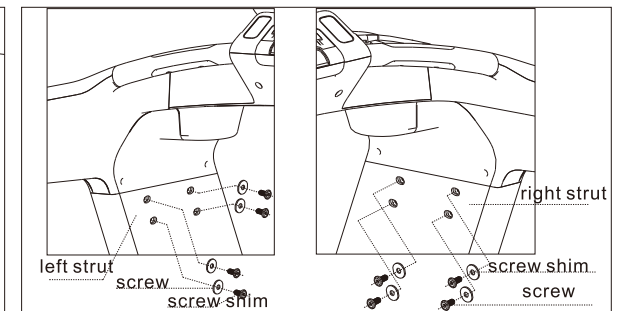
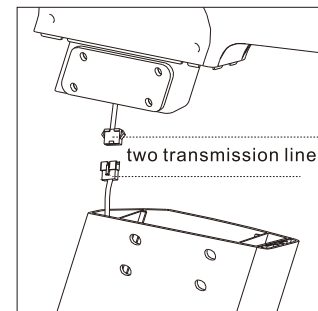
### Step 2: Install struts.

Put the underpan away and take both struts out. Make the data transmission line through right side strut. Then fasten the screws on the bottom stand pillar with tools. Also, tighten the other side strut as the same way.



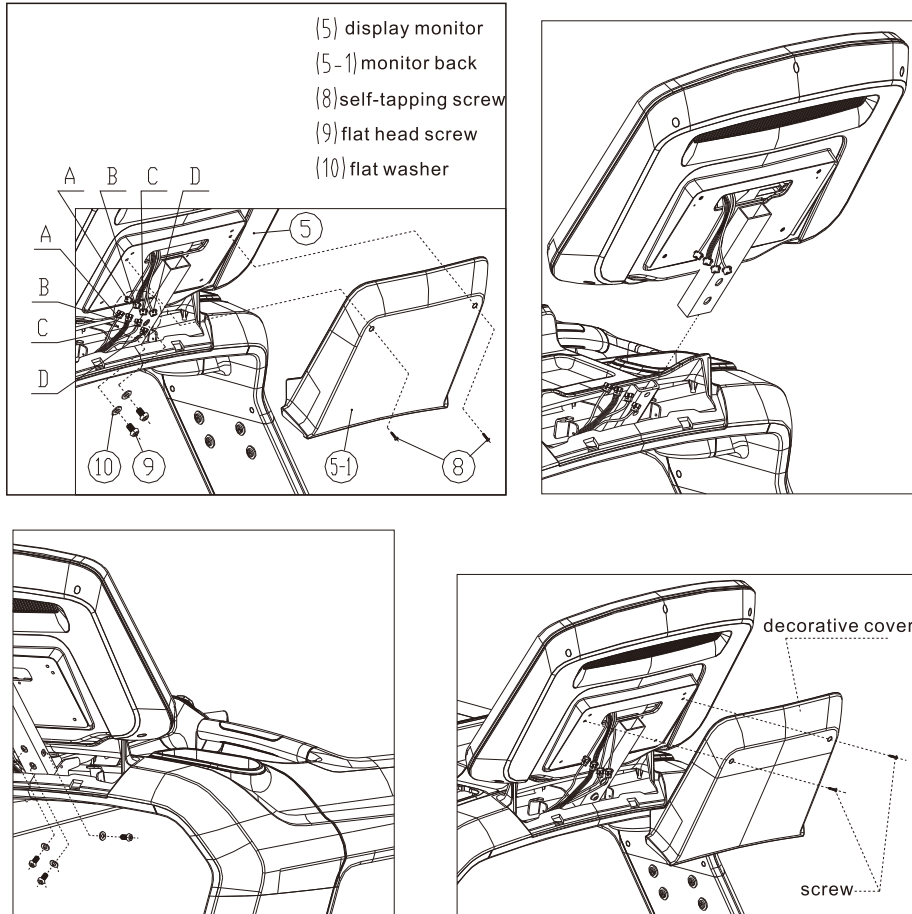
### Step 3: Install top console.

Raise the console above struts, connect two data transmission lines first, then plug the top console in struts (Attention: Avoid squeezing the data transmission lines). And fasten the screws on the upper standing pillar with tools.



## Step 4: Install the display monitor.

1. Take the display monitor out. Separate the monitor and decorative cover, connect the multi-core wire (A connects A, B connects B, C connects C, D connects D) and sort out.
2. Insert display monitor into top console, then fasten the screws.
3. Make sure of the display monitor, fasten the back decorative cover with tools.



## Product Introduction

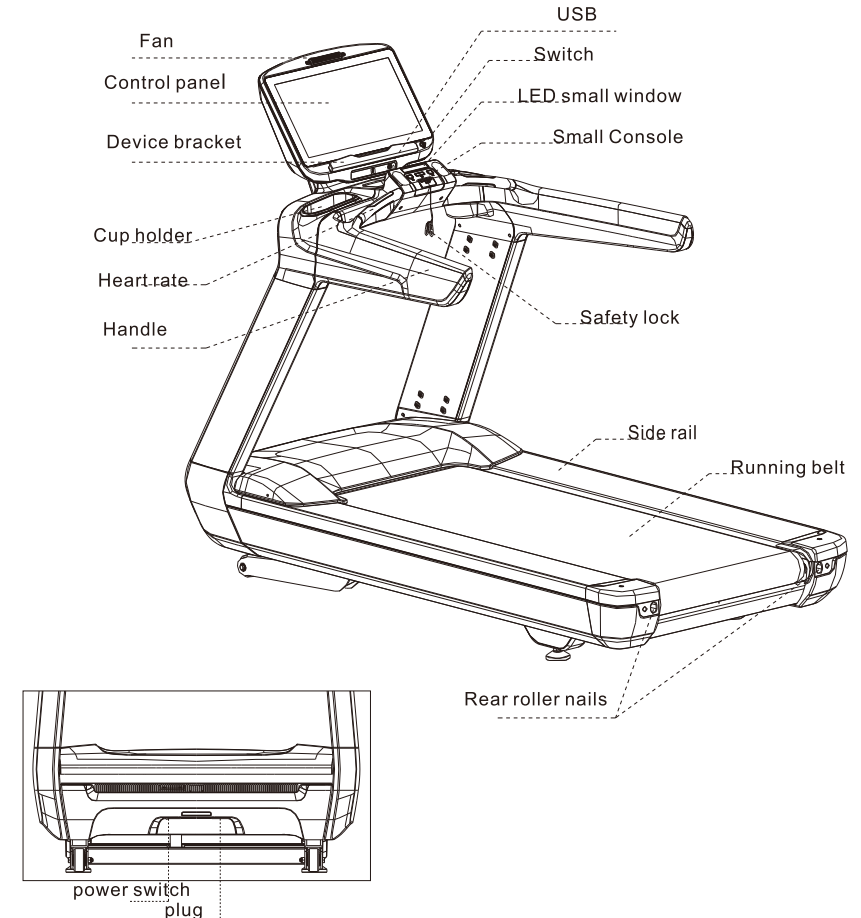
Exercising regularly on the treadmill is beneficial for your health.

For Respiratory system: Improves myocardial function, increases cardiopulmonary after exercise.

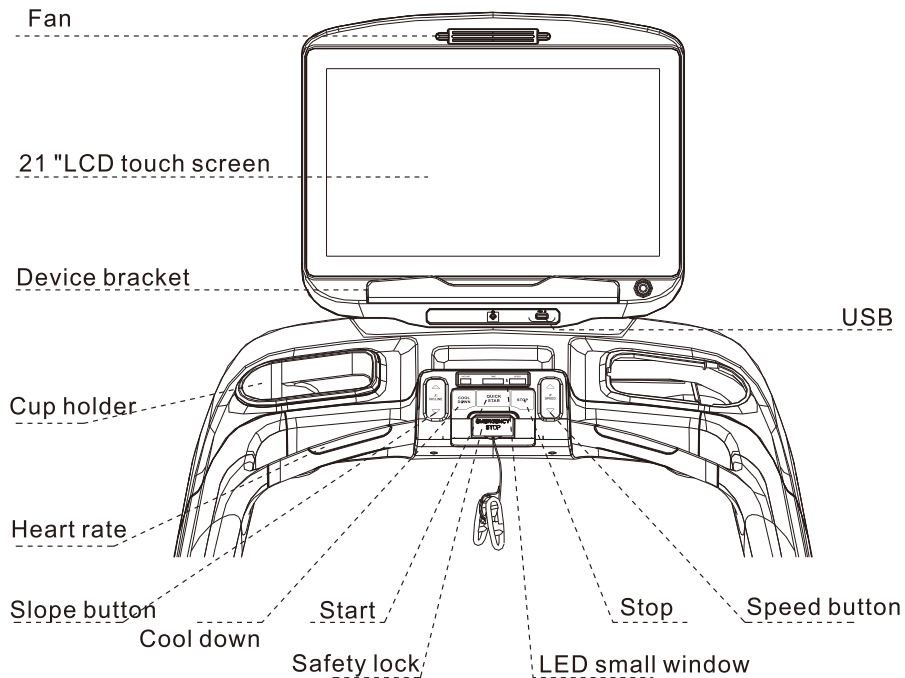
For Nervous system: Fresh the mind and improve, has great analytical action after exercise.

Metabolism: Activate many factors in your body, and it is good to effectively accelerates bone growth after exercise.

Immunologic function: Lower blood pressure, boost the immune system and improve immune response and resistance to disease to disease after exercise.

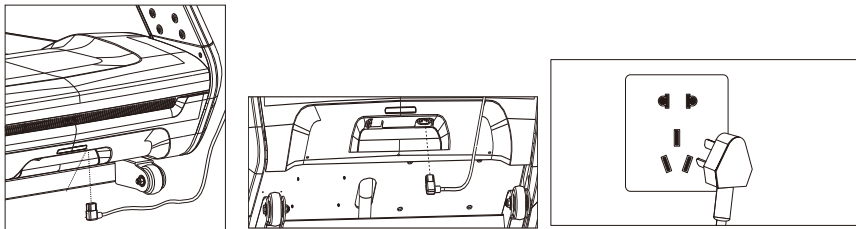


Familiar with all parts as below before reading other words.

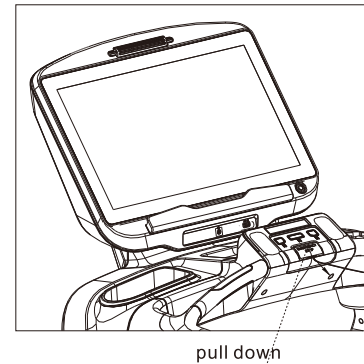
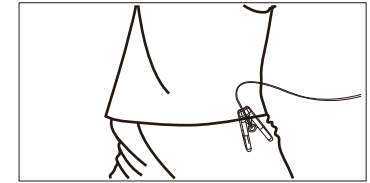
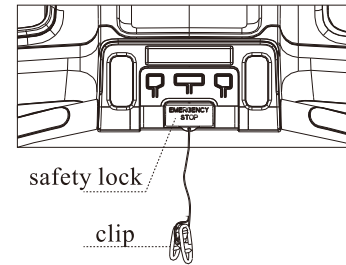


### Start the treadmill:

Remove the power cord, Insert one side into the rear of the treadmill, then insert the other side into power supply.

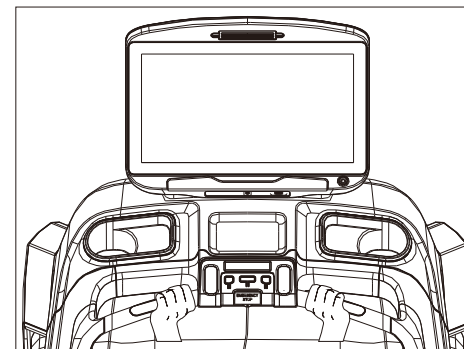


Please make sure the safety lock before running, clip one side on runner's clothes.



Pull down the safety switch, when you feel uncomfortable. Then timely medical treatment.

### Heart Rate Manual:



Put your both hands on the touch sensor that will show the heart rate.

Normal heart pulse reference									
Times/min					Pulse range				
165					High				
145	155				Regular				
125	135	145			Low				
	120	130	140						
		115	125	130					
			110	118	125				
				105	110	115			
					95	103			
Heart icon						90			
Age 20 30 40 50 60 70 80									

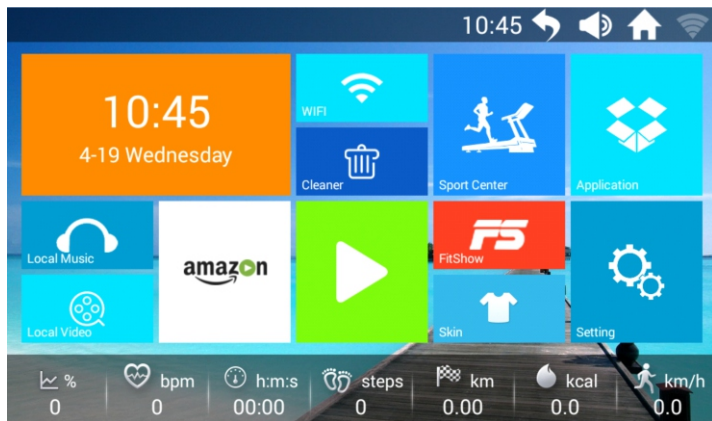
Maximum heart rate of exercise:  
220-age=Max heart rate

Fat reduction: (60%~80%)\*Max heart rate;  
Improve heart and lung function: (70%~80%)\*Max heart rate

Note: Keep the movement for more than 30 mins.

## MAIN INTERFACE

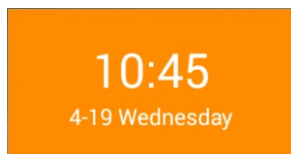
main interface is divided into ten functional modules: weather forecast, local video (local music, local video), Internet (built-in third party video APP), WIFI link, one button cleaning, sports show, skin setting, application, setting, Sports Center (built-in time inversion, calorie inversion, distance inversion, step number Inversion, program movement, heart rate control, runway mode, real motion, customization).



## Function detailed explanation

### 1. Weather forecast

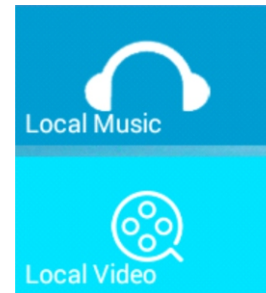
Weather conditions used to manage current time and location ;



- ◆ Support the user to manually correct the current time and date;
- ◆ The current time and date will be updated automatically when connect network

### 2. Local video (local music, local video)

It is used to manage and play video and audio files in memory and external U disk;



- ◆ Support for playing MP3, APE, MP4, MOV and other common audio and video format files;
- ◆ Video files in local video and audio files do not need to connect to the network. They can be directly clicked;
- ◆ In the course of exercise, we should try to choose the music with the good rhythm, and it is best to adapt to the running rhythm. The music that has a sudden change of rhythm is easy to have a bad effect on the rhythm of running;
- ◆ Please try not to watch the video while running. It's easy to distract. It may cause the running speed too fast or too slow.

### ◆ How to play videos stored in USB:

① Insert the USB storage device into the USB interface and play the audio and video files through related operations;

### 3. Internet

Built-in third party video APP

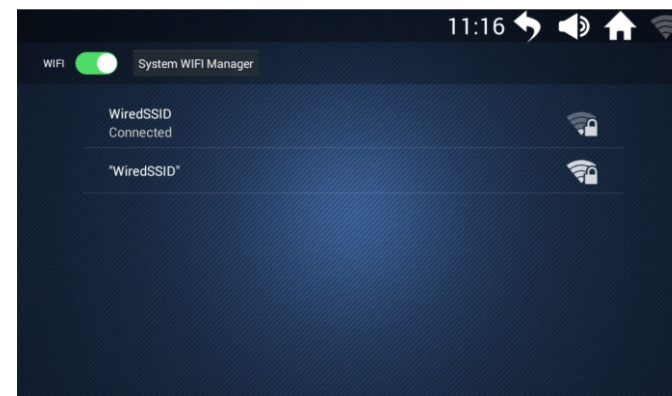


- ◆ You need to connect to the WIFI network to use ;
- ◆ Please try not to browse the content of the web page or watch the video files while running, so it is easy to distract and cause accidental injury; you can first set up the content and start the treadmill. ;
- ◆ In order to reduce the boring feeling in the process of exercise, we should listen to some relaxing music appropriately.


### 4. WIFI



4.1 Click enter into WIFI management:

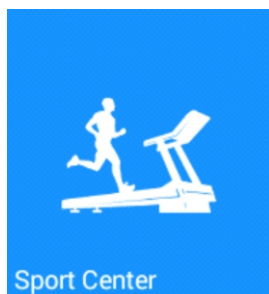


## 5. One key cleaning

5.1 Click  one key cleaning, directly cleaning the cache and memory of the machine.

## 6. Sports Center

Built in 9 kinds of sports: time reversal, calorie inversion, distance inversion, step count, program movement, heart rate control speed, runway mode, real motion, custom.



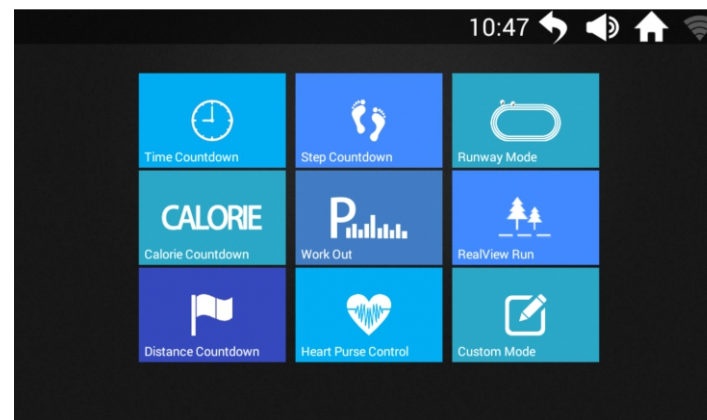
- ◆ Every running time is less than 60 minutes.
- ◆ The slope of the treadmill can increase the difficulty of pushing the ground, imitating the resistance of the road running, making the running closer to the outdoor running rather than being run by the treadmill. But too high slope must adjust the speed of the treadmill and avoid falling too fast.
- ◆ Whether the running speed is appropriate or not, there is a simple criterion, that is, there is a sense of sweating in running, but there is no air, very uncomfortable feeling, that is, the running speed is the best.

◆ Please check the safety lock before exercise. During the movement, any abnormal condition occurs, the safety lock is removed, and the opportunity for running is slowed down rapidly to stop running.

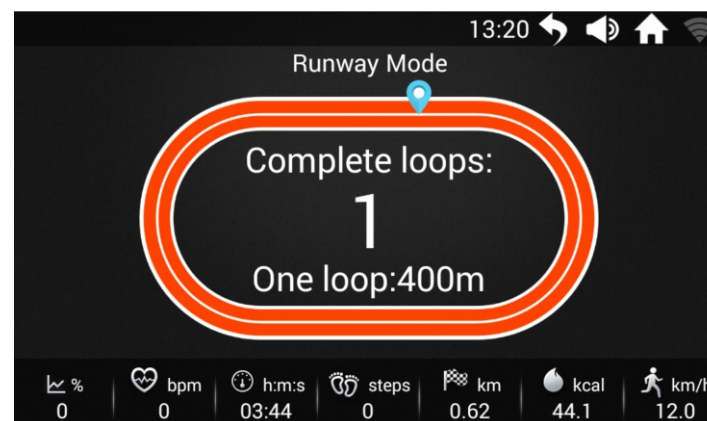
◆ Please pay attention to your heart rate value at any time during the exercise. The highest heart rate is controlled at 220 age reduction (this is the limit value, the general movement does not exceed 90% of this value). If it is the older sports person, this number needs to be reduced a little more.

◆ Any vigorous exercise should be carried out about 30~60 minutes after meals.

6.1 In the main catalogue click  enter into sport center



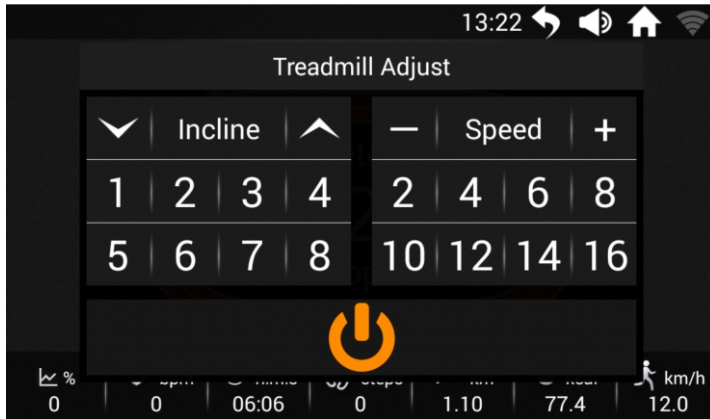
6.2 Click  enter into lap running mode:




◆ The 1 Lane of the runway is 400 meters. When the icon is rotated, the number of circles is automatically calculated by 1, and so on.

Parameter adjustment of treadmill:

◆ Click on any area of the screen to eject the floating window to control the treadmill;






② Click , the treadmill will appear to restart and stop two items for user choice. ;

The floating window automatically closes in three seconds.


◆ Racetrack mode start :

① After adjusted by sliding up and down. Press the start button to run the treadmill automatically after entering "3, 2, 1, GO"


② The speed and slope can be adjusted through the speed of the panel and the buttons of the slope or the floating window. ;

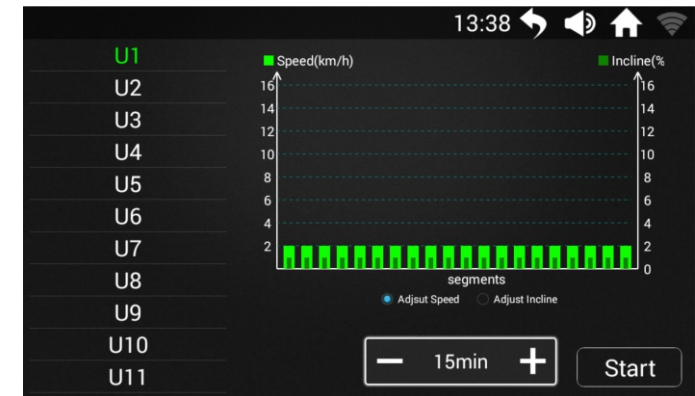
③ Click , treadmill stop running in slowly , show  and  to choose by user, When the user has not made a choice, clicking the return key of the upper right corner can return to the main interface to operate other operations other than the treadmill. The user chooses to click any motion mode of the motion center interface and will return to the runway mode interface. ;


④ Click  treadmill start running by the slowest speed ;

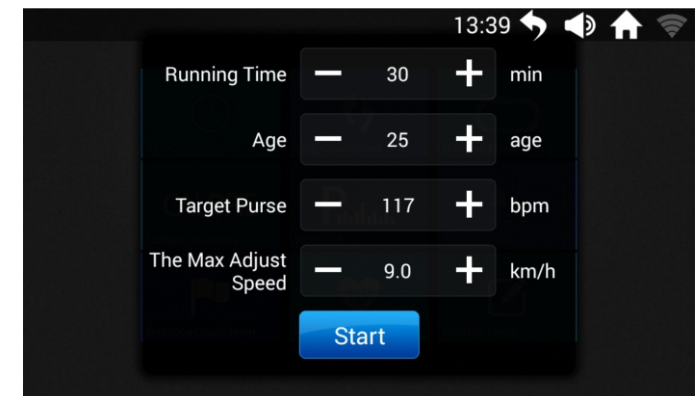
⑤ Click  treadmill stop running in slowly.



6.3 Click  enter into customized mode :




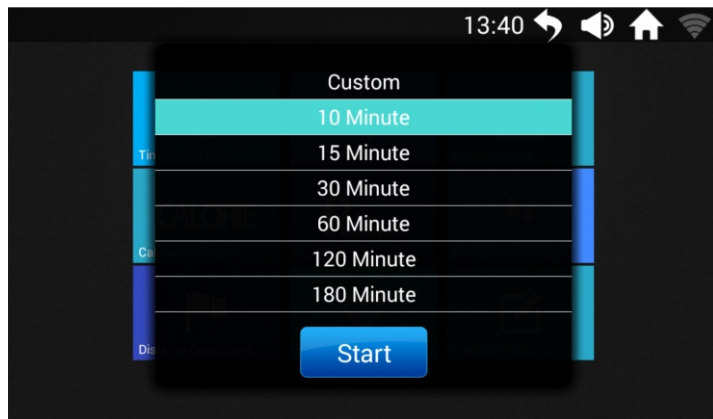
6.4 Click  enter into heart rate setting ;




◆ Users set parameters according to their needs, click the start button, and the treadmill starts running.



6.5 Click  enter into time count down mode

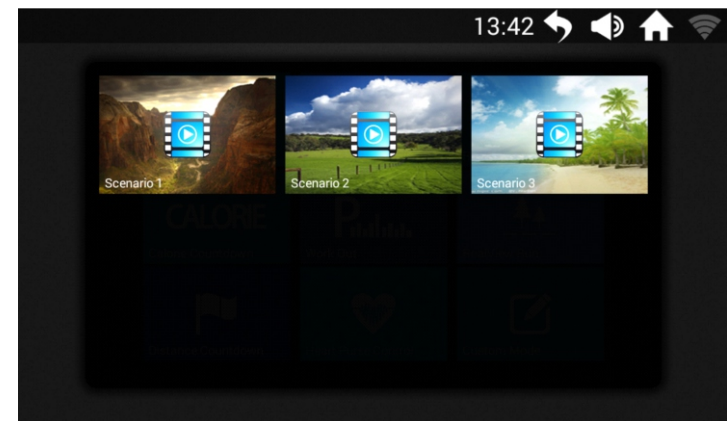


◆ The user selects the movement time according to the requirement, built-in fixed time, if the user wants to set up itself, can click the custom, the finger press the window to add and subtract key to set up the movement long, When setting OK, click  button, start running;



Press the stop key, the treadmill stably stop running, the treadmill pops out the session frame, restarts and stops the two items for the user to choose, chooses the stop button, the system will automatically calculate the performance of the movement and pop up the related transcript interface.

6.6 Click  Entering the real motion page:



## 7. FIT SHOW

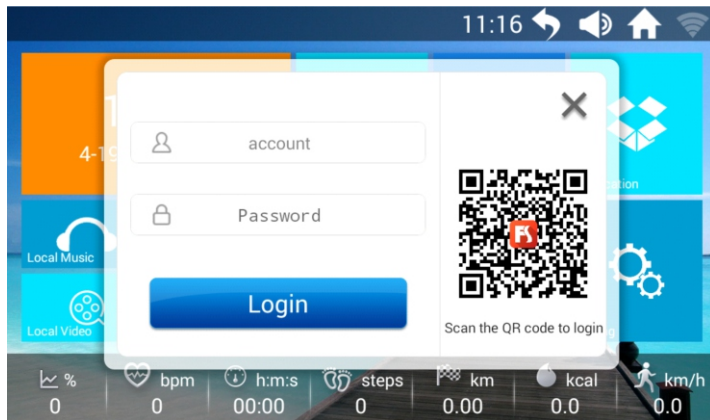


- ◆ Quick login of fit show account on mobile sports show APP.



- ◆ Recommended that users register at the mobile phone side; scan the left side of the two-dimensional code download. “(FitShow)” APP.

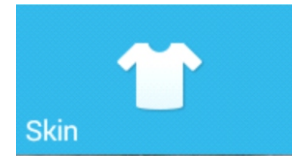
In home page click  enter into FIT SHOW:



- ◆ The movement data of the day can be viewed, and the system will automatically record the historical sports data such as calorie, time, step number and mileage consumed by the user.



- ◆ When the treadmill is connected, the system will count and upload the user's personal sports data in order to calculate the user's ranking in the system and list the rankings (this function will not disclose the user's personal information, only for internal rankings).

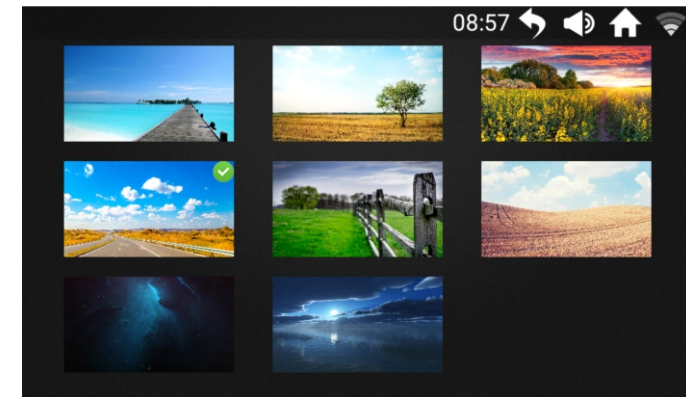
## 8. Skin



- ◆ The built-in skin of the system is available for users to choose and does not support users to download themselves.
- ◆ You can choose to change the background skin of the machine according to your preferences.

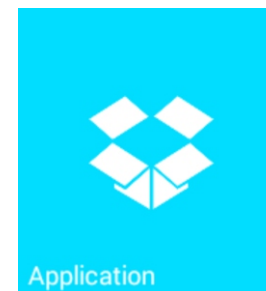
### 8.1 Skin setting

Click  enter into skin setting, after selection,  appears on it



## 9. Application

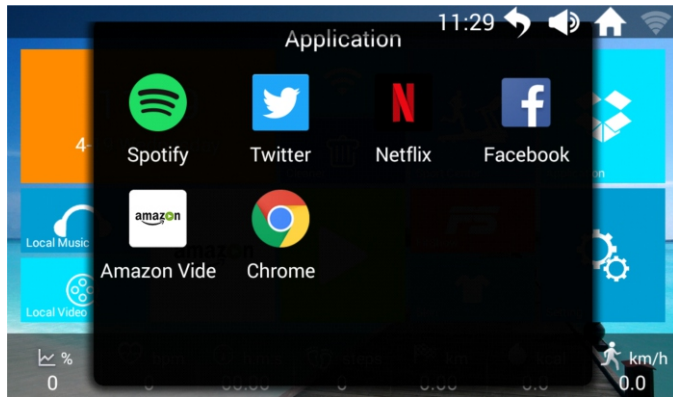
There are five functional modules built in third party music and video APP application, Internet, social networking, news and so on.



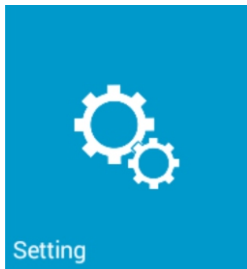
- ◆ The six functional modules of the Internet need to be connected to the WIFI network to be used.
- ◆ It supports playing MP3, MP4, MOV, APE, and other common audio and video format files.
- ◆ Please try not to browse the content of the web page or watch video files during running, so it is easy to distract and cause accidental injury; you can first set up the content, and then start the treadmill.
- ◆ During the running, you should listen to some relaxing music, so as to reduce the boring feeling in the process of exercise.



Click enter into entertainment:



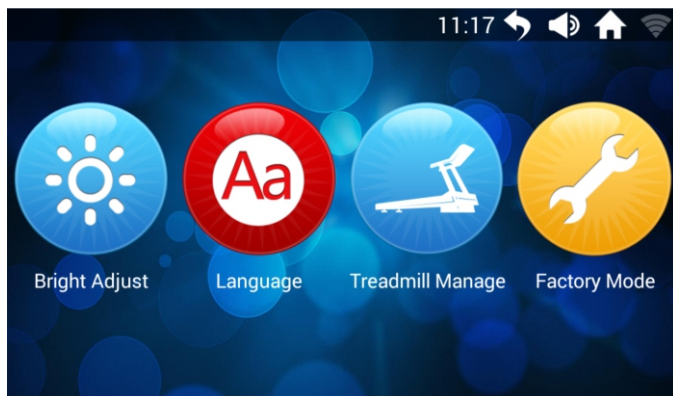
## 10. Setting



- ◆ This system will prohibit users from installing other APP applications, so as not to cause the treadmill system to crash.
- ◆ This system will prohibit users from uninstalling the built-in APP applications.
- ◆ Please remove the data and caching of the APP application regularly.



Click enter into system setting:



### 10.1 Brightness adjust:

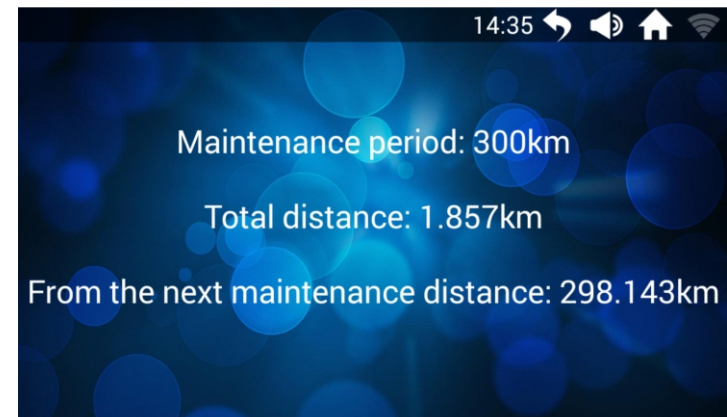
When setting up the interface, click the brightness adjustment icon to enter the list.



Fingers slide on the brightness bar, slide to the right, increase the brightness, slide to the left to reduce the brightness.

### 10.2 Factory Mode:

Set up the interface, click the machine management icon to enter the machine management interface, this interface shows the cumulative mileage, and the distance from the next maintenance mileage



## Daily Maintenance:

Because of the environment change or long time using, the running belt may deviate, so that need to adjust the running belt by hand.

WARNING: When adjusting the running belt, it is forbidden to touch the belt when the running belt is in a rotating state !

## How To Adjust The Running Belt Elastic:

When using treadmill sometimes abrupt, please stop using immediately it means the running belt too tight .

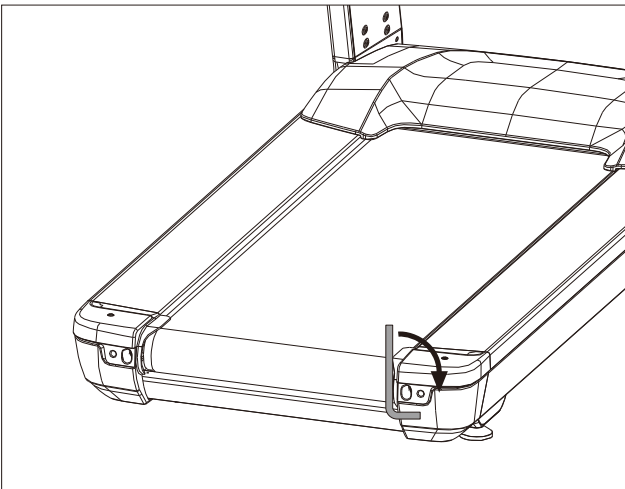
keep the speed 2km/h, stand on treadmill, use your feet to hold the running belt with your max strength.

Listen if there is sound from front roller.

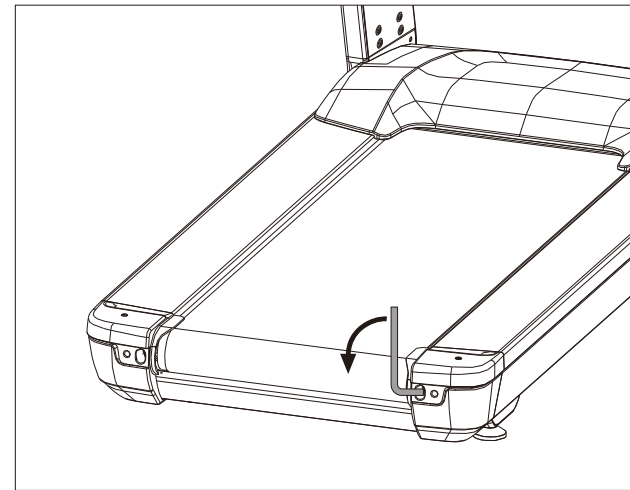
If the front roller keep moving but with big noise, it means the running belt is too loose.

If with small noise and front roller stop running, it means the motor belt too loose.

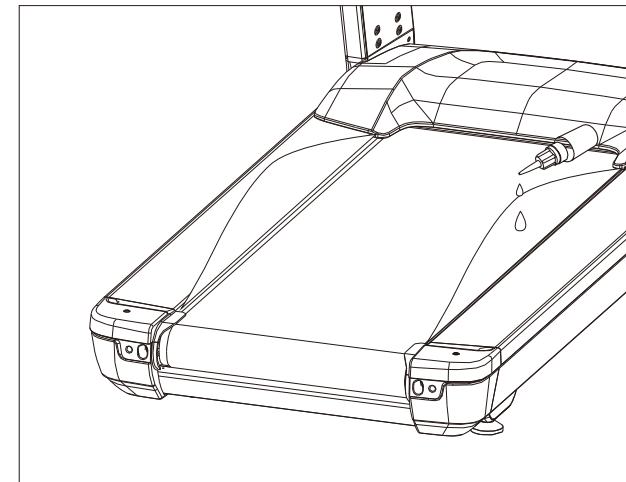
### 1.Tight the running belt.



### 2.Loose the running belt.



## How To Clean&Maintain The Running :



1.Stand at the end of machine, then pull up the running belt then use dry textile clean the running board.

2.Highly suggest to clean the board every 6 months .

## Trouble Shooting

	FAILURE	REASON	SOLUTION
Display	Safety key off	A Safety key off	Put the safety key on
		B Magnetic sensor fail	Adjust the magnetic to right position
	E01-Signal problem (No signal to drive); E02-Signal problem (No signal to display)	A Signal cable wont connect	Reinstall line
		B Signal cable broken	Change the line
		C Display signal line broken	Change display
		D Drive signal line broken	Change drive
	E07 - Over voltage protection	A Voltage not stable	Restart
		B Voltage too high	Use voltage stablizer
	E04-Incline motor problem	A Motor cable won't connect	Check the motor cable and reconnect
		B Incline motor broken	Change incline motor
		C Drive problem	Change driv e
	E12-Over current protection	A Over loading capacity	Restart the treadmill
		B Transportation jam	Adjust the part or add oil
		C Motor short circuit	Change motor
		D Drive burn	Change drive
	E08-Motor or Invert problem	A Motor cable not connect	Reconnect the cable
		B Motor broken	Change new motor
		C Motor run idle	Current too low
		D Invert problem	Change new invert
	E13/E14-Motor over loading capacity	A Too much twisting force	Adjust twisting force components
B Morot problem		Change new motor	
C Transportation jam		Adjust the part or add oil	

### Example Warm-up Exercises:

Please do warm-up exercises before running on treadmill. And refer to the following warm-up method.

#### 1.NECK EXERCISES

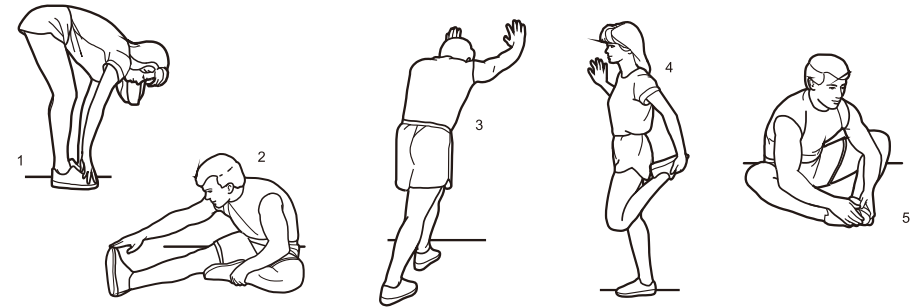
Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again. You can repeat this exercise alternately several times.

#### 2.EXERCISES FOR THE SHOULDER AREA

Lift the left and right shoulders alternately, or lift both shoulders simultaneously.

#### 3.ARM STRETCHING EXERCISES

Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side. Repeat this exercise several times.



#### 4.TOUCH TOES

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20-30 seconds if possible.

#### 5.EXERCISES FOR THE KNEES

Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30-40 seconds if possible.

#### 6.EXERCISES FOR THE CALVES/ACHILLES TENDON

Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30-40 seconds if possible.

#### 7.EXERCISES FOR THE UPPER THIGH

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.

#### 8.INSIDE UPPER THIGH

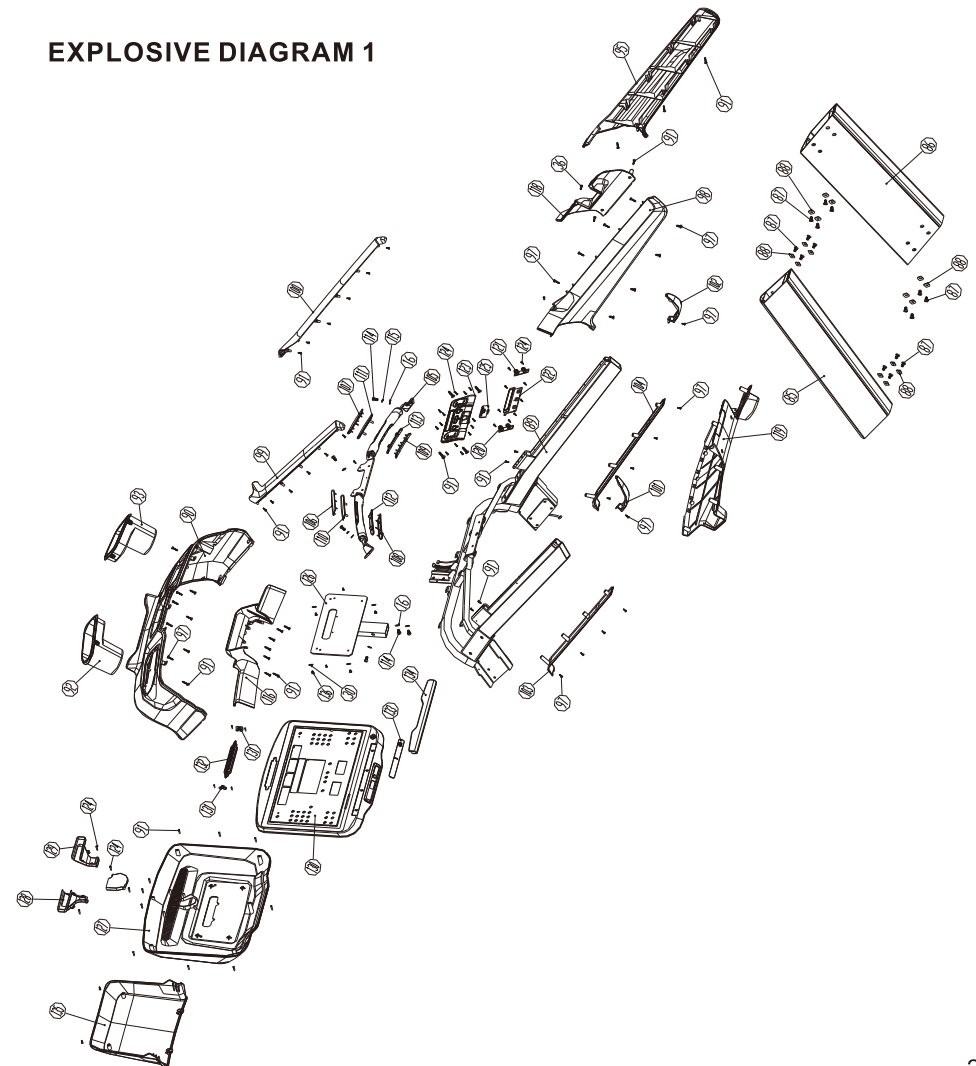
Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30-40 seconds if possible.

## Parts List

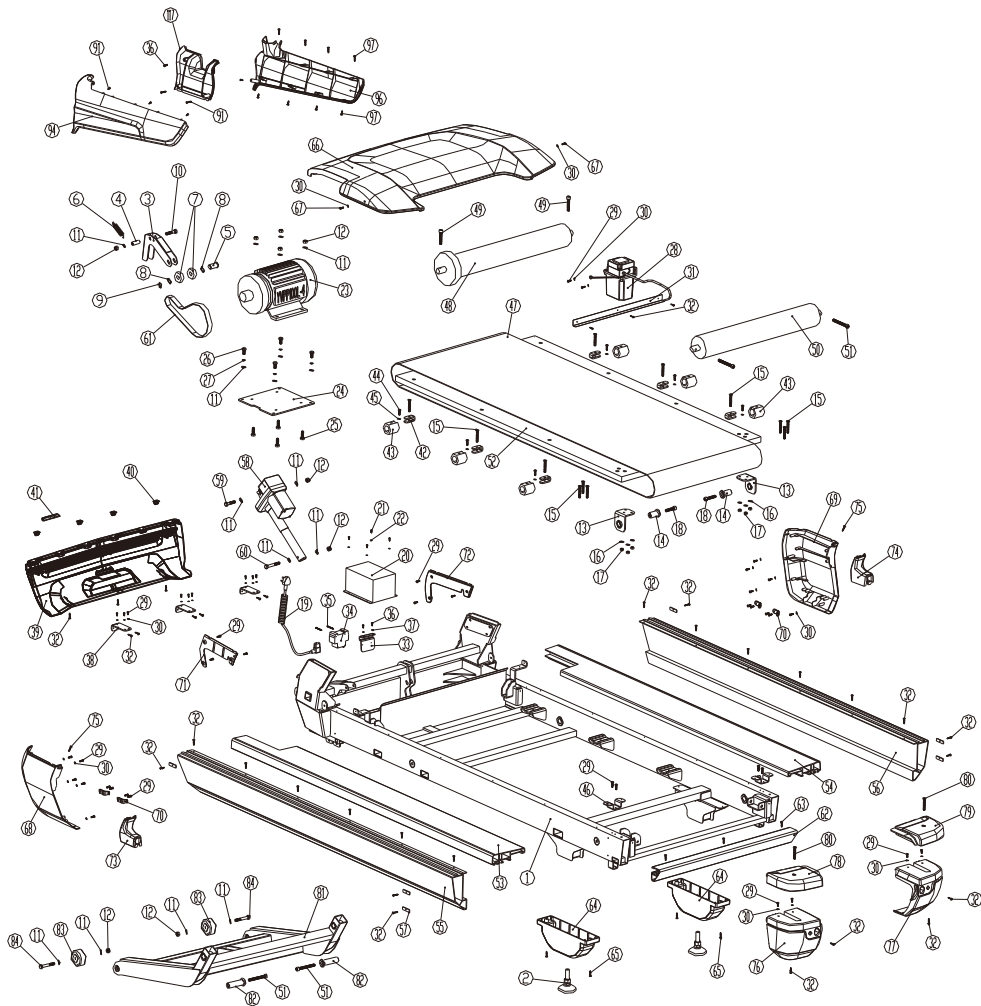
1	RUNNING FRAME	38	FRONT COVER INSTAL BOARD	75	SCREW ST3.5×9.5
2	MULLT-AXIS FOOT	39	FRONT COVER	76	LEFT END COVER
3	TENSING FRAME	40	FRONT COVER BAYONET	77	RIGHT END COVER
4	TENSING SCREW	41	FRONT COVER PARTS GROUP	78	LEFT END COVER CONNECTION PA
5	TENSING WHEEL BEARING	42	ANTI SHOCK RING DECK	79	RIGHT END COVER CONNECTION PA
6	TENSING SPONGE	43	ANTI SHOCK RING	80	SCREW M8×50
7	BEARING	44	SCREW M6×20	81	INCLINE FRAME
8	CARRIER RING 20	45	CARRIER RING 6	82	INCLINE ROTATE FRAME
9	BEARING RING-A 20	46	REAR END UP INSTAL DECK	83	WHEEL
10	SCREW M10x55	47	RUNNING BELT	84	SCREW M10×65
11	CARRIER RING 10	48	FRONT RULLER	85	LEFT POLE
12	SCREW M10	49	SCREW M10×35	86	RIGHT POLE
13	RUNNING BOARD FIXING FRAME	50	END ROLLER	87	SCREW M8x16
14	ROTATING STAND	51	SCREW M10×90	88	CARRIER RING 8
15	SCREW M8*40	52	RUNNING BOARD	89	DISPLAY FRAME
16	CARRIER RING 8	53	LEFT SID RAIL	90	DISPLAY UP COVER
17	SCREW M8	54	RIGHT SIDE RAIL	91	SCREW ST3.5*13
18	SCREW M10*50	55	LEFT FRAME	92	LEFT CUP
19	POWER LINE	56	RIGHT FRAME	93	RIGHT CUP
20	SWITCH	57	WEIGHT STACK	94	LEFT HANDLE OUTSIDE COVER
21	SCREW M4×10	58	INCLINE MOTOR (315×490)	95	RIGHT HANDLE OUTSIDE COVER
22	CARRIER RING 4	59	SCREW M10×50	96	LEFT HANDLE INSIDE COVER
23	DRIVE MOTOR	60	SCREW M10×70	97	SCREW ST4.2*13
24	MOTOR FIXED FRAME	61	MOTOR BELT	98	RIGHT HANDLE INSIDE COVER
25	SCREW M10×30	62	END PROTECING COVER	99	LEFT HANDLE PART 1
26	SCREW M10×20	63	SCREW ST4.2×13	100	RIGHT HANDLE PART 1
27	SPONG CARRIER RING 10	64	UNIVERSAL WHEEL COVER	101	LEFT HANDLE PART 2
28	AUTO OIL BOTTLE	65	SCREW ST4.2×9.5	102	RIGHT HANDLE PART 2
29	SCREW M5×12	66	MOTOR COVER	103	LEFT HANDLE PART 3
30	CARRIER4 RING 5	67	SCREW M5×20	104	RIGHT HANDLE PART 3
31	OIL PIPE	68	LEFT POLE COVER	105	INSTAL FRAME
32	SCREW ST4.8×13	69	RIGHT POLE COVER	106	HEART RATE SENSOR 1
33	POWER SWITCH STAND FRAME	70	POLE COVER CONNECTIONG FRAME	107	HEART RATE SENSOR 2
34	POWER SWITCH	71	LEFT POLE DOWN COVER	108	LEFT HEART RATE SENSOR
35	SCREW M3×40	72	RIGHT POLE DOWN COVER	109	RIGHT HEART RATE SENSOR
36	SCREW M4×10	73	LEFT POLE DOWN CONNECTION	110	LEFT HEART RATE UP COVER
37	CARRIER RING 4	74	RIGHT POLE DOWN CONNECTION	111	RIGHT HEART RATE UP COVER

112	LEFT HEART RATE DOWN COVER	121	SPEED BUTTON	130	DISPLAY
113	RIGHT HEART RATE DOWN COVER	122	KEY BOARD	131	INSTAL FRAME
114	SCREW M8*12	123	KEY BOARD FRAME	132	WIND CHANNEL
115	SPRING SCREW 8	124	SCREW ST2.9*13	133	USB FRAME
116	DISPLAY FRAME UP COVER 2	125	SAFETY KEY	134	PAD STAND FRAME
117	DISPLAY FRAME LEFT COVER	126	DISPLAY INSTAL FRAME	135	
118	DISPLAY DOWN RIGHT COVER	127	DISPLAY BACK COVER	136	SCREW M5*12
119	DISPLAY DOWN COVER	128	WIND CHANNEL 1		
120	INCLINE BUTTON	129	WIND CHANNEL 2		

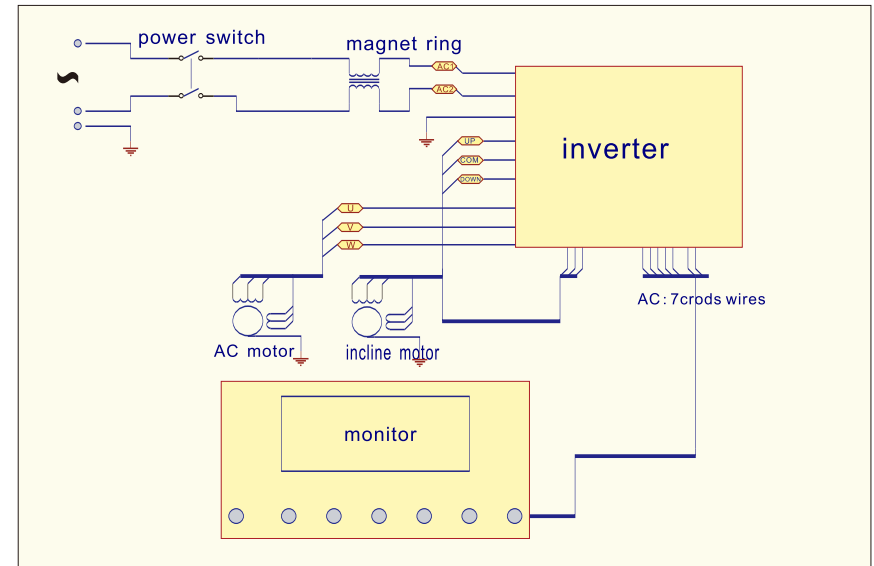
## EXPLOSIVE DIAGRAM 1



## EXPLOSIVE DIAGRAM 2



## Circuit diagram



## Technical Specifications

Operating Voltage	voltage $\pm$ 10%(50Hz)	Distabce Display	0.1-99.9km
User Weight	$\leq$ 180KG	Calorie Display	00-999kcal
Dimensions	2210 $\times$ 1030 $\times$ 1680mm	Heart Rate	40-250beat/m
Running Area	1630 $\times$ 600mm	Speed Range	0.8-22km/h
Machine Weight	225kg	Incline	-3%-18%
Packagin f Size (L $\times$ W $\times$ H)	2290 $\times$ 1090 $\times$ 515mm	Ambient Temperature	0 $^{\circ}$ C-40 $^{\circ}$ C
	1200 $\times$ 1100 $\times$ 470mm	Safety Protection	Multiple Protection
Motor Power	220V AC	Peak Power	7.0HP
Time Range	00:00~99:59(min:sec)	Driver	220VAC 10A
Console Display	Speed,Time,Distance,Calorie,Heart Rate,Running Program,Incline and so on		