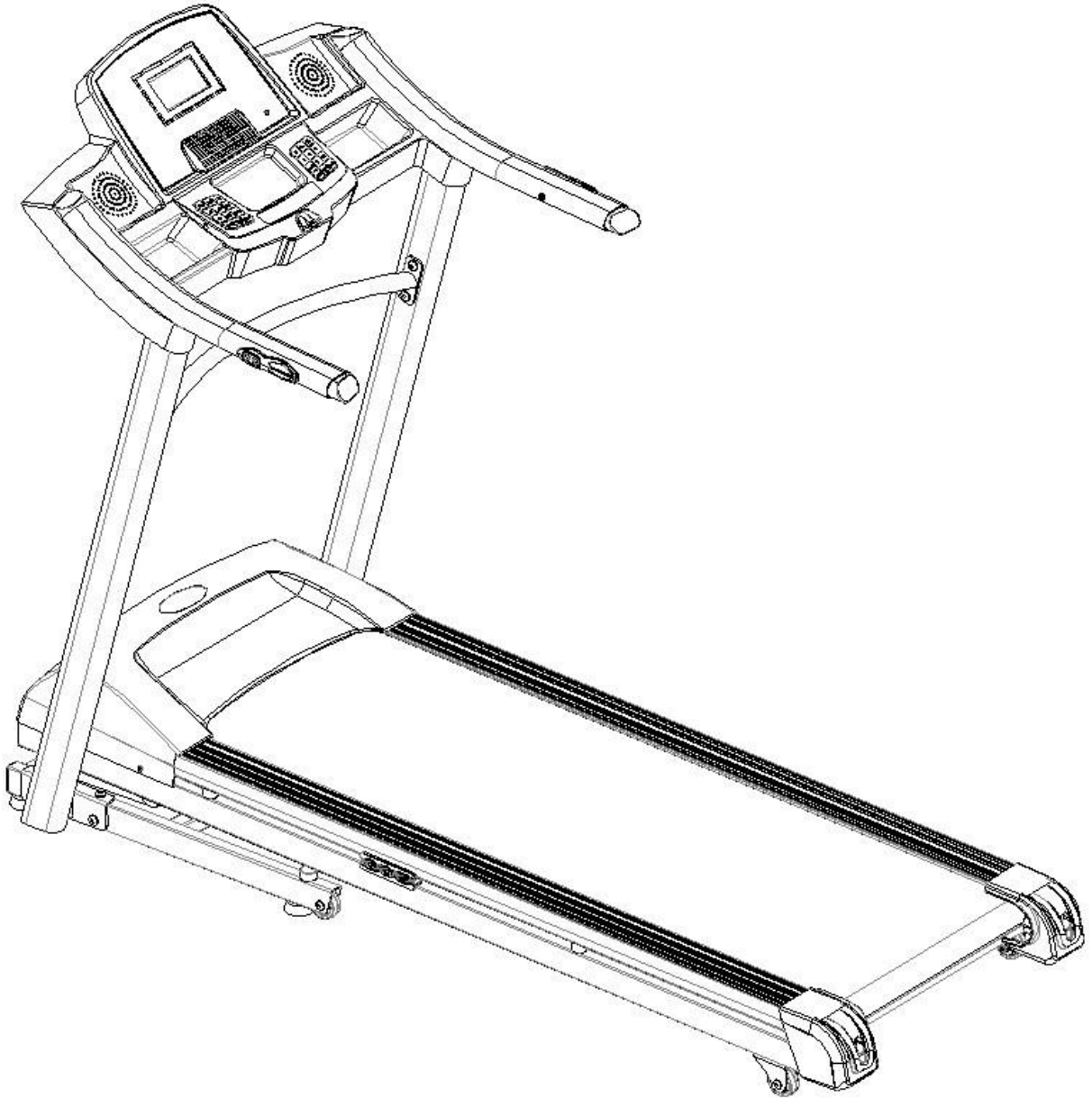


User Manual



一、 **Attentions**

1. This product is a Home Use Treadmill. Heart rate sensor does not belong to the medical equipment, just for your reference.
2. When using this Treadmill, in its rear should be vacated 2m*1m as security zone, and should not place any stuff within security zone.
3. The Treadmill is suitable to place indoor of avoiding damp, does not allow to splash water or place any stuff on it.
4. When running the Treadmill, DC Motor may bring spark, should be kept away from Inflammable and explosive materials.
5. In use, should ensure the Treadmill to put on flat ground, if not, to adjust the mat below or using carpet、 rubber sheet to make it smooth.
6. The voltage is 220V-240V, exceed the range of voltage, may it doesn't work properly. The power has to match the power line and single-phase, three-hole well-grounded socket during using, the same power line avoid using other appliance.
7. Before using this Treadmill, please do 10 minutes of warm-up exercises, should wear sweat suit、 sports shoes and socks.
8. Do not stand on running belt when testing, and do not allow two or more than two person using the Treadmill at the same time.
9. Should be cautious when up and down; before starting, have to hold the handle, put two feet on both sides of decorative strips; Speed should from low up to high when running; When leave the Treadmill, first to make the speed to the minimum in order to avoid hurt that loss balance.
10. Safety Key have to clip cloths when running, if need to stop can pull-off switch, the Treadmill will stop running to achieve security purposes. After using, unplug the power plugs that ensure safety.
11. Need to have adult supervision if children use or near the Treadmill. Patients with heart disease should not use the machine alone. Physical discomfort under the guidance of a doctor to use.
12. The Treadmill should avoid solar、 raining and moist. Should use cleaning rag to clean machine in order to avoid the accumulation of dust.
13. Do not stand on Treadmill or placing stuff when not using.
14. Should avoid overload operation for a long time, it may cause damage of Motor and Controller; Accelerated aging bearing and running belt.
15. When moving the Treadmill, first to fold the bottom frame. After locked, to hold the end of bottom frame, then carefully move.
16. The treadmill designed for Home Use only, please do not used for organization or commercial.

17. Store your treadmill in a clean and dry environment, to make sure the power switch is turned off and unplug it from the outlet.

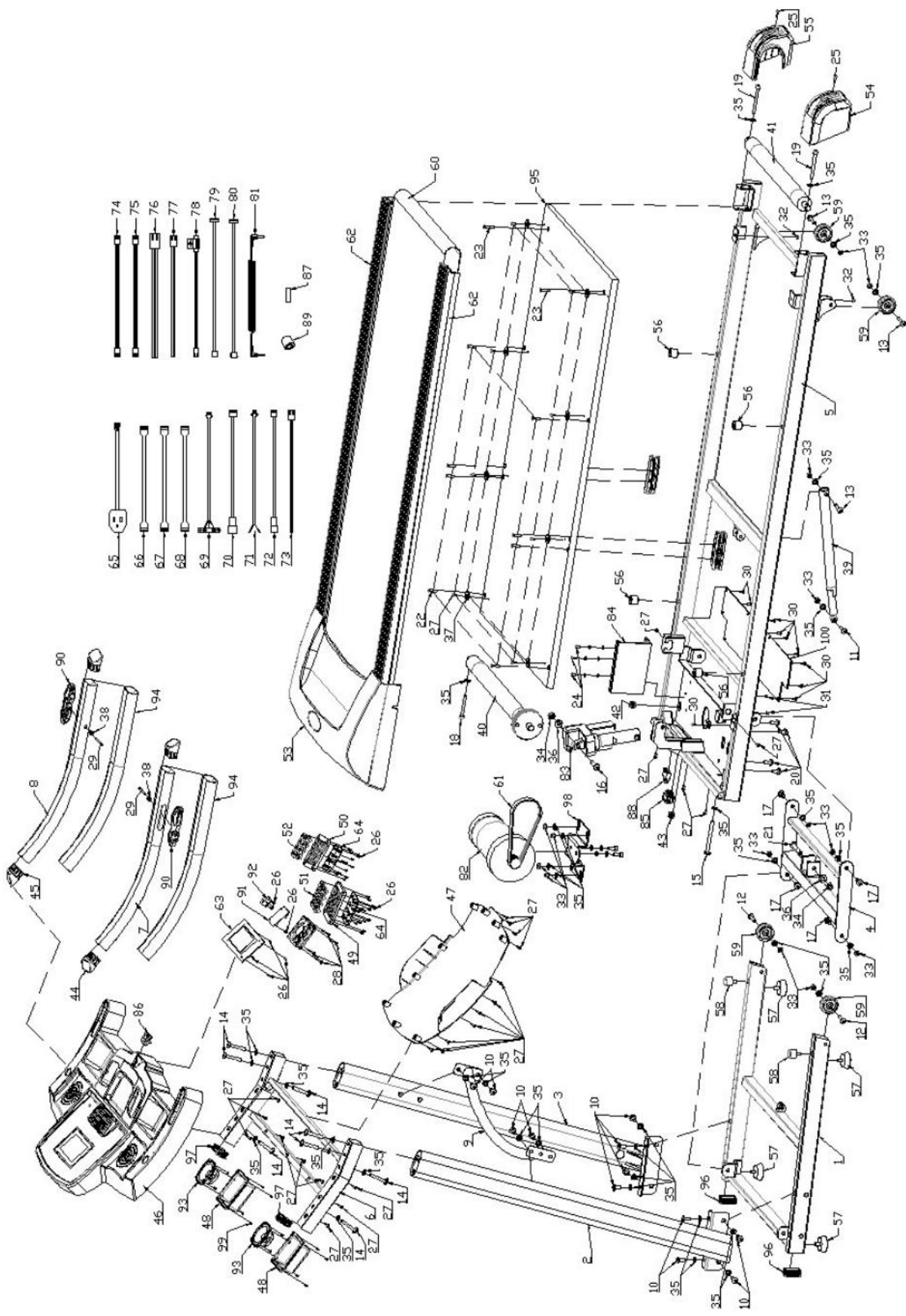
二、Parts List

No.	name	specification	unit	QTY
1	Base Frame		SET	1
2	Left Side Post		SET	1
3	Right Side Post		SET	1
4	Incline frame		SET	1
5	Main frame		SET	1
6	Console Frame		SET	1
7	Handle Pipe L		SET	1
8	Handle Pipe R		SET	1
9	side post supporter		SET	1
10	Large flat head screws Hexagon	M8*15 BK	PCS	12
11	Large flat head screws Hexagon	M8*30 BK	PCS	1
12	Large flat head screws Hexagon	M8*35 BK	PCS	2
13	Large flat head screws Hexagon	M8*42 BK	PCS	3
14	Large flat head screws Hexagon	M8*55 BK	PCS	8
15	Large flat head screws Hexagon	M8*100 BK	PCS	1
16	Large flat head screws Hexagon	M10*45 BK	PCS	1
17	Lager flat head socket half tooth screw	9.8*M8*21.5 BK	PCS	4
18	Socket head socket screw	M8*60 BK	PCS	1
19	Socket head socket screw	M8*80 BK	PCS	2
20	Hexagon anti-skid screw	M8*20 BK	PCS	4
21	Hexagon anti-skid screw	M10*65 BK	PCS	1
22	Cross countersunk head screw	M6*25 BK	PCS	8
23	Cross countersunk head screw	M6*30 BK	PCS	2
24	Slit + phil flat head screw	M4*10 BK	PCS	3
25	Slit + phil cup head screw	M5*15 BK	PCS	2
26	Cross flat head self tapping screw	3*8 BK	PCS	41
27	Cross flat head self tapping screw	4*15 BK	PCS	33
28	Cross cup head self tapping screw	4*30 BK	PCS	4
29	Cross flat head self tapping screw	4*55 BK	PCS	2

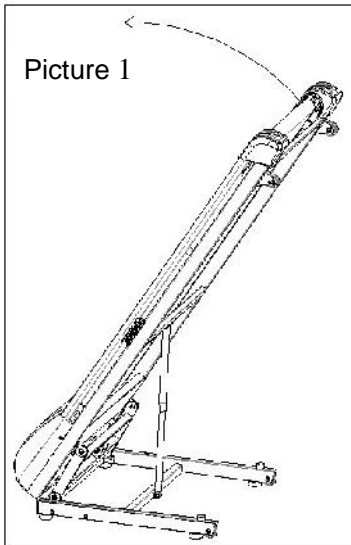
30	Storm screw	4*12.7 BK	PCS	14
31	Nut	M4 BK	PCS	3
32	Nut	M6 BK	PCS	2
33	Nut	M8 BK	PCS	14
34	Nut	M10 BK	PCS	2
35	Flat washer	20* 8.5*T1.5 BK	PCS	38
36	Flat washer	23* 10.8*T1.6 BK	PCS	2
37	Plastic washer	23* 12* 5*H5.3 BK	PCS	8
38	Plastic washer sleeve	8.5* 4.5*6 BK	PCS	2
39	Pressure rod	QDY22*10-662-292 40KG	PCS	1
40	Front Roller	90* 46* 17*525*580	SET	1
41	Rear Roller	46* 17*495 (570)	SET	1
42	KSS	6P3-4	PCS	1
43	KSS	6N-4	PCS	1
44	left Handle pipe spigot	54*60*30*T3.3	PCS	1
45	Right Handle pipe spigot	54*60*30*T3.3	PCS	1
46	Meter upper cover	505*787*110*T2.7	PCS	1
47	Meter bottom cover	455*380*64*T2.7	PCS	1
48	Loudspeaker cover	112*97*42*T1.8	PCS	2
49	Key board bracket left	102.5*79*13*T2.0	PCS	1
50	Key board bracket right	102.5*79*13*T2.0	PCS	1
51	Keypad left	18*18*12.7*T1.5	SET	1
52	Keypad right	18*18*12.7*T1.5	SET	1
53	Motor cover	638*341*130*T2.6	PCS	1
54	End cover left	152*106*114*T2.6	PCS	1
55	End cover right	152*106*114*T2.6	PCS	1
56	Cushion	25*M8*T20	PCS	4
57	Pad	M8*15* 40* 50 BK	PCS	4
58	Pad	M8*15* 28 BK	PCS	2
59	wheels	8.2* 52*T20 BK	PCS	4
60	Running belt	2920*460*T1.6	PCS	1
61	Drive Belt	200J	PCS	1
62	Side Rein	85*37*T3.0*1300	PCS	2
63	Electronic board	5" Blue backlit LCD Display	PCS	1

64	Keyboard plate		PCS	2
65	Power cord	L1800mm	PCS	1
66	Red connector wire	L150mm*14AWG	PCS	1
67	Green connector wire	L150mm*14AWG	PCS	1
68	White connector wire	L100mm*14AWG	PCS	1
69	Handle swith wire up segment	3P/250MM	PCS	2
70	Handle swith wire down segment	3P/500MM	PCS	2
71	Heart rate connect wire up segment	2P/310MM	PCS	2
72	Heart rate connect wire down segment	2P/800MM	PCS	2
73	Safety switch wire	2P/460MM	PCS	1
74	Power amplifier power cord	2P/250MM	PCS	1
75	MP3 sound source wire	3P/100MM	PCS	1
76	horn wire	2P/270MM	PCS	1
77	horn wire	2P/400MM	PCS	1
78	Speed sensor	2P/980MM	PCS	1
79	Controller wire up segment	L900mm*10pin	PCS	1
80	Controller wire down segment	L1500mm*10pin	PCS	1
81	Audio signal input wire	L350mm	PCS	1
82	Motor		PCS	1
83	Incline motor	JS-09 179+85	PCS	1
84	controller		PCS	1
85	Rocker switch	16A 250V	PCS	1
86	Safety key	33.5*51*8 800mm	PCS	1
87	Safety key plate	T4.6*18*7	PCS	1
88	overload protector	10A	PCS	1
89	toroidal core	25* 15*H12mm	PCS	1
90	Heart rate handle	130*34*31.5	PCS	2
91	Power amplifiers	AM003-V10	PCS	1
92	Sound source conversion board	GLP3.5JACK	PCS	1
93	Incline	JC 4 3W	PCS	2
94	Sponge sheath	46*T3.0*584	PCS	2
95	Running board	1290*630*T18	PCS	1
96	Rectangle pipe plug	25*50	PCS	2
97	Square pipe plug	40*40	PCS	2

98	M Assembly drawing	100*160*30	PCS	1
99	Cross large flat head self tapping screw	4*10 BK	PCS	12
100	Bottom curtain board	620*147*T1.5	PCS	1

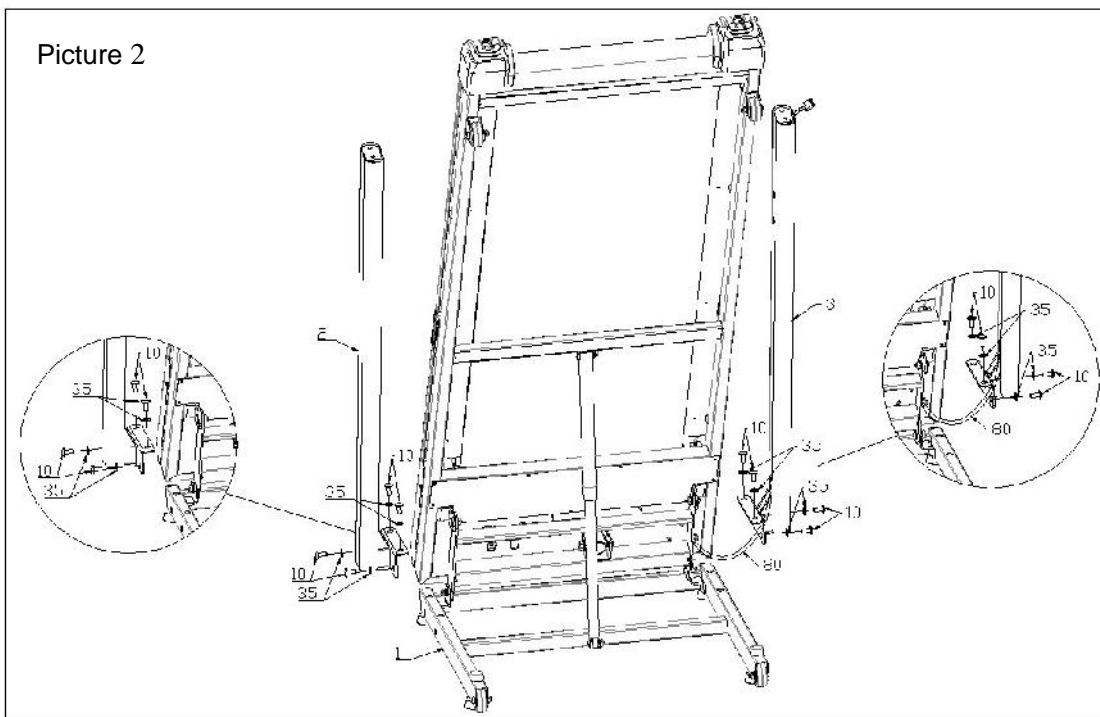


四、Assembling Steps



Step1 (as picture 1 show)

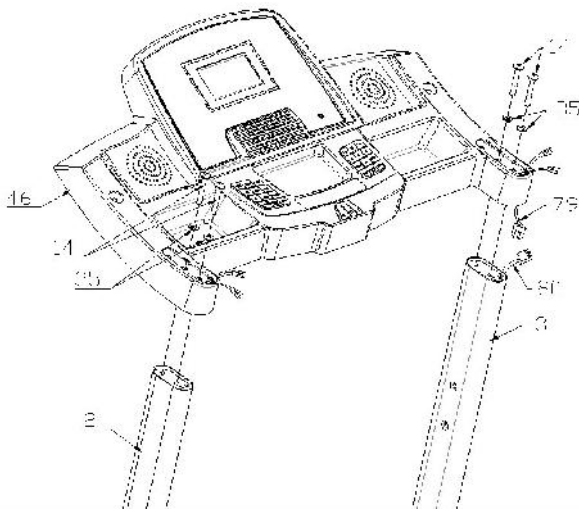
1. Unpack the carton and take out all loose parts etc. and place outside of the carton, take out the treadmill on the ground and untie it.
2. Fold the treadmill and use the Pressure rod to lock it.(As picture 1 show)



Step2 (as picture 2 show)

1. Attach Left Side Post (2) into left pipe (1) of base frame, adjust the hole location aligned. Open hardware bag; take out M8X15L screw (10), flat washer (35), use correct tools to tight the screw.
2. Across the frame pipe out controller wire (80) through right post (3). Then insert the right post(3) to the right base pipe(1).Adjust the hole location aligned , take out M8X15L screw (10) ,flat washer(35), use correct tools to tight the screw.

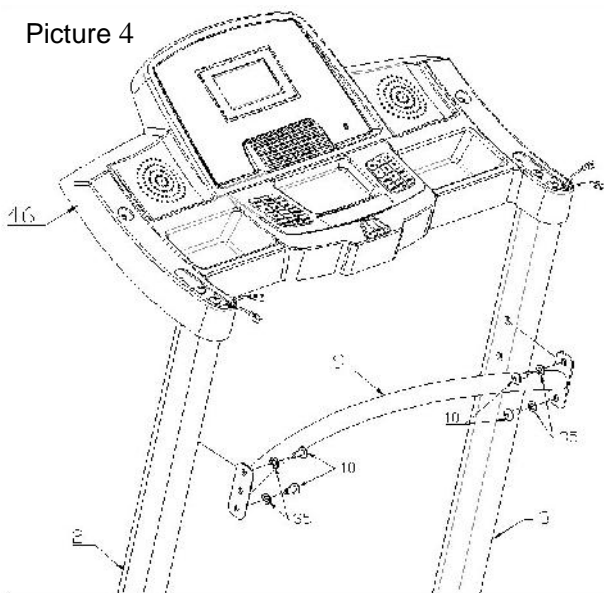
Picture 3



Step3 (as picture 3 show)

1. Take out console (46), connect right controller wire (79) to the wire (80) from right post (3), and make sure the connecting is firm.
2. Put the connected wire through the right post(3)pipe, put the console on both right post (3)and left post(2),adjust the hole location aligned, Open hardware bag, take out M8X15L screw(14),flat washer(35), use correct tools to tight the screw.

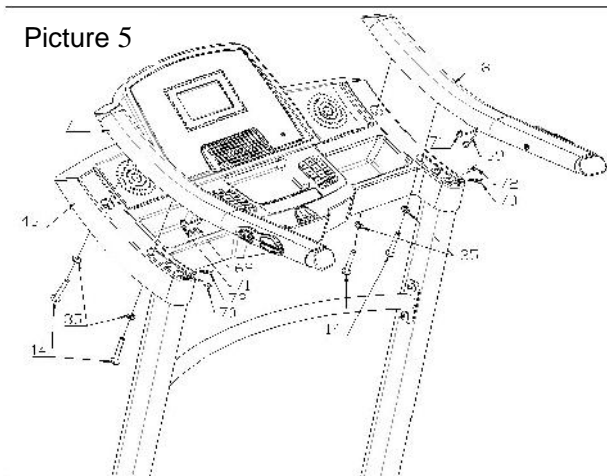
Picture 4



Step4 (as picture 4 show)

1. take outside post supporter (9) , put it in the middle of two side posts (2) (3) ,adjust the hole location aligned, Open hardware bag, take out M8X15L screw (10) ,flat washer(35), use correct tools to tight the screw.

Picture 5



Step5 (as picture 5 show)

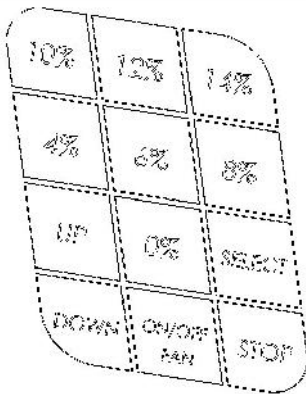
1. Take out right handle (8), connect wire (69)(71) from right handle with wires(70)(72)from right post, and keep firm.
2. Put the connected wires into console (46), put right handle (8) on right of the console, take out M8X55L screw (14), flat washer (35), and use correct tools to tight the screw through below of the console. .
3. Left handle (7) assembling the same way as right handle (8).

Technical Parameter

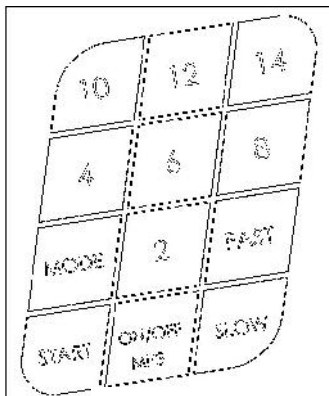
Panel Design	5" Blue backlit LCD Display, two sets humanized touch keyboards, MP3 audio output	Panel Display	Time, distance, speed, incline, calorie, heart rate
Running Area	460*1375MM	Belt Standard	1.6MM
Max Load	110KG	Treadmill Net Weight	78KG
Treadmill Dimensions	Unfolded 1785x805x1330 MM Folded 1065x805x1580 MM	Treadmill Gross Weight	88KG

六、 Operating Instruction

1、 Instruction Of Keyboards



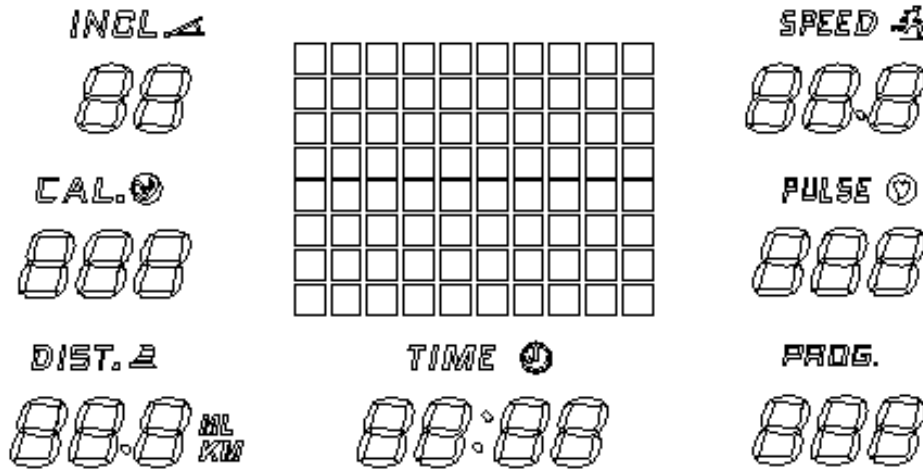
Picture 6



Picture 7

- 1) SELECT Key: In standby mode, can set time, distance, calorie.
- 2) STOP Key: The key pressed, motor stop working, be in standby mode.
- 3) INCLINE UP/DOWN Key: When treadmill running can adjust inclines by this Key.
- 4) ON/OFF FAN Key: Open or close Fan.
- 5) 0%、4%、6%、8%、10%、12%、14% Key: Incline fast key, when treadmill running, adjust the incline as the key show.
- 6) MODE Key: In standby mode, this key pressed can choose procedure P1-P12.
- 7) START Key: This key pressed, start the treadmill (3 seconds countdown delay start), start at 1KM/H.
- 8) SPEED FAST SLOW Key: In SELECT mode choices, can adjust time、distance、calorie or adjust the running speed.
- 9) ON/OFF MP3 Key: MP3 audio start and stop.
- 10) 2、4、6、8、10、12、14Km/h Key: Speed fast key. When treadmill running, the keys pressed, adjust the speed to the key show

2、Windows display



SPEED window: display speed;

INCLINE window: display incline

TIME window: display time;

DISTANCE window: display distance;

PULSE window: display heart rate;

CALORIE window: display calorie;

PROGRAM window: display program

3、Procedure Instruction

3.1、Normal procedure (P1)

Insert safety key first, turn on power , windows will be in light and with one long "BEEP", windows display all the numbers is initial value 0, it's the normal mode.

- Press START key: after 3 seconds countdown with 3 "BEEP", motor start to work, start with initial speed 1KM/H.
- Press FAST/SLOW key: when treadmill running, it adjust the speed.
- Press UP/DOWN key: when treadmills start, adjust the incline.
- Press 2、 4、 6、 8、 10、 12、 14KM/H key: when treadmill is working, adjust the speed as the set value show.
- Press 0%、 4%、 6%、 8%、 10% 、 12%、 14% key: when treadmill is working, adjust the incline as set value show
- Press STOP key: motor stop slowly, wait motor to stop(the original value remain)

3.2、Target Mode (In standby mode operate P2-P6)

Only in standby mode can set this mode;

SELECT Key: In regular turn can set time、 distance、 calorie, the window blink when the mode set.

1) 、 Time Set

- Press FAST/SLOW Key: Default time 30 minutes, can adjust time (5: 00-99: 00) ;
- Press START Key: Work mode start (start after 3 seconds countdown);

2)、 Distance Set

- Press FAST/SLOW Key: Default distance is 1.0KM, can adjust time range (1.0km-99km) ;

- Press START Key: Work mode start (start after 3 seconds countdown);

3) 、 Calorie Set

- Press FAST/SLOW Key: Default calorie is 500 Kcal, can adjust calorie range (10Kcal-990Kcal) ;

- Press START Key: Work mode start (start after 3 seconds countdown);

3.3、 PROGRAM mode

Press MODE Key: Press this key in standby mode to choose P1-P2 program;

- Press SELECT Key: Default time is 30 minutes, can adjust time range (5: 00-99: 00) ;

- Press START Key: Work mode start (start after 3 seconds countdown);

Working mode

- According set time change every execute phase, take 90 minutes for example, turn to next phase in every 3 minutes;
- When execute next phase, force back to built-in speed value;
- Press STOP Key: Motor stop slowly;

4、 Other instructions

- When running, press STOP key, speed grind to a halt, incline return to the starting point ;
- Unplug the safety key when running, speed turn to 0, incline return to starting point, insert the safety key, all data eliminated

5、 Daily care and maintenance

5.1、 Clean

- Keep the appearance clean, make sure the power off before clean the treadmill, running belt and appearance can be cleansed by soft cloth, attention not leave water on running belt or display window and the shield;

5.2、 Lubrication of Running belt

In using of the treadmill, need to use special lubricant to lubricate the running decking under the running belt. Suggestion :

- Less than 3 hours every week,: lubrication twice a year;
- 3-6 hours every week: lubrication every 3 months;
- More than 6 hours every week: lubrication every month.



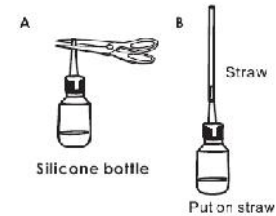
Attention: Use the free lubricant with the treadmill in the packing box. Extra silicone you can buy from your local shop.

Warning: Stop the treadmill and unplug the safety key before lubricate the treadmill decking.

How to lubricate the running decking?

- Find the silicone bottle. In the hardware bag come with the treadmill.
- Find a straw can put into the silicone bottle, as picture show
- Spray silicone evenly on treadmill deck as the drawing shows.

(ATTENTION: The treadmill MUSTBE STOPPED before applying the silicone lubricant. This is to prevent injury, otherwise the edge Of the running belt may cut you or your fingers could be crushed by the rollers.) Do not put too much silicone on the deck. Excessive lubricant may cause slippage of the belt on the rollers.

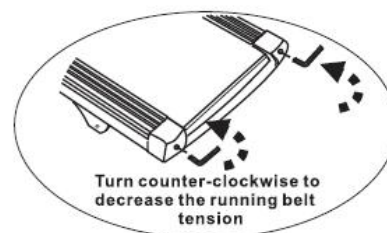
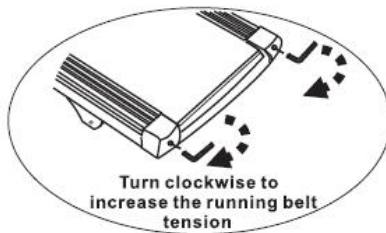


5.3、 Belt Adjustment

All running belts are properly set at the factory, if off-center occur, maybe caused by followed reasons:

- Treadmill is not stable;
- User's feet are not in the center of the running belt;
- User push off harder with one foot than with another.

If the off-center phenomenon caused by user, can return to normal after a few minutes running with no loading, If the running belt remains consistently off-center, you will need to center the running belt manually, If toward the left side of the deck, Using wrench, turn the left adjustment bolt clockwise 1/2 turn and check ,if toward the right side, turn back a little, till return to center. (As picture followed)



5.4、 Running belt "Slipping"

You may need to adjust the running belt during the first few weeks of use... It may stretch, appearance is normal when no loading, "slipping" or hesitating when runner plant the foot during a run, when this phenomenon occur, turn both adjustment bolts clockwise 1/2 turn, make sure the turn of both sides is the same, and every time 1/2 turn, till no "slipping" and no off-center, Be careful not to tighten the running belt tension too much as you can create excessive pressure on the front and rear roller bearings. An excessively tightened running belt may damage the roller bearings that would result in bearing noise from the front and rear rollers.

5.5、 Lubricate rollers

Regularly add drops of silicone to the rollers and shafts to keep the good performance.

5.6、 Bolts fastening

Regularly check the bolts、 screws and nuts, if any loose, please fasten immediately with tools.

6、 Trouble shooting

6.1. Speed error: Show“E1”, after 10s speed signal detected, machine stop automatic.

- Solution: 1) Adjust the position of speed sensor wire
2) Replace the speed sensor wire

6.2. The safety key is not connected: show“E0”, “SAFETY KEY OFF”

- Solution: 1) Adjust the position of the safety key.
2) Replace the switching line of safety key.

七、 WARM-UP & COOL DOWN

A successful exercise program consists of a warm up, aerobic exercise, and a cool down.
Warming up is an important part of your:

1



Head rolls

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

5



Toe touches

Slowly bend forward from your waist, letting your back and shoulder relax as you stretch toward your toes. Reach down as far as you can and hold for 15 seconds.

2



Shoulder lifts

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

6



Quadriceps stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.

3



Side stretches

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

7



Hamstring stretches

Sit with your right leg straight in front of you. Straighten your leg out while trying to hold on to your outstretched leg with your hand. Start up with your back straight. Slowly exhale and try to bring your chest to the knee of your outstretched leg. Hold, then repeat on the other side for 15 seconds.

4



Inner thigh stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

8



Calf/achilles stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 seconds.