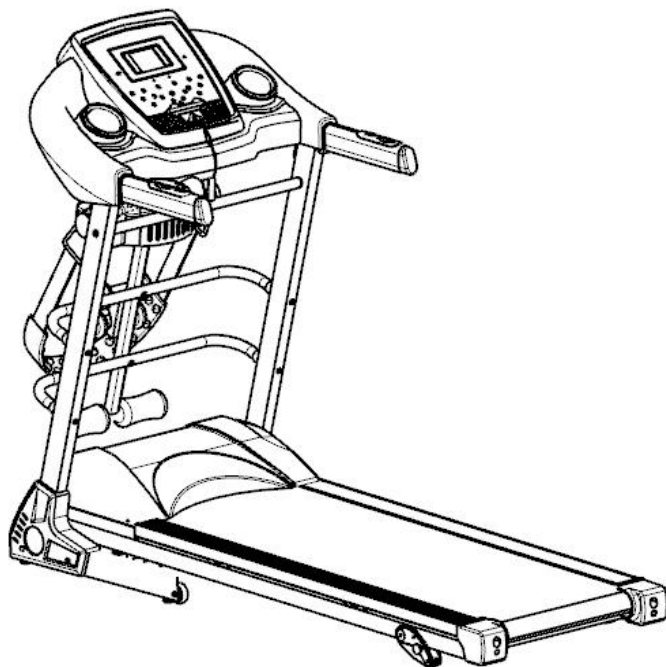


Luxury electric running machine instruction

User's Manual



Orders

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The machine folding matters needing attention:

● The machine after assembled, to move the body must be set up. It moves, determine the treadmill is folded, grab handle, lean back running machine, can use at the base of the wheels for movement.

Low down the machine: use walking living body tail, and then the corresponding position (below) with the feet light play, no support after the machine automatically.



一、 Security considerations

Helpful hints: because technology continues to improve, if there is any changes to the final explanation right belongs to the company.

Warning:

Please read this manual carefully before using, please comply with them, to ensure safety.

The machine moving or before shipment, be sure to lock the treadmill to fold and confirm can be carried out only after tight, and in the process of a shipment switch, do not touch, folding machine is strictly prohibited in the state of not to fold to lock or mobile.

Locking methods: treadmill after use, please place the urgent stop switch to children is not easy to find places, in order to avoid accidents.

On the host folds and open, please don't will touch the armrest, lest hurt fingers.

Keep children away from being used or after folding machine, during the use of children or pets should be at least 3 meters away from the running machine.

Please consult your doctor before exercise, it's history for more than 35 years old and who is particularly important

- Located indoors and in a running machine is suitable for instead of be affected with damp be affected with damp; Water splashed on the treadmill and are not allowed to be placed in the unit or insert any foreign body.
- The ground to level off, confirm the treadmill placed after smooth, reliable foot touchdown, just can use.
- Power plug must be reliable grounding, the same power supply line to avoid the use of other electrical appliances.
- Use running unit should wear sportswear and appropriate shoes, barefoot on the treadmill exercise is forbidden.
- It is forbidden to two or more than two people at the same time in this machine, the biggest load of 110 kg.
- No standing on the run on startup, operation before should stand on the side bar, hold the handrail, at startup to normal rear can use the computer.
- If you feel any discomfort in using or have abnormal situation, please press the stop button or pull off the safety lock, holding the handrail of propping up the body at the same time, stands on the edge of article, from the side of the treadmill.
- Heart rate sensor does not belong to medical equipment, there are many reasons can cause testing, test results are for reference only.
- Patients with heart disease should not be used alone electric treadmill, and forbids the use of automatic speed function.
- According to your physical condition, running speed, infirm should be used under the

二、 Product introduction

technical standard

● speed area: 0.00-99.99 (km)

● voltage: 220V (50Hz)

● speed: 1-14 (km/h)

● time: 00:00-99:59 (min:s)

● power: 1500W (2.0HP)

1, 2.0 HP low noise dc import motor, USES 220 v / 50 hz power supply.

2, blue LCD liquid crystal display.

3, has eight kinds of built-in function exercise program.

4, hand heartbeat measurement device, take to master the workout.

5, with running, massage, dumbbell, sit-ups, four kinds of functions.

6, special safety pulled off switch, with emergency stop function.

7, has over current and short circuit protection function.

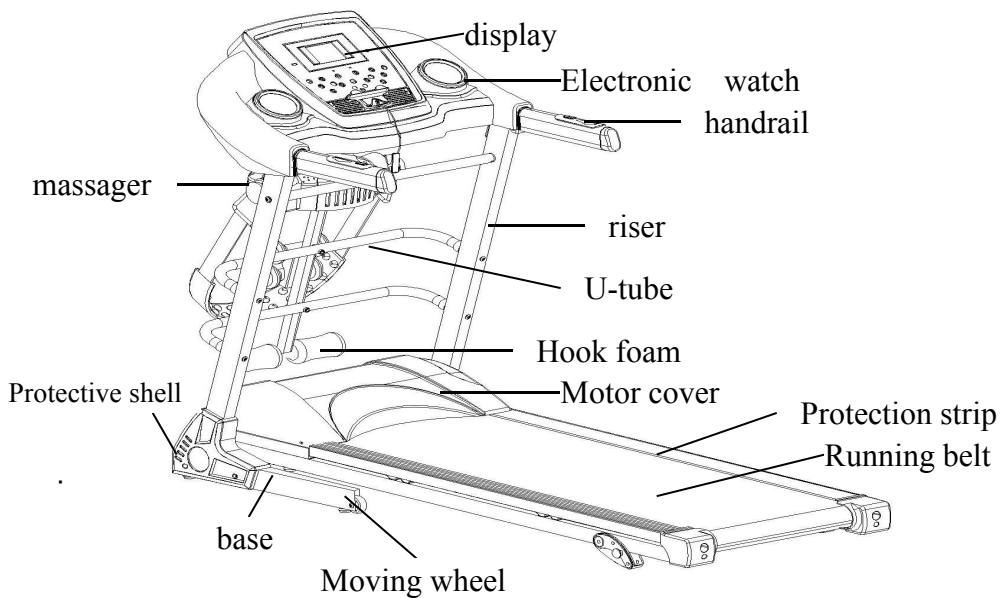
8, with functions of speed direct elections.

9, wear-resisting elastic running board.

10, running machine folding design, make the installation more convenient save worry.

11, MP3 function:

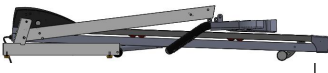
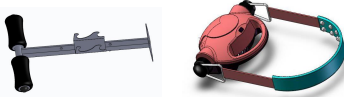
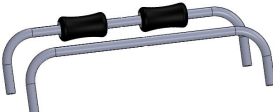

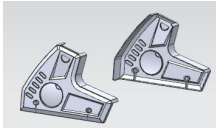
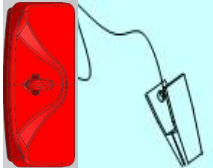
When electricity connect MP3 or other audio equipment, electronic watch can play music. The size of the voice control is on audio equipment, please pay attention to control the size of voice so as not to affect the rest of others.



Technical parameter:

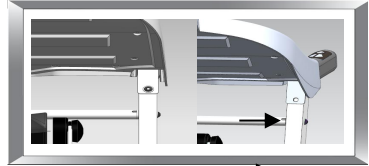
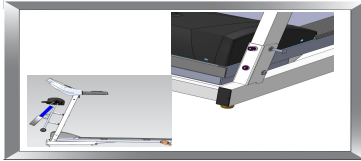
Max load weight	110kg	
outline dimension	Packing size:1680*720*290 (mm)	
	Expand size: 1740*680*1220 (mm)	
Effective running area	1260*450 (mm)	
power	2.0HP	
speed	1-14 km/h	
function	Running 、sprain back、 sit ups, massage.	
weight	N. W: 56 kg	G. W:62 kg

Loading list:

Loading list			
Main machine		massager	
u tuber		Twist dumbbell	
cover			
Accessories			
Serial number	name	number	remarks
1	Screw:M8×70	4	
2	Screw :M8×50	2	
3	Screw :M8×45	2	
4	Screw : M8×15	6	
5	Screw :M5×10	4	
6	M8 nut 2 pcs/gasket10pcs		key
7	Multifunctional screwdriver/5mm、6mm Allen wrench in each one		
8	13 to 15, open end wrench a/ oil		

三、 installation guide

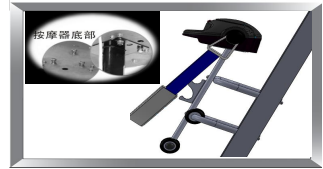
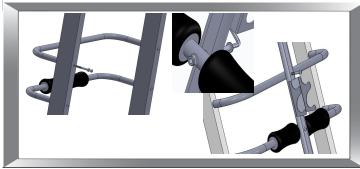
Installation hint: to eliminate the installation error, please do not fully tighten the bolt of each step, such as the machine after the installation is complete, then tighten all bolts completely !



1、 riser:

- Upward of riser and electronic part, the front with the M8 4 x 15 screws and washers, two side with the M8 x 45 screw 2 with gasket

- #### 2、 Electronic watch: using M8 2 x 15 screws, and washers through the arrow shown in place, and tighten.



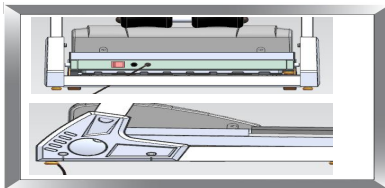
3、 U tube and function

Gasket with M8 4 x 70 screw, respectively through the stand pipe connected to the U pipe thread hole and tighten.

Gasket with M8 x50 screw 2 4, nut 2, through the function frame and u-shaped tube hole to tighten connection

4、 : massage:

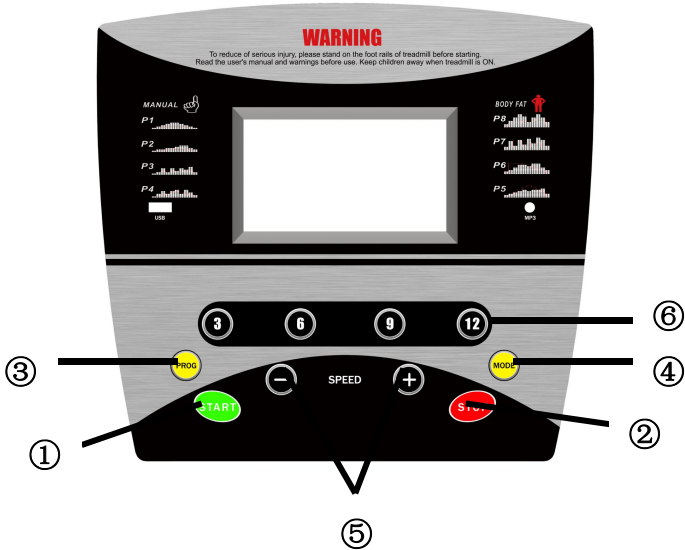
Massage machine under the first three screw screw down, then head on function frame plate of well hole, tighten plucked screws to mount on a massage belt.All the install screws to clean again, confirm the screws are tight.



- #### 5、 About set cover of the management
- Use 4 pcs m10*5 screw、 Around the shield and riser respectively corresponding to the lock hole and tighten.

- #### 6、 key:
- Plugged in, turned on the power switch and then put the safety lock in digital watches as shown in figure position, press the START button (START), you can START running (note: beginners START from low speed to adapt to).

Electronic watch button function



- ① start/stop ②stop ③program ④mode ⑤speed +/-
⑥speed direct

(一) function:

The LCD window shows the following features:

Time, speed, distance, calories, and heart rate

Function keys:

A: the program, model, stop, start, speed, speed reduction.

B: speed quick keys: 3, 6, 9, 12 km/H.

(二) key:

1.prog 1, programming key: in stop state, press program can choose circle program: manual mode to P1, P2, P3, P4, P5, P6 and P7 - P8 to manual mode,....12 automatic programming, standby mode press program can choose automatic program, time can be set (5-99 points) choose the right press start button to enter the program, speed switch and direct key is invalid, system run to time is zero stop.

2. mode of the countdown to pour meter distance mode, pour meter calorie mode to normal mode,.... Manual operation mode: the electricity directly into the run mode or manual mode, add and subtract, the model can be used to speed the direct key control speed, the system automatically stops running to 99 minutes.

3, the start/pause start/pause: standby mode by pressing this button to enter the countdown, countdown into run mode; Run mode by pressing this button into suspend mode, the system will record pause before speed value; You press this button to suspend mode into run mode, the system automatically reply slowly pause before speed value.

4, stop: Run mode by pressing this button, the system is slow to stop, go into standby mode; Other information push down this button, the system response with electricity on.

5, speed+ : Manual operation mode by pressing this button can be accelerated, each with 0.1, but changan and continuously

6, the speed - : manual operation mode by pressing this button can be slow, every time minus 0.1, changan continuous reduction.

7, speed shortcut: 3, 6, 9, 12 km/H. In the motor running state, press the button will be marked on the motor speed adjustment to directly to the key value of speed.

8, the safety lock function

In any state, pull off the safety lock can be emergency stop the operation of the treadmill, running machine all window display "-", when the emergency stop alarm buzzer constantly issued a "BB"; The treadmill can't except the shutdown for any other operations.

(1) check whether the load power supply before exercise; Check whether the safety lock is effective.

(2) the abnormal situation in the process of movement, korah off the safety lock, running opportunities rapid deceleration to stop; Add the safety lock device reset, waiting for a command input.

9, MP3, music playback functions

the MP3 music player:

Will have the audio signal is inserted into the MP3 jack, 3.5 audio interface power amplifier circuit automatically after the audio signal amplification output to the speaker.

四、FOIDING/EXPANSION/MOVMENT

FOIDING Right hand hold a treadmill to elevate, when heard "da" indicates that the body has already,Should be locked in position, folding。

EXPANSION Click on the gas spring with the foot to gently, right hand holding the treadmill gently pressing down on them,
Automatic running slowly fall to the ground, namely。

MOVMENT Moves, determine the running machine is folded and locked by the handle, lean back running machine, can use at the base of the wheels for movement.

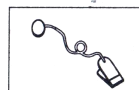
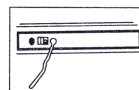
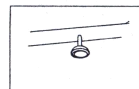
A 、Level adjustmentAssembled running machine, it is necessary to adjust the level,tighten the regulation of the base floor MATS, make the base was stable, from shaking.

B、 power switch

First treadmill plug to the power seat, will switch button in the position of "I", can start the treadmill.

C、 Safety switch

Safety switch is used in order to prevent accidents, the former must be sucked in the safety switch side panel of the safety lock position, the other end of the clip on the practitioner's clothing.



五、 product maintenance

1. lubrication : Running belt use after period of time, must use special configuration of the methyl silicone oil for lubrication.

Suggestion: use time less than 3 hours a week for 5 months 1 lubrication

Use 4 to 7 hours a week 1 2 months lubrication

Use time more than 7 hours a week a month lubrication 1 times

Not excessive add lubricants, lubricants is not the more the better.

Helpful hints: reasonable lubrication is important factor to improve the service life of the running machine

2. lubrication methods : As to check whether need to lubricant on the way, as long as grabbed the running belt, put your hand can touch the running belt on the back of the central, if your hand is stained with silicone (slightly moist), it indicates that the lubricant on no longer need to, if running board is dry and do not have the stick to the silicone, you will need to add lubricant

Low add lubricant step: (as pictured)

1. Stop running belt, the folding machine;

(2) take the frame on the back of the run wave; Took oil can reach as far as possible into the run middle

3. Run an elastic adjustment

All the running machine in the factory before and after installation to adjust running belt, but after using a period may also appear relaxation phenomenon. Such as: the user to pause the phenomenon of sliding at running. When appear this phenomenon, in a half circle clockwise, synchronous adjustment to run around with adjusting bolts. Run with too loose, foot in running, running belt and roller turn produce skid phenomenon, but too close is not good, easy to increase the load of the motor, damage to the motor, running belt and roller, etc.

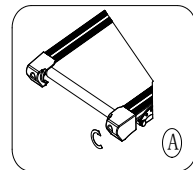
4. Run belt running deviation adjustment

The treadmill has been adjusted and passed QC inspection before leaving the factory. If there is phenomenon of bias running of the belt, the possible reasons might be:

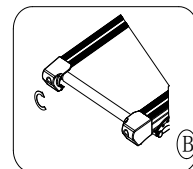
- A. The frame is not stably laid
- B. The user is not running on the centre of the running belt;
- C. The user's two feet are not using even strength.

For bias which can not be fixed automatically, try the following methods to fix the belt, as picture shown

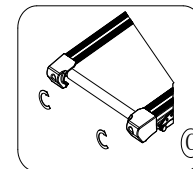
If the belt tends to move to the right, you should turn the belt adjustment screw on the right in clockwise direction. We recommend you turn 1/4 turn each time and check how it works. If the belt remains slanting to the right, then turn the belt adjustment screw on the left in counterclockwise direction 1/4, as shown in the picture A



If the belt tends to move to the left, then turn the belt adjustment screw on the left in clockwise direction for 1/4 turn. If the belt remains slanting to the left, then turn the belt adjustment screw on the right in counterclockwise direction for 1/4 turn, as shown in the picture B



After having been used for a period, the belt might be slightly elongated, and slipping and halting might appear when a person is running on it. When these phenomena appear, you should secure the screws on both sides for 1/4 turn. If the belt is too tight just loosen the screw on both sides for 1/4 turn, as shown in picture C.



guidance of a doctor.

- Shut down immediately after using running mechanical and electrical source.
- Around the treadmill should be placed in a more spacious place, do not put sundry, guaranteed the safety of the 2 m * 1 m area
- Children can't use the treadmill alone, if you use should be use under adult supervision.
- Children to prevent accidental activation treadmill, running off immediately after using mechanical and electrical source, and then remove the safety lock on the children can't get a place.
- Should avoid long time overload operation, overload operation may cause damage to the motor, controller, aging acceleration bearings, run and run °

5. Drive belt adjustment: all the treadmill before delivery to adjust a drive belt, in use after a period of time may appear relaxation skid phenomenon, mainly adjusted by the user themselves.

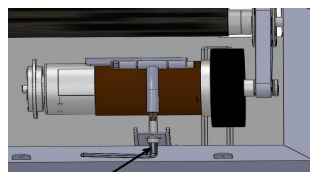
Adjust steps (right):

motor first fixed nut loose 4 to counterclockwise,

Using a wrench to adjust the bolt clockwise;

Adjusting range will be subject to run on load no skid,

Set before you will be in front of the loose screw;



Adjust screw

六、 fitness guide

Warm up

Before exercise, take a few minutes to do some stretching exercises, it is strictly prohibited to bounce), can also be slow on a treadmill exercise, which can improve body flexibility;

practice time

- ① Experts suggested that aerobic exercise time best in 20 to 30 minutes, according to their own conditions and exercise;
- ② If you lack of movement in recent years, the best starting point is 5 minutes, gradually adjust your movement duration;
- ③ If your goal is weight loss, low intensity exercise for a long period of time would be more effective, weight loss, enhanced physique, sports scores, maintain energy, body, improve sleep, reducing stress, cardiovascular endurance)

七、Electricity run common faults and processing methods

problemes		reasons	maintenance methods
Electric child table show wrong	E1	a、Electronic communications line contact undesirable	1、Rewiring or replace the communication line
		b、Electronic watch fault	2、change new one
		c、controller failure	3、changed new one
	E2	a、Explosion-proof rushed to protect	
		b、Whether the positive and negative line access of the motor	1、Main line connection, rewiring
		c、controller failure	2、changed new one
	E4	Over voltage protection	1、The voltage is too high。
			2、Motor fault。
			3、The motor is normal
	E5	When the motor running current is too large, more than the rated current	1、Check whether the motor is damaged。
2、If the motor is blocked。			
3、Due to the power grid pulse voltage, occasional protected shutdown to boot。			
4、Replace the controller			
E7	Said electronic safety lock signal was detected	1、lock off。	
		2、Magnetron is damaged。	
		3、Electronic watch failure to replace electronic	

● If special failure occurs, please contact us immediately cut off the machine power supply with the company's agent, we will provide the high quality service in a timely manner.

八. **service commitments**

1, product warranty provisions

This machine is one year free warranty machine series products, guarantee the dc servo motor for six years.

2, the warranty scope

In the provisions of the warranty period, under normal use, products affect the normal function of fault.

3, one of the following does not belong to the warranty scope

Low artificial damage

Damage to force majeure factors, natural disasters such as earthquakes

"Improper use (not according to operation manual specification) or improperly secured (such as electricity run circuit into the water)

"More than product warranty