

1. IMPORTANT PRECAUTIONS



CAUTION:

Never use the treadmill before securing the safety key clip to your clothing.

⚠ WARNING:

To reduce the risk of electric shock and serious injury, please read all important safety instructions, precautions and warnings before using your treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed. Please save these instructions for future references.

1. Follow Instructions – All operational and usage instructions should be followed.
2. Do Not Remove Cover – No user-serviceable parts inside. Refer the servicing to qualified service personnel.
3. Connect This Treadmill to A Properly Grounded Outlet Only.
4. Do Not Share The Outlet With Other High-Power Household Appliance – Such as Microwave oven, air-conditioning, etc.
5. This product is for use on a nominal 240-volt and 10-amp circuit.
6. Indoor Use Only – Do not use this treadmill near moisture and dust area.
7. Never place objects of any kind on the treadmill. Never spill liquid of any kind on the treadmill.
8. Only one person on the treadmill at a time.
9. Wear appropriate exercise clothes and shoes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill.

10. Children under the age of 12 and pets should avoid the treadmill at all times. Children over the age of 12 should not use the treadmill without adult supervision.
11. Keep the product away from hot surfaces.
12. Cleaning or Maintenance-Unplug the power cord before cleaning or maintenance.
13. Do Not Operate the Treadmill- if the power cord or plug is damaged, or if the treadmill is not working properly.
14. Place the treadmill on a level surface only.
15. If you experience any kind of symptoms, including but not limited to chest pain, surfeit, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
16. Please consult your GP before running, if you experience any one of the following diseases:
 - Cardiopathy, hypertension, sugar diabetes, respiratory disease, smoking, and other chronic diseases, complication disease.
 - If you are over 35 years old and overweight.
 - Women who are pregnant or in breast feeding period.
 - If you are using pacemaker or any kind of medical equipment.
17. Unplug the power cord after operating this treadmill.
18. Do not lift or move this treadmill unless it is in the upright folded position with the lock latch secure.
19. Do not lift or move this treadmill unless it is fully assembled.
20. Do not use this treadmill where aerosol products are used or where oxygen is being administered.
21. Do not start the treadmill while you are standing on the running belt. Always hold the handrails while jogging and running until you feel comfortable without needing to hold the handrails.

22. Please stand on the footplates before you start the treadmill.
23. Do not place your treadmill on the thick carpet. That could result damage to the motor from ventilation problem.
24. Please make sure one end of the safety key are placed in the appointed position on the display.
25. Please do not let your children play near your treadmill.
26. This treadmill is intended for-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
27. Read, understand and test the emergency stop procedure before using the treadmill.
28. The pulse sensor is not a medical device. It is intended only as an exercise aid in determining heart rate trends in general.
29. Never leave the treadmill unattended while it is running. Please store the safety key when the treadmill is unused.
30. Inspect and properly tighten all parts of the treadmill regularly.
31. Please unpack the treadmill carton on a flat surface. It is recommended that you place a protective covering on your floor.



CAUTION:

**Never use the treadmill before securing
the safety key clip to your clothing.**

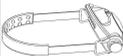
2. BEFORE YOU BEGIN



2.1 Main Technical Features

Input Voltage	220V±10%
Frequency	50/60 HZ
Running area	1210X420mm
Function	Time, Speed, distance, Calorie, heart rate, MP3 input
Speed Range	1.0-14 Km/h
Incline	3%5%manual or 0-15% Levels auto
Max user weight	100kgs
Power	1.75HP

2.2 Part List

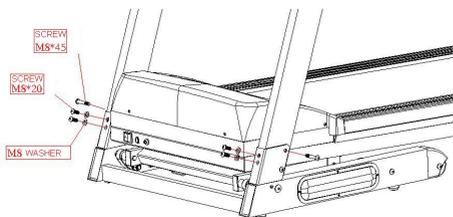
main part	Name	Q'ty	Fitting name	Q'ty	
	1, Main frame	1set	4, U-shaped pipe	2pcs	
	2, Waist twisting disc	1pc	5. Function stand/dumbbell	1set	
	3, Plastic cover	2sets	6, Massager head and massage belt	1set	
 Main frame		 waist twisting disc		 3, plastic cover	
 4.U pipe, up-right post		 5, Function stand/dumbbell		 6, massage head & belt	
No.	Fittings	Qty	No.	Fittings	Qty
(1)	 M8*20	6	(9)	 6mmWrencd	1
(2)	 M8*45	2	(10)	 5mmWrencd	1
(3)	 M8*65	2	(11)	 Wrencd	1
(4)	 M8*90	2	(12)	 Screwdriver	1
(5)	 ST4X15	6	(13)	 Silicone oil	1
(6)	 M8 Nut	4	(14)	User's Manual	1
(7)	 Flat washer	14			

Note: our company reserves the right to reform the products without notice.

3. ASSEMBLY

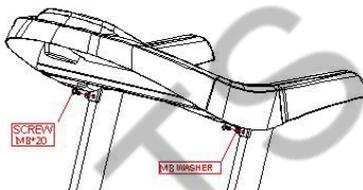
Step 1:

1. Take out the main frame out from the box and put it onto the floor, and clear the fittings.
2. Use 4pcs M8*20 and 2pcs M8X65 screws and fix them onto the stand pipe with washers.



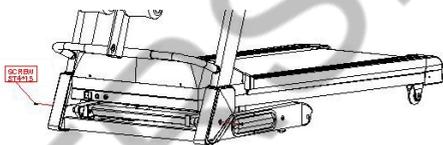
Step 2:

1. Raise the computer panel while check the signal connection, and insert 2pcs M8×20 screws with washers to fasten it.



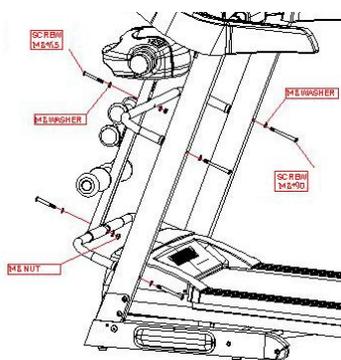
Step 3: Use 2pcs ST4X15 screws to fasten the plastic cover at bottom of stand pipe.

Use 4pcs ST4X15 screws to fasten the spring plastic cover at base frame.



Step 4:

1. Use 2pcs M8X90 screws to fasten the U-pipe to stand pipe with washers.
2. Use 2pcs M8X65 screws to fasten the function frame to U-pipe with washers and nuts.
3. Uninstall the three screws under massager, and put massager on top of function frame, then screw up with three screws.
4. Put on the safety, turn on the power switch, then can start machine.



4. EXERCISE GUIDELINES

Before using your treadmill, it is best to take 5 -10 minutes doing warm up stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury.

1) Downward stretch

The body bends forward slowly so that the back and shoulders relaxed, hands to touch the toes as far as possible. Maintain 10 to 15 seconds, and then relax. Repeated 3 times (see Figure 1).

2) Crus sinew stretch

Put one leg straight, the other leg inward to keep straight the inside A hand to touch the toes as far as possible. Maintain 10 to 15 seconds, and then relax. To do a leg each repeat 3 times (see Figure 2).

3) Crus and heal sinew stretch

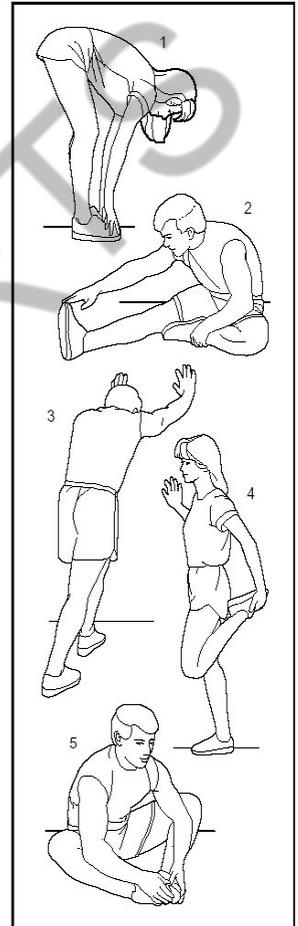
Two hands extending wall or table stand, one foot in the post. Hind legs to keep upright and lean to the walls or trees direction. Maintain 10 to 15 seconds, and then relax. To do a leg each repeat 3 times (see Figure 3).

4) muscles stretch

Right hand extending the wall or cable, keep balance, then the left hand back stretch to seize the left ankle to the hips slowly pulls, until you feel the front thigh muscles tense. Pull about 10 ~ 15 seconds, then relax. To do a leg each repeat 3 times (see Figure 4).

5) Sartorius muscle (inner thigh muscles) stretch

The sole of the feet relative, seated knee outward. Hands grasp the feet to the groin direction pull slowly. Maintain 10 to 15 seconds, then relax. Repeated 3 times (see Figure 5).



5.TREADMILL OPERATION



5.1. Brief Introduction

This electronic watch is easy to use, and has only less parameters. Term used in the instruction:

Treadmill's parameters: value of "speed"

Exercise parameter: value of "distance", "calorie", "time" and "heartrate:".

Exercise mode: manual, mode and program

Manual exercise mode: exercise mode without setting exercise amount.

Pattern exercise mode: exercise mode without setting exercise amount.

A. Time exercise mode: set exercise time, e.g. 30 minutes.

B. Distance exercise mode: set exercise distance, e.g. 3 square kilo meters.

C. Calorie exercise mode: set the calorie figure you want to

consume, e.g., 50 calories.

D. Program exercise mode: different exercise program originally set in the treadmill, and this treadmill has 12 exercise programs.

5.2. Display

Its display is LCD big blue screen.

Display contents:

- A. Heartbeat
- B. Time
- C. Distance
- D. Calorie
- E. Speed

5.3. Keys

The keys of this product are as follows:

- A. 3 speed direct select keys (3 6, 9)
- B. 1 start key
- C. 1 pause/clear key
- D. 1 program key
- E. 1 mode key

5.4. Parameters

- A. Power voltage 220V
- B. Minimum speed 1.0Km
- C. Max speed 14Km
- D. Longest exercise time in time mode: 99 minutes.
- E. Shortest exercise time in time mode: 8 minutes.
- F. Longest exercise distance in distance mode: 99 Km.
- G. Shortest exercise distance in distance mode: 1Km.
- H. Biggest calorie figure in calorie mode: 990 Cal.
- I. Lowest calorie figure in calorie mode: 10 Cal.
- J. Shortest time of (P1—P12) program: 8 minutes.
- K. Longest time of (P1—P12) program: 99 minutes.

5.5. Safe key

In any condition, switch down the safe key, the system closes, give the warning sound and display. (all the screens display “-”)

5.6. Exercise mode

The exercise modes have a common precondition:

- A. the system is powered up.
- B. the safe key is placed correctly.

(1). Manual

- A. Enter

- Press the “Start” key, the “speed” is counted down from 3 to 1, the buzzer gives a warning sound and the system is started up.
- B. Treadmill regulation
Press “speed+”, “speed-” keys to regulate the speed.
 - C. The treadmill counts the exercise parameter and refresh the display at its window.
 - D. Adjust the speed shortcut to regulate the speed directly.
 - E. Press “pause” key, the system shut down.
 - F. When the exercise time exceeds 99:59, the system will not shutdown but count time from 0.

(2). Mode

A. Enter

At the standby state, press “mode”key, the certain screen will flash and display “time”, “distance” and “calorie”. Regulate the exercise mount by regulating the “speed+” and “speed-” keys, then press start to a certain mode, then the system is started up.

B. Treadmill adjustment

Press “speed+” and “speed-” keys to adjust the speed value. Press the speed shortcut to adjust the speed directly.

C. The treadmill computes the exercise parameter and refreshes the display at its window.

D. Press “STOP” key, the system shut down.

E. When the exercise amount exceed the set amount, the system stop, then press “pause/clear” key, the system return to the standby state.

(3). Program

According to scientific arrangement, it has 12 exercise programs within the system (see attachment 1)

A. Enter

Press “PROGRAM” key, select any program from P1-P12, and the time window displays 30:00. You can adjust the value by pressing “speed+” and “speed-” keys or press speed shortcut key to adjust it. Then press ”Start” key, the treadmill starts to run at the first speed and incline after three seconds countdown. The program is separated into 20 sections, each section running time is $\frac{1}{20}$ of the setting time. After one section is finished, it will enter the next section automatically, when all the sections are finished, treadmill

will stop.

B. Treadmill adjustment

Press “speed+” and “speed-” keys to adjust the speed value. Press the speed shortcut to adjust the speed directly.

C. The treadmill computes the exercise parameter and refreshes the display at its window.

D. Press “STOP” key, the system shut down.

E. When the program is finished, the system stop, then press “pause/clear” key, the system return to the standby state.

5.7 MP3 Function:

When connect with MP3 or mobile phone, the speaker in computer panel can play music, you can adjust sound and track through your MP3 and mobile phone.

5.8 Auto Lubrication Function:

The oil box is beside the motor, after you start machine and work at highest speed, press ”Lubrication” key at control panel, then machine will start lubrication automatically.(how many days need to lubricate, please check MAINTENANCE.

5.9 App system:



Scan the two-dimension code  at control panel, download the software named “G-fit”, open the Bluetooth in your mobile and connect with machine. Open “G-fit”, then your mobile can control the machine.

TIME SECTION PROGRAM		SETTING TIME / 20= EACH SECTION OPERATION TIME																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
	INCLINE	0	7	7	6	6	5	5	4	4	3	3	2	2	2	2	2	2	3	3	4
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	1
	INCLINE	0	3	3	5	5	7	7	9	9	7	7	5	5	3	3	3	3	5	5	7
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
	INCLINE	0	5	5	5	1	1	5	5	5	1	1	5	5	5	1	1	5	5	5	1
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
	INCLINE	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1	2	3	4	5	6
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
	INCLINE	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1	2	3	4	5	6
P06	SPEED	2	4	3	4	5	4	8	7	5	7	8	3	6	4	4	2	5	4	3	2
	INCLINE	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1	2	3	4	5	6
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
	INCLINE	2	3	4	5	6	7	8	9	9	9	9	9	8	7	6	5	4	3	2	2
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
	INCLINE	0	3	3	5	5	7	7	9	9	7	7	5	5	3	3	3	3	5	5	7
P09	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
	INCLINE	0	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
	INCLINE	9	8	7	6	5	4	3	3	4	5	6	7	8	9	9	8	7	6	5	4
P11	SPEED	3	4	5	9	5	9	5	5	5	9	5	5	5	5	9	9	8	7	6	3
	INCLINE	9	8	7	6	5	4	3	3	4	5	6	7	8	9	9	8	7	6	5	4
P12	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3
	INCLINE	2	2	2	2	2	2	2	2	3	3	3	3	3	3	3	4	4	4	4	4

Attachment 1:

P1-P12 Program Exercise Program

6.0. Constitution test:

At the standby state, press the “PROGRAM” key repeatedly to enter into FAT test state, then press mode “key” to enter F-1, F-2, F-3, F-4, F-5 interface (F-1—sex, F- 2—age, F- 3—height, F-5-FAT test), press “speed+” and “speed-“ keys to set the parameters from 01—04 (see the following table); then press “MODE” key to enter F-5 FAT interface, at this time hold heart rate plate for 4-5 seconds, then it will show your FAT, check your weight and height and see whether they match with each other. The FAT is a figure that measures the ratio between height and weight, it does not show the body proportion. FAT suits all men and women, and it is a base for people to adjust their height and weight as other healthy indexes. The ideal FAT should be between 20—25, if the figure is below 19, it means you are too thin, and if above 25 and 29, that means overweight, and if above 30, that means you are getting fat. (these data are only for references, and are not medical data.)

01	Sex	01 M	02 F
02	Age	10-----99	
03	Height	100----240	
04	Weight	20-----160	
05	FAT	≤19	Underweight
	FAT	=(20---25)	Normal weight
	FAT	=(25---29)	Overweight
	FAT	≥30	Obesity

6.1. Function of Safety Lock:

At any operating state, pull off the safety key, the treadmill stop for emergency, and all the LCD display “---” the buzzer sound “BI-BI-BI” for alarm. The motor stops moving. When put up the lock key on the right place, the treadmill enter the standby, waiting for set up.

- (1). Check the load before exercise; check the validity of the safety lock.
- (2). In the course of exercise with the abnormal situation, can pull of the safety lock to stop the treadmill. Re-place the safety lock to reset and wait for input command.

(3). Non-professionals are not allowed to disassemble or repair to avoid damage to the treadmill.

6.TROUBLE SHOOTING

ERRO CODE		REASON	HOW TO SOLVE
NO DISPLAY		A) electricity not connected	Connect the electricity
		B) power switch not turn on	Turn on power switch
		C) pcb no power or broken	Press over-load protector or change new pcb
		D) signal wire not connected	Re-connect signal wire or change new one
		E) computer broken	Change new computer
		F) background light broken	Check background light wire or change new one
NOT DISPLAY ALL INFORMATION		A) display drive IC not inserted well	Re-insert IC, and re-weld it or change new one
		B) EMI gasket slip, not well fastened	Re-assemble screen
NOT RUN SMOOTHLY		A) driving position has resistance	Adjust driving position, or add some silicon oil
		B) running belt too tight or too loose	Adjust the belt tension
		C) pcb torque too big or too small	Ajust torque to right position
---OR--- (OR E00/E07)		A) safety key off	Put on safety key
		B) magnetron not fixed well	Fix magnetron to right position
E01/E13		A) signal wire not well connected	Re-connect signal wire
		B) signal wire broken	Change new signal wire

	C) signal wire broken	Change new computer
	D) pcb broken	Change new pcb
E02	A) motor wire not well connected, or open circuit	Re-connect motor wire or change new motor
	B) IGBT on pcb broken	Change new pcb
	C) input voltage too low	Stop using, ask electrician to check
E03	A) speed signal wire not well connected, or sensor broken	Re-connect speed signal wire or change new sensor wire
	B) pcb broken	Change new pcb
E04	A) incline motor wire not well connected	Re-connect incline motor wire
	B) incline motor broken	Change new incline motor
	C) pcb broken	Change new pcb
E05	A) over-loaded	Turn off and re-start machine
	B) driving position hinder	Adjust driving position, or add oil
	C) motor short circuit	Change new motor
	D) pcb burnt	Change new pcb
E06	A) motor wire not well connected	Re-connect motor wire
	B) motor open circuit	Change new motor
	C) motor idling	Re-assemble to test
E08	A) storage IC not well inserted	Re-insert IC, pay attention to pins
	B) storage IC broken, or pcb broken	Change new IC, or change new pcb
E09	A) machine stand or not put evenly on floor	Put evenly on floor

	B) pcb broken	Change new pcb
E10	A) pcb torque too big	Adjust torque to right position
	B) motor short circuit	Change new motor
	C) driving position hinder	Adjust driving position, or add oil
E11	Input voltage too big	Stop using, ask electrician to check
E14	Input voltage too low	Stop using, ask electrician to check

7. MAINTENANCE

7.1 Lubrication

After running for a period of time, the treadmill must be configured with special cymene silicone oil for lubrication.

Suggestion:

Use less than 3 hours each week

Use 4-7 hours each week

Use more than 8 hours each week

lubricate once every 5 months

lubricate once every 2 months.

lubricate once every 1 month.

Do not lubricate more than what you need to. Remember: regular and reasonable lubrication is to improve the lifespan of your treadmill.

7.2 Lubrication method

You just need to put the oil into the oil box beside motor, start the machine and let it run at highest speed, press "Lubrication" key at computer panel, then machine will start lubrication automatically until it finishes.



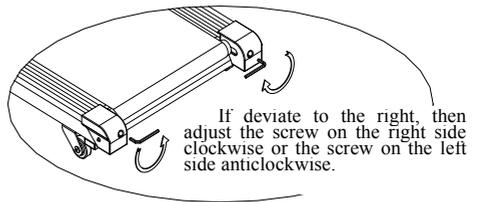
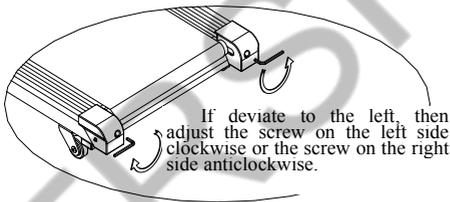
7.3 Running belt tension adjustment

You may need to adjust the treadmill according to your personal needs. But after running for a period of time, due to personal weight, the belt tension may change from default setup. If you realize that the belt is slippery that may be caused by loose tension, then you need to adjust the running belt and roller. Please do not adjust too tight that may bring too much pressure on the motor which would damage the motor, running belt and roller.

7.4 Running belt far to the right side adjustment

At the operating state, pressing the “+” and “-” or the rise “SHORTCUT” key can adjust the grade of the treadmill.

- ① Main frame is not being placed on a flat surface.
- ② Users are not running in the middle of the belt.
- ③ Forced deviation. After a few minutes no-load rotation, the deviation can not be automatically restored. If not recovered, you may adjust it with the 6mm hex key in the Tool Kit, turn it clockwise for 90 degrees. Please see the figure below.



If deviate to the left, then adjust the screw on the left side clockwise or the screw on the right side anticlockwise.

If deviate to the right, then adjust the screw on the right side clockwise or the screw on the left side anticlockwise.

The running belt deviation is not covered by the manufacture warranty. It is the owner's responsibility to maintain and adjust according to the

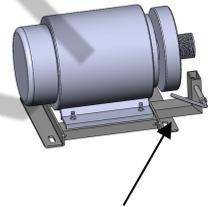
users' manual. Once you observe the running belt going to one side, you would need to adjust it in order to avoid serious damage to the running belt.

7.5 The adjustment to the Driven belt

If the driven belt becomes loose after using for a period of time, you need to:

Use the wrench to turn the adjusting bolt clockwise until the driven belt is not slippery anymore.

Note: Regular clean any objects that fell between The driven belt. This is a mandatory process.



Adjusting bolt

8. WARRANTY

We have one year quality warranty to the products. Within the warranty period, we provide the FREE replacement 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 information before getting the warranty.

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