Motorized Treadmill

INSTRUCTION

CHART OF PRODUCT

Control Panel

Pulse

Emergency Safety Key

Handrail

Lift Post

Motor Cover

Running Belt
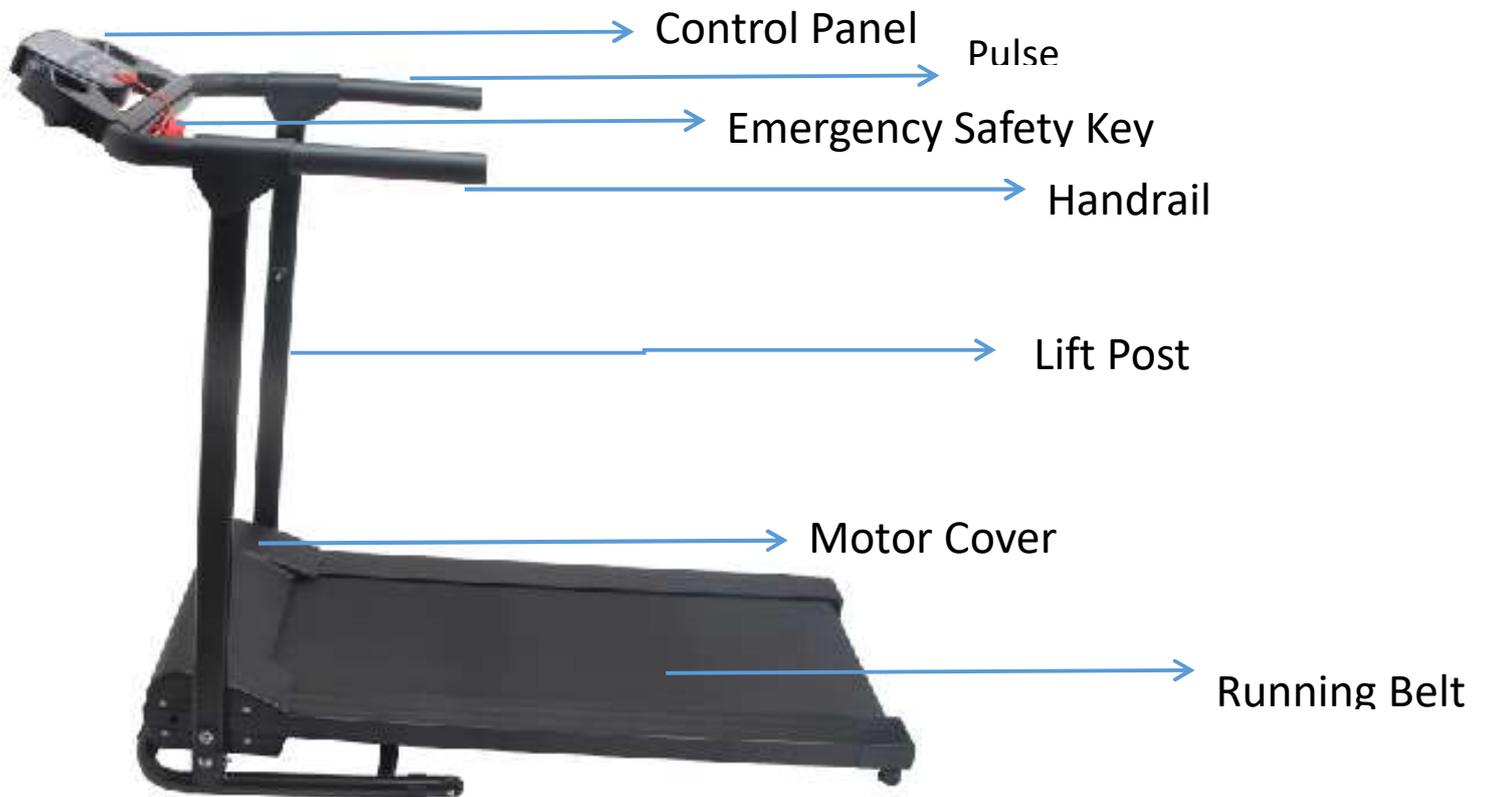
1.IMPORTANT SAFETY INFORMATION

Please keep this manual in a safe place for easy reference.

1. It is important to read this entire instruction before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled,maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

2. Before starting any exercise program you should consult your doctor to determine if you have any medical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medicine that affects your hear rate,blood pressure or cholesterol level.

3. Be ware of your body's signals incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms:Pain, Tightness in your chest, Irregular heartbeat, Extreme shortness of breath, light headache, dizziness, or feeling of nausea. If you do experience any of these conditions, you should consult your doctor before continuing with your exercise program.

4. Keep children and pets away from the equipment. The equipment is designed for adult use only.

5. Use the equipment on a solid ,flat level surface with a protective cover for your floor,or carpet. To ensure safety,the equipment should have at least 0.5 meters of free space all around it.

6. Before using the equipment,check that the nuts and bolts are securely tightened.

7. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.

8.Always using the equipment as indicated. If you find any defective components while assembling or checking the equipment. Or if you hear any unusual noise coming from the equipment during use,stop immediately. Don't use the equipment until the problem has been rectified.

9.While suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.

10.The equipment is only for home use only. Max user weight is 120 KGS only. Braking ability is independent of speed.

11.The equipment is not suitable for therapeutic use.

12.Please take care when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.

2.Assembling Instructions

**STEP 1**

Open the carton, please confirm the product
Accessories details:
1. Handrail decorative covers 2 PCS
2. Button Head Socket Bolt M8x35 2 PCS
3. Button Head Socket Bolt M8x11 2 PCS
4. Lock Pin M6x16   2 PCS
5. Emergency Safety Key 1 PC
6. 5MM Allen Wrench 1 PC
   6MM Allen Wrench 1 PC
7. Button Head Socket Bolt M6x40 2 PCS
8. Knob M10x20CM
9. Silicon Lubricant 1 PC

STEP 2

Lift up the lift post like the photo and hold it
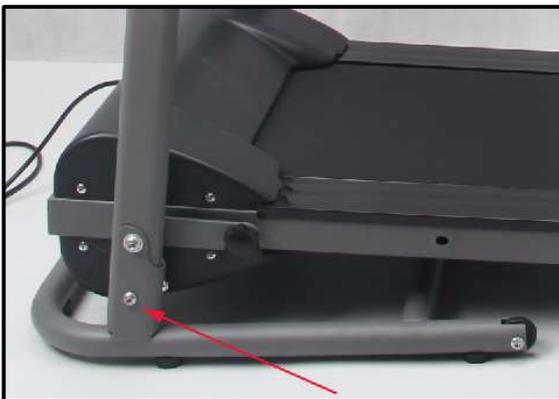
STEP 3

Screw the one Button Head Socket Bolt M8x35 for
one lift post and use Allen wrench to tighten
Repeat this for the other lift post.

Take Care and do not crush the inside cable

STEP 4

Screw the one Button Head Socket Bolt M8x11 for one lift post and use Allen wrench to tighten Repeat this for the other lift post.

Take Care and do not crush the inside cable

STEP 5

Lift the Handrail. Then use Button Head Socket Bolt M6x40 to fix the handrail and use Allen Wrench to tighten.and hold it

Take Care and do not crush the inside cable

STEP 6

Lift the control Panel to the suitable degree then use the two Lock Pin M6x16 to fix the control Panel.

STEP 7

Use the two Decorative Covers to cove the screw like the photo

STEP8

Use the Lock Pin M10X20 to fix the lift post and running board.

STEP 9

Put the Emergency Safety Key into panel yellow area.

3.FOLDING FOR STORAGE

Please following the PIC 1,screws out Lock Pin M10X20
and follow The PIC2,pull the Spring lock Pin which was fixed on
Lift Post and then release it.

PIC 1   **PIC 2**

4.Belt Adjustment

Your Treadmill belt has been adjusted at the factory but each user has a tendency to be "Right" or "Left" footed. If the belt moves to either side,It needs to be adjusted.

There are two adjustment bolts at the rear of the unit(see PIC.3).Tighten by half a turn the bolt on the side towards which the belt has shifted and correspondingly loosen the bolt on the other side. Rotate the belt smoothly to ensure that it is correctly centered-if not, repeat the adjustment.

Belt Adjustment Bol
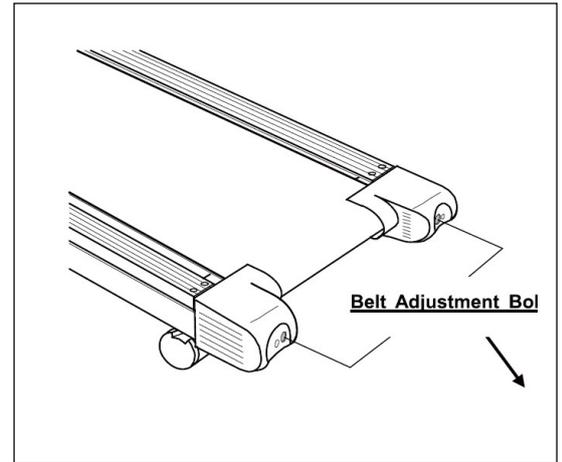
PIC 3

5.Maintenance

The belt may be cleaned by a mild soap and water. Be sure to remove any excess water after cleaning. Clean the running board under the belt periodically with a household furniture polish. After cleaning,a small amount of silicone spray(available from motor shops) should placed on the surface of the running board to allow the belt to slide more easily.
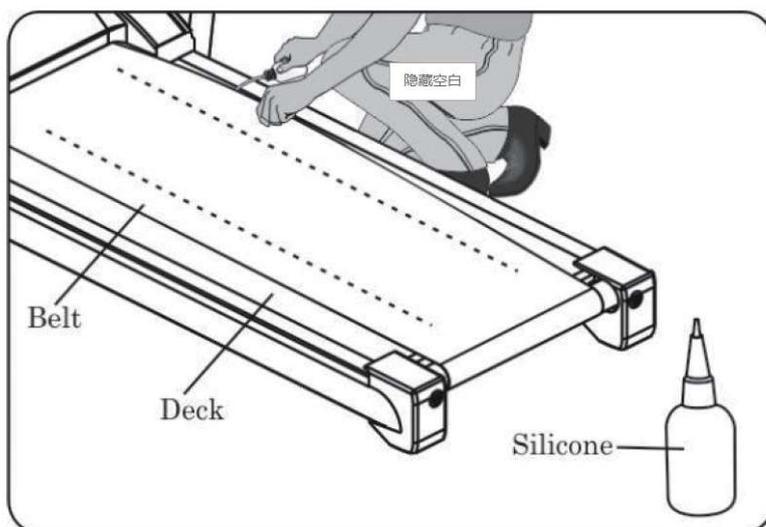
6.TO LUBRICATE THE DECK

ATTENTION! To reduce the risk of electrical shock, always remove the cable from the socket immediately after use and before cleaning.

1 - Raise the belt from the edge of one of the sides and clean the deck and belt by wiping a dry cloth over the deck and in internal surface of the belt. Moving the belt backwards with the foot clean the belt along its full length. Repeat on the other side of the belt.
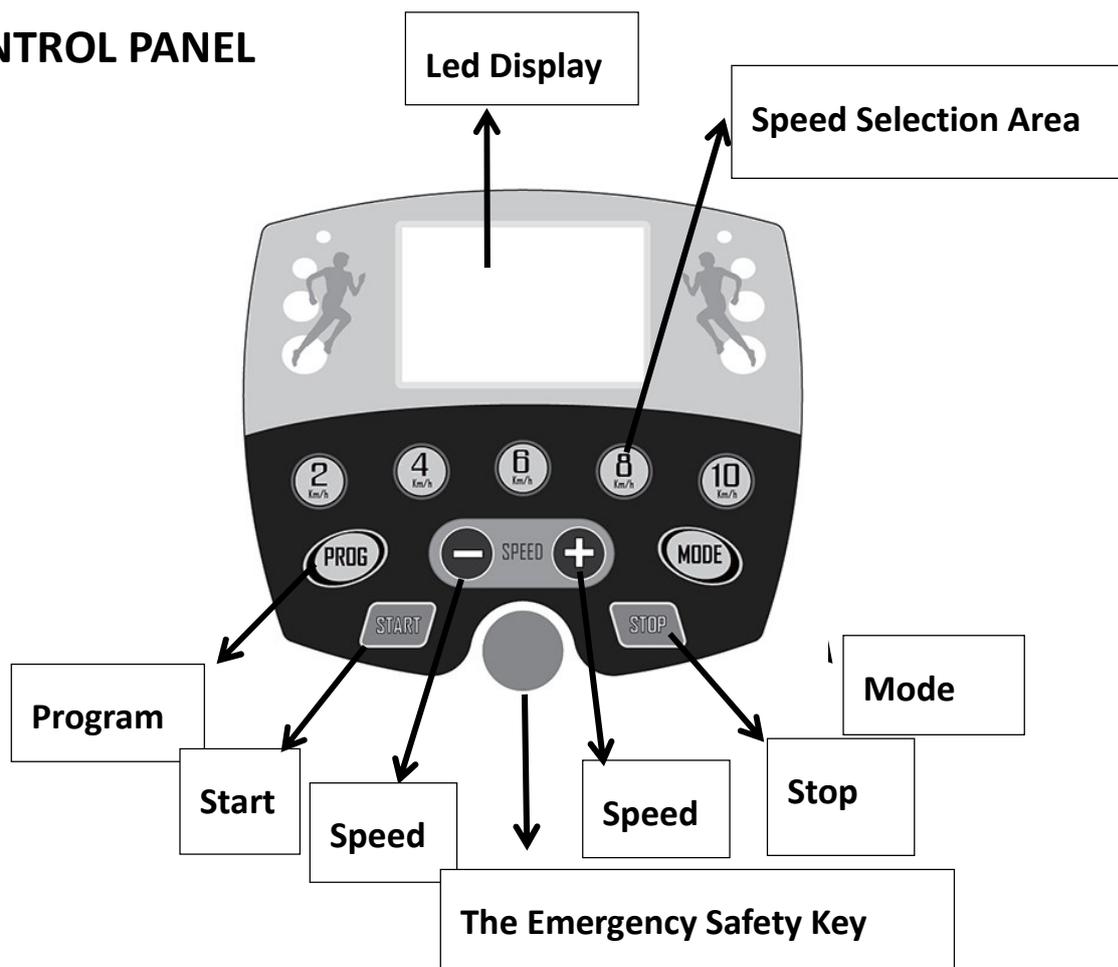
2 - Place the vial between the belt and the board and hold the vial inclined.

3 - Apply a trickle of silicone from the front to the back of the treadmill on each side. Try to reach the center of the deck

4 - Spread the silicone by running the treadmill at 1Km/h and step delicately on the treadmill for some minutes to enable the silicone to spread on the belt.

7.CONTROL PANEL

Led Display

Speed Selection Area

Program

Mode

Start

Speed

Speed

Stop

The Emergency Safety Key

Function Instruction

1. Insert the plug, put the safety key into the control panel, open the power switch, full screen display 1 second after the beep sound to enter standby.

2. In the manual standby mode initially: SPEED display 0.0； TIME display 0:00; CAL display 1; DIST display 0.0; CAL display 0;

3. In the manual standby mode, press the MODE key, you can respectively selected the mode: normal, preset time or preset distance. If choose count up timer, display "：" flash display; and count down, display the static status.

A. According to the normal, the time and distance are both count up, when the time to 60 minutes, it's stop.

B. According to the preset time, the original time is 30:00, and the speed can be adjusted from 5:00---99:00,
and the time count down until 0, the machine stop.

C. According to the preset distance, the original distance is 1.00, you can adjust the speed from 0.50-1.00-1.50---99.5， each additional distance is 0.5km, DIST is count down until 0.

4. In the standby mode, click the program key, its P1-P12 auto program for choice, the time will show by count down, original time is 30：00, you can adjust the time from 5:00---99:00 by speed +/- key.

5. In the standby mode, all of shortcut key are useless, if click the stop key, all will come back to manual standby status.

6. When running all mode, it must be have 3 seconds count down (speed display), and buzzer 3seconds. In

this mode, the mode key and program key is invalid.

7. In manual operation mode, you can adjust the speed from0.8---12.0. original is 0.8,you also can choose speed (2KM，4KM，6KM，8KM and 10KM) by speed shortcut key.

8.In automatic mode, the speed button "+/-" and the speed shortcut key are also effective, and all auto-mode is 20 sequence shot. The details of automatic mode are as addendum.

9. In automatic mode, the machine will buzz 3 seconds earlier to prompt the user.

10. In the running status, press the "stop" key, the motor will reduce the speed until stop, and the mode into manual standby, every motion parameter keep remain show so that the user watch conveniently.

11.When the safety key /Device left the control panel, the window show "-" ,others have not show.

12. In standby mode or protected mode, no-operation continuously 10 minutes, the machine will turn off the display to sleep.

In sleep mode, press any key(protection switch must be closed) or to detect the heartbeat, the machine into standby immediately shows the initial.

Exercise Computer

Function Button

Mode   Press to select functions preset,or hold on can be total reset for all function values.

Functions

Scan   Automatically scan through each model in sequence for every 5 seconds

Time   Accumulates total working time up to 30:00.

Speed   Accumulates current speed.

Distance Accumulates current working distance up to 99.99KM

Calorie   Accumulates calories consumption during exercise,Max value is 9999 Cal.
          (This data is a rough guide for comparison of different exercise sessions which cannot be used in
          Medical treatment)

Note:1.Without any of signal for 4 minutes ,the LCD display will shut off automatically.
      2.Turn on the monitor by pressing the button.
      3.Stop exercise to press model for selecting each function.

Troubleshooting

Computer not working correctly

If your computer is not working correctly,please check whether the computer sensor wire is plugged into the computer. If you have checked the above and the computer is still not working,then please make sure the Magnetic Switch is still working and that they are installed correctly in the computer.

Technical Specification

Production Name:Motorized Treadmill

Rated Voltage:220V

Frequency :50 Hz

Rated Power:750W