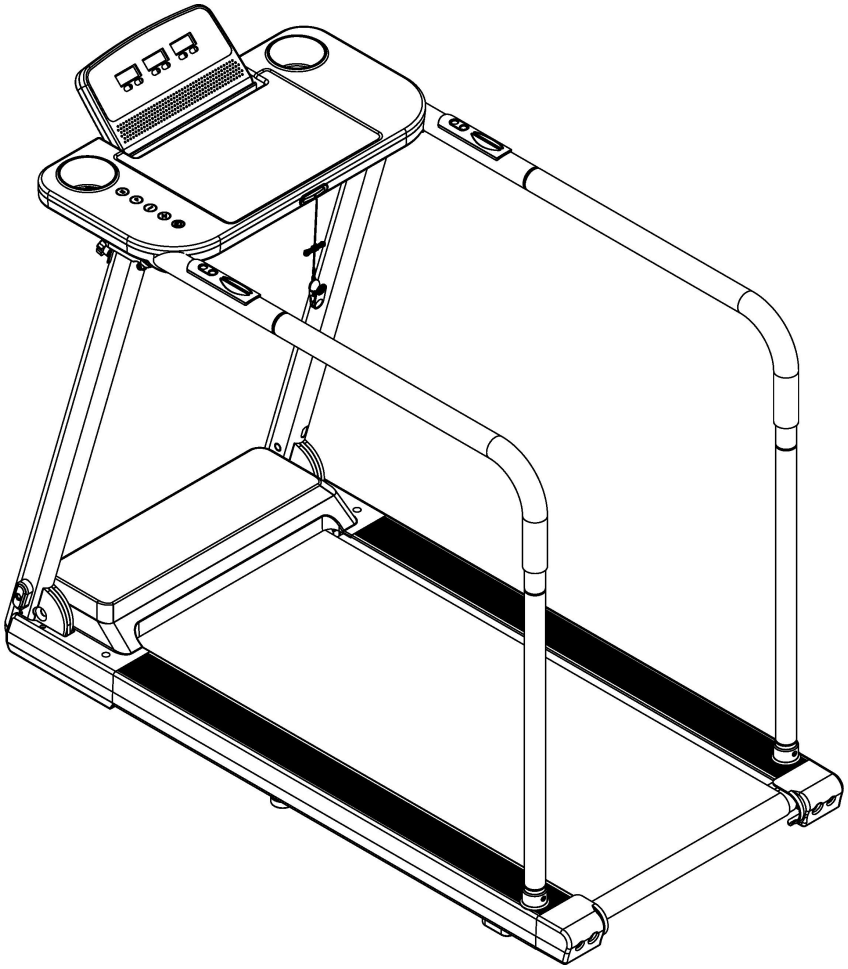
MOTORIZED TREADMILL

KRD-JK68-6D



Thank you very much for purchasing our product.
Please read this manual carefully before use it and keep the manual at proper place.

CAUTION

• To avoid injury, stand on the side rails before starting the unit.
·Read the manual carefully before using the product.
·Keep children away from the treadmill during operation.
·Remove the safety key when the unit is not in use.

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1 . CAUTION

To avoid injury please read this manual carefully before operating this machine.



- **NEVER attempt to mount the treadmill while the running belt is moving.**
- **NEVER step off the treadmill while the running belt is moving.**
- **NEVER operate the treadmill if it is damaged or is not working as it should be.**
- **DO NOT overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your doctor.**
- **DO NOT start the treadmill when it is in its folded position.**
- **DO NOT operate the treadmill in or around water / sources of heat & avoid placing the treadmill on thick carpet.**
- **DO NOT use outdoors. This product is to be used inside ONLY.**
- **DO NOT place any objects on the running belt or the treadmill itself.**
- **NEVER connect a live power cable to the treadmill. Please turn off the power supply and the On/Off switch on the back of this machine before connecting the power cable to the machine. Once safely connected you can switch on the power supply followed by the on/off switch on the back of the machine. Connecting a live cable directly into the back of the machine can damage the**

electrical components.

- **Storing the treadmill in a cold damp room i.e. garage (with non consistent temperature) will increase the risk of damage to electrical components. We recommend that you store the machine in a dry room with constant temperature.**

2 . SAFETY NOTICE

- **This machine is not suitable for children under 14 years of age.**
- **Use the treadmill only for its intended use as described in this manual.**
- **Children, elderly users and pregnant women are advised NOT to use the treadmill.**
- **Assemble and operate the treadmill on a solid, level surface. Locate the treadmill a few feet from walls or furniture. Check the unit before each use and verify that all fasteners are secure. Always maintain the treadmill in good working condition.**
- **An error may occur due to unstable power. DO NOT share a power socket with other high-powered items such as computers or air conditioning units.**
- **It is suggested to wear suitable sports trainers and sensible gym clothing when using the treadmill.**
- **Take care when folding and unfolding the treadmill before and after use.**
- **DO NOT attempt to service the treadmill yourself except for the maintenance tasks which are described in this manual. The treadmill does not contain any**

user-serviceable parts so disassembling it yourself will not only void your warranty but could result in serious injury.

3 . CAUTION DURING USE

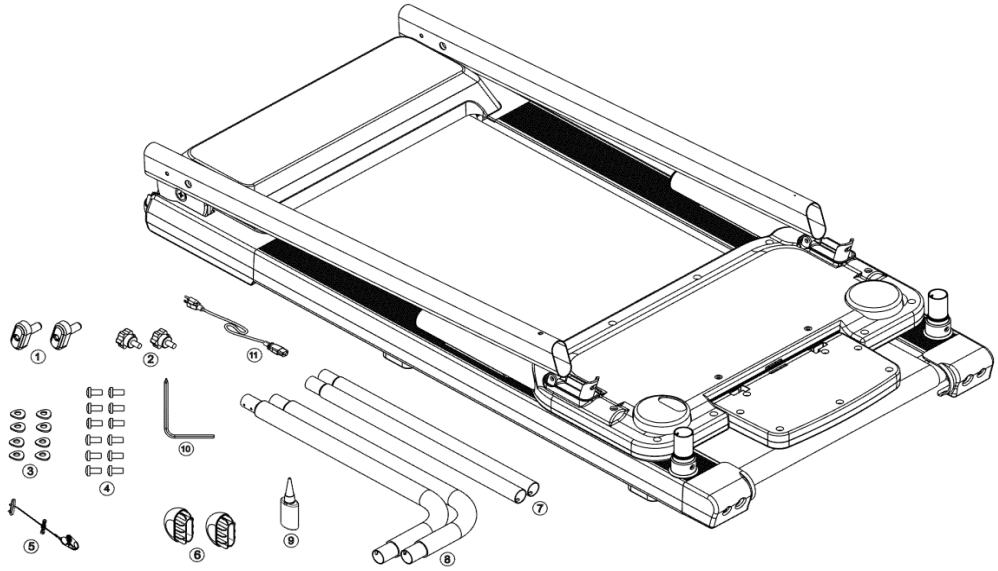
Keep both the machine and power cord away from heated surfaces.

- **Make sure you are wearing proper exercise clothing and shoes during a workout—no loose clothing. Tie back long hair. Keep all loose towels away from the running surface. The running belt will not stop immediately if an object becomes caught in the belt or rollers.**
- **If you begin to feel unwell during use, stop immediately and consult your doctor or personal trainer before continuing.**
- **Take care when adjusting the speed setting and increase or decrease steadily.**
- **The safety tether cord clip must be attached at waist level prior to starting a workout. The safety cord connects the security clip to the yellow button on the console. If you encounter any type of difficulty while using the treadmill, a strong tug on the safety key cord or a quick tap on the red ON/OFF button will stop the running belt.**
- **Please make sure the running belt is fastened before using.**
- **DO NOT adjust the belt while machine is turned on or being used.**
- **Please switch off all functions and disconnect from mains power supply after use.**

4 . TECHNICAL SPECIFICATION

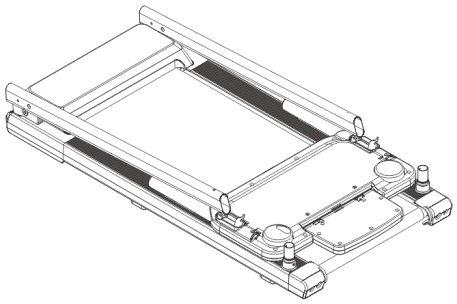
Product name	Treadmill
Voltage	110V
Frequency	60Hz
Power	2.25HP
Speed	0.5-7.5mph
Net weight	79LBS

5 . PRODUCT SPARE PARTS

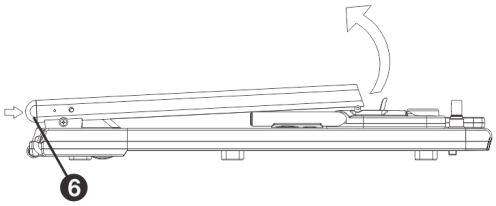


Serial NO.	Part Name	Spec	qty
1	T Knob	M12*20	2PCS
2	Plum Knob	M8*16	2PCS
3	Arc Gasket	∮6	8PCS
4	Screw	M5*12	12PCS
5	Safety Key		1PCS
6	Pipe Plug		2PCS
7	Rear Support Bar		2PCS
8	Middle Bar		2PCS
9	Silicone Oil		1Bottle
10	M5 L Wrench		1PCS
11	power cord		1PCS

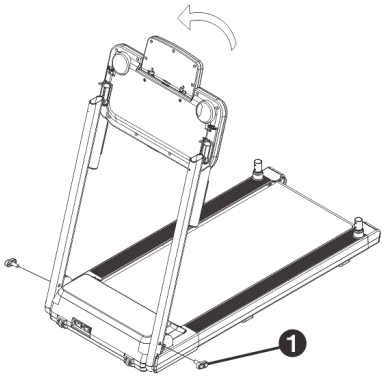
6 . ASSEMBLY



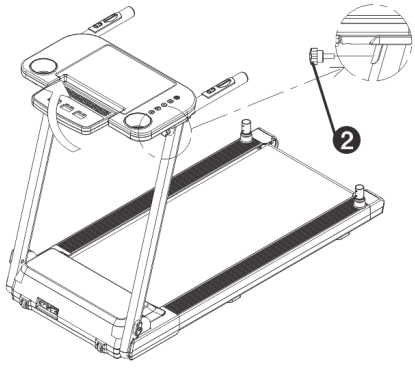
1.Open the carton and remove the rack and all accessories out of the carton flat on the ground.



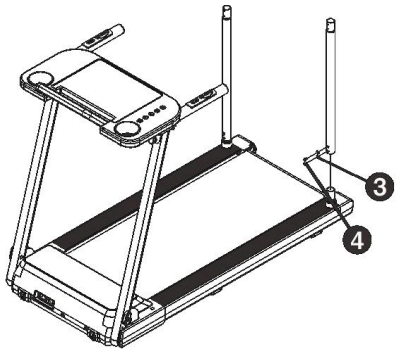
2.Put the pipe plug into the lower side of the left and right pole first, and then lift the pole to the appropriate position.



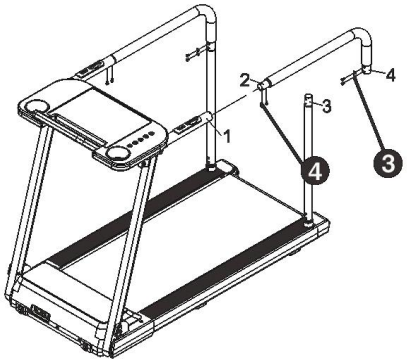
3.Lift the support frame to the appropriate position, then install the T knob and fix the support frame.



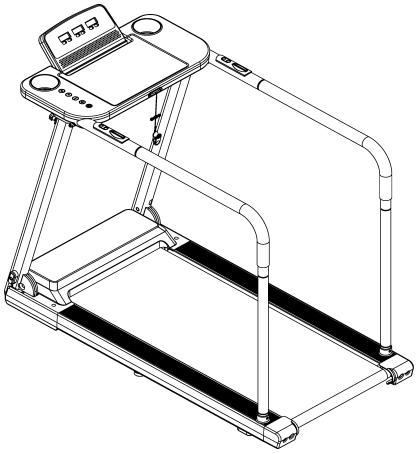
4.Flat the computer to make the handrail as horizontal as possible, then use plum knob to fix the computer with the support frame.



5.Plug the rear support bar into the fixed connector at the end of the rack and lock them together with the head screw M5 * 12 and arc gasket M6 (note that the screws are not locked).

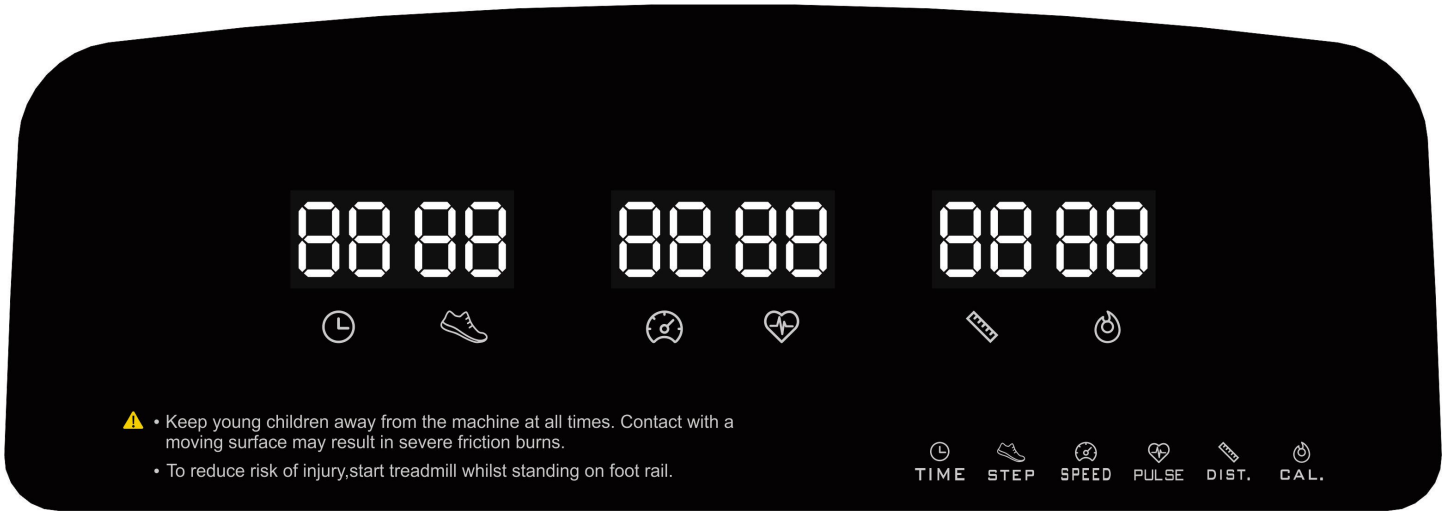


6.Please fix No.2 the middle support bars with No.1 the computer handrail bar,then pull No.2 the middle support bars slightly upward, make sure part 4(as figure) can be inserted into part 3 the rear support bars. Finally, install the screws M5 * 12 arc gasket M6 to lock all the parts!



7.Place the safety key (HARDWARE 5) and the assembly is complete.

7 . CONSOLE INSTRUCTION



1. **Check that the red power switch on the back of the machine is turned off.**
2. **The power supply socket should be turned off at the wall,then insert the power cable into the wall and at the back of the machine.**
3. **Turn on the power supply at the wall and turn on the red power switch at the back of the machine.**
4. **Place the emergency stop safety key on the front of the console.Clip the other end of the safety key onto your clothes and stand on the running belt facing the console.**
5. **Press " " button, 3 seconds later the machine will start at a speed of 0.5 miles/hour, when the machine is running, press this button, the machine slow pause will retain motion data, press this button again the machine will start, if within 3 seconds after the start countdown press" "button again the machine will clear the data, the machine will stop**
6. **Press " "" " key to speed up or speed down.When user needs to set time,distance or calories,pressing the keys can increase or decrease the**

set value.

7. **Touch the heart sensors,the screen will show heart rate frequency.**

8. **Press"**  **"key, the-screen will show Time/Step, Speed/Pulse, Distance/Calories. Concern data will be showed every 5 seconds, touch "**  **" key, it will be stay in fixed mode. When machine is in standby status, press "**  **"this key to select user required time, distance or calories, then press "+"or "-"key to set required value. Time set range 5:00~99:00, Distance set range 1~99, Calories set range 20~990.**

When standby,press "  **"with 3 seconds to enter into adult mode,elderly mode .Distance window will show U1(0.5-7.5)、U2(0.5-5.0)、**

Press"  **"，can save the data and quit.Pull out the safety key,will not save the data and quit.Please note,factory normal mode is U1 adult mode,and power off will return to factory mode automatically.**

9. **When machine is in standby status,press this"**  **"key to select P1~P12. Then press"**  **" key: the machine will run at the selected program.When program is selected,the default time value is 30 minutes.User can press "+"or "-"key to increase or decrease the time.The formula of time and speed change is TIME/20*60s as below:**

TIME SECTION		SETTING TIME/20=EACHSECTION 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	2	3	3	4	4	4	4	4	4	4	4	4	4	4	4	3	3	2	2
P02	SPEED	2	3	4	5	5	5	5	4	3	2	2	3	4	5	5	5	5	4	3	2
P03	SPEED	2	2	2	3	3	3	4	4	4	5	5	5	6	6	6	6	5	4	3	2
P04	SPEED	2	4	6	7	6	4	2	2	4	6	7	6	4	2	2	4	6	7	6	4
P05	SPEED	2	3	4	6	7	4	4	6	7	4	4	6	7	4	4	6	7	4	3	2
P06	SPEED	2	3	4	5	6	7	7	7	7	7	7	6	6	5	5	4	4	3	3	2
P07	SPEED	2	4	6	5	7	6	7	7	5	7	7	7	7	5	7	6	7	7	5	2
P08	SPEED	2	3	5	6	5	7	5	7	5	7	7	5	7	5	7	5	6	5	3	2
P09	SPEED	2	5	3	7	4	7	5	7	6	7	7	6	7	5	7	4	7	3	5	2
P10	SPEED	2	4	3	7	7	5	7	7	7	5	7	7	7	7	6	4	6	3	5	2
P11	SPEED	2	4	7	7	7	7	5	7	7	7	7	7	7	5	7	7	7	7	4	2
P12	SPEED	3	3	5	7	3	5	7	4	7	5	7	6	7	7	7	5	6	4	5	2

Please note:Above date,the unit is highest speed of 1/10,amd the highest speed just against the selected U1 7.5mph、 U2 5mph

10.Left handrail has "start/stop" keys. The right handrail has speed shortcut keys + & - to adjust speed.

11.In case of emergency, please pull out safety key. The machine will stop very slowly.

12.Turn on the Bluetooth switch in the phone settings find the available Bluetooth devices in the Bluetooth device connection selection,the nselect and connect the available Bluetooth audio devices.

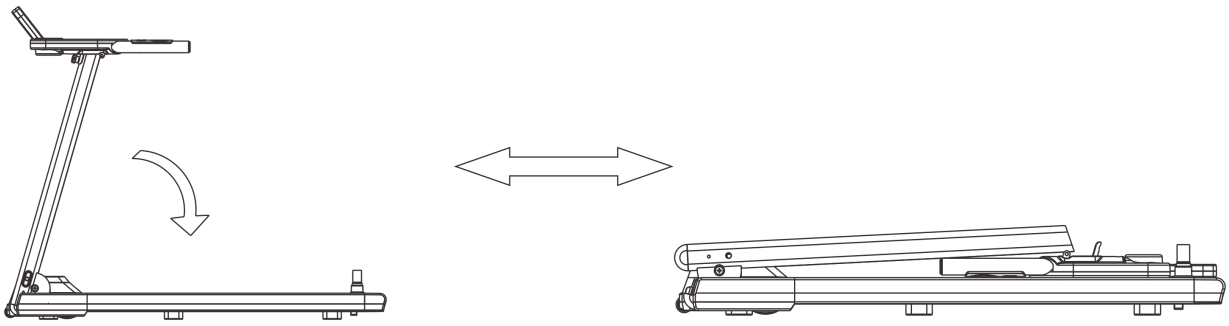
If any error codes appear on the screen, then please check below:

Err Without safety key - Please make sure the safety key is put on.

If the safety key is already on, but there ERR still shows or there is no function, then change the computer screen/display monitor.

Error Code	Meaning	Problem	Solution
E05	Over current Protection	Control board short circuit or motor blocked	1. The motor is damaged during transportation, contact us for replacement. 2. The motor is blocked. Open the motor cover and check whether the motor is blocked. Remove the block if yes. 3. When the treadmill is used for a long time, the frictional resistance increases. Regular maintenance with lubricating oil is required. 4. The user's weight exceeds the treadmill's maximum load.
E06	MOS protection	The motor and the control board are not properly connected	1. Open the motor cover and check whether the motor is damaged or the motor wire is broken. It is recommended to reconnect the wires. 2. If the error still appears, replace the control board.
E07	Communication failed	The data cable from the control panel to the LCD screen is broken or not connected properly	1. Make sure the control board and panel wires are securely connected and not damaged. 2. If the error still appears, replace the control board.
E08	Over voltage protection	A. The voltage is too high B. The motor wire falls off or has poor contact	1. Check whether the motor wire is disconnected. 2. After replacing the socket, reconnect the power and restart the machine. 3. If the error code is still displayed, replace the control board.

8 . FOLDING UP AND SETTING DOWN

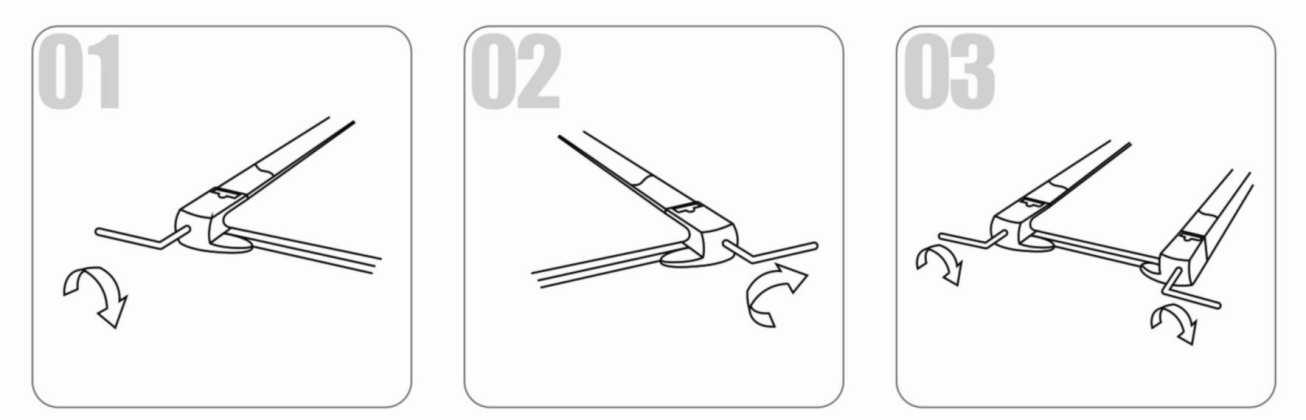


9.USAGE OF SILICONE OIL



Pull up tightly of the running belt. Then put the silicone oil to running board. Then start the machine to running 3 minutes without loading. It is better to maintain like this every 30 hours working of the machine. This can save lifetime of parts properly.

1 0 . RUNNING BELT ADJUSTMENT



(1) Running belt deviates to left

Start the machine at speed 1-1.5 mi/h (don't stand on machine). Use the allen wrench to turn the screw clockwise until desired fit (see fig1). Then let the machine run without loading for 1-2 minutes. Please adjust like this until the belt is in the middle.

(2) Running belt deviates to right

Start the machine at speed 1-1.5 mi/h (don't stand on machine). Use the allen wrench to turn the screw counterclockwise until desired fit (see fig2). Then let the machine run without loading for 1-2 minutes. Please adjust like this until the belt is in the middle.

(3) Running belt stuck

If the running belt is not moving, use the allen wrench to turn the screws 180 degrees on both left and right sides until this is solved.

1 1 . WARRANTY

We have one year quality warranty to the products.Within the warranty perio d,we provide the FREE replacements parts.If caused by incorrect assembly,incor rect use or change of parts failures,our company takes no responsibility. You should show our products series no. and relative pictures or videos or concern information before getting the warranty.

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

1 2 . EXERCISE GUIDE

PLEASE NOTE: Before beginning any exercise program, consult you physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

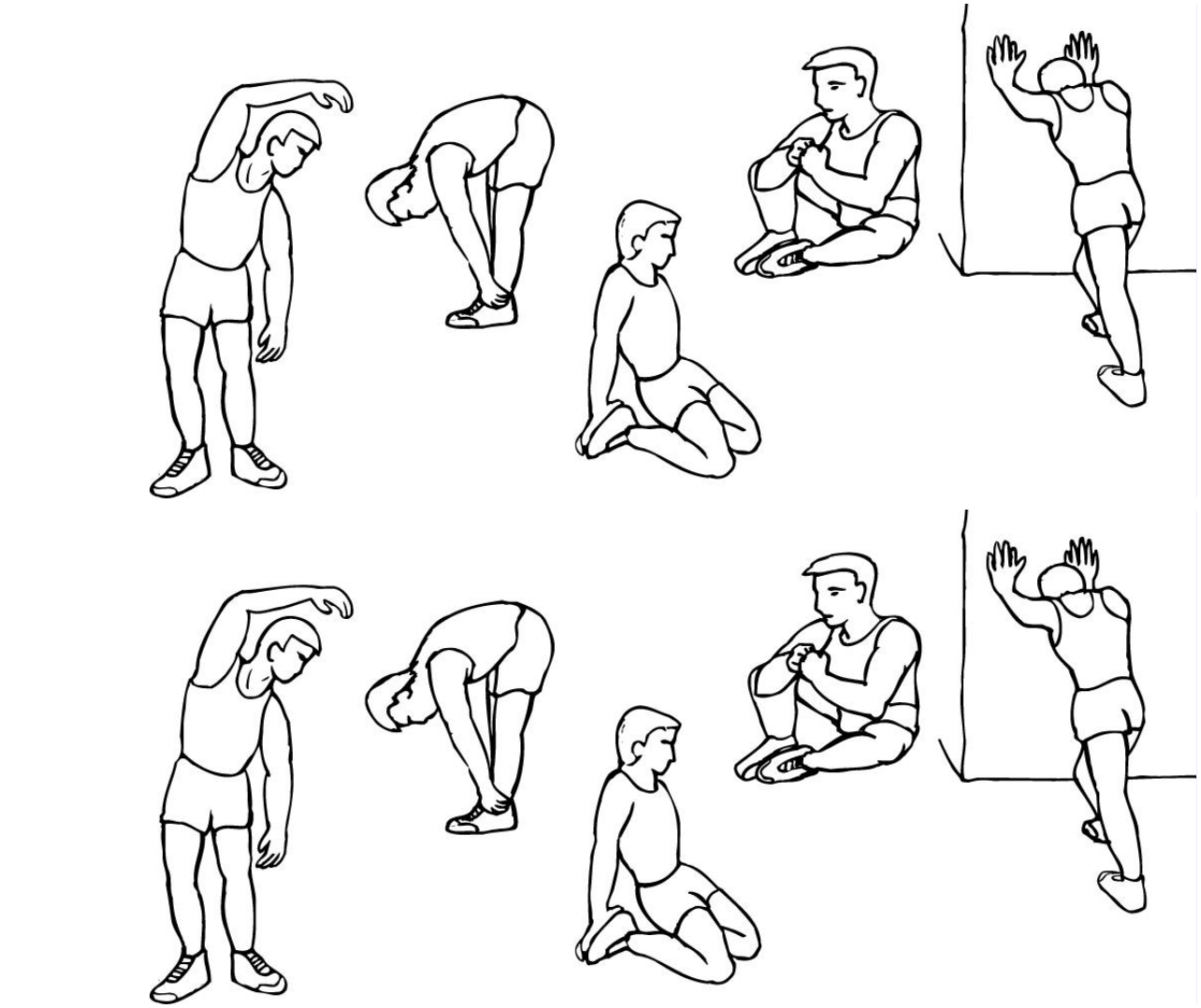
The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.

Warm-up

Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up

Increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.



Training zone Exercise

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your

Intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breathe.

Cool Down

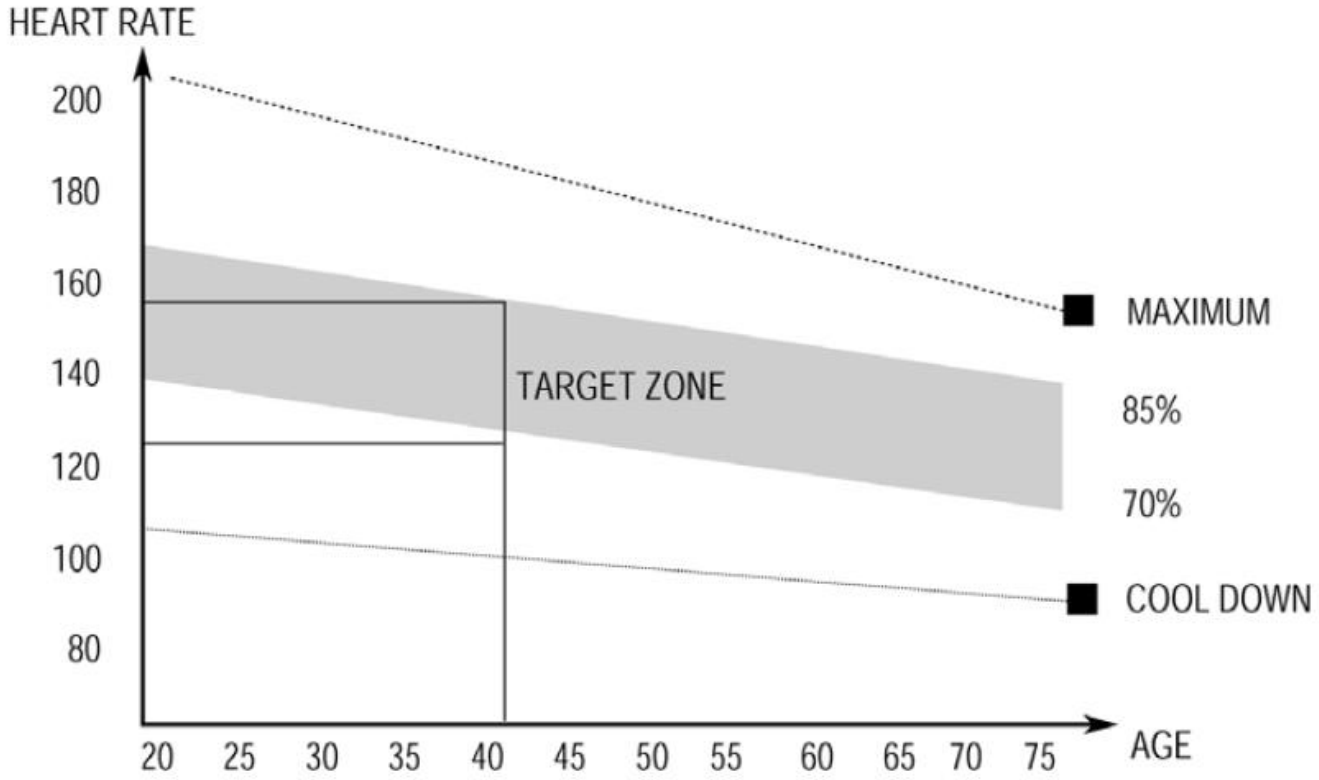
Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of

stretching to cool down. This will increase the flexibility of your muscles and will

help prevent post-exercise problems.

Workout Guidelines

TARGET ZONE



THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE. REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.

The most important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

FCC STATEMENT

NOTE:

1. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.
2. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

— Reorient or relocate the receiving antenna.

— Increase the separation between the equipment and receiver.

— Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

— Consult the dealer or an experienced radio/ TV technician for help.

FCC Radiation Exposure Statement :

FCC Radiation Exposure Statement: This equipment complies with FCC radiation exposure requirement. The device can be used in portable exposure condition without RF striction.

MADE IN CHINA