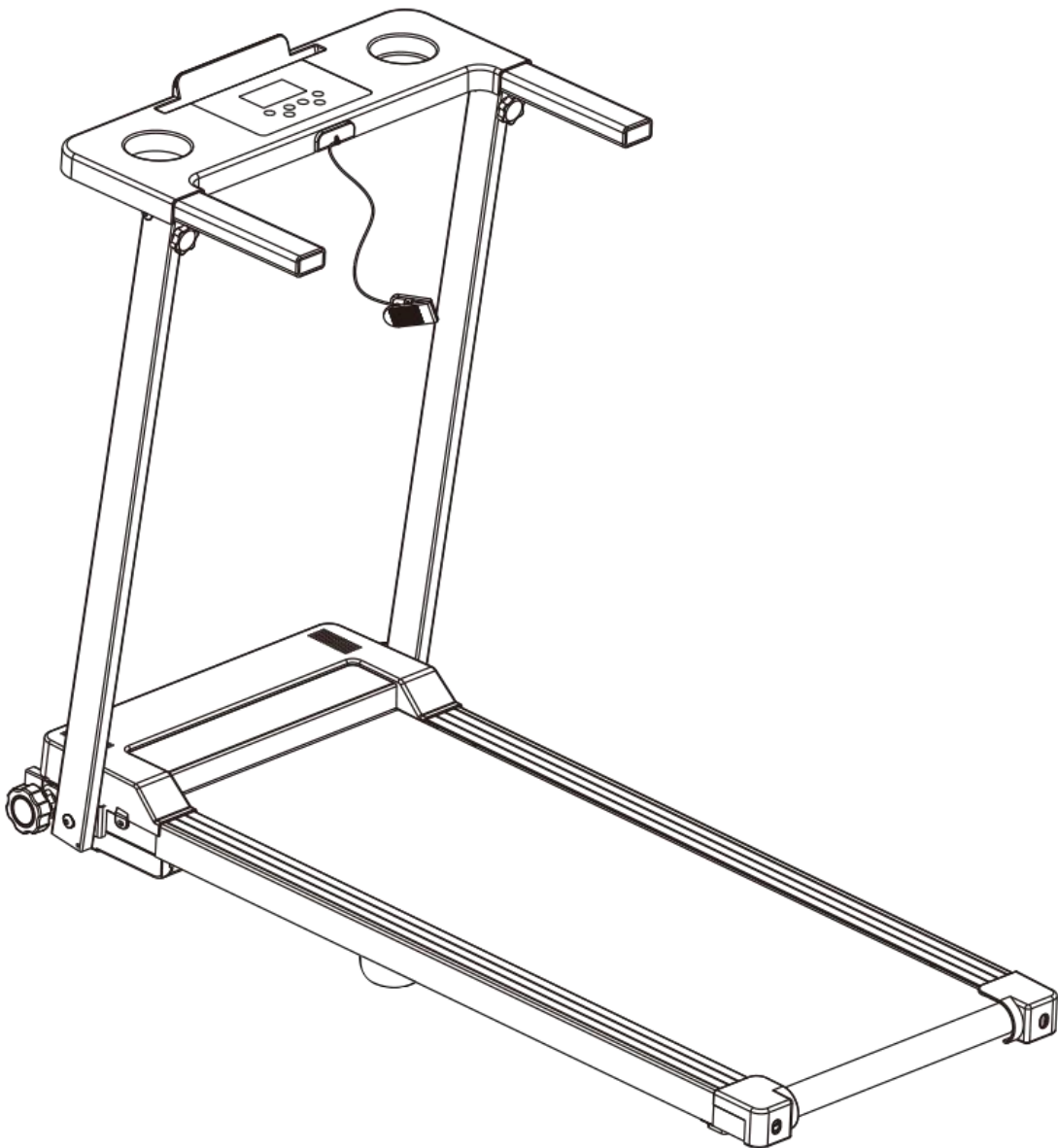


# Folding Treadmill

Home Use Walking Machine

**User Manual**



Read all instructions carefully before using the product and retain the user manual for future reference.

**PLEASE DO NOT RETURN TO STORE**



**Please do not return this product to the retailer!!**

**We are able to assist you in ANY way.**

If you find that you have any trouble with assembly or missing or damaged parts, please contact the seller.

# Content

Precautions .....	1
Parts List .....	2
Assembly Instructions .....	3
Operation Guide .....	5
Key Functions .....	6
Adjustment & Maintenance .....	8
Exercise Programs .....	9
Error Messages & Solutions .....	10

## Precautions



**Important: Read all instructions before using this treadmill.**

### **Safety**

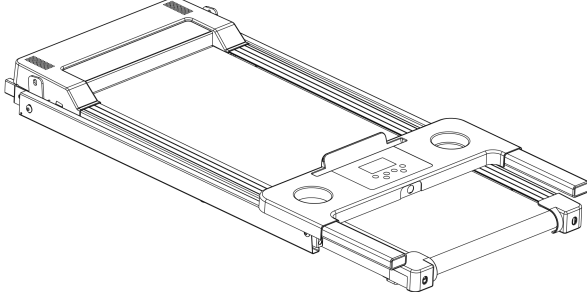
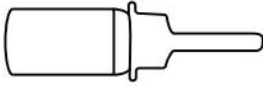
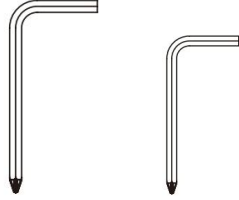
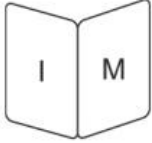
- \* The equipment is for home use rather than commercial use.
- \* Please don't use machine with illness, fatigue and drunk.
- \* Please place the product on a flat and solid place to avoid falling. If necessary, use a rubber mat underneath to avoid slipping.
- \* Keep children and pets away from the equipment. The equipment is designed for adult.
- \* Keep it on a clean and dry place to avoid rusting and other problems we can't control.
- \* It is strongly recommended that you wear suitable clothing and footwear.
- \* If you feel unwell during using the treadmill, please stop using it immediately and consult your doctor for instructions before next use.
- \* For your safety, you must keep at least 1 meter away from anything around.
- \* Please warm up before using the treadmill to avoid sports injuries.
- \* Cut off the power after you use the treadmill.

### **Maintenance**

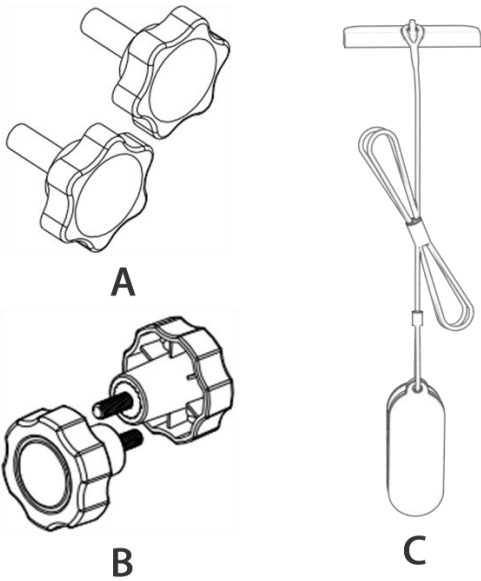
- \* Regularly check that elements fastened with nuts and bolts are correctly tightened.
- \* To maintain the level of safety, the equipment must be regularly inspected. It is vital that any faulty parts are replaced and that it is not used until completely repaired.
- \* As sweat is very corrosive, do not allow it to come into contact with the enameled or chromed parts of the equipment, particularly the computer. Immediately wipe the equipment after training. The enameled parts can be cleaned using a damp sponge. All aggressive or corrosive products should be avoided.

# Parts List

Notice: If any part is missing, distorted or broken when you receive the package, please contact us.

<p>1. Treadmill x 1</p>		
<p>2. Lubricant x 1</p>		<p>3. Wrench x 2</p> 
<p>4. User Manual x 1</p>		

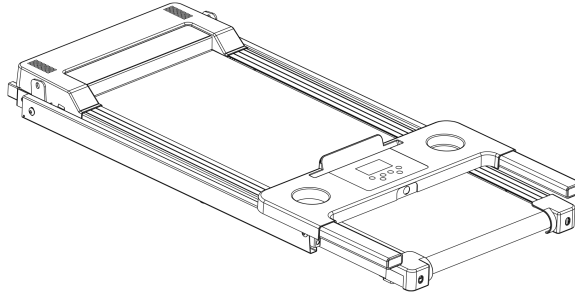
## Other Parts for Assembly

	CODE	ITEM
	A	Knob under handrail X 2
	B	Knobs on both sides of columns X 2
C	Safety Key X 1	

# Assembly Instructions

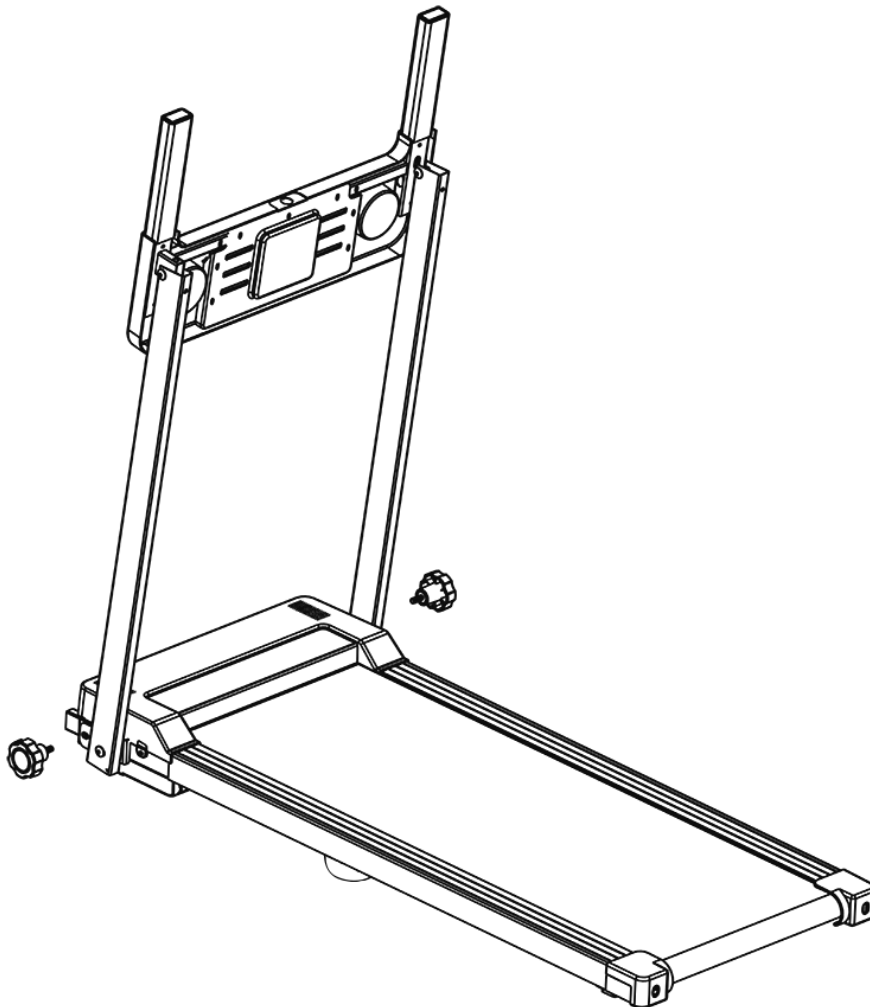
## Step 1: Unboxing & Contents Checking

Lift the treadmill out from the carton, place all the contents neatly on a flat surface, check the parts list and ensure there are no missing items.

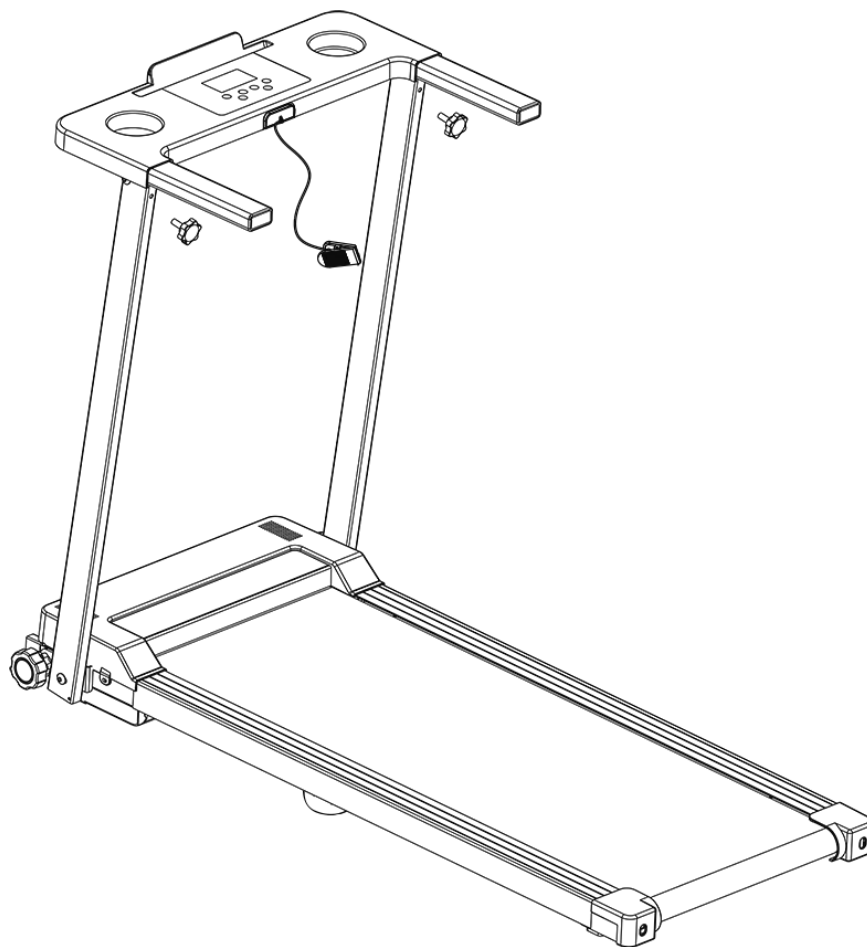


## Step 2: Extending the Unit & frame Assembly

Lift and rotate frame up to the position as shown below, fix it with knobs on both sides of the frame .  
frame tightly without any screw.



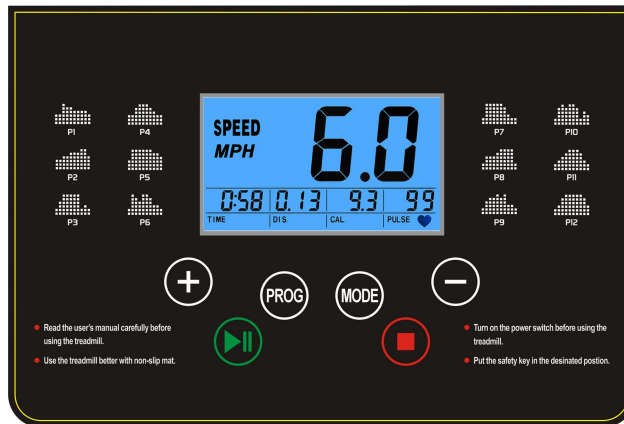
Step 3: Fix the console with knobs under handrail, then put safety key in designated location on console.



Step 4: Connect the power cord, turn on the power switch, operate the machine by buttons on console.

# Operation Guide

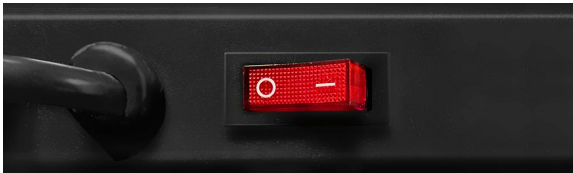
## CONTROL PANEL



### Turn on the machine:

Plug the power cord and press the power switch (in red).

When the light is on, you will hear a beep sound, and then the screen will light up.



### LED Display Description


- Speed display
- Time display
- Distance display
- Calorie display

### Parameter Description

- Minimum display speed of 0.6 MPH
- Maximum display speed of 7.6 MPH

SPEED	0.6-7.6 MPH
TIME	0:00-99:59 MIN
DISTANCE	0.00-99.00 MILE
CALORIE	0.0-990 KCAL

Plug in the power, turn on the power switch. The display shows the program code first, then the beep will enter the manual standby mode after the full display: SPEED displays 0.0; TIME displays 0:00; DISTANCE displays 0.00; CALORIE displays 0.

 **NOTE:** Always stand on the side rails when you start the treadmill, never start the treadmill while you are standing on the running belt.

# Key functions

**1.Start Function:** Start or pause the treadmill



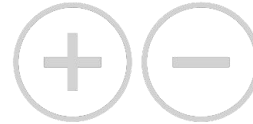
Operation: The machine in standby mode, press the button to start the treadmill.

**2.Stop Function:** Stop the treadmill



Operation: Press the button at any time to stop the treadmill, the exercise data is retained for 10 minutes.

**3.Speed “+”/“-” Function:** Adjust speed value in the running state



Operation: When start the treadmill, press the “+”, “-” buttons to adjust the speed by 0.1MPH each time, speed is keep increasing or decreasing when press the buttons for more than 1 second.

**4.Mode Function:** This button is used to choose below 4 modes as your needs.



\*SPEED: Displays the current speed value.

\*TIME: This mode displays the time you have run.

\*DISTANCE: This mode displays the distance you have run.

\*CALORIES: This mode displays the calories you have burned during your exercise.

Attention: After acceleration and deceleration, the monitor will automatically switch the mode in turns.

**5.Program Function:**



Press the button to choose pre-set program P01~P12 (30mins each program), press START to run chosen program, speed is switched every  $(\text{Time}/20) \times 60\text{s}$ , total in 20 speed segments each program.

12 pre-set programs in the Auto Mode (“P”) as below:

### P01-P12 Program Map

Time Program		Preset Time / 10 period = Time each speed segment (Unit: MPH)									
		1	2	3	4	5	6	7	8	9	10
P1	Speed	3	3	6	5	5	4	4	4	4	3
P2	Speed	3	3	4	4	5	5	5	6	6	4
P3	Speed	2	4	6	6	6	6	6	2	3	2
P4	Speed	3	3	5	6	6	6	5	4	3	3
P5	Speed	3	6	6	6	6	6	6	5	5	4
P6	Speed	2	6	5	4	6	6	5	3	3	2
P7	Speed	2	6	6	6	6	6	5	3	2	2
P8	Speed	2	4	4	4	5	6	6	6	6	2
P9	Speed	2	4	5	5	6	5	6	3	3	2
P10	Speed	2	5	6	5	6	6	5	2	4	3
P11	Speed	2	3	4	5	6	6	6	5	3	2
P12	Speed	2	3	5	6	6	6	6	6	5	3

#### - Countdown Function:

1. Firstly turn on the power switch of the treadmill.
2. In standby mode, press the "M" button to enter three countdown modes: Time, Distance and Calorie. During the mode switch, the indicator light for the current mode will always be on. Then select one of the modes you want, and press the "+" and "-" keys can be used to increase and decrease the value of the countdown function.
3. After setting the countdown value, press START/STOP to run.
4. When you want to quit the countdown function, press START/STOP to stop.
5. The treadmill will stop when the setting value run to 0, the machine will enter into standby mode after 5 seconds.

\*\*Setting range of countdown function:

Time: The initial value is 30 minutes, the range is 5-99 minutes, varying in units of 1 minute.

Distance: The initial value is 1 Mile, the range is 1-99 Miles, varying in units of 1 Mile.

Calories: The initial value is 50 kcal, the range is 20-990 kcal, varying in units of 10 calories.

**6. Energy saving mode:** During the standby mode for 10 minutes, the machine enters the energy-saving mode without any operation, there is no display on the display screen at this time. Press any key to exit the standby mode.

**7. Safety lock function:** In any state, pulling off the safety lock can emergency stop the running of the treadmill. The treadmill emergency stops, and the speed window displays "E0"; At this time, the treadmill cannot perform any other

operation except shutdown. After the safety lock is properly reinstalled, the treadmill enters the standby state again, waiting for input instructions.

8. **Shutdown:** You can turn off the treadmill at any time by turning off the power switch, which does not damage the treadmill.

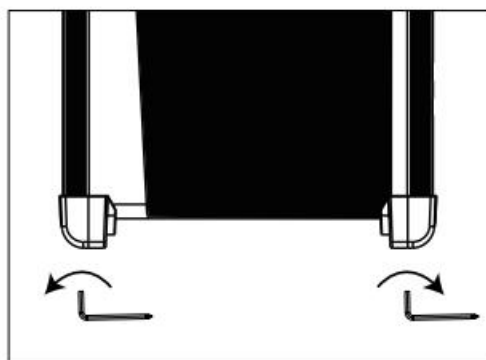
## Adjustment & Maintenance

### Adjustment of the running belt

The running belt may deflect to one side during transportation, please adjust the running belt as follows.

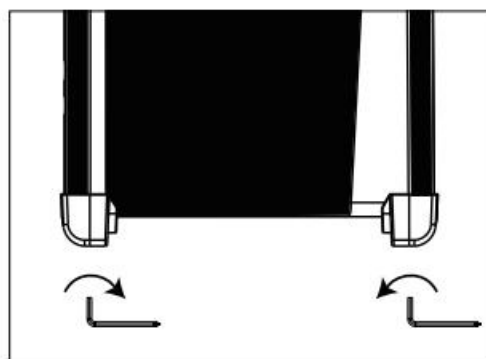
1) If the **left** gap of the running belt is too big, please keep the treadmill running at the slowest speed.

Then screw the **left** adjustment bolt **counter-clockwise** and the **right** adjustment bolt **clockwise** in turns until the belt is centered.



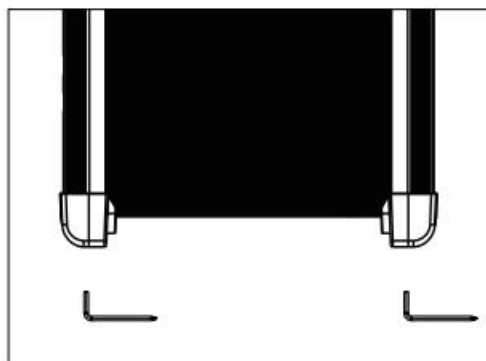
2) If the **right** gap is big, please keep the treadmill running at the slowest speed.

Then screw the **left** adjustment bolt **clockwise** and the **right** adjustment bolt **counter-clockwise** in turns until the belt is centered.



3) If the belt is too tight, the belt may make noise. Please screw both adjustment bolts **counter-clockwise** in turns. And lube the running belt.

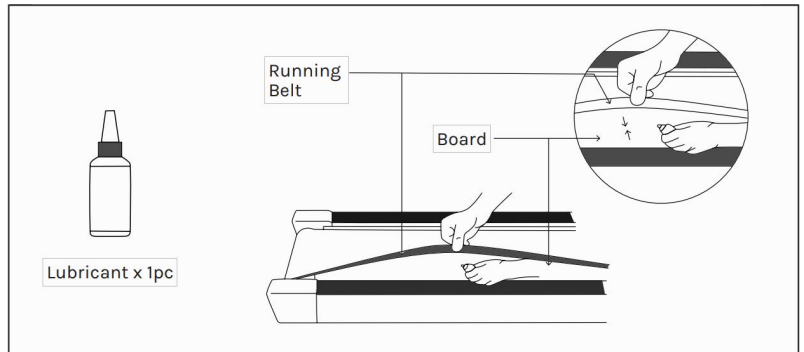
On the contrary, if the belt is too loose, the belt may slip, please screw both adjustment bolts **clockwise** in turns.



## Apply the lubricant (Silicone lubricant)

The running belt/ deck plays a major role in the function and life of your treadmill, thus requiring periodic lubrication.

Please **DO NOT** over lubricate the running deck.

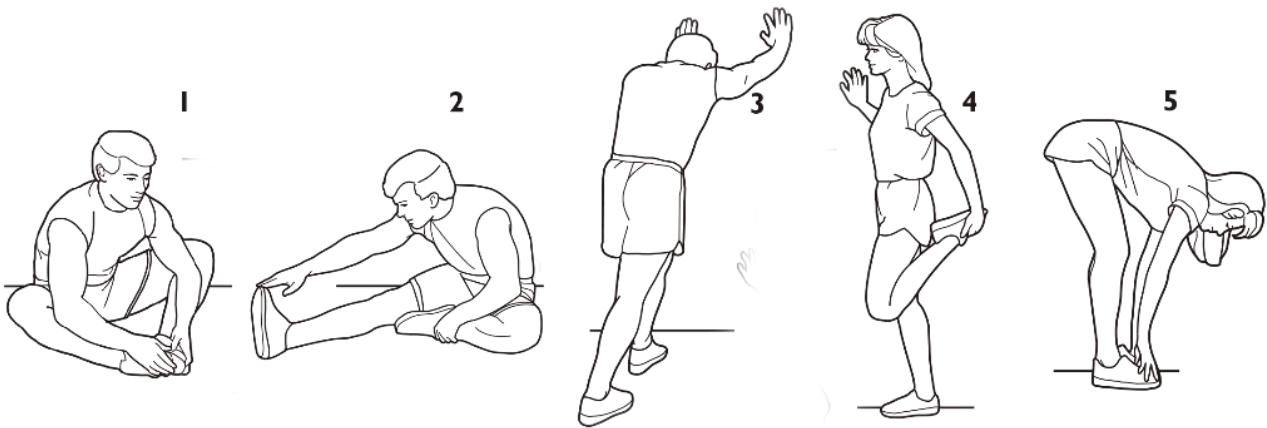


## Exercise Programs

### WARM UP

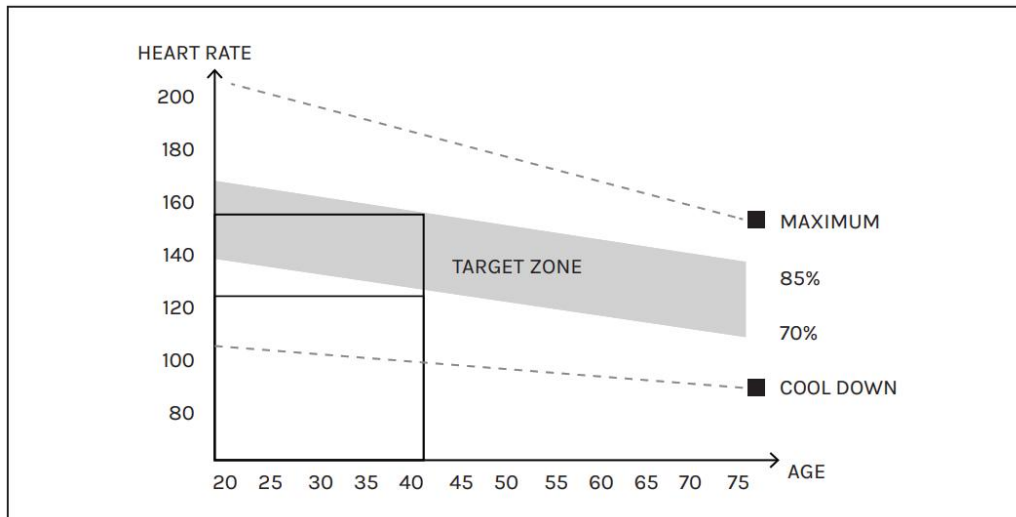
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise. After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

- 1. Inner Thigh Stretch** - Sit with the soles of your feet together and your knees outward.
- 2. Hamstring Stretch** - Sit with one leg extended and bring the sole of the opposite foot toward you.
- 3. Calf/Achilles Stretch** - With one leg in front of the other, place your hands forward against a wall.
- 4. Quadriceps Stretch** - With one hand against a wall for balance, grasp one foot with the other hand.
- 5. Toe Touch Stretch** - Stand with your knees bent slightly and slowly bend forward from your hips.



### 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 postexercise problems



This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

## Error Messages & Solutions

ERROR	FAILURE DESCRIPTION	SOLUTIONS
E1	After turning on the power, the communication between the monitor and the lower control line is abnormal.	The monitor displays the fault code, and the buzzer sounds 3 times. Possible cause: The communication between the electronic control system and the monitor is blocked. Check whether the circuit connecting the electronic meter is intact. If it is damaged, replace the connecting wire.
E2	The voltage on the motor is not detected by the controller	1. Confirm whether the motor cable has been connected well. 2. Confirm whether the sensor plug is not plugged well or damaged, plug it or replace it. 3. If the motor was damaged, replace the motor.
E3	No speed sensor signal	Confirm whether the motor cable is connected correctly, if not, please reconnect the motor cable. Confirm whether the controller any smells, if yes, please replace the controller.
E5	Overcurrent protection	If the load exceeds the current limit, there is a protective system. If a part of the treadmill is stuck, the system will protect itself too. Please check the current and voltage. And confirm whether something on the treadmill is stuck.
E6	Explosion protection	Confirm whether the voltage is under 50% of the normal voltage. If yes, please re-test with the right voltage to make sure the controller and motor wires are normal.

## General Trouble Shooting

PROBLEM	POTENTIAL CAUSES	CORRECTIONS
Treadmill will not start.	<ol style="list-style-type: none"> <li>1. Treadmill not plugged in.</li> <li>2. Circuit breaker in the house has been tripped.</li> <li>3. Treadmill circuit breaker has been tripped.</li> </ol>	<ol style="list-style-type: none"> <li>1. Treadmill plugged in.</li> <li>2. Circuit breaker in the house has been tripped.</li> <li>3. Treadmill circuit breaker has been tripped.</li> </ol>
Belt slips.	Belt not tight enough.	Adjust belt tension.
Belt hesitates when stepped on.	<ol style="list-style-type: none"> <li>1. Not enough lubrication applied onto the running deck.</li> <li>2. Belt is too tight.</li> </ol>	<ol style="list-style-type: none"> <li>1. Apply lubricant.</li> <li>2. Adjust belt tension.</li> </ol>