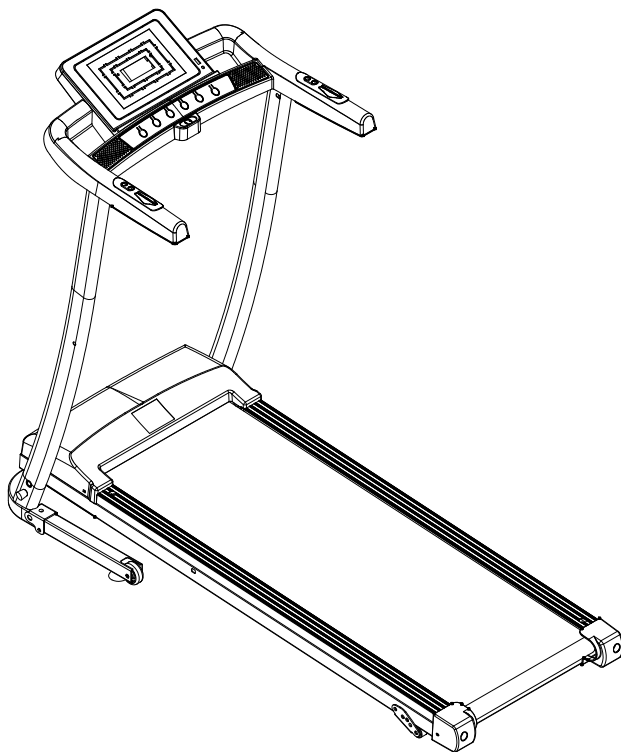


# Treadmill User Manual



Please read this manual carefully before using the product and keep it.

# 1. Catalogue

Number	Content
1	Catalog
2	Safety instructions
3	Package specifications
4	Assembly specifications
5	Electric control instructions
6	Maintenance instructions
7	Failures and trouble shooting
8	Warranty terms
9	Exercise guidelines
10	Warm exercise

Thanks for choosing this home use treadmill made in China, our products will improve your health, the more familiar you are with your treadmill, You will find it easy to use, so please read carefully this user manual before using it.

All parts of the machine are made of high-quality materials and have passed series inspection and testing to ensure maximum product quality. You will get right guidance of assembling, using and maintenance of the machine.

**Thank you for your use!**

## 2.Safety instructions

We considered many safety problems when we designed and manufactured this treadmill, to ensure your safety, please read all contents of this manual carefully before use. We do not bear the consequences of any abnormal operation.

### **Danger**

Do not use the heart rate device together with other wireless heart rate devices, or it can cause electrical interference.

### **Warning**

Please follow the instructions below to avoid any hurts to you or others.






1. Before using the treadmill, please make sure that the treadmill is fully grounded to avoid accidents and dangers.
2. When running, please clamp the safety lock (red) clip in the proper position of the clothes to facilitate the emergency to pull off the safety lock and stop the machine to ensure safety.
3. a. Before the fitness exercise, please consult your health care doctor.  
b. Please wear appropriate sportswear for exercise (do not wear soft-soled shoes for running, otherwise the shoe scraps will be caught in the motor and control system, causing the machine to malfunction).  
c. Keep the room clean and tidy: avoid the dirty being absorbed into the treadmill, which will cause operating malfunction.  
d. The user's weight should not exceed 100kg.
4. This product is for one person only when it is running. Do not let children or pets play around to avoid accidents.
5. The minimum spacing required to be placed in the home after the machine is unfolded (in the distance from the wall and furniture), the front and the sides are not less than 100CM, and the rear is not less than 200CM.
6. Do not use the unit if the power cord is damaged.
7. If the treadmill is damaged or broken, do not use the unit and contact your local dealer for after-sale service.
8. Do not touch any part of the movement with your hands.
9. Do not press or insert any objects into the unit. This machine is suitable for indoor use and should not be used outdoors or in the gym.
10. Place the treadmill on a clean, level surface and keep it in good ventilation. Make sure there are no sharp objects nearby. Do not use it near water and fire sources.
11. Please use the handrail when going on and getting off from the machine, when the walking machine is not completely stopped, do not get off the machine. If you need an emergency jump, you must unplug the safety lock: the treadmill will stop immediately.
12. Do not operate the treadmill while you using oxygen equipment or using the spray near it.

13. In order to maintain the normal operation of this unit, do not install any accessories that are not provided by the original manufacturer on this unit.













14. All parts of the machine must be kept firm.

15. Please turn off the power and unplug the plug after using the treadmill.

### 3.Package specifications

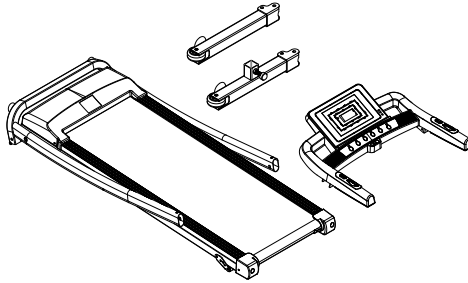
Serial number	Parts	
1	Main frame	
2	Screen board	
3	Manual	
4	Tools	
5	Tube of bottom frame	

### Screw bag

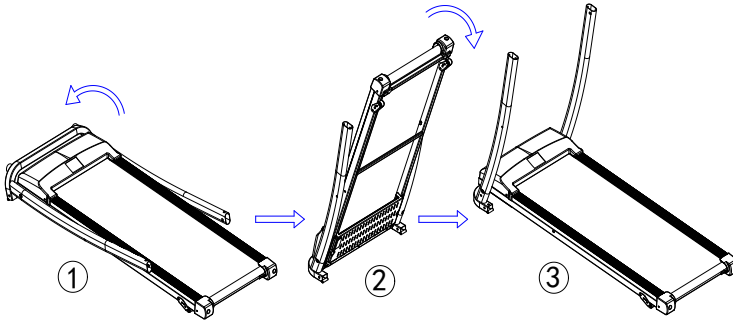
Serial number	Parts	Qty	Picture
A	Safety key	1	
B	6mm Allen wrench	1	
C	lubricating oil	1	
D	M8*16 Half round head hexagonal socket screw	4	
E	M8 flat washer	10	
F	M8*55 Half round head hexagonal socket screw	4	
G	M8 Hexagon lock nut	4	
H	open end wrench	1	
I	5mm Allen wrench	1	
J	M8*50 Half round head hexagonal socket screw	2	
K	latch	1	
L	M8 Cap nut	2	

## 4.Assembly specifications

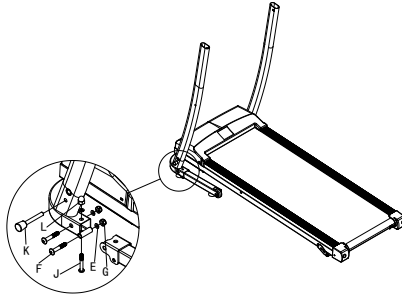
**Step 1:** Lift the main frame and the electronic watch stand out of the carton, and open the binding belt of the frame.



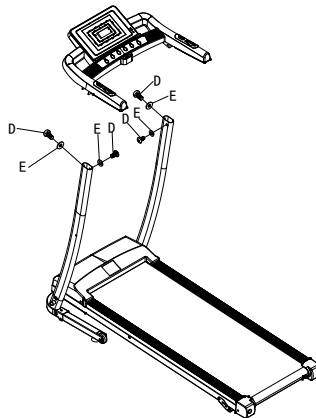
**Step 2:** Unfold the frame: When unfolding, please first stand up the machine in the direction of the arrow (as shown in Figure 1), and then lay the frame flat on the floor in the direction of the arrow (as shown in Figures 2 and 3).



**Step 3:** Insert the bottom frame edge tube into the bottom frame in the direction of the arrow, and fix the F # half round head socket head screws (4 pieces), G # hex lock nuts (4 pieces), and E # flat washers (4 pieces) on the bottom frame. Then, insert the J # half round head socket head screws (2 pieces) from the bottom frame, and fix the bottom frame edge tube with the bottom frame through the E # flat washers (2 pieces) and L # cap nuts (2 pieces). Insert the K # pin from the bottom of the column into the hole in the bottom iron plate of the front end of the running platform (as shown in the figure). Note: I # 5mm Hex key and H open-end wrench are required here.



**Step 4:** First insert the Electric watch rack into the column in the direction of the arrow, and then fix the Electric watch rack on the column with E # M8 flat washers (4 pieces) and D # M8 \* 16 (4 pieces) (as shown in the figure). Note: B # 6mm Hex key is required here.



**Step 5:** Product use: At this time, the light on the Electric watch is on, and the machine can run only after pressing the Start key!

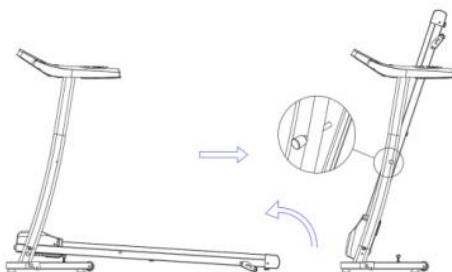
(Note: The safety lock must be placed on the yellow label position in the middle of the lower part of the instrument before the Treadmill can start normally; if the window of the Electric watch displays "E07", it means that the safety lock is not placed or not in place.)



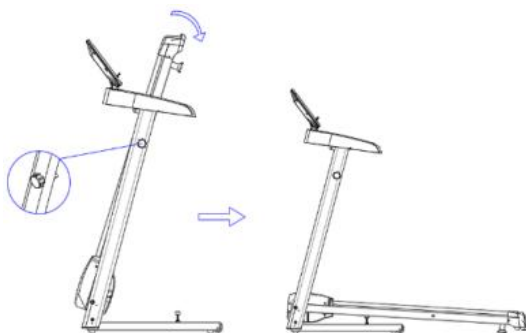
Emergency stop function:After the safety lock is pulled off,the power supply is disconnected and the weak current part remains powered on.This operation is not controlled by software.For your safety: please use a safety lock when exercising!

Please note that after confirming that all the installation is completed according to the above requirements, all screws must be uniformly locked and checked for any omissions before connecting to the power supply.

**Step 6:** Product folding: When you need to transport or do not use this product for a long time,please fold it as shown in the following figure: Hold the rear end of the running platform with your hand and slowly lift it in the direction indicated by the arrow until the running platform is basically parallel to the pillar. Use the other hand to insert the K # pin from one side of the pillar, ensuring that the pin is inserted into the folding hole on the side of the running platform.

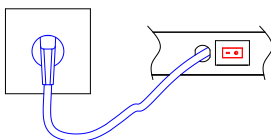


Product deployment: Use your hand to pull out the K # pin on the column, then lower the running table to make it come into contact with the ground to deploy the product. Then, insert the K # pin from the bottom of the column into the hole in the iron plate at the front end of the running table.



## 5. Electric control instructions

1.Plug in the power and turn on the switch (the switch is red) (1). Please wait for the screen to light up and enter the start interface.



2.The appearance of the electronic watch is shown in the figure.



3.Booting up: Normal startup after 3 seconds countdown.

4.Number of Programs: Three manual programs and 12 automatic program.

5.Safety lock function: Once the safety lock is pulled out, the "E7" treadmill will stop quickly, and a ticking alarm sound will appear. When the safety lock is put on, the electronic watch will display for 2 seconds, and all data will be cleared to zero.

6.Keys function:

6.1 Start button,stop button:Start button,when the treadmill stops,press the start button,the speed will display "1km",and the treadmill will start.Stop button,When the treadmill is running, press the stop button and all data will be cleared to zero. After the treadmill stops, the manual mode will be returned and the treadmill will stop.The handle contains these two buttons.

6.2 Program keys: When in standby state, press this key to select from manual mode to automatic program P1-- P12; Manual mode is the default operation mode of the system.

6.3 Mode key: In standby state, press this key to select 3 different countdown operation modes in a cycle. Time counting mode, distance counting mode, calorie counting mode; When choosing various modes, the speed plus or minus button can be used to set the relevant countdown value. After setting, press the "Start" button to start the treadmill.

6.4 Speed plus or minus key: It can be used to adjust the setting value when setting the parameters of the treadmill.After the treadmill starts,it Can be used to adjust the speed in steps of 0.1 km/repeat,and automatically increasing or decreasing continuously when the treadmill is held for more than 2 seconds. The handle contains these two buttons.

7.Display function:

7.1 Speed display: Displays the current running speed value.



7.2 Time display: The elapsed time in manual mode or the inverse of elapsed time in mode and program.

7.3 Distance display: Displays the cumulative distance in manual and program modes or countdown the running distance in mode.

7.4 Calorie display: Displays the calorie count for manual and program mode exercise or runs calorie count in mode.

7.5 Automatic program: Each program has 10 segments, and the running time of each program segment is equally distributed. Below is a diagram of the movements of the 12 programs.

Time slot program		Set time / 10 = run time of each time slot									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	8	5	5	6	3	4	4	3
P2	SPEED	3	3	4	4	5	6	5	8	8	4
P3	SPEED	2	4	8	8	4	4	5	2	3	2
P4	SPEED	3	3	5	4	2	6	5	4	3	3
P5	SPEED	3	8	2	4	5	5	2	5	5	4
P6	SPEED	2	8	5	4	4	3	2	3	3	3
P7	SPEED	2	4	5	8	5	8	5	3	2	2
P8	SPEED	2	4	4	4	5	6	5	3	8	2
P9	SPEED	2	4	5	5	8	5	8	3	3	2
P10	SPEED	2	5	5	5	3	2	5	2	4	3
P11	SPEED	2	5	8	3	5	3	2	5	3	2
P12	SPEED	2	3	5	8	4	8	3	8	5	3

7.6 Parameter setting in the three modes The countdown is initially set at 10:00 minutes, and the setting range is 5:00 -- 99:00 minutes, and the step is 1:00.

Counting Calories Set the initial calorie to 50 kcal, set the range to 20-- 990 kcal, step 10.

Counting distance set the initial distance to 1.0 km, set the range to 1.0-- 99.99km, step0.1.

Cycle switching order: manual, time, distance, calories.

8. After a countdown parameter runs, the display screen will display END, and the alarm will sound for 0.5 seconds every 2 seconds until the Treadmill stops and then returns to the manual mode.

Countdown time, calories, and distance can only be set to one of these options. Press the last option to run, and the set parameters will count down while the others will display forward counting.

#### 9. Function selection

Please follow the corresponding instructions below based on the functions of the selected product!

Bluetooth music sharing (If you purchase a Treadmill with Bluetooth music function, please refer to this operation).

Turn on the power switch of the Treadmill, manually search the Bluetooth device (DP) with the mobile phone, find the Bluetooth device and click Connect. After the connection is successful, the music on the mobile phone can be transmitted to the power amplifier device on the Treadmill through Bluetooth for playing.

MP3 music function (if you purchase a Treadmill with MP3 music function, please refer to this operation).

Insert one end of the spring cable into the phone port and the other end into the MP3 port, and then use the phone software to play music.

USB function (if you purchase a Treadmill with USB function, please refer to this operation)

Connect one end of the phone data cable to the phone and the other end into a USB port.

## 6. Maintenance Guidelines

Proper maintenance can keep your treadmill in the best condition forever ;The wrong maintenance can injure or shorten the service life of the treadmill.

**Warning:** Be sure to unplug the treadmill before cleaning or maintaining the product!

1. Regularly remove dust to keep the parts clean.
2. After each use of the treadmill, wipe the meter and other parts of the sweat stains and debris with a clean towel or cloth, please pay attention not to make water splash on the electrical components and under the running belt.
3. please put your treadmill in a clean, dry environment, make sure that the power has been turned off and the plug has been unplugged.
4. In order to facilitate movement, wheels are installed on the treadmill. Please make sure to disconnect the power supply and fold the body before moving.
5. Check and lock all parts of the treadmill frequently; The damaged parts must be replaced immediately.
6. In order to maintain and extend the life of the treadmill, it is recommended that you rest the treadmill for 10 minutes after continuous use of 30 minutes.
7. The running belt has been adjusted before leaving the factory, but after use, the running belt will be stretched, which will deviate from the center position and cause the running belt to rub

the edge strip and the back cover and damage. It is normal for the running belt to be stretched during use. After a period of use, if the running belt slips or is not smooth when you use the treadmill, you can adjust the tightness of the running belt to improve it.



A: If the running belt is too loose, please insert the random hexagonal wrench into the adjustment hole of the left foot guard of the treadmill and rotate it 1/4 turn clockwise. Then adjust the right foot and rotate it 1/4 turn clockwise as well. Note that the left and right should be adjusted synchronously so that the running belt can be tightened and the running belt will not deviate from the center point. If the running belt is too tight, adjust it left and right simultaneously and counterclockwise.

**Note:** The running belt should not be too tight. This will pull the running belt, increase the pressure of the front/rear roller, bring harm to the roller bearing, produce different sound or other problems, just adjust to the running belt does not slip for the most appropriate.

B: Running belt alignment adjustment : When you run on the treadmill, the pressure on the running belt is unbalanced because the two feet exert different forces during running, resulting in the running belt being off-center. This deviation is normal; when no one is running on the running belt, it automatically returns to the center. If you can't get back to the center, you need to run back to the center.

Run the treadmill without load, set the speed to the 6th gear, and observe the distance to the left and right edge bars:

- If it is to the left, use the hexagon wrench to turn the left screw clockwise 1/4 turn;
- If it is to the right, use the hexagonal wrench clockwise to turn the right screw 1/4 turn;
- If the belt is still not in the middle, repeat until it is in the middle.

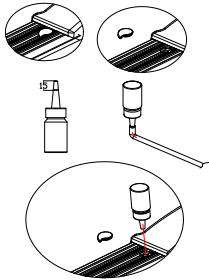
After adjusting the run to the middle, adjust the speed to the sixth gear and observe the deviation of the running belt and the smoothness of the run. If there is any deviation, repeat the adjustment step.

**Warning:** Do not tighten the roller too tightly! This will lead to permanent damage to the bearing!

#### 8. Lubricating oil

The Treadmill is lubricated when it leaves the factory, but the lubrication of the Treadmill is often checked, which will help the Treadmill keep in the best use condition. The Treadmill must be lubricated after one year of use or 100 hours of operation.

After every 30 hours or 30 days of use, when the Treadmill is still, pull the starting belt from the side and reach out to touch the surface of the treadmill inwards as far as possible. If you feel lubricating oil, you do not need to add lubricating oil; If there is a strong sense of dryness when touching the surface, please follow the instructions below to refuel. (Please use non petroleum based lubricants).



How to add lubricating oil? please follow the method shown in the figure below. Open the refueling decorative cover on the left front side of the sidebar, use scissors or art knives to cut the lubricating oil bottle according to the size shown in the figure below, and then refuel according to the bottom diagram. When refueling, please pay attention to inserting the thin rod at the front of the lubricating oil bottle into the refueling pipe on the platform before injecting oil.

## 7.Failures and trouble shooting

### 1.Electronic display error code and exclusion

Fault code	Fault Description	Fault handling
E1	Communication anomalies: power-on control and electronic table communication abnormal.	Possible reasons: The communication between the electronic control and the electronic meter is blocked. Check each connection between the electronic meter and the lower control communication line to ensure that each core is completely inserted. Check whether the connecting wire between the electronic watch and the controller is damaged, and replace the connecting wire.
E2	High voltage fault	Possible reasons: Check whether the motor cable is damaged, whether there is peculiar smell, and replace the motor.
E3	Motor not detected	Possible reasons: Check whether the motor cable is connected well, and reconnect the motor cable. Check if the motor wire is damaged, if there is any smell, and replace the motor.

E5	Over current protection: In the running state, the lower control continuously detects that the DC motor current is greater than the rated current +6A for more than 3 seconds.	Possible reasons: Exceeding the rated load leads to excessive current, the system is self-protected, or a certain part of the treadmill is stuck, resulting in the motor not running, the load is too heavy, the current is too large, and the system is self-protected; adjust the treadmill and re-install it. Start up and run. There is also to check whether there is over current sound or burning smell when the motor is running, replace the motor; or check whether the controller smells burnt, replace the controller; or check whether the power supply voltage specification is inconsistent or low, use the correct one Voltage specification retested.
E6	Explosion-proof shock protection: The drive motor circuit is damaged due to abnormal power supply voltage or abnormal motor.	Possible reasons: Check whether the power supply voltage is lower than 50% of the normal voltage, please re-test with the correct voltage specification; check whether the controller has peculiar smell, replace the controller; check whether the motor wire is connected well, and reconnect the motor wire.
E07	Safety key not on	Put the security lock in place.

## 2.Frequently Asked Questions and Exclusion Methods

1. some or all of the keys are not working
  - 1.1 Open the upper shell of the electronic watch and test whether the keys are normal;
  - 1.2 Check or replace electronic watch boards;
  - 1.3 Whether the button can be used normally after re-energizing.
2. Electronic display exclusion guidelines:
  - 2.1 Check that the input voltage is within the allowable range;
  - 2.2 Check that the switch on the running machine is on;
  - 2.3 Check that the fuse in the power outlet is fused. If fused, replace it with a spare fuse;
  - 2.4 Check the controller to see if the LED lights are on;
  - 2.5 Check the connection lines;

2.6 Inspection or replacement of electronic watch boards;

2.7 Check or replace the lower control circuit board.

### 3. Other issues and exclusions

3.1 Treadmill can't start: Check that the power plug is plugged in, the power switch is turned on, and the safety switch is removed.

3.2 Treadmill skid: Refer to the instructions and adjust the running belt.

3.3 Running belt: Refer to the instructions and adjust the running belt in the middle.

3.4 Operation noise : Check that the machine screws are loose and that the running belt needs lubricating oil.

## 8.Maintenance Terms

1. Warranty scope: The product in the correct use and maintenance of the situation, the normal use of the occasional non-human damage.

2. The following terms are not covered by the warranty:

- Damage caused by abuse, negligent use, accident or unauthorized modification;
- Damage caused by improper adjustment of running belt and driving belt;
- Damage caused by improper maintenance;
- Other irregularities and damage resulting therefrom.

3. This warranty is only valid for private use at home, not for professional training conditions such as gyms.






## 9.Exercise guidelines

- Consult your doctor before starting a exercise or training program. Please follow the doctor's advice and instructions for training.
- Set your goals with your doctor before you can ensure that the plan is realistic and start the training program with ease.
- You can add some aerobic exercise to your exercise plan,such as swimming,walking, jogging, dancing or cycling. Always check the pulse. If you do not have an electronic heartbeat monitor, ask your doctor how to measure the pulse by hand or neck. In addition, you must set the target heart rate based on age and physical well- being.
- Drink plenty of water during exercise. You must replenish moisture lost from excessive exercise to prevent dehydration. Avoid drinking plenty of ice water or beverages, and the temperature of your drinking water or beverage is equal to room temperature.

## 10.Warm Exercise

Warming and soothing exercise: A successful exercise program must include warm-up, aerobic and soothing exercises. The number of exercises will be at least two or three times a week, and one day after the exercise, you can increase the number of exercises to four to five

days after a few months. Warm-up is an important part of your fitness. Warm up before each exercise. Warm warm-up can prepare your body for more intense exercise, because warm-up can help muscles warm and stretch. Improves blood circulation, increases pulse, and delivers more oxygen into the muscles. After the aerobic exercise, repeated warm-up exercises can also reduce muscle soreness. We recommend We recommend the following warm-up and soothing exercise.

<p>1.Stretch down:</p> <p>Bend your knees slightly, bend your body slowly forward, relax your back and shoulders, and touch your toes as much as possible. Hold for 10-15 seconds, then relax. Repeat 3 times.</p>	 <p>Pic 1</p>
<p>2.Hamstring stretch:</p> <p>Sit on a clean cushion, straighten one leg, and draw the other inward so that it is snug on the inside of the straightened leg, and try to touch the toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.</p>	 <p>Pic 2</p>
<p>3.Calf and Achilles tendon stretches:</p> <p>Hold the wall or stand with both hands, one foot behind, keep the back leg upright, heels on the ground, and lean toward the wall. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.</p>	 <p>Pic 3</p>
<p>4.Quadriceps stretch:</p> <p>Balance with your left hand against a wall or table, then reach back with your right hand, grab your right heel and slowly pull it toward your hips until you feel the muscles in the front of your thigh tighten. Hold for 10-15 seconds, then relax. Repeat for each leg.</p>	 <p>Pic 4</p>
<p>5.Sartorius (muscle of inner thigh) stretch:</p> <p>Sit with your feet facing each other, knees out, grab your feet with your hands and pull them toward your groin. Hold for 10-15 seconds, then relax. Repeat 3 times.</p>	 <p>Pic 5</p>