MOTORIZED TREADMILL
(100870)

Safety Instructions:

Warning: Now here we suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 35 old or once-health problem people. We take no responsible for any troubles or hurts if you don't following our specification. Treadmill will be carefully assembled and covered the motor shield, then connect to the power.

Before the assembly, be sure to check if delivery is complete by using the included parts-list.

1. Ensuring the safety clamps were attached to the clothing or belts before using the treadmill.

2. Please do not insert any items to any part of the equipments, which would damage the equipment.

3. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.

4. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.

5. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.

6. Keep the children and pets away from the treadmill while starting workout.

7. Don't exercise in 40-Minutes after dinner.

8. The equipment is suitable for adults, Juveniles need be accompanied with adults while workout.

9. You must hold on to the handrails until you become comfortable and familiar with the treadmill at your first start the workout.

10. Treadmill is indoor-using equipment, not outdoor-using for avoiding damage. Keep the store-place clean and flat, drying. Prohibiting the other purpose using, only for workout.

11. Please purchase the power-line to the distributor or contact with our company directly, for the power-line only equip to the treadmill.

12. If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.

13. Do not connect line to the middle of cable; do not lengthen cable or change the cable plug; do not put any heavy thing on cable or put the cable near the heat source; forbid using socket with several holes, these may cause fire or people may be hurt by the power.

14. Cut off the power when the equipment is not used. When the power is cut off , do not pull the power line to keep the wire unbroken. Insert the plug to the socket with the safety ground circuit, for the power-line is professional equipment .You must contact with the professional people directly while the line is damaged. This Treadmill only for home-using.

- The owner's manual is only for customers' reference.

- The supplier can not guarantee for mistakes occurring due to translation or change in technical specification of the product.

- **All data displayed are approximate guidance and cannot be used in any medical application**

**When you open the carton, and you will find the below parts in the carton.**

I	II	III
IV	V	VI
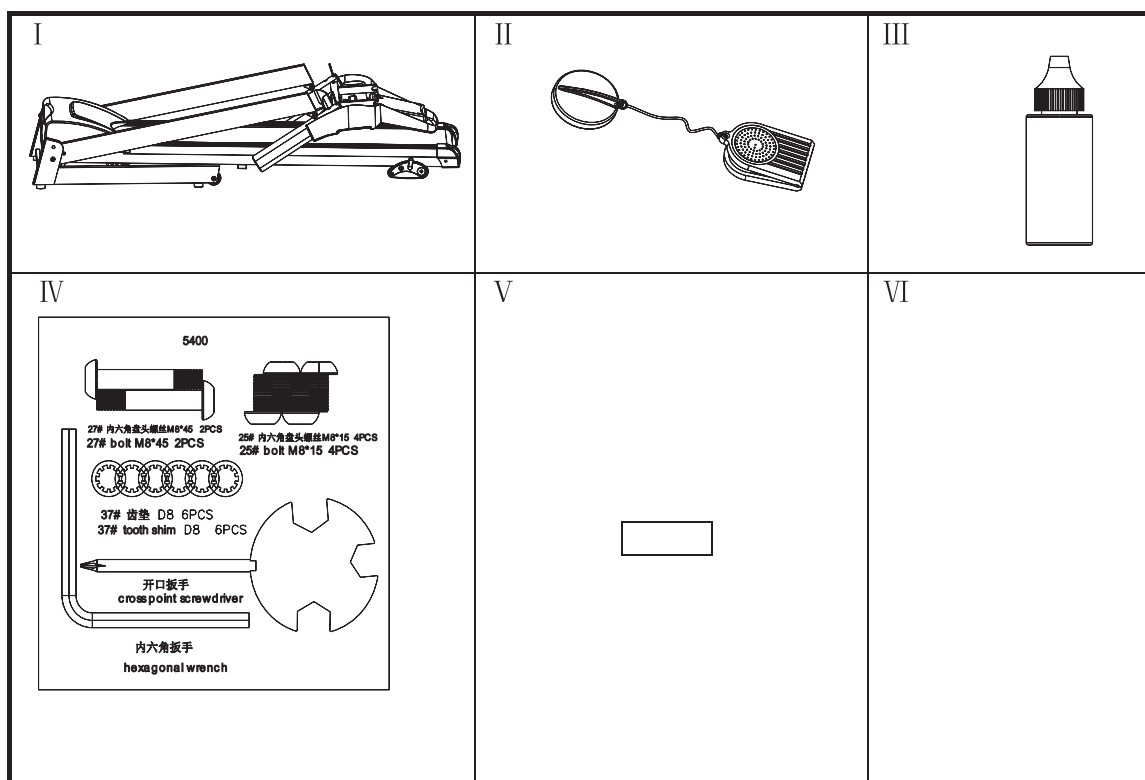
Carton list :

No	Name	Spe	Qty
I	Main grame welding		1pc
II	Safty key		1pc
III	Oil		1pc
IV	Screw board		1pc

Assembly Instructions

STEP 1：

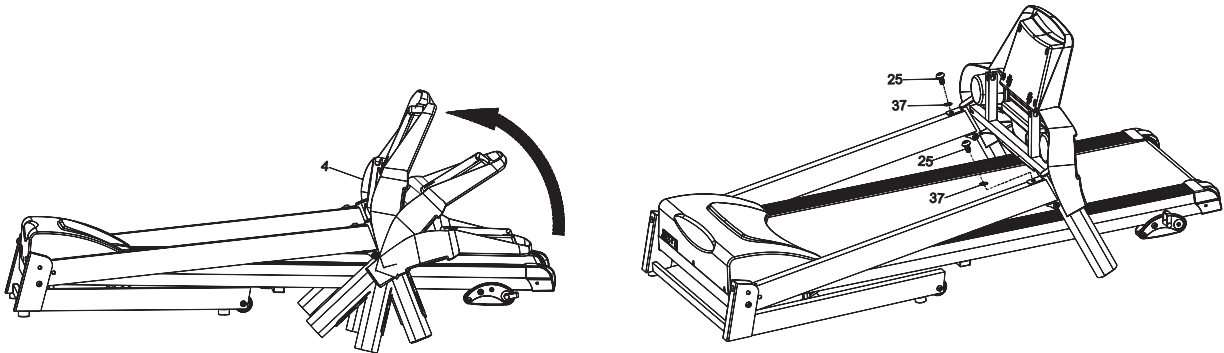Open the carton, take out the above spare parts, and put the Main Frame onto the level ground.

Attention , when you take out the treadmill from carton with two person 。
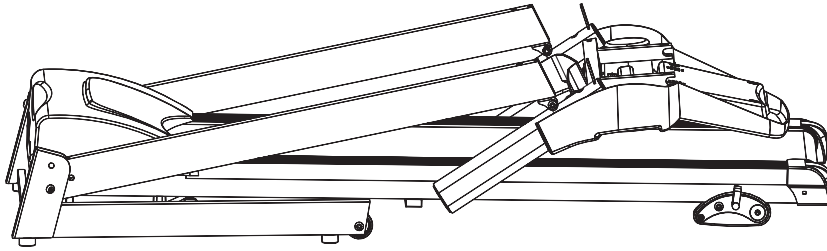
STEP 2：

1.Revolve the computer frame as arrow（4）。

2.Secure computer frame(5) with L&R upright（3L）（3R） with 2pcs D8 washer （37） and
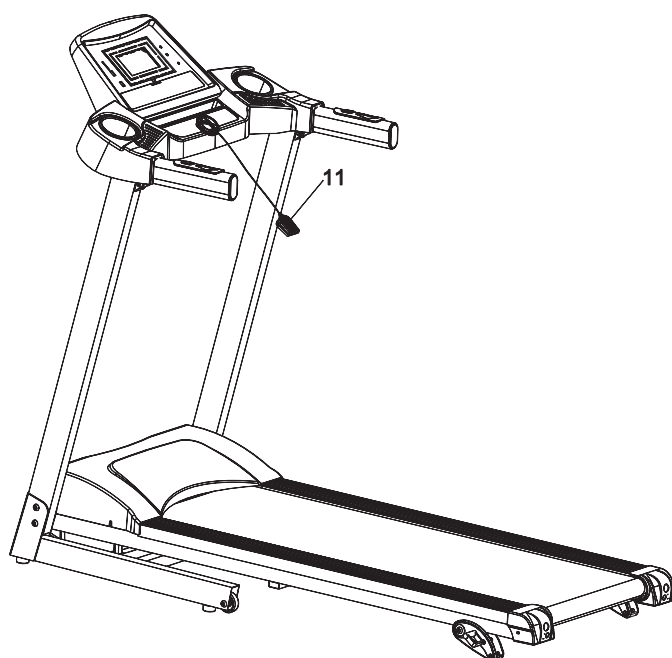
2pcs M8*15 screw （25）.

STEP 3：

1.fold the upright up with one person holding, another person install to invoid hurt people and something.
2. Secure and lock well　L&R upright（3L）（3R） with main frame(2) with 2pcs M8*15 screw
 （25）4pcs D8 washer （37） .
3.check wether uprihgt lock well
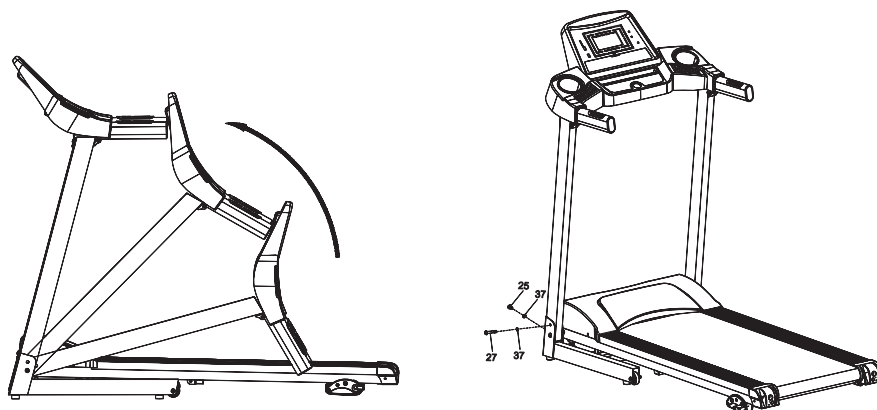
STEP 4：

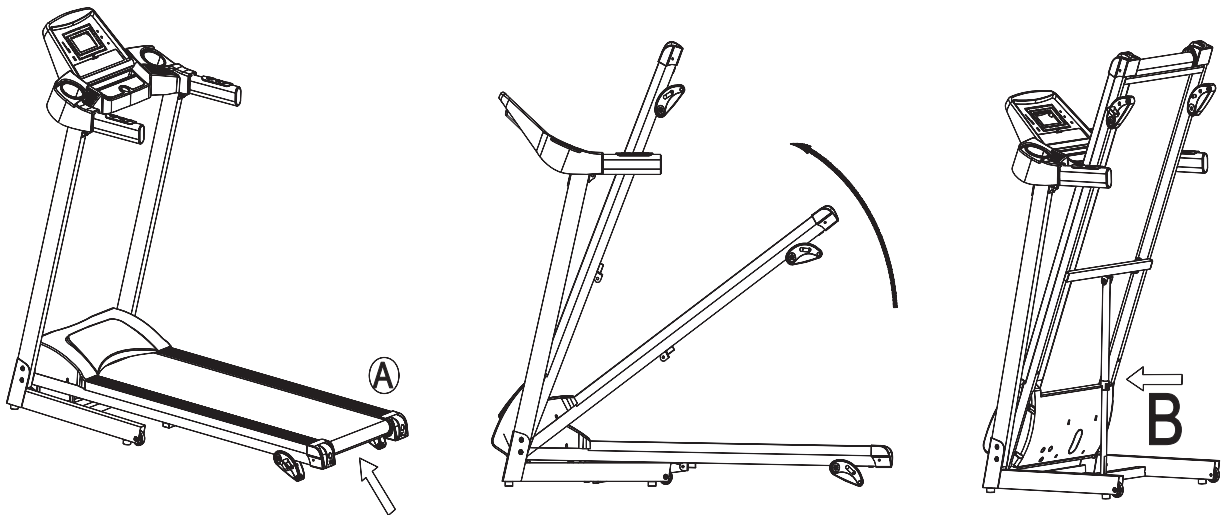Lock well all screw ， put the safty key（11）on computer .

ATTENTION：Tighten all the bolts to ensure the safety of using the machine.
Your treadmill is assembled and ready for operation.

FOLDING INSTRUCTION

Pulling up:

Pull up the base frame at position A, till hearing the sound that the air pressure bar is locked into the round tube.

Pulling down:

Support place A with hand, kick the place B of air pressure bar, then the base frame will fall down automatically (Please keep anybody and any pet away the machine when falling down
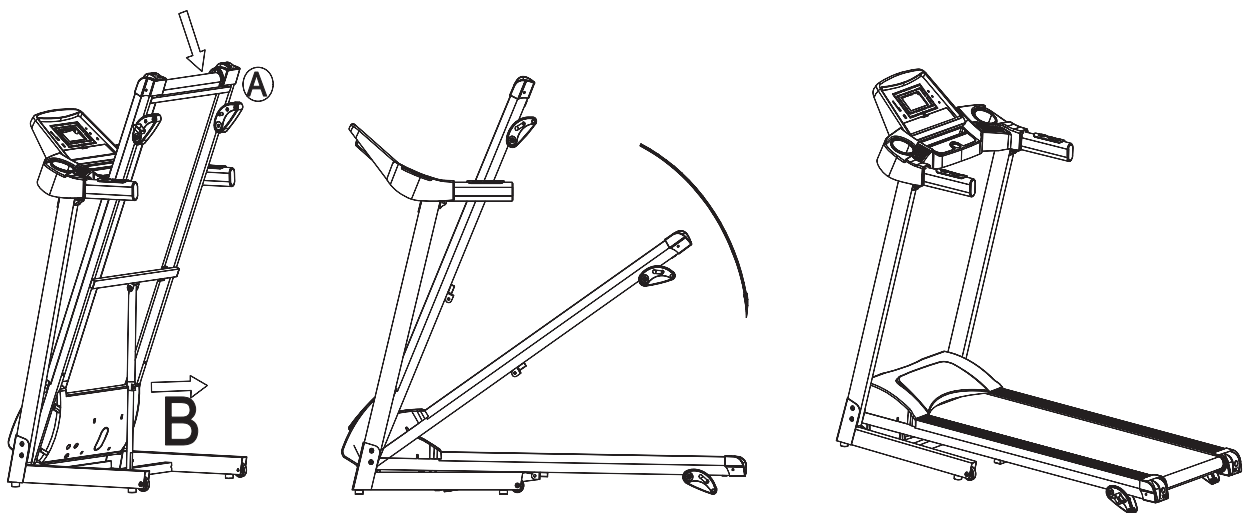
Technical   Parameter

BUILT UP SIZE(mm)	1540*690*1310mm	POWER	As the rating label showing
FOLDED SIZE(mm)	780*690*1450mm	MAXIMUM OUTPUT POWER	As the rating label showing
RUNNING AREA(mm)	1200*400mm	SPEED RANGE	0.8-12KM/H
NET WEIGHT	43kg	MAX USER WEIGHT	120KG
1 LCD WINDOW DISPLAY	**SPEED, TIME, DISTANCE, PULSE, CALORIES**		

GROUNDING METHODS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 220-volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Grounding methods
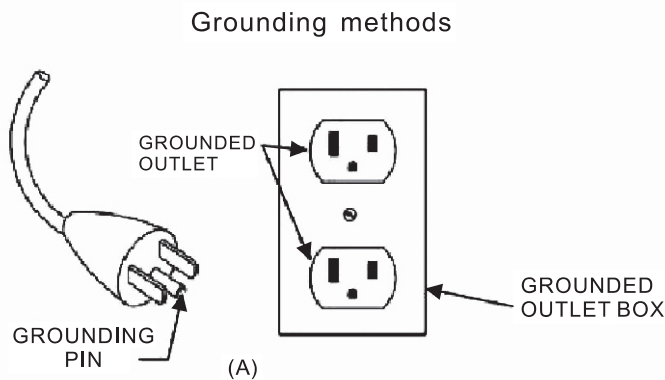
Exercise Instructions

Warm up stage：

If you are over 35 years old, or not very healthy, also it's your first time exercise, please consult with your doctor or professional person.

Before you use the motorized treadmill, please learn how to control the machine, know well how to start, stop, adjust the speed and so on, don't stand on the machine at this time. After that, you can use the machine. Stand on anti-slip pad both sides and handle the handle bar with your both hands. Keep the machine at the low speed about 1.6~3.2 km/h, then test the running machine by one foot, after get used to the speed, then you can run on the machine and you can add the speed between 3 and 5 km/h. Keep the speed about 10 minutes, then stop the machine.

Exercise stage：

Learn how to adjust the speed and incline before using. Walk about 1 km at stable velocity and write down the time, it will take you about 15-25 minutes. If walk at 4.8 km/h, it will take you about 12 minutes in 1 km. If you feel comfortable at the stable velocity, you can add the speed and incline, after 30 minutes, you can have good exercise. At this stage, you cannot add the speed or incline too much at one time, it can keep you feel comfortable.

Exercise intensity：

Warm up at the speed 4.8 km/h in 2 minutes, then add the speed to 5.3 km/h and keep walking in 2 minutes, then add to 5.8km/h and walk in 2 minutes. After that, add up 0.3 km/h in each 2 minutes, until rapid breath but not feel comfortable

Calorie burning---the best effective way

Warm-up for 5mints by the velocity: 4-4.8KM/H, then slowly increase the speed by 0.3KM/H/2Mints ,until up to the stable speed which you feel is comfortable for 45Mints.For improving the intensity of movement, you can maintain the speed during 1H of TV program, then increase the speed by 0.3KM/H each Advertisement interval time, after that return to the original speed . You can acquaint the best efficiency of workout for calorie burning during the advertisement time and subsequent heart frequency increasing time. Finally , you should slow down the speed step by step for 4Mints.

Exercise frequency：

The cycle time: 3-5times/Week, 15-60mints/Times.Make up the schedule of workout scientific, not only for your hobby.

You can control the running intensity through adjusting the velocity and incline of treadmill. We suggest that you don't set the incline at first; improve the incline is the effective way to strengthen the exercise's intensity.

Consult with your physician or health professional before starting your workout. The professional people can help you make up the suitable exercise time-chart according to your age and health condition; determine the velocity of movement, the intensity of exercise. Please stop at once, if you feel chest tightness, chest pain, irregular heartbeat, breath difficulty, dizziness or other discomfort during exercise. You should consult with your physician or health professional as keep going. You can choose the normal walking speed or the jogging speed, if you always take workout with treadmill. If you don't have enough experiences or confirm the testing velocity, you can follow the instruction:

Speed 1.0-3.0KM/H   not well physical

Speed 3.0-4.5KM/H	less movement and workout
Speed 4.5-6.0KM/H	normal walking
Speed 6.0-7.5KM/H	fast walking
Speed 7.5-9.0KM/H	Jogging
Speed 9.0-12.0KM/H	intermediate speed walking
Speed 12.0-14.5M/H	well experiences of running
Speed 14.5-16.0KM/H	excellent runner

Attention: The velocity of movement **≤6KM/H, the normal walking;** The velocity of movement **≥8.0KM/H, the runner.**

WARM UP STAGE

Before exercise, it is better Warm muscles stretch more easily, so the first of 5 ~ 10 minutes to warm up. Then in accordance with the following methods to stop and do stretching exercises - do five times, each leg every time 10 seconds or more time to do it again after the end of the exercise.

1. Down the stretch: knees slightly curved, the body bent forward slowly, so that the back and shoulders relaxed, hands try to touch your toes. Maintain 10 to 15 seconds, and then relax. Repeat three times to do (see Figure l).

2. Hamstring stretch: sitting on the clean seat, put one leg straight. Inward close to the other leg to make it close to the inside leg straight. Hands try to touch the toes. Maintain 10 to 15 seconds, and then relax. Repeat for each leg do three times (see Figure 2).

3. Legs and feet tendon stretch: two on the Rotary wall or tree stand, one foot in the post. Keep legs straight and heel to tilt the direction of the wall or tree. Maintain 10 to 15 seconds, and then relax. Repeat for each leg do three times (see Figure 3).

4. Quadricones stretch: the left hand wall or table Cu master balance, and then stretched his right hand back to seize the right foot to the buttocks with slowly pull until you feel the front thigh muscles tense. Maintain 10 to 15 seconds, then relax. Repeat for each leg to do three times (see Figure 4).

5. Sartorius muscle (inner thigh muscles) stretch: Foot In contrast, the knee outward to sit down. The hands grasp the feet to the groin pull. Maintain 10 to 15 seconds, and then relax. Repeat three times (see Figure 4)

8
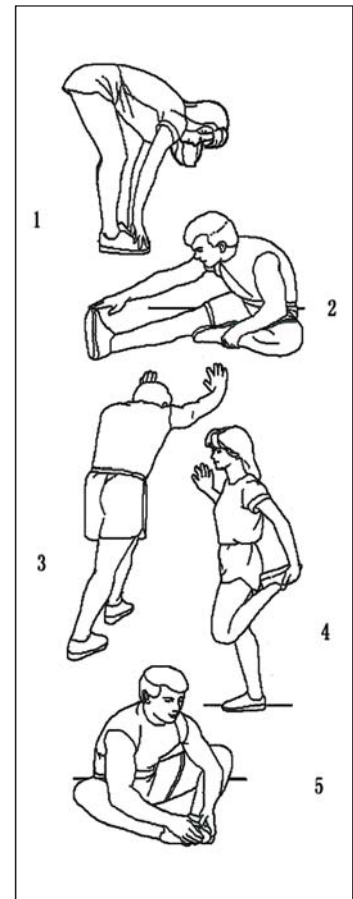
RUNNING BELT ADJUSTMENT

Warning: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

Clean: General cleaning or the unit will greatly prolong the treadmill.

Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt by wearing the clean running shoes.

Warning: Always unplug the treadmill from the electrical outlet before removing the motor cover.

At least once a year remove the motor cover and vacuum under the motor cover.

RUNNING BELT AND DECK LUBRICATION

This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication.

We recommend a periodic inspection of the deck. You need contact with our service center if you find the damage of the deck.

We recommend lubrication of the deck according to the following timetable:

➢ Light user (less than 3 hours/ week)   annually

➢ Medium user (3-5 hours/ week)   every six months

➢ Heavy user (more than 5 hours/ week)   every three months

We recommend that you buy the lubrication from our distributor or directly to our company.

**Attention:** Any repair needs the professional technician.
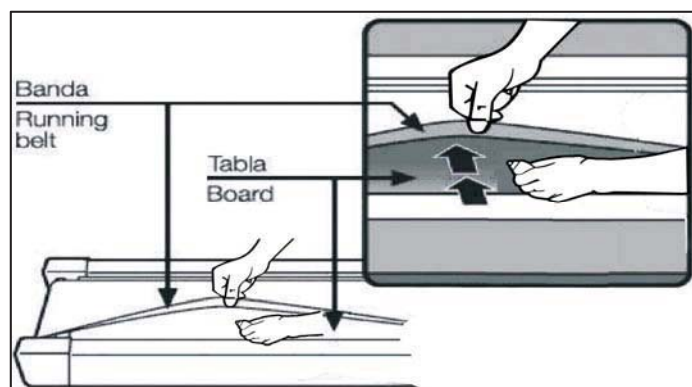
Center the running belt

1. We suggest that you should cut off the power for 10Mints after keep running 2HS, so that it's good for maintain the treadmill.

2. For avoiding the slipping during running , the belt not too loose; for avoiding the more abrasion between the roller and belt and maintain the machine's good running ,the belt not too tight. You can adjust the distance between plates and belt , the belt be away from the plates about 50-75mm on both sides ,if the best not too tight and loose.

Place treadmill on a level surface. Run Treadmill at approximately 6-8KM/H, checking the running condition.
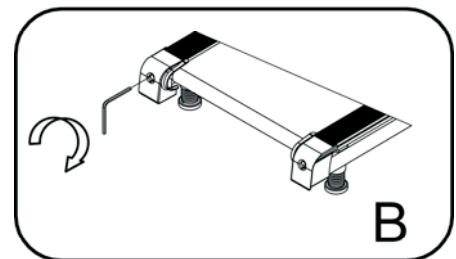
If the belt has drifted to the right, pull out of the save clock and switch, turn the right adjusting bolt 1/4 turn clockwise, then start running until centering the belt.

PIC - A
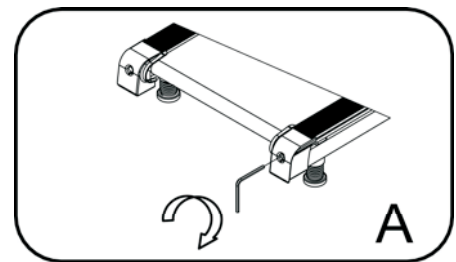
If the belt has drifted to the left ,pull out of the safety clock and switch, turn the left adjusting bolt 1/4 turn clockwise ,then start running until centering the belt .

PIC - B

Timely adjust the tightness of the belt, for the looseness after a period of time running. Pull out of the safety clock and switch , turn the left and right adjusting bolt 1/4 turn clockwise ,then re-start running, confirm the belt-tightness until the belt be right tightness.

PIC - C

Exploded Diagram

PARTS LIST

Item no.	DESCRIPTION	QTY	Item no.	DESCRIPTION	QTY
1	Mainframe	1	43	Edgings	2
2	Frame base	1	44	L&R Ending covers	2
3	Left&right upright bar	Each 1	45	Computer cover	1
4	Computer frame	1	46	Computer chip	1
5	Motor base	1	47	Transportation wheel	2
6	Reinforce tube of running board	1	48	Foot pad	4
7	Bolt M8*100	2	49	Cap	1
8	Bolt M8*30	1	50	Belt	1
9	Bolt M8*48	4	51	Rubber pad	6
10	Nylon nut M8	10	52	Cap	2
11	Bolt M8*40	4	53	Cap	4
12	Bolt M8*25	1	54	Rubber strip	2
13	Screw ST4..0*15	10	55	Grip foam	2
14	Bolt M8*35	2	56	Running belt	1
15	Bolt M8*60	3	57	Running board	1
16	Bolt M6*35	2	58	Safety switch sensor	1
17	Bolt M6*25	4	59	Light sensor holder	1
18	Bolt M6*25	2	60	Power line	1
19	Screw ST4.2*25	4	61	Switch	1
20	Screw ST4.2*12	21	62	Overcurrent protector	1
21	Screw ST4.2*12	2	63	DC motor	1
22	Screw 4.2*20	2	64	Magnetic ring	2
23	Screw ST5.0*12	5	65	Connection wire	1
24	Screw ST3.0*8	4	66	Connection wire	1
25	Screw M8*15	4	67	Connection wire	1
26	Screw 4.2*40	2	68	Upper controller	1
27	Bolt M8*45	3	69	Controller	1
28	Screw ST3..5*60	2	70	Handrail	1
29	Flat washer D8	4	71	Upper wire	1
30	Flat washer D5	2	72	Middle wire	1
31	Adjustable foot pad	2	73	Bottom wire	1
32	Spring washer D8	4	74	Safety key	1
33	Plug for fixing	2	75	Light sensor	1
34	Air spring in kick type	1	76	Amplifier	2
35	Front roller	1	77	MP3 wire	1
36	Rear roller	1	78	Amplifier pad	2
37	Washer D8	14	79	Reactance	1
38	Spanner	1	80	Filter	1
39	Wrench	1	81	Connection wire	1
40	Wire clip	1	82	Connection wire	1
41	Upper motor cover	1	83	Ground wire	1
42	Down motor cover	1			

COMPUTER OPERATION GUIDE

1. Computer face:

LCD windows:

1.1 "SPEED" window: it shows speed as usual. But during starting, it shows countdown 3 seconds. While during selecting programs, it shows PXX; Under error state, it shows error number.

1.2 "TIME" window: it shows running time.

1.3 "DISTANCE" window: it shows running distance.

1.4 "CALORIES" window: it shows calories.

1.5 "PULSE" window: it shows heart-rate value.

2．Keys functions：

2.1 "PORG." Key: To select programs from manual mode, P01, P02 to FAT.

2.2 "MODE" key:

Under standby state, this key is for selecting countdown modes from manual mode, time countdown mode, distance countdown mode to calories countdown mode.

Under calorie testing state, this key is for selecting parameters of calorie -testing from sex, age, height to weight.

2.3 "START" key: Press this key to start the machine; the treadmill will start after 3 seconds at the lowest speed. There is a start key on the left handlebar.

2.4 "STOP" key: Press this key to stop the machine. All the data showed on the windows

will become zero. There is a stop key on the left handlebar.

2.5 Speed▲, Speed▼: To adjust the speed during running. Under stop state, they can be used to set the parameter. There are such keys on the right handlebar.

2.6 quick keys for speed: "2、4、6、8、12".

There will be a sound while pressing any key. When the key s used for setting parameters, the sound will be longer. If the key no working, there will be no sound after pressing.

3．Main functions：

Turn on the power, the speed window shows E7. After putting on the safety key, it shows zero on all windows, then enter into standby state.

3.1quick start (manual mode):

Under standby state, press "start" key to start the machine; the treadmill will start after 3 seconds at the lowest speed. Press "stop" key to stop running and take away the safety key.

3.2 countdown mode:

Press "MODE" key to select the countdowns modes: H-1 time countdown mode, H-2 distance countdown mod, H-3 calorie countdown mode. All windows show default value and glitter. Press speed ▲ and speed ▼ to adjust the value.

Press "start" key to start the machine; the treadmill will start after 3 seconds at the lowest speed. Press speed ▲, speed ▼ or speed's quick keys to adjust the speed.　When all the datas on windows count downs to be zero, the treadmill will stop slowly. You can press stop or take away the safety key to stop the machine.

3.3 Built-in programs:

There are 12 built-in programs. Press "PROG" key to select any one built-in program you want. "TIME" window shows default value and glitters. Press speed ▲ and speed ▼ to set the running time. There are 10 section for each program, running time of each section is setting time/10. Press "start" key, the machine starts to run after 3 seconds at the speed of first section. The machine will enter into next section automatically when the first section finishes, and speed also change to use next section's data. The machine will stop running after all sections of that program finish. During running, one can press speed ▲ and speed ▼ to set the speed value, but the speed will become the default value when entering next section. You can press stop or take away the safety key to stop the machine.

The window will show END when the program finishes, and all data becomes zero. The machine enters into standby state.

4.Other functions:

4.1 MP3 connector: it can input music signal.

4.2 Heart-rate measure:

The pulse window will show heart-rate value after putting 2 hands on the sensor slice for 5 seconds. To get exact value, please stand on the treadmill and stop running, also put 2 hands on the sensor slice for more than 30 seconds. The heart-rate value is only for reference, can't be used as medical data.

4.3 Fat test function:

Under standby state, press MODE until the window show FAT, and enter into fat-testing mode. Press "MODE" to select the parameters (sex, age, height, weight). The window will show F1,F2,F3,F4. After selecting the parameter, press speed ▲ and speed ▼ to set the value. After finishing setting the value, press MODE, and the windows will show F5 and 00 respectively. It means already entering into the testing state. Now put 2 hands onto the sensor slice, the window will show the fat value after 5 seconds.

```
F1  Sex01male 02female
F2  Age      10------99
F3  Height   100----200
F4  Weight 20-----150
F5  FAT    ≤19      Under weight
    FAT    = (20---25)  Normal weight
    FAT    = (25---29)  Over weight
    FAT    ≥30      Obesity
```

4.4 Sleep mode:

Under standby state, the computer enters into sleep mode after no using for 10 minutes. To press any key can start the computer.

4.5 Safety key function:

After taking away the safety key, the machine will stop, and all windows shows nothing, and speed window shows E7. All operation and running can do after putting on the safety key.

5．Exercise data:

TIME：0:00 – 99.59(MIN)
DISTANCE: 0.00 – 99.0(KM)
CALORIES: 0.0 – 990 (KC)
SPEED:0.8 – 12.0(KM/H)
PULSE: 50 – 200 (BPM）

6. Built-in program datas:

PROG	Time	Setting time / 10 = each section's running time									
		1	2	3	4	5	6	7	8	9	10
P01	SPEED	3	3	6	5	5	4	4	4	4	3
P02	SPEED	3	3	4	4	5	5	5	6	6	4
P03	SPEED	2	4	6	8	7	8	6	2	3	2
P04	SPEED	3	3	5	6	7	6	5	4	3	3
P05	SPEED	3	6	6	6	8	7	7	5	5	4
P06	SPEED	2	6	5	4	8	7	5	3	3	2
P07	SPEED	2	9	9	7	7	6	5	3	2	2
P08	SPEED	2	4	4	4	5	6	8	8	6	2
P09	SPEED	2	4	5	5	6	5	6	3	3	2
P10	SPEED	2	5	7	5	8	6	5	2	4	3
P11	SPEED	2	5	6	7	8	9	10	5	3	2
P12	SPEED	2	3	5	6	8	6	9	6	5	3

7.Error codes:

Error code	Description	Solution
E1	Message failure between computer and bottom control board	1、Communication between computer and lower control board is blocked. To check if the connection line is well. If not, replace it. 2、lower control board damaged, replace it. 3、computer damaged, replace it.
E2	no motor feedback	1、To reconnect the motor wire terminal. 2、lower control board damaged, replace it. 3、motor damaged, replace it.
E3	No speed signal: control board has voltage for motor, cannot receive motor feedback for more than 3 seconds.	1、Reconnect the speed sensor terminal. 2、Speed sensor damaged, replace it. Lower control board damaged, replace it.
E5	Over current protect ：Under running, current of DC motor big than rated current +6A for more than 3 seconds.	1、To check if there is oil between running belt and running board. If not, add 15ml lubrication oil. 2、Some part of treadmill is stuck to cause the motor can't run. 3、To check if there is burnt smell from motor, replace it. To check if there is burnt smell from under control board, replace it.
E6	Burst clash or motor unusual	1、lower control board damaged, replace it. 2、motor damaged, replace it.
E7	No safety key	1、safety key is unlock, pls reset the safety key. 2、The inner part of monitor or magnet is broken, change the monitor or magnet.