



CMTM-4111C1
MOTORIZED TREADMILL
Owner's Manual



CONTENTS

Precautions.....	2
Hardware and tool.....	3
Exploded drawing.....	4
Spare parts list.....	5
Assembly instruction.....	6
Computer Instruction.....	7
Adjustment.....	.8
Operation instruction.....	.9
Folding, moving and unfolding instruction.....	11
Maintenance and malfunction treatment.....	11
Warm up exercises.....	13

Precautions

- 1) Thank you for making this treadmill part of your exercise program. For your safety and benefit please read this manual carefully before use.
- 2) Place the treadmill on the flat ground. The safety operation space is 2000mmx1000mm (6.6'x3.3') behind the treadmill and 1000mm (3.3') aside of it. If the ground is not flat, you can put mats on the ground to ensure the treadmill runs steadily.
- 3) Please use the treadmill indoors to keep dry. Do not use the treadmill in carport, dooryard or anywhere close to water.
- 4) Keep the power wire away from the heated surface.
- 5) Never allow two or more persons on the treadmill at the same time. The max user's weight is 100 kg.
- 6) Adults should keep their eyes on any users that under 14 years old when they're using the treadmill.
- 7) Do not try to hold up or move the assembled treadmill unless you have the ability to raise 20kg (45 pounds) goods.
- 8) Please wear appropriate clothing, including running shoes during exercise; do not wear clothes that might catch on any part of this treadmill. Do not run by barefoot, slippers or socks only.
- 9) Always clip the safety key on the user during exercise so that the user can pull it off to stop the treadmill immediately in case of emergency.
- 10) If you feel uncomfortable or have any abnormal situation during exercise, please press STOP button or jump off treadmill urgently: both hands hold the handlebars to prop the body up and the feet step on the side rails on both sides, then get off from one side of the treadmill.
- 11) Don't force to step the running belt when the power is shut off. Don't force to use the treadmill when the power wire or pin is damage or the treadmill can't use in ordinary.
- 12) The pulse sensor in this machine is not for therapeutic purpose. There're many reasons (including posture of movements) to affect the precision of the index shown on machine. So the pulse sensor is only for accessorial use during exercise to reflect the general trend of your workout.
- 13) Please examine and tighten the parts of machine regularly to keep safe use..
- 14) The plug has to be connected in correct socket with earth wire to avoid electric shock.
- 15) Never turn on the treadmill when standing on the running belt. Stand on the side extrusion of the treadmill and hold the handrails then step up/down the running belt from lower speed.
- 16) Do not open the motor cover when encountering the unmanageable malfunction, you should ask the authorized service representative or technicians to check the treadmill.
- 17) The equipment is not suitable for therapeutic purpose.
- 18) This appliance is not intended for use by person (including children) with reduced physical sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

- 19) Children should be supervised to ensure that they do not play with the appliance.
 20) This equipment is household appliance.

Warning: It will harm your health or damage the equipment if using the treadmill improperly or exceeding the natural functions!

Warning: This power plug only can be replaced by relative qualified people or its manufacturer and its services center !

Hardware and tool



(A5)Hex screw M8X45
2pcs



(A13)M8X16
Allen hex bolt
6pcs



(C1) ϕ 8 Flat washer
2pcs



(C9) ϕ 8 Arc washer
6pcs



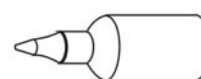
(D1)Wrench
1pc



(D2)Screwdriver
1pc

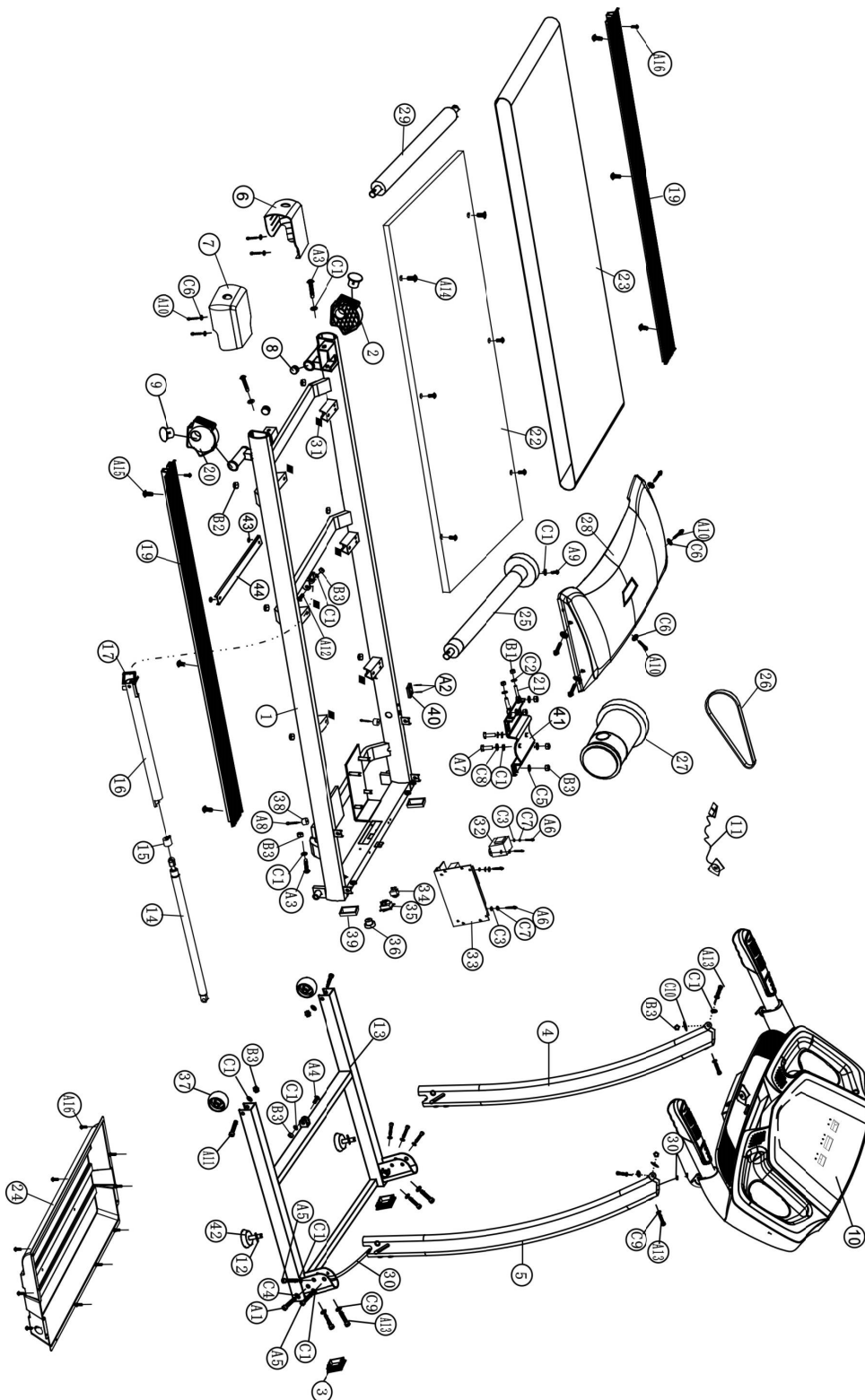


(D3)Wrench(S=6)
1pc



(D4)Lubricant bottle
1pc

Explored drawing



Spare Parts List

No.	Description	Qty	No.	Description	Qty
1	Base support	1	41	Motor support	1
2	Left angle adjustor	1	42	Adjustable foot pad	2
3	F40 Square plug	2	43	Rubber mat	2
4	Left upright tube	1	44	Running board support	1
5	Right upright tube	1			
6	Left end cap	1	A1	Half-round bolt M10*55	2
7	Right end cap	1	A2	Crosshead self-lock bolt ST2.9*12	2
8	round end plug	2	A3	Round bolt M8X70	3
9	Round bushing	2	A4	Bolt M8X30	1
10	Computer	1	A5	Half-round bolt M8X45	4
11	Emergency stop key	1	A6	Crosshead self-lock bolt ST4.2*12	4
12	Lock nut	2	A7	Bolt M8X12	2
13	Base frame	1	A8	Crosshead self-lock bolt ST4.0 X16	2
14	Cylinder	1	A9	Half-round bolt M8X40	1
15	Cylinder bushing	1	A10	Crosshead self-lock bolt ST4.2*16	9
16	Cylinder support tube	1	A11	Bolt M8X50	2
17	Spring plate	1	A12	Bolt M8X45	1
18	Left side rail	1	A13	Half-round bolt M8*16	8
19	Right Side rail	1	A14	Crosshead bolt M6X25	6
20	Right angle adjustor	1	A15	Crosshead self-lock bolt ST4.2X40	6
21	Spring guide	2	A16	Crosshead self-lock bolt ST4.2X10	12
22	Running board	1			
23	Running belt	1	B1	Nut M6	2
24	Motor base cover	1	B2	Nylon lock nut M6	6
25	Front roller	1	B3	Nylon lock nut M8	11
26	6 v belt	1	C1	Flat washer φ8	16
27	Motor	1	C2	Flat washer φ6	2
28	Motor cover	1	C3	Flat washer φ4	4
29	Rear roller	1	C4	Flat washer φ10	2
30	Signal wire	1	C5	Big flat washerφ8	4
31	EVA cushion	6	C6	Big flat washerφ4	9
32	Transformer	1	C7	Spring washerφ4	4
33	Driver	1	C8	Spring washerφ8	2
34	Safety key	1	C9	Arc washerφ8	6
35	Power switch	1	C10	Nylon washerφ8	2
36	Wire buckle	1			

37	Wheel	2	D1	Wrench	1
38	Cushion	2	D2	Screwdriver	1
39	D50*25 tube Plug	2	D3	Wrench (s=6)	1
40	Square Sensor	1	D4	Lubricant bottle	1

Assembly Instruction

Please make sure there's enough space to install the treadmill and recommend 2 persons to install it.

WARNING: Don't insert the power wire until the treadmill was fully assembled.



The direction of each of the upright, handrail, base foot and handrail plastic cover are different in left & right and thus marked with R & L. Do not confuse them.

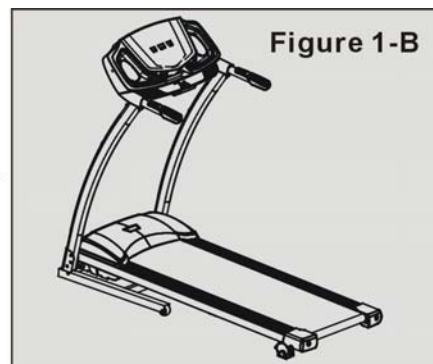
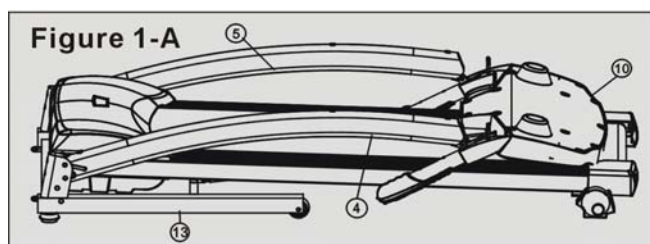
STEP 1. Assemble the upright frame

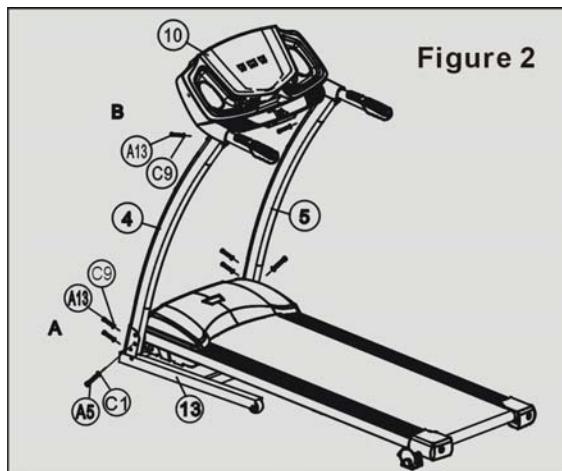
A: take out the machine from the box; place it on the flat floor; Hold up the computer (10) and the Left & right upright tube (4,5) along with the Computer connecting plate, insert the Computer connecting plate and the tube of computer(10) to the Left & right upright tube (4,5). (NOTE: Please don't press against the wires.) (See figure 1-a-b)

STEP 2. Assembling the computer:

- Connect the front part of Base frame (13) and the upright tube (4,5) with 4 sets of Half-round bolts M8*16(A13), arc washers $\phi 8$ (C9), Do not tighten the bolts. (See figure 2-A)
- Connect side part of the Base frame (13) with the upright tube (4,5) by attaching 2 sets of Half-round bolts M8*45(A5), flat washers $\phi 8$ (C1), still do not tighten the bolts. (See figure 2-A)
- Connect the computer(10) and the upright tube (4,5) by 2 sets of bolts M8*16(A13) and arc washers $\phi 8$ (C9), . (See figure 2-A)

NOTE: TIGHTEN ALL THE BOLTS ONLY AFTER THEY ARE CONFIRMED TO BE CONNECTED FULLY AND CORRECTLY,





Computer Instruction



Calorie: 0-999 kcal

Distance: 0-99.99 km

Time: 0-99 minutes: 59 seconds

Heart beat: 50-220/minute

Computer operation:

Start the computer: connect the power, press the switch on machine, put the safety key in the groove on computer, the computer is ready.

Manual operation: when computer is ready, press the on/off button, the time will count down 3 seconds, then the treadmill starts, the initial speed is 1 km / h. The LCD will show the speed accordingly. Adjust the speed or by pressing speed buttons on computer. The speed will increase by 0.2 km / h each time.

Preset program operation

This treadmill has 18 preset programs. P1-P5 is weight losing program. P6-P10 is stamina reaching program. P11-P12 is stamina exercising program. P13-P15 is stamina remaining program. P16-P18 is body recovering program.

- a. Press "PROGRAM" to enter automatic program status, the LCD will show program 1. It shows total time, and incline of this program.
- b. Press "P+" and "P-" to change programs, press ENTER to enter the program you want.
- c. The time window shows program preset total time. Press +/- to change program running time (The scale is 10-59 minutes.), press ENTER after setting.
- d. Press "ON/OFF" to enter program status. The time starts to count down. When changing different programs, it will produce beep sound. When the time descends to zero, the speed slows down and the treadmill stop.
- e. During program running, you can press "Speed -" or "Speed +" to change speed. When it comes to the next section, it will show the initial data of this section.

Manual setting mode:

Manual setting mode is for user to set time, distance and calorie.

- A. Time setting (scale: 1-60 min)
Under ready status, press MODE, Time window will twinkle, press "+/-" to set time. Press ENTER to enter distance setting.
- B. Distance setting (scale: 0.1-99KM)
DISTANCE window will twinkle, press "+/-" to set distance. Press ENTER to enter calorie setting.
- C. Calorie setting: Calorie window will be flickering, press "+/-" to set calorie, press Enter to confirm setting.
- D. TIME, DISTANCE, CALORIE window twinkles, press "start/stop" to operate.
If there is no setting of time, distance, calorie, these window will add up. Otherwise, they will count down. When finishing count down, the treadmill will stop and back to ready status.

Body fat operation

Under the body fat status, the other function window goes out, there is only three window show the corresponding test.

Window 1 :Body fat setting model

0: Test preparation ; 1:Gender; 2:Weight ; 3: Height ; 4: Age; 5:Body fat

Window 2: According setting test model, show corresponding setting result

Window 3: show the body fat result

- a. Under ready status, press MODE key twice until window 1 shows "0", press "ENTER" to enter gender setting.
- a. Gender setting: the window 1 shows "1", it means you can set gender, the window 2 twinkles and show last set gender "0" or "1", ("0" means Man, "1" means Woman), Press "+/-" to choose Man or Woman, Press "ENTER" to set weight.
- b. Weight (25-200KG), window 1 shows "2", it means you can set weight, window 2 twinkles and shows 60(KG) or last set weight, Press "+/-" to choose your weight, Press "ENTER" to set height.
- c. Height (100-220CM), window 1 shows "3", it means you can set height, window 2 twinkles and shows 145(CM) or last set height, Press "+/-" to choose your Height. Press "ENTER" to set age.
- d. Age (8-65), window 1 shows "4", it means you can set age, the window 2 twinkle and shows 18 or last set age, Press "+/-" to choose your age. Press "ENTER" to set body fat test.
- e. After all setting, window 1 shows "5". The LCD will twinkle and then hold both of your hands on the hand pulse to test your body fat. The LCD will show your body fat in window 3 when test is finished, or it will show "-----" if it's failed.

- f. Taking Asian measure: body fat under 19 is thin; between 19 and 24 is realistic weight; between 24 and 27 is overweight; over 27 is obese.

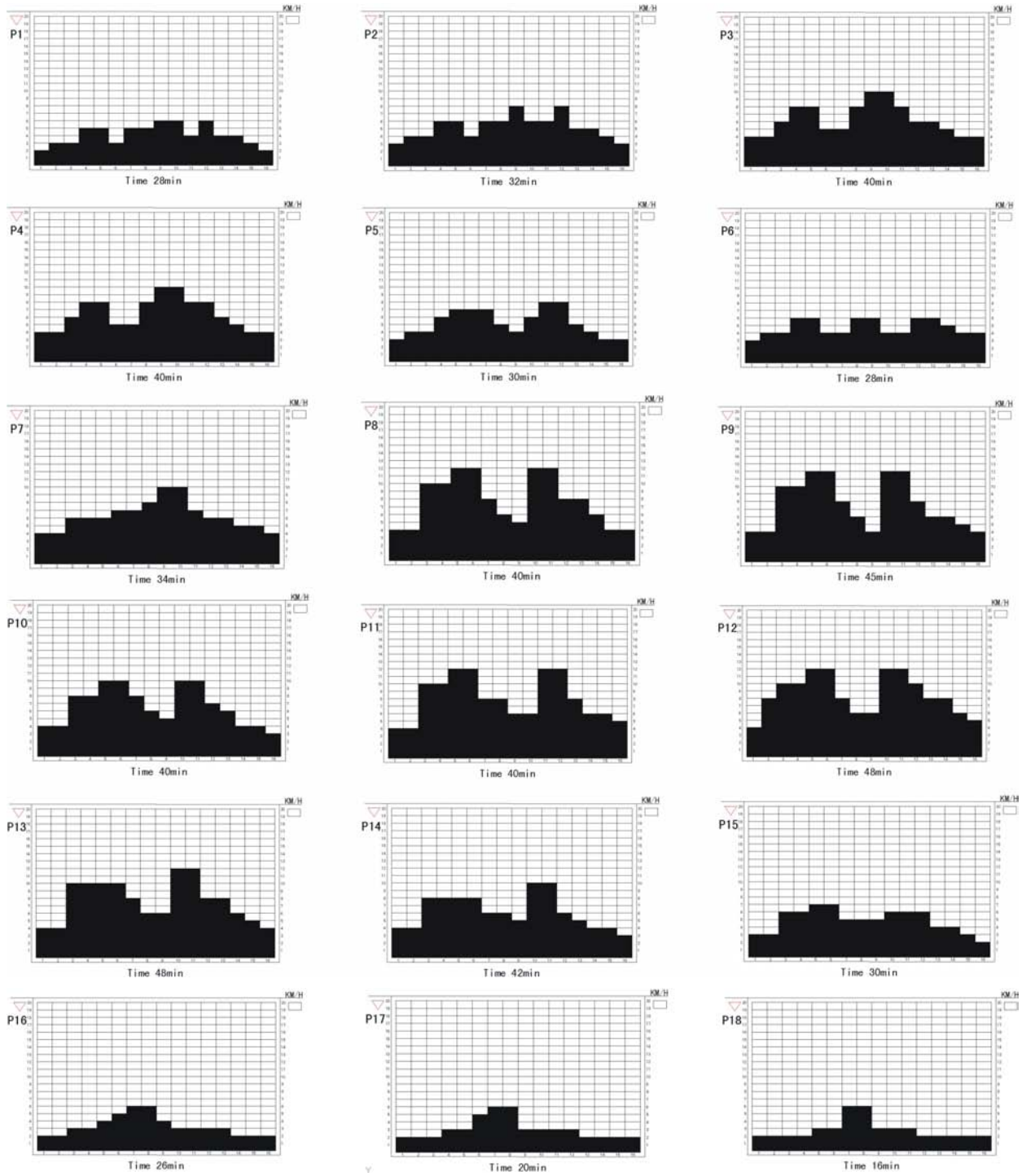
Pulse testing: In non-exercise status, hold both of your hands on the pulse sensors, the LCD will show the index, the heart shape light will show the pulse twinkling.

Malfunction:

Computer's indication for the malfunction of speed /incline sensor:

- A. Er01: Speed failure. After the treadmill starts, if there is any speed malfunction, it will stop after running for 6 seconds. Computer will back to ready status and time window shows "Er01". Any operation for the computer will be wasted.
- B. Er02: Overload current failure. After the treadmill starts, if there are overload current in the motor, it will stop and time window shows "Er02".
- C. Er03: Correspond failure. When computer and driver fail to correspond, the time window shows "Er 03".
- D. Er04: Current source failure. When there is failure of the current source in the driver, the time window shows "Er04".

Program Lattice diagram



Adjustment

1. Ask the authorized service representative or professional technician to check if the voltage is suitable, and if the grounded wire is reliable. Pull the running belt by your hand and check if it turns freely, without screech.
2. Insert one end of the power line into the socket at the forepart of treadmill; plug the other end in the electrical outlet. Put the emergency stop key on to the corresponding place on the computer.
3. Turn on the switch from "0" to "1", the computer displays zero, the running belt do not move.
4. Press the "ON/OFF" key, the treadmill runs slowly, check if the computer and running belt work normally.
5. Press the "SPEED" key, and observe the status of the running belt and display on the computer. Please turn off the machine if the belt runs defectively, adjust it following the rules in "MAINTENANCE AND MALFUNCTION TREATMENT".
6. Check all the functions keys on the computer.
7. Pull out emergency stop key, the treadmill should stop immediately; it'll work when you put it on again.
8. Press the "ON/OFF" key, the treadmill will stop, and then turn off the switch if you want to finish your exercise.

Operation instruction

After assembly and adjustment you can use the treadmill:

1. Turn on the electrical outlet switch, and put the emergency stop key onto the corresponding place on the computer.
2. Stand on the side extrusions; clip the safety key to your clothing at your waist.
3. Press the "ON/OFF" key, the treadmill runs at a lower speed, you can step on the belt and walk slowly. The lowest speed is 1.0 km/h. (see COMPUTER INSTRUCTION)
4. Press the "Speed +", "Speed -" or direct speed key, the speed will change relatively, and you can read the speed on the computer. You can run slowly for 2~3 minutes, and then run faster if you feel comfortable. You can run freely with hand away from the handrails when you feel well.
5. During running, you can read speed, time, distance and calorie on the LCD.
6. Slowdown when you want to finish your exercise, and run slowly for 2~3 minutes to make your heart rate and muscle turn to normal.
7. If you can't keep balance while running at a high speed, you can pull off the emergency stop key, and the treadmill will stop immediately.
8. Do not step on the running belt to right or left during exercise, or else the running belt will be aberrancy.
9. After exercise, slowdown and press "ON/OFF" key to stop the treadmill. If you want to restart the treadmill, press "ON/OFF" key (But the interval between start and stop should be more than 1 minute).

WARNING: Continuously using incline function for more than five times, the function may not work well. This is not the malfunction but a kind of self-protection. The function would restore in 1 hour.

Folding, Moving and Unfolding Instruction

- 1) Folding: The treadmill is foldaway. Lift the end of the main frame and fold upwards until the connecting bar rebound to the cover of cylinder tube. (See figure a)
- 2) Moving: Press the handrails to make the front base foot away from the ground then push the treadmill after folding.
- 3) When you want to put the treadmill to the work position, please lift the end of main frame (end cap) a little to make the foldaway support tube higher than the cylinder cover (see figure a-1), tip the foldaway support tube with your foot slightly (see figure a-2), press the end of main frame (end cap) forcibly, remove your foot and keep on pressing the end of main frame for a while. The cylinder will shrink under the weight of itself (see figure b) and the main frame goes flat.

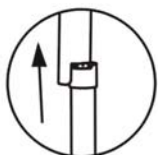


Figure a-1

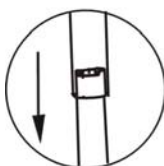


Figure a-2



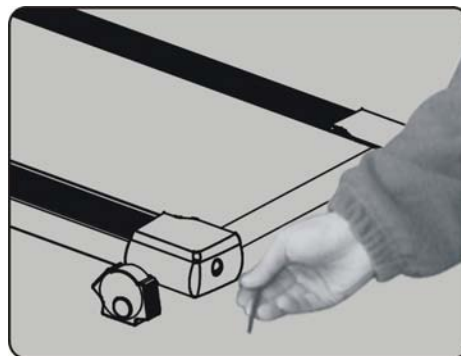
Figure a



Figure b

Maintenance and Malfunction Treatment

- 1) The surface of the treadmill should be kept clean, pull out the power line before cleaning. You can clean the running belt and the surface of the treadmill with a soft and wet cloth.
- 2) The running belt is adjusted at factory; it may runs defectively after transportation and use. Turn off the treadmill before adjusting, pull the belt in the center, and then adjust the left and right bolts in rear roller with hex spanner (See figure) it is better to adjust 1/2 circle once. Then turn on the switch, check if the belt 10 runs defectively when the running speed is 4~5 km/h.
- 3) After using over 100hours or the lubricant between the running board and the running belt is used up, please lubricate the running board and adjust the running belt well.
- 4) After a long time of running, the belt may be longer and stuck. You should turn the left and right adjustor bolt in rear roller clockwise at same position till the runs smoothly and freely.



Warning:

- 1) The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. pins, connection points.
- 2) Please replace defective components immediately and/or keep the equipment out of use

until repair.

Malfunction	Reason	Treatment
1. Power on but no display on the computer	1. Plug incorrectly. 2. Overload protection switch is off 3. Transformer is inserted incorrectly. 4. The fuse in the driver is burned.	1. Plug it again. 2. Reset it. 3. check it up or replace it. 4. Replace it
2. Show Er01, Speed sensor malfunction	1. Speed sensor is broken or installed incorrectly. 2. Optocoupler in the driver is damaged 3. other parts outside IC is broken	1. Check up the install position or replace the speed sensor 2. Replace Driver or the Optocoupler 3. Replace driver
3. Show Er02, motor electricity overload malfunction	1. Overload current through the motor 2. Obstruction of the roller is too much 3. Driver is damaged	1. replace the motor 2. enhance lubricating or replace it 3. replace the driver
4. Show Er03, Correspond failure	1. undesirable signal wire 2. Optocoupler in the driver is damaged 3. Computer is damaged	1. check up the signal wire's connector to the computer and the driver 2. replace driver or the Optocoupler 3. replace computer board
5. Show Er04, driver power malfunction	1. motor haven't inserted well or motor's damaged (broken circuit) 2. the relay of the driver is damaged 3. the bridge of the driver is damaged 4. other parts outside IC is damaged	1. check up or replace a motor 2. replace driver or relay 3. replace driver or bridge 4. replace driver
6. Without loading, operate normally. With loading, hard to start and with stops.	1. Driver's torque regulation is small 2. running belt gets loose 3. undesirable motor	1. adjust the torque 2. adjust running belt 3. replace motor

Warming up and cooling down

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

1. Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



2. Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

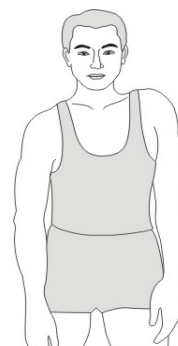


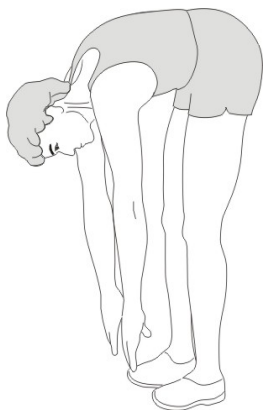
3. Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

4. Shoulder Lift

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.





5. Toe Touch

Slowly bend forward from your waist, letting your back and Shoulders relax as you stretch toward your toes.
Reach down as far as you can and hold for 15 counts.

6. Calf-Achilles Stretch

Lean against a wall with your left leg in front of the right And your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



7. Side Stretch

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

4111C1-0801-141B