

Motorized Treadmill
Owner's Manual



Retain this owner's manual for future reference
Read and follow all instructions in this owner's

Thank you

Thanks for purchasing this product. The product will help you exercise your muscles in the correct way and to improve your fitness – and all this in a familiar environment.

Implied Warranty

The importer of this machine assures that this device was manufactured from high quality materials.

Prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can render the warranty void.

The implied warranty is for 1 year, beginning with the date of purchase. If the device you acquired is defective, please contact our Customer Service (Inset page) within the guarantee period of 12 months as of purchase date. The warranty applies to the following parts (as far as included in the scope of delivery): Frame, cable, electronic devices, foam, and wheels. The guarantee does not cover:

1. Damage affected by outer force
2. Intervention by unauthorized parties
3. Incorrect handling of the product
4. Non-compliance of the operating instructions

Wear parts and expendable items are also not covered (such as running belt).

The device is only intended for private use. The warranty does not apply to professional usage.

Spare parts can be ordered from Customer Services (Inset page) as needed.

Please make sure you have the following information on hand when ordering spare parts.

1. Operating instructions
2. Model number (located on the cover sheet of these instructions)
3. Description of attachments
4. Attachment number
5. Proof of purchase with purchase date

Please do not send the device to our firm without being requested to do so by our Service team. The costs of unsolicited shipments will be borne by the sender.

General safety instructions

A great deal of emphasis was placed on safety in the design and manufacture of this fitness device. Still, it is very important that you strictly adhere to the following safety instructions. We cannot be held liable for accidents that were caused due to disregard.

To ensure your safety and to avoid accidents, please read through the operating instructions thoroughly and attentively before you use the sports device for the first time.

- 1) Consult your GP before starting to exercise on this device. Should you want to exercise regularly and intensively, the approval of your GP would be advisable. This is especially true for users with health problems.
- 2) We recommend that handicapped people should only use the device when a qualified care is present.
- 3) When using the fitness device, wear comfortable clothing and preferably sports or aerobic shoes. Avoid wearing loose clothing which could get caught in the moving parts of the device.
- 4) Stop exercising immediately should you feel unwell or if you feel pain in your joints or muscles. In particular, keep an eye on how your body is responding to the exercise program. Dizziness is a sign that you are exercising too intensively with the device. At the first signs of dizziness, lay down on the ground until you feel better.
- 5) Ensure there are no children nearby when you are exercising on the device. In addition, the device should be stowed in a place that children or house pets cannot reach.
- 6) Ensure that only one person at a time uses the fitness device.
- 7) After the sports device has been set up according to operating instructions, make sure all screws, bolts and nuts are correctly fitted and tightened. Use only attachments recommended and/or supplied by the importer.
- 8) Do not use a device that is damaged or unserviceable.
- 9) Always place the device on a smooth, clean and sturdy surface. Never use near water and make sure there are no pointed objects in the direct vicinity of the fitness device. If necessary, place a protective mat (not included in scope of delivery) to protect your floor underneath the device and keep a free space of at least 0.5 m around the device for safety reasons.
- 10) Take care not to put your arms and legs near moving parts. Do not place any material in openings in the device.
- 11) Use the device only for the purposes described in these operating instructions. Use only attachments recommended by the manufacturer.
- 12) If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly persons in order to avoid a hazard.

Special Safety Precautions

●Power source:

- Choose a place in reach of a socket when placing the treadmill.
- Always connect the appliance to a socket with a grounded circuit and no other appliances connected to it. It is recommended not to use any extension cords.
- A faulty grounding of the appliance can cause the risk of electrical shocks. Ask a qualified electrician to check the socket in case you do not know if the appliance is grounded appropriately. do not modify the plug provided with the appliance if it is not compatible with your socket. ask a qualified electrician to install a suitable socket.
- Sudden voltage fluctuations can seriously damage the treadmill. Weather changes or switching on and off other appliances can cause peak voltages, over-voltage or interference voltage. To limit the danger of damage to the treadmill, it should be equipped with an over-voltage protective device (not included).
- Keep power cord away from the carrying roller. Do not leave the power cord below the striding belt. Do not use the treadmill with a damaged or worn out power cord.
- Unplug before cleaning or engaging in maintenance work. Maintenance should only be done by authorized service technicians, unless otherwise stated by the manufacturer. Ignoring those instructions would automatically void the warranty.
- Inspect the treadmill before every use to make sure that every part is operational.
- Do not use the treadmill outdoors, in a garage or under any kind of canopy. Do not expose the treadmill to high humidity or direct sunlight.
- Never leave the treadmill unattended.

Make sure the striding belt is always tense. Start the striding belt before stepping on it.

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capability if the supply cord is damaged, it must be replaced by the manufacturer, its service

Children should be supervised to ensure that they do not play with the appliance

Assembly

- Before starting with the assembly of this fitness device carefully read through the set up steps as of **page 8**. We also recommend that you view the assembly drawing prior to assembly.
- Remove all packaging material and place the individual parts on a free surface. This will provide you with an overview and will simplify assembly.
- Please consider that there is always the risk of injury when using tools and carrying out technical activities. Please proceed with care when assembling the device.
- Make sure you have a hazard-free working environment and do not, for example, leave tools lying around. Deposit the packaging material in such a way that it does not pose a danger. Foil/plastic bags are a potential risk of suffocation for children!
- Take your time when viewing the drawings and then assemble the device according to the series of illustrations.
- The device must be carefully assembled by an adult person. If necessary, request aid from another technically talented person.

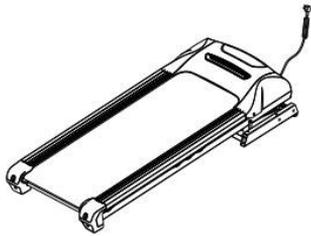
Unpacking & Assembly

WARNING: Use extreme caution when assembling this treadmill. Failure to do so could result in injury.

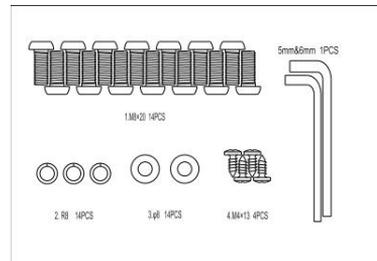
NOTE: Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.

UNPACK AND VERIFY THE CONTENTS OF THE BOX:

- Lift up and remove the box that surrounds the Treadmill.
- Check the following items are present. If any of the parts are missing, contact with the dealer.



Main body



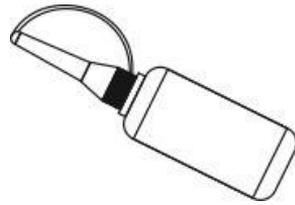
Hardware pack



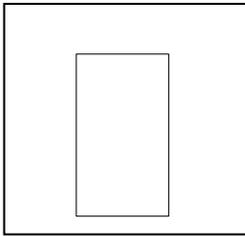
Console A



Safety key



Silicon bottler



Manual

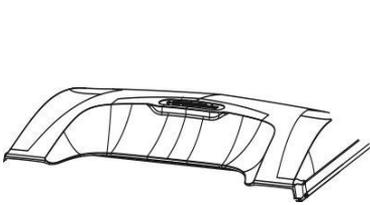


Base frame cover



Upright post

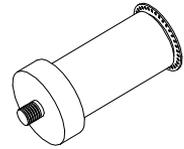
Main parts



Motor cover



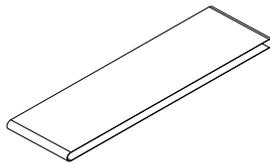
Monitor



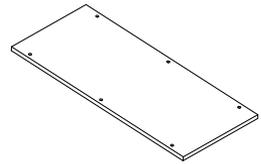
Motor



Motor belt



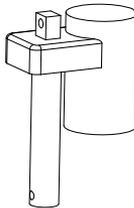
Running belt



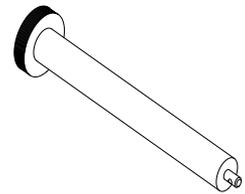
Running deck



Side rail



Incline motor



Front roller

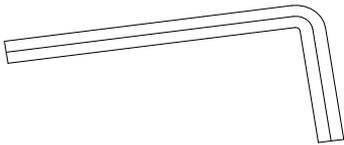


Rear roller

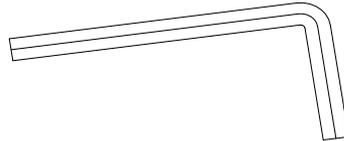


Rear cover

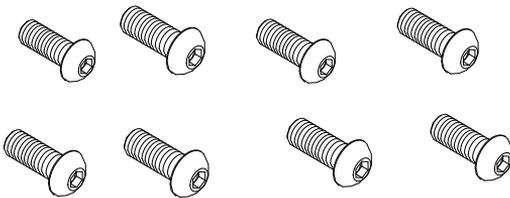
Hardware bag



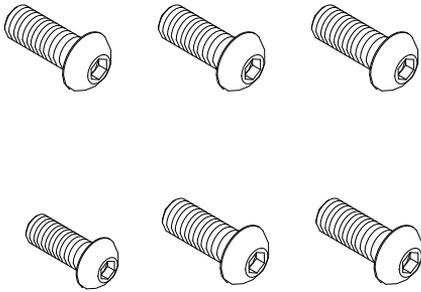
L shaped wrench S6 1pcs



L shaped wrench S5 1pcs

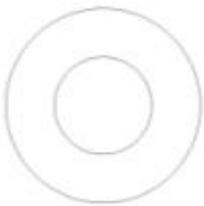


Allen C. K. S. full thread screw×14 (M8*20)



ST4 screw 2*13 4 pcs

Allen C.K.S. full thread screw×6 (M8*20)

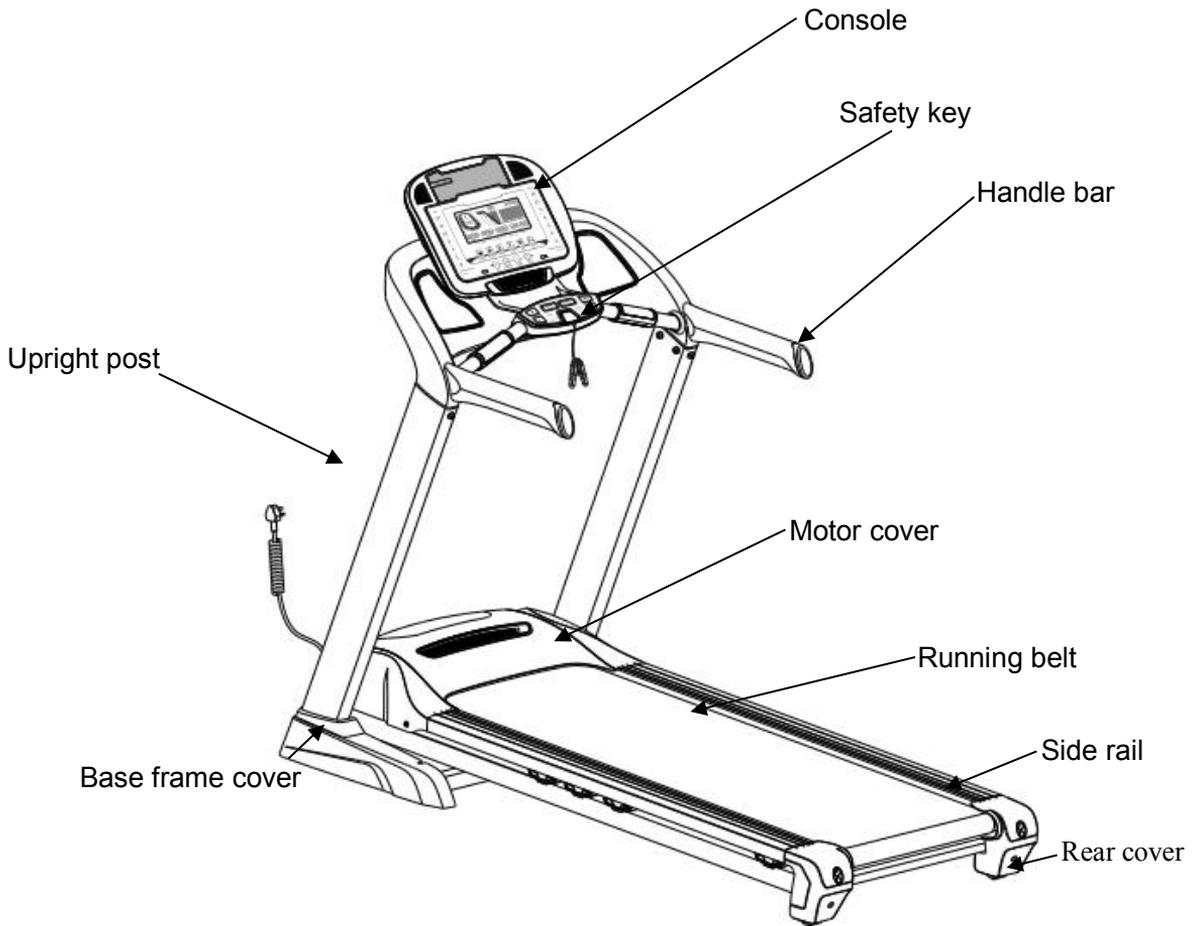


1.Spring washer ø8 14pcs

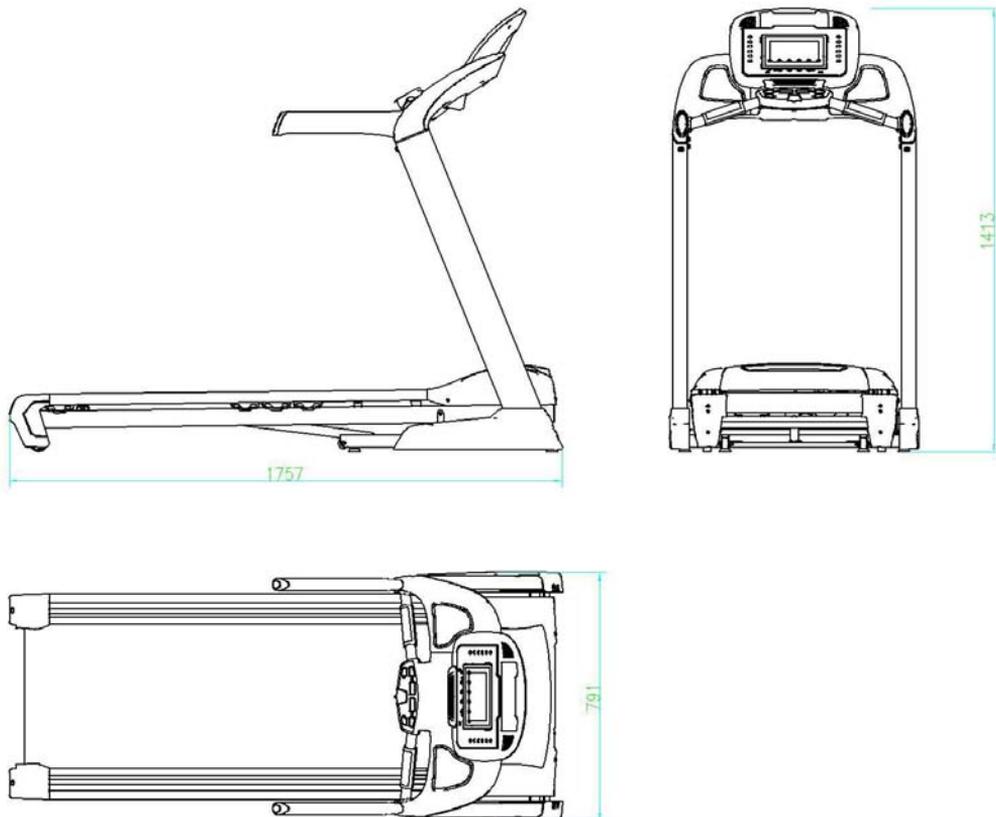


2.spring washer ø8 14pcs

Treadmill instruction



Technical information

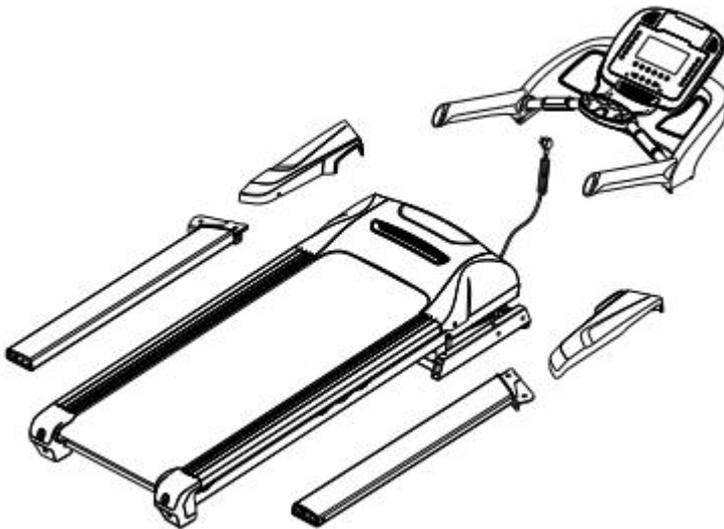


Dimension	Fold: 1090*790*1530
	Unfold: 1770*790*1366
Effective running surface	1400*475
Speed range	1.0—16.0km/h

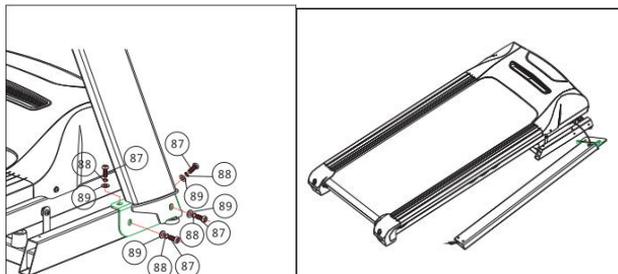
*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

ASSEMBLY INSTRUCTIONS

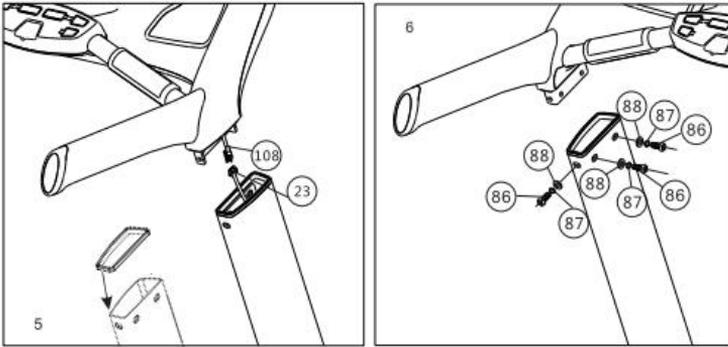
Step 1: Take out the machine from box and put it on the flat floor. (As shown)



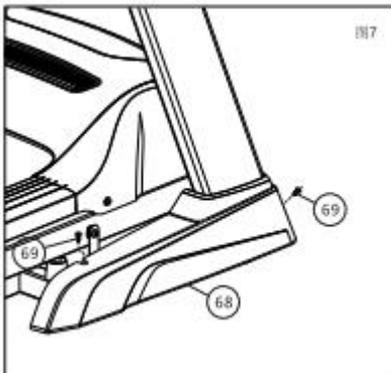
Step 2: Insert the upright post into clamping ring on the both side of the main frame with Allen C.K.S. half thread screw M8*20 and spring washer 1&2 $\phi 8$ (without lock now).

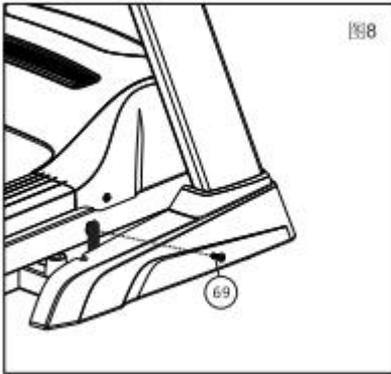


Step 3: Put the Console on the treadmill and connect all the wires well; Put the handle bar in a horizontal line (as the direction of the figures), then connect the console and upright post with 3 pcs of Allen C.K.S. half thread screw M8*20 with spring washer 1&2 $\phi 8$.



Step 4: Assemble the base frame cover on the each side of treadmill. Notice the assembling between the base frame cover and base frame tube. Finally fix the screws by tools, and then finished.





SETTING UP YOUR TREADMILL

PLACEMENT IN YOUR HOME

To make exercise a desirable daily activity for you, the treadmill should be placed in a comfortable and convenient setting. This treadmill is designed to use minimal floor space and to go nicely in your home.

- Do not place the treadmill outdoors.
- Do not place the treadmill near water or in high moisture content environment.
- Make sure power cord is not in the path of heavy traffic.
- If your room is carpeted, check the clearance to make sure there is enough space between the carpet fiber and the treadmill deck. If you are uncertain, it is best to place a mat beneath your treadmill.
- Locate the treadmill at least 4 feet from walls or furniture.
- Allow a safety area of 2m X 1m behind the treadmill so that you can easily get on and off the treadmill without getting trapped during an emergency.

Occasionally after extended use you will find a fine black dust below your treadmill. This is normal wear and DOES NOT mean there is anything wrong with your treadmill. This dust can be easily removed with a vacuum cleaner. If you wish to prevent this dust from getting on your floor or carpet, place a mat beneath your treadmill.

USE DEDICATED CIRCUIT

The outlet selected should be a dedicated circuit. It is particularly important that No sensitive electrical equipment, such as computer or TV, share the same circuit.

CAUTION!

Make sure the running deck is level to the ground. If the deck is positioned on uneven surface, it would cause premature damage to the electronic system.

Read this manual before operating this treadmill.

GETTING STARTED**TURN POWER ON**

Put the power cord into the electrical outlet with 10A. Flip this switch to the “ON” position. The screen shines with prompt sound.

SAFETY KEY AND CLIP

The safety key is designed to cut the main power to the treadmill should your fall. Therefore, the safety key is designed to bring the treadmill to an immediate stop. At high speeds, it may be uncomfortable and somewhat dangerous to come to a complete stop immediately. So, use the safety key as emergency top only. To bring the treadmill to a complete stop safely and comfortably, use the red stop button.

Your treadmill will not start unless the safety key is properly inserted into the key holder in the middle of the console. The other end of the safety key should be securely clipped to your clothing so that in the case that you fall, you will pull the safety key from the console, which will stop the treadmill immediately to minimize injury. For your safety, never use the treadmill without securing the safety key clipped to your clothing. Pull on the safety key clip to make turn it will not come off your clothing.

GETTING ON AND OFF THE TREADMILL

Handle with care when getting on or off the treadmill. Try to use the handlebars while getting on or off. While you are preparing to use the treadmill, do not stand on the running belt. Straddle the running belt by placing your feet on both side rails of the treadmill deck. Place your foot on the belt only after the belt has begun to move at a consistent slow speed.

During exercise, keep your body and head facing forward at all times. Never attempt to turn around on the treadmill when the running belt is still moving. When you have finished exercising, stop the treadmill by pressing the red stop button. Wait until the treadmill comes to a complete stop before attempting to get off the treadmill.

WARNING!

Never use this treadmill without first securing the safety tether clip to our clothing.

CAUTION!

For your safety, step onto the belt when the speed is no more than 3km/h.

1. Restore the incline to flat (0) position.
2. Unplug from power point before folding.
3. Lift deck until it's parallel to the upright post and cylinder locks into position.
4. Caution: check to ensure cylinder locking device has engaged.

UNFOLDING THE TREADMILL

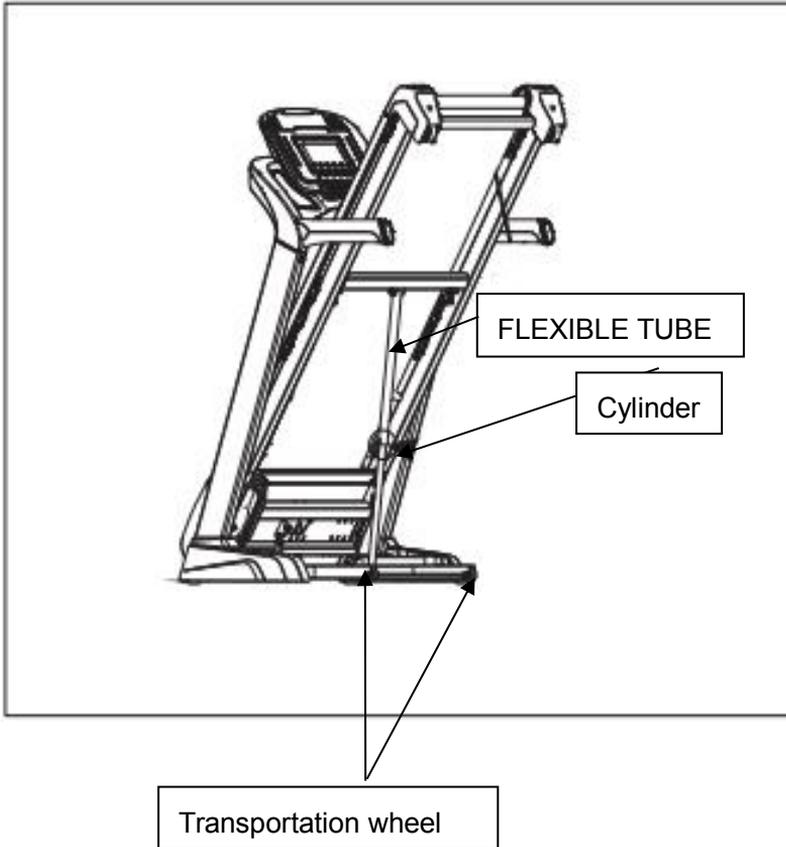
1. Place one hand on handle bar, use the other to push top of the running deck forward.
2. Press one foot on the middle section of the cylinder to disengage the locking mechanism.
3. Allow deck to begin slowly dropping before releasing hands.

MOVING THE TREADMILL

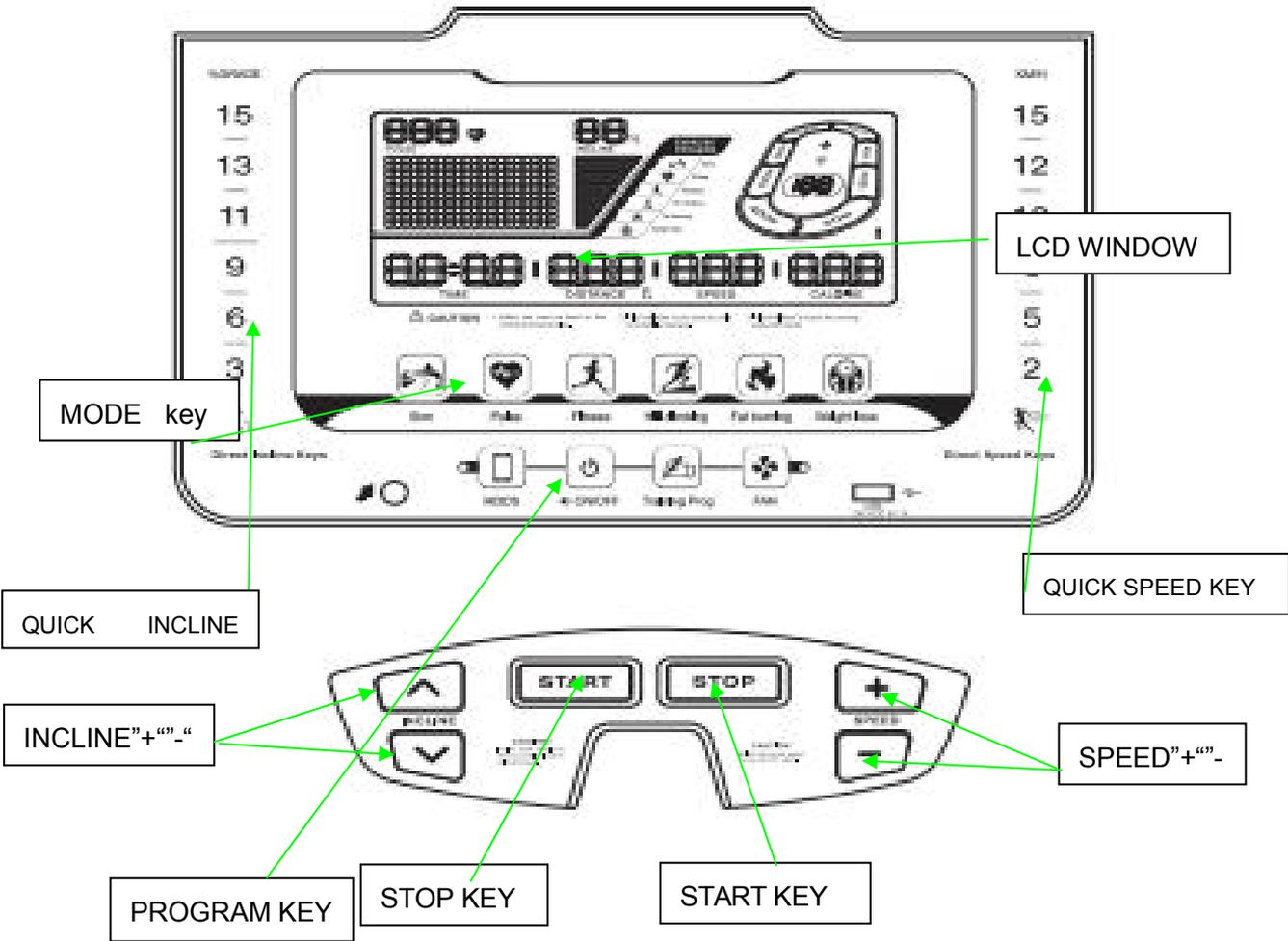
The treadmill can be moved around in house safely in its fold-up position by using the transport wheels.

Firmly hold onto handle bars with both hands, pull the treadmill towards you, then portable

on wheels, drag or push slowly.



Key Definition



(I): Computer function Instruction:

1.1: P0: USER training program; P1-P12 the preset auto program; U01-U03: user-defined program, HP1-HP2: Heart control function.

1.2: 8" LCD display window

1.3: Speed Range: 1.0~16.0KM/H

1.4: Incline Range: 0~16%

1.5: Prevent over loading, over voltage, explosion proof, anti speed and electromagnetic interference.

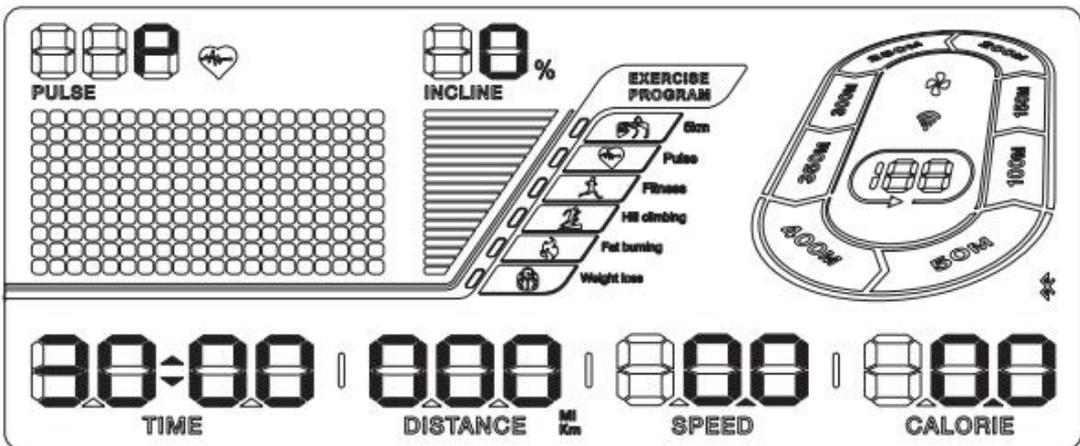
1.6: Self check and warning sound function.

1.7: MP3(Optional)

1.8: Bluetooth(Optional)

1.9: Fan(Optional)

(II): LCD window instruction:



2.1: "DISTANCE" window: Display the distance numerical value.

2.2: "CALORIES" window: Display the calories numerical value

2.3: "TIME" window: Display the time numerical value.

2.4: "SPEED" window: Display the speed numerical value.

2.5: "PULSE" window: Display the pulse numerical value

2.6: "INCLINE" window: Display the inclination numerical value.

The numerical range of each window:

TIME: 0:00 – 99.59(MIN)

SPEED: 1.0 – 16.0(KM/H)

INCLINE: 0 – 16%

DISTANCE: 0.00 – 99.9(KM)

CALORIES: 0.0 – 999 (C)

(III) Button instruction:

3.1: “PROG”: Program select key: when the treadmill is stopped, cycle select from the manual program to “P1-P12 → U1~U3 → HP1-HP2” as you prefer. The default speed of manual program is 1.0KM/H, the fastest speed is 18KM/H.

3.2: “MODE” : mode select key: When the treadmill is stopped, set the Mode as you prefer to.

You can cycle select the Time countdown → calories countdown → distance countdown → Normal mode.

The reposition of default is 30 minutes when in P1-P12.

You can't cycle select the FAT item when in FAT mode.

3.3: “START/PAUSE” key: When the treadmill is stopped, press the START key to turn on the treadmill. Press “START” key when running, it will pause.

3.4: “STOP” key, when the treadmill is running, stop the treadmill slowly by pressing the STOP key one times. When the LCD window show the ERR message. Press the stop key to clear the err message. When the treadmill is running, press the “STOP” key for two times, it can stop urgently.

3.5: “Speed +” KEY: increase the speed when running. Increase the parameter under the body fat testing.

3.6: “Speed –” KEY: decrease the speed when running. Decrease the parameter under the body fat testing.

3.7: “QUICK SPEED” key: when the treadmill is running, Speed up directly by pressing the quick speed key 3, 6, 12, 18.

3.8: “Incline +” KEY: Increase the incline by pressing this key.

3.9: “Incline –” KEY: Decrease the incline by pressing this key.

3.10: “QUICK INCLINE KEY: Increase the incline directly by pressing the quick incline key 6, 9, 12.

(VI): Safety key function:

In any state, pull-out safety locks, window displays all lighting and sound buzzer

“DI-DI-DI”. Then put well the safety lock, all show that the full light for 2 seconds, then go to manual start mode (the equivalent of clearing reset).

(V) Start instruction :

5.1: Put the power cord into the electrical outlet with 10A. Flip this switch to the “ON” position. The screen shines with prompt sound.

5.2: Put the safety key on the correct position ,then turn on the power ,the LCD window light is shining ,and sound “bee”, the treadmill enter in to the P0 Normal Mode.

5.3: Press “PROG” key to cycle select the program **P0-P12,U01,U02,U03,HP1-HP2**.

a) “P0” User program. Press “MODE” cycle select four training mode. User can select the speed and inclination. Speed default is 1.0km/h, inclination default is 0%.

Training mode 1: Counting. Time, distance, calorie is plus. The select function is closed.

Training mode 2: Time Countdown. Under selecting, time window flicker, press “+”-“to modify the value. The range is 5-99 minute. Default is 30:00.

Training mode 3: Distance Countdown. Under selecting, Distance window flicker, press “+”-“to modify the value. The range is 1.0-99.0km. Default is 1.0KM.

Training mode 4: Calories Countdown. Under selecting, calories window flicker, press “+”-“to modify the value. The range is 20-990CAL. Default is 50CAL.

b) “P1—P12” Preset program. Only for Time Countdown mode. Under selecting, time window flicker, press “+”-“to select. The range is 5-99 minute. Default is 30:00. Press “MODE” key to return to Defaults.

c) FAT: body fat testing, under FAT mode, the treadmill must be in stop state.

5.4: Press “START” after setting up training mode, Screen display 5 seconds into the countdown, accompanied by five hint sound, after the countdown to 1, treadmill start gently; speed up slowly to the display, then the constant speed operation smoothly.

a) When running, press the “+ “, “-“or “quick speed key” to adjust the speed you want.

b) For P1—P12, Speed and inclination is divided into 10 segments. Each segment has same time. The speed after selecting will be avail in current segment. When run to next segment. It will sound 3 times in advance. When finish 10 segments, the motor will stop with a long prompt sound.

c) Press “START” key when running, it will pause. Press “START” key again, it will running, the record data will keep on.

5.5: Press “STOP” key when running, the treadmill will slowly till stop. All will return to the default state.

5.6: Press "Incline+ - "KEY or "QUICK INCLINE KEY" adjusts the incline you want.

5.7: In any state, pull-out safety locks, window displays all not lighting and sound buzzer. The treadmill stop.

5.8: The controller always under the inspection. Treadmill will stop once the abnormal case happen. Window will show the ERR message and sound.

5.9: When the window showing the ERR message, press "stop" key, the ERR message will be deleted.

6. User-defined program:

Running machine in addition to the 12 system built-in program also has 3 allows the user to set automatically according to the individual situation user-defined program: U01, U02, U03.

A) user-defined program Settings:

In standby mode according to the "select" button until the hope set custom programs, from the window shows "U01 - U03", long press "select" button for 3 seconds to enter Settings, time window shows "S - 20 S - 01...", speed, rose window shows the corresponding period of the relevant data. Then can be set for each time period, set in the "velocity +", "speed -" shortcut key or speed setting speed, with the rise and fall "+", "lifting -" key set movements, according to the "select" button to complete the set a time period and the state of the next period of time set until all of the 20 time complete set; Set up after the completion of the data will be permanent until your next to reset, this data is not lost due to power outages.

B) the user-defined program startup:

I. in standby mode according to the "select" button until you want to run the user-defined program (U01 - U03), and set up running time after press the start key to start.

li. The user custom programs and running time set after press the start key can also be started immediately.

C) user-defined program setup instructions:

Each program all the time are divided into 20 times, when set to complete all the speed of 20 times and lifting and running time setting, can press start button to start the treadmill.

7. Heart rate speed (HRC) program:

In standby mode according to the "heart rate speed Pulse" button and choose HP1 or HP2, press "select" button to enter the age or target heart rate Settings, the adjusting range is seen in the table below.

AGE	HR			AGE	HR			AGE	HR		
	MIN	DEFAULT	MAX		MIN	DEFAULT	MAX		MIN	DEFAULT	MAX
15	123	123	195	37	110	110	174	59	97	97	153
16	122	122	194	38	109	109	173	60	96	96	152
17	122	122	193	39	109	109	172	61	95	95	151
18	121	121	192	40	108	108	171	62	95	95	150
19	121	121	191	41	107	107	170	63	94	94	149
20	120	120	190	42	107	107	169	64	94	94	148
21	119	119	189	43	106	106	168	65	93	93	147
22	119	119	188	44	106	106	167	66	92	92	146
23	118	118	187	45	105	105	166	67	92	92	145
24	118	118	186	46	104	104	165	68	91	91	144
25	117	117	185	47	103	103	164	69	91	91	143
26	116	116	184	48	103	103	163	70	90	90	143
27	116	116	183	49	103	103	162	71	89	90	142
28	115	115	182	50	102	102	162	72	89	90	141
29	115	115	181	51	101	101	161	73	88	90	140
30	114	114	181	52	101	101	160	74	88	90	139
31	113	113	180	53	100	100	159	75	87	90	138
32	113	113	179	54	100	100	158	76	86	90	137
33	112	112	178	55	99	99	157	77	86	90	136
34	112	112	177	56	98	98	156	78	85	90	135
35	111	111	176	57	98	98	155	79	85	90	134
36	110	110	175	58	97	97	154	80	84	90	133

1. The slope starts to 0 section, the lower speed
2. 1 minutes to warm up before, can be manually adjust speed and lift

3. After the warm-up, calculate the heart rate is poor (target heart rate - the user's heart rate) for the following process:

A. $(\text{target heart rate} - \text{the user's heart rate}) > 0$, speed increase 0.5 KM/H, arriving at top speed, the paragraph 1 are increased lift.

B. $(\text{target heart rate} - \text{the user's heart rate}) < 0$, lift is not zero, then lift minus 1; Such as lifting is zero, the speed decreased 0.5 KM/H, not after arrived at the low speed.

4. Every 10 seconds after the operation of repeat step 3

5. HP1, HP2 most high-speed were 10.0, 12.0 KMH;

6. Age adjusting range: 15-80, 30 by default.

7. The target heart rate adjustment and age corresponding data table:

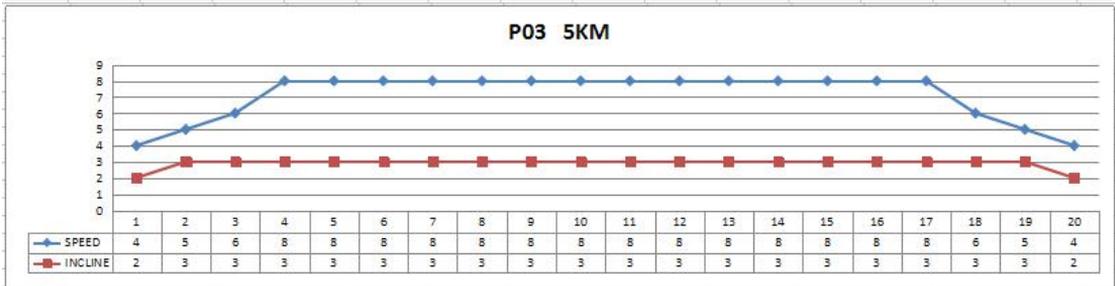
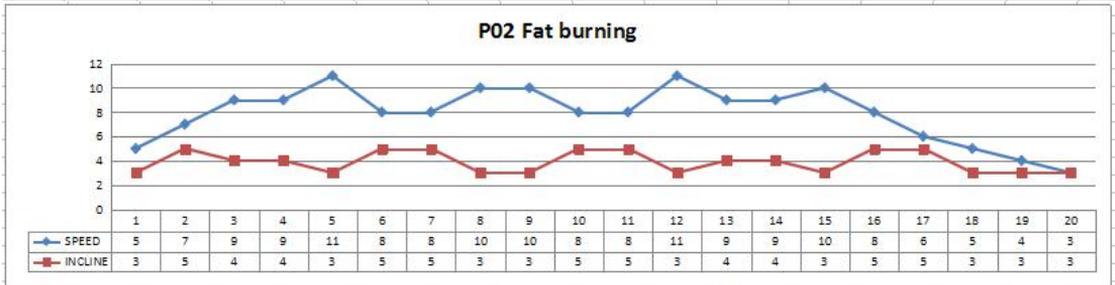
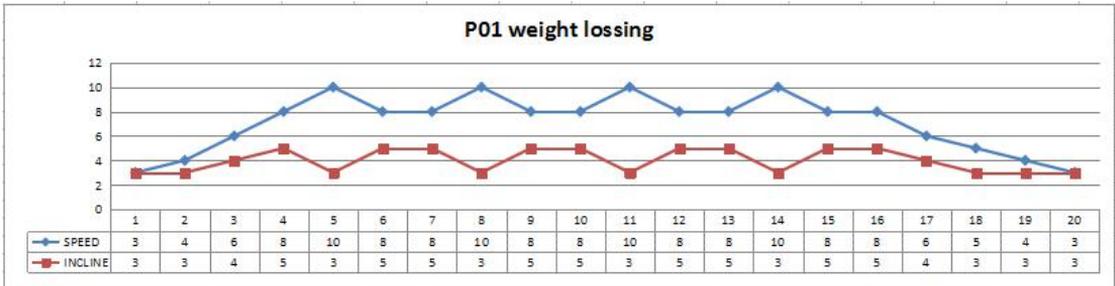
Note: heart rate speed program must use a chest strap detect heart rate, chest strap must be close to the chest area and against the skin.

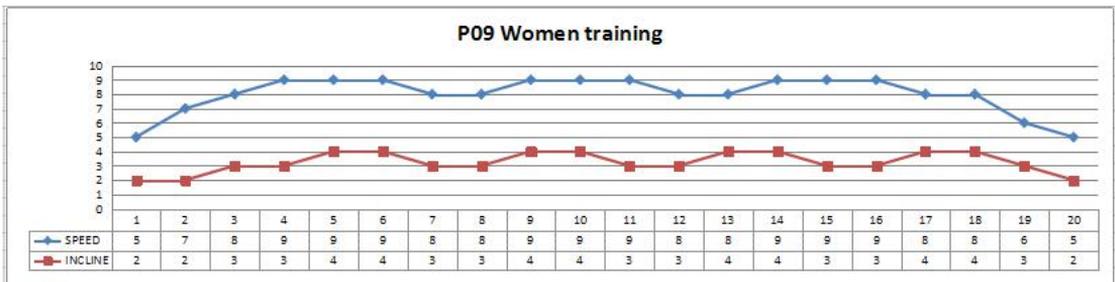
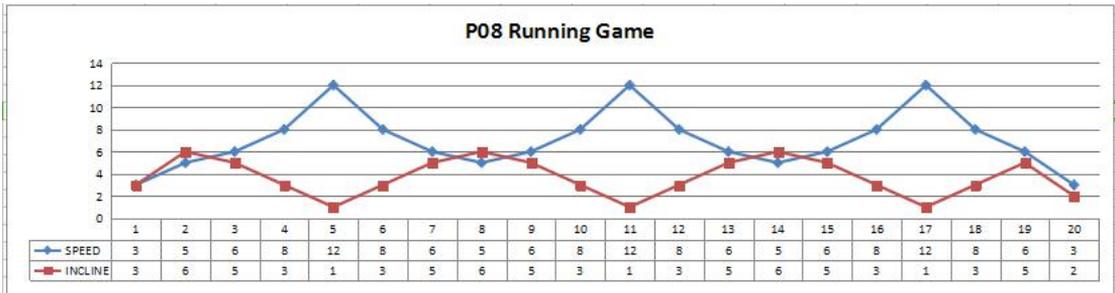
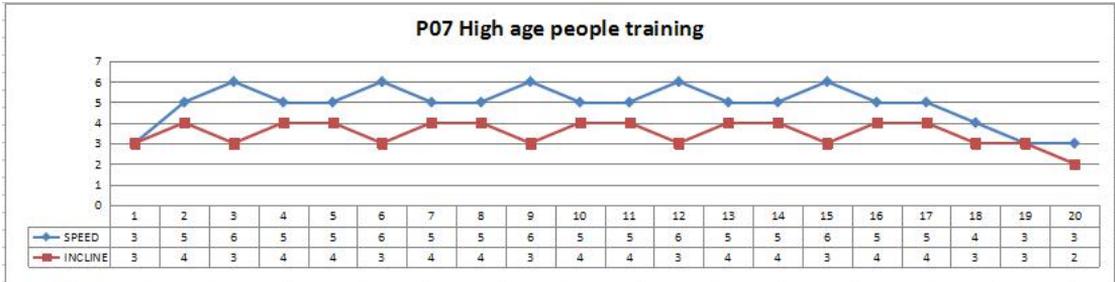
ERP function

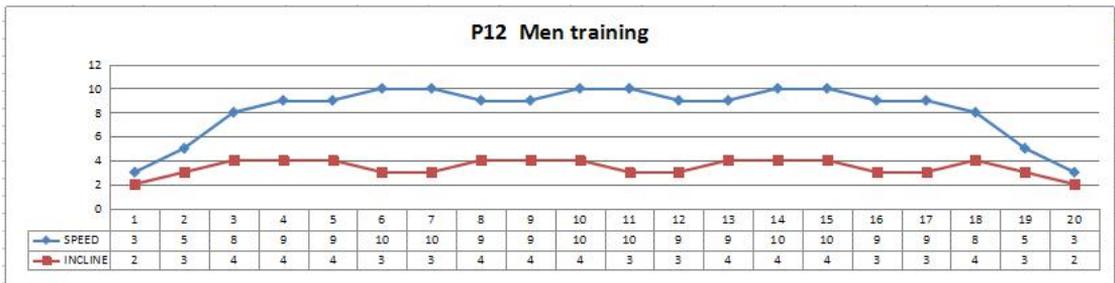
While the treadmill turns on but without any operations, shortly in 4 minutes 30 seconds, it will automatically enter into "Sleep mode" so as to save energy.

When the treadmill is in standby mode, press "Mode" key for 3 seconds, it will display '2222' to cancel ERP function, then press again for 3 seconds, it will display '1111' to enter ERP mode.

Program Speed Table







Trouble Shooting

Failure or phenomenon	possible reason	treatment method
Treadmill no display	A plug in the power supply, or without power supply	power line communication access, or check the ac socket
	B the power switch is not open to the power switch in the ON position	puts the power switch ON
	C drive, no power supply or damage	press the overload protector, or replace the drive
	D digital signal circuit	change signal wire, plug again
	E digital watch is damaged	replace the electronic watch
	F (LCD) backlight is not bright	need to repair, check the backlight, backlight or replaced
Treadmill display is not complete, lack of strokes	A display driver IC virtual welding or even welding	need to repair, check the solder joints, welded in place
	B (LCD) conductive sliding, not fixed in position	reassemble the LCD

		C display driver IC bad	need to repair, welding new display driver IC
The treadmill exercise is not smooth, weakness or jitter		A transmission part there is resistance	adjust the transmission part, or add lubricant
		B belt too tight or too loose	adjust the belt tightness
		C drive torque too small or too large	adjust the torque potentiometer to the appropriate location
Digital display		A safety lock off	put on to the panel and the safety lock or card position
		B magnetron not suck	magnetron is installed to the correct position
	E01 communication failures (drive not receive digital signals); E13 - communication failures (electronic) are not yet received the drive signal	A digital signal is not good or poor contact	plug line again
		B digital signal wire breakage has a short circuit or open circuit	replace the signal lines
		C electronic signal line fault	replace the electronic watch
		D drive signal line fault	replace the drive
	E02 - stall (explosion-protection of impact protection or main motor)	A good motor line not plug or motor internal open	connect plug line again, or replace the motor
		B drive IGBT breakdown is damaged	replace the drive
		C external ac voltage is too low	stop using, please electrical troubleshooting
	E04 - lifting self-checking learning	A lifting motor line or line not connected	check cable and plug again
B bad lifting motor		change the lift motor	

failure (with elevator drive)	C drive is bad	replace the drive
E05 - over-current protection	A heavy load	system protection, artificial locked-rotor then restart
	B transmission parts stuck or hinder	regulate the transmission part, or add lubricant
	C motor internal burnt	change the motor
	D drive burnt	replace the drive
E06 motor internal not circuit - usually	A motor line not good plug	plug machine line again
	B motor internal open	change the motor
	C motor idling	the current hour an error, please installed test
E10 - usually A motor instantaneous peak current abnormal, over-current protection	A drive torque is too big	adjust the torque potentiometer to the appropriate location
	B motor internal burnt	replace the motor
	C transmission parts stuck	adjusting part, or add lubricant

Problem	Possible cause	Corrective action
Treadmill does not work	a .No connect to power supply	Plug into socket
	b. Safety switch not insert	Insert safety switch in monitor
	c .Cut off the signal circuit system	Check control panel and signal cable
	d. Treadmill is not switch on	Switch on
	e. Fuse is broken	Change fuse
Belt does not run properly	a .Running belt not lubricate well	Adjust running belt by silicon
	b. Belt too tight	Adjust running belt
Belt is slipping	a. Belt is too loose	Adjust running belt
	b .Motor belt is too loose	Adjust the motor belt

General fitness tips

Start your exercise program slowly, i.e. one exercise unit every 2 days. Increase your exercise session week by week. Begin with short periods per exercise and then increase these continually. Start slowly with the exercise sessions and don't set yourself impossible targets. In addition to these exercises, do other forms of exercise such as jogging, swimming, dancing and/or cycling.

Always warm up thoroughly before exercising. To do so, carry out at least five minutes of stretching or gymnastic exercises to avoid muscle strains and injuries.

Check your pulse regularly. If you do not have a pulse measuring instrument, ask your GP

how you can measure your heart rate effectively. Determine your personal exercise frequency range to achieve optimal training success. Take into account both your age and your level of fitness. The table on page 16 will give you a reference point for determining the optimal exercise pulse.

Make sure you breathe regularly and calmly when exercising.

Take care to drink enough while exercising. This ensures that the liquid requirement of your body is satisfied. Consider that the recommended drinking amount of 2-3 liters per day is strongly increased through physical strain. The fluid you drink should be at room temperature.

When exercising on the device always wear light and comfortable clothing as well as sports shoes. Do not wear any loose clothing that could tear or become caught in the device whilst exercising.

Exercises for your personal work-out

Warm-up / stretching exercises

A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down / relaxation period after the exercise session ensures that you do not experience any muscular problems. In the following you will find stretching exercise instructions for warming up and cooling down. Please pay attention to the following points:

NECK EXERCISES

Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again. You can repeat this exercise alternately several times.

**1**

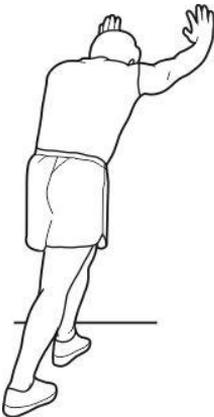
EXERCISES FOR THE SHOULDER AREA

Lift the left and right shoulders alternately, or lift both shoulders simultaneously.

**2**

ARM STRETCHING EXERCISES

Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side. Repeat this exercise several times.

**3**

EXERCISES FOR THE UPPER THIGH

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.

**4**

INSIDE UPPER THIGH

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30-40 seconds if possible.

**5**

TOUCH TOES

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20-30 seconds if possible.

6

EXERCISES FOR THE KNEES

Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on

your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30-40 seconds if possible.

7

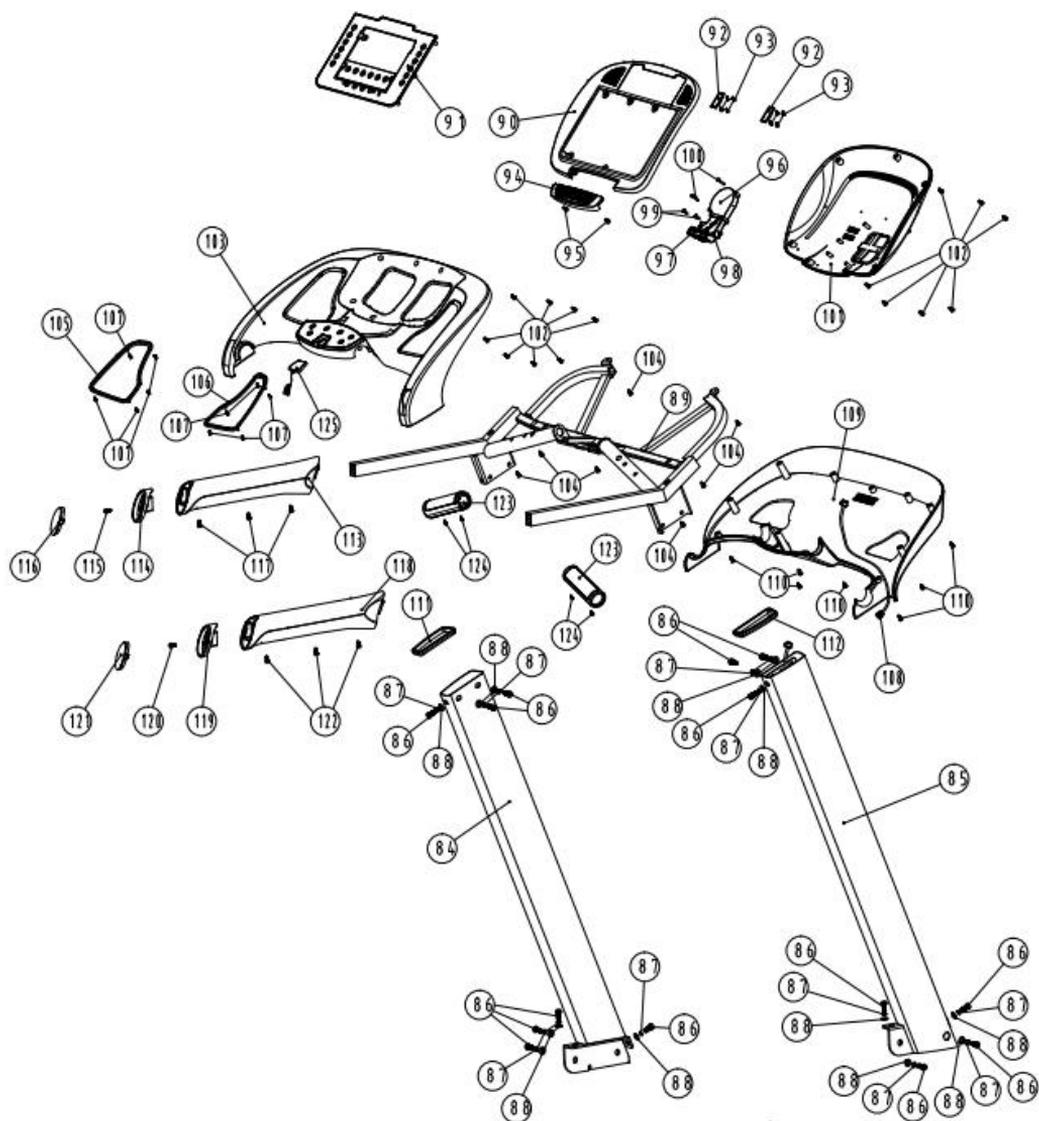
EXERCISES FOR THE CALVES/ACHILLES TENDON

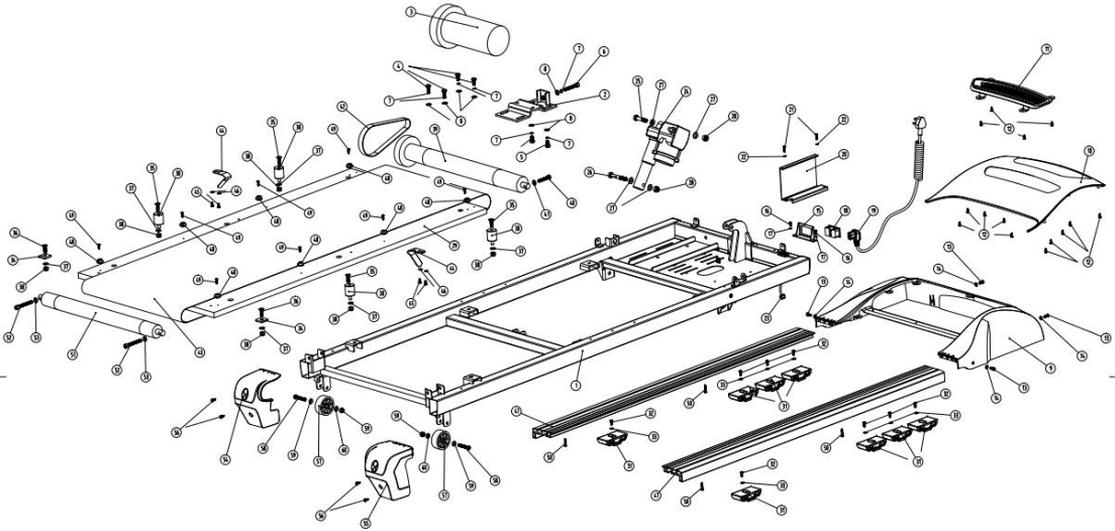
Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30-40 seconds if possible.

8

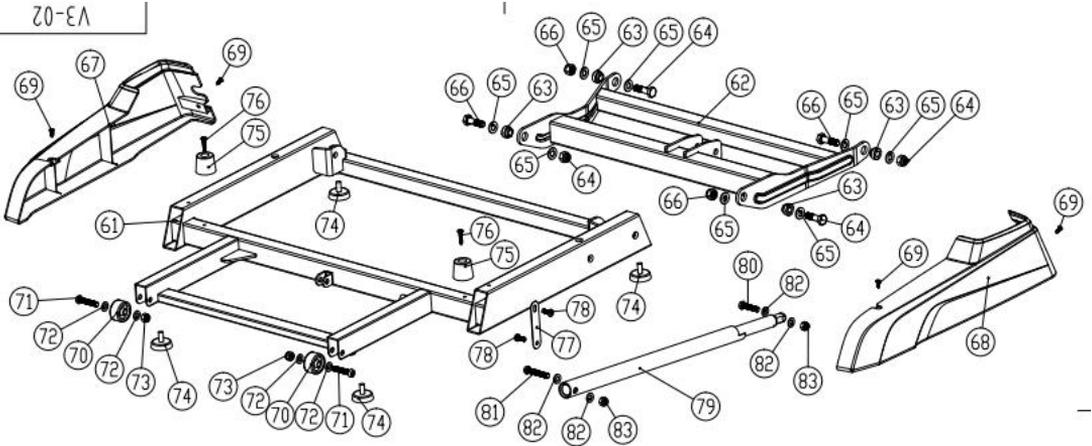


EXPLODED DRAWING





Z0-EA



1	V3-01-01	Welding treadmill frame	1
2	ST1608-09	Motor seat frame	1
3	TY02-ZYT100	DC motor (DC180V1.5HP)	1
4	GB/T 5783-2000	Socket head boltsM8×16	4
5	GB/T 5783-2000	Socket head boltsM8×12	2
6	GB/T 70.1-2000	Inner socket head screwsM8×55	1
7	GB/T 93-1987	Spring washerØ8×2.1	7
8	GB/T 97.1-2002	Spring washerØ8×1.6	7
9	V3-01-02-01	Motor cover	1
10	V3-01-02-02	Motor cover insert1	1

11	V3-01-02-03	Motor cover insert2	1
12	GB/T 845-1985	Cross trough pan head self-drilling screwST4.2×13	14
13	GB/T 818-2000	Socket head boltsM5×16	4
14	GB/T 97.1-2002	Spring washerØ5×1	4
15	V6-01-03	power switch seat	1
16	GB/T 818-2000	Cross trough pan head self-drilling screwM4×12	2
17	GB/T 97.1-2002	Spring washerØ4×0.8	2
18	TY11-03	Pulg with switch	1
19	TY11-04	adaptor	1
20	V3-01-03	driver	1
21	GB/T 818-2000	Socket head boltsM4×16	2
22	GB/T 97.1-2002	Spring washerØ4×0.8	2
23		5cores wire	1
24	TY01-JS15(200×290)	Incline motor	1
25	GB/T 5782-2000	Socket head boltsM10×45	1
26	GB/T 5782-2000	Socket head boltsM10×65	1
27	GB/T 97.1-2002	Spring washerØ10×2	4
28	GB/T 889.1-2000	Hexagon lock nutM10	2
29	V3-01-04	Running board	1
30	XG1816S-01-06	Running board anti shock part	4
31	V3-01-05	anti shock part	8
32	GB/T 845-1985	Cross trough pan head self-drilling screwST4.8×13	8
33	GB/T 97.1-2002	Spring washerØ5×1	8
34	XG1816S-01-14	Rubber part	2
35	GB/T 819-2000	Philips countersunk head screwM8×25	4
36	GB/T 819-2000	Philips countersunk head	2

		screwM8×35	
37	GB/T 97.1-2002	Spring washerØ8×1.6	6
38	GB/T 889.1-2000	Hexagon lock nutM8	6
39	V3-01-07	Front roller	1
40	GB/T 5783-2000	Socket head boltM8×45	1
41	GB/T 97.1-2002	Spring washerØ8×1.6	1
42	TY03-210J/533J	Motor belt	1
43	XG1816S-01-13	Running belt	1
44	XG1902/2-32	Guiding hook	2
45	GB/T 845-1985	Cross trough pan head self-drilling screwST4.8×13	4
46	GB/T 97.1-2002	Spring washerØ5×1	4
47	V3-01-08	side rail	2
48	XG1916S-01-06-01	Side rail buckle	8
49	GB/T 845-1985	Cross trough pan head self-drilling screwST4.2×16	8
50	GB/T 845-1985	Cross trough pan head self-drilling screwST4.2×25	4
51	V3-01-13	Rear roller	1
52	GB/T 70.1-2000	Inner socket head screwsM8×65	2
53	GB/T 97.1-2002	Spring washerØ8×1.6	2
54	V3-01-14	Left end cap	1
55	V3-01-15	Right end cap	1
56	GB/T 845-1985	Cross trough pan head self-drilling screwST4.8×16	4
57	V3-01-16	Rear wheel	2
58	GB/T 70.2-2000	Socket head boltM8×45	2
59	GB/T 889.1-2000	Hexagon lock nutM8	2
60	GB/T 97.1-2002	Spring washerØ8×1.6	4
61	V3-02-01	Frame holder	1

62	V3-02-02	incline holder	
63	XG-Z-TY-WJJ-38	pulley holder cover	4
64	GB/T 5782-2000	Socket head boltM10×35	4
65	GB/T 97.1-2002	Spring washerØ10×2	8
66	GB/T 889.1-2000	Hexagon lock nutM10	4
67	V3-02-03	left down cover	1
68	V3-02-04	right down cover	1
69	GB/T 845-1985	Cross trough pan head self-drilling screwST4.2×13	4
70	XG1910S/5-01-05	wheel	2
71	GB/T 70.2-2000	Socket head boltM8×40	2
72	GB/T 97.1-2002	Spring washerØ8×1.6	2
73	GB/T 889.1-2000	Hexagon lock nutM8	4
74	V3-02-09	Adjust the floor mat	4
75		big rubber mat	2
76	GB/T 845-1985	Cross trough pan head self-drilling screwST4.8×25	2
77	XG1812-02-06	Packaging fixed plate	1
78	GB/T 818-2000	Cross head self-drilling screwM6×16	2
79	V3-03-01	cylinder (775×480-37KG)	1
80	GB/T 70.2-2000	Socket head boltM8×35	1
81	GB/T 70.2-2000	Socket head boltM8×50	1
82	GB/T 889.1-2000	Hexagon lock nutM8	2
83	GB/T 97.1-2002	Spring washerØ8×1.6	4
84	V3-04-01	left column	1
85	V3-04-01	right column	
86	GB/T 70.2-2000	Socket head boltM8×16	14
87	GB/T 93-1987	Spring washerØ8×2.1	14
88	GB/T 97.1-2002	Spring washerØ8×1.6	14
89	V3-05-01-01	Monitor holder	1

90	V3-06-01	Monitor front cover	1
91	V3-06-02	Monitor display board	1
92	TY22-02	Square speaker	2
93	GB/T 845-1985	Cross trough pan head self-drilling screwST2.9×9.5	8
94	V3-06-03	fans output	1
95	GB/T 845-1985	Cross trough pan head self-drilling screwST4.2×13	4
96	V6-06-17	Monitor fans	1
97	V6-06-18	fan's tube I	1
98	V6-06-19	Fan's tube II	1
99	GB/T 845-1985	Cross trough pan head self-drilling screwST4.2×22	2
100	GB/T 845-1985	Cross trough pan head self-drilling screwST4.2×13	2
101	V3-06-04	Monitor back cover	1
102	GB/T 845-1985	Cross trough pan head self-drilling screwST4.2×13	15
103	V3-06-05	Monitor up cover	1
104	GB/T 845-1985	Cross trough pan head self-drilling screwST4.2×13	7
105	V3-06-06	Left cup	1
106	V3-06-07	Right cup	1
107	GB/T 845-1985	Cross trough pan head self-drilling screwST2.9×9.5	10
108		5 cores wire	1
109	V3-06-08	Monitor down cover	1
110	GB/T 845-1985	Cross trough pan head self-drilling screwST4.2×13	12
111	V3-06-09	left column insert	1
112	V3-06-10	right column insert	1

113	V3-06-11	Left arm	1
114	V3-06-13	Left arm insert I	1
115	GB/T 818-2000	Cross head self-drilling screwM5×16	1
116	V3-06-14	Left arm insert II	1
117	GB/T 845-1985	Cross trough pan head self-drilling screwST4.8×13	3
118	V3-06-12	Right arm	1
119	V3-06-13	Right arm insert I	1
120	GB/T 818-2000	Cross head self-drilling screwM5×16	1
121	V3-06-14	Right arm insert II	1
122	GB/T 845-1985	Cross trough pan head self-drilling screwST4.8×13	3
123	V3-06-14	Heart Rate base	2
124	GB/T 845-1985	Cross trough pan head self-drilling screwST2.9×16	4
125	XG1916ST-06-06	Safety key	1

TREADMILL MAINTENANCE

Proper maintenance is very important to ensure a faultless and operational condition of the treadmill. Improper maintenance can cause damage to the treadmill or shorten the life of the product.

All parts of the treadmill must be checked and tightened regularly. Worn out parts must be replaced immediately.

BELT ADJUSTMENT

You may need to adjust the running belt during the first few weeks of use. All running belts are properly set at the factory. It may stretch or be off center after use. Stretching is normal during the break-in period.

ADJUSTING THE BELT TENSION:

If the running belt feels as though it is —slipping || or hesitating when you plant your foot during a run, the tension on the running belt may have to be increased.

TO INCREASE THE RUNNING BELT TENSION:

1. Place 8mm wrench on the left belt tension bolt. Turn the wrench clockwise 1/4 turn to draw the rear roller and increase the belt tension.
2. Repeat STEP 1 for the right belt tension bolt. You must be sure to turn both bolts the same number of turns, so the rear roller will stay square relative to the frame.
3. Repeat STEP 1 and STEP 2 until the slipping is eliminated.
4. Be careful not to tighten the running belt tension too much as you can create Excessive pressure on the front and rear roller bearings. An excessively tightened running belt may damage the roller bearings that would result in bearing noise from the front and rear rollers.

TO DECREASE THE TENSION ON THE RUNNING BELT, TURN BOTH BOLTS COUNTER-CLOCKWISE THE SAME NUMBER OF TRUNS.

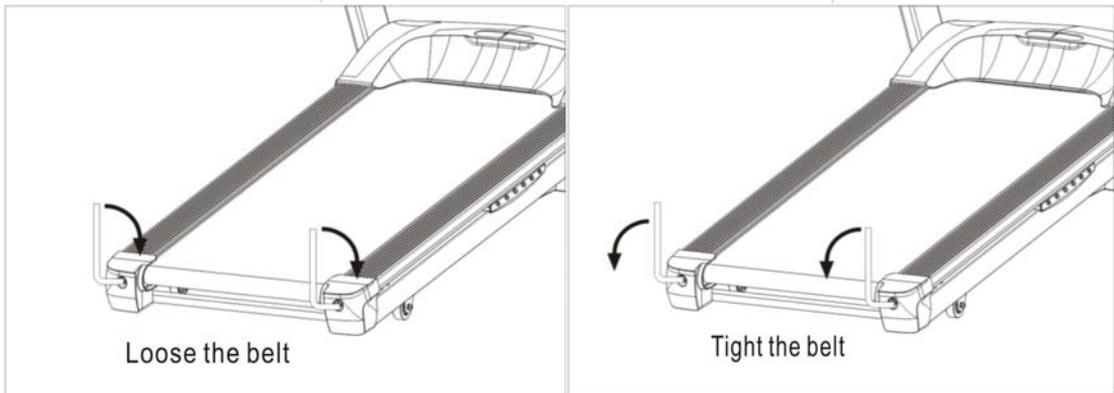
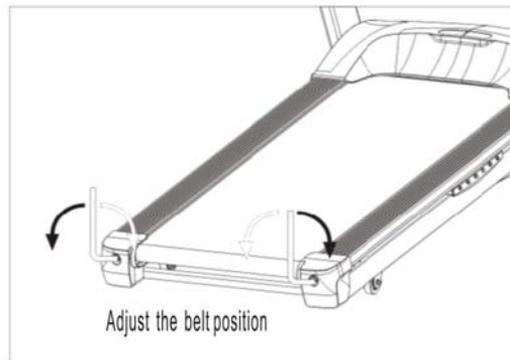
CENTRING THE RUNNING BELT

When you run, you may push off harder with one foot than with another. The severity of the deflection depends on the amount of force⁴ that one foot exerts in the relation to the other. This deflection can cause the belt to move off- centre. This deflection is normal and the running belt will centre when no body is on the running belt. If the running belt remains consistently off-centre, you will need to centre the running belt manually.

Start the treadmill without anyone on the running belt, press FAST-key until speed reached 6kph.

1. Observe whether the running belt is toward the right or left side of the deck.
 - If toward the left side of the deck, using wrench, turn the left adjustment bolt clockwise 1/4 turn and the left adjustment bolt counter clockwise 1/4.
 - If toward the right side of the deck, turn the right adjustment bolt clockwise 1/4 turn and the left adjustment bolt counter clockwise 1/4.
 - If the belt is still not centre, repeat the above step until the running belt is on centre.
2. After the belt is centre, increase the speed to 16kph and verify that it is running smoothly. Repeat the above steps if it is necessary.

If the above procedure is unsuccessful in resolving the off-centre, you may need to increase the belt tension.



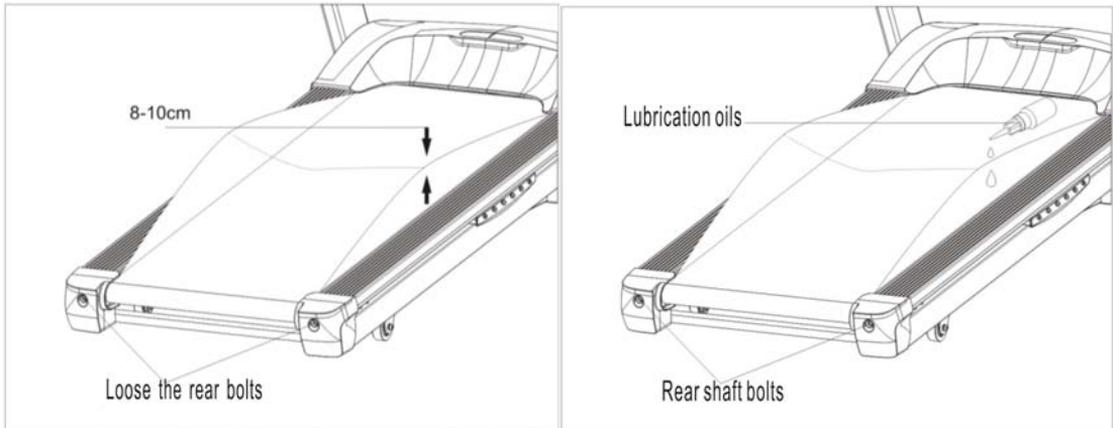
LUBRICATION

The treadmill is factory-lubricated. However, it is recommended to check the lubrication of the treadmill regularly, to ensure an optimal operation of the treadmill. It is usually not necessary to lubricate the treadmill in the first year or the first 500 hours of operation.

After every 3 months of operation, lift the sides of the treadmill and feel the surface of the belt, as far as possible. If traces of silicon spray are found, lubrication is not necessary.

In case of a dry surface refer to the following instructions.

Only use oil free silicon spray.



Application of lubricant on the belt:

- Position the belt so that the seam is located in the middle of the plate.
- Insert the spray valve in the spray head of the lubricant container.
- Lift the belt at one side and hold the spray valve in a distance to the front end of striding belt and plate. Start at the front end of the belt. Lead the spray valve in direction of the back end. Repeat this process on the other side of the belt. Spray each side for about 4 seconds.
- Wait 1 minute to let the silicon spray spread, before starting the machine.

CLEANING:

Regular cleaning of the striding belt ensures a long product life.

- Warning: The treadmill must be turned off to avoid electrical shocks. The power cord must be pulled out of the socket, before starting the cleaning or maintenance.
- **After each training:** Wipe the console and other surfaces with a clean soft and damp cloth to remove sweat residues.

Caution: Do not use any abrasives or solvents. To avoid damage to the computer, keep any liquids away. Do not expose the computer to direct sunlight.

- **Weekly:** To make the cleaning easier it is recommended to use a mat for the treadmill. Shoes can leave dirt on the striding belt that can fall beneath the treadmill. Clean the mat under the treadmill once a week.

STORAGE:

Store you treadmill in a clean and dry environment. Ensure the master power switch is off and is un-plugged from the electrical wall outlet.

Important notes

- The device corresponds to current safety standards. The device is only suitable for home use. Any other use is impermissible and possibly even dangerous. We cannot be held liable for damages that were caused by improper usage.
- Please consult your GP before starting your exercise session to clarify whether you are in suitable physical health for exercising with this device. The doctor's diagnosis should be the basis for the structure of your exercise program. Incorrect or excessive training could be harmful to your health.
- Carefully read through the following general fitness tips and the exercise instructions. If you have pain, shortness of breath, feel unwell or have other physical complaints, break off the exercise immediately. Consult a doctor immediately if you have prolonged pain.
- This fitness device is not suitable for professional or medical use, nor may it be used for therapeutic purposes.
- The pulse sensor is not a medical device. It is meant for your information purposes only and is designed to give an average pulse rate. It is not intended to offer medical advice nor will it measure pulse accurately every time, due to differing environmental and human conditioning factors.

WARRANTY

TERMS AND CONDITIONS

This warranty is valid only in accordance with the conditions set forth below. Warranty applies only while the following three conditions are met.

- It remains in the possession of the original purchaser and proof of purchase is demonstrated.
- It has not been subject to accident, misuse, abuse, improper service or unauthorized modifications.
- Claims are made within the 12 months manufacturer's warranty period.

EXCLUSIONS AND LIMITATIONS

This warranty is for home use only. Under no circumstances is this treadmill warranted for

semi-commercial or commercial use.

We warrant this product to be free from defects in material and workmanship.

This warranty is expressly limited to the replacement of a defective motor, electronic component, or defective part and is the sole remedy of the warranty. Labor for repair or replacement of defective parts is not covered by this warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance or installation of parts or accessories not originally intended or compatible with the treadmill sold. The warranty does not apply to damage or failure due to accident, abuse, corrosion or neglect.

Manufacturer shall not be responsible for incidental or consequential damages.

WARRANTY REGISTRATION

The warranty registration must be completed in full. Send or fax this information along with a proof of purchase to your dealer to keep on file. Your dealer must have this information on file before a warranty claim can be processed.

WARRANTY REGISTRATION – Keep a copy for your records

Model #:

Serial #:

Date of purchase:

Your name:

Dealer name:

Address:

Dealer address: