



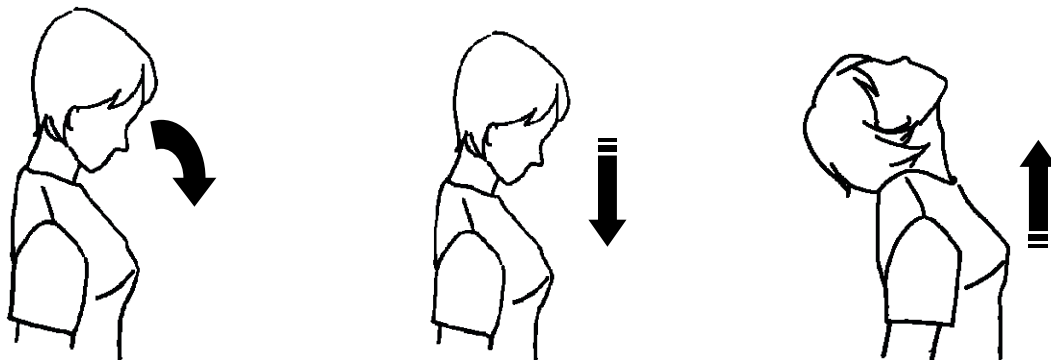
TREADMILL MANUAL

K44

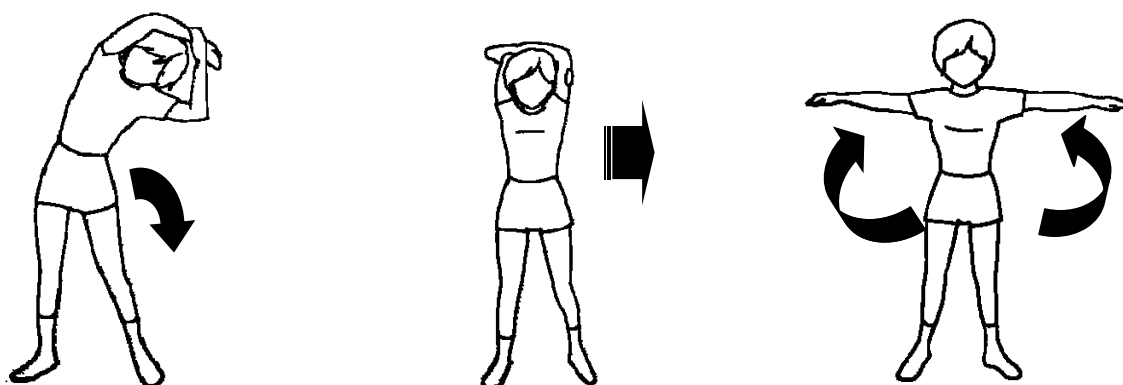


Thanks for buying our Fitness equipment,

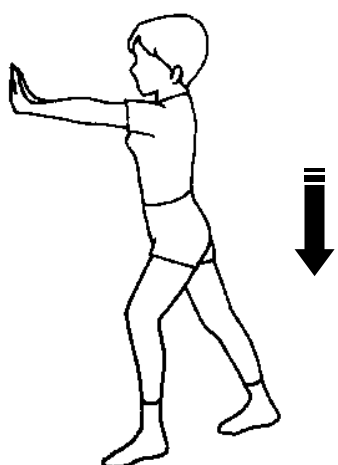
Do some warm-up exercise before use, you'll get twice the result with half the effort. Such as follows:



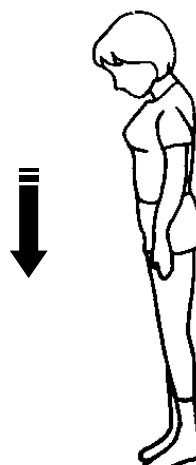
extend the neck up and down



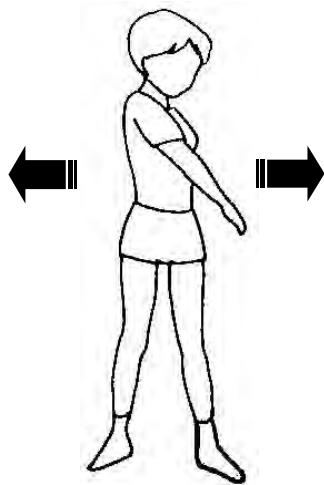
twist the waist left and right



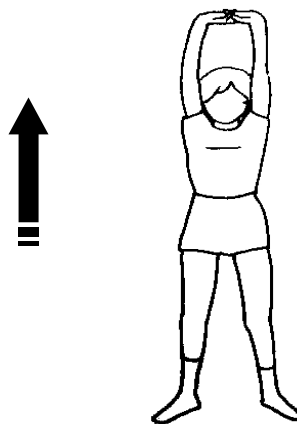
level push forwards



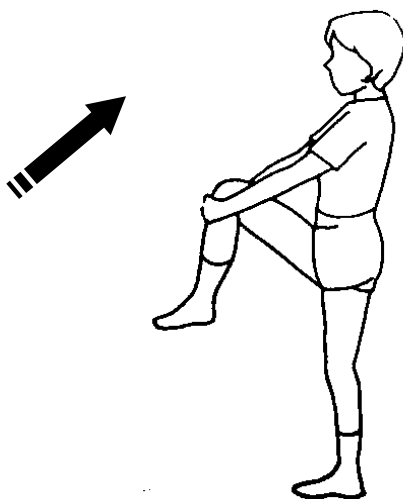
upright straighten one's back



left and right poise exercise



up and down extend exercise



thigh extend exercise



calf extend exercise

SAFETY GUIDELINES:

Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination. Please follow the instructions:

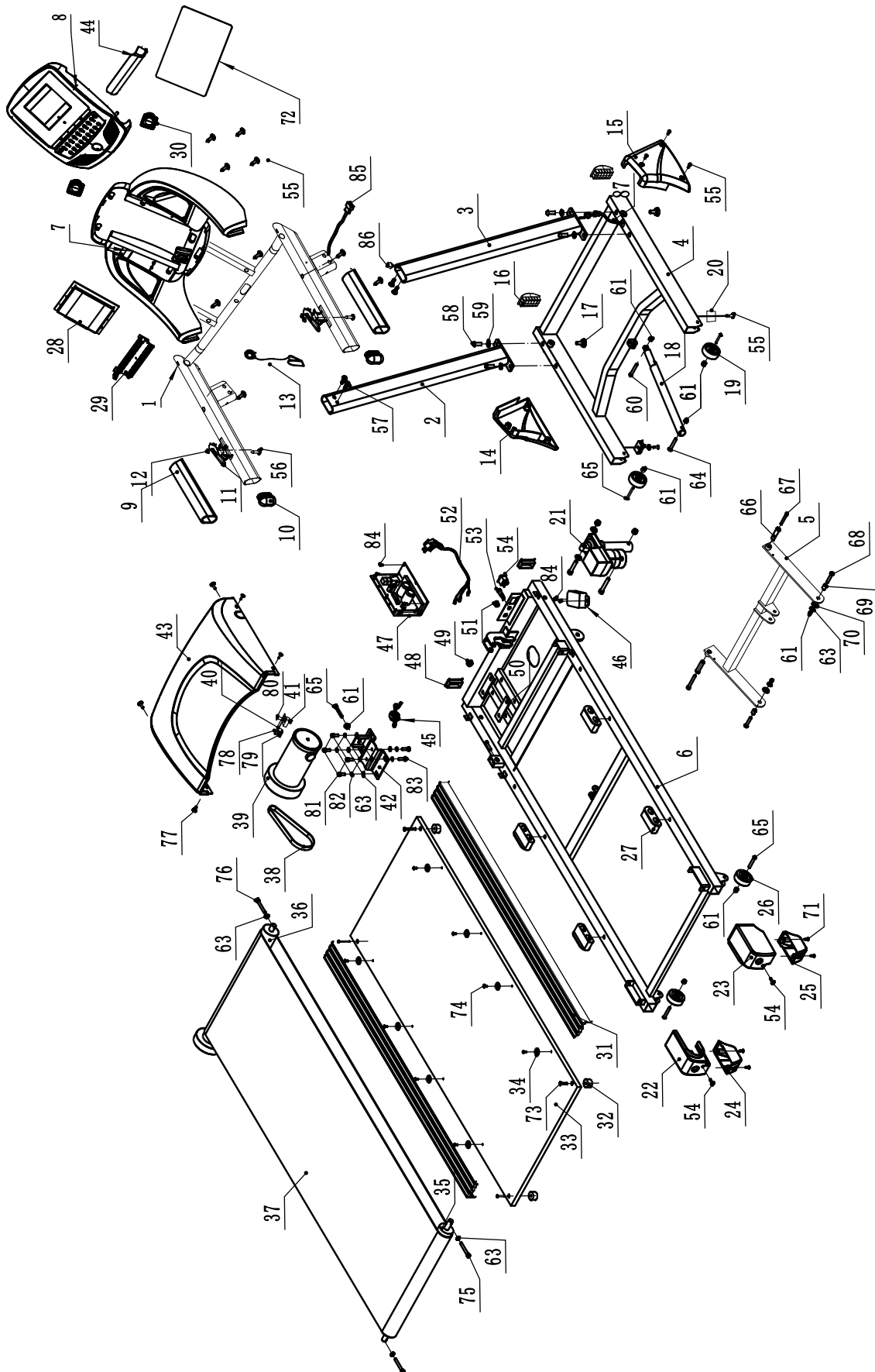
1. Assemble and operate the treadmill on a solid, level surface
2. Keep the area behind the treadmill clear
3. The treadmill running mat will not stop immediately if any object becomes caught in the mat or rollers-IN

EMERGENCY: Pull the safety key cord to remove safety key

4. Always check the treadmill before using it
5. Make sure all parts are assembled, nuts and bolts are tightened
6. Do not use the treadmill if the unit is disassembled in any way

7. When connecting the power cord, plug the power cord into a grounded circuit. No other appliance should be on the same circuit. Do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.
8. Keep hands away from moving parts
9. **Please note that there is a weight limitation for this product. If your weight more than 110kgs. It is not recommended that you use this product. Serious injury may occur if the user weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.**
10. This equipment is for home use only. Never allow more than one person on the treadmill at a time.
11. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals. Do not wear shoes with leather soles or high heels. Tie all long hair back
12. Do not rock the unit from side to side
13. Don't continuously use this equipment over an hour.
14. Care should be taken when mounting and dismounting the unit
15. Do not place any liquids on any part of the treadmill
16. To prevent shock, keep all electric components, such as the motor cord and switch away from water.
17. Do not use any accessories that are not specifically recommended by the manufacturer, these might cause injuries or cause the unit to fail
18. Work within your recommended exercise level, do NOT work to exhaustion
19. If you feel any pain or abnormal systems STOP YOUR WORKOUT IMMEDIATELY and consult your physician immediately
20. Turn off the treadmill while adjusting or working near the rear roller.
21. Keep one side of the magnetic safe key CLIPPING your clothes during exercising to avoid danger happening.
22. Incorrect or excessive training may lead injures.
23. This equipment is not suitable for therapeutic purposes.
24. Don't open this equipment cover to avoid damage usually.
25. Ensure the load place is level and free space at least 1m around for safe operation.
26. This equipment is not a toy. Please keep unsupervised children away from the equipment during use and when equipment is unattended.

EXPLODED DRAWING



PARTS LIST

PART NO	PART NAME	Q'TY
1	Computer support frame	1
2	Left upright	1
3	Right upright	1
4	Base Frame	1
5	Incline frame	1
6	Running platform	1
7	Computer cover	1
8	Computer panel	
9	Foam	2
10	Tube plug	2
11	Shortcut key handlebar	2
12	Shortcut key	3
13	Safety key	1
14	Upright protective cover left	1
15	Upright protective cover right	1
16	Rectangular plug	2
17	Lever frame	2
18	Damper	1
19	Move wheel	2
20	Rubber cushion	2
21	Incline motor	1
22	Left end cap	1
23	Right end cap	1
24	Move wheel cover left	1
25	Move wheel cover right	1
26	Running platform support wheel	2
27	Deck frame cushion	4
28	Console control board	1
29	Press board	1
30	Speaker	2
31	Side rail	2
32	Deck frame support cushion	4
33	Running deck	1
34	Side rail cushion	8
35	Rear roller	1

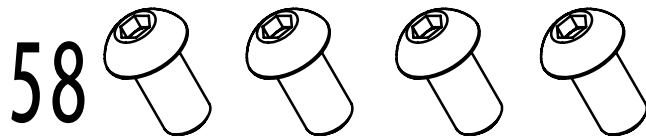
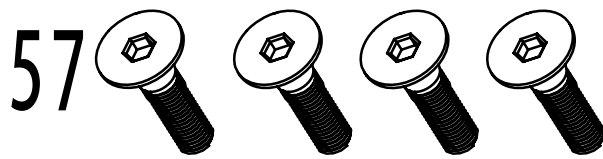
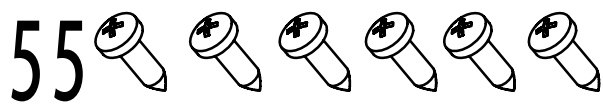
36	Front roller	1
37	Running belt	1
38	Motor belt	1
39	Motor	1
40	Sensor frame	1
41	Sensor	1
42	Fixed frame of motor	1
43	Motor cover	1
44	Newspaper frame	1
45	Manger ring	1
46	Filter	1
47	Control board	1
48	Rectangular plug	2
49	Tube plug	1
50	Motor damping cushion	2
51	Power wire cushion	1
52	Power wire	1
53	Fuse	1
55	ST4.2*15 Screw	16
56	ST4.2*50 Screw	2
57	M8*20 Allen head bolt	4
58	M10*20 Allen head bolt	4
59	φ 10 Washer	4
60	M8*30 Allen head bolt	1
61	M8 Nylon nut	5
62	ST4 .2*38 Screw	2
63	φ 8 Washer	9
64	M8*45 Allen head bolt	1
65	M8*40 Allen head bolt	4
66	φ 13 Running platform connecting shaft sleeve	2
67	M8*60 Allen head bolt	1
68	M8*25 Allen head bolt	2
69	φ 12.5 Shaft sleeve of incline frame	2
70	φ 10 Plastic washer	2
71	ST4.2*20 Screw	2
72	Overlay	1
73	M6*65 Allen head bolt	8
74	ST4.2*15 Screw	8

75	M8*85 Allen head bolt	2
76	M8*50 Allen head bolt	1
77	ST4.8*15 Screw	6
78	M4*10 Allen head bolt	2
79	φ 4.2 External tooth washer	2
80	ST2.9*6 Screw	2
81	M8*20 Allen head bolt	4
82	φ 8 washer	10
83	M8*12 Allen head bolt	2
84	ST4.2*12 Screw	8
85	Connect wire of console	1
86	Connect wire of upright	1
87	Connect wire of base frame	1

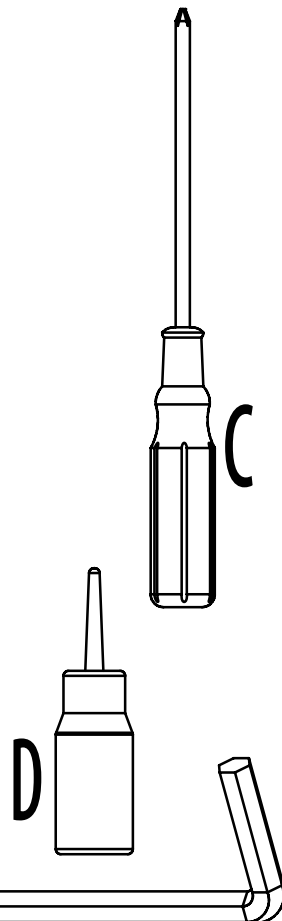
HARDWARE COMPARISON CHART

For your convenience, we have identified the hardware used in the assembly of this product. The chart below is provided to help you to identify items that may be unfamiliar to you.

NO.	DESCRIPTION	Q'TY
55	ST4.2*15 Screw	6
57	M8*20 Allen head bolt	4
58	M10*20 Allen head bolt	4
59	φ 10 Washer	4
A	5mm SOCKET HEAD WRENCH	1
B	6mm SOCKET HEAD WRENCH	1
C	SCREWDRIVER	1
D	LUBRICANT	1



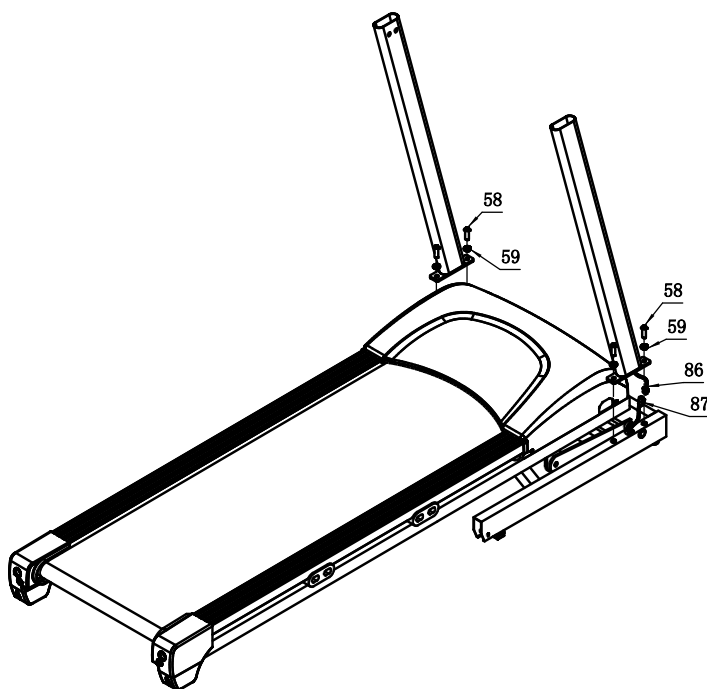
A



B

ASSEMBLING INSTRUCTIONS

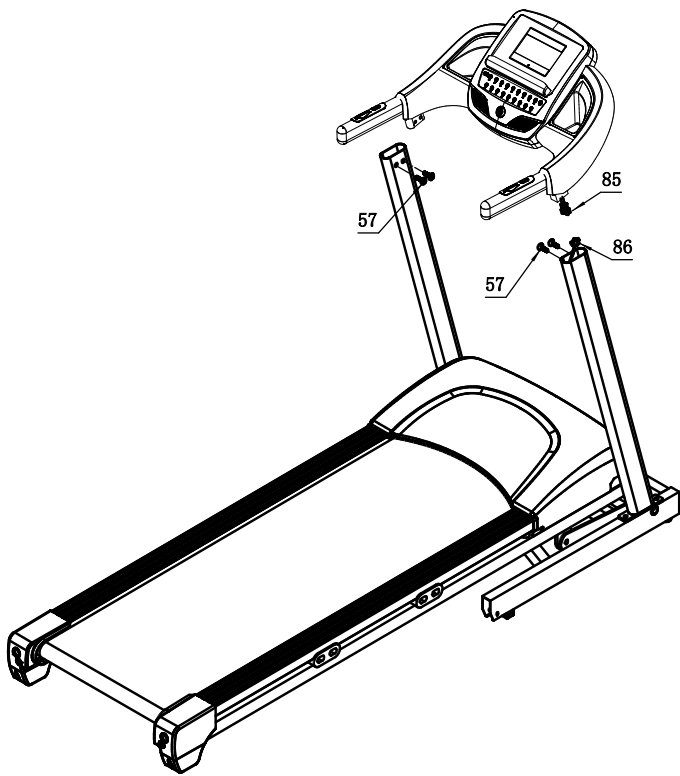
WARNING: Please put on all the screws, washers and bolts then tighten them.



STEP1:

First make to connect the communication cable. connect wire of upright 86 and connect wire of base frame 87.

Then fix the uprights on the base frame with M10*20mm Allen head bolt 58 and Ø10 washer 59.

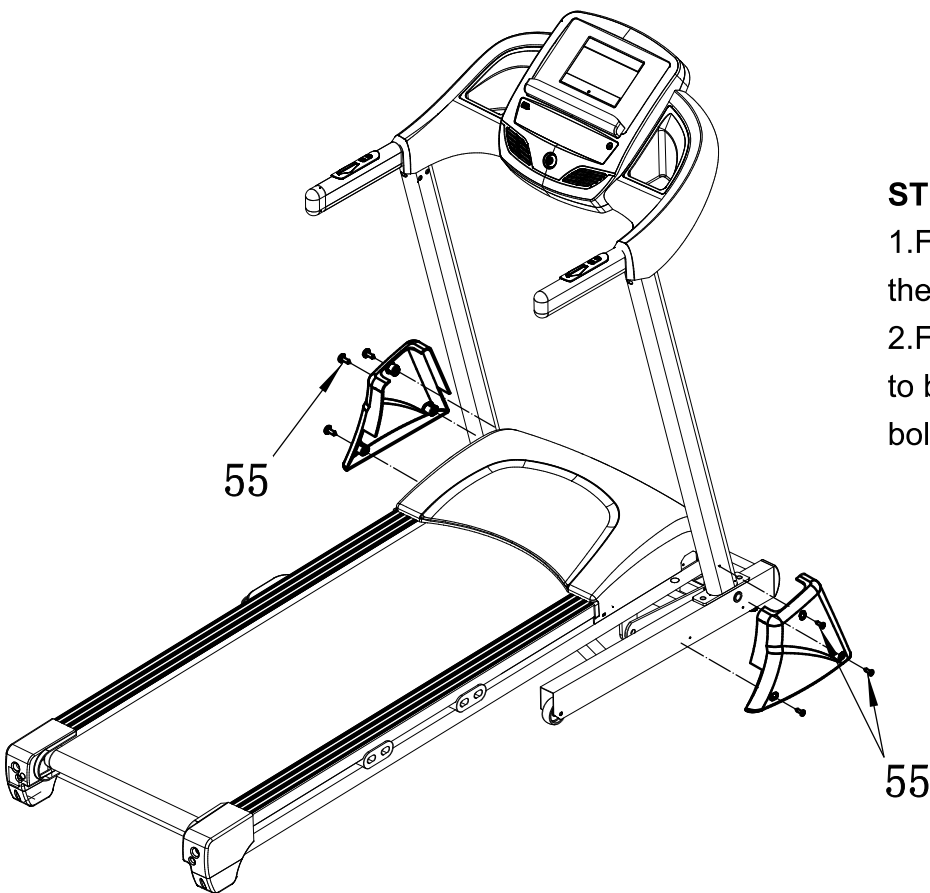


STEP2:

First make to connect the communication cable.

Connect wire of console 85 and connect wire of upright 86.

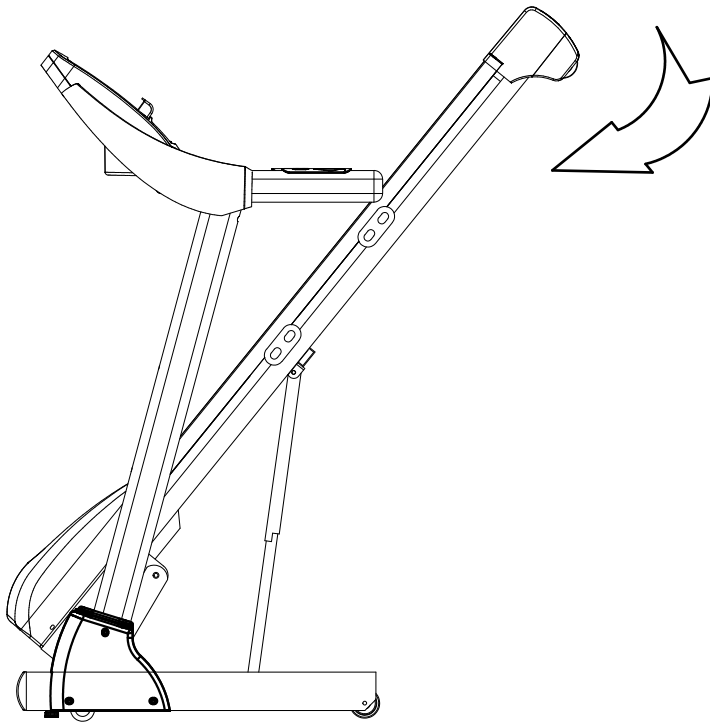
Fix the computer on the uprights with M8*20 Allen head bolt 57.



STEP3:

1.Fix the Upright protective cover on the upright with ST4.2 * 15 Screw55.

2.Fix Shock absorber spring cover30 to base frame with M5*10 Allen head bolt72.



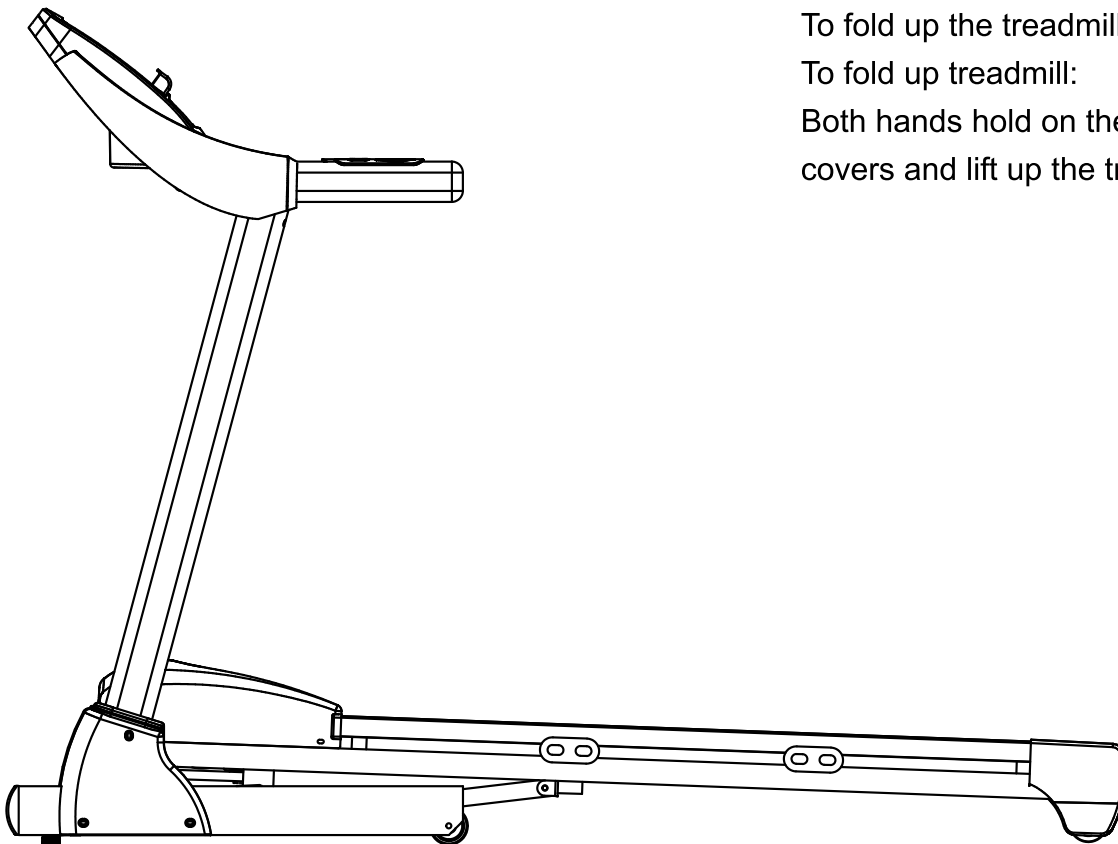
Folding illustration:

To unfold the treadmill:

Folding illustration:

To drop down treadmill:

1. Strike the damper.
2. Hold on to the top end covers and pull down the treadmill slowly on the ground.



To fold up the treadmill:

To fold up treadmill:

Both hands hold on the bottom end covers and lift up the treadmill.

COMPUTER OPERATION

Panel layout



The Operation

- ◆ Insert the safety key into the treadmill (if safety pin is deciduous, all display show 「----」)

- ## ◆ How to Start?

The required main power is 220 - 240 VAC.

- All field display initial value 0 and no flash
- MANUAL window light
- It is normal mode at this time.

OPERATION INSTRUCTION

KEY INSTRUCTION:

- START: Press this key to start treadmill.
- STOP: Press this key to stop treadmill.
- PROGRAM: Auto program selection

1. In standby mode, press this key to enter the auto program setting.
2. After entering the program setting, continue to press the key to enter the body fat test setting.

3. Operation: Program setting - Body fat test setting - Return to the initial state

➤ **MODE:** Press this key to choose the countdown mode:

1. In standby mode, press this button to enter the countdown mode setting.

2. Press this button to enter the next parameter setting in the body fat test setting mode.

3. Operation in Standby mode : Time countdown - Distance countdown - Calorie countdown - return

4. operating process in Body fat test setting : set the gender - set the age - set height - set the weight - body fat test

➤ **SPEED+:** Press this key to increase speed or time or distance or calorie value.

➤ **SPEED-:** Press this key to decrease speed or time or distance or calorie value.

➤ **ENTER:** Press this key to confirm the choosing item.

➤ **INCLINE+:** Press this key to increase incline value.

➤ **INCLINE-:** Press this key to decrease incline value.

➤ **VOLUME+/-:** Press this key to increase or decrease volume value of music.

➤ **TRACK+/-:** Press this key to select music.

MODE INSTRUCTION

A.MANUAL MODE:

➤ **Enter Manual mode:** In initial standby state, press the Start button to enter manual mode.

➤ **Operating instructions:** the initial speed of 1.0KM / H, time, distance, calorie window start from zero. Press the speed adjustment button, you can adjust the speed, press the incline adjustment key, you can adjust the incline value. When working time more than 99:59 minutes, the system does not stop, time starts again from 0.

B.COUNTDOWN MODE:

➤ **Enter time countdown mode:** In initial standby mode, press the MODE button to select the time countdown mode, then the time window shows 30:00 minutes and blinking display, set the required time by speed +/- key, setting range 8: 00 ~ 99: 00 minutes. Press the start key to enter the time countdown mode.

➤ **Operation instructions:** The initial running speed is 1.0KM / H, the time window will start to count down according to the set time, the distance and calorie window will count from zero. Press the speed adjustment key to adjust the speed value. Press the incline adjustment key to adjust the incline value. When the set time countdown to zero, it slowly stops and accompanied by three tones, prompt once every second, three seconds later all the data clear, automatically return to the initial standby state.

➤ **Enter the distance countdown mode:** In initial standby mode, press the mode key to select the distance countdown mode, then the distance window displays 1.0 km and flashing display, range 1.0~ 99.0 km, Press start key to enter the distance countdown mode.

➤ **Operation instructions:** The initial running speed is 1.0KM / H, the distance window starts to count down according to the set distance, the time and calorie window count from zero, press the speed adjustment key to adjust the speed, press the incline adjustment key to adjust the incline value, when the set distance counts to zero, it slowly stops running, accompanied by three beeps, prompt once every second, after three seconds all the data clear, automatically return to the beginning start standby.

➤ **Enter calorie countdown mode:** In initial standby mode, press the MODE button to select the time countdown mode, then the time window shows 50 and blinking display, set the required time by speed +/-

key, setting range 8: 00 ~ 99: 00 minutes. Press the start key to enter the time auto mode.

- Operation instructions: The initial running speed is 1.0KM / H, the calorie window starts to count down according to the set distance, the time and distance window count from zero, press the speed adjustment key to adjust the speed, press the incline adjustment key to adjust the incline value, when the set calorie countdown to zero, it slowly stop running, accompanied by three beeps, prompt once every second, after three seconds all the data clear, automatically return to the beginning start standby.

C.AUTO MODE:

- Enter auto mode: In initial standby mode, press the MODE button to select the time countdown mode, then the time window shows 30:00 minutes and blinking, set the calories by speed +/- key, setting range of 20 ~ 990. Press the start key to enter the calorie countdown mode.
- Operation instructions: Auto program is divided into 20 segments, each section of the speed value and the incline value of the program default value to run automatically, each paragraph of the running time is set to 1/20. the time and calorie window count from 0, press the speed adjustment key to adjust the speed, press the incline adjustment key to adjust the incline value. When the program runs the next paragraph, there will be three beep sound, then enter next paragraph, when the program runs to the next paragraph, the speed and incline values automatically adjusted to the next section of the default value, when the set calorie countdown to zero, it slowly stop running, accompanied by three beeps, prompt once every second, after three seconds all the data clear, automatically return to the beginning start standby.

BODY FAT PROGRAM:

- Press MODE key to enter FAT test setting.
- Body Fat Test: When the setting is complete, enter the 5th item body fat test, the initial display "---", hold the heartbeat steel plate for about 5 seconds, will show the body fat test value.
- Body fat instructions: body fat index is a measure of relationship between height and weight, suitable for any male and female with other health indicators to provide the basis for people to adjust the weight, the ideal body fat index should be between 20 to 25, If less than 19, said the weight is too light, if between 26 to 29, indicating that overweight, and if more than 30, (Note: This data is for reference only, not as medical data).

HEART RATE INSTRUCTION

- Heart function test method: hands palm were attached to the left and right handrails of the steel position, grip on both sides of the handle, 5 seconds later, LCD heartbeat display window will show the initial heartbeat, The display window will slowly change the display data, after 30 seconds close to the current actual heart rate value.
- Heartbeat function Instructions: The following conditions may produce irregular heartbeat data:
 - 1. Hand-held test, the hand of the intensity is too tight, please control moderate intensity.
 - 2. Running, while holding hands jump handle test will produce continuous changes in contact with the need to test hand-built
 - Proposed to stop the movement, feet stand on both sides of the edge of the band, hands quietly grip.
 - 3. Hand dry or cold, or the palm of the skin particularly thick people.
- Note: hand-held heart rate test data due to Zhen way and the reasons for more factors, the data can only be used as a reference to the movement of medical data.

SLEEP FUNCTION INSTRUCTION:

- Treadmill stop running, without any operation for 10 minutes or more, then enter the sleep state, the electronic watch automatically shut down, press any key to wake up it, full display and then re-enter the initial standby state.

.SAFETY KEY INSTRUCTION

- When the motor is running, take off the safety key, the motor stop and the console prohibit start.

MP3 INSTRUCTION

- When powered on, you can play music when you plug in an external MP3 or other audio device. Play music volume adjustment, the need for external MP3 or other audio devices, please note that control the volume, so as not to affect the quality of music playback and electronic form within the audio control circuit.

USB INSTRUCTION

- When the power is inserted into the U disk (MP3 hole is not inserted MP3 device), the electronic table can play U disk MP3 format music.

PROGRAM

Speed	P 1	P2	P3	P4	P5	P6	P7	P8	P9	P10	P11	P12	P13	P14	P15
1	2	2	2	3	2	2	2	2	2	2	2	3	3	2	2
2	3	4	4	5	4	4	3	3	4	4	5	4	6	2	4
3	3	4	4	5	4	4	3	3	4	5	8	9	7	4	6
4	4	5	6	6	5	4	3	6	7	6	10	9	5	5	8
5	5	6	6	7	6	5	4	7	7	7	7	5	9	6	6
6	3	4	4	7	7	6	5	7	4	5	7	9	9	5	6
7	4	6	7	5	7	8	3	4	7	4	10	5	7	4	4
8	5	6	7	7	5	8	4	6	8	6	10	8	5	3	4
9	5	6	7	7	6	6	5	7	4	8	7	5	5	2	2
10	3	4	4	8	7	7	3	4	8	8	7	9	7	1	2
11	4	5	7	8	8	8	4	6	9	6	10	7	9	2	2
12	5	6	7	5	8	8	5	7	9	6	10	5	5	3	4
13	4	4	4	9	5	6	3	4	4	5	5	5	8	4	6

14	4	4	4	5	4	4	3	4	4	4	5	7	5	5	8
15	4	4	4	5	3	4	3	4	4	4	9	9	9	6	6
16	2	2	2	6	3	2	6	2	5	2	9	9	5	5	6
17	3	2	4	6	6	5	6	3	6	4	5	5	9	4	4
18	3	5	5	4	5	4	5	4	3	4	5	7	9	3	4
19	5	4	3	4	3	3	3	4	3	3	4	6	4	2	2
20	3	2	2	3	2	2	3	2	2	3	3	3	3	1	2

Incline	P 1	P2	P3	P4	P5	P6	P7	P8	P9	P10	P11	P12	P13	P14	P15
1	1	1	2	2	3	3	4	4	5	5	4	1	3	4	3
2	1	2	3	3	3	5	4	5	5	6	5	2	3	4	3
3	2	2	3	3	3	5	4	5	5	6	3	3	5	4	3
4	2	2	2	2	4	5	4	5	6	6	2	2	6	4	4
5	2	2	2	2	4	4	3	6	6	7	6	3	5	3	4
6	3	3	3	3	5	4	3	6	6	5	6	5	3	3	5
7	3	3	3	3	5	4	6	6	4	8	2	5	3	6	5
8	3	2	3	3	5	3	6	7	4	8	2	0	7	6	5
9	2	2	2	2	4	3	6	8	6	4	2	0	5	6	4
10	2	2	2	2	4	3	7	9	6	4	2	2	3	7	4
11	1	2	2	2	4	3	7	9	5	4	2	3	2	7	4
12	2	2	2	2	4	4	8	9	5	5	4	5	0	8	4
13	2	3	4	4	5	4	8	10	8	5	5	7	0	8	5
14	1	3	4	4	5	4	9	10	8	8	6	3	5	9	5
15	1	3	4	4	3	3	9	10	9	8	3	3	5	9	3
16	3	4	6	6	3	3	6	12	9	10	2	5	3	6	3

17	3	4	6	6	3	3	6	12	9	10	5	6	2	6	3
18	2	3	3	3	2	4	5	8	7	5	5	5	3	5	2
19	2	2	2	2	2	3	4	6	4	6	3	3	2	4	2
20	2	2	2	2	2	2	4	3	2	3	0	3	1	4	2

USER PROGRAM

- User customized for each user can set their own speed incline program.
- Setting method, press MODE key to select U-1 or U-2, or U-3, press ENTER key to enter the set state, To change the program data with speed and incline keys or shortcut, press ENTER confirm and enter the next program, pending final confirmation period (set) will exit after setting state, power is not lost modified data.

TURN OFF TREADMILL

- At any time by turning off the power switch to turn off the treadmill, this does not damage the treadmill.

Error Message

ERROR CODE	REASON	SOLUTION
E1	Connect error between console and control board	Check that the lines between console and driver are connected or not. Replace the console or the drive board
E2	The control board does not detect the voltage on the motor	Check if the motor cable is connected to the controller. Replace the motor or control board
E3	Speed detection abnormal	Check and reconnect the wire to motor and replace control board
E4	Overvoltage protection, the controller detects the voltage across the motor was significantly higher	Check the motor cable is connected, replace the control board
E5	Over the current	Check and replace the motor
E7	Safety switch is not closed	Check the safety lock is put the correct location, replace the console

MAINTENANCE

Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill and exceed the LIMITED WARRANTY coverage.

1. **Important:** Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
2. **Inspect and tighten all parts of the treadmill regularly. Replace any worn parts immediately**

CLEANING:

Routine cleaning of your treadmill will extend the product's life.

1. **Warning:** To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.
2. **Important:** Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
3. **After each workout:** Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration
4. **Weekly:** Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum the underneath treadmill once a week.

BELT ADJUSTMENT:

Belt adjustment and tension performs two functions: adjustment for tension and centering. The running belt has been adjusted properly at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing with the plastic side rail or end caps and possibly causing damage. To adjust the belt back to it proper position please follows the directions below:

1. **Walking belt has shifted to the left:**

First unplug the power cord from the surge protector. Using the hex key provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.

2. **Walking belt has shifted to the right:**

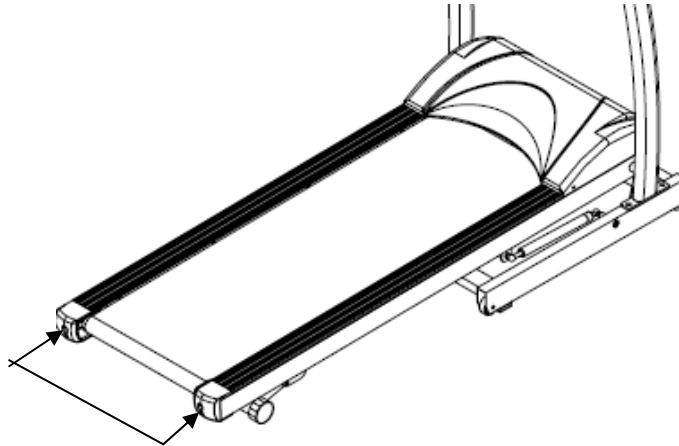
First unplug the power cord from the surge protector. Using the hex key provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this

procedure if the belt feels like it is slipping while walking. Refer below to the “Walking belt slipping” instructions.

3. **Walking belt is slipping:**

First unplug the power cord from the surge protector. Using the hex key provided, turn both the left and right rear roller adjustment bolts the same distance, usually a 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should now walk on the belt to determine if the belt is still slipping. Repeat the above procedure until the walking belt is not slipping. The tension should be just tight enough not to slip.

WARNING! Do not over tighten rollers! This will cause premature roller bearing failure!



Right and left Allen bolts are located at the rear of the treadmill.

DECK LUBRICATION:

The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance.

Every 3 months of operation lift the sides of the walking belt and feel the top surface of the walking board as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

Please use Lube ‘N Walk, or a non petroleum based silicone such as “Napa 8300” (available at most stores).

TO APPLY LUBRICANT TO THE WALKING BELT

- 1 Position the walking belt so that the seam is located on top and in center of the walking board.
- 2 Insert the spray nozzle into the spray head of the lubricant can.
- 3 While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 6” from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.
- 4 Allow the silicone to “set” for 1 minute before using the treadmill.

