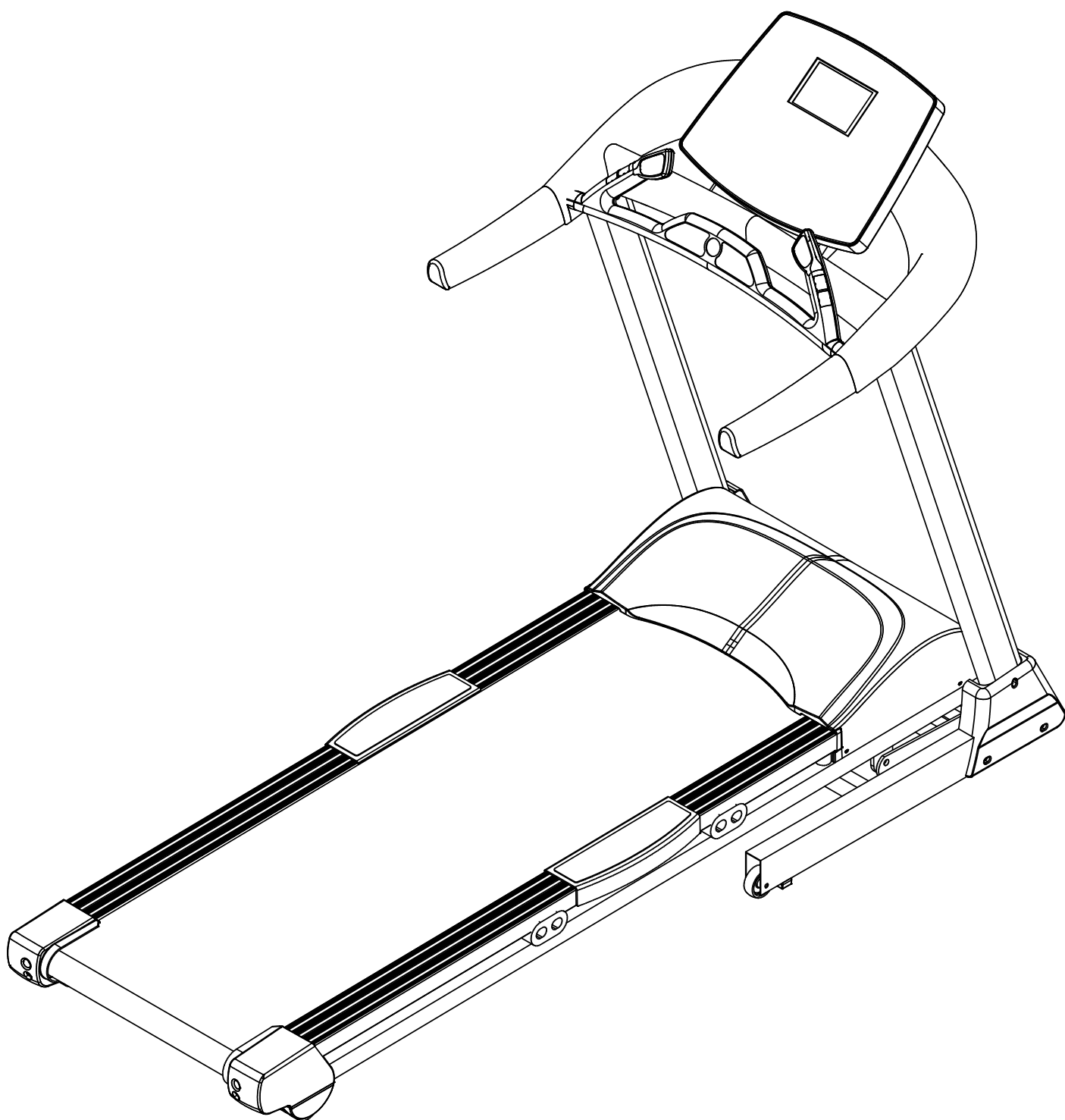




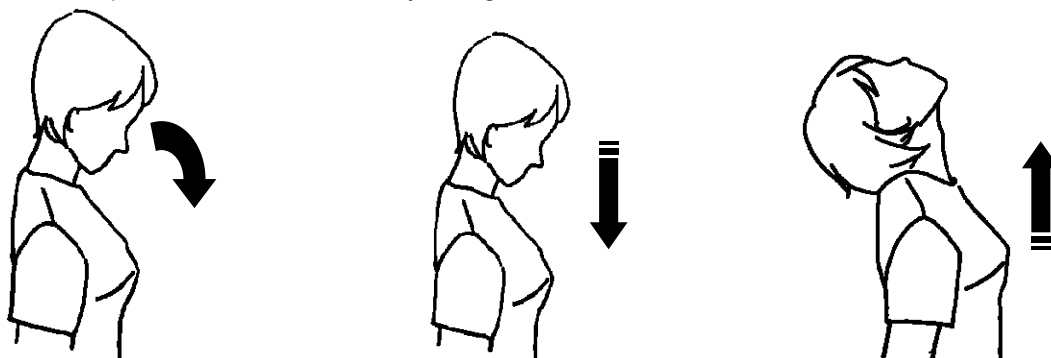
TREADMILL MANUAL

K55

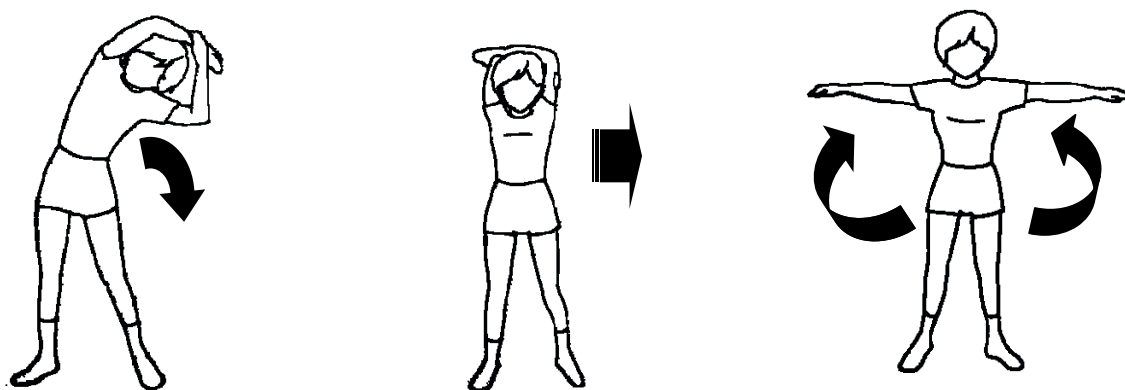


Thanks for buying our Fitness equipment,

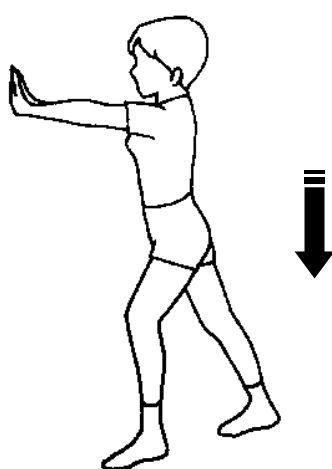
Do some warm-up exercise before use, you'll get twice the result with half the effort. Such as follows:



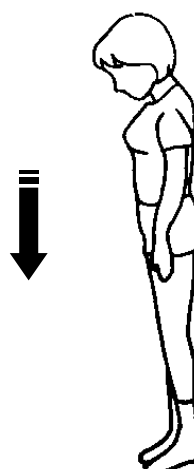
extend the neck up and down



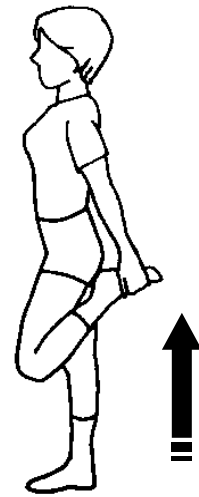
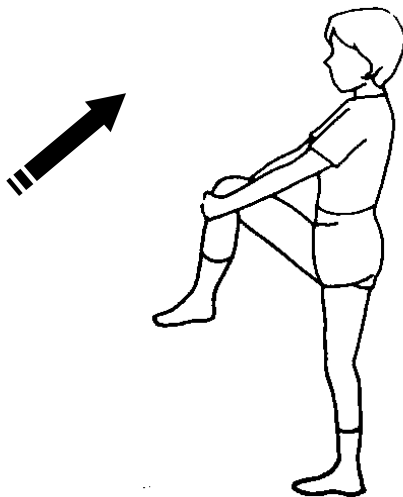
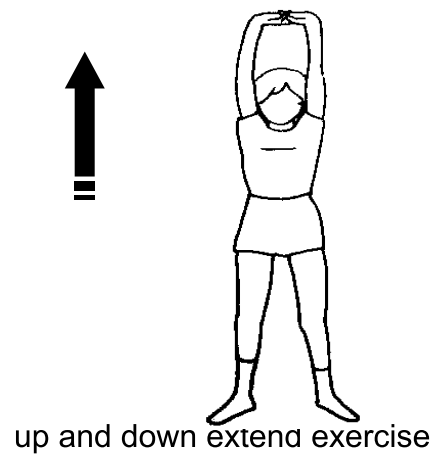
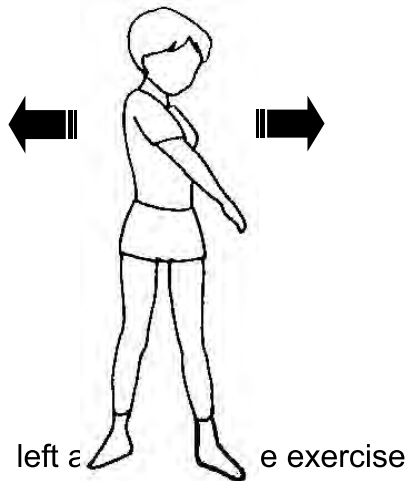
twist the waist left and right



level push forwards



upright straighten one's back



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 135kgs. 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.

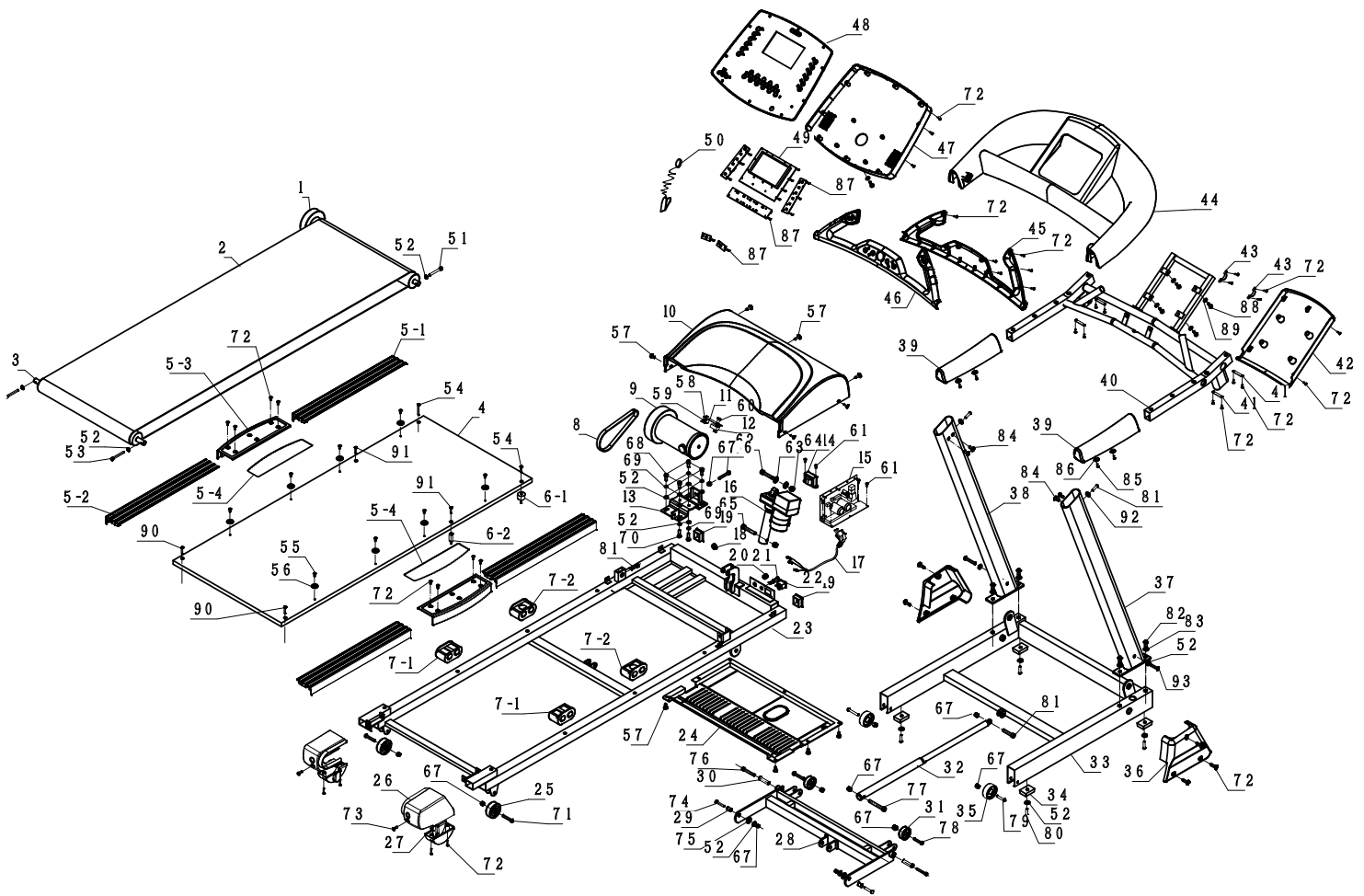
23. This equipment is not suitable for therapeutic purposes.

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.

EXPLORE DRAWING



PART LIST

PART NO	PART NAME	Q'TY
1	Front roller	1
2	Running belt	1
3	Rear roller	1
4	Running deck	1
5-1	Front Side rail	2
5-2	Back side rail	2
5-3	Side rail cover	2
6-1	Fix cushion of running deck A	2
6-2	Fix cushion of running deck B	2
7-1	Soft cushion A	2
7-2	Soft cushion B	2
8	Motor belt	1

9	Motor	1
10	Motor cover	1
11	Speed sensor frame	1
12	Speed sensor	1
13	Motor frame	1
14	Transformer	1
15	Control board of motor	1
16	Incline motor	1
17	Power cord	1
18	Motor adjustable plug	1
19	Square tube plug	2
20	Cushion of power wire	1
21	Fuse	1
22	Power switch	1
23	Running platform	1
24	Motor belly pan	1
25	Move wheel of running platform	2
26	End cap	2
27	Move wheel cover of running platform	2
28	Incline frame	1
29	Shaft sleeve of incline frame	2
30	Connect sleeve of base frame	2
31	Φ50 move wheel	2
32	Damper	1
33	Base frame	1
34	Rubber washer of base frame	4
35	Move wheel of base frame	2
36	Protective cover of upright	2
37	Right upright	1
38	Left upright	1
39	Handlebar	2
40	Computer frame	1
41	Pressing plate of handlebar	4
42	Computer belly pan	1
43	Fixed plate of computer frame	2
44	Main body of computer	1
45	Down cover of front handlebar	1
46	Up cover of front handlebar	1

47	Down cover of computer	1
48	Computer cover	1
49	Computer control board	1
50	Safety key	1
51	M8*50 Allen head bolt	1
52	φ 8 Washer	17
53	M8*85 Allen head bolt	2
54	M8*25 Allen head bolt	2
55	ST4.2*15 Screw	8
56	Cushion of side rail	8
57	ST4.5*16 Screw	14
58	5/32 Bolt	2
59	5/32 Anti-slip washer	2
60	ST2.9*6 Screw	2
61	ST4.2*10 Screw	8
62	M10*50 Allen head bolt	1
63	φ 13 Plastic Washer	2
64	M10 Nut	2
65	M10*60 Allen head bolt	1
66	M8*40 Allen head bolt	1
67	M8 Nylon nut	11
68	M8*20 Allen head bolt	4
69	φ 8 Elastic washer	6
70	M8*12 Bolt	2
71	M8*40 Allen head bolt	2
72	ST4.2*15 Screw	61
73	ST4.2*20 Screw	2
74	M8*25 Bolt	2
75	φ 16 Plastic washer	2
76	M8*60 Allen head bolt	2
77	M8*45 Allen head bolt	1
78	M8*45 Allen head bolt	2
79	M8*50 Allen head bolt	2
80	M8*20 Allen head bolt	4
81	M8*35 Allen head bolt	4
82	M10*20 Allen head bolt	4
83	φ 10 Washer	4
84	M8*15 Allen head bolt	6

85	ST4.2*25 Screw	4
86	φ 6 Big Washer	4
87	ST2.0*6 Screw	38
88	M5*15 Bolt	4
89	φ 6 Washer	4
90	M8*30 Allen head bolt	2
91	M6*25 Bolt	2
92	Φ8 Arc washer	2
93	M8*57 Allen head bolt	2

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.

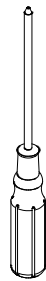
NO.	DESCRIPTION	Q'TY
52	φ8 Washer	2
81	M8*35 Allen head bolt	2
82	M10*20 Allen head bolt	4
83	φ10 Washer	4
84	M8*15 Allen head bolt	6
92	Φ8 Arc washer	2
93	M8*57 Allen head bolt	2
A	5mm SOCKET HEAD WRENCH	1
B	6mm SOCKET HEAD WRENCH	1
C	SCREWDRIVER	1
D	LUBRICANT	1



A



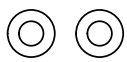
B



C



D



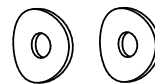
5 2



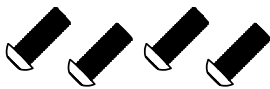
9 3



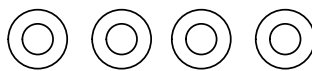
8 1



9 2



8 2



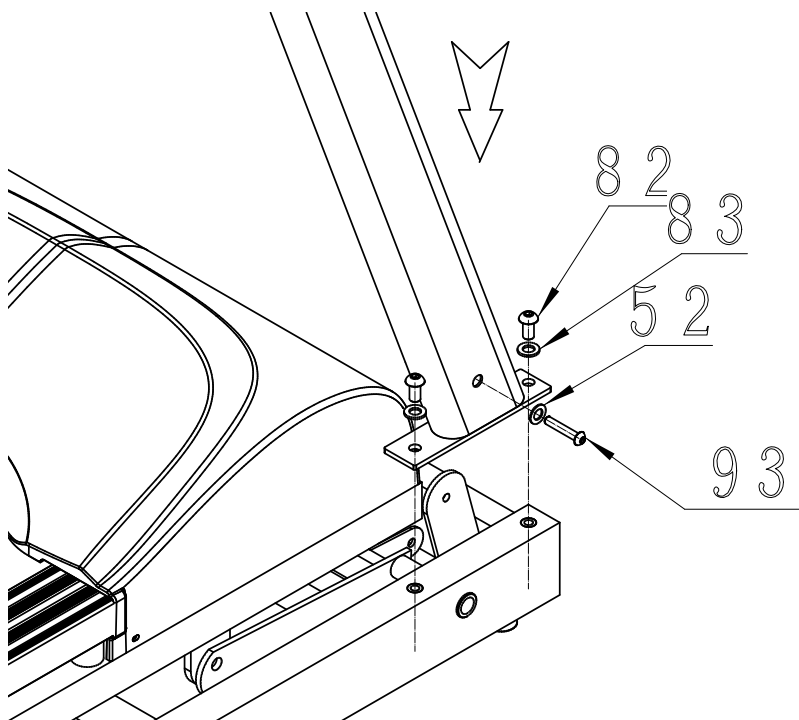
8 3



8 4

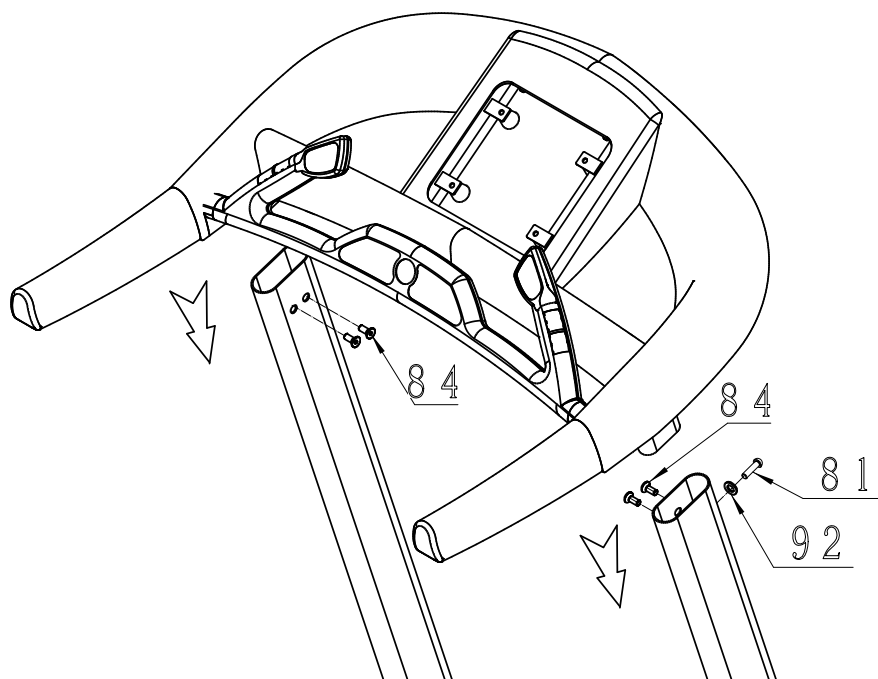
ASSEMBLING INSTRUCTIONS

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



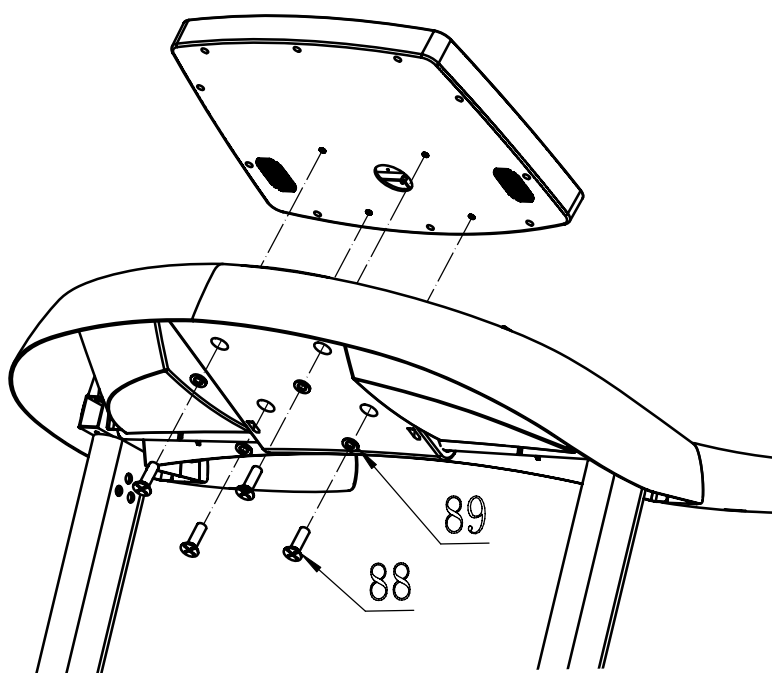
STEP1:

Fix the uprights on the base frame with M10*20mm Allen head bolt 82, Ø10 washer 83, M8*57mm Allen head bolt 93 and Ø8 washer 52.



STEP2:

Fix the main body of computer on the upright with M8*15 Allen head bolt 84 , M8*35 Allen head bolt 81 and $\Phi 8$ Arc washer 92.

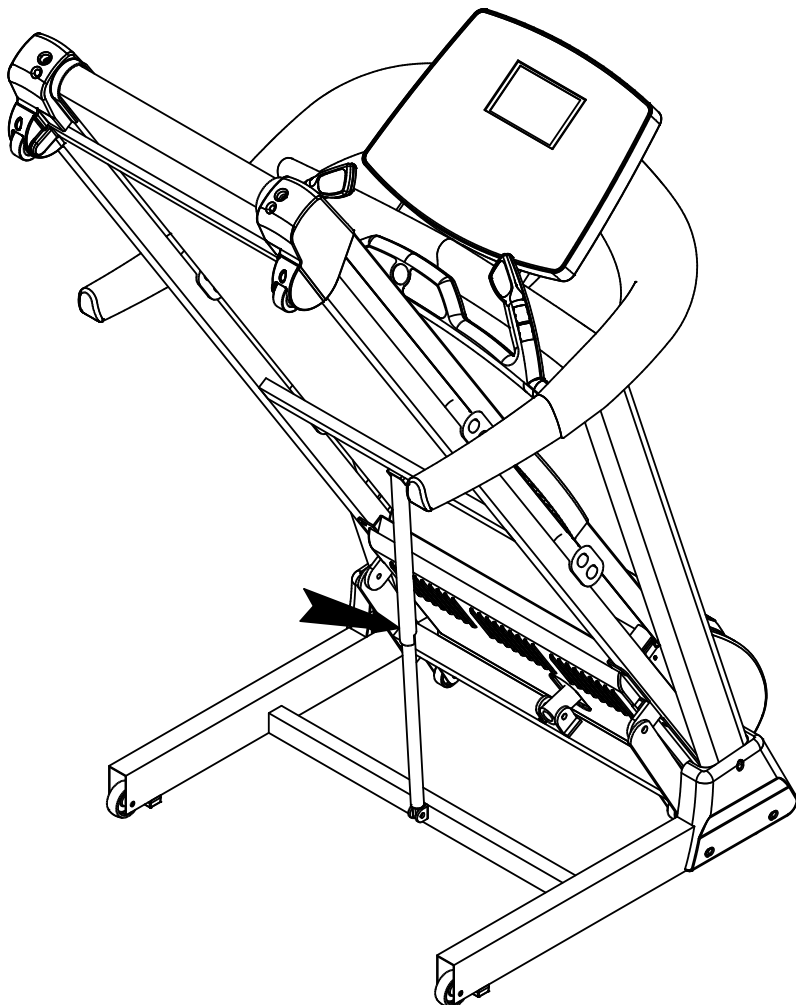
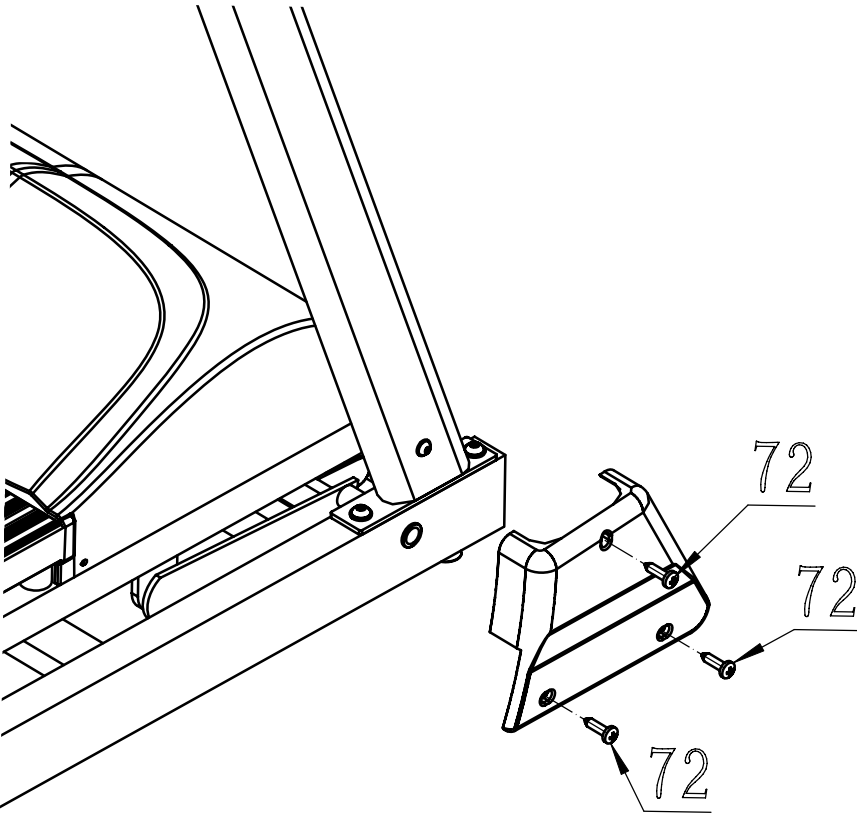


STEP3:

Fix the up cover of computer on the main body of computer with M5*20 bolt 88 and $\Phi 6$ Washer 89.

STEP4:

Fix the Protection cover of upright
onto the upright with ST4.2*15 Screw
72.

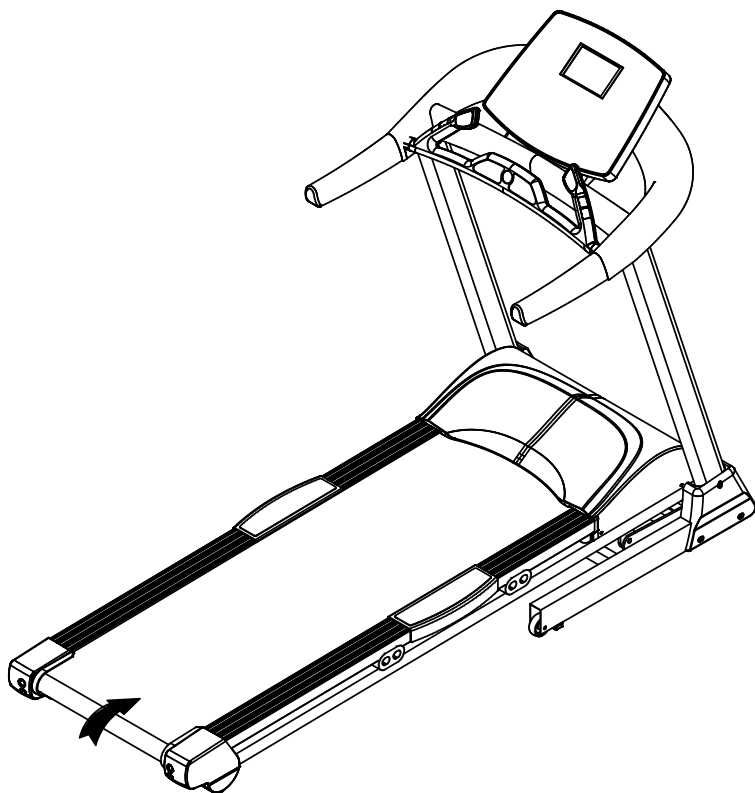


To unfold the treadmill:

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.



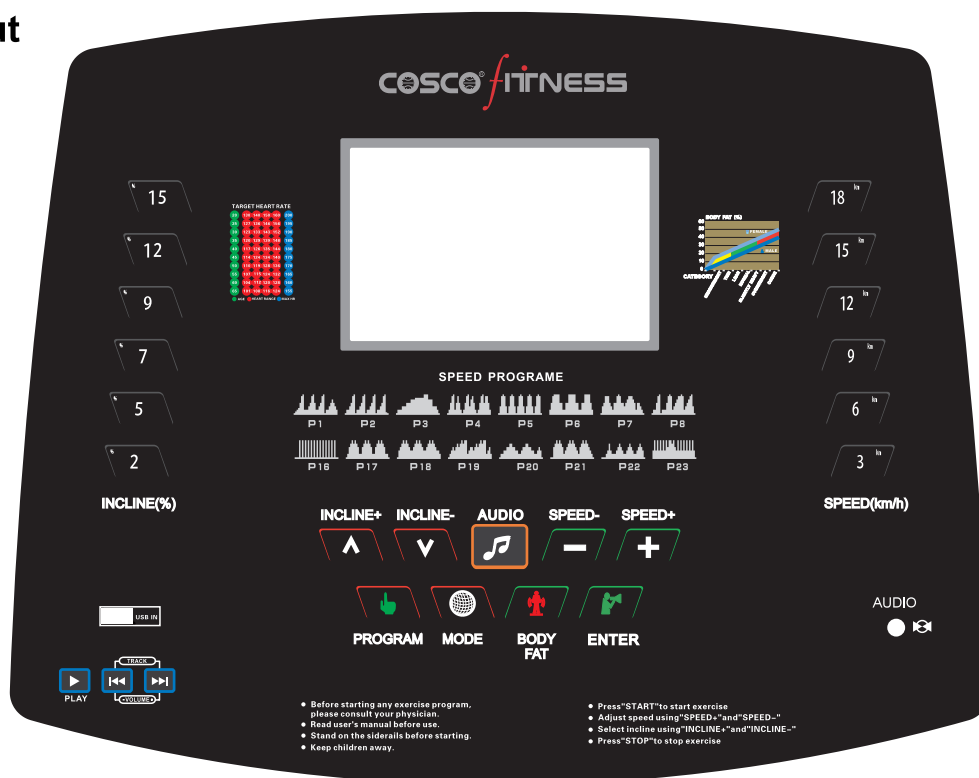
To fold up the treadmill:

To fold up treadmill:

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

COMPUTER OPERATION

Panel layout



The Operation

Power The required main power is 220 - 240 VAC.

- ✧ Connect the power, all the windows will bright for two seconds, then enter the waiting mode.
- ✧ The speed is zero and the incline is zero.
- ◆ **WAITING MODE**
- ✧ Change the PROGRAM1-PROGRAM28, HRC65 and HRC85 at a fixed time. Press any key to enter the program choosing mode.
- ◆ **CHOOSING PROGRAM MODE**
- ✧ Press Speed+/- key to select the manual, PROGRAM1-PROGRAM28, HRC65 and HRC85, Press ENTER key for setting.
- ✧ Press MODE key to check the total distance, total calories and the total time in this program.
- ✧ Press START key to start the treadmill after choosing the program or press ENTER key to enter the setting time.
- ✧ Press INCLINE2 and SPEED5 in the time to clean the total distance, total calories and the total time.
- ◆ **MANUAL MODE**
- ✧ The treadmill will run by pressing START key. The initial speed is 1.0km/h and the incline is 0%.
- ✧ You can set the target time which is 20 minutes when the time window is flashing. You can change the target time by press "SPEED+/SPEED-"key. The max value is 99 minutes and the minimum value is 5 minutes.
- ✧ Press MODE key to change the target distance. The initial distance is 5.0 km/h. You can change the target distance by press "SPEED+/SPEED-"key. The max value is 99.0km/h and the minimum value is 1.0km/h.
- ✧ Press MODE key again to set the target calories. The initial calorie is 100calories. You can change the target calories by press "SPEED+/SPEED-"key, the value of calories will increase or decrease 5 when you press one time. The max value is 1000 calories and the minimum value is 5 calories.
- ◆ **PROGRAM**
- ✧ After choosing the program mode, press "ENTER" key to enter. Press "SPEED+/SPEED-"key to set the time. The max time is 99 minutes and the minimum time is 5 minutes.
- ✧ There are 23 fixed movement modes. The treadmill will run according the setting value. Press "SPEED+/SPEED-" key to change the setting value.
- ◆ **USER**
- ✧ The programs 24-28 are user mode.
- ✧ After choosing the program, press ENTER key to enter, after this, please choose the time. The default time is 20 minutes.
- ✧ Press MODE key to enter the segment setting. There are 30 segments.
- ✧ Press "SPEED+/SPEED-" key to set the speed and press "INCLINE+/INCLINE-"key to set the incline value in every segment.
- ✧ Press START key to run and record the result in the setting state. Press STOP key to adjust the result and it will display the setting mode.

◆ BODY FAT

- ✧ Press the BODY FAT key to enter the BODY FAT mode. The HEIGHT display will flash.
- ✧ Use the “SPEED+/SPEED-” key to select your height value. Press ENTER key to confirm. The WEIGHT will flash.
- ✧ Use the “SPEED+/SPEED-”key to select your weight. Press ENTER key to confirm. The age will flash.
- ✧ Use the “SPEED+/SPEED-”key to select your age. Press ENTER key to confirm. The gender will flash.
- ✧ Use the “SPEED+/SPEED-”key to select your sex. Press ENTER key to confirm.
- ✧ Your BODY FAT result will be display on the console.

◆ HRC MODE[PROGRAM7(HRC 65%), PROGRAM 8(HRC 85%)]

✧ WAITING MODE

- Press “SPEED+/SPEED-”key to select the MANUAL, P1-P23, USER1-USER5,HRC 65, HRC85.
- Press ENTER key to set the time;
- First press MODE key, then press “SPEED+/SPEED-”key to set the age and the pulse, the window will flash.
- The first two minutes is the warm up. The speed and the incline do not change with the changing of pulse. The window will display WARM UP;
- If there is not pulse value after two minutes, the window will display NO HRC. The treadmill will stop after a moment. If there is pulse value, it will display HRC mode.
- After the warm up, it will change the speed and the incline value every 15 seconds. If you change the speed 5 times, the incline will change once. The speed change 0.2km/h, the incline will change 1%;
- Under the HRC mode, press “SPEED+/SPEED-“key to adjust the value.

◆ RUNNING MODE

✧ MANUAL MODE

- Press “SPEED+/SPEED-”key to change the speed value and press “INCLINE+/INCLINE-” key to change the incline value.

◆ TARGET

- The USER can choose the TIME DISTANCE CALORIES target.

◆ PROGRAM program control

- Each speed and ascent can be changed during exercise.
- You can also use the quick keys to make changes to speed and lift.

◆ STOP

- When the exercise is finished under any set motion, its original motion display will be retained until the STOP button is pressed to return to the standby state.

◆ security PIN

The security PIN is placed to the preset position to operate. When the security PIN is removed under power-on conditions, the machine will stop running quickly.

◆ ON / OFF

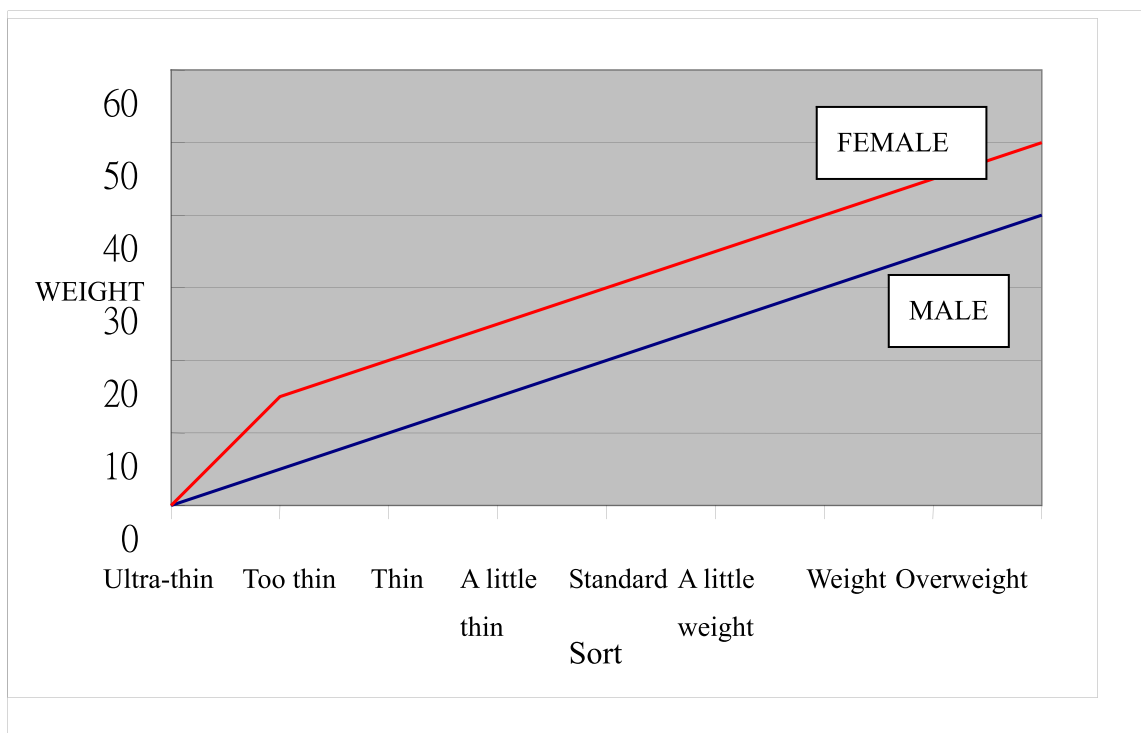
The power output of the music player can be controlled with the ON/OFF button.

◆ PULSE heartbeat

When exercising, you can use your hand to make a heartbeat measurement.

◆ BODY FAT

	TOO THIN			STANDARD			OVERWEIGHT	
MALE	0.0~4.9	5.0~9.9	10.0~14.9	15.0~19.9	20.0~24.9	25.0~29.9	30.0~34.9	35.0+
FEMALE	0.0~14.9	15.0~19.9	20.0~24.9	25.0~29.9	30.0~34.9	35.0~39.9	40.0~44.9	45.0+



PROGRAM

Speed

	P1	P2	P3	P4	P5	P6	P7	P8	P9	P10
SEG1	1.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	3.0	1.0
SEG2	2.0	3.0	3.0	3.0	5.0	7.0	5.0	3.0	5.0	1.0
SEG3	3.0	3.0	3.0	7.0	11.0	11.0	7.0	3.0	11.0	3.0
SEG4	4.0	5.0	3.0	11.0	12.0	12.0	11.0	7.0	12.0	3.0
SEG5	7.0	7.0	5.0	12.0	11.0	12.0	11.0	11.0	11.0	5.0
SEG6	11.0	11.0	5.0	3.0	5.0	12.0	11.0	12.0	5.0	7.0
SEG7	12.0	12.0	5.0	7.0	1.0	12.0	7.0	1.0	3.0	11.0
SEG8	3.0	1.0	7.0	11.0	5.0	7.0	5.0	3.0	5.0	7.0
SEG9	3.0	3.0	7.0	7.0	11.0	7.0	3.0	3.0	11.0	3.0
SEG10	3.0	3.0	7.0	3.0	12.0	3.0	7.0	3.0	12.0	3.0
SEG11	5.0	5.0	9.0	1.0	11.0	3.0	7.0	7.0	11.0	5.0

SEG12	7.0	7.0	9.0	3.0	5.0	7.0	11.0	11.0	5.0	7.0
SEG13	11.0	11.0	9.0	7.0	1.0	7.0	12.0	12.0	3.0	9.0
SEG14	12.0	12.0	10.0	11.0	5.0	12.0	11.0	11.0	5.0	11.0
SEG15	7.0	1.0	10.0	12.0	11.0	12.0	7.0	3.0	11.0	7.0
SEG16	3.0	3.0	10.0	5.0	12.0	12.0	7.0	5.0	12.0	3.0
SEG17	3.0	3.0	10.0	9.0	11.0	12.0	5.0	7.0	11.0	5.0
SEG18	5.0	5.0	10.0	11.0	5.0	12.0	7.0	9.0	5.0	7.0
SEG19	7.0	7.0	10.0	7.0	1.0	7.0	9.0	11.0	3.0	9.0
SEG20	11.0	11.0	12.0	3.0	5.0	7.0	11.0	11.0	5.0	11.0
SEG21	12.0	12.0	12.0	1.0	11.0	3.0	11.0	12.0	11.0	11.0
SEG22	1.0	1.0	12.0	3.0	12.0	3.0	11.0	11.0	12.0	12.0
SEG23	3.0	3.0	9.0	7.0	11.0	7.0	9.0	3.0	11.0	7.0
SEG24	3.0	3.0	9.0	11.0	5.0	7.0	7.0	5.0	5.0	3.0
SEG25	5.0	5.0	9.0	12.0	1.0	12.0	3.0	7.0	3.0	5.0
SEG26	7.0	7.0	5.0	7.0	5.0	12.0	7.0	9.0	5.0	7.0
SEG27	9.0	11.0	5.0	11.0	11.0	12.0	7.0	11.0	11.0	9.0
SEG28	7.0	12.0	5.0	11.0	12.0	12.0	5.0	12.0	12.0	11.0
SEG29	5.0	1.5	3.0	7.0	11.0	7.0	3.0	5.0	11.0	3.0
SEG30	3.0	1.0	1.0	3.0	1.0	3.0	1.0	1.0	3.0	1.0

	P11	P12	P13	P14	P15	P16	P17	P18	P19	P20
SEG1	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0
SEG2	1.0	3.0	3.0	11.0	1.0	1.0	3.0	5.0	3.0	3.0
SEG3	3.0	5.0	5.0	11.0	3.0	1.0	7.0	7.0	5.0	3.0
SEG4	3.0	7.0	5.0	7.0	5.0	11.0	9.0	9.0	7.0	5.0
SEG5	5.0	9.0	7.0	7.0	7.0	1.0	11.0	11.0	5.0	5.0
SEG6	7.0	11.0	7.0	11.0	9.0	11.0	9.0	9.0	7.0	7.0
SEG7	1.0	11.0	9.0	11.0	11.0	1.0	11.0	11.0	9.0	7.0
SEG8	3.0	12.0	9.0	5.0	11.0	11.0	9.0	9.0	7.0	9.0
SEG9	5.0	11.0	11.0	5.0	11.0	1.0	7.0	7.0	9.0	9.0
SEG10	7.0	11.0	11.0	11.0	9.0	11.0	3.0	5.0	11.0	7.0
SEG11	7.0	9.0	11.0	11.0	7.0	1.0	3.0	5.0	9.0	7.0
SEG12	7.0	7.0	11.0	3.0	5.0	11.0	7.0	7.0	11.0	5.0
SEG13	1.0	5.0	12.0	5.0	3.0	1.0	9.0	9.0	11.0	5.0
SEG14	3.0	3.0	12.0	11.0	1.0	11.0	11.0	11.0	3.0	3.0
SEG15	5.0	1.0	12.0	11.0	3.0	1.0	9.0	9.0	5.0	3.0
SEG16	7.0	3.0	12.0	5.0	5.0	11.0	11.0	11.0	7.0	5.0
SEG17	11.0	5.0	12.0	7.0	7.0	1.0	9.0	9.0	7.0	7.0
SEG18	11.0	7.0	12.0	11.0	9.0	11.0	7.0	7.0	5.0	7.0
SEG19	3.0	9.0	11.0	11.0	11.0	1.0	3.0	5.0	7.0	9.0
SEG20	3.0	11.0	11.0	7.0	11.0	11.0	3.0	5.0	9.0	9.0
SEG21	5.0	11.0	11.0	9.0	11.0	1.0	7.0	7.0	7.0	7.0
SEG22	5.0	12.0	11.0	11.0	9.0	11.0	9.0	9.0	9.0	7.0
SEG23	7.0	11.0	9.0	11.0	7.0	1.0	11.0	11.0	11.0	5.0
SEG24	7.0	11.0	9.0	7.0	5.0	11.0	9.0	9.0	9.0	5.0
SEG25	9.0	9.0	7.0	7.0	3.0	1.0	11.0	11.0	11.0	3.0
SEG26	11.0	7.0	7.0	5.0	1.0	11.0	9.0	9.0	11.0	3.0
SEG27	11.0	5.0	5.0	5.0	3.0	1.0	7.0	7.0	3.0	5.0

SEG28	11.0	3.0	5.0	3.0	5.0	11.0	3.0	5.0	5.0	7.0
SEG29	12.0	1.0	3.0	3.0	3.0	1.0	3.0	5.0	7.0	5.0
SEG30	11.0	1.0	1.0	1.0	1.0	1.0	1.0	3.0	3.0	1.0

	P21	P22	P23	P24	P25	P26	P27	P28
SEG1	1.0	1.0	5.0	1.0	1.0	1.0	1.0	1.0
SEG2	1.0	1.0	11.0	1.0	1.0	1.0	1.0	1.0
SEG3	7.0	1.0	5.0	1.0	1.0	1.0	1.0	1.0
SEG4	9.0	3.0	11.0	1.0	1.0	1.0	1.0	1.0
SEG5	11.0	5.0	5.0	1.0	1.0	1.0	1.0	1.0
SEG6	9.0	9.0	11.0	1.0	1.0	1.0	1.0	1.0
SEG7	11.0	5.0	5.0	1.0	1.0	1.0	1.0	1.0
SEG8	9.0	3.0	11.0	1.0	1.0	1.0	1.0	1.0
SEG9	7.0	3.0	5.0	1.0	1.0	1.0	1.0	1.0
SEG10	3.0	3.0	11.0	1.0	1.0	1.0	1.0	1.0
SEG11	5.0	5.0	7.0	1.0	1.0	1.0	1.0	1.0
SEG12	7.0	7.0	11.0	1.0	1.0	1.0	1.0	1.0
SEG13	9.0	9.0	11.0	1.0	1.0	1.0	1.0	1.0
SEG14	11.0	7.0	9.0	1.0	1.0	1.0	1.0	1.0
SEG15	9.0	5.0	11.0	1.0	1.0	1.0	1.0	1.0
SEG16	11.0	3.0	7.0	1.0	1.0	1.0	1.0	1.0
SEG17	9.0	3.0	5.0	1.0	1.0	1.0	1.0	1.0
SEG18	7.0	5.0	11.0	1.0	1.0	1.0	1.0	1.0
SEG19	5.0	7.0	5.0	1.0	1.0	1.0	1.0	1.0
SEG20	3.0	9.0	11.0	1.0	1.0	1.0	1.0	1.0
SEG21	7.0	7.0	5.0	1.0	1.0	1.0	1.0	1.0
SEG22	9.0	5.0	11.0	1.0	1.0	1.0	1.0	1.0
SEG23	11.0	3.0	5.0	1.0	1.0	1.0	1.0	1.0
SEG24	9.0	3.0	11.0	1.0	1.0	1.0	1.0	1.0
SEG25	11.0	5.0	5.0	1.0	1.0	1.0	1.0	1.0
SEG26	9.0	7.0	11.0	1.0	1.0	1.0	1.0	1.0
SEG27	7.0	9.0	5.0	1.0	1.0	1.0	1.0	1.0
SEG28	5.0	7.0	11.0	1.0	1.0	1.0	1.0	1.0
SEG29	3.0	5.0	5.0	1.0	1.0	1.0	1.0	1.0
SEG30	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0

INCLINE

	P1	P2	P3	P4	P5	P6	P7	P8	P9	P10
SEG1	0	0	0	0	1	0	0	0	0	1
SEG2	1	1	2	2	4	1	2	1	2	3
SEG3	2	1	2	4	5	2	4	1	3	4
SEG4	2	1	2	6	6	3	6	1	0	2
SEG5	2	2	3	8	1	4	8	2	1	3
SEG6	2	2	3	10	4	5	10	2	2	4
SEG7	2	2	3	8	5	6	8	2	3	2
SEG8	2	3	4	6	6	7	6	3	4	3
SEG9	2	3	4	4	1	6	4	3	2	4
SEG10	2	3	4	2	4	5	2	3	0	2
SEG11	2	4	5	0	5	4	0	4	0	1

SEG12	2	4	5	2	6	3	2	4	1	3
SEG13	2	4	5	4	1	2	4	4	3	4
SEG14	2	5	6	6	4	1	6	5	4	2
SEG15	2	5	6	8	5	2	8	5	2	3
SEG16	2	5	6	10	6	3	10	5	4	4
SEG17	2	6	7	8	1	4	8	6	5	2
SEG18	2	6	7	6	4	5	6	6	3	3
SEG19	2	6	7	4	5	6	4	6	3	4
SEG20	2	7	8	2	6	7	2	7	1	2
SEG21	2	7	8	0	1	6	0	7	1	1
SEG22	2	7	8	2	4	5	2	7	3	3
SEG23	2	4	5	4	5	4	4	4	6	4
SEG24	2	4	5	6	6	3	6	4	7	2
SEG25	2	4	5	8	1	2	8	4	8	3
SEG26	2	2	3	10	4	1	10	2	8	4
SEG27	2	2	3	8	5	2	8	2	7	2
SEG28	2	2	3	6	6	3	6	2	6	3
SEG29	1	1	2	4	1	2	4	1	3	4
SEG30	0	1	1	2	1	1	2	1	1	2

	P11	P12	P13	P14	P15	P16	P17	P18	P19	P20
SEG1	1	0	1	1	1	0	1	1	1	0
SEG2	3	2	3	2	3	2	3	3	3	2
SEG3	3	2	3	5	4	3	4	3	3	2
SEG4	1	2	1	5	2	0	2	1	1	2
SEG5	1	3	1	2	3	1	3	1	1	3
SEG6	3	3	3	2	4	2	4	3	3	3
SEG7	3	3	3	2	2	3	2	3	3	3
SEG8	1	4	1	5	3	4	3	1	1	4
SEG9	1	4	1	5	4	2	4	1	1	4
SEG10	3	4	3	5	2	0	2	3	3	4
SEG11	3	5	3	2	1	0	1	3	3	5
SEG12	1	5	1	2	3	1	3	1	1	5
SEG13	1	5	1	2	4	3	4	1	1	5
SEG14	3	6	3	2	2	4	2	3	3	6
SEG15	3	6	3	5	3	2	3	3	3	6
SEG16	1	6	1	5	4	4	4	5	1	6
SEG17	1	7	1	5	2	5	2	5	1	7
SEG18	3	7	3	5	3	3	3	5	3	7
SEG19	3	7	3	2	4	3	4	2	3	7
SEG20	1	8	1	2	2	1	2	2	1	8
SEG21	1	8	1	2	1	1	1	2	1	8
SEG22	3	8	3	5	3	3	3	5	3	8
SEG23	3	5	3	5	4	6	4	5	3	5
SEG24	1	5	1	5	2	7	2	5	1	5
SEG25	1	5	1	2	3	8	3	2	1	5

SEG26	3	3	3	2	4	8	4	2	3	3
SEG27	3	3	3	5	2	7	2	5	3	3
SEG28	1	3	1	5	3	6	3	5	1	3
SEG29	1	2	1	2	4	3	4	2	1	2
SEG30	1	1	1	2	2	1	2	2	1	1

	P21	P22	P23	P24	P25	P26	P27	P28
SEG1	1	1	1	0	0	0	0	0
SEG2	3	2	3	0	0	0	0	0
SEG3	3	5	4	0	0	0	0	0
SEG4	1	5	2	0	0	0	0	0
SEG5	1	2	3	0	0	0	0	0
SEG6	3	2	4	0	0	0	0	0
SEG7	3	2	2	0	0	0	0	0
SEG8	1	5	3	0	0	0	0	0
SEG9	1	5	4	0	0	0	0	0
SEG10	3	5	2	0	0	0	0	0
SEG11	3	2	1	0	0	0	0	0
SEG12	1	2	3	0	0	0	0	0
SEG13	1	2	4	0	0	0	0	0
SEG14	3	5	2	0	0	0	0	0
SEG15	3	5	3	0	0	0	0	0
SEG16	1	5	4	0	0	0	0	0
SEG17	1	2	2	0	0	0	0	0
SEG18	3	2	3	0	0	0	0	0
SEG19	3	2	4	0	0	0	0	0
SEG20	1	5	2	0	0	0	0	0
SEG21	1	5	1	0	0	0	0	0
SEG22	3	5	3	0	0	0	0	0
SEG23	3	2	4	0	0	0	0	0
SEG24	1	2	2	0	0	0	0	0
SEG25	1	2	3	0	0	0	0	0
SEG26	3	5	4	0	0	0	0	0
SEG27	3	5	2	0	0	0	0	0
SEG28	1	5	3	0	0	0	0	0
SEG29	1	2	4	0	0	0	0	0
SEG30	1	2	2	0	0	0	0	0

Error Message

Error	Specification	Treatment
Er1	Connect error between panel and controller	Check that the lines between panel and controller are connected or not.
Er2	Error on motor/MOS crash	Check that the line to motor is connected or not.
Er3	Error on speed sensor	Check that the walking belt is locked by remoras.

	wire/Un-work of walking belt.	Check that the speed sensor line is connected or not. Check the placement of sensor or the photo disk is correct or not.
Er4	Binding of RELAY	Replace the device
Er5	Over the current	Check the current.

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.

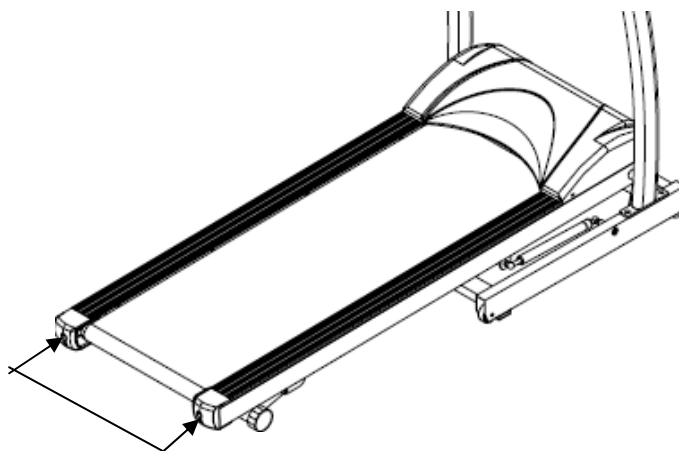
2. Walking belt has shifted to the right:

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.

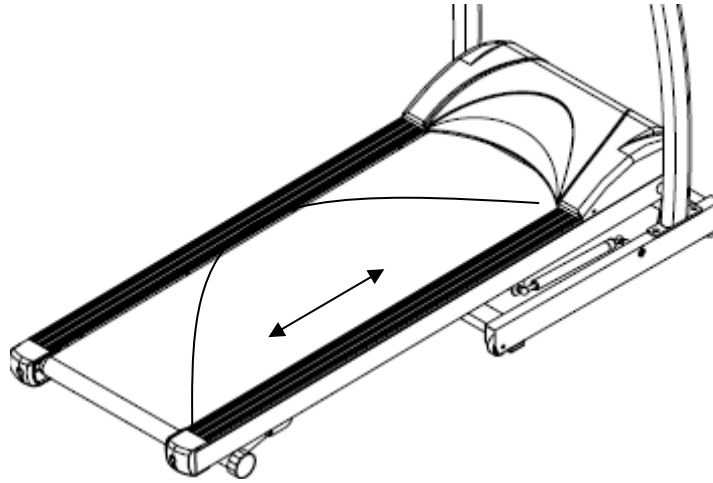
Every 3 months of operation lift the sides of the walking belt and feel the top surface of the walking board as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

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.



REMARK: When the treadmill is over load by any case, for the using safety the fuse will be broken and the power will be cut off . Change a new fuse and start again.