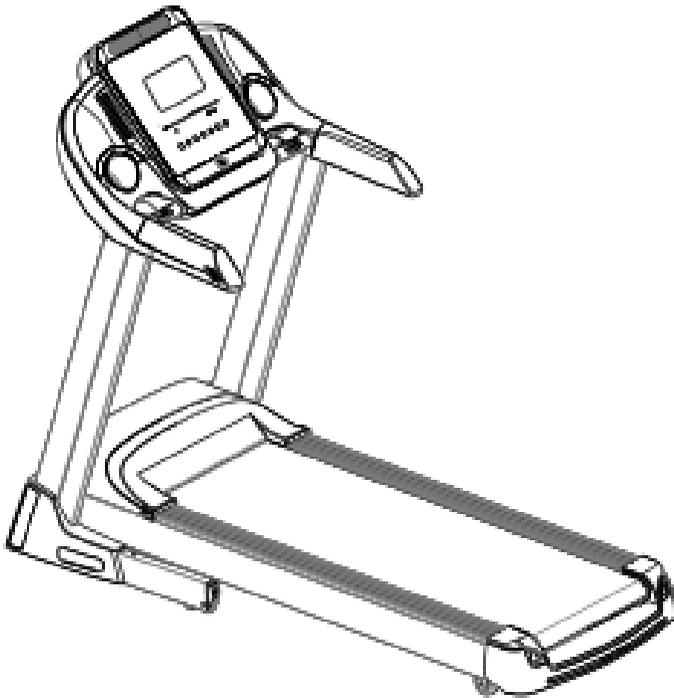




# TREADMILL USER'S MANUAL



 **CAUTION**

**READ THIS MANUAL BEFORE USING YOUR EQUIPMENT**

## **Contents**

Product Brief Introduction.....	01
Security Considerations 、 Warnings.....	03
Installing Steps.....	06
Sport Suggestions and Guiding Principle.....	08
Product Instructions.....	10
Product Maintenance.....	13

◆Company Passed ISO9001:2000 Quality System Certification

◆Most of our products have been passed European Union CE,RoHS, GermanyTUV,GS,SGS Certification,and they are approved qualified two consecutive years for the sampling inspection performed by National Athletic Sports Goods Inspection Center.

◆Our products fully obtain recognition from domestic and foreign customers

◆Business Policy: Satisfaction from customers is our good foundation.

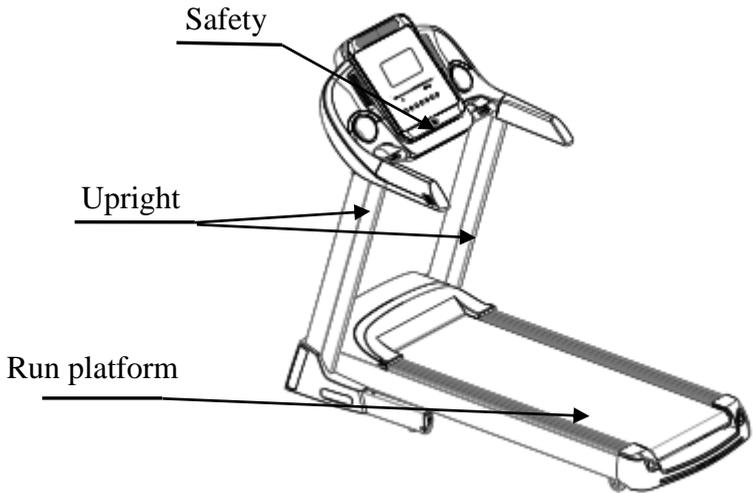
<b>Technical Parameters</b>			
No.	Parameters Name		
1	Running Area		1260*450MM
2	Max Allowable weight		120KG
3	Expand Size		1830*770*1370MM
4	Voltage/Frequency		AC220V (50~60Hz)
5	Motor Power		2.5HP
6	Speed		0.8-18.0KM/H
7	Function		Run /Audio/ /HR
Parts number list			
1	6 mm Internal Hexagonal Nut M8*50	2	Up Horizontal Pipe
2	6 mm Internal Hexagonal Nut M8*35	4	U Pipe Fix
3	6 mm Internal Hexagonal Nut sM8*55	2	Upright fixed
4	U shaped Pipe Cap	4	
5	Handrail Cap	2	
6	5 mm/6mm Internal Hexagonal Wrench	2	
7	Multi-functional Screw Driver	1	
8	Opening Wrench	1	13# 15#
9	Si-oil	1	30ml

10	8*65 Functional Holder	2	
11	6 mm Internal Hexagonal Nut M8*20	8	
12	Left/Right Cap	2	

## ONE PRODUCT INTRODUCTION

Product Name: Motorized Treadmill

Model Number: RUN 2.0



Package List			
No.	Name	Quantity	Remark
1	Compete ( Base <span style="border: 1px solid black; padding: 2px 10px;">1</span>	1pc	
2	Accessories Bag	1pc	
3	Manual	1pc	

## Two Security notice and warnings

**Notice:** Please carefully read the instruction book before using and notice the following safety matters.

- ◆ Treadmill is suitable to be placed in the room so as to avoid dampness. It can't be splashed by water and can't prevent any foreign materials.
- ◆ Before exercising, please wear suitable sports clothes and sports shoes. Prohibit running on the machine with naked feet and prohibit stretching the whole body on it.
- ◆ Power plug must be reliable and be grounded. Plug base should have special circuit so as to avoid being shared by other electrical equipments.
- ◆ Keep children far away from the machine in case of accidents.
- ◆ Avoid overload operation for a long time, otherwise, it will cause the damage of motor and controller and accelerate the wear and aging of bearing, running belt and running board. Do machine maintenance regularly.
- ◆ Reduce indoor dust and keep the certain humidity in the room in case of powerful static. Otherwise, it may disturb the normal work of the electronic watch and the controller.
- ◆ After using, please switch off the machine power.
- ◆ When exercising, please clip the security lock cable to the clothes, so the machine will safely shut down when emergency occurs.
- ◆ If you feel uncomfortable or something abnormal in the using process, please stop exercising and consult your doctor.
- ◆ After using silicone oil, please keep it in a place out of the reach of children to avoid serious result caused by accidental ingestion.



**Warnings:** In order to reduce accidents or injuries to others, please observe the following rules:

- ◆ Before using the machine, please check whether the clothes are buttoned up or zipped up.
- ◆ Don't wear clothes that easy to be hooked by treadmill.
- ◆ Don't make the power line close to the hot objects.
- ◆ Don't make children close to treadmill.

- ◆ Don't use the treadmill in the open air.
- ◆ The power must be cut off before moving the treadmill. 3
- ◆ Non-professionals are not allowed to disassemble the machine, otherwise, serious results may occur.
- ◆ This treadmill can only be used in the 20 amperes circuit.
- ◆ When the machine boots up, only one person is allowed to exercise on it.
- ◆ During the exercise, if you feel dizzy, chest pain, nausea or shortness of breath, please stop exercising immediately and consult your corresponding fitness trainer or doctor.



### **Warnings! Compulsion!**

- ◆ For people who are undertaking medical treatment or the following patients, please discuss with special doctors before use.
  - (1) People who are suffering back pain or who suffered leg, waist, neck injuries. People who suffer leg, waist, neck and hand numbness (people who have inveterate diseases such as slipped disc, spine slipped disease, cervical protruding, etc.)
  - (2) People who have deformed arthritis, rheumatism, gout.
  - (3) People who have osteoporosis abnormality.
  - (4) People who have circulation system troubles(heart disease, dysfunction of blood vessel, high blood pressure, etc)
  - (5) People who have troubles in breathing organs.
  - (6) People who are using artificial pacemaker to implant medical electrical instruments into the body.
  - (7) People who have malignance.
  - (8) People who suffer disturbance of blood circulation like thrombosis or serious dynamic fatty tumor, acute still fatty tumor etc., or all kinds of skin infections.
  - (9) People who have perceived barriers caused by highly peripheral circulation obstacles that are caused by diabetes, etc.
  - (10) People who have skin injuries.
  - (11) People who have a high fever (less than 38°) caused by illness, etc.
  - (12) People who have spine abnormalities or spine bending.
  - (13) People who are in pregnancy or may be in pregnancy or who are in their period.

(14) People who have abnormalities in the body and need rest.

(15) People whose health is obviously poor.

(16) People who aim to recover

4

(17) In addition to the above cases, people who have specially feel abnormalities in their body.

---May cause troubles or poor health

◆ During exercising process, if you feel pains, like waist pain, leg & foot numbness, dizziness, heartbeat that are different from that at ordinary times or abnormal adjusting feeling, please stop using immediately and consult your doctor.

◆ Don't let children use this product and keep them away for the product.

--- If fail to observe, there may be danger of injuries.

◆ When use, load or take out the product, or make it move, please confirm whether there are people or pets around (back, bottom, front of product)

### **Bans!**

◆ Don't use when the shell cracks and falls apart (inner structure is exposed) or welding parts fall off.

---Otherwise, it may cause accidents or injuries.

◆ During exercising, don't jump up or down.

---Otherwise, injuries may be caused by falling down.

◆ Don't use and keep it in the damp places outdoor or near the bath room and places that are wetted by water drops.

◆ Don't use or keep it in the direct sunlight, places of high temperature like around the stove, or on the heating instruments such as electric blanket.

---Otherwise, it may cause leakage of electricity or fire.

◆ Don't use it when the power line or power plug is damaged or the plug base loosens.

---Otherwise, it may cause fire or electric shock.

◆ It can't be simultaneously used by two people or more than two people. During use, notice that do not let people around get close to it.

---Otherwise, accidents or injuries may be caused by falling down.

◆ People who can't express their consciousness or can't operate it are not allowed to use.

---Otherwise, it may cause accidents or injuries.

Avoid touching water!

Main body or operation part can not be wetted with water or beverage.

---Otherwise, it may cause electric shock.

5

Bans!

- ◆ People who do little exercise usually don't do intense sports suddenly.
- ◆ Don't use it after meal, when feeling tired, a short time after exercising, or the physical strength is abnormal.
- Otherwise, it may harm the health.
- ◆ This product is suitable for home use and not suitable for a few unspecified places such as schools, gyms, etc.
- Otherwise, it may have danger of injuries.
- ◆ Don't use when you are eating, or taking other activities.
- ◆ Don't use when feel heavy-headed after drinking alcohol.
- Otherwise, it may cause accidents or injuries.
- ◆ Don't use when needles, rubbish or water are attached to the power plug.
- Otherwise, it may cause electric shock, short circuit or fire.

Don't use with wet hands!

- ◆ Don't pull out or insert power plug with wet hand.
- Otherwise, it may cause electric shock or injuries.

Pull out power plug!

- ◆ when not use, pull out the plug from plug base.
- Otherwise, dust and dampness will make insulation degrade, and then leakage of electricity and fire will be caused.

**Ground connection instrument!**

- ◆ This product must be grounded. If the machine occurs malfunction, the ground will provide a path of least resistance for the current in order to reduce the danger of electric shock.
- ◆ This product is installed with equipment grounding conductor and power of ground plug. The plug must be inserted into the proper plug base that have been right installed and grounded according to the local laws or regulations.

Danger!

- ◆ If equipment grounding conductor is connected improperly, it may cause the danger of electric shock.. If you doubt whether the grounding of this product is right, please authorize professional electrician to check. Even if the attached plug with this product does not match with the plug base, it also

can't be transformed, please authorize professional electrician to install right plug base.

- ◆ Please make sure that the grounding plug of this product is connected to the plug base that has the same shape with it. This product can't use plug base adapter.

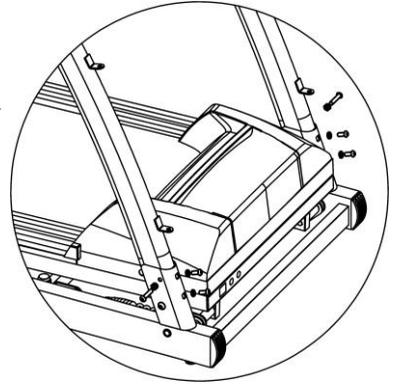
## Three Installation steps

When installing, first simply fix all the screws, and then tighten up after the shelf has been installed.

### Step1

Upright:

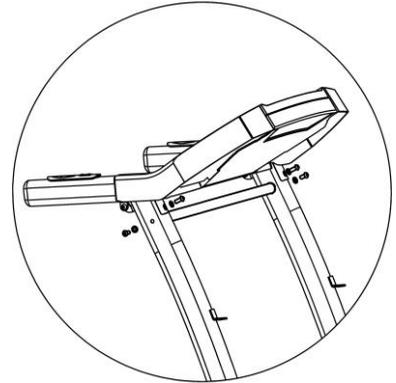
1. Uplift part of the upright and electronic watch dial, use one M8\*45 screw respectively on both sides of the treadmill to pass through the below connection hole, add the shims and tighten up the screws.
2. Tighten up the two uprights with two M8\*20 Screws.



### Step 2

Electronic watch and hand grip

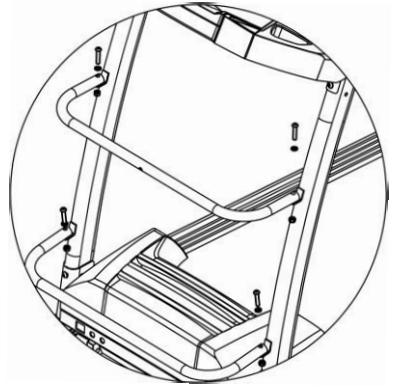
Tighten up the hand grips on both sides with M8\*20 screw separately by making them pass through handgrip hole and connected with The uprights.



### Step 3 (only for multifunction)

up and down U-shaped tube

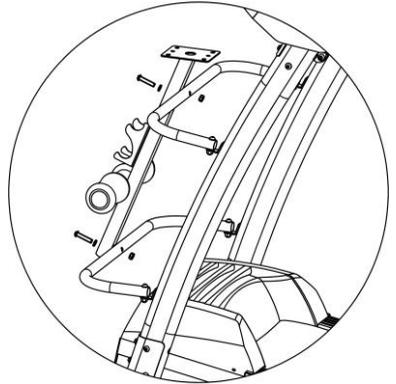
First place the rubber protection sleeve at each side of U-shaped tube, assembly 2 ends of U-shaped tube to iron plate of left and right stand column with M8\*40 screws, lock with nuts(special attention, the middle screw hole of U-shaped tube point to the beveled up direction,U-tube should not trap the L iron.put on the above it's approved.down U-tube with foam , and upper without it ) see on the right picture



### Step 4(only for multifunction)

Functional frame

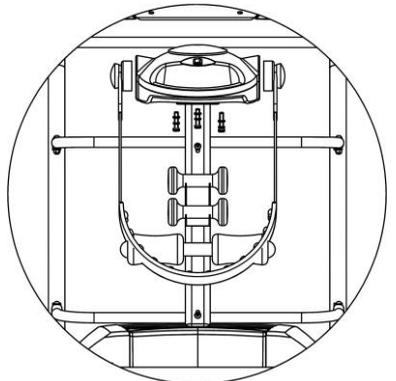
Use two M8\*40 screws to fix the functional frame on the top and bottom U tube.



### Step 5 (only for multifunction)

Massage

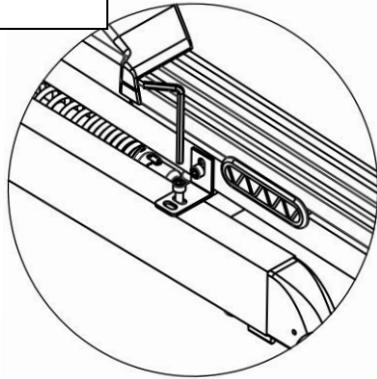
1. First, screw off the three M8\*16 screws below the massage machine head, (include flat washers and spring washers), and then place the massage machine head on the functional frame, and tighten up with the above unloaded screws.



7

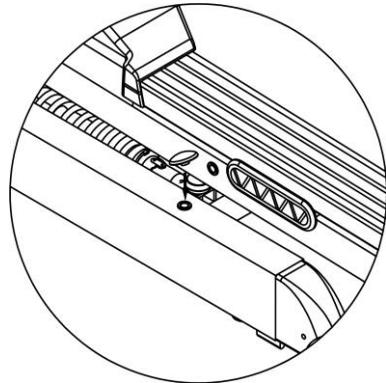
**Step 6(only for six level shock Absorption system)**

remove safety fixed button,use allen wrench remove two bolts on the button.



**Step7(only for six level shock Absorption system)**

Install rubber decoration cover  
put The rubber decoration cover to the Threaded hole based on step 6.



**Step8**

Assemble the white plastic upright by 8pcs blue lock catch to steel upright to make machine look more pretty.

**Four Exercise advices and Policy**

**Warm-up**

Take warm-up exercise for 5 to 10 minutes before using this machine each time.

**Breathing**

When exercising, you can't hold your breath, usually inhale with nose when intending to release actions, and exhale with mouth. Inhaling should be coordinated with exhaling. If breathing too fast, you should stop exercising immediately.

8

### **Frequency**

After the exercise of the same parts of the muscles, this part should have 48 hours' rest. That is to say, it only can be exercised every other day.

### **Load**

Decide the training volume based on the training state of everyone's physical fitness, and then exercise according to the progressive overload principle. At the first exercising stage, muscles soreness is normal and can be eliminated by keep exercising.

### **Diet**

To protect digestive system, exercise should be taken one hour after a meal. Eating should be done at least half an hour after exercising. When exercising, drink less water, and especially avoid drinking much so as not to increase the burden of heart and kidney.

### **Stretching exercise**

Whatever your running speed is, you'd better do stretching exercise first. Warm muscles are easier to stretch, so walk for 5 to 10 minutes to warm up. Next, stop to do stretching exercise for five times according to the following methods, 10 seconds or more for each leg, and do again after exercising.

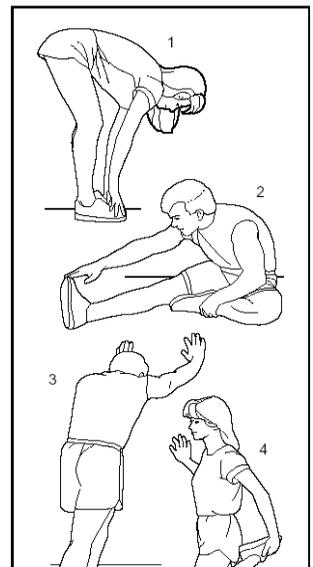
#### **1. Stretching downward**

Slightly bend knees, and slowly bend the body down. Relax back and shoulders, touch the legs and toes as close as possible with hands, keep for 10~15 seconds and then relax. Repeat for three times. (see picture 1)

#### **2. Hamstring stretching**

Sit on a clean cushion, stretch one leg straight, bend the other leg inside to cling to the inner side of the straight leg, touch the legs and toes as close as possible with hand, keep for 10~15 seconds and then relax. Repeat for three times for each leg. (see picture 2)

#### **3. Shank and heel tendon stretching**



#### 4. Head muscles stretching

9

Put the right hand on the wall or desk, then stretch the left hand backward, hold the left ankle and pull it upward to the hip until you feel the front muscles of the upper leg is tense, pull for about 10~15 seconds and then relax. Repeat for three times for each leg. (see picture 4)

#### 5. Sartorius (inner side muscles of leg) stretching

Sit down with leg bottom against each other and knees outward, hold feet with hands, pull toward to abdominal groove, keep for 10~15 seconds and then relax. Repeat for three times.(see picture 5)

### Five Product Instruction



#### 1. CONSOLE

2. SPEED: Rang 0.8-18.0KM/H. The LCD will show numbers 3,2,1, then, Starting treadmill.The setting and data shows in LCD display during fat measurement.

#### 3. TIME:

A.Manual Model:Setting time 0-100 minutes or 'end' shows in LCD display,The speed of treadmill will be slow stably and standby time after 5

minutes.

B.Distance & Calories model:Setting 0-100 minutes or 'end' shows in LCD display and finished it OK.Ke 

10
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 100-0 minutes,or 'end',show in LCD display,The speed of machine will slow stably and stop.Standby time after 5 minutes.

C.DIS

Sports distance:Setting 0-100 minutes or 'end' show in LCD display,speed down and stop stably.Standby time after 5 minutes.

D.CAL/PULSE

Expend Calories:0-999 or 'end' show in LCD display,speed down and stop stably.If setting 999-0 or 'end',The treadmill will stop and standby time after 5 minutes.

Pulse value:When you running and catch the handrail,the system will auto-checking your pulse value.The reference pulse value:50-200 time/min.

E.INC

Incline way range:It is adjustment 0-18% incline.

## 2. KEY FUNCTION.

'SELECT' KEY:

Manual Model:0:00

Count down Time model:15:00 MIN:SECONCDS.

Count down distance model: 1.00 KM

Calories: 50.0

Inner Procedure:P01-P12.

'START' KEY:Starting the treadmill as long as power on and safe key grip compete.

'STOP' KEY:Pressing it later.STOP treadmill running.

SPEED:'+' this sign to be increase the speed. '-' this sign to be decrease the speed. If you press it over 0.5 continues + or - sign,The speed will be automatic increasing or decreasing.

SPEED 6,8,12 No. Show in console.it means fast speed shortcut key.E.G.,It can adjust the speed 6KM smoothly.

**SMART:Start the SMART mode ,the treadmill memorize this motion track automatically, such as the speed and slope values of different time periods. If the motion time exceeds 10 minutes, the motion track data will be saved or it will be discarded. The next time the SMART mode is started, it will**

**run according to the current motion track automatically. If the user modifies the speed or slope, the treadmill will abandon the track repeat function. The user must adjust the speed and slope automatically (full manual mode), but the motion time exceeds 10 minutes, the current motion track will be saved, covering the previous motion track data.**

### **3. FAST STARTING(MANUAL MODEL)**

Pls following operation step by step.

POWER ON/OFF-----POST SAFE KEY GRSIP-----START  
KEY-----SPEED‘+’ OR ‘-’ AND INCLINE‘+’ OR ‘-’

#### **4,MANUAL MODEL**

1.STARTING:1KM/H-----SPEED‘+’ OR ‘-’ AND INCLINE‘+’ OR ‘-’

2.MODE KEY-----TIME w

The INCLINE+ or - and SPEED+ or - can adjust the time.The range of time:5:00-99:00.

#### **4. Functions of the safety lock:**

In any state, if pulling off the safety lock, you may immediately stop the motor running, and then the time window will display the marks “-----“, and the buzzer will emit “B1-B1-B1” alarm sound. At this point, except for the shutdown, the any other operations can not be implemented to the treadmill, while the safety lock is correctly reinstalled, the treadmill will enter into the standby mode again, and wait for inputting the command.

Before making the exercise, you should firstly inspect that whether the treadmill has been loaded the power supply, and then check whether the safety lock is effective.

If taking place the abnormal situations during the motion, you may pull off the safety lock, and then the treadmill will quickly decrease the speed until the stop; while the safety lock is put into again, this device will be reseat to wait for inputting the command.

#### **5. MP3, USB music play function**

##### **1.MP3 music play function**

The 3.5 audio interfaces with the audio signals should be plugged into MP3 Play Jack, and then the power amplifier circuit will automatically enlarge the audio signal, so as to output signal to loudspeaker.

##### **2.USB Music Play Function**

U Disk with MP3 files should be plugged into USB Jack, and then the machine will automatically identify the audio files and play music.

The song should be selected by pressing “Last Song” and “Next Song”, and playing the music should be started or paused by pressing “Play/Pause” Key. In addition, the volume should be adjusted by pressing “Volume Increase” and “Volume Decrease” Key.

## 6.Safety

In any circumstances, remove the safety switch, the system is down and sends alarm sound(all the windows show “-”).

## 7.Attachment :

12

## Sports Diagram

TIME PROG		To set time / 20 time = running time of each period																				
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
P1	SPEED	2	3	3	4	5	6	6	6	4	4	3	3	2	2	2	2	2	3	3	5	3
	INCLINE	0	7	7	6	6	6	6	4	4	3	3	2	2	2	2	2	2	3	3	4	4
P2	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	1	1
	INCLINE	0	3	3	5	5	7	7	9	9	7	7	5	5	3	3	3	3	5	5	7	7
P3	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2	2
	INCLINE	0	5	5	5	12	12	5	5	5	12	12	5	5	5	12	12	5	5	5	12	12
P4	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	4	4	3	3	3
	INCLINE	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1	2	3	4	5	6	6
P5	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2	2
	INCLINE	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1	2	3	4	5	6	6
P6	SPEED	2	4	3	4	5	4	8	7	5	7	8	3	6	4	4	2	5	4	3	2	2
	INCLINE	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1	2	3	4	5	6	6
P7	SPEED	2	3	3	3	4	5	3	3	5	3	4	5	3	3	3	6	6	5	3	3	3
	INCLINE	2	3	4	5	6	7	8	9	9	9	9	9	8	7	6	5	4	3	2	2	2
P8	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2	2
	INCLINE	0	3	3	5	5	7	7	9	9	7	7	5	5	3	3	3	3	5	5	7	7
P9	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2	2
	INCLINE	0	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3	3
	INCLINE	9	8	7	6	5	4	3	3	4	5	6	7	8	9	9	8	7	6	5	4	4
P11	SPEED	3	4	5	9	5	9	5	5	5	9	5	5	5	5	9	9	8	7	6	3	3
	INCLINE	9	6	7	6	5	4	3	3	4	5	6	7	8	9	9	8	7	6	5	4	4
P12	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3	3
	INCLINE	2	2	2	2	2	2	2	2	3	3	3	3	3	3	3	4	4	4	4	4	4

## SIX Product Maintenance

### Lubricating

The running belt must be lubricated with specially configured methyl silicone oil after used for a period of time.

#### 1. Advice:

When use time a week is less than 3 hours, it should be lubricated once in five months.

When use time a week is between 4-7 hours, it should be lubricated once in two months.

When use time a week is more than 7 hours, it should be lubricated once in one month.

It can't be over-lubricated. It is not the more lubricant, the better. Remember: proper lubricating is the important factor to increase the treadmill's service time.

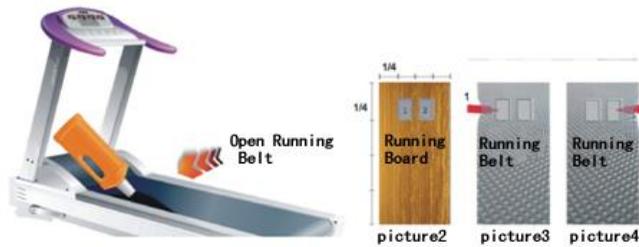
#### 2. Lubricating methods

For the methods to examine whether it is needed lubricant, you only need catch up the running belt and touch the central part of the back of the belt with hand as nearly as possibly. If the belt is with silicon resin (a bit sense of dampness) inside, this means no lubricant is needed; if the running board is dry and you feel no silicon resin inside, this means lubricant is needed.

A. Steps for coating the running board with lubricant: (see the picture)

B. Stop the rotation of the running belt and fold the machine.

C. Pick up the belt of the back of the body frame: stretch the oil holder as nearly as possible into the moving place of the belt, coat the inner side of the belt with silicone oil and coat both sides of the belt with silicone resin, and then operate the treadmill at the speed of 1K M/H so as to evenly coat the silicone resin; and step on the belt from left to right for a few minutes, then the silicone resin will be completely absorbed by the belt.



### 3. Running belt tension adjustment

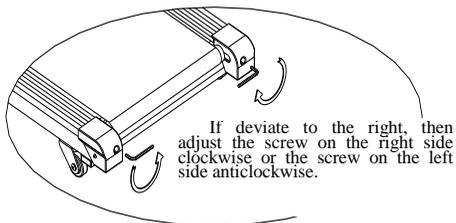
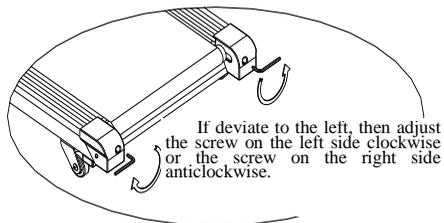
All treadmills' belts should be adjusted before leaving the factory and after the installation, however, after it is used for a period, looseness may occur. For example: when users are running, it may occur pause and slip, if which happens, adjust the belt and bolts synchronously from both the left and right side in a clockwise direction and with semicircle as the unit; if the running belt is too loose, it may occur slip between the belt and the roller when treading on the belt; but if too tight, it will be easy to increase the motor load and damage motor, running belt, roller, etc.

### 4. Running belt deviation adjustment

All treadmills' belts should be adjusted before leaving the factory and after the installation, however, after it is used for a period, it may occur belt deviation, which is caused by the following reasons:

1. The main engine is not placed evenly.
2. The user's feet are not on the center of running belt.

If the deviation phenomenon is caused by the uneven force of the user's feet, no-load rotation for a few minutes can make it normal. For deviation phenomenon that can't return to normal automatically, adjust step by step by using 6MM inner hexagon spanner with the machine and with quarter-circle as the unit. Running belt deviation is not covered in the warranty scope and is mainly maintained by users according to the instruction book. Deviation phenomenon will severely damage the running belt, so it should be found and corrected in time.



## 5. Driving belt adjustment

All the treadmills' driving belts are adjusted before leaving the factory, but after using for a period, it may still occur slip, which is mainly adjusted by users. Adjustment steps (see the picture):

1. Clockwise rotate adjustment screw with spanner.
2. Adjustment scope is subject to no slip when loading.

Notice: Periodically clean the impurities in the belt groove and the belt wheel groove.

## 6. Treatment method of running belt slip or pause

First open the front motor cover, then open the treadmill, hold the hand grip with both hands, step on the belt hard with your feet, watch it is the conveyor belt of the motor that pauses or the running belt that pauses. If running belt pauses, adjust the running belt, while if conveyor belt of the motor pauses, adjust the motor.

# TROUBLE SHOOTING GUIDE

Fault Code	Main reason	Solution
E01	The wire from computer to bottom control board didn't connected well	<ul style="list-style-type: none"> <li>1 · Check the connection wire between computer and control board was well connected.</li> <li>2 · Make sure the IC on the control board was well inserted. If not re-insert.</li> <li>3 · Abnormal power supply in control board. Please change a new control board.</li> </ul>
E02	Protect the exploding	<ul style="list-style-type: none"> <li>1 · Bad contact with motor open circuit. Please change a new motor or check the connector.</li> <li>2 · Power tube was puncture. Please change a new Power tube or control board.</li> </ul>
E05	Overcurrent Protection	<ul style="list-style-type: none"> <li>1 · Overloaded °</li> <li>2 · Running board with heavy resistance. Need to be oiled</li> <li>3 · Damage in Motor. Change a new motor.</li> </ul>
E06	Control board self-checking	
E08	EEPROM damage	Change the control board