

**Owner Manual For  
Motorized treadmill**



**Please read all precautions and instructions in this manual before in detail before using this equipment.**

# Contents

SAFETY CAUTIONS-----	3-4
ASSEMBLY INSTRUCTIONS-----	5-7
OPERATION GUIDE-----	8-13
MAINTENANCE-----	14-15
EXPLODED DRAWING-----	16
PART LIST-----	17-18

## SAFETY CAUTIONS

When using this product, basic precautions should always be followed, including the following:

Please read the instruction carefully before starting to use this product.

**Danger** – To reduce the risk of electric shock:

1. Always unplug this product from the electrical outlet immediately after using and before cleaning.

**Warning** – To reduce the risk of burns, fire, electric shock, or physical injury:

1. The product should never be left unattended while plugged in. Unplug the product from the outlet when not in use.
2. Close supervision is necessary when this product is used by or near children, invalids, or disabled persons.
3. Be sure to use the product only for its intended use as described in this manual. Do not use any attachment not recommended by the manufacturer in order to avoid any danger or accidents.
4. Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or dropped into water. Please return the product to the service center of seller for examination and repair.
5. Do not carry this product by the supply cord or use the cord as a handle.
6. Keep the cord away from hot surfaces or ground.
7. Never operate the product with the air vents blocked. Keep the air vents free of lint, hair, etc.
8. Never drop or insert any objects into any openings.
9. Do not use or operate outdoors.
10. Do not operate where aerosol (spray) products are being used or where oxygen is thin.
11. Before turning the product power off, turn all controls to the off position then remove the plug from the outlet.
12. Connect the product to a properly grounded outlet only.
13. If the treadmill is foldable, when user finishes using the treadmill, the elevation needs to be back to original position.
14. When user is using the treadmill, it can not be folded at the same time.
15. Keep a safety space of 2000mm x 1000mm away from the treadmill.
16. This machine is only intended for household use.
17. For the treadmill with folding function and electric elevation, be sure that the elevation is 0 before folding (To avoid interference of the components).
18. Stop using the treadmill if you feel faint, dizzy, or short of breath.
19. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes 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.

# GROUNDING INSTRUCTIONS

The products must be grounded first. If malfunction or breakdown occurs, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock.

The product is equipped with a cord having an equipment-grounding conductor and a grounding plug.

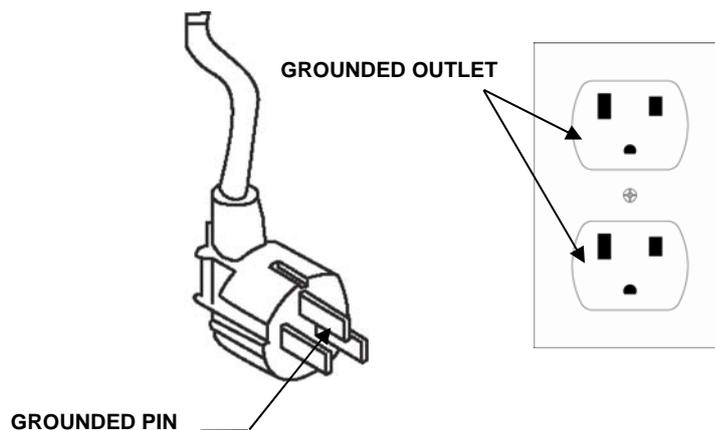
The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

**Danger** – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the products are properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet install by a qualified electrician.

The products is for use on nominal 220-240 volt and has a grounding plug that looks like the plug illustrated in the figure . Make sure that the product is connected to an outlet having the same configuration as the plug.

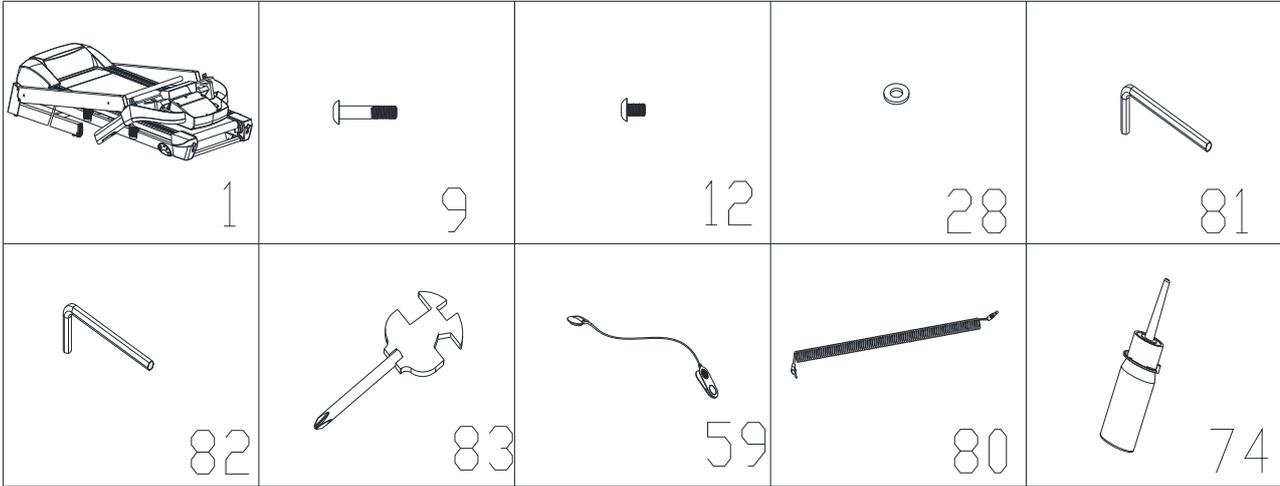
There is no need to use any adapter for this product.

**Figure**  
**Grounding methods**



# ASSEMBLY INSTRUCTIONS

OPEN THE BOX YOU CAN FIND THE ALL PARTS AS BELOW.

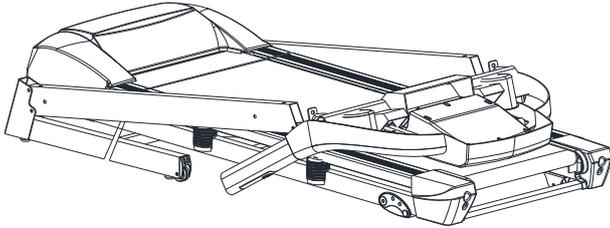


No.	NAME	SPEC	Q'TY	No.	Name	SPEC	Q'TY
1	Base	450x1350mm	1	82	Wrench	6#	1
9	Bolt	M8*45	2	83	Cross open end wrench	13 14 15	1
12	Bolt	M8*20	4	61	Safety Key		1
28	Washer	Φ8*1.2	6	93	MP3 Wire		1
81	Wrench	5#	1	77	Lubricant oil		1

# ASSEMBLY INSTRUCTIONS

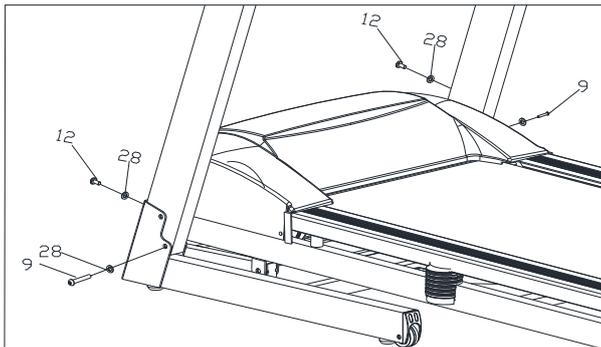
**Note: Do not insert power until installation is complete.**

Step 1:



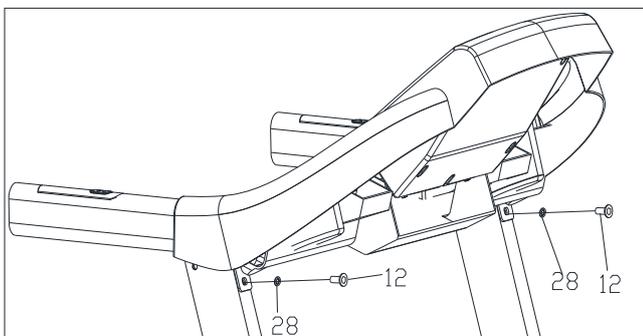
Take out the treadmill from the carton and place it on a level flat surface. Please always use the aid of a second person when removing the treadmill from the carton

Step 2:



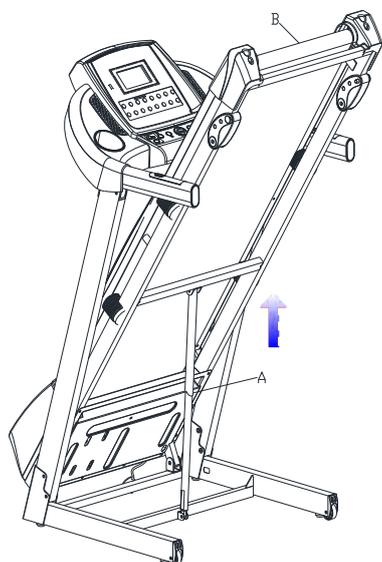
Use a tool (81) to lock Bolt(9), Washer(28), Bolt(12) into uprights and base, not locked firmly.

Step 3:



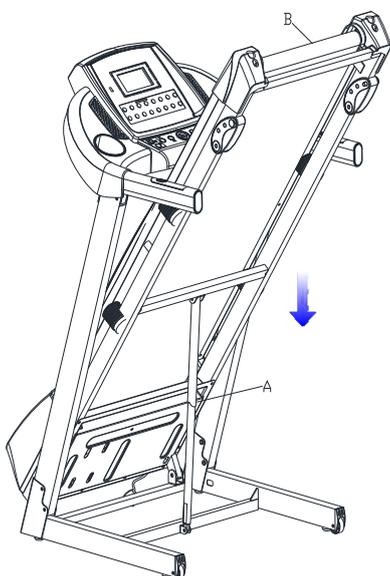
Use a tool(81) to lock Washer(12), Bolt(28) into uprights and console base, but not locked firmly.

Step 4:



Please raise base at the top of arrow named A, until hear the sound from gas spring.

Step 5:



Please catch B, use your foot to kick gas spring, and press down a moment, then machine will be descent automatically.

**NOTE: For your safety and comfort, please check if all screws are fastened.**

# OPERATION GUIDE



## 1 : Operation Guide

FUNCTION KEY: START, STOP, PROGRAM, MODE, SPEED+/-, SPEED quick key.

A "PROGRAM"key: Select program and FAT while the machine is stop.

B "MODE"key: Select TIME / DISTANCE / CALORIES mode.

C "START"key:When machine is stop,press this key,it will be working.

D "STOP"key:When machine is running,press this key,it will be stop.

E "SPEED+/-"key: When machine is running,press these key to adjust speed and parameter.

F Speed quick key:When machine is running,press quick speed key"3""6""9""12",it will be matched to corresponding value.'

## 2 : SAFETY KEY FUNCTION :

When you take off safety key,the LCD will display E07,meanwhile the treadmill will be stopped.Put the safety key into the safety key hole in the console, and then the treadmill will be on start/ready status.

### 3:PROGRAM CHART

Each program divided running time into 20 intervals; the speed on each interval has been preset in the factory.

TIME		Time set/20 intervals=running duration																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P06	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P09	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P13	SPEED	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
P16	SPEED	2	4	6	8	10	8	6	4	2	2	2	4	6	8	6	6	4	4	2	2
P17	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
P18	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
P19	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
P20	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
P21	SPEED	4	5	4	4	4	2	3	3	5	3	2	3	3	4	5	3	4	5	5	3
P22	SPEED	5	6	4	4	4	2	2	5	4	2	2	4	4	5	6	4	6	6	6	4
P23	SPEED	2	4	4	4	4	2	4	5	3	2	2	4	4	6	6	4	7	7	7	4
P24	SPEED	3	5	9	5	5	6	6	4	4	3	3	5	5	6	7	7	5	7	7	8
P25	SPEED	3	4	5	4	3	3	6	5	4	2	2	4	4	5	6	7	7	5	6	7
P26	SPEED	1	3	6	4	4	2	5	4	3	2	2	4	4	4	5	6	8	8	6	7
P27	SPEED	4	5	3	3	3	6	6	5	3	3	2	3	3	3	4	5	3	4	5	3
P28	SPEED	1	3	4	4	4	2	3	4	4	2	2	3	3	6	7	7	4	6	7	4
P29	SPEED	2	5	5	5	4	5	6	3	3	2	2	4	4	7	7	4	7	8	4	8
P30	SPEED	6	6	5	4	4	2	4	4	3	3	2	4	5	6	7	5	4	6	8	8
P31	SPEED	4	2	4	4	3	4	5	5	4	3	2	5	8	10	7	7	10	10	7	7
P32	SPEED	5	5	2	2	4	5	5	7	6	3	3	4	9	9	5	9	5	8	5	9
P33	SPEED	2	3	2	1	3	2	9	9	4	3	3	6	7	5	9	9	7	5	5	7
P34	SPEED	2	3	4	5	6	5	4	3	2	1	2	2	4	5	9	9	4	4	4	5
P35	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
P36	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	10	8	6	4	2	2
P37	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
P38	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
P39	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2

P40	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
P41	SPEED	3	4	5	5	3	4	5	4	4	4	2	3	3	4	5	2	3	3	5	3
P42	SPEED	4	6	6	6	4	5	6	4	4	4	2	4	4	5	6	2	2	5	4	2
P43	SPEED	4	7	7	7	4	7	7	4	4	4	2	4	4	6	6	2	4	5	3	2
P44	SPEED	7	5	7	7	8	8	5	9	5	5	3	5	5	6	7	6	6	4	4	3
P45	SPEED	7	7	5	6	7	8	8	5	4	3	2	4	4	5	6	3	6	5	4	2
P46	SPEED	6	8	8	6	7	8	8	6	4	4	2	4	4	4	5	2	5	4	3	2
P47	SPEED	5	3	4	5	3	4	5	3	3	3	2	3	3	3	4	6	6	5	3	3
P48	SPEED	7	4	6	7	4	6	7	4	4	4	2	3	3	6	7	2	3	4	4	2
P49	SPEED	4	7	8	4	8	9	9	4	4	4	2	4	4	7	7	5	6	3	3	2
P50	SPEED	5	4	6	8	8	6	6	5	4	4	2	4	5	6	7	2	4	4	3	3

## 4: MANUAL PROGRAMS OPERATION

### NOTES:

Under this program, one of DISTANCE, CALORIE and TIME shall be set count-down for your workout, the others will count up during your workout, after one count-down reach zero, program will be ended and stop the belt movement, if you need to continue, press the START button to begin belt movement after a three second count-down.

**STEP 1:** Attach the Safety key to wake display up; the treadmill then will be on start/ready status.

**STEP 2:** Press MODE button, the manual program will be selected, SPEED window will display H-1, TIME window will blink in and display 30:00, press FAST and SLOW button to set count-down TIME from 10:00 minutes to 99:00 minutes.

If you do not like to set TIME for count-down and pass to others, then DO NOT PRESS FAST AND SLOW button to set TIME, but directly press MODE again, the SPEED window will display H-2, DISTANCE window will blink and display 5.0, press FAST and SLOW button to set count-down DISTANCE from 1.0KM-99.0KM

If you do not like to set DISTANCE for count-down and pass to others, then DO NOT PRESS FAST AND SLOW button to set DISTANCE, but directly press MODE again, the SPEED window will display H-3, CALORIE window will blink and display 10, press FAST and SLOW button to set count-down CALORIE from 5 KCAL – 999 KCAL.

**STEP 3:** After finishing setting count-down for your workout, press START to begin belt movement after a three seconds count-down.

**STEP 4:** During the program you can adjust the speed by pressing FAST and SLOW button, or use DIRECT SPEED buttons to jump directly to a speed. The speed can also be adjusted by the buttons on both handrails. Press STOP button will stop the treadmill and the treadmill will get back to start/ready status.

## 5: PRESET PROGRAMS OPERATION

### NOTES:

All the preset programs are made up with 20 time-based segments; the speed is preset on each segment. The elapse time of 20 segments on each program will be automatically arranged according to the time you set for your workout time.

**Step1:** Attach the safety key to wake the display up; the treadmill then will be on start/ready status.

**Step2:** Press PROGRAM button to scroll through the 50 preset programs, a program will be selected once you press PROGRAM button, the program number P1-P50 will be displayed on SPEED window, and then TIME will be blink for setting, after selecting a program, then turn to set the elapse time of each program.

**STEP 3:** The pre-set value of elapse time of each program is 30:00 minutes, and it can be set from 10:00 to 99:00 minutes. Press FAST and SLOW buttons to modify, and press START button to accept and begin your workout.

**STEP 4:** During procession of program you can adjust the SPEED by pressing FAST and SLOW buttons or use DIRECT SPEED jump directly to a setting. The speed can also be adjusted by the buttons on both handrails. However, the SPEED you adjust will only be effective on the ongoing segment, after the segment finished, the SPEED will process with preset values.

**STEP 5:** Press STOP button to stop the treadmill or pull safety key away from its position to shut down the computer, the SPEED window will show E 07 after you pull off the safety.

## 6: USING THE PULSE FUNCTION

The Pulse Window on your Computer works in conjunction with the Pulse Sensors on both handrails. When you are ready to read your pulse:

1. Place both hands firmly on the Pulse Sensors. For the most accurate reading, it is important to use both hands.
2. Your estimated heart rate will display in the PULSE window approximately 6 seconds after you grasp the Pulse Sensors.
3. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.

## 7: BODY FAT CHART

The result that given by body fat scale can be a reference of body condition, check your body condition according to the left chart with the result you get from the treadmill.

Parameter	Default	Setting range	Remark
SEX (F1)	1 (Man)	1—2	1=Man 2=Woman
AGE (F2)	25 years	10—99 years	
Height (F3)	170 CM	100—200 CM	
Weight (F4)	70KG	20—150KG	
Result (F5)	AS FOLLOW		

Asians' standards, body fat result:

- FAT ≤19 -- Under weight  
 19<FAT ≤25 -- Normal weight  
 25<FAT ≤29 -- Over weight  
 FAT≥30 -- Obesity

Special note: this data is only used as a motion reference and can not be regarded as medical data.

## 8、 Error code and trouble-shooting:

Error Code	Error Description	Trouble-shooting
E1	A、 Signal wire is abnormal	Check signal wire is fully well inserted.Replace it if damaged.
	B、 Console pcb is abnormal	Change console pcb
	C、 Motor is abnormal	Change motor
E2	A、 Inverter is abnormal	Change inverter
E3	A、 Speed sensor is not firmly connected	Check and link well
	B、 Speed sensor is broken	Change speed sensor
	C、 Speed sensor is not connected with inverter	Check and link well
	D、 Inverter is abnormal	Change inverter
E5	A、 Running belt is rubbing too much	Add lubricant oil
	B、 Inverter is damaged	Change inverter
	C、 Motor is damaged	Change motor
E6	A、 Motor is abnormal	Change motor

## MAINTENANCE

**Warning:** be sure to unplug the electric treadmill before cleaning or maintaining the product.

**Cleaning:** comprehensive cleaning will extend the life of the electric treadmill.

Remove dust regularly to keep parts clean. Be sure to clean the exposed areas on both sides of the running belt, which will reduce the accumulation of impurities under the running belt. Make sure your running shoes are clean and don't wear out the running board and belt by carrying foreign bodies under the running belt. The surface of the running belt must be swabbed with a wet soapy cloth. Be careful not to splash water on the electrical components and under the running belt.

**Warning:** be sure to unplug the power supply of the electric treadmill before moving the motor cover. Open the motor cover at least once a year to clean the motor dust belt and special lubricating oil for electric running

The running board and running belt of this electric treadmill have been pre-lubricated. The friction force between the running belt and the running plate has a great impact on the service life and performance of the electric treadmill, so it is necessary to apply lubricating oil regularly.

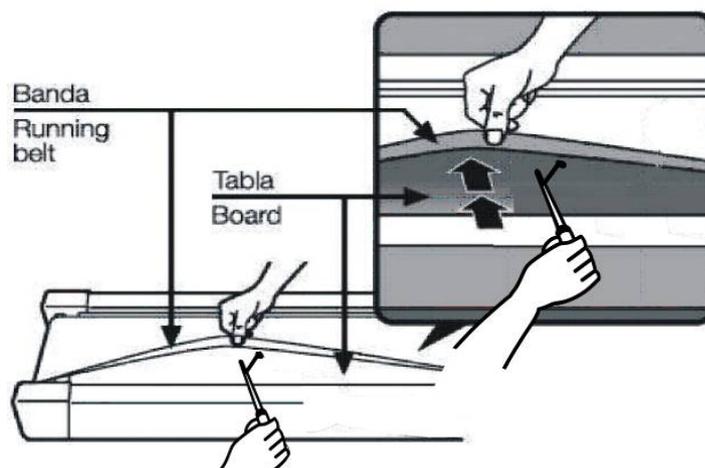
**We suggest that the board be inspected regularly. If the surface is damaged, please contact our customer service center.**

We suggest lubricating the running belt and running board of the electric treadmill according to the following schedule:

Lightweight users (use less than 3 hours per week) once a year;

Middleweight users (3-5 hours per week) once every 6 months;

Heavy users (over 5 hours per week) once every 3 months.



# BELT ADJUSTMENT:

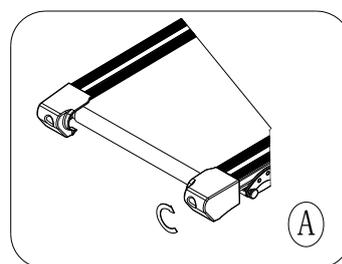
1. To better maintain your electric treadmill and extend the machine life, it is recommended that you continue to use it for 2 hours Turn off the power and let the machine rest for 10 minutes before using.

2. If the running belt is too loose, it may slip when running. If too tight, too tight may reduce the motor performance And make roller, running belt wear and tear aggravate. When the running belt is loose and tight, you can lift the running belt from both sides with your hands The step plate is about 50-75mm.

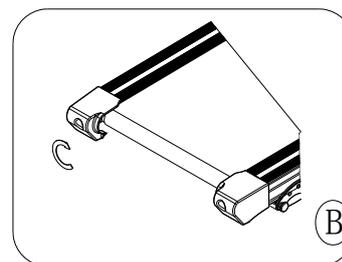
Place the treadmill on a level surface.

Run the electric treadmill at a speed of about 6-8 km/h and observe the deviation of the running belt.

If the running belt is tilted to the right, remove the safety lock and power switch, rotate the adjusting bolt on the right side clockwise 1/4 turn, insert the power switch and safety lock to make the running machine run, and observe the deviation of the running belt. Repeat until the running belt is centered. Figure A.

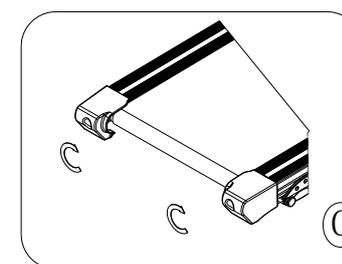


If the running belt is tilted to the left, remove the safety lock and power switch, rotate the adjusting bolt on the left side clockwise 1/4 turn, insert the power switch and safety lock to make the running machine run, and observe the deviation of the running belt. Repeat until the running belt is centered. Figure B

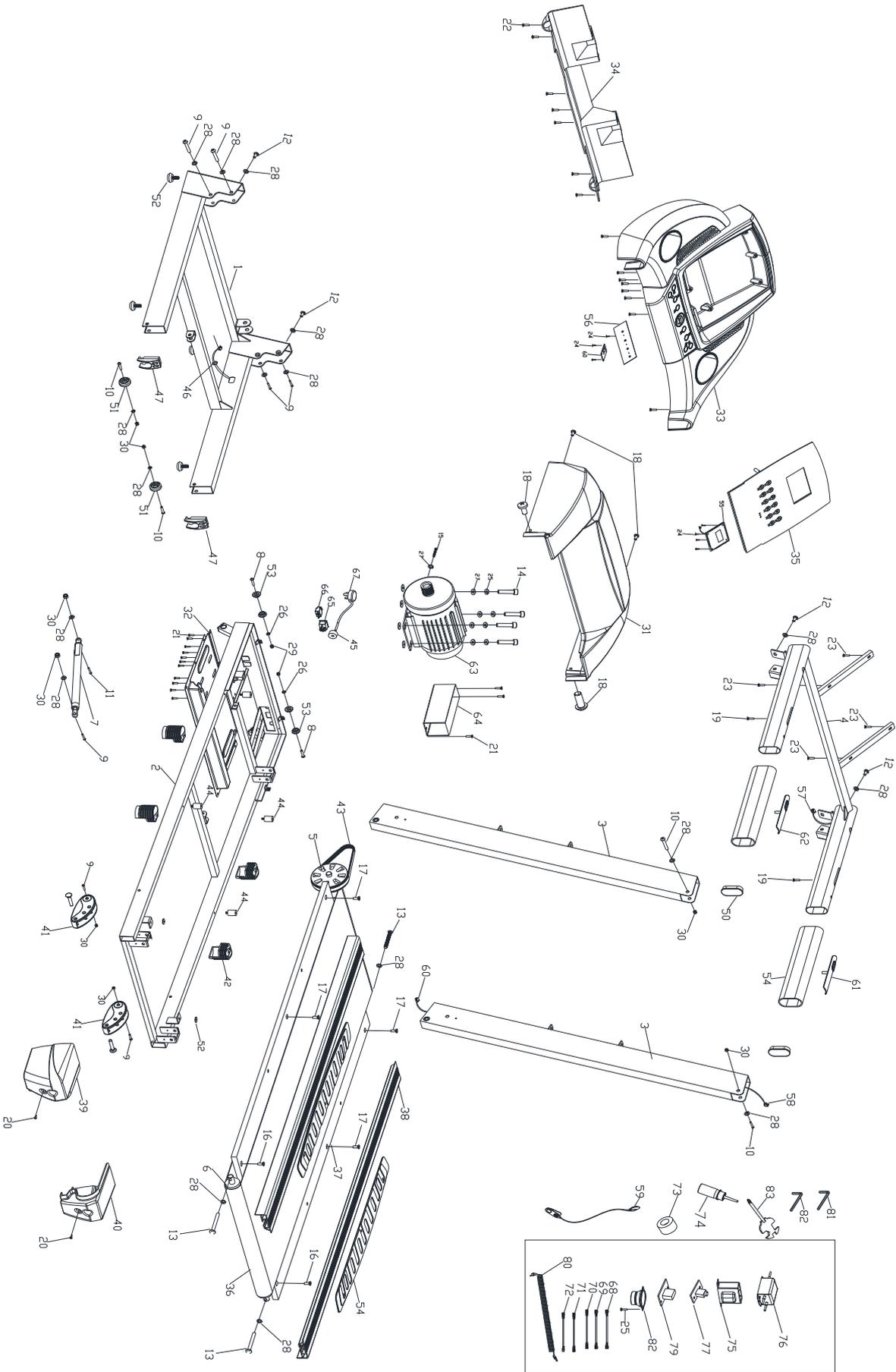


Running belt in the above adjustment or use after a period of time will gradually relax, need to adjust.

Remove the safety lock and power switch, and rotate the adjusting bolts on both sides clockwise 1/4 turn. Insert the power switch and safety lock to make the treadmill run, and then stand on the running belt to confirm the tightness. Repeat the above steps until the running belt is moderately tight. Figure C



# EXPLODED DRAWING



# PART LIST

No	Name	Specification	Q' ty	Remark
1	Base Frame		1	
2	Main Frame		1	
3	Uprights		2	
4	Console Rack		1	
5	Front Roller		1	
6	Rear Roller		1	
7	Gas Spring		1	
8	Bolt	M10*45	2	
9	Bolt	M8*45	7	
10	Bolt	M8*40	4	
11	Bolt	M8*25	1	
12	Bolt	M8*20	4	
13	Bolt	M8*65	3	
14	Bolt	M8*20	4	
15	Bolt	M8*50	1	
16	Bolt	M8*25	2	
17	Bolt	M6*20	4	
18	Bolt	M5*10	4	
19	Bolt	ST4*50	2	
20	Bolt	ST4.2*15	2	
21	Bolt	ST4*12	14	
22	Bolt	ST4*15	15	
23	Bolt	ST4*20	4	
24	Bolt	ST2.9*6.5	9	
25	Washer	Φ8	4	
26	Washer	Φ10*1.2	2	
27	Washer	Φ8*1.2	5	
28	Washer	Φ8*1.2	17	
29	Screw	M10	2	
30	Screw	M8	8	
31	Motor Cover	596*350*117	1	
32	Balley Pan	574*337*43	1	
33	Console Upper Box	720*438*114	1	
34	Console Under Box	710*200*90	1	
35	Console PCB	297*265*38	1	
36	Running Belt	2840*450*1.6	1	
37	Running Board	1210*586*15	1	

No	Name	Specification	Q' ty	Remark
44	Cushion	Φ20*27*M6	4	
45	Power Cord	6p-4	1	
46	Magnet Ring Foam	Φ24*Φ18*6	1	
47	Moving Wheel Cap	60*30*1.5	2	
48	Moving Wheel	Φ46*18.5	2	
49	Adjust Foot	Φ28*M8*15	4	
50	Handrail cap	60*30*1.5	2	
51	Handrail Foam	Φ47*3*310	2	
52	Washer	Φ30*Φ10*2	2	
53	Incline Turn Cap	Φ22*Φ10.2*7	4	
54	Pedal	607*80*4	2	
55	Console		1	
56	Keypad Touch		1	
57	Signal Wire		1	
58	Signal Wire		1	
59	Safety Key		1	
60	Safety Key Inductor		1	
61	Handrail Pulse Right		1	
62	Handrail Pulse Left		1	
63	AC Motor		1	
64	Inverter		1	
65	Power Switch		1	
66	Circuit Breaker		1	
67	Power Line		1	
68	Blue Wire		1	
69	Brown Wire		1	
70	Brown Wire		1	
71	Brown Wire		1	
72	Ground Wire		1	
73	Magnetic Ring		2	
74	Lubricant Oil		1	
75	Inductors		1	optional
76	Filter		1	optional
77	MP3 Inductor		1	optional
78	USB Inductor		1	optional
79	Speaker		2	optional
80	MP3 wire		1	optional

38	Side Strip	1217*65*29	2	
39	End Cap Left	162*104*112	1	
40	End Cap Right	162*104*112	1	
41	Manual Incline	145*26	2	
42	Cushion	φ 60*72	4	
43	Motor Belt	185 J6	1	

81	Wrench	5#	1	
82	Wrench	6#	1	
83	Wrench	13 14 15	1	
84	Manual Incline Kit	φ 27* φ 10	2	