



Q3M

Multi-function Foldable Motorized Treadmill



Thank you very much to choose our products. Before installation and usage, please read the instructions carefully.

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I. Warning, main technical parameters and features

Warning!

1. When you are using the treadmill, please prevent your kids from approaching the treadmill. Juveniles should not use the treadmill without the adult's accompany to prevent any accident.
2. Before using the treadmill, please clip the safety switch on the clothes of users. Please take down the safety switch when you do not use the safety switch.
3. The power supply for treadmill should be well grounded. The treadmill may be damaged by using outlet without good grounding and the Manufacturer may not provide warranty for this! After the practice, stop the treadmill and shut off the power supply.
4. Laymen must not open the front cover of treadmill and adjust the electronic control without approval, to avoid unnecessary troubles.
5. In order to lengthen the service life of treadmill and ensure your safety, it is forbidden for overweighted (beyond the weight limit) persons to use the treadmill and for two or more persons to use one treadmill simultaneously.
6. Please do not walk up or down the treadmill from the rear part to avoid getting hurt by the machine.
7. When the treadmill is operating, do not contact the running belt with hands or run on the treadmill with bare feet.
8. The heart rate monitoring is only for reference and cannot act as medical data; hypertensives and cardiopaths should not use the treadmill alone to prevent accident.
9. When you are using the treadmill, if you feel chest tightness and dizziness, stop your motion immediately for excessive motion may cause serious harm or accident.
10. Emergency jump-off method: if emergency happens during the movement process and the treadmill belt does not stop, hold the handrail with your hands to support your body and separate your feet from the treadmill belt surface, step on the stepping platform at two sides as well as get away from the treadmill from one side.
11. A 2000mm×1000mm safety area shall be reserved behind the treadmill to prevent accident during treadmill operation.

**Special
Note**

For the health and safety of your family, please read following operating instructions and precautions before your start practicing on it so that you can get more fun from the practice. (It is forbidden for unauthorized after-sales service personnel to adjust the treadmill.)

The weight limit is exposed on this product. If your body weight is over 110Kg (242lbs), the service life of the treadmill may be affected.

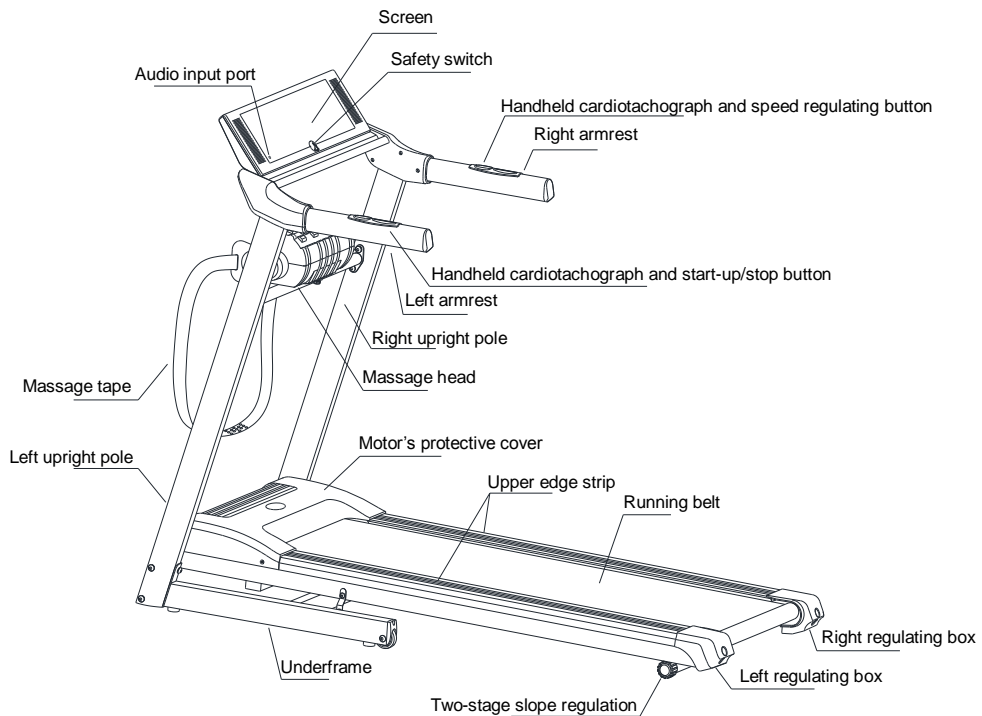
Main technical parameters

- Input power voltage: AC220V-240V (50Hz-60Hz)
- Rated voltage:7.2A
- Operating ambient temperature:0~40℃
- Motor power:1300W
- Scope of operating speed: 1~12 (km/h)
- Gradient regulating range: Manual incline, two levels
- Time display range:0:00~99:59 (M:S)
- Scope of distance display: 0.00~99.90 (km)
- Scope of heart rate: 50~200 (b/pm)
- Scope of calorie display: 0.0~999.9 (calories)
- Floor area:155*70*120cm
- Effective usable floor area: 120*40cm

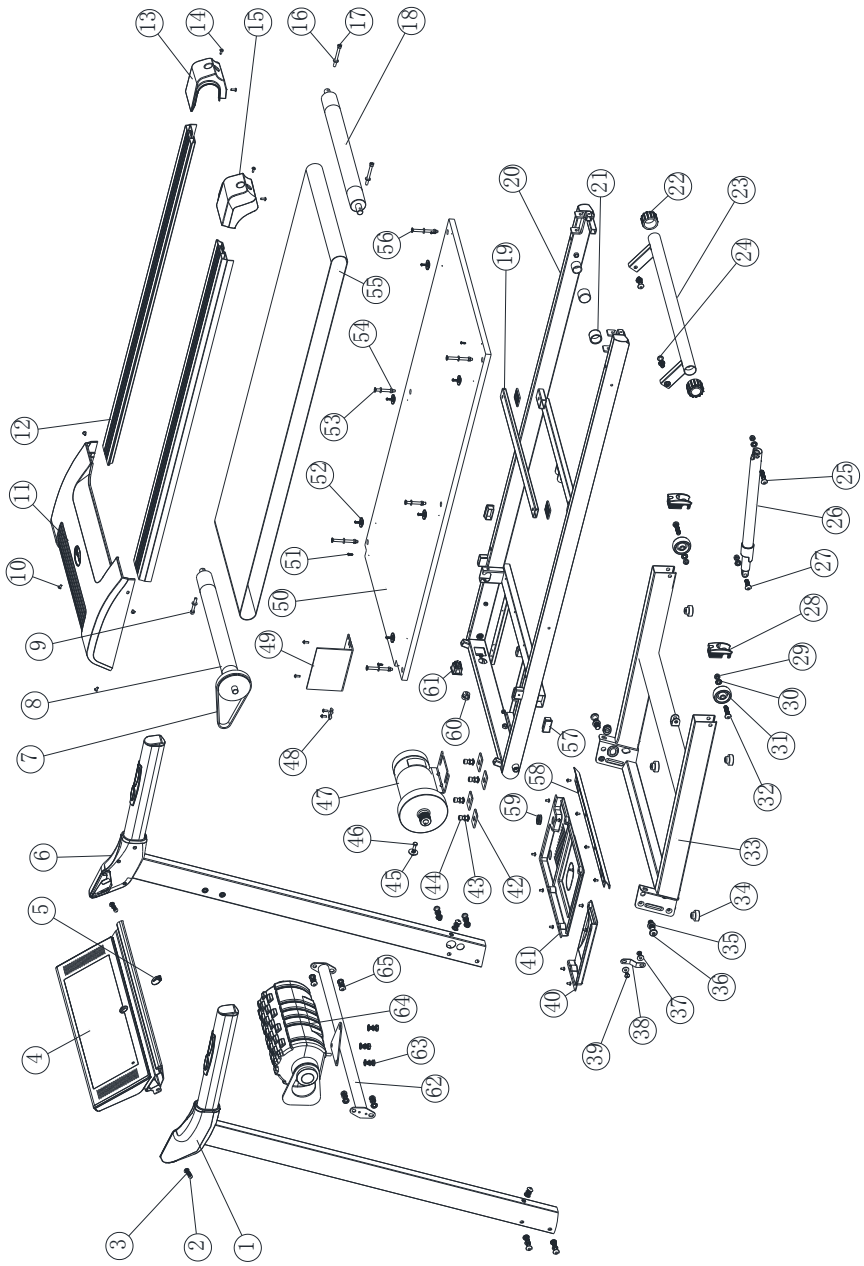
Features

- ※ DC Motor 1.75 HP.
- ※ Double safety protection functions with both emergency stop and soft stop
- ※ Stylish and Trendy appearance
- ※ High sensitive hand pulse, start/stop control and speed control in handrail
- ※ Multi-windows LED display
- ※ Preset 12 intelligent running programs, 3 user-defined modes
- ※ Hidden mobile devices bracket
- ※ High-power Hi-Fi system and MP3 audio input
- ※ Professional and simple user operation interface
- ※ Hydraulic folding with lock device
- ※ With massage function

II. Product introductions



III. Product explosion diagram



IV. Explosion chart list

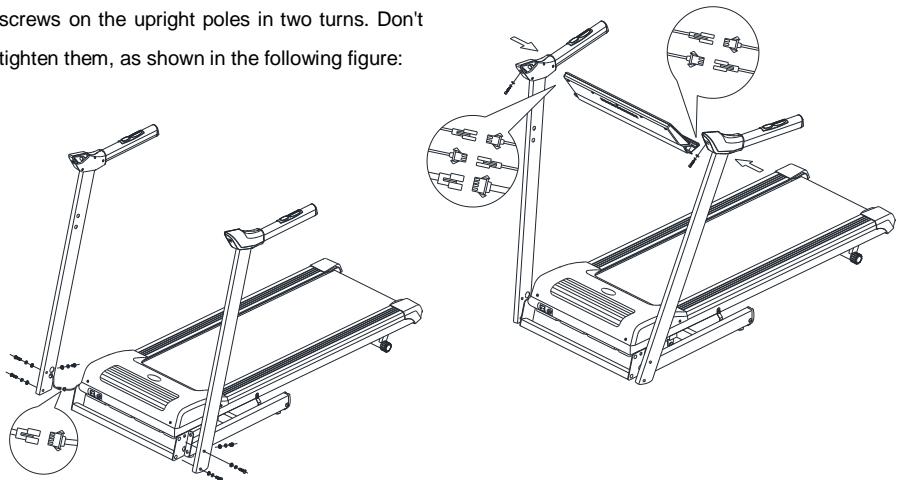
S/N	Part name	Qty.	S/N	Part name	Qty.
1	Left upright pole modules	1	34	Foot pad	4
2	M6X25 hexagon socket head cap screw	2	35	Isolation shim	2
3	M6 flat shim	2	36	M12X45 hexagon socket pan head screw	2
4	Header	1	37	Isolation shim	2
5	Safety switch	1	38	Anti-loosing clip	1
6	Right upright pole modules	1	39	M6X10 large crossed flat head tapping screw	2
7	Motor's drive rubber belt	1	40	Motor's left bottom cover	1
8	Front drum	1	41	Motor's right bottom cover	1
9	M6X45 hexagon socket head cap screw	1	42	Screw insulation shim	6
10	M4X8 large crossed flat head tapping screw	18	43	M8 spring shim	17
11	Motor's protective cover	1	44	M8X20 hexagon socket head cap screw	4
12	Upper edge strip	1	45	M8(ϕ 24×2) Flat washer	1
13	Right regulating box	1	46	M8X35 external hexagon socket head cap screw	1
14	M4X12 large crossed flat head tapping screw	8	47	DC motor	1
15	Left regulating box	1	48	Plastic line clip	1
16	M6 flat shim	11	49	DC electronic control panel	1
17	M6X65 hexagon socket head cap screw	2	50	Running plate	1
18	Rear drum	1	51	M4X12 large crossed flat head tapping screw	10
19	Support pipe of running plate	1	52	Edge strip positioning	6
20	Treadmill frame	1	53	M6X55 crossed countersunk head screw	2
21	Isolation sleeve	2	54	M6 check nut	6
22	Slope regulation bulkhead	2	55	DC motor installation plate	1
23	Welding of slope regulation pipe	1	56	M6X70 crossed countersunk head screw	4
24	M8X35 hexagon socket pan head screw	2	57	Square bulkhead(20X40)	2
25	M8X45 hexagon socket pan head screw	5	58	Dustboard	1
26	Gas spring modules	1	59	Cord plug	2
27	M8X30 hexagon socket pan head screw	1	60	Power cord plug(small)	1
28	Underframe plug	2	61	Power switch	1
29	M8 check nut	4	62	Fixed welding parts for massage head	1
30	M8(ϕ 16×1.2) small flat washer	25	63	M8X16 outer six corner head screws	3
31	ϕ 48 castor	2	64	Massage head	1
32	M8X40 hexagon socket pan head screw	2	65	M8X16 hexagon socket	6
33	Welding parts of underframe	1			

V. Installation procedures

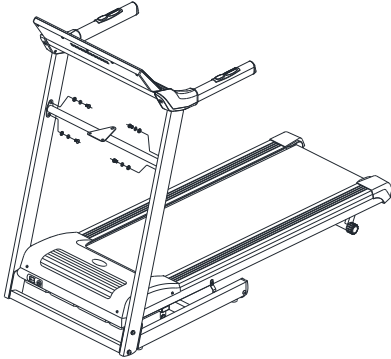
Each part of the electric treadmill has been strictly assembled and debugged before leaving the factory. As long as they are installed according to the following steps, an electric treadmill will be easily installed.

Step I: Installation of upright poles. Lift out the treadmill and align the left upright pole with the hole on the left of the chassis and fix them with 2 M8X45 hexagon socket pan head screws, 1 M8X16 hexagon socket pan head screws, shims and spring washers. Then connect the right upright pole with the chassis by the control line inside the upright pole. Next, align the upright pole with the hole on the right of the chassis and fix them with 2 M8X45 hexagon socket pan head screws, 1 M8X16 hexagon socket pan head screws, shims and spring washers. Attention: for the convenience of the electronic meter's installation, screw up all the screws on the upright poles in two turns. Don't tighten them, as shown in the following figure:

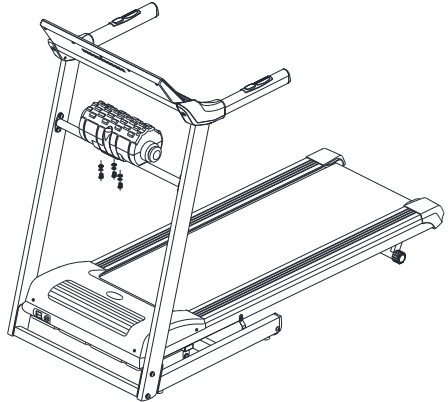
Step II: Installation of electronic meter. Connect the control line of the upright pole with the control lines at two ends of the electronic meter. Then plug the two ends of the electronic meter into the left and right upright poles and fix the meter frame on the left and right upright poles with 2 M6X25 hexagon socket head cap screw, shims and spring washers. Attention: Screw up all the screws on the upright poles in two turns. Don't tighten them, as shown in the following figure:



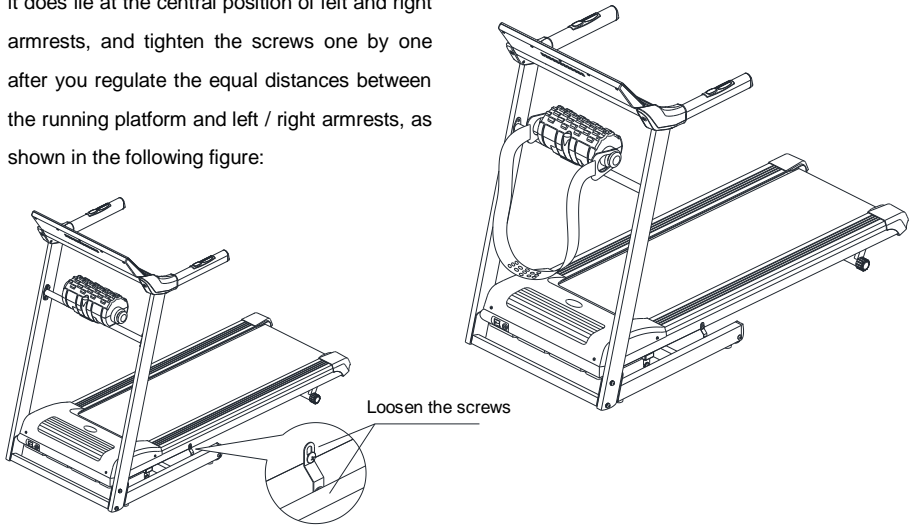
Step III: Installation of massage head fixing parts. Align the holes at the two ends of the massage head with the holes on the left and right upright poles. Then fix them with 4 M8X16 hexagon socket pan head screws, shims and spring washers. Finally, screw up all the screws on upright poles, electronic meters and massage head fixing parts tightly, as shown in the following figure:



Step IV: Installation of massage head. Take out the massage head and put it at the clip of the massage module. Then fix it with 3 hexagon socket external hexagon screws, shims and spring washers, as shown in the following figure:



Step V: Removal of the anti-loosing clip. Loosen and take out the fastening screw on the anti-loosing clip and take good care of it. After you fold the running platform, please loosen the screws in the above-mentioned steps if you find it does lie at the central position of left and right armrests, and tighten the screws one by one after you regulate the equal distances between the running platform and left / right armrests, as shown in the following figure:

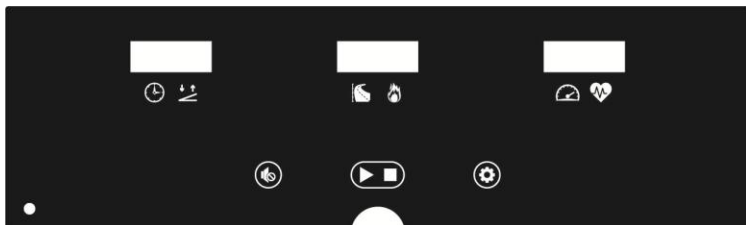



Step VI: Installation of massage belt. Take out the massage belt and plug the round buckles at the two ends of the massage head into the axis of the massage head as shown in following figure:


Step VIII: Carefully check if all the parts of treadmill are tight and start the treadmill with low speed. Check if all the parts of the running belt are flexible, if the running belt is fastened properly. No deviation and slip of the running belt is standard (shown in Daily Maintenance Electric Treadmill). After the treadmill is completely checked, move the treadmill to a proper position. Then the treadmill can be put into use.


VI. Display of electronic meter and functional operations


6.1 Display of electronic meter and functions:




6.1.1  "Time window: to display the time. It counts time from 0: 00 to 99: 59 forward and when it's99: 59, the treadmill runs steadily. Slow down the speed to stop first. When it displays "End" and after the treadmill stops running for 5 seconds, the treadmill enters standby state. The time window counts the time from the set time to zero backward. When the time is 0: 00, the treadmill steadily slows down and stops running and the speed window displays "End". After the treadmill stops running for 5 seconds, the treadmill enters the standby state.


6.1.2  "Distance window: to display the distance of sports. It counts from0.00 to 99.90 forward and when it reaches 99.90, it resets. It counts from the set value to zero backward. When the record is 0, the treadmill steadily slows down and stops running and the speed window displays" End". After the treadmill stops running for 5 seconds, the treadmill enters standby state.


6.1.3  "Calorie window: to display the calorie value consumed. It counts from 0.0-999.0. When the calorie value exceeds the maximum, it resets and counts again. It counts backward from the set value to 0.When the record is 0, the treadmill steadily slows down and stops running and the speed window displays "End". After the treadmill stops running for 5 seconds, the treadmill enters standby state.




6.1.4  " Speed window: to display the current speed value in the operation state. The speed range is 1.0-12.0KM/h.

6.1.5  " Heart rate window: to display the heartbeat rate of the runners. When the runners hold the heartbeat sensing handle, the treadmill can automatically detect and record their heartbeat rate and display it in this window. The display range of the heartbeat 50-200 times/minute(This data is for reference only, and can't be used as medical data.)

6.2 Key function:

6.2.1  "Procedure/Mode key: In the standby state, the three modes "30: 00", "1.00", "50.0" can be selected circularly by touching this key. "P1-P2-...-P12-U01-U02-U03-FAT" ,"0: 00", When selecting each mode, the "speed +/-"keys can be used to set the relevant inverted value. After the value is set, the treadmill can be started by touching the "start" key.


6.2.2  "Start/Stop key: In cast the power is on and the safety lock is closed, press this key at any time to start the treadmill. During the operation of the treadmill, press this key to stop the treadmill and reset it.

- 6.2.3  "Control key of power amplifier: to control the music switch (on/off).
- 6.2.4 "+", "-" Speed +/- key: to regulate the set value in the standby state. After the treadmill is started, this key is used to regulate the speed. The speed regulating amplitude value is 0.1 at a time. When this key is pressed over 0.5 second, the speed automatically increases or decreases.
- 6.2.5  Start key, Used to start a treadmill.  Stop key, To stop the treadmill.





6.3 Quick start:

Turn on the power switch of the treadmill, lock the safety lock at the proper position of the treadmill and fix the safety clamp on the runner's clothe. Touch the "Start/ Stop" key and the system will enters 3 count-down with a warning tone from the treadmill. At the same time, the speed window shows 3 count-down: 3, 2, 1. After the count-down ends, the treadmill runs in the speed of 1km/h. the runners can press the "Speed+/-"key to regulate the speed of the treadmill.

6.4 Operations in the running process:

- 6.4.1 "-" key will decrease the speed of the treadmill.
- 6.4.2 "+" key will increase the speed of the treadmill.
- 6.4.3  key will make the treadmill stop running.
- 6.4.4 When the runners hold the heart-beat handle, the treadmill will detect the heartbeat for 3 seconds and then show the heartbeat data. (This data is for reference only and can't be used as medical data.)

6.5 Manual mode:

- 6.5.1 In the standby state,  key will make the treadmill run in the speed of 1.0km/h and the gradient is 0. Other windows will count from 0 forward. "+", "-" key will change the speed.
- 6.5.2 In the standby state,  key makes the treadmill enter the time count-down mode. The time window displays the time and shines. The initial time is 30:00. "Speed+/-" key can be used to set the count-down. The time range is 5:00-99:00.
- 6.5.3 In the time count-down mode,  can make the treadmill enter the distance count-down mode. The initial distance is 1.00km. "Speed+/-"key can be used to set the distance. And the distance range is 0.50-99.90.
- 6.5.4 In the distance count-down mode,  can make the treadmill enter the calorie count-down mode. The initial calorie value is 50.0 kcal. "Speed+/-" key can be used to set the calorie value. The calorie range is 10.0-999.0 kcal.
- In the count-down mode, when the set time, calorie, and distance decrease to zero, the

treadmill will make a warning tone: Bi-Bi-Bi. The speed will decrease until the treadmill stops running. The window displays "End". 5 seconds later, the treadmill returns to the standby state and the buzzer will make a long warning tone: Bi-Bi.

In the manual mode, if the time accumulates and exceeds 99: 59(100minutes), the treadmill will automatically stop running.

6.6 Fixed program mode:

- a. The initial time is set to be 30 minutes and in this mode, only time can be set. The time range is 5:00—99:00. "Speed+/-" key can be used to regulate the set value.
- b. Press the start key and the motor will start running. The speed will increase slowly to the speed marked in the first section in the automatic program(details in sheet of program value). "Speed+/-" can be used to regulate the speed.
- c. "Hoisting +/-" key can be used to regulate gradient.
- d. Each program consists of 16 sections and the operation time of each section equals the set time divided by 16.
- e. When converting to another section, the treadmill will make a warning tone: Bi
- f. As the set time declines to zero, the speed slows down until the treadmill stops running. The buzzer will make a short warning tone: Bi-Bi-Bi. The speed slows down until the treadmill stops running. The window displays "End" and 5 seconds later, the treadmill returns to the standby state.

Fixed program table:

Time period Choice section		Operation time of each section = set time /16															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P01-Lose weight	SPEED	3	6	7	8	9	10	9	8	8	9	10	9	8	7	6	3
P02-Burn fat	SPEED	5	7	9	9	11	8	8	10	10	8	10	8	6	5	4	3
P03-Mountain	SPEED	3	4	6	5	3	5	6	4	5	6	7	6	8	6	5	3
P04-Road	SPEED	3	6	7	7	8	9	9	10	10	10	9	9	8	6	4	3
P05-Race	SPEED	3	5	6	8	12	8	6	5	6	8	12	8	6	8	6	3
P06-Slow walk	SPEED	3	4	5	5	6	5	5	4	5	5	6	5	5	4	5	3
P07-Quick walk	SPEED	3	5	6	7	7	6	6	7	7	6	6	7	7	6	5	3
P08-Random	SPEED	5	10	6	11	7	11	8	11	9	6	10	7	11	9	6	3
P09-Jog	SPEED	5	7	8	9	9	9	8	8	9	9	9	8	9	8	6	5
P10-Sprint	SPEED	2	6	7	8	9	10	10	11	11	11	10	9	8	6	4	2
P11-Gradual	SPEED	3	4	5	6	7	7	5	6	7	7	5	7	6	5	4	3
P12-Learner	SPEED	3	5	6	5	5	6	5	5	6	5	5	5	5	4	3	3

6.7 User's self-defined program:

The treadmill consists of 12 built-in programs as well as 3 user's self-defined programs: U01, U02, U03, which allow the users to set the treadmill by themselves.

6.7.1 Setting of user's self-defined program: In the standby state, continuously touch the "⚙️" key until it's the user's self-defined program that the user needs. The distance window displays "U01-U03". Touch the "⚙️" key for long time and the treadmill will enter setting. The time window displays "S-01...S-16". The speed windows will display the relevant data of the corresponding section. Then each time period can be set by the "Speed +/-". Touch "⚙️" key to finish the setting of this time period and start setting another time period until 16 time periods are set. After the time periods are set, the data will be kept till the user resets it. The data will not disappear for outage of power.

6.7.2 Start of user's self-defined program:

- a. In the standby state, continuously touch "⚙️" key until it's the user's self-defined program (U01-U03) that the user needs. After setting the operation time, the treadmill can be operated by touching "▶️" key.
- b. After setting the user's self-defined program and the operation time, the treadmill can be operated by touching "▶️".

6.7.3 Instructions of setting user's self-defined program:

There are 16 time periods for each program. When setting each program, speed operation time of 16 time periods must be set first. Then the treadmill can be operated by touching "▶️" key.

6.8 Physical test:

In the standby state, touch "⚙️" key first to choose FAT test function and then touch "⚙️" for long time to enter page F-1, F-2, F-3, F-4, F-5 (F-1--Gender, F-2--Age, F-3--Height, F-4--Weight, F-5-Physical test). Parameters of 01--04 can be set by pressing "Speed +/-" key (Parameters are as follow:). Then touch "⚙️" key to enter F-5 physical test page. Hold the handheld cardiograph plate for 5- 6 seconds, the treadmill will display your physical index to check your weight and height. Physical index (FAT) is used to indicate the relation between weight and height but not to indicate the body proportion. FAT is suitable for any male or female. It provides people with data together with other health indicators to adjust people's weight. The ideal FAT should be

between 20 and 40. If the FAT is less than 19, it means that the user is too thin. If the FAT is between 25 and 29, it means that the user is overweight. If the FAT is over 30, it means that the user is obese. (This data is for reference only and can't be used as medical data.).

F-1	Gender	01 Male	02 Female
F-2	Age	10-----99	
F-3	Height	100----200	
F-4	Weight	20-----150	
F-5	FAT	≤19	Too thin
	FAT	=(20---24)	Ideal
	FAT	=(25---29)	Overweight
	FAT	≥30	Obese

6.9 Display range of each value:

	Initial value	Setting initial value	Setting range	Display range
Time(minute: second)	0:00	30:00	5:00-99:00	0:00-99:59
Speed(km/h)	0.0	1.0	1.0-12.0	0.0—12.0
Distance(km)	0.0	1.00	0.50-99.90	0.00-99.90
Calorie(kcal)	0	50.0	10.0-999.0	0.0—999.0

6.10 Safety lock function:

Under any exercise status, press safe lock to urgently stop operation of the treadmill. After the treadmill urgently stop operation, “Speed window” display “———”, the treadmill sends three warning sounds of “BB”; at the same time, the treadmill can't conduct any operation except shutdown. After safe lock is correctly assembled again, the treadmill enters into standby state again and waits for order inputting.

6.11 Power saving mode:

The system has power saving function. If there is no any key order inputting within 10 minutes in standby state, the system of the treadmill will enter into power saving mode with display of automatic shutdown, press any key to start the treadmill again.

6.12 MP3 function:

After power is on and MP3 or other audio equipment is connected, the treadmill can play music. Volume can be controlled by audio equipment. Pay attention to control volume in case of influence in sound quality of the treadmill and built-in audio circuit.

6.13 Shut down:

The treadmill can be off by turn off the power or the treadmill at any time, which does not damage it.

6.14 Precautions:

6.14.1 Check whether the treadmill is connected to the power before exercise; whether the safety lock is valid.

6.14.2 Whether there are abnormal conditions or not during sporting; the treadmill may quickly slow

down until to stop by pulling off the safety lock; put the safety lock in the place again and reset the equipment waiting for entering order.

6.14.3 If you have any questions about the treadmill, please contact the distributor. It is not allowed for laymen to disassemble or maintain the treadmill for fear of damaging the treadmill.

VII. Use method and safety protection for treadmill

1. Debugging of treadmill

1.1 After the installation is completed, position the safety lock to the corresponding position of electronic meter.

1.2 Before the powering, inspect whether the power ground wire is well grounded and pull the running belt with hands to check whether it can run flexibly without any abnormal sound.

1.3 Plug in the power supply and open the power supply lock. Then, all windows on the electronic meter show the initial values and the running belt is still.

1.4 Press the "Start" Key and the treadmill starts operating at a low speed (the operating speed is 1km/h). Observe whether the treadmill and electronic meter can operate normally.

1.5 Press the "Speed-up" Key and "Speed-down" Key to observe whether the regulation is normal.

1.6 Press the "Stop" Key or pull in the safety lock, and the treadmill may stop operating. Turn off the power switch and unplug the power supply.

2. Operating instructions

After being debugged, the electric treadmill can be put into use

2.1 Plug the power supply in the household 220V outlet. The outlet must be provided with appropriate grounding wire.

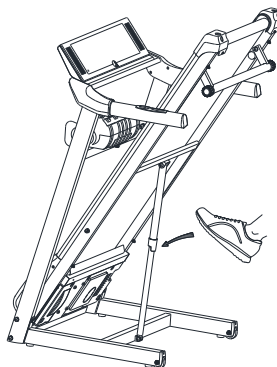
2.2 Emplace the safety lock and press "Start" Key, and then the running belt may operate slowly (the speed is about 1km/h). The speed per hour is displayed on the meter.

2.3 If the treadmill needs to be accelerated, press the "Speed-up" Key and the buzzer's "tick" indicates one level up. The maximum speed per hour is 12km/h.

2.4 If you cannot wait for the deceleration while running on the treadmill at a high speed, you can pull out the safety lock and the treadmill may immediately stop.

2.5 Press "STOP" after running and the treadmill slows down until it stops.

2.6 Folding operation: During the folding operation, switch off the power supply firstly, unplug the power supply in the front of treadmill, and uplift the rear end of treadmill frame with hands. Please be sure that the locking is not tight enough until a sound of "click" is heard from the hook-type protective device. After the locking, move or leave the treadmill. When the treadmill is placed down,



pick up the treadmill frame with hands, stamp the air spring casing so that the air spring can retract into the casing, and slowly set the treadmill level in order. The stamping for air spring casing is as shown in the figure.

3. Safety protection for treadmill

3.1. In any emergency, as long as the exerciser takes off the safety lock, the treadmill may be power off. Therefore, when you are exercising, please be sure to clip the safety lock on the appropriate position on your clothes to ensure the safety.

3.2. When the treadmill belt skids or the running belt is stuck, the motor may stop in about 3s.

VIII. Precautions

1. Circuit

1.1 Avoid using other electric appliances in the same power supply circuit. The power supply circuit must be able to supply over 7.2A electricity current.

1.2 It is required that the service voltage should be in the range of 220V-240V. The voltage beyond this range may lead to the abnormal operation.

1.3 Check whether the power is on or not before sporting; check whether the safety lock is efficient or not.

1.4 Whether there are abnormal conditions or not during sporting; the treadmill may quickly slow down until to stop by pulling off the safety lock; put the safety lock in the place again and reset the equipment waiting for entering order.

1.5 After being used, the treadmill should be immediately unplugged.

1.6 In Winter, certain humidity should be kept indoors to avoid strong static electricity.

1.7 If the power wire is damaged after use, please go to specified products distributor for replacement or purchase.

1.8 If you have any questions about the treadmill, please contact the distributor. It is not allowed for laymen to disassemble or maintain the treadmill for fear of damaging the treadmill.

2. Placing environment

2.1 It is only proper for the treadmill to be placed indoors for protection against humidity. It is forbidden to splash water on the treadmill. It is forbidden to place any foreign materials on or inserted them in the treadmill.

2.2 During the operation of the treadmill, the motor may generate a small number of sparks, so the treadmill should be placed at a drafty place and kept away from explosives.

2.3 When the treadmill is used, ensure its fore and rear feet reliably contact the ground. If the ground surface is uneven, it should be stably padded with carpet or rubber plate.

2.4 Pay attention to the interior hygiene usually to reduce indoor dust because its sensibility may be influenced by the dust adhered on the electronic components.

3. Precautions before or during exercise

3.1 For your safety, wear sports clothes and select suitable sports shoes when using the treadmill. It is strictly forbidden to exercise on the treadmill with bare feet.

3.2 It is not allowed for two or more persons to do exercises on the treadmill at the same time.

3.3 Prepare a towel before running to prevent sweat from dropping on the running belt and being thrown into the enclosure to damage the electric appliance.

3.4 The beginner can get on the treadmill only after he stands on the edge to test several times with one foot and feels capable of keeping up with the speed of the running belt.

3.5 The treadmill has enough motor power. In principle, the zero start can be realized, but to extend the service life of the treadmill, it is suggested that you should stand on both edges of the treadmill and get on it for exercise after the normal start.

3.6 It is strictly forbidden to get on and off from the rear end as it is very easy for people to tumble in such way.

3.7 The strength should be equal when the hands are on the armrests and run on it straightly to avoid belt deflection.

3.8 When people run in a normal state, the two hands should be moved from the armrests. The arms can be swung boldly so that the exercise result may be better.

3.9 The stop lock should be pressed when get off the treadmill. Don't get off the treadmill until the running belt stops completely.

3.10 Keep the child away from the running treadmill for fear that the hand or the clothes may clamped by the running belt to cause serious injury.

3.11 It is strictly forbidden to touch the working running belt by hands.

4. Additional precautions

4.1 The cardiac should not use the electric treadmill alone.

4.2 Determine the running speed according to your physical conditions; and the sick should not use the treadmill or use it under the instruction of a doctor.

4.3 The heart rate sensor is not a medical facility and the detection results are for reference only.

IX. Daily servicing and maintenance of electric treadmill

During the daily use of the treadmill, the following should be noted for the maintenance.

1. Keep the treadmill clean

1.1 The service life of the treadmill can be significantly extended by keeping clean. Often wipe the running board and footboard exposed on the two sides of the running belt. Reduce long-term accumulation of the dust and dirt under the running belt.

1.2 The running belt can be wiped with soft cloth dipped with soapsuds. Don't let the water flow to the bottom of the running belt and into the shield.

1.3 Regularly check each bolt and nut. Please tighten and fix them immediately with tools if they are loose.

1.4 Regularly check whether the groove of the motor belt is clean. If there are residual, they must be cleaned off to avoid unnecessary vibration when it is used.

1.5 Regularly clean the electric control system and the dust surrounding the motor to ensure normal operation of the treadmill.

2. Lubrication

2.1 A bottle of special lubricating oil for running board is attached. Running board surface should be evenly lubricated with special lubrication regularly to avoid the damage of running belt and running board caused by the temperature rise due to the friction between them, and to reduce the load of the motor. (Note: the child should not play with it in fear of eating by mistake)

2.2 After the treadmill has been used for accumulatively 50km, the running belt and running board should be lubricated with the special lubricant. The lubrication should not be excessive. It is recommended that a 30ml bottle of special lubricating oil for the treadmill should be used for ten times.

2.3 Lubricating method: Loosen the right and left adjustment bolts at the rear end of the treadmill with special tools, lift the running belt about 10-15cm, pour a good amount of special lubricating oil on the top surface of the running board, and smear it evenly and tighten the running belt. (For adjustment method, see the "Adjusting method for the tightness of running belt") The over lubrication should be avoided. As for the lubrication, it is by no means "the more the better". Please remember: reasonable lubrication is an important factor to extend the service life of the treadmill!

3. Judgment for friction:

The frictional force of the running board and running belt can be increased by uncleanness or reduction of lubricant, which may damage the motor and control panel. The excessive frictional force is characterized with followings:

3.1 Under the power off condition, it is arduous to drive the belt by feet, or even the belt cannot be driven;

3.2 The treadmill runs at an intermediate speed. The running belt completely stops as soon as the safety switch is turned off;

3.3 The increment of frictional force may cause the damage of motor or control panel, short circuit, tripping, fuse burn-out, etc.

4. Adjustment for the tightness of running belt:

4.1 Although all treadmills have been adjusted at exworks, the running belt may become loose after the treadmill is used for some time. The maintenance is mainly carried out by the user. If the running belt is too loose, the skidding phenomenon of running belt and drum may occur when you step on the running belt. But excessive tightness is not good either because it may damage motor, running belt and drum, increase the running noise of the treadmill, etc. In general condition, it is better to lift the two sides of running belt 5-6cm away from the running board.

4.2 Judgment method for tightness of running belt

Adjust the treadmill speed to 1.5 km/h, grasp the armrest forcefully with both hands and prevent the operating of running belt with feet. At this time, if the running belt stops running, the front drum continues running, but the running belt continues running after being released, indicating that the running belt is excessively loose. Meanwhile, the user may feel the halt at sometimes, and the long-term use under the loose state may shorten the service life of running belt. Therefore, adjustment should be done timely.

4.3 Adjusting method for the tightness of running belt: After the treadmill is used for some time, the halt may be felt while you are running on it, which is caused by the excessive loose running belt. The tightening adjustable bolt of the right and left rear regulating box is used to adjust the tightness and deflection. It is the core component of the adjustment of the complete treadmill.

Adjusting method: (note: the clockwise means tightening and the anticlockwise means loosening. All the tightening and loosening as shown below stand for clockwise and anticlockwise respectively.) After the treadmill is used for some time, the running belt may get extended slightly. If you feel the skidding running belt, it shows the running belt is too loose. Thus, tighten the adjustable bolts of rear cover at both sides at the same time by 1/4 circle until no skidding or halt is felt while you are running on the treadmill.

Special attention: As for the running belt, it is not the tighter the better. The tightness should be adjusted as required. The service life of the running belt may be shortened if it is too tight.

5. Adjustment for deflection of running belt:

As for all treadmills, although the running belt has been adjusted at exworks, the running belt may suffer the deflection after the treadmill is used for some time. This is attributed to following reasons:

5.1 The treadmill body is placed unevenly.

5.2 While exercising on the treadmill, the user fails to run on the central position of the running belt.

5.3 The strength of user's feet is uneven.

5.4 Adjustment for deflection: It only takes a few minutes to recover artificial deflection by no-load operation. As for the non-recoverable deflection, the running belt adjusting bolts should be adjusted with the auxiliary special tools by half a circle. For example, if the deflection is leftward, clockwise adjust the left adjusting bolts or anticlockwise adjust the right adjusting bolts, and if the deflection is rightward, clockwise adjust the right adjusting bolts or anticlockwise adjust the left adjusting bolts. The deflections of running belt are mainly maintained and repaired by the user. As the deflection may seriously damage the running belt, the deflection should be timely corrected if any.

6. Adjustment for motor belt:

6.1 As for all treadmills, although the motor belt has been adjusted at exworks, the running belt may suffer the halt after the treadmill is used for some time, because the motor belt gets loose.

6.2 Judgment method for tightness of running belt: adjust the treadmill speed to 1.5 km/h, grasp the armrest forcefully with both hands and prevent the operating of running belt with feet. If the running belt stops running, the front drum continues running, but the running belt continues running after being released, indicating that the running belt is excessively loose. Meanwhile, the user may feel the halt at sometimes, and the long-term use under the loose state may shorten the service life of running belt. Therefore, adjustment should be done timely.

6.3 Solution: Use special tools to clockwise adjust the motor belt adjusting bolts for several circles until the user cannot feel the halt. This adjustment is mainly carried out by the user.

Adjusting method for motor belt: Clockwise adjust the motor belt adjusting bolts by half a circle with auxiliary tools.

X. General fault shooting methods:

Fault or phenomenon		Possible reasons	Handling method
No display of the treadmill		A. Power is not plugged or there is no power supply.	Plug the power lines into the AC current, or check the AC socket
		B. The power switch is not on.	Switch the power to "ON"
		C. No supply of the mainboard or it is damaged.	Press the overcurrent protector or replace the driver
		D. Disconnection of the Electronic meter signal lines.	Replace the signal lines and plug the lines again
		E. The Electronic meter is damaged	Replace Electronic meter
		F. (liquid crystal) the backlight is out of work	Check and repair the backlight lines or replace the backlight lines
Incomplete display of the treadmill		A. Display of Pseudo Soldering or continuous soldering of driver IC	Check and repair the welding joints and re-weld
		B. Display of abnormality of driver IC	Repair and re-weld the driver IC
The operation of the treadmill is not smooth, shaking or without force.		A. There is resistance in the transmission parts	Adjust the transmission parts or add lubrication oil
		B. The transmission belt is over tight or over loose	Adjust the tightness of the transmission belt
		C. The torque of the drive is over little or over large	Adjust the torque potentiometer to the proper position
the Electronic	---or---	A. The safety lock fell off	Put the safety lock onto the plate for the actuation or the card inserting position
		B. The magnetron is not connected properly	Install the magnetron into the right position
E01- communication fault (the Electronic meter signal cannot be received by the drive); E13- communication fault (the Electronic meter does not receive the signal of the drive)		A. The signal lines of the electronic meter is not well plugged or poor connection	Plug the lines again
		B. The signal lines are damaged or there is short circuit or open circuit	Replace the signal lines
		C. Line fault of the electronic meter signal	Replace the electronic meter
		D. Line fault of the drive	Replace the drive
E02-stalling protection (explosion-proof protection or the major motor is abnormal)		A. The motor lines are not well connected or the motor inside is open circuit	Plug the motor line again or replace the motor
		B. The puncture and damage of the drive IGBT	Replace the drive
		C. The voltage of the outside AC current is too low	Stop using and let the electrician eliminate the fault
E05-overcurrent protection		A. Overload	Systematic protection, restart if there is man-made lock
		B. The transmission parts are stuck or impeded	Adjust the transmission parts or add lubrication oil
		C. The motor inside is short circuit	Replace the motor
		D. Burnout of the drive	Replace the drive
E06-generally is open circuit of the motor		A. Not well plugged of the motor line	Plug the motor line again
		B. The motor inside is open circuit	Replace the motor

		C. The motor is idling	Error report of undercurrent; Please assembly and test the machine.
E10-generally the moment peak value of the motor is abnormal and overcurrent protection	A. The torque of the drive is overlarge		Adjust the torque potentiometer to the proper location
	B. The motor inside is short circuit		Replace the motor
	C. The transmission parts are stuck		Adjust the transmission parts or add lubrication oil

XI. Precautions for exercise

Warm-up: Before each exercise, it is necessary to take 5~10 min to do the warming up, including the warm-up (including the stepping machine, treadmill, rowing machine and exercise bike) and stretching (stretch the muscles in the training part and bend the joints) to prevent the sport injury.

Breath: During the exercise, it is not allowed to hold the breath. Generally, inhale from nose when doing the preparing or homing actions and exhale from mouth when putting forth the strength. The breath should be coordinating with the actions. In case of short breath, stop exercising immediately.

Frequency: The training for the same muscle should be carried out at the interval of 48h, that is to say, the training for the same muscle should be carried out every other day.

Load: Everyone should determine the training intensity according to his or her physical conditions. The load exercise should be done progressively. In the initial exercise, you may get muscular ache. As only as you keep exercising in the aforesaid frequency, the ache may be relieved.

Relax: After each exercise, you should do 5-minute homing actions, especially the stretching and relaxing for muscles of trained legs to prevent the muscle from getting long-term spasm and maintain the elasticity of muscle.

Diet: In order to protect the digestive system, the exercise can be carried out 1 hour after the meal and have meals at least half an hour after the exercise. During the exercise, drink water as little as possible. It is forbidden to swallow much water for fear of burdening the heart and kidney.

If you have any questions about the treadmill, please contact the distributor. It is not allowed for laymen to disassemble or maintain the treadmill for fear of damaging the treadmill.

Attention:

The right of final interpretation for the appearance, specification, model, etc. of products is owned by our company. Any product is subjected to change without notices and product pictures are for reference only!