GT3

Light Commercial
Motorized Treadmill

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

Contents

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 overweighed (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.
12. For your safety, please operate the following functions when the treadmill is idle: "Wireless Net", "Bluetooth", "Application", "Time Zone", "Video", "Music". When the treadmill is operating, please use the real buttons on the control panel to perform relevant operations as possible.

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 150Kg (330Ib), the service life of the treadmill may be affected.
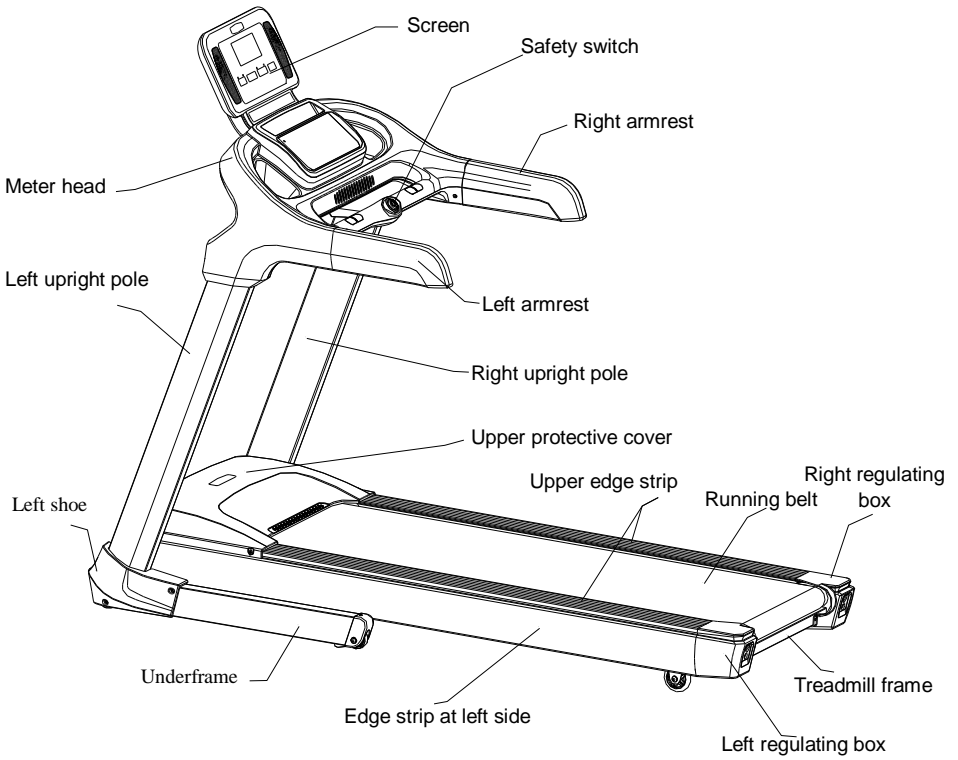
Main technical parameters

- Input power voltage:AC220-240V（50Hz～60Hz）
- Rated voltage:8.5A
- Operating ambient temperature:0~40℃
- Motor power:2625W
- Scope of operating speed: 1~18（km/h）
- Gradient regulating range:0－15%
- Time display range: 0:00~99:59（H:M）
- Scope of distance display:0.00~99.99（km）
- Scope of heart rate: 50~200（b/pm）
- Scope of calorie display: 0~999.9（calories）
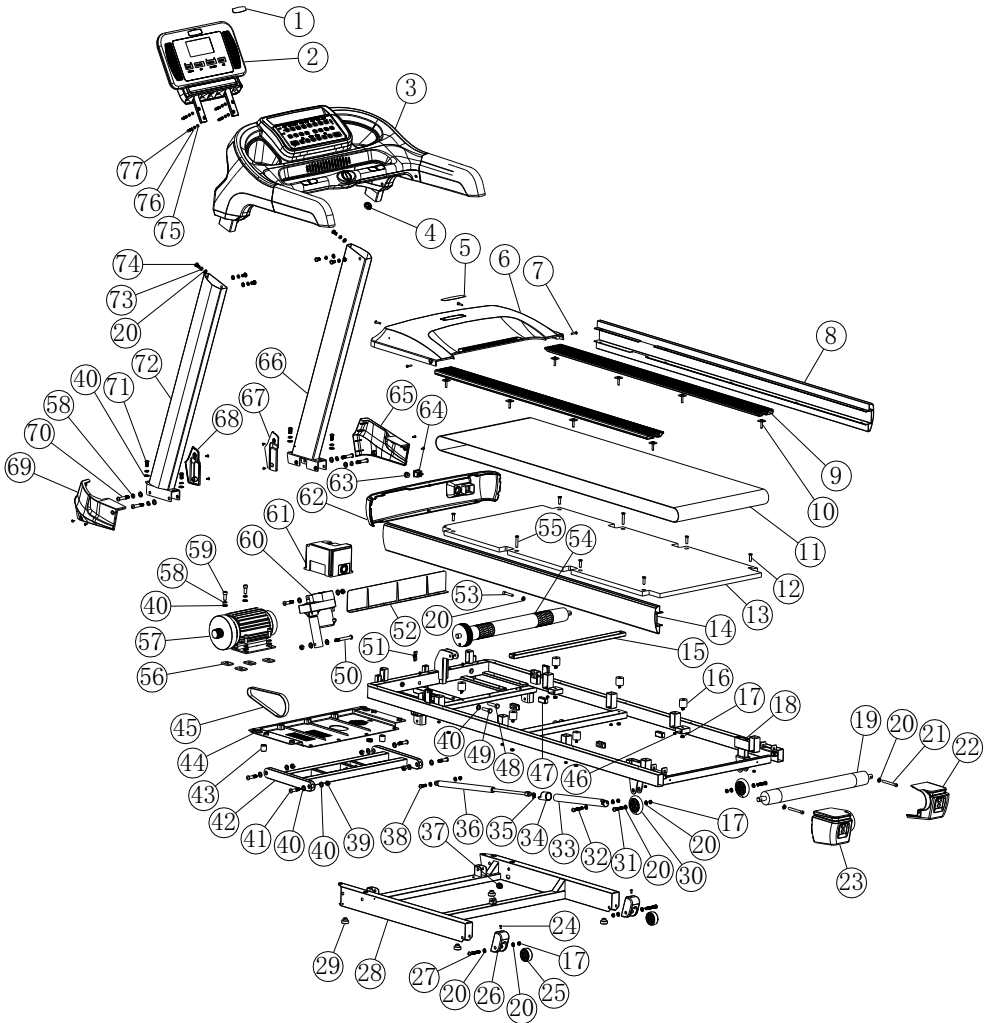- Floor area: 188×89×150CM
- Effective usable floor area: 140×50CM

Features

※ AC Motor: 2625W

※ Double safety protection functions with both emergency stop and soft stop

※ PU handrail

※ Multi-windows LED display

※ Preset 12 intelligent running programs, 3 user-defined modes

※ One-button program set function satisfies different fitness demands of all kinds of people easily.

※ High-power Hi-Fi system; MP3 audio input

※ Smart fan provides you extra oxygen by increasing air circulation

※ Intelligent APP supports multi-platforms and multiple languages

※ Intelligent internet treadmill brings you a lot of fun by sharing the fitness data, interaction, attending online running race and etc

※ Professional and simple user operation interface; Quick buttons for speed, incline and program Humanity management of system setting

※ New design of hidden mobile device bracket

※ Multilayer shock absorption system

※ Hydraulic folding with lock device

II. Product introduction

Screen

Safety switch

Right armrest

Meter head

Left upright pole

Left armrest

Right upright pole

Upper protective cover

Upper edge strip

Running belt

Right regulating box

Left shoe

Underframe

Edge strip at left side

Treadmill frame

Left regulating box

III. Product explosion diagram

IV. Particular sheet of explosion diagram

S/N	Part name	Qty.	S/N	Part name	Qty.
1	Small diamond LOGO	1	40	M10 small flat gasket	25
2	Screen	1	41	M10X45 hexagon socket pan head screw	5
3	Electronic meter	1	42	Welding parts of erector	1
4	Safe switch	1	43	Support pad of erector	2
5	Big diamond LOGO	1	44	Base plate of motor	1
6	Motor's protective cover	1	45	Belt	1
7	Large crossed flat head screw	4	46	M8 check nut	8
8	Right edge strip	1	47	Bulkhead	4
9	Upper edge strip	2	48	M10X50 hexagonal screw	1
10	Fixed part of edge strip	8	49	M10X40 hexagonal screw	1
11	Running belt	1	50	M10X85 hexagon socket pan head screw	1
12	M8X25 crossed countersunk head screw	6	51	Line clip	1
13	Running plate	1	52	Dust cover	1
14	Left edge strip	1	53	M8X55 hexagon socket head cap screw	1
15	Support column of running plate	1	54	Front drum	1
16	Shock pad	6	55	M8X45 crossed countersunk head screw	2
17	M8 check nut	10	56	Shock pad	4
18	Welding parts of running plate	1	57	Motor	1
19	Rear drum	1	58	Spring washer	12
20	M8 flat washer	17	59	M10X35 hexagon socket head cap screw	4
21	M8X75 hexagon socket head cap screw	2	60	Lifting motor	1
22	Right regulating box	1	61	Frequency converter	1
23	Left regulating box	1	62	Front protective cover of treadmill	1
24	large crossed flat head screw	10	63	Power plug	1
25	54 wheel	2	64	Power switch	1
26	Caster cover	2	65	Right shoe	1
27	M8X55 hexagon socket pan head screw	2	66	Welding parts of right upright pole	1
28	Welding parts of underframe	1	67	Right shoe cover	1
29	Foot pad	4	68	Left shoe cover	1
30	Roller of treadmill	2	69	Left shoe	1
31	M8X45 hexagon socket pan head screw	2	70	M10X55 hexagon socket pan head screw	4
32	M8X55 hexagon socket pan head screw	1	71	M10X30 hexagon socket pan head screw	4
33	Gas spring casing	1	72	Welding parts of left upright pole	1
34	Pedal sleeve	1	73	Spring washer	6
35	Small shrapnel	1	74	M8X hexagonal screw	6
36	Gas spring	1	75	M6 flat washer	4
37	Plug	2	76	Spring washer	4
38	M8X55 hexagon socket pan head screw	1	77	M6X25 hexagon socket head cap screw	4
39	M10 self-locking nut	6			

V. Assembly step

All parts of electric treadmill have been strictly assembled and debugged before the ex works. An electric treadmill can be easily assembled into if the installation is carried out by observing following steps.

Step I: Install upright pole. Open packing box of treadmill and lift the treadmill. Lock left upright pole on the treadmill with two M10x30 round head hexagon socket screws and two M10×60 round head hexagon socket screws (with spring washer and flat washer). Fit right upright pole (control line inside upright pole) to reserved control line of the treadmill, plug joint of control line into overline hole of the underframe, and lock right upright pole on the treadmill with two M10×30 round head hexagon socket screws and two M10×60 round head hexagon socket screws (with spring washer and flat washer), as shown in the following figure:
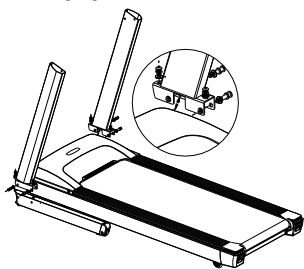

Step III: install display screen: open packing box of the display screen, take out of display screen, correspondingly connect lines on the display screen and the lines on the meter, plug the display screen into the meter, lock it on the meter with four M6×20 hexagon socket head cap screws (with spring washer and flat washer), as shown in the following figure:

Step II: install meter, take out of meter. Connect control line of right upright pole and control line of bottom right end of meter, insert them into left and right upright poles, lock the meter on left and right upright poles with 6 hexagonal pan head screws M8×16 (with spring washer and flat washer), as shown in the following figure:
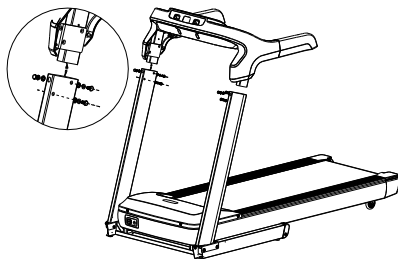

Step IV: install shoes of upright pole and decorating parts in the following table: fix shoes outside left and right upright poles on the underframe with four M8×10 large crossed flat head screws, fix shoes inside left and right upright poles on the upright poles and underframe with four M4×10 large crossed flat head screws, fix decorating parts on left and right sides of meter on decorating parts on external side of the meter with eight M4×10 round head tail-out tapping screws, as shown in the following figure::

M4×10 round head tail-out tapping screws

M4×10 large flat head screws
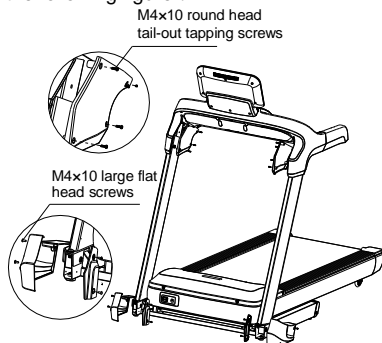
Step V: Carefully inspect the fastening of each part of treadmill; start the treadmill at low speed and inspect the flexible rotation of each part of running belt and the tightness of running belt; the non-offset and non-skidding of running belt shall prevail (see the "Daily servicing and maintenance of electric treadmill"). After the inspection, move the treadmill to a proper position for use.

VI. Display and function operation of electronic meter

6.1 Display and function of the electronic meter:
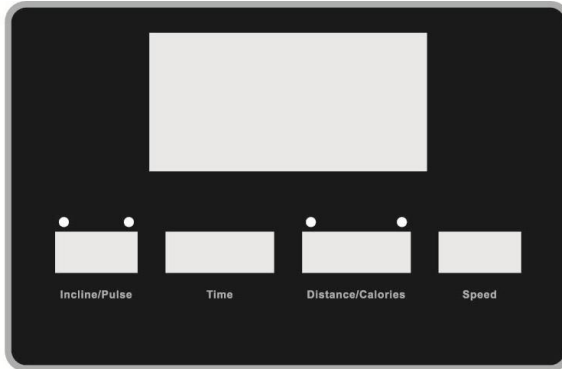
6.1.1 "Incline/heart rate" window:

Display current incline value, display range of the incline: 0-15 section.

When the sporter holds heartbeat induction grip with both hands, the system can automatically detect heartbeat frequency which is displayed on the window, display range of heartbeat value: 50-200time/m. (Heartbeat data can only be reference other than medical data.)

6.1.2 "Time" window: display exercise time. Positive count-down of manual mode is 0:00-99:59, and when it counts down to 99:59, the treadmill steadily slows down and stops operation and speed window displays "End". It enters into standby state when it fully stops operation for 5 seconds; positive count-down of distance and calorie mode is 0:00-99:59, and when it counts down to 99:59, it resets and continues to operate; count-down time decreases progressively from setting time to 0, and when it counts down to 0:00, the treadmill steadily slows down, stops operation and displays "End". It enters into standby state when it fully stops operation for 5 seconds.

It displays "FAT" in program selection state.

6.1.3 "Distance/Calorie" window:

Display "P01-…-P12-U01-…-U03" and exercise distance in program selection state;

Positive count-down is 0.00-99.00, nd it resets and continue to operate after overflow; reverse count-down time decreases progressively from setting time to 0, and when it counts down to 0, the treadmill steadily slows down, stops operation and displays "End". It enters into standby state when it fully stops operation for 5 seconds.

Display exercise calorie. Positive count-down is 0.0-999.0, and it resets and continue to operate after overflow; during reverse count-down, it counts down to 0, and when it counts down to 0, the treadmill steadily slows down, stops operation and displays "End". It enters into standby state when it fully stops operation for 5 seconds.

6.1.4 "Speed" window:

Display current speed value in operating state, display range of metric speed: 1.0-18.0KM/H; range of inch speed is 0.6-11.2MPH.

6.1.5 Lattice window: display program diagrams of speed and incline during operation, operate in mode state, display 400m runway.

6.2 Key function and operation:

6.2.1 "Program switching" key is program key: successively press this key to circularly select built-in fixed program "P1-P2-…-P12-U01-…-U03-FAT".

6.2.2 "Half marathon" key: Under the standby state, press this key to start half marathon with the distance of 21.1KM.

6.2.3 "Target setting" is mode selection key: press this key to circularly select "Time count-down", "Distance count-down", "Calorie count-down", "Manual mode" ("30:00" is time count-down mode, "1.00" is distance count-down mode, "50.0" is calorie count-down mode, "0:00" is manual mode). During selection of various modes, "Speed+", "Speed -" and "Incline ⌃", "Incline ⌄" can be used to set relevant count-down values. After completion of setting, press "Start" key to start the treadmill.

6.2.4 "Warm-up program" key: in standby state, press this key for three-minute (time window flashes) warm-up. The treadmill operates with the speed of 1.0KM/H. press three-minute time count-down and gradually speed up to 6KM/H (maximum speed is 6.0KM/H). After completion of count-down, the treadmill shuts down slowly. When it's in running "Warm-up program" state, press "Start/Pause" key and leap over "Warm-up program". When it's not in Warm-up program" state, press "Start/Pause" key to pause exercise.

6.2.5 "Relaxation program" key: press this key in operating state. If current speed≥8KM/H, it totally wastes three minutes (time window flashes) from 8km to shutdown; If current speed ＜8KM/H and ≥2.5KM/H, it will shut down 2 minutes later and the speed is from high value to cease; if current speed＜2.5KM/H, it will shut down 18 seconds later. Press "Relaxation program" key, time window flashes with display. The speed only can be reduced other than increase. In this state, it's not effective by pressing "Pause" key.

6.2.6 "Lose weight" key: Under the standby state, press this key to directly select lose weight.

6.2.7 "Burn fat" key: Under the standby state, press this key to directly select burn fat.

6.2.8 "Start/Pause" key: in case that power is on and safe lock is fully attracted, press this key to start the treadmill at any time.

6.2.9 "Stop" key: during movement, press this key to stop operation of the treadmill and reset.

6.2.10 "Speed +", "Speed-": they are used to adjust the set values under standby state; and to adjust speed under operating state, of which the adjusting range is 0.1 once. When they are pressed and held for over 0.5s, the speed can increase or decrease continuously.

6.2.11 "Gradient ⌃" and "Gradient ⌄": they are used to adjust the set values under standby state; and to adjust gradient under operating state, of which the adjusting range is 1 section/each time. When they are pressed and held for over 0.5s, the gradient can increase or decrease continuously.

6.2.12 "Speed: 6, 9, 12, 15" are short-cut keys for speed regulating: they can be used to

regulate the speed quickly.

6.2.13 "Incline: 6, 9, 12, 15" are short-cut keys for gradient regulating: they can be used to regulate the gradient quickly.

6.2.14 "Sound switch" key: volume switch control key.

6.2.15 "Mobile connection" key: when the treadmill is power on, mobile connection default is closed by fault. Press "Mobile connection", wait for connection, bluetooth light flashes, it will be automatically closed if no APP is connected within 5 minutes. After connection with App, blue light is always on.

6.2.16 "Fresh air switch" key: when fan is in closed state, press this key to operate fan, press this key again to turn off fan.

6.3 Quick start (manual mode):

Open power switch of the treadmill, correctly attract safe lock to the position of safe lock of the treadmill. Press "Start/Pause" key, the system enters into three-second countdown and the treadmill sends audio prompt. At the same time, speed window displays countdown 3, 2 and 1. After countdown, the treadmill starts operation with the speed of 1km/h. after start, user can use "Speed +" key and "Speed –" key to adjust speed of the treadmill; use "Incline⌃" key and "Incline ⌄" key to adjust incline of the treadmill as required.

6.4 Operation during exercise:

6.4.1 Press "Speed –" key to reduce operating speed of the treadmill.

6.4.2 Press "Speed +" key to increase operating speed of the treadmill.

6.4.3 Press "Incline ⌄" key to reduce incline of the treadmill.

6.4.4 Press "Incline⌃" key to increase incline of the treadmill.

6.4.5 Press "Stop" key so that the treadmill will slow down and stop operation.

6.4.6 Treadmill displays heartbeat data by reading 3 seconds when sporter holds heartbeat grip with both hands. (Heartbeat data can only be reference of exercise other than medical data.)

6.5 Manual mode:

6.5.1 Press "Start/Pause" key in standby state, the treadmill operates with the speed of 1.0km/h and incline of 0. Other windows count forward from 0. Press "Incline ⌃" key, "Incline⌄" key, "Speed +" key, "Speed –" key to change incline and speed.

6.5.2 Press "Target setting" to enter into time count-down mode in standby state, "Time" window display "30:00" and flashes. Press "Incline⌃" key, "Incline⌄" key, "Speed +" key, "Speed –" key to set exercise time, setting range is:5:00—99:00.

6.5.3 In time count-down mode, press "Target setting" to enter into distance count-down mode, "Distance/Calorie" window displays "1.00" and flashes. Press "Incline⌃" key, "Incline⌄" key, "Speed +" key, "Speed –" key to set exercise distance, and setting range of the distance is: 0.50–99.9 (connect bluetooth 0.50-60.0).

6.5.4 In distance count-down mode, press "Target setting" to enter into calorie count-down mode, "Distance/Calorie" window displays "50.0" and flashes. Press "Incline⌃" key, "Incline⌄" key, "Speed +" key, "Speed –" key to set calorie, and setting range of the calorie is: 10.0–999.0.

6.5.5 After completing setting of any one of three count-down modes selected, the treadmill

starts operation after three-second count-down. Press "Speed +" key, "Speed -" key, "Incline $\asymp$" key, "Incline$\vee$" key to adjust speed and incline; press "Stop" key to stop operation of the treadmill.

6.6. Built-in programs：

Press "program switch" key, select any one of built-in programs of P01---P12.

At this time, "heart rate/program" window display: program number P01---P12;

"Information window" displays: program diagram corresponding to P01—P12;

Press "Target setting" key, "Time window" displays default exercise time and flashes. "$\vee$ $\asymp$" key or "+ -" key can be pressed to regulate the desired exercise time. (Each built-in program includes 16 sections, and the operating time of each section is equal to the set time/16.)

Press "Start" key. After the system enter into "3, 2, 1" count-down, start operation according to speed and lifting values in the first section of built-in program. When the previous section ends, it automatically enters into the following section, and the lift and speed can be automatically regulated to the numbers of this section. During operation, press "$\vee$ $\asymp$" key to regulate incline and "+ -" key to regulate speed, but when entering into the following section, it can be automatically regulated to default values. When operation of all sections and program are completed, t he treadmill slows down slowly and stops finally. During exercise, user can press "Stop" or "Safety switch" to stop the operation at any time.

Program description:

Time period		Operating time of each section＝setting time/16															
Selection section		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
	INCLINE	0	2	2	4	4	4	2	2	2	3	3	4	4	3	2	1
P02- Burn fat	SPEED	5	7	9	9	11	8	8	10	10	8	10	8	6	5	4	3
	INCLINE	3	5	4	4	3	5	5	3	3	5	3	5	5	3	3	3
P03- Mountain	SPEED	3	4	6	5	3	5	6	4	5	6	7	6	8	6	5	3
	INCLINE	6	8	10	12	14	12	10	14	12	10	8	10	6	4	3	2
P04- Road	SPEED	3	6	7	7	8	9	9	10	10	10	9	9	8	6	4	3
	INCLINE	1	1	2	2	3	3	3	2	2	2	3	3	2	2	1	1
P05- Race	SPEED	3	5	6	8	12	8	6	5	6	8	12	8	6	8	6	3
	INCLINE	3	6	5	3	1	3	5	6	5	3	1	3	5	3	5	2
P06- Slow walk	SPEED	3	4	5	5	6	5	5	4	5	5	6	5	5	4	5	3
	INCLINE	2	2	3	2	3	2	3	2	3	3	2	2	3	3	2	2
P07- Quick walk	SPEED	3	5	6	7	7	6	6	7	7	6	6	7	7	6	5	3
	INCLINE	3	4	5	5	4	4	3	3	4	4	5	5	4	4	2	2

P08-Random	SPEED	5	10	6	11	7	11	8	11	9	6	10	7	11	9	6	3
	INCLINE	3	4	5	6	5	4	5	6	5	4	5	6	5	4	3	2
P09- Jog	SPEED	5	7	8	9	9	9	8	8	9	9	9	8	9	8	6	5
	INCLINE	2	2	3	3	4	4	3	3	4	4	3	3	4	4	3	2
P10-Sprint	SPEED	2	6	7	8	9	10	10	11	11	11	10	9	8	6	4	2
	INCLINE	4	5	6	7	8	9	10	10	10	10	10	9	5	7	5	2
P11-Gradual	SPEED	3	4	5	6	7	7	5	6	7	7	5	7	6	5	4	3
	INCLINE	2	2	3	2	3	2	3	2	3	3	2	3	2	3	2	2
P12-Learner	SPEED	3	5	6	5	5	6	5	5	6	5	5	5	5	4	3	3
	INCLINE	2	3	2	3	3	2	3	4	3	3	3	3	3	2	2	1

6.7 User defined program:

Except 12 system built-in programs, treadmill is equipped another three user defined programs that allows self to set according to personnel situation: U01, U02 and U03.

6.7.1 Setting of user defined program:

Successively press "Program switching" key until user defined program is displayed. Distance window displays "U01-U03", press "Target setting" to enter into setting, time window displays "S-01…S-16", speed and incline windows display relevant data of corresponding section. And then set each time section. During settings, use "Speed +" key, "Speed –"key or speed shortcut key to set speed, use "Incline ⌃"key, "Incline⌄" key to set incline, press "Target setting" key to complete setting of this time section and enter the following time section to set state until settings of 16 time sections are completed; after completion of settings, data will be kept permanently until you reset it again. The data will not lose due to power failure.

6.7.2 Start of user defined program:

a. Continuously press "Program switching" key to the desired operating user defined program (U01-U03) in standby state, set operating time and press "Start" key to start.

b. After setting of user defined program and operating time, press "Stop/Pause" key to immediately start it.

6.7.3 Setting description of user defined program:

Each program divides operating time into 16 time section. During setting, complete settings of speed, lifting time and operating time of 16 time sections so that start key can be pressed to start the treadmill.

6.8 Body fat measurement:

Continuously press "Program switching" key in standby state. "Time window" indicates that "FAT" is body fat index (FAT) detection function. press "Target setting" key to enter into F-1, F-2, F-3, F-4 and F-5 interfaces (F-1—Gender, F-2—age, F-3—body height, F-4—body weight, F-5-body fat detection)，press "Speed +", "Speed -", "Incline ⌃", "Incline ⌄" to set parameters of 01—04 (parameters are as shown in t he following table). After setting, press "Target setting" key to enter into F-5 body fat detection interface. Heart rate plate will display your body fat

index after holding it with both hands for 5-6 seconds, and then you can check whether your body weight matches your body height. Body fat index (FAT) is to measure the relationship of body height and body weight which doesn't mean body proportion. FAT suits any male and female and provides evidence for people to regulate body weight. Ideal FAT should be within 20—24. If it's less than 19, it means the user is too thin; if it's within 25 and 29, the user is overweight; but if it's over 30, the user is fat. (The data is only for reference other than medical data.)

F-1	Gender	01Male	02Female
F-2	Age	10------99	
F-3	Body height	100----200	
F-4	Body weight	20-----150	
F-5	Body fat index	≤19	Too thin
	Body fat index	=(20---24)	Ideal
	Body fat index	=(25---29)	Overweight
	Body fat index	≥30	Fat

6.9 Parameter display and set range：

Setting parameter	Initial	Setting initial value	Setting range	Display range
Time (m:s)	0:00	30:00	5:00-99:00	0:00－99:59
Slope (section)	0	0	0-15	0-15
Speed (km/h)	1.0	1.0	1.0-18	1.0-18.0KMH
Distance (km)	0.00	1.00	0.50-99.90	0.00－99.90
Heart rate (time/m)	P	N/A	N/A	50-200
Calorie (kcl)	0.0	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. <u>The outlet must be provided with appropriate grounding wire.</u>

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 18km/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.
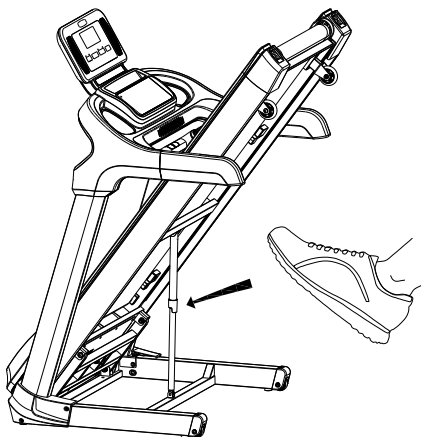
VIII. Precautions

1. Circuit

1.1 Avoid using other electric appliances in the same power supply circuit. The power supply circuit must be able to supply over8.5A 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 bet, 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. Elimination methods for common faults

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. The driver is not-powered or has been damaged.	Repress the overload 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
The treadmill is displayed incompletely and lack of strokes		A. Insufficient welding or connecting welding of drive IC is displayed	It is required to carry out repair, check the welds and weld them in place again.
		B. Bus bar slides and isn't fixed in place	Reassemble bus bar
		C. Bad drive IC is displayed	It is required to carry out repair and weld new display drive 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
Display of the Electronic meter	Safe lock falls off	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 failure (no frequency converter signal received) E08- frequency converter fails to receive signal of display board	A. Signal line of electronic meter isn't connected well or is in poor connection	Reconnect plug wire
		B. Signal line of electronic meter is damaged with short-circuit or open circuit condition	Replace signal line
		C. Signal Line fault of electronic meter	Replace electronic meter
		D. Signal line fault of frequency converter	Replace frequency converter
	E13 – anti-inverted on-off action	A. Treadmill is erected or placed not horizontally	Adjust and horizontally place treadmill
		B. Poor line due to inversion of actuator	Replace actuator
	E03-overvoltage fault	Overvoltage AC: higher than 270VAC	Stop using and ask electrician to troubleshoot
	E04-Overcurrent fault E05- Overload fault	A. Overload	System protection. It should be restarted in case of artificial blocking
		B. Driving position is blocked or obstructed	Adjust the driving position or add lubricating oil
		C. Internal short circuit of motor	Replace motor
		D. Burnout of frequency converter	Replace frequency converter
	E07-overheating	A. Overheating protection or poor frequency converter	Replace frequency converter

	fault		
	E12 – lifting fault	A. Lifting motor line or signal line is not connected well	Check connection of the lines is wrong and reconnect the lines
		B. Poor lifting motor	Replace lifting motor
		C. Poor frequency converter	Replace frequency converter
	E06– MCU fault of frequency converter E09 – Internal communication error 1 of frequency converter E10– Internal communication error 2 of frequency converter E14 – phase default failure E15 – U failure of current sensor E16 – W failure of current sensor	A. Frequency converter fault	Replace frequency converter

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 noise 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!