



GT3DA

**Android DC 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	1
II. Product introduction	3
III. Product explosion diagram	4
IV. Particular sheet of explosion diagram	5
V. Assembly step	6
VI. Display and function operation of electronic meter	7
VII. Use method and safety protection for treadmill	16
VIII. Precautions	17
IX. Daily servicing and maintenance of electric treadmill	18
X. Elimination methods for common faults.....	20
XI. Precautions for exercise.....	22

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 you 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 (330lb), the service life of the treadmill may be affected.

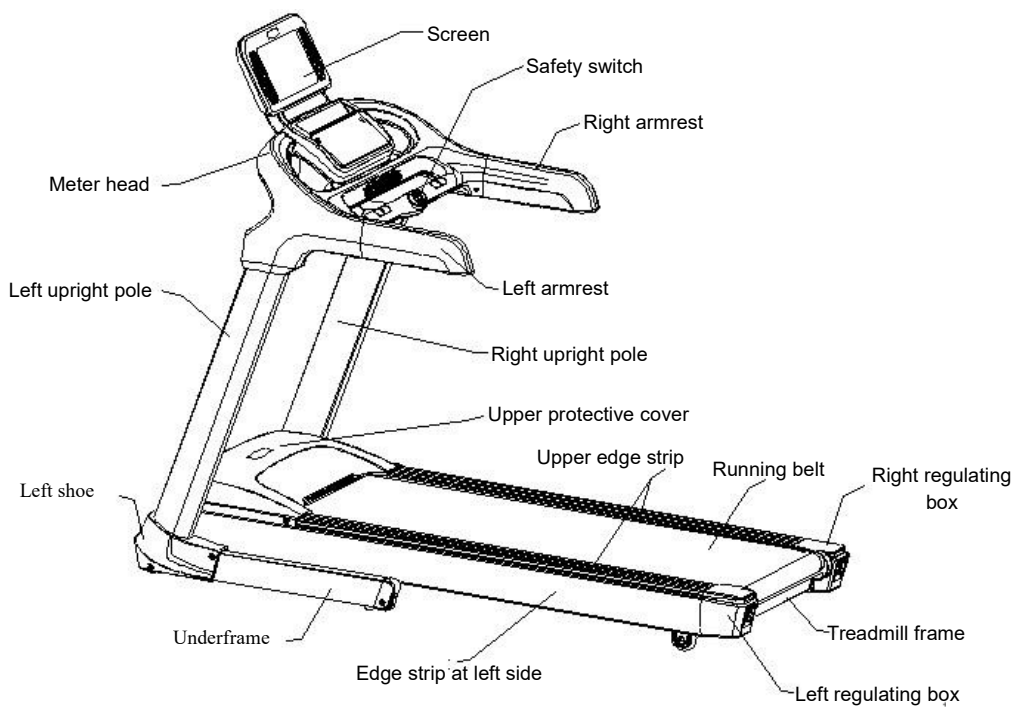
Main technical parameters

- Input power voltage: AC220-240V (50Hz-60Hz)
- Rated voltage:14.5A
- Operating ambient temperature:0~40℃
- Motor power:2600W
- Scope of operating speed: 1~18 (km/h)
- Gradient regulating range:0—15%
- Time display range: 00:00:00~99:59:59 (HH:MM:SS)
- Scope of distance display: 0.00~99.99 (km)
- Scope of heart rate: 50~200 (b/pm)
- Scope of calorie display: 0~9999 (calories)
- Floor area: 188×89×150cm
- Effective usable floor area: 140×50cm

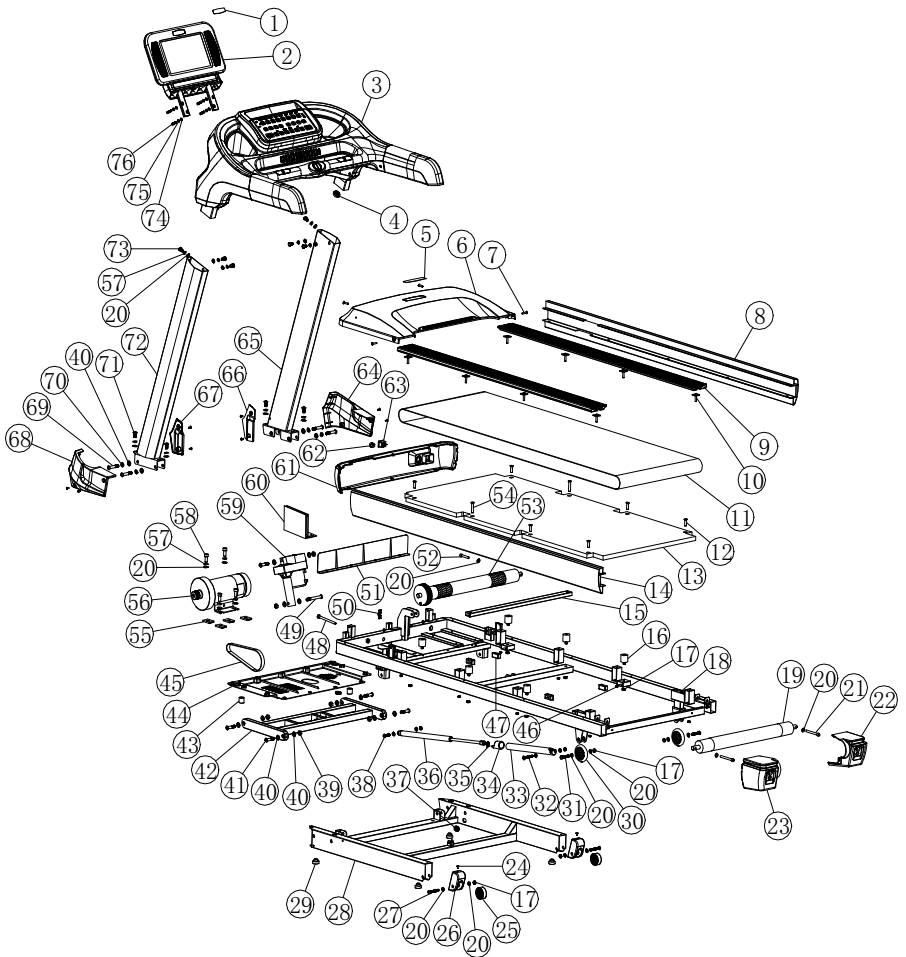
Features

- ※ DC Motor: 2625W
- ※ Double safety protection functions with both emergency stop and soft stop
- ※ PU handrail
- ※ Use 10.1" multipoint capacitive touch screen with resolution at: 1024X600
- ※ Android 5.1 operation system; RK3128 Cortex-A7 1.2GHZ quad-core processor; Memory: DDR3 1GB; Hard disc: Nand Flash 8GB
- ※ USB2.0 interface on console
- ※ Support ultrafast WIFI internet surfing
- ※ Preset 12 intelligent running programs and virtual scene modes.
- ※ 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



III. Product explosion diagram



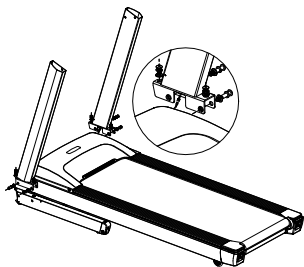
IV. Particular sheet of explosion diagram

S/N	Part name	Qty.	S/N	Part name	Qty.
1	Small diamond LOGO	1	39	M10 self-locking nut	6
2	Screen	1	40	M10 small flat gasket	25
3	Electronic meter	1	41	M10×45 hexagon socket pan head screw	5
4	Safe switch	1	42	Welding parts of erector	1
5	Big diamond LOGO	1	43	Support pad of erector	2
6	Motor's protective cover	1	44	Base plate of motor	1
7	Large crossed flat head screw	4	45	Belt	1
8	Right edge strip	1	46	M8 check nut	8
9	Upper edge strip	2	47	Bulkhead	4
10	Fixed part of edge strip	8	48	M8×130 hexagonal screw	1
11	Running belt	1	49	M10×85 hexagon socket pan head screw	1
12	M8×25 crossed countersunk head screw	6	50	Line clip	1
13	Running plate	1	51	Dust cover	1
14	Left edge strip	1	52	M8×55 hexagon socket head cap screw	1
15	Support column of running plate	1	53	Front drum	1
16	Shock pad	6	54	M8×45 crossed countersunk head screw	2
17	M8 check nut	10	55	Shock pad	4
18	Welding parts of running plate	1	56	Motor	1
19	Rear drum	1	57	Spring washer	12
20	M8 flat washer	17	58	M10×30 hexagon socket head cap screw	4
21	M8×75 hexagon socket head cap screw	2	59	Lifting motor	1
22	Right regulating box	1	60	Lower controller	1
23	Left regulating box	1	61	Front protective cover of treadmill	1
24	large crossed flat head screw	10	62	Power plug	1
25	54 wheel	2	63	Power switch	1
26	Caster cover	2	64	Right shoe	1
27	M8×55 hexagon socket pan head screw	2	65	Welding parts of right upright pole	1
28	Welding parts of underframe	1	66	Right shoe cover	1
29	Foot pad	4	67	Left shoe cover	1
30	Roller of treadmill	2	68	Left shoe	1
31	M8×45 hexagon socket pan head screw	2	69	M10×55 hexagon socket pan head screw	4
32	M8×55 hexagon socket pan head screw	1	70	M10×30 hexagon socket pan head screw	4
33	Gas spring casing	1	71	Welding parts of left upright pole	1
34	Pedal sleeve	1	72	Spring washer	6
35	Small shrapnel	1	73	M8X hexagonal screw	6
36	Gas spring	1	74	M6 flat washer	4
37	Plug	2	75	Spring washer	4
38	M8×55 hexagon socket pan head screw	1	76	M6×25 hexagon socket head cap screw	4

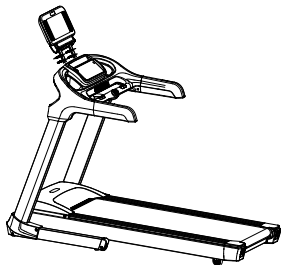
V. Assembly step

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.

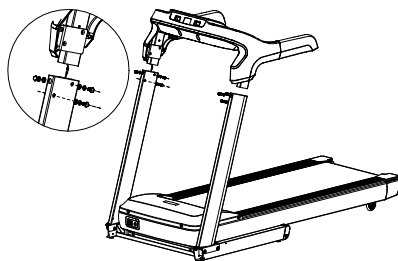
Step I: Install upright pole. Open packing box of treadmill and lift the treadmill. Lock left upright pole on the treadmill with two M10x30 round head hexagon socket screws and two M10x60 round head hexagon socket screws (with spring washer and flat washer). Fit right upright pole (control line inside 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 M10x30 round head hexagon socket screws and two M10x60 round head hexagon socket screws (with spring washer and flat washer), as shown in the following figure:



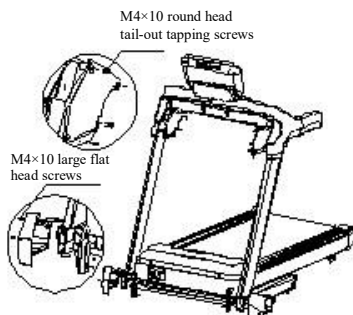
Step III: install display screen: open packing box of the display screen, take out of display screen, correspondingly connect lines on the display screen and the lines on the meter, plug the display screen into the meter, lock it on the meter with four M6x20 hexagon socket head cap screws (with spring 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 M8x16 (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 M8x10 large crossed flat head screws, fix shoes inside left and right upright poles on the upright poles and underframe with four M4x10 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 M4x10 round head tail-out tapping screws, as shown in the following figure:



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

1. Specification parameters of Android treadmill system:

Operation system	Android 5.1
Processor	Rockchip RK3128 Cortex-A7 1.2GHZ quad-core processor
Screen	10.1 inches, multiple-point capacitive touch screen 1024X600 liquid crystal display
System memory	DDR3 1GB
Flash memory	Nand Flash 8GB
Wi-Fi	WIFI 2.4G
Video file	MP4, ASF, FLV, MKV, TS, WMV, MOV, 3GP, AVI
Audio file	MP3, WAV
USB2.0	1
Physical button	Start/Pause, Stop, Speed+, Speed -, Incline↗, Incline↘, Volume+, Volume -, Volume switch, Fresh air switch, Main interface button, Return button, Speed shortcut key, Incline shortcut key
Audio interface	1 LINE IN interface and 1 earphone interface
Power supply	AC, 220V, 50hz

2. Functions of panel keys of the electronic meter:



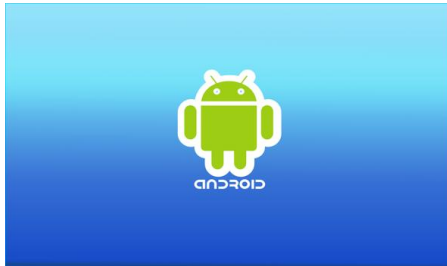
- 2.1 “START/PAUSE” key: in case that power is on and safe lock is fully attracted, press this key to start the treadmill; during operation of the treadmill, press this key to pause the treadmill and keep the operating data, and press the key again to continue with the just-set parameters.
- 2.2 “STOP” key: during exercise, press this key to stop operation of the treadmill and reset.
- 2.3 “Speed+” and “Speed -” (SPEED) are speed +/- key: use these keys to regulate speed with the regulating range of 0.1 km/time after start; when the keys are pressed and held for over 0.5s, the speed increases or decreases continuously.
- 2.4 “Incline ↗” and “Incline ↘” (INCLINE) are incline +/- key: use these keys to regulate incline with the regulating range of 1 section/time after start; when the keys are pressed and held for over 0.5s, the incline increases or decreases continuously.
- 2.5 “Speed: 6, 9, 12, 15” are short-cut keys for speed regulating: they can be used to regulate the speed quickly.
- 2.6 “Incline: 6%, 9%, 12%, 15%” are short-cut keys for gradient regulating: they can be used to regulate the gradient quickly.
- 2.7 “Volume down (Music-), volume switch (ON/OFF), volume plus (Music+)” are power amplifier control key.

- 2.8 “Fresh air switch • (FAN)” key: when fan is in closed state, press this key to operate fan, press this key again to turn off fan.
- 2.9 “Main interface (Home)” key: press this key to enter into main interface at any operation interface.
- 2.10 “Return (Return)” key: return to previous operation interface from current interface or exit from application program.

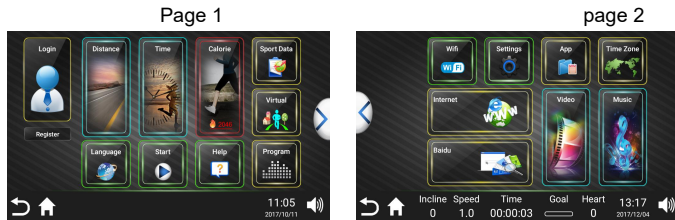
3. Window display and unction description of touch keys

3. 1 Starting interface

Connect power supply of the treadmill, Android treadmill system will automatically start. After start, starting interface displayed on the display screen of the electronic meter is as follows:



3.2 Main interface of display screen of the electronic meter have two pages and display interfaces are as follows after entering into standby state:

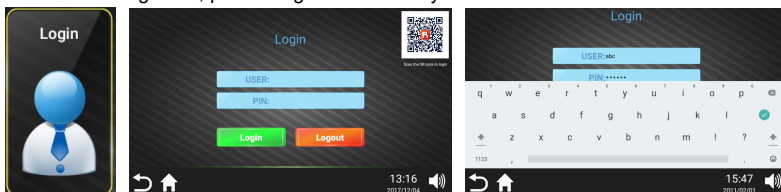


Touch icon “ ” on the interface of display screen and switch to the interface of Page 2. Touch icon “ ” on the interface of display screen and switch to the interface of Page 1. In above interfaces: touch any icon on the display screen and then enter into corresponding submenu.

3.3 User management: (it can be operated when the treadmill is in halted state)

3.3.1 Login: After connecting to the Internet, you can use your existing account to log in or exit from your account.

Operating steps are as shown in the following figure: touch “Login” key, fill in user name and code, press “Login” to complete it; or open “Sports show” APP of cellphone, pad and other terminals, scan two-dimensional code on upper right side of the login interface to complete login. After running ends, press “Logout” to cancel your account.



3.3.2 Registration: After connecting to the Internet, fill in basic information and register a new user.

Operating steps are as shown in the following figure: touch “Register” key, fill in basic information (user name, code, nickname, weight, male/female), press “Confirm” to complete registration.



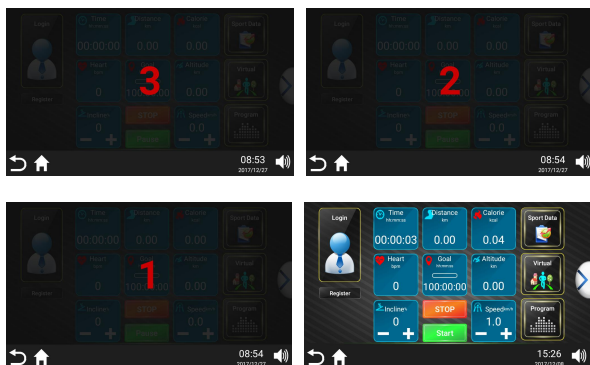
3.4 Manual mode

3.4.1 “Start” key: A. Directly press “Start” key in standby state. The screen starts three-second count-down with warning tone. After count-down ends, the treadmill operates with the speed of 1.0km/h and incline of 0; and then enter into “Target” window of the exercise interface.

B. “Target” window starts positive count-down. And it automatically stops when it’s up to **100 hours**. Press “Speed +/- key” or “Speed shortcut key” to change the speed; press “Incline +/- key” or “Incline shortcut key” to change the incline; during exercise, press this key to stop operation of the treadmill and reset.

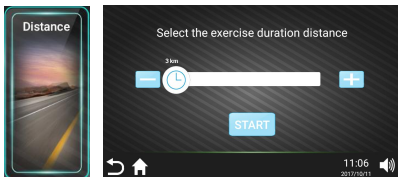
C. In exercise interface, display window includes (time, distance, calorie, heartbeat, exercise target, climbing height, incline +/-, stop, pause, speed +/-). Incline +/-, stop, pause and speed +/- can be synchronously operated with the keys on panel of the electronic meter.

D. Sporter stands on edge strips and starts the treadmill. Heartbeat data is displayed on heartbeat window of the exercise interface when heartbeat grip is hold with both hands for 5-10 seconds. (Heartbeat measuring numbers of the grip can only be reference of exercise level other than medical data)



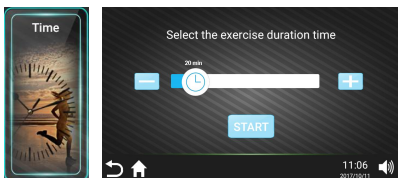
3.4.2 “Distance” key: after setting exercise distance, user starts to move and ends exercise after expected exercise distance is achieved. During exercise, user can freely increase and decrease speed and incline and directly press “Stop” to stop its operation.

Operating steps are as shown in the following figure: touch “Distance” key, determine your target exercise distance and press “Start” to start it.



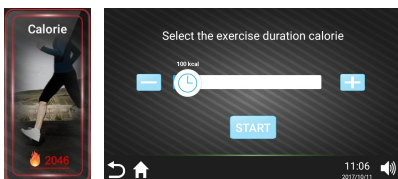
3.4.3 “Time” key: after setting exercise time, user starts to move and ends exercise after expected exercise time is achieved. During exercise, user can freely increase and decrease speed and incline and directly press “Stop” to stop its operation.

Operating steps are as shown in the following figure: touch “Time” key, determine your target exercise time and press “Start” to start it.



3.4.4 “Calorie” key: after setting exercise calories, user starts to move and ends exercise after expected exercise calories are achieved. During exercise, user can freely increase and decrease speed and incline and directly press “Stop” to stop its operation.

Operating steps are as shown in the following figure: touch “Calorie” key, determine your target exercise calories and press “Start” to start it.

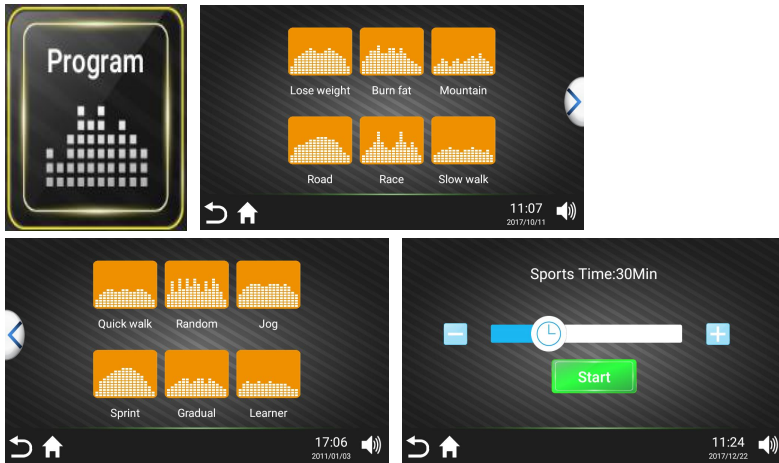


3.5 Built-in programs

12 intelligent scientific running programs (including lose weight, burn fat, mountain and so on) are built in the system. After the user selects desired exercise program and sets exercise time, press “Start” key, the treadmill start to operate built-in program. During operation of the treadmill, speed and incline can be regulated, but when entering the following section, it can be automatically regulated to default values of the program. During the exercise, user can press “Stop” key to stop the operation at any time.

Each built-in program includes 16 sections, and the operating time of each section is equal to the set time/16. When the previous section ends, it automatically enters the following section, and the speed and incline can be automatically regulated to the numbers of this section. When operation of all sections and program are completed, treadmill slows down slowly and stops finally.

Operating steps are as shown in the following figure: touch “exercise program” key, select built-in program (there are two pages for table of built-in programs), select previous and next page by pressing arrow, click required program, set exercise time of the program and press “Start” to operate the treadmill.



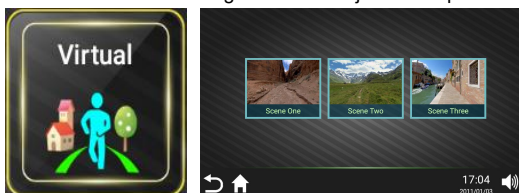
Date sheet of built-in program

Program		Time period	Operating time of each section = setting 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	
	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

3.6 Virtual scene:

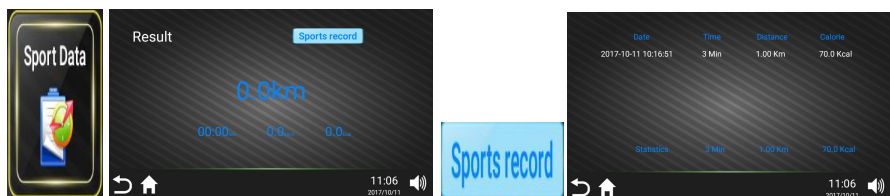
After selecting the scene, start to operate the treadmill. During exercise, the scene will give people an immersive feeling. During exercise, users can freely increase and decrease speed and incline, or directly press “Stop” to stop operation. The speed of live scene can make the scene faster or slower according to manual adjustment speed.



3.7 Exercise management

3.7.1. Exercise data: check data of previous exercise, including: time, distance and calorie.

3.7.2. Exercise record: after login, you can check the history of exercise records and exercise statistics. Exercise information stored in the system can be selected to store when it satisfies certain conditions ($\geq 200m$), exercise information temporarily stored in the system has certain duration. The system regularly cleans up exercise information of the user.



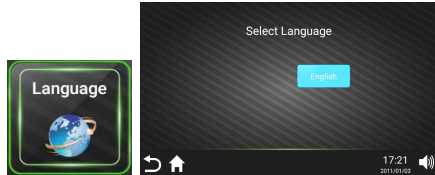
3.7.3. Record data of historical exercise of the treadmill is synchronous with data of terminals of cellphone and pad. Open Sports show on terminals of cellphone and pad and check data. Data records are shown in right figure. Specific operation is shown in “Sports show.pdf”. For cellphones of Apple version 4S and above, log in Sport show App software(search “Sports show”) at Apple Store. For cellphones of Android version, log in the latest version of App software at <http://www.ifitshow.com/>. Scan the following two-dimensional code and install Sports show App:



Records		179.19km
December 2017		
20 Dec 19:26	2.26 km	00:20:11
20 Dec 19:25	2.26 km	00:20:11
20 Dec 17:14	170.30 km	15:29:15
16 Dec 11:37	0.20 km	00:02:04
14 Dec 11:12	0.32 km	00:01:36
13 Dec 17:05	1.03 km	00:10:03
11 Dec 08:04	---	---

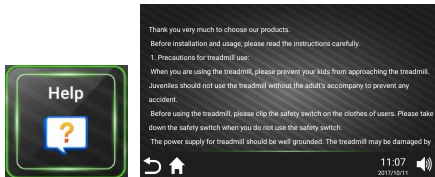
3.8 Language

User can check languages provided by the system.



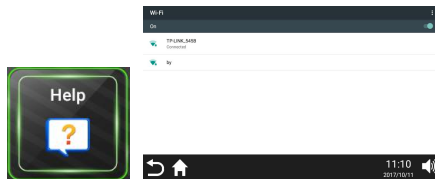
3.9 Help

Operating steps are as shown in right figure: touch “Help” key, window displays precautions during use of treadmill and introduction to functions of keys on main interface.



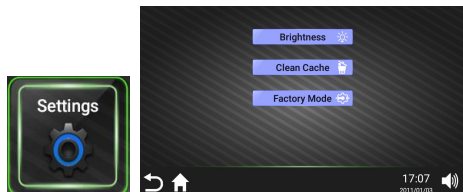
3.10 Wireless network

Operating steps are as shown in right figure: touch “Wireless network” key, select WI-FI signal, input WI-FI connection code, complete connection and setting of WI-FI for high-speed internet.



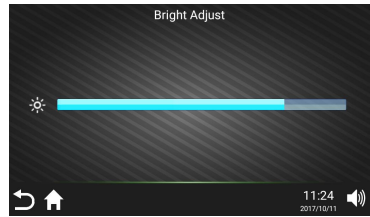
3.11 Setting

User can select bright adjust, cache cleaning and engineering mode. Operating steps are as shown in right figure: touch Functional interface required to select for operation.



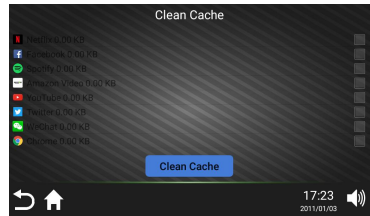
3.11.1 Bright adjust

Operating steps are as shown in right figure: touch "Brightness" key, enter into set interface for bright adjust, slide and select desired brightness, touch "Return" key to complete brightness adjustment.



3.11.2 Cache cleaning

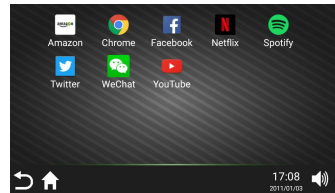
Operating steps are as shown in right figure: touch "Clean Cache" key, select application required to clean cache, touch "Clean cache" to complete cleaning.



3.12 Application

System pre-loaded APP application can be open

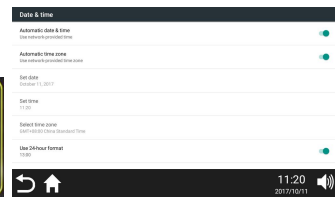
Operating steps are as shown in right figure: touch "Application" key, enter into APP application interface, touch any icon on upper side of the display screen to enter into corresponding submenu.



3.13 Time zone

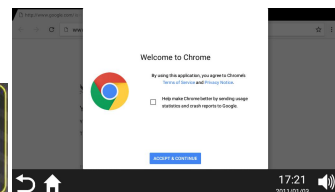
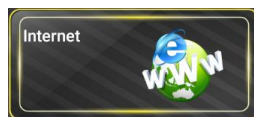
User can freely adjust time zone and time according to your time zone.

Operating steps are as shown in right figure: touch "Time zone" key, enter into submenu and set required time zone and then return to main interface.



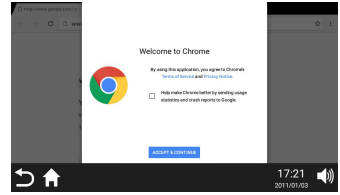
3.14 Internet

Browse webpage online.



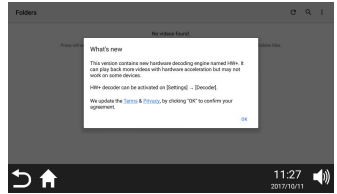
3.15 Yahoo

Search.



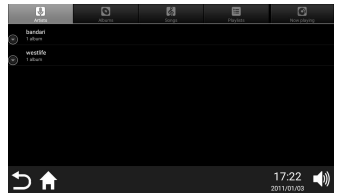
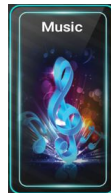
3.16 Video

Play local video files. Plug U disk with videos and other storage devices into USB interface, click "Video" key and enter into software interface, click "refresh" key in the upper right corner for list renewal, click lift file to play corresponding video.



3.17 Music

Play local audio files. Plug U disk with music and other storage devices into USB interface, click "Music" key, click "Songs" and enter into the list to play corresponding music.



3.18 Main interface key



Click icon of bottom left corner of the display screen in any interface to return to main interface; operation function is equal to function of panel keys of the electronic meter.

3. 19 Return key



Click icon of bottom left corner of the display screen in any interface to return to previous operation interface or exit from application program; operation function is equal to function of panel keys of the electronic meter.

3. 20 Volume control key



Click icon of bottom right corner of the display screen to control volume; operation function is equal to function of panel keys of the electronic meter.

4. Operation during exercise

4. 1 Press Speed – key to reduce operating speed of the treadmill; press Speed + key to add operating speed of the treadmill.
4. 2 Press Incline – key to reduce incline of the treadmill; press Incline + key to add incline of the treadmill.
4. 3 Press Speed shortcut key to adjust speed; press Incline shortcut key to adjust incline.
4. 4 Press Stop key or directly disconnect safe lock so that the treadmill will slows down and stop operation.




5. Heartbeat measurement

Sporter stands on edge strips and starts the treadmill. Heartbeat data is displayed on heartbeat window of the exercise interface when heartbeat grip is hold with both hands for 5-10 seconds. Heartbeat measuring numbers of the grip can only be reference of exercise level other than medical data.

6. USB input

After inserting U disk, play videos or audio with corresponding support formats of U disk through the player; charge cellphone by connecting USB data connecting line and USB jack of dial plate, but cellphone must be open charging state, output voltage is: DC 5V 1A.

7. Audio input/output

Plug external audio equipment (like MP3) into audio input port through audio cable to play music; insert earphone into audio output port to receive audio signal. Press Volume – “” and Volume + “” to adjust volume; press sound switch “” to close or open sound.

8. Dormant and automatic shutdown function

When it stops operation for 10 minutes, it enters into dormant state; if nobody uses it without load, it enters into shutdown mode 120 seconds later.

9. Safety lock function

In any state, the motor can emergently stop operation by pressing safe lock and “safe lock falls off” is displayed on the window; trumpet sends burst sound of Bi-Bi-Bi. If motor is in operation, the motor will emergently stop operation.

10. Shut down

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

11. Parameter display and set range:

	Initial	Setting initial value	Setting range	Display range
Time (hour: minute : second)	0:00	20:00	1-120:00	1-120:00
Speed (km/h)	0.0	1.0	1.0-18.0	1.0-18.0
Slope (section)	0	0	0-15	0-15
Distance (km)	0.0	3.00	1-100	1-100
Calorie (kcl)	0	100	1-1000	1-1000

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.

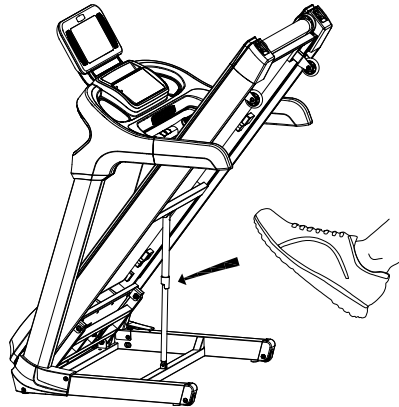
2.2 Emplace the safety lock and press "Start" Key, and then the running belt may operate slowly (the speed is about 1km/h). The speed per hour is displayed on the meter.

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 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.



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 14.5A 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 on the treadmill	A. Power supply isn't connected or there is no power supply	Plug power line into AC line or check AC socket
	B. Power switch isn't on	Place power switch in ON position
	C. The driver is not-powered or has been damaged.	Repress the overload protector or replace the driver.
	D. Signal line of electronic meter is disconnected	Replace or reconnect signal line
	E. Electronic meter is damaged	Replace electronic meter
	F. (liquid crystal) backlight doesn't light	It needs repairing. check or replace backlight
	B. MP3 input line is damaged	Replace MP3 input line
Treadmill exercise is not smooth, weak or jittered	C. External input earphone is damaged	Replace external earphone jack
	A. Driving position has resistance	Adjust the driving position or add lubricating oil
	B. Driving belt is too tight or too loose	Adjust tightness of driving belt

		C. Torque of actuator is too small or too large	Adjust the torque potentiometer to the appropriate position
Display of the Electronic meter	Safe lock falls off	A. Safe lock falls off	Place safe lock on the panel to attract or plug-in card position
		B. Magnetron isn't attracted	Assemble magnetron to right position
	E01- communication failure (actuator doesn't receive signal of electronic meter); E13- communication failure (electronic meter doesn't receive signal of actuator)	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. Poor signal line of actuator	Replace actuator
	E02- stalling protection (explosion-proof protection or abnormality of the major motor)	A. The motor lines are not well connected or the motor is open circuit inside	Reconnect motor line or replace motor
		B. IGBT breakdown damage of actuator	Replace actuator
		C. External AC voltage is too low	Stop using and ask electrician to troubleshoot
	E03-no speed sensor signal (speed sensing actuator)	A. Speed signal line is not connected or sensor is damaged	Reconnected speed signal line or replace sensor
		B. Poor sensor line of actuator	Replace actuator
	E04- lifting self-checking learning failure(with lifting actuator)	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 actuator	Replace actuator
	E05- overcurrent protection	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 actuator	Replace actuator
	E06- generally, it's open circuit of the motor	A. Motor line is not connected well	Reconnect motor line
		B. Internal open circuit of motor	Replace motor
C. Idle running of motor		Report an error when the current is too small and assemble for test	
E08- storage 24C02 error (with 24C02 actuator externally)	A. Storage IC is not plugged in place (non-switching power supply)	Reconnect IC socket and pay attention to position of lower PIN1.	
	B. Storage IC is damaged or relevant lines are poor	Replace storage IC or actuator	
E09-inversion error (with inverted actuator)	A. Treadmill is erected or placed not horizontally	Adjust and horizontally place treadmill	
	B. Poor line due to inversion of actuator	Replace actuator	
E10- generally, peak current of the motor is abnormal with overcurrent protection	A. Torque of actuator is too large	Adjust the torque potentiometer to the appropriate position	
	B. Internal short-circuit of motor	Replace motor	
	C. Driving position is blocked	Adjust the driving position or add lubricating 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!