ConLin

GT6
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 tread mill 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.

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.
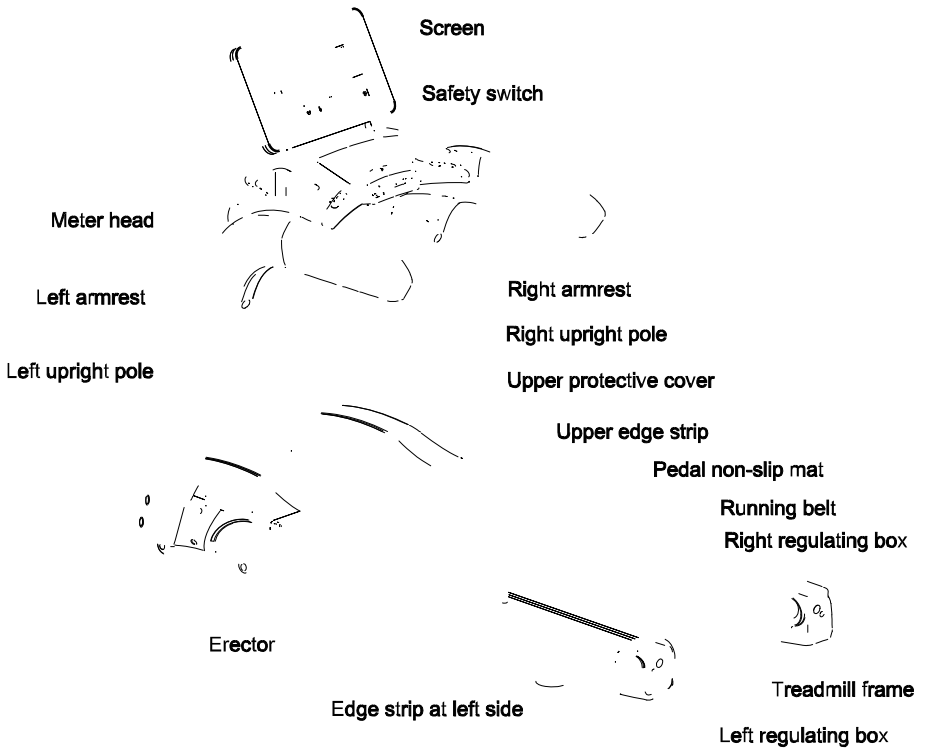
Main technical parameters

- Input power voltage: AC220V-240V(50Hz-60Hz)
- Rated voltage: 11A
- Operating ambient temperature: 0~40℃
- Motor power: 3375W
- Scope of operating speed: 1~20 (km/h)
- Gradient regulating range: 0~18%
- Time display range: 0:00~180 (M:S)
- Distance display range: 0.00~99.90 (km)
- Scope of heart rate: 50~200 (b/pm)
- Scope of calorie display: 0~999.0(calories)
- Floor area: 200×86×150cm
- Effective usable floor area: 146×55cm

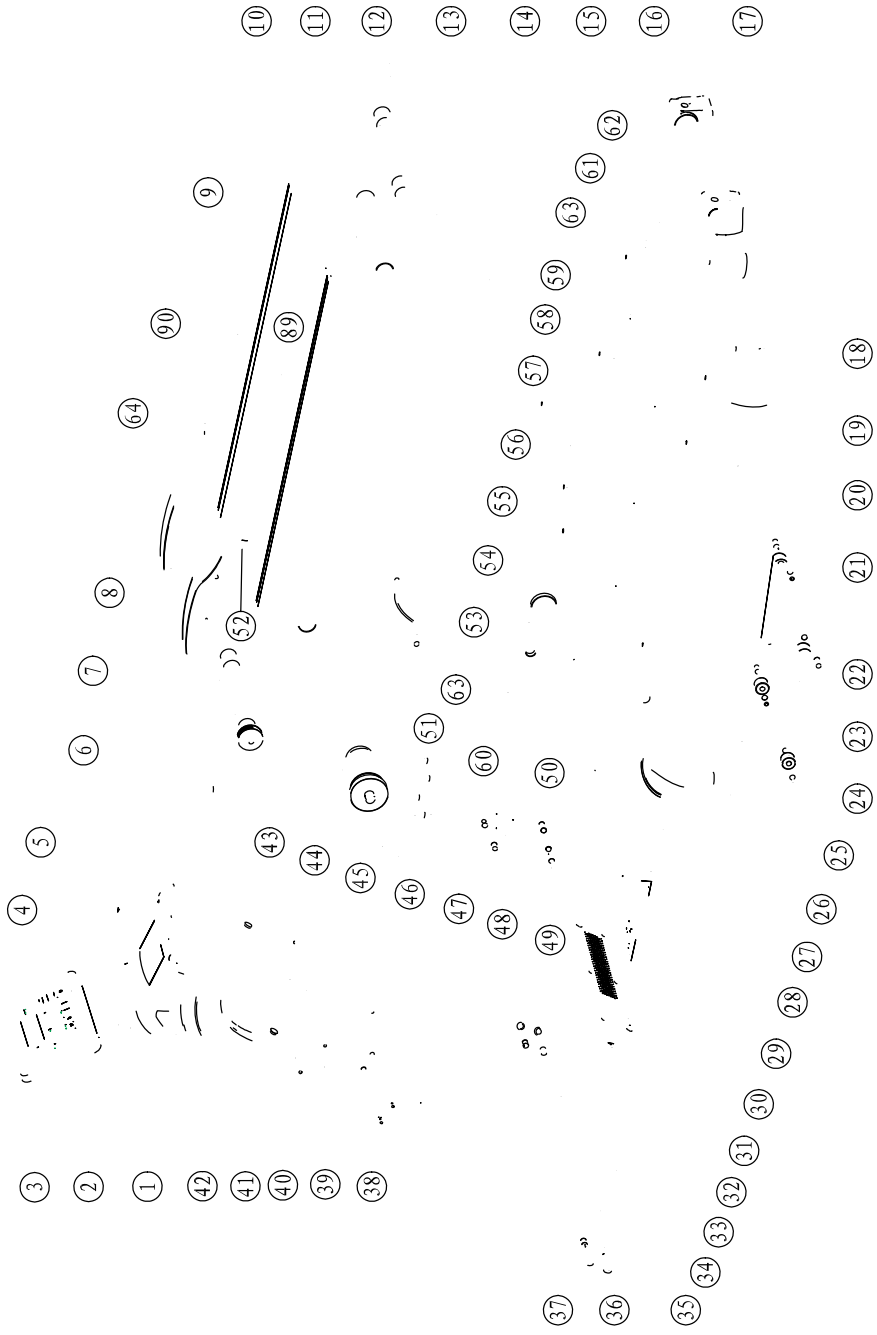**Features**

- 3375W AC variable frequency motor.
- Dual safety protection mode with emergency stop.
- Ergonomic PU armrests, comfortable, safe and environmentally friendly.
- 6.8 inches Multi-window LED display
- 24 built-in exercise programs with warm up, half marathon and relaxation program, 3 customized programs.
- Body index measurement function, convenient for users to exercis and assess body index.
- Acrylic display panel and high sensitivity touch buttons.
- Energy-saving function, automatic shutdown after 5 minutes of no-load operation, safe, energy-saving and environmentally friendly.
- High-sensitivity heart rate sensor, real-time monitoring of the heartbeat status during exercise.
- High-fidelity surround dual speakers, support Bluetooth music input.
- Equipped with fans to enhance air circulation in the running area, increase oxygen supply.
- Simple operation interface, convenient control, user-friendly system setting management.
- New structure design, hidden mobile equipment support frame.
- New non-bearing absorber system.
- Smart sports App, supports multi-platform (IOS system and Android system.)
- The intelligent IoT treadmill, makes the running process full of fun. Sharing running data, interacting with the community, participating in online running competitions in real time.

II. Product introduction

Screen

Safety switch

Meter head

Left armrest

Right armrest

Right upright pole

Left upright pole

Upper protective cover

Upper edge strip

Pedal non-slip mat

Running belt

Right regulating box

Erector

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	Lower Console	1	34	Welding part of left upright pole	1
2	M6X25 hexagon socket head cap bolt	4	35	M10 small flat gasket	25
3	M6 flat shim	4	36	Bulkhead of upright pole	6
4	Screen	1	37	M10X30 round head hexagon socket screw	4
5	Safety switch	1	38	M8X20 hexagon socket pan head screw	6
6	Front roller	1	39	Decorative element at lower left of the meter	1
7	M8X45 hexagon socket head cap bolt	1	40	M4X10 round head tail-cut tapping screw	4
8	Motor cover	1	41	M4X8 flat head screw	18
9	Upper edge strip	2	42	Decorative element at lower right of the meter	1
10	Running belt (tire tread)	1	43	AC motor	1
11	Rear roller	1	44	M10X60 hexagon screw	1
12	M8X75 hexagon socket head cap bolt	2	45	M10X30 hexagon screw	1
13	φ8×1.6 flat washer	9	46	M10X40 hexagon socket head cap screw	4
14	High-density running plate	1	47	M10X45hexagon socket pan head screw	1
15	Edge strip at right side	1	48	Lifting motor	1
16	Right regulating box	1	49	M10X95 hexagon socket pan head screw	1
17	Left regulating box	1	50	Plastic shim	2
18	Universal foot pad	2	51	Spring shim	4
19	Edge strip at left side	1	52	Left side strip trim	1
20	M10X70 hexagon socket pan head screw	2	53	Decorative element of right upright pole	1
21	M10 self-locking nut	6	54	Rubber belt of motor	1
22	Welding part of erector	1	55	M8X45 crossed countersunk head screw	2
23	Castor	2	56	Support column of running plate	1
24	M10X60 hexagon socket pan head	2	57	Shock pad	6
25	Cover plate	1	58	M8X25 crossed countersunk head screw	6
26	Motor's bottom cover	1	59	Edge strip positioning buckle	6
27	Decorative element of left upright pole	1	60	Motor shock absorption pad	4
28	Frequency converter	1	61	M4X12 flat head screw	4
29	Adapter	1	62	Welding part of running plate	1
30	Front protective cover	1	63	Tabletting of edge strip	4
31	One-piece switch	1	64	Right side strip trim	1
32	Welding part of right upright pole	1	89	Step on the anti-skid strip with your left foot	1
33	M10X20 round head hexagon socket screw	4	90	Step on the anti slip strip with your right foot	1

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: <u>Install upright pole</u>: Open the packing box (box B) and then bring out the treadmill. Firstly, lock the left upright pole on the treadmill frame in 2 M10X20 and 2 M10X30 round head hexagon socket screw (containing shim); secondly, connect the right upright pole (control line is provided in the upright pole) with the control line reserved on the control line; then, insert the connector of the control line into the wire-through hole of the right upright pole; finally, lock the right upright pole on the treadmill frame in 2 M10X20 and 2 M10X30 round head hexagon socket screw (containing shim), as shown in the figure below:

Step II: <u>Install meter head:</u> Open the packing box (box A) and then bring out the meter head. Firstly, connect the control line in the right upright pole with that at the lower right of the meter head; secondly, insert the meter head into the left and right upright poles; finally, lock the meter head on the left and right upright poles in 6 M8X20 hexagon socket pan head screw (containing shim), as shown in the figure below:
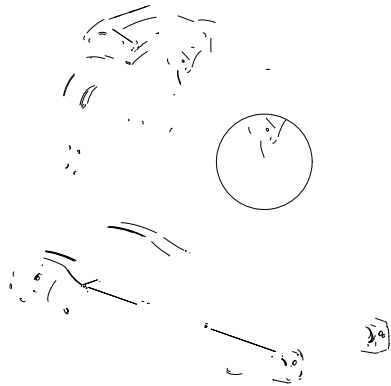
Step III: Install screen: Open the packing box and then take out the screen. Firstly, connect the wire of the screen with that of the meter head in one-to-one way; secondly, insert the screen into the meter head; finally, lock the screen on the meter head in 4 M6X25 hexagon socket head cap bolts (containing shim), as shown in the figure below:

Step IV: <u>Install the decorative elements of upright pole and lower meter:</u> Firstly, fix the decorative elements of left and right upright poles at the treadmill in 6 M8X8 large crossed flat head screw; secondly, fix the decorative elements at lower left and right of the meter on the left and right upright poles below the meter head in 2 M4X8 large crossed flat head screw and 4 M4X10 round head tail-cut tapping screw, as shown in the figure below:

M4X10 round head tail-cut tapping screw

M4X8 flat head screw

Step V: Install bulkhead and power line: Firstly, plug the installing holes below the left and right upright poles and the meter head with 6 bulkhead; finally, connect the power line with one-piece power switch of the treadmill (note: guarantee the power line is off before connecting the power line, so as to avoid personal injury), as shown in the figure below:
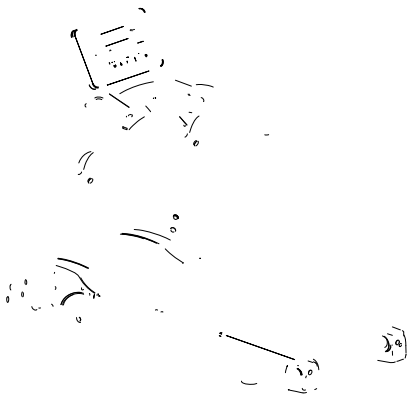
Step VI: Carefully check if each part of the treadmill is tightened. Run the treadmill at the slow speed and check if the each part of the running belt is flexibly rotated and whether the tightness of the running belt is proper. As for the running belt, no offset and sliding will prevail (see "Daily maintenance of powered treadmill"). Move the treadmill to the proper position and then use it after the check is completed.

VI. Display and function operation of electronic meter

1. Introduction on operating interface of electronic meter
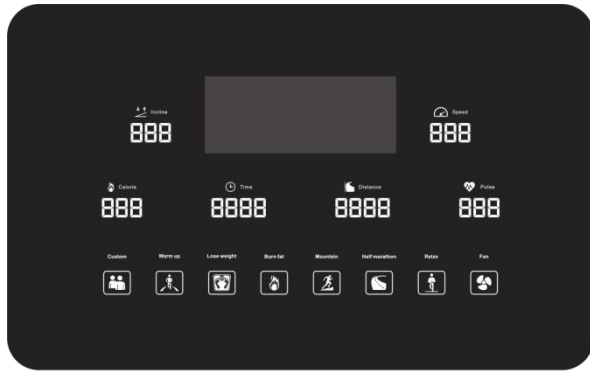
2. Display functions:

2.1   Incline   "Incline" window:Display the current slope value.

2.2   Speed   "Speed" window: Display the current speed.

2.3   Calorie   "Calorie" window: Display Calories (Count up and count down)

2.4   Time   "Time" window: Display time (Count up and count down), display "FAT" during the program selection.

2.5   Distance   "Distance" window：Display distance (Count up and count down)

2.6   Pulse   "Pulse" window: Display the heart rate, display the program number during the program selection.

    When the user holds the heart rate sensor with both hands, the system can automatically detect the user's heart rate and display the reading in this window. The heart rate reading range :50 - 200 beats/min. (The data is for reference only and cannot be regarded as medical data.)

    During the program selection, "P01 - P24. U01-U24" are displayed

2.7 The large dot matrix window displays the runway diagram, program diagram, countdown start information prompt etc.

3. Key Functions:

3.1 START/PAUSE button：When the power is turned on and the safety lock is in reset position, press this button to start the treadmill. During the running, press this button to pause the exercise.

3.2 STOP button：During the exercise, this button can be used to stop the running of the treadmill and reset to zero. Press this key during the setting of the treadmill to exit the setting.

3.3 PROGRAM button：In the standby state, press this key to select the built-in programs.

3.4 MODE button：In the standby state, press this key to select different modes. "30:00" for the time countdown mode, "1.00" for the distance countdown mode, and "50.0" for the Calorie countdown mode. When selecting the modes, user can use the speed and slope adjusting buttons to set the relevant countdown value. After the setting is completed, press the "Start" button to start the treadmill.

3.5 Speed+ & Speed- buttons：In the standby state, it is used to adjust the set value. During the

running, it is used to adjust the speed, the adjusting interval is 0.1 for each press. It will continue to increase or decrease if the user press and hold the button for more than 0.5 seconds.

3.6 Incline⤒ & Incline⤓ buttons：In the standby state, it is used to adjust the set value. During the running, it is used to adjust the slope of the running deck. The adjusting interval is 1 for each press. It will continue to increase or decrease if the user press and hold the button more than 0.5 seconds.

3.7 Speed：6、9、12、15：Speed shortcut buttons, can quickly set the speed.

3.8 Incline：6%、9%、12%、15%：Incline shortcut buttons, can quickly set the slope.

3.9 Custom button：In the standby state, press this key to selecgt through the custom programs U01 - U03.

3.10 Warm up button: In the standby mode, press this button to start a 3 minute warm-up exercise(the time window flashes), the treadmill runs at a speed of 1.0 km/h, counts down for 3 minutes, then gradually accelerates to 6 km/h, and then stop. If the user adjust the speed during the warm up program, the treadmill will run at the speed set by the user until the end of the 3 minutes countdown.

3.11 Lose weight button：In the standby state, press this button to start the body shaping program.

3.12 Burn fat button：In the standby state, press this button to directly select the fat burning program.

3.13 Mountain button：In the standby state, press this button to directly select the mountain run program.

3.14 Half marathon button：In the standby state, press this button to start the half marathon, the distance is 21.1 km.

3.15 Relax button: Press this button during the running, if the current speed is ≥8km/h, the treadmill will automatically decelerate to 8km, and then slow down from 8km to a stop in 3 minute; if the current speed is <8 km/h and ≥2.5 km/h, , the treadmill will slowly decelerated to stop in 2 minutes; if the current speed is less than 2.5 km/h, the treadmill will slowly decelerated to stop in 18 seconds. In the state of relaxation program, the time window flashes and it can only be decelerated but not accelerated. In this state, pause button is invalid.

3.16 · Fan button：When the fan is off, press this button to turn on the fan, press it again to turn off the fan.

3.17 In the standby state, press and hold both "speed+" and "speed-" buttons for 3 seconds to view the total milage of the treadmill, the unit is KM. Press "stop" button to exit.

4. Main functions:

4.1   Quick start (manual mode):

4.1.1 Turn on the power switch and correctly attach the safety lock to the safety lock position of the treadmill.

4.1.2 Press the "start/pause" key, the system will enter a 3-second countdown, and the buzzer will sound a warning tone. at the same time, the speed window will show that the treadmill will start running at a speed of 1km/h after the countdown of 3, 2, 1, and 3 seconds is completed.

4.1.3 After starting, the speed of the treadmill can be adjusted according to needs by using the "speed+""speed-";   Use the "Slope" and "Slope" keys to adjust the slope of the treadmill.

4.2   Operation during exercise:

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

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

4.2.3 Press "Incline ⤓" key to reduce incline of the treadmill.

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

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

4.2.6 Heartbeat data will be displayed for about 3 seconds (heartbeat data is only used for general reference of exercise, and cannot be used as medical data) when the sporter holds the heartbeat handle with both hands.

4.3 Manual mode:

4.3.1 Press the "Start" key directly in the standby state, and the treadmill will start running at a speed of 1.0km/h and a slope of 0.　Other windows count forward from 0, and press the "Slope⌃," "Slope ⌄" or "Speed+""Speed-"keys to change the slope and speed.

4.3.2 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—180:00.

4.3.3 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: 0.50–180:00。

4.3.4 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.

4.3.5 Select one of the three reverse counting modes and press the start button after the setting is completed. The treadmill will start running after reverse counting for 3 seconds. Press the "Slope ⌃," "Slope ⌄" or "Speed+""Speed-"keys to adjust the speed and slope;　Press the stop key to stop the treadmill.

4.4 Built-in Program:

Press the "Program" button to select the built-in programs among P01- P24

The " Pulse" window displays:　P01---P24；

The dot matrix display displays the program diagram corresponding to P01 - P24

" Time" window displays the default exercise time and flashes. The exercise time can be adjusted by press the Incline⌃ & Incline⌄ buttons, or the speed+ and speed- buttons. (The built-in program is divided into 16 sections, and the running time of each section is the set time divided by 16.)

Press the "Start" key, the system will start running according to the speed and slope value of the first segment of the built-in program after entering the countdown of "3, 2 and 1". After the last segment is finished, the next segment will automatically run. The slope and speed will be automatically adjusted to the value of this segment at the same time. During the running process, the slope can be adjusted by pressing the "Slope ⌄" "Slope ⌄" key, and the speed can be adjusted by pressing the "Speed+""Speed-"key. However, it will automatically adjust to the program default value when entering the next paragraph. After all segments are completed, the program ends, and the treadmill slowly slows down to a stop. The user can press the "stop" key or disconnect the "safety switch" at any time to stop the running of the treadmill during exercise.

Date sheet of built-in program

Time section	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
P13 Basic	SPEED	6	6	6	5	5	5	5	4	4	3	3	3	2	4	4	4
	INCLINE	1	2	3	4	5	6	7	8	9	10	11	12	4	2	2	0
P14 Strides	SPEED	2	2	8	2	2	8	8	10	4	4	12	4	4	12	4	2
	INCLINE	0	2	2	2	6	6	2	2	4	4	2	2	4	2	2	0
P15 Park	SPEED	2	4	4	4	4	4	6	6	6	6	6	4	4	4	4	2
	INCLINE	0	2	2	2	2	2	2	2	2	2	2	2	2	2	2	0
P16 Accelerate	SPEED	4	6	6	6	12	12	12	12	6	6	4	4	4	6	6	2
	INCLINE	0	2	2	4	4	6	8	8	6	6	6	4	4	2	2	0
P17 Endurance	SPEED	2	4	6	12	12	12	4	4	4	4	12	12	12	6	4	2
	INCLINE	0	2	4	6	6	6	6	6	6	4	4	2	2	2	4	0
P18	SPEED	4	4	6	6	6	6	8	8	6	6	8	8	6	8	6	4

	INCLINE	0	2	4	4	4	4	4	2	2	2	2	2	2	2	2	0
P19 Repeat	SPEED	2	2	2	3	3	3	4	4	4	3	3	3	2	2	2	2
	INCLINE	0	1	1	1	1	2	2	2	2	1	1	1	1	1	1	0
P20 Interval	SPEED	2	2	6	6	6	8	8	10	10	12	8	6	6	6	4	4
	INCLINE	0	2	2	4	2	2	2	4	2	2	2	4	2	2	2	0
P21 Mixed	SPEED	2	4	8	10	2	4	8	10	2	4	10	2	4	10	4	2
	INCLINE	0	2	2	4	4	6	6	8	8	10	8	6	4	2	2	0
P22 Cardio	SPEED	4	6	6	8	8	8	6	8	6	8	6	10	6	10	8	4
	INCLINE	0	2	2	2	4	4	4	4	4	4	6	6	6	4	4	0
P23 Long Distance	SPEED	6	7	7	10	9	9	12	12	10	10	12	12	8	10	8	6
	INCLINE	2	2	3	3	4	4	6	6	8	8	10	10	6	5	5	0
P24 Tempo	SPEED	4	6	8	10	8	6	4	6	8	12	8	6	8	12	12	6
	INCLINE	0	2	2	4	4	6	6	8	8	6	6	4	4	2	2	0

4.5 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.

4.5.1 Custom program settings：

In the standby state, press the "Program" button until the [Pulse] Pulse window displays "U01～U03"，[Time] Time window displays the default exercise time and flashes. Press Incline ⩘ & Incline ⩗ buttons, or the speed+ and speed- buttons to adjust the exercise time.，then press the "Mode" buttons to confirm the time，[Time] Time window displays "S～01…S～16"，speed、incline windows displays the relevant data of the corresponding segment，then the user can set each time period (a total of 16 time periods). When setting, use the "speed+" and "speed-" buttons to set the speed, use the "slope⩗" and "slope⩘" buttons to set the slope, and press the "Mode" "Button to complete the setting of this time period and enter the next time period, after all 16 time periods is completed, the setting process is finished; The data will be stored permanently until you reset it next time, this data will not be erased even the power is cut off.

4.5.2 Start of user defined program:

Press the "Custom Program" key in standby state until the user-defined program (U01-U03) you want to run is reached, and press the start key after the running time is set.

Pressing the start button can also start immediately after the user-defined program and runtime settings are completed.

4.5.3 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.

4.6 Body fat measurement:

Press the "program switching" key continuously to enter the body mass index (FAT) detection function in the standby state , and press the "target setting" key to enter the F-1, F-2,

F-3, F-4, F-5 interfaces (f-1-gender, f-2-age, f-3-height, f-4-weight, F-5- body mass detection), Press the "Slope⌃" , "Slope⌄" , "Speed+," Speed-"keys to set the parameters of 01-04 (the parameters are shown in the following table). After setting, press the" Target Setting "key to enter the F-5 physical examination interface. At this time, your body mass index will be displayed after holding the heart rate handle in both hands for 5-6 seconds to see if your weight and height are commensurate. Body mass index (FAT) is a measure of the relationship between a person's height and weight, not the proportion of the body. FAT is suitable for any male or female and provides the basis for people to adjust their weight together with other health indicators. The ideal FAT should be between 20 and 24. If it is lower than 19, it means too thin. If it is between 25 and 29, it is overweight. If it is over 30, it is considered obese. (This data is for reference only and cannot be used as 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

4.7 Display range of each value:

Setting parameter	Initial	Setting initial value	Setting range	Display range
Time (m:s)	0:00	30:00:00	5:00-180	0:00－180
Slope (section)	0	0	0-18	0-18
Speed (km/h)	1.0	1.0	1.0-20	1.0-20.0KMH
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

5.Safety lock function：

Pulling off the safety lock can stop the running of the treadmill in any state . The treadmill is stopped in an emergency. The window displays "- - -",and the buzzer gives an alarm of "BB" 3 times. At this time, the treadmill cannot perform any other operation except shutdown. After the safety lock is correctly installed again, the treadmill enters the standby state again, waiting for the input command.

6. Interconnection function：

The treadmill provides a connection function with the "Fitshow" App, which can control the treadmill wirelessly. At the same time, the "Fitshow" App records and stores the user's exercise data, which is convenient for the exercisers to check and share.

Instructions:

6.1 For smart phones, you can directly search for "Fitshow" in the App store to download and install, or scan the QR code on the machine to download and install. Fitshow installation requirements: iPhone require 4S or higher, and Android smart phones require 5.0 or higher.

Note: For anything in the "Fitshow" that involves becoming a member, the need to pay and other commercial activities have nothing to do with the treadmill manufacturer.

6.2 Open the "Sports" page in the "Fitshow" App, click "Quick start, objectives, procedures", the "Nearby Devices" dialog box pops up, click "renovate" to find the Bluetooth (Bluetooth: FS-XXXXXX) of the treadmill, and click "Select" to pair , After the pairing is successful, click "Start" and the treadmill will start slowly after 3...2...1... countdown.

If the Fitshow APP is connected to the Bluetooth, and the Bluetooth is automatically disconnected during the operation, please restart the phone (or turn off and on the phone) once, and then run the APP.

7.Bluetooth audio：

The treadmill can be connected to mobile phones, tablets or other devices to play music.

How to use: Turn on the Bluetooth switch of the external device, search and pair the Bluetooth of the treadmill (Bluetooth name of the treadmill: Conlin), after the pairing is successful, the treadmill will emit a beep. When playing audio from an external device, the volume of the audio is controlled by the external device.

Note: After user 1 is successfully connected and paired, user 2 cannot connect to paired Bluetooth when user 1 does not disconnect.

When the external device is far away from the treadmill, it will automatically disconnect, and when the external device returns to the range of the treadmill, the treadmill will automatically connect.

8.Energy saving function

No-load shutdown： The treadmill system will detect the user at all times. When the user leaves the running belt for more than 5 minutes, the system recognizes that there is no user exercise state, the system will stop the treadmill and enters the standby state to ensure the safety of the user. (This feature is off by default)

Turn on and off of no-load shutdown function: press the emergency button (interface prompt: safety lock disconnected)，press" Speed- "、" Slope⌄ "at the same time for 3 seconds，The treadmill emits 2 short beep to turn on, and 1 long beep to turn off.

Dormant： In the standby state, when there is no operation for more than 10 minutes, the system closes all windows and enters the dormant state. Press any key to wake up to the standby interface.

9. Shut down

At any time, you can turn off the treadmill by turning off the power switch, it will not damage the treadmill.

10. Precautions:

10.1 Check whether the power supply is loaded before the movement;   Check whether the safety lock is valid.

10.2 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.

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

VII. Use method and safety protection for treadmill

1. Debugging of treadmill

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

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

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

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

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

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

2. Operating instructions

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

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

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

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

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 the 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 11A electricity current.

1.2 It is required that the service voltage should be in the range of 220V±10%. 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 You should press the "Stop" button and leave the treadmill until it 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. Mainboard has no power supply or is damaged	Check whether power line of electronic meter is connected or replace mainboard
		D. Signal line of electronic meter is disconnected	Replace or reconnect signal line
		E. Electronic meter is damaged	Replace electronic meter
The treadmill display is incomplete and some strokes of letters are missing.		A.display faulty welding or continuous welding of the driving IC.	It needs to be repaired. Check the welding spot and reweld it in place.
		B.display poor driving of IC.	It needs to be repaired and weld a new display driving IC.
Treadmill exercise is not smooth, weak or jittered		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 (no frequency converter signal received)	A. Signal line of electronic meter isn't connected well or is in poor connection	Reconnect plug wire
	E08- frequency converter fails to receive signal of display board	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 off-on 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 fault	A. Overheating protection or poor frequency converter	Replace frequency converter
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	Frequency converter fault	Replace 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		

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: determine exercise amount according to own physical condition and then make gradual load exercise. It is normal that the muscle pains at the beginning of exercise.

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!