ConLin

GT6A
Android 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.

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

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

The weight limit is exposed on this product. If your body weight is over 150Kg (330lb), the service life of the treadmill may be affected.
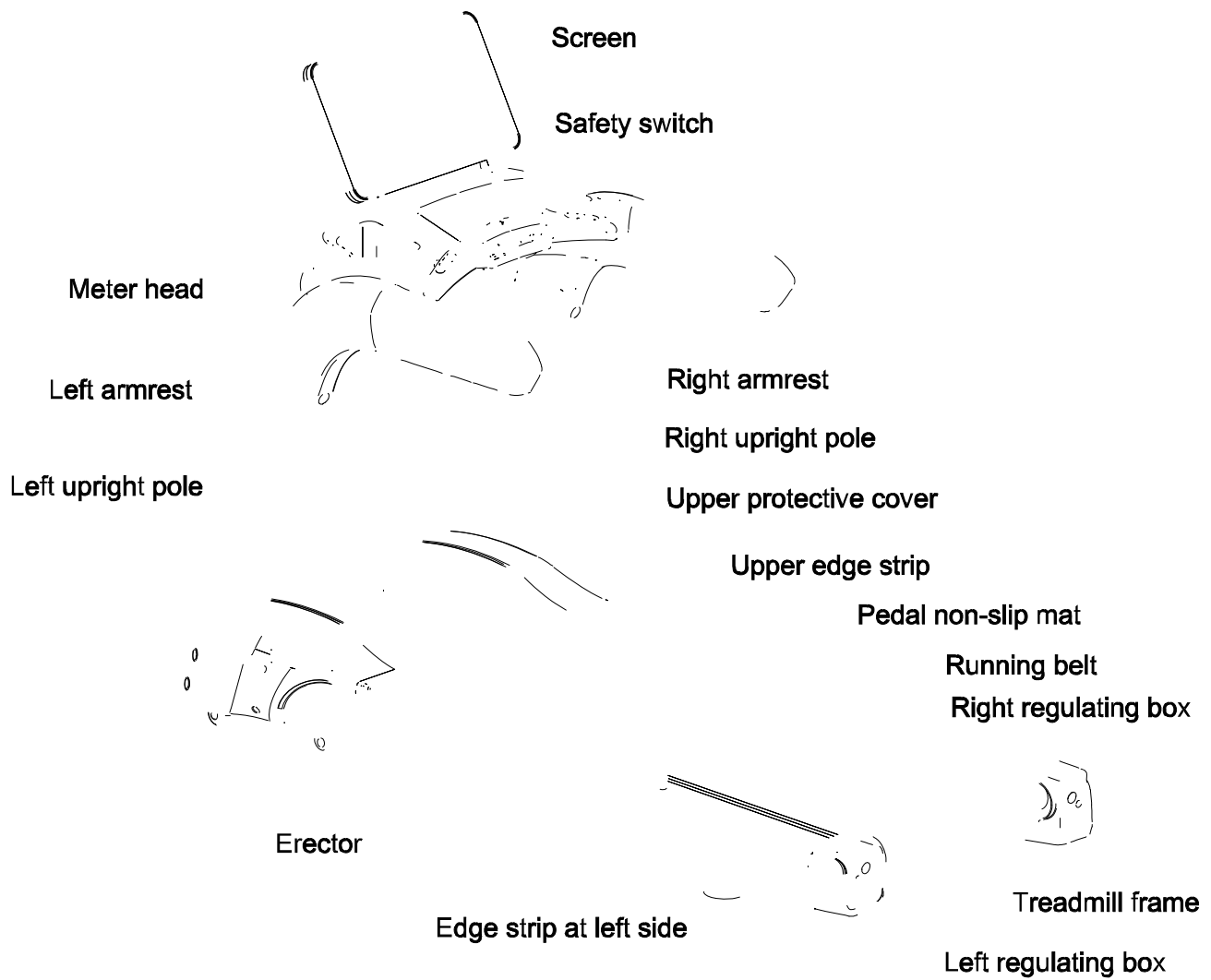
Main technical parameters

- 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: 0:00:00~99:59:59 (H:M:S)

- Distance display range: 0.00~999.99（km）

- Scope of heart rate: 50~200 (b/pm)

- Scope of calorie display: 0~9999(calories)

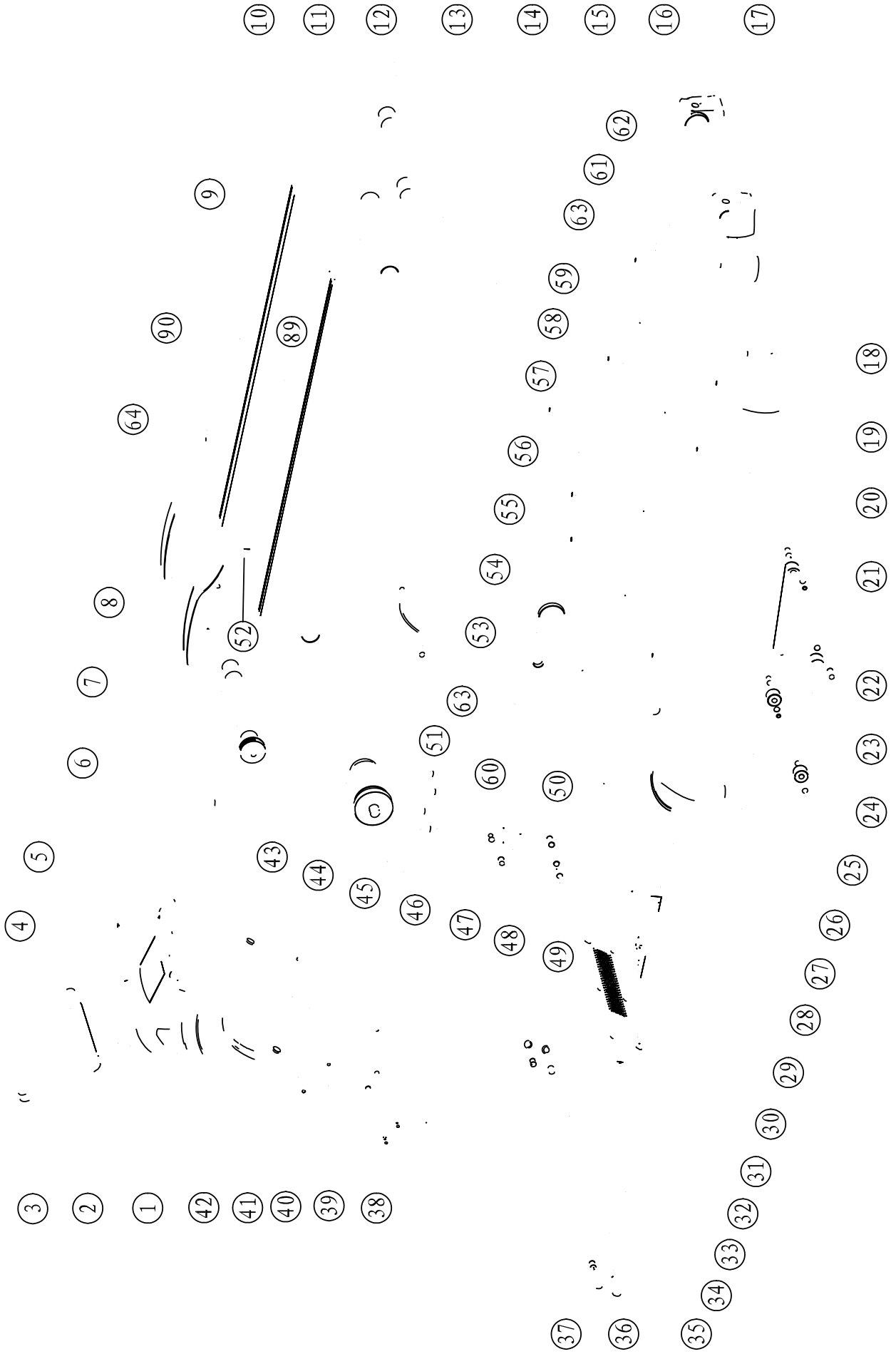- Floor area: 200×86×150cm

- Effective usable floor area: 146×55cm

Features

- ◆ 3375W AC motor

- ◆ Dual safety protection mode with emergency stop.

- ◆ Ergonomic PU armrests, comfortable, safe and environmentally friendly.

- ◆ 15.6-inch multi-point touch screen with a resolution of 1920X1080 high-definition LCD screen.

- ◆ Android 7.1.2 operating system; Rockchip RK3288 eight-core processor (quad-core Cortex-A17 quad-core GPU Mail-400); memory: 2GB; hard disk: 8GB; network: WiFi supports 802.11b/g/n protocol.

- ◆ Support WIFI connection, fast internet access, web browsing. Support MP3, WMA, WAV, APE, FLAC, AAC, OGG, M4A, 3GPP format and 1080P HD video.

- ◆ Equipped with USB port, user can play musics and videos directly from the U disk.

- ◆ 24 built-in exercise programs.

- ◆ Built-in 3 real-life running modes to simulate outdoor running.

- ◆ 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.

- ◆ Information management system, user can create, store and query sports information data.

- ◆ 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

Treadmill frame

Edge strip at left side

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	Motor roller	1	39	Decorative element at lower left of the meter	1
7	M8X45 hexagon socket head cap bolt	1	40	M4×10 round head tail-cut tapping screw	4
8	Dust 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 M10×20 and 2 M10×30 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 M10×20 and 2 M10×30 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 M8×20 hexagon socket pan head screw (containing shim), as shown in the figure below:
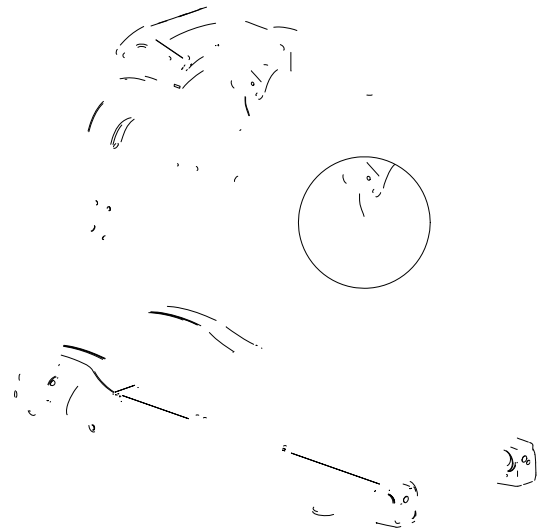
Step III: Install screen: Open the packing box and then take out the screen. Firstly, connect the wire of the screen with that of the meter head in one-to-one way; secondly, insert the screen into the meter head; finally, lock the screen on the meter head in 4 M6×25 hexagon socket head cap bolts (containing 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 M8×8 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 M4×8 large crossed flat head screw and 4 M4×10 round head tail-cut tapping screw, as shown in the figure below:

M4×10 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. Specification parameters of Android treadmill system:

Operation system	Android 7.1.2
Processor	Rockchips RK3288, OCTA Core
Screen	15.6 inches, 1920*1080 resolution, capacitive screen
System memory	2GB
Flash memory capacity	8GB

| Wi-Fi	WiFi，802.11b/g/n
Video file	The formats supporting high definition include MP3, WMA, WAV, APE, FLAC, AAC, OGG, M4A, 3GPP, etc.
Audio file	MP3,WMA etc.
USB	1 USB HOST
Physical button	Start/Pause, Stop, Speed+, Speed -, Incline⩘, Incline⩗, Volume switch, Fresh air switch, Main interface button, Return button, Speed shortcut key, Incline shortcut key
Bluetooth output	Bluetooth output one
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: 5, 10, 15" are short-cut keys for speed regulating: they can be used to regulate the speed quickly.

2.6 "Incline: 5%, 10%, 15%" are short-cut keys for gradient regulating: they can be used to regulate the gradient quickly.

2.7 "volume switch 🔊 (ON/OFF)" 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.
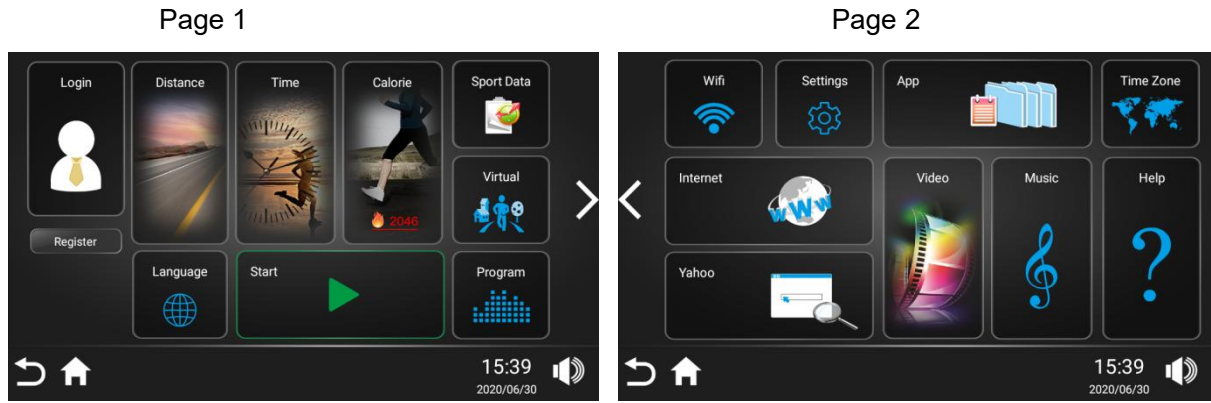
3. Window display and unction description of touch keys

3.1 Starting interface

After power on, the display screen of the electronic watch shows the following startup interface:
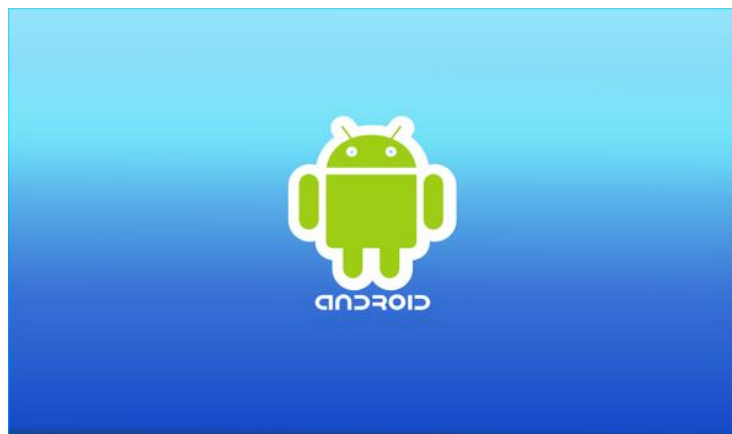
3.2 Main interface of display screen of the electronic meter have two pages and display interfaces are as follows after entering into standby state:

Page 1   Page 2

Touch the icon " > "in the display screen interface to switch to the interface on page 2. Touch the icon " < "in the display screen interface to switch to the interface on page 1, and the left and right sliding screens respectively can also switch to the main interface. In the above interface: touch any icon above the display screen to enter the corresponding submenu.

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

3.3.1 Registration: After the mobile phone is connected to the Internet, scan the two-dimensional code to download the sports show APP and register in accordance with the registration process. Basic information (user name, password, nickname, weight, male/female) can be filled in or modified on the sports show APP.
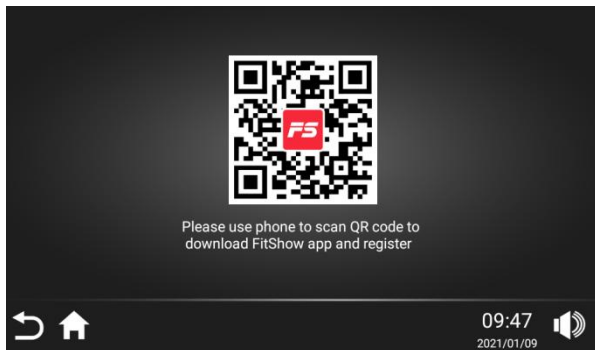
3.3.2 **Login:** After the treadmill is connected to the Internet, it can use the existing account to log in or log out of the logged-in account.

The operation steps are as follows: touch the "login" button to fill in the user name and password, and press "login" to complete. You can also use the sports show APP in your mobile phone to scan the two-dimensional code in the upper right corner of the treadmill screen to log in (operation steps: open the sports show APP→ discover → scan the icon in the upper right corner → scan the two-dimensional code in the upper right corner of the treadmill screen to log in). You can also press "log out" to log out of your account after running.
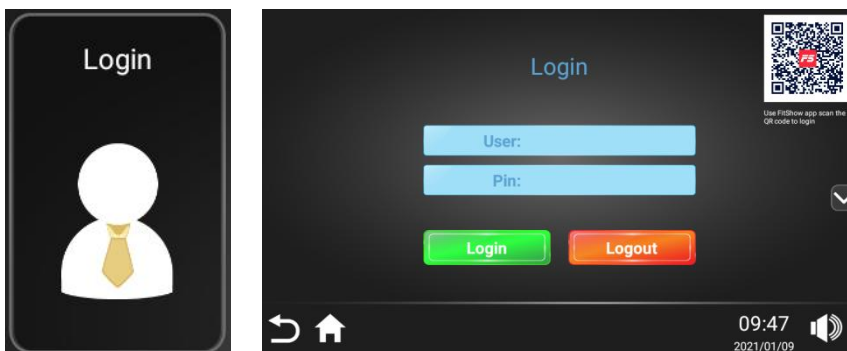
3.4 Manual mode

3.4.1 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. The "Exercise Target" window starts counting forward and will stop automatically after 100 hours. Press "Speed Plus and Minus Key" or "Speed Shortcut Key" to change the speed; Press "Slope Addition and Subtraction Key" or "Slope Shortcut Key" to change the slope; Press the "Stop" button during exercise to stop the running of the treadmill and reset it to zero.

C. It displays (time, distance, calories, heartbeat, movement target, climbing height, slope addition and subtraction, stop, pause, speed addition and subtraction) in which slope addition and subtraction, stop, pause, speed addition and subtraction can be synchronized with the electronic watch panel buttons in the exercise interface window.

D. "Heartbeat" window: when the sporter steps on the side bar with both feet and starts the treadmill, the heartbeat data will be displayed in the heartbeat window in the exercise interface for about 5-10 seconds when both hands hold the heartbeat handle. (Hand-held heartbeat measurement data only serves as a rough reference for the degree of exercise and cannot be used as medical data.)
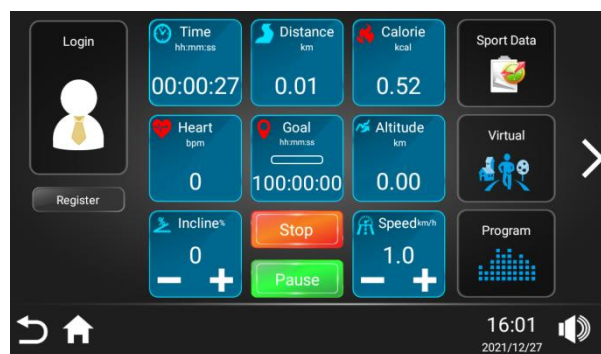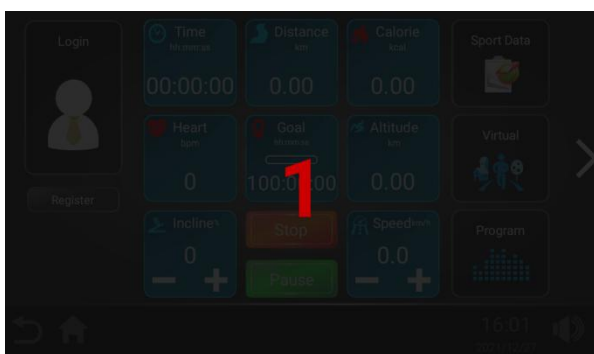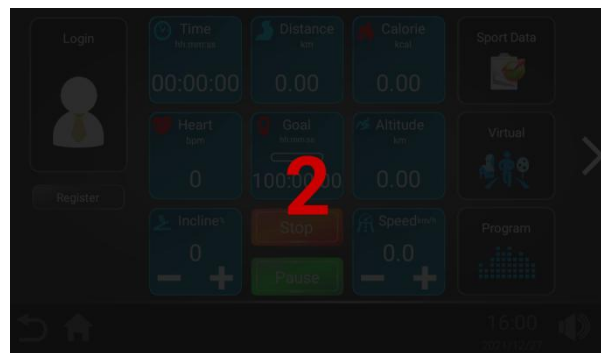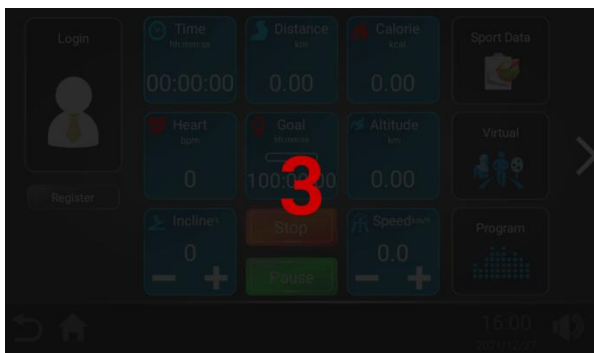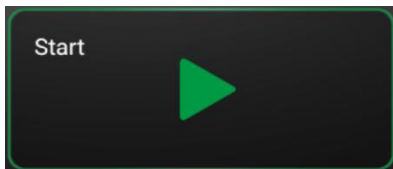
3.4.2 "Distance" key: after setting exercise distance, user starts to move and ends exercise after expected exercise distance is achieved. During exercise, user can freely increase and decrease speed and incline and directly press "Stop" to stop its operation.

Operating steps are as shown in the following figure: touch "Distance" key, determine your target exercise distance and press "Start" to start it.
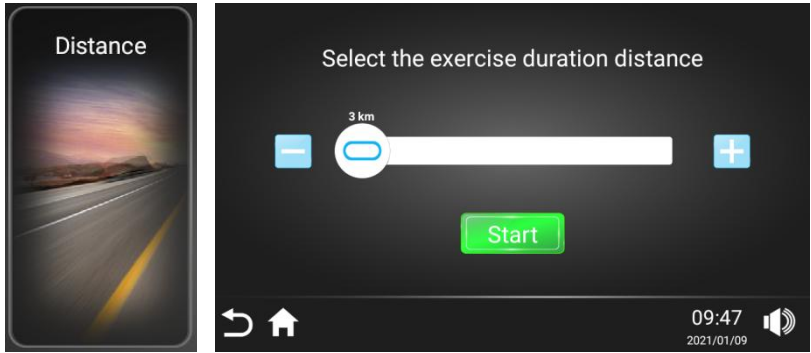
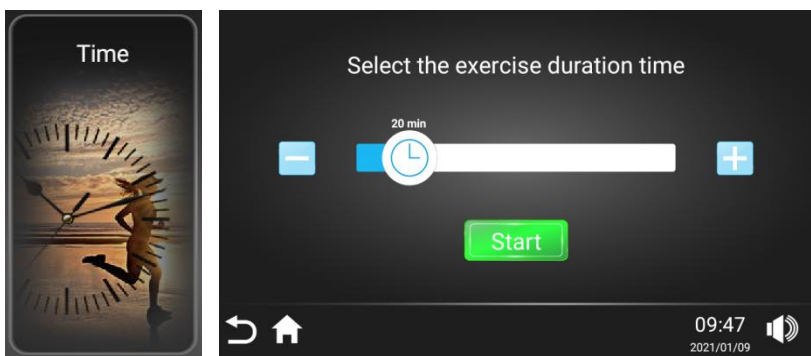**3.4.3 "Time" key:** after setting exercise time, user starts to move and ends exercise after expected exercise time is achieved. During exercise, user can freely increase and decrease speed and incline and directly press "Stop" to stop its operation.

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.
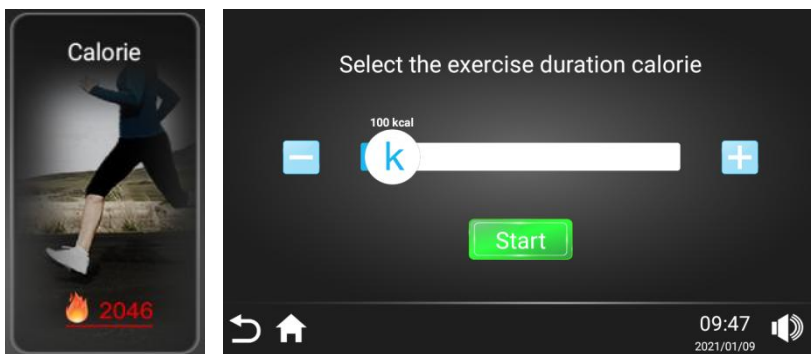
3.5 Exercise Program

24 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.

The operation steps are as follows: Touch the "Exercise Program" button, select the built-in program (the built-in program table consists of 3 pages), press the arrow to select the upper and lower pages, or slide the screen left and right to select the upper and lower pages, click the program you need, set the program exercise time, and press "Start" to start the treadmill.
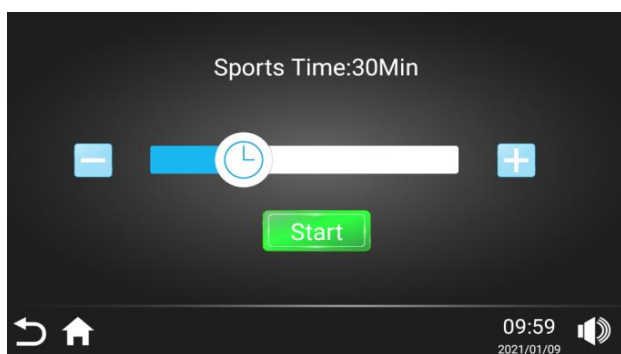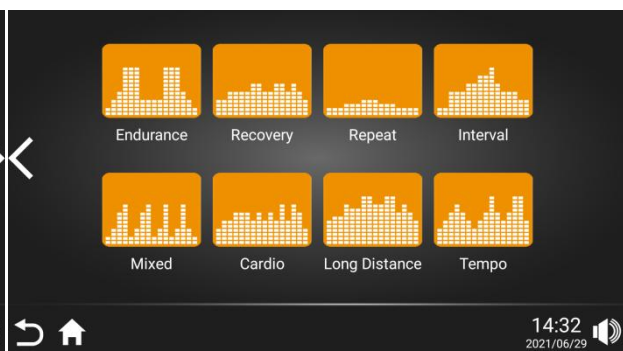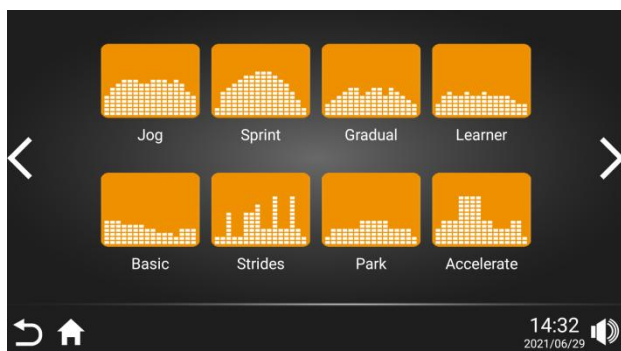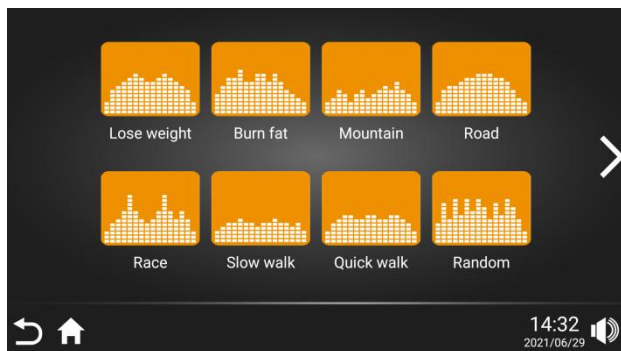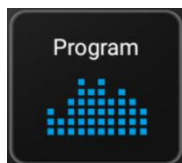
Built-in program data (divided into 16 segments, the running time of each segment is set time divided by 16)

Time section Program		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 Recovery	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	SPEED	4	6	6	8	8	8	6	8	6	8	6	10	6	10	8	4

Cardio	INCLINE	0	2	2	2	4	4	4	4	4	4	6	6	6	4	4	0
P23	SPEED	6	7	7	10	9	9	12	12	10	10	12	12	8	10	8	6
Long Distance	INCLINE	2	2	3	3	4	4	6	6	8	8	10	10	6	5	5	0
P24	SPEED	4	6	8	10	8	6	4	6	8	12	8	6	8	12	12	6
Tempo	INCLINE	0	2	2	4	4	6	6	8	8	6	6	4	4	2	2	0

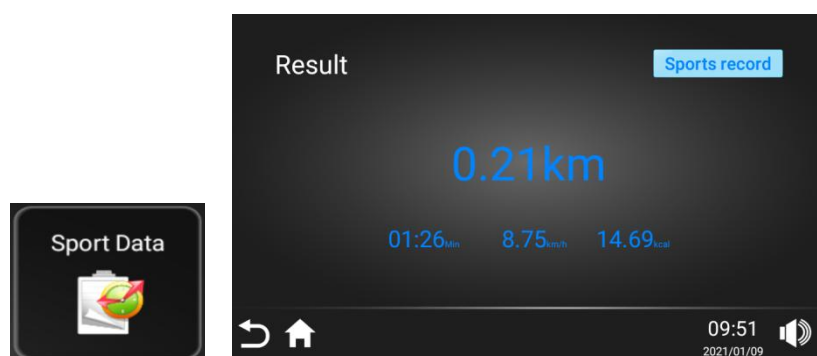### 3.6 Virtual Scenes: (Users Purchase Themselves as Needed)

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.
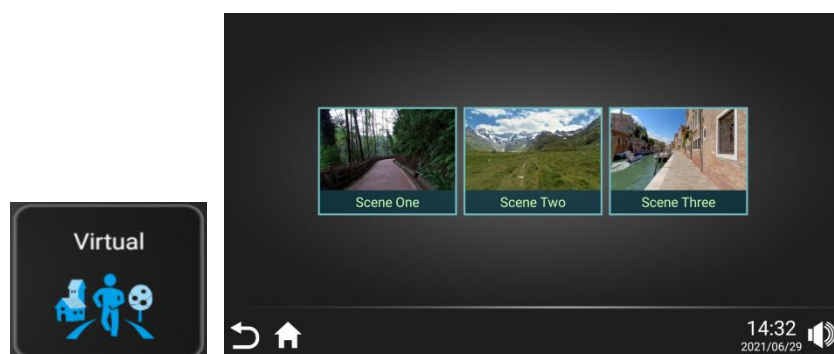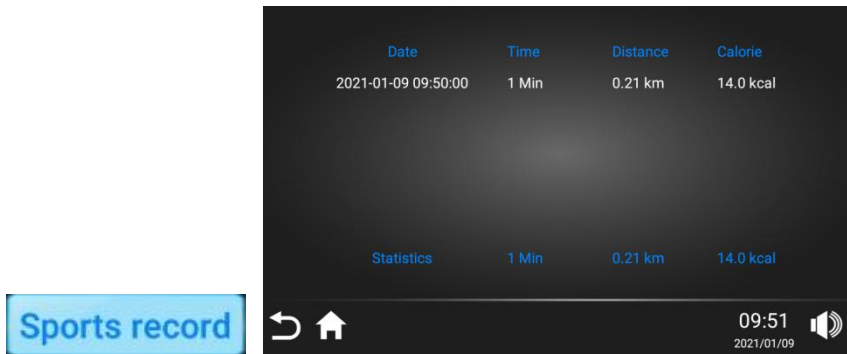

3.7 Exercise management

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

3.7.2 Sports Records: After logging in to the user, you can view historical sports records and sports statistics here. The exercise information stored in the system must meet certain conditions ≥ 200m before being selected for storage. The exercise information temporarily will be stored in the system for a certain period of time. The system automatically will clean up the exercise information stored for too long on a regular basis.

| Date	Time	Distance	Calorie
2021-01-09 09:50:00	1 Min	0.21 km	14.0 kcal
Statistics	1 Min	0.21 km	14.0 kcal

Sports record

09:51
2021/01/09

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 sofeware(search "Sports show") at Apple Store. For cellphones of Android version, log in the latest version of App software at http://www.fitshow.com/. Scan the following two-dimensional code and install Sports show App:
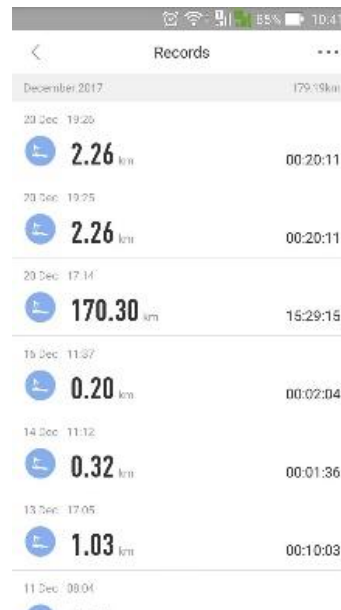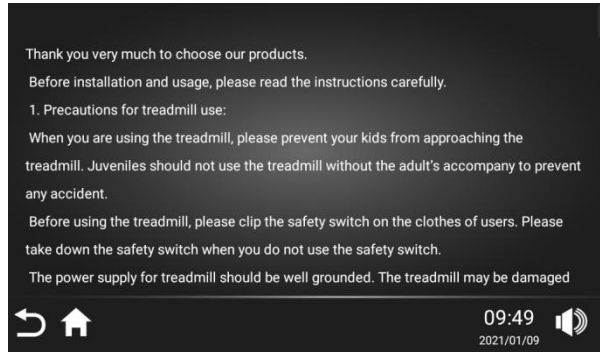

3.8 Language

Users can choose to switch to different languages provided by the system. The operation steps are as shown in the right figure: touch the "language" button, click the language you need, and then return to the main interface automatically.
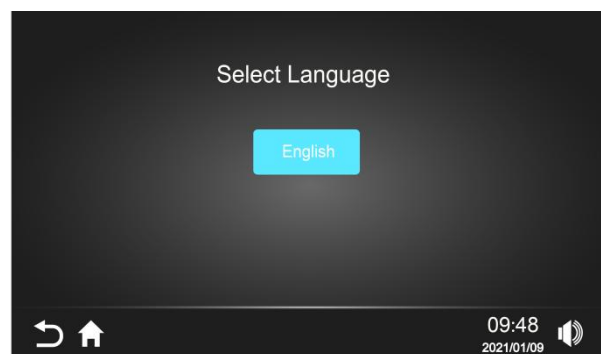
3.9 Help

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.

Thank you very much to choose our products.

Before installation and usage, please read the instructions carefully.

1. Precautions for treadmill use:

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.

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.

The power supply for treadmill should be well grounded. The treadmill may be damaged

09:49
2021/01/09

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.

WIFI

WiredSSID
Connected

HWVOGcb4aa394fb0646d3

09:48
2021/01/09
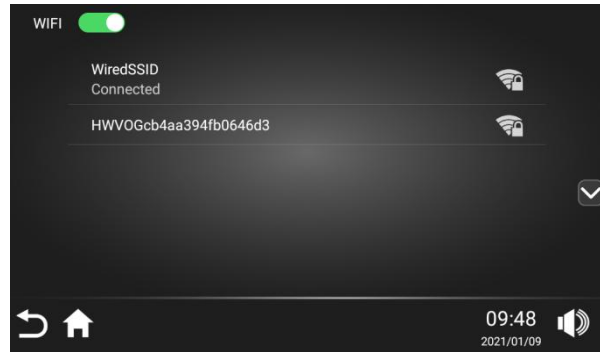
3.11 Setting

The operation steps are as shown in the right figure: touch the "Settings" button to select brightness level, clear cache, set engineering mode, and restore with one key. The engineering mode is owned by treadmill developers and is not open to users.

Brightness
Clean Cache
Factory Mode
System Reset
Bluetooth

16:14
2023/03/01
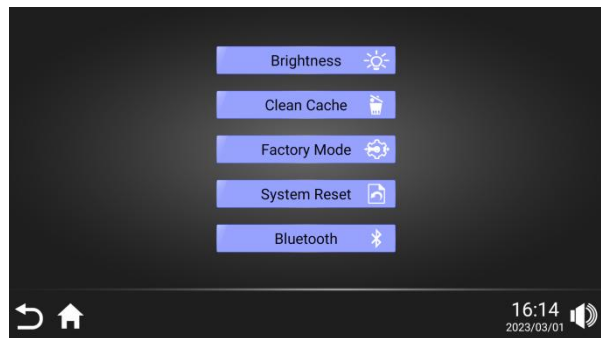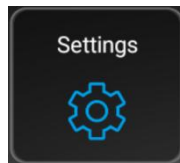
3.11.1 Bright adjust

The operation steps are as shown in the right figure: touch the "brightness level" button, select the required brightness, and touch the "Return" button to complete backlight adjustment.

Bright Adjust

Brightness

09:48
2021/01/09
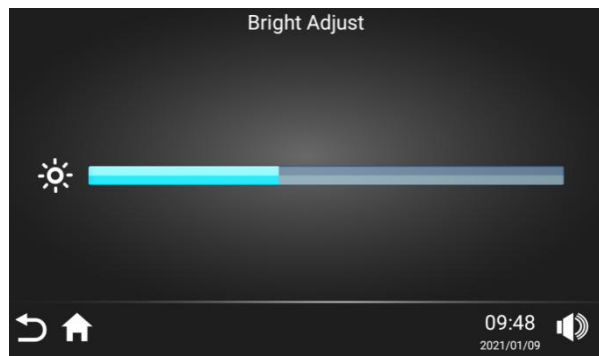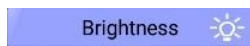
3.11.2 Cache cleaning

The operation steps are as shown in the right figure: touch the "cache cleaning" button, select the application that needs to clean the cache, and touch the "cache cleaning" button to complete the cleaning.
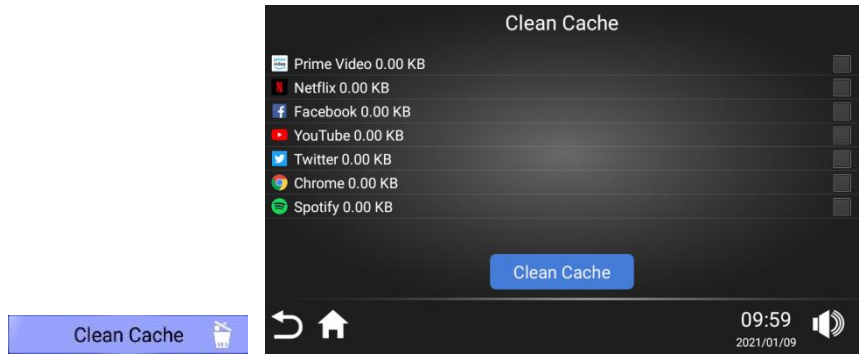
3.11.3 One-click Restore

Operating Steps: Touch "One Button Restore" to quickly restore to the factory state.
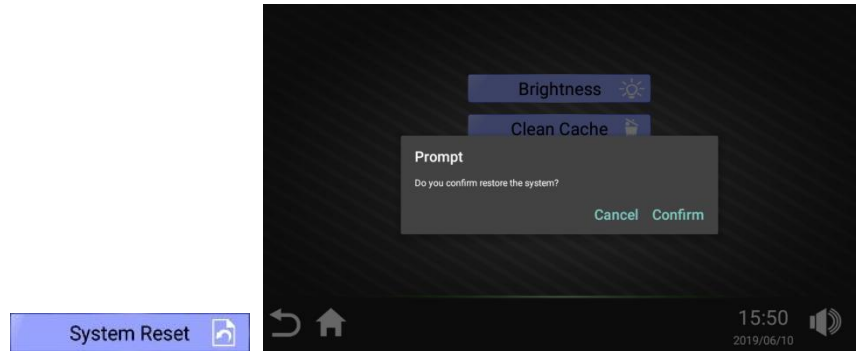
3.11.4 Bluetooth output

connection: Press the "Bluetooth" button to search for the device for pairing.
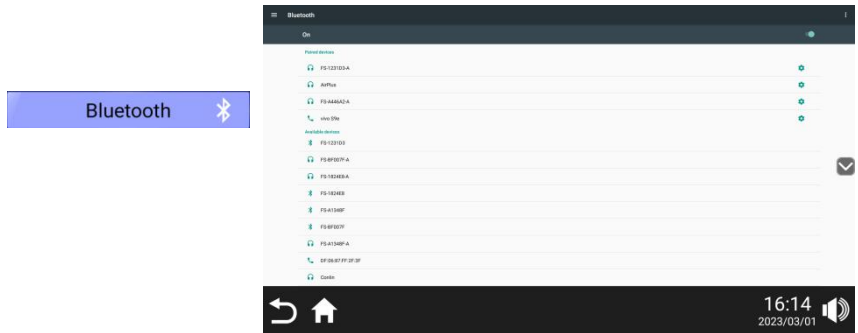
3.12 Application

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.
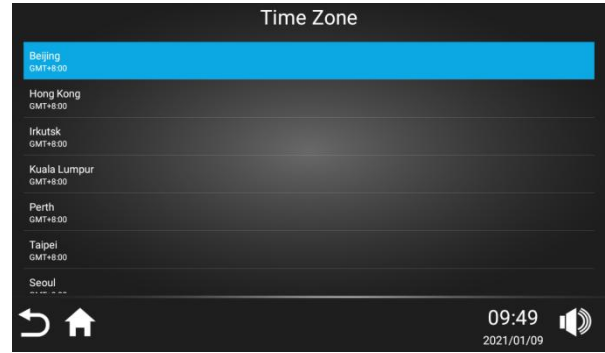
3.14 Internet

Browse webpage online.
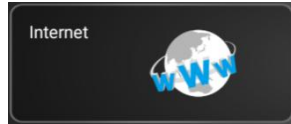
3.15 Yahoo

Yahoo search is available.
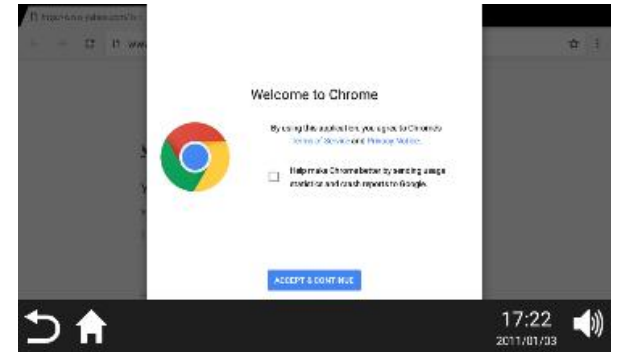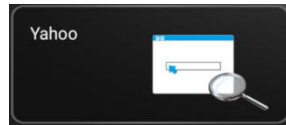
3.16 Video

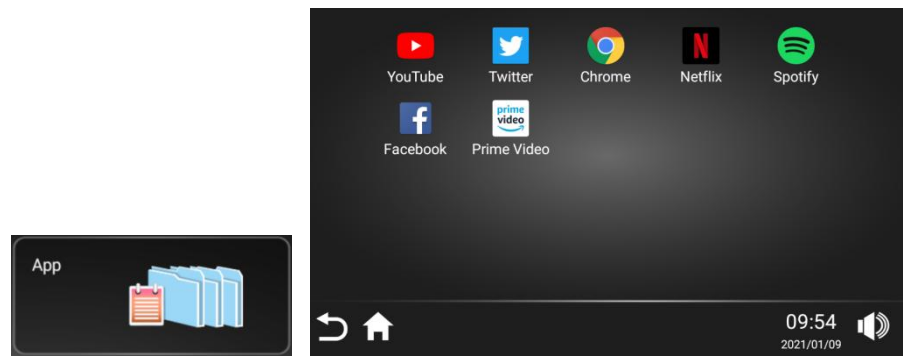Play local video files. Insert storage devices such as USB flash disk equipped with video into the USB interface, click the "video" button, and click the list file to play the corresponding video.
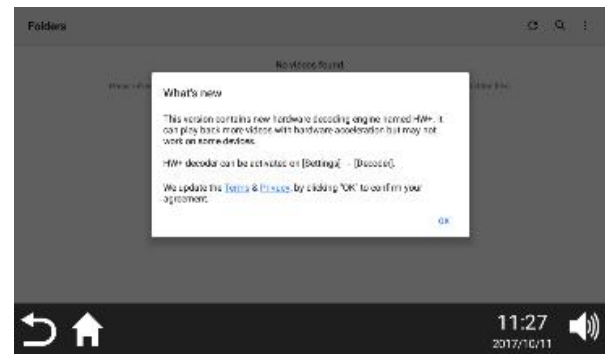
3.17 Music

Play local audio files. Insert storage devices such as USB flash disks with music into the USB interface, click the "Music" button, and click the "Musician" local song to enter the list to play the corresponding music.
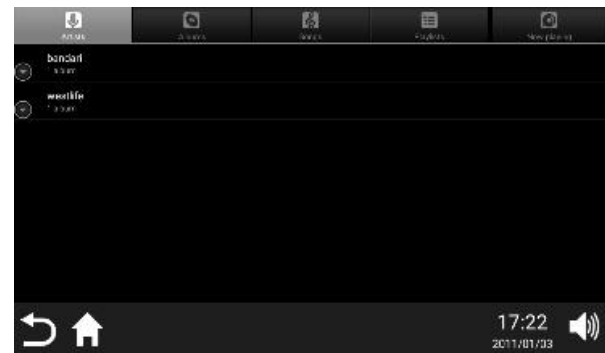
3.18 Main interface key

Click the icon in the lower left corner of the display screen in any interface to return to the main interface; The operation function is synchronized with the key function of the electronic watch panel.

3.19 Return key

Click the icon in the lower left corner of the display screen in any interface to return to the previous operation interface or exit the application program; The operation function is synchronized with the key function of the electronic watch panel.

3.20 Volume control key

Click the icon in the lower right corner of the display screen to control the volume. The operation function is synchronized with the key function of the electronic watch panel.

4. **Operation during exercise**
    4.1 Press the deceleration key to reduce the running speed of the treadmill; Pressing the accelerate key to speed up the running 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 the speed shortcut key to adjust the speed directly; Press the slope shortcut key to directly adjust the slope.
   4.4 Press Stop key or directly disconnect safe lock so that the treadmill will slows down and stop operation.

5. **Heartbeat measurement**

    The sporter steps on the side bar with both feet, starts the treadmill, holds the steel sheet with both hands, and the heartbeat window in the exercise interface displays your heartbeat value after about 5-10 seconds. The heartbeat measurement data in hand is only used as a general reference for the exercise degree and cannot be used as 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, <u>output voltage is: DC 5V 1A</u>.

7. **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:

7.1 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.
<u>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.</u>

7.2 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.

8. 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.

9. Bluetooth 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.

10. Automatic shutdown function

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)
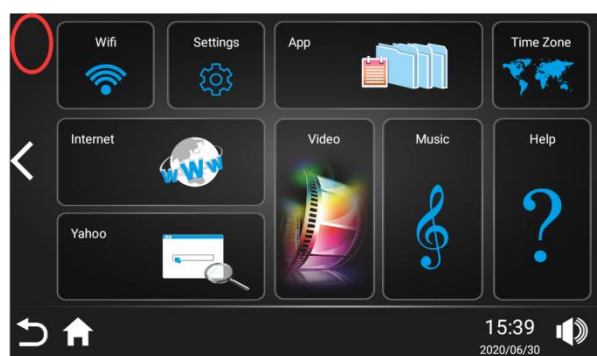
5 minutes no steps to pause

11. 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.

12. Shut down

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

13. Parameter display and set range:

	Initial	Setting initial value	Setting range	Display range
Time (hour: minute : second)	00:00:00	20:00	1-120:00	00:00:00-99:59:59
Speed (km/h)	1.0	1.0	1.0-20.0	1.0-20.0
Slope (section)	0	0	0-18	0-18
Distance (km)	0.0	3.00	1-100	1-9999.99
Calorie (kcl)	0	100	1-1000	1-99999.99

VII. Use method and safety protection for treadmill

1. Debugging of treadmill

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

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

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

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

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

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

2. Operating instructions

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

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

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

2.3 If the treadmill needs to be accelerated, press the "Speed-up" Key and the buzzer's "tick" indicates one level up. The maximum speed per hour is 18km/h.

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

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

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

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
		F. (liquid crystal) backlight doesn't light	Replace electronic meter
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) E08- frequency converter fails to receive signal of display board E11- starting signal was received, but shutdown signal wasn't received before	A. Signal line of electronic meter isn't connected well or is in poor connection	Reconnect plug wire
		B. Signal line of electronic meter is damaged with short-circuit or open circuit condition	Replace signal line
		C. Signal Line fault of electronic meter	Replace electronic meter
		D. Signal line fault of frequency converter	Replace frequency converter
	E13 - anti-inverted 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

		A. Overload	System protection. It should be restarted in case of artificial blocking
	E04- Overcurrent fault	B. Driving position is blocked or obstructed	Adjust the driving position or add lubricating oil
	E05- Overload fault	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
		A. Lifting motor line or signal line is not connected well	Check connection of the lines is wrong and reconnect the lines
	E12 - lifting fault	B. Poor lifting motor	Replace lifting motor
		C. Poor frequency converter	Replace frequency converter
	E06-MCU fault of frequency converter		
	E09 - Internal communication error 1 of frequency converter		
	E10- Internal communication error 2 of frequency converter	Frequency converter fault	Replace 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!